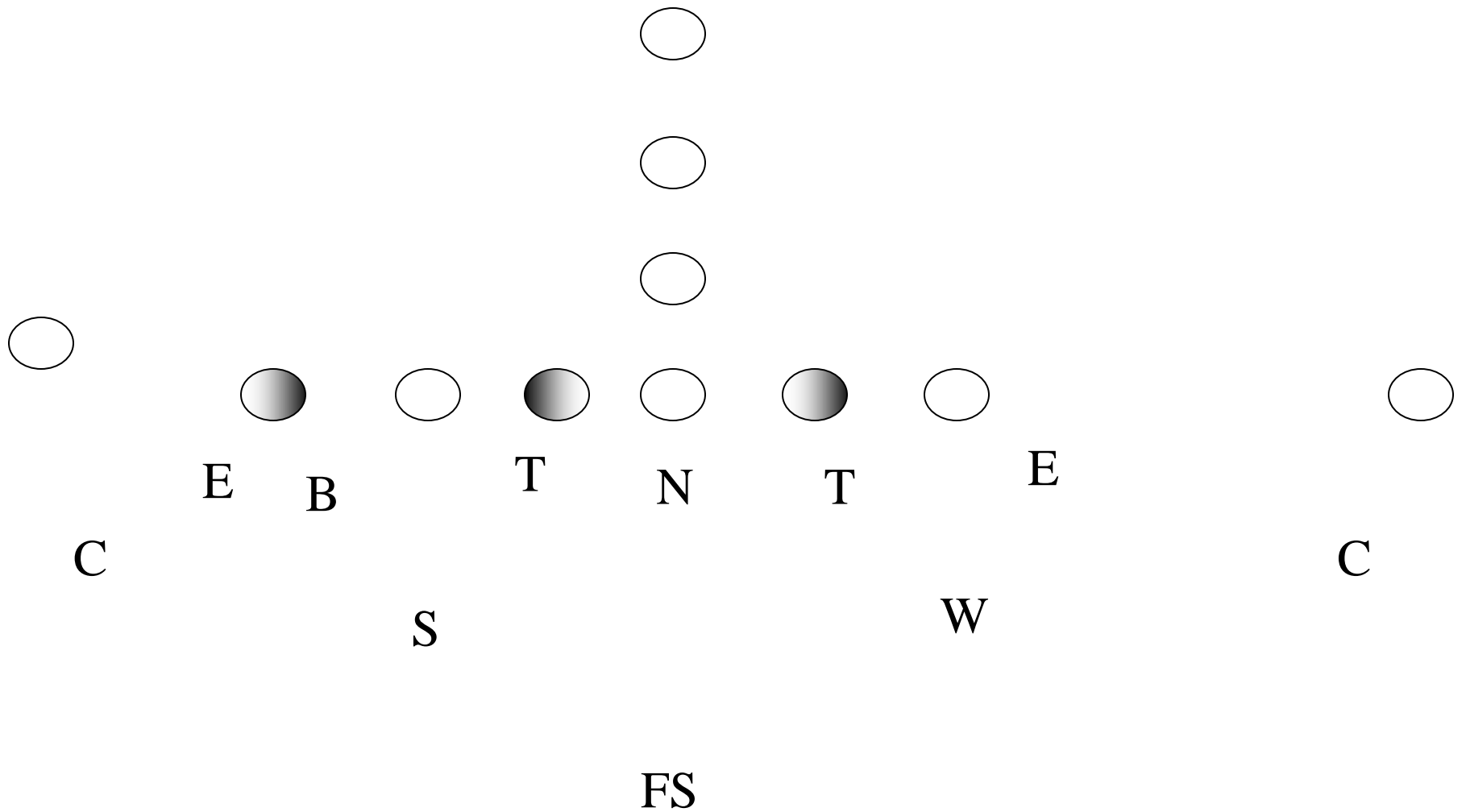


Advantages of using the 46 Defense

- 1.Center and guard are BOTH covered (different from 44, 50 looks)
- 2.Extra LB that runs like a safety (WILL/the adjuster)
- 3.TE side of the offense is totally out manned.
- 4.Hard penetrating ends. They come hard every play and have very little responsibility.
- 5.The 46 is hard to trap against.
- 6.This defense is fairly easy to shift to from a 50 or 44.
7. Offenses must run weak side or pass . Strong side run is taken out.

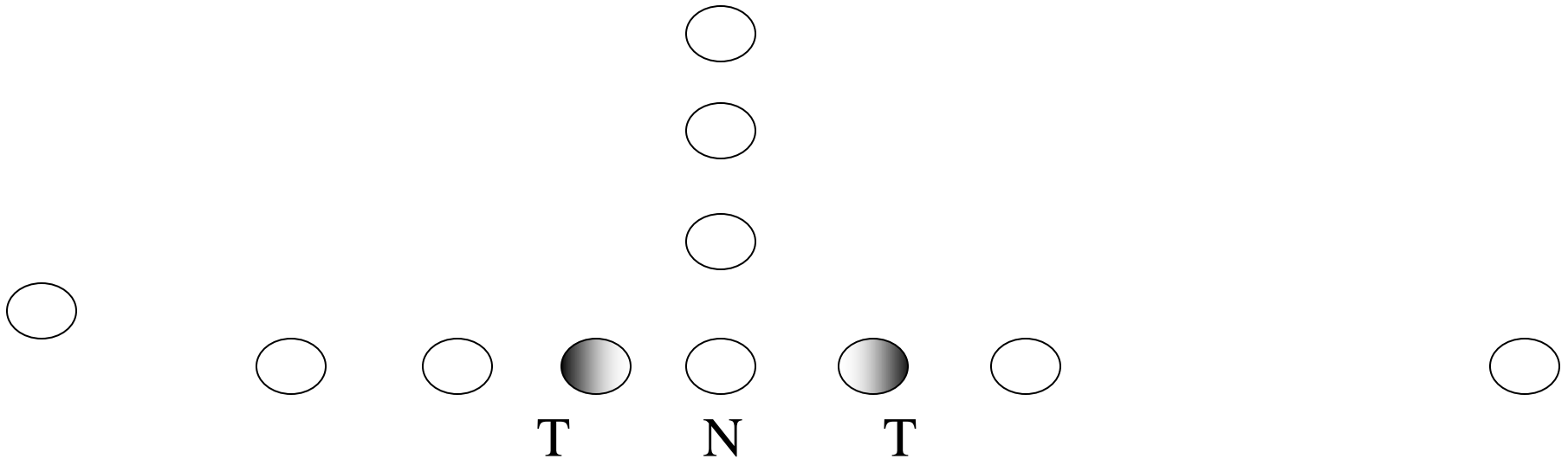
46 DEFENSE

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



The positions we have are 1 nose, 2 tackles, 2 ends, 1 Sam linebacker, 1 Will linebacker, 1 Bandit linebacker, 2 corners, and 1 free safety.

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 (3 tech). The Nose aligns 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(s) . The TNT’s should be drilled on ball movement and reading the offensive line’s block techniques.

Traits of TNT's

Nose- The nose is the best pass rusher you have. He works the center's snapping hand all night long. He should attack the hand before the center pulls it up. The nose should cheat as close to the LOS as possible. He should be drilled on ball movement and the opponents cadences every day.

Tackles- Tackles should be aggressive and very tough to move. They need to possess the mental capability of listening in and out of the huddle so they know where to line up and what to do on every play. The tackles should also be drilled on ball movement and the opponents cadences.

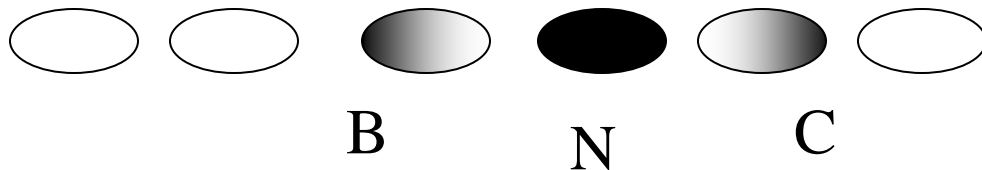
BEAR & CUB

We will also have different names for our tackles.

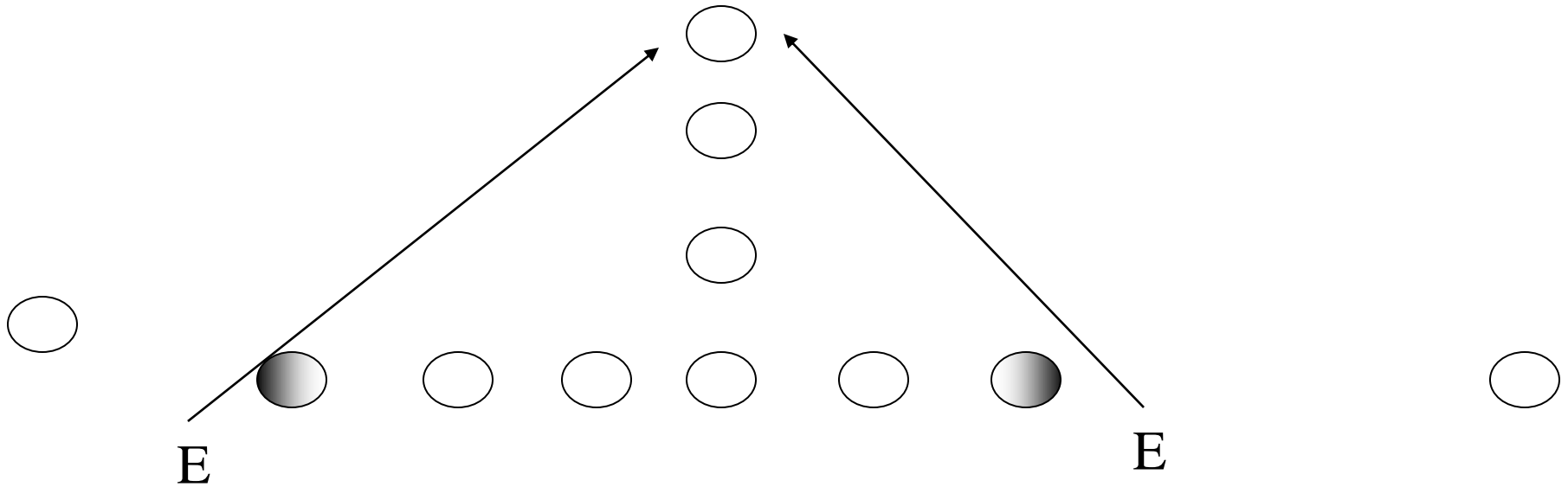
The strong side tackle is named BEAR.

The weak side tackle is named CUB. Both tackles have identical Responsibilities but are named differently due to our blitz call system.

The diagram below shows where the tackles will line up in a strong right call.

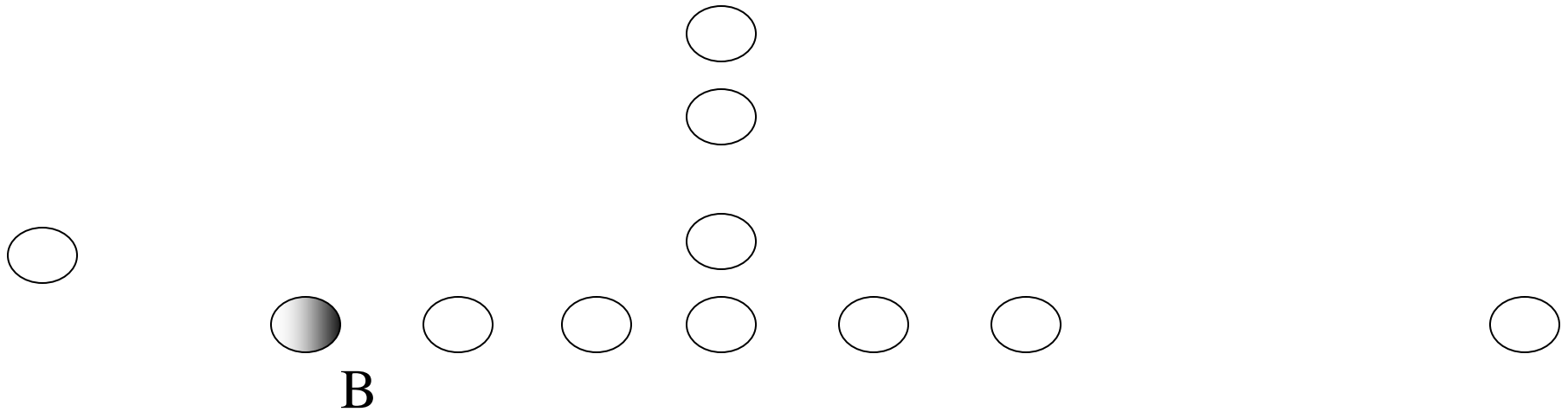


ENDS



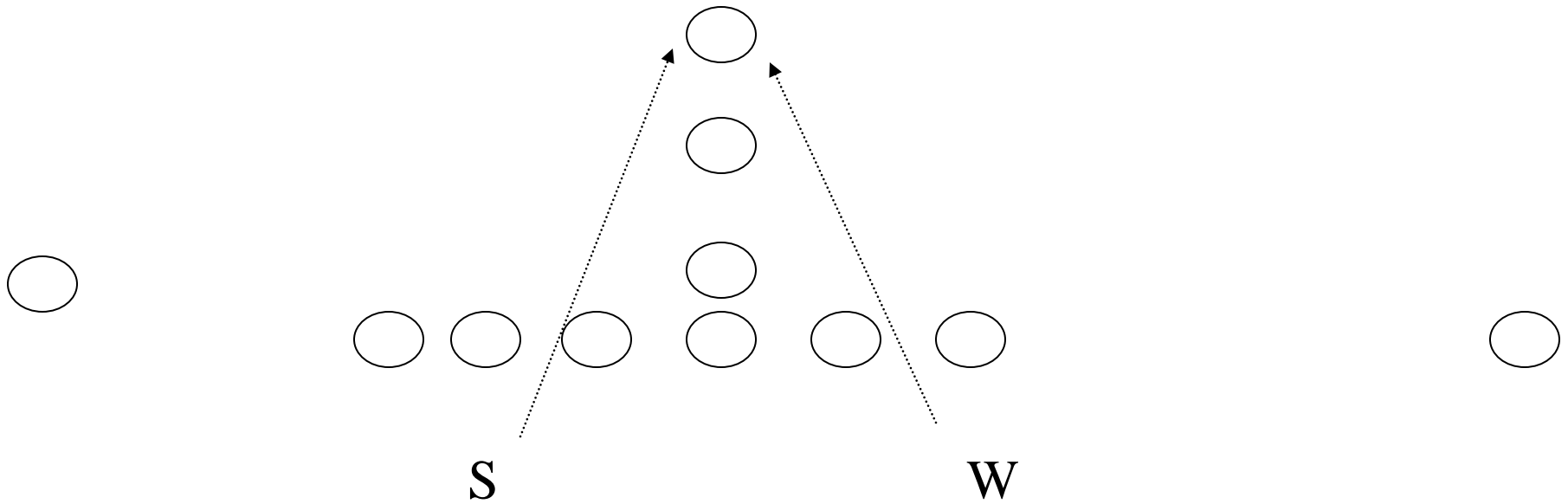
The defensive ends are lined up outside the tackle, if they have a tight end or slot, they line up outside of them (wide 9 or 8 technique). The ends should aim towards the deepest back. Their assignments are: on the run force contain and have the QB, on pass they rush the passer and again contain the play. You should look for a middle linebacker type to play this position. They are always blitzing and are able to handle the running game. 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



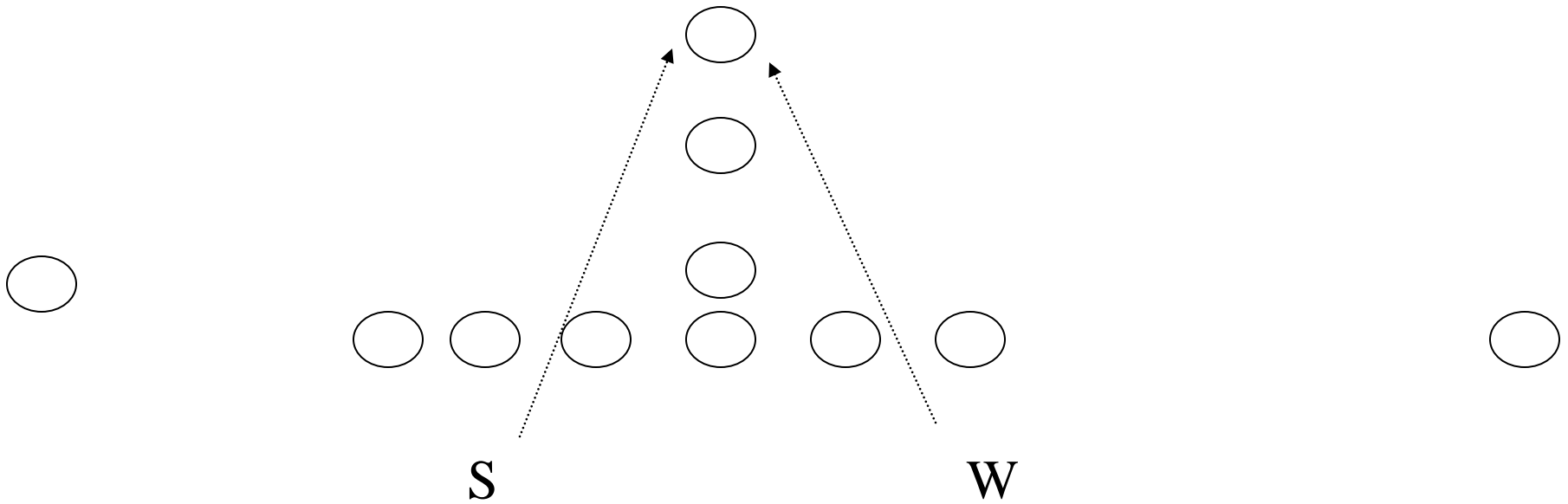
The Bandit linebacker lines up on the inside shoulder of the tight end. Bandit is tight to the line of scrimmage to present a C gap threat to both the offensive tackle and the TE. Bandit is assigned the tight end no matter where he goes and should be drilled on reading the movement of the TE. Basically 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



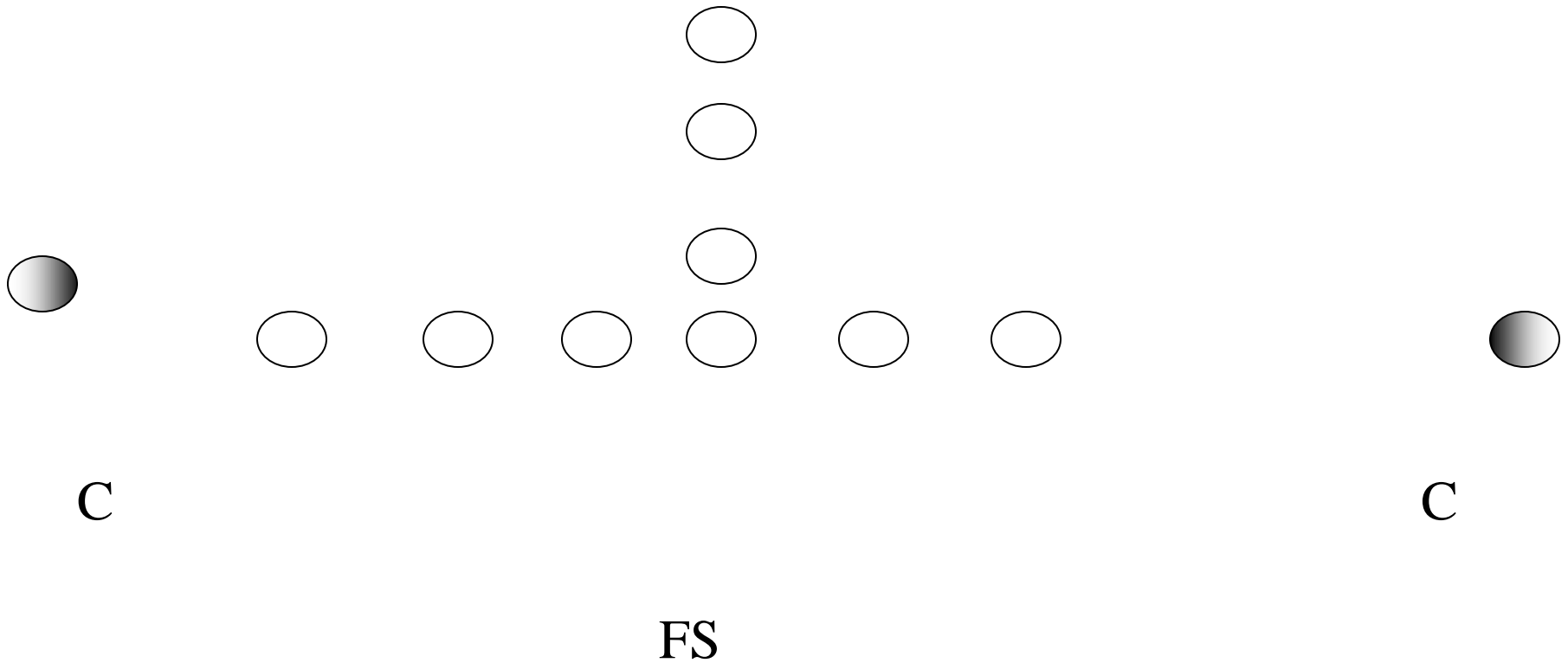
Sam is a classic linebacker type, aggressive and a great tackler. Sam always go to the strong side of the formation. Sam will call the strength for the entire defense. Sam should be drilled on formation tendencies and fighting to get to the ball carrier.

WILL



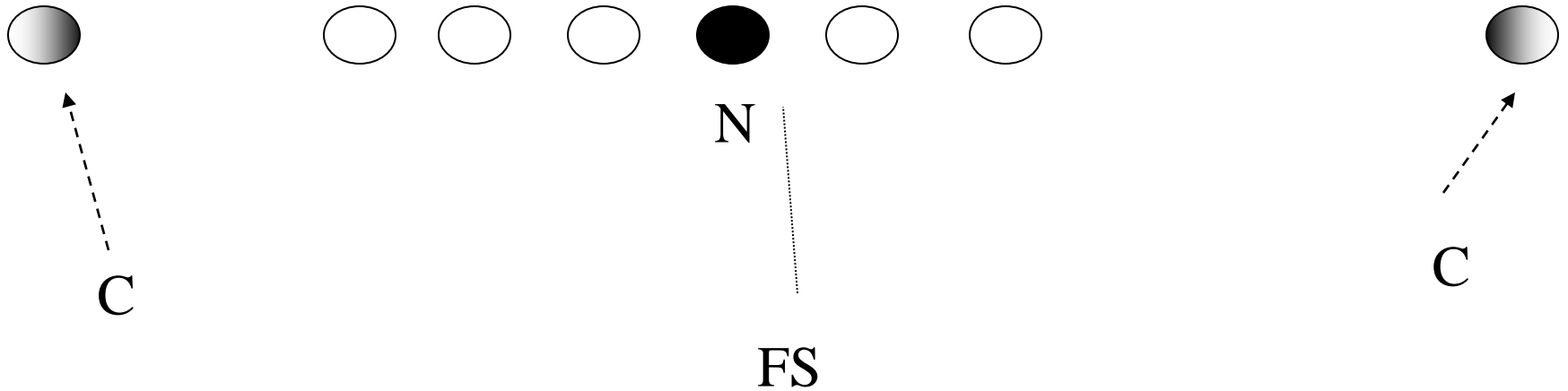
Will is a strong safety type, and is better at defending the pass than Sam. He is soft, passive, and has to cover tough passing routes. He is also big enough to help in the running game. This position needs to be filled with a great athlete that can cover even the best receiver. Will and Sam read their 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



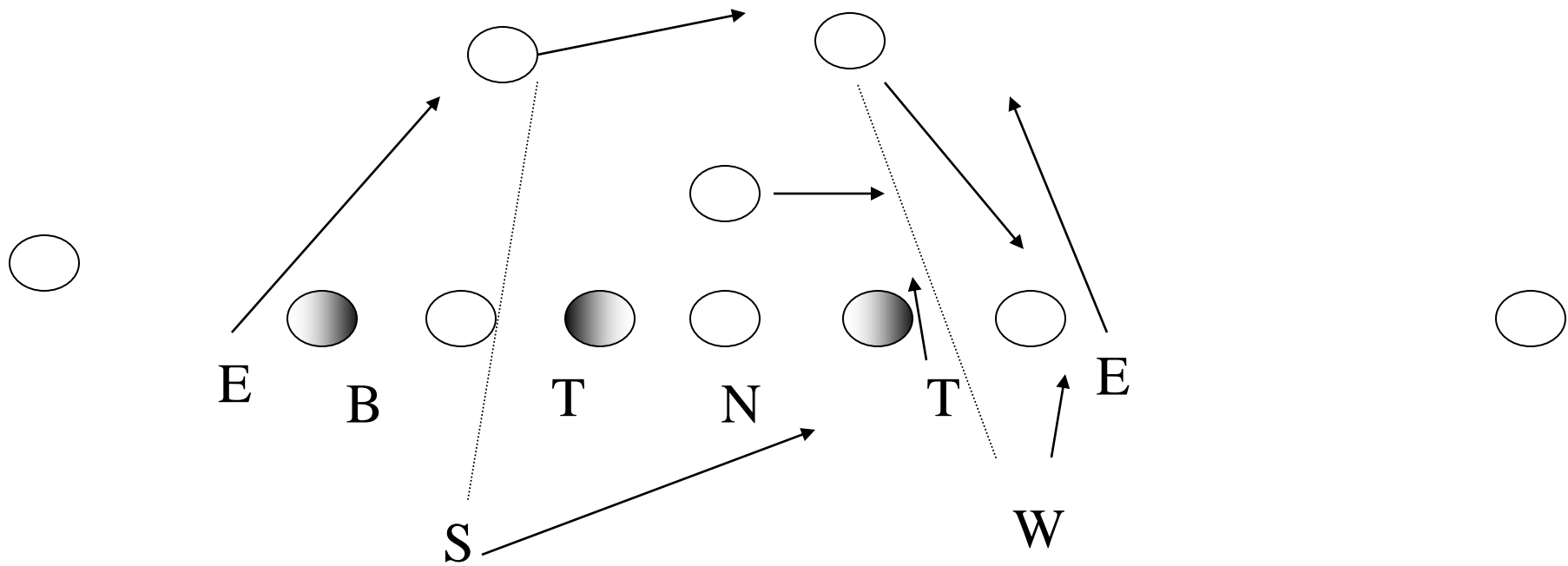
The corners must possess speed and have the ability to change direction. The alignment of the corners are normally 6-8 yards deep and 2 yards inside the widest receiver. To mix the coverages up we bail the corners out and also play a roll coverage to give the offense different looks.

FREE SAFETY

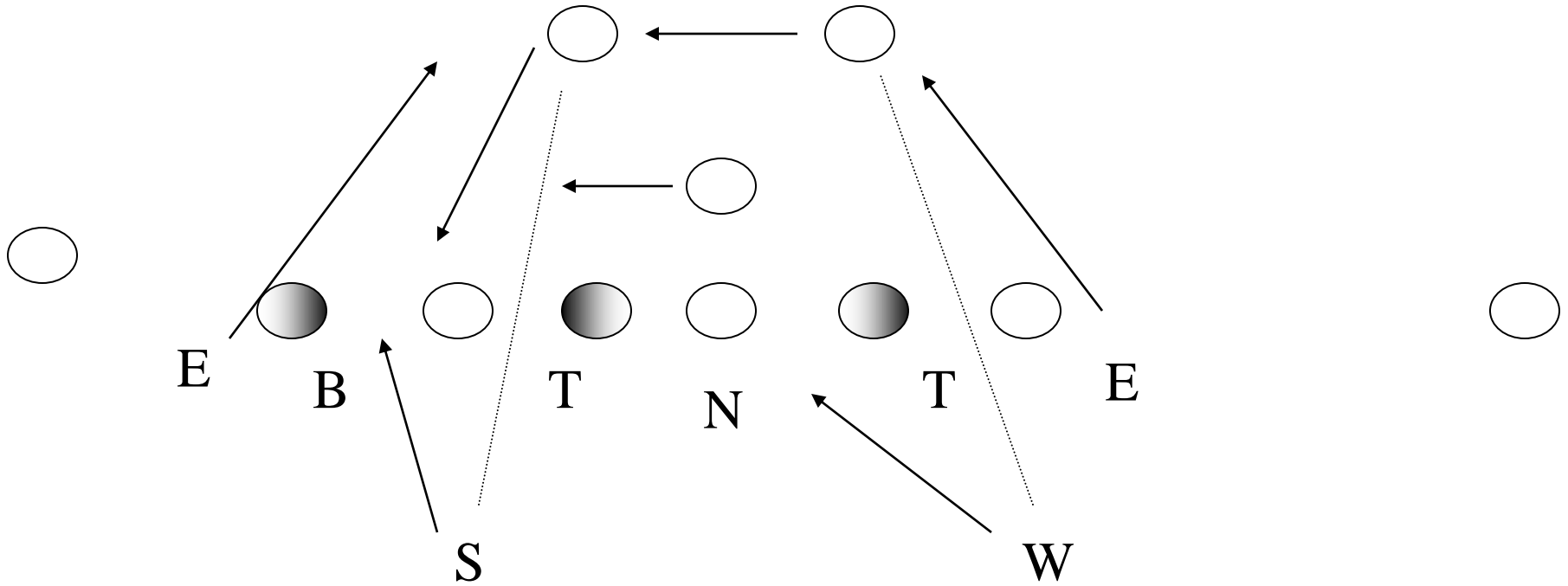


The Free Safety lines up in the strong or weak A gap and anywhere from 8-12 yards deep depending on the situation. The Free Safety plays over the top on passes unless the coverage assigns him to a specific position to cover. Versus the run he should be instinctive and fly to the ball. The FS is a leader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

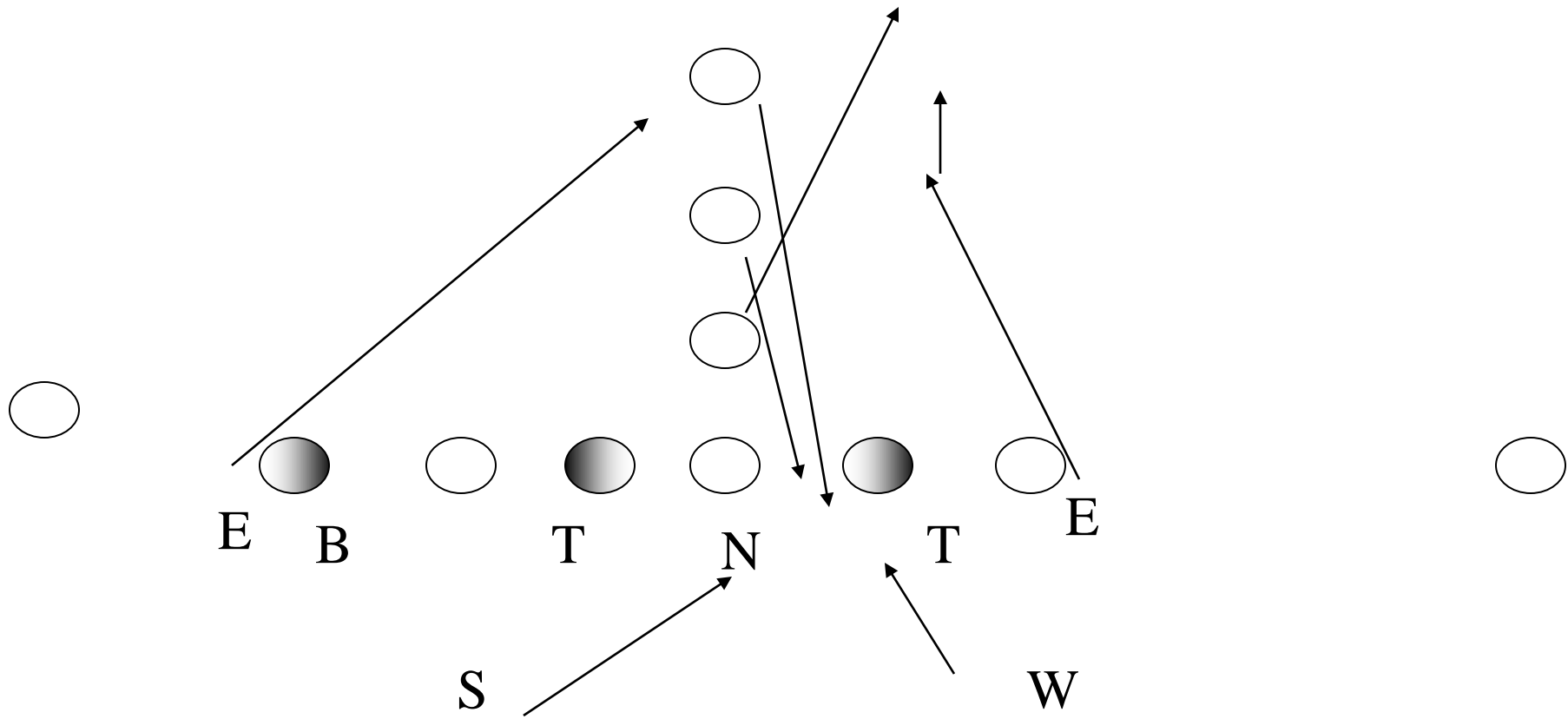
LINEBACKER RUN RESPONSIBILITIES



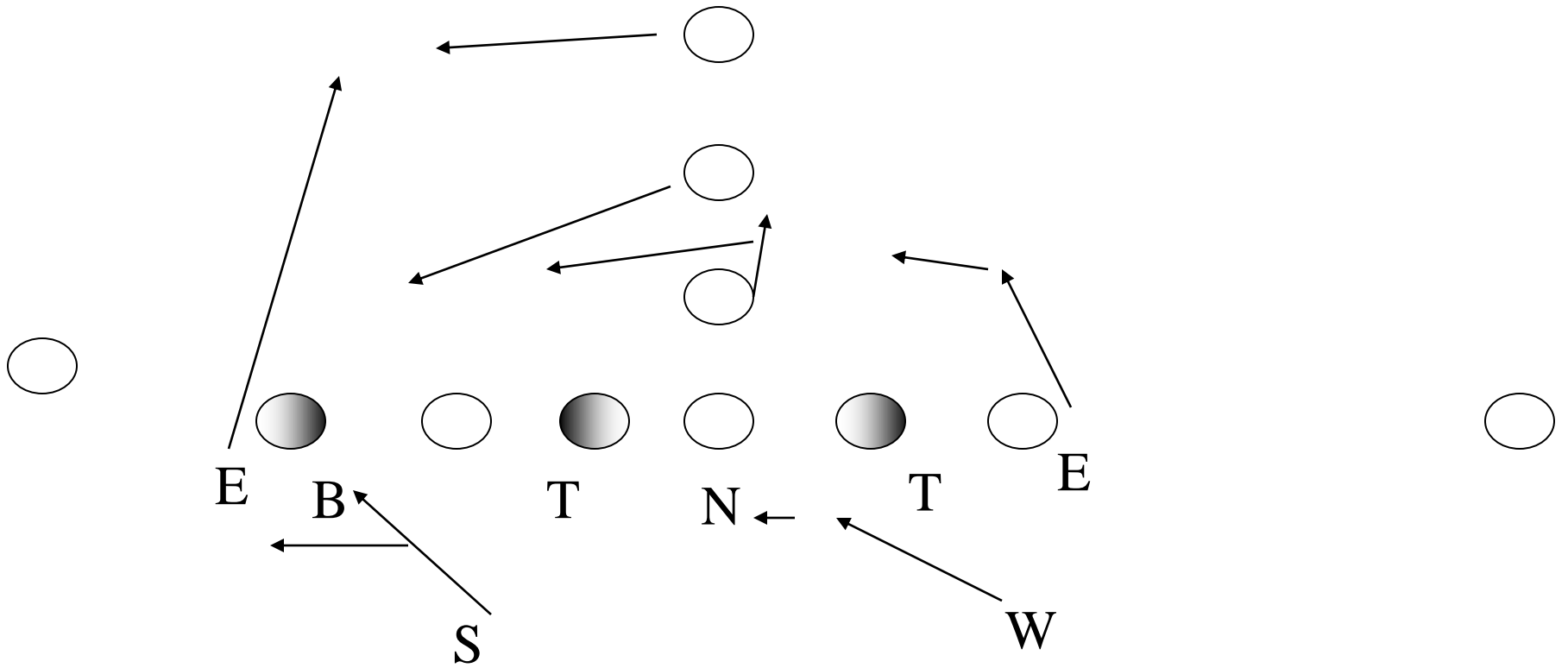
Sam and Will are reading their near backs and flowing to the ball.



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.

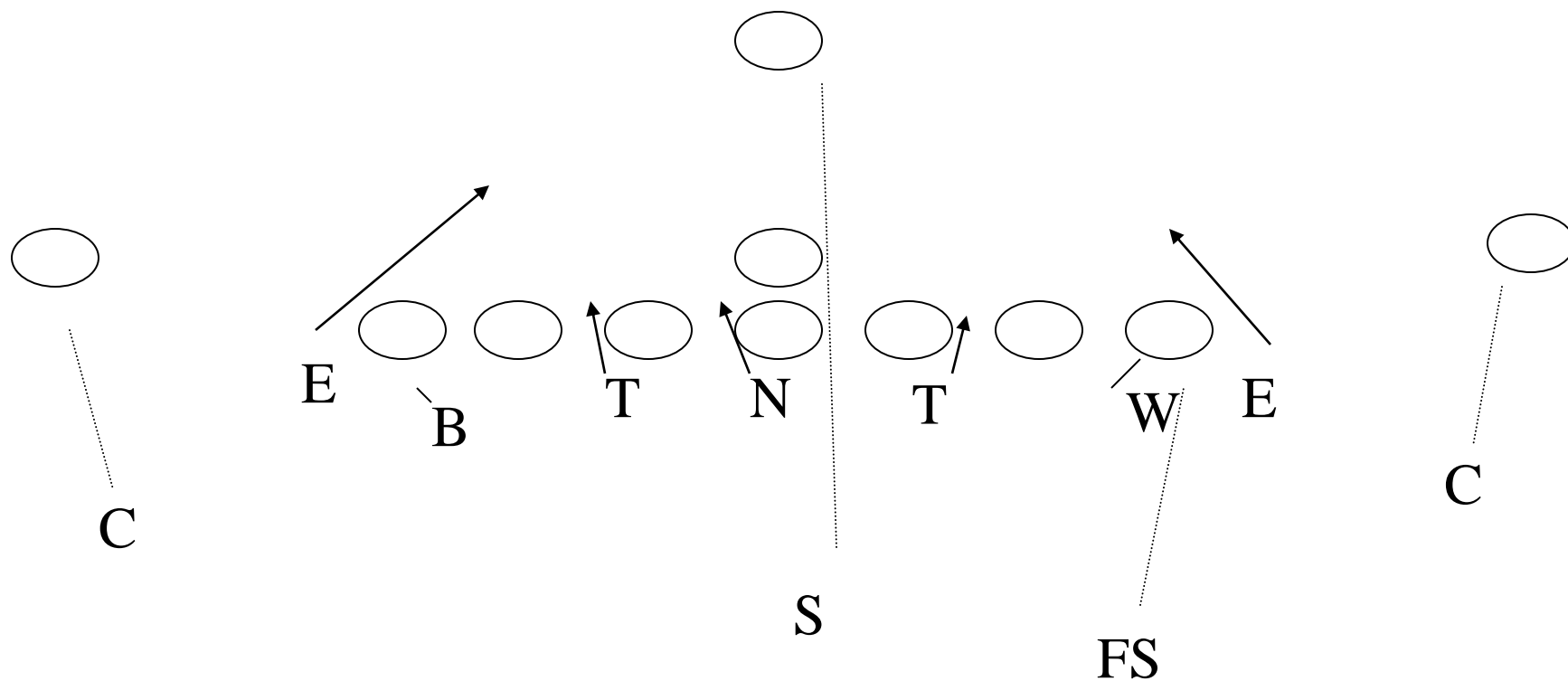


Sam and Will again reading the run.



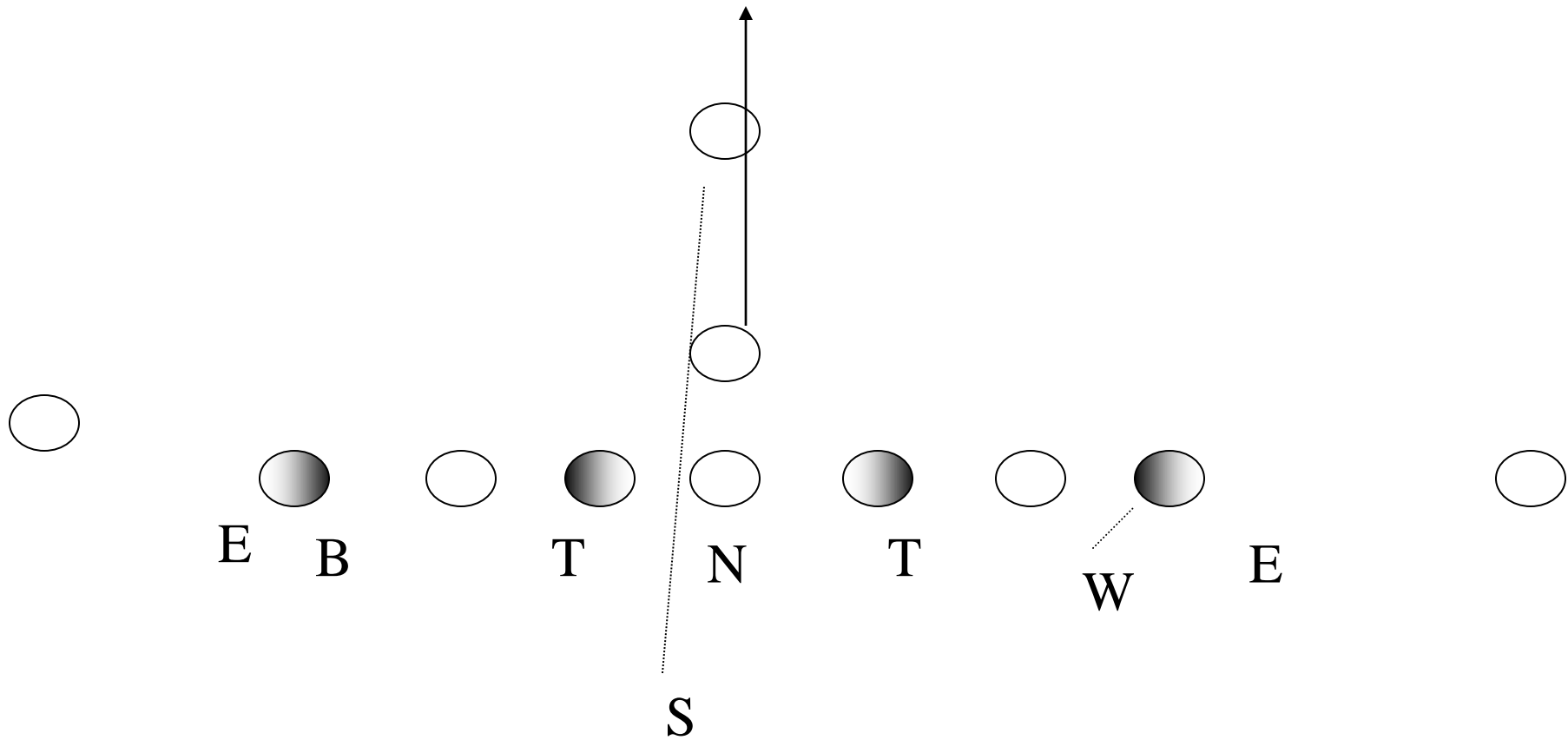
Sam and Will reading the backs and going to their assigned spots.
Will is checking for the counter.

Will vs double tights

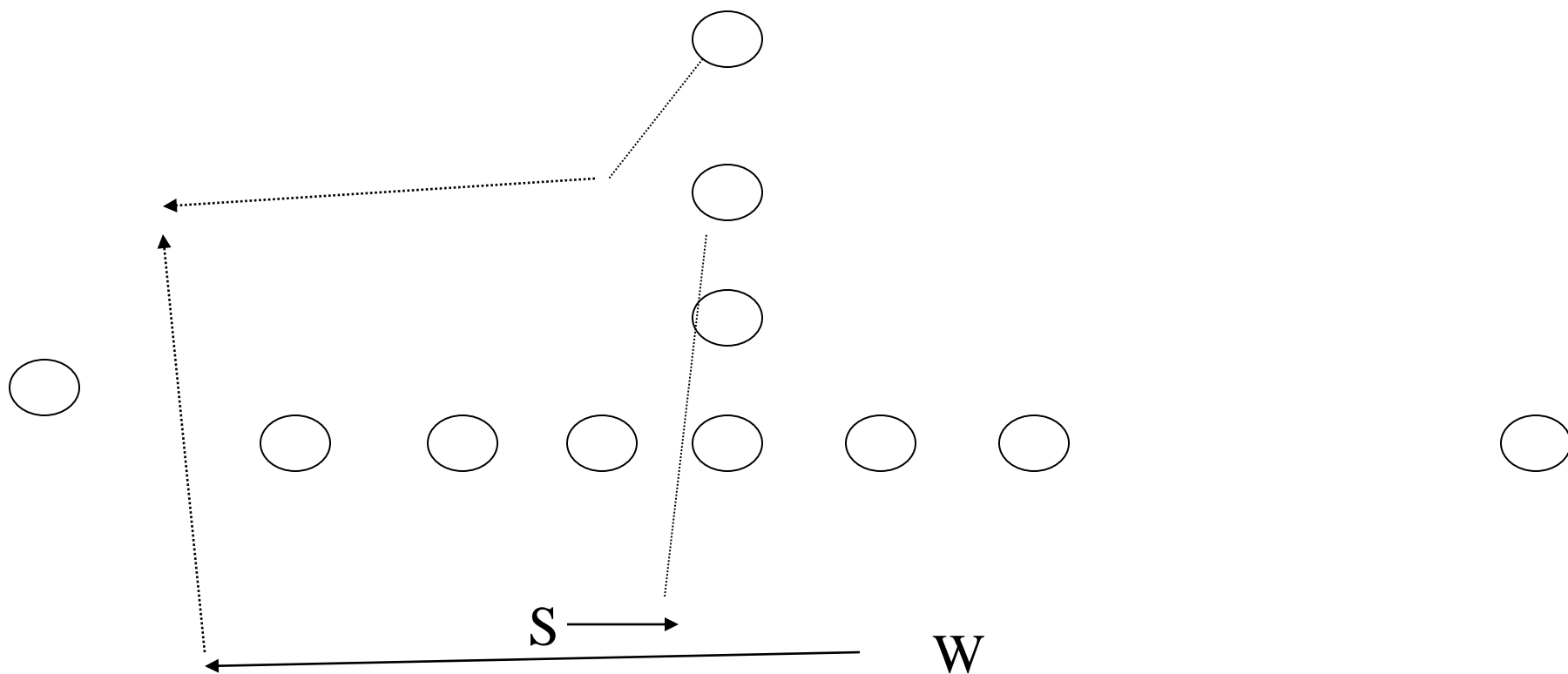


This slide shows what we do when we have called a Will blitz and we see double tights. We want Will to blitz inside the TE & the FS picks up the #2 TE. Everyone else plays man coverage. When Will identifies the #2 TE he will communicate to the FS to pick up the #2 TE by shouting “TIGHT”. For a different look we could keep the original blitz call and the FS could line up in a “Bandit” alignment.

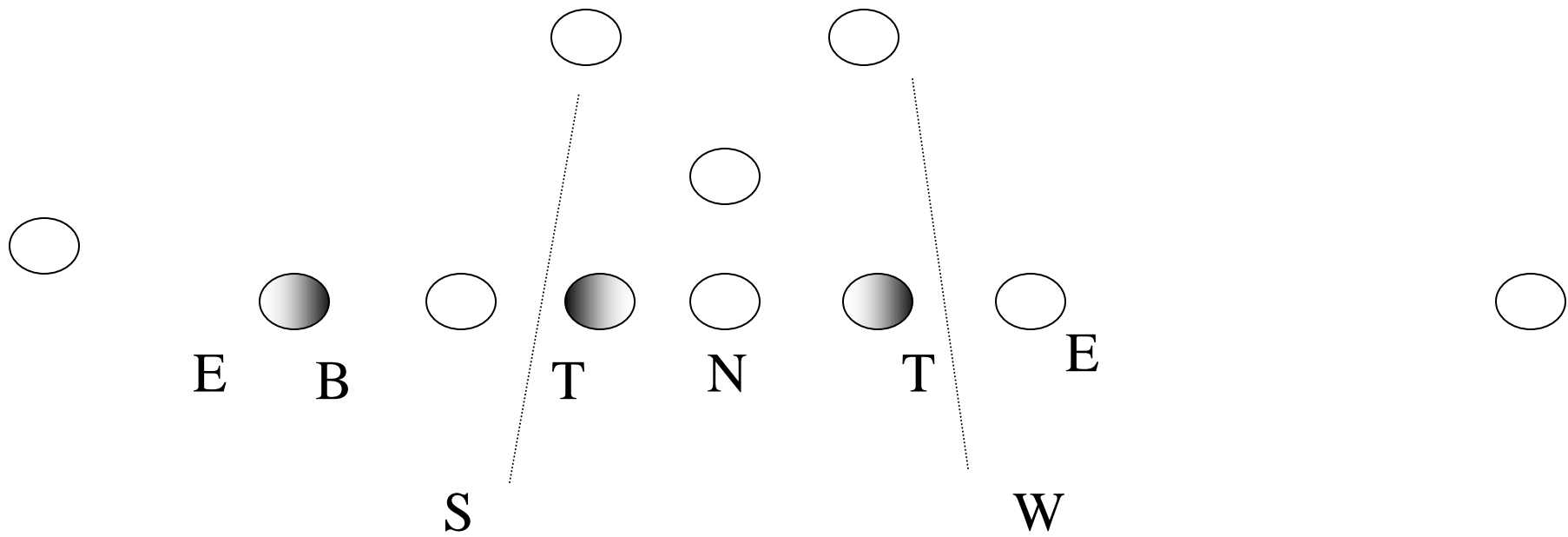
LINEBACKER PASS RESPONSIBILITIES

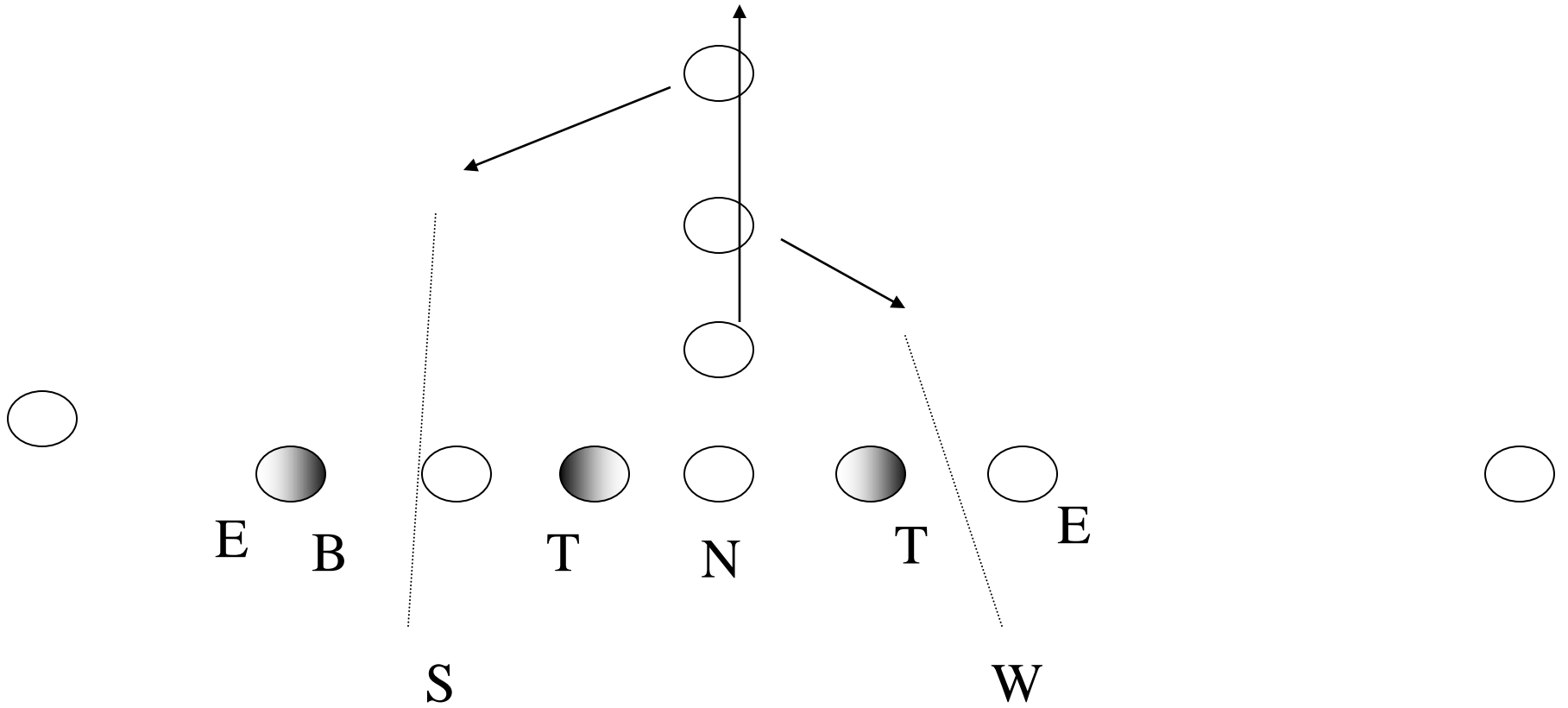


Will is assigned the 2nd TE when we see double tights.

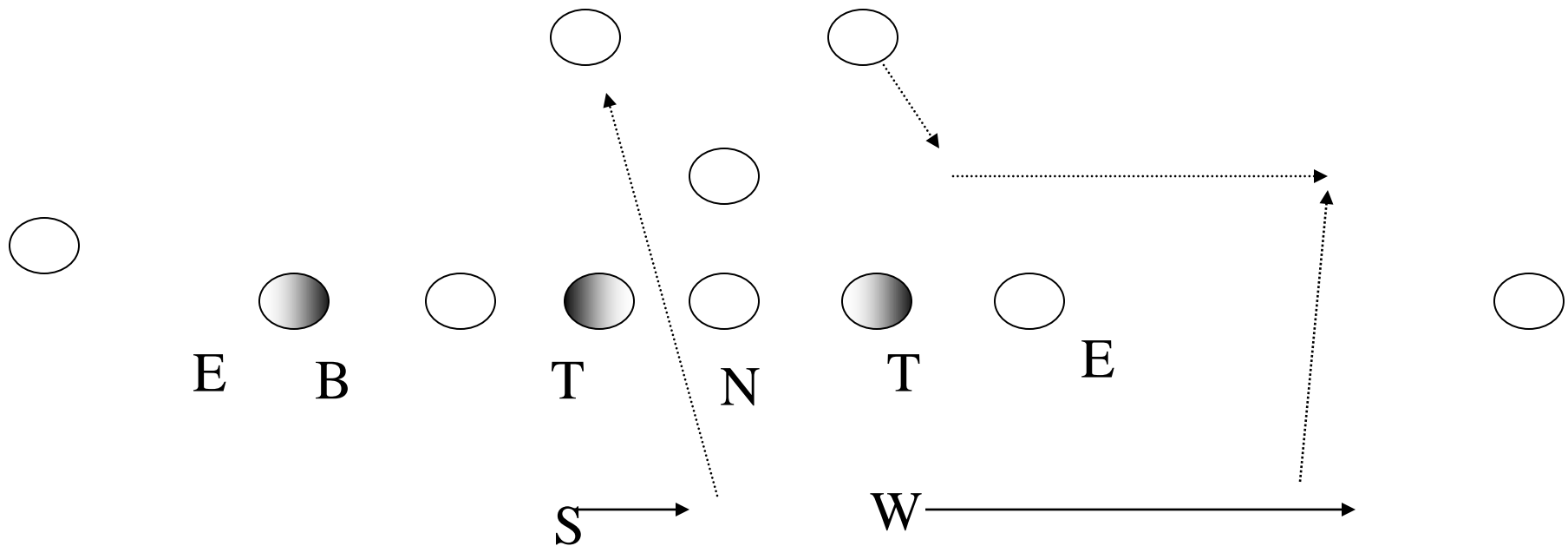


The TB or FB goes in motion Will motions out with them and covers him man to man. Sam now covers the FB. Sam will also slide to the middle of the offensive formation. Sam will slide anytime Will is not in a LB position.





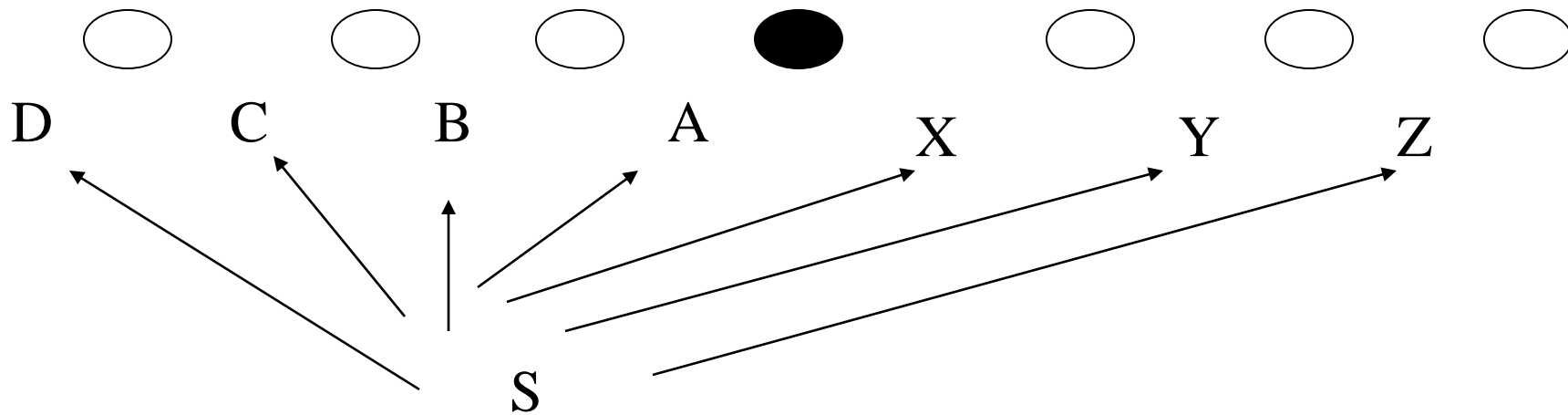
Sam and Will take the back that go to their side of the field. They can also be assigned either the TB or FB.



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.

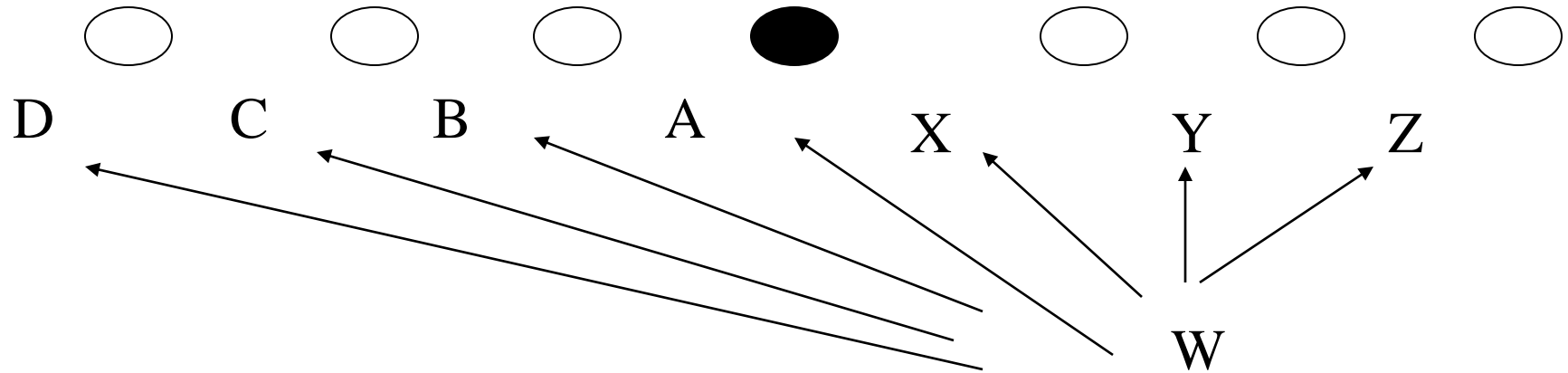
BLITZ PACKAGE

SAM Blitz Rules



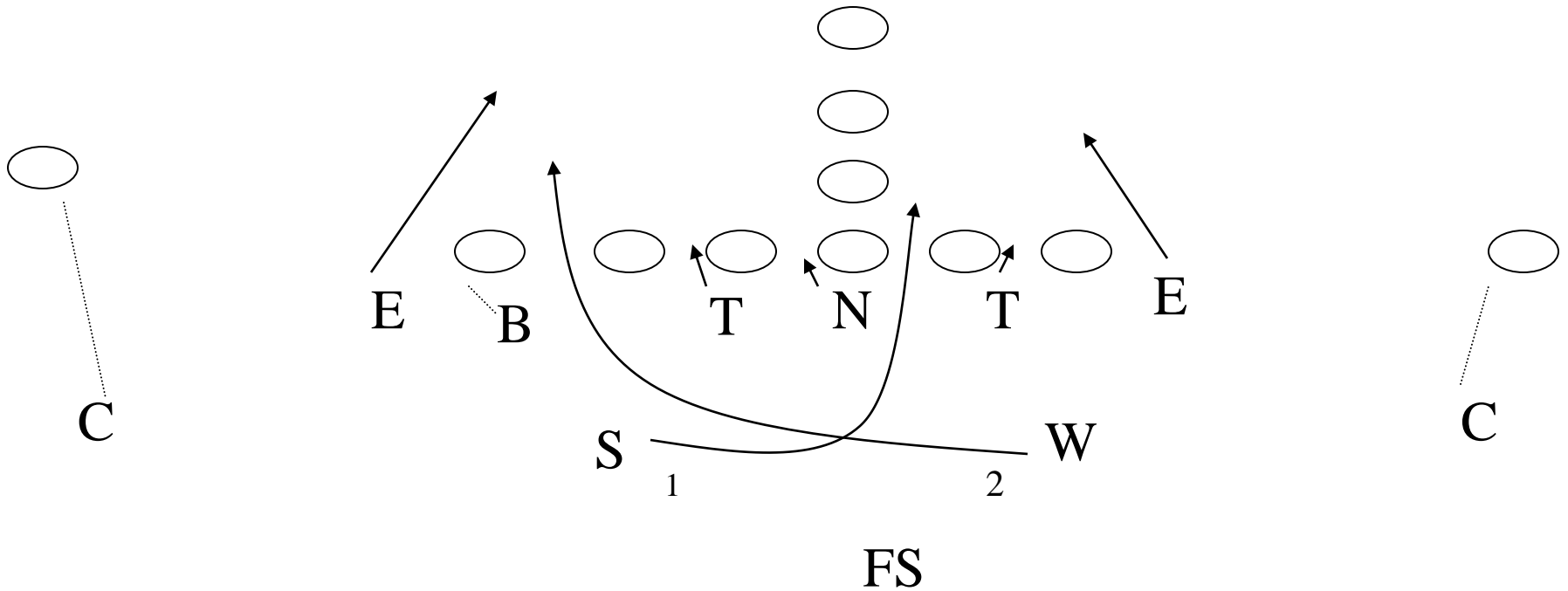
These are the LETTERS for each hole SAM can blitz through. The strong side gaps are A, B, C, and D. The weak gaps are X, Y and Z. In each call we will tell the SAM what to do first. The call for WILL immediately follows the call for SAM. SAM and WILL are told “BASE”, “FAKE” or a letter every play. Letters represent which gap to blitz. “BASE” tells them not to blitz. “FAKE” tells them to fake blitz where the real blitz is going.

Will blitz rules and color system



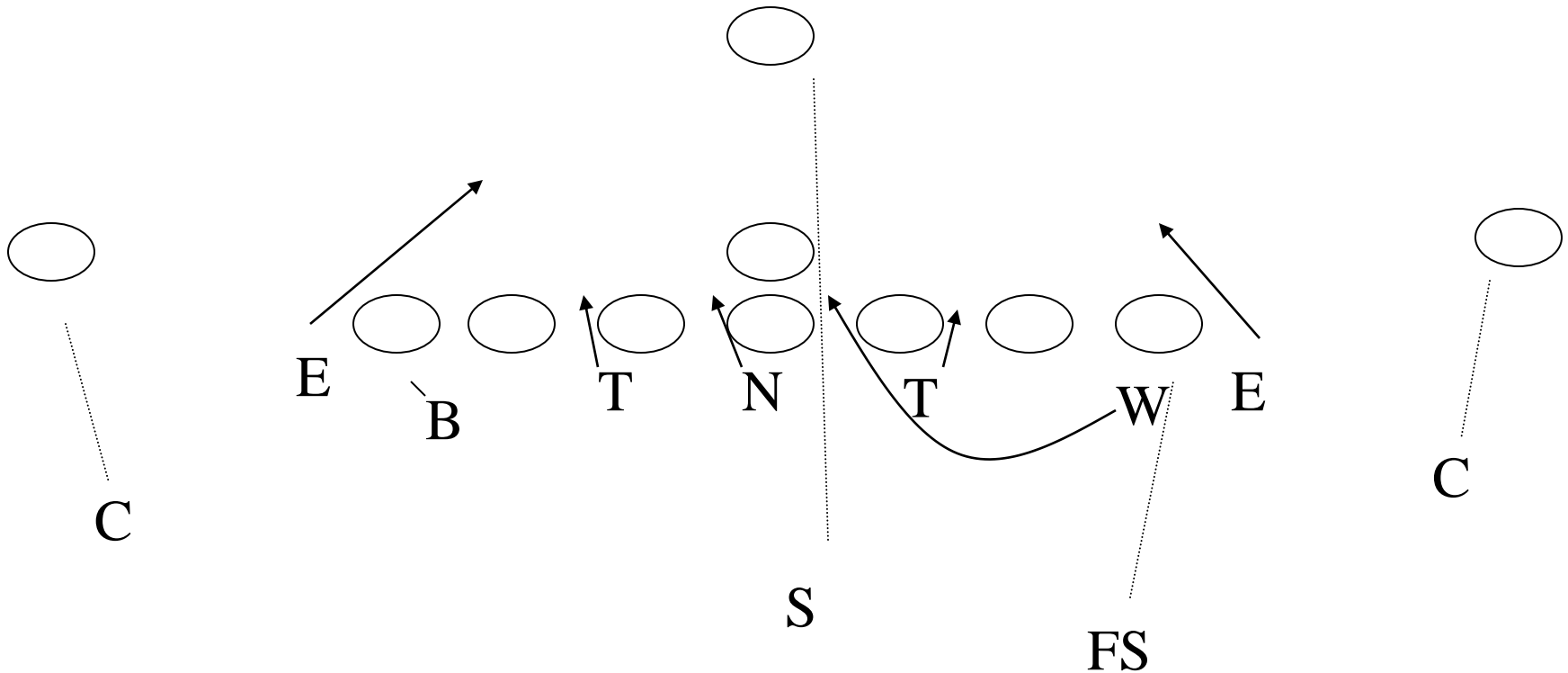
These are the LETTERS for each hole WILL can blitz through.

Cross blitz rules



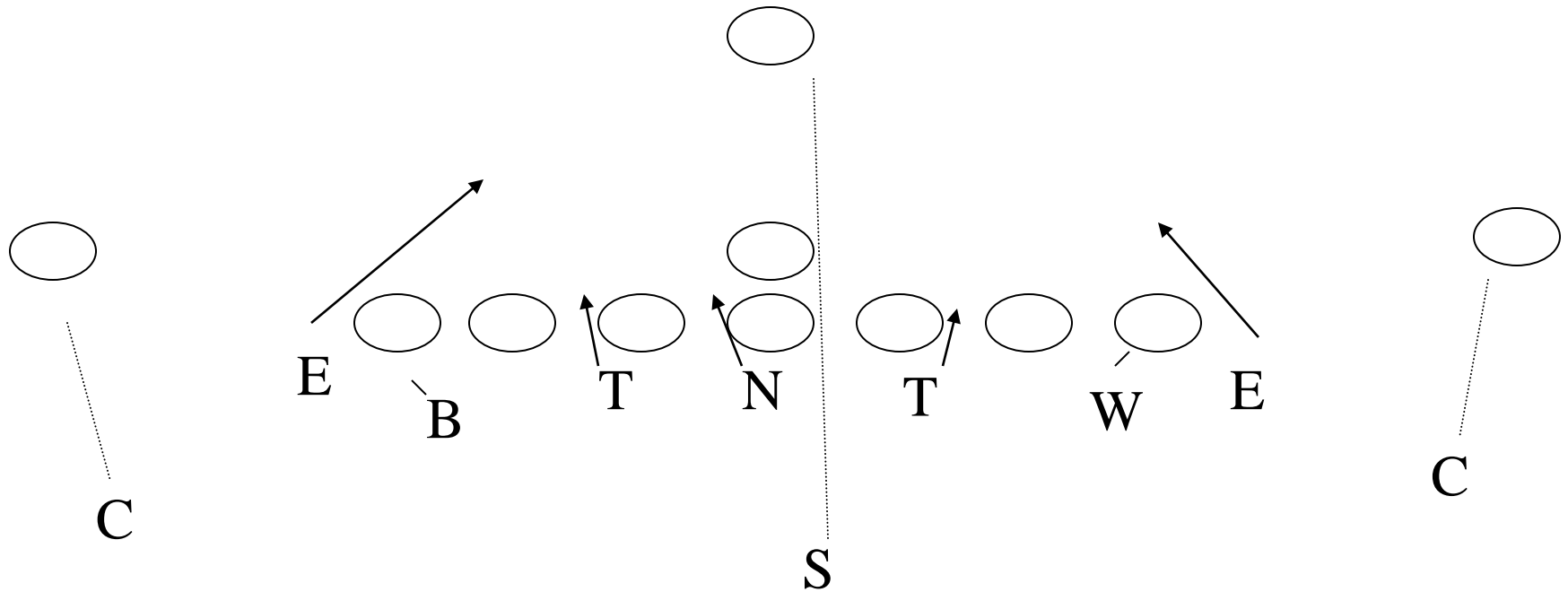
When we call for Sam and Will to do blitzes that cross each other's paths Sam blitzes first. Will lets Sam blitz and performs somewhat of a delayed blitz by going behind Sam's path. This slide displays the call "X C Cover One".

Will blitz vs double tights



This slide shows what we do when we have called a Will blitz and the offense has double tights. We want Will to blitz where we told him to but his pre-snap alignment is inside the TE. The FS picks up the #2 TE. Everyone else plays man coverage. When Will identifies the #2 TE he will communicate to the FS to pick up the #2 TE by shouting “TIGHT”. This slide is displaying a “BASE X” call.

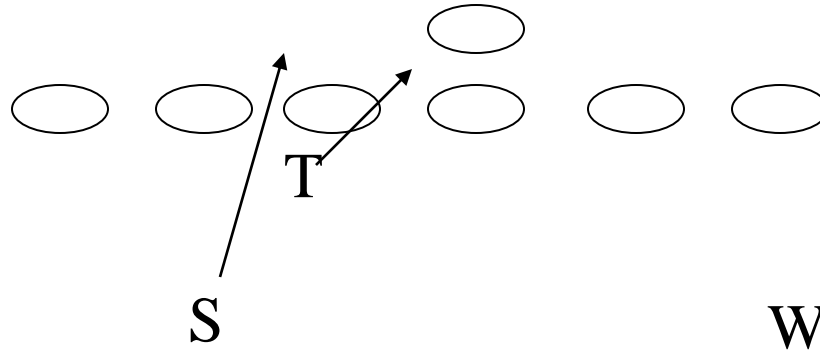
SCRATCH adjustment vs double tight



FS

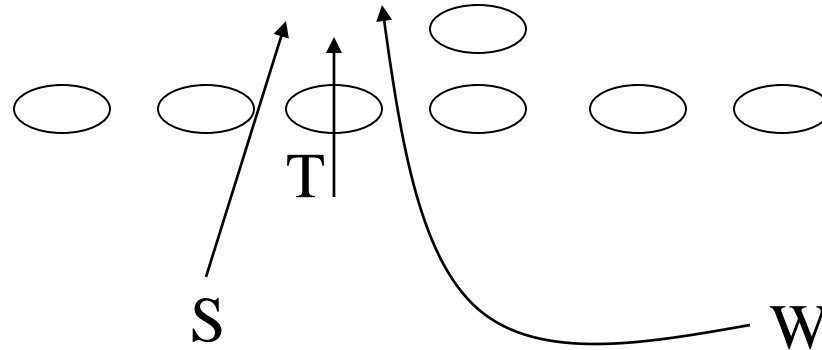
When we adjust to this Will would cover the #2 TE and basically play a Bandit technique. When we do this Will yells “SCRATCH” followed by the blitz call he had, for example “SCRATCH X”. Although this adjustment erases a DC’s blitz call and would not be used much it should be considered as a option. This option allows the FS to stay a “free” safety and not have a particular position to cover.

BEAR/Strong tackle rules on blitzes



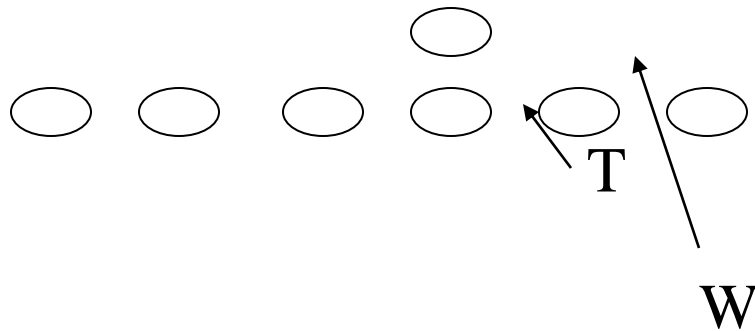
BEAR/Strong Tackle- When the BEAR tackle hears a “B” blitz called he then goes to the A gap at the snap of the ball. The strong tackle must control the A gap. He will do this when the “B” blitz is called first, for SAM, or second, for WILL. We flip our tackles to simplify the rules they must remember. If the BEAR tackle does not hear the letter “B” he will control the B gap. The diagram shows a “B” blitz by Sam and the BEAR tackle controlling the A gap.

BEAR/Strong tackle rules on blitzes



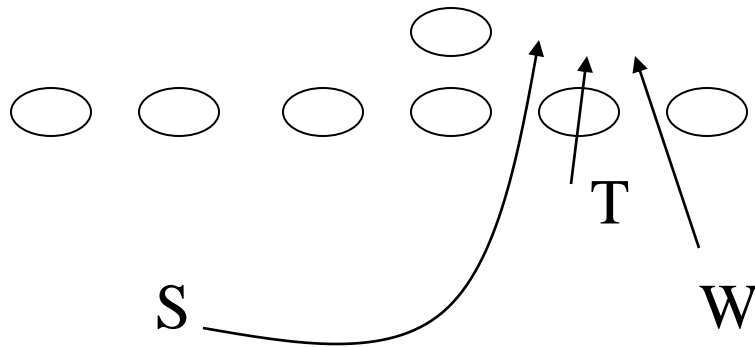
BEAR/Strong Tackle- When the combo blitz calls “A-B” or “B-A” are called the BEAR tackle must do a different technique. When these blitzes are called we are sending Sam and Will into the strong A and B gaps. The BEAR tackle is to block the offensive guard and drive him straight back. Executing this technique will allow Sam and Will to penetrate through their gaps and hopefully perform a tackle for a loss. The diagram above shows what the strong tackle, Sam, and Will are to do on the blitz call “B-A”.

CUB/Weak tackle rules on blitzes



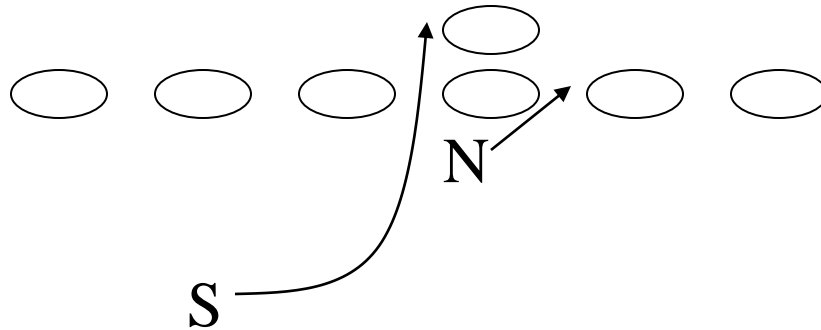
CUB/Weak Tackle- When the CUB tackle hears the “Y” blitz called he then has to control the weak side A gap or as we call it, the X gap. He will do this weather the “Y” blitz is called first, for Sam, or called second, for Will. If the CUB tackle does not hear the “Y” blitz called his job is to control the weak side B gap. The diagram above is showing how the Will linebacker and the weak tackle should perform the call “BASE Y” call.

CUB/Weak tackle rules on blitzes



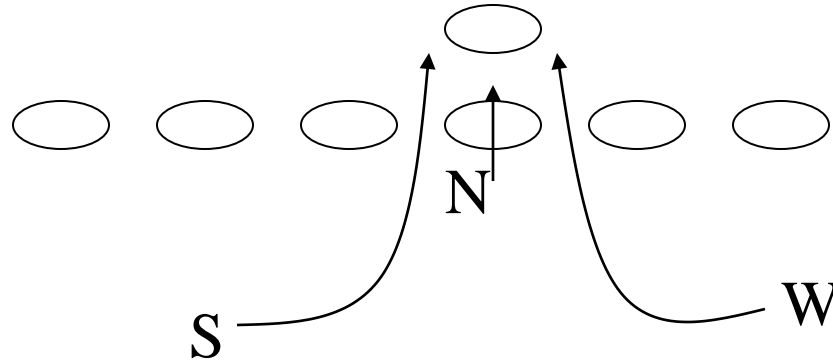
CUB/Weak Tackle- When the combo blitzes “X-Y” or “Y-X” are called the technique and responsibility for the CUB tackle are changed. When either of these blitzes are called we are sending Sam and Will through through the weak side A and B gaps. The strong tackles technique is to block the offensive guard straight back. When this occurs Sam and Will are able to penetrate through their gaps and hopefully get a tackle for a loss or disrupt the play. The slide above shows what the weak tackle, Sam and Will are to do on the blitz call “X-Y”.

Nose rules on blitzes



Nose- Our Nose will normally attack the center's snapping hand. When we are blitzing the Nose listens for two calls. When an "A" blitz is called he will slant and control the weak A gap. The "A" blitz may be first or second in the blitz sequence. For example a blitz call could be "A- BASE" or it could be "BASE-A". The sequence does not mean anything to the nose, he is only listening for the letter A or the letter X. When an "X" blitz is called he slants to control the strong A gap. The diagram above shows what the nose and Sam will do on the blitz call "A BASE".

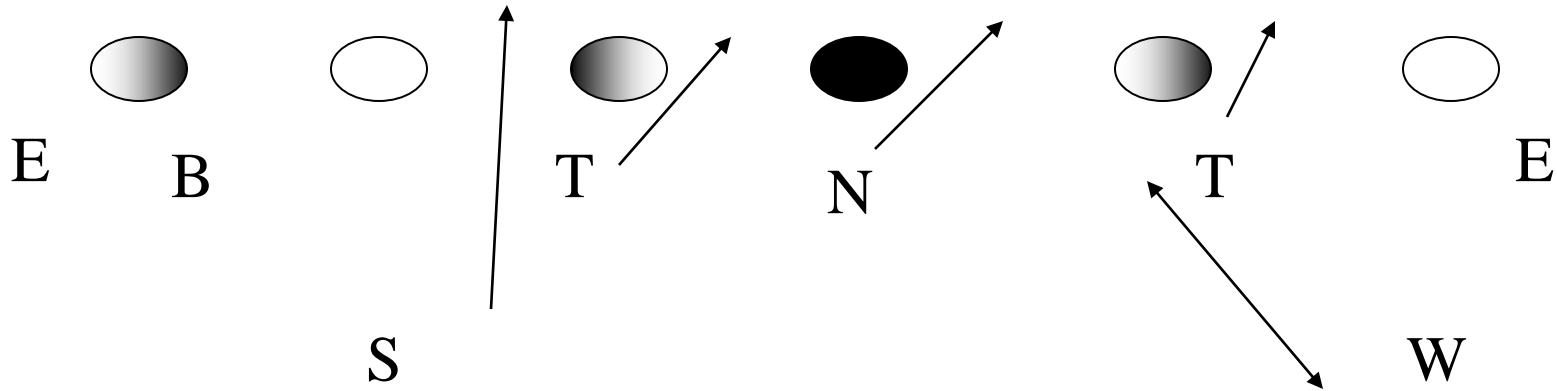
Nose rules on blitzes



Nose-The nose must change his technique if the following combo blitzes are called: “A-X” or “X-A”. When these two combo blitzes are called we are sending Sam and Will into both A gaps. When this occurs the nose is to drive the center strait back. This will allow Sam and Will a better chance of penetrating through their gap and disrupting the play in the backfield. The diagram above shows the blitz call “A-X”.

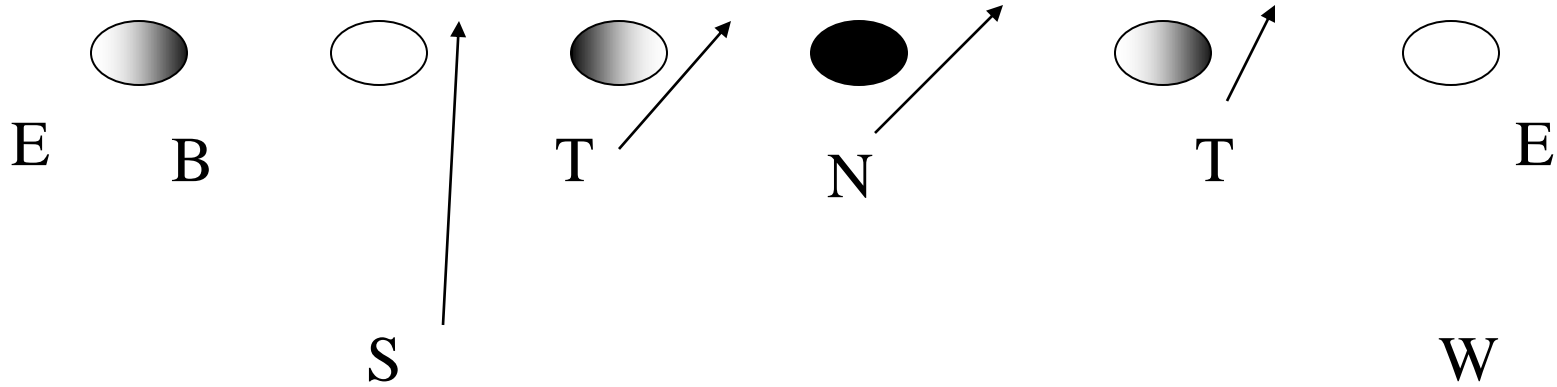
Examples of solo blitzes

B FAKE



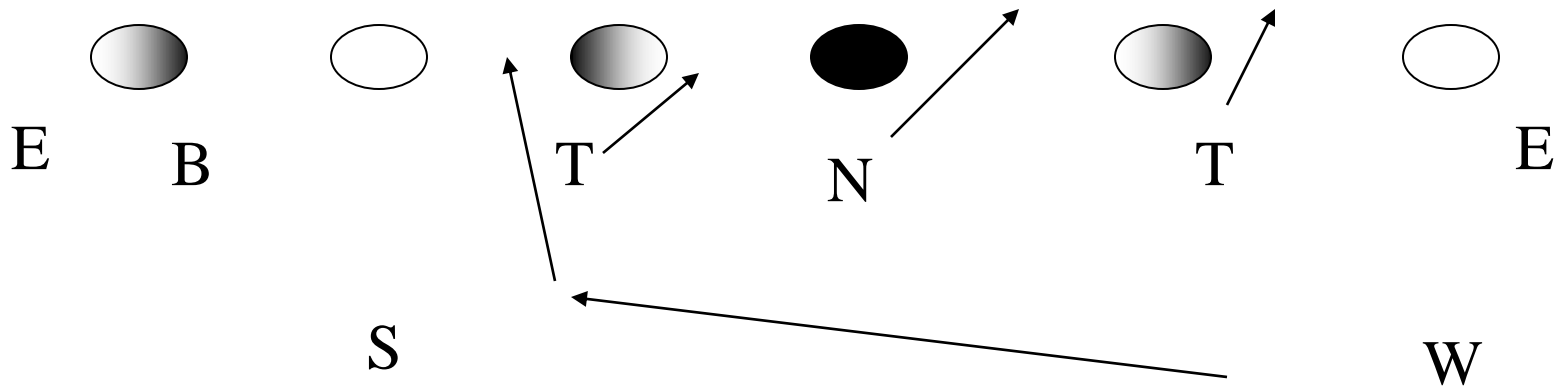
B FAKE - "B" is telling SAM to blitz the strong "B" gap.
FAKE is telling WILL to fake a blitz through the weak "A" gap.

B BASE



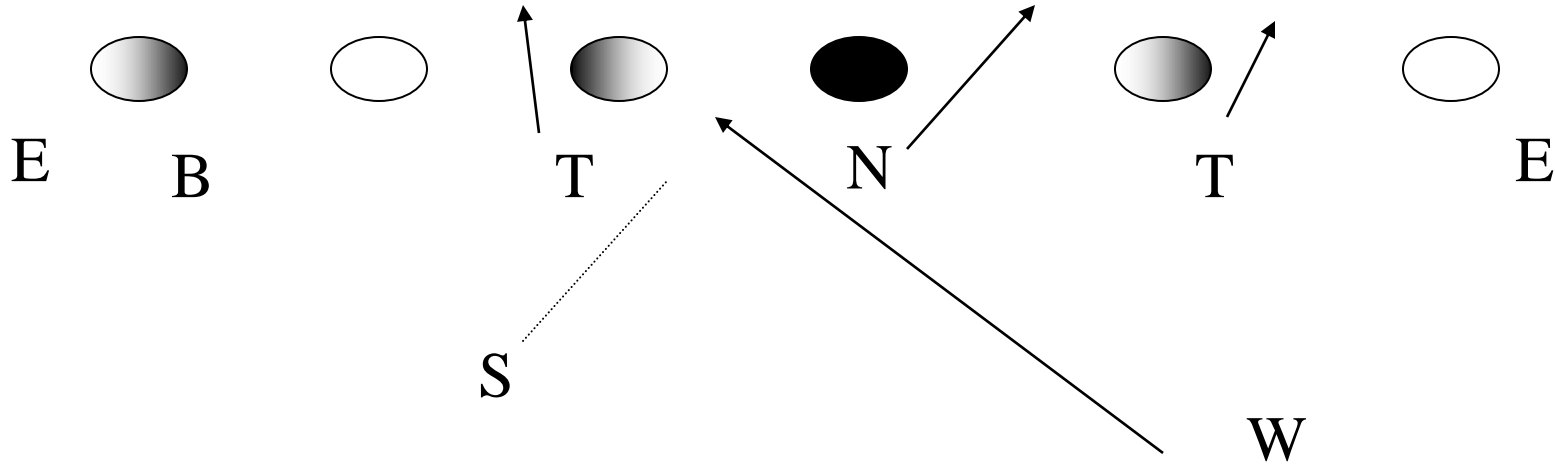
B BASE - “B” tells SAM to blitz the strong “B” gap.
BASE tells WILL to have a normal alignment.

BASE B COVER 1



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

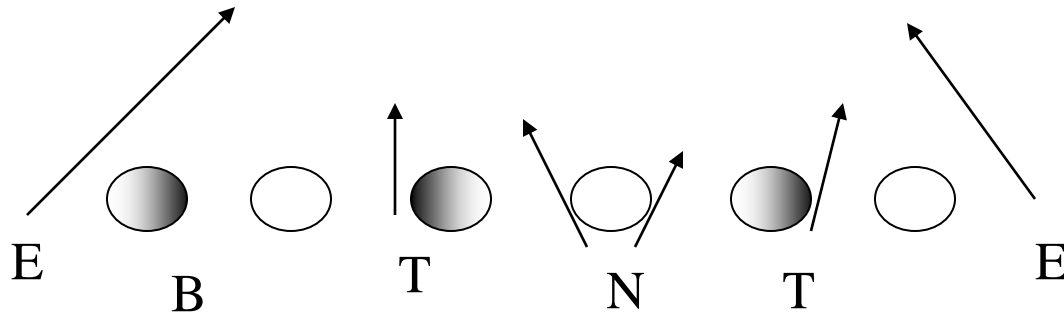
FAKE A



FAKE A – “FAKE” 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

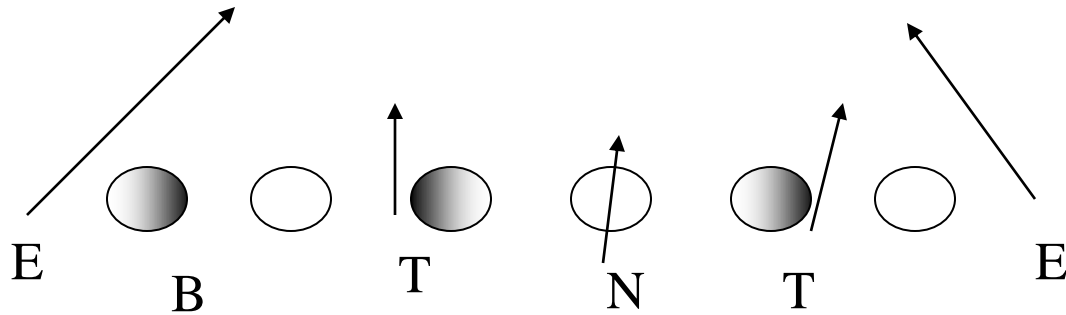
BEAR



Bear is our base front. The Nose is head up on the center and will slant to either “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.

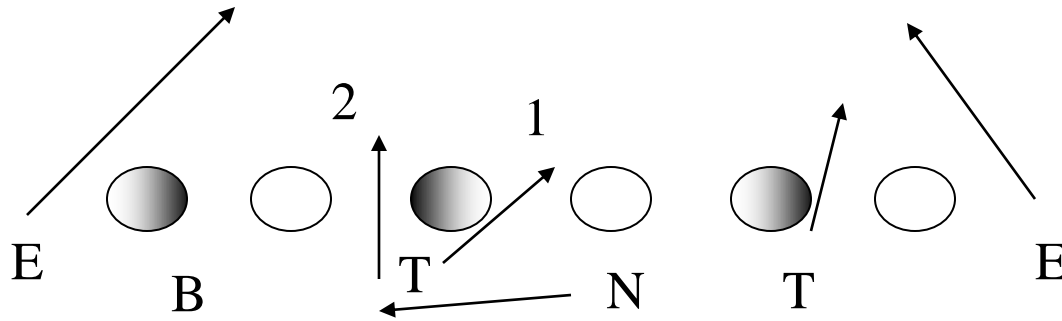
In BEAR the tackles line up on the outside shoulder of the guards. BEAR will line up on the strong side, CUB will line up on the weak side. Bandit is playing the 7 technique and the ends are outside the widest man on the line.

POLAR



POLAR is a very basic front. Polar tells the nose to take the center strait back as opposed to slanting to either of the “A” gaps. We do call this when we want the nose to be a 2-gap player. The strong and weak tackles will have the “B” gaps. The POLAR technique is used by the tackles when blitzes are called to either side of the tackles. For example if the strong tackle heard the blitz call “B-A” both the strong “A” and “B” gaps are being blitzed. The strong tackle would then need to play a “polar” technique to free up the gaps for both backers to blitz through.

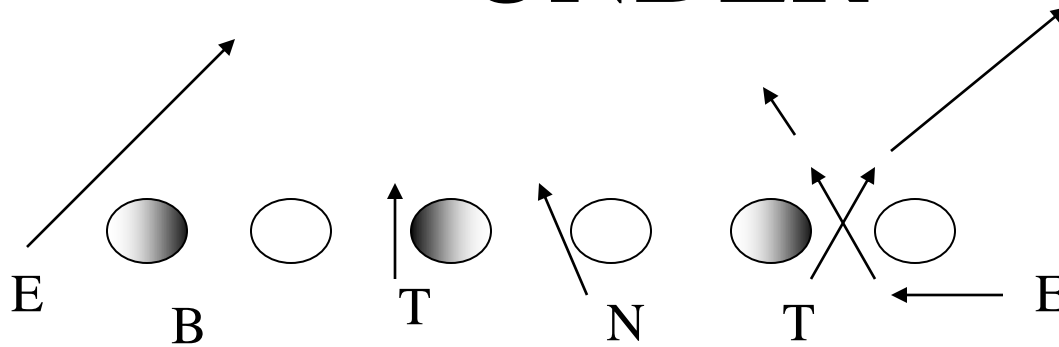
TWIST



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.

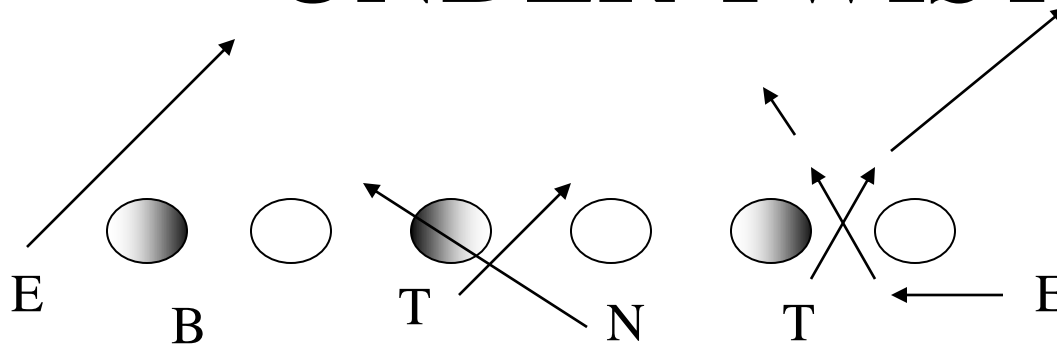
Which way we twist will be determined by which tackle we name. We will call BEAR TWIST or CUB TWIST. The nose will twist with which ever tackle we name.

UNDER



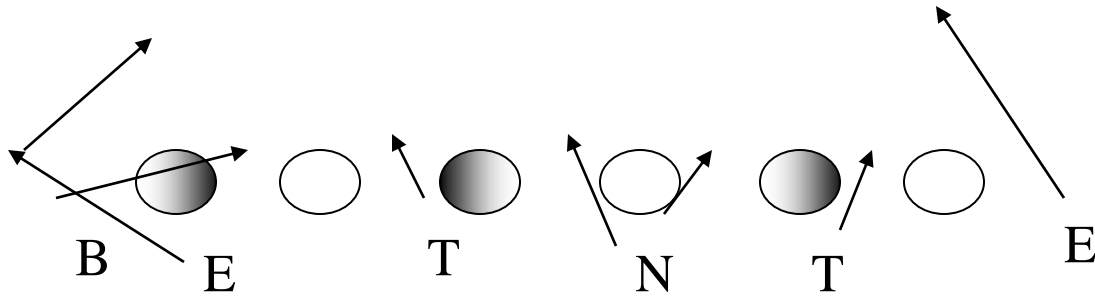
UNDER effects the WEAK side tackle and WEAK defensive end. The weak tackle will line up outside the guard. On the snap he will rip through the “B” gap and contain the run to his side. On pass plays his responsibility is being an outside pass rusher. The WEAK end will line up outside the offensive tackle. 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



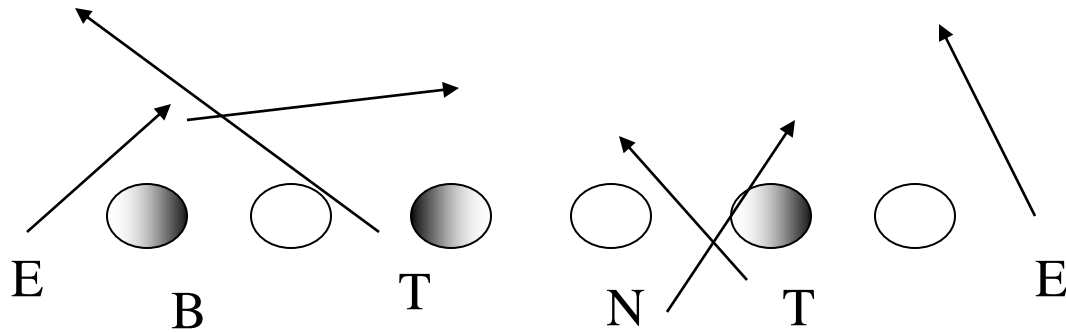
UNDER TWIST is where the weak side end and tackle switch responsibilities (under). The strong tackle rips through the ‘A’ gap while the nose pulls behind the strong tackle and moves through the strong ‘B’ gap.

SWITCH



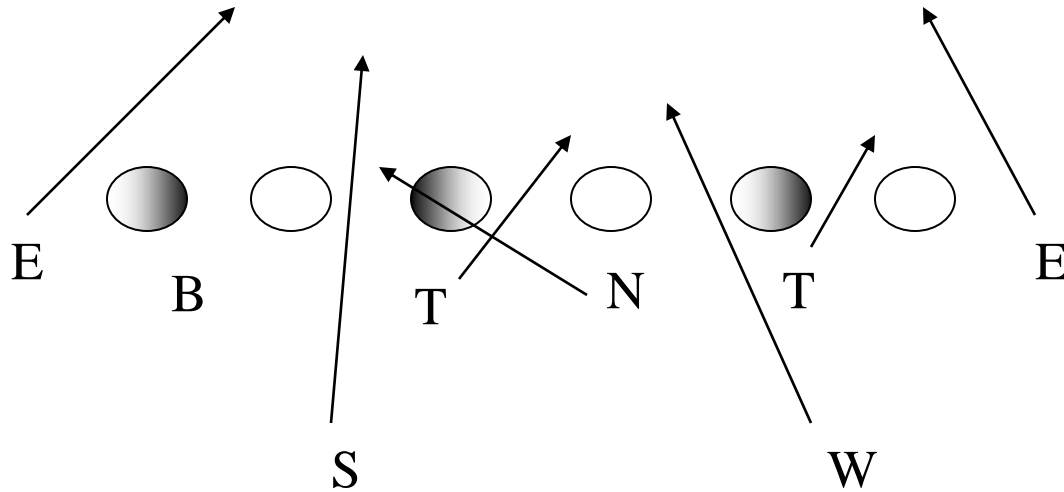
SWITCH is where the BANDIT and defensive end switch alignments. BANDIT will line up as a stand up end. He is still assigned to cover the TE. He will squeeze the TE into the middle so that the C gap is virtually non-existent. The defensive end will go down in a 3 point stance and line up just inside the TE. On the snap of the ball the defensive end will loop behind the BANDIT and play his regular responsibilities of containing the play vs the run and rushing the passer vs. the pass.

ECHO SWITCH



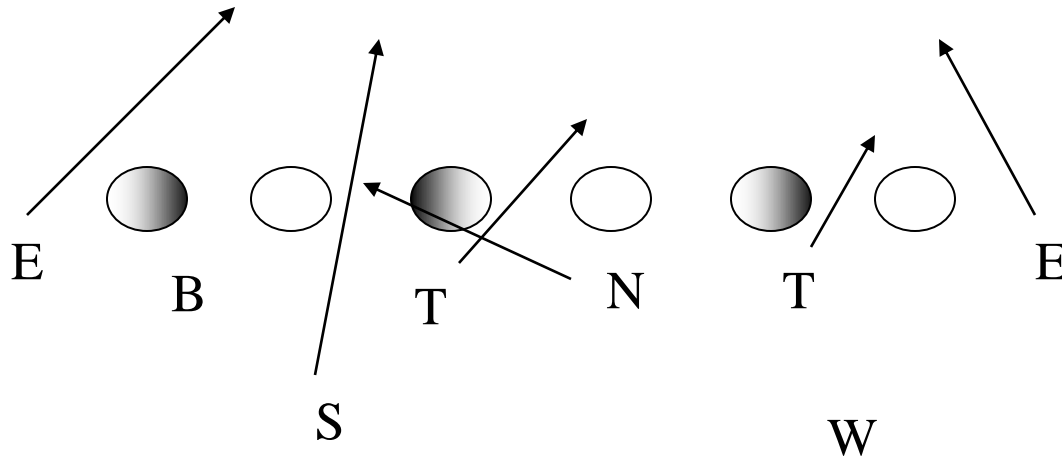
The nose and strong tackle run a twist stunt while the weak tackle and weak end run a switch stunt.

TWIST B X



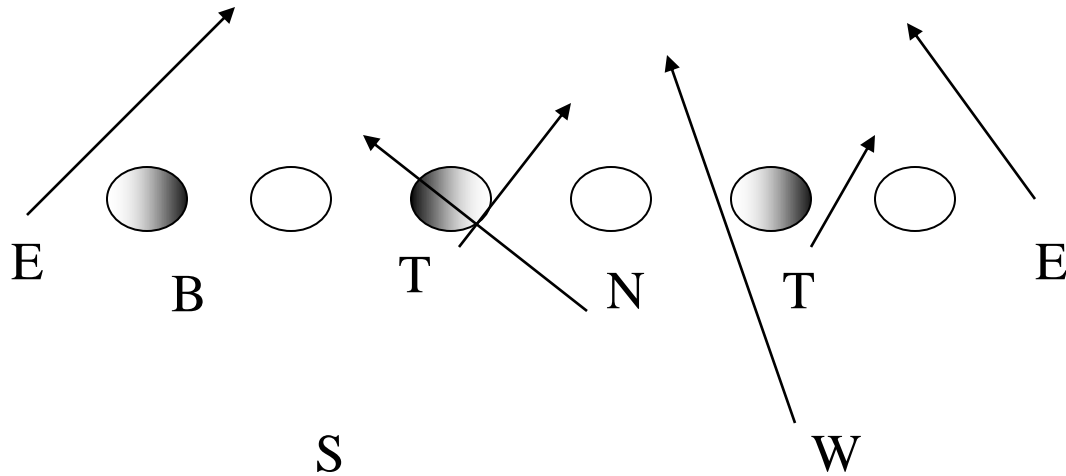
The twist stunt is ran by the strong tackle and the nose. The B and X calls are linebacker blitzes. When we call two blitzes the first blitz call is assigned to the SAM and the second call is for WILL. In this case SAM is doing a B blitz (strong side "B" gap) and WILL is doing a X blitz (weak side "A"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

BEAR TWIST B BASE



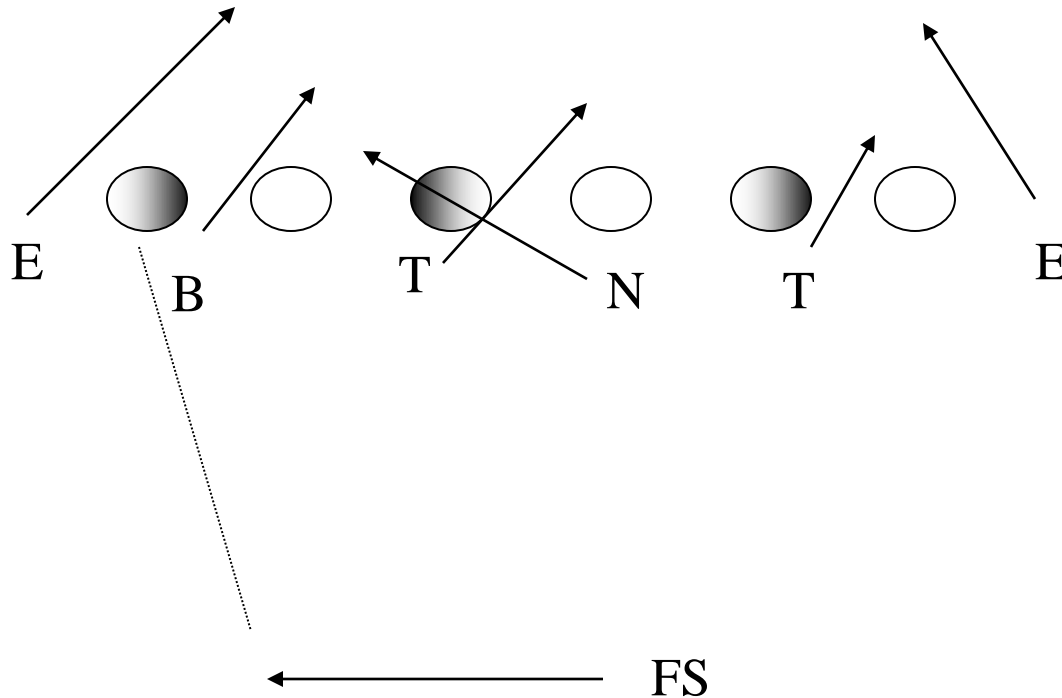
The strong tackle and nose are running a twist stunt. SAM is blitzing through the “B” gap since we have called 1. BASE tells WILL to play normal.

BEAR TWIST BASE X



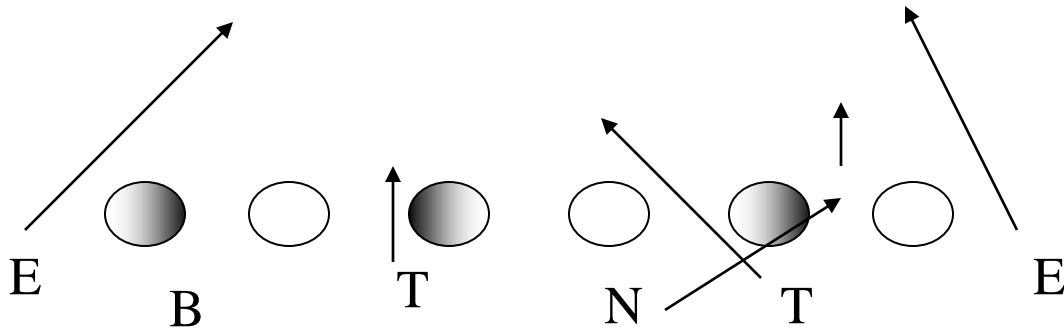
The strong tackle and nose are running a twist stunt. SAM has been told to play normal. WILL has been told to blitz the weak “A” gap.

BEAR TWIST BANDIT



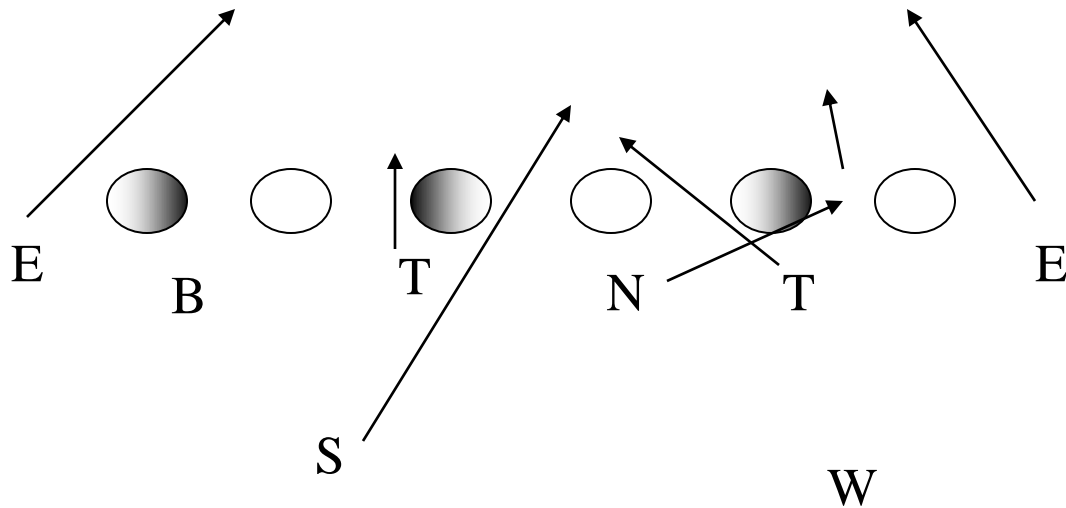
The strong tackle and the nose run a twist stunt. BANDIT will blitz through the “C” gap. The FS will now pickup the TE and play him man to man.

ECHO



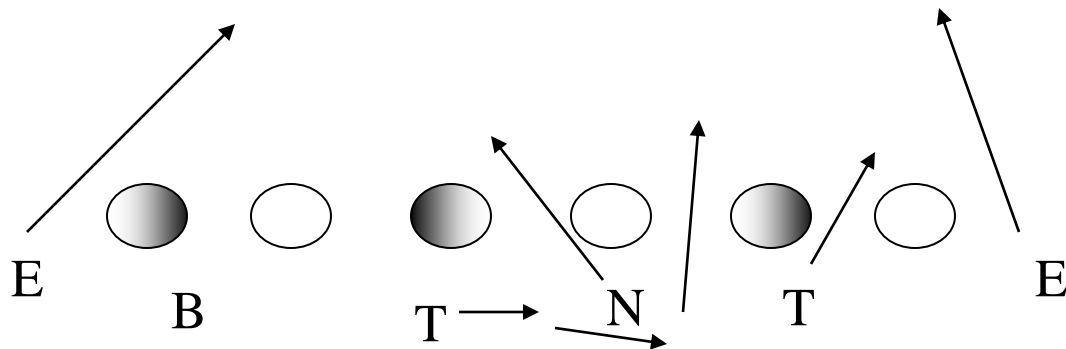
ECHO is where the nose and the WEAK tackle will cross and switch gap Responsibilities. The WEAK tackle will rip into the “A” gap first. The nose will pull around the WEAK tackle and go through the WEAK “B” gap. Another way to describe this stunt is a WEAK TWIST.

ECHO A BASE



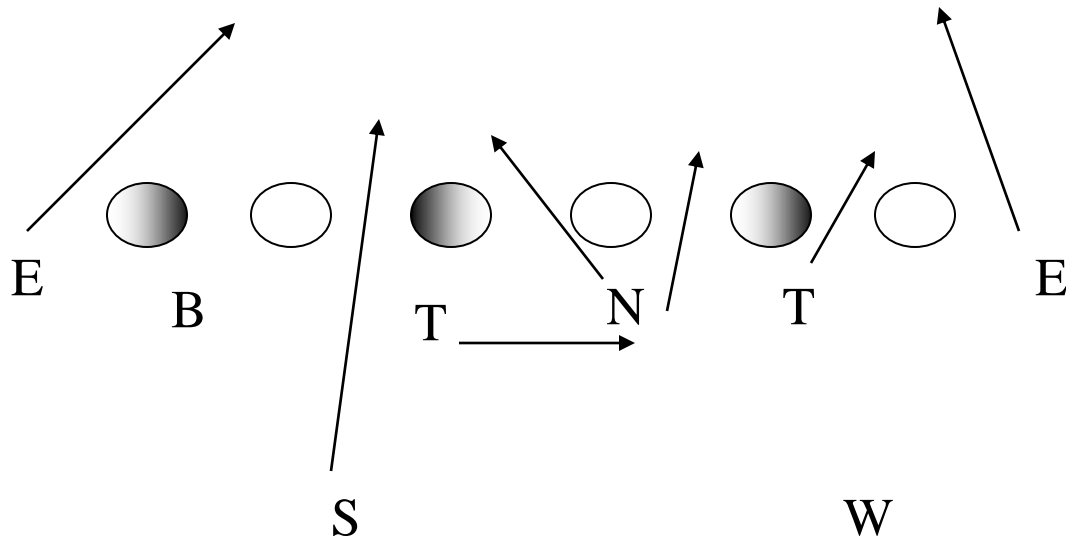
The WEAK tackle and the nose run a echo stunt. Sam will blitz through the Strong "A" gap.

BEAR LOOP



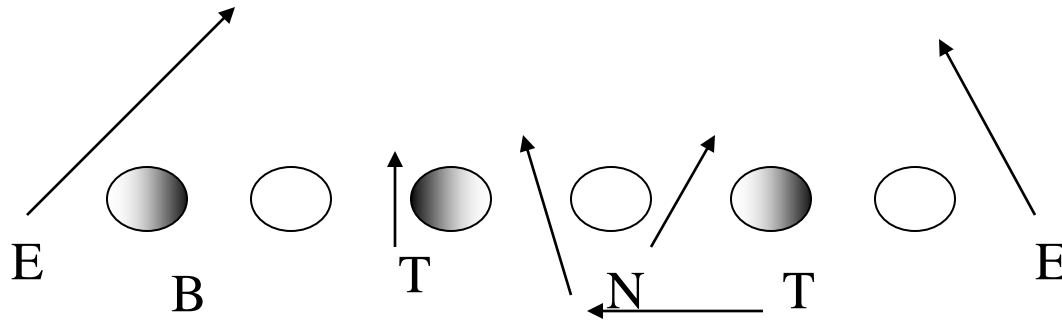
BEAR LOOP calls for the nose to stunt through the strong side “A” gap. The strong side tackle will take one step strait forward toward the guard. Then he will loop behind the nose for an inside rush.

LOOP B FAKE



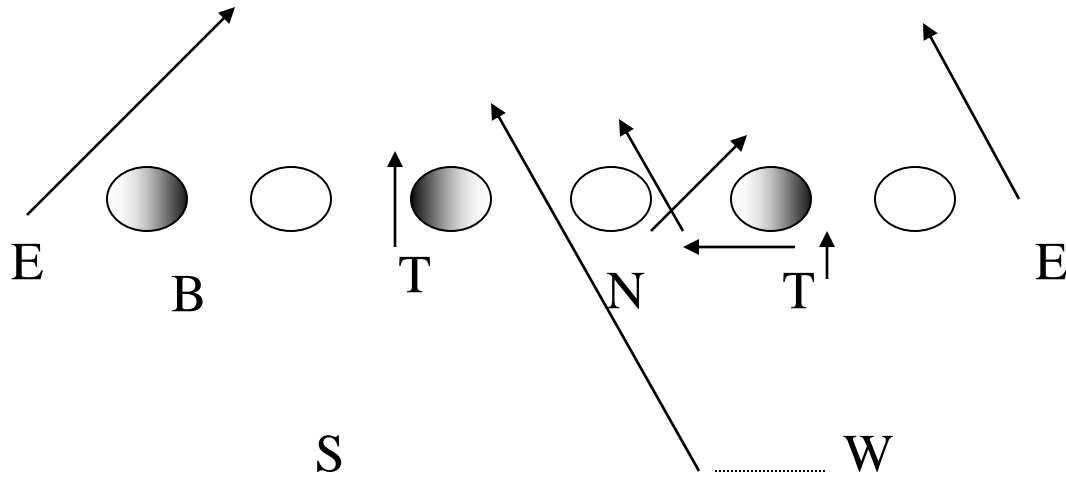
LOOP calls for the nose to stunt through the strong side “A” gap. The strong side tackle will take one step straight forward toward the guard. Then he will loop behind the nose for an inside rush. SAM will blitz through the “B” gap. WILL is going to fake a blitz in the weak “A” gap.

ROPE



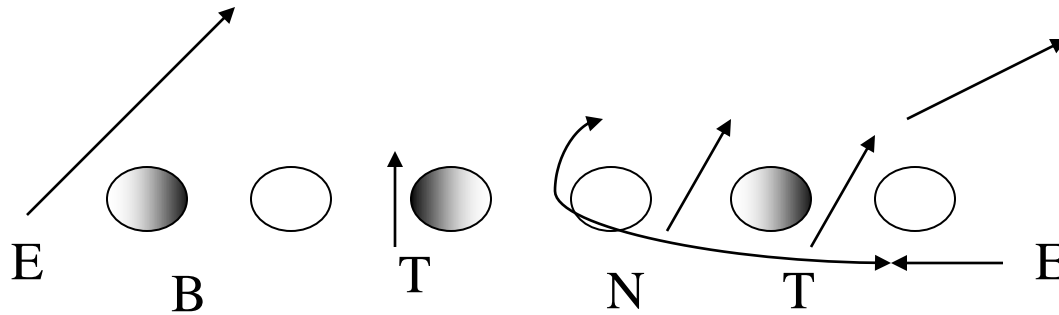
ROPE is where the nose rips through the WEAK “A” gap. The WEAK tackle will take a forward step toward the guard, then rip around the nose tackle and into the “A” gap. This stunt can be described as a weak side LOOP.

ROPE BASE A



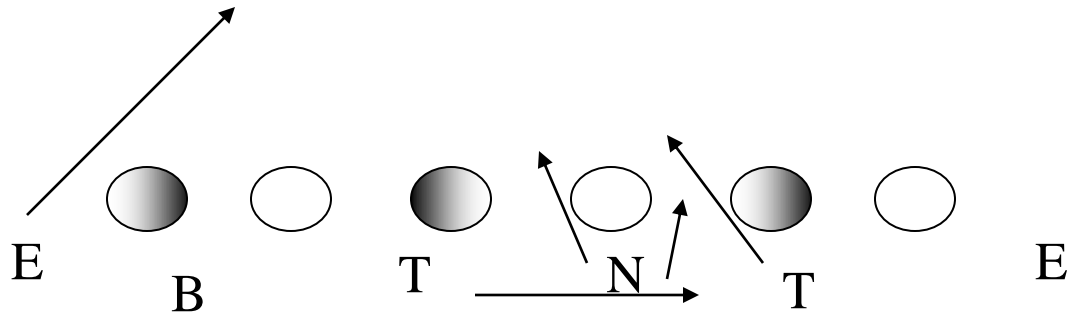
Weak side tackle and the nose run a ROPE call. WILL blitzes through the strong “A” gap due to the BASE A call.

CUB GUT

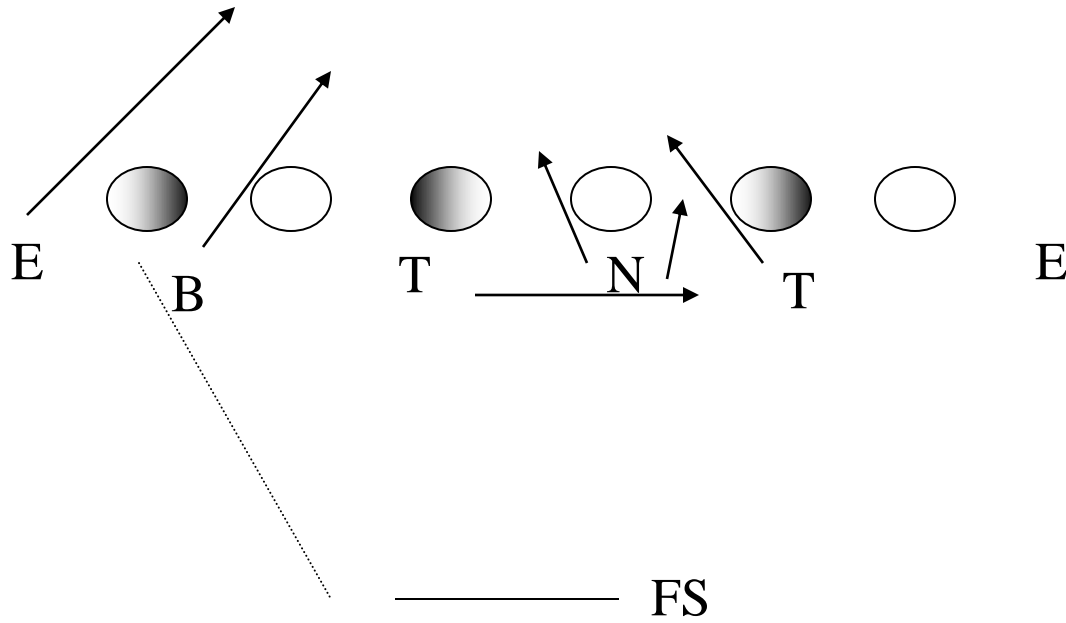


CUB GUT calls for the WEAK end to pull behind the WEAK tackle and the nose. The WEAK end is to work his way to the strong side “A” gap. The WEAK tackle would now have contain if you face any run play to the WEAK side.

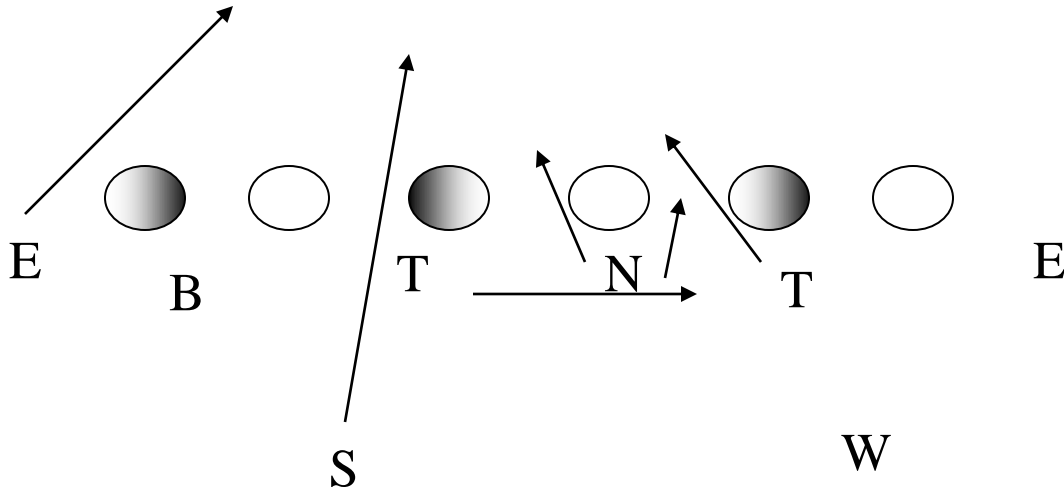
BEAR SIN



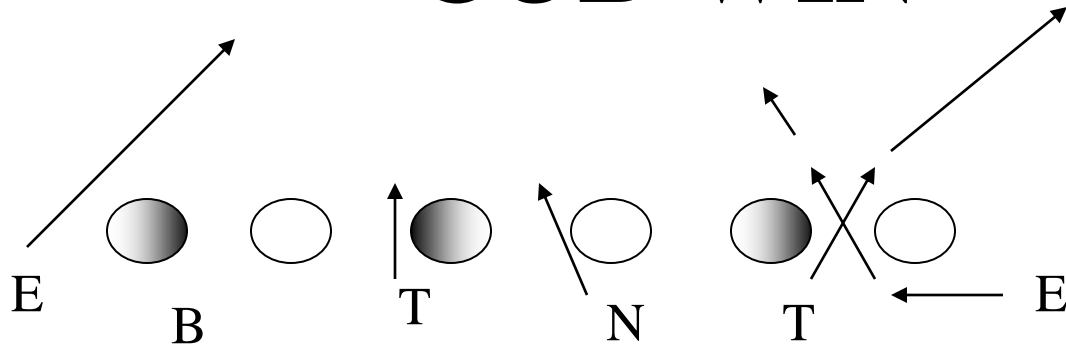
BEAR SIN BANDIT



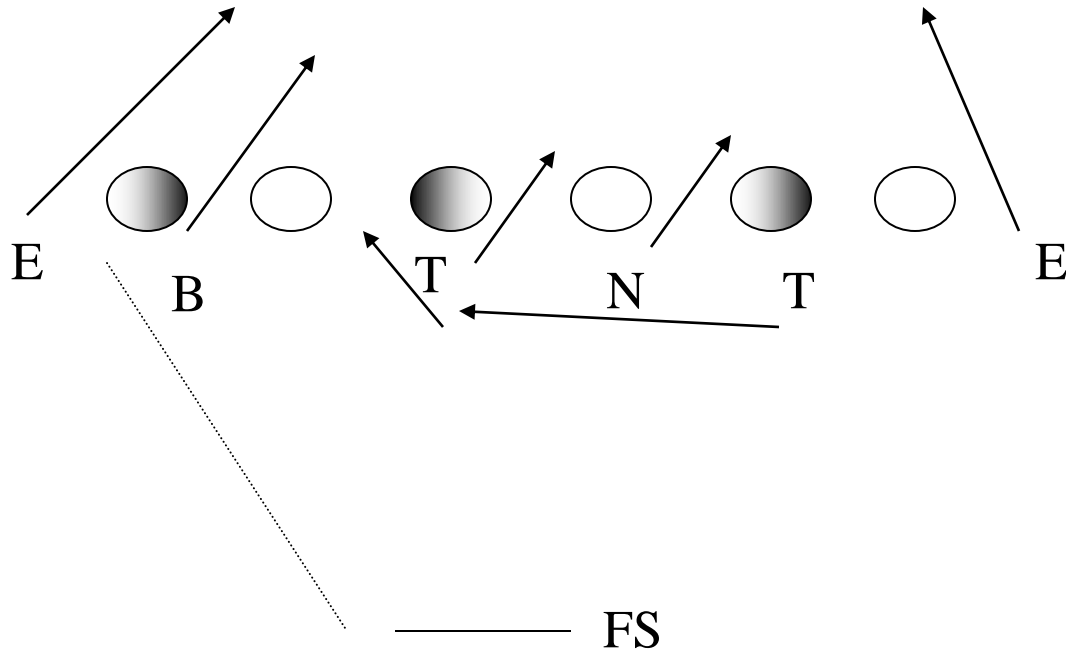
BEAR SIN B BASE



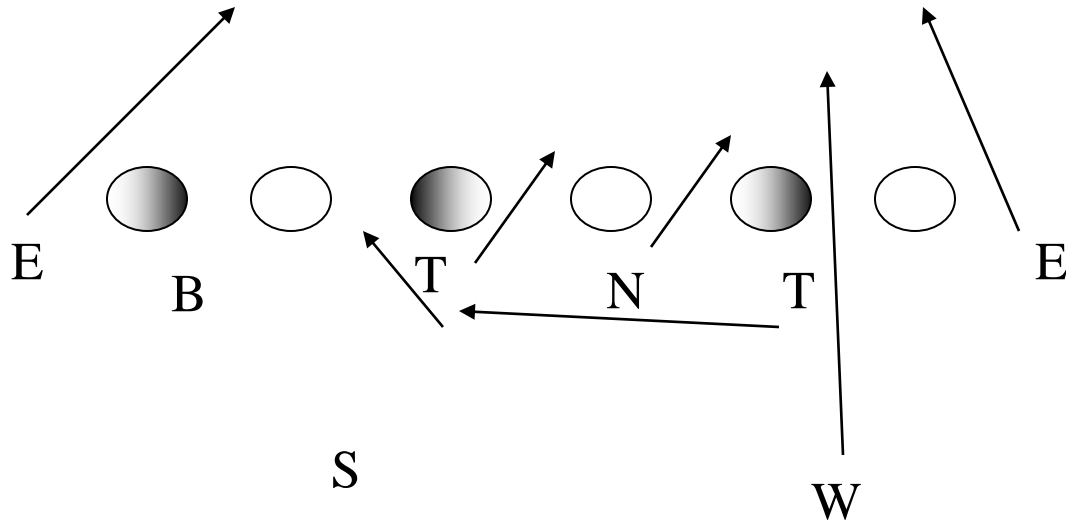
CUB WIN



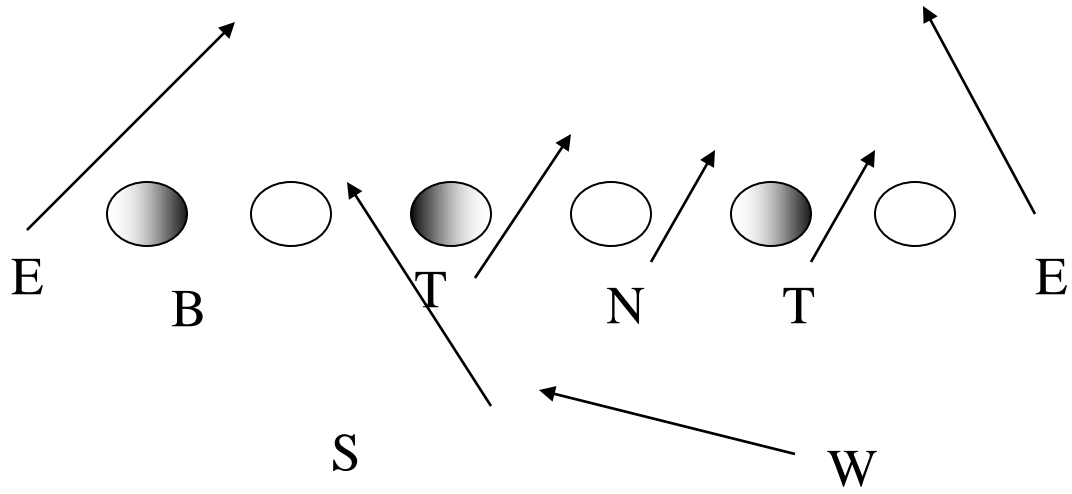
CUB WIN BANDIT



CUB WIN BASE Y



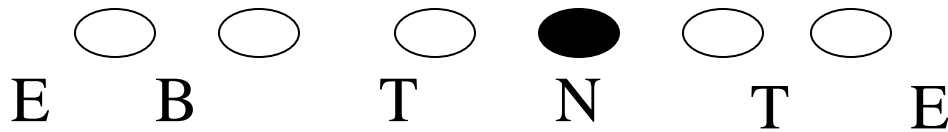
CUB BASE B



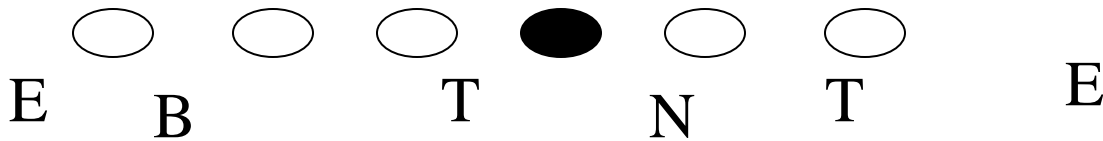
SLIDING

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

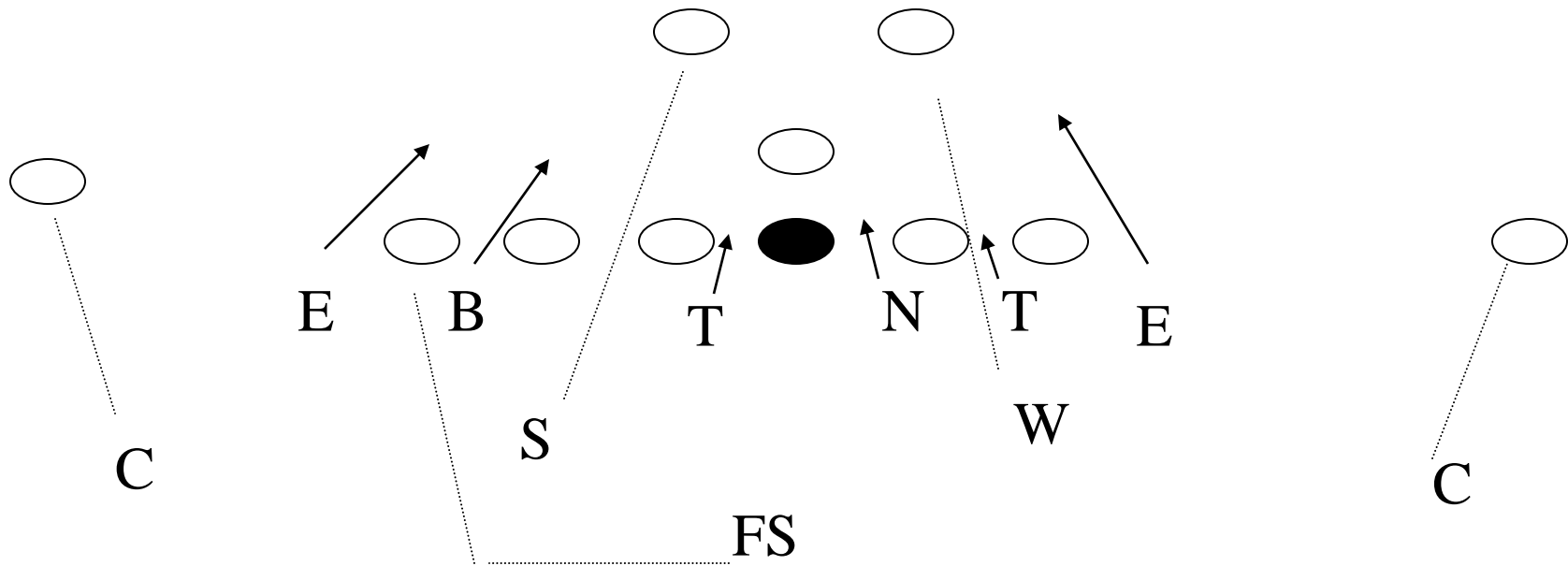
Sliding



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

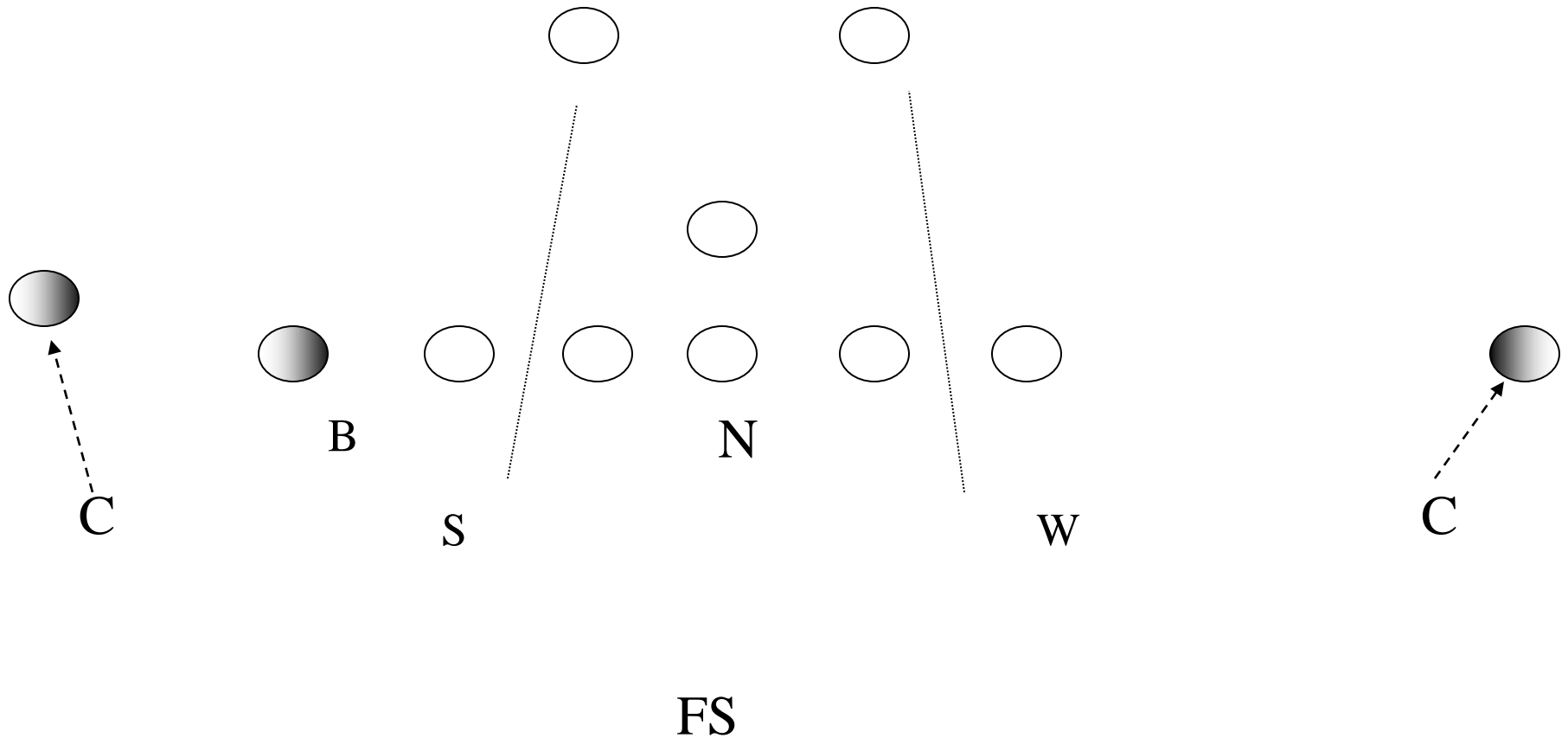


SLIDE WEAK COVER ONE-slide weak tells the TNT's to line up in a different technique. "Bandit" is simply blitzing the Bandit through the "C" gap and requires the FS to cover the TE. Cover 1 tells the corners they have man to man coverage on their receivers.

BASIC COVERAGE PACKAGE

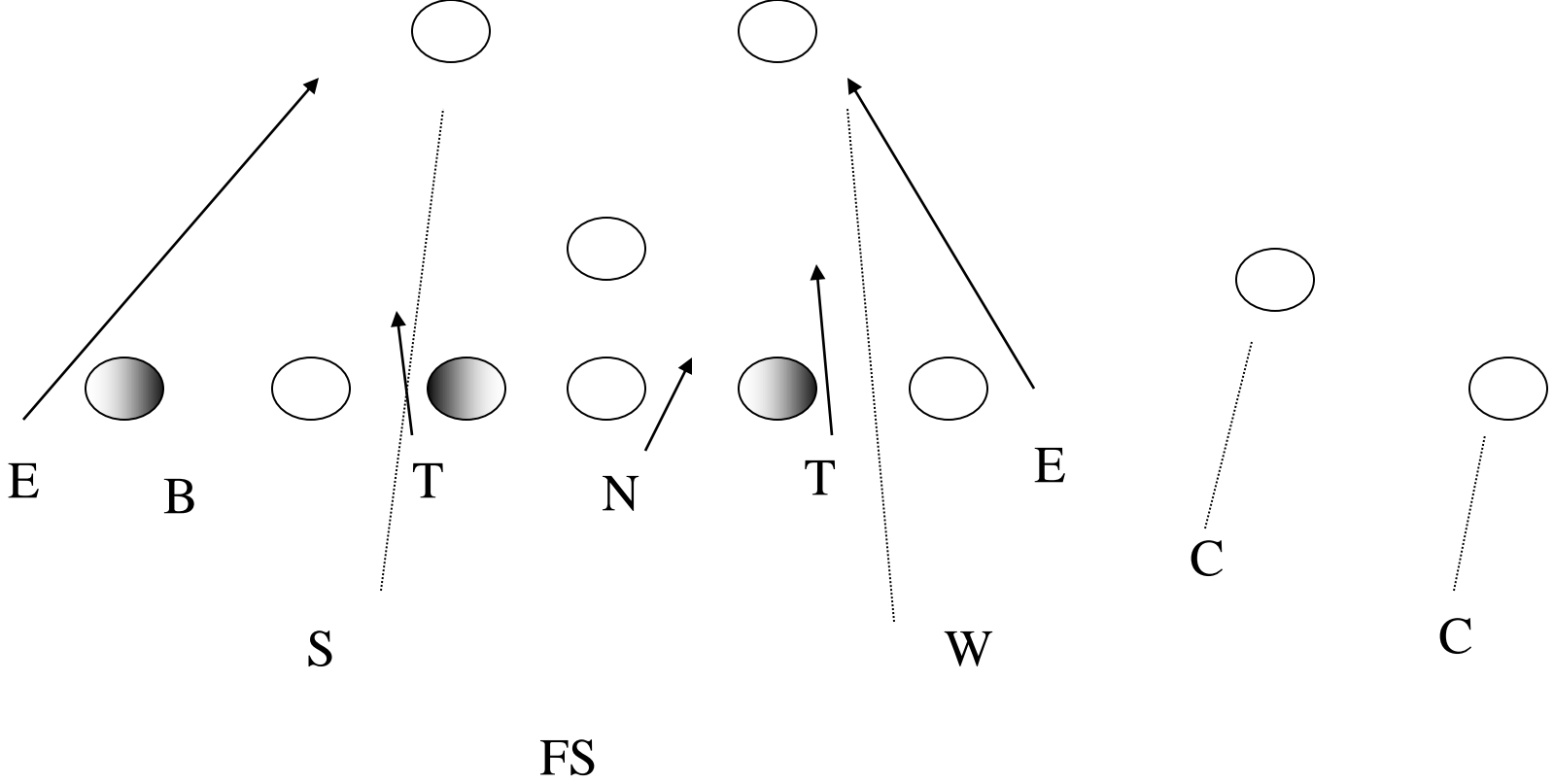
- COVER ONE
- COVER TWO (ROLL)
- DOUBLE COVERAGE
- SPY

COVER ONE

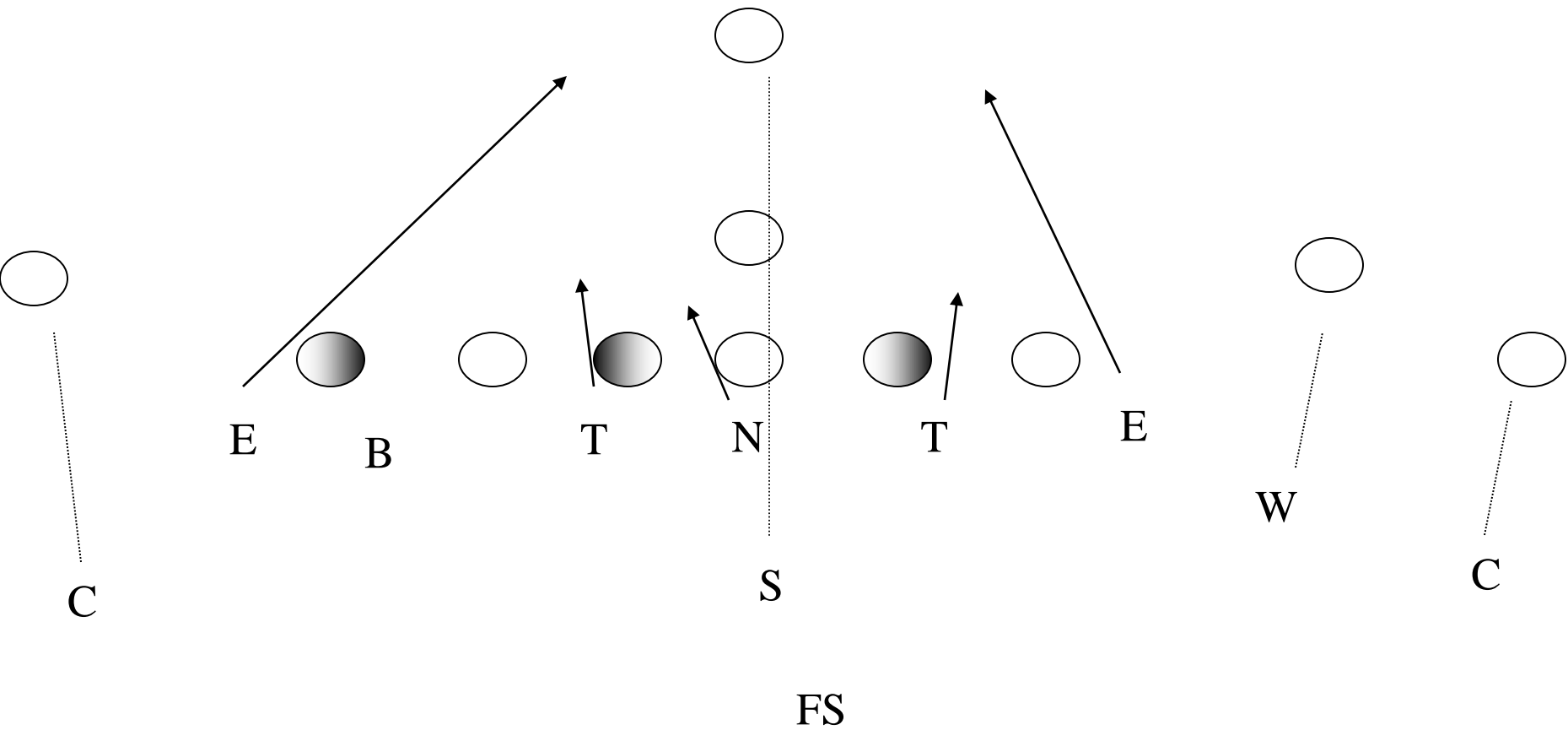


In COVER ONE the FS plays the middle of the field helping over the top while the corners play the wideouts. Sam and Will have the running backs man to man. The Bandit covers the TE man to man.

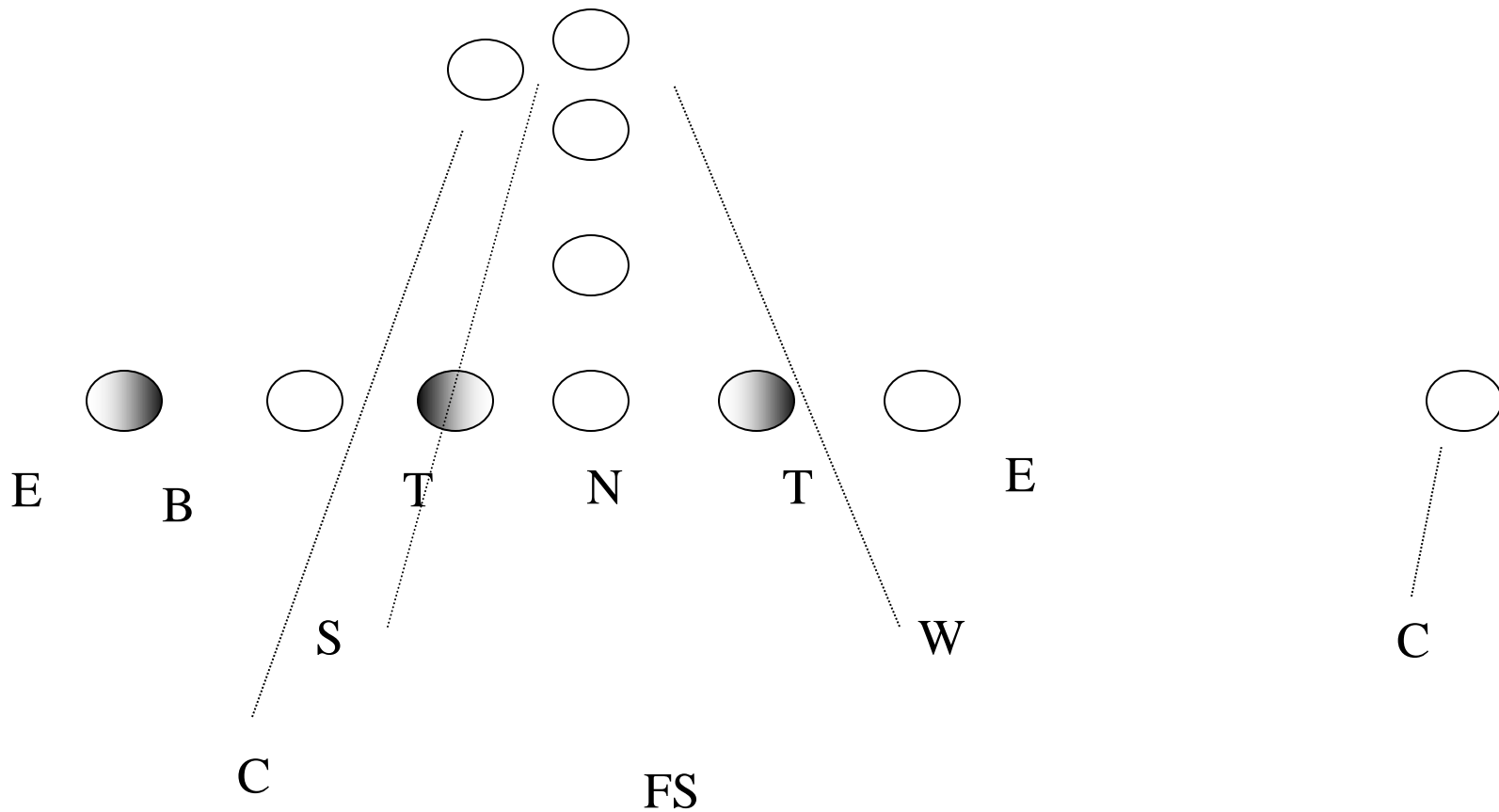
CUB COVER ONE



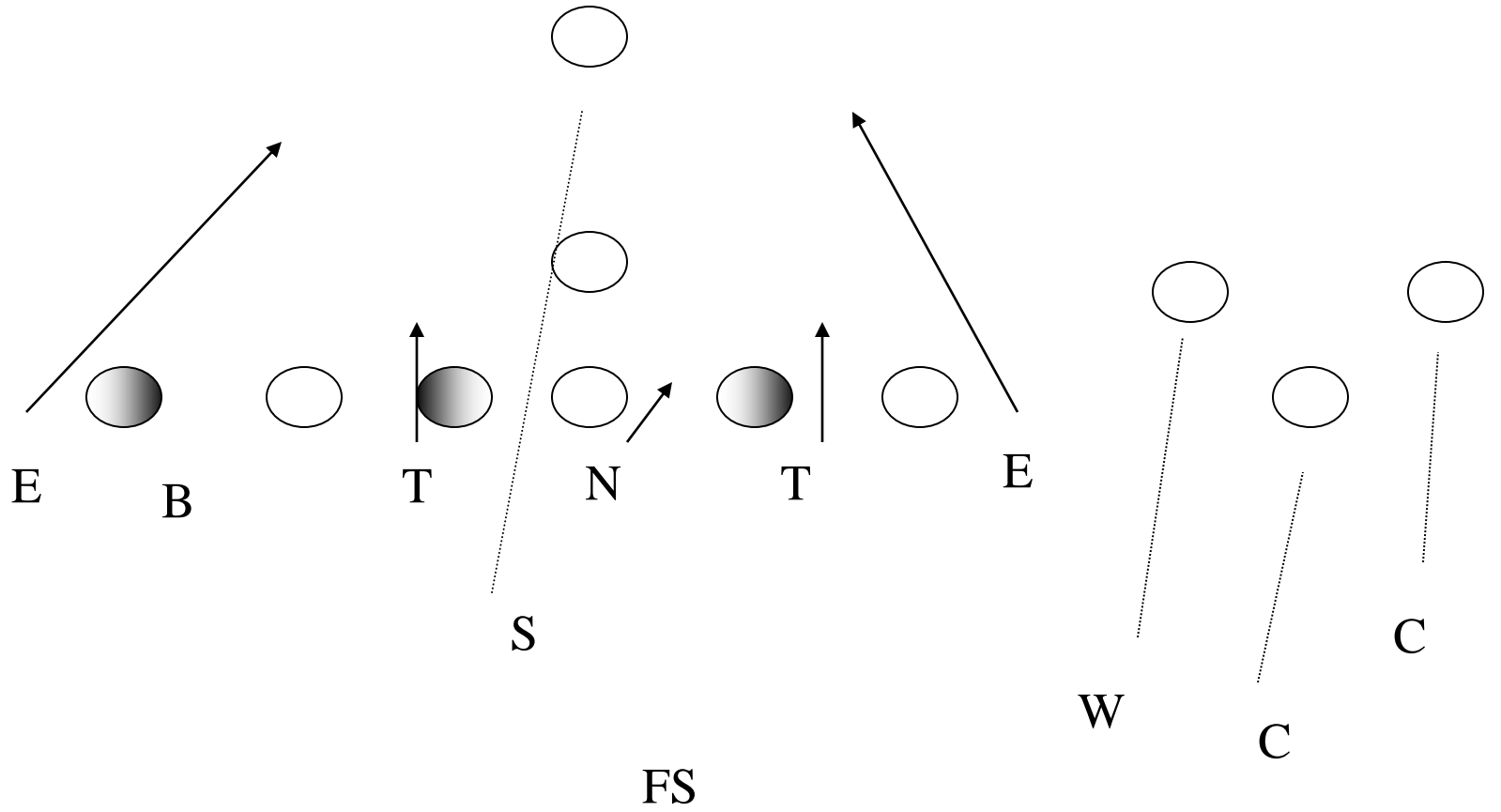
BEAR COVER ONE



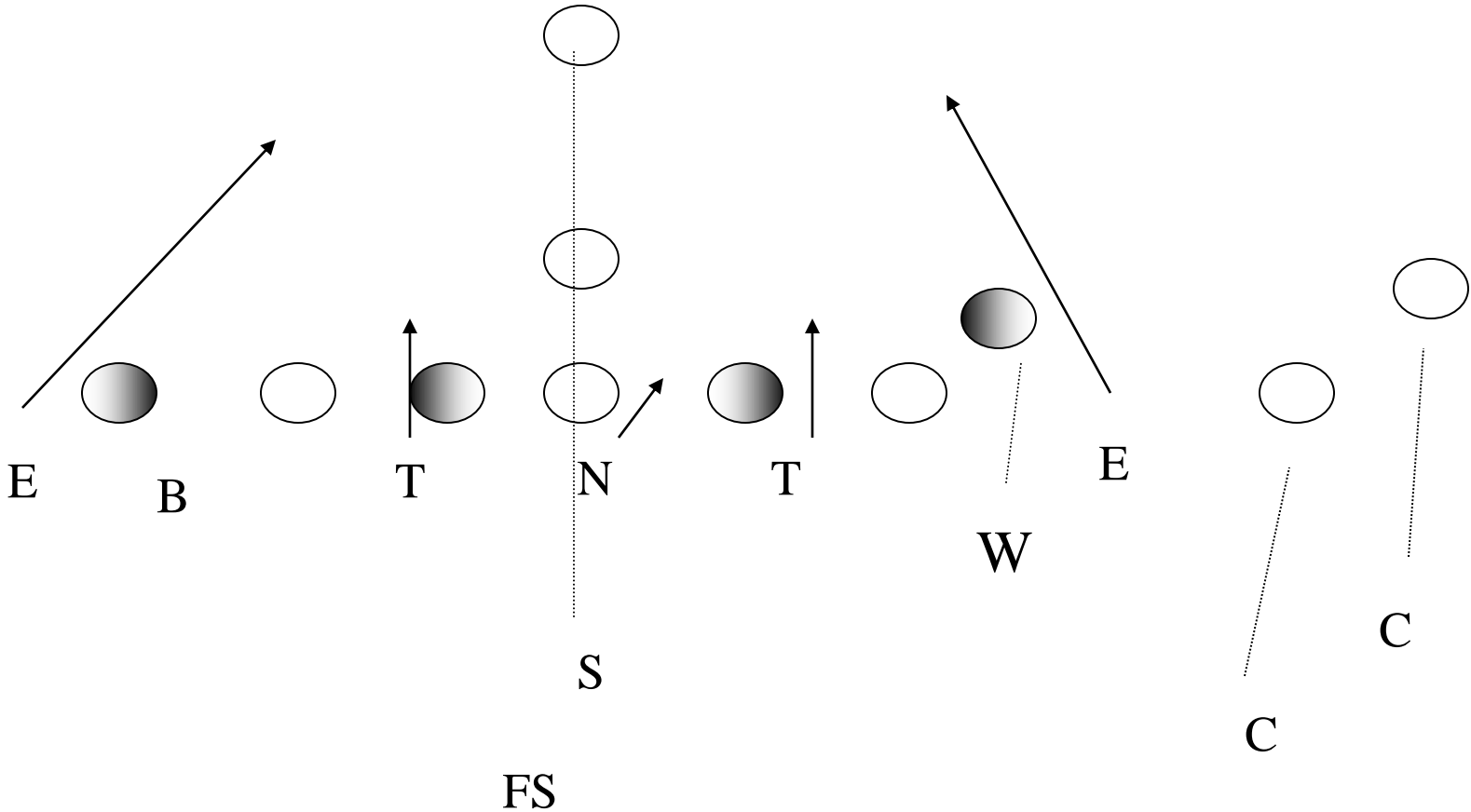
BEAR COVER ONE



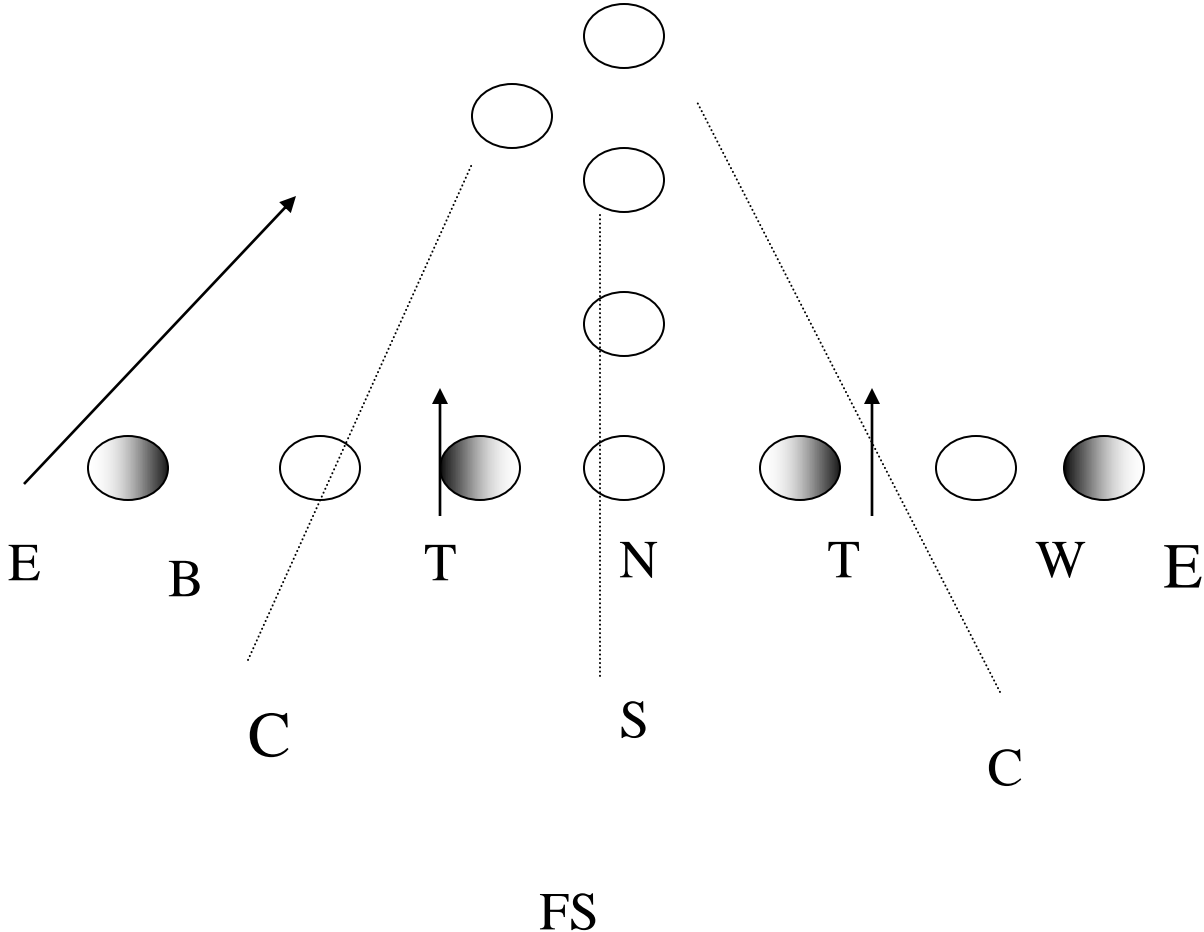
CUB COVER ONE



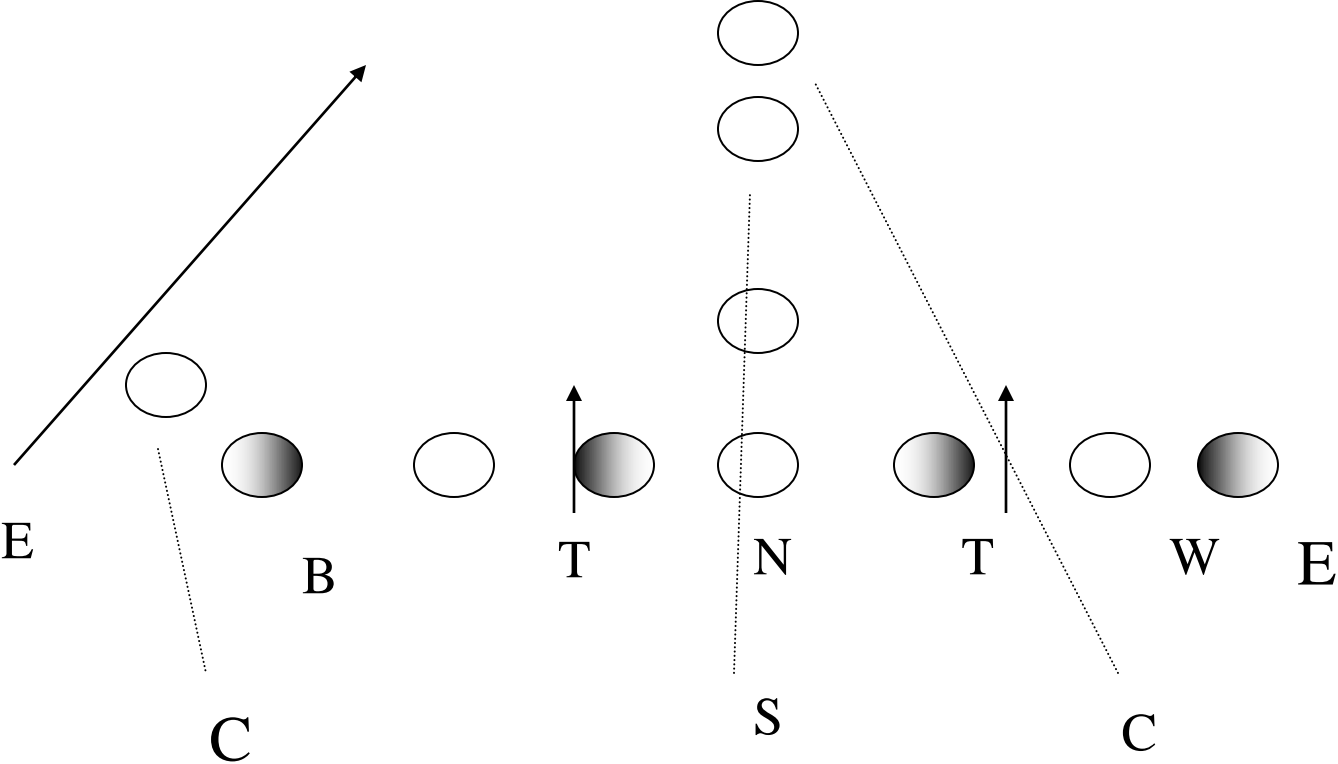
CUB COVER ONE



COVER ONE

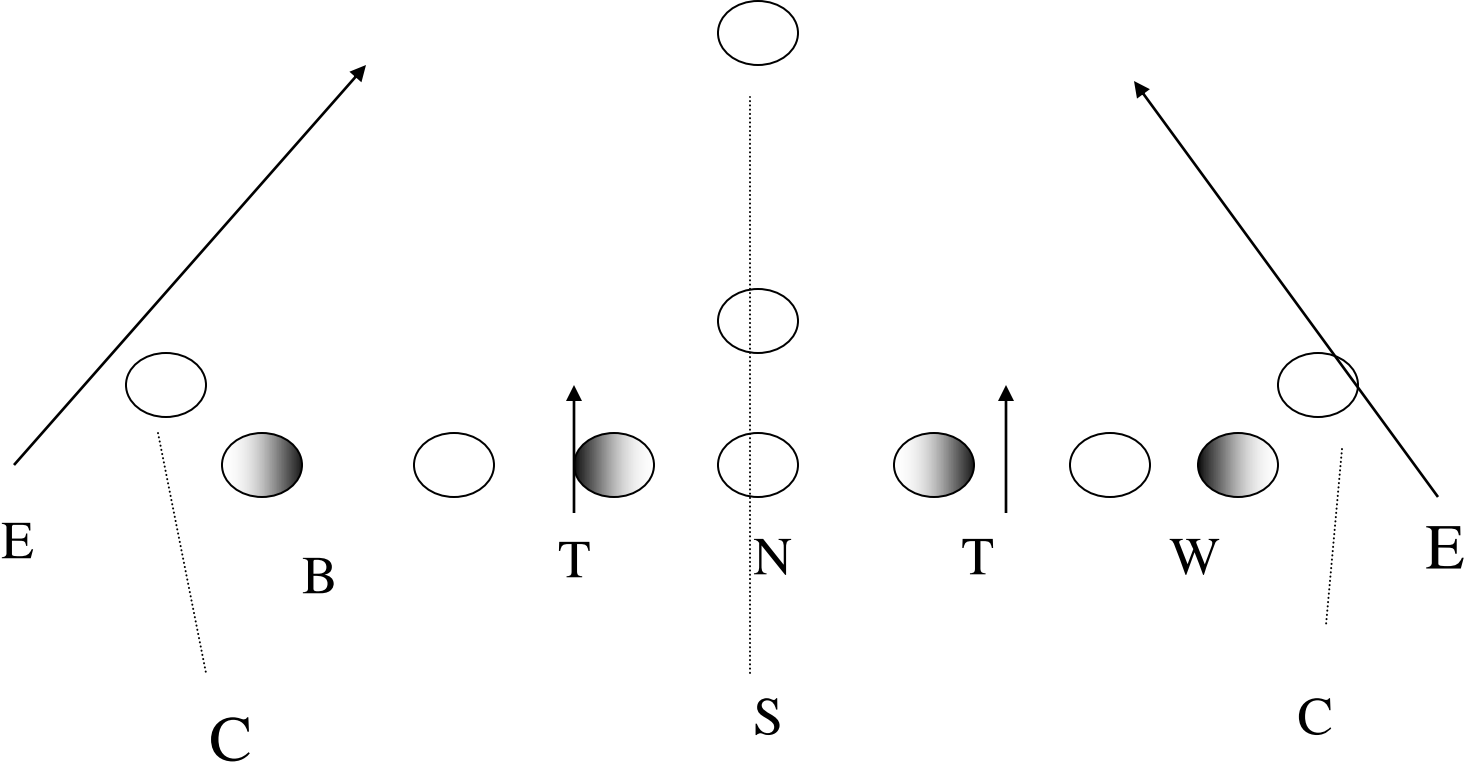


COVER ONE



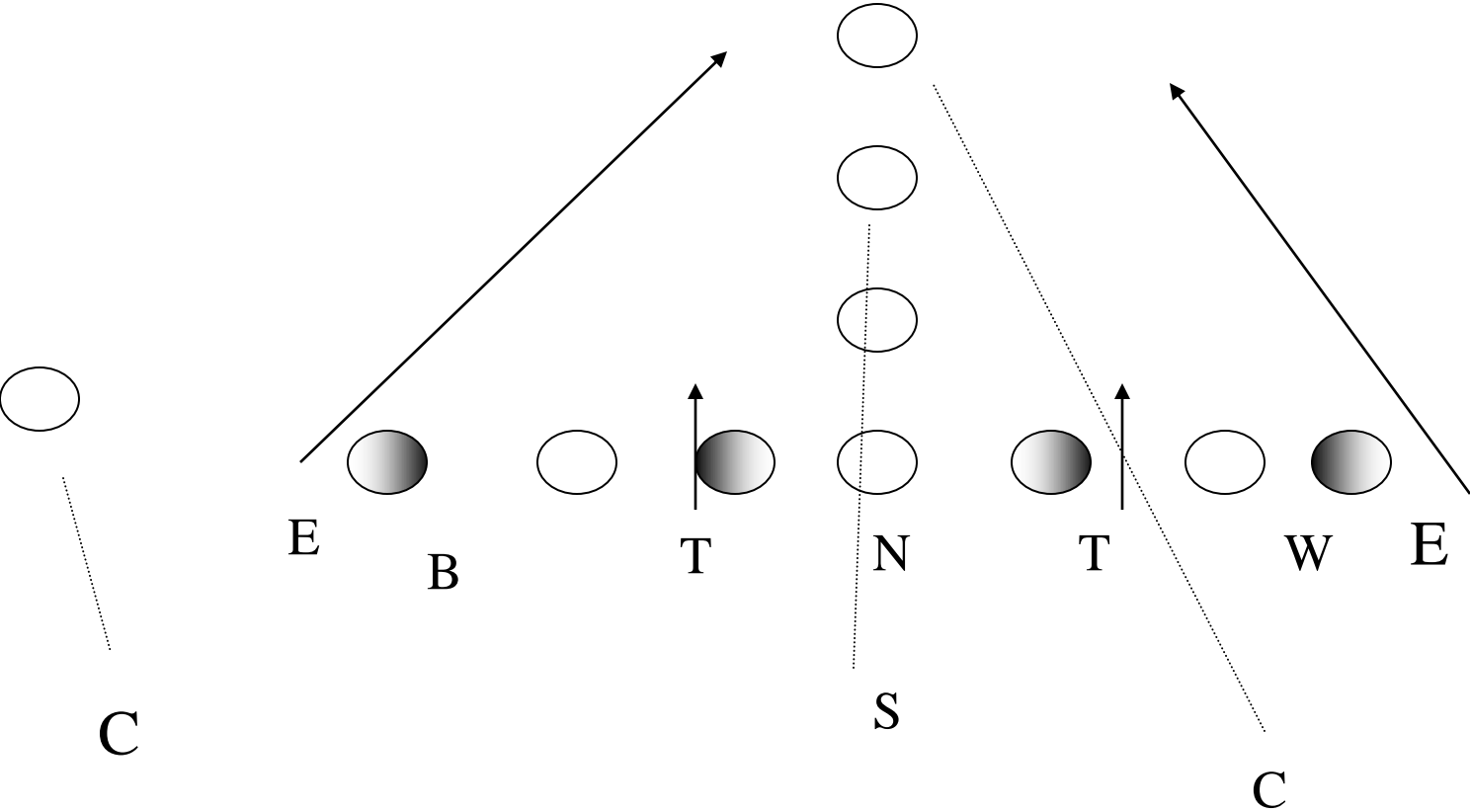
FS

COVER ONE



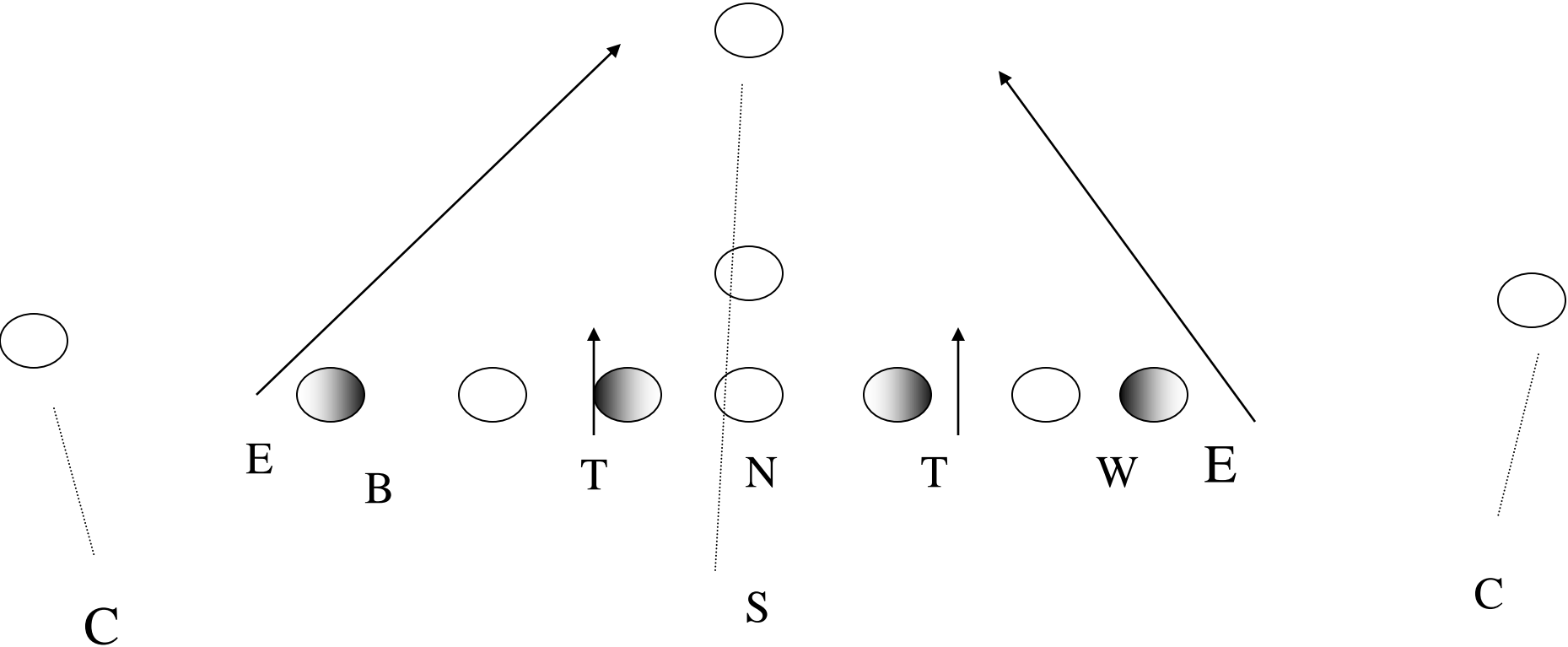
FS

COVER ONE



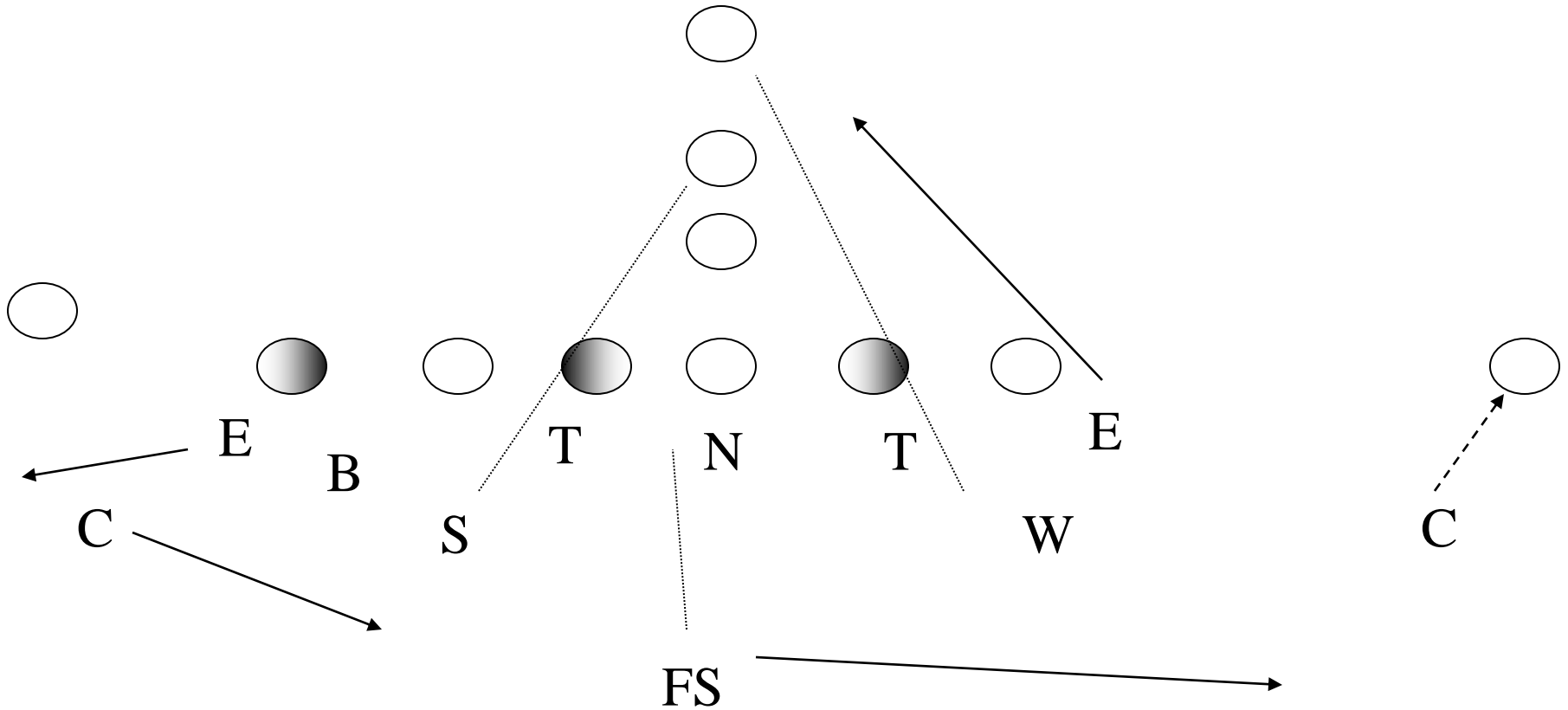
FS

COVER ONE



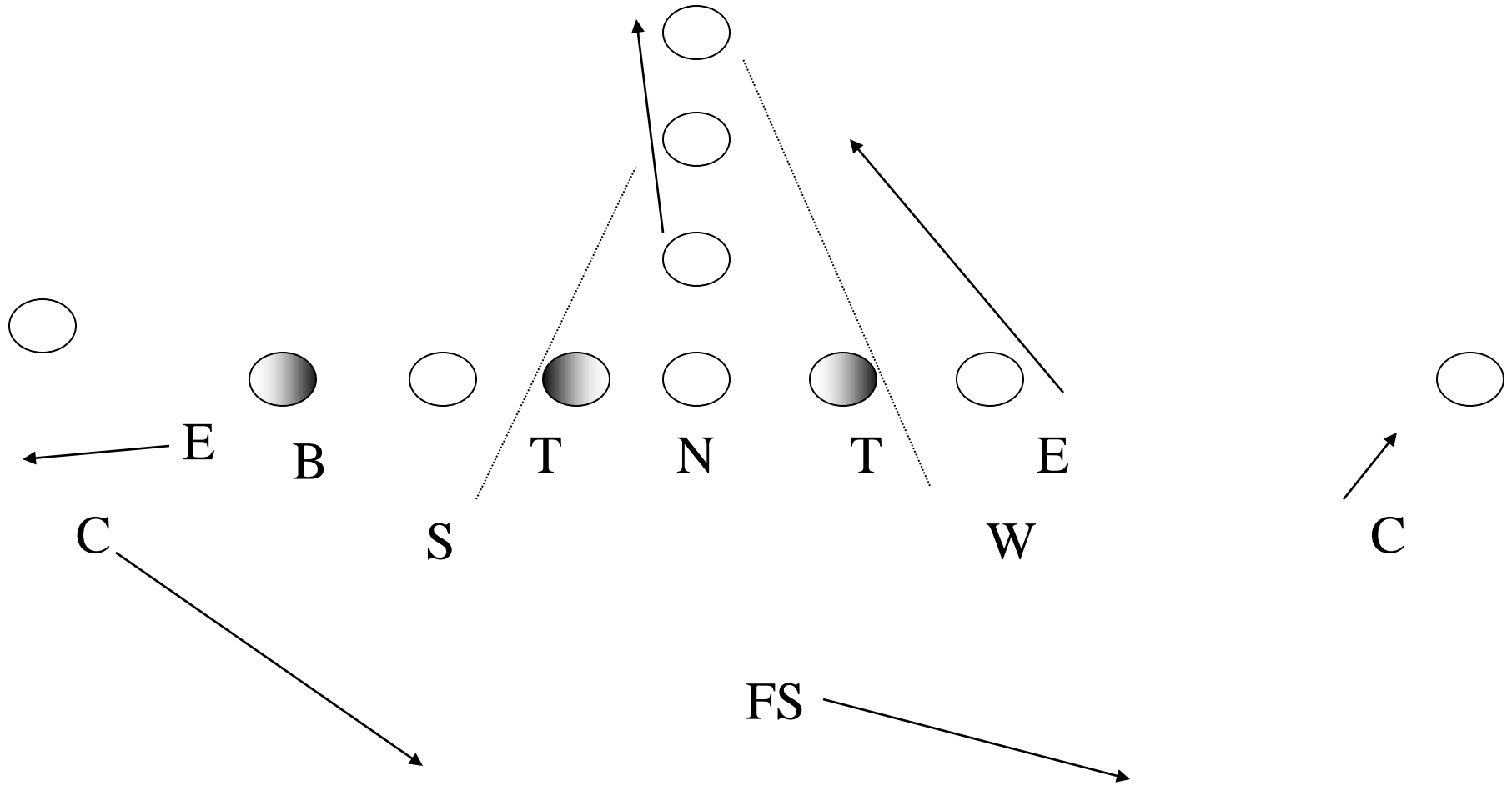
FS

COVER TWO (ROLL)



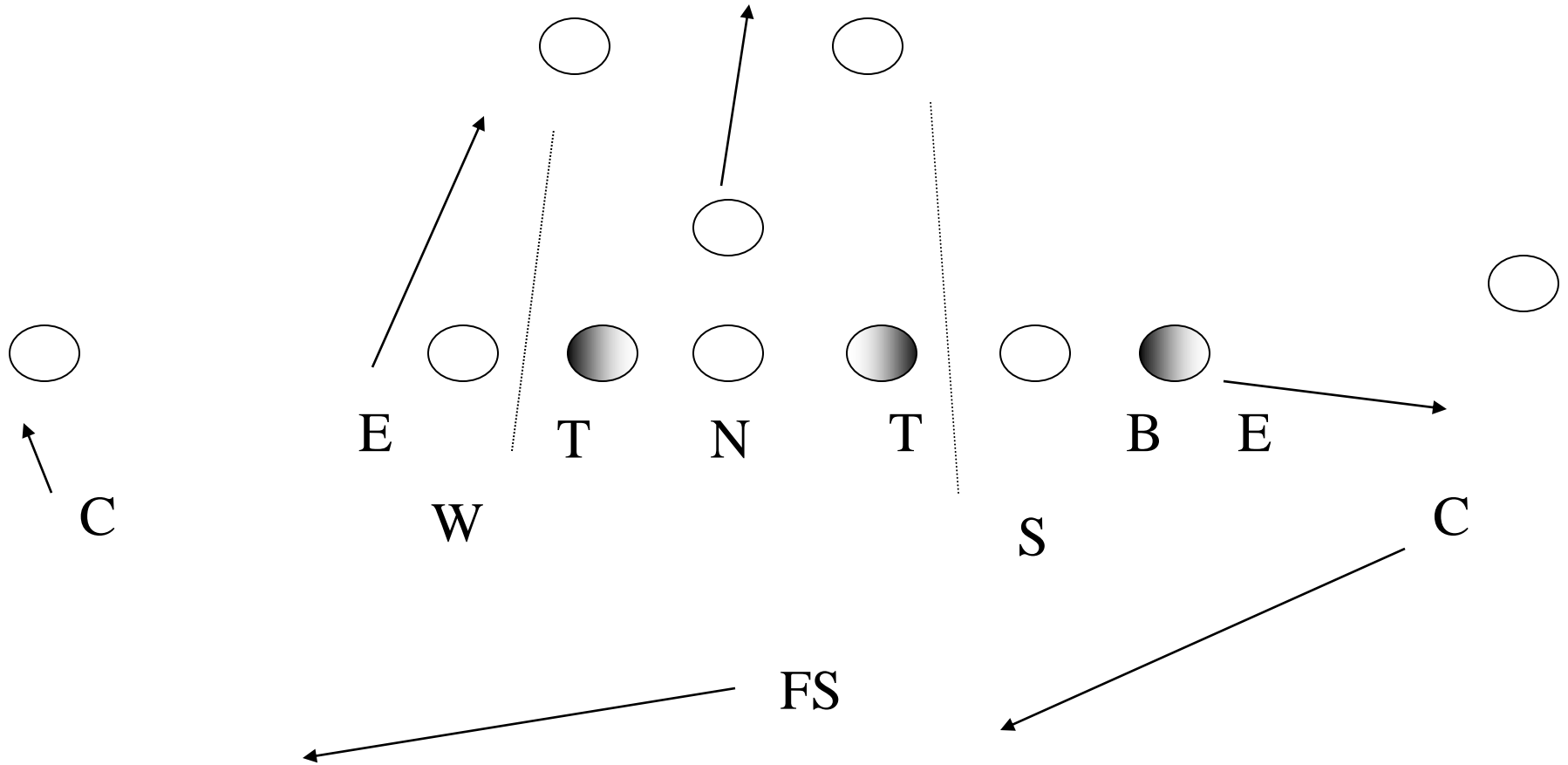
This is mainly used against double wide formations, trips, or the spread. We run the roll coverage to assist the corner so he is not on an island the whole game. The defense only rolls if they see pass.

COVER TWO (ROLL)



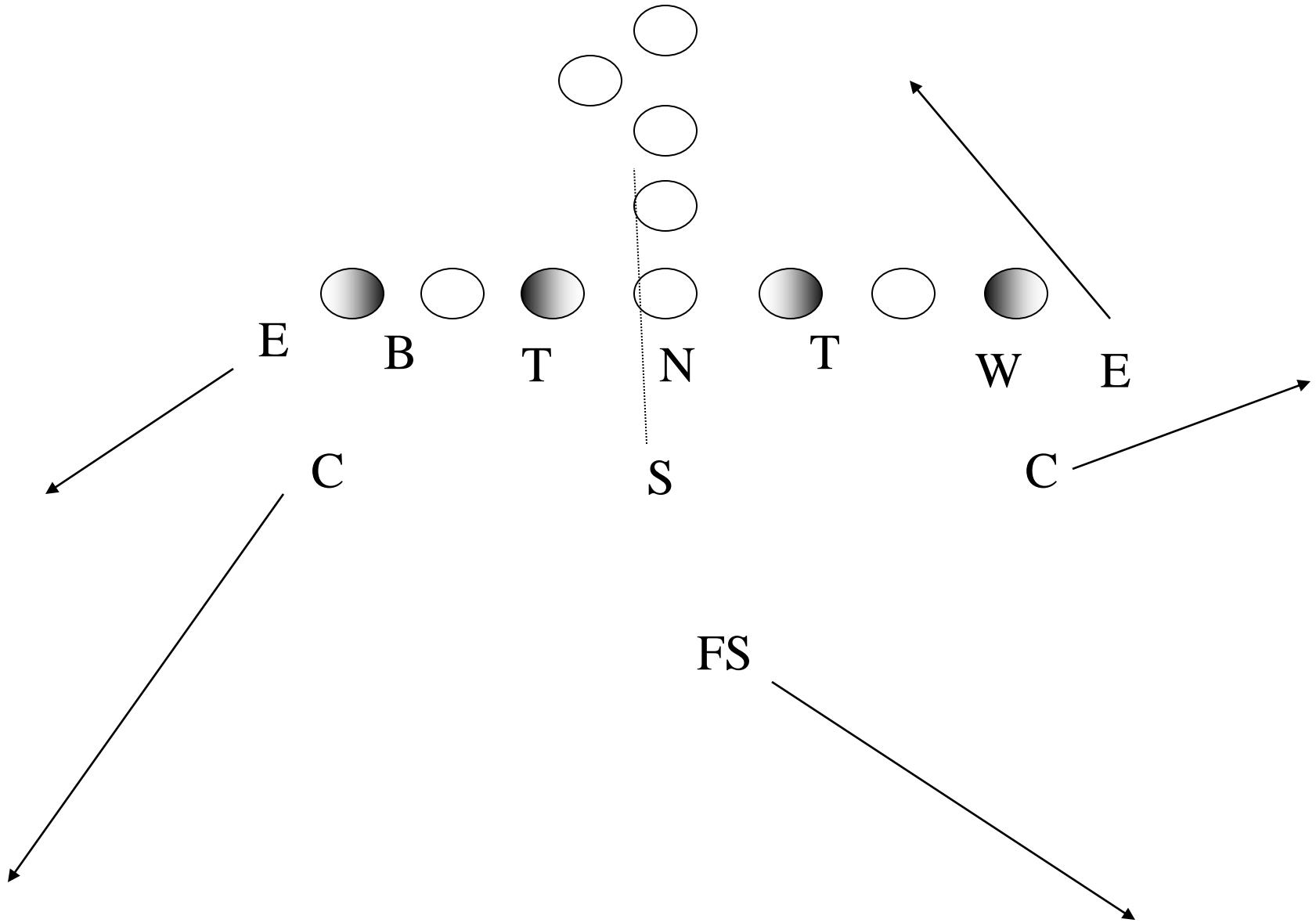
The strong end will drop and cover the flat. The strong corner and FS have deep $\frac{1}{2}$. The weak corner will have the flat. SAM, WILL, and BANDIT will play man to man.

COVER TWO (ROLL)

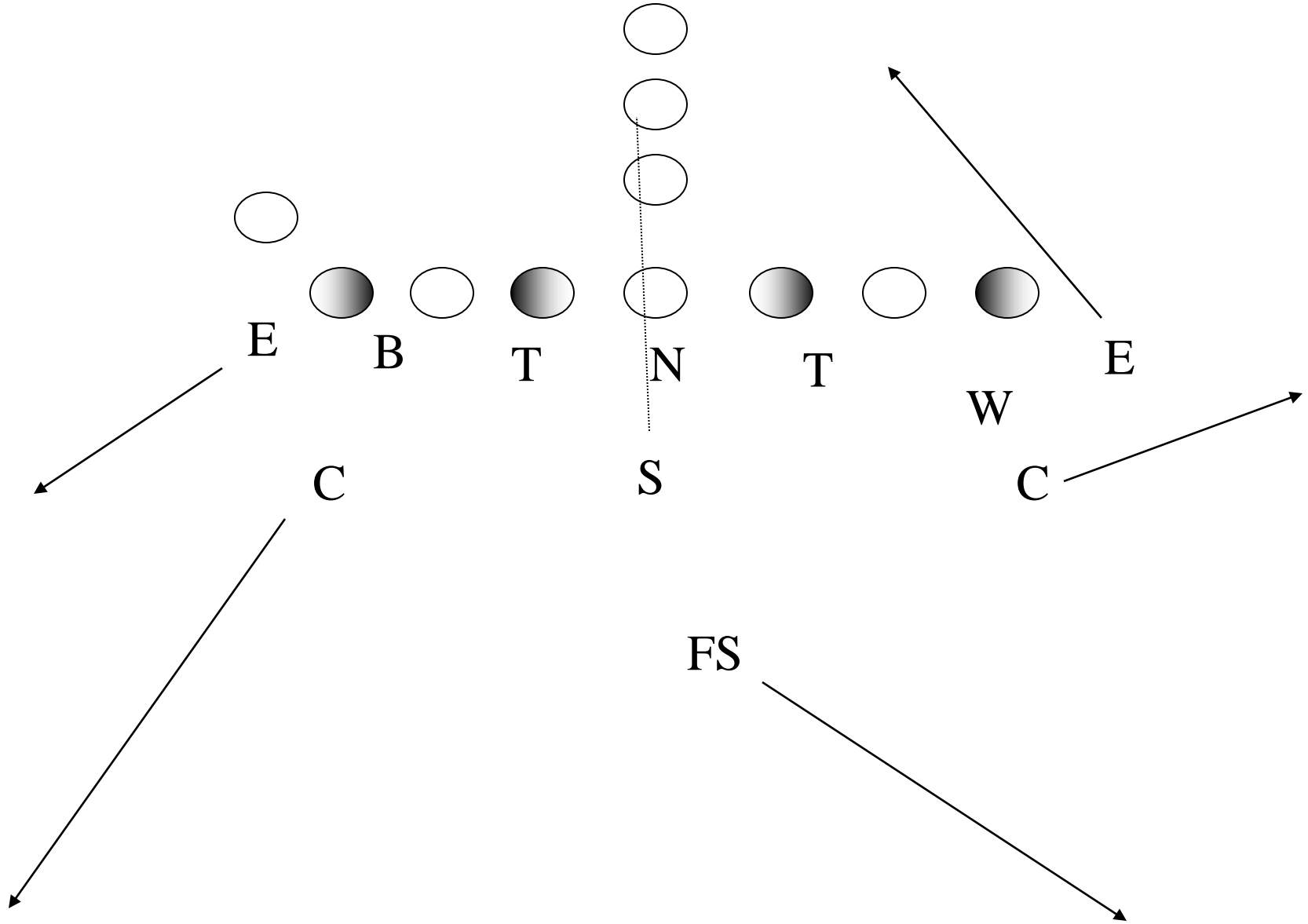


The strong end will drop and cover the flat. The strong corner and FS have deep $\frac{1}{2}$. The weak corner will have the flat. SAM, WILL, and BANDIT will play man to man.

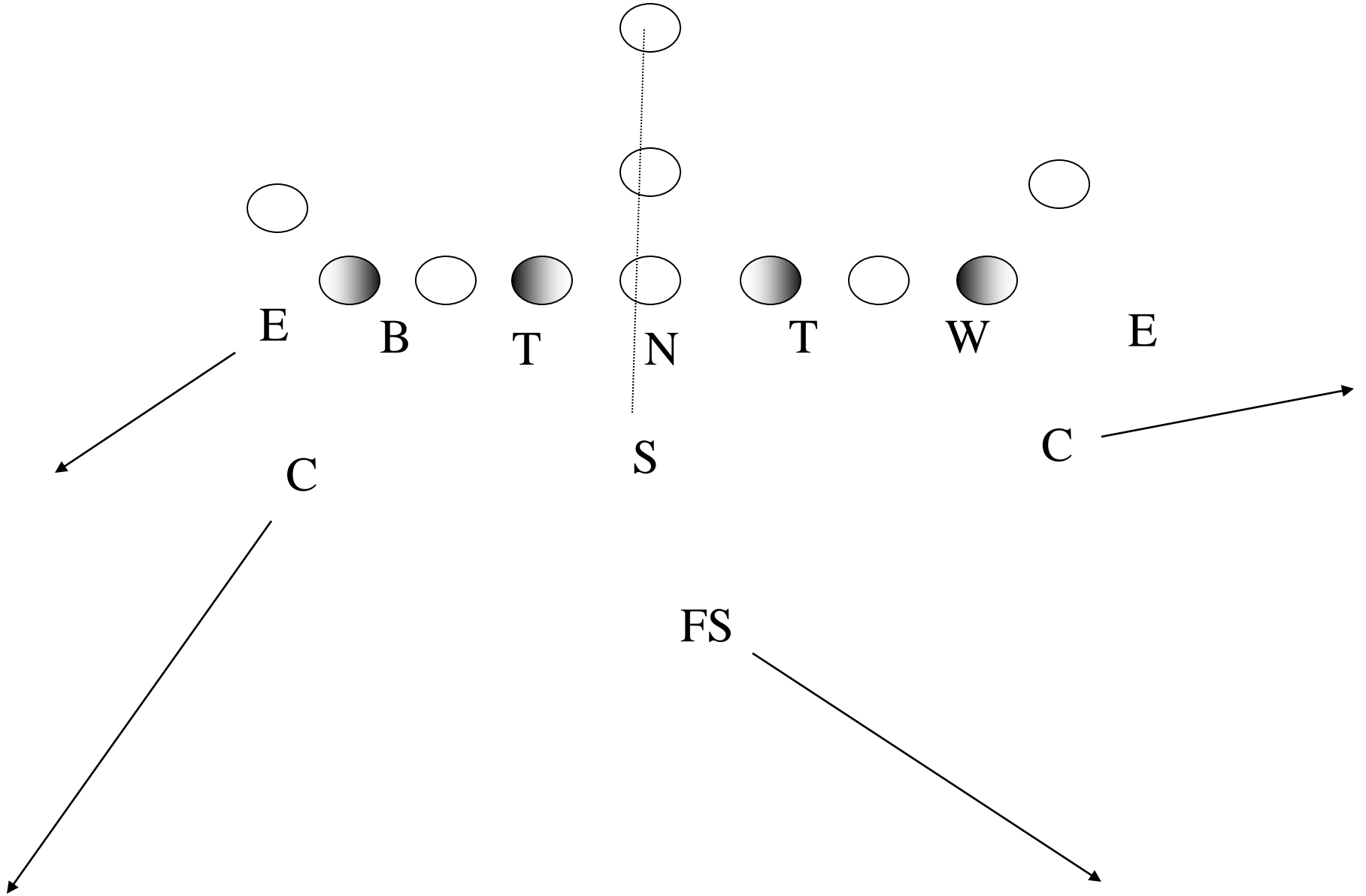
COVER TWO (ROLL)



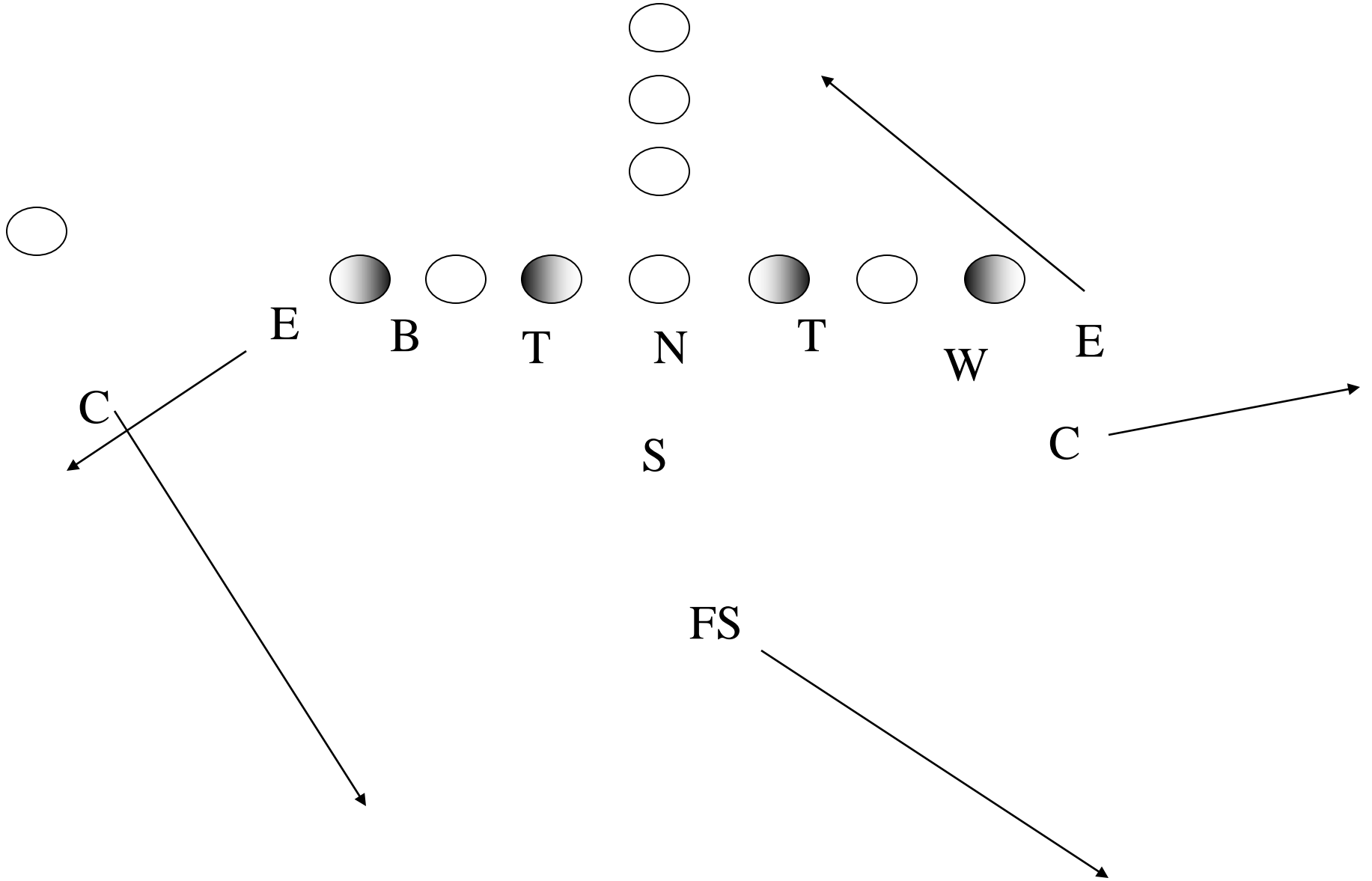
COVER TWO (ROLL)



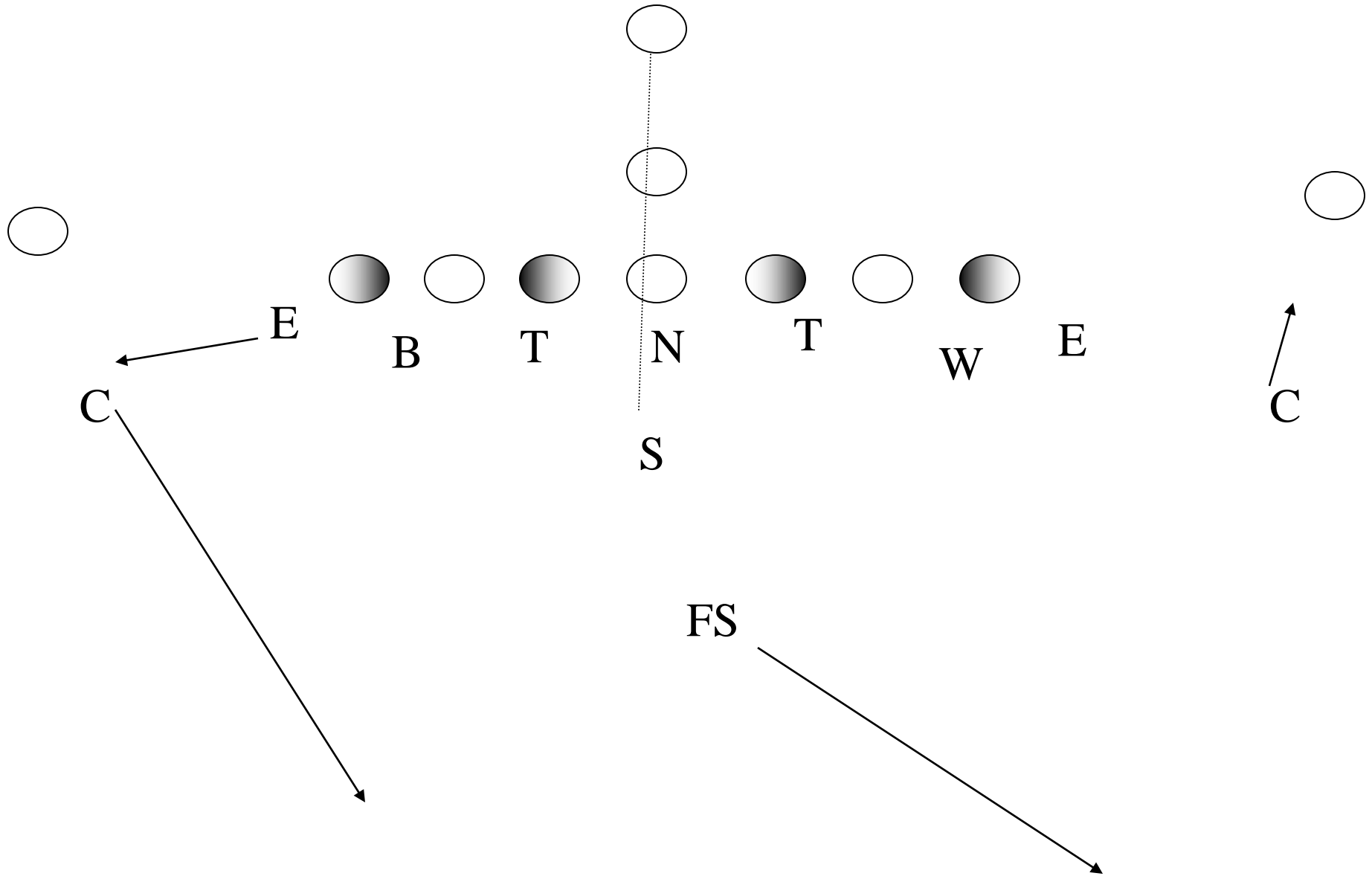
COVER TWO (ROLL)



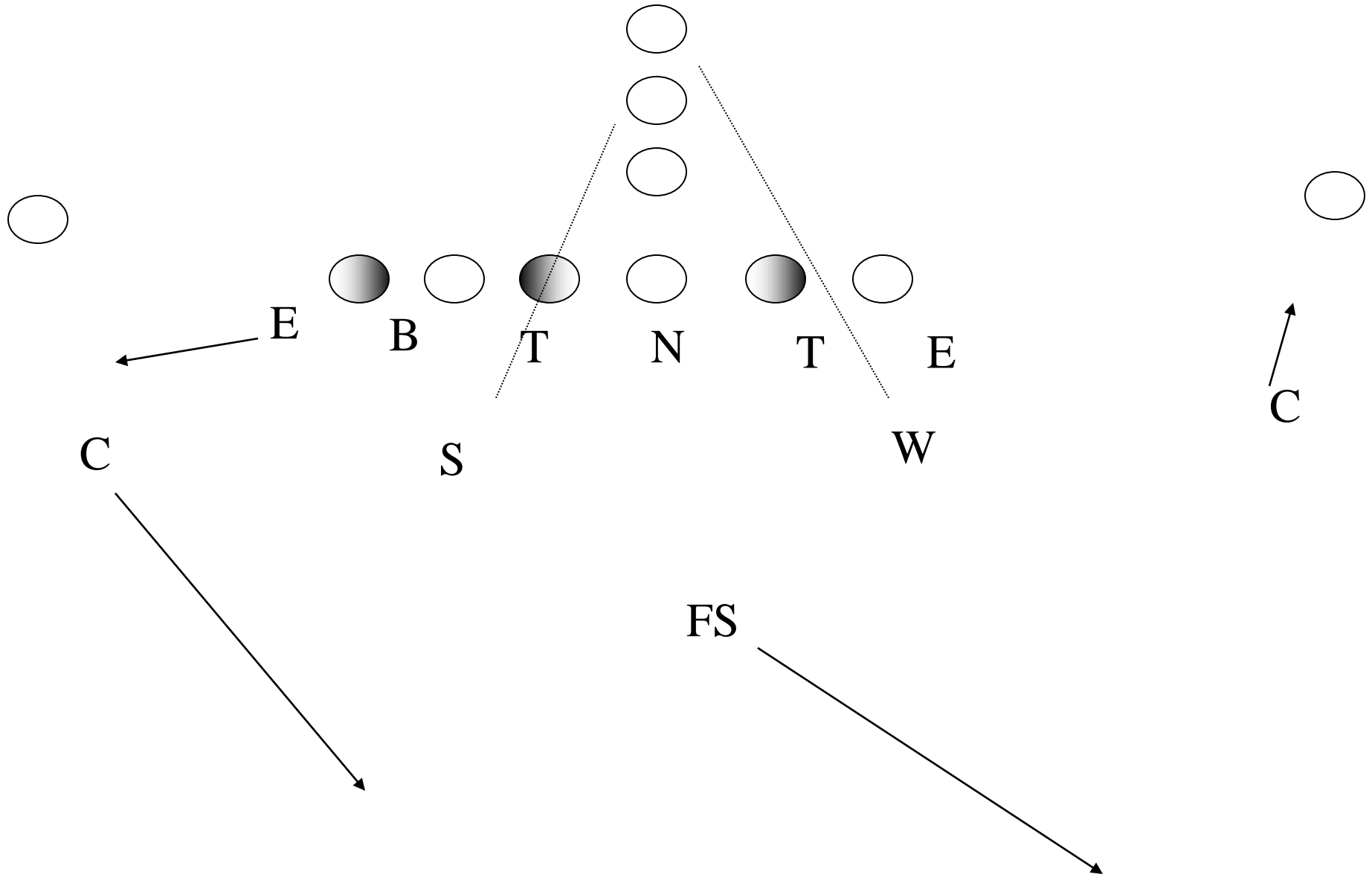
COVER TWO (ROLL)



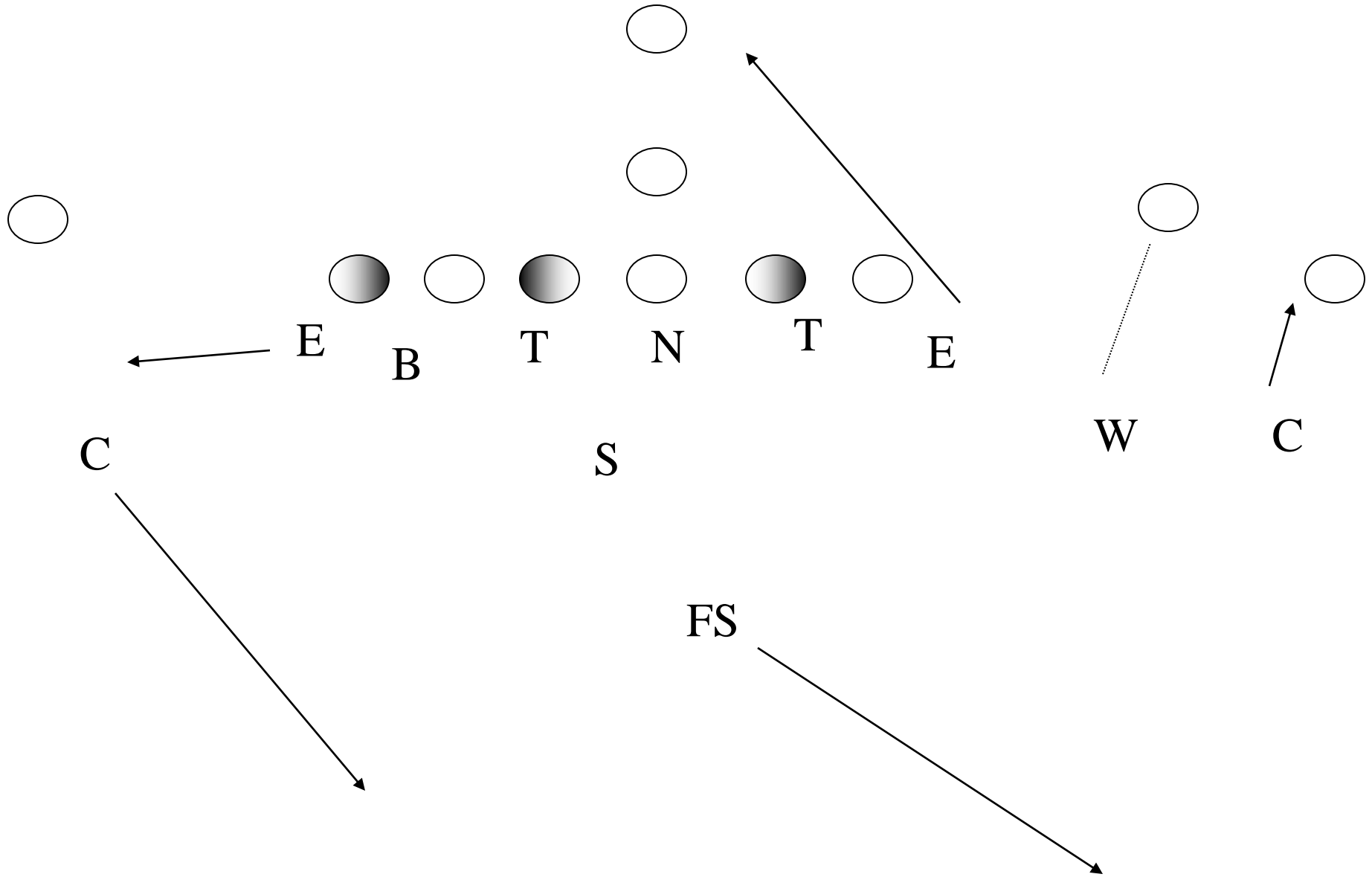
COVER TWO (ROLL)



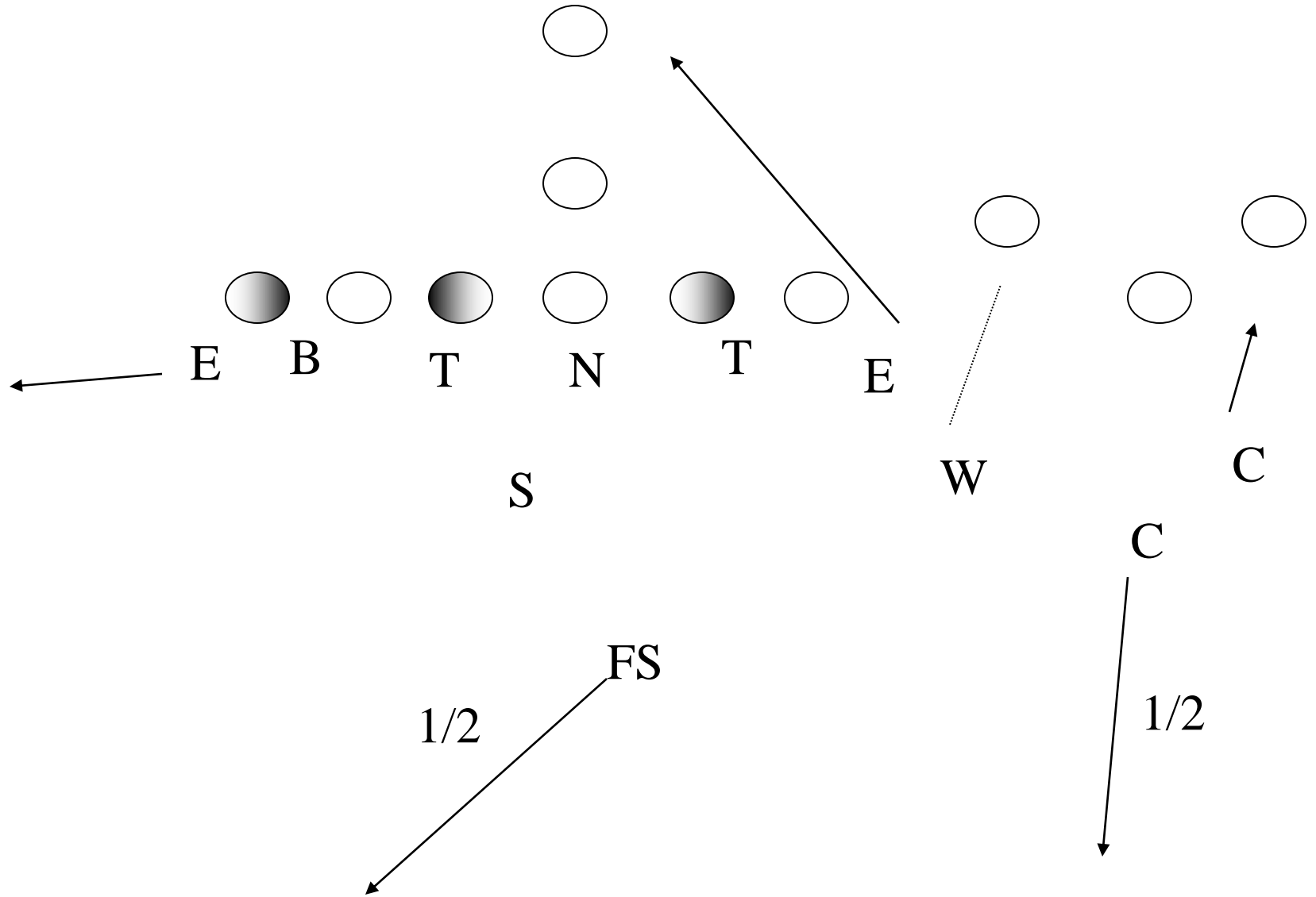
COVER TWO (ROLL)



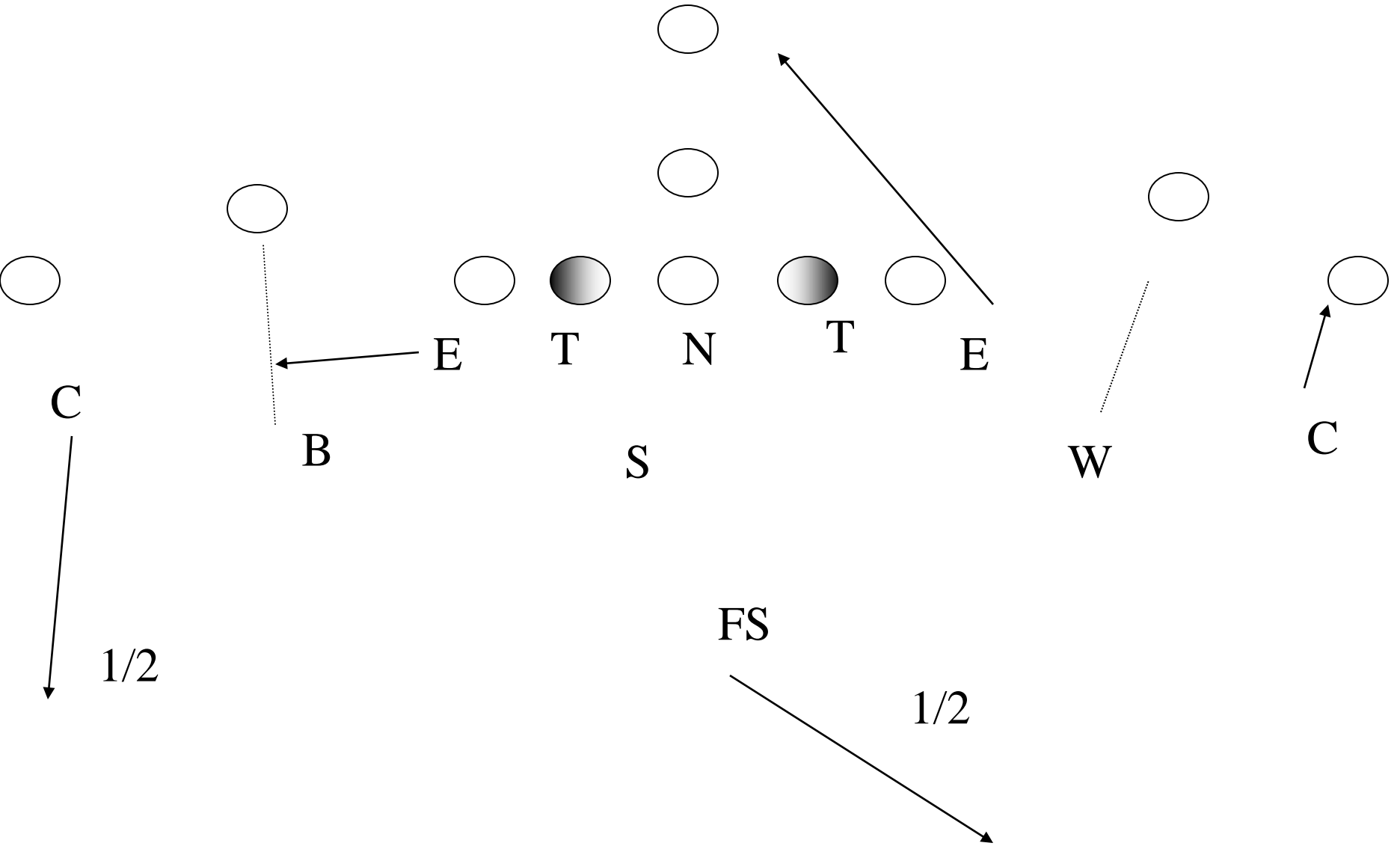
COVER TWO (ROLL)



COVER TWO (ROLL)



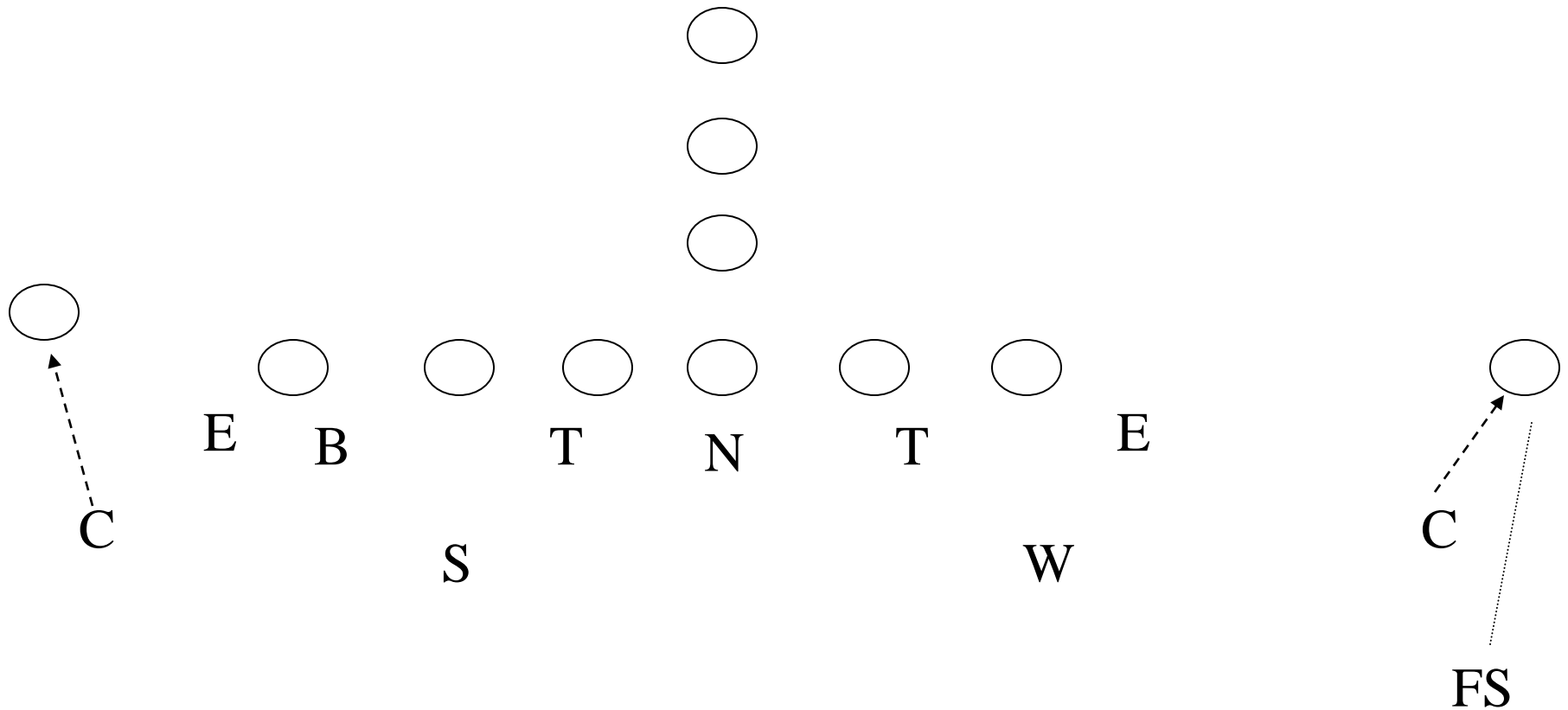
COVER TWO (ROLL)



COVER THREE

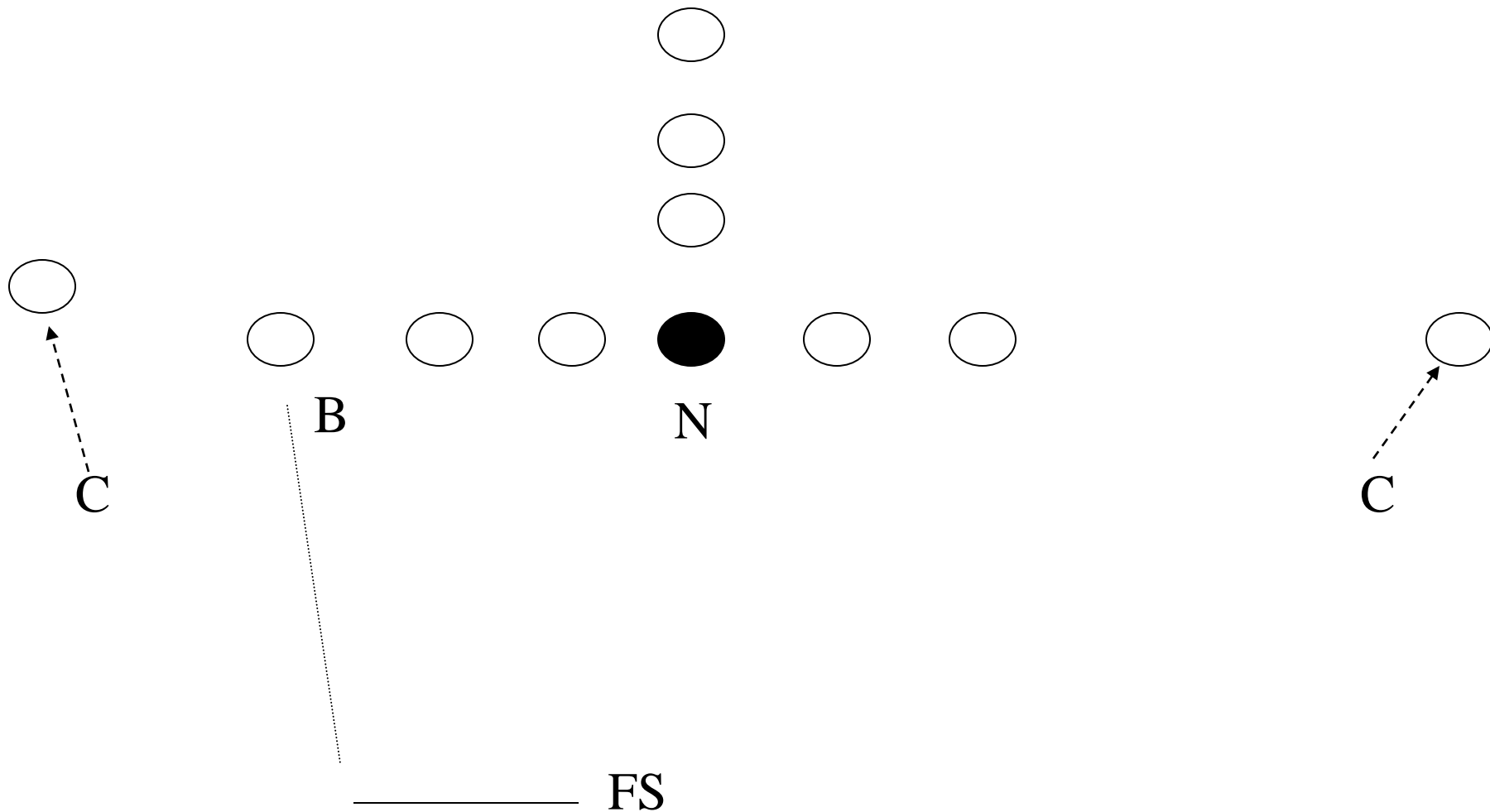
Cover three allows our defense to give the offense a new look and relieve the corners from their man coverage. The strong side end will drop to cover the flat to his side (when he reads pass). Will linebacker will cover the flat to his side. Both corners will cover the deep third of the field they line up in. FS will cover the deep middle third of the field

DOUBLE COVERAGE



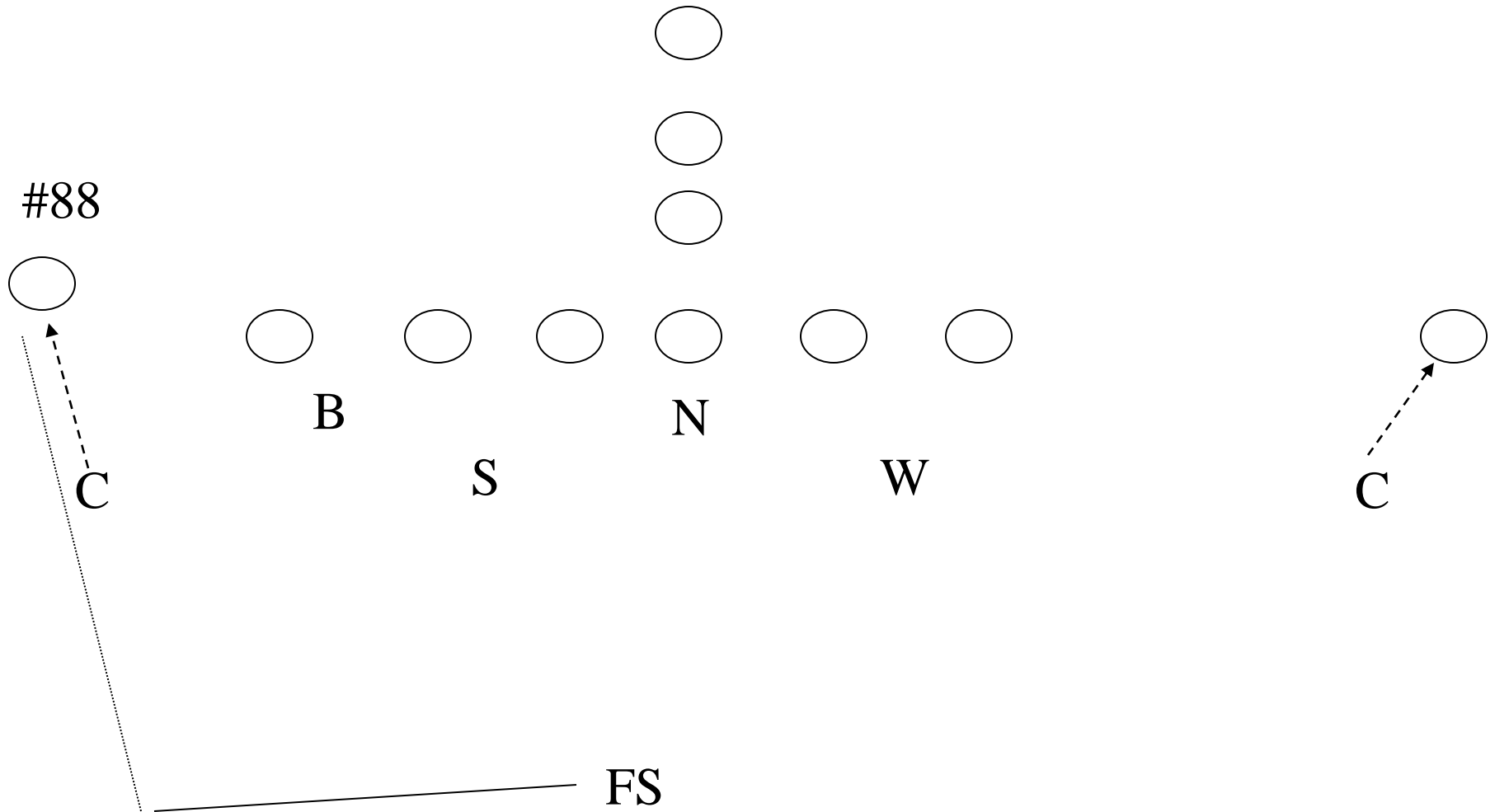
DOUBLE COVERAGE is a very simple way of shutting down the opponents go to guys. We tell the FS to double team which changes our coverage from man free to just man. We can tell the FS a certain position or tell him a specific player to double team by giving a jersey number. The call displayed on this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

DUB TE



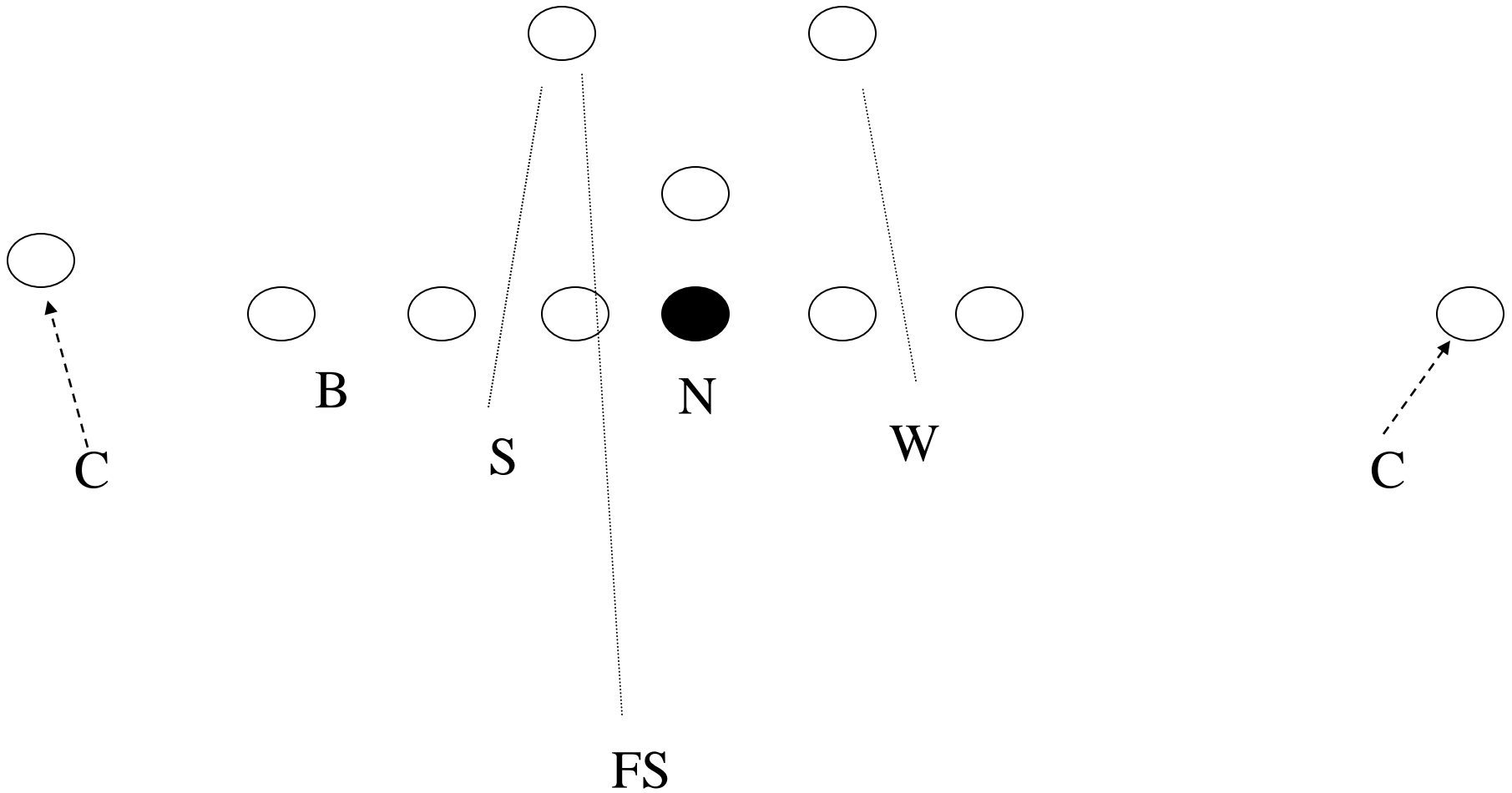
FS will cover the TE with Bandit. Everyone else is man to man.

DUB #88



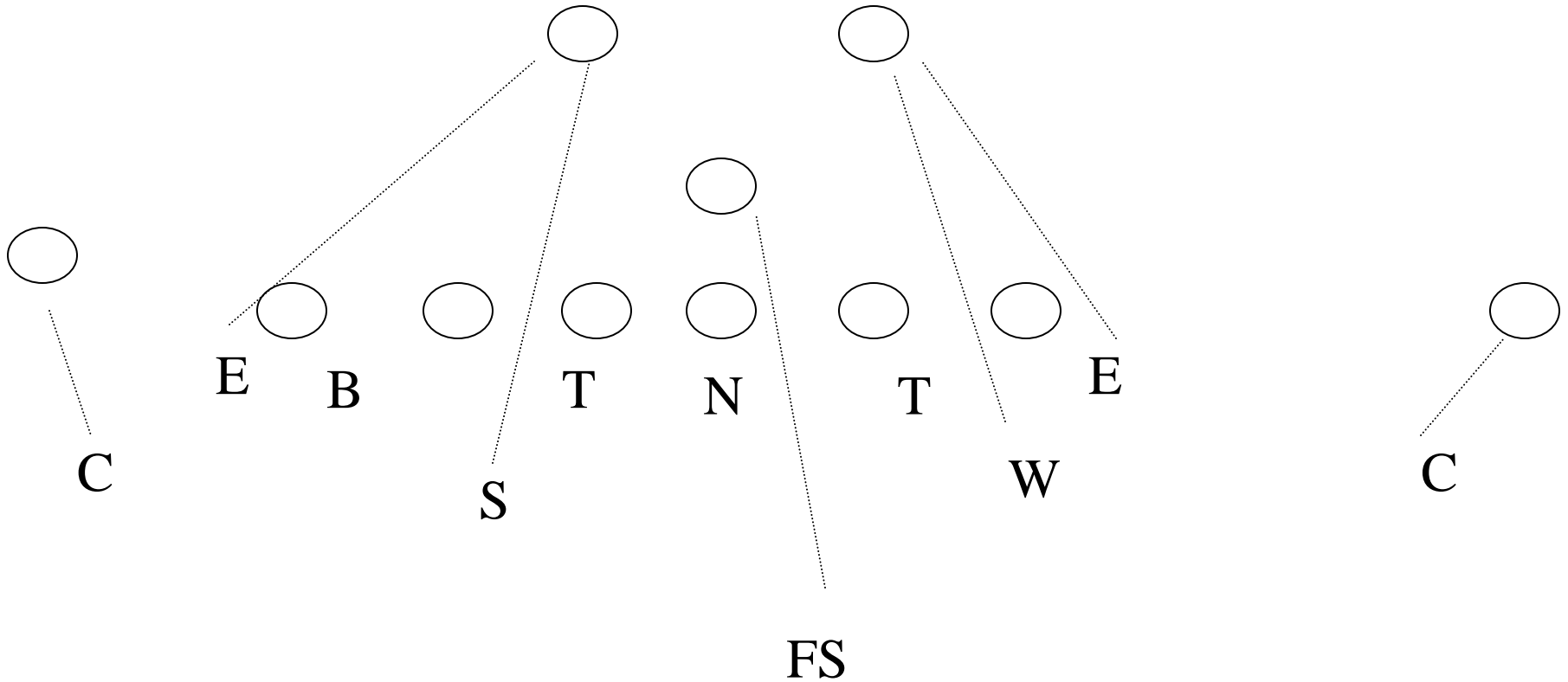
FS will cover #88 with the corner. Everyone else is man to man.

DUB TB



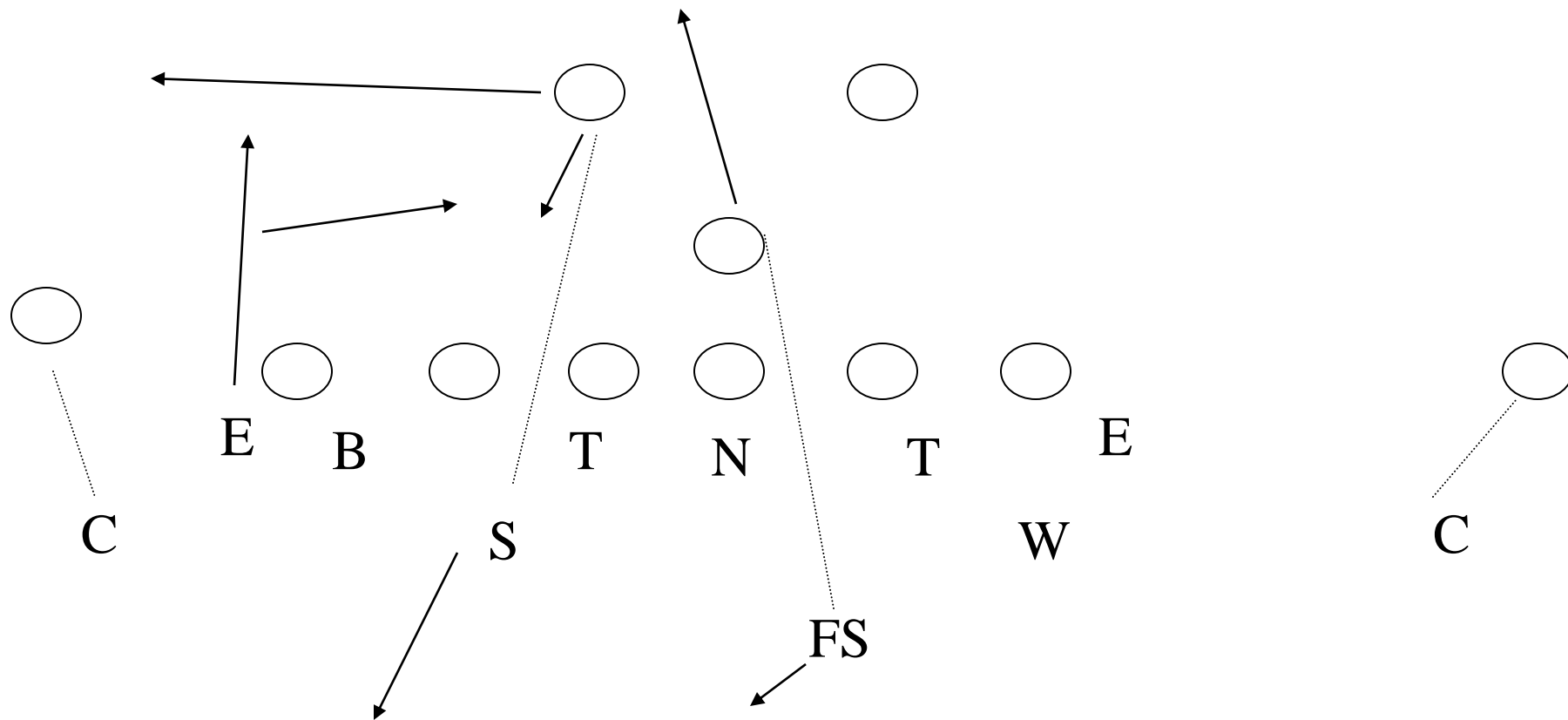
FS will cover the TB. Everyone else is man to man.

COVER SPY



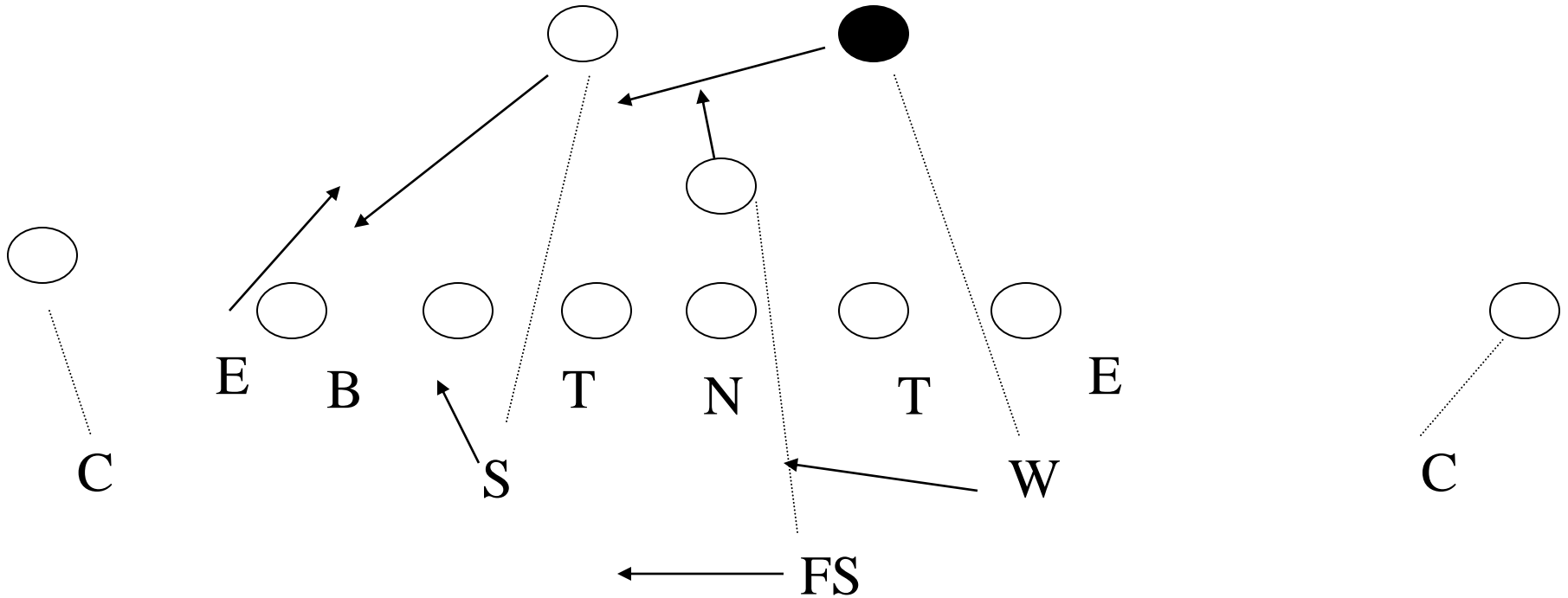
Cover Spy is a man coverage. Both ends, Sam, and Will are reading the backs. Bandit covers the TE. The corners are man to man on the wide outs. The Free Safety reads the quarterback's eyes.

COVER SPY



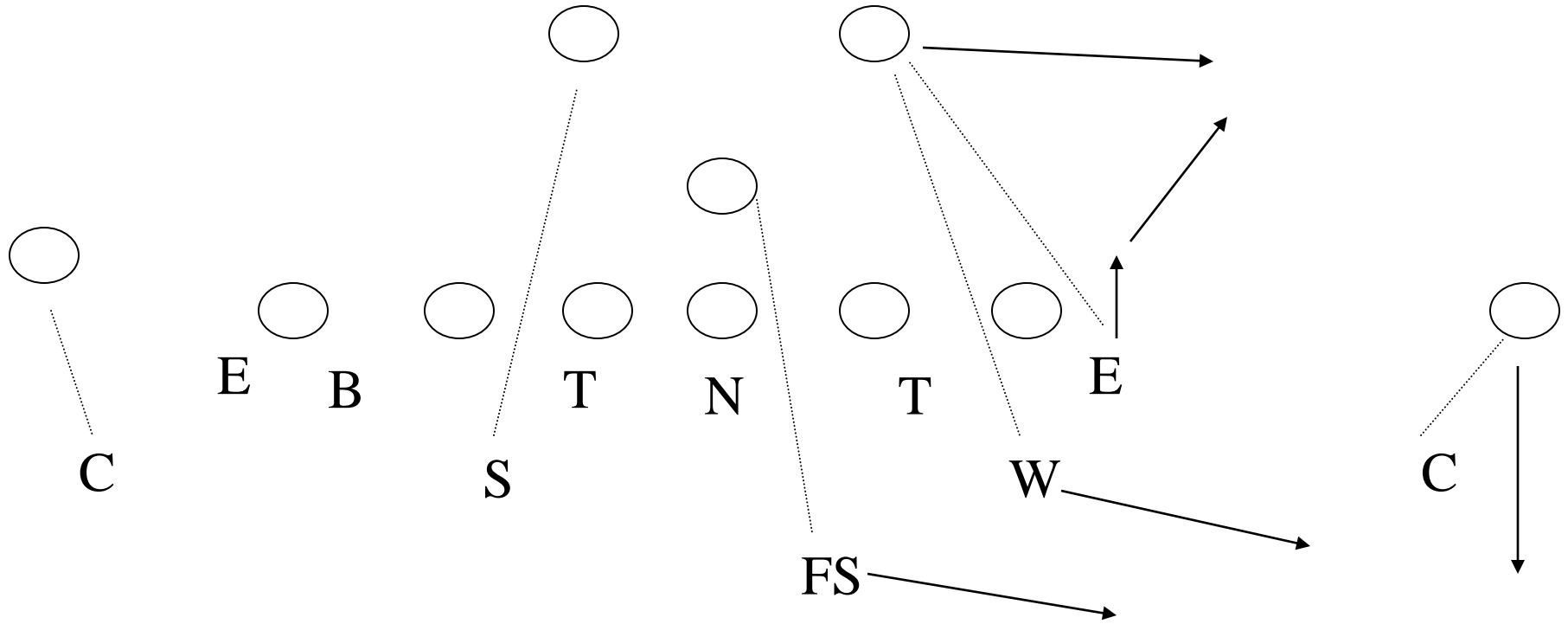
When the strong defensive end reads the TB either pass blocking or swinging out for a pass the end now has the TB man to man. When Sam reads this Sam turns and sprints to cover the wide out with the corner. The FS is reading pass so he is dropping, which may create triple coverage on one receiver.

COVER SPY



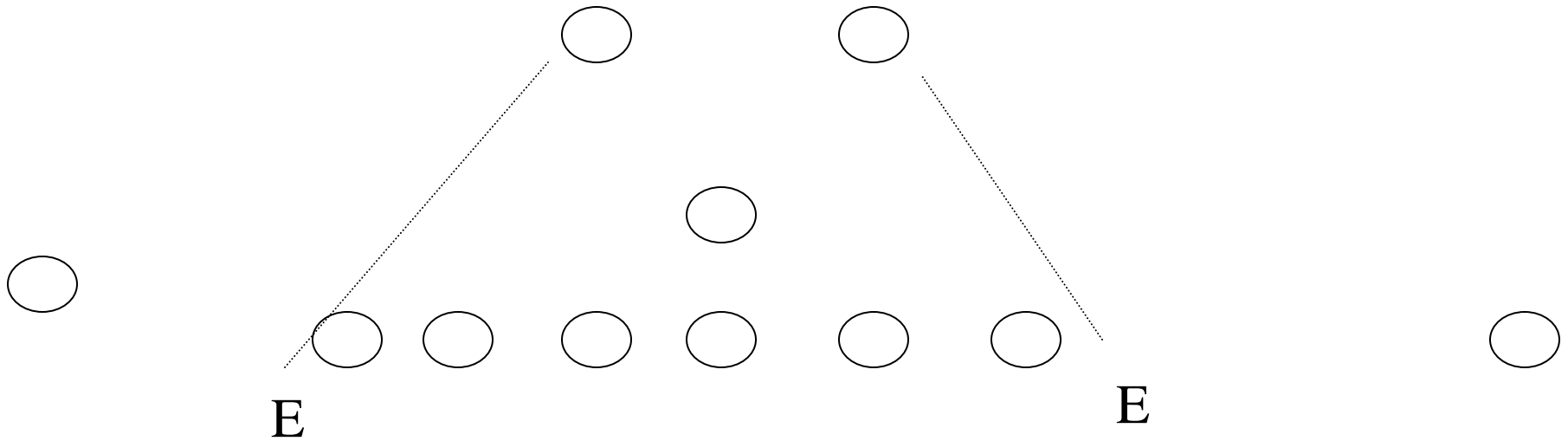
When the strong defensive end reads the TB running toward him he should contain as well as take on the block. When Sam reads this Sam attacks to destroy the run play. Will is reading the back and attacking the run play.

COVER SPY



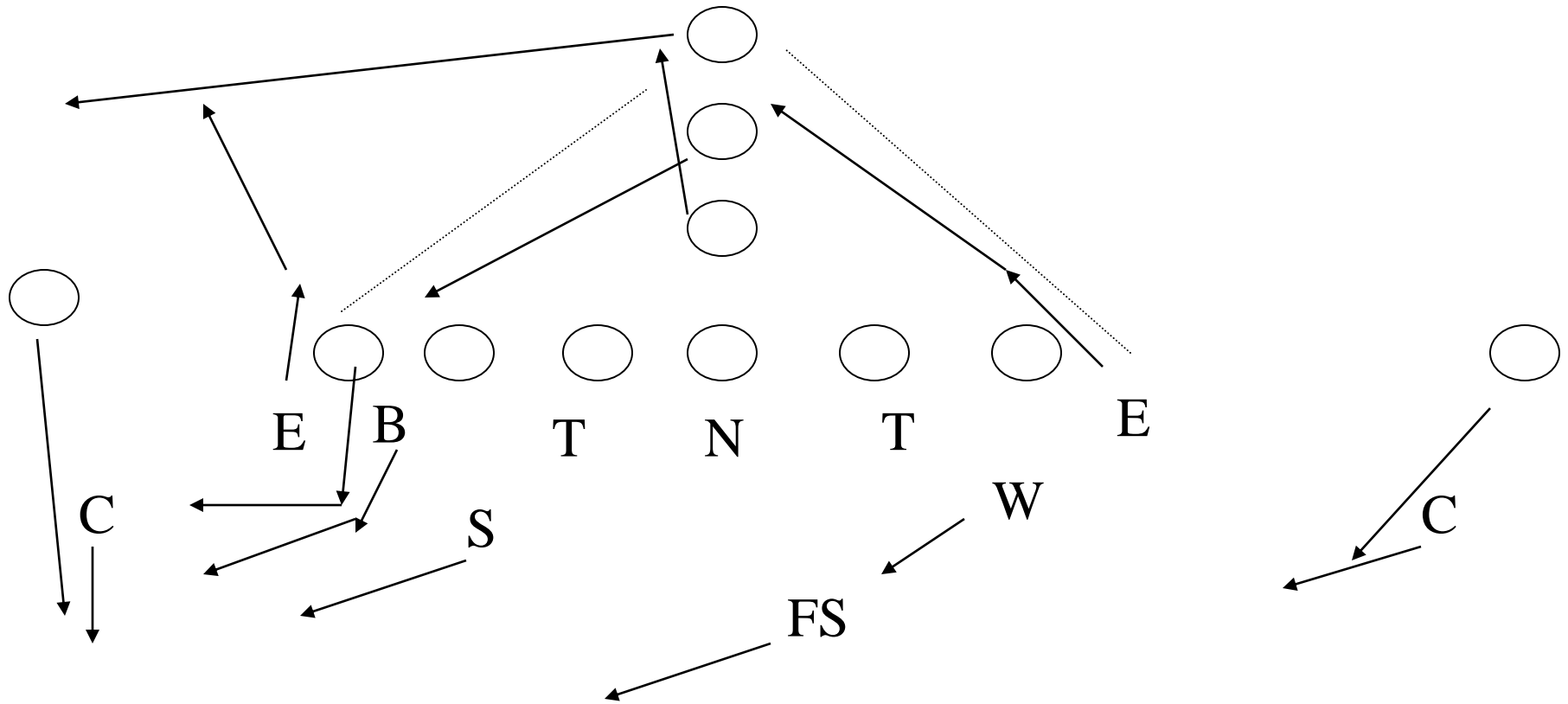
When the weak defensive end reads the TB swinging out he should cover him. When Will reads this Will turns and sprints toward the wide receiver. THE FS has also read pass and has dropped into coverage.

COVER PICKUP



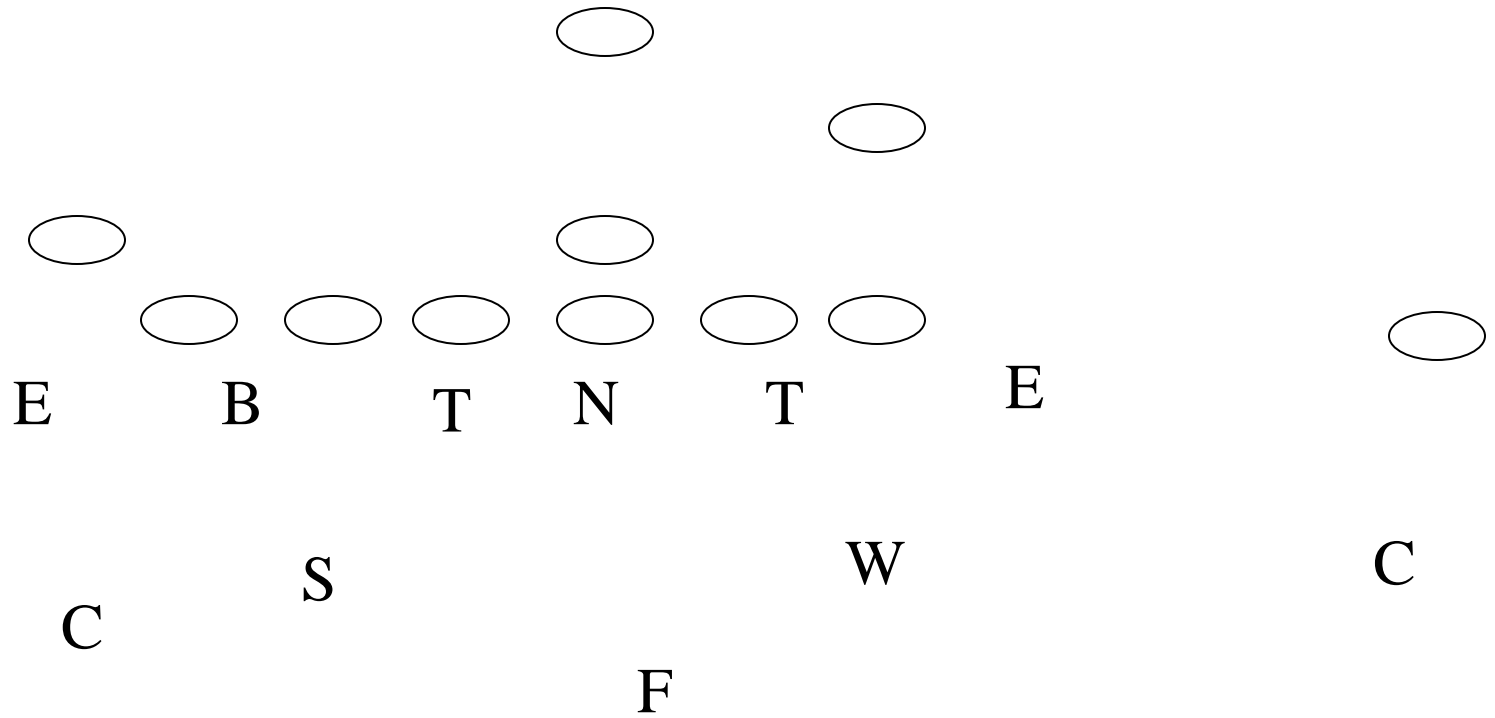
COVER PICKUP tells the ends to cover any running back that comes their direction. If two backs flood to one side the end will commit to the back who he has been assigned to that week. This responsibility can be changed week to week. This would be great to call if you plan on blitzing both SAM and WILL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

COVER PICKUP

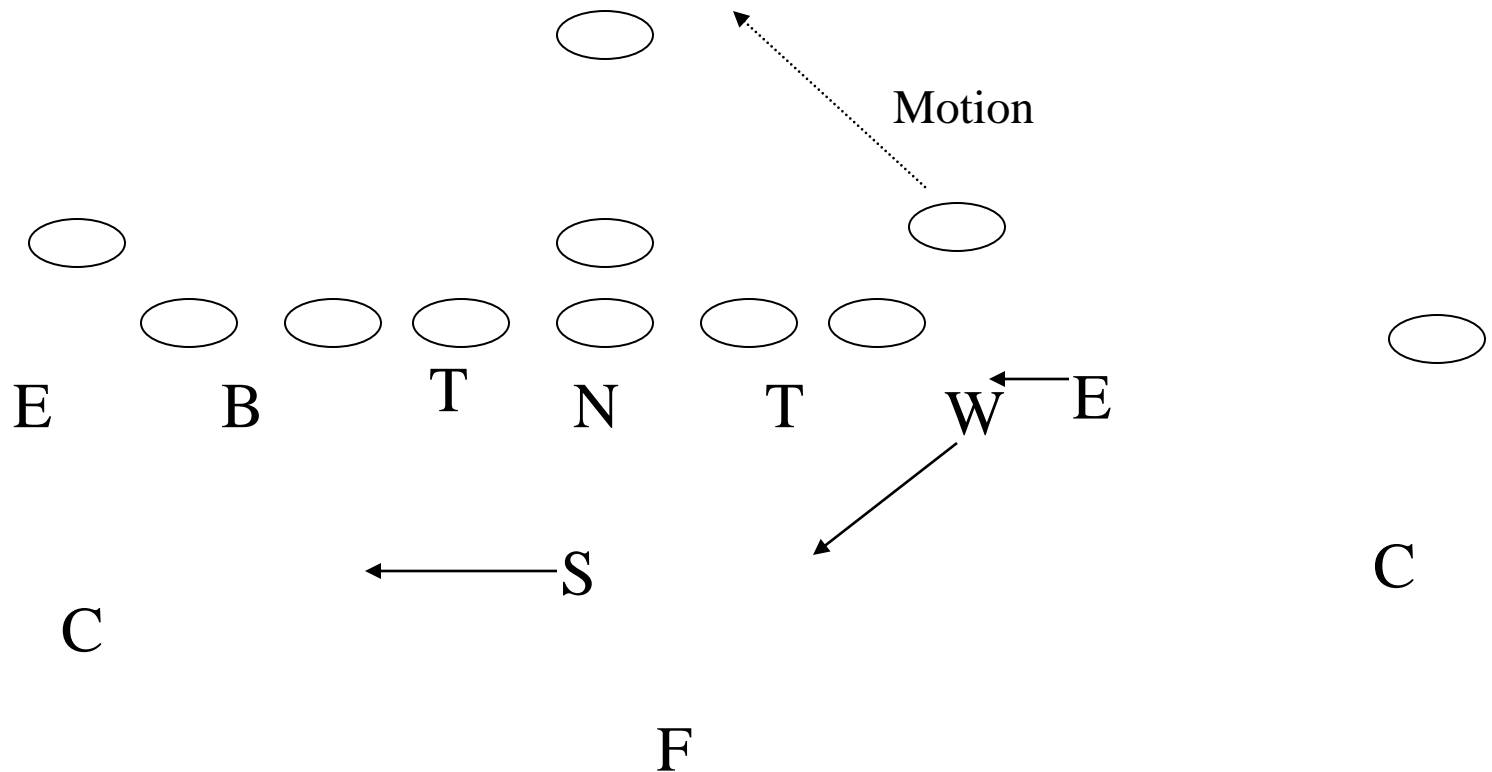


Here the strong defensive end is reading the TB. The TB has gone into a swing route so the end will “PICKUP” the TB in coverage. The weak end is reading pass but has no coverage responsibility and attacks the quarterback. Sam and Will have read pass and simply drop into an under coverage.

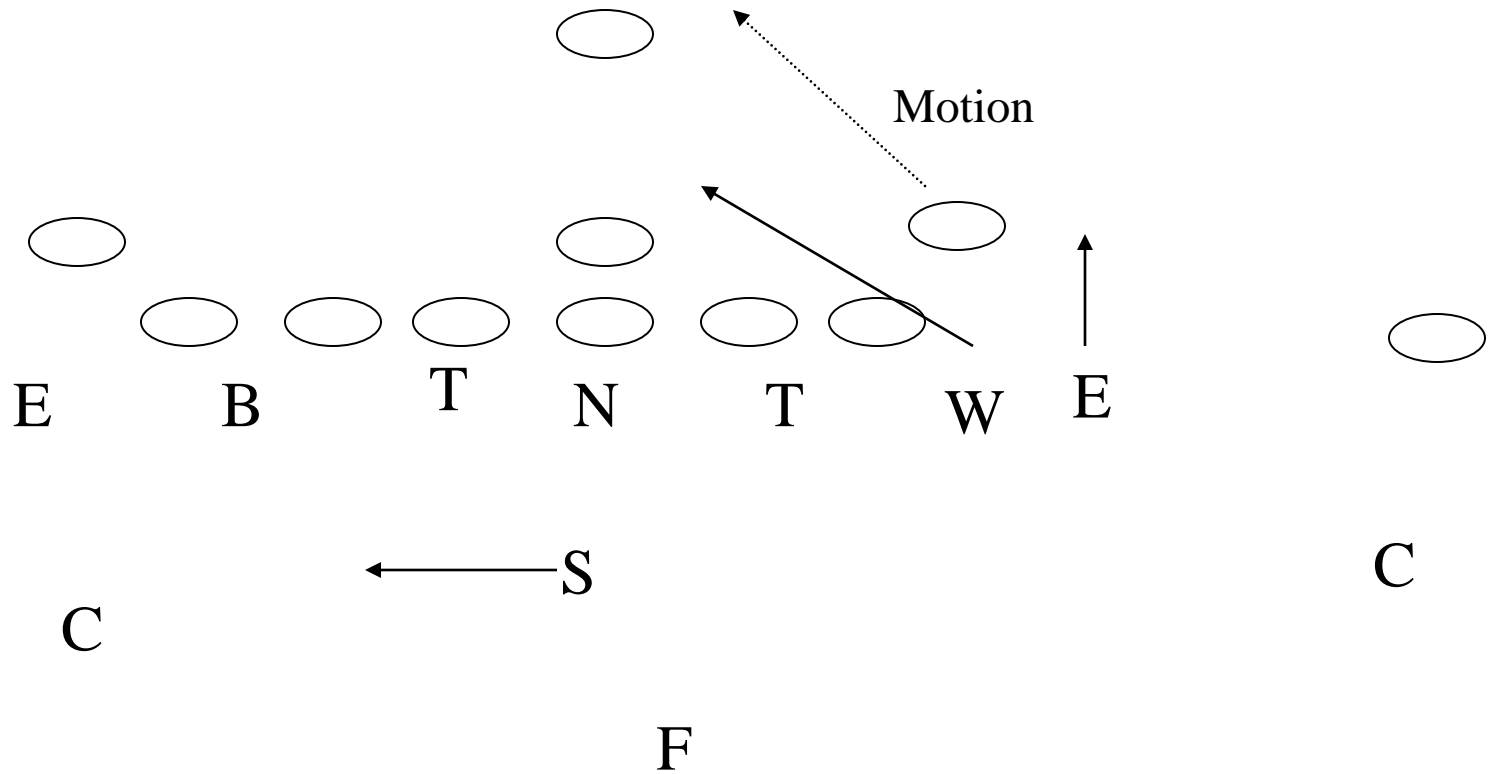
46 vs. Wing T



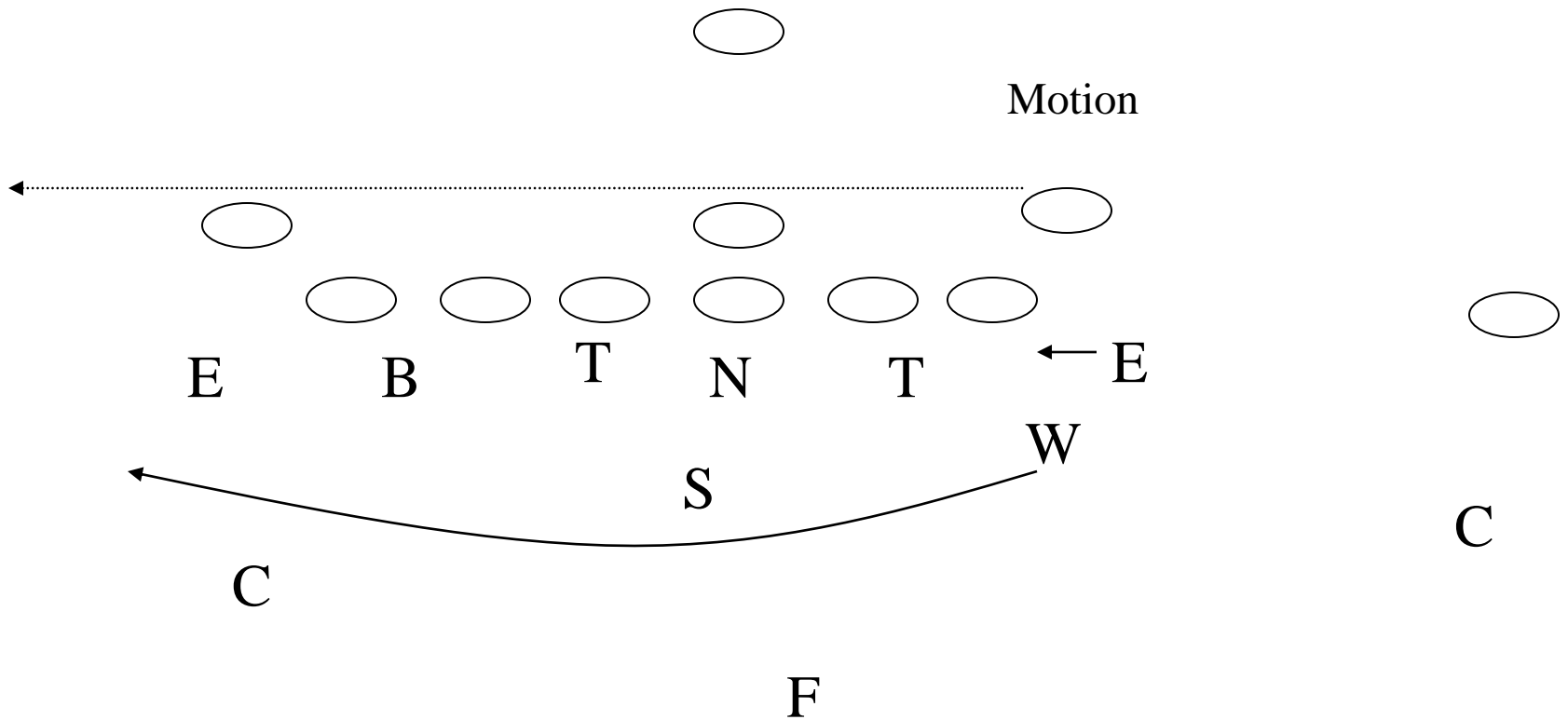
This slide just shows our basic alignment vs. a wing T formation.



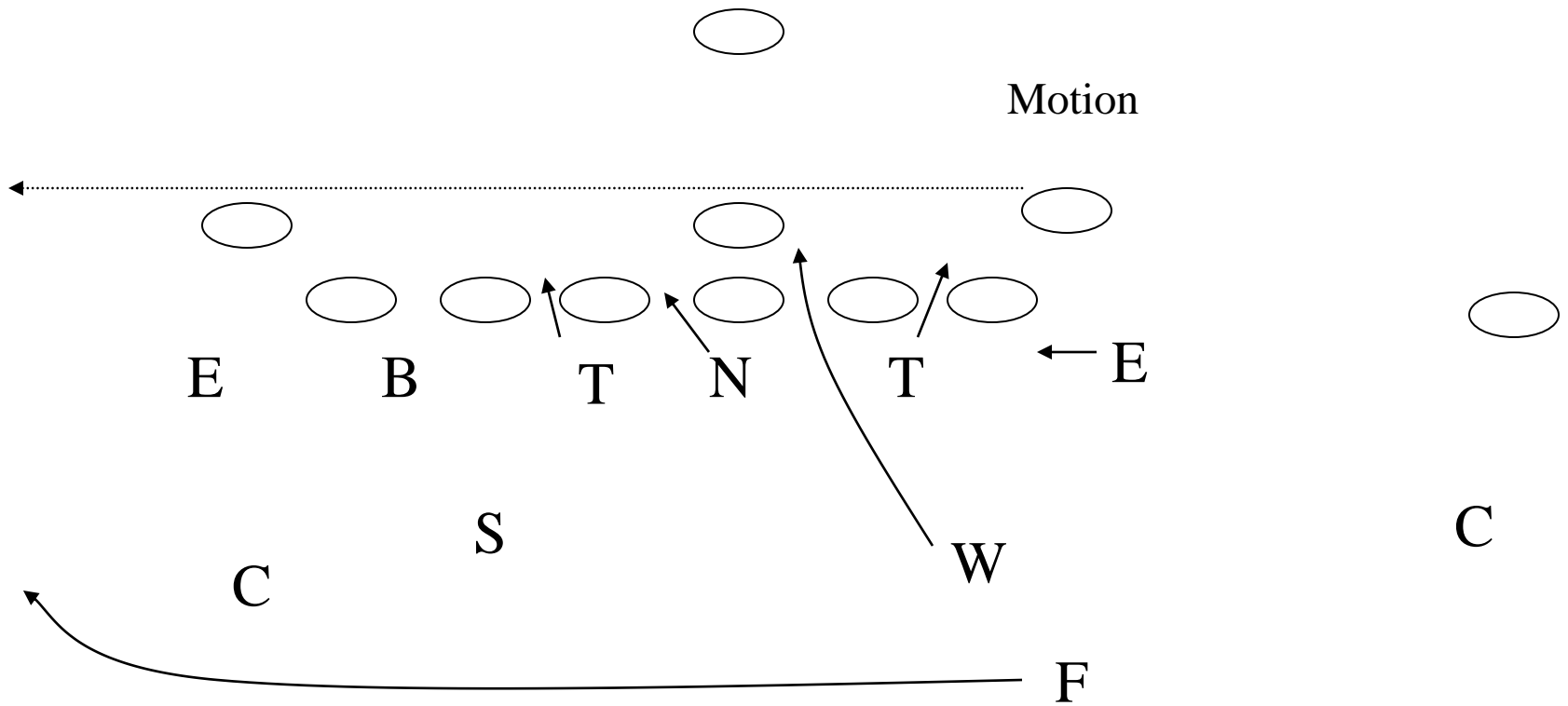
If we see the wing go into deep motion Will needs to adjust his alignment but will still cover man to man on the wing. If the wing did not motion Will would play the same technique as Bandit would on a TE. If Will is called to blitz the FS would cover the wing and Will would still blitz. The end would reduce down to the OT's outside shoulder.



If we see the wing go into deep motion Will could be told to automatically blitz.
 This adjust does not change his alignment and the weak side is completely shut down.



If we see the wing go into deep motion Will needs to adjust his alignment but will still cover man to man on the wing. If the wing did not motion Will would play the same technique as Bandit would on a TE. If Will is called to blitz the FS would cover the wing and Will would still blitz. The end would reduce his split when the wing goes in any type of motion.



The Call is: BASE X COVER 1. This call tells Will to blitz the weak A gap. The FS must now cover the wing.

The next several slides will display our defensive calls versus various formations. The slides will explain how we will be calling the strength call of each formation displayed. Below is a key that explains the abbreviations that are on each slide.

N=Nose guard

Bear=Strong side tackle

Cub=Weak side tackle

SE=Strong side end

WE=Weak side end

B=Bandit linebacker

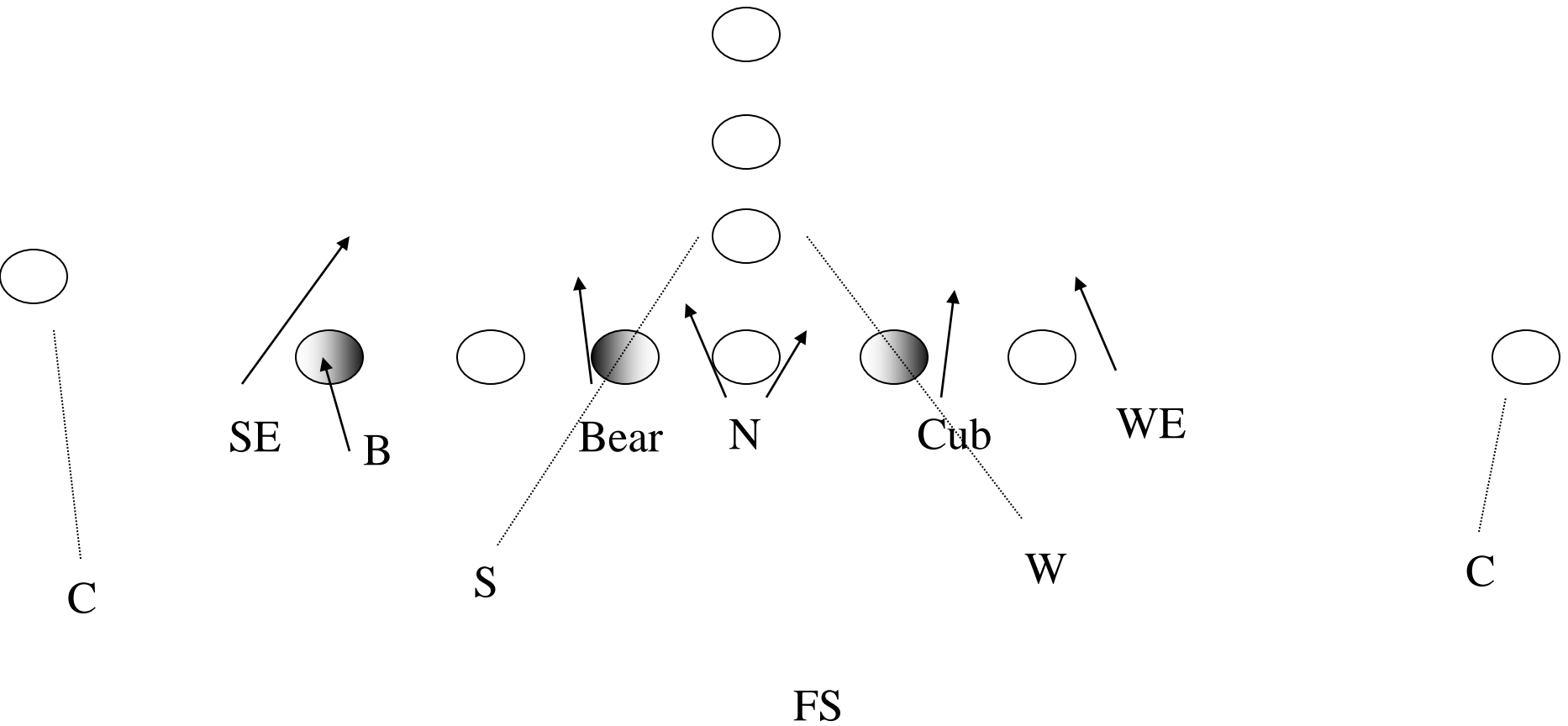
S=Sam linebacker

W=Will linebacker

C=Cornerback

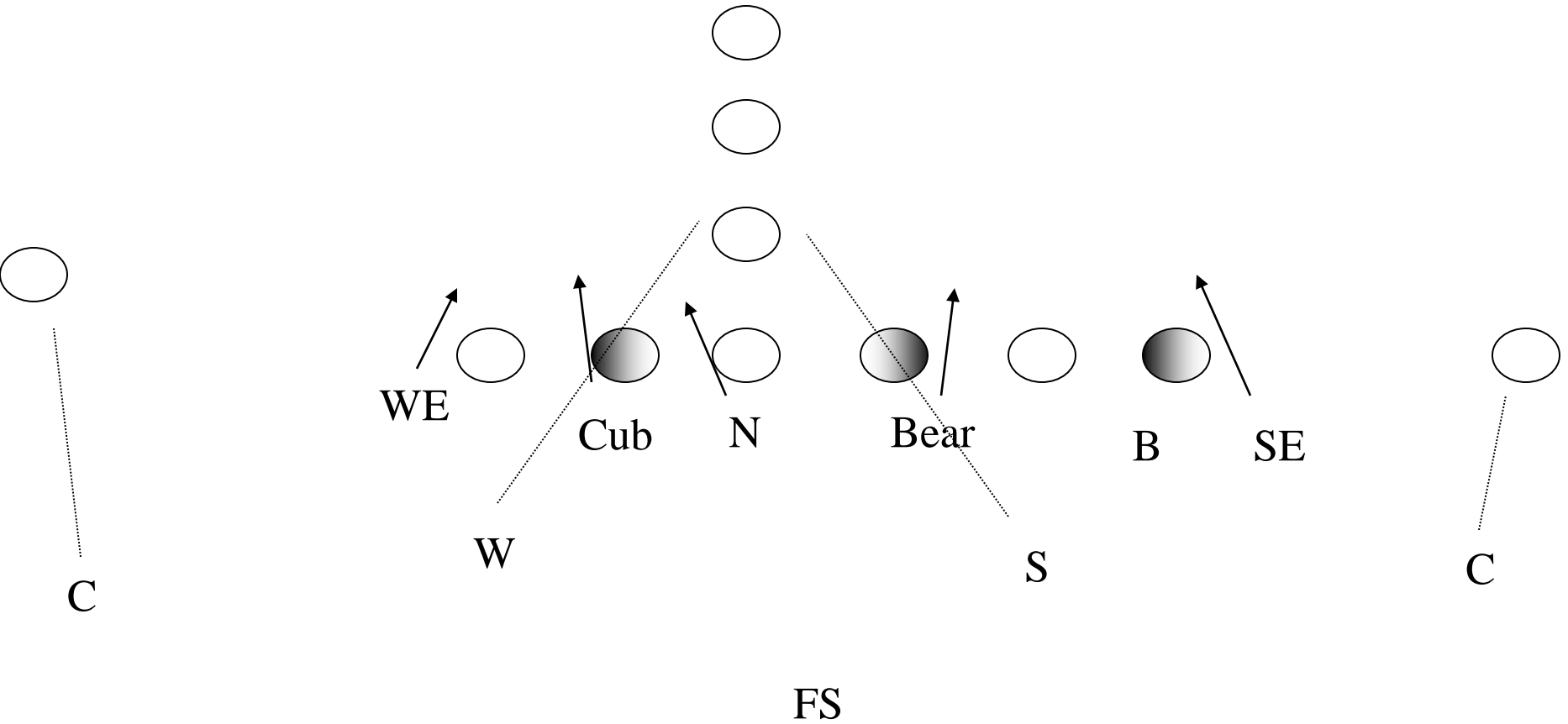
FS=Free safety

BEAR COVER ONE



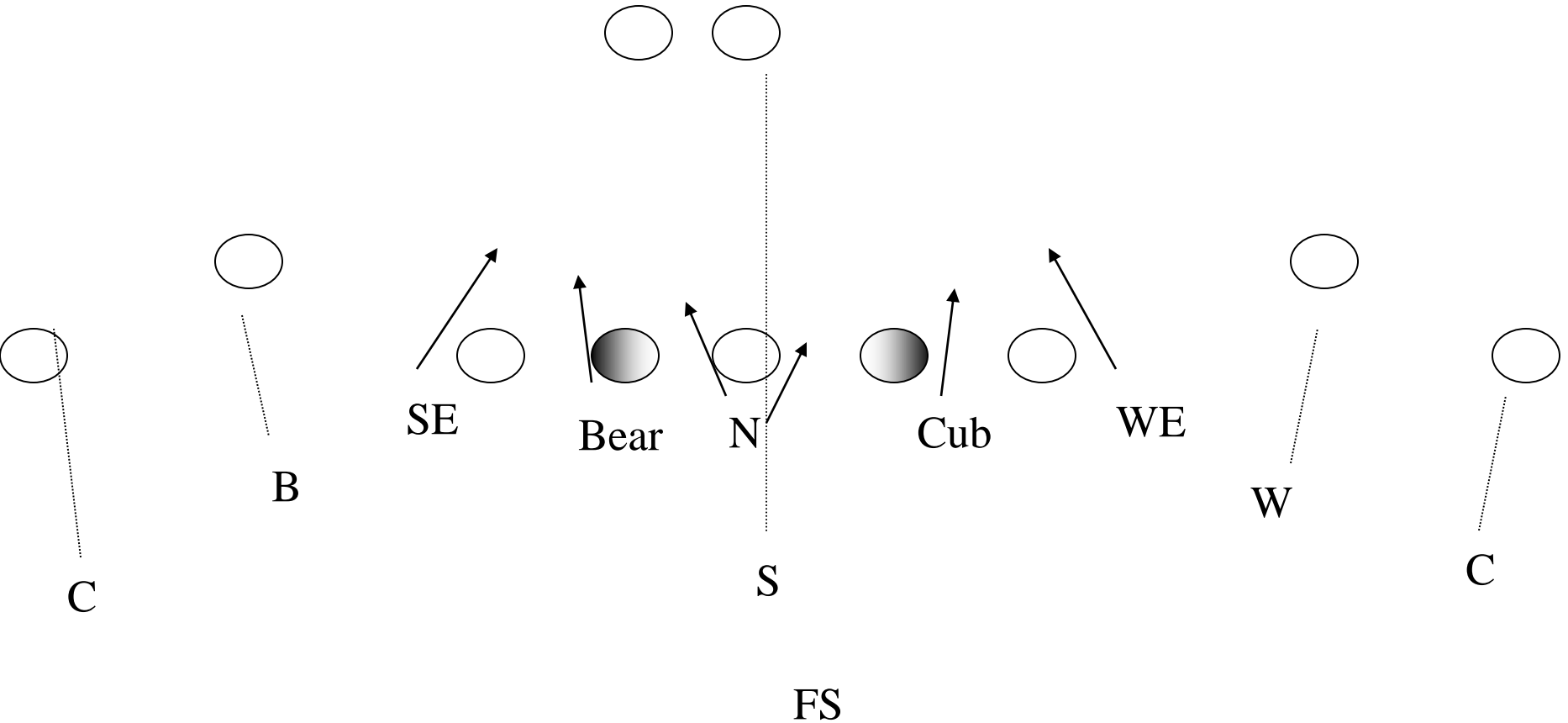
Strength call would be LEFT. Here we see the tight end to our left as well as a flanker.

BEAR COVER ONE



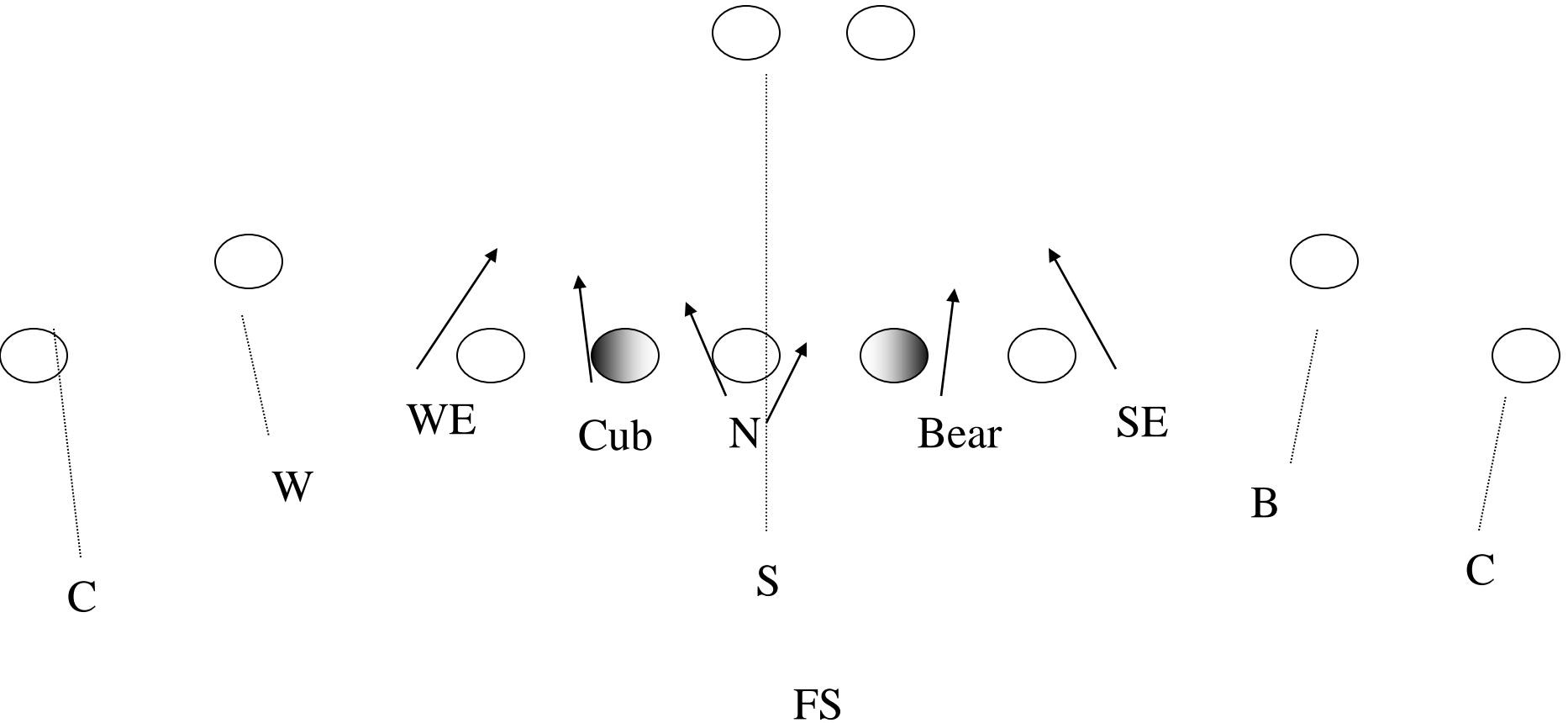
Strength call would be RIGHT. Here we see the tight end is to the right along with a flanker.

BEAR COVER ONE



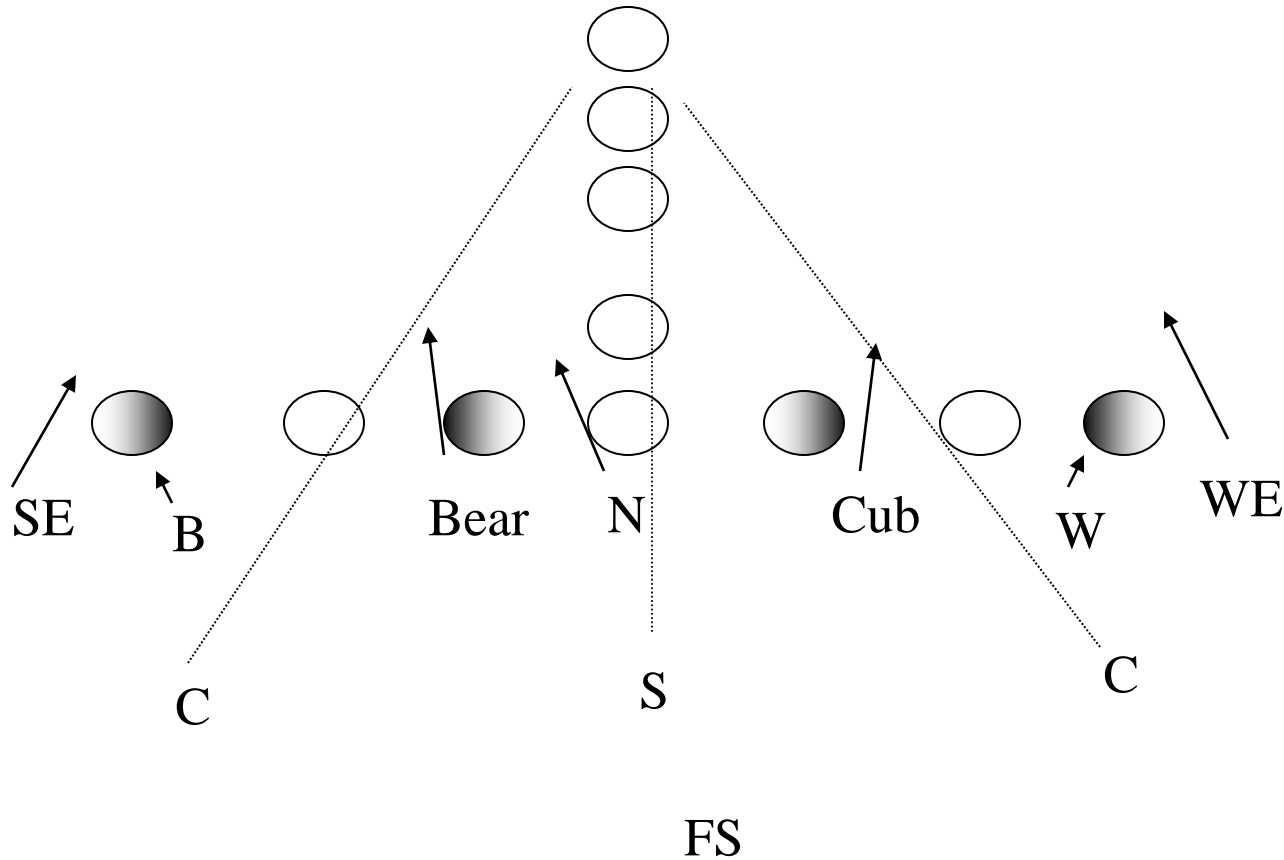
This spread formation would be called strong left. The formation has equal amount of receivers on both sides but the TB is off set to the defense's left.

BEAR COVER ONE



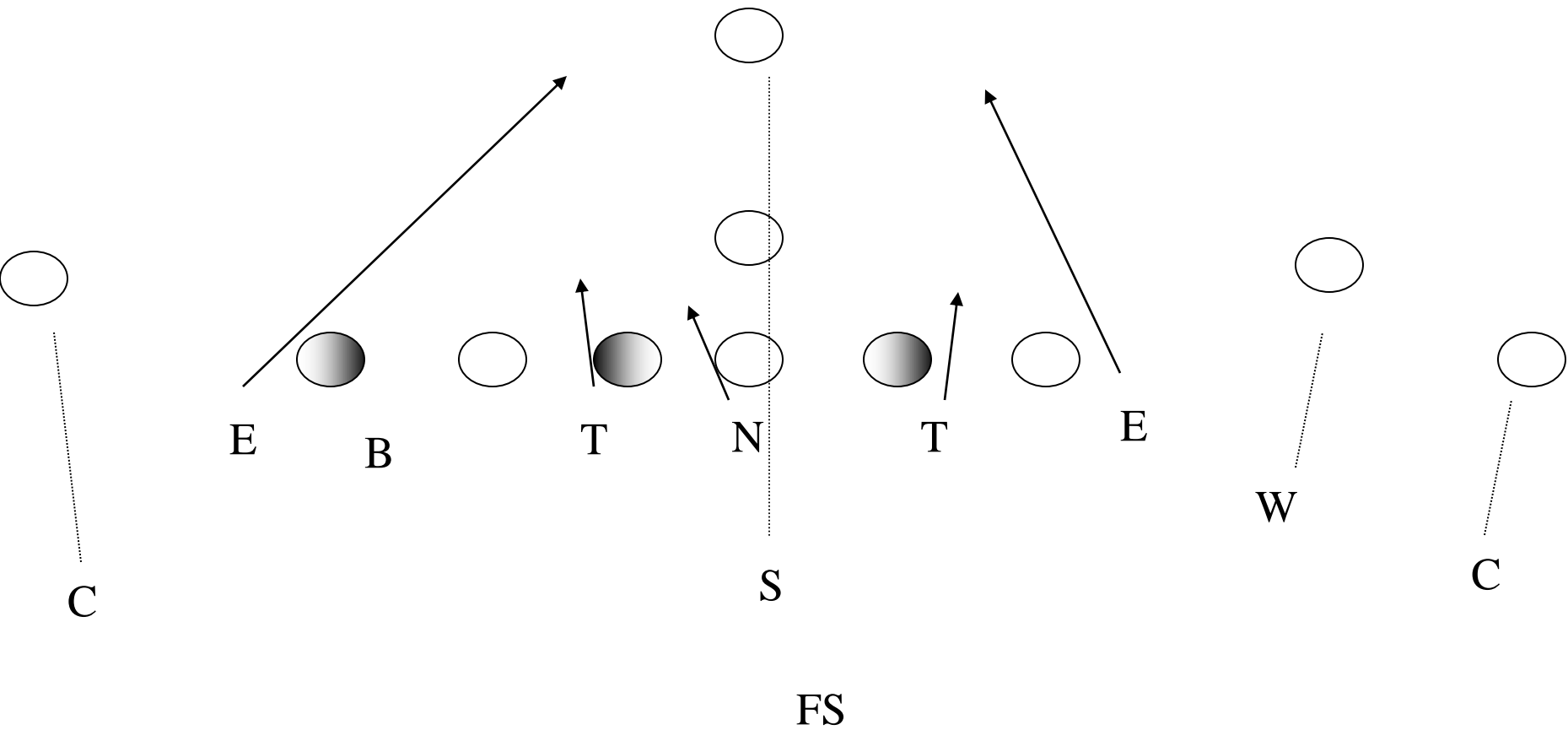
This spread formation would be called strong RIGHT. The formation has equal amount of receivers on both sides but the TB is off set to the defense's right.

BEAR COVER ONE

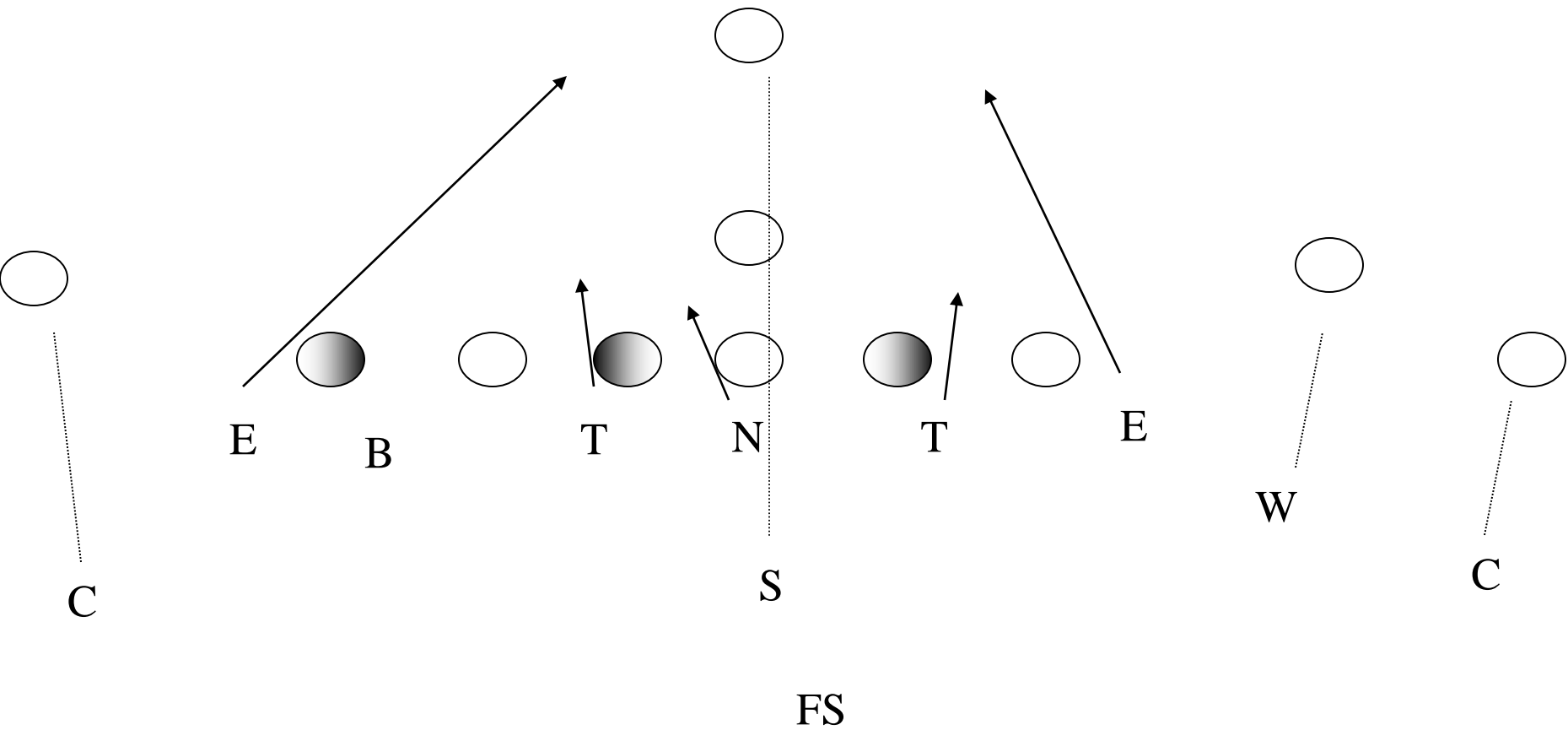


Here we see a stack I formations with double tight ends. The strength call will be LEFT. If a running back is off set to the left or right with double tight ends we will call the strength to the running backs side.

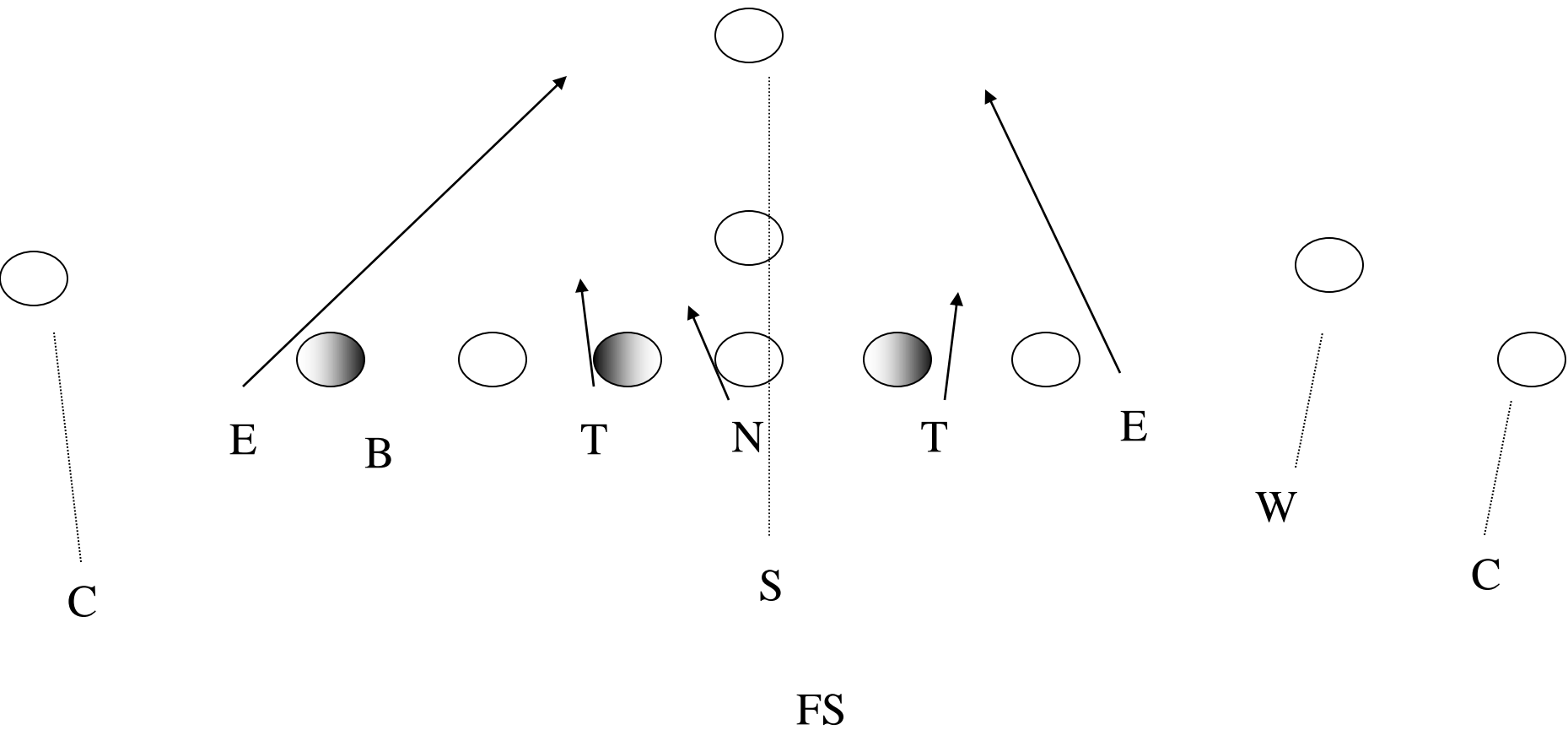
BEAR COVER ONE



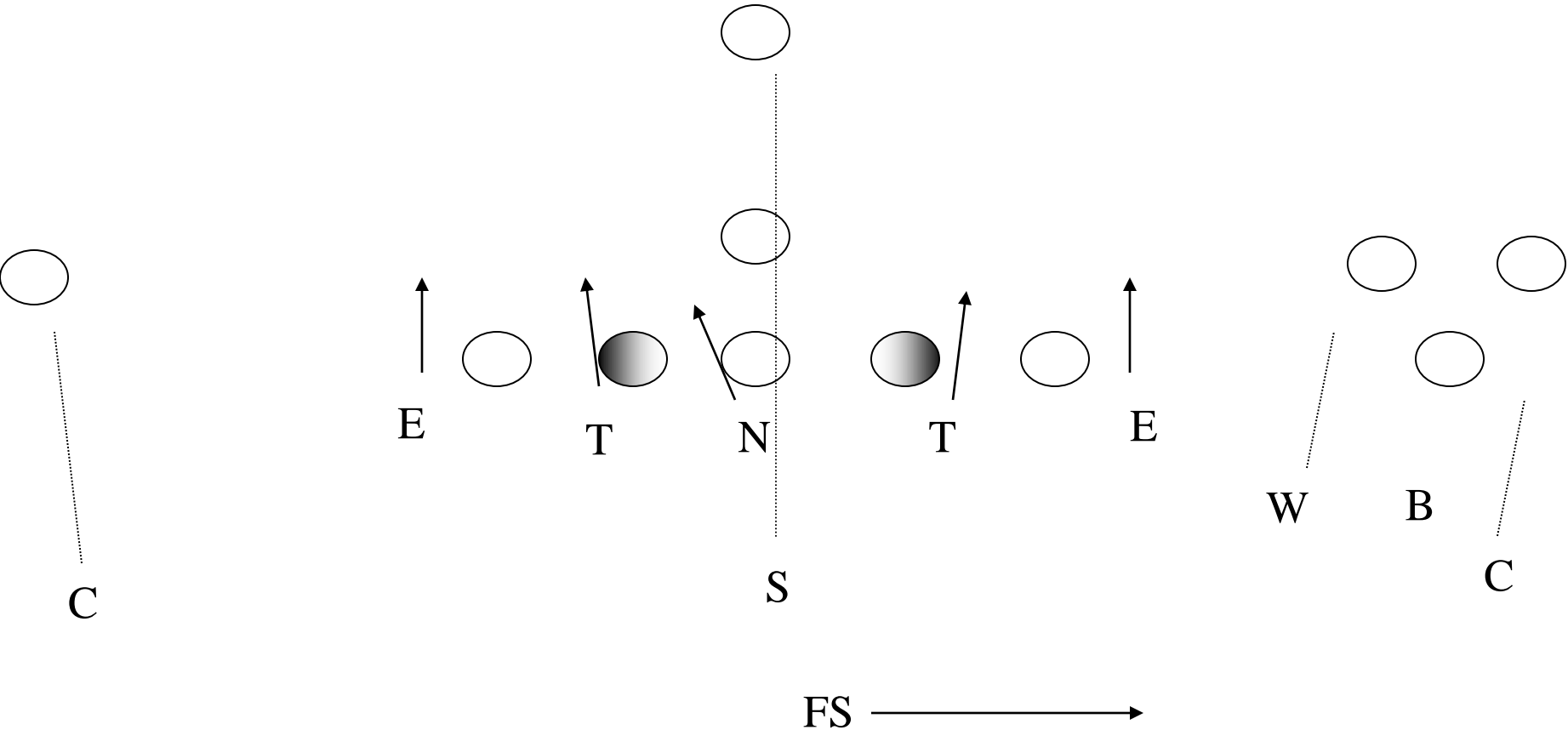
BEAR COVER ONE



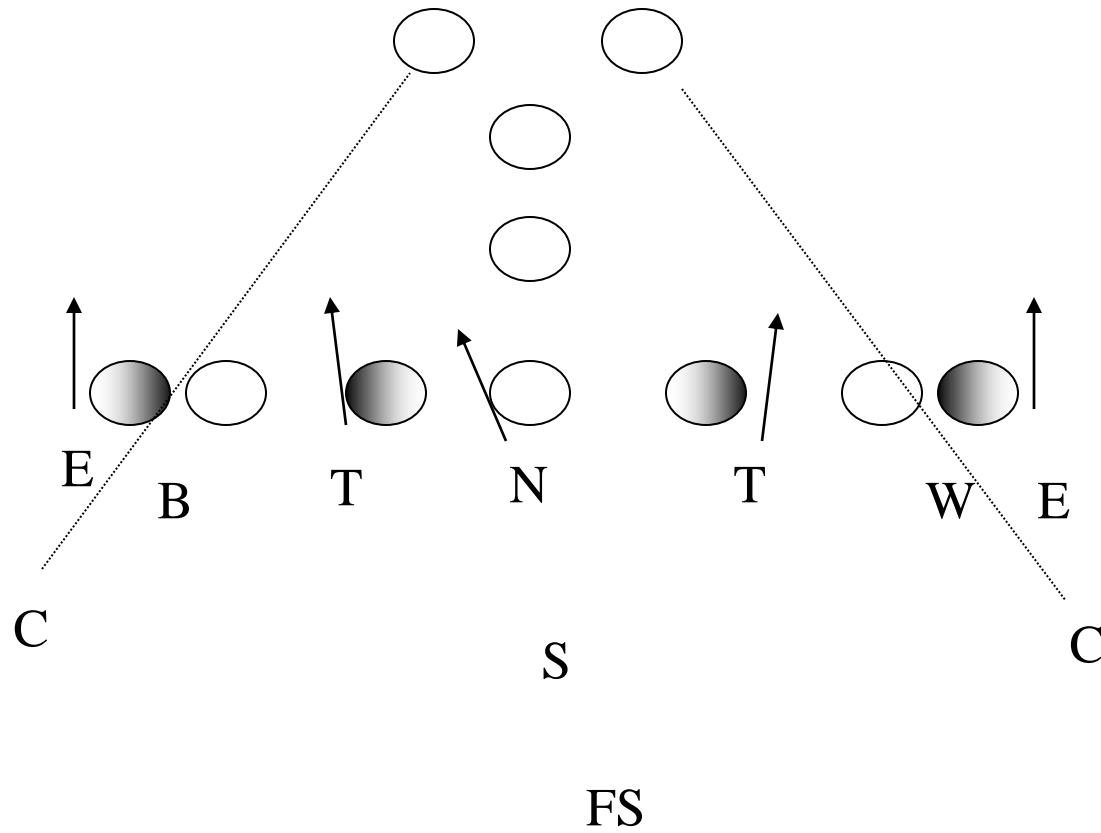
BEAR COVER ONE



BEAR COVER ONE



BEAR COVER ONE



BEAR COVER 2

Corners-Line up just outside widest receiver, funnel the receiver in, then look to the backfield, contain the play. On short passes cover all flares, screens, and the flat area. Also check for counters and reverses.

FS-cover deep half of field. Line up on the hash and 8-10 yards deep. Watch all receivers on your side of the field and always stay deeper than they are.

Will linebacker-same alignment and assignment as the FS. Line up on the weak side of the formation.

Strong end- line up on the 2 receiver side of the ball. Line up 3 yards outside the tackle and 3 yards deep. VS the run read and react, must fly to the ball. VS the pass should drop strait back into zone. Should look at the QB's eyes while dropping as well as looking for receivers in the area.

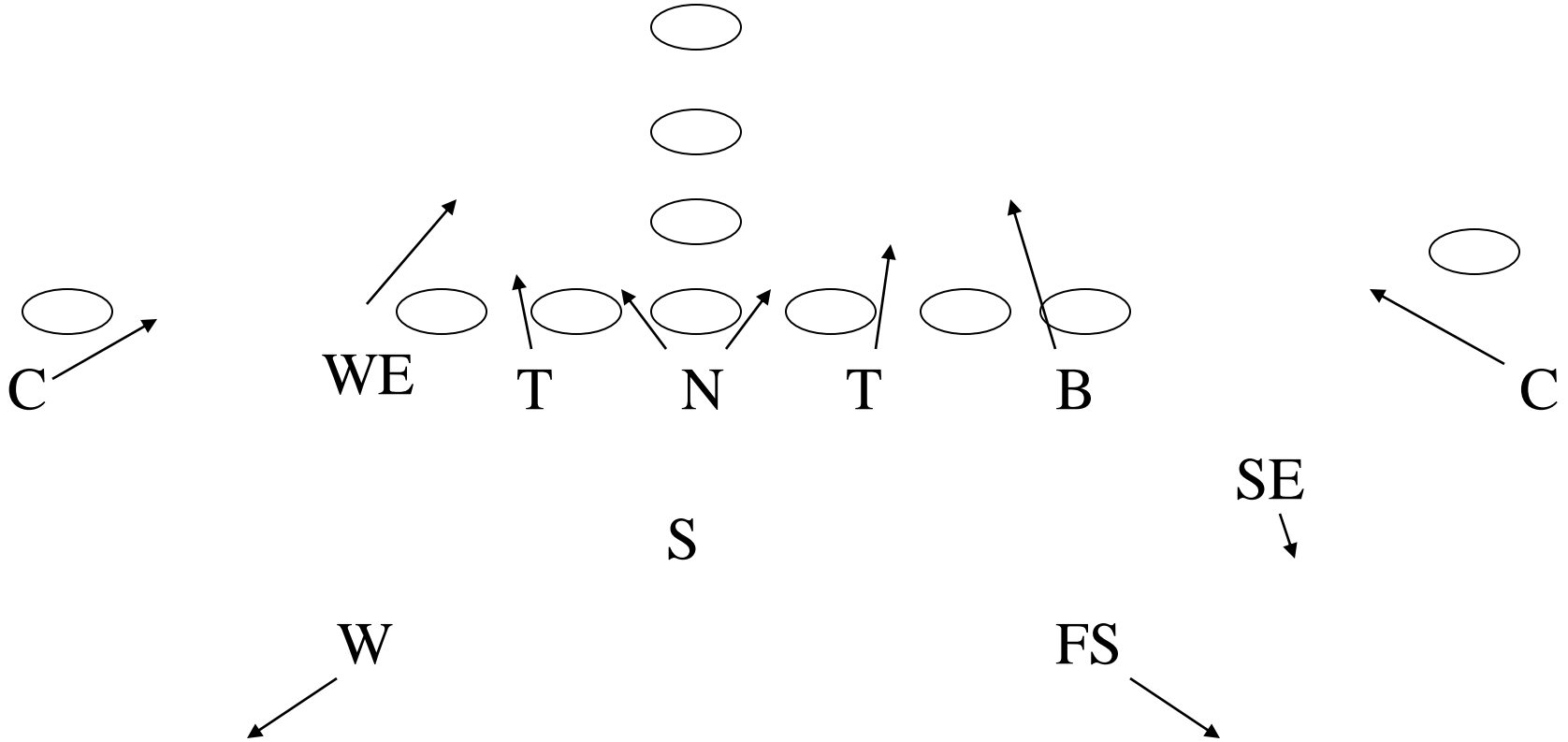
BEAR COVER 2

Weak end- line up as a 7 tech. Penetrate into the backfield, shed the block and make the tackle. Do not allow the TE to have an inside release. VS the pass get a hand up to alter the throw.

Bandit-line up as a 7 tech. Control the C gap and penetrate into the backfield. Shed the block(s) as quickly as possible. VS the pass get to the QB!

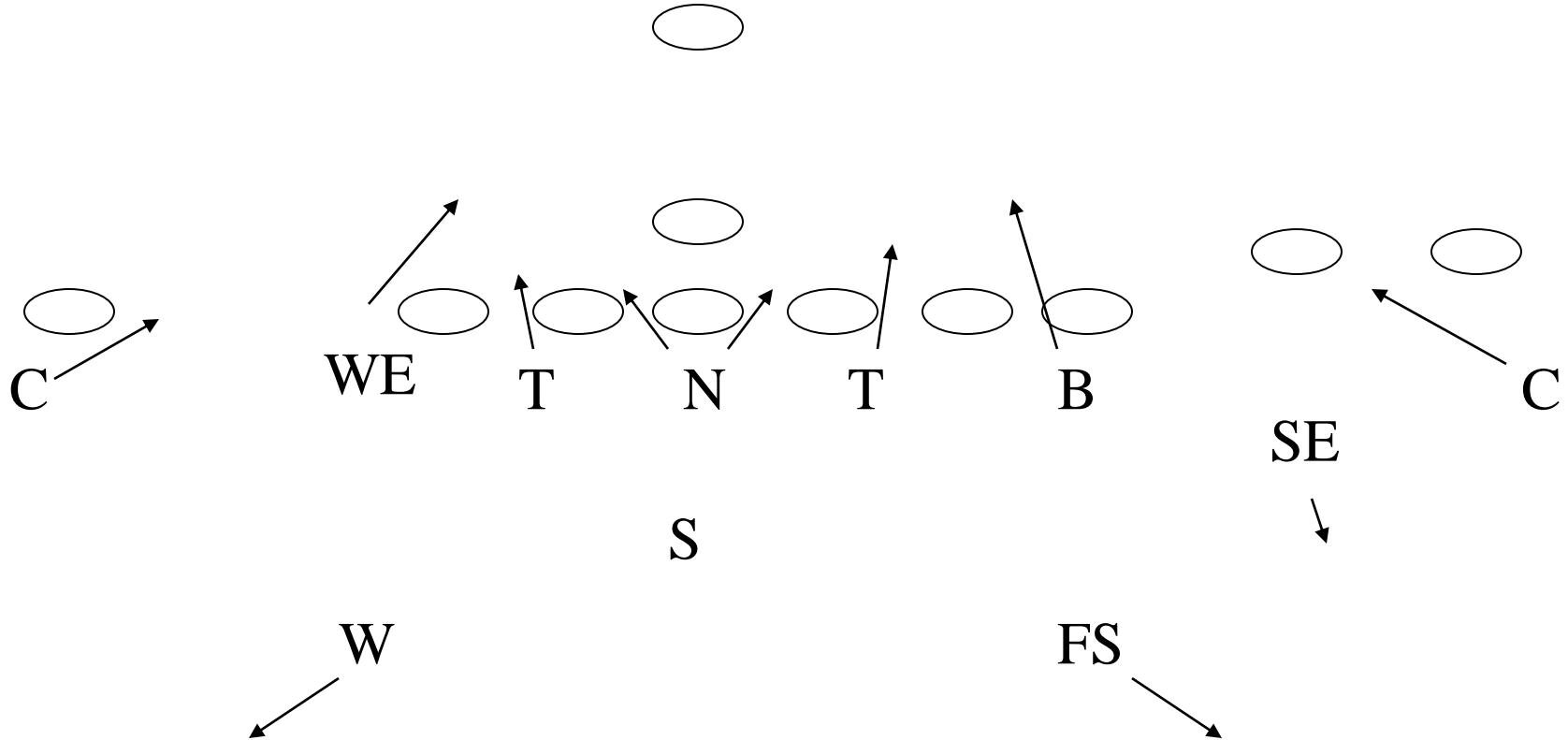
Sam- Stack on the nose guard. Read the QB action. VS the run, go make the tackle, VS the pass drop strait back and read the QB's eyes, be looking for receivers in your area.

BEAR COVER 2



BEAR COVER 2

VS two receivers on one side. The SE should be 3 yards off the line of scrimmage and 2 yards inside the second receiver.



BEAR COVER 2

Vs 1 back and 4 receivers. Sam shifts to the weak side, lines up just inside the second receiver. Sam drops into a middle flat zone vs. the pass. Nose drops to middle backer, reads the QB. Tackle are 2 gap players and line head up on the guards.

