

# My College Defensive Playbook

## DEFENSIVE PRIORITIES (cont.)

### IV. TACKLING

- A. Get after people every play and OUTHIT them.
- B. Once you see the ball, all 11 defensive players come full speed, not half-speed. You've got to want to get in on the hit or make it.
- C. GANG TACKLE - This is what defense is all about. You can't beat a defense that has everyone going full speed to the ball carrier and as many people that can, hit him until the whistle blows. This is where your defense gains respect. You do this every Saturday and people won't even want to play you. If you're an aggressive football player, you will have a lot of total tackles.

HOW FAR AWAY FROM THE BALL WILL YOU BE WHEN THE WHISTLE BLOWS?

DEFENSIVE GOALS

1. \_\_\_\_\_ WIN THE GAME
2. \_\_\_\_\_ HOLD OPPONENTS TO 10 OR FEWER POINTS
3. \_\_\_\_\_ SCORE 94% ON HUSTLE
4. \_\_\_\_\_ 90% TACKLING
5. \_\_\_\_\_ NO MORE THAN 4 CONSECUTIVE 1ST DOWN
6. \_\_\_\_\_ HOLD TOTAL YARDAGE UNDER 275 YDS./GAME
7. \_\_\_\_\_ ALLOW NO MORE THAN 150 YDS. RUSHING
8. \_\_\_\_\_ ALLOW NO MORE THAN 125 YDS. PASSING
9. \_\_\_\_\_ KEEP 3rd DOWN CONVERSION RATE UNDER 35%
10. \_\_\_\_\_ HOLD OPPONENTS SCORELESS IN 4th QUARTER
11. \_\_\_\_\_ GOALLINE EFFICIENCY OF 75%
12. \_\_\_\_\_ GET 3 TURNOVERS A GAME
13. \_\_\_\_\_ SCORE OR SET UP SCORE
14. \_\_\_\_\_ HOLD OPPONENTS UNDER 3.3 YDS./CARRY
15. \_\_\_\_\_ NO RUN OVER 20 YDS.
16. \_\_\_\_\_ NO RUN OVER 10 YDS. AFTER RECEPTION
17. \_\_\_\_\_ NO MORE THAN 15 YDS. IN PENALTIES PER GAME
18. \_\_\_\_\_ GET 1 SACK PER EVERY 12 PASS ATTEMPTS
19. \_\_\_\_\_ INTERCEPT 1 OUT OF EVERY 15 PASS ATTEMPTS
20. \_\_\_\_\_ HOLD COMPLETION PERCENTAGE UNDER 40%

GOVERNOR AWARD STARS

DEFENSE

Team Awards

1. Win.
2. Shut Out.
3. Defense scores.
4. Stop team inside 10 yardline. let a Goal from 6 or less.
5. Force opponent to punt from inside their own 5 yardline.

- Lose a Star -

1. Flagrant Penalties

Individual Awards

1. Pass interception.
2. Block Kick.
3. Kick-off tackle inside 20 yardline.
4. Cause fumble or interception.
5. Recover fumble.
6. Outstanding second effort or great hit.
7. Quarterback sack.
8. Key block on punt return for touchdown.
9. 2 passes broken-up.
10. Hustle player or players of game.
- 10.a Hustle 94%.
11. Punt return of 30 yards or more.
12. Scout player doing best job against Defense. Sow Award
13. Two tackles for a loss on running play.
14. Two knock-back tackles per/game.  
\* Take part in 50% of plays to qualify.
15. Never let ball hit ground on punt.

### ENTHUSIASM

That certain something that makes us great; that pulls us out of the mediocre and commonplace; that builds into us Power. It glows and shines; it lights up our faces with Enthusiasm-the keynote that makes us sing and makes men with us.

ENTHUSIASM: The maker of friends; the maker of smiles; the producer of confidence. It cries to the world, "I've got what it takes." It tells all men that our job is a swell job; that the house we work for just suits us; that the goods we have are the best.

ENTHUSIASM: The inspiration that makes us WAKE UP and LIVE! It puts spring in our step, spring in our hearts, a twinkle in our eyes, and it gives us confidence in ourselves and our fellow men.

ENTHUSIASM: It changes a dead pan sales man to a producer, a pessimist to an optimist, and a loafer to a go-getter.

ENTHUSIASM: If we have it, we should thank God for it. If we don't have it, then we should get down on our knees and pray for it.

UPON THE PLAINS OF HESITATION BLEACHED THE BONES OF  
COUNTLESS MILLIONS WHO, ON THE THRESHOLD OF VICTORY, SAT  
DOWN TO WAIT . . . AND, WAITING, THEY DIED.

### DEFENSIVE OBJECTIVES

1. No one runs the football on us. Know your gap and how to control it.
2. We must execute on first down. If the opponent gains 4 or more on first down then he dictates the tempo on the next two downs.
3. Do not allow the opponent to dictate flow on third down. Force him to pass or go for the big play. Now we dictate his moves.
4. Communicate on defense. There is no room on defense for "I thought" or "I'm sorry".
5. Be a big play defense. Turnovers are converted into points 80% of the time.
6. Pull for each other. Play together. It demoralizes an offense to play against the insane.
7. Football is a game of momentum. To be successful you must be able to hold it and be able to take it away.
8. No one can control the football against us for more than 12 plays.
9. Force teams to throw and set your ears back and go get them.
10. Don't allow teams to move out of bad field position situations.
11. No team can go 80 yards consistently without your help such as penalties and mental errors.

### CHECKLIST FOR SUCCESS

1. Get in the huddle and come out together.
2. Know the defense called.
3. Know the coverage called.
4. Know the down and distance.
5. Know the field position and how it relates to you. (i.e.) hash mark, etc.
6. Know what your key is.
7. Know how to get in to your alignment.
8. Pre-read offensive alignment.
9. Is the offense tipping the play.
10. Execute your responsibility and then pursue.

THE PSYCHOLOGICAL PROFILE OF A CHAMPION

<u>Ambition</u>	<u>Coachebleness</u>	<u>Aggression</u>	<u>Leadership</u>	<u>Take Charge Guy</u>	<u>Hard Worker</u>	<u>Physical Toughness</u>	<u>Physical Toughness</u>
Desire for high goals. Hates to lose. Can't stand failure. Has goals above ability.	Takes advice and easy to coach. Eager to learn. Easy to approach. Follows rules and directions.	A tiger. First-place-belongs-to-me type. Asserts himself.	Shows the way and sets good example. Respected by team members. Mixes well. Others follow his example and take his advice.	Will take over when things go wrong. Under pressure does something about the problem. Often a hero.	One of the first to practice--last to leave. Does extra work. Never misses practice and follows instructions.	Develops toughness by hard work. In great condition. Keeps training rules, trains year around.	Never gives in to feelings. Has never-give-up attitude. Ignores heat, cold, pain.

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## SUDDEN CHANGE

SUDDEN CHANGE IS THE REAL TEST OF A GREAT DEFENSIVE TEAM. The score is 7 - 7 in the fourth quarter and you have just stopped our opponents on our own 28 yard line. You have just sat down on the bench, you feel good and relieved. You have just stopped them after a long drive. You can sure use the rest. As the offensive team drives the ball out from the 28 yard line and gets you good field position a fumble on the first play and your opponent has the ball on your 24 yard line. Hurry - Get back in the game quickly! THIS IS SUDDEN CHANGE SITUATION.

What are the feelings of the two teams at this time:

### YOUR OPPONENTS

1. What a great break.
2. We have them on the ropes now.
3. Their defense will be tired.
4. Let's hit them quick.
5. Our defense did a great job getting the ball.

### YOUR THOUGHTS

1. What a lousy break.
2. They have us in a big hole.
3. I am tired; I don't know whether I can hold out again.
4. Boy, I hope someone comes up with a big play.
5. Our offense sure put us in a hole. How could they do it?
6. It just isn't fair.

I think you can see why it takes a great defense to overcome a sudden change situation. Your opponents will be mentally up and unless you prepare yourself, you will not. You must be MENTALLY TOUGH!!

### WHAT YOU MUST DO!

1. Always huddle up with coach before you go back into game.
2. Gain control of your thoughts and get yourself ready to play defense again.
3. Realize that you must get yourself and your team up mentally.
4. Go all out to make the big play yourself.
5. Now is the test of your defense. Accept the challenge.
6. When you stop them now you will have even a greater psychological advantage.

THE SUDDEN CHANGE IS OURS!!!!!!



## INTENSITY

- I - "Intestinal Fortitude," or more emphatically, just plain American "guts". This is what made America what it is today and what can make your team and you the best in your endeavor.
- N - "Noise," not by mouth, but through action. The name of the game is still "knock" no matter how complex it gets due to our new varied offenses and defenses. If you knock the other guy or team down more times than he or they do you, YOU WIN!
- T - "Training." If you are going to participate in a team sport, live by it; if not, get out of it. This will be better for the sport, your team and you.
- E - "Energy." Every living substance on this earth lives by its energy. Without this ingredient there is no life, whether it is on the football field or in the life of a protozoan. The amount of energy correctly applied in an effort is directly proportional to the result obtained. There is no dishonor in being blocked; the dishonor is in having such a deficiency of energy that you allow yourself to stay blocked.
- N - "Need." The greatest "need" in this game or in life itself is pride. Taking enough pride in your team and yourself so that you acquire the knowledge through your coach or through your own efforts and therefore can honestly say "under the prevailing circumstances, I, physically and mentally, offered my team and my coach 100% of my talent."
- S - "Sacrifice." If you are not willing to sacrifice enough of yourself to give your team your best effort, then strengthen your team by getting out and letting someone participate who will.
- I - "Intelligence" To play this game you have to be smart — not smart alec. Between these two, there is a tremendous difference. You are first a scholar, and second an athlete. You do not play ball to go to school; you go to school to play ball. If you are not eligible scholastically, whether All American or not, you are of no benefit to your team.
- T - "Thoroughness." If you are thorough in execution no one can criticize you. If you are not — there is a teammate on the bench who should be where you are.
- Y - "You". If you don't have the desire to win and to practice to win, no coach or employer, whichever the case may be, needs you or wants you. Most of all, however, without this need for self satisfaction your life will be a fruitless, unrewarding one. Nature endowed us with the mobility and brain to do with ourselves what we wish. If you do not use it to the best of your advantage you are not a very good athlete, but even more disappointing, you are not much of a man.

ALIGNMENT OF TECHNIQUES AND GAP RESPONSIBILITIES.

HEAD NUMBERS: HEAD UP ON OFFENSIVE FRONT.

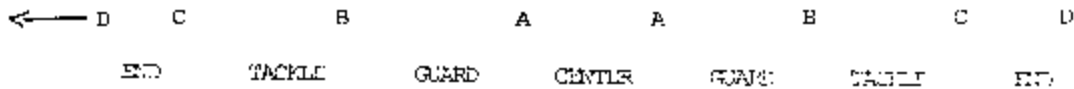


- 0 TECHNIQUE - HEAD UP OFFENSIVE CENTER.
- 27 TECHNIQUE - HEAD UP TO INSIDE LOCATION OF OFFENSIVE GUARD.
- 42 TECHNIQUE - HEAD UP TO INSIDE LOCATION OF OFFENSIVE TACKLE.
- 6 TECHNIQUE - HEAD UP ON TIGHT END.

SHOULDER NUMBERS: INSIDE OR OUTSIDE SHOULDER OF OFFENSIVE FRONT.



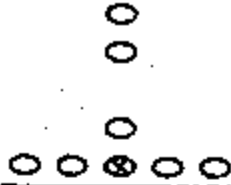
- 1 TECHNIQUE - SHOULDER OF OFFENSIVE CENTER.
- 3 TECHNIQUE - OUTSIDE SHOULDER OF OFFENSIVE GUARD.
- 5 TECHNIQUE - OUTSIDE SHOULDER OF OFFENSIVE TACKLE.



- A GAP RESPONSIBILITY EXTENDS FROM NOSE OF CENTER TO NOSE OF QUART.
- B GAP RESPONSIBILITY EXTENDS FROM NOSE OF GUARD TO NOSE OF TACKLE.
- C GAP RESPONSIBILITY EXTENDS FROM NOSE OF TACKLE TO NOSE OF END.
- D GAP RESPONSIBILITY EXTENDS FROM NOSE OF END TO SPLITTING.

BACKFIELD RECOGNITION

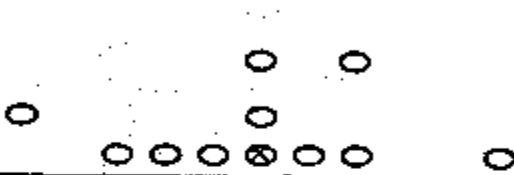
I BACKS



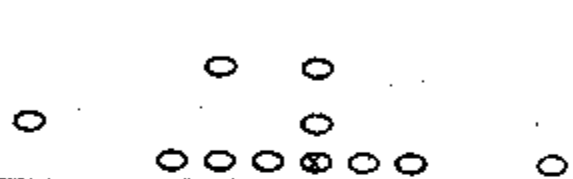
SPLIT BACKS



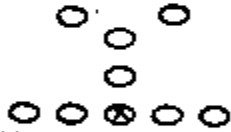
WEAK BACKS



STRONG BACKS



WISHBONE



WING-BONE



ONE BACK SET



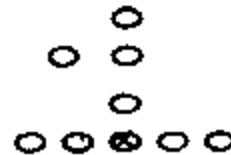
NO BACK SET



SHOT GUN



POWER I



FORMATION RECOGNITION

Fro



Twins



Slot



Pro Twins



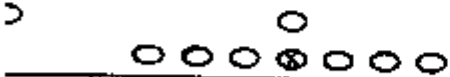
Pro Slot



Twins Open



Flanker



Double Flanker

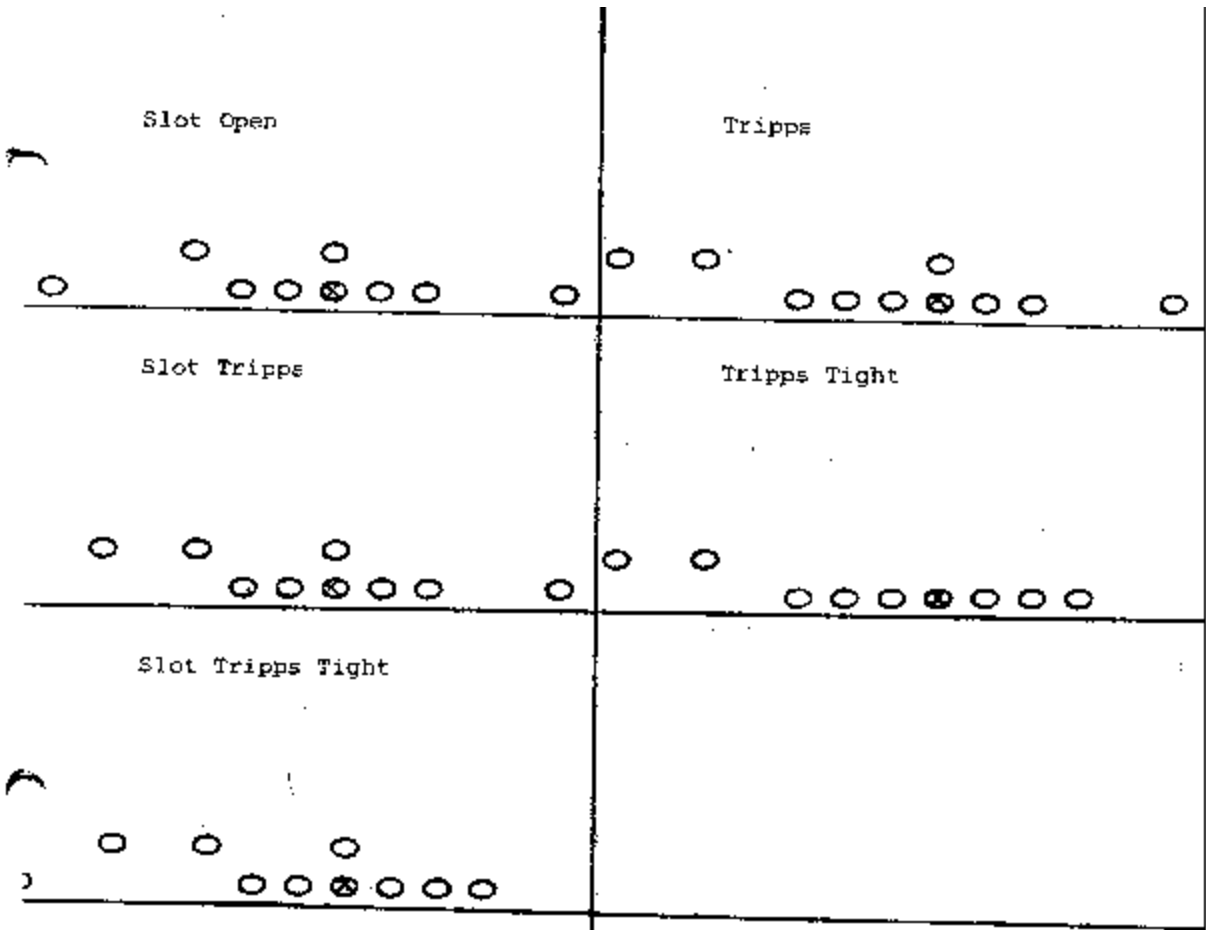


Tight



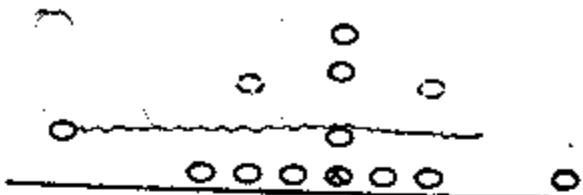
Wing



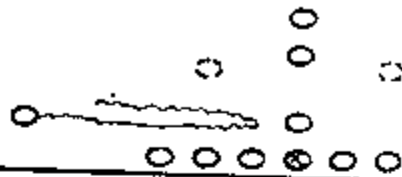


MOTIONS    SHIFTS

Z Right



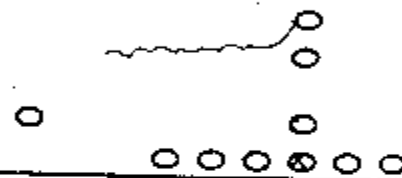
Z Fly



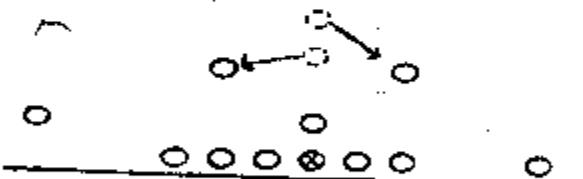
TE Flop



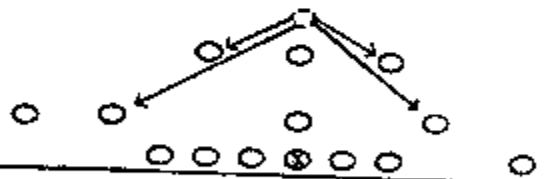
TB Right



TE Shift



TB Shift



TE Right



LINEBACKERS  
GENERAL TERMINOLOGY

MAC - Strong Inside LB

BUC - Weak Inside LB

STUB - Strong outside LB

WILL - Weak outside LB

FAST FLOW - Both backs going in the same direction.

SPLIT FLOW - Back going in different directions.

PLAYSIDE - Action your way.

BACKSIDE - Action away from you.

PLAY ENTRY - Specific area or hole where the ball enters the defense.

CRACK BLOCK - Block coming from outside in, by a wide receiver on a defensive back or linebacker.

SLANT - Movement toward the TE.

OFF CALL - Alerts the tackle OLB will be in coverage.

IN CALL - Alerts the tackle OLB will be contain.

## INSIDE LINEBACKER MECHANICS

### STANCE-

2 point stance. Feet parallel, with a bend at the ankle, knees, waist. Back should be straight with pads over your toes. Arms should hang down and relaxed. Weight should be evenly balanced in the best position to step straight ahead, left at a 45° step, and right at a 45° step.

### ALIGNMENT-

4½ yards deep. We will adjust this depending on the offense. Alignment-technique depends on the defense called.



### KEY-

Covered down lineman through back.

### STUNTS-

Key Center Snap-Key ball and lineman on snap.

### GENERAL RULE-

Protect responsibility gap first, then pursue the football. Exchange responsibility with defensive tackle on down block by offensive lineman.

### SCRAPE TECHNIQUE-

Step toward inside leg of defensive tackle or noseguard. Do not round off scrape. You will open up a running lane.

### READ PROGRESSION-

1. Base
2. Reach
3. Cut-off
4. Down
5. Flow To
6. Flow Away
7. Drop Back Pass
8. Sprint Out/Play Action Pass



OUTSIDE LINEBACKER MECHANICS

STANCE-

Feet parallel to slight stagger with outside foot. There should be a slight bend at the ankles, knees, and waste. Pads should be over your toes.

ALIGNMENT-

Will vary according to defense called.

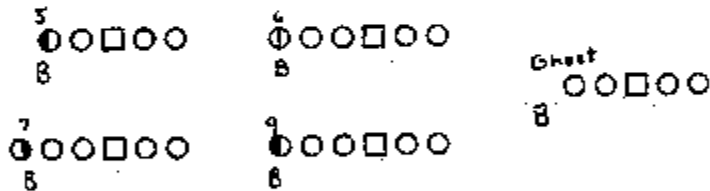
5 Technique- Inside foot will split the crotch of the OT, 12-18 inches off the ball

7 Technique- Outside foot will split the crotch of the TE, 12-18 inches off the ball

6 Technique- Head up on the TE, 12-18 inches off the ball.

9 Technique- Inside foot will split the crotch of the TE, 12-18 inches off the ball

Ghost Technique- Same as 6 Technique.



KEY-

When playing a 5, 6, 7, or 9 Technique, you will read the head of the offensive lineman. When in a Ghost Technique, key OT to near back.

STUNTS-

Key Center Snap-Key ball and lineman on snap.

GENERAL RULES-

- (1) Concentrate on that part of the key which is the most dangerous threat to block you. Tight end, near back, onside lineman.
- (2) If flow is away, you have fold: Unless a movement defense or stunt has called you inside. Base assignments call for a visual trail.

READ PROGRESSION-

- |                |                    |
|----------------|--------------------|
| 1. Base        | 6. Log/Load        |
| 2. Reach       | 7. Drop Back Pass  |
| 3. Down        | 8. Sprint Out Pass |
| 4. Arc Release | 9. Double Team     |
| 5. Kick Out    | 10. Crack          |

ADJUSTED ALIGNMENTS-

HIP - 1 yard outside and 2 yards deep.

HALF- Half way between the OT and wide receiver- Align to take away slant pass.

HAWK- Play a 7 technique on the wide receiver. Take away inside release, force wide outside release, get a piece of X without turning shoulders, eyes back inside.

## PASS TECHNIQUES

### I. Inside - LB

#### Zone

Hook  
Curl

#### Man

No Help - (Back) (TE)  
Inside/outside  
Banjo

#### Rush

Read Blitz  
Free Rush

### Outside - LB

#### Zone

Curl  
Flat

#### Man

No Help - (TE) (Back)  
Inside/Outside  
Banjo

#### Rush

Free Rush

### II. ZONE

- A. HOOK - Area between the outside legs of the offensive tackles. 15 yards deep.
- B. CURL - Area from the outside leg of the tackles to two yards inside the hash marks. 15 yards deep.
- C. FLAT - Area from two yards inside the hash to the sidelines.

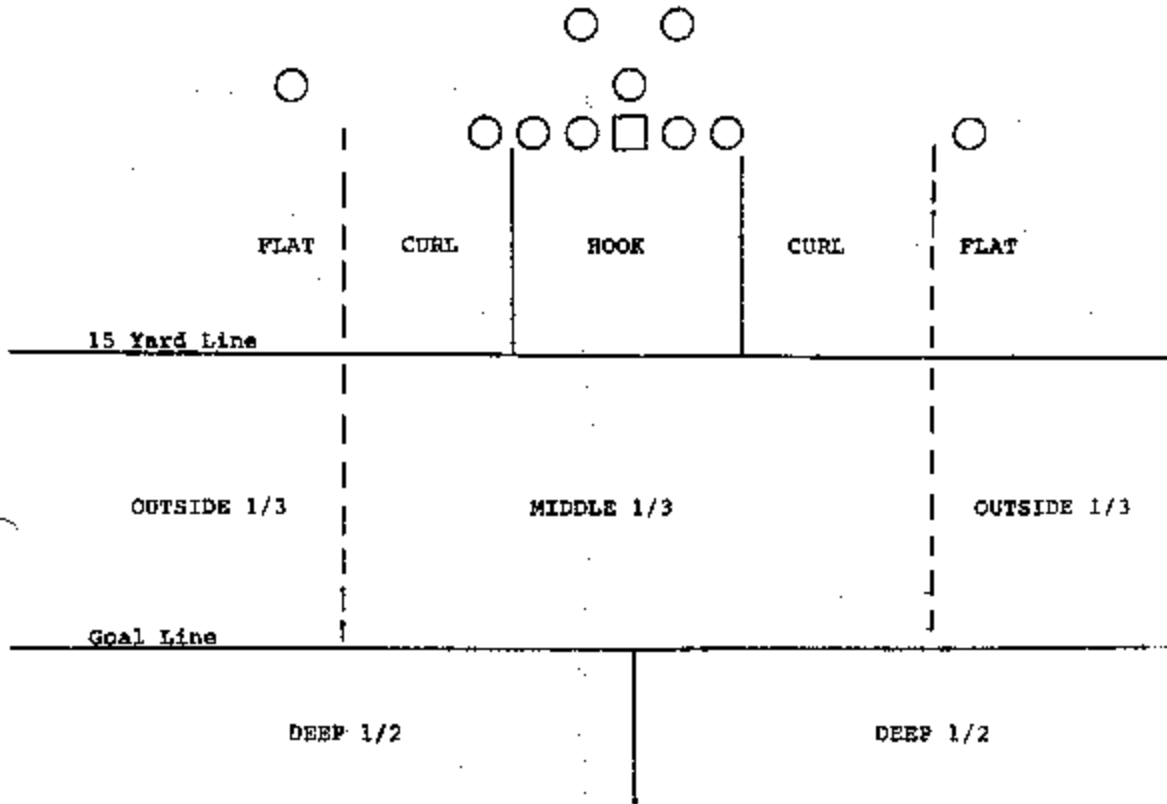
- ### III.
- A. NO HELP - Cover assigned man with no deep help. Keep inside cushion.
  - B. INSIDE/OUTSIDE - Cover assigned man with deep zone help. Keep inside cushion.
  - C. BANJO - M/M Coverage between a defensive back and inside LB. (Goal Line)
    - 1. M/M Coverage between both Inside LB'ers/
    - 2. OLB & ILB Banjo 1st & 2nd back out.

### IV. RUSH

READ BLITZ - Read Pass then blitz and/or cover back when he comes toward you.

FREE RUSH - Rush passer with no contain responsibility.

PASSING ZONES



Starting 15 yds. from the L.O.S.  
to the Goal line.

Passing Zone Description

- Hook - Area between the outside legs of the offensive tackles. 15 yards deep.
- Curl - Area from the outside leg of the tackles to two yard, inside the hash marks. 15 yards deep.
- Flat - Area from 2 yards inside hash marks to the sideline. 15 yards deep.
- Outside 1/3 - Area from the hash marks to the sideline; starting 15 yards from the L.O.S. to the goal line.
- Middle 1/3 - Area between the hash marks; starting 15 yards from the L.O.S. to the goal line.
- Deep 1/2 - Area from the middle of the field to the sidelines; starting 15 yards from the L.O.S. to the goal line.

COVERAGE COACHING POINTS

- I. ZONE COVERAGE - All of our zone coverage is a combination of covering field zones and route reading.
  - A. KNOW DROP ANGLE TO POINT OF AIM - know field position.
  - B. RECOGNITION OF PATTERN - Key # 3 Receiver your side. He will clue your responsibility.
  - C. KEEP PROPER POSITION ON RECEIVERS - Keep inside leverage when possible.
  - D. HARASS RECEIVERS - Hand on when receiver is in your area.
  - E. COMMUNICATE - Let teammates know what you have learned from # 2 receivers release. (Listen from verbal help from deep defenders).
  - F. BREAK ON SET OF PASSERS SHOULDERS - Always break on long stride and free arm of passer. Always keep chin in front of feet.
  - G. SPRINT OUT - Passes carry the same rule as dropback concerning progression reads. Play run first.
  - H. BOOTLEG - Immediately look for the crosser.
  - I. We will adjust our zone according to the passers role or sprint

SCREENS & DRAWS

The timing on defending against a screen varies from M/M to zone. In M/M attack the receiver outside in if possible. Force him to the inside. In zone, you must cover the intermediate route first, then break on the screen, inside-out. The man with flat coverage has outside in responsibility.

The same general principles apply on Draws. Convergence on the ball carrier is important in relationship to coverage. General Rule - ILB try to make the ball flatten out and OLB inter play outside-in.

The two danger are:

- 1. That it will burst straight upfield.
- 2. That the runner will get outside of the outside linebacker.

In both cases it goes to the last defender in a hurry.

## PASS RUSH TECHNIQUES

### A. GRAB & JERK

1. Grab blocker & transfer his weight back.
2. When he adjusts, jerk him in one direction and accelerate past him in the other.

### B. QUICK MOVE

1. Sprint to the Inside or outside shoulder and make him move his shoulders & feet.
2. When he adjusts his shoulders, drive by the opposite shoulder.

### C. ARM UNDER

1. Rip arm under his armpit & lift. Keep constant pressure.
2. Roll back to the inside if you have not beat him and you are parallel to the passer.

### D. CLUB

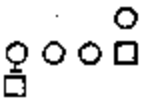
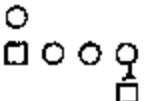
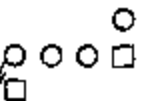
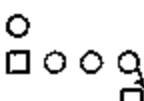
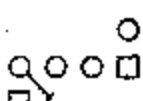
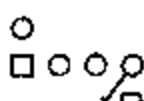
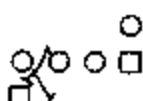
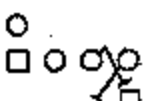
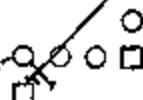
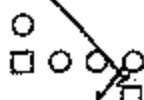
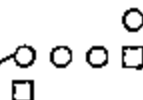
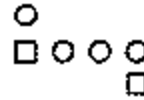
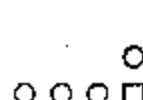
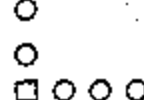
1. Used primarily by OLB.
2. Sprint to the outside shoulder of blocker making him turn outside. When his shoulders turn, club inside arm and throw him outside. Accelerate past blocker.

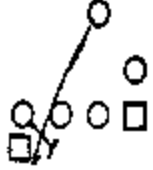
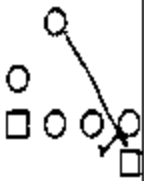

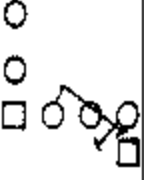

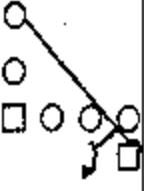
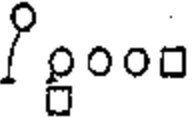
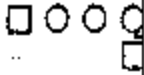
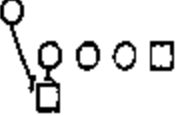

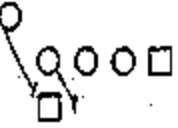

\* A general Rule for pass rushing is you do not want to create space between yourself and the blocker. ATTACH HIM!

## PASS RUSH COACHING POINTS

- A. ACCELERATE: Close distance between you & blocker quickly.
- B. GAIN HAND CONTROL: Grab Cloth. Don't allow separation.
- C. TURN HIS SHOULDERS: By using hand control quick move.
- D. KEEP FEET MOVING TOWARD PASSER: Keep pressuring the passer.
- E. STAY IN YOUR RUSH LANE: One yard each side of the blocker.
- F. GET HAND UP: When passer is throwing in your direction.
- G. NEVER JUMP: When you have a clear path to the passer. Can jump if blocker is between you and the Passer.
- H. KEEP PROPER POSITION: Never be blocked past passer.

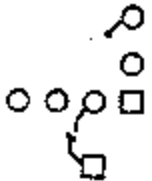
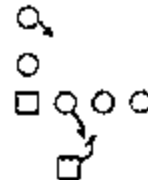
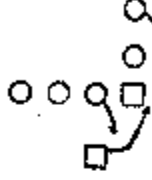

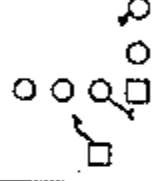
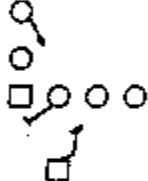
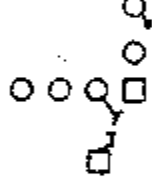
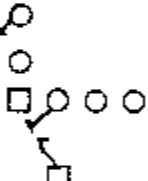


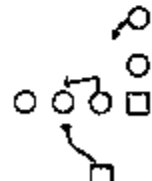
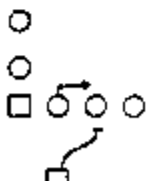
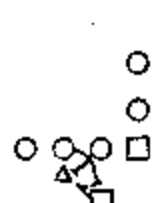
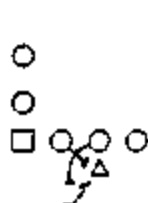
OLB BLOCK RECOGNITION

	<p><b>DRIVE BLOCK-</b> Step to TE with inside foot, control blocker with underneath shoulder blow from inside shoulder and hands. Deliver blow with proper leverage, keep shoulders square and OUTSIDE ARM FREE.</p>	
	<p><b>REACH BLOCK -</b> Step with outside foot first and adjust laterally. Use hands on blocker to control and move feet. Rip on low reach. Don't get knocked off LOS, force upfield if ball is off LOS.</p>	
	<p><b>DOWN BLOCK -</b> Step with inside foot first and flatten end's inside release. You should keep TE off tackle and LB. Next read comes from near back or inside blocker. Also read if ball is on or off LOS. Close off tackle hole by sinking your tail and staying square.</p>	
	<p><b>X BLOCK-</b> As you read tackle driving for you take him on with inside shoulder staying square. Also, do not let him reach you. Protect tackle and LB.</p>	
	<p><b>KICK OUT-</b> As you read near back driving for you take him on with inside shoulder, staying square. Close hole to inside.</p>	
	<p><b>ARC RELEASE -</b> Ride tight end and stay square to LOS. Step to him and explode with good hand shiver. Hang on LOS, read QB, locate next blocker and recognize course of back's angle. Do not run outside widening inside running seam.</p>	
	<p><b>SLAM RELEASE -</b> Deliver blow on end, feel release, ride and read ball action.</p>	

	<p><b>OUTSIDE VEER</b> - Read mesh as you key near back and tackle him if he has ball, eliminate him as blocker if not-then bounce out to help on QB.</p>	
	<p><b>G-BLOCK</b> - Close with down block. Step up and attack guard keeping outside leverage. Close hole with guard.</p>	
	<p><b>LOAD</b> - Step with down block. Try to keep outside leverage on back. Keep hands low.</p>	
	<p><b>BASE</b> - Explode meeting TE's pressure and control him on LOS. Know what wing is doing.</p>	
	<p><b>DOUBLE TEAM</b> - Explode to Jam TE. Read wing's approach and take leverage off the TE. Step and deliver blow into wing, fight to outside and at all cost, hold your ground. Stay square and low. Do not use hands. <u>Dip outside shoulder</u></p>	
	<p><b>WING CRACK</b> - TE blocks down, let him go. Immediately eye ball the wing. As he approaches, step into him using outside hand shiver. Control inside gap allowing ILB to scrape outside. Come across TE's face after outback threat is gone.</p>	



ILB BLOCK RECOGNITION

	<p><u>BASE WITH BACK TOWARD</u> Meet guard with outside leverage.</p>	
	<p><u>BASE WITH BACK AWAY</u> Meet guard with outside leverage.</p>	
	<p><u>GUARD DOWN</u> <u>BACK TOWARD</u> Shuffle on backs-toward, shuffle out. Play Ice, then trap</p>	
	<p><u>GUARD DOWN</u> <u>BACK AWAY</u> Shuffle on Backs-Away, shuffle to guard inside hip.</p>	
	<p><u>GUARD PULL BEHIND CENTER</u> Scrape A gap on the opposite side of ball.</p>	
	<p><u>GUARD PULL BEHIND TACKLE</u> Shuffle to the inside leg of your tackle. Think C Gap</p>	
	<p><u>GUARD BLOCKS OUT ON THE</u> <u>TACKLE &amp; TACKLE BLOCKS LB</u> Meet tackle with inside leverage.</p>	

	<p style="text-align: center;"><u>TOSS SWEEP</u></p> <p>Playside - Invite FB inside the tackle . then scrape outside.  Backside - Keep inside leverage on block. Pursue ball inside-out.</p>	
	<p style="text-align: center;"><u>SPRINT DRAW</u></p> <p>Playside - Stay inside and keep outside leverage on the block.  Backside - Shuffle toward playside A Gap looking for TE's Block.</p>	
	<p style="text-align: center;"><u>FB TRAP</u></p> <p>Playside - Shuffle ball on action step out.  Backside - Run hard to playside A Gap.</p>	
	<p style="text-align: center;"><u>TB TRAP</u></p> <p style="text-align: center;">Same as FB Trap.</p>	
	<p style="text-align: center;"><u>POWER - G</u></p> <p>Playside - Keep outside leverage on guard. Shuffle to C.  Backside - Keep inside leverage on guard, pursue ball inside-out.</p>	
	<p style="text-align: center;"><u>ISOLATION</u></p> <p>Playside- Keep outside leverage on FB, take him on his side of the ball.  Backside - Keep inside leverage on guard, shuffle to playside A.</p>	

### LINEBACKER PRINCIPLES

1. Always pad under pad of high aggressive blocks.
2. Always mirror blockers.
3. Always hands on low blocks.
4. Always hands on pass rush.
5. Always accelerate feet on contact.
6. Always explode on contact.
7. Always take proper angles of pursuit.
8. Always take ball carrier back when tackling.
9. Always attack the line of scrimmage.
10. Always maintain proper lane when pass rushing.
11. Always play draw first on drop back or sprint draw action.
12. Always keep inside out position on receiver.
13. Always keep inside position on receiver with no help.
14. Always go for the interception in underneath man.
15. Always when beat deep in man coverage, chase receiver full speed to catch up, concentrating on the receivers hands. When his hands go up, place your hands in his hands. (Don't look back to soon, it will slow you down).
16. After an interception, tuck ball away. Run up the nearest sideline.
17. Always finish up drills full speed. Don't pull up short.
18. Always have a LINEBACKER ATTITUDE on the playing field.

## TACKLING

Tackling the ball carrier is the primary objective of defensive football and should be taught step by step, just as we teach stance or technique. It should be emphasized and taught as one of the most important factors in defensive football.

The prerequisite to teaching tackling is the basic football position so that the tackler can have his HEAD UP and his FEET UNDER HIM WHEN CONTACT IS MADE. There should be a SLIGHT BEND AT THE KNEES, with his SHOULDERS PARALLEL when he gathers to tackle. The weight SHOULD BE ON THE BALLS OF THE FEET in a good football position. FEET SPREAD SHOULDERS WIDTH, ARMS DANGLING and SLIGHTLY BENT AT THE ELBOWS. When a tackler makes CONTACT, he should SHOOT ARMS! GRAB CLOTH! ROLL HIPS! and PHYSICALLY RUN THROUGH THE BALL CARRIER!!

### TEN COMMANDMENTS WHEN TACKLING

HEAD UP  
FEET UNDER ON CONTACT  
SLIGHT BEND IN KNEES  
BACK STRAIGHT  
EYES ON NUMBER  
SHOULDERS PARALLEL  
WEIGHT ON BALLS OF FEET  
ARMS DANGLING-SLIGHT BEND IN ELBOWS  
SHOOT ARMS\* GRAB CLOTH\* ROLL HIPS\*  
DRIVE LEGS

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SHOOT ARMS\* GRAB CLOTH\* ROLL HIPS\*  
DRIVE LEGS

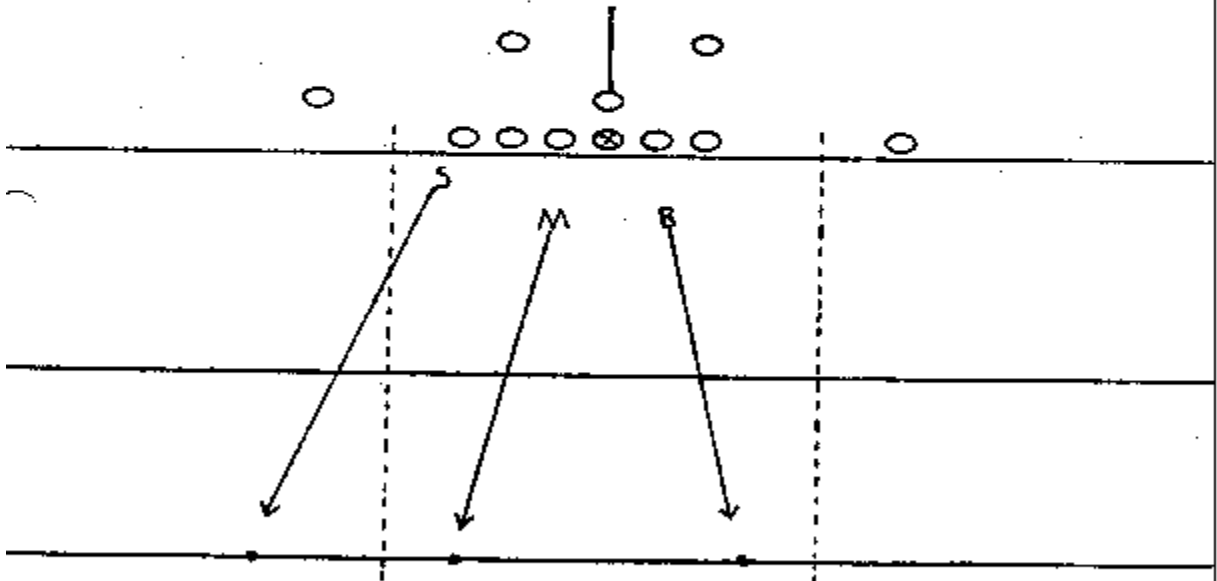
SPOT DROP vs. PRO  
Linebackers

STUB- 10-12 yards deep, 10 yards outside hash.

MAC- 10-12 yards deep, 2 yards inside hash.

BUC- 10-12 yards deep, 2 yards inside hash.

Coaching Points- SAME AS SPOT DROPPING vs. TWINS.



PASS DROP PROGRESSION: Spot Dropping  
Release Reading

IMPORTANT: When QB sets to pass, LB's must be set, with shoulders square, and ready to break on the ball.

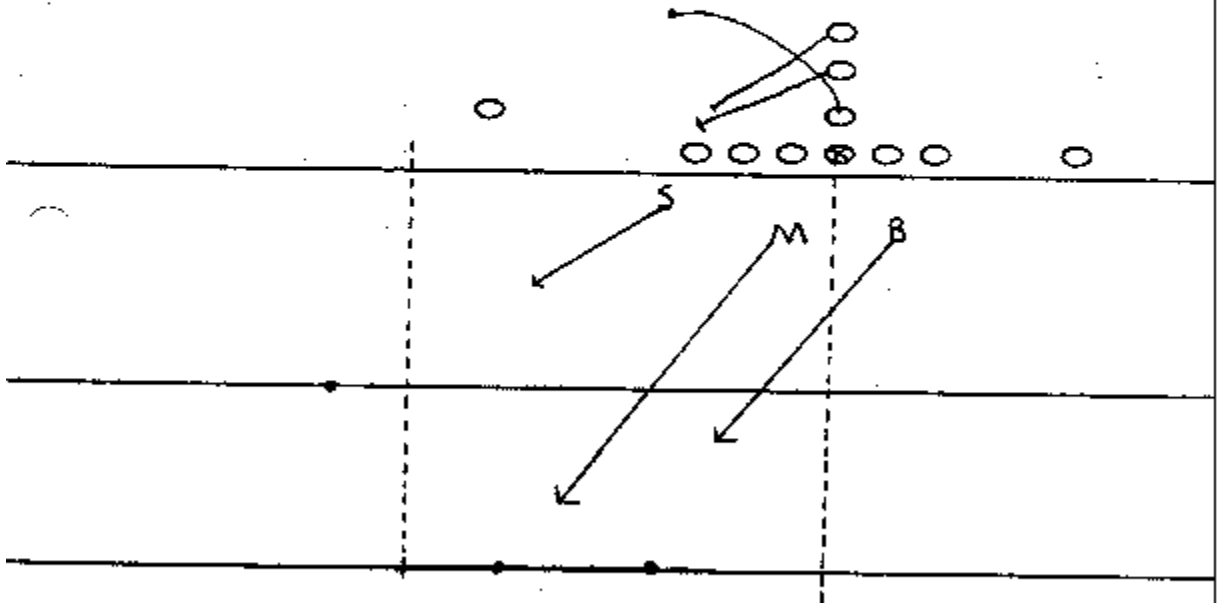
SPRINT-OUT PASS  
SPOT DROP vs. PRO  
Linebackers

STUB- 6-8 yards deep, 10 yards outside hash. "FLAT AREA"

MAC- 10-12 yards deep, 2 yards inside hash. "CURL AREA"

BUC- 10-12 yards deep, 2 yards inside hash. "HOOK AREA"

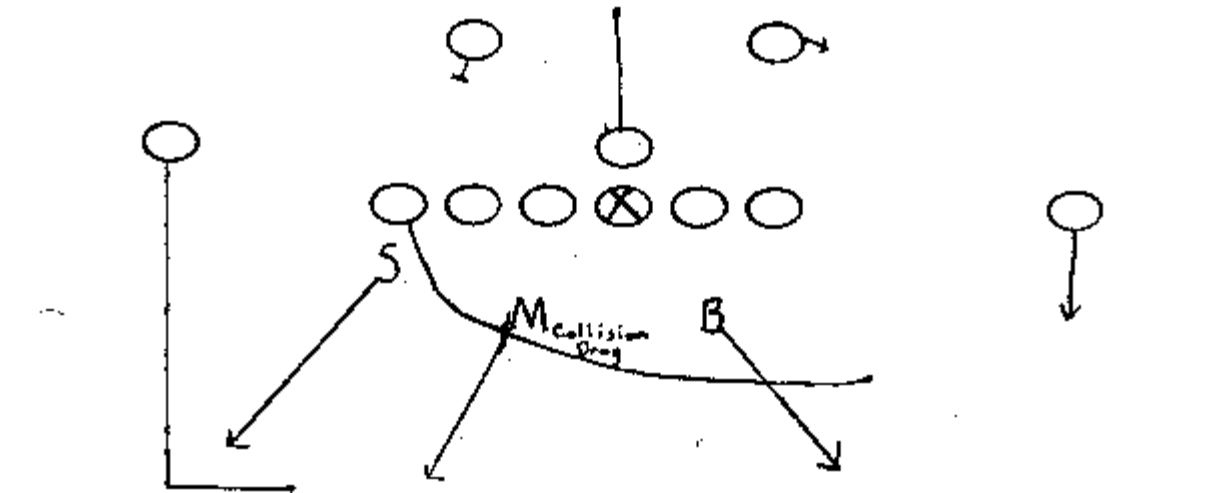
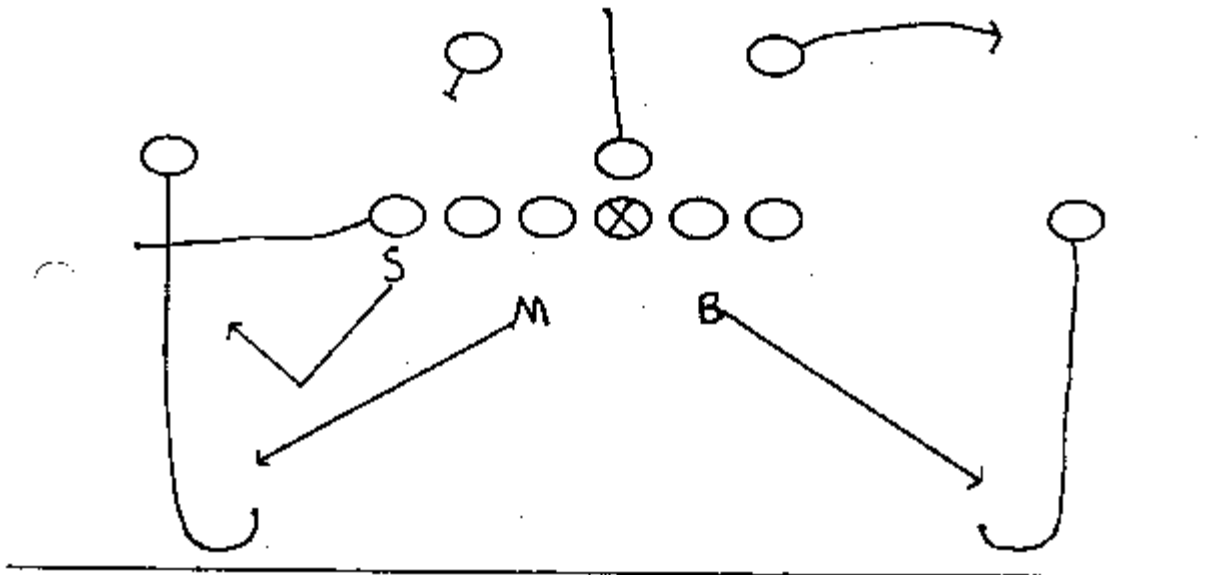
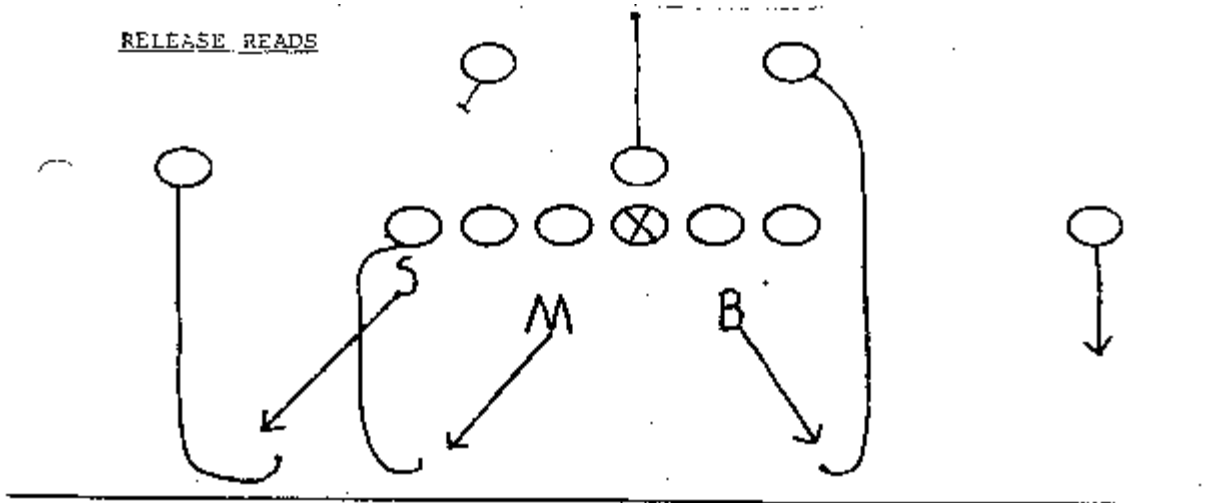
Coaching Points- SAME AS SPOT DROPPING vs. TWINS.



PASS DROP PROGRESSION: Spot Dropping  
Release Reading

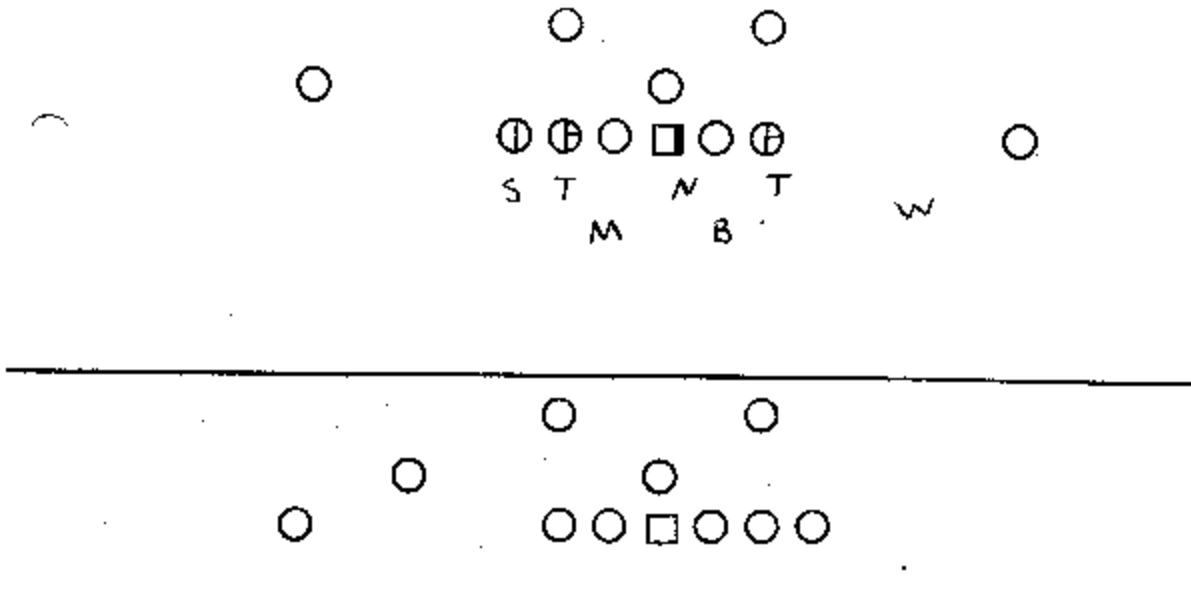
IMPORTANT: When QB sets to pass, LB's must be set, with shoulders square, and ready to break on the ball.

RELEASE READS





33 STING READ HALF



POSITION	ALIGNMENT	RESPONSIBILITY	POSITION	ALIGNMENT	RESPONSIBILITY
STUB	6/Ghost	D	FS	10-11	1/3
LT. TACKLE	4 I	B	R		
NOSE	1	A	G	5-4	Carl-Flat
RT. TACKLE	5	C			
WILL	Half	D	LC	7-1	1/3
MAC	30	C onside A	RC	7-1	1/3
BUC	30	B away A			

NOTES:

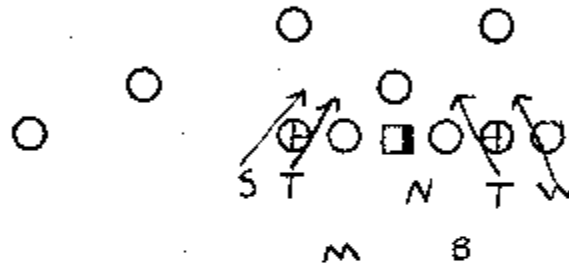
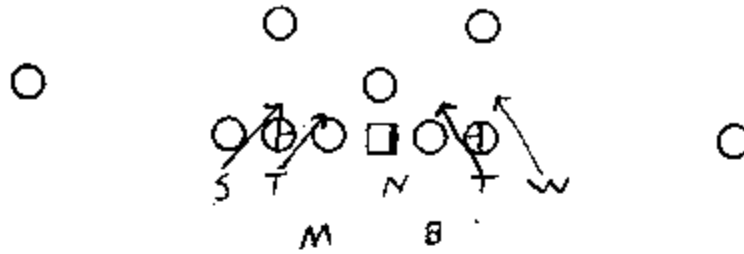
COVERAGE CALLS:

Will-By alignment take away  
slant pass & pitch on option

33  
22  
1



33 STING PINCH



POSITION	ALIGNMENT	RESPONSIBILITY	POSITION	ALIGNMENT	RESPONSIBILITY
STUB	6	C	FS	10-11	1/3
LT. TACKLE	4	B			
NOSE	1-Wk.	A Wk.	R	5-4	Curl-flat
RT. TACKLE	4	B			
WILL	Ghost/6	C	LC	7-1	1/3
MAC	30	Onside A & D	RC	7-1	1/3
BUC	30	D and away A			

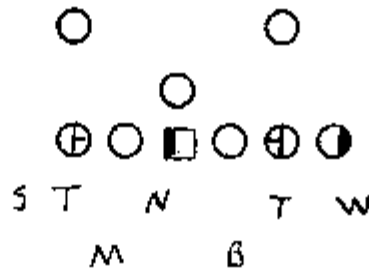
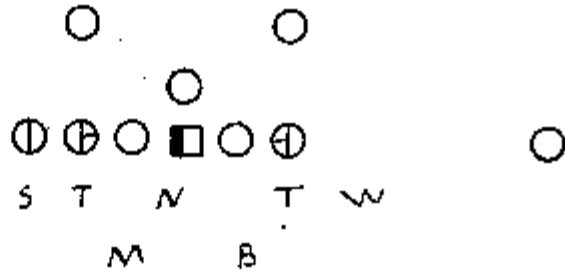
NOTES:

1. Good Short yardage
2. Great against trap teams.

COVERAGE CALLS:

33  
1 (Free)

33 STING NOSE



POSITION	ALIGNMENT	RESPONSIBILITY	POSITION	ALIGNMENT	RESPONSIBILITY
STUB	6/Ghost	D	FS		
LT. TACKLE	4I	B			
NOSE	1 Strong	A	R		
RT. TACKLE	4I	B			
WILL	Ghost/6	D	LC		
MAC	30	C away A	RC		
BUC	30	C onside A			

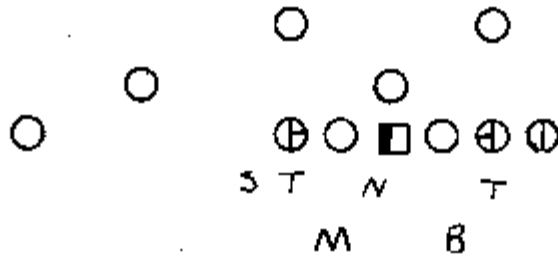
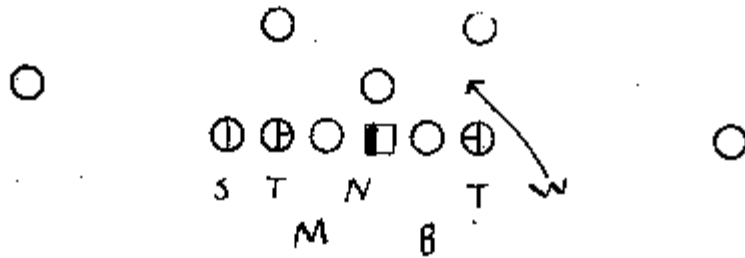
NOTES:

Rip call goes with nose call  
 we are giving up weak side flat,  
 we must not give passer time to throw.

COVERAGE CALLS:

33  
 1 Free

STING NOSE RIP



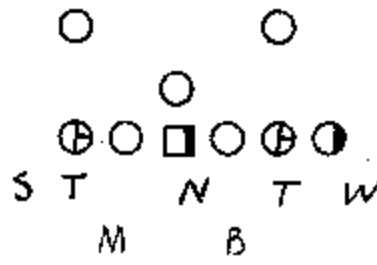
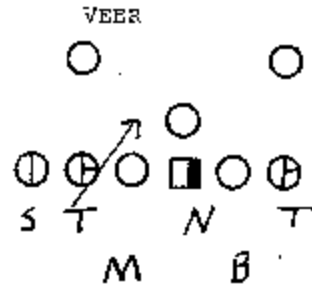
POSITION	ALIGNMENT	RESPONSIBILITY	POSITION	ALIGNMENT	RESPONSIBILITY
STUB	6/Ghost	D	FS	10-11	1/3
LT. TACKLE	4L	B			
NOSE	1	A	R	5-4	Curl-Flat
RT. TACKLE	5	C			
WILL	Ghost / 6	D	LC	7-1	1/3
MAC	30	C onside A	RC	7-1	1/3
BUC	30	B away A			

NOTES:

Will-Contain Blitz, go hard on pass & be ready to take near back on vs. Run.

COVERAGE CALLS:

33  
1 Free



POSITION	ALIGNMENT	RESPONSIBILITY	POSITION	ALIGNMENT	RESPONSIBILITY
STUB	6	D	FS	10-11	1/3
LT. TACKLE	4I	B			
NOSE	1	A	R	5-4	Curl Flat
RT. TACKLE	5	C			
WILL	Ghost	D	LC	7-1	1/3
MAC	30	C & A	RC	7-1	1/3
BUC	30	B & A			

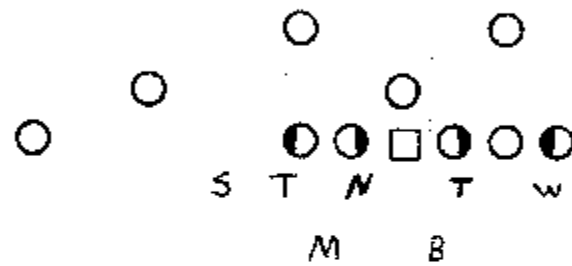
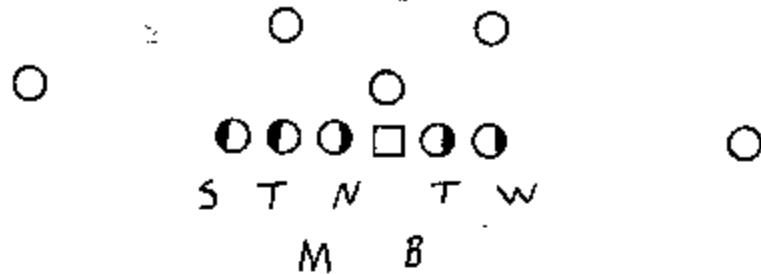
NOTES:

Used for traps, option teams to take dive away.

COVERAGE CALLS:

33  
22  
1 Free

66 SPLIT (Strong)



POSITION	ALIGNMENT	RESPONSIBILITY	POSITION	ALIGNMENT	RESPONSIBILITY
STUB	9/64.1	D	FS	11	Sky/Cloud
LT. TACKLE	5	C			
NOSE	2I	A	R	9	Deep Middle
RT. TACKLE	3	B			
WILL	5/?	D	LC	7	$\frac{1}{3}$
MAC	30	B	RC	?	Sky/Cloud
BUC	10	A			

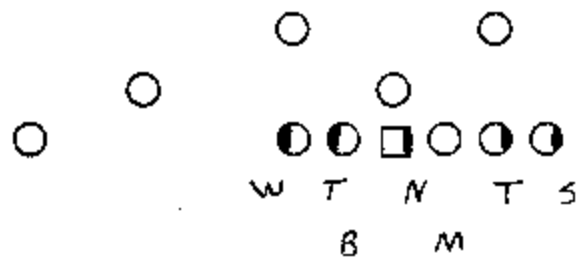
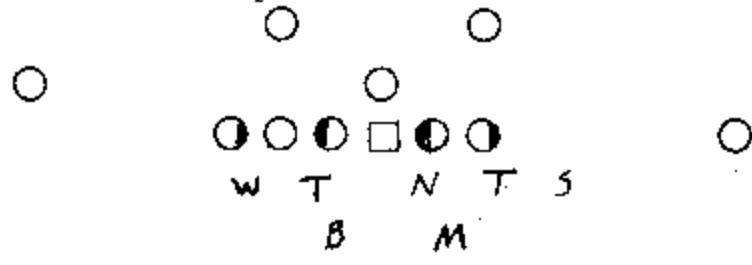
NOTES:

Can be: Strong, weak, Tight.

COVERAGE CALLS:

66  
22  
1 (Free)

33 Split Weak



SITION	ALIGNMENT	RESPONSIBILITY	POSITION	ALIGNMENT	RESPONSIBILITY
STUB	Ghost/4	D	FS		$\frac{1}{3}$
LT. TACKLE	3/5	B/C	R	2x2	D-Curl-Flat
NOSE	2I	A	R		
RT. TACKLE	5/3	C/B			
WILL	7/5	C	LC	7	$\frac{1}{3}$
MAC	3C	B	RC	7	$\frac{1}{3}$
BUC	2O	A			

NOTES:

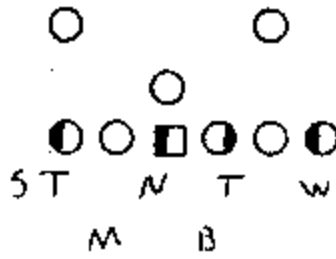
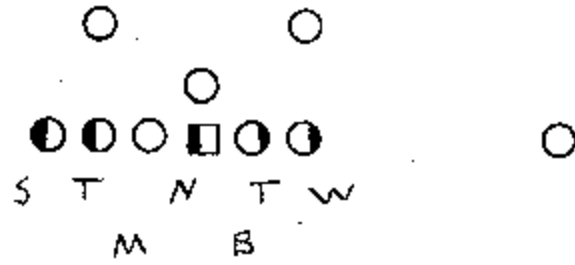
Great against teams with strong tendency to run to weak side.

COVERAGE CALLS:

33  
34  
1 Free



66 SHADE



POSITION	ALIGNMENT	RESPONSIBILITY	POSITION	ALIGNMENT	RESPONSIBILITY
STUB	9 / Ghost	D	PS	11-12	Sky-Cloud
LT. TACKLE	5	C	R	8	
NOSE	1 Shade	A	R		
RT. TACKLE	3	B			
WILL	5/7	D/C	LC	7	1/3
MAC	30	E	RC	7	Sky-Cloud
BJC	10	A			

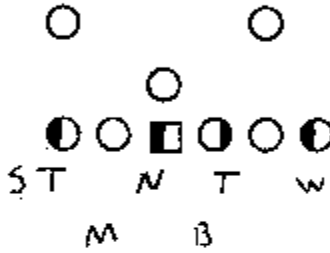
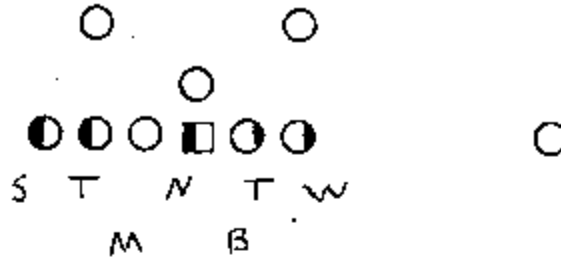
NOTES:

Strength Call

COVERAGE CALLS:

66  
22  
1 Free

66 SHADE



POSITION	ALIGNMENT	RESPONSIBILITY	POSITION	ALIGNMENT	RESPONSIBILITY
STUB	9/Ghost	D	PS	11-12	Sky-Cloud
LT. TACKLE	5	C	R	8	
NOSE	1 Shade	A	R		
RT. TACKLE	3	B			
WILL	5/7	D/C	LC	7	1/3
MAC	30	B	RC	7	Sky-Cloud
BUC	10	A			

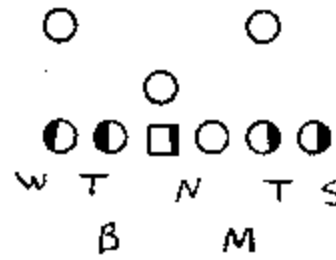
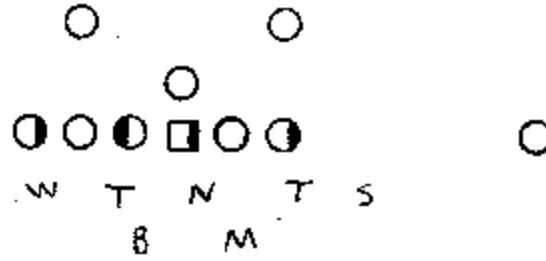
NOTES:

Strength Call

COVERAGE CALLS:

66  
22  
1 Free

33 SHADE NEAK



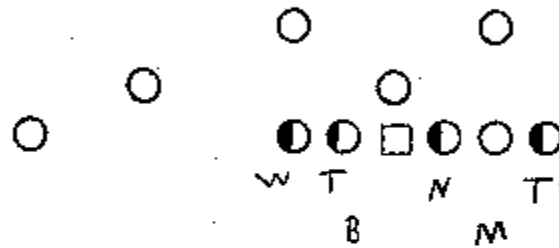
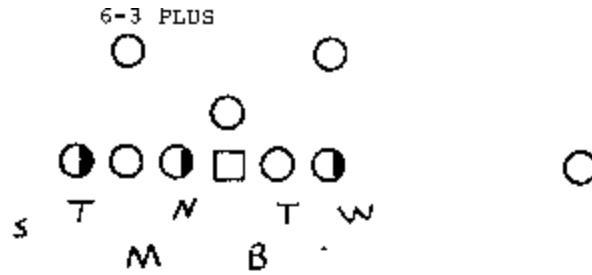
POSITION	ALIGNMENT	RESPONSIBILITY	POSITION	ALIGNMENT	RESPONSIBILITY
STUB	Ghost/9	D	FS	10-11	1/3
LT. TACKLE	3	B			
NOSE	1	A	R	2x2	Cur1 Flat
RT. TACKLE	5	C			
WILL	7	C	LC	7	1/3
MAC	30	B	RC	7	1/3
BUC	20	A			

NOTES:

Strength Call  
 Rover & Mac will call  
 direction of front

COVERAGE CALLS:

33  
 34  
 1 Free



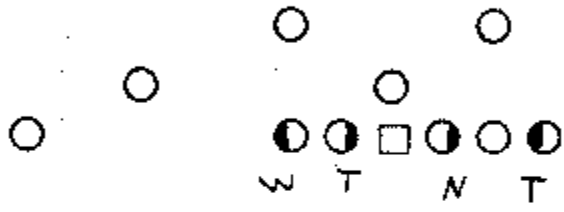
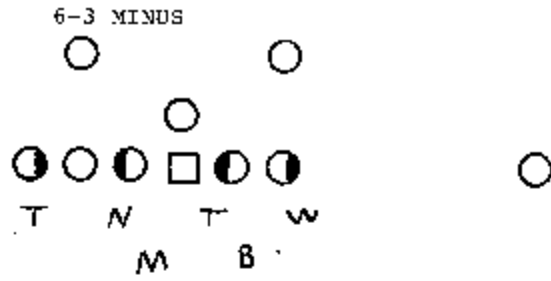
SITION	ALIGNMENT	RESPONSIBILITY	POSITION	ALIGNMENT	RESPONSIBILITY
STUB	Rip	D	FS	10-11	Sky/Cloud
LT. TACKLE	7/3	C/B			
NOSE	2I	A	R	8	1/3
RT. TACKLE	3/7	B/C			
WILL	5	C	LC	7	1/3
MAC	40	B	RC	7	Sky/Cloud
BUC	20	A			

NOTES:

Mac has to be physical  
with the OT  
TIGHT CALL DEFENSE

COVERAGE CALLS:

6-3  
2-4 (man)



POSITION	ALIGNMENT	RESPONSIBILITY	POSITION	ALIGNMENT	RESPONSIBILITY
STUB	Hip	D	FS	10-11	Sky & Cloud
LT. TACKLE	7/2I	C/A			
NOSE	3	B	R	9	1/3
RT. TACKLE	2I/7	A/C			
WILL	5	D	LC	7	Sky/Cloud
MAC	10	A	RC	7	
BUC	30	B			

NOTES:

Great for pass rush Balanced  
to both sides.  
Tight Call Defense

COVERAGE CALLS:

6-3  
2-4 (man)

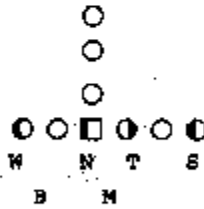
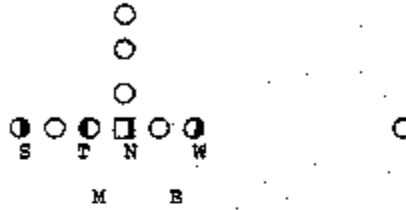
NICKEL

In our Nickel, we will substitute a Nickel back for a defensive lineman. We will use our Nickel defense to help us against strong second and third down passing teams. Our scheme will be man to man, zone, and a combination underneath man and deep zone help. From time to time, we will stunt our secondary and linebackers. Our alignment will be very similar to a wide tackle, therefore, we should be successful stopping the run.

We must accomplish the following to be successful with our Nickel Package:

1. Hold all third and long running plays to a minimum.
2. Execute a great pass rush. (Make the QB hurry).  
(Sack QB with desire).
3. Play flawless underneath coverage from short to intermediate routes.
4. NEVER get beat deep.
5. As a team, we must have good pass and ball calls.

NICKEL FRONT ALIGNMENT



- 
- Stub- 1 on TE ----- C Gap
  - Tight Tackle - 3 on Guard ----- B Gap
  - Mac - 10 on Guard ----- A Gap
  - Nose- 3 on Center-Away from Tight ----- A Gap
  - Buc- 30 on Guard ----- B Gap
  - Will- 3 on Tackle ----- C Gap

NICKEL PACKAGE33-Nickel

33-Nickel Coverage is our 3-deep, 4-under zone coverage. We must play mistake free football in this coverage. Our 3-deep Nickel coverage allows us balanced strength versus the deep ball and sound under coverage with the weak area being the strong side out routes. We must make opponents throw the out cut to beat us. If we can insure the strong side curl area, take away the deep ball and make people throw the out to beat us, we will be very tough in 3-coverage. (Fly motion-we are balanced so nobody needs to adjust.)

33-Nickel Hawk

33-Nickel Hawk is the same as 3-Nickel for everyone except the Rover and Nickel back. If Hawk is called their alignment changes to an inside hip position on the first split receiver (counting from inside out) to their side. They should funnel the receiver out and play their responsibility. Techniques for everyone else remains the same (Fly motion-we are balanced no adjustments need to be made except for moving back to the inside split receiver.)

1-Nickel Double Barrel

1-Nickel Double Barrel is our inside pressure defense coming from both inside LBers. Both LBers should eliminate any inside plays on the strong side-A Gap and weak side-B Gap, plus adding tremendous pressure on the QB, allowing one-on-one pass blocking for everyone up front. We can't ask for a better situation. Our Corners and Rover must play tough technique man coverage on the primary pass receivers and the Safety and Nickel back on their backs. It is important for our Rovers, Corners, and outside LBers to play their techniques perfect to stop any outside plays. Our front seven must keep any inside running play from breaking clean. There will be no secondary back up. (Fly motion-Corners will bump with Rover.)

1-Nickel Bullet

1-Nickel Bullet is our outside pressure defense coming from both sides. Our Rover and Nickel back will eliminate the pitch vs any option immediately and will have hard contain vs. any passes. Our Corners and Safety must play tough technique man on the primary receivers and the inside LBers on their back. It is very important for the front seven to keep



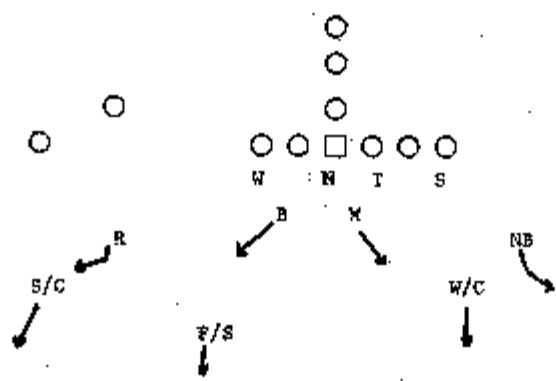
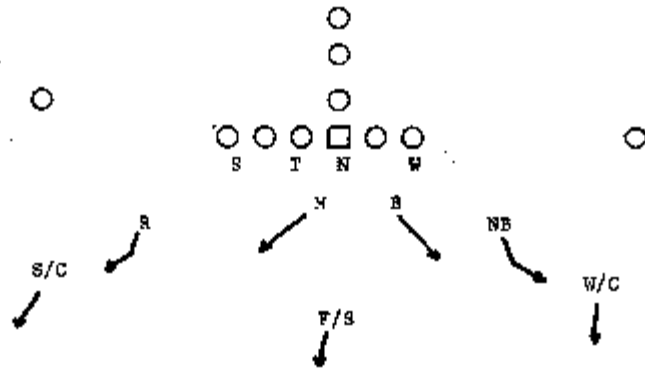
1-Nickel Bullet (cont.)

any inside running plays from breaking clean because there will be no secondary back up. With hard pressure from both sides, there should be one-on-one pass protection up front. We can't ask for a better situation. (Fly motion-Corners will bump with Safety.)

1-Nickel Bullets Double Barrel

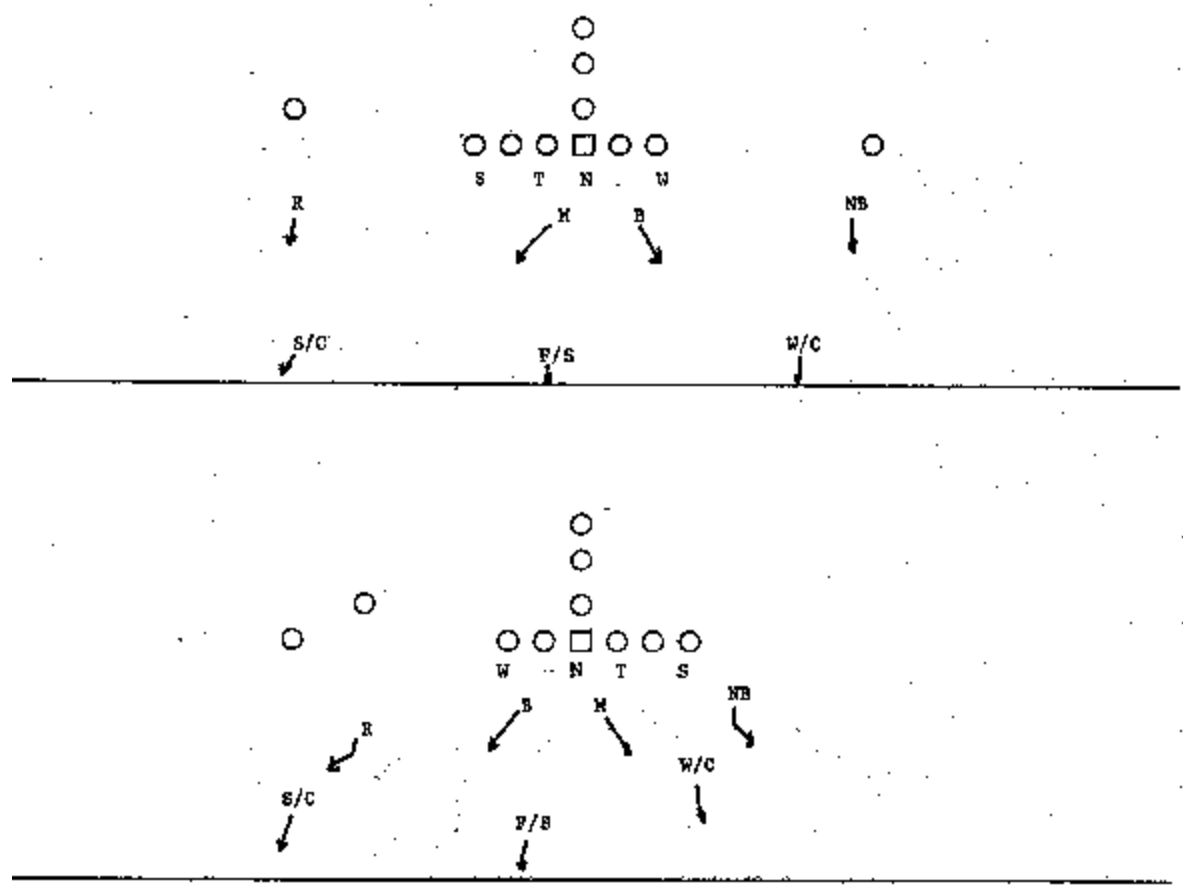
1-Nickel Bullets Double Barrel is an all out pressure stunt. 8 Man rush with three men in coverage. We must not let a back cross our face without covering him or knocking him down.

33-NICKEL



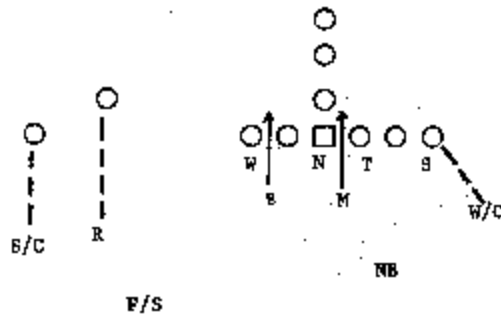
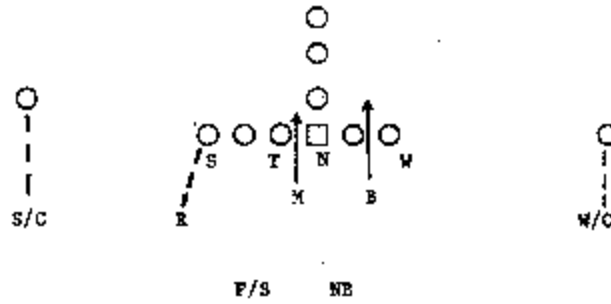
- Mac-----Curl
- Buc-----Curl
- Strong Corner-----Strong 1/3
- Rover-----Flat
- Safety-----Middle 1/3
- Weak Corner-----Weak 1/3
- Nickel Back-----Flat.

33-NICKEL HAWK



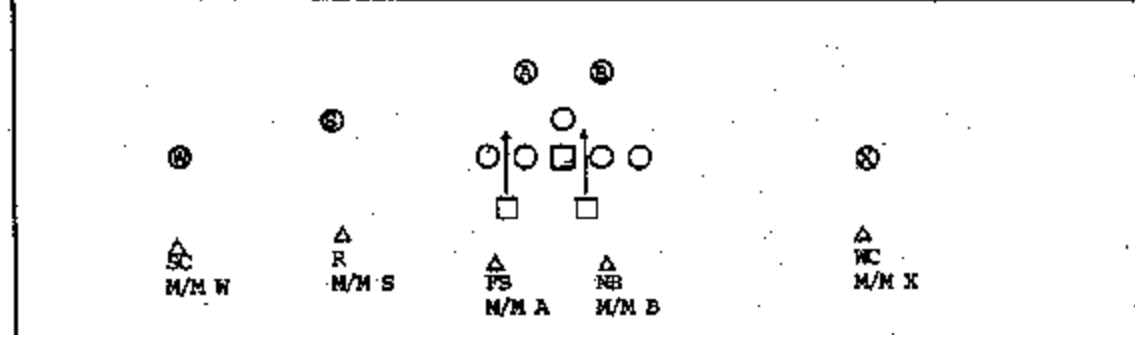
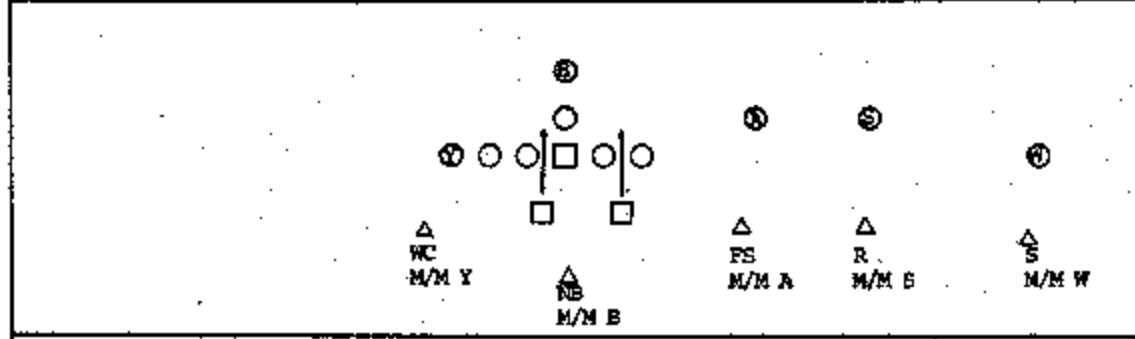
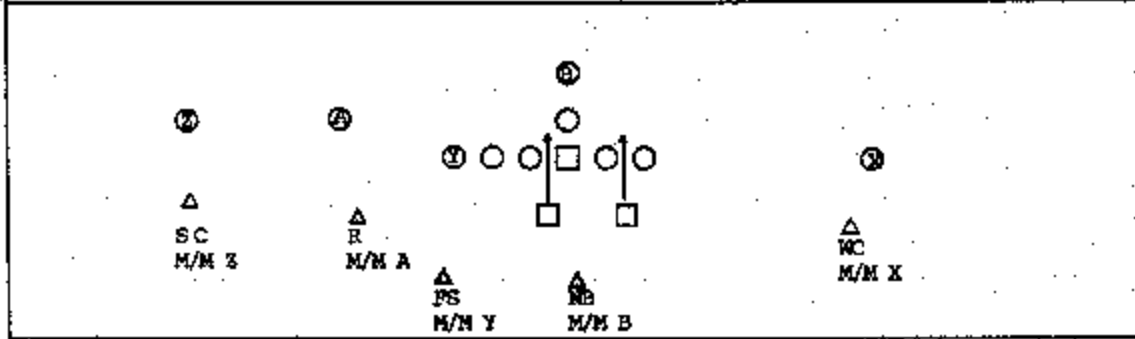
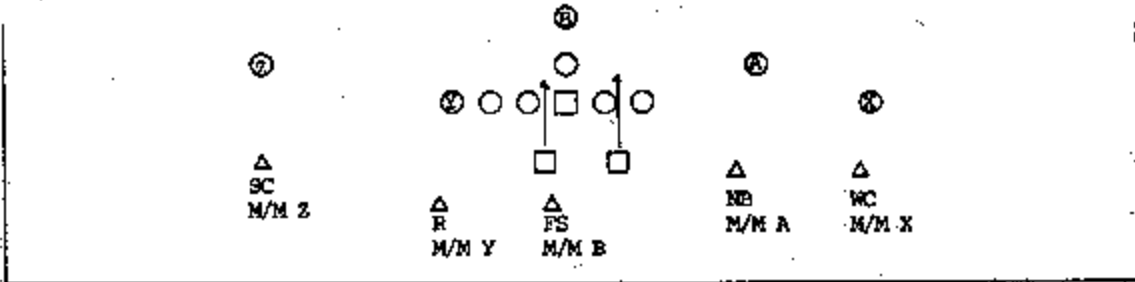
- Mac-----Curl
- Buc-----Curl
- Strong Corner-----Strong 1/3
- Rover-----Flat (Hawk)
- Safety-----Middle 1/3
- Weak Corner-----Weak 1/3
- Nickel Back-----Flat (Hawk)

I-NICKEL DOUBLE BARREL

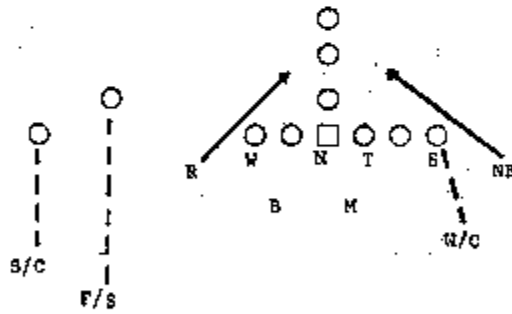
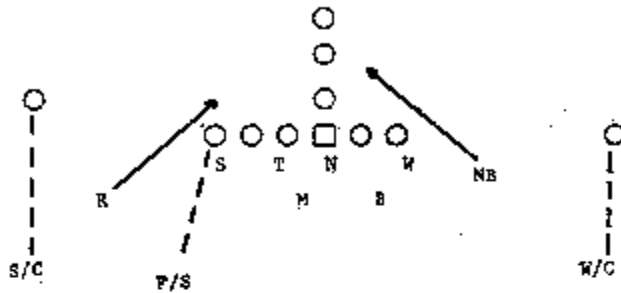


- Mac - Blitz, Strong-----A Gap
- Buc - Blitz, Weak-----B Gap
- Strong Corner - #1 Receiver Strong M/M
- Rover - #2 Receiver Strong M/M
- Safety - Strong Back M/M
- Weak Corner - #1 Receiver Weak M/M
- Nickel Back - Weak Side Back M/M

1 NICKEL DOUBLE BARREL

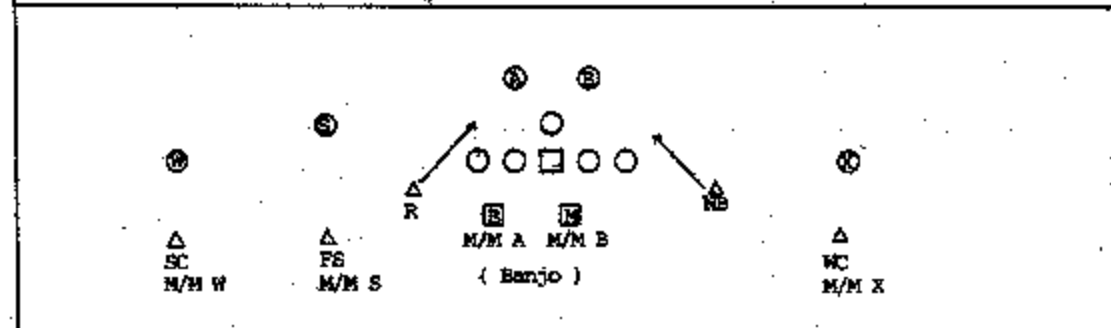
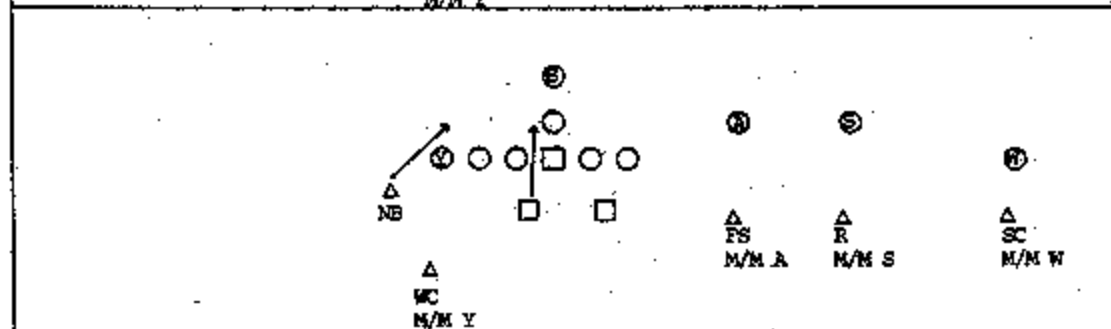
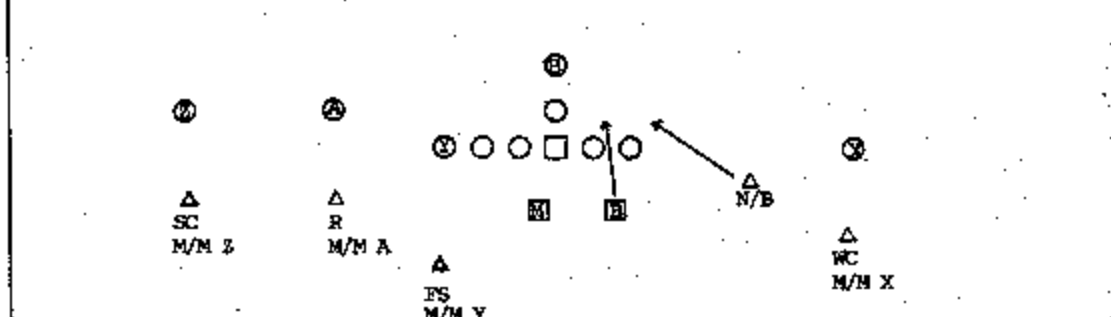
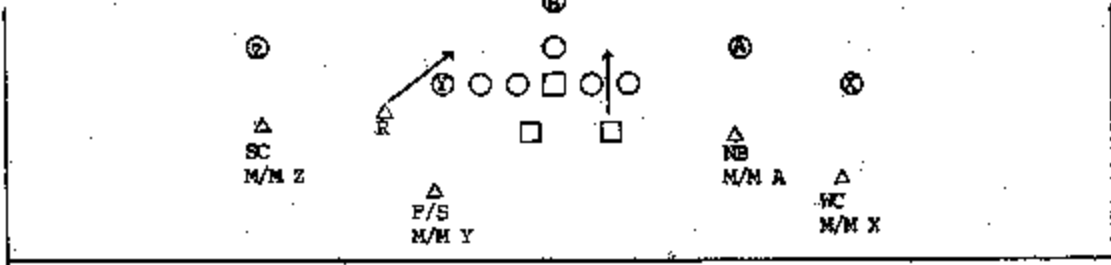


1-NICKEL BULLET



Mac-----Strong Side Back M/M  
 Buc-----Weak Side Back M/M  
 Strong Corner-----#1 Receiver Strong M/M  
 Rover-----Blitz - Contain Strong  
 Safety-----#2 Receiver Strong M/M  
 Weak Corner-----#1 Receiver Weak M/M  
 Nickel Back-----Blitz - Contain Weak

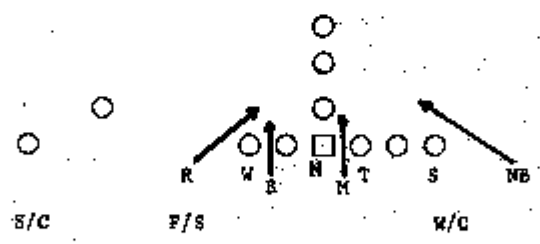
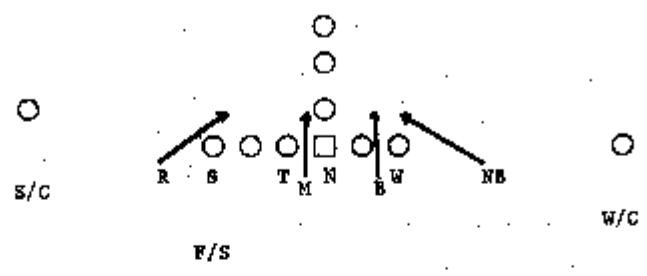
1 NICKEL BULLETS



Coaching Points:

1. ILB to the trips side will be in coverage.
2. ILB away from trips will Blitz Gap responsibility.

1 Nickel Bullets Double Barrel



- Mac - Blitz, Strong-----A Gap
- Buc - Blitz, Weak-----B Gap
- Strong Corner - #1 Receiver Strong M/M
- Rover - Blitz - Contain Strong
- Safety - #2 Receiver Strong M/M
- Weak Corner - #1 Receiver Weak M/M
- Nickel Back - Blitz - Contain Weak



NICKEL PACKAGE24-Nickel

24-Nickel is a 2 deep 5 under zone, very strong against intermediate and crossing pass routes, especially the out routes. Weak points in the coverage can develop if voids open up in the deep middle and seam areas along the boundaries. To play this coverage effectively, our corners must collision the wide receivers, and our Rover must play a good 4 technique to keep any receiver from going into the middle seam area unmolested. Our inside linebackers must take pitper drops and our Safety and Nickel back must get a good break on the QB's intention to play their  $\frac{1}{2}$  field responsibility. (Fly motion-Rover runs with it.)

24-Nickel Man

24-Nickel Man is a 2 deep, 5 under man coverage very strong against any intermediate pass routes. Weak points in the coverage are out routes by the wide receivers. Our corners must stay on the inside hip running behind them so they can not push off us aiding them in their out cut. Inside LB must squeeze their backs if they don't come out fast, don't allow separation. Our corners are still responsible for outside contain so read for run first and don't get in a big hurry. Our Safety and Nickel back must get a good break on the QB's intention to play their  $\frac{1}{2}$  field responsibility. (Fly motion-Rover runs with it.)

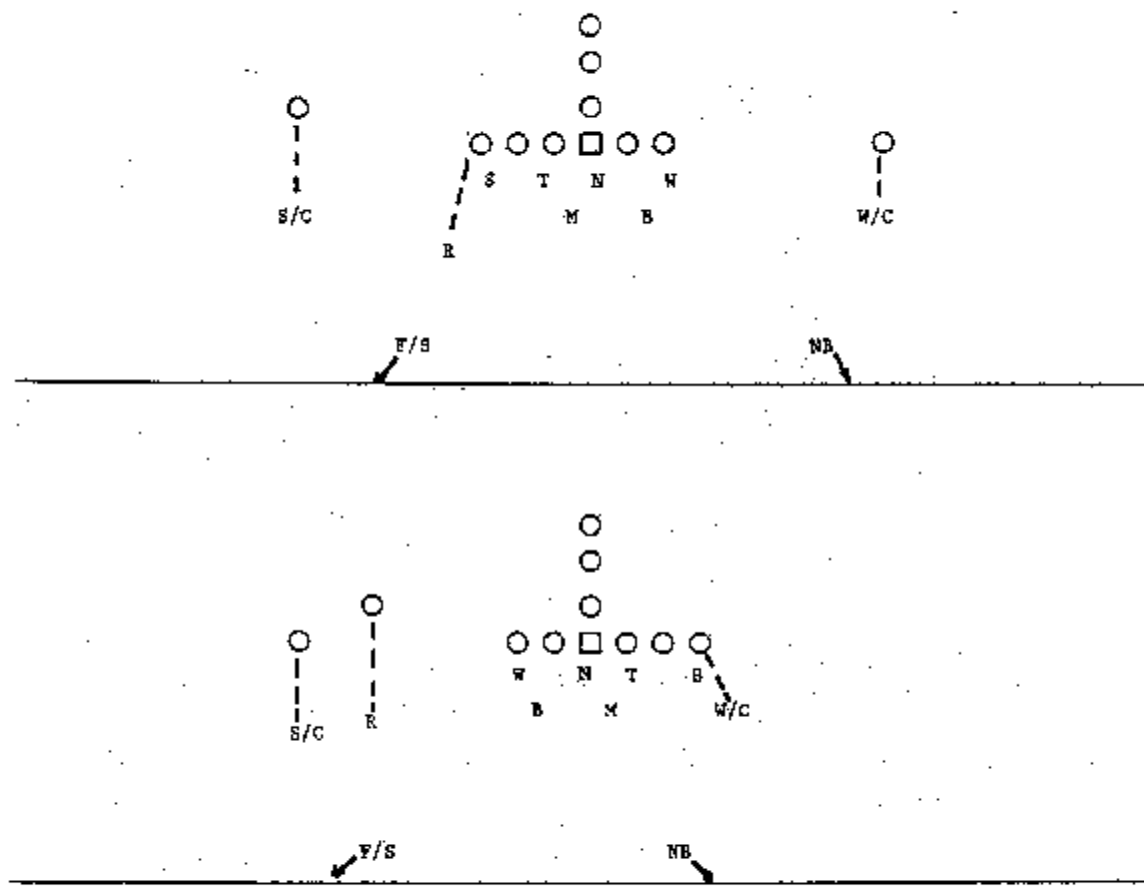
Nickel Combo

Nickel Combo is a two-on-one double coverage of the offenses' wide receivers. Alignments are exactly like 24-Nickel. Run responsibilities are just like 24-Nickel, the corners will have contain on all options and outside running plays. The inside linebackers have the backs man-to-man to their side and the Rover plays the number #2 Receiver strong man-for-man. The Safety and Strong Corner play a inside-outside man coverage on the #1 Receiver strong. The Weak Corner and Nickel back

Nickel Combo (Cont.)

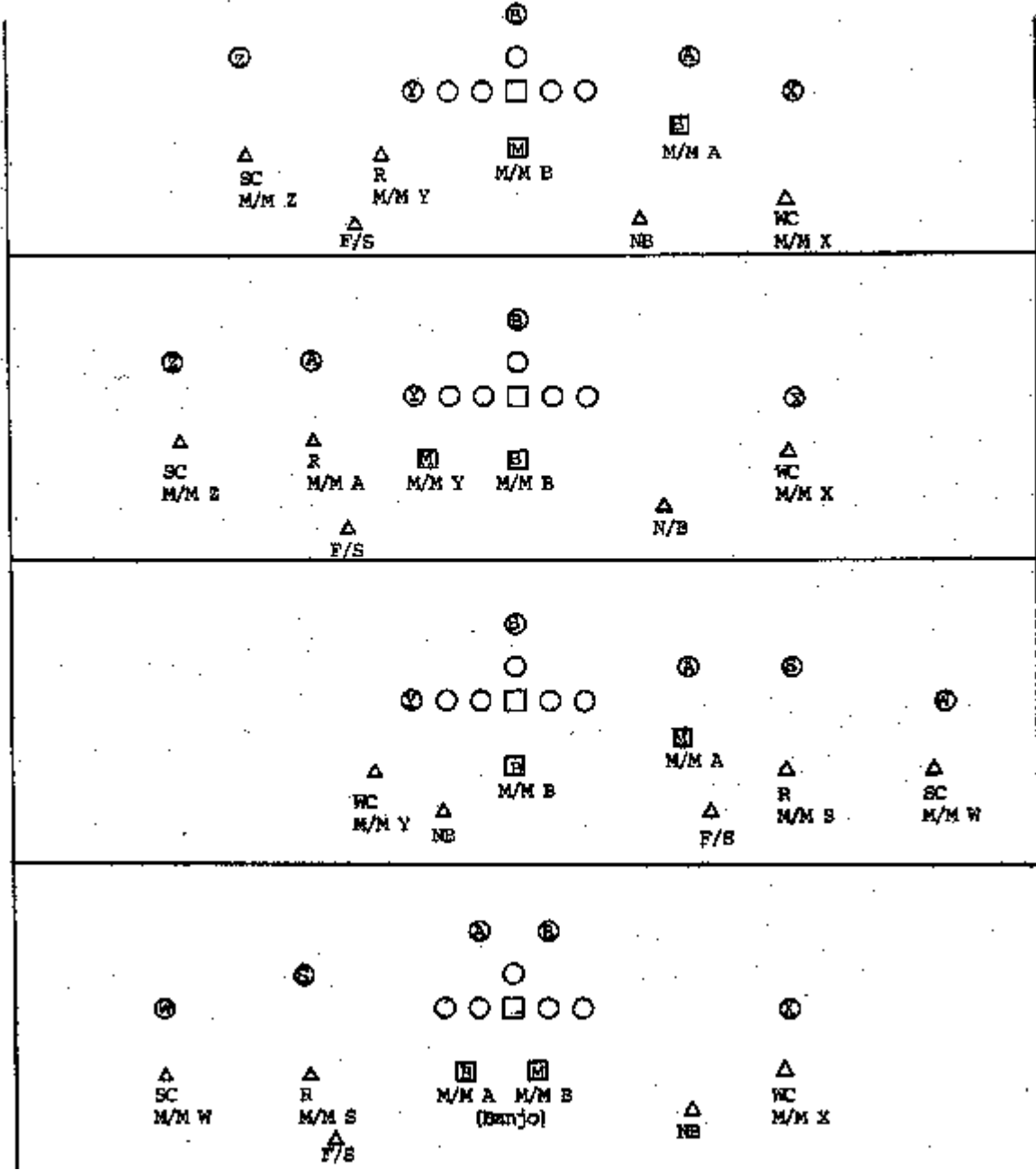
have the same technique on the #1 Receiver Weak. We can make adjustments in this coverage where Rover and Safety can double cover the tight end leaving the strong corner on the #1 Receiver strong M/M by himself.

24-NICKEL MAN

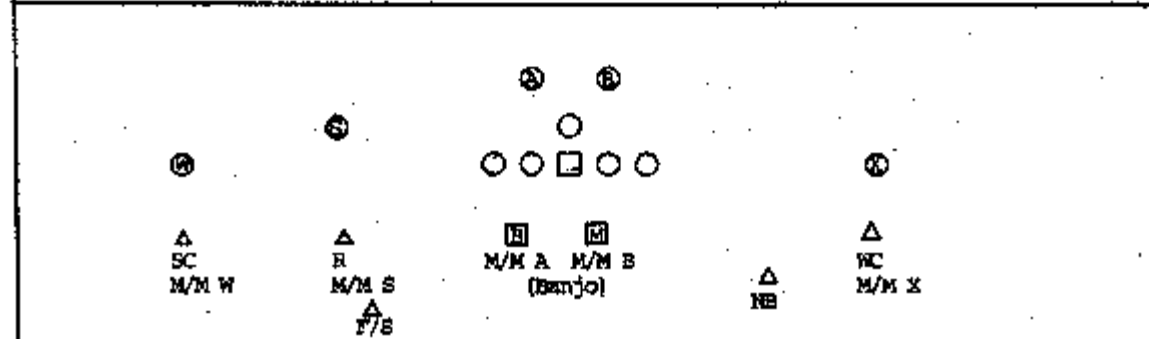
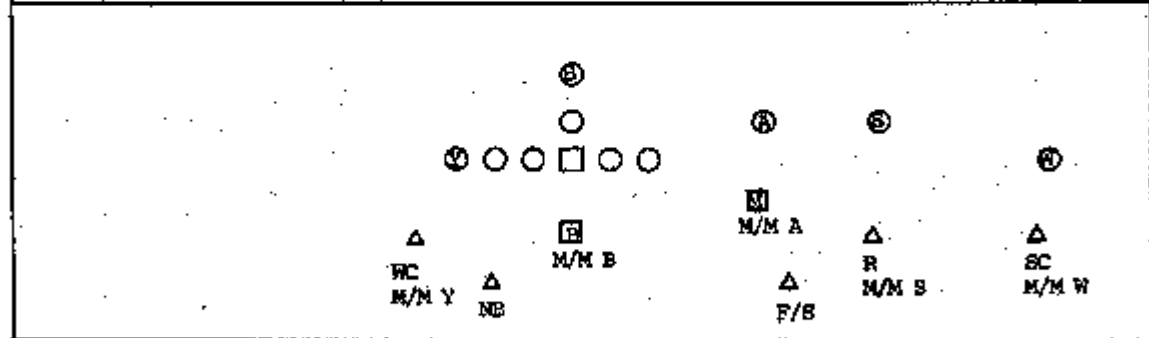
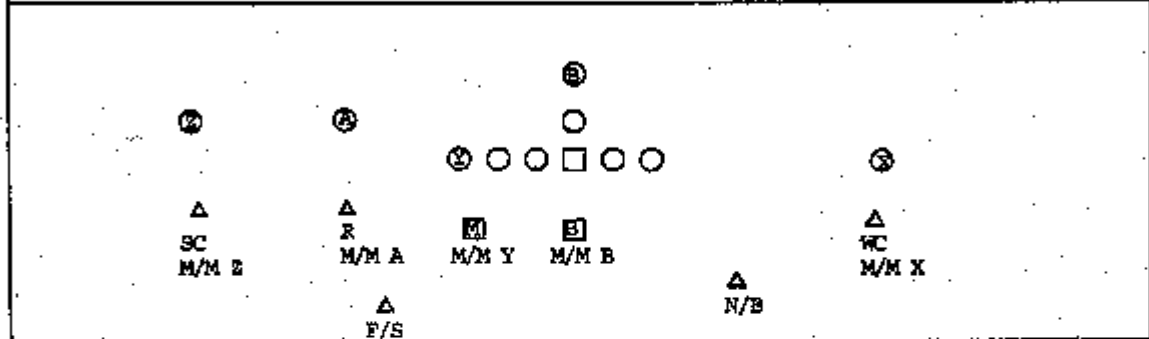
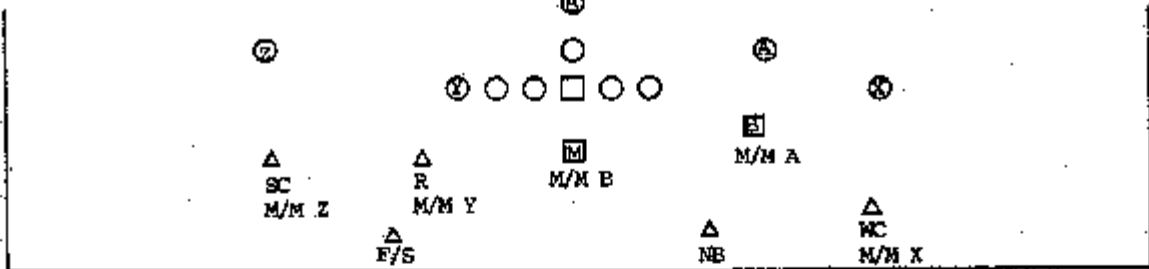


- Mac-----Strong Side Back M/M
- Buc-----Weak Side Back M/M
- Strong Corner-----#1 Receiver Strong M/M
- Rover-----#2 Receiver Strong M/M
- Safety-----Strong Side  $\frac{1}{2}$
- Weak Corner-----#1 Receiver Weak M/M
- Nickel Back-----Weak  $\frac{1}{2}$

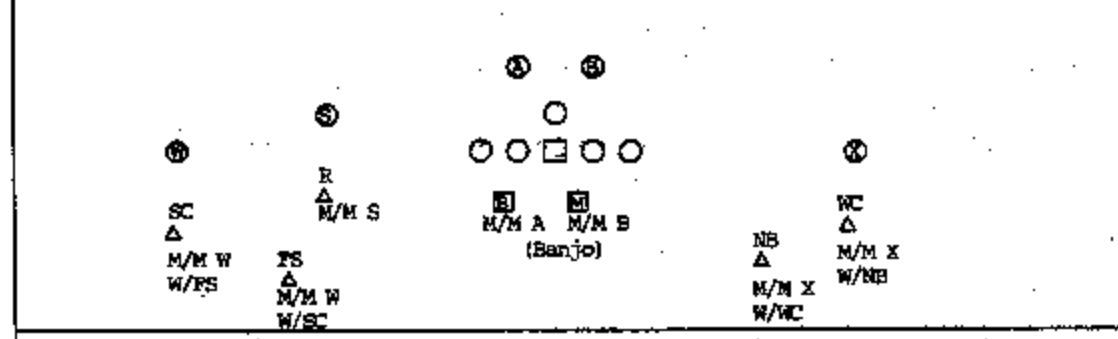
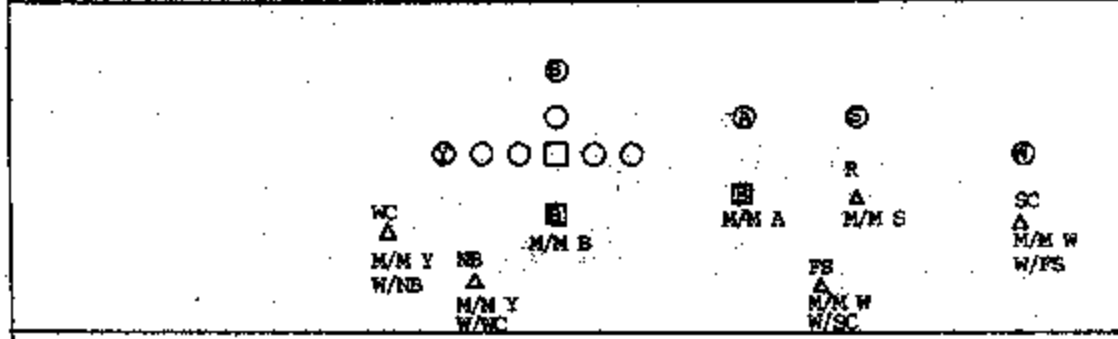
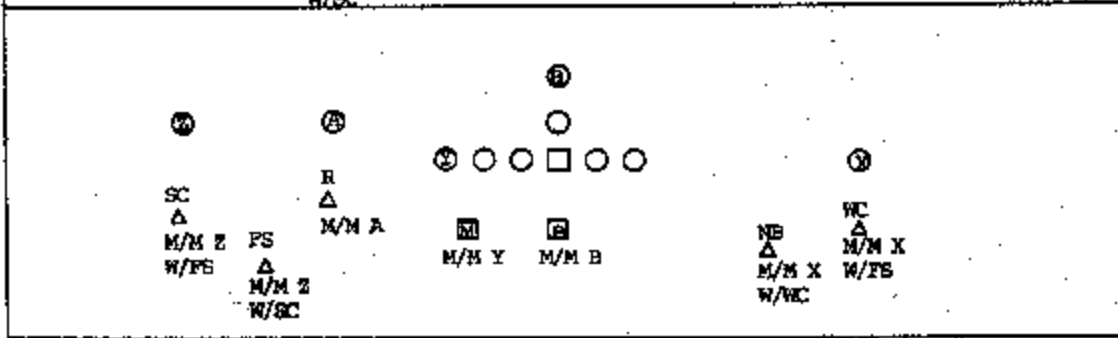
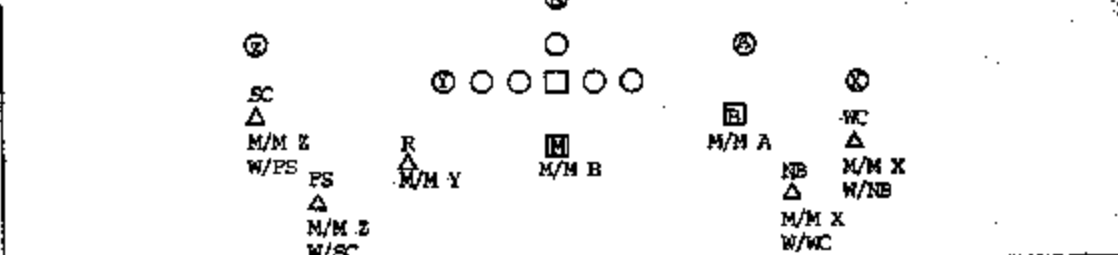
24 NICKEL MN



(Banjo)



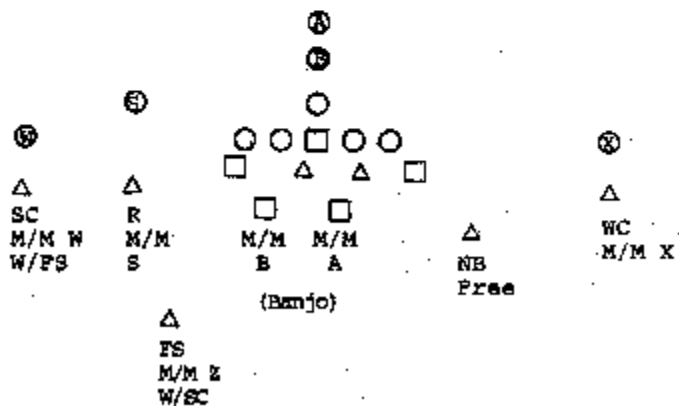
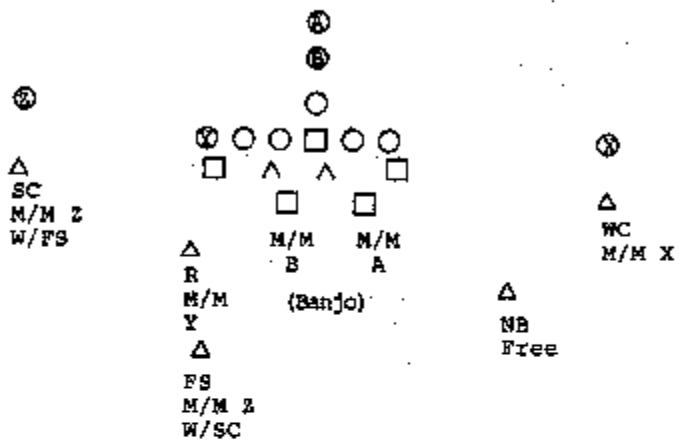
NICKEL COMBO



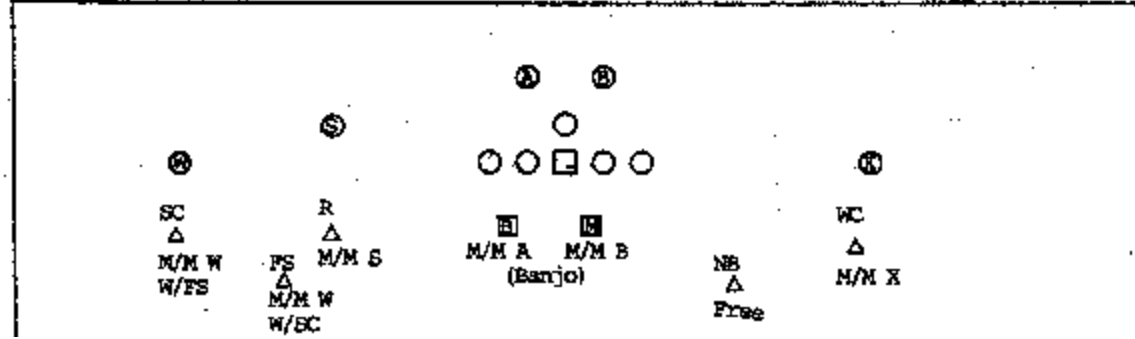
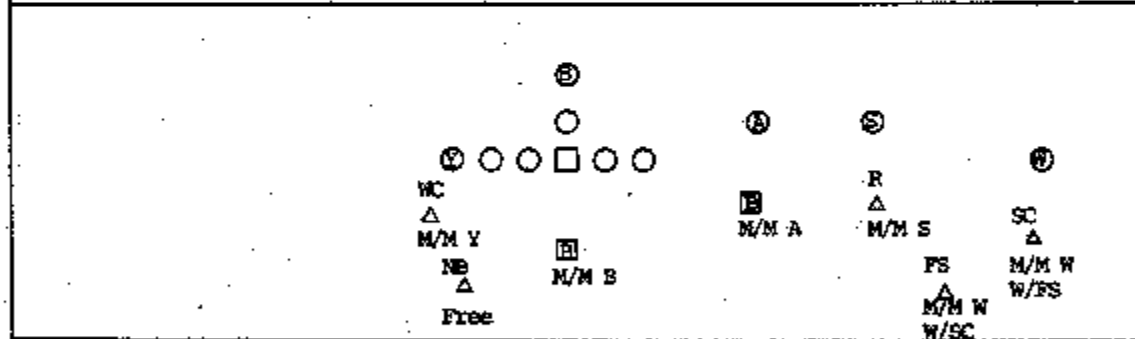
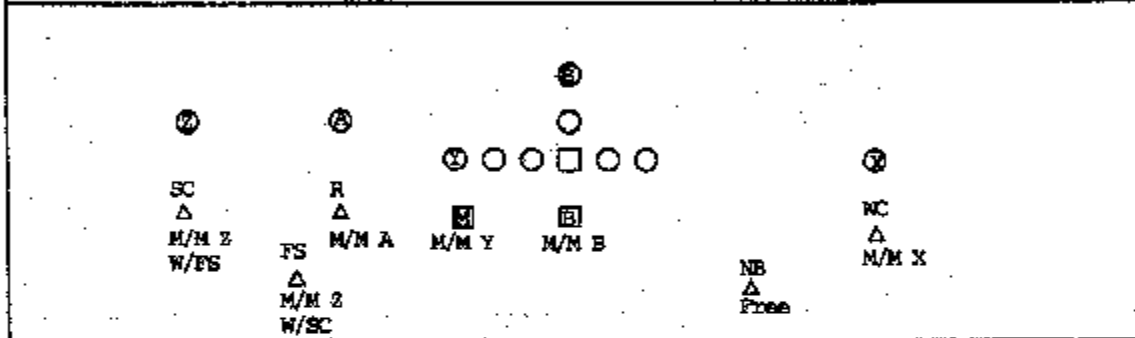
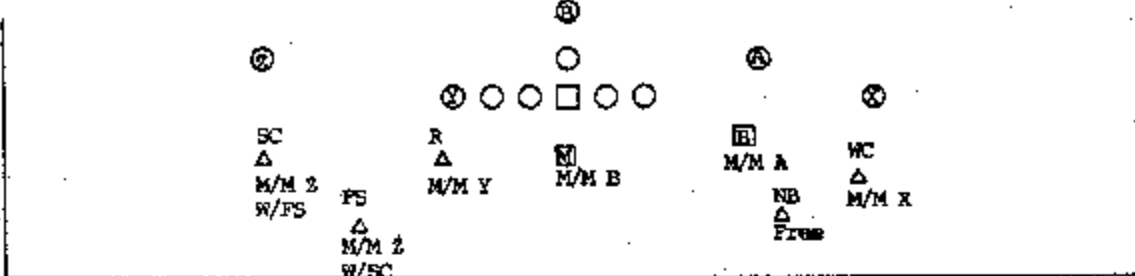
Coaching Points:

1. Nickel Back Can make "Free" call to weak corner if Y is the Tight single receiver.

NICKEL COMBO STRONG

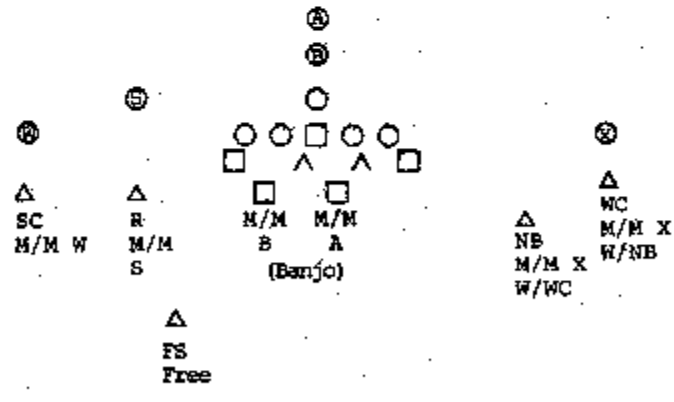
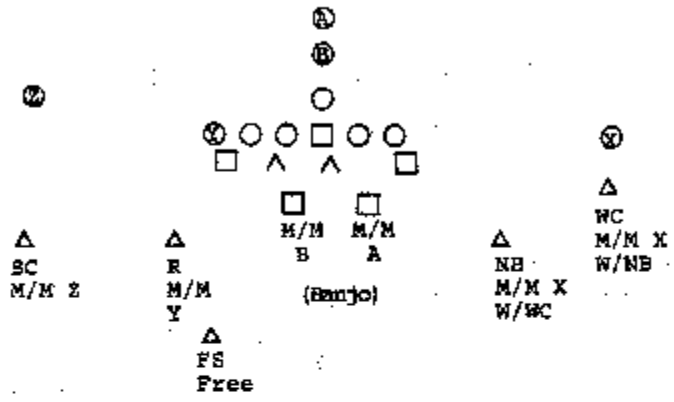


NICKEL COMBO STRONG

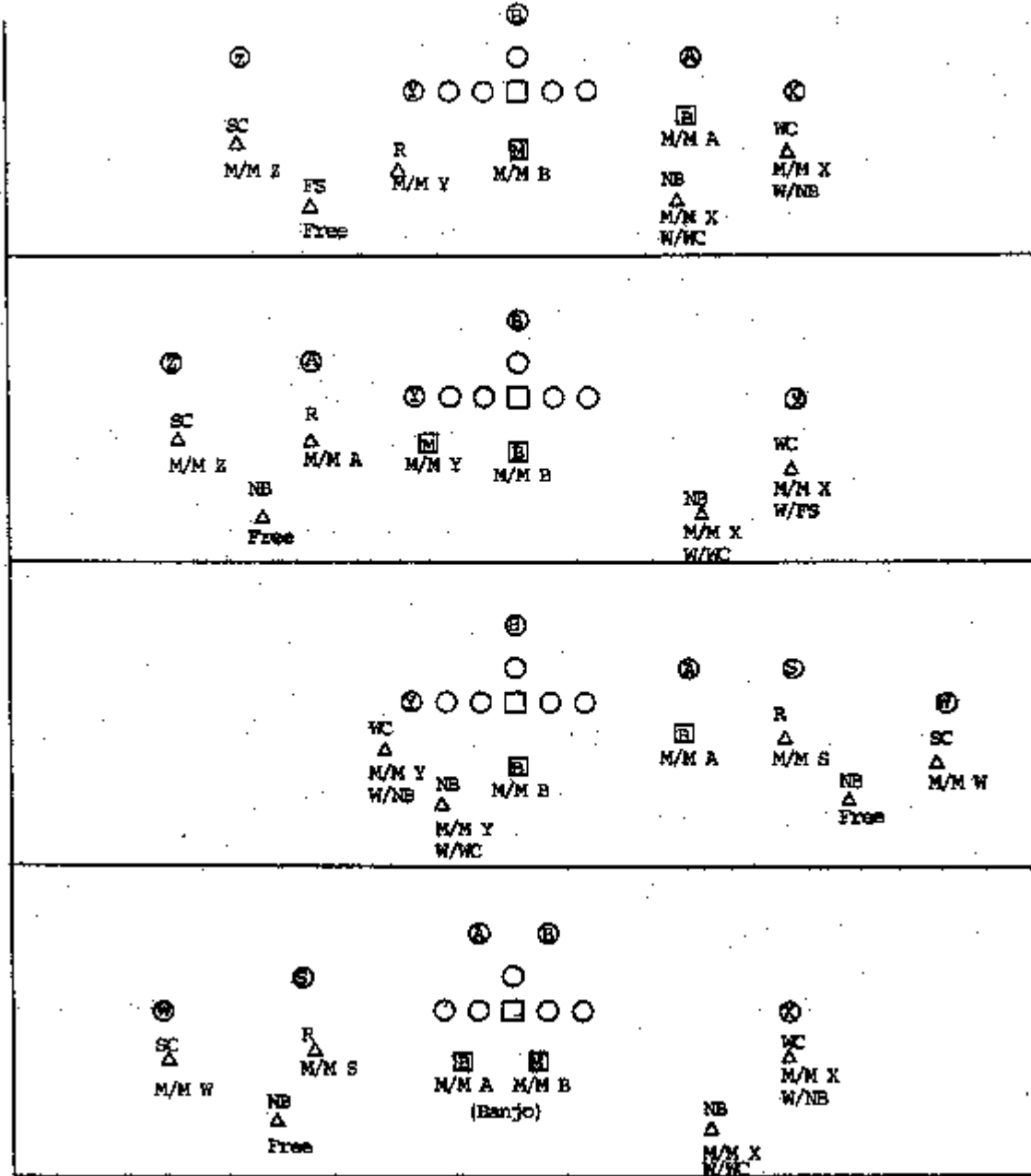




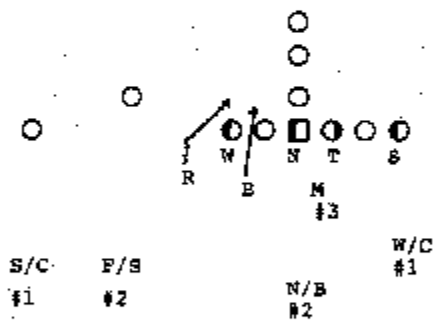
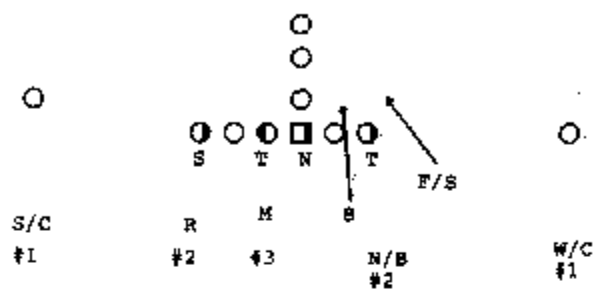
NICKEL COMBO WEAK



NICKEL COMBO WEAK



1 NICKEL STORM



- Mac-----# 3 Receiver Strong M/M  
(possible trade with NB)
- Buc-----Blitz B Gap
- Strong Corner-----# 1 Strong M/M
- Rover-----Pro-#2 Strong M/M  
Slot-Lightning Blitz
- Safety-----Pro-Cowboy Stunt (sky)  
Slot-#2 Strong N/M
- Weak Corner -----#1 Weak M/M
- Nickel Back----- #2 Weak M/M  
(possible trade with Mac)