

# 46 DEFENSE

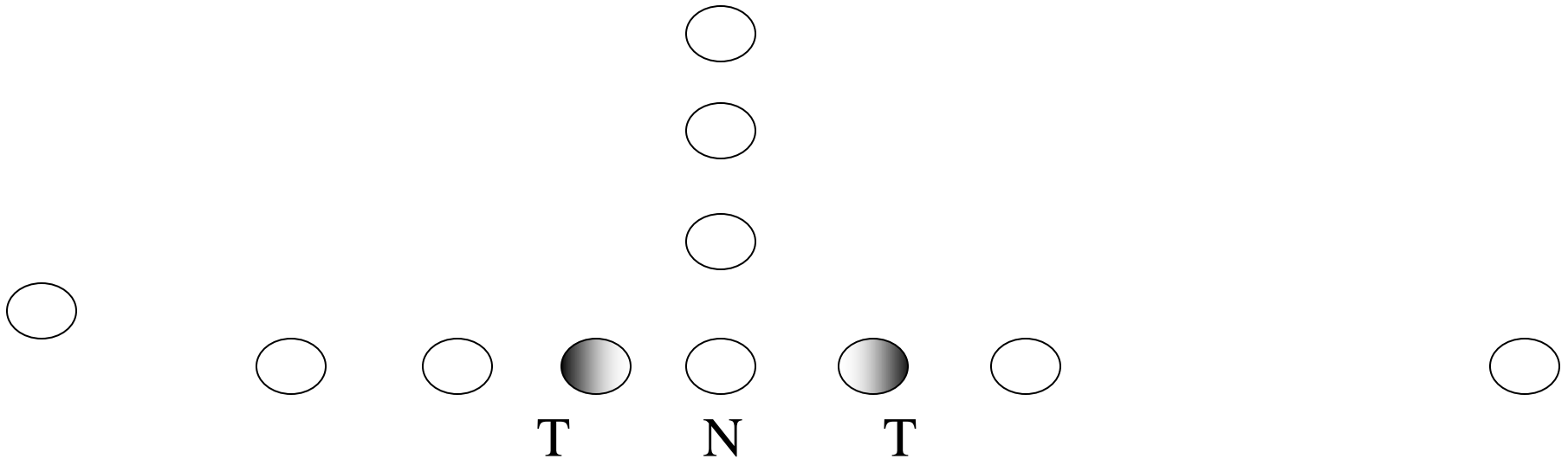
WRITEN BY TODD HAGEMEIER

# 46 DEFENSE

- POSITIONS
- FRONTS
- BLITZES
- COVERAGES
- SHIFTING/SLIDING

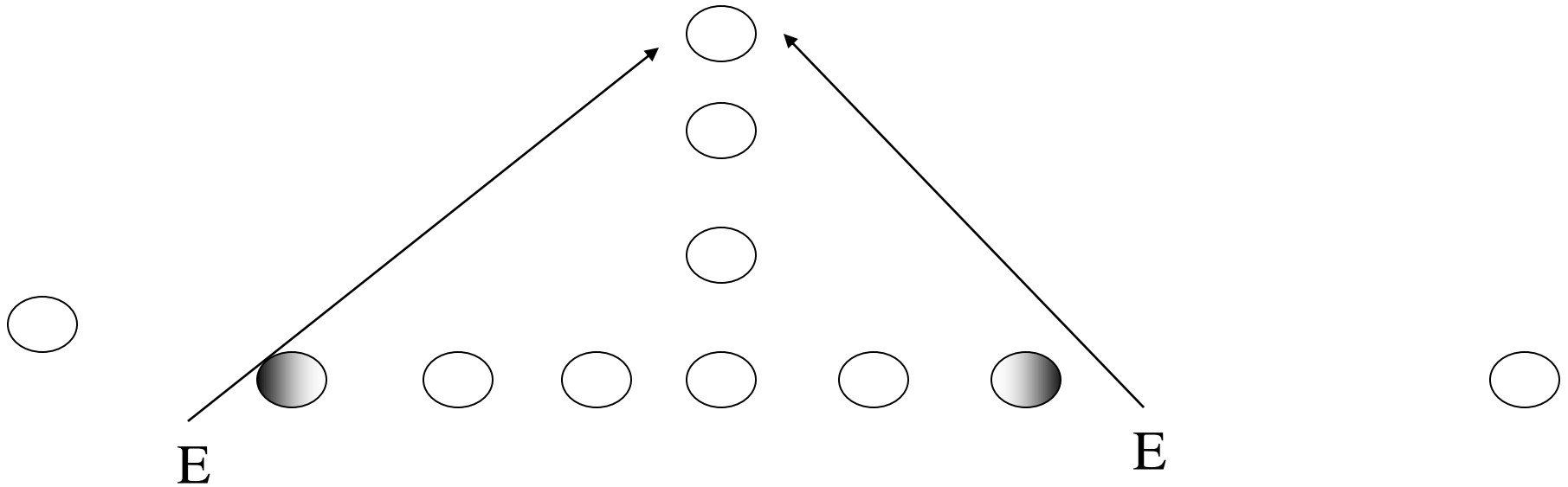


# TNT'S



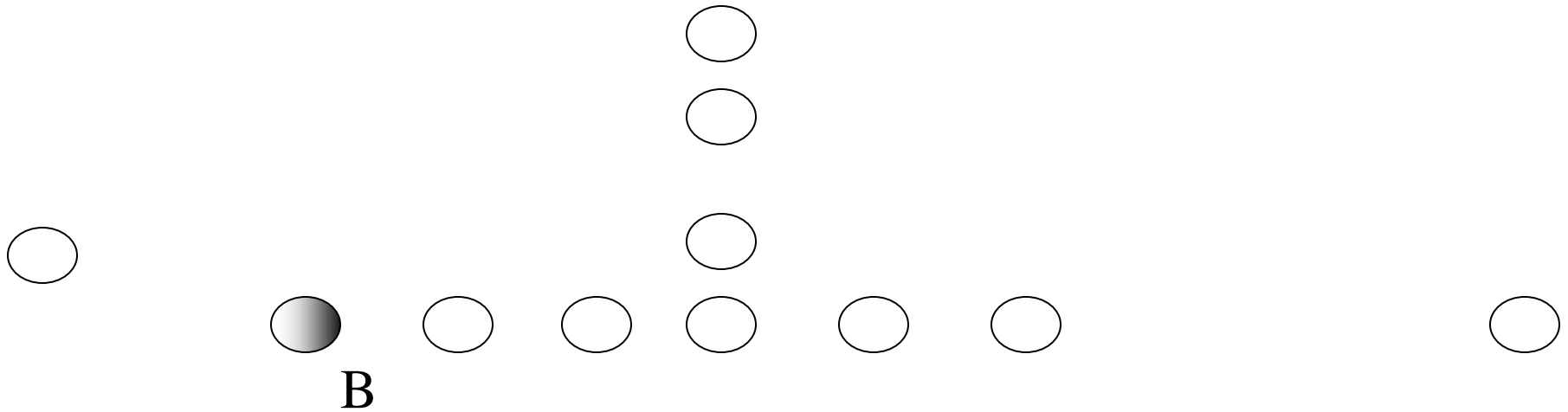
The tackles and nose guard have a very simple alignment and job. Our base front is called BEARS. In BEARS the tackles are aligned on the outside shoulder of the offensive guard. The Nose guard lines head up on the center and slants to the strong “A” gap. The tackles and nose guard should all be big, strong, and hard to move. They must make contact, preventing blocks on LB’s, and be able to control their gap . The TNT’s should be drilled on ball movement and reading the offensive line’s block techniques.

# ENDS



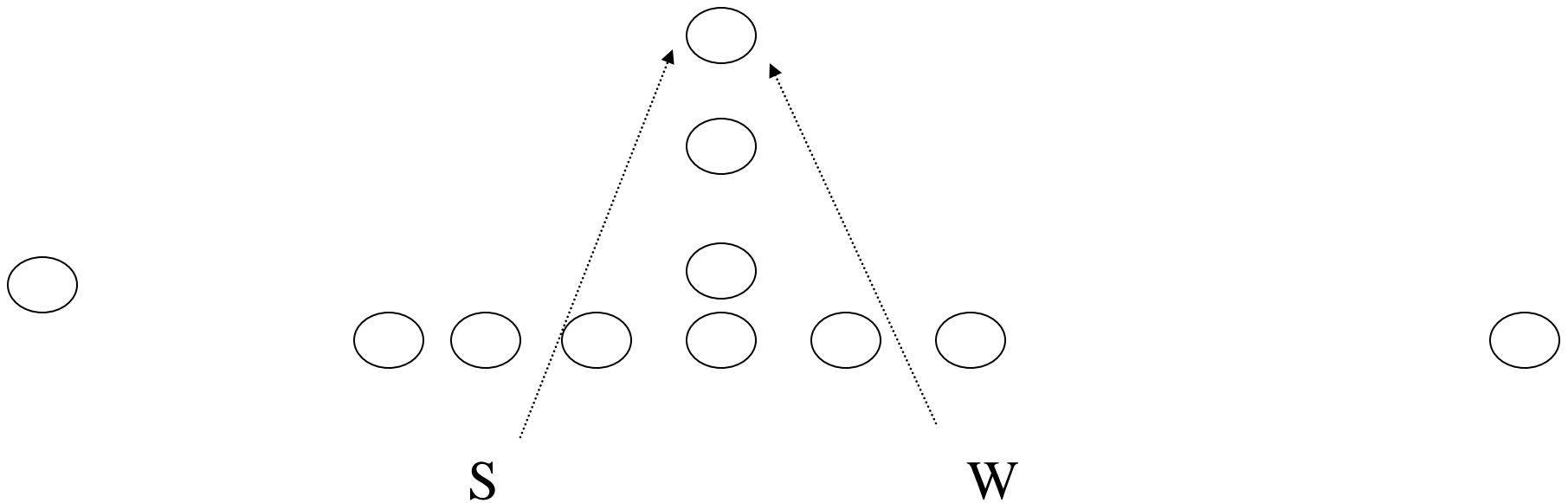
The defensive ends are lined up outside the tackle, if they have a tight end or slot, they line up outside of them (wide 9 or 8 technique). The ends should aim towards the deepest back. Their assignments are: on the run force contain and have the QB, on pass they rush the passer and again contain the play. Ends should be fast and at the same time quick. They should be drilled on ball movement and recognizing blocking techniques of the offense. The ends should also be taught two or more pass rushing moves.

# BANDIT



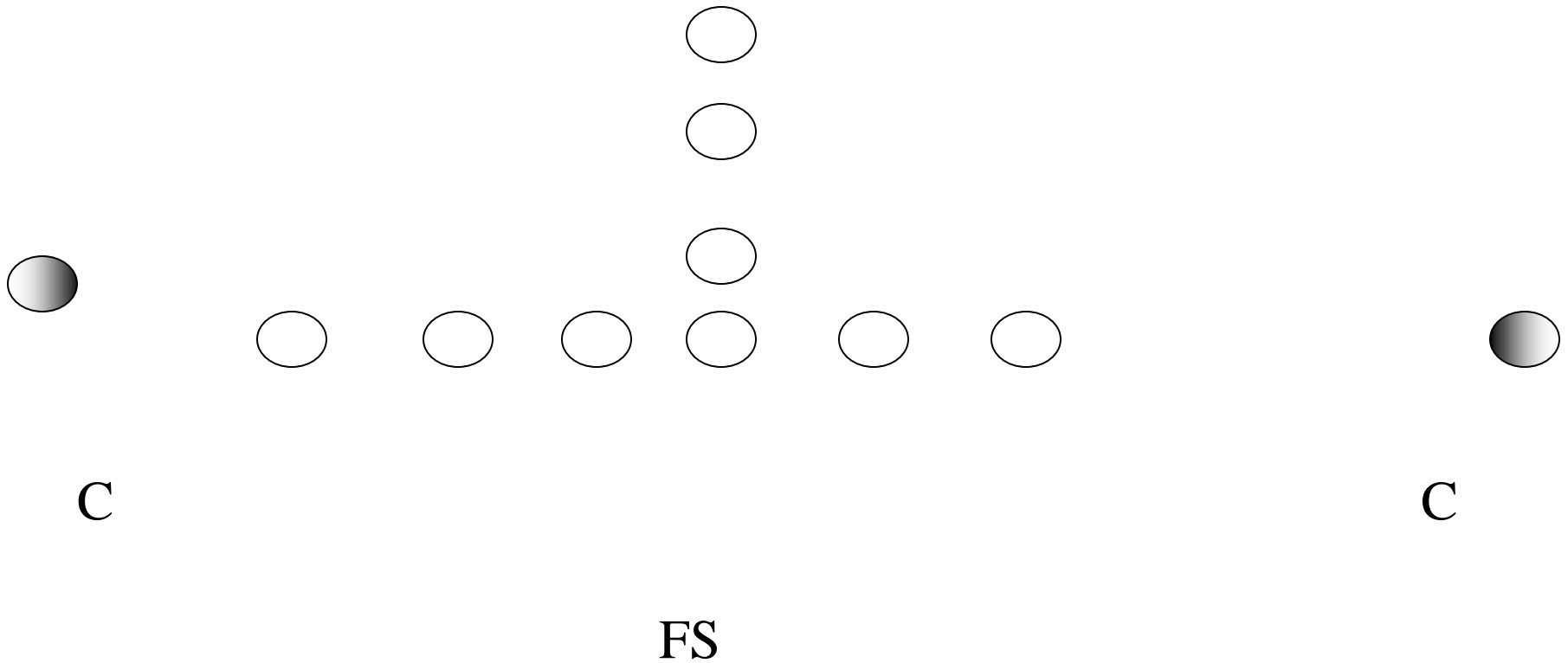
The Bandit linebacker lines up on the inside shoulder of the tight end. Bandit is tight to the line of scrimmage to present a C gap threat to both the offensive tackle and the TE. Bandit is assigned the tight end no matter where he goes and should be drilled on reading the movement of the TE. Basically his job is to destroy the tight end every play! Bandit can be sent on an inside blitz where he shoots through the “C” gap and rushes the passer. Bandit can also be sent on an outside blitz where he starts inside the TE, and rips outside and around the TE. In both blitzes the Free Safety would be assigned the TE.

# SAM and WILL



Sam is a classic linebacker type, aggressive and a great tackler. Sam always go to the strong side of the formation. Sam will call the strength for the entire defense. Will is somewhat of a strong safety type, and is better at defending the pass than Sam. Will and Sam read their near back for run responsibilities as well as pass responsibilities. The blitz package allows the linebackers to get to the passer literally untouched at times. The coverage on multiple formations will be explained later.

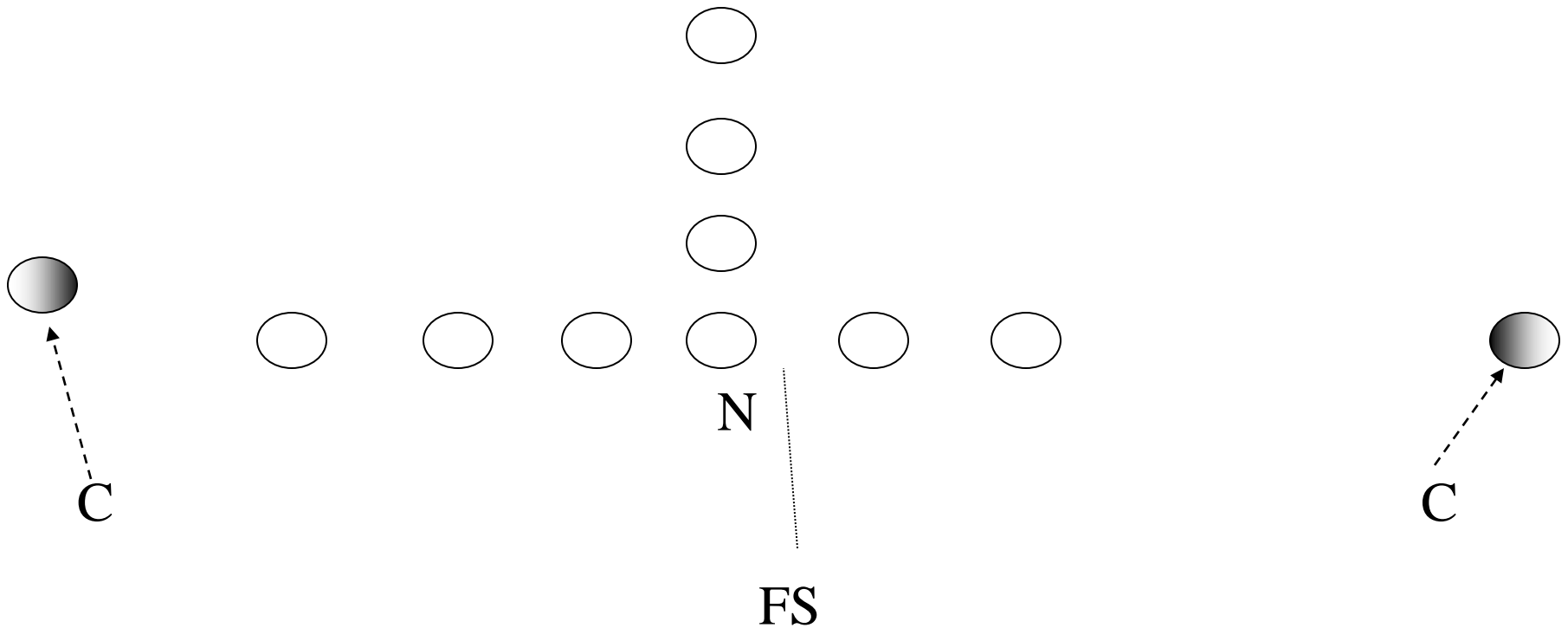
# CORNERS



The corners must possess speed and have the ability to change direction. The alignment of the corners are normally 6-8 yards deep and 2 yards inside the widest receiver. To mix the coverages up we bail the corners out and also play a roll coverage to give the offense different looks.

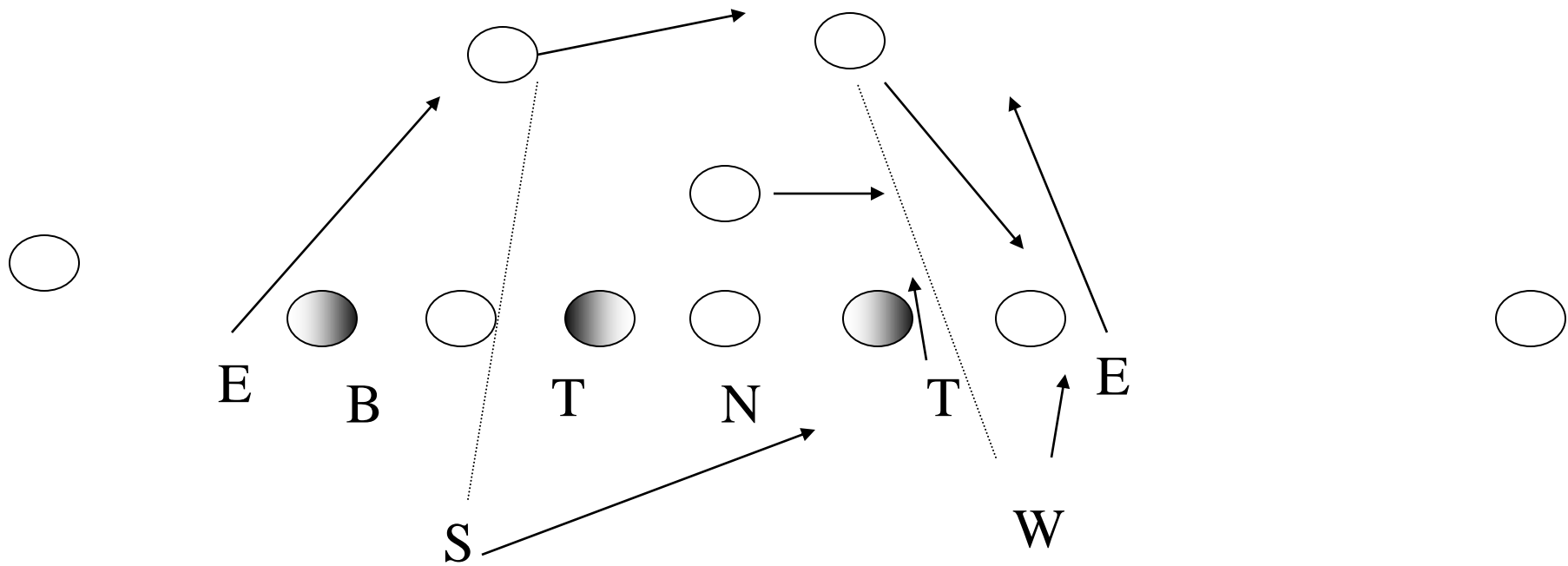


# FREE SAFETY

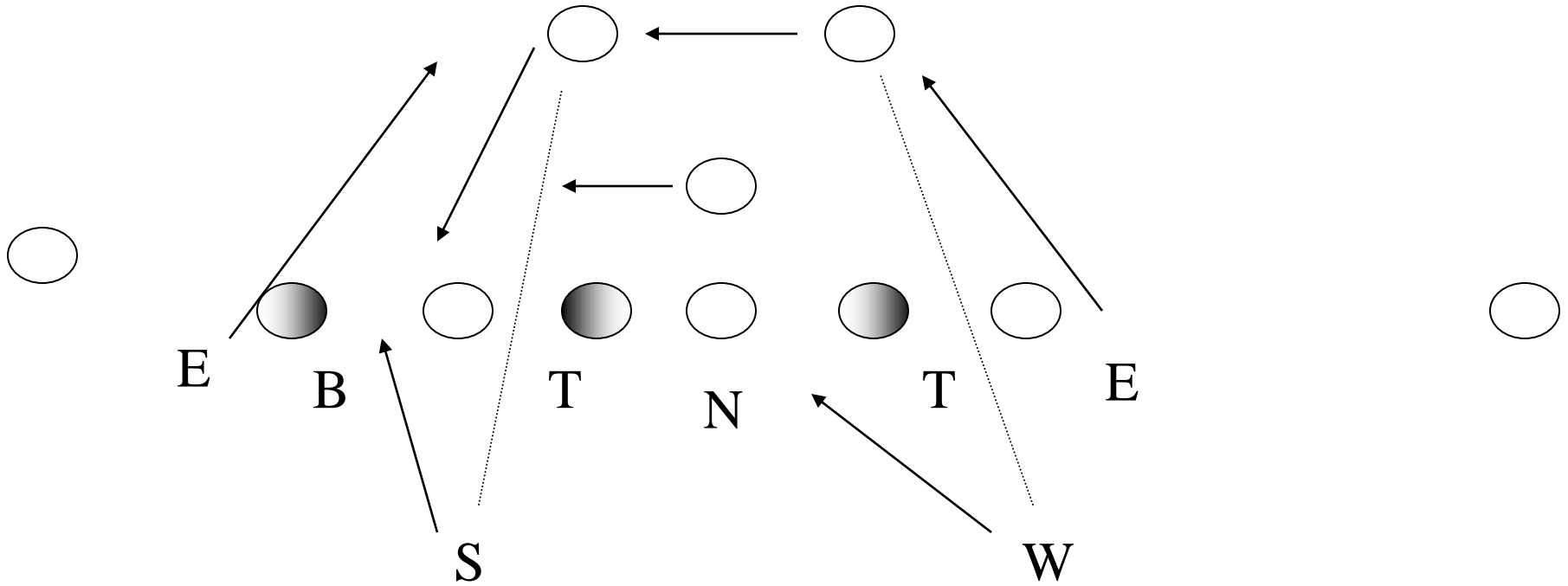


The Free Safety lines up in the strong or weak A gap and anywhere from 8-12 yards deep depending on the situation. The Free Safety plays over the top on passes unless the coverage assigns him to a specific position to cover. Versus the run he should be instinctive and fly to the ball. The FS should be a very physical player and have the ability to direct the secondary. He is a fast, tall, and a good aggressive tackler.

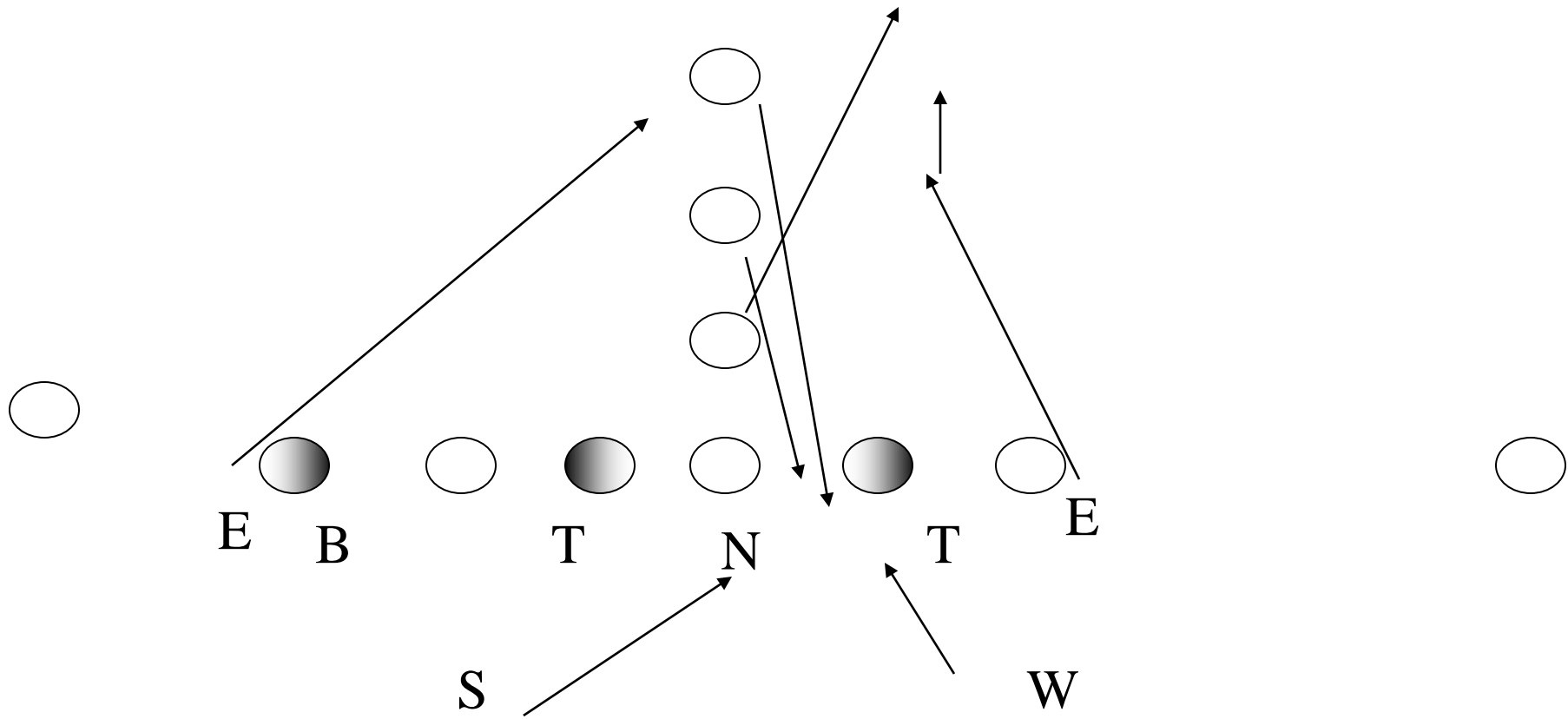
# LINEBACKER RUN RESPONSIBILITIES



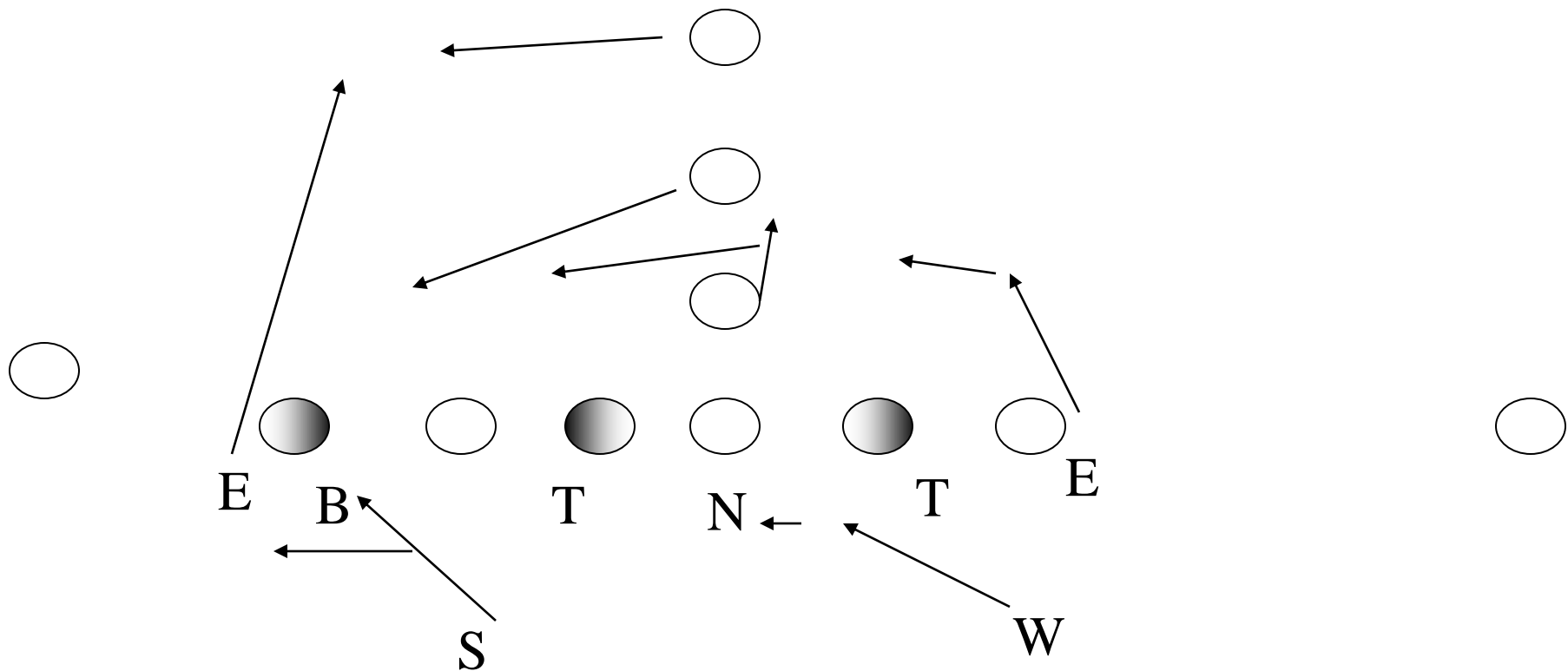
Sam and Will are reading their near backs and flowing to the ball.



Sam and Will are reading their near backs and going to their Responsibilities. Will is checking for any counters and staying with his near back.

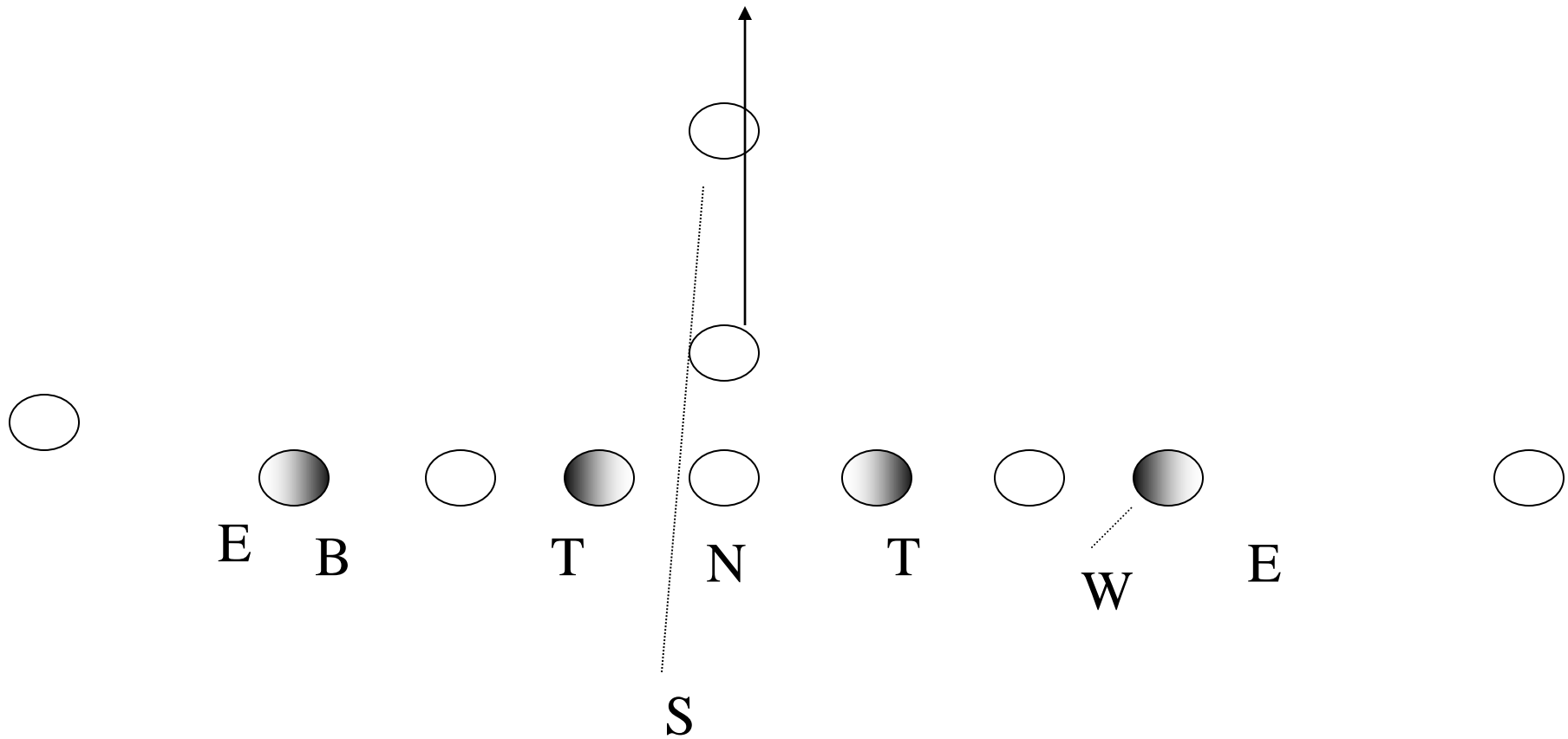


Sam and Will again reading the run.



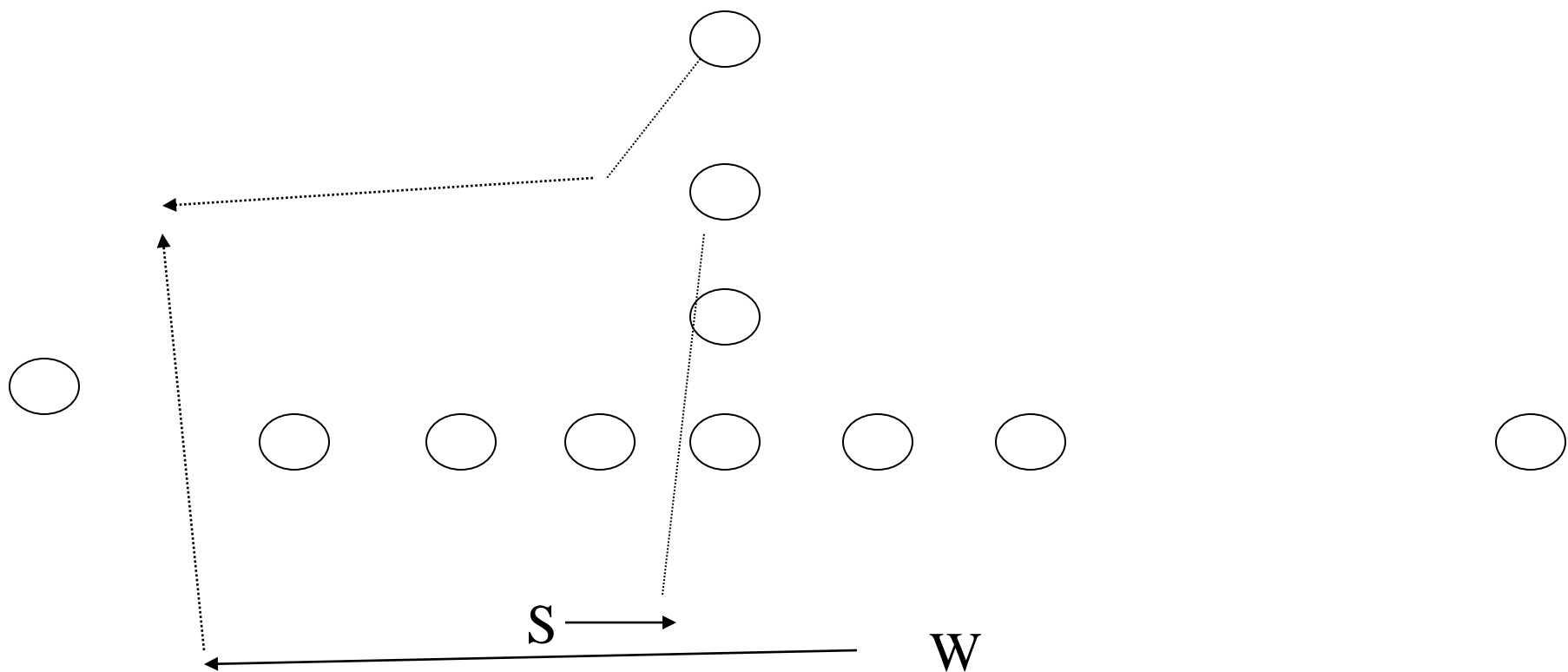
Sam and Will reading the backs and going to their assigned spots.  
 Will is checking for the counter.

# LINEBACKER PASS RESPONSIBILITIES

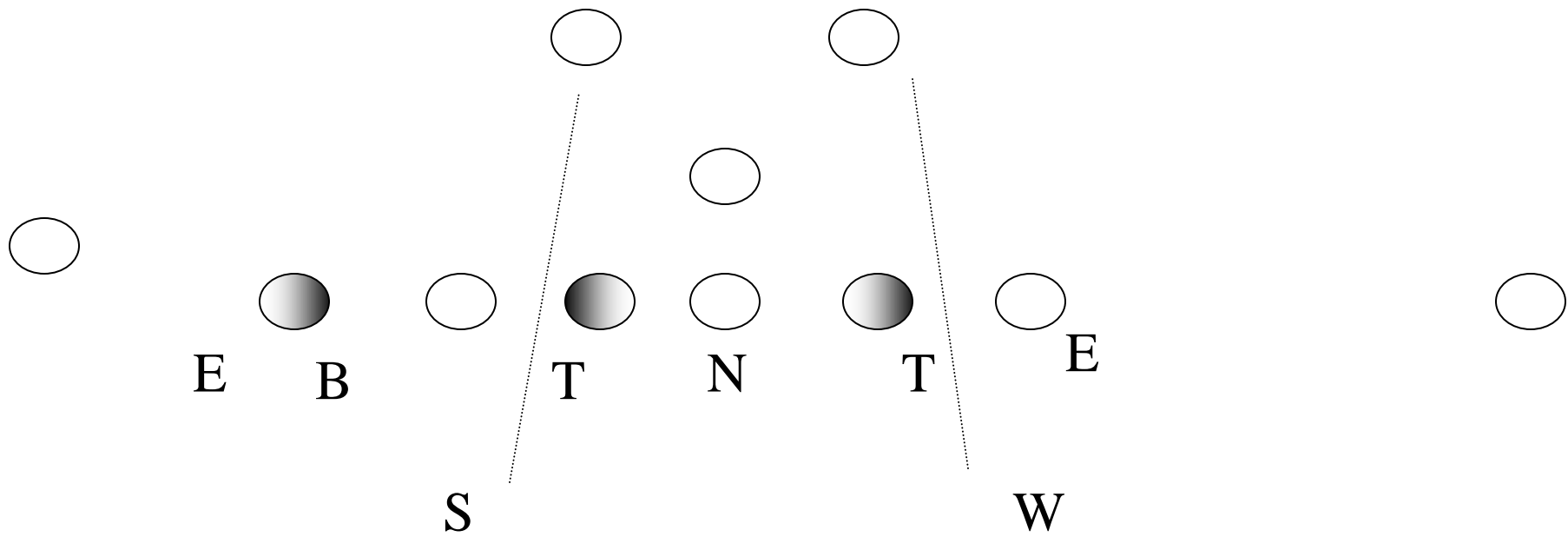


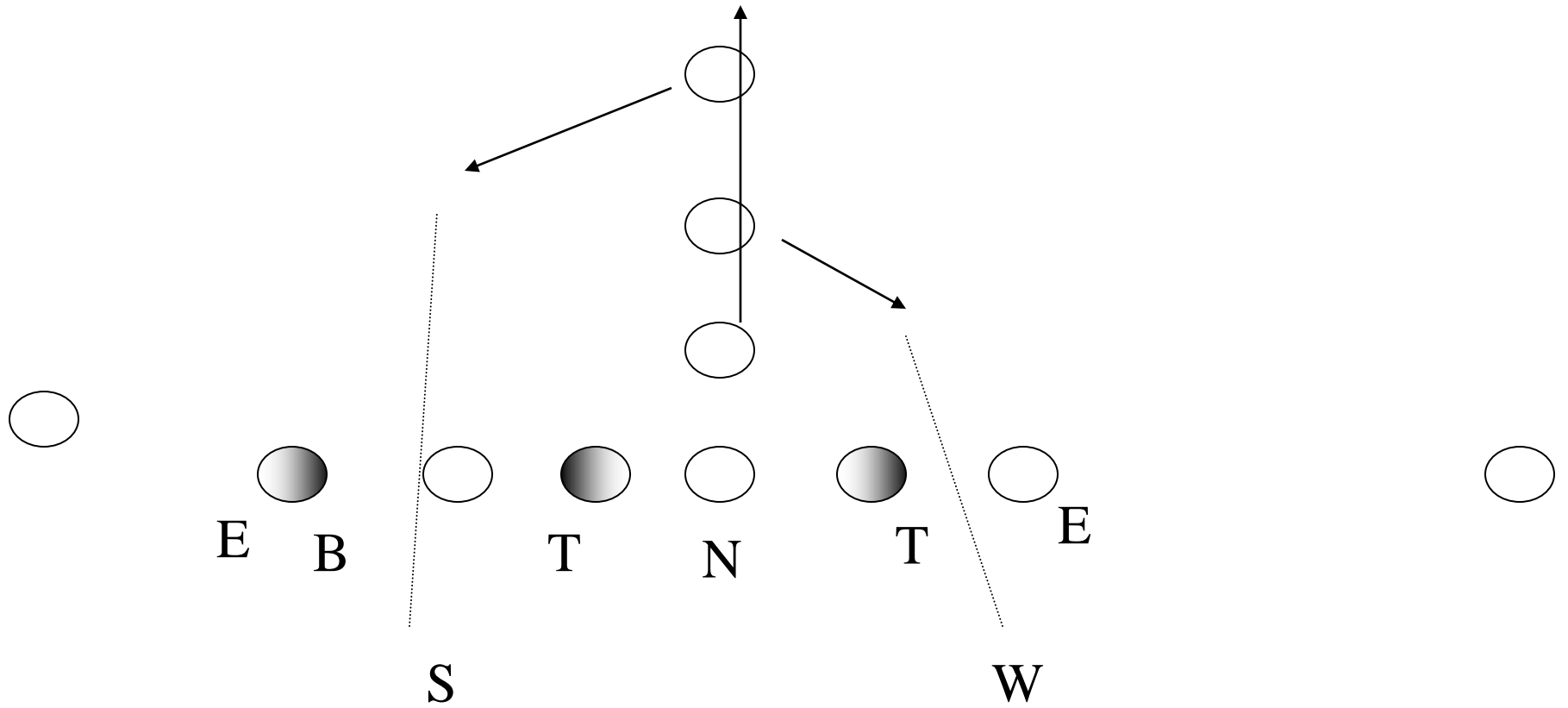
Will is assigned the 2<sup>nd</sup> TE when we see double tights.



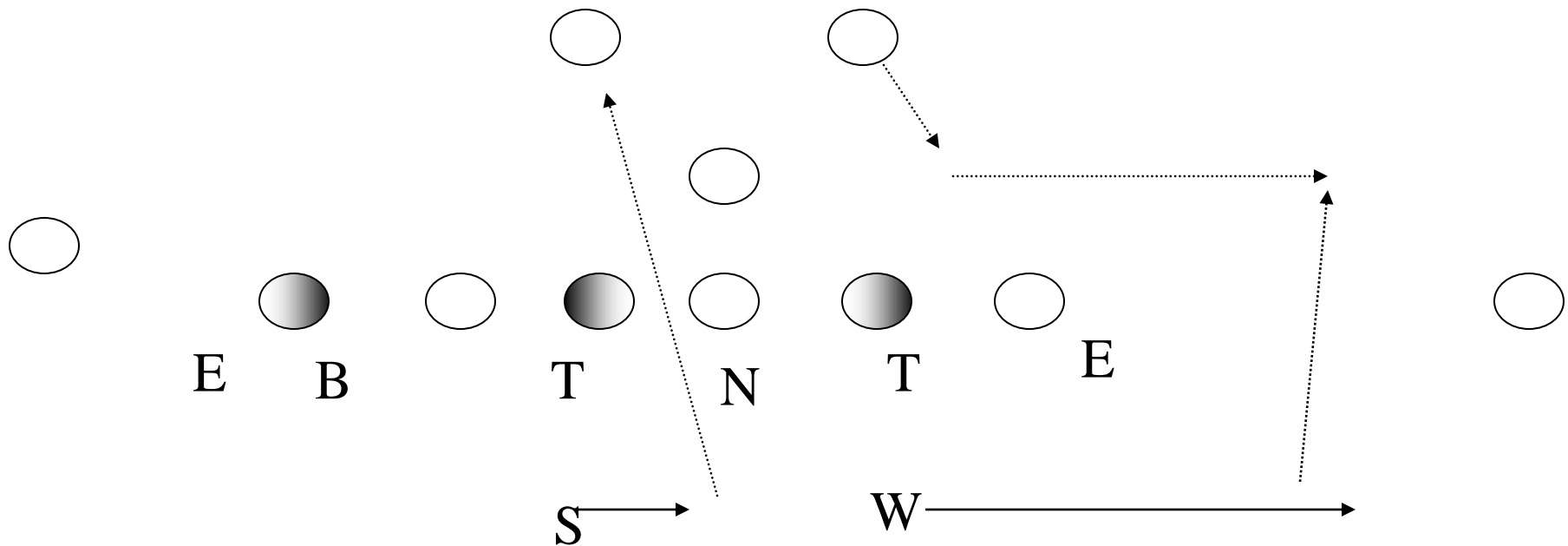


The TB or FB goes in motion Will motions out with them and covers him man to man. Sam now covers the FB. Sam will also slide to the middle of the offensive formation. Sam will slide anytime Will is not in a LB position.



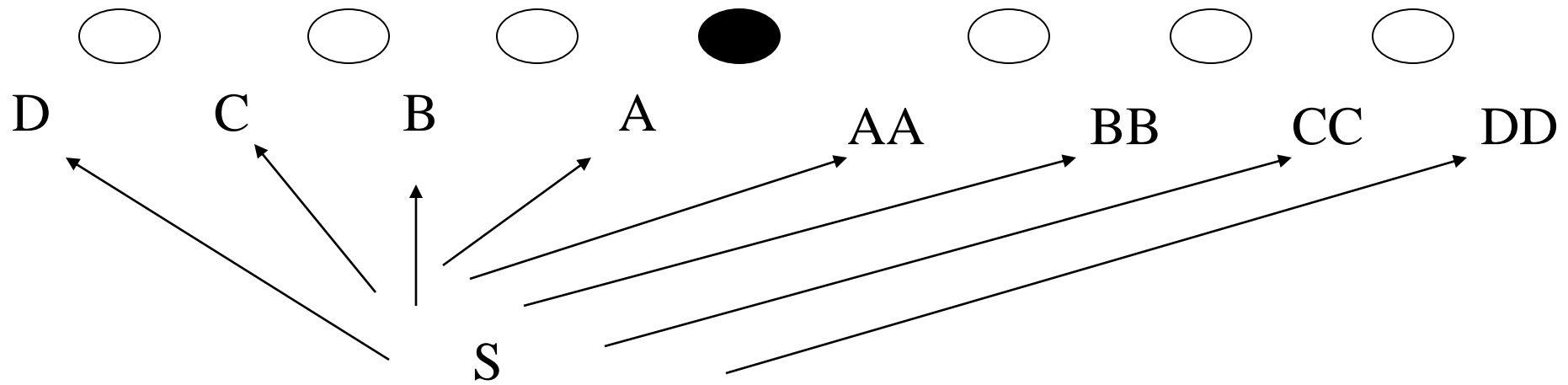


Sam and Will take the back that go to their side of the field. They can also be assigned either the TB or FB.

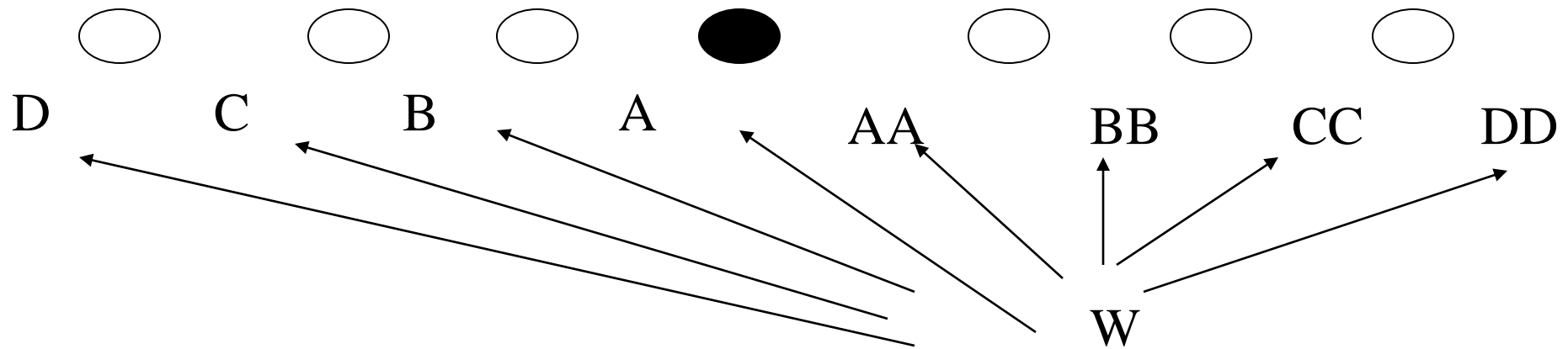


The running back goes in motion so Will covers the back. Sam would also adjust to the middle of the offensive formation at this time. This is a simple rule that a coordinator can set up and change from week to week. Our rule is simply if a back goes in motion, Will picks that back up. We do this simply because Will is better than Sam when covering someone out in a passing route.

# BLITZ PACKAGE



These are the LETTERS for each hole SAM can blitz through. The strong side gaps are single letters while the weak gaps are double letters. In each call we will tell the SAM what to do first. LB's will be told a color or a letter every play. The second call is for the WILL.



These are the LETTERS for each hole WILL can blitz through. We also have a color system on what the linebacker is to do before the ball is snapped. RED means fake the blitz being ran by the other LB. WHITE tells the backer to line up normal. BLUE commands the linebacker to fake blitz the A gap. In each call we will tell WILL what to do second, after SAM's call. LB's will be told a color or a letter every play.

# TNT rules on blitzes

Strong Tackle- When the strong tackle hears B called he then goes to the A gap.

Weak Tackle- When the weak tackle hears BB he then has the A gap at the snap of the ball.

One reason we flip our tackles is there are less rules to remember for our tackles in the blitz package.

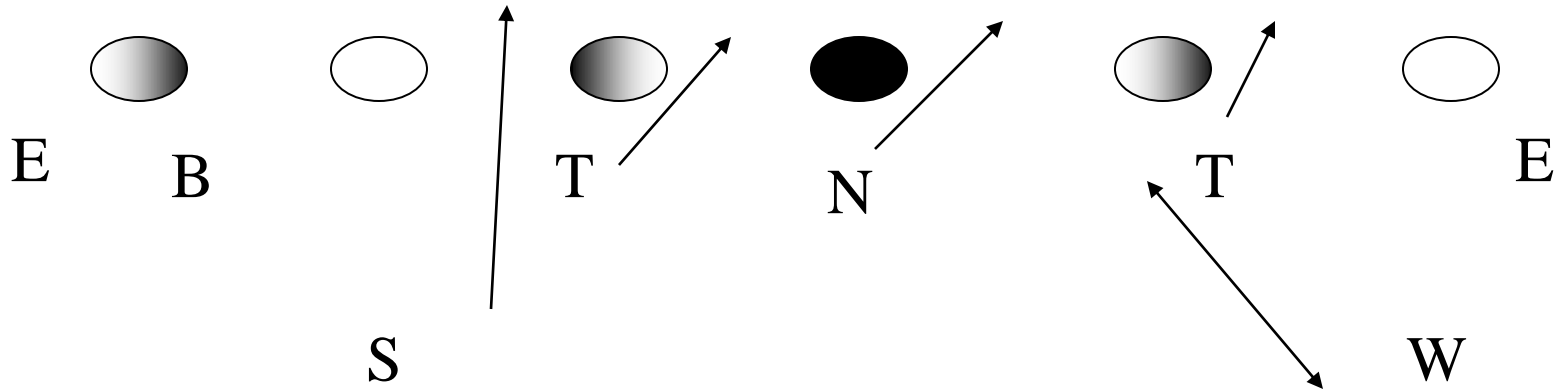
Nose- Nose listens for two calls.

When A is called he would slant weak.

When AA is called he slants to the strength.

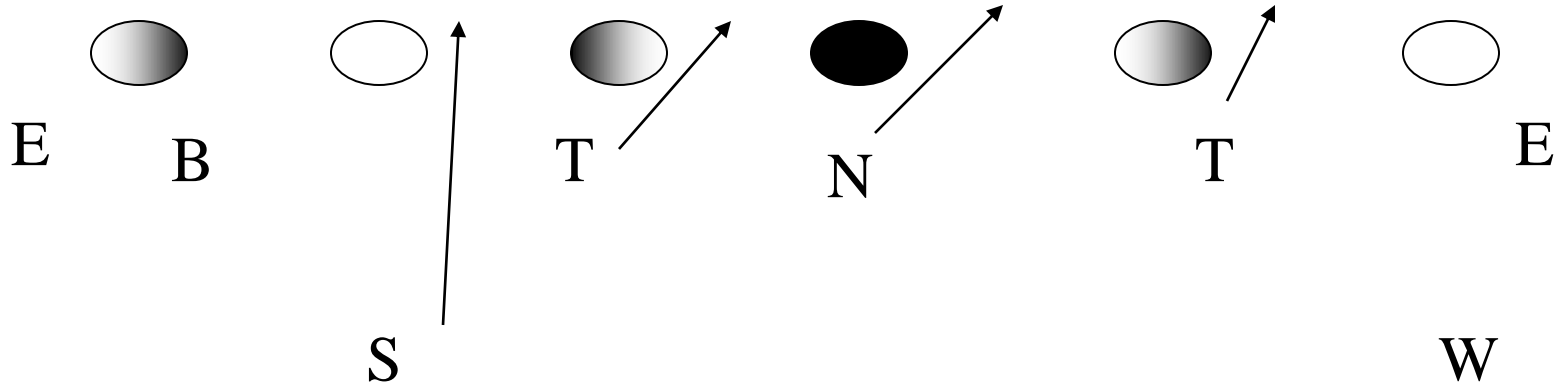


# B BLUE



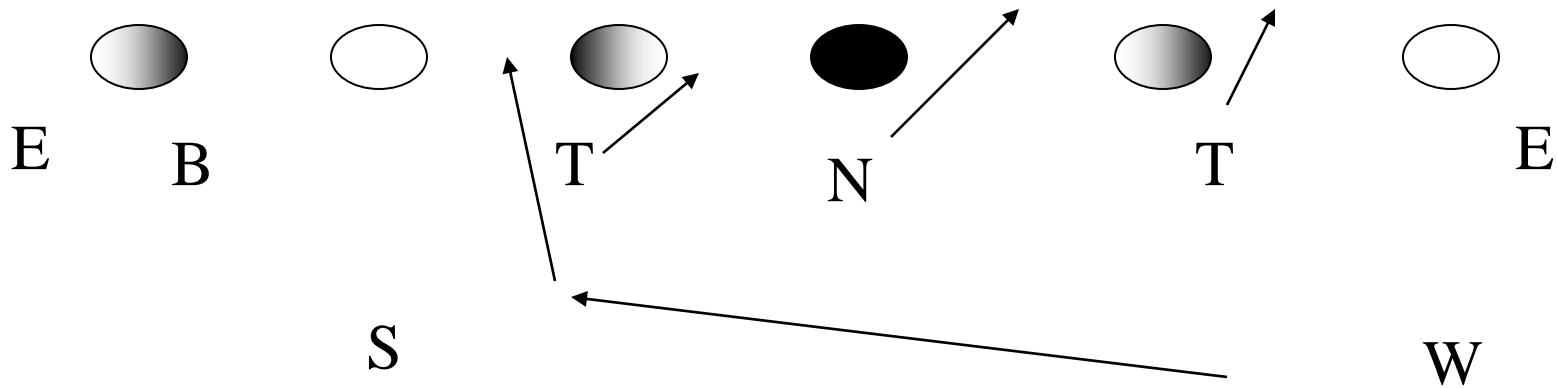
B BLUE - “B” is telling SAM to blitz the strong “B” gap.  
BLUE is telling WILL to fake a blitz through the weak “A” gap.

# B WHITE



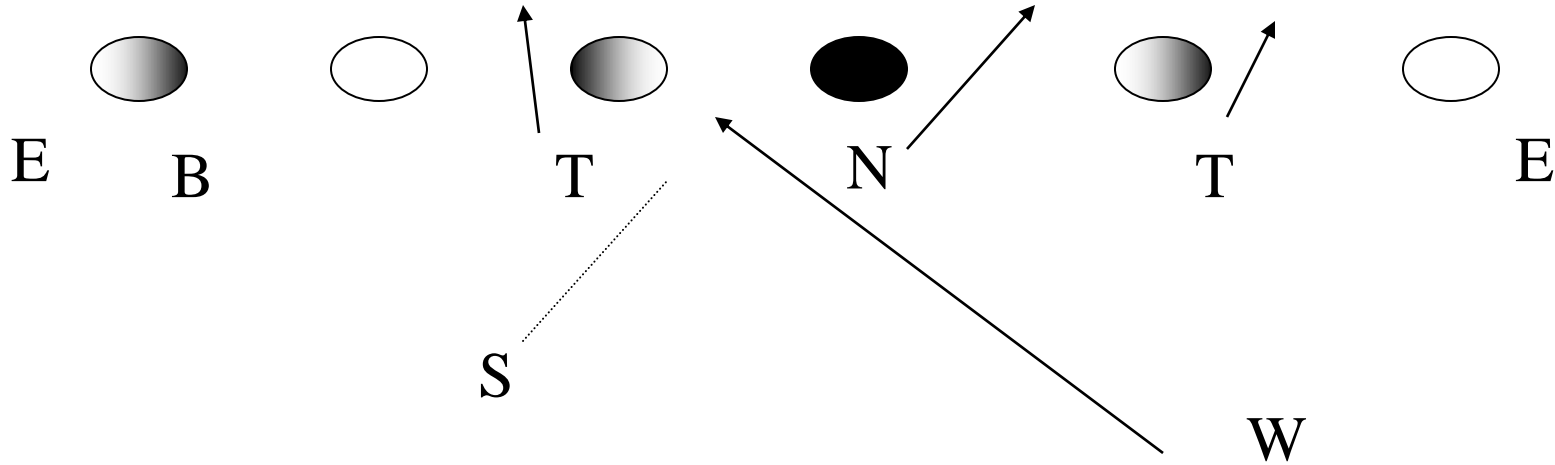
B WHITE - "B" tells SAM to blitz the strong "B" gap.  
WHITE tells WILL to have a normal alignment.

# WHITE B COVER 1



WHITE B -WHITE tells SAM to line up normal and read.  
B tells WILL to blitz the strong side "B" gap.

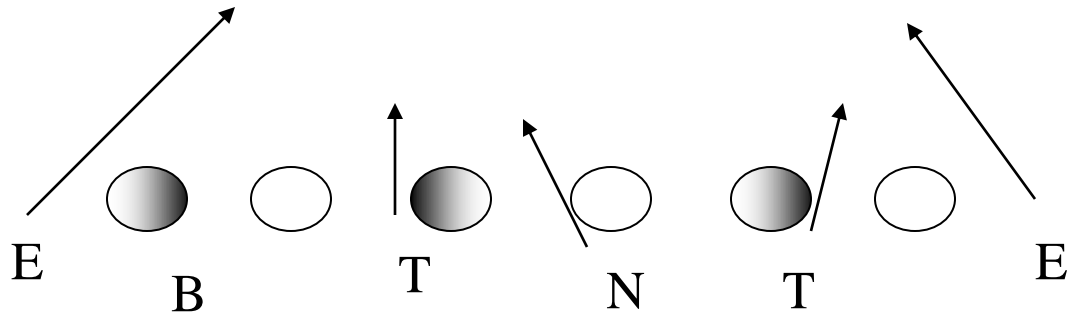
# RED A



RED A – “RED” tells SAM to fake blitz the A gap. “A” tells WILL to blitz the strong side “A” gap. This call distracts the offensive line by faking a blitz by SAM they will have their eyes on SAM. When the ball is snapped SAM does not blitz the “A” gap but WILL does blitz.

# BASIC FRONTS AND SUNTS

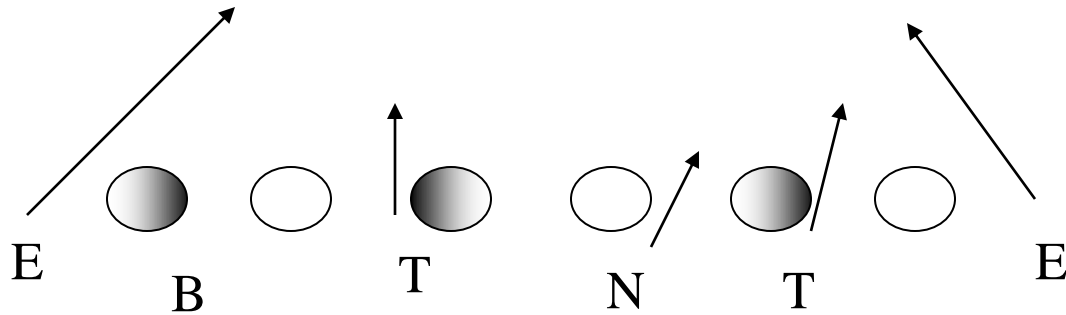
# BEAR



Bear is our base front. The Nose is head up on the center and will slant to the strong side “A” gap. We always call the strength by the tight end Side. If we see 2 TE’s we call the strength to the wide side of the field.

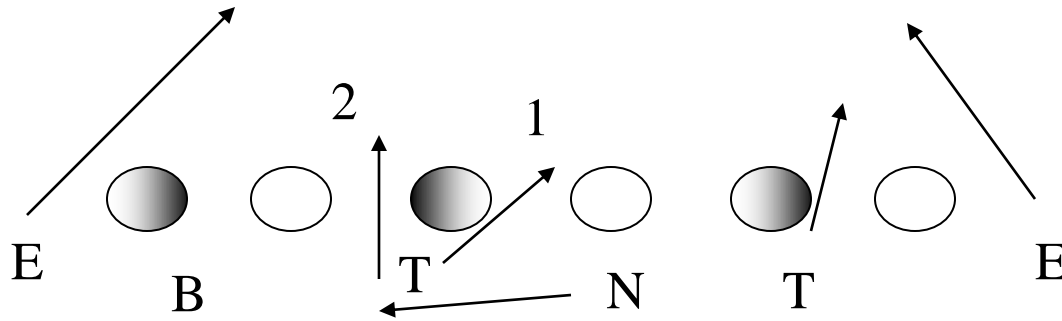
In BEAR the tackles line up on the outside shoulder of the guards. Bandit Is playing the 7 technique and the ends are outside the widest man on the line.

# CUB



CUB is our second base front. The Nose is head up on the center and will slant to the WEAK side “A” gap. The rest of the players will do the same thing as BEAR.

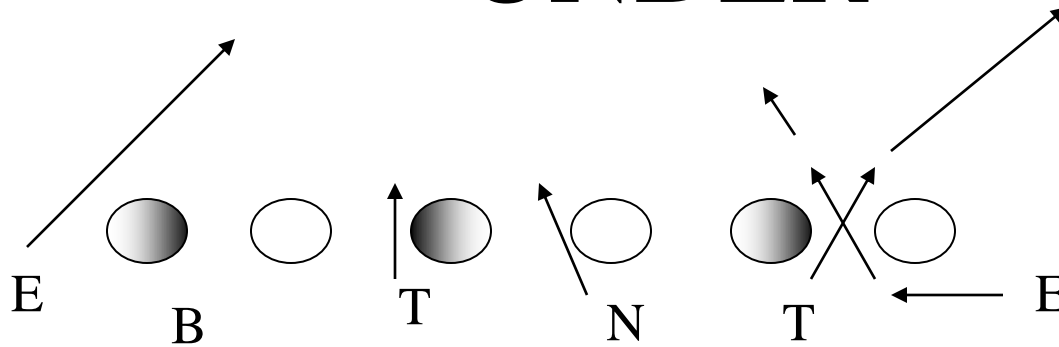
# TWIST



TWIST effects the strong side tackle and the nose. The strong tackle will line up outside the guard. On the snap he will rip to the inside of the guard into the “A” gap. The Nose is head up on the center and will stunt behind the strong tackle and into the strong “B” gap. The rest of the players will do the same thing as BEAR.

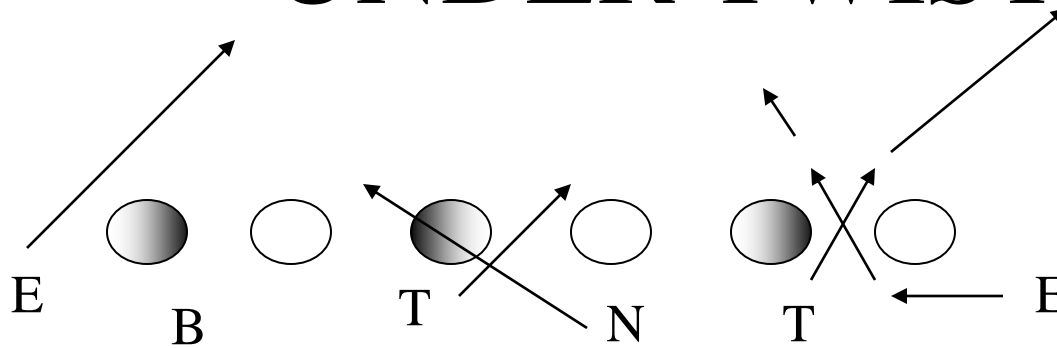


# UNDER



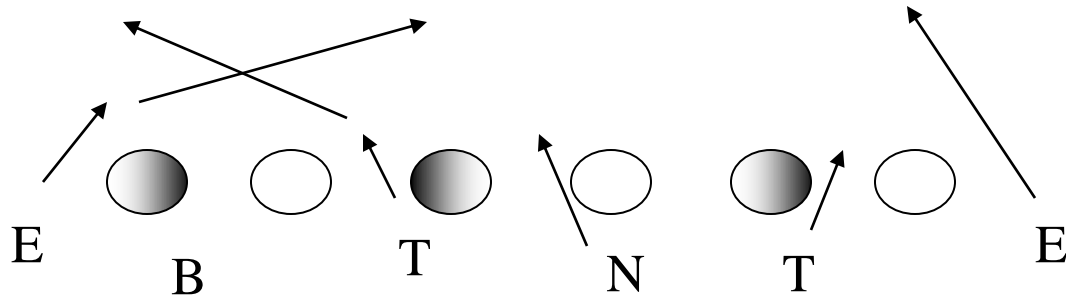
UNDER effects the WEAK side tackle and WEAK defensive end. The weak tackle will line up outside the guard. On the snap he will rip through the “B” gap and contain the run to his side. On pass plays his responsibility is being an outside pass rusher. The WEAK end will line up outside the offensive tackle. On the snap he will rip inside the OT and work through the “B” gap after the DT has left. The ends job on this play is to control the “B” gap and be an inside pass rusher. Everyone else will simply run a BEARS front call.

# UNDER TWIST



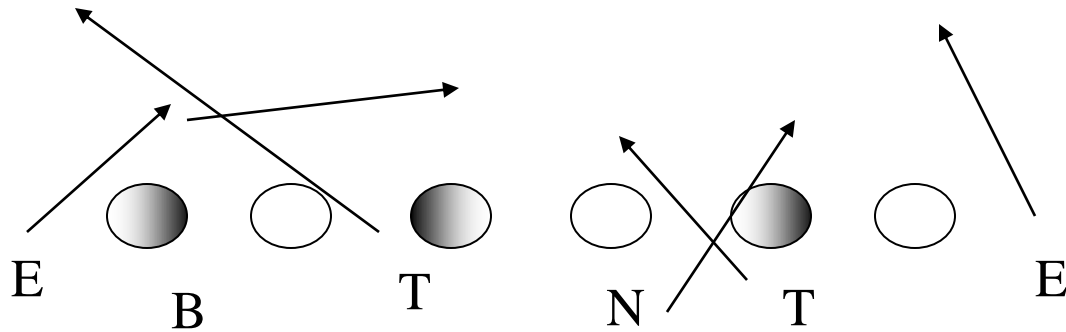
UNDER TWIST is where the weak side end and tackle switch responsibilities (under). The strong tackle rips through the ‘A’ gap while the nose pulls behind the strong tackle and moves through the strong ‘B’ gap.

# SWITCH



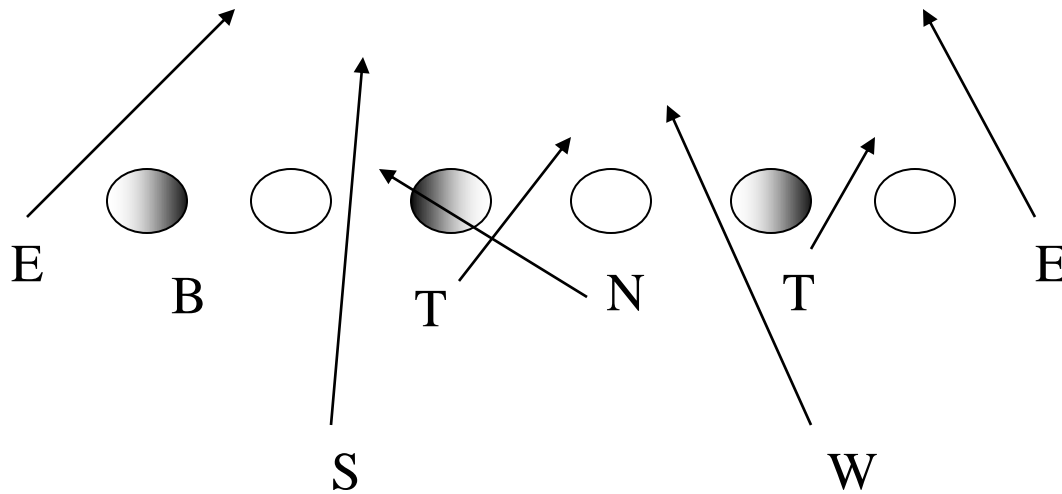
SWITCH is where the strong tackle becomes an outside pass rusher and the strong end becomes an inside pass rusher.

# ECHO SWITCH



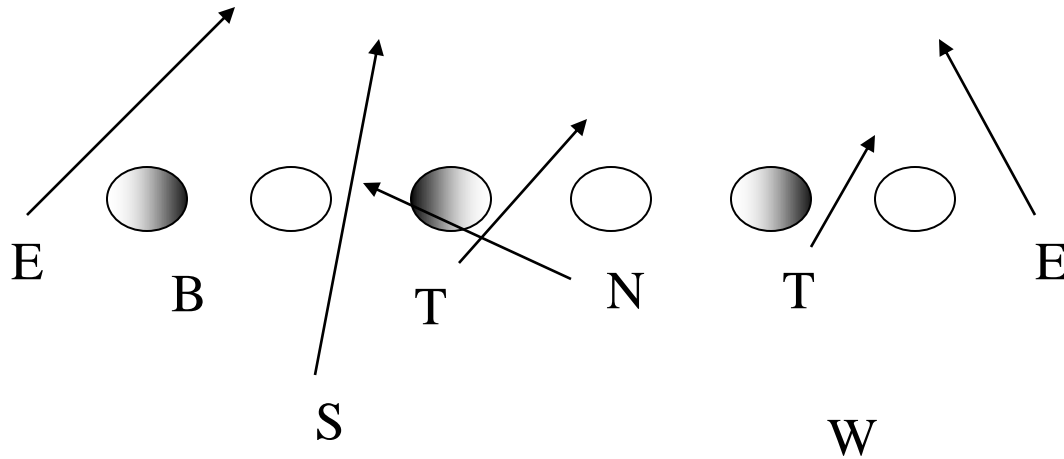
The nose and strong tackle run a twist stunt while the weak tackle and weak end run a switch stunt.

# TWIST B AA



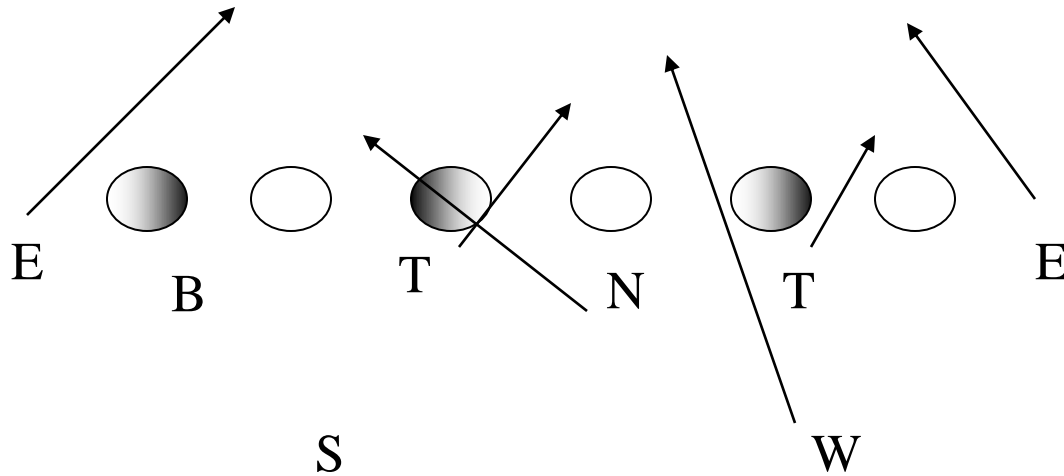
The twist stunt is ran by the strong tackle and the nose. The B and AA calls are linebacker blitzes. When we call two blitzes the first blitz call is assigned to the SAM and the second call is for WILL. In this case SAM is doing a B blitz (strong side “B” gap) and WILL is doing a AA blitz (weak side “A” gap) .

# TWIST B WHITE



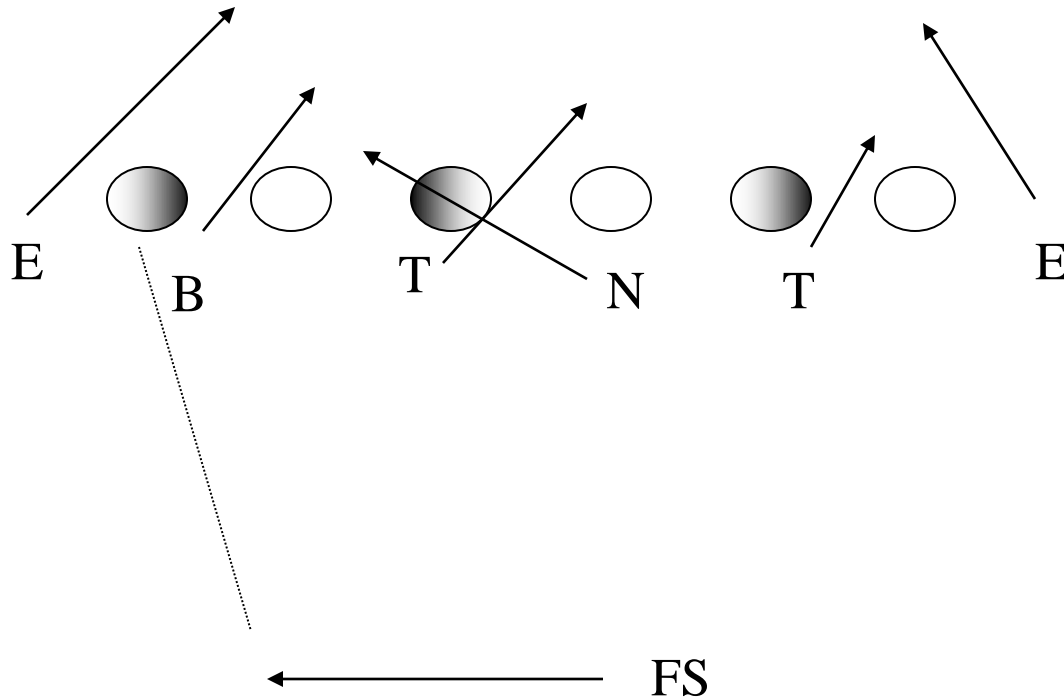
The strong tackle and nose are running a twist stunt. SAM is blitzing through the “B” gap since we have called 1. WHITE tells WILL to play normal.

# TWIST WHITE AA



The strong tackle and nose are running a twist stunt. SAM has been told to play normal. WILL has been told to blitz the weak “A” gap.

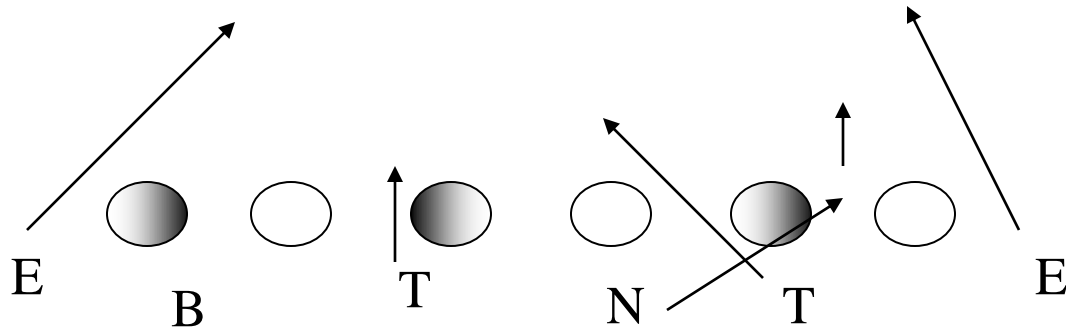
# TWIST BANDIT



The strong tackle and the nose run a twist stunt. BANDIT will blitz through the “C” gap. The FS will now pickup the TE and play him man to man.

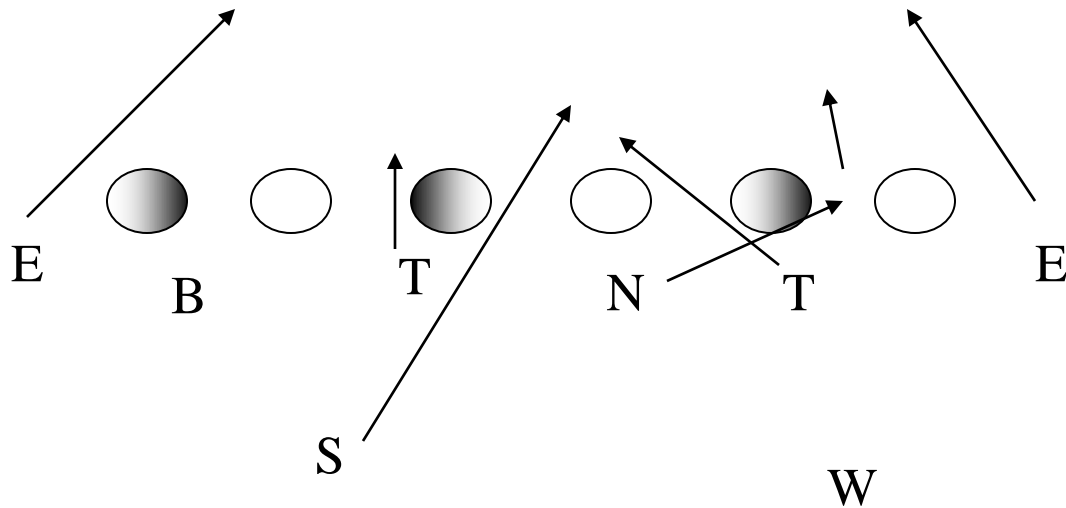


# ECHO



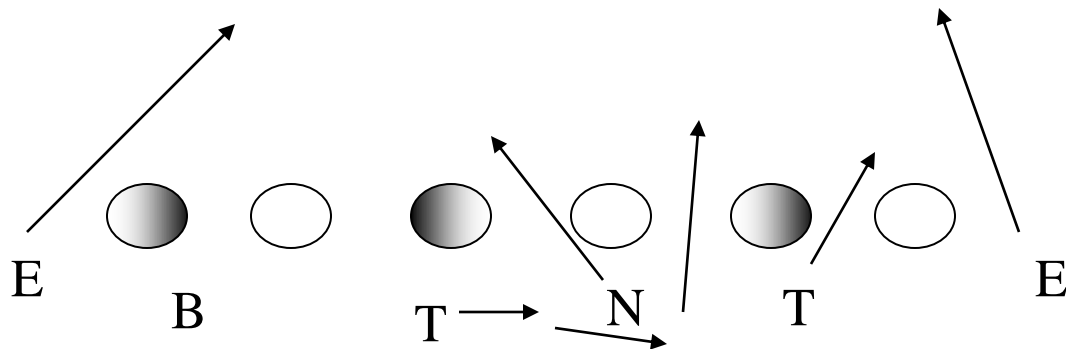
ECHO is where the nose and the WEAK tackle will cross and switch gap Responsibilities. The WEAK tackle will rip into the “A” gap first. The nose will pull around the WEAK tackle and go through the WEAK “B” gap. Another way to describe this stunt is a WEAK TWIST.

# ECHO A WHITE



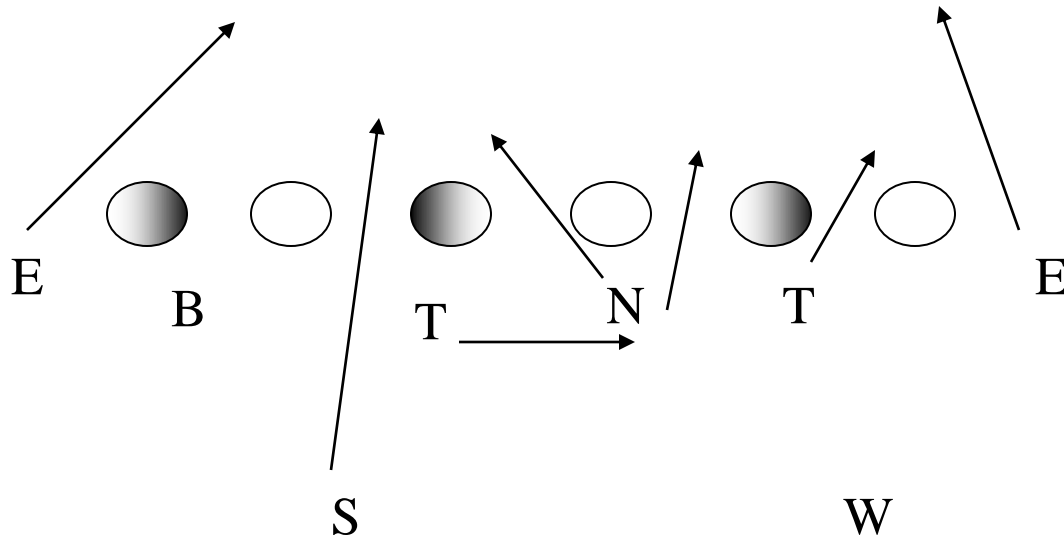
The WEAK tackle and the nose run a echo stunt. Sam will blitz through the Strong "A" gap.

# BEAR LOOP



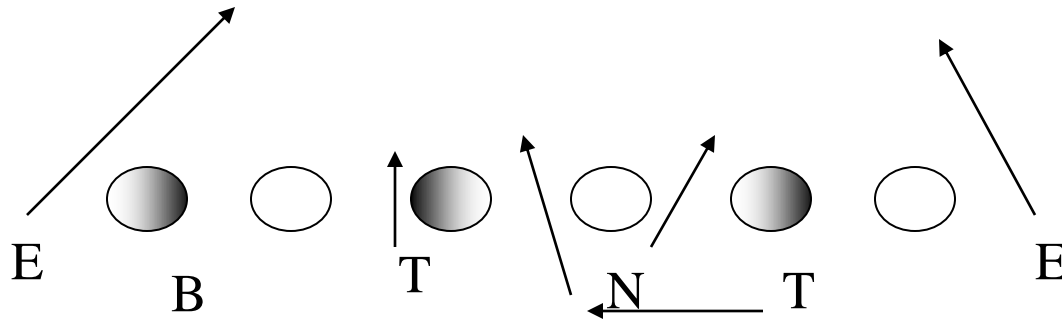
BEAR LOOP calls for the nose to stunt through the strong side “A” gap. The strong side tackle will take one step strait forward toward the guard. Then he will loop behind the nose for an inside rush.

# LOOP B RED



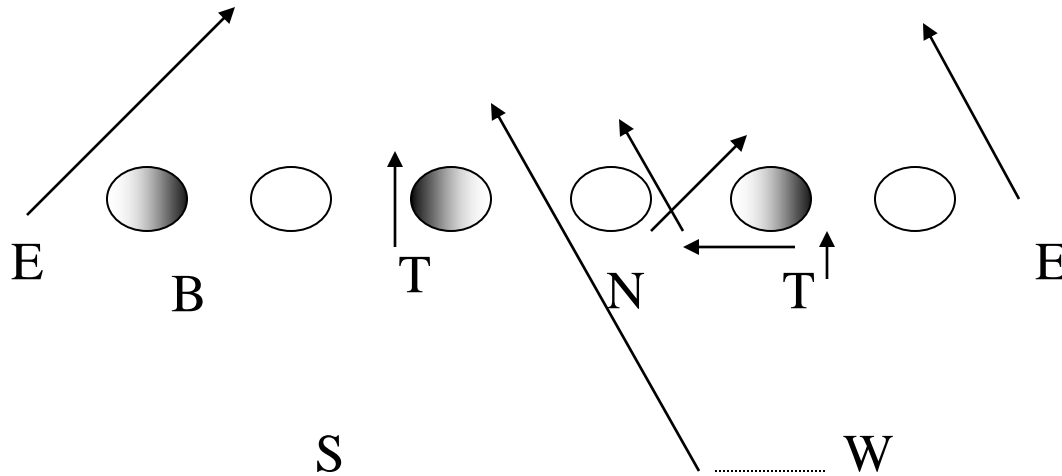
LOOP calls for the nose to stunt through the strong side "A" gap. The strong side tackle will take one step straight forward toward the guard. Then he will loop behind the nose for an inside rush. SAM will blitz through the "B" gap. WILL is going to fake a blitz in the weak "A" gap.

# ROPE



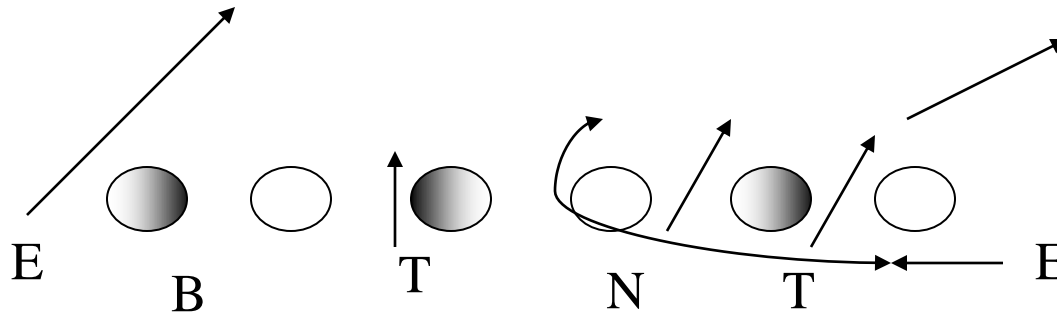
ROPE is where the nose rips through the WEAK “A” gap. The WEAK tackle will take a forward step toward the guard, then rip around the nose tackle and into the “A” gap. This stunt can be described as a weak side LOOP.

# ROPE WHITE A



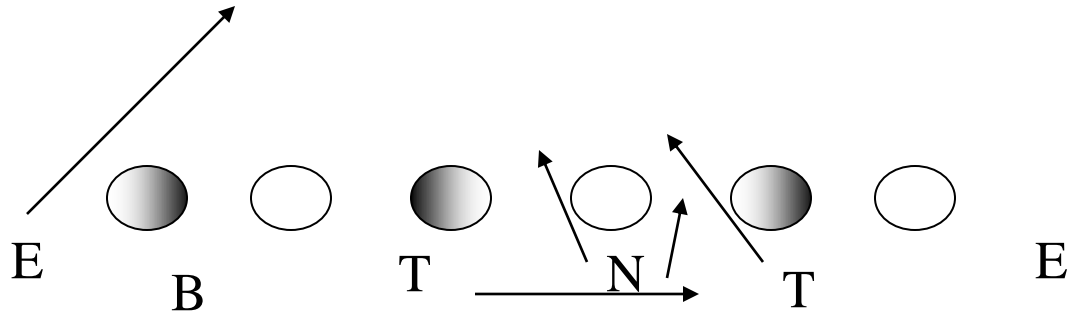
Weak side tackle and the nose run a ROPE call. WILL blitzes through the weak “A” gap due to the WHITE A call.

# CUB GUT



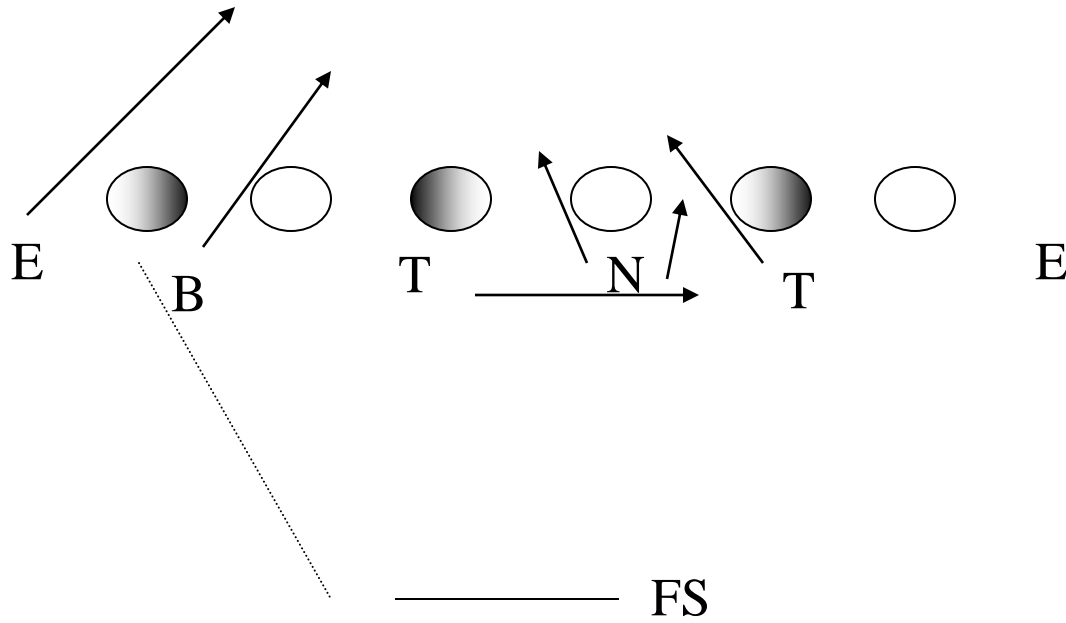
CUB GUT calls for the WEAK end to pull behind the WEAK tackle and the nose. The WEAK end is to work his way to the strong side “A” gap. The WEAK tackle would now have contain if you face any run play to the WEAK side.

# BEAR SIN

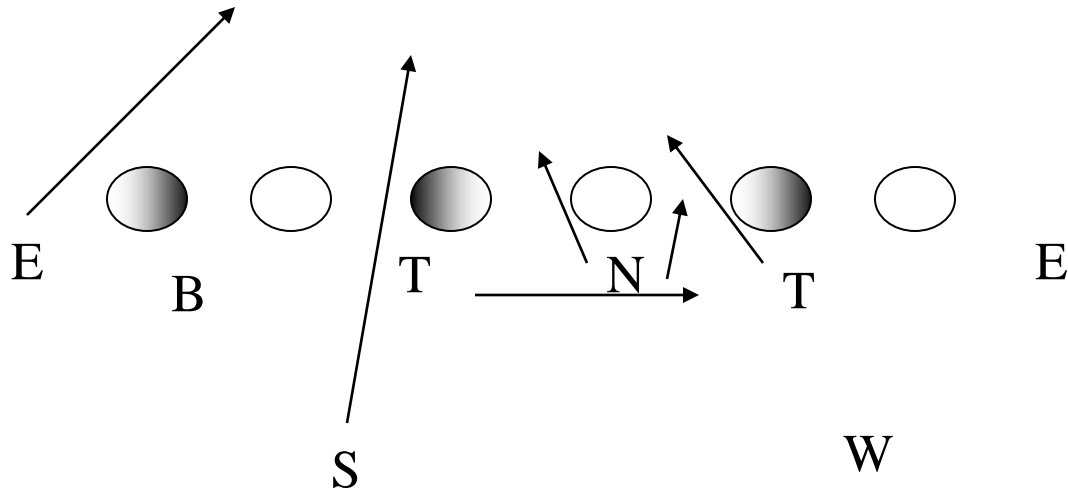




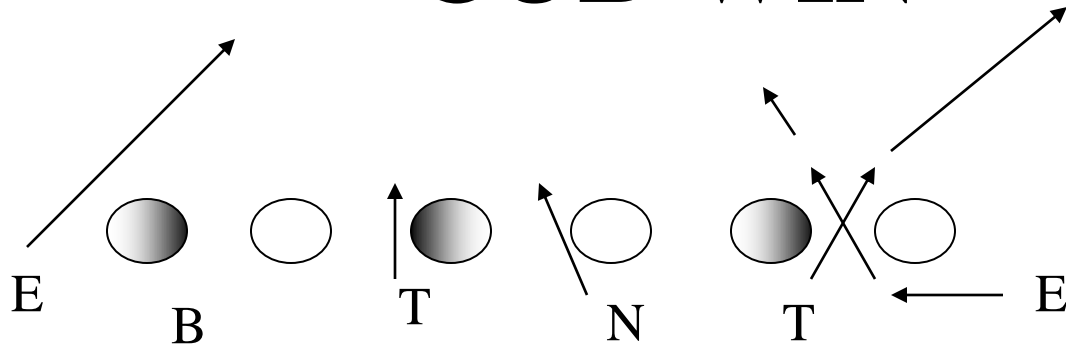
# BEAR SIN BANDIT



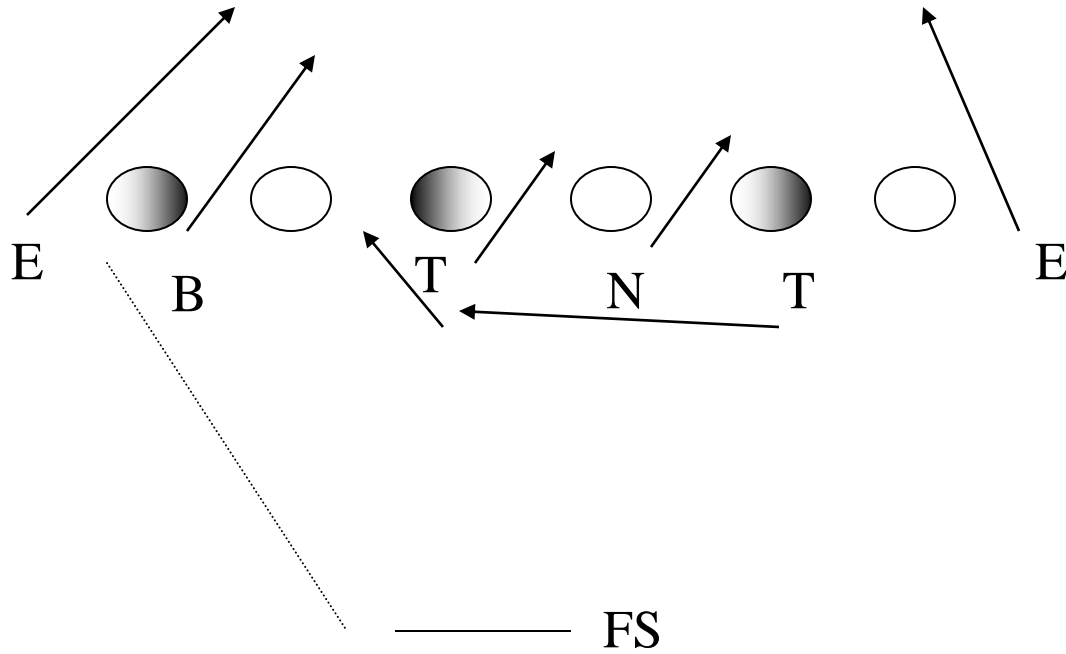
# BEAR SIN B WHITE



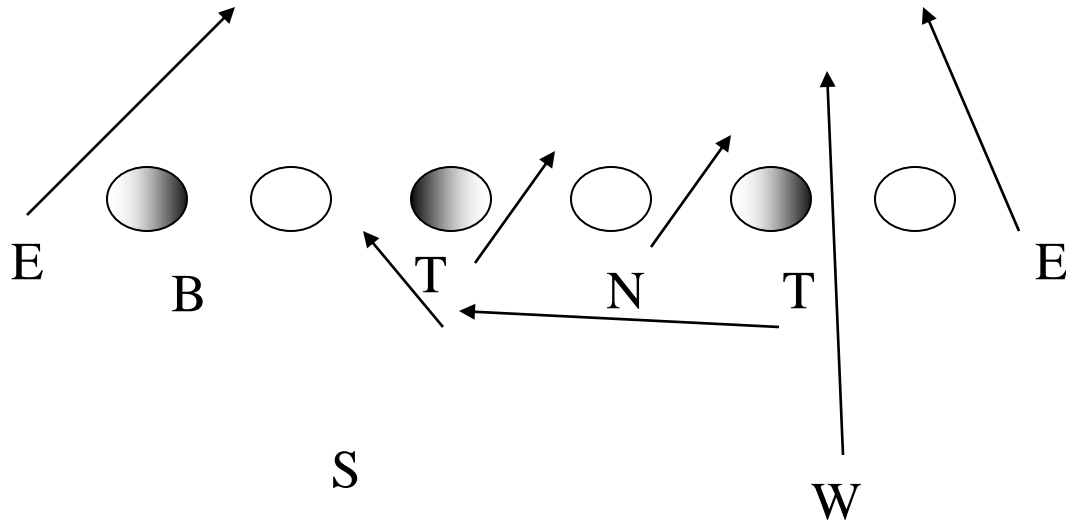
# CUB WIN



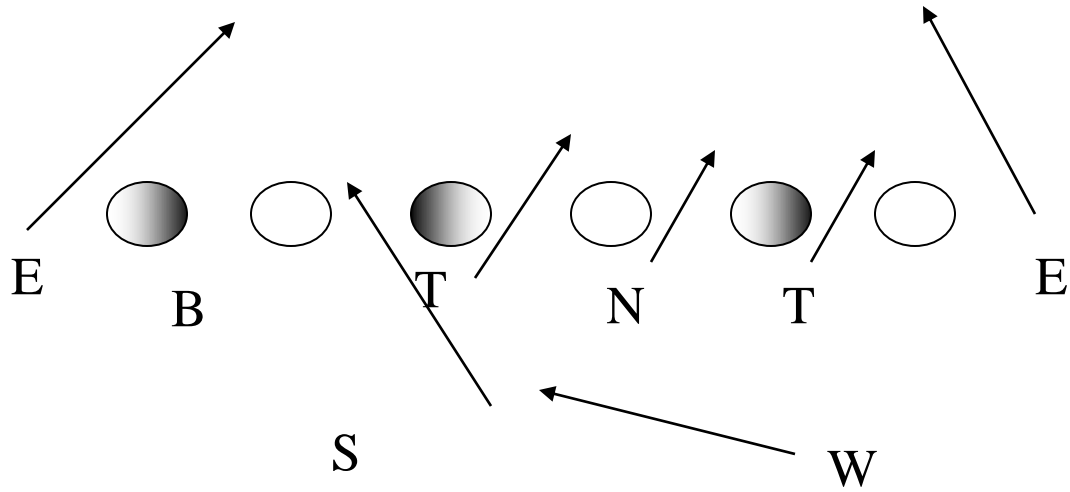
# CUB WIN BANDIT



# CUB WIN WHITE BB



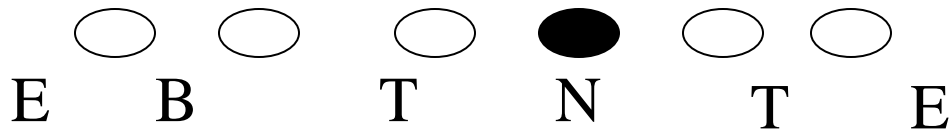
# CUB WHITE B



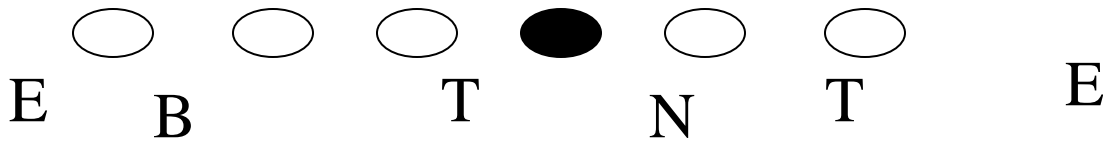
# SLIDING

- Slide for a new look/confuse offensive line
- Slide to plug an option team
- Slide when the opponent has a huge tendency

# Sliding

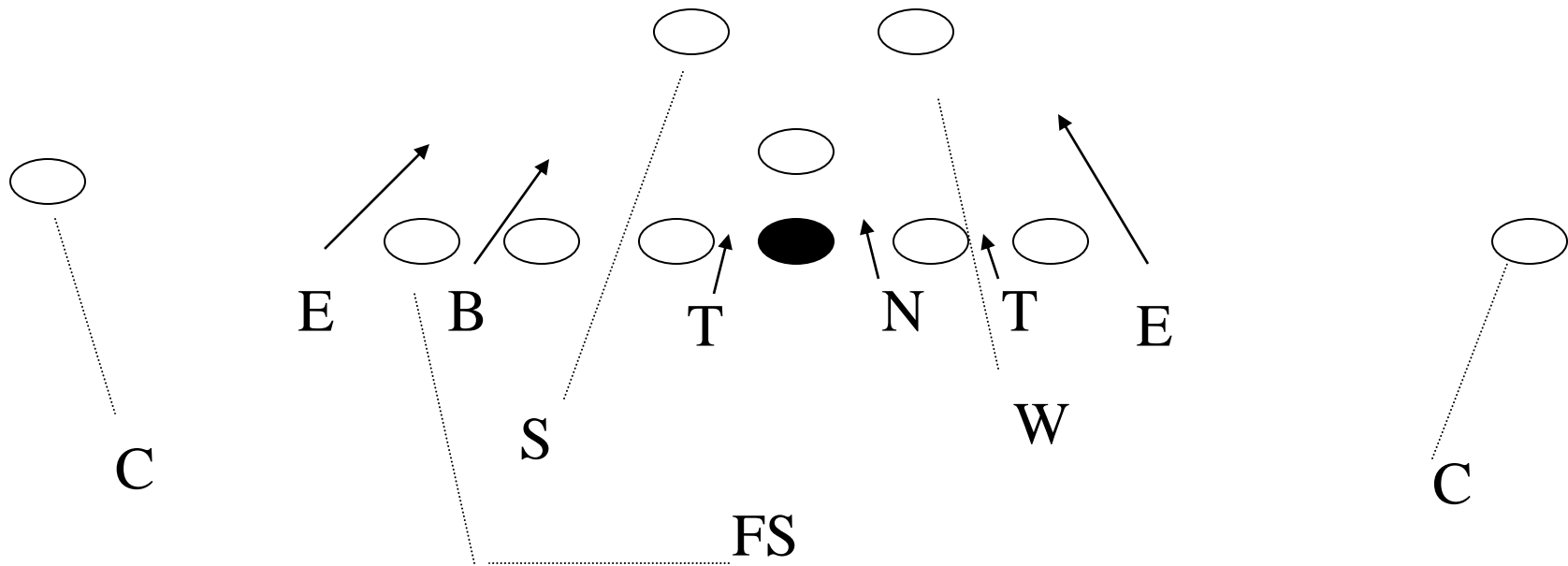


Above you see how we normally line up in our 46 look. The diagram below shows how we slide to the weak side. Teams are always out manned to the strong side versus the 46 and are forced to run weak side. A weak side slide will give the offense a new look.





# SLIDE WEAK BANDIT COVER ONE

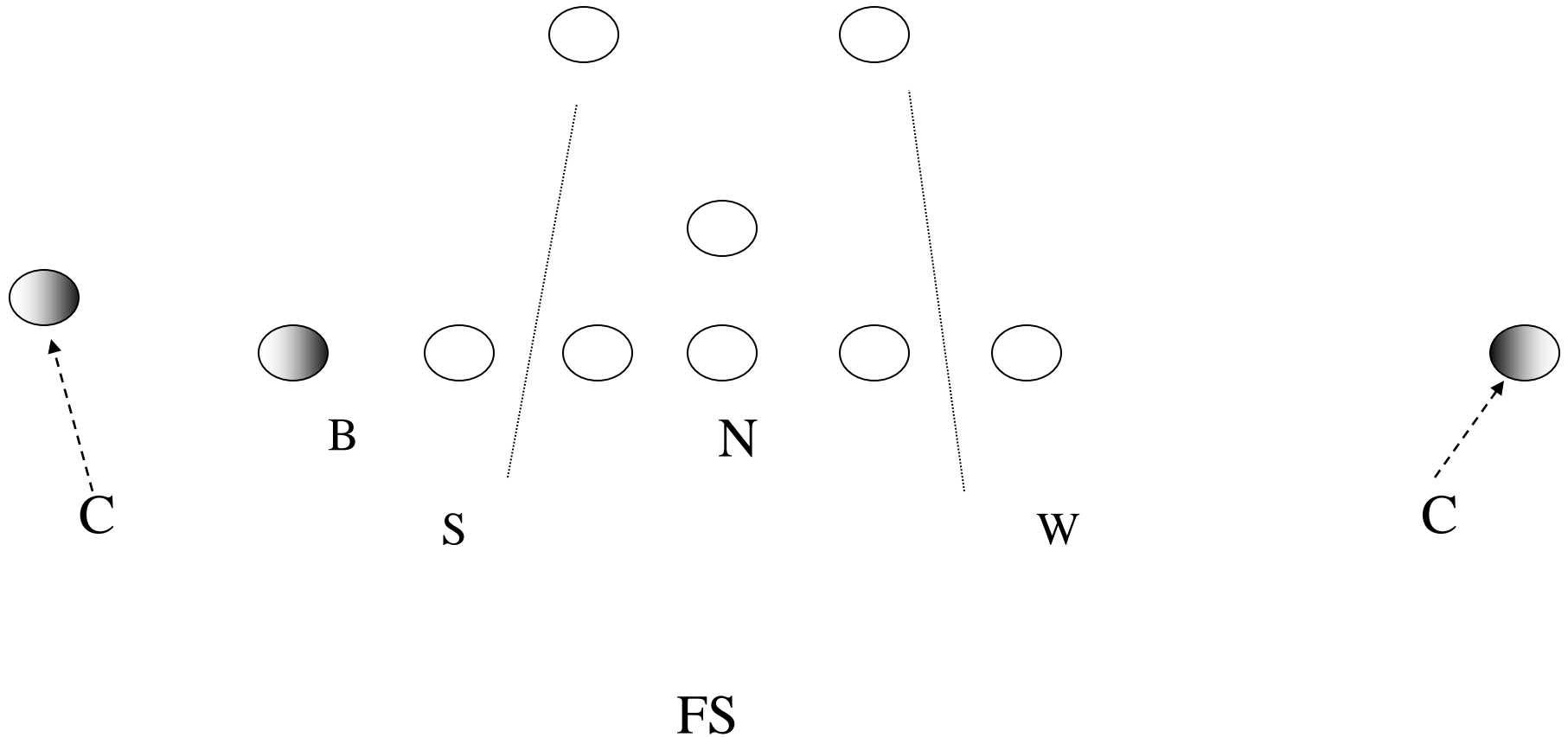


SLIDE WEAK COVER ONE-slide weak tells the TNT's to line up in a different technique. "Bandit" is simply blitzing the Bandit through the "C" gap and requires the FS to cover the TE. Cover 1 tells the corners they have man to man coverage on their receivers.

# BASIC COVERAGE PACKAGE

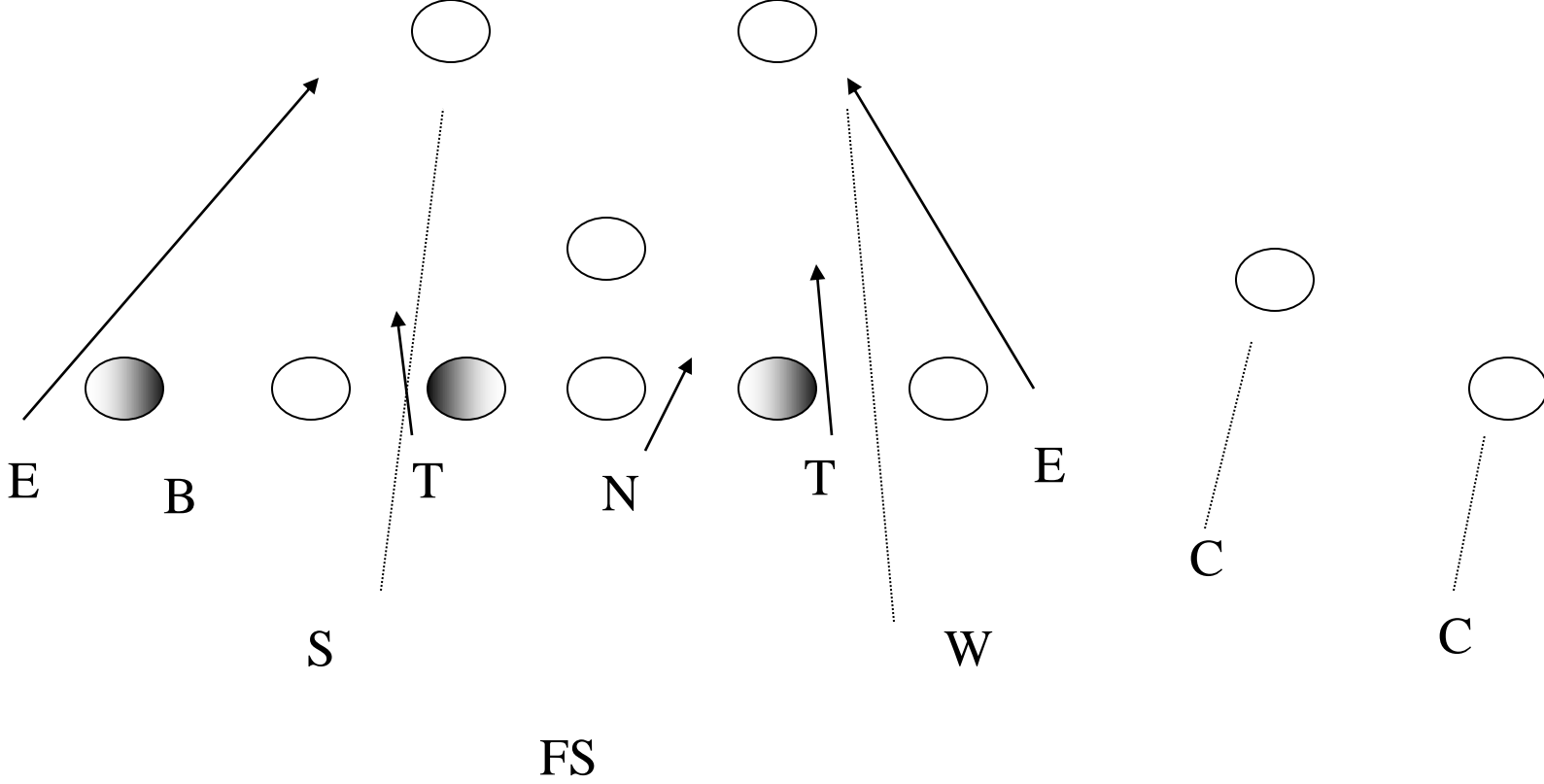
- COVER ONE
- COVER TWO (ROLL)
- DOUBLE COVERAGE
- SPY

# COVER ONE

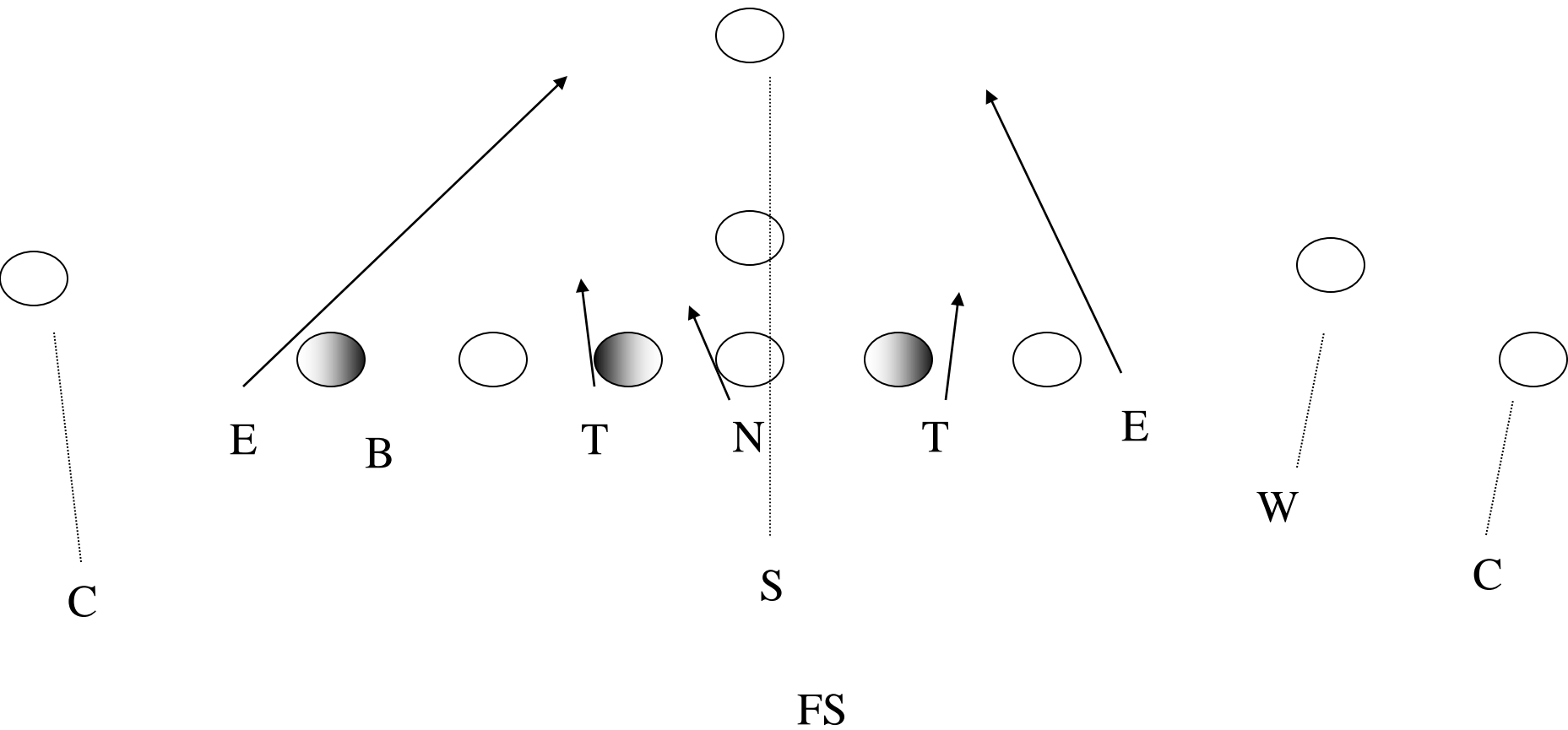


In COVER ONE the FS plays the middle of the field helping over the top while the corners play the wideouts. Sam and will have the running backs man to man. The Bandit covers the TE man to man.

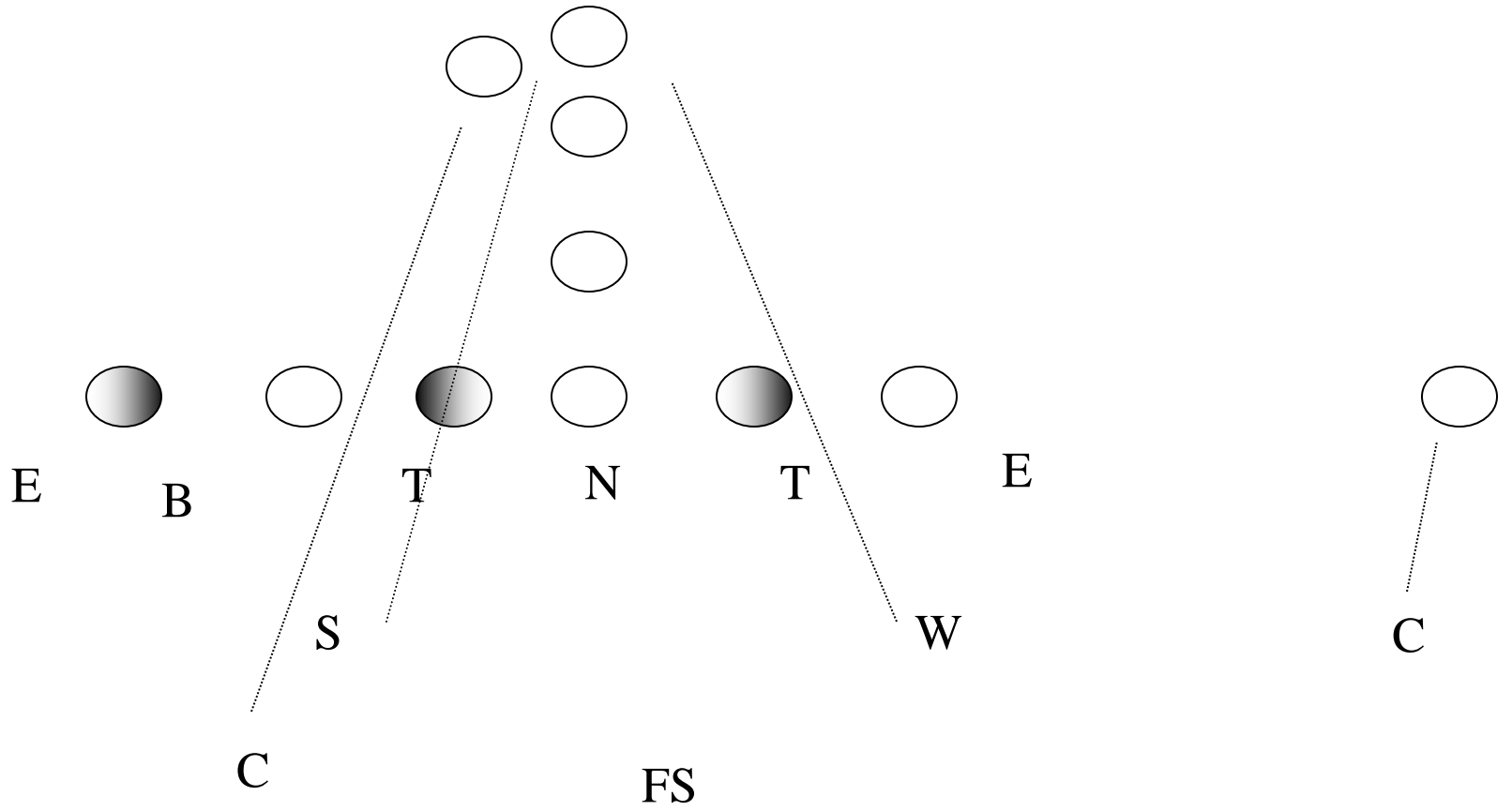
# CUB COVER ONE



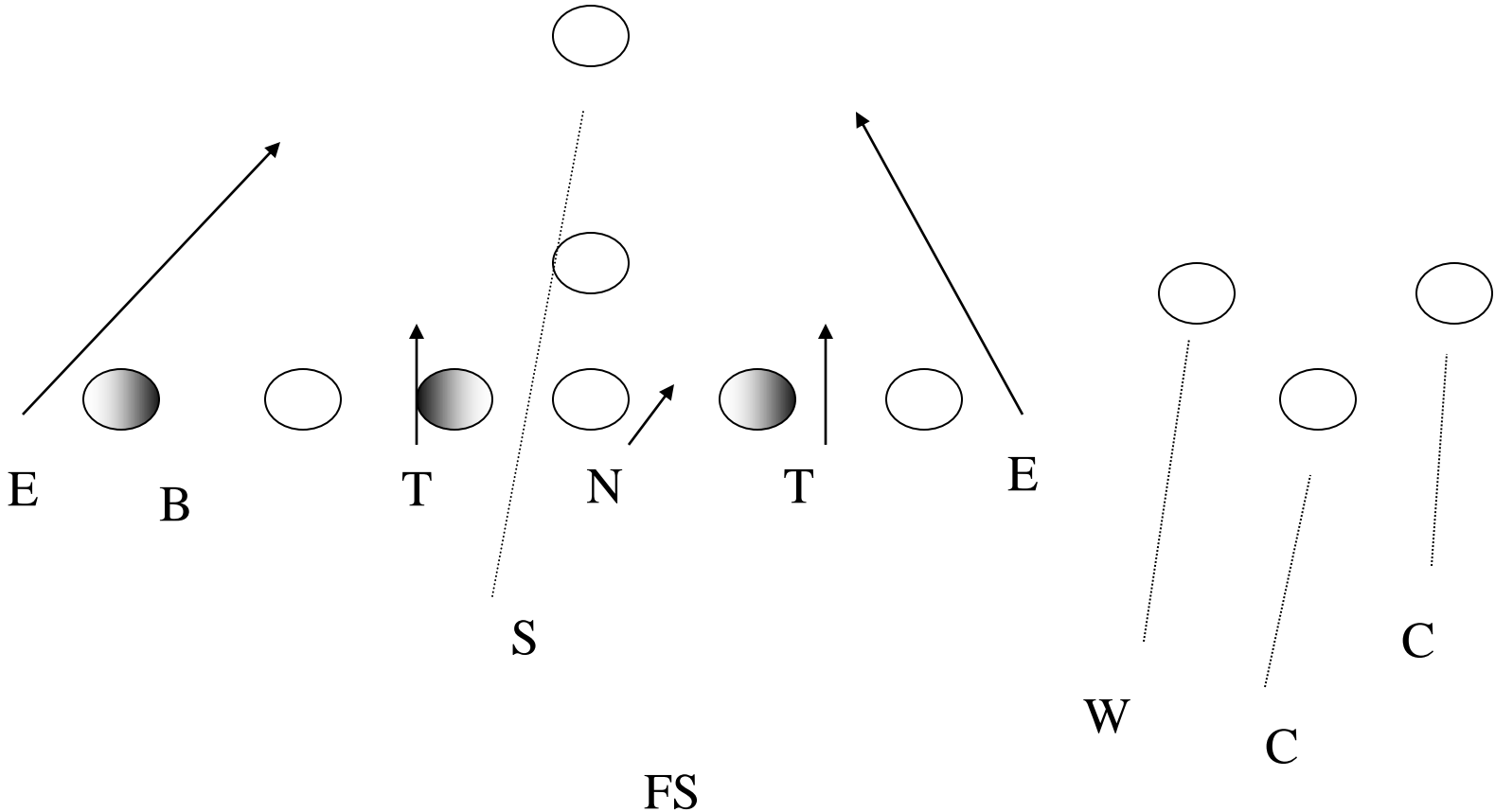
# BEAR COVER ONE



# BEAR COVER ONE



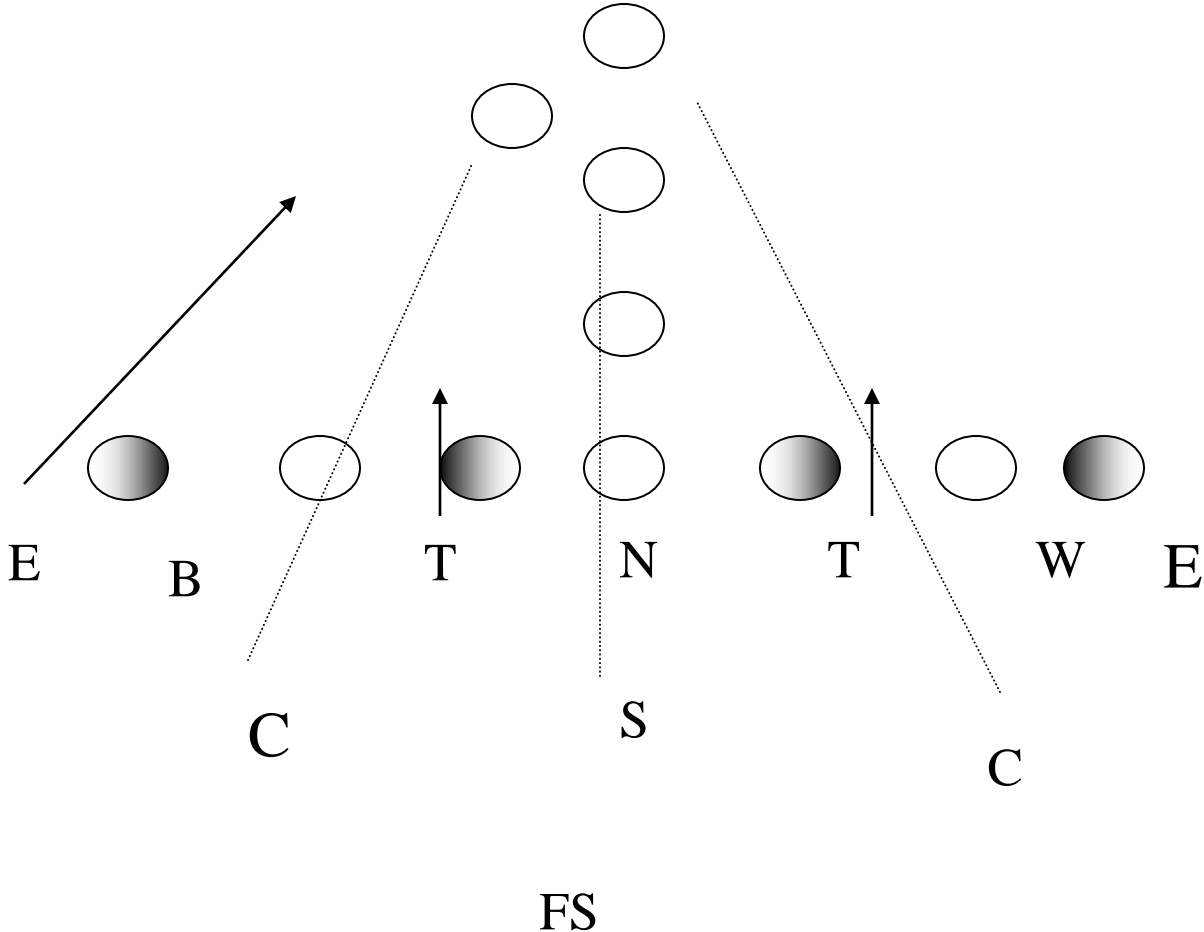
# CUB COVER ONE



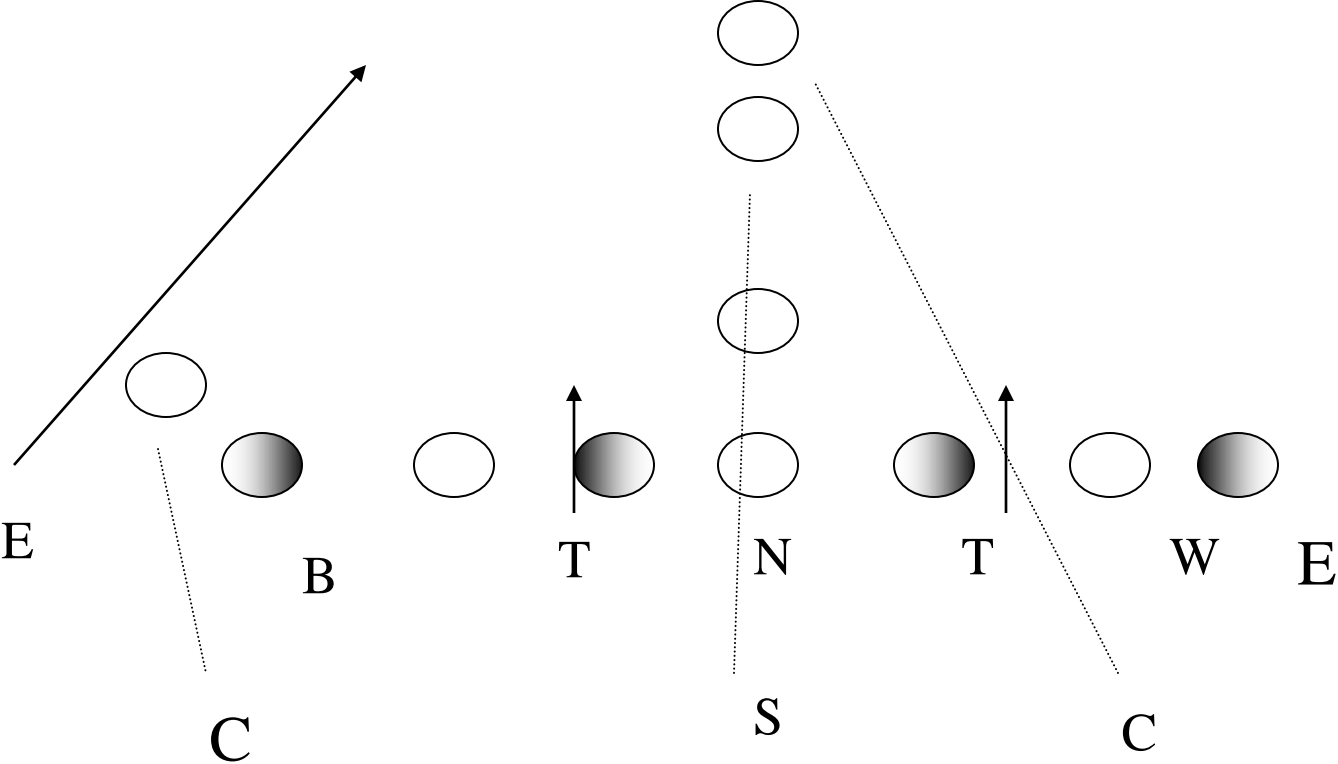




# COVER ONE

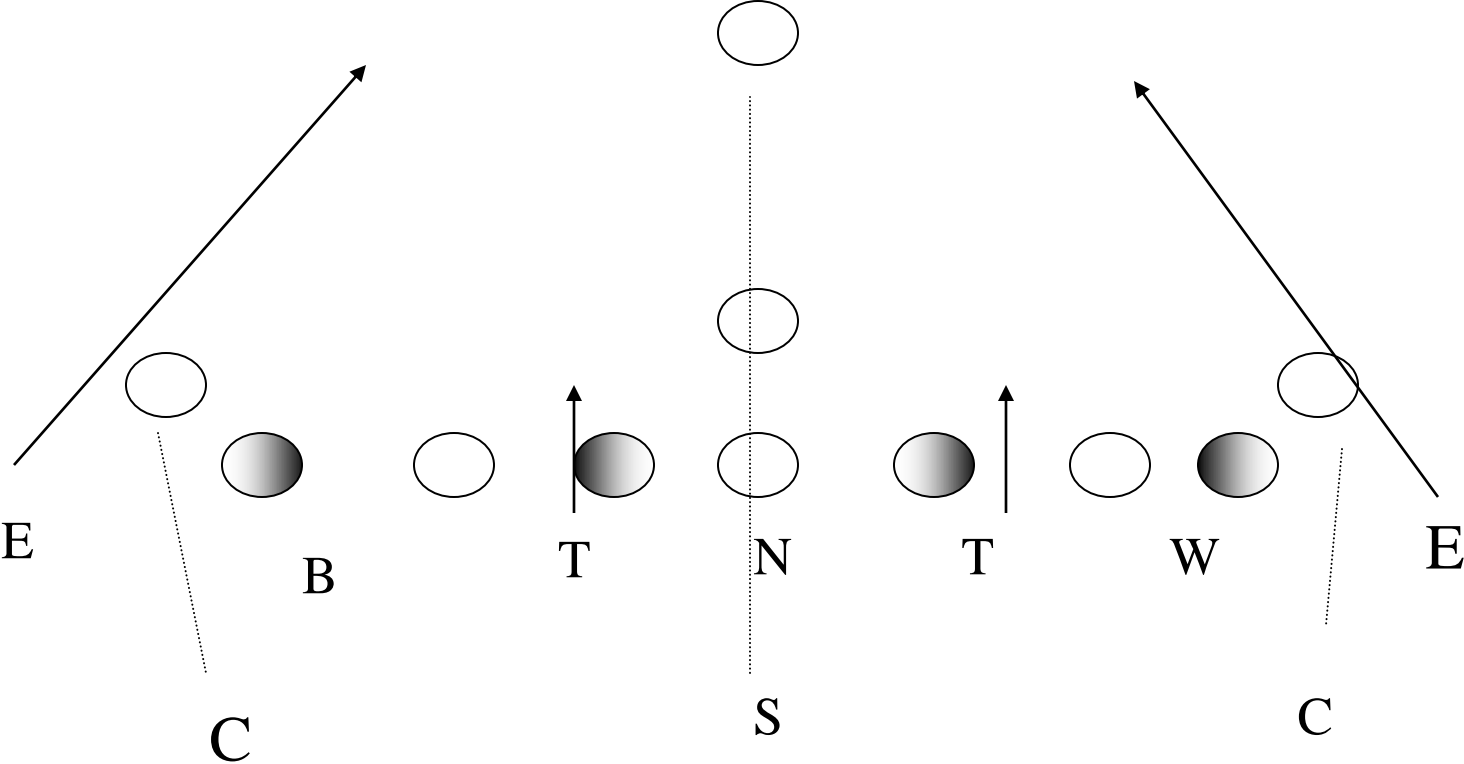


# COVER ONE



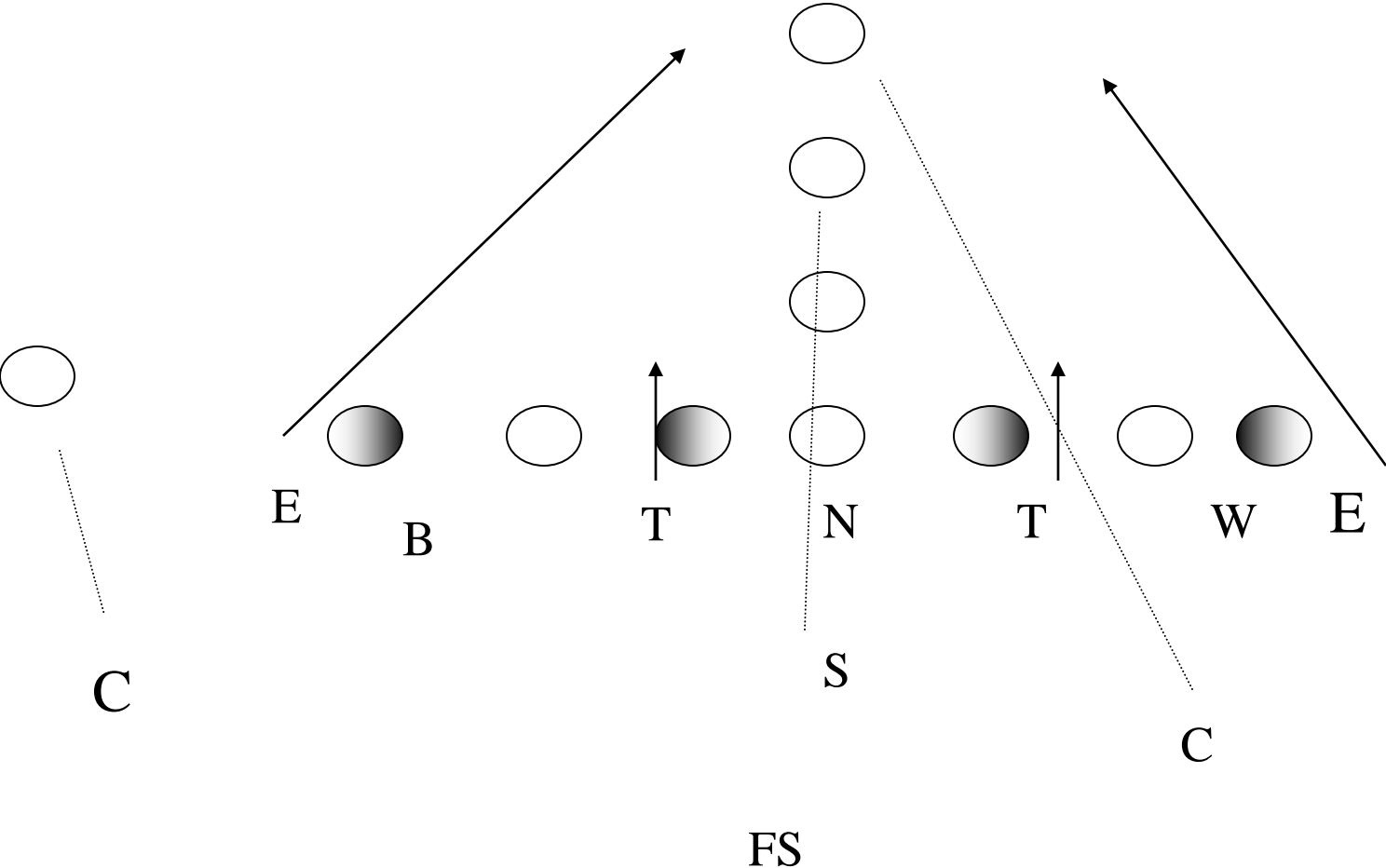
FS

# COVER ONE

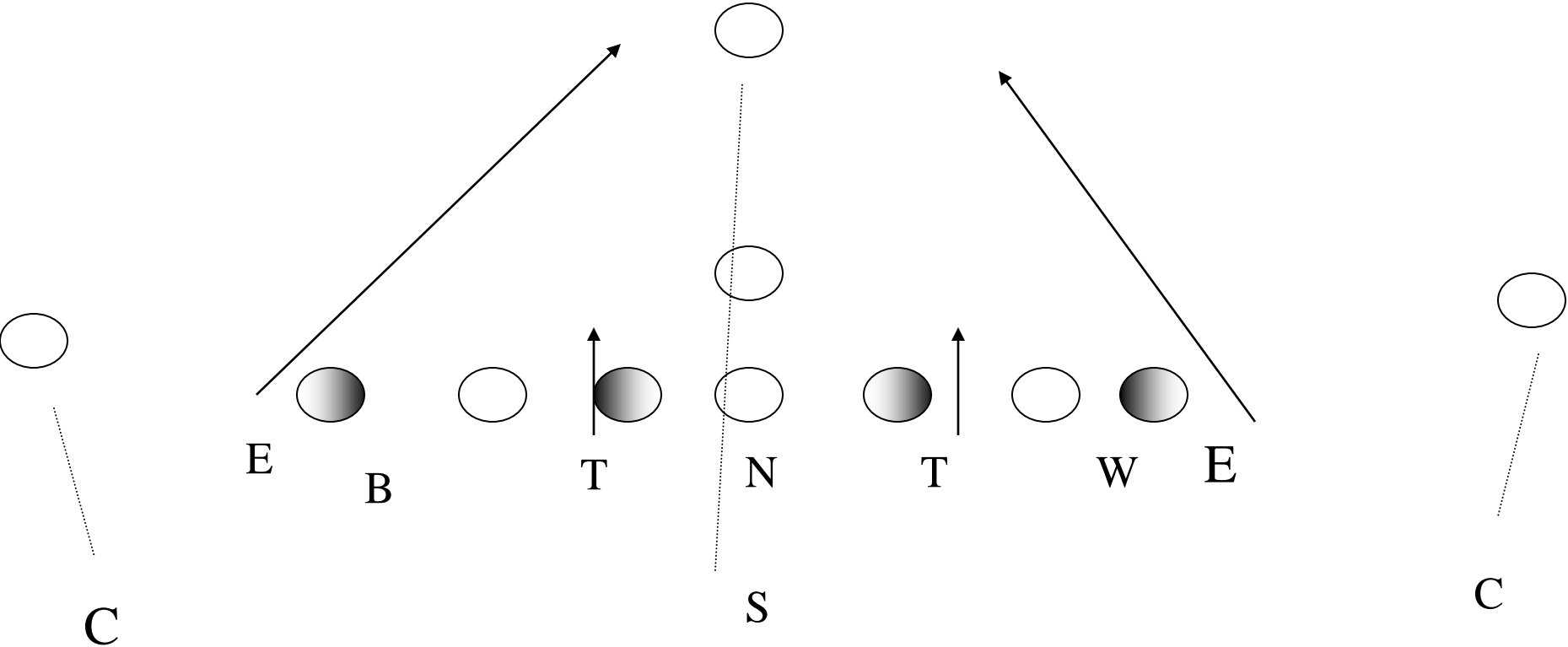


FS

# COVER ONE

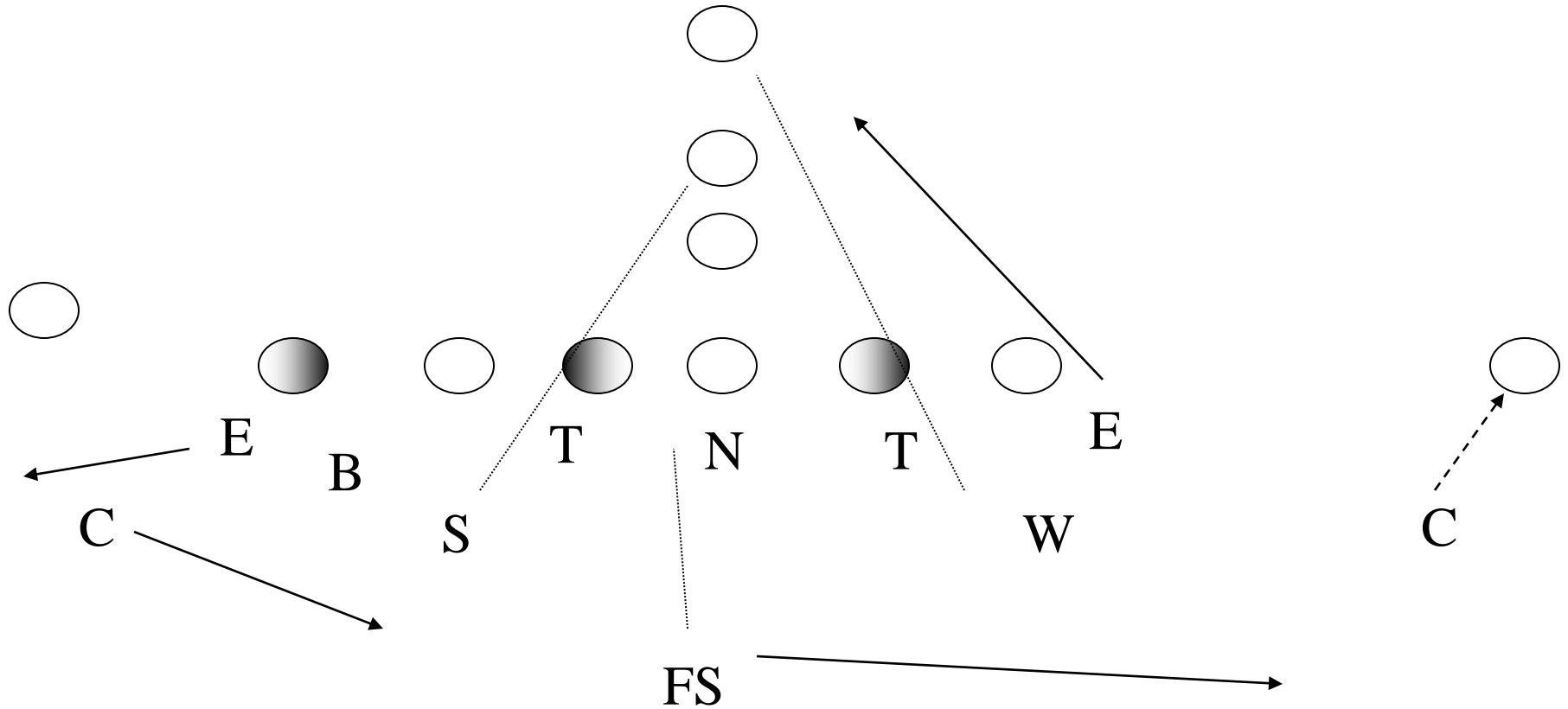


# COVER ONE



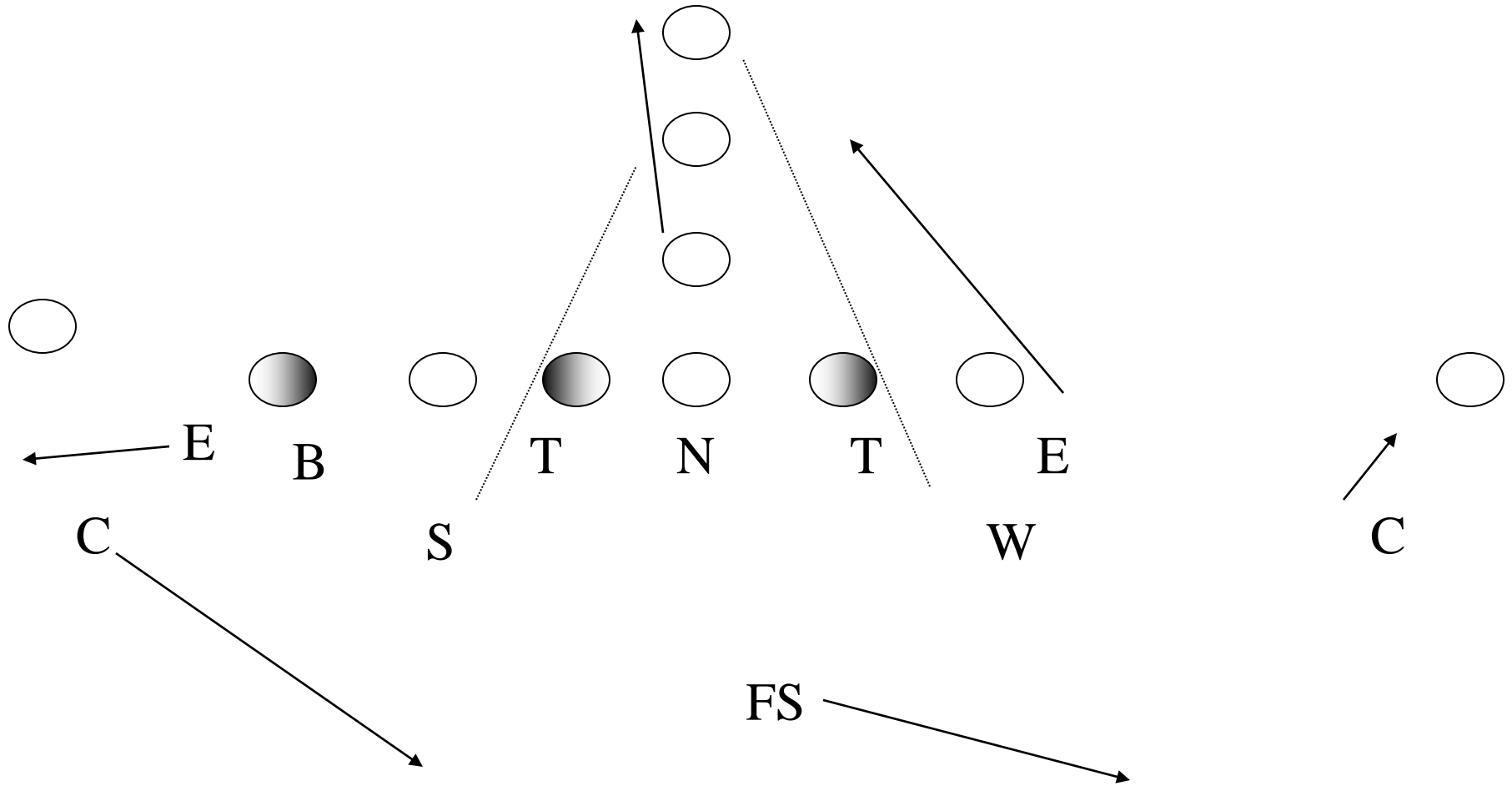
FS

# COVER TWO (ROLL)



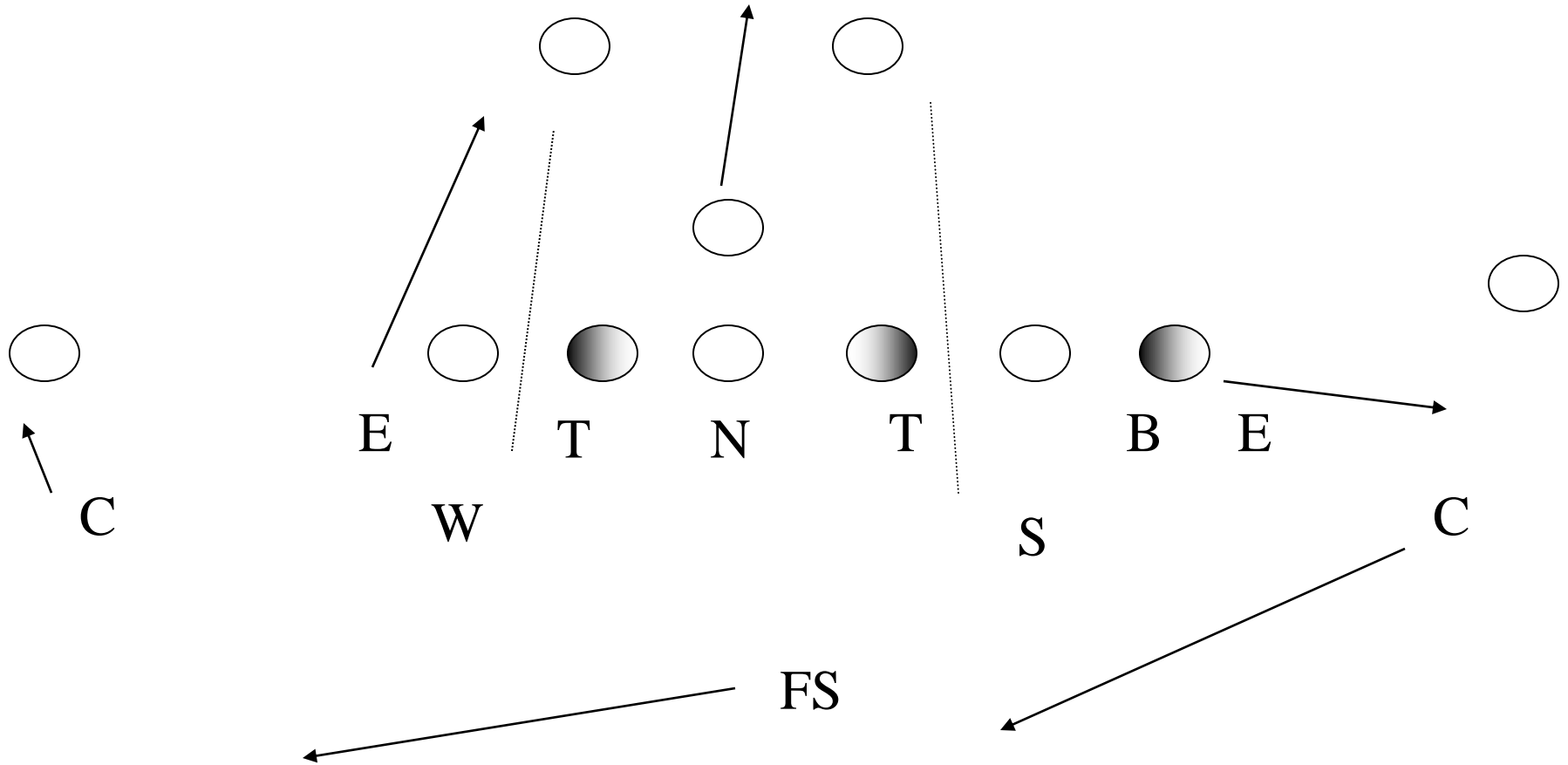
This is mainly used against double width formations for example three wide or the spread. We run the roll coverage to assist the corner so he is not on an island the whole game. The defense only rolls if they see pass.

# COVER TWO (ROLL)



The strong end will drop and cover the flat. The strong corner and FS have deep  $\frac{1}{2}$ . The weak corner will have the flat. SAM, WILL, and BANDIT will play man to man.

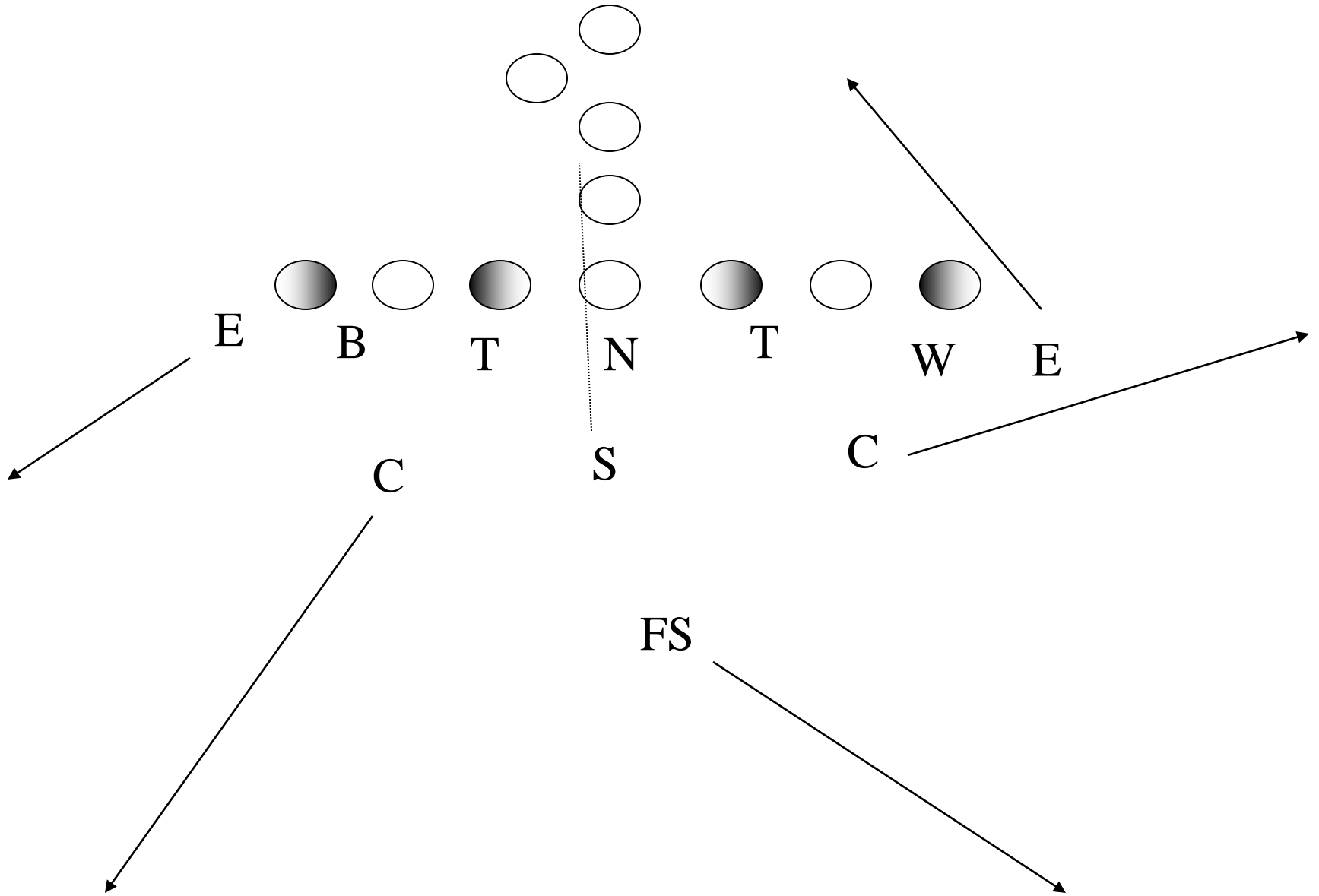
# COVER TWO (ROLL)



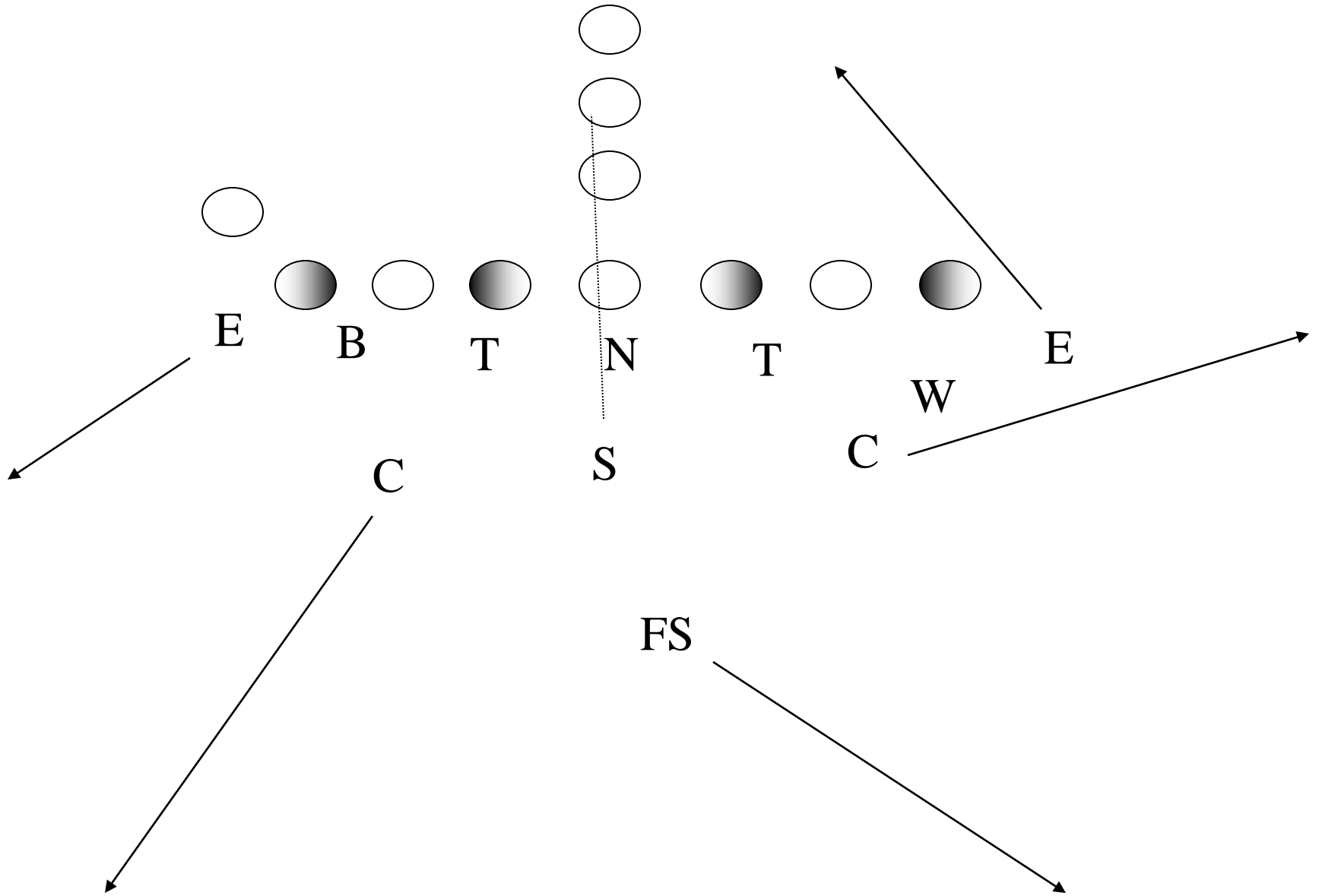
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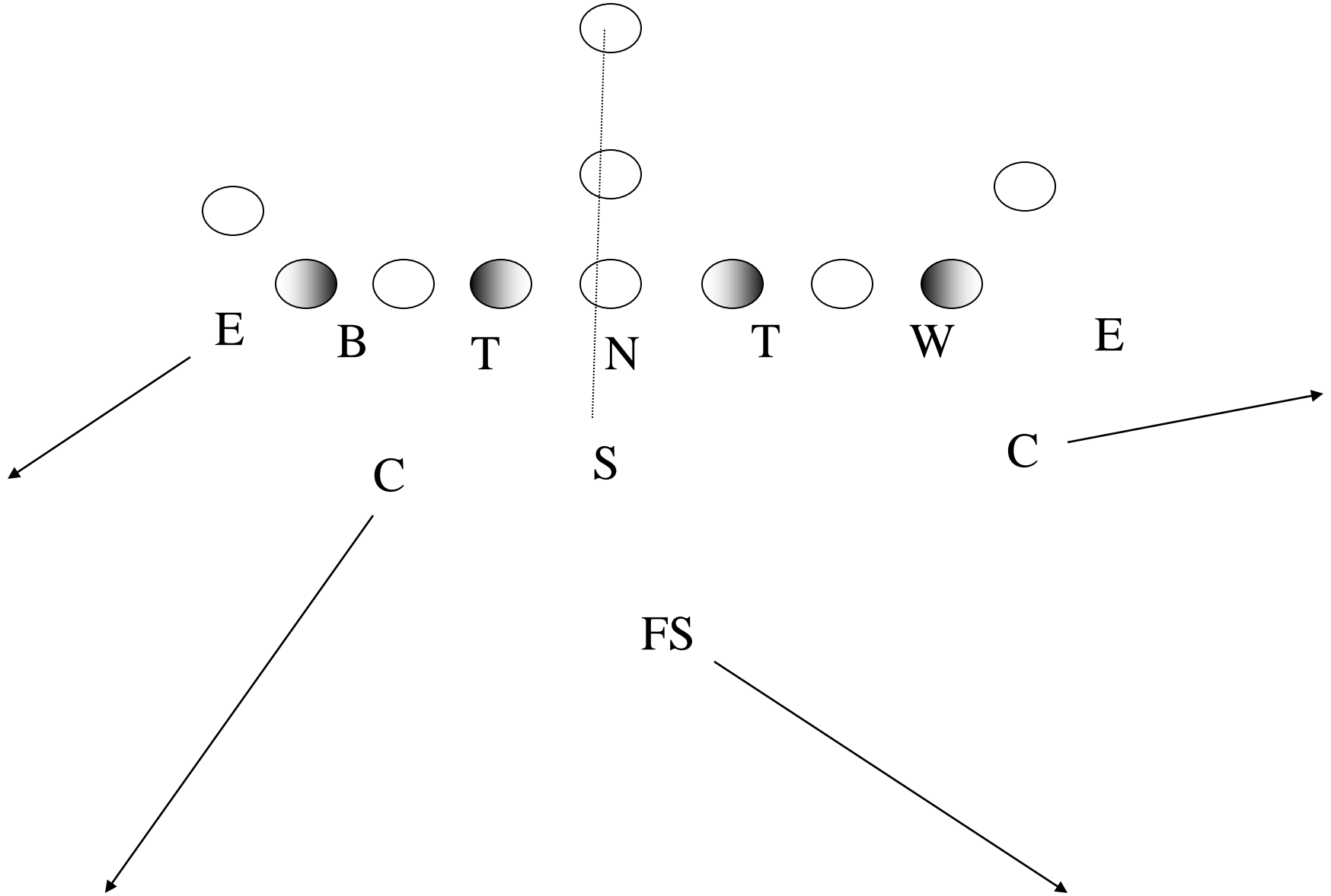
# COVER TWO (ROLL)



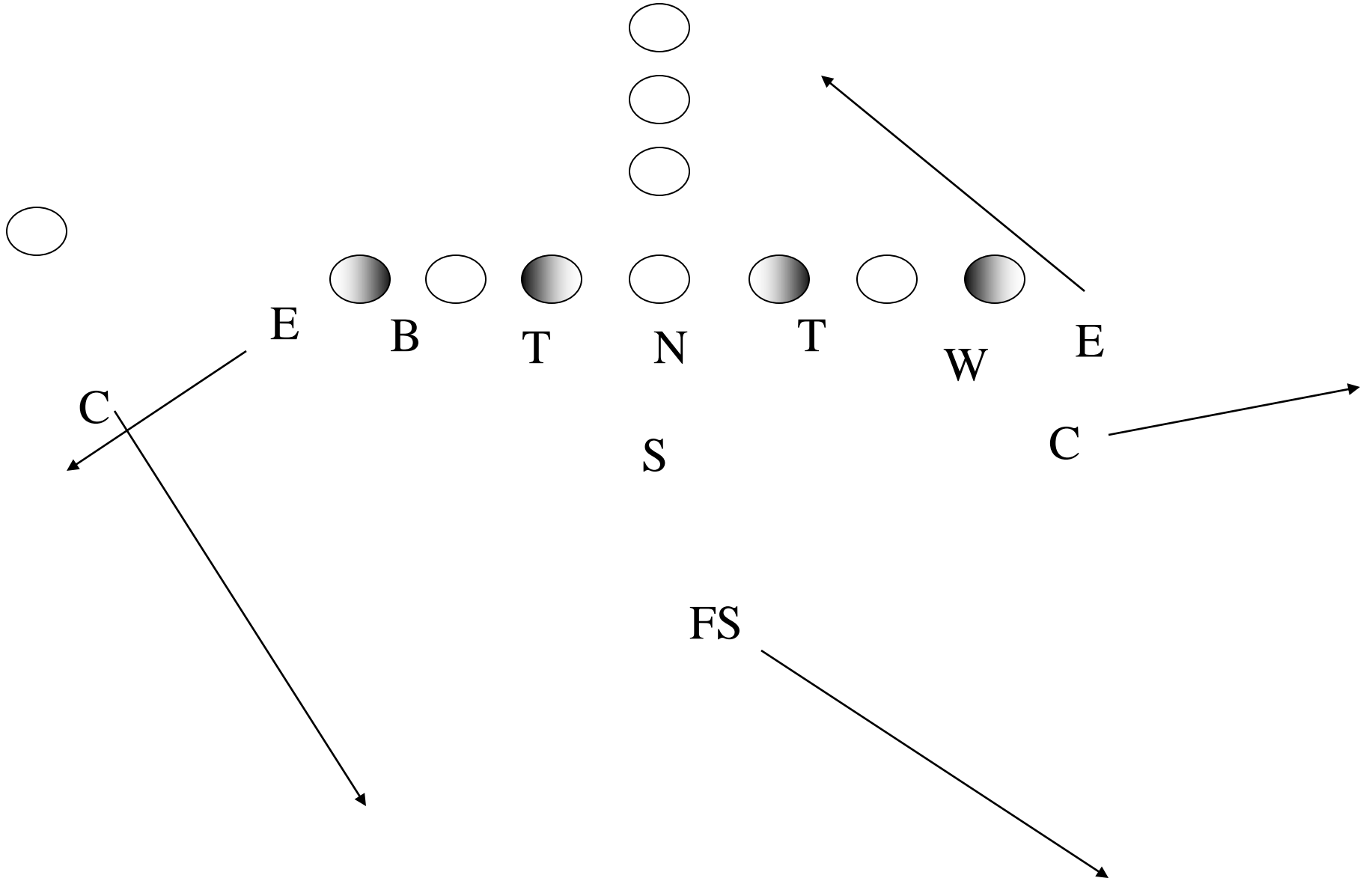
# COVER TWO (ROLL)



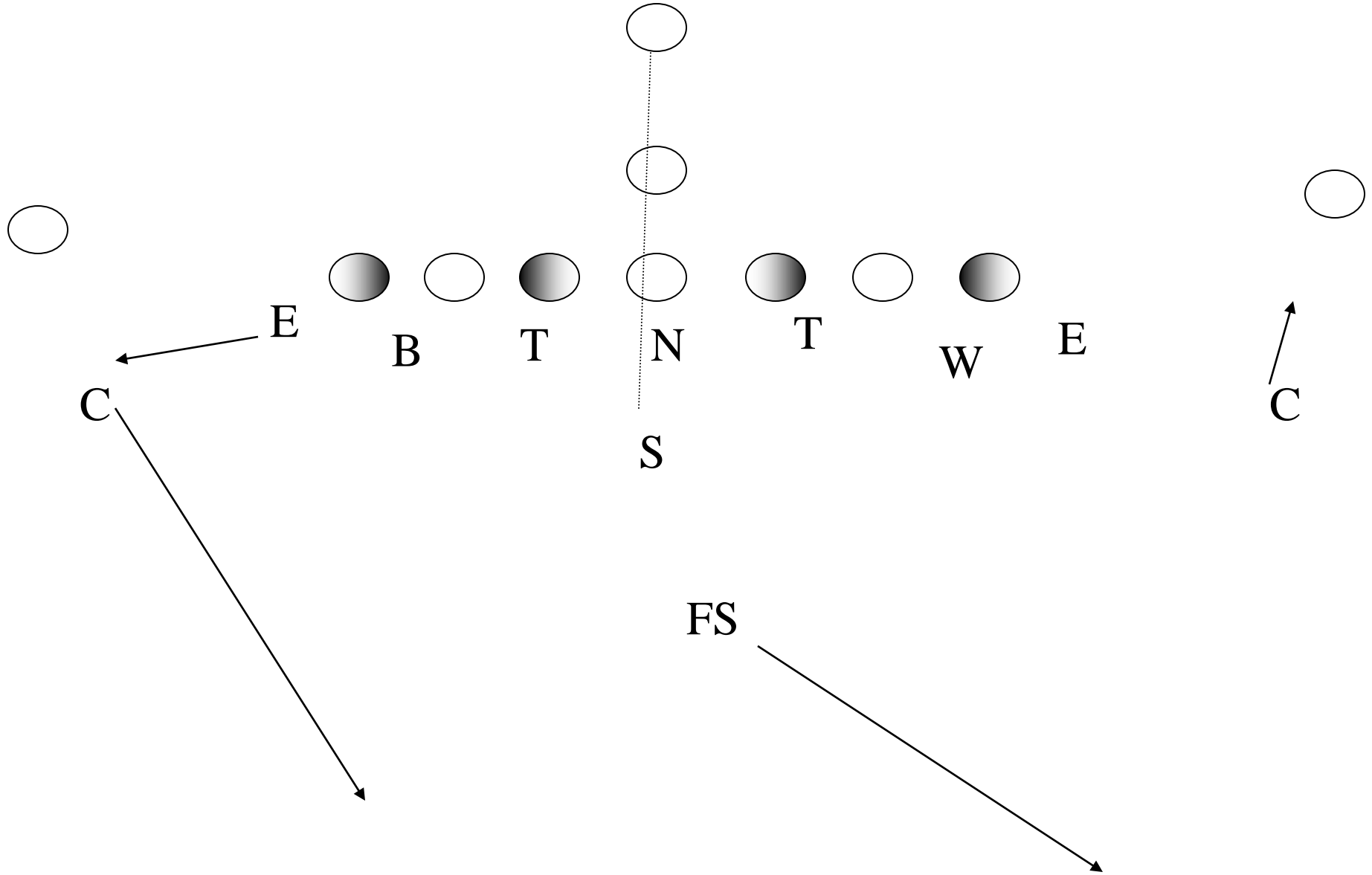
# COVER TWO (ROLL)



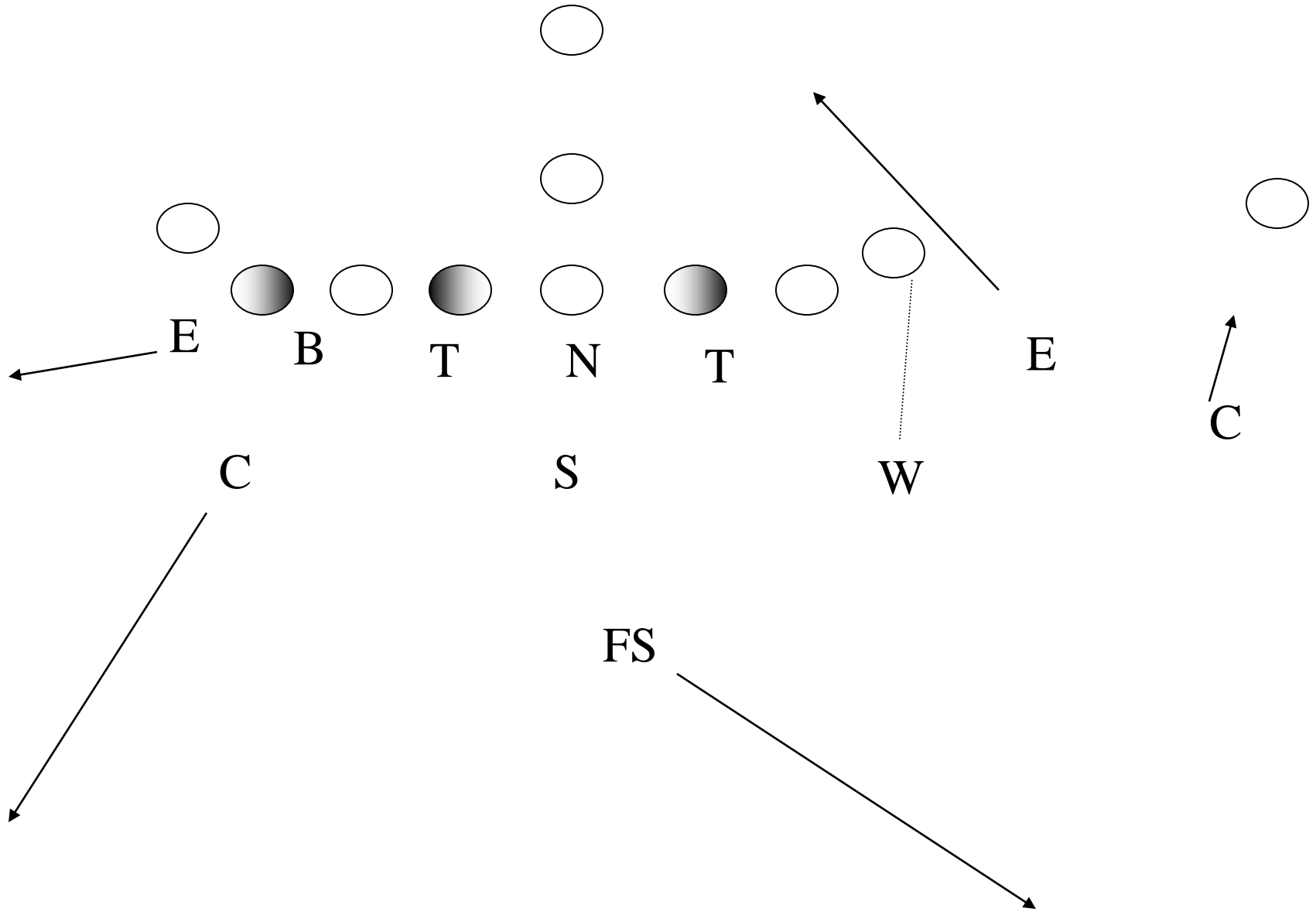
# COVER TWO (ROLL)



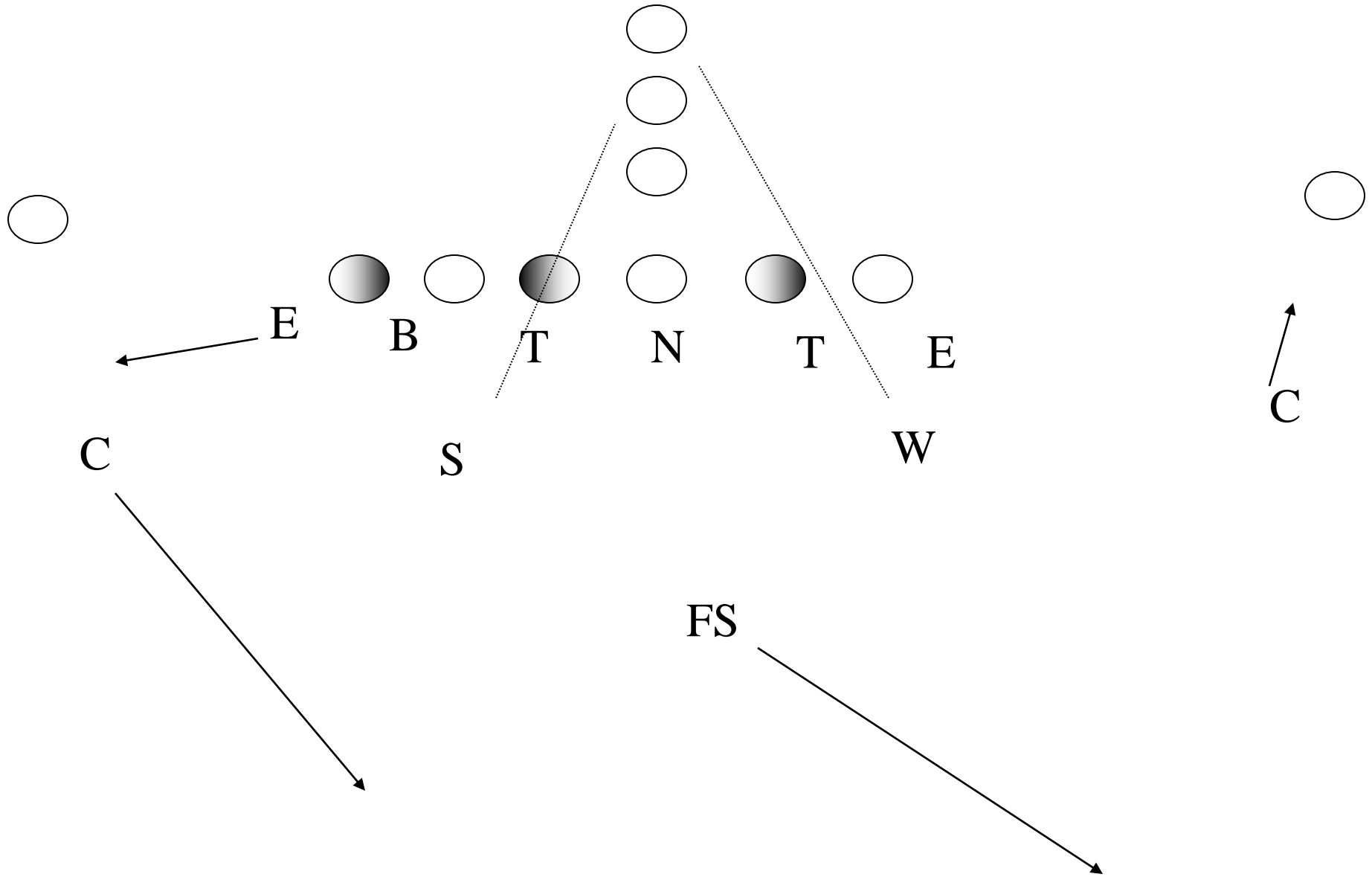
# COVER TWO (ROLL)



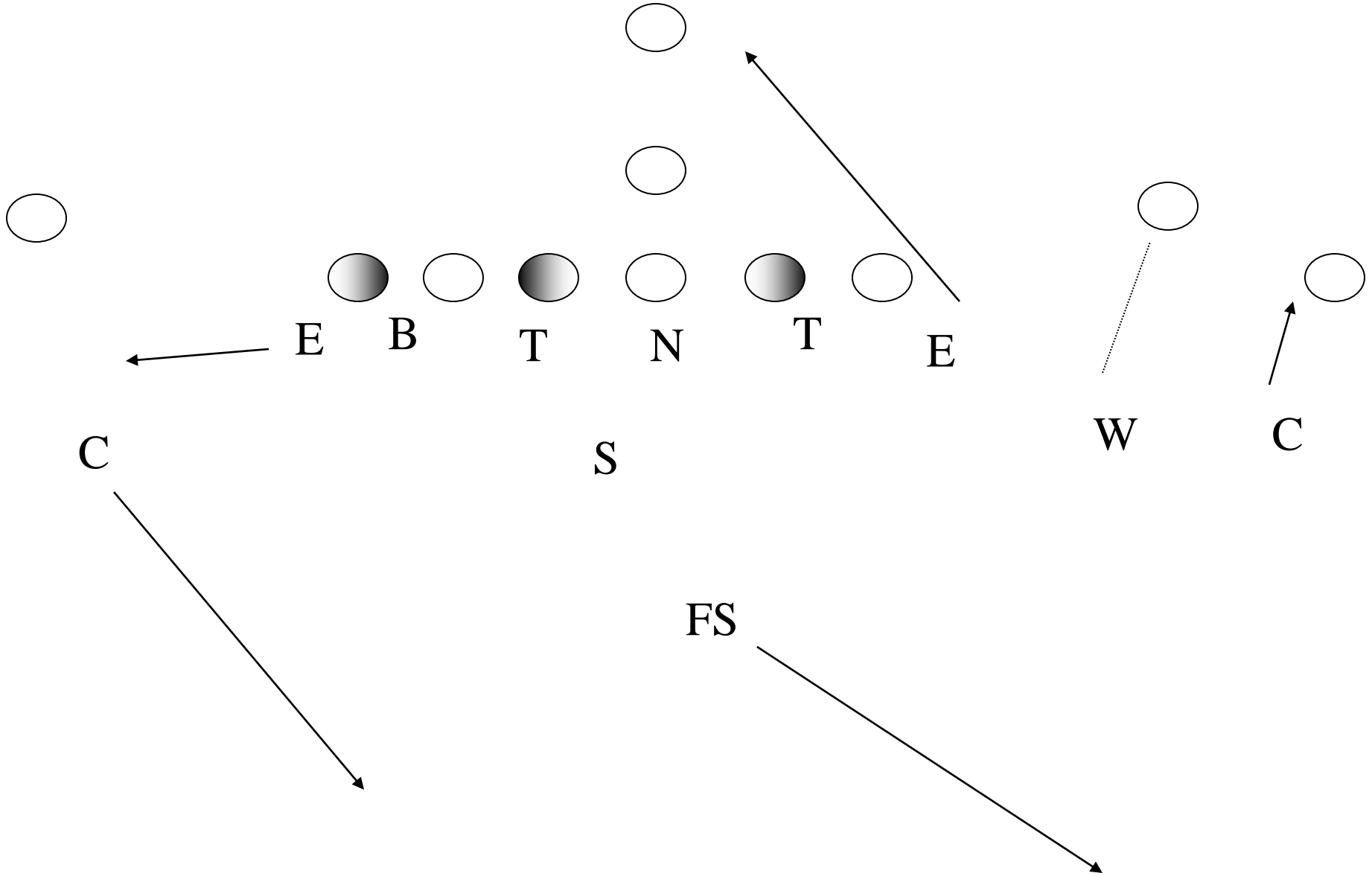
# COVER TWO (ROLL)



# COVER TWO (ROLL)

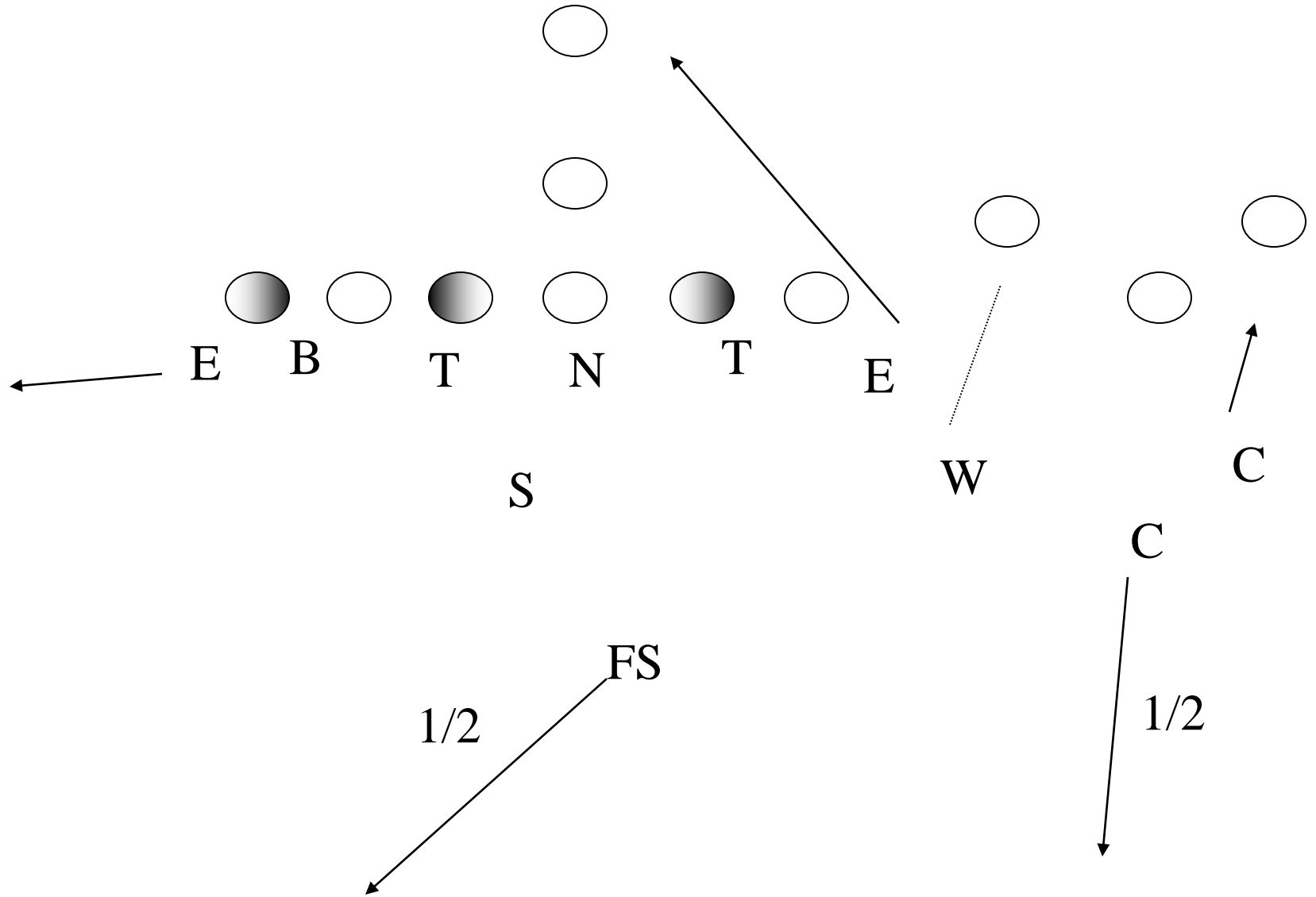


# COVER TWO (ROLL)

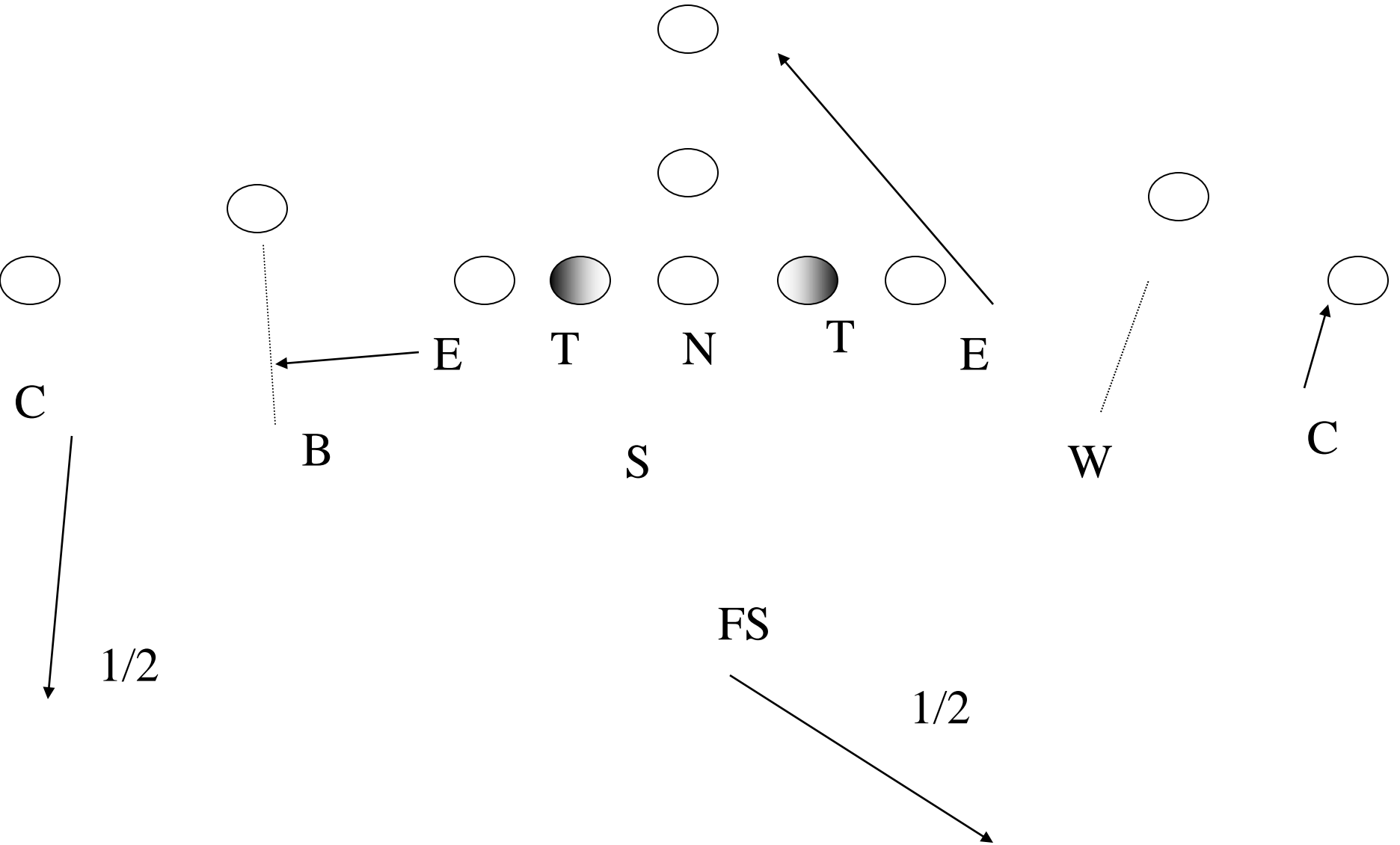




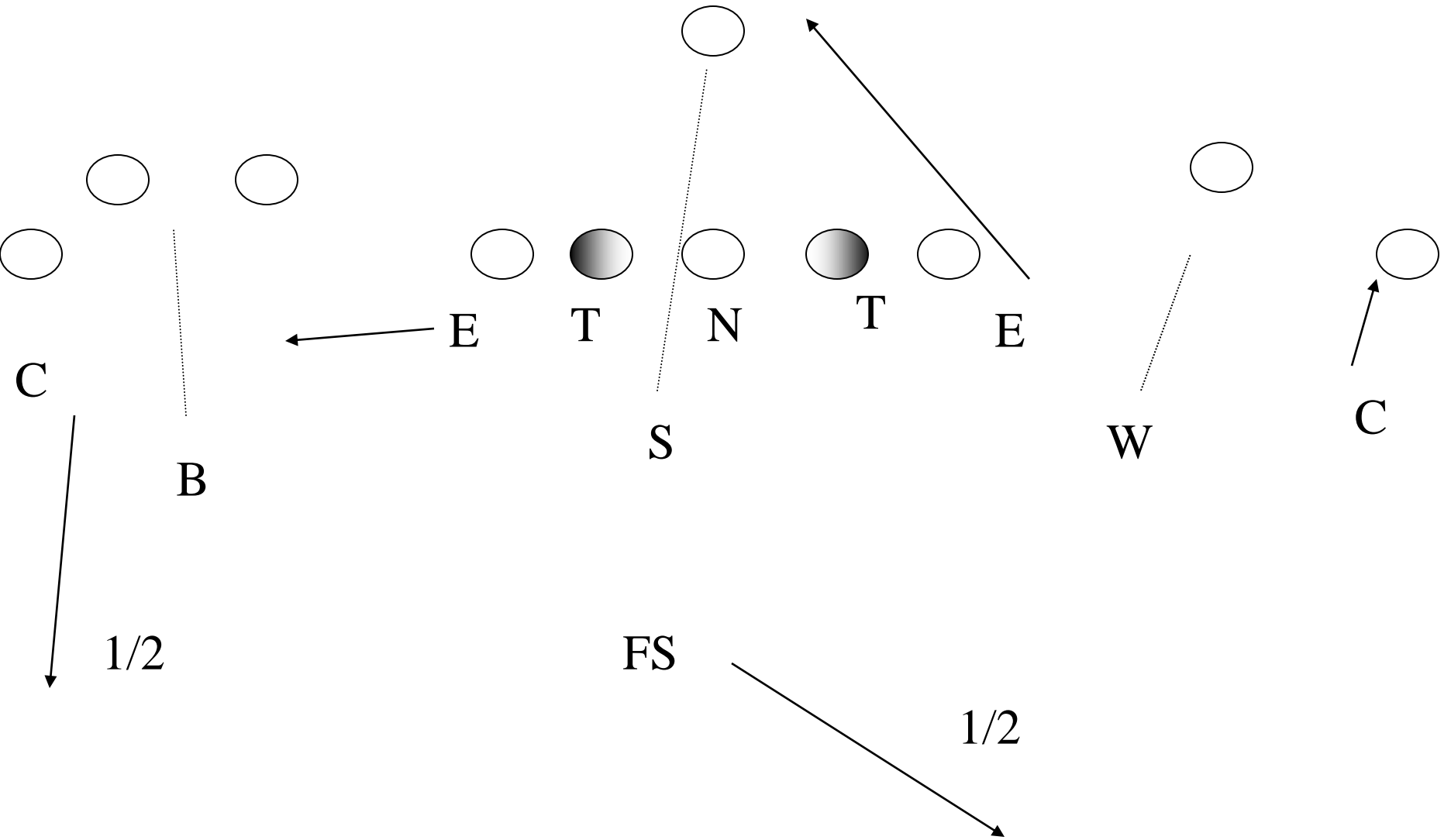
# COVER TWO (ROLL)



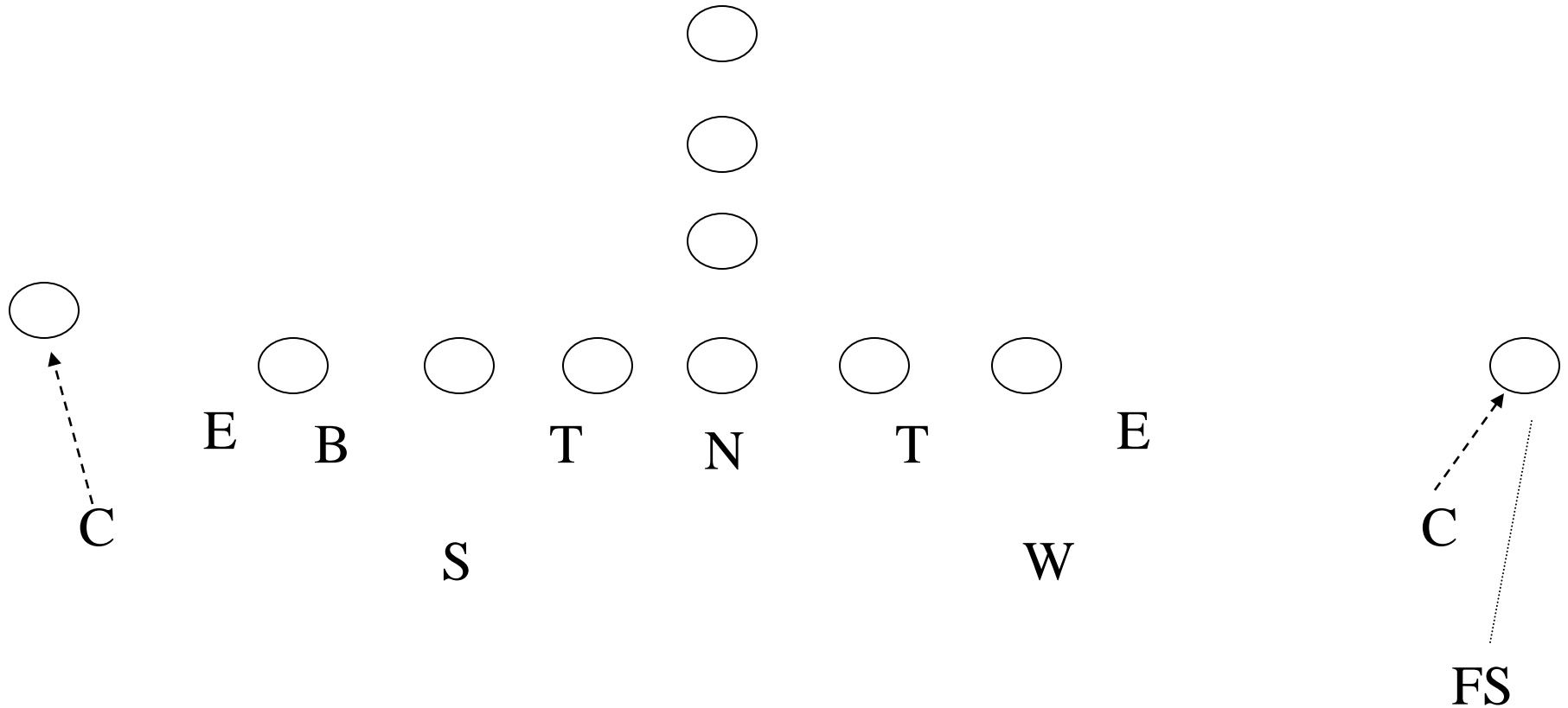
# COVER TWO (ROLL)



# COVER TWO (ROLL)

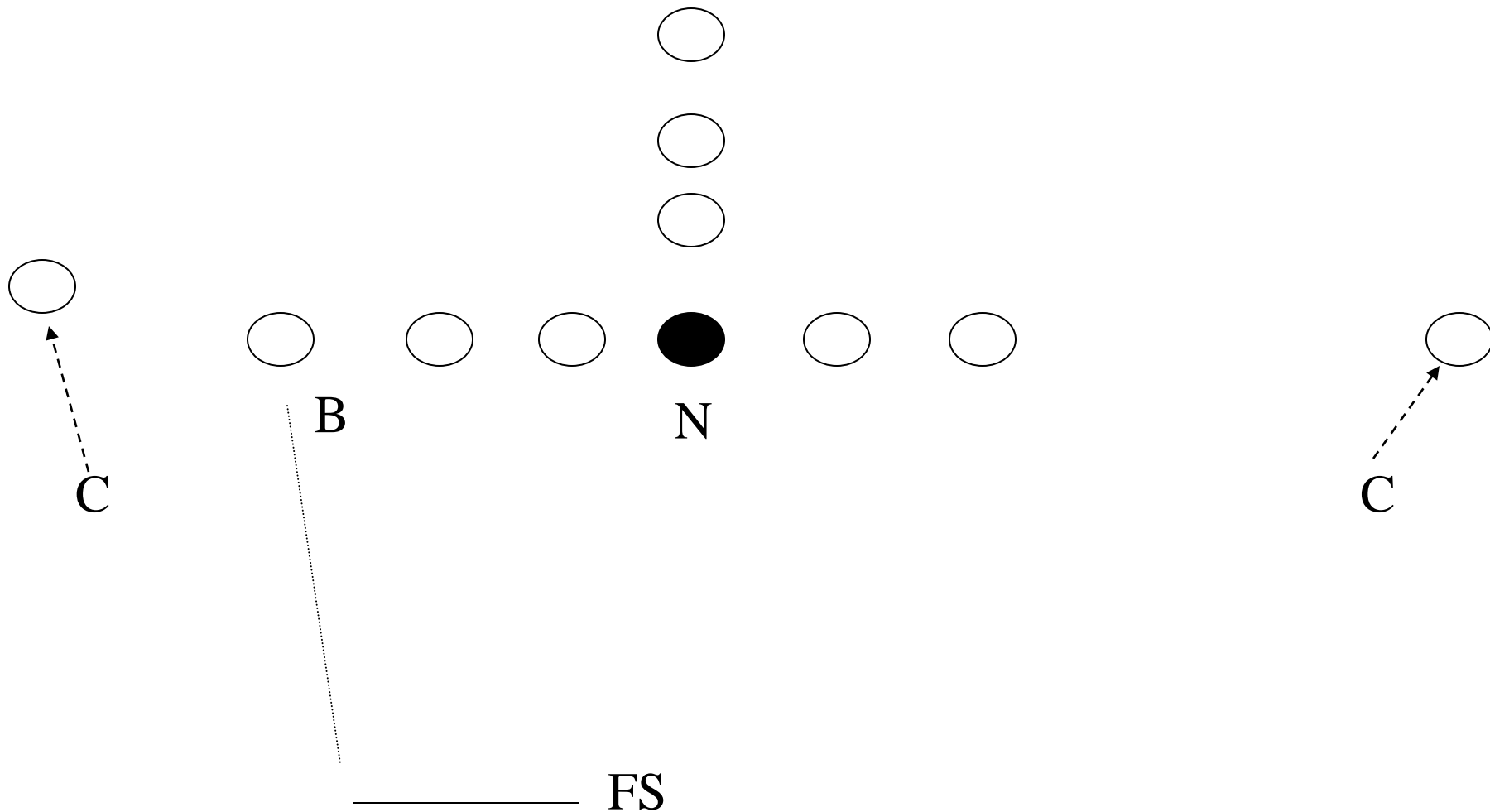


# DOUBLE COVERAGE



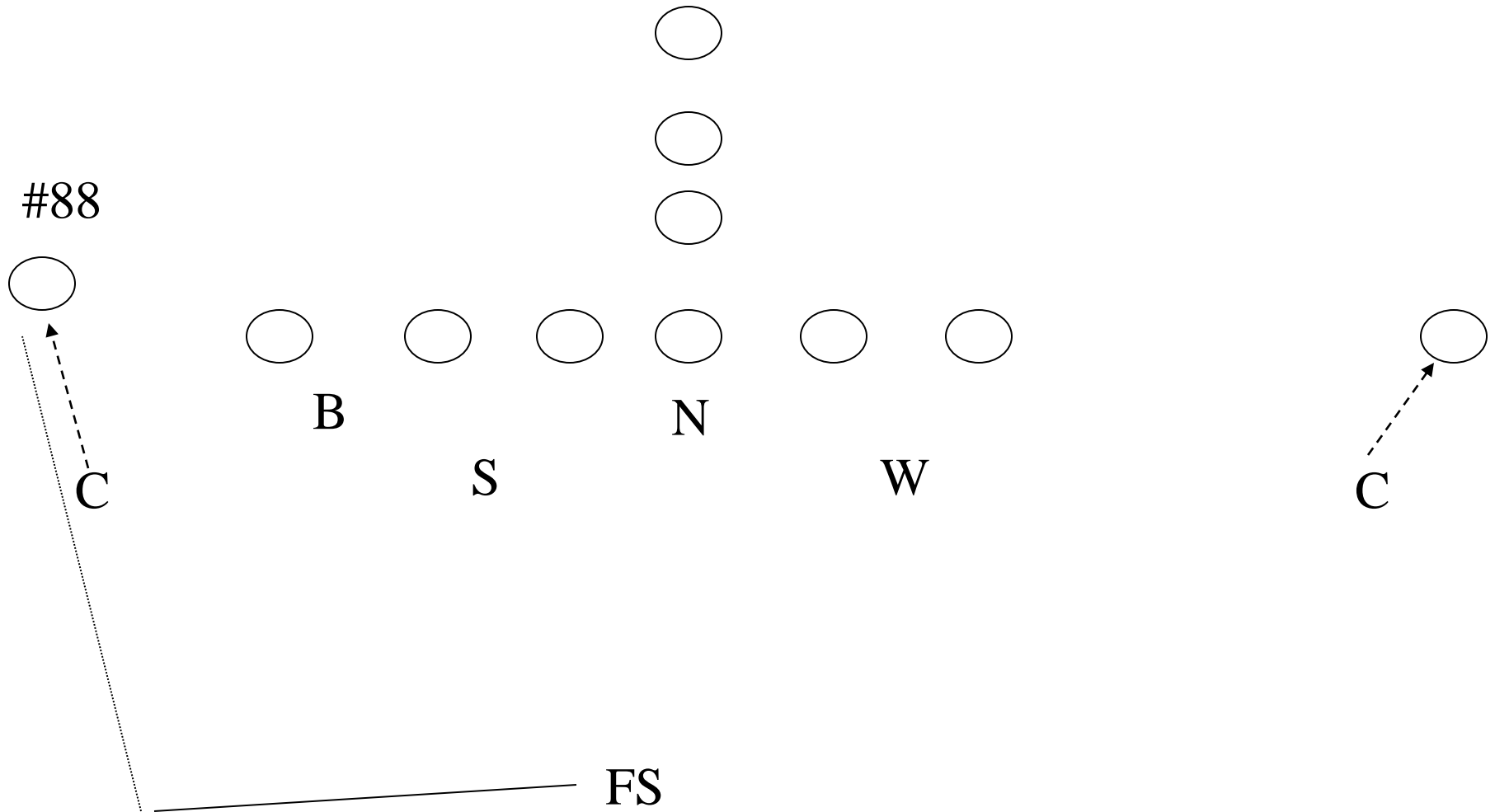
DOUBLE COVERAGE is a very simple way of shutting down the opponents go to guys. We tell the FS to double team which changes our coverage from man free to just man. We can tell the FS a certain position or tell him a specific player to double team by giving a jersey number. The call displayed on this page illustrates BEAR DUB X.

# DUB TE



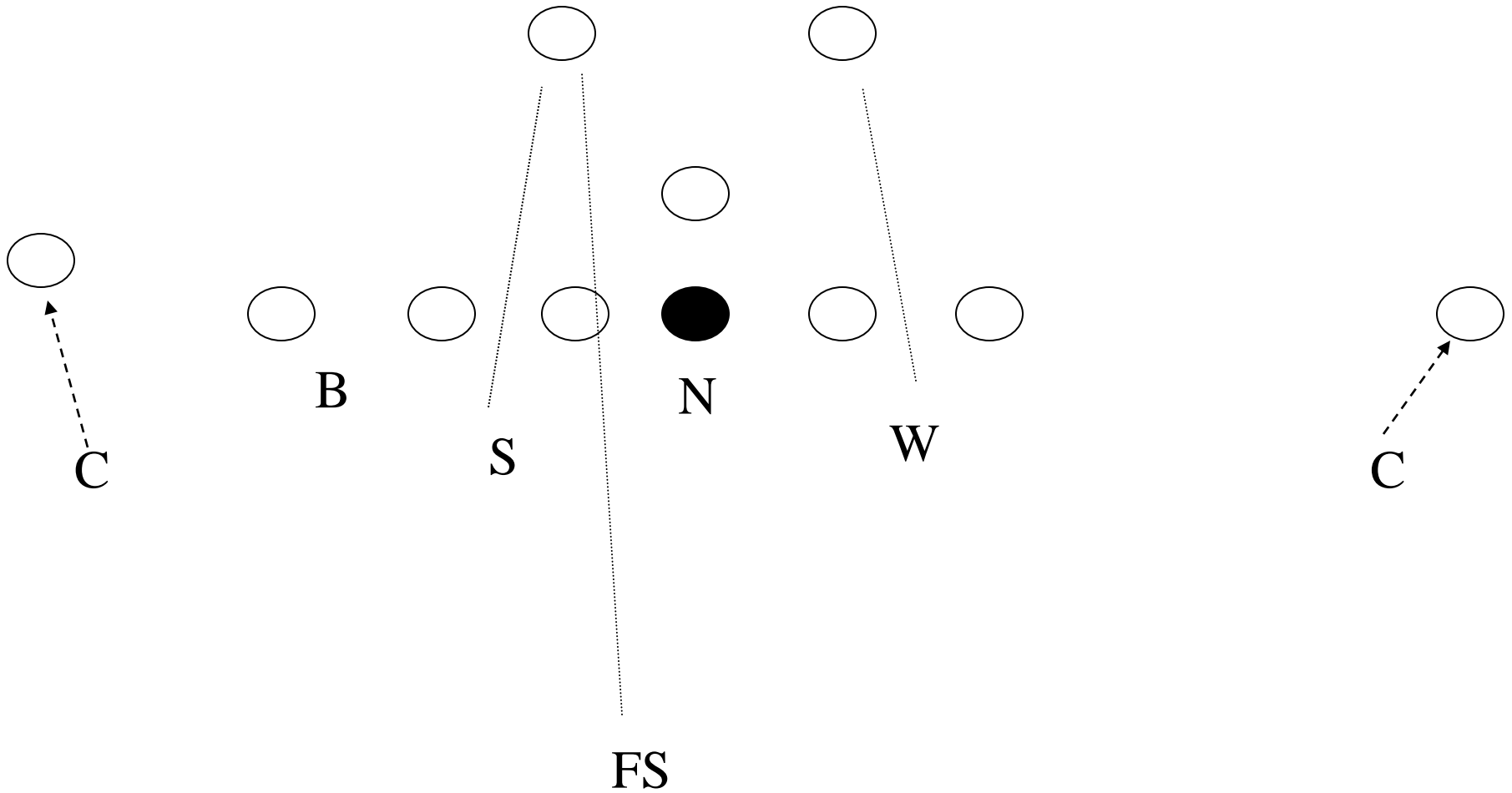
FS will cover the TE with Bandit. Everyone else is man to man.

# DUB #88



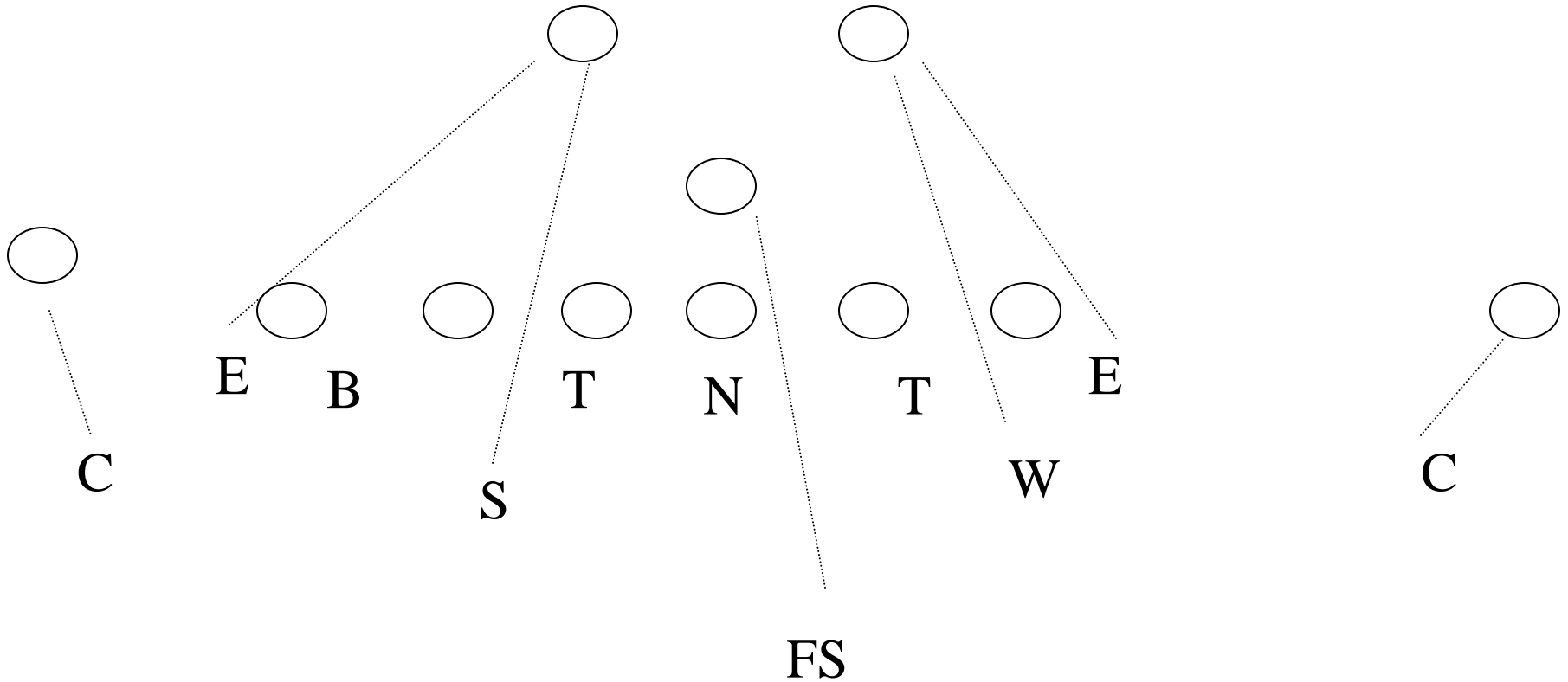
FS will cover #88 with the corner. Everyone else is man to man.

# DUB TB



FS will cover the TB. Everyone else is man to man.

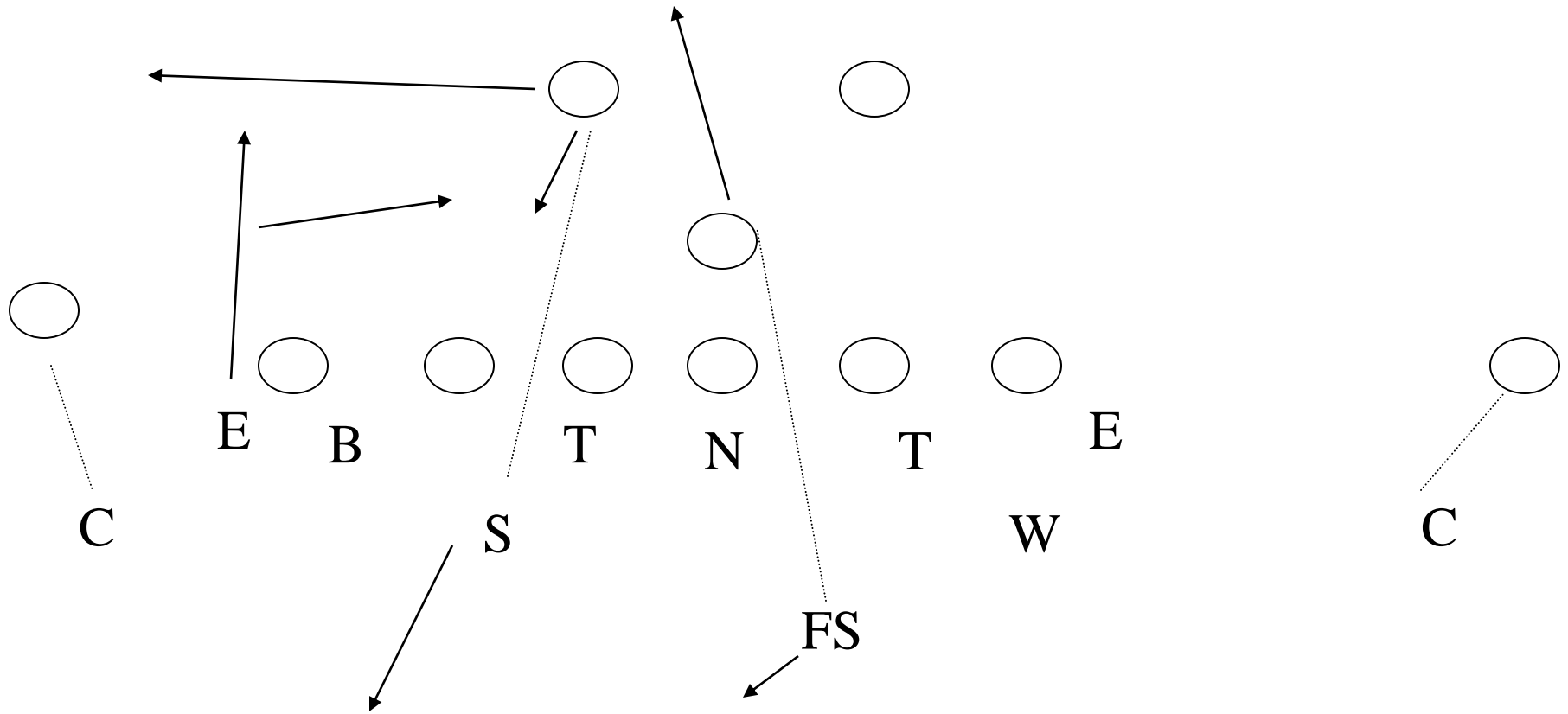
# COVER SPY



Cover Spy is a man coverage. Both ends, Sam, and Will are reading the backs. Bandit covers the TE. The corners are man to man on the wide outs. The Free Safety reads the quarterback's eyes.

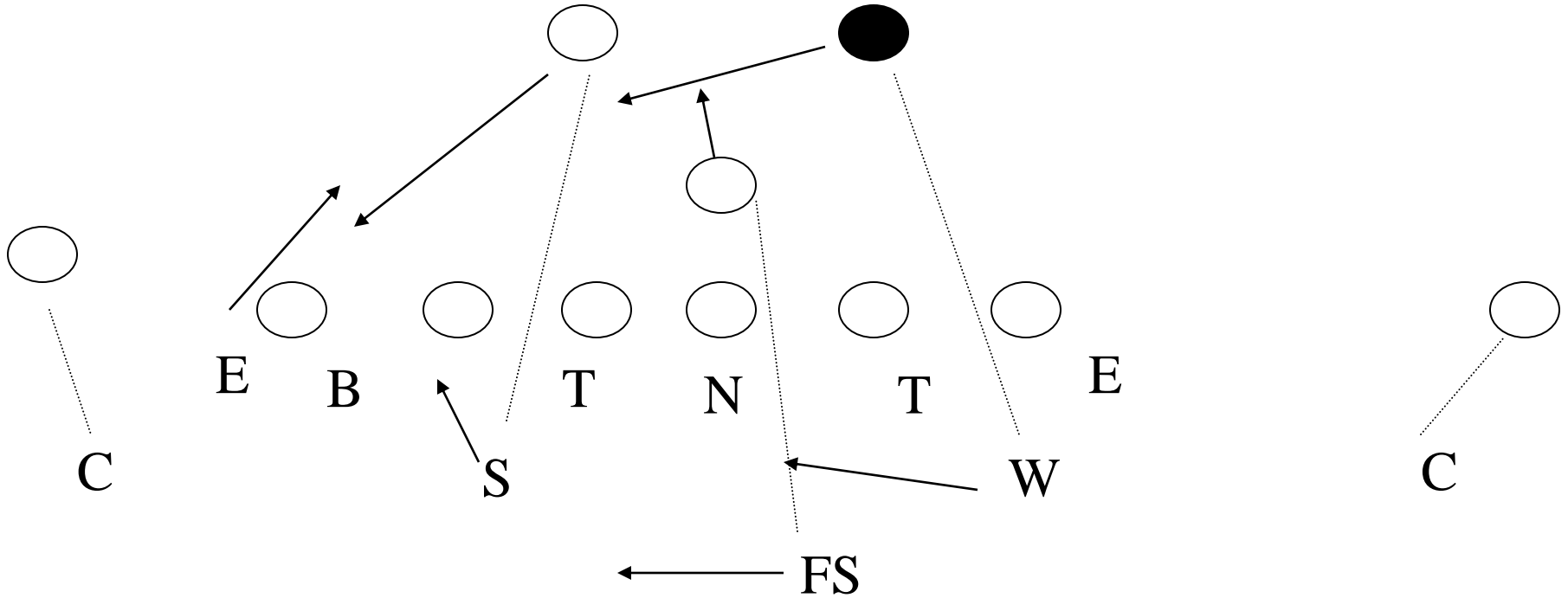


# COVER SPY



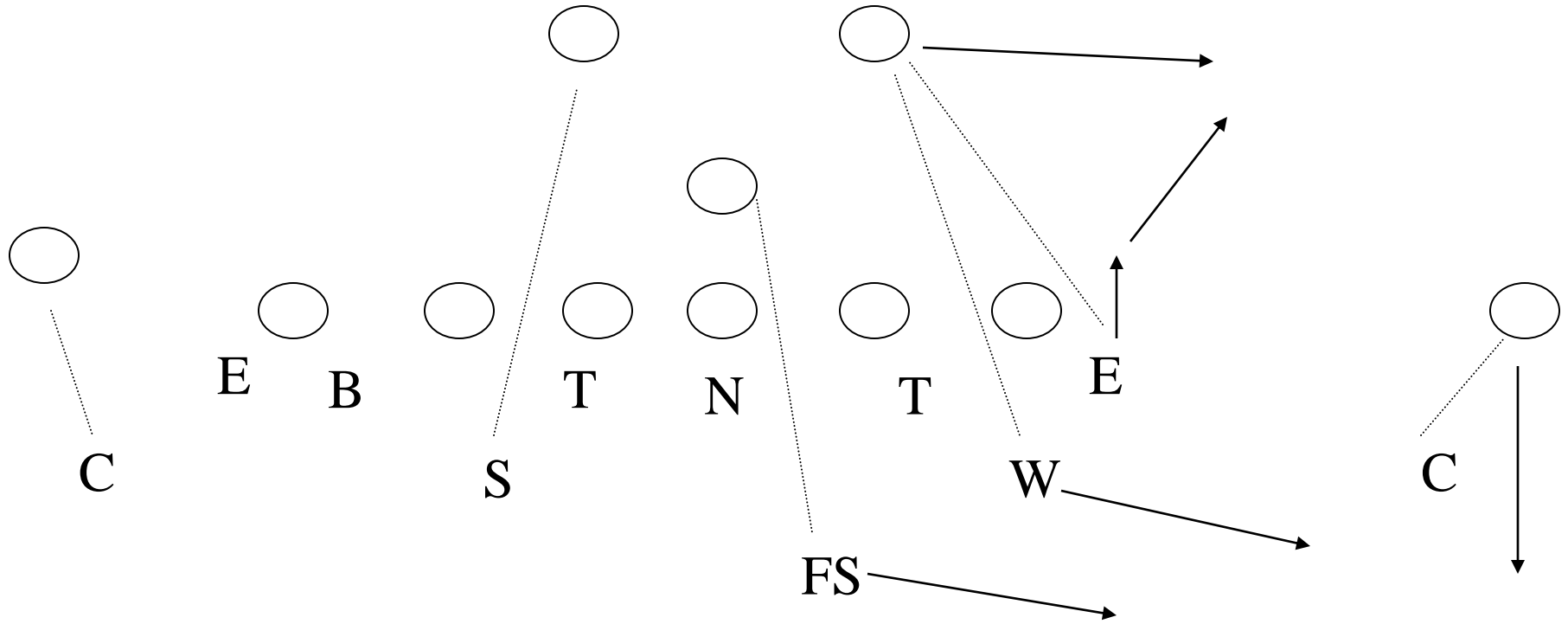
When the strong defensive end reads the TB either pass blocking or swinging out for a pass the end now has the TB man to man. When Sam reads this Sam turns and sprints to cover the wide out with the corner. The FS is reading pass so he is dropping, which may create triple coverage on one receiver.

# COVER SPY



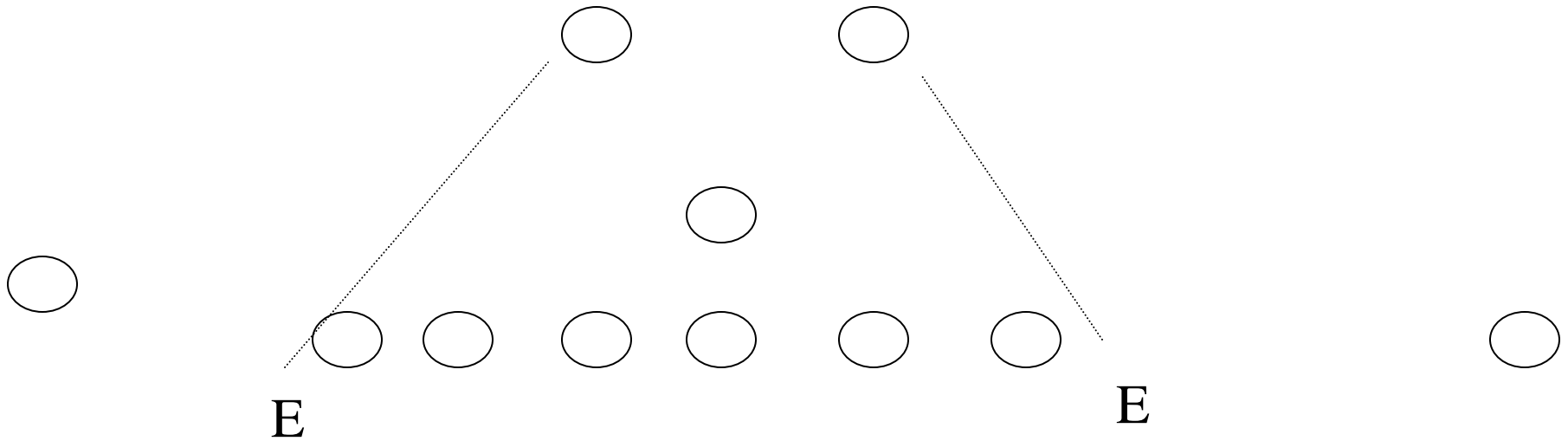
When the strong defensive end reads the TB running toward him he should contain as well as take on the block. When Sam reads this Sam attacks to destroy the run play. Will is reading the back and attacking the run play.

# COVER SPY



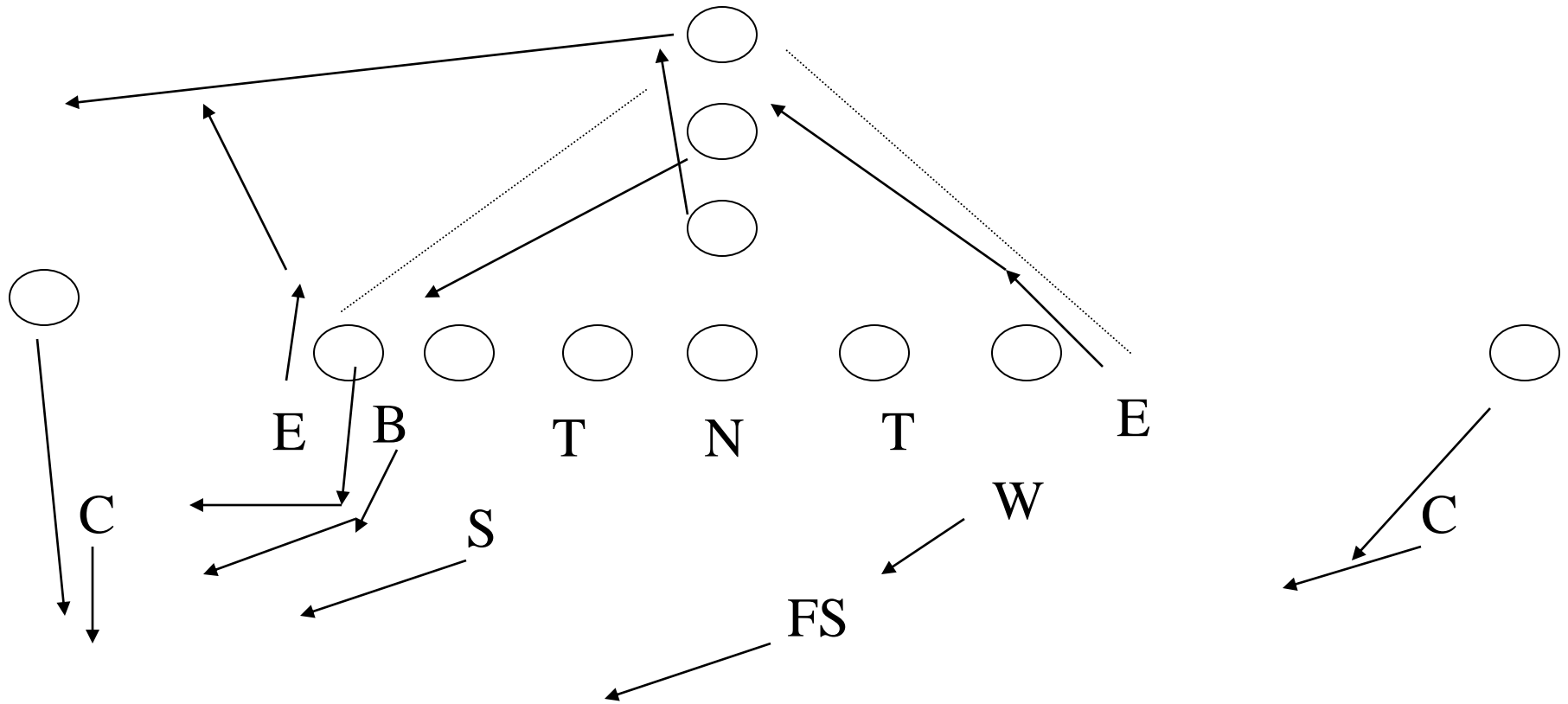
When the weak defensive end reads the TB swinging out he should cover him. When Will reads this Will turns and sprints toward the wide receiver. THE FS has also read pass and has dropped into coverage.

# COVER PICKUP



COVER PICKUP tells the ends to cover any running back that comes their direction. If two backs flood to one side the end will commit to the back who he has been assigned to that week. This responsibility can be changed week to week. This would be great to call if you plan on blitzing both SAM and WILL at the same time.

# COVER PICKUP



Here the strong defensive end is reading the TB. The TB has gone into a swing route so the end will “PICKUP” the TB in coverage. The weak end is reading pass but has no coverage responsibility and attacks the quarterback. Sam and Will have read pass and simply drop into an under coverage.