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## 1999 5-3 DEFENSIVE PLAYBOOK

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## **1999 5-3 DEFENSIVE PLAYBOOK**

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## **5 -3 Defense Advice**

The 5-3 defense is one of the hardest defenses to be successful, with having the right player personnel is a must.

With the right personnel the 5-3 can destroy the very best offense, the 5-3 blitz packages offer any team the ability to turn any close game at any time.

Player personnel must have very good footspeed and also learn to read the offense.

Key personnel in this Defense are:

1)NG 2)MLB 3)Strong Side Lb 4)Free Safety

### **Player Selection**

Nose Guard- must be mentally strong and very physical also very quick and very smart.

Left Tackle- physical and fast.

Right Tackle- physical and fast

Ends- fast and very strong

Strong Side Linebacker mean fast smart strong

Weak Side Linebacker fast smart strong

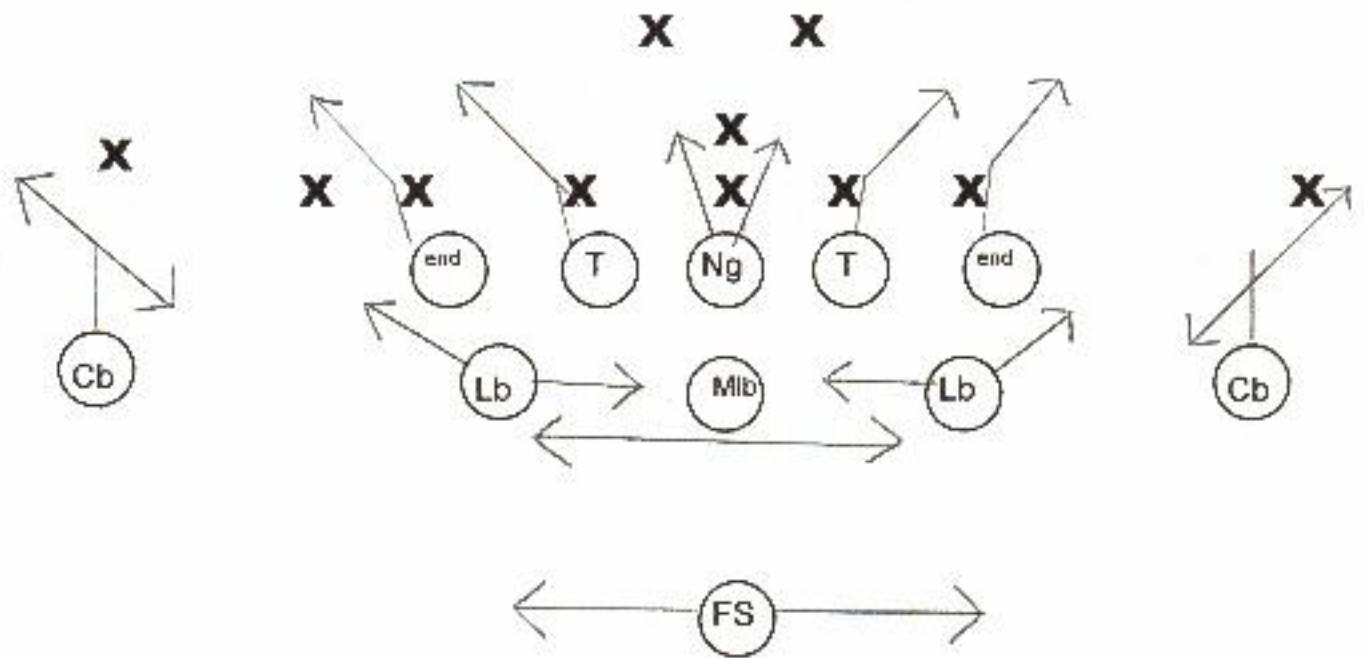
Weak Side Corner physical fast smart and strong

Strong Side Corner fast physical smart strong

Free Safety the fastest man on field and also one of the smartest and also very physical

Middle Linebacker the heart of any 5-3 defense will probably be the meanest man on the field and also one of the fastest must be smart and strong and love to play physical

# 5-3 BASE DEFENSE



Right Tackle (7 tech.)- Make contact with offensive tackle, then play off to the right.

Right Guard (2 tech.)- Contact inside shoulder, crash middle, make the guard move out to block.

Nose Guard- Read off of the center, crash left or right.

Left Guard (2 tech.)- contact offensive guard, the play to the left.

Left Tackle (7 tech.)- contact offensive tackle, play to the left.

CB- contain Outside on run, cover man-to-man on pass, read the QB so that you can read "pass or run"

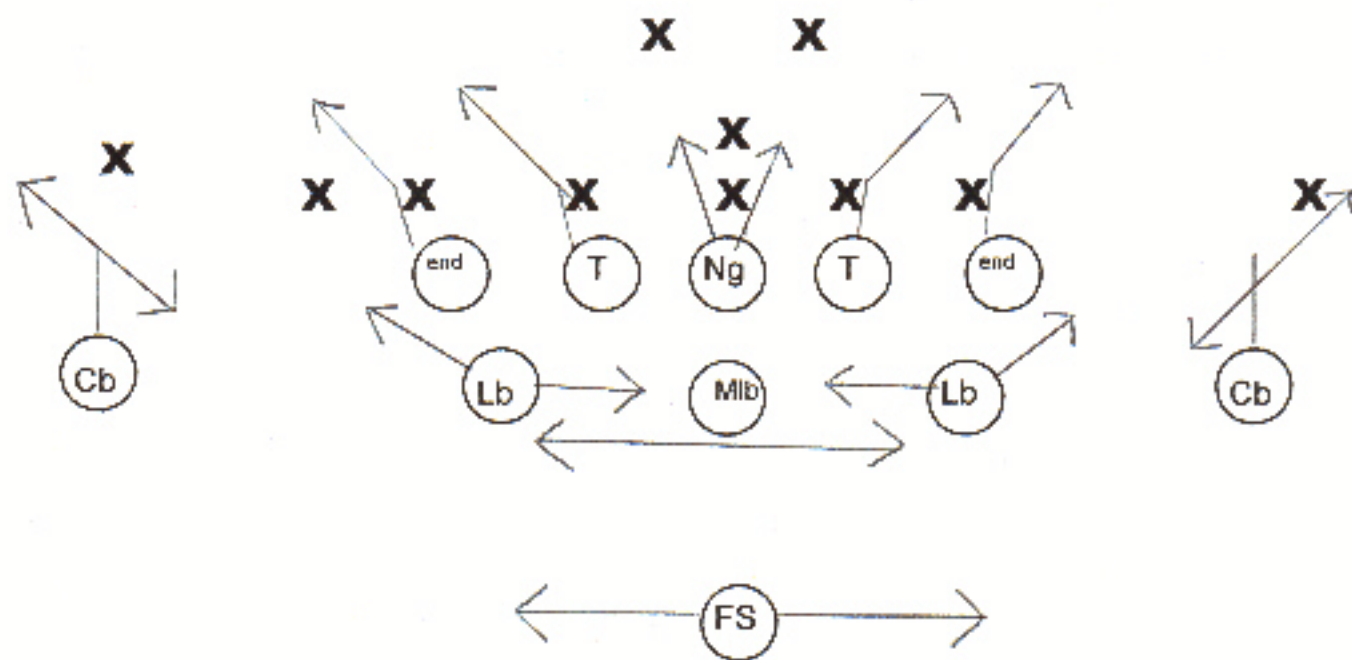
Mlb- contain TACKLE to TACKLE

LLB- Contain from tackle to the sideline

RLB- Contain from tackle to the sideline

FS- cover the deepest threat

# 5-3 Man-to-man Coverage



Here are some basic notes about 5-3 man-to-man coverage:

Front 5- same as basic 5-3

CB- Cover Wr to your side, if no Wr look for the 2nd Wr which is probably on the other side, cover him.

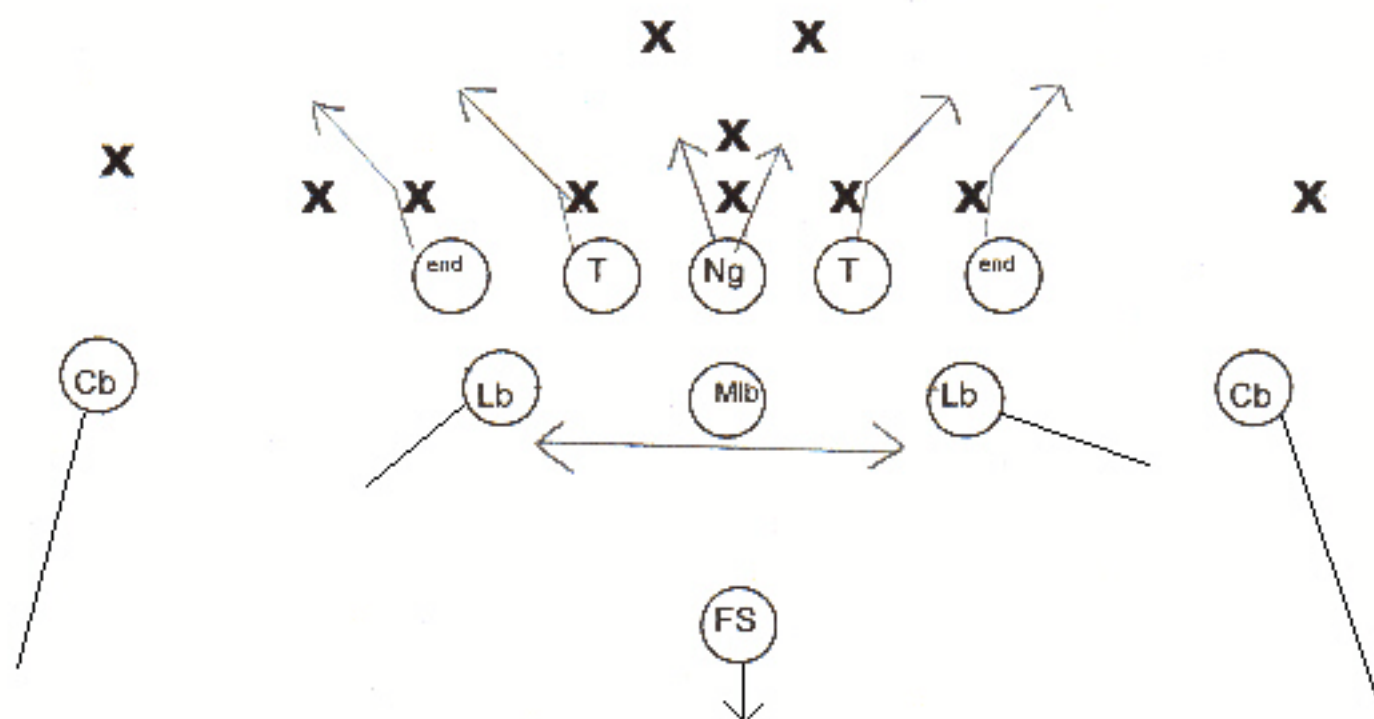
Weak Lb- Cover the back that come out your side, this is your man on a pass play.

MLB- Cover the back that goes out strong side, or if both go weak you pick up the 2nd one.

Strong Side LB- Cover the TE man to man, if no tight end, cover the 3rd back, or the 3rd Wr.

Fs- Cover the deepest threat, nothing gets behind him.

# 5-3 Zone Coverage



The 5-3 zone coverage is the same against the run, as the man-to-man coverage for the front 5.

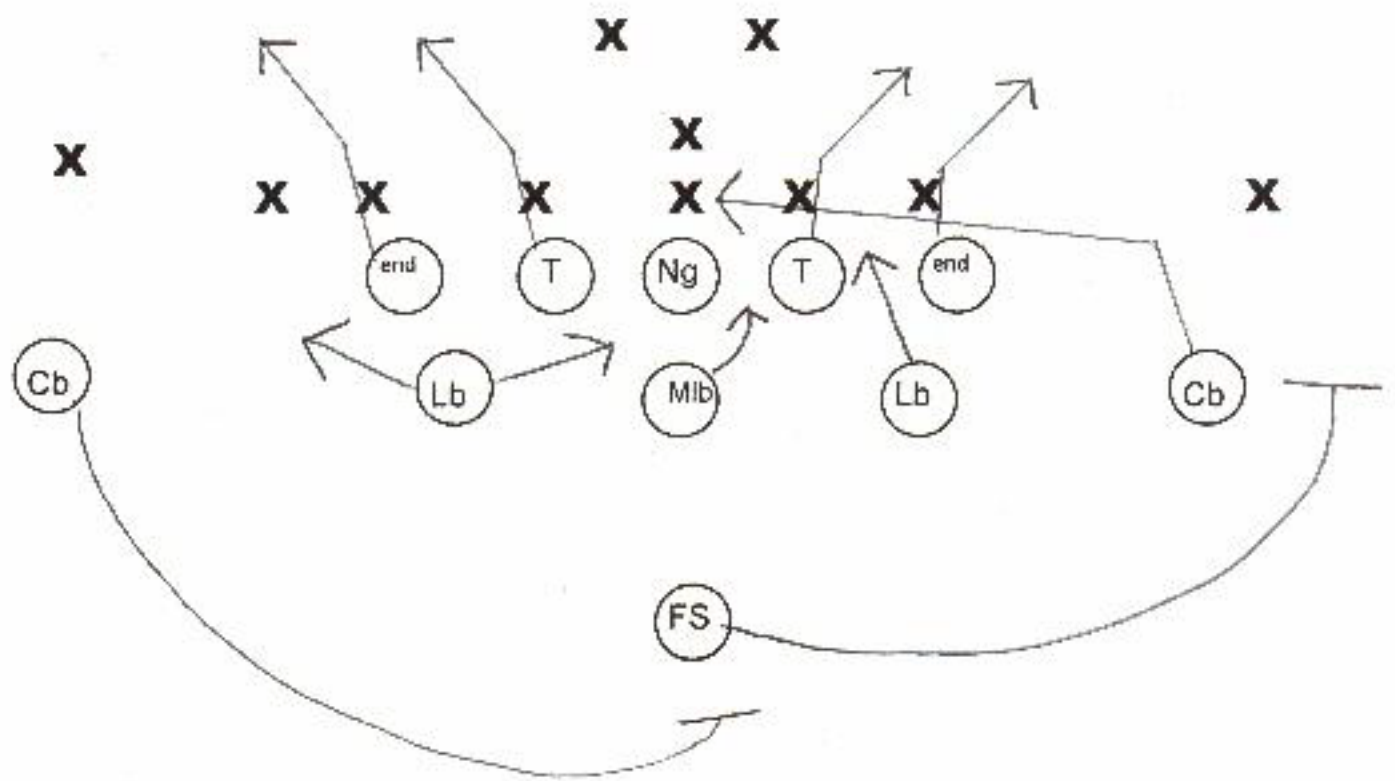
It changes for the Linebackers & Secondary.

Linebackers- Read for run first, but if they read pass they drop to their coverage zones. If they read run then they play the run.

Secondary- CBs play off of the WR, then cover the deep 1/3 of the field.

Fs- Cover the middle 1/3 of the field, no one can get behind the CBs or the Fs

## 5-3 BLOOD BLITZ



Weak side linebacker- Blitz between the 2 tech. and the 7 tech.

MLB- Blitz between the NG and the 2 tech.

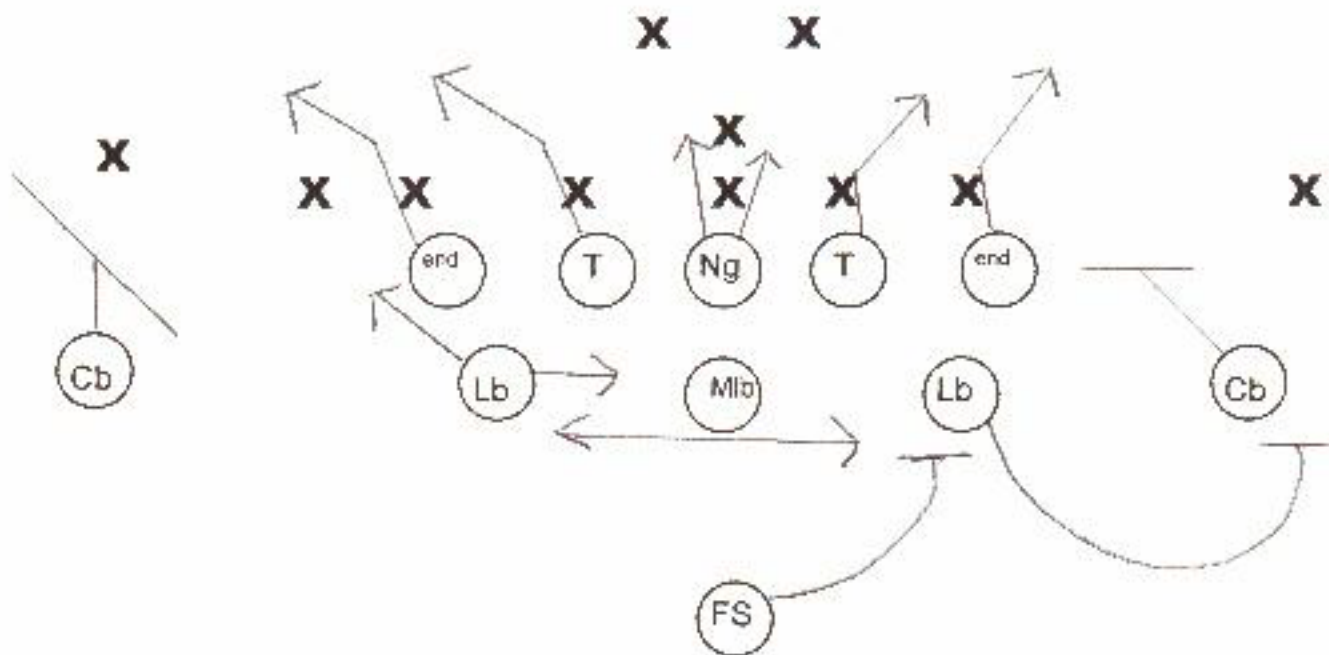
Strong Side Linebacker- blitz outside the 7 tech.

Weak Side Corner- Blitz on the Line of Scrimmage, penetrate between Guard and Center.

Strong Side Corner. Drop and cover the middle of the field, replace the safety.

Safety- Replace the weak side corner.

# CORNER BLITZ



WEAK SIDE CORNER SHIFT TO LINE OUTSIDE OF DEF TACKLE STRAIGHT INSIDE BLITZ TO QB

WEAK SIDE LINEBACKER MUST SHIFT OUT ON WR

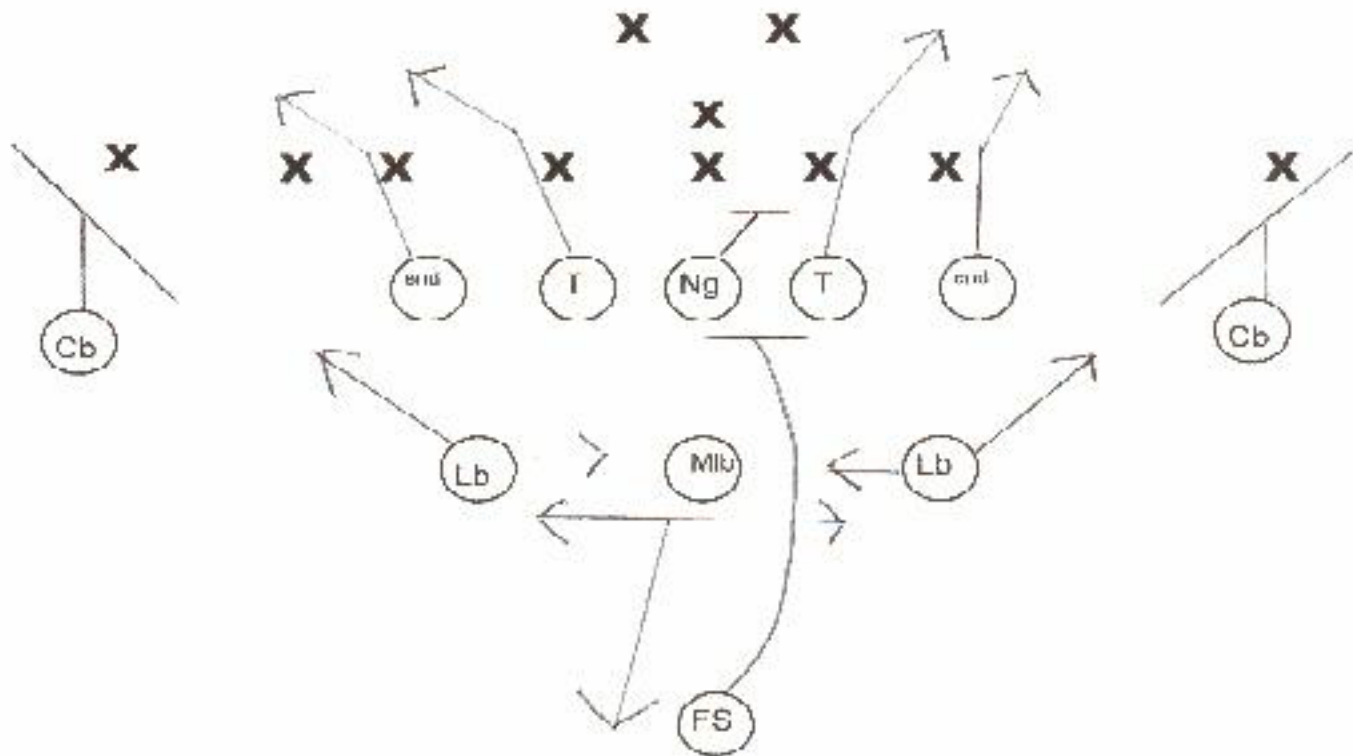
FS SHIFT TO WEAK SIDE FILL GAP FOR WEAK SIDE LINEBACKER

MLB MUST READ WR AND BACKS CONTAIN DEEP MIDDLE

NG MUST CONTAIN MIDDLE ALL INSIDE RUSH



# FS BLITZ



SHIFT NG TO WEAK SIDE BETWEEN GAURD AND CENTER

SHIFT FS UP TOWARD LINE ON WEAK SIDE BLITZ  
OVER GAURD AND CENTER LOOK FOR GAP  
CENTER ARE GAURD MUST MAKE BLOCK ON  
NG

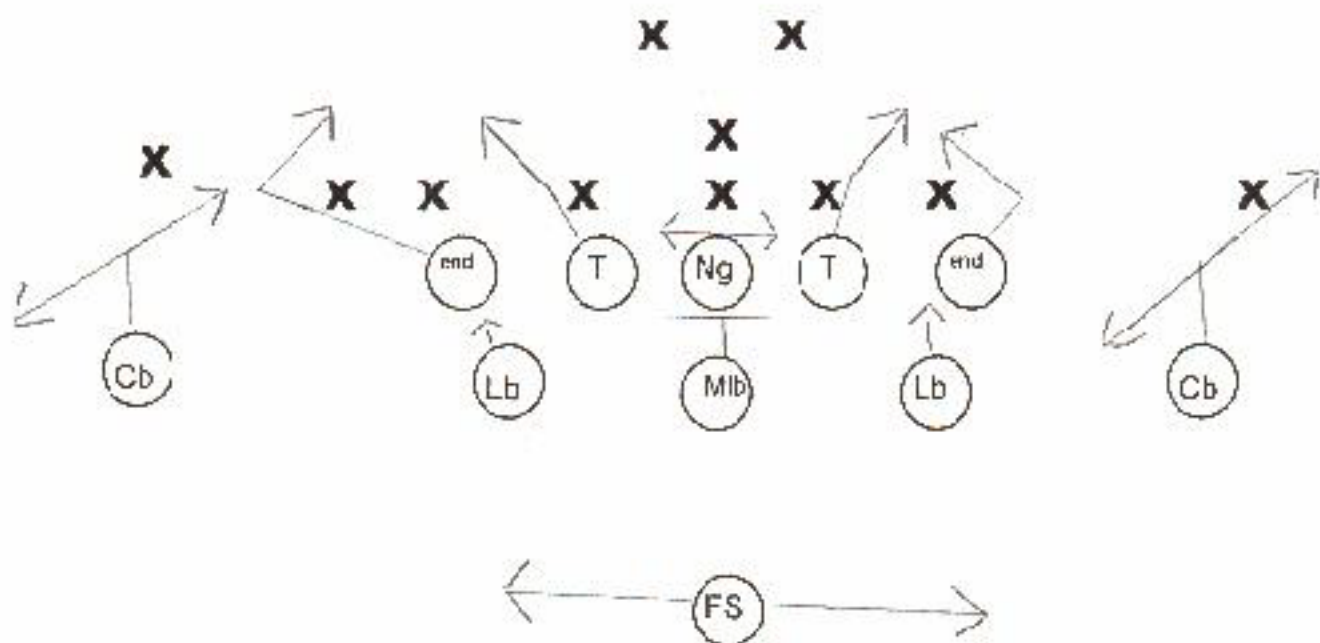
MLB MUST WATCH OFF FOR COVERAGE AND  
ALSO SHIFT INTO COVERAGE FOR HOT WR

CORNERS MUST PROTECT PASS ROUTES AND  
ALSO PROTECT SWEEPS

LEFT SIDE AND RIGHT SIDE LINEBACKERS MUST  
WATCH SHORT PASS AND ALSO PROTECT  
SWEEP ALSO MUST PROTECT MIDDLE  
MUST READ QB



# SEVEN BLITZ



SEVENS MUST MOVE OUTSIDE TE AND TACKLE

LINEBACKERS MOVE IN FILL GAPS

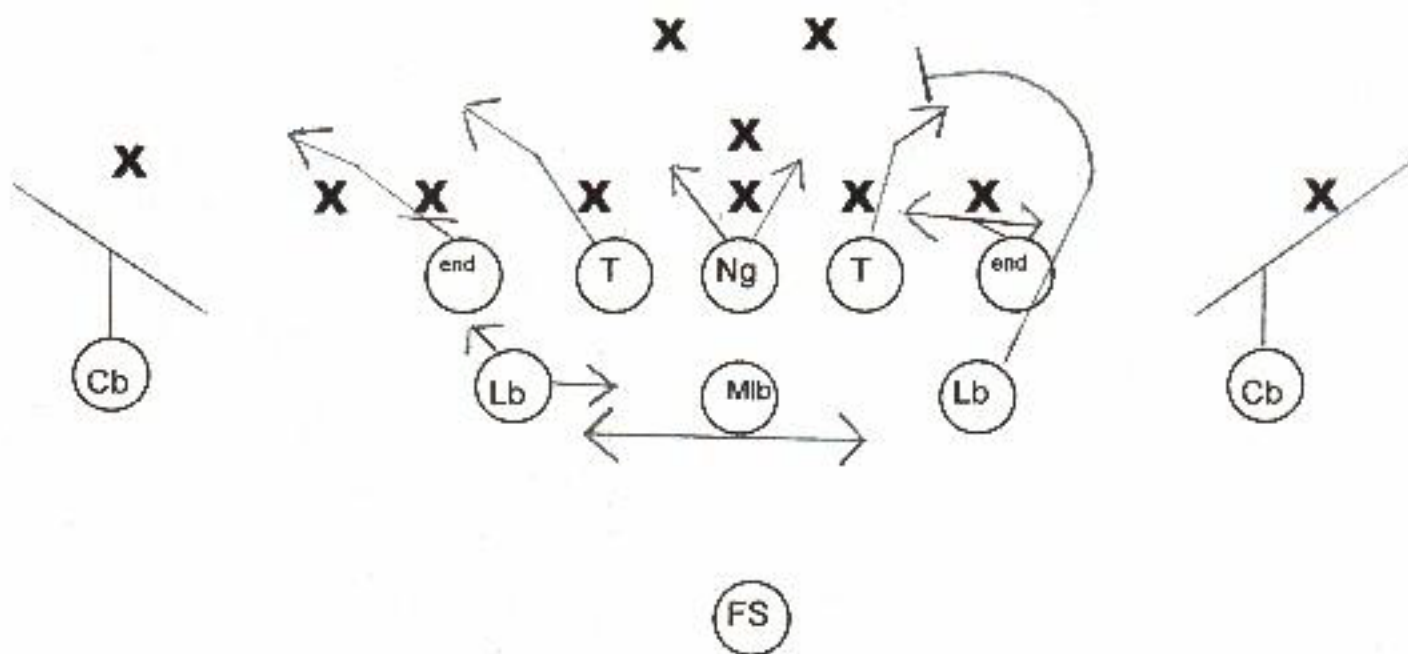
DEFENSE WILL NOT SHIFT TO BLITZ UNTIL SNAP  
COUNT STARTS

CORNERS MUST READ WR AT LINE AND PROTECT SWEEP

NG READ QB AND REACT TO PLAY

FS READ PLAY WATCH FOR POWER SIDE OF PLAY  
AND REACT QUICK TO PLAY

# WEAK SIDE LB BLITZ



LEFT SIDE ARE RIGHT SIDE LINEBACKER WILL BLITZ  
ON THIS PLAY BLITZ WILL ALWAYS COME TO WEAK SIDE  
OF OFFENSE

SEVEN TECH MOVE IN HEADS UP ON TACKLE ARE TE

WEAK SIDE CORNER MUST PLAY STRONG AND LOOK  
OFF WR FOR RUN PLAY

FS MUST PROTECT WEAK SIDE FROM SWEEP AND REVERSE