

L-A Cardinal's 44 Attack Defense



There's sure to be at least one man
assigned to block you: **SEE THAT
HE FAILS!**

Cardinal Defensive Philosophy



We will attack and place great pressure on the offense! We do this in order to cause the offense to have to react to us, instead of running their offense the way they would like to. This attacking style creates chaos. Chaos creates confusion; confusion creates doubt; doubt creates breakdown. Attacking allows us to set the tempo and to take away things we want by forcing the defense to adjust to us.

Great effort and physical play stem from great peaks of emotion. These attributes describe a defensive football player. Emotion is a by-product of attitude; effort is a by-product of desire and the willingness to make plays and find the football. Playing physical is football. It is not something special in our eyes; it is what football is – a collision activity. It is a state of mind. This is the essence of our spirit. A warrior will go to battle anywhere, at any time and **love** it. We will get fired-up about great plays, but for the most part, if you thump a guy and leverage his effort...it's what you are supposed to do. All we have to do is light people up, penetrate whatever gap or cover whatever guy we're assigned, knock people on their fannies and stick the quarterback every down. Now that's fun, and that's what our defensive football team will be about.

What we will do is attack and demand that the offense defends us. Our signature as a defensive football team will be fast, fierce, and fun. We will explode up the field, unload on anybody in our way to the ball, and laugh our way to the sidelines as the offense comes onto the field.

Concepts That Make Us an Attacking Defense



- Defensive linemen always attack a gap. We are a penetrating, read-on-the-run team.
- We will switch the responsibilities of each defender to keep the O from having a playbook 44 to block.
- We use multiple fronts to confuse blocking schemes without having to change the system.
- We “fast flow” play side by reading ball flow and attack. Once the play has been fully determined we pursue with all eleven men until the whistle blows.
- We will blitz any backer from almost anywhere at almost any time! We will be very aggressive in our blitz package with the idea that we will cause many more mistakes than we make.
- We will place great stress on the quarterback! He will not know where we are coming from or when. See the first paragraph on chaos.
- Many repetitions in tackling in closed and open field situations will give us the confidence and ability to move faster to an offensive player before breaking down to make a tackle.

Cardinal Defensive Goals



1. Match or beat 30 sacks. 65 in the past 21 games. (Just over 3 per game.)
2. Hold passing to under 40% completions. (32.5 in 2001)
3. Force 2+ turnovers per game. (41 in 12 games in 2001)
4. Average 1 TD given up per game. (Just over 9 pts per game in 2001 including 5 shutouts!)
5. Hold offense to under 100 yards rushing. (86 yards per game in 2001)
6. Hold offense to under 10 first downs per game. (6.75 per game in 2001)
7. Hold offense to under 75 yards passing. (74 yards per game in 2001)
8. Hold offense to under 30% efficiency. (2001 was 26% and 2000 was 20% !)

Focus Areas for 2002



While it is inherent that a very aggressive team makes mistakes due to the fact that they play at 100 mph, we want to reduce the unnecessary ones. Our focus will be to improve...

❖ on our focus. Reduce mistakes made due to mental breakdown of assignments.

❖ on staying at home. Be very aggressive but cover your assignment first. Trust your teammates!



3 Fundamentals that every L-A Cardinal Defensive player MUST have:

- 1. The ability to move and keep moving.**
- 2. The ability to protect oneself. (Get rid of blocks)**
- 3. The ability to tackle.**

Principals of Attacking Defensive Football

- 1. No opponent will out hustle our defensive unit.**
- 2. Relentless pursuit and gang tackling.**
- 3. Great defense is the offspring of individual commitment.**
- 4. Focusing in practice during MONOTONOUS repetitions is a must.**

Before the Ball is Snapped...



- ❖ there must be discipline in the huddle.
- ❖ everyone huddles on the ball.
- ❖ the defense is called.
- ❖ everyone watches the “O” huddle break.
- ❖ linemen get down on one knee.
- ❖ MLB and FS gives the run and pass strength call.
- ❖ communicate, communicate, communicate!
- ❖ get off the ball and hit someone!

Between Play Responsibilities



- ❖ MLB: Receives call from sidelines and communicates it to the defense.
- ❖ MLB: Keeps order in the huddle.
- ❖ OLB: Checks and communicates down and distance to the huddle.
- ❖ FS: Assists MLB with the call from the sidelines and communicates the pass coverage.
- ❖ Everyone: Prepare mentally for the next play. Focus!
- ❖ All other defenders should keep their eyes and ears open. Look to their sidelines for player substitution keys. Listen for calls they may communicate that could help us. Check to see if the QB is focusing towards certain players in the huddle. Etc.

Defensive Communication Before and During a Play

RUN STRENGTH CALL: The MLBs make the strength call to the tight end – “Strong left, strong left”.

PASS STRENGTH CALL: The FS makes the strength call to the two-receiver side – “Pass right, pass right”.

BACKFIELD SET CALL: If necessary, backers and Dbs will call the formation or backfield – “Bone, bone” or “Ace, ace”.

MOTION: When a receiver or back who you are covering goes in motion or motions your area - “Motion, motion”.

COVERAGE CALL: If we need to change our coverage to the current offensive formation, the FS will make the call – “Trips, trips, check zero, check zero”.

RED CALL: Those times when we need to get out of running a stunt, the LBs will make the call – “Red, red”.

RUN/PASS CALL: When a defensive player reads the play, he will let everyone know by making either a run or a pass call – “Pass, pass”.

BALL CALL: If a player sees that the ball is either on the ground or in the air, he will make a ball call – “Ball, ball”.

PLAY CALL: Anyone who reads the play will yell out the type of play – “Reverse, reverse” or “Draw, draw”.

CROSS CALL: When LBs see receivers running crossing routes under our coverage, they will give a cross call – “Cross, cross”.

ROUTE CALL: The DBs call out the receiver’s routes to the under coverage – “Post, post”.

SNIPER CALL: Anytime we intercept a pass, we give a “sniper” call to the closest sideline – “Bingo left, bingo left”.

PRE-SNAP RESPONSIBILITIES: Before each down, all defenders will communicate with those close to them their GAP, their PASS responsibility, and their OPTION responsibility – “I’ve got D, flats, and pitch”.

3 Levels of Backfield Flow



Level 1

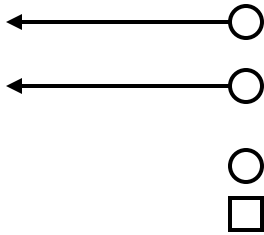
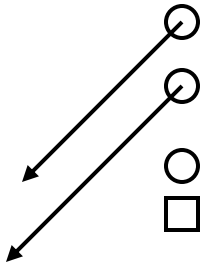
Level 2

Level 3

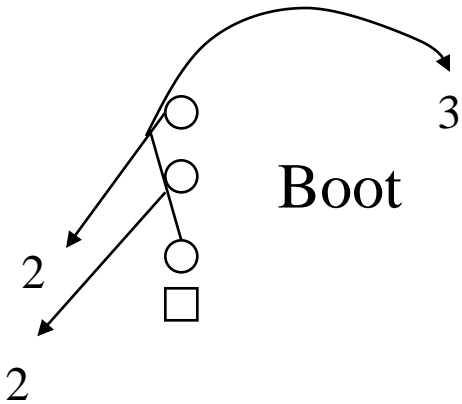
Straight ahead

Off-Tackle

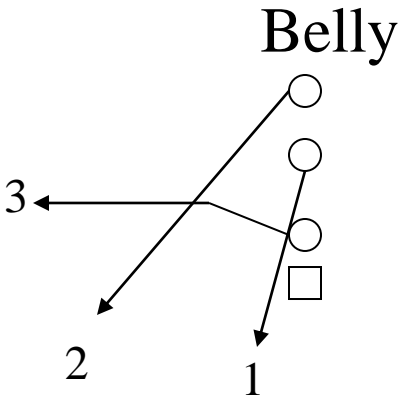
Sideline



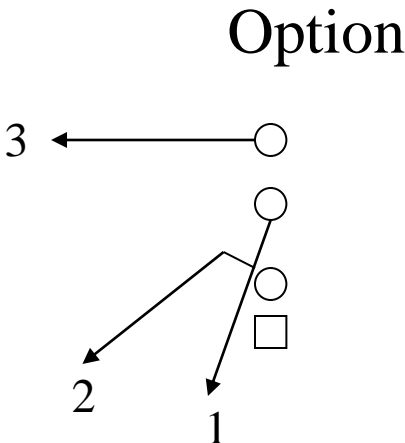
Combinations



Boot



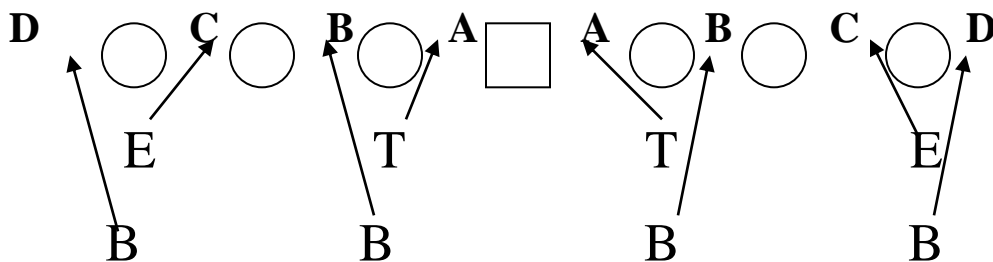
Belly



Option



Base Gap Responsibilities



What You Should Know Before Each Snap

1. Your Gap Responsibility.
2. Your Pass Responsibility.
3. Your Option Responsibility.

QB LEVEL READS



○ 4 - 7 yards = pass



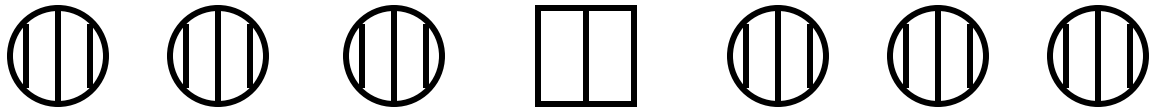
○ 2 - 3 yards = run



○ 1 - 2 yards = option



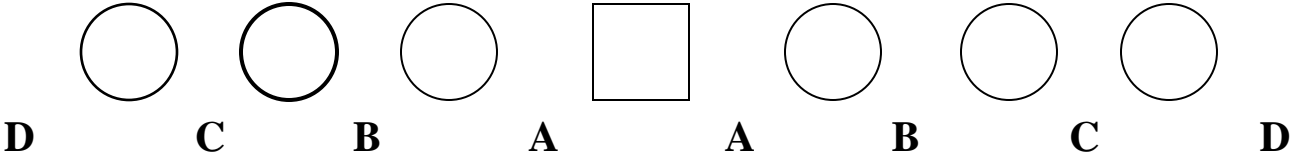
GAP TECHNIQUES



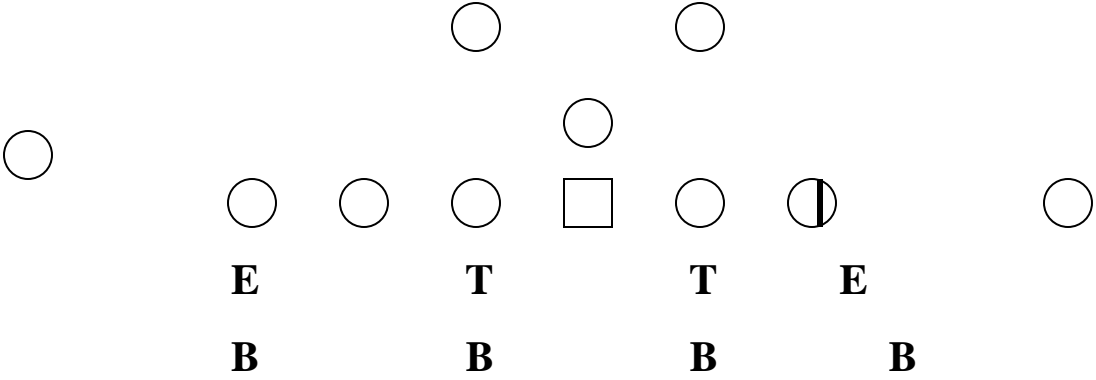
7 6 6i 5 4 4i 3 2 2i 1 0 1 2i 2 3 4i 4 5 6i 6 7

A head up alignment is an even number from the inside out.
An outside alignment is an odd number from the inside out.
An inside alignment is an even number with an “i” attached.

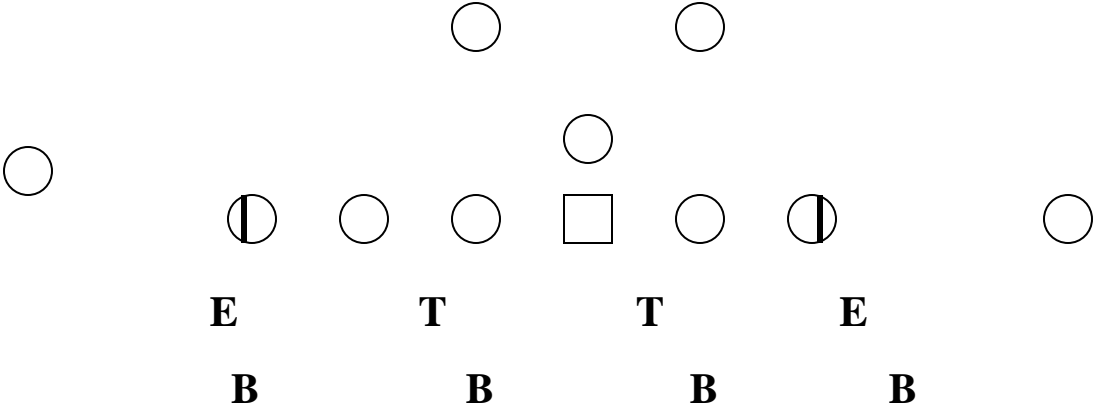
Gaps



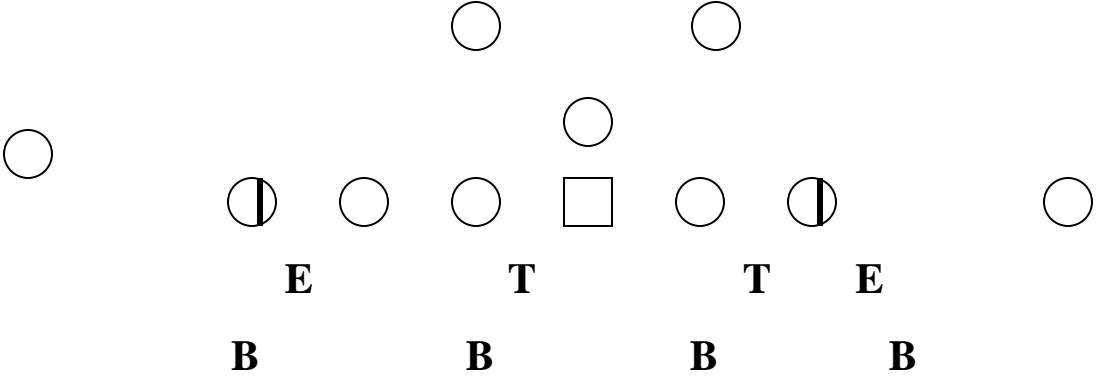
FRONTS



BASE



SHADE STRONG



SHADE WEAK

Fronts Continued



○ ○

○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○

E T T E

B B B B

REDUCED

○ ○

○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○

B B E T T E

F B B

BEAR

○ ○

○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○

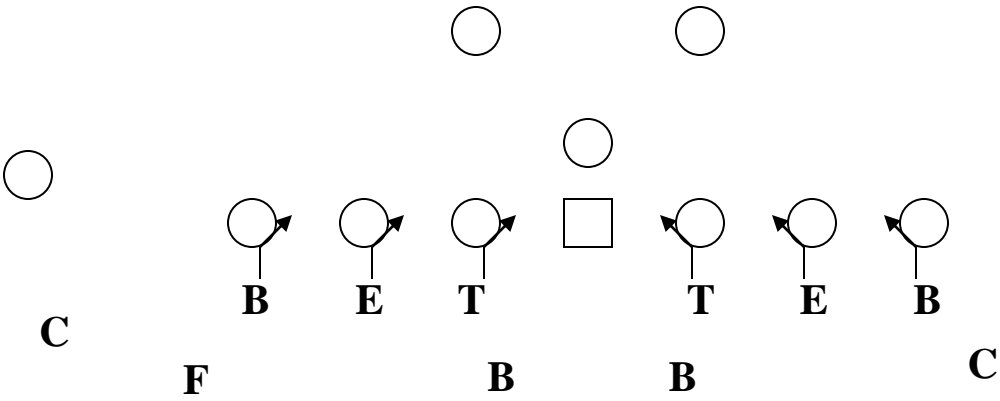
B B E T T E

B B

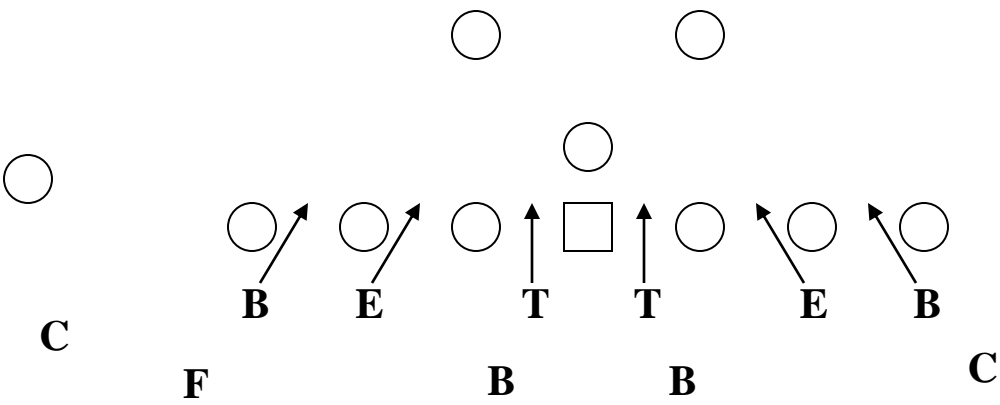
BEAR FREE

F

Fronts Continued



GOAL LINE 6-5 (Inside the 4 yard line)

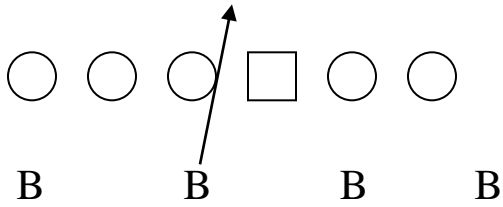


GOAL LINE 65 PINCH (2 yards or less)

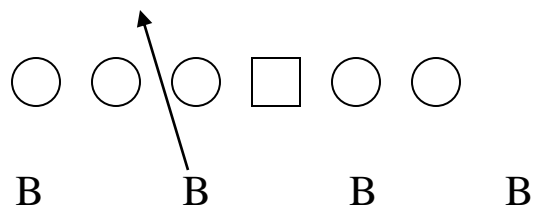
Linebacker Blitzes



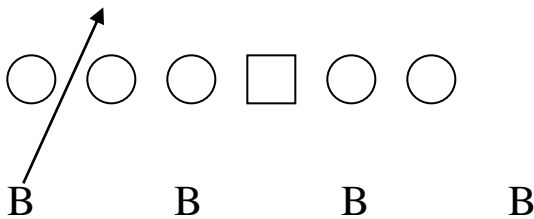
ACID



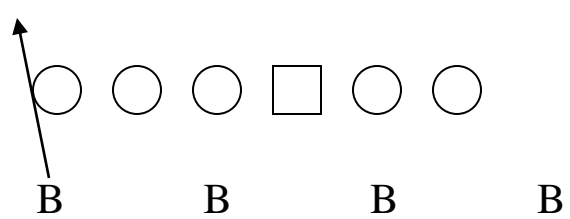
BULLET



CRASH



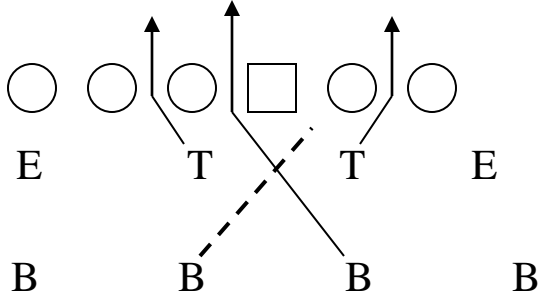
DRIVE



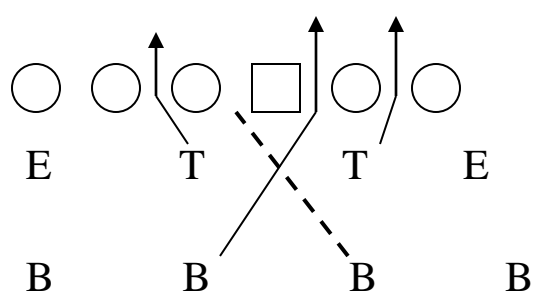
On each of the base blitzes the D-lineman paired up with the blitzing LB slants into the opposite gap. Each of the blitzes can be run to the strong or weak side.

The following stunts may change a D-lineman's Gap responsibility so their corresponding stunt is shown with the blitz.

AXE STRONG



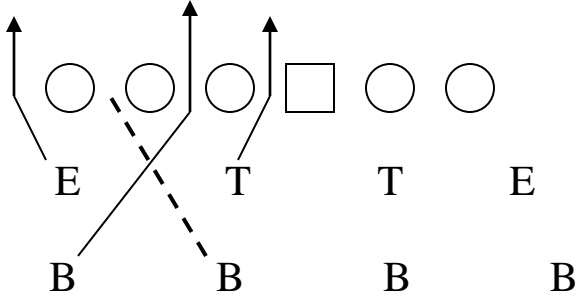
AXE WEAK



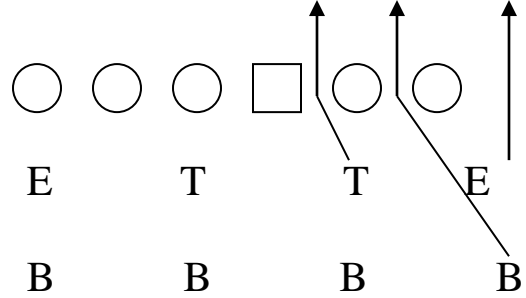
Linebacker Blitzes - Continued



BOMB STRONG

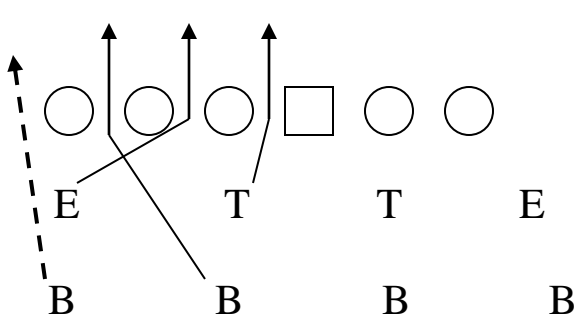


BOMB WEAK

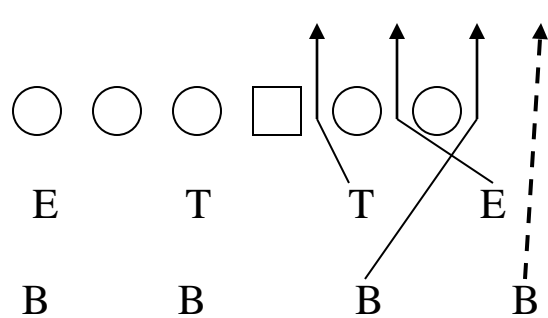


WILB is not responsible for any gap.

CLAW STRONG



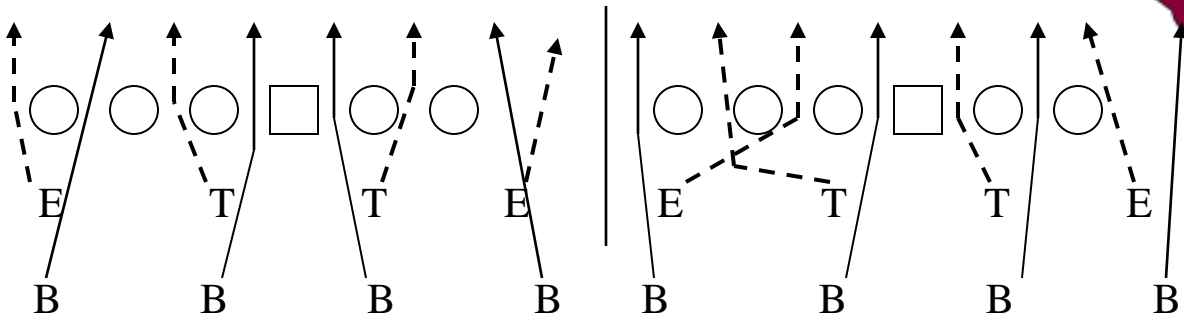
CLAW WEAK



The DE must cross quickly to B gap so he does not slow down the LB.

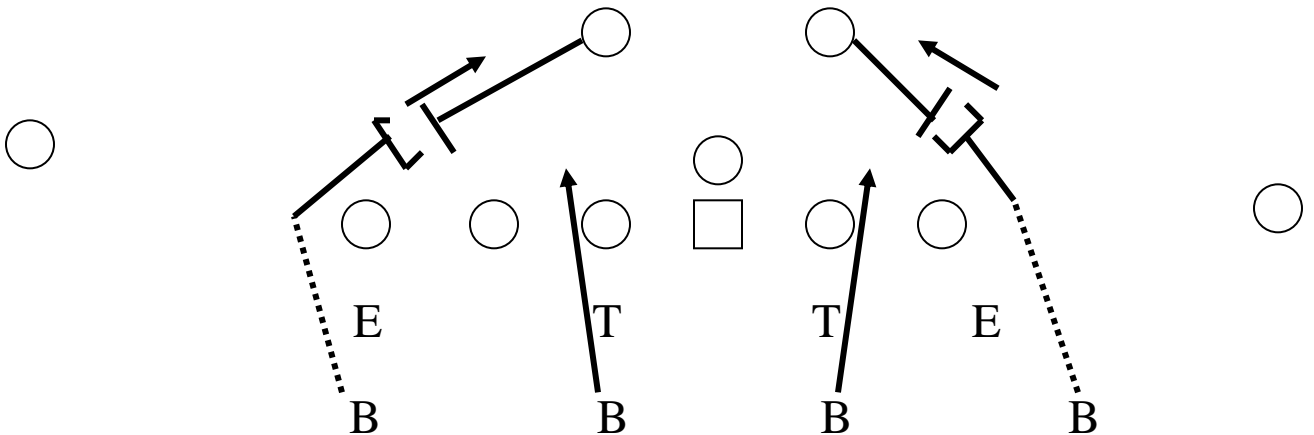
DIVIDE PSYCHO

TWIST PSYCHO



Psycho is an all out blitz where all 4 LBs blitz their gaps. If no line slant call is called, the LBs will tell their partner D-lineman which gap to slant into. Most of the time there will be a line call which will dictate which gaps we are blitzing. The diagrams above show two different ways that "Psycho" can be run. Overall, though, the combinations are almost endless.

Hug

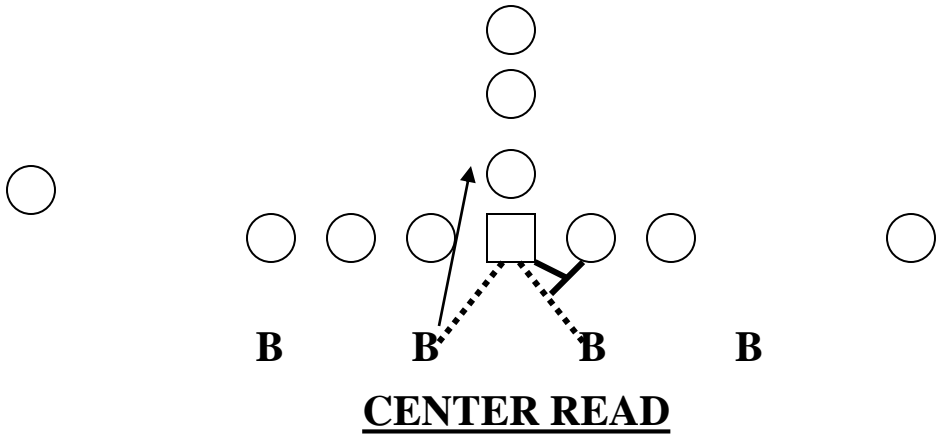


Psycho Hug

"Hug" will be used when we want to put pressure on the QB and at the same time not allow RBs out of the backfield into a pass route. If an OLB is blitzing and a back comes up to meet him, the OLB must take the RB into the QB so he can not go out for a pass. We will use "Hug" sometimes when we "Psycho" to make it a little safer.

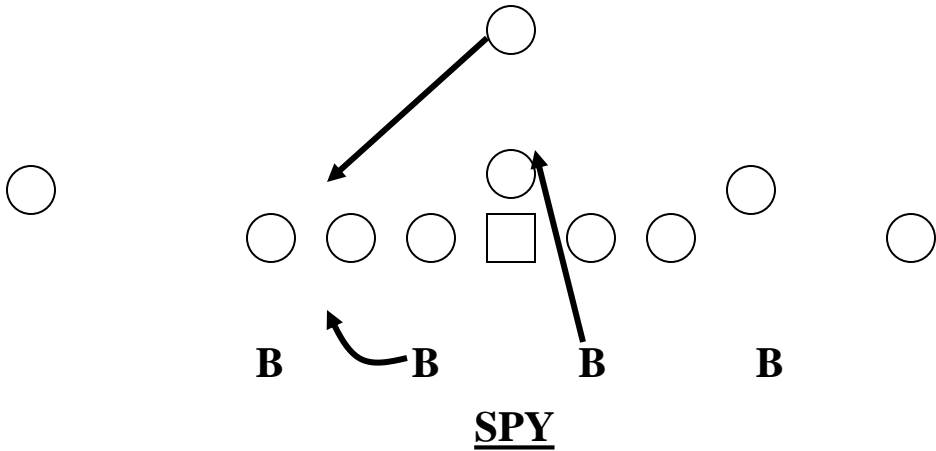
The blitz is very aggressive so the LB must go hard into the RB. He must not go around the RB to get to the QB.

Delayed Blitzes



Backer opposite the Center's block goes first.

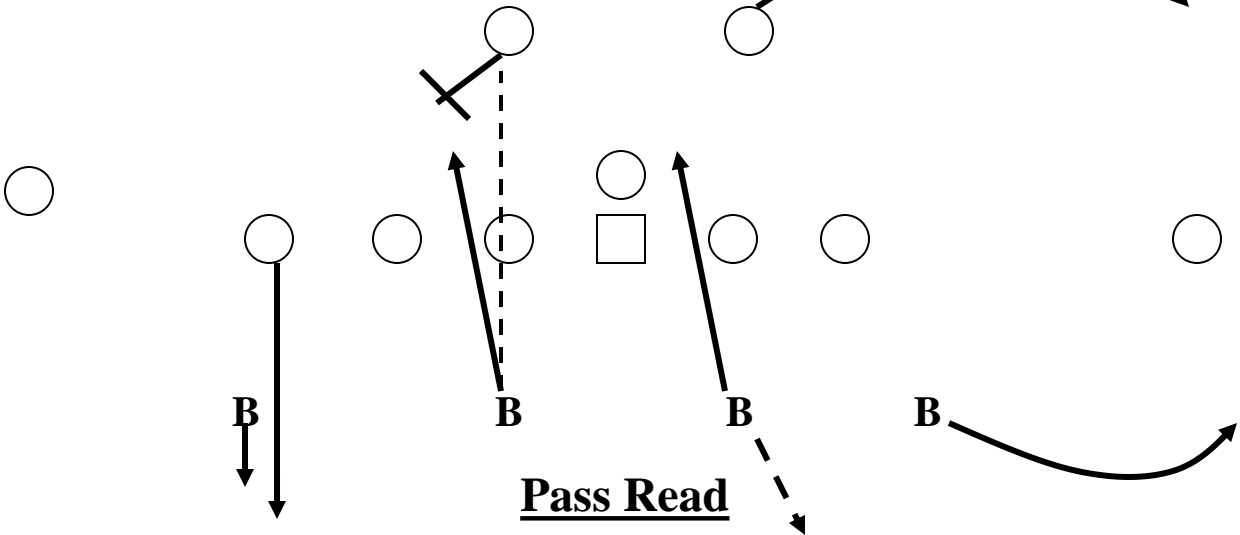
Backer goes through his assigned gap.



Backers key an offensive player.

Whichever way the key goes, the LB on the same side goes with him while the other LB blitzes.

Delay Blitzes Continued



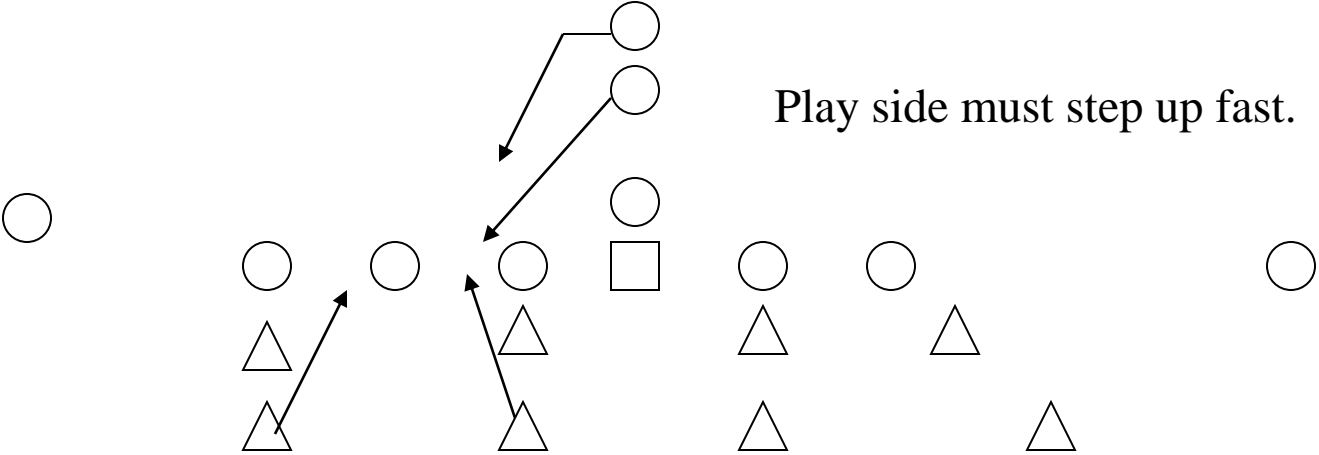
LBs key their man. If the key stays in to block on pass, LB blitzes.

The RMLB who does not officially have a man to cover would either blitz or drop into his zone depending on the scouting report.

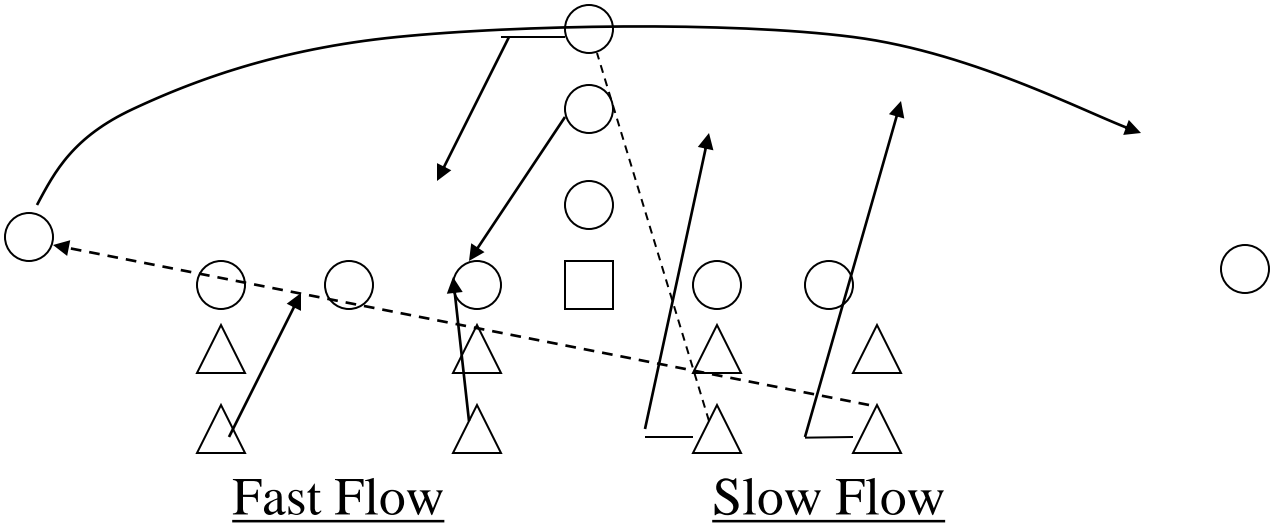
Slow and Fast Flow Reads



Fast Flow means to react immediately to your key. It is when the backfield is coming your way.



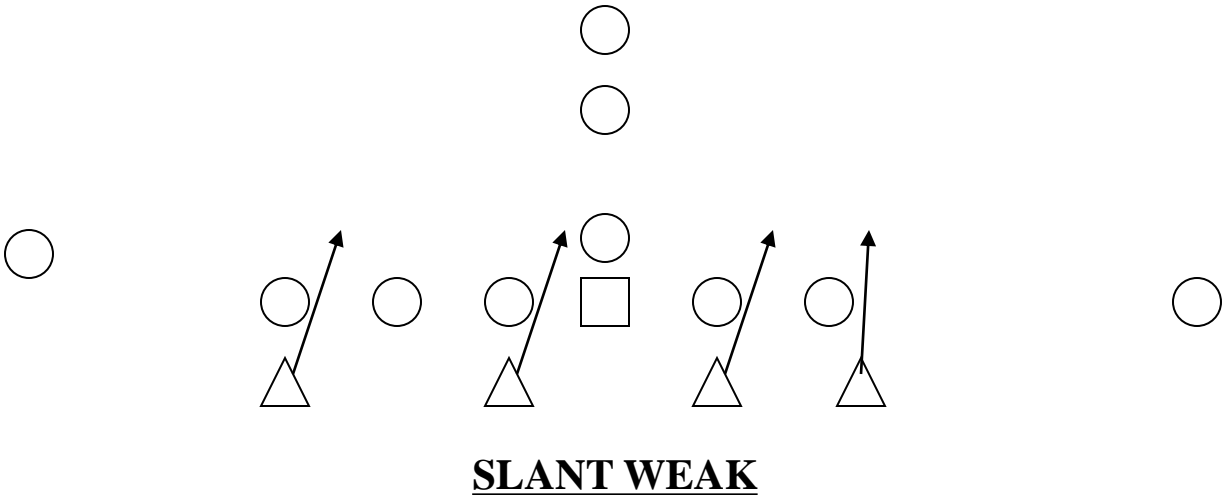
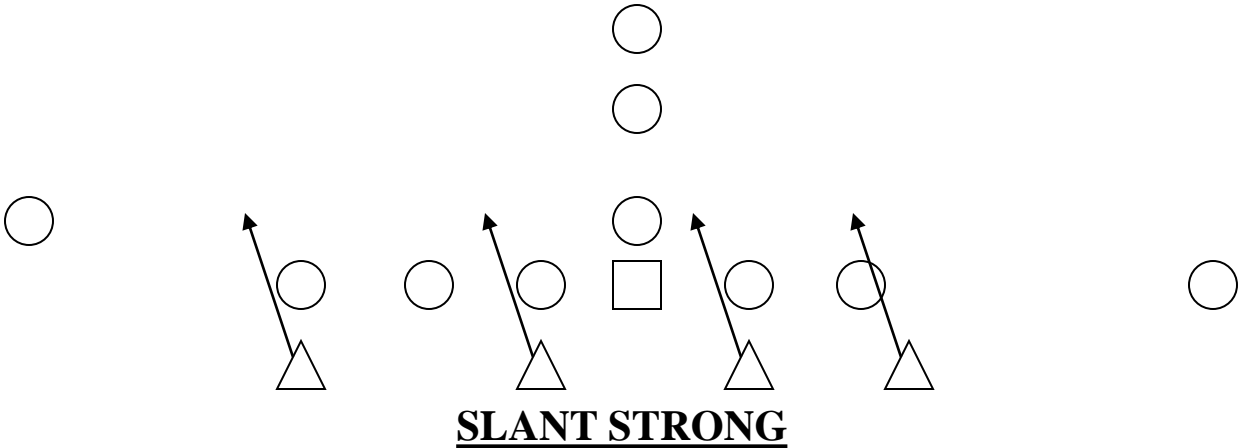
Slow Flow means to take a short step towards the play while checking backside for counter, reverse, boot, etc. before pursuing the ball.



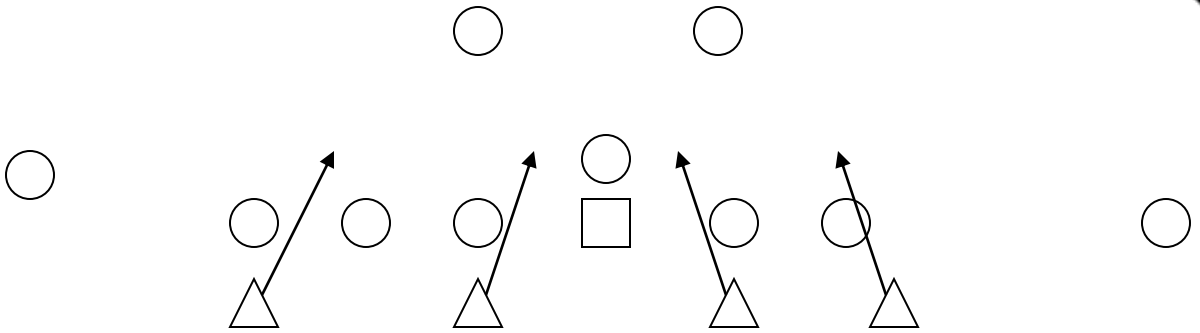
Defensive Line Stunts



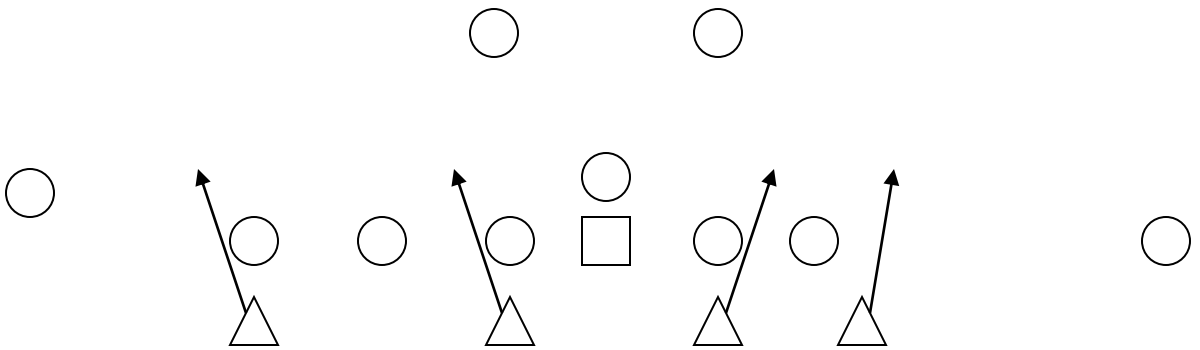
We slant the D-linemen on every play to a gap with the goal of penetrating the offensive line and causing chaos. Below are the stunts that we use. Some of the stunt calls are for the whole line while other stunts may only include 1 or 2 linemen. If, as a D-linemen, you are not a part of a stunt call, you will slant into your base gap.



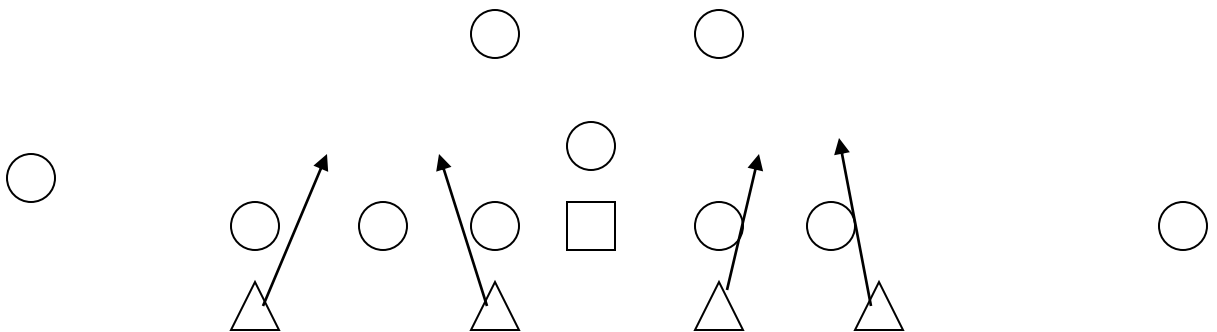
Defensive Line Stunts Continued



PINCH

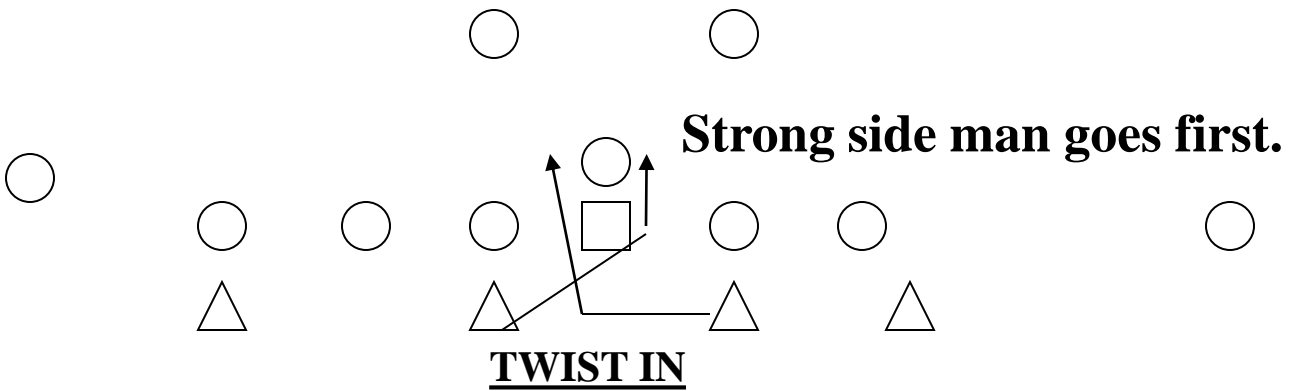
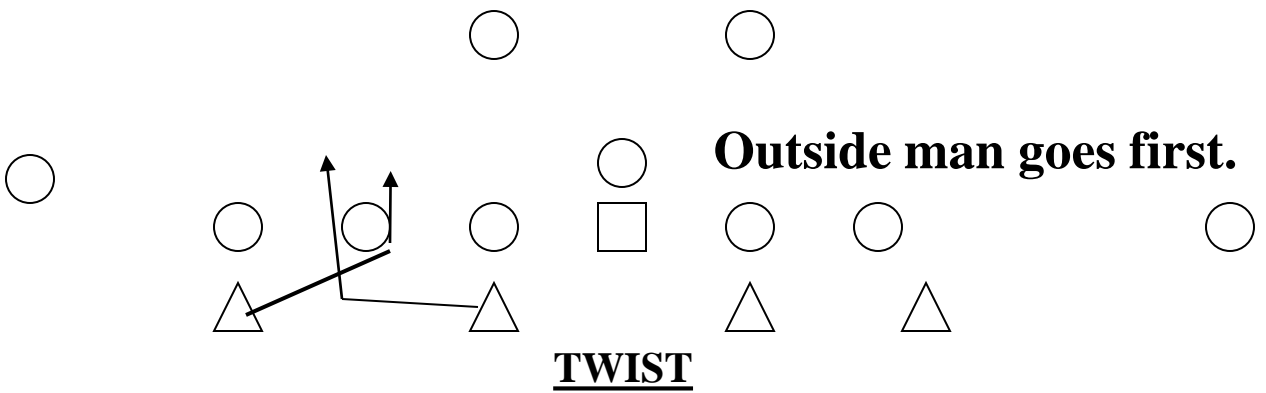
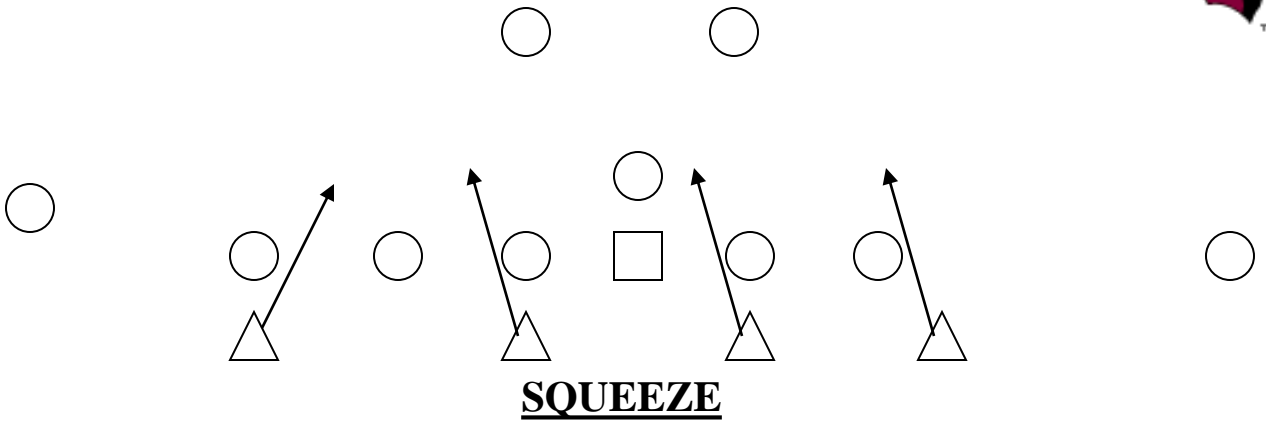


DIVIDE



PINCH DIVIDE

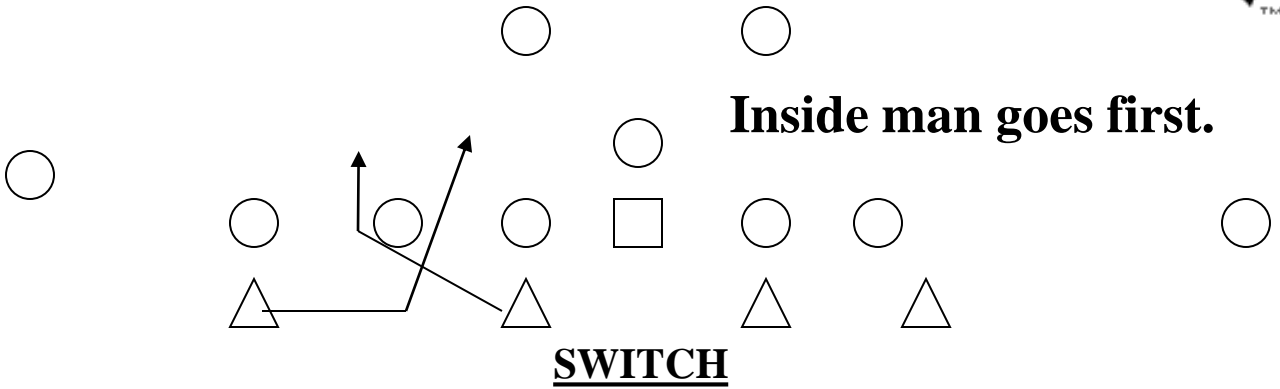
Defensive Line Stunts Continued



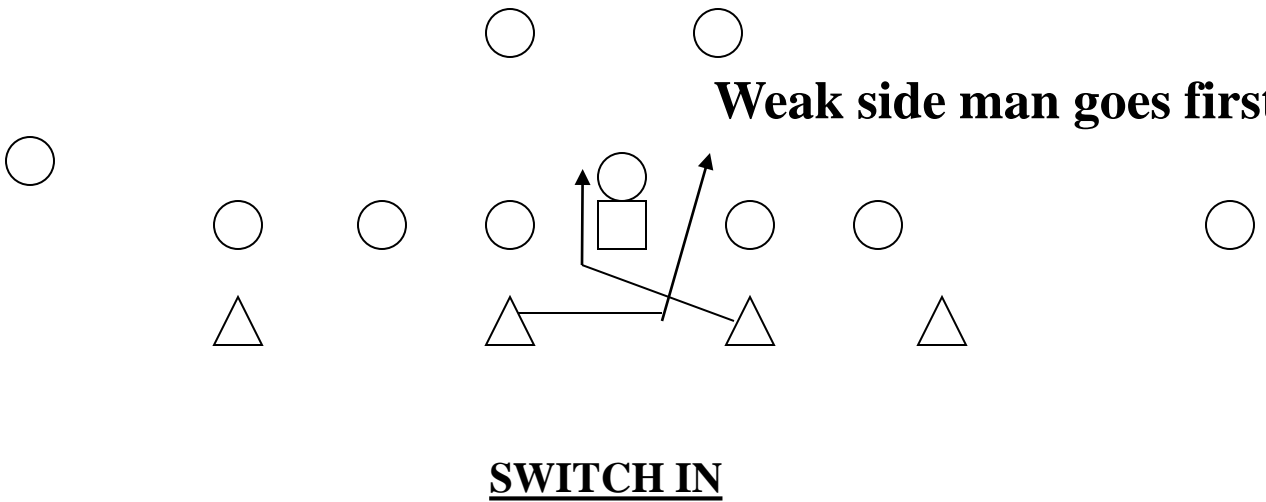
Defensive Line Stunts Continued



Inside man goes first.



Weak side man goes first.

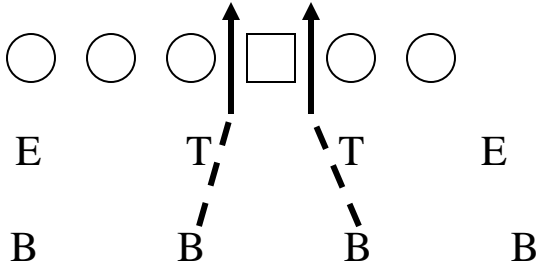


Showing and Stemming

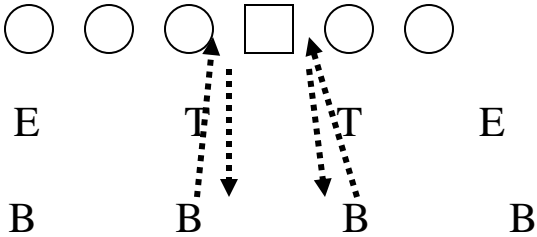


SHOW and UP

A “show” tag in front of a blitz tells the LB to walk up to the LOS in the gap that he is blitzing in. The LB may also “show” a blitz by walking up to the LOS but not carry the blitz out. This is an “up”. The backers back out just before the snap or they stay and react to the play from the “up” position. We can “show” and “run” all of our blitzes.



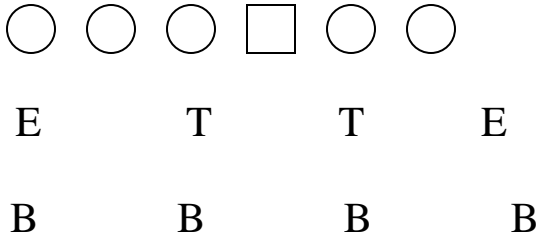
Show Double Bullet



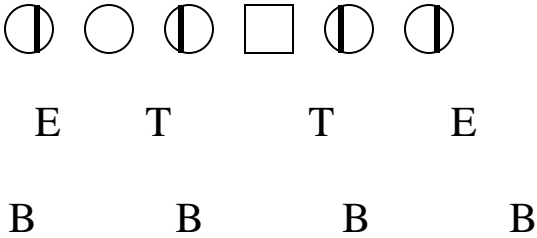
Up Double Bullet

STEMMING

To create confusion for the offensive blocking schemes, we will stem from one front to another. We do this by lining up in a pre-determined front such as “Base” and moving to another one just before the snap of the ball.



STEM to...

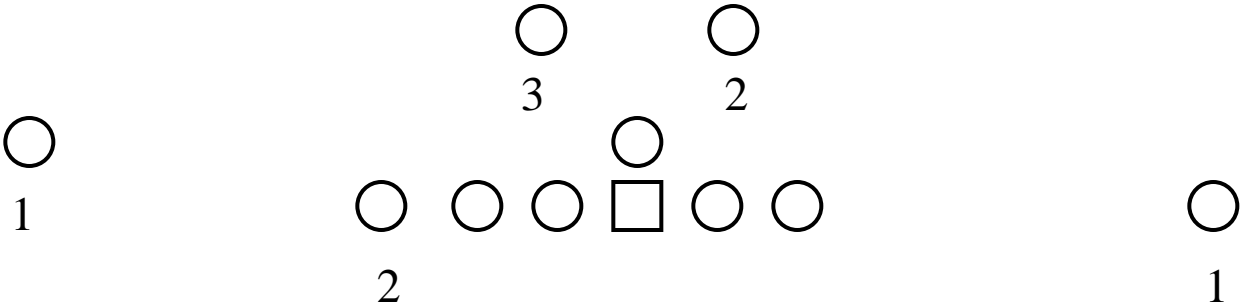


REDUCED

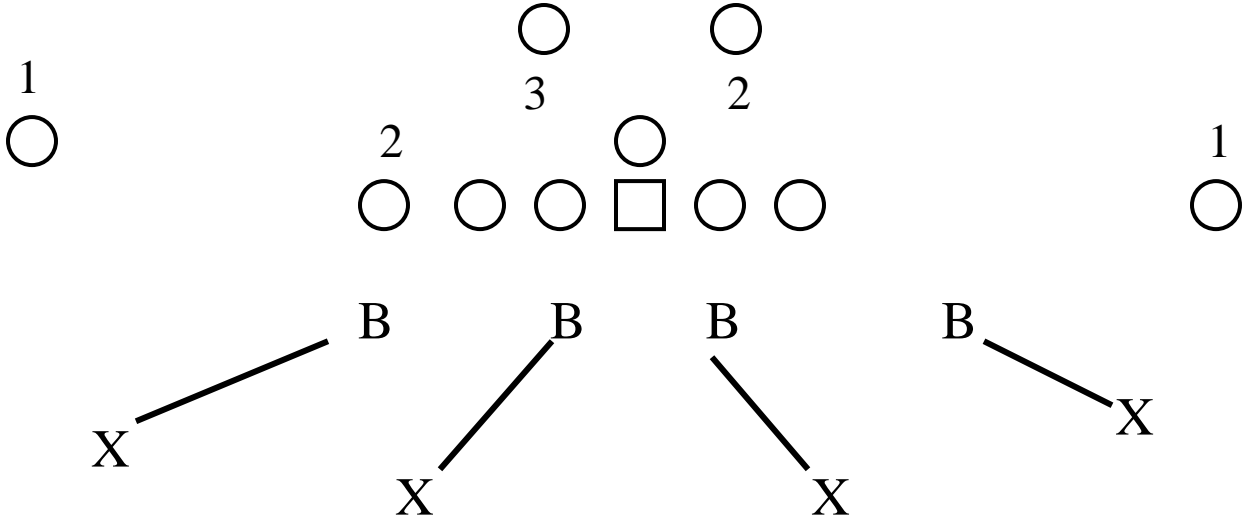
Pass Defense – Zone Drops



Receiver Numbering System: Number from the outside in.



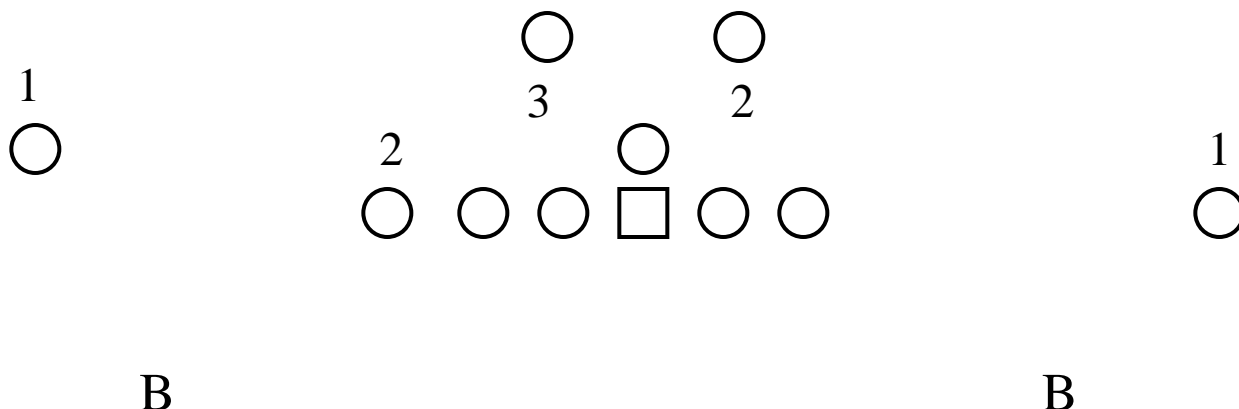
The Under Coverage for Linebackers



Key Concepts:

- Read the QB first. He will take you to the ball!
- Know where the “hot” receiver zones are depending on the “O” formation, field position, down and distance, etc.
- If there is more than one person in your zone, cover the deepest one.

Under Coverage for Line Backers - Continued



OLB Reads and Progression.

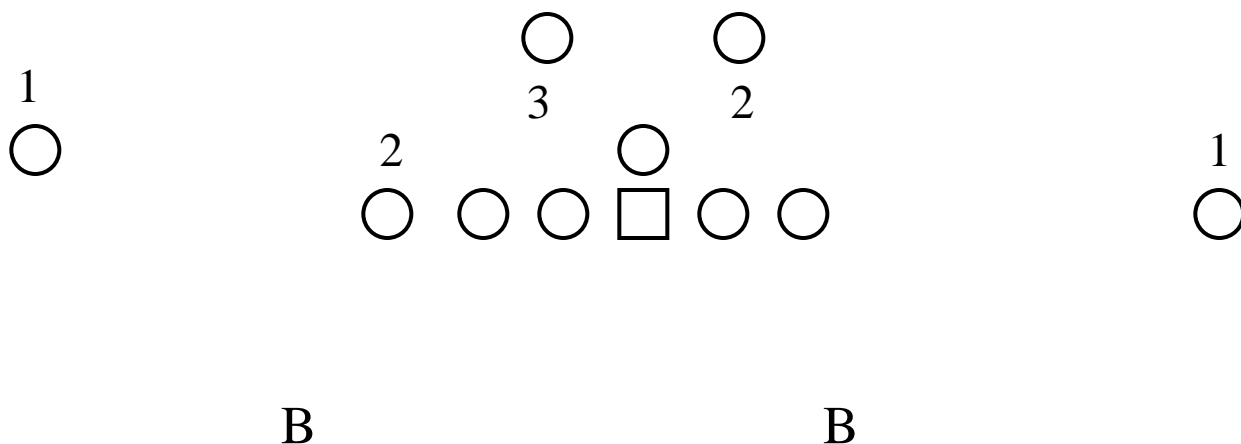
2 Receiver Side:

- # 2 receiver to the flats.
- # 1 receiver to the flats.
- Routes coming from the other side. (Crossing)
- # 3 coming out of the backfield.
- If no one shows, cheat back toward the middle.

1 Receiver Side:

- # 1 receiver to the flats.
- # 2 receiver. Most likely out of the backfield.
- Routes coming from the other side. (Crossing)
- If no one shows, cheat back toward the middle.

Under Coverage for Linebackers - Continued



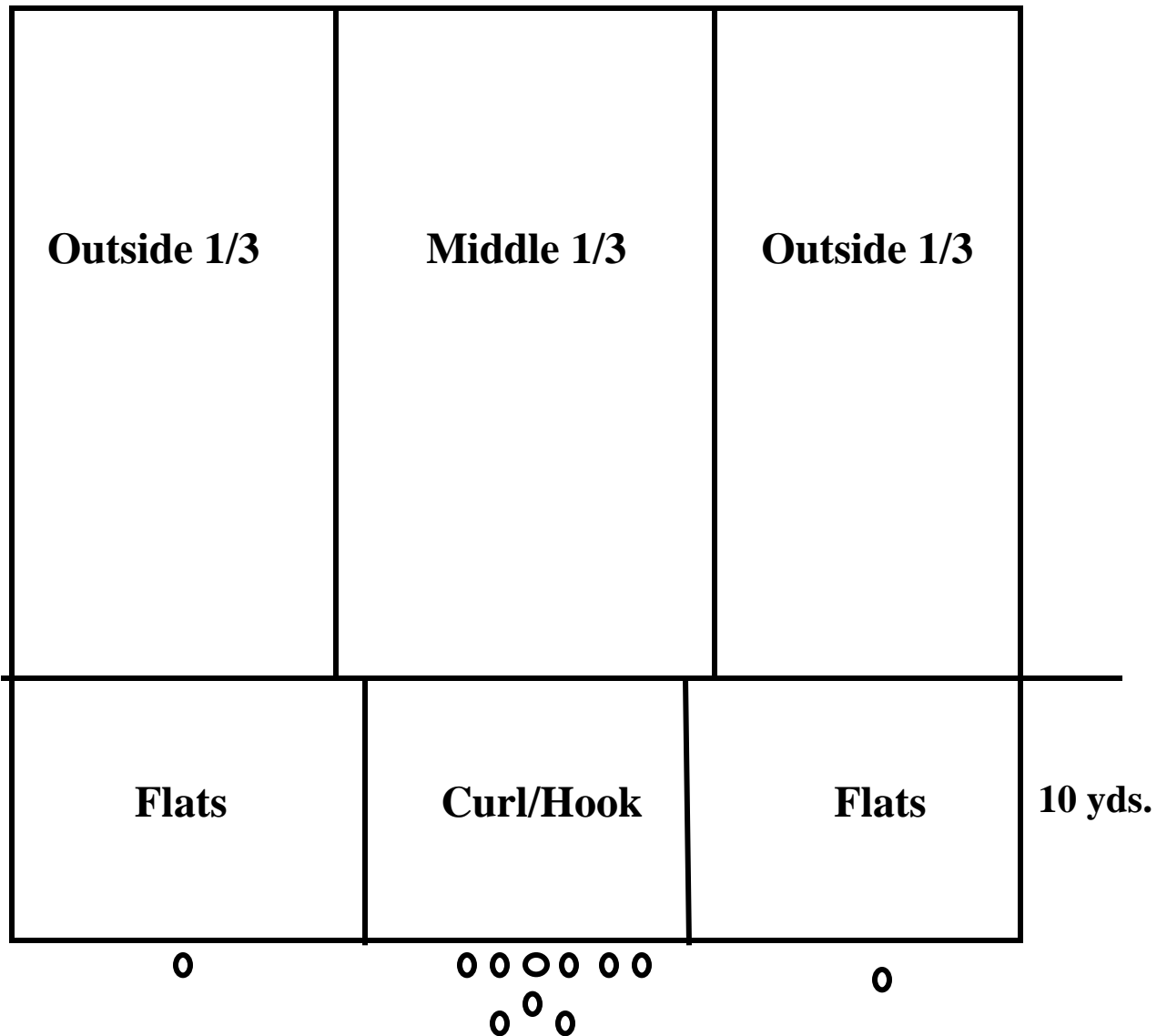
ILB Reads and Progression.

- 2 Receiver Side:
 - # 2 receiver to the Hook/Curl zone.
 - # 1 receiver. (post, curl, slant, dig)
 - Look for crossing routes from the other side.
 - # 3 receiver. Most likely a back.
- 1 Receiver Side:
 - #1 receiver. (post or dig)
 - Look for crossing routes from the other side.
 - # 2 receiver. Most likely a back.

Passing Zones



- Zones overlap by one yard to take away seams.
- Zones move depending on the “O” formation and the spot of the ball.

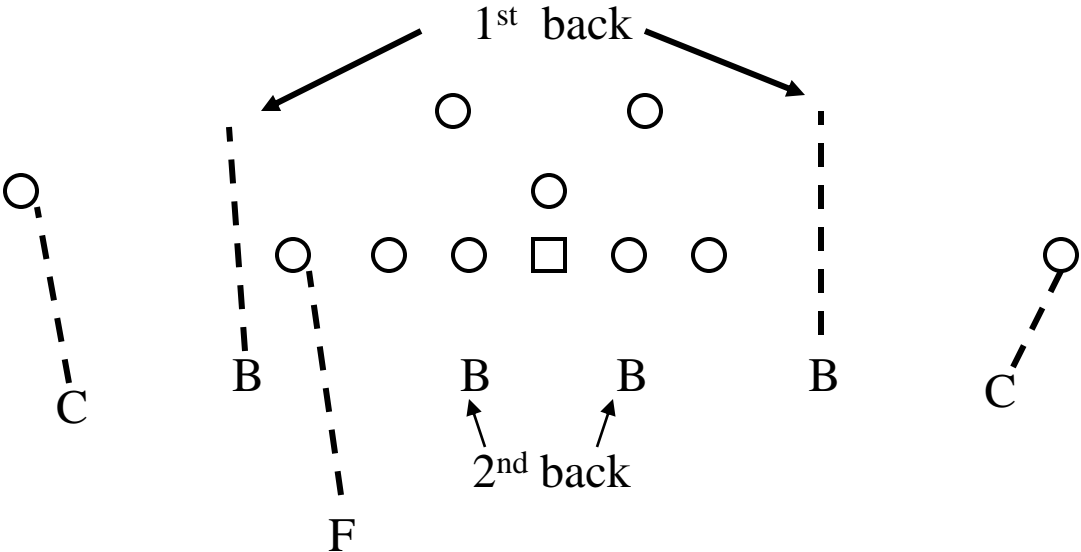


Pass Coverages



Cover 0: Straight Man

Corners have # 1 receivers to their side. FS has # 2 to the strong pass side. SOLB has the # 3 receiver to his side while the WOLB has the #2 to his side. The SILB has the #4 receiver to his side (most likely the second back that goes to his side) while the WILB has the # 3 receiver to his side. Any coverage person who does not have a man will drop to their zone and read the QB. If your receiver stays in to block you will drop to your zone. This will usually only happen with TEs and RBs.

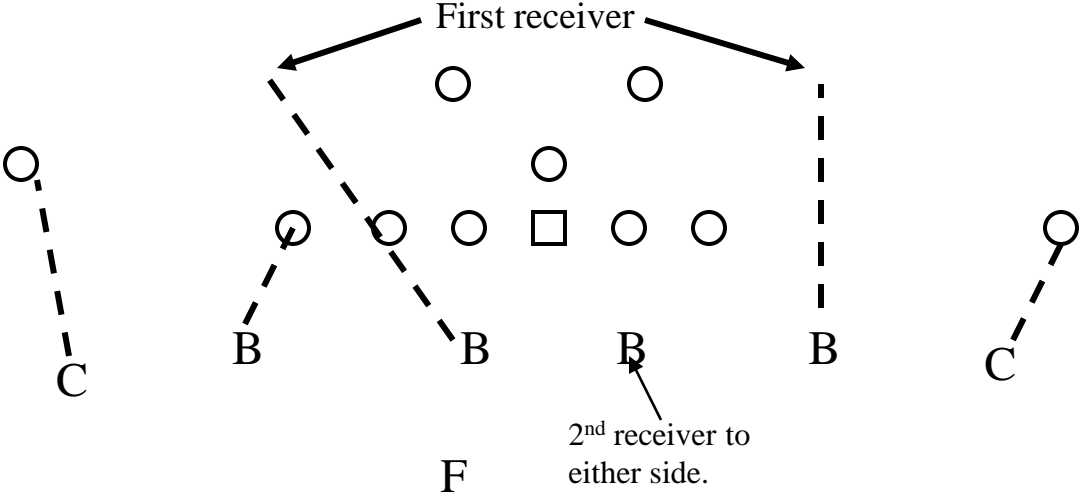


Pass Coverages Cont.



Cover 1: Man Free

Same as cover 0 except: FS drops back into his zone, OLBs have #2 receivers, and MLBs have #3 receivers. Again, any defender who does not have a receiver to cover will drop into their zone. If your receiver stays in to block, you will drop in to your zone.

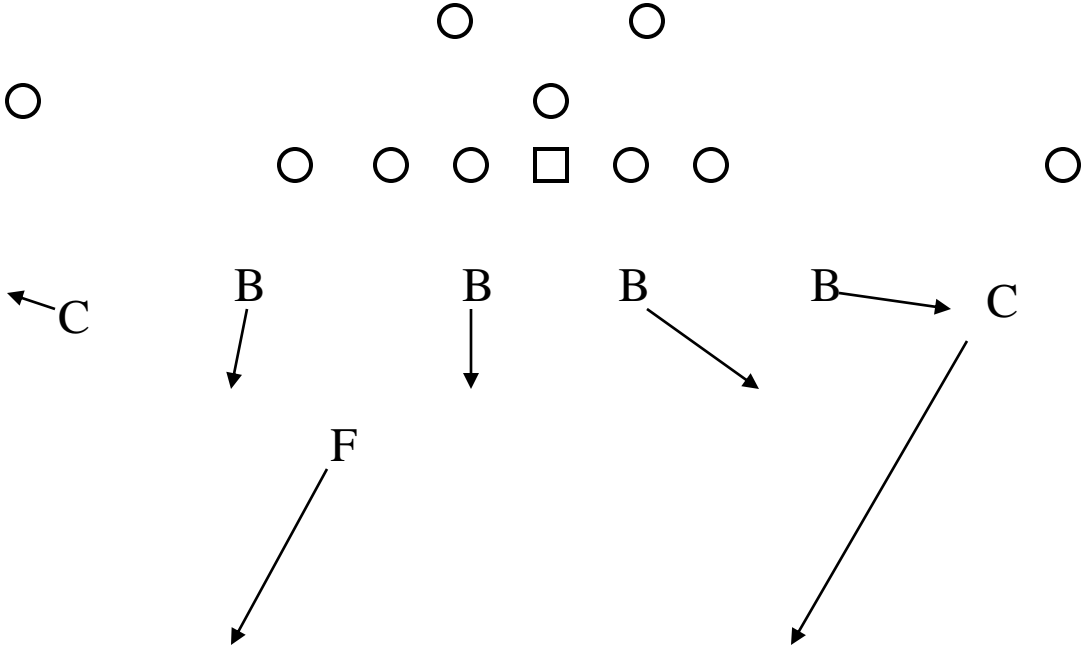


Pass Coverages Cont.



Cover 2: Two Deep

Our Cover 2 starts out as a zone coverage where we will “roll” one of the corners up to cover flats. (Scouting report will determine which side) FS will cover 1/2 the deep zone to the same side as the corner covering the flats while the other corner will drop to the other 1/2 deep zone. Backers will cover their normal zone pass drops except they will split the field into 5 zones since the corner is “rolled” up to cover flats.



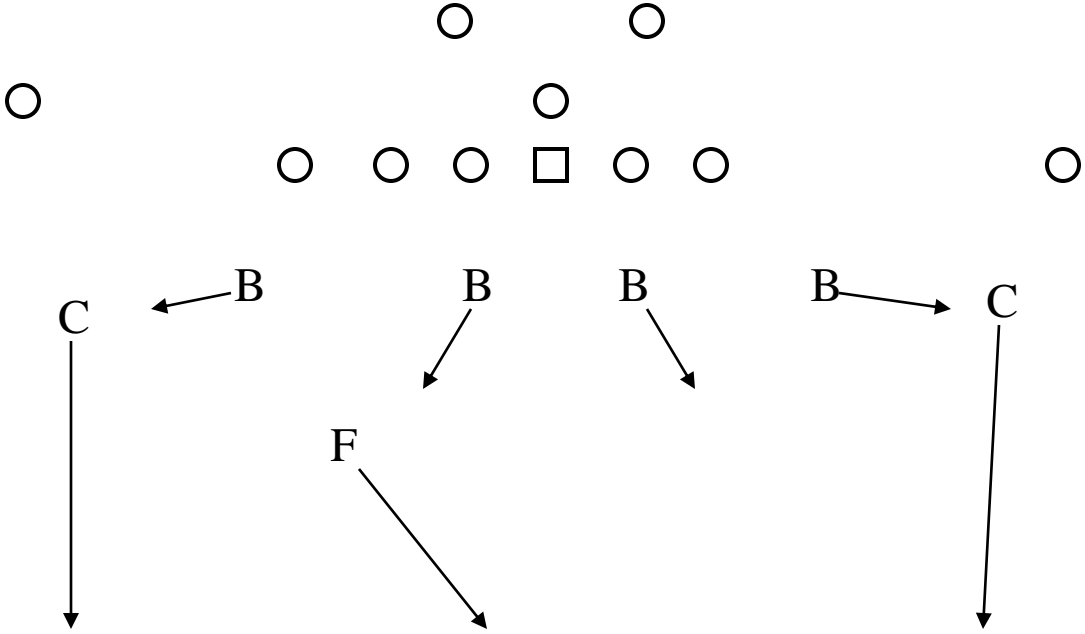
“Strong left 2, Strong left 2” call by FS

Pass Coverages Cont.



Cover 3: 3 Deep

Cover 3 is a traditional coverage. The 3 DBs drop into their deep 1/3 zone coverage. The LBs drop to their zone coverages keeping in mind the offensive formation and the keys discussed earlier in the “Zone Drops” part of the playbook. While keeping this information in mind, we are still reading the QB as he will take you to the ball. That is still our best key!



Pass Coverages Cont.



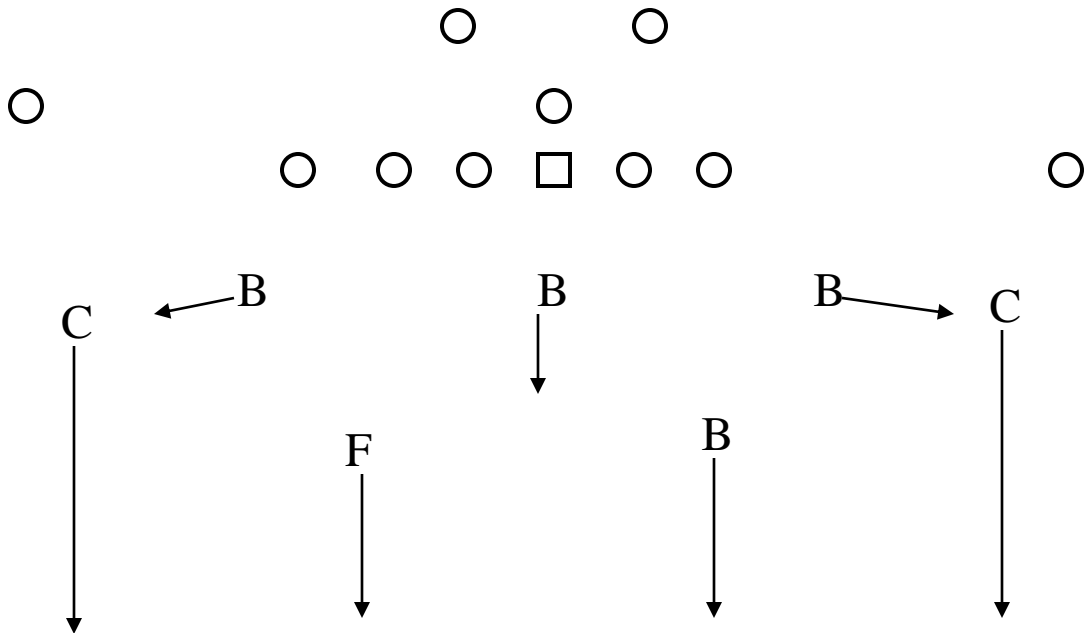
Prevent Defense

Prevent defense will be used at the end of a half or the end of the game when the offense desperately needs to score. This should happen quite often! It may also be used at the end of a quarter if the offense has the wind at their backs but will be giving it up the next quarter.

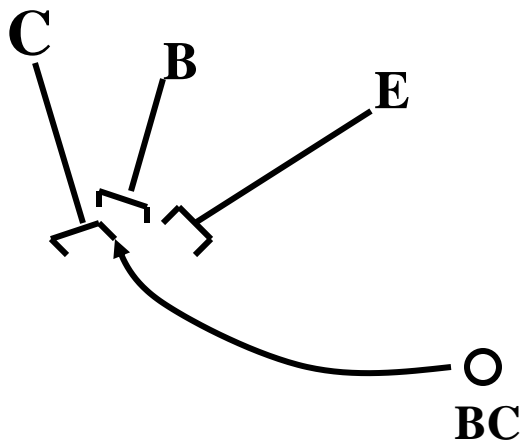
We will probably bring an extra DB to replace a LB for better coverage but the diagram will show the regular defense on the field.

While we can do many different things with this coverage such as man up with 2 to 3 deep or double team their top receiver, we will show it as a straight 4 deep. Scouting reports will allow us to change it to meet the needs of the offense.

4 Deep Prevent



Trapping the Ball



Aiming Points on Ball Carrier

C = Outside shoulder

B = Head up

E = Back Hip

1. The first step for the tackler should be to take a direct angle to the ball carrier and then close at full speed.
2. When closing from the outside, the tackler should run at the outside shoulder of the ball carrier, limiting the runner's choice to the inside.
3. When closing from the inside, the tackler should run at the inside hip of the ball carrier, limiting the runner's choice to the outside.
4. When steps 2 and 3 have been done properly, the ball carrier will be "trapped"

The concept of "Trapping the Ball" will be used instead of "pursuit". "Pursuit" is defined in the dictionary (in part) as "follow[ing] in an effort to overtake and chase..." Instead of chasing players down the field, we will trap and contain them. It is **eleven against one!**

DEFENSIVE TERMINOLOGY



The following terms are in addition to the ones used in the offensive playbook.

AIRFORCE – A punt return unit designed to put pressure on the punt team and/or block the punt.

ALLEY – An off-tackle lane that the Free Safety is responsible for on run plays.

AUSKIE – Term used to alert the defense that a pass has been intercepted. See also “sniper”.

BLITZ - When a line backer runs through an assigned gap at the snap of the ball.

CLEAR – A term for line backers. If a gap in front of them is open – or “clear” – as they flow towards the ball, they should go through it.

CLOUDY – A term for line backers. If a gap in front of them is clogged – or “cloudy” – they should continue to scrape down the line and look for a “clear” path.

COVERAGE – Term used to describe how the defense is going to defend receivers. example: “Cover 1” is a man-free “coverage”.

CONTAIN – Person who is responsible for turning a play inside. Often the OLB or DE.

CRACK – A block used by wide receivers against contain line backers. It is designed to allow a ball carrier to get to the outside.

CROSS FACE – When a defender aligns up in one gap on a linemen and then stunts to the other gap. He must “cross” the O-lineman’s “face”.

CROSSING – A term used to inform defenders that a receiver is going from one side of the field to the other crossing from one defenders zone to another.

CURL – A pass defense zone that a MLB covers. It is also the name of a pass route.

DELAYED BLITZ – A blitz where the line backer reads a key to decide whether he blitzes or not. This slows the blitz down some which often makes it more effective.

- DEEP 1/3** – A pass defense zone that begins vertically where the under zones end and goes to the goal line. It breaks the field into 3 even horizontal zones.
- DOWN HILL** – A term that tells LBs to move towards the LOS as they flow to the ball. They should move “down hill” towards the ball.
- EYES INSIDE** – A term for D-linemen. As they penetrate their gaps, they must look inside – “eyes inside” – to read blocking schemes and flow.
- FLATS** – A pass defense zone that runs from over the TE to the sidelines. It is an under coverage zone backed up by a deep third.
- FLOW** – The direction in which the offense is moving; or the ball is moving. The LBs may be told to read the backfield “flow”.
- FUMBLE** – When a ball carrier drops the football.
- GAP** – The space between offensive linemen. Gaps are assigned to defenders.
- GOAL LINE** – The area from the 4 yard line up to the end zone where we will put in our Goal Line defense. The Goal Line itself is the line which must be crossed in order to score a touchdown.
- HOOK** – A pass defense zone. It is the same as the “curl” zone. See “curl”
- HUG** – A tag added to a blitz. The blitzing backer must go through, or “Hug” up to, any back that shows he is blocking. The backer will take the back to the QB. This ensures that the back is not going to sneak out for a pass.
- INTERCEPTION** – When a defender catches a ball thrown by the QB.
- JAM** – A technique where a defender strikes an assigned opponent. A D-lineman may “Jam” an offensive lineman before taking his gap or a Corner may “Jam” a receiver to keep him from getting to his route quickly.
- LEVELS** – Defenders can sometimes tell what kind of offensive play is being run by reading the level of the QB and the ball. (See QB levels in the playbook.) Levels also describes the backfield action. (See backfield levels in the playbook.)
- LOS** – An acronym for “Line Of Scrimmage”. The LOS is an imaginary line that runs from sideline to sideline through the ball.

- LOOSE** – A defensive set where the coverage personal (LBs and DBs) “loosen up” their depths and widths. This is used in long yardage situations as well as the end of the half or end of the game when protecting a lead.
- PASSING LANE** – A path from a defender to the QB. When a pass rusher stays within their path they take away escape routes for the QB. Staying in a passing lane will also put the defender between a receiver and the QB.
- REDUCE** – A defensive set where the strong side DE moves into the TE/T gap and the rest of the D-line shades strong.
- RIP** – A technique to help a defender get into his gap or to get away from an O player who is trying to block him.
- ROLL** – A pass defense term where the coverage assignments are switched. A DB who normally covers a deep third will stay (or “roll”) in the flats while the other two DBs will slide over (or “roll”) towards the same direction and each cover ½ the field.
- SACK** – When a defender tackles the QB behind the LOS.
- SHADE** – A D-line call that tells them to line up in the gap instead of head up. Which gap depends on the call. For example, “Shade Strong” puts the D-linemen in the gap to the run strength of the O formation.
- SHOW** – A line backer call that tells the backer to get up to the LOS and pretend or “show” a blitz.
- SLANT** – A term which tells the D-line to quickly go into their assigned gap without jamming an offensive linemen. We do this 99% of the time.
- SNIPER** - Term used to alert the defense that a pass has been intercepted. See also, “Auskie”.
- STEMMING** – A front movement where the defense aligns in one front, for example “Base” and just before the offensive snap quickly “stems” into another front. Example: From “Base” to “Bear”

STUNT – An assignment to be carried out by a D-linemen. Just like a blitz is to a line backer.

TECHNIQUE – A term used to communicate where a defensive player should line up. See the “Gap Technique” part of the defensive playbook.

WRONG ARM - A term that tells a defender to take on a blocker with his outside shoulder instead of his inside shoulder. “Wrong arming” helps to squeeze a ball carrier’s running lane and causes him to bounce outside.

ZONE – An area that a defender covers. Mostly used with pass coverage.



WHAT IT TAKES TO BE NUMBER 1

by Vince Lombardi

“You’ve got to pay the price. “Winning is not a sometime thing; it’s an all-the-time thing. You don’t win once in a while, you don’t do things right once in a while, you do them right all the time. Winning is a habit. Unfortunately, so is losing.”

“There is no room for second place. There is only one place in my game and that is first place. I have finished second twice in my time at Green Bay and I don’t ever want to finish second again. There is a second place bowl game, but it is a game for losers played by losers. It is and always has been an American zeal to be first in anything we do and to win and to win and to win.”

“Every time a football player goes out to ply his trade he’s got to play from the ground up - from the soles of his feet right up to his head. Every inch of him has to play. Some guys play with their heads. That’s O.K. You’ve got to be smart to be Number 1 in any business. But more important, you’ve got to play with your heart - with every fiber of your body. If you’re lucky enough to find a guy with a lot of head and a lot of heart, he’s never going to come off the field second.”

Running a football team is no different from running any other kind of organization - an army, a political party, a business. The principles are the same. The object is to win - to beat the other guy. Maybe that sounds hard or cruel. I don’t think that is.

“It’s a reality of life that men are competitive and the most competitive games draw the most competitive men. That’s why they’re there - to compete. They know the rules and the objectives when they get in the game. The objective is to win - fairly, squarely, decently, by the rules - but to win.”

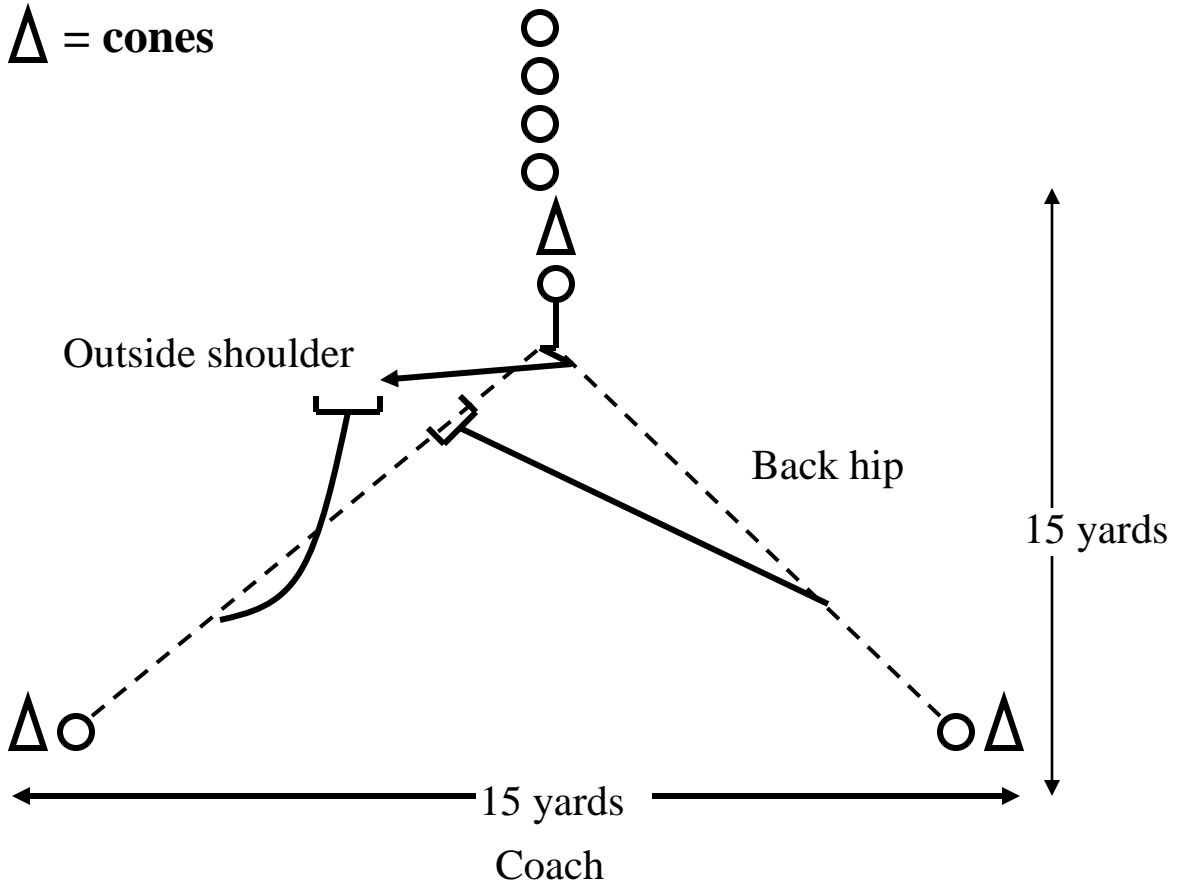
“And in truth, I’ve never known a man worth his salt who in the long run, deep down in his heart, didn’t appreciate the grind, the discipline. There is something in good men that really yearns for, needs, discipline and the harsh reality of head-to-head- combat.”

“I don’t say these things because I believe in the ‘brute’ nature of man or that men must be brutalized to be combative. I believe in God, and I believe in human decency. But I firmly believe that any man’s finest hour - his greatest fulfillment to all he holds dear - is that moment when he has worked his heart out in a good cause and lies exhausted on the field of battle - victorious.”

Trapping the Ball Drills

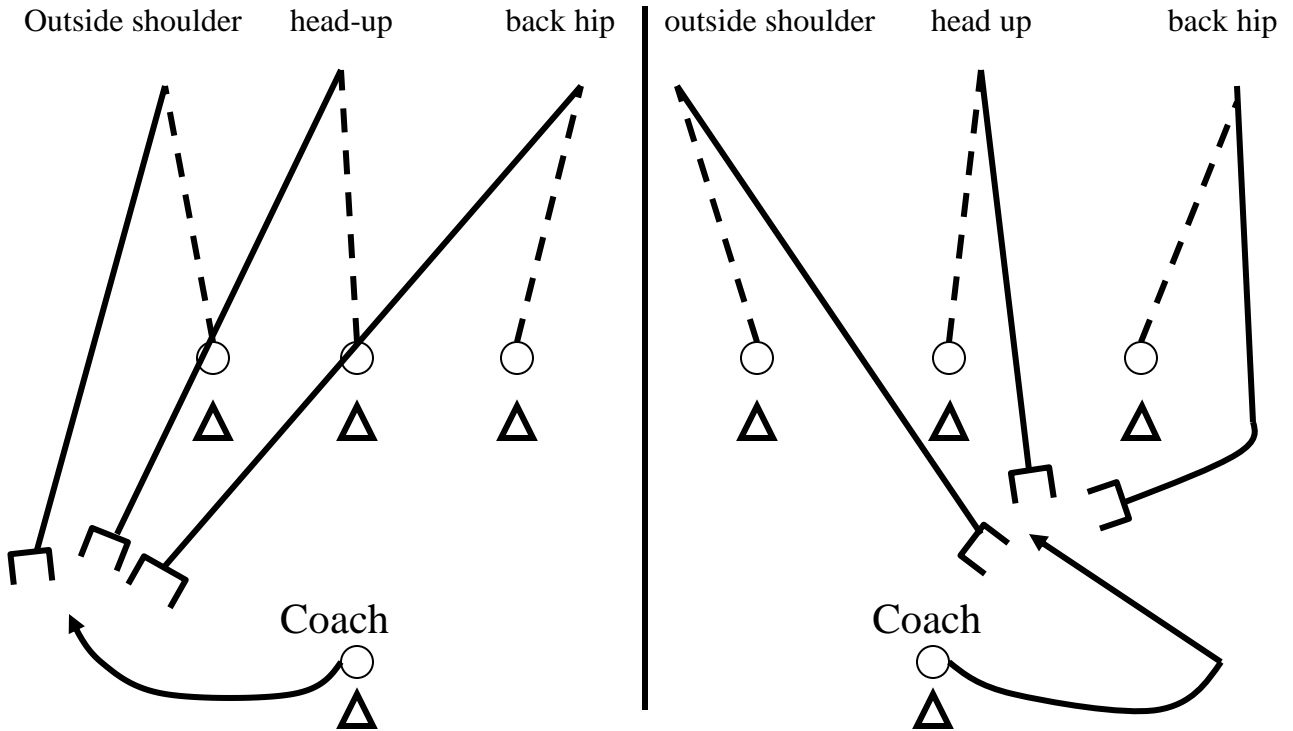


Δ = cones



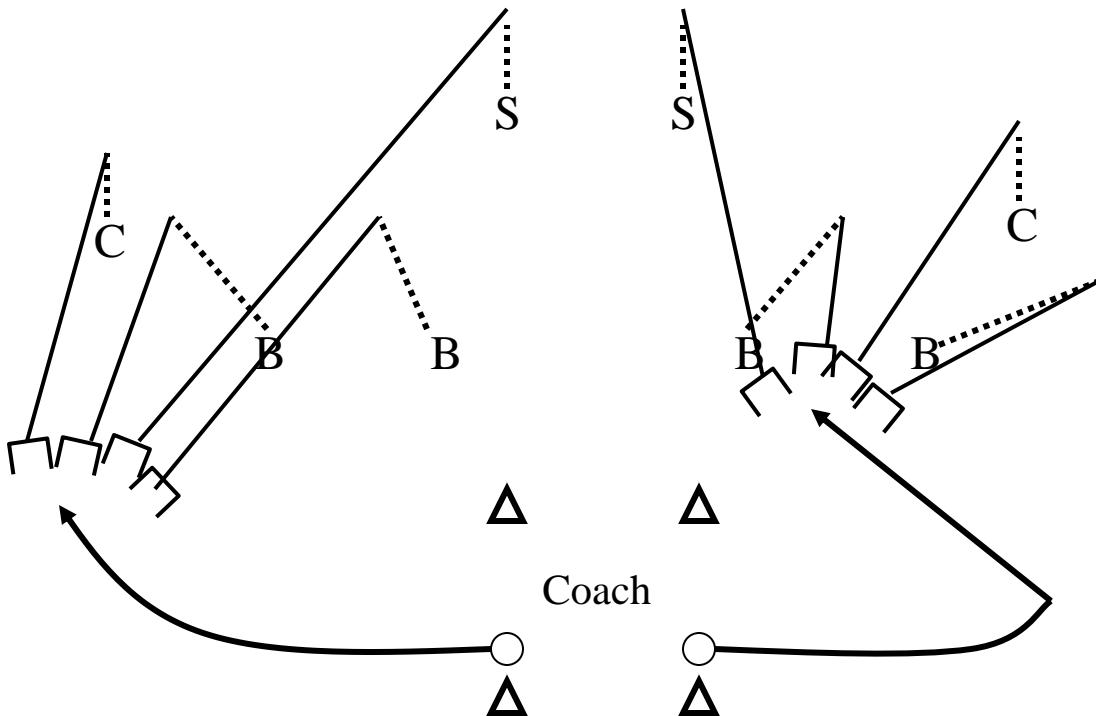
The ball carrier should run forward at full speed and make a cut to either the right or the left. The tackler should close on the ball carrier at full speed, taking an outside-shoulder-approach angle. When the ball carrier makes his cut, the tackler should adjust as he closes. When the tackler reaches the ball carrier, he should extend his hands up into the pads of the ball carrier, keeping him at arm's length.

Trapping the Ball Drills - Continued



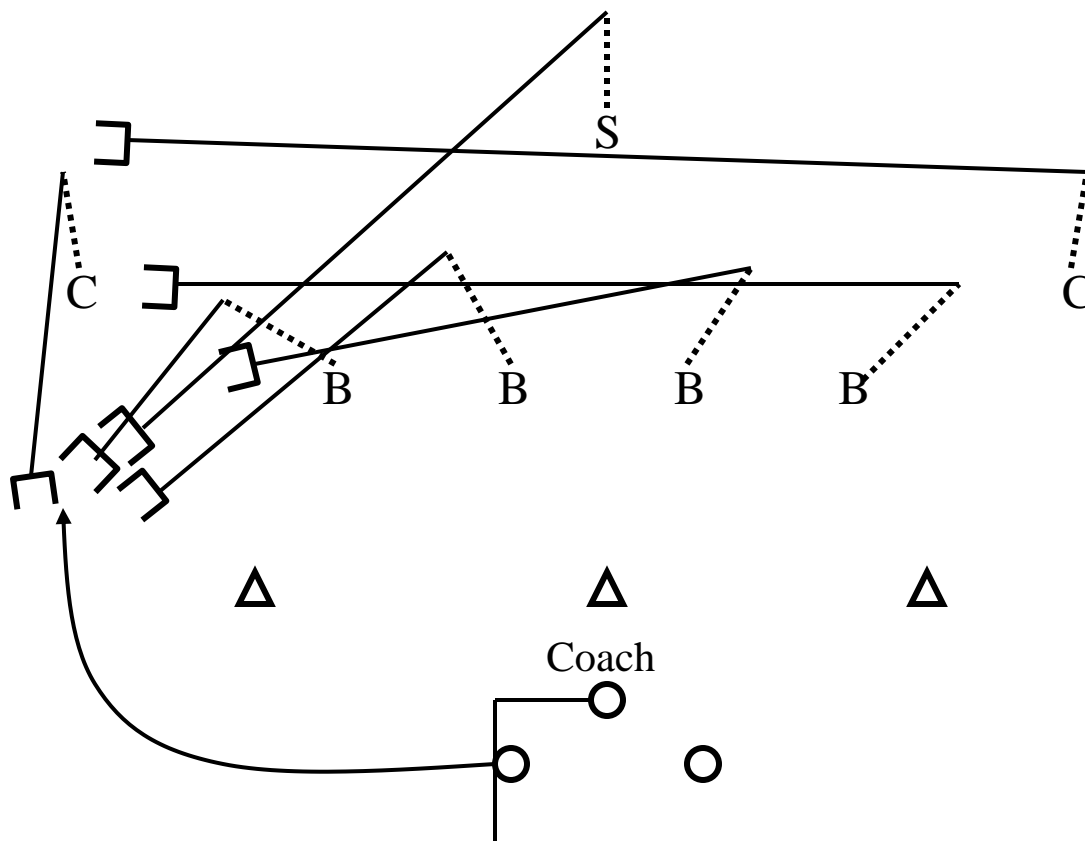
On the command of the coach, all of the tacklers should make a pass drop. (Defensive linemen should do a hip row in the direction the coach points.) The coach will hand the ball to the back, who should then either break to the outside or go outside and cut back inside. The tacklers should work together, using good angles to trap the ball.

Trapping the Ball Drills - Continued



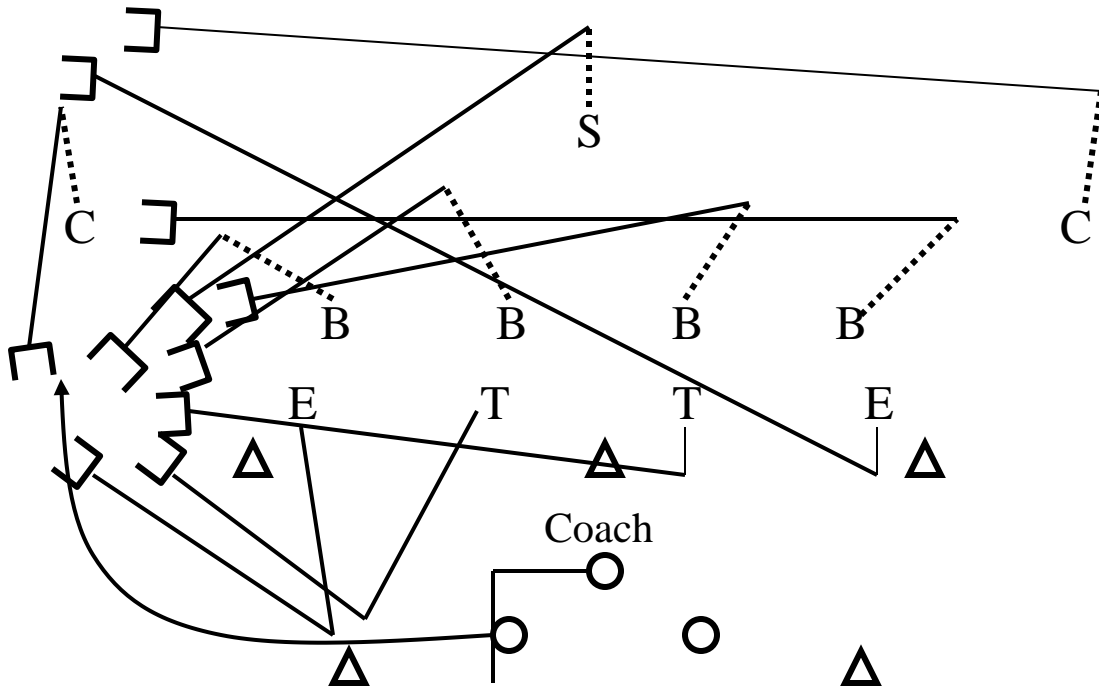
At the start of the drill, the coach will signal the snap, and everyone will make a pass drop. The coach will hand the ball to the ball carrier, who should be breaking outside or cutting back. The secondary and the linebackers should break up on the ball carrier, using the proper technique and angles. The secondary and the linebackers must work together (outside shoulder, head-up, and back hip). The coach should also run the drill with one position running a stunt.

Trapping the Ball Drills - Continued



This drill is the same as the previous drill, except that it also works on the back-side angles. The defense can also run stunts from this drill.

Trapping the Ball Drills - Continued



These drills can be run with the tackles and the ends. The front-side tackle and the end should rush pass to the cone and then trap the ball from the back side. The back-side tackle and the end should take two steps toward the ball. The tackle should close to the ball down the line of scrimmage. The back-side End ensures that the ball crosses the LOS and then takes a cutoff angle to the ball.