

# Cyber Coach Free Resource

## Public Domain Document

Cover Sheet: cc\_D\_5301

Date published to web: 4/24/2000

Discussion ID: 531

Courtesy of:

Document Title: 5-3 Defense

Season(s) used: 1991-1998

Age Group: 8-14 yrs

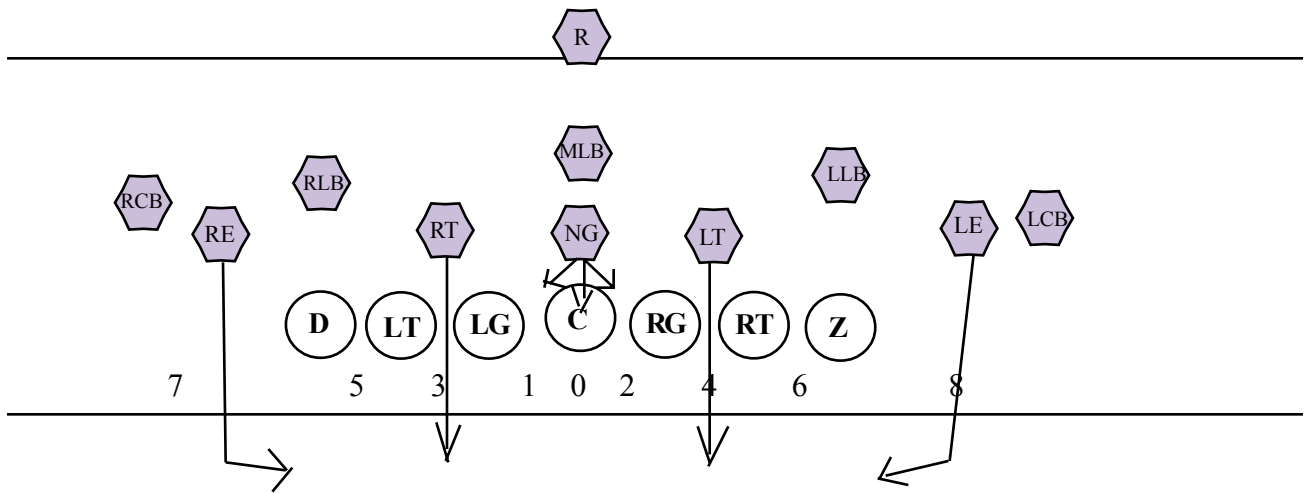
Grade(s): 3th through 7th

Description: 5-3 Defensive Scheme. Includes basic defense and attack schemes. Excellent youth football defense.

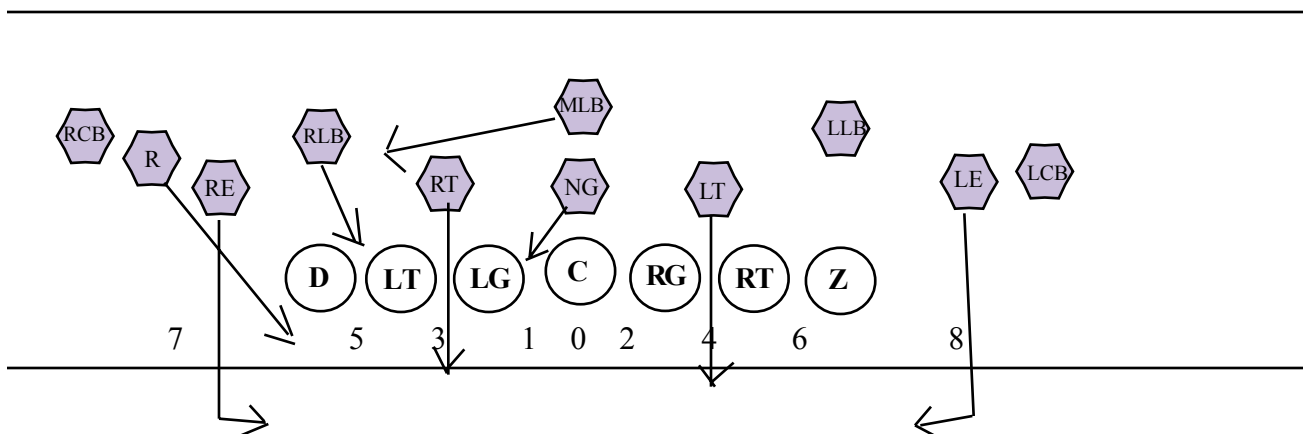
# Defensive Scheme

Basic Defense - Front 5 take hard charge, key is for the two defensive tackles to charge through the 3 and 4 gaps from a 4 point stance to achieve penetration. NG works either side of center. MLB controls from tackle to tackle. R (Rover is safety).

## 5 - 3 Basic

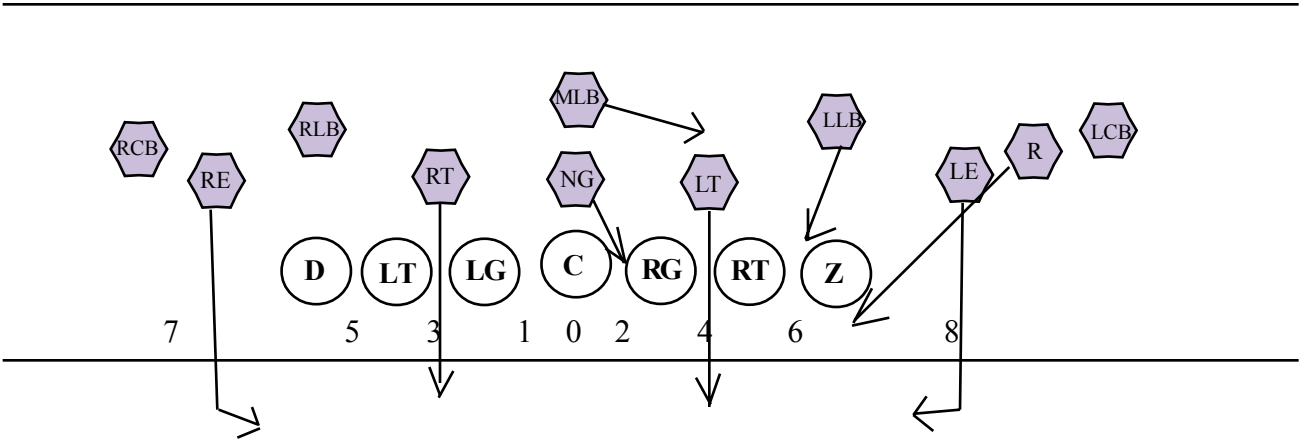


## 5 - 3 Strong Left

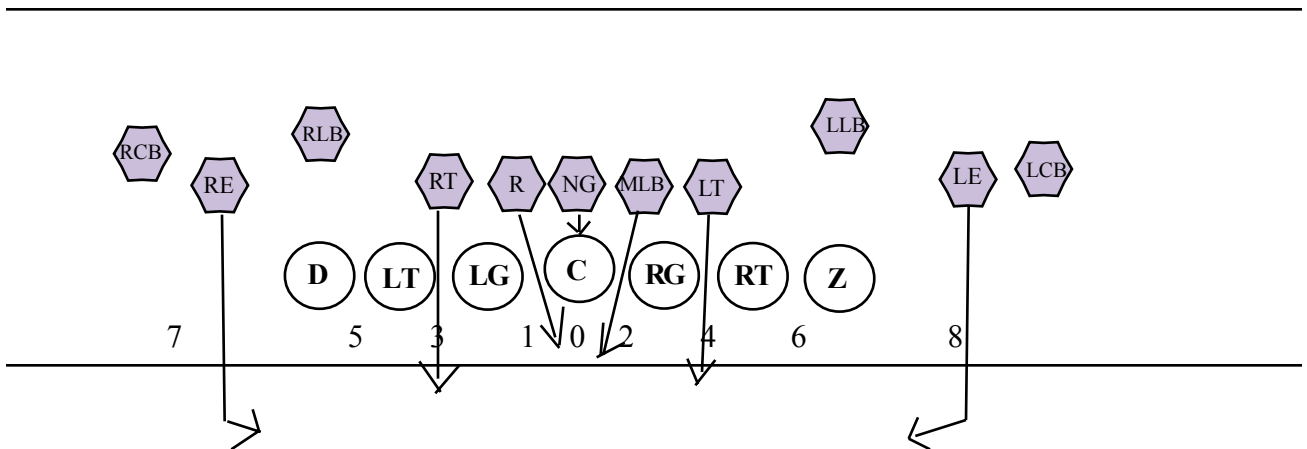


# Defensive Scheme

## 5 - 3 Strong Right



## 5 - 3 Blast



# Defensive Scheme

