

46 Bear Defense

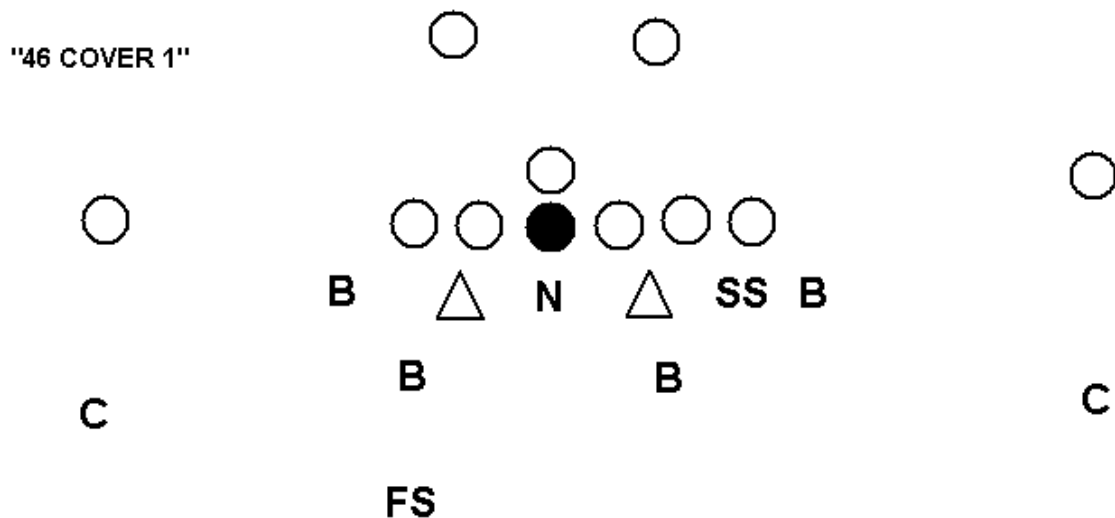
by Larry Getts, Lake County Steelers (Semi Pro)

The 46 defense (known as the "Bear") has been around for years in it's varoius forms. During the mid-80's, and especially during the Chicago Bears Super Bowl run, the 46 and it's most noted master mind Buddy Ryan formally gained popularity. Today a high percentage of defenses across the country include a form of the 46 each week in their game plan. College programs like the University of Arizona and the United States Military Academy in the 90's made their version of the 46, called "The Desert Swarm", popular by shutting opponents down regularly each Saturday.

I myself have been an advocate of the 46 defense for over the past 15 years. Copying from the master technician Buddy Ryan, as well as his son's (Rex & Rob), I have coupled their philosophies throughout the years with my own, and have developed my style of 46 defense. I have used this defensive package on the junior high, high school, college and semi pro levels both in Europe and in the United States.

If you are looking for a simple defense to install, that increases the aggresive nature of your personnel, then look no further. The 46 can be used as a base defense, as well as a change of tempo package. The 8 man front design of the 46 can be employed to shutdown an over-powering running attack and at the same time be used as a pressure package vs the pass. The other selling point if you include the 46 defense into your scheme, you automatically have a built in short yardage call, so your teaching time is cut in half. Because the 46 is so unique your opponent will be forced to adjust their blocking schemes in it's weekly preparation, thereby complicating their assignments, which often lead to mental mistakes that create big play opportunities for the defense.

46 DEFENSE



BASE ALIGNMENTS AND RESPONSIBILITIES "BEAR COVER 1"

POSITION	ALIGNMENT	KEY	RESPONSIBILITY vs RUN	vs PASS
SOLB	9 TECH	NEAR BACK	D GAP FORCE	CONTAIN
SDE	3 TECH	BALL TO OG	B GAP	RUSH B GAP
NOSE	0 TECH	BALL TO C	BOTH A GAPS	RUSH A GAP
WDE	3 TECH	BALL TO OG	B GAP	RUSH B GAP
WOLB	GHOST 6 TECH	OT TO NEAR BACK	C GAP	CONTAIN
S/S	6 TECH	KEY TE	NONE	M/M #2 TE
WILB	4 I TECH	NEAR BACK	FLOW TO: FIT OFF WOLB FLOW AWAY: FIT OFF NOSE	M/M 1ST BACK OU
SILB	4 I TECH	NEAR BACK	FLOW TO: FIT OFF C GAP PLAYER FLOW AWAY: FIT OFF NOSE	M/M 1ST BACK OU
F/S	10-12 DEEP	QB	FLOW TO: ALLEY-FORCE FLOW AWAY: CUTBACK	DEEP MIDDLE 1/3
CB'S	MAN TECH	#1 REC	NONE	M/M #1 REC

KEY COACHING POINTS AND TIPS

OUTSIDE LB's:	execute crash techniques; read on the run; Force vs run to; on action away they apply the "BCR" rule....boot, counter, reverse
DEFENSIVE END's:	never allow themselves to be hooked; never allow a run through by the OG
NOSE:	never allow a hook block by the center; one A gap with your body-the other A gap with the center's body.
S/S:	never allow the TE to release free or inside; no run responsibility; if you get blocked get beat slowly; vs TE out block on SOLB auto crash C gap
SILB:	good run stopper; never leaves box on 1 back sets; can give up size for quickness
WILB:	strong-safety type; athletic; serves as the "knocker" (adjuster) vs 1 back sets or 2 back backfield motions
F/S:	athlete with range; best ball hawking-sure tackling DB
CB's:	mentally tough; can give up physical players vs the run who can cover #1 receiver man to man

BASE 46 STUNTS

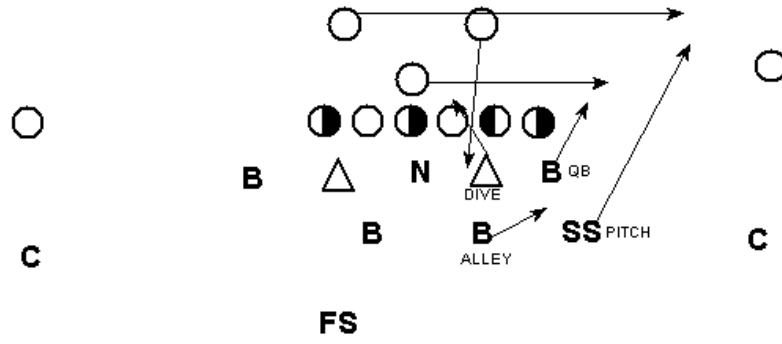
<p>FIRE C-0 ON C-0 F/S COVERS BLITZERS MAN</p>	<p>LUCY (C-1,C-3,ROBBER)</p>	<p>RICKY (C-1, C-3, ROBBER)</p>
<p>CROSS C-0</p>	<p>RATTLER (C-1, ROBBER)</p>	<p>MIKE (SILB) A C-0</p>
<p>MIKE (SILB) FAR A C-0</p>	<p>WILL (WILB) A C-0</p>	<p>WILL (WILB) FAR A C-0</p>

BASE ADJUSTMENTS vs MULTIPLE SETS	
<p>vs PRO</p>	<p>vs TWIN</p> <p>"CORNER OVER" adjustment play M/M combo</p>
<p>vs TWIN OPEN</p> <p>to TWIN play M/M combo</p>	<p>vs FLANKER</p> <p>CB away from S/S plays base S/S tech on TE ("TOUGH " adjustment)</p>
<p>vs DOUBLES</p> <p>WOLB adjusts out to #2</p> <p>S/S uses "HAWK" call giving box two ILB's</p>	<p>vs TRIPS</p>
<p>vs WING</p>	<p>vs EMPTY</p>
<p>vs BACK MOTION</p> <p>WILB adjusts to back motion</p>	<p>vs WR MOTION</p> <p>CB adjusts with wide receiver motion</p>

46 DEFENSE vs the OPTION

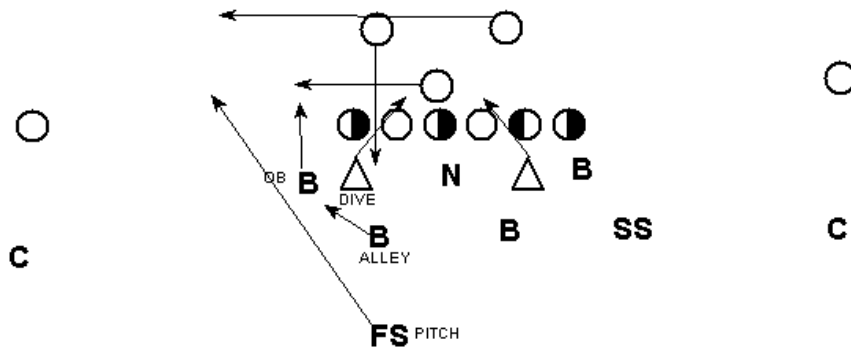
"46 G" COVER 1

OPTION STRONG



46 "G" COVER 1

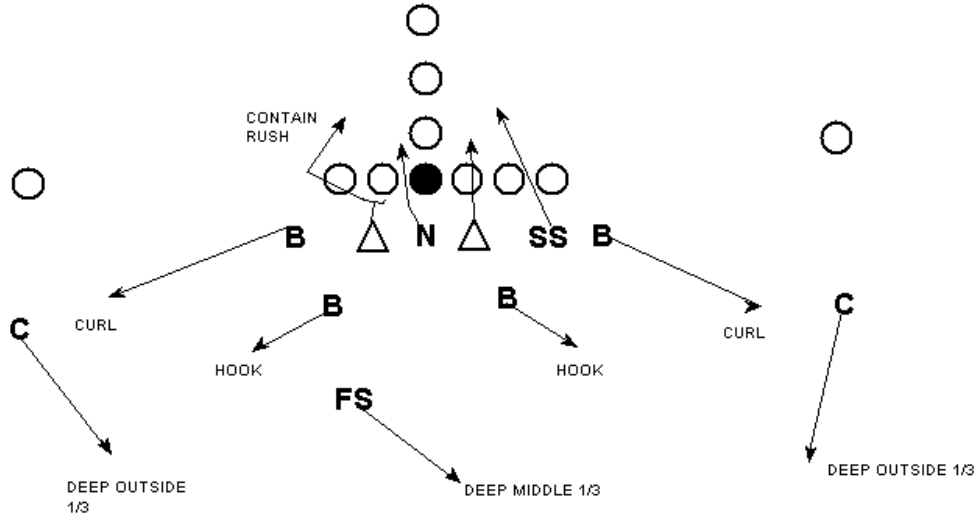
OPTION WEAK



COVERAGE CHANGE-UPS

"46 COVER 3"

WDE plays 3 tech vs run; vs pass WDE works outside for contain



"46 ROBBER"

