

The '46' Defense

By Anthony Holden
Special to SportsLine.com

Former Dallas coach Tom Landry, a man who made a career out of designing intriguing and successful defensive schemes, grudgingly admitted that the Chicago Bears' 46 defense, orchestrated by rival Buddy Ryan, was the best he had ever seen.

"More dominant than the Steel Curtain," said Landry, who would have to be considered an expert on that comparison. Landry's Cowboys lost two Super Bowls to Pittsburgh's famed Steel-Curtain unit in the 1970s, and during the heyday of the Bears' 46, the Cowboys lost three games in a row to Chicago, scoring just 17 points total. One game in the 1985 season ended in 44-0 annihilation for Dallas.

There have been defensive units that had better overall numbers than the Bears of 1985, and certainly there were teams -- such as the Steelers' Steel Curtain -- who enjoyed a longer run of dominance. But for single-season performance, it would be hard to argue against the Bears being the greatest defense in NFL history.

"We were the best of all time," said safety Dave Duerson of the unit that keyed an 18-1 season that ended with a 46-10 thrashing of New England in Super Bowl XX.

The 46 defense evolved from a nickel defense with extra run support in its early stages, to a blitzing pass defense that sometimes left only three men in pass coverage. It was a freewheeling, high-risk, high-pressure defense designed to seek and destroy anything in its path. In the 46, there were potentially eight pass rushers close to the line of scrimmage, and the blitzers would come from a variety of positions and angles.

You have to have greatly skilled, athletic players to thrive in the 46, and the Bears, of course, did. With a front line that consisted of Richard Dent, Steve McMichael, Dan Hampton and Refrigerator Perry, and a linebacking crew of Mike Singletary, Otis Wilson and Wilbur

Marshall, the Bears truly were Monsters of the Midway when it came to rushing the passer. They could overpower offensive lines, or speed right past them, and opposing quarterbacks literally had fractions of seconds to get rid of the ball.

But perhaps the most important element of the Bears 46 was the secondary. Given the do-or-die nature of blitzing, the Bears had to have defensive backs capable of covering receivers bump-and-run, one-on-one or the entire scheme would have broken down. With cornerbacks Mike Richardson and Leslie Frazier able to stick like glue to their men for those precious couple of seconds, and safeties Duerson and Gary Fencik there for support, the Bears pulled it off.

Ryan lined up three men inside over the center and two guards (McMichael, Perry and Hampton), and two players outside each tackle (Dent and Wilson). This caused blocking scheme problems for the offense because there were defenders over the guards instead of the tackles. And with eight men in the vicinity of the line of scrimmage -- in the box, as it is called today -- there simply weren't enough blockers to account for everybody.

"Nobody knew what to do against it," said Bears center Jay Hilgenberg, who saw too much of the 46 every week in practice. "They were confused. We lined up two guys over the tight end sometimes and they didn't know who to block."

Ryan's aggressive nature was a perfect fit for this team. His philosophy was to attack all the time and create as much chaos as possible. Chaos breeds mistakes, which lead to turnovers.

"That's the nature of the way we tried to play all the time," Ryan said. "Take the ball away from people. Don't just be there three and out. Take it away on first down. We played defense like it was offense."

The Bears gave up 28 points to Tampa Bay in their 1985 season opener and 24 to Minnesota in Week 3. But only one other team topped 20 the rest of the season -- Miami in Week 13, when the Dolphins dealt Chicago its only loss of the season, 38-24. The Bears held seven opponents to single digits, with two shutouts.

With Jim McMahon, Walter Payton and Willie Gault leading the offense, the Bears won their first 12 games. Their confidence was so high, they came right out and predicted they were going to the Super Bowl. In fact, they sang

about it.

"How many teams would be cutting a videotape about going to the Super Bowl in the 12th week of the season," asked Frazier, referring to the Super Bowl Shuffle.

The defense only improved in the playoffs. The Bears blanked both the Giants and the Rams, the first time a team had ever posted back-to-back postseason shutouts. And Wilson predicted another shutout in the Super Bowl, but the Patriots spoiled the fun by ringing up a whopping 10 points.

"I doubt if any defense will ever play as well as that defense did for those three games," Ditka said of the playoff run.

The 1985 numbers were simply astounding. The Bears led the league in fewest points allowed (198), total yards (4,135), first downs (236), and pass completion percentage (47.7); were second in third-down efficiency (29.6), interceptions (34) and total turnovers (54); and were third in sacks (64).

In their three playoff games, which they won by a cumulative 91-10, they had 16 sacks, seven interceptions and three fumble recoveries, opponents made a first down on just 16 of 44 possessions and were 3 for 36 on third down. During the first three quarters of the three games, the Giants, Rams and Patriots averaged just 3.7 on first downs and 70.7 yards before the Bears relented in the fourth quarter of each blowout.

Counting the postseason, seven different Bears defenders scored, and that didn't include Perry's infamous forays as a fullback on offense. During one six-game stretch at midseason, the Chicago defense scored as many points (27) as it allowed.

Further indication of that defense's dominance was the short distances the Bears' offense had to travel for scores. Of the

Bears' 52 offensive touchdown possessions counting the playoffs, 26 came on drives of 60 yards or less because the Bears continually won the field-position war.

Individually, Dent had one of the greatest seasons ever for a defensive player. He led the

NFL with 17 sacks, he had seven forced fumbles, he returned an interception for a TD and

tipped three other balls that were intercepted by teammates and returned for scores. Frazier

had six interceptions, Hampton and Singletary each recovered three fumbles and Wilson had

10.5 sacks. Dent, Singletary, Hampton, McMichael, Wilson, Duerson and Fencik all made the Pro Bowl.

"We honestly thought we had a team that was capable of doing a lot of things other teams hadn't done," Hampton said.

ENGLAND DEFENSIVE PLAYBOOK

PHISOLOPHY PRESSURE WINS GAMES

5 POINTS OF EMPHASIS

1. Score on defense
2. Create turnovers
3. Play exceptional down and distance defense.
4. Control field position.
5. Win short yardage and goal line situations.

PLAYER RESPONSIBILITIES

1. Play your ass off 100% of the time.
2. Great defense is the off spring of individual commitment.
3. Defense excellence comes from a high level of conditioning.

RULES OF PRESSURE DEFENSE

1. Being alert to down and distance.
2. Being alert to offensive personnel and strategy.
3. Know the defensive game plan.
4. Maintain poise during critical game situations.

GENERIC STYLE OF COACHING

Generic coaching refers to teaching one sound response movement against multiple blocking patterns. This is in contrast with the traditional comprehensive system of teaching where a tailored movement is demanded for each

type of block. Besides being time consuming, the comprehensive system can lead into pitfalls such as read conflicts. The continuous quest for further knowledge of the game is a mark of a good coach. Ironically, it is the coach who knows more but requires less for his players who normally wins championships. In other words, make things simple and easy for the athlete. In order to stay within the parameters of the generic style of coaching, we strongly desire to keep sequences limited to a few choices, rules, or categories.

CHARACTERISTICS OF THE BEAR

- Versus most formations, FS floats in the hole and is a play maker.
- Snake (\$) is the primary adjuster.
- N is isolated on the center.
- Snake (\$) Linebacker aligns on TE and is read-responsible for countering the various options of the TE.
- The entire defensive line is static.

STRENGTH RULES

1. Tight End- Declare front to TE.
2. Formation- Declare to the formation. If there are two TE's, declare to the backfield. If there are no TE's, declare to the most receiver side.
3. Wide vs. Balanced formations- Declare formation strength to the wide side of the field.
4. Left vs. Balanced formations- Declare strength to left when in the middle of the field.

DEFENSIVE HUDDLE

We will not huddle our defensive personnel after plays. The Mike linebacker is the defensive coach on the field and will direct the call from the sideline. The Mike must be able to determine formations quickly to deploy defensive call. Once call is made, defense will line up accordingly. There is no need for a huddle, due to the fact that the Mike cannot make a call until the offense is forming, thus bringing in a huddle is unnecessary.

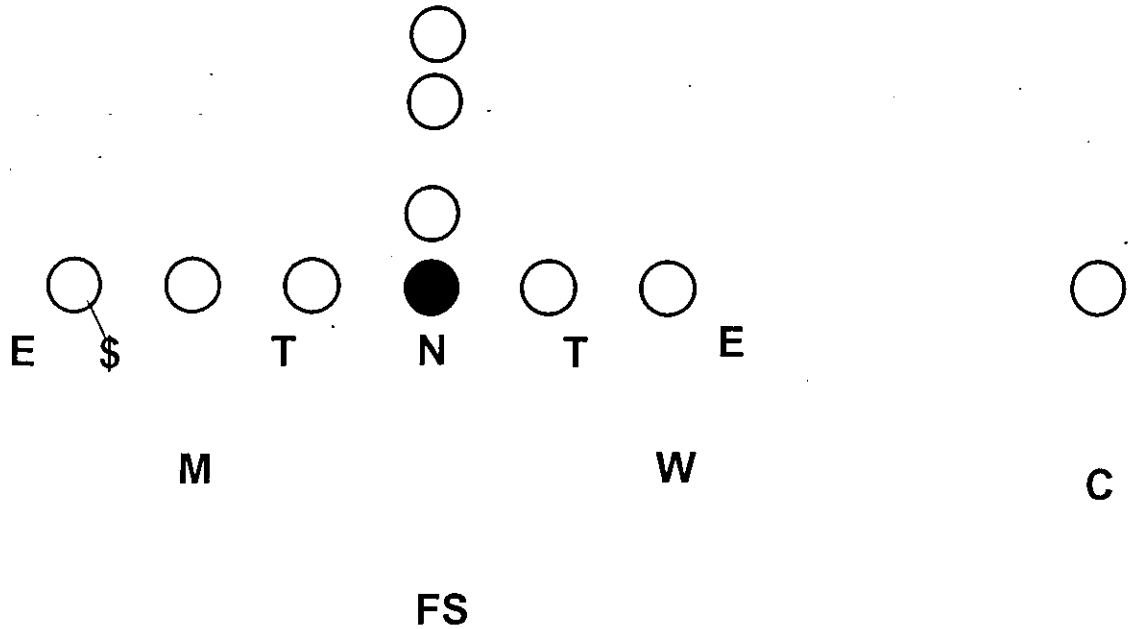
The TNT's and Ends will stay within the box area, looking at the offense as it breaks to the line, looking for unbalanced lines and backfield personnel. The Mike, Will, and Snake will be behind the defensive line, looking for the strength of the offense. Will helps Mike on identifying fronts and backfield by being verbal.



Movement prior to snap of the ball can be used, but should be practiced and taught that they cannot be caught standing up and out of alignment.

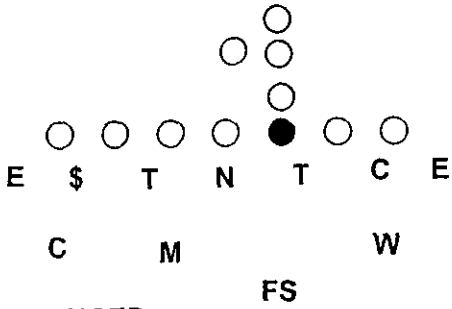


BEAR - (RED)



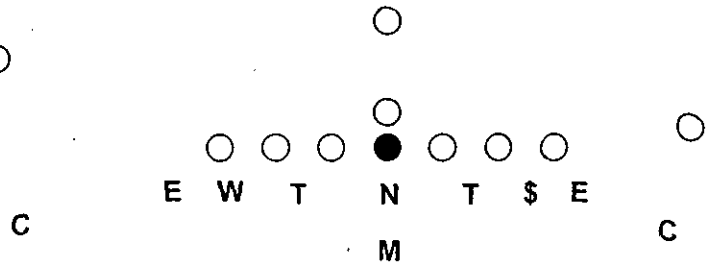
POSITION	ALIGNMENT	RUN RESPONSIBILITY	PASS RESPONSIBILITY	KEY POINTS
NOSE	0 TECH	MAUL CENTER, PLAYSIDE A GAP	MAUL CENTER RUSH QB	DON'T GET REACHED
TACKLES	3 TECH	TO: B GAP AWAY: B GAP, CUTBACK	B GAP RUSH	DON'T GET REACHED DON'T ALLOW JUMP THROUGH
WILL	WEAK 40 TECH 5 YDS DEEP	TO: KEY & POINTERS AWAY: WEAK A GAP	1ST BACK WEAK 2ND BACK STRONG	1 BACK ADJUSTER BALANCED
MIKE	STRONG 40 TECH 5 YDS DEEP	TO: KEY & POINTERS AWAY: WEAK A GAP	1ST BACK STRONG 2ND BACK WEAK	0 BACK ADJUSTER
\$	7 TECH	C GAP	MAN TE	MAUL "Y"
ENDS	STRONG- 9 TECH WEAK- LOOSE 5 TECH	TO: AGGRESSIVE CONTAIN AWAY: B,C,R	CONTAIN RUSH	HARDCAP EVERYTHING
CORNERS	7 YARDS DEEP HEAD UP	SECONDARY FORCE	MAN COVERAGE	SPEED IN THE BACKPEDAL
FREE SAFETY	12 YDS DEEP	ALLEY SUPPORT	FREE	1 BACK ADJUSTER VS. TRIPS SETS

RED



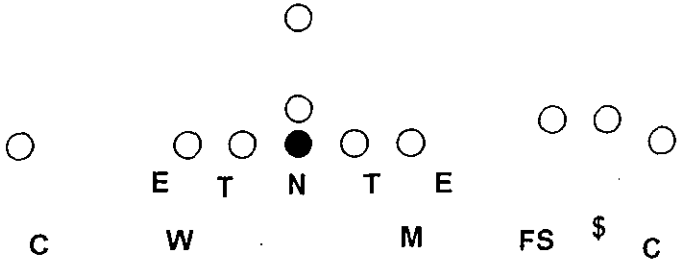
UNBALANCED
CORNER HAS HEAVY BACK & ALL MOTION

RED



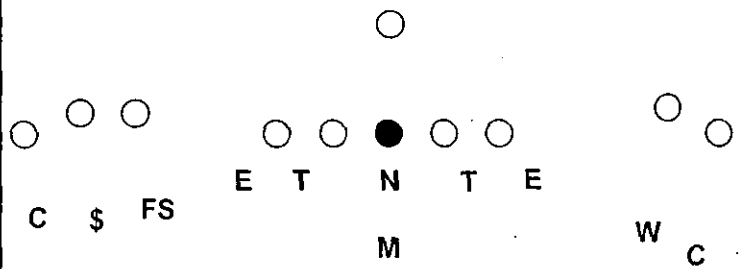
LEFT TIGHT SOUTHERN FS

RED



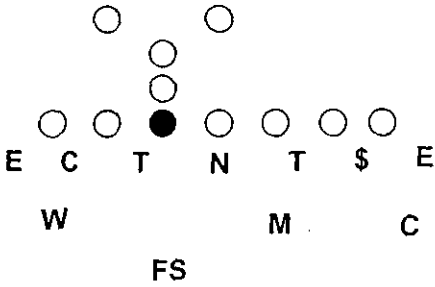
LIZ NORTHERN

RED



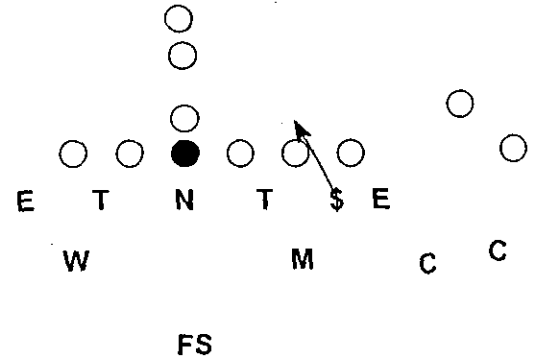
EMPTY

RED



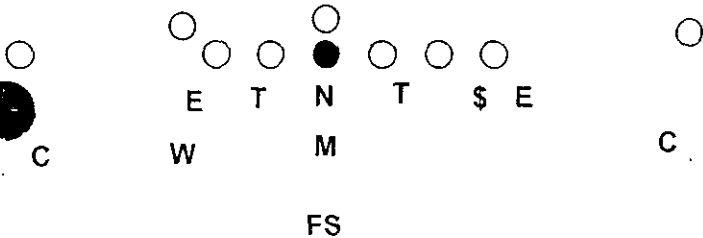
BONE LEFT JUMBO
CORNER HAS ALL BACKMOTION

RED



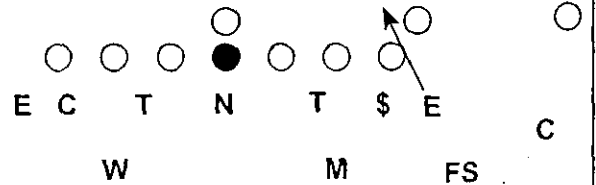
LOUIE OVER
AUTO SNAKE BLITZ

RED



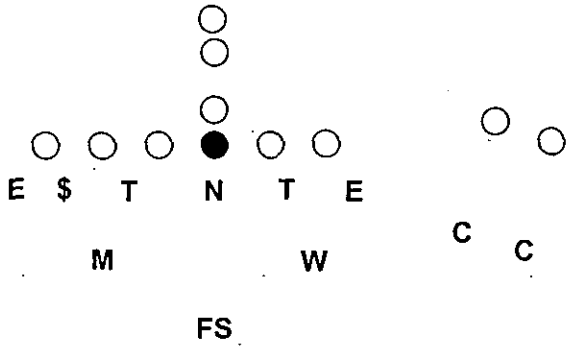
LEFT SOUTH

RED



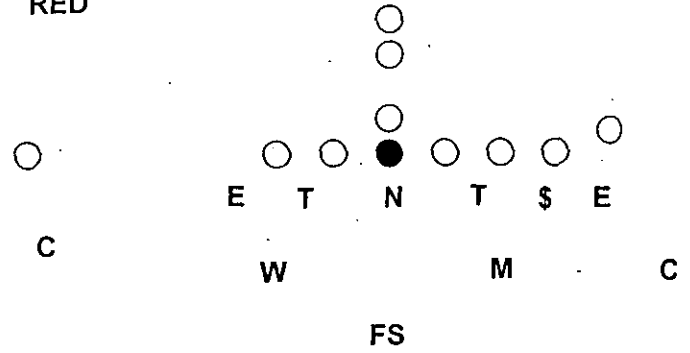
LEFT TIGHT NORTH

RED



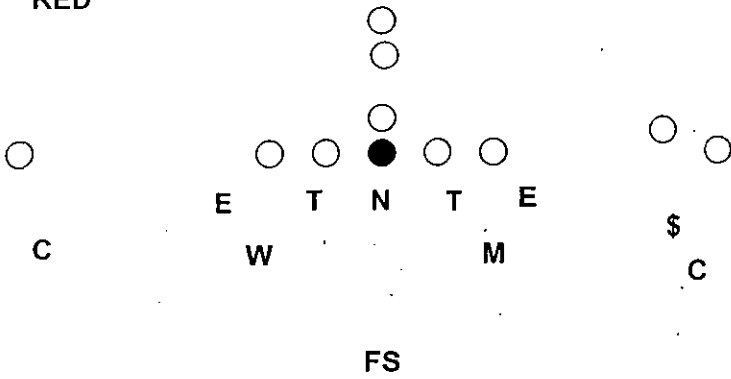
LIZ

RED



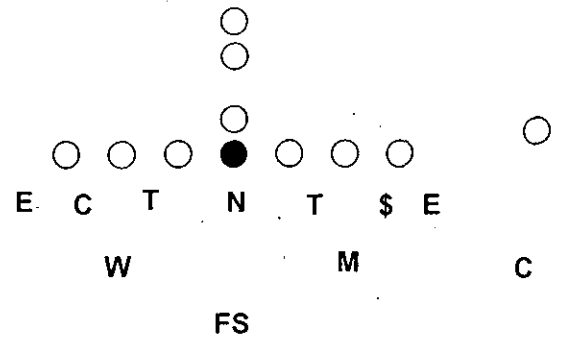
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RED



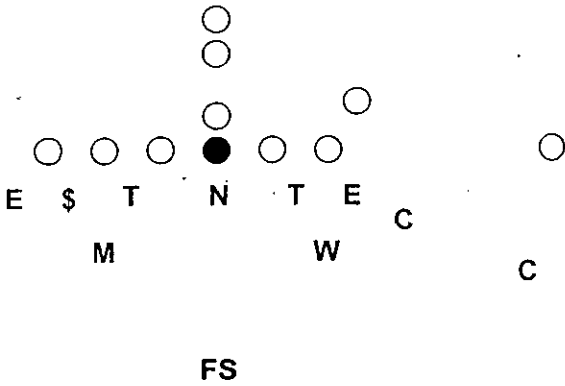
LIZ

RED



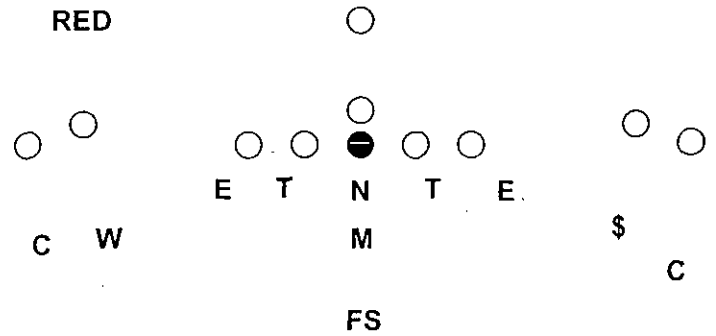
LEFT TIGHT - C SNAKES DOUBLE TIGHT 2 BACKS

RED



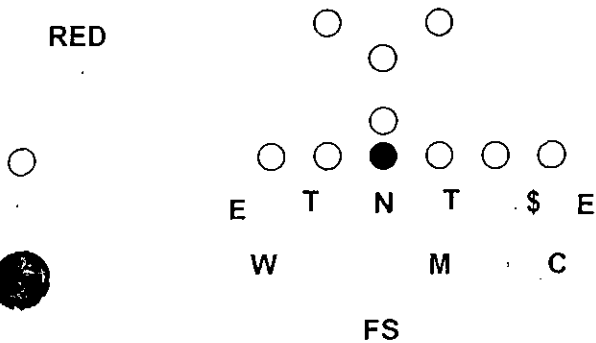
LIZ SLOT

RED



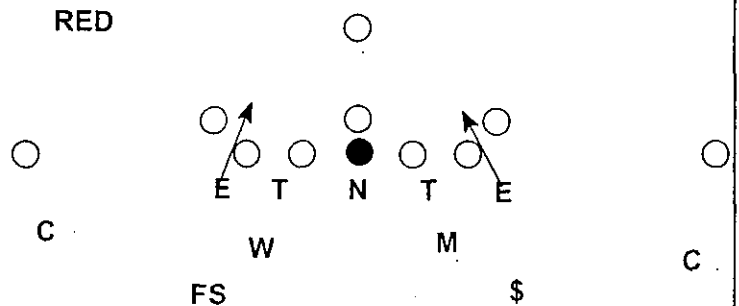
DOUBLES

RED



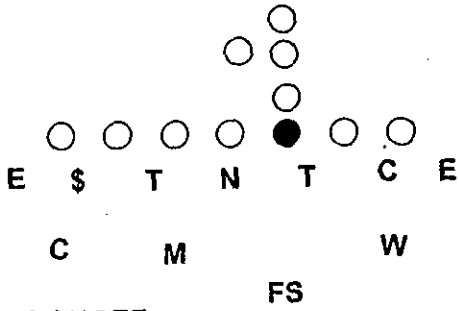
BONE LEFT - C HAS ALL BACK MOTION

RED



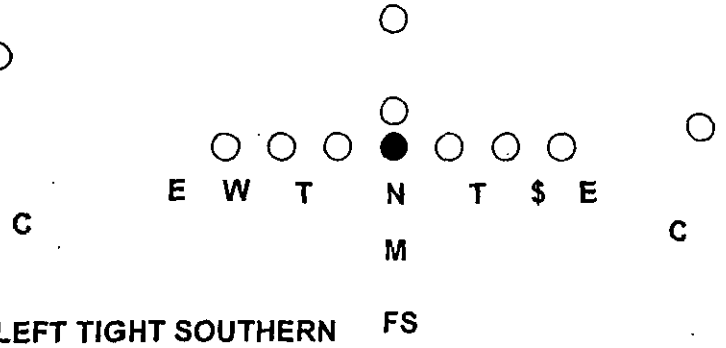
DOUBLE SLOT
FLY MOTION BUMP TO 40 TECH'S
STAY WITH MAN IN FLAT MOTION

RED



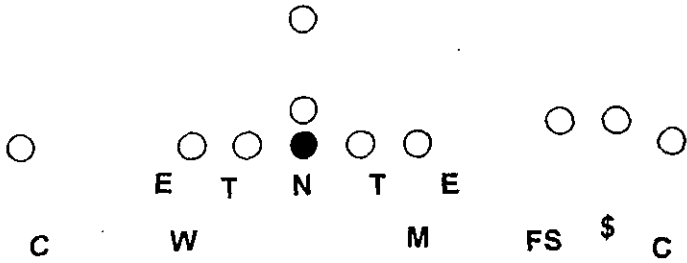
UNBALANCED
CORNER HAS HEAVY BACK & ALL MOTION

RED



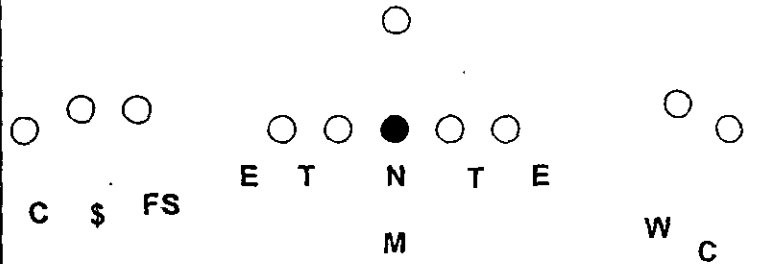
LEFT TIGHT SOUTHERN FS

RED



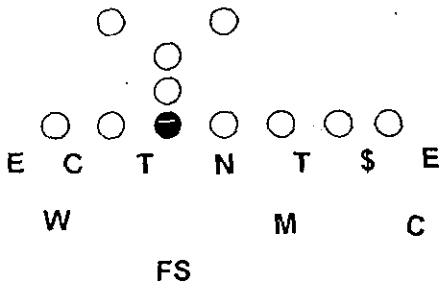
LIZ NORTHERN

RED



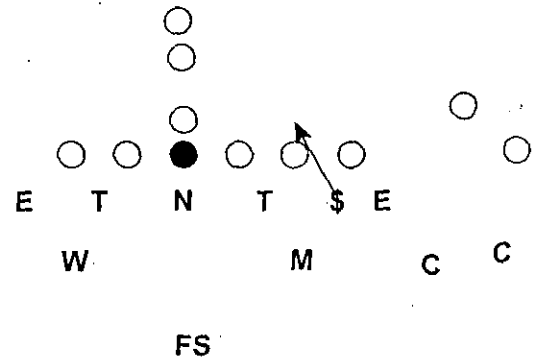
EMPTY

RED



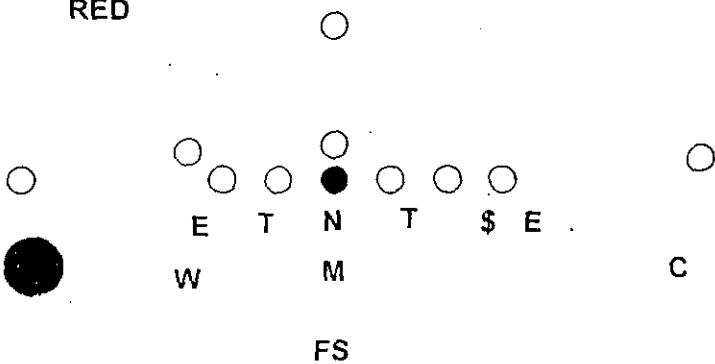
BONE LEFT JUMBO
CORNER HAS ALL BACKMOTION

RED



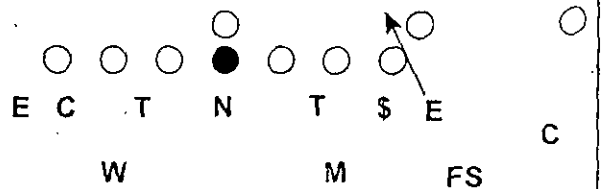
LOUIE OVER
AUTO SNAKE BLITZ

RED



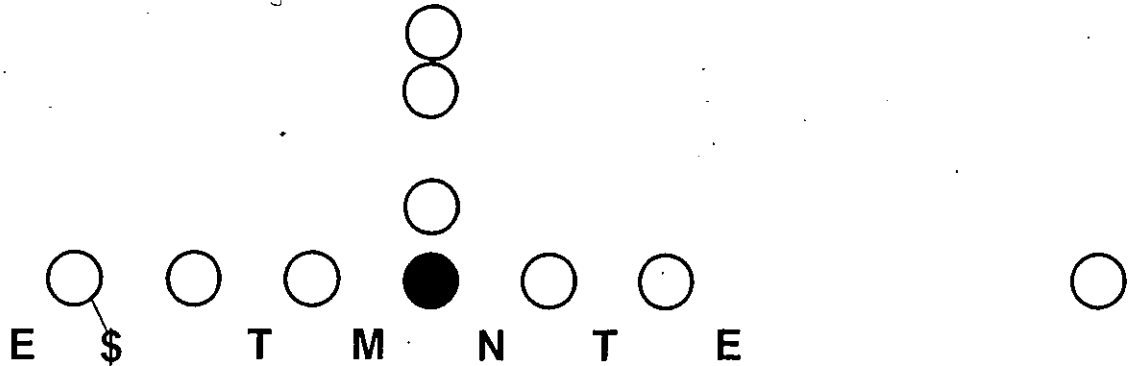
LEFT SOUTH

RED



LEFT TIGHT NORTH

GAP - (GOLD)



C

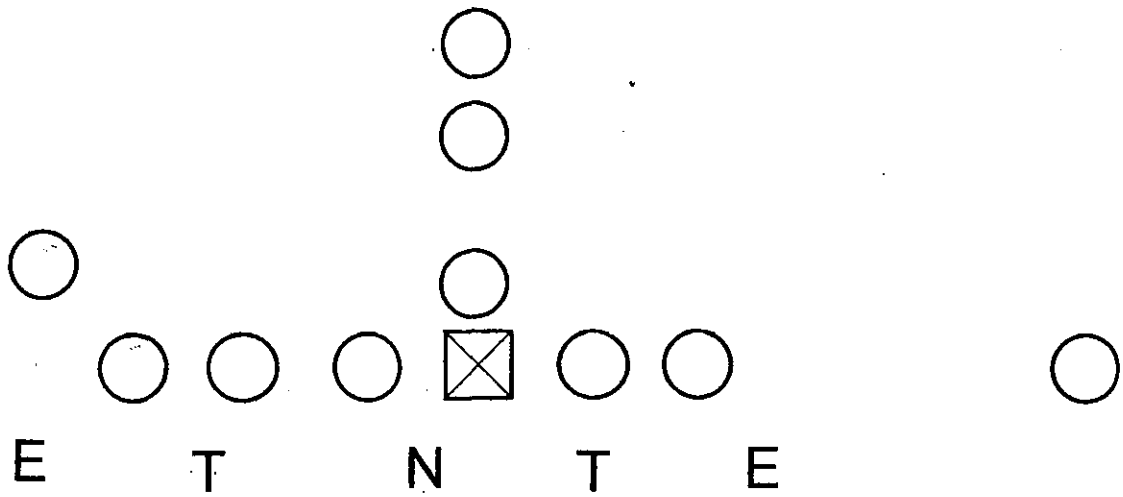
W

C

FS

POSITION	ALIGNMENT	RUN RESPONSIBILITY	PASS RESPONSIBILITY	KEY POINTS
NOSE	SHADE WEAK	WEAK A GAP	STRONG A GAP RUSH	KEY THE BALL 45 DEGREE JAB STEP DIP, RIP, AND ROLL
TACKLES	3 TECHNIQUES	B GAP	B GAP RUSH	KEY THE BALL 45 DEGREE JAB STEP DIP, RIP, AND ROLL
WILL	00 TECH SHADE WEAK	ALLEY SUPPORT WEAK A GAP	BACK OUT <i>1st back weak</i>	DON'T ALLOW CUTBACK 0 BACK ADJUSTER
MIKE	0 TECH SHADE STRONG	ALLEY SUPPORT STRONG A GAP	1ST BACK WEAK <i>Back out</i>	KEY THE BALL 45 DEGREE JAB STEP DIP, RIP, AND ROLL
\$	7 TECH	C GAP	MAN TE	MAUL THE TE
ENDS	STRONG- 8 TECH WEAK- LOOSE 5 TECH	TO: AGGRESSIVE CONTAIN AWAY: B,C,R	AGGRESSIVE CONTAIN	HARDCAP EVERYTHING
CORNERS	1X 7 YDS INSIDE	SECONDARY FORCE	MAN COVERAGE	SPEED IN BACKPEDAL
FREE SAFETY	12 YDS DEEP UNLESS NEAR GOALLINE	ALLEY SUPPORT	1ST BACK STRONG	1 BACK ADJUSTER

SLIDE (52)

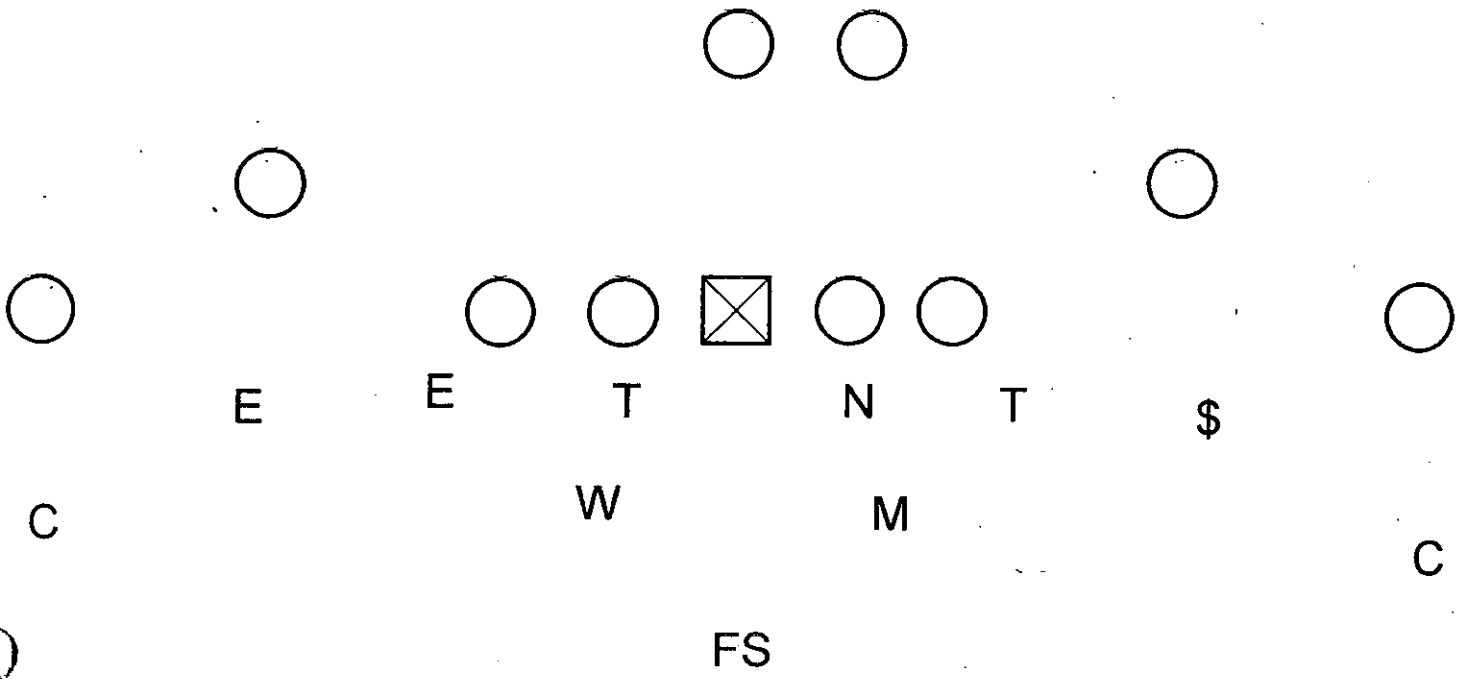


C \$ M W C

FS

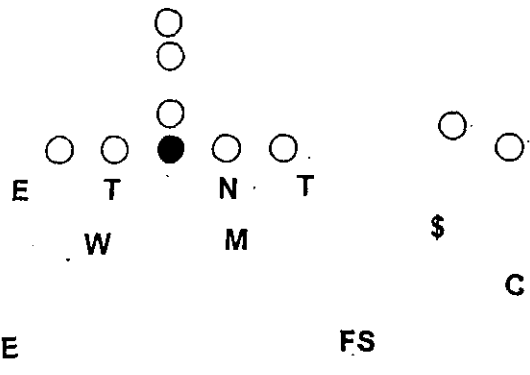
<u>POSITION</u>	<u>ALIGNMENT</u>	<u>RUN RESP.</u>	<u>PASS RESP.</u>	<u>KEYS</u>
NOSE	<u>STRONG SHADE</u>	<u>STRONG A GAP</u>	<u>STRONG A RUSH</u>	<u>PENETRATE</u>
TACKLES	<u>STR- 1ST #</u> <u>WK- 2ND #</u>	<u>READS</u>	<u>RUSH QB</u>	<u>DON'T GET REACHED</u>
<u>WILL</u>	<u>WK SIDE 30</u>	<u>KEYS AND POINTERS</u>	<u>1ST BACK WK</u>	<u>BCR AND COUNTER</u>
<u>MIKE</u>	<u>STR 30</u>	<u>KEYS AND POINTERS</u>	<u>1ST BACK STRONG</u>	<u>ALLEY</u>
<u>\$</u>	<u>90 OR 60 TECH</u>	<u>MAUL TE</u>	<u>TE</u>	<u>TE BLOCK READS</u>
<u>ENDS</u>	<u>WK 5</u> <u>STR 9</u>	<u>CONTAIN BCR</u>	<u>SPEED RUSH</u>	<u>RB FLARES</u>
<u>CORNERS</u>	<u>7YDS HD UP</u>	<u>OUTSIDE IN FORCE</u>	<u>MAN</u>	<u>SPEED IN PEDAL</u>
<u>SAFETY</u>	<u>10-12 OVER CENTER</u>	<u>ALLEY</u>	<u>FREE</u>	<u>READ QB</u>

BLUE SHORT

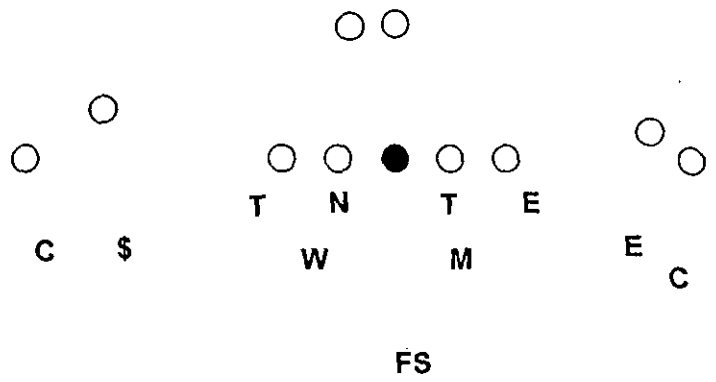


POSITION	ALIGNMENT	RUN. RESP	PASS RESP	KEYS
NOSE	STRONG SIDE 2 TECH	A + B GAPS READS	RUSH QB	DONT GET REACHED
TACKLES	STRONG - 5 WEAK - 2	→ CONTAIN → A+B GAPS	→ SPEED RUSH → RUSH QB	→ QB on opt/RO → Don't get reached.
WILL	WK. 3D	Key/Pointers	1st back WK. Hook/Curl	BACK OUT O BACK ADJ.
MIKE	STR. 3D	Key/Pointers	1st back str. Hook/Curl	BACK OUT STAY IN BDX
SNAKE	COVER TE OR INSIDE REC. FF. TE - COVER	FORCE	→ # 2 REC/PLATS C GAP	Don't get blocked inside/ MAUL TE
ENDS	2ND REC COVER 5 TECH WK.	FORCE CONTAIN	→ # 2 REC/PLATS → SPEED RUSH	→ Don't get blocked inside → HARAP EVERY
CORNERS	# 1 REC 7 yds	SECONDARY FORCE OUT-IN	MAN	→ Speed in backpedal
SAFTIES	10-12 over center	ALLEY SUPPORT	FREE	READ QB

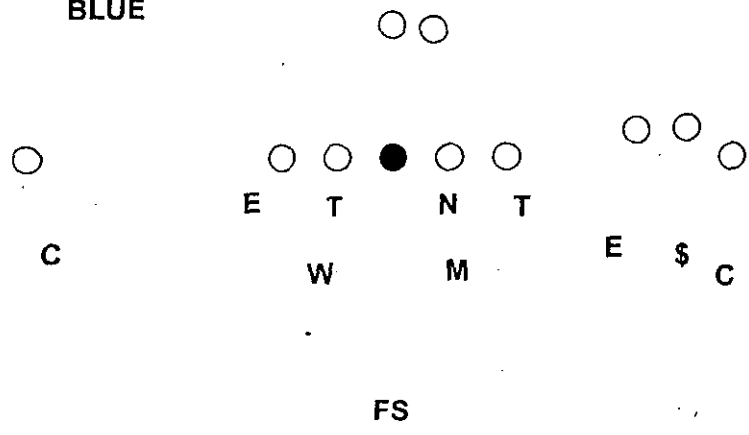
BLUE



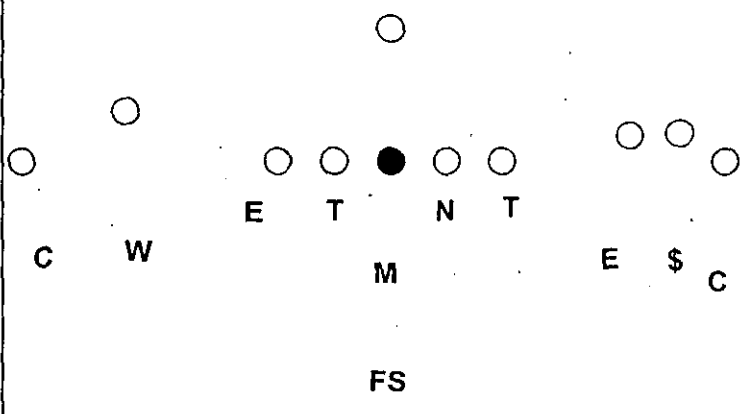
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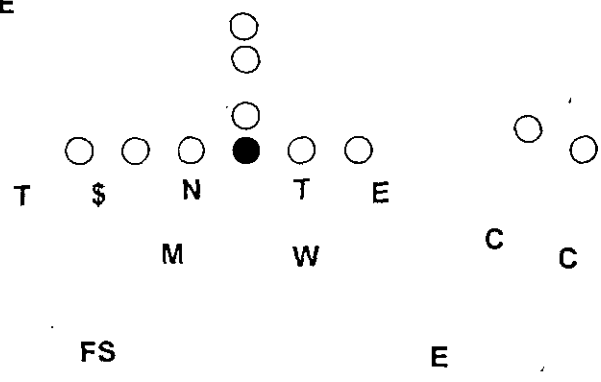
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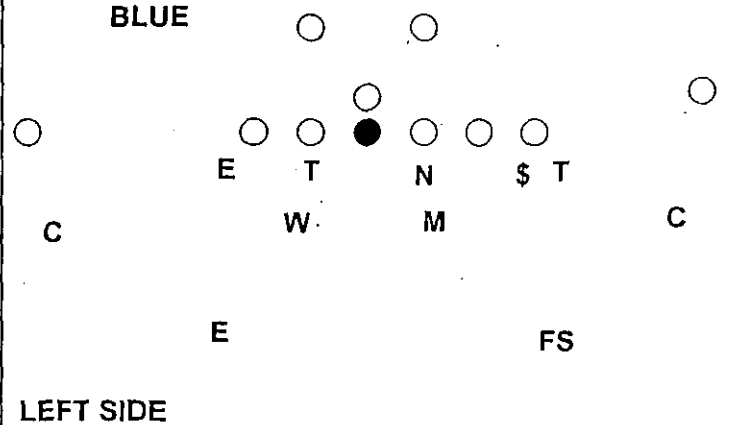
BLUE



BLUE



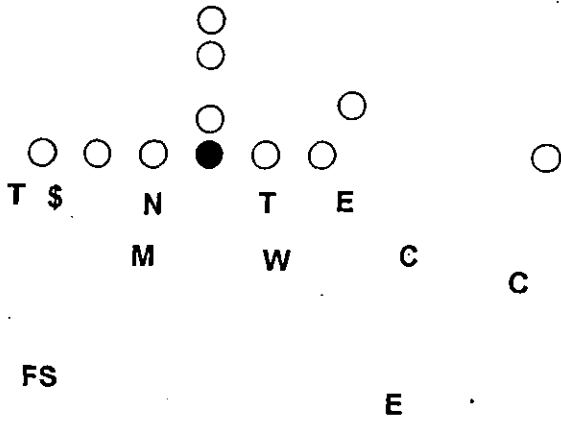
BLUE



LIZ

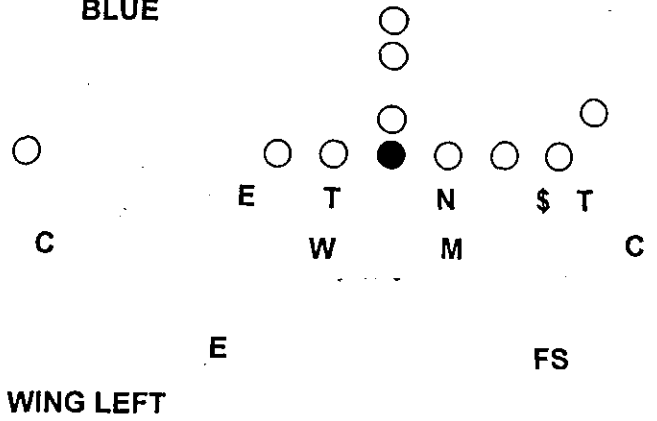
LEFT SIDE

BLUE



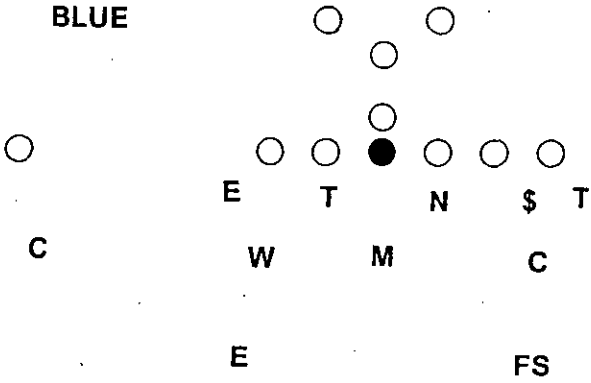
SLOT LEFT

BLUE



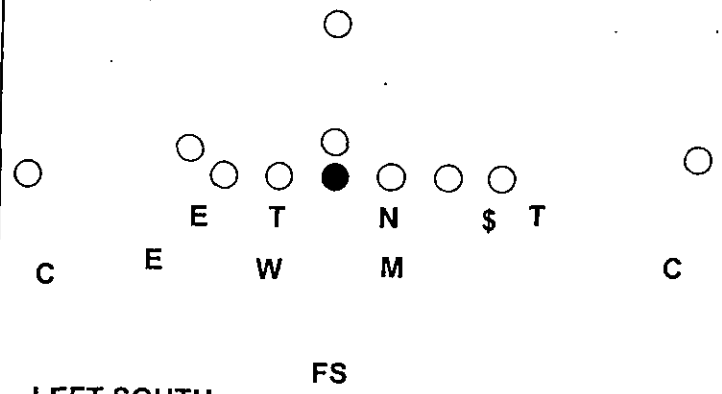
WING LEFT

BLUE



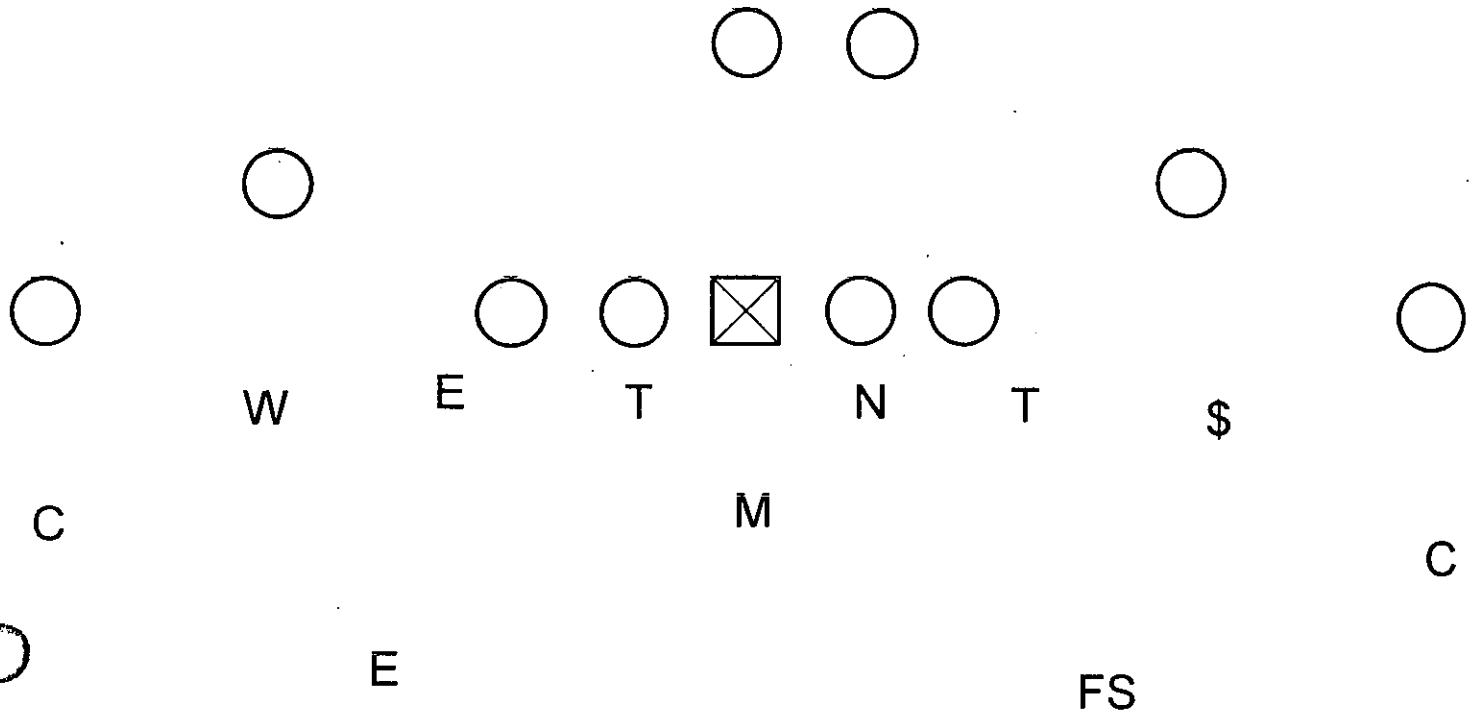
RONE LEFT - C HAS ALL BACK MOTION

BLUE



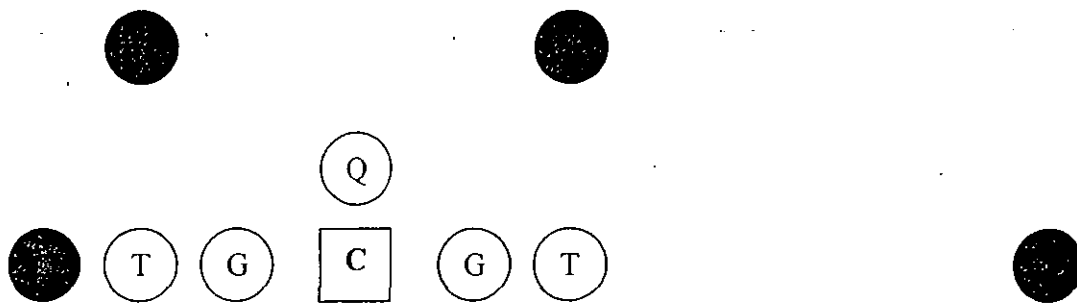
LEFT SOUTH

BLUE LONG



Position	Alignment	RUN. Resp.	PASS Resp.	KEYS
NOSE	Strongside 2	MAUL GUARD A+B	MAUL_Rush GUARD QB	Don't get reached
TACKLES	WK side 2 STRONG 5	MAUL GUARD A+B	MAUL GUARD A+B	Don't get reached
WILL	WK 30 4 yds	Key + Pointers	1st back WK / 2nd REC	WK # 2 COVER
MIKE	Str. 30 4 yds	Key + Pointers	1st back STRONG	STAY IN BOX
SNAKE	HD UP 4 to 5 yds from # 2	C GAP	TE / or # 2 REC	IF TE (MAUL) -SPREAD COVER # 2
ENDS	WK. 5 WK. SIDE HASH	AGGRESSIVE COV. BCR -CONTAIN/Alley	CONTAIN QB DEEP HALF	HARCAP EVERYTHING
CORNERS	7 yds. HDUP	SECONDARY FORCE	MAN COV.	SPEED IN BACKPEDAL
SAFETIES	STRONG SIDE HASH	TO: CONTAIN AWAY: Alley	Deep Half	DEEP AS DEEPEST BACK ADJUSTER / READ QB

OFFENSIVE POSITION RECOGNITION



We number receivers from the outside in. The above diagram illustrates our number system.

Backfield sets are simply identified by how many there are (2 back or 1 back), and to which nature the offset back is located (offset strong or offset weak).

A Wing is identified as any receiver that is 1x1 of the TE. A Slot is a receiver that is a #2 receiver located on the side of the formation absent of a TE.

INDIVIDUAL POSITION RESPONSIBILITIES

DEFENSIVE LINE: 3-TECH & O-TECH

These positions must have great takeoff skills. We do not teach the popular big first step in our base, although the advantages of the gap charge philosophy will be utilized in our blitz packages. We emphasize the 6 inch power step. Basically, the heel replaces the toe on our lead step. We look for explosive strength at these positions. We must be physical enough to get a good push inside on pass plays. Pass rush moves for the T-N-T must be more of the power variety. Such as rips, bull rushes, and the occasional discus spin. We want to collapse the pocket so the QB cannot step up to avoid the edge rushers from the outside. These three positions must also possess enough agility to participate in two and three man line games.

3-Tech (Defensive Tackle)

Stance:

We are not real big on stance. What is important is that the stance allows the lineman to take a somewhat neutral position. He should be able to move in either direction with an explosive power-step (6 inches). However, a good starting point is a three point base with the man foot back and the man hand down.

Alignment:

Get as much of the ball as ability allows. The better a 3-tech can read, the more he can crowd the ball. The tackle is aligned in the 3-technique, pad tip to pad tip relation on the offensive guard. However, this is also an ability alignment concerning how tight the Defensive tackle gets to the guard. Also, tightness to the guard could also depend on stunts called, down and distance, and goal line situation.

Primary Responsibilities:

1. Don't Get Reached
2. Don't allow the jump-through (scoop block)
3. Protect the Linebackers while maintaining your gap integrity

Run Keys:

-Reach Block-

The 3-tech cannot be reached. He must position his hips in a manner that maintains play side leverage. The 3-tech must work to keep his hips outside of the blockers frame. The tackle must maintain this leverage for a 3 yard area outside of the read block. Note that nothing is said of the position of the head. We prefer to emphasize the positioning of the defender's hips, not his head. The 3-tech must get his hips in the hole to beat the reach block. He must maintain a low pad posture while engaged with the offensive guard as to not allow a belly to belly position. This will eliminate the guards desire to lift through thrust. The 3-tech must use his hands to control the reach block. He should get a push with his power hand, which will be the outside hand. We teach a long arm/short arm technique. The outside arm should be locked out. We want the Guards shoulders turned to the sideline. The 3'tech should keep his inside foot to the guards outside foot relationship. If the 3-tech feels he is being reached, he should pull with his gap side hand. We teach three escape maneuvers. The rip (ball in immediate area), cross-face swipe (wide plays), and the snatch is used on really wide plays such as Sweeps and Swings.

-Jump-Through (Scoop)-

The jump-through is identified by the guard's initial lateral step and a J-shaped push to the next level to intercept our Linebacker. To stop a jump-through, the outside-shaded D-linemen should shoot his hands to a point between the blockers numbers and belt. By shooting low, the defensive lineman assumes solid contact on the blockers torso allowing him to grab cloth and pull. Grabbing cloth is a critical component of the D-linemen's technique. Once he shoots his inside hand to the proper position on the blockers torso,

he should grab cloth and pull the blocker toward him. Pulling the blocker toward him does two things. First, it stops the blocker from escaping to the second level to intercept the Linebacker. Second, by grabbing cloth and jerking the 3-tech is able to use this transfer of force to catapult himself through the gap and into a good angle of pursuit.

To defeat the scooping tackle that accompanies the jump-through guard, the 3-tech must Dip and Rip his outside shoulder as he is grabbing cloth and pulling with the inside arm. This will initiate the outside leg to snap across his body, preventing the offensive tackle from getting around on him and cutting his inside leg. Once the 3-tech prevents the guard from escaping to the Linebacker and maneuvers past the scooping tackle, he must flow down the LOS getting into his pursuit angle.

-Double Team-

Once the player masters the double team technique we feel his ready to play at the Varsity level. The skills needed to defeat the reach transfer to the double team. The 3-Tech must play with a heightened consciousness of his B gap responsibility. Since he can never be reached, the outside defender must play the reach and the double with a hair trigger. Through instant recognition of the double, the 3-tech throws his hips and buttocks into the offensive tackle to create a pile. This technique will also prevent the offensive tackle from converting the double team into a combo block. By keeping his tail back and throwing his outside hip into the tackle, the shaded defender prevents the blocker from getting a clean shot on our backside linebacker.

-Reactionary Blocks-

The fold, the trap block, and the high hat (pass) are the three reactionary blocks. We designate those three blocks as reactionary because we feel no wrong way exists in defeating them. The inside/outside fold and trap blocks are defeated with one of three techniques and the high hat read initiates our pass rush. Remember, we use the short power read step that will allow the 3-tech to read

the pads of the guard and determine the best play. Once the shaded tackle sees one shoulder (pull or down block) instead of two shoulders (zone block) from the guard, he has a choice of three reactions;

1. **Shoot:** reserved for quick athletic tackles. Once he sees the fold/trap develop the 3-tech explodes vertically locating and pursuing the ball.
2. **Cross Face:** Good reaction for the larger, more physical player. The 3-tech will throw his hands at the down block and take on that blocker, pushing him back to where he came from. Once the defender establishes a good push he can execute a rip or cross-face swipe to escape into his pursuit angle.
3. **Push:** Technique used for the mediocre linemen or one caught in no-mans land. The D-tackle attacks the angle blocker, shots the hands and presses his hips backward to create separation from the blocker. While the 3-tech is most likely eliminated from the pursuit, he can achieve a position which allows him to play the cutback.

One special note on defeating the trap, initially a trap looks like a jump-through block. This should cause our 3-tech to catapult himself face to face with the trapper. Wrong shoulder technique is preferred, causing the trap to spill. However, the right shoulder technique is acceptable, trapping the trapper, allowing our Linebackers to play the hole.

0-Tech (Nose)

Stance:

We have the same philosophy on stance with the Nose as we do with the 3-tech. Whether the 0-tech is in a 3 or 4 point stance doesn't matter as long as he can explode in either direction with a 6 inch power step.

Alignment:

Head up on the center, also known as a 0-technique. Get as much of the ball as possible.

Primary Responsibilities:

1. Don't get reached
2. Don't allow the jump-through
3. Get a great push inside, be the fulcrum of the D-line

Run Keys:

The Nose has two options available to him; jumping the center and the 2 gap technique. Since the Nose is usually the quickest of the three interior linemen, jumping the center should highlight this ability. Our Nose guard is usually allowed to jump the side of his choice, as long as he gets penetration up either A gap. Which side he jumps makes no difference to our base scheme.

The two gap technique assigns the play side gap to the Nose. The 0-Tech must read the center's hat to determine which A gap is play side. Remember, as with the 3-tech, the key is getting the hips into the gap, not the head.

ENDS: OUTSIDE EDGE RUSHERS

In the 46 scheme, the Ends build a wall on their respective sides. They are our outside edge players. Versus run, they are force; against the Pass, they are usually speed rushers. The Ends funnel all running plays inside where the Offense is out numbered. To play these positions, each player must possess a great takeoff. Speed is important. These players must be athletic enough to adjust on the run. Explosive strength is also important, a must because they will be taking on a TE, tackle, guard or Running back as they execute their charge. This personnel group must be able to peel and cover a RB flare. Each must have the discipline to play BCR (Boot, Counter, and Reverse) on flow away.

Ends

Stance:

2 point stance with outside foot back in a toe to heel relationship with the inside foot. Hands must not rest on the knee or thigh pads. Good bend in the knees and at the waist with a straight back. Keep shoulders square to the LOS. Open side End may use a 3 point Cocked position if desired.

Alignment:

2 yards outside the end man on the LOS, one foot off the ball.

Primary Responsibilities:

1. Force vs. strong side play
2. BCR on flow away
3. Pass responsibilities may include speed rush, assuming flares on RBs, absorbing TE blocks, zone drop in Cover Green and Cover Black.

Run Key:

The Ends focus is on the football. When the ball moves, the End comes out of his shoes on takeoff. Once on course, the End takes his eyes to the near back. His aiming point is the RB outside foot. We term the Ends technique as a "psycho."

The End has force and his job is to turn all wide plays to the inside. Keep outside pad clean and never get leveraged by the ball carrier. He must be physical on kick out blocks and viciously attack all blocks and squeeze the run lane. Versus options, End has the pitch. On flow away, the Ends must play BCR responsibility. All these plays must be attacked and turned back inside. The End also pulls up all sprint and dash passes. On the perimeter, we prefer speed rushes versus drop back passes. Good hands and feet are a must. Since the End has contain he must be careful of the defenses integrity by not losing outside leverage. However, inside moves are permissible.

To effectively run this defense, you must understand the nuances. One such item is "absorb." Absorb tells the End that if he is blocked solidly by the TE on his charge, he must clamp on to or absorb the TE. Solidly means the end is stopped in his tracks. If the TE doesn't get all of the End he stays with his psycho. With a solid block, the End grabs the TE and gives a verbal call of "Go" to the Snake linebacker. The End now assumes coverage on the TE. The Snake inserts himself into the pass rush. We cannot allow the TE block to tie up two defenders. Another wrinkle for the Ends is the Peel technique. We can cover up for a Blitzzer by using the Ends in a blitz-pickup known as a Peel. The Blitzzer will give the End a BPU (blitz pickup) call. This doesn't affect the psycho technique until the RB flares, in which case the End would take him in coverage. The Ends may also be called upon to perform a Drop technique in our Black coverage package. This drop is very similar to their cover Green responsibilities.

LINEBACKERS: WILL, MIKE & SNAKE

This group is our runners and hitters. Everything we do on the D-line is to allow our LB's a free run at the ball carrier. This personnel group is where you want your most agile and football savvy players. The Snake linebacker must be the most versatile athlete on the field. Mike must be a smart player because of his heavy stunt and communication responsibilities. Will is basically a Strong Safety coming out of the sky to be the 8th man in the box. Must also be a versatile gridder to play run first and cover a back out of the backfield.

Stance:

2 point balanced stance with feet shoulder width apart. Weight distribution through the feet should be 70/30 toe to heel, however, the heels shall never come off the ground. Lower back should be arched and the Neck bulled with a good comfort bend in the knees. Hand placement should also be comfortable, just not resting on your

knees or thigh pads. Until the second step, the shoulders remain parallel with the LOS.

Mike and Will

Alignment:

Head up over the offensive tackle at a 4.5-5 yard depth. Will is the secondary adjuster to any formation sets.

Primary Responsibility:

1. Scrape on Run to
2. Free flow on Run away
3. Multiple pass responsibilities

Run Key:

Our linebackers take a pointer step in the direction of flow. This step puts him in a good leverage position against a jump through or reach blocker. Just as importantly, the pointer step allows the linebacker to keep his shoulders square during the initial read. And by keeping his shoulders square during the initial read, he is able to redirect upon his recognition of an alarm such as a pull-away or pull-to.

The Pointer System:

Our linebackers play what we call the pointer system. In this system, whenever a linebacker or strong safety aligns at the traditional linebacker depth and alignment, he will key the fullback. If the fullback flows outside of the 3 technique and toward the linebacker, the linebacker will look to the nearside tackle box to pick up the action of the tackle. The specific point to which the linebacker looks on flow away is the heel of the inside leg of the nearest outside linebacker or defensive end.

If the linebacker reads flow away, the linebacker looks for a high-hat of the backside guard or a pull back toward him. Should the guard be pulling back toward him (a pull to read), the linebacker will stop, rock, and roll to pursue the ball carrier on an inside-out

angle. If the read is a high-hat, the linebacker will look across to sight a dragging receiver and pivot to his drop zone. This brings us to the two alarms of the linebacker—a high-hat or a pull. An alarm is a recognition of an opponent moving counter to the initial flow of the primary key or ball carrier. For example, if both backs dive to the opposite side of the ball, but a guard shows in a pull-back toward the offside linebacker, the guard is an alarm. The action of the guard sounds an alarm to the linebacker that something strange is happening: A bootleg, a counter Trey, or a reverse, is likely. Responding to the alarm allows the linebacker to stop, rock, and roll back into position to successfully meet the new threat and make the play. Likewise, if the guard shows pass, the linebacker will get a high-hat read. Reading a high-hat with flow away cues the linebacker to look to junction a crossing receiver or sink to his drop zone and wall out a receiver. The high-hat read tells him that the play is a pass when his primary keys say it is a run. Basically, the function of the alarms is to alert the linebacker to the true nature of the play. By being alert to alarms, the linebacker will not allow himself to be fooled by deceptive play passes and counters.

Stopping The Counter:

Few two-back plays (or one-back plays) cause more problems for the defensive coordinator than the counter Trey—also known as the counter OG-T. Because of our sound rules for playing the counter Trey, our linebackers are not vulnerable to the OG-T. In the 46 package, the Will is responsible for forcing the counter Trey to the weak side. The Mike linebacker is responsible for closing the window between the pulling guard and tackle. If the counter Trey is run to the strong side, the Snake sounds the alarm by yelling "pull-pull." He then becomes the hitter as he shuffles into the window inside of the second puller. The Mike linebacker will close his normal window between the first and second puller, while the End will force outside of the first puller. The 46 scheme always provides a defender outside the first puller, between the first and second

puller, and inside the second puller. As always, the rules remain likeable and learnable.

Snake

Hardest position to play in the 46 package. Requires a very adaptable ball player. He must play a TE block aggressively versus the run and cover him man to man vs. the pass. The Snake will work mostly from the 7 technique. He aligns with his outside foot staggered and on the inside foot of the TE. Snake will play from a 2 point stance with shoulder pads parallel with the LOS. Snake should focus on the TE's head and we will drill him on the four basic looks a TE will give; Base, Scoop, the Pass release, and Pass block. Snake is also the primary adjuster to offensive formations.

-Base Block-

Squeeze the TE's base block holding leverage in the C gap. Do not get driven back. If ball shows in C gap, Snake should disengage to make the tackle. Snake will hold leverage in C gap until ball crosses his face, at which point, Snake may cross face with a push-pull move or a cross-face swipe.

-Scoop-

This block tells Snake that the run is away. He must play this block from the ground up and not get cut. Snake must get flat down the LOS for cut-back. He can do this very aggressively because he has no reverse responsibility.

-Pass Release-

Snake must treat any up field movement as a pass release. He should pivot off his inside foot and assume man-under position on the receiver. He should not be in a hurry to jump outside. Overreacting will leave Snake open to the drag route. If Snake is overly aggressive, he leaves himself open for a foot fake and inside release. Snake must be patient and pivot off his inside foot. The end has basically three release angles. Versus an inside release, Snake should lock on and drive the end into a pile. A vertical release should find the Snake on the end's inside hip with a man-under technique. He must focus on the end's hip and match his moves, keeping slightly behind the hip and using a low-shoulder technique. Snake should not look back until the receiver looks back and raises his hands. The third major release would be a flat-route angle. Snake must be careful that he does not snug up too much and allow the receiver to beat him on a flat-and-up route.

-Pass Block-

If the TE drop kicks outside on the End, the Snake will step with him. If and when Snake gets a "Go" call from the End, he redirects and inserts into the pass rush. Patience is key. Snake must not leave too early. After the Go call, the End will absorb the TE and is responsible for any screens or delays.

SECONDARY: FREE SAFETY (FS) AND CORNERS

The secondary in the Bear defense has two corners and the free safety. The corners play match coverage. They cover the offense's wide outs man to man most of the time. Man-coverage skill is the main characteristic we look for in the three-deep unit. Speed is essential at these positions. The corners are the key to this defense. Without the ability to play man coverage, this defense wouldn't be as effective. We don't ask the corners to force the run often; they spend most of their practice time working on man-coverage techniques.

CORNERS

The key to the defense is the corners' ability to cover wide outs man to man. Speed is a must at this position. Makeup speed is imperative. Quickness and the ability to change direction are musts. Even though straight man is the major technique used by the corners, we give them tools and change-ups with which to work. We bail, bump, and roll coverage's to give the receivers different looks.

FREE SAFETY

The free safety plays more zone than the corners. He is the hole player. Versus pass, he helps over the top or underneath according to the width of the receivers. Occasionally he is called on to cover a back or the tight end man to man in our stunt package. Obviously, the free safety should have good instincts and range. He must be able to read the quarterback's eyes and shoulder level. He must be able to break on downfield throws. The free safety must be a better tackler than the corners because he is a sweeper on run plays. He must be physical enough to step up into the cylinder when the edge players turn a run up inside. He must be sharp mentally because of his middle alignment. He is the quarterback of the secondary.

PASS RUSH
(INSIDE AND OUTSIDE EDGE RUSHERS)

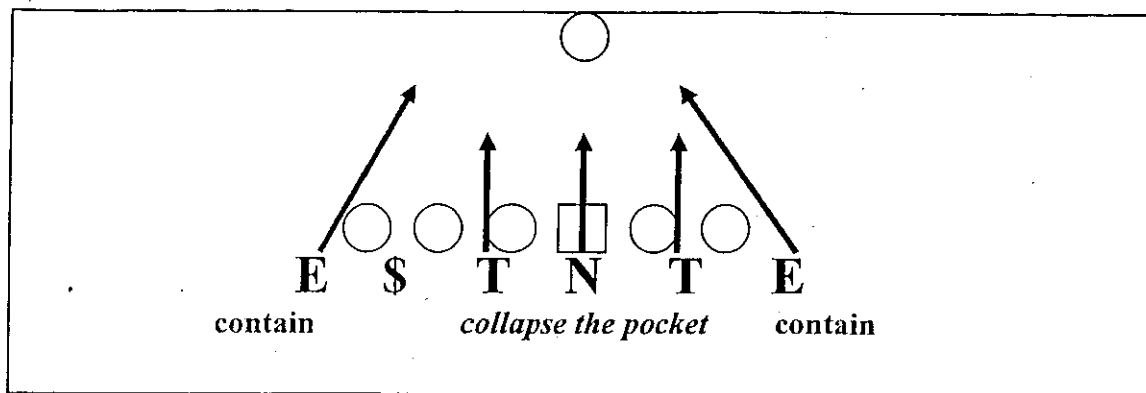
Objectives

1. Sack the QB. We want to physically work the passer. The receiver is not open if the QB is on his back. Our chances of winning increase if we see the #2 QB in the game.
2. Hurry the throw. Throw off the QBs rhythm with the inside push and make him uncomfortable.
3. Knock down or tip passes. If a rusher can't get to the QB, he should get his hands up.
4. Intercept the ball. This is the DBS ultimate goal on pass plays.

Principles

Rushing the passer is 90% "want to" and 10% technique. The rusher must be aware of the situation. A successful rush begins presnap. The rusher should know favorite pass downs and formation tendencies. Be aware of O-line tip-offs to the pass. The interior line (T-N-T) read linemen in our base scheme, however, tactics such as a Jet call and stunts will allow these rushers to facilitate a quickness to the QB. Rushers should have a pass rush move in mind presnap. On passing downs, the T-N-T personnel mind set changes. The interior linemen play the run on their way to the passer. Their stance switches from a neutral base to a sprinters position. The down hand should be under the shoulder with feet staggered. The rushers butt should be in the air with most of his weight on the down hand. First movement is forward and not up, pad level must remain low with a forward lean. The blocker should not be able to see the defenders numbers. Rusher always gains ground toward the QB; never allow his feet to stop moving. The eyes of the rusher go to the QB while his feet and hands get him to

the launch point. As the rusher engages the blocker, he should use his hands and attack the edge of the blocker. Never attack the middle of O-linemen. He must stay in his rush lane and try to get his shoulder past the protector.



The rusher must close the distance between him and the blocker. He should not make moves versus air. The rusher should not allow the blocker to keep his hands on him. Upper body violence must be used in order to disengage from the blocker. If the D-linemen cannot get to the QB, he must get his hands up when the QB's front hand comes off the ball. The defender must not be driven or ran past the passer. When the ball is thrown, the rusher shall turn and sprint to the ball for possible big hits and fumble recoveries.

Pass Rush Moves

Speed Rush:

The widened positions of the Ends facilitate the speed rush. The rusher should sprint to a point behind the blocker and defeat the blocker with quickness. The rusher should lean on into the blocker. He must try to get a 90 degree turn on the corner. The key to this rush is the blockers outside shoulder. Should the outside shoulder sit back, the rusher should run through his shoulder, ripping and turning the corner. If the shoulder turns to the outside, he is set up for the inside counter move. A good counter off the speed rush is the Discus Spin. When the rusher feels the blocker become over

extended, the rusher should sink his hips and pivot inside. He should throw his outside elbow back and through the blockers inside half. Although the Discus Spin is an effective move, caution should be used not to Spin too quickly into the rush.

Swim:

The swim is preferred by the outside edge rushers. It should not be used extensively inside because power moves are more effective in there. To execute this move, the rusher should try to pull the blockers outside shoulder down and in. The defender then punches or swims over the top of the shoulder with his inside arm. This swim is not extended to 12 o'clock, as it used to be taught, but just over the top of the offensive lineman's shoulder. As with any pass-rush move, the right-side arm and leg work together on an outside move to the left, and the left arm and leg work together on rush moves to the right. Not only does the rusher need to get the arm over or past the blocker, but the hip must clear also. As the rusher gets the designated arm over and the hip past the blocker, the defender can use that hand to slap or strike the backside of the beaten pass blocker. This technique called "spank the baby," will serve to hurl or propel the rusher toe the QB.

Club and Rip:

The club and rip is set up by the speed or racehorse move. It is used when the blocker compensates versus the speed rush and gets his body weight on his outside foot. When the blocker gets his head involved and leans into the speed rusher, he is off balance and is susceptible to an inside club followed by a swim or rip with the rusher's outside arm back to the inside.

Bull Rush:

The bull rush is the rush preferred by the inside positions. As was discussed earlier, we want a push inside so the QB cannot step up to avoid the outside edge rushers. Strength is a must. In using this technique, the defender should seek to raise the blocker's shoulders. He should force him back on his heels and take him back into the passer. Complete lockout is a must, or the blocker can grab and perform a takedown on the rusher.

Push/Pull:

A good counter of the bull rush is the push/pull move. This occurs when the blocker scotches or extends toward the bull rusher. When this happens he is vulnerable to a pull. The key to this move is to continue the rush until the blocker scotches. If he doesn't brace, take him on to the QB. When the rusher feels the blocker's weight shift from back to forward, he violently pulls the blocker forward and finishes with an arm over.

Rip:

The rip is used as a means to collapse the pocket; it is also used by players who may not be tall enough to effectively use the swim move. On this move the attacker should close the distance and get his hands on the blocker. The rusher must turn the blocker's outside shoulder away and try to sink the top of his inside shoulder under the armpit of the blocker. He should roll his trunk to the sky. Should the blocker trap the rusher's arm, the rusher should lift his trapped arm as high as he can while leaning into the blocker, then pull it out and punch or swim over.

Many variables go into determining which pass-rush move to use and when to use it. Moves must be tailored for physical characteristics of particular players. Shorter, more powerful body types should use power-type techniques such as rips, bull rushes, push and pulls, and so forth. Taller, more athletic types should use

finesse moves such as foot fakes, swims, and speed rushes. Not only are physiological considerations important when tailoring pass-rush moves, but the level of the QB's drop is paramount.

- **Level-One Drop.** This may indicate a quick pass. With this level, power moves are more effective. Pop and chop blocks should be expected.
- **Level-Two Drop.** Should the QB take a five- or seven-step drop, rushers should use finesse moves outside. Edge rushers should force the QB to step up into the pocket collapsers who are using power moves.
- **Level-Three Drop.** This deep setup may indicate draw, or screen-type plays. Defenders should rush the QB and react to screens or draws.

VARIATIONS OF AND OFF THE PASS GAME

Draw:

To be an effective pass rusher, a player cannot play draw and rush the passer at the same time. We coach the rusher to rush the QB and to react to the draw. However, should the defensive call dictate draw responsibility to a particular player, he will play draw as he slow-rushes the QB. Even though a player may not be responsible for draw, he should notice tip-offs or giveaways that a draw has been called. He should be alert if given an easy route to the QB or a blocker inviting a defender up field. Should a blocker give the rusher a quarter turn and flash his hands, the rusher might suspect a draw is coming. When the rusher gets a quarter turn, he should convert his power hand to his inside hand and squeeze the blocker into the inside gap. If the rusher is up field, he should retrace his steps if he recognizes draw or gets a draw call.

Screen:

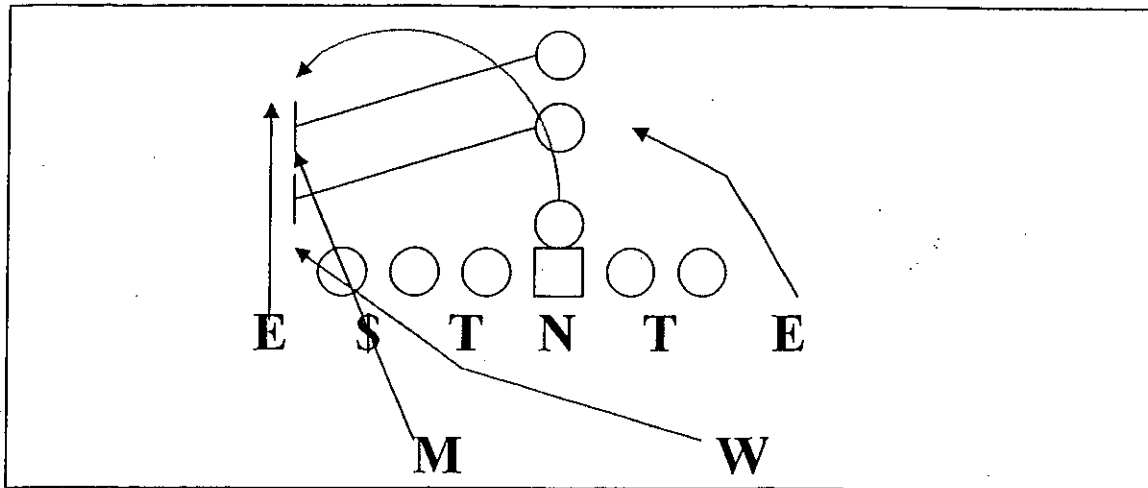
Just as a player can't be expected to play draw and rush the QB, he can't be expected to play screen and effectively rush the QB. Unless a player has screen responsibility, he should rush the QB and react to the screen. There are obvious tip-offs for the screen. Giveaways include quarter turns, sloppy blocks, a lineman

delivering a pop but not moving his feet, or the QB drifting off his seven-step drop. Should a defender read screen, he must look up receivers. Keep in mind that there is no interference if the receiver is behind the line of scrimmage. If rushers are hung up, they should knock backs down or at least collision them. If a rusher has taken the bait and rushed the QB, he should continue to rush and make the QB throw before he is ready.

Quick Game:

Many teams will check to a three-step pass versus Bears in an effort to deliver the ball quickly. The Bears front will get a short set by the offensive linemen. Versus this short set, the defensive line should try to get a push with a power move and get hands up when the QB delivers the ball. Normally we expect the front to use rips and bull rushes versus pass, but with a short set we discourage rip moves because it would be hard to get hands back up with this move. The bull rush would be a better move. Some offenses may quick set and chop on the quick game. If the defense will keep a low helmet profile, it will be low enough to defend the cut block and then get its hands up.

Another favorite tactic to attack the Bear look is to sprint to get the QB away from pressure. However, in the Bear package the Ends get the QB pulled up, and the linebackers go get their backs, which serves to insert them into the rush. The following diagram illustrates this.



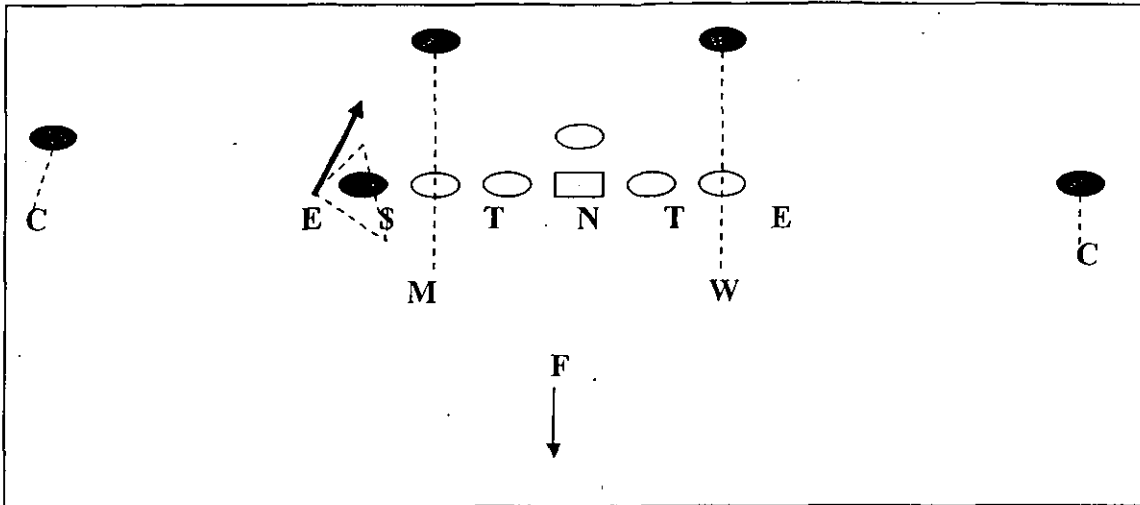
*Bear front versus an offensive sprint out passing play.

SECONDARY

OVERVIEW

- Secondary adjust to most formation changes allowing the front to stay static.
- Secondary adjustments insure that the defense doesn't get outflanked.
- With only slight variations of the linebacker alignments, the stability of the front alignment is consistent, regardless of whether the coverage call is a zone or man-to-man.
- The Snake is always the Trips adjuster in any coverage.
- The Will Linebacker is the Balanced adjuster out of the box in any coverage.
- 46 BEAR is a corners over defense. For example, versus the Twins Tite formation, both corners will align on the side that has both Wide Receivers set to it.
- We have 3 base coverage's that must be utilized for the package to be effective; Green, Red, Black. Red Strong/Weak can be added if time and situation call for it.
- Green (cover 3) supports a 4 man rush.
- Red (cover 1) supports a 6-8 man rush.
- Black (combo coverage) supports a 5 man rush.

RED



- Corners:** Have #1 man to man
Will: Man up on #2 vs balanced sets & #3 vs. Trips, second adjuster
Mike: Man up on #3 except vs. a Trips set.
Snake: Man up on #2, first adjuster
FS: Free man, reading the eyes of the QB

Individual Techniques of Cover 1

- Cornerbacks

The cornerbacks should play a loose man-to-man coverage. The cornerback's alignment is from five to seven yards off the receiver. He shades the outside eye of the defender and places his outside foot forward in a heel-to-toe stagger. Upon the snap of the ball, he shuffles backward in a $\frac{3}{4}$ stance turned toward the ball. He should read the quarterback as he feels the receiver. If the quarterback exhibits a low back shoulder in his drop, he is driving to a 5- or 7-step drop. The cornerback should expect an immediate or deep route. If the quarterback demonstrates a high back shoulder as he drops with more of an upright posture, the route will be a shorter 3-

step drop pattern. The 7-yard cushion of the cornerback gives him plenty of time to be able to read the quarterback as he shuffles and feels the action of the receiver. If the receiver breaks across the field, the cornerback should stay on top as he mirrors the receiver. The cornerback should attempt to stay on top of the receiver. Any route that is cut short of the cornerback should be played in a conservative manner as the cornerback makes a sure tackle on the receiver. The cornerback should always keep in mind that he has free safety help to the deep inside. If the two cornerbacks are aligned in a corner-over alignment (versus a twins set), the cornerbacks may exchange their coverage responsibility, depending on the split of the receivers and the subsequent routes of the two receivers. If the split is relatively close and the routes cleanly cross, the cornerbacks may run an exchange (banjo). On an exchange, the outside cornerback takes the outside break and the inside cornerback takes the inside break. To effectively run an exchange, the cornerbacks must communicate before the snap and again during the play. So that one cornerback doesn't squeeze the route too far over, both cornerbacks should visualize the vertical midline between their alignments as exchange point. Their primary coverage responsibilities are the #1 receivers. If both wide outs are on the same side of the formation, then the formation is a flop, (twins) and the cornerbacks align on both sides, as previously mentioned.

- Mike

Mike always aligns on the second level (behind the defensive line). His first responsibility is the strong side back of the two-back set. Versus a one-back set, he is responsible for the single back.

- Will

Will is man-to-man on #2 weak vs. a Balanced set. Versus a Trips set, Will is one back balanced adjuster.

- Snake

Is the primary adjuster. While every position must have certain conditions to its base alignment rule in order to cover possible formations from Cover Red scheme, the Snake is the primary adjuster. He must be adept at formation recognition.

- Free safety

The free safety is a middle safety free to help out in a game-planned tactic. This tactic normally includes the middle of the field.

However, the free safety can be used to accomplish a number of defensive aims. He can weave to help a cornerback who is isolated in a 1-on-1 coverage on a wide receiver, he can sit on any dig route, he can support the over loaded defenders of the multiple-receiver side, or he can be moved close to the line of scrimmage for run-game support. His alignment may range from 9-to15-yards deep. He generally stays between the hash marks. His primary movement can be a flat-footed shuffle, or a bounce, depending on the objectives of the free safety. He may be called upon to take the coverage responsibility of a blitzing linebacker.

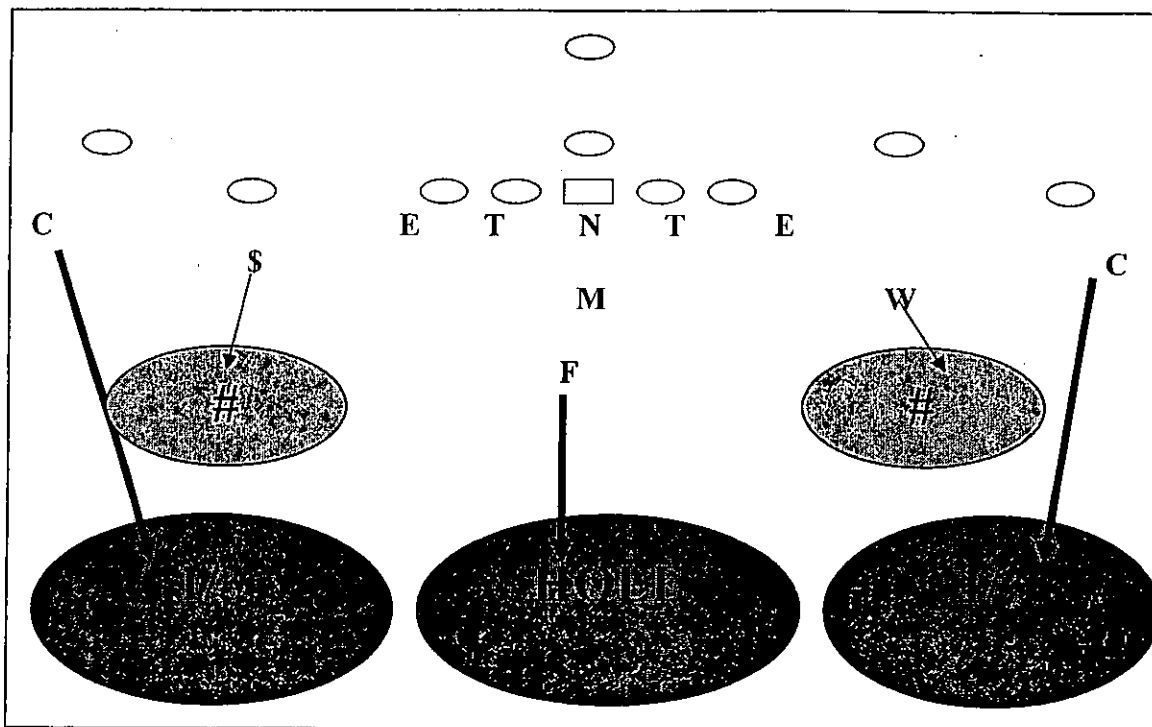
- Spy Technique

When a End hears the "Spy" call in the huddle, he now knows that he must assume any flare out of the backfield to his side on a pass read. If no route shows or the back is part of the blocking scheme, then the End can either rush the QB or Train wreck the running back.

- Train Wreck

Technique used by a linebacker in man coverage when he has to cover a player in the backfield. If the back stays in to block, the LBr will charge that back and lock on, pushing him into the QB. The LBr will not disengage until he is positive that the back will not check-release.

RED ZONE



Corners: Deep outside 1/3
F/S: Deep Middle 1/3 reading QB, Hole
Will: Weak Numbers drop, reading 2 to 1
Mike: Weak Hash
Snake: Strong Hash drop, reading 2 to 1

(3 DEEP FOR LONG)
DISTANCE

CORNERS + SAFETIES

- CUT - CUT 1st Receiver at line.
- SKY - ROLL corner back
- RAZOR - CORNER BLITZ VS single or NO receiver SIDES

46 BLITZES

SINGLE

Mike

Snake

Will

Cowboy Double Snake

EDGE - END

COMBO

Smash - \$ + M

Swirl - \$ + W

Wham - M + W

Blood INSIDE

~~GUTS~~ OUTSIDE

STUNTS

Slant St - Attack ^{strong} gap

Slant Wk - Attack ^{weak} gap

Lion - LEFT

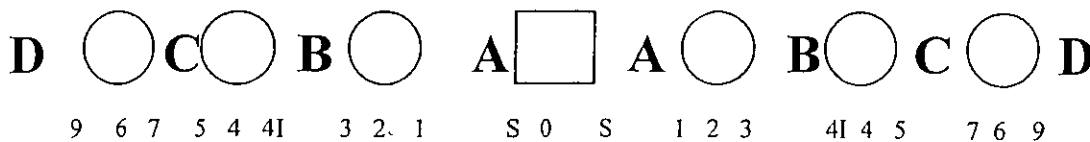
Ram - Right

BULL - Tells "O" To Push straight ahead.

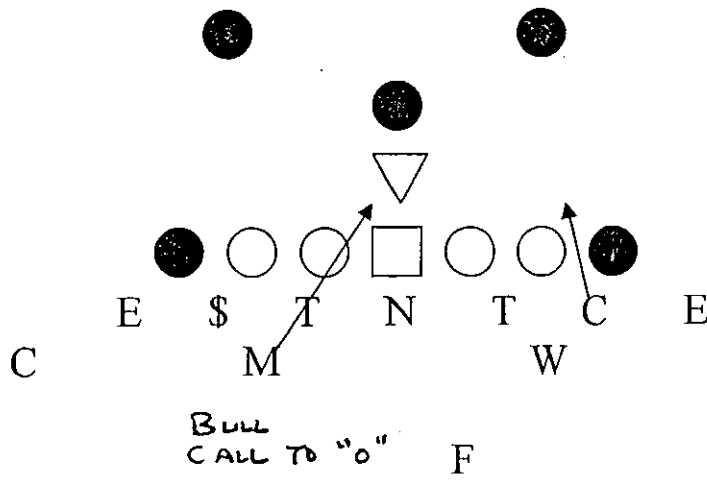
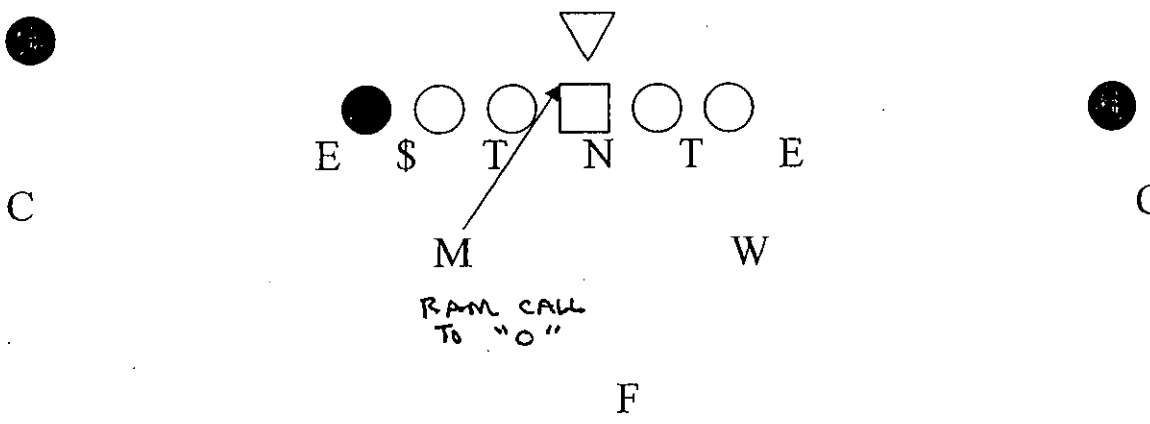
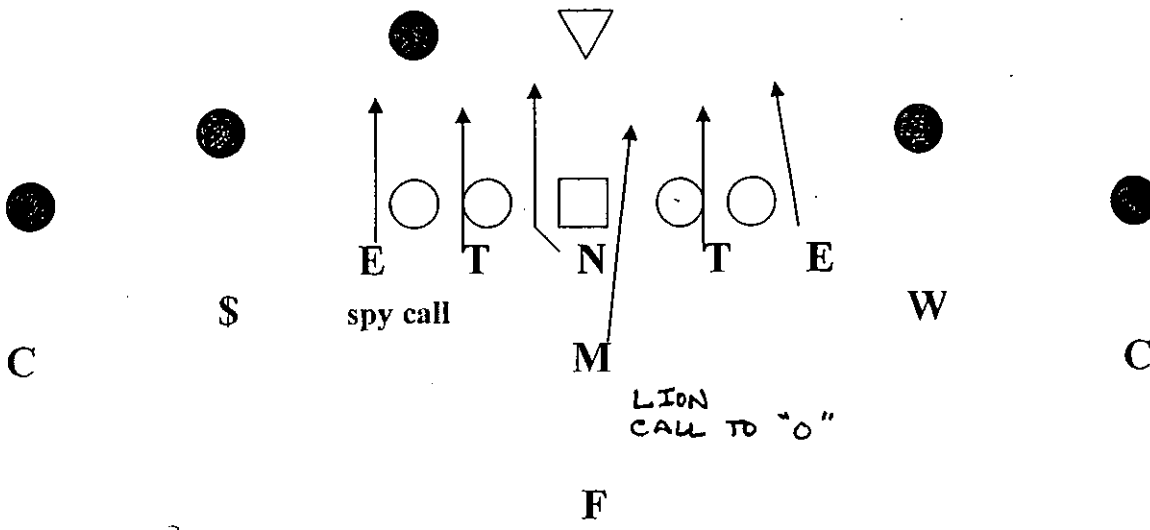
Questions for Blitzing

- How or whom do the uncovered tackles block?
- How does the offense use the TE?
- How does the offense use the backs?
- Do backs check-release?
- What type of hot scheme does the offense use?
- What is the preferred depth of the QB's drop- 3, 5, or 7 step drops?

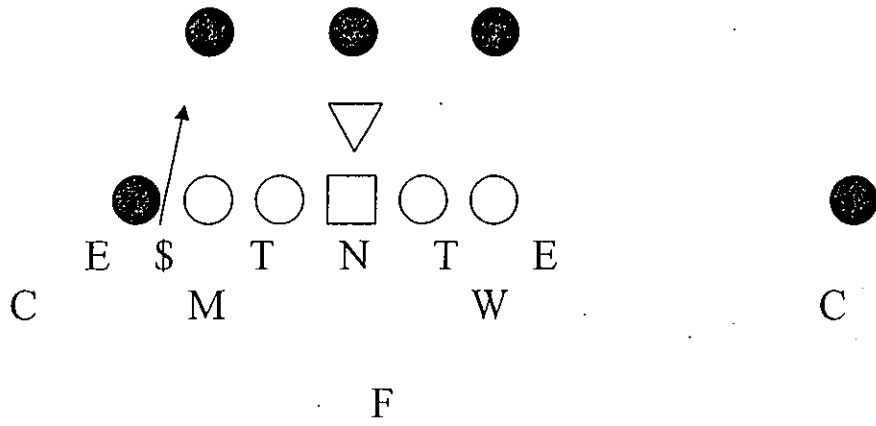
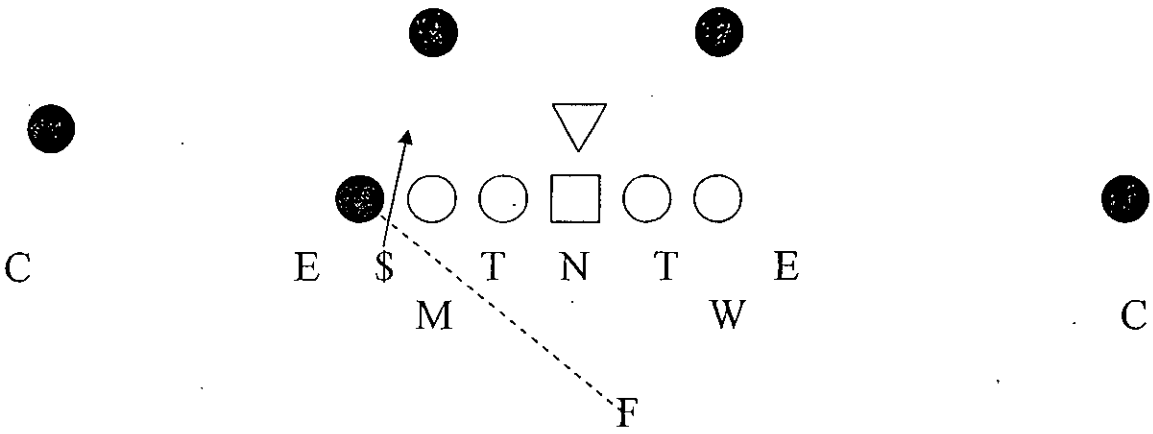
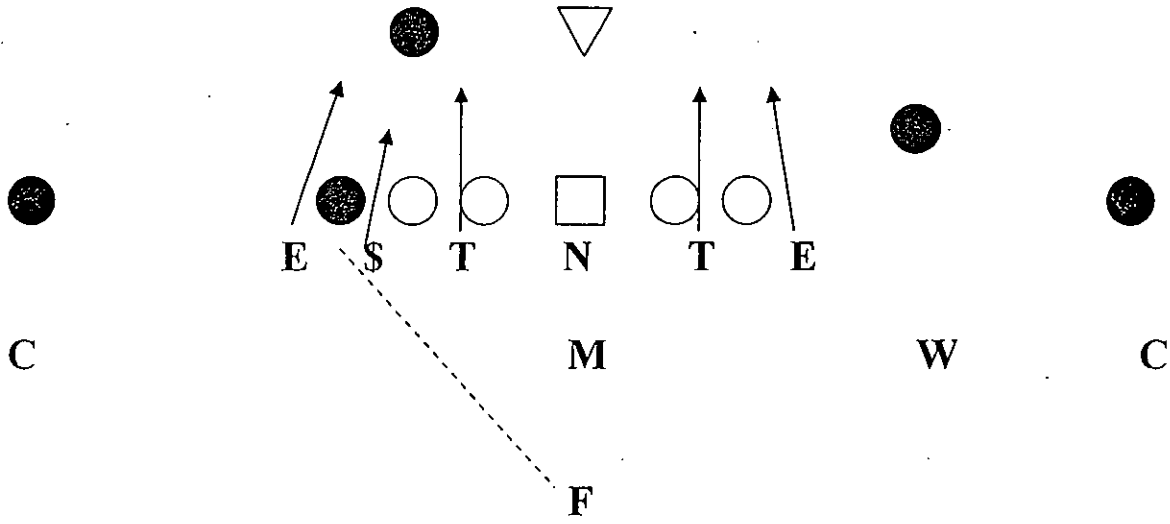
GAP IDENTIFICATION



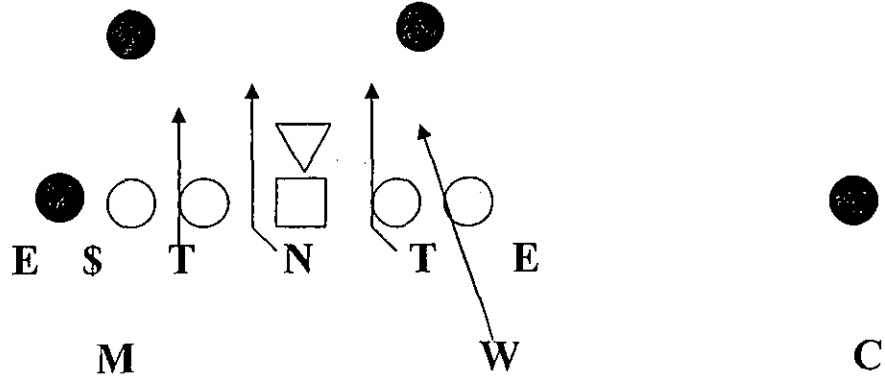
RED MIKE



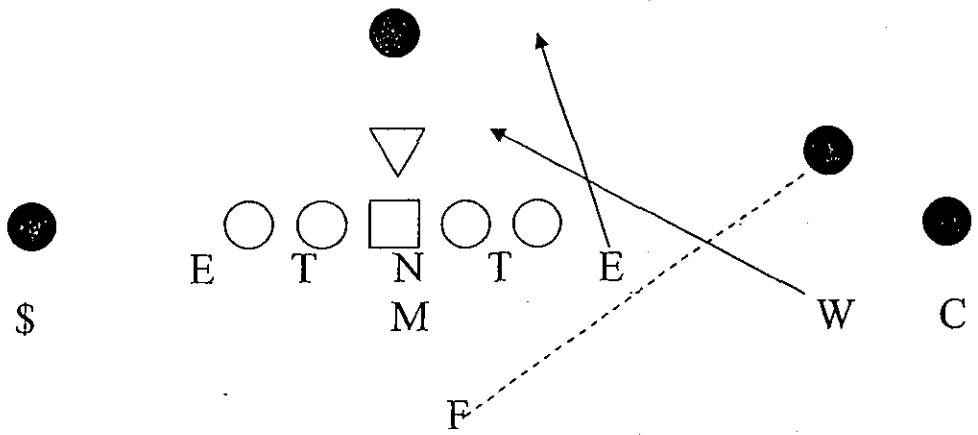
RED SNAKE



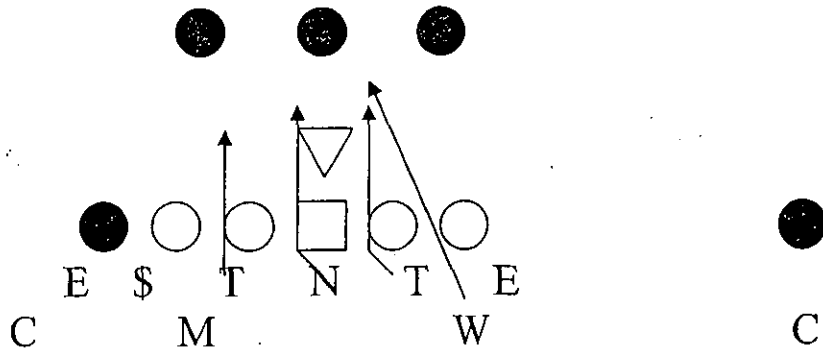
RED WILL



F

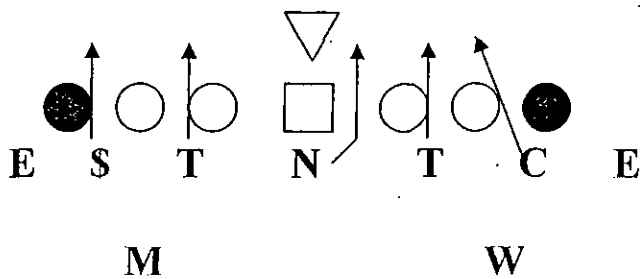
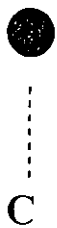


F



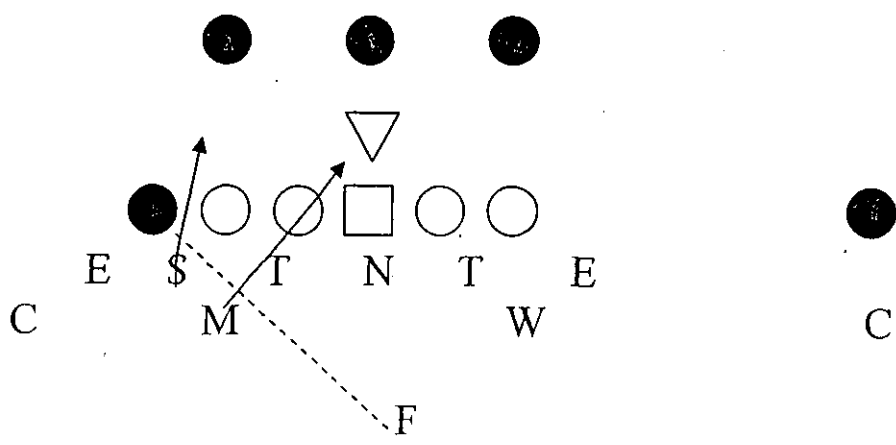
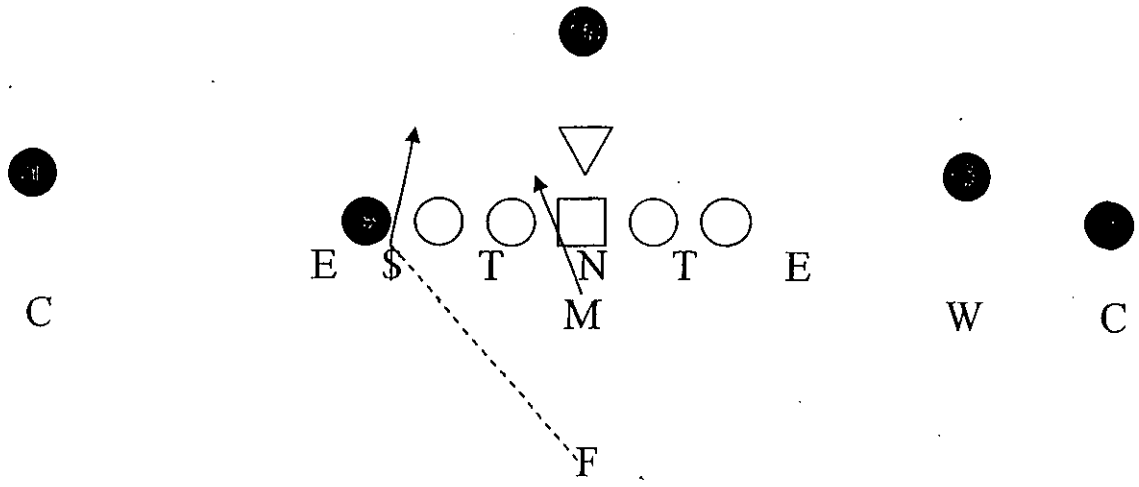
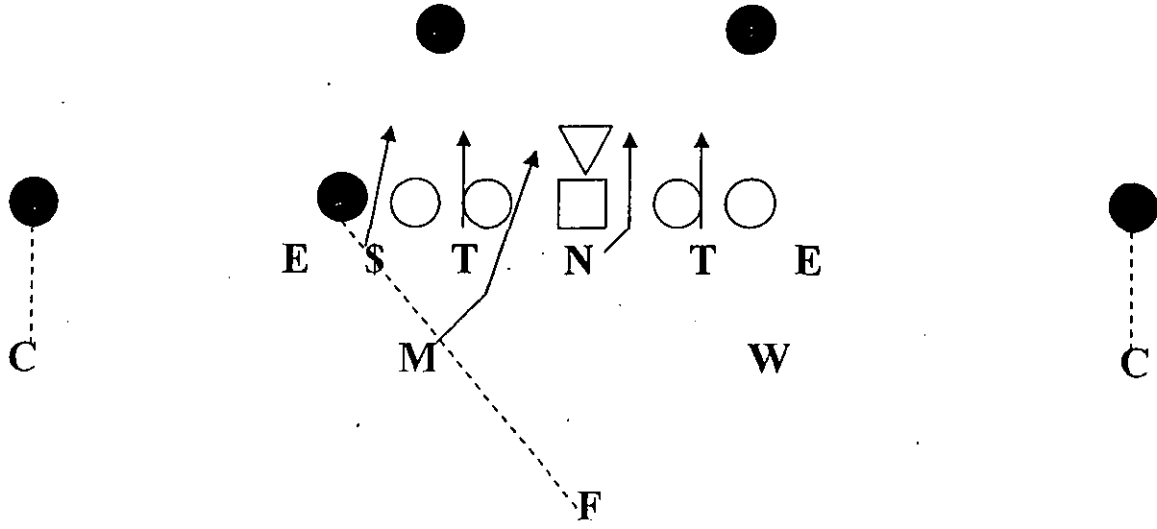
RED COWBOY - (Cowboy is the call for 2 TE)

This is Double Snake Call.

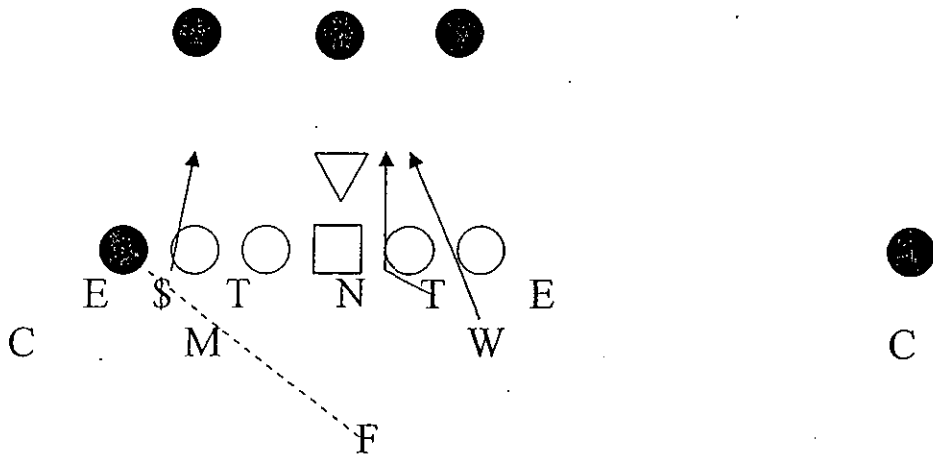
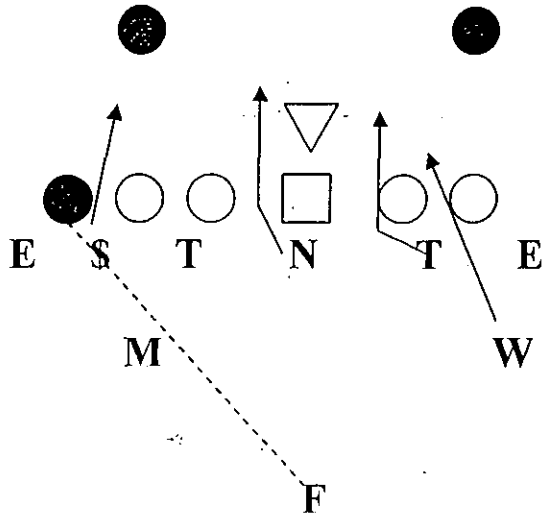


F

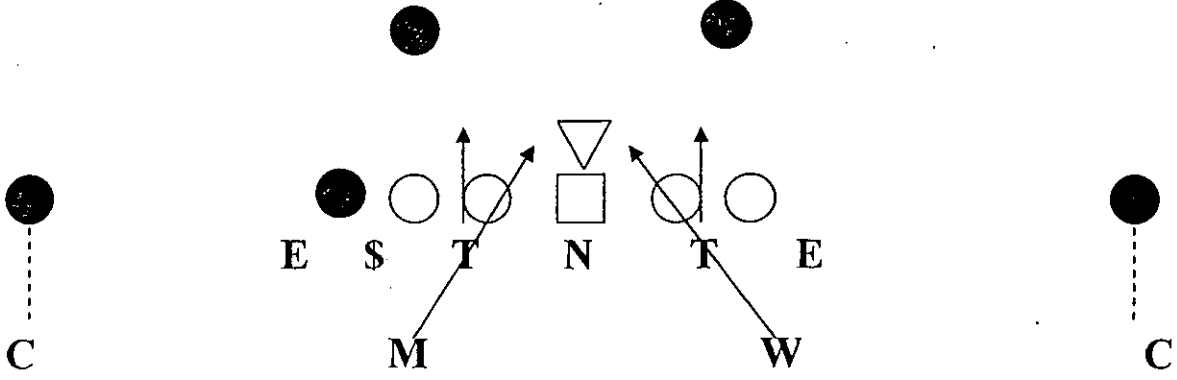
SMASH



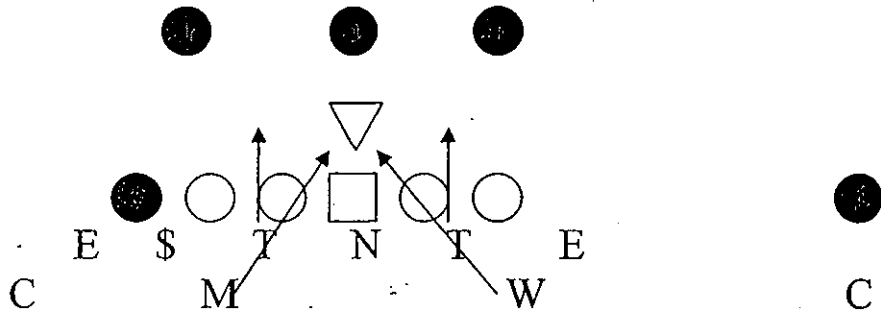
RED SWIRL



RED GUTS OUTSIDE

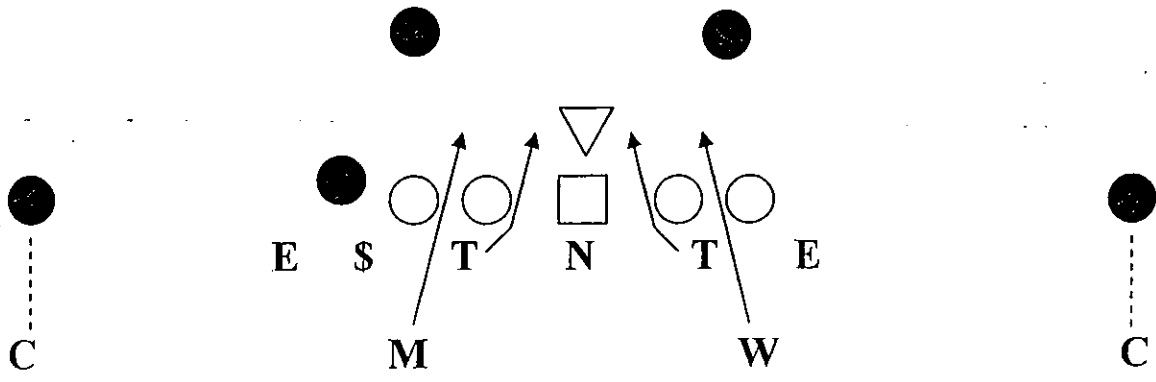


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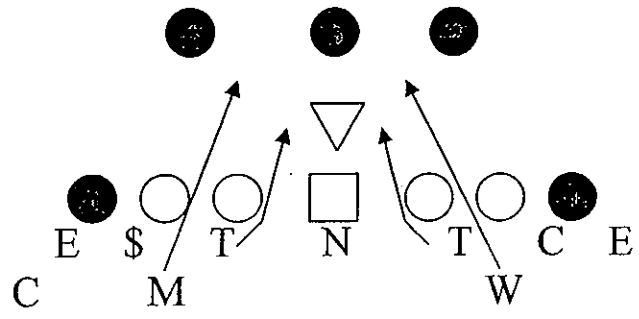


F

RED BLOOD INSIDE



F



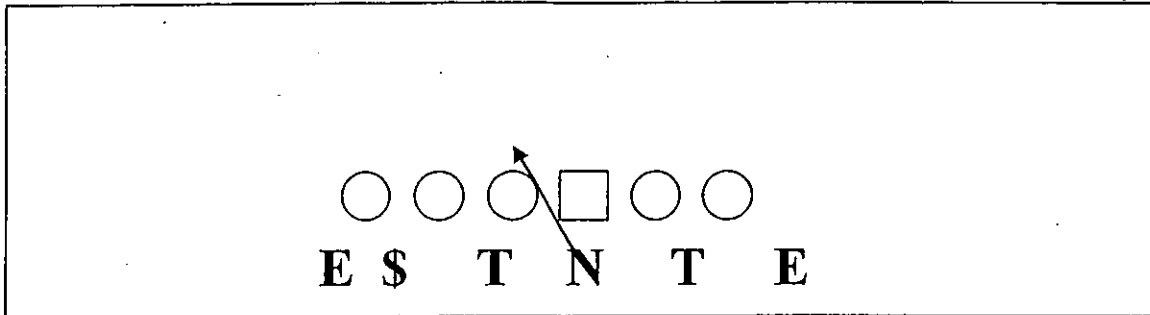
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LINE GAMES

LION:

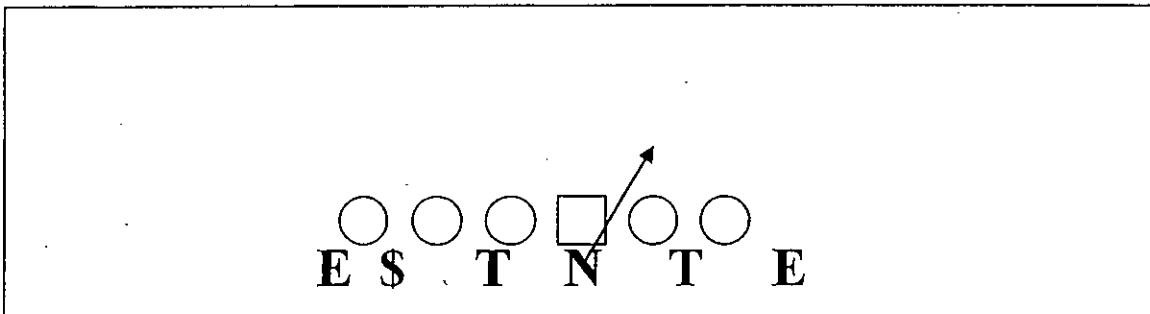
Tells the nose guard to shoot the A gap to his left.

(BULL CALL - "O" TO
Push Forward no choosin
an A gap until ball reads;



Ram:

Tells the nose guard to shoot the A gap to the right.



Slant:

Tells the TNT to slant toward the offensive linemens hip. The direction of the slant will be strong or weak. This call will be given by the Mike linebacker.

