

**1996
NORTH
CAROLINA**

**4 - 3
DEFENSE**

(CARL FORBUSH)

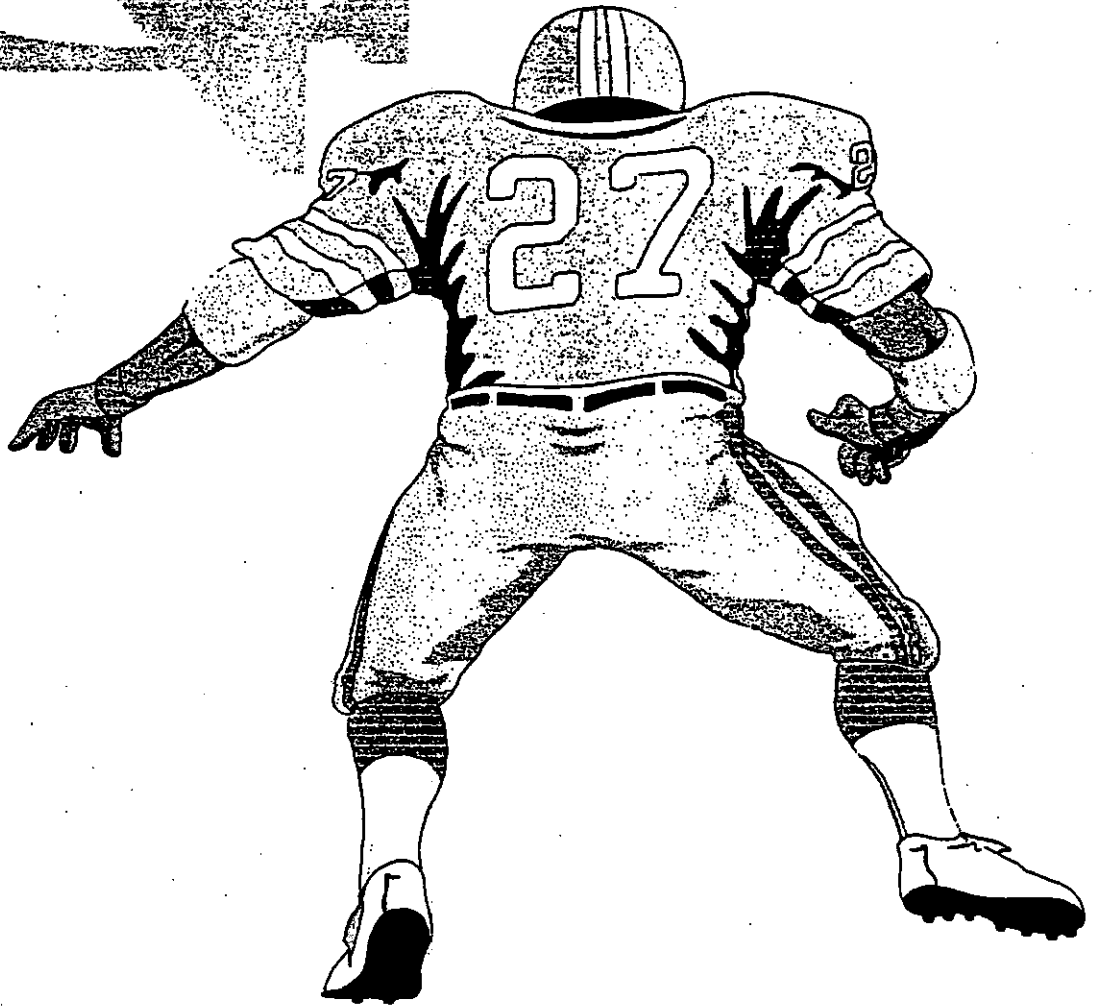
40 PAGES

**UNIVERSITY OF NORTH CAROLINA
DEFENSE**

TARHEELS

**DEFENSIVE COORDINATOR
COACH CARL TORBUSH**

**UNIVERSITY OF NORTH CAROLINA
DEFENSE**



**COACH CARL TORBUSH
DEFENSIVE COORDINATOR**

STRESSING THE LINE OF SCRIMMAGE OUT OF THE MULTIPLE 4-3 DEFENSE

There is no question the reason for our defensive success at Carolina is we have great athletes. They have excellent size, strength, and quickness and speed plus they have a tremendous desire and pride in being successful.

At the University of North Carolina we attempt to "stress the offense" by placing as many defensive players at or around the line of scrimmage as possible. To do this we place a great deal of confidence and pressure on our cornerbacks to play man coverage.

Before getting into our defensive scheme I would like to share our Defensive philosophy with you. In developing a philosophy we believe you must want to be known for something. We want to be known for being "RELENTLESS." Our Defensive Philosophy has thirteen points we feel are important.

CAROLINA DEFENSIVE PHILOSOPHY

"RELENTLESS"

1. "Stress the Offense" mentality....pressure and attack defense.
 - A. Stem
 - B. Disguise
 - C. Blitz
2. Look complicated with multiple fronts and disguises, but be simple and with technique, alignment and assignment.
3. Stress the importance of *3 and Out* series and getting off the field.
4. Do not give up a touchdown after sudden change situations.
5. Get the most productive speed and ability on the field.
6. Disrupt the offense with aggressive vertical take-off.
7. Have a great awareness of run/pass down situation.
8. Create turnovers.
9. Be a dominate, big play with consistency.
10. Create indecision by the offense by pressing and stressing L.O.S. and receivers.

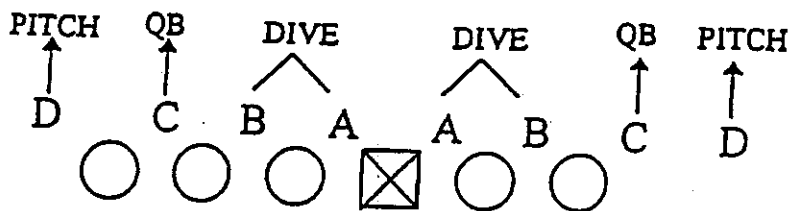
4. Gives us the ability to adjust to any type offense.....2 Back: Veer, Bone, Trap. Power, Pass - 1 Back: Zone, Traps, Draws, Pass.
5. Cuts down on play selection.
6. Have the ability to be Gap Control, but also upfield aggressive.

C. Practice Objectives

1. Know each player's and position's abilities - what they can do well and cannot do.
2. Play with excitement, enthusiasm, and great effort every play. Run to the ball. Practice running full speed so that it is a natural reaction.
3. Teach great technique
 - (A) Stance
 - (B) Movements
 - (C) Tackling
4. Have a good understanding of our scheme Gap Control/align - assignments.
5. Have solid 2 Deep at each position.
6. How much M/M can we play when needed.....would like 60-70% man.
7. Leave each practice with great confidence and excitement about playing defense at Carolina.

We will always be a Gap Control Defense and have option responsibilities on any defense we play.

DIAGRAM 1



As you can see from the diagram above if you are aligned in the A or B Gap, you have dive; if you are aligned in the C Gap, you have QB; if you are aligned in the D Gap, you have Pitch.
 Exception: Loose 6 Tech will be a QB / Alley Player not a Pitch Player).

We flip our entire front. The Nose (Tackle). Stud (End), and Rover (OLB) always go to the call side. The Junk (Tackle), Ed (End) and Sam (OLB) go away from the call. The Willie (MLB) makes the call (right or left) and aligns accordingly.

MULTIPLE FRONTS -

We have 4 base fronts that we use. These 4 fronts with the ability to penetrate or cross face from each position gives us a very multiple package from which to pull a game plan.

DIAGRAM 2

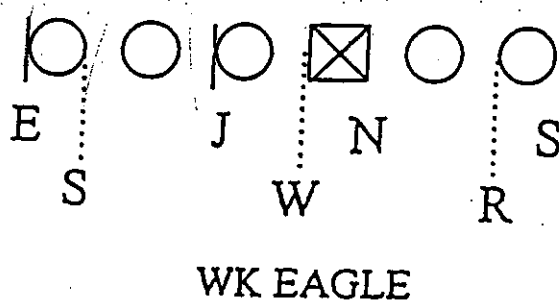


DIAGRAM 3

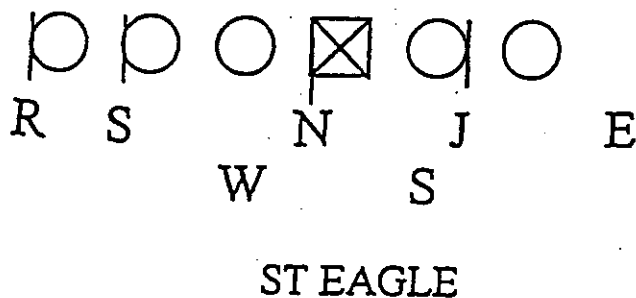


DIAGRAM 4

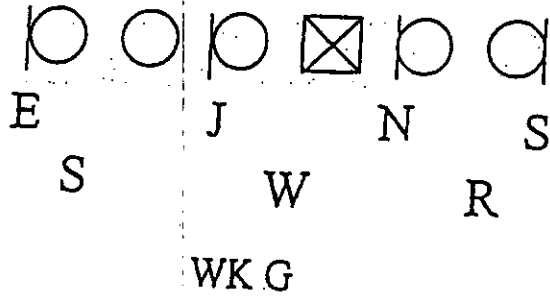


DIAGRAM 5

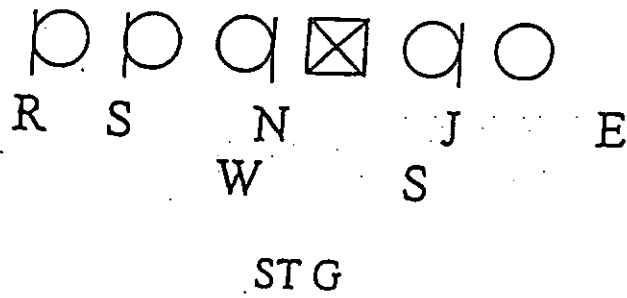


DIAGRAM 6

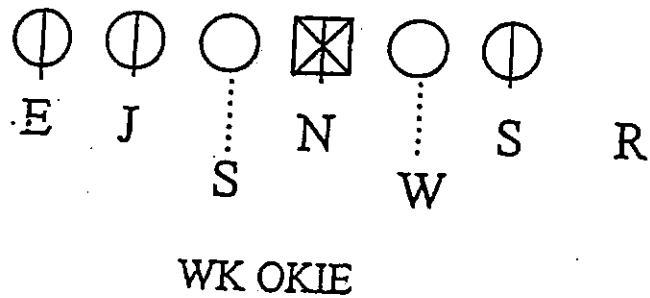
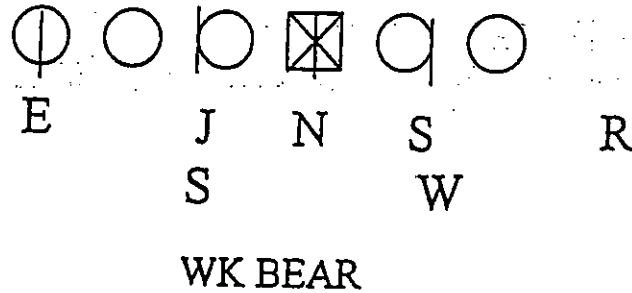


DIAGRAM 7



To truly stress the LOS we have the ability to move our linebacker to the LOS. We do this with Disguise Calls. By moving our LB's to the LOS, we always have the possibility of stunting....this really stresses the QB and OL.

- BLUFF - Tells all 3 LB's to press the LOS basically in their Strongside Gap Control...as they gain experience and knowledge, they can vary their alignment depending on sets and coverage.
- MUG - Tells the MLB (Willie) to "Mug" or Line-up on the uncovered Guard or Center. The OLB to that side will slide inside.
- UP - Tells the OLB to the TE side to Line-up (O/S eye to I/S eye to eye) on the TE *Also tells DE to TE side to move out wide.

DIAGRAM 8



DIAGRAM 9

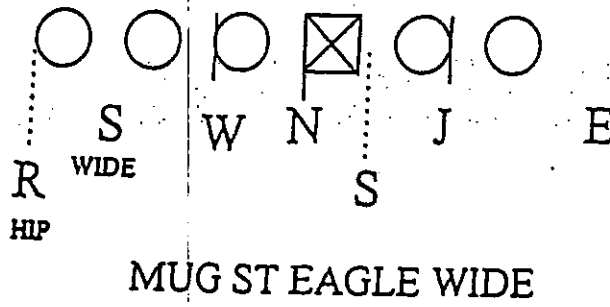


DIAGRAM 10

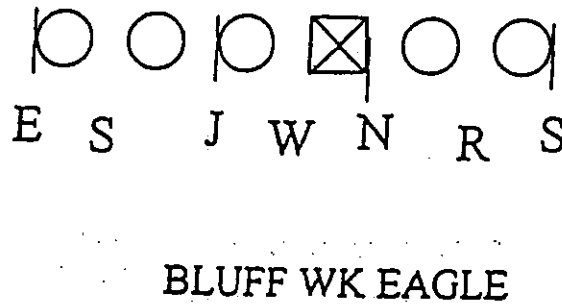
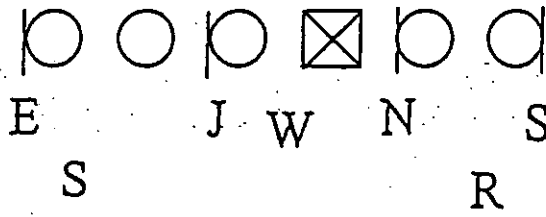


DIAGRAM 11

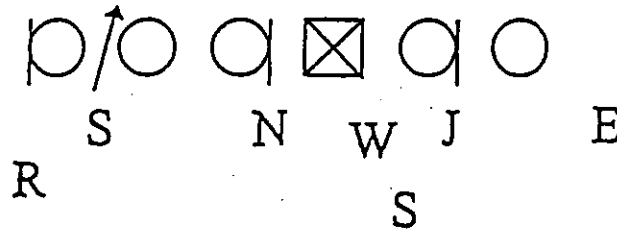


DIAGRAM 12



MUG WK G

DIAGRAM 13



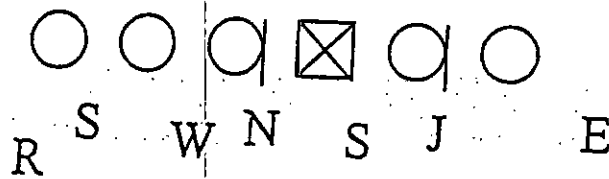
MUG ST G WIDE

DIAGRAM 14



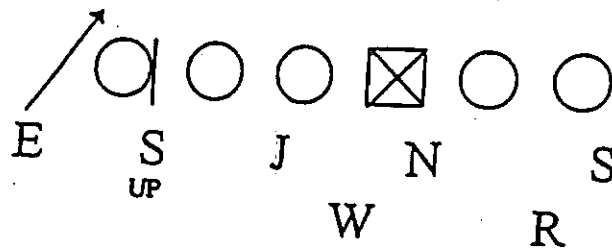
BLUFF WK G

DIAGRAM 15



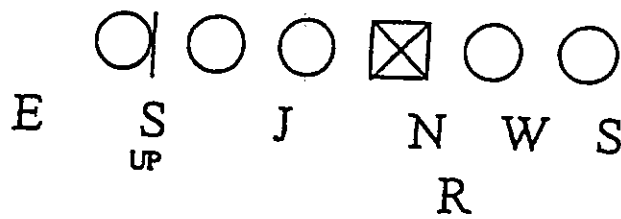
BLUFF ST G WIDE

DIAGRAM 16



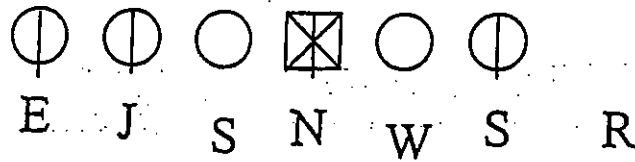
WK EAGLE UP

DIAGRAM 17



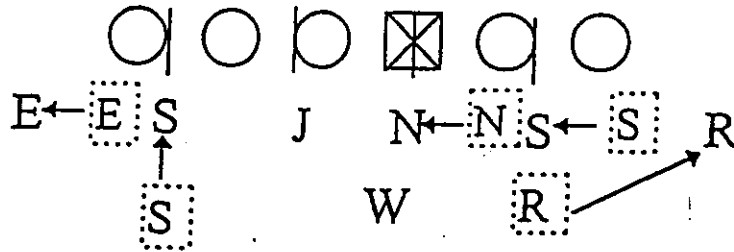
MUG WK EAGLE UP

DIAGRAM 18



BLUFF WK OKIE

DIAGRAM 19



WK G (MOVE) BEAR UP

As you can see, the ability to get in 4 different fronts, the ability to give multiple movement off of each front, the ability to stress the LOS with the LB's creates tremendous stress and pressure on the offense.

COVER - 1 DESCRIPTION (MAN FREE)

STRONG SAFETY

- TECHNIQUE - Man (Hands / Switch)
- STANCE - Feet Inside your shoulders/cocked(TE)
- ALIGNMENT- Head Up/3 & 5 (TE)
- KEY - TE / WR
- RESPONSIBILITIES- Run strong support the D-Gap. Run weak Check #2 for pass (Play Action) cutback and pursuit.
- Pass - Switch call vs Pro Set (TE) TE releases outside the SS will take him - FS is Free.
TE release inside the FS will take him - SS is Free.
- On Twins we play CB's over to match skill on skill and put the SS on the weak TE. FS is free.
- Twins open (2-Backs) we match up CB's on the wide outs and SS on #2 (Inside). FS is Free.
- One Back Sets we match up our best skill with their best.

FREE SAFETY

- TECHNIQUE - Switch/Free
- STANCE - Feet inside shoulders (Switch) and staggered.
- ALIGNMENT - A Gap (Weak) A-B-C (Strong) 10-12 yards deep.
- KEY - QB / TE
- RESPONSIBILITIES- Run Strong Alley Pursuit. Run Weak Alley D-Gap.
- Pass Switch call vs Pro Set (TE) TE Releases inside FS will take him.

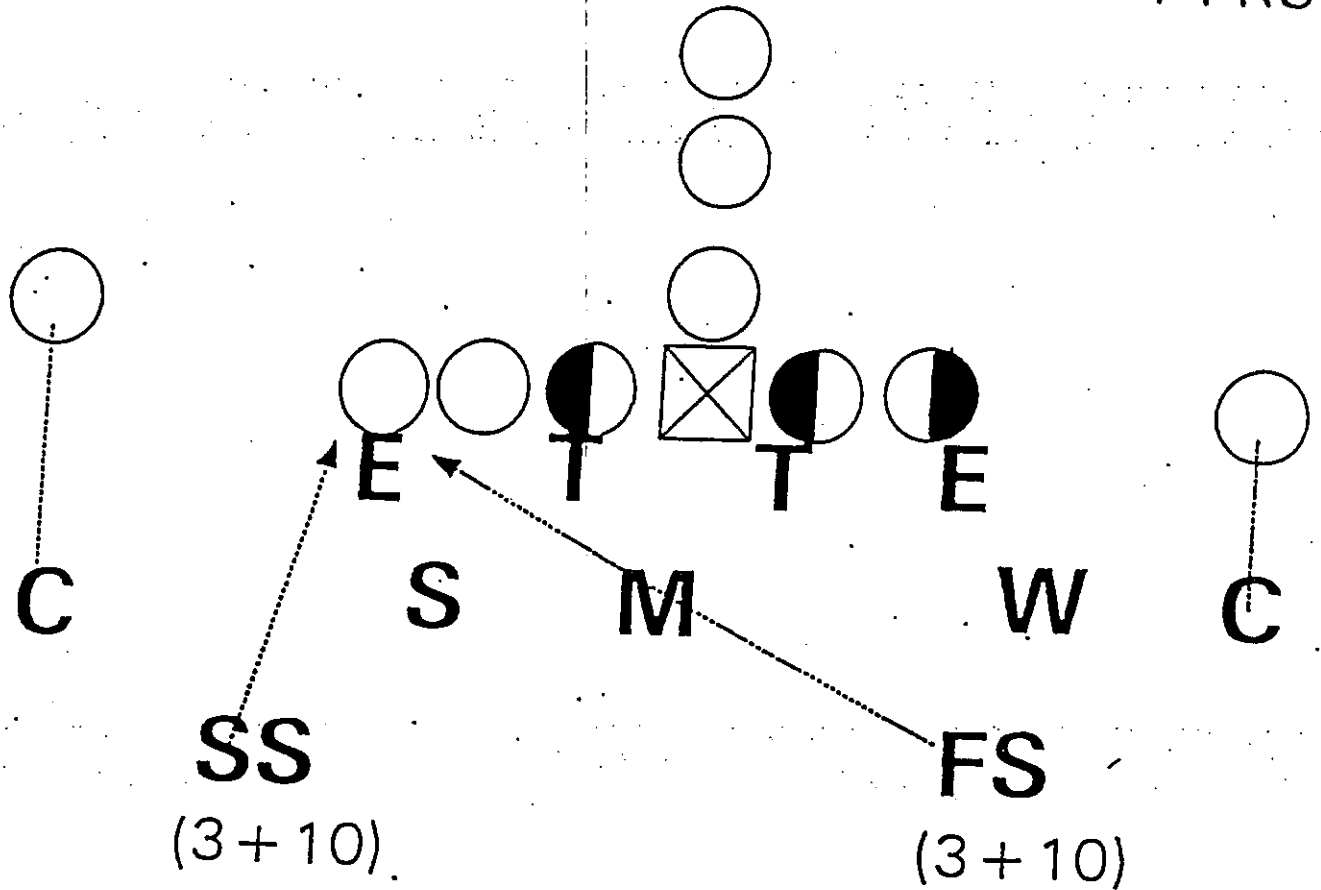
- SS is Free
- TE Releases outside SS will take him
- FS is Free
- On Twins (2-Backs) or any one back sets the Free Safety is Free.

CORNERS BACKS

- TECHNIQUE - Man (Hands)
- STANCE - Feet Inside Shoulders
- ALIGNMENTS - Head Up
- KEY - WR
- RESPONSIBILITIES- Run WR Blocks me Contain. WR cracks inside replace.
Pass Cover your Man!!

COVER-1 (MAN FREE)

1 PRO



CB'S- HANDS OR BASKETBALL TECHNIQUE

COVER - CONTAIN - REPLACE

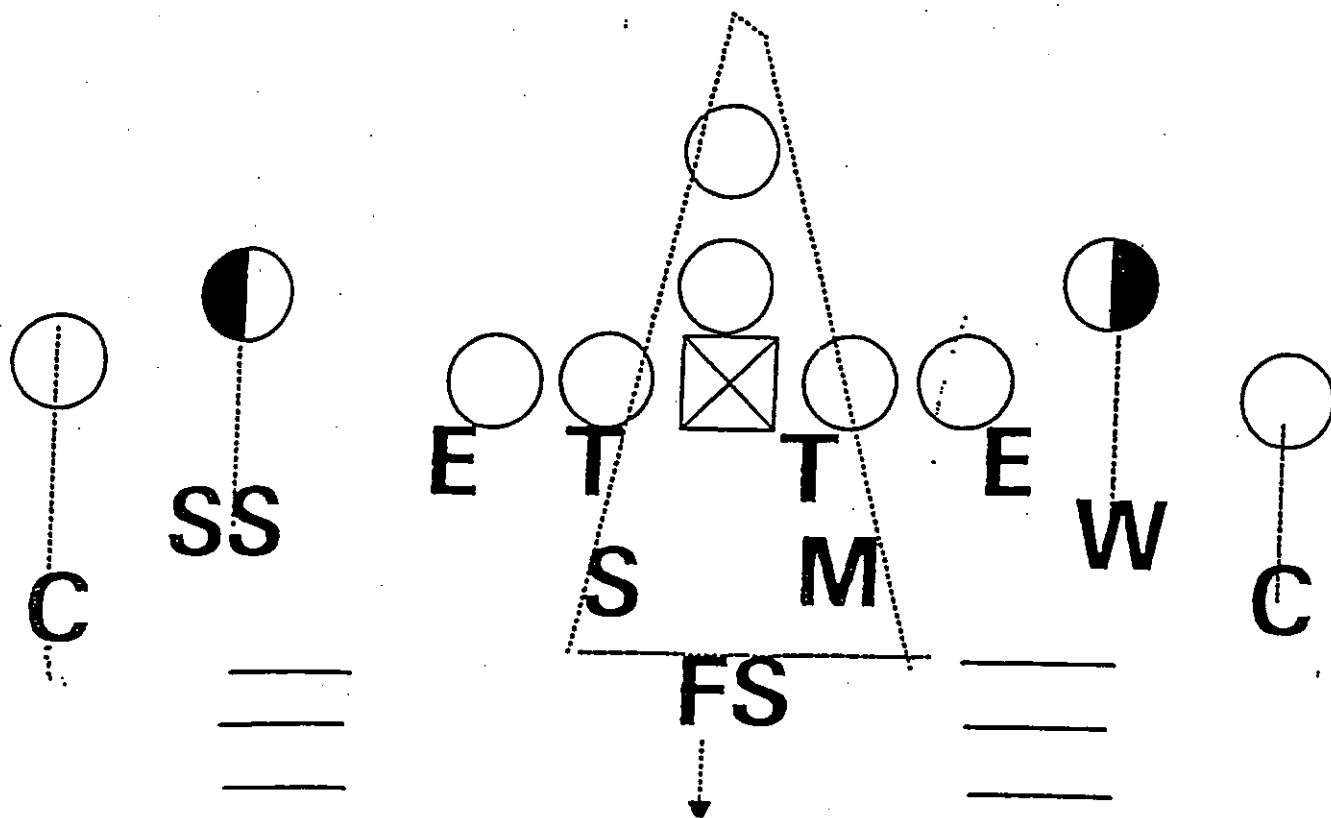
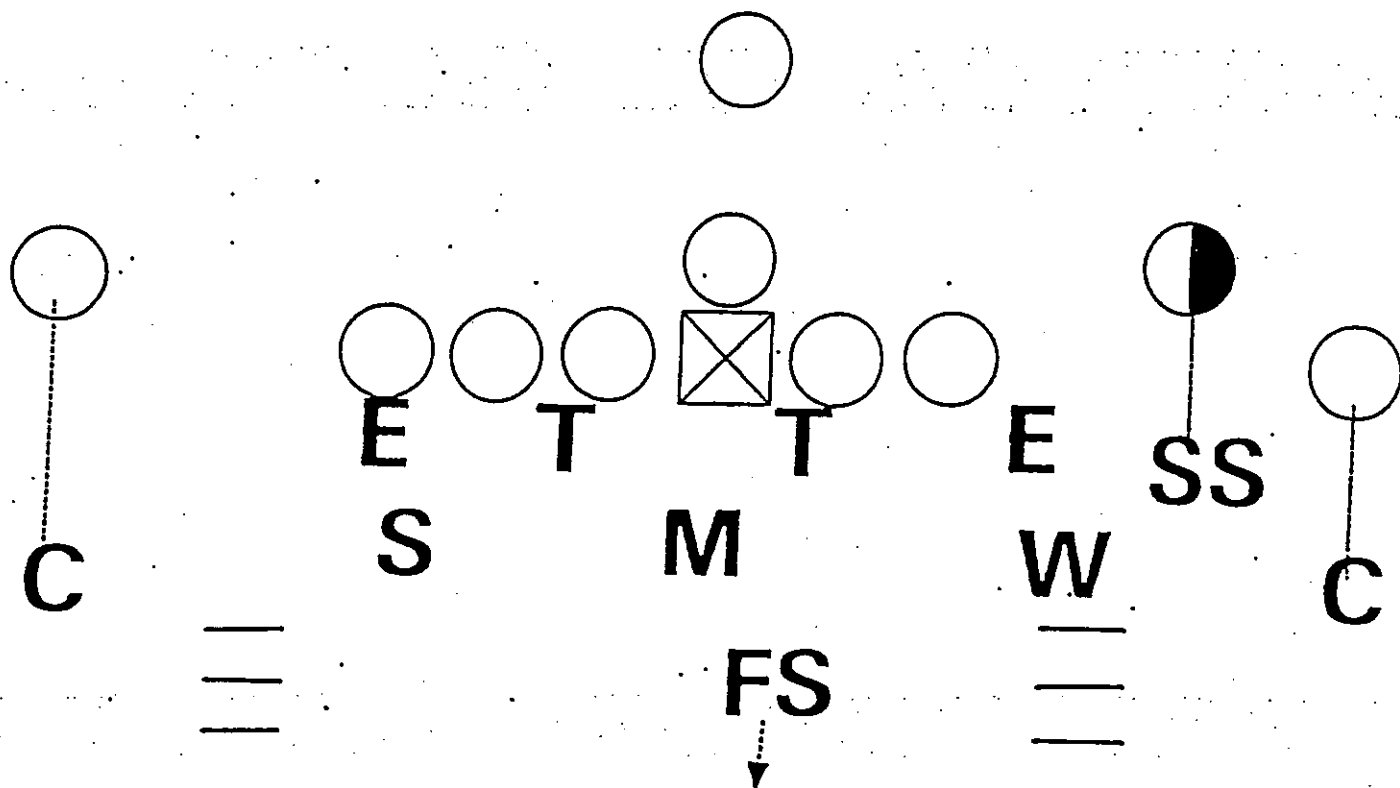
FS & S- PRO OR ACE= SWITCH CALL

- KEY BALL TO THE TE - STRONG RUN
- WEAK RUN
 - PLAY ACTION
 - DROP BACK

1 BACK SETS/MAN FREE

DROP BACK

SPREAD

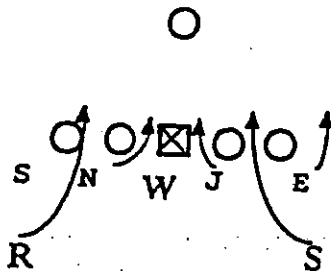


The attacking pressure philosophy of our defense has been enhanced by the ability of our secondary to play man coverage. We have used a variety of base five and six man pressures, playing man free and straight man behind them. If we do not blitz, we often show blitz and play different combinations of man from our zone coverages.

Some of our five and six and stunts involve line twists or deals and may be run with the linebackers on or off the LOS. The system for calling the pressures is simple but gives us much flexibility in our stunt game.

Example: Tex-sends both outside Linebackers through the B gap- May be used with or without a twist between the defense tackles.

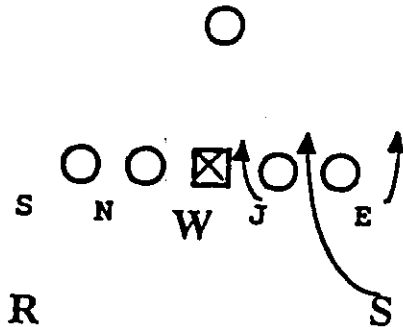
DIAGRAM 26 - TEX



Obviously a Tex Stunt to either outside Linebacker can be called to create a five man stunt.

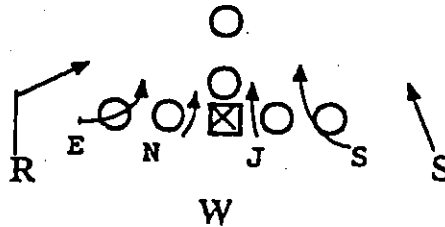
Example: Sam Tex

DIAGRAM 27 - SAM TEX



Example: D- sends both outside Linebackers outside as D gap rushers. The D stunt may be used with or without a line stunt by the defensive ends and tackles.

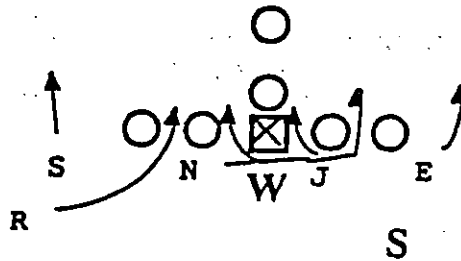
DIAGRAM 28 - TIGER D



The middle linebacker can be involved with a number inside stunts involving the defensive tackles.

Example: Twirl

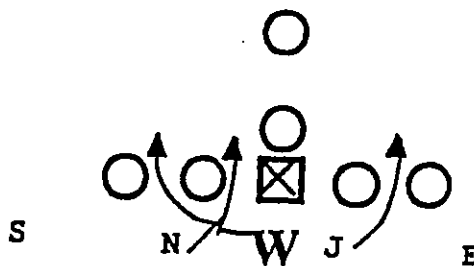
DIAGRAM 29 - G TWIRL ROVER TEX



The middle linebacker and three technique penetrate the A gaps while the two technique flashes to the opposite B gap.

Example: Trade Blaze

DIAGRAM 30 - TIGER TRADE BLAZE

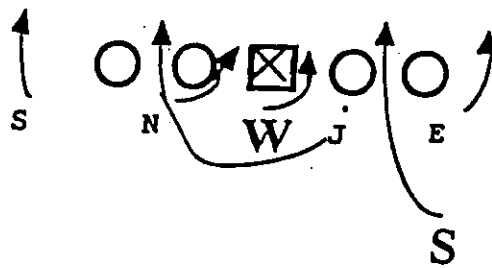


The defensive tackles use a cross face movement and penetrate the A and B gaps respectively, while the MLB flashes to the B gap vacated by the penetrating three technique.

All of these stunts have been effective for us when used as single stunts or when used in combinations.

Example: Twirl/ Sam Tex

DIAGRAM 31 - TIGER TWIRL SAM TEX



DEFENSIVE END- BASE. WAR. WIDE TECHNIQUES VS. POWER RUN GAME
IN C - D GAP AREA OF OUR DEFENSE

BASE TECHNIQUES: Block protection vs. counter power blocking schemes, we face here at UNC. In our DE's teaching progression, we talk in terms and coaching points of inside and outside leveraging of blocking schemes, (C.P., i.e., going under the blocks, make the ball bounce vs. boxing the play or containing the ball)

Base rule for our 5 Technique or 9 Technique End on the TE or OT down block are the same. DE's will attack the inside "V" of the offensive lineman or near-back neck area, on all gap schemes. Block schemes we face versus the Power off Tackle or Counter Power.

DIAGRAM 32 - POWER VS. BASE

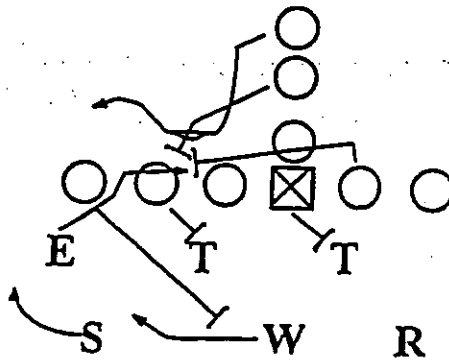
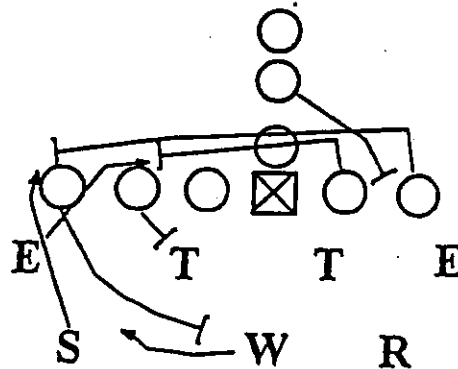


DIAGRAM 33 - CTR POWER VS. BASE



C.P. We friction TE, (We want to flatten TE's blocking angle on middle linebacker first) with our hands, run over TE's ribs cage, attacking inside "V" of next inside threat, versus the power play is backside OG.

DE Teaching Progression:

- 1) Friction TE
- 2) Attack inside threats
- 3) Go north to ball

WAR TECHNIQUE: Goes hand in hand with Base 5 Tech, 9 Tech for our End's. War means Widen And Rush, War gives our Ends more freedom to be more athletic.

- 1) War allows them to attack the Line Of Scrimmage vertically.
- 2) Alignment is wider than base.
- 3) Their target and keys are near Back or Triangle in Backfield and not TE or OT as in Base Technique.
- 4) Assignments must maintain outsider leverage on All Block Schemes.

DIAGRAM 34 - POWER VS. WAR

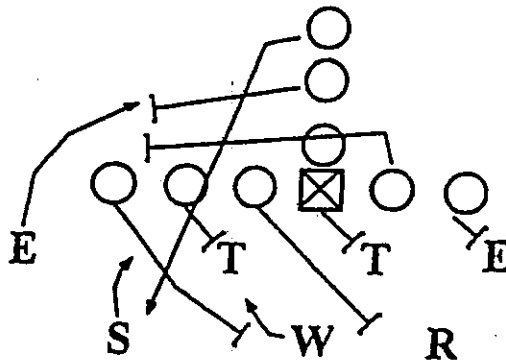
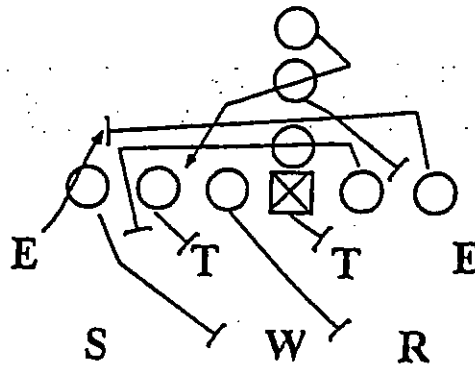


DIAGRAM 35 - CTR POWER VS. WAR



WIDE TECH: Which is an integration of War Tech and Base Tech for DE's End. We show offenses a War Alignment, but we play Base assignment.

C.P. 1) DE aligns Wider on OT or TE

2) DE's Target or Key is the OT or TE for Block Scheme, the same as in Base techniques but from a War Alignment.

DIAGRAM 36 - POWER VS. WIDE

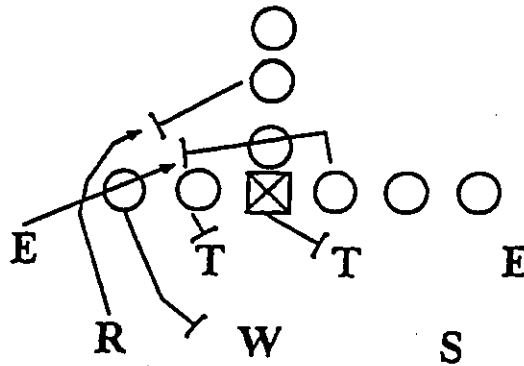
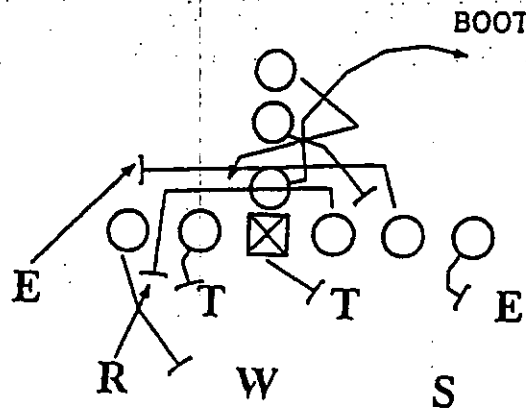


DIAGRAM 37 - CTR POWER VS. WIDE



In conclusion, at UNC we keep it simple for DE, but make it look more multiple for the QB's and offensive coordinator with Base, War, & Wide Tech. We feel we have to change up the corner to make the offense guess what we play defensively! We like to dictate instead of anticipate!

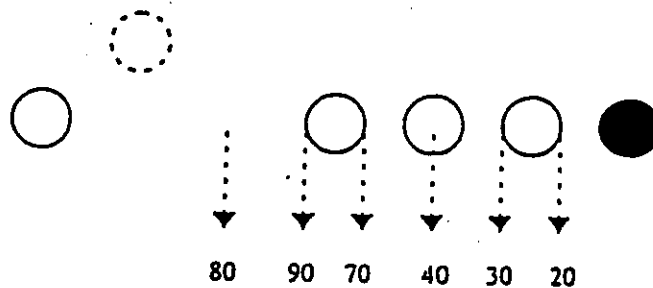
As you can see, the ability to get into 4 different fronts, the ability to stress the LOS with our Lb's and the ability to give multiple movements and stunts gives us an unlimited package from which to pull out the best "Stress" defense for each opponent. Hopefully, you have been able to pick up several thoughts and ideas that you can incorporate within your scheme.

COACH CARL TORBUSH

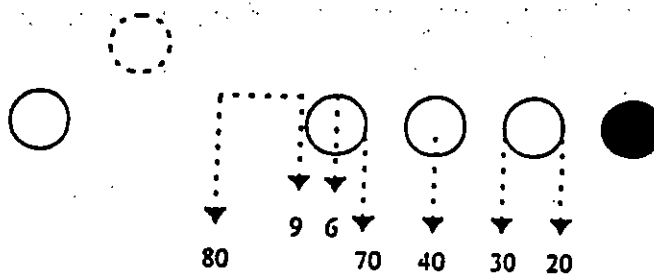
LINEBACKER PLAY

I. Linebacker Alignments / Techniques

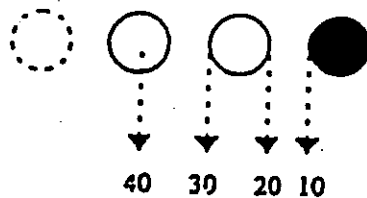
A. Sam Linebacker



B. Rover Linebacker - "Slide"



C. Willie Linebacker



- 10- Onside A Gap, your inside shoulder on the tip of the Center's inside shoulder pad.
- 20- Head-Up (Nose to Nose) on the Offensive Guard.
- 30- Inside eye to outside eye of the Offensive Guard.
- 40- Outside eye on the inside eye of the Offensive tackle.
- 70- Outside eye on the inside eye of the Tight End.
- 90- Inside eye on the outside eye of the Tight End.

LINEBACKER PLAY - CONTINUED

II. Stance

A. Body Parts

1. Feet - Toes pointed straight ahead and feet shoulder width apart (No wider than big toe as wide as outside tip of shoulder pad). Feet will remain flat with the weight on the balls of your feet. The feet should be as square as possible with little or no stagger. This will enable you to move to the right or left equally well.
2. Legs - The knees should be bent slightly at almost a 45 degree angle from the ground. The knee cap should be straight ahead not looking out.
3. Back - The back should be flat at all times, never humped over for this is a sign of tiredness. This will also enable you to stay square and alert at all times.
4. Shoulders - The shoulders should be slightly pulled back and in front of your knees at all times. This will enable you to protect yourself from the high blocks at all times. Keep the top of the shoulder pads out front which will enable you to deliver a blow at any time. The shoulders should be above buttock level. Not below. "You should never be able to read your numbers clearly."
5. Hands and Arms - Your arms should be slightly bent and directly in front of knees. They should not be stiff. The hands should be relaxed with the fingers slightly wiggling to maintain relaxation.
6. Head and Eyes - The head should be slightly bowed from the flat back. The eyes looking slightly through the brow of your face. Never have head looking straight ahead for this will make you drop the buttocks and knees.

B. Getting Into the Correct Stance

1. Feet flat, shoulder width apart.
2. Put hands on knees.
3. Flatten the back.
4. Flex and slightly bend the knees.
5. Bend elbows, keeping back flat.
6. Make sure shoulders are in front of the knees and slightly pulled back.
7. Drop the hands.
8. Shoulders and hands in front of the knees - protect your legs!

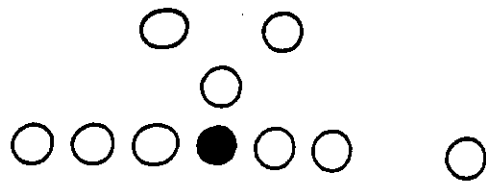
C. Reasons for This Specific Stance

1. The stance is your basic hitting position.
2. Once you begin movement, either shuffling or running, the shoulders should never raise or lower.
3. The hands and pads are in position to keep blockers off your legs without having to bend.

LINEBACKER PLAY - CONTINUED

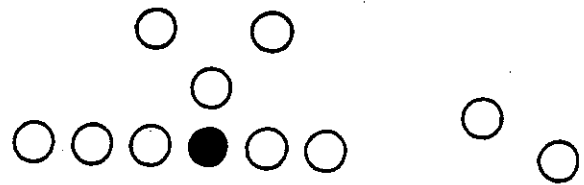
III. Calling Signals

The Willie Linebacker is responsible for calling the defensive signal. He must be sharp and quick thinking. Once WLB breaks the huddle, he must turn around. He will call RT or LT depending on what the call is (Ace, Deuce, St, Wk, Rt, Lt). Always make sure you call twice so everyone can hear.



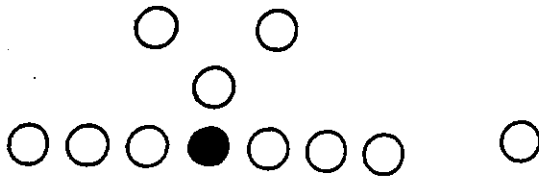
"LEFT, LEFT"

(DEUCE) SHADE



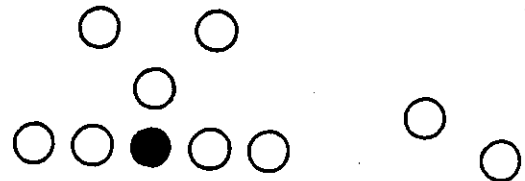
"LEFT, LEFT"

(ACE) SHADE



"RIGHT, RIGHT"

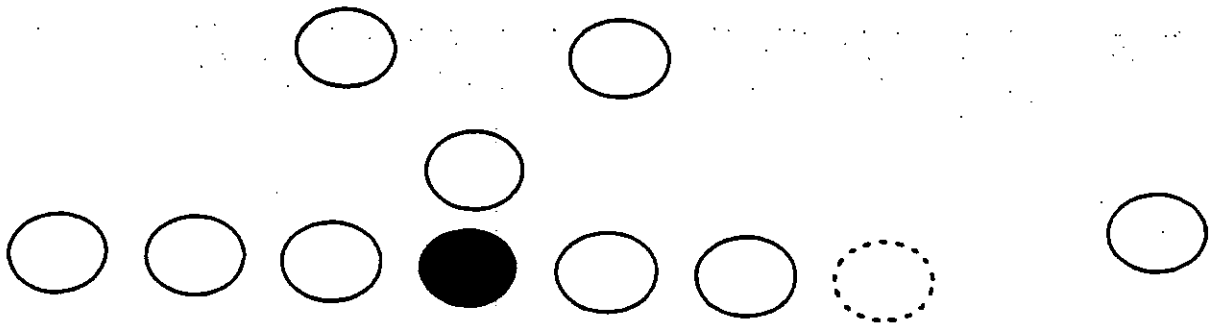
(DEUCE) SHADE



"RIGHT, RIGHT"

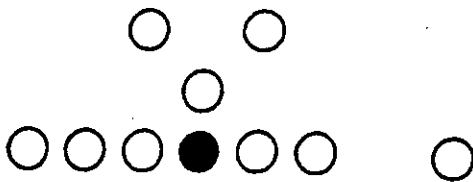
(DEUCE) SHADE

WLB - If the TE lines up to your right, then walks to your left, you say nothing after setting the defense. Listen to the coverage call in the secondary.



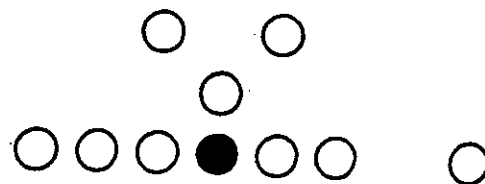
If we want to slant or move the defense, then willie linebacker will make the call accordingly. We will use (Right) or (Left) to shade and slant the front or move the front in that direction.

CALL: (STRONG) SHADE SLANT



"LEFT-LEFT"

CALL: WK G SLANT



"RIGHT-RIGHT"

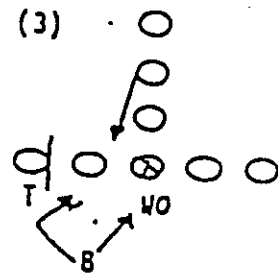
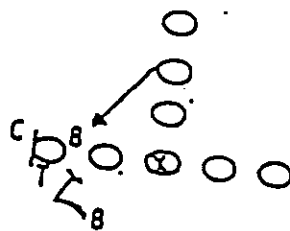
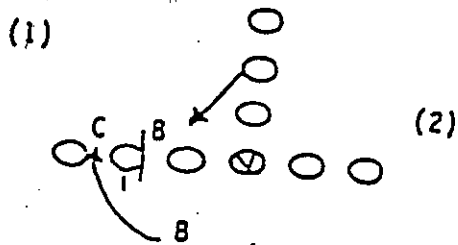
LINEBACKER PLAY - CONTINUED

You are responsible for making any adjustments before the ball is snapped. Remember NEVER be confusing to the front people or confused in what you are calling. BASIC RULE: Any confusion "CK" the defense.

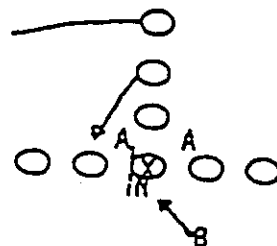
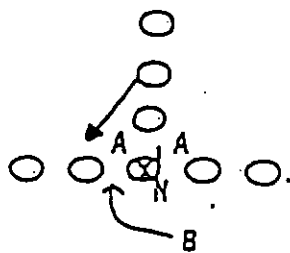
IV. Keys: You will always key the back to your side: The near back. You will read the blocking scheme especially if the guard pulls onside or offside. You must know what gap responsibility you have at all times. Know when you must commit quicker and when you must give the blocking scheme time to develop. Any time your guard is not covered, you must be prepared to stuff your onside gap responsibility. Anytime the guard is covered, you must read from the nearback to the blocking scheme. This is true for the WLB in G or Eagle and the SLB anytime we are in Tiger or Tim.

A. Gap Responsibility Rules: You must know what gap you have on Action To You and on Action Away From You.

1. Action To You: You must know what gap the Tackle has (B or C). You have the opposite. You will never be responsible for your onside A Gap on action to you. You will come back and help, but not step into it (Keep your outside pad free at all times).



2. Action Away From You: You must know what gap the 1 or 2I Technique has. On action away, you will either be responsible for your onside A or offside A if the ball attacks those gaps.



LINEBACKER PLAY - CONTINUED

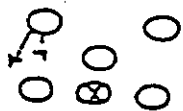
V. Reads

A. Split Backs: Your key will always be the angle of the nearback to the offside back on action away. You will always:

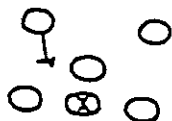
- (1) Key the angle of the nearback.
- (2) Read the blocking scheme.
- (3) Feel any pull by the guard.

You have four basic reads out of split backs.

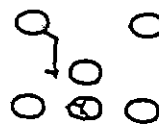
1. Inside Read



DIVE IN "B"

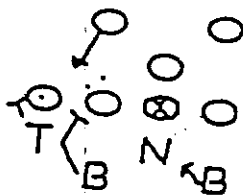


DIVE IN "A"

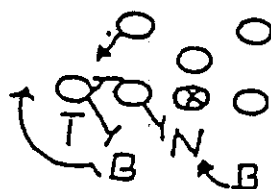


COUNTER DIVE IN "A"

On any movement straight ahead in your inside A or B Gap whether it be counter action or straight ahead your initial movement will be a 45 degree jab shuffle at the inside hip of the tackle. If the ball continues straight ahead you will buck up and secure the B gap.



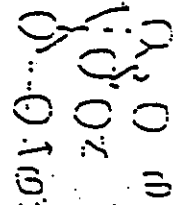
By taking a 45 degree jab shuffle at the tackle, this also gives the blocking scheme time to develop.



Of a down block occurs, we will change gap responsibilities with 5 Tech. This is what we call "Read to Scheme" (Angle of the back and read the blocking scheme).

LINEBACKER PLAY - CONTINUED

If there is a counter step and away the outside back as soon as possible for his angle.



you should pick up

4. Outside Read

This read comes when your outside back makes an immediate move to the sidelines whether:

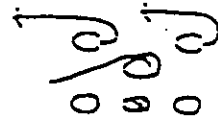
STRAIGHT



COUNTER

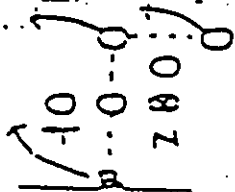


WHIRLEBIRD



This is a fast read for us but our technique will stay the same. As you jab shuffle toward your tackle pick up the outside back to make sure there is no threat inside. If the outside back is diving. Stay behind the tackle until you recognize trap, dive, or no threat. This should happen so quickly that there should be no hesitation on all read option plays.

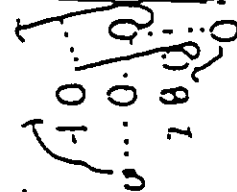
LEAD OPTION



QUICK TRAP



TRAP OPTION



- B. I Backs: Your key will be from the hips of the fullback through the tailback. You will (1) Pick up the flow of the I Tandem (2) Read the blocking scheme and (3) Feel any pull by the guard (If G pulls respect it).

The Basic Reads You Can Have Out of the I are:

1. DIVE OPTION

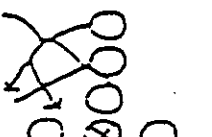
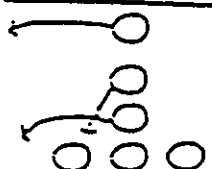
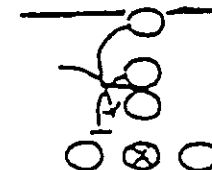
If the fullback dives straight ahead and the tailback goes wide the outside backer must secure the B Gap and the outside backer must secure the outside A reading cutback if any.

2. ISOLATION (LEAD)

If the fullback and tailback come straight ahead the outside backer must "Get Big and Stuff the "B" Gap". The linebacker away should pick up the tailback and scrape to where tailback breaks to.

3. POWER OR SPRINT DRAW

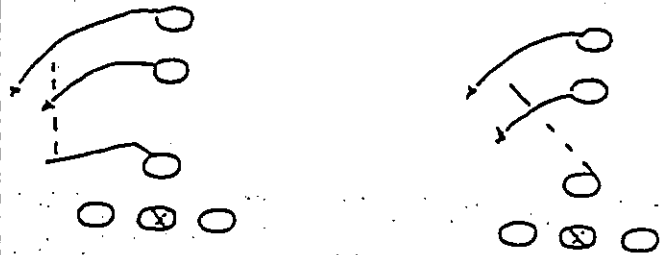
Anytime the fullback and tailback both work wide on power or sprint draw action, both linebackers should pick up the tailback immediately. Once the fullback works wide, he is no longer a ball carrying threat. The backside LB should always maintain inside



LINEBACKER PLAY - CONTINUED

4. Full Flow

When both the fullback and tailback turn the shoulders toward the sidelines both linebackers should get a fast read. Pick up the tailback immediately and scrape on 1st day light. The B/S linebacker must stay inside-out on ball staying square.



5. Split Flow

When the fullback goes one way and the tailback goes the other, both linebackers must slow read.....maintain B Gap leverage until you locate the football then work to onside - offside gap responsibilities.



VI. Taking On Blockers and Shedding Techniques

A. Base Block - Blocker comes straight at your chest.

1. Use our "Bucker Punch" Technique....(1) Quick roll of the hands to,(2) Coil the hips,(3) Jab feet forward about six inches,(4) Make first contact with the top of the pad.
2. Stay square, keeping your outside shoulder free.
3. Keep the top of the shoulder pads out front.
4. As you make contact with the top of the pad in front of your body, your hips should be rolling forward.
5. Concentrate on a quick powerful punch.
6. As you feel the offensive player raising, bring the forearm up into the blockers stemum.
7. Squeeze the blocker into the inside gap.
8. Strain upward with the top of the pad. Use your free-arm to shed the blocker if needed by shucking his shoulder pad/helmet area. Do not let blockers stay latched on to you.
9. As you locate the ball, disengage the blocker as quickly as possible.

DON'TS

- (A) Do not turn your shoulders
- (B) Do not give ground on base blocks
- (C) Do not spin off the blockers
- (D) Do not let blocker turn his shoulder pads and hips between you and the ball
- (E) NEVER let the blocker make contact with the front of your shoulder pads!

LINEBACKER PLAY - CONTINUED

B. Reach Block - Blocker comes at you high at an angle.

1. Work to drive your helmet through his inside throat
2. Get hands on his pads as quickly as possible
3. Keep his shoulders turned parallel to LOS
4. Never loose sight of the ball carrier

DON'TS

- (A) NEVER let the blocker get his shoulders turned back upfield..... as long as the blockers shoulders are parallel to, or angled to the LOS. He has lost a lot of his power. Once he gets them turned upfield he is strong again.
- (B) Do not stop, wait, or look for the blocker.....don't take him on unless you have to.
- (C) Do not loose site of the ball carrier.

C. Chop Block - The offensive blocker tries to cut your feet out from under you.

1. If you are in your proper stance and hitting position this should be tough to do.
2. Once you feel the offensive blocker's head go low, extend your hands on his helmet or shoulder pads.
3. Push his head downward keeping your feet clear.
4. If you feel the blocker getting to your legs....extend the arms, push back with the legs, give ground, and get to the football.
5. Stay square and keep your eyes on the football.

DON'TS

- (A) Do not have to bend over to keep blocker out of your legs. If you do, your shoulders and stance are too high.
- (B) Do not keep elbows bent - lock them out.
- (C) Do not let blockers helmet or arms touch your feet....free your leg.

D. Crack-Back Block - The wide receiver blocks you from outside-in.

1. Anytime you hear crack you have two options

(A) Rip Technique - If the blocker is between you and where the ball will be, face the blocker up and rip the inside arm and shoulder through the blocker's face. As you tip the arm through, dip the shoulder and square back-up. Never lose sight of the B.C. through peripheral vision.

LINEBACKER PLAY - CONTINUED

(B) Under Technique - If you see day light and can make the tackle run underneath the block, scraping into the backfield as soon as possible. Do not get upfield and behind the B.C.

COACHING POINT: Mix these techniques up. Do not continuously do the same thing. Always try to Punish the wide receiver on the first crack. This will test his courage immediately!

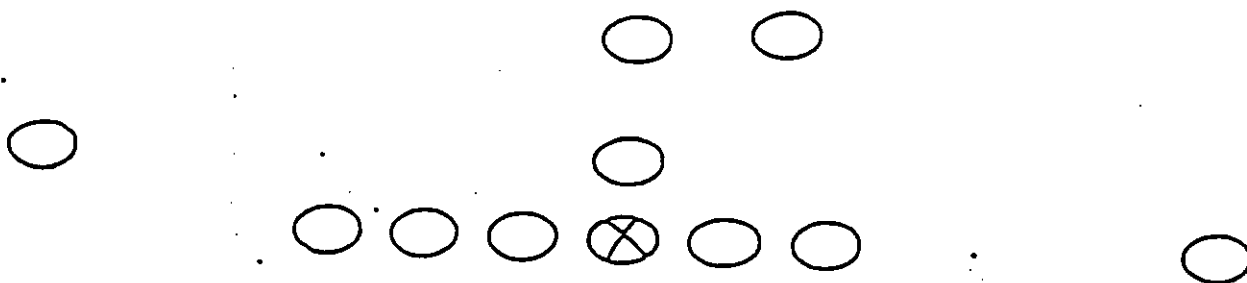
E. Overshoot - Anytime the offensive blocker tries to reach you and his hips are in your face, we call this an overshoot because the blocker has now reached too far upfield for us to fight through him.

1. Once we see the hips in our face we will work off his onside hip.
2. Put your hands on his butt-pads if necessary and push him upfield at the same time giving you momentum outside.
3. Stay square and use your proper scrape angle.
4. Don't get upfield behind the B.C.
5. Only use this technique when hips are in your face.

LINEBACKERS - PASSING GAME

Our linebackers first responsibility is to stop the run, however, they are a very important part of our pass defense. They should be knowledgeable of our pass coverages and what we are trying to accomplish with them. It is not only important that they know their assignment on the different coverages, but that they know assignments of other positions involved in pass coverage.

Our basic coverage is a double zone defense, referred to as Cover 4 or 6. In Cover 4 we are 2 Deep Zones with different combinations in the underneath zones. The linebackers will always be involved in underneath coverage unless they have a blitz call. We divide our underneath coverage zones into 5 areas (zones). The depth of each zone is 12-14 yards deep.



# ZONE---	HASH ZONE--- 2	MIDDLE ZONE--- 2	HASH ZONE--- 2	# ZONE--- 1
--------------	-------------------	---------------------	-------------------	----------------

**Our linebackers will always have a landmark drop for learning and technique purposes.

Once the ball is snapped our zone will float depending on the release of your initial pass key.

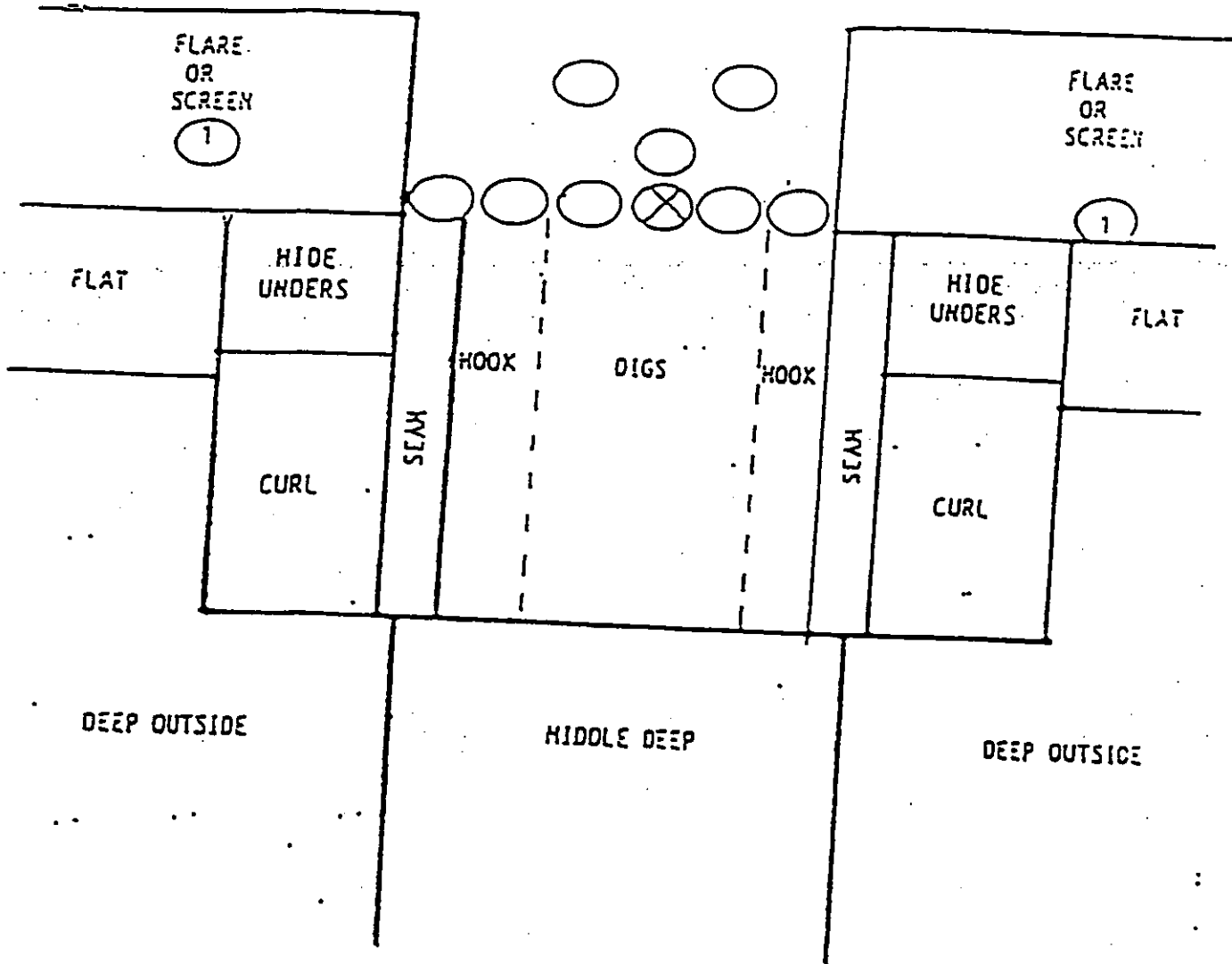
LINEBACKER PASSING GAME - CONTINUED

COVERAGE	SLB	WLB	RLB
4	Wall #2 Hash #3 Pick-Up	#3 Vertical Middle	Wall #2 Hash #3 Pick-Up
6	Key off #2 Release Flat - M/M Vertical-Hash/#3 PV Away-Hash/1st Crosser	#3 Vertical Middle	Key off #2 Release Flat - M/M Vertical - Hash/#3 PV Away - Hash/1st Crossover
5	#2 Vertical Hash	#3 Vertical Middle	#2 Vertical Hash
3	Middle	Hash	Numbers
2	2 Rec. Side Middle 1 Rec. Side Hash	2 Rec. Side Middle 1 Rec. Side Hash	Numbers
8	Middle	Hash	Numbers

LINEBACKERS PASSING GAME - CONTINUED

Our linebackers must understand areas of the field, what routes occur in each specific

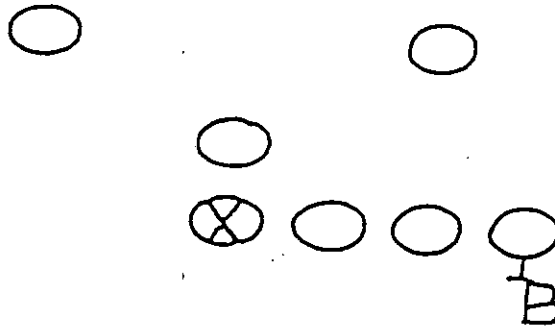
zone and how to pattern read from 2 or 1, 3 to 2, 2 to 3.



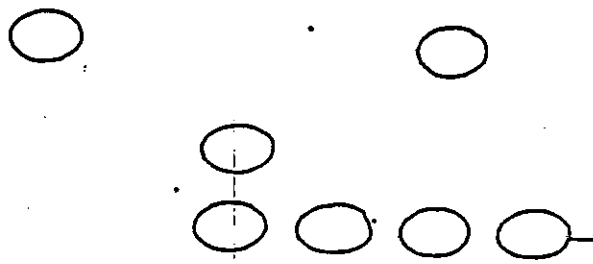
ROVER LINEBACKER (S OR SO TECH PLAY)

I. Nine Technique

- A. Stance - Two point with feet slightly narrower than the shoulders. Good knee bend, back flat, with head and eyes up. Arms natural and bent. Weight on balls of feet.
- B. Alignment - 1/3 foot on the O/S foot of the TE.
- C. Key - TE to near back to ball.
- D. Area of Responsibility - Nose of TE to sideline.
- E. Coaching Point - Keep outside leverage and do not let anything cross your face.
- F. Block Reaction -
 - 1. Base - Step with inside foot, explode, hat under hat, rip hands into breast. Anchor and squeeze with shoulders square and inside foot up. Keep outside pad and leg clean. Key near back to ball, read run or pass. Area of responsibility - nose of TE to sideline.

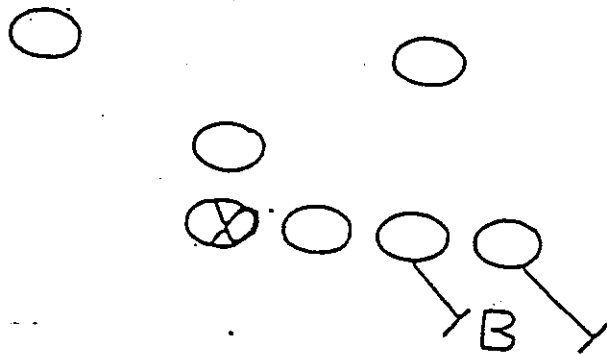


- 2. Sweep - Step, explode, hat under hat, rip hands into breast. Control TE on LOS, quickly widen hole to outside. Escape to outside and contain ball. Area of responsibility - nose of TE to sideline.



ROVER LINEBACKER - CONTINUED

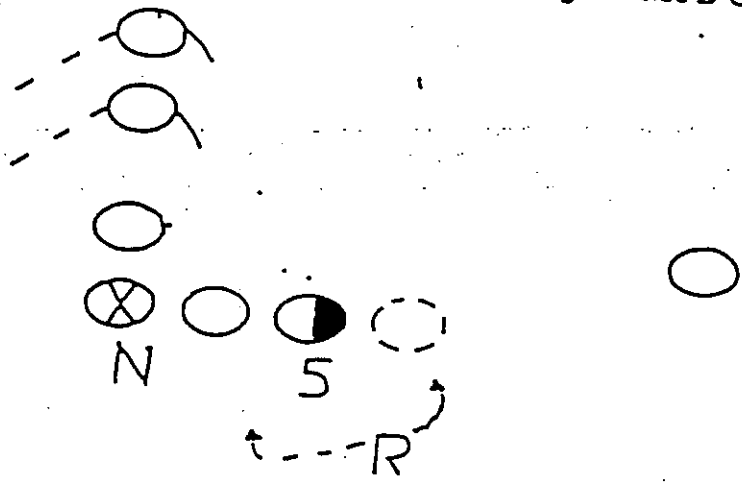
6. Over - Step and recognize. Key near back to ball and see tackle. Shuffle inside and anchor C Gap with shoulders square and inside foot up. Keep outside pad and leg clean. Area of responsibility - C Gap to sideline.



7. Pass - Recognize and drop according to coverage called.

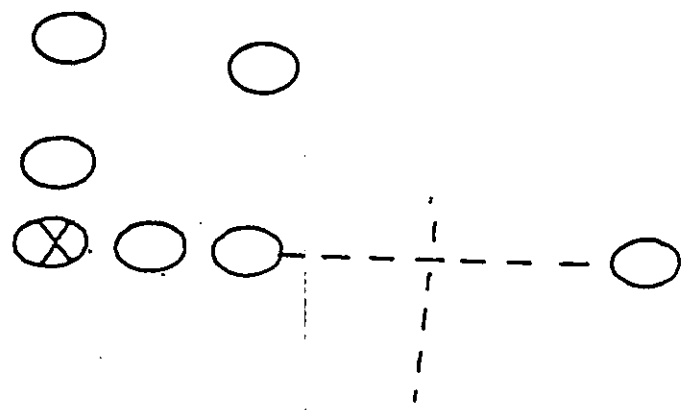
II. Fold Tech

- A. Stance - 2 Point Stance
- B. Alignment - 4 1/2 off the LOS, head-up on a ghost TE.
- C. Key - Near to ball.
- D. Area of Responsibility - Ball to D Gap, ball away B Gap. Check for reverse on the move.
- E. Coaching Point - Don't be in a hurry with ball away, stay square until ball declared. Shuffle and strike.
- F. Block Reaction - Play all block with inside pad. Face and leverage outside D Gap and pitch on option.



III. A. Stance - Same as Fold.

- B. Alignment - 4 1/2 yards off the LOS, 1/2 way between OT and X Receiver.
- C. Keys - Same as Fold.
- D. Area of Responsibility - Same as Fold.



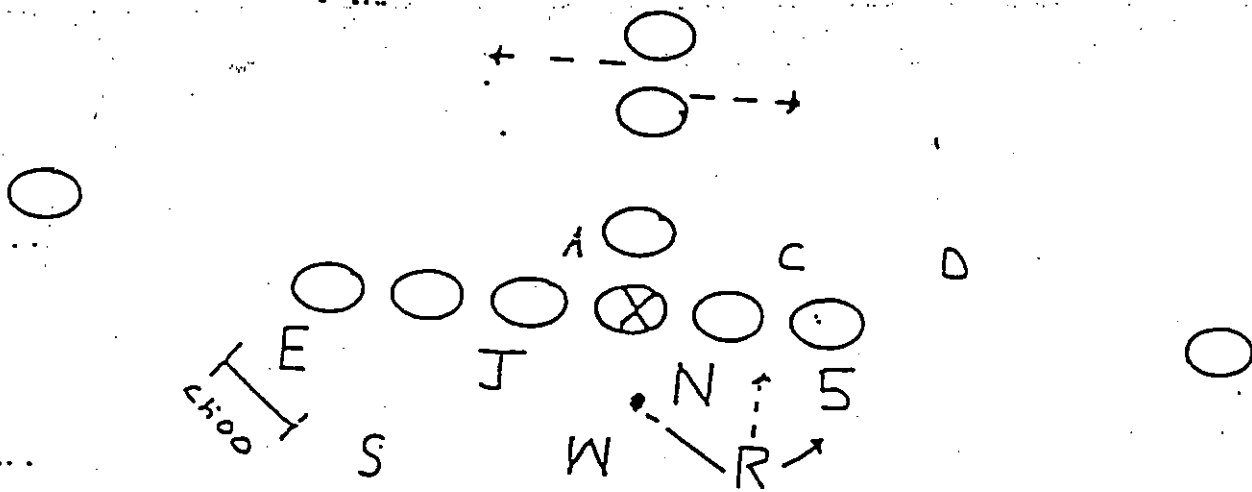
LINEBACKER PLAY - CONTINUED

IV. Over Tech:

- A. Stance - Two point.
- B. Alignment - 40 Technique (Eagle Tech), head up to inside shade on OT. 4 1/2 to 5 yards off the LOS.
- C. Key - Hip of FB to RB picking up G's head.
- D. Area of Responsibility - Flow to:
 1. D Gap with a 5 or 7 Tech
 2. C Gap vs Choo Tech

Flow Away:

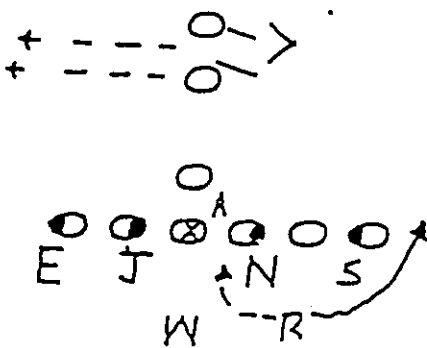
- 1. B Gap



Rt Tiger vs Twins - Cover 4

Gap Fills

- Flow to D
- Flow Away A



Rt Tiger 4 vs DBL Pro - 4 Ck Split

Gap Fills

- Flow to C
- Flow to A

