

Virginia

Defense

2004



Coverage Package

BASE COVERAGES

ZONES (4 MAN RUSH)

COVER 2 – 2 DEEP – 5 UNDER

2 TAMPA – JACK RUN THRU

3 – POST – STRONG ROTATION

3 BUZZ – POST – STRONG BUZZ

6 – POST – WEAK ROTATION

ZONES (3 MAN RUSH)

RAIDER – COVER 2 VARIATION

COWBOY – 3 DEEP – STRONG COP

PACKER – 3 DEEP – STRONG SKY

ZONE PRESSURES – (5 MAN RUSH)

COVER – 9'S OR 99'S

- TIGER, BEAR, FOX, SKUNK

MAN COVERAGES

1 FUNNEL – 4 MAN RUSH – MAN FREE

O'S – FOX, BEAR – MAN FREE

BLITZ – 6 MAN PRESSURE – HAWK, RAVEN

STING – SPREAD OR EMPTY

PERIMETER FORCE

CLOUD – CORNER HAS FORCE – PITCH VS. OPTION
SKY – SAFETY HAS FORCE – PITCH VS. OPTION
BACKER – OLB HAS FORCE – PITCH VS. OPTION
TANDEM – READ BETWEEN OLB AND DB
POST TANDEM – READ BETWEEN OLB AND POST SAFETY



EVERY DEFENSE THAT WE PLAY HAS A DESIGNATED FORCE TO BOTH SIDES OF THE DEFENSE. THE FORCE DETERMINES HOW WE DEFEND PERIMETER PLAYS AS WELL AS DEFINING THE ALIGNMENTS AND TECHNIQUES OF OUR OLB'S.

Stack 2

0

0

Cloud

Cloud

0

0

00000000

0

SENEW

M

J

C

SIS

FIS

Stack 3

0

0

SKY

BACKER

0

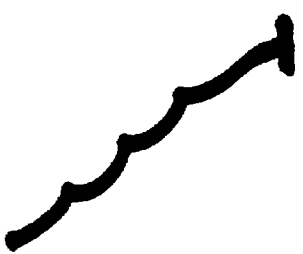
0000000

0

SEENEW

M T

c



S/S



w/s



FOX O

O . O .

TANDEM !

BACKER

O O O O O O O O

S : E : N : E W

M J

O C

SIS

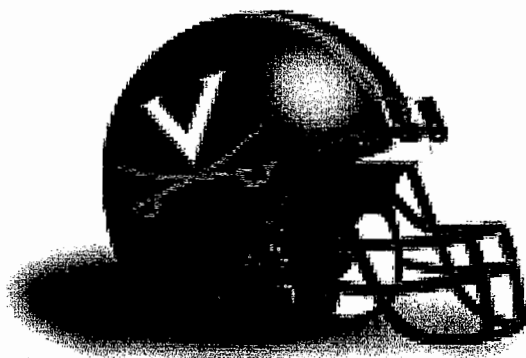
WIS

5

Virginia

Defense

2004



Coverage Package

BASE COVERAGES

ZONES (4 MAN RUSH)

COVER 2 – 2 DEEP – 5 UNDER

2 TAMPA – JACK RUN THRU

3 – POST – STRONG ROTATION

3 BUZZ – POST – STRONG BUZZ

6 – POST – WEAK ROTATION

ZONES (3 MAN RUSH)

RAIDER – COVER 2 VARIATION

COWBOY – 3 DEEP – STRONG COP

PACKER – 3 DEEP – STRONG SKY

ZONE PRESSURES – (5 MAN RUSH)

COVER – 9'S OR 99'S

- TIGER, BEAR, FOX, SKUNK

MAN COVERAGES

1 FUNNEL – 4 MAN RUSH – MAN FREE

O'S – FOX, BEAR – MAN FREE

BLITZ – 6 MAN PRESSURE – HAWK, RAVEN

STING – SPREAD OR EMPTY

PERIMETER FORCE

CLOUD – CORNER HAS FORCE – PITCH VS. OPTION

SKY – SAFETY HAS FORCE – PITCH VS. OPTION

BACKER – OLB HAS FORCE – PITCH VS. OPTION

TANDEM – READ BETWEEN OLB AND DB

POST TANDEM – READ BETWEEN OLB AND POST SAFETY



EVERY DEFENSE THAT WE PLAY HAS A DESIGNATED FORCE TO BOTH SIDES OF THE DEFENSE. THE FORCE DETERMINES HOW WE DEFEND PERIMETER PLAYS AS WELL AS DEFINING THE ALIGNMENTS AND TECHNIQUES OF OUR OLB'S.

Stack 2

0

0

Cloud

Cloud

2

0

00000000

0

SENEW

M J

C

SIS

FIS

Stack 3

0

0

SKY

BACKER

0

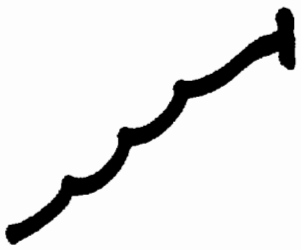
0000000

0

SEEN EW

M J

c



S/S



W/S

J

FOX O

TANDEM ! . . . BACKER

S : E : N : E W
M J

SIS

WIS

... C

5

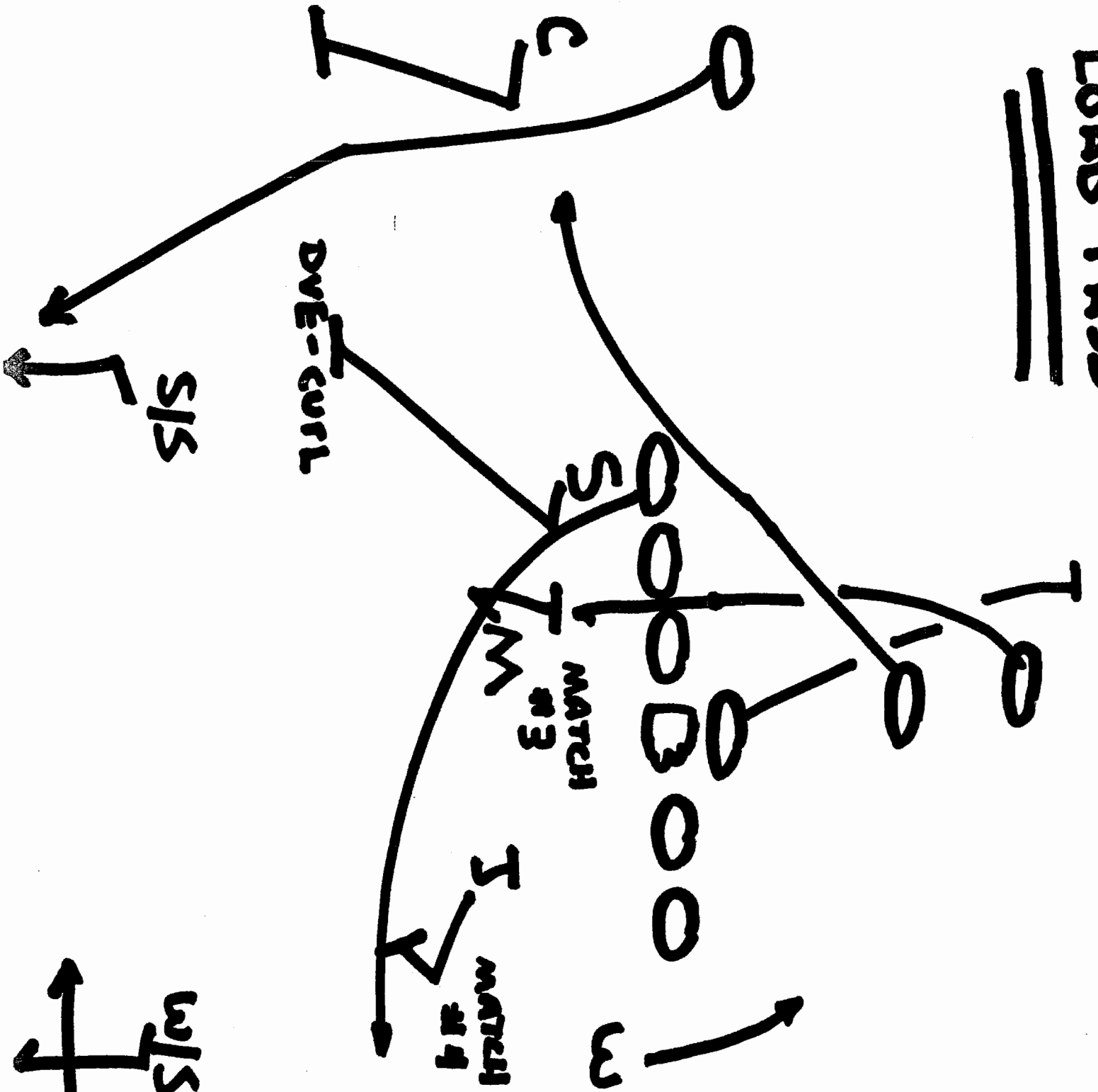
WHY WE PLAY ZONE COVERAGES

- 1. ELIMINATES POTENTIAL PERONNEL - MISMATCHES WHICH CAN BE CREATED VS. MAN COVERAGES.**
- 2. ALLOWS FOR DEEFENDERS TO HAVE BETTER VISION ON THE QB/BALL. EMPHASIS ON BREAK ON BALL – MINIMIZE YAC.**
- 3. DICTATE WHERE YOU WANT THE BALL TO BE THROWN. EXAMPLE: COVER 2 – FORCE BALL LOW.**
- 4. UNDERSTANDING – “KEEP AWAY GAME”.
COVER 2 – HIGH TO LOW
COVER 3 – SIDE BY SIDE**
- 5. ELIMINATE POTENTIAL FOR LONG RUNS – MAINTAIN INTEGRITY OF YOUR ROTATION.**
- 6. DEFENDERS CAN SPEED UP REACTION TIME.
PRE-SNAP READ
QB EYES
QB SHOULDERS
HAND OFF BALL
OFF SIDE HELP**

COVER 2 – PHILOSOPHY

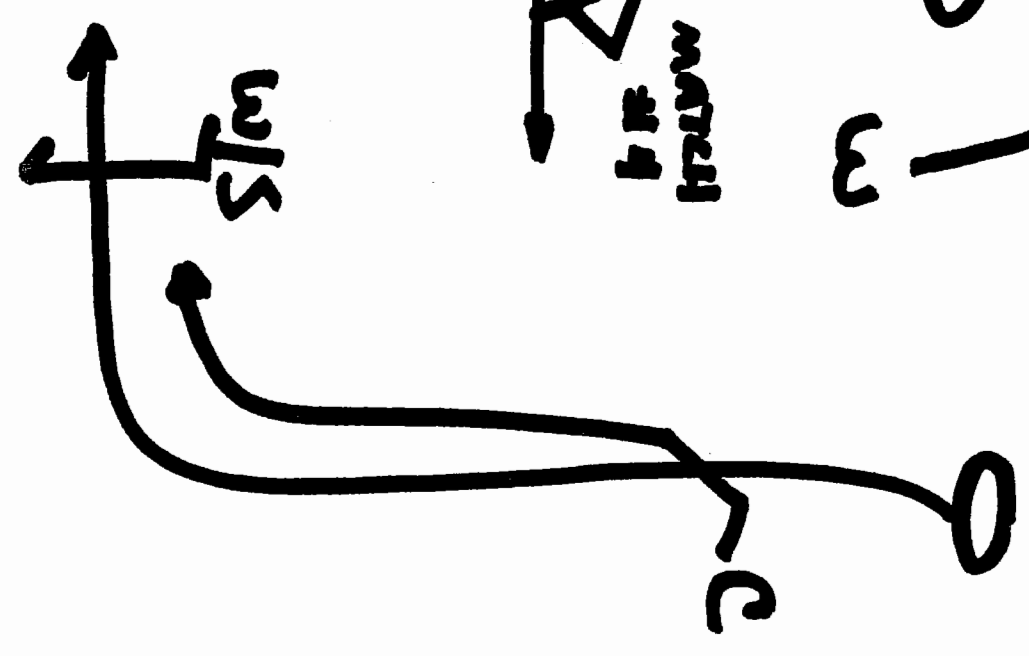
- 1. TAKE THE WR'S OUT OF THE GAME.**
- 2. ELIMINATE CUPCAKE THROWS.**
- 3. STOP VERTICAL ENTRY – RE-ROUTE.
BEFORE UNDERNEATH ELEMENT BEGINS TO
THINK ABOUT PATTERN READ, WE MUST
DENY VERTICAL ENTRY.**
- 4. PREVENT VERTICAL STRETCH
“SHARKS TO BLOOD”
VICTIM – SAFETY'S
PREVENTION ELEMENT – 5 UNDERNEATH**
- 5. DO NOT DEFEND NO COVER ZONE
DEFEND HIGH TO LOW
DEFEND INSIDE – OUT**
- 6. ONCE VERTICAL ENTRY SECURED - PATTERN
READ – SET – READ QB.**

LOAD PASS



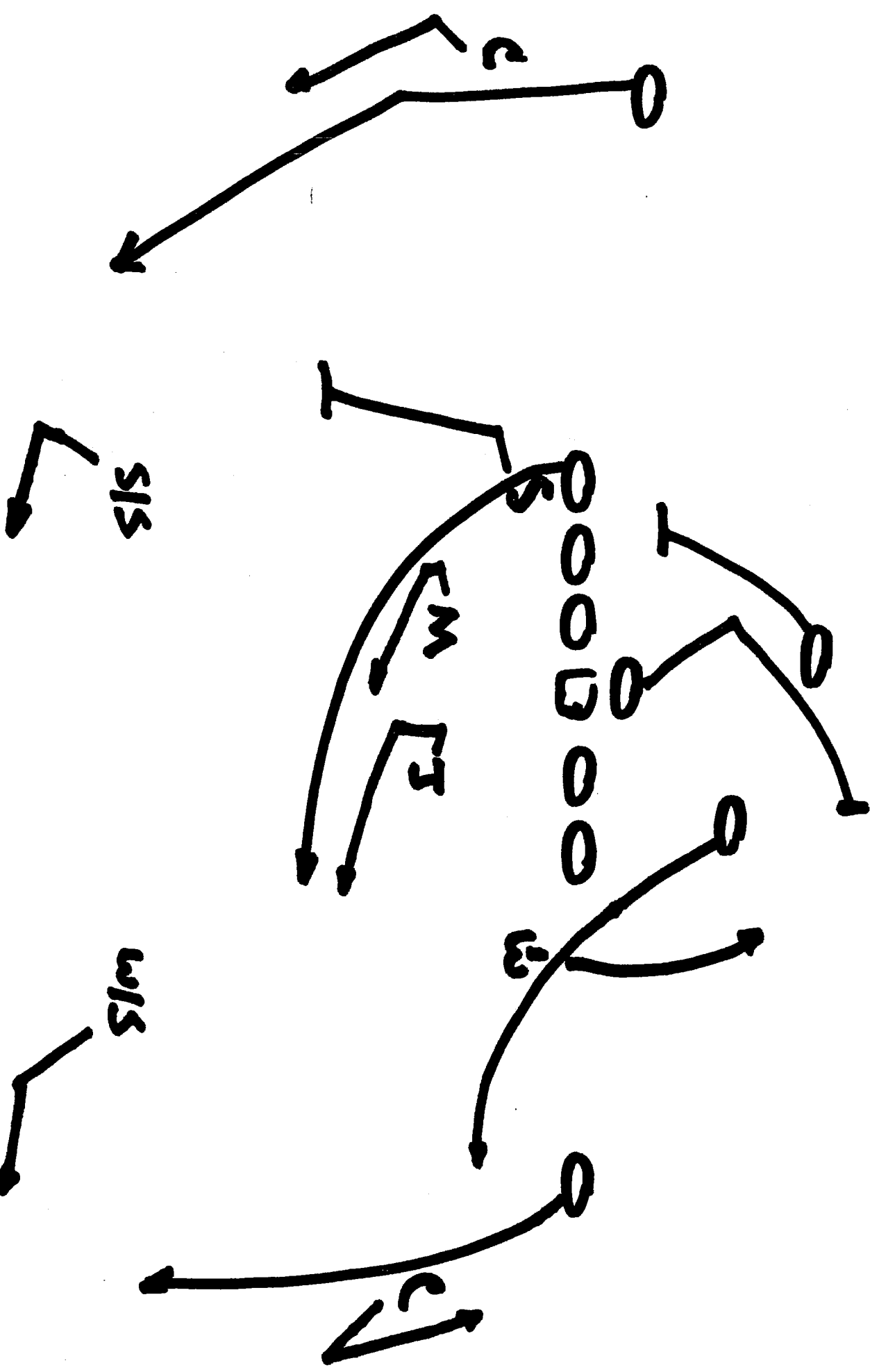
ALERT I/Kin

" MEG "
(Backside)



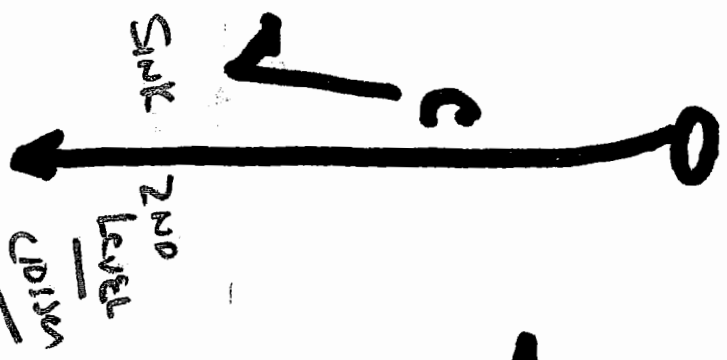
Stack 2 vs. Bootleg

ROY



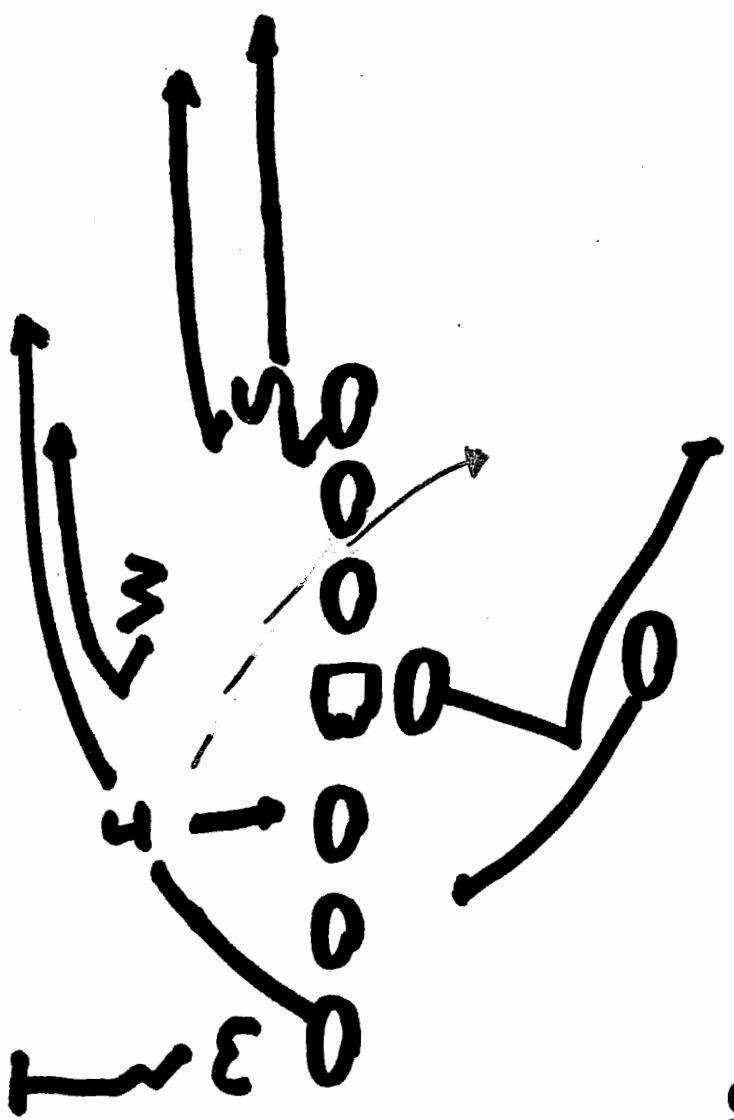
Stack 2 vs. bootleg

"TACK IT"



2ND Level

SIS



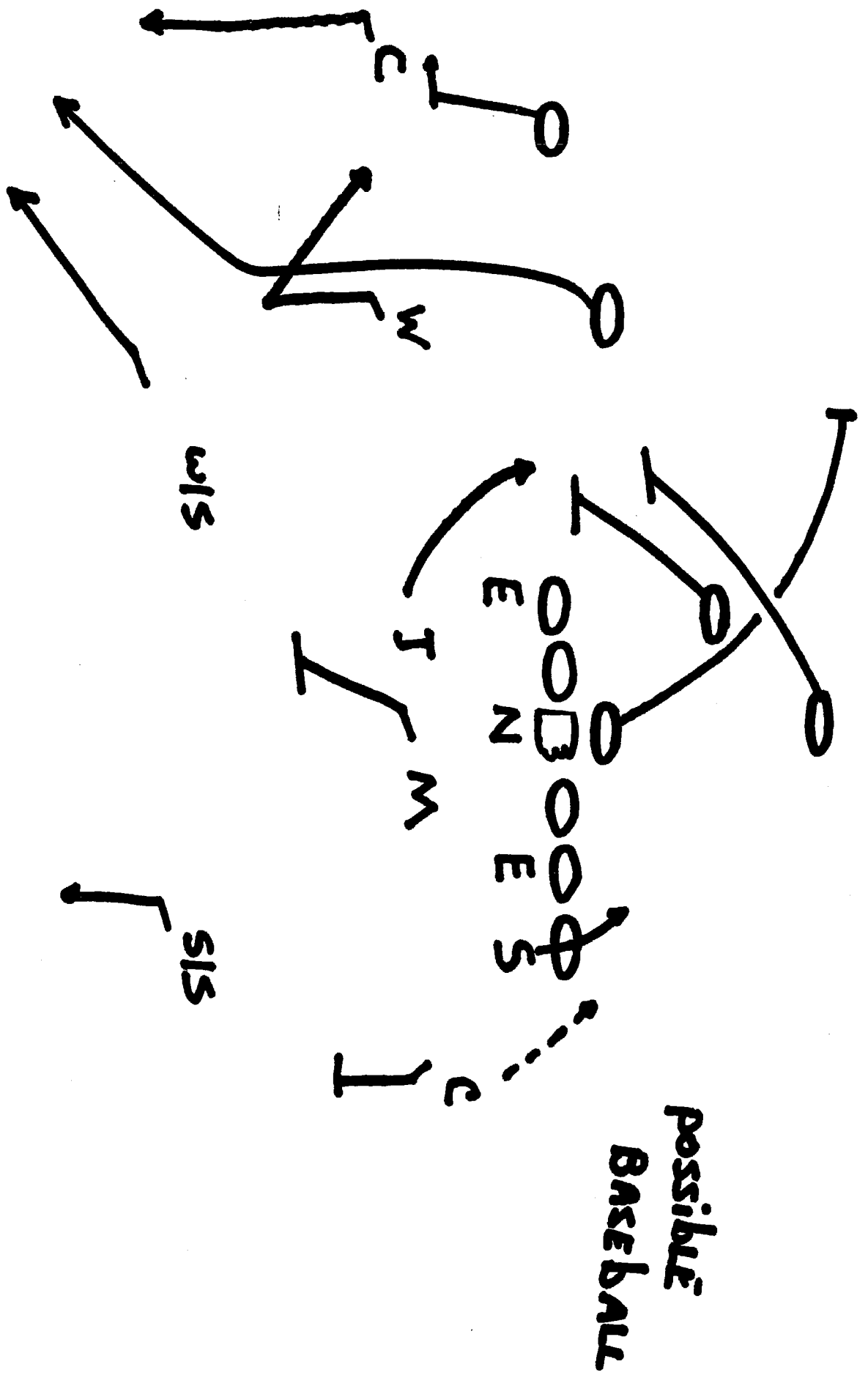
POST TO FIVE

NEVER OWN UP POST 1

SIS



Sprint Smagh vs. Cover 2



Stack 2 vs. PRO

**ALERT
LOAD**

O
O

CLOUD

O

ROY

CLOUD



O O O O O O
S E N E W

M J

C

C

SJS

WJS

**TIME LEFT
Strong LEFT**

Stack 2 vs DEUCE

(21 PER)

O "JACKET"

CLOUD

F

CLOUD

O

O O O O O

O

O

O O O O O

S E N ↑ E

C

M

J

W

C

SJS

FIS

TIRE LEFT

STRONG LEFT

Stack 2 vs. TRIPS MID

ALERT
MEG

O

Roy

cloud

cloud

O O

vside

O O O O O O O O O O

E N E W

C S

M J

C

SIS

FIS

TIRE LEFT

Strong LEFT

Stack 2 vs SUDT

* Possible Baseball

O

O

GUUD

LEE

O

O

GUU1

O O O O O O

S E N E

C

M

J

W

C

S13

w13

TYPE LEFT
Strong Right

STAKK 2 vs. DOUBLES

CLOUD

O

CLOUD

F
O

"MIKE IT"

O

O

O O O O O
S E N E

C

M

J

W

C

SIS

WJS

TIRE LEFT
STRONG RIGHT

Stack 2 vs. ACE TREY

LEE

O

CLOUD

CLOUD

Slide

O

O

O O O D O O O O
S E N E

C

M

J

W

C

WIS

SIS

TRE LEFT
Strong Right

COVER 2 "NAIL"

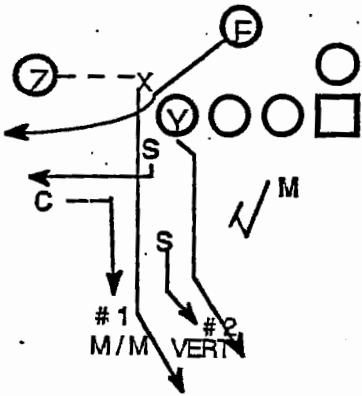
"NAIL" - CAN BE CALLED ON THE STRONGSIDE OF A PRO-FORMATION IN COVER 2. WE WOULD PREFERABLY LIKE TO CALL "NAIL" VS #1 CLOSE (INCLUDING ZIN MOTION) & NEAR BACK PRESENT TO COVER 3 MAN BUNCH PASSES.

CP: FORCE-TANDUM VS PRO/BACKER VS DBLS OR TRIPS.

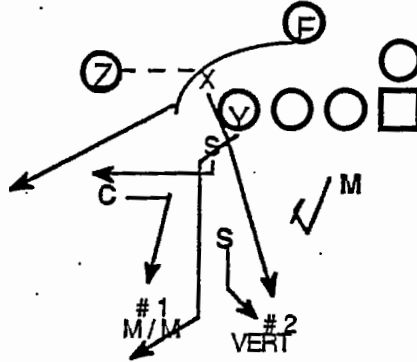
FORCE - CORNER AND SAFETY MUST BE READY TO FILL QUICKLY

I. IF 2 RECEIVERS GO VERTICAL. CORNER TAKES OUTSIDE (#1) AND SAFETY TAKES #2

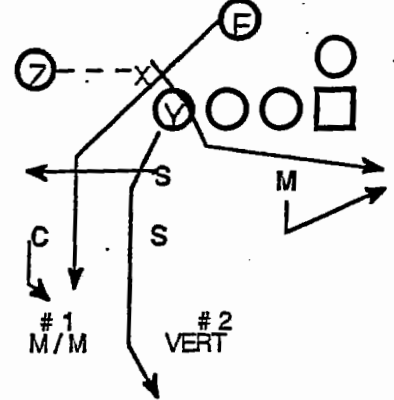
1. DOUBLE POST



2. Z POST, Y7

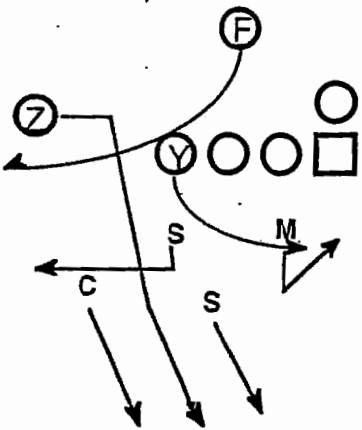


3. FB DOUBLE POST

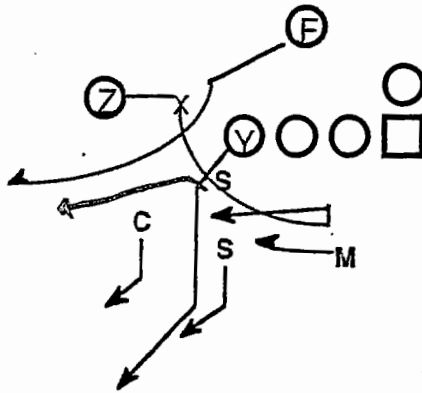


II. IF ONE RECEIVER GOES VERTICAL. CORNER AND SAFETY BRACKET THE VERTICAL (ACE TECHNIQUES AND POSSIBLE FREE UP).

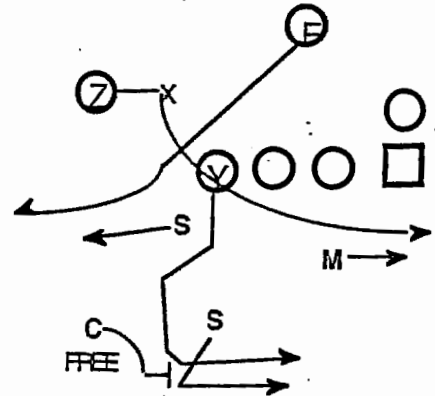
4. YCROSS, X IN



5. SNAG 7

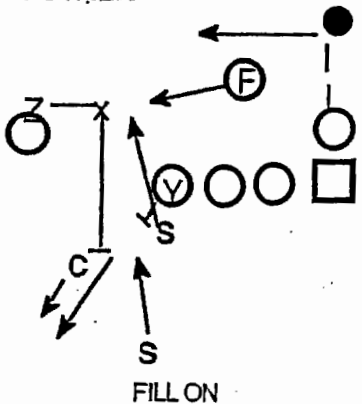


6. CHOICE

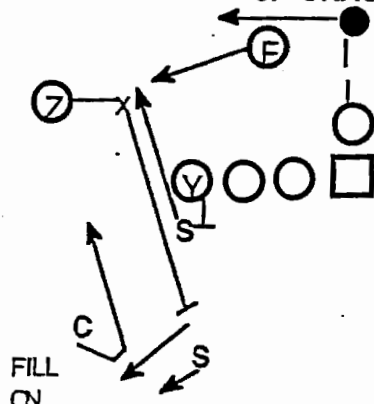


III. FORCE

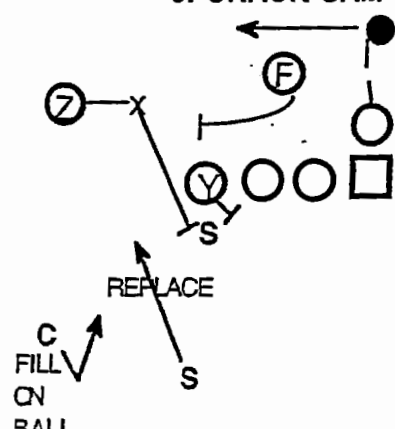
7. STALK



8. CRACK SAF

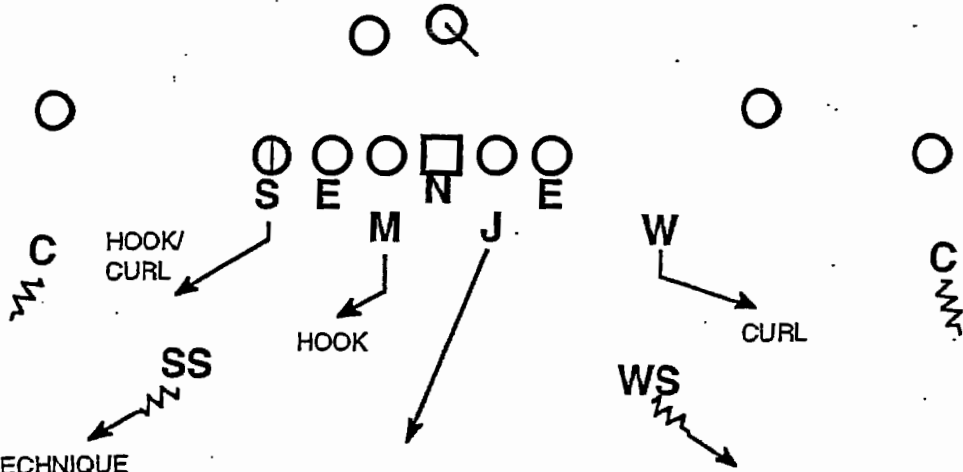


9. CRACK SAM



OKIE COVER 2 VARIATIONS

OKIE 2 TONY

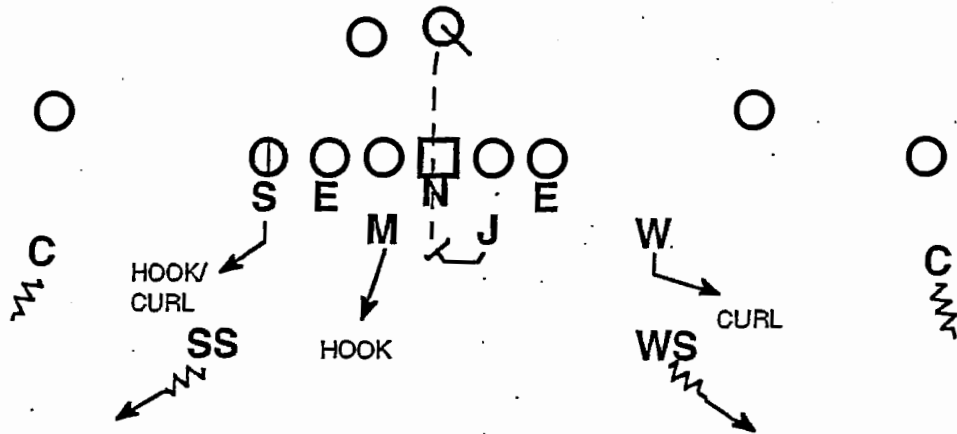


CORNERS - PLAY SOFT TECHNIQUE

SS/FS - GO THRU YOUR AIMING POINT - MIDPOINT 2 VERTICALS IN YOUR ZONE

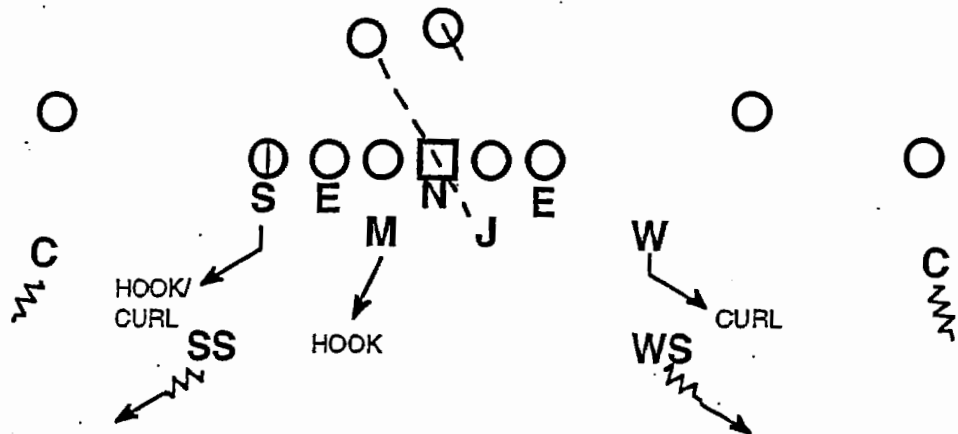
JACK - RUN THRU DEEP MIDDLE - SETTLE UP @ 18-22 YDS IF NO VERTICAL THREAT

OKIE 2 MIRROR

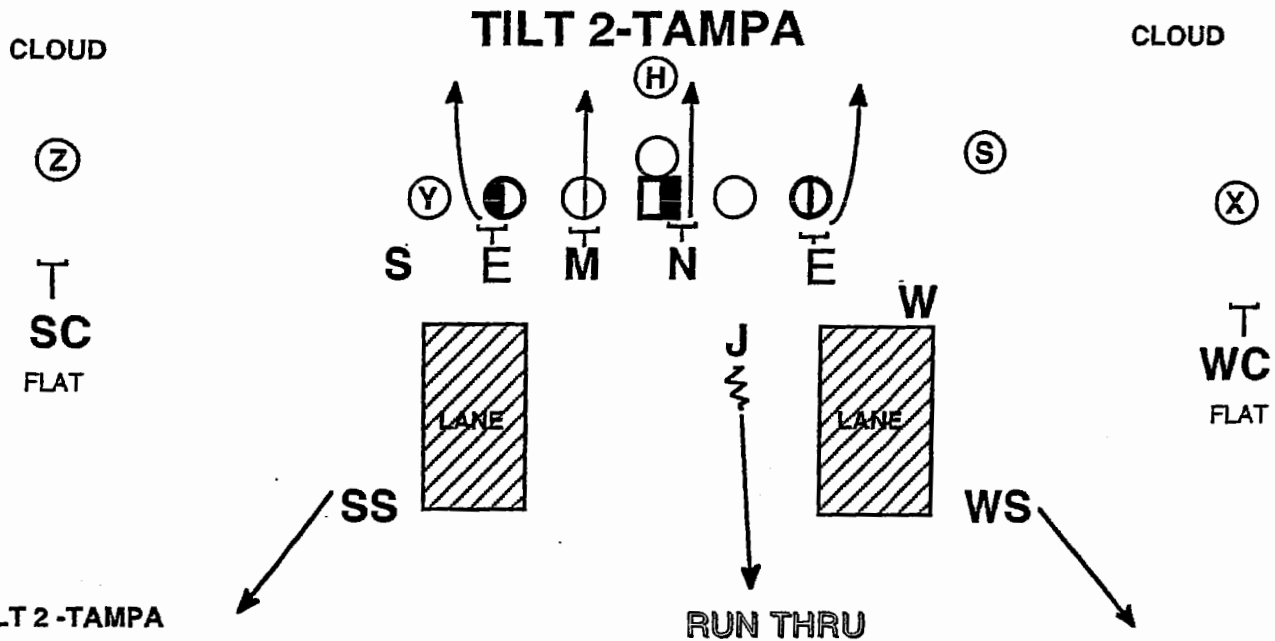


JACK - HAS MIRROR TECHNIQUE ON QB

OKIE 2 STICK



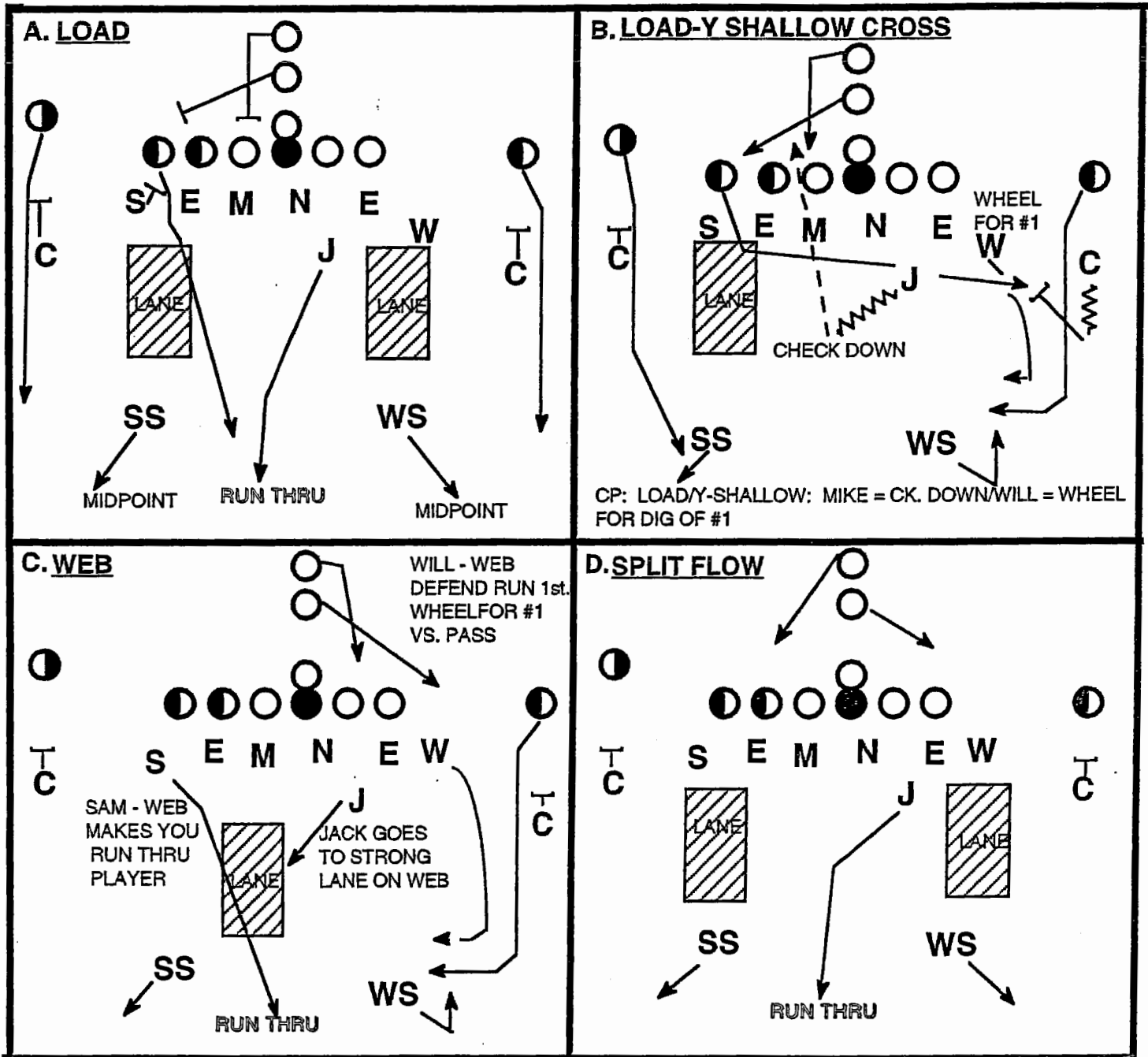
JACK - HAS RB MAN TO MAN



- CP: ALWAYS CLOUD FORCE
- CP: NO LOAD/NO SMASH RULES
- CP: 2-BACK PRO RULES FOR RUN THRU PLAYER (SAM/JACK/WILL)/SLOT OR 1-BACK - JACK IS AUTO RUN THRU
- CP: VS. SPREAD/EMPTY CHECK RAIDER
- CP: PLAY IT VS. YAC/RECALL FRONT VS. Y-TRADE

POSITION	ALIGNMENT	KEY	RESPONSIBILITY
SAM	EDGE 9 INSIDE FOOT ON OUTSIDE FOOT OF TE- COCKED TO BALL	TE-NEAR BACK	RUN TO: POWER STEP TO TE - CLOUD FORCE RUN AWAY: SLOW FOLD PASS : LANE (+/- 3 YDS FROM HASH - CEILING OF 12 YDS BACK UP (SLOWLY) - VISION QB - SEE THROW JAM & DISRUPT #2 BUT DO NOT CHASE (BODY POSITION) PASS KEY IS QB NOT #2 - "SET UP WHEN QB SETS UP" READ QB'S "OFF ARM" & SHOULDERS - DRIVE ON THRU
MIKE	TILT - HEAD UP ON OG	GUARD	RUN: 2-GAP OG - GET YOUR HANDS ON HIM AND BE READY TO REACT LATERALLY PASS: INSIDE RUSH LANE - YOU HAVE A 2-WAY GO - BE CREATIVE
JACK	NORMAL STACK ALIGNMENT	NEARBACK THRU OG	RUN: SAME AS STACK - BSF ON DIRECT READ AWAY FROM YOU (PRESS IT) PASS: JACK IS ALWAYS THE RUN THRU PLAYER VS. 1 BACK SETS. OPEN TO #3 - TURN & RUN, RETURNING VISION BACK TO QB AS YOU GO. STAY RUNNING THAT WAY UNTIL QB LOOKS OPPOSITE - MUST FLIP HIPS (BASEBALL TURN IF LATE) DEFEND #2/#3 DOWN MOF (DEEP AS DEEPEST) NO VERTICAL THREAT, SQUARE OFF @ 15-18 AND VISION IN CUTS.
WILL	GHOST 6	THRU OT - NEAR BACK	RUN TO: CLOUD FORCED RUN AWAY: CHASE PASS : LANE (+/- 3 YDS FROM HASH - 12 YDS DEEP VISION QB - SEE THROW
CORNERS	2-3 YDS. DEEP FACE ON VS PAD	EMOL TRIANGLE	"RE-ROUTE 1st/FORCE 2nd" RUN: CLOUD PASS: HARD JAM #1 - PUSH OUTSIDE & DROP TO BASE OF THE FADE - READ #2 - YOU ARE FLAT DEFENDER
SAFETIES	12 YARD DEEP ON THE HASH	QB TRIANGLE	RUN - FILL OFF CB - YOU ARE RUN-PASS PLAYER PASS - OPEN AND DROP TO AN EXTENDED AIMING POINT, MIDWAY BETWEEN HASH & NUMBERS. GUARANTEE #1 ON FADE. #1 SHOULD NOT CROSS YOUR FACE.

TILT 2-TAMPA VS. 2-BACK PRO

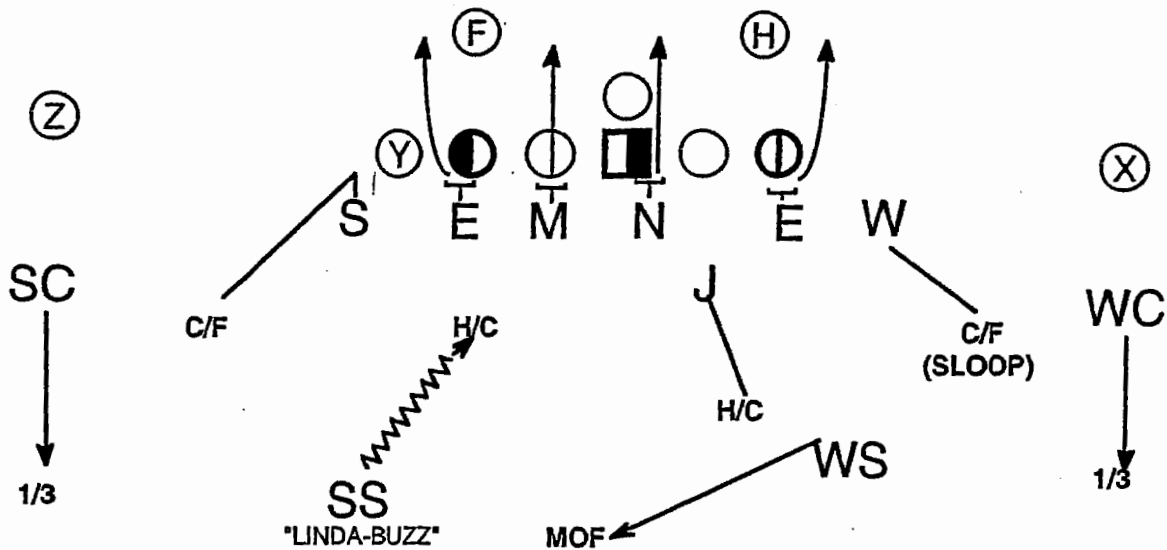


CP: THE JACK IS THE "RUN THRU" PLAYER VS. SLOT & ALL 1 BACK FORMATIONS

BACKER

TILT 3-BUZZ TED

BACKER



TILT 3-BUZZ TED - A 3 DEEP/4-UNDER ZONE WITH THE SS ALWAYS INSERTING AS THE HOOK/CURL DEFENDER TO THE TE. SECONDARY ROTATION WILL BE LINDA/RITA-BUZZ.

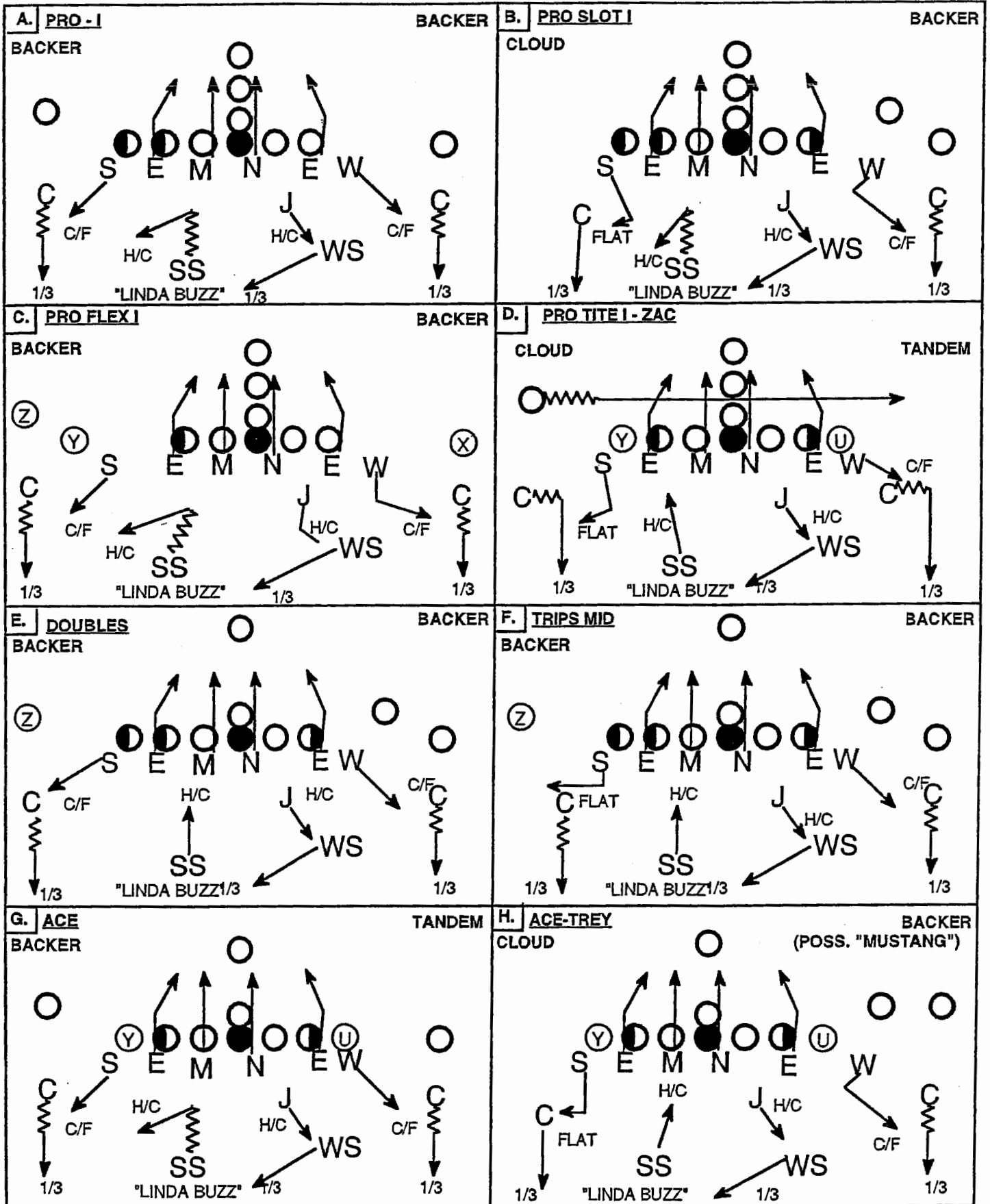
CP: OLB'S - ALWAYS BACKER FORCE TO "Y" SIDE UNLESS TIGHT BACKSIDE. OLB'S ARE ALWAYS CURL/FLAT DEFENDER (SLOOP TO 4-1 DISTRIBUTION).

CP: VS. SPREAD/EMPTY CHECK COWBOY

CP: PLAY IT VS. YAC/RECALL FRONT VS. Y-TRADE

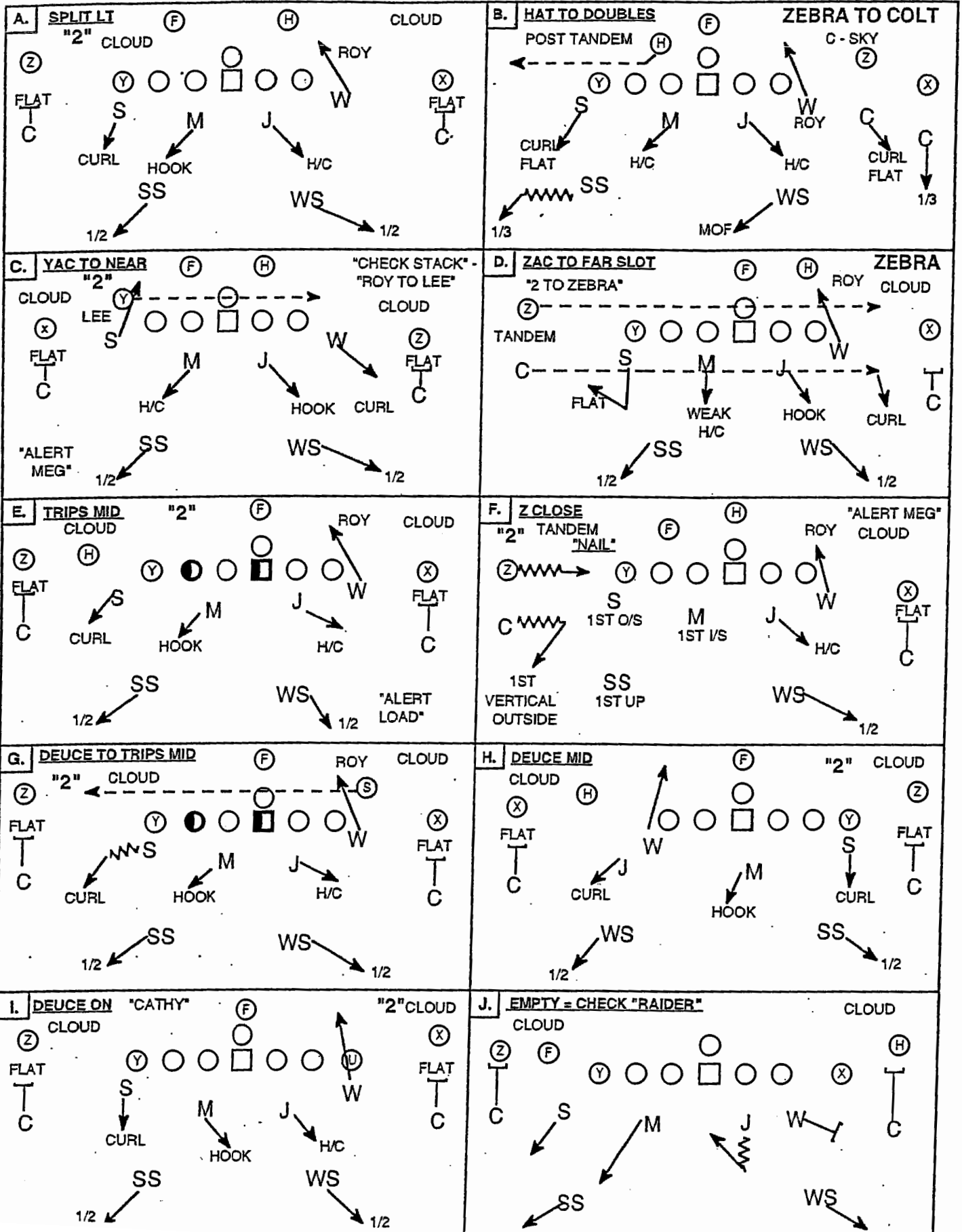
POSITION	ALIGNMENT	KEY	RESPONSIBILITY
SAM	WIDE 9	TE-NEAR BACK	RUN TO: BACKER FORCE RUN AWAY: SLOW FOLD PASS: CURL/FLAT
MIKE	TILT - HEAD UP ON OG	GUARD	RUN: 2-GAP OG - GET YOUR HANDS ON HIM AND BE READY TO REACT Laterally PASS: INSIDE RUSH LANE - YOU HAVE A 2-WAY GO - BE CREATIVE
JACK	NORMAL STACK ALIGNMENT	NEARBACK THRU OG	RUN: SAME AS STACK - BSF ON DIRECT READ AWAY FROM YOU (PRESS IT) PASS: SAME AS COVER 3 or 6 - HOOK/CURL DEFENDER
WILL	GHOST 9	THRU OT - NEAR BACK	RUN TO: BACKER FORCE RUN AWAY: SLOW FOLD PASS: CURL/FLAT
CORNERS	SPLT RULE 8 YDS. FROM WR VS. SLOT = 4x6 OFF TE	QB TRIANGLE TE TRIANGLE VS. SLOT	COVER DEEP OUTSIDE 1/3 USING MIDPOINT RULE VS. 1 OR 2 REC. DEEP IN YOUR ZONE VS. SLOT - GAIN INITIAL DEPTH USING MIDPOINT RULES CP: LOOK ACROSS FORMATION
STRONG SAFETY	OVER OT 6 YDS. DEEP	BACKFIELD FLOW	RUN TO - FILL INSIDE OUT TO BALL RUN AWAY - CUTBACK OPTION - QB TO PITCH PASS - HOOK/CURL (RE-ROUTE TE FROM INSIDE OUT)
WEAK SAFETY	12 YDS DEEP ON BALL VS. SLOT - OVER OPEN SIDE OT	QB TRIANGLE	COVER DEEP MIDDLE 1/3. CONTROL THE SEAMS WITH DEPTH AND PATTERN RECOGNITION FROM STRONG TO WEAK.

TILT 3-BUZZ ADJUSTMENTS (Jumbo or Regular)

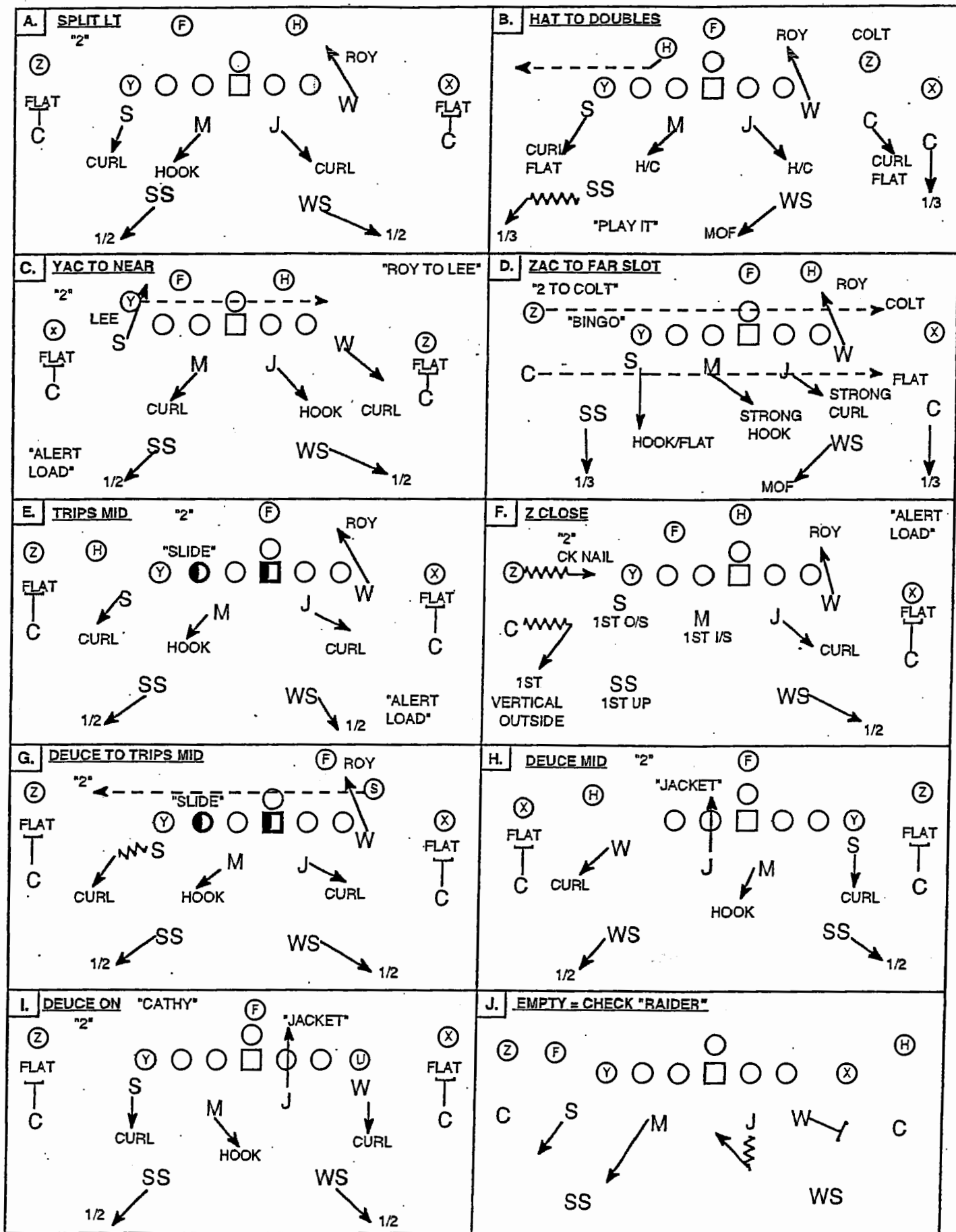


VS. 12 PERSONNEL: POSSIBLE DOUBLE CALL - TILT 3 BUZZ TED/MUSTANG

STACK 2/ZEBRA



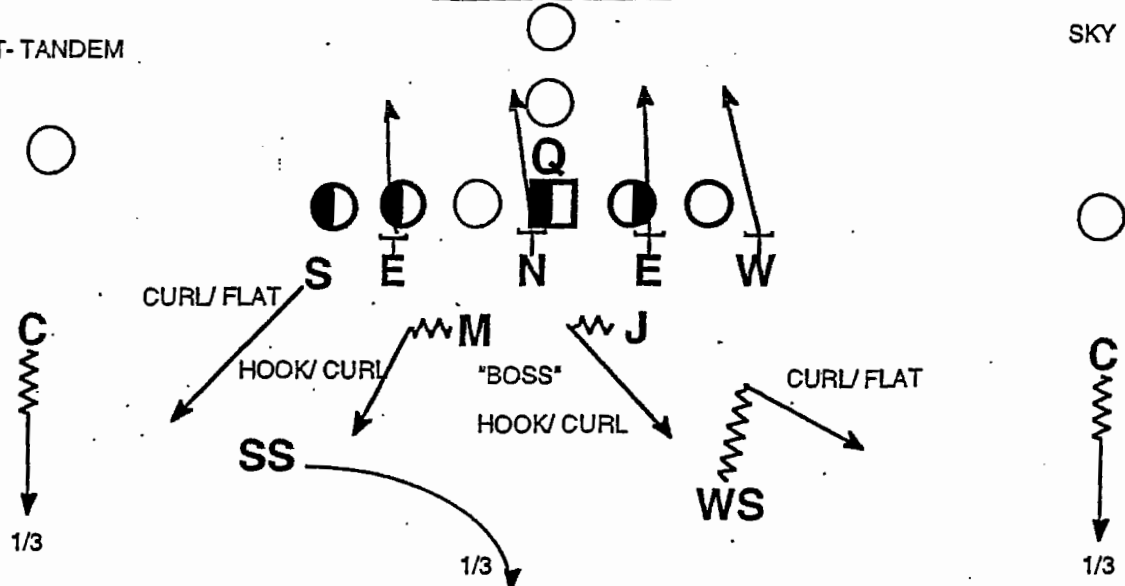
STACK COVER 2/COLT



UNDER 6

POST-TANDEM

SKY



UNDER 6 - A 3 - Deep/ 4 Under Zone with the WS rotating down as the Curl/Flat Defender away from the Y. Under 6 will play as an 8 Man Front vs. - Pro (21) & Pro Tight (22) formations. Versus Pro and Pro Tight, the Mike and Jack will "Boss" to a 4 & 0 Technique respectively.

CP: Alert Cowboy vs. Spread or Empty

CP: Alert Spike, Sword or Smoke Stunts

***FORCE:** vs. Pro - Sky & Post Tandem; Vs. Slot - Cloud & Sky

POSITION	ALIGNMENT	KEY	RESPONSIBILITY
TIGHT END	5 Technique	OT TO BALL	SAME AS UNDER FRONT
NOSE	Shade Technique	CENTER TO BALL	SAME AS UNDER FRONT
OPEN END	3 Technique	OG TO BALL	SAME AS UNDER FRONT
SAM	Foot 9 Technique	TE, OT, NB	1. RUN - TANDEM/ FOLD 2. PASS - CURL/ FLAT
WILL	Ghost 6	OT, NB	1. RUN - SKY FORCE/ TRAIL 2. PASS - CONTAIN RUSH
MIKE	UNDER - BOSS VS. PRO OR PRO TIGHT	NEAR BACK THRU OG	1. RUN TO - FAST = FAST/ DIRECT = LEVERAGE TO JACK 2. RUN AWAY - FAST = B GAP CUT BACK/ DIRECT = B GAP 3. PASS - HOOK/CURL - MUST HEAR LINDA/ RITA CP: NO BOSS VS. SLOT OR 1 BACK
JACK	UNDER - BOSS VS. PRO OR PRO TIGHT	NEAR BACK THRU OG	1. RUN TO - FAST = FIT FB VS OUT/ DIRECT = KICK TO WS 2. RUN AWAY - FAST = RUN TO B/ DIRECT = SEND TO MIKE 3. PASS - HOOK/CURL OR CURL/FLAT - MUST KNOW WHERE LINDA/ RITA SAFETY IS CP: NO BOSS VS. SLOT OR 1 BACK
CORNERS	Based on split - 8 yards Deep	QB TRIANGLE	PLAY DEEP OUTSIDE 1/3
STRONG SAFETY	Middle of Formation - 12 Yards Deep	QB TRIANGLE	1. FORCE = POST TANDEM 2. VS. PASS - PLAY DEEP MIDDLE 1/3
WEAK SAFETY	1 X 6 OUTSIDE F.M.O.L.	E.M.O.L. TRIANGLE	1. SKY FORCE: RUN TO - OUTSIDE FORCE - INSIDE FILL OUTSIDE JACK RUN AWAY - CUTBACK - B OR A GAP

UNDER 6 (SPIKE, SMOKE & SWORD)

<p>A. PRO SPLIT LT (F) (H) SKY</p> <p>POST-TANDEM</p>	<p>B. SLOT RT. SPLIT (F) (H) SKY</p> <p>CLOUD "AREA"</p>
<p>C. PRO FLEX LT SPLIT (F) (H) SKY</p> <p>BACKER</p>	<p>D. DOUBLES LT MID (H) SKY</p> <p>POST-TANDEM</p>
<p>E. DOUBLES RT MID (H) SKY</p> <p>POST-TANDEM</p>	<p>F. TRIPS MID (H) SKY</p> <p>BACKER</p>
<p>G. SPREAD LT (H) POSSIBLE ✓ COWBOY SKY</p> <p>BACKER</p>	<p>H. ACE LT (H) SKY</p> <p>POST-TANDEM</p>
<p>I. ACE TREY LT (H) SKY CLOUD</p>	<p>J. PRO TIGHT LT SPLIT (F) (H) CLOUD</p> <p>POST-TANDEM</p>

ANIMAL CALLS

Animal calls are a series of 5 man rushes employing two linebackers or one linebacker and a safety, while playing zone coverage.

STACK CALLS

- **CLOSED TIGER** – Brings 2 linebackers (Sam and Mike) from the closed (TE) side of the formation.
- **OPEN TIGER** – Brings 2 linebackers (Will and Jack) from the open (split end) side of the formation.
- **STRONG TIGER** – Brings 2 linebackers (OLB and ILB) from the two-receiver side of the formation. If the two-receiver side changes, the pressure changes with the formation.
- **STRONG TIGER 9 STAY** – Brings 2 linebackers (OLB and ILB) from the initial two-receiver side of the formation. The pressure is locked – vs any change of the two-receiver side, the pressure remains locked to the initial call side.
- **FIELD TIGER** – Brings 2 linebackers (Sam and Mike) from the wide field.
- **BEAR 99- Sky** – Brings both inside linebackers (Mike and Jack) to the same side of the formation. Can be executed as closed, open, strong or field Bear.
- **SKUNK 99** – Brings a safety and an inside linebacker from the same side. Can be executed as closed, open, strong or field Skunk.
- **FOX** – Brings both outside linebackers (Sam and Will) from the opposite sides. The nose tackle has "spy" coverage.

Vs YAC – All calls will play as defined unless the call is tagged with a defense that will cancel the initial defense vs Y-Off.

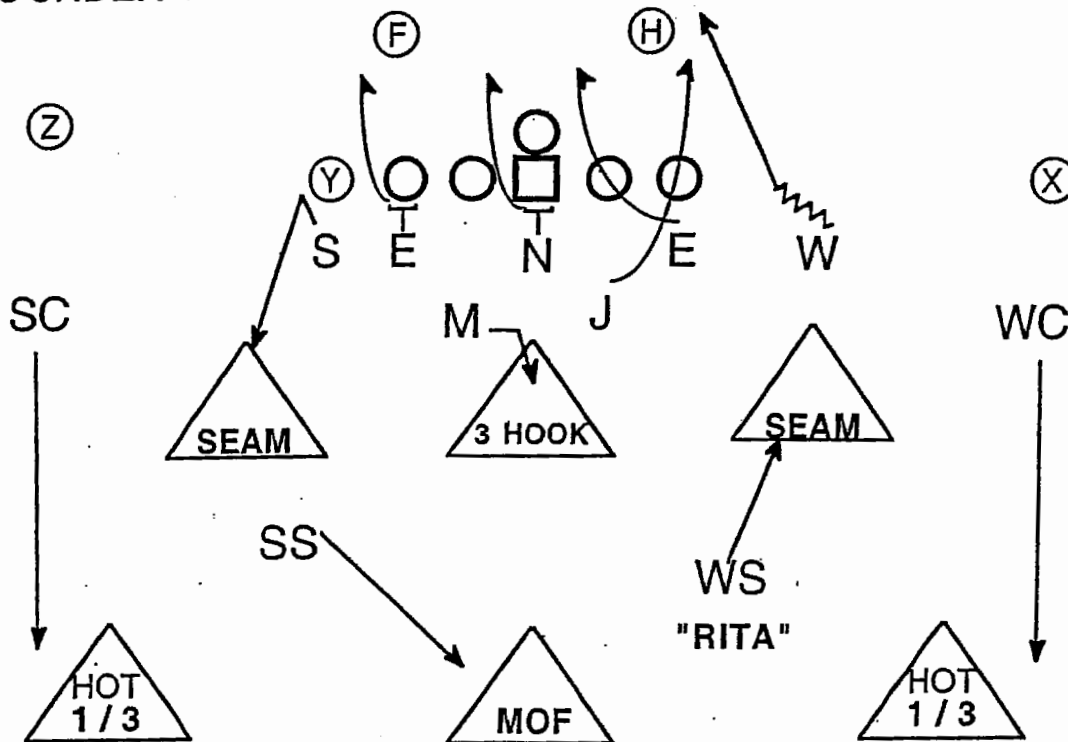
Corners – Stay left and right on Cover 9.

***CP: WE WILL COMMUNICATE THE "PRESSURE" SIDE OF THE ZONE BLITZ WITH A CITY (SCHOOL) OR MASCOT NAME.**

- **THE CITY (SCHOOL) = LEFT SIDE**
- **THE MASCOT = RIGHT SIDE**

**EXAMPLE: NEW YORK = LEFT / JETS = RIGHT
DUKE = LEFT / DEVILS = RIGHT**

COVER 9 & (COVER 99). A ZONE BLITZ USING THE 3 LINEMAN AND 2 OTHER RUSHERS TO CREATE A 5 MAN RUSH. THE 5 MAN COMBINATION RUSHES ARE IDENTIFIED BY **ANIMAL NAMES**. COVERAGE IS A 3 DEEP/3 UNDER "FIRE" ZONE CONCEPT.



HOT1/3 DEFENDER: 1. COVER DEEP 1/3 ("SLOW" OUT - ALERT TO DRIVE ON 3 STEP VS. #1 AND #2 VERTICAL, MIDPOINT THE RECEIVERS VS. #2 NOT VERTICAL, PLAY #1 MAN TO MAN ON ROUTES OVER 10 YARDS. (DRIVE HARD ON CURL)

CP: POST HELP

MOF DEFENDER:

1. COVER DEEP MIDDLE 1/3, DEEP AS THE DEEPEST
2. GUARANTEE POST HELP. BE AWARE OF #2 VERTICAL
3. KEY QB (BALL) AND READ STRONG TO WEAK PROGRESSION. SEE THE THROW.

SEAM DEFENDER:

1. ALIGN IN A POSITION TO DENY SEAM TO #2 RECEIVER.
2. CARRY #2/#3 ON SEAM. NO SEAM - IF #2 GOES INSIDE- PLAY CURL/FLAT. RESPONSIBILITY - IF #2 GOES OUTSIDE - (MATCH ROUTE) ALERT WHEEL.
3. SLOOP VS. SINGLE X RECEIVER SIDE WITH NO SEAM THREAT OR LOAD PASS
CP: BE AWARE OF "HOT" RECEIVERS.

3 HOOK DEFENDER:

1. OPEN TO #3 AND DEFEND THE FIRST THREAT TO THE HOOK.
2. BE READY FOR QUICK THROWS. NOTHING QUICK, DEFEND BOTH HOOKS READING THE QB WITH "ZONE EYES".
CP: BE READY TO DELIVER SHALLOW CROSSLERS AND BE AWARE OF IN CUTS.

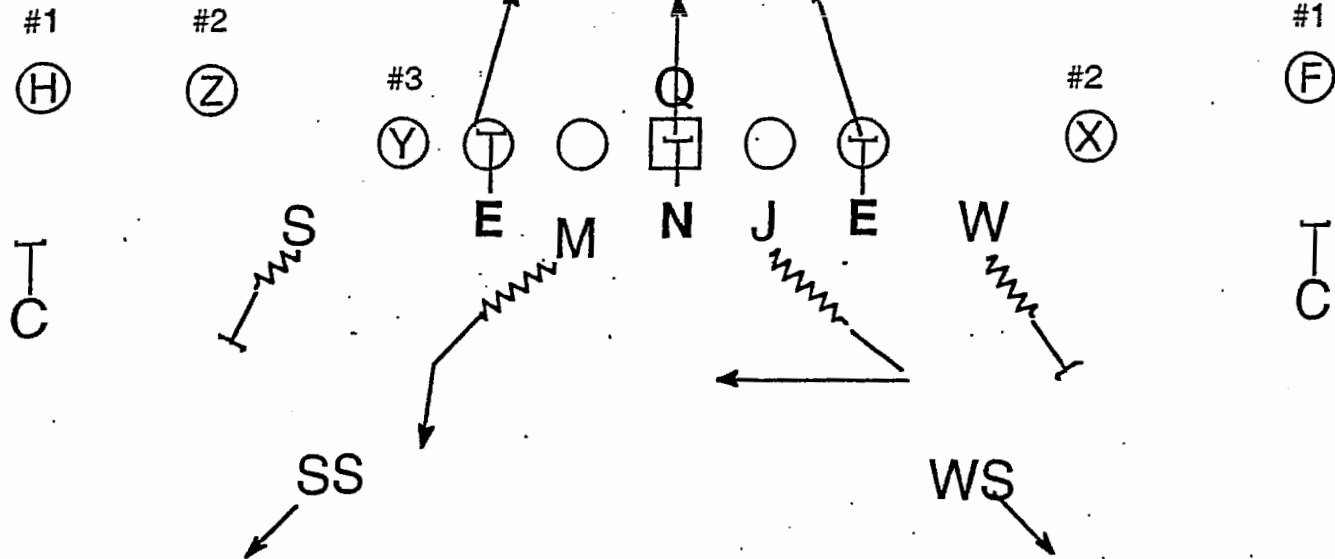
3-MAN SIDE

"RAIDER"

2-MAN SIDE

CLOUD

CLOUD



"RAIDER" - An automatic check vs. SPREAD or EMPTY from any Cover 2 variation (2 MIRROR 2 TONY, 2 CLUB, etc.). The Front will be OKIE (3-man rush).

CP: It is critical for "Back 8" defenders to know whether they are aligned on the 2-Man side or the 3-Man side vs. EMPTY.

CP: Vs. Spread formation - Secondary play 2-Cathy to both sides.

CP: Back 8 should make it look like STING.

CP: If "PLAY IT" called play huddle call vs. SPREAD but still check RAIDER vs. Empty.

STRONG SAFETY:
(3-MAN SIDE)

CP: Read #2 and #3 WRs

- 1) Cathy Technique vs. #2 FLAT (under 6 yards) and #3 "CUT"
- 2) vs. either #2 or #3 Vertical: Play like Nail

STRONG CORNER:
(3-MAN SIDE)

CP: Read #2 and #3 WRs

- 1) Cathy Technique vs. #2 FLAT (under 6 yards) and #3 "CUT"
- 2) vs. either #2 or #3 Vertical: Play like Nail (Cover #1 vertical)

WEAK CORNER:
(2-MAN SIDE)

CP: Read #2

- 1) Play Cover 2-Cathy Technique on #2

CP: vs 2 Vertical: Play normal Half/vs. #2 Flat (under 6 yards) drive down to flat quick!

WEAK SAFETY:
(2-MAN SIDE)

CP: Read #2

- 1) Play Cover 2-Cathy Technique on #2

CP: vs 2 Vertical: Play normal Half/vs. #2 (Expand "TO & THROUGH" your AP to #1).

SAM:

- 1) Re-route #2 Vertical.....vs. #2 Flat: Look inside to #3
vs. #2 or #3 Vertical: Play like Nail (1st Outside)
vs. #2 Slant: Expand to window on #1

MIKE:

- 1) Re-route #3 - Be prepared to stay on top and run with #3 vertical (NEVER CONCERNED WITH BEING HI/LOWED IN "RAIDER" because Jack has all low jobs.

CP: Cover #2 or #3 in Hook, but pass Crosser to JACK.

Vs. #3 Outside: Read QB and be ready to give offside help

- 2) If QB holds the ball.....5- to 7- step timing; work for DEEP HOOK (12-15 yards)

JACK:

- 1) MUG OG - Drop and eyeball #2 receiver weak - If #2 on Slant get in window and WALL.

Vs. #2 vertical or Outside - Plant, drive and snap eyes back to strongside.

CP: ALERT SCRAMBLE

WILL:

- 1) Re-route #2 Vertical and take normal Cover - 2 pattern reads

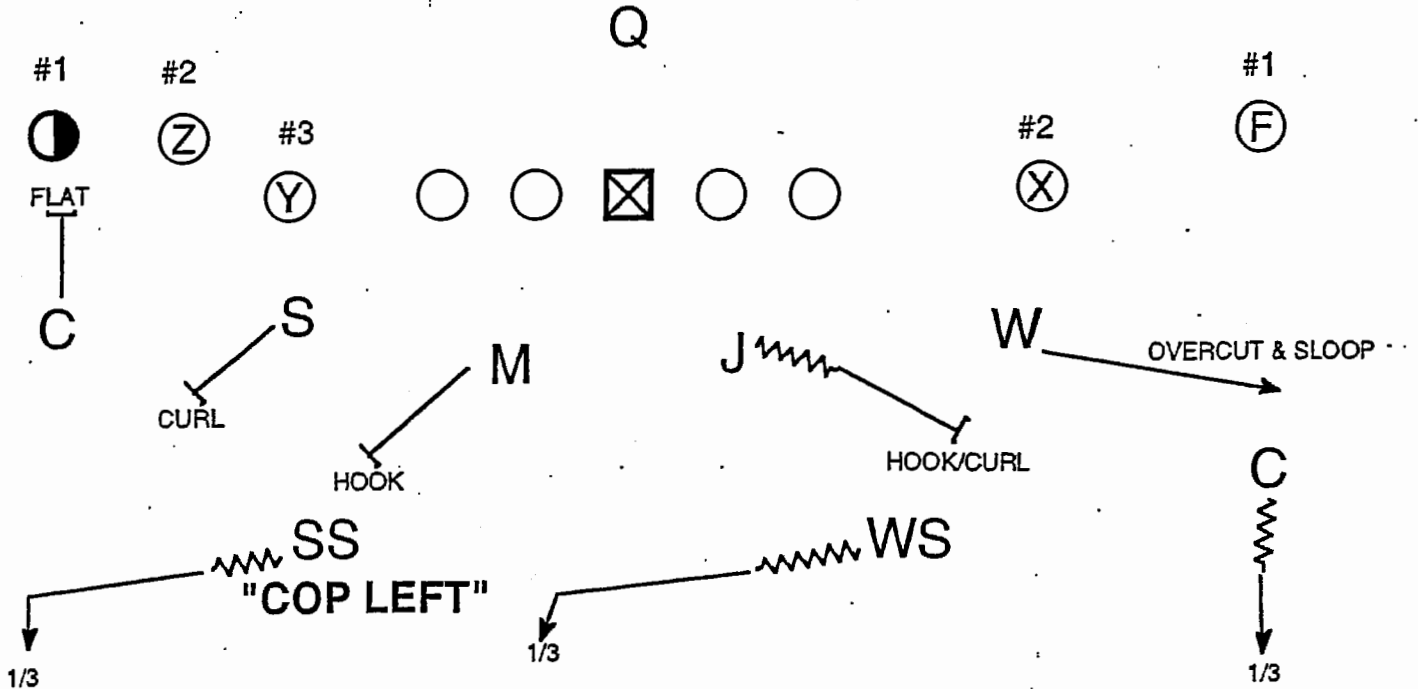
CP: vs Double Slant: Expand to the window of #1

COWBOY (OKIE)

Check OKIE (3-Man Rush)

CLOUD

BACKER



STRONG SAFETY: DEEP OUTSIDE 1/3 - MIDPOINT

STRONG CORNER:
 1. CLOUD FORCE
 2. FORCE #1 OUTSIDE
 3. PLAY FLAT

WEAK SAFETY: DEEP MIDDLE 1/3

WEAK CORNER: DEEP OUTSIDE 1/3 - MIDPOINT

SAM:
 1. CLOUD FORCE
 2. RE-ROUTE #2
 3. PLAY CURL (NO SMASH)

MIKE:
 1. RE-ROUTE #3
 2. PLAY HOOK

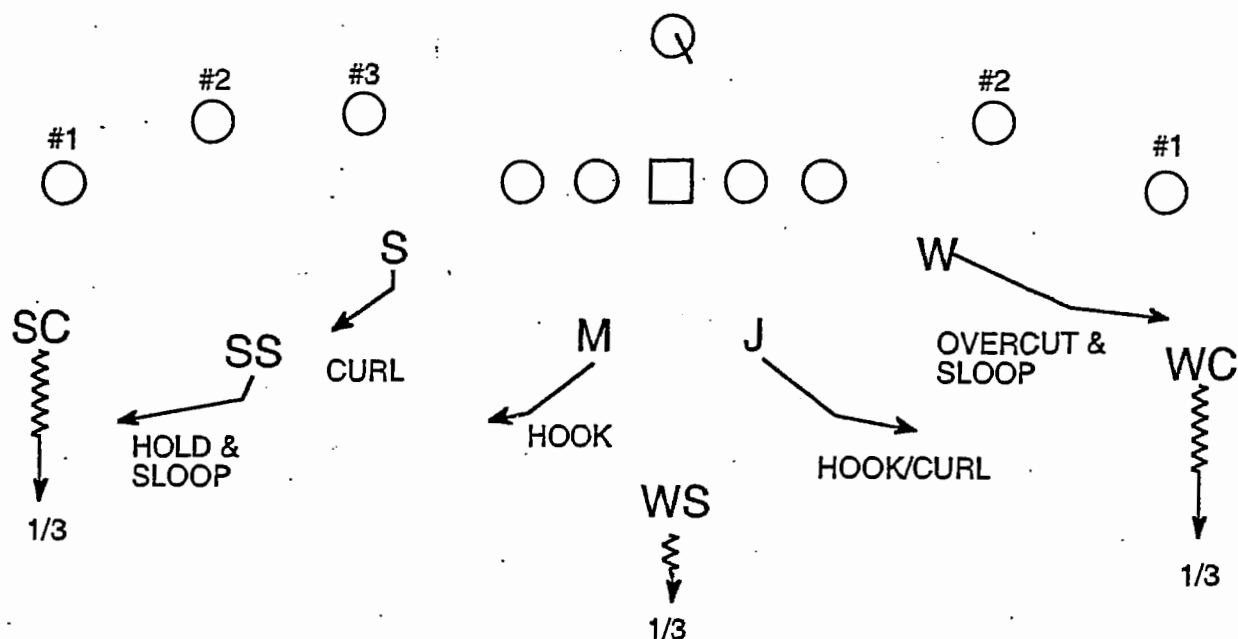
JACK:
 1. RE-ROUTE #2
 2. PLAY HOOK/CURL RESPONSIBILITY

WILL:
 1. BACKER FORCE
 2. OVERCUT & SLOOP TO #1
 3. PLAY FLAT

PACKER (OKIE)

SKY

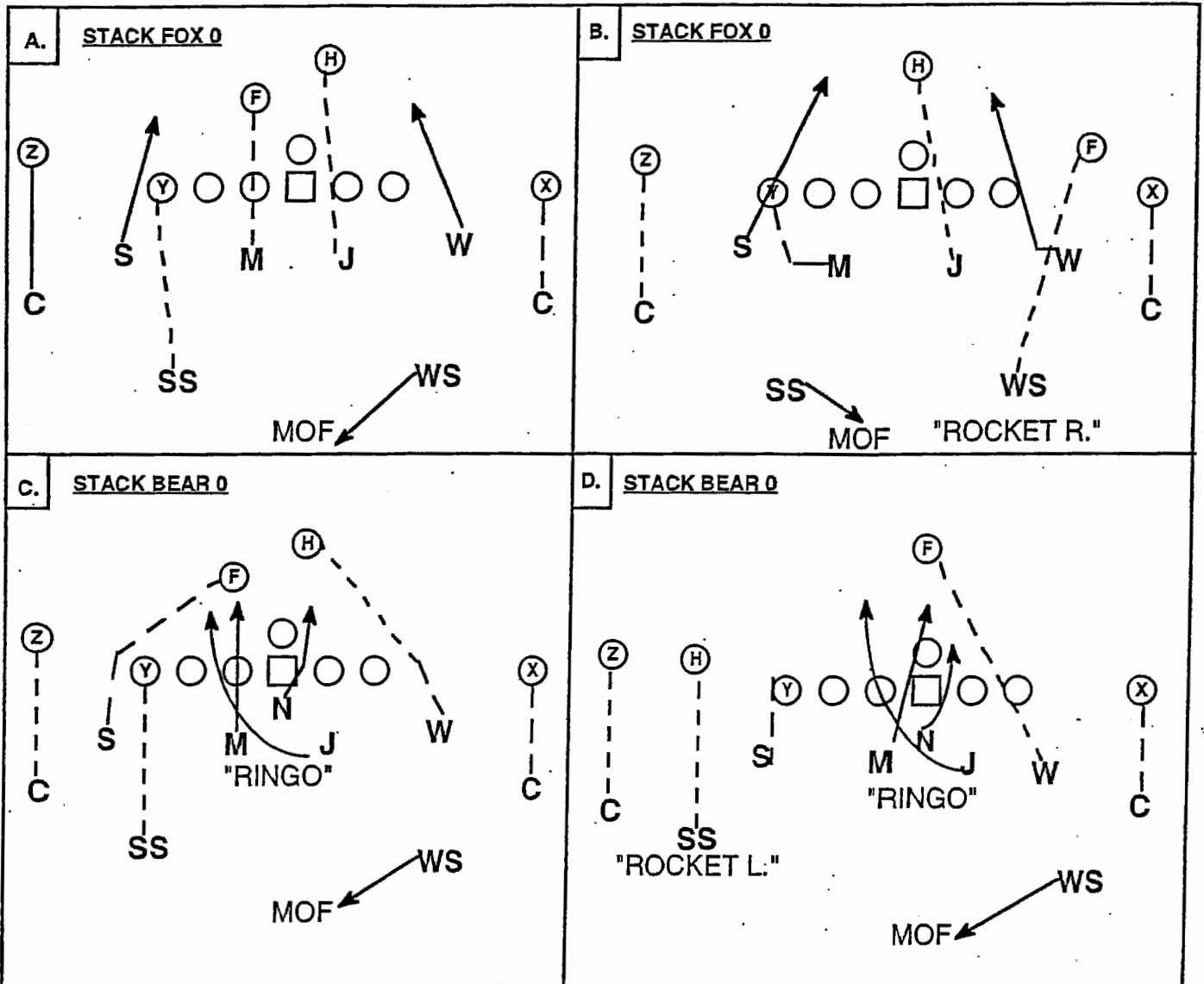
BACKER



POSITION	ALIGNMENT	KEY	RESPONSIBILITY
SAM	SAME AS STACK	SAME AS STACK	1. RUN - SAME AS STACK (SKY FORCE) 2. PASS - CURL DEFEND (NO SMASH)
MIKE	SAME AS STACK	SAME AS STACK	1. STAY IN THE BUBBLE 2. JAM & REROUTE #3 - LET HIM GO ON VERTICAL STEM (DEFEND HOOK)
JACK	SAME AS STACK	SAME AS STACK	1. REROUTE #2 2. PLAY HOOK/CURL - REROUTE #2 FROM INSIDE OUT ON VERTICAL
WILL	SAME AS STACK	SAME AS STACK	1. RUN - BACKER FORCE 2. PASS - OVER CUT/SLOOP - DEFEND FLAT
CORNERS	SAME AS STACK	SAME AS STACK	1. DEEP OUTSIDE 1/3
STRONG SAFETY	SAME AS STACK	SAME AS STACK	1. HOLD & SLOOP VS. 2 REMOVED WR'S 2. SLOOP VS. 1 REMOVED (PRO)
WEAK SAFETY	SAME AS STACK	SAME AS STACK	1. DEEP MIDDLE 1/3

STACK (ANIMAL NAME) COVER 0

FOX= 2 OUTSIDE LINEBACKERS RUSH, 2 INSIDE LINEBACKERS COVER
BEAR= 2 INSIDE LINEBACKERS RUSH, 2 OUTSIDE LINEBACKERS COVER



FORCE- TANDEM (POST TANDEM) TO TE SIDE / BACKER TO OPEN SIDE

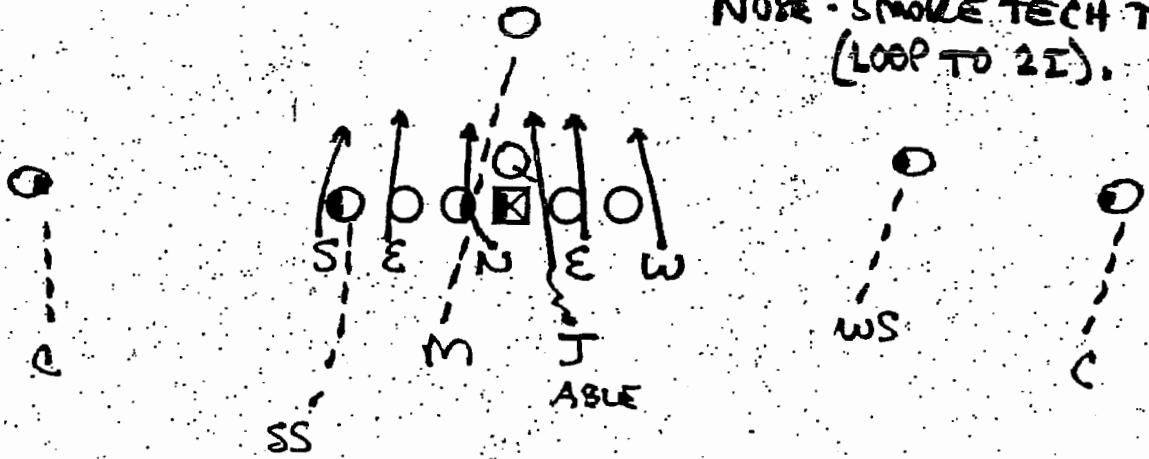
ADJUSTMENTS - "ROCKET" VS 1 BACK SET INCLUDING "BREAKOUTS"
 CP: VS 3 OPEN FORMATION, SAFETY TAKES INSIDE RECEIVER
 A. "ROCKET: VS. 1 BACK
 B. "SAFE" VS. PRO FLEX OR Y OFF
 CP: CHECK "STING" VS SPREAD OR EMPTY
 CP: VS BUNCH
 BEAR = "ROCKET"
 FOX = "SAFE"

STACK HAWK BLITZ

<p>A. PRO LT SPLIT "SKY" "BACKER"</p>	<p>B. SLOT LT SPLIT "BACKER" "SKY"</p>
<p>C. 'YAC' TO PRO YO NEAR RT "BACKER" "SKY"</p>	<p>D. HAT TO DOUBLES "TANDEM" "BACKER"</p>
<p>E. PRO FLEX SPLIT "BACKER" "BACKER"</p>	<p>F. DEUCE MID "TANDEM" "BACKER"</p>
<p>G. TRIPS PAIR "SKY" "COMBO" "BACKER"</p>	<p>H. SAC TRIPS MID "TANDEM" "BACKER"</p>
<p>I. PRO TITE LEFT "TANDEM" "TANDEM"</p> <p>* "COMBO" (DOUBLE COMBO) "COMBO" *</p> <p>(* DBL COMBO = 1X7)</p>	<p>J. ACE "TANDEM" "TANDEM"</p>

UNDER RAVEN BLITZ

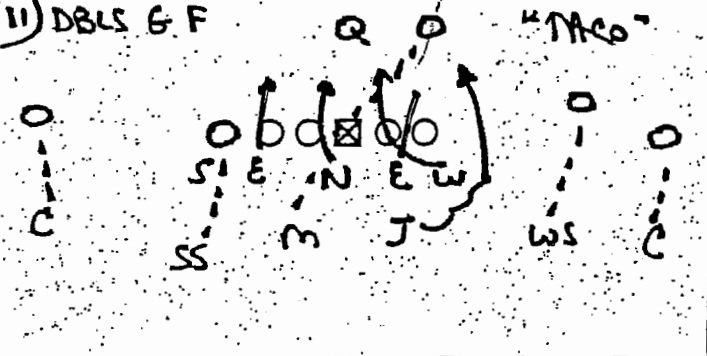
NOSE: SMOKE TECH TO YOU
(LOOP TO 2E).



JACK: VS BACK @ HOME ON NEAR = ABLE
VS FAR = TACO

FORMATION VARIATIONS

II) DBLS G F



OOXOO

OOXOO

OOXOO

LINEBACKER

RUN FITS IN



STACK

DEFENSE

INSIDE LINEBACKER RUN DEFENSE TECHNIQUES

STANCE

1. 2 pt stance, feet shoulder width apart.
2. Knees bent, hands inside the frame of the body.

STACK ALIGNMENT

1. Nose up on the guard, no wider than eye to eye.
2. Toes at 4 yards from the LOS.

KEYS

1. Key through top of guard's helmet to your backfield key.

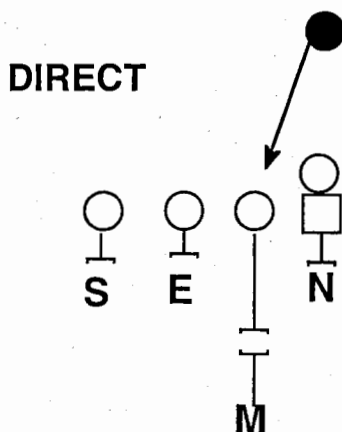
RESPONSIBILITY

1. Run to direct read – Fill up bubble, put blocker in "B" gap, LB in "A" gap (2 gap).
2. Run to fast read – Run to the outside, locate blocker assigned to you, enter LOS where back would enter.
3. Run away backside fill – Fill up bubble, build a wall (2 gap).
4. Run away fast read – Run to become front side LB and take bubble that side.
5. Pass – determined by coverage.
6. In general, you play inside. You have a job to do first, take care of it, then go to the ball!

REACTIONS TO BLOCKS:

Guard Base block – Direct read

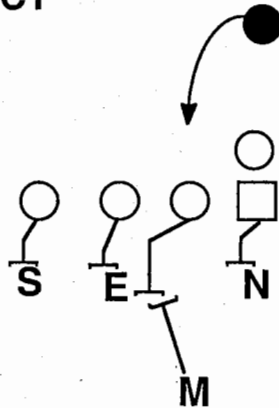
1. Attack guard with 3 pt contact.
2. Get your facemask under his. Get your hands inside his frame. Grab cloth, lockout.
3. Gain at least 50% of our separation back at the point of contact.



B. Guard Zone Block - Direct Read

1. Attack guard-put your facemask on his inside ear hole.
2. Take away the bubble and knock guard off the defensive end.
3. 3 pt contact, fast hands, lock out, and put guard into "B" gap, and be ready to take "A" gap if ball roles in there.

DIRECT



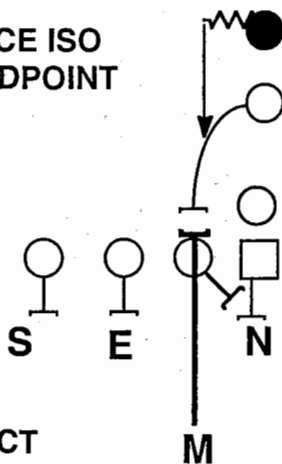
C. Guard Down – Direct Read (Iso) Guard Fan-Direct Read (Iso)

1. Attack FB iso-block, same as guard base block.
2. Meet him on side of LOS with 3 pt contact, stay square.
3. Put FB in one gap and you in the other.
4. Guard fan block will occur most often on the open
4. Guard fan block will occur most often on the open side.
5. On fan lead - it is important to maintain control of "B" gap.

CP – Deeper across LOS, less impt. which pad.

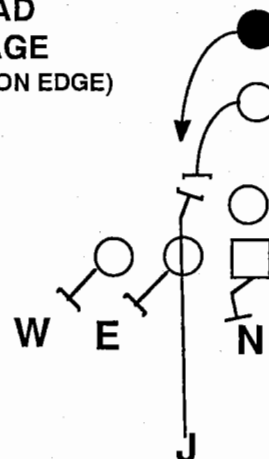
CP – Pad preference is o/s pad to kick it to the single block on DE.

**ACE ISO
MIDPOINT**



DIRECT

**FAN LEAD
LEVERAGE
(BUT NOT ON EDGE)**

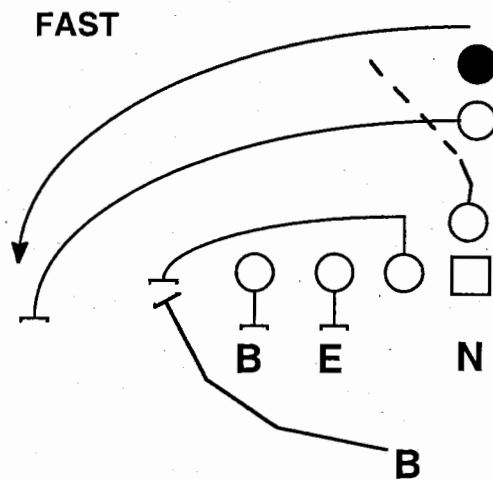


DIRECT

Guard Pull – Fast Read (toss sweep)

1. Attack the outside now, run to get across the LOS - EYES OUT FRONT!
2. Attack the pulling guard through the inside face, be physical.
3. Keep guard from getting turned up field.
4. Enter LOS where back would enter. (Think and see like a RB)

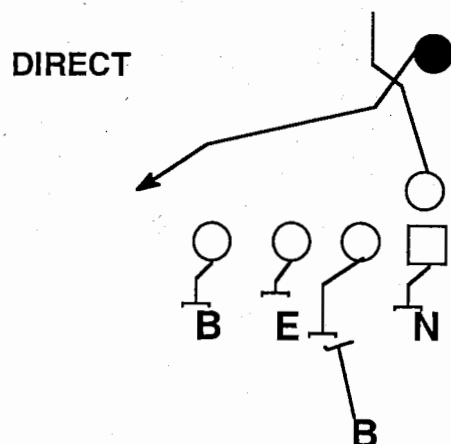
CP – Snap eyes to the o/s and see the blocker.



Guard Zone and Fast Read (Stretch Play)

1. Attack guard – put your face mask under his.
2. Take away the bubble and knock guard off the defensive end.
3. 3 pt contact, fast hands, lock out.
4. Be ready on stretch play to shed and get outside.

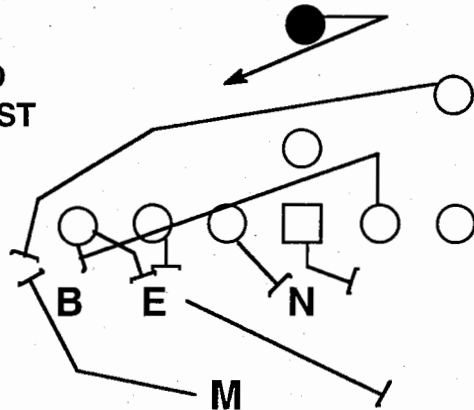
*CP: THIS PLAY WILL ALWAYS BE A GAME PLAN DECISION - We may tell you to treat this as a DIRECT or FAST READ depending on offensive scheme.



Guard Down and Backside Pull-Split Flow (Counter Play)

1. Read guard's helmet and course to distinguish between slip block and down block.
2. Either see offside guard pull, or listen for pull call from other linebacker.
3. Once you recognize play, attack it and play it same as power play. Outside LB will kick the ball to the outside.
4. Be ready for backside tackle (or FB in far position to block as you enter into LOS).

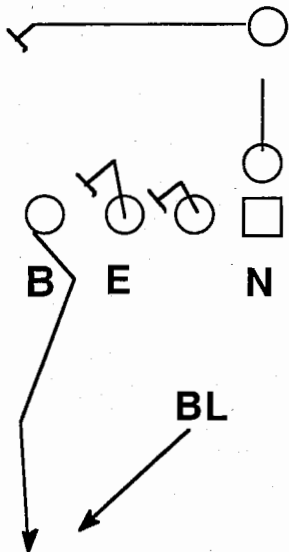
**SLOW READ
TREAT AS FAST**



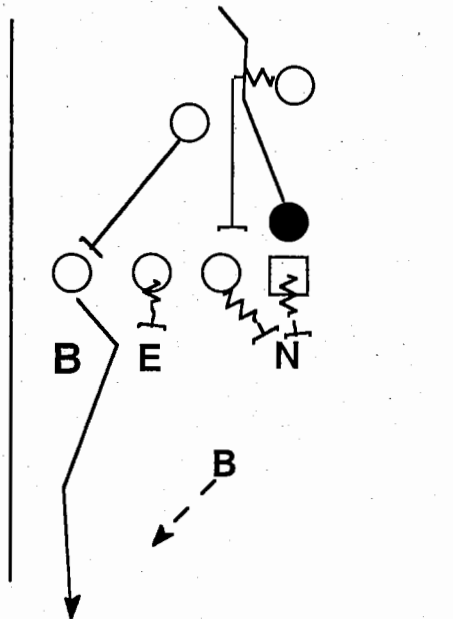
Guard Pass Set or Soft Down Block

1. Open to outside, but keep eyes inside as you begin to drop and clear the draw.
2. If draw – retrace your steps and attack blocker.
3. If pass – play the coverage called.

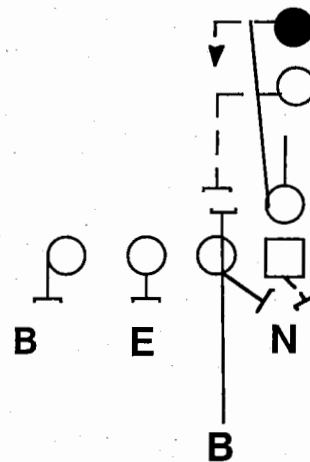
DB PASS



LOAD PASS

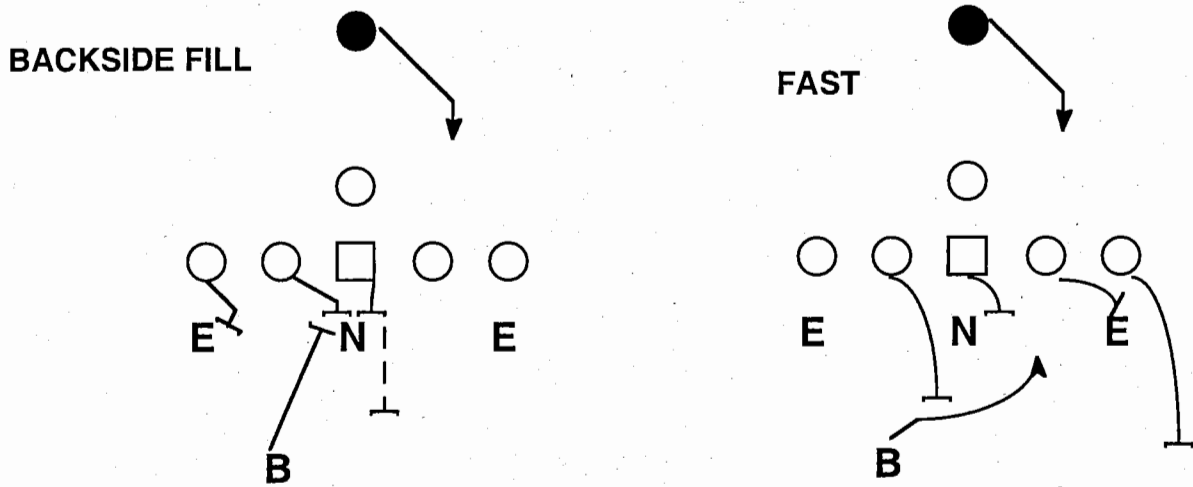


ACE ISO



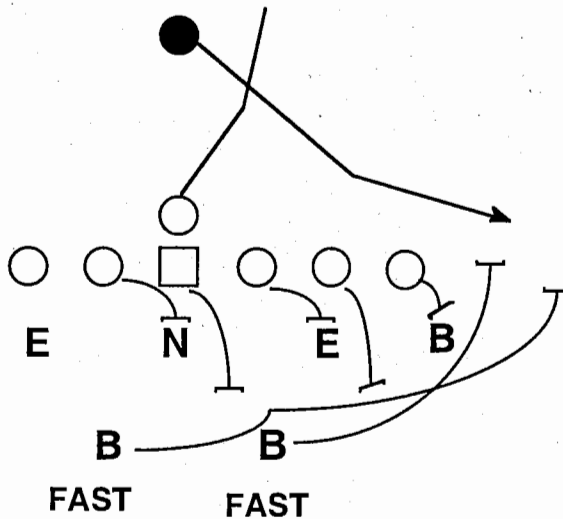
Guard Slip Block – Direct Read Away = BACKSIDE FILL

1. Versus zone cut off-attack the guard. We must take the bubble away.
2. Meet guard on his play-side cheek with good 3 pt contact.
3. Get your helmet under his facemask. Punch with hands, lock out.
4. If man cut off-rip your back side arm through the guard.



Guard Slip and Fast Read Away = REPLACE IN BUBBLE (inside out to ball).

1. Get across the ball now! You must replace the other LB and take away the front side bubble.
2. You must be able to defeat the slip block with your movement.
3. On plays of this nature, be prepared for lineman to chop you.
4. Keep your eyes on his headgear as he attempts to block you. Alert to center slipping out past the NT.



O.L.B. – TE side (9/6 technique)

I. Stance

1. Two point stance, feet about shoulder width apart, parallel, or slight stagger. Toes to the goalline. (individual difference)
2. Knees bent.
3. Hands inside the frame of the body. Carry them like a boxer. Ready to strike.
4. Chest (weight) over knees.
5. To be effective, your stance must allow you to do the following:
 - a. make quick steps to outside to maintain original alignment. (Fast feet!)
 - b. be able to strike (jab) TE on movement. (Fast hands!)
 - c. get your job done!

II. Alignment

1. 9 Technique – your inside cheek to TE's outside cheek.
2. 6 Technique – Nose to nose on the TE.

III. Keys

1. Top of the TE headgear to FB or near back – (“2-don't lie”)
2. Know formation and locations of backs.

IV. Responsibilities

1. Cloud Force: Run to – control “C” gap. Run away – chase, contain.
2. Backer Force: Run to – control “D” gap. Run away – fold.
3. TE Down: “Kick all plays outside.
4. Pass: Rush/ Drop by coverage (make YOU or ME call).

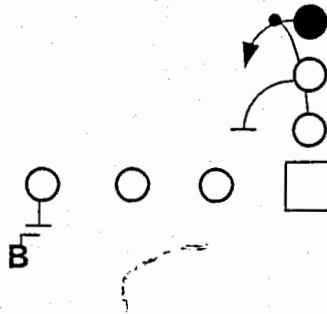
V. Movement and Blow

1. Attack the TE on his movement.
2. Strike with 3 pt. Contact. Must have fast hands, get your hands and elbows inside his frame.
3. Stay pad under pad and bring your feet with you.
4. Grab cloth and lock cut.

VI. Reactions to Blocks

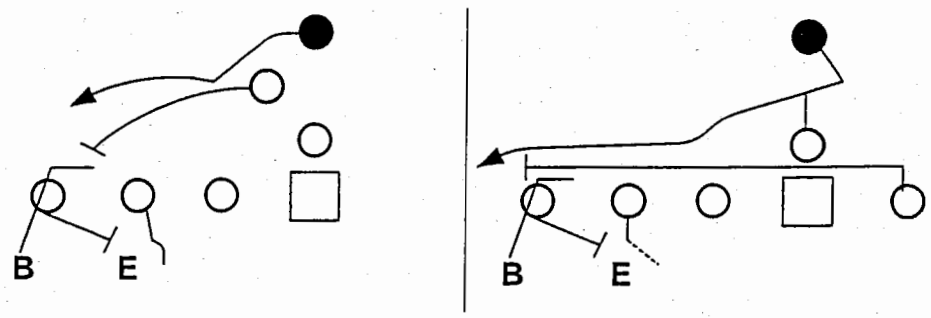
A. Base Block

1. Attack TE with 3 pt. Contact. Lock out.
2. Maintain original leverage – work TE back into back field.
3. Don't be too fast to shed. Eyes inside, → separate a push back.
4. Always favor back half of this block.



b. Power or Counter

- 1) Meet full back (power) or offside guard (counter) in same manner.
- 2) Attack for a point about 1/2 yard deep.
- 3) Attack blocker through his face by staying low and square to LOS.
- 4) Bottom line is we must dig the ball out on these type of blocking patterns. KICK IT
- 5) Never allow the ball to run over the offensive tackle area.



E. Inside Release

1. Attack TE, do not permit easy release.
2. Stay square but close inside – redirect TE causing him to lose speed.
3. If run, your reaction is determined by your other keys.
4. If pass, rush or drop according to coverage.
5. If flow away, squeeze and play your force resp.
6. Always blink ahead for reverse.

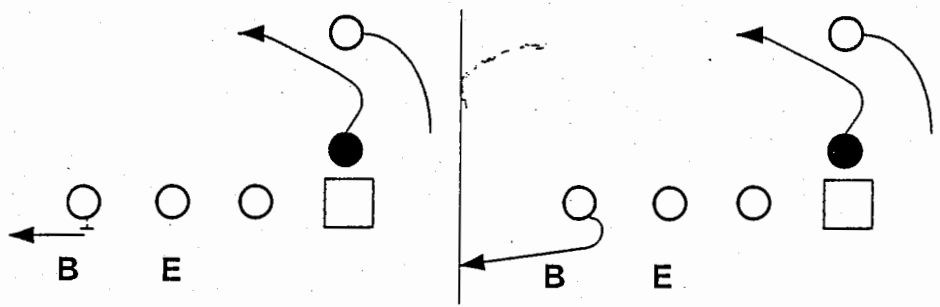
F. Outside Release

1. Get hands on TE, swarm him, widen his release.
2. As you gain control of TE, look inside for run / pass key. Know your priorities.
3. If run, disregard the release and retrace your steps. Then play normal run reactions.
4. If pass, rush or drop determined by coverage.
5. If 6 technique – don't chase the outside release.

G. Naked

1. Try to distinguish naked and cutoff block by TE helmet placement (on o/s pad) and lack of pressure on his block.
2. As you recognize the naked and you are in coverage, jump the TE in the flat.
3. If you are rushing, get in QB face and make it difficult for QB to throw to the TE or in the flat.

CP – Ball disruption techniques



O.L.B. – Open Side

I. Stance

1. Two point stance, elongated stagger, outside foot back, tilted slightly in
2. Your stance should make the offense sense you are rushing every play.

II. Alignment

1. Keep good spacing from our defensive end.

III. Keys.

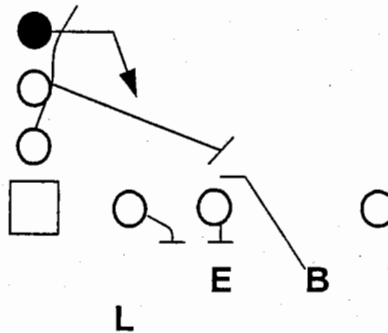
1. Tackle to Near back.

IV. Responsibilities

1. Cloud Force: Run to-“C” gap, Run away-chase / contain – blink ahead for reverse.
2. Backer Force: Run to – “B” gap (don’t open up lane), Run away – fold.
3. Pass: Rush / Drop by coverage (make you or me call).

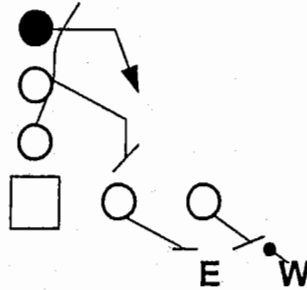
V. Reactions to Blocks:

1. Near Back comes to block you
 - a. Have to establish intent of blocker for power or overthrow block. (Keep your eyes on his headgear at all times.
 - b. Always anticipate the cut-block. Never be surprised.
 - c. Meet blocker in the backfield. ½ yard deep over the offensive tackle position.
 - d. Nose him up. Bottom line – can’t allow the ball to creep into inside of us (know your force)
 - e. As you penetrate, it is critical we constrict the area to our inside.
 - f. Always know what type of force you have.
 - g. C.P. – I Far = FB can get on you quickly but has less force and must declare intent much quicker than I form.



B. Tackle Fan – And Ball Flow To.

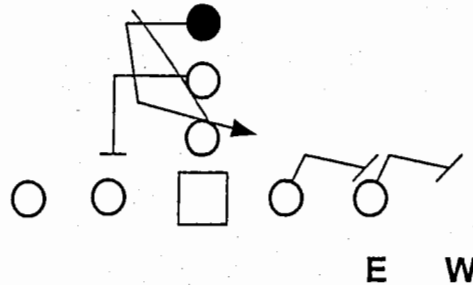
1. Stay on LOS – don't go upfield
2. Get your pads under offensive tackle and hands inside and work his butt back into the hole, look upfield for the bounce out – play as if the force man.



C. Tackle Fan – and Ball Flow Away

1. As you recognize Far block and Flow away – start to work across off tackle fan block – don't penetrate upfield.
2. You should be in position to fold behind your defensive end if ball cuts back into this area.

CP – tackle set will distinguish between pass or run.



D. Tackle Cut Off and Flow away

1. If cloud force, chase through the offensive tackle's original position
2. As you flatten down LOS, you should be able to hit any cut back play.
3. Always blink ahead for reverse.
4. If backer support – check counter / reverse and start to fold behind your DE for cut back.

