

DEFENSE

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SIMPLY STATED, DEFENSE WINS BALL GAMES!

IN ORDER FOR A TEAM TO BE GOOD, REALLY GOOD, THEY HAVE TO FIRST BE GOOD ON DEFENSE. THE KEY TO A SUCCESSFUL FOOTBALL SEASON LIES WITH ONE GROUP, THE DEFENSE. IF YOU AS AN INDIVIDUAL, HAVE DECIDED AND DEDICATED YOUR BODY AND MIND, TO FOOTBALL, YOUR TEAM, AND YOUR COACHES, THEN SUCCESS CAN BECOME A REALITY. AGGRESSIVENESS COUPLED WITH A BURNING DESIRE TO WIN, WILL PROVIDE AN EXCELLENT ENVIRONMENT TO GREET THE SUCCESS THE SEAGULLS SHOULD HAVE THIS FALL.

DEFENSE AS DEFINED BY WEBSTER IS THE ACT OF GUARDING AGAINST AN ATTACK OF A TEAM OR PLAYERS DEFENDING A GOAL IN A GAME. THIS BUT DEFINES THE OBJECTIVE OF THE DEFENSIVE TEAM IN FOOTBALL. THERE ARE ALSO OTHER OBJECTIVES OF THE DEFENSIVE TEAM, BUT NONE CAN BETTER DESCRIBE THE DEFENSE'S OBJECTIVES THAN THESE TWO: GUARD AND DEFEND.

IN ORDER TO HAVE A GOOD DEFENSE, A TEAM MUST HAVE ELEVEN STRONG PERFORMERS WHO HAVE A BURNING DESIRE TO SUCCEED AND WIN. THE LINE MUST BE AGGRESSIVE AND PROVIDE A GREAT RUSH CAUSING THE BIG PLAY, A BIG LOSS OF YARDAGE OR A BALL TURNOVER. THESE BALL TURNOVERS INCLUDE A FUMBLE, PASS INTERCEPTION, OR A BLOCKED KICK. IN ORDER TO ACCOMPLISH THESE OBJECTIVES ONE MUST EXECUTE THE DEFENSE TO PERFECTION, KNOWING HOW TO REACT TO CERTAIN SITUATIONS (KEYS).

IN ORDER TO COORDINATE THE TEAM DEFENSE, WE MUST STOP THE HOME RUN BOTH IN THE AIR AND ON THE GROUND, CONTAIN THE OFFENSE, GIVE UP GROUND GRUDGINGLY AND WE MUST BE ABLE TO THINK TACTICALLY, ANTICIPATING CERTAIN PLAYS YOUR OPPONENTS WILL USE IN KEY SITUATIONS. THE KEY TO A GOOD DEFENSE IS BEING ABLE TO STOP THE POSSESSION PLAY FORCING THE OFFENSE INTO MISTAKES.

THE AVERAGE DRIVE FOR SCORE IN HIGH SCHOOL FOOTBALL LASTS BUT EIGHT PLAYS OR LESS. AFTER THE EIGHTH PLAY THE DRIVE USUALLY BREAKS DOWN BECAUSE THE OFFENSE COMMITS A MISTAKE. THE PURPOSE OF OUR DEFENSE, THEREFORE, IS TO CONTAIN THE OFFENSE, GIVING UP GROUND A LITTLE AT A TIME, TO BEND BUT NOT BREAK. WE WILL NOT UNDER ANY CIRCUMSTANCES, ALLOW AN EASY SCORE.

TO HAVE SUCCESS DEFENSIVELY, WE MUST BELIEVE IN OUR DEFENSE. NO ONE CAN ACCOMPLISH A TASK IF HE DOES NOT BELIEVE WHAT HE IS DOING IS THE BEST WAY TO DO IT. ALONG WITH BELIEVING IN THE DEFENSE, YOU MUST BELIEVE IN YOURSELF.

FAILURE TO HAVE PRIDE IN YOURSELF WILL CAUSE A WEAK LINK IN THE TEAM. YOU MUST HAVE CONFIDENCE IN THE PLAYER PLAYING NEXT TO YOU. WHEN HE REACTS TO A CERTAIN SITUATION, HE MUST KNOW AND FEEL THAT THE INDIVIDUAL NEXT TO HIM IS REACTING PROPERLY AND WILL ASSIST IN MAKING THE PLAY.

IF WE WERE TO LIST BY IMPORTANCE THE THREE MAIN FACTORS OF FOOTBALL, THEY WOULD BE AS FOLLOWS: 1.) DEFENSE, 2.) KICKING GAME, 3.) OFFENSE. DEFENSE HAS ALWAYS AND WILL ALWAYS BE THE MOST IMPORTANT PART OF FOOTBALL. IF A TEAM CANNOT SCORE ON OUR DEFENSE WE WILL NOT LOSE! OUR OFFENSE'S ABILITY TO SCORE WILL BE GREATLY DEPENDENT UPON THE FIELD POSITION THE DEFENSE GIVES THEM. THEREFORE, BY CAUSING THE BIG PLAY, WE ARE PROVIDING OUR OFFENSE A TACTICAL ADVANTAGE OVER OUR OPPONENTS. THEY IN TURN MUST TAKE ADVANTAGE OF OUR WORK IN ORDER TO WIN THE BALL GAME.

DEFENSE PROVIDES A PLAYER THE OPPORTUNITY TO BE OVER-AGGRESSIVE. ON OFFENSE YOU CANNOT USE YOUR HANDS, BUT ON DEFENSE YOU CAN HIT, SCRATCH, OR USE YOUR HANDS. A PLAYER WHO WANTS TO LOSE SOME OF HIS PENT-UP AGGRESSIONS WILL FIND THAT DEFENSE WILL GIVE YOU AN EXCELLENT OPPORTUNITY TO DO SO.

IF THEY CAN'T SCORE, THEY CAN'T BEAT US!

DEFENSIVE PHILOSOPHY

FUNDAMENTALLY SPEAKING OUR PHILOSOPHY IS "IF THEY CAN'T SCORE, THEY CAN'T BEAT US."

TO BEGIN WITH THERE IS LITTLE QUESTION THAT ANY ADVANTAGE IN THE GAME BELONGS TO THE OFFENSIVE TEAM. THE RULES ARE CONSTRUCTED IN A MANNER THAT PUTS THE DEFENSE AT A DISADVANTAGE. THE OFFENSE, BY RULE, MAY STRIKE AT ANY POINT IN THE DEFENSIVE ALIGNMENT WITH POWER, SPEED, AND DECEPTION. IT CAN MASS ITS PERSONNEL SO THAT THE DEFENSE IS NUMERICALLY OUT MANNED, YET THE DEFENSE, NOT KNOWING WHERE THE OFFENSE WILL STRIKE, MUST PRESENT AT THE OUTSET OF EACH PLAY, A BALANCED FRONT. ANOTHER BIG ADVANTAGE TO THE OFFENSE IS KNOWING WHEN THE BALL IS TO GO INTO PLAY. THIS ALLOWS THE OFFENSIVE PERSONNEL TO "ANTICIPATE" WHEREAS ALL MOVES BY THE DEFENSE MUST BE ON A REACTION BASIS. BEARING THIS IN MIND WE MUST REALIZE THAT MOST OFFENSES ARE GOING TO GAIN YARDAGE AGAINST EVEN THE MOST BRILLIANTLY CONCEIVED AND PERFECTLY EXECUTED DEFENSE. HOWEVER, NO ONE EVER LOST A GAME BY GIVING UP A FIRST DOWN.

1. TO GAIN RESPECTABILITY, WE MUST HAVE A SOUND - TOUGH DEFENSE.
2. DEFENSE IS THE MOST IMPORTANT THING IN FOOTBALL.
3. IF OPPONENTS CAN'T SCORE, WE WILL NOT LOSE.
4. FIELD POSITION IS MORE IMPORTANT THAN POSSESSION OF THE BALL.

5. FOOTBALL IS A COMEDY OF ERRORS - THAT IS - ALL TEAMS ARE BOUND TO MAKE CERTAIN MISTAKES IN A GAME. COACHING IS THE ELIMINATION OF MISTAKES. CAPITALIZING ON ERRORS CALLS FOR HEADS UP AGGRESSIVE PLAY!

6. IN THE MAJORITY OF CASES, MOST TEAMS DO NOT WIN A FOOTBALL GAME, THE OTHER TEAM LOSES IT BECAUSE OF THEIR MISTAKES.

THEORY OF DEFENSE

BASED ON FOUR OBJECTIVES:

1. PREVENT OPPONENT FROM SCORING: EVERY MEMBER OF THE DEFENSE MUST HAVE THIS FACT UPPERMOST IN HIS MIND AT ALL TIMES. TO REPEAT: THE FIRST AND ONLY MISSION OF DEFENSE IS TO PREVENT A SCORE. STRANGE AS IT MAY SEEM, DEFENSIVE PLAYERS OFTEN LOSE SIGHT OF THIS VITAL FACT. NEVER WORRY ABOUT A FIRST DOWN, PREVENT TOUCHDOWNS!

2. PREVENT THE LONG SUSTAINED DRIVE: THIS IS ACCOMPLISHED BY THREE VERY IMPORTANT METHODS:

A. WE MUST ALWAYS BE SURE THAT THE OPPONENTS GAIN POSSESSION OF THE BALL AS DEEP IN THEIR TERRITORY AS POSSIBLE; ALWAYS IN THEIR HALF OF THE FIELD. THIS GIVES THEM A GREAT DISTANCE TO MOVE THE BALL FOR A SCORE. (HOLD THEM TO LESS THAN THREE YARDS PER FIRST AND SECOND DOWN IN ANY SERIES.)

B. WE MUST FORCE THE OFFENSIVE ERROR OR MISTAKE: THE FUMBLE, THE PASS INTERCEPTION, THE PENALTY, THE BLOWN ASSIGNMENT, OR THE BLOCKED KICK. SECOND MAN ON ALL TACKLES, GO FOR THE BALL.

C. THE OFFENSE MUST BE FORCED TO PUT THE BALL INTO PLAY A GREAT MANY TIMES BY KEEPING EACH GAIN TO A MINIMUM. IF WE CAN FORCE THE OFFENSE TO DO THIS, THEY WILL SURELY MAKE THE OFFENSIVE ERROR. THE PRIMARY RESPONSIBILITY FOR THESE TASKS ARE WITH THE FORCING UNIT: THE FRONT SEVEN. AWARENESS TO THE SITUATION, PROPER ALIGNMENT, PROPER READING OF OUR KEYS, STRICT ADHERENCE TO RESPONSIBILITIES, EFFICIENT EXECUTION OF STUNTS AND PURSUIT, COMBINED WITH GANG TACKLING AND BALL STEALING, WILL ENCOURAGE THESE OFFENSIVE MISTAKES. THE CONTAIN MEN PERFORM THE ALL IMPORTANT TASK OF PREVENTING ANY PLAY THAT DEVELOPS BEYOND OR PAST THE LINE OF SCRIMMAGE FROM BECOMING A HOME RUN

OR A LONG GAINER BY SURE, DEADLY, OPEN FIELD TACKLING.

3. GAIN POSSESSION OF THE FOOTBALL: GAINING POSSESSION MAY BE DONE IN FOUR DIFFERENT WAYS:

A. RECOVER A FUMBLE, C. MAKING OPPONENT DOWN O

B. INTERCEPTION OF A PASS, D. FORCING OPPONENT TO KICK.

4. TO SCORE: A GREAT MANY PLAYERS DO NOT REALIZE THAT THE DEFENSE CAN SCORE IN MORE WAYS THAN ON OFFENSE. A TOUCHDOWN MAY BE SCORED BY INTERCEPTING A PASS, A PUNT RETURN, BLOCKED PUNT, OR A FUMBLE RETURNED FOR A SCORE. A SAFETY (2 POINTS) MAY BE ACQUIRED BY TACKLING AN OPPONENT BALL CARRIER IN HIS END ZONE. THE DEFENSE MUST BE ALERT FOR THESE OPPORTUNITIES AT ALL TIMES. IN ESSENCE: THE DEFENSE MUST BE OFFENSIVELY MINDED.

BASIC DEFENSIVE PRINCIPLES

THESE BASIC PRINCIPLES OF THE DEFENSE MUST BE KEPT IN MIND AT ALL TIMES BY ALL DEFENSIVE PLAYERS:

1. EVERY DEFENSE SHOULD BE A COORDINATED DEFENSE. EVERY MAN MUST KNOW HIS RESPONSIBILITY IN THE TEAM DEFENSE.

2. FOLLOW THE BALL. THIS WILL PROVIDE THE "WINNING EDGE" IN FOOTBALL. IF 11 MEN FOLLOW WITH RELENTLESS PURSUIT AFTER THEY HAVE PROTECTED THEIR INITIAL RESPONSIBILITY - YOU WIN.

3. ANGLE OF PURSUIT. THERE IS SOME CORRECT ANGLE THAT EVERY MAN CAN TAKE TO PURSUE THE BALL CARRIER. THIS SOUNDS SIMPLE, BUT IT IS PROBABLY VIOLATED MORE THAN ANY GAME FUNDAMENTAL. NEVER PURSUE DIRECTLY BEHIND A MAN IN YOUR COLOR JERSEY.

4. GANG TACKLE. THE GANG TACKLE IS THE MOST DEMORALIZING MANEUVER IN FOOTBALL. WITH GANG TACKLING A TEAM WILL SOON KILL SOME OF THE INCENTIVE OF THE OPPOSING BALL CARRIER. GANG TACKLING IS A DEMONSTRATION OF DESIRE TO WIN.

5. INTERCEPTION OF THE FORWARD PASS. EVERY TIME THE OFFENSE THROWS A FORWARD PASS THE DEFENSE MUST REACT TO THE BALL - NOT AFTER IT HAS BEEN COMPLETED, BUT WHILE THE BALL IS IN FLIGHT. AS SOON AS THE BALL LEAVES THE PASSER'S HAND, EVERYONE ON

DEFENSE MUST FLY TO THE BALL. NOTE: THERE ARE 11 ELIGIBLE PASS RECEIVERS FOR THE DEFENSE AND ONLY FIVE FOR THE OFFENSE.

6. MAKE THEM GO THE HARD WAY. EVERY PLAYER ON THE DEFENSE MUST MAKE THE OPPONENT "BLEED" FOR EVERY GAIN MADE. EACH DEFENSIVE PLAYER SHOULD KNOW THAT HE MUST NOT GIVE THE OPPOSITION THE "EASY TD"---THEY MUST EARN IT.

7. KNOW THE SITUATIONS: DOWN, DISTANCE, LONG SHORT, TIME REMAINING, MOST LIKELY PLAY (FROM SCOUTING REPORT), TACTICAL, GOAL LINE.

8. THE FIRST DOWN IS THE KEY DOWN. THE THIRD DOWN IS THE CRUCIAL--BIG DOWN. TO BE SUCCESSFUL, YOU MUST REPEL 60 - 70% OF THE 3RD DOWN SITUATIONS.

9. THE THREE MUSTS IN DEFENSIVE FOOTBALL:

EXPLOSION-----REACTION----- TACKLING

DO'S OF DEFENSE

1. FOOTBALL IS A PERSONAL WAR TO BEGIN WITH; AS A FOOTBALL PLAYER YOU ARE PART OF A TEAM, BUT AS A DEFENSIVE PLAYER YOU MUST BE TOUGH, ROUGH, AND AGGRESSIVE, WITH A BURNING DESIRE TO DESTROY THE OPPONENT'S OFFENSE.

2. THE NAME OF THE GAME IS HIT. TO DO A GREAT A JOB, YOU MUST HIT AT FULL TILT WITH YOUR ENTIRE STRENGTH ON EVERY PLAY.

3. BE IN EXACT POSITION ON EACH DEFENSE. YOU ARE PLACED IN THIS POSITION FOR A REASON AND THAT IS TO PROTECT YOUR TERRITORY PROPERLY. YOU CANNOT DO THIS AND BE OUT OF POSITION.

4. KEEP YOU HEAD UP - EYES OPEN - KEEP YOUR SHOULDERS SQUARE AND LOWER THAN YOUR OPPONENTS.

5. STRIKE YOUR OPPONENT AND DESTROY HIS BLOCK IMMEDIATELY. PLAY THE HEAD TOUGH AND FIGHT PRESSURE AS YOUR CONTACT IS MADE.

6. GET FREE OF YOUR OPPONENT'S BLOCK AS QUICKLY AS POSSIBLE - WORK FOR LATERAL MOVEMENT.

7. KEEP YOUR FEET ON A PARALLEL PLANE. KEEP YOUR KNEES BENT AND BEHIND SHOULDERS. KEEP OPPONENT AWAY FROM YOUR LEGS.
8. PURSUE! WE LIVE BY PURSUIT. PURSUIT IS DESIRE, HUSTLE, AND PRIDE IN DEFENSE. IF THE BALL IS IN YOUR IMMEDIATE AREA, MOVE Laterally TO THE BALL. IF THE BALL IS AWAY FROM YOUR AREA, BE SURE YOU TAKE THE CORRECT ANGLE OF PURSUIT TO GET TO THE BALL.
9. GANG TACKLE! THIS HELPS TO DEMORALIZE A BALL CARRIER. WE WANT EVERY PLAYER WE HAVE TO GET TO THE BALL AS QUICKLY AS POSSIBLE AND ARRIVE IN A NASTY STATE OF MIND.
10. BE ALERT FOR THINGS THAT WILL HELP YOU SUCH AS PULLING GUARDS, OFFENSIVE LINEMEN OR BACKS POINTING, ETC.
11. PLAY YOUR POSITION FIRST, THEN SUPPORT OTHER AREAS AS QUICKLY AS POSSIBLE.
12. SECOND EFFORT! CONSTANT HUSTLE! THESE ARE THE MARKS OF A GOOD DEFENSE.
13. BE TOUGH, AGGRESSIVE, AND QUICK! YOU CAN IMPROVE ALL OF THESE THINGS PLUS YOUR REACTION AND SPEED BY HARD, DILIGENT PRACTICE.
14. DESTROY - PURSUE - GANG TACKLE! MAKE THIS YOUR MOTTO.

DON'TS OF DEFENSE

1. DON'T CATCH THE BLOCK OF YOUR OPPONENT. (YOU HIT HIM)
2. DON'T PLAY AROUND YOUR MAN. (PLAY THROUGH HIM)
3. DON'T WATCH THE BACKS FOR THEY WILL DECEIVE YOU. (READ YOUR KEY AND FIND THE BALL.)
4. DON'T BURY YOUR HEAD ON THE GROUND. (HEAD AND EYES UP AT ALL TIMES)
5. DON'T MAKE UP YOUR OWN DEFENSES OR STUNTS. (YOU HAVE ALL YOU CAN DO TO PLAY THE ONES THE COACHES SELECT FOR YOU.)
6. DON'T LOSE YOUR POISE. (A HOT HEAD ONLY DEFEATS HIMSELF.)
7. DON'T FOOL AROUND WITH YOUR MAN. (DESTROY HIS BLOCK AND GET RID OF HIM.)
8. DON'T ASSUME THE PLAY IS OVER. (BE SURE - HUSTLE UNTIL THE BALL IS DEAD)
9. DON'T EVER RELAX ON DEFENSE. (BE READY AS SOON AS THE OFFENSIVE CENTER COMES OUT OF THE HUDDLE.)

10. DON'T EVER BE BURIED. (YOU HAVE A PERSONAL WAR WITH YOUR MAN - DESTROY HIM.)

TACKLING

DEFINITION: A TACKLE IS A DESIRED COLLISION BETWEEN THE OFFENSIVE BALL CARRIER AND THE DEFENSIVE MAN IN WHICH THE DEFENSIVE MAN MUST WIN.

OBJECTIVE: TO STOP THE BALL CARRIER FOR A LOSS, LITTLE OR NO GAIN AND TO GANG TACKLE.

TECHNIQUE: MEET THE BALL CARRIER COMING OUT OF A GOOD FOOTBALL POSITION. ALWAYS AIM THE FACE AND FOREHEAD FOR THE BALL. KEEP YOUR HEAD UP; YOU CANNOT TACKLE WHAT YOU CANNOT SEE. WRAP ARMS AROUND BALL CARRIER, DO NOT LEAVE YOUR FEET, WIDE BASE, SHORT CHOPPY STEPS, DRIVE THROUGH THE HIT, LIFT, AND CARRY. WHEN YOU PUT HIM DOWN, BURY YOUR SHOULDER IN HIS RIBCAGE. DO NOT CLOSE THE EYES. WRAP AROUND HIM VICIOUSLY, AND GRAB SKIN. IF YOU ARE CAUGHT IN A POOR FOOTBALL POSITION, MAKE THE TACKLE ANYWAY YOU CAN - GRAB FOR ARMS, LEGS, HEAD, ANYTHING YOU CAN GET A HOLD ONTO.

OPEN FIELD TACKLE

GATHER SELF AND COME UNDER CONTROL 3 TO 4 YARDS FROM THE BALL CARRIER, FEET CHOPPING AND KEEP EYES ON THE BELT BUCKLE. AS YOU COME UNDER CONTROL, LOWER HIPS AND GET INTO A GOOD FOOTBALL POSITION (BREAKDOWN) AND MAKE THE TACKLE.

TACKLING A PASS RECEIVER FROM THE REAR

PUT THE SHOULDER IN THE MIDDLE OF THE BACK AND FORCE THEM TO COUGH UP THE BALL.

PERSISTENCE OVERCOMES RESISTANCE!

**WHEN I WON,
I THOUGHT I WAS LUCKY.
BUT THE HARDER I WORKED,**

THE LUCKIER I GOT!

DEFENSIVE HUDDLE

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FOLLOWING THE HUDDLE

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HB SS FS CB

1. FOLLOWING THE HUDDLE BREAK, POSITION YOURSELVES AS SHOWN ABOVE.
2. THE LINEMEN WILL BE DOWN ON THEIR KNEES SO THAT THE LB'S AND SECONDARY ARE ABLE TO SEE THE TEAM BREAK THEIR HUDDLE. THEY THEN MAY DETERMINE THE STRENGTH OF THE OFFENSIVE FORMATION AND ALIGN IN THEIR CORRECT POSITION ASAP BEFORE THE SNAP.

2. FALL ON ALL FUMBLES -- DO NOT TRY TO PICK UP THE FUMBLE AND RUN WITH IT. THAT IS NOT YOUR RESPONSIBILITY. MAKE SURE YOU RECOVER THE FUMBLE USING GOOD FUMBLE RECOVERY TECHNIQUE. YOU MAY ADVANCE A FUMBLE THAT IS CAUGHT IN MID-AIR.

3. RECOVER ALL PASSES THAT DO NOT CROSS THE LOS. LET THE REFEREE DECIDE WHETHER IT IS FORWARD OR LATERAL.

4. NO LATE HITS AFTER THE QB HAS THROWN THE BALL OR WHEN THE RUNNER IS DOWN OR OUT OF BOUNDS. BE THE NASTIEST "LEGAL" PLAYER.

5. YOU MUST HAVE YOUR MOUTH GUARD IN DURING EACH PLAY. IT'S A PENALTY IF YOU DO NOT.

6. IF YOU ARE REPLACED BY A SUB, YOU MUST DEPART AT THE SIDELINE NEAREST YOUR BENCH.

7. THERE CAN BE NO PASS INTERFERENCE BEHIND THE LOS. BE RECKLESS IN HANDLING POTENTIAL RECEIVERS BEHIND LOS.

A. DEFENSIVE LINEMEN MUST KNOW FOR EVERY DEFENSE:

1. CALL - BOTH IN THE HUDDLE AND AT THE LINE.
2. ALIGNMENT - MUST BE EXACT - GIVES POOR BLOCKING ANGLES.
3. STANCE - MUST ALLOW YOU TO EXECUTE.
4. KEY - BOTH MOVEMENT AND DIRECTION.
5. RESPONSIBILITY - AREA YOU PRIMARILY DEFEND.
6. EXECUTION - TECHNIQUE TO DEFEAT MAN IN ASSIGNED AREA.
7. PURSUIT - PROPER ANGLE TO BALL - PASS RUSH IS INCLUDED.

B. KEY - NORMAL:

1. YOU ARE ALWAYS READY IN YOUR STANCE WHEN THE OFFENSIVE CENTER PUTS HIS HANDS ON THE BALL.

2. IF THE BLOCKER IN YOUR AREA OF RESPONSIBILITY IS:

A. IN AN UP STANCE, KEY THE BALL FOR MOVEMENT. GET OFF QUICKLY IF THE BALL IS SNAPPED AS IT WILL PROBABLY BE A PASS.

B. IN A DOWN STANCE, KEY HIS HAND FOR MOVEMENT AND HIS HEAD FOR DIRECTION

C. EXECUTION - VITAL TECHNIQUES:

1. STRIKING - ATTACK AND DEFEAT THE BLOCKER. KEEP YOUR PADS UNDER THE PADS OF THE OFFENSIVE BLOCKER AND ROLL YOUR HIPS ON CONTACT NEUTRALIZING HIS CHARGE. (LOW TO HIGH)
2. SEPARATION - ONCE YOU HAVE NEUTRALIZED THE CHARGE, USE HANDS TO CREATE SEPARATION.
3. DISENGAGE - AS YOU LOCATE THE BALL CARRIER, ESCAPE FROM THE BLOCKER.
4. PURSUIT - TAKE PROPER ANGLE TO GUARANTEE A COLLISION COURSE WITH BALL CARRIER.
5. TACKLING - END PLAY BY EXECUTING A SEAGULL TACKLE ON THE BALL CARRIER.

BASIC DEFENSIVE LINE TECHNIQUES

BASIC DEFENSIVE LINE STANCE

1. FEET ARE SPREAD THE WIDTH OF THE SHOULDERS APART A LITTLE WIDER. IF YOU ARE RIGHT HANDED, THE RIGHT FOOT SHOULD BE DROPPED SLIGHTLY AS THE RIGHT HAND WILL BE DOWN (LEFT FOOT AND LEFT HAND FOR LEFT-HANDERS).
2. THE RIGHT FOOT MUST HAVE NO MORE THAN A HEEL-TOE RELATIONSHIP.
3. FEET SHOULD ALWAYS BE POINTED STRAIGHT DOWN THE FIELD. THIS IS VERY IMPORTANT.
4. FROM THIS POSITION YOU DROP INTO A SQUATTING POSITION, DROPPING BOTH ARMS DOWN FROM THE SHOULDER AND SLIGHTLY IN FRONT OF THE KNEES.
5. THE FORWARD FOOT IS NOW PLACED IN A POSITION WHERE YOU HAVE POWER PRODUCING ANGLES AT THE ANKLES AND KNEE JOINTS. TO GET THIS POSITION YOU WILL ROLL THE WEIGHT FORWARD ON THE BALL OF THE UP FOOT. THIS WILL RAISE THE WEIGHT OFF THE HEEL TO A POINT WHERE YOU CAN SEE SLIGHT DAYLIGHT UNDER THE HEEL OF THE UP-FOOT. ROCK FORWARD.
6. THE HEEL OF THE BACK FOOT AFTER YOU ARE IN THIS POSITION WILL BE AN INCH TO TWO INCHES OFF THE GROUND WITH THE WEIGHT ON THE BALL OF THE FOOT.
7. THE SHOULDERS ARE PARALLEL TO THE GROUND. THE HEAD IS IN A NATURAL POSITION WITH LITTLE OR NOT MUCH STRAIN ON THE NECK MUSCLES. THE HEAD IS COCKED BACK SLIGHTLY.
8. THE RIGHT HAND IS DOWN, WELL FORWARD OF THE FEET, IN A DIRECT LINE WITH THE KNEE OF THE INSIDE LEG. THE BODY MUST LEAN FORWARD UNTIL THE RIGHT ARM IS

VERTICAL WITH THE HAND DIRECTLY BENEATH THE SHOULDER. THE ARM IS PERPENDICULAR WITH THE GROUND.

9. THERE IS AN EQUAL AMOUNT OF WEIGHT ON BOTH FEET AND THE DOWN HAND IS IN A TRIPOD FASHION.

10. THE WRIST OF THE OTHER ARM SHOULD REST NATURALLY UPON THE KNEE OF THE LEFT LEG.

11. STARTING FROM THIS STANCE, YOU DRIVE OFF THE UP-FOOT, FIRING OUT WITH THE BACK FOOT. THE RIGHT HAND MOVES QUICKLY BACK ALONG THE GROUND, WHILE THE LEFT HAND IS "PUNCHED" IN THE DIRECTION OF MOVEMENT.

12. LINE UP ON THE FRONT TIP OF THE BALL.

13. EVERY PLAY STARTS WITH A STANCE. A GOOD STANCE IS THE FOUNDATION OF ALL YOUR MOVEMENT IN FOOTBALL.

DEFENSIVE LINE FUNDAMENTALS

THERE ARE SIX BASIC, FUNDAMENTAL DEFENSIVE LINE TECHNIQUES TO BE MASTERED:

1. ARM UNDER.
2. SWIM
3. SEAT ROLL (TO PRESSURE)
4. SPIN (TO PRESSURE)
5. SHOOT THE GAP
6. BULL RUSH

EVERY DEFENSIVE LINEMAN SHOULD PRACTICE THESE TECHNIQUES UNTIL THEY CAN BE EXECUTED FLAWLESS AND EFFORTLESSLY. WHEN YOU HAVE MASTERED THESE TECHNIQUES THEY WILL BE PERFORMED DURING THE GAME WITHOUT THOUGHT.

END DEFENSE

ALIGNMENT: YOUR BASE ALIGNMENT IS THE INSIDE EYE (SHOULDER) OF THE TIGHT END TO YOUR SIDE. IF THERE IS NO TE, YOUR ALIGNMENT IS ON THE OUTSIDE SHOULDER OF THE OFFENSIVE TACKLE TO YOUR SIDE.

RESPONSIBILITIES:

STRIKE THE OPPONENT!

YOU ARE RESPONSIBLE FOR THE C-GAP (END-TACKLE GAP) TO YOUR SIDE.

ON OPTION YOU ARE RESPONSIBLE FOR THE QB. IF PASS SHOWS, YOU ARE RESPONSIBLE FOR RUSHING THE QB FROM THE OUTSIDE IN. THE QB MUST NEVER GET OUTSIDE YOUR CONTAINMENT.

AGAINST THE SWEEP, YOU HAVE AN INSIDE-OUT ANGLE OF PURSUIT TO BE BALL CARRIER.

ON PASS, RUSH THE PASSER FROM THE OUTSIDE IN - NEVER FROM THE INSIDE OUT. ALWAYS CONTAIN THE QB. THE QB MUST NEVER GET OUTSIDE YOUR CONTAINMENT.

1. DRIVE FOREARM AND SHOULDER INTO BLOCKER'S PRESSURE SINCE THE SHOULDER AREA AND THE HANDS CAN RESIST BETTER.
2. KEEP SHOULDERS PARALLEL TO THE LINE OF SCRIMMAGE WITH FEET TOWARD THE GOAL LINE. KEEP YOUR OUTSIDE ARM AND LEG FREE.
3. PENETRATE AS DEEP AS THE BALL.
4. ON OPTION PLAYS RED DOG THE QB AND TACKLE FORCING HIM TO MAKE AS EARLY A DECISION AS POSSIBLE.
5. IF BALL IS HANDED BACK DEEP ON A POWER PLAY, PITCH-OUT, OR SPEED SWEEP, THEN WE WANT THE END TO GET HIS DEPTH AS QUICKLY AS POSSIBLE AND FORCE ANY BLOCKER TO SHOW HIS HAND DEEP IN HIS OWN BACKFIELD.
6. IF BACK APPROACHES TO BLOCK YOU, MEET HIM HEAD-ON IN ORDER TO DETERMINE WHETHER HE WISHES TO RUN INSIDE OR OUTSIDE YOU. YOU CAN DETERMINE THIS BY THE BLOCKERS HEAD-DIP AND PRESSURE.
7. THE DEFENSIVE END SHOULD REMEMBER THAT HE MUST CLOSE DOWN ON ANY PLAY GOING OFF-TACKLE AND KEEP EVERYTHING FROM GETTING AROUND HIM.
8. ON PASS, RUSH THE QB FROM THE OUTSIDE IN. CONTAIN RUSH. THE QB MUST NEVER GET OUTSIDE YOUR CONTAINMENT.

TACKLE DEFENSE

ALIGNMENT: YOUR BASE ALIGNMENT IS THE INSIDE EYE (SHOULDER) OF THE OFFENSIVE GUARD TO YOUR SIDE.

RESPONSIBILITIES:

STRIKE THE OPPONENT!

YOU ARE RESPONSIBLE FOR CONTROLLING THE A-GAP TO YOUR SIDE.

STOP THE TRAP. YOU, YOUR DEFENSIVE TACKLE TEAMMATE, AND THE MIKE LB'ER ARE RESPONSIBLE FOR STOPPING THE TRAP IN THE MIDDLE.

AGAINST THE OPTION, YOU ARE RESPONSIBLE FOR THE DIVE BACK, AND AN INSIDE OUT FORCE ON ALL WIDER PLAYS.

IF PASS SHOWS, RUSH UP FIELD TO THE QB. STAY IN YOUR PASS RUSH LANE. GET YOUR HANDS UP WHEN NEAR THE QB. TACKLE QB HIGH. KEEP YOUR FEET ON THE GROUND.

1. MOVE WITH BALL, HIT AND HUNT, FIGHT PRESSURE (THROUGH THE HEAD AND NOT AROUND THE TAIL) PURSUE, AND TACKLE.
2. YOU ARE TO CAUSE AS MUCH HAVOC FOR THE OFFENSE AS YOU POSSIBLY CAN.
3. THE PROBLEM IS TO RECOGNIZE THE VARIOUS MOVEMENTS WHICH THE OFFENSIVE LINEMEN WILL USE TO BLOCK YOU AND THEN BE ABLE TO REACT QUICKLY TO THESE MOVEMENTS.
4. IF THE CENTER ATTACKS YOU, FIGHT PRESSURE THROUGH HIS HEAD INTO THE HOLE.
5. IF YOU ARE BEING DOUBLE TEAMED, YOU MUST FIRST TRY TO SPLIT THE TEAM OR IF YOU CANNOT, SEAT ROLL INTO THE HOLE (TOWARD THE PRESSURE). DO NOT GIVE GROUND TO THE BLOCK. YOUR LAST RESORT IS TO MAKE A PILE ON THE LOS.
6. IF YOU ARE NOT BLOCKED AND LET THROUGH TO THE BACKFIELD CLEAN, YOU HAVE THREE RESPONSIBILITIES:

1.) THINK TRAP, SQUAT ON THE LOS, LOOK TO THE INSIDE-KEEP SHOULDERS PARALLEL TO THE LOS-MAKE TACKLE.

2.) THINK SCREEN, AFTER CHECKING TRAP CHECK TO SEE IF THERE IS A SCREEN PASS BEING SET UP TO YOUR SIDE,

3.) THINK PURSUIT, AFTER YOU HAVE CHECKED TRAP, COUNTER, AND REVERSE, AS WELL AS SCREEN, THEN THE PLAY IS GOING TO THE OTHER SIDE AND YOU MUST FLY IN YOUR PURSUIT COURSE TO THE BALL CARRIER TO GANG TACKLE HIM.

7. IT IS VERY IMPORTANT THAT YOU DO NOT PENETRATE DEEPER THAN THE HEELS OF THE OFFENSIVE LINEMEN. WHEN YOU GET TOO DEEP, YOU WILL LOSE YOUR ANGLE OF PURSUIT AND WILL NOT BE ABLE TO MEET THE BALL CARRIER AS HE CUTS TO THE HOLE. NEVER CHASE THE BALL.

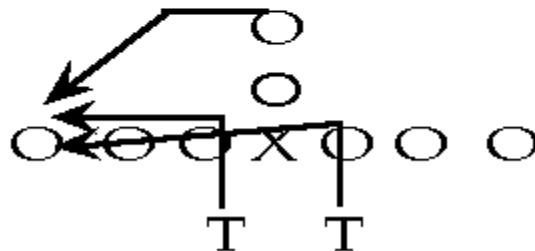
8. YOUR CORRECT ANGLE OF PURSUIT IS DOWN THE LOS.

PURSUIT COURSES

A PURSUIT COURSE IS ONE WHICH TAKES YOU FOR A REUNION WITH THE BALL CARRIER.

THE OBJECTIVE IS TO GET TO THE POINT OF INTERSECTION IN AN UGLY FRAME OF MIND. NEVER TAKE A PURSUIT COURSE FOLLOWING A JERSEY OF YOUR OWN COLOR.

PROPER PURSUIT ANGLES



PASS RUSH

PASS RUSH

MENTAL APPROACH

PRESSURE ON THE PASSER EXEMPLIFIES THE SPIRIT AND AGGRESSIVENESS OF A STRONG DEFENSIVE TEAM. THERE MUST BE AN INTENSIVE "HELL BENT" ATTITUDE BY EVERY RUSHER IF WE ARE TO BE SUCCESSFUL. IT IS A GREAT COMPLIMENT FOR A DEFENSIVE TEAM TO HAVE A LOT OF QB SACKS, ESPECIALLY IF THEY ALSO ARE SUCCESSFUL

AGAINST THE RUN. MORE IMPORTANT THAN THE NUMBER OF QB SACKS, THOUGH, IS PUTTING CONSTANT PRESSURE ON THE PASSER; FORCING BAD THROWS, BLOCKING HIS PASSES, FORCING HIM TO RUN: IN GENERAL - MAKING HIM SO JITTERY HIS TIMING AND EFFECTIVENESS ARE DESTROYED. ALL OF THIS IS VERY DEMORALIZING TO A QB.

PROBABLY THE MOST ISOLATED PLACE ON THE FIELD IS A DEFENDER COVERING MAN FOR MAN. IN ORDER FOR US TO EXPECT GOOD MAN FOR MAN COVERAGE, WE MUST PUT ENOUGH CONTINUOUS PRESSURE ON THE PASSER FOR OUR DEFENDERS TO COVER CLOSELY, CONFIDENTLY, WITHOUT FEAR OF THE QB'S HAVING TOO MUCH TIME TO THROW. EVERY TIME THE LINE FAILS IN ITS RUSH TO HARASS THE PASSER IN SUFFICIENT TIME, WE ARE GRADUALLY DESTROYING THE CONFIDENCE OF THE DEFENDER TO COVER HIS MAN CLOSELY.

THE BASIC KEY FOR SUCCESS, THEN, IS TO DEVELOP THE FANATICAL DESIRE TO GET TO THE PASSER - NEVER LETTING UP - ALWAYS APPLYING PRESSURE.

1. DRIVING FOR THE PASSER WILL -

- A. SQUEEZE HIS AREA OF OPERATION.
- B. FORCE HIM CLOSER TO ANOTHER RUSHER.
- C. NOT GIVE HIM SECOND CHOICE RECEIVERS.
- D. FORCE HIM OUT OF HIS THROWING AREA.
- E. FORCE HIM TO THROW ON THE MOVE.
- F. FORCE HIM TO RUN - HE MOST LIKELY IS A POOR RUNNER.
- G. THROW HIM FOR A LOSS.
- H. CAUSE HIM TO FUMBLE.
- I. MAKE HIM JITTERY GETTING AWAY FROM CENTER AND THROWING QUICKLY.
- J. MAKE HIM LOSE CONFIDENCE IN HIS PROTECTION.

2. GETTING THE HANDS UP WILL -

- A. DIVERT THE QB'S ATTENTION.
- B. BAT THE BALL.
- C. TIP IT FOR AN INTERCEPTION.
- D. FORCE A BAD THROW.
- E. FORCE QB TO PULL THE BALL DOWN AND RUN.

F. FORCE ELEVATION ON THROW - GIVE SECONDARY MORE TIME FOR ADJUSTING, MORE RANGE, EASY INTERCEPTION.

3. DO NOT LEAVE YOU FEET PRIOR TO RELEASE OF BALL AS IT WILL ALLOW QB TO FIND A NEW THROWING LANE.

PASS RUSH: BASIC FUNDAMENTALS

1. ANTICIPATION AND QUICK RECOGNITION OF A PASS.

2. QUICKNESS AND DECISIVENESS ON YOUR INITIAL MOVE. HAVE A PLAN.

3. CONTACTING OUTSIDE SHOULDER OF THE OFFENSIVE LINEMAN BY YOUR THIRD STEP.

4. COORDINATION OF THE HANDS, FEET, AND HEAD MOVEMENT.

5. KEEP YOUR MOMENTUM TOWARDS THE PASSER WITHOUT LOST MOTION. GET PENETRATION INTO THE THROWING LANE AND FORCE THE PASSER TO MOVE FROM HIS POCKET - DIVERT HIS ATTENTION.

6. COME LOW, KEEP YOUR SHOULDERS FORWARD OF THE FEET TO PREVENT BLOCKER FROM GETTING UNDER YOU.

7. USE BLOCKER'S MOMENTUM.

8. SHED THE BLOCKER AND BURST BY HIM BEFORE HE CAN RECOVER.

9. KEEP YOUR EYES ON THE PASSER WHILE YOUR HANDS, HEAD, AND FEET GET YOU THERE.

10. STAY IN YOUR LANE. IF YOU ARE KNOCKED OUT OF YOUR LANE, WORK BACK INTO IT.

11. IF YOU HAVE NOT REACHED THE PASSER WHEN HE STARTS TO THROW, IF HE IS FACING YOU, GET YOUR HANDS UP; IF HE IS FACING AWAY, RUN THROUGH HIM FROM BEHIND. TACKLE HIM HIGH AND PIN HIS ARMS.

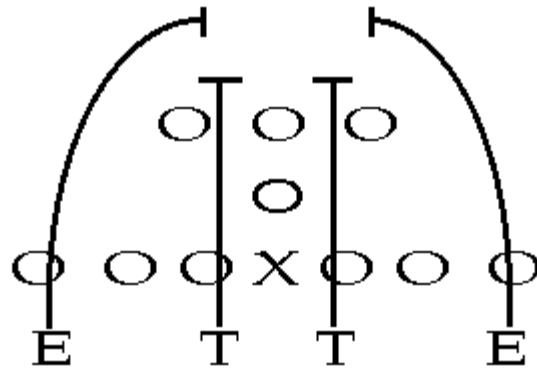
12. CONTAIN MEN KEEP FEET ON GROUND.

13. CONTAIN MEN DON'T GET BLOCKED BEYOND THE QB.

14. CHANGE UP YOUR RUSH.

15. TURN AND SPRINT IN THE DIRECTION OF THROWN PASS TO RECOVER FUMBLE; GET IN ON CLEAN-UP TACKLE, OR HELP BLOCK ON INTERCEPTION. STAY HIGH.

CORRECT PASS RUSH LANES



THE CORRECT, CONTROLLED, PASS RUSH CONTAINS THE QB. WHILE THIS RUSH MAY TAKE SOMEWHAT LONGER FOR THE DE'S TO GET TO THE QB, THE QB WILL BE CONTAINED AND HE WILL NOT HAVE MORE THAN 3.5 SECONDS TO DELIVER THE PASS. OUR SECONDARY CAN COVER FOR 3.5 SECONDS. BEYOND THAT IS WHEN TROUBLE DEVELOPS IN THE PASSING GAME.

LINDBACKER PLAY

PRINCIPLES OF LINEBACKER PLAY

1. CONCENTRATION IS THE SINGLE MOST IMPORTANT ASSET.
2. RECOGNITION IS ESSENTIAL IN ORDER TO ANTICIPATE YOUR ASSIGNMENT.
3. NEVER GET CUT OFF.
4. DELIVER A NEUTRALIZING BLOW TO A BLOCKER.
5. PLAY SQUARE ACROSS A BLOCKER'S HEAD.
6. NEVER MISS A TACKLE.
7. NEVER TAKE FOR GRANTED THE TACKLE HAS BEEN MADE.
8. TACKLE THROUGH THE BALL CARRIER.

9. DO EVERYTHING IN YOUR POWER TO GET IN ON EVERY PLAY.
10. TAKE PRIDE IN STAYING ON YOUR FEET. STAY OFF THE GROUND.
11. ALWAYS TAKE THE PROPER PURSUIT ANGLE IN ORDER TO HIT FROM THE INSIDE OUT.
12. SPRINT INTELLIGENTLY INTO YOUR PASS COVERAGE.
13. READ THE QB AND BREAK ON HIS THROWING MOTION.
14. HIT RECEIVERS MOVING THROUGH YOUR ZONE.
15. WHEN MAKING AN INTERCEPTION, CATCH THE BALL TWICE. ONCE WHEN YOU CATCH IT, THE OTHER WHEN YOU TUCK IT AWAY.
16. NEVER TIP OFF A BLITZ.
17. WHEN BLITZING, NEVER BE LATE ON THE SNAP OF THE BALL.

INSIDE LINEBACKERS

BASIC INFORMATION

EVERY INSIDE LINEBACKER MUST KNOW FOR EVERY DEFENSE:

1. CALL - BOTH IN THE HUDDLE AND AT THE LINE.
2. ALIGNMENT - BE EXACT.
3. STANCE - MUST ALLOW MAXIMUM EFFICIENCY.
4. KEY - BOTH MOVEMENT AND DIRECTION.
5. RESPONSIBILITY - AREA YOU PRIMARILY DEFEND.
6. EXECUTION - MOVEMENT AND TECHNIQUE PERFECTION.
7. PURSUIT - PROPER ANGLE TO THE BALL.
8. TACKLE - TERMINATE THE PLAY.

MIKE LINEBACKER

STANCE: TWO POINT STANCE THREE YARDS OFF THE BALL NOSE ON THE CENTER. FEET PARALLEL, WEIGHT EVENLY DISTRIBUTED ON BOTH FEET, KNEES BENT, BUTT DOWN, ARMS IN FRONT, IN A NATURAL POSITION, SPREAD THE CHEST.

BASE KEY: YOUR BASE KEY IS THE HEAD OF THE CENTER. IF THE HEAD OF THE CENTER MOVES TO ATTACK EITHER TACKLE, YOU MUST EXPLODE STRAIGHT AHEAD FILLING THE

VOID OF THE CENTER POSITION. EXPECT TRAP AND DRIVE THROUGH THE BALL CARRIER. IF THE CENTER'S HEAD COMES STRAIGHT OUT AT YOU, STEP-UP INTO THE CENTER AND CONTROL HIM. IF HE TRIES TO CUT YOU OFF, FIGHT THROUGH HIS HEAD AND GET INTO YOUR CORRECT PURSUIT ANGLE. IF THE CENTER'S HEAD RAISES AND GOES BACK, GET INTO YOUR PASS DROP (DROP-STEP TO THE DOUBLE RECEIVER SIDE AND LOCATE THE INSIDE RECEIVER). STAY INSIDE AND UNDER THE INSIDE RECEIVER TO YOUR SIDE.

RESPONSIBILITIES:

STOP THE TRAP!

SUPPORT ALL RUNNING PLAYS FROM THE INSIDE OUT.

FILL HARD INTO THE B-GAP (WHEN KEY INDICATES) BY SCRAPING OFF THE BUTT OF THE DT.

ON OPTION, YOU ARE RESPONSIBLE FOR THE DIVE BACK. IF THE DIVE BACK DOES NOT GET THE BALL, YOU SUPPORT INSIDE OUT THROUGH THE QB TO THE PITCH BACK.

STOP THE DRAW AND SCREEN.

MAKE TACKLES SIDELINE TO SIDELINE.

WHEN PASS SHOWS, GET INTO YOUR PASS DROP (DROP-STEP TO THE DOUBLE RECEIVER SIDE AND LOCATE THE INSIDE RECEIVER). STAY INSIDE AND UNDER THE INSIDE RECEIVER TO YOUR SIDE.

YOU HAVE AN INSIDE OUT FORCE ON ALL PLAYS, SIDELINE TO SIDELINE, FROM THE A-GAP OUT.

1. KEY OFF CENTER, GUARDS AND NEAR BACK MOVEMENT. KEY THE HEAD OF THE CENTER FIRST, THEN THROUGH TO THE FB, AND KEEP THE GUARDS IN THE CORNER OF YOUR EYES.
2. ON WIDE PLAYS TO THEIR SIDE MUST SUPPORT THE DEFENSIVE END FROM THE INSIDE. IT IS UP TO THE CORNER AND HALFBACKS TO SUPPORT THE DEFENSIVE END FROM THE OUTSIDE.
3. ON OPTION, YOU HAVE THE FB OR DIVE BACK ALONG WITH THE TACKLES.
4. THE CENTER IS YOUR FIRST GOOD READ FOR RUN OR PASS. IF THE C'S HEAD GOES BACK, THINK PASS AND GET TO YOUR PASS DROP IMMEDIATELY (INSIDE RECEIVER TO THE DOUBLE RECEIVER SIDE).
5. IF C'S HEAD ATTACKS EITHER TACKLE, FILL IMMEDIATELY AND EXPECT TRAP. IF NOT TRAP THEN GET IN THE HIP POCKET OF THE PULLING GUARD FOR POWER PLAY, SWEEP OR PLAY ACTION PASS. DISRUPT THE PLAY FROM BEHIND.

SAM AND WILL LB'ERS:

STANCE: SAME AS MIKE LB'ER. DEPTH IS 3.5 - 4 YDS OFF THE BALL.

BASE ALIGNMENT: YOUR BASE ALIGNMENT IS ON THE INDSIDE EYE OF THE OFFENSIVE TACKLE TO YOUR SIDE.

BASE KEY: YOUR BASE KEY IS THE GUARD/TACKLE TO YOUR SIDE TO THE NEAR BACK (TAILBACK IF IN AN I FORMATION). THE TACKLE'S HEAD IS YOUR BEST RUN/PASS KEY. IF THE GUARD PULLS, FLOW WITH HIM BEHIND THE LOS ALWAYS MAINTAINING AN INSIDE OUT ANGLE ON HIM. THE RUNNING BACK WILL ALMOST ALWAYS CUT UP INSIDE THE BLOCK OF THE PULLING GUARD AND YOU WILL BE THERE TO MAKE THE TACKLE.

RESPONSIBILITIES:

YOU ARE RESPONSIBLE FOR THE B-GAP TO YOUR SIDE. WHEN THE B-GAP IS THREATENED, YOU FILL IMMEDIATELY.

ON PASS YOU ARE RESPONSIBLE FOR HOOK TO CURL TO FLAT (BACK OUT OF THE BACKFIELD TO YOUR SIDE.

ON OPTION YOU ARE RESPONSIBLE FOR THE DIVE BACK TO YOUR SIDE.

ON WIDE RUNNING PLAYS TO YOUR SIDE, YOU HAVE AN INSIDE OUT ANGLE OF PURSUIT TO THE BALL. IT IS THE RESPONSIBILITY OF THE FORCE MAN TO YOUR SIDE TO TURN THE PLAY INTO YOUR PURSUIT ANGLE SO YOU MAY MAKE THE TACKLE.

1. FIGHT PRESSURE. PLAY THROUGH THE HEAD OF THE BLOCKER TO THE BALL CARRIER. NEVER RUN AROUND A BLOCK.
2. MAINTAIN GOOD ANGLE OF PURSUIT TO THE BALL CARRIER. BE IN POSITION TO MAKE THE TACKLE.
3. IF YOUR BACK KEY GOES AWAY (TO THE OTHER SIDE OF THE FORMATION), THINK COUNTER OR REVERSE FIRST. CHECK FOR COUNTER, THEN SHUFFLE BEHIND THE LOS TO THE OTHER SIDE.
4. IF THE BACK GOES AWAY AND THE GUARD ALSO PULLS AWAY (PAST THE CENTER) SHUFFLE IMMEDIATELY TO THE OTHER SIDE OF THE BALL TO HELP MAKE THE PLAY.
5. IF KEYS SHOW PASS, LB DROPS TO HOOK ZONE AREA DIRECTLY IN FRONT OF DEFENSIVE END (STILL WATCHING FOR SCREEN). LB'ERS NEVER ORDINARILY GET ENOUGH DEPTH FOR THIS ADJUSTMENT. KEEP AN INSIDE POSITION GIVING END (OR SECOND RECEIVER) ONLY THE SIDELINE TO CUT TO. IF THE RECEIVER DOESN'T HOOK IN THIS AREA AND CONTINUES DEEP, THE LB TURNS HIM OVER TO ONE OF THE DEEP PASS DEFENDERS. LB THEN LOOKS TO THE INSIDE FOR THE CROSSING OR DELAYED RECEIVER AND COVERS HIM.
6. ON OPTION PLAY TO YOUR SIDE, YOU ARE FIRST RESPONSIBLE FOR THE DIVE BACK. IF QB TAKES THE BALL TO THE OUTSIDE, YOU COME OFF THE DIVE BACK AND SUPPORT THROUGH THE QB TO THE PITCH BACK.
7. KEEP YOUR OUTSIDE ARM AND LEG FREE AT ALL TIMES.

PASS BASICS FOR INSIDE LB'ERS

1. THE BASIS OF ALL ZONE DEFENSES LIES IN THE ABILITIES OF ITS PLAYERS TO COVER ANY AND ALL RECEIVERS ENTERING THEIR ZONES.
2. FOR INSIDE BACKERS THE PRIMARY ZONES ARE THE HOOK AND CURL.
3. YOUR ABILITY TO READ RECEIVERS ROUTES AND COMBINATION PATTERNS WILL HELP POSITION YOU IN YOUR ZONE.
4. GET A DEPTH OF 8 TO 10 YARDS ASAP.
5. KNOW THE ALIGNMENT WIDTH OF THE RECEIVERS TO YOUR SIDE. THIS WILL GIVE YOU AN AIMING POINT FOR YOUR DROP PRIOR TO THE SNAP OF THE BALL.
6. YOUR ABILITY TO READ THE QB'S EYES AND SHOULDERS WILL GIVE YOU A JUMP ON HIS RELEASE OF THE BALL. USE YOUR PERIPHERAL VISION TO SEE THE FIELD.
7. BE ALERT FOR RECEIVERS COMING INTO YOUR VISION RUNNING SHORT CROSSING OR CHECK DELAY ROUTES. SQUARE YOUR SHOULDERS AND BE READY TO REACT UP ON SHORT RECEIVERS, OR ON "UNDER" OR "DELAY" CALLS FROM THE SECONDARY.
8. HAMMER ANY RECEIVER MOVING THROUGH YOUR ZONE TO INTERRUPT THE TIMING OF THEIR PATTERNS.
9. YOU MUST BREAK FOR THE BALL AS IT IS THROWN, AND COVER GROUND WHILE THE BALL IS IN THE AIR.
10. INTERCEPT THE BALL AT ITS HIGHEST POINT. "BINGO" IS THE CALL TO INDICATE INTERCEPTION. THE INTERCEPTOR SHOULD WORK TOWARD THE NEAR SIDELINE.

MAN COVERAGE FOR LB'ERS

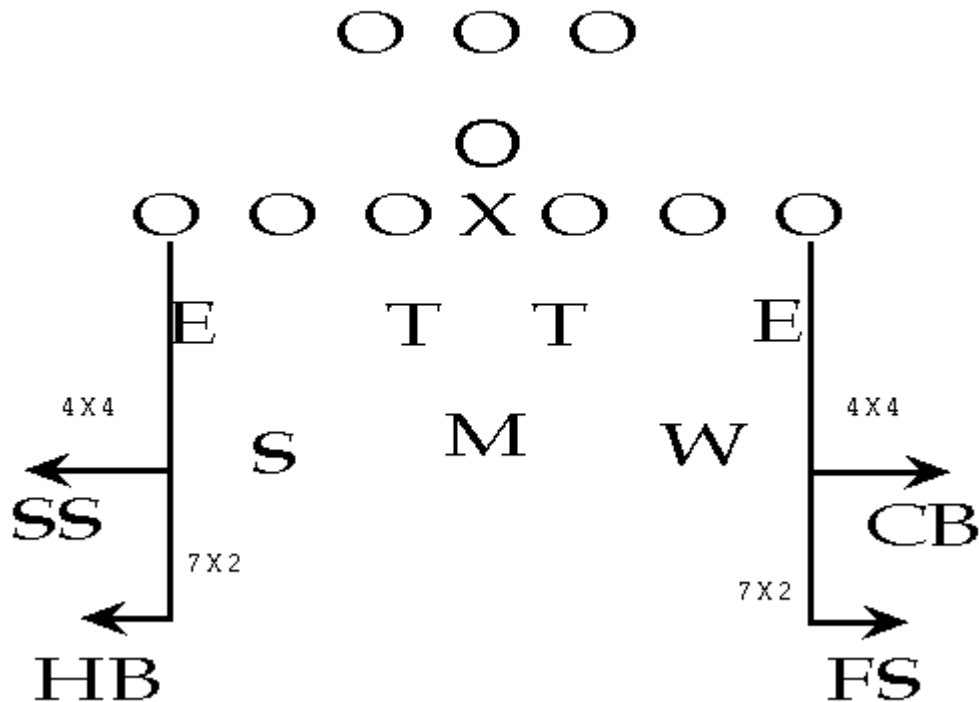
1. DO NOT GET BEAT DEEP. KEEP THE RECEIVER IN FRONT OF YOU.
2. EYES ON RECEIVER'S WAIST. NOTICE BODY LEAN.
3. KEEP A TIGHT INSIDE-OUT CUSHION.
4. DO NOT LET THE RECEIVER GET TO A HEAD-UP POSITION, MAINTAIN LEVERAGE.
5. NEVER BREAK IN FRONT OF THE RECEIVER UNLESS YOU CAN GET BOTH HANDS ON THE BALL.
6. IF YOU HAVE NO CHANCE TO INTERCEPT, PLAY THE BALL WITH NEAR ARM AND HOOK THE RECEIVER'S WAIST WITH FAR ARM FOR TACKLE IF NEEDED.
7. IF BEATEN DEEP, KEEP EYES ON RECEIVER UNTIL YOU CATCH HIM. HE WILL RUN SLOWER WITH HIS HEAD TURNED LOOKING FOR THE BALL. WHEN HIS HANDS GO UP FOR THE BALL, YOUR HANDS SHOULD GO UP. LISTEN FOR A "BALL" CALL.
8. TAKE PRIDE IN YOUR ABILITY TO COVER ONE ON ONE.

DEFENSE:

FRONT CALLS

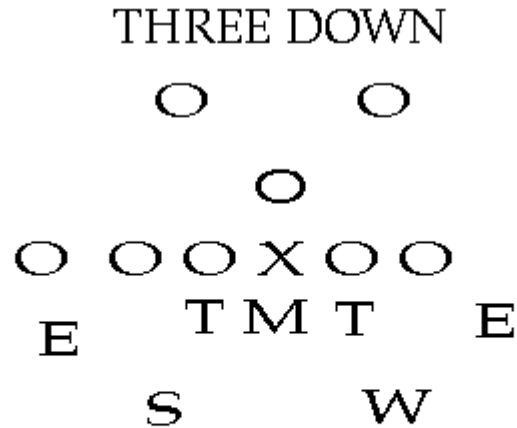
WE UTILIZE MULTIPLE FRONT CALLS WITH THE DEFENSIVE LINEMEN DEPENDING UPON THE SITUATION, TEAM WE ARE PLAYING, AND THE SCOUTING REPORT. WE BEGIN WITH OUR BASE 4-3 DEFENSE. EVERYONE PLAYS ACCORDING TO THEIR BASIC ASSIGNMENTS AS SPELLED OUT ON OTHER PAGES AT THIS SITE.

BASE DEFENSE 4-3



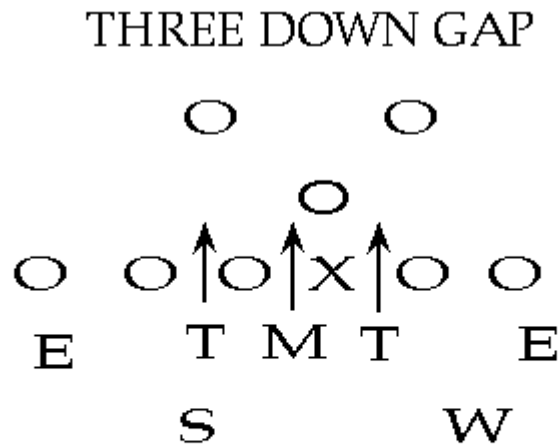
AGAINST TEAMS WITH A STRONG INSIDE RUNNING GAME (LIKE A WING-T OFFENSE), WE INCORPORATE A "THREE DOWN" OR "THREE DOWN-GAP" ALIGNMENT AS SHOWN IN THE DIAGRAMS BELOW. IN THREE DOWN THE MLB'ER ASSUMES A DOWN POSITION OVER THE CENTER OR IN THE GAP.

IN THREE DOWN THE JOB OF M IS TO NEUTRALIZE THE CENTER WHILE THE DT'S STRIKE THE GUARDS AND MOVE TO THE B-GAP.



ON THREE DOWN THE M LB'ER TAKES A NOSE ON POSITION ON THE OFFENSIVE CENTER, AND THE DT'S TAKE A POSITION HEAD UP ON THE OFFENSIVE GUARDS. WE CAN PLAY STRAIGHT, SLANT EITHER DIRECTION, OR STUNT FROM THIS FORMATION. THE STUNT (EITHER S OR W LB'ER) PUTS GREAT PRESSURE ON THE OFFENSE. ON THE STUNT THE S OR W LB'ER TAKES THE A-GAP OPPOSITE M'S CHARGE INTO THE OTHER A-GAP WHILE THE DT'S TAKE THE B-GAP.

IN THREE DOWN GAP THE THREE INTERIOR LINEMEN (DT'S PLUS M) SLIDE TO THE GAP ON THE TE SIDE OF THE FORMATION. THEIR RESPONSIBILITY IS TO PENETRATE THE GAP ASAP AND CAUSE AS MUCH HAVOC IN THE BACKFIELD AS POSSIBLE.



ON THREE DOWN GAP THE THREE DOWN INTERIOR PEOPLE TAKE THE GAP TO THE TE SIDE OF THE BALL. THEY SPEED RUSH THROUGH THE GAP AND CAUSE AS MUCH HAVOC WITH THE OFFENSE AS THE POSSIBLY CAN.

DEFENSIVE SECONDARY

QUALITIES OF PERSONNEL

THE DEFENSIVE SECONDARY IS THE "LAST LINE OF DEFENSE" BETWEEN OUR OPPONENT'S LINE OF SCRIMMAGE AND THEIR GOAL LINE. THE SECONDARY MUST HAVE SURE TACKLERS WHO ARE WILLING TO PAY THE PRICE FOR VICTORY - FOR MANY GAMES WILL BE WON BY THE AGGRESSIVENESS OF THE SECONDARY. IN SETTING UP THIS "LAST LINE OF DEFENSE" AND KNOWING ITS IMPORTANCE, WE MUST LOOK FOR INDIVIDUALS WHO WILL MAN THESE POSITIONS WITH AUTHORITY. THEY MUST BE QUICK, BOTH MENTALLY AND PHYSICALLY, AGILE, MEAN AND AGGRESSIVE, HAVE A BURNING DESIRE TO WIN AND ABOVE ALL, NEVER LOSE THEIR "COOL."

QUICKNESS: EACH MEMBER OF THE SECONDARY MUST BE ABLE TO REACT TO HIS KEYS AND RESPOND TO THEM QUICKLY. IN ORDER TO DO THIS, HE MUST CONSISTENTLY BE THINKING ABOUT THE SITUATION (DOWN AND DISTANCE, FIELD POSITION, WEATHER CONDITIONS, FORMATION). MENTAL ALERTNESS AND PHYSICAL QUICKNESS MUST BE COORDINATED.

AGILE: THE FIRST RULE OF A DEFENSIVE BACK IS "NEVER GET KNOCKED OFF YOUR FEET." IN ORDER TO FULFILL THIS REQUIREMENT, HE MUST HAVE COMPLETE CONTROL OF HIS FEET, ALWAYS MAINTAINING HIS BALANCE. HE MUST USE HIS PERIPHERAL VISION, BE ABLE TO SEE A CLEAR PICTURE OF THE PLAY AS IT DEVELOPS AND KNOW WHERE THE WOULD-BE BLOCKERS WILL BE COMING FROM.

MEAN AND AGGRESSIVE: THERE IS NO PLACE IN THE DEFENSIVE BACKFIELD FOR A SISSY. IF YOU ARE NOT WILLING TO SACRIFICE TO ACHIEVE VICTORY, YOU HAVE NO BUSINESS PLAYING FOOTBALL, LET ALONE IN OUR "LAST LINE OF DEFENSE." AFTER YOU HAVE READ YOUR KEYS AND KNOW WHAT YOU ARE TO DO, YOU MUST MOVE WITH "RECKLESS ABANDON" TO DESTROY THE OPPONENT'S PLAY ON THE GROUND OR IN THE AIR. YOUR MEANNESS AND AGGRESSIVENESS WILL SHOW IN THE VIGOR IN WHICH YOU ATTACK YOUR OPPONENT.

DESIRE TO WIN: IN ALL WALKS OF LIFE, ONE MUST HAVE THE DESIRE TO SUCCEED, TO WIN. THIS DESIRE MUST BE SO STRONG THAT NOTHING WILL STAND IN ITS WAY. AN INDIVIDUAL WHO BELIEVES IN WHAT HE IS DOING, WHO HAS PRIDE IN HIMSELF, WHO SAYS I WILL TRY RATHER THAN QUIT, WHO WILL SACRIFICE FOR THE TEAM, AND WHO SEEKS SELF-IMPROVEMENT SO THAT THE TEAM MAY BENEFIT, HAS THE REAL "BURNING DESIRE TO WIN." THE INDIVIDUAL WHO HAS THESE QUALITIES IN HIS BURNING DESIRE CAN OVERCOME ANY OBSTACLE THAT CONFRONTS HIM.

DON'T LOSE YOUR COOL: IN THE EXCITEMENT OF A GAME, MANY OUTSTANDING ATHLETES HAVE LOST THEIR COOL AND TURNED A SURE VICTORY INTO DEFEAT. IN OUR POSITION OF THE "LAST LINE OF DEFENSE,"

IT IS OF UTMOST IMPORTANCE THAT WE NEVER LOSE OUR HEAD OR COOL. IF WE DO, WE ARE NOT ONLY SHOWING OUR IGNORANCE AND LACK OF SPORTSMANSHIP, BUT LETTING OUR TEAMMATES DOWN. OUR POSITION ON THE FIELD DICTATES THE IMPORTANCE WE REPRESENT TO OUR TEAM. VICTORY CAN BE ASSURED OR PRESERVED IF WE DO NOT LOSE OUR COOL.

BASIC RULES PERTAINING TO DEFENSIVE BACKS

A. THE FORWARD PASS:

1. ALL DEFENSIVE PLAYERS ARE ELIGIBLE TO CATCH (INTERCEPT "BINGO") A FORWARD PASS.
2. THERE ARE POTENTIALLY SIX OFFENSIVE MEN ELIGIBLE TO BE DOWN FIELD AND TO CATCH A FORWARD PASS: ALL BACKS (INCLUDING THE QB) AND THE ENDS (THOSE WHO LINE UP AT THE END OF THE FORMATION ON THE LOS).
3. IF A DEFENDER TIPS A BALL, ANYONE ON THE FIELD IS ELIGIBLE TO CATCH THE BALL.
4. AN ELIGIBLE RECEIVER WHO IS FORCED OUT OF BOUNDS DURING A DOWN MAY RETURN TO THE FIELD OF PLAY AND IS ELIGIBLE TO CATCH THE BALL.
5. IF A FORWARD PASS IS CAUGHT SIMULTANEOUSLY BY OPPOSING PLAYERS IN BOUNDS, THE BALL BECOMES DEAD AND BELONGS TO THE PASSING TEAM.
6. ONCE A PASS IS TIPPED, PASS INTERFERENCE IS NO LONGER POSSIBLE.
7. CONTACT BY AN OPPONENT WHICH INTERFERES WITH AN ELIGIBLE RECEIVER (OFFENSE OR DEFENSE) BEYOND THE NEUTRAL ZONE IS PASS INTERFERENCE (WHEN THE BALL IS IN THE AIR). HOWEVER, PLAYERS ARE NOT GUILTY OF INTERFERENCE WHEN MAKING A SIMULTANEOUS AND BONAFIDE EFFORT TO REACH THE BALL.
8. THE OFFENSIVE TEAM MAY MAKE ONE FORWARD PASS DURING EACH SCRIMMAGE DOWN, BUT IT MUST BE THROWN BEFORE THE PASSER ADVANCES BEYOND THE NEUTRAL ZONE.
9. AFTER SCORING A TD ON A "BINGO", THE BALL MUST BE HANDED TO AN OFFICIAL IMMEDIATELY.
10. A PLAYER MUST HAVE AT LEAST ONE FOOT IN-BOUNDS IN ORDER FOR A CATCH TO BE LEGAL.

B. THE KICKING GAME

1. A VALID FAIR CATCH SIGNAL IS GIVEN BY EXTENDING ONE HAND CLEARLY ABOVE YOUR HEAD AND WAVING THE HAND FROM SIDE TO SIDE MORE THAN ONCE. THIS AFFORDS THE MAN WHO MAKES THIS SIGNAL MORE FREEDOM TO MAKE THE CATCH WITHOUT BEING HIT BY

THE MEN COVERING THE KICK. THIS PROTECTION IS NO LONGER IN EFFECT IF THE RETURNER DROPS THE BALL.

2. THERE CAN BE NO FAIR CATCH SIGNAL BEHIND THE LOS.

3. NO PLAYER OF THE KICKING TEAM MAY BE WITHIN TWO YARDS OF THE PLAYER POSITIONED TO CATCH THE BALL.

4. A FAIR CATCH SIGNAL BY ANYONE ON THE RECEIVING TEAM IS A BLANKET CALL FOR EVERYONE. THIS MEANS THAT THE BALL CANNOT BE ADVANCED FOR MORE THAN TWO STEPS IN ANY DIRECTION AFTER THE CATCH.

5. A PLAYER WHO MAKES A FAIR CATCH SIGNAL IS NOT ALLOWED TO BLOCK. ANYONE WHO DOES NOT MAKE A FAIR CATCH SIGNAL MAY BLOCK ABOVE THE WAIST.

6. IF A PUNT IS BLOCKED OUT OF THE END ZONE, IT IS A SAFETY FOR US (2 POINTS). IF WE RECOVER A BLOCKED KICK IN THE END ZONE, IT IS A TD FOR US. IF THE KICKING TEAM RECOVERS A BLOCKED KICK IN THE END ZONE, IT IS A SAFETY FOR US.

7. A PUNT OR FIELD GOAL THAT GOES INTO OUR END ZONE WITHOUT TOUCHING ONE OF OUR PLAYERS BECOMES A DEAD BALL.

8. IF THE IMPETUS PROPELLING THE BALL INTO THE END ZONE IS PROVIDED BY THE KICKING TEAM, A TOUCHBACK RESULTS AND WE TAKE POSSESSION AT OUR 20-YARD LINE. IF THE IMPETUS IS PROVIDED BY US AND THE OPPONENT RECOVERS IN THE END ZONE, IT'S A TD FOR THEM, OR IF THE BALL GOES OUT OF THE END ZONE, IT IS SCORED AS A SAFETY FOR THEM.

9. A KICK-OFF IS A "LIVE" BALL ONCE IT HAS GONE 10 YARDS. WE MUST FIELD ALL KICKOFFS. IF THE OPPONENT RECOVERS THE KICK-OFF, IT IS THEIR BALL.

10. WHEN IN POSITION TO FIELD A PUNT, WE NEVER ALIGN DEEPER THAN OUR OWN 10 YARD LINE. IF THE BALL GOES OVER OUR HEADS, WE LET IT GO. IT WILL PROBABLY HIT AND ROLL INTO THE END ZONE FOR A TOUCHBACK. NEVER UNDER ANY CIRCUMSTANCES FIELD A PUNT INSIDE OUR OWN 10 YARD LINE. IT JUST IS NOT GOOD FIELD POSITION.

BASIC INFORMATION FOR DEFENSIVE BACKS

MORE THAN EVER, GAMES ARE WON OR LOST ON PASS DEFENSE

OUR PRIMARY OBJECTIVES ARE:

1. MAINTAIN PERIMETER - NEVER ALLOWING AN OFFENSIVE PLAY TO GET OUTSIDE OR BEHIND US.

2. PREVENT THE SCORE - STOP THE TD.
3. INTERCEPT - CAUSE THE OFFENSIVE TURN-OVER.
4. TACKLE - MAKE THE SURE OPEN-FIELD TACKLE.

MUST KNOW FOR ALL DEFENSES:

1. CALL - COVERAGE/FORCE AND SECONDARY FORCE.
2. ALIGNMENT - MUST BE EXACT.
3. STANCE - INSIDE FOOT UP, KNEES FLEXED, ARMS RELAXED, HEAD UP.
4. FLOW - DIRECTION OF BACKFIELD AND/OR BALL.
5. ELIGIBLES - KEY FOR RUN/PASS PATTERN RECOGNITION.
6. RESPONSIBILITY - EXECUTE AND PURSUE.
7. TACKLE - SQUARE UP - EYES ON THE BALL. GET UNDER HIM. EXPLODE UP AND THROUGH. WRAP HIM UP - KNOCK THE BALL OUT.

THINGS WE MUST ACCOMPLISH:

WE MUST: PLAY TEAM DEFENSE.

WE MUST: PLAY THE BALL AT ITS HIGHEST POINT AND INTERCEPT.

WE MUST: RECOVER FUMBLES.

WE MUST: PREVENT THE "BOMB".

WE MUST: USE OUR HANDS TO WARD OFF BLOCKERS.

WE MUST: SCORE ON DEFENSE.

COVERAGE CALLS

THE COVERAGE CALLS WILL BE MADE IN THE HUDDLE COMING FROM THE SIDELINE. THERE WILL BE TIMES, HOWEVER, WHEN WE WILL HAVE TO MAKE "AUTOMATIC" CHANGES ON THE FIELD BASED ON WHAT THE OFFENSE DOES PRIOR TO THE SNAP. THESE

CHANGES WILL BE MADE BY THE FREE SAFETY (FS). THIS CALL WILL BE MADE ACCORDING TO FORMATION, MOTION, AND GAME PLAN.

COVERAGE CALLS:

1. COVER 1: MAN DEFENSE. FS HAS NO PASS RESPONSIBILITY. FS PLAYS LIKE ANOTHER LINEBACKER.
2. COVER 2: ZONE DEFENSE. FOUR UNDER - TWO DEEP CLOUD FORCE TO BOTH SIDES. FS AND SS PLAY DEEP HALFS.
3. COVER 3: ZONE DEFENSE: THREE UNDER - THREE DEEP ZONE COMBO FORCE. SKY TO THE SS SIDE, CLOUD TO THE CB SIDE.
4. COVER 4: MAN DEFENSE: STRAIGHT MAN TO MAN WITH FS BEING FREE TO PLAY THE BALL.
5. COVER 5: ZONE DEFENSE: FOUR UNDER - THREE DEEP.
6. COVER 6: ZONE DEFENSE: THREE UNDER - FOUR DEEP PREVENT
7. FIVE UNDER MAN - TWO DEEP ZONE (FS AND HB)

ALIGNMENTS:

A. CORNERBACK AND HALFBACKS:

1. EIGHT TO TEN YARDS DEEP (DEPENDING ON THE SITUATION: DOWN AND DISTANCE) ON THE OUTSIDE SHOULDER OF WIDE RECEIVER (SEE BASIC SPLIT RULES BELOW). AGAINST A TIGHT FORMATION, ALIGNMENT IS:

A. HB ON THE DOUBLE RECEIVER SIDE WITH STRONG SAFETY TO YOUR SIDE, ALIGN SEVEN TO TEN YARDS DEEP AND TWO YARDS OUTSIDE THE TIGHT RECEIVER;

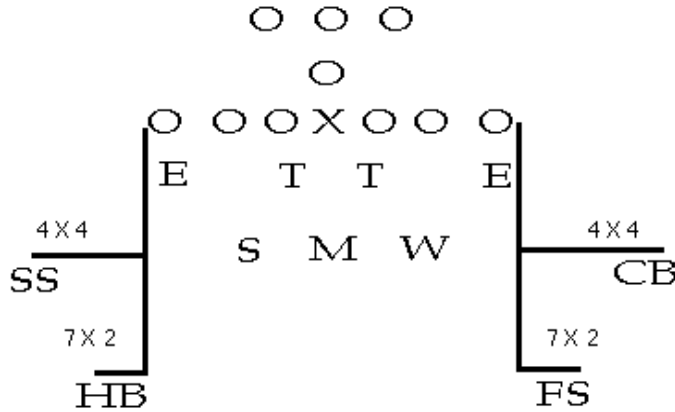
B. CB ON THE SINGLE RECEIVER SIDE, ALIGN FOUR YARDS DEEP AND FOUR YARDS OUTSIDE THE TIGHT RECEIVER.

B. STRONG SAFETY:

1. MOST OF THE TIME YOU WILL ALIGN TO THE DOUBLE RECEIVER SIDE OF THE FORMATION. ALIGN THREE YARDS DEEP AND THREE YARDS OUTSIDE THE SECOND RECEIVER TO YOUR SIDE (USUALLY A TIGHT END). VS. A WIDE SLOT ALIGN FOUR TO FIVE YARDS DEEP ON THE WIDE SLOT (ALSO SEE SPLIT RULES BELOW).

C. FREE SAFETY:

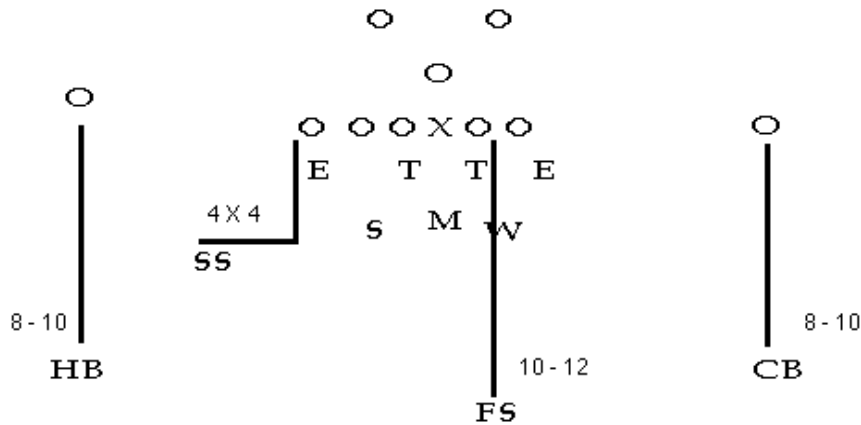
1. 8 - 10 YARDS DEEP, LATERAL ALIGNMENT WILL VARY DEPENDING ON FIELD POSITION, FORMATION, DOWN, AND DISTANCE. HOWEVER, MOST OF THE TIME YOU WILL START IN A "CHEATED" POSITION OVER THE WEAK SIDE GUARD-TACKLE GAP OF THE OFFENSIVE FORMATION



BASIC ALIGNMENT FOR DEFENSIVE BACKS VS TIGHT (ABOVE) AND SPLIT (BELOW) RECEIVERS

AGAINST TIGHT FORMATIONS AND RECEIVERS EXPECT RUN AND PLAY ACTION PASS. KNOW THE DOWN AND DISTANCE FOR EVERY PLAY. READ YOUR KEYS.

AGAINST SPLIT RECEIVERS THE DOWN AND DISTANCE ARE MORE IMPORTANT. IN RUNNING SITUATIONS PLAY TIGHTER EXPECTING RUN. ON PASSING SITUATIONS PLAY SOMEWHAT DEEPER AND LOOSER. READ YOUR KEYS. KNOW THE DOWN AND DISTANCE FOR EVERY PLAY.



STANCE

1. INSIDE FOOT UP, SHOULDERS PARALLEL TO THE LOS.

2. KNEES BENT AND WEIGHT ON BALLS OF THE FEET.
3. UPPER BODY IS RELAXED.
4. CHIN IS OVER TOES.
5. EYES FOCUSED ON KEYS.

SPLIT RULES

HALFBACK - CORNERBACK: PLAY ANY SPLIT RECEIVER (MORE THAN 5 YARDS FROM TACKLE) OUTSIDE SHOULDER UP TO THE HASH MARK. FROM THE HASH MARK TO WITHIN 5 YARDS OF THE SIDELINE, PLAY HEAD UP. IF RECEIVER IS LESS THAN 5 YARDS FROM THE SIDELINE, PLAY HIM BY SPLITTING THE DIFFERENCE BETWEEN THE RECEIVER AND THE HASH MARK. DEFENSIVE HALFBACKS AND CORNERBACKS WILL ALWAYS PLAY INSIDE FOOT UP, UNLESS PLAYING INSIDE THE RECEIVER. IF THE RECEIVER IS CLOSER THAN 5 YARDS TO THE SIDELINE, THE DEFENDER'S INSIDE FOOT SHOULD BE BACK.

FREE SAFETY: HE SHOULD ALWAYS CHEAT (MOVE OVER AT LEAST TO THE B-GAP) TO THE SIDE OF THE FIELD THAT HAS JUST ONE RECEIVER. IF A COVERAGE IS CALLED IN WHICH THE SAFETY MAY HAVE TO ROTATE TO A SPLIT RECEIVER, HE SHOULD MAKE SURE THAT HE IS AS DEEP AS THE RECEIVER IS SPLIT WIDE. IF THE RECEIVER IS SPLIT 12 YARDS, THE SAFETY SHOULD BE 12 YARDS DEEP. THE SAFETY SHOULD CHEAT TO THE SIDE OF A SPLIT RECEIVER IF HE HAS TO ROTATE TO HIM.

STRONG SAFETY - IN PLAYING RECEIVER UP TO AND INCLUDING A 5 YARD SPLIT, THE SAFETY WILL MAINTAIN HIS NORMAL 3 X 3 ALIGNMENT. IF RECEIVER IS SPLIT MORE THAN 5 YARDS, HE SHOULD PLAY 4 - 5 YARDS DEEP X 3 YARDS OUTSIDE WHERE NORMAL END WOULD ALIGN.

COMMUNICATION

IT IS NECESSARY THAT DEFENSIVE BACKS LEARN TO COMMUNICATE WITH EACH OTHER AND WITH THE LINEBACKERS DURING THE COURSE OF THE BALL GAME. THE IMPORTANCE OF TALKING TO ONE ANOTHER CANNOT BE STRESSED ENOUGH. THE COMMUNICATION WE NEED BEGINS WHEN OUR OPPONENT BREAKS THE HUDDLE AND DEPLOYS IN THE OFFENSIVE FORMATION. WE MUST BE CERTAIN WE RECOGNIZE THE OFFENSIVE FORMATION AND THE ELIGIBLE RECEIVERS. A BACK IN MOTION REQUIRES US TO MAKE ADJUSTMENTS AND THIS MUST BE MADE KNOWN TO ALL. IN ADDITION, OUR FORCE CALLS MUST BE MADE CLEAR TO THE SAFETY, CORNER, ENDS, AND LINEBACKERS INVOLVED.

ONCE THE BALL IS SNAPPED AND PLAY BEGINS, WE MUST CONTINUE TO COMMUNICATE. WHEN A RUN SHOWS, WE SHOULD BE SHOUTING "RUN." IF WE SEE A CRACK-BACK BLOCK DEVELOPING ON AN END, SAFETY, OR LINEBACKER, WE SHOULD YELL "CRACK!" "REVERSE," "COUNTER," AND "DRAW" OR OTHER PLAY RECOGNITION TERMS WE SHOULD BE SHOUTING IN ORDER TO ASSIST EACH OTHER IN DEFENDING AGAINST A RUN.

IF WE RECOGNIZE THE PLAY AS A PASS, SHOUT IT OUT - "PASS!!" OUR UNDERNEATH COVERAGE (SHORT ZONE RESPONSIBILITY) OFTEN HAS DIFFICULTY SEEING RECEIVERS, SO IT WILL IMPROVE THEIR ABILITY IF OUR MEN COVERING THE DEEP ZONE, WILL CALL THEIR ROUTES: IN, OUT, HOOK, CURL, SCREEN, UNDER, AND CROSS, POST, OR CORNER ON

DEEP ROUTES. ONCE THE BALL HAS BEEN RELEASED, YELL "BALL!" IT IS ESSENTIAL THAT WE GET THE MAXIMUM AMOUNT OF PEOPLE TO THE FOOTBALL.

WE MUST REALIZE THE IMPORTANCE OF TALKING. DURING PRACTICE IS THE TIME TO PERFECT THE ABILITY OF OUR SECONDARY AND LB'ERS TO COMMUNICATE WITHOUT THE DISTRACTION OF GAME NOISE.

**ONLY THE PLAYERS WHO ARE
WILLING TO PAY THE PRICE
WILL BECOME CHAMPIONS**

YOU CANNOT CONSISTENTLY

**PERFORM IN A MANNER THAT IS
INCONSISTENT WITH THE WAY YOU SEE YOURSELF**

Secondary Keys

BASIC KEY

THE MOST IMPORTANT, SINGLE, FUNDAMENTAL THING YOU CAN DO AS A DEFENSIVE BACK IS TO:

READ YOUR KEYS

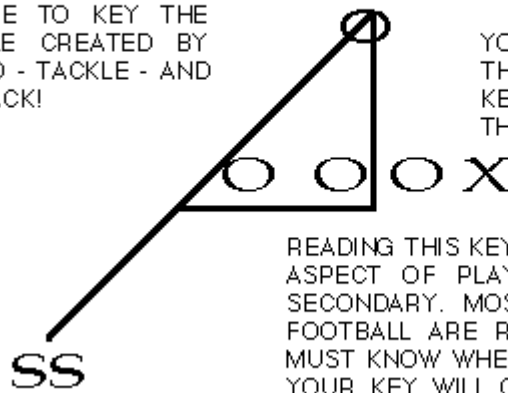
READING YOU KEYS WILL PUT YOU INTO POSITION TO MAKE THE PLAY FASTER THAN ANY OTHER SINGLE ACTIVITY YOU CAN DO. MANY OFFENSES WILL GO OUT OF THEIR WAY TO "FAKE YOU OUT" WITH GREAT BACKFIELD MANEUVERS. IF YOU STAY DISCIPLINED AND "READ YOUR KEYS," YOU WILL BEAT THEM WITH YOUR BRAINS AND ABILITIES.

THE BASIC KEY FOR DB'S IS THE END-TACKLE-NEAR BACK TO YOUR SIDE OF THE FORMATION. THE END IS YOUR PRIMARY AND FIRST RESPONSIBILITY. IF HE RELEASES FOR PASS YOU MUST GET TO YOUR PASS RESPONSIBILITY ASAP AND PLAY THE RECEIVER IN YOUR AREA IF WE ARE IN ZONE COVERAGE. IF THE END BLOCKS ON THE LOS, YOU ARE TO EXECUTE YOUR RUN SUPPORT RESPONSIBILITY ASAP. IF YOU DO, YOU WILL BE IN POSITION TO MAKE THE TACKLE OR TURN THE PLAY IN TO THE COMING PURSUIT.

IT CANNOT BE STRESSED ENOUGH THAT READING YOUR KEYS WILL PUT YOU INTO POSITION TO MAKE THE PLAY BETTER THAN ANYTHING YOU CAN DO. PROPER READING OF YOUR KEYS WILL LEAD YOU TO SUCCESS.

BASIC KEY FOR DEFENSIVE BACKS

YOU ARE TO KEY THE TRIANGLE CREATED BY THE END - TACKLE - AND NEAR BACK!

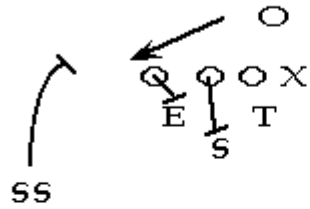


YOUR PRIMARY KEY IS WHAT THE END DOES; SECONDARY KEY IS TACKLE. LAST KEY IS THE HB.

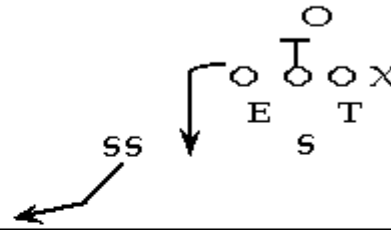
READING THIS KEY IS THE MOST IMPORTANT ASPECT OF PLAYING IN THE DEFENSIVE SECONDARY. MOST PLAYS IN HIGH SCHOOL FOOTBALL ARE RUNNING PLAYS AND YOU MUST KNOW WHEN TO SUPPORT. READING YOUR KEY WILL GET YOU TO WHERE YOU NEED TO BE AS FAST AS POSSIBLE.

THE FOLLOWING FOUR SITUATIONS ARE THE ONES YOU WILL SEE 95% OF THE TIME. PRACTICE AT READING YOUR KEYS WILL ENABLE YOU TO REACT AT EVER FASTER TIMES AND PUT YOU INTO BETTER POSITION TO MAKE THE PLAY. READ AND REACT TO THE FOLLOWING SITUATIONS AS FAST AS YOU CAN.

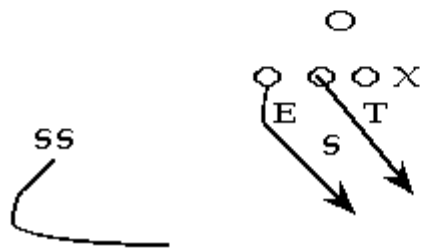
END AND TACKLE BOTH BLOCK HARD: RUN INDICATED. SUPPORT FROM THE OUTSIDE IN.



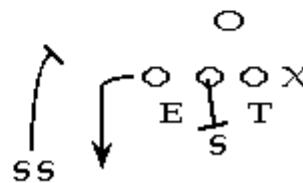
END RELEASES: PASS INDICATED. GO TO KEY #2, TACKLE. IF HE SETS FOR PASS - GET TO YOUR PASS ZONE RESPONSIBILITY.



END RELEASES: PASS INDICATED. KEY #2 RELEASES ALSO - RUN TO OTHER SIDE OF FORMATION. PURSUE THROUGH DEEP MIDDLE.



END RELEASES: PASS INDICATED. KEY #2 BLOCKS HARD AND BACK COMES = OPTION PLAY COMING - SUPPORT OUTSIDE IN.

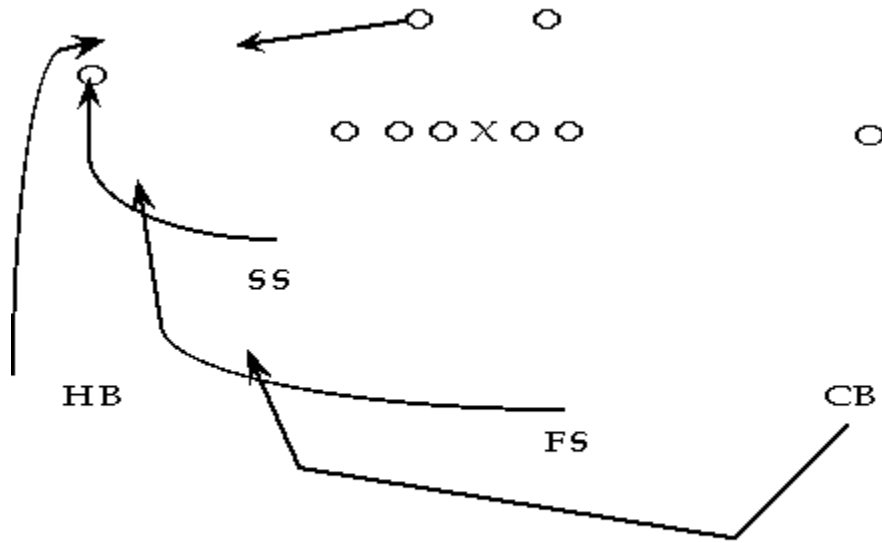


PROPER ANGLES OF PURSUIT

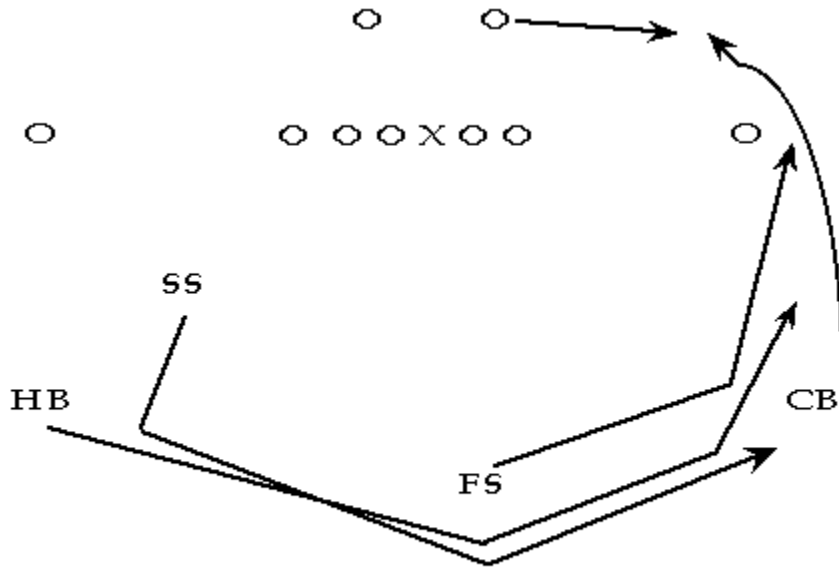
PROPER ANGLES OF PURSUIT ARE MOST IMPORTANT FOR THE DEFENSIVE SECONDARY. DB'S MUST KEEP THE PLAY IN FRONT OF THEM WHILE PURSUING TO THE OTHER SIDE OF THE FORMATION. THE DEFENSIVE SECONDARY IS THE LAST LINE OF DEFENSE. NO BALL CARRIER CAN GET DEEPER THAN THE DEFENSIVE SECONDARY. DB'S MUST ALWAYS MAINTAIN LEVERAGE ON THE BALL CARRIER.

WHEN YOUR KEYS INDICATE A PLAY TO THE OPPOSITE SIDE OF THE FORMATION, IT IS IMPORTANT THAT YOU AND YOUR SECONDARY TEAMMATES MAINTAIN A "DEFENSIVE UMBRELLA" AHEAD OF THE BALL CARRIER. THIS MEANS THAT THE BACKSIDE DB MUST ROTATE THROUGH DEEP MIDDLE WHILE PURSUING TO THE BALL CARRIER. THIS BACKSIDE DB MUST ALWAYS BE IN POSITION TO MAKE THE TACKLE ON ANY CUTBACK THAT MIGHT TAKE PLACE.

CORRECT ANGLES OF PURSUIT



DISCIPLINED, PROPER ANGLES OF PURSUIT ARE PART OF A WINNING TEAM. WHEN A BALL CARRIER IS ABLE TO MAKE A DRAMATIC CUTBACK FOR A BIG RUN, YOU CAN TRACE THE REASON TO POOR ANGLES OF PURSUIT. WHILE TAKING A FLATTER ANGLE OF PURSUIT MAY GET YOU TO THE PLAY SOMEWHAT QUICKER ON A PARTICULAR PLAY, IT WILL NOT GET YOU THERE ON ALL THE PLAYS, ESPECIALLY THE CRUCIAL ONES. YOUR TEAMMATES ARE COUNTING ON YOU TO BE IN POSITION TO DO WHAT YOU ARE COACHED TO DO; TO BE WHERE YOU ARE SUPPOSED TO BE. WHEN YOU ARE NOT, YOU HAVE BROKEN FAITH WITH THE TEAM AND THE RESULT IS A DEFENSIVE BREAKDOWN.



Secondary: Run Responsibilities

BASIC RESPONSIBILITIES VS. RUN

A. FORCE:

APPLIES TO THE DEEP SECONDARY PLAYER WHO IS RESPONSIBLE FOR MEETING THE END RUN AGGRESSIVELY ON, OR BEYOND THE LOS. HE IS RESPONSIBLE FOR TURNING THE PLAY INSIDE WHILE CONSTRICTING THE CUT BACK HOLE TO A MINIMUM WITHOUT GETTING HOOKED OR BLOCKED. VS A SINGLE OUTSIDE BALL CARRIER RUNNING THE PITCH, WE WILL USE A CONTROLLED AGGRESSIVE APPROACH TO THE LOS KEEPING BALL CARRIER ON OUR INSIDE SHOULDER (OUTSIDE LEVERAGE). VS LEAD BLOCKER, TAKE AN AGGRESSIVE APPROACH THAT ENABLES YOU TO MEET AND DEFEAT THE BLOCKER BEYOND THE LOS, WHILE FORCING THE BALL CARRIER TO GIVE GROUND AWAY FROM THE LOS OR MAKING HIM TURN UPFIELD IMMEDIATELY.

B. SECONDARY FORCE:

APPLIES TO THE CORNER OR SAFETY WHO IS RESPONSIBLE FOR TURNING AN OFFENSIVE PLAY INSIDE IF THE PRIMARY FORCE HAS BROKEN DOWN, HE NORMALLY HAS DEEP PASS RESPONSIBILITY. THIS ACTION IS EXECUTED ONCE ALL THREAT OF PASS IS ELIMINATED.

C. FILL:

APPLIES TO DEFENSIVE BACK WHO IS RESPONSIBLE FOR GOING DIRECTLY TO THE FOOTBALL INSIDE OUT. THIS ACTION IS EXECUTED ONCE ALL THREAT OF PASS IS ELIMINATED.

D. BACKSIDE LEVERAGE:

APPLIES TO THE DEFENDER AWAY FROM FLOW WHO WILL TAKE AN APPROACH TO THE BALL WHICH WILL NEVER ALLOW THE BALL CARRIER TO CROSS HIS FACE.

E. PURSUIT:

APPLIES TO DEEP SECONDARY AWAY FROM FLOW WHO HAS DEEP OUTSIDE THIRDS OR HALVES ON PASS AND IS RESPONSIBLE FOR STOPPING THE TD. THIS IS DONE BY TAKING AN ANGLE TO THE BALL THAT WILL STOP THE TD AND AT THE SAME TIME, NOT ALLOWING THE BALL CARRIER TO CUT BACK, REVERSE OR CROSS HIS FACE.

STRONG SAFETY AND CORNERBACK

STANCE: GOOD LB'ER STANCE WITH INSIDE FOOT UP.

ALIGNMENT: YOUR ALIGNMENT IS 4 YDS DEEP AND 4 YDS OUTSIDE THE THIGHT END TO YOUR SIDE.

RESPONSIBILITIES:

A. YOU ARE RESPONSIBLE FOR CONTAIN TO YOUR SIDE OF THE BALL. YOU HAVE AN OUTSIDE IN FORCE ON ALL RUNNING PLAYS TO YOUR SIDE.

B. ON OPTION YOU ARE RESPONSIBLE FOR THE PITCH BACK.

C. IF PASS SHOWS, YOU MUST DROP TO YOUR PASS COVERAGE RESPONSIBILITY AND COVER THE RECEIVER THAT SHOWS IN YOUR ZONE.

D. ON RUNNING PLAYS THAT DEVELOP TO THE INSIDE, YOU SUPPORT FROM THE OUTSIDE IN. NO BALL CARRIER EVER GETS WIDER THAN YOUR ANGLE OF PURSUIT.

E. ON RUNNING PLAYS AWAY, MAINTAIN THE CORRECT ANGLE OF PURSUIT WHICH IS A "GREAT CIRCLE" ROUTE THROUGH DEEP MIDDLE. ALWAYS BE IN POSITION TO MAKE THE TACKLE ON A CUT BACK BALL CARRIER.

1. GOOD LINEBACKER STAND-UP POSITION, INSIDE FOOT UP.

2. KEY OFF OFFENSIVE END, TACKLE, AND NEAR HB. IF THE END BLOCKS, YOU SUPPORT RIGHT NOW.

3. SUPPORT THE DE FROM OUTSIDE ON WIDE PLAYS.

4. KNOW YOUR PASS DEFENSE RESPONSIBILITIES (DETAILED LATER).

5. IF THE PLAY GOES TO THE OTHER SIDE OF THE DEFENSE, YOUR PURSUIT ANGLE IS THROUGH THE DEFENSE'S SAFETY POSITION TO COVER REVERSE AND CUTBACKS.

6. KEEP YOU OUTSIDE ARM AND LEG FREE AT ALL TIMES.

FREE SAFETY AND HALFBACK:

STANCE: GOOD LB'ER STANCE WITH INSIDE FOOT UP.

ALIGNMENT: YOUR ALIGNMENT IS 7 YDS DEEP AND 2 YDS OUTSIDE THE TIGHT END TO YOUR SIDE OF THE BALL.

RESPONSIBILITIES:

A. ON RUNNING PLAYS YOU ARE TO FORCE INTO THE OFF TACKLE HOLE FROM THE OUTSIDE IN ON RUNNING PLAYS TO YOU SIDE.

B. ON OPTION TO YOUR SIDE, SUPPORT UP THROUGH THE QB TO THE PITCH BACK.

C. ON PASS PLAYS, DROP TO YOUR PASS COVERAGE RESPONSIBILITY AND COVER THE RECEIVER THAT SHOWS IN YOUR AREA.

MAINTAIN GOOD ANGLES OF PURSUIT TO THE BALL CARRIER.

ON PLAYS AWAY, ROTATE THROUGH DEEP MIDDLE ON YOUR ANGLE OF PURSUIT TO THE OTHER SIDE OF THE BALL.

1. KEY ON END, TACKLE, HB ON YOUR SIDE.

2. IF TACKLE DROP STEPS TO SET-UP FOR PASS PROTECTION, LOOK BACK FOR QB. LOOK FOR CUTTING RECEIVERS. RUN BACK TO COVER YOUR ZONE AND PLAY BALL.

3. IF TACKLE FIRES OUT AND END RELEASES, IT IS PROBABLY A PLAY ACTION PASS, LOOK BACK FOR QB, LOOK FOR CUTTING RECEIVERS, RUN BACK TO COVER YOUR ZONE AND PLAY BALL.

4. ALWAYS ASSUME IT IS A PASS PLAY UNTIL YOU ARE CERTAIN IT IS NOT. THEN YOU MUST SUPPORT HARD.

5. NEVER LET A RECEIVER GET BEHIND YOU.

6. KEEP YOUR OUTSIDE ARM AND LEG FREE AT ALL TIMES.

7. IF TACKLE AND END RELEASE AWAY FROM YOUR SIDE, RUN BACKWARD TO YOUR ZONE. WHEN YOU ARE SURE IT IS NOT A PASS, ROTATE AND PURSUE, PREVENT CUTBACKS. BLOCK PROTECTION. . . .DO NOT LET YOURSELF BE BLOCKED. . . . BLOCK PROTECTION.

IF A DEEP MAN GETS KNOCKED OFF HIS FEET, IT IS A CARDINAL SIN:

IF A DEEP MAN GETS KNOCKED OFF HIS FEET . . .

HE OPENS THE GATE.

Secondary: Pass Responsibilities

BASIC PRINCIPLES VS. PASS

1. DEEP BACKS FIRST RESPONSIBILITY IS THE PASS.
2. NEVER LET THE RECEIVER GET BEHIND YOU FOR THE LONG PASS.
3. INTERCEPT THE BALL AT ITS HIGHEST POINT. ALWAYS WATCH THE BALL INTO YOUR HANDS. DON'T WAIT FOR IT - FIGHT FOR IT! TAKE IT AWAY!!
4. WHEN ANTICIPATING OR UPON INTERCEPTION, THE CALL IS "BINGO" SPRINT TO THE NEAREST SIDELINE AND OTHER DEEP BACKS SHOULD BECOME BLOCKERS. NEAREST BACK SHOULD BLOCK THE INTENDED RECEIVER.
5. KEEP YOUR BUTT DOWN AND CHIN OUT OVER YOUR TOES IN YOUR BACK PEDAL. WE WOULD LIKE TO STAY IN THE BACK PEDAL AS LONG AS POSSIBLE, UNTIL THE RECEIVER BREAKS OUR CUSHION OF THREE TO FOUR YARDS DEPTH. WHEN THIS HAPPENS, YOU MUST TURN AND RUN WITH HIM.
6. MOST INTERCEPTIONS ARE MADE AS THE DEFENDER MOVES FORWARD INTO THE BALL.
7. A TIPPED BALL SHOULD BE AN INTERCEPTION IF WE BREAK AND GO TO THE BALL. (50% OF ALL TIPPED BALLS ARE INTERCEPTED).
8. COMMUNICATION IS IMPORTANT. TALK TO YOUR TEAMMATES; HELP EACH OTHER.
9. INTERFERENCE RESULTS WHEN A DEFENDER PLAYS THE RECEIVER RATHER THAN THE BALL.

10. KEEP IN CONSTANT TOUCH WITH TEAMMATES BY TALKING: "POST", "CURL", "HOOK", ETC.

11. ALWAYS TAKE THE SHORTEST ROUTE TO THE BALL. PLAY THROUGH THE RECEIVER TOUGH AND SEARCH HIM. AS YOU PULL HIS ARMS APART, EXPAND YOUR CHEST AND DRIVE THROUGH HIM. KEEP YOUR LEGS MOVING - NEVER LUNGE.

12. NEVER TAKE A FAKE BY A BACK DIVING INTO THE LINE.

13. THE FRONT SEVEN HAS ITS JOB, YOU HAVE YOURS. LET THE INSIDE TAKE CARE OF THE INSIDE, AND YOU TAKE CARE OF THE OUTSIDE.

14. WHEN CUSHION IS BROKEN, TURN TOWARD RECEIVER AND RUN. KEY HEAD AND HANDS, LISTEN FOR "BALL" CALL TO DETERMINE THE ARRIVAL OF THE BALL.

15. ALL RECEIVERS' PATTERNS CAN BE BROKEN INTO THREE GENERAL CATEGORIES AND WE MUST BE AWARE AND ALERT TO THESE POTENTIALS THROUGHOUT OUR COVERAGE:

A. QUICKS - THREE TO FIVE STEP ROUTES (SLANT, HITCH, QUICK-OUT);

B. INTERMEDIATE - TEN TO FIFTEEN YARD ROUTES (OUT, HOOK);

C. DEEP - OVER 15 (POST, GO, CORNER).

16. LOOK FOR A PASS:

A. AFTER TIME-OUTS;

B. AFTER DELAY OF GAME PENALTY ON THE OPPONENTS;

C. FIRST AND LAST PLAY OF THE QUARTER;

D. AFTER A SUBSTITUTION;

E. AFTER A PENALTY;

F. ON A FIRST AND TEN SITUATION FOLLOWING A TURNOVER;

G. ON A SECOND AND SHORT, WASTE DOWN;

H. ON THIRD AND LONG.

17. THE CLOSER THE BALL GETS TO OUR GOAL LINE, THE TIGHTER WE PLAY ZONE OR MAN.

18. DO NOT DEFEND THE END ZONE, DEFEND THE GOAL LINE.

19. KNOW DOWN, DISTANCE, AND TENDENCIES.
20. PLAY BALL TOUGH. THE OFFENSE WINS ALL TIES.
21. USE THE SIDELINE; IT IS THE 12TH MAN ON DEFENSE.

ZONE COVERAGE INDIVIDUAL TECHNIQUES

1. DETERMINE BEFORE THE SNAP THE ZONE YOU HAVE TO COVER. LOOK TO YOUR POINT OF AIM WITHIN THAT ZONE BEFORE THE BALL IS SNAPPED SO YOU REALIZE WHAT ANGLE YOU MUST TAKE TO GET TO THE MIDDLE OF YOUR ZONE.
2. YOU SHOULD NEVER ALLOW A RECEIVER TO GET BEHIND YOU WHEN YOU HAVE A DEEP ZONE. MAINTAIN AT LEAST A 3-4 YARD CUSHION ON THE DEEPEST RECEIVER IN YOUR ZONE.
3. DO NOT DEFEND AIR - GO ONLY AS WIDE AND AS DEEP AS YOU HAVE TO GO TO COVER YOUR RESPONSIBILITY.
4. SEE THE BALL AT ALL TIMES. YOUR ATTENTION SHOULD BE DIRECTED TOWARDS THE PASSER AND YOU SHOULD SEE THE RECEIVERS THROUGH YOUR PERIPHERAL VISION.
5. BALL REACTION IS PARAMOUNT TO SUCCESSFUL ZONE PASS DEFENSE. BREAK ON THE QB'S LEFT HAND COMING OFF OF THE BALL (COCKING MOTION).
6. WHEN RESPONSIBLE FOR A SHORT ZONE, GAMBLE FOR THE INTERCEPTION.
7. WHEN RESPONSIBLE FOR A DEEP ZONE, NEVER GO IN FRONT OF THE INTENDED RECEIVER UNLESS YOU CAN GET BOTH HANDS ON THE BALL.
8. BE AWARE OF THE RED ZONES - SHORT DEFENDERS SHOULD BE NO CLOSER THAN SIX YARDS TO THE SIDELINE UNTIL THE BALL IS THROWN IN THAT AREA. DEEP DEFENDERS SHOULD BE NO CLOSER THAN NINE YARDS TO THE SIDELINE UNTIL THE BALL IS THROWN IN THAT AREA.
9. FREE SAFETY SHOULD KEEP ALL RECEIVERS IN FROM OF HIM.
10. MEN RESPONSIBLE FOR THE DEEP OUTSIDE 1/3'S SHOULD NEVER TAKE AN INSIDE FAKE. YOU WILL HAVE HELP IN THE MIDDLE FROM THE FREE SAFETY.
11. IF YOU HAVE DEEP RESPONSIBILITY, DO NOT COVER HOOK OR CURL UNTIL THE BALL IS THROWN THERE.
12. USE CHEAT RULE WHEN FLOW GOES AWAY. CHEAT IN THE DIRECTION OF FLOW WHEN YOU CAN KEEP ALL OPPOSING PLAYERS INSIDE AND UNDERNEATH YOU.
13. WHEN THE BALL IS THROWN, BREAK ON A STRAIGHT LINE AND NOT ON A CIRCULAR COURSE. DRIVE TO THE RECEPTION POINT.

MAN COVERAGE INDIVIDUAL TECHNIQUES

1. TOTAL CONCENTRATION MUST BE ON YOUR MAN.
2. KEEP THE RECEIVER IN FRONT OF YOU. DO NOT GET BEAT DEEP.
3. POST ROUTE IS THE MOST DANGEROUS ROUTE WE MUST DEFEND AGAINST WHEN THERE IS NO FREE SAFETY HELP. THEREFORE, WE MUST HONOR ANY INSIDE FAKE AS A POTENTIAL POST. NEVER TAKE AN OUTSIDE FAKE. YOU MAY GET HELP ON THE POST, BUT IT WILL BE A BONUS. YOU CANNOT LET A RECEIVER HAVE AN INSIDE CUT WHEN PLAYING MAN, ESPECIALLY ON THE GOAL LINE.
4. ALIGNMENT AND THE MAINTENANCE OF YOUR ALIGNMENT POSITION THROUGHOUT THE RECEIVER'S ROUTE IS CRITICAL. NEVER ALIGN OR BE DRIVEN TO A HEAD UP POSITION, EXCEPT WHEN PLAYING BUMP TO TIGHT WING OR FLANKER.
5. BE AWARE OF THE RECEIVER'S SPLIT. GENERALLY, A RECEIVER WHO IS GOING TO RUN AN OUTSIDE ROUTE WILL REDUCE HIS SPLIT. A RECEIVER WHO IS GOING TO RUN AN INSIDE ROUTE WILL INCREASE HIS SPLIT.
6. A RECEIVER WHO IS BENT OVER AND RUNNING WITH HIS HEAD DOWN, CANNOT MAKE A SHARP CUT GOING FULL SPEED. HE CAN ONLY MAKE A SHARP CUT WHEN HE RAISES HIS SHOULDERS AND GATHERS HIMSELF UNDER CONTROL. THEREFORE, YOU SHOULD BE WATCHING HIS BELT AND HIS HIPS. IF HE GATHERS, YOU SHOULD GATHER. ANTICIPATE THE POST MOVE FIRST.
7. FREE SAFETY MUST BE AWARE OF STRESS BACKERS OR MISMATCHES AT THE CORNER OR STRONG SAFETY POSITION.
8. IF A PASS IS THROWN TO YOUR MAN IN FRONT OF YOU AND YOU CANNOT INTERCEPT, GO THROUGH HIS FAR SHOULDER - NEVER GO IN FRONT UNLESS YOU CAN GET BOTH HANDS ON THE BALL.
9. IF YOUR WIDE RECEIVER RELEASES INSIDE AS IF TO CRACK BLOCK, GO WITH HIM AND SHOUT: "CRACK!" BE SURE YOU WATCH THE BLOCK BEING THROWN BEFORE YOU RELEASE HIM TO PLAY RUN.
10. IF BEAT DEEP, PUT YOUR HEAD DOWN AND SPRINT TO CATCH THE RECEIVER. DO NOT LOOK BACK TO THE QB UNTIL YOU HAVE CAUGHT THE RECEIVER. YOUR ATTENTION SHOULD BE FOCUSED ON THE RECEIVER'S HEAD AND HANDS.
11. AS LONG AS THE BALL IS BEHIND THE LOS AND RECEIVERS ARE DOWNFIELD, WE MUST MAINTAIN TIGHT COVERAGE.
12. IF THE TIMING IS CLOSE IN A PASS, BAT THE BALL WITH YOUR NEAR ARM TO THE BALL AND HOOK THE RECEIVERS UPFIELD ARM WITH THE FAR ARM.
13. WHEN LATE (BALL IS COMPLETED IN FRONT OF YOU) BREAKDOWN AND USE YOUR OPEN FIELD TACKLE.
14. TIGHTEN COVERAGE WHEN WE ARE IN A BLITZ OR DOG OF SOME KIND.

KEY QUARTERBACK DROP LANES

1 LANE (STRONG/WEAK)

0 - 2 YARDS DEEP - 90% RUN AND 10% PASS - PLAY RUN

2 LANE (STRONG/WEAK)

2 - 6 YARDS DEEP - 50% RUN AND 50% PASS - PLAY PASS

3 LANE

6 - 8 YARDS DEEP - 10% RUN AND 90% PASS - PLAY PASS

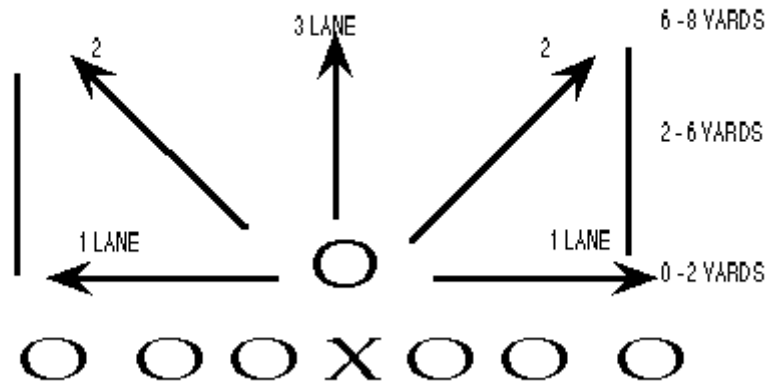
TWO EXCEPTIONS:

- 1) BALL IS PITCHED TO BACK - RUN (48 - 49)
- 2) BALL IS HANDED TO BACK - RUN (48 - 49 SWEEP)

TACKLE BOX (T-BOX) AREA BETWEEN TACKLES.

IF THE QB IS IN 1 LANE AND IN TACKLE BOX, PLAY PASS UNTIL OUTSIDE TACKLE.

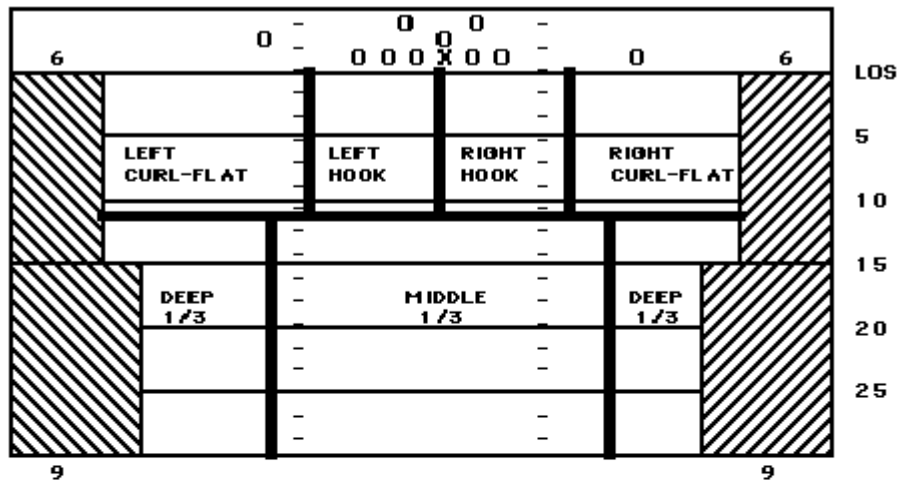
KEY QB DROPLANES



RED ZONE CONCEPT

IN ORDER TO ASSIST THE COVERAGE OF ALL THE ZONES, WE MUST ATTEMPT TO SQUEEZE OUR ZONES SO THEY OVERLAP. THE MOST PRACTICAL AREAS TO ELIMINATE ARE THOSE AREAS CLOSE TO THE BOUNDARY WHERE TIME IS ON OUR SIDE. IN ORDER FOR THE BALL TO ENTER THESE AREAS (SHADED AREAS IN THE DIAGRAM ON THE NEXT

PAGE WHICH INDICATE THE RED ZONES), THE BALL MUST BE IN THE AIR A LONGER PERIOD OF TIME. THIS TIME SHOULD ENABLE US TO REACT TO THE BALL AND GET TO IT. THEREFORE, WE SHOULD NOT ENTER A RED ZONE UNTIL THE BALL IS THROWN TOWARD THAT AREA AND IF YOU ARE COVERING A DEEP 1/3, YOU SHOULD NOT BE CLOSER THAN 9 YARDS TO THE SIDELINES UNLESS THE BALL IS THROWN IN THAT AREA. IF YOU ARE COVERING A FLAT, YOU SHOULD NOT BE CLOSER THAN 6 YARDS TO THE BOUNDARY UNLESS THE BALL IS THROWN THERE OR THE RECEIVER AND QB THREATEN THE BOUNDARY ON FULL SPRINT.



THERE ARE SEVEN PASS ZONES THAT WE WILL NORMALLY COVER WITH THE DEFENSIVE SECONDARY AND LB'ERS, 4 SHORT ZONES AND 3 DEEP ZONES. THE AREAS CAN BEST BE COVERED IF THE DEFENDERS WILL GET TO THE MIDDLE OF THE ZONE AND BREAK ON THE FOOTBALL WITH THE QB'S RELEASE.

THE FLAT AREAS ARE FROM THE BOUNDARY TO WHERE THE TIGHT END WOULD ALIGN AND APPROXIMATELY 12 YARDS DEEP.

THE THREE DEEP ZONES ARE DIVIDED BY JUST OUTSIDE THE HASH MARKS AND EXTEND FROM APPROXIMATELY 12 YARDS TO THE END LINE.

USING THE RED ZONES WILL HELP YOU IN YOUR PASS COVERAGE. HOWEVER, IT IS EXTREMELY IMPORTANT TO FLY TO THE BALL WHILE IT IS IN THE AIR, INTERCEPT AT THE HIGHEST POINT, NOT TO WATCH THE BALL IN FLIGHT AND GO TO IT AFTER THE RECEIVER HAS MADE A PLAY ON THE BALL.

COVER 1 - MAN

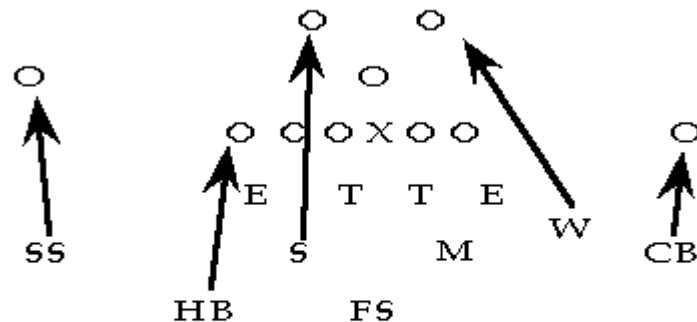
COVER 1 IS A DEFENSIVE CALL WHEN A RUN IS EXPECTED. AS THE DIAGRAM INDICATES, IN COVER 1 THE FS IS FREED OF ANY PASS RESPONSIBILITIES. HE CHEATS UP TO DEPTH OF 5 YARDS OVER THE

CENTER AND PLAYS LIKE A LB'ER KEYING THE BALL AND FLYING TO THE BALL. FROM THE 5 YARD DEPTH, THE FS WILL NOT BE IMMEDIATELY BLOCKED AND HAS THE CHANCE TO CREATE A GREAT DEAL OF DAMAGE FOR THE OFFENSE.

THE OTHER SECONDARY DEFENDERS ALIGN AS INDICATED AND PLAY MAN COVERAGE ON THEIR ASSIGNED RECEIVER.

COVER 1 WITH A FS BLITZ ADDED TO THE CALL MAKES FOR A GREAT STUNT TO DISRUPT THE PLAY BECAUSE OFFENSIVE BLOCKING SCHEMES DO NOT ACCOUNT FOR THE FS IN INITIAL BLOCKING ASSIGNMENTS. IT IS IMPORTANT FOR THE FS TO BE DISCIPLINED AND NOT TIP-OFF THE BLITZ OR HE WILL BE BLOCKED. MAINTAIN THE 5 YARD DEPTH UNTIL THE BALL IS SNAPPED; THEN BLITZ THROUGH THE ASSIGNED GAP (DETERMINED BY SCOUTING REPORT AND/OR FORMATION). THIS WILL BECOME, THEREFORE, A DELAYED BLITZ WITH A CLEAR PATH TO THE BALL.

COVER 1 - MAN



FREE SAFETY CHEATS UP TO A DEPTH OF @5 YARDS DIRECTLY OVER THE CENTER AND PLAYS BALL. HE HAS NO PASS RESPONSIBILITIES. EVERYONE ELSE IN THE SECONDARY PLAYS MAN. WHEN PLAYING MAN ON SPLIT RECEIVERS, ALIGN YOURSELF WITH AN INSIDE-OUT POSITION. PLAY YOUR MAN INSIDE AND UNDER. USE THE SIDELINE AND THE RED ZONE IN COVERAGE. MAKE THE QB THROW THROUGH AND OR OVER YOU. BE IN POSITION TO MAKE THE INTERCEPTION.

COVER 2 - ZONE

COVER 2 IS A DEFENSIVE CALL USED AGAINST TEAMS THAT FAVOR RUNNING THE BALL - ESPECIALLY THE OPTION. IT PUTS THE SS AND THE CB INTO POSITION TO SUPPORT FOR THE OPTION PITCHBACK FASTER

THAN ANY OTHER DEFENSIVE CALL WE CAN MAKE OUTSIDE OF A DIRECT BLITZ BY THESE PLAYERS.

IN COVER 2 THE SS AND THE CB ARE TO ALIGN THEMSELVES ON THE OUTSIDE SHOULDER OF THE SPLIT RECEIVER TO THEIR SIDE OF THE BALL. (IF THEY ARE ALIGNED OVER A TE, THE SS AND/OR CB PLAY NORMAL SPLIT RULES AND READ THEIR KEYS.) AGAINST THE SPLIT RECEIVER, THE SS AND CB ARE TO "BUMP" THE RECEIVER TO THE INSIDE FORCING THAT RECEIVER TO RUN INTO DEEP COVERAGE BY EITHER THE FS OR THE HB. MAINTAINING THIS LEVERAGE ON THE RECEIVER IS OF VITAL IMPORTANCE. UNDER NO CIRCUMSTANCES IS THE DEFENDER ALIGNED OVER THE SPLIT RECEIVER TO ALLOW THAT RECEIVER TO HAVE AN OUTSIDE RELEASE ON THE DEFENSE.

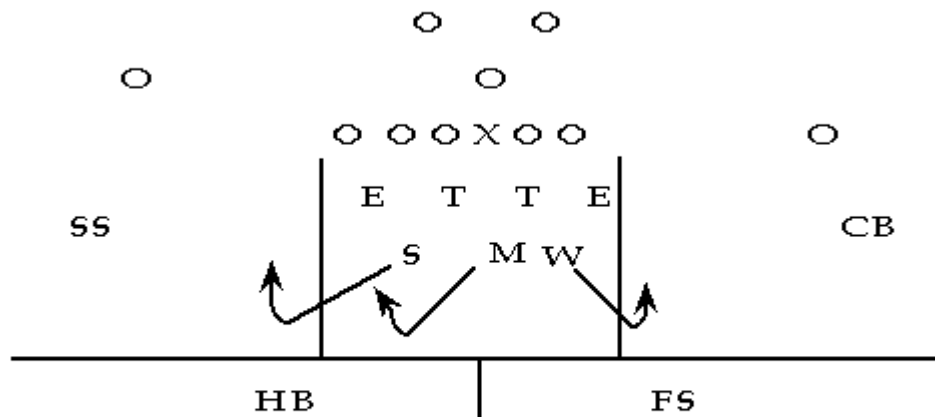
IN COVER 2 THE SS AND CB'S PASS RESPONSIBILITIES ARE THE FLAT TO THEIR SIDE. AFTER BUMPING THE RECEIVER TO THE INSIDE, SQUAT IN THE FLAT, READ YOUR KEYS. IF PASS SHOWS, WIDEN TO THE RED ZONE AND UNDER THE OUT. PLAY THE DEEPEST RECEIVER IN YOUR ZONE.

THE FS AND HB PLAY DEEP HALFS OF THE FIELD IN COVER 2. IT IS IMPORTANT TO BE IN GOOD POSITION (IN THE MIDDLE OF YOUR ZONE) UNTIL THE BALL IS IN THE AIR ON DEEP PASSES, THEN FLY TO THE BALL AND MAKE THE INTERCEPTION. ALWAYS REMEMBER THAT THE QB CAN THROW THE BALL FASTER THAN YOU CAN REACT, SO MAINTAIN GOOD POSITION. AS WITH ALL PASS COVERAGES:

BE THERE

WHEN THE BALL GETS THERE!

COVER 2 - ZONE



SS AND CB ALIGN ON THE OUTSIDE SHOULDER OF THE SPLIT OR FIRST RECEIVER. ON MOVEMENT, STRIKE THE RECEIVER AND PUSH HIM INSIDE TO THE FS OR HB. READ YOUR KEY. YOU ZONE IS THE FLAT. FS AND HB HAVE DEEP HALVES.

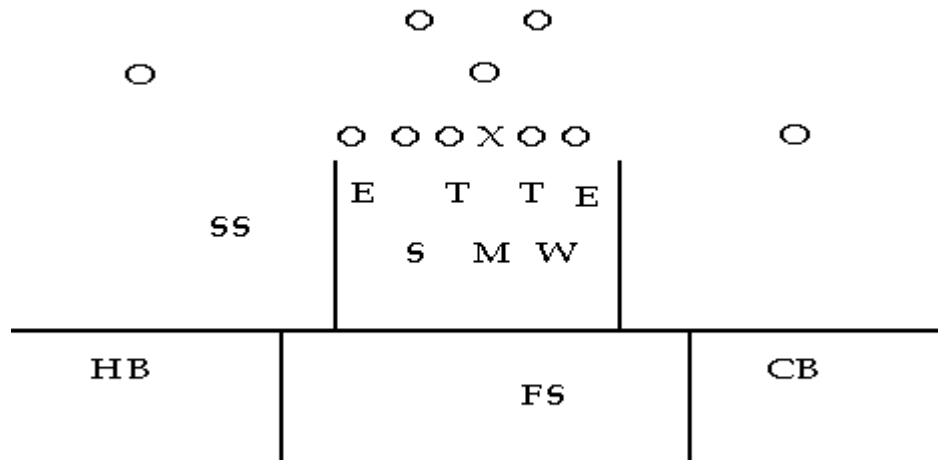
COVER 3 - ZONE

COVER 3 IS A THREE-DEEP, ROTATED ZONE COVERAGE TO THE DOUBLE RECEIVER SIDE OF THE FORMATION - OR THE WIDE SIDE OF THE FIELD AS DETERMINED BY THE SCOUTING REPORT. IT IS A BALANCED DEFENSE FOR BOTH RUN AND PASS. PROPER READING OF EVERYONE'S KEYS ENABLES THE DEFENDERS TO BE IN POSITION TO MAKE THE PLAY AT THE PROPER TIME.

THE CB, FS, AND HB PLAY DEEP THIRDS OF THE FIELD WHILE THE SS PLAYS THE FLAT TO THE DOUBLE RECEIVER SIDE OF THE FORMATION (OR FIELD). THE WEAKSIDE FLAT (TO THE SINGLE RECEIVER SIDE OF THE FORMATION) IS COVERED BY THE WILL LB'ER.

THE MIKE AND STRONG LB'ERS PLAY HOOK TO CURL WITH THE SAM LB'ER TAKING THE STRONG SIDE AND MIKE TAKING THE WEAK SIDE OF THE FORMATION.

COVER 3 - ZONE



THREE DEEP ZONE ROTATED TO THE DOUBLE RECEIVER SIDE. CB, FS AND HB HAVE DEEP THIRDS. SS HAS FLAT. W LBER PLAYS CURL TO FLAT AND HAS ANY BACK OUT OF THE BACKFIELD TO HIS SIDE OF THE BALL.

COVER 4 - MAN

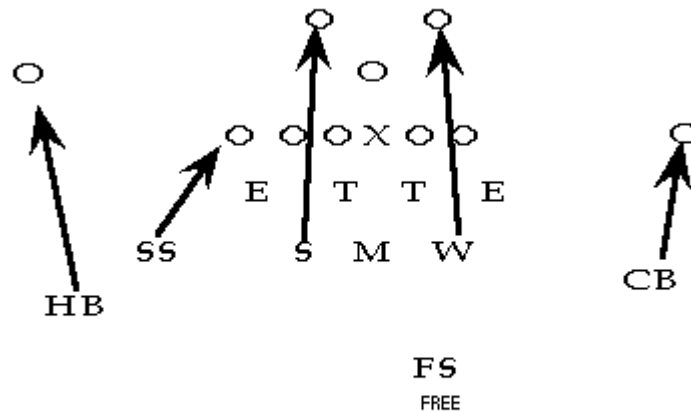
COVER 4 IS A MAN-TO-MAN DEFENSE. THE SECONDARY ALIGNS ALMOST AS IF THEY ARE IN COVER 2 EXCEPT THAT THE CB AND THE SS ALIGN ON THE INSIDE SHOULDER OF THE RECEIVER TO THEIR SIDE OF THE FORMATION (UNLESS THEY ARE PLAYING AGAINST A TE). AGAINST A TE OR SINGLE RECEIVER SIDE OF THE FORMATION, THE SS OR MORE LIKELY CB WILL HAVE THE SECOND RECEIVER TO THAT SIDE WHICH WOULD BE A BACK OUT OF THE BACKFIELD.

IN COVER 4, THE SS AND CB PLAY ON THE INSIDE SHOULDER OF THEIR RECEIVER AND MAINTAIN AN "INSIDE AND UNDER" POSITION ON THAT RECEIVER. THEY MUST POSITION THEMSELVES SO THAT THE QB HAS TO THROW THE BALL THROUGH THEM TO THE RECEIVER. PLAYING "INSIDE AND UNDER" PUTS THEM INTO POSITION TO INTERCEPT THE UNDER THROWN BALL OR TO BE ABLE TO KNOCK THE BALL DOWN WHEN THEY GET THERE WHEN THE BALL GETS THERE. ON SHORT PASSES, THE QB HAS TO THROW THE BALL OVER THE DEFENDER AND UNDER THE SIDELINE IN ORDER TO TRY AND MAKE A COMPLETION. ON A LONGER PASS, THE QB HAS TO THROW THE BALL OVER THE SS OR HB AND UNDER THE FS TO TRY AND MAKE A COMPLETION.

IN COVER 4, THE FS HAS NO DIRECT PASS RECEIVER RESPONSIBILITY. IT IS IMPORTANT THAT THE FS ALIGN IN THE MIDDLE OF THE FORMATION (NOT THE FIELD); HE IS TO BASICALLY ALIGN AS DEEP AS THE WIDEST RECEIVER IS SPLIT, AND PLAY DEEP PASS RESPONSIBILITY. NO OFFENSIVE RECEIVER CAN EVER GET BEHIND THE FS. THE FS MUST BE THE DEEPEST MAN ON THE FIELD OF PLAY. WHEN THE BALL IS IN THE AIR, THE FS IS TO FLY TO THE SPOT WHERE HE CAN MAKE A PLAY ON THE BALL.

IT IS IMPORTANT FOR THE FS, AS WELL AS THE OTHER DEFENDERS, TO INTERCEPT THE BALL AT ITS HIGHEST POINT. WE MUST GET HIGHER THAN THE RECEIVER. MOST HIGH SCHOOL RECEIVERS WILL WAIT FOR THE BALL TO COME DOWN TO THEM RATHER THAN GETTING UP TO MAKE THE CATCH. BY MAKING A PLAY ON THE BALL AT ITS HIGHEST POINT WILL PUT OUR DEFENDERS IN THE BEST POSITION TO MAKE THE PLAY.

COVER 4 - MAN



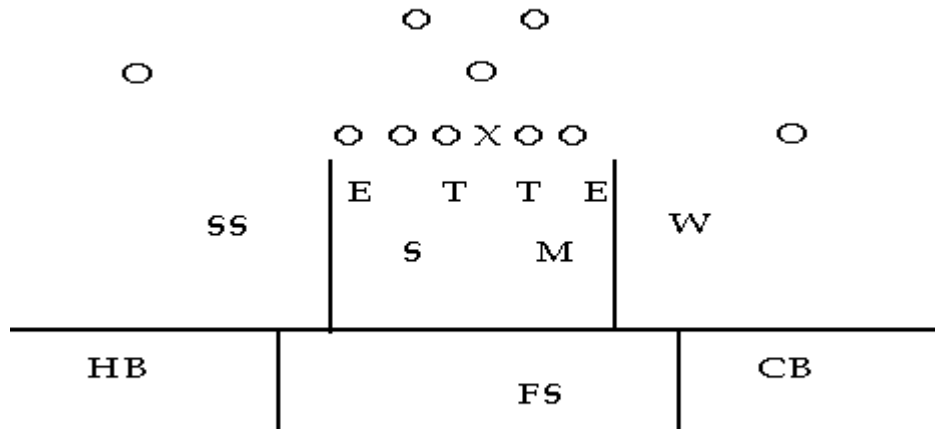
MAN COVERAGE WITH FS BEING FREE TO PLAY BALL ON PASS. NO ONE GETS DEEPER ON THE FIELD THAN THE FS. USE GOOD MAN TECHNIQUES UTILIZING THE RED ZONE AND THE SIDELINE TO HELP IN COVERAGE. STAY INSIDE AND UNDER YOUR MAN. NEVER LET A RECEIVER HAVE AN INSIDE CUT TO THE POST WHEN PLAYING MAN TO MAN.

COVER 5 - ZONE

COVER 5 ZONE IS A GOOD PASS COVERAGE DEFENSE AND ALSO A GOOD CALL AGAINST A TEAM EXPECTED TO RUN WIDE AGAINST THE DEFENSE. BY MOVING THE WLBER OUT INTO THE FLAT, WE BASICALLY ARE IN A DOUBLE SS SITUATION WITH A THREE DEEP ZONE BEHIND THEM.

THE SS AND WLB'ER ARE IN POSITION TO TAKE AWAY THE SHORT SEAM PASS ROUTE AND ALSO ABLE TO SUPPORT QUICKLY FOR CONTAIN SHOULD THEIR BASIC KEYS INDICATE A WIDE RUN TO THEIR SIDE IS COMING.

COVER 5 - ZONE



HB, FS AND CB HAVE DEEP THIRDS LIKE COVER 3. WLB'ER ALIGNS IN THE FLAT AND MIRRORS THE SS IN ASSIGNMENT. SS AND WLB'ER HAVE FLAT AND FORCE TO THEIR SIDE. IT IS IMPORTANT FOR BOTH THE SS AND WLB'ER TO UNDER THE OUT PASS CUT FORCING THE QB TO THROW OVER THEM AND UNDER THE CB OR HB TO GAIN A COMPLETION. READ YOUR KEYS.

COVER 6 - ZONE

COVER 6 IS A DEFINITE LONG PASS COVERAGE DEFENSE. IT IS A DEFENSE THAT IS USED VERY SPARINGLY. IN MOST SITUATIONS IT IS USED ONLY ON THE LAST PLAY OF THE HALF OR GAME WHEN THE OBJECT IS TO PREVENT THE OTHER TEAM FROM SCORING.

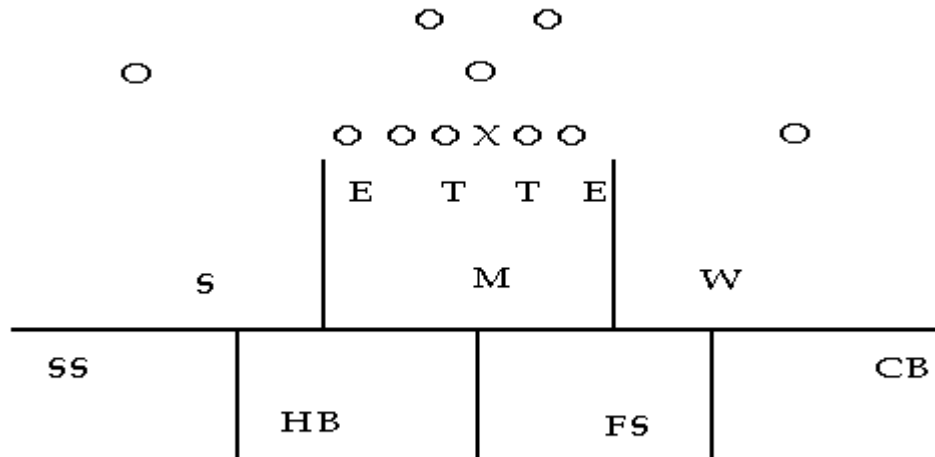
IN COVER 6 THE SS DROPS BACK WITH THE OTHER DEEP SECONDARY DEFENDERS (HB, FS, AND CB). EACH OF THESE DEFENDERS TAKE A DEEP 1/4 OF THE FIELD SPREADING THEMSELVES OUT ACROSS THE FIELD AT A DEPTH OF 15-20 YARDS OR MORE AS THE SITUATION INDICATES.

THE SAM AND WILL LB'ERS ALIGN IN THE FLAT TO THEIR SIDE AT A DEPTH OF 8-10 YARDS. THE MIKE LB'ER ALIGNS IN THE MIDDLE OF THE FORMATION ALSO AT A DEPTH OF 8-10 YARDS. THE PURPOSE OF THE

DEFENSE IS TO PREVENT THE SCORE. THIS DEFENSE IS CALLED USUALLY ONLY WHEN THERE IS LESS THAN 10 SECONDS TO GO ON THE CLOCK.

IT IS EQUALLY IMPORTANT FOR THE DEFENSIVE FRONT TO MAINTAIN LEVERAGE ON THE QB AND NOT ALLOW HIM TO BREAK CONTAIN. AS ALWAYS, RUSH THE QB FROM THE OUTSIDE IN.

COVER 6 - ZONE LONG SITUATION



THIS IS USED IN A VERY LONG SITUATION OR LAST PLAY OF THE HALF OR GAME. SS, HB, FS AND CB HAVE DEEP QUARTERS. KEEP EVERYONE IN FRONT OF YOU. MAKE THE TACKLE. S AND W LB'ERS PLAY FLAT AND FORCE TO THEIR SIDE. M LB'ER PLAYS DRAW AND SCREEN FIRST. READ YOUR KEYS!

SECONDARY ADJUSTMENTS

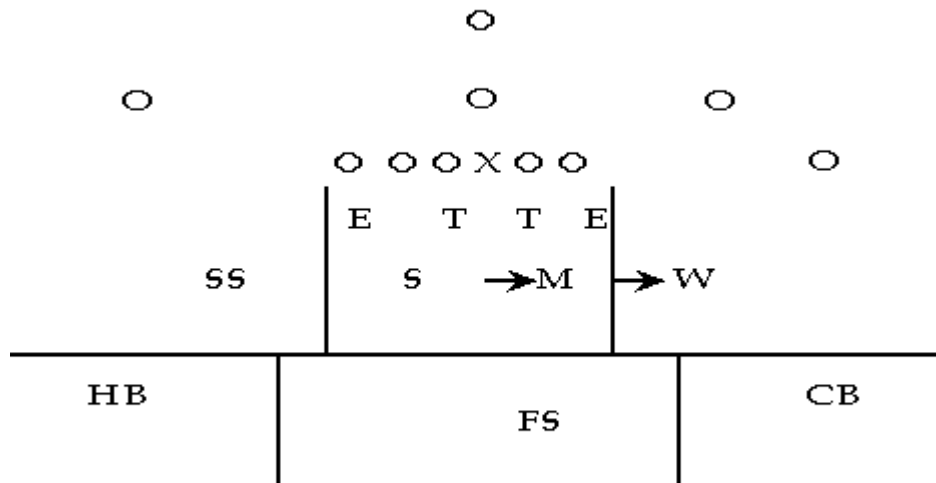
VS 4 WIDE RECEIVERS

WHEN THE OFFENSIVE TEAM COMES TO THE LOS AND SETS UP IN A 4-WIDE-RECEIVER SET AND WE DO NOT HAVE AN ADEQUATE PASS DEFENSE CALLED - WE MUST ADJUST! JUST EXACTLY HOW WE ADJUST WILL BE BASED ON THE SCOUTING REPORT. IF, HOWEVER, THE SCOUTING REPORT DOES NOT INDICATE A 4 WIDE SET, WE MUST BE READY. ONE ADJUSTMENT IS TO BUMP INTO OR AUTOMATIC TO A "COVER 5" CALL.

IN THIS ADJUSTMENT THE WILL LB'ER BUMPS OUT TO THE FLAT AND THE MIKE LB'ER BUMPS OVER INTO THE POSITION VACATED BY WILL. ANY BLITZES OR STUNTS THAT HAPPENED TO BE CALLED IN THE DEFENSIVE HUDDLE ARE "OFF" AND WE WILL STRAIGHT-UP COVER 5.

THE PERSON WHO MUST FIRST RECOGNIZE AND CALL "COVER 5" IS THE FS. HE IS IN THE BEST POSITION TO SEE THE 4 RECEIVER SET. IT IS ALSO IMPORTANT FOR THE MIKE LB'ER TO COMMUNICATE TO THE DT'S THAT HE IS VACATING AND THEY MUST BE MORE AWARE OF DRAW.

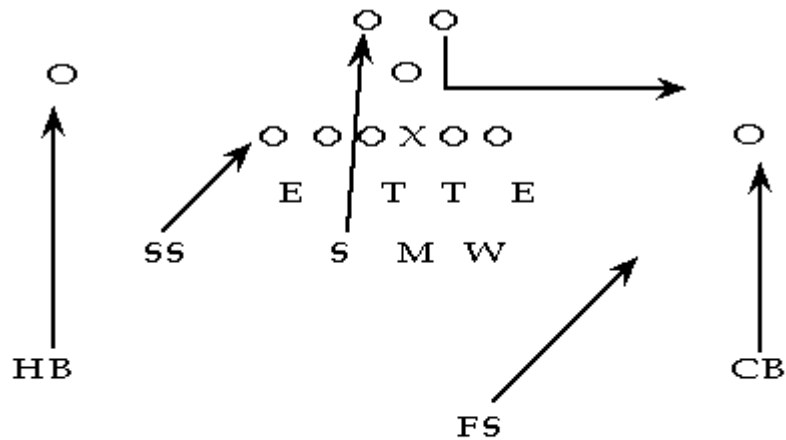
SECONDARY ADJUSTMENTS VS. 4 WIDE RECEIVERS



ONE BASE ADJUSTMENT: BUMP TO A COVER 5 - WLB'ER BUMPS OUT TO FLAT AND FORCE COVERAGE AND MLB'ER BUMPS OVER TO TAKE THE B GAP TO THE WEAK SIDE.

SOMETIMES THE OFFENSE MAY MOTION TO A 4 WIDE RECEIVER SET. WE CAN EITHER BUMP AS WE DID ABOVE OR WE COULD AUTOMATIC INTO A "COVER 4-MAN" SITUATION. ONCE AGAIN, THIS WILL MORE LIKELY BE DETERMINED BY THE SCOUTING REPORT THAN ANYTHING ELSE.

THE CALL IS MADE BY THE FS. WHEN WE SWITCH TO A COVER 4 THE FS MUST COMMUNICATE THE CALL TO THE OTHER SECONDARY PLAYERS. COMMUNICATION IS VITAL. IT IS EASIER TO COMMUNICATE AND MOVE TO A COVER 4 ON MOTION THAN TO A COVER 5 BECAUSE FEWER PEOPLE ARE INVOLVED.

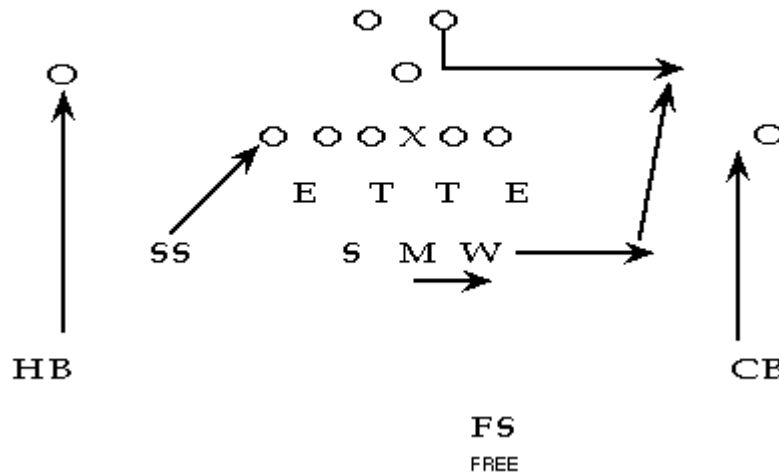


WHEN THE OFFENSE MOTIONS TO FOUR RECEIVERS ACROSS THE FIELD A SECOND ADJUSTMENT IS TO AUTOMATICALLY GO TO COVER 4 - MAN. THE FS MOVES UP AND INTO A POSITION TO COVER THE MOTION BACK. A GAME PLAN ADJUSTMENT (BASED ON THE SCOUTING REPORT FOR THAT WEEK) COULD ALSO MOVE THE S AND WLB'ER'S WITH MOTION. IN THE ABOVE CASE THE WLB'ER WOULD MOVE WITH MOTION. THE MLB'ER WOULD BUMP TO W'S B-GAP AND THE FS WOULD BE FREE. MOTION TO THE OTHER SIDE HAS THE SS TAKING THE MOTION BACK, S LB'ER BUMPS TO THE TE AND MLB'ER BUMPS TO S'S B-GAP AND MANS UP ON THE BACK. JUST HOW WE WOULD COVER THIS MOTION WOULD BE DETERMINED BY THE SCOUTING REPORT.

THE SCOUTING REPORT MAY INDICATE THAT IT WOULD BE BETTER TO HAVE THE WILL LB'ER BUMP TO MOTION IN COVER 4 AND KEEP THE FS "FREE." THIS IS DEFINITELY POSSIBLE AS SHOWN.

THESE ARE OUR THREE BASIC ADJUSTMENTS TO 4 WIDE RECEIVERS. EACH ONE OF THEM IS SOUND AND WE MUST PRACTICE EACH EVERY DAY SO THAT THE ELEMENT OF SURPRISE IS TAKEN AWAY FROM THE OFFENSE.

LB'ER BUMP TO MOTION & 4 ACROSS

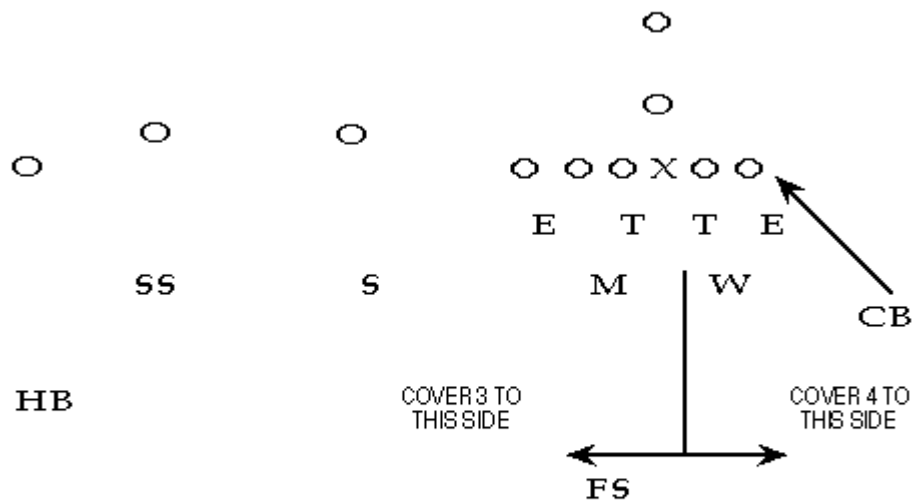


Secondary Adjustments To Trips

WHEN THE OFFENSE ALIGNS WITH THREE RECEIVERS TO ONE SIDE OF THE FORMATION (OR THEY MOTION TO THREE RECEIVERS), WE MUST ADJUST. OUR BASIC ADJUSTMENT WILL BE FOR THE LB'ERS TO BUMP TO THE THREE RECEIVER SIDE. THE SS WILL TAKE THE MIDDLE RECEIVER AND THE LB'ER (EITHER SAM OR WILL) WILL TAKE THE 3RD RECEIVER. THE OTHER TWO LB'ERS WILL ALIGN IN THE B-GAP, READ THEIR KEYS AND PLAY FOOTBALL FROM THERE.

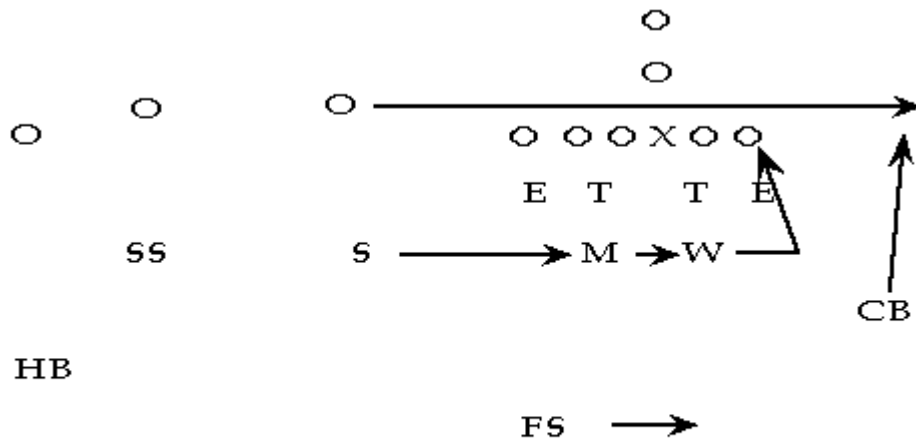
IN THE SECONDARY WE WILL PLAY A COMBINATION MAN-ZONE DEFENSE. OUR COMBO CALL PUTS US INTO A ZONE COVERAGE TO THE THREE RECEIVER SIDE OF THE FORMATION AND A MAN-TO-MAN DEFENSE TO THE SINGLE RECEIVER SIDE OF THE FORMATION AS SHOWN BELOW. IT IS IMPORTANT FOR THE FS TO COMMUNICATE AND CHEAT OVER TO THE THREE RECEIVER SIDE.

SECONDARY ADJUSTMENT TO TRIPS



VS THREE RECEIVERS TO ONE SIDE: LB'ERS BUMP TO THE THREE RECEIVERS AND THE SE BUMPS OUT TO THE SECOND OF THE THREE RECEIVERS. MLB'ER BUMPS TO THE B-GAP VACATED BY EITHER THE S OR W LB'ER WHO BUMPS OUT. THE S OR W LB'ER ALIGNS ON THE INSIDE SHOULDER OF THE 3RD RECEIVER AND TAKES AWAY THE INSIDE SLANT OR QUICK TO THIS RECEIVER. THE FS ALIGNS ON THE STRONG B-GAP AT 10-12 YARDS. THE CB HAS THE TE MAN TO MAN AND THE W LB'ER TAKES THE BACK OUT OF THE BACKFIELD IF HE SHOWS.

IF ONE OF THE THREE RECEIVERS WOULD HAPPEN TO GO IN MOTION TO THE OTHER SIDE OF THE FORMATION, THE OFFENSE WOULD THEN BE IN A 4-WIDE-RECEIVER SET. WE MUST ADJUST. OUR BASIC ADJUSTMENT WOULD BE TO BUMP THE LB'ERS WITH MOTION AND CHANGE THE COVERAGE CALL TO A FULL "COVER 4" SITUATION. WITH THE BUMP, HOWEVER, WE COULD ALSO CHANGE THE CALL TO COVER 5, OR WE COULD ALSO CONVERT TO A 5-UNDER-MAN CALL. HOW WE ADJUST FOR A PARTICULAR OPPONENT WILL DEPEND UPON THE SCOUTING REPORT.



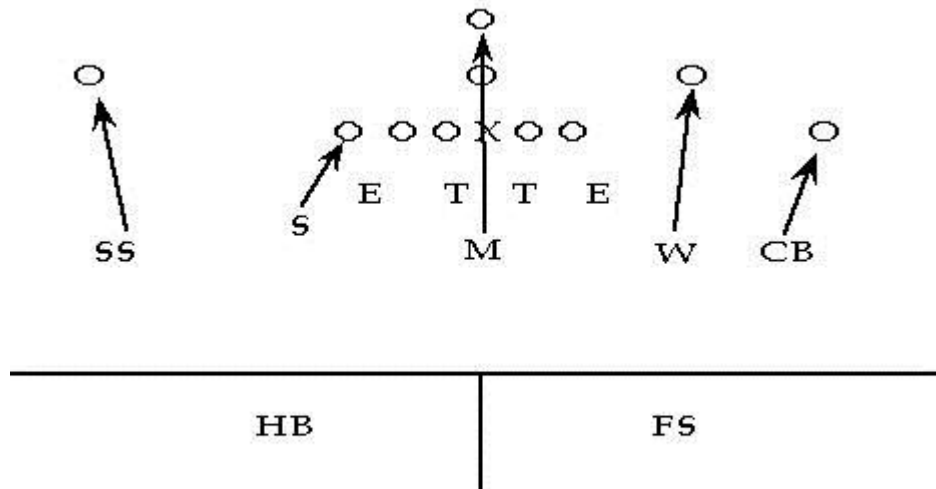
IF ONE OF THE 3 RECEIVERS (OR THE BACK) GOES IN MOTION, THE ADJUSTMENT IS TO BUMP. THE NORMAL COVERAGE CALL BECOMES COVER 4 MAN WITH THE FS BEING FREE. ONCE AGAIN, HOW WE ADJUST WILL DEPEND UPON THE SCOUTING REPORT.

5 UNDER MAN

WHEN PLAYING A BIG-TIME PASSING TEAM, A GREAT DEFENSE TO RUN IS 5-UNDER-MAN. IN THIS DEFENSE WE WILL PLAY MAN TO MAN DEFENSE IN THE UNDER AREAS AND TWO DEEP ZONE FOR THE DEEP AREAS OF THE FIELD. ALL LB'ERS WITH THE SS AND CB ALIGN AS SHOWN AND PLAY THEIR RECEIVER WITH GREAT MAN TECHNIQUE. EACH OF THESE DEFENDERS IS TO STAY "INSIDE AND UNDER" THEIR ASSIGNED RECEIVER. THE FS AND THE HB PLAY "OVER THE TOP" STAYING DEEPER THAN ANY RECEIVER ON THE FIELD. WHEN THE BALL IS IN THE AIR, THE FS AND HB GET THERE WHEN THE BALL GETS THERE TO INTERCEPT THE BALL AT ITS HIGHEST POINT. BECAUSE WE ARE PLAYING INSIDE AND UNDER WITH THE UNDERNEATH COVERAGE, THE QB WILL HAVE TO GET THE BALL UP AND OVER THE UNDER DEFENDER WHICH WILL PUT THE FS AND HB IN A BETTER POSITION TO MAKE THE PLAY, ESPECIALLY WHEN YOU CONSIDER THE ADAGE, "NEVER UNDER THROW A LONG PASS."

THIS IS A TREMENDOUS DEFENSE TO CALL IN A 3RD AND LONG SITUATION. ONCE AGAIN, MAINTAINING PROPER PASS RUSH LANES AND ANGLES IS VERY IMPORTANT. ALWAYS RUSH THE QB FROM THE OUTSIDE IN FROM THE DE POSITION. NEVER ALLOW THE QB TO BREAK CONTAIN.

FIVE UNDER MAN - 2 DEEP ZONE



FIVE UNDER MAN - TWO DEEP ZONE: SS AND CB TAKE THE #1 (WIDEST) RECEIVER TO THEIR SIDE. THE S AND W LB'ERS TAKE THE #2 RECEIVER TO THEIR SIDE OF THE BALL. M LB'ER TAKES THE REMAINING RECEIVER. THESE DEFENDERS PLAY MAN AND STAY INSIDE AND UNDER THEIR RECEIVER. HB AND FS PLAY TWO DEEP ZONE AND PLAY OVER THE TOP OF THE DEEP ROUTES.

GoaLine Defense

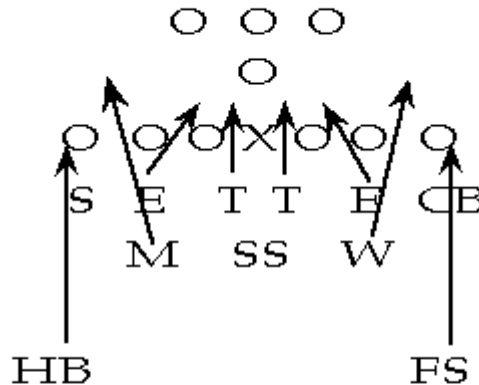
THE OBJECT OF OUR GOALINE DEFENSE LIKE ANY OTHER IS TO PUT GREAT PRESSURE ON THE OFFENSE ASAP. OUR ALIGNMENT IS AS SHOW IN THE DIAGRAM BELOW. THE CLOSER THE BALL IS TO THE GOALINE, THE MORE THE DT'S MOVE FROM THE GAP TO THE SHOULDER OF THE CENTER. IN A 4TH AND ONE SITUATION THE DT'S WOULD ALIGN ON THE SHOULDER OF THE CENTER, STRIKE HIS SHOULDERS ON THE SNAP, AND DRIVE THE CENTER BACK INTO THE LAP OF THE QB PREVENTING THE QB SNEAK. LIKEWISE, THE SHORTER THE DISTANCE TO GO, THE CLOSER THE SS WOULD PLAY TO THE LOS SIMILARLY PREVENTING THE QB SNEAK.

THE COVERAGE CALL IS COVER 4 MAN. THE SAM LB'ER AND THE CB HAVE THE SECOND RECEIVER TO THEIR SIDE AGAINST A FULL HOUSE OFFENSIVE SET WHICH WOULD BE BACK OUT OF THE BACKFIELD. THE SS HAS THIRD RECEIVER OUT OF THE BACKFIELD TO EITHER SIDE OF THE FORMATION AS WELL AS PITCH TO BOTH SIDES OF THE FORMATION.

THE DE'S ALIGN HEAD-ON THE OFFENSIVE TACKLES WITH THE MIKE AND WILL LB'ERS STACKED BEHIND THEM. THESE 4 DEFENDERS ARE RESPONSIBLE FOR THE B AND C GAPS TO THEIR SIDE OF THE FORMATION.

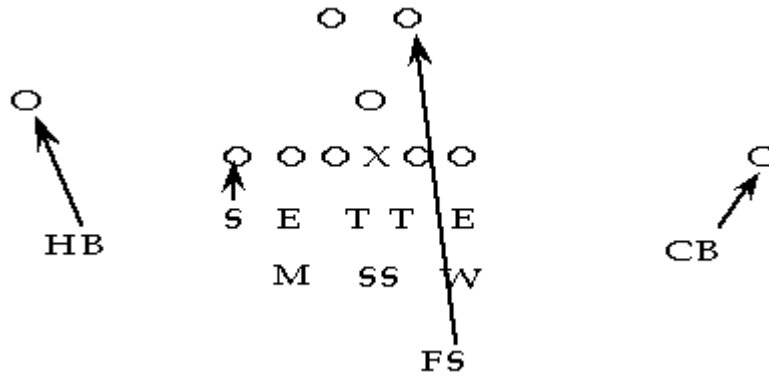
MOST OF THE TIME WE WANT THE LB'ER TO TAKE THE C-GAP AND CONTAIN TO THEIR SIDE. AS A CHANGE UP, THE LB'ER (BY PLAYING TAP WITH THE MAN IN FRONT OF HIM) WILL TAKE THE B GAP AND THE DE THE C GAP AND CONTAIN. ALL SIX DEFENDERS RESPONSIBLE FOR GAP CONTROL OF THE LOS WILL SHOOT THEIR RESPECTIVE GAP ASAP AND DISRUPT THE OFFENSE WHILE MAKING THE TACKLE.

GOALINE DEFENSE



DT'S TAKE THE A-GAP. THE CLOSER TO THE GOAL LINE, THE MORE THEY LINE UP ON THE CENTER'S SHOULDER. IN A NORMAL SITUATION, THE DT'S SHOOT THROUGH THE GAP ASAP. THE DE'S ALIGN ON THE OFFENSIVE TACKLE TO THEIR SIDE. THEY STUNT WITH THE M AND W LB'ERS. WHEN THE E'S CHARGE THE B-GAP, THE LB'ERS STUNT THE C-GAP. WHEN THE E'S STUNT THE C-GAP, THE LB'ERS STUNT THE B-GAP. THE MAN THAT CHARGES THE C-GAP HAS CONTAIN TO THEIR SIDE. THE HB AND FS HAVE THE WIDEST RECEIVER TO THEIR SIDE. THE S LB'ER AND THE CB HAVE THE SECOND RECEIVER TO THEIR SIDE. THE SS HAS THIRD MAN OUT AND PITCH BACK TO EITHER SIDE OF THE BALL.

IF THE OFFENSE SPLITS RECEIVERS AGAINST OUR GOALINE DEFENSE OUR ADJUSTMENTS ARE AS INDICATED IN THE DIAGRAM BELOW. WE WILL STILL BE IN COVER 4 MAN. THE NUMBER ONE RULE FOR PASS DEFENSE ON THE GOALINE IS - "NEVER ALLOW THE RECEIVER AN INSIDE CUT ON THE GOALINE!" INSIDE CUTS ON THE GOALINE ARE DEATH TO THE DEFENSE. TO PREVENT THIS CUT, THE DEFENDERS POSITIONED ON THE SPLIT RECEIVERS MUST PLACE THEMSELVES UP CLOSE TO THE RECEIVERS IN A BUMP AND RUN POSITION. THEY MUST STRIKE THE RECEIVER AND FORCE HIM TO THE OUTSIDE FORCING THE QB TO THROW THE BALL OVER THE DEFENDER AND UNDER THE BOUNDARY FOR A COMPLETION (THE MOST DIFFICULT PASS IN FOOTBALL TO COMPLETE).



BLITZ PACKAGE

BLITZING IS AN INTEGRAL PART OF OUR OVERALL DEFENSIVE PACKAGE. WE BELIEVE IN KEEPING PRESSURE ON THE OFFENSE AND BLITZING ATTACKS THE LOS BY PUTTING MORE DEFENDERS THAN BLOCKERS IN A PARTICULAR SPOT ON THE LOS.

WE USE SIMPLE CALLS FOR OUR BLITZES. BLITZES BY THE LB'ERS ARE DESIGNATED BY THE LETTERS: A, B, C, D, AND E. WE LABEL THE MIKE LB'ER A, THE STRONG LB'ER B, THE WEAK LB'ER C. IF WE ARE GOING TO BLITZ JUST ONE BACKER, WE WOULD CALL BY HAND SIGNAL FROM THE SIDELINE: A, B, OR C. THIS WOULD PUT THE CALLED LB'ER INTO A BLITZ INTO HIS AREA OF RESPONSIBILITY AT THE SNAP OF THE BALL. IF C IS CALLED, BOTH THE STRONG AND WEAK LB'ERS BLITZ THROUGH THEIR AREA OF RESPONSIBILITY ON THE SNAP. IF D IS CALLED, ALL THREE LB'ERS WILL BLITZ THEIR AREA OF RESPONSIBILITY FROM THEIR LB'ER POSITION.

WE WILL ALSO BLITZ FROM THE SECONDARY. WE USE THE LETTERS X, Y, Z AND THE WORD STORM TO DENOTE A SECONDARY BLITZ. X DENOTES THE SS, Y THE CB, Z THE FS AND STORM DENOTES BOTH THE SS AND CB.

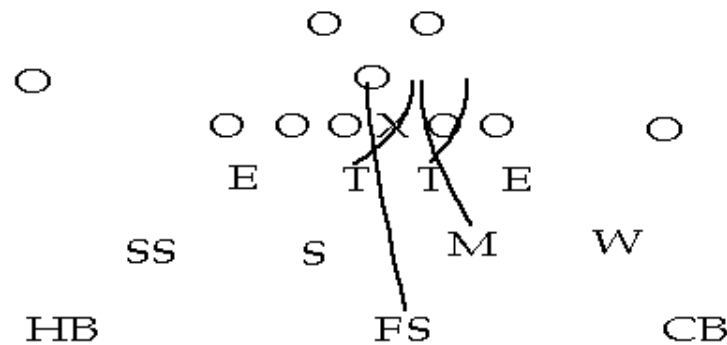
ANOTHER PART OF THE BASIC BLITZ PACKAGE IS THE WORD BLOOD. WHEN BLOOD IS CALLED THE DT INVOLVED WITH THE BLITZER WILL CHARGE ACROSS THE FACE OF A LINEMAN OPENING A HOLE FOR THE BLITZER TO MOVE THROUGH. FOR EXAMPLE:

HEAR ABOUT THESE DAYS. THERE ARE THOSE WHO WOULD SAY THAT THIS IS A NEW CONCEPT, BUT WE RAN THIS TYPE OF DEFENSE IN HIGH SCHOOL BACK IN THE 50S.

WHENEVER YOU BLITZ, YOU ARE ROLLING THE DICE. WE CALL THIS PARTICULAR TO PUT GREAT PRESSURE ON THE OFFENSE. THE DT'S HAVE THE A GAP, THE STRONG AND MIKE LB'ERS HAVE THE B GAP, THE DE'S HAVE THE C GAP, AND THE SS AND WEAK LB'ER HAVE OUTSIDE CONTAIN. THE IDEA IS TO THROW THE OFFENSE FOR A LOSS. IF THEY DECIDE TO PASS THE BALL, WE SHOULD GET TO THE QB BEFORE HE HAS A CHANCE TO THROW THE BALL. THE HB, FS, AND CB ARE PLAYING DEEP THIRDS ZONE BEHIND THE GAP & RUSH IN FRONT OF THEM. IT IS THEIR RESPONSIBILITY TO PREVENT THE HOME RUN.

ANOTHER STUNT FROM THIS BASIC ALIGNMENT WHICH IS MOST EFFECTIVE IS:

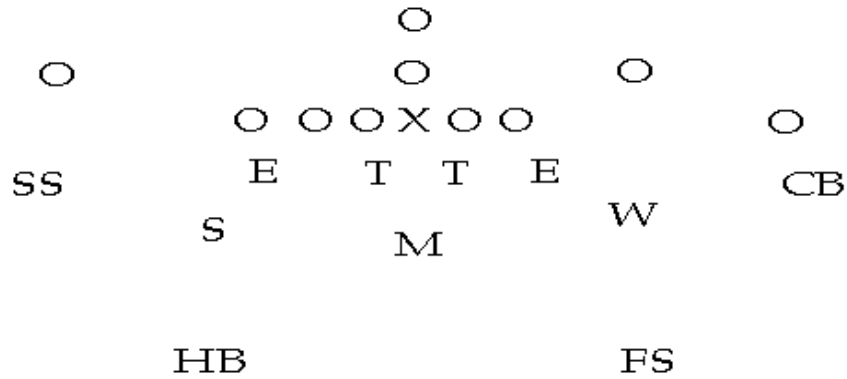
4-3 COVER 1 MAN "BLOOD A - Z"



IN THIS DEFENSE THE HB PLAYS THE FLANKER, THE SS PLAYS THE TE, THE CB PLAYS THE SE AND THE WEAK AND STRONG LB'ERS HAVE THE BACK TO THEIR SIDE MAN TO MAN IN PASS COVERAGE. REMEMBER THAT IN COVER 1 THE FS HAS NO PASS RESPONSIBILITIES AND PLAYS LIKE A LB'ER.

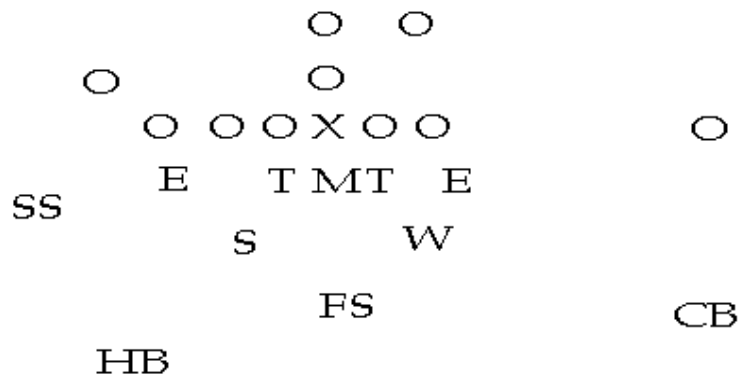
THE BEAUTY OF THE HANDLES EVERYTHING DEFENSE IS THAT WITH ITS MULTIPLE SETS, THE DEFENSIVE COORDINATOR CAN POSITION THE TEAM IN AN ALIGNMENT THAT WILL TAKE AWAY WHAT THE OFFENSE DOES BEST. THAT IS OUR BASIC PHILOSOPHY. WE DETERMINE THROUGH SCOUTING REPORTS WHAT 3-4 THINGS THAT THE OFFENSE WANTS TO DO, AND DOES BEST. WE THEN DESIGN OUR DEFENSIVE GAME PLAN TO TAKE THOSE OPTIONS AWAY FORCING THE OFFENSE TO EXECUTE A PART OF THEIR PACKAGE THAT THEY ARE NOT AS GOOD AT.

TWO EXAMPLES WILL ILLUSTRATE OUR POINT. WE WERE TO FACE THE NUMBER ONE OFFENSIVE TEAM IN THE NATION FROM THE PREVIOUS WEEK. THEY WERE RATED #1 IN USA TODAY'S PASSING STATS. WE DETERMINED THAT THE QB WHILE HAVING A GREAT ARM WAS REALLY A DROPBACK PASSER - NOT A SCRAMBLER. WE DECIDED TO PLAY 5-UNDER MAN, 2 DEEP ZONE AND COVER THEIR RECEIVERS WHILE PUTTING A CONTROLLED RUSH ON THE QB. THEIR RUNNING GAME WAS FAIR, BUT OUR MIKE LB'ER WAS SUPERIOR (AREA DEFENSIVE PLAYER OF THE YEAR). WE WERE GOING TO CONTAIN THEIR RUNNING GAME WITH MIKE, COVER THEIR RECEIVERS AND CONTROL RUSH THE QB WHO WOULD BECOME FRUSTRATED WITH THE COVERAGE AND TRY TO FORCE BALLS INTO COVERAGE. IF HE HELD ON TO THE BALL LONG ENOUGH, HE WOULD BE SACKED BY THE RUSH. HERE IS HOW WE ALIGNED AGAINST THEIR BASE SET:



EACH OF THE 5 UNDER DEFENDERS MANNED UP WITH THE RECEIVER OVER THEM. THE IDEA IS THAT THEY WILL PLAY INSIDE AND UNDER THE RECEIVER KEEPING THEMSELVES BETWEEN THEIR MAN AND THE QB. THE TWO DEEP DEFENDERS WILL PLAY UP AND OVER THE DEEP RECEIVERS. THE QB, THEREFORE, WILL HAVE TO THROW THE BALL OVER THE UNDER DEFENDER AND UNDER THE OVER DEFENDER. ON A SIDELINE PATTERN, THE QB WOULD HAVE TO THROW THE BALL OVER THE UNDER DEFENDER AND UNDER THE SIDELINE (WHAT WE FEEL IS THE MOST DIFFICULT PASS FOR A HIGH SCHOOL QB TO COMPLETE). WE WON THE GAME 4 TOUCHDOWNS TO TWO. ONE OF THEIR TD'S WAS A "TRICK" PLAY - A DOUBLE PASS COMPLETED BY THE SE THAT WENT FOR 60 YARDS - OUR DEEP GUYS CAME UP TOO FAST NOT COVERING THE DEEP RECEIVERS AFTER THE FIRST PASS. THE QB WHO HAD COMPLETED OVER 450 YARDS PASSING THE WEEK BEFORE, HAD ONLY 110 YARDS PASSING FOR THIS GAME. OF COURSE WE BLITZED A BUNCH FROM THIS SET KEEPING THE OFFENSE OFF BALANCE.

IN THE SAME LEAGUE WE FACED A TRULY TOUGH WING T TEAM. THE PHILOSOPHY OF THIS PARTICULAR TEAM IS TO ESTABLISH THE FB FIRST. IF YOU DO NOT STOP THE FB TRAP OVER THE CENTER AGAINST THIS TEAM, YOU WILL LOSE THE GAME. WE ALIGNED:



IN THIS DEFENSE (3 DOWN COVER 1 MAN) THE MIKE LB'ERS JOB IS TO DRIVE THE CENTER BACK INTO THE LAP OF THE QB. THE DT'S STRIKE THE INSIDE SHOULDER OF THE GUARDS AND STEP TO THE A GAP. THE FS KEYS ON THE FB. WE HAVE THEM OUT MANNED AT THE POA. THE FB IS NEUTRALIZED. IT TAKES GREAT DISCIPLINE TO RUN THIS KIND OF DEFENSE. EVERYONE MUST KEEP THE FAITH - THE FAITH THAT EVERYONE ELSE WILL HANDLE THEIR RESPONSIBILITIES. FORTUNATELY, WING T TEAMS DO NOT HAVE A VERY GOOD PASSING ATTACK. THE OTHER THING WE LIKE ABOUT PLAYING WING T TEAMS IS THAT EXCEPT FOR THE FB, MOST OF THEIR PLAYS BEGIN WITH THEIR BACKS, ESPECIALLY THEIR FASTER PEOPLE, RUNNING SIDWAYS FOR 5-7 YARDS OR MORE

BEFORE THE GAIN ANY POSITIVE YARDAGE. IF YOUR PLAYERS WILL READ THEIR KEYS AND NOT THE BACKFIELD ACTION, THEY WILL EFFECTIVELY CONTROL THE WING T ATTACK. THE KEYS FOR THE LB'ERS ARE GUARD TO NEAR BACK. ALWAYS KEY GUARDS STRONGLY IN A WING T SYSTEM. GUARDS PULL AND LEAD THE PLAY ON 90% OF THE RUNNING PLAYS. THE GUARD WILL TAKE YOU TO THE POA. THE SECONDARY MUST DISCIPLINE THEMSELVES TO READ THEIR BASIC KEYS (END, TACKLE, NEAR BACK). PROBLEMS ARISE WHEN THE PLAYERS STOP READING THEIR KEYS AND LOOK INTO THE BACKFIELD. WHEN YOU LEAVE YOUR KEYS AND WATCH BACKFIELD ACTION, YOU ARE USUALLY HIT IN THE EAR HOLE WHILE BEING FAKED OUT BY THE ADEPT DECEPTION OF THEIR BACKFIELD ACTION.

IF YOU HAVE A GOOD MIKE LB'ER WHO WILL DISCIPLINE HIMSELF TO READ A KEY, YOU CAN BLOW UP THE FB TRAP WITH ONE SIMPLE KEY - THE CENTERS HEAD. ALIGNED IN A BASE 4-3, THE MIKE LB'ER SHOULD READ THE CENTER'S HEAD FIRST. AGAINST A WING T THAT PULLS GUARDS ON ALMOST EVERY PLAY, THE CENTER IS THE ONE RESPONSIBLE FOR SEALING OFF THE DEFENDER OVER THE PULLING GUARD. IN EITHER SHORT TRAP OR LONG TRAP ACTION, THE CENTER BLOCKS BACKSIDE. IF THE MIKE LB'ER READS THE CENTER'S HEAD MOVEMENT AND FILLS IMMEDIATELY WHEN THE CENTER'S HEAD GOES EITHER RIGHT OR LEFT, THE LB'ER IS IN THE HOLE BEFORE ANY ONE CAN BLOCK HIM. HE THEM MUST BREAKDOWN AND TACKLE THEIR BEST BALL CARRIER ONE ON ONE, BUT LIKE WE SAID . . . YOU HAVE A GOOD MIKE LB'ER.

Defensive Coaching Reminders

DEFENSIVE COACHING REMINDERS

THESE ARE REMINDERS THAT WILL HELP US IN CARRYING OUT OUR DEFENSIVE RESPONSIBILITIES:

1. POSITION - - - PLAY YOUR RESPONSIBILITY FIRST, THEN REACT. ALWAYS BE IN THE RIGHT POSITION.
2. RUSH PASSER HANDS HIGH. FORCE A HIGH PASS.
3. DON'T LET FAKING BACKS THROUGH FREE OF CHARGE.
4. PUNISH PASS BLOCKERS. THEY MIGHT USHER YOU IN THE NEXT TIME.
5. PASS DEFENDERS MUST PLAY THE BALL AT ITS HEIGHTH.

6. MAKE THE OPPONENT THROW. THEY HAVE ONLY FIVE RECEIVERS: WE HAVE ELEVEN.
7. WHEN THEY CATCH THE BALL IN FRONT OF US, GIVE THEM A HEADACHE.
8. THE ONLY PLACE ON THE FIELD THE DEFENSE HAS THE ADVANTAGE IS ON THE GOAL LINE.
9. RELENTLESS PURSUIT BY 11 MEN IS A MUST. YOU CAN'T WIN WITH TEN MEN.
10. ONE INTERCEPTION IS WORTH FIVE COMPLETIONS.
11. PLAY ERROR FREE BALL - THE TEAM WITH THE FEWEST ERRORS USUALLY WINS.
12. REMEMBER, THERE IS NO SCORE GIVEN FOR A FIRST DOWN.
13. EACH PLAYER MUST EXECUTE AND IMPROVE.
14. A TEAM PLAYS AS IT PRACTICES.
15. EACH PRACTICE SHOULD BE A CHALLENGE TO SELF-IMPROVEMENT IN SOME PHASE OF THE GAME.
16. PLAYERS SHOULD BE WILLING TO SPEND EXTRA TIME ON THEIR WEAKNESSES.
17. ALWAYS THINK: THEY SHALL NOT SCORE!

DO'S AND DON'TS

DO'S	DON'TS
BE READY	BE LATE IN YOUR STANCE
CONCENTRATE	DAYDREAM
STAY LOW	BE ERECT
KEEP KNEES BENT	BE STIFF-LEGGED

STRIKE OPPONENT	CATCH OPPONENT
MOVE YOUR FEET	LET FEET DIE ON CONTACT
SHED	LEAN
LOOK AT BLOCKER	LOOK OVER
GET TO BALL	LOAF

Field Tendencies

THE FOLLOWING CHART INDICATES GENERAL Tendencies BY THE OFFENSE IN VARIOUS AREAS ON THE FIELD OF PLAY. THE FACT OF THE MATTER IS THAT MOST OFFENSIVE COORDINATORS OPERATE WITHIN CERTAIN GUIDELINES PLAYING THE PERCENTAGES. THOSE PERCENTAGES INDICATE THAT THEY WILL MORE LIKELY RUN CERTAIN PLAYS ONLY IN CERTAIN AREAS ON THE FIELD.

BY MEMORIZING THE FIELD TENDENCY CHART, YOU CAN BETTER PREPARE YOURSELF FOR THE MOST LIKELY PLAYS TO BE RUN. THE BETTER PREPARED YOU ARE, THE BETTER YOU ARE ABLE TO PERFORM.

END ZONE		G.L.
<ul style="list-style-type: none"> 1. NEVER GIVE THEM A FIRST DOWN 2. USE PENETRATING DEFENSE. 3. DEFINITE RUN AREA - NORMALLY OUTSIDE. 	DEFENSE SCORING ZONE: SAFETY, FUMBLE, BLOCKED KICK, PUNT RETURN	20
QUICK KICK TERRITORY - EITHER 1ST OR 2ND DOWN		25
THREE DOWN ZONE		
<ul style="list-style-type: none"> 1. NORMALLY KICK ON 4TH DOWN. 2. LOOK FOR THE QUICK KICK AFTER A BIG LOSS OR PENALTY DOWN. 3. 1 X 10 - RUN OR PLAY ACTION PASS, SCREENS TRAPS, 2 X 3 - LONG YARDAGE: PASS SITUATION. 2 X SHORT - LONG GAINER OR TD TRY. 3 X SHORT - RUN, MUST MAKE 1ST DOWN <p style="text-align: center;">ALLOW THREE YARDS OR LESS PER DOWN</p>		50
FREE WHEELING ZONE		35
THEY WILL USE THEIR BREAD AND BUTTER OFFENSE HERE. THIS IS THE AREA FOR REVERSES, FLEA-FLICKERS, FUNNIES.		
FOUR DOWN ZONE		20
<ul style="list-style-type: none"> 1. DEFENSE MUST GET TOUGH - ALLOW 2 YDS OR LESS PER DOWN. 2. WILL THEY PUNT ON 4TH DOWN FROM 35 TO 25 YD LINE? 3. LOOK FOR PLAYS THAT GOT THEM HERE. 4. LOOK FOR BEST RUNNING BACK "IN THE CLUTCH." 		
"GUT ZONE"		10
<ul style="list-style-type: none"> 1. 1 X 10 - PLAY PASS, WIDE RUN. 2. 2ND & 3RD: LONG PASS SITUATION. IF RUN, LOOK FOR DRAW, "TRICK" PLAYS 3. 2 X SHORT: RUN DOWN DON'T INVITE PASS. 4. 3RD & SHORT: RUN DOWN. 		
GOAL LINE DEFENSE		G.L.