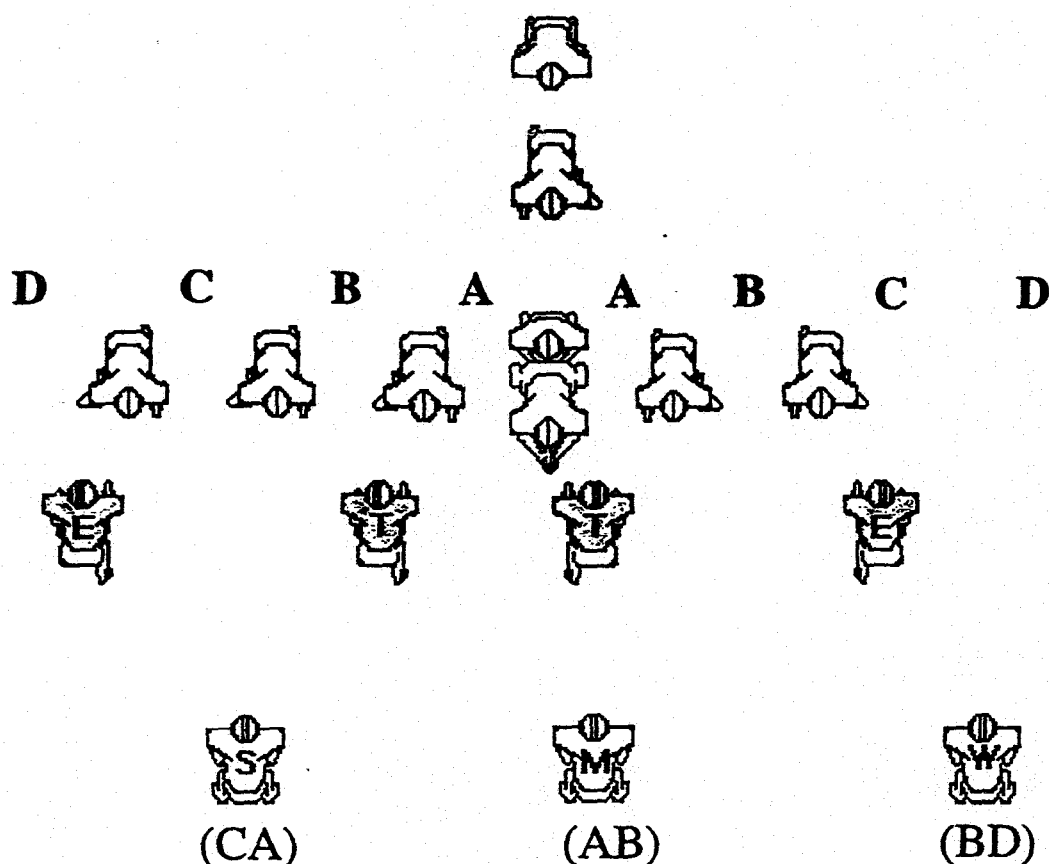


Jimmy Johnson  
DALLAS COWBOYS  
"43 OVER/STACK"

## DEFENSIVE FRONT



## LB ALIGNMENTS:

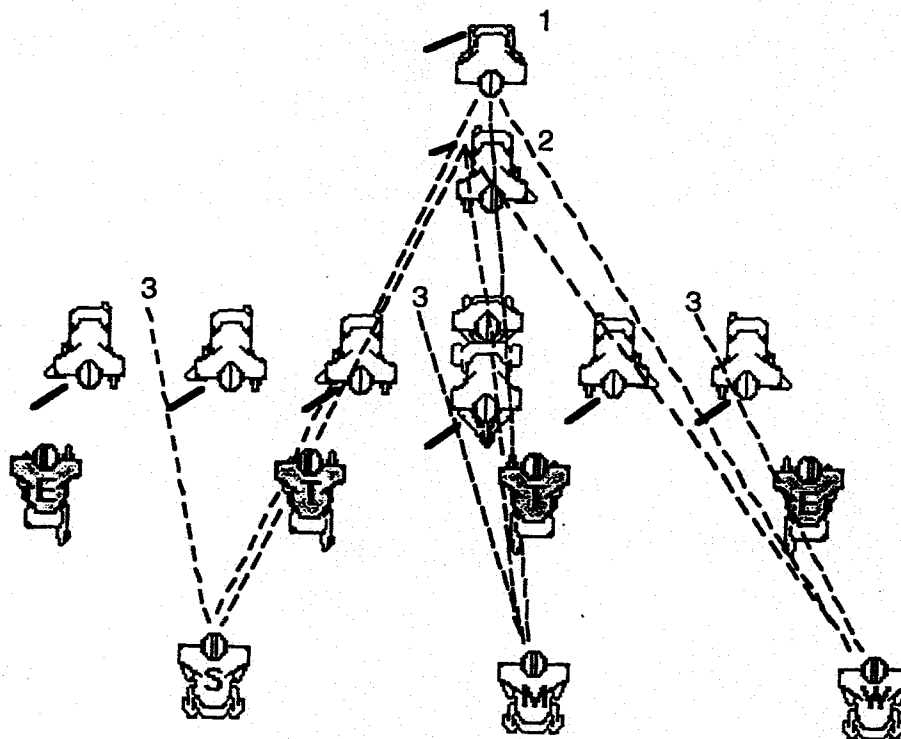
**SAM** - Nose to outside eye of OT; heels at 5 yds.

**MIKE** - Stack on 1 tech (weak); heels at 5 yds

\* (MB may be tighter vs. an influence trap team)

**WILL** - Put inside foot on the outside foot of your DE; heel at 5 yds.

## LINEBACKER KEY PROGRESSION



### LB KEY PROGRESSION

1. TAILBACK OR NEAR RB
2. 2ND BACK
3. GAP RESPONSIBILITY (OPEN OR CLOSED)  
SEE PULLS THROUGH YOUR GAP

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### FLOW KEY DEFINITIONS:

1. FULL FLOW: BOTH BACKS SAME DIRECTION WITH CUTBACK THREAT,
2. FAST FLOW: BOTH BACKS SAME DIRECTION WITH NO CUTBACK THREAT,
3. COUNTERFLOW: BOTH BACKS START ONE DIRECTION THEN RE-DIRECT,
4. DIVIDE FLOW: BOTH BACKS IN OPPOSITE DIRECTIONS WITH A QB MESH.

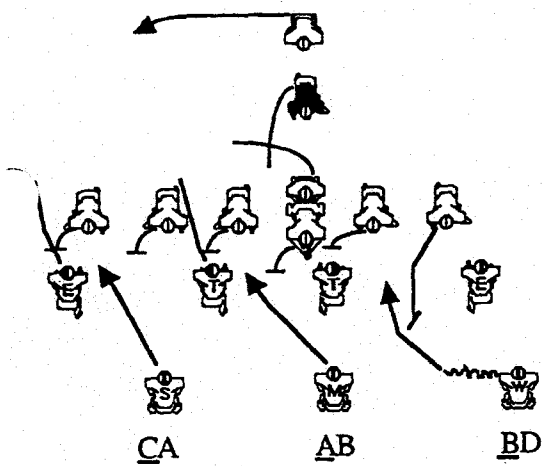
# FLOW KEY DEFINITIONS:

FULL FLOW: FB BELLY (g)  
 FB TRAP  
 FB (BASE) DIVE  
 INSIDE ZONE  
 POWER (G)  
 ISO, LEAD

FULL FLOW = BOTH BACKS SAME DIRECTION , CUTBACK THREAT, (LB CAN READ NUMBERS)

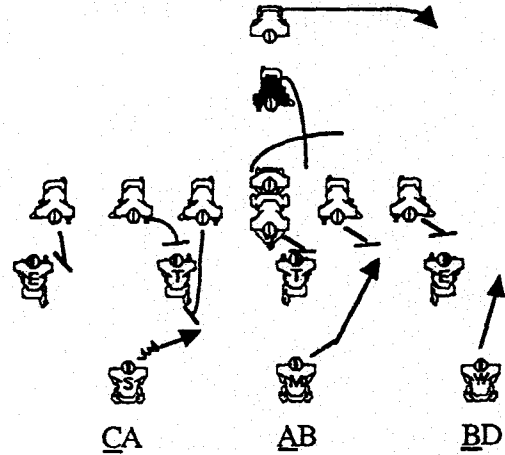
FB BELLY STRONG: (FB CUT-BACK THREAT)

WLB SHUFFLE, BEAT OT



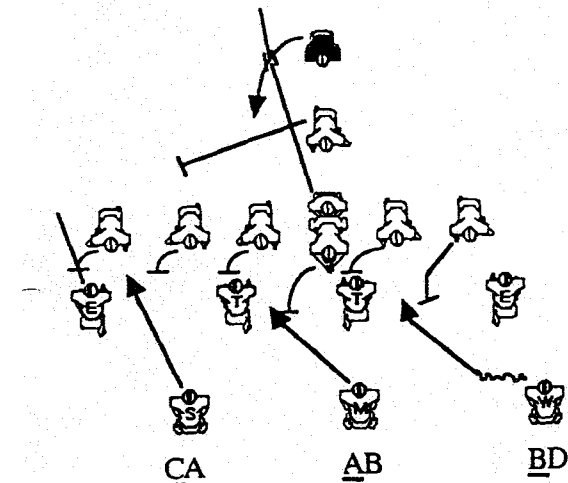
FB BELLY WEAK: (FB CUT-BACK THREAT)

SLB SHUFFLE, STACK, READ "A" GAP



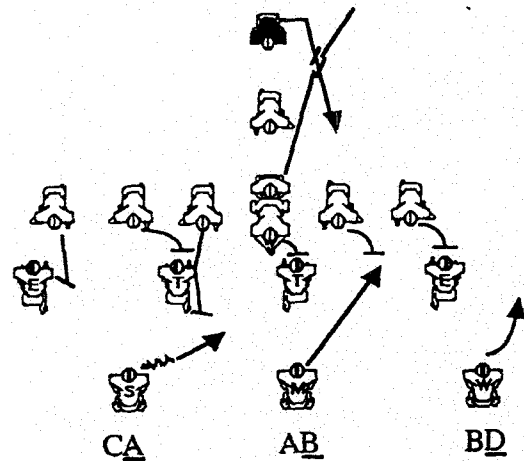
STRONG ZONE: (TB CUT-BACK THREAT)

WLB SHUFFLE, BEAT OT



WEAK ZONE: (TB CUT-BACK THREAT)

SLB SHUFFLE, STACK, READ "A" GAP

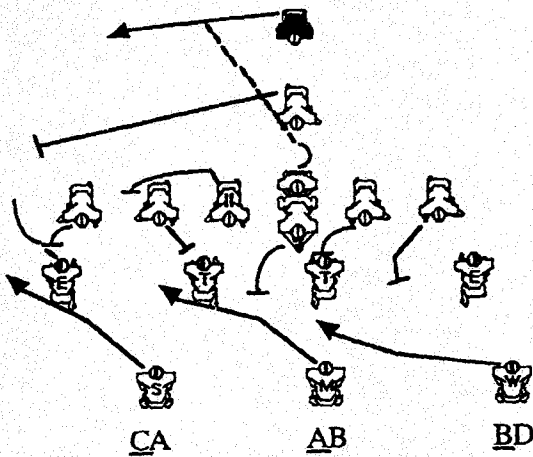


# FLOW KEY DEFINITIONS:

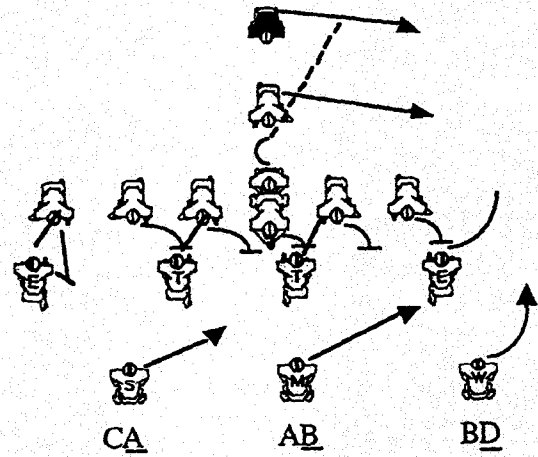
FAST FLOW: TOSS SWEEP  
 SPEED OPTION  
 OUTSIDE ZONE (STRETCH)  
 BELLY G OPTION

FAST FLOW: BOTH BACKS SAME DIRECTION, NO CUT-BACK THREAT, CAN NOT READ NUMBERS. BOTH BACKS CROSS-OVER AND RUNNING.

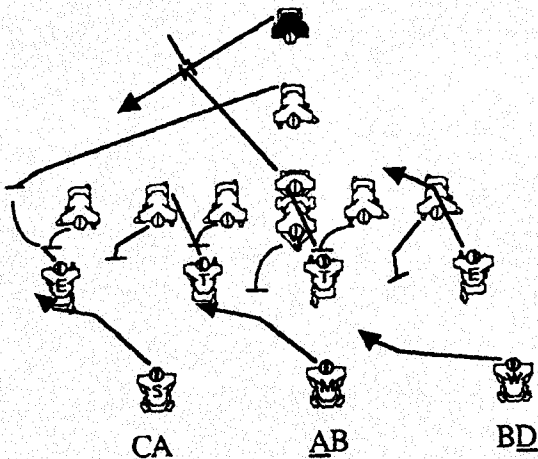
TOSS STRONG: (NO CUT-BACK THREATS)  
 ALL LB'S CROSS-OVER AND RUN, MIRROR RB'S.



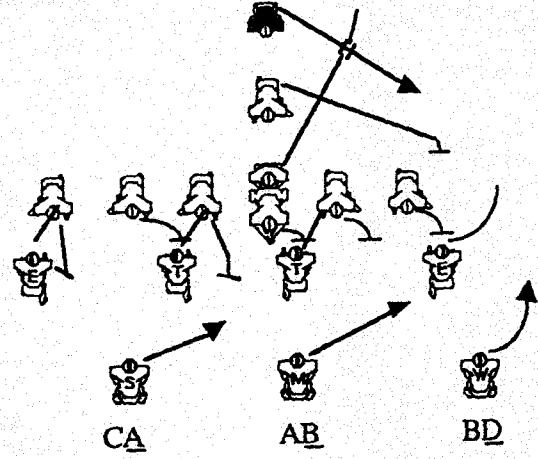
TOSS WEAK: (NO CUT-BACK THREAT)  
 ALL LB'S CROSS-OVER AND RUN. MIRROR RB'S.



OUTSIDE ZONE STRONG: (NO CUT-BACK THREAT)  
 ALL LB'S CROSS-OVER AND RUN. CANNOT READ NUMBERS.



OUTSIDE ZONE WEAK: (NO CUT-BACK THREAT).  
 ALL LB'S CROSS-OVER AND RUN. CANNOT READ NUMBERS.

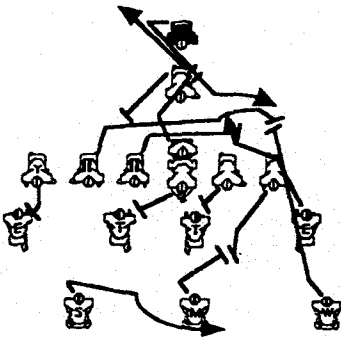


## FLOW KEY DEFINITIONS

COUNTER FLOW:      COUNTER SWEEP  
                          COUNTER TRAP  
                          STUTTER  
                          WAGGLE PASS

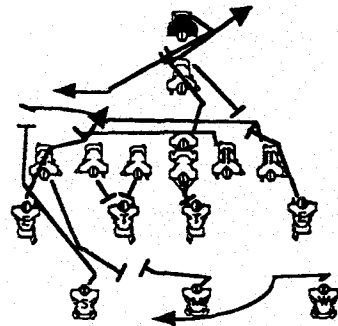
COUNTER FLOW = BACKS BEGIN ONE WAY, THEN RE-DIRECT. LB RULES FOR COUNTER FLOW: OLB'S "OVER THE TOP". MLB LOOK TO "BORE UNDER" DOWN BLOCKS (TE OR OT).

### COUNTER SWEEP STRONG:



SLB COUNTER STEP, "OVER THE TOP" AND SPILL PULL. MLB COUNTER STEP & "BORE UNDER" TE DOWN BLOCK. WLB COUNTER STEP, "OVER THE TOP" AND PLAY THE SPILL OF SLB.

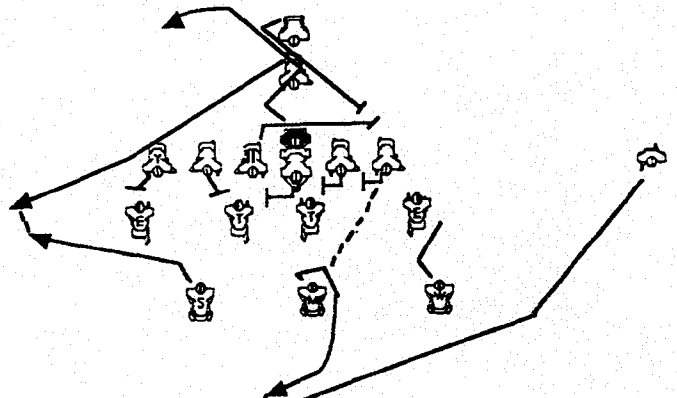
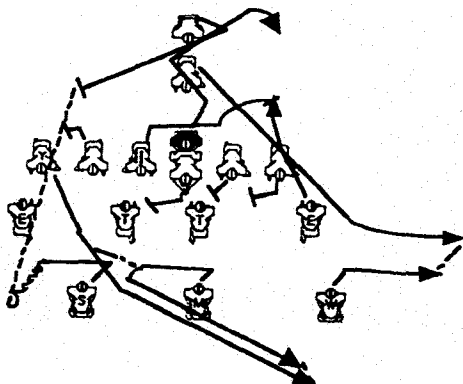
### COUNTER SWEEP WEAK:



SLB COUNTER STEP, "OVER THE TOP" PLAY SPILL OFF WLB. MLB COUNTERSTEP & "BORE UNDER" OT DOWN BLOCK. WLB COUNTER STOP, "OVER THE TOP" AND SPILL THE PULL.

WAGGLE PASS STRONG: ALL LB'S SHOULD TRY TO PICK UP DEPTH & SPEED OF FB ON HIS PATH. AS MLB TAKES HIS COUNTER STEP AND LOOKS FOR TE DOWN BLOCK HE WILL SEE THE TE UPFIELD. MATCH UP WITH HIS RELEASE AND YOUR "ZONE" DROP BECOMES MAN.

WAGGLE PASS: ON A "WAGGLE" PASS THE FB' PATH IS USUALLY DEEPER AND MUCH FASTER THAN HIS RUN BLOCK PATH. HE IS SLOWER AND TIGHTER TO THE LOS ON THE COUNTER RUN AND MUCH MORE UNDER CONTROL.



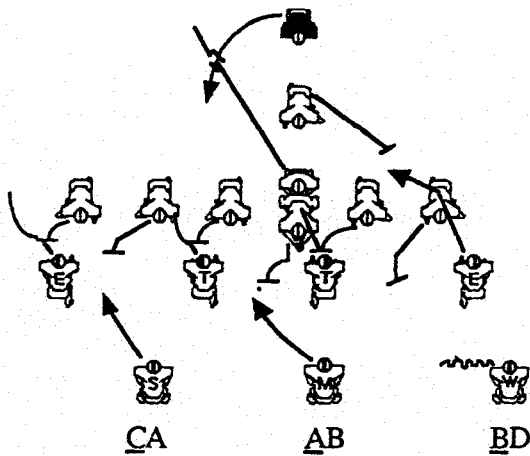
# FLOW KEY DEFINITIONS

## DIVIDE FLOW:

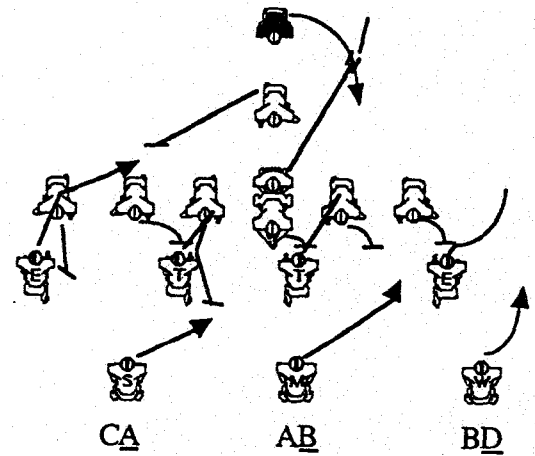
BEND  
DIVIDE ZONE  
DOUBLE DIVE

DIVIDE FLOW = BOTH BACKS IN OPPOSITE DIRECTIONS WITH A QB MESH. OLB AWAY FROM QB SHUFFLE AND PLAY BEHIND ZONE FOR CUT-BACK.

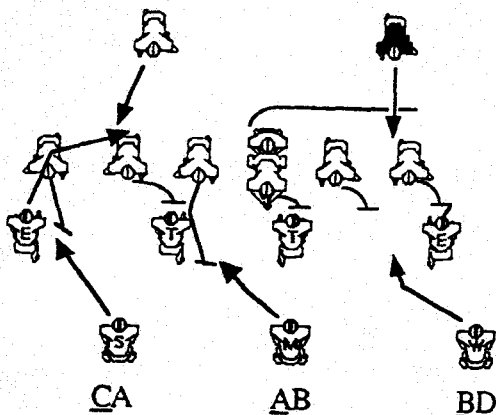
BEND OR DIVIDE ZONE STRONG: LB'S STEP WITH TB (PRIMARY KEY) AND REACT WITH QB MESH. WLB PLAY BEHIND OT'S BLOCK. PLAY CUT-BACK. DE MUST BE UNDER FB'S BLOCK AND BECOME "B" GAP PLAYER.



BEND OR DIVIDE ZONE WEAK: LB'S STEP WITH TB (PRIMARY KEY) AND REACT WITH QB MESH-SLB PL BEHIND DT AND PLAY CUT-BACK.



DOUBLE DIVE: HAVE ALL LB'S KEY STRONG BACK AND REACT OFF QB MESH.



DOUBLE DIVE: ALL LB'S KEY STRONG BACK AND REACT OFF QB MESH.

