

Texas

Longhorns

Defensive Playbook

2000

DEFENSIVE HUDDLE ORGANIZATION

C W S S S C
E T T E
B M B

- (2)
- | | |
|-------------------|--|
| Ends and Tackles | - Bend forward with hands on knees. Keep head up with eyes on the middle linebacker. |
| Outside Backers | - Turn inside to face the middle linebacker with hands on knees. Keep head and eyes up. |
| Safeties | - Stand straight and concentrate on the defense and the coverage called. Be alert for quick huddle plays. |
| Corners | - Have your outside foot back and scan to the sideline. Be alert for hide-outs or any unusual quick alignment. Always check down and distance. |
| Middle Linebacker | - Step into the huddle after checking the situation and the sideline. Then call the defense. |

It is important that everyone knows the situation in every play. The down and distance, position of the ball on the field, the score, and the time remaining can affect the type of offensive attack we will face.

METHOD OF CALLING THE DEFENSES

The defensive number called will be meaningful. Each alignment and stunt will have a purpose. Example of one defensive call:

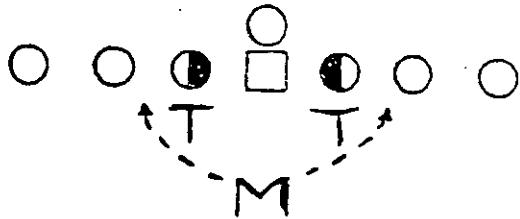
"26 Tim Cover 1"

- a) The first digit indicates the alignment of the tackles (2,3, etc.)
- b) The second digit indicates the alignment of the ends (7, 6, 9, 5)
- c) Any word will indicate an alignment of tackles or a line stunt (Tim, Flex, Tom)
- d) Pass coverage will be called last (Cover 1, Cover 5)

After the defense is called, the middle linebacker will pause and then say "Ready, Break!" Everyone clap their hands on the command "BREAK!" Break huddle and move to basic alignment. Mentally concentrate on responsibility of the defense called.

MIDDLE BACKER VS. RUN

Tim Technique:



Alignment:

Head up on the offensive center, ~~one~~² foot behind feet of the defensive linemen.

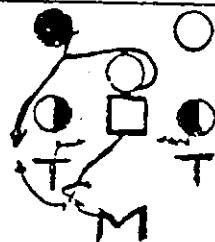
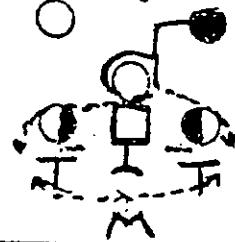
Stance:

Feet shoulder width apart and parallel with weight evenly distributed. Be in a football position, broken down ready to meet blockers.

Keys:

Center - Guards - Flow of backs

Responsibility:

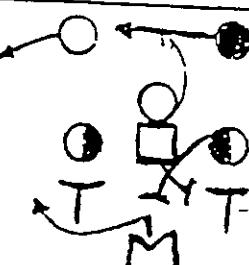
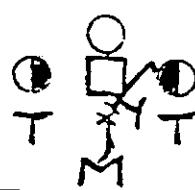


A. Off tackle gaps on flow-base block

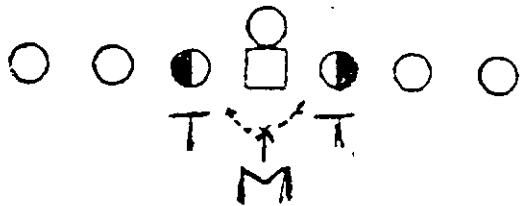
1. Key center's head and the angle he blocks on you. If he fires out straight at you, indicates you are at the point of attack. If quarterback stays behind center or a back threatens the middle, take the center on head up, under his pads, raise him up and come off block on spillage.
2. If center takes an angle to cut you off, move quickly in that direction, regardless of the quarterback's (face out or reverse out) movement. Close the guard-tackle gap. Attack up in the hole. If no threat keep inside-out leverage on the ball.

B. Fold Block vs. Tim Technique

1. If center takes angle to block on the defensive tackle, step quickly with the center's block and read the angle of the guard's pull. When guard is pulling up on you, attack the guard and close the hole with a shoulder shiver and protect the middle.
2. If the center fold blocks on the defensive tackle and there is no threat in the hole; take a quick step up, then keep inside-out leverage on the ball, before the guard can reach you.



Tom Technique:



Alignment:

Same as Tim *1 short T instead of 2*

Stance:

Same as Tim

Keys:

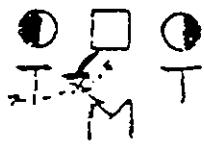
Center - Guards

Responsibility:

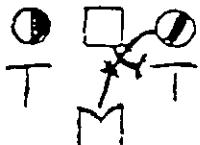
Area between the defensive tackles



1. Key center's head and the angle he blocks on you. If he fires out straight at you, attack the center head up raise and neutralize with a forearm lift and force him back toward the line of scrimmage. Control him with your hands, throw off and tackle. You must protect both guard-center gaps. Do not take a side until you know where the ball is breaking.



2. If center takes an angle to cut you off. Attack the center's head with your nearest forearm. Turn center down the line and play through his head. Be aware of the ball cutting back. If no threat to middle pursue with inside out leverage on the ball.



3. If center blocks on the defensive tackle. Recognize the angle of the center block and the tight pulling angle of the guard. Attack the guard before he can turn up field and tackle the first threat.



4. If center blocks back on the defensive tackle and the guard is pulling deep, beat the trap - reverse or bootleg blocks by attacking through the gap immediately. Recognize the play and attack the ball carrier in the backfield.

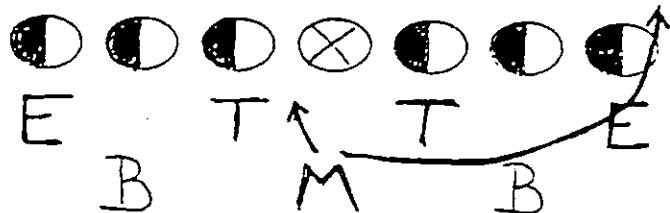


5. If center scoop blocks on the defensive tackle. Run through the gap and take a flat angle down the line. Look for the ball carrier turning up the field. If you cannot get through pursue down the line.

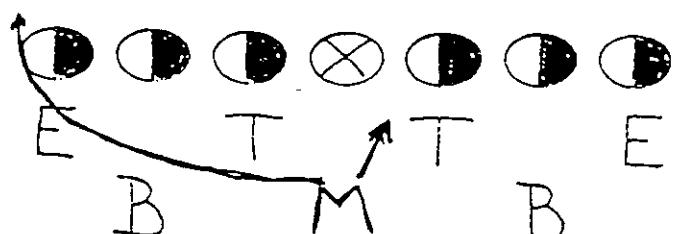


6. If center and guards show pass protection blocks. Go immediately to the pass responsibility that is called in the coverages. Be alert for screens and draws.

FLEX STRONG OR FLEX WEAK TECHNIQUE



FLEX LEFT



FLEX RIGHT

Alignment: Same as Tim

Stances: Same as Tim

Keys: Center's head and back to the side of flex call.

Responsibility: Center guard gap to the side of flex, or outside away from the flex call.

- A. If the center fires out at you or takes an angle toward the flex call. Play his head with forearm shiver and keep arm free to your gap responsibility.

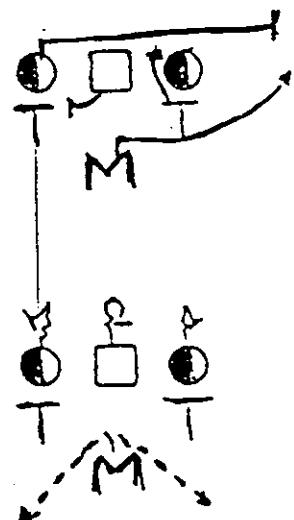


- B. If the center takes an angle to cut you off away from the flex call you are responsible for the outside. Fly to the weakside. Do not keep leverage on ball because all gaps inside are filled. You must beat the ball to the weakside, tackle the first threat.



- C. If center blocks on weakside tackle read depth of guard's pull and step up on fold or inside trap. Run through on long trap. Use same technique described in Tom Defense.

FLEX LEFT CALLS



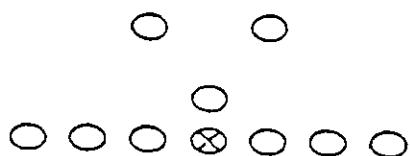
D. If center blocks tackle toward the flex call. Step up on fold or inside trap. Keep leverage on the pulling guard. Look for spillage on the outside or ball turning up inside the trap block.

E. If line blocking shows pass protection, go to pass responsibility in the coverage that is called. Always be alert for screens or draws.

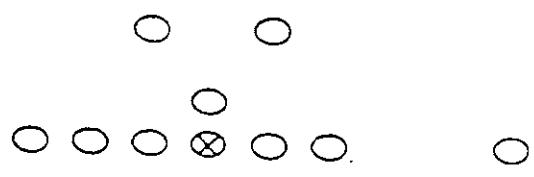
FLEX LEFT CALLS

MIDDLE BACKER GOALLINE TECHNIQUE

Technique used in goalline call, or 25 Slide call.



Goalline



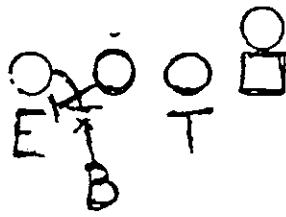
25 Slide

Alignment: As deep as near back is set from LOS. (*Depths*)

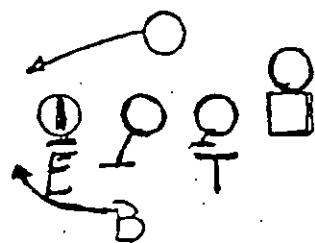
- A. Vs. Split backs - Mirror alignment of near back, usually G-T gap.
- B. Vs. I backs - G-T gap.
- C. Brown or Blue move to the set of the backs.

Stance: Two-point stance, feet shoulder-width apart and parallel with weight evenly distributed. Be in a football position, broken down ready to meet blockers.

Key: Through the linemen to the backs.

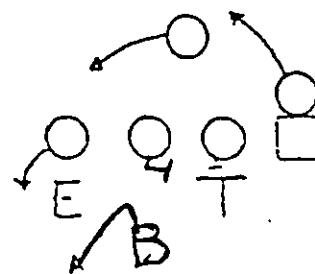


c. Tackle blocks outside on the End:
Step up in the hole, broken down ready
to meet blockers. Take the "5 Gap"
responsibility. Be alert for ends block
from outside or back lead blocking.

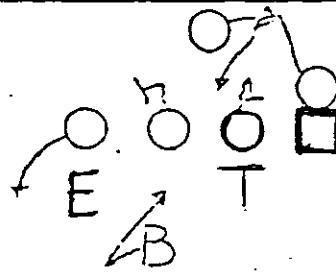


2. Near Back Leads Outside:

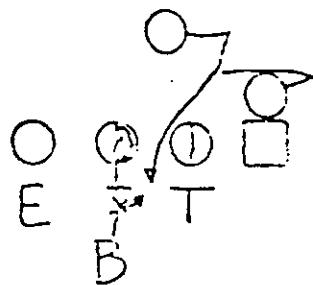
a. If there is no off tackle threat
by one of the other backs, move quickly
to the outside and play football.



b. Sprint out Pass Action:
Step up and check for draw or run first.
No threat sprint to pass responsibility.



c. Drop Back Pass Action:
Play the pass coverage that has been
called. Be ready to come back quickly
on draws and read screens as they develop.



B. Action away from your side:

1. Close down the off-tackle gap by attacking through
the outside shoulder of the offensive tackle. Protect
the "5 gap" until there is no cutback threat and pursue
to the football.

C. Guard Pulls Away from You:

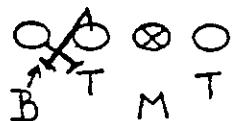
1. Any time the Guard pulls away close to the inside of the defensive tackle quickly for the inside trap.



D. Guard Pulls toward You:

1. Shallow Pull:

a. Attack outside shoulder of Guard and play same responsibility as base block.



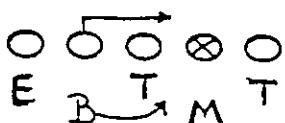
2. Guard Pulling Deep:

Be alert for long trap or sweep; do not let the back block you in. Keep inside out leverage on the Guard and look for the cutback



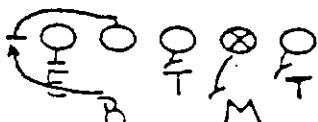
E. Tackle Pulls Away from You:

React quickly inside the defensive tackle.
Be alert for the tackle trap.



F. Tackle Pulls toward You:

Be alert for quick pitch or counter option.
If ball moves quickly to the outside, move outside the end and make contact with the tackle as quickly as possible. Keep leverage on the football.

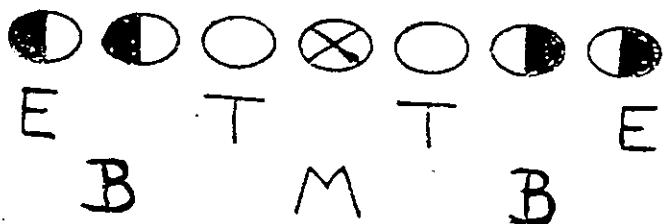


G. Tight End Blocking Down:

As you feel the tight end blocking down from the outside, step around the defensive end to the outside. Attack the outside shoulder of the first threat.



OUTSIDE LINEBACKER VS. RUN
29 DEFENSE: 5 TECHNIQUE



Alignment: Same as 26 Defense

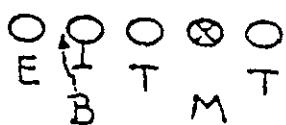
Stance: Same as 26 Defense

Key: Same as 26 Defense

Responsibility: I. Action To Your Side

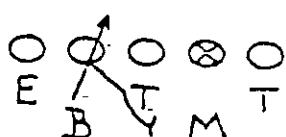
A. Tackle Blocks on You (Base):

Take the tackle on from the outside. Close the hole to the inside. If the QB continues down the line with the ball, fight thru the tackle's block to the LOS and take the QB.

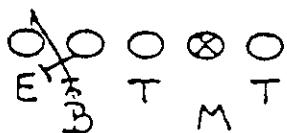


B. Tackle Blocks Inside:

Step up and attack the outside shoulder of the first threat. If QB continues down the LOS with the ball, fight through the blocker and tail the QB.



C. Tackle Blocks Outside on End:
Same as 26 Defense.



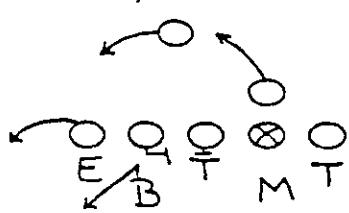
- D. Tackle Pull to the Outside:
Run through the 5 gap, get flat down the LOS. Keep leverage on the football.



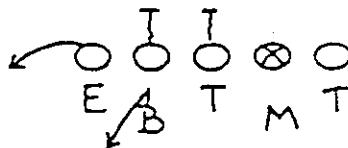
- E. Guard Pull to the Outside:
Run through the 5 gap, get flat down the LOS. Keep leverage on the football.



- F. Sprint Out Pass Action:
Check for draw. No threat, go to pass responsibility.

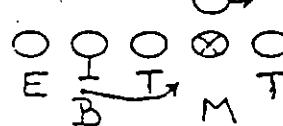


- G. Drop Back Pass Action:
Check for draw. No threat, go to pass responsibility.

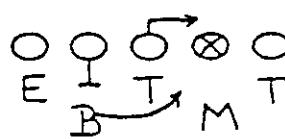


II. Action Away from Your Side: 29 Tom

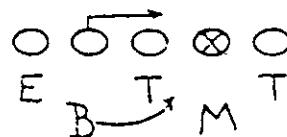
- A. Flow away with tackle base blocking move quickly inside the defensive tackle. Protect for the cutback.



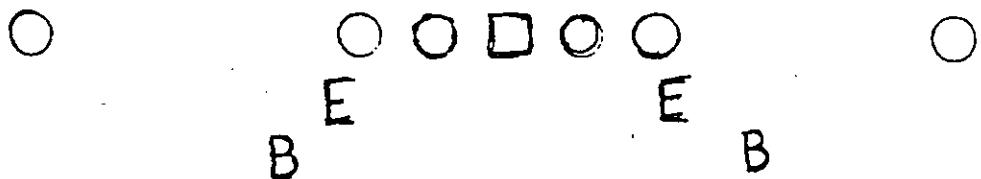
- B. Guard Pulls Away From You:
Same as 26 Tim Defense.



- C. Tackle Pull's Away From You:
Same as 26 Tim Defense:



25 DEFENSE VS. SPLIT END: This could be weak on the split end side or strong on the slot.

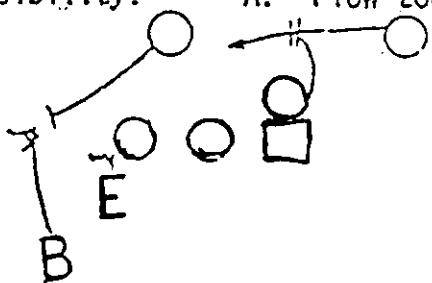


Alignment: One yard outside the defensive end and one foot behind the end's feet.

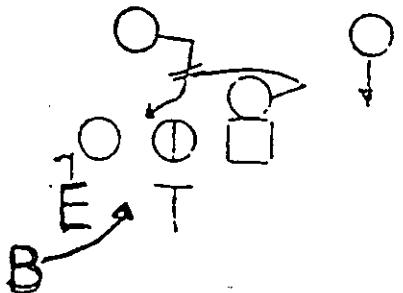
Stance: Normal

Key: Focus point

Responsibility: A. Flow toward: Attack to the line of scrimmage. Drive inside flipper into outside eye of any blocker and play same technique used against tight end's block.



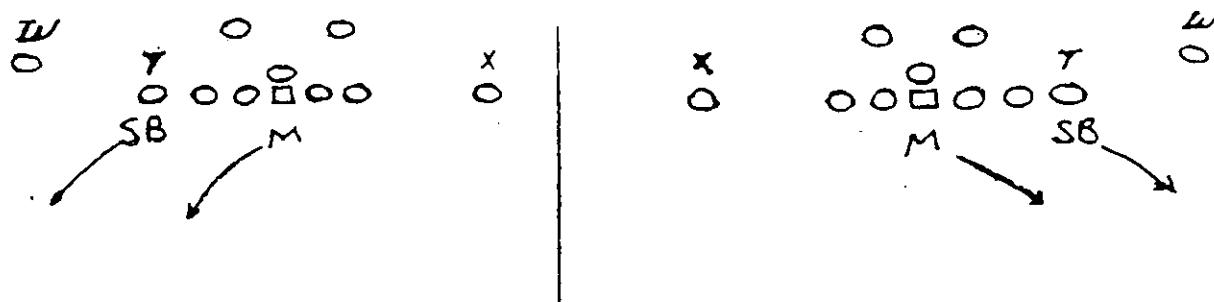
B. Flow Away: Fill counter gap, no threat pursuit use same responsibility as in base alignment.



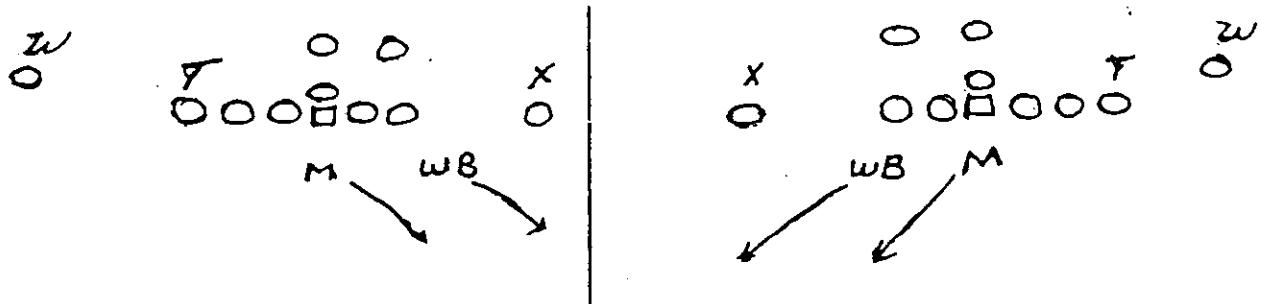
I. LINEBACKER COVERAGE PRINCIPLES

- A. The outside linebackers coordinate with Mike.
- B. When the strong backer coordinates with Mike, it is Sam (Strong) Coverage.
- C. When the weak backer coordinates with Mike, it is Will (Weak) coverage

Example of Sam Coverage

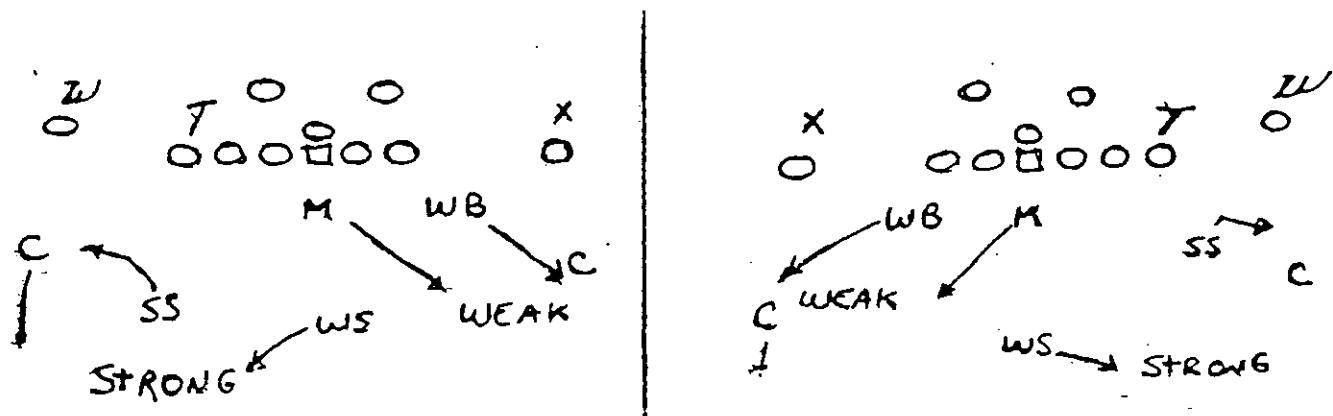


Example of Will Coverage



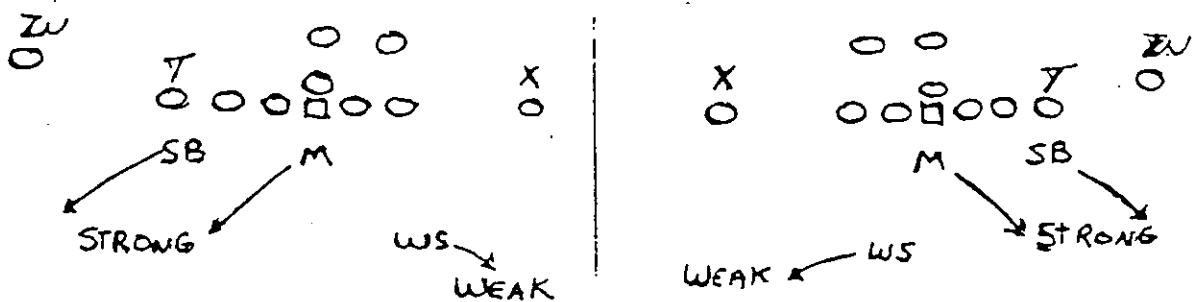
- D. In all coverages, the less responsibility that the weak safety has to the weakside, the more responsibility Mike has to the weakside (Will Coverage)

Examples of Weak Safety & Mike Coordination



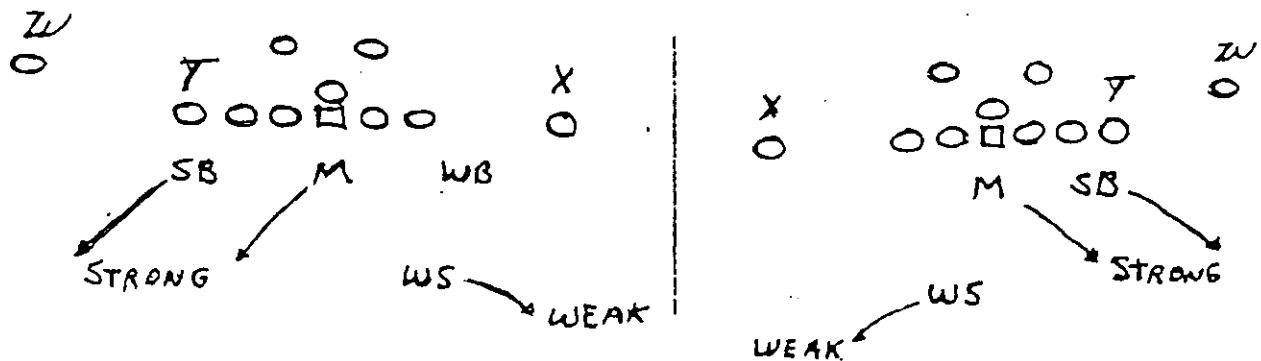
- E. In all coverages, the more responsibility that the weak safety has to the weakside the more responsibility Mike has to the strong side.

Examples of Weak Safety & Mike Coordination



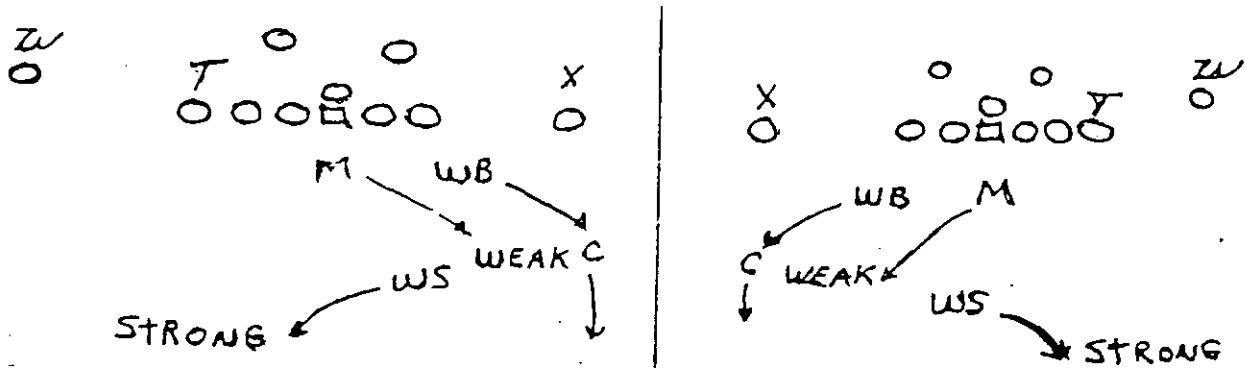
- F. When the weak safety is responsible weak, Mike coordinates with the strong backer (Sam).

Sam Coverage



- G. When the weak safety is relieved of weak coverage, Mike coordinates with the weak backer (Will Coverage).

Will Coverage



SECTION VIII
DEFENSIVE SECONDARY PLAY

DEFENSIVE SECONDARY PLAY

The importance of a good defensive secondary cannot be overemphasized. A closely-knit, hard-hitting secondary that thrives on destroying the effectiveness of an offensive attack is indispensable to success. YOU MUST BE OFFENSIVE MINDED. Be alert for interceptions - make that sudden change from defense to offense, block and return them for touchdowns, cause fumbles and cover them, block kicks or make long punt returns that will give your own offensive team good field position.

OUR PRIMARY GOALS: 1. MAINTAIN THE PERIMETER

The goal of the defensive secondary is to prevent a long touchdown run or pass and to combine with the defensive line in stopping a long, sustained drive by the offense. A good secondary should never allow a long touchdown run, since only two ingredients are necessary to stop a long run: 1) full speed pursuit attacking the ball carrier from the correct angle; and 2) flawless tackling.

2. INTERCEPT

NO ONE IS GOING TO WIN GAMES BY THROWING THE BALL ON US! In playing in the level of football that the Southwest Conference teams play, we realize that occasionally the pass will be completed. Our goal is to intercept one of every eight passes thrown. If our opponents do complete a pass, then we hope that they will throw again, because we are one step closer to the pass we will intercept. Play the law of averages. Be confident and relax, hoping the ball is thrown to your man or area so you can have a chance to intercept and score.

Keep this in mind when we play, the quarterback will pass the ball perfectly only five or six times a game. He may hit a certain percentage, but when one bad pass comes along, you are going to intercept and turn the ball over to our offense. The opponent, in order to have an effective passing game, must accomplish a number of requirements including:

- 1) The quarterback must have time to throw;
- 2) He must be able to read our coverage;
- 3) He must throw the ball accurately;
- 4) The receiver must run an accurate route;
- 5) The receiver must catch and hold onto the ball.

On the other hand, the defensive goals to destroy the opponent's passing game include:

- 1) Rush and harass the quarterback;
- 2) Disguise our coverage;
- 3) Harass the receivers;
- 4) React to the receivers' routes;
- 5) Explode through the receiver.

THE PASSING GAME - - - IT IS HERE THE BREAKS ARE MADE. The winning edge goes to the team that controls the passing game. A good defensive team should like to play against a good passing team because it can virtually win the game on big plays. There are many things can happen, and BE MADE TO HAPPEN to a passing game.

OUR PRIMARY OBJECTIVES ARE:

1. Prevent the touchdown by maintaining the perimeter
2. Intercept
3. Tackle

There are a number of factors necessary to have a good defensive secondary. Here are some thoughts that will interest you before you learn the "nuts and bolts" of our style of play.

Know your defensive assignment:

To play your best, you must have confidence in the other members of the team and they must feel like you are a winner; certainly a player that is always out of position and allows the team defense to break down cannot be considered a winner. Getting blocked is one thing, but getting the other 10 men beat simply because you don't know what to do is inexcusable.

Knowing your assignment eliminates any reason for hesitation.

Knowing also eliminates the possibility we "might" beat ourselves.

You must know for all defenses:

CALL - Coverage and support pattern

ALIGNMENT - Must be exact for the situation

STANCE

FLOW - Direction of the backfield and ball

KEY - Key and concentrate for run/pass pattern recognition

RESPONSIBILITY - Execute and pursue to ball

Work:

Be willing to work hard perfecting defensive techniques. The game of football, as you know, is a lot of work. All teams work out - approximately the same number of hours per week. It is only logical that the team that gets the most done in the allotted amount of time is the one that is going to eventually be successful.

Work on your weaknesses.

Perfect your techniques and skills to the point they are instinctive reactions; if you have to think about it, you are in deep trouble.

Be mentally and physically tough:

Defense always has and always will be a test of strength, speed and courage. Ability alone will not be enough. The surest way to be successful is to physically whip your opponent.

Play Better!

Everyone must play better than he is. Our average football players have to play good, our good players have to play great, and our great players have to play great on every down. Making the team is not enough; making a successful team has got to be your objective.

Although each of our defenses and pass coverages will require a differing variety of techniques, responsibilities, and reactions, there are certain factors which are common to all. Consequently, every pass defender should acquaint himself with the following items as you will be expected to utilize them at all times, regardless of the defense or coverage called.

1. KNOW THE DEFENSE: Make certain that you are fully aware of the defense called in order that you will never fail to fulfill your responsibilities; in order that you will be able to react to any corresponding changes or to any verbal calls; and in order that you will be able to know where you may expect support and where you may not. In short, know the defense so well that there is no possibility of any mental errors.
2. KNOW THE SITUATION: For every play you should be aware of the down, distance, field position and time. This knowledge, when coupled with your knowledge of the opponent, will enable you to predict with greater accuracy the possibility of the occurrence of a certain play or type of play.
3. KNOW YOURSELF: Be fully aware of your ability and potential in relation to that of your opponent's personnel. This will enable you to adjust to the opponent's personnel whose speed, size, and ability will vary from game to game. You, therefore, will not overplay a man whose speed is greater than yours nor underplay a man whose speed is much less than yours.

4. KNOW YOUR OPPONENT: For every game, you should familiarize yourself with the opponent's pass patterns, game tendencies, and personnel. Knowing their tendencies and favorite pass patterns will enable you to recognize early their patterns in order that you will be able to "get the jump" on the receivers, while knowing their personnel will enable you to adjust to their varying abilities.
5. YOU SHOULD BE CONSTANTLY WORKING TO REDUCE REACTION TIME AND INCREASE INTERCEPTION DISTANCE: The instant the pass is thrown, all defenders must sprint for that man or area, regardless of the distance away. Anything can happen - the ball may be tipped, the ball may be intercepted or completed and then you will have to race for the cut-off. Regardless of what happens, you belong where the ball is. Remember, the second effort makes great pass defenders.

It is necessary that defensive backs learn to communicate with each other and with the linebackers during the course of the game. The importance of talking to one another cannot be stressed enough. The communication you need begins when your opponent breaks the huddle and deploys in the offensive formation. You must be certain to recognize the set and the eligible receivers. A back in motion requires you to make adjustments and this must be made known to all. In addition, your run support call must be made clear to everyone: safeties, corners and linebackers.

Once the ball is snapped and play begins, you must continue to communicate. When run develops, you should be shouting "run." If you see a crack-back block developing on a linebacker or safety, you should yell "crack." "Reverse," and "draw" are other play recognition terms you should be shouting in order to assist each other in defending against a run.

When you recognize the play as a pass, shout it out - "PASS" "PASS!" Your linebackers and underneath coverage often have difficulty in seeing receivers, it will improve their ability if our secondary will call their routes - "IN" "OUT" "DEEP" "ACROSS." You can also help each other by calling "DEEP" and "ACROSS" on all routes developing downfield. Once the ball has been released, yell "BALL" "BALL." It is essential that you get the maximum amount of people to the football. The more the merrier!

You must realize the importance of talking. During practice is the time to perfect your ability to communication without the distraction of crowd noise. During the game, however, the ability to be heard is more difficult, so SHOUT. Don't be bashful. Concentrate on improving on this area of your team defense.

BASIC CALLS FOR THE DEFENSE SECONDARY

The safeties will make verbal and visual coverage and run support calls after the huddle breaks. These calls will be made according to formation and specific game plans.

COVERAGE CALLS:

- 1 Free
 - Man to man coverage with the weak safety responsible for the middle of the field
- 1 Banjo
 - Man to man coverage with the weak safety and weakside corner responsible of the split end and weakside back.
- 1 Man
 - Point out man to man coverage with the weak safety responsible for the weakside back. Used when stunting linebackers.
- 2 Combo
 - Man to man coverage with the weak and strong safeties responsible for the tight end.
- 2 Man
 - Tight man to man coverage with the weak safety responsible for the strongside back. Also used when stunting linebackers.
- 3
 - 4 underneath, 3 deep zone coverage. Pre-determined rotation to the strongside at the snap of the ball. There will be a "sky" support call to the strongside of the formation, "backer" call weakside.
- 3 Cloud
 - 4 underneath, 3 deep zone coverage. Pre-determined rotation to the strongside at the snap of the ball. There will be a "cloud" support call to the strongside of the formation, "backer" call weakside.
- 5
 - 5 underneath zone coverage with the strong and weak safeties playing $\frac{1}{2}$ field zone.
- 5 Man
 - 5 underneath man to man coverage with the strong and weak safeties playing $\frac{1}{2}$ field zone.

- Nickle
 - Man to man coverage using an extra defensive back. 2 Combo strong, 1 Banjo weak.
- Nickle Zone
 - 4 underneath, 3 deep zone coverage using an extra defensive back. "Sky" support强侧, "sky" support弱侧.
- Nickle Man
 - Tight man to man coverage using an extra defensive back. Used when stunting linebackers.
- Nickle 5
 - 5 underneath zone with the weak safety and nickle back playing $\frac{1}{2}$ field zone.
- Nickle 5 Man
 - 5 underneath man coverage with the weak safety and nickle back playing $\frac{1}{2}$ field zone.

RUN SUPPORT CALLS:

The safeties will determine the run support to communicate who is responsible for primary contain or turning the end run to the inside or the pitch man (PM) on option.

- Sky
 - Safety support
- Cloud:
 - Corner support
- Backer:
 - Linebacker support

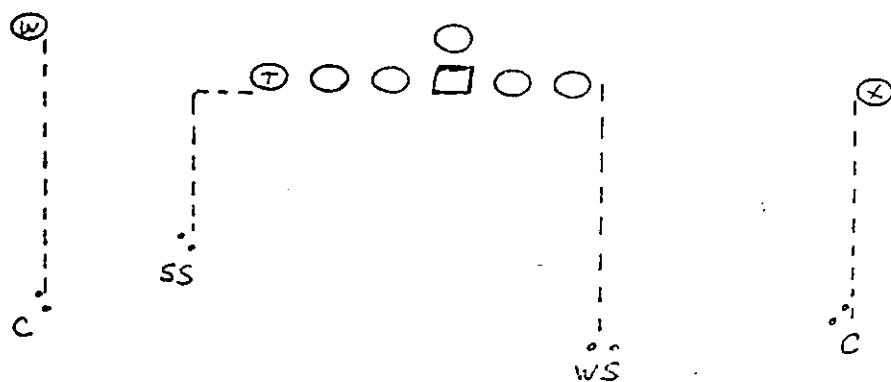
DEFENSIVE SECONDARY ALIGNMENT AND STANCE

A. Basic Alignment

1. Corners: Normal man to man position is 6 to 7 yds. deep on the inside shoulder of the wide receiver. VS. a unit end, align 2 yds. outside and 4 to 5 yds. deep on the outside shoulder of the second eligible receiver.
2. Strong safety: In 1 Banjo, align 2 yds. outside of the tight end, 5 yds. in depth. In 2 Combo, 4 yds. outside and 5 yds. deep.
3. Weak safety: Align 7 to 9 yds. over the weakside tackle-tight end gap in 1 Banjo. In weakside center-guard gap on 2 Combo.

B. Stance

1. Corners and strong safety:
 - a. Inside foot back with shoulders parallel to the line of scrimmage.
 - b. Knees bent with weight on the balls of the feet (your inside cleats)
 - c. Upper body relaxed - shoulders rolled forward.
 - d. Chin over your feet with your eyes focused on your specific keys.
2. Weak safety:
 - a. Relaxed, semi-upright position with knees bent slightly; hips lowered, head up with your eyes focused on your specific keys. Feet and shoulders parallel to the line of scrimmage. ② ④



- Sweep Keys:
1. Tight End Blocking
 2. Pulling Linemen
 3. Flow of Backs

- Option Keys:
1. Quarterback down Line
 2. Pulling Linemen

- Dropback Pass
- Keys:
1. Quarterback off the Line
 2. Line Pass Protecting

- Play Action
- Pass Keys:
1. Ends Releasing
 2. Line Pass Protecting

- Bootleg Passes
- & Reverse
- Keys:
1. Pulling Linemen opposite of Flow of Backs.
 2. Line Pass Protecting

TECHNIQUES FOR SECONDARY PLAY

1. CATCH

- A. Zone - After keying then step up to the outside of the receiver and extend arms to destroy the timing of the route - Then check the second receiver and zone the flat.
- B. Man to man - Step forward on the snap and move to the inside of the receiver if you have no deep help and to the outside if you have deep help. Make contact and extend - If you do not have deep help then do not put much space between you and the receiver - only destroy his timing - If you do have deep help then try to eliminate the receiver. This is used as a good change up from regular man to man and bump and run.

2. MAN TO MAN

- A. Inside Position - On the snap of the ball work for a one yard inside position on receiver. Concentrate and backpeddle keeping that position and a three yard cushion. When the receiver breaks the cushion then roll into a sprint keeping your inside position. Used to eliminate inside breaking routes.
 - B. Outside Position - On the snap work for a one yard outside position on the receiver. Concentrate and backpeddle keeping this position and a three-yard cushion. When the receiver breaks the cushion then roll into a sprint keeping your outside position. Used to eliminate outside breaking routes. Used by corners and safeties on inside, outside double coverage.
3. BUMP AND RUN - Man to man coverage when you do not have to worry about keying for run support and you want to eliminate a receiver from the snap. Line up with your outside foot splitting his head with your feet and shoulders square. Always shuffle; do not cross over or get both feet off the ground at the same time. Concentrate on the receiver. If he tries to release inside then jam him down the line of scrimmage and keep inside position. If he releases to the

3. BUMP AND RUN contd. - outside then get a good hit on him but do not put distance between you and the receiver, just destroy the timing of his route. Do not look until you recognize the route and the receiver looks. If the ball is not thrown then get back to the receiver.

Goaline - Same as open field on inside release. On outside release hit the receiver and fall into a trail position. Stay between him and the ball. When he makes his final break go for the interception point.

4. BANJO - The technique of two defensive players covering two offensive players according to which one goes inside and outside

Key inside receiver to get quick key of both receivers' routes. Maintain depth on deepest receiver until both routes have been determined.

5. DOUBLES - The technique when two defensive players cover one offensive player from the snap.

A. Inside - Outside - The widest man keeps an outside position and the inside man stays inside the receiver. Outside man will break on any outside breaking routes and the inside man will move to cover any deep route. On an inside breaking route the inside man will break and make contact with the receiver and try to eliminate him completely. The Outside man will cover any deep routes, inside or outside.

B. Short and Long - The man responsible for short coverage will move forward and to the outside of the receiver on the snap. He will make

B. Short and Long contd. - contact and try to completely destroy the route and make sure the receiver goes inside. Man responsible for long coverage will keep an inside position and cover all deep patterns.

Flip technique vs. Slot formation - The strong safety will always go to the side of the normal tight end no matter what coverage is called. Corner will go to slot side with wide receiver.

Strong Safety - On zones play just like on strong side. Alignment will be three yards outside and three yards deep. Use same run support keys. Run support call will be Cloud. Flow your way down the line or pulling linemen; run support - Flow off the line your way; zone flat - Flow away or drop back pass with rotation call away; zone deep outside 1/3. Strong safety on man to man - if unit end then banjo with weak safety on tight end and weak back. Cloud run support with same keys. Cover the receiver that goes outside. If normal tight end is split then cover man to man with inside position.

Corners - On zones the corner over the wide receiver zones the deep outside 1/3. The corner over the slot back keys for run support using the same keys - zones the flat if pass develops his way or rotation is called his way - zone deep middle 1/3 on flow away or rotation call away. Run support is Sky. On man to man the outside corner covers the widest receiver with an inside position and has the option to use any technique. Inside corner keys for run support and covers a wide slot back with an inside position and a tight slot back with an outside position. Run support is Sky.

3. DUMP AND RUN contd. - outside then get a good hit on him but do not put distance between you and the receiver, just destroy the timing of his route. Do not look until you recognize the route and the receiver looks. If the ball is not thrown then get back to the receiver.

Goaline - Same as open field on inside release. On outside release hit the receiver and fall into a trail position. Stay between him and the ball. When he makes his final break go for the interception point.

4. BANJO - The technique of two defensive players covering two offensive players according to which one goes inside and outside

Key inside receiver to get quick key of both receivers' routes. Maintain depth on deepest receiver until both routes have been determined.

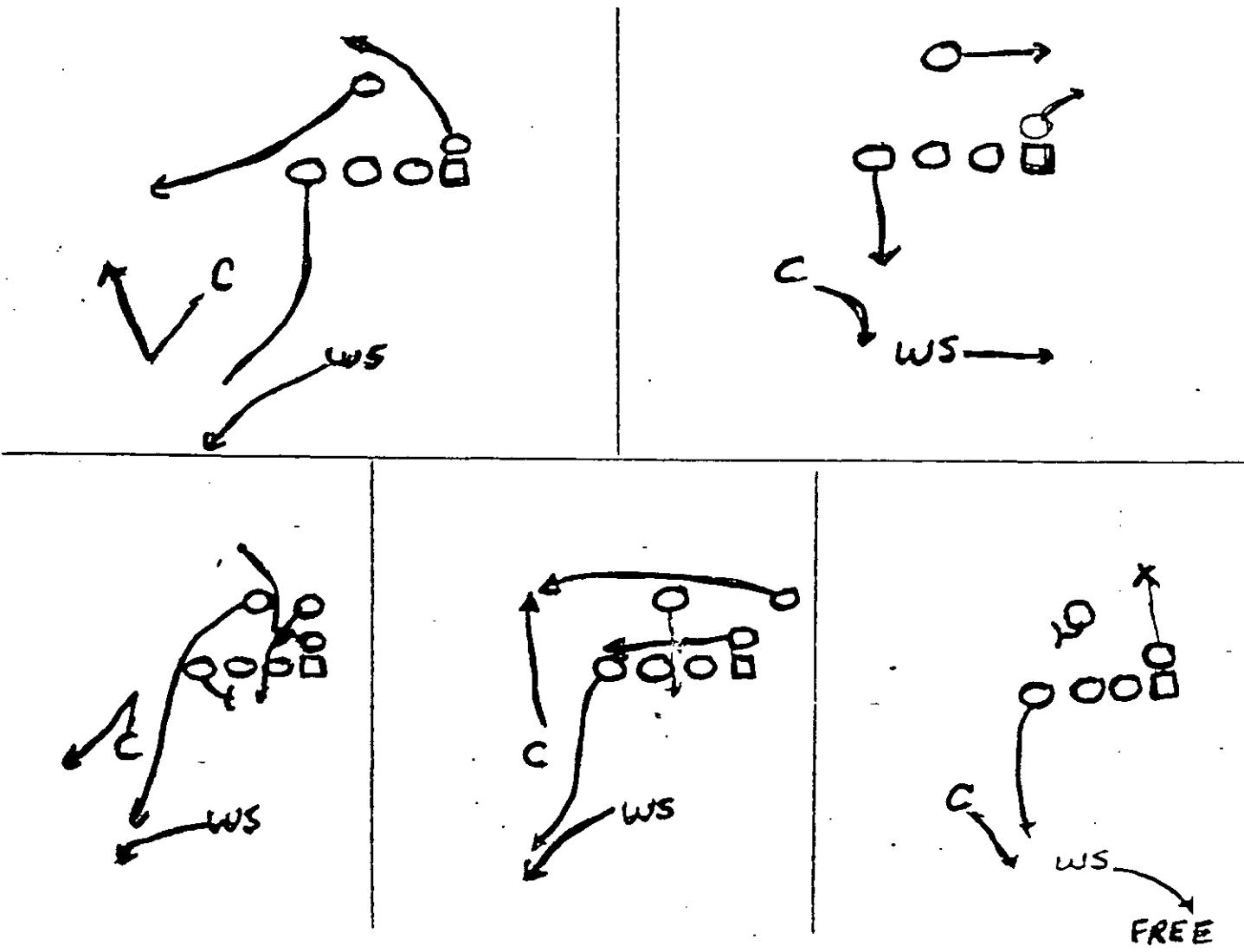
5. DOUBLES - The technique when two defensive players cover one offensive player from the snap.

A. Inside - Outside - The widest man keeps an outside position and the inside man stays inside the receiver. Outside man will break on any outside breaking routes and the inside man will move to cover any deep route. On an inside breaking route the inside man will break and make contact with the receiver and try to eliminate him completely. The Outside man will cover any deep routes, inside or outside.

B. Short and Long - The man responsible for short coverage will move forward and to the outside of the receiver on the snap. He will make

BANJO COVERAGE

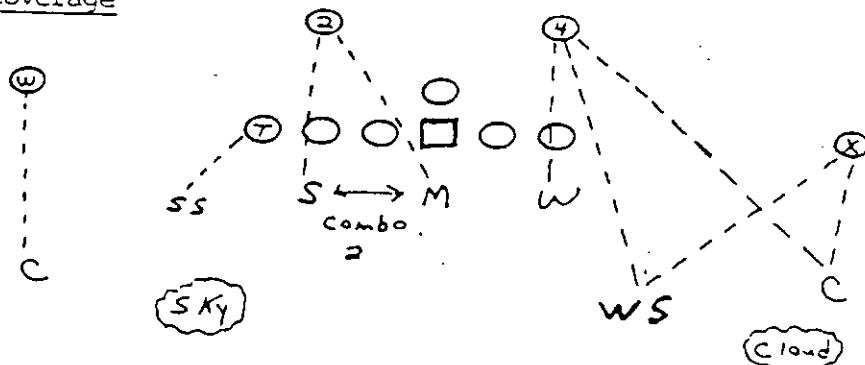
1. Banjo is a term used to tell us two defensive players will be covering two offensive receivers man to man using an inside-outside technique. The outside defender will cover the receiver that breaks out, and the inside defender will cover the receiver that breaks to the inside.
2. This technique will be used against a unit end when there is a man to man coverage called. It will be used between the strong safety and the weak safety in coverage two, against the strong back and the tight end. It will be used in Goal Line Coverage when the Mike and strong safety are both on the strong side, against the strong back and tight end.
3. Technique:
Both defenders key the inside receivers' release and maintain depth on the deepest man. You can always react up after the routes are recognized. The action of the quarterback must be picked up by the defenders. Quarterback down the line creates run support, in this case the outside man must support the run and the inside man must check the deep receiver for possible fake run and pass.



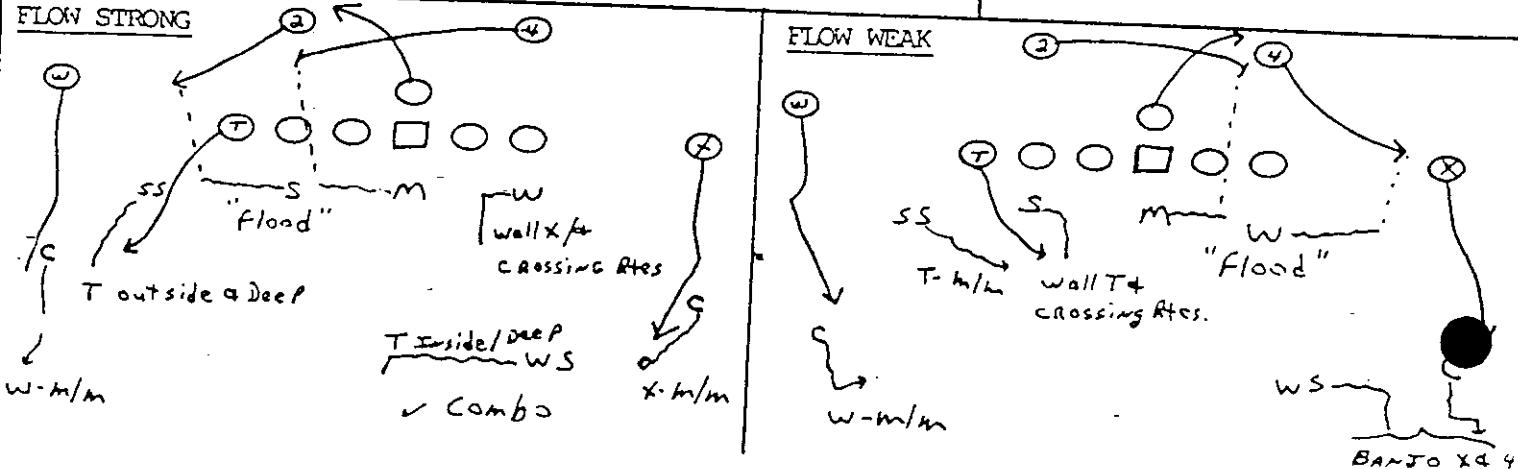
SECTION IX
COVERAGES

Cover 1 Banjo - Combination coverage committing the weak safety to the weak side.

Drop Back Pass Coverage



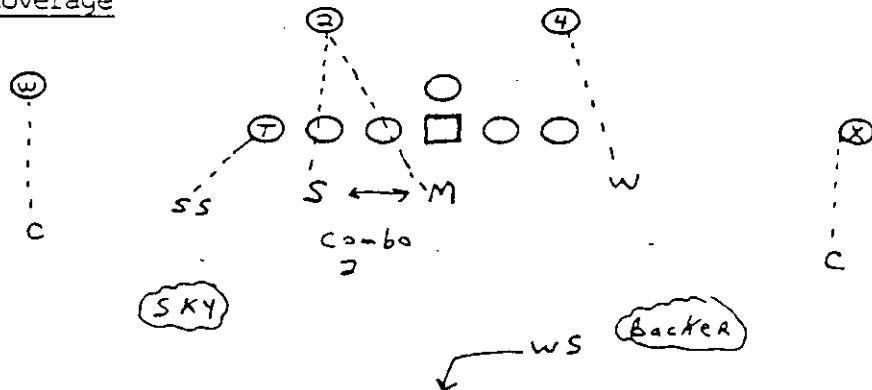
Pos.	Align:	Pass Key	Pass Responsibility	Run Responsibility
S.S.	Normal 2x5	T-Ball G-T Gap	T-M-M Outside position	Sky-primary support w flow to; Flow away - T M/M
S.C.	Normal 6-7x1	W-Ball G-T Gap	W-M-M Inside position	Sky or backer - secondary support, W M/M
V.S.	Normal 7-9 yd in WS/Ta/TE Gap	4-Back Ball G-T Gap	Banjo 4 and X with weak corner keep depth on X until route is determined-cover inside receiver.	Cloud-secondary support, W M/M
W.C.	Normal 6 or 7 x1	X&4 Back Ball G-T Gap	Banjo 4 and X with weak corner Keep depth on X until route is determined - cover outside receiver.	Cloud-primary support W Flow to; Flow away x M/M Inside position
SLB	Normal by Defense	Off Line Ball	Combo 2 with middle LB Sam call	Def. called
MLB	"	Off Line Ball	Combo 2 with strong backer Sam call	Def. called
WLB	"	Off Line Ball	Man/man with inside position	Def. called
LINE	"	Off Line Rush	Rush passer React to draws and screens	Def. called



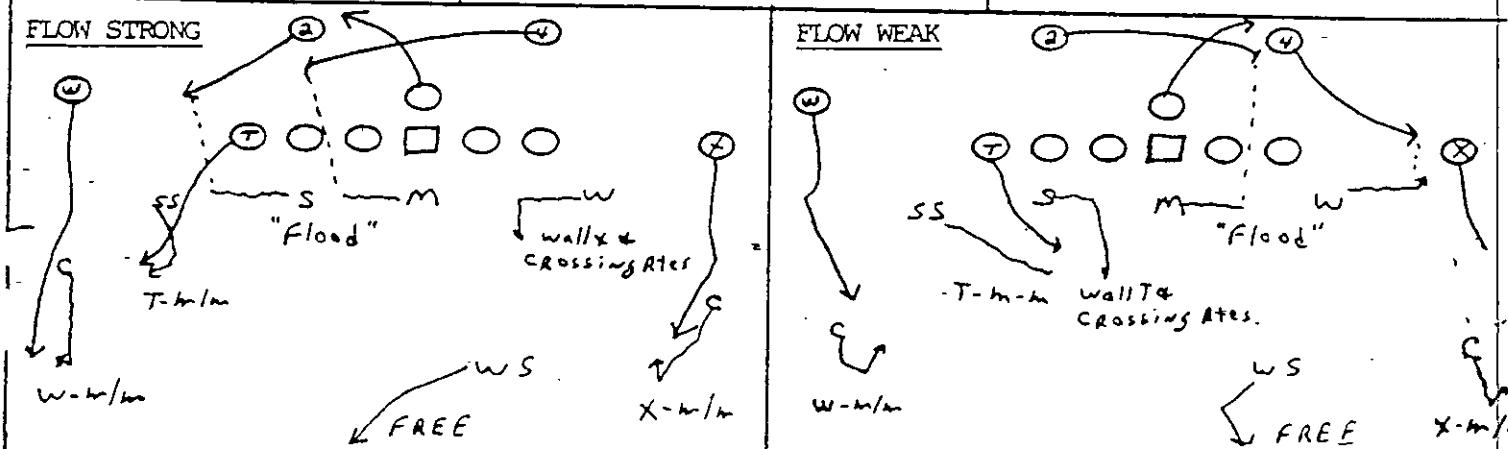
PASS COVERAGE

COVER 1 FREE: Tight man coverage with help in middle.

Drop Back Pass Coverage



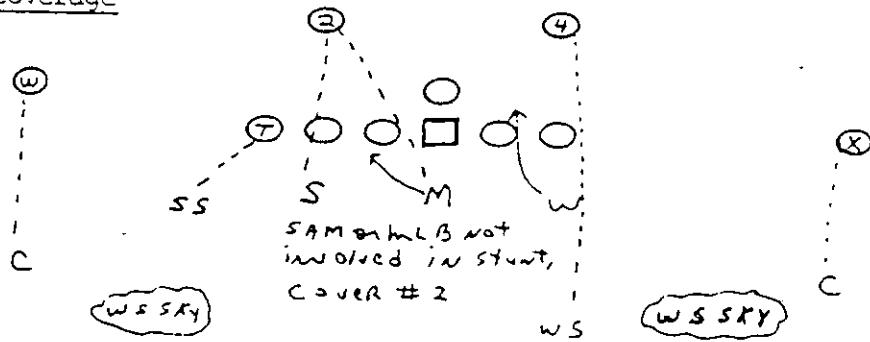
Pos.	Align:	Pass Key	Pass Responsibility	Run Responsibility
S.S.	Normal	T-Ball G/T Gap	T Man to Man with inside Position (catch, preferred)	Sky - primary contain, pitch man on option
S.C.	Normal	W-Ball G/T Gap	W - Man to Man with inside position (bump & run, catch or man)	Sky - secondary support
V.S.	Normal	4 Back Ball G/T Gap	Free to middle 1/3, help on first inside breaking route	Backer - cutback responsibility
W.C.	Normal	X-Ball G/T Gap	X Man to Man with inside position (bump & run, catch or man)	Backer - secondary support
SLB	Defense Called	Off Line Ball	Combo 2 with MB	Dictated by defense called
MLB	Defense Called	Off Line Ball	Combo 2 with SB	Dictated by defense called
WLB	Defense Called	Off Line Ball	4 Back Man/Man Inside position	Dictated by defense called
LINE	Defense Called	Off Line Ball	Rush passer	Dictated by defense called



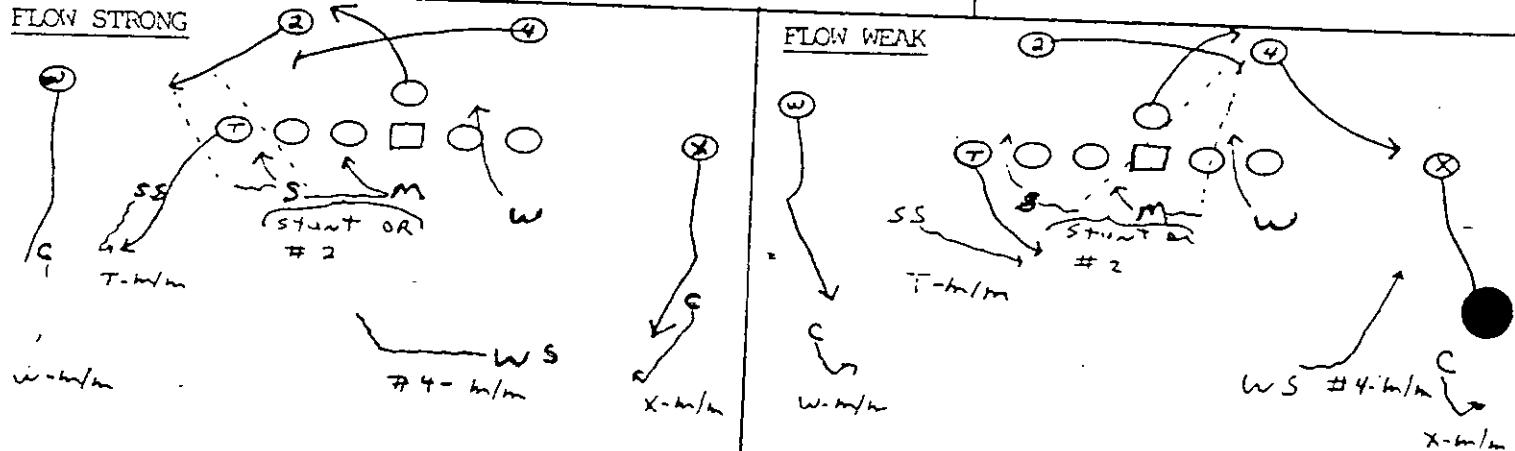
PASS COVERAGE

COVER 1 MAN: Used on blitzes involving weak backer.

Drop Back Pass Coverage

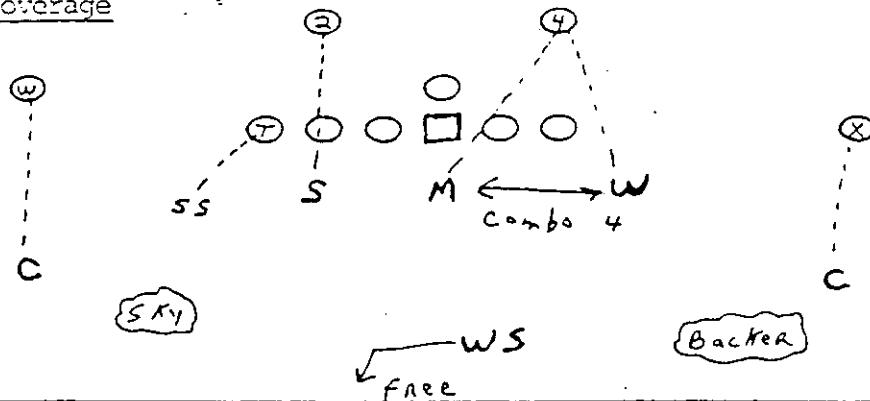


Pos.	Align:	Pass Key	Pass Responsibility	Run Responsibility
S.S.	Normal	T Ball G/T Gap	T M/M Inside position	Cutback to pitch if T blocks inside.
S.C.	Normal	W Ball G/T Gap	W M/M Inside position	Primary support on crack
V.S.	Normal	4-Ball G/T Gap	4 M/M Inside position	Sky-primary support to both sides.
W.C.	Normal	X-Ball G/T Gap	X M/M Inside position	Primary support on crack
SLB	Normal	2-Ball Off Line	2 M/M Inside position or run stunt called.	Defense called
MLB	Normal	Ball Off Line	2 M/M Inside position or run stunt called.	Gap blitzing through
WLB	Normal	Ball Off Line	Run stunt called.	Gap blitzing through
LINE	Normal	Rush	Rush passer. Ends contain.	Defense called

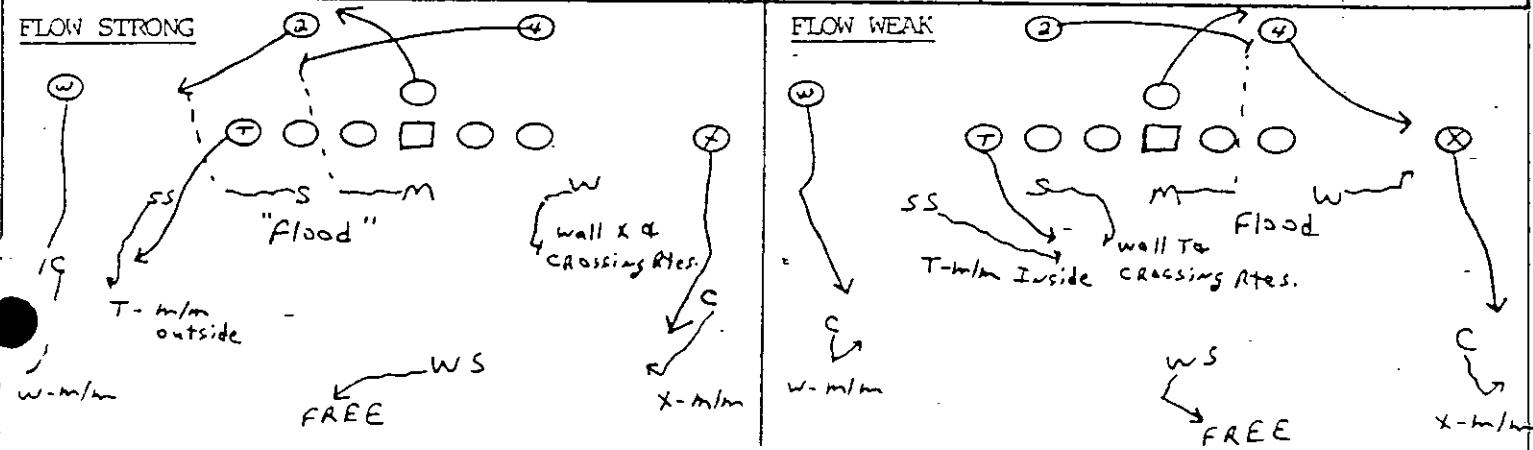


COVER 2 FREE: Tight man coverage with help in the middle and strong side.

Drop Back Pass Coverage

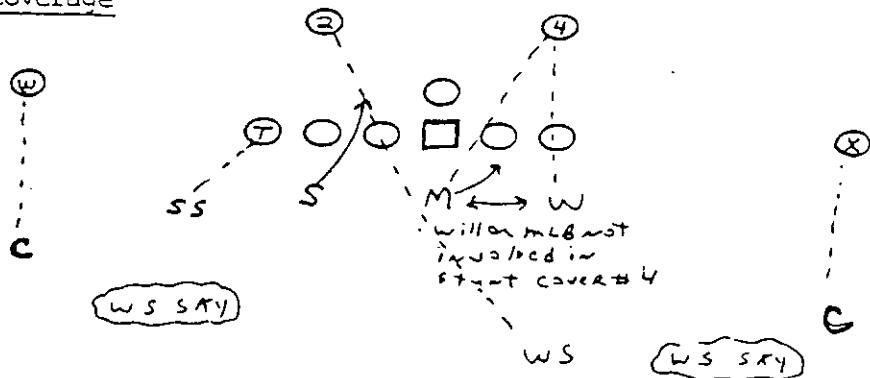


Pos.	Align.	Pass Key	Pass Responsibility	Run Responsibility
S.S.	Normal	T-Ball G/T Gap	T M/M Outside position	Sky-primary support - pitch man on option Backer-cutback support
S.C.	Normal	W-Ball G/T Gap	W M/M Inside position	Sky or backer-secondary support
J.S.	Normal	T-W Ball G/T Gap	Free in middle - help on any inside breaking route.	Sky-primary support Backer-cutback support
W.C.	Normal	X-Ball G/T Gap	X M/M Inside position	Sky or backer-secondary support
SLB	Defense Called	Off Line Ball	2 M/M Inside position	Defense called.
MLB	"	Off Line Ball	Combo 4 with weak backer - will call.	Defense called.
WLB	"	Off Line Ball	Combo 4 with middle backer - will call.	Defense called.
LINE	"	Off Line Rush	Rush passer - react to any draws and screens	Defense called.

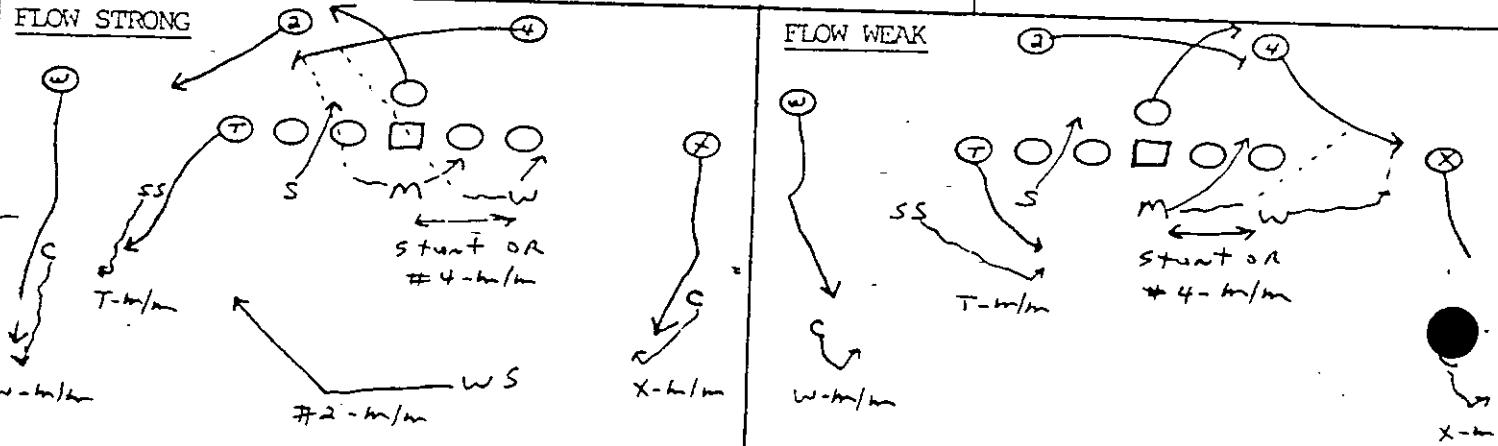


COVER 2 MAN: Used on blitzes involving strong side backer.

Drop Back Pass Coverage

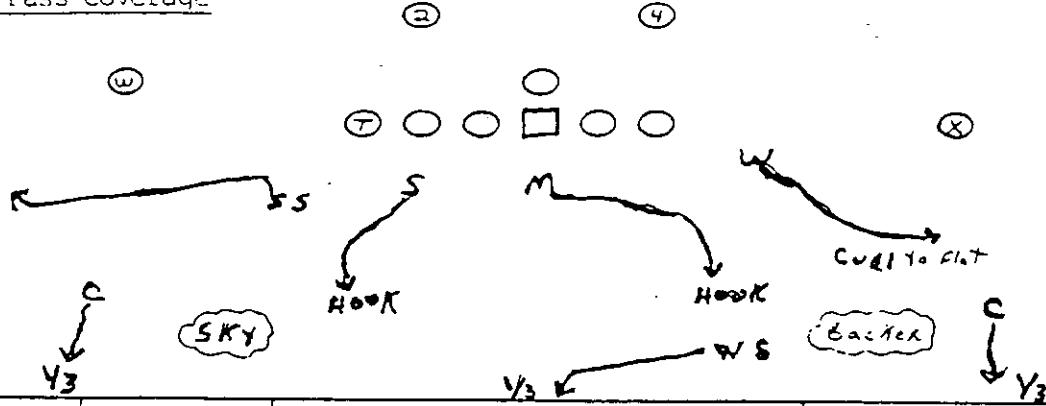


Pos.	Align:	Pass Key	Pass Responsibility	Run Responsibility
S.S.	Normal	T-Ball G/T Gap	T M/M Inside position	Sky-secondary support
S.C.	Normal	W-Ball G/T Gap	W M/M Inside position	Sky-secondary support
V.S.	Normal	2-Ball G/T Gap	2 M/M Inside position	Sky-primary support both sides
W.C.	Normal	X-Ball G/T Gap	X M/M Inside position	Sky-secondary support.
SLB	Normal	Off Line Ball	Blitz called - rush passer.	Defense called.
MLB	Normal	Off Line Ball	4 M/M Inside position or run stunt called.	Defense called.
WLB	Normal	Off Line Ball	4 M/M Inside position or run stunt called.	Defense called.
LINE	Normal	Off Line Rush	Rush passer-react to all draws and screens.	Defense called.

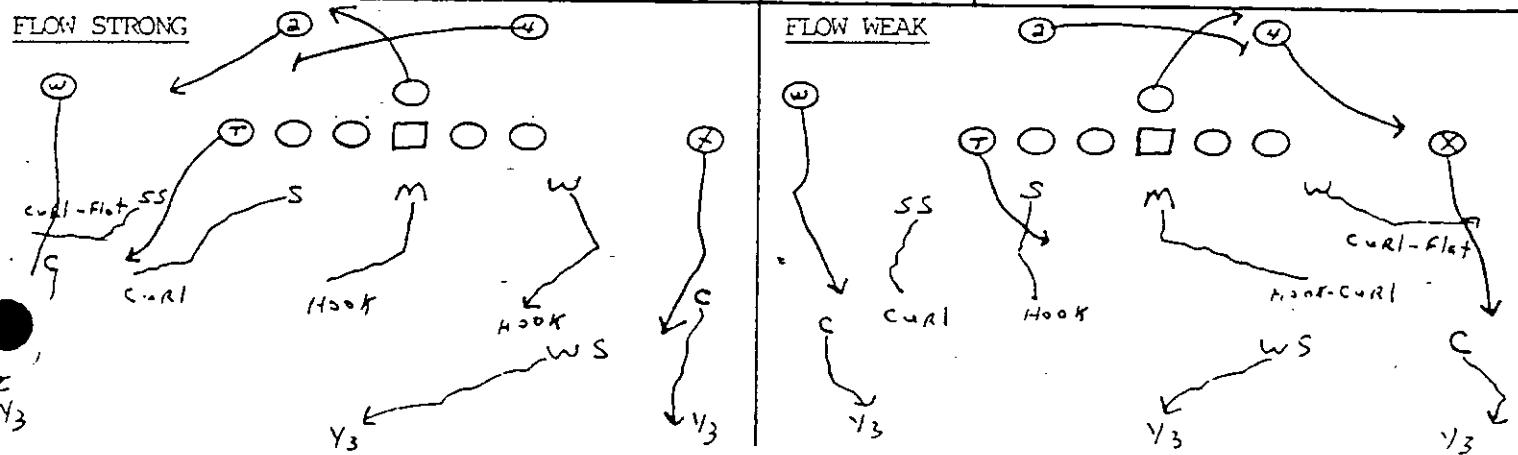


COVER 3 Strong side rotation of defensive backs.

Drop Back Pass Coverage



Pos.	Align:	Pass Key	Pass Responsibility	Run Responsibility
S.S.	Normal	Ball G/T Gap	Rotate to W zone flat area thru curl.	Sky-primary support. Cloud-secondary support.
S.C.	Normal	Ball to #2 G/T Gap	Zone deep outside 1/3	Sky-secondary support. Cloud-primary support.
W.S.	Normal	Ball G/T Gap	Zone deep middle 1/3	Backer-secondary support.
W.C.	Normal	Ball to #2 G/T Gap	Zone deep outside 1/3	Backer-secondary support.
SLB	Normal	Off Line Ball	Zone strong hook Check draw	Defense called
MLB	Normal	Ball Off Line	Zone weak hook away from 2 receivers. Check draw.	Defense called
WLB	Normal	Off Line Ball	Zone weak curl to flat area Check draw.	Defense called
LINE	Normal	Off Line Rush	Rush passer - react to all draws and screens.	Defense called

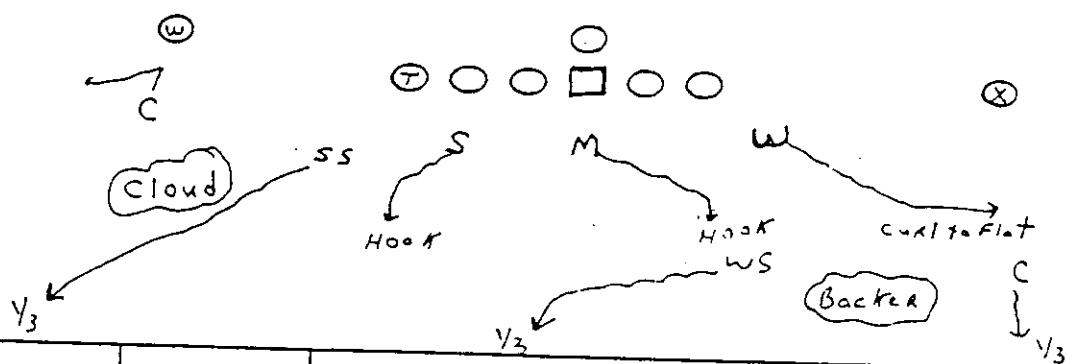


COVER 3 - CLOUD CALL: Strong side rotation of defensive backs.

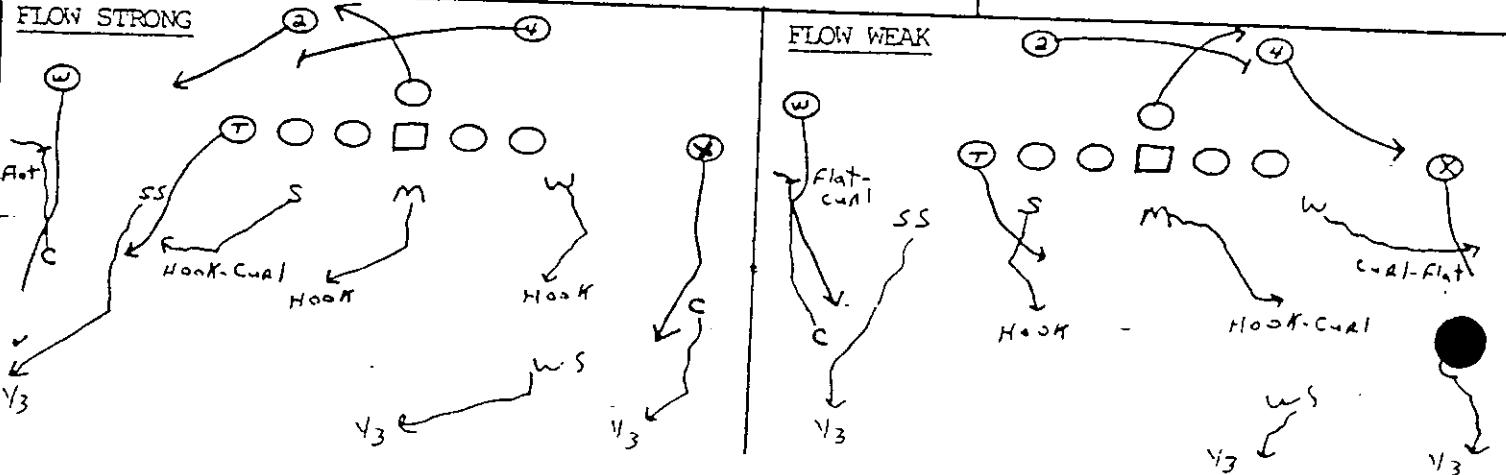
Drop Back Pass Coverage

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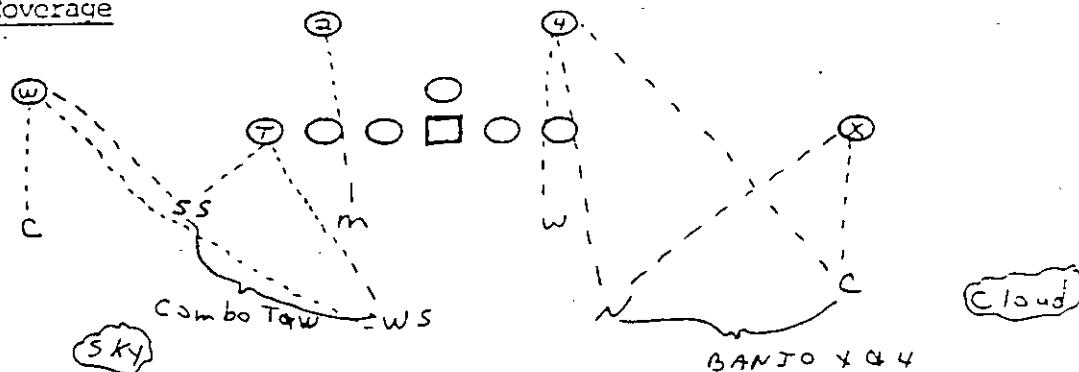


Pos.	Align:	Pass Key	Pass Responsibility	Run Responsibility
S.S.	Normal	Ball G/T Gap	Deep outside 1/3 Strong side	Cloud - secondary support.
S.C.	Bump & Run Pos.	Ball to #2 G/T Gap	Force W inside and zone flat area	Cloud - primary support.
W.S.	Normal	Ball G/T Gap	Zone deep middle 1/3	Backer - secondary support.
W.C.	Normal	Ball to #2 G/T Gap	Zone deep outside 1/3	Backer - secondary support.
SLB	Normal	Off Line Ball	Zone strong hook Check draw.	Defense called.
MLB	Normal	Off Line Ball	Zone weak hook - away from 2 receiver side - Check draw.	Defense called.
WLB	Normal	Off Line Ball	Zone weak curl to flat area Check draw.	Defense called.
LINE	Normal	Off Line Rush	Rush passer - react to all draws and screens	Defense called.

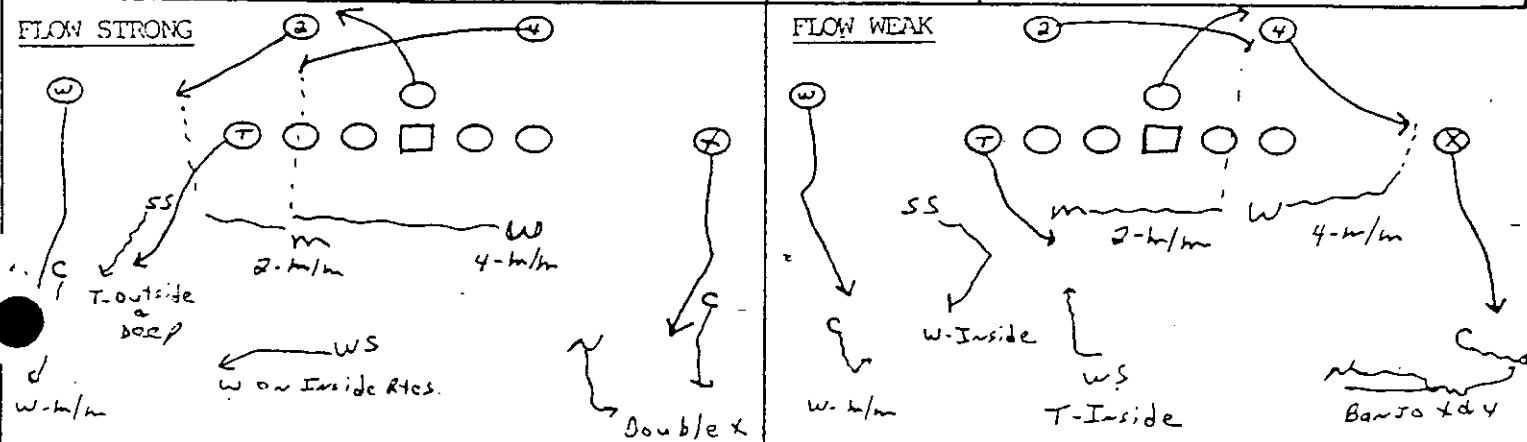


NICKEL: 5 defensive backs used in long yardage situations. Uses both 2 Corner & 1 Safety.

Drop Back Pass Coverage



Pos.	Align:	Pass Key	Pass Responsibility	Run Responsibility
S.S.	3 Off Ball & 3 Outside Ball	T-Ball G/T Gap	Combo with WS on T & W - cover T on outside route. Help on post if T on inside route.	Sky-primary support
S.C.	Normal	W-Ball G/T Gap	W M/M Inside position	Sky-secondary support
W.S.	Normal Cheat Strong	C - QB	Combo with SS on T & W - Cover T on inside route deep. Go to W if T on outside route	Sky-secondary support
W.C.	Normal	X-Ball G/T Gap	Banjo 4 & X with nickel sf. Keep depth on X until route is determined. Cover outside rec.	Cloud-primary support
Nickel Back	Normal WS Align	C - QB	Banjo 4 & X with weak corner. Keep depth on X until route is determined. Cover inside rec.	Cloud-secondary support
MLB	Deep as the back on your side.	Ball Off Line	#2 M/M Inside position	Defense called
WLB	"	Ball Off Line	#4 M/M Inside position	Defense called
LINE	25 Tim	Off Line Rush	Rush passer - react to all draws and screens.	Defense called.

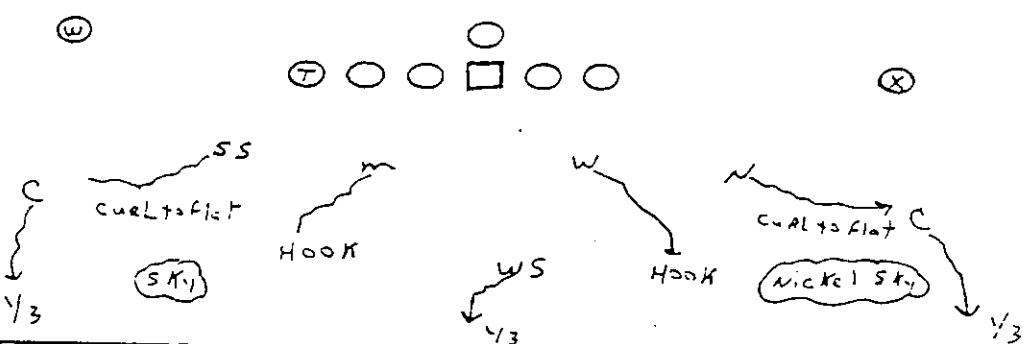


PASS COVERAGE

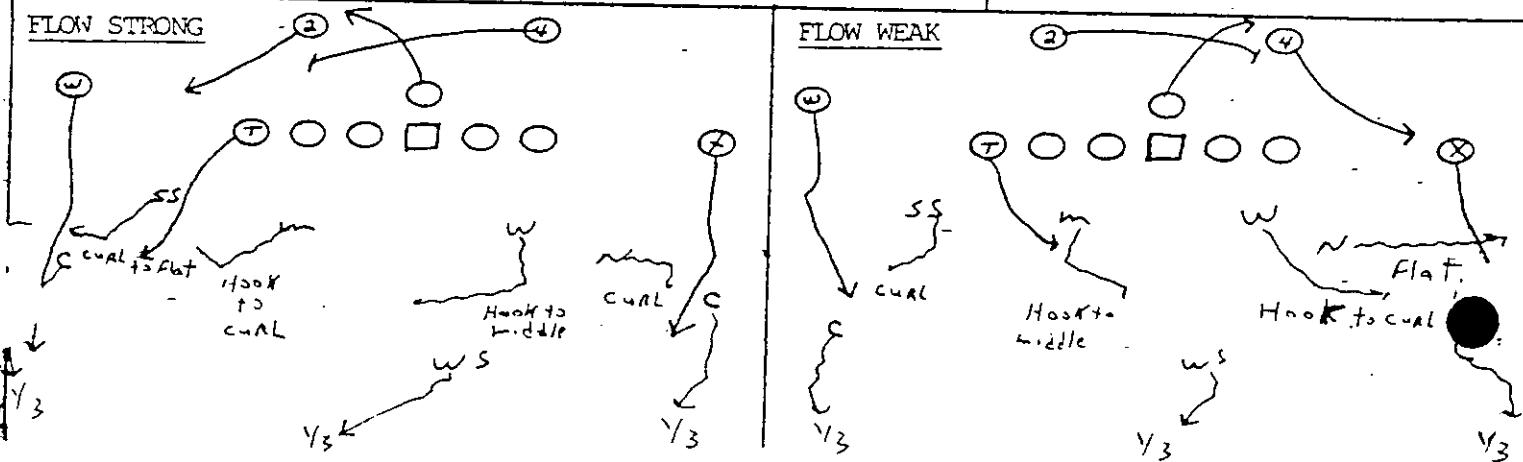
NICKEL ZONE: 5 Defensive Backs used in long yardage situations.

Drop Back Pass Coverage

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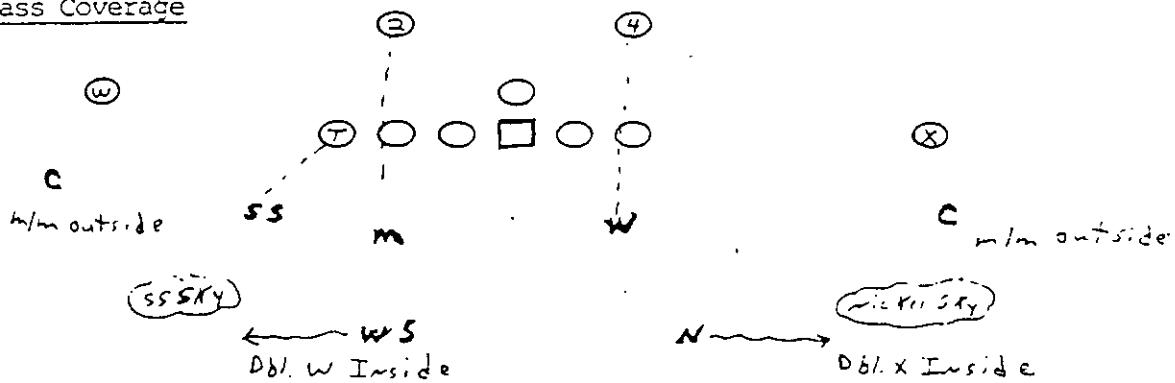
Pos.	Align.	Pass Key	Pass Responsibility	Run Responsibility
S.S.	Normal Nickel	T-Ball G/T Gap	Strong side curl/flat	Sky-primary support
S.C.	Normal	W-Ball G/T Gap	Deep 1/3 Strong side	Sky-secondary support
W.S.	Normal	C/QB	Deep middle 1/3	Sky-secondary support
W.C.	Normal	X-Ball G/T Gap	Deep 1/3 weak side	Sky-secondary support
Nickel Back	Split Weak T. & S.E.	G/T Gap	Weak side - flat then curl.	Sky-primary support
MLB	Deep as the back on your side.	Ball Off Line	Zone strong hook	Defense called.
WLB	"	Ball Off Line	Zone weak hook	Defense called.
LINE	25 Tim	Off Line Rush	Rush passer - react to all draws and screens	Defense called.



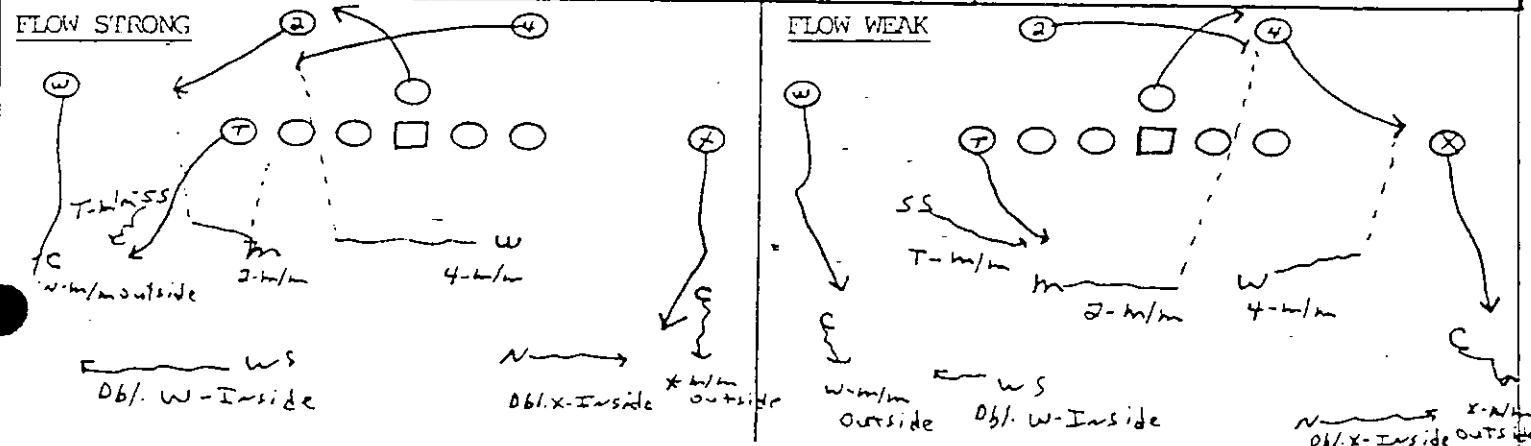
PASS COVERAGE

NICKEL DOUBLE FREE: 5 defensive backs used in long yardage situations to double both outside receivers.

Drop Back Pass Coverage



Pos.	Align.	Pass Key	Pass Responsibility	Run Responsibility
S.S.	Normal Nickel	G/T Gap	T M/M Inside Position	Sky-primary support
S.C.	Bump & Run Outside	W	W M/M Outside position	Sky-secondary support
W.S.	Normal Nickel	C/QB	Double W Inside position	Sky-secondary support
W.C.	Bump & Run Outside	X	X M/M Outside position	Sky-secondary support
Nickel Back	Normal Nickel	C/QB	Double X Inside position	Sky-primary support
MLB	Deep as the back your side	Ball Off Line	#2 M/M Inside position	Defense called.
WLB	"	Ball Off Line	#4 M/M Inside position	Defense called.
LINE	25 Tim	Off Line Rush	Rush passer - react to all draws and screens	Defense called.



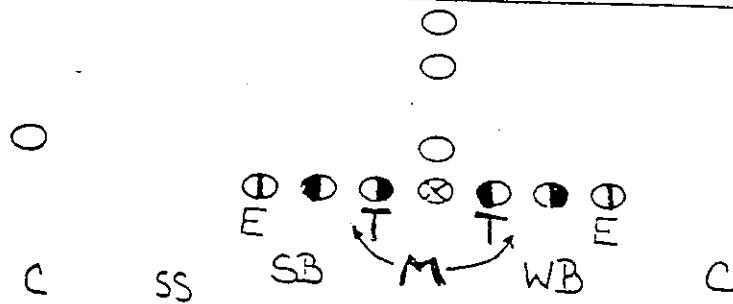
SECTION X
COORDINATED DEFENSES

COORDINATED DEFENSES

1. Inside 4-3 (Tim) - A defense where the tackles have inside responsibility and the "Hold Technique" is emphasized.
2. Outside 4-3 (Tom) - A defense where the tackles have outside responsibility.
3. Offset Strong 4-3 - A defense where the strongside tackle plays an outside responsibility and the weakside tackle plays an inside responsibility.
4. Offset Weak 4-3 - A defense where the weakside tackle plays an outside responsibility and the strongside tackle plays an inside responsibility.
5. Flex Strong 4-3 - A defense where the strongside plays outside 4-3 and the weakside is stunting (front technique with tackle keying for pulling guard.)
6. Flex Weak 4-3 - A defense where the weakside plays outside 4-3 and the strongside is stunting (front technique with tackle keying for pulling guard.)
7. Slide 6-1 - A defense where the linebackers move to the strength of the offensive formation.

COORDINATED TEAM DEFENSES

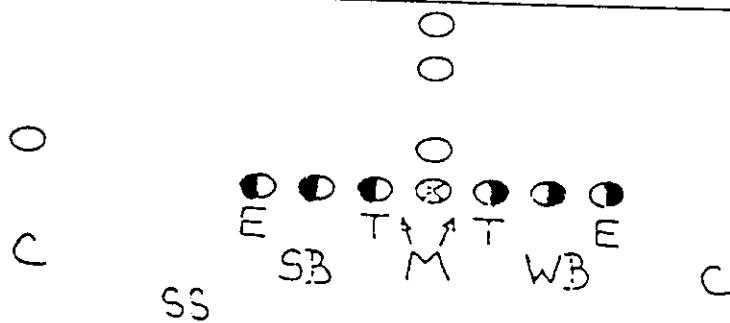
26 Tim



WS

Tackles:	Tim Tech (attack on read)
Ends:	6 Tech (attack on read)
Strongside Backer:	5 Tech
Middle Backer:	Tim Tech
Weakside Backer:	5 Tech
Defensive Backs:	Play coverage called

29 Tom

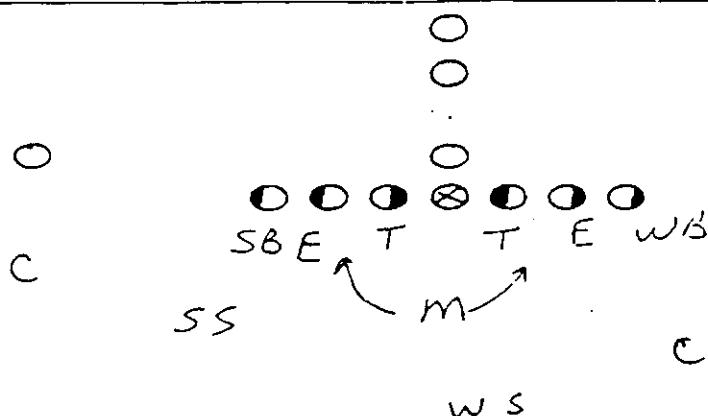


WS

Tackles:	Tom Tech (attack on read)
Ends:	9 Tech (attack on read)
Strongside Backer:	5 Tech
Middle Backer:	Tom Tech
Weakside Backer:	5 Tech
Defensive Backs:	Play coverage called

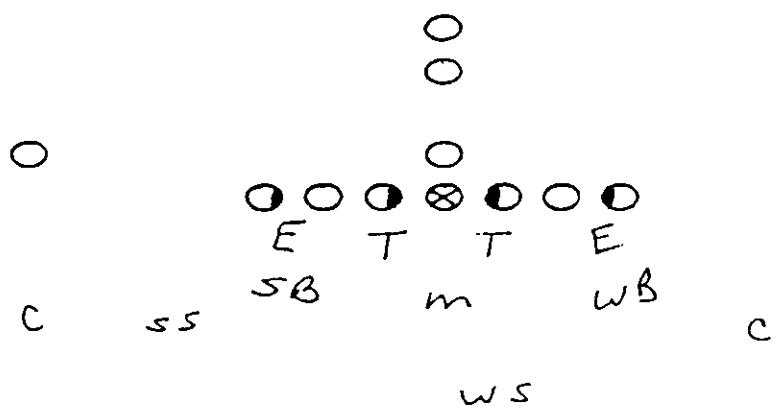
COORDINATED TEAM DEFENSE

25 Tim



Tackles:	Tim Tech (attack on read)
Ends:	5 Tech (attack on read)
Strongside Backer:	6 Tech
Middle Backer:	Tim Tech
Weakside Backer:	6 Tech
Defensive Backs:	Play coverage called

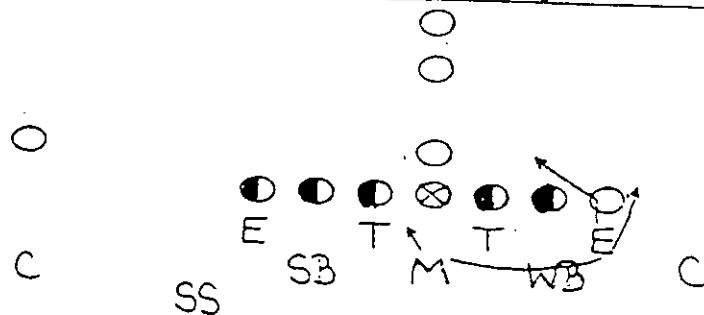
27 Tim



Tackles:	Tim Tech (attack on read)
Ends:	7 Tech - Line up on inside eye of TE with outside foot - same key as '6'
Strongside Backer:	Stack behind DE - splitting his stance - same keys as '5'
Middle Backer:	Tim Tech
Weakside Backer:	Stack behind DE - splitting his stance - same keys as '5'
Defensive Backs:	Play coverage called

COORDINATED TEAM DEFENSE

29 Flex Strong



WS

Tackles:

To call - Tom Tech (attack on read)

Away from call - Tim Tech - front charge - run with pulling guard

Ends:

To call - 9 Tech

Away from call - Slam charge (FB)
5 Tech

Strongside Backer:

To call - 1 Gap

Middle Backer:

Away from call - "Tango"

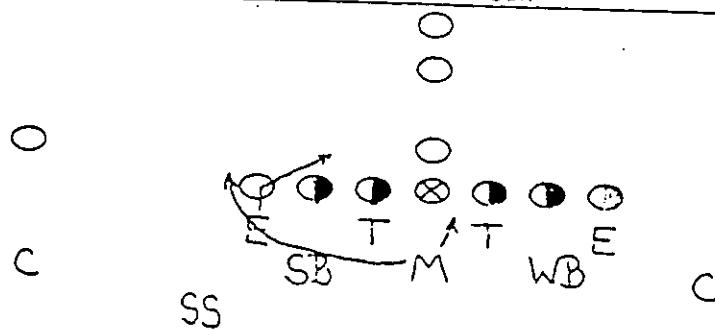
Weakside Backer:

4 Tech

Defensive Backs:

Play coverage called

29 Flex Weak



WS

Tackles:

To call - Tom Tech (attack on read)

Away from call - Tim Tech - front charge - run with pulling guard

Ends:

To call - 9 Tech

Away from call - Slam charge (FB)
5 Tech

Strongside Backer:

To call - 1 Gap

Middle Backer:

Away from call - "Tango"

Weakside Backer:

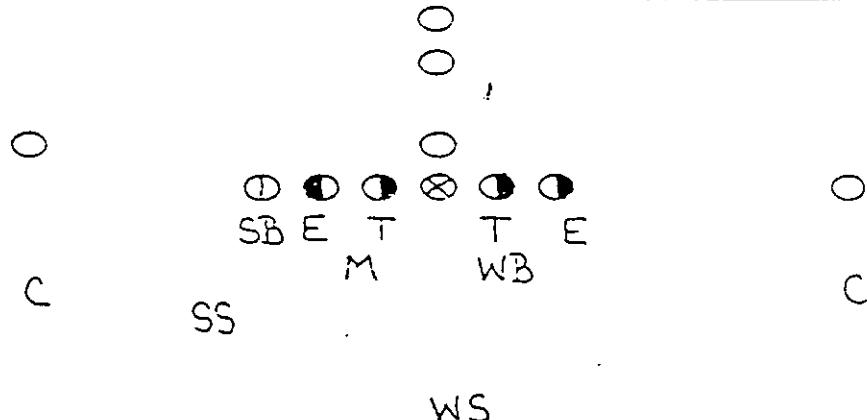
4 Tech

Defensive Backs:

Play coverage called

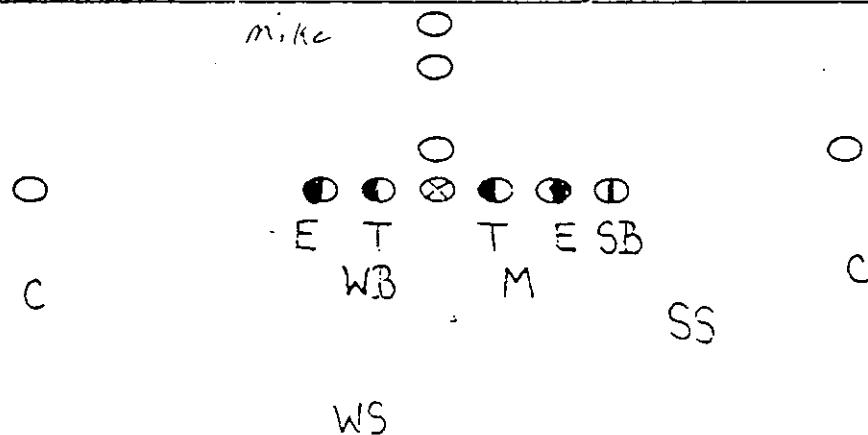
COORDINATED TEAM DEFENSE

25 Slide (Call to Strength)



Tackles:	To call - Tim Tech (attack on read) Away from call - Tom Tech (attack on read)
Ends:	5 Tech - Automatic Crash
Strongside Backer:	6 Tech
Middle Backer:	Goalline Tech
Weakside Backer:	Goalline Tech
Defensive Backs:	Play coverage called

25 Slide (Call to Strength)



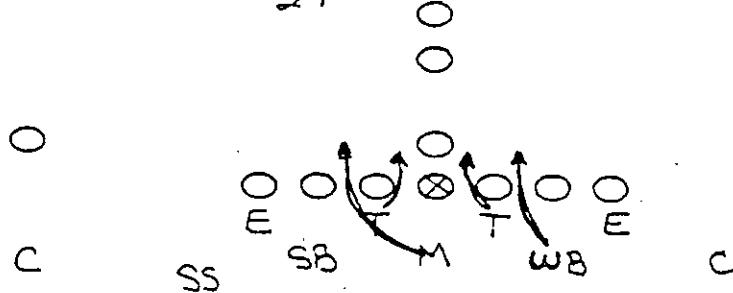
Tackles:	To call - Tim Tech (attack on read) Away from call - Tom Tech (attack on read)
Ends:	5 Tech - Automatic Crash
Strongside Backer:	6 Tech
Middle Backer:	Goalline Tech
Weakside Backer:	Goalline Tech
Defensive Backs:	Play coverage called

SECTION XI
DOGS - BLITZES - LINE STUNTS

DOG STUNTS AND BLITZ

26 Red Dog Strong (Cinched)

29

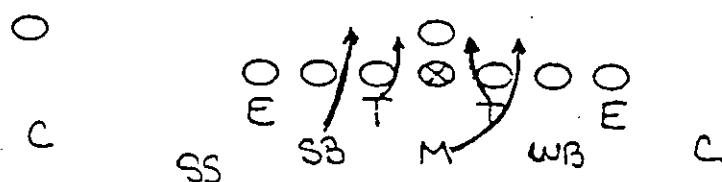


WS

- | | |
|--------------------|---|
| Tackles: | Angle charge 1 gap — <i>occupy C. + both Guards</i> |
| Ends: | 6 Tech - <i>must contain</i> |
| Strongside Backer: | 5 Tech |
| Middle Backer: | Angle charge 3 gap to call of strength |
| Weakside Backer: | Angle charge 3 gap to call of strength |
| Defensive Backs: | Cover 1 Man |

26 Red Dog Weak

29



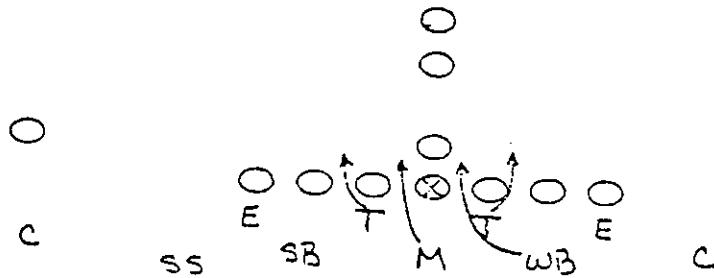
WS

- | | |
|--------------------|---|
| Tackles: | Angle charge 1 gap — <i>occupy C. + both Guards</i> |
| Ends: | 6 Tech - <i>must contain</i> |
| Strongside Backer: | Angle charge 3 gap away from call of strength |
| Middle Backer: | Angle charge 3 gap away from call of strength |
| Weakside Backer: | 5 Tech |
| Defensive Backs: | Cover 2 Man |

DOG STUNTS AND BLITZ

26 White Dog Strong

29



ws

Tackles:

Ends:

Strongside Backer:

Middle Backer:

Weakside Backer:

Defensive Backs:

Angle charge 3 gap
6 Tech - must contain

5 Tech

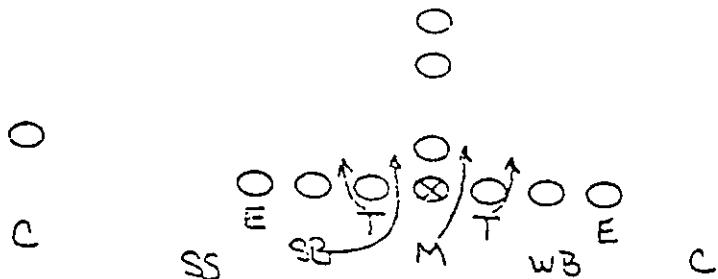
Angle charge 1 gap - to call of strength

Angle charge 1 gap - to call of strength

Cover 1 Man

27 White Dog Weak

29



ws

Tackles:

Ends:

Strongside Backer:

Middle Backer:

Weakside Backer:

Defensive Backs:

Angle charge - 3 gap
6 Tech - must contain

Angle charge 1 gap - away from call of strength

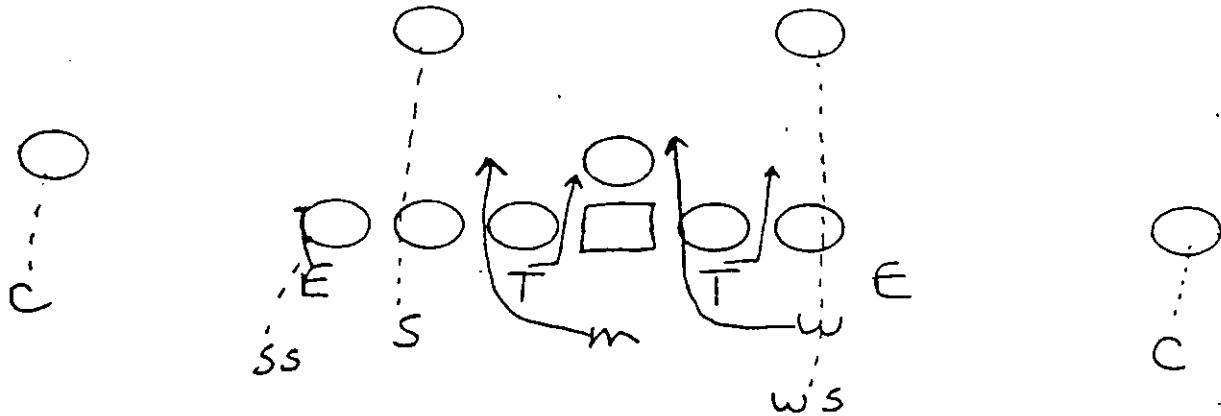
Angle charge 1 gap - away from call of strength

5 Tech

Cover 2 Man

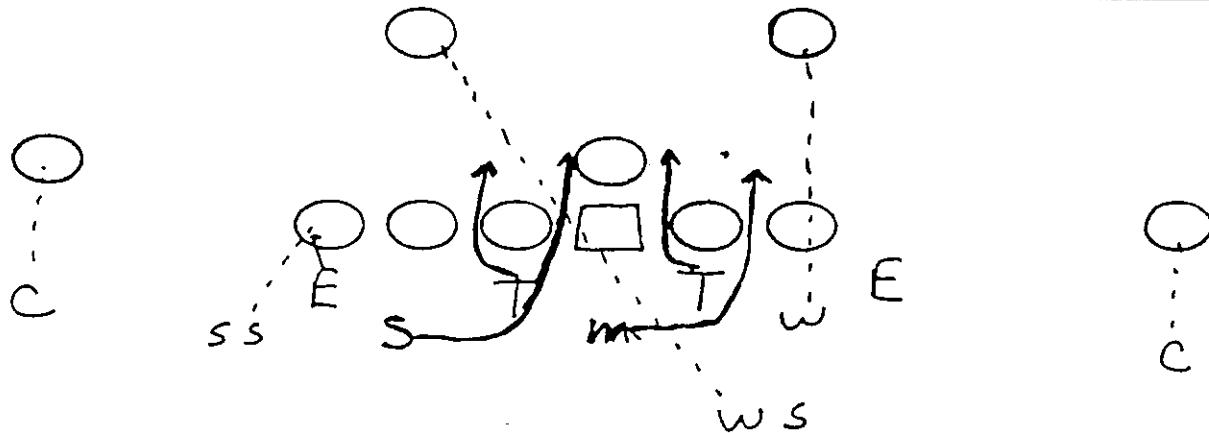
DOC, STUNTS & BLITZ

26 Blitz Strong



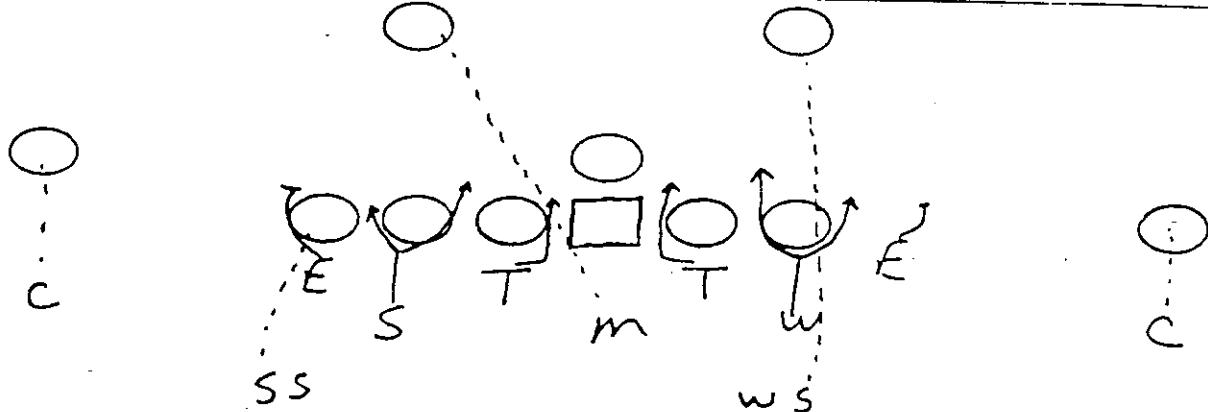
TACKLES: To Call: Angle charge 1 Gap
 Away from Call: Angle charge 3 Gap
 ENDS: 6 Tech - Read Tech - Must contain all passes
 STRONGSIDE BACKER: 5 Tech - M/M Strongside back
 MIDDLE BACKER: Angle charge 3 Gap strongside
 WEAKSIDE BACKER: Angle charge 1 Gap weakside
 DEFENSIVE BACKS: Cover 1 Man

26 BLITZ WEAK



TACKLES: To Call: Angle charge 1 Gap
 Away from Call: Angle charge 3 Gap
 ENDS: 6 Tech - Read Tech - Must contain all passes
 STRONGSIDE BACKER: Angle charge 1 Gap strongside
 MIDDLE BACKER: Angle charge 3 Gap weakside
 WEAKSIDE BACKER: 5 Tech - M/M weakside back
 DEFENSIVE BACKS: Cover 2 Man

29 Green Dog



TACKLES:

TIGER
Angle charge 1 Gap both sides

ENDS:

9 Tech - Read Tech - Must contain all passes
Blitz charge 5 Gap - VS. Pass, adjust to open gap on tackles block

STRONGSIDE BACKER:

Tim Technique - M/M strongside back

MIDDLE BACKER:

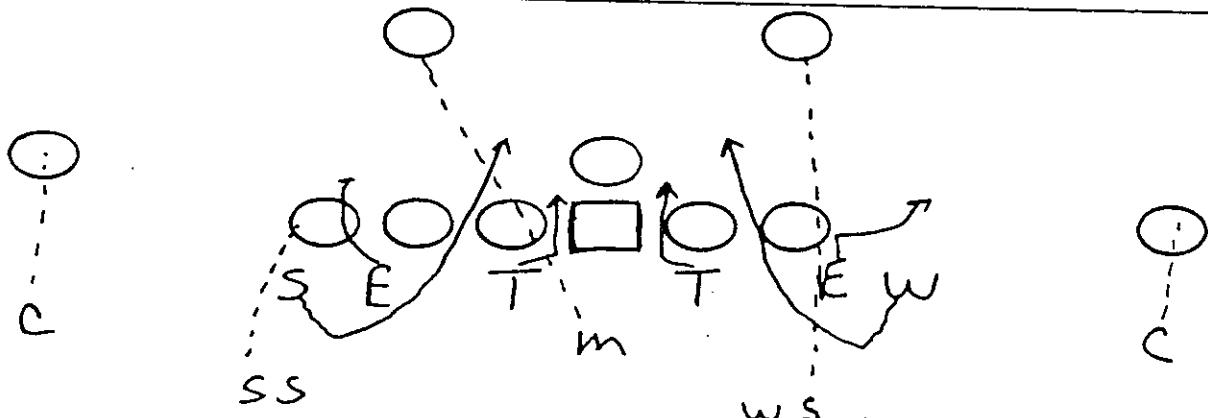
Blitz charge 5 Gap - VS. Pass, adjust to open gap on tackles block

WEAKSIDE BACKER:

Cover 1 Man

DEFENSIVE BACKS:

25 GREEN DOG



TACKLES:

TIGER
Angle charge 1 Gap both sides

ENDS:

Loose 5 Tech - Storm Tech - Read Tech - Must contain all passes

STRONGSIDE BACKER:

Angle charge 3 Gap

MIDDLE BACKER:

Tim Tech - M/M strongside back

WEAKSIDE BACKER:

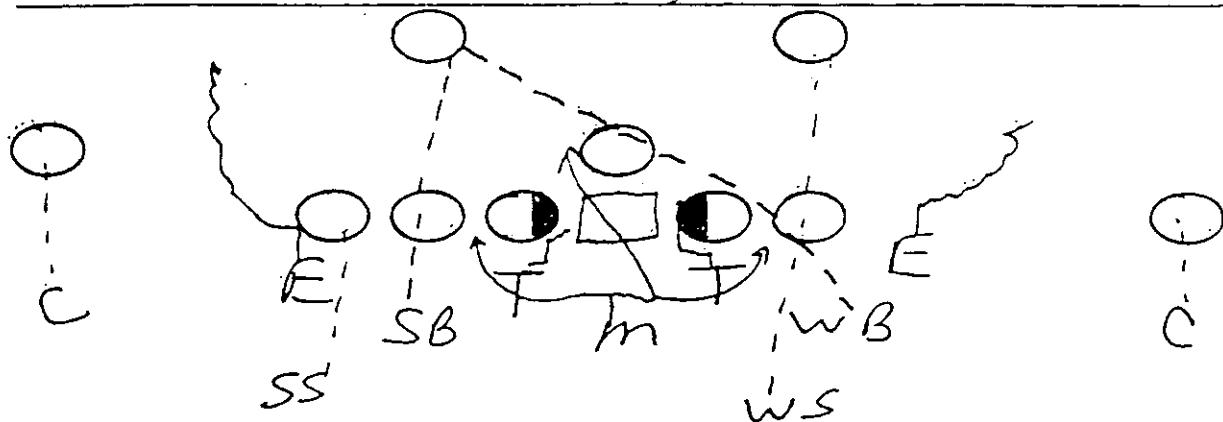
Angle charge 3 Gap

DEFENSIVE BACKS:

Cover 1 Man

DOG, STUNTS & BLITZ

29 Blue Dog



TACKLES:

Hard Tim both sides

ENDS:

9 Tech - Must contain all passes

STRONGSIDE BACKER:

Read run, play 29 - Read pass, combo
strongside back, fullback or remaining
back. If he goes away, flow dog.

MIDDLE BACKER:

Read run, play Tim - Read pass, rush QB

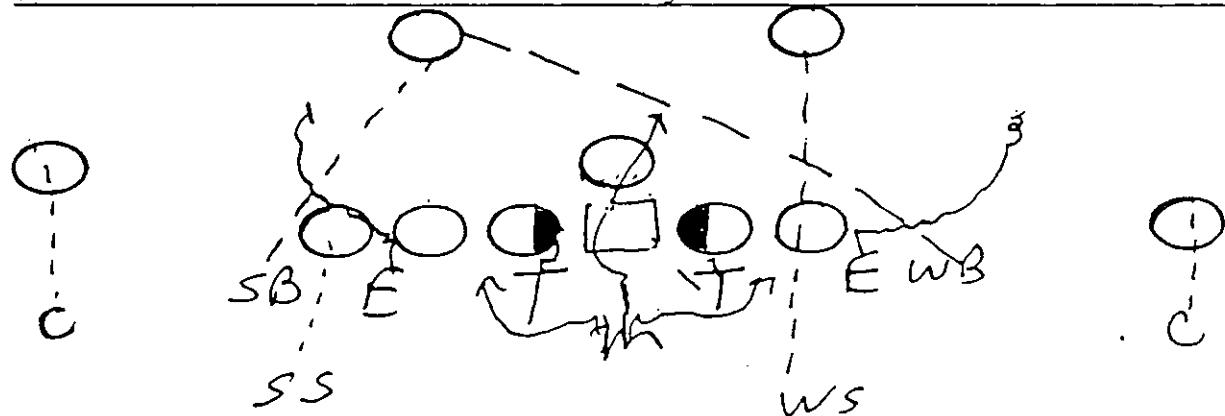
WEAKSIDE BACKER:

Read run, play 29 - Read pass, combo
strongside back, fullback or remaining
back. If he goes away, flow dog.

DEFENSIVE BACKS:

Cover 1 man

25 Blue Dog



TACKLES:

Hard Tim both sides

ENDS:

Loose 5 Tech - Storm Tech - Read Tech,
Must contain all passes

STRONGSIDE BACKER:

Read run, play 29 - Read pass, combo
strongside back, fullback or remaining
back. If he goes away, flow dog.

MIDDLE BACKER:

Read run, play Tim - Read pass, rush QB

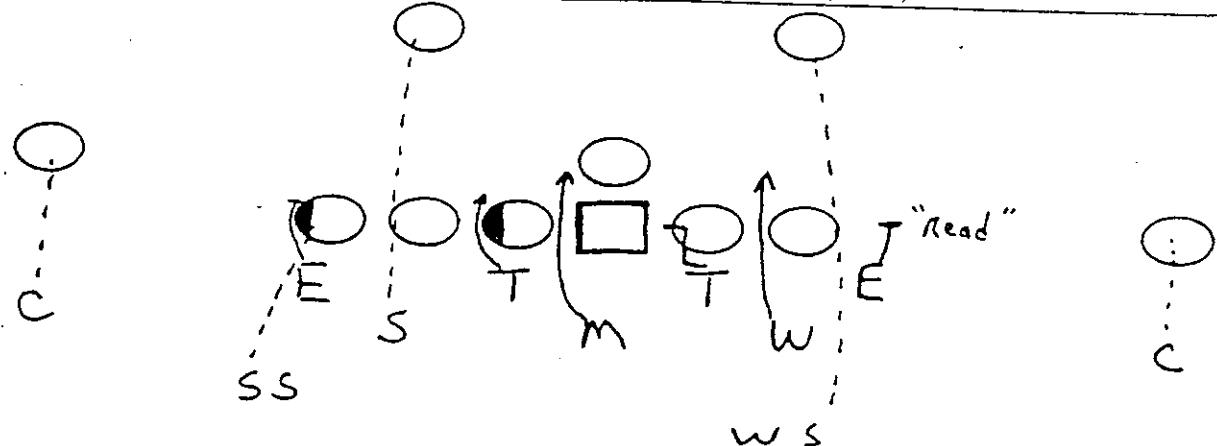
WEAKSIDE BACKER:

Read run, play 29 - Read pass, combo
strongside back, fullback or remaining
back. If he goes away, flow dog.

DEFENSIVE BACKS:

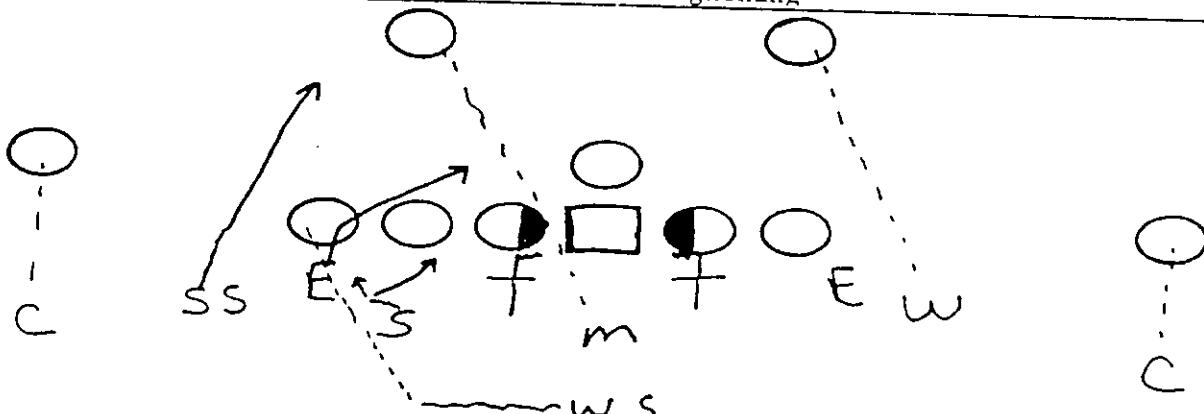
Cover 1 man

29 FLEX STRONG DOG (Read)



TACKLES: To Call: Tom Tech
 Away from Call: Angle charge 1 Gap (Tiger)
 ENDS: To Call: 9 Tech - Read Tech - Must contain all passes
 Away from Call: 6 Tech - Read Tech - Must contain all passes
 STRONGSIDE BACKER: 5 Tech - M/M strongside back
 MIDDLE BACKER: Angle charge 1 Gap strongside (Read center's block)
 WEAKSIDE BACKER: Angle charge 3 Gap (Read tackle's block)
 DEFENSIVE BACKS: Cover 1 Man

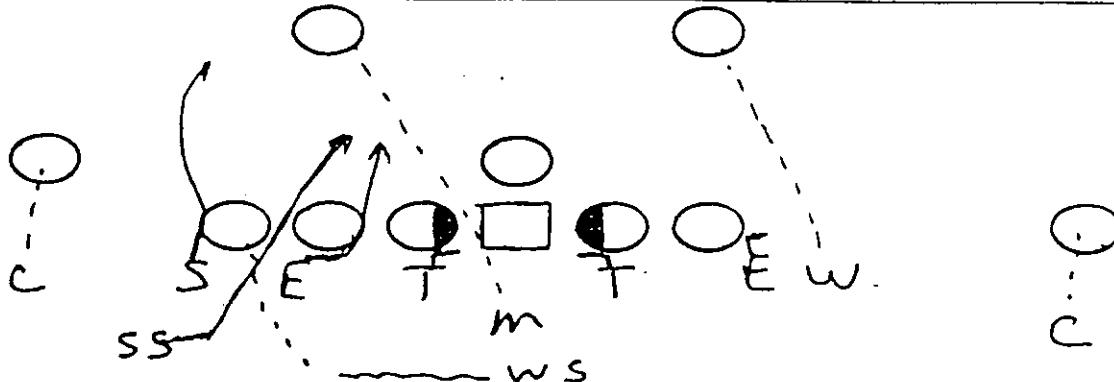
26 Lightning



TACKLES:
 ENDS: To Call: Tim Tech - Both sides
 Away from call: Slam charge quarterback
 STRONGSIDE BACKER: 5 Tech - Must contain all passes
 5 Tech vs. runs; rush all passes adjusting to tackles block
 MIDDLE BACKER: Tim Tech; Man It call on strongside back
 WEAKSIDE BACKER: 9 Tech - Backer; Man It call on weakside back
 DEFENSIVE BACKS: SS: Storm
 WS: Cover TE or SS's man (Man It call)
 Corners: M/M on X & W

DOG, STUNTS & BLITZ

25 Thunder



TACKLES:

Tim Tech - Both sides

ENDS: To Call:

Angle charge 4 Gap

Away from Call: 5 Tech - Read Tech - Contain all passes

STRONGSIDE BACKER:

Slam charge outside shoulder of TE & Storm -
Backer - Contain all passes

MIDDLE BACKER:

Tango strongside; Tim Tech weakside; Man It
call on strongside back.

WEAKSIDE BACKER:

9 Tech; Backer; Man It call on weakside back

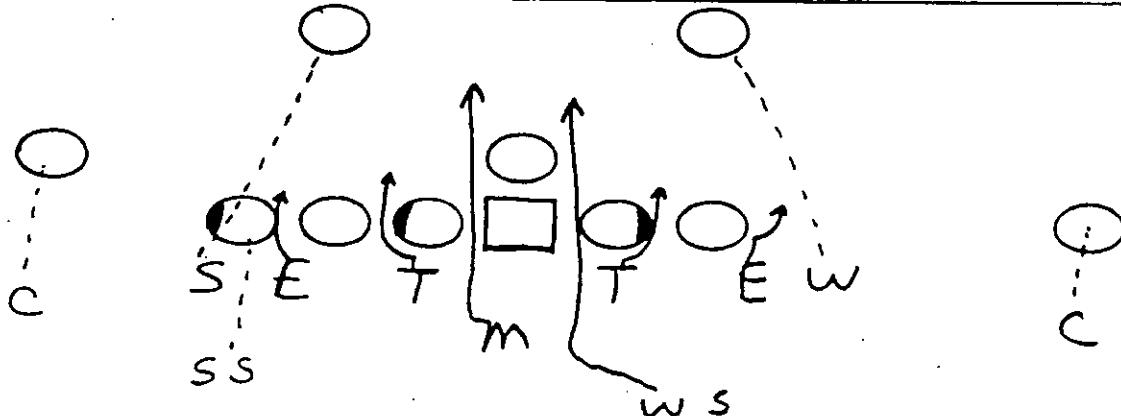
DEFENSIVE BACKS:

SS: Blitz charge 5 Gap; read TE's block - rush
all passes inside-out

WS: Cover TE or SS's man (Man It call)

Corners: M/M on X & W

25 Stinger



TACKLES:

Angle charge 3 Gap both sides

ENDS:

Loose 5 Tech - Read Tech - Must contain all passes

STRONGSIDE BACKER:

9 Tech - Backer - Man It call on strongside back

MIDDLE BACKER:

Angle charge 1 Gap strongside

WEAKSIDE BACKER:

9 Tech - Backer - Man It call on weakside back

DEFENSIVE BACKS:

SS: M/M on TE (Man It call)

WS: Blitz charge 1 Gap weakside

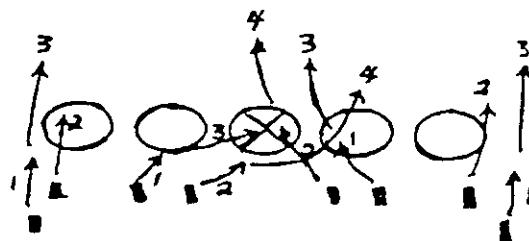
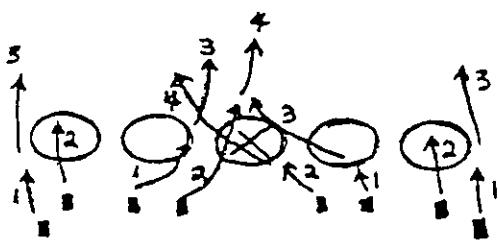
Corners: M/M on X & W

26 FISTS - Cross Charge Between Defensive Tackles

1. Angle tackle will be called by MLB or by game plan that week.
2. Penetrating tackle take angle toward hip of center. Key him for run or pass.
3. Fire thru gap - do not let guard cut you off or run.
4. Read inside.
5. Looping tackle
 - a) Loop behind crossing tackle, turn upfield - must not be cut off. Read on the move.
6. End on side of penetrating tackle - fly technique
 - a) Stronger step upfield on snap because the off tackle loops toward you and strengthens your inside.

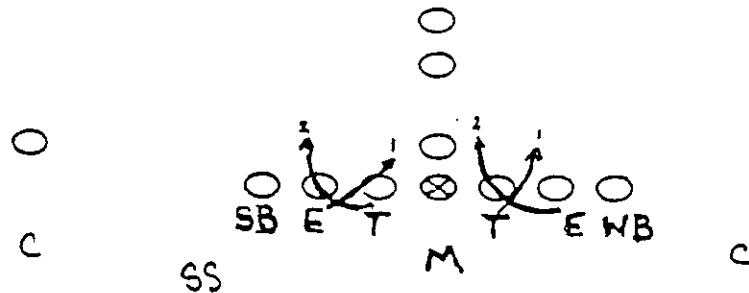
7. Passing situation

- a) Penetrating tackle takes deeper angle on snap
 - 1) Take part of guard's inside shoulder with your outside shoulder - try to drive guard back and inside toward center.
 - 2) Grab center with inside hand and keep progressing up the field.
 - 3) If inside guard tries to switch, defeat center and go to QB.
- b) Looping tackle
 - 1) Take a short step with outside foot toward guard. Draw guard's block with hands. Drive off of outside foot and loop behind penetrating tackle - cross as close as you can to your tackle and turn upfield immediately.



STUNTS

25 Palms (Strong)



WS

Tackles: To call - loop behind end's charge

Away from call - angle charge

Ends: To call - slam charge

Away from call - loop behind tackle's charge

Strongside Backer: 6 Tech

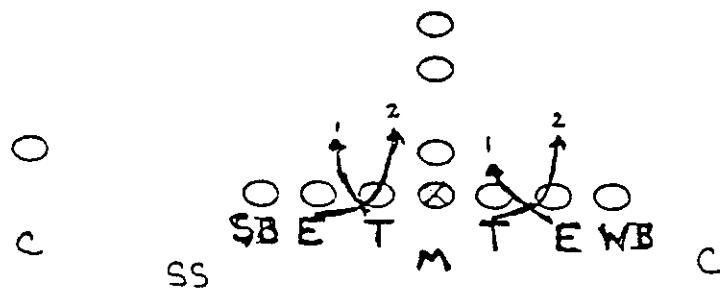
Middle Backer: To call - 1 gap

Away from call - Tango

Weakside Backer: 6 Tech

Defensive Backs: Play coverage called

25 Palms (Weak)



WS

Tackles: To call - loop behind end's charge

Away from call - angle charge

Ends: To call - Slam Tech

Away from call - loop behind tackle's charge

Strongside Backer: 6 Tech

Middle Backer: To call - 1 gap

Away from call - Tango

Weakside Backer: 6 Tech

Defensive Backs: Play coverage called

25 PALMS - End 1st

Cross charge between end and tackle.

1. Def. End - Running Down

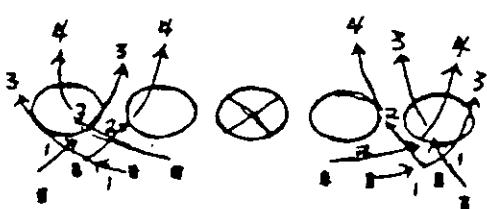
- a) Line up in position so as not to let tackle cut you off. Passing down you won't have to tighten up (tackle will be setting to pass.)
- b) Really try to get off on ball.
- c) Key butt of guard - react to it.
 - 1) Guard moves forward, run - react to pressure of tackle.
 - 2) Guard pulls away, run - get in hip pocket.
 - 3) Guard sets, straighten toward QB - grab guard's outside shoulder and use Pass Rush Tech on him.
 - 4) Study depth of offensive tackle's initial set off of L.O.S. each week so you can be ready to take proper angle on start.
 - 5) Tackle sets deep, angle deeper - expect switch.
 - 6) Tackle set on L.O.S., try to grab guard. They will not switch.

2. Def. Tackle - Running Down

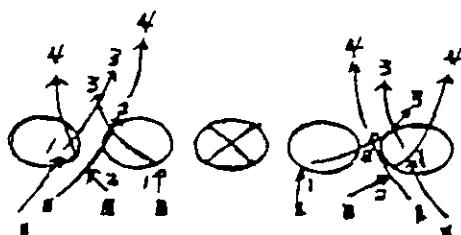
- a) Back off ball 1 to 2 feet.
- b) Loop on snap behind Def. End - get turned upfield toward QB.
- c) You must execute stunt, you have Def. End's chase responsibility, Reverse and Bootleg.

3. Passing Down

- a) Take all the L.O.S. you can get.
- b) Take delay step with outside foot toward guard, then loop.
- c) Expect End to go deeper on passing down.
- d) Flatter on Running Down



RUNNING DOWN



PASSING DOWN

25 PALMS - Tackle 1st

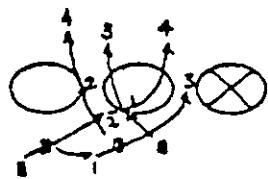
Cross charge between end and tackle.

Tackle

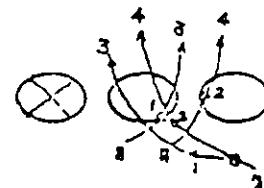
1. Read guard and butt of offensive tackle.
2. Cross over with inside foot at angle towards guard's outside foot.
3. You must get and keep getting penetration on a pass. Grab tackle if he sets deep so he can't stay man.
4. Tackle sets short, expect switch - execute pass rush technique on tackle.

End

1. Running Down - Loop behind stunting tackle on snap. Get turned upfield thru center guard gap - be expecting center to pick you up - you must make running plays up the middle.
2. Passing Down - Take control step with outside foot at offensive tackle. Draw his block with hands, then loop behind defensive tackle's charge. Turn upfield as close to defensive tackle as possible.

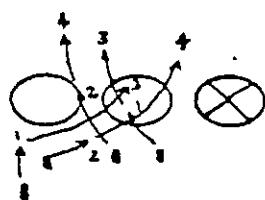


Running Down

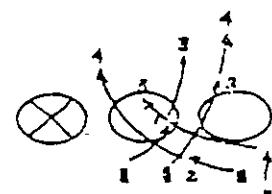


Running Down

SPECIAL NOTE: TACKLE MUST ASSUME "CHASE" RESPONSIBILITY, CUTBACK, BOOT AND REVERSE



Passing Down



Passing Down

25 PALMS - End 1st

Cross charge between end and tackle.

1. Def. End - Running Down

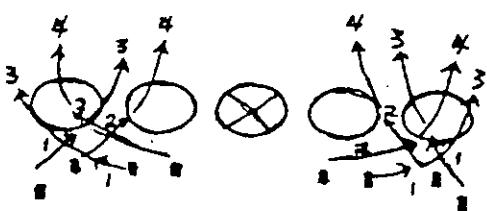
- a) Line up in position so as not to let tackle cut you off. Passing down you won't have to tighten up (tackle will be setting to pass.)
- b) Really try to get off on ball.
- c) Key butt of guard - react to it.
 - 1) Guard moves forward, run - react to pressure of tackle.
 - 2) Guard pulls away, run - get in hip pocket.
 - 3) Guard sets, straighten toward QB - grab guard's outside shoulder and use Pass Rush Tech on him.
 - 4) Study depth of offensive tackle's initial set off of L.O.S. each week so you can be ready to take proper angle on start.
 - 5) Tackle sets deep, angle deeper - expect switch.
 - 6) Tackle set on L.O.S., try to grab guard. They will not switch.

2. Def. Tackle - Running Down

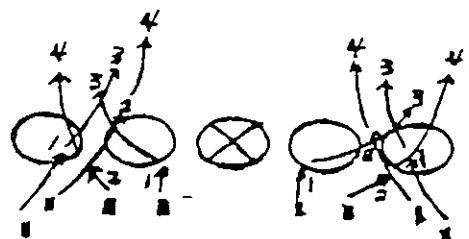
- a) Back off ball 1 to 2 feet.
- b) Loop on snap behind Def. End - get turned upfield toward QB.
- c) You must execute stunt, you have Def. End's chase responsibility, Reverse and Bootleg.

3. Passing Down

- a) Take all the L.O.S. you can get.
- b) Take delay step with outside foot toward guard, then loop.
- c) Expect End to go deeper on passing down.
- d) Flatter on Running Down



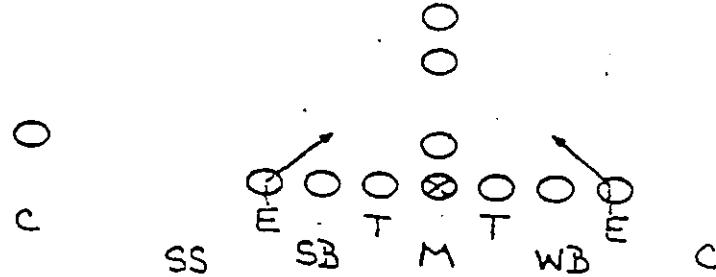
RUNNING DOWN



PASSING DOWN

STUNTS

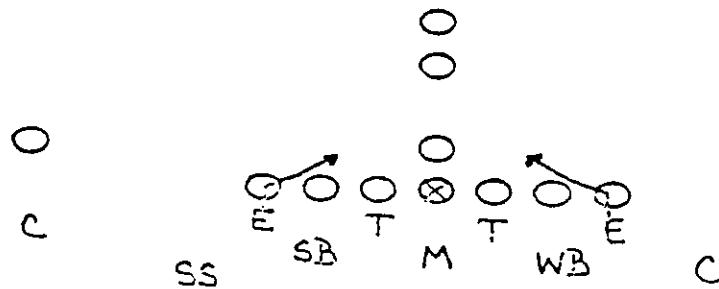
26 Tim 60 OR Quarterback



WS

Tackles:	Tim Tech
Ends:	Slam charge QB
Strongside Backer:	5 Tech
Middle Backer:	Tim Tech
Weakside Backer:	5 Tech
Defensive Backs:	Play coverage called

26 Tim Fullback

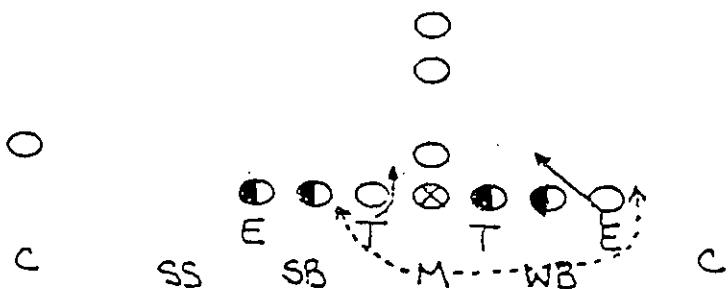


WS

Tackles:	Tim Tech
Ends:	Slam charge FB
Strongside Backer:	5 Tech
Middle Backer:	Tim Tech
Weakside Backer:	5 Tech
Defensive Backs:	Play coverage called

STUNTS

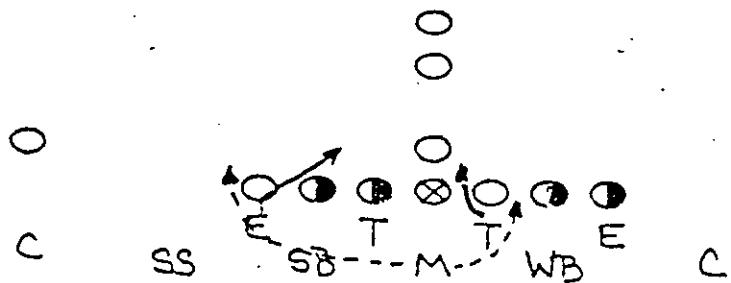
29 Flex Strong Tiger



WS

- Tackles: To call - angle charge 1 gap
Away from call - front charge - guards pull run with pulling guards
- Ends: To call - 9 Tech
- Strongside Backer: Away from call - FB stunt
- Middle Backer: 5 Tech
- Weakside Backer: To call - 3 gap
Away from call - Tango
- Defensive Backs: 4 Tech
Play coverage called

29 Flex Weak Tiger



WS

- Tackles: To call - angle charge 1 gap
Away from call - front charge - guards pull run with pulling guards
- Ends: To call - 9 Tech
- Strongside Backer: Away from call - FB stunt.
- Middle Backer: 4 Tech
- Weakside Backer: To call - 3 gap
Away from call - Tango
- Defensive Backs: 5 Tech
Play coverage called

BASIC RESPONSIBILITIES VS THE RUN

There will be three basic support patterns: sky, cloud and backer. The support used will be a basic part of each defense and coverage called in the huddle. Therefore, it will be necessary to call the run support at the line of scrimmage prior to the snap of the ball. After the call each defender should acknowledge the call. There are four basic components to each run support call: primary contain, secondary contain, cutback and alley men. This execution will generally involve the corners, weak and strong safeties and weak and strong linebackers.

- A. Primary contain or support: Applies to the back or linebacker who is responsible for meeting the end-run aggressively on or beyond the line of scrimmage. He is responsible for turing the play inside while constricting the cutback area to a minimum without getting blocked down or blocked to the inside (hooked). Against a single outside ball carrier running the pitch path, we will use a controlled aggressive approach to the line of scrimmage, keeping the ball carrier on our inside shoulder. Against a lead blocker, on the other hand, take an aggressive approach that enables you to meet and defeat the blocker beyond the line of scrimmage, while forcing the ball carrier to give ground away from the line of scrimmage or making him turn upfield immediately.
 - 1. SKY Safety to primary contain
 - 2. CLOUD: Corner to primary contain
 - 3. BACKER Linebacker to primary contain
- B. Cutback: Applies to the player who established a position to take away the inside lane the runner is forced into. He will defeat his opponent at his original position and hold his area.
- C. Secondary support: Applies to the corner or safety who is responsible for turning an offensive play inside if the primary support has broken down. He normally has deep pass responsibility. This action is executed once all threat of pass is eliminated.
- D. Alley man: Applies to the defensive back who is responsible for going directly to the football inside-out once all threat of pass is eliminated. He should take an approach to the ball that never lets the ball carrier cut back, reverse or cross his face.
- E. Pursuit man: Applies to the back away from the flow of the play who has deep responsibility and is responsible for stopping the TD by taking an angle to the ball that will stop the TD and at the same time not allow the ball carrier to cut back, reverse or cross his face. This is executed once all threat of pass is eliminated.

PURSUIT VS THE RUN

We must prevent the long run, the touchdown run - the KNOCKOUT BLOW. If we can accomplish this, we will be successful. There is no such thing as a perfect offense. We may not be able to stop our opponents completely, but if they are forced to run enough plays, something will happen to our advantage. They will make a mistake in the way of fumble, a penalty, a missed assignment or a pass interception. This will slow them down.

In order to prevent the long run (over 10 yards), we must keep the ball carrier surrounded. In order to accomplish this goal, we must maintain the following pattern on the ball:

A. Contain man (vs the sweep)

1. The support called will determine who the contain man will be.
 - a. sky
 - b. cloud
 - c. backer - "47rs"
2. Must contain the ball carrier
3. Force him to cut back quickly
4. Take on the lead backer
5. Destroy the timing and pattern of the play
6. Force at an angle so that you close the inside running lane but do not permit the ball carrier to take the outside.
7. If you can prevent the ball carrier from turning the corner, he will be thrown for a loss.
8. On off-tackle plays, you are the spillage man. If the off-tackle hole is closed, the ball carrier will option run outside. Be in position on the outside to make the tackle. Keep the ball in front and to the inside of you.

B. Cutback man (vs the sweep)

1. Defeat your opponent at your original position.
2. Hold your area - do not work so wide as to screen off the contain man
3. Be in position to make the tackle as the contain man forces the sweep back to you.

C. Attack men (men at the point of attack)

1. Attack and destroy the blocking pattern
2. Hold your area at the point of attack - don't be moved
3. Force the ball carrier into another area.
4. If the ball carrier is forced into another area, he will have to do it on his own.

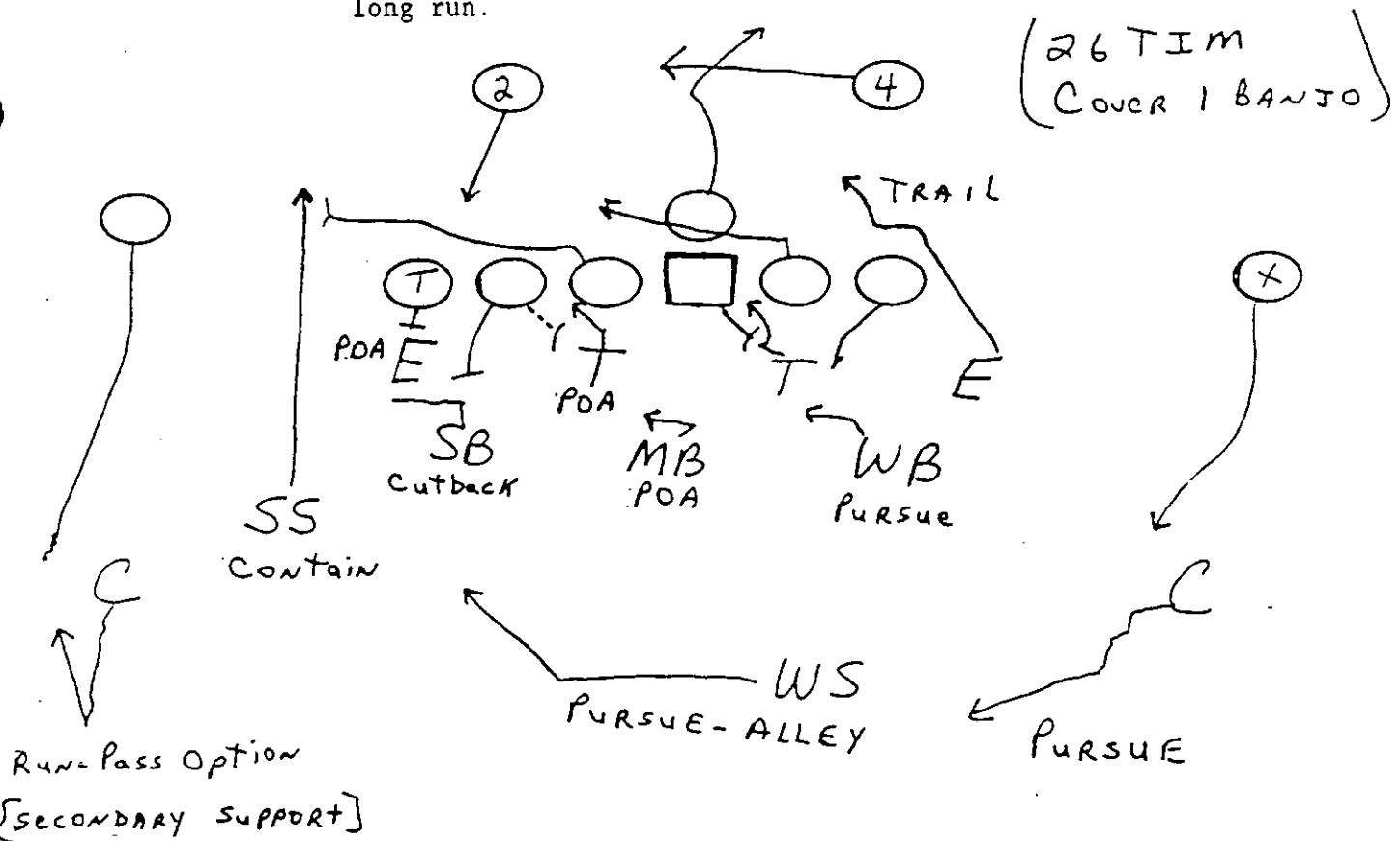
D. Spillage man

1. If the ball carrier is forced to run in an area other than the true design of the play, he will then become your responsibility.
2. Play your territory - locate the ball
3. Pursue if he hits the predetermined area. Make the tackle if he bounces into your territory.

- E. Pursuit men (linemen and linebackers away from the point of attack)
1. As the ball is given true direction, take the proper angle of pursuit.
 2. We must have 11 men involved on every play.
 3. Don't run around blocks - disengage immediately, sharply.
 4. Don't be a chaser - take a cutoff angle.
 5. Keep the ball carrier in front of you at all times.
 6. Never follow your own teammate - go deeper than he is.
 7. Never let the ball carrier cut back between you and the line.
 8. The greater the distance you are from the ball, take a greater angle.
 9. If you are detained at the line of scrimmage, take a greater angle.
 10. Finish up the same distance apart from your teammate as you started.
 11. In pursuit, keep your shoulders parallel to the line of scrimmage.
 12. As the ball carrier starts into the line, close in on him.
 13. There is no substitute for effort.

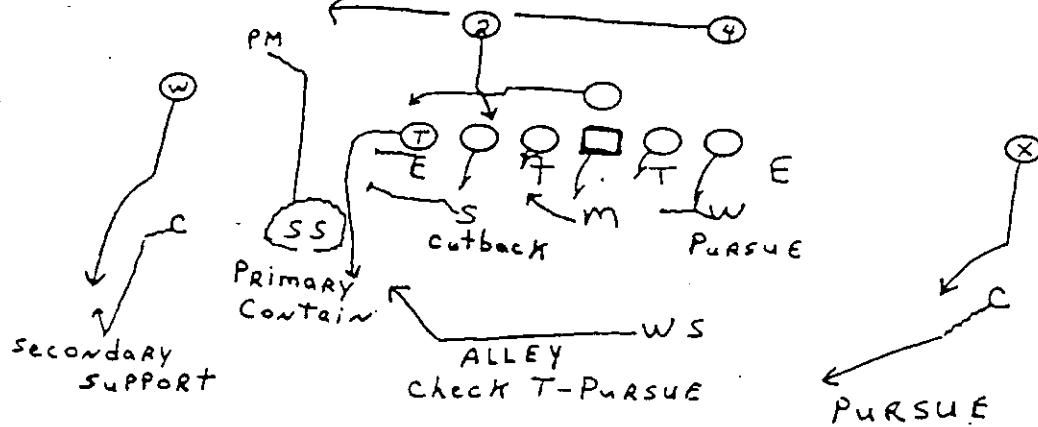
F. Run-Pass Option

1. Play run-pass first (halfback pass).
2. If no run-pass, then pursue properly to prevent the long run.
3. You must key and react to a constant pattern to prevent the long run.



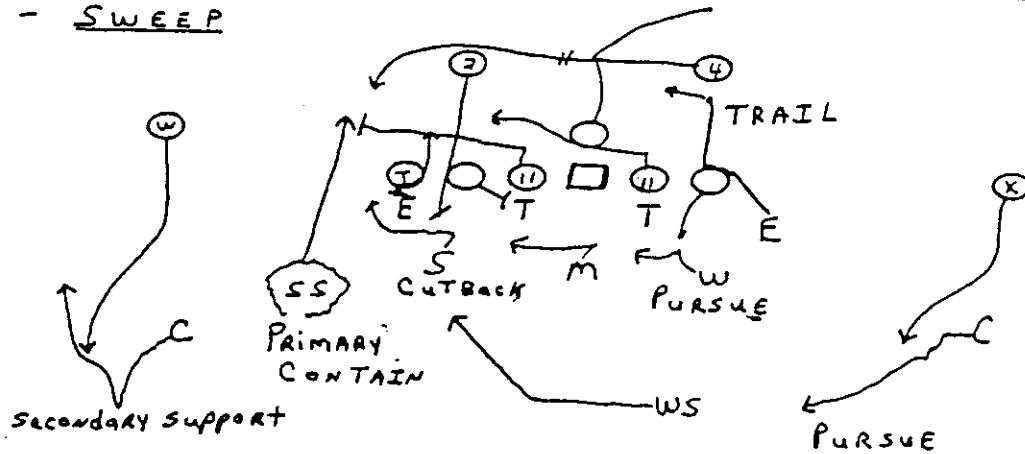
PURSUIT VS. RUN - STRONGSIDE SUPPORT PATTERNS

"SKY" - STRONGSIDE OPTION



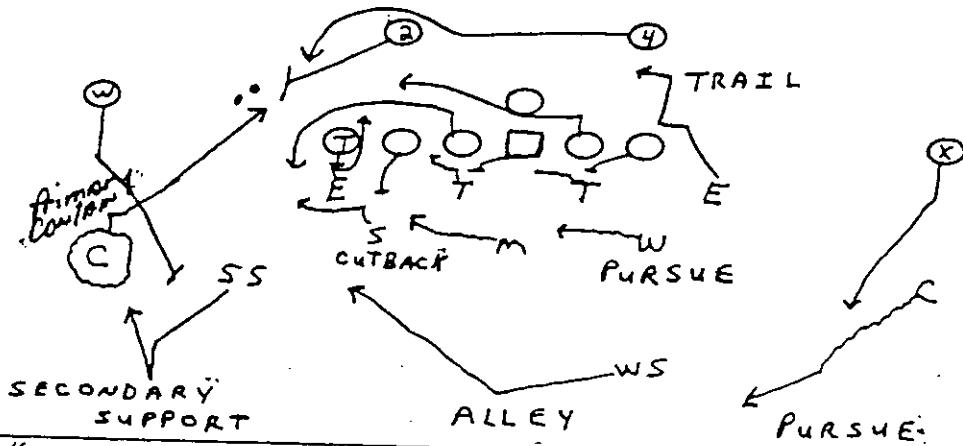
(26 TIM
Cover 2 Comb)

"SKY" - SWEEP



(26 TIM
Cover 1 Banjo)

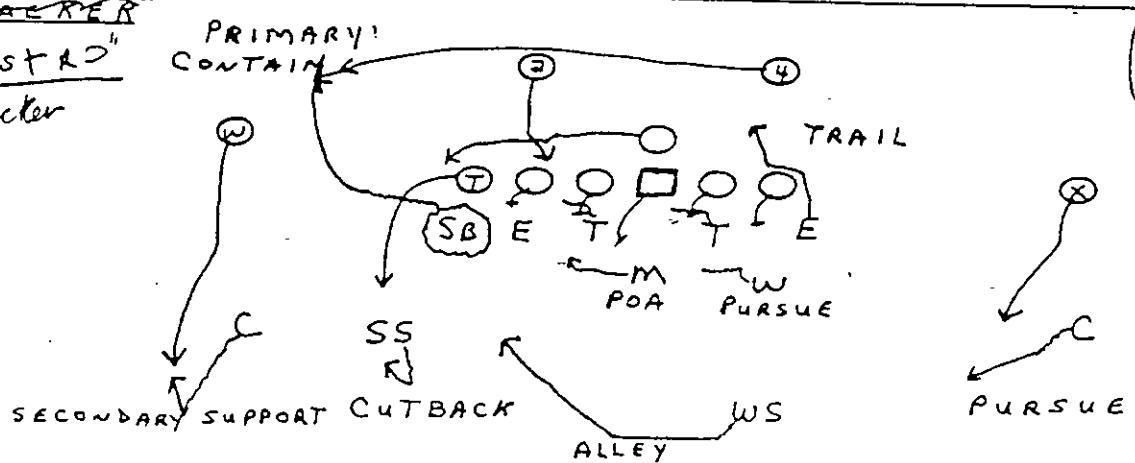
"CLOUD"



(26 TIM
Cover 3 Cloud)

"BACKER"

"Ast RD"
Backer

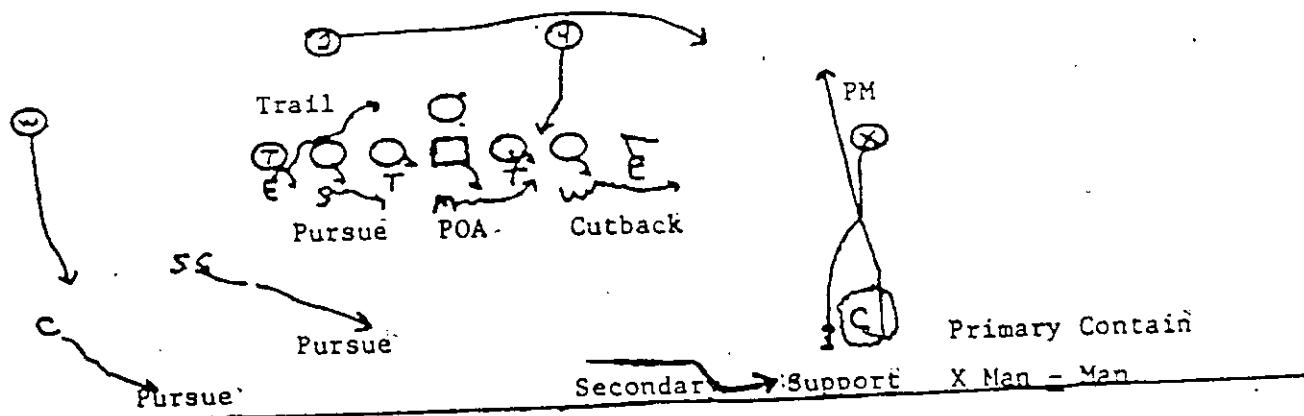


(26 TIM Astro
Backer Strong)

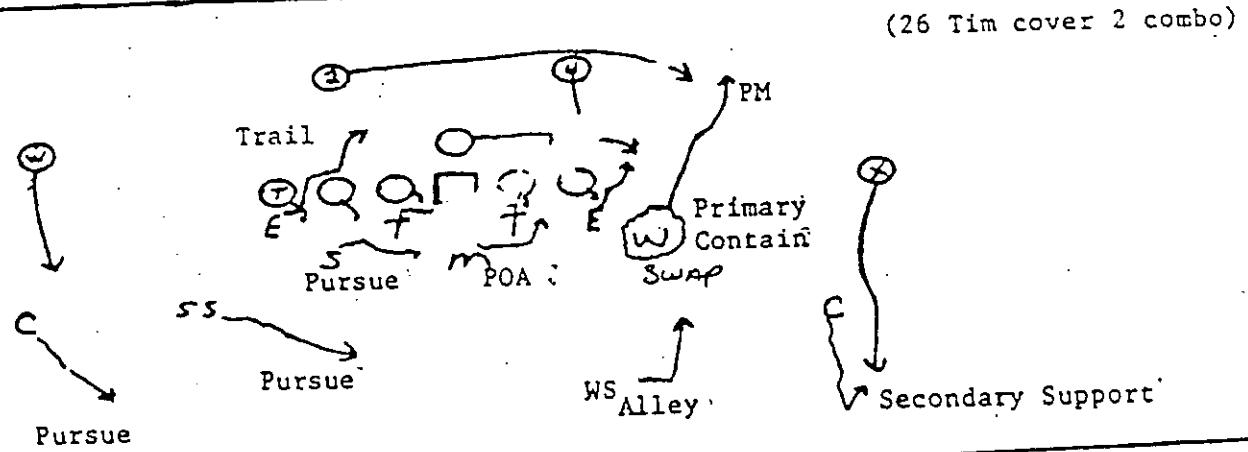
PURSUIT VS. RUN - WEAKSIDE SUPPORT PATTERNS

(26 Tim cover 1 banjo)

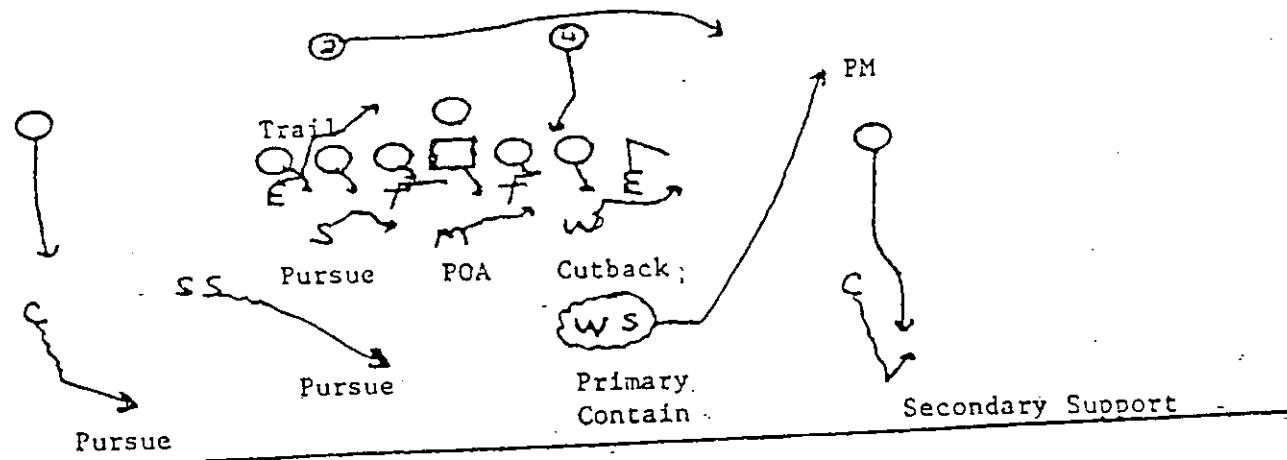
"CLOUD"



BACKER



"SKY"



SECTION IV
DEFENSIVE LINE PLAY

LINE TECHNIQUES AND CHARGES

"IT'S WHAT'S UP FRONT THAT COUNTS"

We believe in the five essentials of good defensive line play--stance, attack, neutralize, escape and pursuit--that are shared by good defensive teams in our league; however, we believe that a sixth dimension is necessary to have a superior defensive team. This new dimension is to "HOLD AT THE POINT OF ATTACK."

Every military leader knows that he must concentrate the main body of his force at a given point in the enemy line in order to "breech" the defense, even though he may carry out several diversionary maneuvers. The same reasoning is behind each offensive running play--a play is designed to give a concentrated blocking effort at a given "hole" in order to "breech" the defensive line.

Therefore, to counter this concentrated effort, players under "seige" must "hold" their position and coordinate their efforts with the men around them. The "Hold Technique" may best be accomplished by allowing a defensive man at the point of attack to gain an advantage on one side of an offensive blocker, thus creating a gap situation. The consolidated efforts of our players at the "Point of Attack" will force the ball carrier into one of our grasps, or will force him to change direction into our area of less blocking.

The use of this "Hold Technique" does not take the play of excellent pursuit and gang tackling, which is the "mark" of every good defensive team. There will be times when we will then rely on either the ability of the player under attack to defeat the block or the pursuit of the defense to prevent the long run.

THE ESSENTIALS OF GOOD DEFENSIVE LINE PLAY VS RUNNING GAME

1. STANCE - A defensive lineman must have a good body position
2. ATTACK - You must first attack the blocker by charging and gaining a position on the blocker.
3. NEUTRALIZE - You must equalize the power of his block by delivering a blow.
4. HOLD - Gain the advantage by taking one side of the offensive blocker.
5. ESCAPE - The ability of a player to rid himself of a blocker.
6. PURSUIT - Take proper path to intercept ball carrier.

PRINCIPLES OF RUSHING THE PASSER

1. A pass defense is only as good as its pass rush.
2. The ability to apply devastating power to blockers, to get them out of control and to throw them aside is essential to a good pass rush.

I. NEUTRALIZE - Defensive lineman's technique to destroy or control blocker.

- A. Drive and Grab - Drive face into "V" of neck of offensive blocker. Grab blocker with hands slightly closer than shoulder width apart. extend arms, lock elbows inward. Keep shoulder square, follow through with short quick steps. Keep legs free and blocker away from body.

NOTE: This technique stops offensive lineman charge and gets separation which is called operating space. Also, use of hands keeps blockers off legs and assists in better pass rush.

- (a) Base
 Cut-Off
 Near Body
 Turn Body
 Reach

- B. HAND Shiver - Drive both hands forward, striking blocker with heels of hands, keeping elbows together, arms flexed. Follow through with body weight. Keep leg free and keep blocker away from your body.

- (a) Used vs. base
 Cut-off
 Near Back
 Turn Out
 Reach

II. RELEASE FROM BLOCKER

- A. Onside - After neutralizing man on cutoff block and ball is beyond your area, step laterally with nearest foot to P.O.A. and take proper angle of pursuit.

- B. Offside - After neutralizing man or turn out block and back is beyond your area, drop step with foot nearest pressure and twist body to slip blocker then take proper pursuit angle.

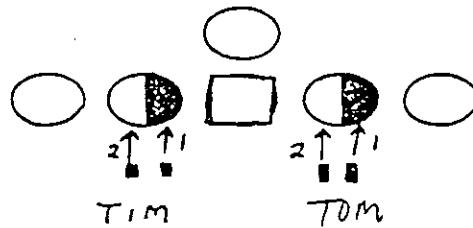
DEFENSIVE CHARGES

A. Base Technique Charge *TIM/TOM*

1. Charge offensive lineman aligned on with short, quick steps, 1 step read.

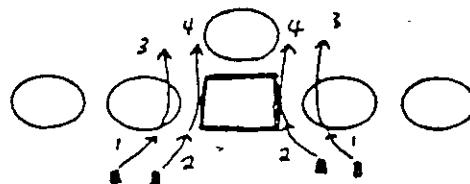
First Step: A. Tackles - A 6" step with foot to gap responsibility.
B. End - A 6" step with outside foot.

2. Must deliver good blow, Drive and Grab Technique offsets opponent's advantage of power and gains operating space.
3. Read offensive blocking pattern on the move, adjust charge accordingly.
4. This is a Run first, pass second technique.

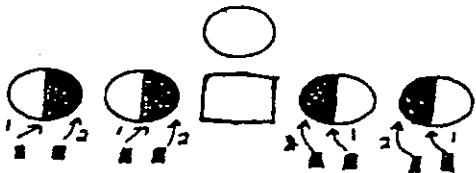


B. ANGLE CHARGE

1. Penetrating charge through gap you are responsible for.
2. Angle of your slant will be determined by your alignment.
3. Your first step is the most important. You must not let the lineman you are slanting away from cut you off.
4. Get off on the ball, use intelligent depth and alignment and it will be impossible to cut you off.
5. Read lineman you are slanting toward on the move. Be ready to react immediately to pressure and keys - react to angle block with forearm or shoulder shiver.
6. Lineman you are slanting towards pulls in the direction you are slanting - get in his hip pocket.
7. Lineman you are slanting towards pulls opposite from your slant - pivot flat on your 2nd step and get into pursuit.
8. Pass shows, straighten up and get into reckless pass rush.



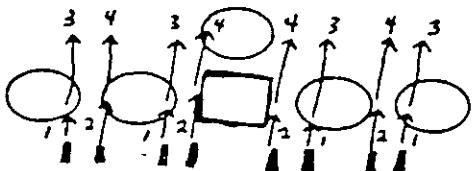
- No MLP life*
- C. FRONT CHARGE SLIDE / G.L./
1. 2-step controlled charge.
 2. Drive outside foot and shoulder at opponent's head.
 3. Deliver blow with outside shoulder and forearm.
 4. Bring inside foot to parallel - react to normal pressure and keys.
 5. You have Gap to your inside.
 - a. End read Guard Tackle.
 - b. Tackle read Center Guard.
 - c. Tackle - No sucker responsibility - chase pulling guard recklessly.
 - d. End - Sucker and immediate pursuit - you do not have reverse or bootleg.
 6. Pass Shows - normal 4-3 rush lanes.



D. GAP CHARGE - A Penetrating Defensive Charge

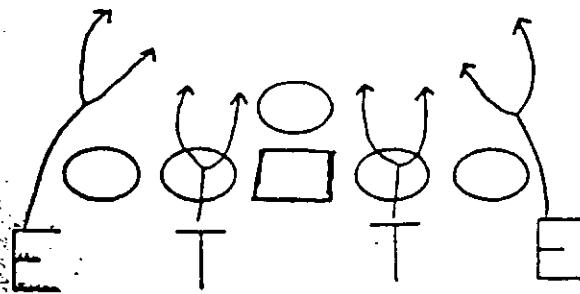
1. Line up in gap.
2. Charge on snap outside foot first, short driving steps.
3. Get penetration. One foot beyond lineman's feet.
4. Keep head up.
5. Beat center reach block with quick charge.
6. Beat guard's angle block with power of charge.

C/P - If opposite tackle is not in gap, be more conscious of Center's block back side - alert for trap.



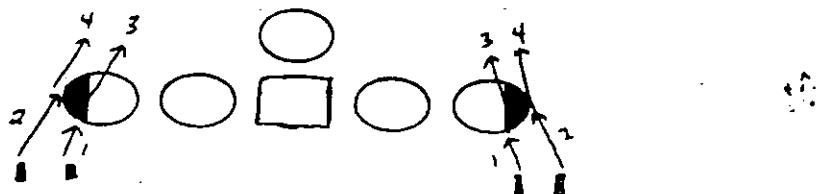
E. GO CHARGE

1. All out pass rush.
2. Charge on snap - get to the QB the quickest way possible.
3. Pass rush charge - react to run best possible way.
4. Any disadvantages of an all-out pass rush ~~and~~ will be made up by reckless and determined second effort on the part of everyone.
5. Use your best pass rush technique from the snap.



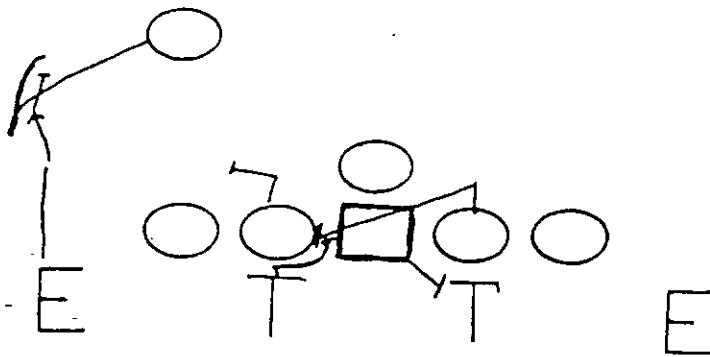
G. CRASH CHARGE

1. Penetrating charge through outside hip of lineman you are lined up on.
2. Key lineman and react to normal keys on the move. Keep outside position if man reaches you.
3. Square up your stance.
4. Take strong hard step with inside foot driving for outside hip of lineman.
5. Get as much penetration as possible.
6. Attack outside shoulder of first threat using forearm and shoulder drive.
7. Knock down any interference and get depth.
8. VS. Reach Block - attack man anywhere you can hit him - drive him upfield first - then work for outside position with depth.



H. UNDER CHARGE

1. Charge used vs. pulling lineman or block coming to block you.
2. Different from basic charge in that you will meet the blockers inside shoulder rather than outside shoulder.
3. Meet inside shoulder and then drive up through blocker to destroy trap, H block, etc.
4. After contact, work to the football down the line or up the line.
5. VS. log block - fight the pressure up the field.

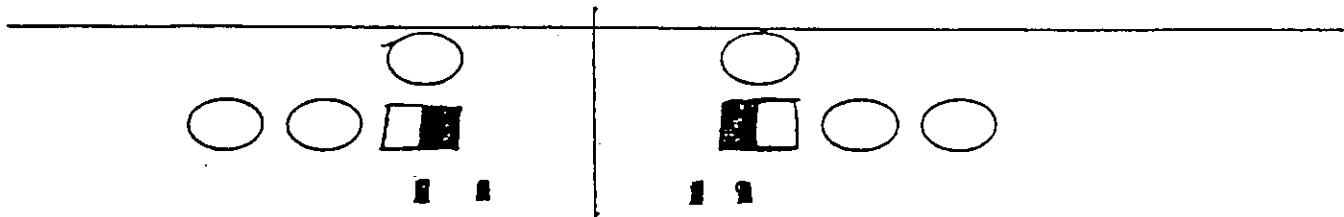


Defensive Line Terminology & Recognition Tips (con't)

L.O.S. - Term for Line of Scrimmage

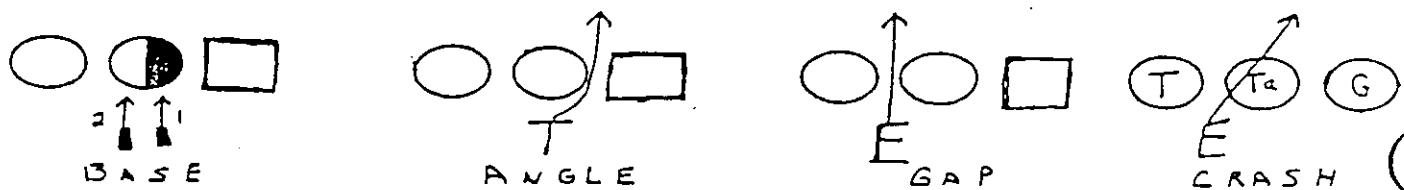
P.O.A. - Term for Point of Attack

Shade - Alignment of a defense lineman or offense lineman with inside foot or outside foot splitting stance of offensive lineman.



Drive and Grab - The technique used by defense lineman to control blocker.

Charge - Each defense will have a specific type of movement by defensive lineman.



Line Splits - Normal line splits 2 feet.

Guard Tight and Light - Guards split from center less than 2 feet, guards stand with weight hard on heels (Not forward as on base block, indication of pull or pass block.)

Sink - Call by linebacker to change end's alignment from 6, 7, or 9 Technique to 5 Technique.

SECTION V
DEFENSIVE TACKLES

DEFENSIVE TACKLE PLAY

I. Tackle's Stance

The most important thing in our stance is Balance. The next thing is you must stagger your feet no more than toe to the instep. We use a four-point stance. You must be prepared to step with either your inside or outside foot initially. In executing the techniques and stunts we will use, you will have to step with either foot straight ahead, cross-over, or laterally. It is imperative that your stance will allow you to do that. Your stance must be constant and must not vary for the different charges and stunts.

II. Depth from the Ball

Some defenses and stunts, you will have to automatically line up closer or further from the ball. When you do not have a specific depth, you must learn to vary your depth on your own. Variation of your depth creates problems for the offensive linemen in their steps. The advantages of playing off the ball are: (A) The deeper you play, the broader your vision is and you can "read" more people; (B) You have more time to read and react before the blockers get to you. The disadvantages are: (A) You have further to go to get to the passer; (B) The offense has a "running start" at you. Vary your depth and keep these things in mind.

Technique - Method used to gain body position on a blocker. Keep feet and shoulders parallel to the line of scrimmage.

Flow Away - Key and compress one hole, take proper pursuit course to the ball.

Flow Toward - On plays starting to your side, control blocker and slide parallel to the line of scrimmage. Play for cutback if if you have guard-center gap. Force cutback if you have guard-tackle gap.

III. Key

Inside Gap Responsibility (Tim) - Focal point one yard deep in gap between the guard and center. You must see the center and off guard. Step with your inside foot to the inside gap of the guard, bring your outside foot parallel. Take short six-inch steps.

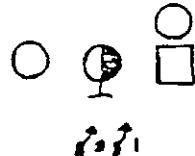
Outside Gap Responsibility (Tom) - Focal point one yard deep in gap between the guard and tackle. Key the head of the guard. Step with your outside foot to the outside gap of the guard. Bring your inside foot parallel. Take short, quick steps.

Flex - Key guard and look for tips to indicate pull; (weight off hands, lines up deeper, cheating in or out). If guard pulls loop deep staying in the guard's hip pocket. Grab the guard. If no pull, control the inside gap. Keep your head straight, do not give away the defense. Key inside focal point. Can use pass rush technique. Take off on snap and use your hands.

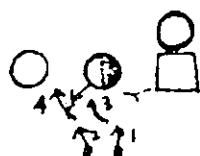
TACKLES TECHNIQUES

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Base Block



Center's Reach Block



BASE/REACH BLOCK (C-1) HOLE

ATTACK, NEUTRALIZE & RESPONSIBILITY

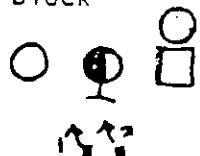
Take short, quick step with inside foot to inside gap. Bring other foot parallel. Drive head at chin of guard. Meet base block with outside shoulder and hands. Raise blocker up, control him with hands. Hold and protect the inside gap. Keep body parallel to the line of scrimmage.

Center Reach Block

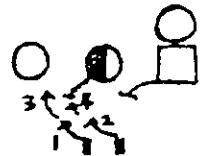
Charge guard's outside release shiver with hands, move feet to prevent center's reach block. Pursue to ball.

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Base Block



Center's Reach Block

ATTACK, NEUTRALIZE & RESPONSIBILITY

Take short quick step with outside foot to outside gap. Bring other foot parallel. Drive head at chin of guard. Meet base block with inside shoulder or forearm shiver. Raise blocker up, control with hands. Hold and protect the outside gap. Throw off pursue and tackle.

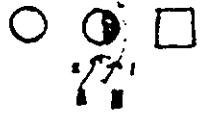
Center Reach Block

Knock the guard off his outside release. Cover outside gap responsibility use leverage on the ball carrier.

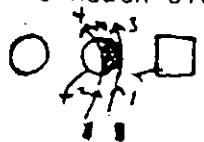
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Base Block - Strong Left



Center's Reach Block

ATTACK, NEUTRALIZE & RESPONSIBILITY

Concentrate on key to determine guard pull or base block. If guard base blocks, protect the inside gap. Take off, hand slap and pursue.

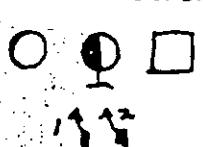
Center Reach Block

Take off, penetrate inside gap. Do not let the center log you. Play off with hands.

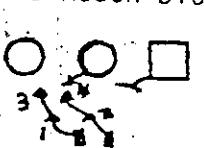
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Base Block - Strong Left



Center's Reach Block

ATTACK, NEUTRALIZE & RESPONSIBILITY

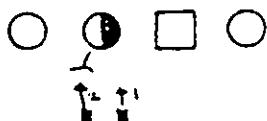
Take short, quick step with outside foot to outside gap. Bring other foot parallel. Control outside gap. Keep body parallel to the line of scrimmage.

Center Reach Block

Knock the slipping guard off his block. Protect the outside gap.

TACKLES' TECHNIQUE

OUTSIDE CUTOFF BLOCK

ATTACK, NEUTRALIZE & RESPONSIBILITY

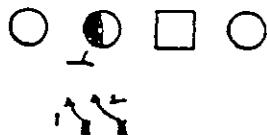
Concentrate on guard. Step to inside gap with inside foot, bring other foot parallel. React to outside pressure on recognition. Use shoulder, forearm or hand shiver. Maintain inside gap responsibility when at point of attack.

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ATTACK, NEUTRALIZE & RESPONSIBILITY

Step with outside foot to outside gap. Bring other foot parallel. Meet guard with shoulder or forearm shiver. Maintain outside position on blocker. C.P.: Be prepared to give secondary help if ball breaks inside.

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Strong Left

ATTACK, NEUTRALIZE & RESPONSIBILITY

Concentrate on guard to determine pull or base block. On cutoff block take off, penetrate inside gap. Throw guard upfield.

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Strong Left

ATTACK, NEUTRALIZE & RESPONSIBILITY

Step with outside foot to outside gap. Bring other foot parallel. Meet guard with inside shoulder or forearm shiver. Maintain strong outside position.

C.P.: May throw off guard to inside.

TACKLES' TECHNIQUE

VEER BLOCK

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MATTACK, NEUTRALIZE & RESPONSIBILITY

Take short, quick step with inside foot, bring other foot parallel. Protect inside gap with shoulder and Hand shiver. Hold gap until sure back is outside. Spin out or drop step, then pursue at proper angle.

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MATTACK, NEUTRALIZE & RESPONSIBILITY

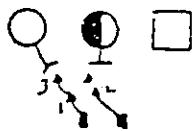
Take short, quick step with outside foot, bring other foot parallel. Use shoulder or forearm shiver into tackle's down block. Protect outside gap. If possible, split the double team block, or if back definitely outside, spin out and pursue.

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Concentrate on guard for pull or base block. Guard bases, protect the inside gap. Take off on snap use hand slap or slip throw guard up field and pursue.

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Take short, quick step to outside gap with outside foot. Bring other foot parallel. Meet tackle's block with shoulder or forearm. Split the double team, protecting the outside gap. If back outside, spin or drop step and pursue.

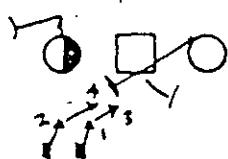
TACKLES' TECHNIQUE

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Quick Trap



Influence Trap



QUICK TRAP - INFLUENCE TRAP

ATTACK, NEUTRALIZE & RESPONSIBILITYQuick Trap - Guard releasing inside.

Take short, quick step to inside gap with inside foot. Knock guard off of Mike and close inside through trapper.

Influence Trap - Take short quick step inside with inside foot. Bring other foot parallel. With center blocking back on pass influence close inside quickly and meet trapper with inside shoulder or forearm shiver. Work through head of trapper.T
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Quick Trap



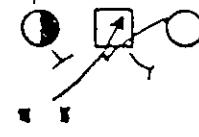
Influence Trap

ATTACK, NEUTRALIZE & RESPONSIBILITY

Take short, quick step with outside foot to outside gap.

Quick Trap - Aim head at neck of guard, knock him off Mike. He will take you to trapper. Work across face of pulling guard.Influence Trap - On pass or pull of guard read inside immediately. If center is Blocking back close across face of pulling guard. Attack the trapper.F
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Quick Trap

ATTACK, NEUTRALIZE & RESPONSIBILITY

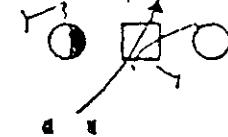
Concentrate on guard to determine base block or pull.

Quick Trap - Close inside and knock him off Mike;

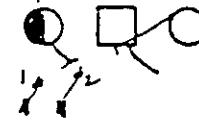
Work across face of trapper.

Influence Trap - When guard pulls, take off loop up field and grab guard.W
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Influence Trap

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Quick Trap

ATTACK, NEUTRALIZE & RESPONSIBILITY

Step to outside gap with outside foot with guard closing inside. Attack neck of guard and knock him off Mike. Close across face of trapper. On pass action or pull, read inside to center see off guard and work back through face of trapping guard.

Influence Trap



TACKLES' TECHNIQUE

VEER BLOCK

ATTACK, NEUTRALIZE & RESPONSIBILITY

Take short, quick step with inside foot, bring other foot parallel. Protect inside gap with shoulder and hand shiver. Hold gap until sure back is outside. Spin out or drop step, then pursue at proper angle.

M

ATTACK, NEUTRALIZE & RESPONSIBILITY

Take short, quick step with outside foot, bring other foot parallel. Use shoulder or forearm shiver into tackle's down block. Protect outside gap. If possible, split the double team block, or if back definitely outside, spin out and pursue.

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ATTACK, NEUTRALIZE & RESPONSIBILITY

Concentrate on guard for pull or base block. Guard bases, protect the inside gap. Take off on snap use hand slap or slip throw guard up field and pursue.

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ATTACK, NEUTRALIZE & RESPONSIBILITY

Take short, quick step to outside gap with outside foot. Bring other foot parallel. Meet tackle's block with shoulder or forearm. Split the double team, protecting the outside gap. If back outside, spin or drop step and pursue.

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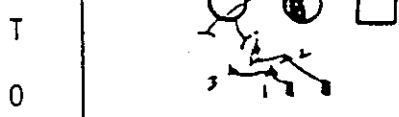
TACKLES TECHNIQUE

GUARD - TACKLE FOLD - (GREEN BLOCK)

ATTACK, NEUTRALIZE & RESPONSIBILITY

Step with inside foot at guard. Bring other foot parallel. On recognition work back against tackle. Do not spin out until sure back cannot cut back inside.

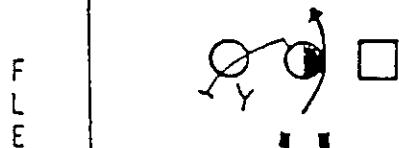
C.P.: Keep parallel to line of scrimmage, use shoulder and hands to neutralize block.

ATTACK, NEUTRALIZE & RESPONSIBILITY

Take short, quick step to outside gap with outside foot. Bring other foot parallel.

Meet tackle with shoulder or forearm shiver. Protect outside gap. Work through the head of the tackle.

C.P.: Use hands to throw or pull tackle past the hole.

ATTACK, NEUTRALIZE & RESPONSIBILITY

Concentrate on the guard to determine pull or base block. When guard pulls; take off, loop upfield. Grab the pulling guard, get in his hip pocket. He will take you to the ball.

ATTACK, NEUTRALIZE & RESPONSIBILITY

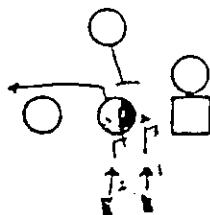
Take short, quick step with outside foot to outside gap. Meet tackle's block with shoulder or forearm shiver. Cover strong outside gap. Work across face of tackle.



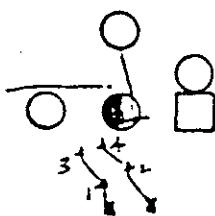
TACKLES: TECHNIQUE

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FILL BLOCK

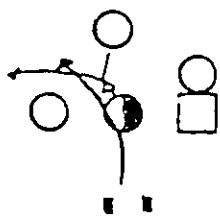
ATTACK, NEUTRALIZE & RESPONSIBILITY

Take short, quick step with inside foot at the guard. On guard's pull attack trap, then meet filling back with hand shiver. Protect the inside gap.

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MATTACK, NEUTRALIZE & RESPONSIBILITY

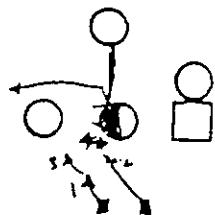
Take short, quick step with outside foot. Bring other foot parallel, meet back with hand shiver. Cover outside gap responsibility, give secondary help to the inside.

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KATTACK, NEUTRALIZE & RESPONSIBILITY

Concentrate on guard to determine base or pull. Guard pulls, take off up field. On recognition, react to back's block. Use hand shiver and control him.

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GATTACK, NEUTRALIZE & RESPONSIBILITY

Take short step with outside foot to outside gap. Bring other foot parallel. Meet back's block with hand shiver. Protect the outside gap responsibility. React on recognition of back's block.

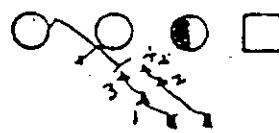
TACKLES' TECHNIQUE

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END TRAP

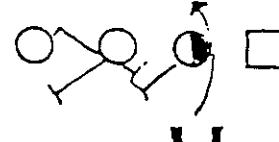
ATTACK, NEUTRALIZE & RESPONSIBILITY

Take short, quick step with inside foot at guard. Guard blocking out, check inside, no threat. Work to knock guard off block, he will take you to trapping end. Meet block with shoulder and hands.

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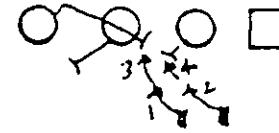
Step with outside foot at guard. Knock guard off block. Maintain outside position. Check inside, no trap action, fight out through face of end's block.

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KATTACK, NEUTRALIZE & RESPONSIBILITY

Concentrate on guard to determine base or pull. Take off on snap. Loop up field gaining depth. Follow guard's out block and beat the end's trap. Block into the backfield.

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GATTACK, NEUTRALIZE & RESPONSIBILITY

Protect outside gap. Maintain a strong outside position. Knock guard off outside block. This will take you across the face of end's block.

SECTION VI
DEFENSIVE ENDS

DEFENSIVE END PLAY

I. END'S STANCE

The most important thing in our stance is Balance. Use a three-point stance. Your outside foot is back and staggered toe to heel. You should have some weight forward on your hands and your tail even with your head. You must be prepared to step upfield, at an angle, or laterally with your outside foot. Your stance must be constant and must not vary for the different charges and stunts.

II. DEPTH FROM THE BALL

Some defenses and stunts you will automatically line up closer or further from the ball. When you do not have a specific depth, you must learn to vary your depth on your own. Variation of your depth creates problems for the offensive linemen in their steps. The advantages of playing off the ball are: (A) The deeper you play, the broader your vision is and you can "Read" more people; (B) You have more time to read and react before the blockers get to you. The disadvantages are: (A) You have further to go to get to the passer; (B) The offense has a "running start" at you. Vary your depth and keep these things in mind.

Technique - Method used to gain body position on a blocker. Keep feet and shoulders parallel to the line of scrimmage.

Flow Away - On every defense you will have a definite responsibility on plays that start away. You will either chase or pursue.

- A. Chase - You chase the play from the opponent's side of the line of scrimmage. Close to one yard behind the offensive tackle, check for cutback or counter; if none, gain depth and get as deep as the ball looking for bootlegs or reverses. Get the depth of the ball carrier and chase the play.
- B. Pursue - You pursue the play from our side of the line of scrimmage. Check cutback then take proper pursuit angle down the line to the ball.

Normally, when in a 5, 6, 7, or 9 Technique you will have chase responsibility on flow away.

III. KEY

5 Technique (25 Defense or Sink Call). Line up with your inside foot on the outside foot of the offensive tackle. Be aware of the tight end's alignment. Key the head of the offensive tackle. Never be blocked in by the tackle. Six (6) inch step first with outside foot, then follow through with rapid, short steps.

6 Technique (26 Defense). Line up head upon normal aligned Tight End with your outside foot back. Key the head of Tight End and see the offensive Tackle with peripheral vision. Take 6" step with outside foot, then follow through with rapid, short steps. Play pressure of blocker and read the blocking pattern.

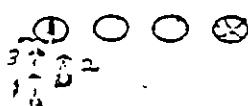
7 Technique (27 Defense). Alignment and Key same as 6 Tech. Only exception option responsibility change on 7 Tech.

9 Technique (29 Defense). Alignment and Key same as 6 Tech. Only exception option and sweep responsibility change on 9 Tech play.

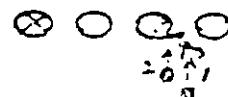
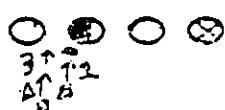
END TECHNIQUES

BASE BLOCK

ATTACK, NEUTRALIZE & RESPONSIBILITY
 Concentrate on End. Take quick 5" step with outside foot, then follow through with rapid steps. Use Blast & Grab Tech to inside shoulder of Tight End. Immediately get hands on blocker and work outside. Play pressure of the blocker and react to the ball. Do not get driven off LOS. Slow play QB on Option.

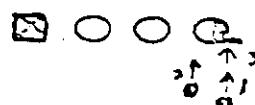
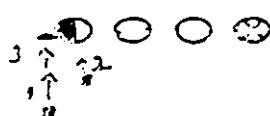


ATTACK, NEUTRALIZE & RESPONSIBILITY
 Concentrate on Tackle. Take quick 5" step with outside foot, then follow through with rapid steps. Use Blast & Grab Tech. Protect 5 gap. Stay parallel to LOS. Keep outside leg and arm free. Keep inside area tight by squeezing blocker down into 3 gap.

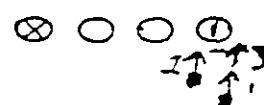
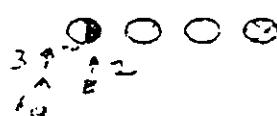


C.P.--Never be hooked by Tackle.

ATTACK, NEUTRALIZE & RESPONSIBILITY
 Concentrate on End. Take quick 5" step with outside foot, then follow through with rapid steps. Use Blast & Grab Tech to outside shoulder of Tight End. Immediately get hands on blocker and work outside. Play pressure of blocker and react to the ball. Do not get driven off los. Play first threat outside. On option go to cut back. On sweep work upfield to cut back.

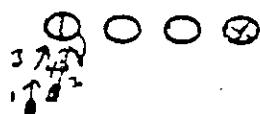


ATTACK, NEUTRALIZE & RESPONSIBILITY
 Concentrate on End. Play same as 6 Tech. Exception--on option fast play QB.



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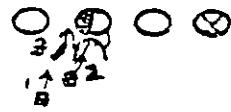
ATTACK, NEUTRALIZE & RESPONSIBILITY
Concentrate on End. Take quick 5" step with outside foot. Follow thru with rapid, short steps. Use Blast & Grab Tech. Immediately get hands on blocker and force blocker's body into 5 gap. Look for spillage of ball outside. Stay square to LOS.



C.P.--Normally inside cutoff block means play is inside or away from you.

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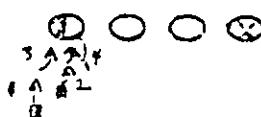
ATTACK, NEUTRALIZE & RESPONSIBILITY
Concentrate on Tackle. Take quick 6" step with outside foot. Follow thru with rapid, short steps. Use Blast & Grab Tech. Immediately get hands on blocker. Force blocker's body into 3 gap. Look for spillage of ball outside. Stay square to LOS.



C.P.--Normally inside cutoff block means play inside or away from you.

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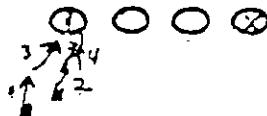
ATTACK, NEUTRALIZE & RESPONSIBILITY
Concentrate on End. Take quick 6" step with outside foot. Follow thru with rapid, short steps. Use Blast & Grab Tech. Immediately get hands on blocker. Force blocker's body into 5 gap. Look for spillage outside. Stay square to LOS.



C.P.--Normally inside cutoff block means play inside or away from you.

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ATTACK, NEUTRALIZE & RESPONSIBILITY
Concentrate on End. Play same as 5 Tech.
Exception--On Option fast play QB.



END TECHNIQUE

OUTSIDE CUTOFF

ATTACK, NEUTRALIZE & RESPONSIBILITY

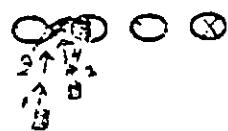
Concentrate on End. Take quick 6" step up and laterally on 1st step with outside foot. Follow thru with short, rapid steps. Use Blast & Grab Tech to inside shoulder of Tight End. Immediately get hands on blocker and work outside. Play outside pressure of blocker and react to ball.



C.P.--If you stretch ends cutoff block extra wide you may: 1. Throw end off outside and come inside to slow play option, 2. Throw end off outside and work upfield on good angle to cut back on sweep.

ATTACK, NEUTRALIZE & RESPONSIBILITY

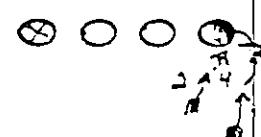
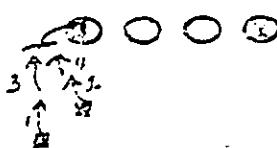
Concentrate on Tackle. Take quick 6" step up and laterally on 1st step with outside foot. Follow through with short, rapid steps. Use Blast & Grab Tech to outside shoulder of Tackle. Immediately get hands on blocker and work outside. Protect 5 gap. Get off blocker - go to ball.



C.P.--Never be hooked by Tackle.

ATTACK, NEUTRALIZE & RESPONSIBILITY

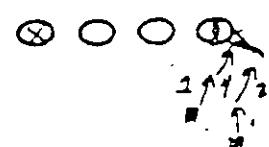
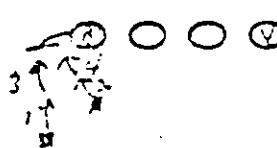
Concentrate on End. Take quick 6" step up and laterally with outside foot. Follow through with short, rapid steps. Use Blast & Grab Tech to outside shoulder of Tight End. Immediately get hands on blocker - work outside. Play outside pressure of blocker and react to ball. Play 1st threat outside. On Option no to cutback. On Sweep work upfield to cutback.



C.P.--Do not get hooked by end.

ATTACK, NEUTRALIZE & RESPONSIBILITY

Concentrate on End. Play same as 5 Tech. Exception--On Option fast play QB.

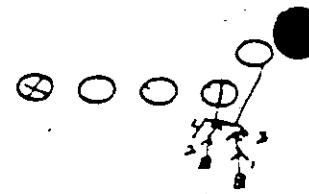
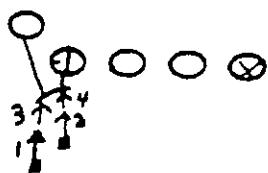


END TECHNIQUE

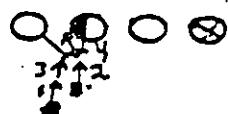
DOUBLE TEAM BLOCK

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EWing Set

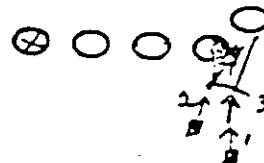
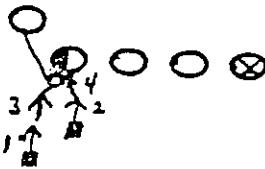
ATTACK, NEUTRALIZE & RESPONSIBILITY
Concentrate on End. Take quick 6".
 Step with outside foot. Follow thru
 with quick rapid, short steps. Blast
 & Grab post blocker, stay low and fight
 pressure of Wing back. Do not give
 ground. Work at any angle thru head of
 Wing back. Do not spin out unless ball
 outside your gap area.

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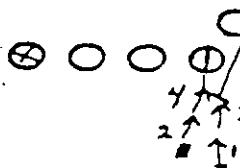
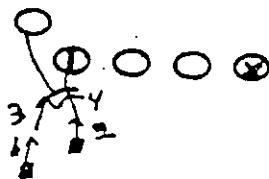
ATTACK, NEUTRALIZE & RESPONSIBILITY
Concentrate on Tackle. Take quick 6"
 Step with outside foot. Follow thru
 with quick, rapid steps. Blast &
 Grab post blocker. Stay low and fight
 pressure of Tight End. Do not give
 ground. Work at an angle through head
 of Tight End. Do not spin out unless
 ball is outside your gap area.

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EWing Set

ATTACK, NEUTRALIZE & RESPONSIBILITY
Concentrate on End. Play same as 5
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EWing Set

ATTACK, NEUTRALIZE & RESPONSIBILITY
Concentrate on End. Play same as
 5 Tech.



DEFENSIVE TECHNIQUE

TIGHT END RELEASE

ON 6, 7, 9 Techniques

ATTACK, NEUTRALIZE & RESPONSIBILITY

Reaction to Outside Release of Tight End as follows:

1. Take 6" quick step with outside foot and follow through with quick, rapid steps. Use Blast & Grab Tech. Immediately get hands on blocker and ride him to outside to slow down his release. This reduces effectiveness of force block on running play or disrupts pass route. When defending TE to outside, turn eyes back inside to area between near back and QB. This will give you the key to the next blocking pattern. React immediately to next blocking scheme.

ON 6, 7, 9 Techniques

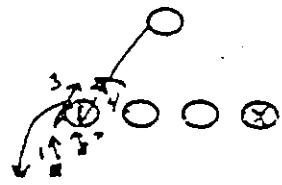
ATTACK, NEUTRALIZE & RESPONSIBILITY

Reaction to Inside Release of Tight

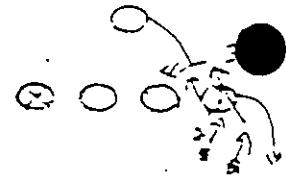
End as follows:

1. Take 6" quick step with outside foot and follow through with quick, rapid steps. Use Blast & Grab Tech. Immediately get hands on blocker and squeeze him to inside. This delays his inside blocking pattern. When releasing TE inside look inside between near back and QB. This will give you the key to the next blocking pattern. React immediately to next blocking scheme.

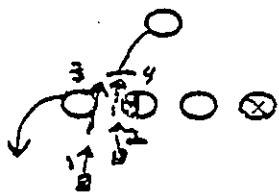
→ close down 2 steps
& then attack
o.s. shoulder
at 1st Threat

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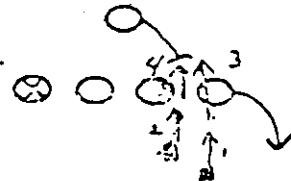
ATTACK, NEUTRALIZE & RESPONSIBILITY
Concentrate on End. React to end's inside or outside release as stated. Adjust to angle of approach of near back. Charge upfield to meet blocker. Meet blocker's deepest shoulder with your inside shoulder. Keep outside arm and leg free. Keep inside running lane tight. If ball bounces outside make play.



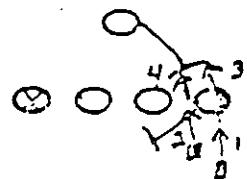
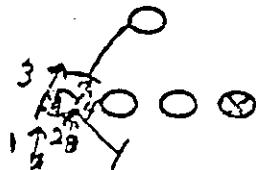
C.P.--If near back takes poor angle, the end can come inside, block and react to play.

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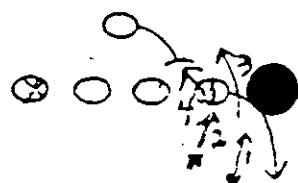
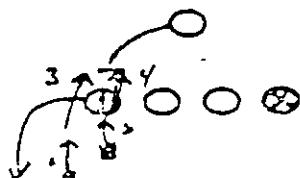
ATTACK, NEUTRALIZE & RESPONSIBILITY
Concentrate on Tackle. Take quick 6" step with outside foot, follow through with rapid, short steps. Adjust angle of approach of near back. Charge up-field to meet blocker. Meet blocker's deepest shoulder with your inside shoulder. Keep outside arm and leg free. Keep inside running lane tight. If ball bounces outside make play.

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ATTACK, NEUTRALIZE & RESPONSIBILITY
Concentrate on end. Play same as 6 Technique. Exception--On Option and Sweep you have cut back.

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ATTACK, NEUTRALIZE & RESPONSIBILITY
Concentrate on End. Play same as 5 Technique. Exception--On Option fast play QB.

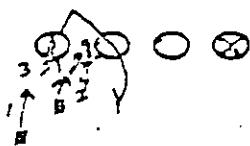


END TECHNIQUE

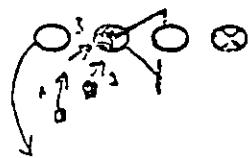
FOLD BLOCK

End Tackle

ATTACK, NEUTRALIZE & RESPONSIBILITY
 Concentrate on End. Take quick 6" step with outside foot. Step inside foot to meet Tackle's check block. Neutralize Tackle with shoulder shiver. Keep body parallel to LOS. Play hole from outside in. Ball bounces outside make play.

Tackle-Guard

ATTACK, NEUTRALIZE & RESPONSIBILITY
 Concentrate on Tackle. Take quick 6" step with outside foot. Step inside foot at guard's kick-out block. Neutralize Guard with shoulder shiver. Keep body parallel to LOS. Play hole from inside out. Ball bounces outside make play.

End-Tackle

ATTACK, NEUTRALIZE & RESPONSIBILITY
 Concentrate on End. Play same as 6 Technique. Exception--On Option and Sweep you have cut back.

End-Tackle

ATTACK, NEUTRALIZE & RESPONSIBILITY
 Concentrate on End. Play same as 6 Technique. Exception--On Option fast play QB.



ENDS TECHNIQUE

TACKLE TURN-OUT BLOCK

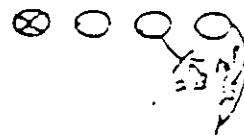
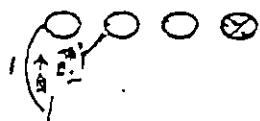
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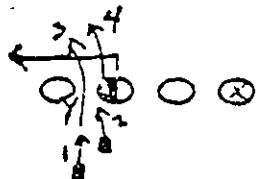
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TECHNIQUE

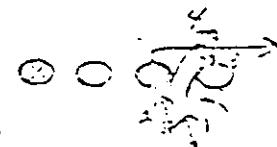
ATTACK, NEUTRALIZE & RESPONSIBILITY

Concentrate on End. Take quick 6" step with outside foot. Use Blast & Grab Tech to inside shoulder of TE. Immediately get hands on blocker, feel outside release of end. Release end and step inside foot at tackle's turn out block. Meet tackle with inside shoulder. Stay parallel to LOS, squeeze hole from outside in. Ball bounces outside make play.



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ATTACK, NEUTRALIZE & RESPONSIBILITY
Concentrate on Tackle. Take quick 6" step with outside foot. Get in hip pocket of pulling Tackle. Escape end's down block. Flatten down LOS. Go to ball. If end blocks down LOS, work across face of end. Go to ball. Look for cut back.



DEFENSIVE END PLAY - (6 Technique)
AGAINST OUTSIDE RUNS

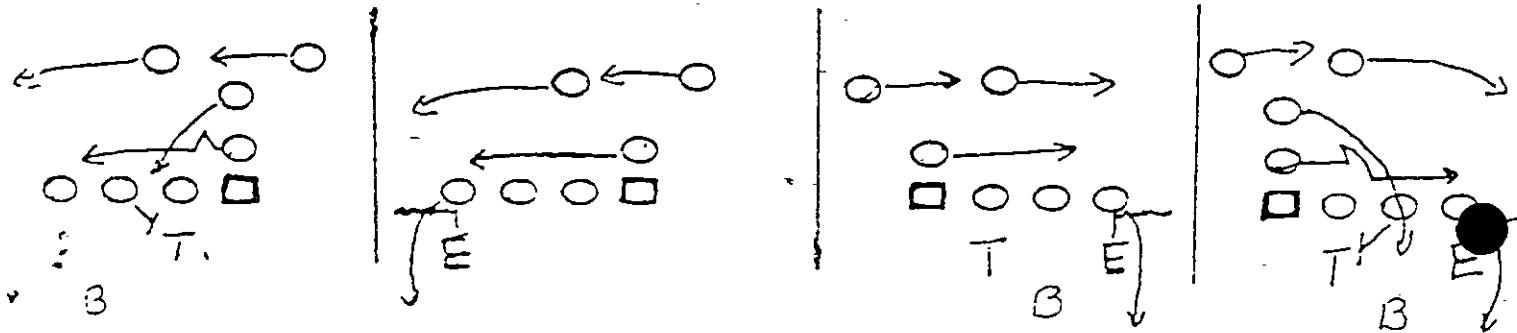
Stance - Outside foot back and staggered, 3-point balanced stance.

Alignment - Feet inside-tracking the normally split tight end. On the split side our alignment is relative to the offensive tackle and we can be in a 2-point stance. If end is flexed we will play it like a split end or backer will give a sink call and then the end will play a loose 5 technique.

Neutralize - Take a short jab step with your outside foot and deliver a blow with blast and grab technique. This is done to stop the initial charge of the tight end on a base block. Next, get both hands on the tight end so we can react to the inside or outside of his block. Deliver and strike initially with a strong thrust of both hands underneath the tight end's pads.

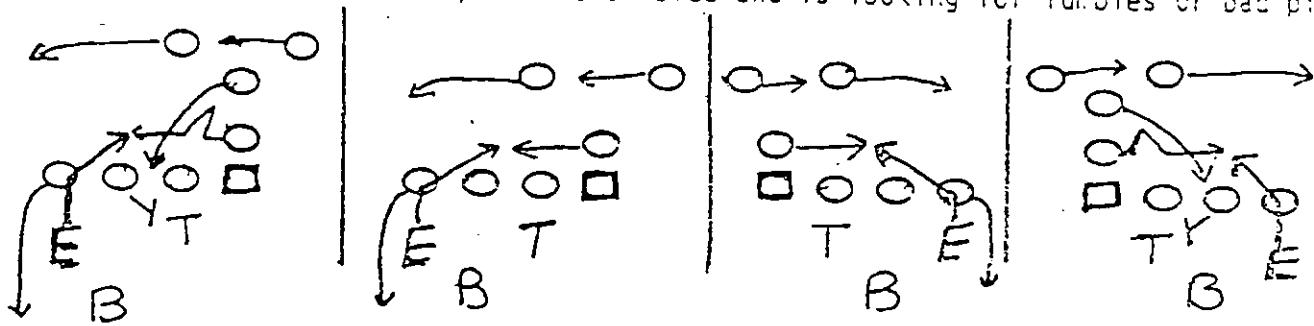
Responsibility (options) - First get hands on the tight end and do not let him release to the inside. If he is releasing to the outside, get your hands on him and ride him to the outside, to slow down his release; this diminishes the effectiveness of the force block. While riding the tight end to the outside, we will turn our eyes back to the inside, and our focal point will be the area between the near back and the quarterback. We should now be able to read "ball on the line" or "ball off the line," as well as the path of the near back.

The end's responsibility is the quarterback on the option and our basic technique is the slow play (push off.) As the quarterback moves down the line, keep shoulders parallel and maintain at least one yard in front and one yard outside of him. The exact distance will be determined by the speed of the quarterback, and if the end feels help from the inside. Occasionally it becomes apparent to the end that someone from the inside is in position to take the quarterback; in this situation, the end should maintain a greater stretch between him and the quarterback so he can help inside out on the pitch. Once the ball is pitched, the end turns flat down the line and sprints to help on the pitch.

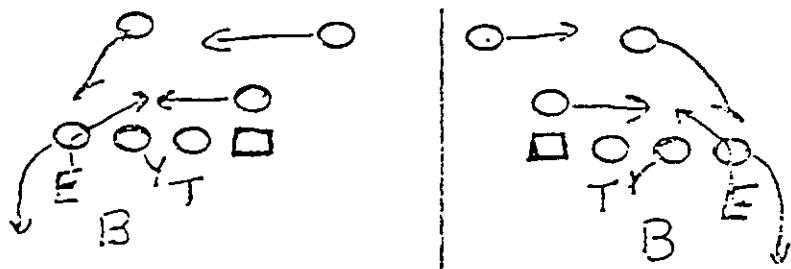


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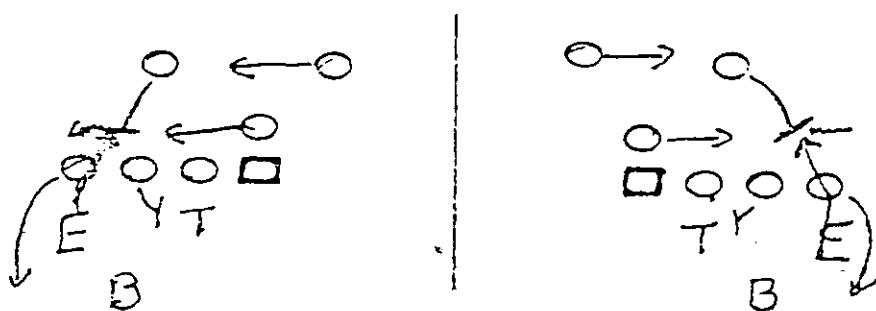
Another way we play the option is the quick play ('7 Technique'). Once we read option, instead of waiting for the quarterback to move down the line, we attack his deep shoulder on a path that will squeeze the fullback to the inside. We attempt to reach the quarterback higher and are alert to snap the pitch with our free hand. We use this as a change of pace to break the quarterback's tempo. The offside end is looking for fumbles or bad pitches.



We will use two ways to play the load block. If the near back has taken a poor angle, the end can "beat the load block" and quick play the quarterback.

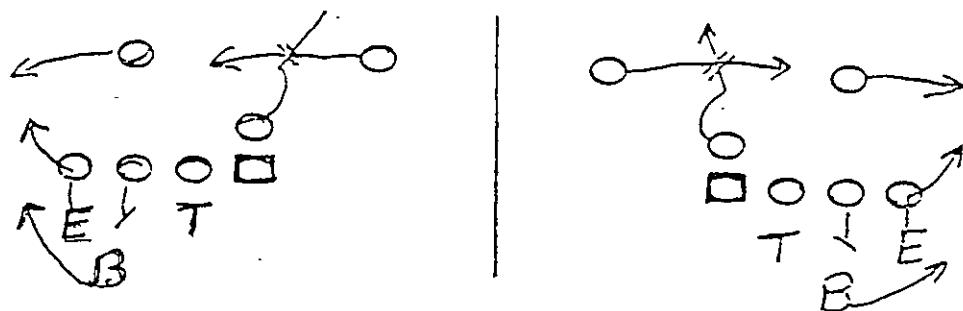


The other way to play the load block is to "attack the load" and force the quarterback to bounce around the pile-up. When the end reads loaded, he should charge up the field and take the back on with the inside forearm and be ready to help on the quarterback when he tries to bounce around the pile. The end won't widen too much; inside pursuit should be able to handle the quarterback if he ducks inside.



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(Sweeps) - In playing the sweeps we want our end to control the tight end and not be driven off the line of scrimmage. Use forearm to stop charge. Get hands on the end and hold until ball widens. Do not widen too fast and create a cutback lane for the back. Work up the field.



- I. Once the ball is thrown, sprint in the direction of throw to block for an interception return. Make tackle or recover a fumble.

Work on strengthening the hands and arms daily. This will help make you more effective with your hand grabs, swipes, pulls, and throws. Do not become stereotyped in your rush, however; one perfected move with a counter is all you need to go with the change you get from various blitzes. Whatever your physical traits may be, mental toughness, and desire to excel have no peer.

III. KNOW YOUR OPPONENT

It is important that you should know all types of blocking techniques that are used in protecting the passer; however, it is equally important that you know your opponent. Each game will present you with a different blocker, and it is vital that you study his techniques and search for a weakness that you can exploit.

PASS RUSH

- A. PASS RUSH TECHNIQUES. - The techniques described below are the ones that are commonly used. These techniques will serve as a guide for you. However, utilize your own style, or whatever will make you an effective pass rusher.
- B. The most important single thing about pass rush techniques is to keep progressing toward the passer while you make your moves.
- C. DEFENSIVE ENDS RUSH LANE - Your normal rush lane will be from the outside. Push at an angle that will force the QB but at the same will keep him in the pocket. There will be times you can go inside of your blocker either because you have taken him upfield on your initial move or by defensive design. There will also be situations and certain QB's that outside rush lane will mean nothing. Getting to him - forcing him to run out of the pocket - will be our objective.
- D. DEFENSIVE TACKLES RUSH LANE - Your normal rush lane will be from the inside - your objective is to get depth, get by blocker or force him back into QB - force QB out of pocket or be in his face so he can't

DEFENSIVE LINE

1. HARD CHARGE

The hard charge is a power surge through the offensive blocker, driving him back on his heels, and not picking a side until you make a read on the QB as to which side he is opening up to. It is designed to defeat the "set-back" blocker that will give ground and just try to occupy you. This is an all-out assault to whip your man physically and must be the first technique you master because it sets your man up for all other escape moves. You must keep your feet going upfield. Keep driving him back to the QB until he commits his power to stop your charge. When he extends, jerk his pads and release to the QB. Hold your leverage and momentum throughout the rush.

2. SWAT AND SWIM

This move is designed to defeat the blocker that sets quickly on the line of scrimmage and extends. Explode to one side of the blocker, leading with a tremendous swat to his shoulder pads, grab the back of that pad, pull with the swat hand, and swim over the top of the pads with the other arm. Follow through and "jack yourself by" the blocker. Be ready to counter if you do not clear him.

3. SWAT AND RIP

The swat and rip is a companion to the swat-and-swim and is especially effective against the high pass blocker, the pre-shift, and the one that sets on the line of scrimmage. Again, explode to one side or the other with the swat, then dip the opposite shoulder and thrust the arm underneath and by the blocker's body, then follow through with the elbow behind his back and "jack yourself by" and accelerate to the QB.

4. BUTT AND PULL

The butt and pull comes off the hard charge. As you hard charge, you anticipate his setting and extending toward you. When he extends, you grab his cloth and jerk him toward the line of scrimmage, turning his pads as you do so which gets him off balance. Release and accelerate to the QB. You must sprint off on the ball or he will not extend on you.

5. SPRINT PASS

This rush is a reckless speed rush, used usually late in the half or the end of the game when you are ahead and they are forced to pass, and everybody in the stands on on the field knows it. You are actually fanatic about getting pressure on the QB, anyway and anyhow. Even if he scrambles, you have disrupted the timing and he usually is still trying to pass rather than run. This call gives you more freedom for a daring, reckless rush but simply must create pressure on the passer.

DEFENSE ENDS AND TACKLES RUSH TECHNIQUE

- I. **SHOULDER DRIVE** - Strong surge over outside shoulder of offensive tackle. It is designed to defeat the rider-type blocker that lacks strength or sets inside too much. This is an all-out assault to whip your man physically and must be your first technique because it sets your man up for all other escape moves.
 - A. No head rakes, pulls, or throws but simply a power thrust at the point where the QB sets up.
 - B. Force the blocker back into the quarterback.
 - C. Once you have been successful, you have forced the blocker to commit his strength to stop you. He is ready for the fake shoulder drive and throw off, shoulder, arm or hand swipe.
 - D. It is vital that the inside shoulder is forward and under the blocker. Hold your leverage and momentum throughout the rush.
- II. **QUICK DRIVE** - This is a speed escape designed to outrun the blocker that sets inside too much, has slow footwork or crosses over to engage the rusher. It should also be used when QB does not step back up into the pocket to give blocker advantage.
 - A. It is to your advantage to widen your position slightly or drive directly off-field to avoid immediate contact with blocker. You are sprinting to a point and attempting to defeat your opponent's poor footwork and quickness. The ideal time to exploit this is on a blitz or fly rush.
 - B. Once you have him running to drive you beyond the QB, he is very susceptible to a throw and inside escape.
 - C. A quick head fake inside on your initial move is often effective.
- III. **FOREARM BLOW AND HAND SWIPE** - This move is designed to work against a blocker who sets up critically on the line of scrimmage. Charge into blocker delivering a blow with rear forearm into the head of the blocker, almost simultaneously coming across with the heel of the other hand into the side of the head - charging to the outside around the blocker to the passer.
- IV. **HAND GRAB PULL** - This move is opposite the throw. You are faking a rush and pulling the blocker towards you and the line of scrimmage. It is designed to defeat a blocker that uses a Pop & Recoil-type aggressive block or one that gets his head down and his weight committed forward.
 - A. Fake an inside or out rush with a strong hand grab on the shoulder pads - good head fake important.
 - B. jerk blocker towards line of scrimmage simultaneously stepping away from him on side you intend to escape.
- V. **HAND BLOW AND HAND SWIPE** - Charge into the blocker delivering a blow into the side of the blocker with the heel of your rear hand, almost simultaneously coming across with the other hand into the side of the head of the blocker - don't ruin your charge to the outside around the blocker.

VI. BUTT AND REACH - It is especially effective against a "Rider"-type blocker. Your initial blow will force him to extend himself or get run over.

A. Drive the front part of your helmet into blocker's chin. Keep good body, lean and good leg drive. As you butt your opponent, grab his jersey and arms just below and behind his shoulder pads. As you feel him bracing himself or pushing back, pull his shoulder toward you and at the same instant reach over the shoulder you are pulling with the opposite arm - escape to the pull side. Use the reach arm as leverage to strike him in the back and keep him from recovering. When you make your pull and start by him you must, as on all escapes, really turn on a burst before he can recover.

Pass Rush Moves

- I. Bull Rush
- II. Head Butt & Jerk
- III. Quick Slap Arm Over
- IV. Quick Slap Arm Under
- V. Quick Counter
- VI. Upfield Counter
- II. Spin Move

SECTION VII
LINEBACKERS