

**Dickinson College Football
Defensive Playbook**

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PRE-SEASON SQUAD RULES

Do not do anything which will embarrass yourself, your teammates, your coaching staff, or your College.

YOU MUST:

1. Attend all meals.
2. Be on time to all squad functions.
3. Attend all position meetings on time. "I was held up in the training room" is not an excuse for being late. If extensive treatment or taping is needed, report early.
4. Take care of equipment and our facilities.
5. Maintain a neat appearance:
 - a. shave daily
 - b. wear clean clothes
 - c. do not go barefoot
6. Attend all practice sessions and meetings unless excused by the Head Coach or Head Trainer.
7. Be in your assigned rooms at 10:30 p.m.

YOU MUST NOT:

1. Use any motor vehicle during the pre-season camp without the prior permission of the Head Coach.
2. Use or have knowledge of the use of drugs or alcohol.
3. Abuse, either physically or verbally, any property or personnel.

Anyone violating the curfew, motor vehicle, drug or alcohol, or abuse rule will be immediately dismissed from the squad for the 1994 season.

IN SEASON RULES:

1. You must abide by any curfew set.
2. You must not use any illegal or unprescribed drug.
3. You must not abuse any property or person.
4. Disciplinary action resulting in dismissal from the dorms will result in automatic suspension from the squad.

Dickinson College
Varsity Football

DEFENSIVE PHILOSOPHY

A. OBJECTIVES

1. Shut-out opponent.
2. Hold gains to a minimum. No run over 15 yards. No pass over 20 yards. Turn the ball over to our offense in a good field position on downs, a fumble recovery, an interception or a blocked kick.
3. Score on defense.
 - a. pass interception
 - b. punt return
 - c. blocked punt
 - d. safety
 - e. fumble recovery in end zone

B. GENERAL INSTRUCTIONS

1. Line up-know your alignment.
2. Stance-everything begins with a good stance.
3. Charge(where and how to charge)-get to your spot.
4. Know your responsibility in defense called.
5. HIT A BLOW.
6. Control the blocker, read your keys, and play your territory.
7. Each lineman or linebacker will be responsible for a gap.
8. We must control the offensive line splits.
9. Make the tackle. Desire plus good technique makes a good tackler.
10. PURSUE.
11. Gang tackle.

C. DEFENSIVE GOALS FOR 1994

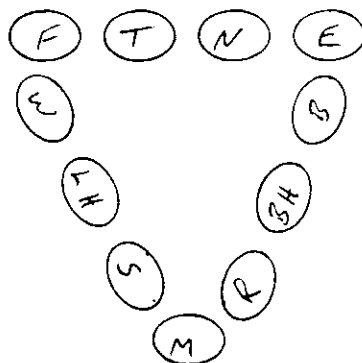
1. WIN TEN GAMES
2. WIN CENTENNIAL CONFERENCE CHAMPIONSHIP
3. RANK IN TOP TEN IN NATION IN TOTAL DEFENSE
4. RANK IN TOP TEN IN SCORING DEFENSE
5. SHUT OUT THREE OPPONENTS

DICKINSON COLLEGE
Varsity Football

DEFENSIVE HUDDLE AND SIGNALS

Following every play, each member of the defensive team must hustle to the place where the ball will be spotted so that the huddle can be formed and the next defense called.

The huddle is formed in the shape of a triangle with the Mike linebacker at the apex and the four down lineman at the base. The two tackles are responsible for setting the huddle. The right tackle is responsible for calling and setting the huddle. He will position himself one yard from the ball with his back to the LOS. The left tackle will align shoulder to shoulder to the right of the right tackle. The wide side and "F" will align alongside the LT and the closed end "E" will align alongside the RT. The remainder of the left side of the huddle is formed with the "W" linebacker, right halfback, and rover. The front 4 down linemen will have their hands just above their knees. The head will be held up looking at the apex of the huddle. The rest of the huddle will stand erect.



The Rover will call the down and distance as the Mike and Safety receive their signals from the sideline. The defense will be called in the huddle by the Mike linebacker and Safety will call the pass coverage.

BREAKING THE HUDDLE

Following the coverage call, the safety will say "Ready" the entire team barks out "Break" clapping their hands at the same time as they turn out of the huddle and move to their positions.

DICKINSON COLLEGE
Varsity Football

TWO MINUTES TO GO (DEFENSE)

This means before the half or end of game. Too many players take the drill period lightly, not realizing the importance that many a game is won or lost during this time. Pass defenders play opponents too deeply and linemen do not put pressure on the passer; and, as a result, the offense can march down the field.

It is essential that each player know the rules governing this period and, equally important, the number of time-outs the opponent has left and how many points are necessary for victory. If a field goal is needed to win, certain parts of the field should be played with a tighter defense.

POINTS TO REMEMBER:

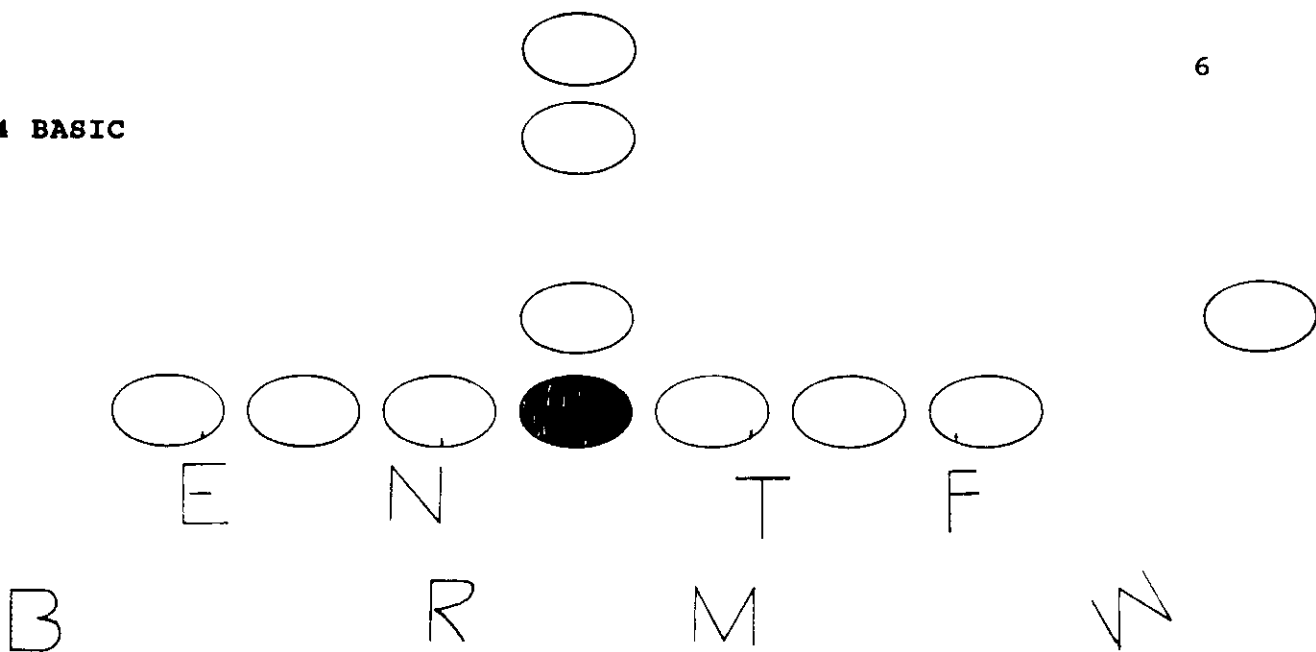
1. Everyone must know how to stop a clock and utilize time.
 - a. a called time out (three-3-per half)
 - b. runner going out of bounds
 - c. penalty (clock starts after penalty)
 - d. an incomplete pass
 - e. fair catch
 - f. called time out by referee-measurement
 - g. score-TD, Field Goal, or Safety
2. What Defense should do to prevent stopping of the clock.
 - a. keep ball carrier in bounds
 - b. keep passer in pocket
 - c. don't hurry to get back across LOS except when team makes first down; but once on LOS be ready to play football
 - d. lay on ball carrier (don't get penalty)
3. Alerts
 - a. know score-what does it take to win-field goal or TD
 - b. always alert for substitutions-passers, runner, and speed receivers
 - c. know favorite receivers
 - d. be alert for the unusual

DEFENSES TO BE USED

1. Will be supplied the week of the game.

BEHIND AND MUST GET THE BALL

When we are behind and must get the ball we must do everything legally possible to force a fumble. The first tackler should tackle the ball carrier and the pursuit should tackle the ball. Always try to drive the runner out of bounds. Try to field all punts (fair catch stops the clock). We will use defenses that are penetrating and designed to force offensive mistakes.



ENDS (F & E): ALIGN SLIGHTLY INSIDE THE TE, TIGHT ON THE LINE OF SCRIMMAGE. ON SNAP, STEP AND THE HIT TE REACT TO KEYS. (BASIC ALIGNMENT AND TECHNIQUE.)

TACKLES: T-ALIGN IN FOUR POINT STANCE WITH INSIDE FOOT ON OUTSIDE FOOT OF OFFENSIVE GUARD. REACT AND READ GUARD KEYS. (BASIC FRONTSIDE ALIGNMENT AND TECHNIQUE.)

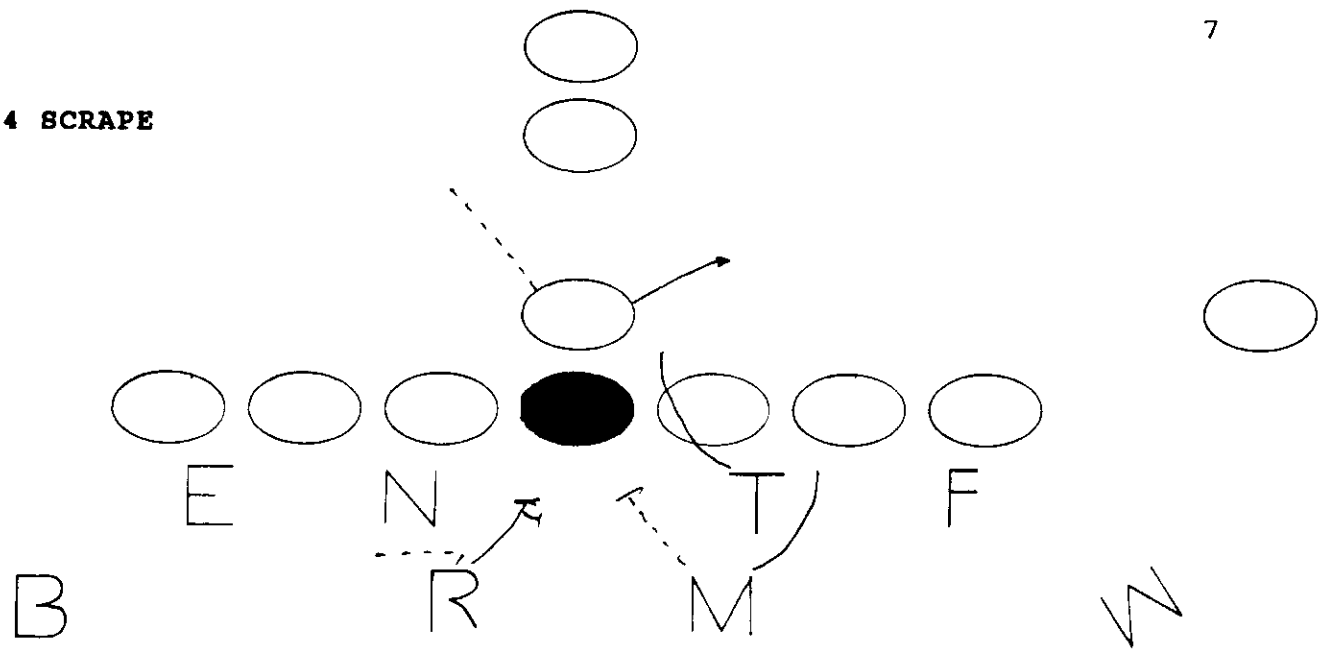
N-ALIGN IN FOUR POINT STANCE WITH INSIDE FOOT ON OFFENSIVE GUARD'S NOSE. REACT AND READ GUARD KEYS. (BASIC BACKSIDE ALIGNMENT AND TECHNIQUE.)

OLB: ALIGN OFF THE LOS AND OUTSIDE TE. KEY TE & REACT. (BASIC ALIGNMENT & TECHNIQUE.)

ILB: STRADDLE INSIDE LEG OF DEFENSIVE TACKLE TO YOUR SIDE IN TWO POINT STANCE, FOUR YARDS OFF THE BALL. KEY THROUGH GUARD AND CENTER. (BASIC ALIGNMENT & TECHNIQUE.)

COVERAGES: ZERO 3, ZERO 1 OR 8, ROBER, BANDIT

44 SCRAPE



ENDS: 4 ALIGNMENT AND TECHNIQUE

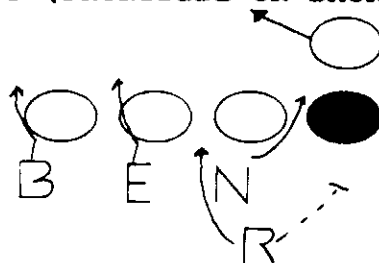
T/N: T - BASIC ALIGNMENT. TIGHT SCOOP INSIDE. REACT TO G KEY. N - BASIC ALIGNMENT AND TECHNIQUE.

OLB: BASIC ALIGNMENT AND TECHNIQUE.

ILB: BASIC ALIGNMENT. M - USE AN AGGRESSIVE SCRAPE CHARGE ON ANY FLOW YOUR WAY. PLAY BASIC ON ANY FLOW AWAY.

COVERAGES: ZERO 1 OR 8, ROBBER, BANDIT.

STUNTS: OUT CALL - INVOLVES MIKE AND TACKLE TO FRONTSIDE.

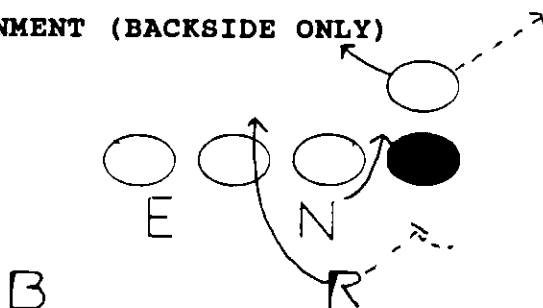
"2" ALIGNMENT (FRONTSIDE OR BACKSIDE)

ENDS: FOUR POINT STANCE, OUTSIDE ALIGNMENT ON TACKLE. HIT AND WORK OUTSIDE. PENETRATE T-TE (C) GAP. IF NO TE, YOU MAY PLAY IN A TWO POINT.

TACKLE: TIGHT BACKSIDE "4" ALIGNMENT. SCOOP INSIDE C-G (B) GAP ON SNAP. REACT OT G KEY.

OLB: OUTSIDE ALIGNMENT ON NORMALLY SPLIT TE. HIT AND WORK OUTSIDE. IF NO TE, PLAY NORMAL TO SE OFF LOS (SPLIT THE DIFFERENCE).

ILB: "4" ALIGNMENT. SCRAPE HARD TO GUARD-TACKLE (B) GAP ON FLOW.

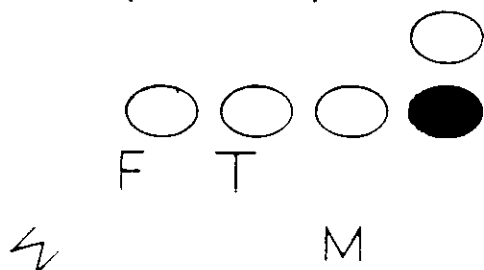
"3" ALIGNMENT (BACKSIDE ONLY)

ENDS: BASIC ALIGNMENT AND TECHNIQUE

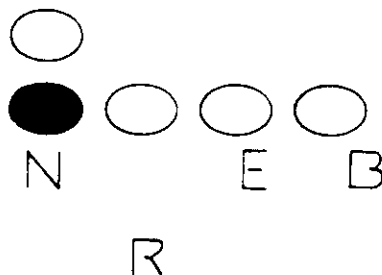
TACKLES: N - TIGHT SCOOP INSIDE
T - BASIC ALIGNMENT AND TECHNIQUE

OLB: BASIC ALIGNMENT AND TECHNIQUE

ILB: R - SCRAPE TECHNIQUE
M - BASIC TECHNIQUE

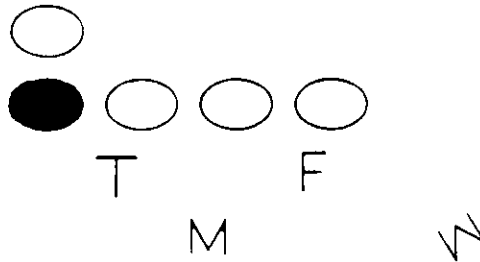
"5" ALIGNMENT (FRONTSIDE)

- END: OUTSIDE ALIGNMENT IN NORMALLY SPLIT TE. CONTAIN ON RUN AND PASS ACTION TO YOU AND CHASE ON FLOW AWAY (CHECK FOR BOOTLEG). QB ON OPTION UNLESS STUNT IS CALLED.
- TACKLE: T - HEAD-UP TO OUTSIDE ALIGNMENT & TECHNIQUE ON NORMALLY SPLIT OT.
- OLB: ALIGN ON PLAY AS IN A "4" POSITION. TOUGH OUTSIDE SUPPORT ON RUN FLOW TO YOU. PITCH ON OPTION UNLESS STUNT IS CALLED
- ILB: NORMAL LINEBACKER DEPTH SHADING OUTSIDE OF G. KEY THROUGH GUARD TO BALL.

"5" ALIGNMENT (BACKSIDE)

- END: HEAD-UP TO OUTSIDE ALIGNMENT ON OT. KEY OT'S HEAD & REACT.
- TACKLE: N - WITH A "5" ALIGNMENT FRONTSIDE PLAY HEAD ON THE CENTER. WITH ANY OTHER 40 SERIES ALIGNMNET FRONTSIDE ALIGN WITH INSIDE FOOT TO NOSE ON CENTER AND PLAY AS IN A 40 SERIES.
- OLB: OUTSIDE ALIGNMENT ON TE (ON LOS). STEP INTO TE WITH INSIDE FOOT AND CONTROL HIM.
- ILB: NORMAL LINEBACKER DEPTH SHADING THE OUTSIDE OF G. KEY THROUGH THE G TO THE BALL.

"6" ALIGNMENT (FRONT & BACKSIDE)



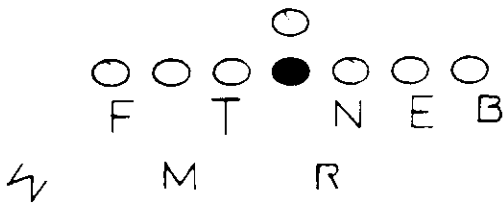
END: BASIC ALIGNMENT AND TECHNIQUE

TACKLE: HEAVY INSIDE ALIGNMENT ON THE OFFENSIVE GUARD. READ G'S HEAD. RESPONSIBLE FOR C-G (A) GAP, PLAY OFF LOS.

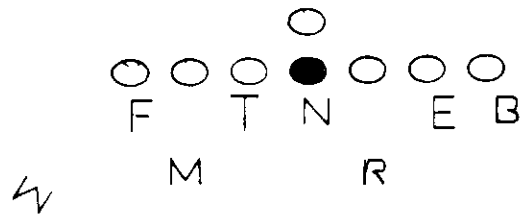
OLB: BASIC ALIGNMENT AND TECHNIQUE.

ILB: ALIGN HEAD ON OFFENSIVE TACKLE AT NORMAL LINEBACKER DEPTH. READ THROUGH TACKLE TO THE BALL. RESPONSIBLE FOR G-T (B) GAP.

NOTE: TACKLES - WHEN IN A "6" ALIGNMENT FRONTSIDE COMBINED WITH A "2" OR "5" ALIGNMENT BACKSIDE YOU MAY MOVE TO A HEAVY FRONTSIDE ALIGNMENT ON THE GUARD.

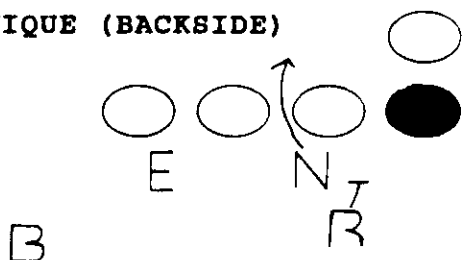


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65

"7" TECHNIQUE (BACKSIDE)



END: BASIC ALIGNMENT AND TECHNIQUE

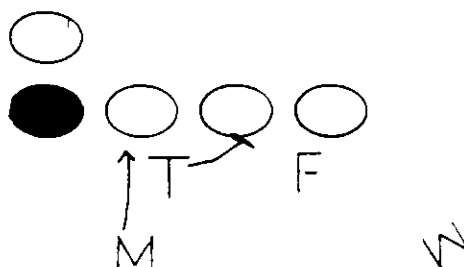
TACKLE: T - "4" ALIGNMENT AND TECHNIQUE
N - "4" ALIGNMENT. ON SNAP, SCOOP G-T (B) GAP.

OLB: BASIC ALIGNMENT AND TECHNIQUE

ILB: M - "4" ALIGNMENT AND TECHNIQUE
R - "4" ALIGNMENT. ON SNAP, STEP UP HARD AND KEY
TAILBACK. ON FLOW TO YOU PLAY BASIC. ON FLOW AWAY
FROM YOU STEP BEHIND CENTER, FLATTEN DOWN LOS AND
CHASE.

NOTE: WE WILL GENERALLY CALL THIS WHEN THE CENTER IS COMING
STRAIGHT OUT TO BLOCK THE ROVER ON PLAYS TO THE
FRONTSIDE.

44 SCRAPE WITH AN "OUT" CALL



END: BASIC ALIGNMENT AND TECHNIQUE.

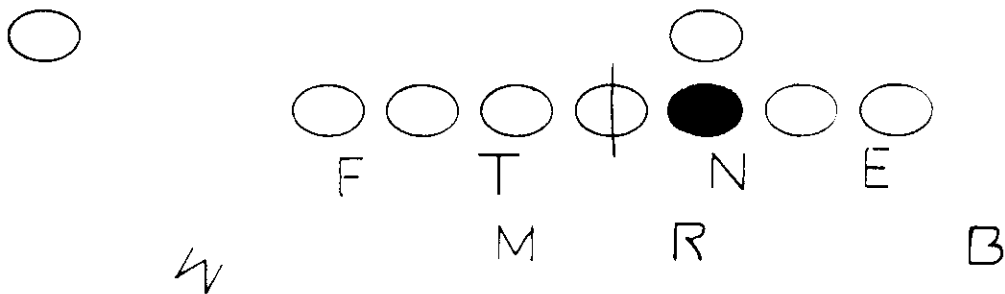
TACKLE: T - "4" ALIGNMENT. ON SNAP, HALF SLANT TO OUTSIDE
SHOULDER OF OT (DON'T GET PINNED BY OT!)
N - "4" ALIGNMENT AND TECHNIQUE.

OLB: BASIC ALIGNMENT AND TECHNIQUE.

ILB: M - SAME AS R IN "7" TECHNIQUE.
R - "4" ALIGNMENT AND TECHNIQUE.

OVER CALL

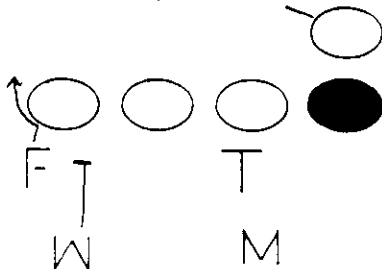
BY ADDING THE WORD "OVER" TO ANY DEFENSIVE CALL WE CAN MOVE OUR ENTIRE DEFENSE OVER, TREATING THE OFFENSIVE GUARD TO THE STRONG SIDE ON THE "CENTER" OF THE OFFENSE.



THIS WILL NORMALLY BE A HASH MARK ADJUSTMENT. SHOULD THE OFFENSIVE SET BE PLAYED INTO THE SIDELINE (OFFENSIVE STRENGTH INTO THE SIDELINE), CHECK "STAY" AND PLAY THE DEFENSE ON THE CENTER - DO NOT MOVE IT OVER.

STACK CALL (FRONTSIDE)

"1" ALIGNMENT (FRONTSIDE OR BACKSIDE)



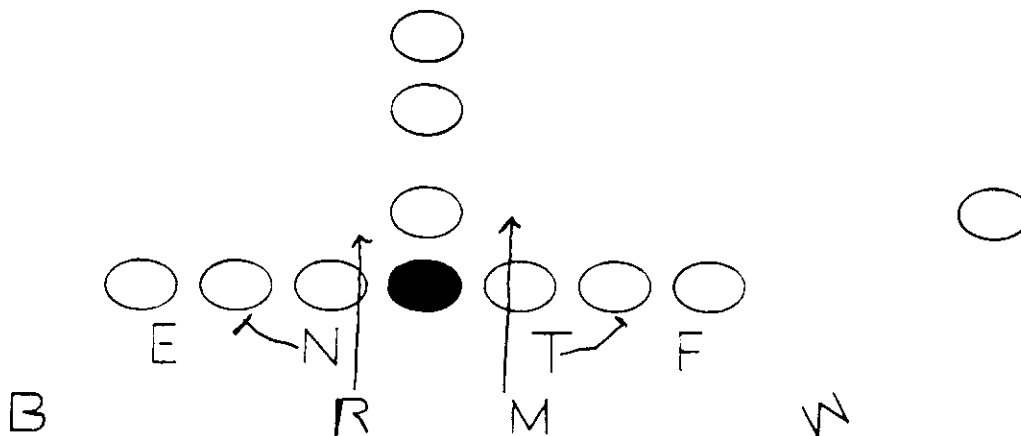
END: OUTSIDE ALIGNMENT ON TE. HIT TE AND WORK OUTSIDE. VERSUS WING, DO NOT HIT TE; WORK OUTSIDE INTO THE WING ON THE SNAP. YOU HAVE PITCH ON OPTION

TACKLE: "4" ALIGNMENT AND TECHNIQUE. FRONTSIDE AND BACKSIDE.

OLB: W - ALIGN OFF THE LOS SPLITTING THE INSIDE LEG OF THE TE. ON SNAP, STEP UP AND TAKE ON THE TE (CONTROL THE C-GAP). IF NO TE, TAKE "STACK" CALL OFF & PLAY "4" ALIGNMENT AND TECHNIQUE. PLAY QB ON OPTION.

ILB: "4" ALIGNMENT AND TECHNIQUE

44 BLOW



ENDS: BASIC ALIGNMENT AND TECHNIQUE

TACKLES: BASIC ALIGNMENT. BOTH TACKLES RUN A HALF SLANT, ATTACKING THE OUTSIDE SHOULDER OF THE OT. YOU MUST CROSS THE HEAD OF THE DOWN BLOCK. LOOK BACK TO THE INSIDE AND FOLLOW GUARD KEY. YOU HAVE B-GAP RESPONSIBILITY.

OLB: BASIC ALIGNMENT AND TECHNIQUE.

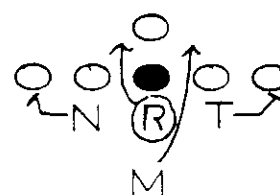
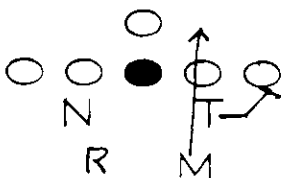
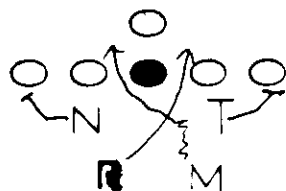
ILB: BASIC ALIGNMENT. ON SNAP, BOTH BACKERS CHARGE THROUGH THE INSIDE SHOULDER OF THE NEAR GUARD. TAKE ON ALL LEAD BLOCKS FROM BACKS WITH THE OUTSIDE ARM. KEY GUARD'S SHOULDER AS YOU GO. YOU HAVE A-GAP RESPONSIBILITY.

COVERAGE: MAC, ZERO 1 OR 8

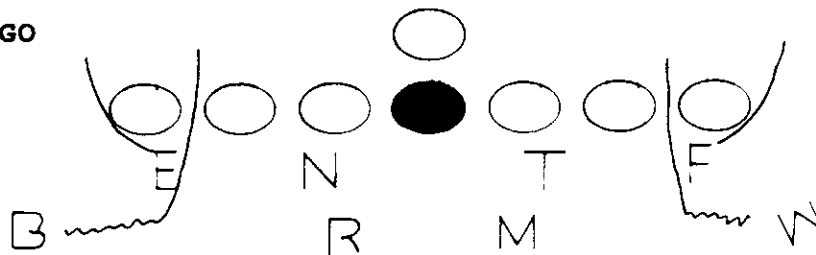
BLOW X

BLOW STR/WK

I BLOW (STR/WK)



44 DOUBLE GO



ENDS: SCOOP OUTSIDE. PITCH ON OPTION. YOU HAVE CONTAIN

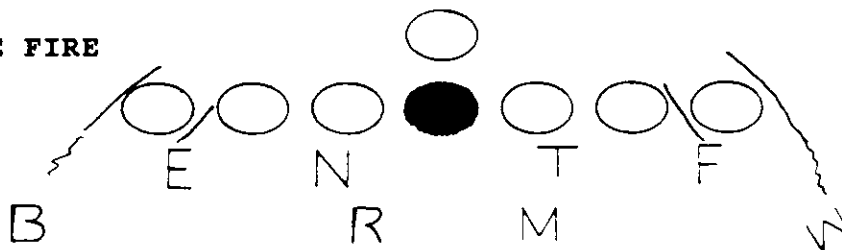
TACKLES: BASIC ALIGNMENT AND TECHNIQUE.

OLB: BASIC ALIGNMENT. ON SNAP, STUNT INSIDE TE (C-GAP). QB ON OPTION WITH MESH READS.

ILB: BASIC ALIGNMENT AND TECHNIQUE.

COVERAGES: MAC, ZERO 1 OR 8, OR AWAY.

44 DOUBLE FIRE



ENDS: HARD CROSSOVER STEP THROUGH C-GAP (DON'T GET WASHED DOWN BY TE!) YOU HAVE QB ON OPTION WITH MESH READS.

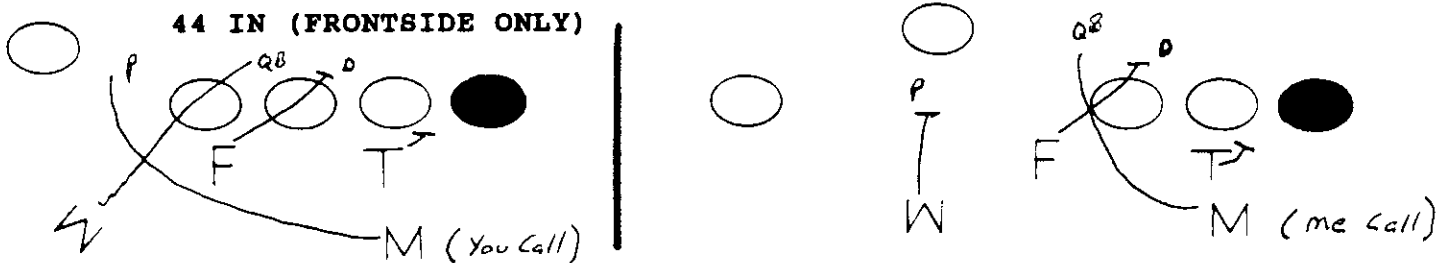
TACKLES: BASIC ALIGNMENT AND TECHNIQUE.

OLB: BASIC ALIGNMENT, BUT START TO INCH TOWARD THE LOS JUST BEFORE SNAP (YOU WANT TO BE IN FULL STRIDE WHEN BALL IS SNAPPED). STUNT RIGHT OFF THE BUTT OF TE. YOU HAVE CONTAIN AND PITCH ON OPTION.

ILB: BASIC ALIGNMENT AND TECHNIQUE.

COVERAGES: SAME AS DOUBLE GO

NOTE: IF A "GO" STUNT IS CALLED AND YOU DO NOT GET A TE, YOU CAN CHECK TO A FIRE OR SMOKE STUNT. SMOKE STILL GIVES US A GO STUNT, TO AN OPEN END.

44 IN (FRONTSIDE ONLY)

ENDS: F - BASIC ALIGNMENT. HARD CROSS-OVER STEP & TAKE DIVE.
E - BASIC ALIGNMENT AND TECHNIQUE.

TACKLES: T - ALIGN DEEPER OFF THE BALL & SLIDE TO CONTROL G'S INSIDE SHOULDER.
N - BASIC ALIGNMENT AND TECHNIQUE.

OLB: W - BASIC ALIGNMENT. IF TE, SLANT INSIDE AND TAKE QB. IF SE, STAY OUTSIDE AND PLAY PITCH (TALK TO M)
B - BASIC ALIGNMENT AND TECHNIQUE.

ILB: M - BASIC ALIGNMENT. ON SNAP, POST STEP OUTSIDE. IF TE, CONTINUE OUTSIDE AND PLAY PITCH ON OPTION. IF SE, PLAY QB ON OPTION (COMMUNICATE WITH W).
R - BASIC ALIGNMENT AND TECHNIQUE.

COVERAGES: ZERO 1 OR 8, MAC

44 SQUEEZE (BACKSIDE ONLY)

(R AND B MUST COMMUNICATE!)



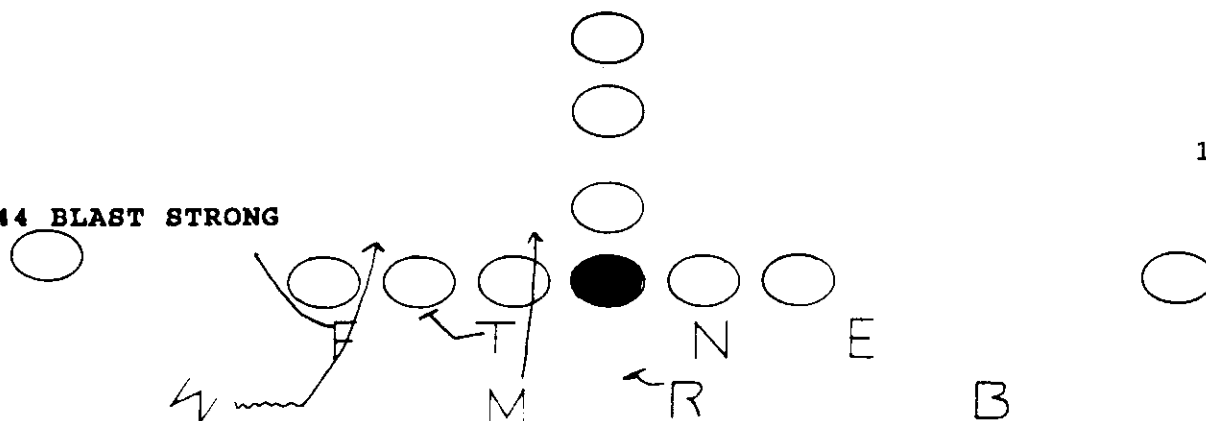
ENDS: F - BASIC ALIGNMENT AND TECHNIQUE
E - HARD CROSS-OVER STEP INSIDE AND TAKE DIVE

TACKLES: T - BASIC ALIGNMENT AND TECHNIQUE
N - ALIGN DEEPER OFF THE BALL & SLIDE TO CONTROL G'S INSIDE SHOULDER

OLB: W - BASIC ALIGNMENT AND TECHNIQUE.
B - BASIC ALIGNMENT. IF TE, SLANT INSIDE & TAKE QB. IF SE, STAY OUTSIDE & PLAY PITCH.

ILB: M - BASIC ALIGNMENT AND TECHNIQUE.
R - BASIC ALIGNMENT. POST STEP ON SNAP. IF TE, CONTINUE OUTSIDE & PLAY PITCH ON OPTION. IF SE, PLAY QB ON OPTION (COMMUNICATE WITH B).

44 BLAST STRONG



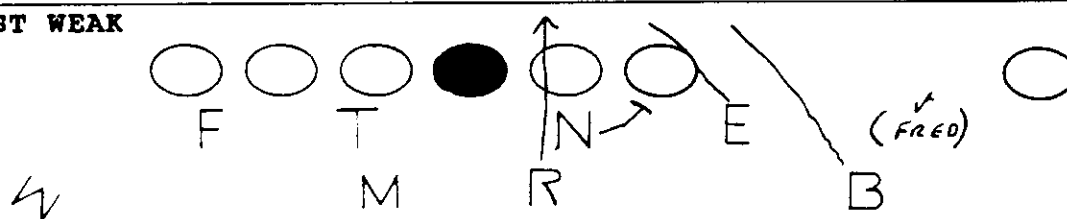
ENDS: F - EXECUTE A GO STUNT VS. TE & A FIRE STUNT VS. SE.
E - BASIC ALIGNMENT AND TECHNIQUE.

TACKLES: T - BLOW STUNT - HALF SLANT OUTSIDE (CONTROL B-GAP).
N - BASIC ALIGNMENT AND TECHNIQUE.

ILB: M - BASIC ALIGNMENT. BLOW STUNT OVER A-GAP.
R - BASIC ALIGN & TECHNIQUE. VS PASS, DROP TO F/S
CURL IF YOU ARE IN A ZONE.

OLB: W - EXECUTE A GO STUNT VS TE, & A FIRE STUNT VS SE.
B - BASIC ALIGNMENT AND TECHNIQUE.

44 BLAST WEAK



ENDS: F - BASIC ALIGNMENT AND TECHNIQUE.
E - EXECUTE A FIRE STUNT VS SE, & A GO STUNT VS TE.

TACKLES: T - BASIC ALIGNMENT AND TECHNIQUE.
N - BLOW STUNT - HALF SLANT OUTSIDE & CONTROL B-GAP.

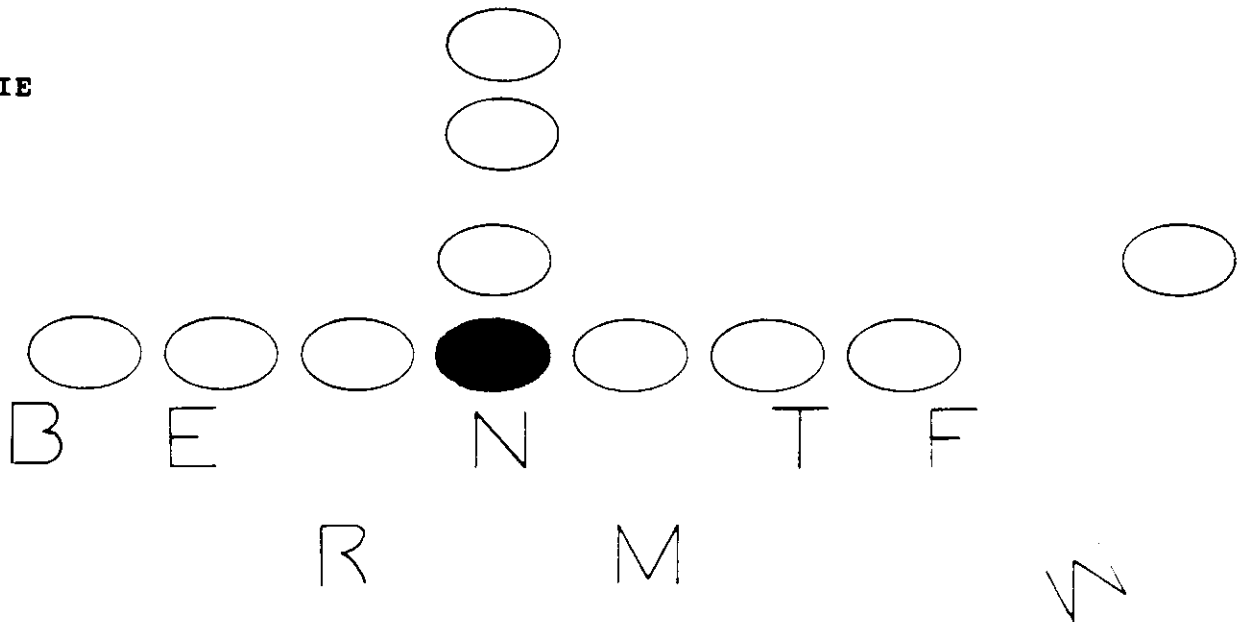
ILB: M - BASIC ALIGNMENT AND TECHNIQUE, VS PASS DROP TO
B/S CURL IF YOU ARE IN A ZONE.
R - BASIC ALIGNMENT. EXECUTE A BLOW STUNT OVE A-GAP.

OLB: W - BASIC ALIGNMENT AND TECHNIQUE.
B - EXECUTE FIRE STUNT VS SE, & GO STUNT VS TE

COVERAGES FOR BLAST STRONG AND WEAK: ZERO 3, ZERO 1 OR 8, MAC

NOTE: F'S AND W'S MUST COMMUNICATE ON BLAST STRONG - YOU MUST
RECOGNIZE THE FORMATION AND DECIDE WHETHER TO RUN A GO OR
FIRE STUNT! THE SAME IS TRUE FOR E'S AND B'S WHEN YOU RUN
BLAST WEAK. MAKE SURE THAT BOTH OF YOU KNOW WHAT IS BEING
RUN.

55 OKIE



ENDS: "5" ALIGNMENT AND TECHNIQUE.

TACKLES: T - "5" ALIGNMENT AND TECHNIQUE.
 N - "5" ALIGNMENT (HEAD-UP). USE STUFF TECHNIQUE.
 DOUBLE A-GAP RESPONSIBILITY.

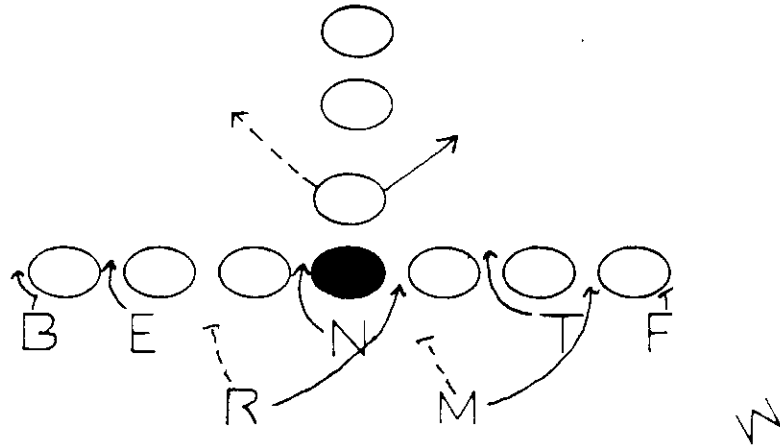
OLB: W - "5" ALIGNMENT AND TECHNIQUE.
 B - "5" ALIGNMENT AND TECHNIQUE.

ILB: "5" ALIGNMENT AND TECHNIQUE.

COVERAGES: ZERO 1 OR 8, AWAY, ZERO 3, ROBBER, BANDIT, LOCK-ON
 ZONE, 1 OR 8 COMBO.

NOTE: THIS IS OUR BASE 50 DEFENSE. WE WILL RUN THIS ON THE
 HASH.

55 ANGLE



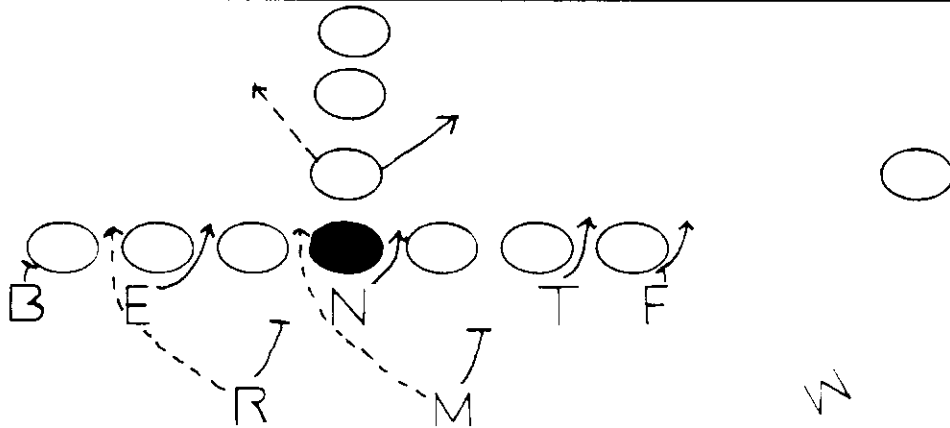
ENDS: F - "5" ALIGNMENT AND TECHNIQUE.
 E - "5" ALIGNMENT - SCOOP TE-T GAP (C-GAP). NO TE TO YOUR SIDE, PLAY NORMAL.

TACKLES: T - "5" ALIGNMENT - SCOOP INSIDE G-T GAP (B-GAP).
 N - "5" NOSE ALIGNMENT - SCOOP BACKSIDE C-G GAP (A-GAP).

OLB: W - "5" ALIGNMENT AND TECHNIQUE.
 B - "5" ALIGNMENT - HIT & WORK OUTSIDE. NO TE, PLAY NORMAL "5" TECHNIQUE.

ILB: "5" ALIGNMENT - USE SCRAPE TECHNIQUE ON FLOW TO WIDE FIELD. FLOW BACKSIDE, USE "5" TECHNIQUE.

55 LOOP



ENDS: F - "5" ALIGNMENT & TECHNIQUE. HIT & WORK OUTSIDE.
 E - "5" ALIGNMENT. SCOOP T-G GAP (B-GAP).

TACKLES: T - "5" ALIGNMENT. SCOOP T-TE GAP (C-GAP).
 N - "5" ALIGNMENT. SCOOP FRONTSIDE C-G GAP (A-GAP).

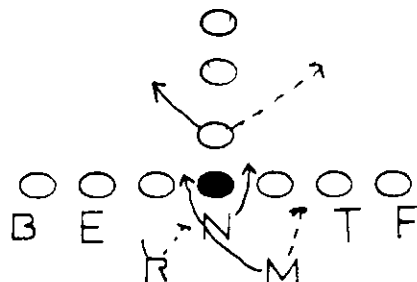
OLB: "5" ALIGNMENT AND TECHNIQUE.

ILB: "5" ALIGNMENT - USE SCRAPE TECHNIQUE ON FLOW TO WEAKSIDE, FLOW FRONTSIDE, USE "5" TECHNIQUE.

**55 PLUS
MINUS
TIGHT**

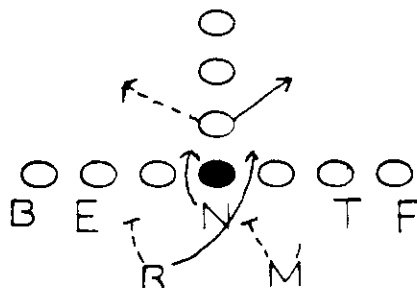
55 PLUS, MINUS, AND TIGHT, REFER TO SHADES BY THE NOSE TACKLE. DEPENDING UPON WHICH WAY HE GOES, WE WILL GET ONE HALF OF AN ANGLE OR LOOP.

55 PLUS



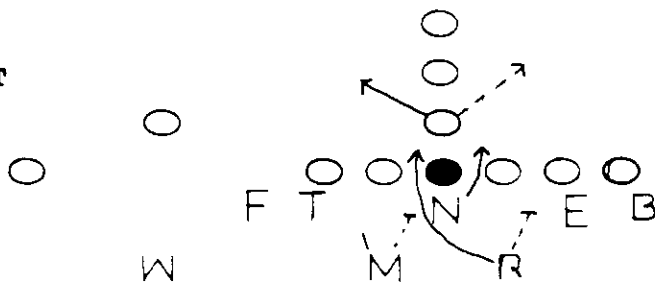
NOSE GOES TO STRENGTH CALL (i.e. LOOP)

55 MINUS



NOSE GOES AWAY FROM STRENGTH CALL (i.e. ANGLE)

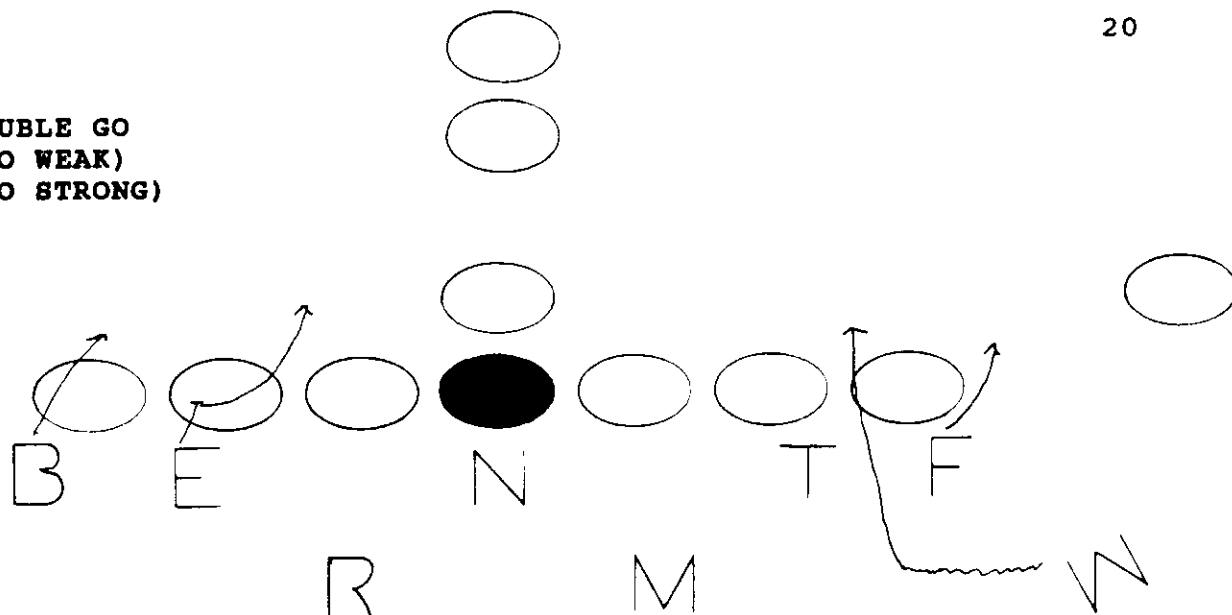
55 TIGHT



NOSE GOES TO TE

NOTE: NOSE CAN SCOOP, ALIGN OFFSET OR COCK IN PLUS, MINUS, OR TIGHT. ALSO, THE LB WHO IS AWAY FROM THE NOSE'S SCOOP MOVE MUST REALIZE THAT HE HAS A DOUBLE GAP RESPONSIBILITY. HE SHOULD CHEAT UP TO ABOUT 3 YARDS SO HE CAN COVER BOTH GAPS.

55 DOUBLE GO
(GO WEAK)
(GO STRONG)



ENDS: F - "5" ALIGNMENT - PERIMETER "GO" STUNT AS CALLED.

E - "5" ALIGNMENT - RUSH AS DIAGRAMMED. VS TE BACKSIDE, MAY HIT & TAKE INSIDE RUSH ON DROPBACK OR FLOW AWAY.

TACKLES: "5" ALIGNMENT & TECHNIQUE. FRONTSIDE TACKLE MAY RUSH INSIDE ON FLOW AWAY OR DROPBACK.

OLB: W - "5" ALIGNMENT. CALL & EXECUTE A PERIMETER "GO" STUNT FROM STACK POSITION.

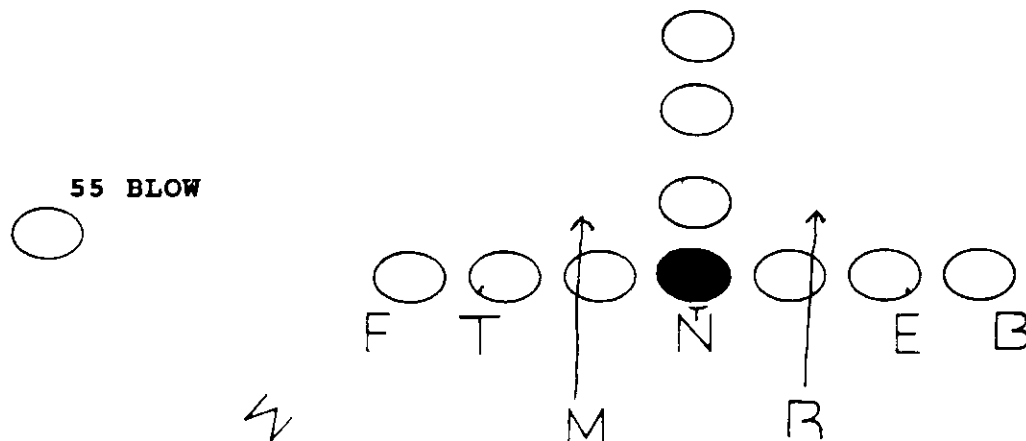
B - "5" ALIGNMENT. AUTOMATIC FIRE IF ALIGNED ON LOS. MAY CALL A GO IF HAVE A SE.

ILB: "5" ALIGNMENT AND TECHNIQUE.

COVERAGES: MAC, ZERO 1 OR 8 AWAY W/ GO WEAK, Z 1 OR 8 W/ GO STRONG

GO WEAK-STUNT BACKSIDE ONLY
GO STONG-STUNT FRONTSIDE ONLY

55 BLOW



ENDS: "5" ALIGNMENT AND TECHNIQUE. B/S E MAY PLAY LEVERAGE POSITION

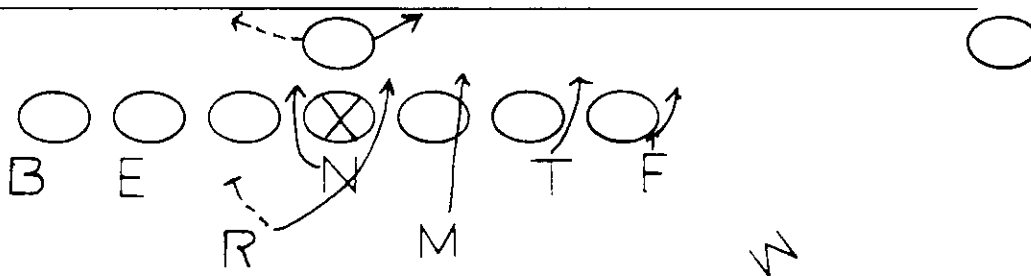
TACKLES: "5" ALIGNMENT AND TECHNIQUE. T MAY PLAY LEVERAGE POSITION

OLB: "5" ALIGNMENT AND TECHNIQUE

ILB: STUNT OVER G'S OUTSIDE SHOULDER

COVERAGE: MAC

55 CROSS



ENDS: F-"5" ALIGNMENT-HIT INTO END AND WORK OUTSIDE
E-"5" ALIGNMENT-LEVERAGE POSITION ON DEFENSIVE TACKLE. PROTECT OUTSIDE FIRST THEN INSIDE

TACKLES: T-"5" ALIGNMENT-SCOOP CHARGE TO OUTSIDE. PROTECT OFF TACKLE HOLE

N-"5" ALIGNMENT-SCOOP BACKSIDE C-G GAP. PROTECT BODY, DON'T GET CUT OFF.

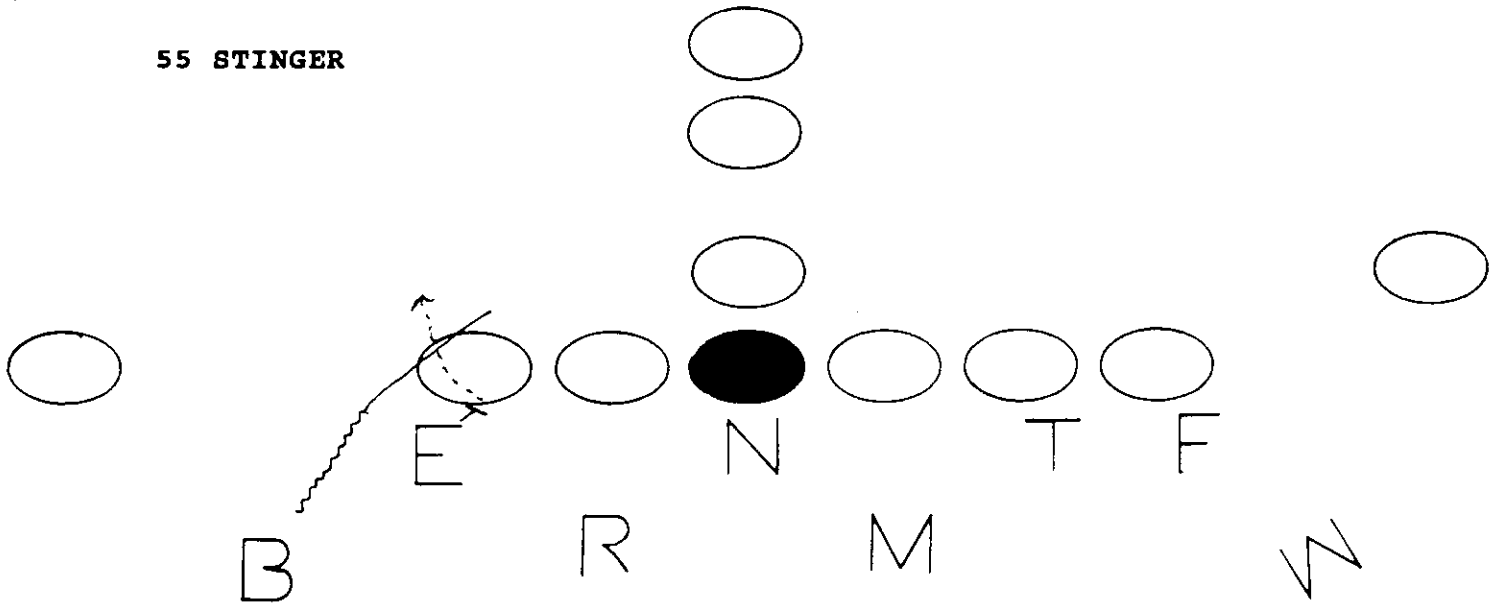
OLB: "5" ALIGNMENT AND TECHNIQUE

ILB: M-STUNT FRONTSIDE G-T GAP. KEY GUARD'S OUTSIDE SHOULDER

R-POST STEP TOWARD FRONTSIDE C-G GAP AND READ. ON DROPBACK OR FLOW FRONTSIDE CONTINUE THROUGH WITH STUNT. ON FLOW TO BACKSIDE COME OUT OF YOUR STUNT AND PLAY BASIC. GET TO BALL

COVERAGES: MAC

55 STINGER



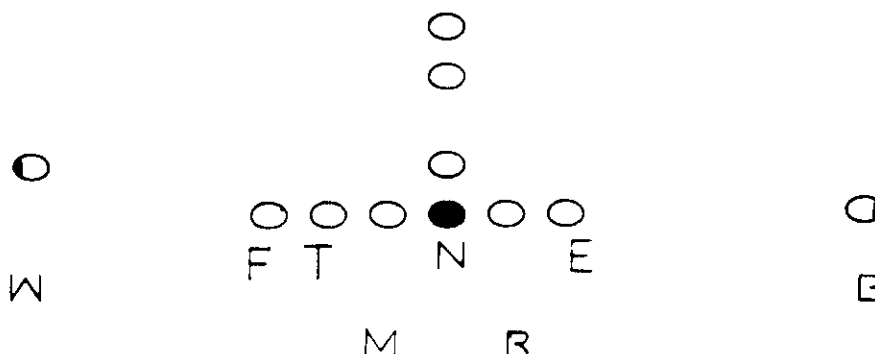
ENDS: F-"5" ALIGNMENT AND TECHNIQUE
 E-"5" ALIGNMENT--OKIE TECHNIQUE AS PLAY DEVELOPS
 WORK OUTSIDE FOR CONTAIN.

TACKLES: "5" ALIGNMENT AND TECHNIQUE. FRONTSIDE TACKLE MAY
 RUSH INSIDE ON FLOW AWAY OR DROPBACK.

OLB: W-"5" ALIGNMENT AND TECHNIQUE.
 B-"5" ALIGNMENT--AGGRESSIVE CROSSOVER STEP AIMING
 FOR THE BUTT OF THE OFFENSIVE TACKLE. PLAY THE
 BALL AND MAKE SOMETHING HAPPEN.

ILB: "5" ALIGNMENT AND TECHNIQUE. LB'ER TO THE SIDE OF
 STINGER TAKE A POST STEP OUTSIDE.

55 DROP ZONE ○



ENDS: F - "5" ALIGNMENT. PLAY RUN FIRST. IMPEDE #2 RECEIVER & DROP TO THE CURL AREA.
 E - "5" ALIGNMENT & TECHNIQUE. WIDEN ALIGNMENT WITH DOWN & DISTANCE SITUATION.

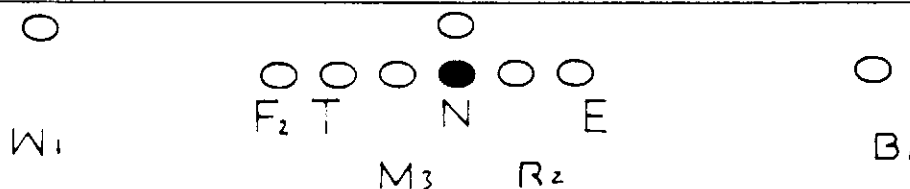
TACKLES: T - "5" ALIGNMENT & TECHNIQUE. 3 OR BUBBLE RUSH.
 N - "5" ALIGNMENT & TECHNIQUE. 3 OR BUBBLE RUSH.

OLB: W - ALIGNMENT ON #1 RECEIVER. RUN READ, PLAY BASIC. PASS READ- IMPEDE #1 RECEIVER & FORCE HIM INSIDE. DROP TO THE FLAT AREA.
 B - ALIGNMENT ON #1 RECEIVER. RUN READ, PLAY BASIC. PASS READ- IMPEDE #1 RECEIVER & FORCE RECEIVER INSIDE. DROP TO THE FLAT AREA.

ILB: M&R - "5" ALIGNMENT & TECHNIQUE.

COVERAGE: ZERO 3, "FLOOD" - LEVEL HALFBACK PLAY Z1 OR 18, W-DROP TO CURL, F-DROP TO SHORT FLAT.

55 DROP MAN ○



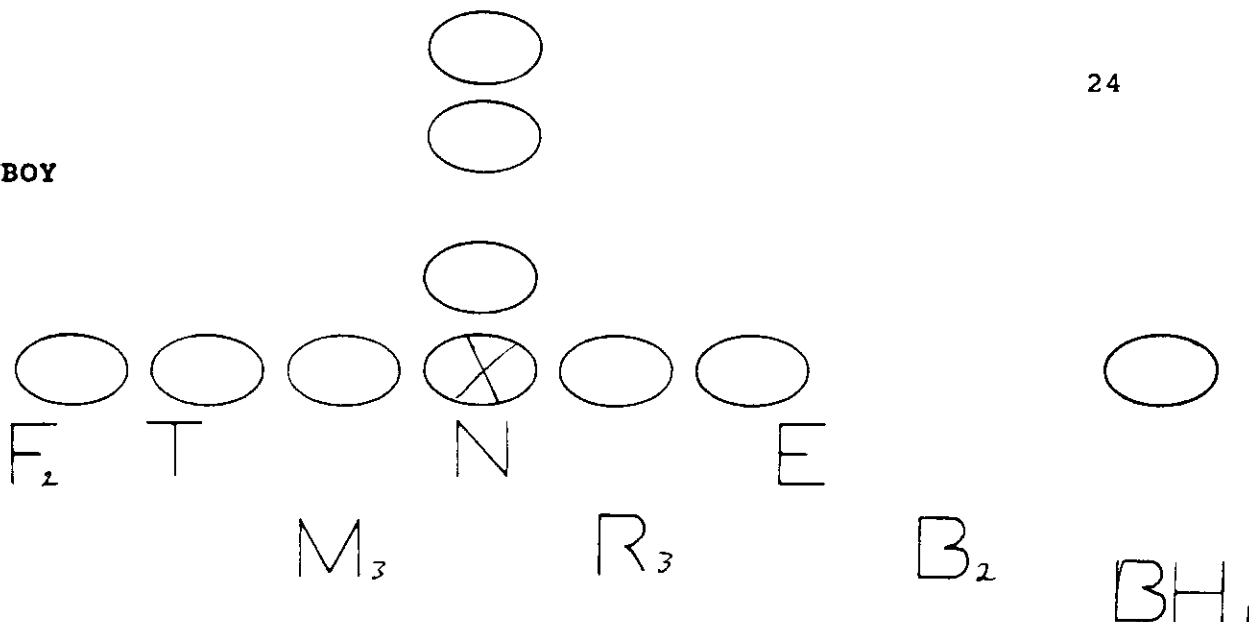
ENDS: F - "5" ALIGNMENT. RUN FIRST, PASS- IMPEDE #2 & COVER MAN-TO-MAN.
 E - "5" ALIGNMENT & TECHNIQUE.

TACKLES: T - "5" ALIGNMENT & TECHNIQUE. 3 OR BUBBLE RUSH.
 N - "5" ALIGNMENT & TECHNIQUE. 3 OR BUBBLE RUSH.

OLB: W - ALIGN ON #1 RECEIVER. RUN READ, PLAY BASIC, PASS READ, IMPEDE & COVER #1 MAN-TO-MAN.
 B - ALIGN ON #1 RECEIVER. RUN READ, PLAY BASIC, PASS READ, IMPEDE AND COVER #1 MAN-TO-MAN.

ILB: M&R - "5" ALIGNMENT & TECHNIQUE. RUN READ, PLAY BASIC, PASS READ, MAN-TO-MAN ON #1 & #3 RECEIVERS.

55 COWBOY



ENDS: F - "5" ALIGNMENT. PLAY RUN FIRST. PASS READ, IMPEDE & COVER #2 RECEIVER MAN-TO-MAN. ALWAYS DECLARE TO TE IN A ONE-BACK SET.
E - "5" ALIGNMENT & TECHNIQUE.

TACKLES: T - "5" ALIGNMENT & TECHNIQUE. 3 OR BUBBLE RUSH.
N - "5" ALIGNMENT & TECHNIQUE. 3 OR BUBBLE RUSH.

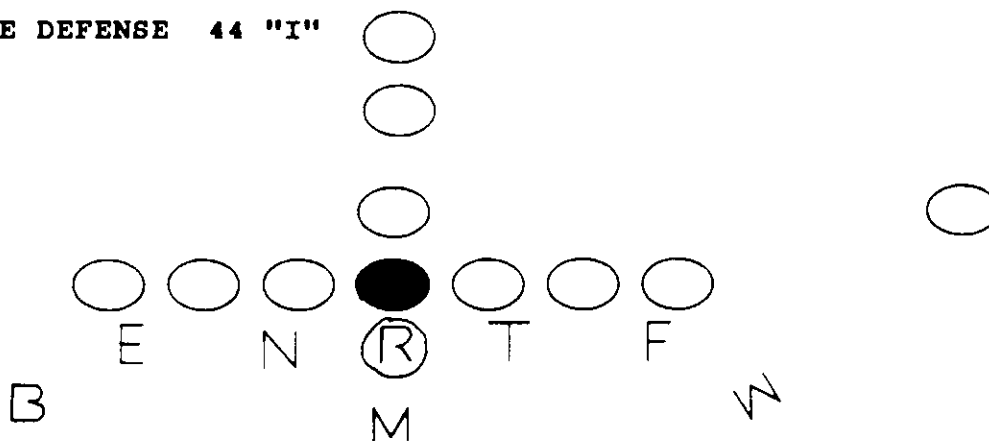
OLB: W - ALIGN ON #1 RECEIVER. RUN READ, PLAY BASIC. PASS READ, IMPEDE AND COVER #1 RECEIVER MAN-TO-MAN.
B - "5" ALIGNMENT ON #2 RECEIVER. RUN READ, PLAY BASIC. PASS READ, IMPEDE #2 & COVER MAN-TO-MAN.

ILB: M&R - "5" ALIGNMENT & TECHNIQUE. COVER BACK OUT TO YOUR SIDE, OR BACKER BUBBLE RUSH ON FLOW AWAY.

NOTE: USE OF THE WORD "BUBBLE" IN 55 SERIES WILL TELL EITHER THE ILB'S OR NOSE TO PLAY A MIRROR TECHNIQUE ON THE QB. "BUBBLE" TELLS THE REMAINING RUSHERS THAT THEY ARE FREE OF ANY CONTAIN RUSH RESPONSIBILITY.

COACHING POINT: COWBOY WILL ALWAYS BE RUN WITH A "HOLD" CALL FROM THE HUDDLE. DECLARE TO TE OR TRIPS IN A ONE BACK SET. WITH A TRIPS SET, WE CHECK INDIAN AND ROLL COVERAGE TO THE TRIPS SIDE.

SHORT YARDAGE DEFENSE 44 "I"



ENDS: ALIGN SLIGHTLY INSIDE TE TIGHT TO LOS. ON SNAP, STEP WITH OUTSIDE FOOT & HIT TE, REACT TO KEYS! STAY LOW, DON'T GET DRIVEN OFF THE BALL.

TACKLES: T/N - ALIGN IN SHORT YDG. STANCE (ELBOWS BENT, WEIGHT FORWARD) WITH INSIDE FOOT ON OUTSIDE FOOT OF OG. REACT & READ G-KEY.

"I" TACKLE - ALIGN IN SHORT YDG. STANCE HEAD-TO-HEAD WITH CENTER. USE STUFF TECHNIQUE.

OLB: ALIGN TIGHT TO LOS. PLAY BASIC TECHNIQUE (KEY TE & REACT).

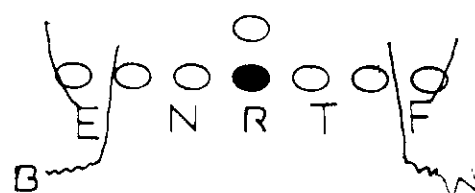
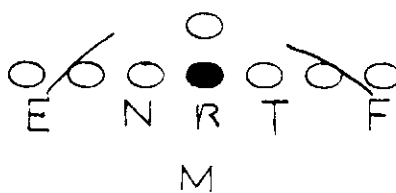
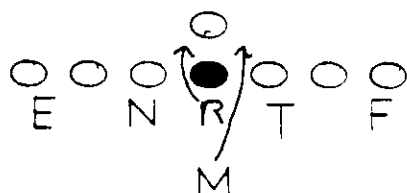
ILB: STACK ALIGNMENT BEHIND "I" TACKLE, & KEEP DEPTH FOR MOVEMENT INSIDE OUT TO BALL. YOU ARE A PILE TIPPER!

COVERAGES: ZERO 3, ZERO 1 OR 8, ROBBER, BANDIT, MAC

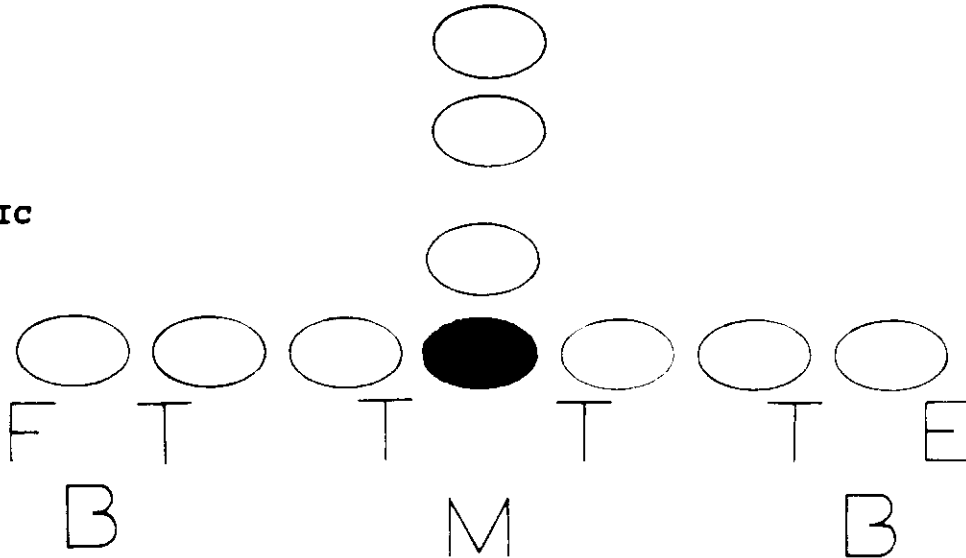
STUNTS: BLOW (STR/WK)

CRASH

FIRE/GO



80 BASIC



Ends: Align slightly outside the TE on the LOS. ON SNAP, step & hit TE. React to keys. Basic alignment & technique. Vs. SE - Tight "4" alignment.

Inside Tackles: Heavy outside alignment on normally split Guard. May move to A-gap w/a big split. Be aware of splits. Keep relative position from next man. Explode across LOS! Drive for penetration (1 yd). Establish new LOS in backfield. Drive your shoulder pad under offensive charge then work up. Bring legs under you! Don't lunge & leave your feet in original line-up position. Use an offensive blocking technique.

Outside Tackles: Heavy outside alignment on normally split tackle. May move to B-gap with a big split. Refer to Inside Tackles.

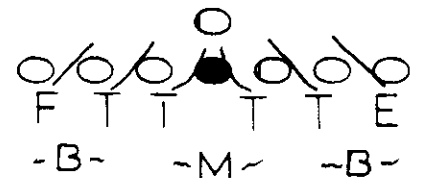
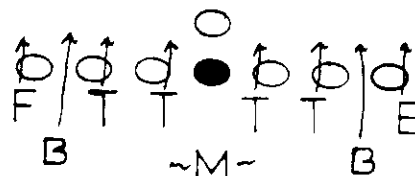
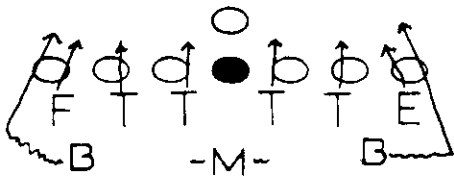
M&B's: Align tight to the LOS. Be aware of splits & your gap responsibility.

Coverage: Goalline Zero

80 FIRE

80 GO

80 PINCH



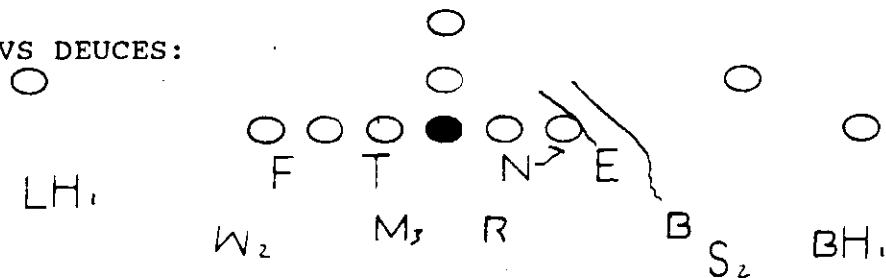
DEF BACKS/LB 'S

DEUCES & TRIPS ADJUSTMENTS

EAGLE ADJUSTMENT: (USED WHENEVER INITIAL DEFENSE CALLED INVOLVED A LINEBACKER STUNT WITH MAC COVERAGE.)

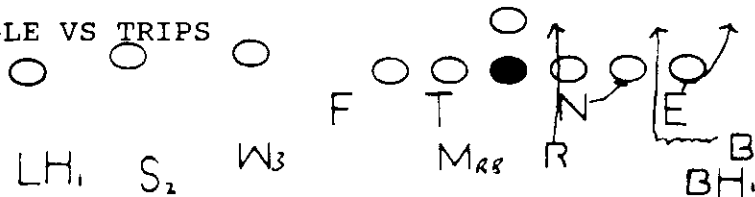
STAY IN SAME DEFENSIVE FRONT LOOK CALLED

40 EAGLE VS DEUCES:

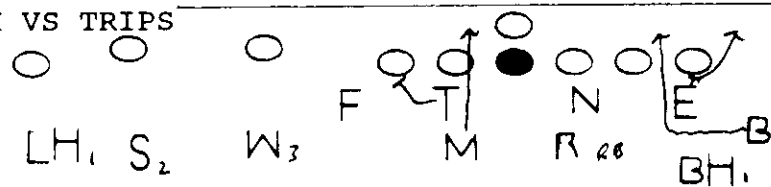


- RESPONSIBILITIES:
- F 4 BASIC UNLESS "STACK" CALL : CONTAIN PASS RUSHER
 - T 4 BASIC: PLAY CAUTIOUS
 - N 4 BASIC: RUN BLOW STUNT WITH R - HALF SLANT TO B-GAP
 - E "GO" STUNT WITH B
 - R BASIC ALIGNMENT: RUN BLOW STUNT WITH N
 - M BASIC ALIGNMENT: ON PASS, TAKE #3 TO EITHER SIDE
 - B "GO" STUNT WITH E
 - W BASIC ALIGNMENT: COVER #2 MAY CALL "STACK"
 - LH&BH #1 TO EITHER SIDE: RUN SUPPORT
 - S "WEAK" CALL #2 BACKSIDE

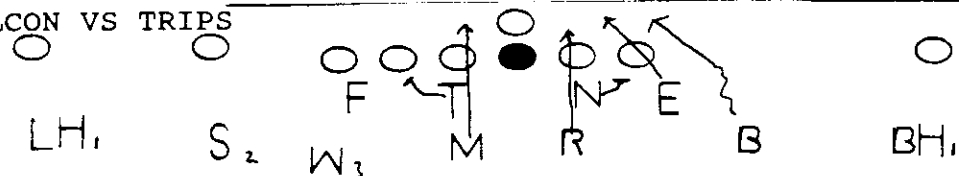
40 EAGLE VS TRIPS



40 BAM VS TRIPS

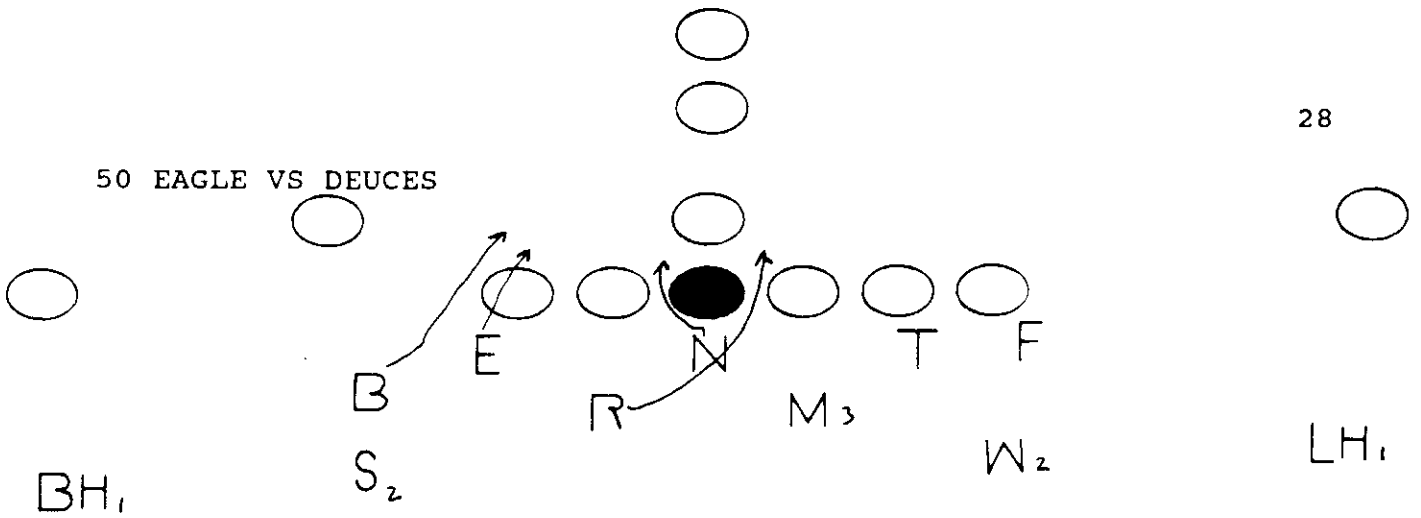


40 FALCON VS TRIPS



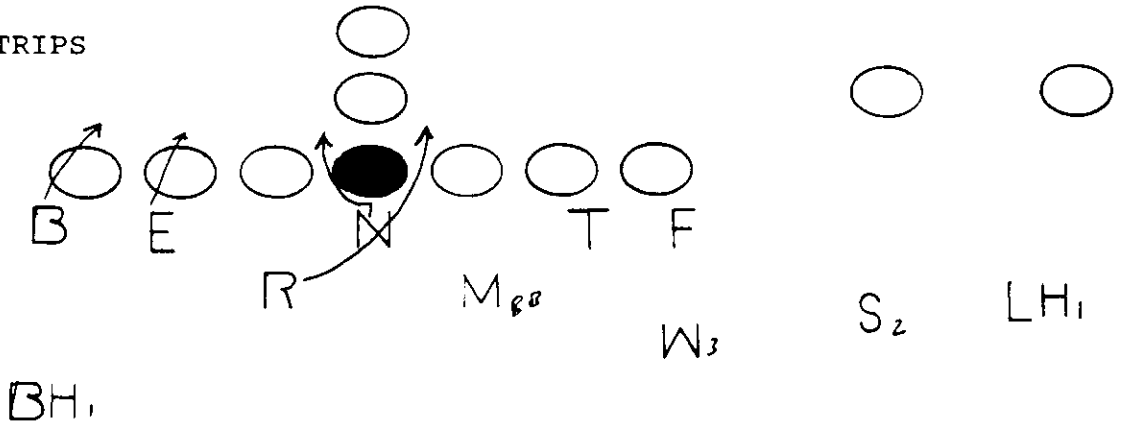
NOTE: RESPONSIBILITIES SAME AS IF DEUCES EXCEPT SAFETY MAKES "STRONG" CALL & COVERS #2 FRONTSIDE.

50 EAGLE VS DEUCES



- F OKIE
- T OKIE
- N SCOOP B/S C-G GAP (A-GAP)
- E AGGRESSIVE OKIE TECHNIQUE
- R STUNT F/S C-G GAP (A-GAP) READ FLOW
- M #3 EITHER SIDE
- B FIRE VS TE: GO VS SE
- W BASIC UNLESS YOU CAN GET A "STACK" CALL
- HB'S #1 EITHER SIDE
- S #2 B/S

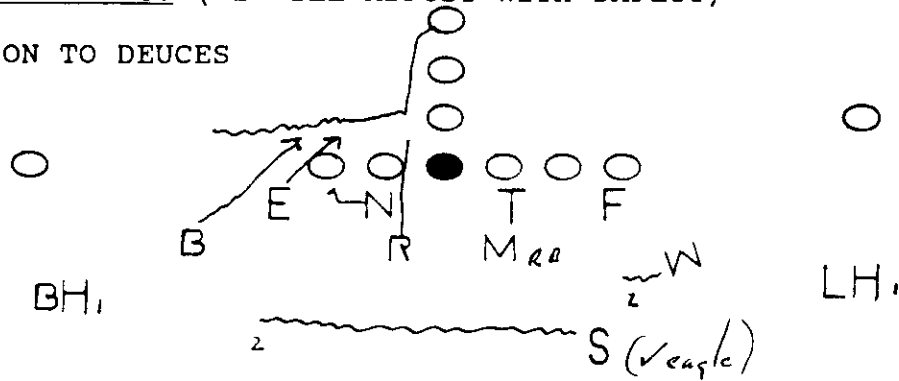
50 EAGLE VS TRIPS



NOTE: SAME RESPONSIBILITES AS IF DEUCES, EXCEPT, SAFETY CALLS "STRONG" AND COVERS #2 F/S

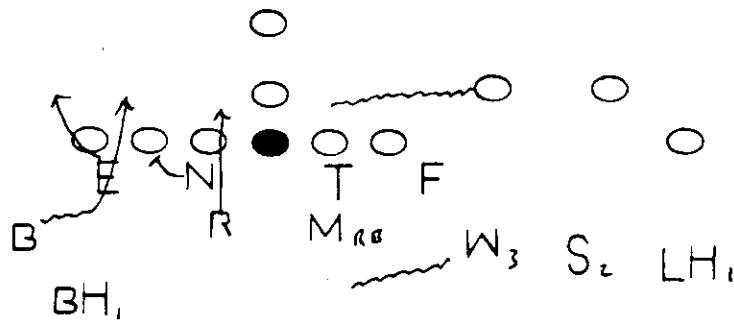
MOTION ADJUSTMENTS (WE WILL ADJUST WITH SAFETY)

MOTION TO DEUCES



NOTE: MOTION TO DEUCES SHOULD BE TREATED AS IF OPPONENT INITIALLY ALIGNED IN DEUCES.

TRIPS TO DEUCES



NOTE: SECONDARY WILL NEVER BUMP RECEIVERS.

DEFENSIVE END PLAY AND CHARGES

40 TECHNIQUE

- I. STANCE - Two point, outside foot back. Look inside.
- II. ALIGNMENT - outside foot on nose of normally split TE.
- III. CHARGE - on snap, step with outside foot into TE. get you legs & hips under you & bench press the TE away from your body.
- IV. RESPONSIBILITIES
- A. T-TE (C-Gap)
- B. Protect ILB
- C. Contain on Pass
- D. Chase on flow away (Rush QB's Backside shoulder)
- E. QB on option
- F. Counters & Reverses
- V. KEYS AND REACTION - In the 40 Defense, your primary key will be the TE with the QB (ball) flow as the secondary key. These keys should be read almost simultaneously.
- A. TE DRIVE BLOCK - On snap, step with outside into TE & bench press him away. Control the TE.



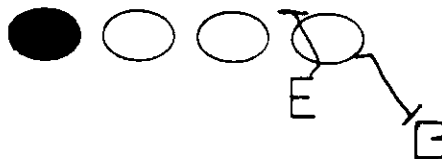
- B. TE DOWN BLOCK - Close to the inside & knock the TE off any blocking path he may be taking. You must keep the TE from a straight release onto our M or R. Meet the block from the near back, guard, or tackle keeping the shoulders square & squeeze the play.



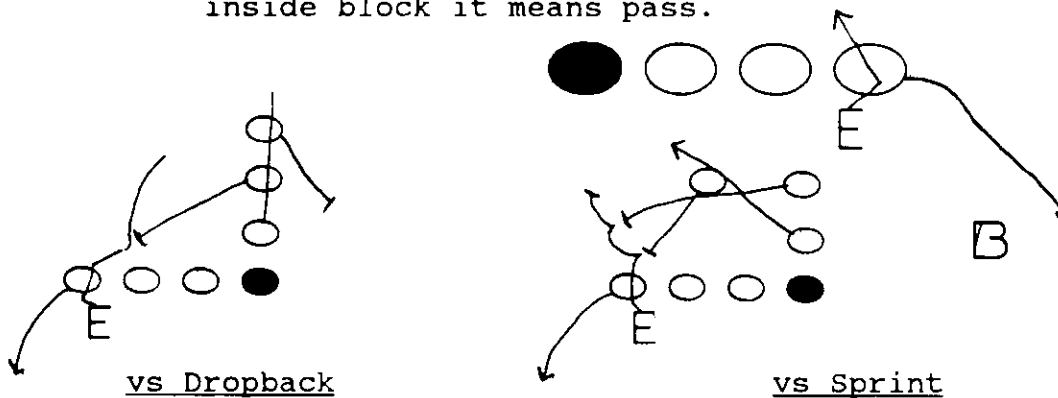
- C. THE HOOK BLOCK - Step out into the TE & bench press him away from your body. Check back to inside for possible inside block. If the play goes wide, work laterally & up to the ball.



- D. TE TURN-OUT BLOCK ON OLB - Step with outside foot but immediately look back to the inside prepared to step back down & close the off-tackle hole.



- E. TE RELEASE OUTSIDE (or Pass Block) - Usually when the TE releases outside & there is no immediate inside block it means pass.



1. Contain & keep the QB on your inside shoulder. Pressure & squeeze from outside.

2. Contain first, pressure second. Protect your outside leg & get your hands down. Give ground if necessary & stay on your feet. Read blockers head.

NOTE: On flow away, always execute chase technique.

55 TECHNIQUE

- I. STANCE - Two=point stance, inside foot back, look at TE.
 II. ALIGNMENT - Inside foot on nose of normally split TE
 III. CHARGE - Jab step with inside foot into TE. Get your legs & hips under you & bench press TE away from your body.
 IV. RESPONSIBILITIES

- A. Contain, run or pass
 B. TE area
 C. Protect LB
 D. Chase on flow away
 E. Option - QB
 F. counters & Reverses

- V. KEYS & REACTION - Read TE, see ball out of corner of eye.
 A. TE HOOK BLOCK - Work laterally & bench press TE away. Keep outside leg & arm free.



- B. TE TURN-OUT BLOCK - Work against his chest & squeeze him back into the off-tackle hole. Keep outside leg & arm free stay square.



- C. TE DOWN BLOCK - Jam TE & read inside block same as in 40 Technique.



- D. OPTION-Sink back to LOS. You have QB.



- E. PASS-Same as 40 End. You may widen alignment in passing situations.



NOTE: vs. Dropback vs. Sprint
 On flow away, always execute chase technique.

DICKINSON COLLEGE
VARSITY FOOTBALL

DEFENSIVE TACKLE PLAY AND CHARGES

40 TECHNIQUE

I. STANCE

- A. Four point with inside foot slightly back.
- B. Feet slightly wider than shoulder width with toes pointed straight ahead.
- C. Head and shoulders slightly higher than hips with minimal weight on hands.
- D. Shoulders and hips parallel to the LOS.

II. ALIGNMENT

- A. Backside-inside foot on the nose of the offensive guard.
- B. Frontside-inside foot slightly inside the outside foot of the offensive guard.
NOTE: You should start 1 yard off the LOS until experienced or stunt tightens you.

III. CHARGE *

- A. On movement of the ball always step with your inside foot first.
- B. Stay low, aim under the pads of the blocker with your hands and in a continuous motion, explode up with your legs and hips and bench-press him away from your body.
- C. React to ball.

IV. RESPONSIBILITIES

- A. Guard-Tackle gap.
- B. Never get reached or hooked.
- C. Never get trapped.
- D. Protect linebacker.
- E. Rush passer in lane.

V. KEYS AND REACTION

- A. GUARD REACH-Step with your inside foot and react outside, fighting to keep your outside arm and leg free. Your alignment should prevent you from getting reached quickly.

- B. GUARD DRIVE BLOCK-Step with your inside foot and explode into blocker. Do not catch the block.



- C. GUARD TURN-OUT BLOCK-Step with your inside foot and fight through guard's head, hold LOS and squeeze play. Do not go back door.



- D. GUARD RELEASE INSIDE-Trap Block-Step with your inside foot, hit guard to protect LB, stay square on the LOS and meet the trapper with inside shoulder. Do not catch the block.

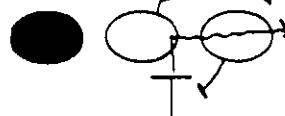


- E. GUARD PULLS OUTSIDE-We will use one of two moves:

1. Fight pressure-a move made on the LOS. Step with your inside foot and react outside working across the face of the downblock. Bench press him and do not go back door.



2. Run around tackle's block (back door)-Only when good penetration has been made because of a scoop move. Be alert for cutback. Skin and pursue flat down the LOS.

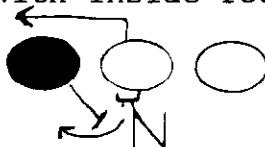


- F. GUARD AND TACKLE DOUBLE TEAM-Stay low, hold ground on LOS. Drop shoulder into outside block and work to split the double-team.

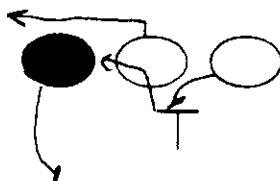


G. GUARD PULLS TO OFFSIDE-

1. CUT OFF BLOCK BY CENTER-Usually this means counter, so be slow to cross center's face and pursue along the LOS. Step with inside foot first.



2. CUT OFF BY TACKLE-Step with inside foot and follow guard's shoulder. Run away from tackle, flatten out and pursue along the LOS. Protect legs with away arm.



H. GUARD SET FOR PASS-Vary pass rush technique (will teach on field), and get to passer.

1. Things to remember when rushing the passer
 - a. stay in lane
 - b. get hands up if passer is facing you
 - c. no roughing the passer penalties
 - d. call "ball" when ball is released
 - e. pursue to the football

DEFENSIVE TACKLE PLAY AND CHARGES

55 TECHNIQUE

I. STANCE

- A. F/S Tackle and B/S End-same as 40 Tackle.
- B. Nose-same as 40 Tackle with feet balanced.

II. ALIGNMENT

- A. Tackle and B/S End-outside alignment on offensive tackle.
NOTE: You should start at being 1 yard off the LOS until experienced or stunt tightens you.
- B. Nose-Head-up on center. Tight on LOS.

III. CHARGE

- A. F/S Tackle and B/S End-same as 40 Tackle
- B. Nose-Explode into center getting your hands underneath has pads as quickly as you can.

IV. RESPONSIBILITIES

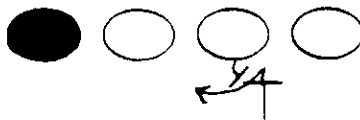
- A. Tackle & B/S End - end-tackle gap
- B. Nose - Center-guard gap to side of C's block
- C. Pursuit along LOS
- D. Close trap (Tackle & B/S End)
- E. Rush passer in lane

V. KEYS AND REACTION

- A. REACH BLOCK - Match your feet to his feet & keep your outside leg & arm free. Move!



- B. TURN OUT BLOCK - Step with inside foot, fight pressure, work through blocker's head. Pursue flat down the LOS.



- C. **DOUBLE TEAM** - Stay low, hold ground on LOS. Drop shoulder into outside block & work to split the double team.



- D. **TACKLE FOLD BLOCK** - Guard blocks out on you. Step with your inside foot & squeeze hole from outside in & pursue down LOS.



- E. **DOWN BLOCK** - Step with your inside foot but fight pressure & work across face of downblock.



- F. **TRAP** - Step with your inside foot & do not let the offensive tackle release inside on the LB. Squeeze the trap with the tackle. Stay square on LOS.



NOTE: Some teams may try to influence trap block by showing pass.

- G. **PASS** - Vary pass rush technique (will teach on field), and get to passer.

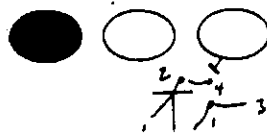
PASS RUSH NOTES:

1. Stay in lane.
2. Get hands up if passer is facing you - jump at the last second when QB can't stop his release. Come down in the same spot.
3. No roughing the passer penalties.
4. Call "Ball" when ball is released.
5. Pursue to the football.

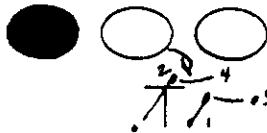
CHARGES - DEFENSIVE TACKLES

- I. HALF SLANT - Charge from your initial alignment through the chest of the man adjacent to you in the direction called. Lead step at a 45-degree angle & react to the man on the side of the half slant as you move to him. Make contact with blocker's outside number. Bench press & do not get cut off. Key guard's shoulder as you move out & react accordingly.

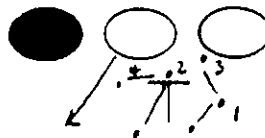
- A. Down Block



- B. Reach Block

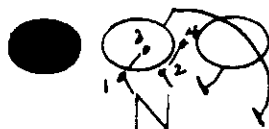


- C. Release Inside



III. SCOOP CHARGE - Lead step at a 45-degree angle in the direction of the stunt simultaneously dropping the away shoulder as you vigorously penetrate the opening & square upfield. Bring the off-arm up to protect you against the cut-off block. As you charge inside read the shoulder of the offensive blocker. React accordingly.

A. Down Block



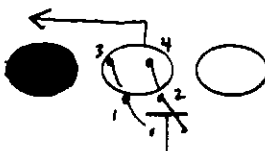
B. Reach Block



C. Cut-off Block

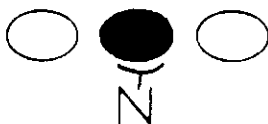


D. Pull Away



Note: Coaching Point - If you are assigned to scoop & there is no offensive man in the area to which you are headed, do not scoop - play basic from a slightly wider alignment.

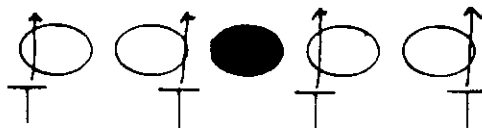
- V. STUFF TECHNIQUE - Used by the nose tackle in 55 Okie. Stance is balanced four point; alignment is as tight to the ball as possible; on snap of ball explode with legs, hips, & arms into center & push him behind the LOS.



GOAL LINE TECHNIQUE

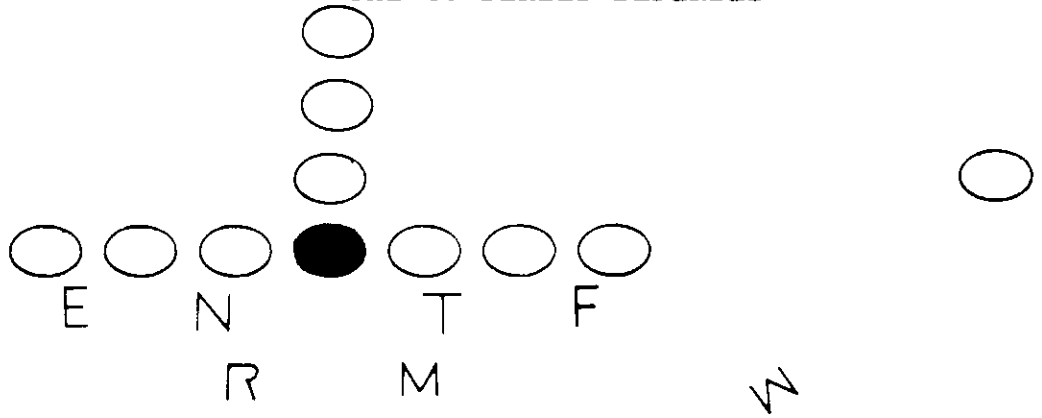
- I. STANCE - Four point with shoulders slightly lower than normal. Bend in elbows. Feet well up under you.
- II. ALIGNMENT - Heavy outside alignment on normally split OT: may move to head-up if tackle splits wide. Keep a relative position from the next man. Inside tackles align in a heavy inside alignment on the OG. Be aware of splits.
- III. CHARGE - Explode across LOS. Drive for penetration. Establish a new LOS one yard in offensive backfield. Drive your shoulder pad under offensive charge then work up. Bring legs up under you. Don't lunge and leave feet in original line-up position. Use an offensive blocking technique.
- IV. RESPONSIBILITIES
1. Gap you are lined up in
 2. 1 yard penetration
 3. pursue to the ball
 4. Don't let them score over you
- V. KEY AND REACTION - Play blocker you are lined up on. Drive for penetration. Normal reaction to blocking patterns. Don't be cut-off by inside blocker. Don't be turned out by inside blocker. Drive for penetration on down blocks.

"80"



MIKE AND ROVER IN THE 40 SERIES DEFENSES

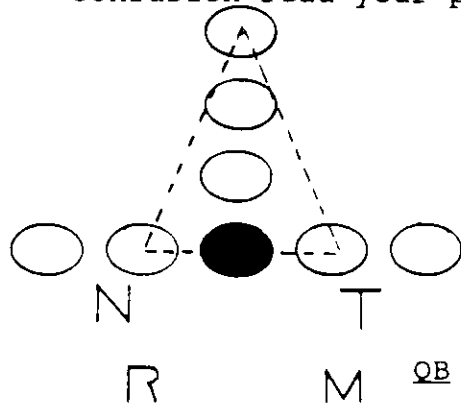
I. 44 BASIC



B
KEYS:

1. Ball flow (QB to deep backs) = Primary Key
2. Guard = Secondary Key

Note: Read both keys simultaneously. If there is any confusion read your primary key.

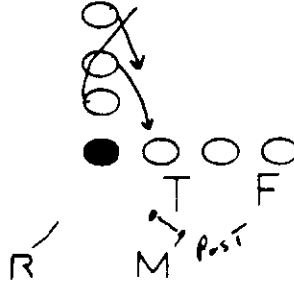


QB - Back - Guard Triangle

TECHNIQUE

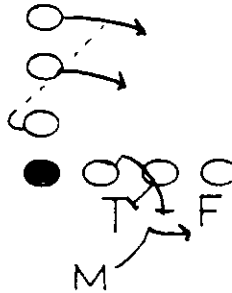
1. INSIDE FLOW TO: (Ball at or inside guard box)

- A. Post Step (45 degree step with outside foot)
- B. Attack blocking scheme
- C. Find Ball



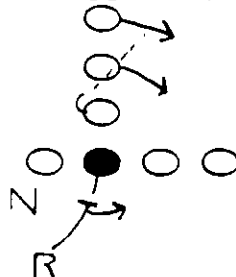
2. OUTSIDE FLOW TO: (Ball outside guard box)

- A. Shuffle outside (Gain ground)
- B. Attack blocking scheme
 - 1. Jam off tackle hole (stay square)
 - 2. If wide play (i.e. Toss), adjust angle
- C. Find ball



3. FLOW AWAY:

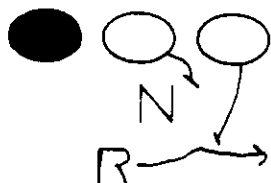
- A. Attack center (cutback, counter, draw)
- B. Gain outside control, cross face, pursue
- C. If center disappears, step up & find ball



II. POSSIBLE BLOCKING SCHEMES VS. 40 DEFENSE

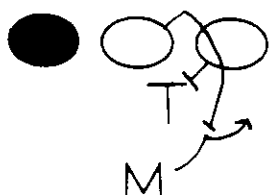
A. FLOW TO:

1. GUARD REACH



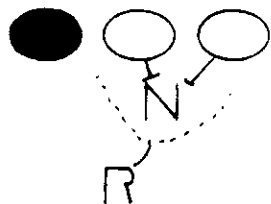
- a. Post step on flow
- b. Attack tackle
- c. Move your feet
- d. Keep outside arm & leg free

2. FOLD



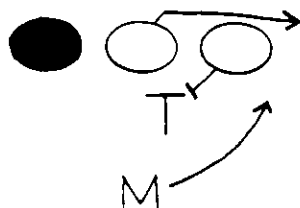
- a. Post step on flow
- b. Beat guard on LOS
- c. Stay square
- d. Keep outside arm & leg free
- e. Read ball for pursuit angle

3. DOUBLE ON TACKLE



- a. Post step on flow
- b. ISOLATION - attack FB inside
- c. VEER - Read bump block & find dive

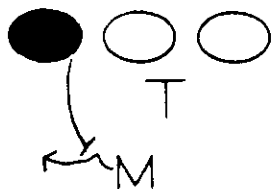
4. GUARD PULL OUT



- a. Post step on flow
Distinguish between inside or outside flow
 1. Sprint to OT-TE gap
 2. Gain ground
 3. Find seam & attack ball

B. FLOW AWAY:

1. CENTER CUT-OFF



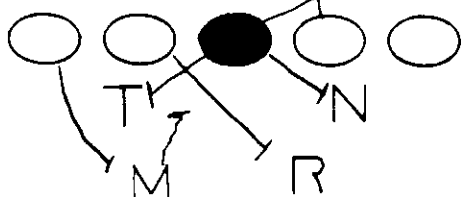
- a. Attack center on flow away
- b. Jam with backside forearm
- c. Play cutback

2. CENTER BLOCK (C-BLOCK)



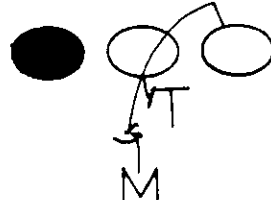
- a. Step to center on flow away
- b. Center disappears PENETRATE
- c. Defeat guard with near arm
- d. **LOOK FOR CUTBACK**

3. GUARD TRAP



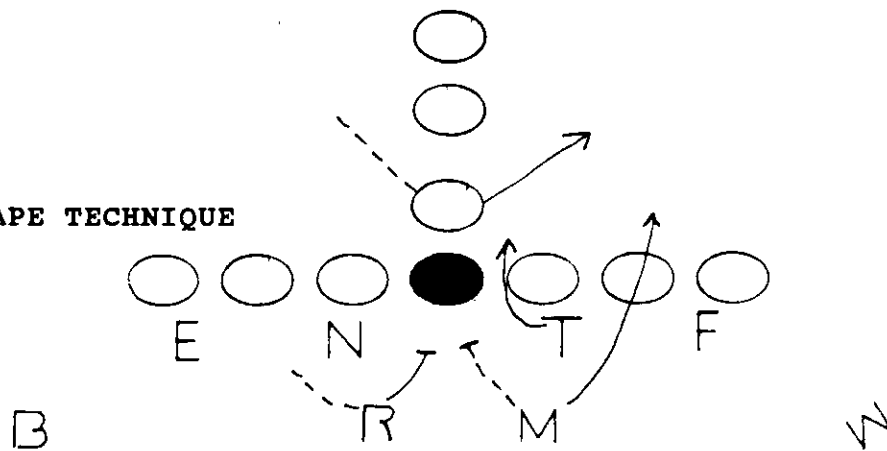
- a. Attack center on flow away
- b. Center disappears PENETRATE

4. INSIDE FOLD



- a. Attack center on flow away
- b. Center disappears PENETRATE
- c. Attack OT with outside arm & shoulder
- d. Constrict hole
- e. **LOOK FOR CUTBACK**

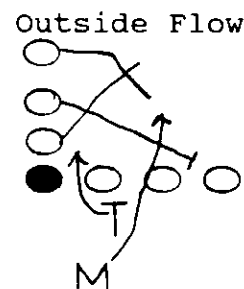
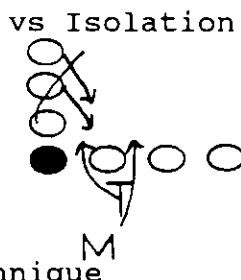
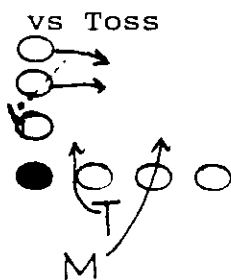
III. SCRAPE TECHNIQUE



A. FLOW TO (Inside or Outside: Run or Pass)

1. Mike's Technique

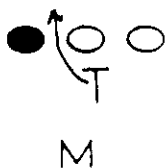
- a. Shuffle outside (gain ground)
- b. Scrape through outside eye of OT position
- c. Keep shoulders parallel with LOS
- d. Attack blockers with INSIDE ARM AND SHOULDER
- e. Stay BALANCED and SQUARE



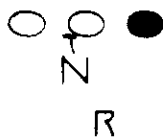
2. Rover's Technique

- a. Post step
- b. Find ball
- 1. Rover's play vs outside flow is identical to the Mike's play. Due to a difference in technique for the frontside & backside Defensive Tackles (Diagram 1 & 2), Rover must be prepared to fill inside if flow establishes itself inside the Offensive Guards (Diagram 3).

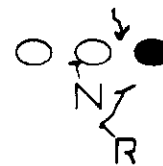
1. Frontside DT play



2. Backside DT Play

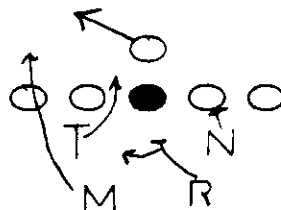
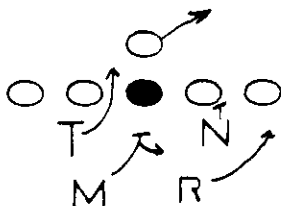


3. Inside Flow



B. FLOW AWAY

A. Play Basic (attack center)



SPECIAL NOTE ON "SCRAPE"

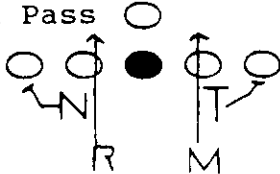
The opening may not appear exactly as it is shown on paper. Take into account:

1. Proper pursuit angle (sweep vs off-tackle)
2. Blocking Schemes (guard reach vs fold)
3. Brick Wall Theory:
If you find a pile of players as you scrape, find an opening which will allow you to get to the ball the quickest way. Do not try to force your way through a "brick wall".

IV. BLOW TECHNIQUE

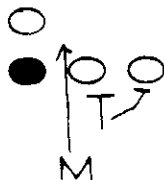
A. Mike & Rover:

1. Charge inside shoulder of near guard. Penetrate!
2. Key guard's shoulder
3. Center-guard gap responsibility. Attack lead blocks from backs with outside arm
4. Rush on Pass

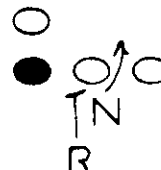


B. Blow Variations (on flow):

44 Scrape "out"



47 Basic



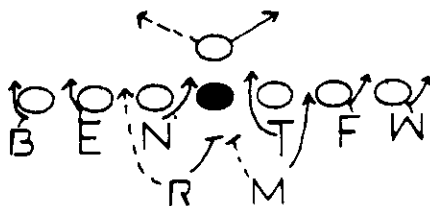
M - Step up & Read
R - Basic

M - Basic
R - Step up & Read

V. "2" ALIGNMENT AND TECHNIQUE (Frontside or Backside)

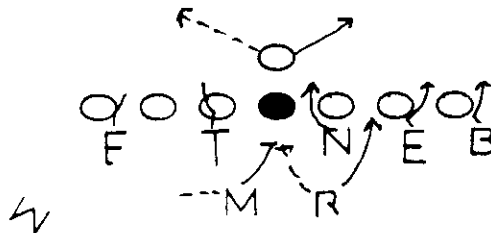
A. Alignment: same as 4 alignment

22 Basic



"2" Look

42 Basic



"2" Look

"4" Look

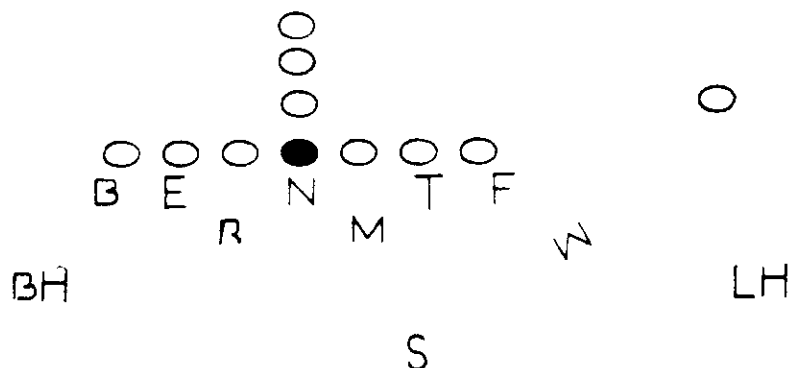
"2" Look

B. Technique

1. Post step on snap
2. Scrape hard to G-T gap on flow
3. Flow away, step hard to center after post step

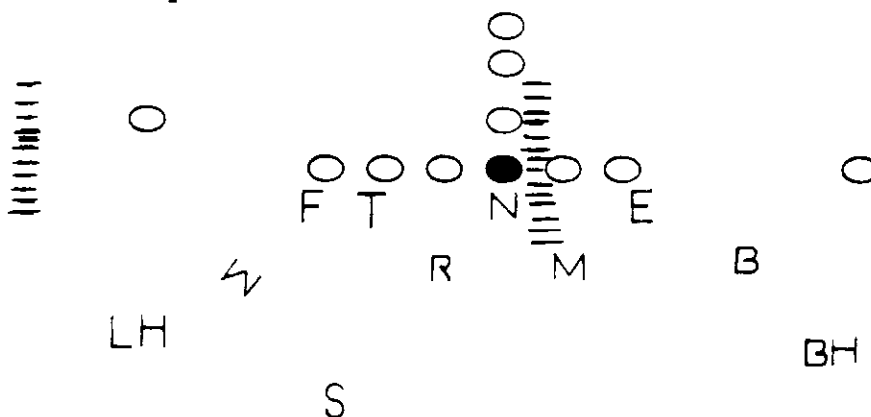
MIKE AND ROVER IN THE 50 DEFENSES

I. 55 OKIE

DECLARATION:

Normally, the 55 defense will be called when the ball is on or within 4 yards of the hash. Strength will be called in the huddle. The Mike will align to the side of the declaration. The Rover will align to the side away from the declaration.

Example:

A. KEYS:

1. Offensive Guard - primary key
2. Ball Flow - secondary key

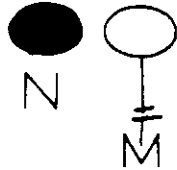
NOTE: Concentrate on keying through the Offensive Guard into the backfield. The combination of keying guards & backs will lead you virtually to every play.

B. RESPONSIBILITIES:

1. Flow To:
 - a. Guard-tackle gap
 - b. Ball
2. Flow Away:
 - a. Cutback with inside flow away
 - b. Frontside (side to flow) center-guard gap with outside flow away

C. REACTIONS:

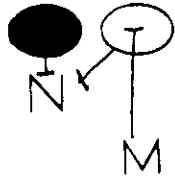
1. One-on-one



- a. attack with outside control
- b. pad under pad
- c. disengage & locate ball

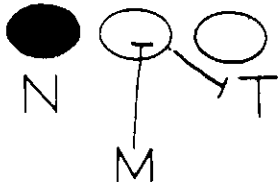
NOTE: We expect you to squeeze plays inside to the nose tackle.

2. Double on nose

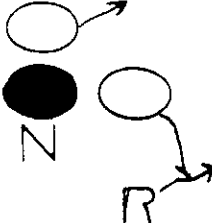


- a. penetrate squarely
- b. find & defeat blocker at his point of origin (on his side of the LOS)

3. Guard Out Block

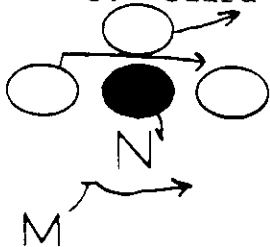


4. Guard cut-off



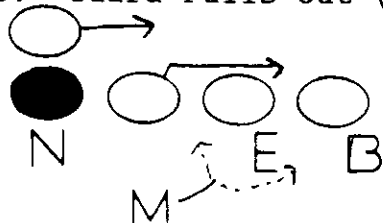
- a. Jam guard with backside forearm
- b. Check gap

5. Guard Pulls Inside (defined as cross center)



- a. post step towards center check cutback
- b. check frontside C-G gap
- c. pursue

6. Guard Pulls Out (defined as cross tackle)



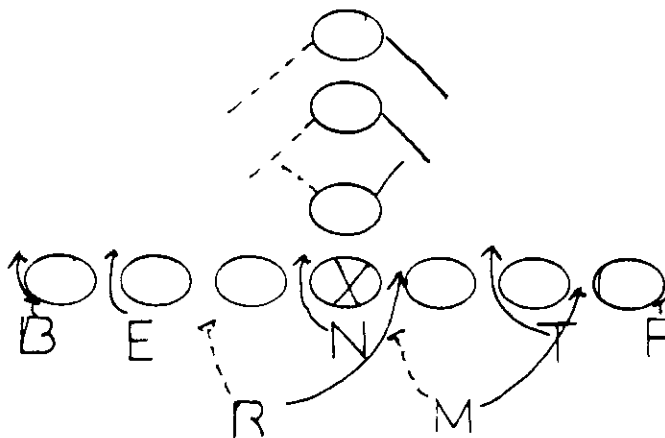
- a. post step out
- b. check ball
- c. pursue

7. Guard Pass Block - Play Pass Coverage Called

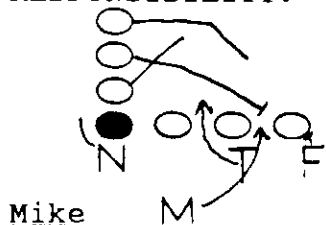
NOTE: If guard pulls opposite backfield flow, IMMEDIATELY think BOOTLEG and check crossing receivers

A cross read for the LB's

55 ANGLE

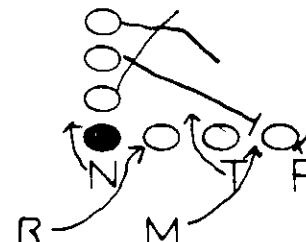


RESPONSIBILITY:



Mike

- Outside Flow To (run):
- 1. scrape hard
 - 2. fill OT-TE gap

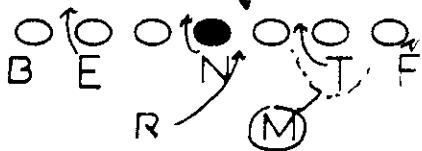


Rover

- Flow Away (run):
- 1. scrape hard
 - 2. fill frontside C-G gap
 - 3. flatten & chase wide running plays

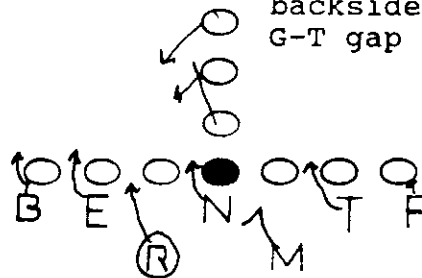
Inside Flow To (run):

1. post step
2. find ball--be prepared to fill inside vs out back or isolation



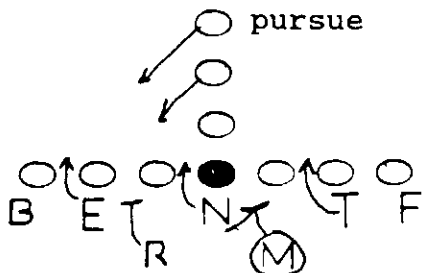
Flow To (run) :

1. plug backside G-T gap



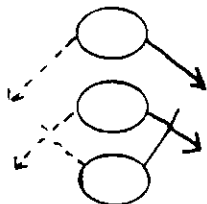
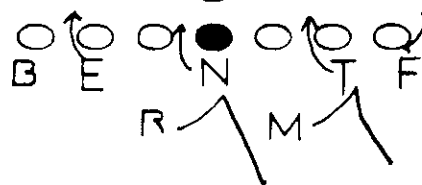
Flow Away:

1. plug (do not scrape) frontside C-G gap pursue

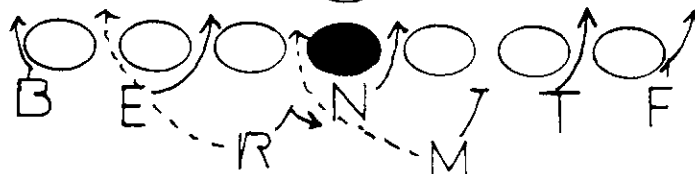


2. vs Pass:

1. both LB's pull out of scrape & play coverage called



55 LOOP



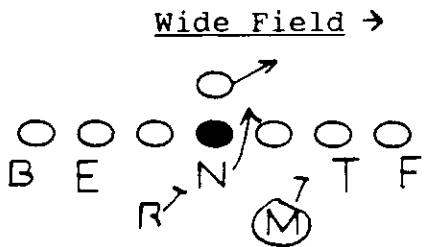
A. KEYS

1. Mike - Guard/Flow
2. Rover - Flow

B. RESPONSIBILITY

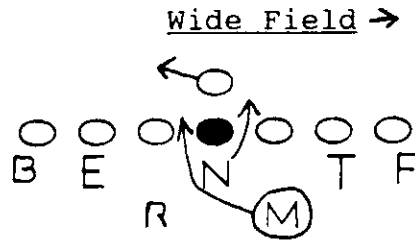
1. Mike
 - a. flow to - read
 - b. flow away - B/S C-G gap (cutback)
2. Rover - (shuffle outside)
 - a. flow to - scrape tackle-TE gap
 - b. flow away - B/S C-G gap (cutback)

55 +



RESPONSIBILITY

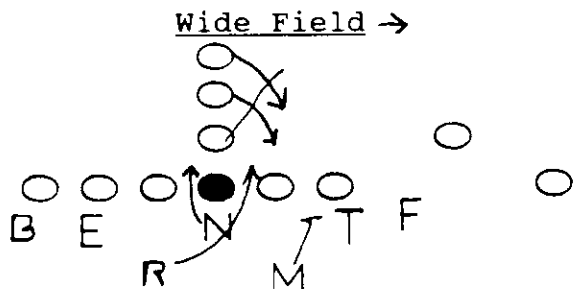
Mike - Play Okie technique
 Rover - Tighten alignment,
 C-G gap, cutback



RESPONSIBILITY

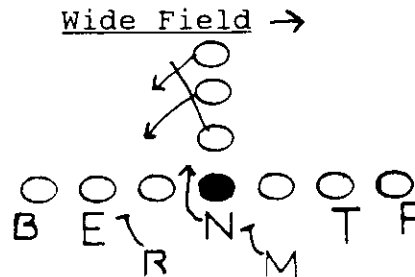
Mike - Frontside C-G gap
 Rover - Tighten alignment
 play Okie tech.

55 -



Mike - Tighten alignment,
 play Okie tech.

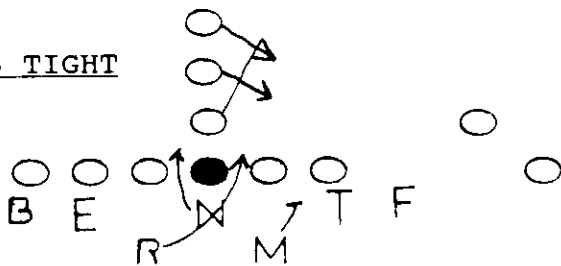
Rover - Frontside C-G gap



Mike - Tighten alignment
 C-G gap, cutback

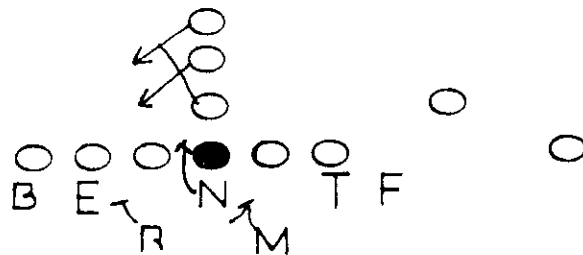
Rover - Play Okie tech.

55 TIGHT



Mike - Tighten alignment,
 play Okie tech.

Rover - Frontside C-G gap

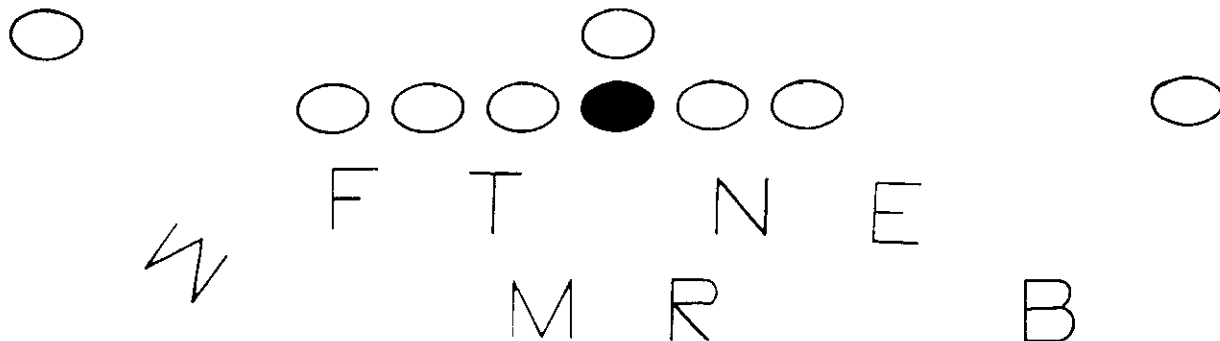


Mike - Tighten alignment
 C-G gap, cutback

Rover - Play Okie tech.

B ON 40 SERIES OF DEFENSE

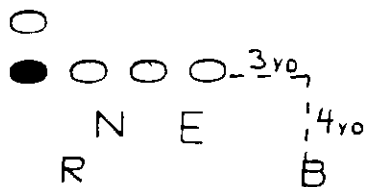
I. 44 BASIC



A. ALIGNMENT RULES:

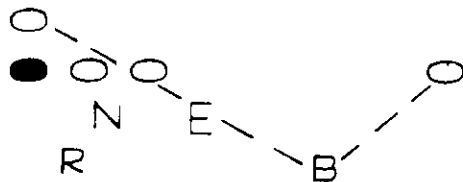
1. vs TE

- a. 3 yards outside TE
- b. 4 yards off LOS



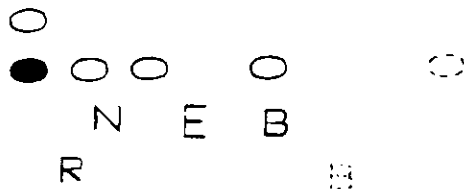
2. vs SE

- a. split difference between OT & SE
- b. periperal vision see SE & backfield
- c. key through OT into backfield



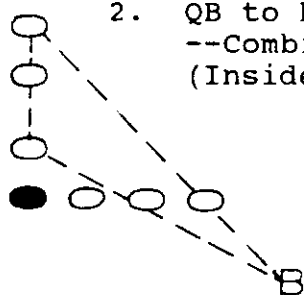
3. vs Nasty Split

- a. Align head up on flexed END until you can follow normal split rule (#2) w/o fear of a quick Crack Back Block



B. KEYS:

1. TE - Primary Key
 - a. Block - Run
 - b. Release - Run or Pass



2. QB to backfield - Secondary Key
--Combined with TE this will help you determine run (Inside or Outside) or pass.

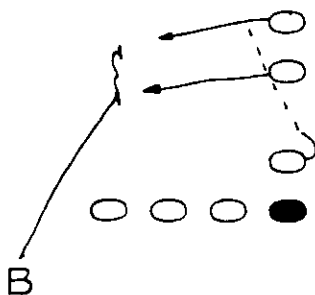
TE - QB - Triangle

C. ADDITIONAL KEYS AND REACTIONS:

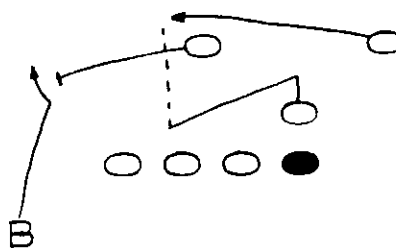
1. Flow to (Run):
 - a. Knife Technique (Refer to "W" Bulletin)
 1. Used vs an outside run (i.e. Toss/option) only
 2. Aggressive force charge
 3. Aiming point - 1.5 yards outside TE
 4. Attack lead blocker with inside arm & shoulder
 5. Penetrate 1 yard beyond outside hip of blocking back

NOTE: By eliminating the lead blocker, you force the ballcarrier either to deepen his running angle or to cut inside where our pursuit will meet him.

KNIFE VS TOSS



KNIFE VS OPTION



- A. Read QB on option
- B. Attack near back

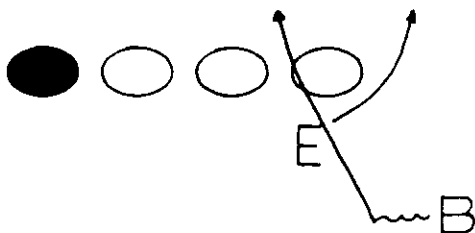
II. B/E STUNTS (aka "Go or Fire)

A. TECHNIQUE:

1. Aggressive charge on snap
2. Penetrate LOS squarely
3. Adjust path to offensive play
4. Responsibility will change with the combination (i.e. "Go" or "Fire") called. KNOW IT!

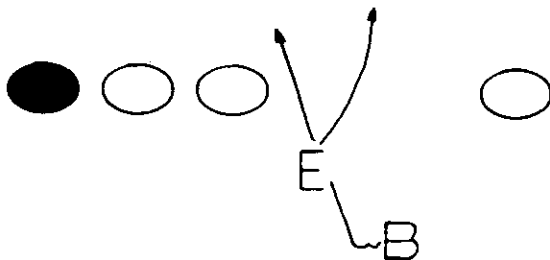
B. "GO" COMBINATION:

1. vs TE:



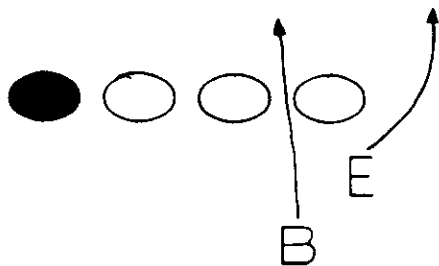
- a. Expect TE to block out on DE

2. vs SE (Smoke):



- a. Expect OT to block out on DE

3. From Stack:

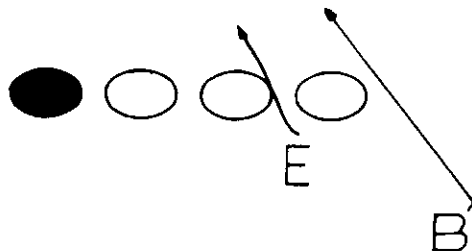


SPECIAL NOTE:

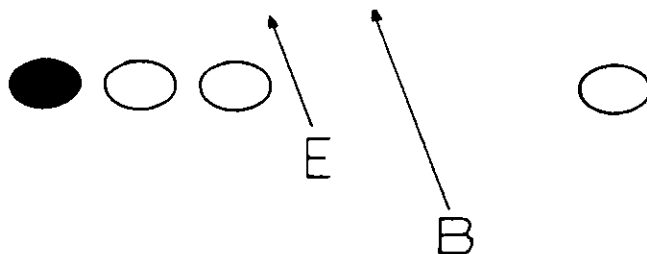
- a. QB on option (DE has pitch)
- b. Off-tackle gap responsibility
- c. Inside route on pass rush

C. "FIRE" COMBINATION:

vs TE:



vs SE:



SPECIAL NOTE:

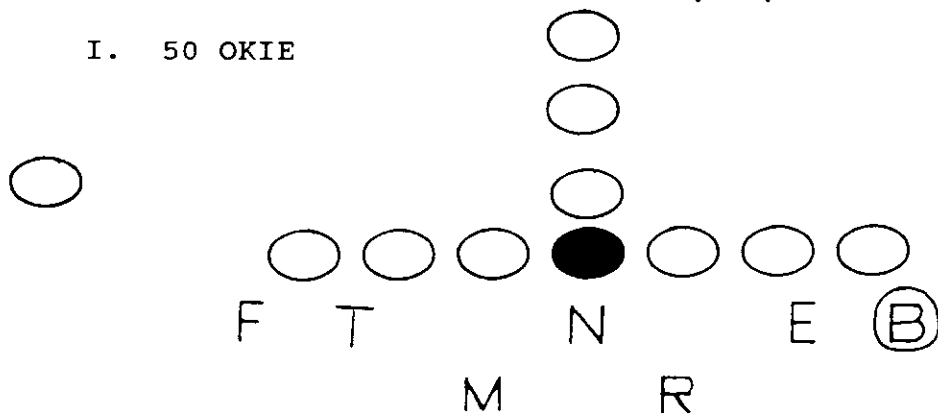
1. Contain
2. Pitch on Option
3. COMMUNICATE

GENERAL STUNTING RULES:

1. Inside Man - Take inside route
2. Outside Man - Contain (deep as deepest man)
3. "Fire" vs Pass - Rush upfield shoulder of QB
4. Adjust path to offensive play - play away, flatten down LOS and get into flow - don't just work upfield

SECONDARY ANCHOR (B'S) IN 50 DEFENSE

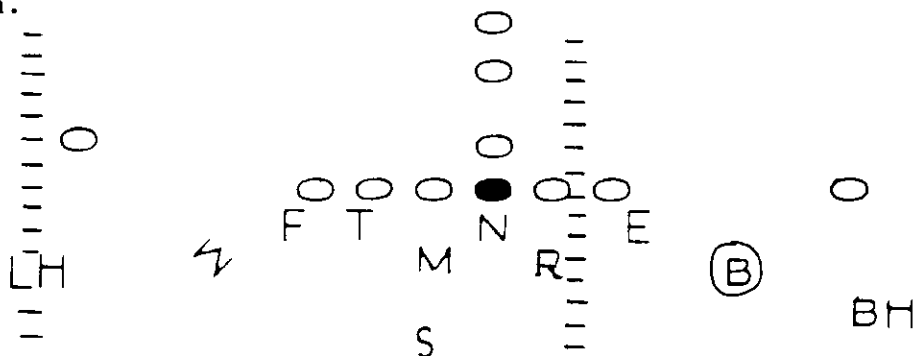
I. 50 OKIE



DECLARATION:

Normally, the 50 defense will be called when the ball is on our within 4 yards of the hash. Strength will be called in the huddle. The Wide Anchor (W) will align to the side of the declaration. The Boundry Anchor (B) will align to the side away from the declaration.

Example:



Huddle Call: Strong Left, 50 okie, Zero 8 Away

A. ALIGNMENT & STANCE:

1. Inside foot to TE's nose
2. Inside foot back
3. Knees flexed (low crouch position)
4. Back straight
5. Head up & looking into backfield

B. OKIE TECHNIQUE:

1. Jab step with inside foot
2. Hand shiver to control TE
3. Drive your hip through TE with second step



C. KEYS:

1. TE - Primary key
2. Backfield flow & blocking pattern - secondary key

D. RESPONSIBILITY:

1. QB on option
2. Squeeze off-tackle
3. Defeat TE

E. POSSIBLE TE REACTIONS:

1. TE Blocks Down



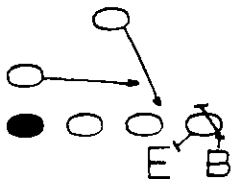
1. Hit TE
2. Read backfield action

a. Off tackle run

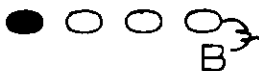


1. shoulders square
2. squeeze hole
3. find block - FB, HB, OG
4. attack block with inside arm & leg

b. Outside Veer



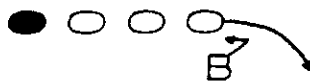
1. read mesh
2. Play dive (tackle mesh)

2. TE REACH BLOCK:

1. control TE's head
2. work upfield
3. don't skate

3. TE TURN OUT BLOCK:

1. constrict hole
2. shoulders square
3. keep outside arm & leg free

4. OUTSIDE RELEASE BY TE:

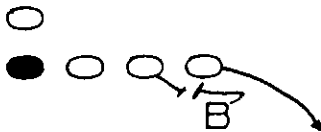
1. shiver TE
2. look inside
3. read backfield action

a. Option



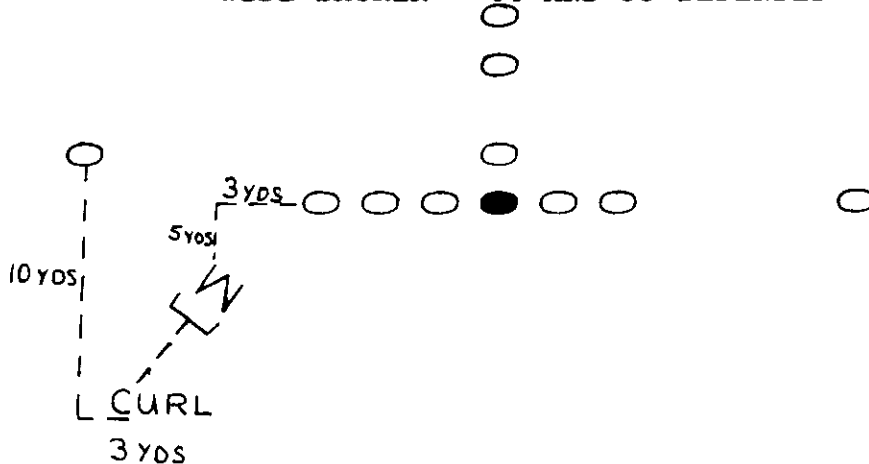
1. read mesh
2. QB on option

b. OT turn out

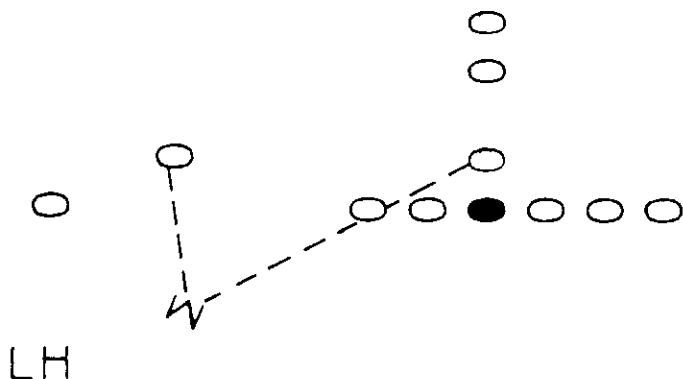


1. constrict hole
2. meet block with inside arm & leg
3. keep outside arm & leg free

WIDE BACKER - 44 AND 55 DEFENSES



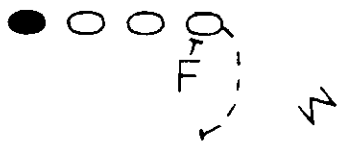
The wide backer aligns 3+ yards and 5 yards deep off the TE. Position your heels to intercept a point (curl) which is 3 yards inside and ten yards deep off the flanker or number one receiver.



The wide backers alignments may vary according to the receivers' splits, game situations and scouting reports. Always align yourself in a position that opens your Scope of Vision and enables you to: 1.) see the #2 receiver, and; 2.) see inside through the offensive tackle to the backfield.

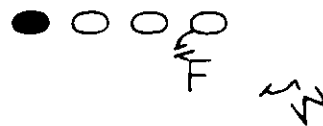
WIDE BACKER AND BACKER READS

TE Down Block



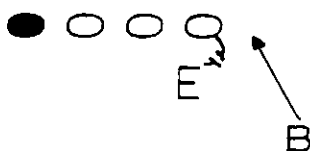
The defensive end's alignment prevents the TE from Down Blocking.

TE In Block



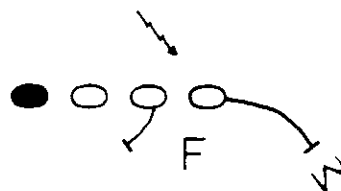
The TE's helmet goes inside. Expect an inside running play.

TE Hook Block



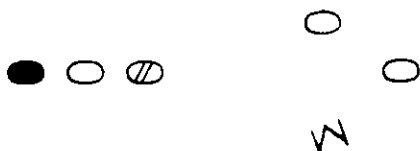
The TE's helmet goes to the end's outside. Expect an outside running play.

TE Arc Block



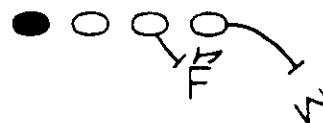
The TE arcs to block the W. Read backfield action for fake sprint run or option run. See diagram below.

W versus Twins or SE



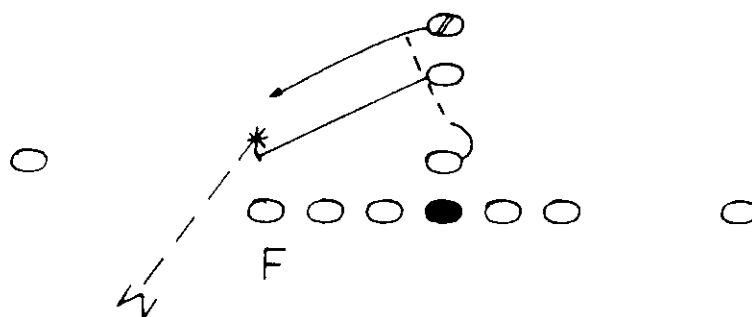
The tackle will be your read coupled with the backfield action.

TE Arc Block

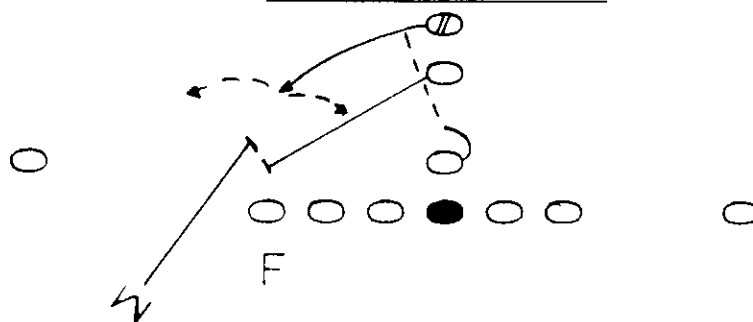


The TE arc blocks and the offensive tackle blocks out. Expect an inside run.

KNIFE TECHNIQUE



Your initial alignment will give you the proper angle to knife. Your aiming point is 1.5 yards outside the TE and 1 yard behind the outside hip of the blocking back. This is an aggressive, sell-out technique. If the ball carrier is not in phase (see diagram below) with the blocking back, attack the blocker with your inside shoulder and arm. Keep your shoulders parallel to the LOS and your outside arm and leg free.

 What is "In Phase"?


In phase is when the wide backer can abruptly disrupt the path of the ballcarrier.

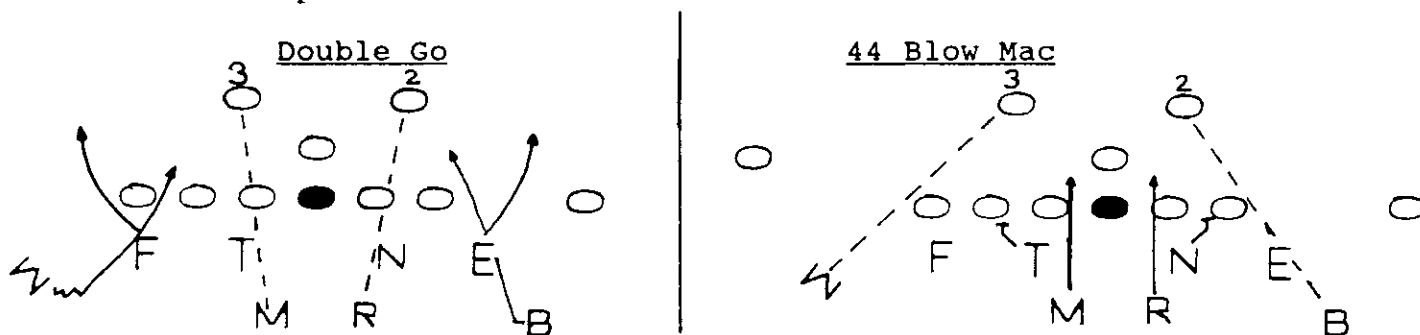
LINEBACKERS - MAC COVERAGE

MAC coverage is strictly man-to-man coverage. The man (or men) responsible for each individual receiver must know precisely who, if anyone, is available to help them, and must if solely responsible for a receiver, key and cover that receiver from the snap to the whistle.

MAC

In MAC coverage the LB's are normally responsible for the remaining deepbacks (usually 2 in number). Receivers are identified on pages 64 and 68. The frontside LB(s) has the #3 receiver, and the backside LB(s) has the #2 receiver. Most often these receivers are setbacks; however, it is very possible that either one or both LB's will have to cover a tight wing, a TE, or a slot back.

Each LB must know how many LB's are available to carry out the coverage of the #3 and #2 receivers. In certain defenses, LB's will be lost when they are involved in a scrape, anchor, or stunt move. Examples are as follows:



In some instances it may appear to be difficult for a LB to cover the particular receiver he is responsible for, but hustle and a proper angle of intercept will greatly aid this cover.

General rules for MAC coverage are:

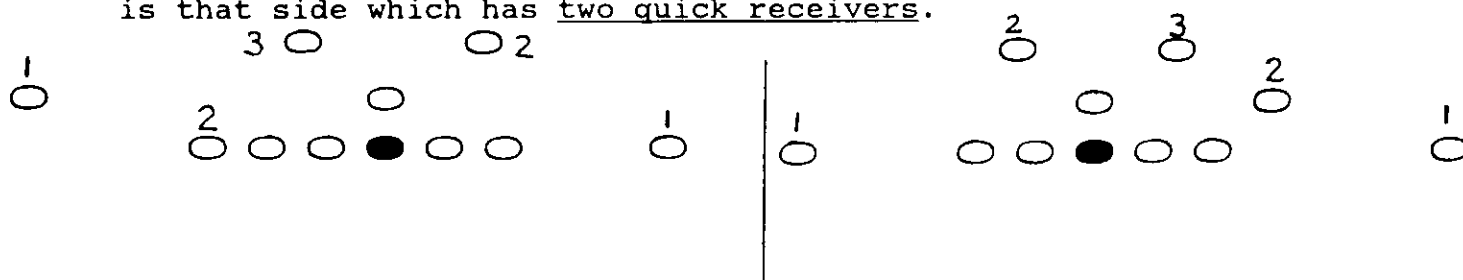
1. Know your man responsibility
2. Know who is available to aid you
3. Concentrate on your job; don't attempt to aid anyone else until your responsibility is executed
4. Adjust your alignment to the best possible position for your coverage responsibility
5. Take a proper angle of intercept to pick up a receiver
6. Communicate with other LB's and secondary
7. If your receiver does not release, go to basic Zero 3 coverage area and check crossing receivers

DEFENSIVE TERMINOLOGY OF OFFENSIVE FORMATIONS

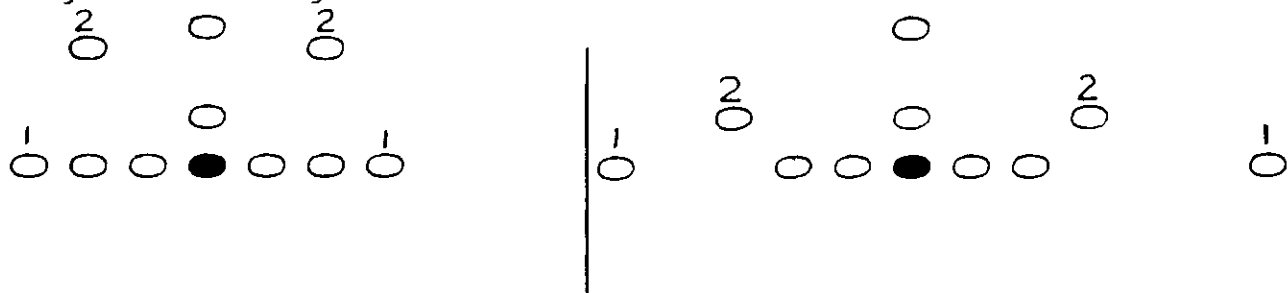
During the course of the season we will see many different offensive formations. It is imperative that each member of the defensive team be able to accurately identify the set which we face on each down.

Recognition of an offensive formation includes four basic points:
 a. the strength of the formation; b. what makes it stronger on that particular side; c. the placement of the offensive backs; d. and any variation away from the strength.

1. **STRENGTH:** Basically the strength of the offensive formation is that side which has two quick receivers.

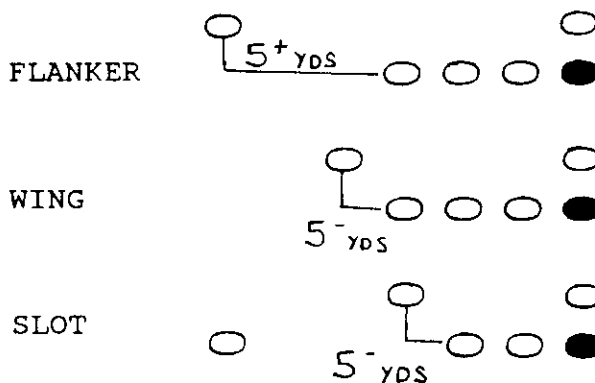


Obviously, there are formations which are balanced and have no "strength" according to our definition.



In these situations we will declare strength according to lateral position or scouting report.

2. **STRENGTH ALIGNMENTS:**



DEFENSIVE SECONDARY TERMINOLOGY

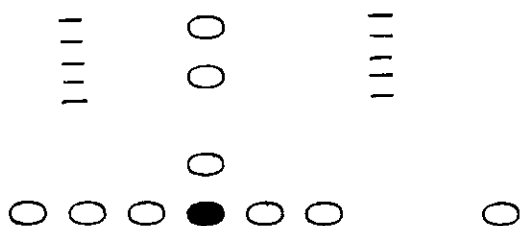
- DROP BACK PASS: Pass thrown from inside the offensive guards with no fake of a running play.
- ROLL OUT PASS: Quarterback uses a reverse pivot and rolls behind the offensive tackle to throw a pass.
- SPRINT OUT PASS: Quarterback opens and sprints beyond the offensive tackle to throw a pass.
- PULL PASS: Quarterback sprints out and pulls up behind the offensive tackle to throw a pass.
- BOOTLEG PASS: A pass that has a fake of a run in one direction with the quarterback rolling back in the opposite direction with the football.
- PLAY ACTION PASS: A pass that has the fake of a run first.
- THROWBACK PASS: A pass thrown back away from flow.
- DELAY PASS: A pass whereby an offensive end delays and then releases on a pattern.
- "BALL" CALL: A call made by every member of the defensive team the instant the ball leaves the QB's hand.
- "BINGO" CALL: Interception call made by anyone on the defensive team who has made an interception or is sure of making the interception.
- "FIRE" CALL: Call made to indicate counter flow in the offensive backfield. This call will alert the offside to expect a counter or reverse back to their side.
- FRONTSIDE: The side of the offensive formation indicating the strength of the formation.
- BACKSIDE: The side away from the offensive formation and away from the strength.
- SHUFFLE: Initial movement of the defensive secondary immediately following the snap of the football enabling them to read their keys before reacting.

- MOTION: Movement by an offensive back starting with or leaving one remaining player in the deep backfield. Fly motion is motion across formation with 2 backs in backfield.
- "CHINA" CALL: A call made by the secondary or LB's to indicate that there is a receiver coming across the middle.
- "OUT" CALL: Call made by the defensive secondary to the LB's in pass coverage indicating the direction (OUT) in which an offensive receiver is making his cut.
- "CHINA" CALL: Call made to alert the defensive secondary of a receiver running a pattern to the Post.
- "EYEBALL" READ: Release by the #2 Receiver. Anticipate his block, if he is looking at you.

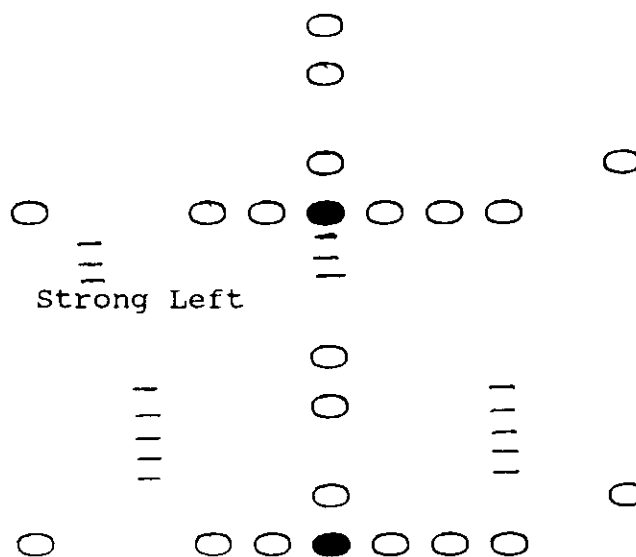
SET AND STRENGTH RECOGNITION

1. The perimeter will call the strength and set of all offensive formations before the snap.

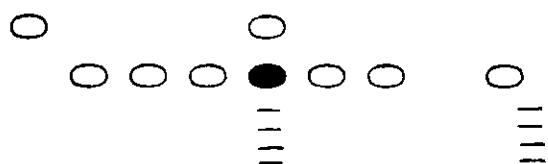
- STRENGTH:
1. Determined by the two-quick receiver side of a formation, usually a TE, a wing, or a slot.
 2. Determined by the call in the huddle when the ball is on the hash.
 3. When a formation is strong to our defensive left, we will call "strong left".
 4. When a formation is strong to our defensive right, we will call "strong right".
 5. When a formation is balanced, we will use field position or tendencies to determine strength.



Strong Left



Strong Left

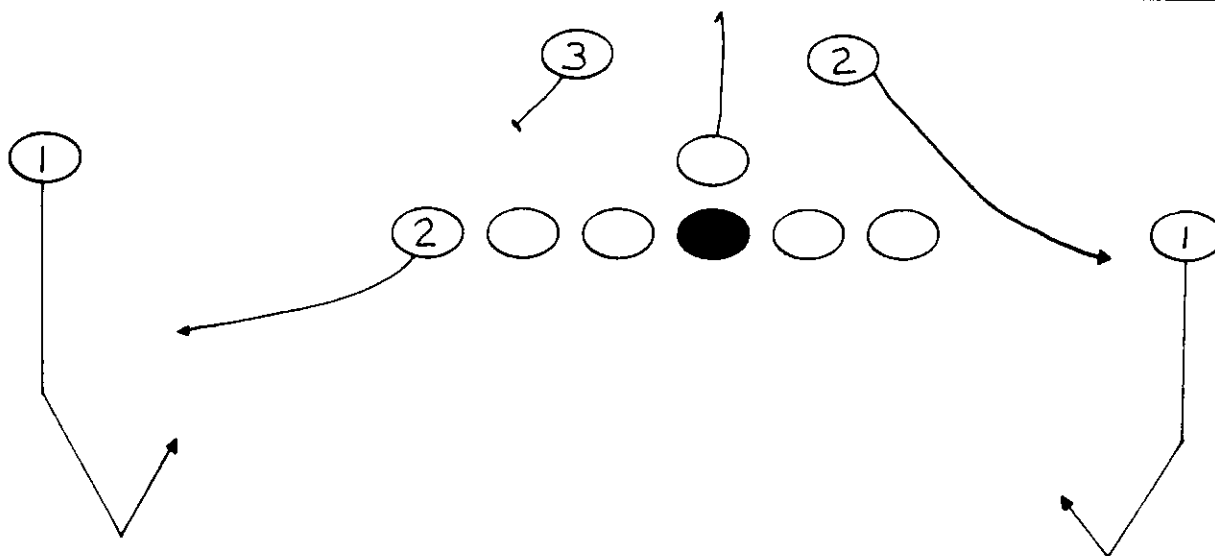
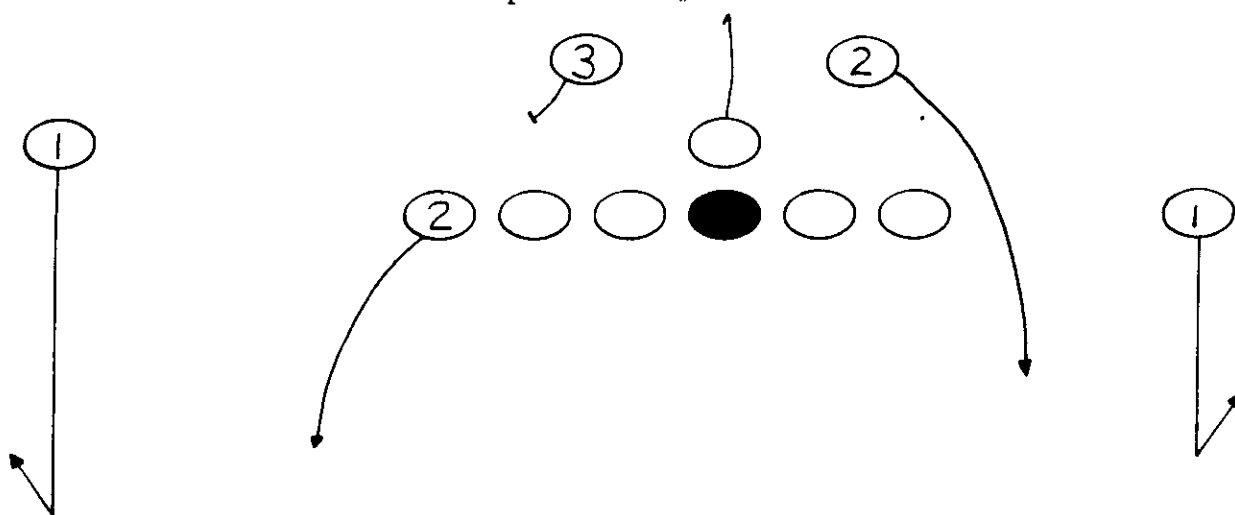


Strong Right

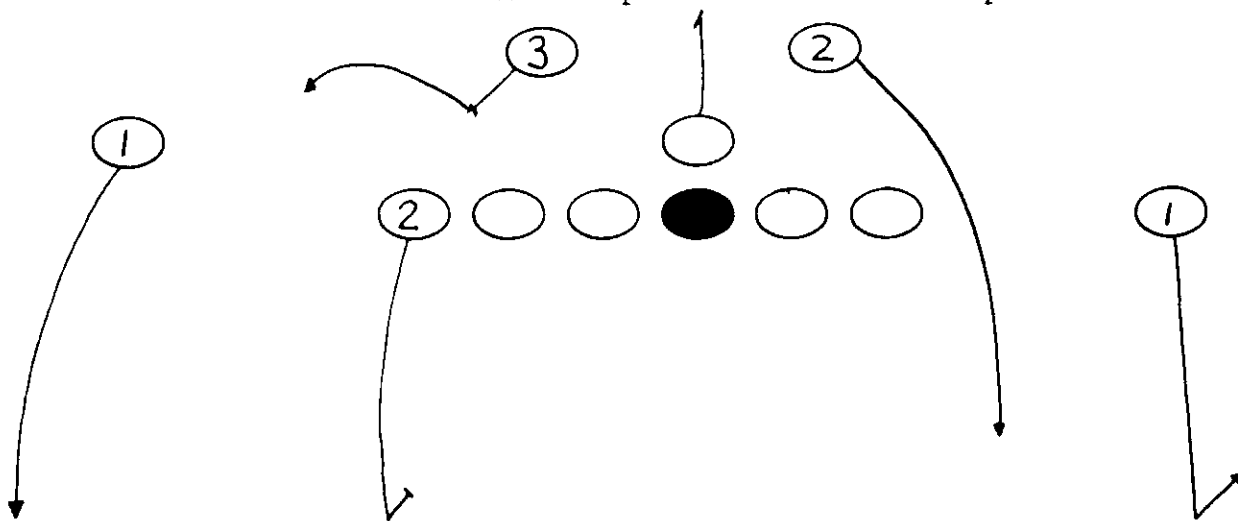
Strong Right

READING PATTERNS

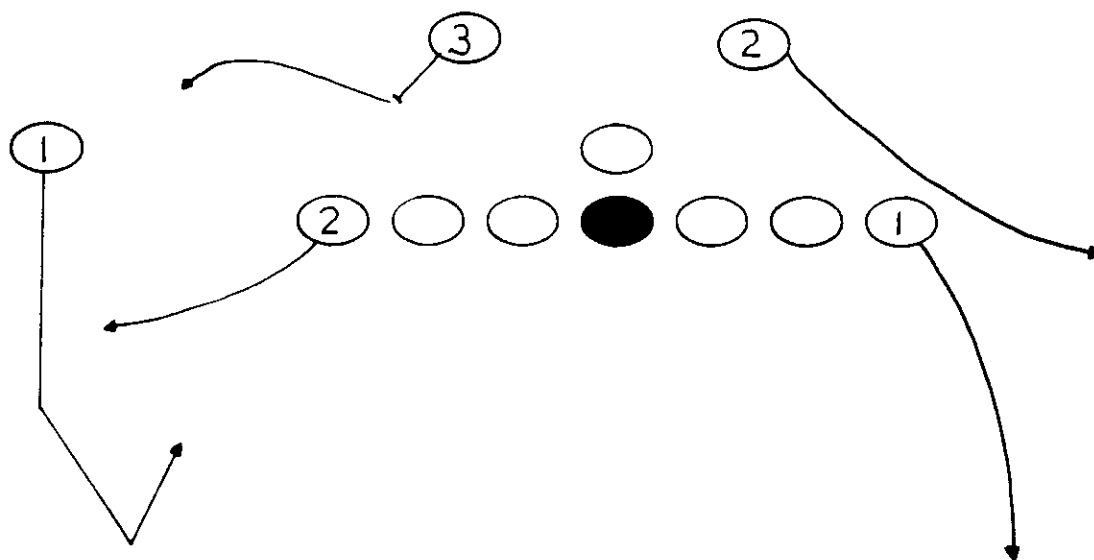
- PASS KEY:
1. As a defensive back, you must learn to read patterns. You must key the number 2 receiver to your side, enabling you to know what the number 1 receiver is doing.
 2. Most offensive pass schemes will integrate their pass patterns:
 - a. If the #2 receiver breaks outside, you can expect the #1 receiver to run an inside cut.
 - b. If the #2 receiver breaks inside, you can expect the #1 receiver to run an outside cut.



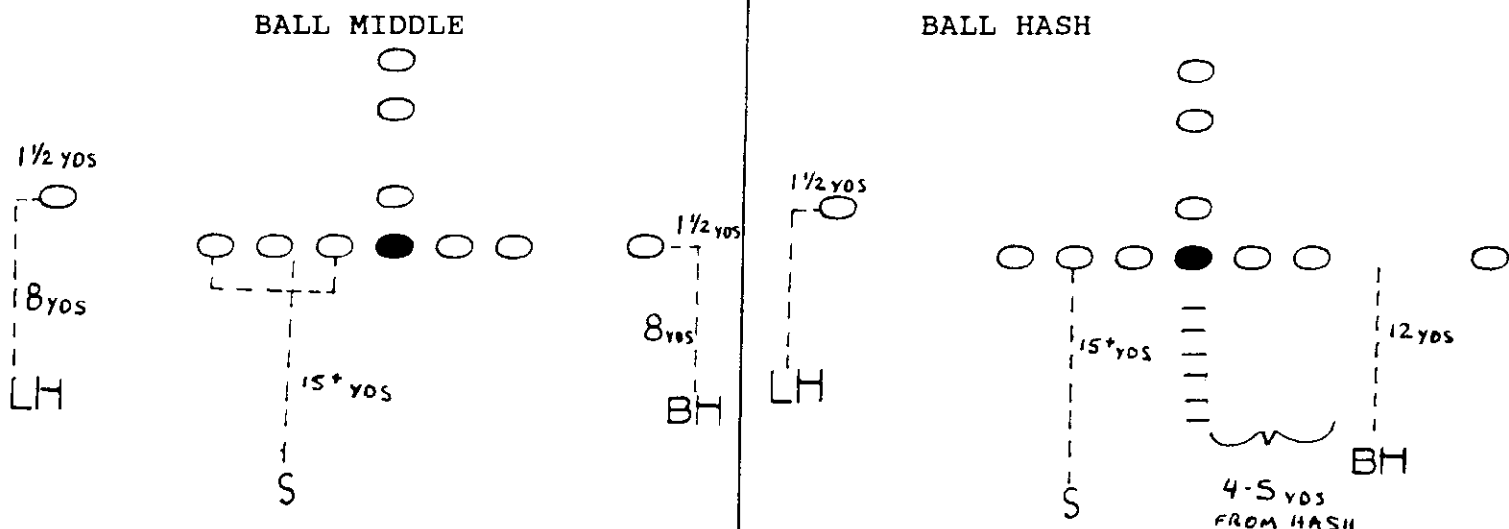
- c. The three-man pattern will not present a problem if you read the #2 receiver. If you have two or more receivers in your area, play the deeper cut and react up to the ball.



- d. The leveling back will break on the receiver when the QB steps with his front leg and begins his short-arm motion. The other backs who have deep responsibility will break to the ball when the QB goes through Longarm motion.

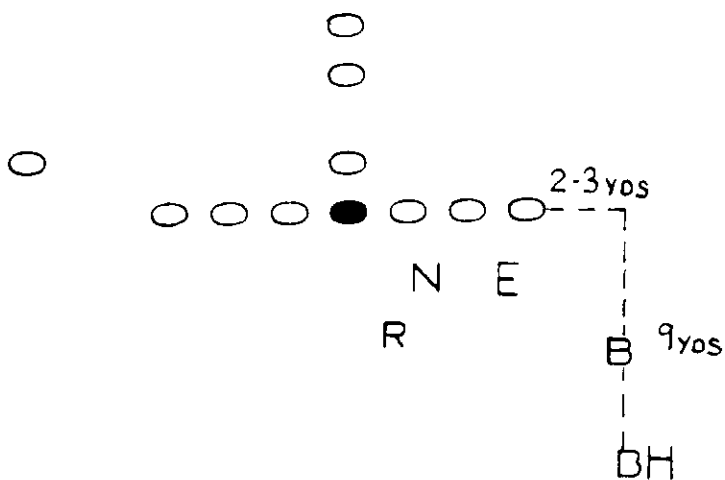


BASIC DEFENSIVE ALIGNMENTS FOR SECONDARY

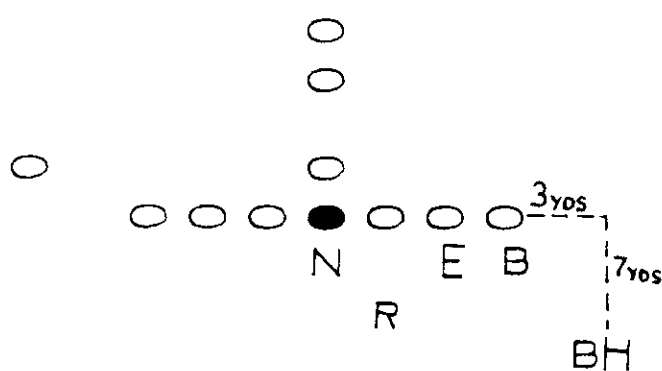


The safety will align at a depth which coincides with the split of the flanker.

44 DEFENSE - B OFF THE LOS



55 DEFENSE - B OFF THE LOS



SECONDARY COVERAGES AND RESPONSIBILITY

ZERO THREE (Z-3) COVERAGE:

Level and Boundary: All Passes - Deep outside third zone

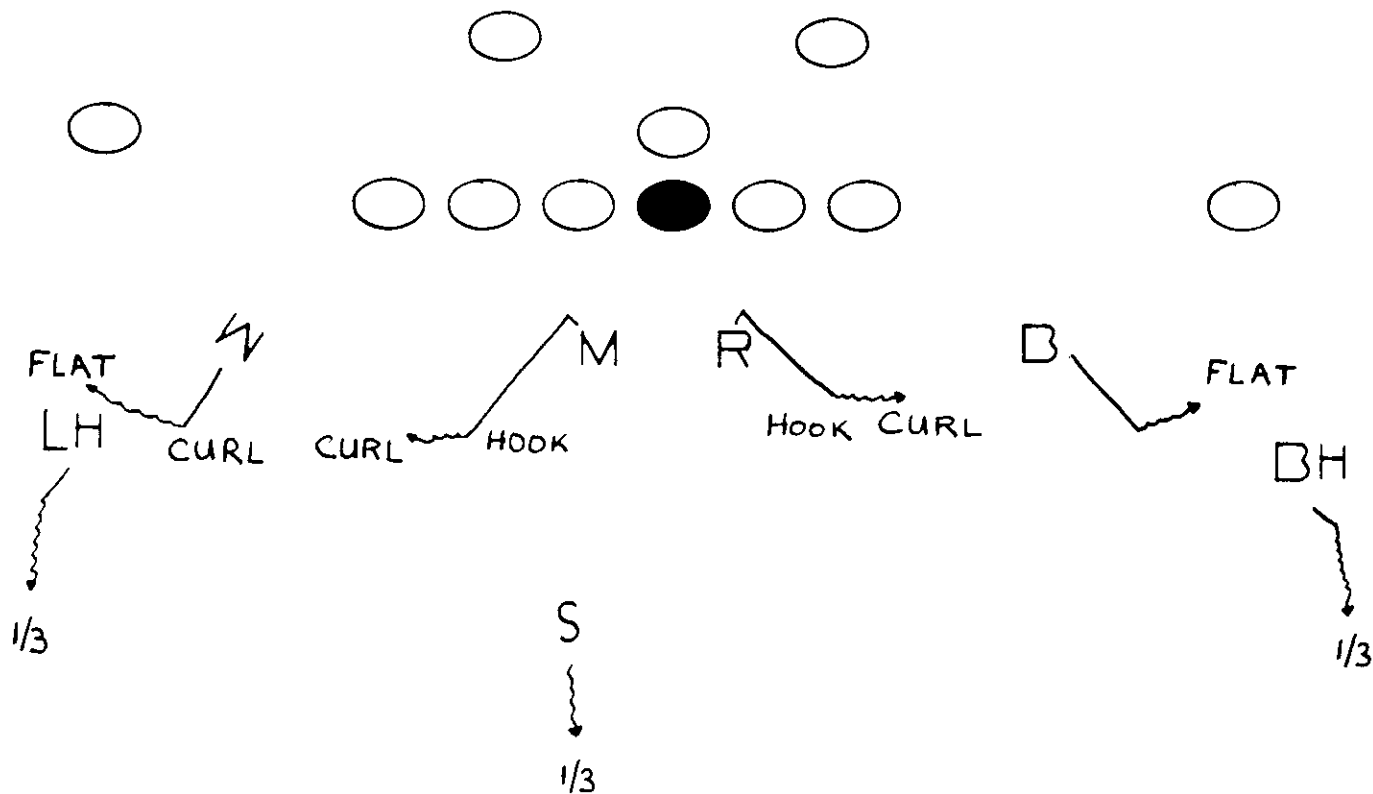
Safety: All Passes - Deep middle third zone

Wide Backer (W): All Passes - Drop through curl to flat

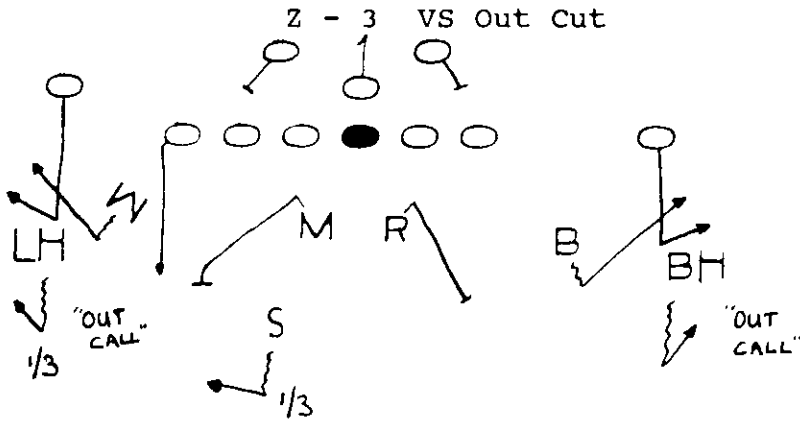
Mike: Dropback Passes - Drop through hook to curl zone

Rover: Dropback Passes - Drop through hook to curl zones

B: Dropback Passes - Cushion your zone
squeeze patterns

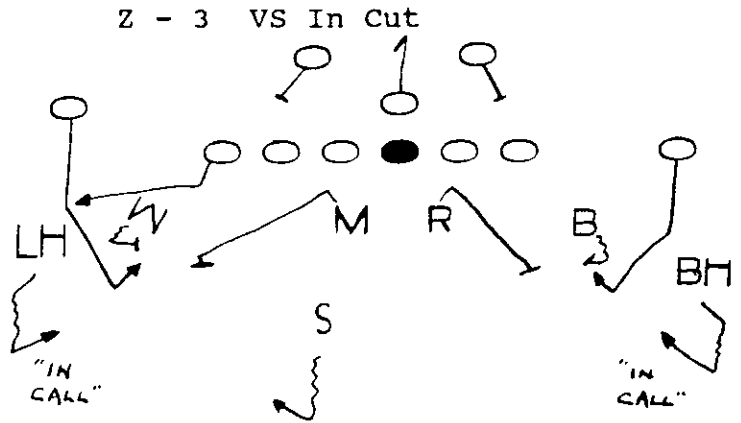


Z - 3 VS Out Cut



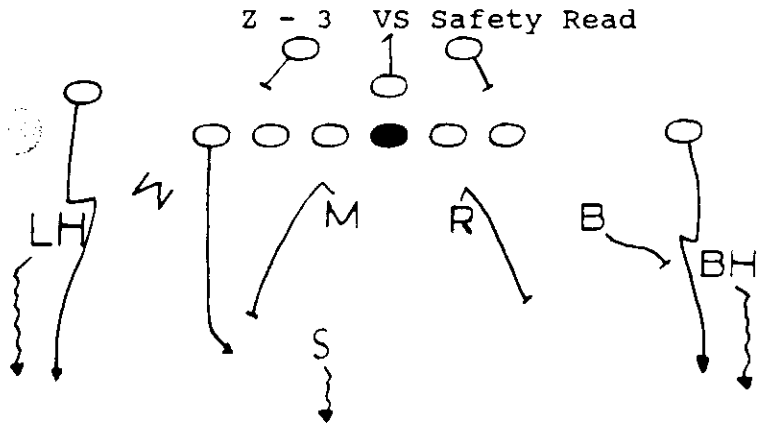
HB's - 4 yd Cushion on cut
Read QB

Z - 3 VS In Cut



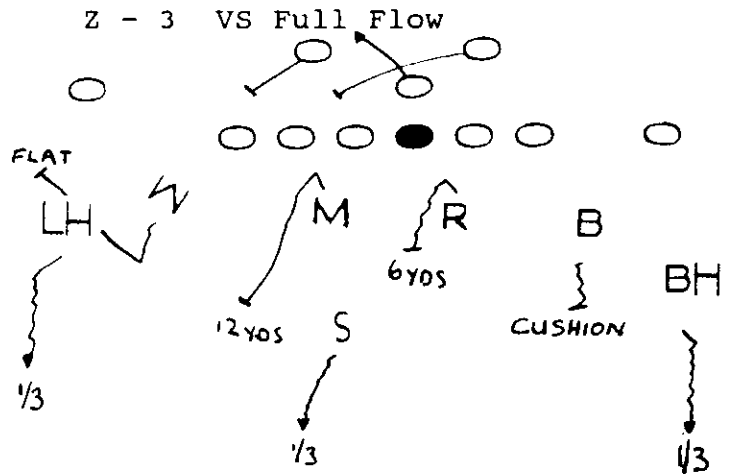
HB's - squeeze curl, look for #3

Z - 3 VS Safety Read

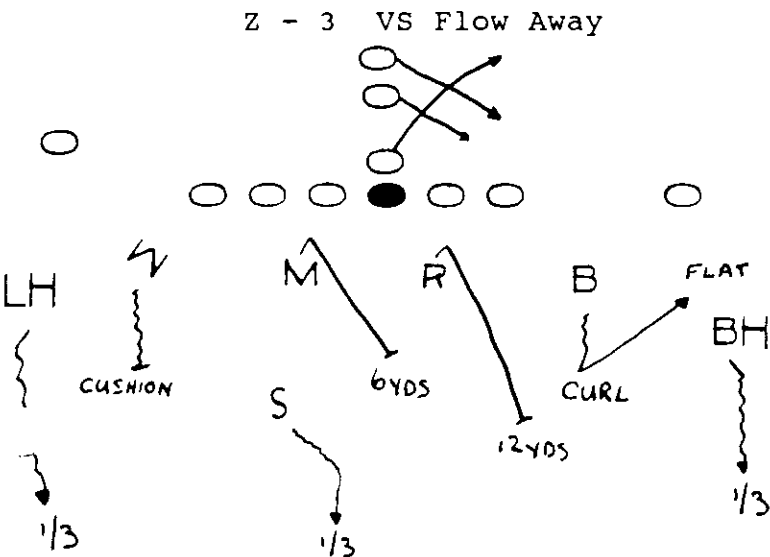


Secondary - squeeze WR in your zone

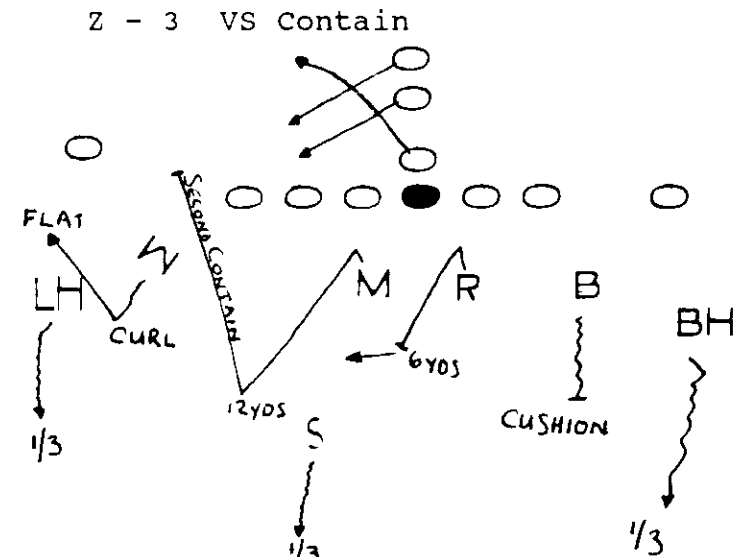
Z - 3 VS Full Flow



Z - 3 VS Flow Away



Z - 3 VS Contain



ZERO ONE (Z-1) OR ZERO EIGHT (Z-8) COVERAGES:

Level Halfback: All Passes - Impede the #1 receiver & level in the flat area.

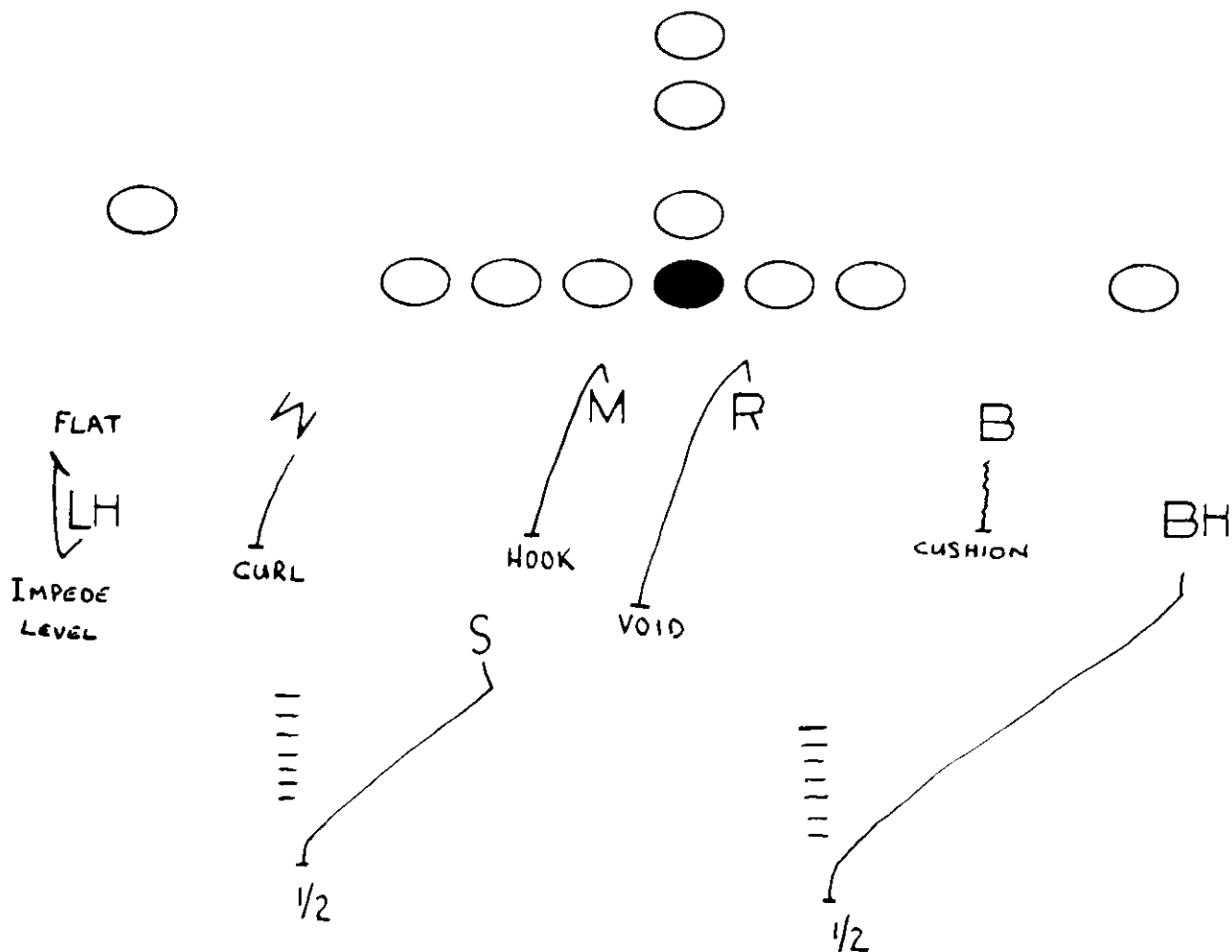
Safety & Boundary: All Passes - Deep 1/2 Zone

W: All Passes - Impede #2 receiver & cover the curl area

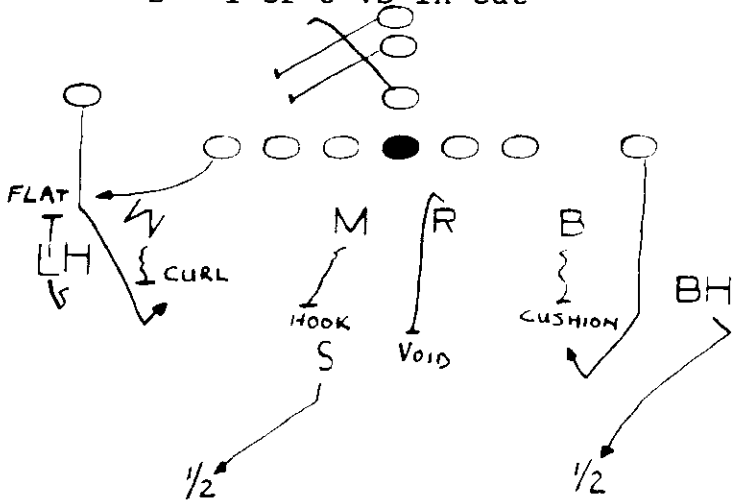
Mike: Dropback or Sprint Out Passes: drop to the hook zone. Flow away: cushion

Rover: Dropback or Sprint Out Passes: Work down the middle void area. Split flow: drop to the backside curl

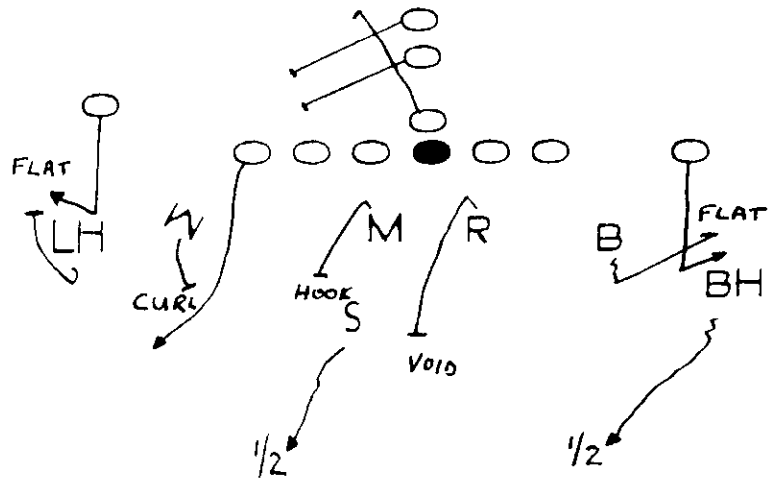
B: Dropback or Sprint Out Passes: cushion & read the #2 receiver. Split flow: drop curl to flat area



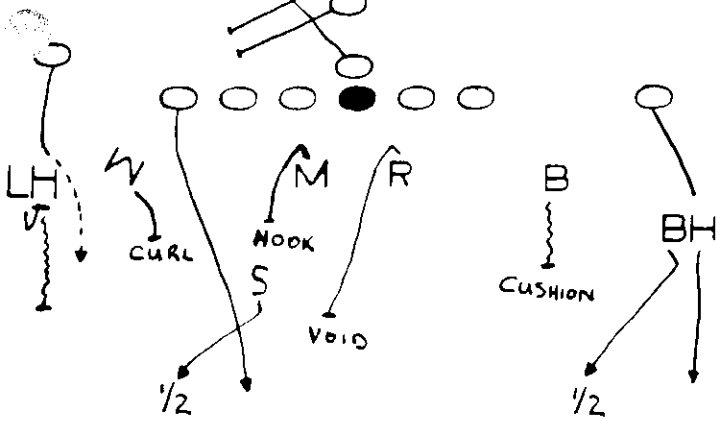
Z - 1 or 8 VS In Cut



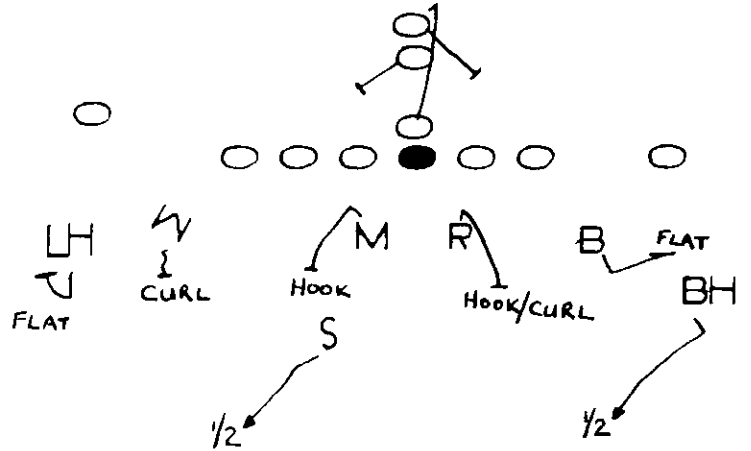
Z - 1 or 8 VS Out Cut



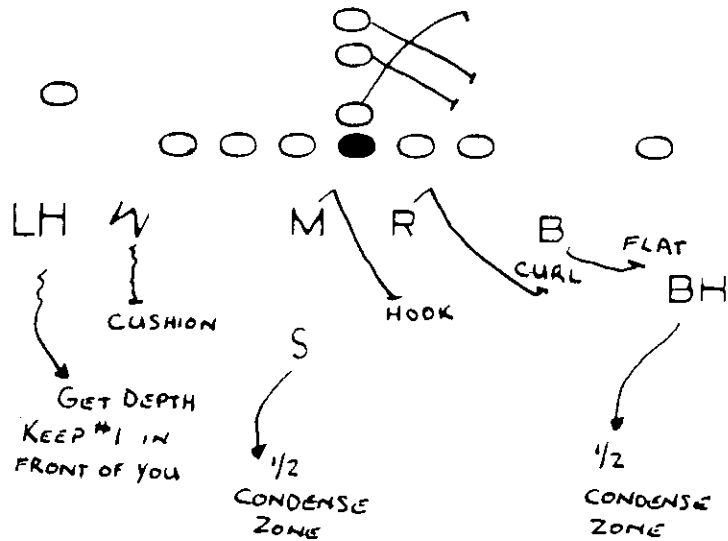
Z - 1 or 8 VS Safety Read



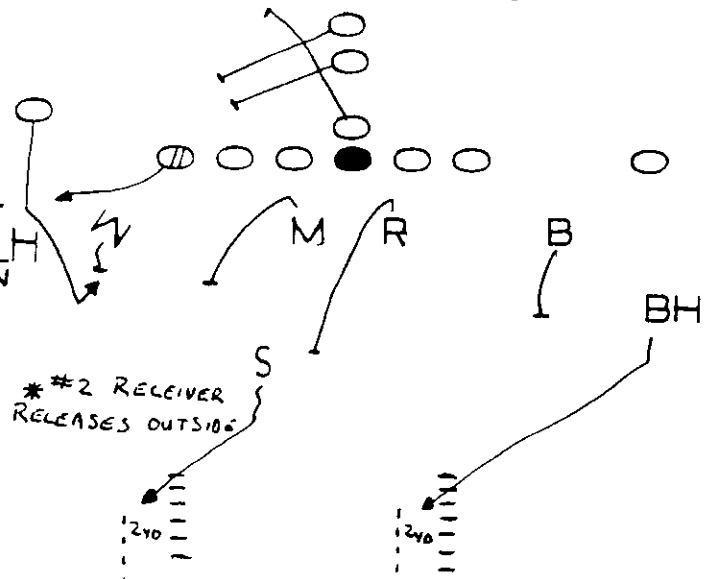
Z - 1 or 8 VS Split



Z - 1 or 8 VS Flow Weak



Z - 1 or 8 VS Flow Strong



ZERO ONE OR EIGHT BANDIT COVERAGE:

Level Halfback: All Passes - MAC coverage vs. the #1 receiver

Safety & Boundary: All Passes - Deep 1/2 Zone

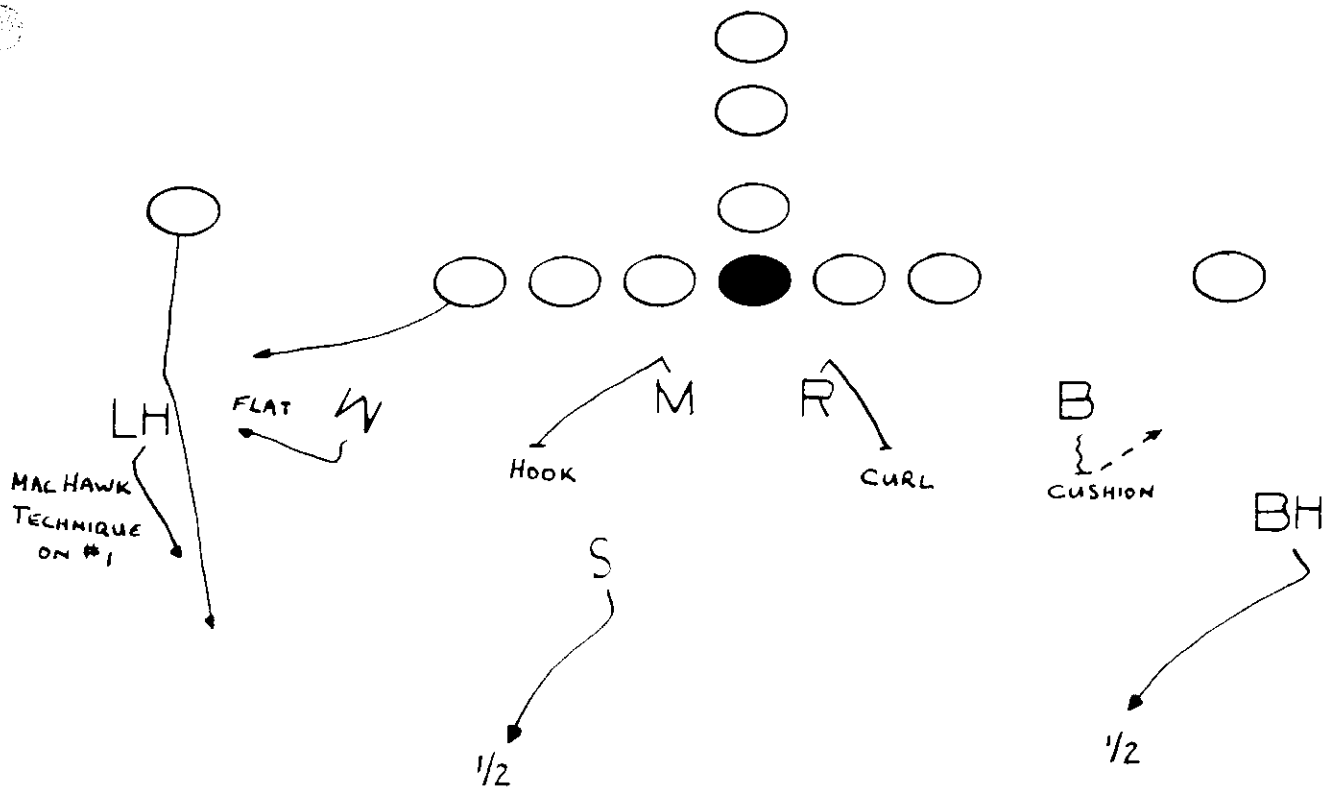
W: All Passes - Drop to the flat if the #2 or #3 receiver goes into the flat area

Mike: All Passes - Play Z - 1 or Z - 8

Rover: All Passes - Z - 1 or Z - 8

B: All Passes - Z - 1 or Z - 8

NOTE: Bandit is called when the safety feels the #1 receiver has become overextended and he feels his zone is being stretched too quickly by the #1's alignment.



ZERO 1 OR 8 COMBO:

Level Halfback: All Passes - Aggressive man-to-man coverage on the #1 receiver

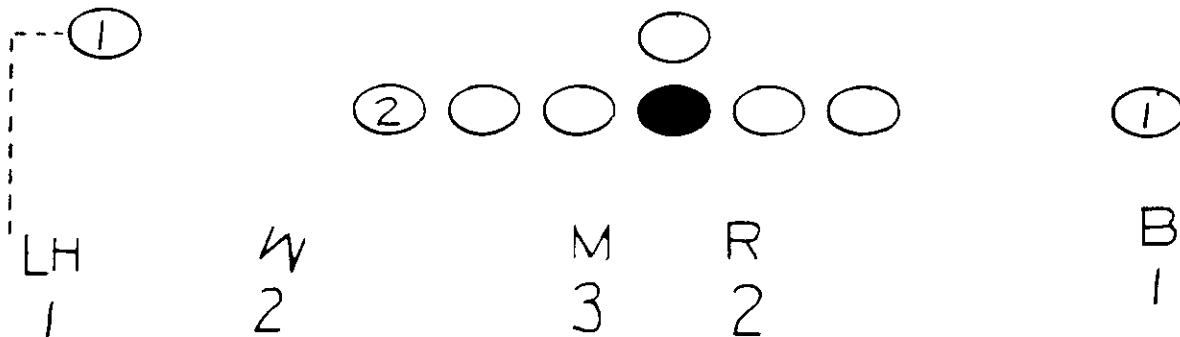
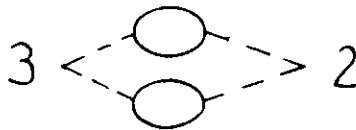
Safety & Boundary: All Passes - Deep 1/2 Zone

W: All Passes - Aggressive man-to-man coverage on the #2 receiver

Mike: All Passes - Aggressive man-to-man coverage on the #3 receiver

Rover: All Passes - Aggressive man-to-man coverage on the #2 receiver

B: All Passes - Aggressive man-to-man coverage on the #1 receiver



S 15+ yds
1/2

BH 15+ yds
1/2

ZERO ONE (Z-1) OR ZERO EIGHT (Z-8) ROBBER COVERAGE:

Level and Boundary: All Passes - Deep 1/2 Zone

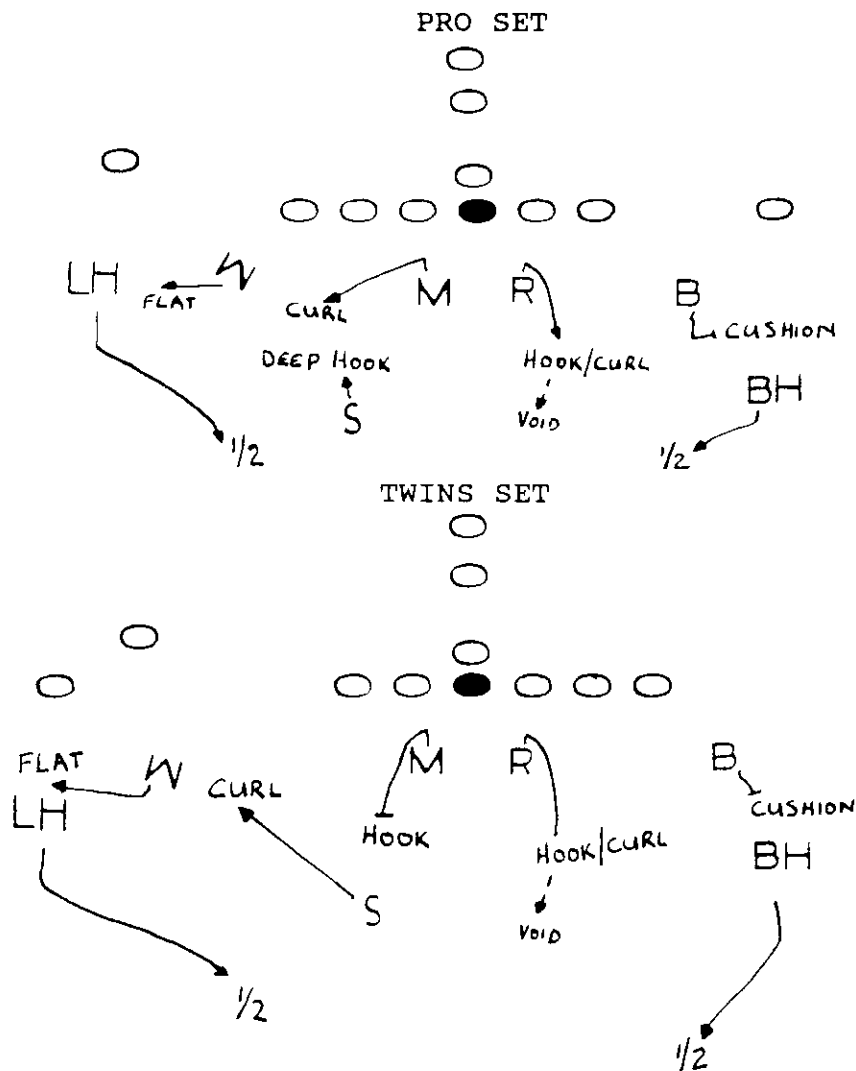
Safety: Vs. Pro Set - Sink to deep hook area.
12 to 15 yards. Read TE
Vs. Twins Set - Sink to curl area.

W: Vs. Pro Set - Drop to flat with Z-3
Technique.
Vs. Twins Set - Drop to Flat

Mike: Vs. Pro Set - Drop to curl area with Z-3
Technique.
Vs. Twins Set - Drop to deep hook 12 to
15 yards

Rover: All Passes - Play Z-1 or Z-8

B: All Passes - Play Z-1 or Z-8



ZERO ONE (Z-1) OR ZERO EIGHT (Z-8) AWAY COVERAGE:

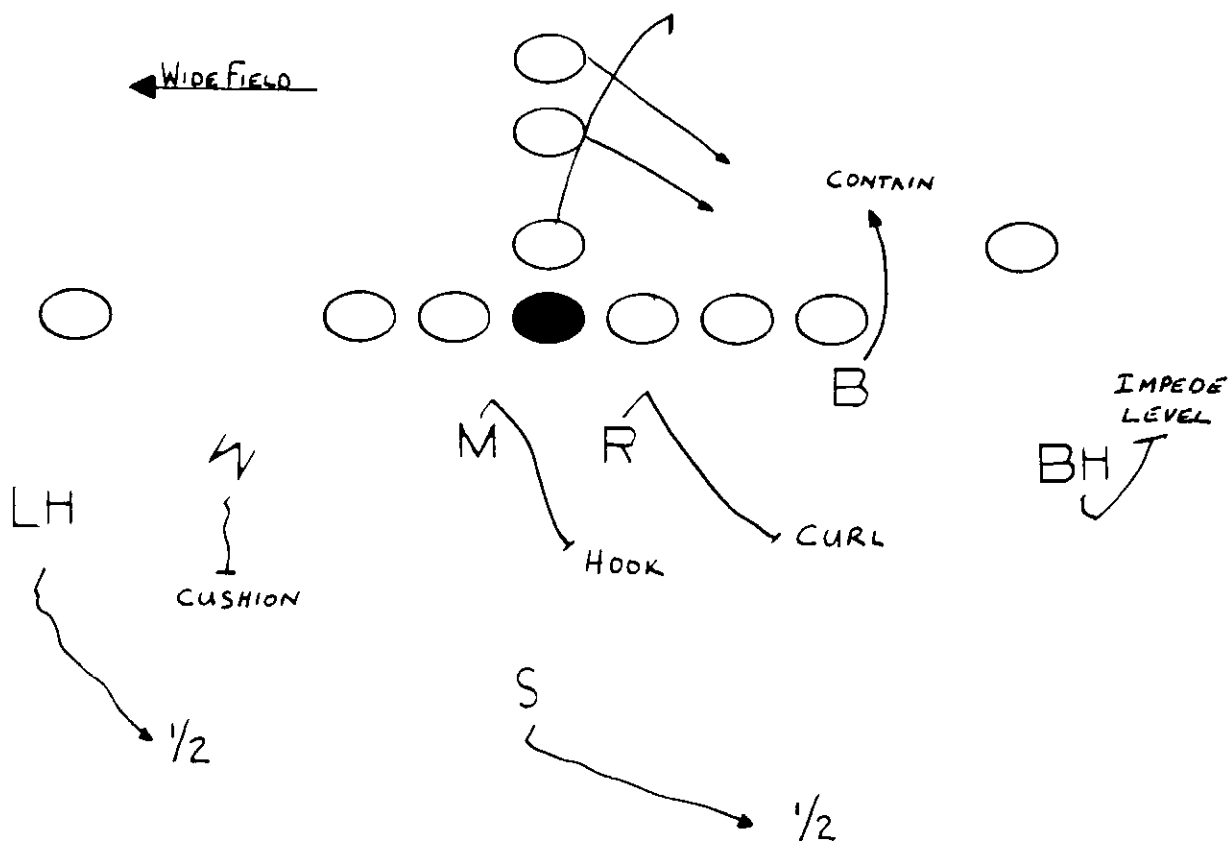
Boundary: All Passes - Impede the #1 receiver & level in the flat area

Safety & Level: All Passes - Deep 1/2 Zone

W: All Passes - cushion - curl

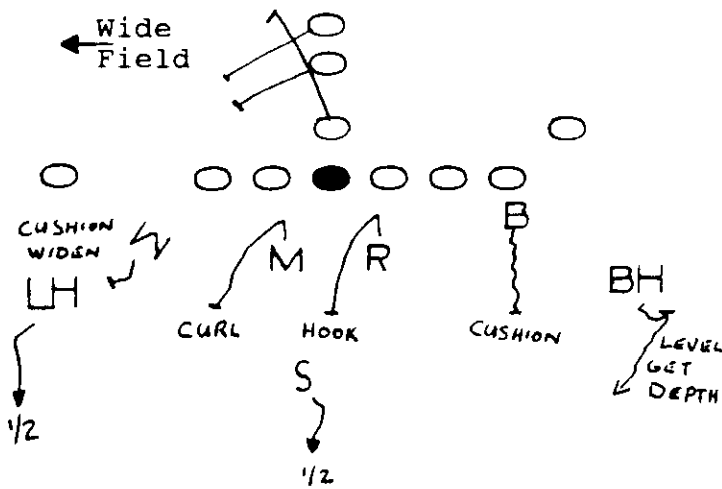
Mike: Flow to coverage call - Cushion in the middle hook areas.
Dropback or flow away - F/S curl

Rover: Flow to coverage call - Drop to curl area
Flow away - Drop to flat area

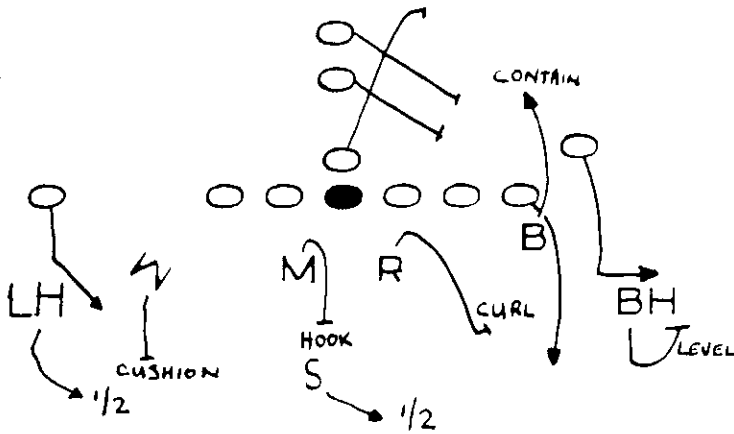


ZERO 1 OR 8 AWAY:

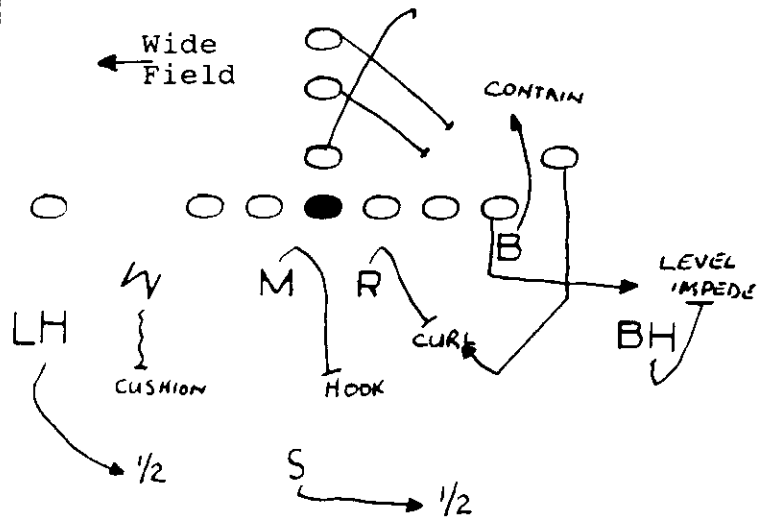
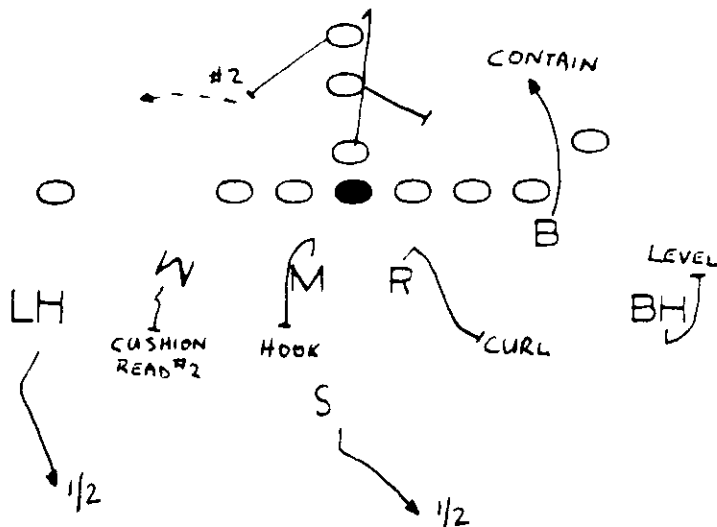
Flow Away
From Level



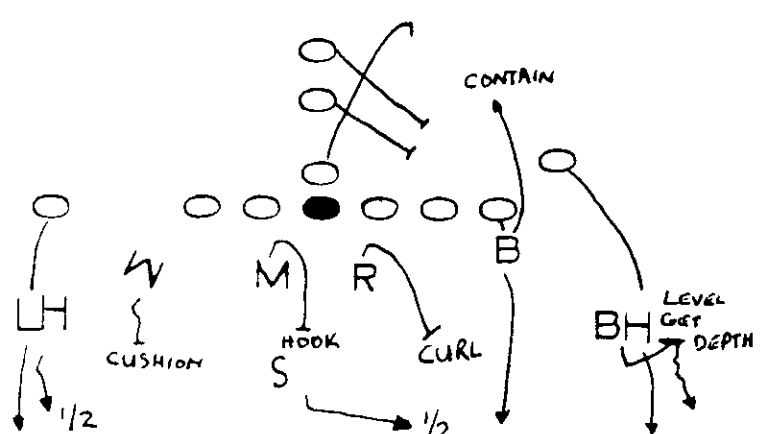
VS OUT CUT



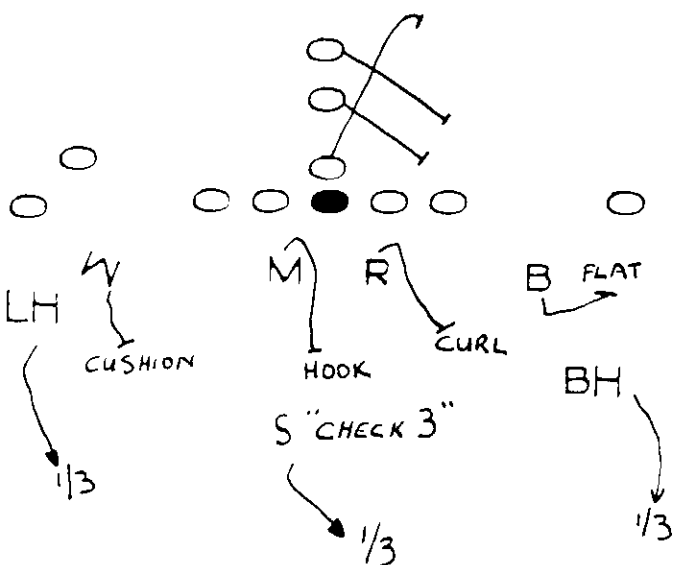
VS SPLIT FLOW



VS SAFETY READ



VS SE BACKSIDE



LOCK-ON-ZONE COVERAGE:

Level Halfback: All passes - Z-1 or Z-8 Technique

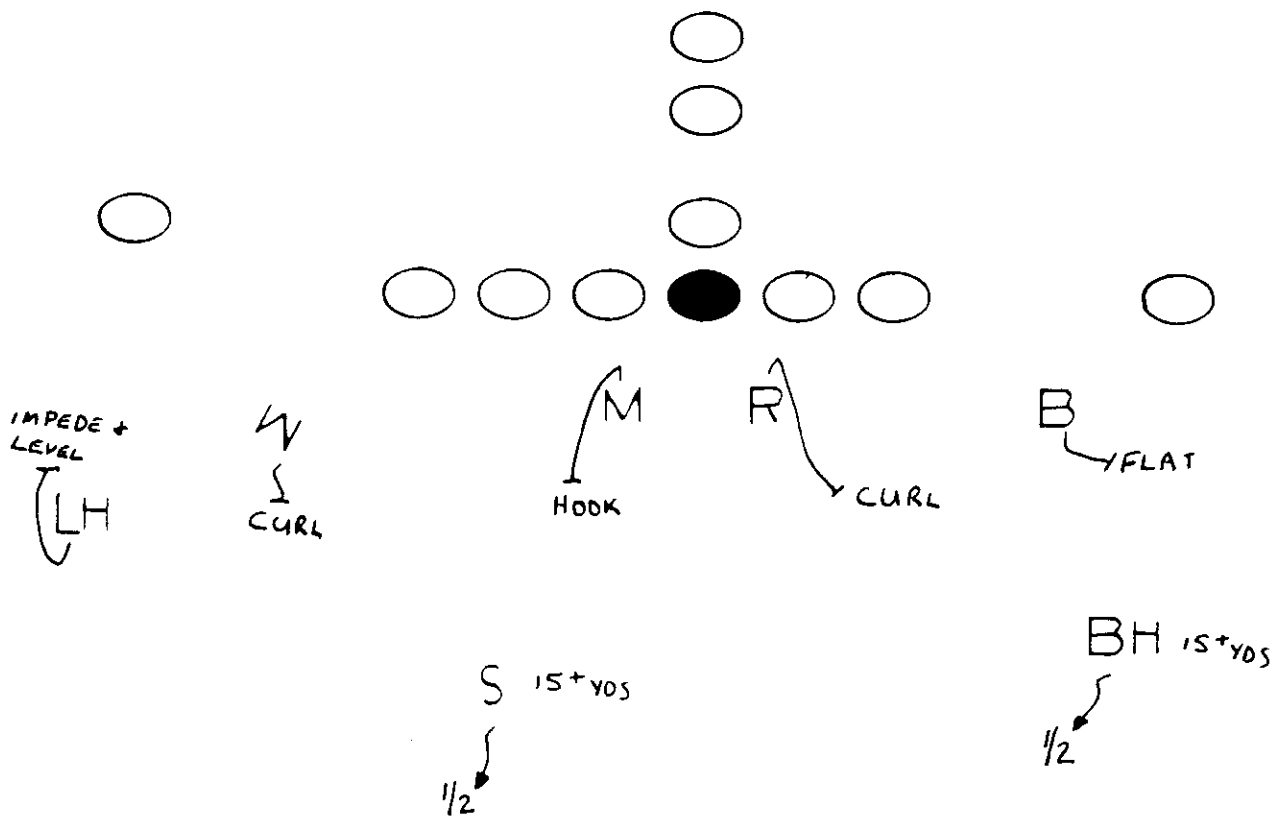
Safety & boundary: All Passes - Align on your hash marks. Z-1 or Z-8 Techniques

W: All Passes - Z-1 or Z-8 Technique

Mike: All Passes - Z-1 or Z-8 Technique

Rover: All Passes-Drop to Backside Curl

B: All Passes - Drop to Flat Zone



MAC COVERAGE:

Level and Boundary: All Passes - Man-to-Man on widest #1 receivers

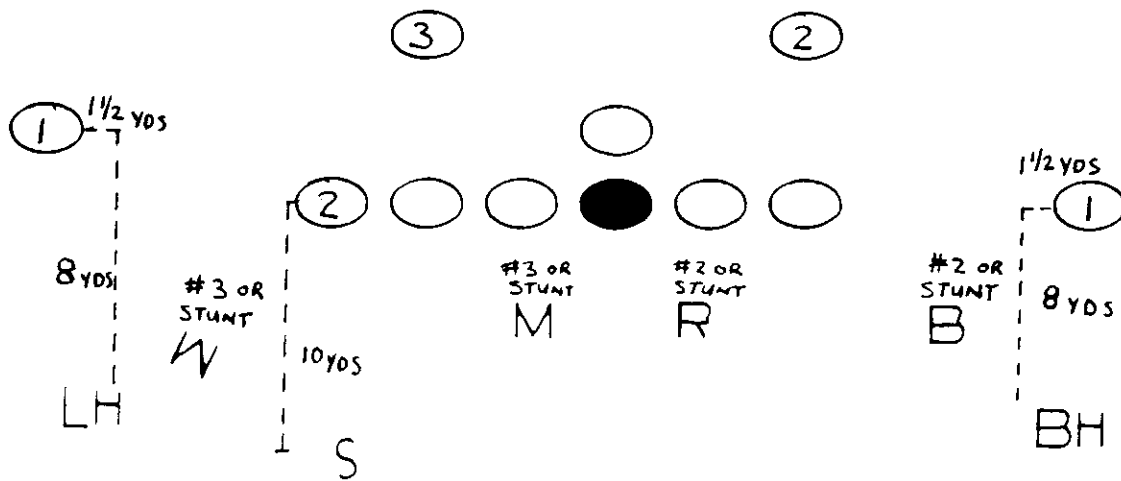
Safety: All Passes - Man-to-Man on the #2 receiver

W: All Passes - Man-to-Man on the #3 receiver if not involved in the stunt

Mike: All Passes - Man-to-Man on the #3 receiver if not involved in the stunt

Rover: All Passes - Man-to-Man on the #2 receiver if not involved in the stunt

B: All Passes - Man-to-Man on the #2 receiver if not involved in the stunt



MAC HAWK COVERAGE:

Level and Boundary: All Passes - Man-to-Man on the widest #1 receiver

Safety: All Passes - Deep centerfield: Deep as the deepest receiver, PLAY THE FOOTBALL!

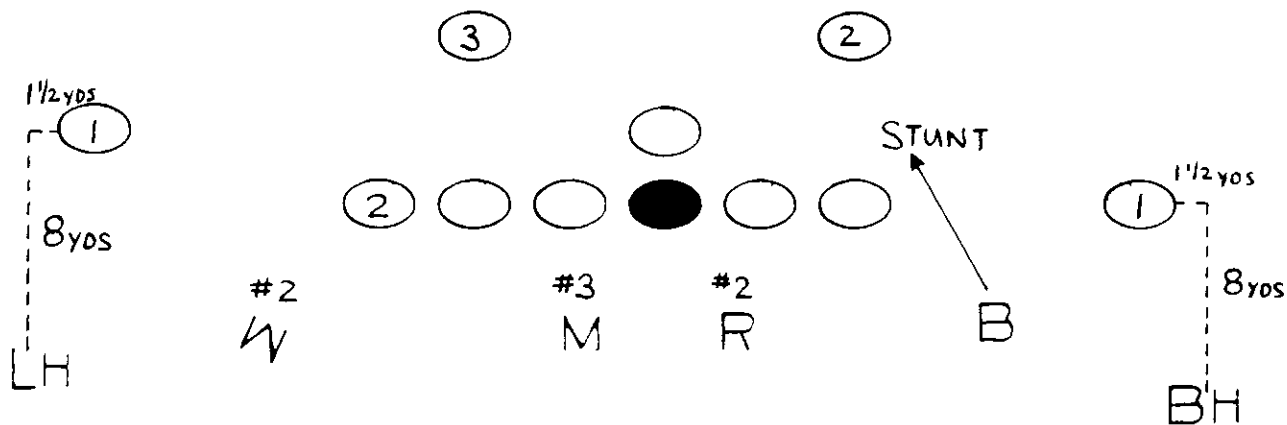
W: All Passes - Man-to-Man on the #2 receiver

Mike: All Passes - Man-to-Man on the #3 receiver

Rover: All Passes - Man-to-Man on the #2 receiver, or stunt responsibility

B: All Passes - Man-to-man on #2 receiver, or stunt responsibility

NOTE: Vs Motion or Deuces: Check Zero 3
 Vs Trip: Check Zero 3 or Zero 1 or 8



S - FREE

DROP ZONE COVERAGE:

Level, Boundary, and Safety: All Passes - Z-3 Technique

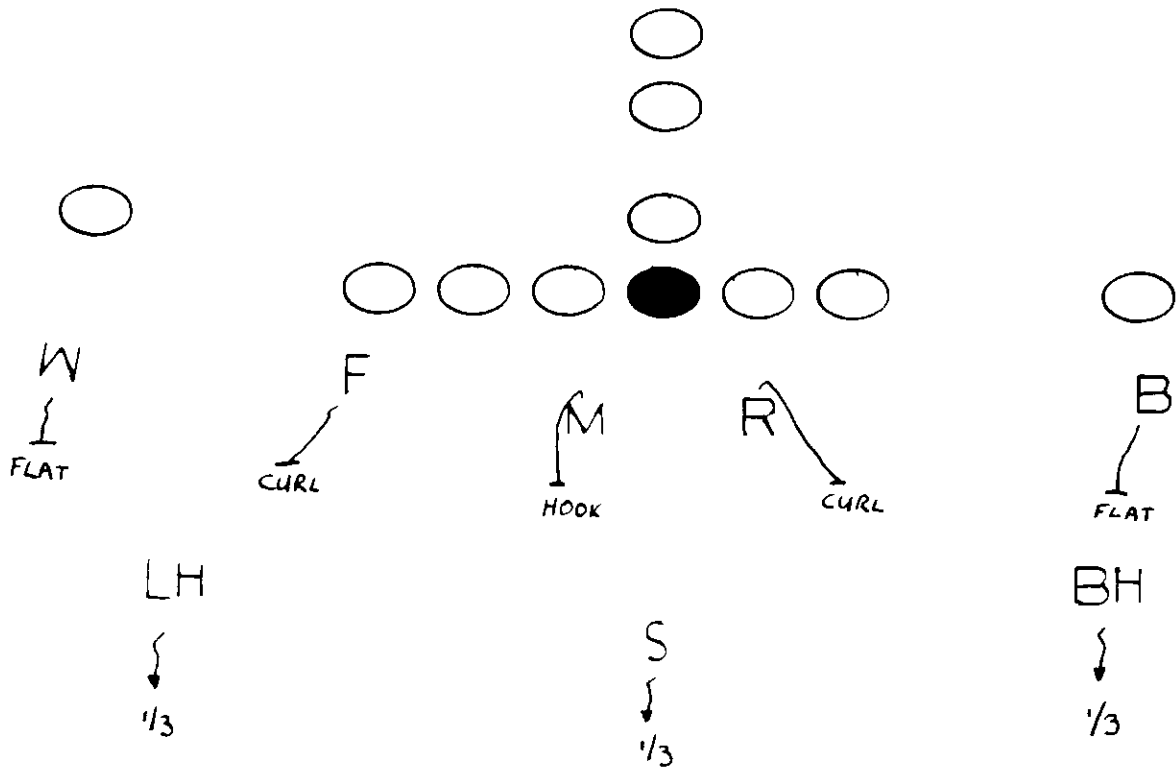
W: All Passes - Impede #1 & drop to the Flat Area

Frontside End (F): All Passes - Impede #2 & drop to the Curl Area

Mike: All Passes - Z-3 Technique

Rover: All Passes - Z-3 Technique

B: All Passes - Z-3 Technique



DROP MAN COVERAGE:

Level, Boundary, and Safety: All Passes - Z-3 Technique

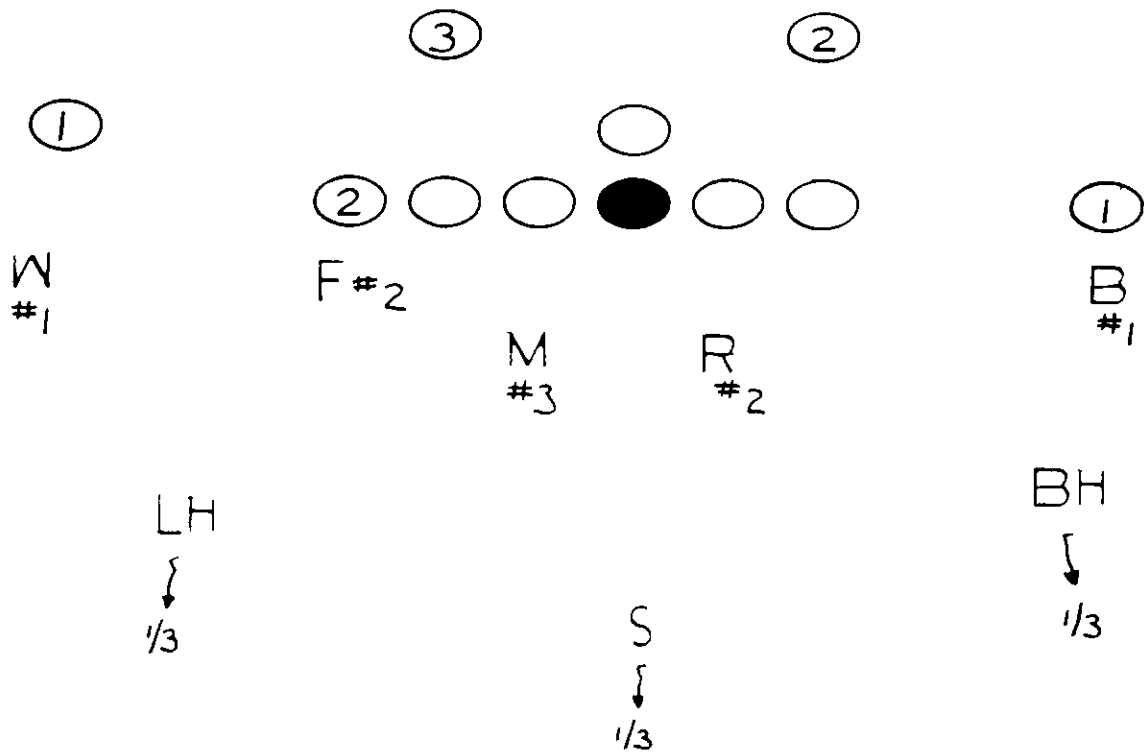
W: All Passes - Aggressive Man-to-Man on the #1 receiver

Frontside End (F): All Passes - Aggressive Man-to-Man on the #2 receiver

Mike: All Passes - Aggressive Man-to-Man on the #3 receiver

Rover: All Passes - Aggressive Man-to-Man on the #2 receiver

B: All Passes - Aggressive Man-to-Man on the #1 Receiver



GOALLINE ZERO

Level and Boundary Halfbacks: Dropback - cover 1/5 zone
 Flow to - cover 1/4 zone
 Flow away - cover 1/4 zone

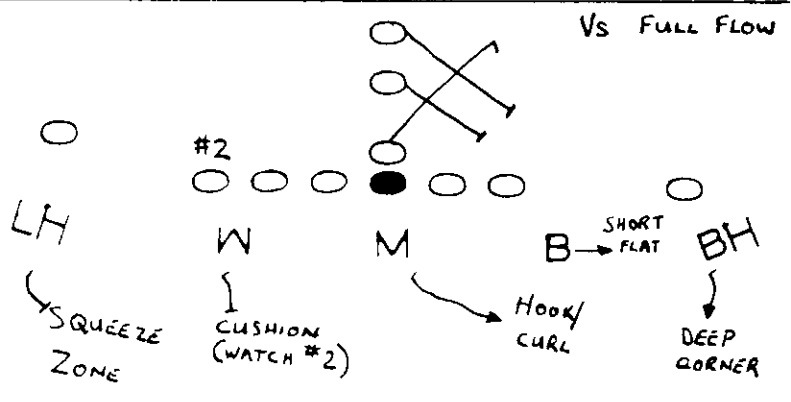
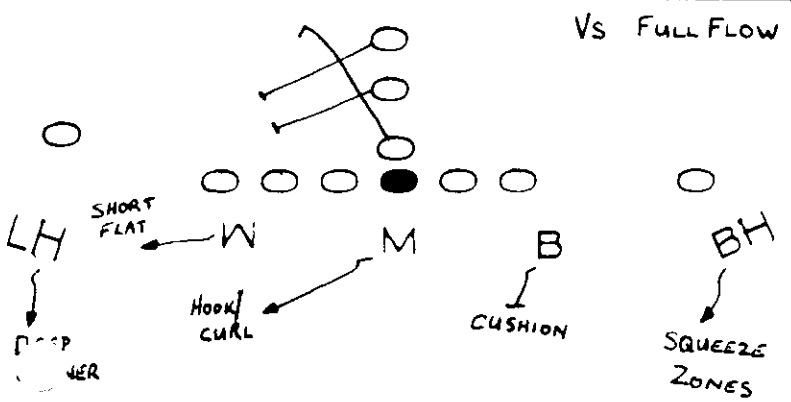
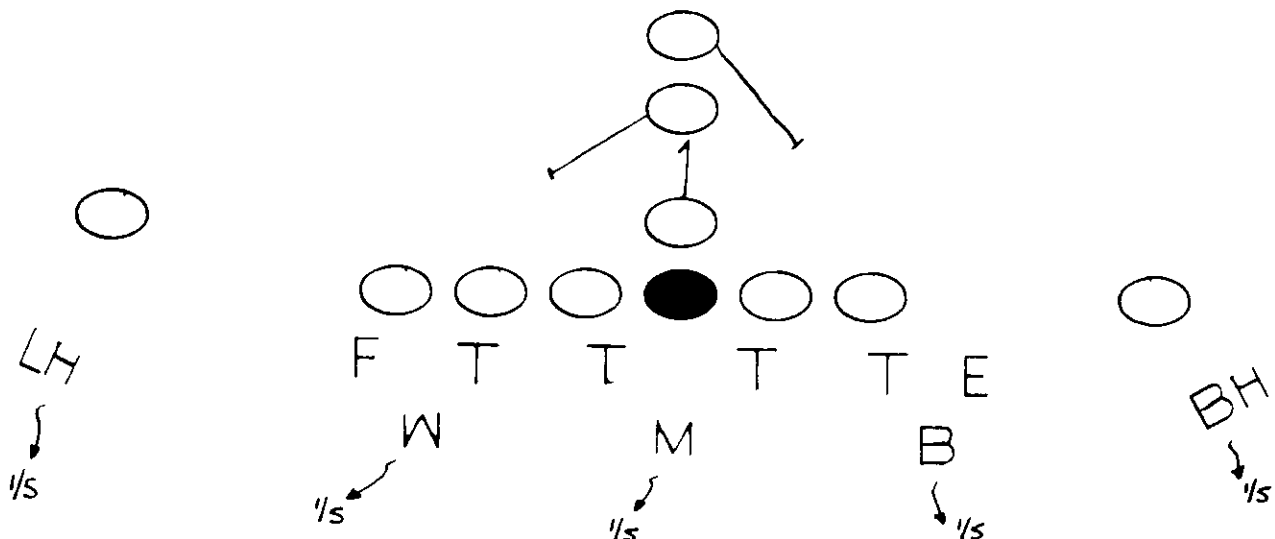
Safety: Must know W's position.

W: Dropback - cover 1/5 zone
 Flow to - cover flat area
 Flow away - cover 1/4 zone

M: Dropback - cover 1/5 zone
 Flow to - cover 1/4 zone
 Flow away - cover 1/4 zone

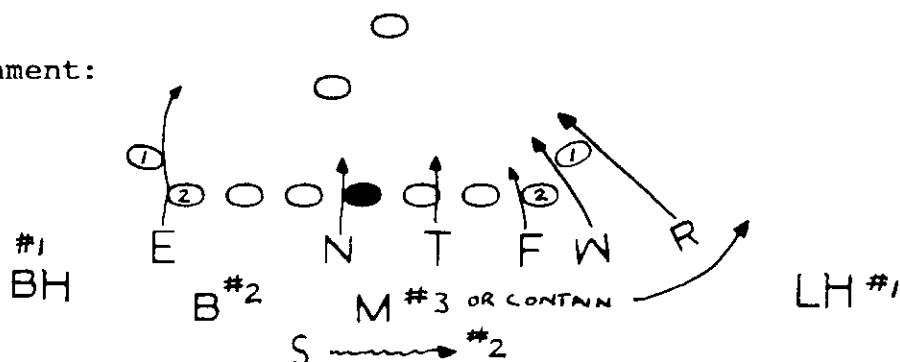
B: Dropback - cover 1/5 zone
 Flow to - cover flat area
 Flow away - cover 1/4 zone

R: Must know M's and B's positions



KICKING GAME
FIELD GOAL BLOCK:

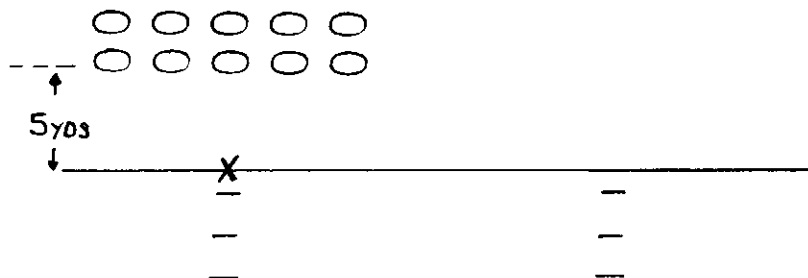
Rush Left Alignment:



1. F - Align (blockside) in a 3-point stance on the inside leg of the TE. Take the inside leg of the TE with you on your rush.
2. W - Align (blockside) in a 3-point stance on the inside leg of the wing. Take his inside leg with you on your rush.
3. R - Align (blockside) in a 3-point stance on the outside leg of the wing. Skin the wing's leg and arm for a point 1.5 yards in front of the tee. Run through the ball with your arms extended and your thumbs locked.
4. N+T - Align in a 3-point stance on the shoulder of your man. Penetrate the gap and go for the block with your arms extended and your thumbs locked.
5. E - Align in a 3-point stance head-up on the TE. Contain rush.
6. M - Align approximately 3 yards off the LOS. Play lookout, contain blockside, vs fake - play kicker or holder (man without the ball).
7. B - Play backside #2 receiver man-to-man.
8. S - Play blockside #2 receiver man-to-man.
9. LH - Play blockside #1 receiver man-to-man.
10. BH - Play backside #1 receiver man-to-man.

Note: 1) If kicked is blocked: the closest man to the ball should pick it up and return it. Everyone else should turn and block above the waist.

2) Rush right (left) W out - W pull out on snap and defend the flat area. M - rush A gap

KICKOFF"WRECKERS"HUDDLE

Note: We will also
 onside kick
 from this
 huddle
 alignment.

1. Kicker - You will set the ball.
2. #3 - You will call the huddle 5 yds off the ball
 (everyone else will be standing tall!)
3. Kicker will take whistle from huddle, next he will give
 "ready" call. Front line will snap down hands on knees.
 Backline will align squarely behind the front line. Kicker
 will finish the call.

Example: "Kickoff 5" (rightside)
 "Kickoff 5" (leftside) "Ready break!"

Kickoff 5 = right
 Cross = left
 Open = open area

ALIGNMENT

#10 - 2 yds from sideline

7 - 2 yds from hash

#9 & 8 - Split the difference between each other and #'s 10 & 7

6 - 2 yds inside hash

5 - 5 yds inside offside hash

2 - 1 yd outside the offside hash

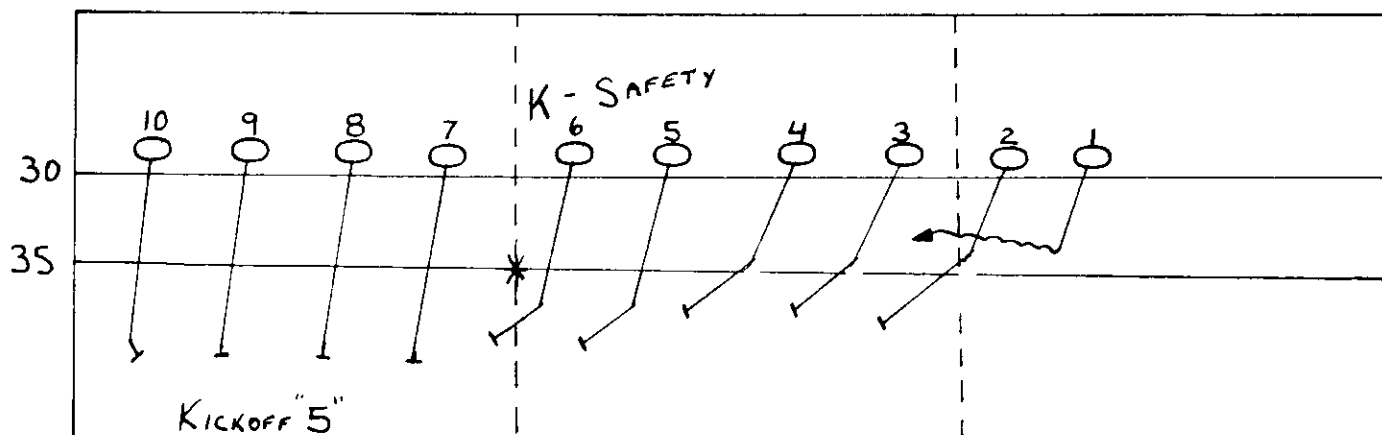
1 - 5 yds outside the offside hash

#3 & 4 - split the difference between each other and #'s 2 & 5

K - is our safety

#2 & 9 - are our contain men

#1 & 10 - are our second level hit men when the ball comes upfield. If the ball comes to your sideline, work to contain.

Rules:

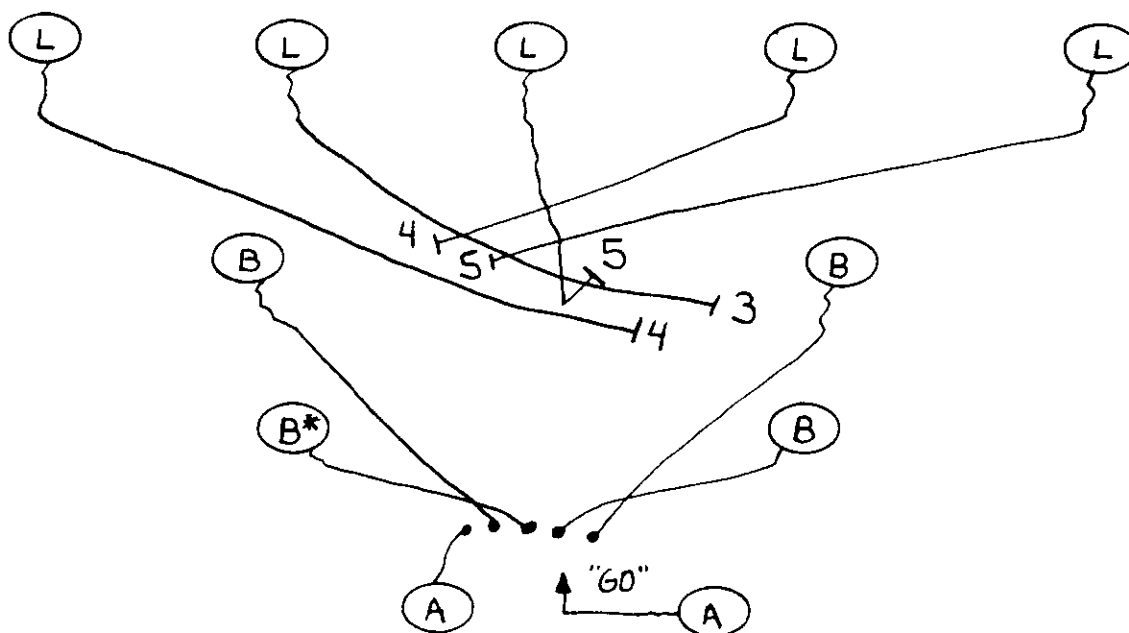
1. Always work to stay in your lane. **NEVER CROSS WITH ANOTHER WRECKER!**
2. Avoid blockers early to the ball or call side.
3. Run thru blocks late.
4. Always maintain outside leverage based on where the ball is. Keep you outside shoulder (the one between the ballcarrier & the sideline) free.

KICK RETURN
"RAIDERS"

Middle Return

(K)

(1) (2) (3) (4) (5) (5) (4) (3) (2) (1)

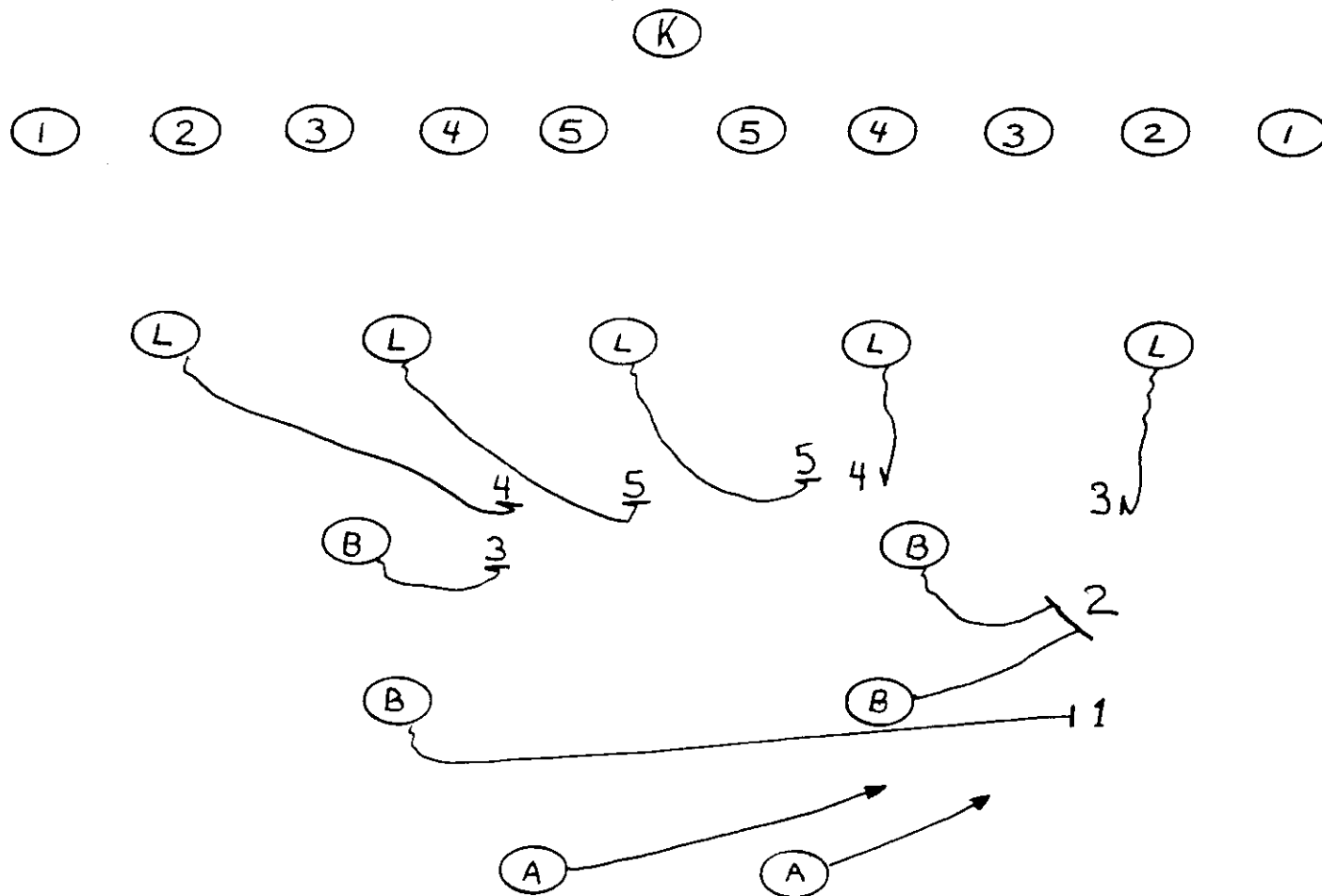


L's - Align in a 2-point stance, open hands ready for the short kick. Once the ball is kicked, drop back 20 to 25 yards to cross & block your man above the waist.

B's - Align in a 2-point stance, open hands ready for the short kick. Once the ball is kicked, B* will set the wedge 5 yards in front of the returner. All B's get shoulder-to-shoulder in the wedge. Move forward on "GO" call from returner.

A's - The right returner makes the call, "Me, Me, Me" or "You, You, You", to indicate who is getting the ball. The other returner becomes wing man on the wedge. The returner gives a "Go" call & gets up into the wedge. Look for daylight & break for paydirt. **DON'T DANCE IN THE WEDGE!!**

KICK-OFF RETURN - RIGHT (LEFT)



L's - Same alignment as in Middle Return. Once ball is kicked, drop back 20 to 25 yards and block your assignment above the waist.

B*'s - Same alignment as in Middle Return. Once ball is kicked, move together and double team #2.

B (away from side called) - Same alignment as in Middle Return. Once ball is kicked, drop back 20 to 25 yards and #3.

B (to call side) - Same alignment as in Middle Return. Once ball is kicked, run over and kick out block #1.

DICKINSON PUNTING GAME:

A. COACHING POINTS

1. How punts will be called:
 1. NORMAL : on center's snap
 2. POOCHER : on center's snap from opponent's 35 yard line or closer.
 3. BACKED UP : on center's snap from inside our 4 yard line
2. Stance and Splits
 1. Everybody will assume a 2-point stance with hands on the knees & elbows locked.
 2. Guards : 2 foot splits
 3. Tackles and Ball Men : 3 foot splits
 4. Up Backs : align in center/guard gaps 1 yard deep
 5. Fullback : 5.5 yards behind RT guard
 6. Punter : 14 yards behind center
3. Snap
 1. Everybody will watch the ball out of the corner of their eye.
 2. FB will make a "ready" call.
 3. Center will snap the ball anytime after the ready call.
 4. In case of a poor snap, the punter must field the ball without going to a knee.
4. Poocher Punt
 1. Inside the opponent's 35 yard line.
 2. Ball should bounce around the 5 yard line.
 3. UB's should make the play before the ball travels into the endzone.
5. Backed Up Punt
 1. Everybody MUST block until the ball is kicked. Inside the 4 yard line.
6. Coverage
 1. KEEP BALL INSIDE & IN FRONT AT ALL TIMES.

B. COUNTING CALLS

1. Our punt protection is based on a MAN protection. The UB's & Fullbacks must learn the different calls & the counting system.
2. The nose guard will ALWAYS be counted as 1 Right. On a nose stack, it will be counted as 1 Right & 1 Left.
3. When making count calls, count any defender at LBer depth or closer.

4. UB's will make a MAN call if there are 3 or less defenders to their side. (Somebody will always be free to cover immediately in a MAN call).
5. UB's must make a COUNT call if there are 4 or more defenders to their side. You count stacks as two defenders to your side except for a nose stack.
6. Full back will make a 5 call when there are 5 defenders to one side. He will then block #3 to the side of the call. Now the tackle will then block #4 and the ball man will block #5.
7. If there are 6 defenders to one side or 10 defenders on the LOS, the Full back will make a ZEBRA call & all positions zone block.

C. RULES AND ASSIGNMENTS

1. Center: Make perfect snap & sprint directly to the ball. If covered by a NG, release to your left so as to force him to rush to your right.
2. Up Backs: Block #1 to your side on a count call. On man call, block the nearest defender to you. UB's must make a man or count call on every punt.
Technique - Point to your man & yell, "I've got #__". This will prevent us from blocking the wrong defender. On the snap: Step & Jolt; face on numbers, bring your man to a halt, release him to your outside, & sprint to your landmark.
3. Guards: Block #2 to your side on a count call. On man call, block the nearest defender.
Technique - Same as for UB's.
4. Tackles: Block #3 to your side on a count call. (*If FB makes a 5 Call, block #4 to your side.) On man call, block the nearest defender.
Technique - Same as for UB's.
5. Ball Men: Block #4 to your side on a count call. (*If Fullback makes a 5 call, block #5 to your side.) On man call, block nearest defender.
Technique - Same as for UB's, except you go right to the ball.
6. Fullback: On count or man call, block the most dangerous rusher (check inside out). If you make 5 call block #3 to your side.
Technique - Block man high in the #'s. Stop his charge,

and release. If they set up a wall, get outside of it and go for the ballcarrier.

7. Punter: Catch the ball. Get it off in 2.0 seconds.
Technique - 2-step punter. You then become the safety.
 On backed up punt, your heels will never be closer than 1 yard to the end zone line.

D. FAN AND COVER

- | | | |
|----------------------|---|-----------------------------------------------------|
| 1. Center & Ball Men | : | Directly to ball |
| 2. Tackles | : | 8 yards from side line: ball never gets outside you |
| 3. Guards | : | 4 yards outsided your hash |
| 4. Up Backs | : | 3 yards inside your hash |
| 5. Fullback | : | Get into wall |
| 6. Punter | : | Safety |

NOTE: Regardless of our field position your landmark will NEVER change. NEVER follow one of your own men.

KEEP THE BALL INSIDE AND IN FRONT

E. PUNT FAKES:

1. Overload: Fullback will make the call, "Overload 6, Overload 6, (points to a man to his side), I've got ___." The Tackle and Ball Man to the side called will also recount as in the 5 call. Once this is done, the Fullback will give a "Ready" call, and the center will snap it to him.

RULES:

1. The backside will scoop.
2. Frontside will block down.
3. Near UB will kick out. Far UB will lead through & seal the LB.
4. FB will get snap & follow Far UB through the hole and SCORE.
5. Punter will fake like the snap has gone over his head.
6. Center will snap ball to the FB & scoop.

DEFENSIVE PUNTING GAME**Punt Return - Punt Block**

The success of the block or return depends on the exact execution of all individuals involved. This is one phase of the game in which the defense now has the opportunity to SCORE! It is the responsibility of all personnel to know your exact assignment. Often times we will want to disguise our intentions as the kicking team approaches the football. But then upon their preliminary call, you must be in your positions and ready to execute your assignment.

The four don'ts of the kicking game must be stricly adhered to:

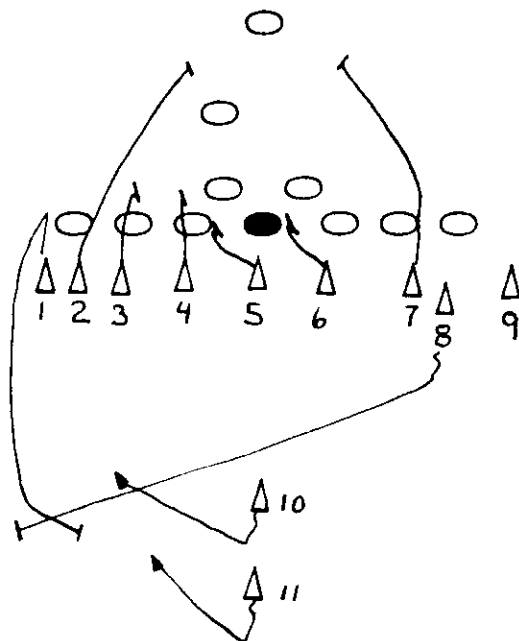
1. Don't rough the kicker!
2. Don't be offside!
3. Don't clip!
4. Don't let the ball hit the ground!

Some additional points must also be followed by the individuals responsible for fielding the ball.

1. Don't field the ball inside the 10 yard line unless they are kicking from their 40 yd. line or deeper.
2. If the fair catch signal is given, don't block; however, you can decoy away from the ball.
3. The kicking team must fall on the ball to kill it. Touching doesn't down the ball, it is stil alive!

In the event of mishandling the ball, fake kick, or blocked kick, a "FIRE" call will be given to alert all defensive personnel that we have to react to the particular situation.

LET'S SCORE EVERY GAME!

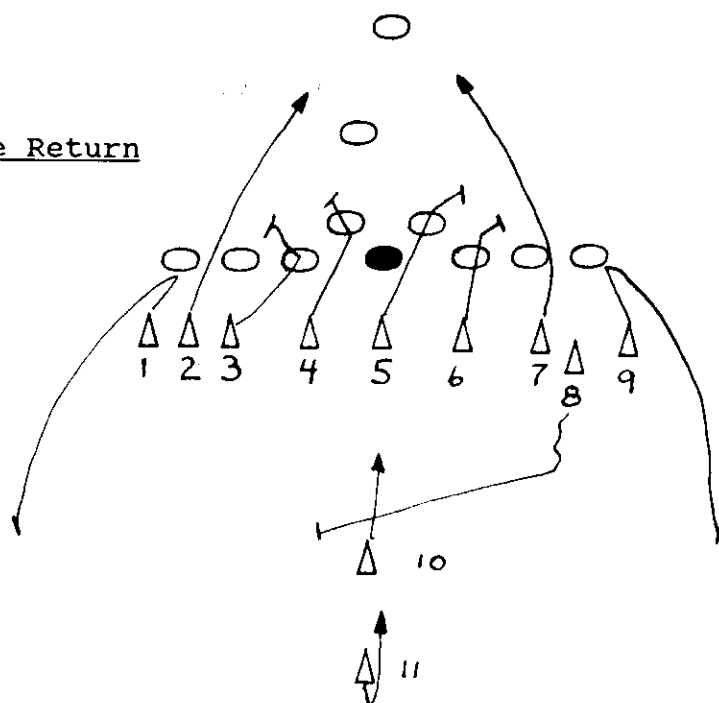


91 RETURN

- # 1 Play end man-to-man. force him wider in coverage and & release at 15 yds. to peel back inside.
- #2 Rush & force the punt. Engage the Fullback & wall him away from the call.
- #3 Engage & pin Tackle to the inside. Shadow him down field with outside leverage.
- #4 Engage & pin Guard to the inside. Shadow him down field with outside leverage.
- #5 Engage & pin Up Back to the inside. Shadow him down field with outside leverage.
- #6 Engage and pin Up Back to the outside. Shadow him down field with inside leverage.
- #7 Rush & force the punt. Check punter, if he covers shadow & screen him away from the return alley.
- #8 Pop out on snap & check for a fake. Shuffle for depth & see the ball punted. Get as deep as the short safety to get a good angle to kick out the contain man.
- #9 Play end man-to-man. Force him outside & maintain inside leverage.
- #10 Short safety will direct the deep safety & make all calls. He will fair catch all short kicks. If the ball is going deep, position yourself to protect the deep safety. Give a "Go" call & lead the deep safety to the 91 side. Give "Fair" call if th coverage is pressuring the catch.
- #11 Deep safety will handle all kicks over 35 yds. He will go with the return on a "Go" call & signal for a fair catch on a "Fair" call.

Switch call on contain - The #1 and #9 must be aware of the end man releasing inside to Hawk the ball. When he crosses inside pin & shadow him down field. The #3 man will engage the Tackle & stretch him for 15 yards before releasing him to be kicked out.

98 RETURN is the opposite of 91. The #1 & #9 switch roles; #2 & #8 switch roles; #3 & #7 switch roles; and the #'s 4,5,& 6 men go to the right to leverage cover man.

95 Middle Return

- #1 Play end man-to-man. Shadow him all the way down field.
- #2 Rush and force the punt. Shadow the FB down field.
- #3 Engage and jam the guard. Force him to release outside and shadow him down field with inside leverage.
- #4 Engage and jam upback. Force him to release outside. Shadow him down field with inside leverage.
- #5 Engage and jam the upback. Force him to release outside. Shadow him downfield with inside leverage.
- #6 Engage and jam the guard. Same technique as #'s 3-5.
- #7 Rush and force the punt. Shadow the punter down field. Screen him from the play.
- #8 Pop out, shuffle back checking for the fake. Once the ball is punted, get your depth and trap the center down field. Shadow him down field.
- #9 Play end man-to-man. Engage him and force him outside. Shadow him down field with inside leverage.
- #10 Control and make all calls. Fair catch all short kicks. Secure and make "Go" calls. Look inside between the guards to lead the deep safety to an opening. Make a "Fair" call if coverage is pressuring the catch.
- #11 Deep safety will handle all kicks over the short safety head. Listen for call. Secure the catch. Look for lane.