



SEATTLE
SEAHAWKS

**DEFENSIVE
PLAYBOOK
2013**



SEATTLE SEAHAWKS

DEFENSE

2013



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SEATTLE SEAHAWKS

DEFENSE

2013



MAN COVERAGES



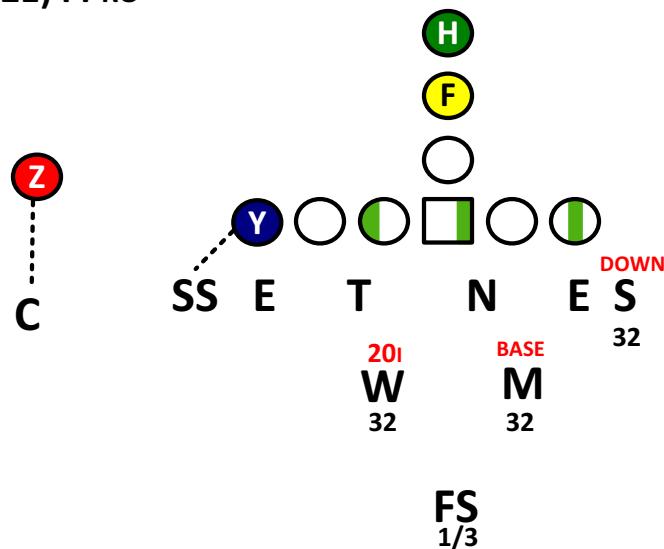
SEATTLE
SEAHAWKS 2013

MAN COVERAGES

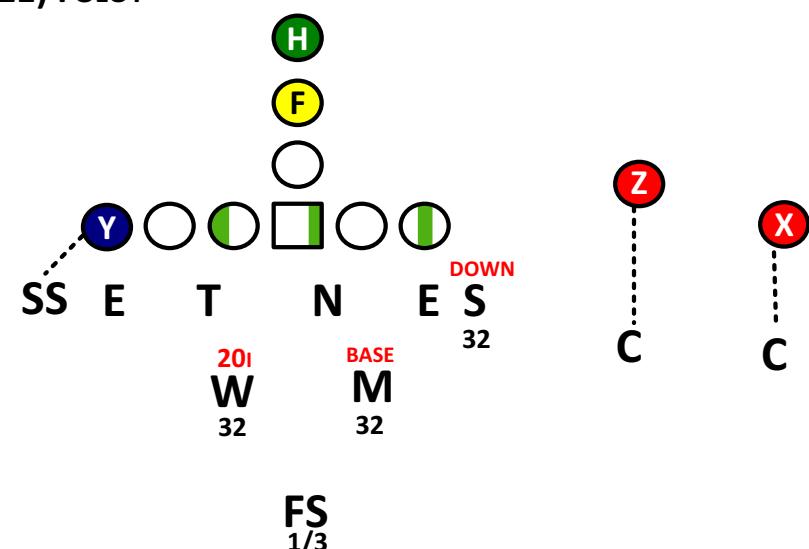
- **W/CHEAT STONE 1 Y BUMP**
- **OVER 1 Y (BLACK)**
- **LOAD 1 FLEX (LOAD CHINA)**
- **UNDER 1 FLEX (CHINA)**
- **UNDER 1 SOLID (TOKYO)**

W/ CHEAT STONE 1 Y BUMP

(21) I PRO



(21) I SLOT



ESSENCE:

1. W/ CHEAT STONE 1 Y BUMP IS A BASE OVER MAN FREE DEFENSE.
2. SAFETY DOWN TO THE SOLID SIDE

COACHING POINTS:

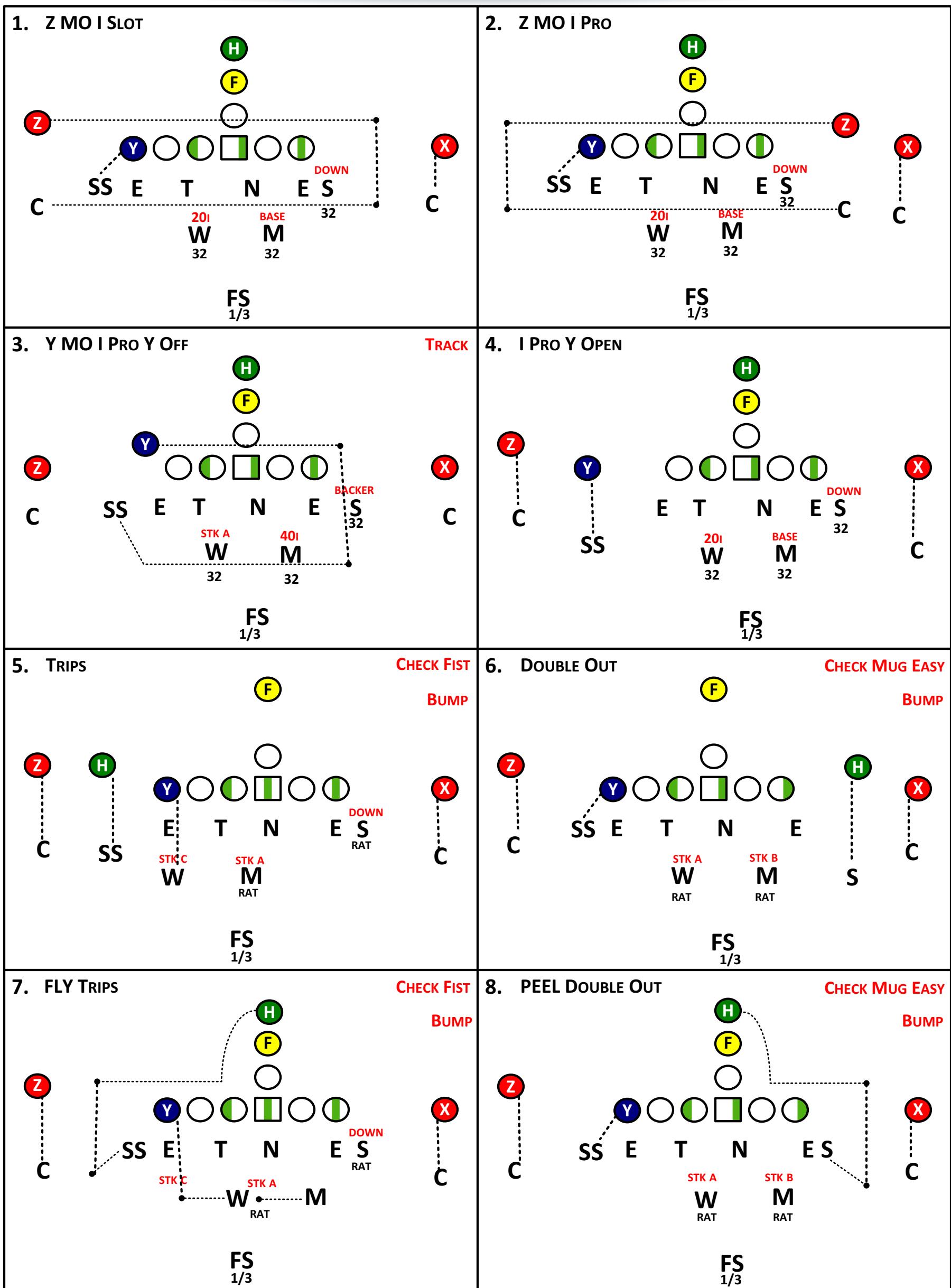
1. SOLID CALL TO THE "Y"
2. SS: MAN TE
3. LBs: 3 ON 2 THE BACKS

ADJUSTMENTS:

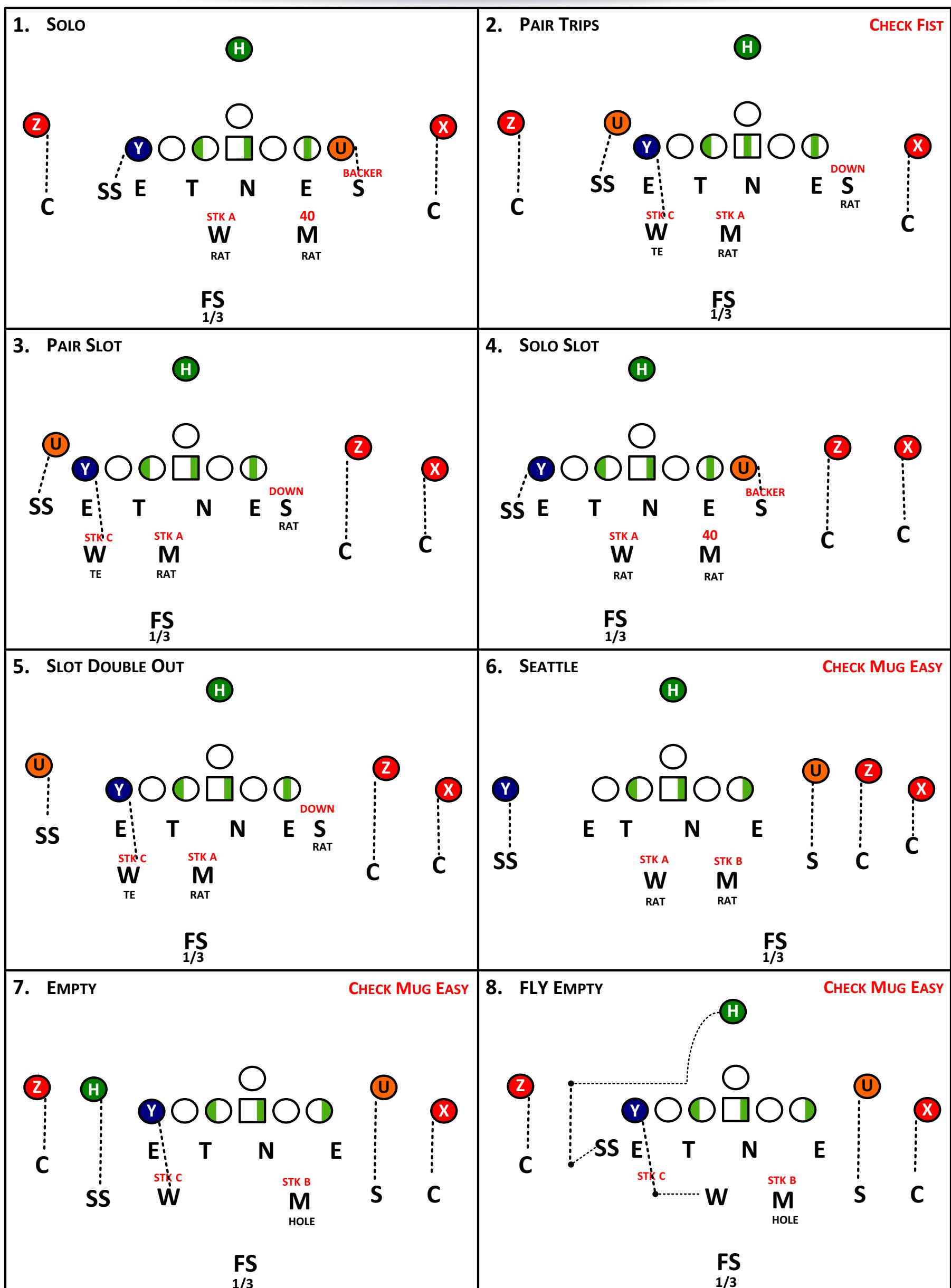
1. Vs. Y MOTION: SAFETIES TRACK
2. BUMP RULES APPLY TO ALIGNED OR MOTION TO 1 BACK:
 - Vs. PEEL MOTION: SAM ADJUST
 - Vs. FLY MOTION: SAFETY ADJUST
3. SAM ALIGNMENTS:
 - DOWN: CHEAT (EXCEPTION IS TRIPS)
 - BACKER: CHEAT
 - WIDE: MUG EASY
3. Vs. TRIPS: CHECK FIST



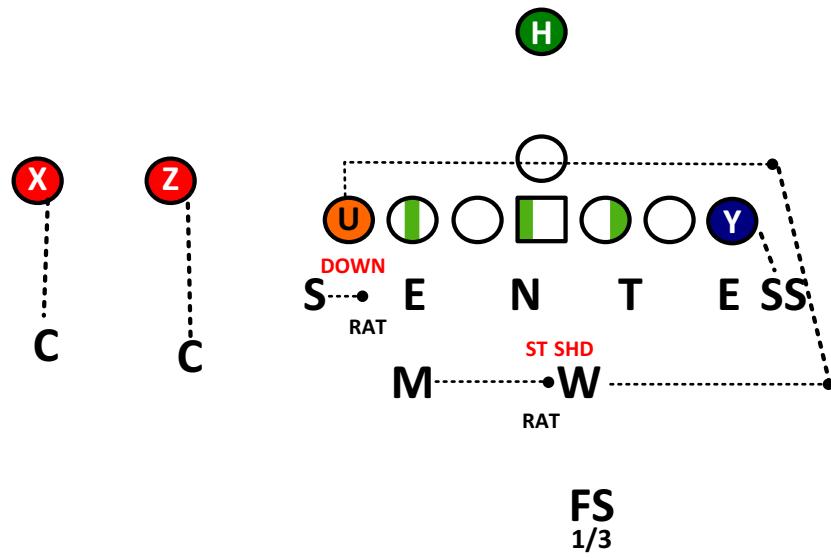
W/ CHEAT STONE 1 Y BUMP



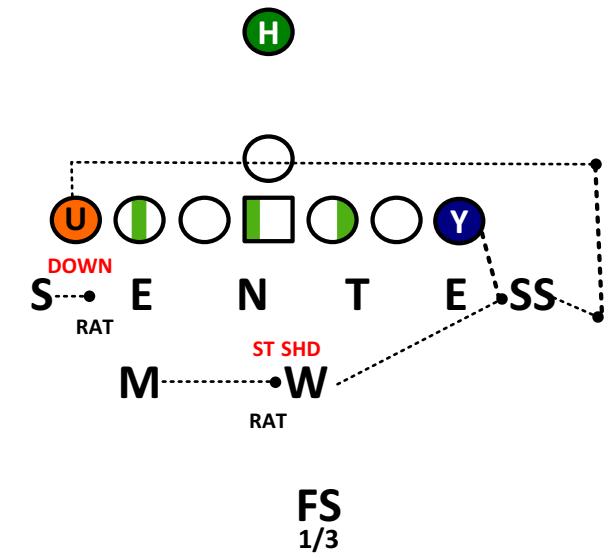
W/ CHEAT STONE 1 Y BUMP



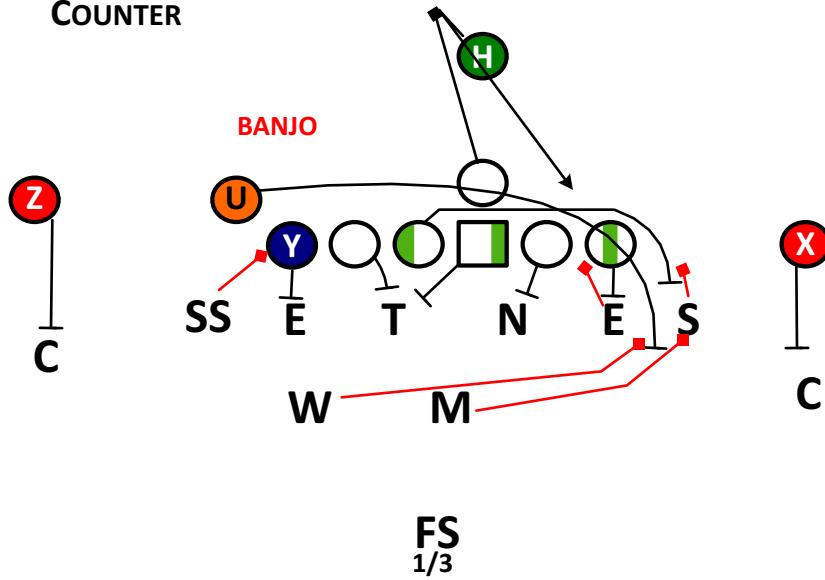
SS STAY IN CREESE



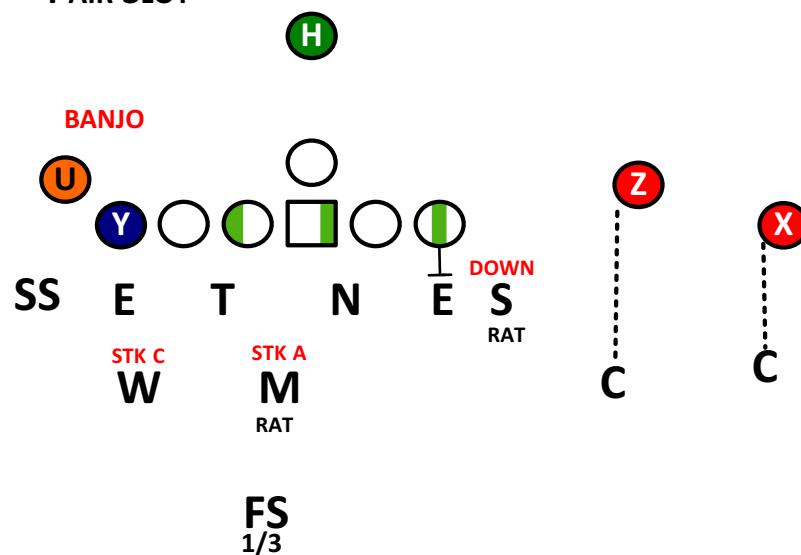
BUMP



COUNTER

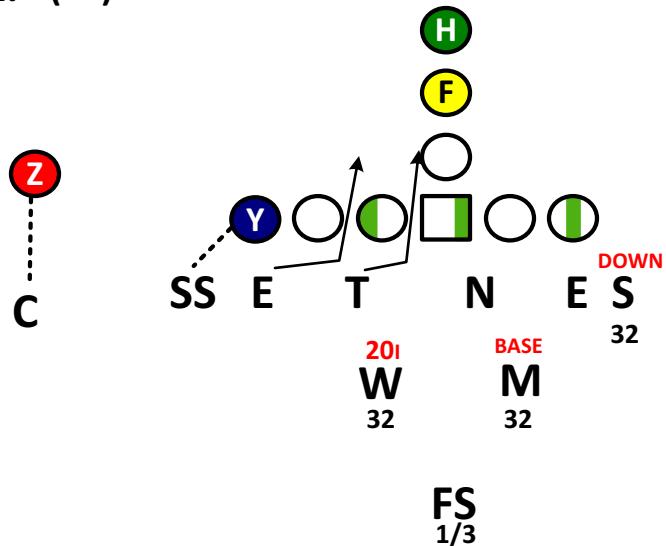


PAIR SLOT

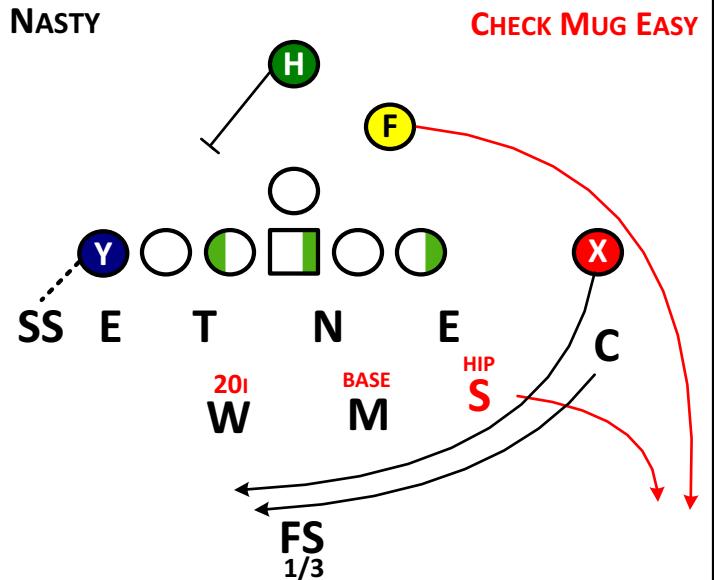


W/ CHEAT STONE 1 Y BUMP

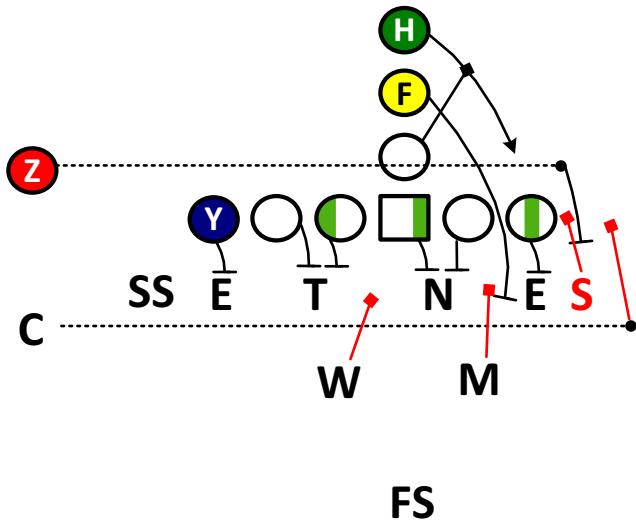
1. (21) I PRO



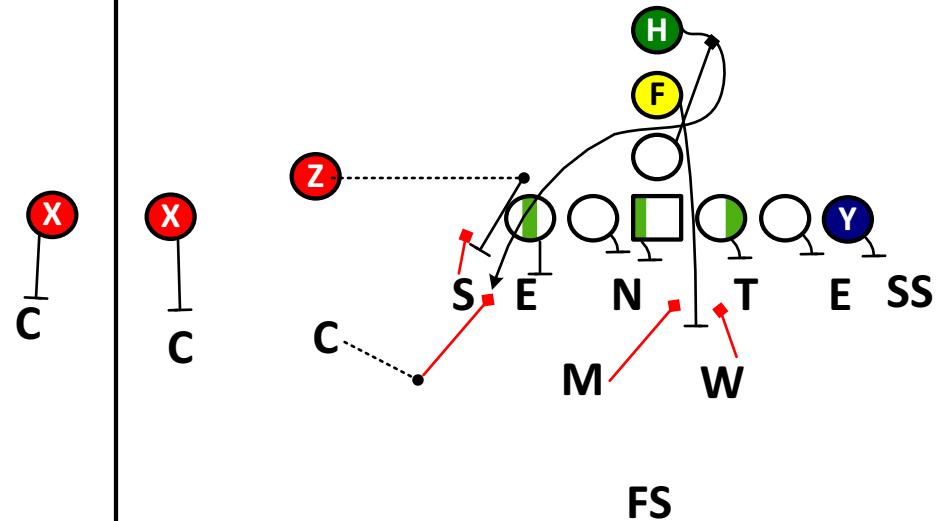
2. I FAR X NASTY



3. Z MO I SLOT

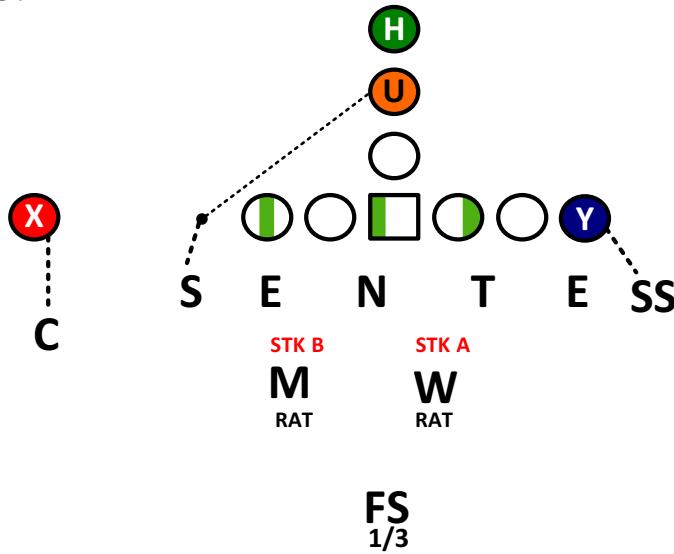


4. I SLOT ZIP

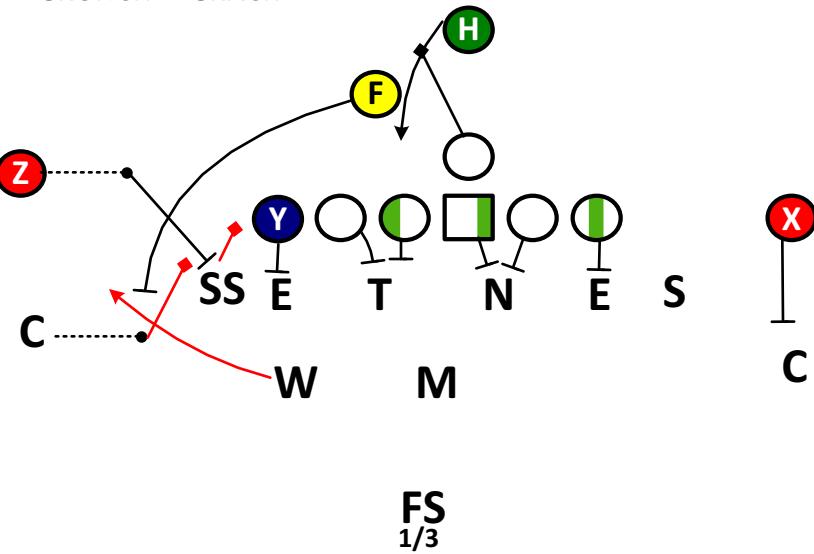


5. CHEAT STONE 1 Y BUMP

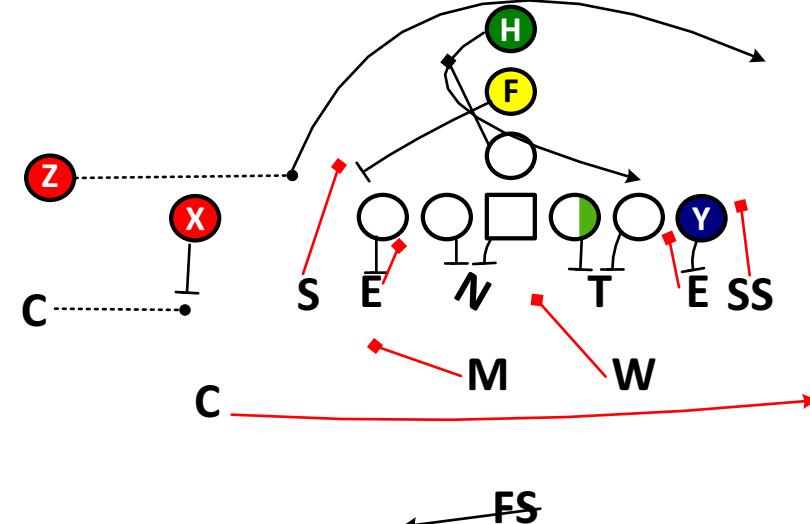
BUMP



6. CRUNCH Z CRACK



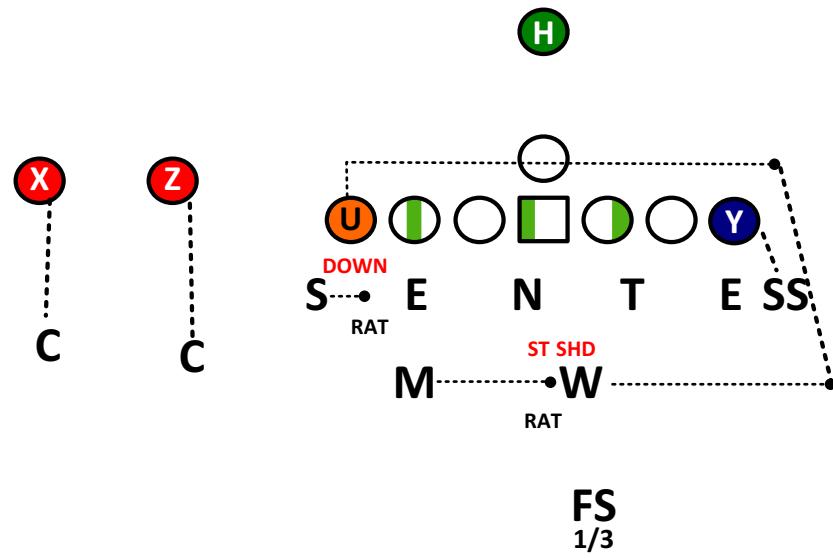
7. LEAD PHONY



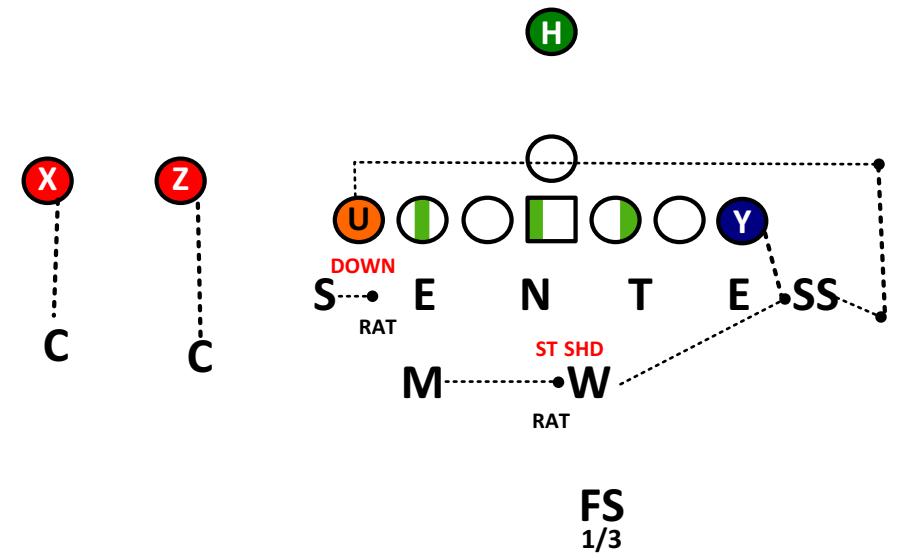
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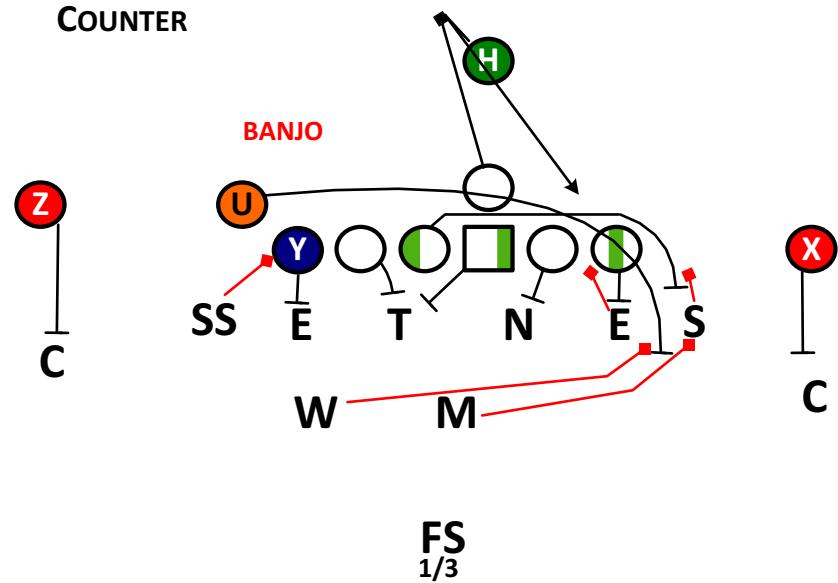
SS STAY IN CREESE



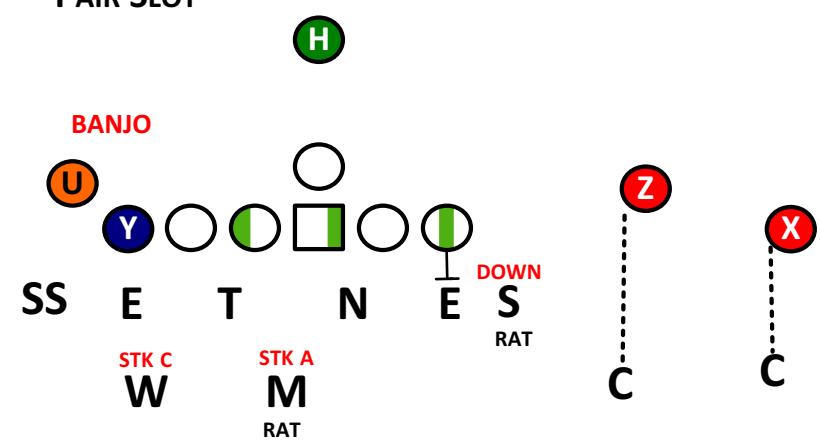
BUMP



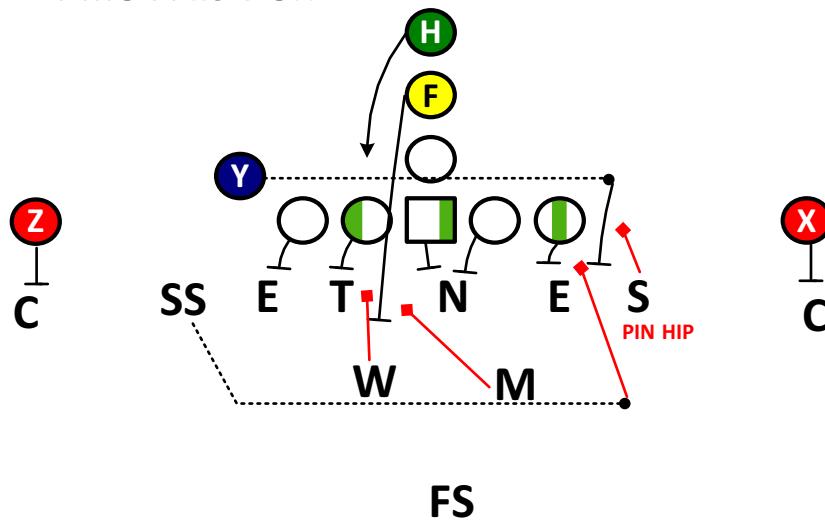
COUNTER



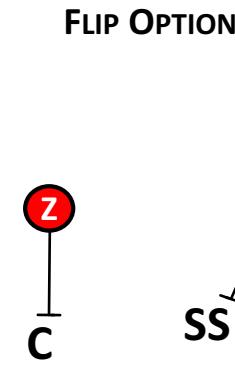
PAIR SLOT



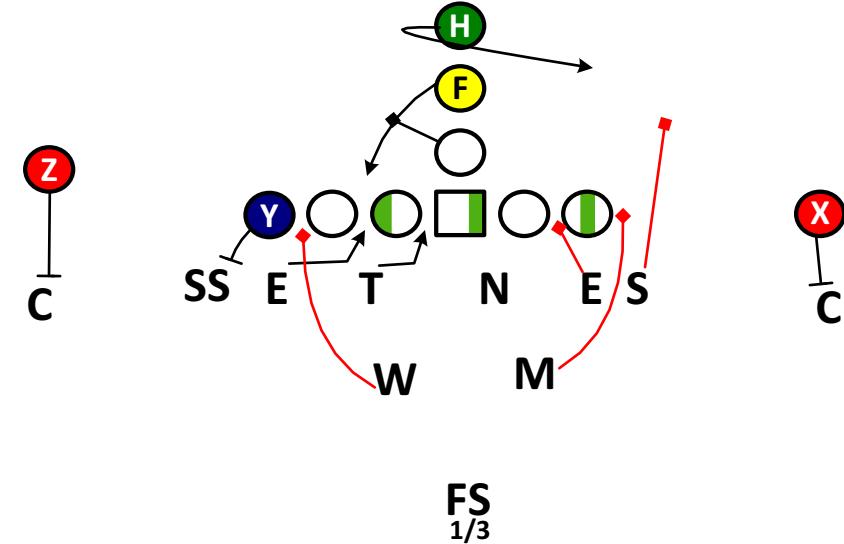
Y MO I PRO Y OFF



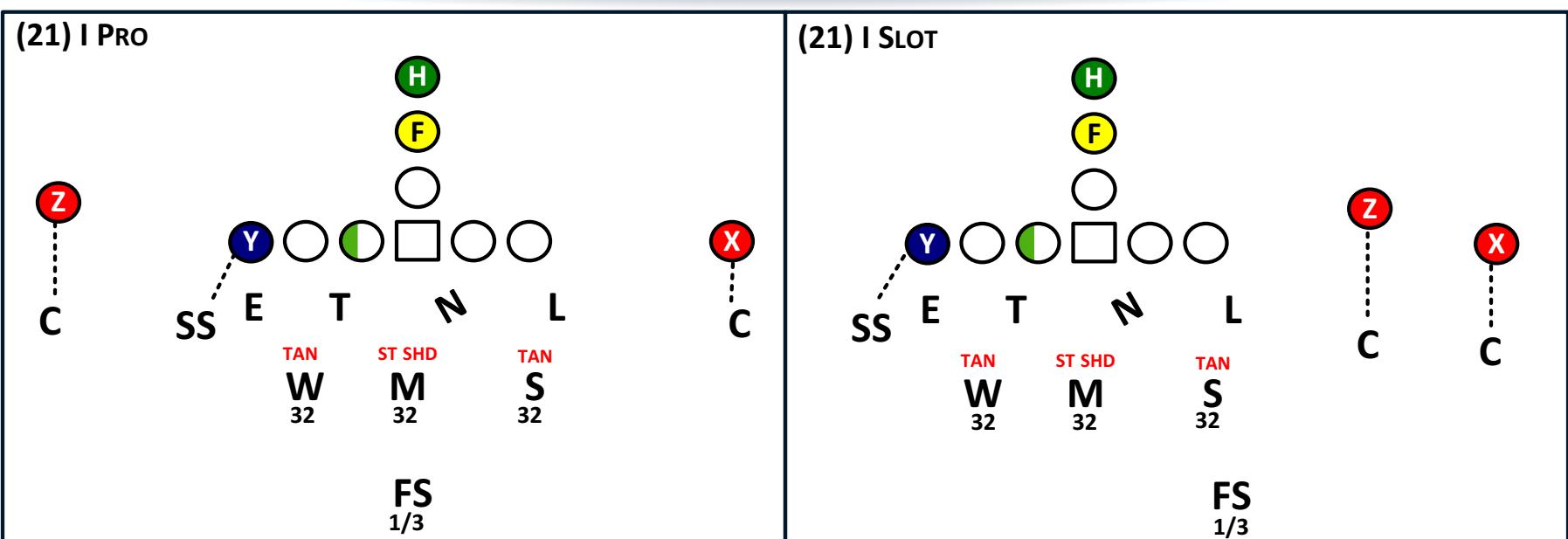
TRACK



FLIP OPTION



OVER 1 Y (BLACK)



ESSENCE:

1. BLACK IS AN 8 MAN OVER FRONT DEFENSE.
2. THE COVERAGE IS MAN TO MAN WITH 1 Y COVERAGE.

COACHING POINTS:

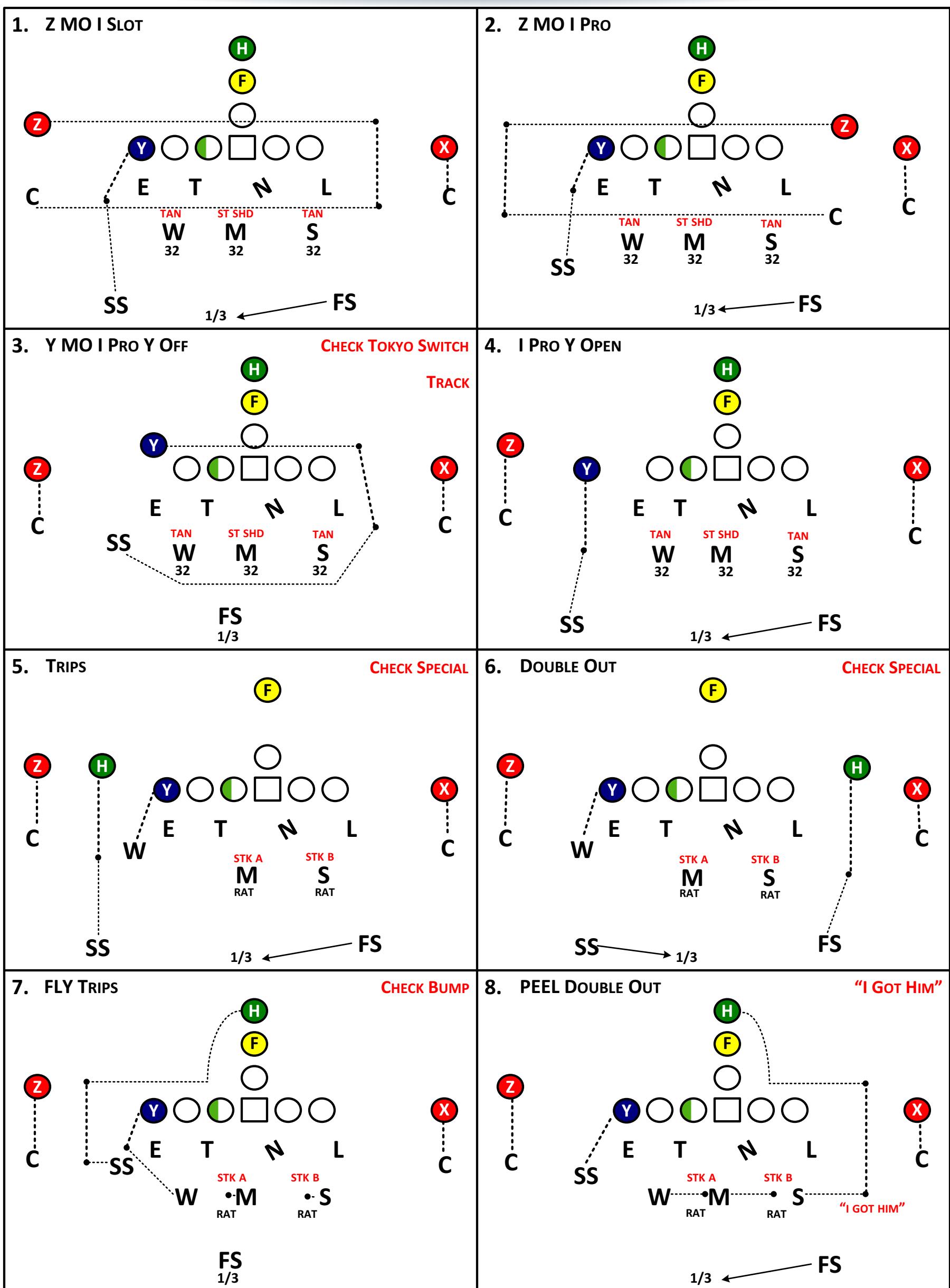
1. SOLID CALL TO THE "Y"
2. ALL 2 BACK SETS SAFETY COVERS Y. LBs 3 ON 2 THE BACKS
3. SAFETY SPILL EVERYTHING WHEN MAN TO MAN ON Y.
4. **Vs. 2 Back Y SLIDE: SAFETY TRACK.**
Vs. 1 Back Cut: Fall Back
5. **Vs. Bunch Trips: Stab 'N' Deuce.**
6. **Vs. Stacks: Man On Principle.**

ADJUSTMENTS:

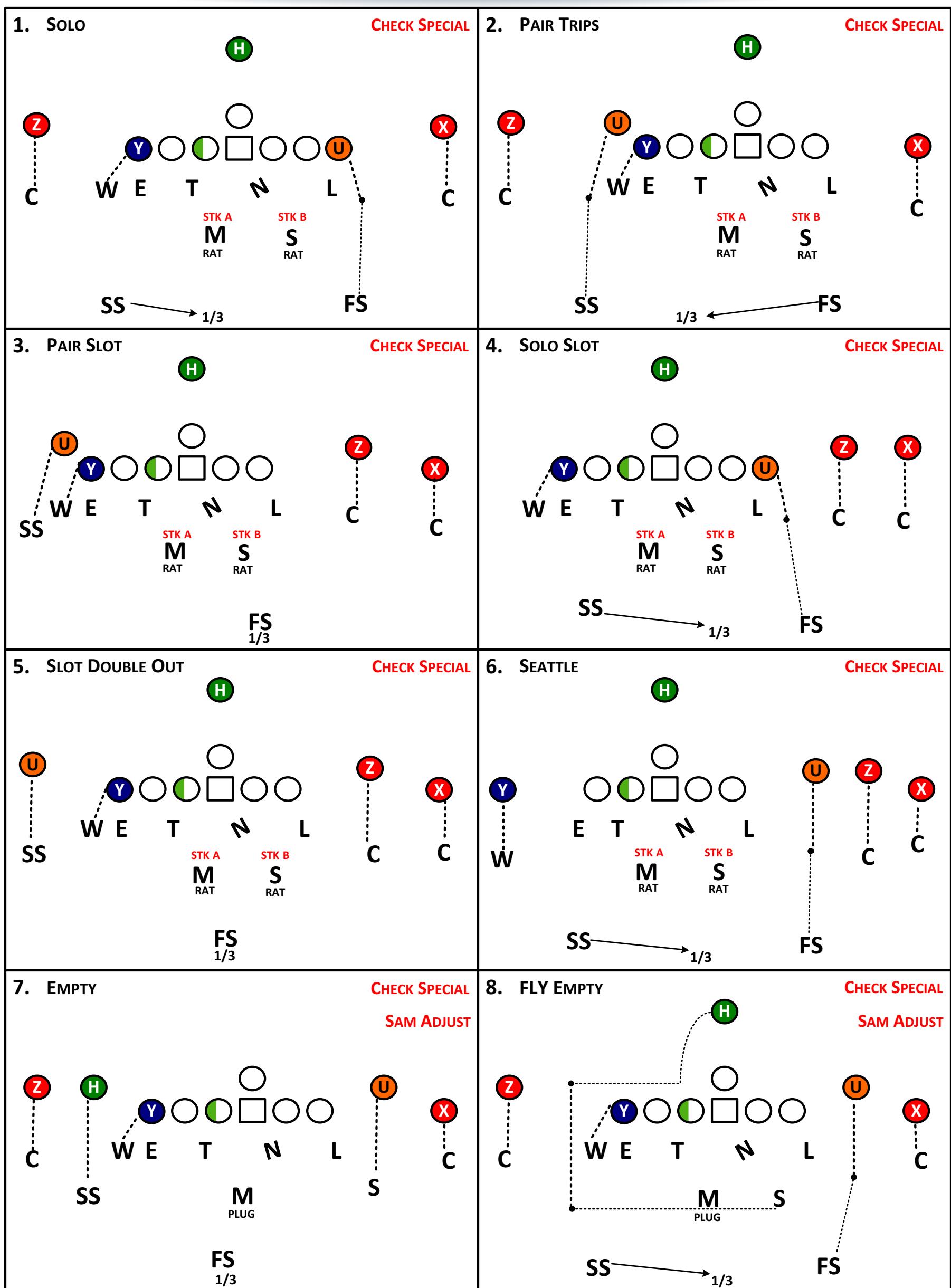
1. Vs. 2 Back Y Motion: Check Tokyo Switch, SS ("I Got Him")
Vs. 2 Back Y Mo to Y on: Check Tokyo (Sam align in backer)
2. **Vs. 2 Back Fly Motion: Will Bumps with SS**
3. **Vs. 2 Back Peel Motion: Sam Takes the RB ("I Got Him")**
4. Vs. 1 Back Y Motion: Bump (LBs Adjust) "Yukon"
5. Vs. Box Fly Motion: Check Special.....Bump
6. Vs. Box Peel Motion: Check Special.....Track the Back (Rock n Roll)
7. Vs. Aligned 1 Back Sets: Check Special (Safeties Adjust)
8. EMPTY RULES (Check Special):
SAM: FIRST BACK MY SIDE, NO BACK MY SIDE, FIRST BACK OTHER SIDE
SAFETY: COVER #2 STRONG (Match Up)



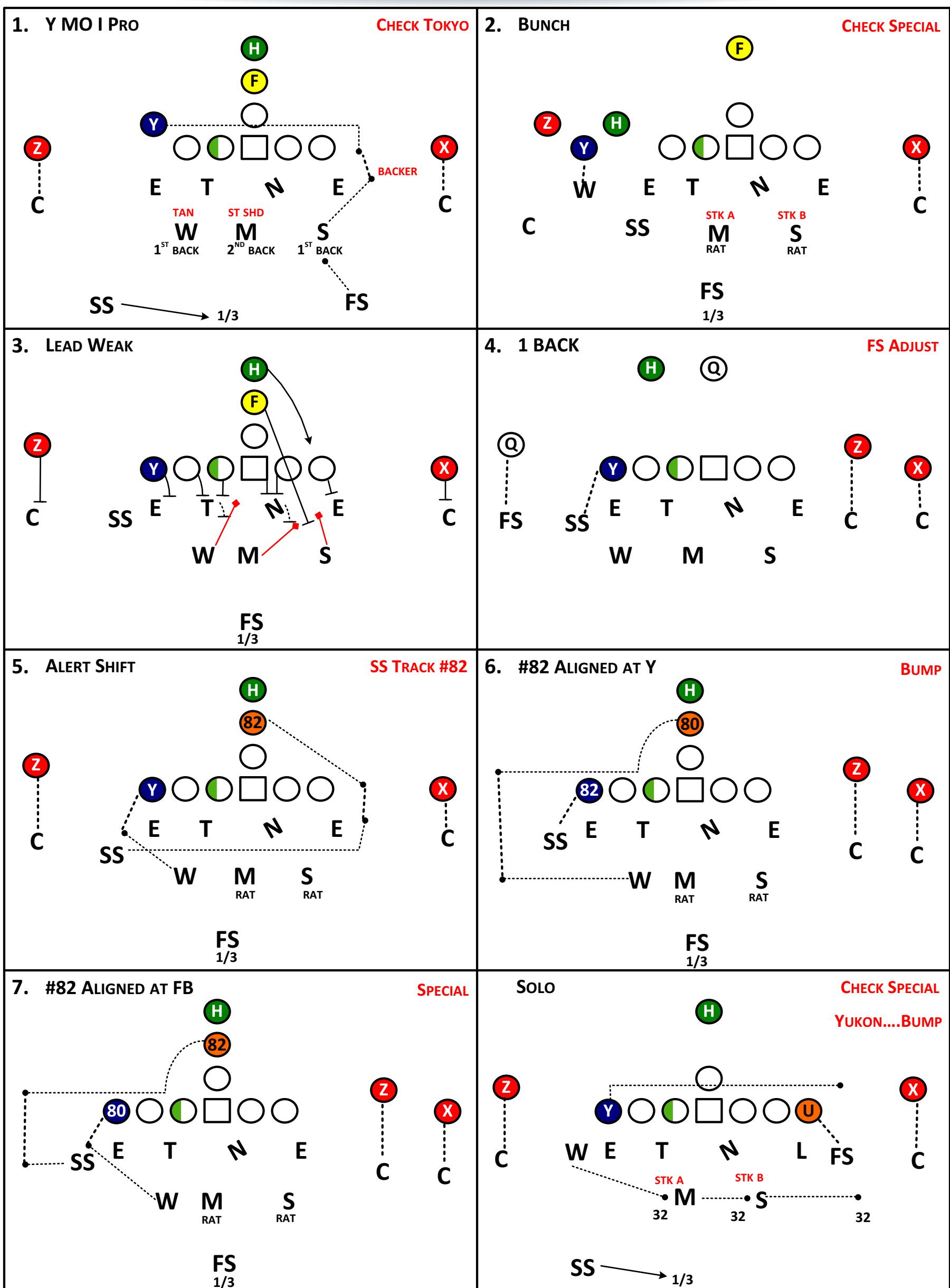
OVER 1 Y (BLACK)



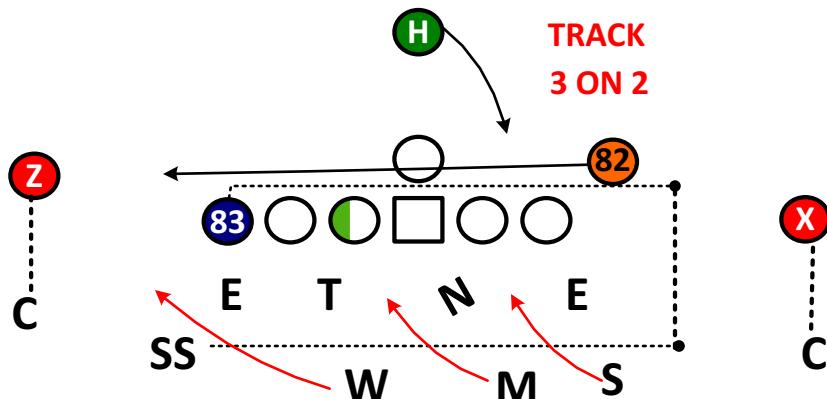
OVER 1 Y (BLACK)



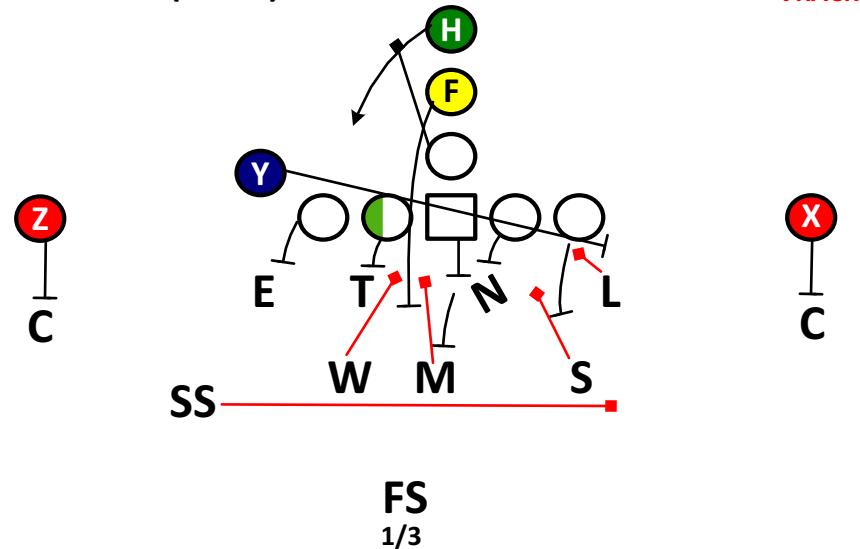
OVER 1 Y (BLACK)



Vs. #83 MOTION



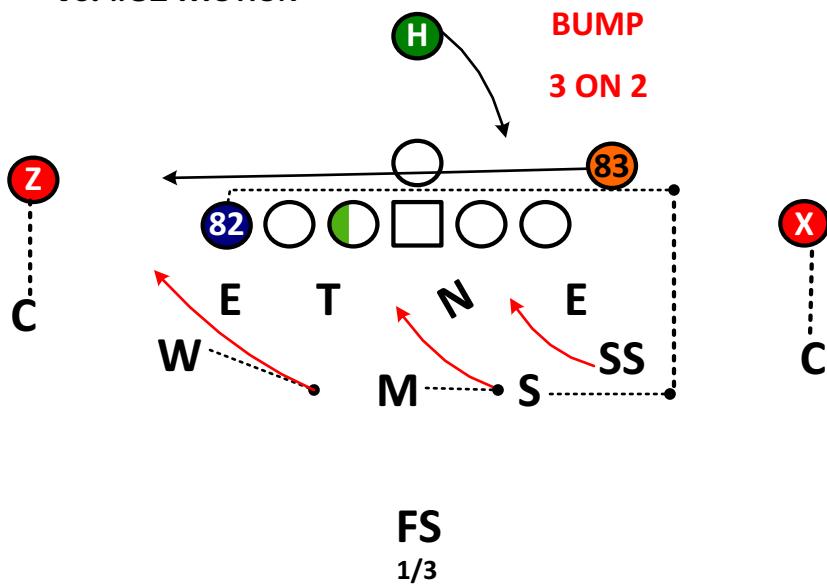
Y SLIDE (BLACK)



FS
1/3

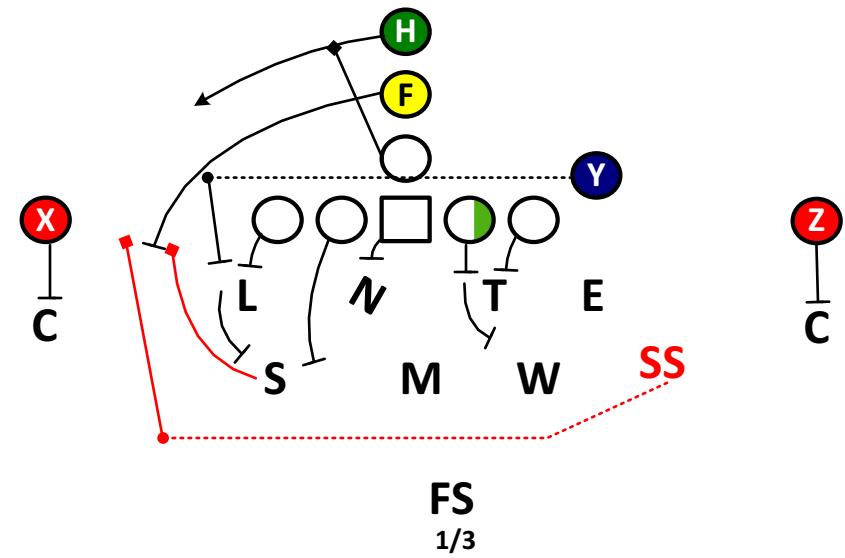
FS
1/3

Vs. #82 MOTION



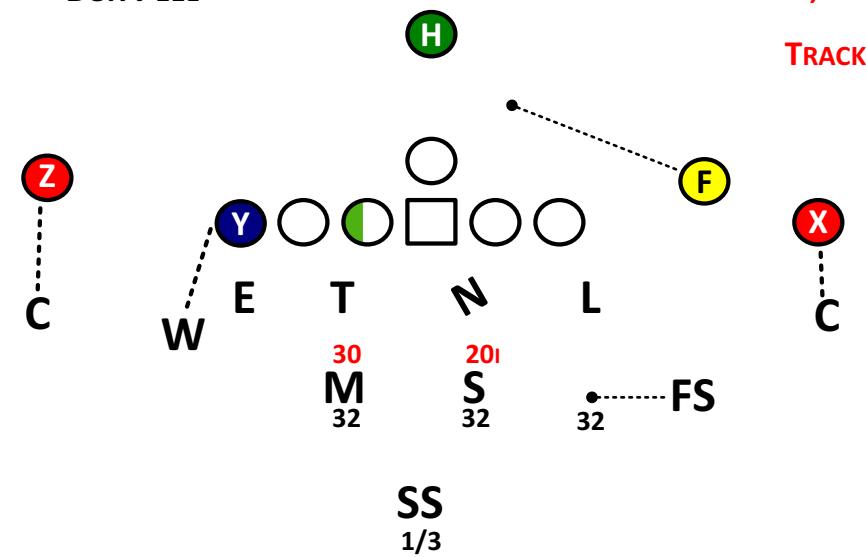
FS
1/3

Vs. Y OFF



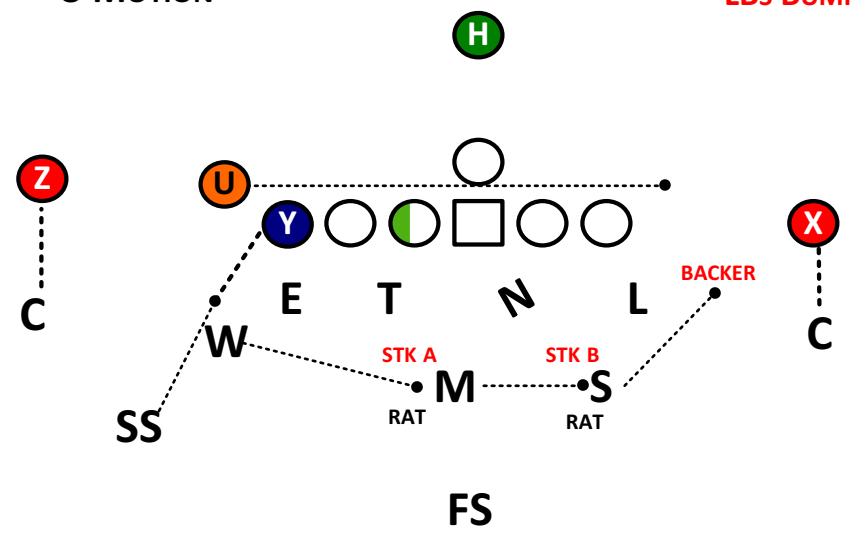
FS
1/3

Box Peel



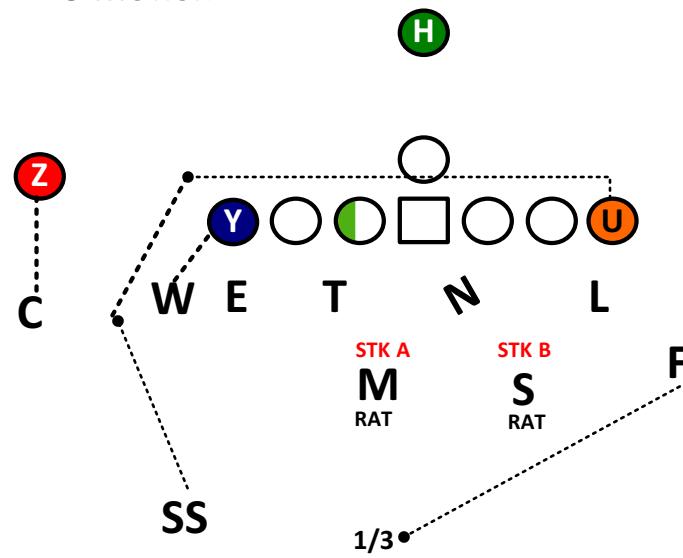
SS
1/3

U MOTION



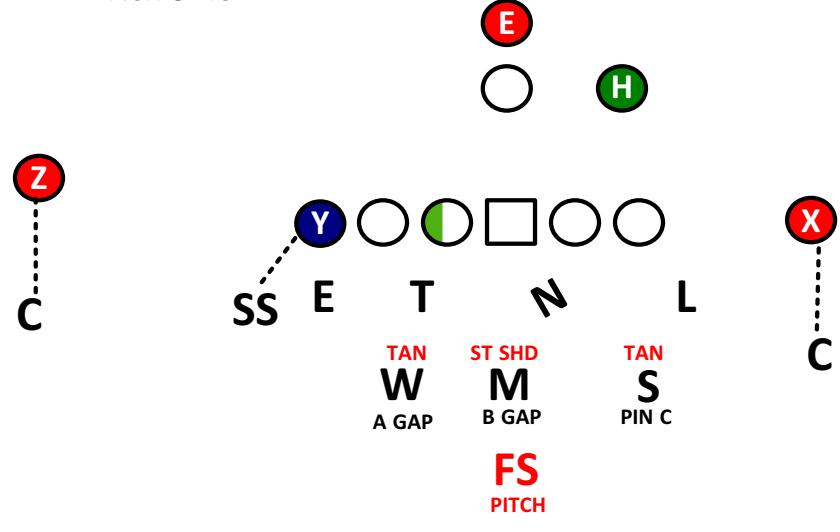
FS
1/3

U MOTION

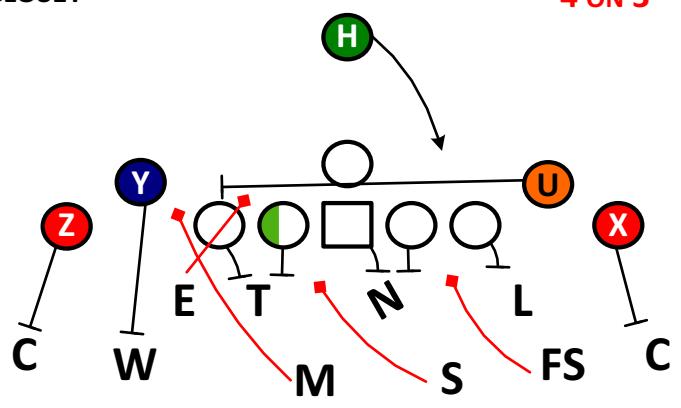


1/3

1 BACK SETS



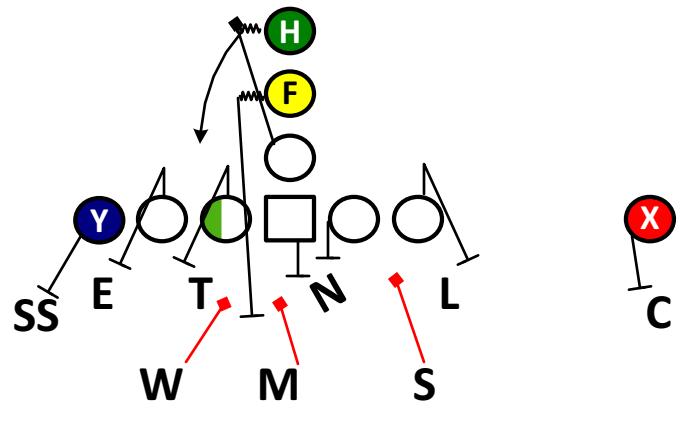
CLOSET



4 ON 3

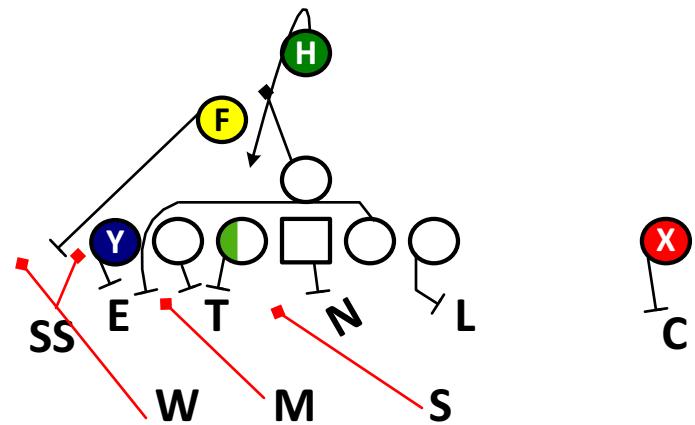
SS

LD DRAW



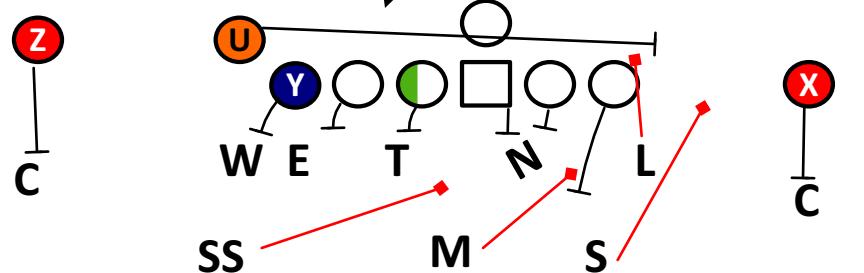
**FS
1/3**

POWER



**FS
1/3**

CUT

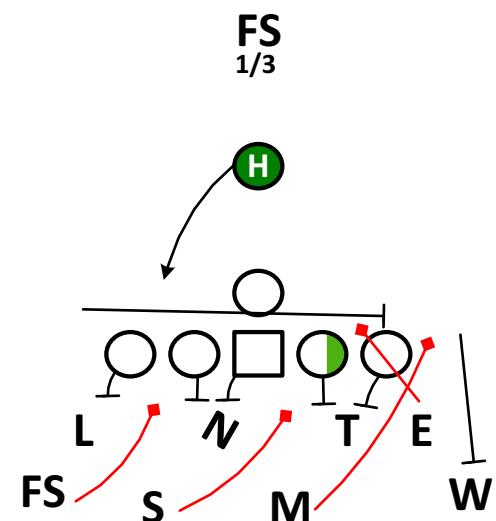
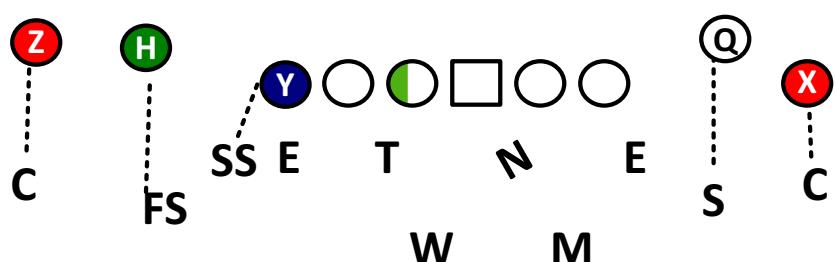


**FS
1/3**

EMPTY

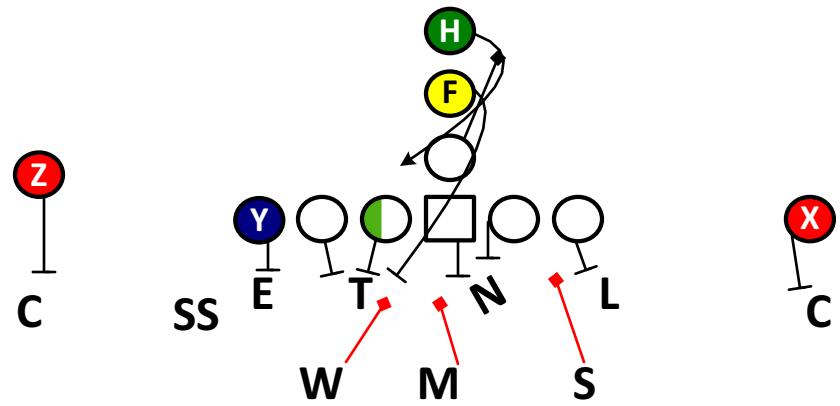
@

SAM ADJUST



SS

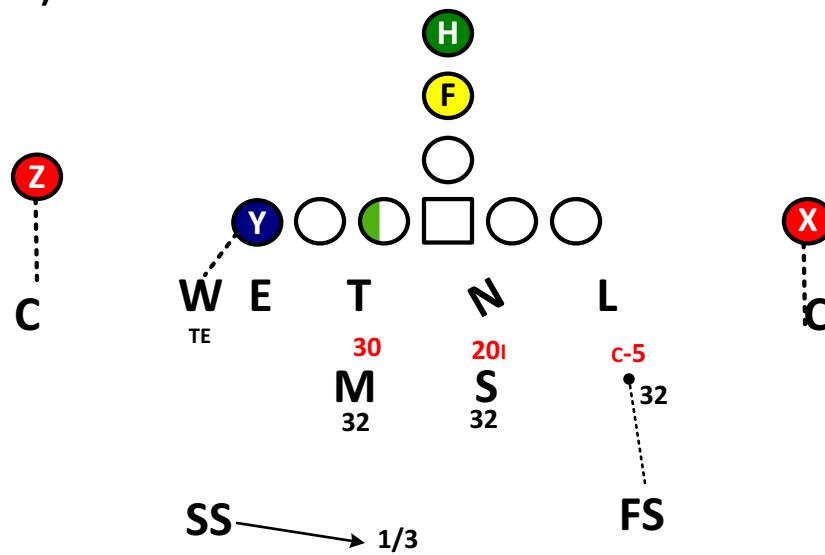
LD BEND



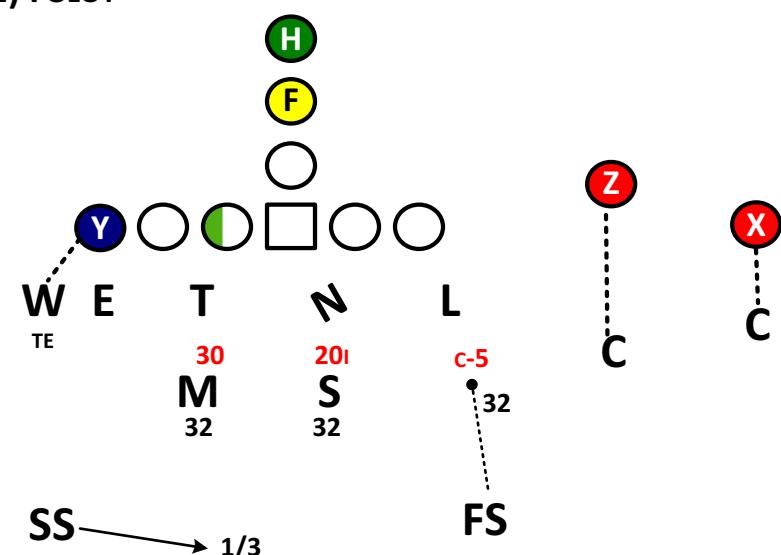
FS
1/3

LOAD 1 FLEX (LOAD CHINA)

(21) I PRO



(21) I SLOT



ESSENCE:

1. LOAD CHINA IS AN OVER FRONT FAMILY MAN FREE DEFENSE.
2. SAFETY ROTATION IS ALWAYS TO THE FLEX SIDE.

COACHING POINTS:

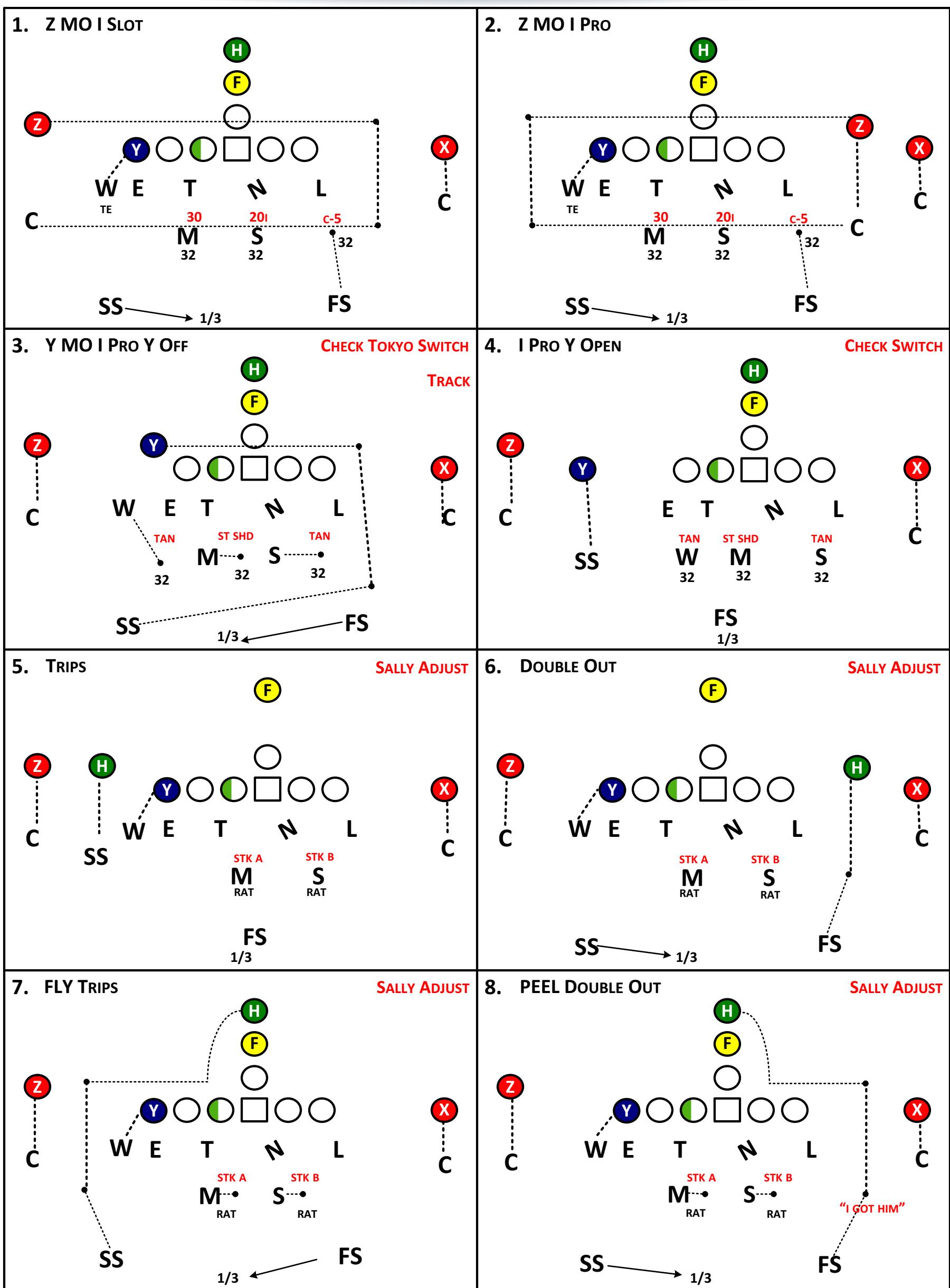
1. SOLID CALL TO THE "Y"
2. SAFETIES SHOW A 2 DEEP (OVER 2 / L.A.) PRE-SNAP LOOK
3. RIP / LIZ TO THE FLEX SIDE
4. WILL: MAN TE
5. MIKE, SAM & FREE SAFETY: 32 THE BACKS

ADJUSTMENTS:

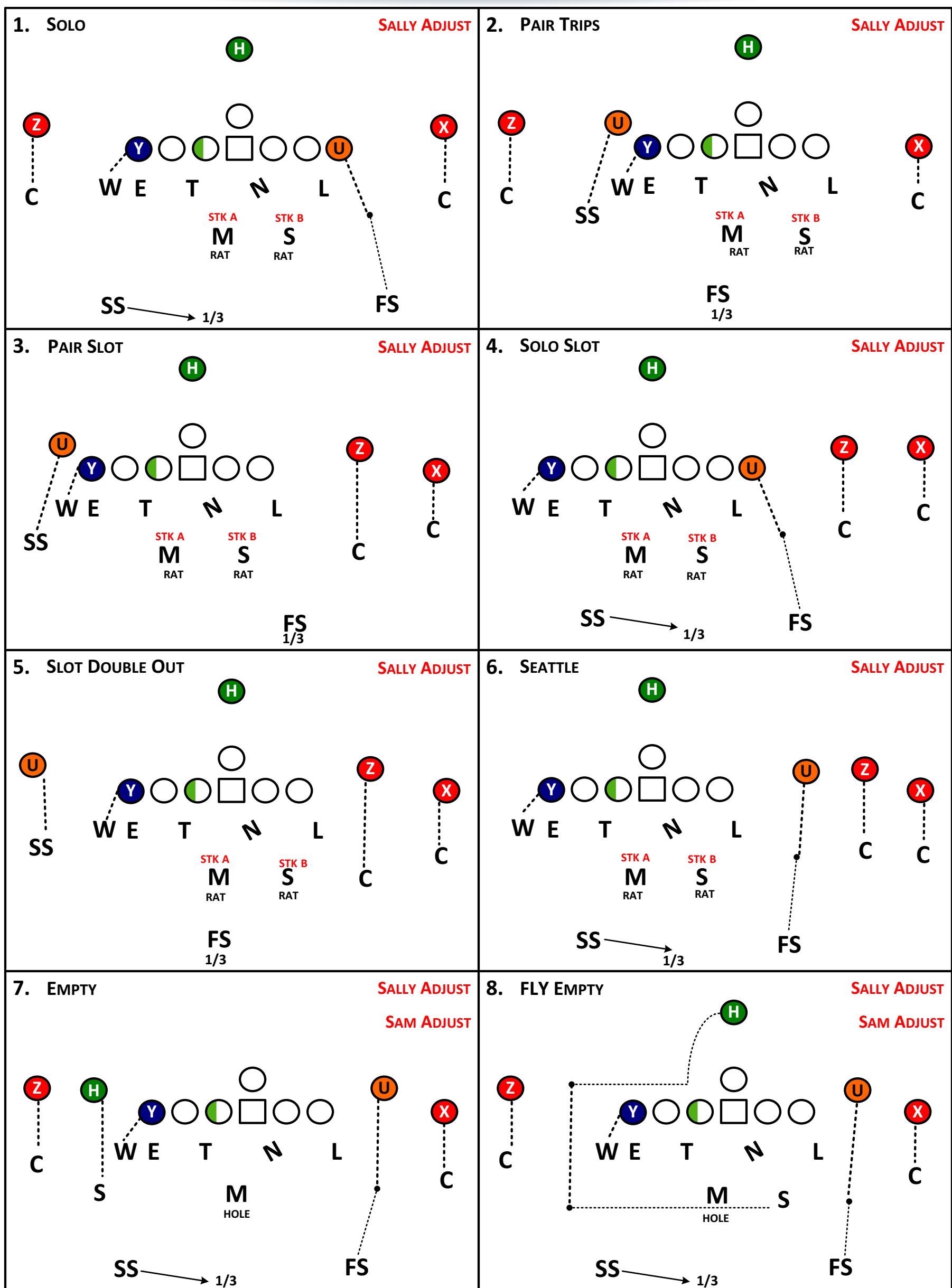
1. Vs. Y VARIABLE: CHECK SWITCH
2. Vs. Y MOTION: SAFETIES TRACK
3. SALLY RULES APPLY.
 - Vs. FLY/PEEL MOTION: SALLY ADJUST
 - ALIGNED ONE BACK: SALLY ADJUST
 - Vs. BOX FLY/PEEL MOTION: TRACK
4. Vs. EMPTY:
 - SAM ADJUST. MIKE STAY IN THE BOX



LOAD 1 FLEX (LOAD CHINA)



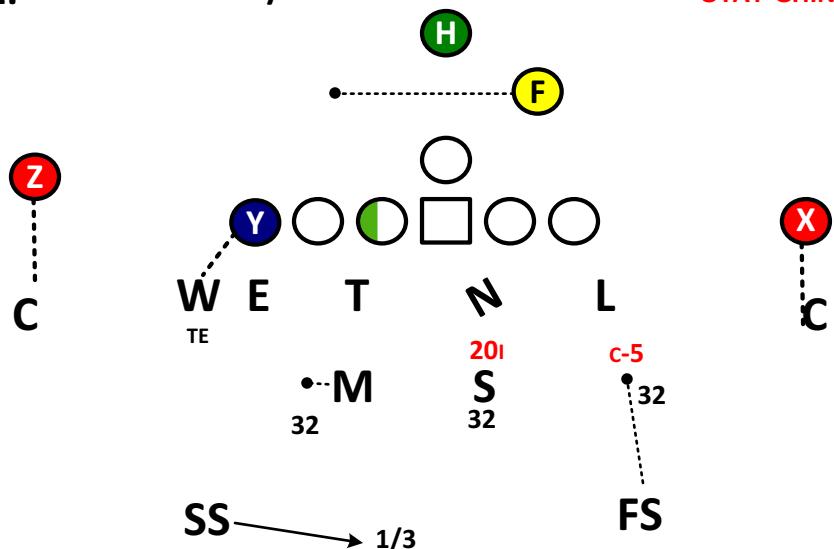
LOAD 1 FLEX (LOAD CHINA)



LOAD 1 FLEX (LOAD CHINA)

1. SHORT Box FLY/PEEL

STAY CHINA

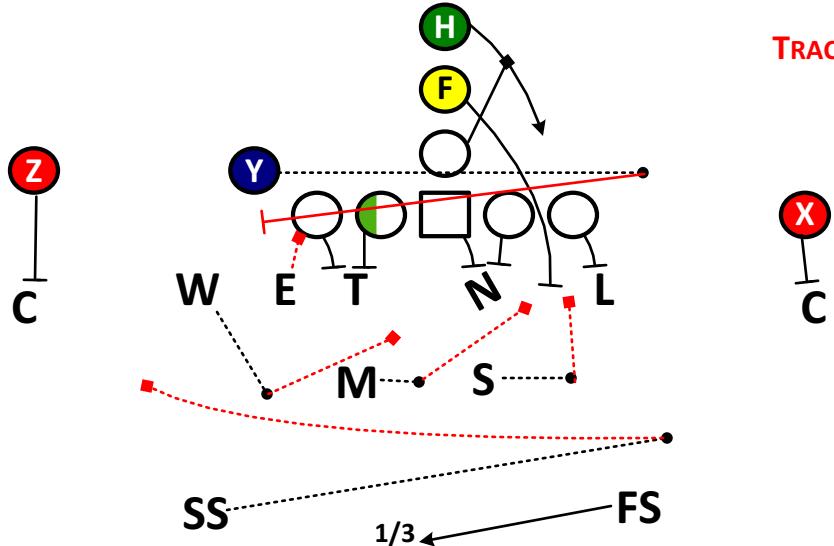


2.

3. Y MO I PRO Y OFF

CHECK TOKYO SWITCH

TRACK



4.

5.

6.

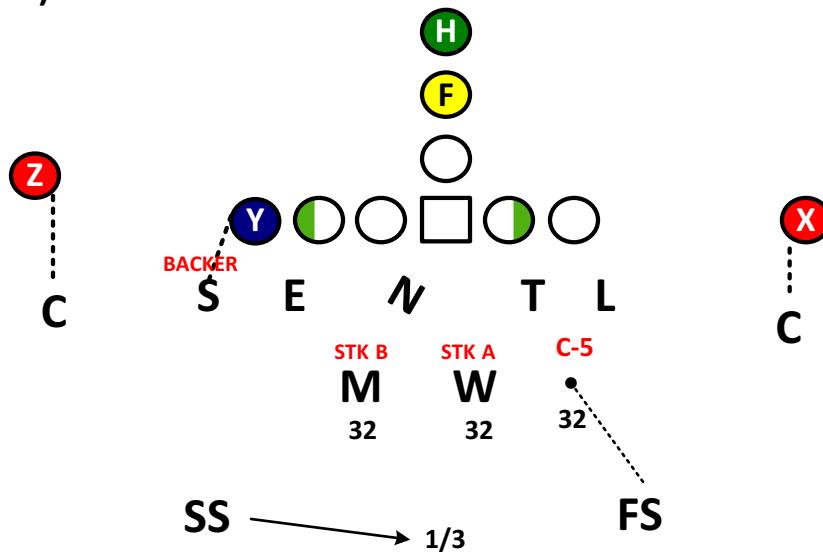
7.

8.

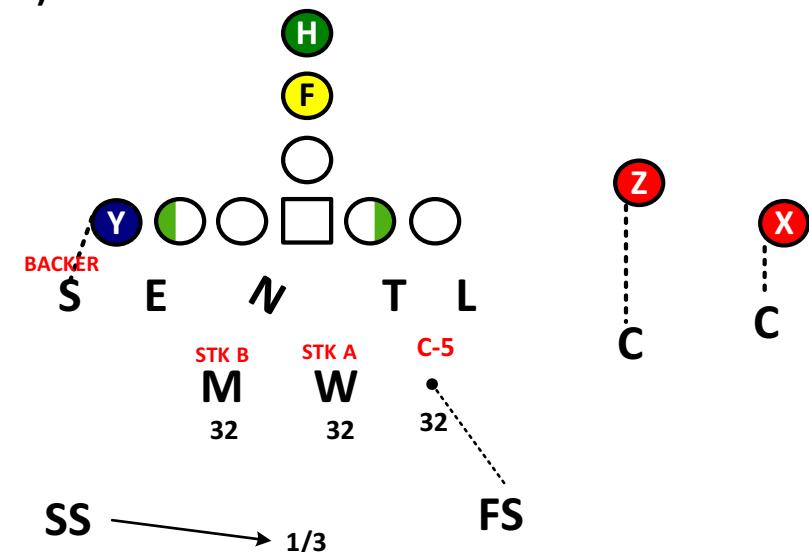


UNDER 1 FLEX (CHINA)

(21) I PRO



(21) I SLOT



ESSENCE:

- CHINA IS AN 8 MAN IN THE BOX UNDER FAMILY DEFENSE WITH FLEX SIDE ROTATION.**
- THIS IS A MAN TO MAN DEFENSE WITH A MIDDLE 1/3 AND A LOW HOLE DEFENDER (PLUGGER).**

COACHING POINTS:

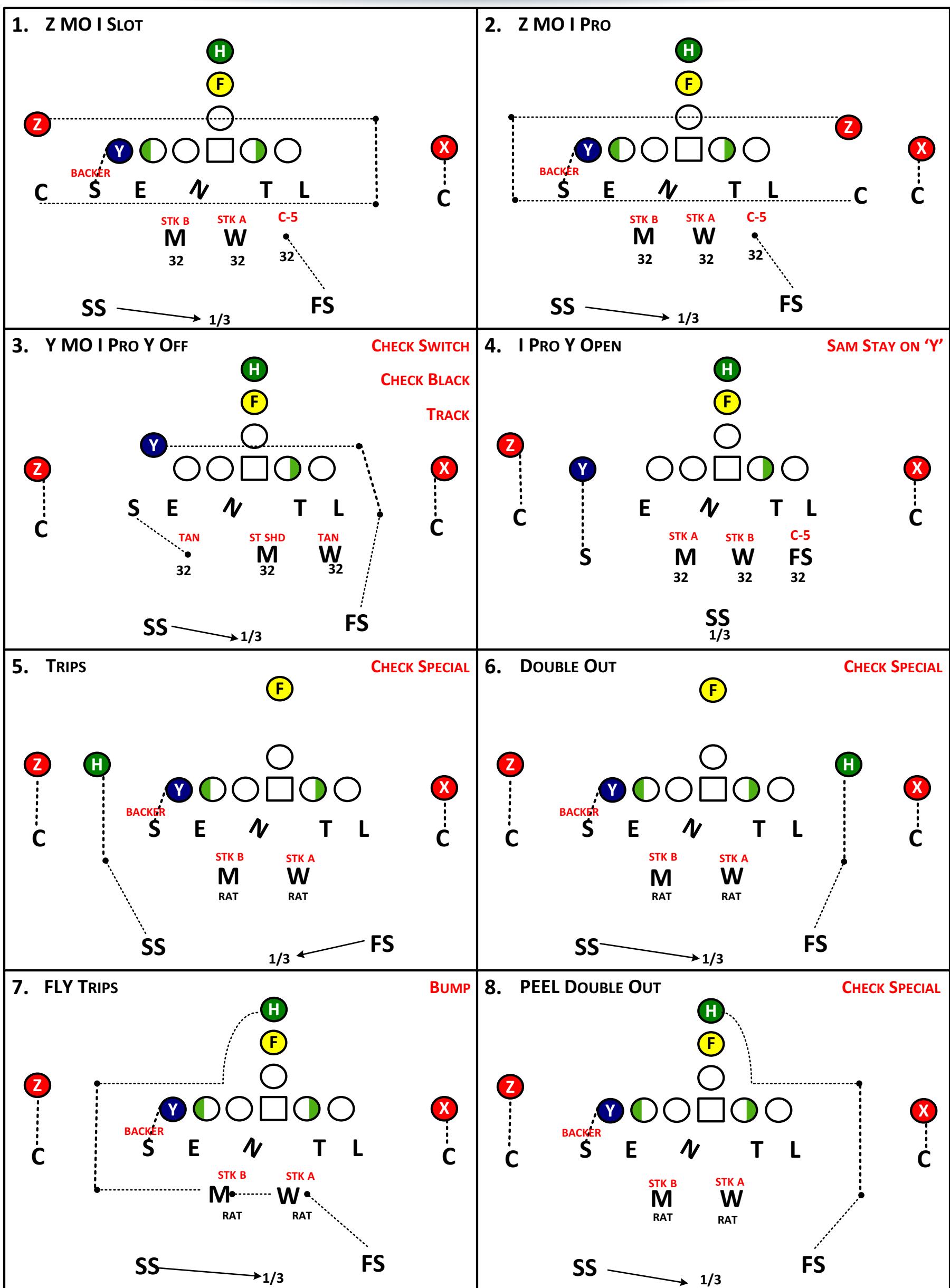
- SOLID CALL TO THE "Y".**
- "LIZ" AND "RIP" CALLS USED BY THE FS.**
- Vs. 2 BACK Y SLIDE: TREAT LIKE 4 ON 3**
Vs. 1 BACK CUT: FALL BACK
- SAFETIES SHOW A 2 DEEP TACOMA SHELL PRE SNAP.**
- 2 BACK Y OFF/Y MOTION: CHECK SWITCH**
- Vs. 1 BACK: LEO PUP TECHNIQUE**

ADJUSTMENTS:

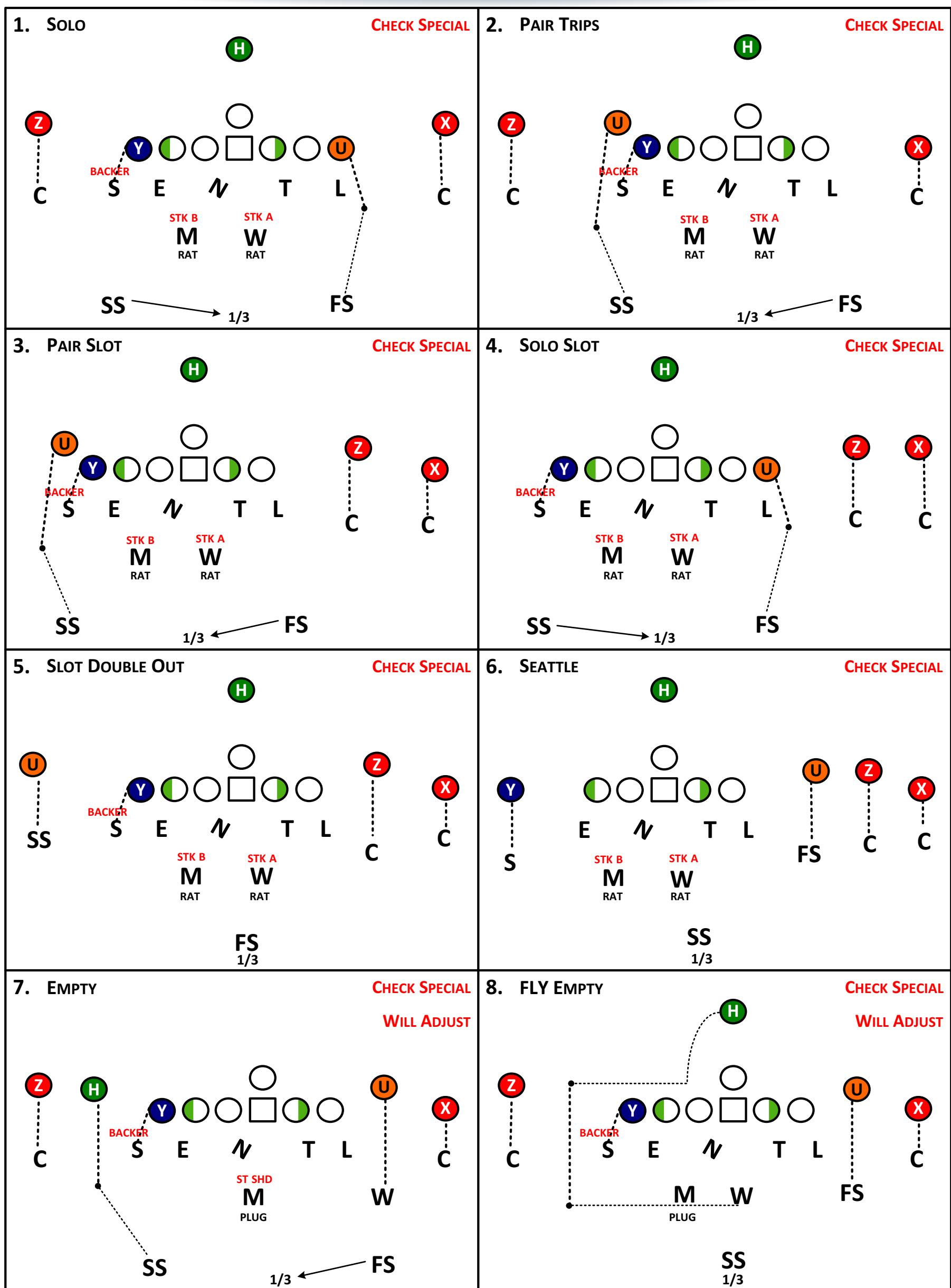
- Vs. 2 BACK Y MOTION: CHECK SWITCH.**
- SPECIAL RULES APPLY:**
 - Vs. Fly/Peel Motion: Bump
 - Aligned 1 Back: Check Special
 - Vs. Box Fly Motion: Bump
 - Vs. Box Peel Motion: Bump
- Vs. 1 Back Y Motion: Bump (LBS ADJUST) "YUKON" (3 LBS HAVE THE BACK AND Y)**
- EMPTY RULES (CHECK SPECIAL):**
 - WILL: FIRST BACK MY SIDE, NO BACK MY SIDE, FIRST BACK OTHER SIDE
 - SAFETY: COVER #2 STRONG (MATCH UP)

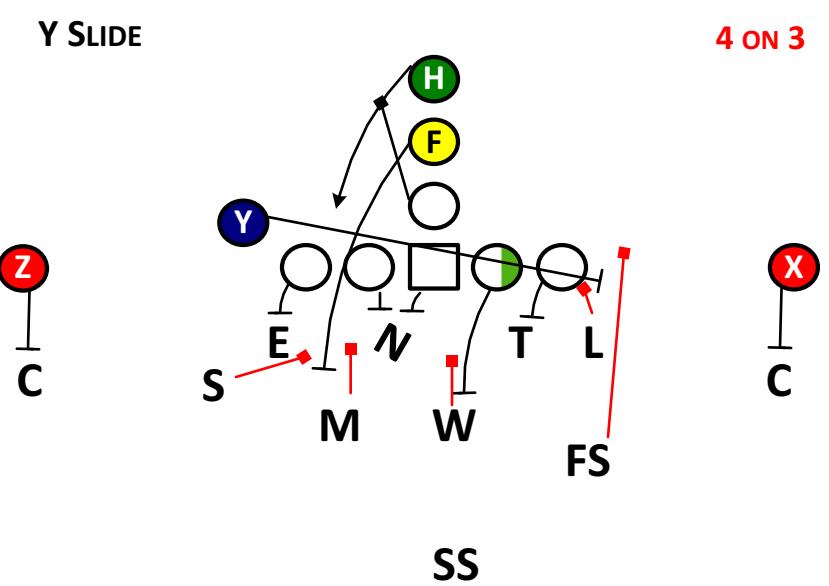
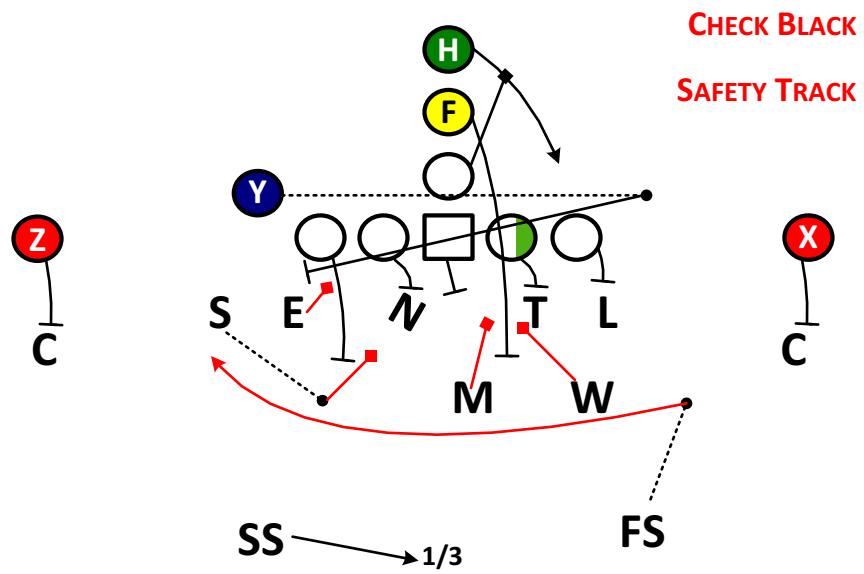


UNDER 1 FLEX (CHINA)

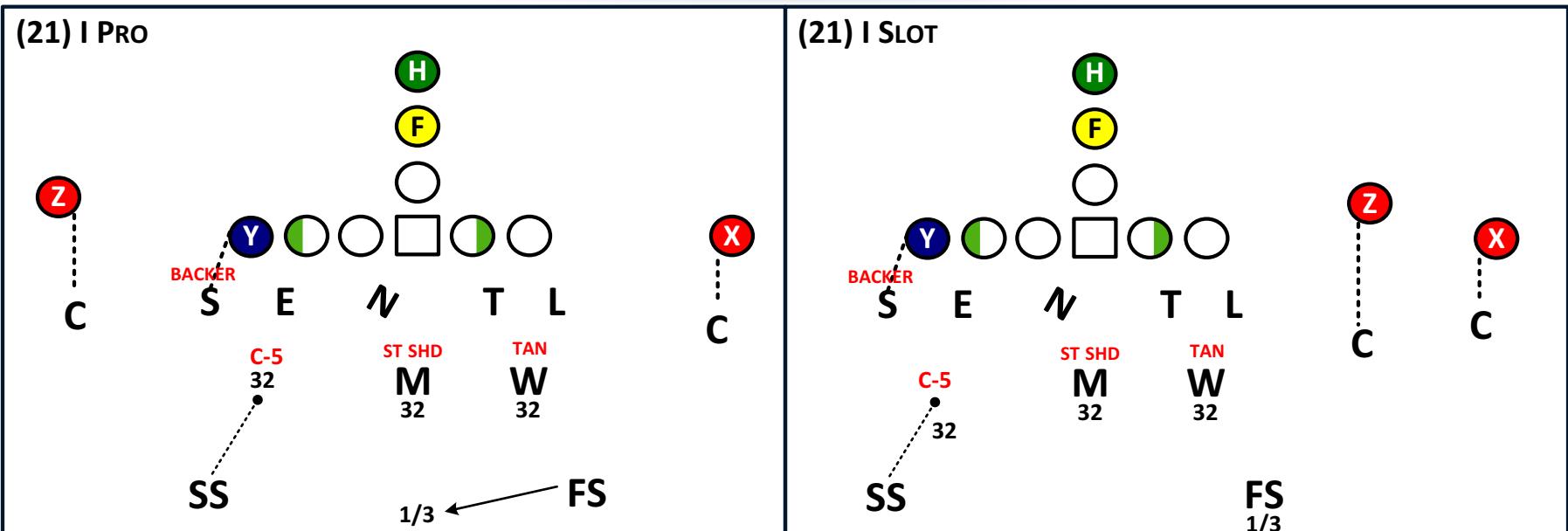


UNDER 1 FLEX (CHINA)





UNDER 1 SOLID (TOKYO)



ESSENCE:

1. TOKYO IS AN 8 MAN IN THE BOX UNDER FAMILY DEFENSE WITH SOLID SIDE ROTATION.
2. THIS IS A MAN TO MAN DEFENSE WITH A MIDDLE 1/3 AND A LOW HOLE DEFENDER (PLUGGER).

COACHING POINTS:

1. SOLID CALL TO THE "Y".
2. "LIZ" AND "RIP" CALLS USED BY THE SS.
3. Vs. 2 BACK Y SLIDE: SAFETY TRACK.
Vs. 1 BACK CUT: FALL BACK
4. SAFETIES SHOW A 2 DEEP TACOMA SHELL PRE SNAP.
5. 2 BACK Y OFF/Y OPEN: CHECK SWITCH
6. Vs. 1 BACK: LEO PUP TECHNIQUE

ADJUSTMENTS:

1. Vs. 2 BACK Y MOTION: CHECK SWITCH. SAFETY TRACK (CHECK BACK)
2. SPECIAL RULES APPLY:
 - Vs. FLY/PEEL MOTION: BUMP ("I GOT HIM")
 - ALIGNED 1 BACK: CHECK SPECIAL
 - Vs. BOX FLY MOTION: BUMP
 - Vs. BOX PEEL MOTION: TRACK
3. Vs. 1 BACK Y MOTION: BUMP (LBS ADJUST) "YUKON" (3 LBS HAVE THE BACK AND Y)
4. EMPTY RULES (CHECK SPECIAL):
 - WILL: FIRST BACK MY SIDE, NO BACK MY SIDE, FIRST BACK OTHER SIDE
 - SAFETY: COVER #2 STRONG (MATCH UP)
5. Vs. BUNCH TRIPS: POSSIBLE STAB 'N' DEUCE.
6. Vs. STACKS: MAN ON PRINCIPLE.





SEATTLE
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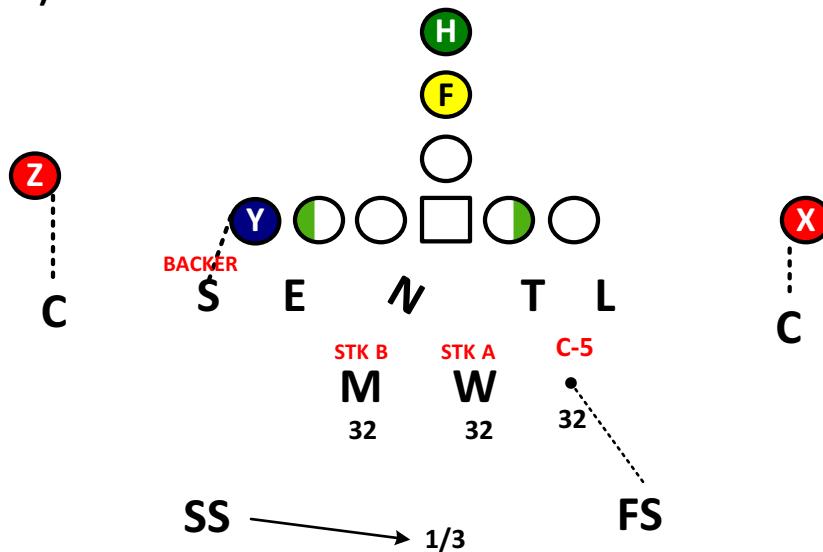
MAN COVERAGES

ADJUSTMENTS

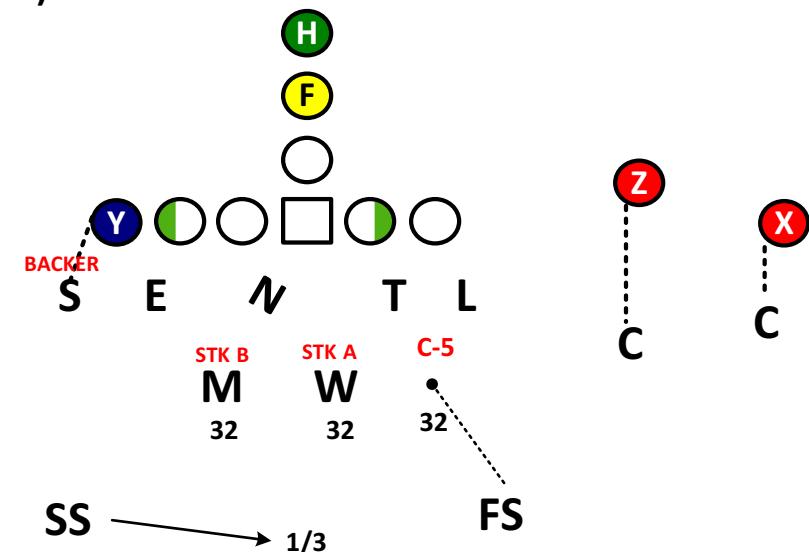
- UNDER 1 FLEX (CHINA) A small graphic of a St. Louis Rams football helmet, which is dark blue with a gold 'G' logo on the front.
- UNDER 1 FLEX (CHINA) A small graphic of a Miami Dolphins football helmet, which is white with a blue 'D' logo on the front.
- W/CHEAT STONE 1 Y BUMP (OTA 2)

UNDER 1 FLEX (CHINA)

(21) I PRO



(21) I SLOT



ESSENCE:

- CHINA IS AN 8 MAN IN THE BOX UNDER FAMILY DEFENSE WITH FLEX SIDE ROTATION.**
- THIS IS A MAN TO MAN DEFENSE WITH A MIDDLE 1/3 AND A LOW HOLE DEFENDER (PLUGGER).**

COACHING POINTS:

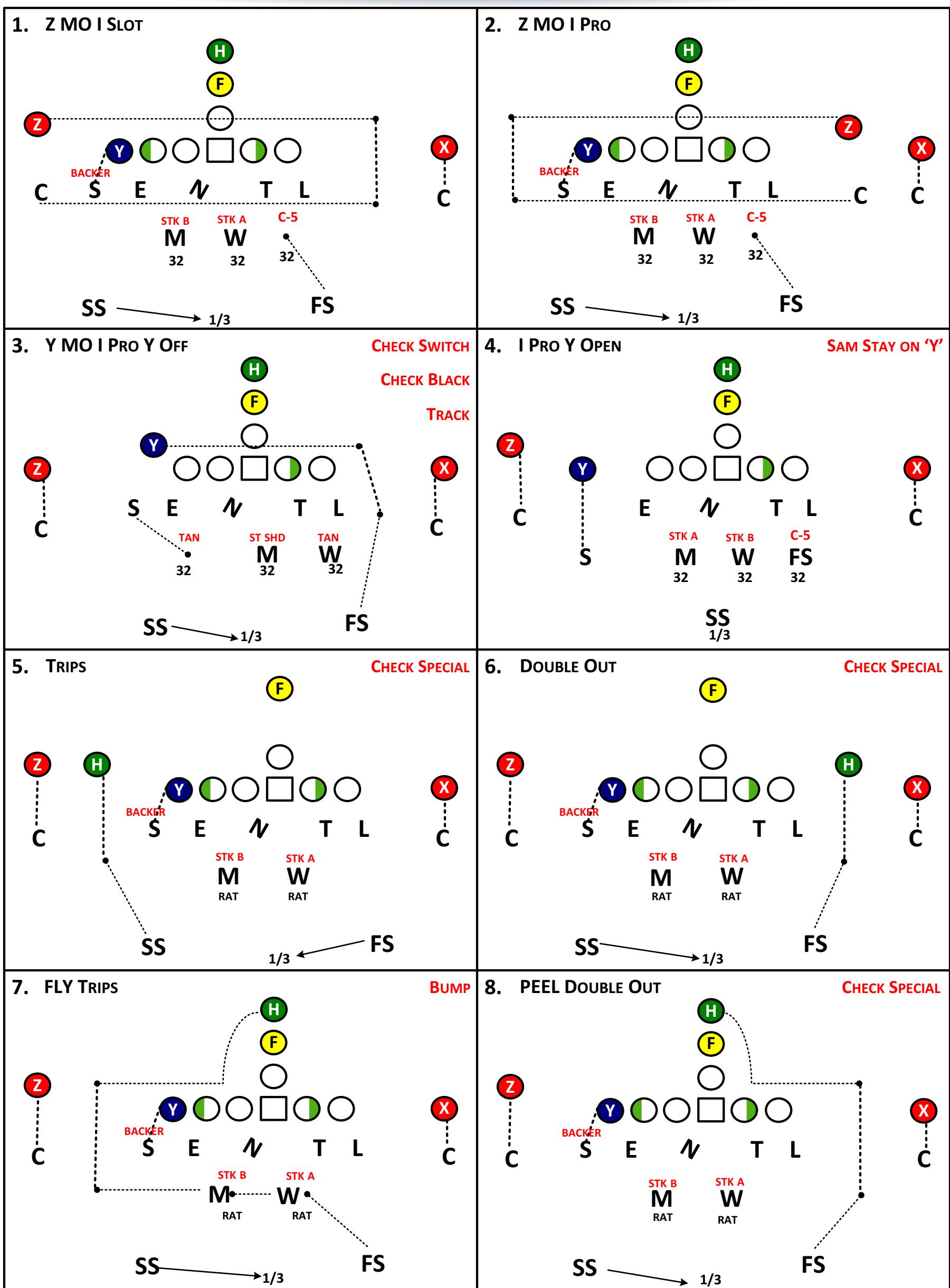
- SOLID CALL TO THE "Y".**
- "LIZ" AND "RIP" CALLS USED BY THE FS.**
- Vs. 2 BACK Y SLIDE: TREAT LIKE 4 ON 3**
Vs. 1 BACK CUT: FALL BACK
- SAFETIES SHOW A 2 DEEP TACOMA SHELL PRE SNAP.**
- 2 BACK Y OFF/Y MOTION: CHECK SWITCH**
- Vs. 1 BACK: LEO PUP TECHNIQUE**

ADJUSTMENTS:

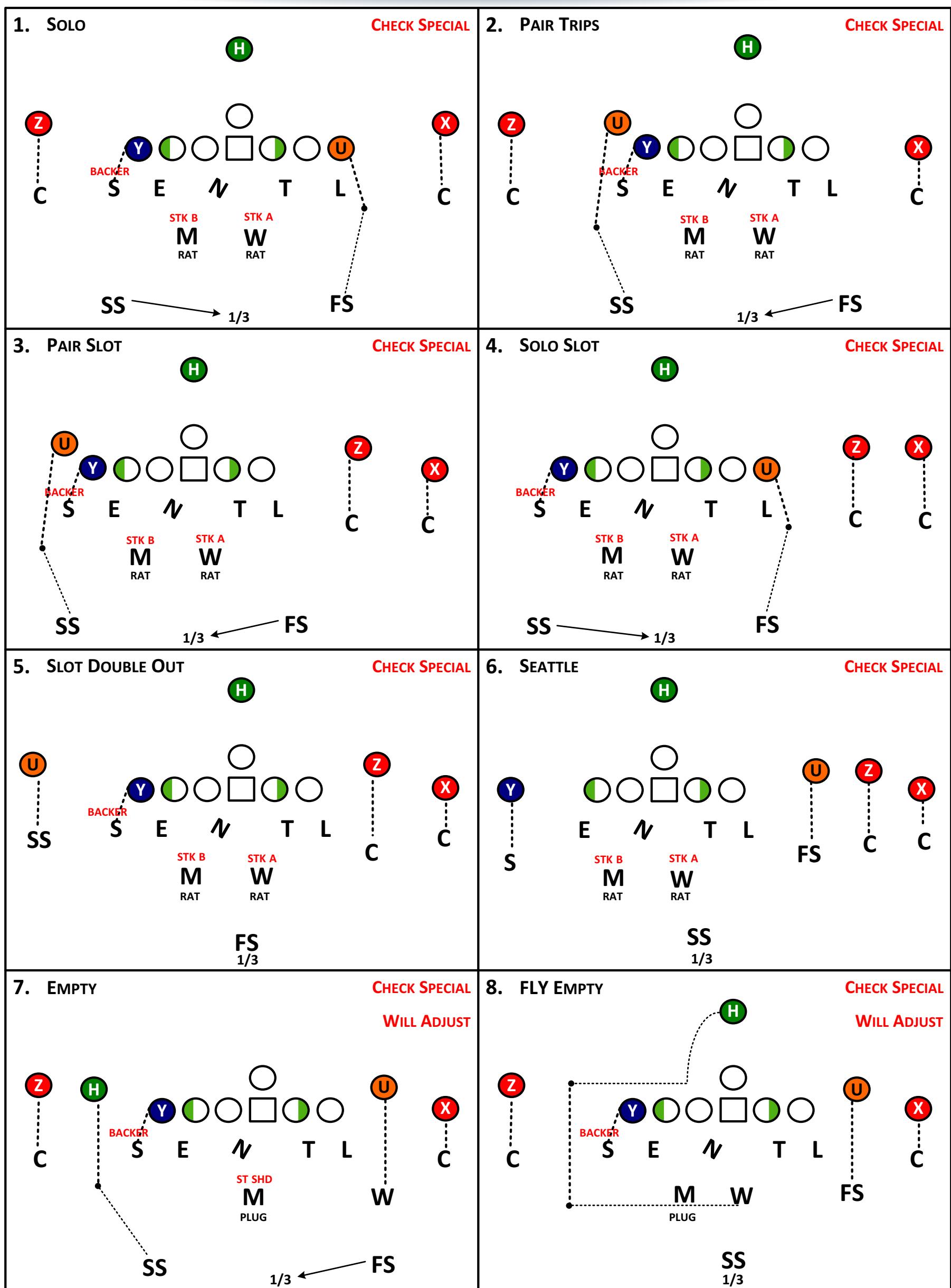
- Vs. 2 BACK Y MOTION: CHECK SWITCH.**
- SPECIAL RULES APPLY:**
 - Vs. Fly/Peel Motion: Bump
 - Aligned 1 Back: Check Special
 - Vs. Box Fly Motion: Bump
 - Vs. Box Peel Motion: Bump
- Vs. 1 Back Y Motion: Bump (LBS ADJUST) "YUKON" (3 LBS HAVE THE BACK AND Y)**
- EMPTY RULES (CHECK SPECIAL):**
 - WILL: FIRST BACK MY SIDE, NO BACK MY SIDE, FIRST BACK OTHER SIDE
 - SAFETY: COVER #2 STRONG (MATCH UP)

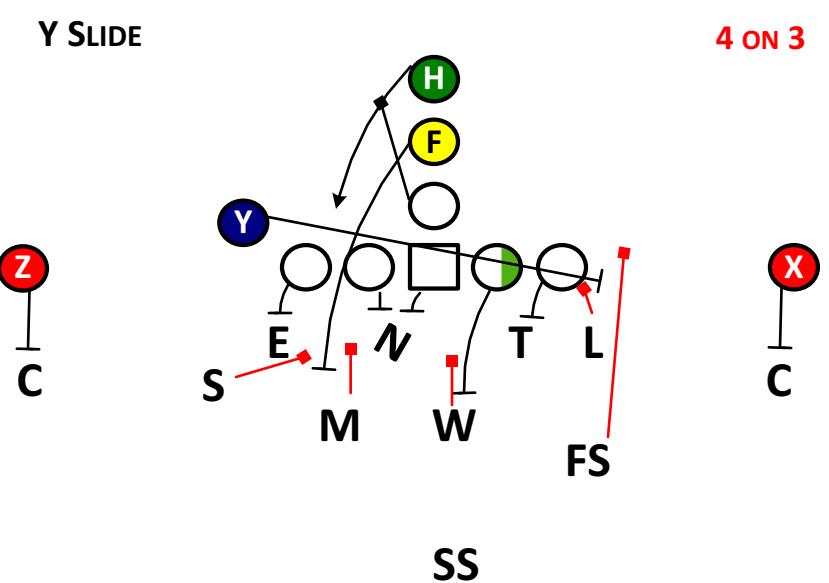
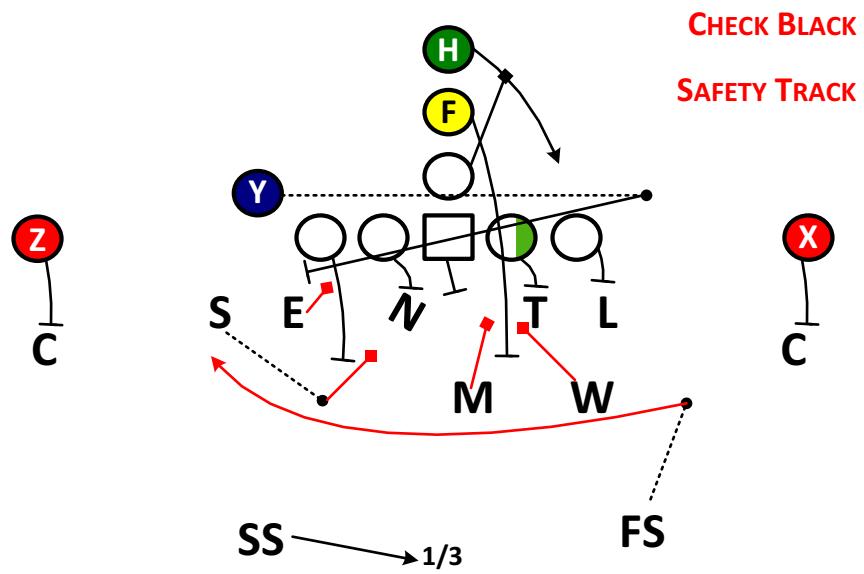


UNDER 1 FLEX (CHINA)



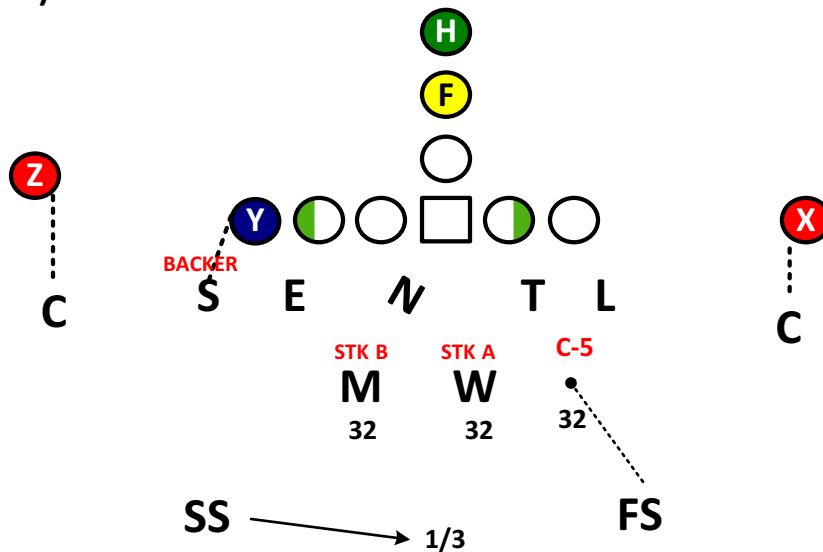
UNDER 1 FLEX (CHINA)



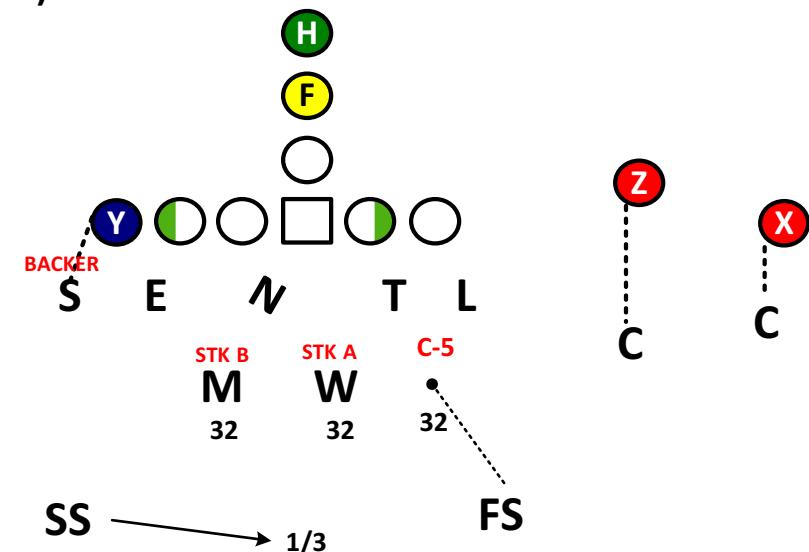


UNDER 1 FLEX (CHINA)

(21) I PRO



(21) I SLOT



ESSENCE:

- CHINA IS AN 8 MAN IN THE BOX UNDER FAMILY DEFENSE WITH FLEX SIDE ROTATION.**
- THIS IS A MAN TO MAN DEFENSE WITH A MIDDLE 1/3 AND A LOW HOLE DEFENDER (PLUGGER).**

COACHING POINTS:

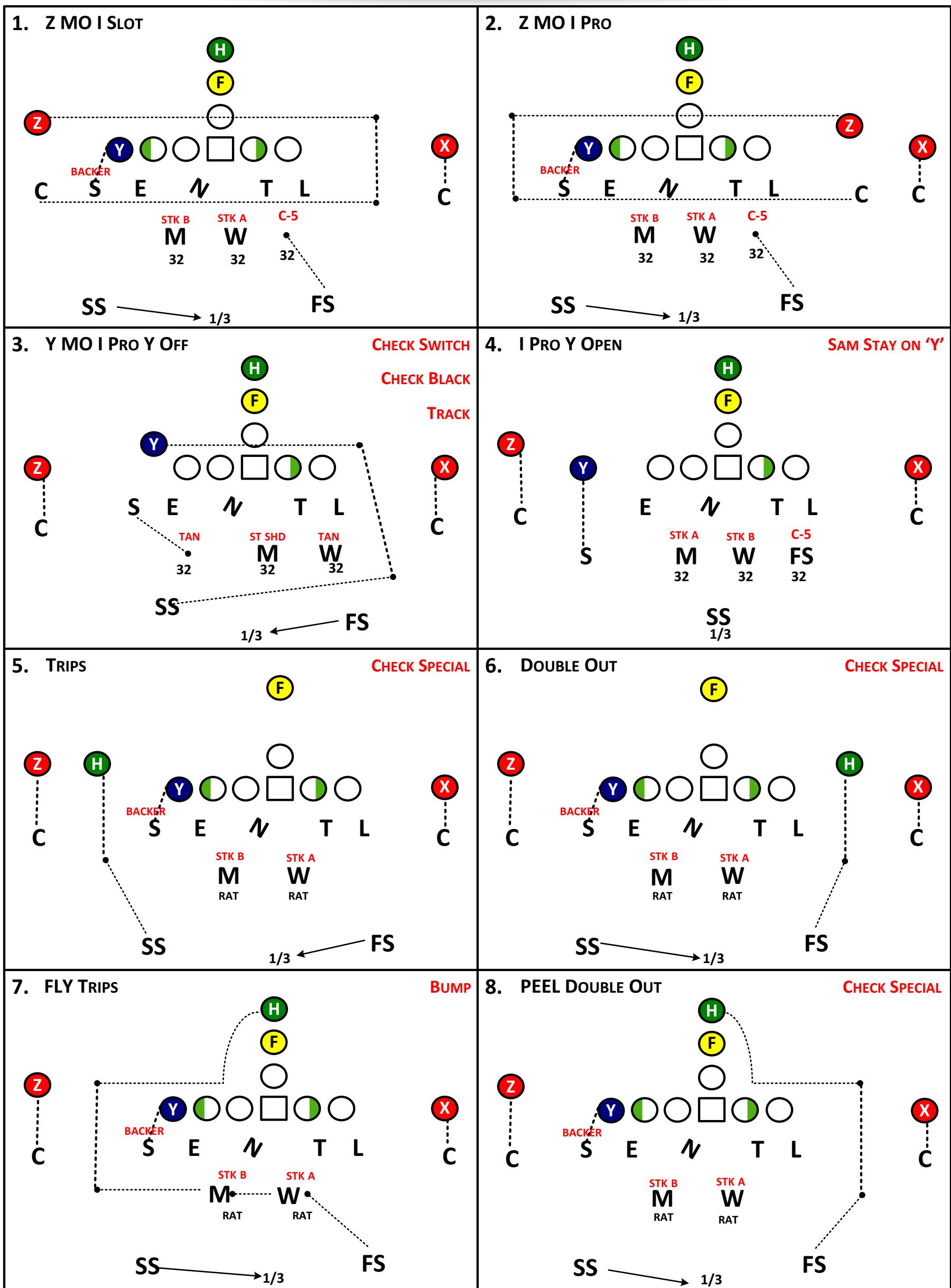
- SOLID CALL TO THE "Y".**
- "LIZ" AND "RIP" CALLS USED BY THE FS.**
- Vs. 2 BACK Y SLIDE: TREAT LIKE 4 ON 3**
Vs. 1 BACK CUT: FALL BACK
- SAFETIES SHOW A 2 DEEP TACOMA SHELL PRE SNAP.**
- 2 BACK Y OFF/Y MOTION: CHECK SWITCH**
- Vs. 1 BACK: LEO PUP TECHNIQUE**

ADJUSTMENTS:

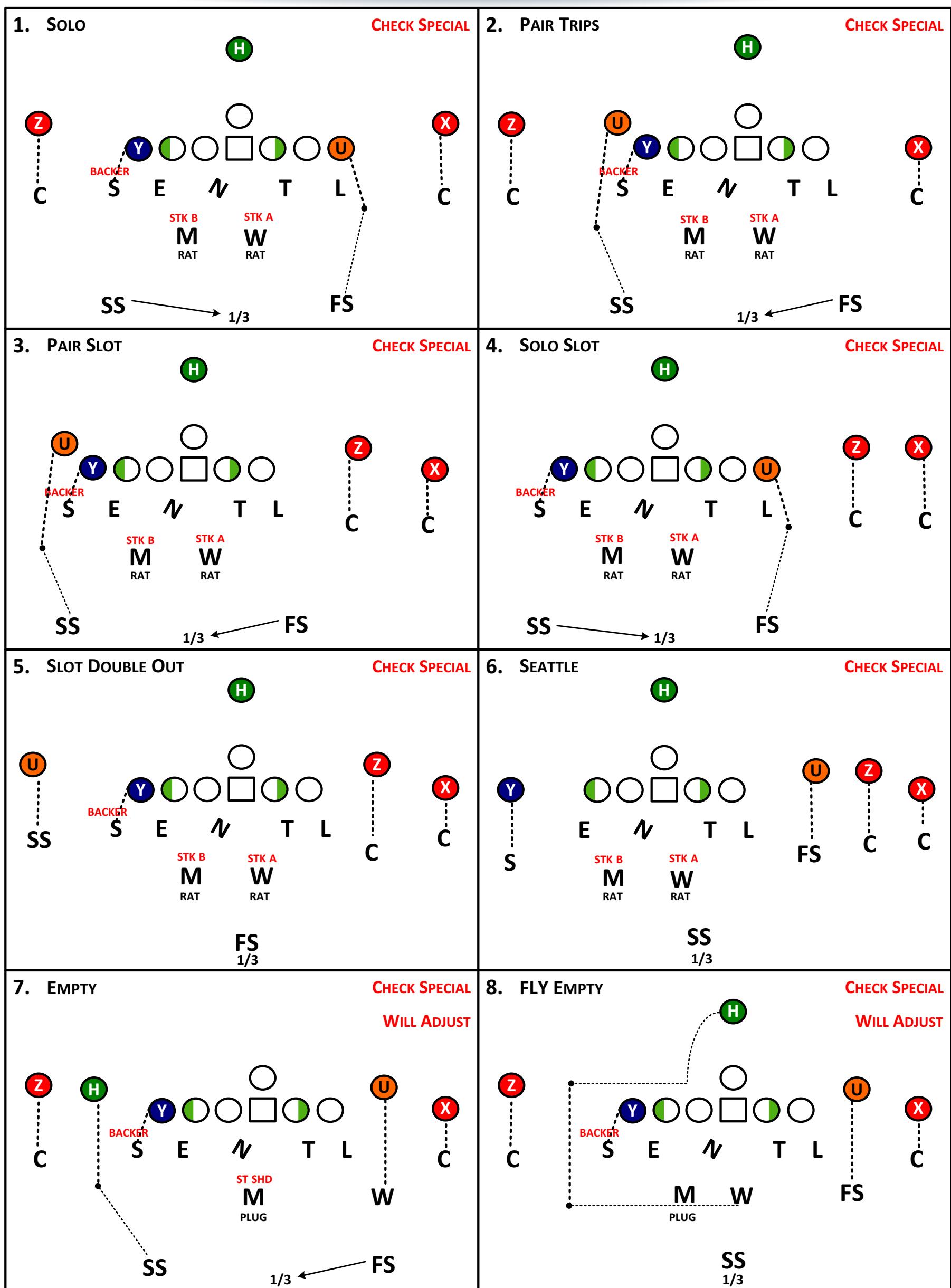
- Vs. 2 BACK Y MOTION: CHECK SWITCH.**
- SPECIAL RULES APPLY:**
 - Vs. Fly/Peel Motion: Bump
 - Aligned 1 Back: Check Special
 - Vs. Box Fly Motion: Bump
 - Vs. Box Peel Motion: Bump
- Vs. 1 Back Y Motion: Bump (LBS ADJUST) "YUKON" (3 LBS HAVE THE BACK AND Y)**
- EMPTY RULES (CHECK SPECIAL):**
 - WILL: FIRST BACK MY SIDE, NO BACK MY SIDE, FIRST BACK OTHER SIDE
 - SAFETY: COVER #2 STRONG (MATCH UP)

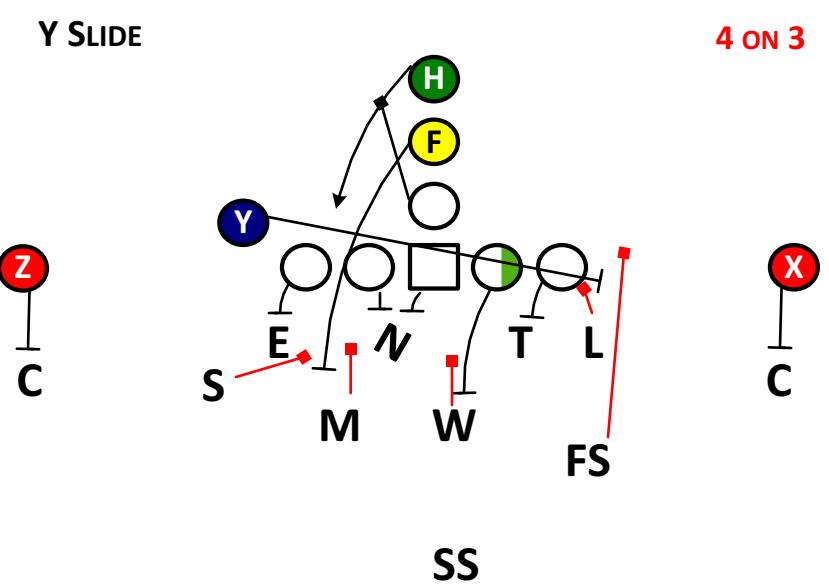
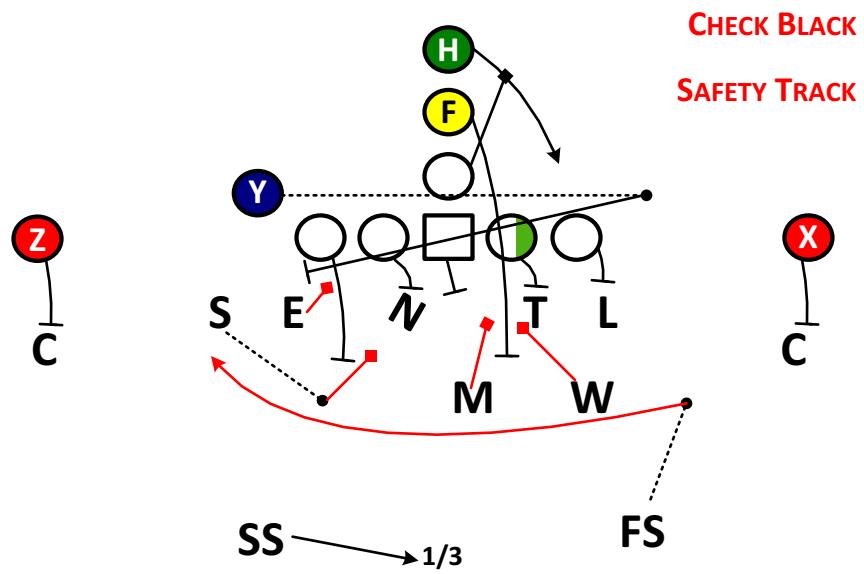


UNDER 1 FLEX (CHINA)



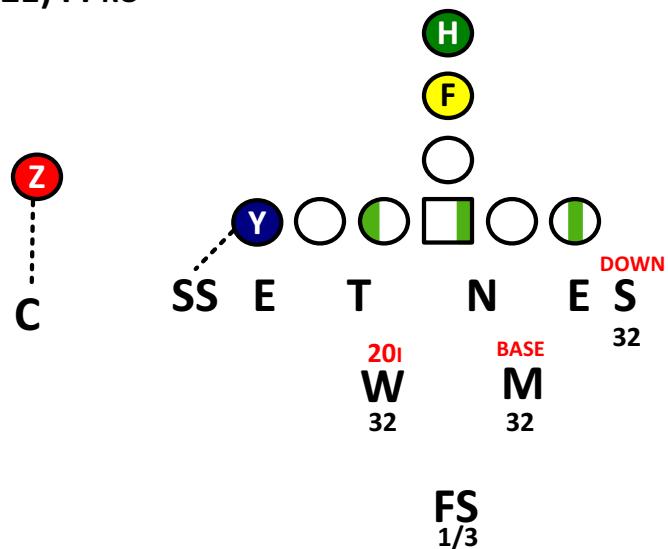
UNDER 1 FLEX (CHINA)



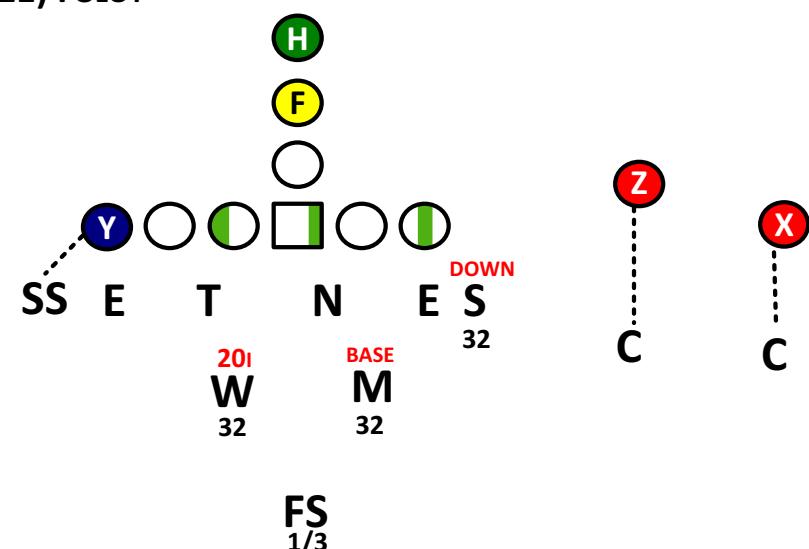


W/ CHEAT STONE 1 Y BUMP

(21) I PRO



(21) I SLOT



ESSENCE:

1. W/ CHEAT STONE 1 Y BUMP IS A BASE OVER MAN FREE DEFENSE.
2. SAFETY DOWN TO THE SOLID SIDE

COACHING POINTS:

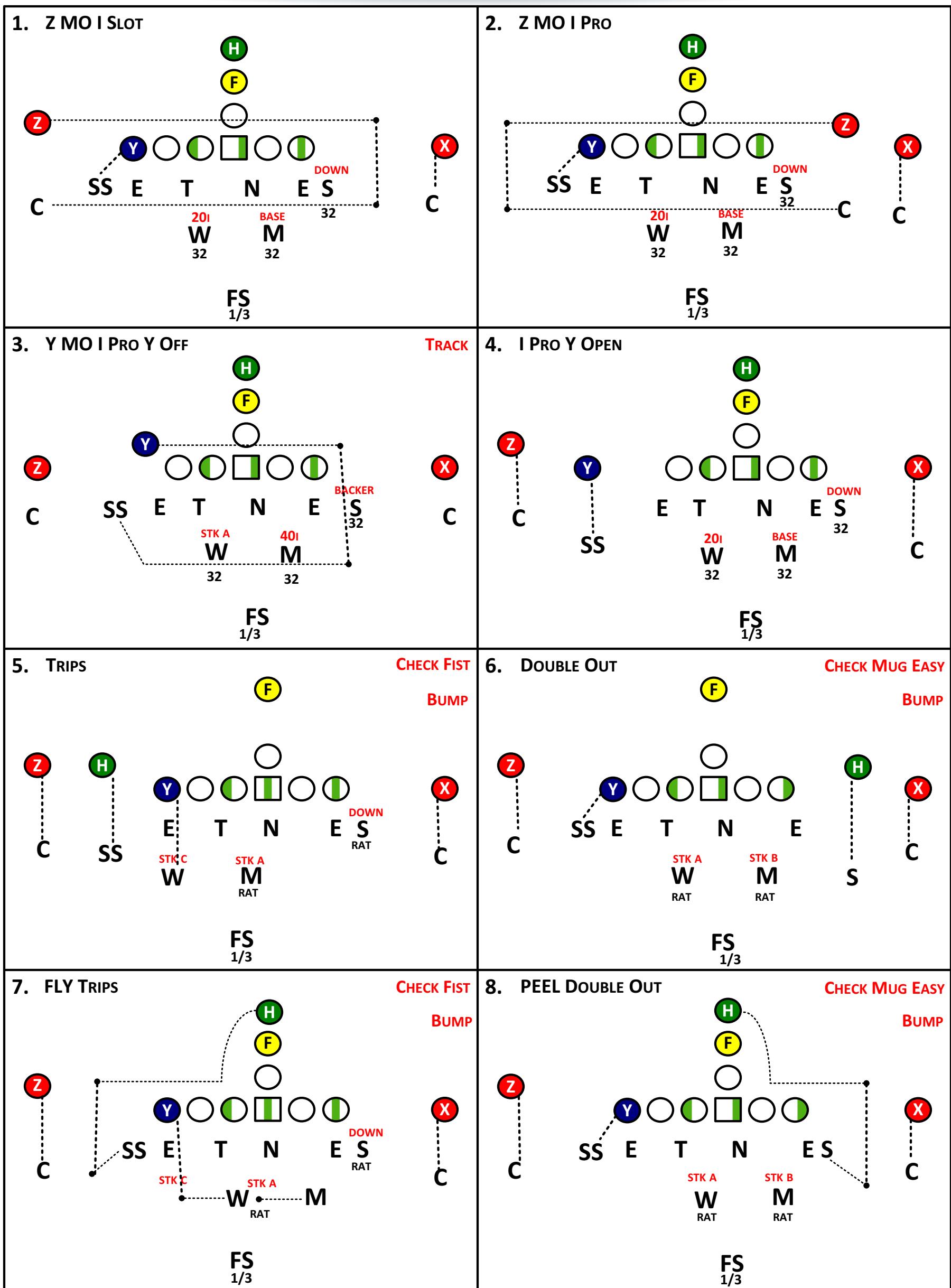
1. SOLID CALL TO THE "Y"
2. SS: MAN TE
3. LBs: 3 ON 2 THE BACKS

ADJUSTMENTS:

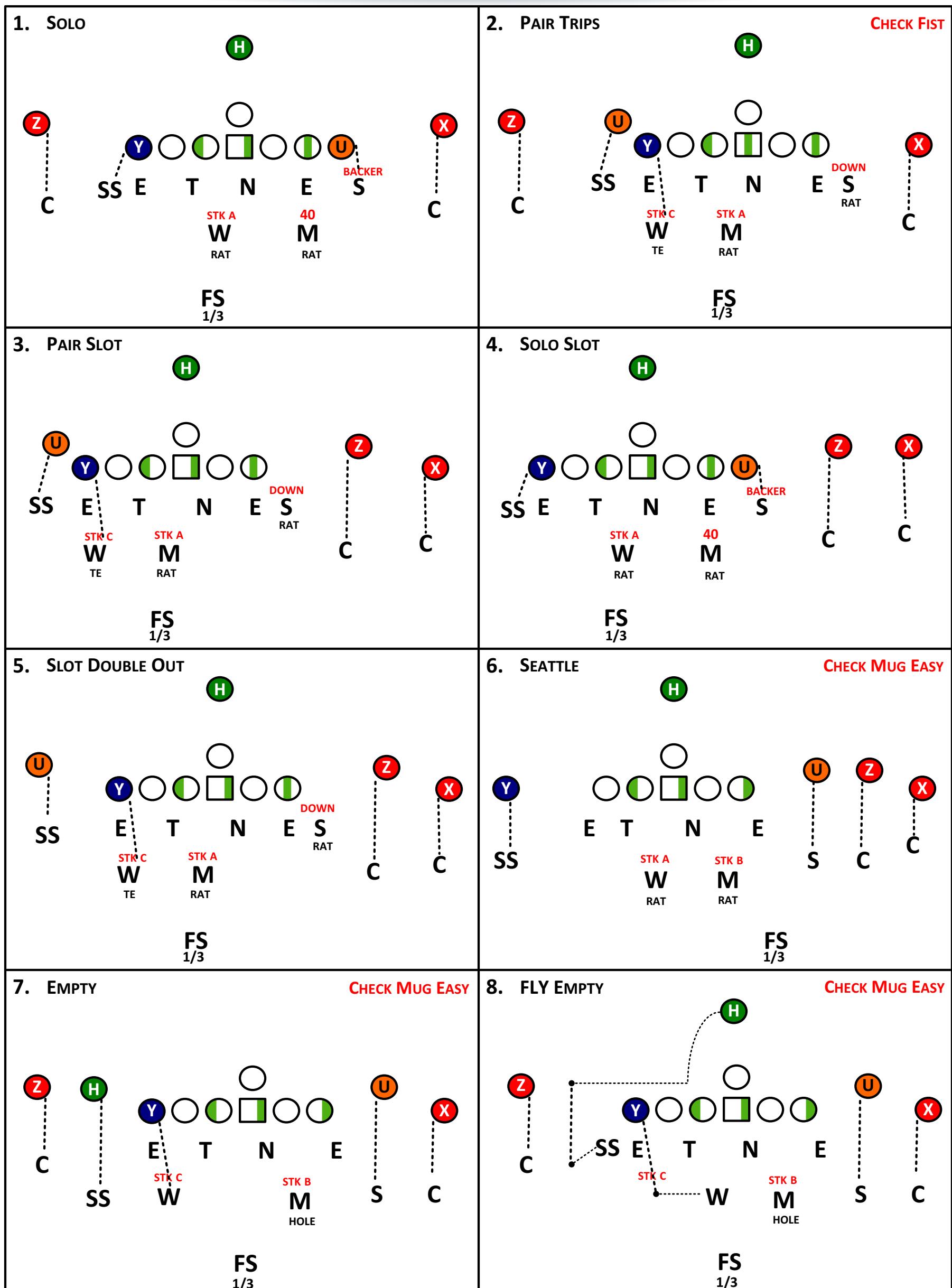
1. Vs. Y MOTION: SAFETIES TRACK
2. BUMP RULES APPLY TO ALIGNED OR MOTION TO 1 BACK:
 - Vs. PEEL MOTION: SAM ADJUST
 - Vs. FLY MOTION: SAFETY ADJUST
3. SAM ALIGNMENTS:
 - DOWN: CHEAT (EXCEPTION IS TRIPS)
 - BACKER: CHEAT
 - WIDE: MUG EASY
4. Vs. TRIPS: CHECK FIST
5. Vs. I FAR, X NASTY: CHECK MUG EASY. SAM PLAY FROM A HIP ALIGNMENT.



W/ CHEAT STONE 1 Y BUMP



W/ CHEAT STONE 1 Y BUMP





SEATTLE SEAHAWKS

DEFENSE

2013



ZONE COVERAGES



SEATTLE
SEAHAWKS 2013

ZONE COVERAGES

- **W/CHEAT STONE BERKLEY RENO**
- **DEUCE STONE BOSTON**
- **OVER ZONE Y (BOSTON)**
- **W/CHEAT STONE BOSTON BLUE**
- **DEUCE COMPTON BLUE**
- **UNDER ZONE X (FRISCO)**
- **DEUCE L.A.**
- **HEAVY L.A.**
- **OVER 2 (L.A.)**
- **OVER 2 (L.A. RENO)**
- **TUFF BUZZ ZONE (MESA BLUE)**



SEATTLE
SEAHAWKS 2013

ZONE COVERAGES

- **TUFF BUZZ ZONE (MESA PALMS)**
- **W/ STEM DEUCE OAKLAND**
- **OV ZONE FLEX (OAKLAND)**
- **WALK DEUCE OAKLAND**
- **W/PIRATE LOAD OAKLAND**
- **DEUCE OAKLAND CLOUD**
- **OVER 4 PALMS (PANTHER)**
- **RENO (SLOT ADJUSTMENT)**
- **ROCK 6 (ROCK SEATTLE)**
- **ROCK 6 (HARD ROCK SEATTLE)**
- **OVER 4 (TAMPA)**

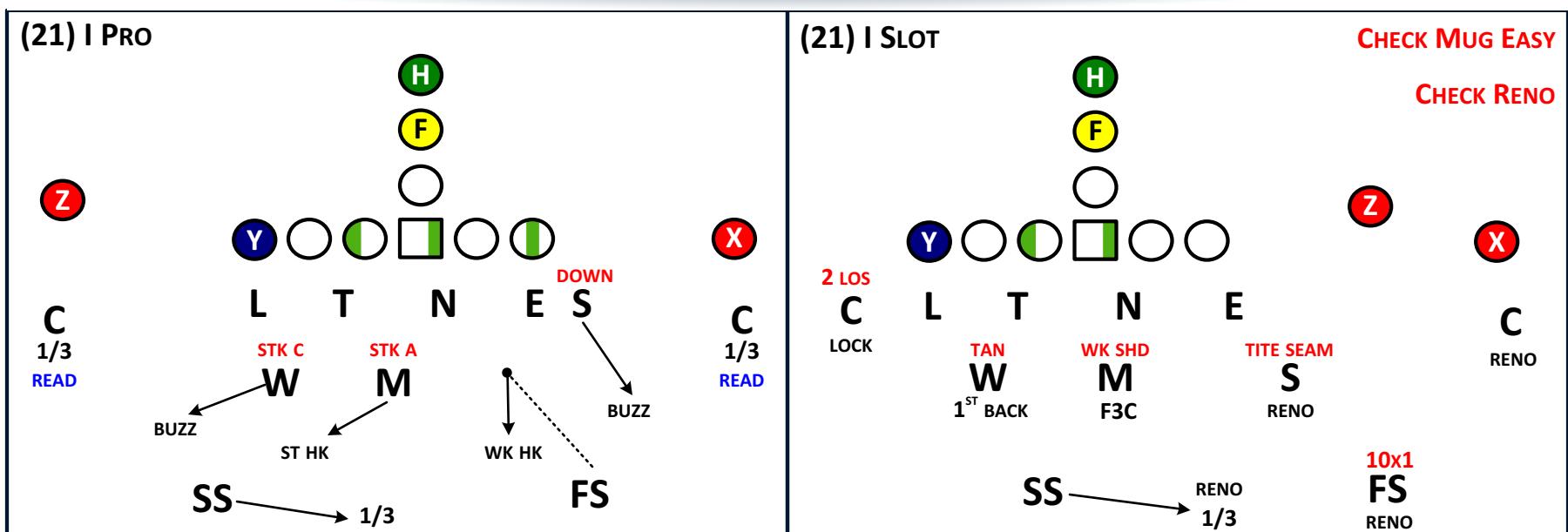


SEATTLE
SEAHAWKS 2013

ZONE COVERAGES

- **TUFF BUZZ FLEX (TUCSON PALMS)**
- **ROCK YAKIMA**
- **ROCK 3 BUSTER (ROCK YUMA)**

W/ CHEAT STONE BERKLEY RENO



ESSENCE:

1. W/ CHEAT STONE BERKLEY IS AN 8 MAN BASE OVER FRONT FAMILY DEFENSE.
2. THE COVERAGE IS A 3 DEEP, 4 UNDER DEFENSE WITH FLEX SIDE ROTATION.

COACHING POINTS:

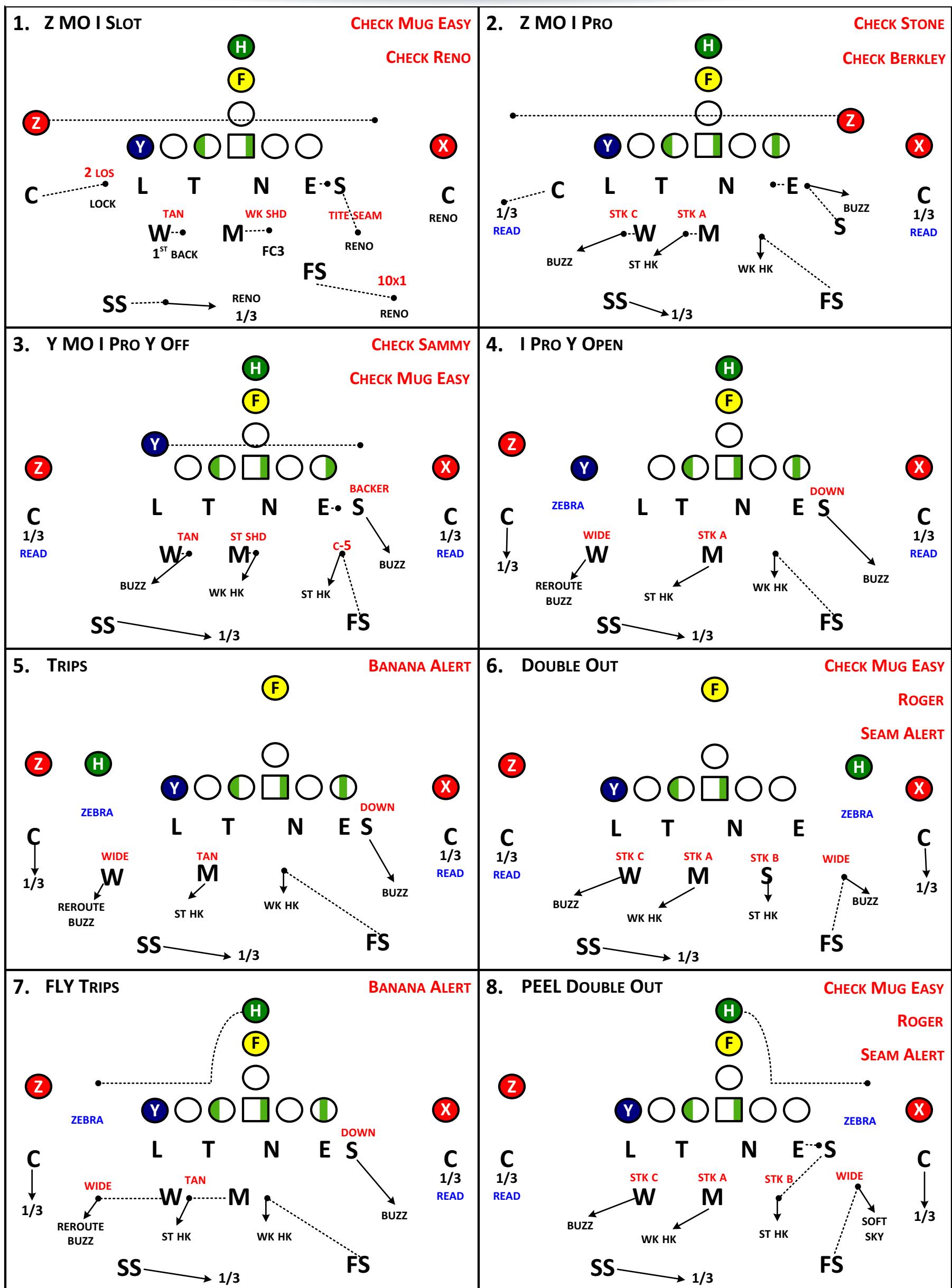
1. SOLID CALL TO THE "Y"
2. Vs. PRO: FS RITA / LINDA TO THE FLEX SIDE
3. CORNERS DEFEND THEIR DEEP 1/3 USING READ PRINCIPLES
 - Vs TRIPS: STRONG SIDE CORNER MIDPOINT
4. SAM: DOWN ALIGNMENT (BUZZ)
5. FREE SAFETY: WEAK HOOK

ADJUSTMENTS:

1. Vs. 2 BACK Y MOTION: CHECK SAMMY (RITA / LINDA), CHECK MUG EASY
2. Vs. ALL 1 BACK SETS: PLAY IT
3. Vs. SINGLE WIDTH SLOT FAMILY: CHECK RENO (MUG EASY)
4. Vs. ANY #2 ALIGNED TO FLEX SIDE (PRO FAMILY): LOU/ROGER, CHECK MUG EASY



W/ CHEAT STONE BERKLEY RENO



W/ CHEAT STONE BERKLEY RENO

1. SOLO <p>CHECK MUG EASY ROGER SEAM ALERT</p>	2. PAIR TRIPS <p>BANANA ALERT</p>
3. PAIR SLOT <p>BANJO CHECK MUG EASY CHECK RENO</p>	4. SOLO SLOT <p>CHECK MUG EASY CHECK RENO</p>
5. SLOT DOUBLE OUT <p>CHECK MUG EASY ROGER SEAM ALERT</p>	6. SEATTLE <p>CHECK MUG EASY ROGER</p>
7. EMPTY <p>CHECK MUG EASY ROGER SEAM ALERT</p>	8. FLY EMPTY <p>CHECK MUG EASY ROGER SEAM ALERT</p>

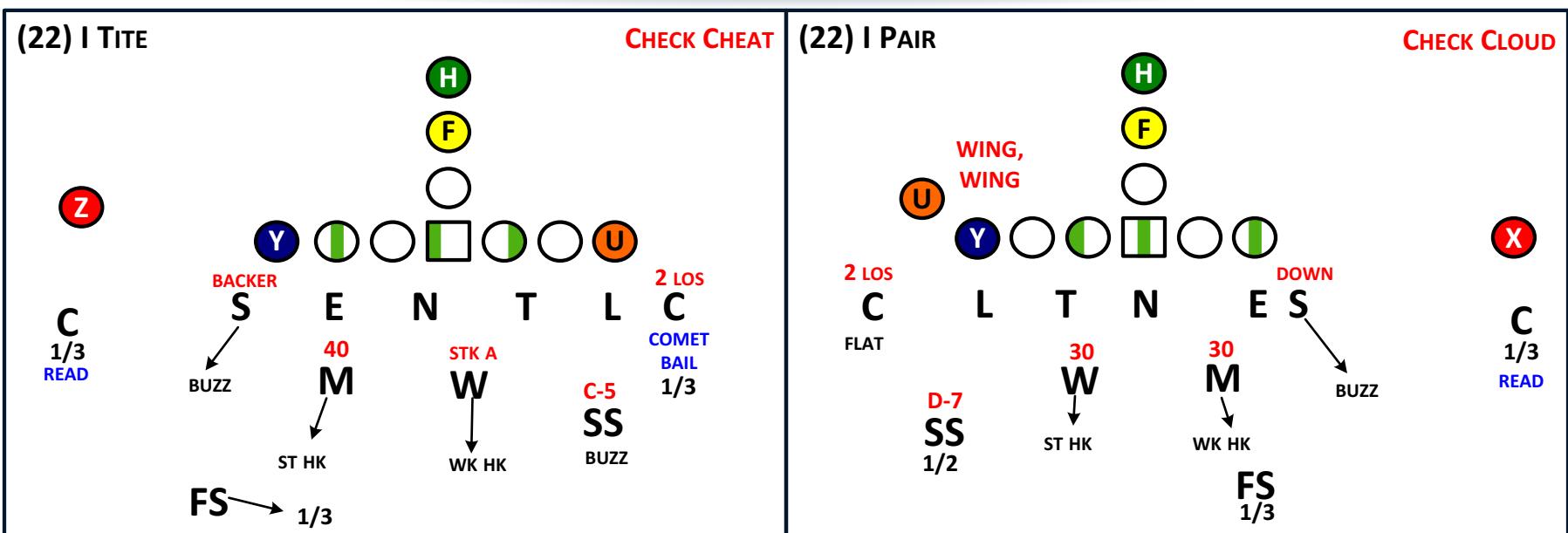


STONE BERKLEY

1.	2.
3.	4.
5.	6.
7.	8.



DEUCE STONE BOSTON



ESSENCE:

1. DEUCE STONE BOSTON BLUE IS A BASE OVER FAMILY 4 UNDER 3 DEEP DEFENSE.

COACHING POINTS:

1. CLOSE CALL AWAY FROM THE WR
2. WILL: ALIGN IN A 30 VS. PRO. STACK A VS. SLOT. HOOK
3. MIKE: ALIGN IN A 30 VS. PRO. 40 VS. SLOT. HOOK
4. STRONG SAFETY: BUZZ TO THE SOLID SIDE

ADJUSTMENTS:

1. Vs. TRUE PAIR (TREY, BTR): CHECK CLOUD. WING, WING
2. Vs. UMO TO SLOT UIP: SAFETY PLAY C-5 TECHNIQUE. END STAYS IN 4B. CHECK CHEAT
3. Vs. UMO TO DISPLACED SLOT: CHECK MUG EASY
4. Vs. BONE LOOKS: CHECK MUG EASY
5. Vs. ALIGNED OR MOTION TO 1 BACK: CHECK MIDDLE, MIDDLE

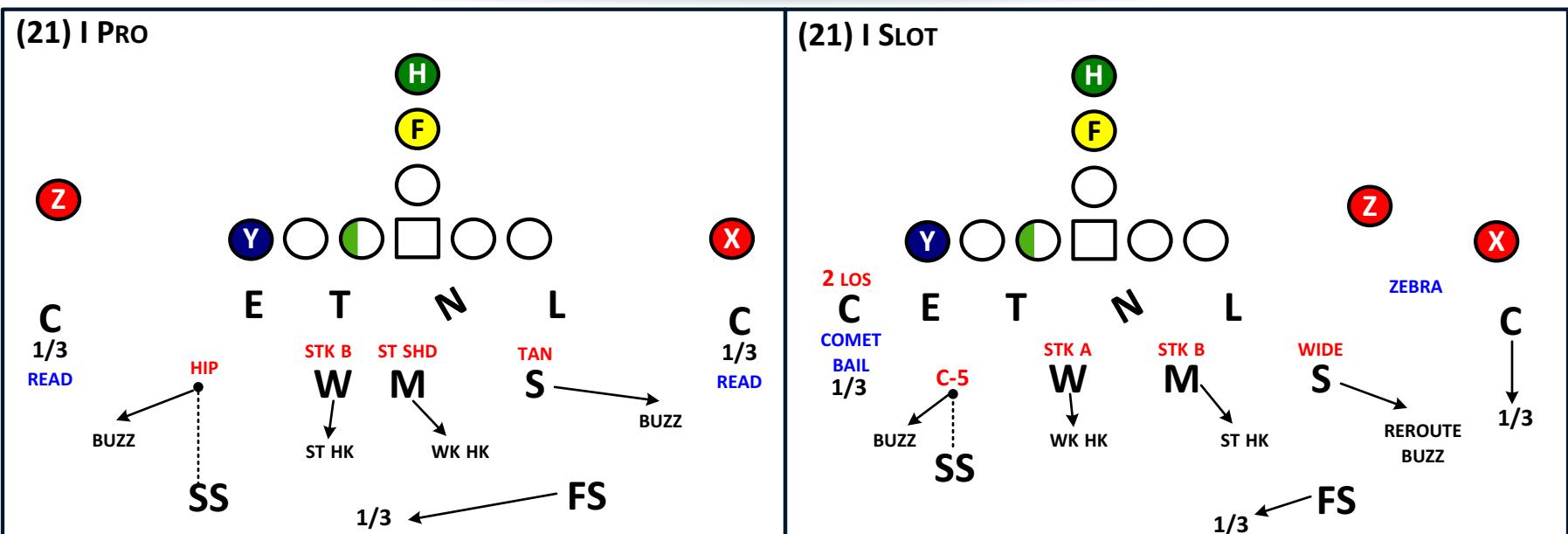


DEUCE STONE BOSTON

<p>1. UMO I SLOT UAP</p> <p>CHECK CHEAT</p>	<p>2. UMO I SLOT</p> <p>CHECK MUG EASY</p>
<p>3. UMO I TRUMP</p> <p>CHECK CHEAT</p>	<p>4. PEEL DOUBLE OUT</p> <p>CHECK MIDDLE</p> <p>SEAM ALERT</p>
<p>5. (22) I PRO</p> <p>CHECK CHEAT</p>	<p>6. (22) BONE</p> <p>CHECK MUG EASY</p>
<p>7.</p>	<p>8.</p>



OVER ZONE Y (BOSTON)



ESSENCE:

1. BOSTON IS AN 8 MAN OVER FRONT DEFENSE.
2. THE COVERAGE IS A 3 DEEP, 4 UNDER DEFENSE WITH SOLID SIDE ROTATION.
3. 21 PERSONNEL CALL.

COACHING POINTS:

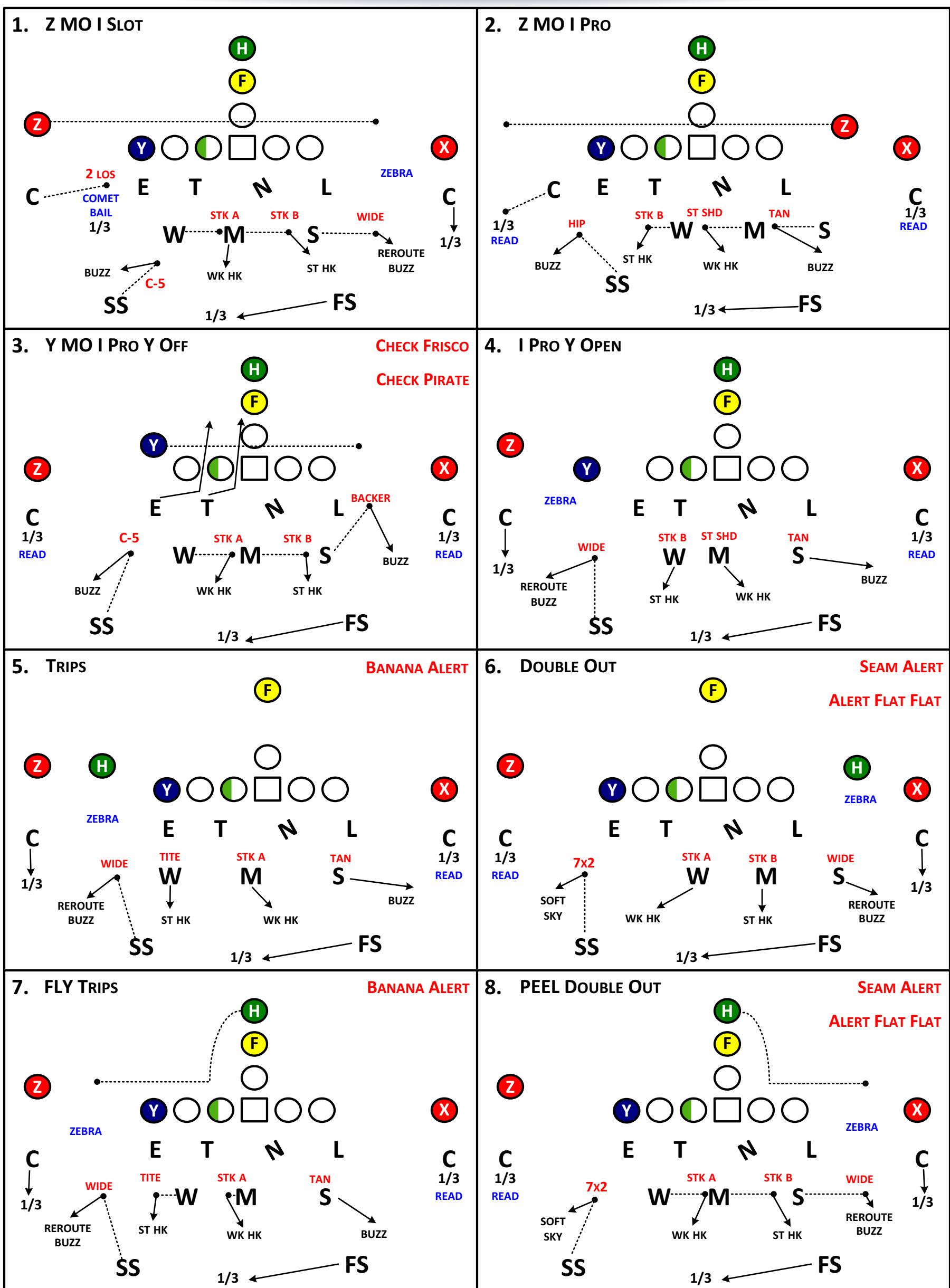
1. SOLID CALL TO THE "Y"
2. S/S COMMUNICATES "LOU OR ROGER"
3. SAFETIES SHOW A 2 DEEP (OVER 2 / L.A.) PRE-SNAP LOOK
4. CORNERS DEFEND THEIR DEEP 1/3 USING READ PRINCIPLES
 - Vs. TRIPS: STRONG CORNER MIDPOINT
5. Vs. 2x2 SETS. SEAM ALERT, SAFETIES SOFT SKY (ALERT FLAT/FLAT)

ADJUSTMENTS:

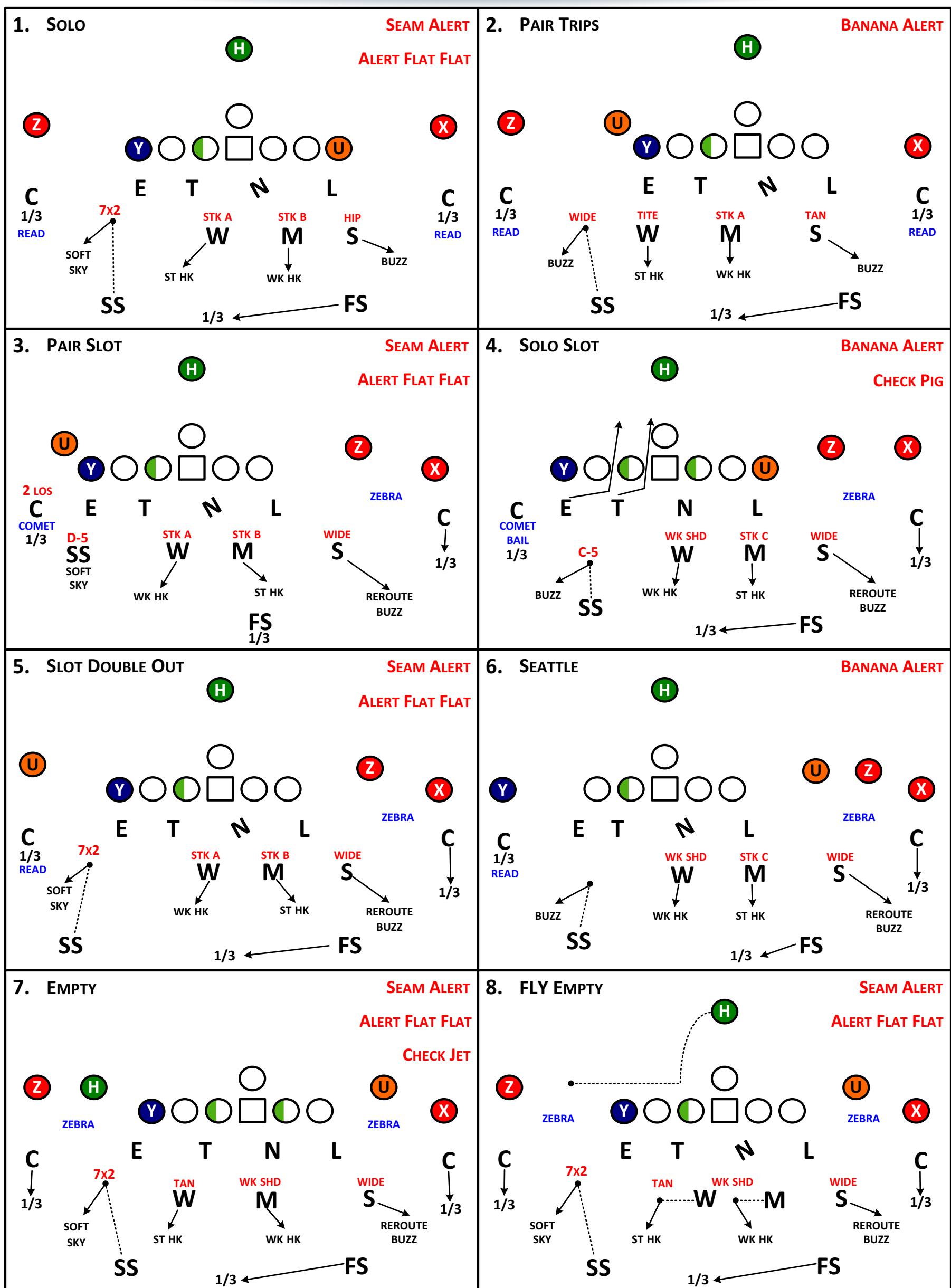
1. Vs. SLOT: NUB SIDE CORNER COMET BAIL, LB STACK ALIGNMENT
2. Vs. Y MOTION, Y SHIFT: CHECK PIRATE, CHECK FRISCO, STACK ALIGNMENT
3. STUNTS: PIRATE, PIG (Ex: WITH A PIRATE BOSTON)



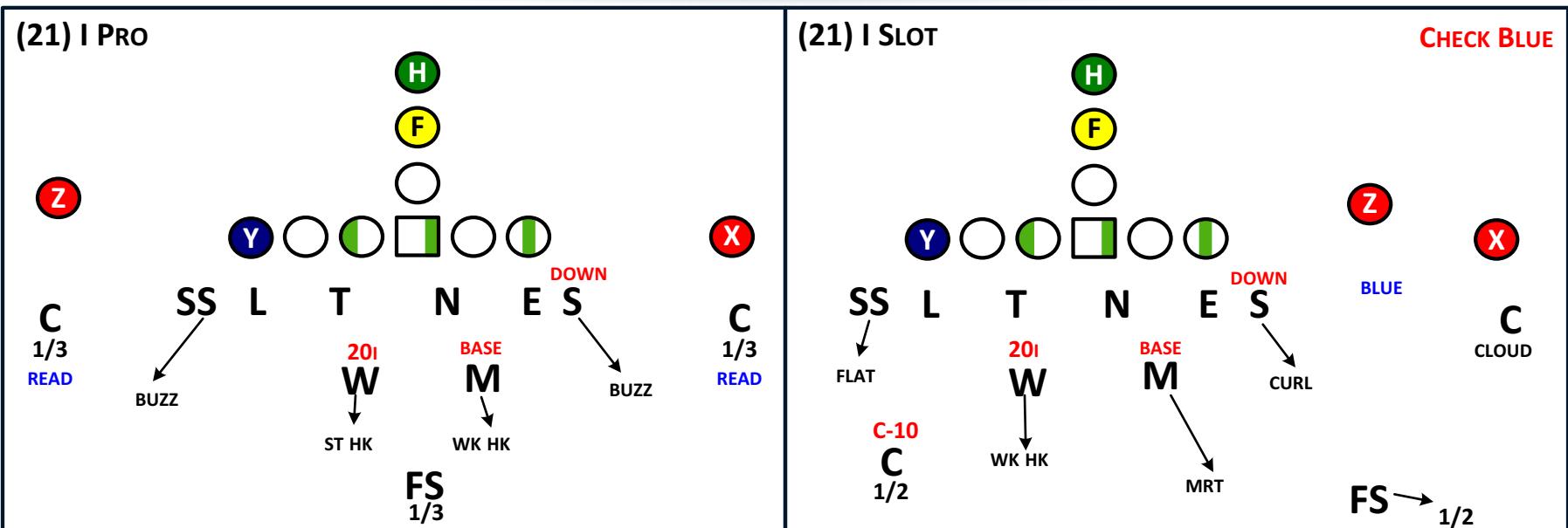
OVER ZONE Y (BOSTON)



OVER ZONE Y (BOSTON)



W/ CHEAT STONE BOSTON BLUE



ESSENCE:

1. W/ CHEAT STONE BOSTON BLUE IS A BASE OVER FAMILY 4 UNDER 3 DEEP DEFENSE.
2. SAFETY DOWN TO THE SOLID SIDE

COACHING POINTS:

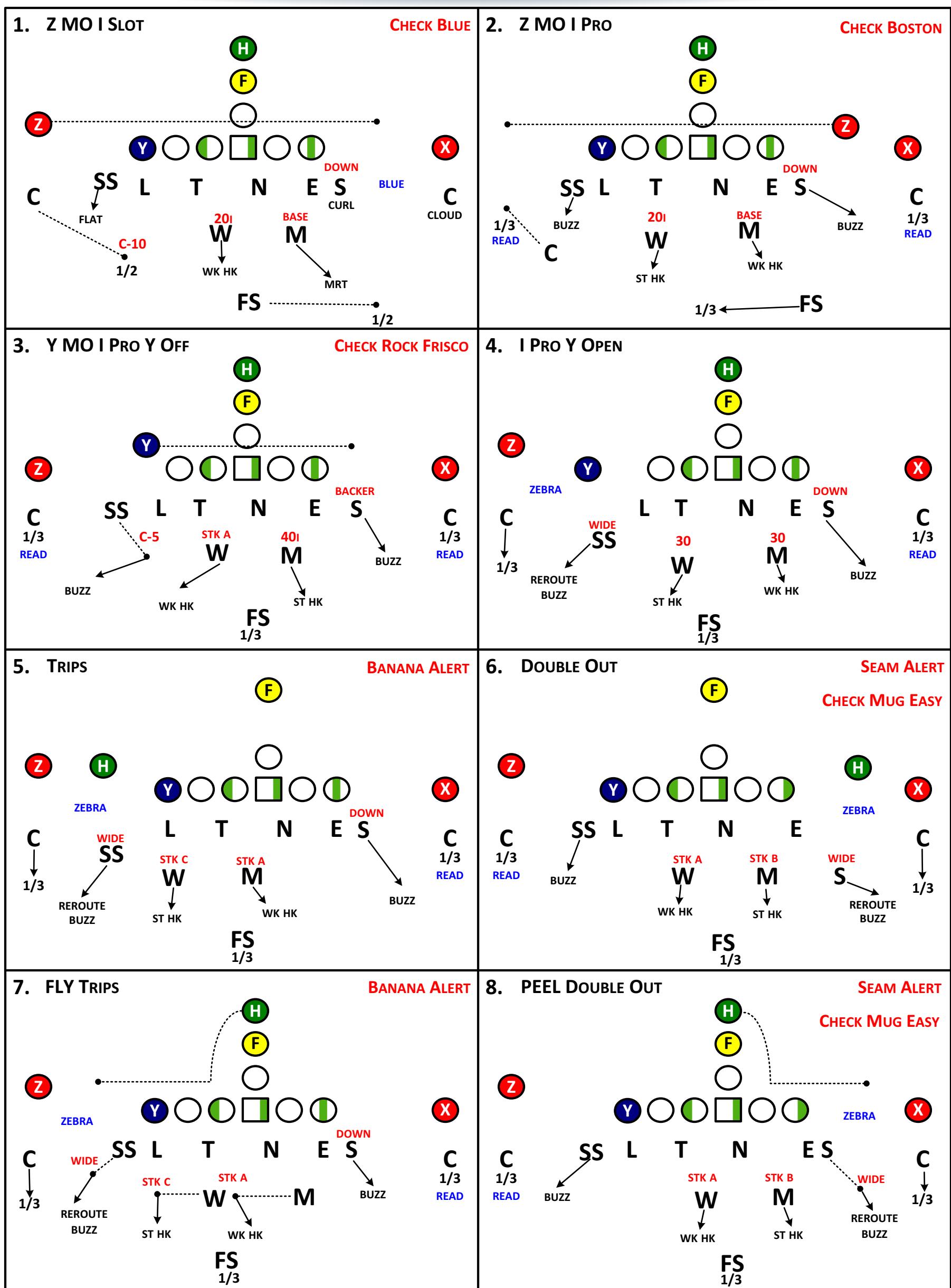
1. SOLID CALL TO THE "Y"
2. VS. SLOT, NUB SIDE CORNER PLAY $\frac{1}{2}$ (C-10)
3. STRONG SAFETY AND SAM IN "TUFF" ALIGNMENTS
4. WILL AND MIKE CHEAT TO FB

ADJUSTMENTS:

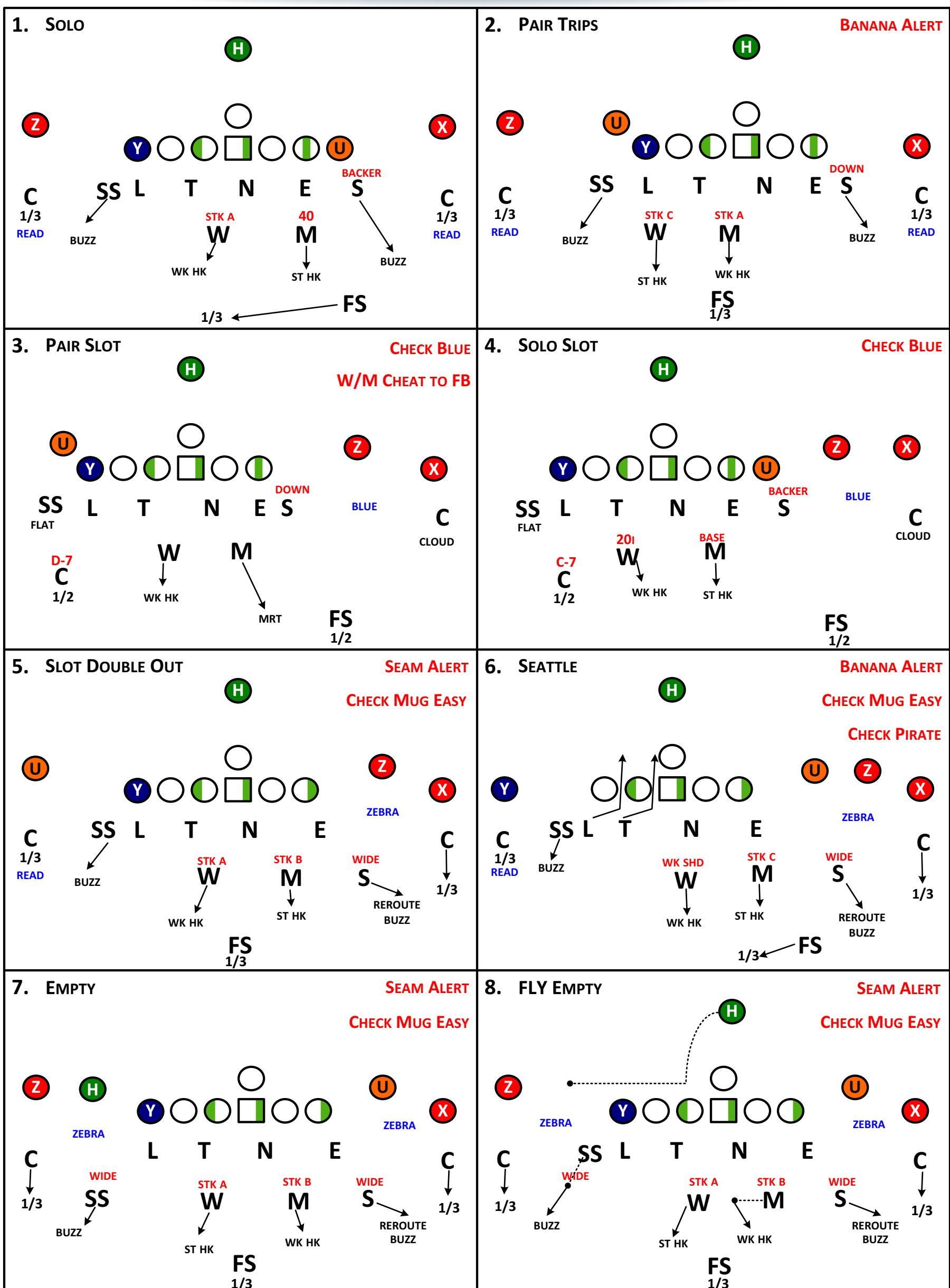
1. VS. ALL SLOT SINGLE WIDTH FAMILY FORMATIONS (PAIR SLOT): CK BLUE
2. VS. Y MOTION: CHECK ROCK ROCK FRISCO
3. VS. 2x2: SEAM ALERT
4. SAM ALIGNMENTS:
 - BACKER – CHEAT
 - DOWN – CHEAT
 - WIDE – CHECK MUG EASY (1 AND LOOSE 5 TECHNIQUE)
5. SEATTLE TRIPS: CHECK PIRATE



W/ CHEAT STONE BOSTON BLUE

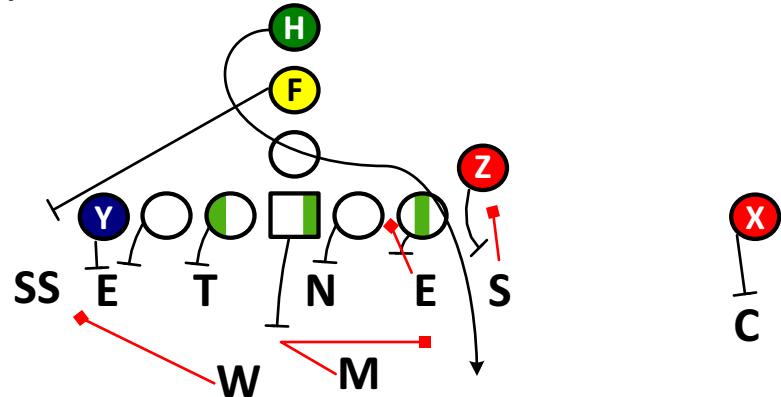


W/ CHEAT STONE BOSTON BLUE



(21) I SLOT

CHECK BLUE

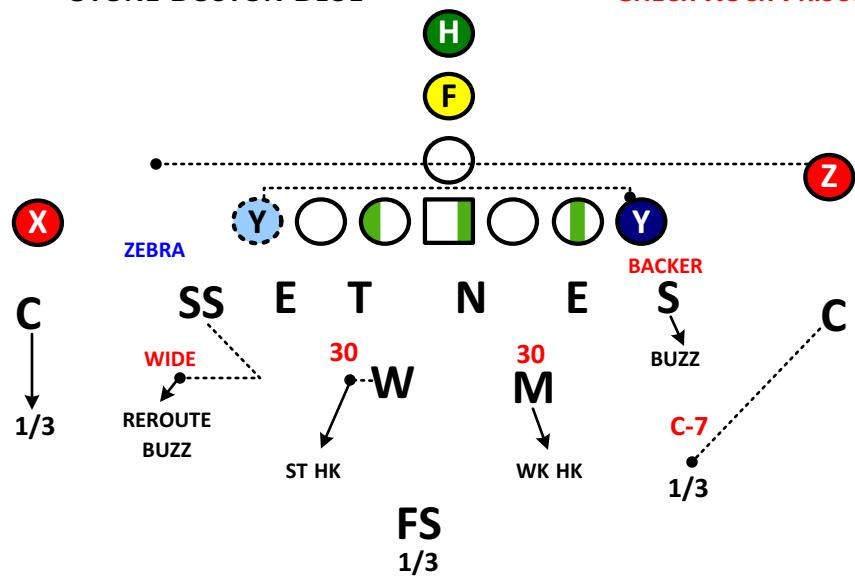


C

FS

STONE BOSTON BLUE

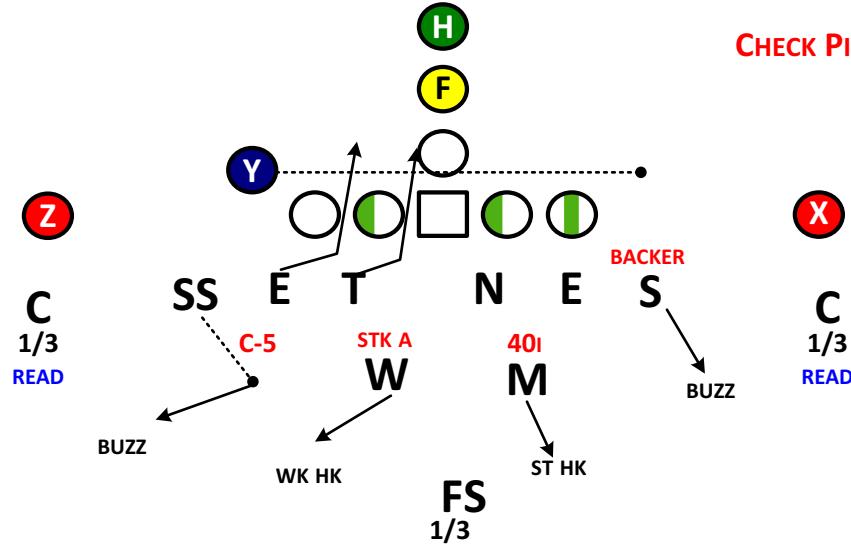
CHECK ROCK FRISCO



Y MO I PRO Y OFF

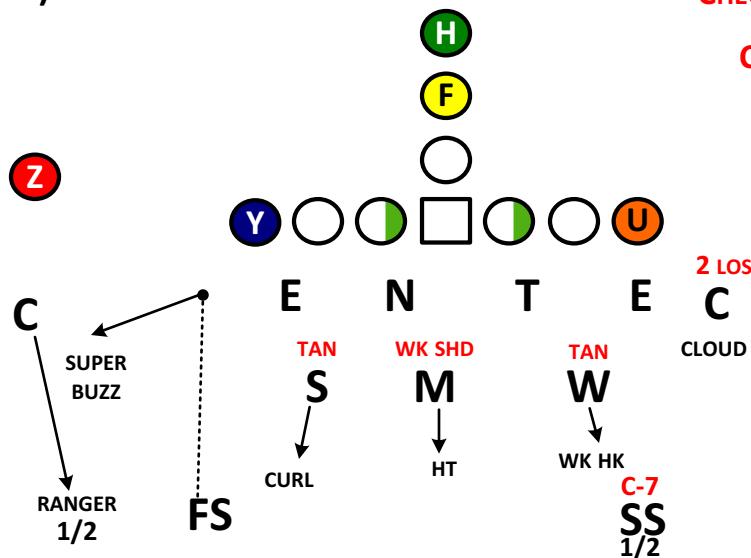
CHECK ROCK FRISCO

CHECK PIG



DEUCE COMPTON BLUE

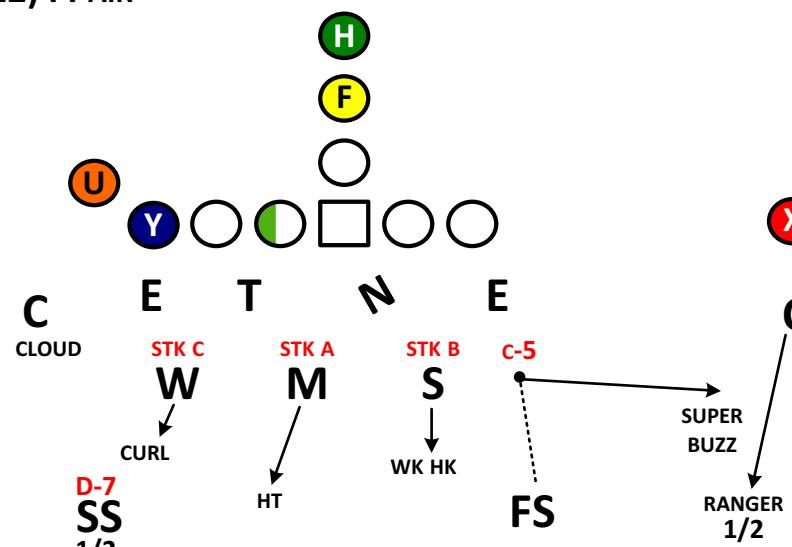
(22) I TITE



CHECK BLUE

CHECK G

(22) I PAIR



ESSENCE:

1. DEUCE COMPTON IS AN 8 MAN OVER FRONT DEFENSE VS. 22 PERSONNEL.
2. WE WILL STAY IN A CLOUD PRINCIPAL FOR THE ENTIRE DOWN.

COACHING POINTS:

1. CLOSE CALL AWAY FROM THE WR:
U: WITH TWO TIGHT ENDS ON THE LOS
Y: WITH ONE TIGHT END ON THE LOS

ADJUSTMENTS:

1. PRO FAMILY: FOLLOW NORMAL OAKLAND CLOUD RULES
LBs: ALERT FLOW RULES
2. SLOT FAMILY: PLAY BLUE, CHECK G

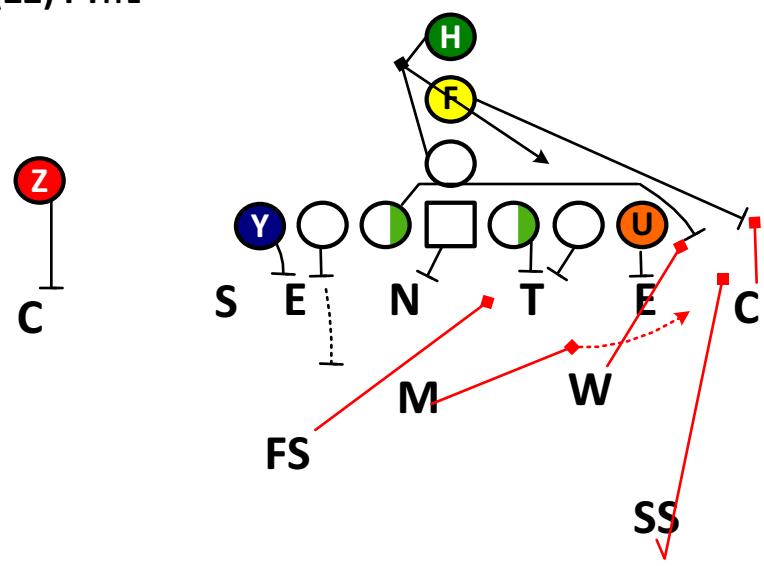


DEUCE COMPTON BLUE

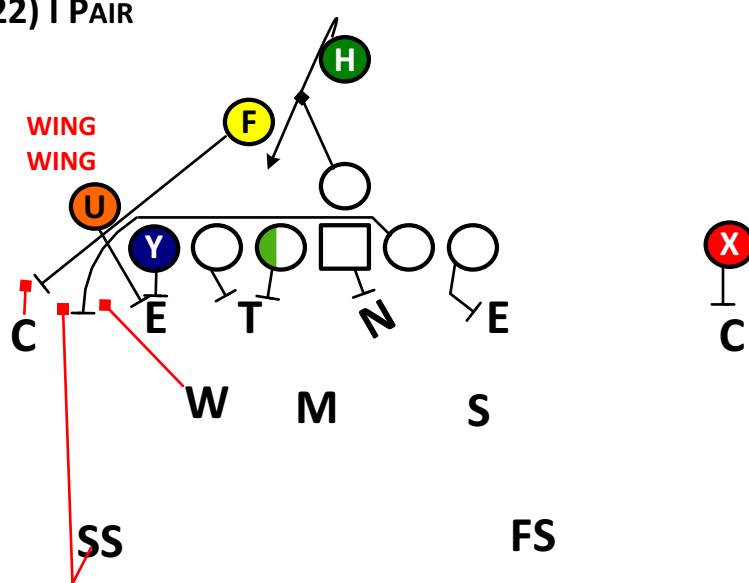
<p>1. Z MO I SLOT</p> <p style="text-align: right;">CHECK CLOUD CHECK G</p>	<p>2. U MO I SLOT UIP</p> <p style="text-align: right;">STAY BLUE CHECK G</p>
<p>3.</p>	<p>4.</p>
<p>5.</p>	<p>6.</p>
<p>7.</p>	<p>8.</p>



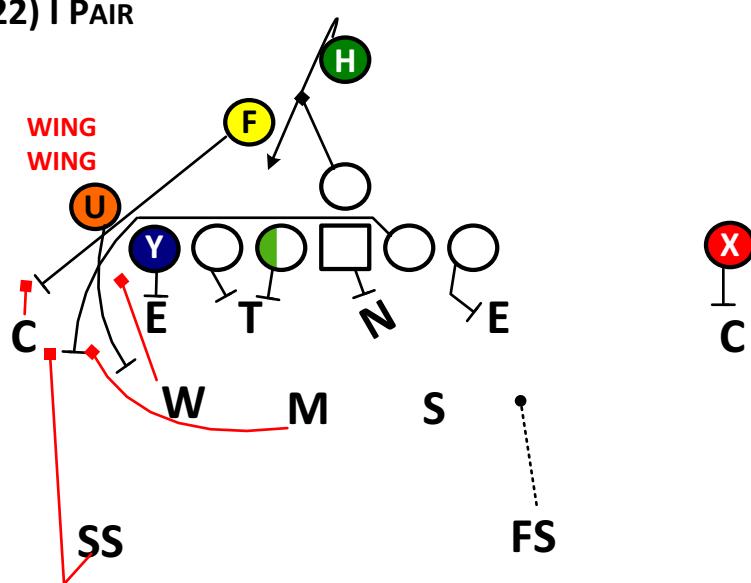
(22) I TITE



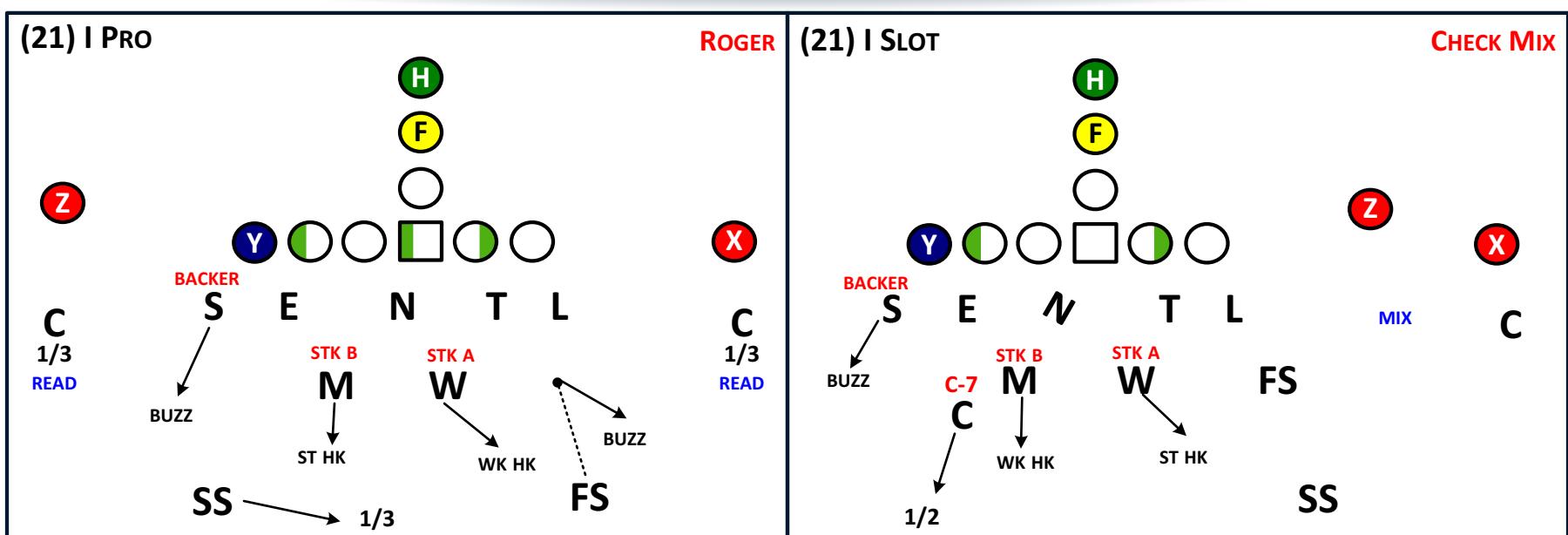
(22) I PAIR



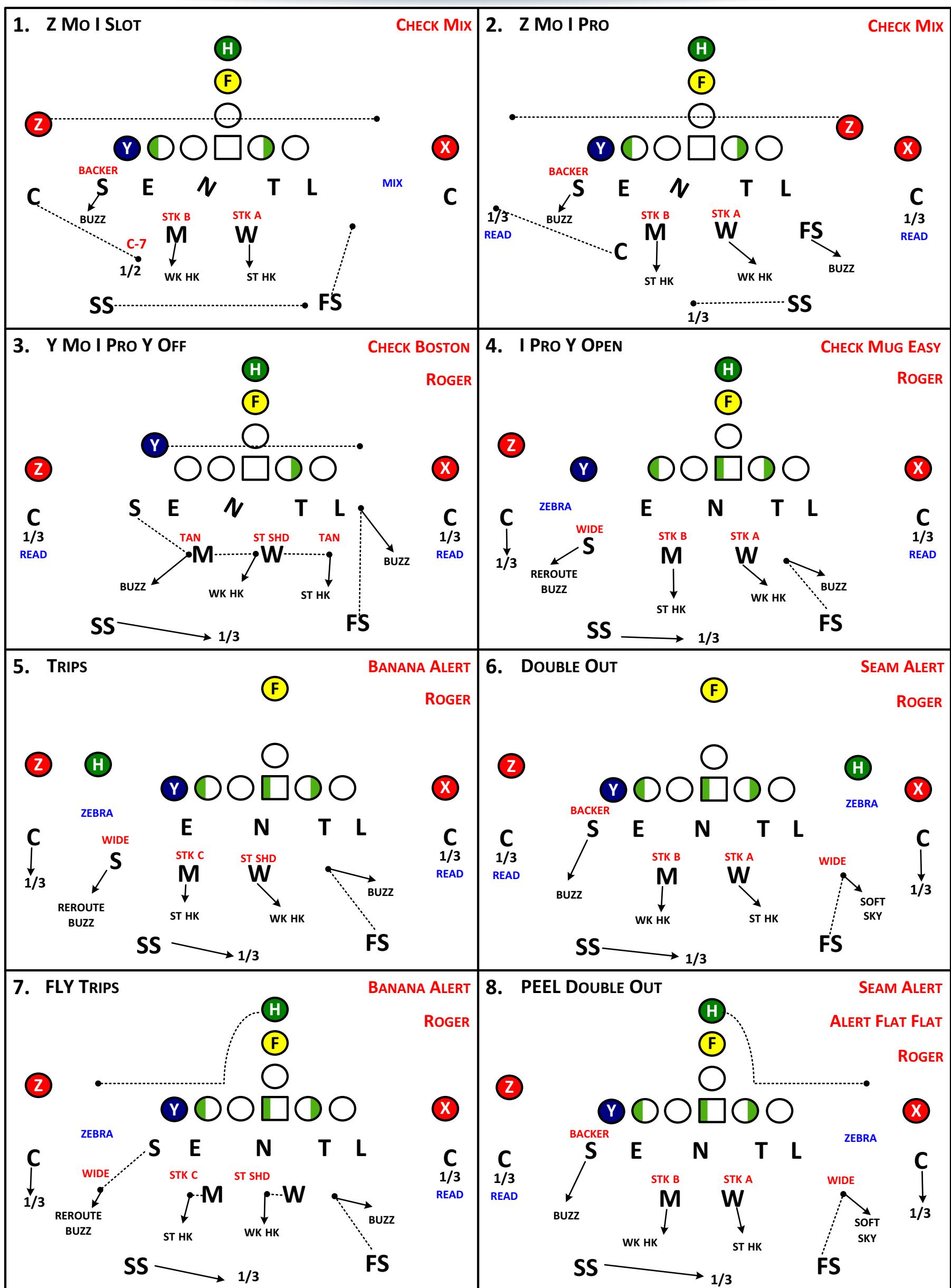
(22) I PAIR



UNDER ZONE X (FRISCO)



UNDER ZONE X (FRISCO)



UNDER ZONE X (FRISCO)

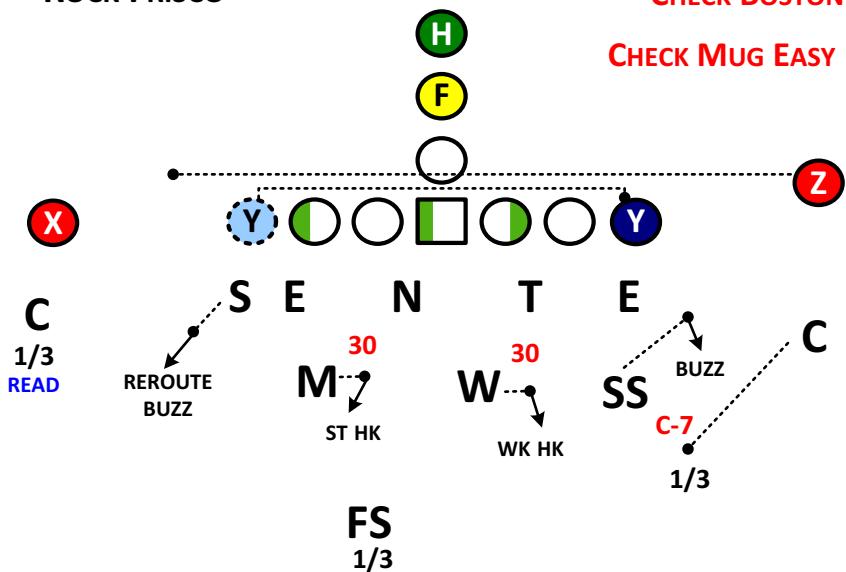
<p>1. SOLO</p> <p>SEAM ALERT ALERT FLAT FLAT ROGER</p>	<p>2. PAIR TRIPS</p> <p>BANANA ALERT ROGER</p>
<p>3. PAIR SLOT</p> <p>CHECK MIX</p>	<p>4. SOLO SLOT</p> <p>CHECK MIX</p>
<p>5. SLOT DOUBLE OUT</p> <p>SEAM ALERT ROGER</p>	<p>6. SEATTLE</p> <p>CHECK MIX</p>
<p>7. EMPTY</p> <p>SEAM ALERT ROGER</p>	<p>8. FLY EMPTY</p> <p>SEAM ALERT ROGER</p>



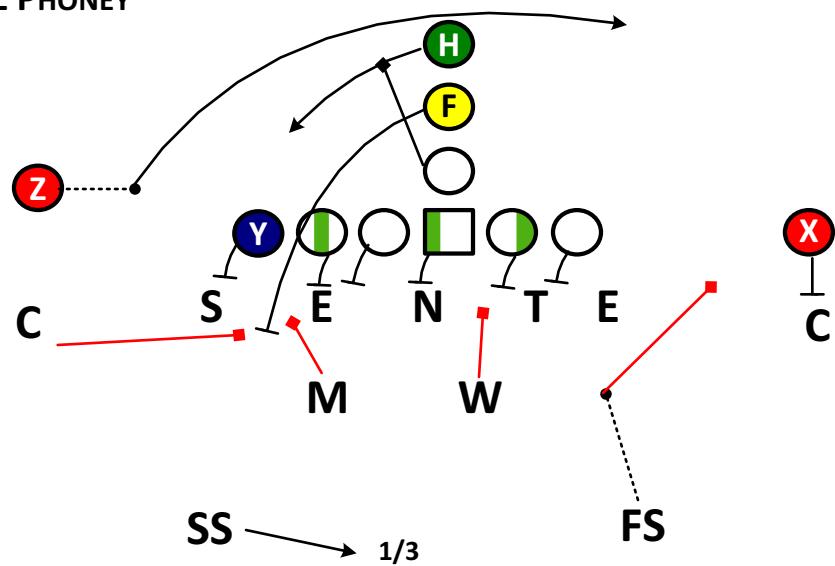
ROCK FRISCO

CHECK BOSTON

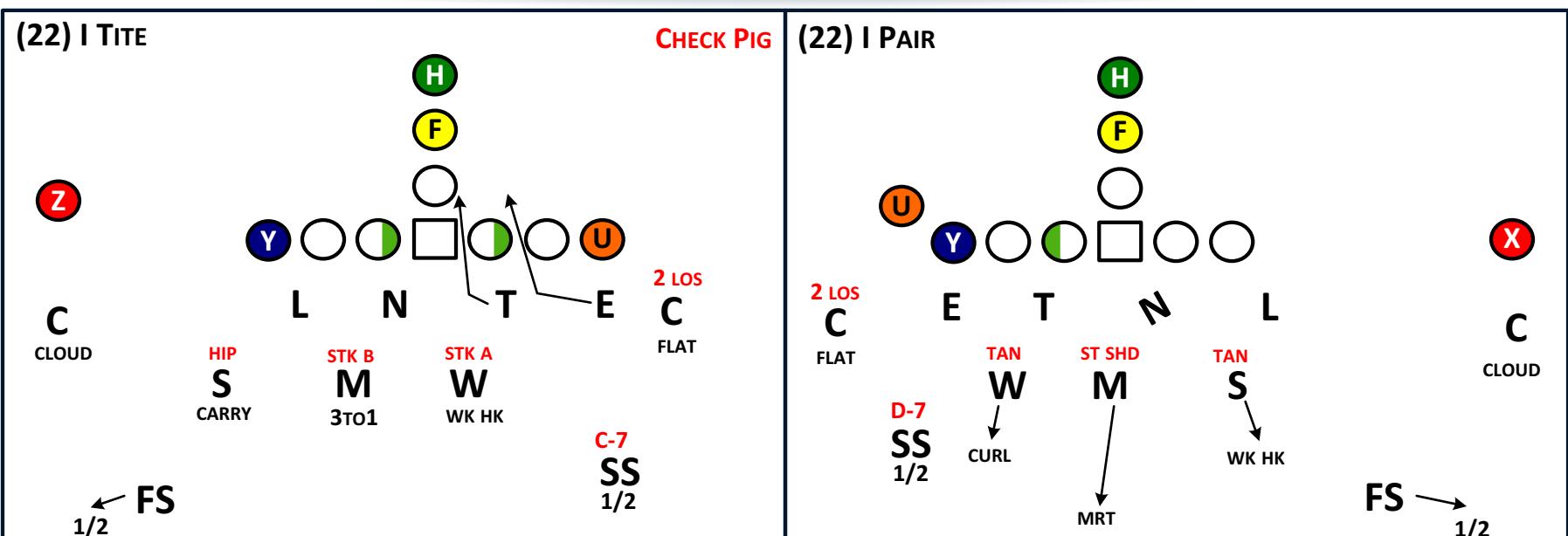
CHECK MUG EASY



Z PHONEY



DEUCE L.A.



ESSENCE:

1. DEUCE L.A. IS A 7 MAN OVER FAMILY FRONT DEFENSE VS. 22 PERSONNEL.

COACHING POINTS:

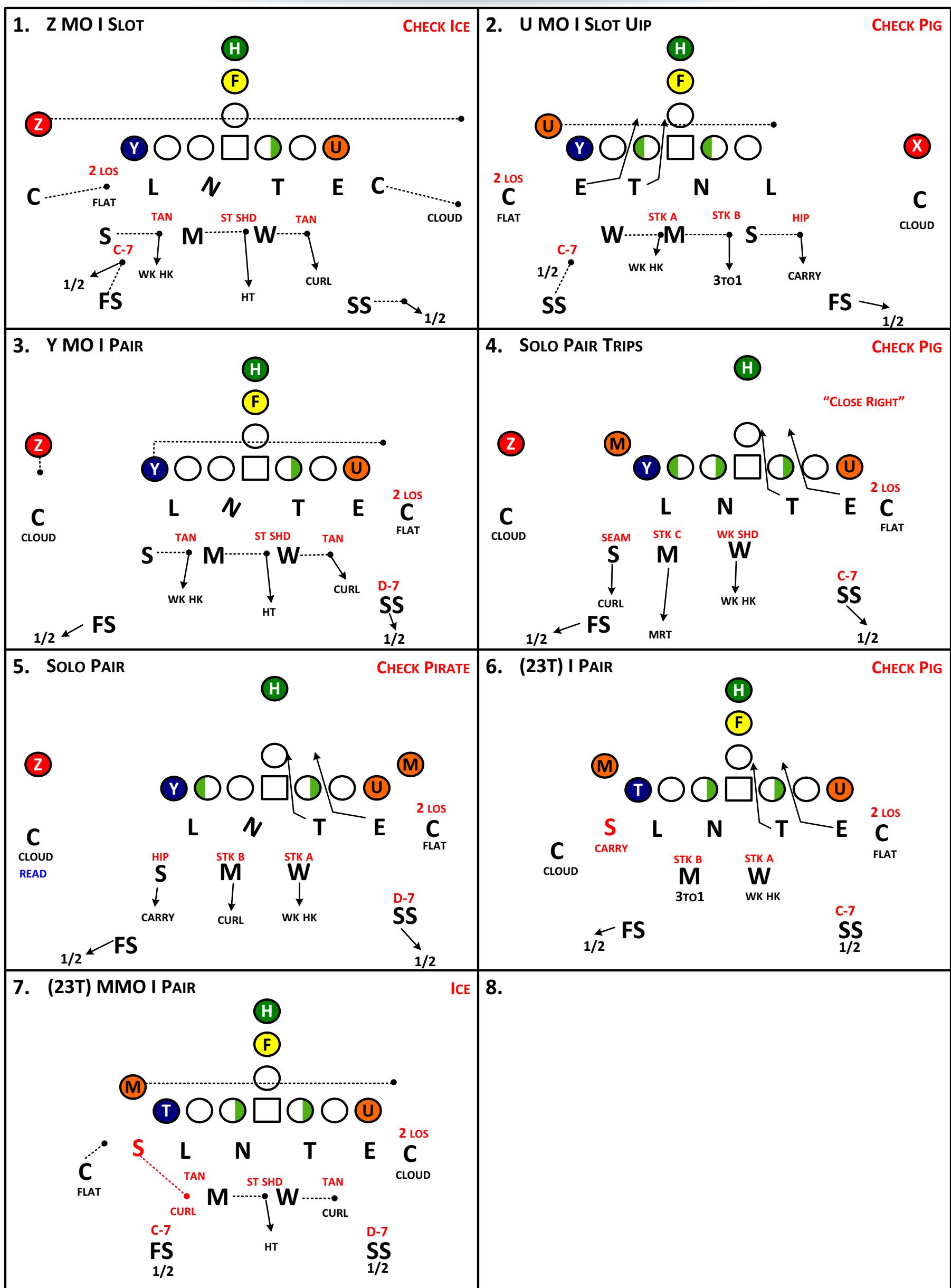
1. CLOSE CALL AWAY FROM THE WR:
 - U: WITH TWO TIGHT ENDS ON THE LOS
 - Y: WITH ONE TIGHT END ON THE LOS
2. CORNERS CAN USE A VARIETY OF CLOUD TECHNIQUES SUCH AS BAIL SQUAT AND CATCH TECHNIQUE
3. SAM CARRY VS 2 BACK SLOT
4. WITH A PIRATE STUNT CALLED, CORNERS USE SLAM TECHNIQUE
5. NO SLAM TECHNIQUE VS 2 DISPLACED

ADJUSTMENTS:

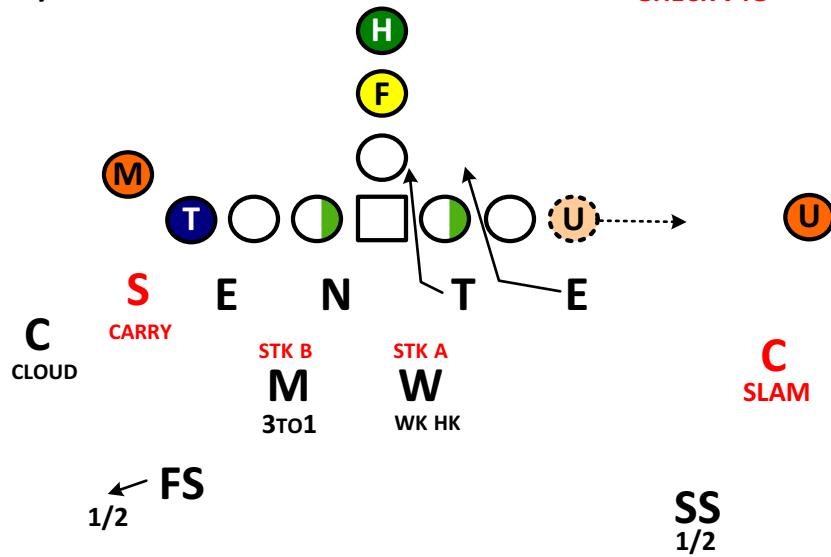
1. Vs. TITE FORMATIONS: CLOSE TO THE "U" AND TREAT AS A SLOT FORMATION AND CHECK PIRATE (SAM CARRY).
2. Vs. PAIR FORMATIONS: CLOSE TO THE "Y" AND TREAT AS A PRO FORMATION.



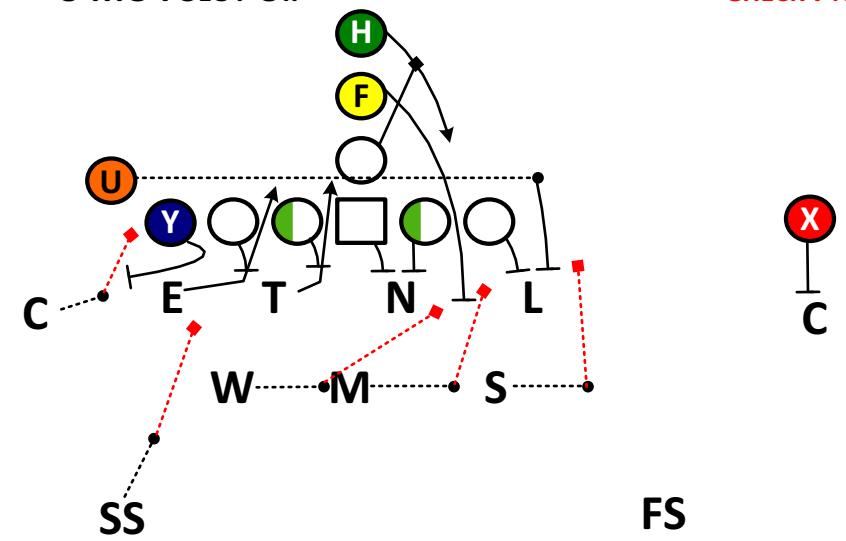
DEUCE L.A.



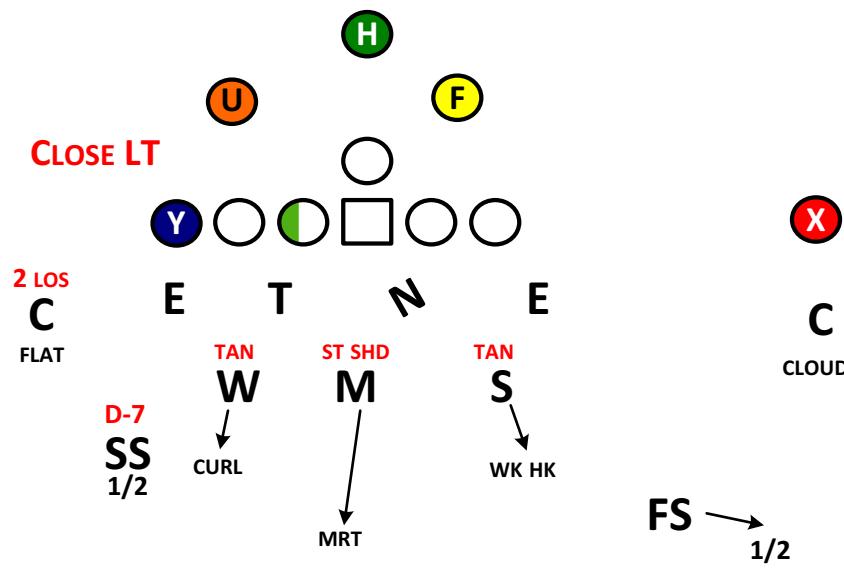
(23T) I PAIR



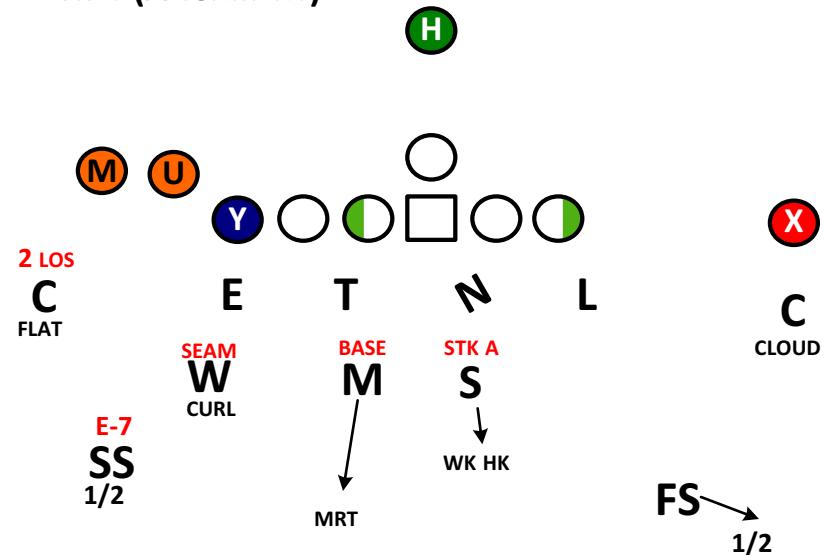
U MO I SLOT UIP



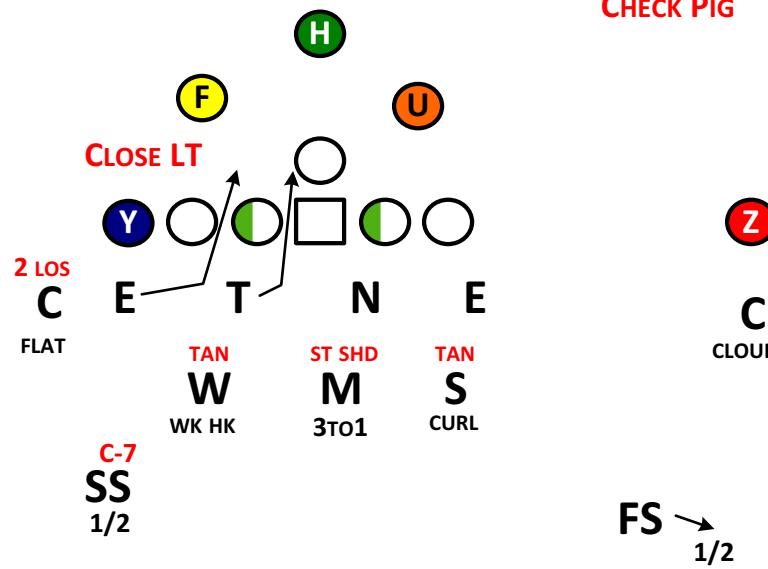
TREAT AS PRO



TREY (ALIGNMENT)

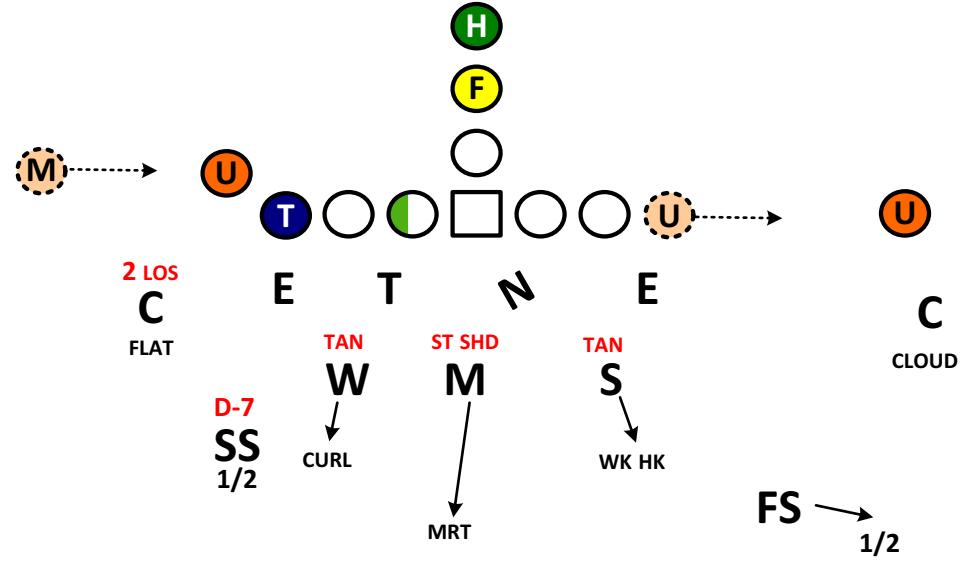


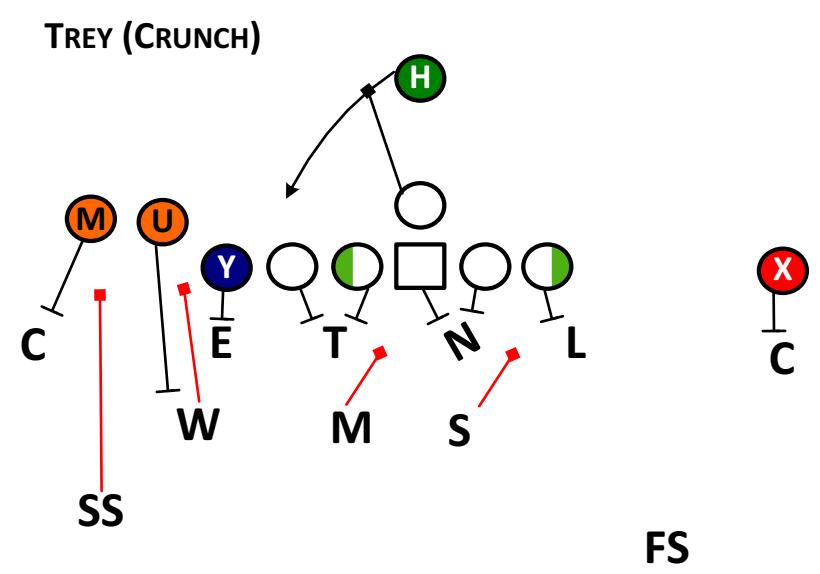
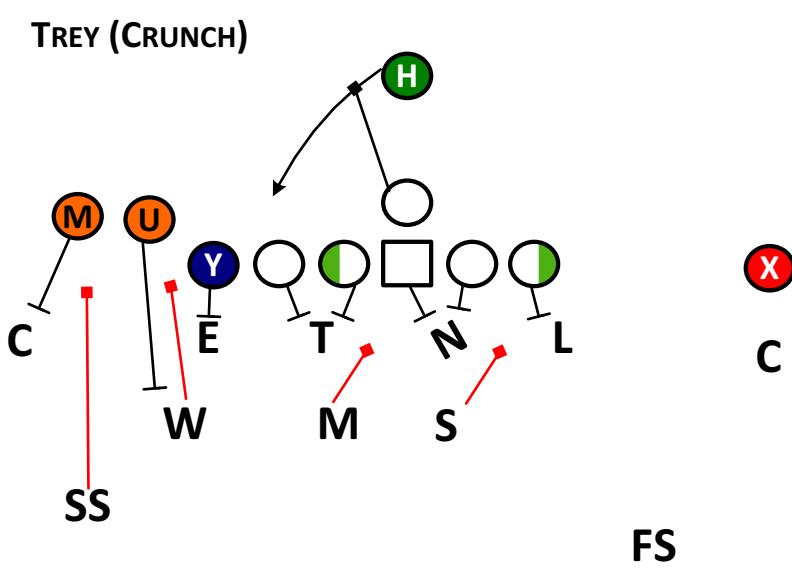
TREAT AS SLOT



CHECK PIG

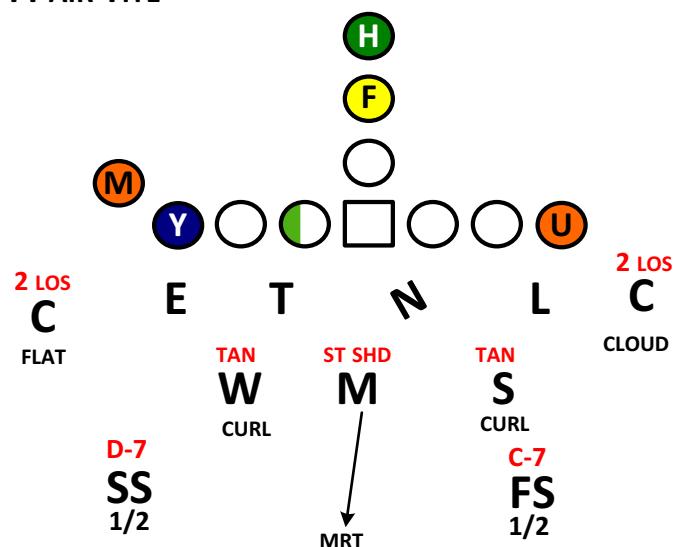
CLOSE RT TO CLOSE LT



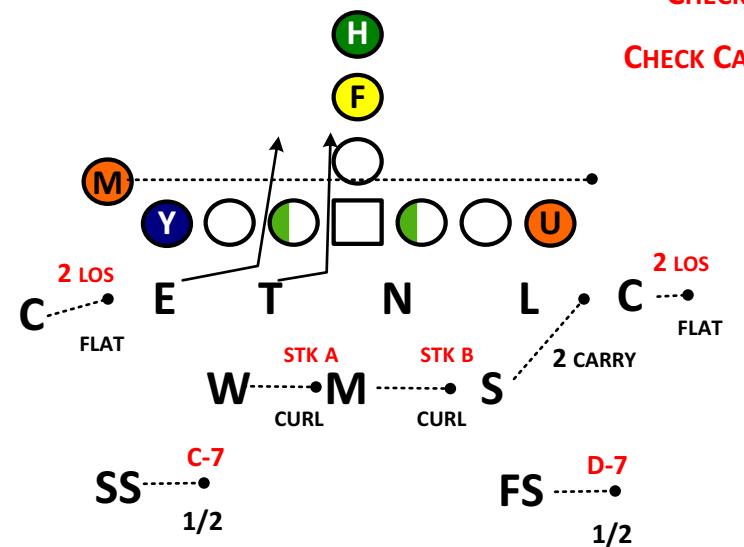


HEAVY L.A.

(23) I PAIR TITE



(23) MMO I PAIR TITE



ESSENCE:

1. HEAVY L.A. IS A 7 MAN OVER FAMILY FRONT DEFENSE VS. 23 PERSONNEL.

COACHING POINTS:

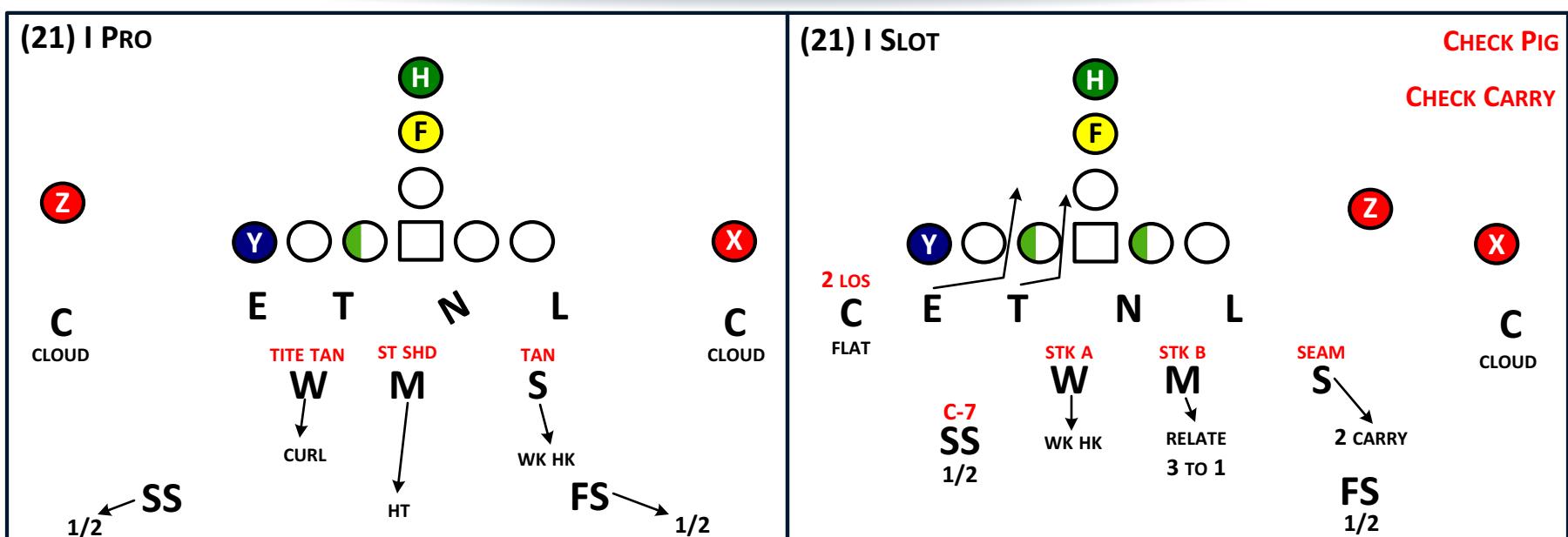
1. CLOSE CALL TO THE PAIR.
2. CORNERS CAN USE A VARIETY OF CLOUD TECHNIQUES SUCH AS BAIL SQUAT AND CATCH TECHNIQUE
3. FOLLOW NORMAL L.A. RULES

ADJUSTMENTS:

1. TREAT THE 'M' LIKE THE 'Z' RECEIVER:
Vs. M MOTION, CHECK PIG AND 2 CARRY (LBs ALIGN IN STACK A & STACK B)



OVER 2 (L.A.)



ESSENCE:

1. OVER 2 (L.A.) IS A 7 MAN OVER FRONT DEFENSE.
2. CORNERS ARE CLOUDED ON THE #1 RECEIVERS.
3. LBs ARE RESPONSIBLE FOR SEAM ROUTES.

COACHING POINTS:

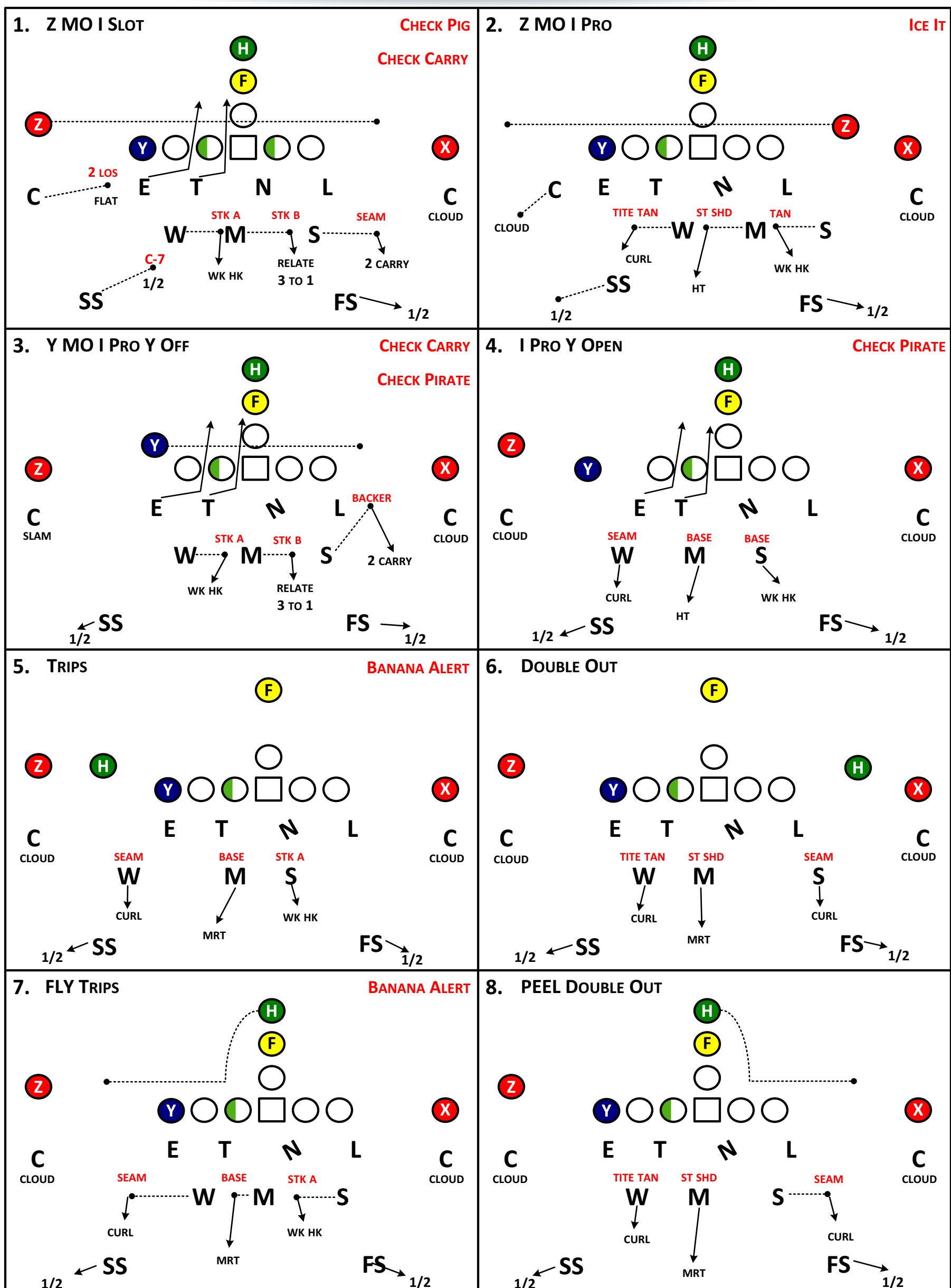
1. SOLID CALL TO THE "Y"
2. CORNERS CAN USE A VARIETY OF CLOUD TECHNIQUES SUCH AS BAIL SQUAT AND CATCH
3. Vs. 2 BACK PRO, LBs RUN THRU BASED ON FLOW, FLOOD AND SPLIT RULES
4. SAM CARRY VS 2 BACK SLOT
5. WITH A PIRATE STUNT CALLED, SOLID CORNER USE SLAM TECHNIQUE
6. NO SLAM TECHNIQUE VS 2 DISPLACED
7. MIKE LB, WHEN NOT THE RUN THRU PLAYER:
 - ACTION TO CARRY PLAYER: 3 TO 1
 - ACTION AWAY: RELATE TO 3

ADJUSTMENTS:

1. Vs. 2 BACK SLOT: LBs STACK ALIGNMENT, UTILIZE THE C-7 SS & CHECK PIG.
2. Vs. Y MOTION: CHECK CARRY AND PIRATE (SLAM TECHNIQUE)
 - LBs: STACK A/STACK B
3. Vs. Y OPEN: CHECK PIRATE
4. Vs. NUB SIDE TE:
 - CHECK PIG
5. Vs. EMPTY: CHECK DROP
6. FRONTS: EVEN AND JET (Ex: EVEN L.A.)
7. STUNTS: PIRATE, PIG, COAST (Ex: WITH A PIRATE L.A.)
8. FRONT VARIATION: GET



OVER 2 (L.A.)

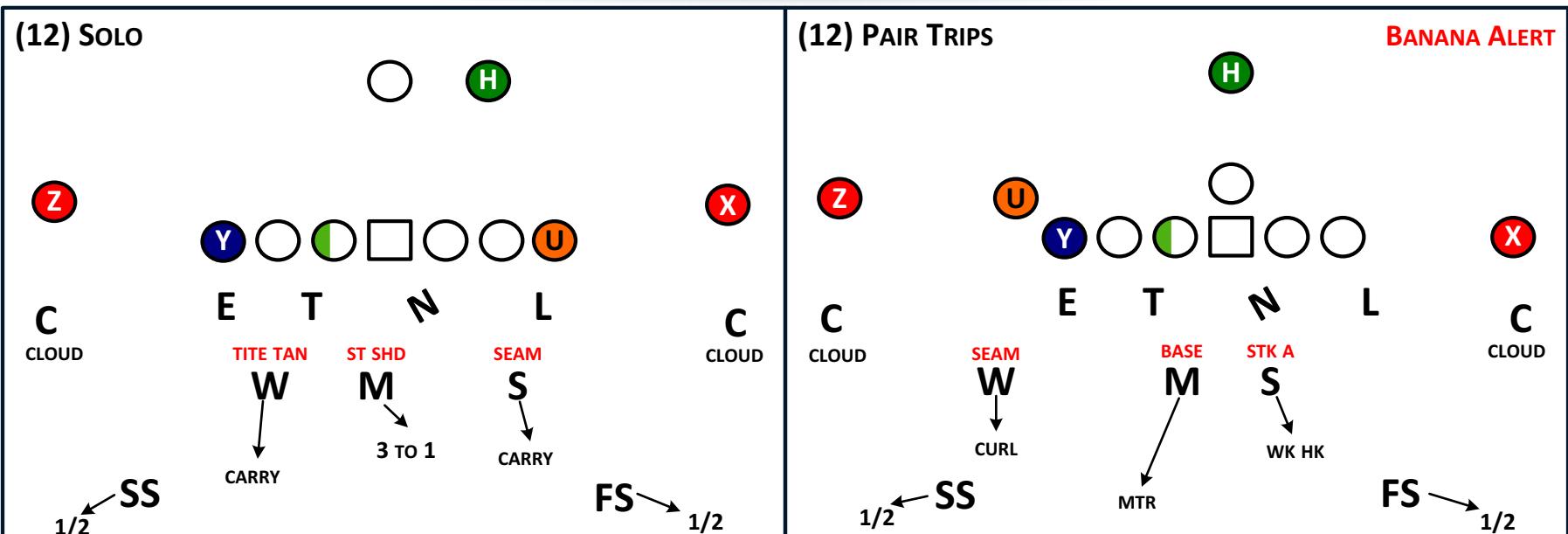


OVER 2 (L.A.)

<p>1. SOLO</p> <p>POSSIBLE GET</p>	<p>2. PAIR TRIPS</p> <p>BANANA ALERT</p>
<p>3. PAIR SLOT</p> <p>2 LOS</p> <p>C FLAT</p> <p>TITE TAN</p> <p>ST SHD</p> <p>W WK HK</p> <p>MRT</p> <p>D-7 SS</p> <p>1/2</p>	<p>4. SOLO SLOT</p> <p>2 LOS</p> <p>C FLAT</p> <p>TITE TAN</p> <p>ST SHD</p> <p>W WK HK</p> <p>MRT</p> <p>STK C</p> <p>SEAM</p> <p>S CURL</p> <p>C-7 SS</p> <p>1/2</p>
<p>5. SLOT DOUBLE OUT</p> <p>C CLOUD</p> <p>TAN</p> <p>ST SHD</p> <p>W CURL</p> <p>MRT</p> <p>FS → 1/2</p>	<p>6. SEATTLE</p> <p>C CLOUD</p> <p>ST SHD</p> <p>W WK HK</p> <p>MRT</p> <p>SEAM</p> <p>S CURL</p> <p>FS → 1/2</p>
<p>7. EMPTY</p> <p>C CLOUD</p> <p>SEAM</p> <p>W CURL</p> <p>MRT</p> <p>FS → 1/2</p>	<p>8. FLY EMPTY</p> <p>C CLOUD</p> <p>SEAM</p> <p>W CURL</p> <p>MRT</p> <p>SEAM</p> <p>S CURL</p> <p>FS → 1/2</p>



OVER 2 (L.A. RENO)



ESSENCE:

1. OVER 2 (L.A.) IS A 7 MAN OVER FRONT DEFENSE.
2. CORNERS ARE CLOUDED ON THE #1 RECEIVERS. LBs ARE RESPONSIBLE FOR SEAM ROUTES

COACHING POINTS:

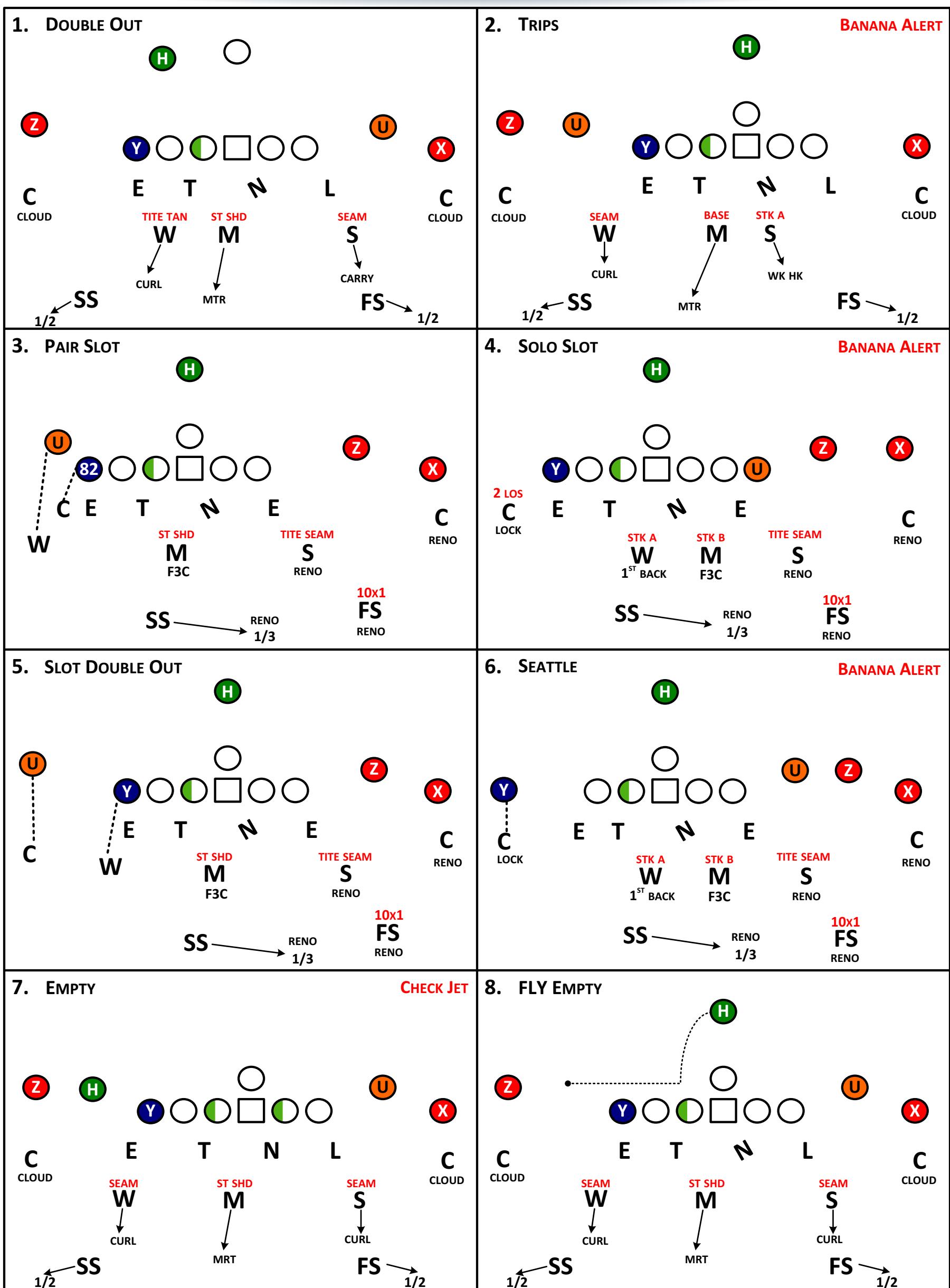
1. SOLID CALL TO THE "Y"
2. CORNERS CAN USE A VARIETY OF CLOUD TECHNIQUES SUCH AS BAIL SQUAT AND CATCH TECHNIQUE
3. SAM BACKER:
Vs. 2x2 SETS: CARRY #2
4. MIKE BACKER:
Vs. 2x2 NEAR: CARRY THE 'Y'
Vs. 2x2 FAR: 3 TO 1
5. WILL BACKER:
Vs. 2x2 NEAR: CURL
Vs. 2x2 FAR: CARRY THE 'Y'

ADJUSTMENTS:

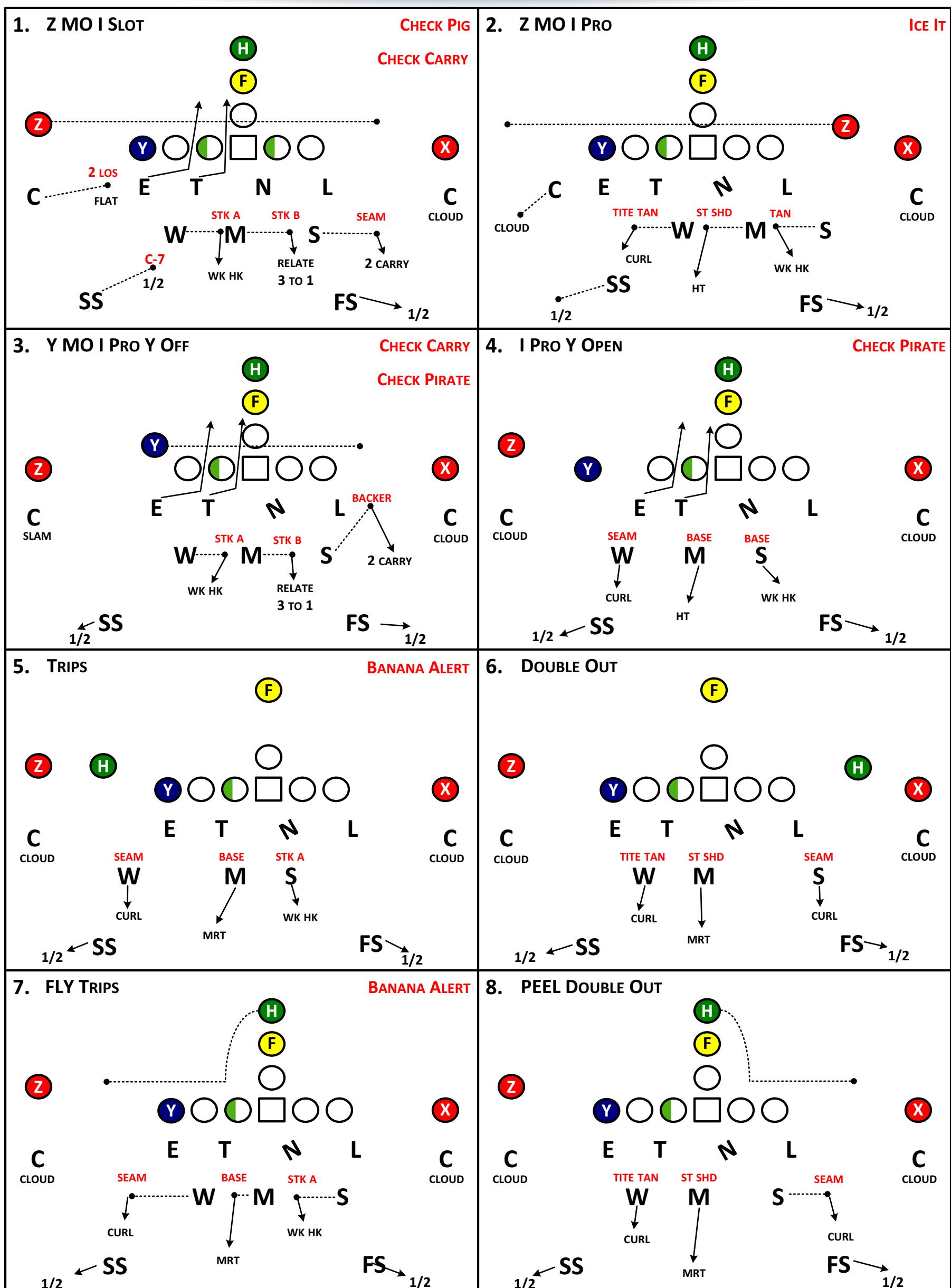
1. Vs. 3x1 PRO FAMILY FORMATIONS: PLAY L.A. (MIKE MIDDLE RUN THRU)
2. Vs. 2x2 PRO FAMILY FORMATIONS: PLAY L.A. (FOLLOW 2 BACK HOOK AND THRU RULES)
3. Vs. SLOT FAMILY FORMATIONS: CHECK RENO (CORNER FOLLOW JACK RULES ON #82)
4. Vs. EMPTY: PLAY L.A. (MIKE MIDDLE RUN THRU)



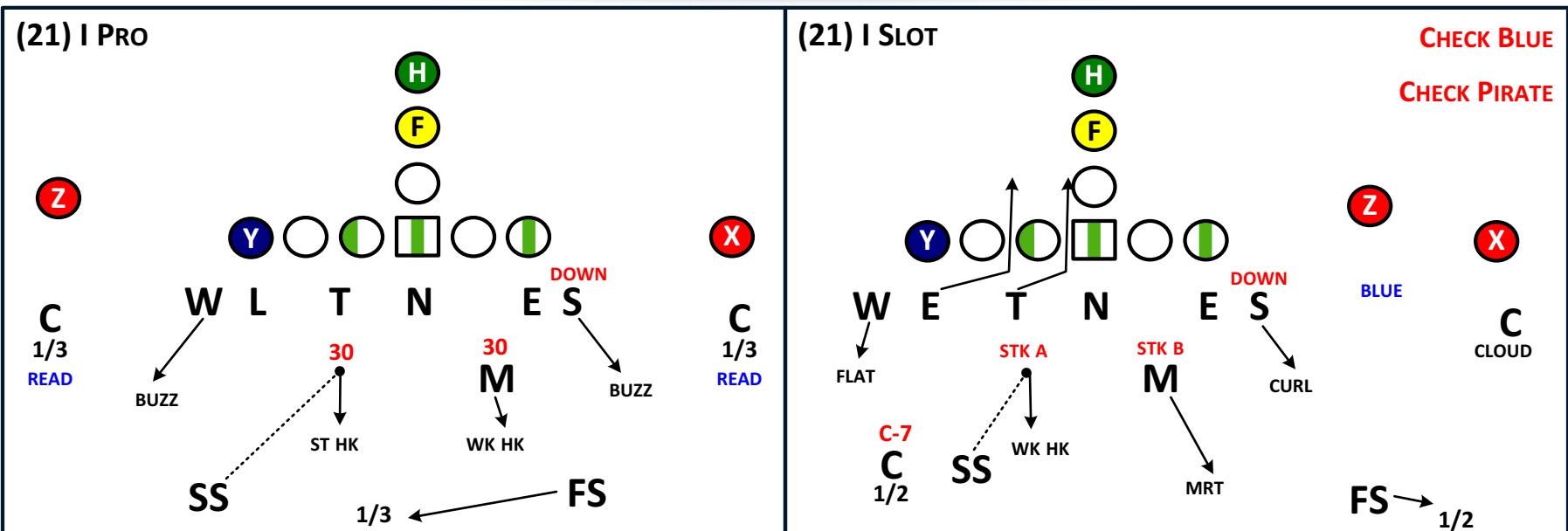
OVER 2 (L.A.)



OVER 2 (L.A.)



TUFF BUZZ ZONE (MESA BLUE)



ESSENCE:

1. MESA BLUE IS A BASE OVER FAMILY 3 DEEP 4 UNDER DEFENSE.
2. SAFETY BUZZ DOWN TO THE SOLID SIDE
3. REQUIRES AN ACTIVE SAFETY AND AGGRESSIVE BUZZ COVERAGE BY THE SAM & WILL LBs

COACHING POINTS:

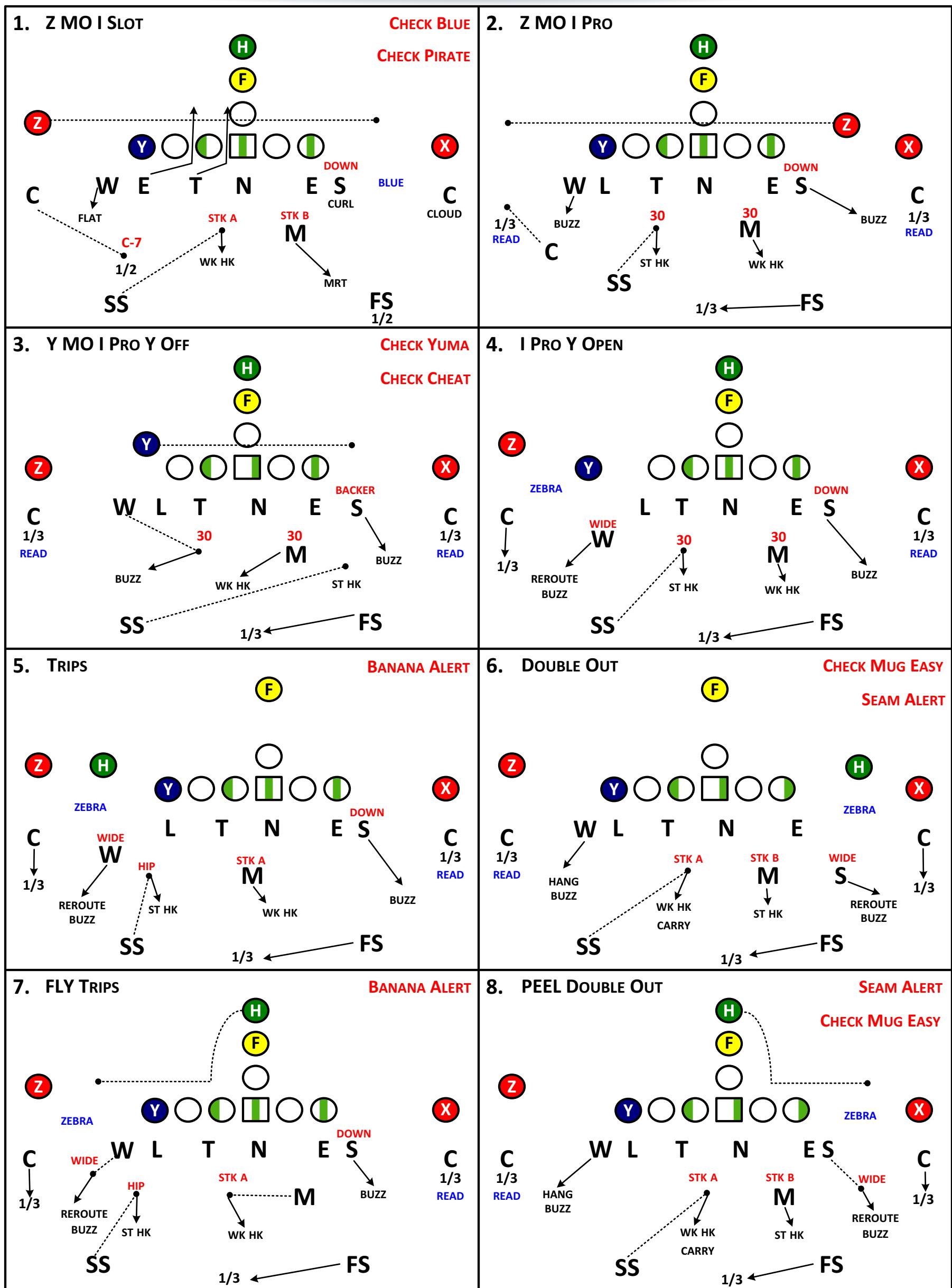
1. SOLID CALL TO THE "Y"
2. SAFETIES COMMUNICATE RITA/LINDA CALL.
3. Vs. SLOT, NUB SIDE CORNER PLAY $\frac{1}{2}$
4. WILL AND SAM IN "TUFF" ALIGNMENTS

ADJUSTMENTS:

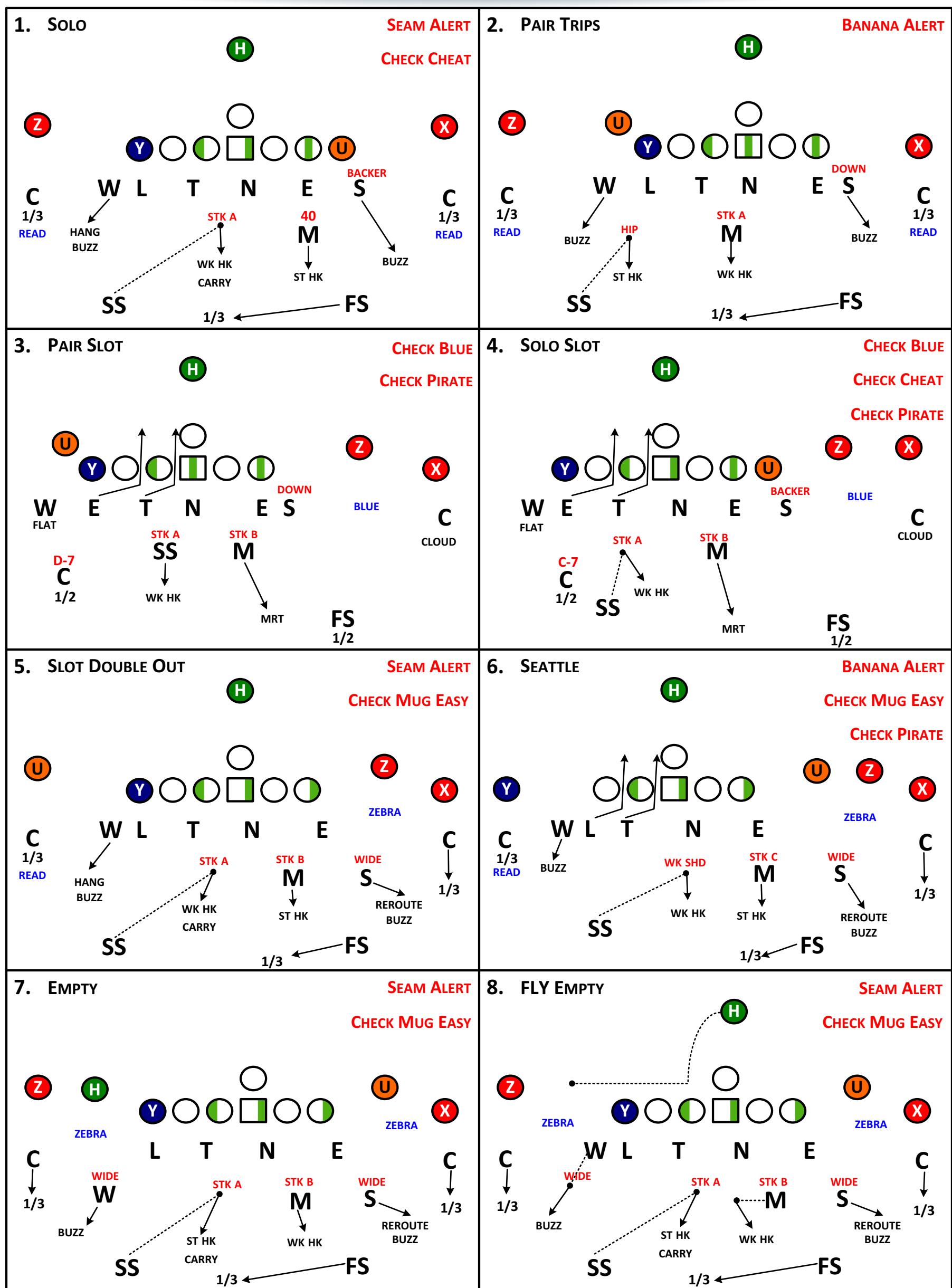
1. Vs. ALL SLOT SINGLE WIDTH FAMILY FORMATIONS (PAIR SLOT): CK BLUE
2. Vs. Y MOTION: SAFETIES TRACK THE 'Y'
CHECK ROCK YUMA
3. Vs. 2x2: SEAM ALERT
4. SAM ALIGNMENTS:
WIDE – CHECK MUG EASY (1 AND LOOSE 5 TECHNIQUE)
DOWN – CHECK FIST
BACKER – CHECK CHEAT
5. SEATTLE TRIPS AND SLOT Y OPEN: CHECK PIRATE
6. J-LO RULES APPLY
7. FRONT VARIATION: CHEAT



TUFF BUZZ ZONE (MESA BLUE)

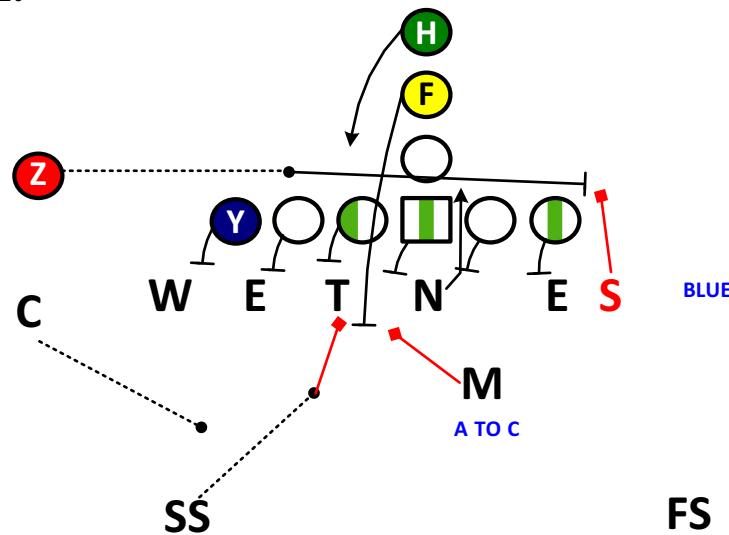


TUFF BUZZ ZONE (MESA BLUE)

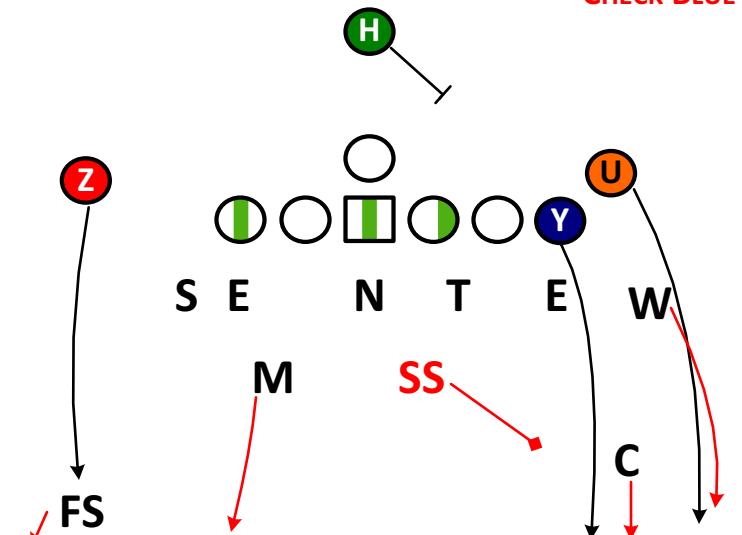


TUFF BUZZ ZONE (MESA BLUE)

1. MESA BLUE



2. PAIR SLOT



3.

4.

5.

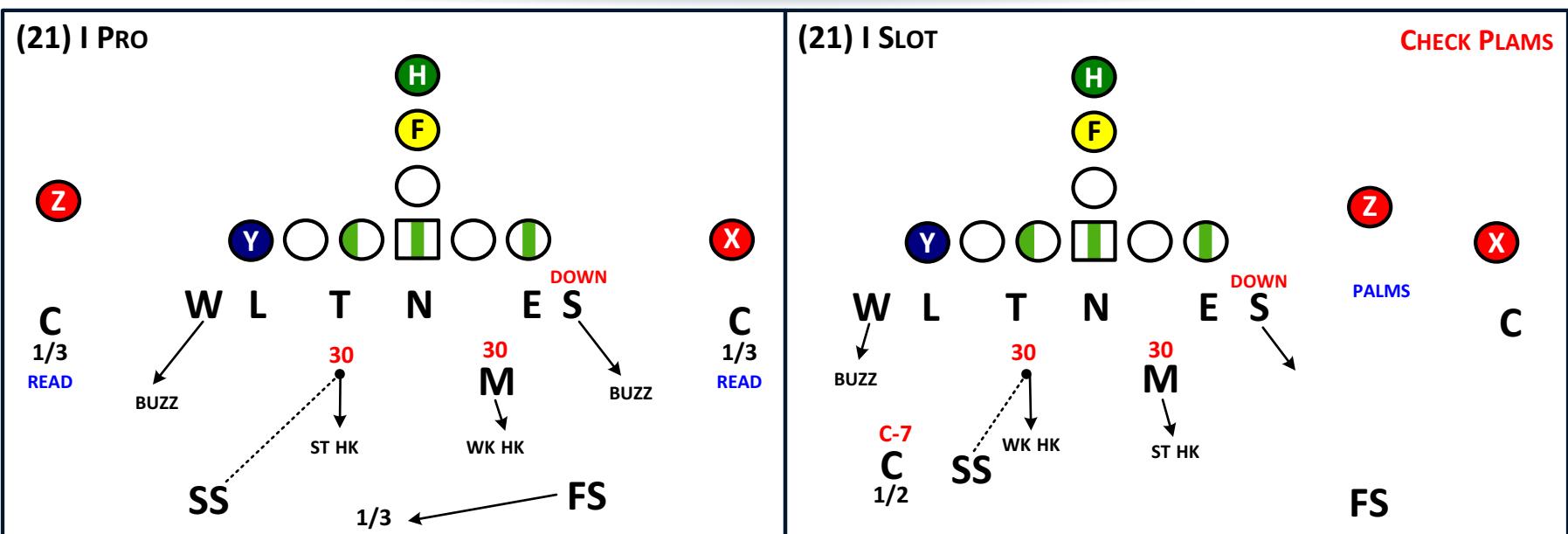
6.

7.

8.



TUFF BUZZ ZONE (MESA PALMS)



ESSENCE:

1. MESA PALMS IS A BASE OVER FAMILY 3 DEEP 4 UNDER DEFENSE.
2. SAFETY BUZZ DOWN TO THE SOLID SIDE
3. REQUIRES AN ACTIVE SAFETY AND AGGRESSIVE BUZZ COVERAGE BY THE SAM & WILL LBs

COACHING POINTS:

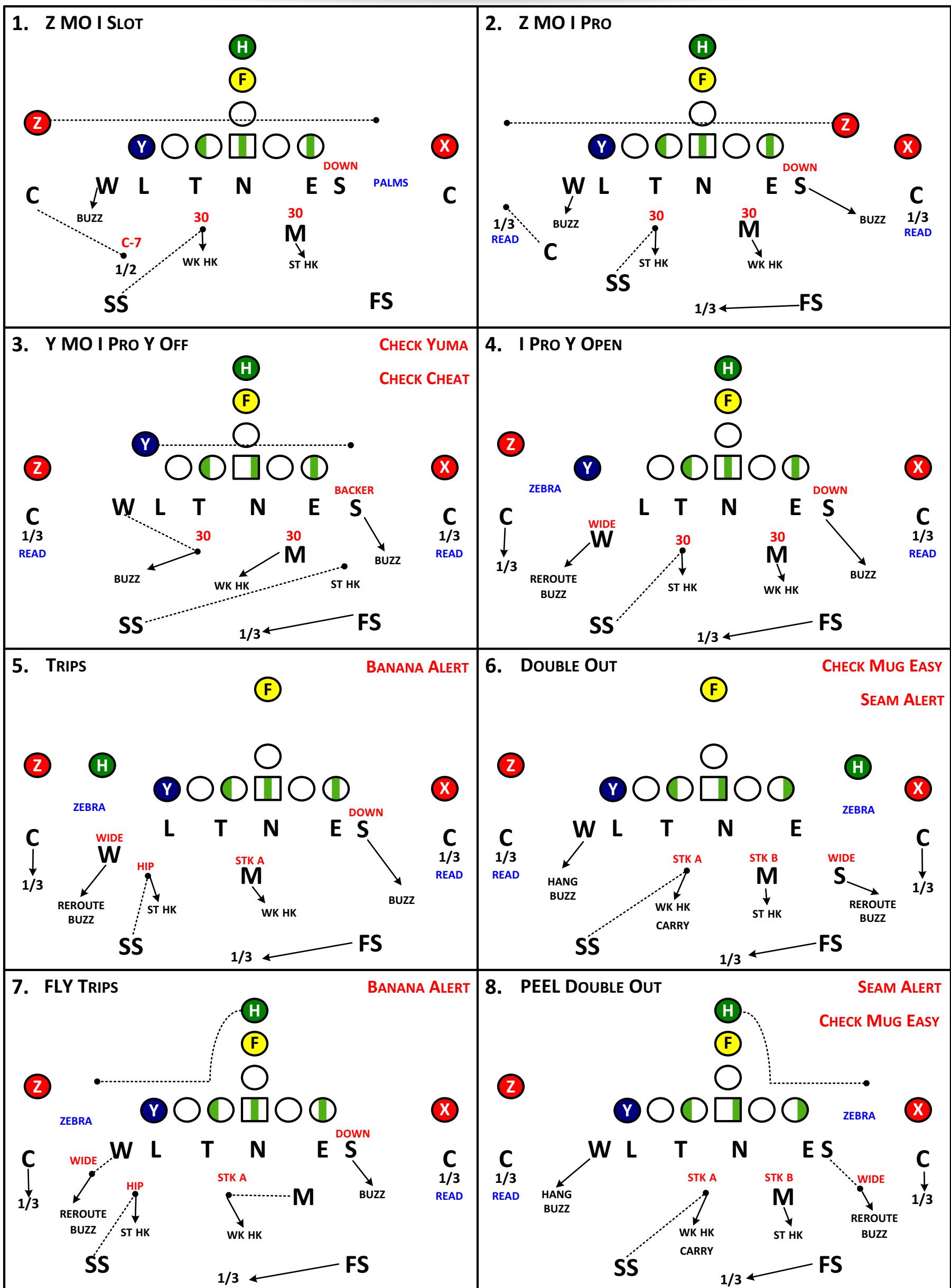
1. SOLID CALL TO THE "Y"
2. SAFETIES COMMUNICATE RITA/LINDA CALL.
3. Vs. SLOT, NUB SIDE CORNER PLAY $\frac{1}{2}$
4. WILL AND SAM IN "TUFF" ALIGNMENTS

ADJUSTMENTS:

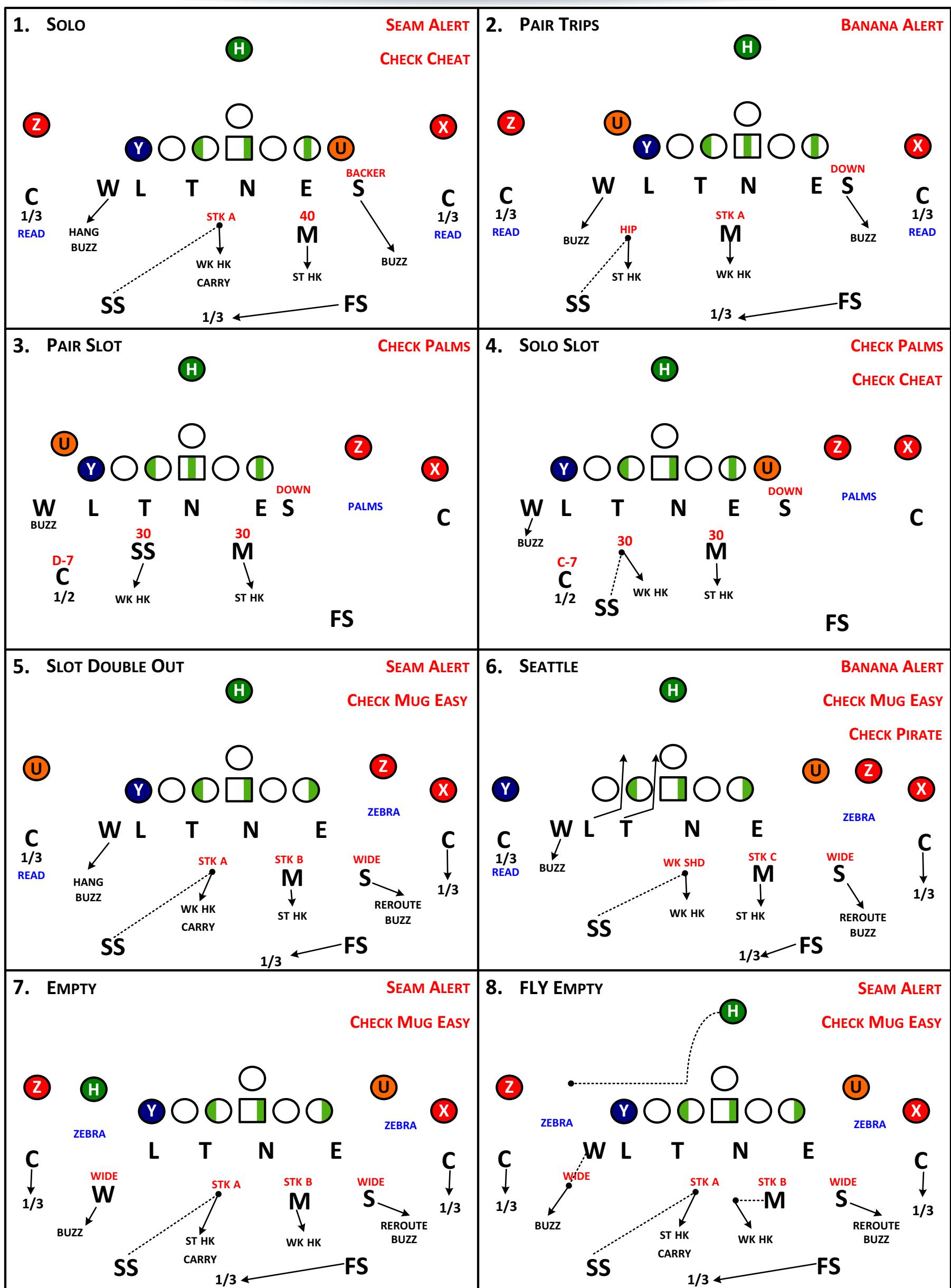
1. Vs. ALL SLOT SINGLE WIDTH FAMILY FORMATIONS (PAIR SLOT): CK PALMS
2. Vs. Y MOTION: SAFETIES TRACK THE 'Y'
CHECK ROCK YUMA
3. Vs. 2x2: SEAM ALERT
4. SAM ALIGNMENTS:
 - WIDE – CHECK MUG EASY (1 AND LOOSE 5 TECHNIQUE)
 - DOWN – CHECK FIST
 - BACKER – CHECK CHEAT
5. SEATTLE TRIPS AND SLOT Y OPEN: CHECK PIRATE
6. J-LO RULES APPLY
7. FRONT VARIATION: CHEAT
8. GAME PLAN: POSSIBLE WHOPPER ALERT VS. SINGLE WIDTH SLOT FAMILY FORMATIONS.



TUFF BUZZ ZONE (MESA PALMS)

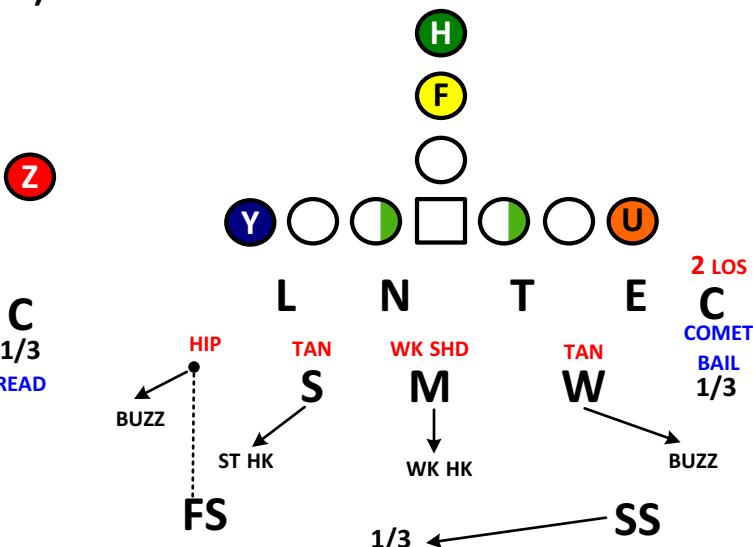


TUFF BUZZ ZONE (MESA PALMS)

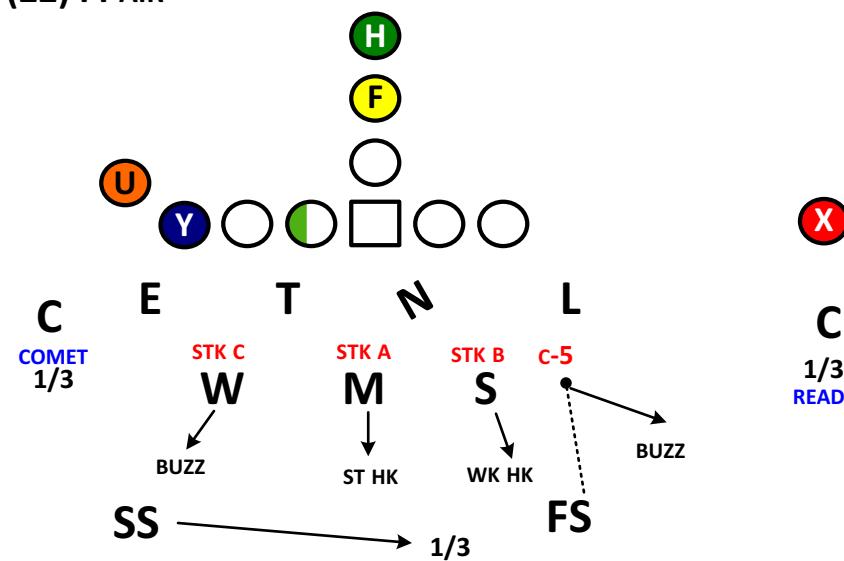


STEM DEUCE OAKLAND

(22) I TITE



(22) I PAIR



ESSENCE:

1. DEUCE OAKLAND IS AN 8 MAN OVER FAMILY FRONT DEFENSE VS. 22 PERSONNEL.

COACHING POINTS:

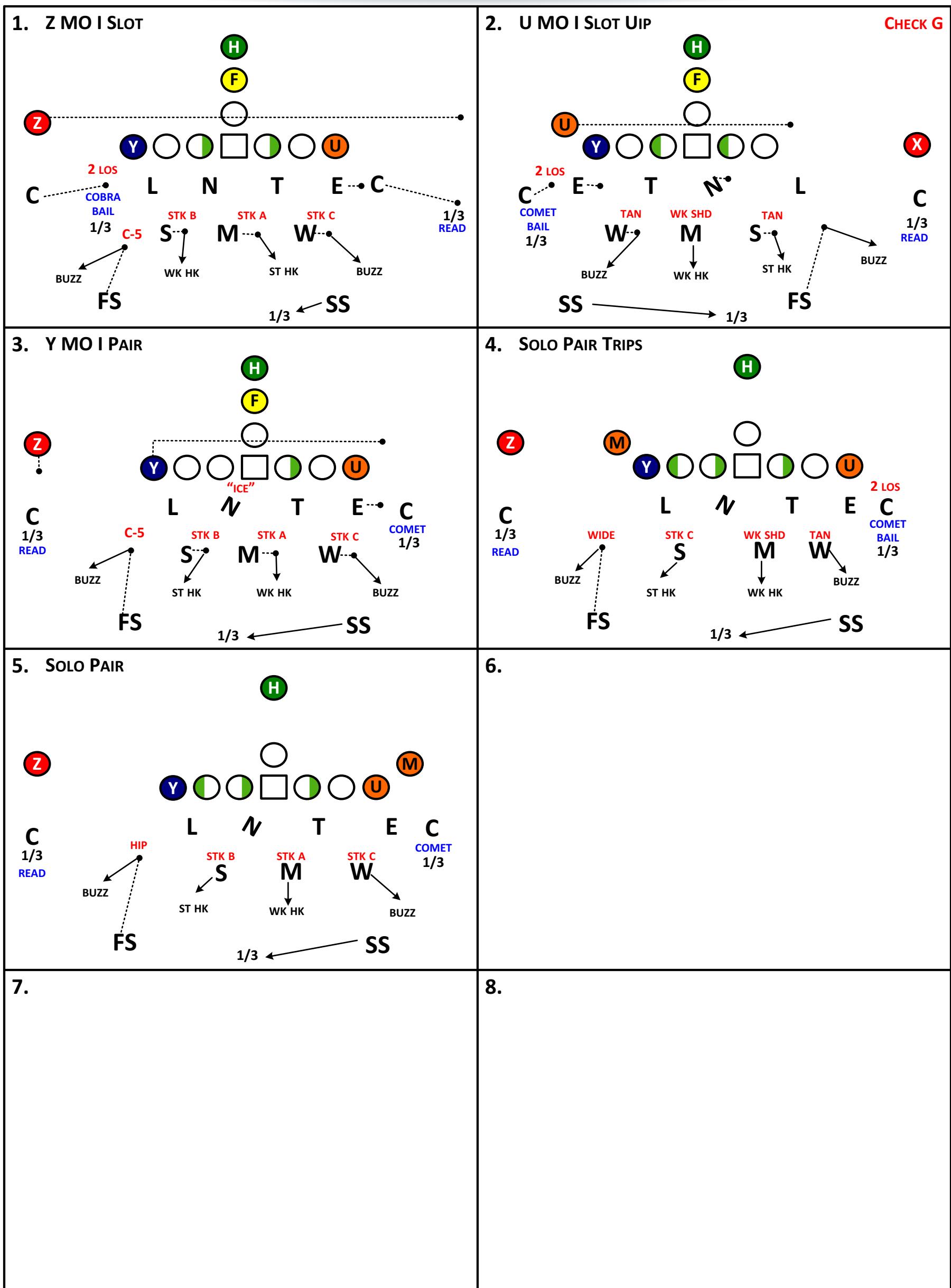
1. CLOSE CALL AWAY FROM THE WR:
 - U: WITH TWO TIGHT ENDS ON THE LOS
 - Y: WITH ONE TIGHT END ON THE LOS
2. SAFETIES SHOW A 2 DEEP (OVER 2 / L.A.) PRE-SNAP LOOK
3. CORNERS DEFEND THEIR DEEP 1/3 USING READ PRINCIPLES
4. SEAM ALERT, SAFETIES SOFT SKY (ALERT FLAT/FLAT)
5. SS TRAVELS WITH THE CLOSE CALL.

ADJUSTMENTS:

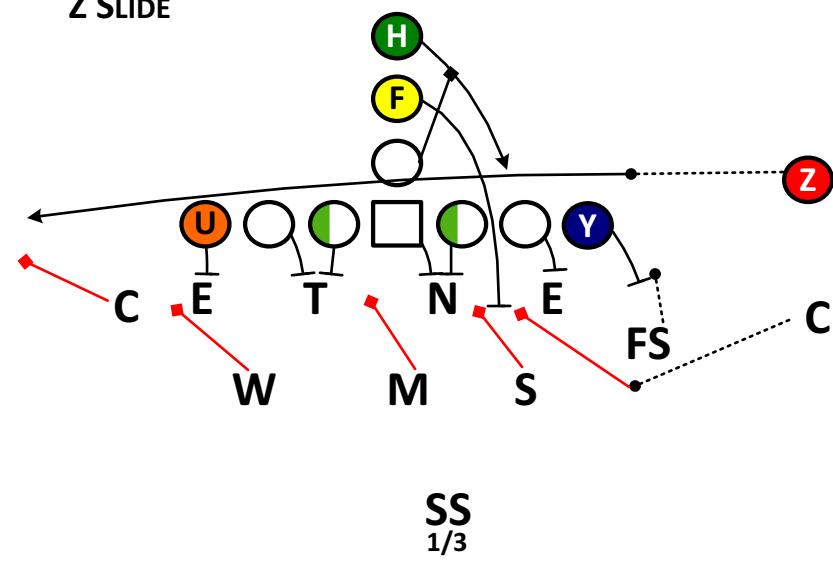
1. VS. ALL 1 BACK SETS: PLAY IT
2. VS. 2x2 FORMATIONS: SEAM ALERT



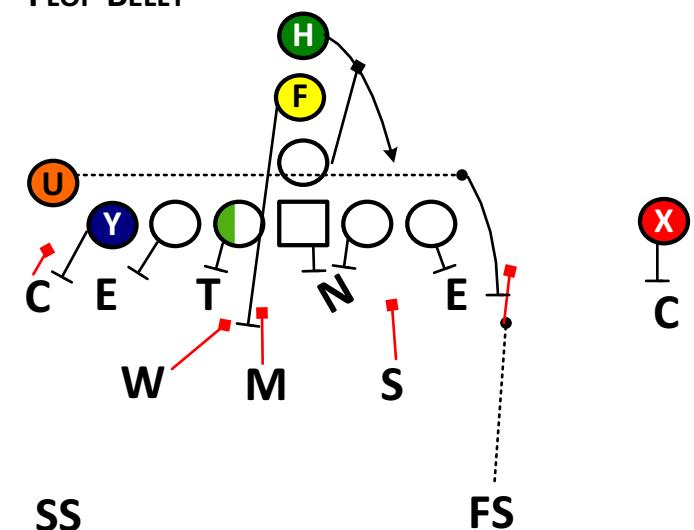
STEM DEUCE OAKLAND



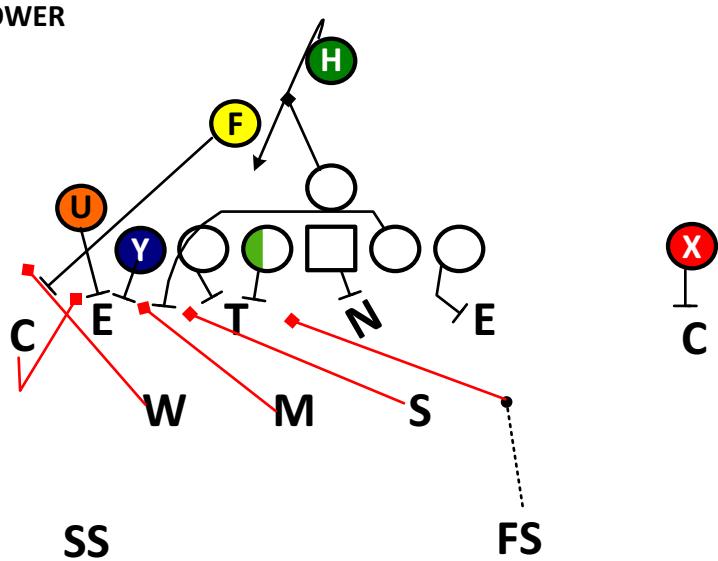
Z SLIDE



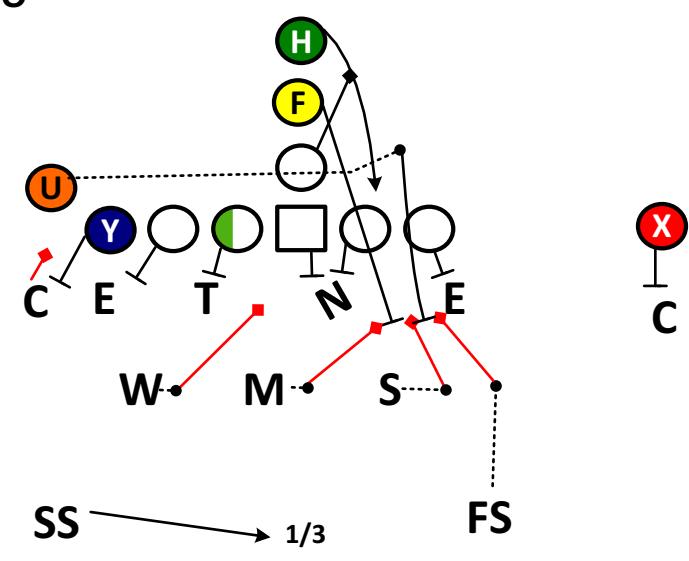
FLOP BELLY



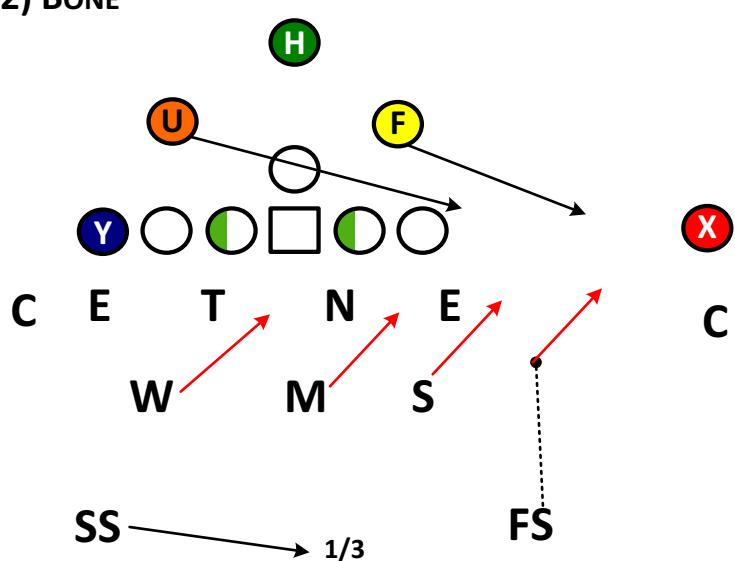
POWER



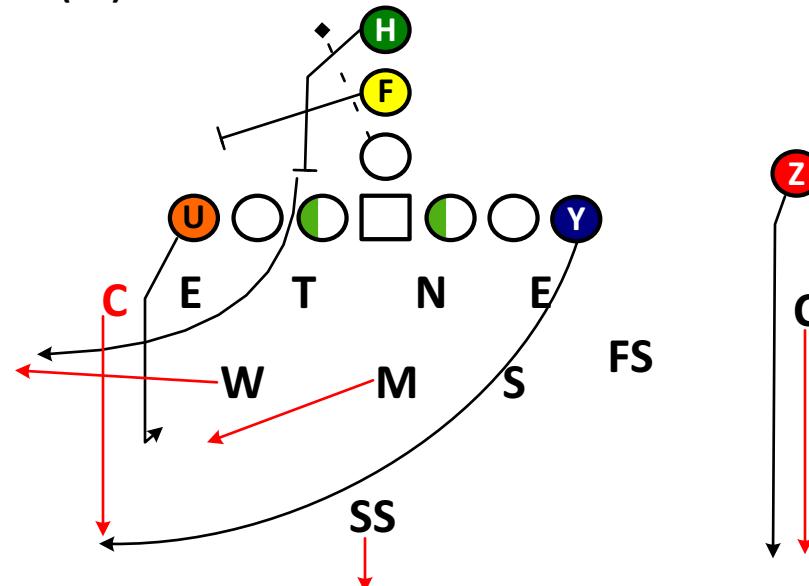
U MO



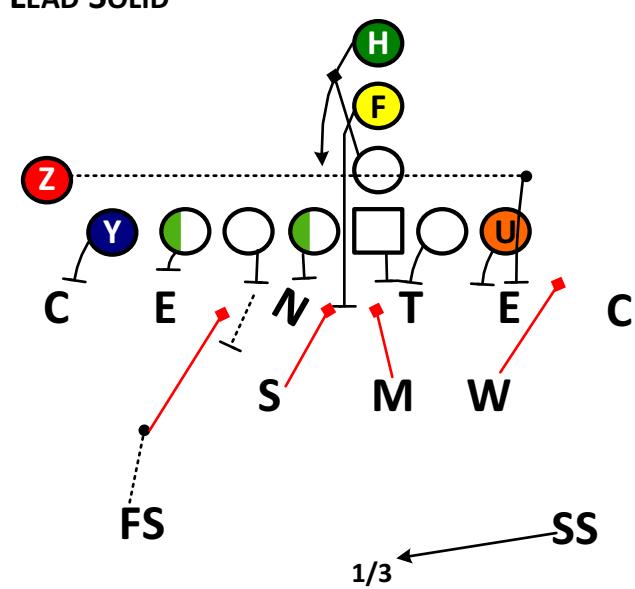
(22) BONE



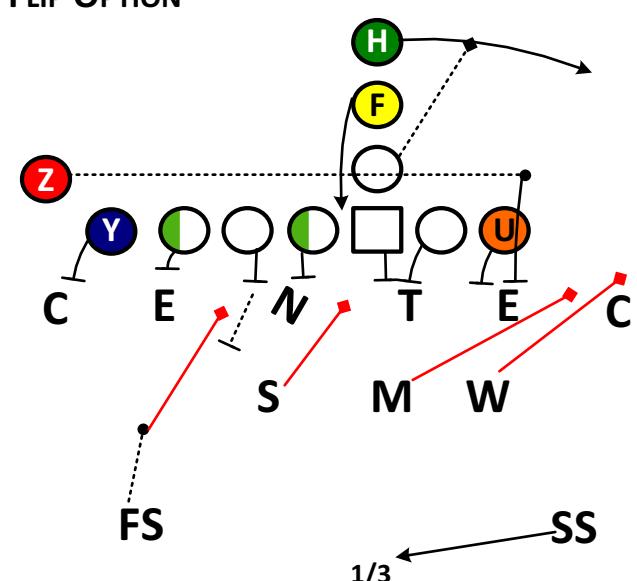
(22) I TITE



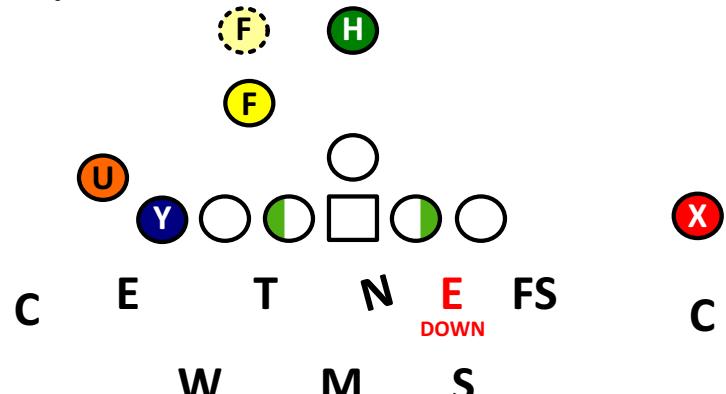
LEAD SOLID



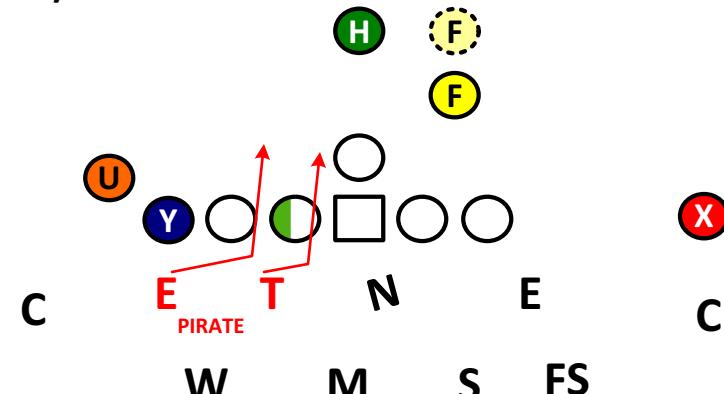
FLIP OPTION



I NR / STRONG



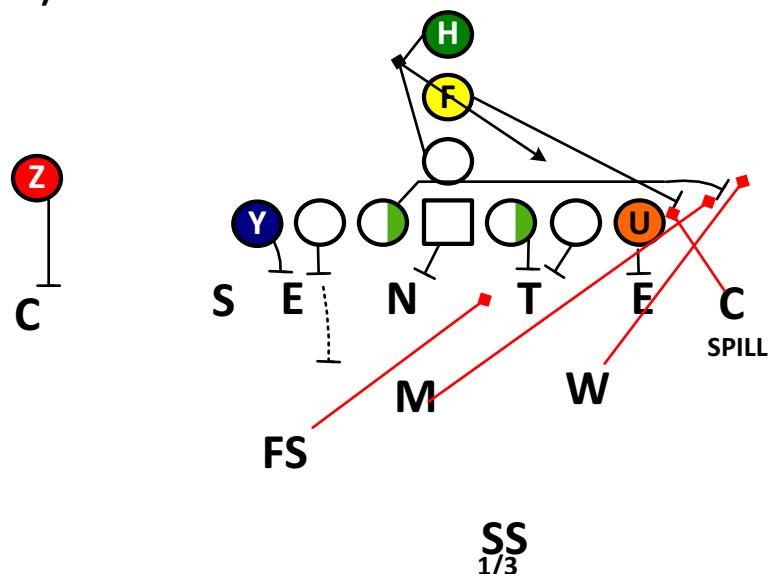
I FR / WEAK



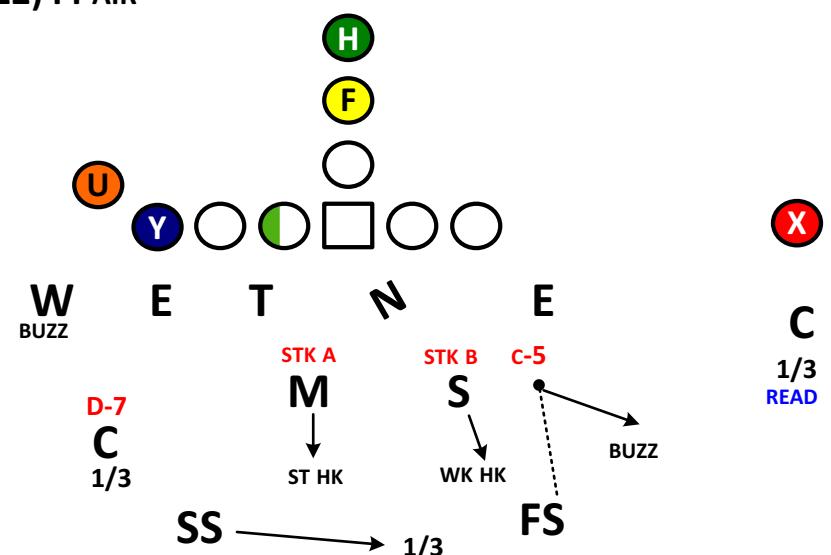
SS
1/3

SS
1/3

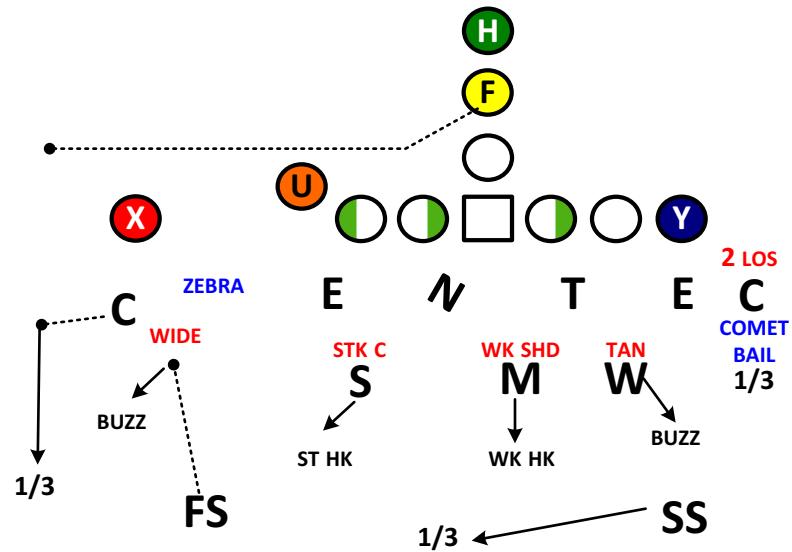
(22) I TITE



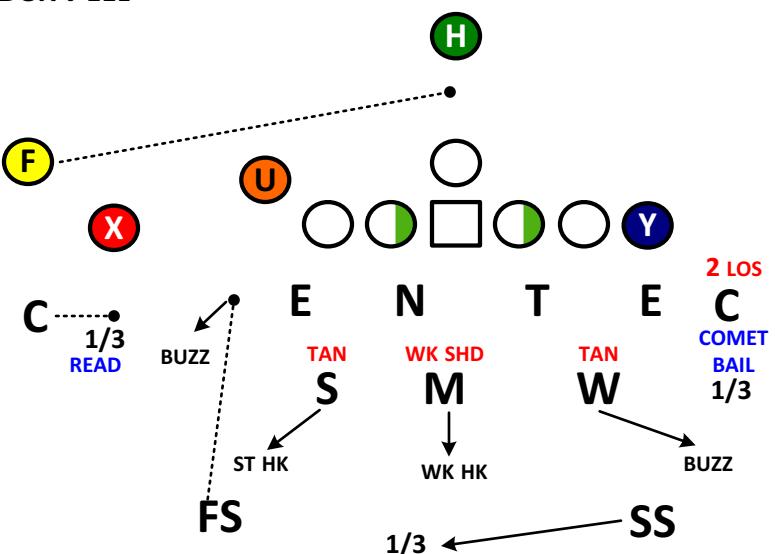
(22) I PAIR

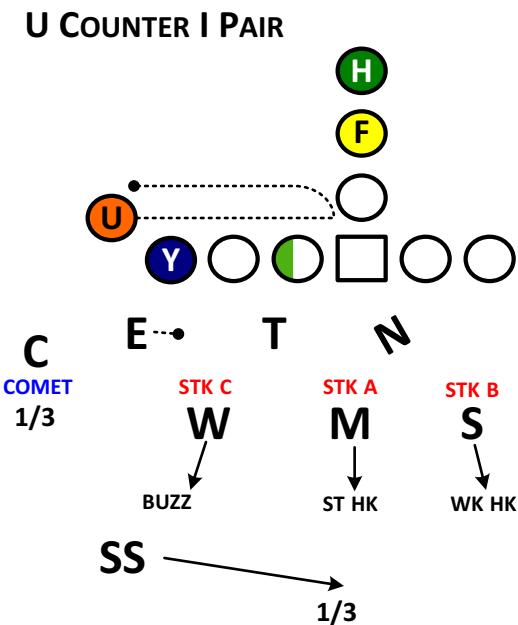


FPEEL



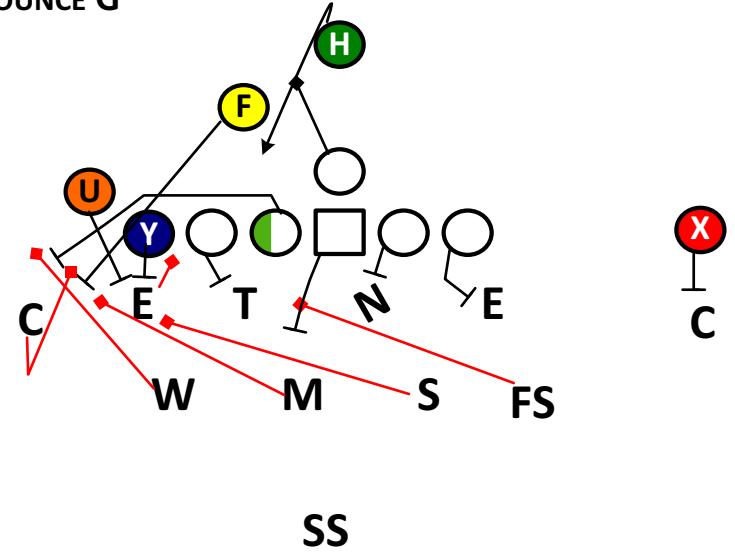
Box PEEL



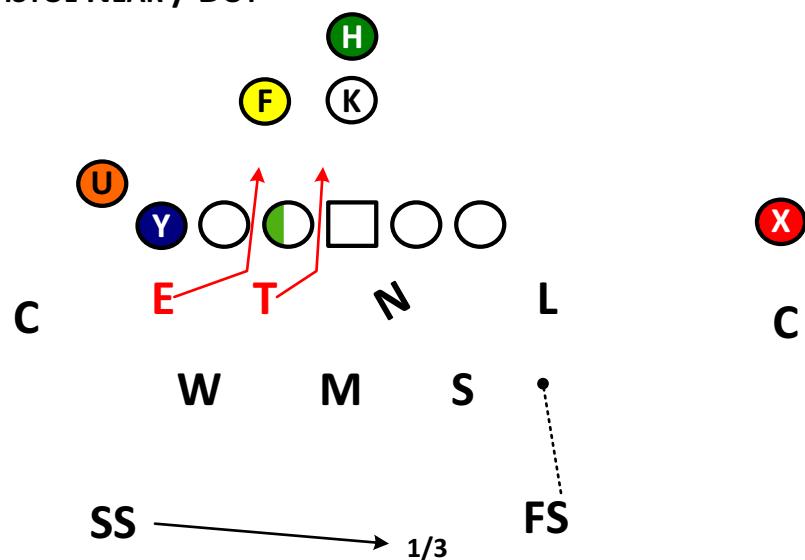


STAY IN 6 TECH

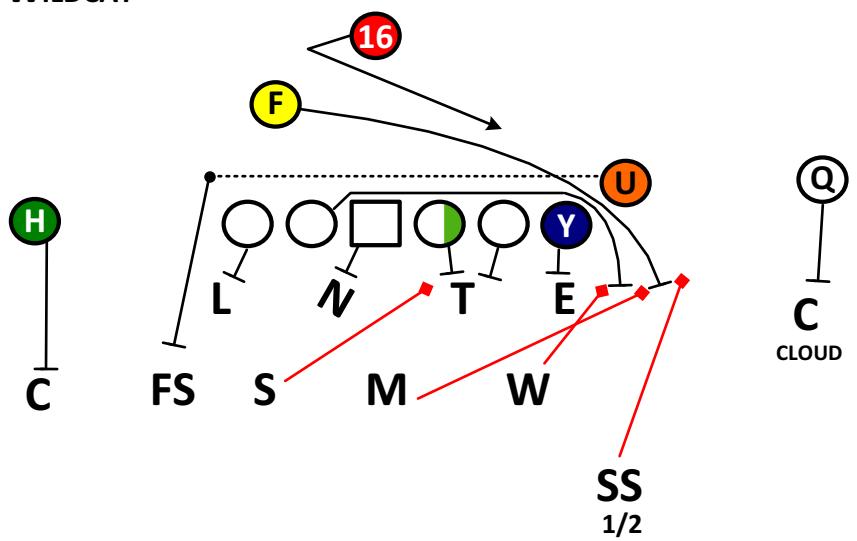
BOUNCE G



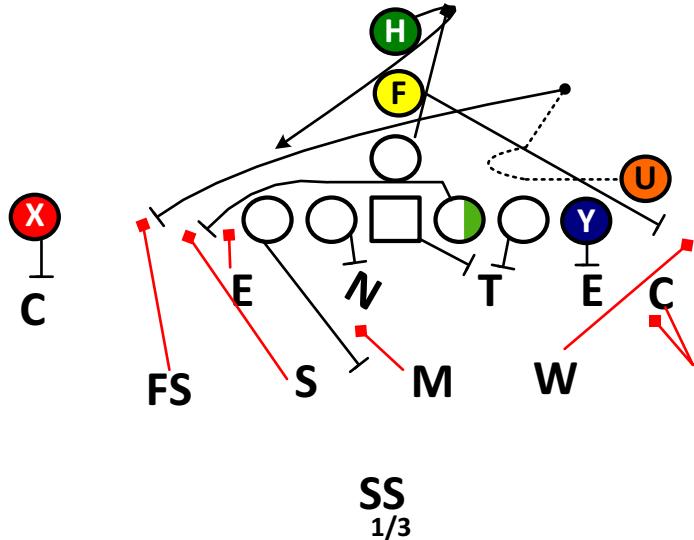
PISTOL NEAR / DOT



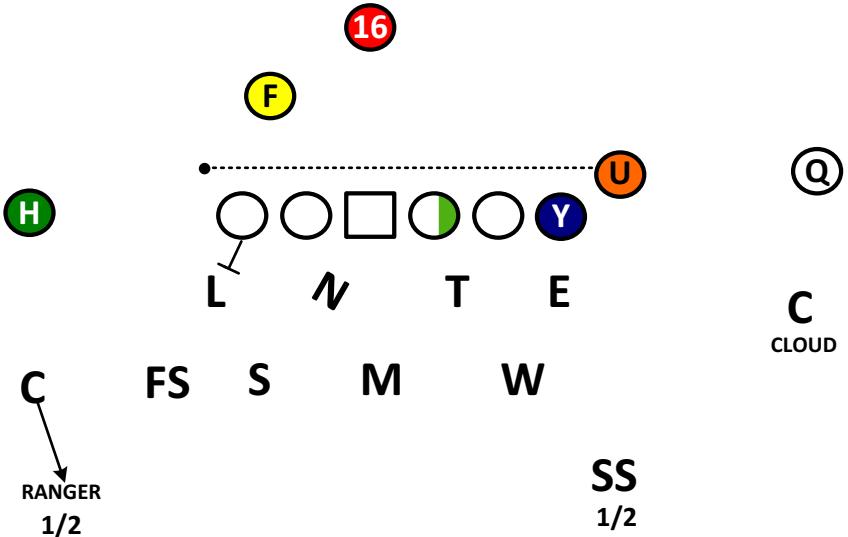
WILDCAT



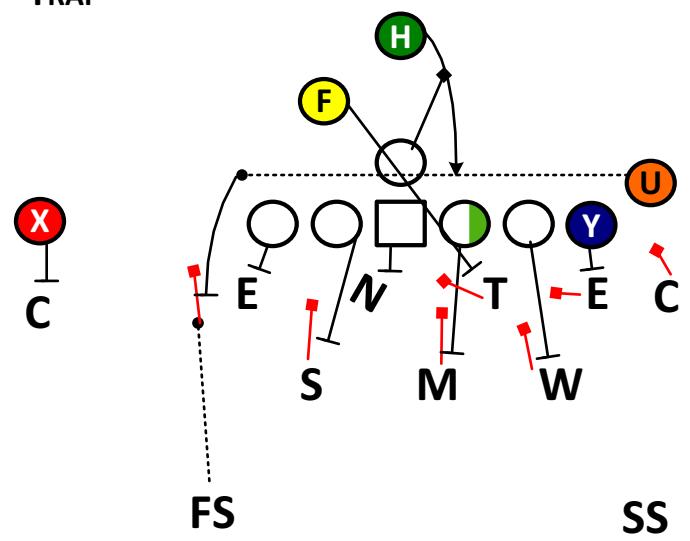
SPLIT POWER



WILDCAT

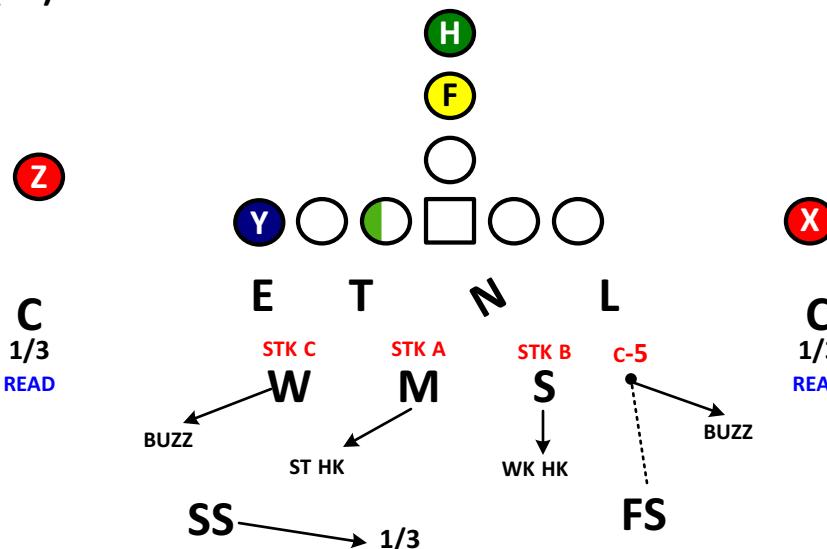


TRAP

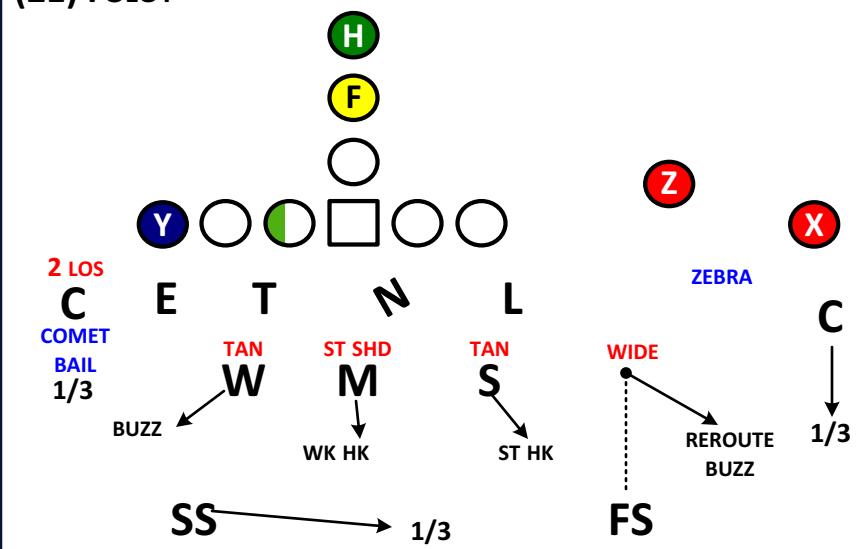


OVER ZONE FLEX (OAKLAND)

(21) I PRO



(21) I SLOT



ESSENCE:

1. OAKLAND IS AN 8 MAN OVER FAMILY DEFENSE.
2. THE COVERAGE IS A 3 DEEP, 4 UNDER DEFENSE WITH FLEX SIDE ROTATION.

COACHING POINTS:

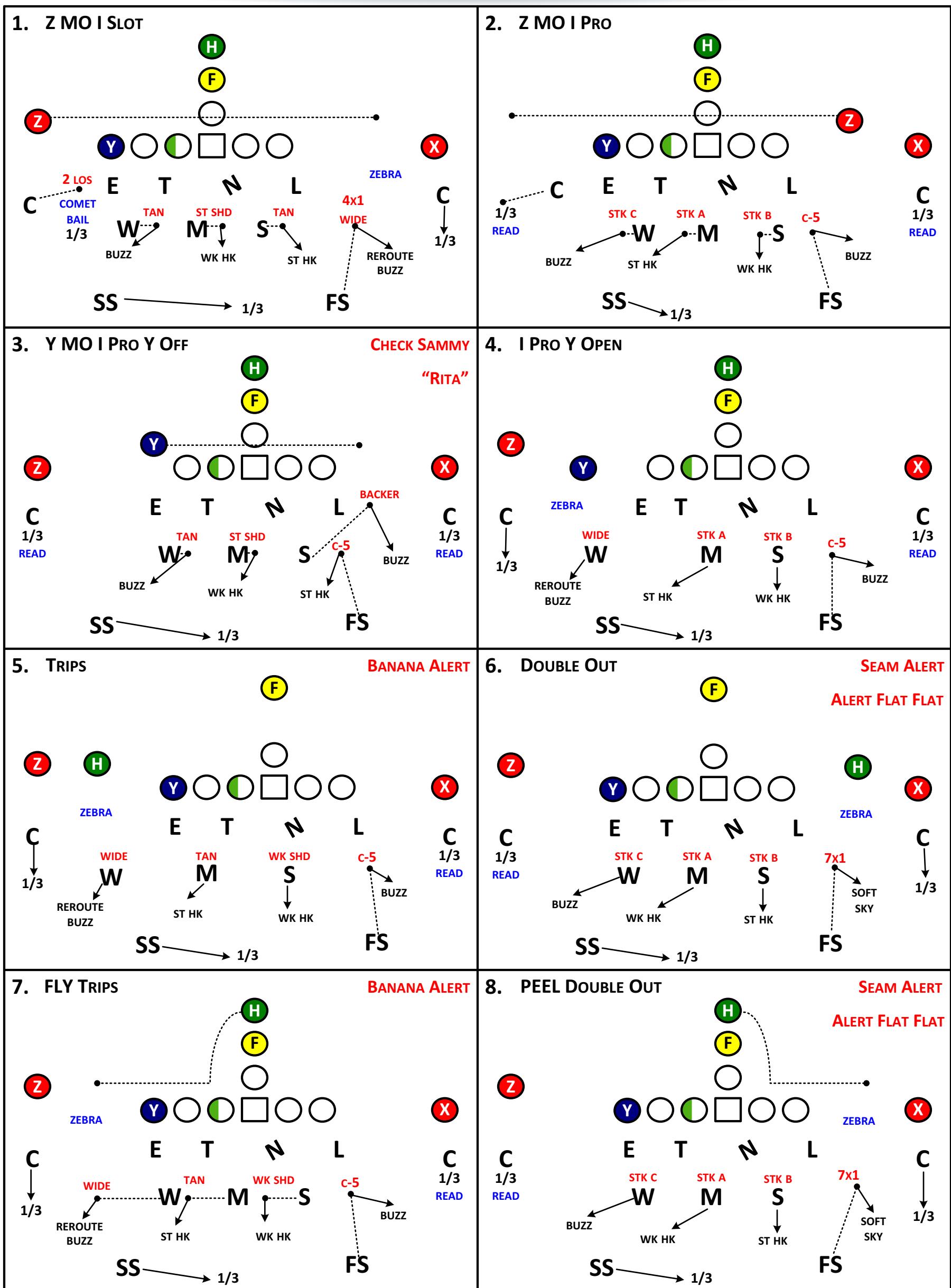
1. SOLID CALL TO THE "Y"
2. SAFETIES SHOW A 2 DEEP (OVER 2 / L.A.) PRE-SNAP LOOK
3. ROGER / LOU AWAY FROM THE SOLID CALL.
4. CORNERS DEFEND THEIR DEEP 1/3 USING READ PRINCIPLES
5. SEAM ALERT, SAFETIES SOFT SKY (ALERT FLAT/FLAT)

ADJUSTMENTS:

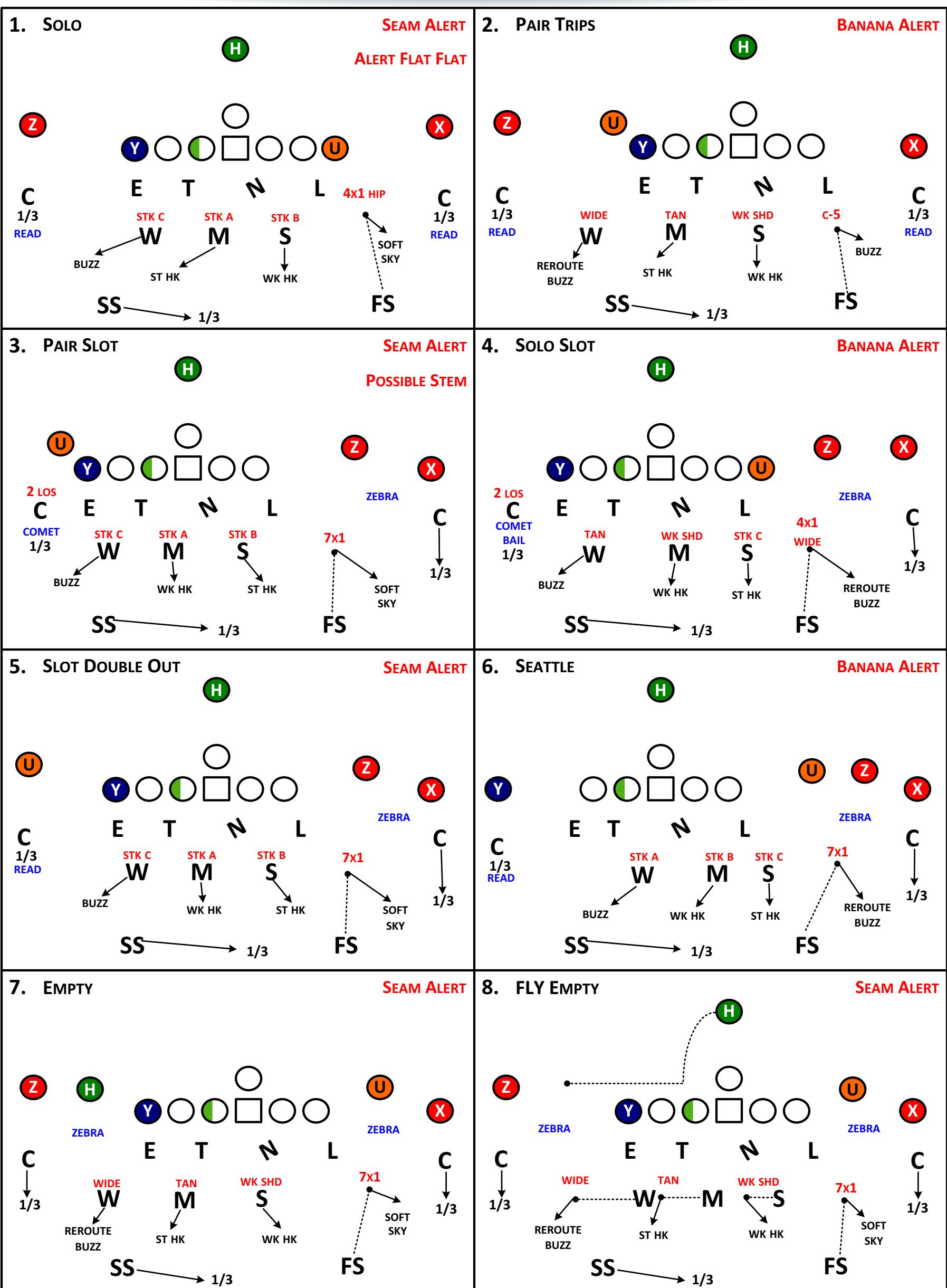
1. Vs. 2 BACK Y MOTION: CHECK SAMMY (RITA / LINDA)
Vs. 1 BACK Y MOTION: STAY ROGER / LOU
2. Vs. ALL 1 BACK SETS: PLAY IT
3. Vs. 2x2 FORMATIONS: SEAM ALERT (FS SOFT SKY)
4. Vs. SINGLE WIDTH SLOT FAMILY, POSSIBLE RENO CHECK ADDED TO CALL
5. POSSIBLE FRONTS VARIATIONS: WALK AND STEM (Ex: WALK OAKLAND)
6. POSSIBLE STUNTS: RAM, SPIKE, RUB (Ex: WITH A RAM OAKLAND)



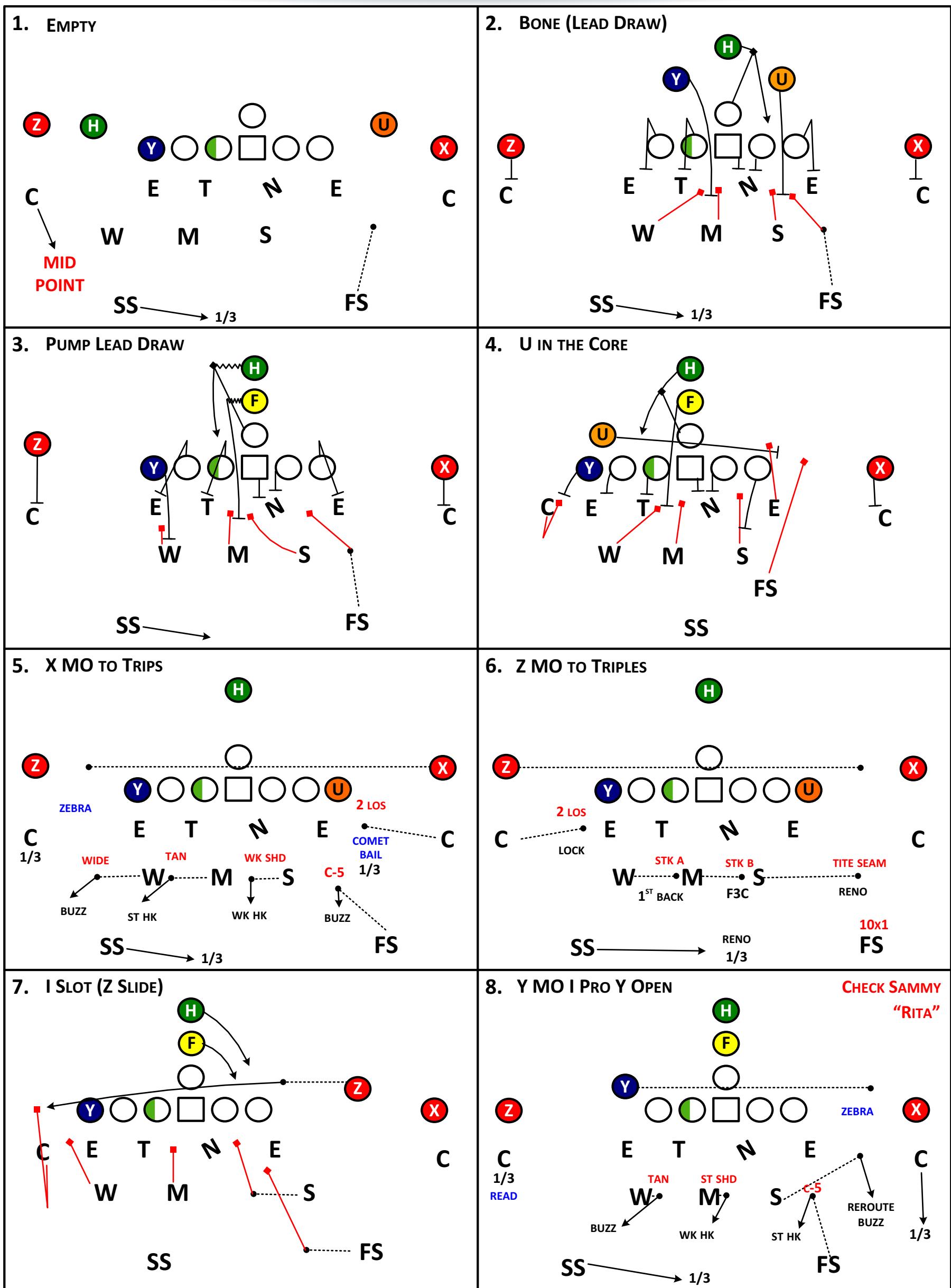
OVER ZONE FLEX (OAKLAND)



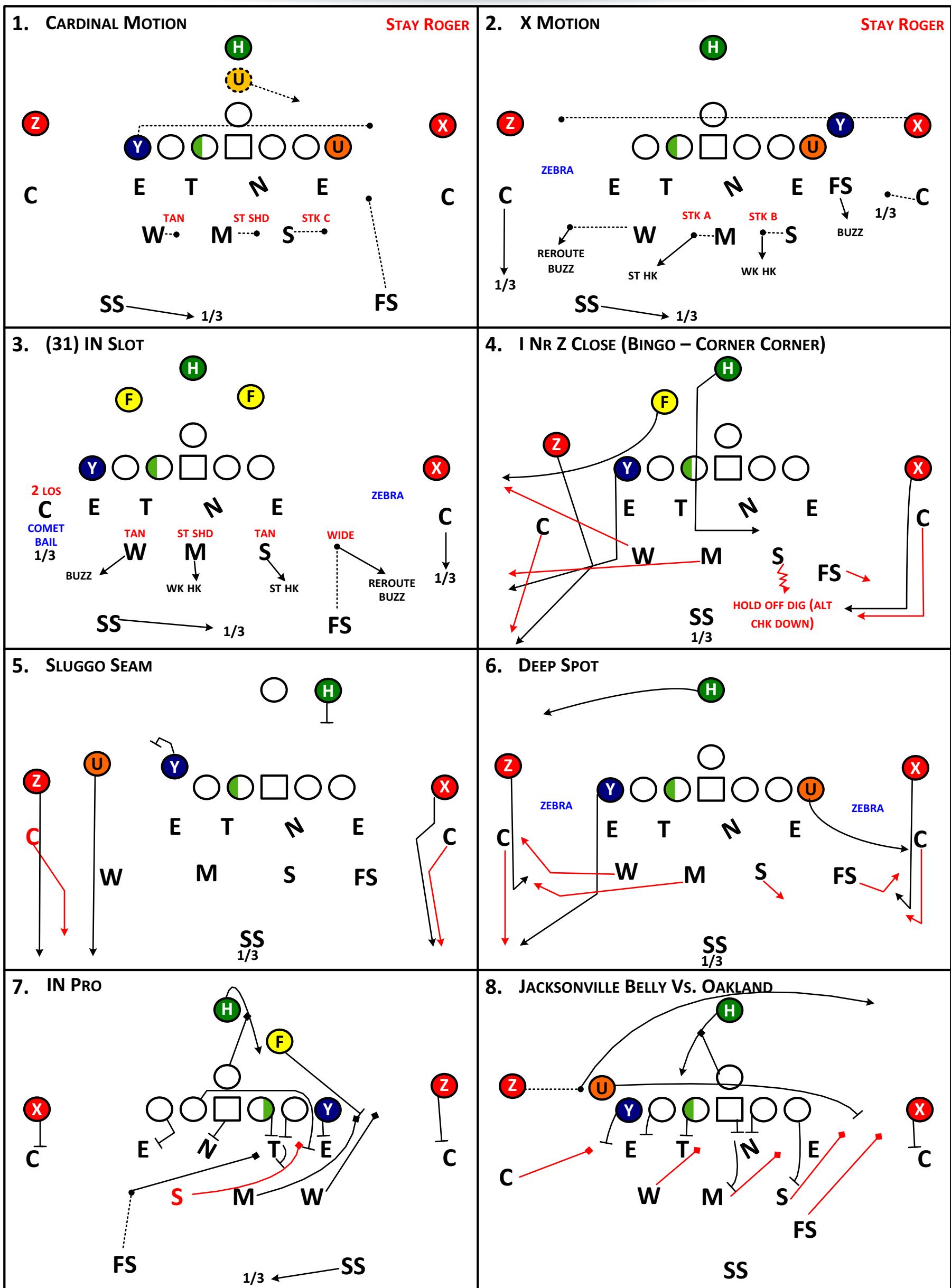
OVER ZONE FLEX (OAKLAND)



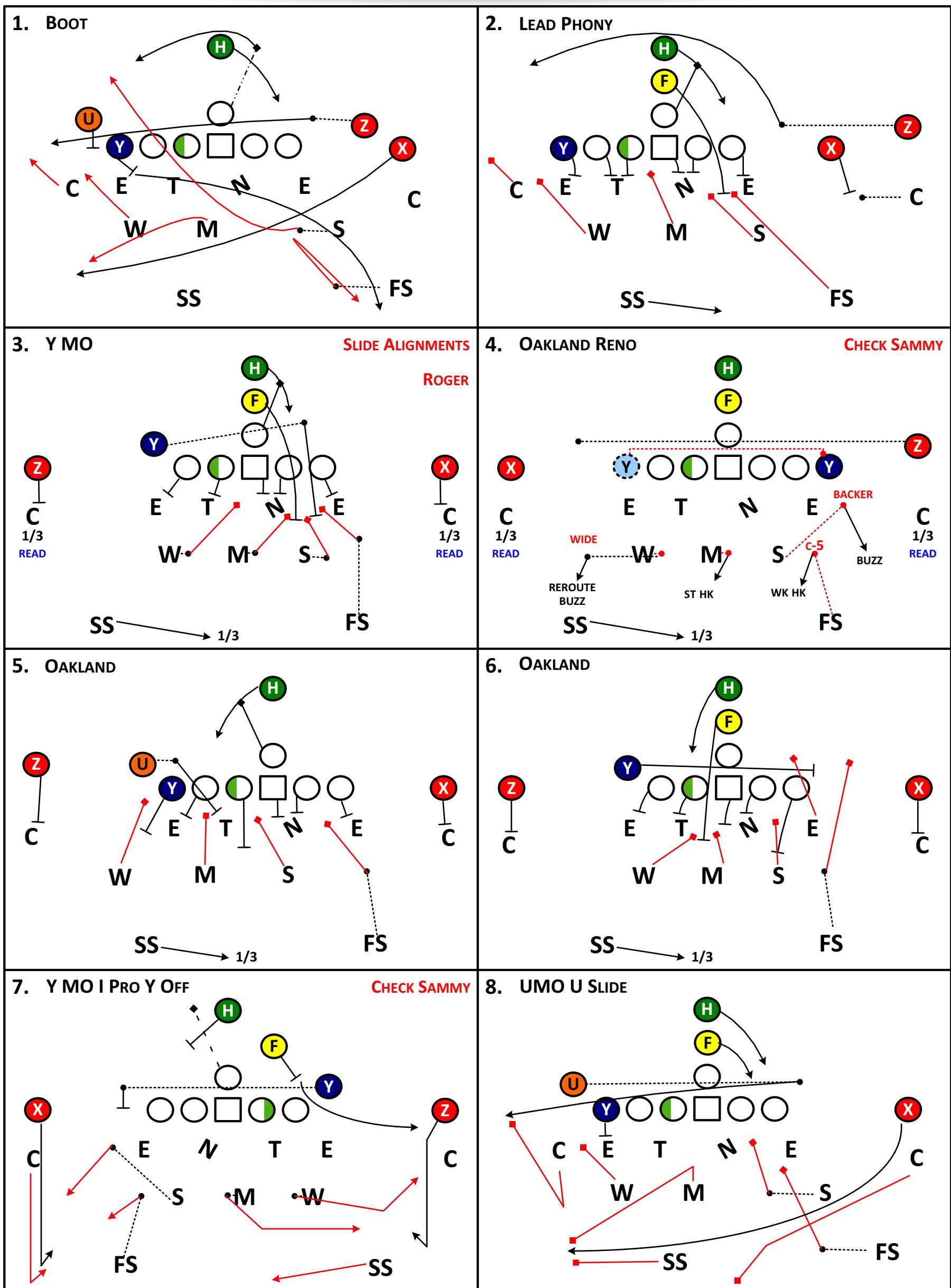
OVER ZONE FLEX (OAKLAND)



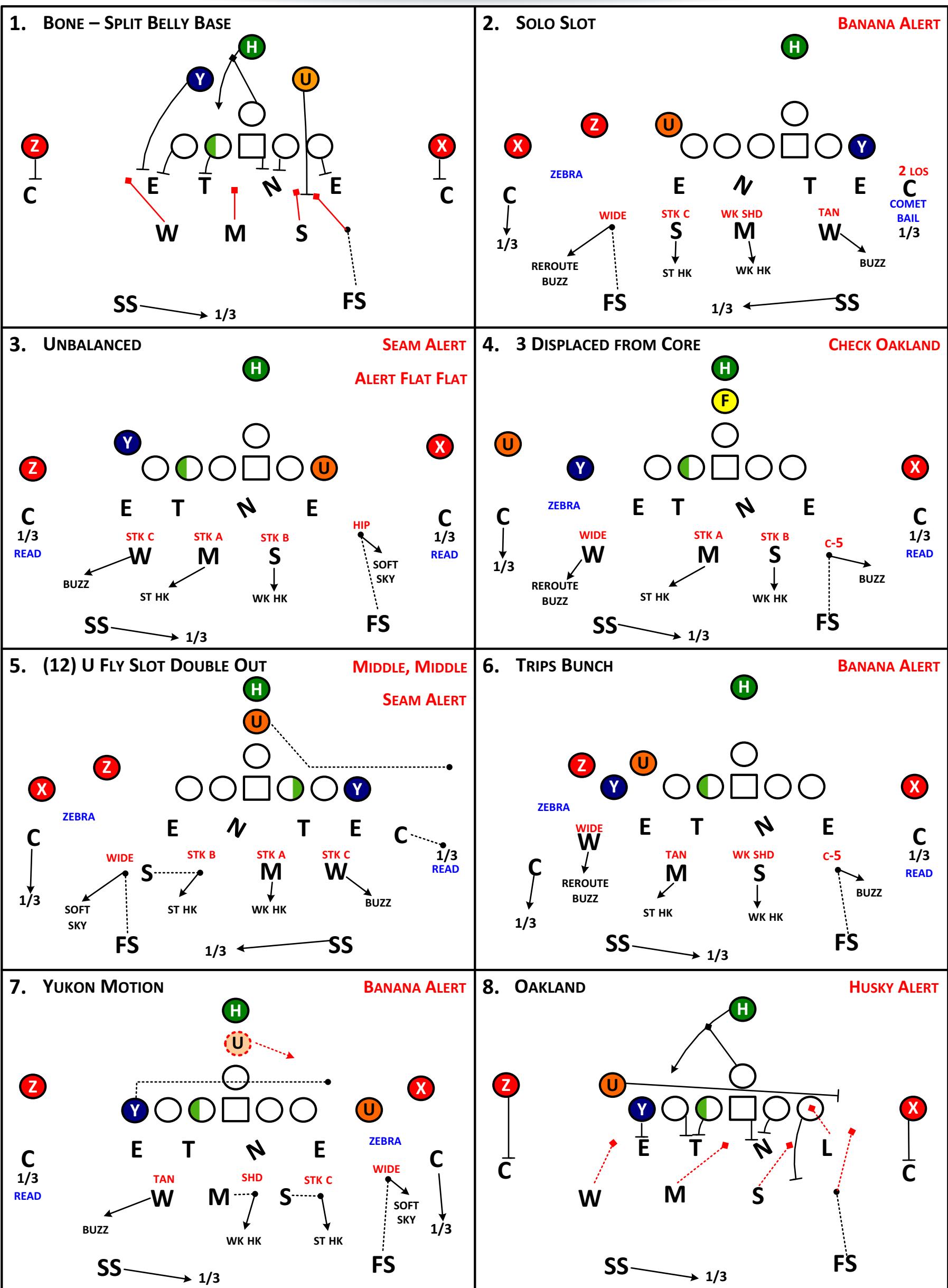
OVER ZONE FLEX (OAKLAND)



OVER ZONE FLEX (OAKLAND)

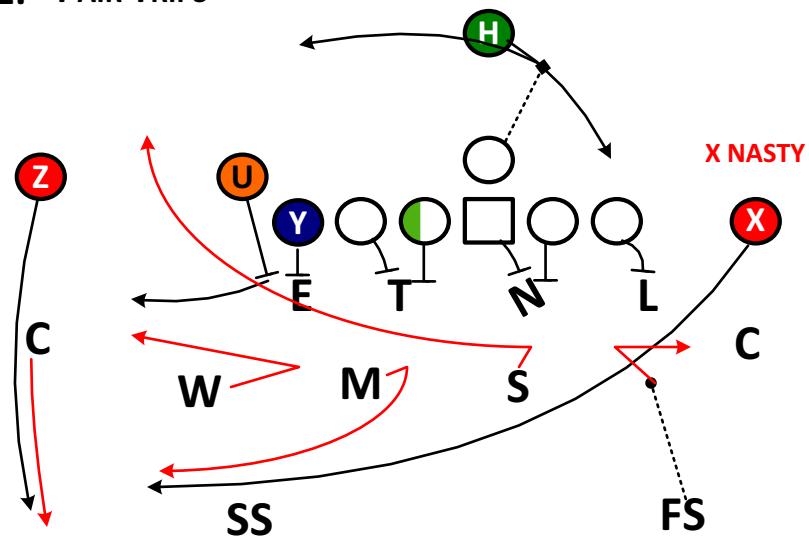


OVER ZONE FLEX (OAKLAND)

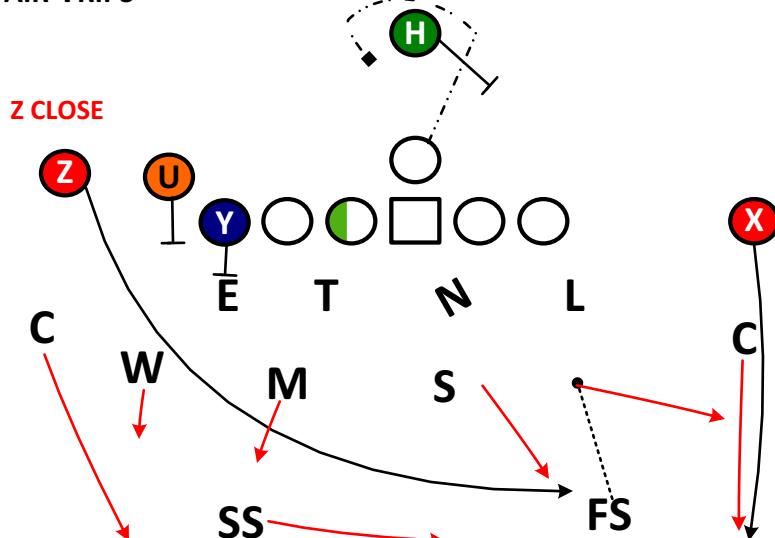


OVER ZONE FLEX (OAKLAND)

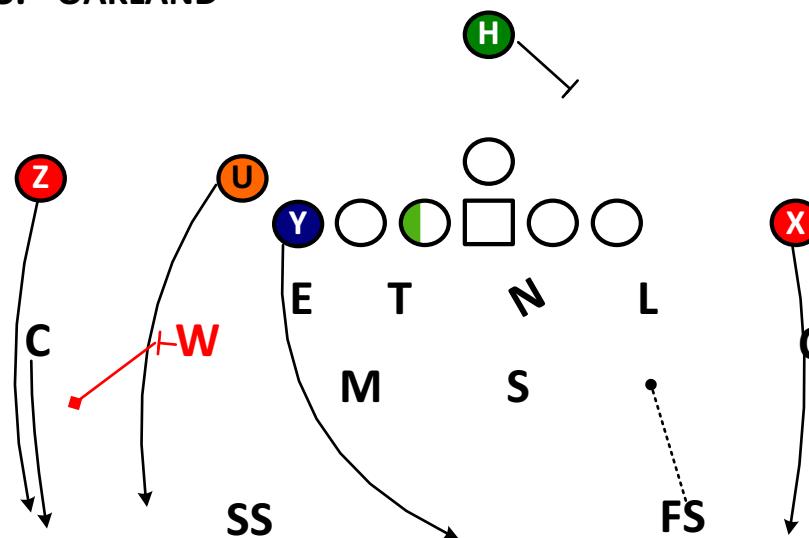
1. PAIR TRIPS



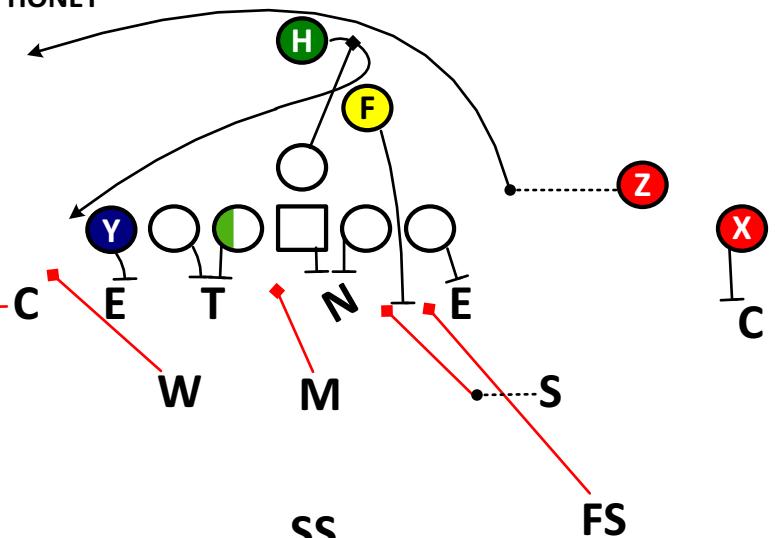
2. PAIR TRIPS



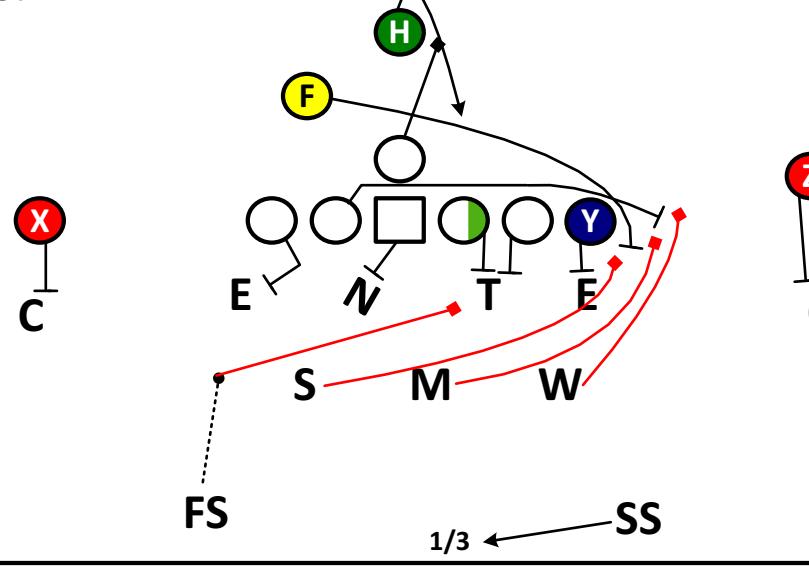
3. OAKLAND



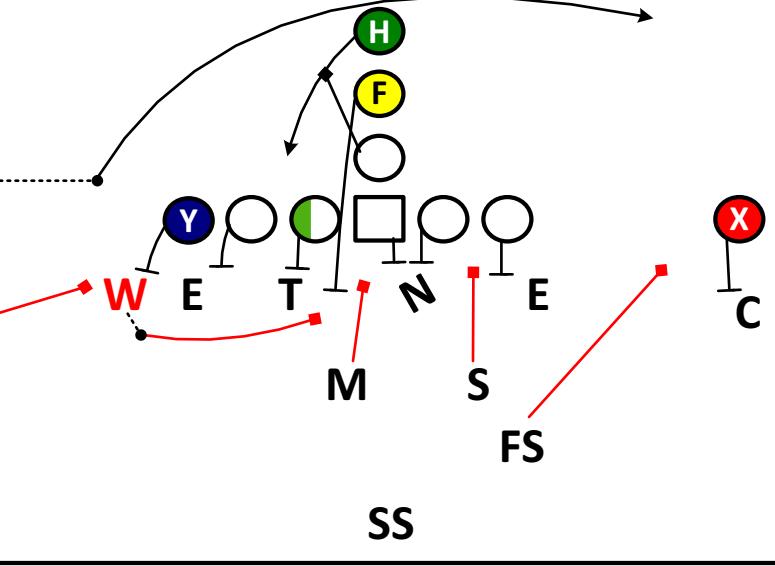
4. PHONEY



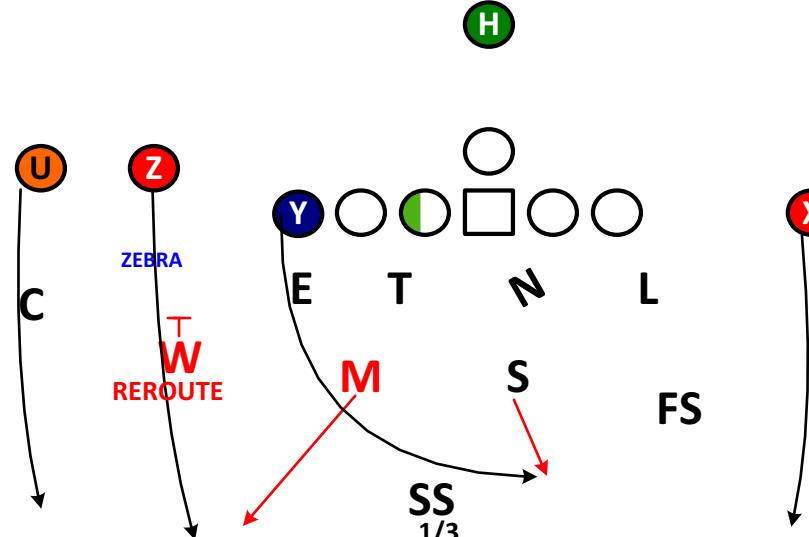
5. LD COUNTER SOLID



6. Z PHONEY

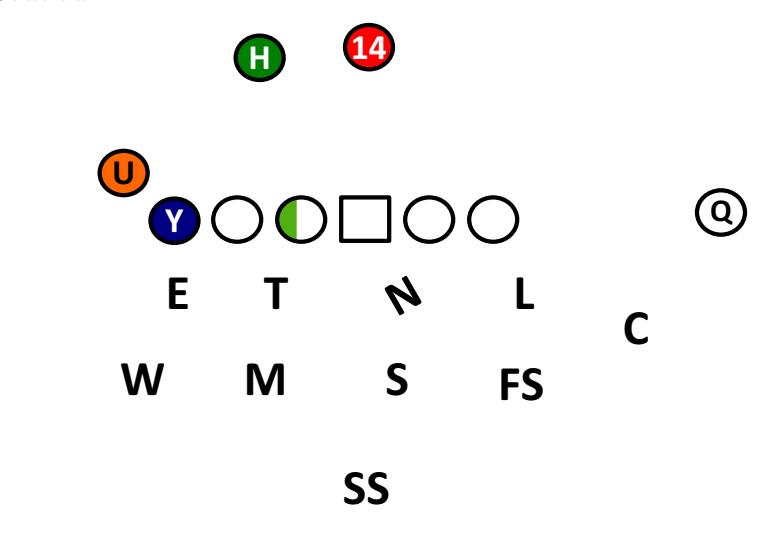


7. TRIPS

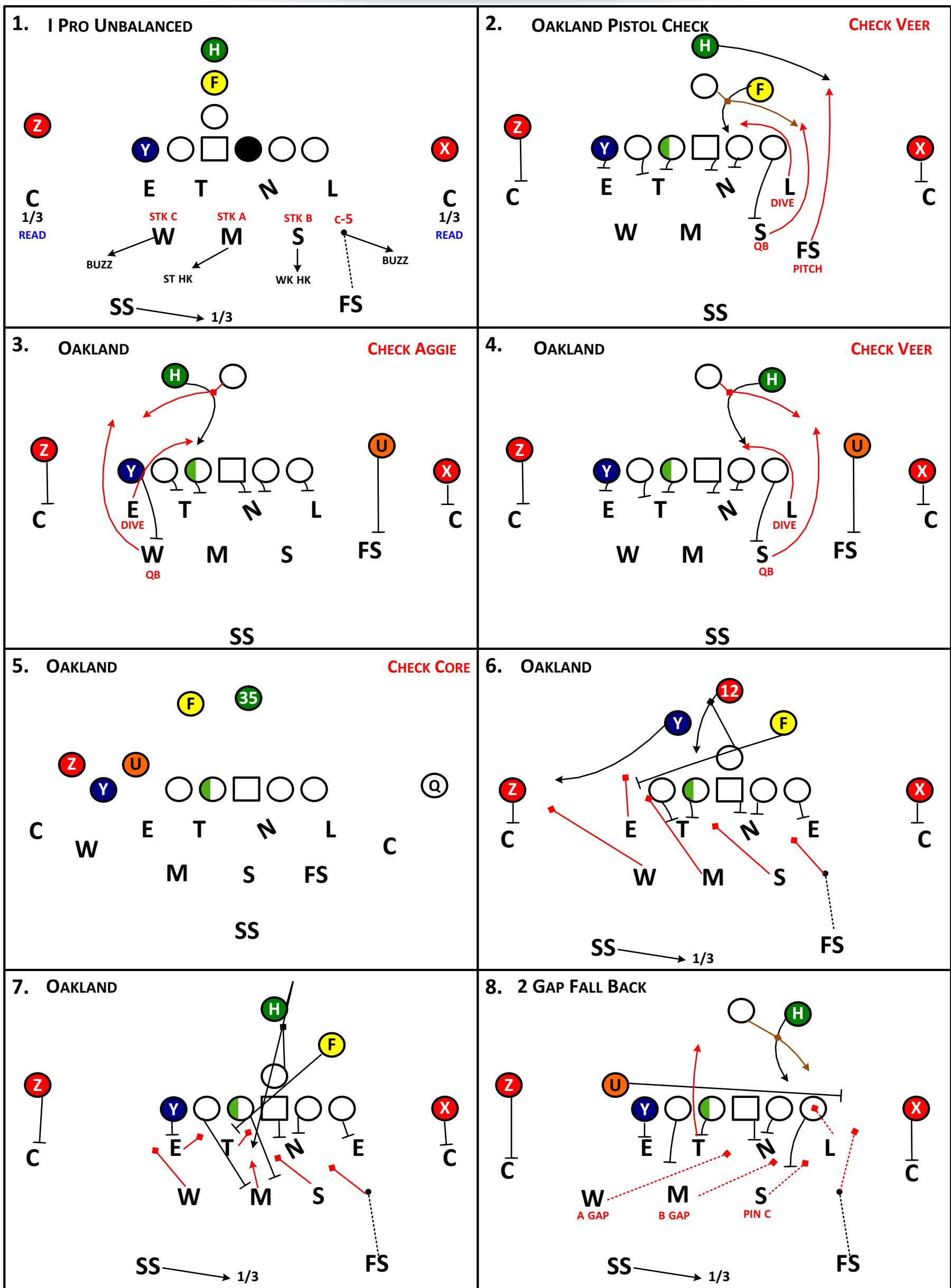


BANANA ALERT

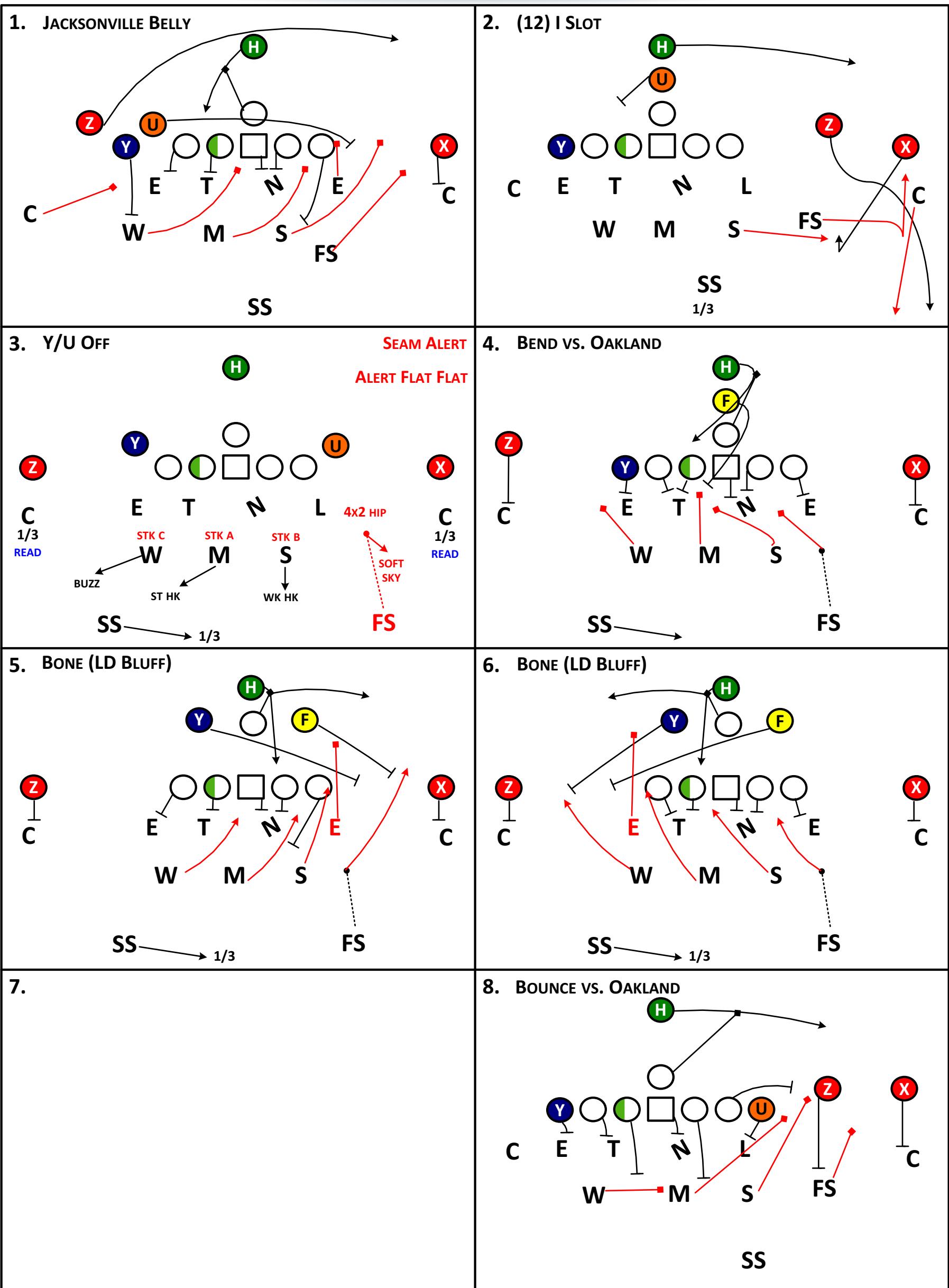
8. OAKLAND



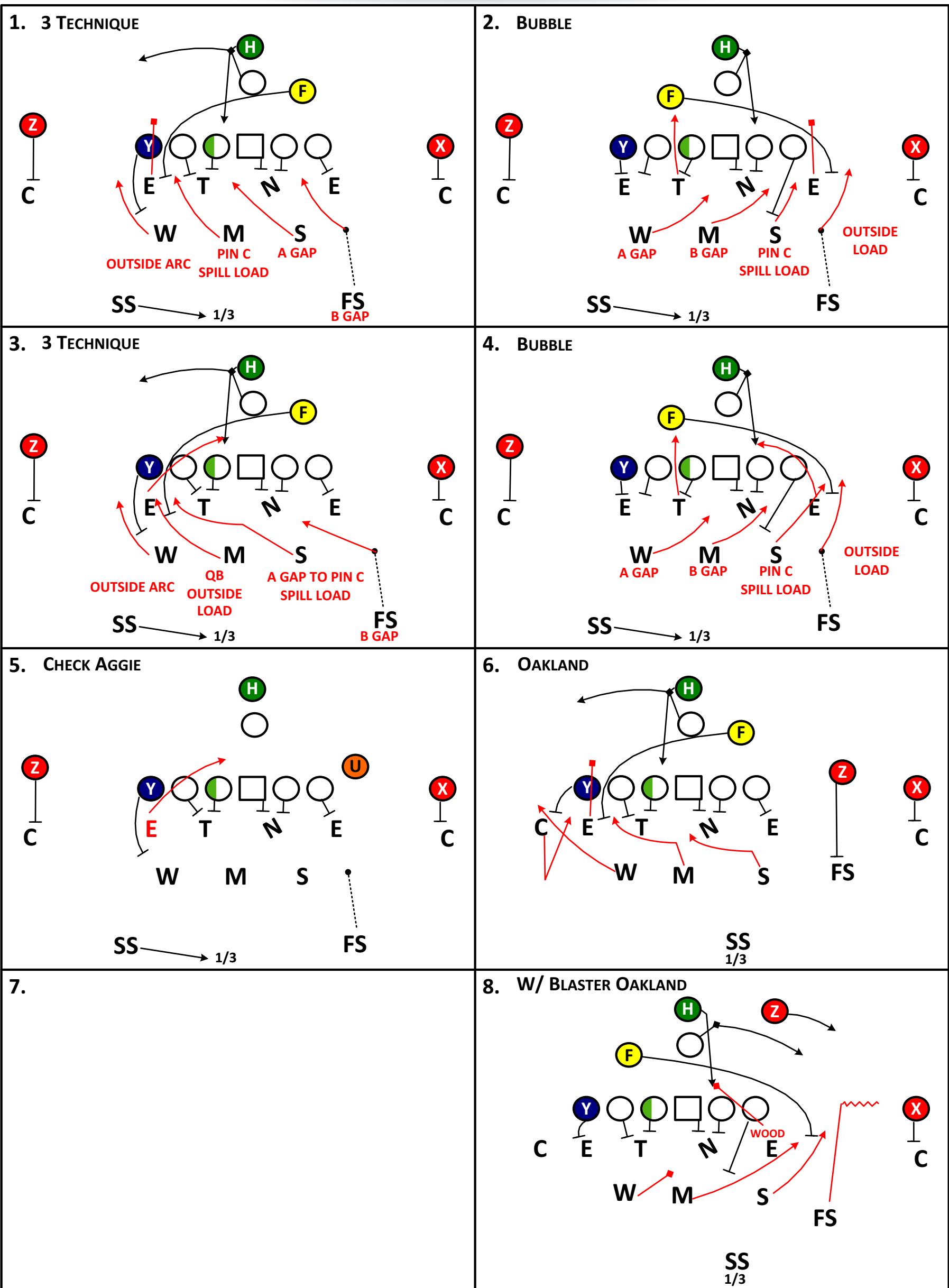
OVER ZONE FLEX (OAKLAND)



OVER ZONE FLEX (OAKLAND)

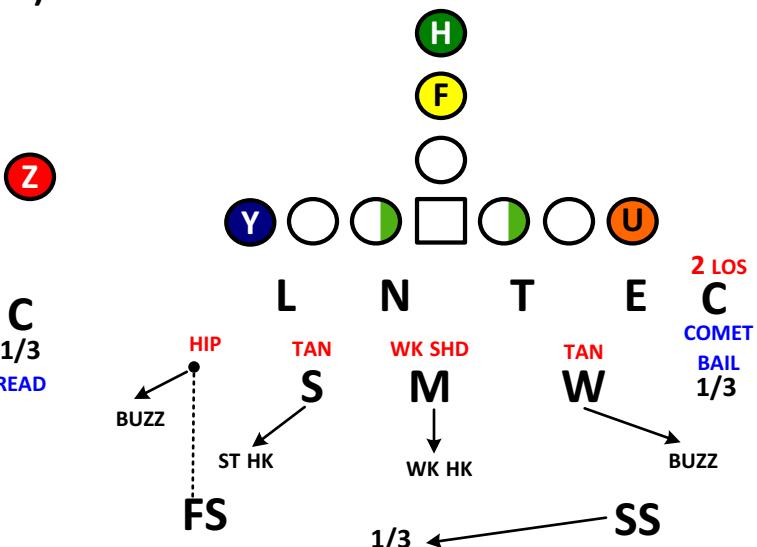


OVER ZONE FLEX (OAKLAND)

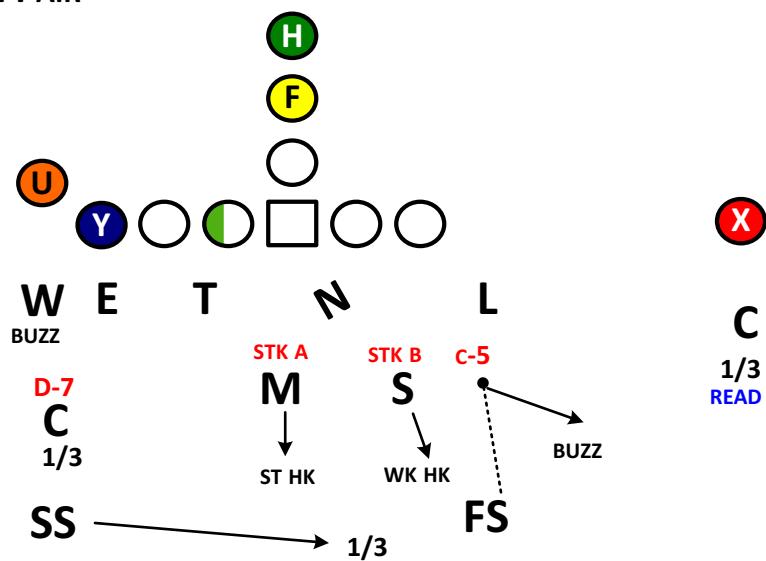


WALK DEUCE OAKLAND

(22) I TITE



(22) I PAIR



ESSENCE:

1. WALK DEUCE OAKLAND IS AN 8 MAN OVER FAMILY FRONT DEFENSE VS. 22 PERSONNEL.

COACHING POINTS:

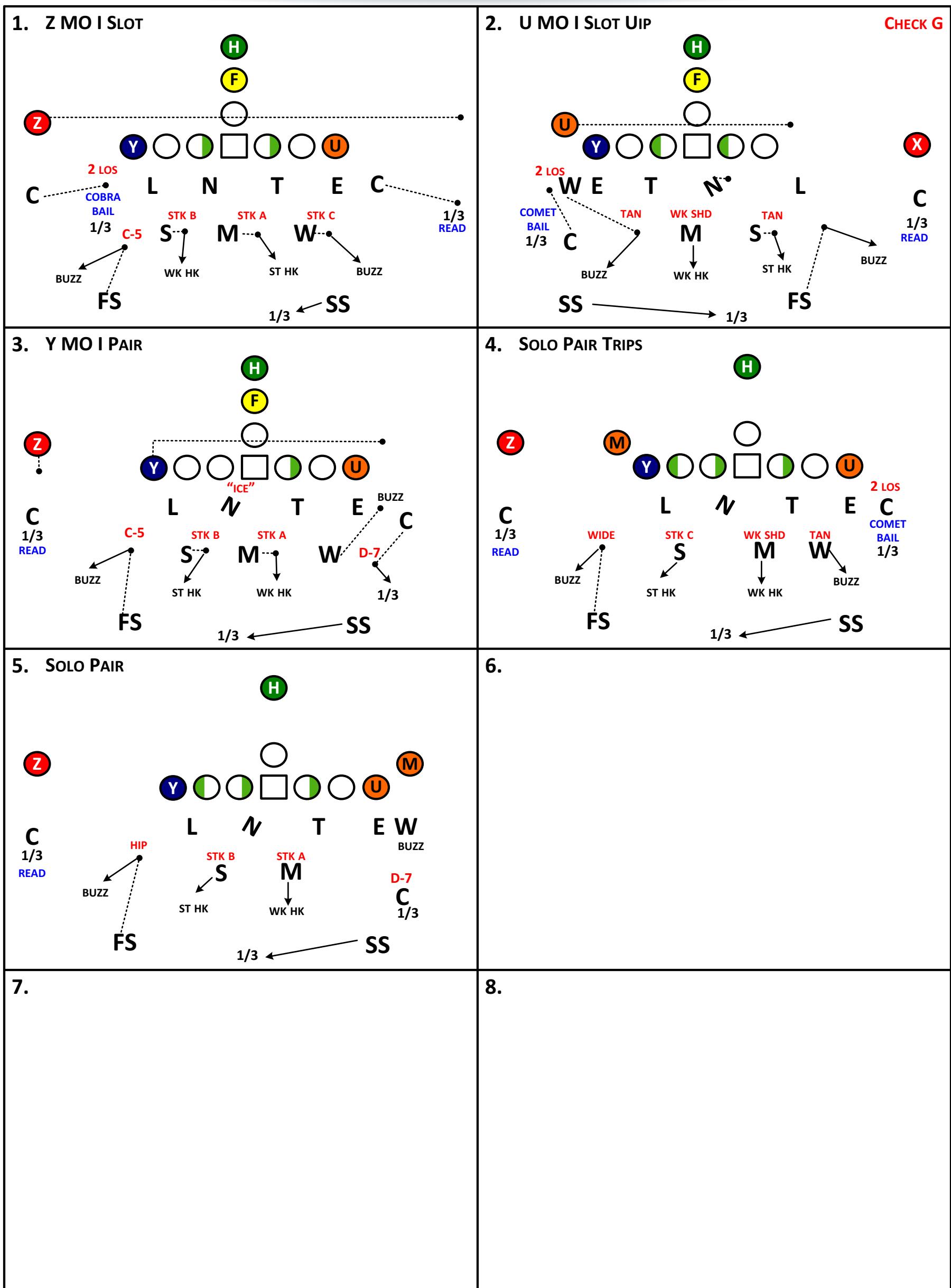
1. CLOSE CALL AWAY FROM THE WR:
U: WITH TWO TIGHT ENDS ON THE LOS
Y: WITH ONE TIGHT END ON THE LOS
2. SAFETIES SHOW A 2 DEEP (OVER 2 / L.A.) PRE-SNAP LOOK
3. CORNERS DEFEND THEIR DEEP 1/3 USING READ PRINCIPLES
4. SEAM ALERT, SAFETIES SOFT SKY (ALERT FLAT/FLAT)
5. SS TRAVELS WITH THE CLOSE CALL.
6. WILL: ALIGN IN A WALK VS. PAIR SETS

ADJUSTMENTS:

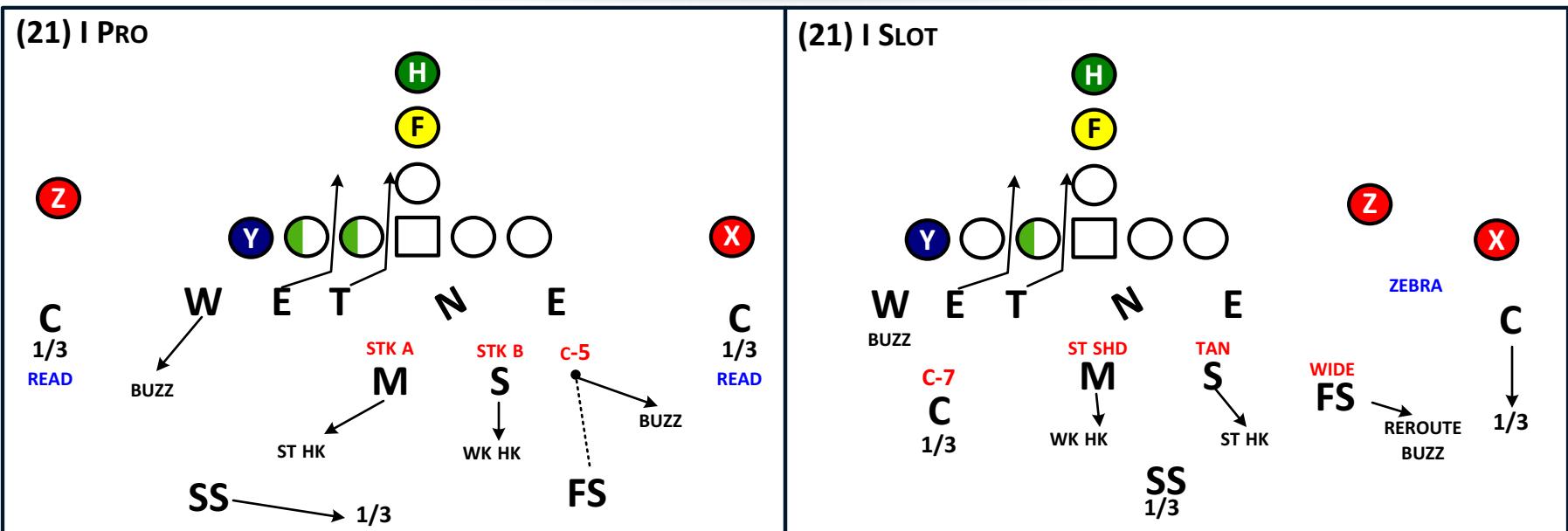
1. Vs. ALL 1 BACK SETS: PLAY IT
2. Vs. 2x2 FORMATIONS: SEAM ALERT



WALK DEUCE OAKLAND



W/PIRATE LOAD OAKLAND



ESSENCE:

1. OAKLAND IS AN 8 MAN OVER FRONT DEFENSE WITH THE WILL IN A LOAD ALIGNMENT.
2. THE COVERAGE IS A 3 DEEP, 4 UNDER DEFENSE WITH FLEX SIDE ROTATION.

COACHING POINTS:

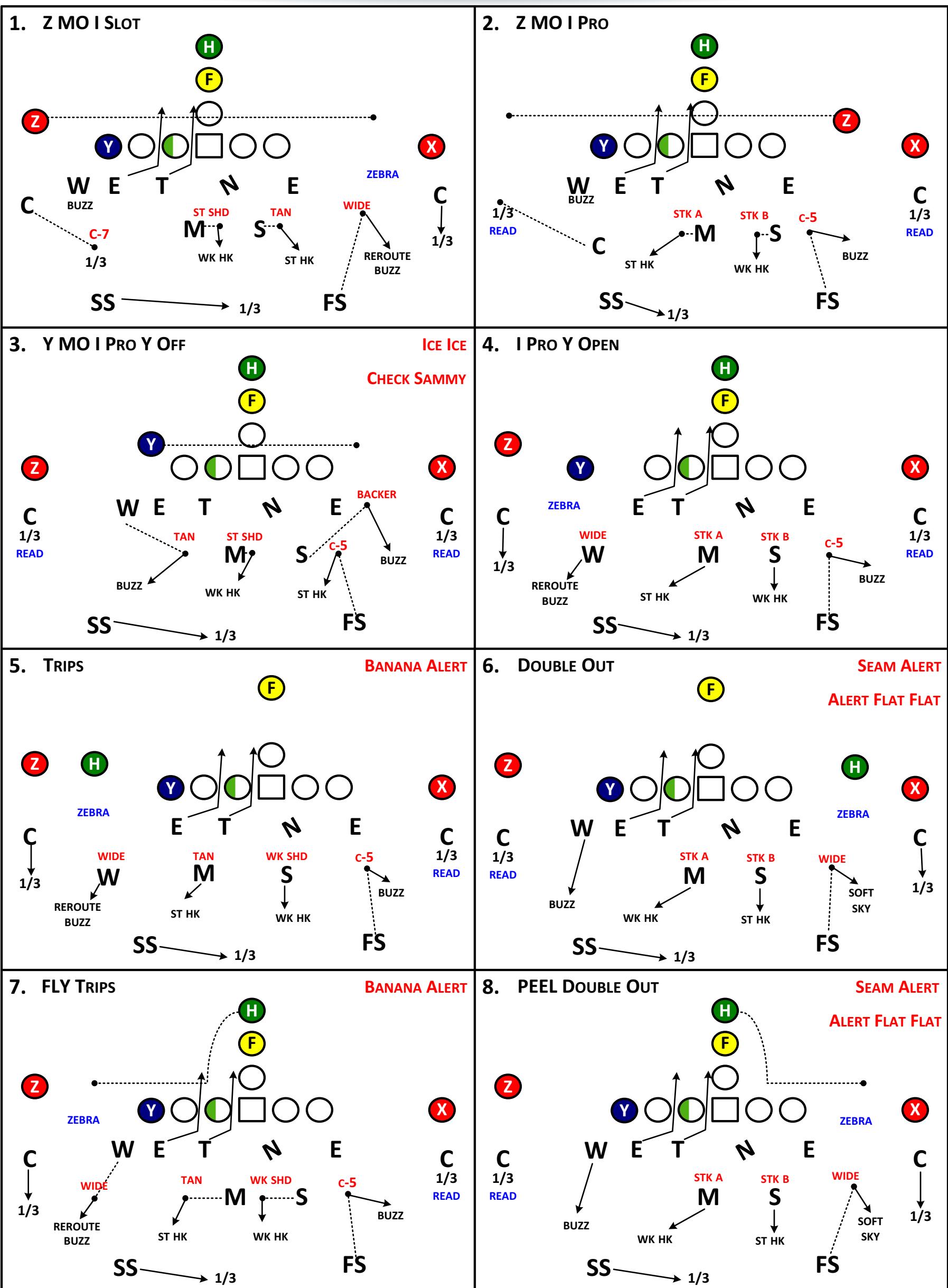
1. SOLID CALL TO THE "Y"
2. SAFETIES SHOW A 2 DEEP (OVER 2 / L.A.) PRE-SNAP LOOK
3. ROGER / LOU TO THE FLEX SIDE
4. CORNERS DEFEND THEIR DEEP 1/3 USING READ PRINCIPLES
5. SEAM ALERT, SAFETIES SOFT SKY (ALERT FLAT/FLAT)
6. WILL ALIGN IN A LOAD.
7. AUTOMATIC PIRATE FOR THE D-LINE

ADJUSTMENTS:

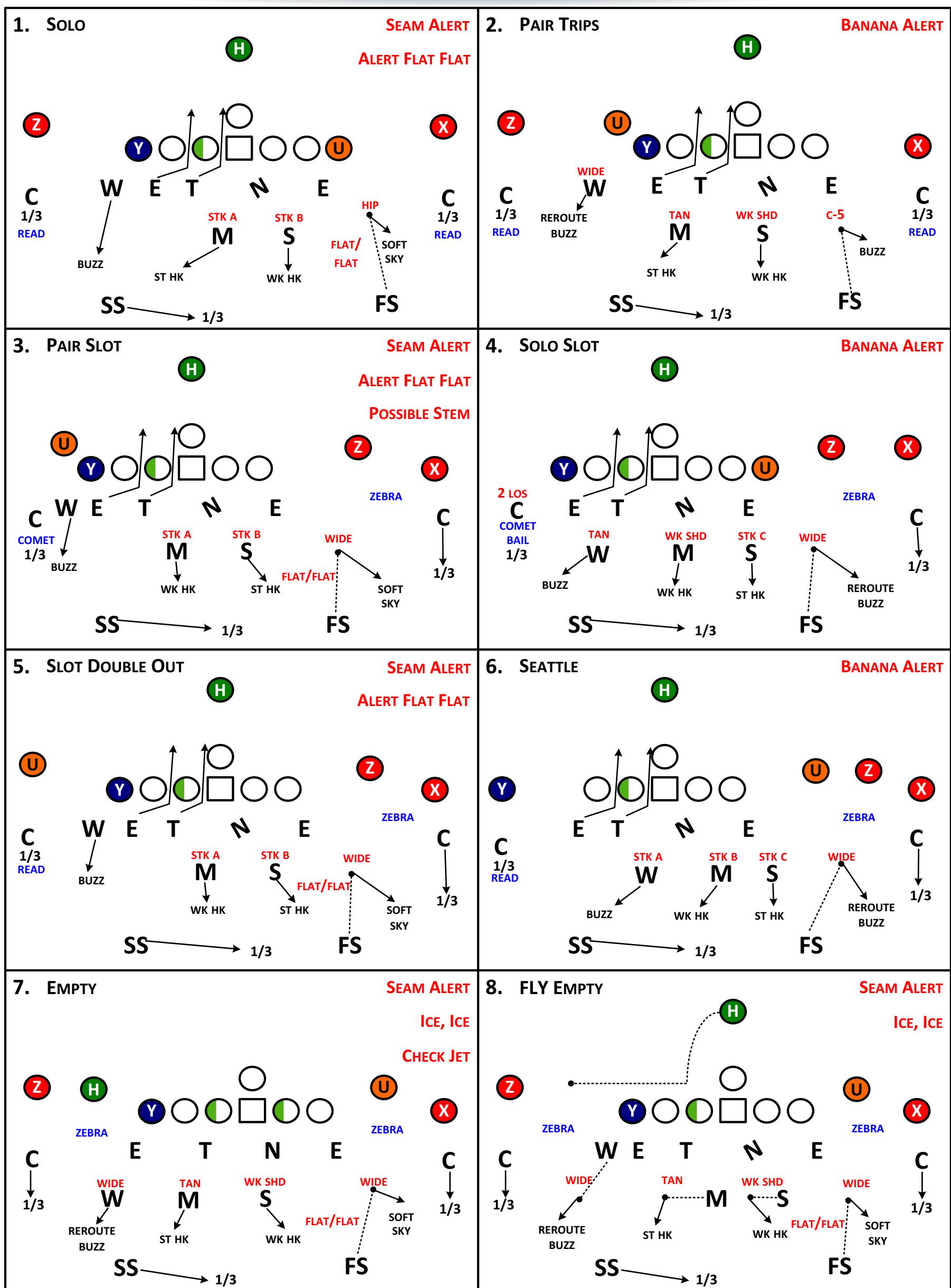
1. Vs. 2 BACK Y MOTION: ICE THE PIRATE, CHECK SAMMY (RITA / LINDA)
2. Vs. ALL 1 BACK SETS: PLAY IT
3. Vs. 2x2 FORMATIONS: SEAM ALERT
4. Vs. SINGLE WIDTH SLOT FAMILY, POSSIBLE RENO CHECK



W/PIRATE LOAD OAKLAND

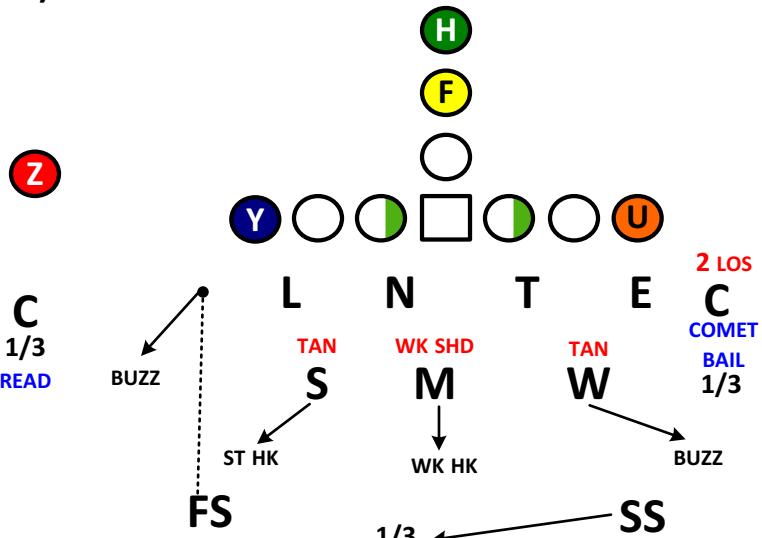


W/PIRATE LOAD OAKLAND

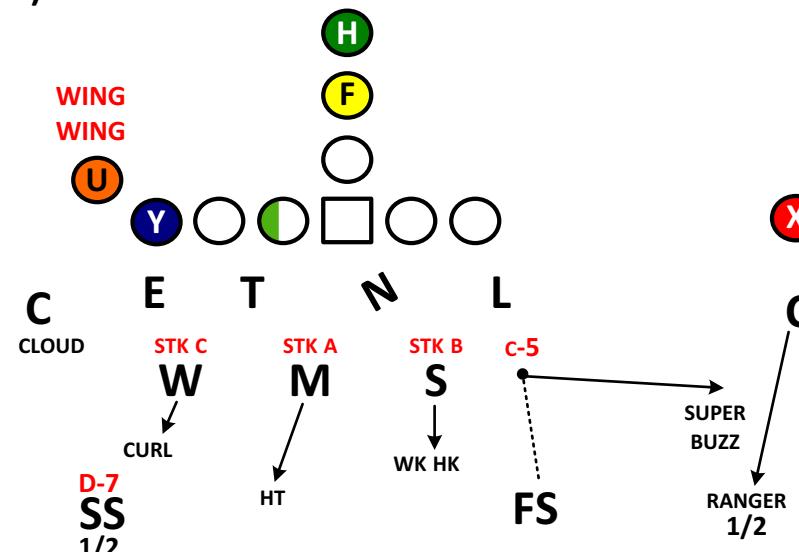


DEUCE OAKLAND CLOUD

(22) I TITE



(22) I PAIR



CHECK CLOUD

ESSENCE:

1. DEUCE OAKLAND CLOUD IS AN 8 MAN OVER FRONT DEFENSE VS. 22 PERSONNEL.
2. THE DEFENSE IS SET TO THE "U" IF Y & U ARE ON THE LOS
3. THE COVERAGE IS 3 DEEP 4 UNDER WITH FLEX SIDE ROTATION.

COACHING POINTS:

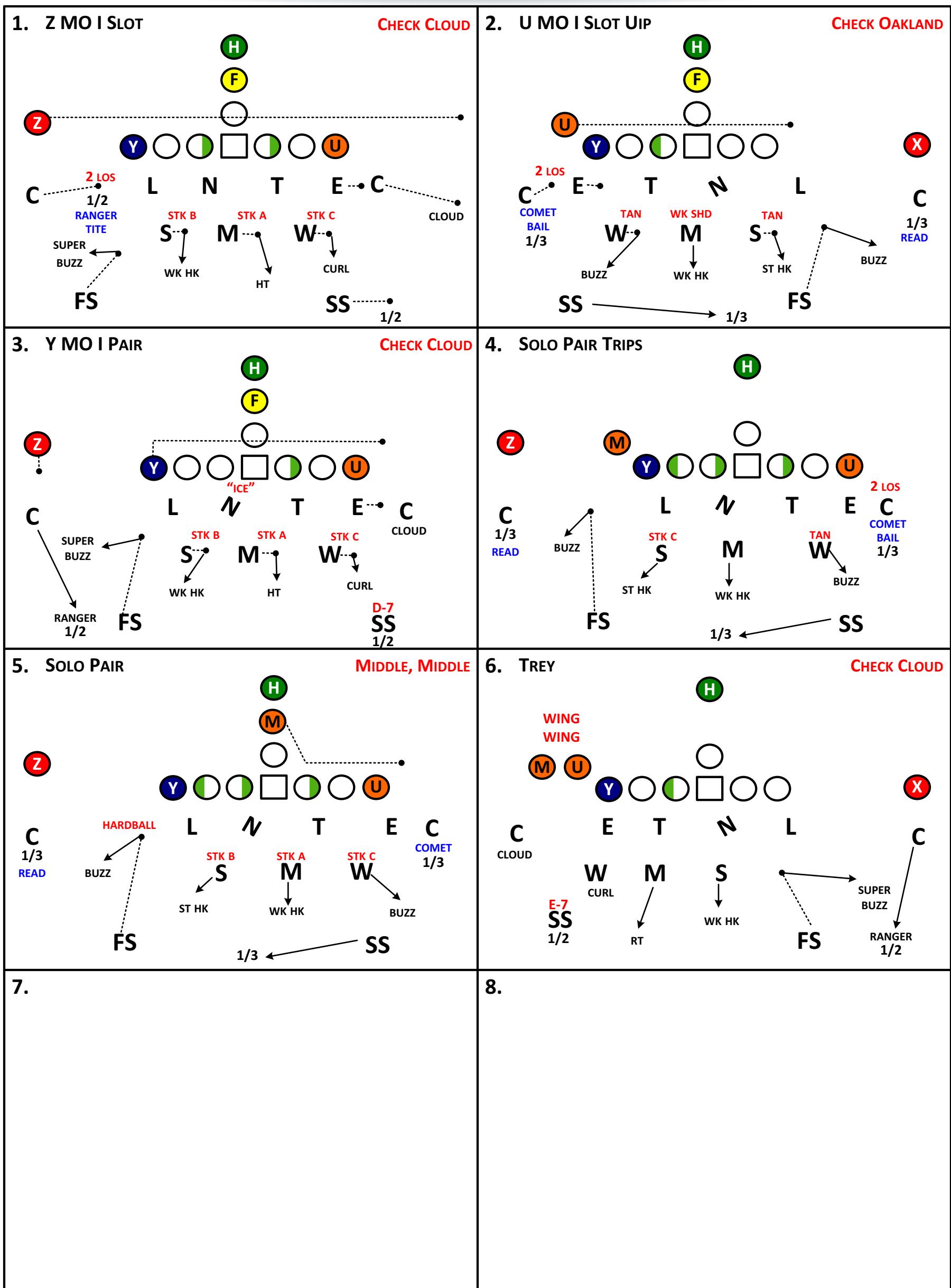
1. SOLID CALL TO THE "U" IF Y & U ARE ON THE LOS
2. THIS IS A FINAL LOOK DEFENSE
3. WING WING VS. PAIR:
 - FB KICK OUT CORNER: WILL SPILL FB
 - U KICK OUT CORNER: WILL TURN BACK FB

ADJUSTMENTS:

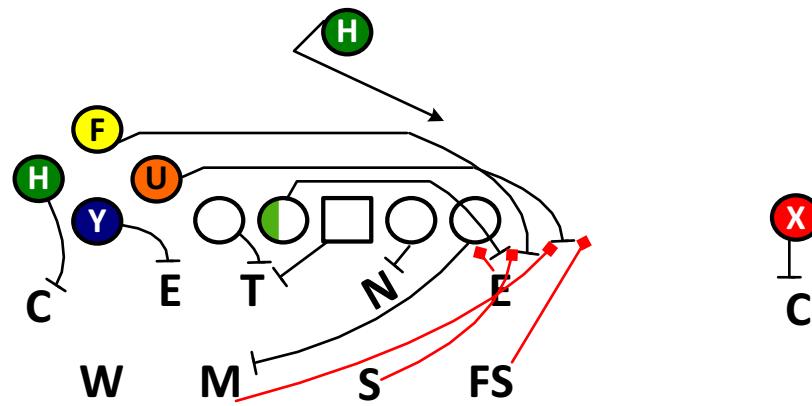
1. Vs. 2 BACK PRO FAMILY: PLAY CLOUD/RANGER
 - RUN: OAKLAND FITS
 - PASS: LA RULES FOR LBs
 - Vs. ANYTHING ELSE: PLAY OAKLAND



DEUCE OAKLAND CLOUD

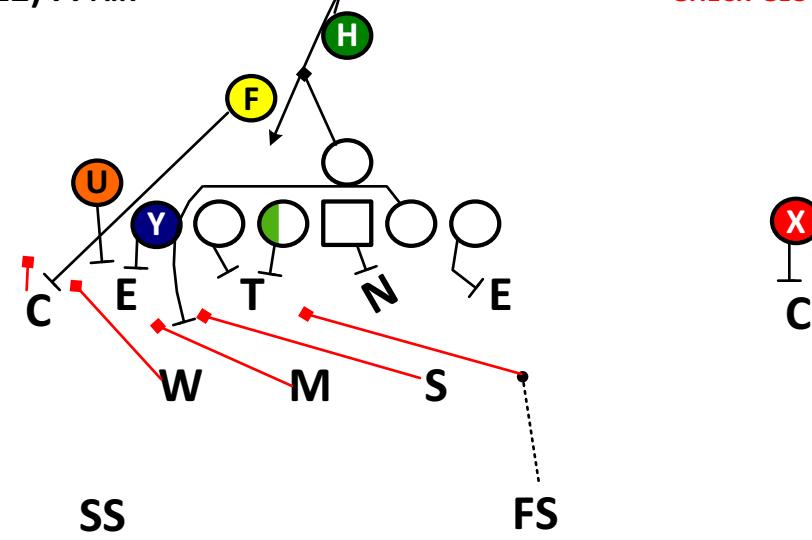


WILDCAT **DU OAKLAND CLOUD**



SS

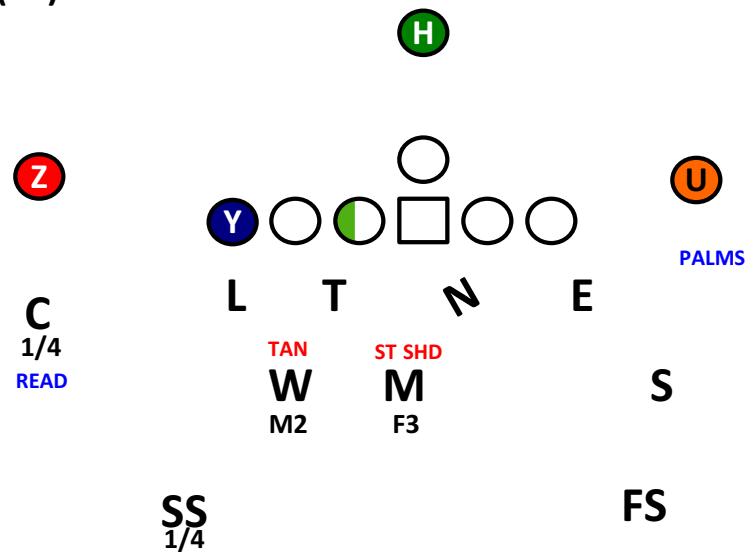
(22) I PAIR **CHECK CLOUD**



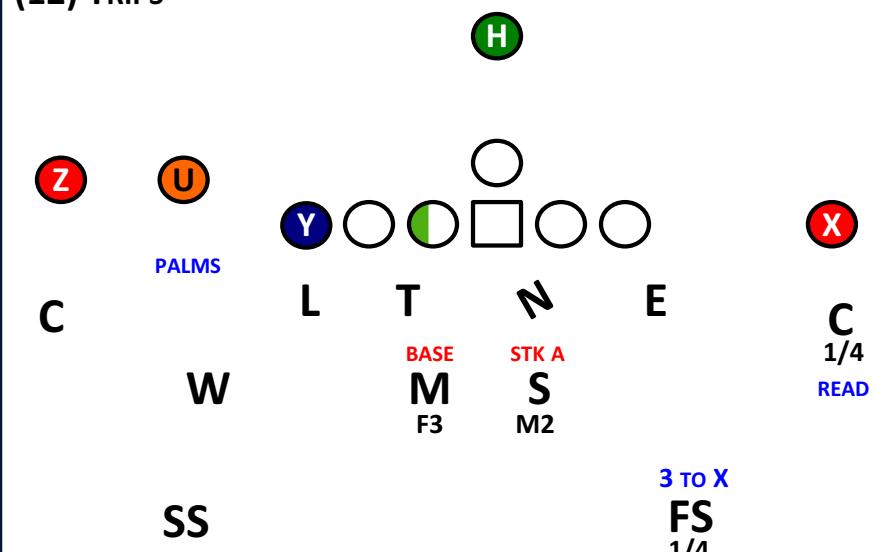
SS **FS**

OVER 4 PALMS (PANTHER)

(12) DOUBLE OUT



(12) TRIPS



ESSENCE:

- PANTHER IS AN OVER FAMILY FRONT 4 DEEP 3 UNDER DEFENSE.

COACHING POINTS:

- SOLID CALL TO THE "Y"
- FINAL 3: MIKE PLAYS WITH DEPTH OVER #3. PUSH CALL ALERT TO MATCH 2 PLAYER TO #2. PUSH TO NEW
- MATCH 2 DEFENDERS:
 SQUEEZE TO #2 UNTIL #3 CROSSES YOUR FACE
 WITH #3 AWAY, STAY INSIDE #2
 ZEBRA CALLS WITH #2 DISPLACED
- CORNERS PLAY READ PRINCIPLES

ADJUSTMENTS:

- Vs. TE / FLANKER: PLAY 4
- Vs. 2 DISPLACED: CHECK PALMS
- Vs. TRIPLES: CHECK PALMS. CHECK PIRATE. BACKSIDE SAFETY PLAY 3 TO 'Y'
- Vs. EMPTY: CHECK EASY TO THE 3 MAN SIDE.
- Vs. TRIPS BUNCH & CLUSTER SETS: POSSIBLE BOX CHECK
- Vs. Z CLOSE & X NASTY: POSSIBLE CLAMP
- Vs. DEADSIDE TE: CORNER LOCK

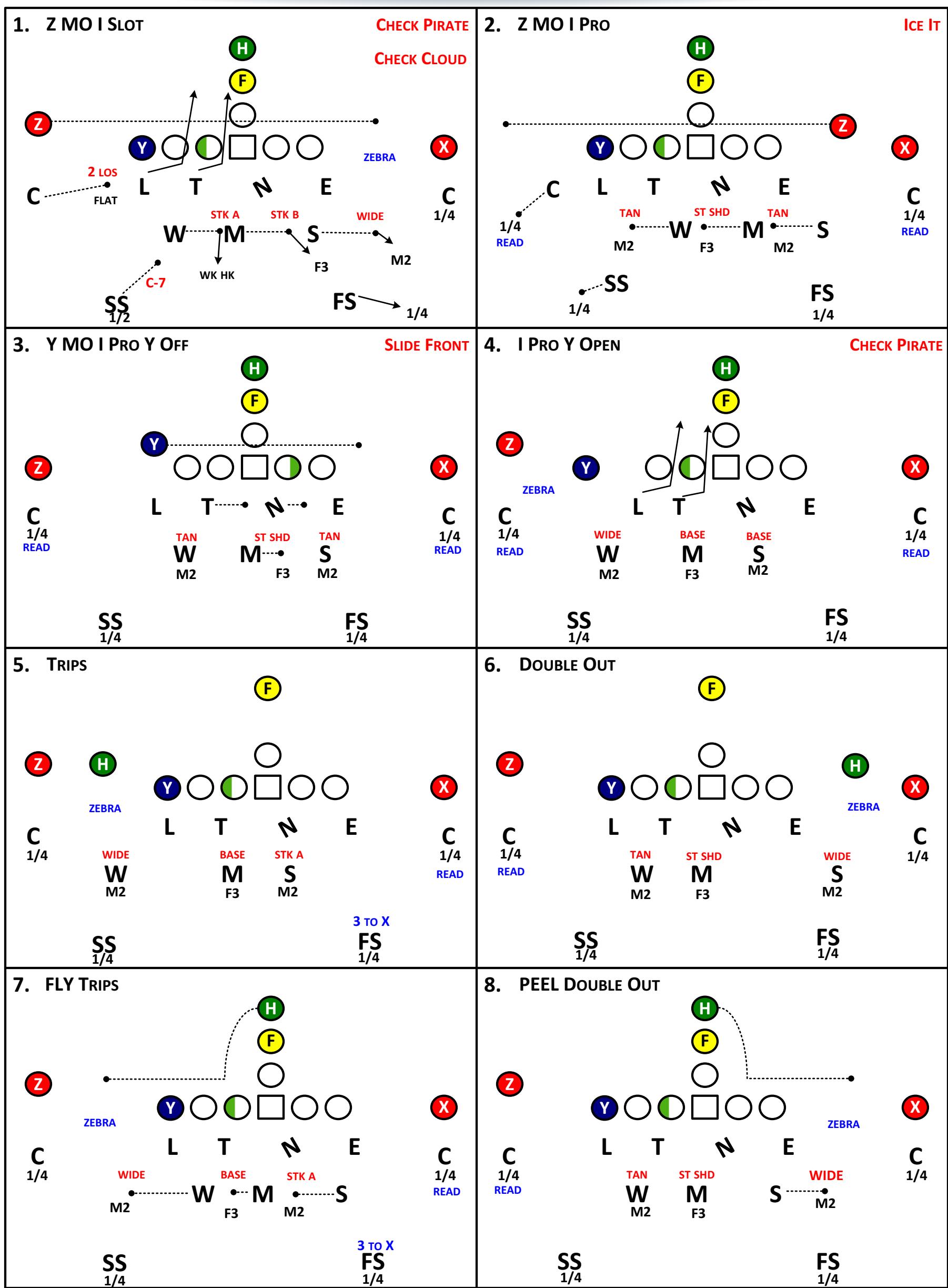


OVER 4 PALMS (PANTHER)

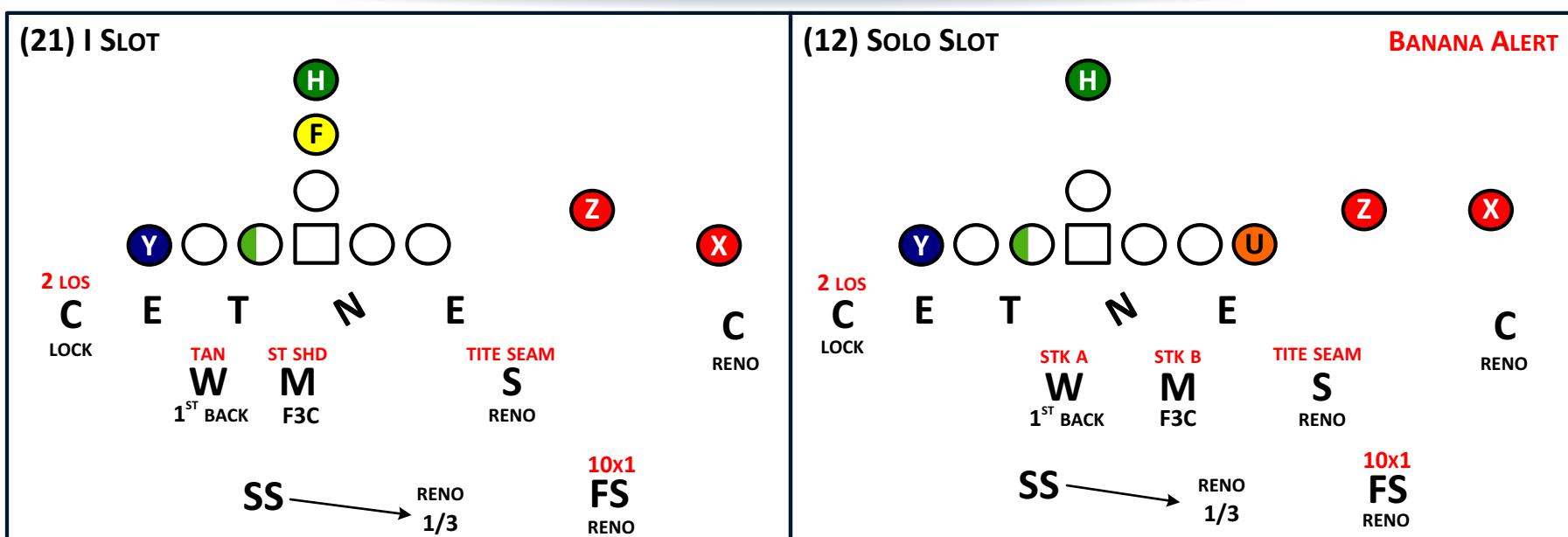
<p>1. SOLO</p> <p>PLAY TAMPA</p>	<p>2. PAIR TRIPS</p> <p>PLAY TAMPA BANANA ALERT</p>
<p>3. PAIR SLOT</p> <p>CHECK PALMS</p>	<p>4. SOLO SLOT</p> <p>CHECK PIRATE CHECK PALMS</p>
<p>5. SLOT DOUBLE OUT</p> <p>CHECK PALMS</p>	<p>6. SEATTLE</p> <p>CHECK PALMS</p>
<p>7. EMPTY</p> <p>CHECK EASY</p>	<p>8. HOY EMPTY</p> <p>CHECK EASY</p>



OVER 4 (TAMPA)



RENO



ESSENCE:

1. FINAL LOOK DEFENSE.
 2. PLAYED VS. ALL ALIGNED OR MOTION TO SLOT FAMILY FORMATIONS.
 3. DESIGNED TO DEFEND THE VERTICAL SLOT PASSING GAME.

COACHING POINTS:

- LBS IN SLIDE ALIGNMENTS.**
 - STRONG SAFETY RENO MIDDLE 1/3 (DEEP OVER TO MIDDLE).**
 - NUB CORNER: LOCK NUB SIDE TE.**
 - STRONG CORNER: LOCK #1 (PALMS READ)**
 - MIKE LB PLAY FINAL 3 AND CARRY.**
BANANA ALERT
 - WILL LB RELATE TO BACKFIELD ACTION:**
FLOW, SPLIT & FLOP: MAN 1ST TO THE FLAT.
FLOOD: ZONE OFF TO SLOT SIDE TO NEW #2.
 - FS: 10x1 HIGH AND OUTSIDE ON #2 UNTIL PASSED OFF TO STRONG SAFETY.**
Vs. STACK RELEASE, STEM TO OUTSIDE LEVERAGE ON #2.
 - Vs. ALL BOOTS: FREE SAFETY PLAY LIKE SPEED.**

ADJUSTMENTS:

1. STACKS: CHECK STACK RENO (POSSIBLE CLOUD)
 2. STACK RENO:
RENO CB PLAYS RENO BUT DOES NOT CHASE IN-BREAKING ROUTES BY #1
SAM PLAYS IN-BREAKING OF #1. VS. 1 & 2 VERTICAL CHASE #3 TO THE FLAT.
 3. IF CLOUD:
VS. 1 & 2 VERTICAL SAM PUSH WITH #3 TO THE FLAT.
 4. VS. PAIR SLOT: WILL AND CORNER BANJO
 5. VS. ZIP MOTION: FS CHECK SPEED ALIGN AT 7YDS (FOR BOOT/CRACK REPLACE) & SS MIDDLE 1/3
 6. VS. FLY MOTION TO DOUBLE WIDTH SLOT FORMATIONS: STAY RENO
 7. VS. ALIGNED DOUBLE WIDTH SLOT FORMATIONS: PLAY THE INITIAL CALL
VS. BOX FLY/PEEL, FIN OR UIN MOTION: CHECK RENO



RENO

WILL BACKER (TAN):

Vs. FLOW AND SPLIT ACTION: MAN 1ST BACK SOLID (MAN SIDE)
Vs. FLOOD ACTION: LOOK UP 1ST CROSSER (ZONE SIDE)
Vs. PAIR/TRUMP SETS: CHECK BANJO (IN & OUT WITH CORNER)
Vs. TRIPLES: STACK A

MIKE BACKER (STRONG SHADE):

FINAL 3 CARRY
Vs. FLOW: MAN UP CHECK DOWN BY #3 (MAN SIDE)
Vs. FLOOD AND SPLIT ACTION: RELATE TO #3 (ZONE SIDE)
Vs. #3 VERTICAL: CARRY HIGH AND INSIDE
Vs. TRIPLES: STACK B

SAM BACKER (TITE SEAM):

RENO DROP
Vs. FLOOD AND SPLIT ACTION: CURL DROP UNLESS #3 GOES TO THE FLAT. (EXCLUDE Y)
Vs. FLOW ACTION: CURL DROP AND WALL OFF ANY CROSSERS.
Vs. STACKS (FLOOD AND SPLIT): DISREGARD #3 TO FLAT UNLESS #1 & #2 GO VERTICAL.
Vs. STACKS (FLOW): OWN 1ST IN BREAKING ROUTE.

FREE SAFETY (10x1 OUTSIDE #2):

HIGH AND OUTSIDE ON #2 UNLESS:
#2 DEEP OVER: DOUBLE #1 HIGH TO LOW
#2 BREAKS OUT 5 YARDS OR LESS: TOP OF #1 WITH OUTSIDE LEVERAGE.
Vs. ZIPS: CHECK SPEED. ALIGN 7x1 OUTSIDE #2 AND OWN #2
Vs. PIVOT OUTS: CHECK SPEED AND OWN #2
Vs. STACKS: CHECK STACK AND PLAY HIGH AND OUTSIDE #2 UNLESS
ANY RECEIVER IN THE STACK BREAKS OUT OR IN DRASTICALLY. TOP OF #1 INSIDE
ANY DEEP OVER ROUTES OUT OF THE STACK: DOUBLE #1 HIGH TO LOW
Vs. ANY QUICK SWITCHES: RELATE TO NEW #2.

STRONG SAFETY (10x SOLID GUARD):

RENO MIDDLE – OVER TO MIDDLE 1/3.
ALERTS: Vs. 2x2 SLOT FORMATIONS: THINK MORE MIDDLE 1/3
Vs. TRIPLES SETS: BE CONSCIOUS OF #3.

NUBSIDE CORNER (2 x LOS):

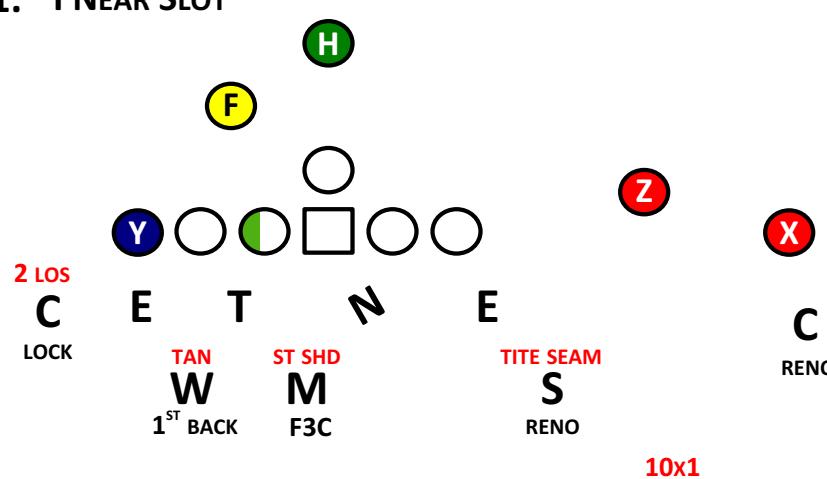
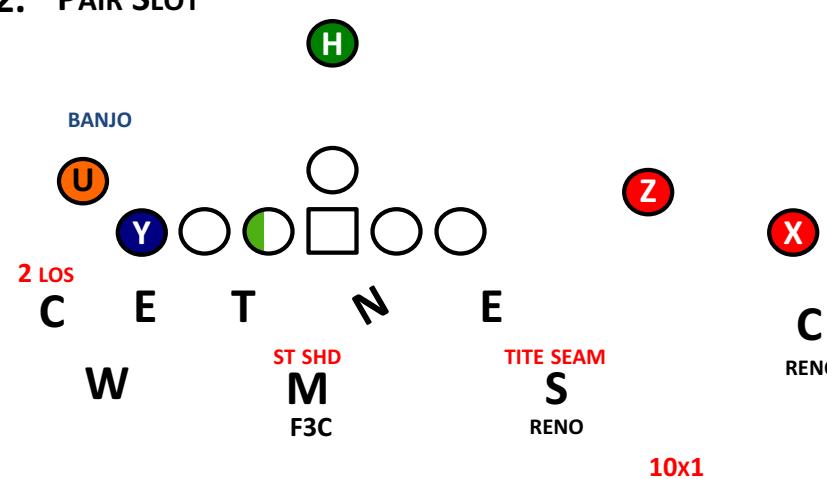
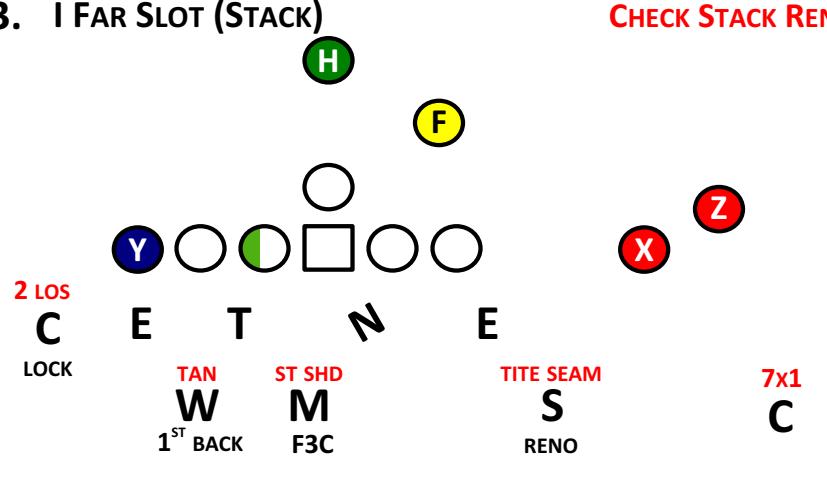
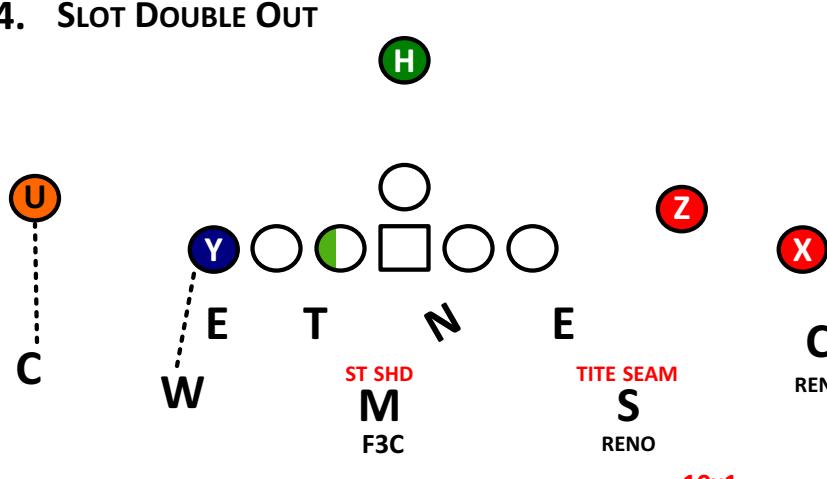
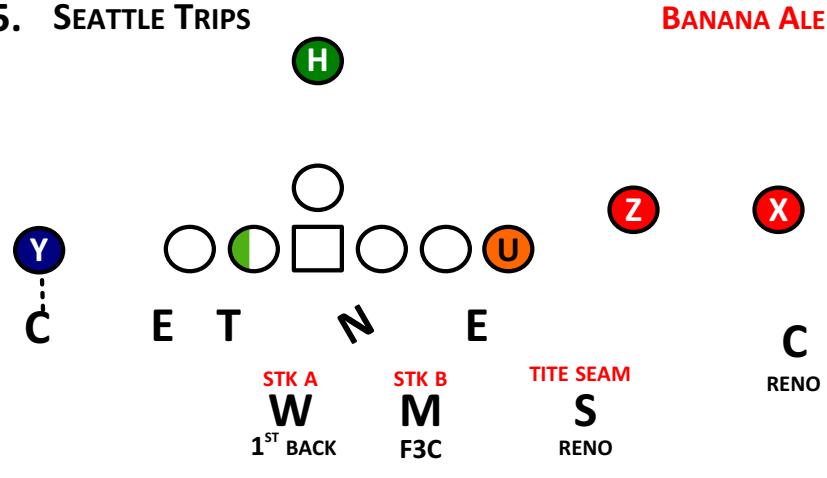
LOCK THE "Y"
SPILL KICKOUT BLOCKS / TURNBACK FRONT SIDE PULLERS
Vs. PAIR AND TRUMP: CHECK BANJO (IN & OUT WITH WILL)

RENO CORNER (PRESS):

OWN #1 WITH OUTSIDE LEVERAGE UNLESS:
#2 BREAKS OUT 5 YARDS OR LESS: FLAT (RENO PALMS READ)
Vs. STACKS: CHECK STACK, ALIGN 7x1 AND OWN #1 UNLESS:
ANY RECEIVERS IN THE STACK BREAKS OUT OR IN DRASTICALLY: FLAT
Vs. ANY QUICK SWITCHES: OWN NEW #1.



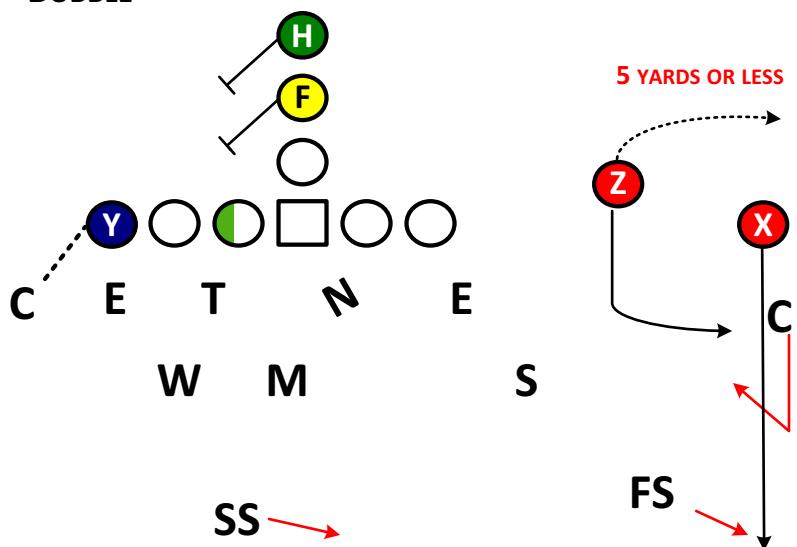
RENO

<p>1. I NEAR SLOT</p>  <p>2 LOS C LOCK E T N E W 1ST BACK M F3C S RENO TAN ST SHD TITE SEAM 10x1 FS RENO</p>	<p>2. PAIR SLOT</p>  <p>BANJO U Y T N E W C LOCK E T N E M F3C S RENO TAN ST SHD TITE SEAM 10x1 FS RENO</p>
<p>3. I FAR SLOT (STACK)</p>  <p>CHECK STACK RENO H F Y T N E W 1ST BACK M F3C S RENO TAN ST SHD TITE SEAM 7x1 C FS SS → RENO 1/3</p>	<p>4. SLOT DOUBLE OUT</p>  <p>H U Y T N E W C LOCK E T N E M F3C S RENO TAN ST SHD TITE SEAM 10x1 FS RENO</p>
<p>5. SEATTLE TRIPS</p>  <p>BANANA ALERT H Y T N E W 1ST BACK M F3C S RENO STK A STK B TITE SEAM 10x1 FS RENO</p>	<p>6.</p>
<p>7.</p>	<p>8.</p>

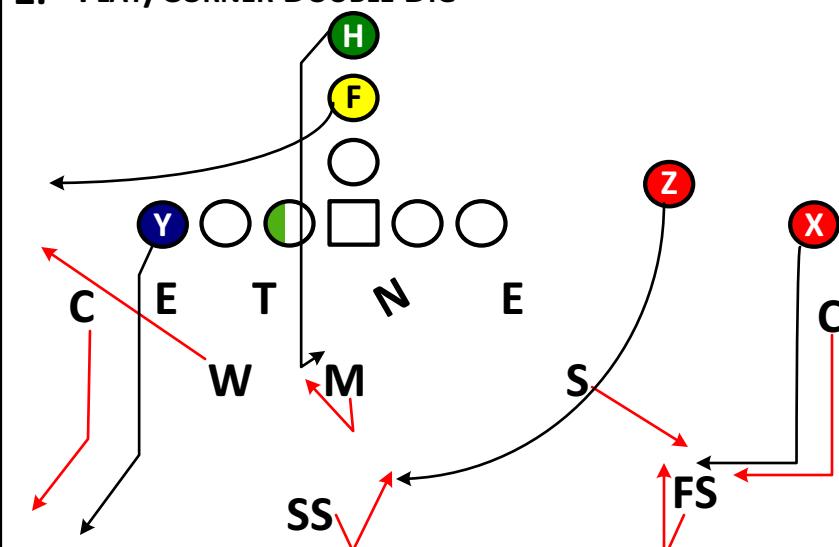


RENO

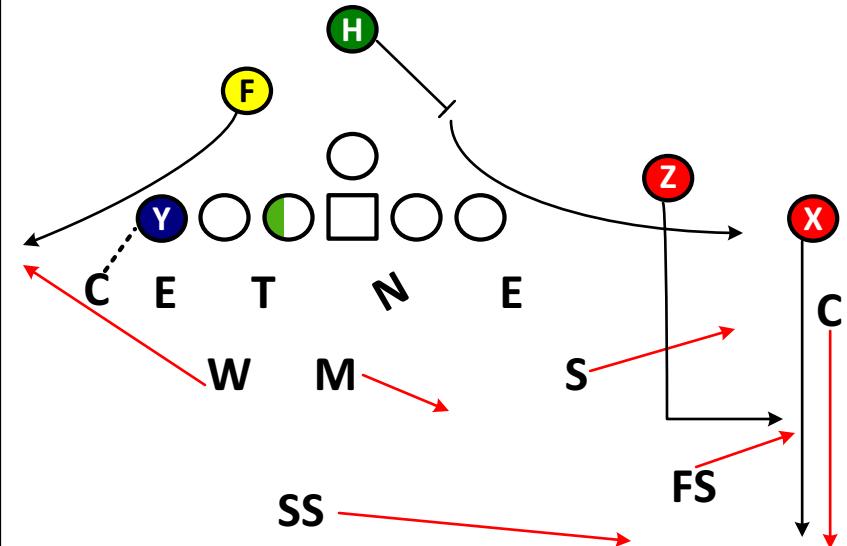
1. BUBBLE



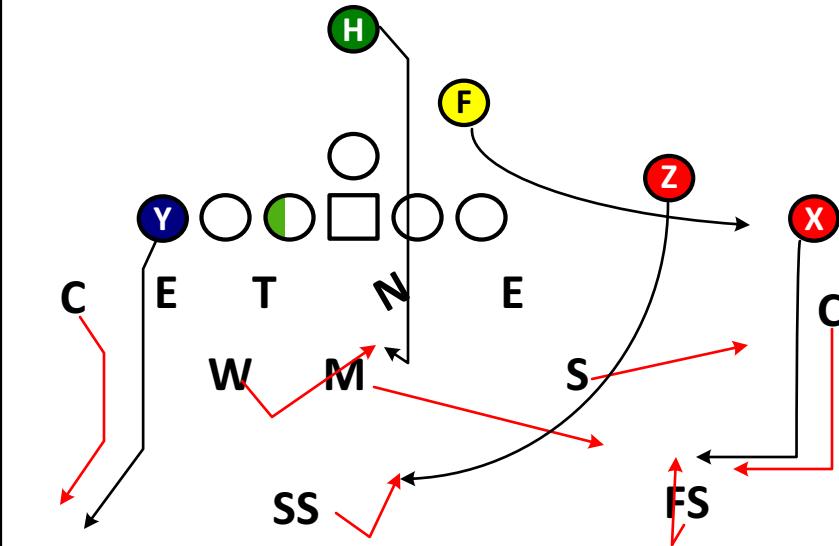
2. FLAT/CORNER DOUBLE DIG



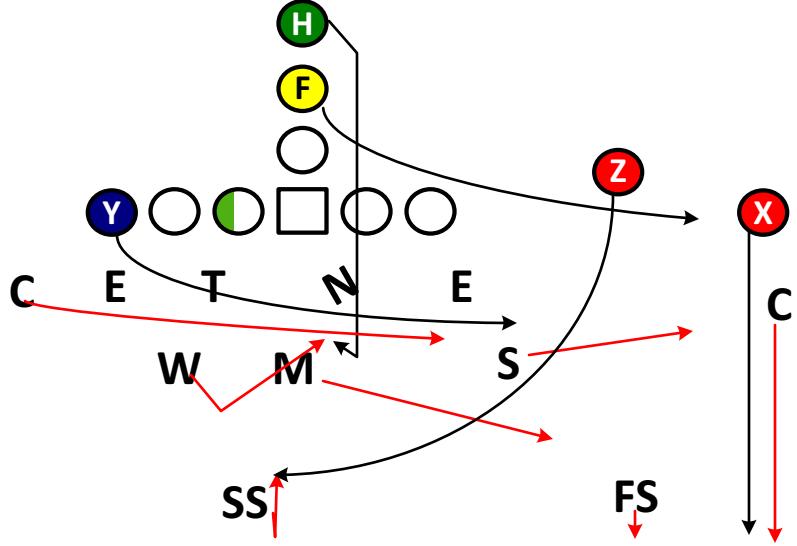
3. SWORD



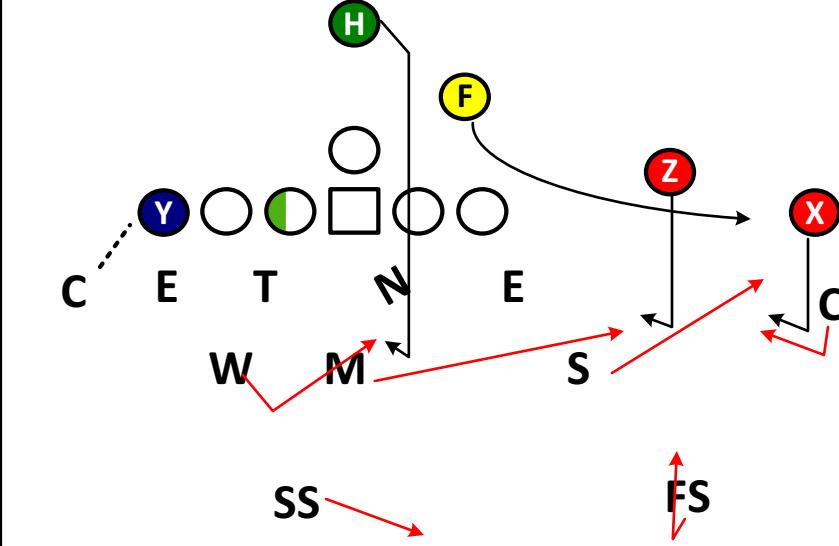
4. DOUBLE DIG



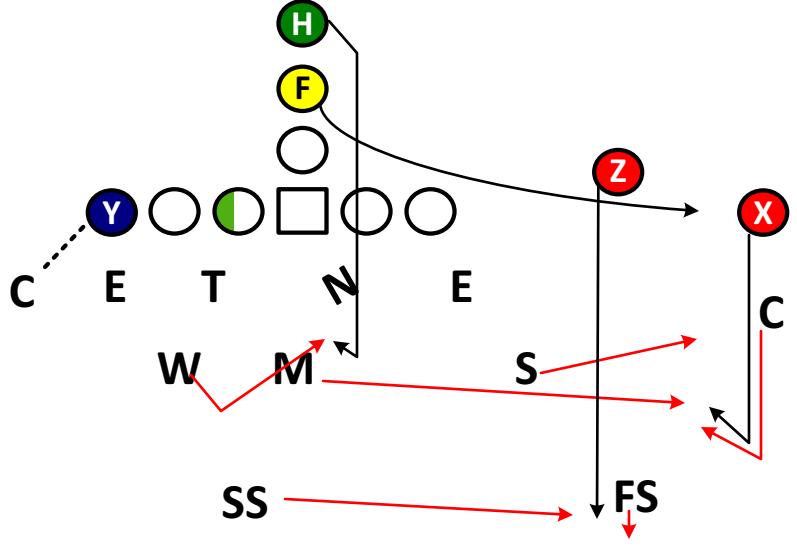
5. Y SHALLOW CROSS



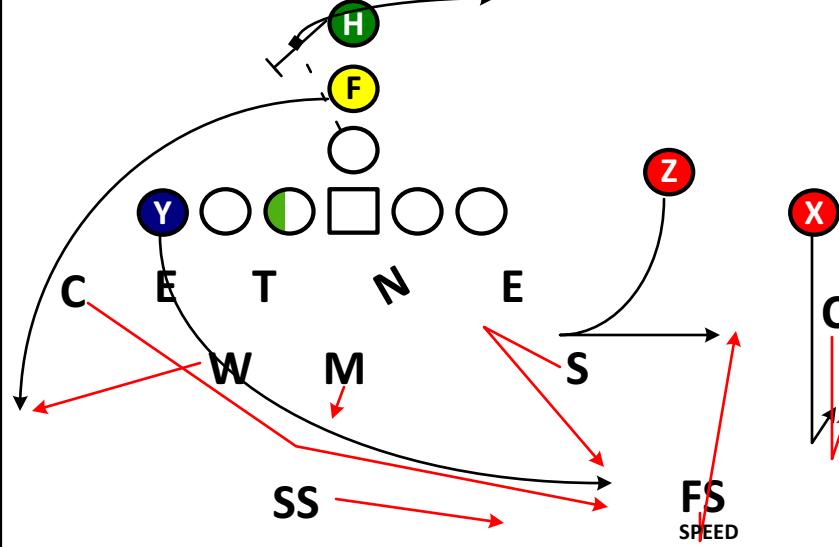
6. HITCHES



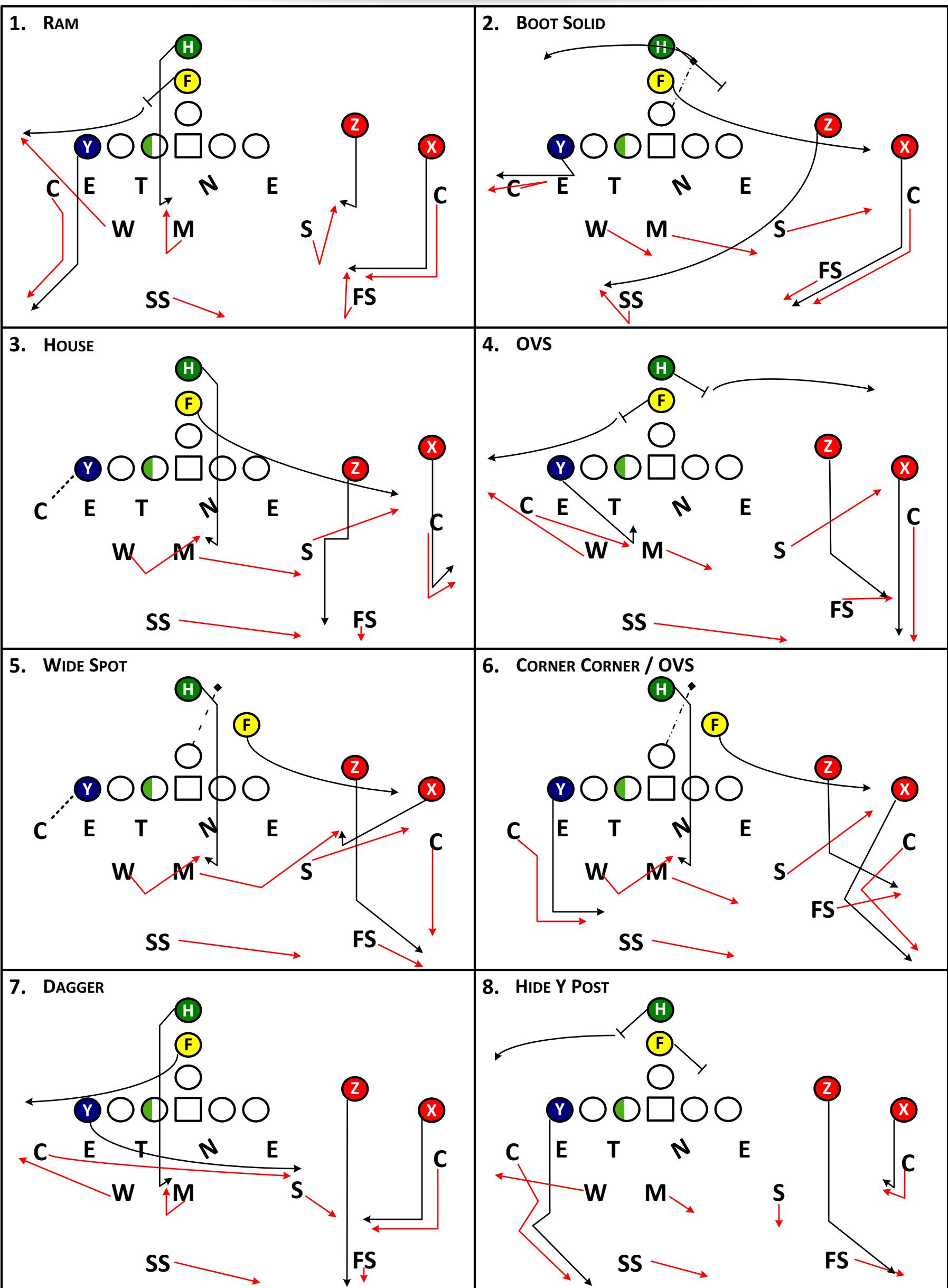
7. CLEAR CURL



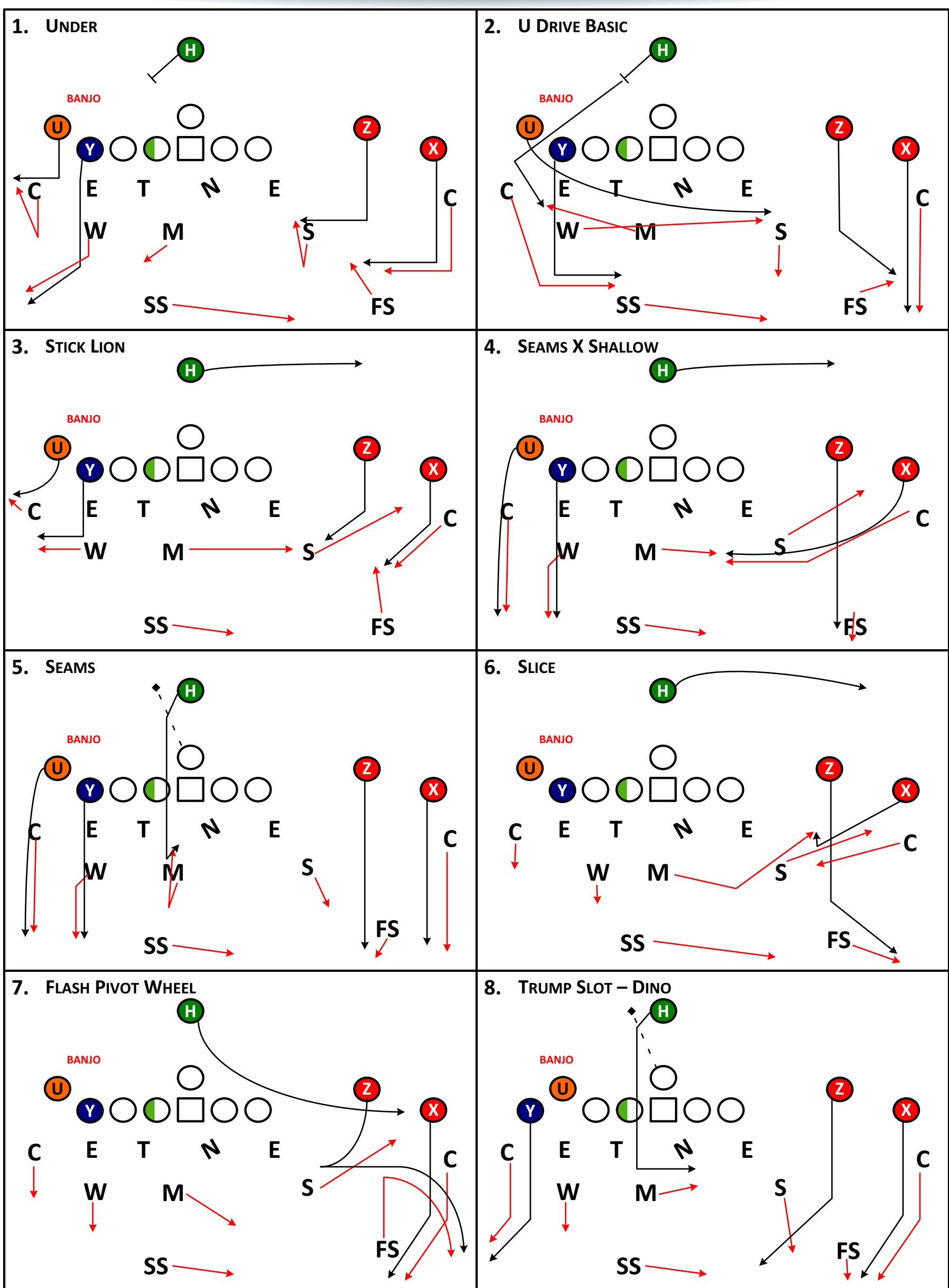
8. BOOT



RENO

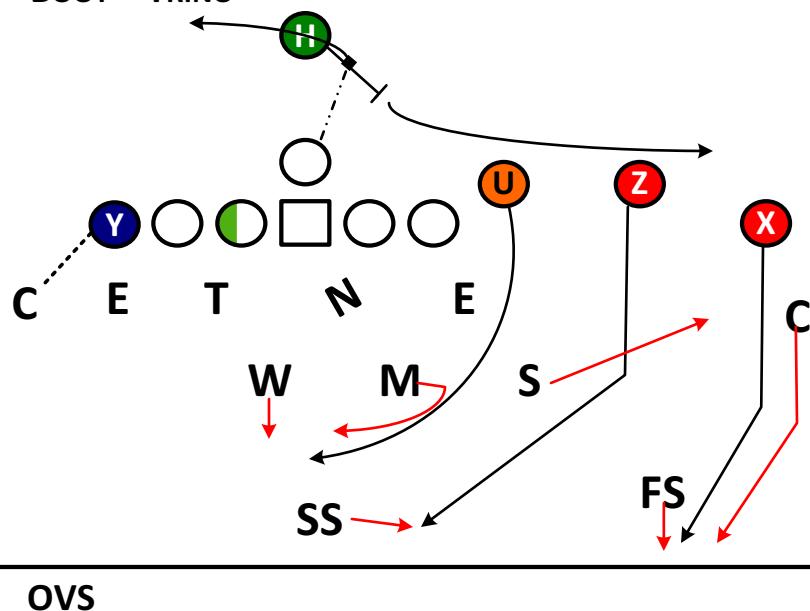


RENO

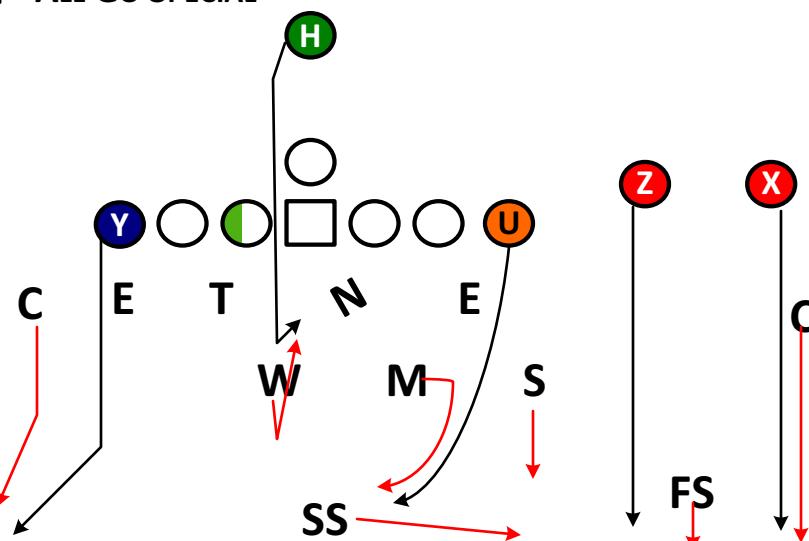


RENO

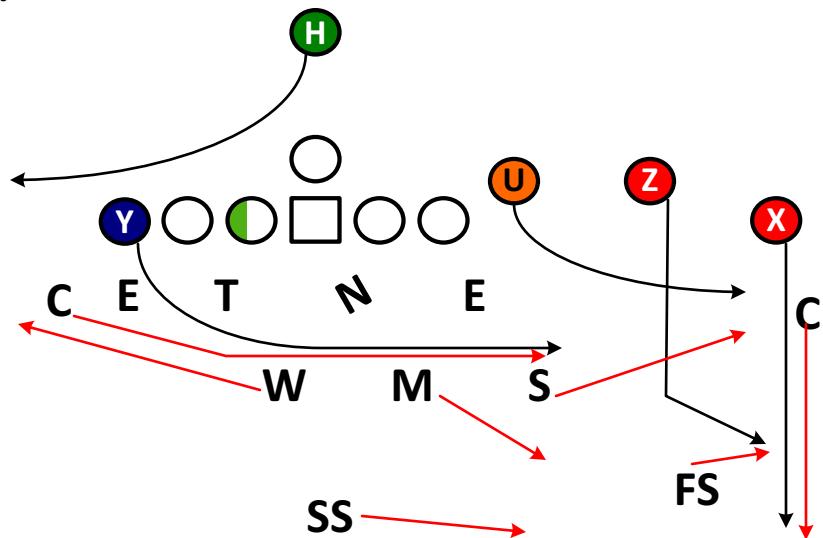
1. BOOT - TRINO



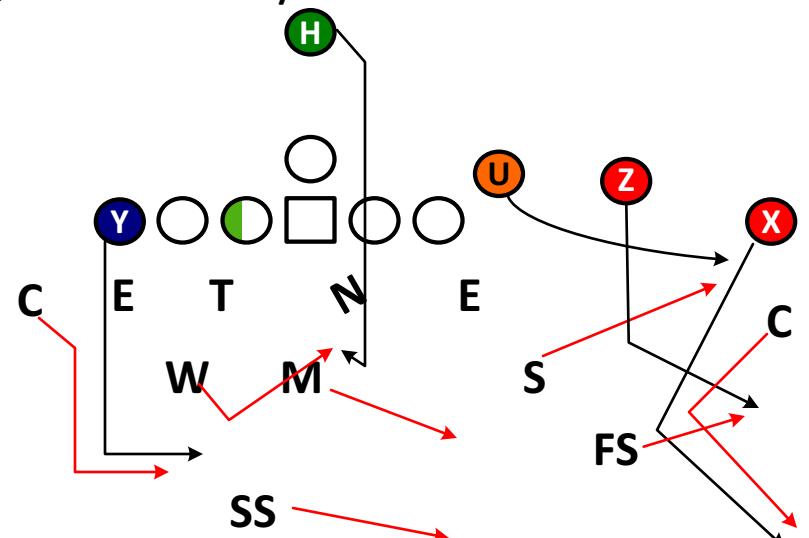
2. ALL GO SPECIAL



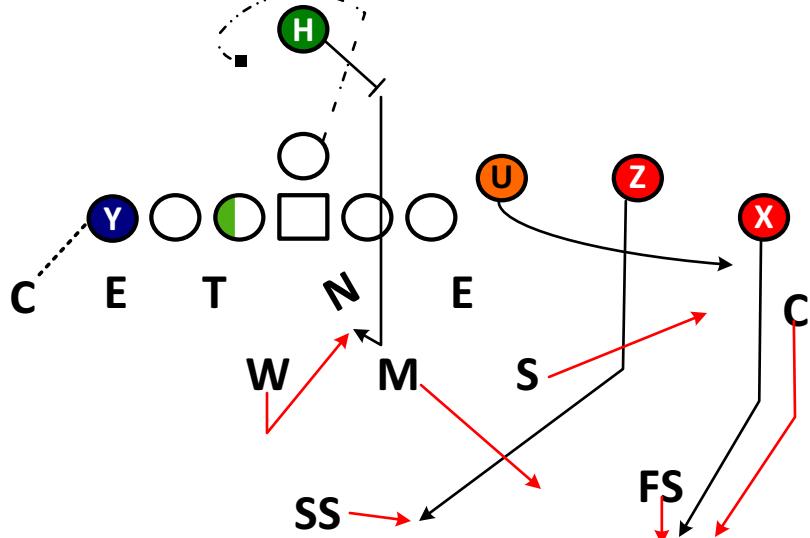
3. OVS



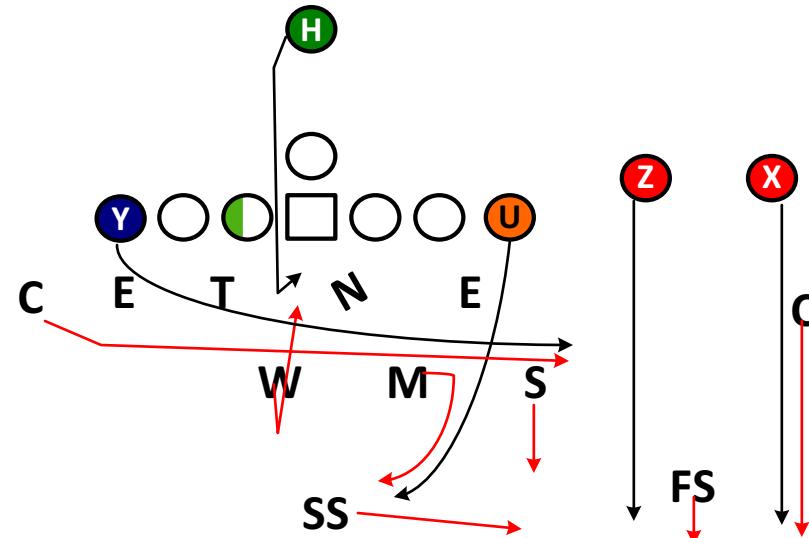
4. CORNER CORNER / OVS



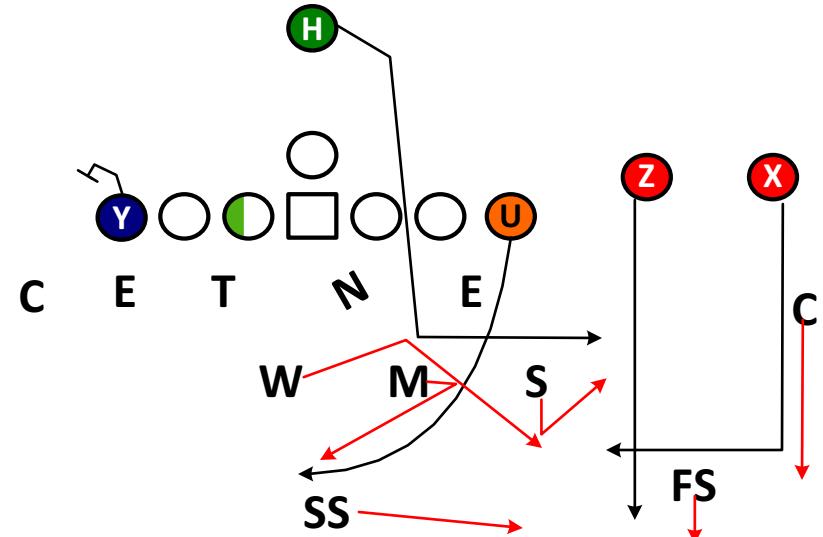
5. FLASH - DINO



6. ALL GO SPECIAL Y SHALLOW



7. BINGO PASS

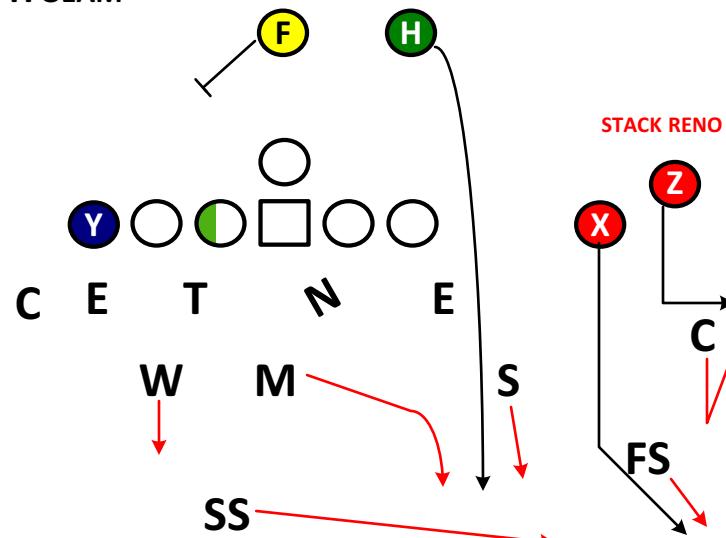


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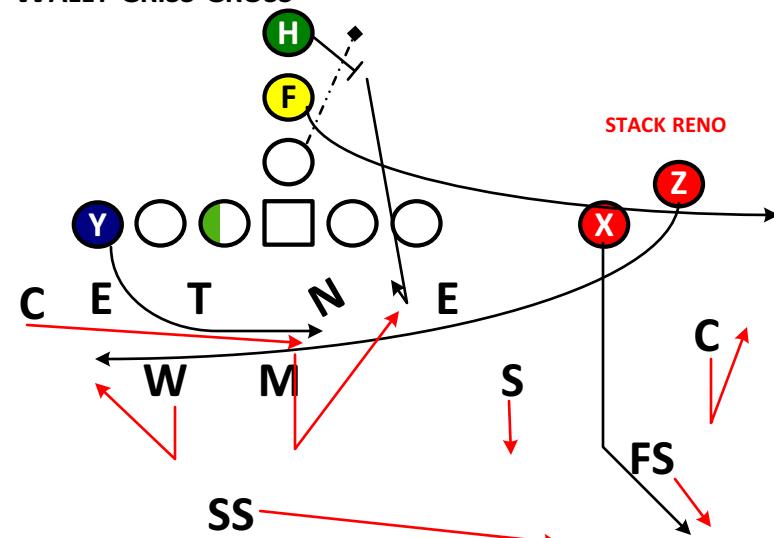


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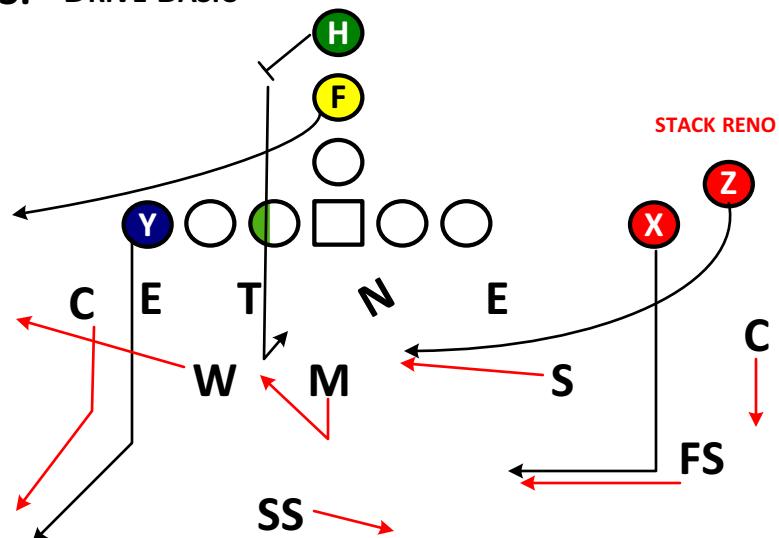
1. H SEAM



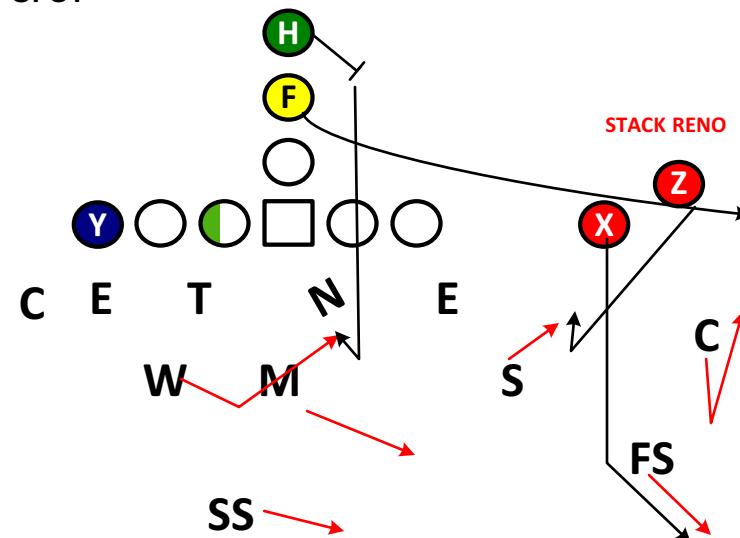
2. WALLY CRISS CROSS



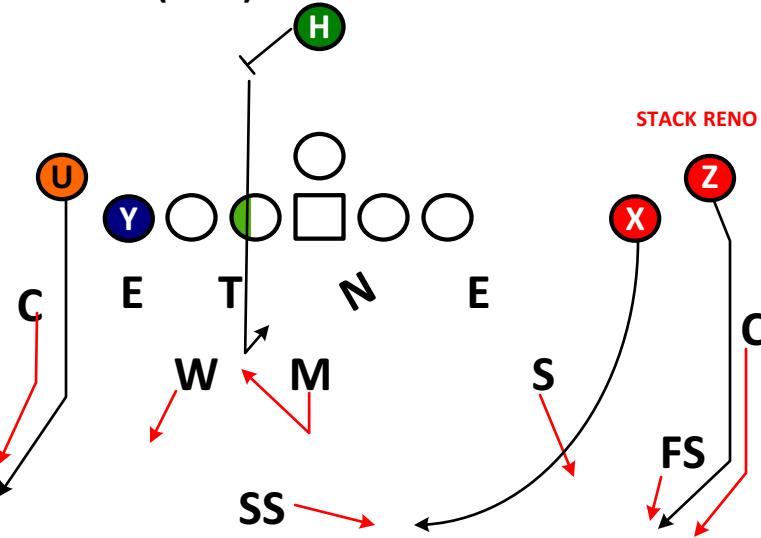
3. DRIVE BASIC



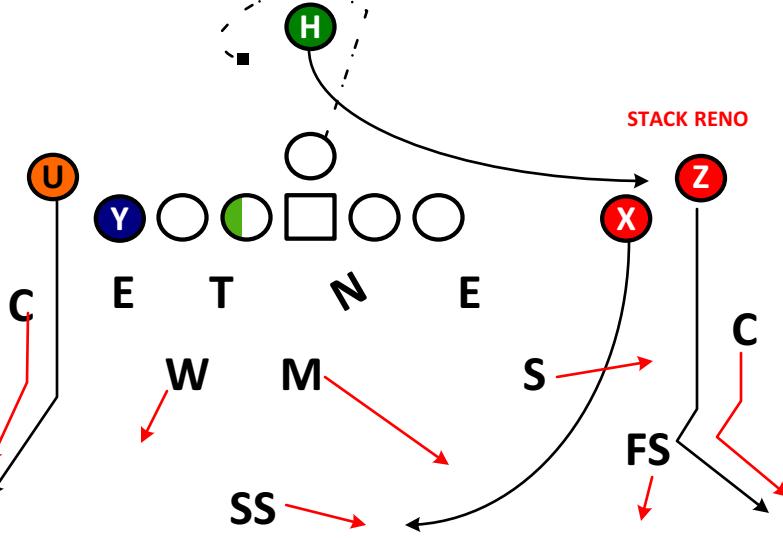
4. SPOT



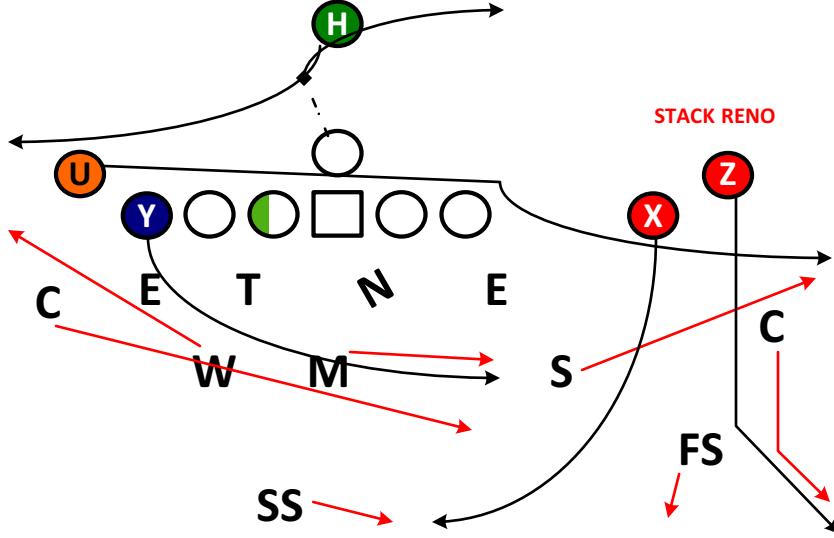
5. CREASE (DINO)



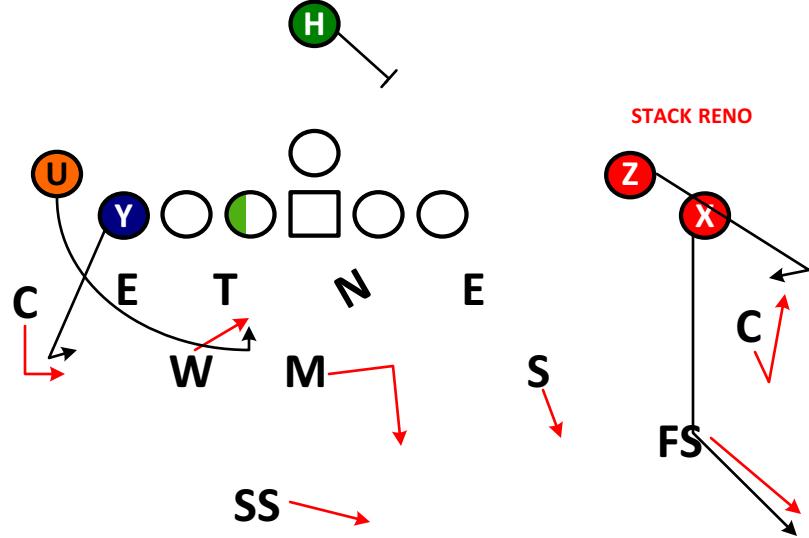
6. FLASH DICO



7. CUTBOOT

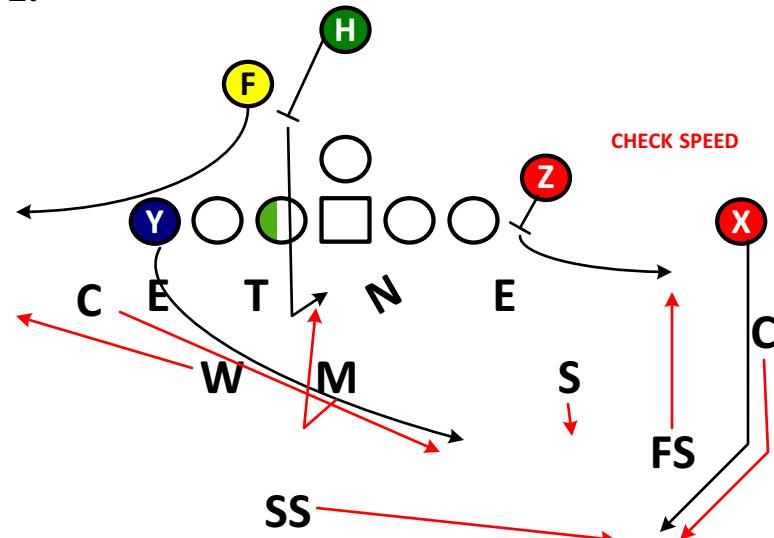


8. HIDE

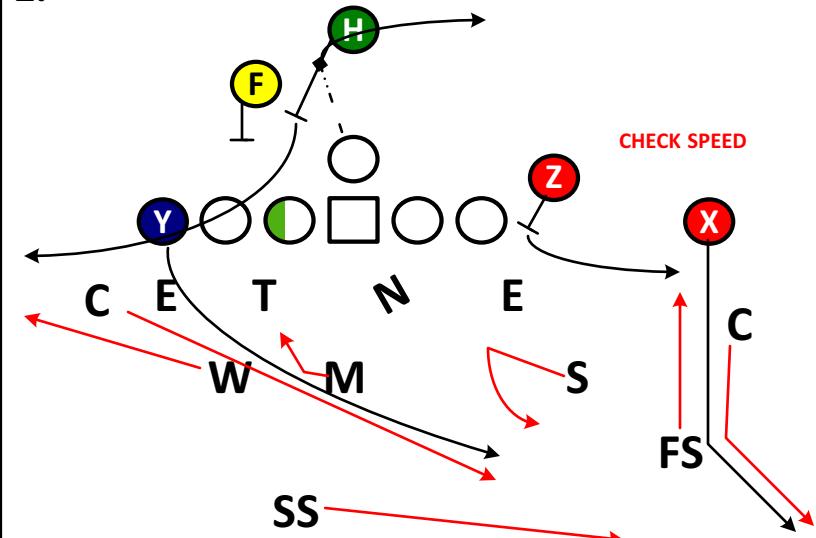


RENO

1. RACE



2. BOOT - FLEX



3.

4.

5.

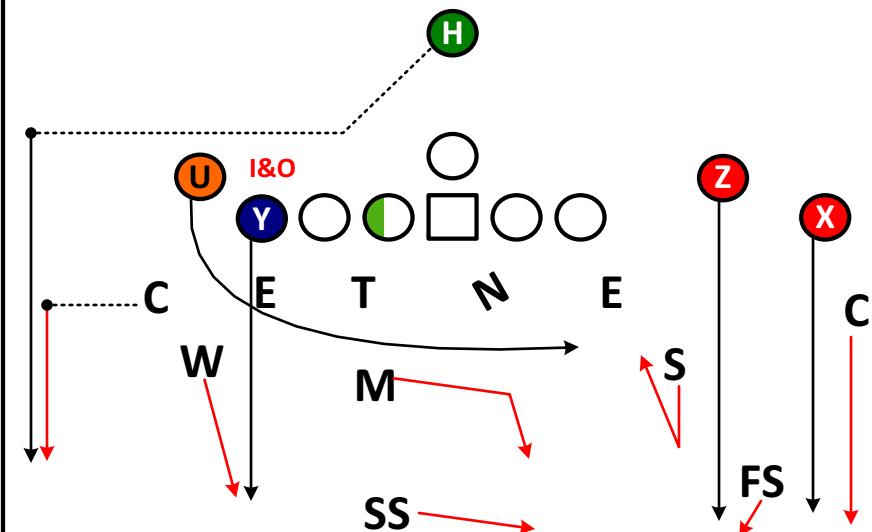
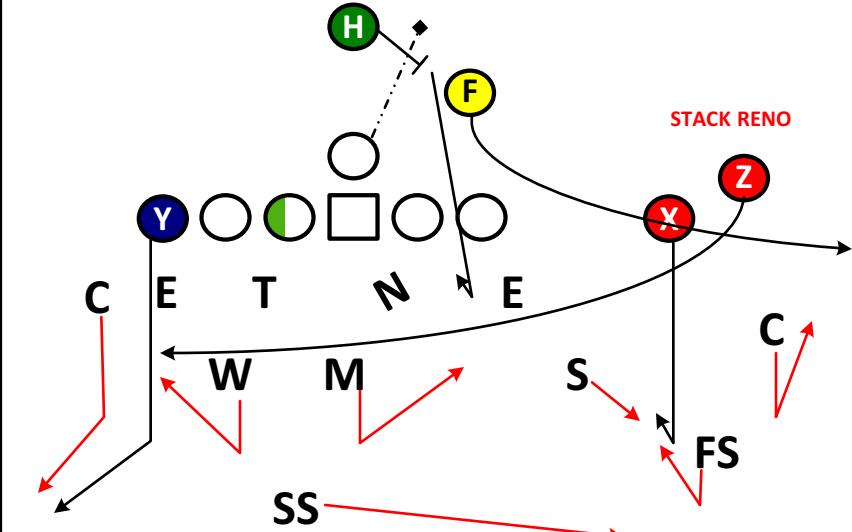
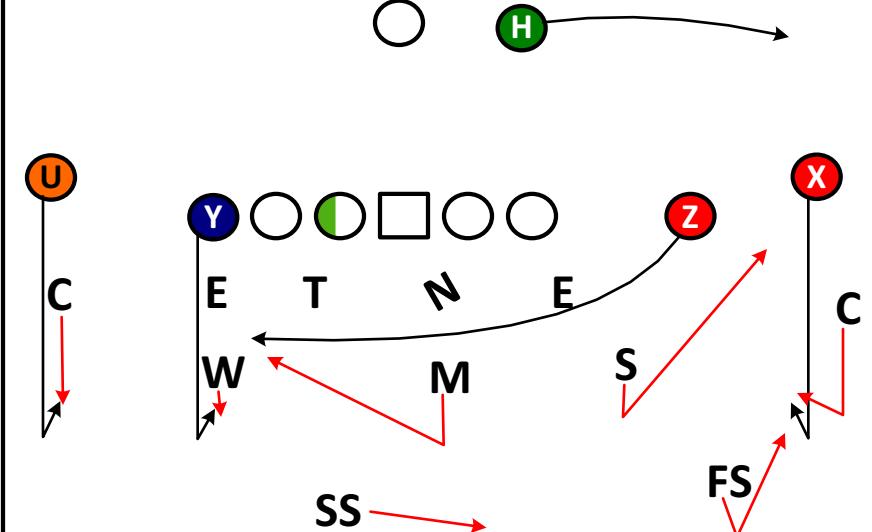
6.

7.

8.

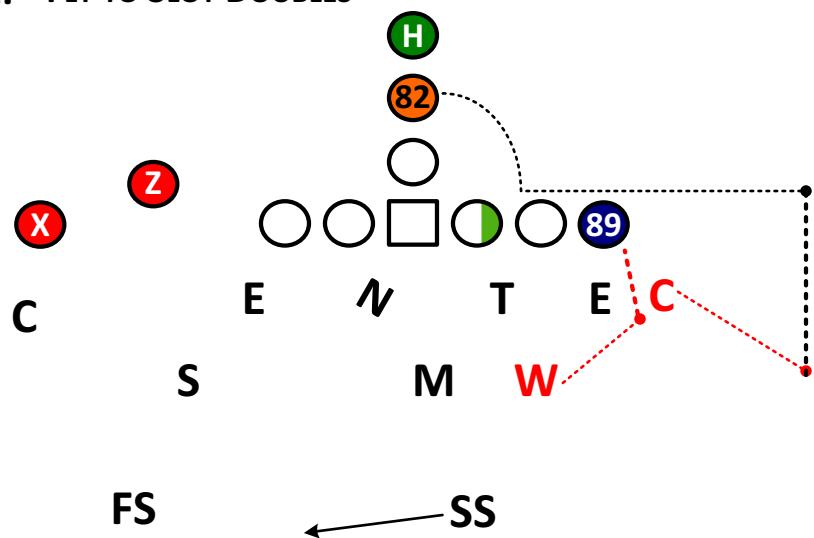


RENO

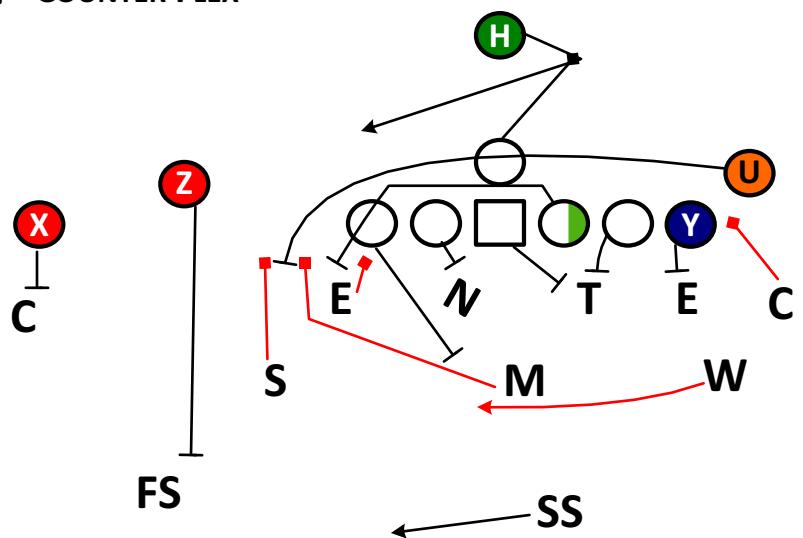
1. MOTION TO EMPTY

2. STACK RELEASE

3. HOOKS

4.
5.
6.
7.
8.


RENO

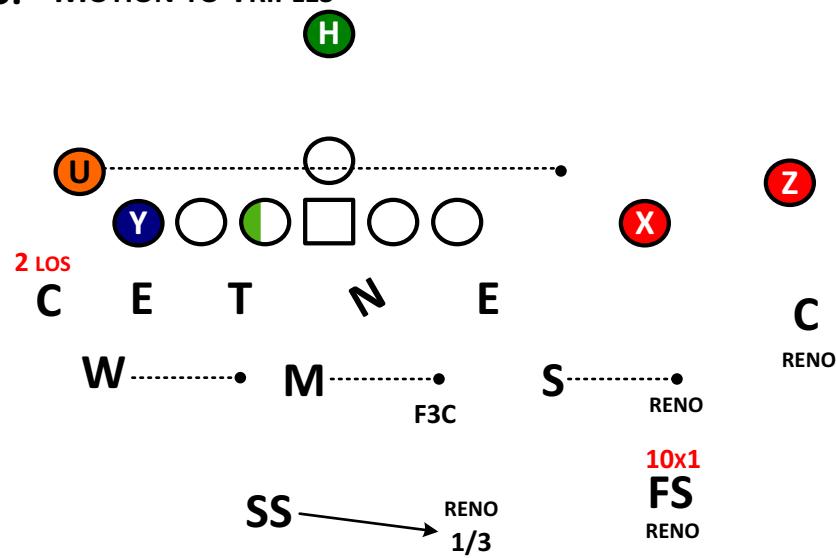
1. FLY TO SLOT DOUBLES



2. COUNTER FLEX



3. MOTION TO TRIPLES



4.

5.

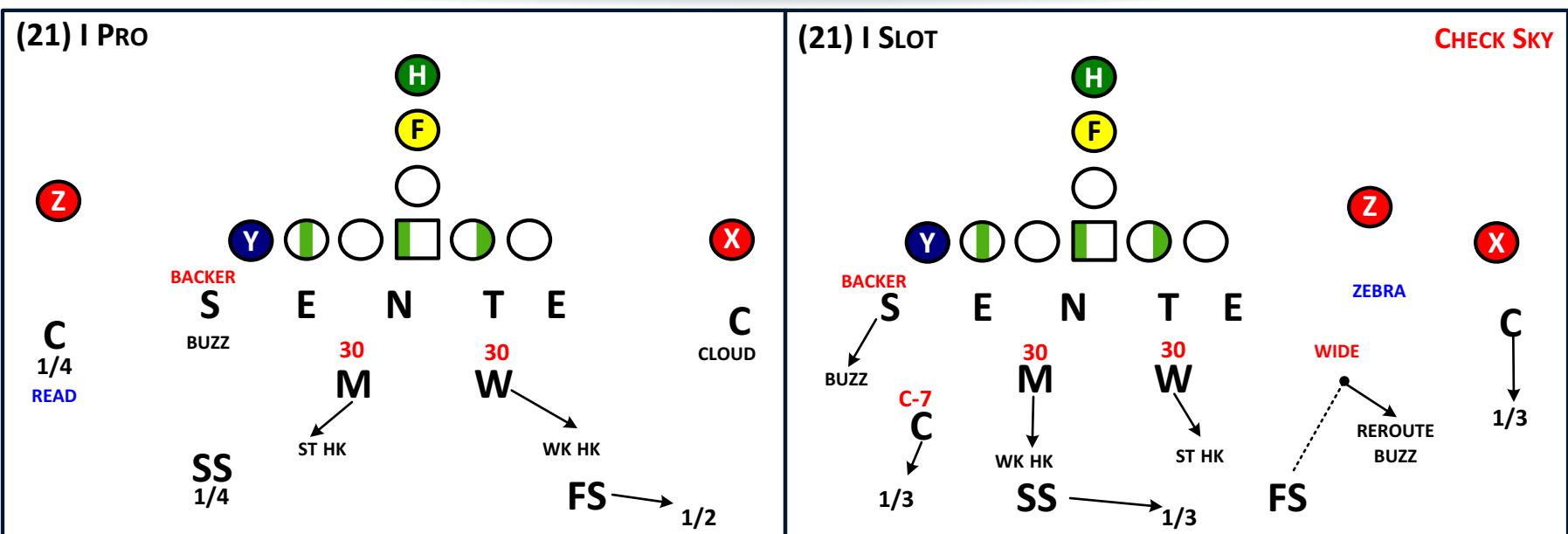
6.

7.

8.



ROCK 6 (ROCK SEATTLE)



ESSENCE:

1. **ROCK SEATTLE IS A BASE UNDER FRONT FAMILY QUARTER, QUARTER, HALF DEFENSE.**

COACHING POINTS:

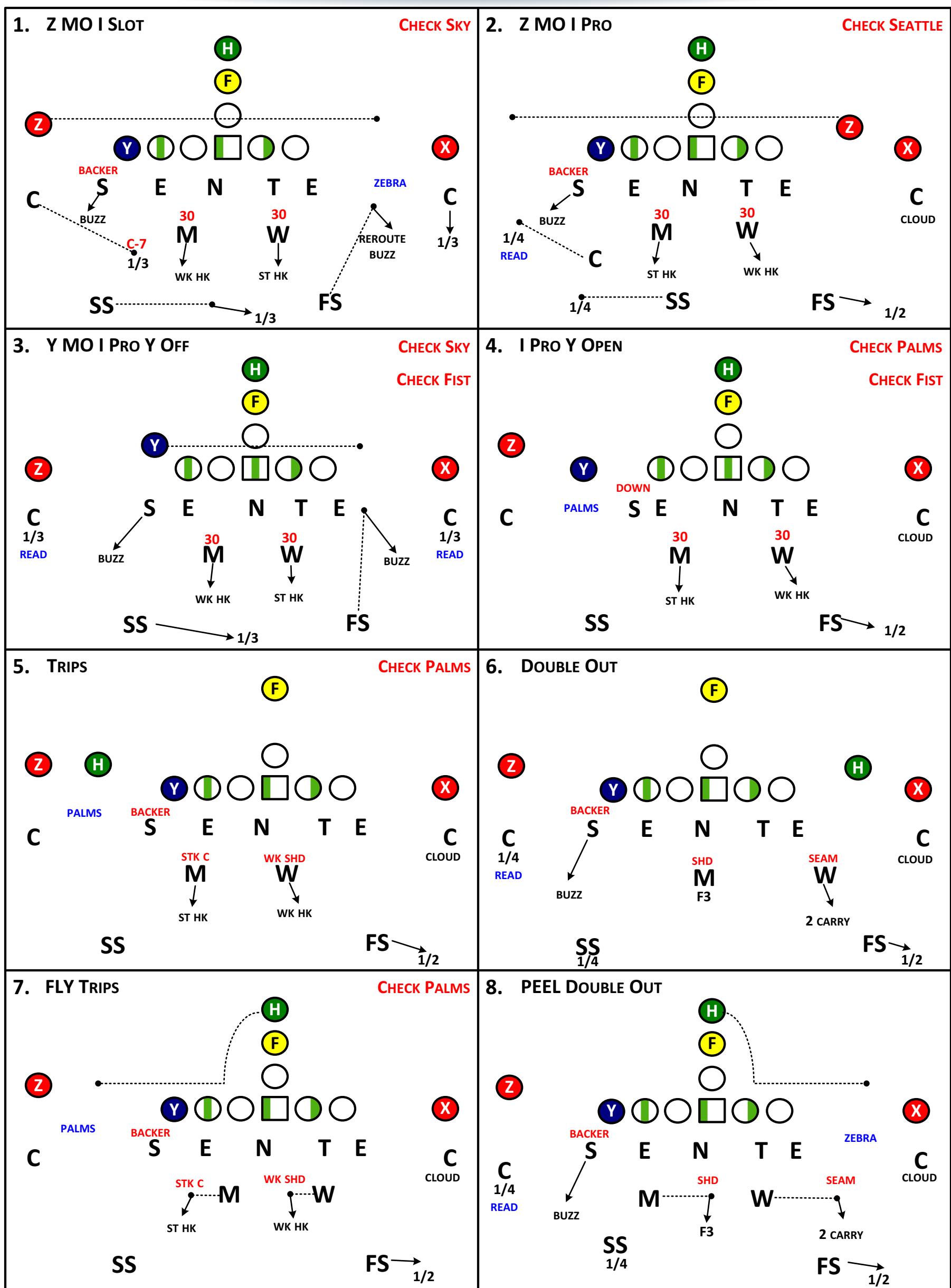
1. **SOLID CALL TO "Y"**
2. **SAM ALIGNMENTS:**
 - BACKER – CHECK CHEAT
 - WIDE – CHECK MUG EASY (1 AND LOOSE 5 TECHNIQUE)
 - DOWN – CHECK FIST
3. **PRO: YUMA RUN FITS**
 - SOLID CB OFF AND INSIDE**
 - SS PLAY LIKE 4 LOCK**

ADJUSTMENTS:

1. **Vs. PRO FAMILY FORMATIONS: COVER 6**
2. **Vs. Y MOTION / Y SHIFT: CHECK SKY**
3. **Vs. 2 BACK Y OPEN AND TRIPS: CHECK PALMS**
4. **Vs. SINGLE WIDTH SLOT FAMILY FORMATIONS: CHECK SKY**
5. **BACKSIDE OF 3x1: POSSIBLE WHOO, WHOO!**
6. **Vs. EMPTY: COVER 6, CHECK GO**



ROCK 6 (ROCK SEATTLE)

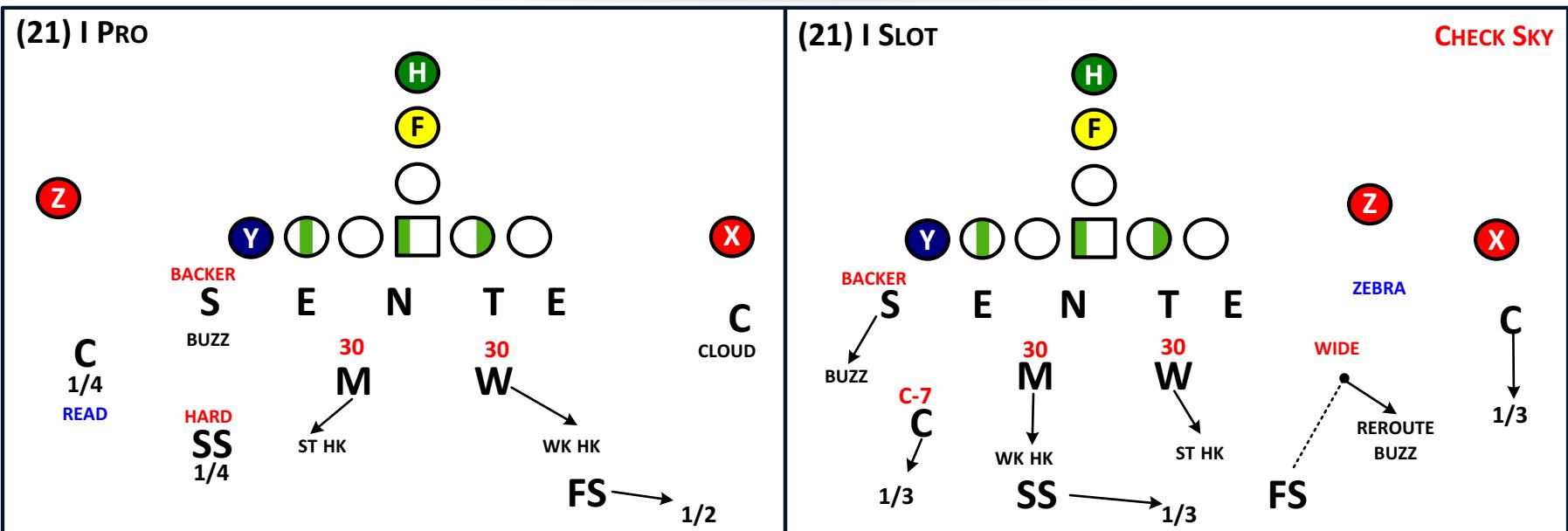


ROCK 6 (ROCK SEATTLE)

<p>1. SOLO</p> <p>SEAM ALERT</p>	<p>2. PAIR TRIPS</p> <p>BANANA ALERT CHECK MUG EASY</p>
<p>3. PAIR SLOT</p> <p>SEAM ALERT CHECK MUG EASY CHECK SKY</p>	<p>4. SOLO SLOT</p> <p>BANANA ALERT CHECK SKY</p>
<p>5. SLOT DOUBLE OUT</p> <p>SEAM ALERT</p>	<p>6. SEATTLE</p> <p>BANANA ALERT CHECK FIST CHECK SKY</p>
<p>7. EMPTY</p> <p>CHECK EASY CHECK MUG EASY</p>	<p>8. FLY EMPTY</p> <p>CHECK EASY CHECK MUG EASY</p>



ROCK 6 (ROCK SEATTLE)



ESSENCE:

1. **ROCK SEATTLE IS A BASE UNDER FRONT FAMILY QUARTER, QUARTER, HALF DEFENSE.**

COACHING POINTS:

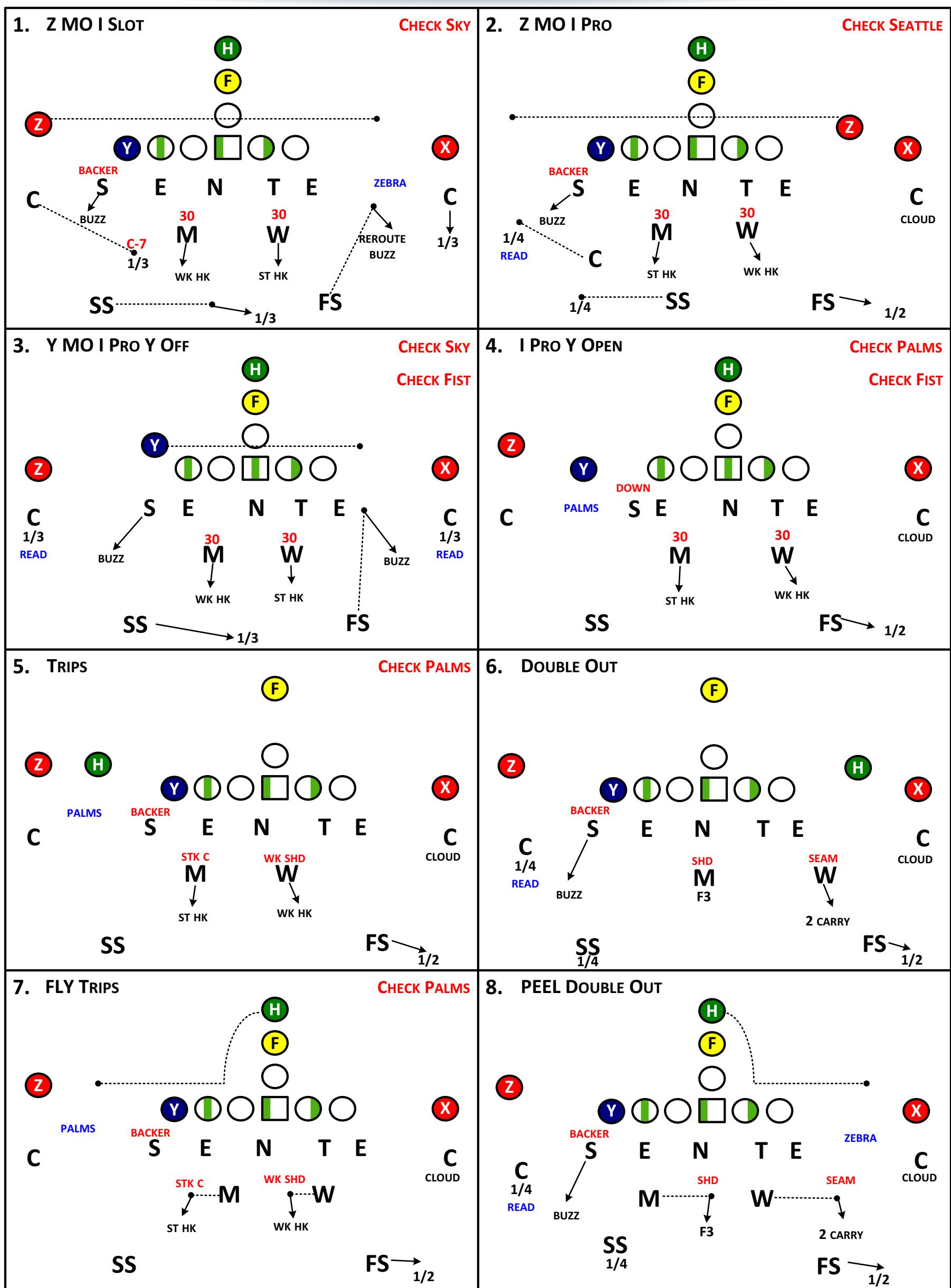
1. **SOLID CALL TO "Y"**
2. **SAM ALIGNMENTS:**
 - BACKER – CHECK CHEAT
 - WIDE – CHECK MUG EASY (1 AND LOOSE 5 TECHNIQUE)
 - DOWN – CHECK FIST
3. **PRO: YUMA RUN FITS**
 - SOLID CB OFF AND INSIDE**
 - SS PLAY LIKE 4 LOCK**

ADJUSTMENTS:

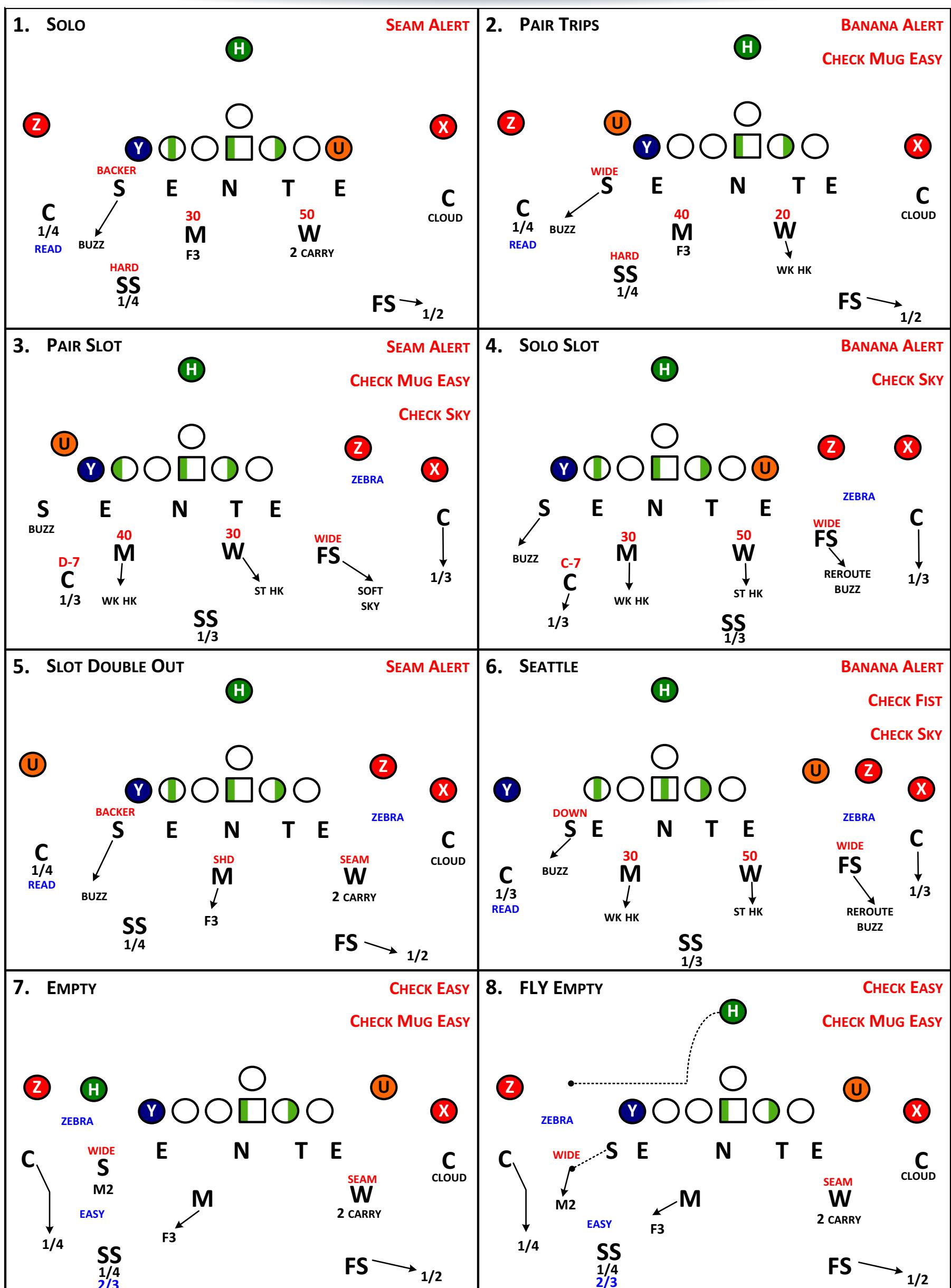
1. **Vs. PRO FAMILY FORMATIONS: COVER 6**
2. **Vs. Y MOTION / Y SHIFT: CHECK SKY**
3. **Vs. 2 BACK Y OPEN AND TRIPS: CHECK PALMS**
4. **Vs. SINGLE WIDTH SLOT FAMILY FORMATIONS: CHECK SKY**
5. **BACKSIDE OF 3x1: POSSIBLE WHOO, WHOO!**
6. **Vs. EMPTY: COVER 6, CHECK GO**



ROCK 6 (ROCK SEATTLE)



ROCK 6 (ROCK SEATTLE)

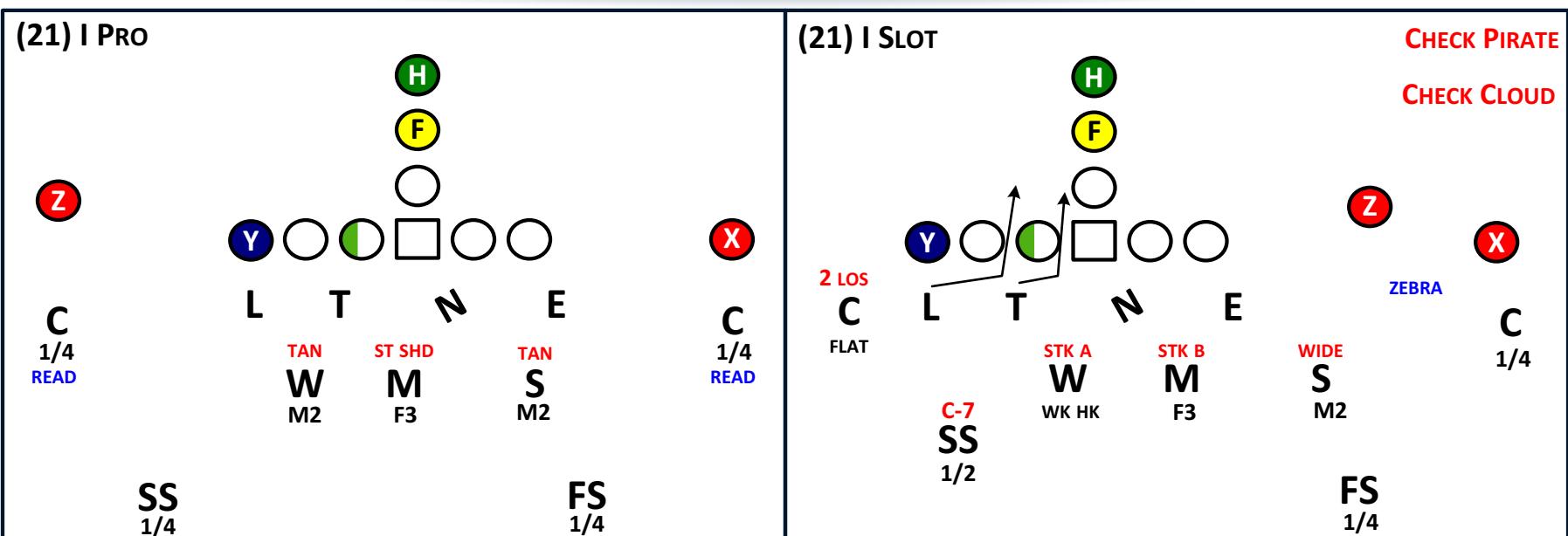


NOTES

<p>1. SLOT Y OEPN</p> <p>CHECK SKY CHECK FIST</p>	<p>2. SEATTLE TUFF</p> <p>CHECK SKY CHECK FIST CHECK MUG EASY</p>
3.	4.
5.	6.
7.	8.



OVER 4 (TAMPA)



ESSENCE:

1. TAMPA IS AN UNDER FAMILY FRONT 4 DEEP 3 UNDER DEFENSE.
2. AGGRESSIVE MATCH UP COVERAGE PLAYED BY LBs WITH MULTIPLE CHECKS.

COACHING POINTS:

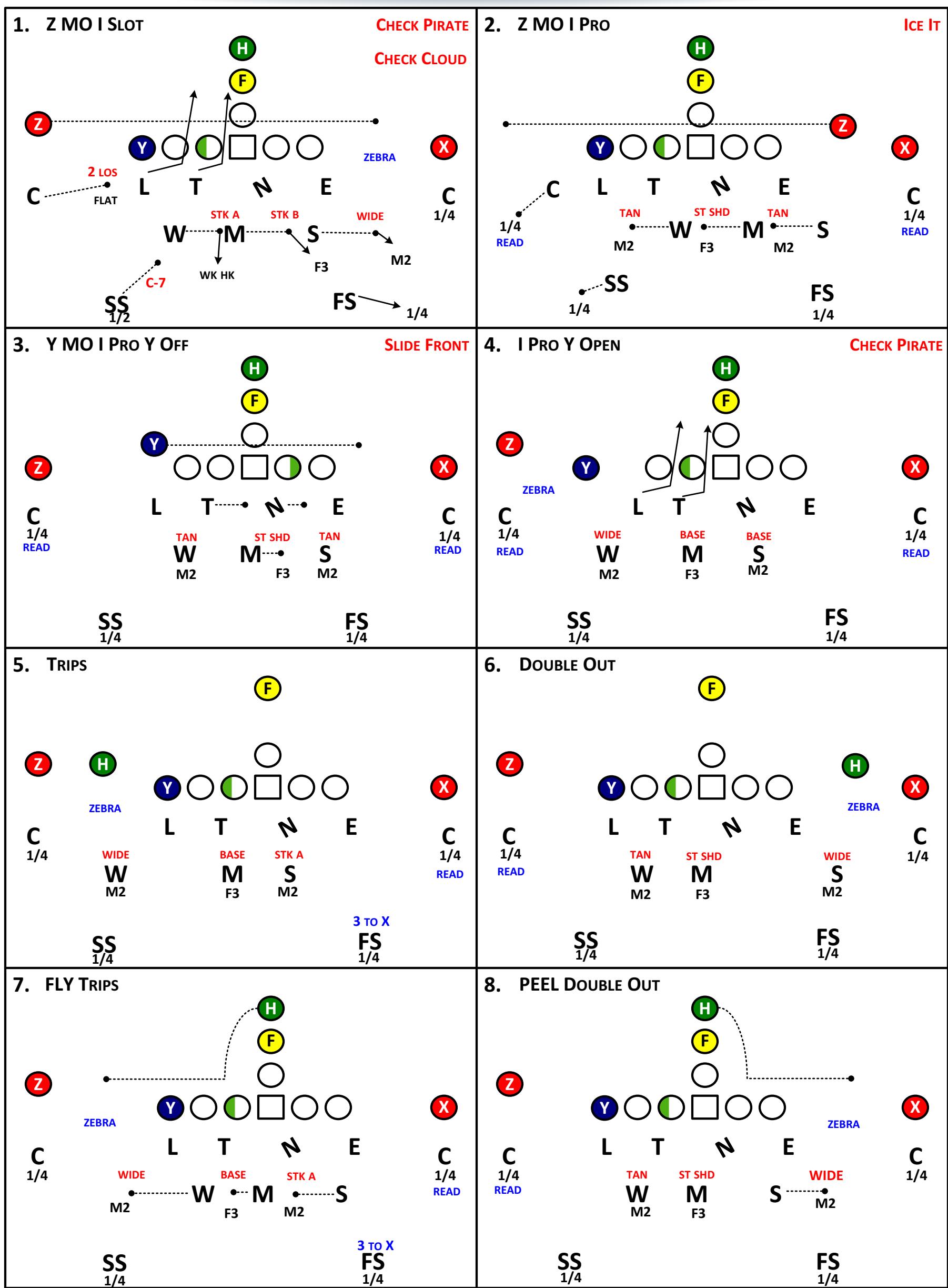
1. SOLID CALL TO THE "Y"
2. FINAL 3: MIKE PLAYS WITH DEPTH OVER #3. PUSH CALL ALERT TO MATCH 2 PLAYER TO #2. PUSH TO NEW
3. MATCH 2 DEFENDERS:
 SQUEEZE TO #2 UNTIL #3 CROSSES YOUR FACE
 WITH #3 AWAY, STAY INSIDE #2
 ZEBRA CALLS WITH #2 DISPLACED
4. CORNERS PLAY READ PRINCIPLES

ADJUSTMENTS:

1. Vs. NUBSIDE TE: CHECK CLOUD
 2 BACK: CLOUD AND PIRATE
 1 BACK: CLOUD AND PIG
2. Vs. 3 MAN BUNCH SETS: CHECK BOX
3. Vs. X NASTY ALIGNMENTS: CHECK CLAMP
4. Vs. STACK SLOT SETS: CHECK SEE IT
5. Vs. CLOSET: ZONE IT
6. Vs. CLUSTER: CHECK BOX
7. Vs. 2 BACK Y MOTION: SLIDE FRONT
8. Vs. EMPTY: CHECK EASY



OVER 4 (TAMPA)



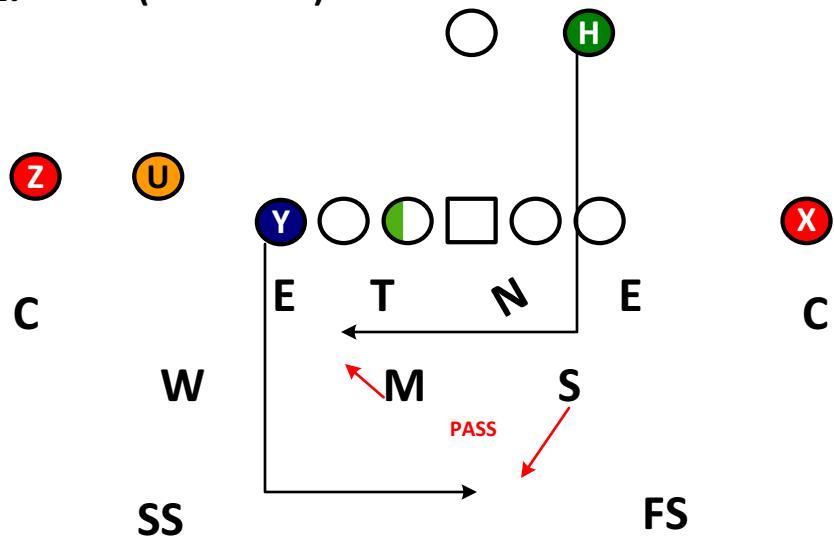
OVER 4 (TAMPA)

<p>1. SOLO</p> <p>CHECK GET</p> <p>C 1/4 READ</p> <p>TAN W M S</p> <p>ST SHD F3 M2</p> <p>STK C M2</p> <p>SS 1/4</p> <p>FS 1/4</p>	<p>2. PAIR TRIPS</p> <p>BANANA ALERT</p> <p>C 1/4</p> <p>WIDE W M2</p> <p>BASE F3 M2</p> <p>STK A M2</p> <p>C 1/4 READ</p> <p>3 TO X</p> <p>SS 1/4</p> <p>FS 1/4</p>
<p>3. PAIR SLOT</p> <p>CHECK CLOUD</p> <p>2 LOS C FLAT</p> <p>TAN W M S</p> <p>ST SHD WK HK F3</p> <p>C-7 SS 1/2</p> <p>ZEBRA</p> <p>SS 1/2</p> <p>FS 1/4</p>	<p>4. SOLO SLOT</p> <p>CHECK PIG</p> <p>BANANA ALERT</p> <p>2 LOS C FLAT</p> <p>WK SHD W M S</p> <p>STK C WK HK F3</p> <p>WIDE S M2</p> <p>C 1/4</p> <p>ZEBRA</p> <p>SS 1/2</p> <p>FS 1/4</p>
<p>5. SLOT DOUBLE OUT</p> <p>C 1/4 READ</p> <p>TAN W M S</p> <p>ST SHD F3 M2</p> <p>WIDE S M2</p> <p>ZEBRA</p> <p>SS 1/4</p> <p>FS 1/4</p>	<p>6. SEATTLE</p> <p>CHECK PIG</p> <p>BANANA ALERT</p> <p>C 1/4 READ</p> <p>WK SHD W M S</p> <p>STK C WK HK F3</p> <p>WIDE S M2</p> <p>C 1/4</p> <p>ZEBRA</p> <p>SS 1/4</p> <p>FS 1/4</p>
<p>7. EMPTY</p> <p>CHECK JET</p> <p>CHECK EASY</p> <p>ZEBRA</p> <p>WIDE W M2</p> <p>TAN M F3</p> <p>WIDE S M2</p> <p>2-3 SS 1/4</p> <p>OTIS FS 1/4</p>	<p>8. HOY EMPTY</p> <p>CHECK JET</p> <p>CHECK EASY</p> <p>ZEBRA</p> <p>WIDE W M2</p> <p>TAN M F3</p> <p>WIDE S M2</p> <p>C 1/4</p> <p>OTIS FS 1/4</p>



OVER 4 (TAMPA)

1. TRIPS (PASS RULES)



2.

3.

4.

5.

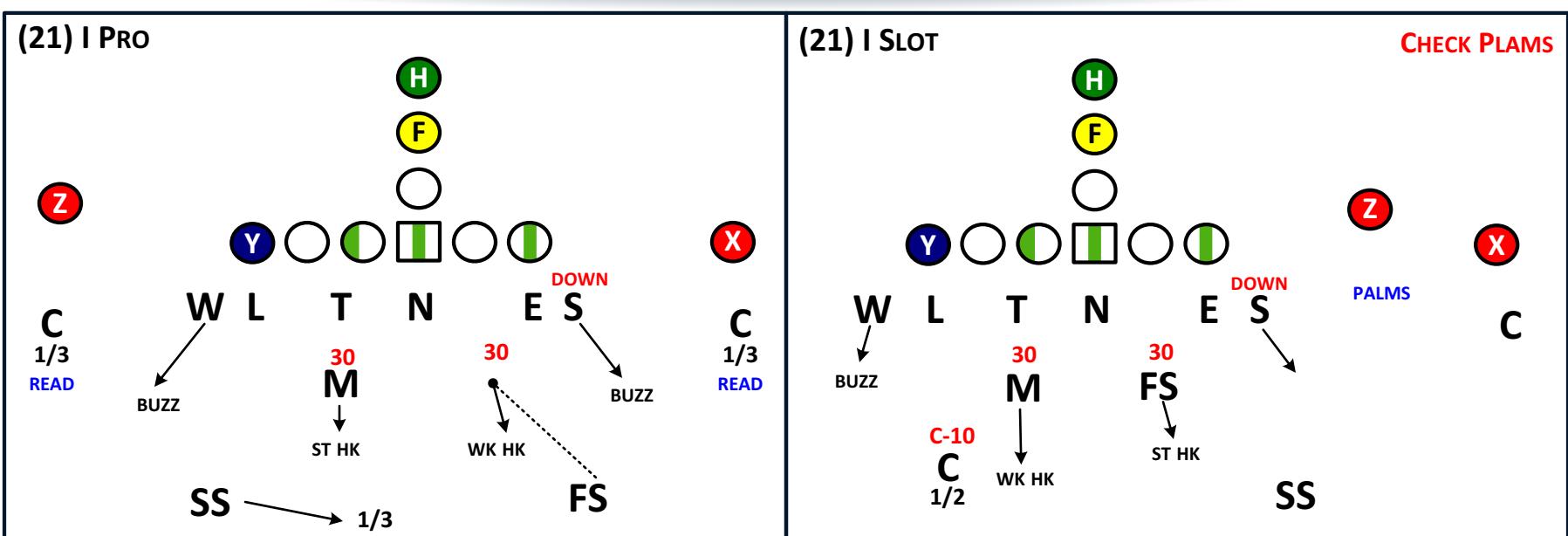
6.

7.

8.



TUFF BUZZ FLEX (TUCSON PALMS)



ESSENCE:

1. TUCSON PALMS IS A BASE OVER FAMILY 4 UNDER 3 DEEP DEFENSE.
2. REQUIRES AN ACTIVE SAFETY AND AGGRESSIVE BUZZ COVERAGE BY THE SAM & WILL LBs

COACHING POINTS:

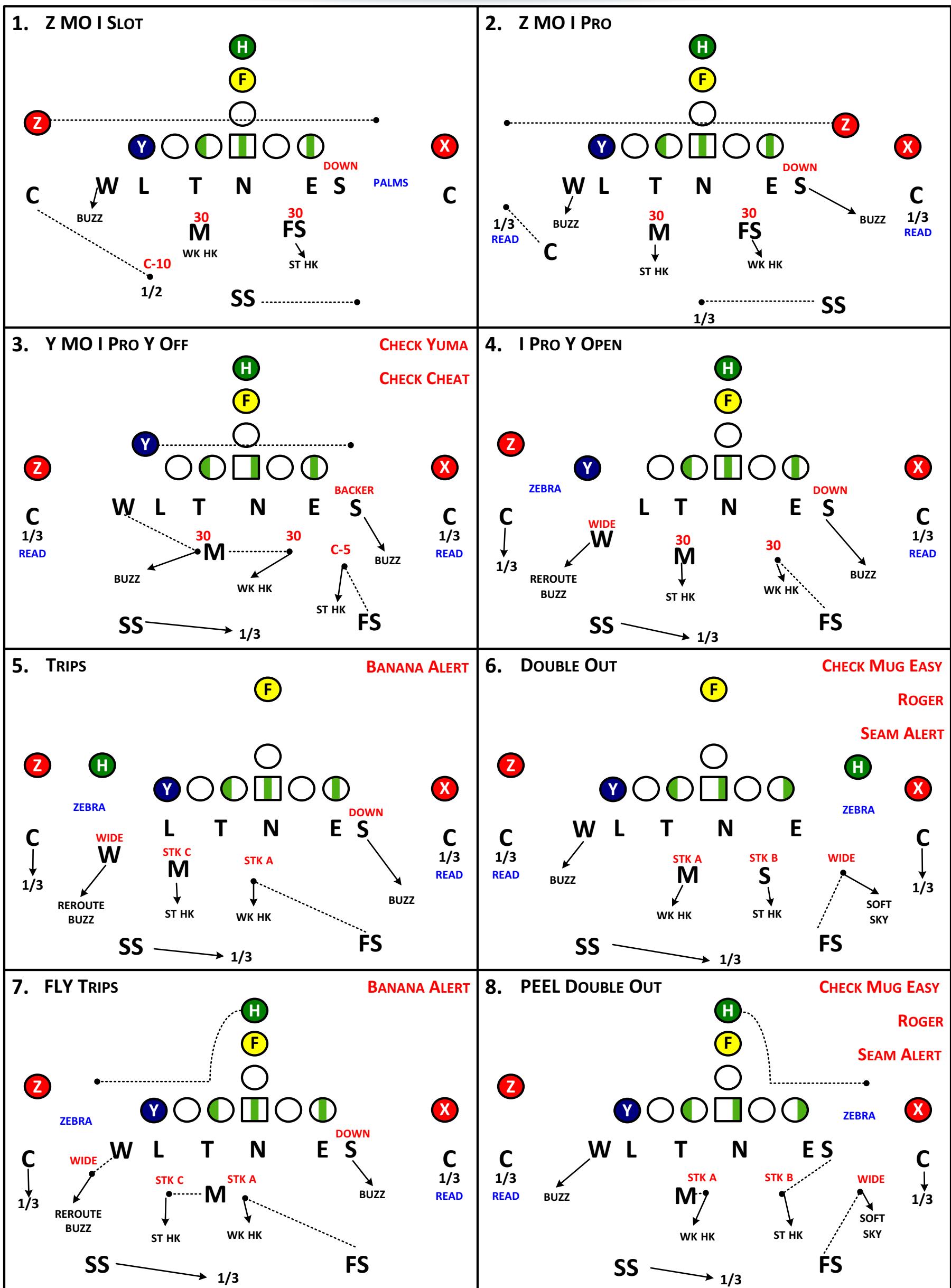
1. SOLID CALL TO THE "Y"
2. SAFETIES COMMUNICATE RITA/LINDA CALL TO THE FLEX SIDE.
3. VS. SLOT, NUB SIDE CORNER PLAY $\frac{1}{2}$
4. WILL AND SAM IN "TUFF" ALIGNMENTS
5. STRONG SIDE CORNER MIDPOINT VS. TRIPS
6. POSSIBLE "CREEP" ADDED TO CALL: START IN OVER FRONT AND MOVE TO TUCSON.

ADJUSTMENTS:

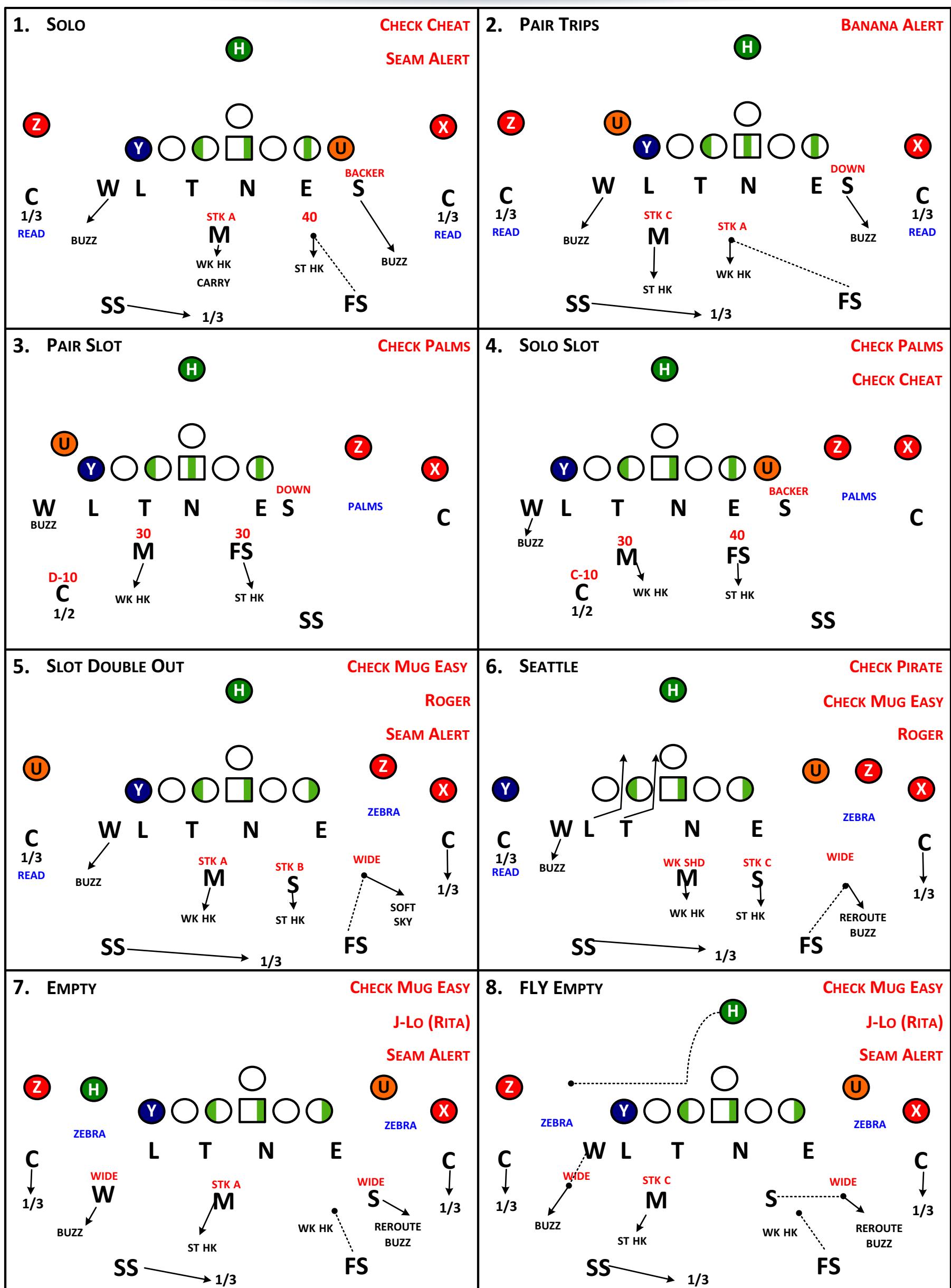
1. VS. ALL SLOT SINGLE WIDTH FAMILY FORMATIONS (PAIR SLOT): CK PALMS
2. VS. Y MOTION: CHECK ROCK YUMA
3. VS. 2x2: SEAM ALERT
4. VS. ALIGNED OR MOTION TO A 2x2 SET WITH #2 DISPLACED:
CHECK MUG EASY AND ROGER/LOU
5. SAM ALIGNMENTS:
WIDE – CHECK MUG EASY (1 AND LOOSE 5 TECHNIQUE)
DOWN – CHECK FIST
BACKER – CHECK CHEAT
6. SEATTLE TRIPS: CHECK PIRATE
7. J-LO RULES: SPREAD: RITA/LINDA TO BOUNDARY (TANK TO 3 TECH, RUB TO BUBBLE)
EMPTY: RITA/LINDA TO 2 MAN SIDE



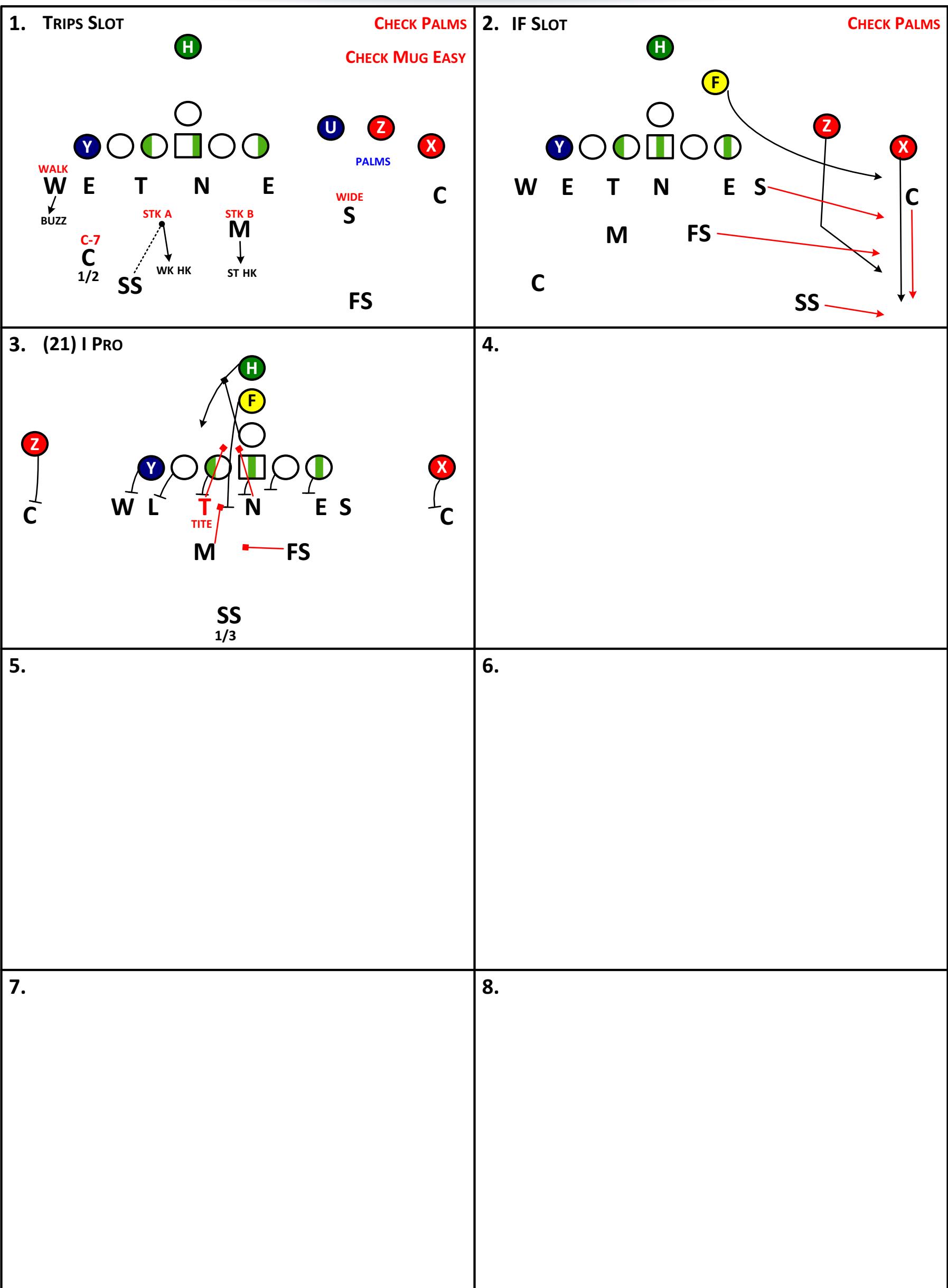
TUFF Buzz Flex (Tucson Palms)



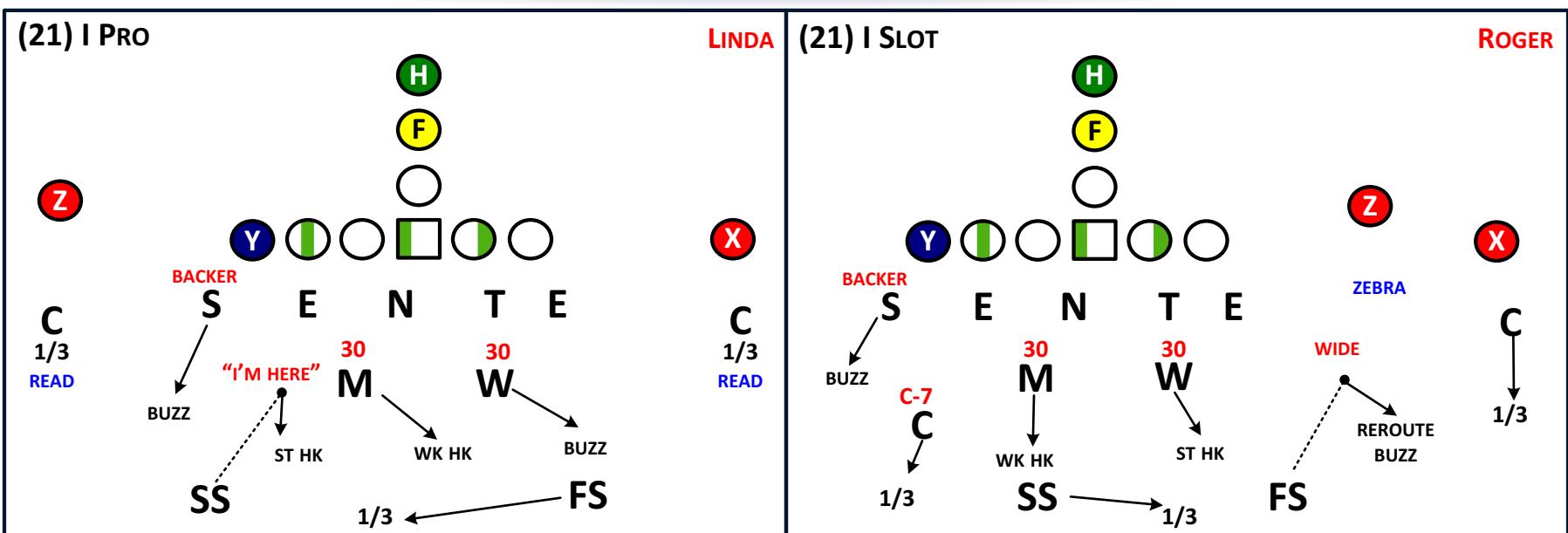
TUFF Buzz Flex (Tucson Palms)



TUCSON PALMS



ROCK YAKIMA



ESSENCE:

1. **BASE UNDER FRONT WITH THE SAFETIES ADJUSTING TO THE FORMATION.**
2. **CORNERS REMAIN LEFT AND RIGHT.**

COACHING POINTS:

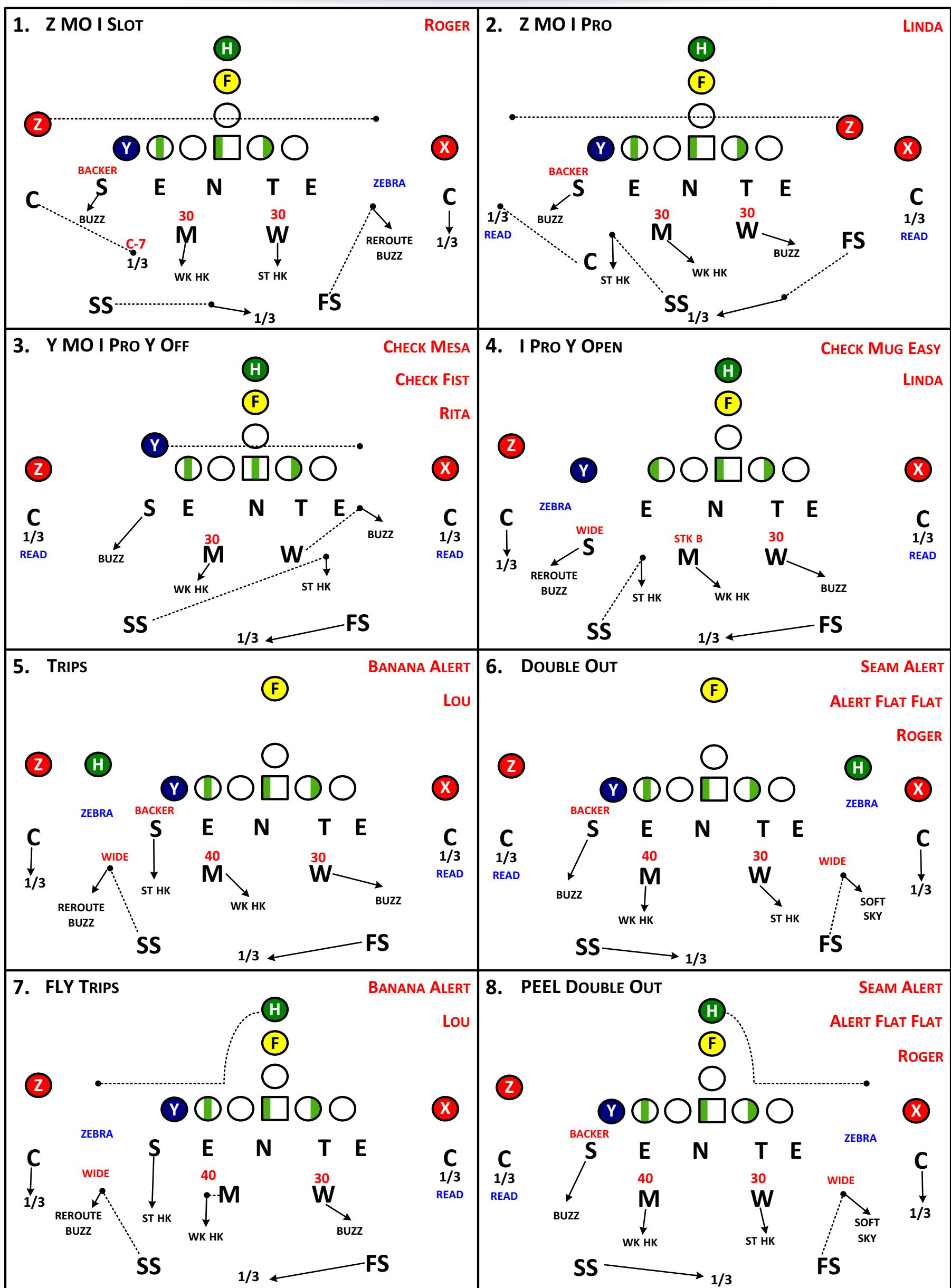
1. **SOLID CALL TO "Y"**
2. **MIKE LB ALIGN IN A 40 (TURNBACK) VS ALL 1 BACK FORMATIONS UNLESS:
SAFETY (I'M HERE): 30 (SPILL)**
4. **SAFETIES COULD BE:
2 BACK PRO FAMILY (INCLUDING PAIR TRIPS): RITA/LINDA
1 BACK PRO FAMILY & SLOT: ROGER/LOU
VS. ALIGNED EMPTY: ROGER/LOU TO PASSING STRENGTH (3 RECEIVER SIDE)**
5. **ON ALL FIST & ROCK ALIGNMENT, NOSE CROSS FACE VS GUARD PULL WEAK**

ADJUSTMENTS:

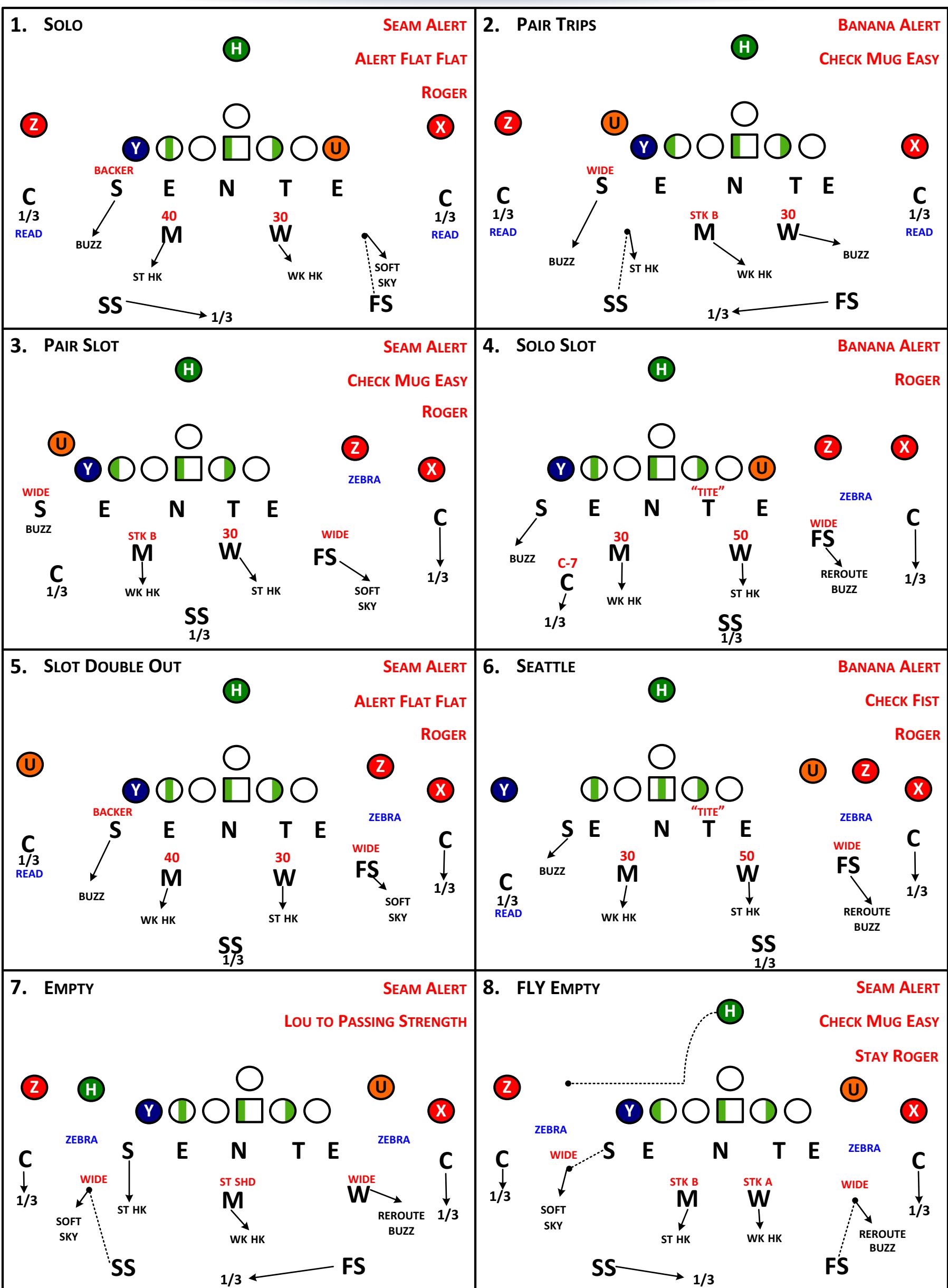
1. **Vs. 2 BACK PRO FORMATIONS: RITA / LINDA**
2. **Vs. SLOT FORMATIONS: ROGER / LOU**
3. **Vs. 1 BACK PRO SETS: ROGER/LOU TO PASSING STRENGTH**
4. **Vs Y Mo: SS TRACK, CHECK MESA**



ROCK YAKIMA

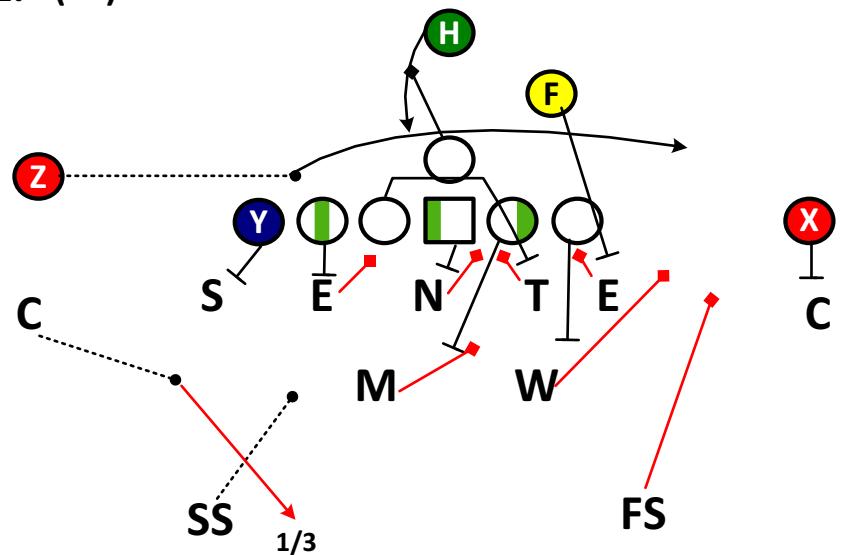


ROCK YAKIMA

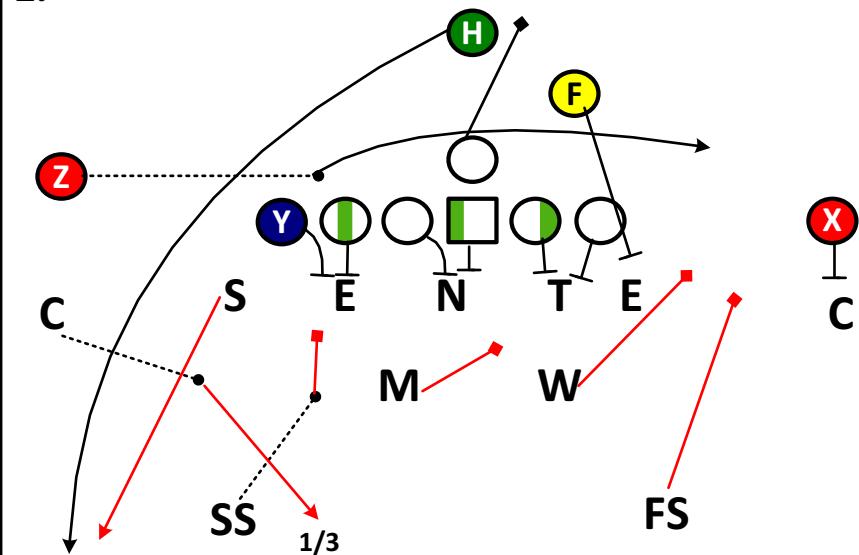


ROCK YAKIMA

1. (21) I FAR PRO



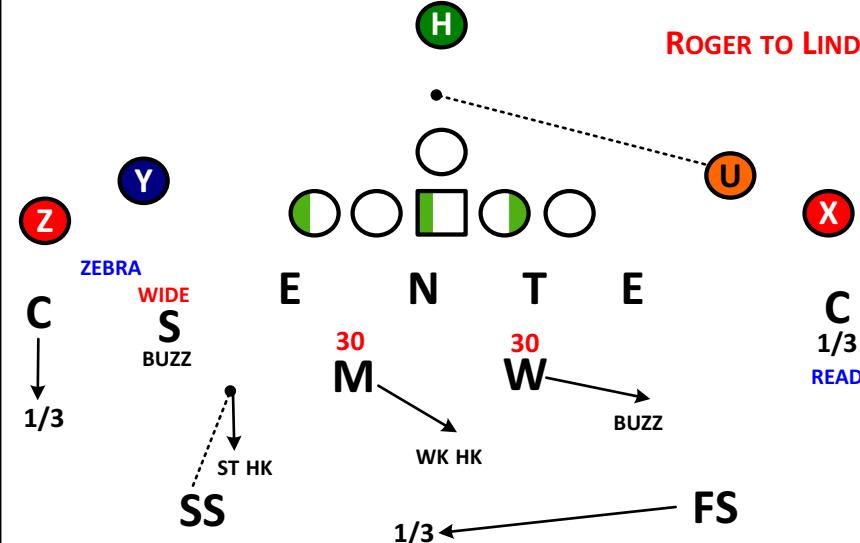
2. PAP – FLY SWEEP



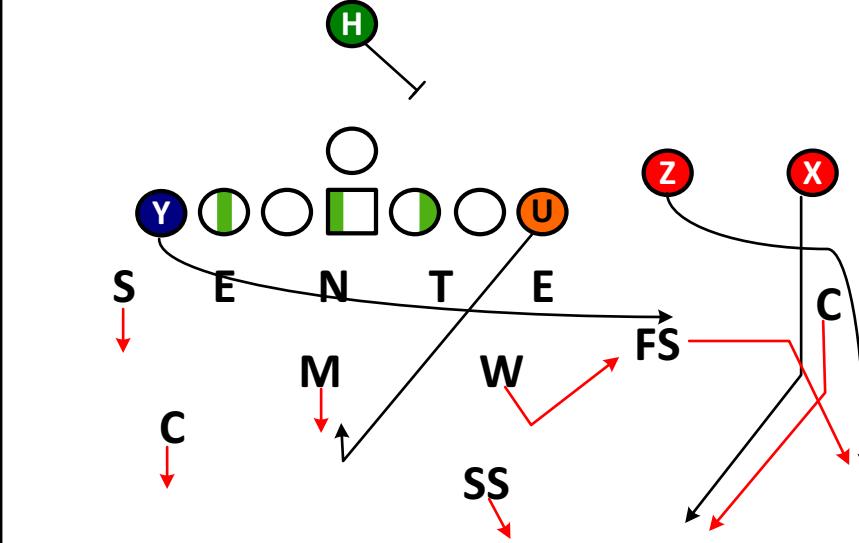
3. Box Motion

CHECK MUG EASY

ROGER TO LINDA



4. SOLO SLOT



5.

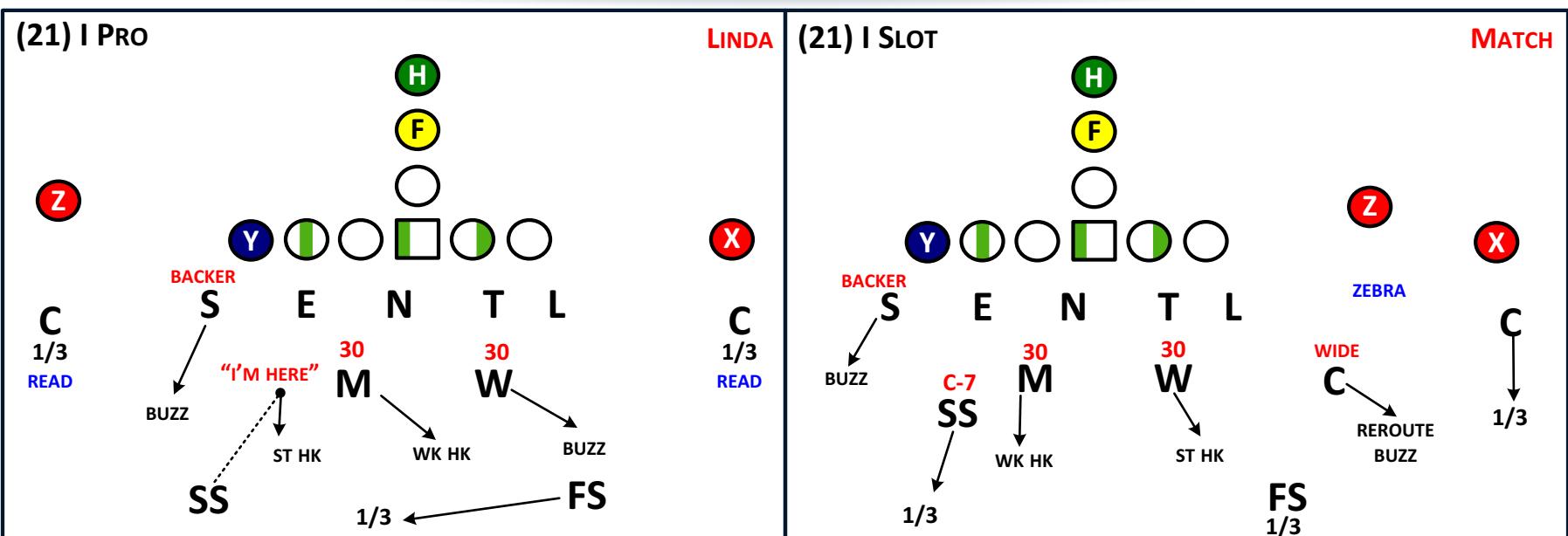
6.

7.

8.



ROCK 3 BUSTER (ROCK YUMA)



ESSENCE:

- ROCK 3 BUSTER IS AN 8 MAN BASE UNDER FAMILY DEFENSE.**
- LBs HAVE THE ABILITY TO CALL LINE STUNTS & ALIGNMENTS BASED ON FORMATIONS.**
- CORNERS MATCH UP WITH THE Z AND X RECEIVERS. SAFETIES IN RUN FIT.**

COACHING POINTS:

- SOLID CALL TO "Y"**
- CORNER TRAVELS VS ALL SLOT FAMILY FORMATIONS. SS PLAY 1/3**
- Vs ALL 1 BACK FORMATIONS UNLESS:**
 - MIKE: 40**
 - SAFETY (I'M HERE): 30 (SPILL)**
- SAFETIES COULD BE:**
 - 2 BACK PRO FAMILY (INCLUDING PAIR TRIPS): RITA/LINDA**
 - 1 BACK PRO FAMILY: ROGER/LOU TO THE 'U/F'**
 - SLOT FAMILY: 1/3's**
 - Vs. ALIGNED EMPTY: ROGER/LOU TO PASSING STRENGTH (3 RECEIVER SIDE)**
- ON ALL FIST & CHEAT ALIGNMENT, NOSE CROSS FACE VS GUARD PULL WEAK (SWAG)**

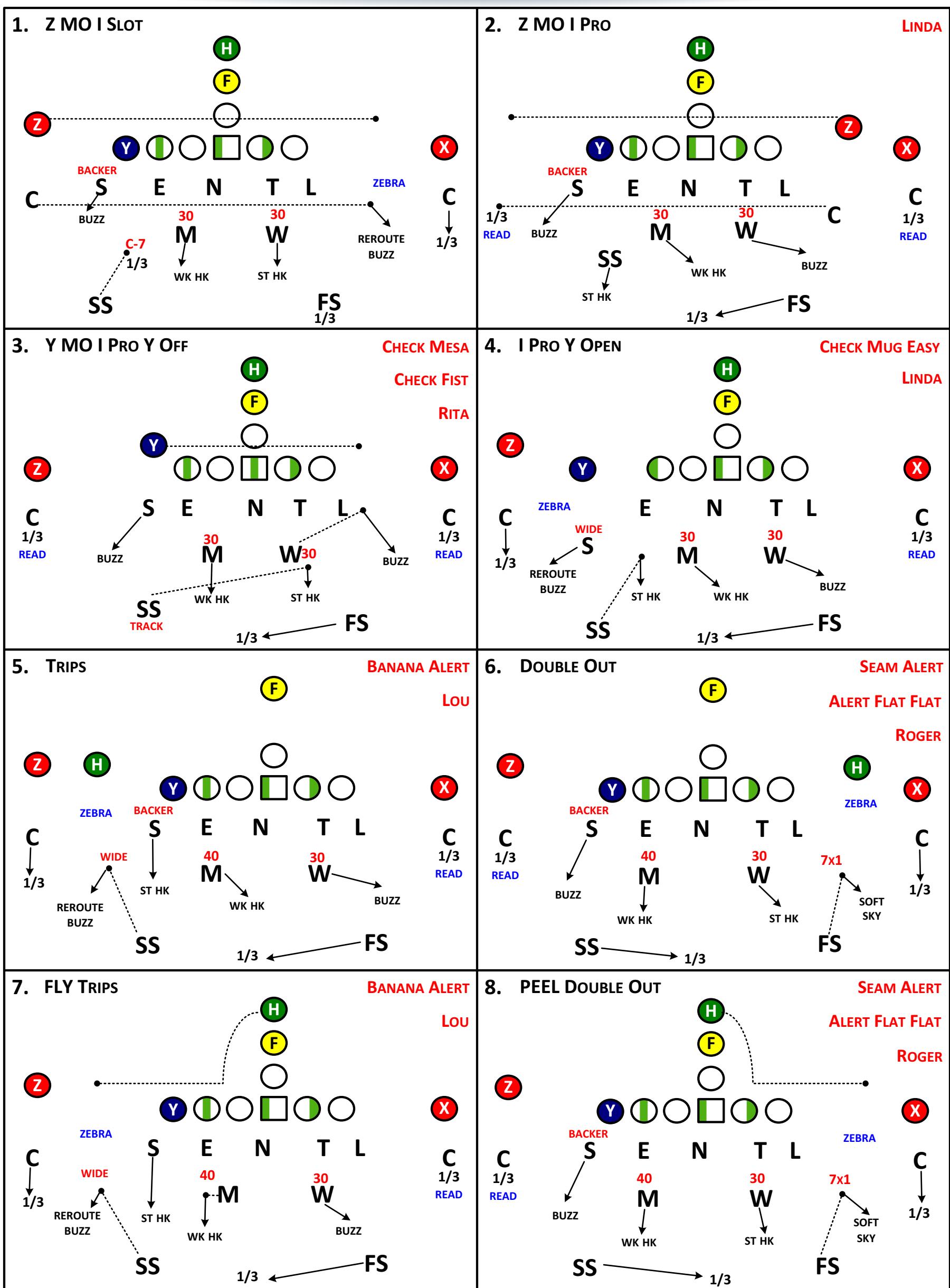
ADJUSTMENTS:

- Vs. 1 BACK SETS: SAFETIES ROGER/LOU TO "F/U" IN THE SET UNLESS PLAYING 1/3.**
- Vs. Y MOTION OR Y SHIFT: CHECK MESA AND CHECK FIST. SAFETIES TRACK**
- Vs. Box Fly/Peel Motion To 2 Back Pro: SS IS BACK INTO RITA/LINDA.**
- SAM ALIGNMENTS:**
 - BACKER – CHECK CHEAT**
 - WIDE – CHECK MUG EASY (1 AND LOOSE 5 TECHNIQUE)**
 - DOWN – CHECK FIST**
- EMPTY RULES:**
 - ALIGNED: ROGER/LOU TO PASSING STRENGTH (3 RECEIVER SIDE)**
 - MOTION TO SAM: STAY ROGER/LOU AND CHECK MUG EASY**
- GAME PLAN:**

POSSIBLE ADJUSTMENT TO 2 BACK Y OPEN: ROGER/LOU AND CHECK



ROCK 3 BUSTER (ROCK YUMA)

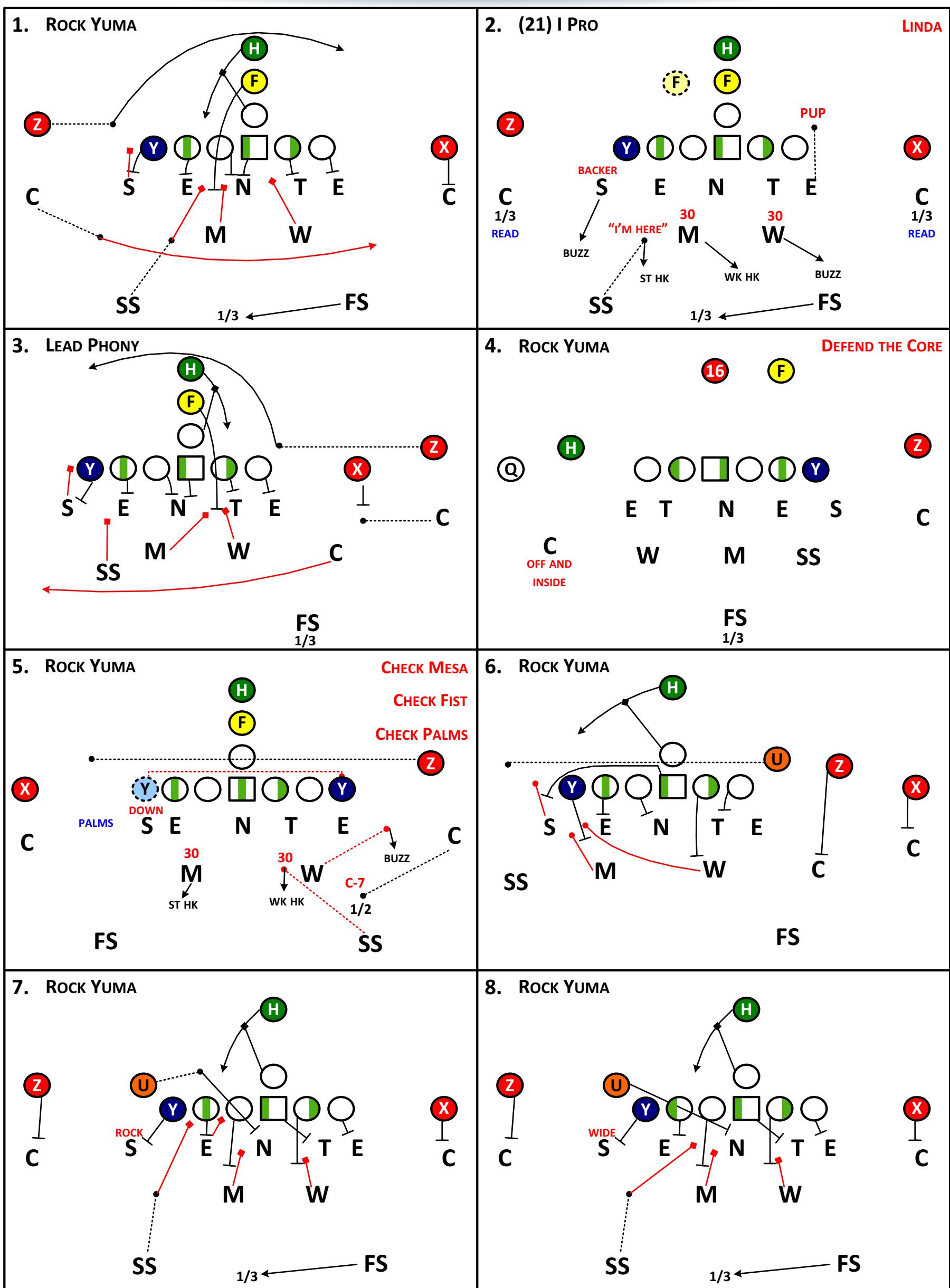


ROCK 3 BUSTER (ROCK YUMA)

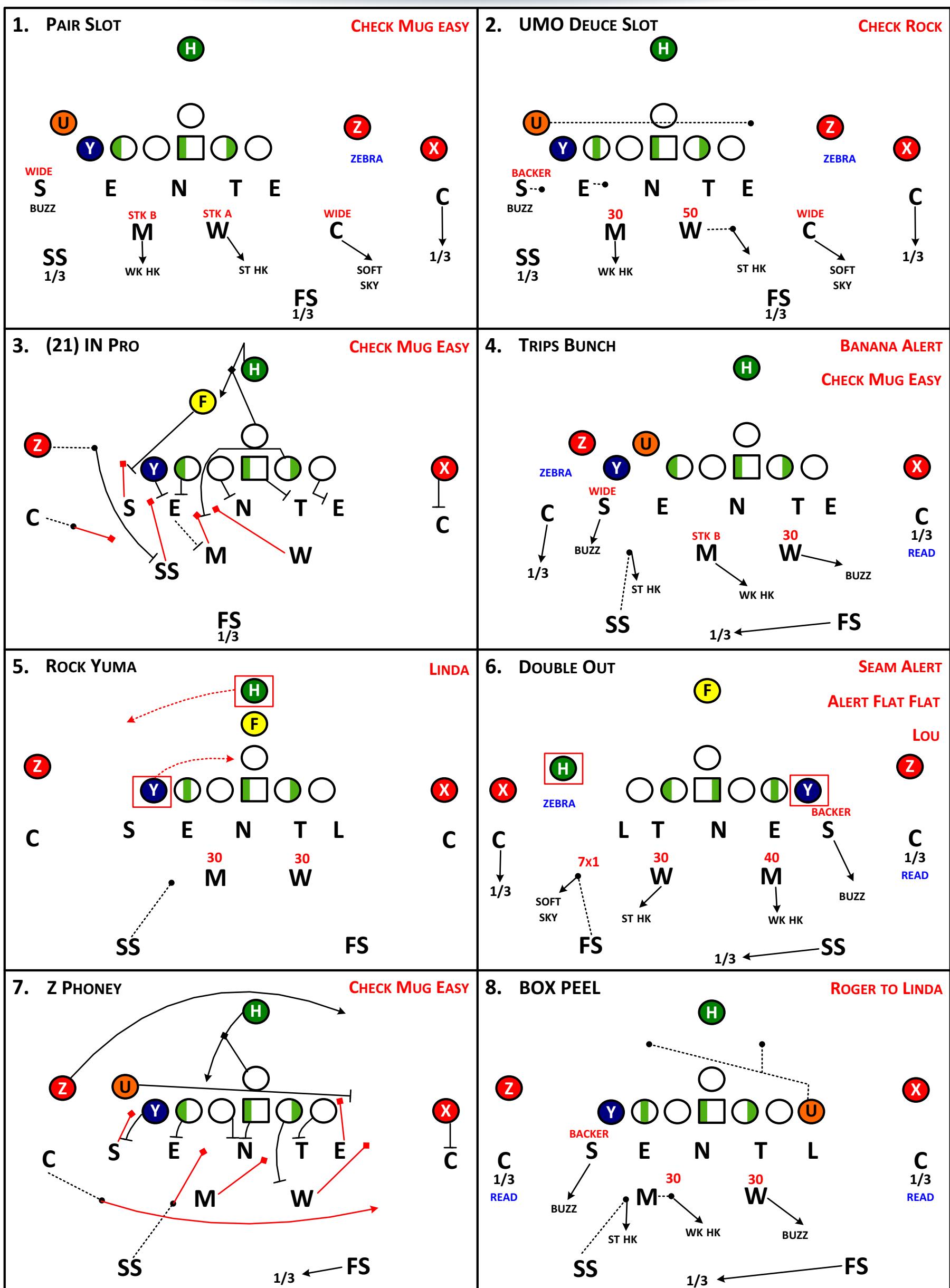
<p>1. SOLO</p> <p>SEAM ALERT ALERT FLAT FLAT ROGER</p> <p>C 1/3 READ Z BUZZ S BACKER E 40 M N 30 W T 7x2 WK HK L SOFT SKY FS</p>	<p>2. PAIR TRIPS</p> <p>BANANA ALERT CHECK MUG EASY</p> <p>C 1/3 READ Z BUZZ S WIDE E STK B M N 30 W T BUZZ L 1/3 FS</p>
<p>3. PAIR SLOT</p> <p>SEAM ALERT MATCH CHECK MUG EASY</p> <p>WIDE S BUZZ D-7 SS 1/3 E STK B M N STK A W T C SOFT SKY L 1/3 FS</p>	<p>4. SOLO SLOT</p> <p>BANANA ALERT MATCH</p> <p>S E N T L C-7 SS 1/3 M WK HK W ST HK C REROUTE BUZZ L 1/3 FS</p>
<p>5. SLOT DOUBLE OUT</p> <p>SEAM ALERT ALERT FLAT FLAT MATCH</p> <p>SS 1/3 Z BUZZ S BACKER E 40 M N 30 W T C SOFT SKY L 1/3 FS</p>	<p>6. SEATTLE</p> <p>BANANA ALERT CHECK FIST MATCH</p> <p>SS 1/3 Z BUZZ S E N T L M WK HK W ST HK C REROUTE BUZZ L 1/3 FS</p>
<p>7. EMPTY</p> <p>SEAM ALERT LOU TO PASSING STRENGTH</p> <p>Z ZEBRA H S ST SHD M E WK HK N 1/3 FS</p>	<p>8. FLY EMPTY</p> <p>SEAM ALERT CHECK MUG EASY STAY ROGER</p> <p>Z ZEBRA S WIDE E STK B M N STK A W T C REROUTE BUZZ L 1/3 FS</p>



BASE UNDER 3 BUSTER (ROCK YUMA)

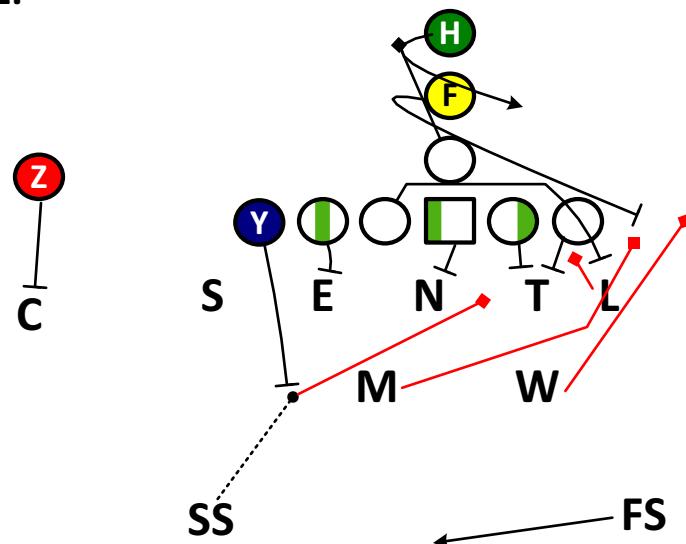


BASE UNDER 3 BUSTER (ROCK YUMA)

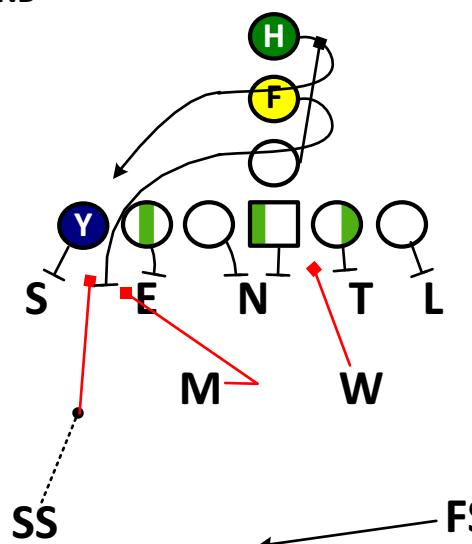


BASE UNDER 3 BUSTER (ROCK YUMA)

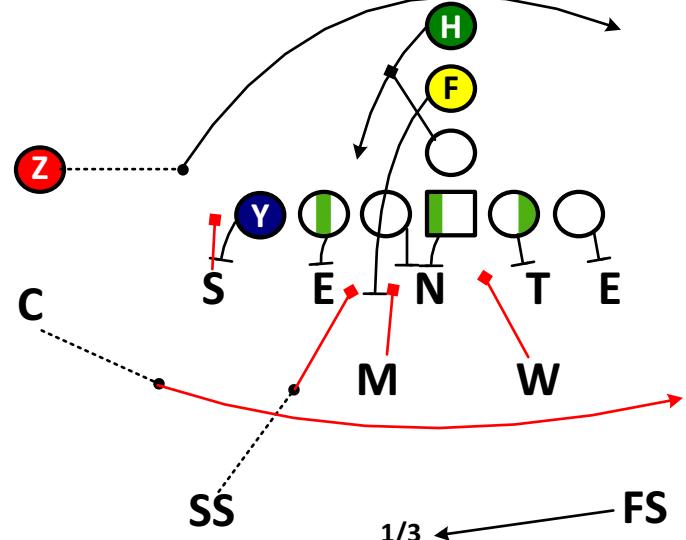
1. COUNTER OF FLEX



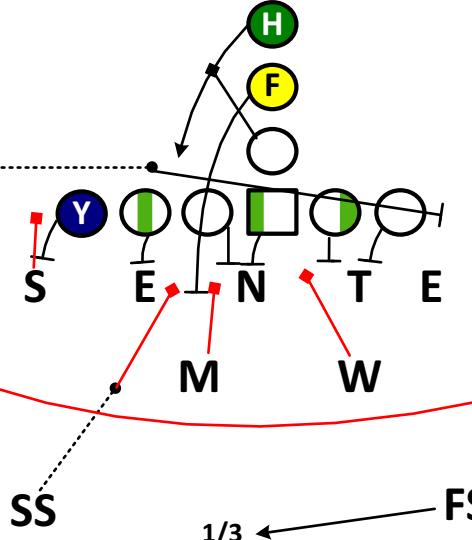
2. LEAD BEND



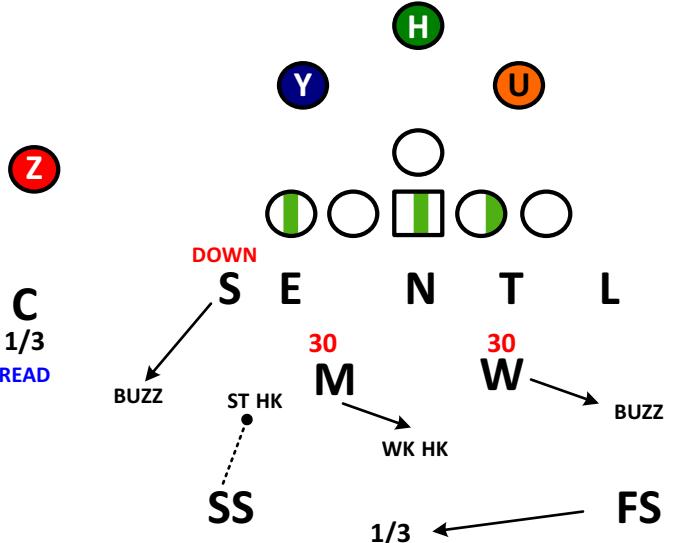
3. 2 BACK Z PHONEY



4. ROCK YUMA



5. BONE



CHECK FIST

LINDA

1/3 READ

C

1/3

READ

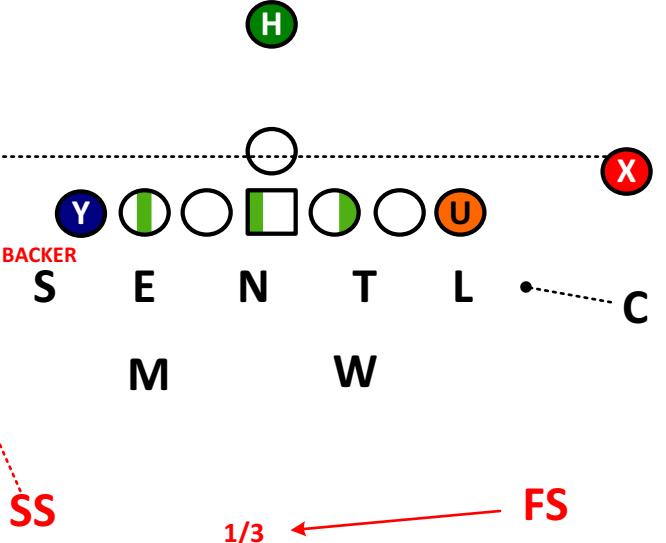
SS

1/3

FS

Lou

6. X MOTION



BUZZ

BACKER

1/3

C

1/3

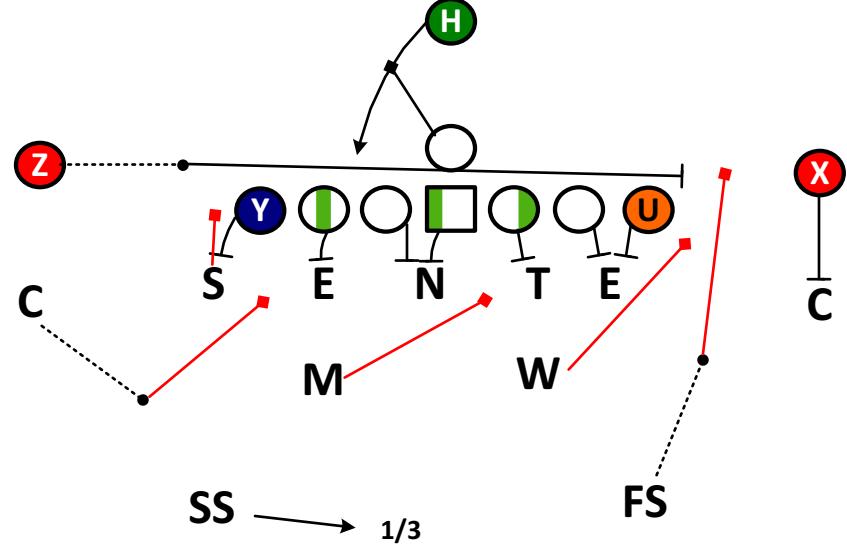
READ

SS

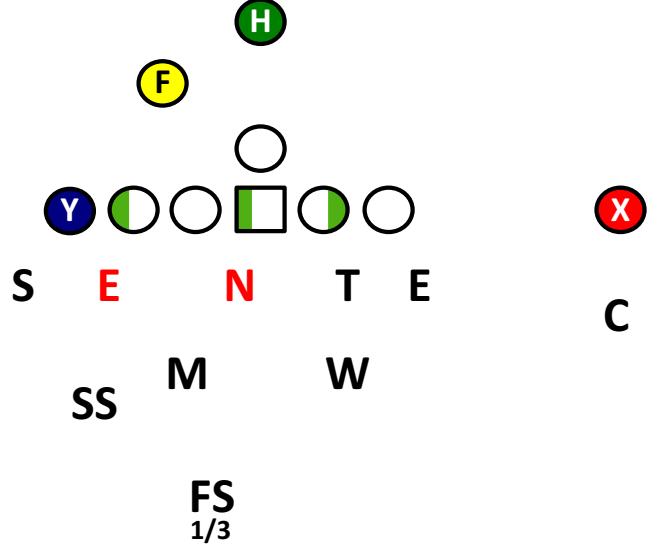
1/3

FS

7. 1 BACK Z PHONEY



8. (21) IN PRO

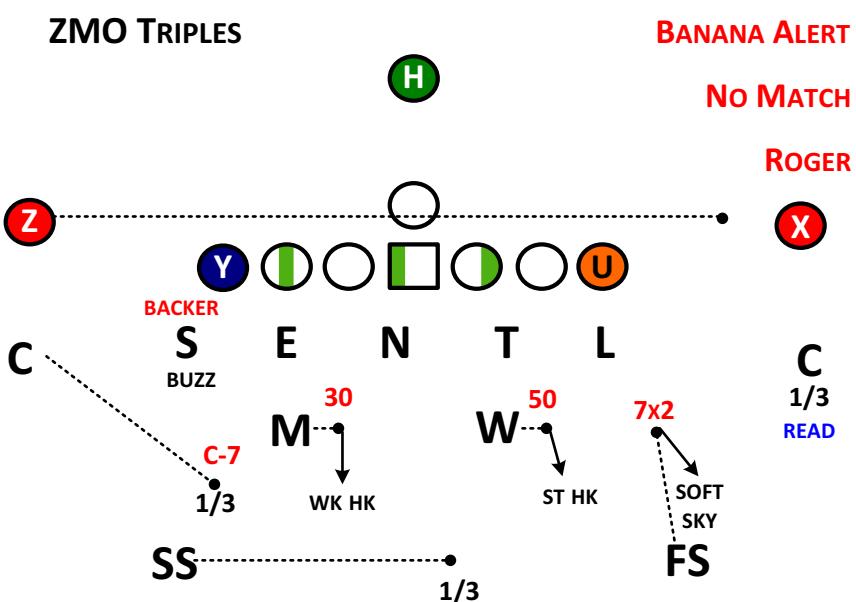
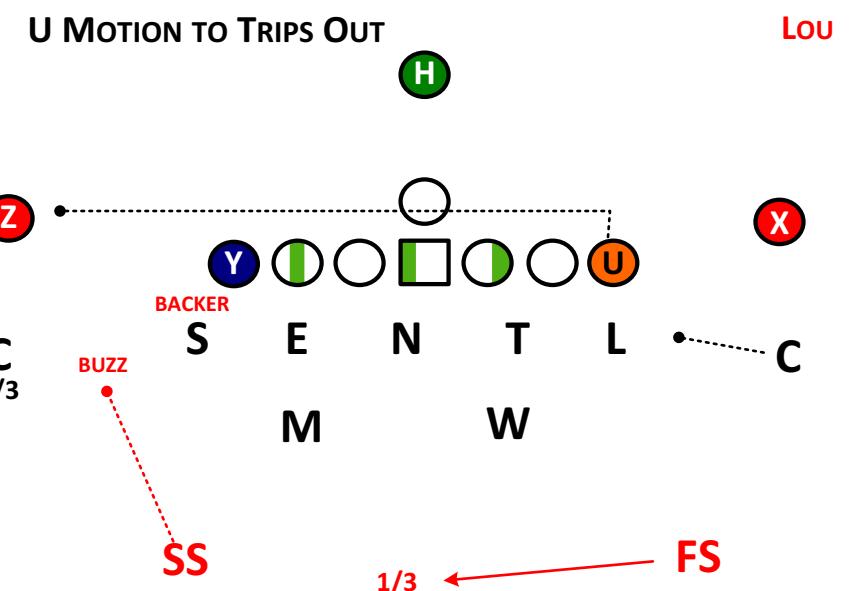
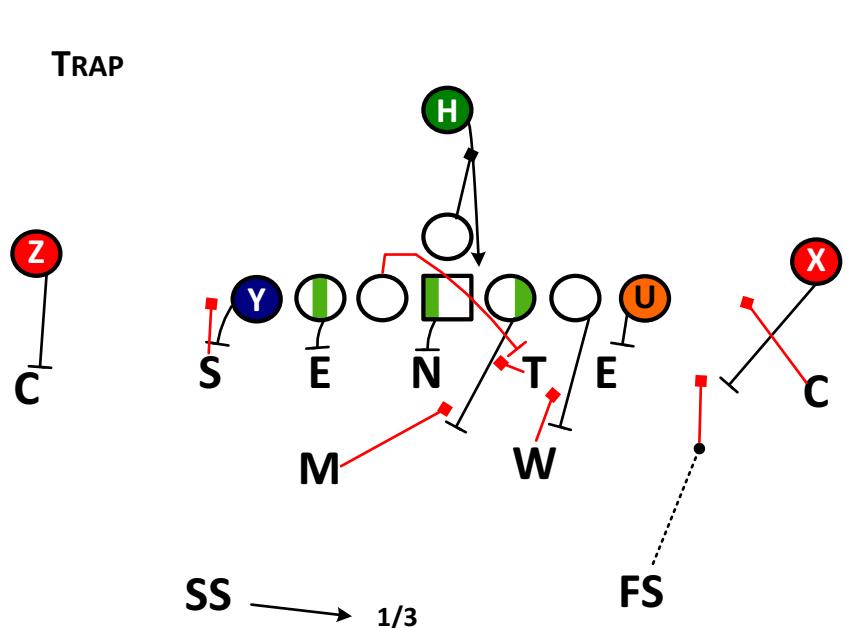
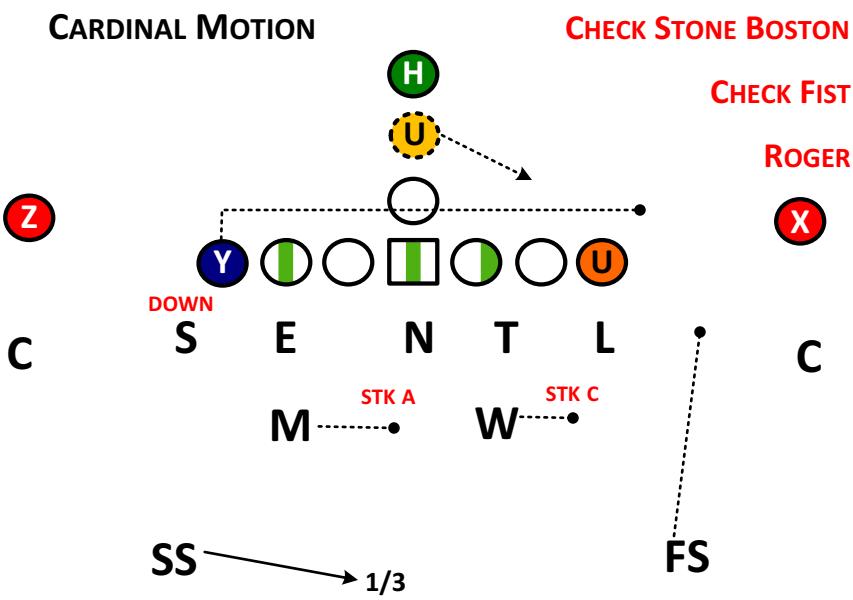


CHECK MUG EASY

1/3

FS







SEATTLE
SEAHAWKS 2013

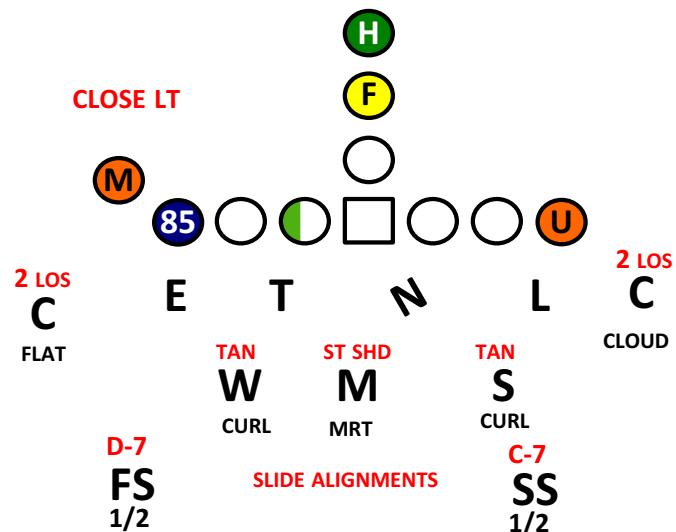
ZONE COVERAGES

ADJUSTMENTS

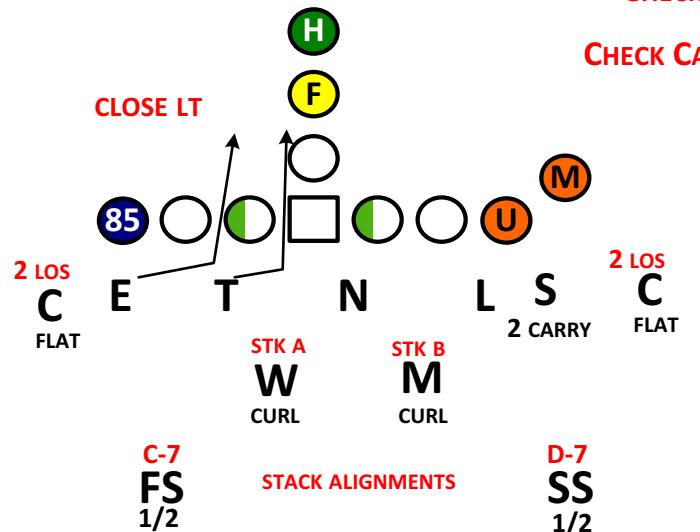
- **HEAVY L.A.** A gold-colored helmet with a red and black stripe across the middle, featuring the San Francisco 49ers logo on the front.
- **TUFF BUZZ ZONE (MESA BLUE)** A white helmet with a red and black bird logo on the front.
- **TUFF BUZZ ZONE (MESA PALMS)** A white helmet with a blue and silver star logo on the front.
- **OVER 4 PALMS (PANTHER)** A white helmet with a green and white "NY JETS" logo on the front.
- **OVER 4 PALMS (PANTHER)** A white helmet with a blue and gold "CHI BEARS" logo on the front.
- **ROCK YAKIMA** A yellow helmet with a green and gold "GB" logo on the front.

HEAVY L.A.

(23) I PAIR TITE



(23) I PAIR TITE



CHECK PIG

CHECK CARRY

ESSENCE:

1. HEAVY L.A. IS A 7 MAN OVER FAMILY FRONT DEFENSE VS. 23 PERSONNEL.

COACHING POINTS:

1. CLOSE CALL TO #85.
2. WING, WING RULES APPLY
3. PIG TO THE DEADSIDE OF #85
4. LBs FOLLOW SLIDE AND STACK ALIGNMENT RULES
5. STRONG SAFETY ALIGN AWAY FROM #85
6. FREE SAFETY ALIGN TO #85
7. ALERT QB KEEP TO #85
8. ALERT UNBALANCED (KICK LT/RT CALLS)

ADJUSTMENTS:

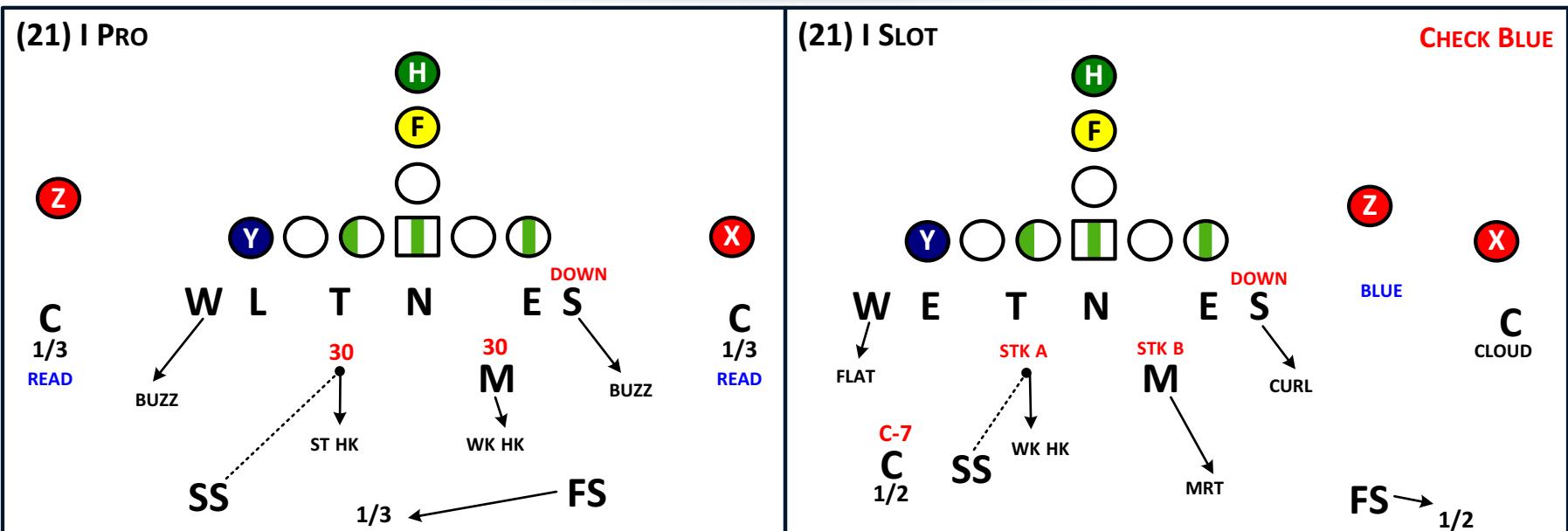


HEAVY L.A.

<p>1. DOUBLE WING</p>	<p>2. UNBALANCED</p>
<p>3. DEUCE UNBALANCED</p>	<p>4. DOUBLE WING UNBALANCED</p>
<p>5. M MOTION TO SLOT</p>	<p>6. M MOTION TO PAIR</p>
<p>7. I NEAR UNBALANCED</p>	<p>8.</p>



TUFF BUZZ ZONE (MESA BLUE)



ESSENCE:

1. MESA BLUE IS A BASE OVER FAMILY 3 DEEP 4 UNDER DEFENSE.
2. SAFETY BUZZ DOWN TO THE SOLID SIDE
3. REQUIRES AN ACTIVE SAFETY AND AGGRESSIVE BUZZ COVERAGE BY THE SAM & WILL LBs

COACHING POINTS:

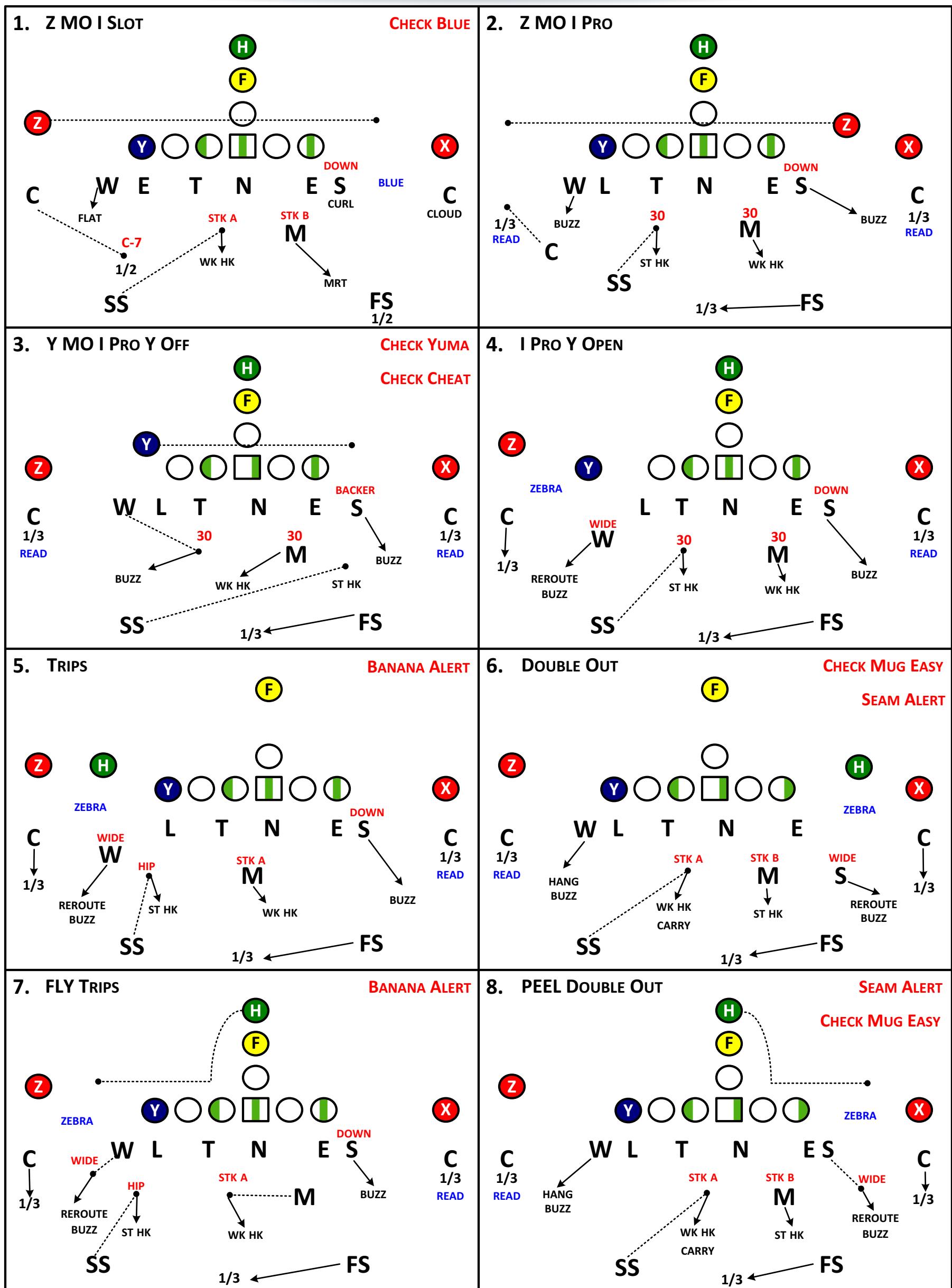
1. SOLID CALL TO THE "Y"
2. SAFETIES COMMUNICATE RITA/LINDA CALL.
3. Vs. SLOT, NUB SIDE CORNER PLAY $\frac{1}{2}$
4. WILL AND SAM IN "TUFF" ALIGNMENTS

ADJUSTMENTS:

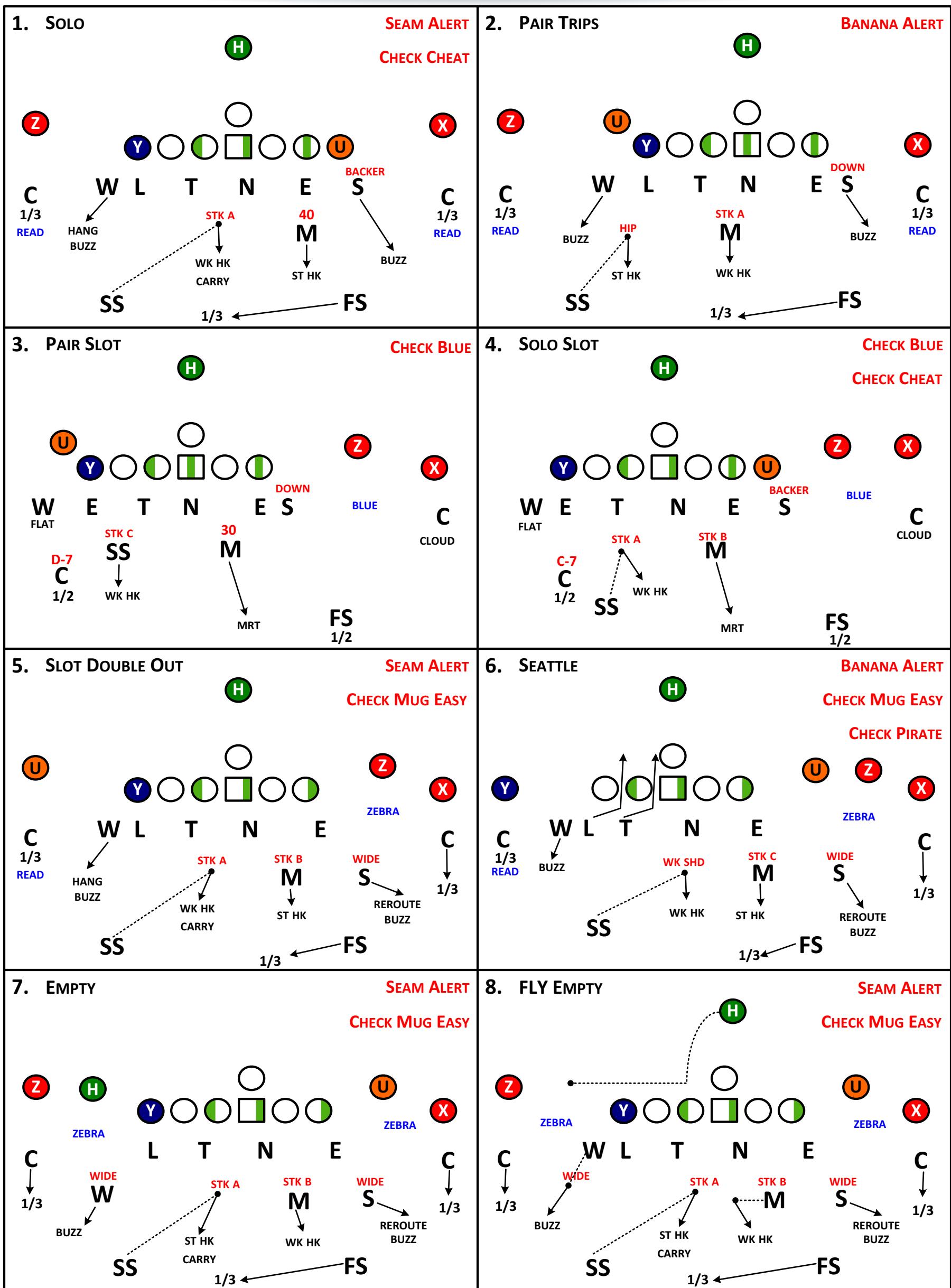
1. Vs. ALL SLOT SINGLE WIDTH FAMILY FORMATIONS (PAIR SLOT): CK BLUE
2. Vs. Y MOTION: SAFETIES TRACK THE 'Y'
CHECK ROCK YUMA
3. Vs. 2x2: SEAM ALERT
4. SAM ALIGNMENTS:
WIDE – CHECK MUG EASY (1 AND LOOSE 5 TECHNIQUE)
DOWN – CHECK FIST
BACKER – CHECK CHEAT
5. SEATTLE TRIPS AND SLOT Y OPEN: CHECK PIRATE
6. J-LO RULES APPLY
7. FRONT VARIATION: CHEAT



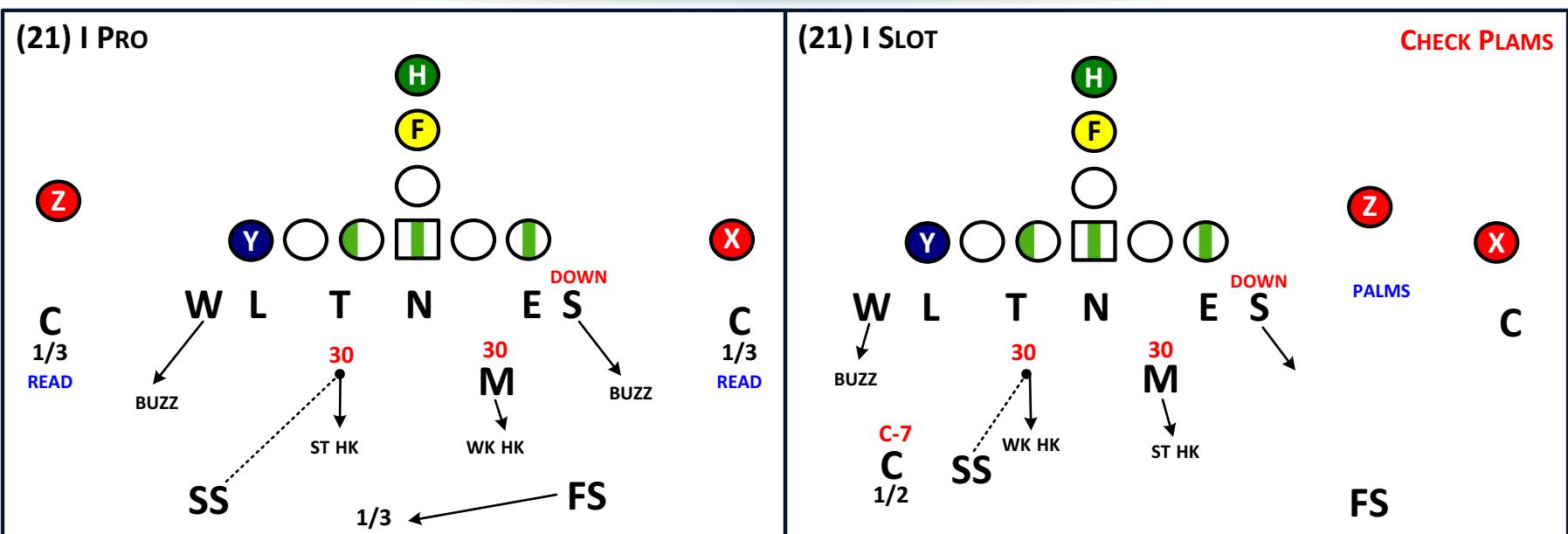
TUFF BUZZ ZONE (MESA BLUE)



TUFF BUZZ ZONE (MESA BLUE)



TUFF BUZZ ZONE (MESA PALMS)



ESSENCE:

1. MESA PALMS IS A BASE OVER FAMILY 3 DEEP 4 UNDER DEFENSE.
2. SAFETY BUZZ DOWN TO THE SOLID SIDE
3. REQUIRES AN ACTIVE SAFETY AND AGGRESSIVE BUZZ COVERAGE BY THE SAM & WILL LBs

COACHING POINTS:

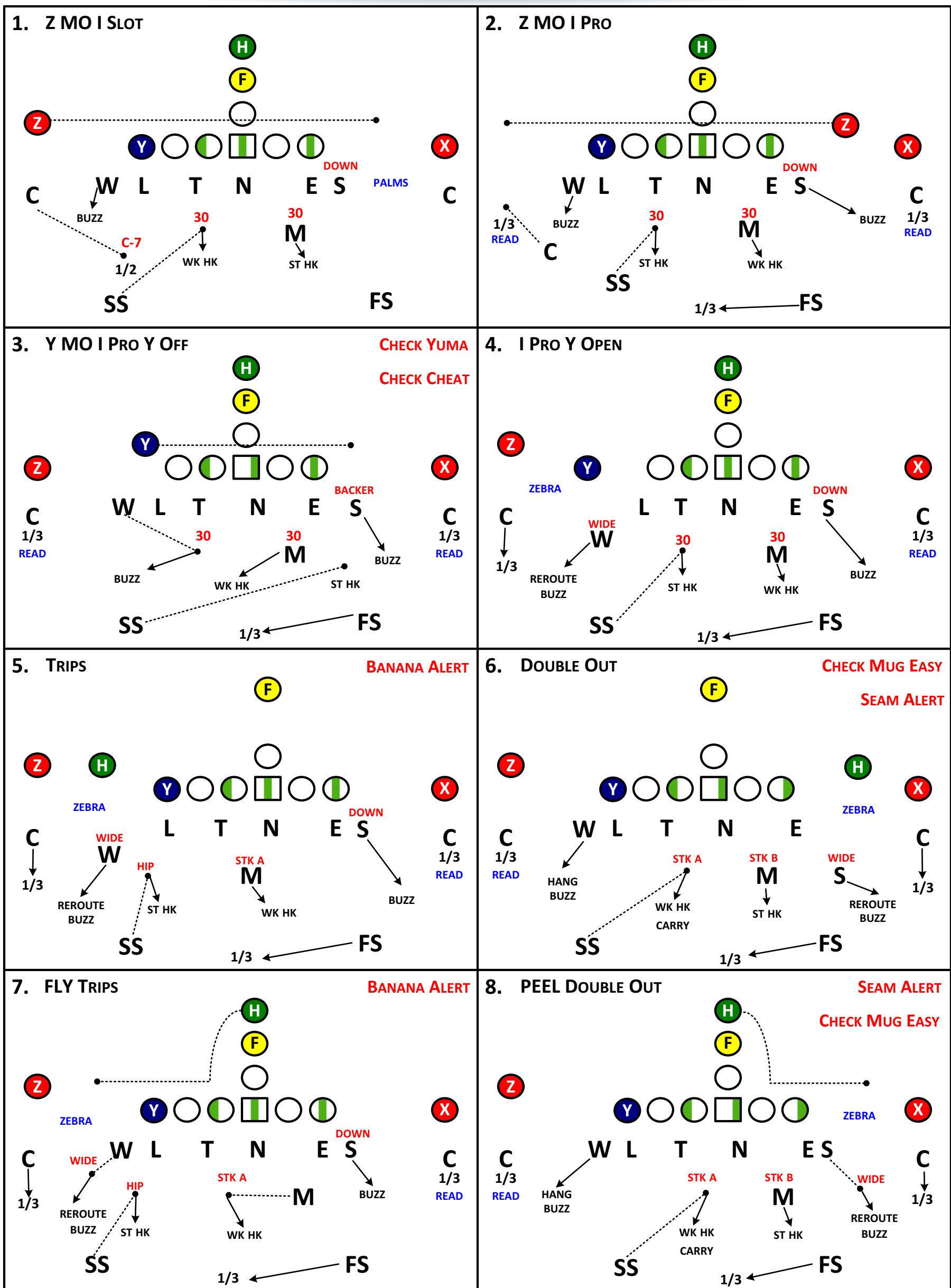
1. SOLID CALL TO THE "Y"
2. SAFETIES COMMUNICATE RITA/LINDA CALL.
3. Vs. SLOT, NUB SIDE CORNER PLAY $\frac{1}{2}$
4. WILL AND SAM IN "TUFF" ALIGNMENTS

ADJUSTMENTS:

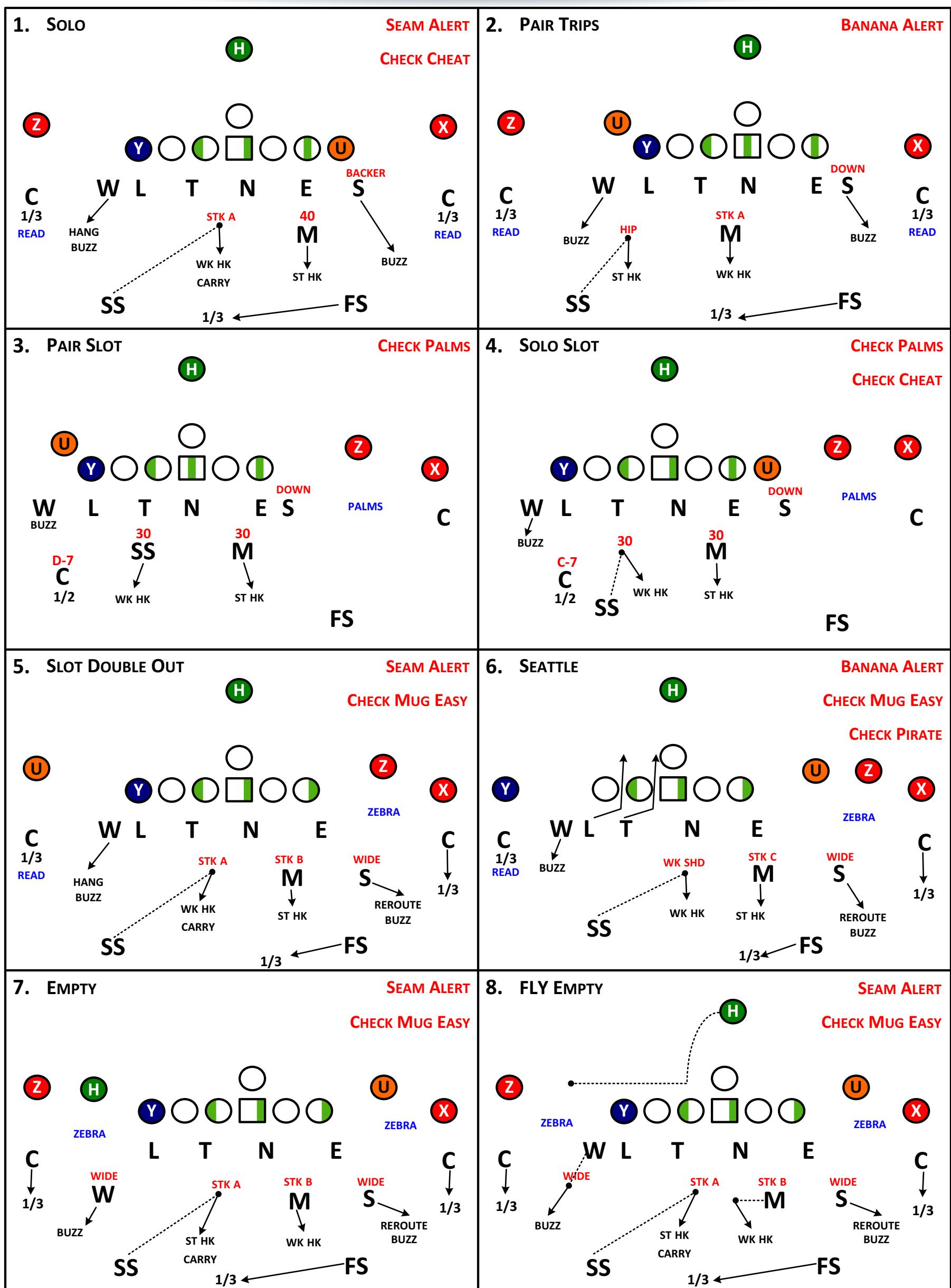
1. Vs. ALL SLOT SINGLE WIDTH FAMILY FORMATIONS (PAIR SLOT): CK PALMS
2. Vs. Y MOTION: SAFETIES TRACK THE 'Y'
CHECK ROCK YUMA
3. Vs. 2x2: SEAM ALERT
4. SAM ALIGNMENTS:
WIDE – CHECK MUG EASY (1 AND LOOSE 5 TECHNIQUE)
DOWN – CHECK FIST
BACKER – CHECK CHEAT
5. SEATTLE TRIPS AND SLOT Y OPEN: CHECK PIRATE. CHECK MUG EASY. CHECK MIDDLE
6. J-LO RULES APPLY
7. FRONT VARIATION: CHEAT
8. GAME PLAN: POSSIBLE WHOPPER ALERT VS. SINGLE WIDTH SLOT FAMILY FORMATIONS.



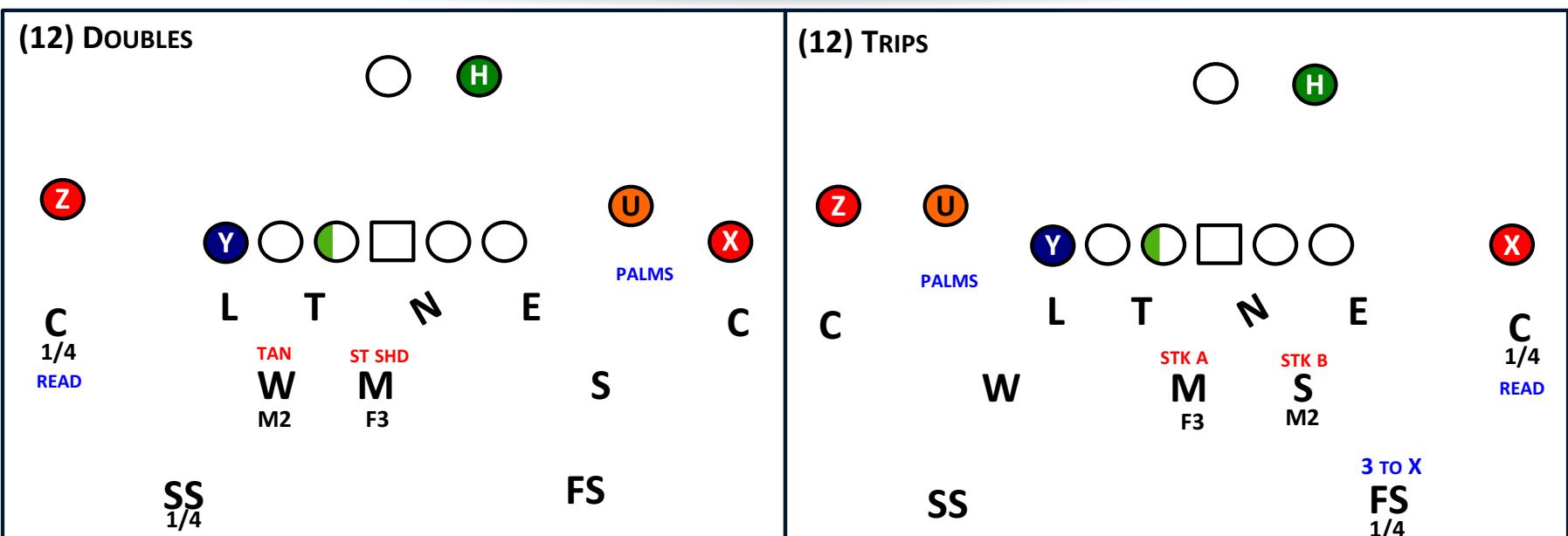
TUFF BUZZ ZONE (MESA PALMS)



TUFF BUZZ ZONE (MESA PALMS)



OVER 4 PALMS (PANTHER)



ESSENCE:

- PANTHER IS AN OVER FAMILY FRONT 4 DEEP 3 UNDER DEFENSE.

COACHING POINTS:

- SOLID CALL TO THE "Y"
- FINAL 3: MIKE PLAYS WITH DEPTH OVER #3. PUSH CALL ALERT TO MATCH 2 PLAYER TO #2. PUSH TO NEW
- MATCH 2 DEFENDERS:
SQUEEZE TO #2 UNTIL #3 CROSSES YOUR FACE
WITH #3 AWAY, STAY INSIDE #2
ZEBRA CALLS WITH #2 DISPLACED
- CORNERS PLAY READ PRINCIPLES

ADJUSTMENTS:

- Vs. TE / FLANKER: PLAY 4
- Vs. 2 DISPLACED: CHECK PALMS
- Vs. TRIPLES: CHECK PALMS. CHECK PIRATE. BACKSIDE SAFETY PLAY 3 TO 'Y'
- Vs. EMPTY: CHECK EASY TO THE 3 MAN SIDE.
- Vs. TRIPS BUNCH & CLUSTER SETS: POSSIBLE BOX CHECK
- Vs. Z CLOSE & X NASTY: POSSIBLE CLAMP
- Vs. DEADSIDE TE: CORNER LOCK

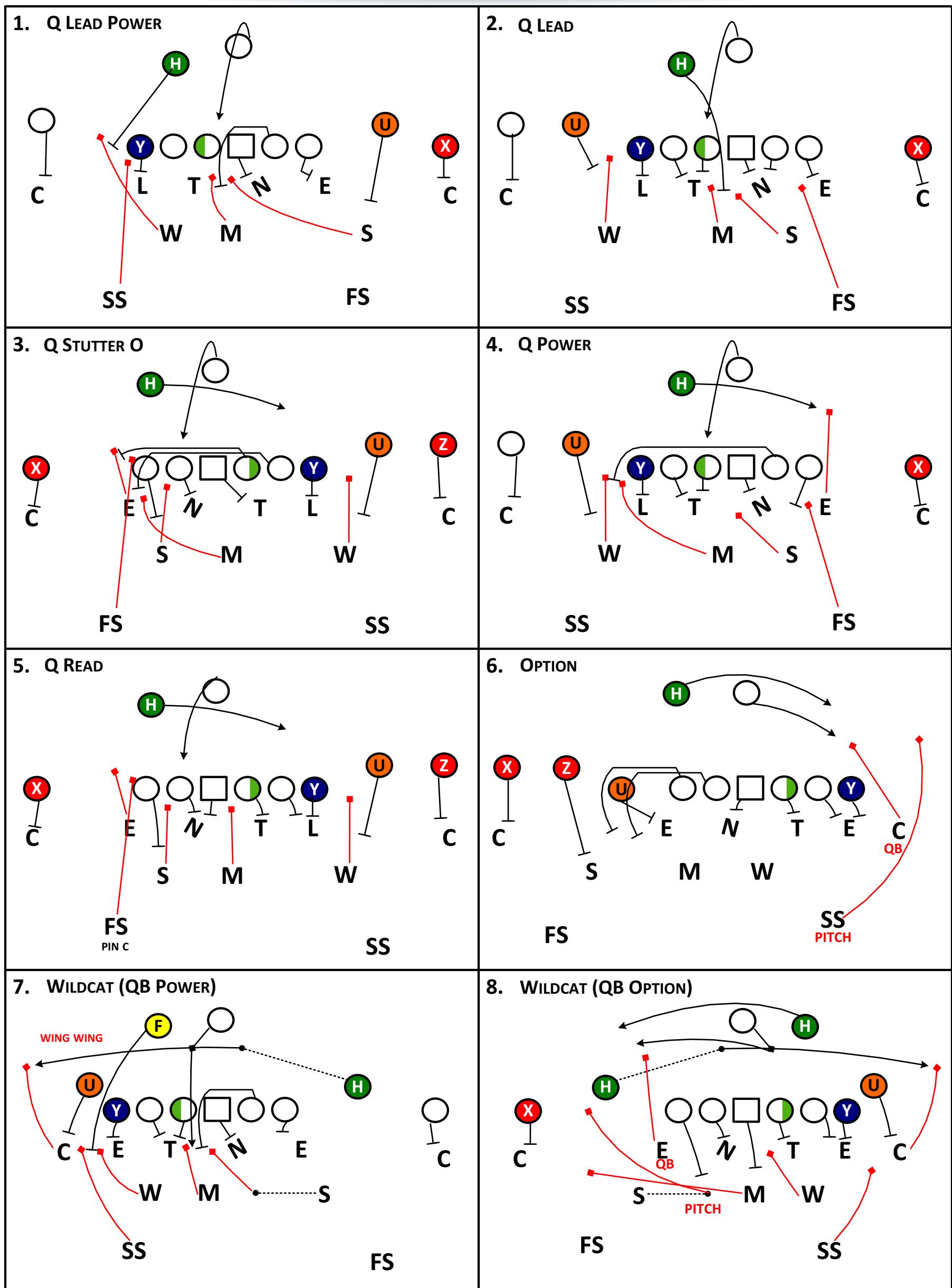


OVER 4 PALMS (PANTHER)

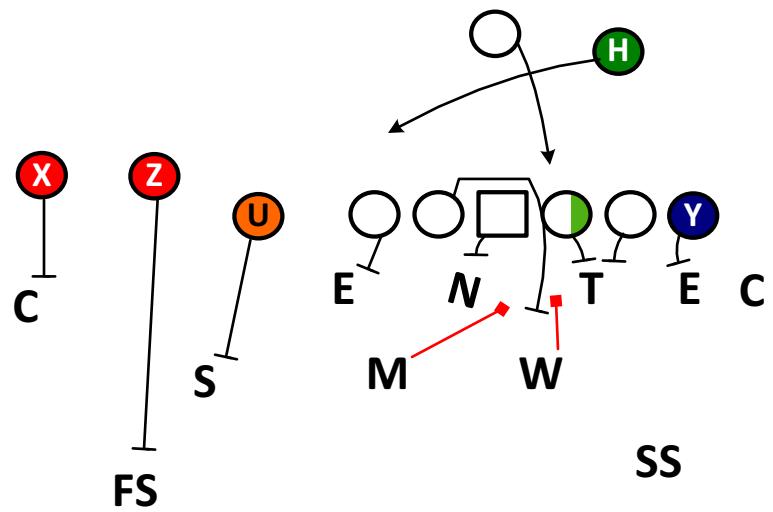
<p>1. SOLO</p> <p>PLAY TAMPA</p>	<p>2. PAIR TRIPS</p> <p>PLAY TAMPA BANANA ALERT</p>
<p>3. PAIR SLOT</p> <p>CHECK PALMS</p>	<p>4. SOLO SLOT</p> <p>CHECK PALMS</p>
<p>5. SLOT DOUBLE OUT</p> <p>CHECK PALMS</p>	<p>6. SEATTLE</p> <p>CHECK PALMS</p>
<p>7. EMPTY</p> <p>CHECK EASY</p>	<p>8. HOY EMPTY</p> <p>CHECK EASY</p>



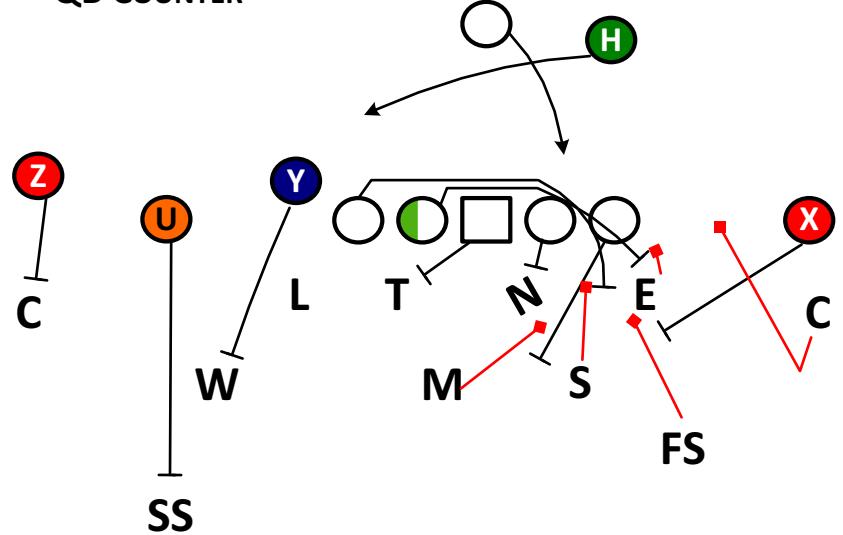
OVER 4 (TAMPA)



QB TITE POWER

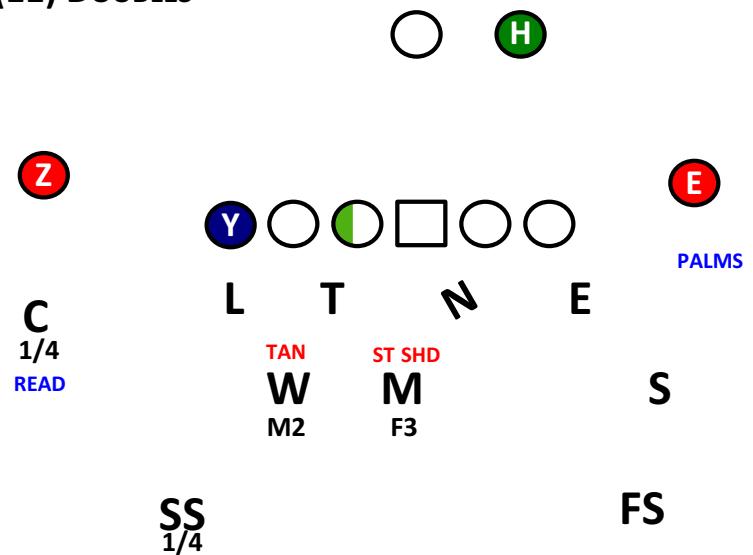


QB COUNTER

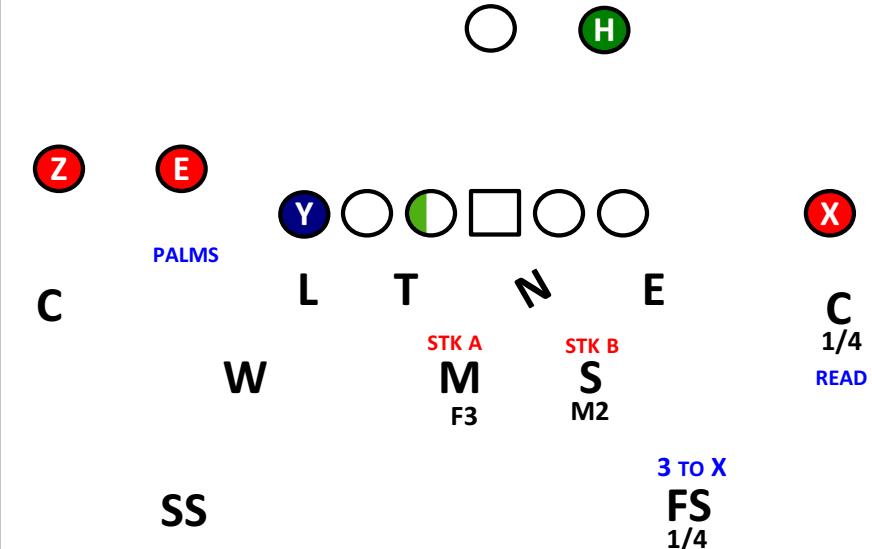


OVER 4 PALMS (PANTHER)

(11) DOUBLES



(11) TRIPS



ESSENCE:

- PANTHER IS AN OVER FAMILY FRONT 4 DEEP 3 UNDER DEFENSE.

COACHING POINTS:

- SOLID CALL TO THE "Y"
- FINAL 3: MIKE PLAYS WITH DEPTH OVER #3. PUSH CALL ALERT TO MATCH 2 PLAYER TO #2. PUSH TO NEW
- MATCH 2 DEFENDERS:
SQUEEZE TO #2 UNTIL #3 CROSSES YOUR FACE
WITH #3 AWAY, STAY INSIDE #2
ZEBRA CALLS WITH #2 DISPLACED
- CORNERS PLAY READ PRINCIPLES

ADJUSTMENTS:

- Vs. TE / FLANKER: PLAY 4
- Vs. 2 DISPLACED: CHECK PALMS
- Vs. TRIPLES: CHECK PALMS. CHECK PIRATE. BACKSIDE SAFETY PLAY 3 TO 'Y'
- Vs. EMPTY: CHECK EASY TO THE 3 MAN SIDE.
- Vs. TRIPS BUNCH & CLUSTER SETS: POSSIBLE BOX CHECK
- Vs. Z CLOSE & X NASTY: POSSIBLE CLAMP
- Vs. DEADSIDE TE: CORNER LOCK

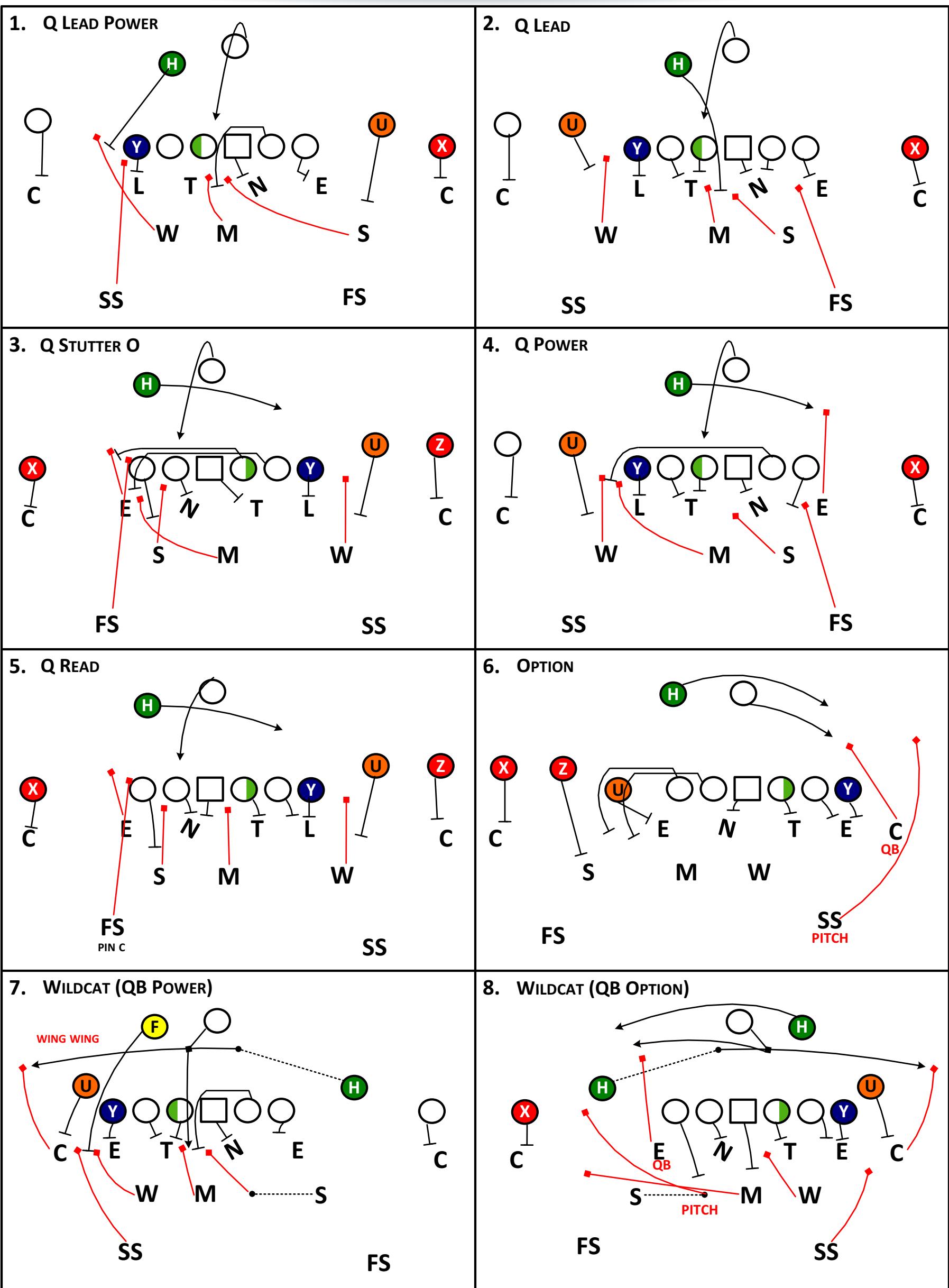


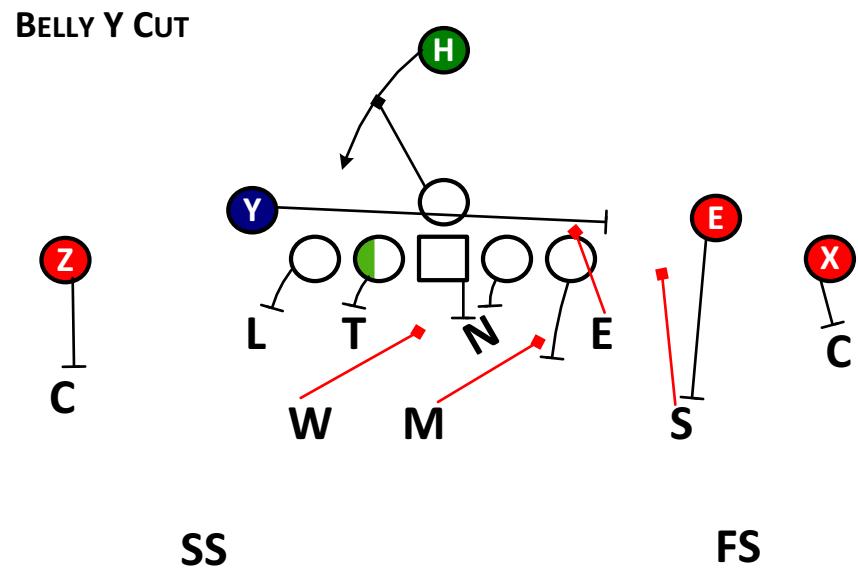
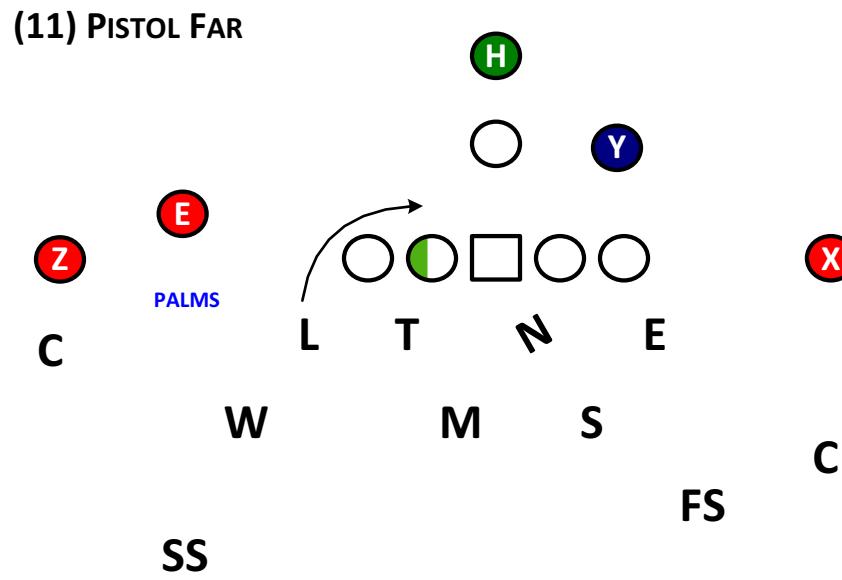
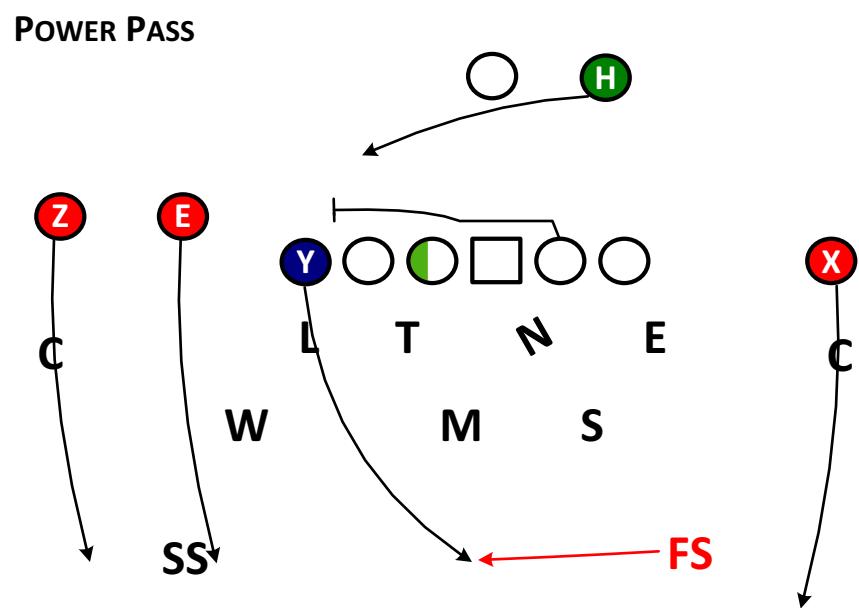
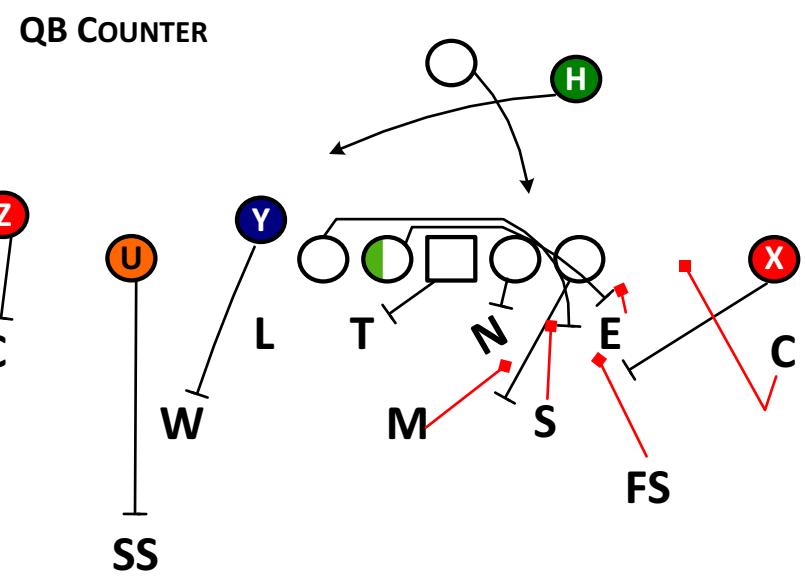
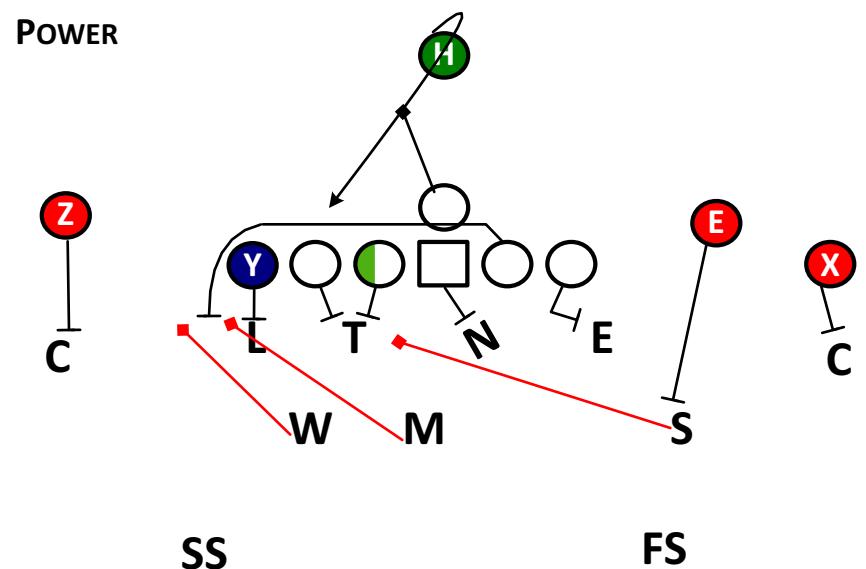
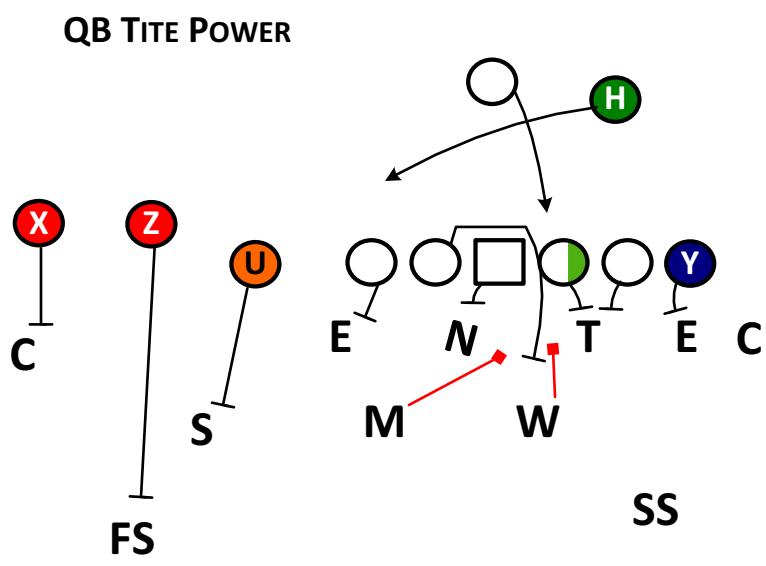
OVER 4 PALMS (PANTHER)

<p>1. SEATTLE</p> <p>CHECK PALMS</p> <p>PALMS</p> <p>2.</p>	
<p>3. EMPTY</p> <p>ZEBRA</p> <p>PALMS</p> <p>CHECK EASY</p> <p>4. HOY EMPTY</p> <p>ZEBRA</p> <p>PALMS</p> <p>CHECK EASY</p>	
<p>5.</p>	<p>6.</p>
<p>7.</p>	<p>8.</p>

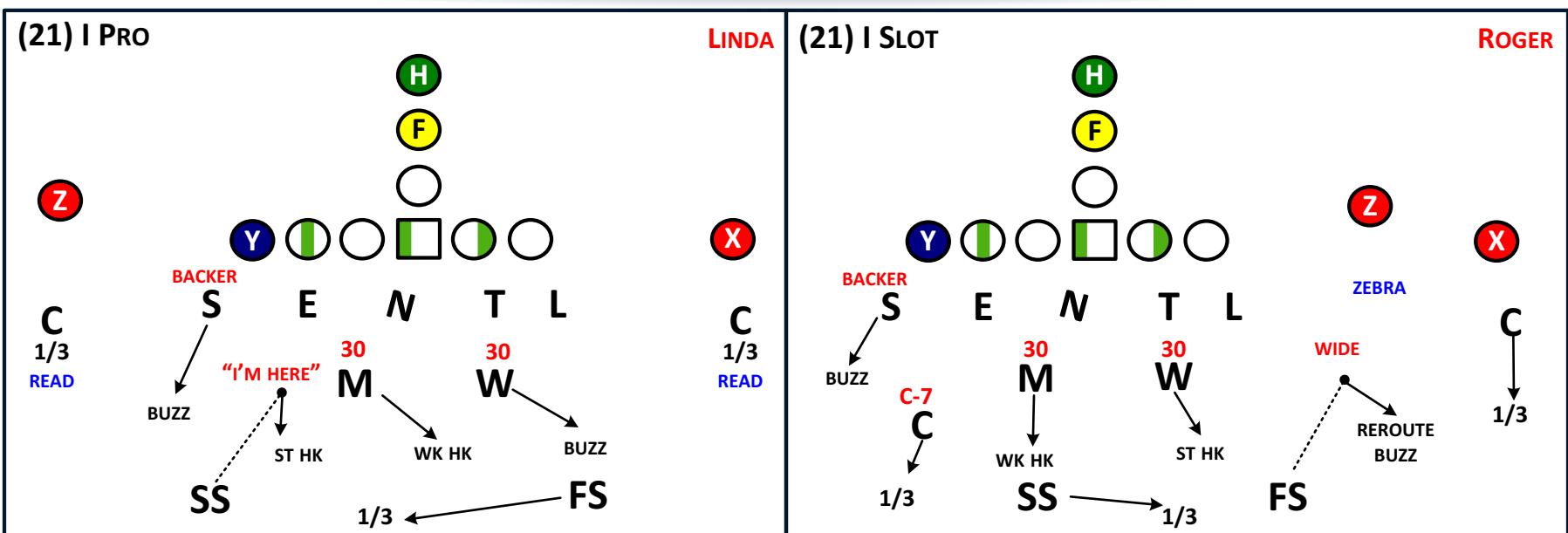


OVER 4 (TAMPA)





ROCK YAKIMA



ESSENCE:

1. **BASE UNDER FRONT WITH THE SAFETIES ADJUSTING TO THE FORMATION.**
2. **CORNERS REMAIN LEFT AND RIGHT.**

COACHING POINTS:

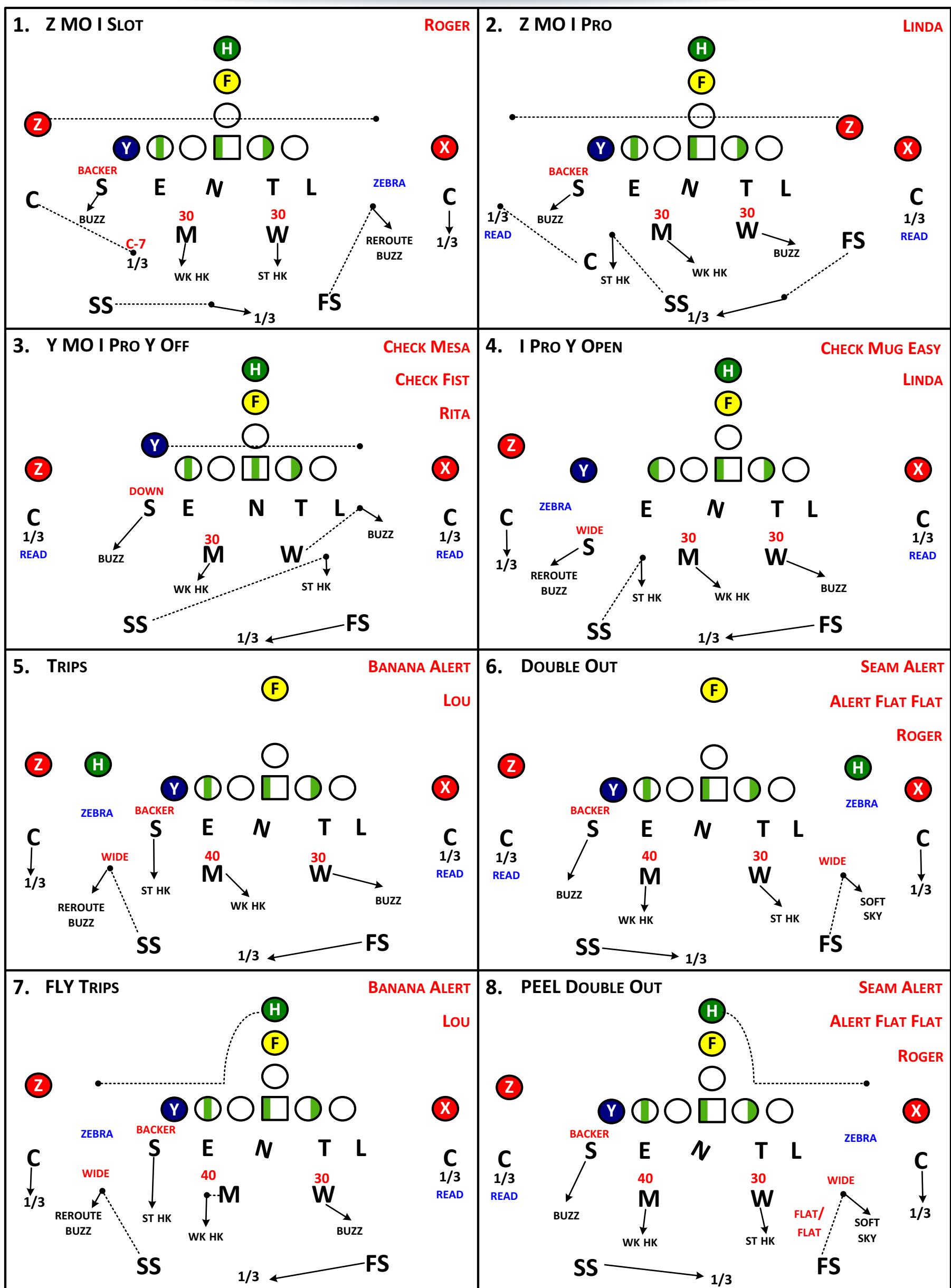
1. **SOLID CALL TO "Y"**
2. **SAFETIES COULD BE:**
 - 2 BACK PRO FAMILY (INCLUDING PAIR TRIPS): RITA/LINDA**
 - 1 BACK PRO FAMILY: ROGER/LOU TO THE 'U/F'**

ADJUSTMENTS:

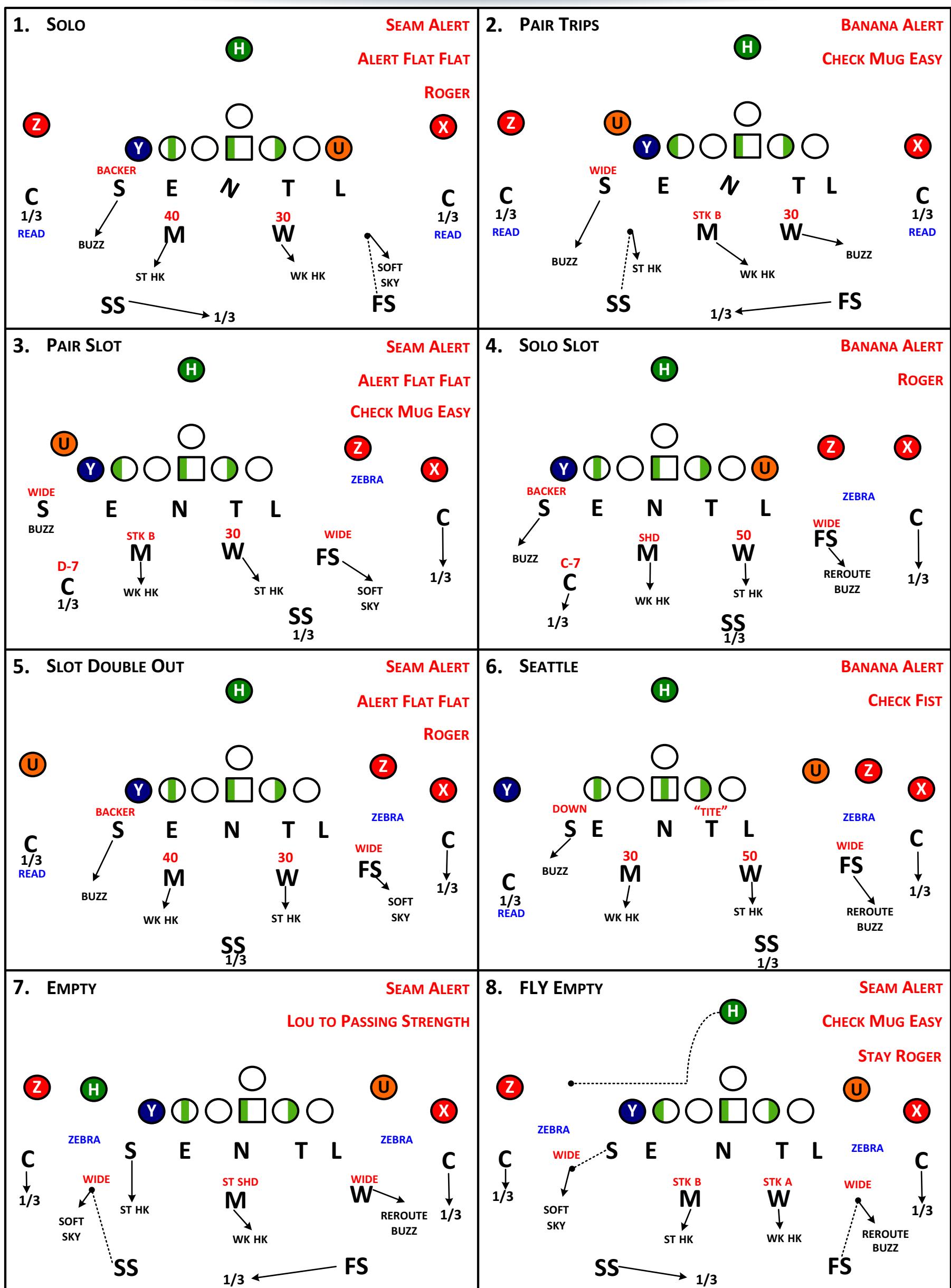
1. **Vs. 2 BACK PRO FORMATIONS: RITA / LINDA**
2. **Vs. SLOT FORMATIONS: ROGER / LOU**
3. **Vs. 1 BACK PRO SETS: ROGER/LOU TO PASSING STRENGTH**
4. **Vs. Y MOTION OR Y SHIFT: CHECK MESA AND CHECK FIST. SAFETIES TRACK SAM ALIGNMENTS:**
 - BACKER – CHECK CHEAT**
 - WIDE – CHECK MUG EASY (1 AND LOOSE 5 TECHNIQUE)**
 - DOWN – CHECK FIST**



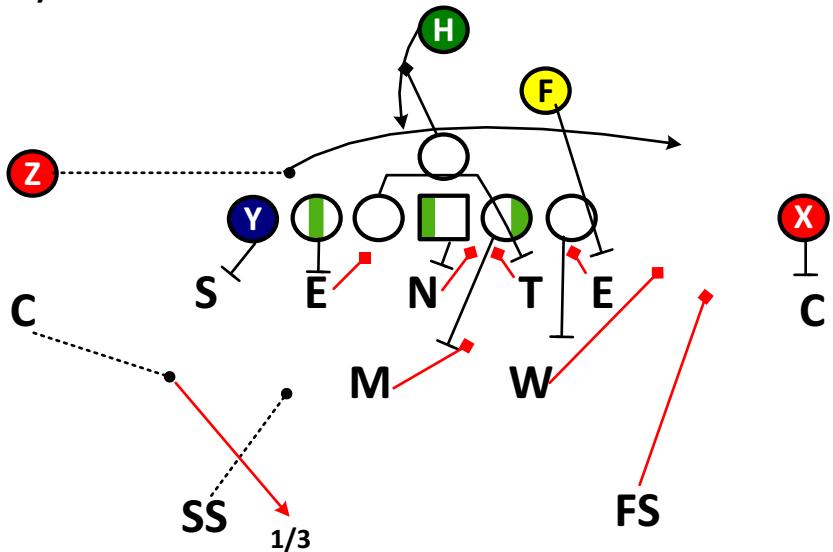
ROCK YAKIMA



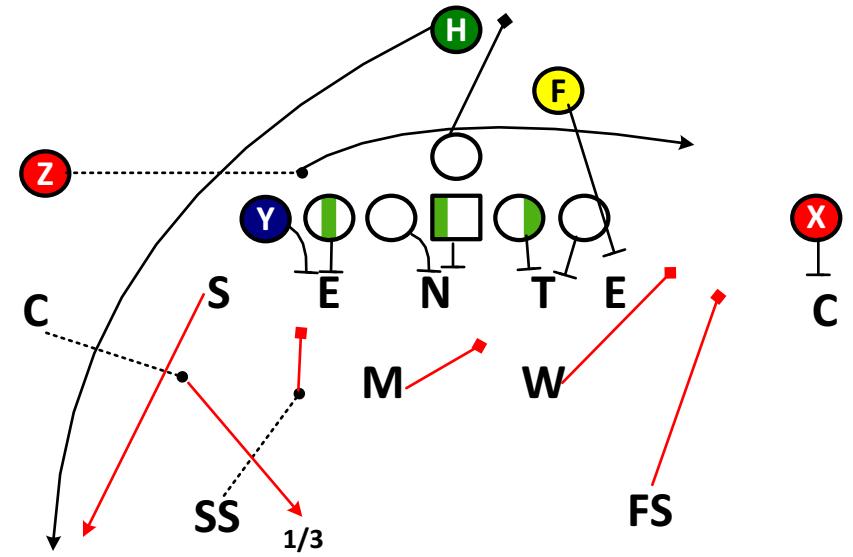
ROCK YAKIMA



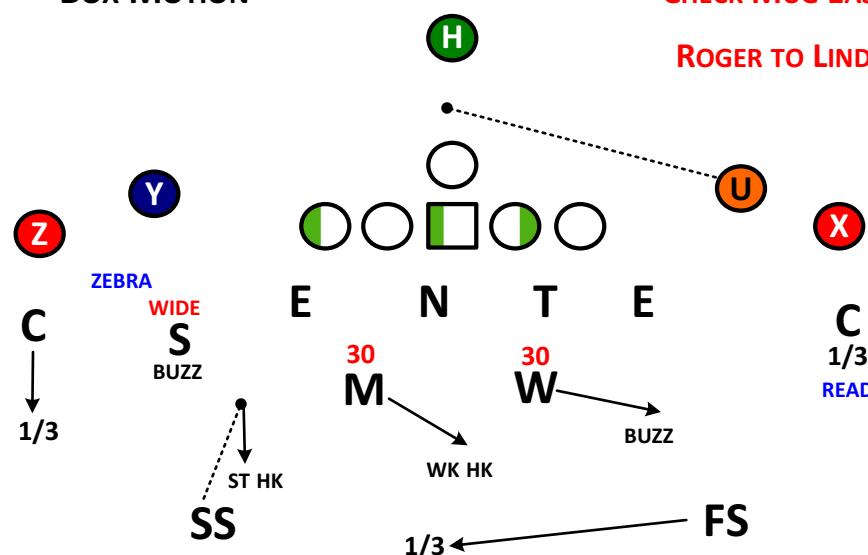
(21) I FAR PRO



PAP – FLY SWEEP

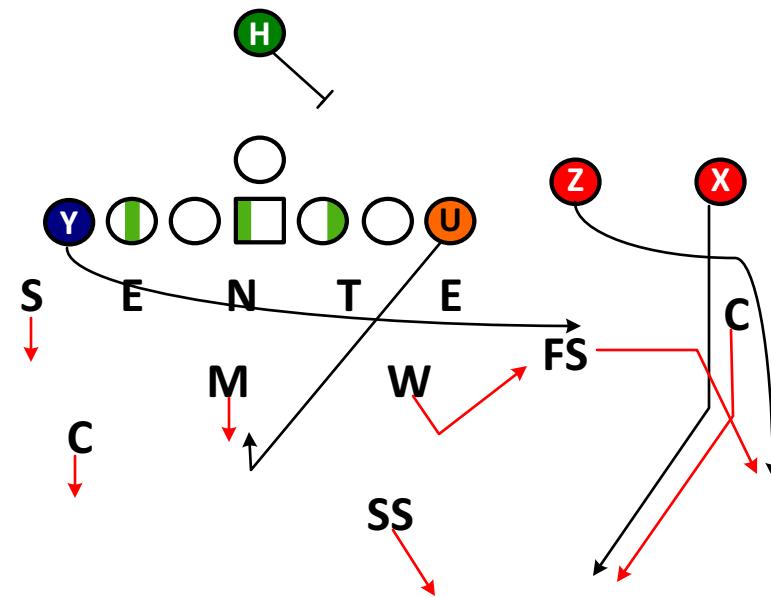


Box Motion



CHECK MUG EASY
ROGER TO LINDA

SOLO SLOT





SEATTLE SEAHAWKS

DEFENSE

2013



MAN PRESSURES



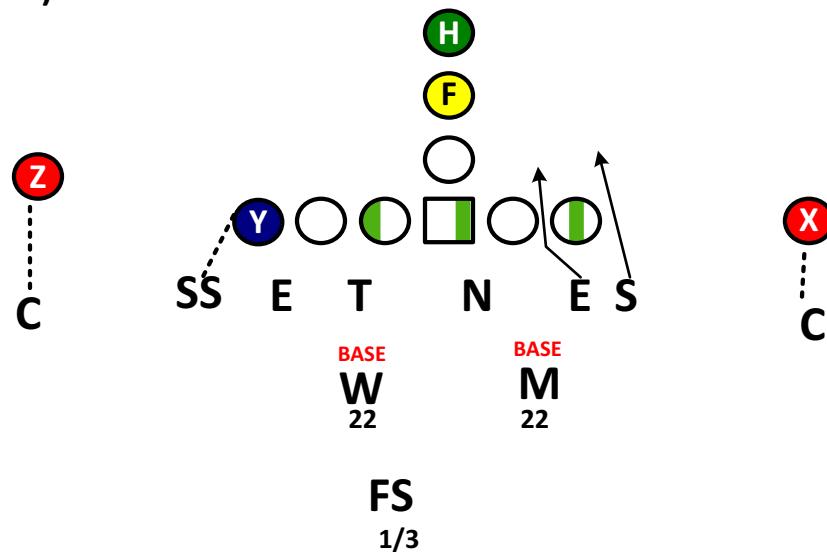
SEATTLE
SEAHAWKS 2013

MAN PRESSURES

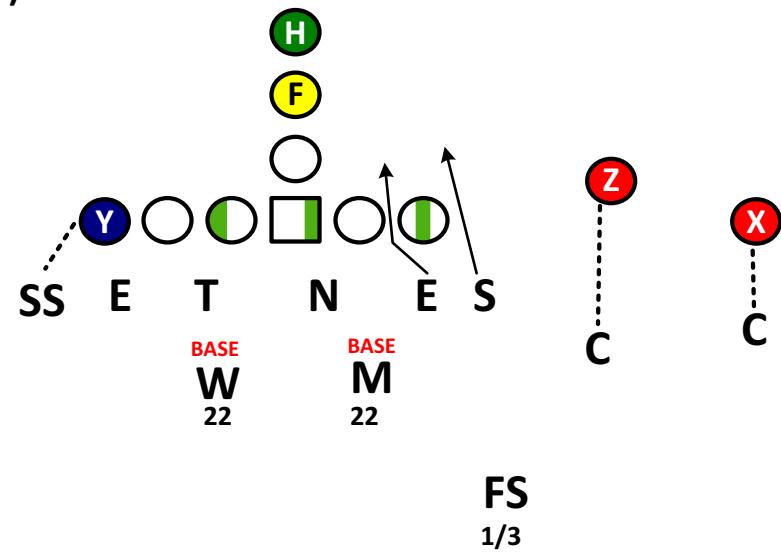
- **CHESTER SAM 1 Y BUMP**
- **UNDER FOX 1**
- **TUFF SAM 1 SALLY**
- **TUFF SAM 1 SPECIAL**
- **UNDER SAM 1 Y BUMP**
- **ROCK SMACK 1 JACK**
- **ROCK SMACK 1 Y SALLY**
- **ROCK SMACK 1 Y SPECIAL**
- **OVER TURBO 1 JACK**
- **UNDER WILL 1 TRACK**

CHESTER SAM 1 Y BUMP

(21) I PRO



(21) I SLOT



ESSENCE:

1. CHESTER SAM 1 SALLY IS A 5 MAN PRESSURE OUT OF OUR CHEAT STONE LOOK.

COACHING POINTS:

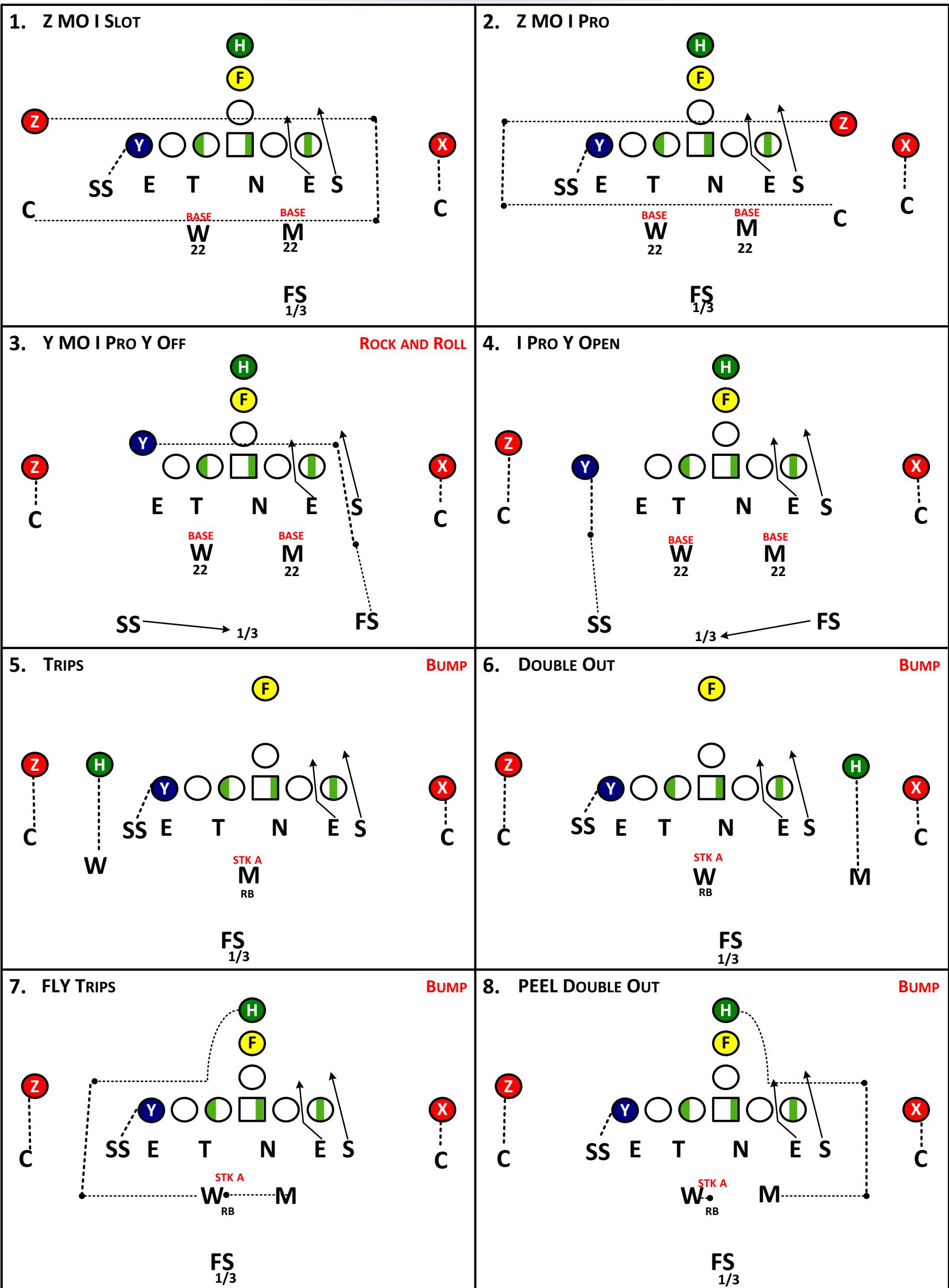
1. SOLID CALL TO THE Y
2. SAM: CONTAIN BLITZER
3. STRONG SAFETY: MAN TO MAN ON Y (FOREVER)
4. WILL & MIKE: 2 ON 2 THE BACKS (BASE ALIGNMENTS)

ADJUSTMENTS:

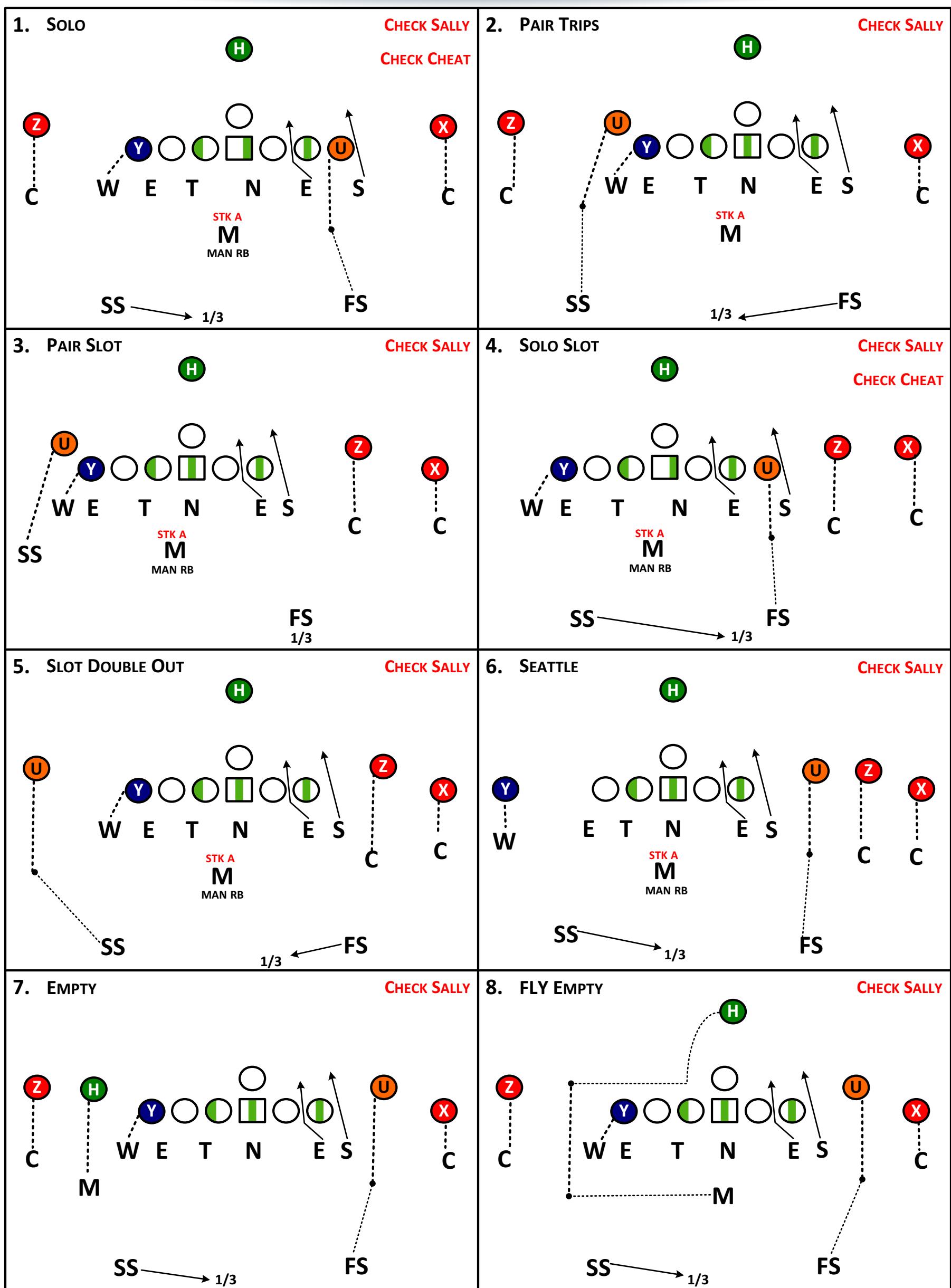
1. FLY/PEEL MOTION: MIKE AND WILL BUMP
2. VS. ALIGNED 1 BACK SETS: MIKE AND WILL BUMP
3. 2 BACK Y MOTION: ROCK AND ROLL
4. VS. EMPTY: MIKE AND WILL ADJUST



CHESTER SAM 1 Y BUMP

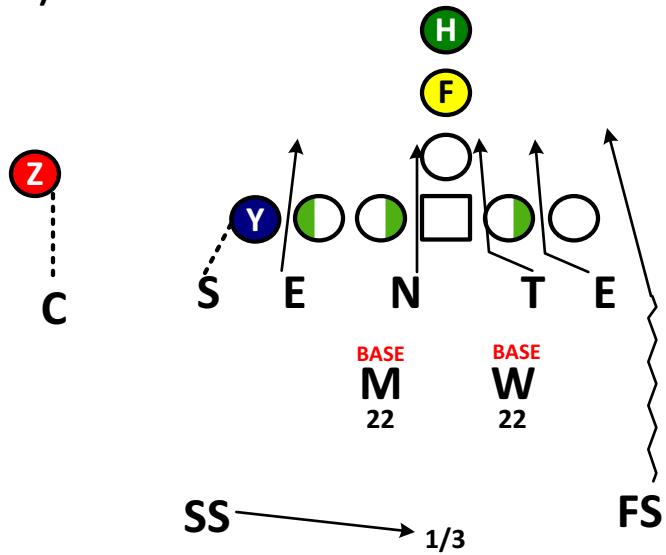


CHESTER SAM 1 Y BUMP

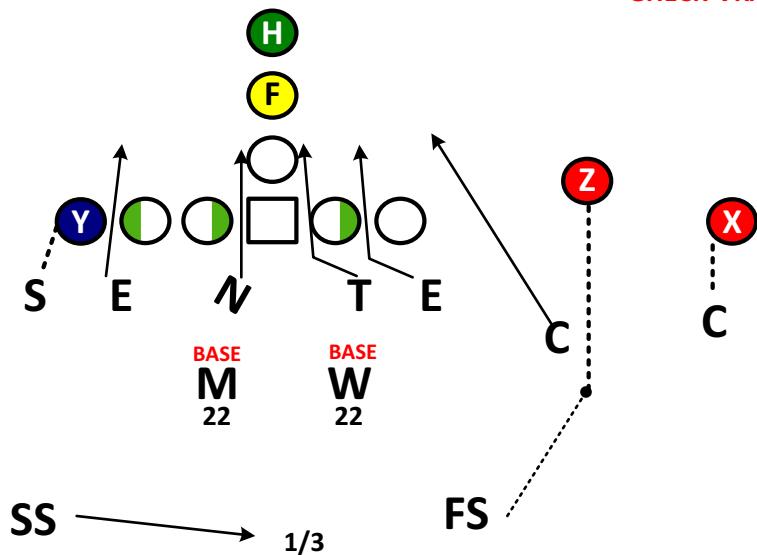


UNDER G FOX 1 BUMP

(21) I PRO



(21) I SLOT



CHECK TRADE

ESSENCE:

1. **5 MAN UNDER 1 PRESSURE WITH THE FREE SAFETY RUSHING OFF THE FLEX SIDE EDGE.**

COACHING POINTS:

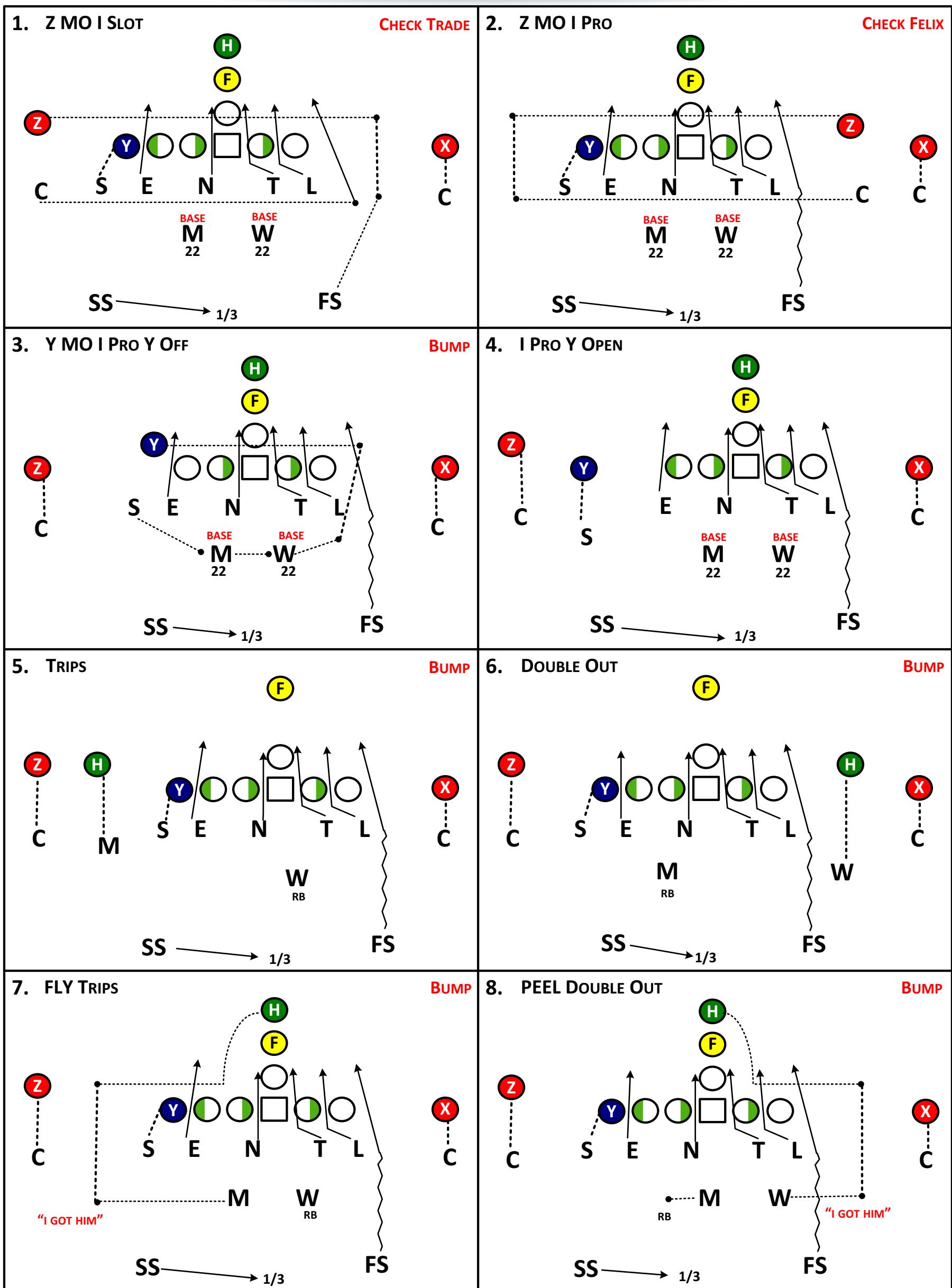
1. **SOLID CALL TO THE "Y".**
2. **MIKE AND WILL: 22 THE BACKS.**

ADJUSTMENTS:

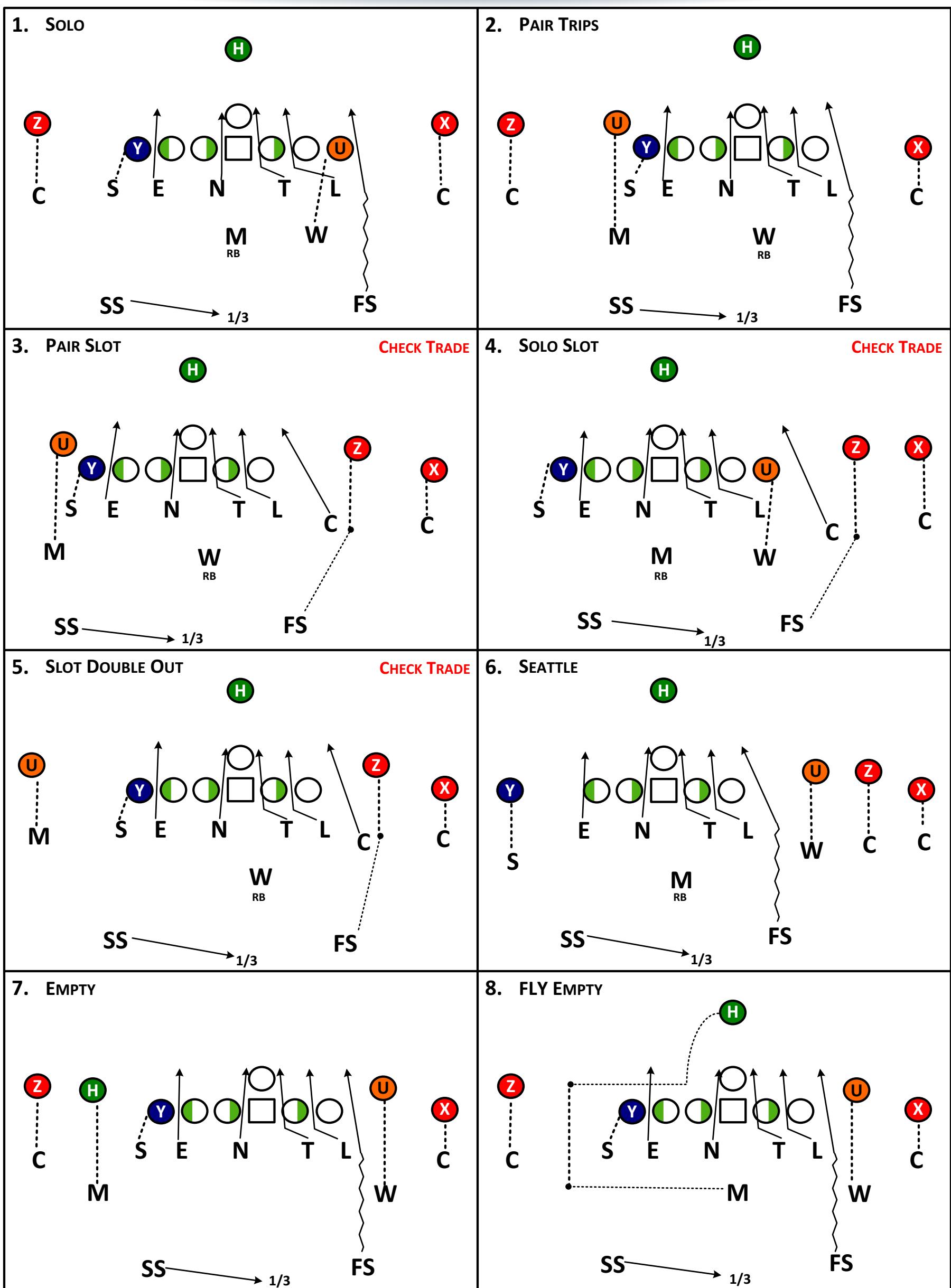
1. **Vs. PRO X NASTY: CHECK TRADE.**
2. **Vs. ALIGNED OR MOTION TO SLOT: CHECK TRADE.**
3. **Vs. 2 BACK Y SHIFT: BUMP.**
4. **Vs. ALIGNED OR MOTIONED TO 1 BACK SETS: BUMP.**



UNDER G FOX 1 BUMP



UNDER G FOX 1 BUMP



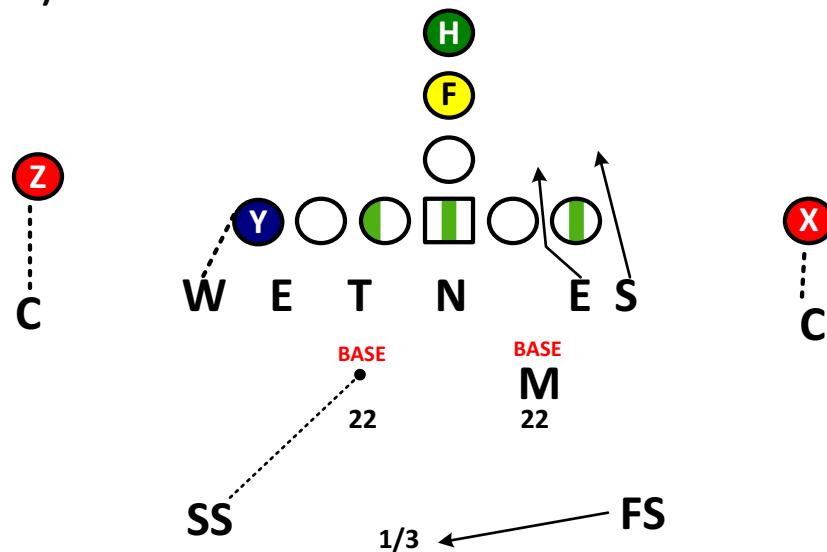
UNDER G FELIX 1 BUMP

1.	2.
3.	4.
5.	6.
7.	8.

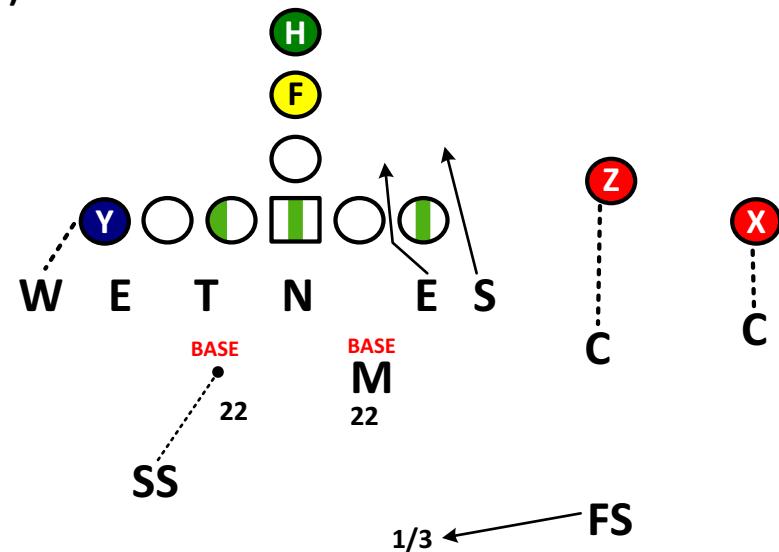


TUFF SAM 1 SALLY

(21) I PRO



(21) I SLOT



ESSENCE:

1. TUFF SAM 1 SALLY IS A 5 MAN PRESSURE OUT OF OUR TUFF LOOK.

COACHING POINTS:

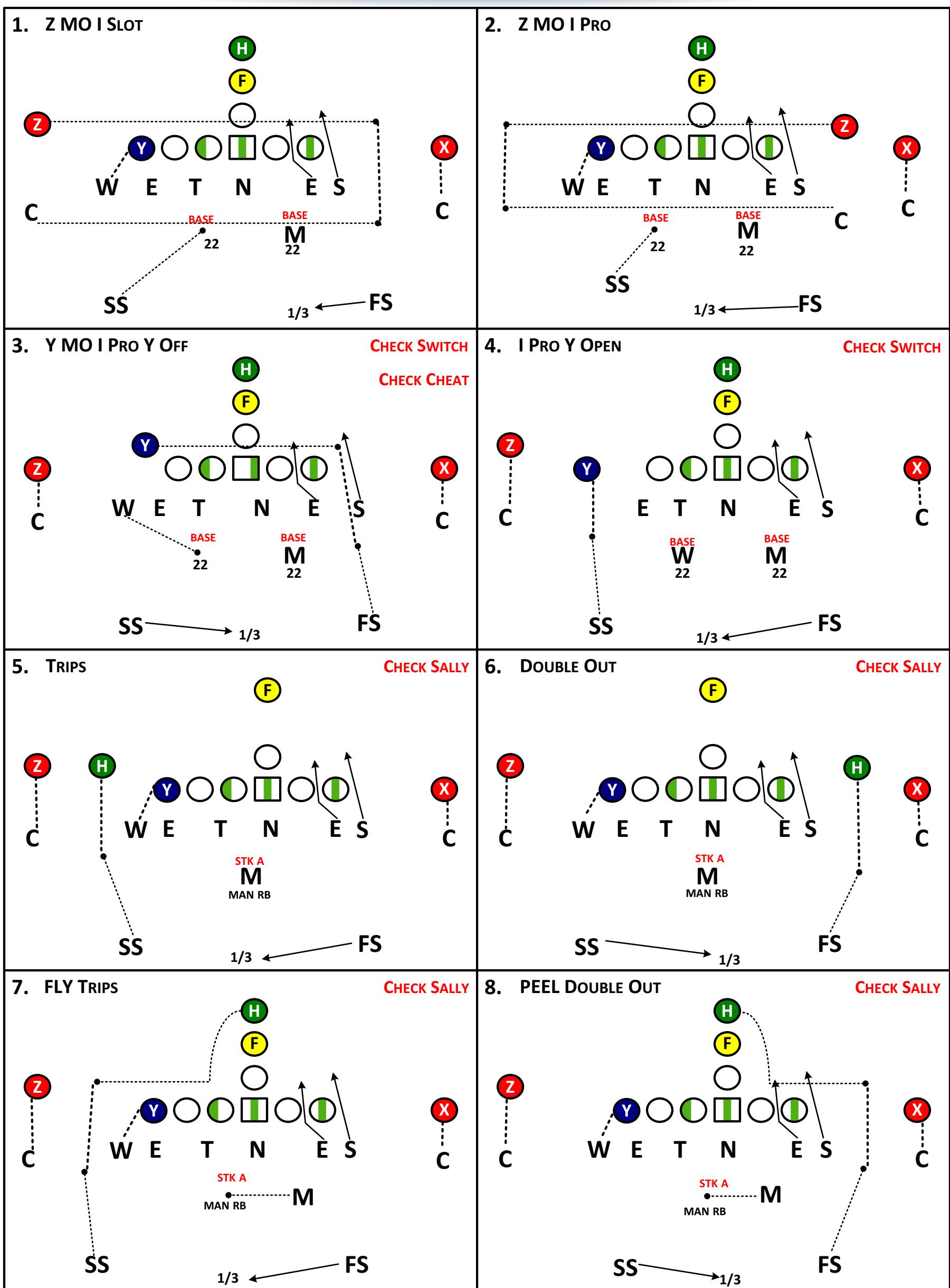
1. SOLID CALL TO THE Y
2. SAM: CONTAIN BLITZER
3. WILL: MAN TO MAN ON Y
4. SS & MIKE: 2 ON 2 THE BACKS

ADJUSTMENTS:

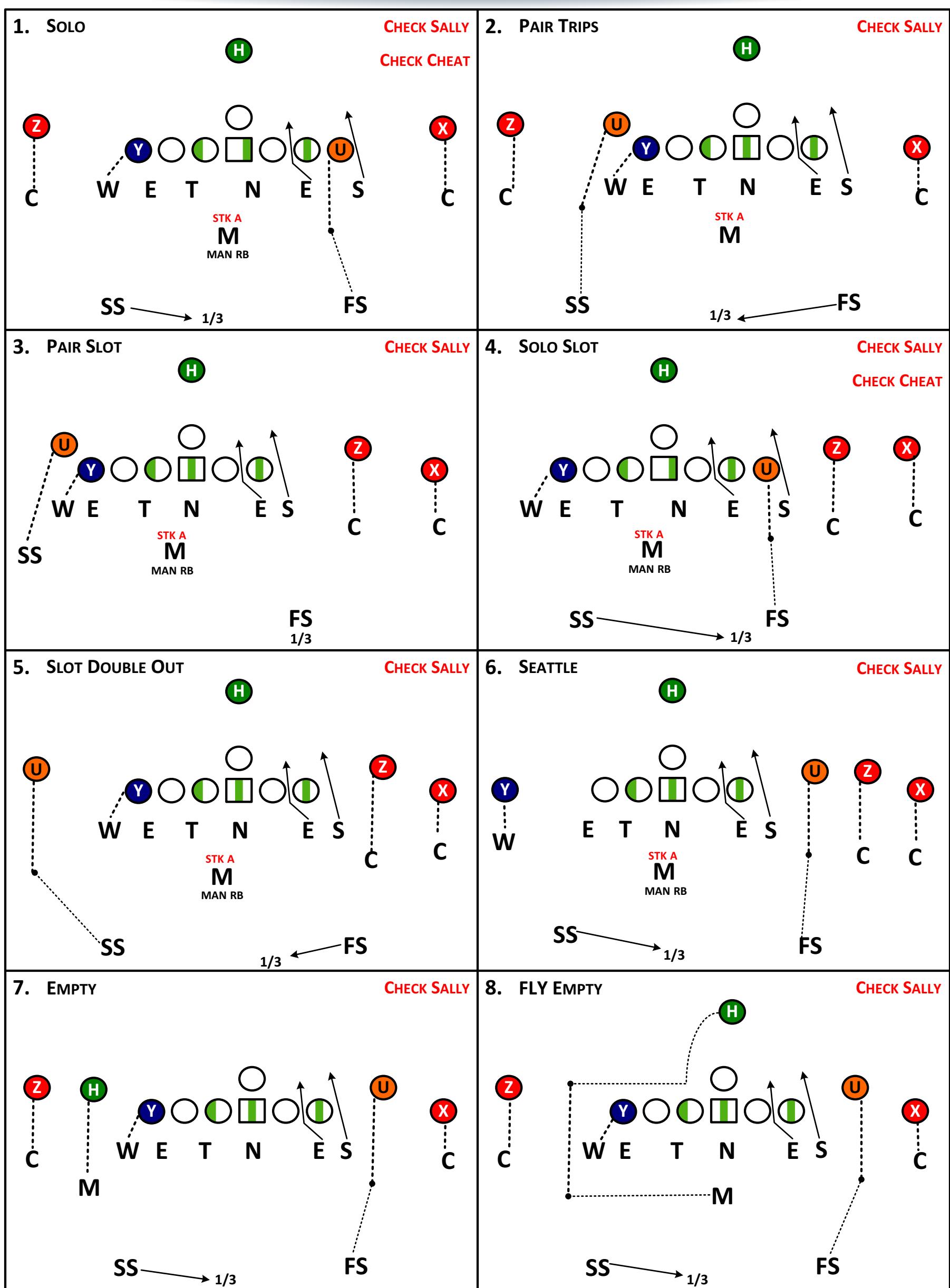
1. FLY/PEEL MOTION: CHECK SALLY
2. VS. ALIGNED 1 BACK SETS: CHECK SPECIAL
3. 2 BACK Y MOTION: CHECK SWITCH (ROCK SMACK 1 Y SALLY)
4. VS. 2 BACK Y OPEN: CHECK SWITCH
5. VS. EMPTY: CHECK SPECIAL, MIKE ADJUST



TUFF SAM 1 SALLY

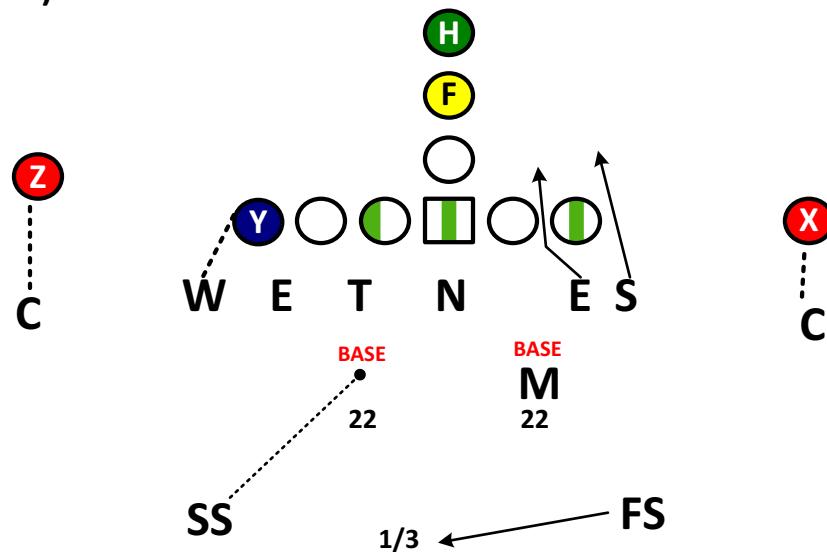


TUFF SAM 1 SALLY

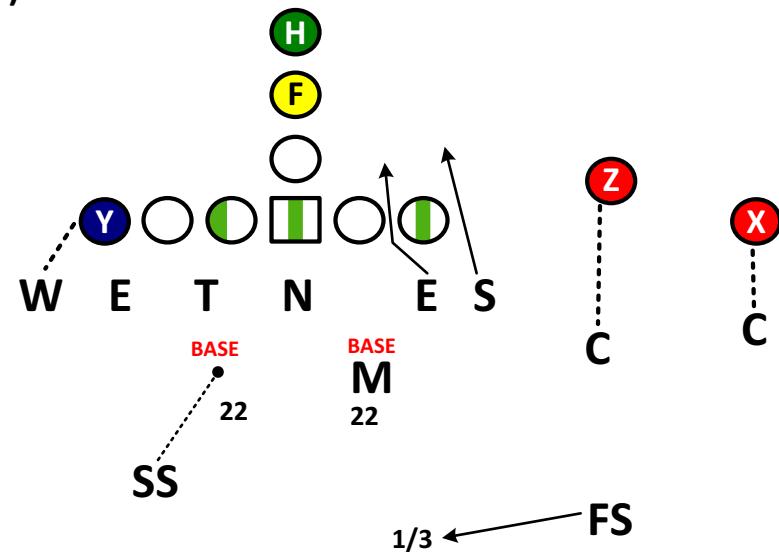


TUFF SAM 1 SPECIAL

(21) I PRO



(21) I SLOT



ESSENCE:

1. TUFF SAM 1 SALLY IS A 5 MAN PRESSURE OUT OF OUR TUFF LOOK.

COACHING POINTS:

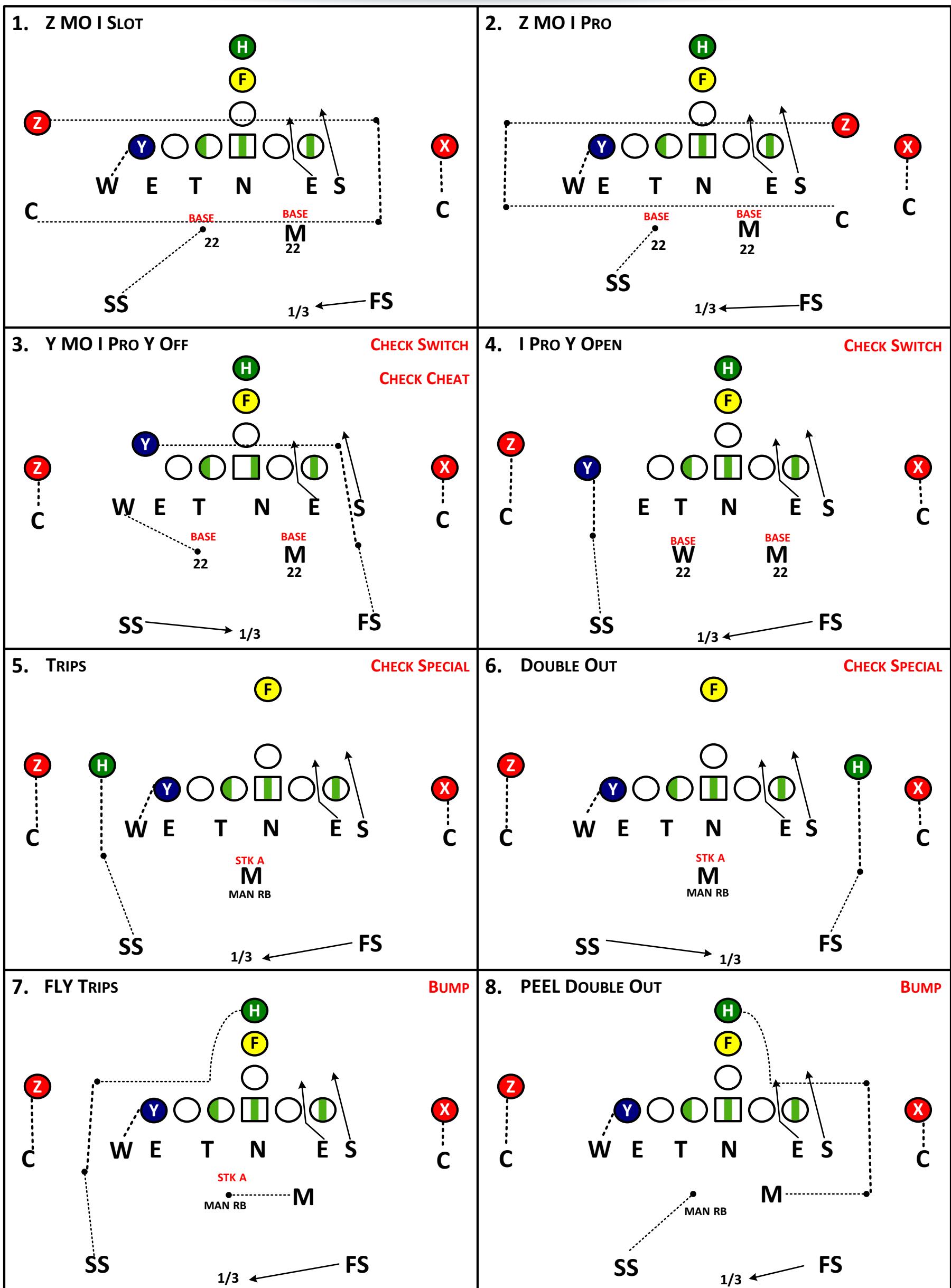
1. SOLID CALL TO THE Y
2. SAM: CONTAIN BLITZER
3. WILL: MAN TO MAN ON Y
4. SS & MIKE: 2 ON 2 THE BACKS

ADJUSTMENTS:

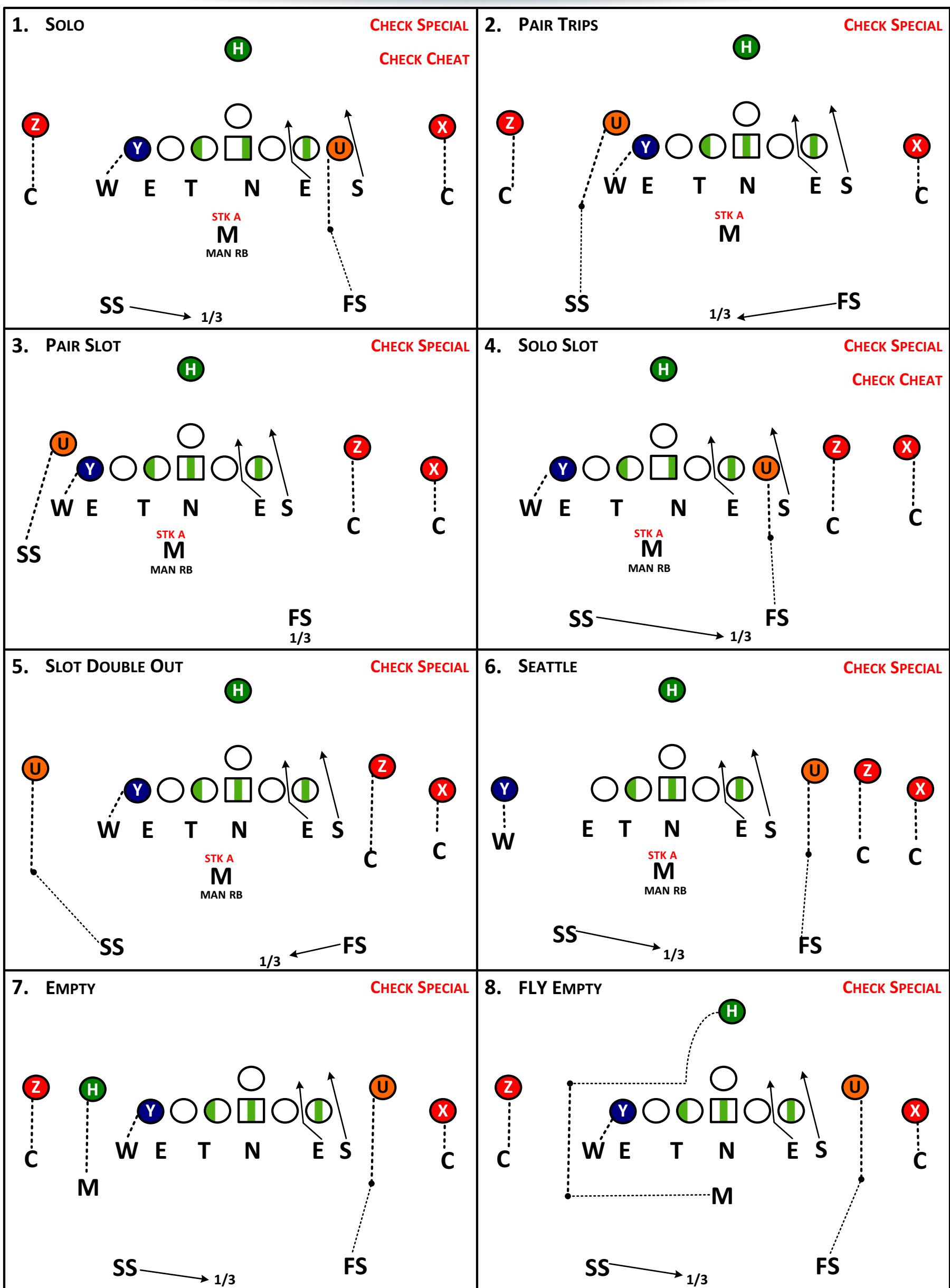
1. FLY/PEEL MOTION: SPECIAL RULES APPLY
2. VS. ALIGNED 1 BACK SETS: CHECK SPECIAL
3. 2 BACK Y MOTION: CHECK SWITCH (ROCK SMACK 1 Y SALLY)
4. VS. 2 BACK Y OPEN: CHECK SWITCH
5. VS. EMPTY: CHECK SPECIAL, MIKE ADJUST



TUFF SAM 1 SPECIAL

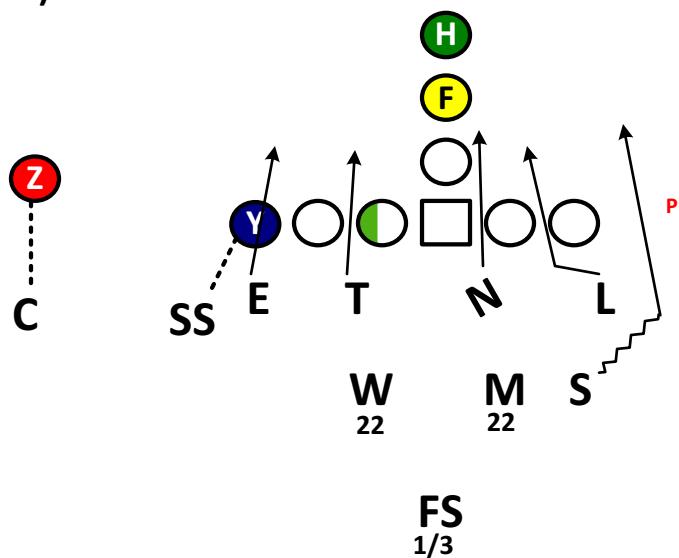


TUFF SAM 1 SPECIAL

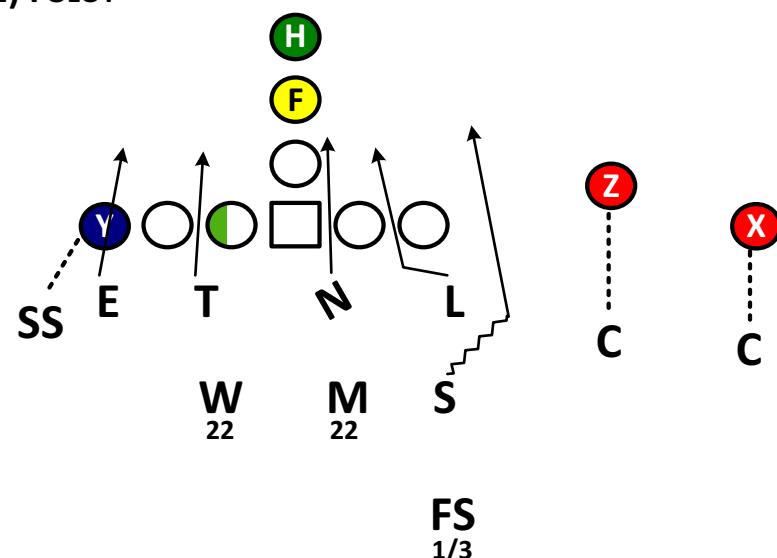


OVER SAM 1 Y

(21) I PRO



(21) I SLOT



ESSENCE:

1. THIS IS A 5 MAN PRESSURE OUT OF AN OVER FRONT.
2. SAM RUSH CONTAINS THE FLEX SIDE

COACHING POINTS:

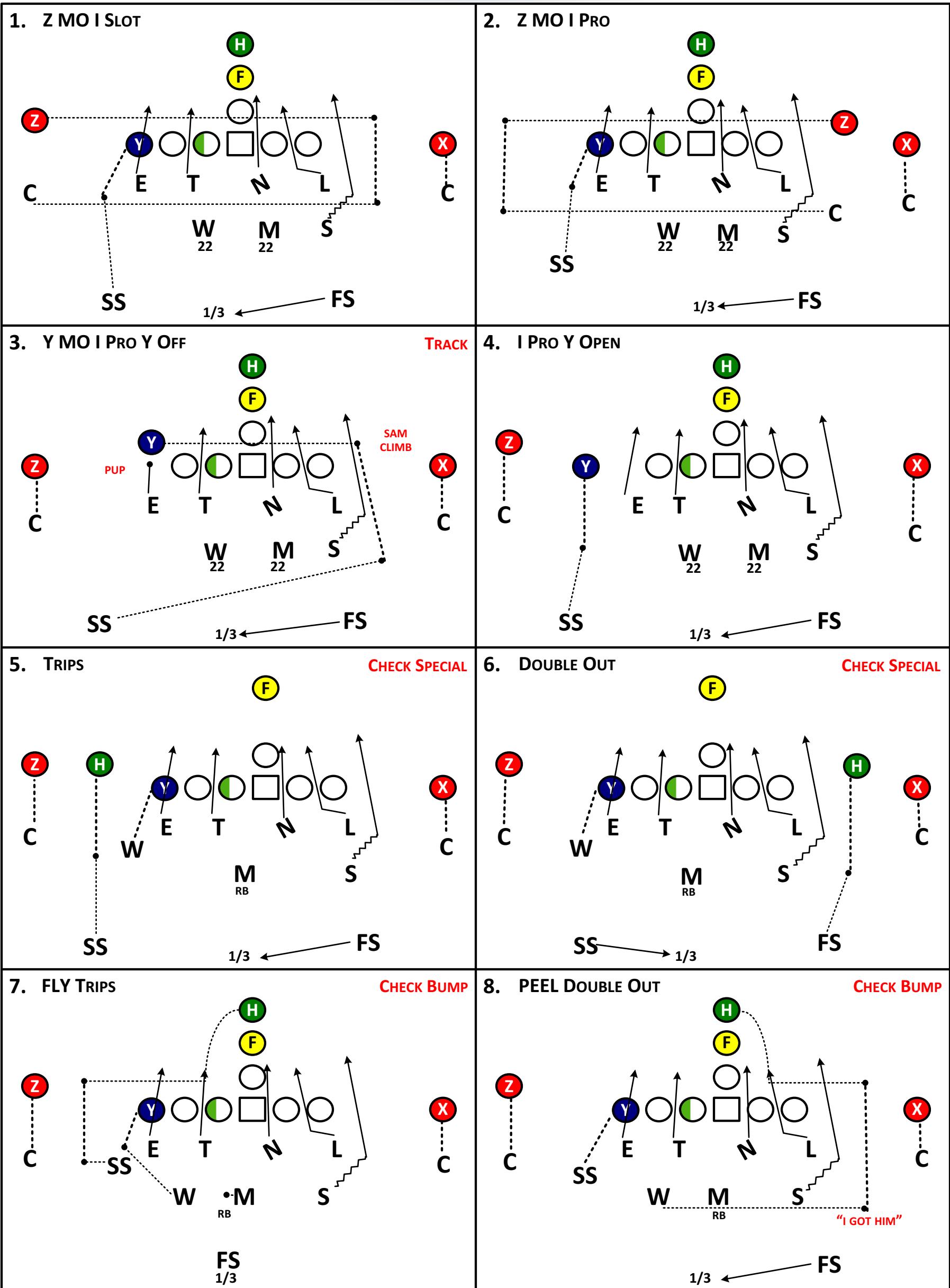
1. SOLID CALL TO THE "Y"
2. SAM PUP TECHNIQUE: "PIN THE HIP AND UP"

ADJUSTMENTS:

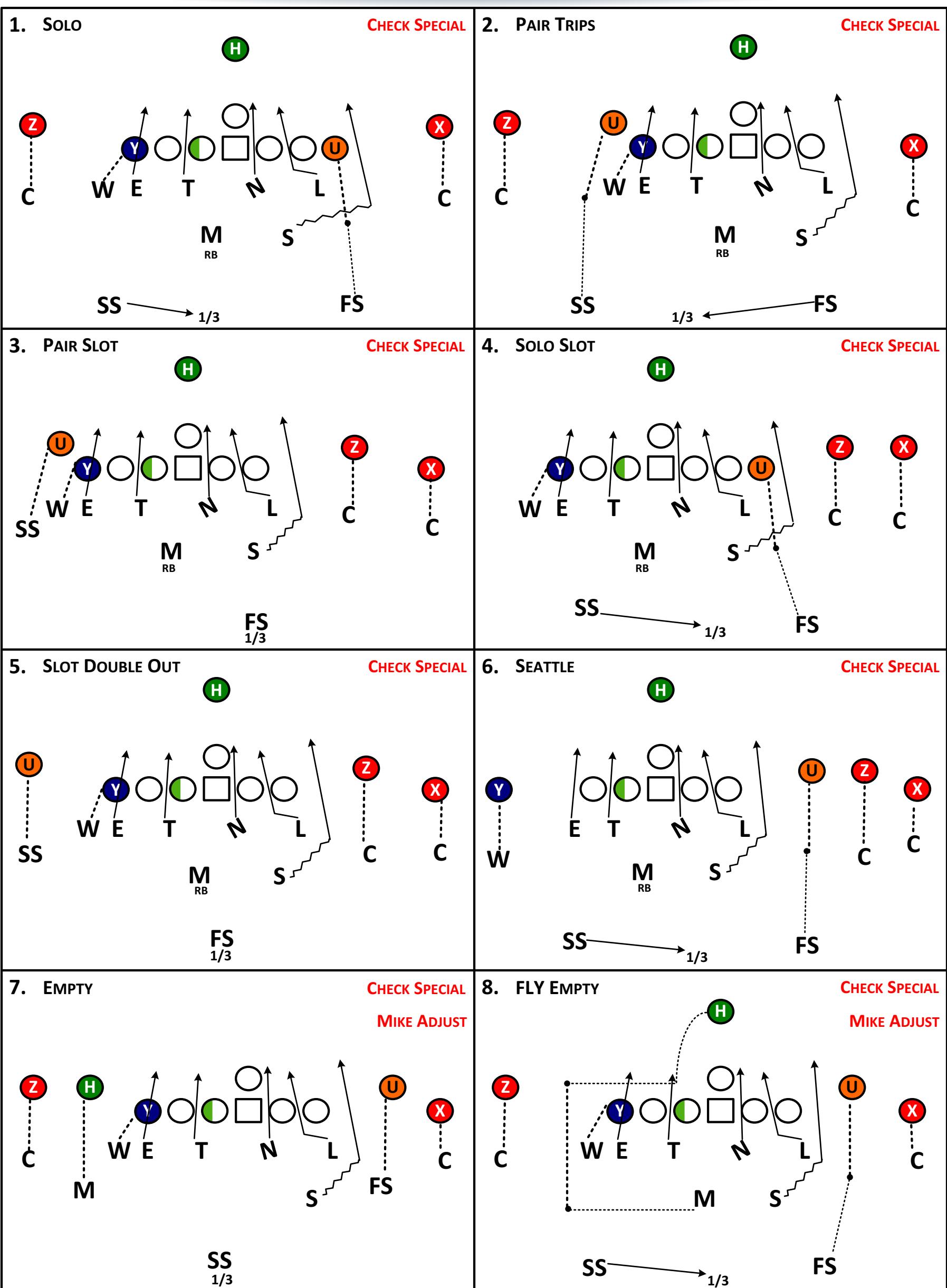
1. ALIGNED 1 BACK: CHECK SPECIAL
2. Vs. FLY/PEEL MOTION: BUMP ("I GOT HIM")
3. Vs. 2 BACK Y MOTION: TRACK – SAM CLIMB
4. Vs. 1 BACK Y MOTION: BUMP (LBs ADJUST) "YUKON"
5. Vs. Box FLY/PEEL: SS TRACK WITH 'RIP OR LIZ' CALL
6. Vs. EMPTY: MIKE TAKES THE RB



OVER SAM 1 Y

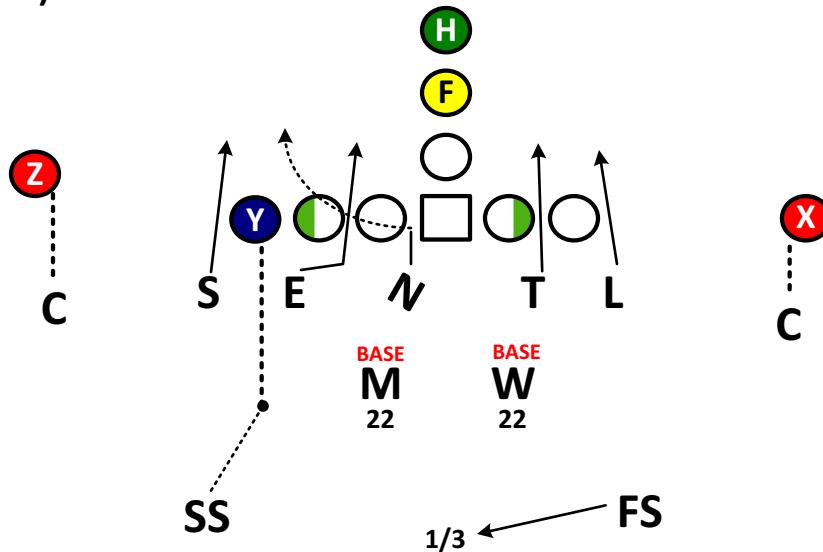


OVER SAM 1 Y

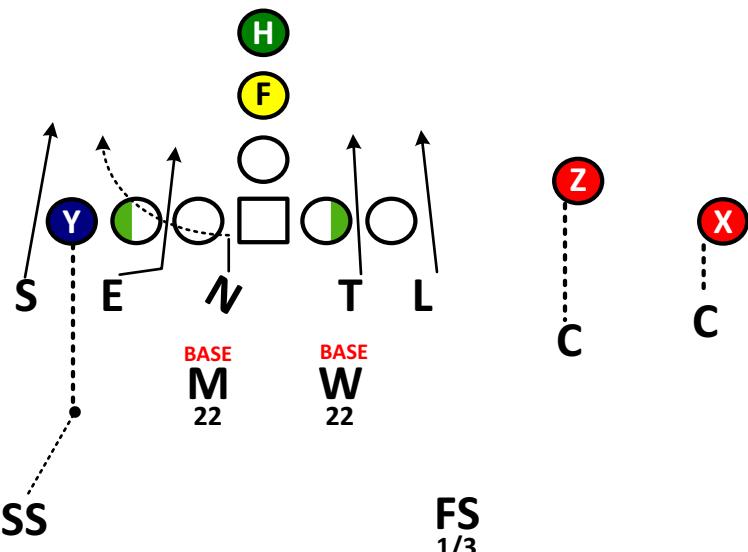


UNDER SAM 1 Y BUMP

(21) I PRO



(21) I SLOT



ESSENCE:

1. **5 MAN UNDER 1 Y PRESSURE WITH THE SAM RUSHING OFF THE SIDE EDGE.** SOLID

COACHING POINTS:

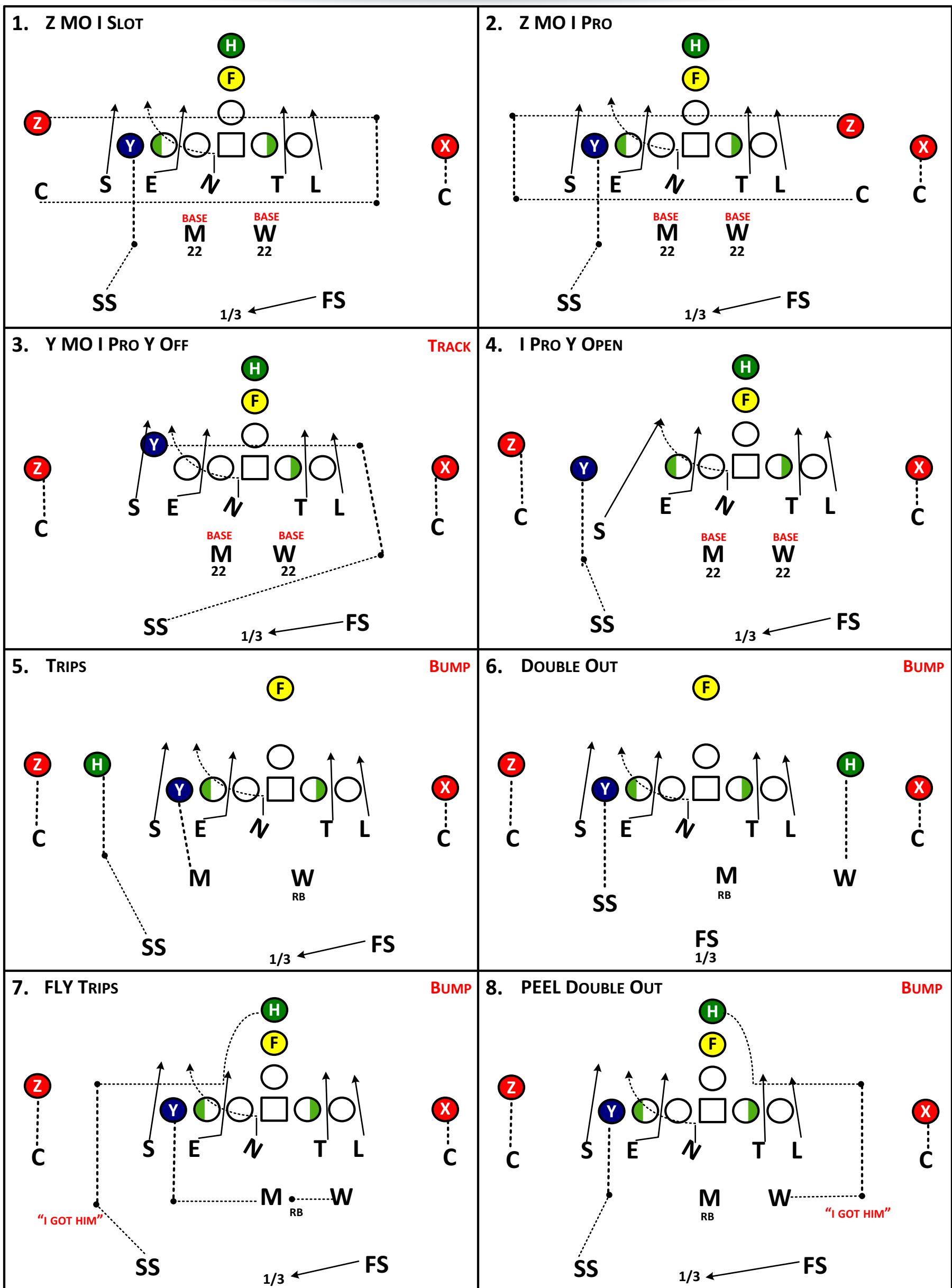
1. **SOLID CALL TO THE "Y".**
2. **SAM RUSHES OFF THE SOLID SIDE EDGE**
3. **SS HAS THE Y MAN TO MAN**
4. **MIKE AND WILL 22 THE BACKS**
5. **CAN BE CALLED WITH A LOOP CALL**
6. **NOSE WRAP ON PASS**

ADJUSTMENTS:

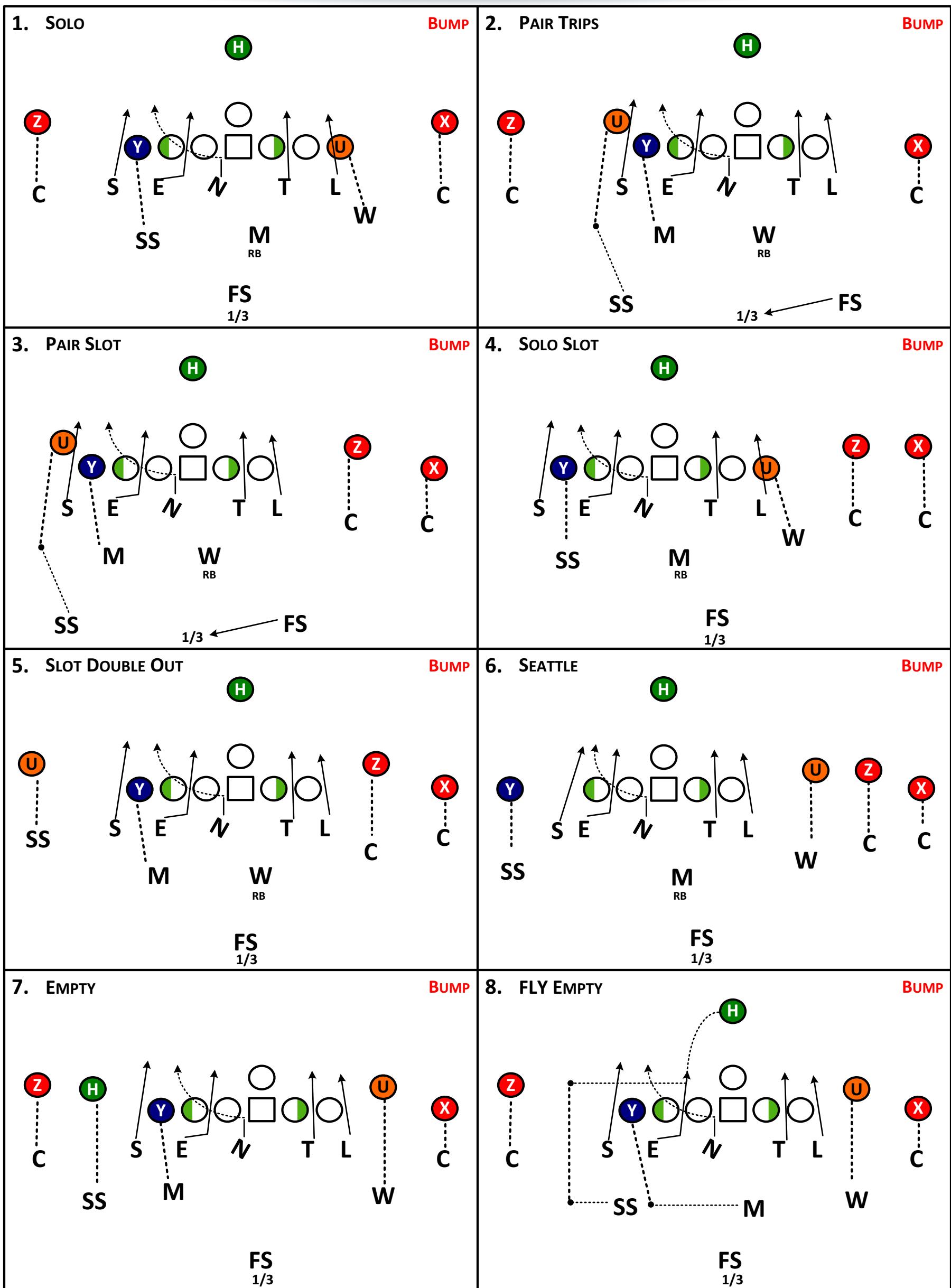
1. **2 BACK Y MOTION: SAFETIES TRACK THE Y. MIKE AND WILL 22 THE BACKS.**
2. **BUMP RULES APPLY:**
 - Vs. FLY/PEEL MOTION: BUMP ("I GOT HIM")
 - ALIGNED 1 BACK: BUMP
 - Vs. BOX FLY/PEEL: BUMP
3. **EMPTY RULES (CHECK BUMP):**
 - WILL: FIRST BACK MY SIDE, NO BACK MY SIDE, FIRST BACK OTHER SIDE
 - SAFETY: COVER #2 STRONG (MATCH UP)



UNDER SAM 1 Y BUMP

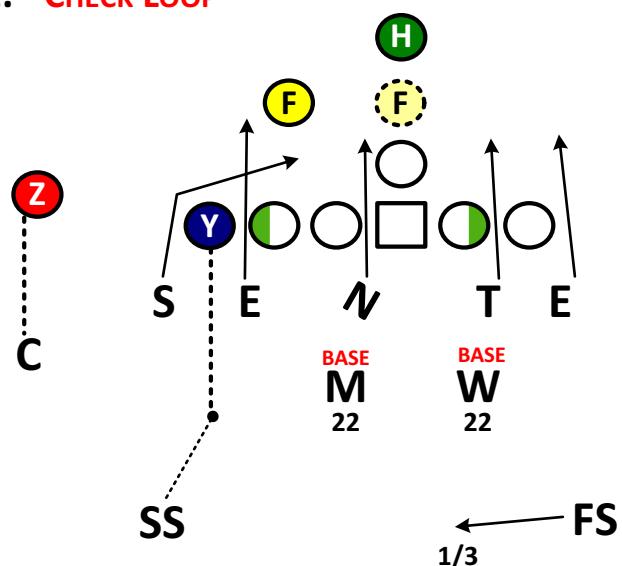


UNDER SAM 1 Y BUMP



UNDER SAM 1 Y BUMP

1. CHECK LOOP



2.

3.

4.

5.

6.

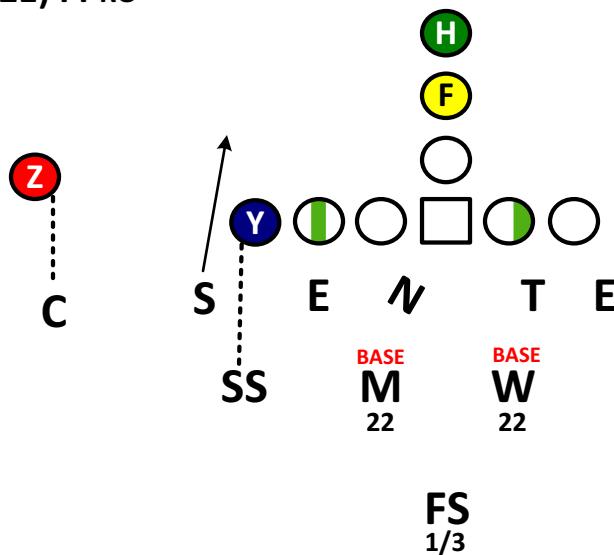
7.

8.

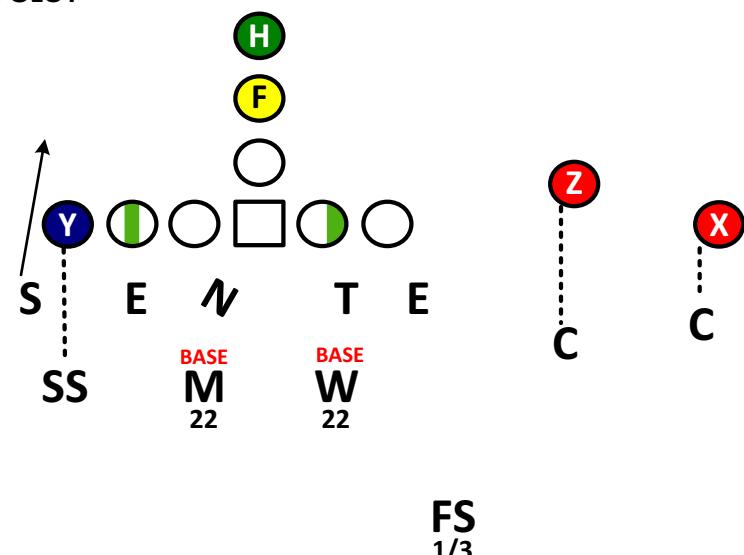


ROCK SMACK 1 JACK

(21) I PRO



(21) I SLOT



ESSENCE:

1. **Rock Smack 1 Jack is a Base Under Family 5 Man Pressure with the Sam Rushing off the Solid Side Edge.**

COACHING POINTS:

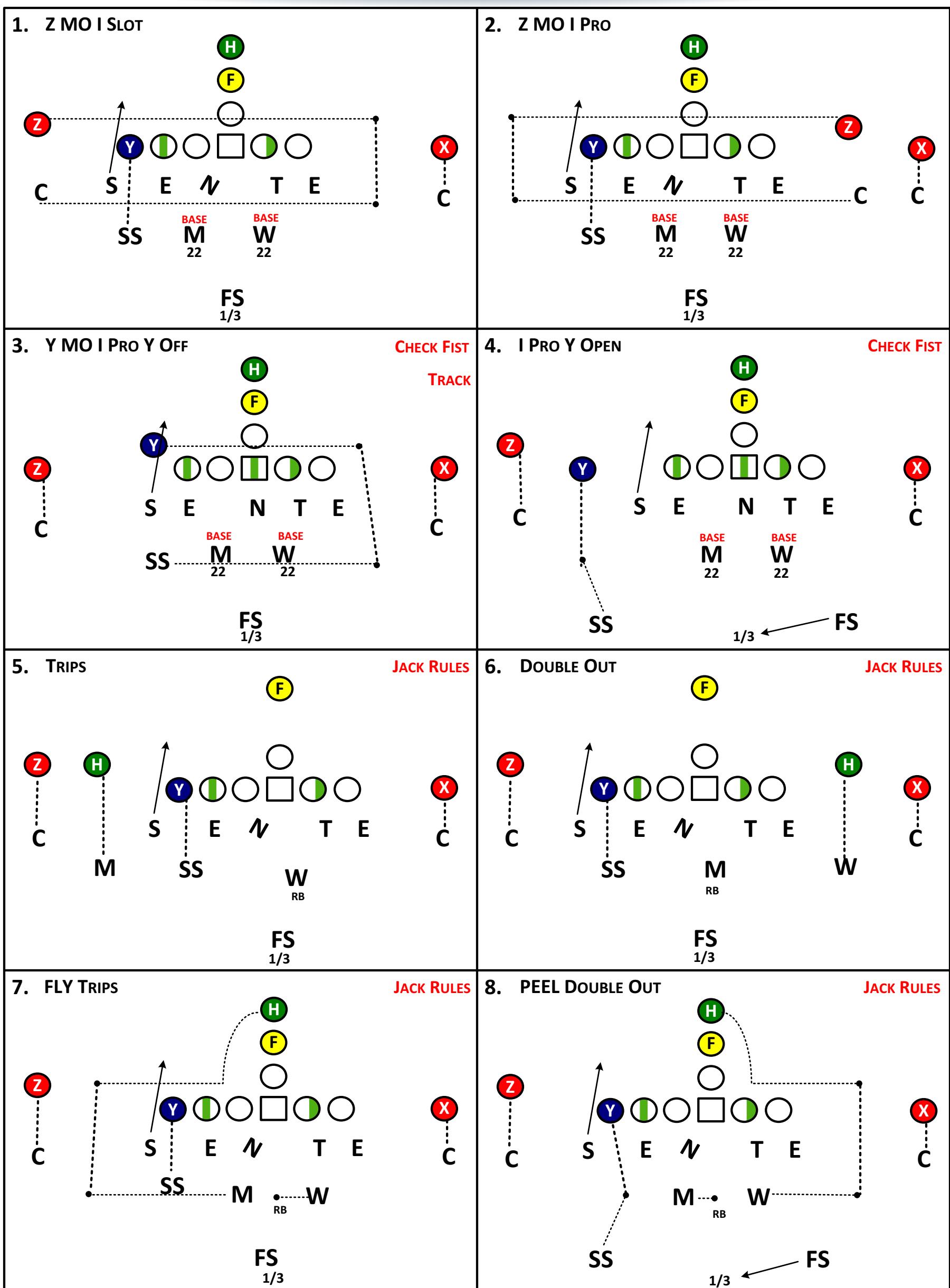
1. **SOLID CALL TO THE "Y".**
2. **SAM: PUP TECHNIQUE**
3. **SS: MAN TO MAN ON #88**
4. **MIKE AND WILL 22 THE BACKS**

ADJUSTMENTS:

1. **2 BACK Y MOTION: SAFETY TRACK THE Y. MIKE AND WILL 22 THE BACKS.**
2. **JACK RULES APPLY.**
SS: MAN ON #88
MIKE & WILL: ADJUST
3. **EMPTY: MIKE & WILL ADJUST**



ROCK SMACK 1 JACK



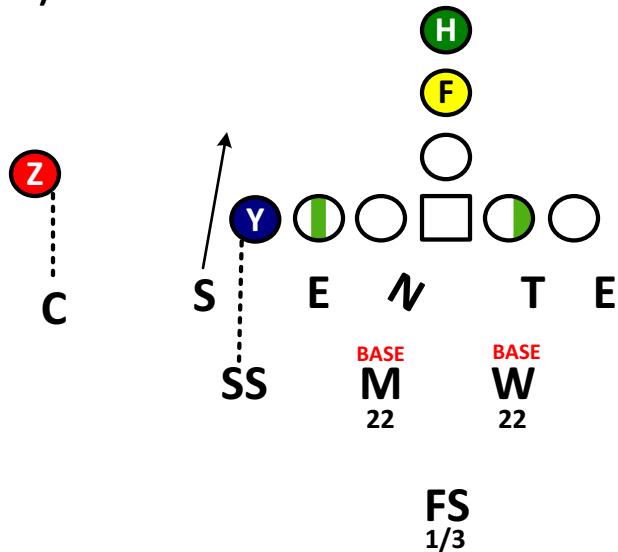
ROCK SMACK 1 JACK

<p>1. SOLO</p> <p>JACK RULES</p>	<p>2. PAIR TRIPS</p> <p>JACK RULES</p>
<p>3. PAIR SLOT</p> <p>JACK RULES</p>	<p>4. SOLO SLOT</p> <p>JACK RULES</p>
<p>5. SLOT DOUBLE OUT</p> <p>JACK RULES</p>	<p>6. SEATTLE</p> <p>JACK RULES</p>
<p>7. EMPTY</p> <p>JACK RULES</p>	<p>8. FLY EMPTY</p> <p>JACK RULES</p>

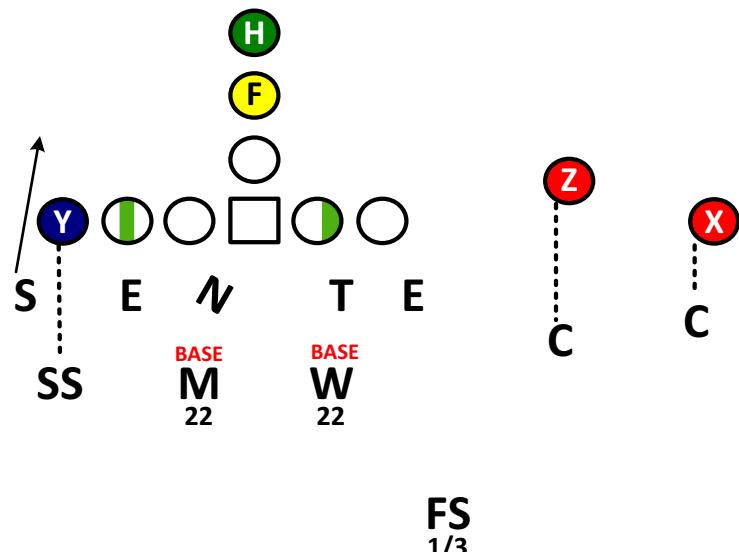


ROCK SMACK 1 Y SALLY

(21) I PRO



(21) I SLOT



ESSENCE:

1. **Rock Smack 1Y Sally is a Base Under Family 5 Man pressure with the Sam Rushing off the Solid Side Edge.**

COACHING POINTS:

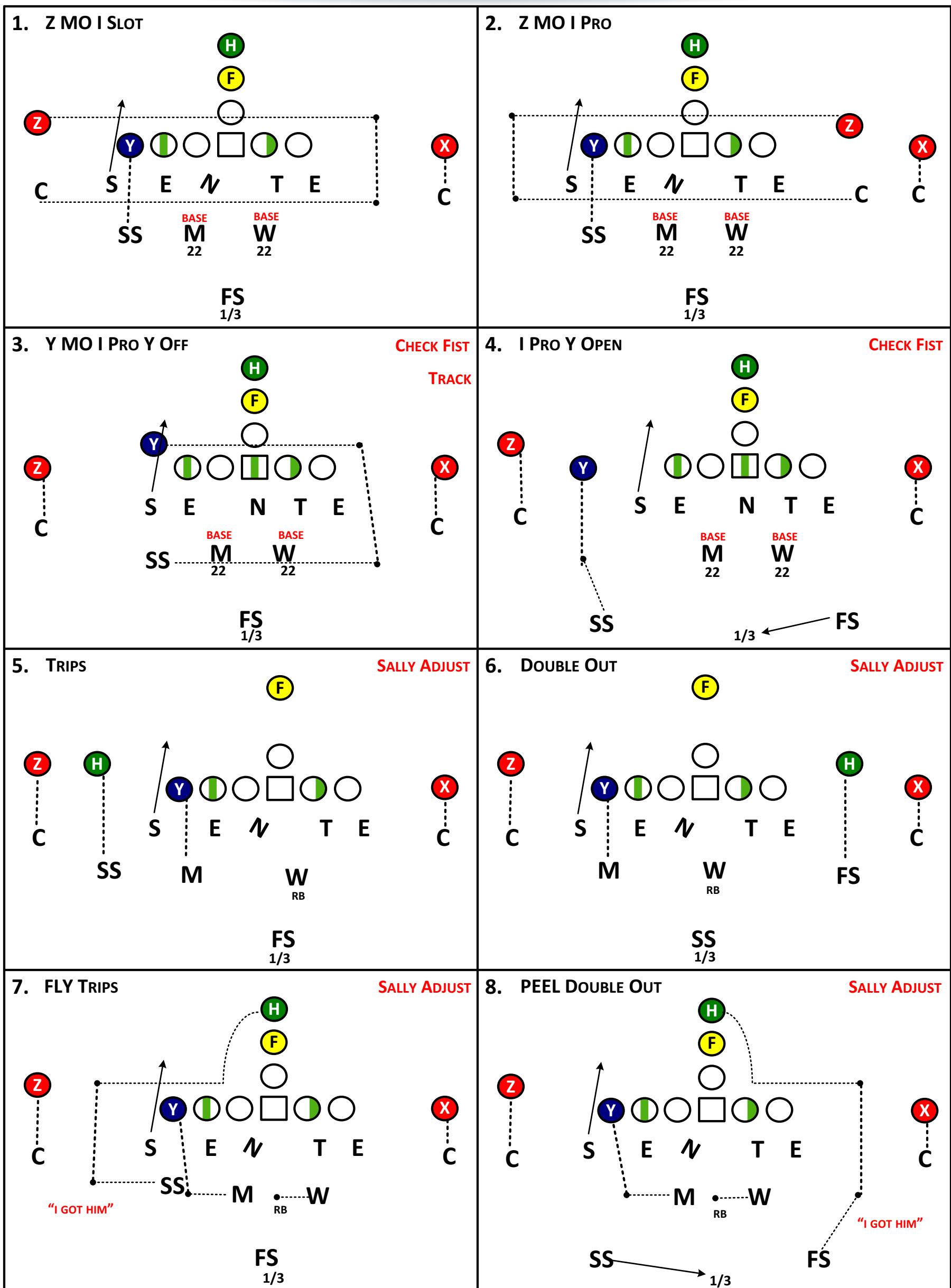
1. **SOLID CALL TO THE "Y".**
2. **SAM: PUP TECHNIQUE**
3. **SS: MAN TO MAN ON Y**
4. **MIKE AND WILL 22 THE BACKS**

ADJUSTMENTS:

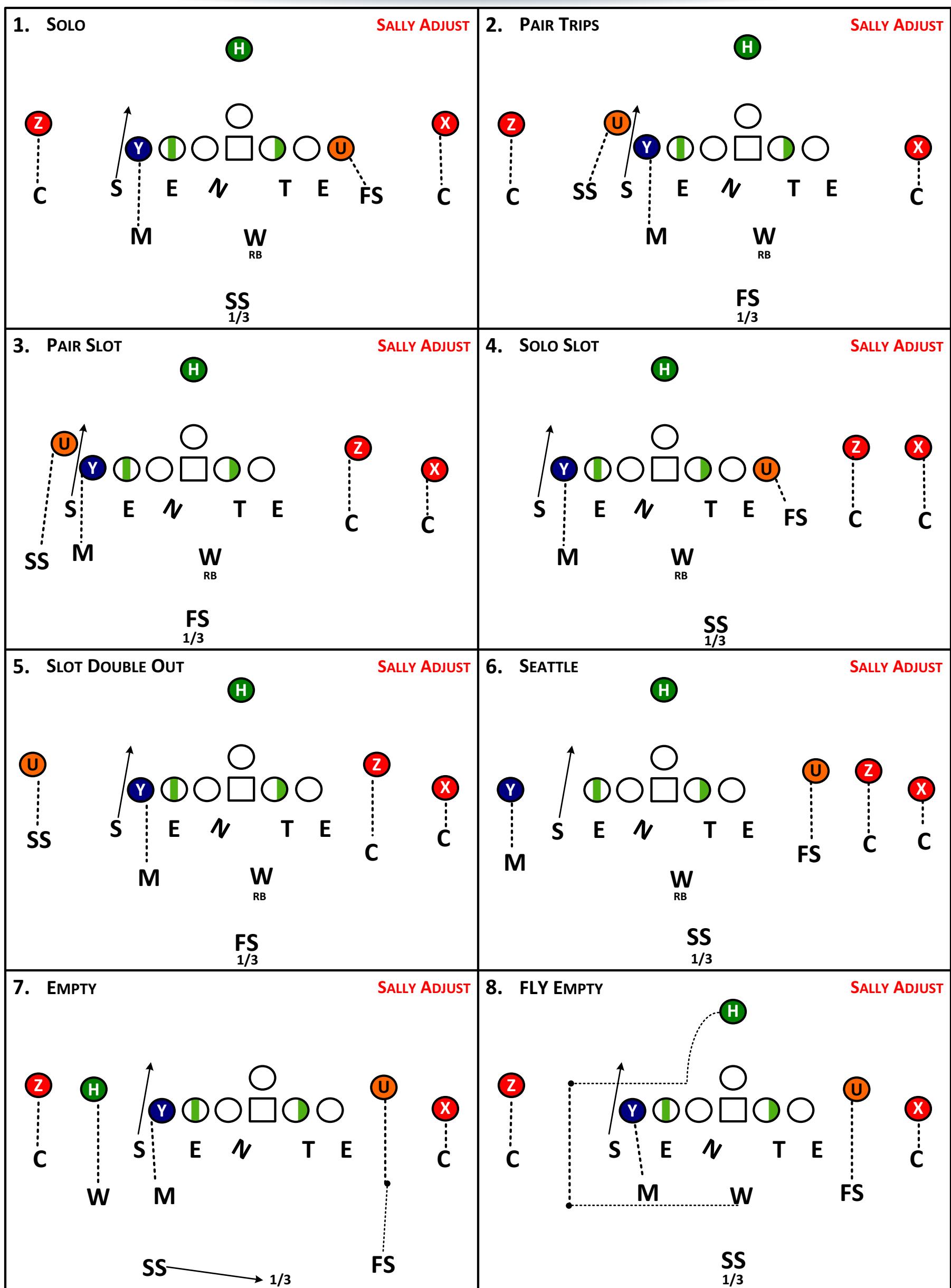
1. **2 BACK Y MOTION: SAFETY TRACK THE Y. MIKE AND WILL 22 THE BACKS.**
2. **SALLY RULES APPLY.**
 - Vs. Fly/Peel Motion: SALLY ADJUST**
 - Aligned One Back: SALLY ADJUST**
 - Vs. Box Fly/Peel Motion: TRACK**
3. **EMPTY: WILL ADJUST**



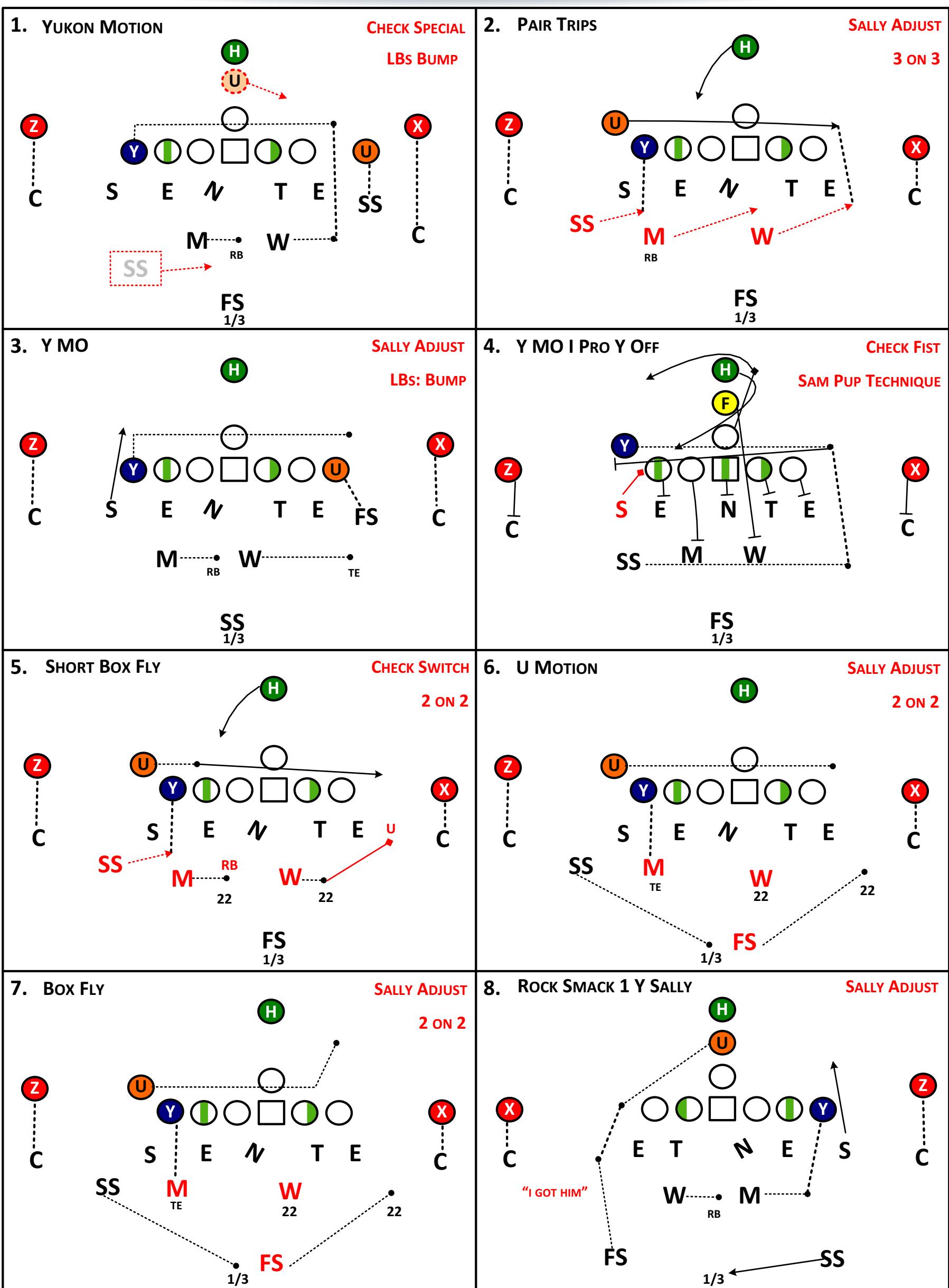
ROCK SMACK 1 Y SALLY

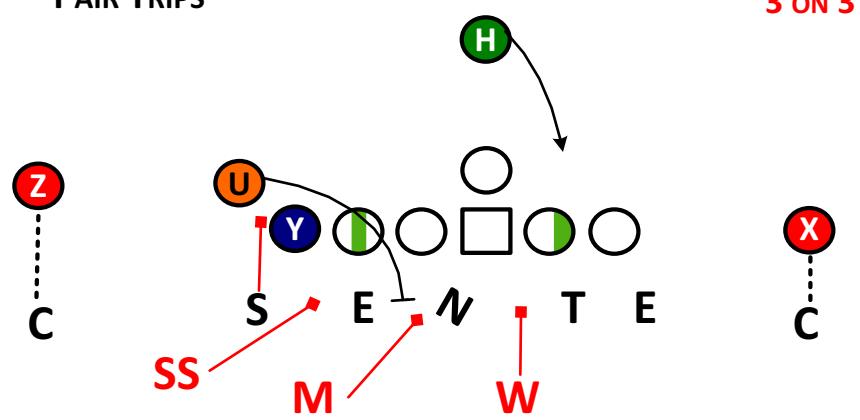
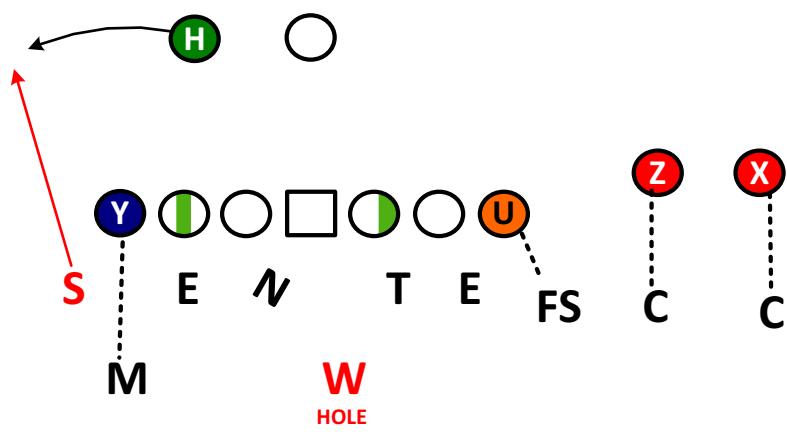


ROCK SMACK 1 Y SALLY



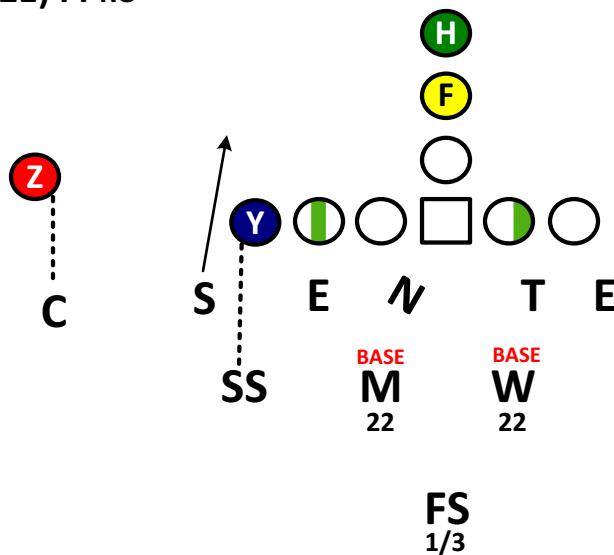
ROCK SMACK 1 Y



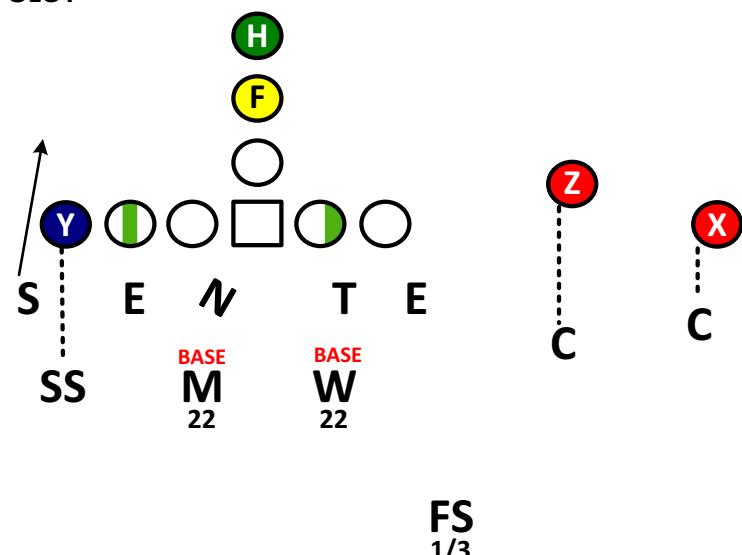
PAIR TRIPS**3 ON 3****FS** $\frac{1}{3}$ **BUSH SCREEN****SS** $\frac{1}{3}$

ROCK SMACK 1 Y SPECIAL

(21) I PRO



(21) I SLOT



ESSENCE:

1. **Rock Smack 1Y Sally is a base under family 5 man pressure with the Sam rushing off the solid side edge.**

COACHING POINTS:

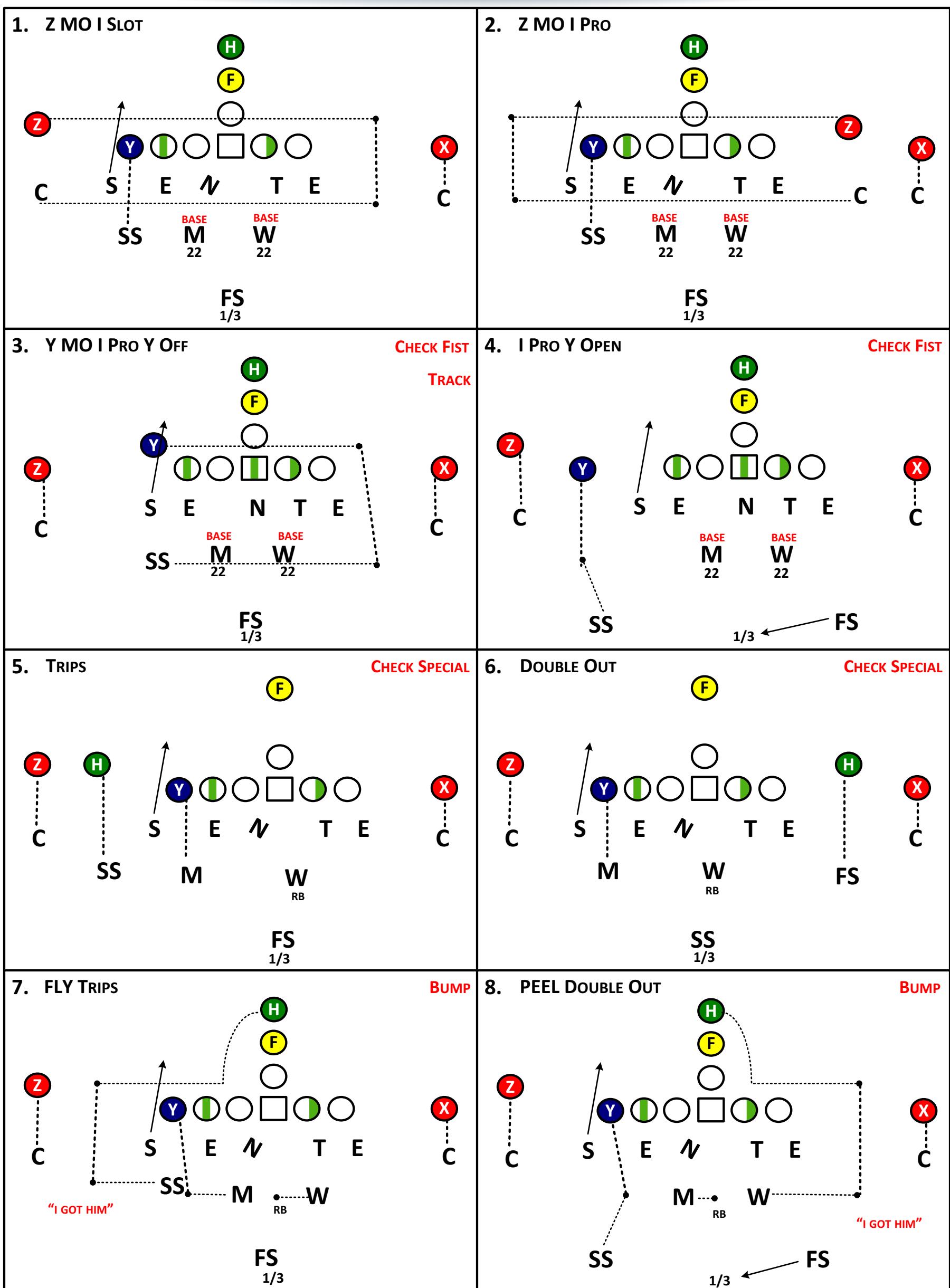
1. **SOLID CALL TO THE "Y".**
2. **SAM: PUP TECHNIQUE**
3. **SS: MAN TO MAN ON Y**
4. **MIKE AND WILL 22 THE BACKS**

ADJUSTMENTS:

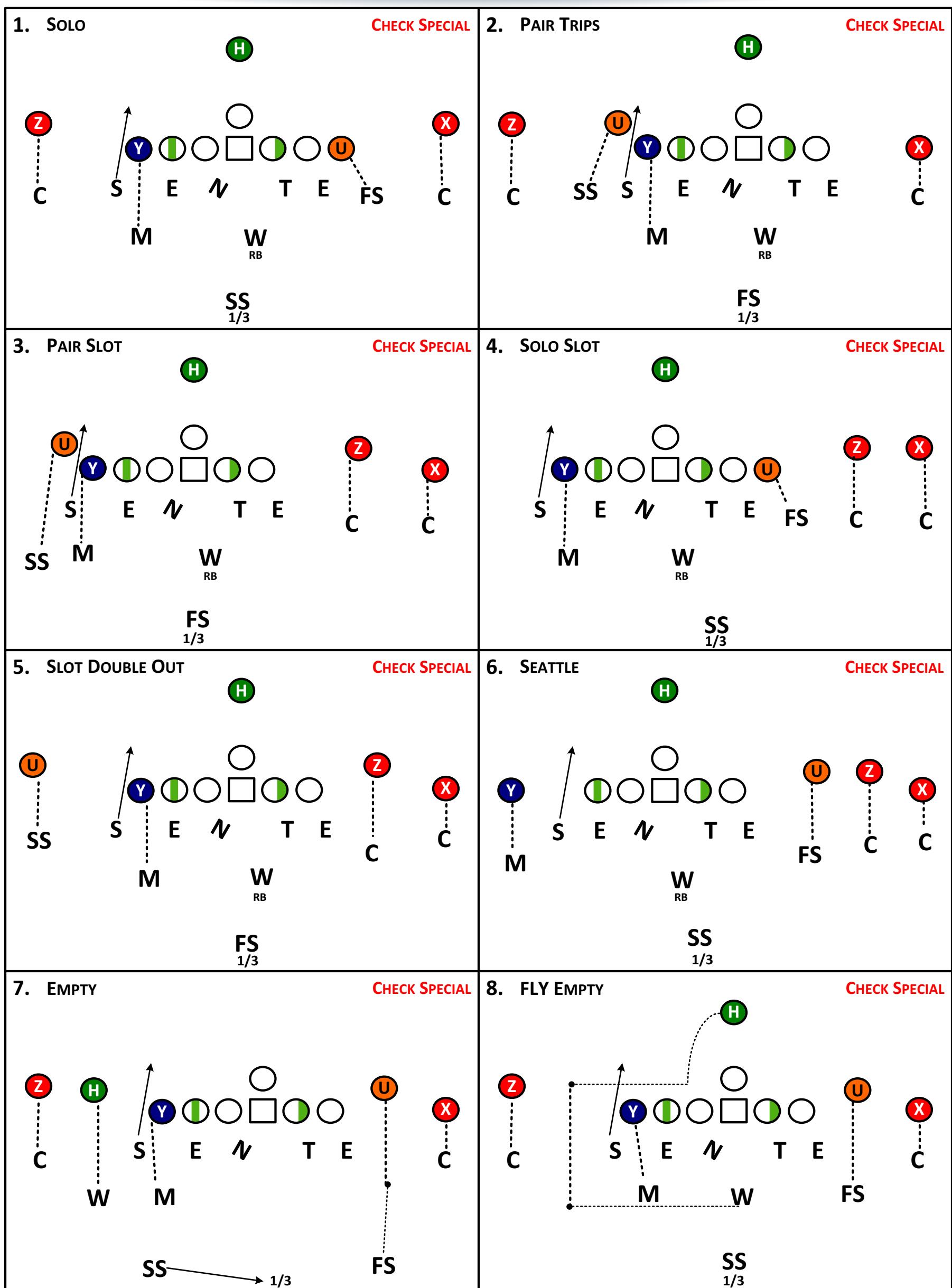
1. **2 BACK Y MOTION: SAFETY TRACK THE Y. MIKE AND WILL 22 THE BACKS.**
2. **SPECIAL RULES APPLY.**
Vs. Fly/Peel Motion: Bump
Aligned One Back: Sally Adjust
3. **EMPTY: WILL ADJUST**

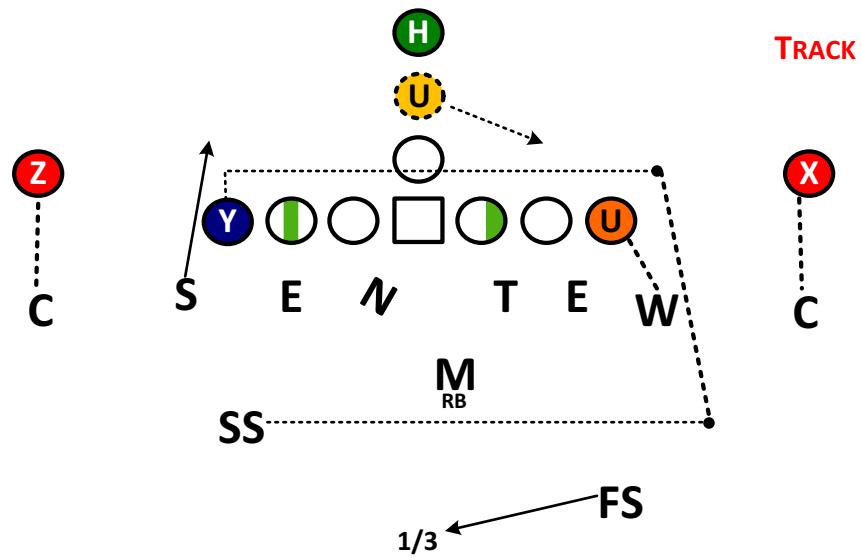


ROCK SMACK 1 Y SPECIAL



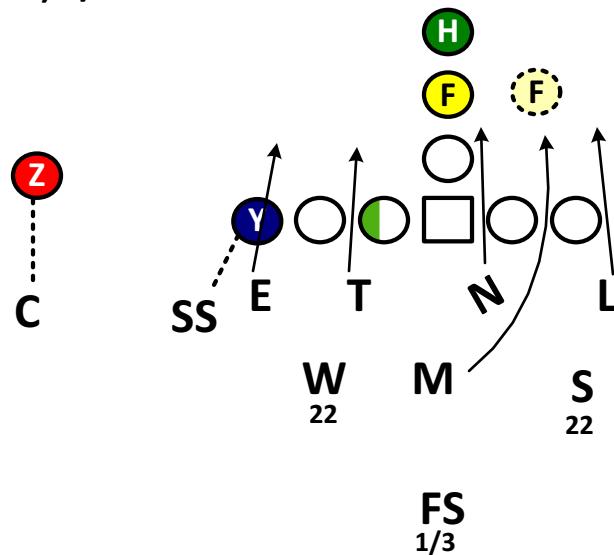
ROCK SMACK 1 Y SPECIAL



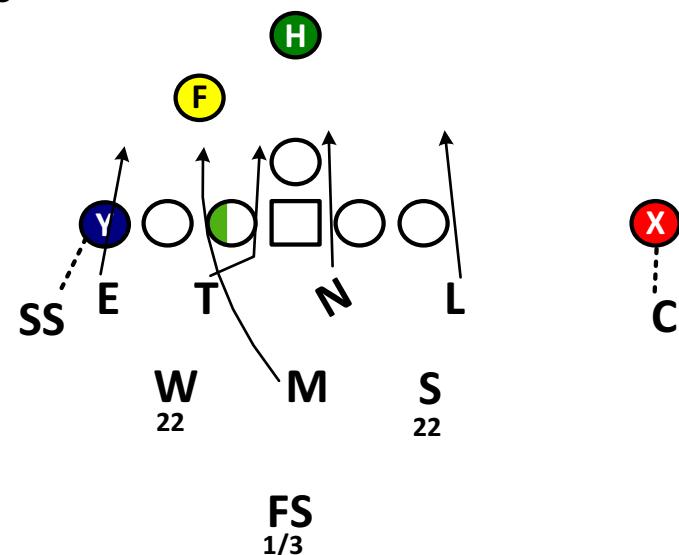
CARDINAL MOTION

OVER TURBO 1 JACK

(21) I / IF PRO



(21) IN PRO



ESSENCE:

1. THIS IS A 5 MAN PRESSURE OUT OF AN OVER FRONT.

COACHING POINTS:

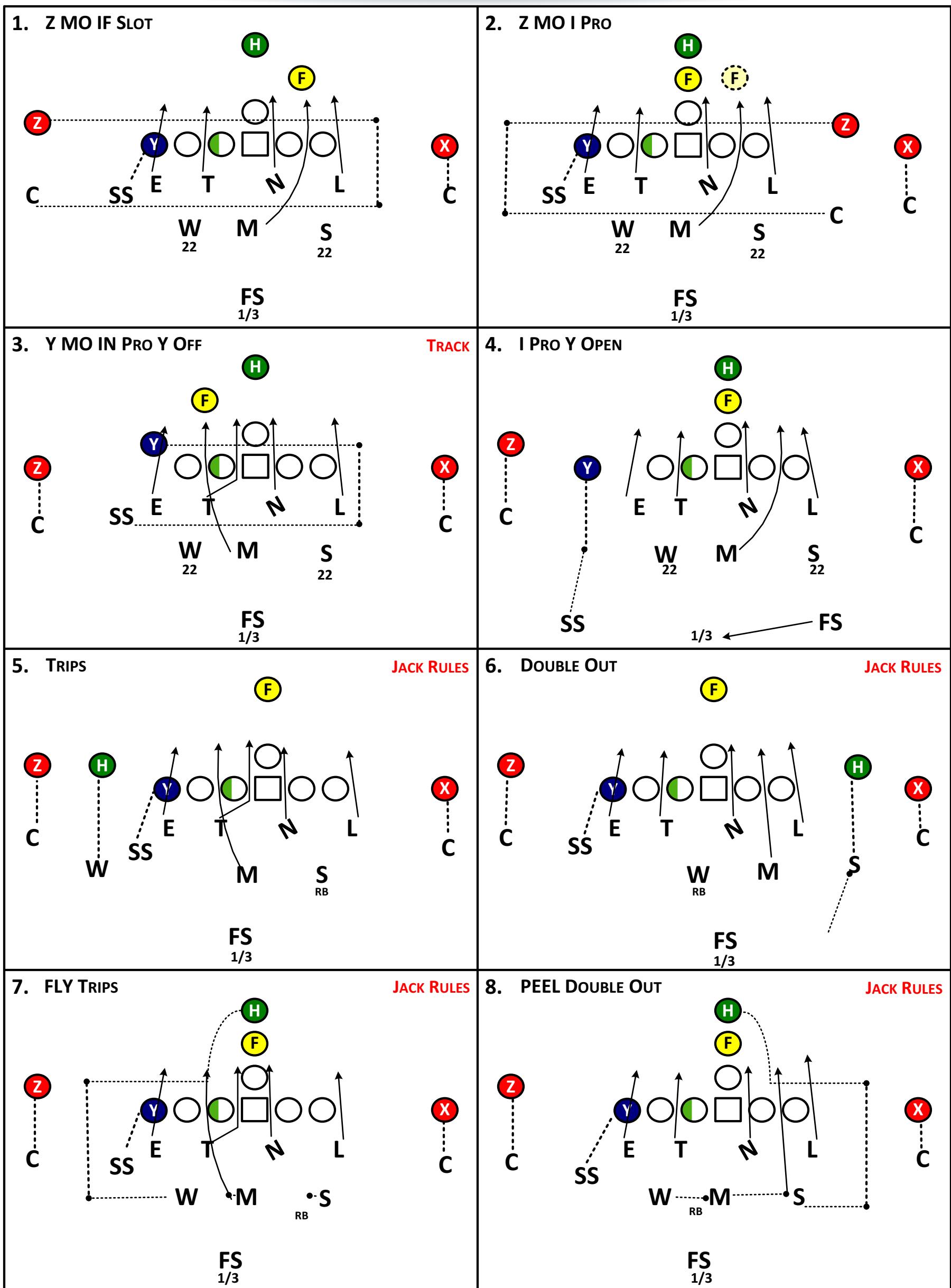
1. SOLID CALL TO THE "Y." TURBO RT/LT TO THE TILT OF THE BACK
2. MIKE: STR SHADE. BLITZ B GAP TO THE SIDE OF THE TILT.
I BACKS: FLEX
Vs. 12 PERSONNEL: TREAT THE "U" LIKE THE 'F'.
IF 'Y' & 'U' ARE OPPOSITE, BLITZ B GAP AWAY FROM #88
3. SAM: 22 THE BACKS. TAN ALIGNMENT.
4. WILL: 22 THE BACKS: TAN ALIGNMENT.
5. SS: MAN #88

ADJUSTMENTS:

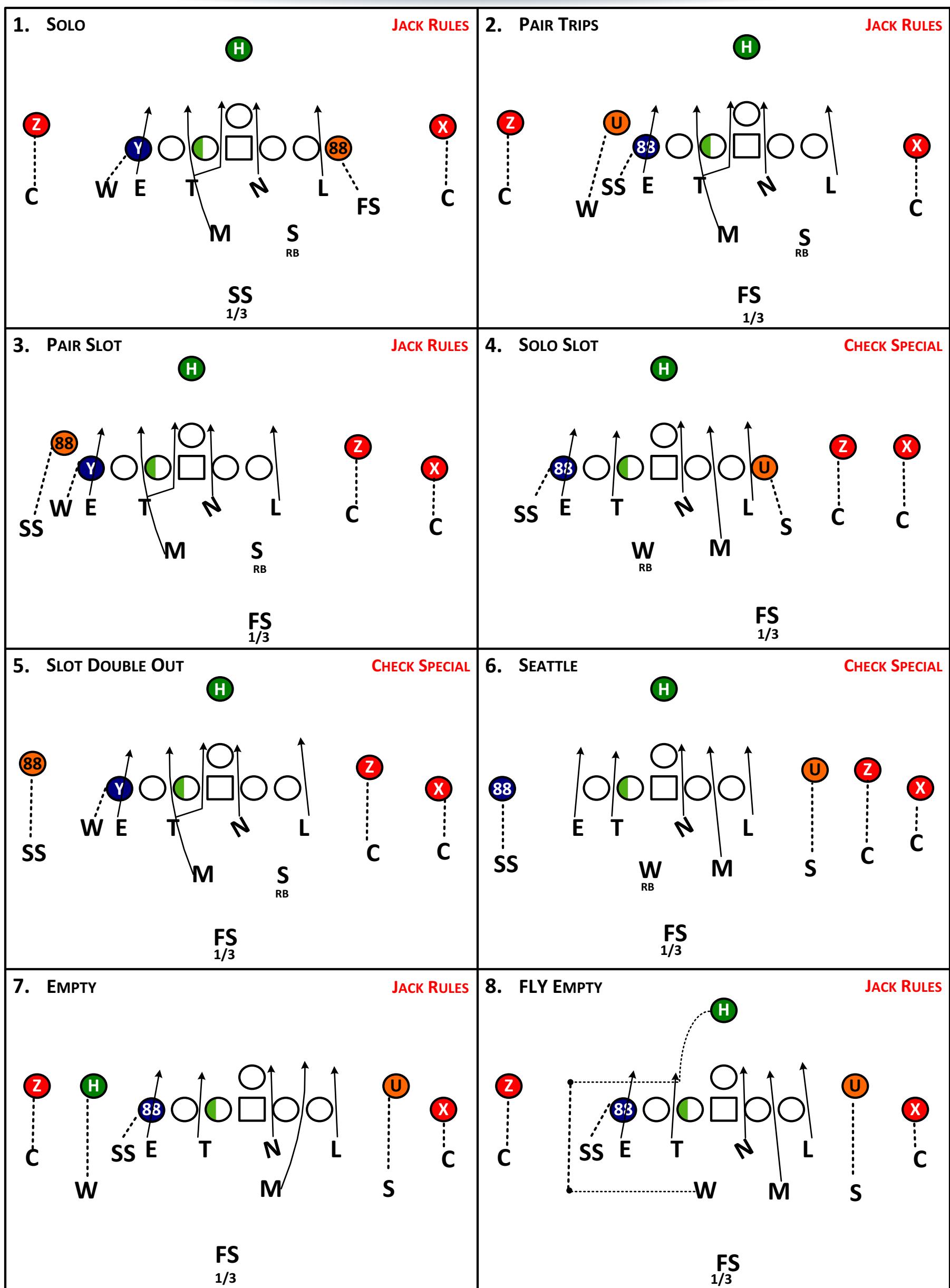
1. ALIGNED 1 BACK: SS MAN #88. SAM AND WILL ADJUST (JACK RULES)
2. Vs. 2 BACK Y MOTION: TRACK
3. Vs. ALIGNED OR MOTION TO EMPTY: SAM AND WILL ADJUST



OVER TURBO 1 JACK

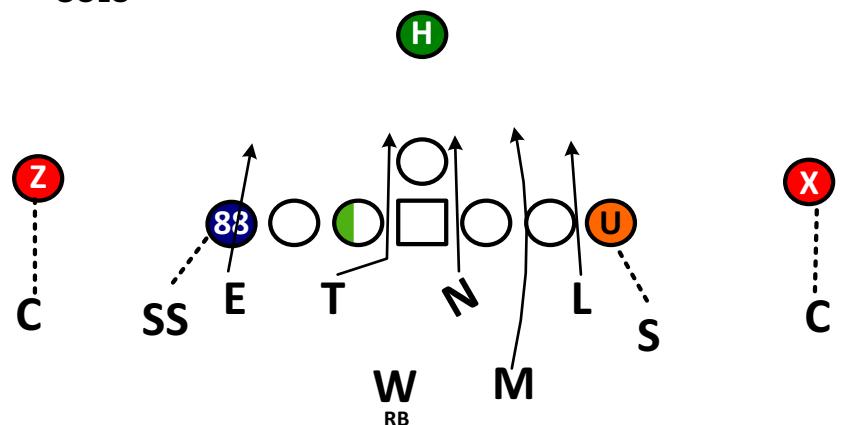


OVER TURBO 1 JACK



SOLO

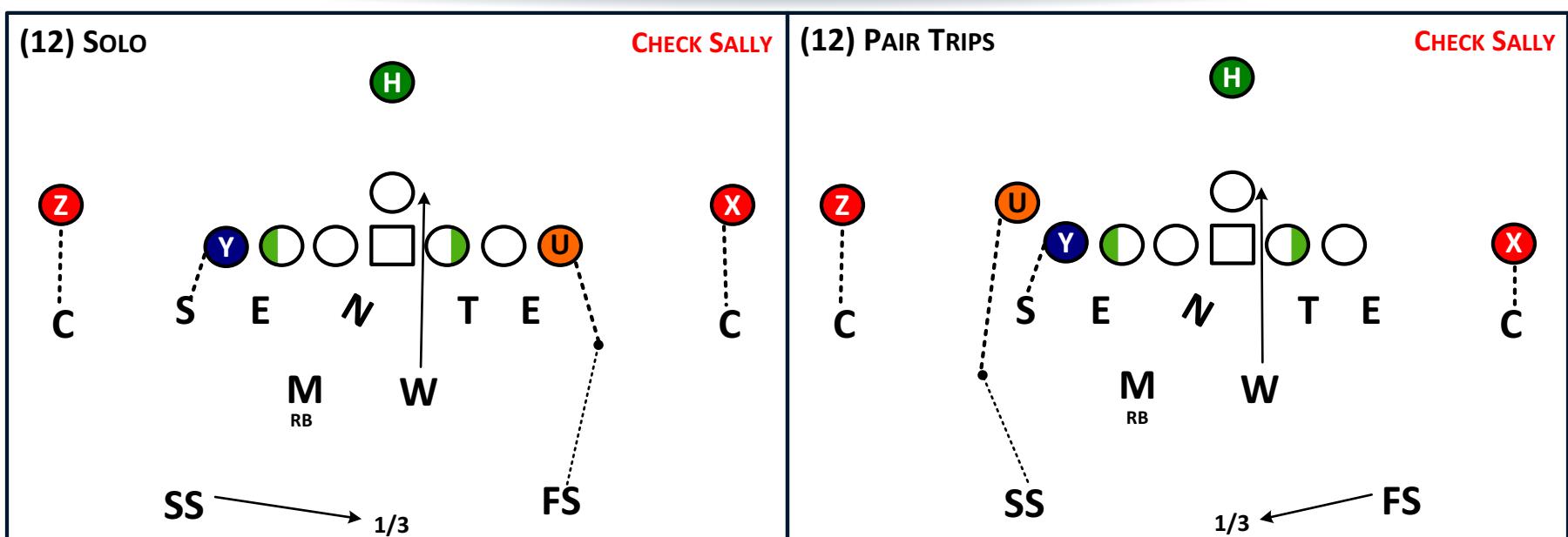
JACK RULES



FS

1/3

UNDER WILL 1 TRACK



ESSENCE:

- 1. 5 MAN UNDER 1 PRESSURE WITH THE WILL RUSHING THE FLEX SIDE A GAP.**

COACHING POINTS:

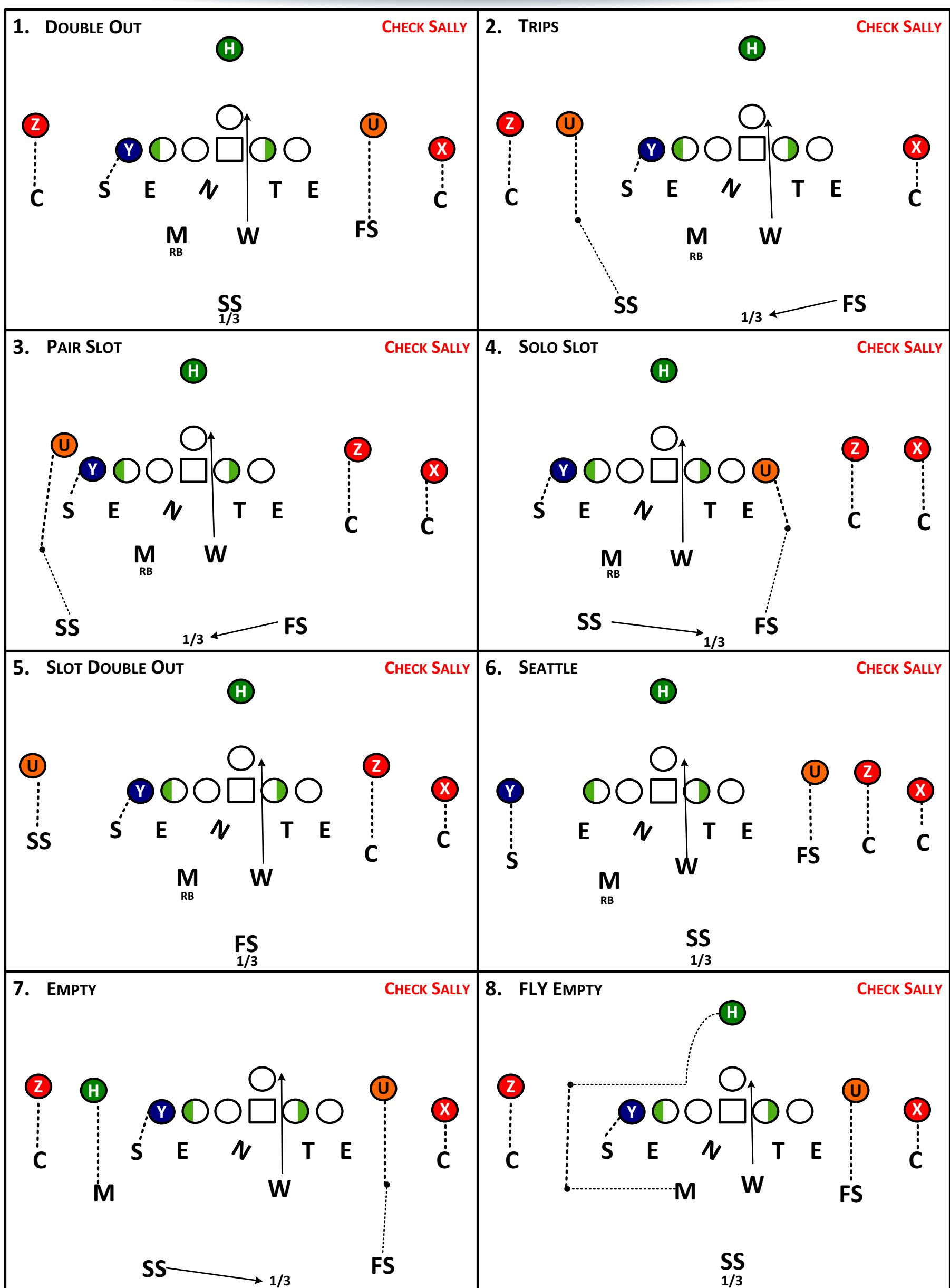
- 1. SOLID CALL TO THE "Y".**
- 2. WILL RUSHES THE FLEX SIDE A GAP**
- 3. SAM HAS THE Y MAN TO MAN**
- 4. MIKE: MAN RB**
- 5. SAFETIES: SALLY ADJUST**
- 6. LEO END: LEO TECHNIQUE**

ADJUSTMENTS:

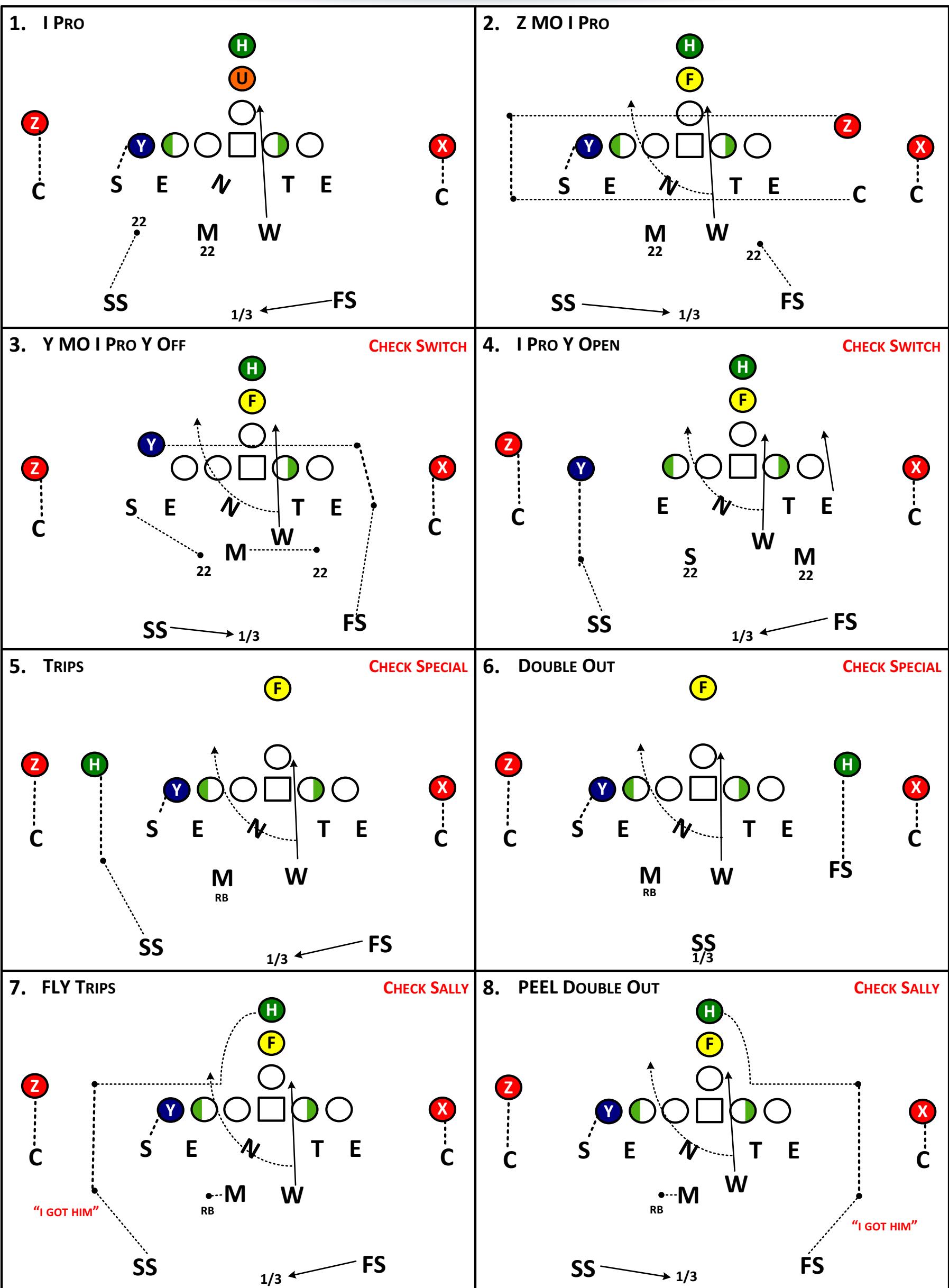
- 1. Vs. 2 Back: MIKE AND STRONG SAFETY 22 THE BACKS**
- 2. Vs. 2 Back Y Motion: CHECK SWITCH**
- 3. Vs. Belly U Cut: SAFETY TRACK**



UNDER WILL 1 TRACK

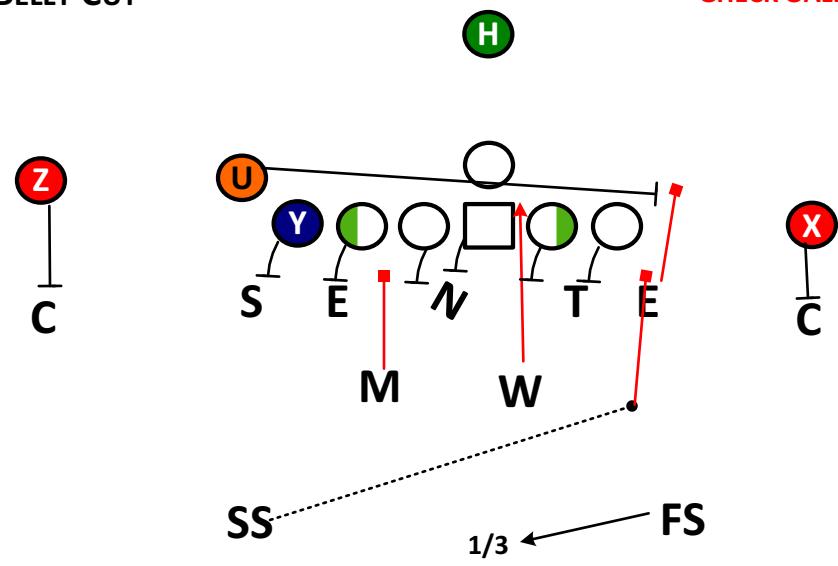


UNDER WILL 1 SALLY



BELLY CUT

CHECK SALLY





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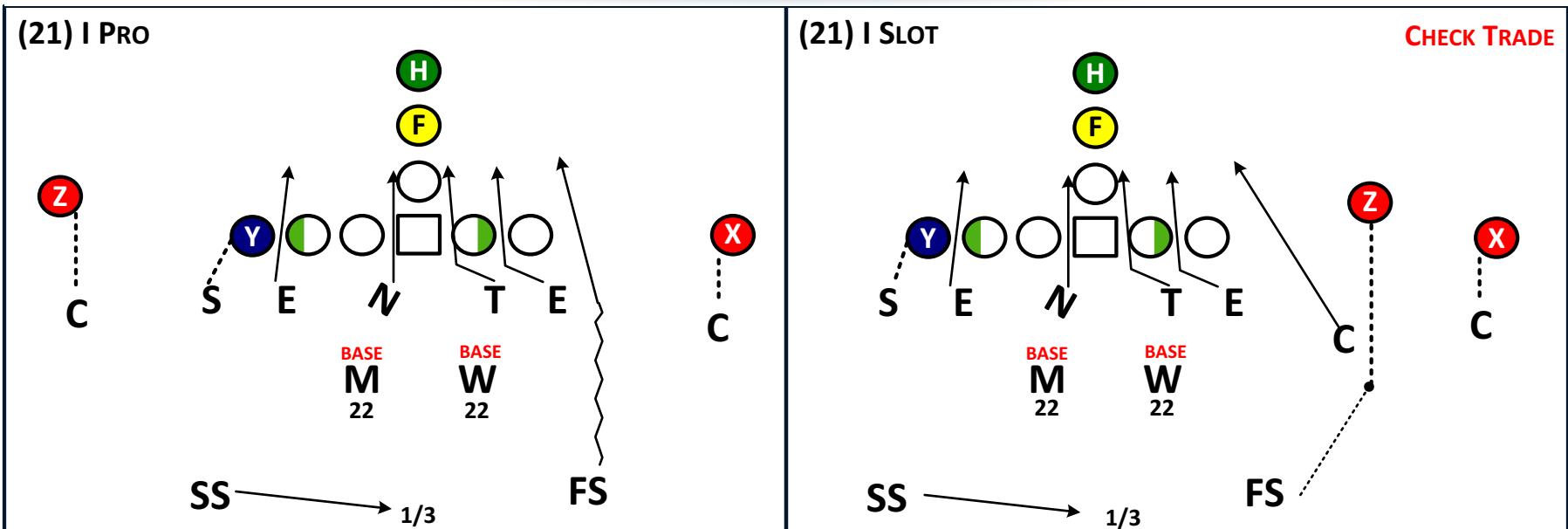
MAN PRESSURES

ADJUSTMENTS

- UNDER FOX 1



UNDER Fox 1



ESSENCE:

1. **5 MAN UNDER 1 PRESSURE WITH THE FREE SAFETY RUSHING OFF THE FLEX SIDE EDGE.**

COACHING POINTS:

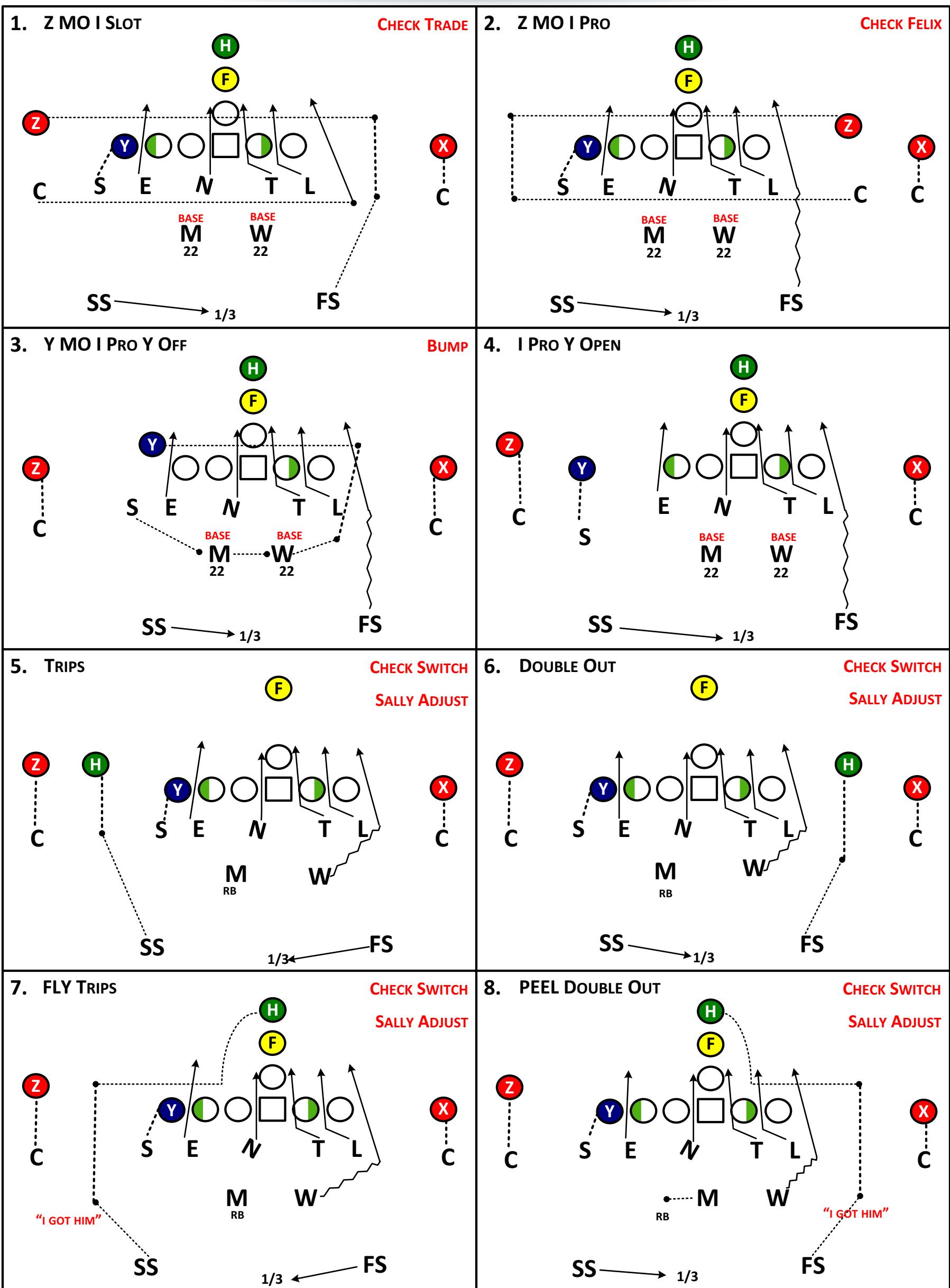
1. SOLID CALL TO THE "Y".
2. MIKE AND WILL: 22 THE BACKS.
3. FREE SAFETY: BLITZ CONTAIN
4. SAM: MAN TE

ADJUSTMENTS:

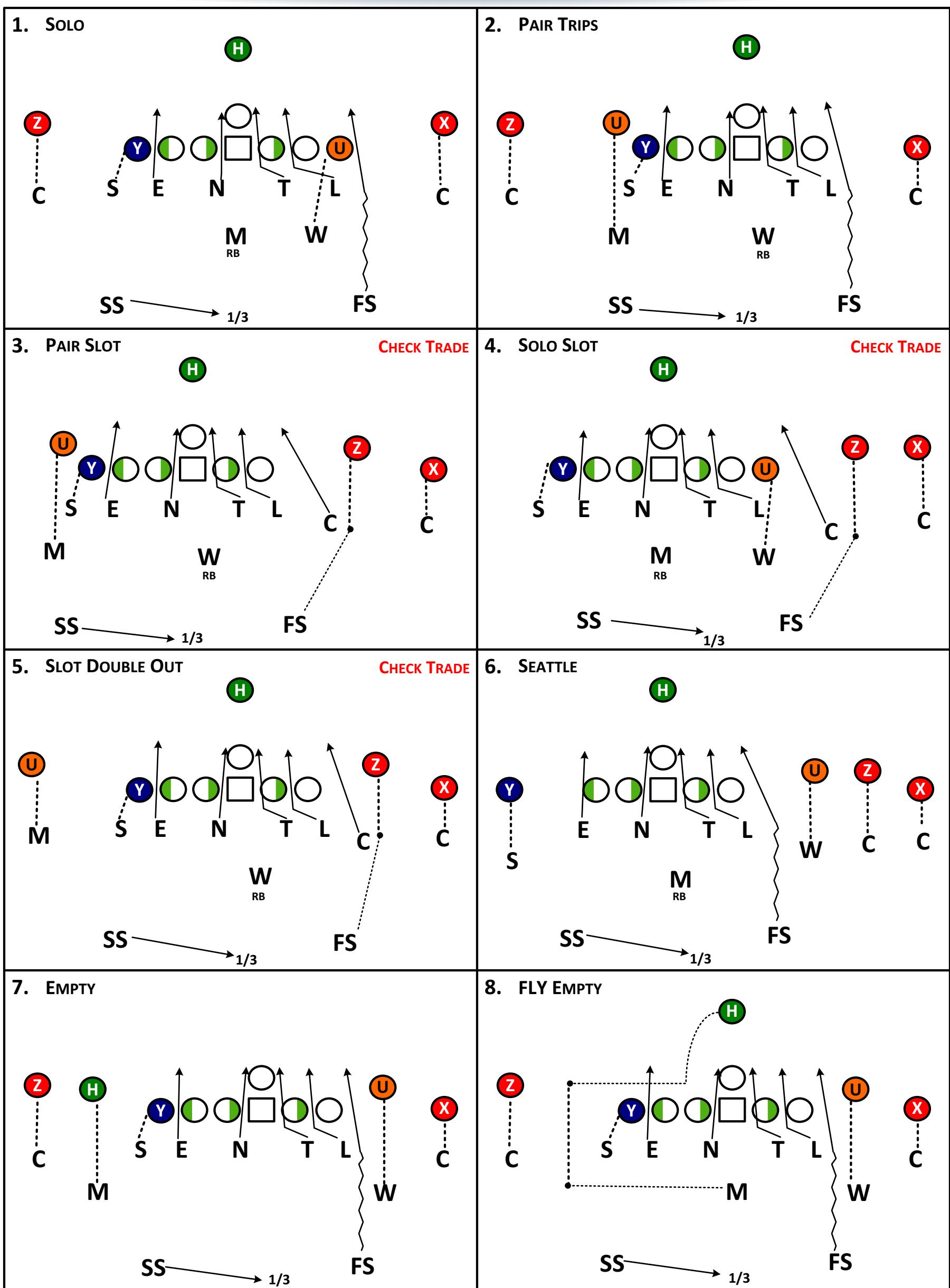
1. Vs. PRO X NASTY: CHECK TRADE.
2. Vs. 2 BACK Y MOTION: LBs BUMP
3. Vs. ALIGNED OR MOTION TO SLOT: CHECK TRADE.
4. Vs. ALIGNED OR MOTION TO 1 BACK: CHECK SWITCH. SALLY ADJUST



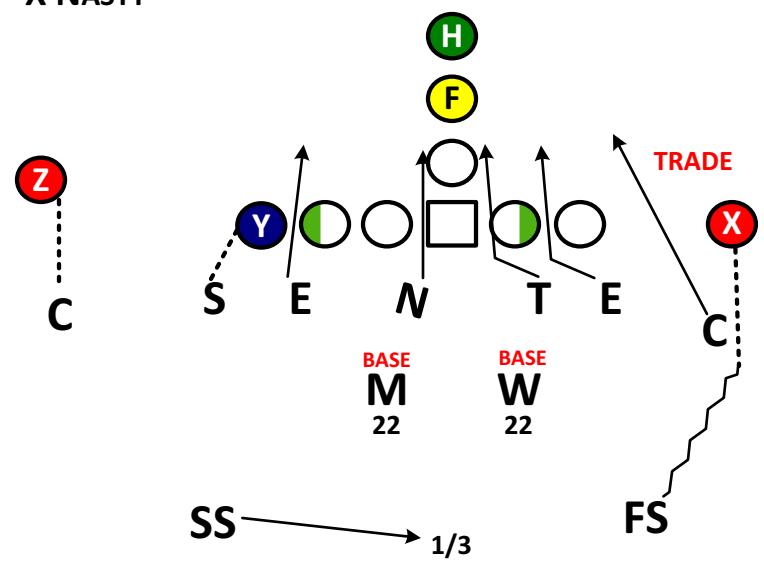
UNDER Fox 1



UNDER G FOX 1 BUMP



X NASTY





SEATTLE SEAHAWKS

DEFENSE

2013



RUSH ZONES



SEATTLE
SEAHAWKS 2013

RUSH ZONES

- **UNDER BASH RANGER 3 PALMS**
- **W/STEM OV BLAST 3 MIX**
- **W/STEM OV BLAST 3 SEAM**
- **OVER CAT 3 PALMS**
- **LT/RT CRASH 3 PALMS**
- **JAM FLASH 3 SEAM**
- **FLASH 3 SEAM**
- **FLASH GO 3 SEAM**
- **ROCK FOX 3 PALMS**
- **UNDER PIG FELIX 3 PALMS**
- **JAM FREEZE 3 SEAM**



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SEAHAWKS 2013

RUSH ZONES

- **OVER FREEZE 3 SEAM**
- **STRONG GUT CROSS 3 BUZZ**
- **(BASE) STRONG MOB 3 SEAM**
- **LOAD SABER RANGER 3 PALMS**
- **OVER G SHOCK 3 PALMS**
- **STRONG SLASHER RANGER 3 PALMS**
- **STRONG SMASH SKY ZONE**
- **STRONG SNAKE 3 SEAM**
- **OVER SPEAR 3 SEAM**
- **STRONG STALKER RANGER 3 PALMS**
- **LOAD WHIP SKY ZONE**

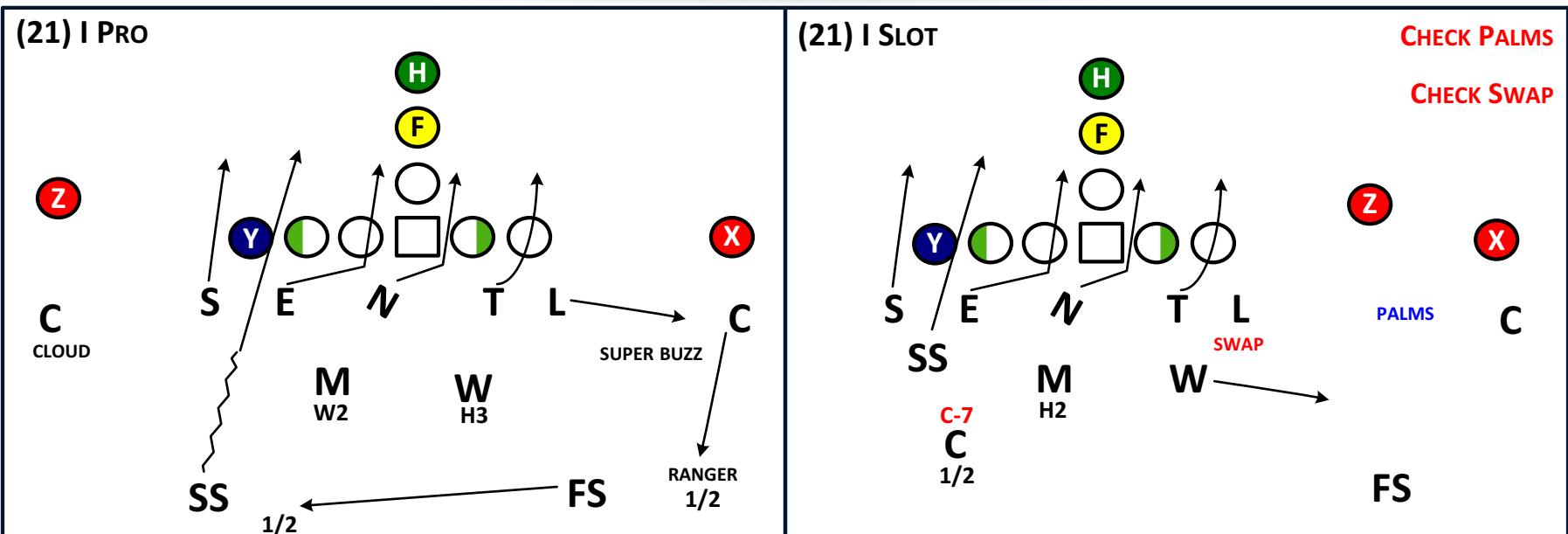


SEATTLE
SEAHAWKS 2013

RUSH ZONES

- **TUFF WHOPPER 3 PALMS**
- **BOW WILL SLANT 3 SEAM**
- **Z FLASH 3 SEAM**

UNDER BASH RANGER 3 PALMS



ESSENCE:

1. UNDER BASH RANGER 3 PALMS IS A 5 MAN ZONE PRESSURE SET TO THE 'Y'

COACHING POINTS:

1. SOLID CALL TO THE 'Y'
2. SAM: BLITZ CONTAIN
3. STRONG SAFETY: BLITZ B GAP (KEY GUARD PULL)

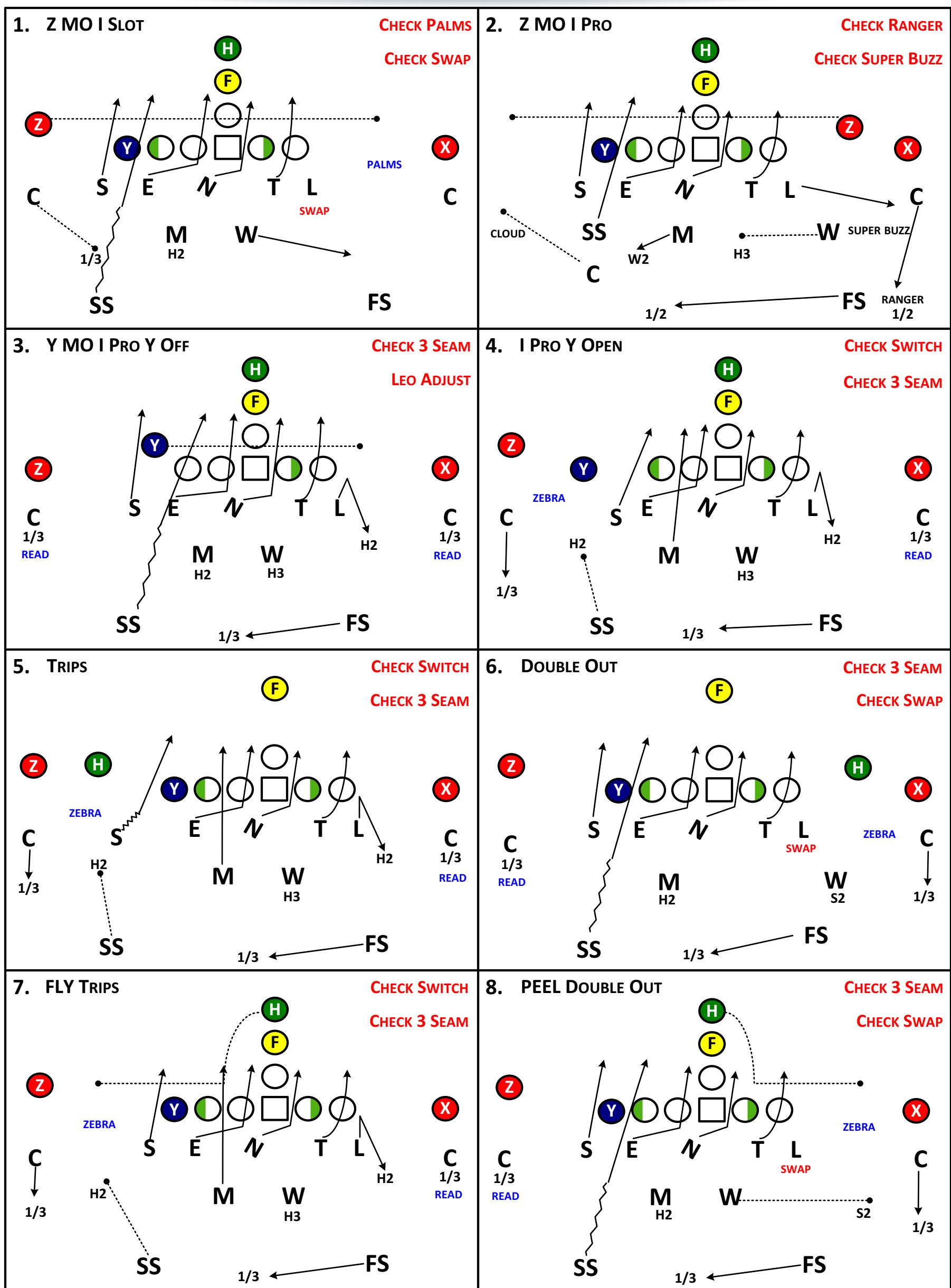
ADJUSTMENTS:

1. Vs. ANY Y MOTION: CHECK 3 SEAM
2. Vs. 3 IN THE CORE: TREAT LIKE NEAR/FAR BACKS

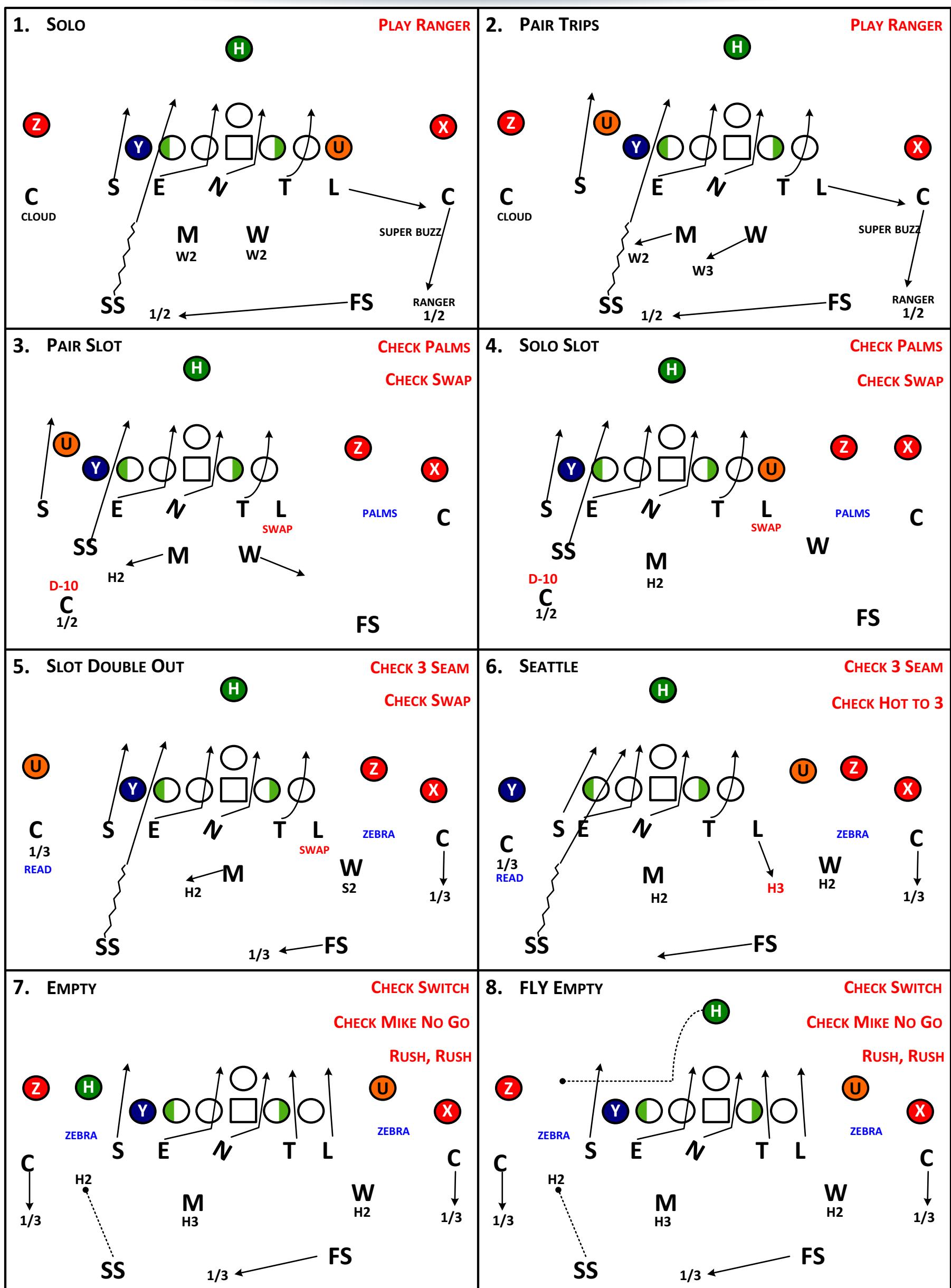
Ex: PAIR SLOT = I NEAR SLOT (PALMS), PAIR TRIPS = I NEAR PRO (RANGER)
SOLO SLOT = I FAR SLOT (RANGER), SOLO = I FAR PRO (RANGER)
3. Vs. ALIGNED OR MOTION TO 1 BACK (3 DISPLACED FROM CORE): CHECK 3 SEAM
4. Vs. 2 DISPLACED TO THE SOLID SIDE: CHECK SWITCH AND 3 SEAM
5. Vs. EMPTY: CHECK SWITCH AND 3 SEAM
6. Vs. PRO TO SLOT: CHECK PALMS (CHECK SWAP)
7. Vs. SLOT TO PRO: CHECK RANGER
8. Vs. ALIGNED OR MOTION TO SINGLE WIDTH SLOT: CHECK PALMS



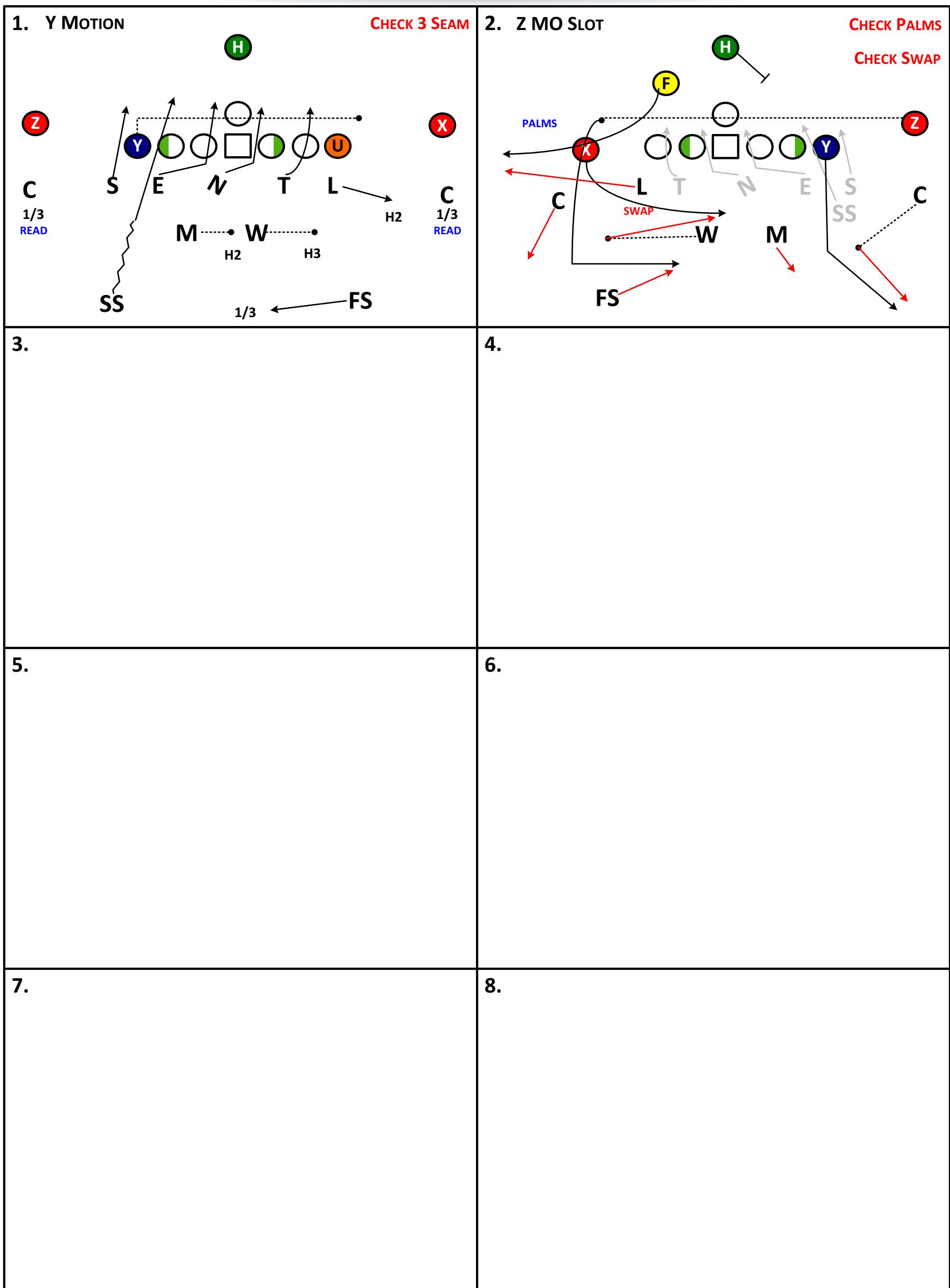
UNDER BASH RANGER 3 PALMS



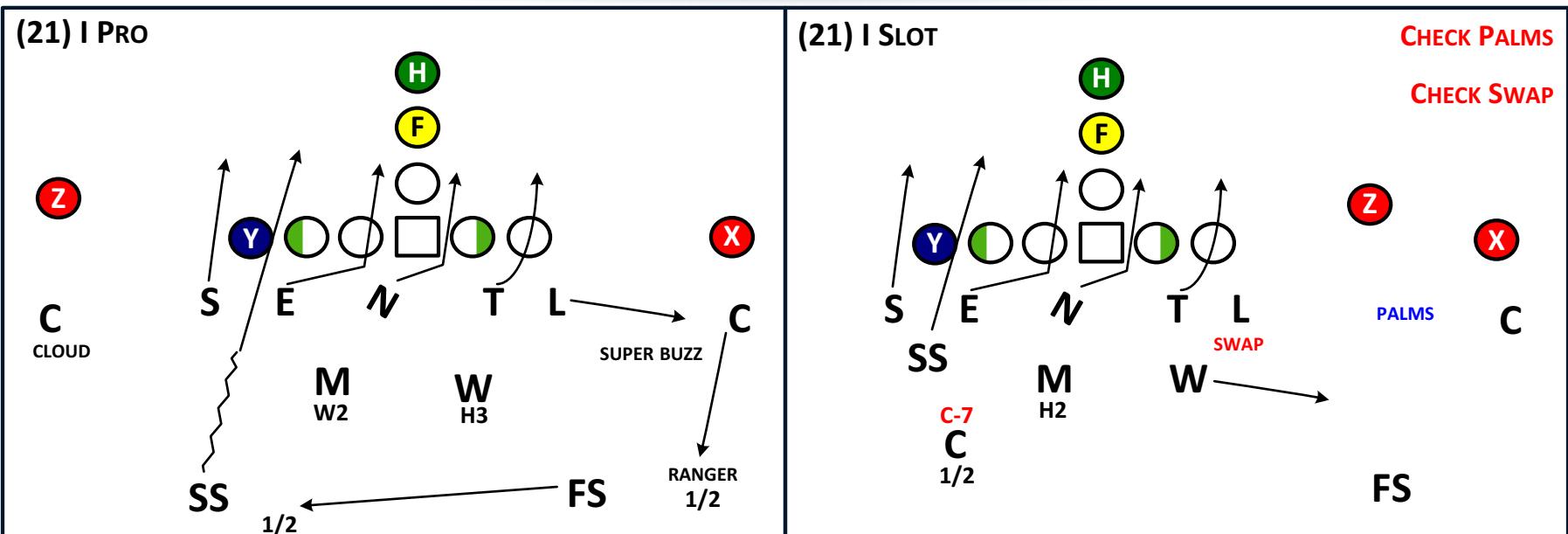
UNDER BASH RANGER 3 PALMS



UNDER BASH RANGER 3 PALMS



UNDER BASH RANGER 3 PALMS



ESSENCE:

1. UNDER BASH RANGER 3 PALMS IS A 5 MAN ZONE PRESSURE SET TO THE 'Y'

COACHING POINTS:

1. SOLID CALL TO THE 'Y'
2. SAM: BLITZ CONTAIN
3. STRONG SAFETY: BLITZ B GAP (KEY GUARD PULL)

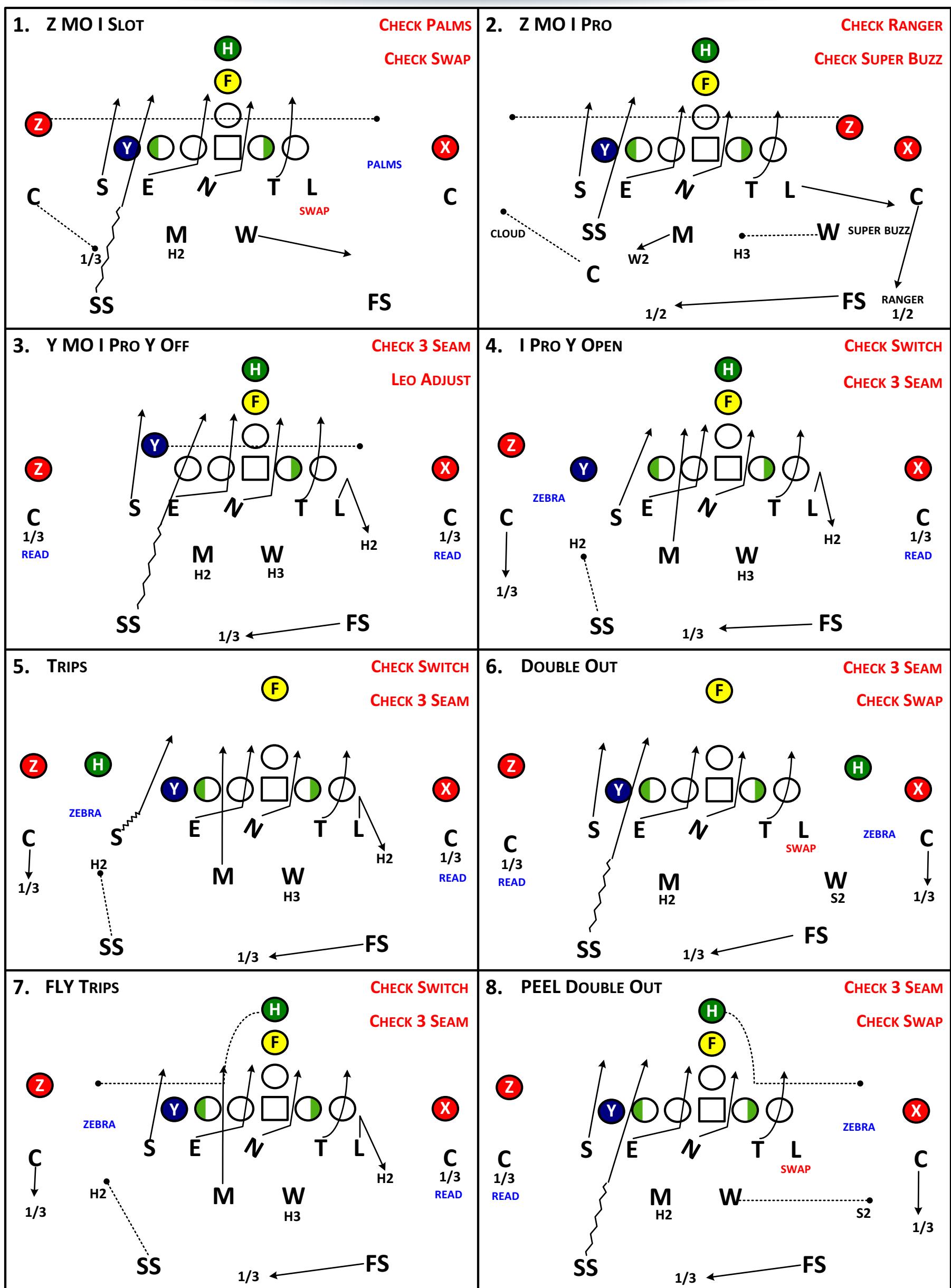
ADJUSTMENTS:

1. Vs. ANY Y MOTION: CHECK 3 SEAM
2. Vs. 3 IN THE CORE: TREAT LIKE NEAR/FAR BACKS

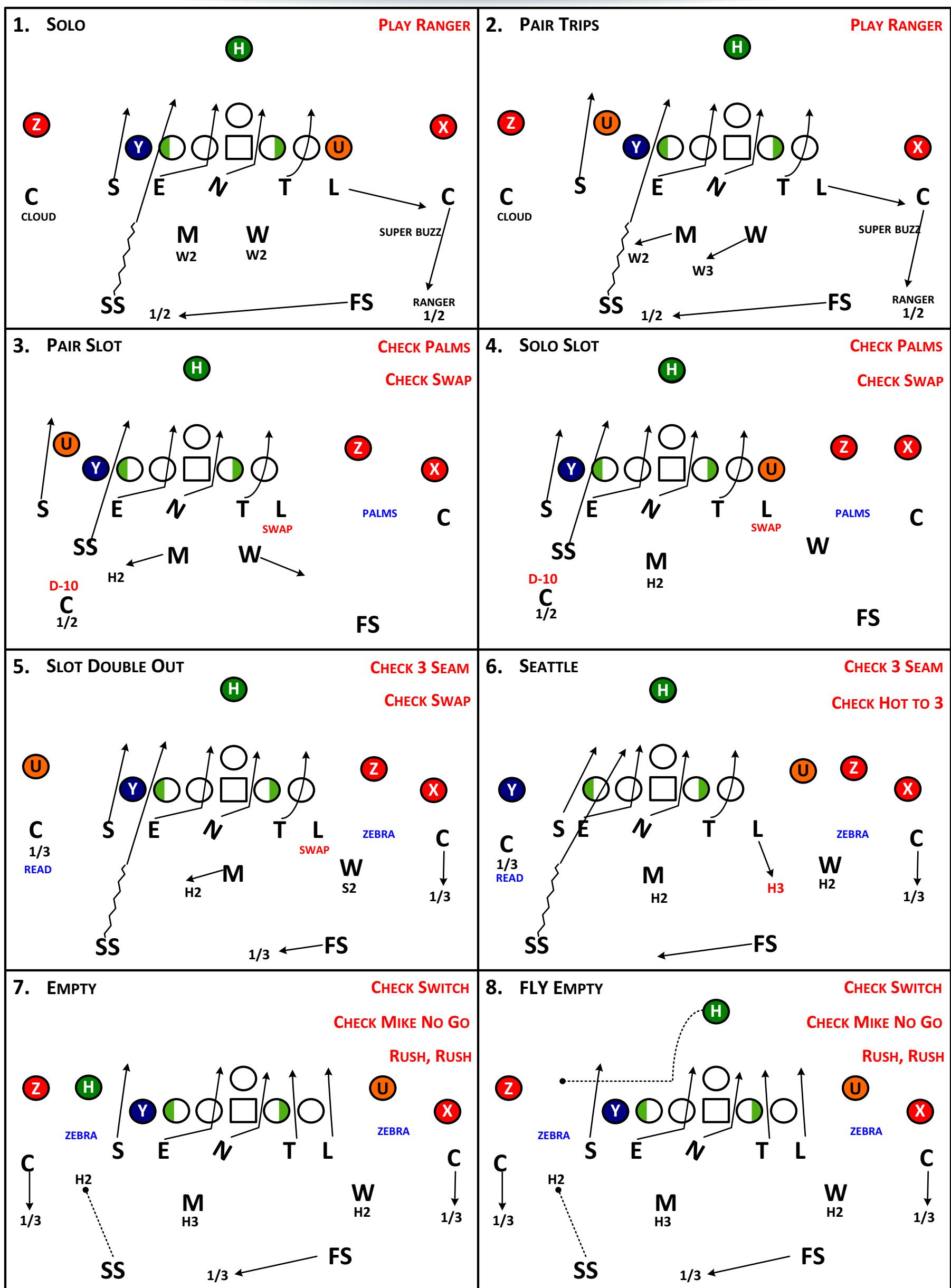
Ex: PAIR SLOT = I NEAR SLOT (PALMS), PAIR TRIPS = I NEAR PRO (RANGER)
SOLO SLOT = I FAR SLOT (RANGER), SOLO = I FAR PRO (RANGER)
3. Vs. ALIGNED OR MOTION TO 1 BACK (3 DISPLACED FROM CORE): CHECK 3 SEAM
4. Vs. 2 DISPLACED TO THE SOLID SIDE: CHECK SWITCH AND 3 SEAM
5. Vs. EMPTY: CHECK SWITCH AND 3 SEAM
6. Vs. PRO TO SLOT: CHECK PALMS (CHECK SWAP)
7. Vs. SLOT TO PRO: CHECK RANGER
8. Vs. ALIGNED OR MOTION TO SINGLE WIDTH SLOT: CHECK PALMS



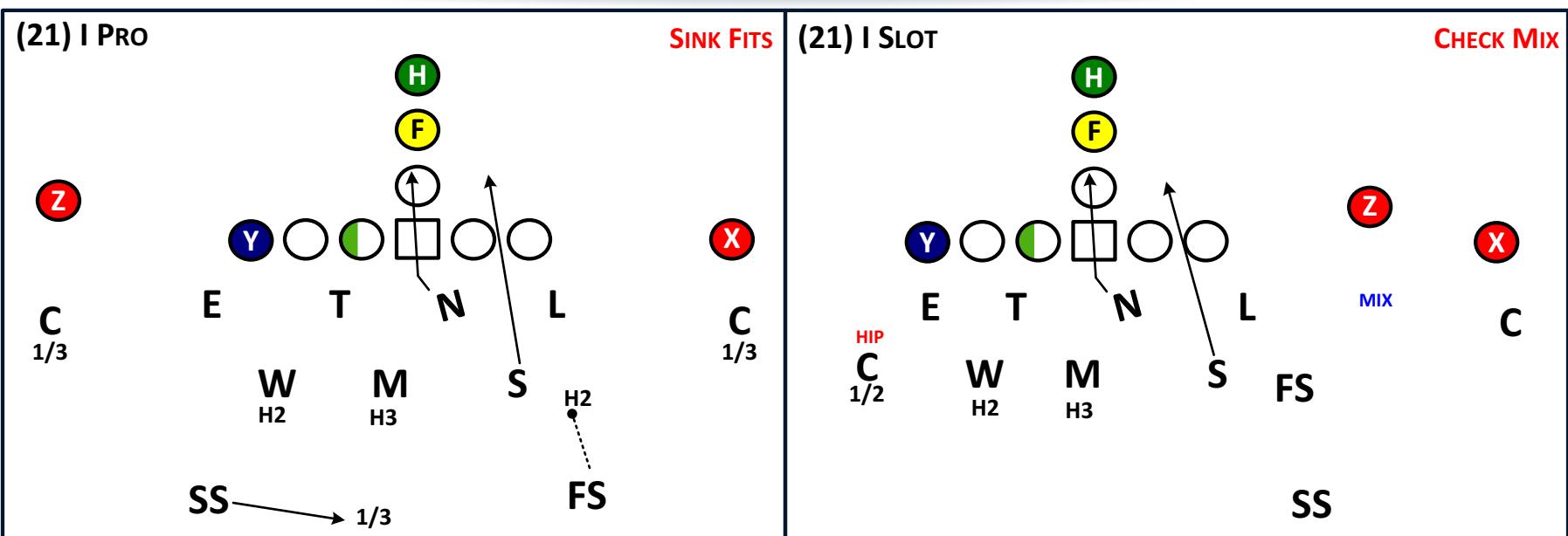
UNDER BASH RANGER 3 PALMS



UNDER BASH RANGER 3 PALMS



W/ STEM OVER BLAST 3 Mix



ESSENCE:

1. W/ STEM OVER BLAST 3 Mix IS AN OVER FAMILY FRONT ZONE PRESSURE.

COACHING POINTS:

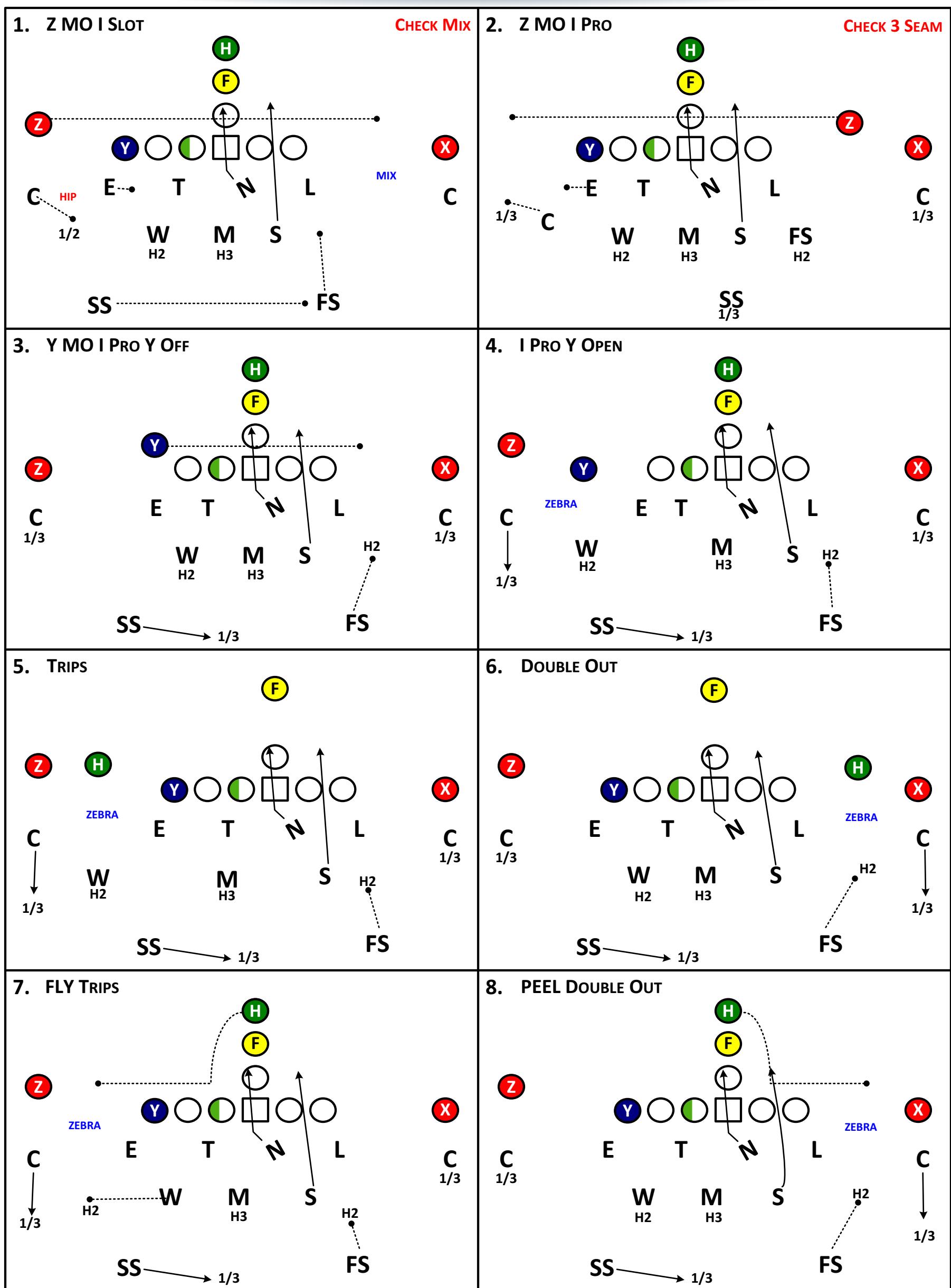
1. SOLID CALL TO THE "Y"
2. SAM BLITZ THE FLEX SIDE B GAP
3. 2 BACK FITS: PRO = SINK FITS. 2 BACK Y MOTION = SLIDE FITS
4. NOSE: PLAY BLAST TECHNIQUE (BACK TO VICKI) / SWAG
5. FREE SAFETY FIT OFF #2
6. END: ALIGN IN AN OUTSIDE 9 TECHNIQUE IF THERE IS ANY PLAYER OUTSIDE AND OFF THE BALL

ADJUSTMENTS:

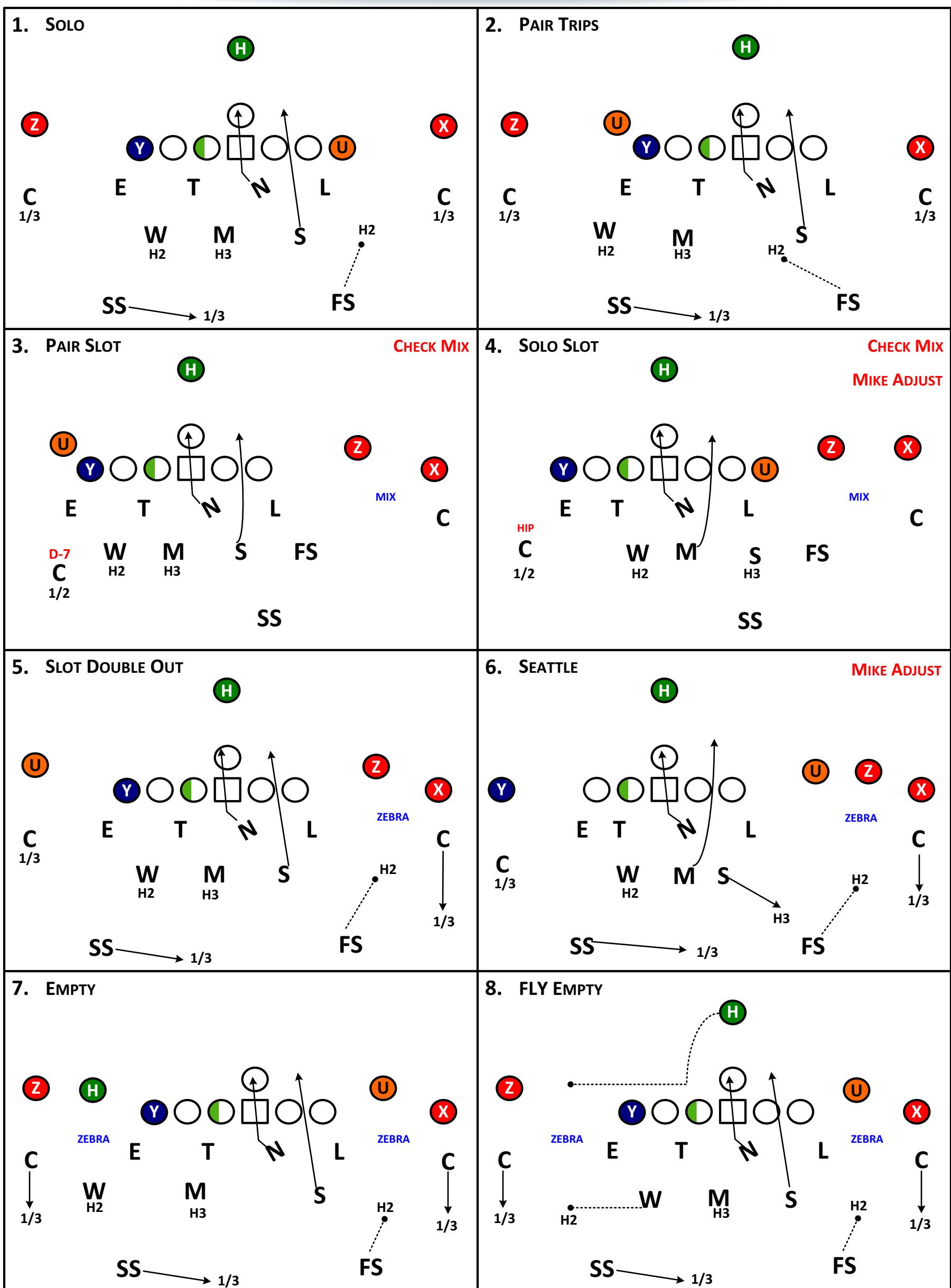
1. VS. ALIGNED OR MOTION TO SINGLE WIDTH SLOT FAMILY FORMATIONS: CHECK MIX
2. ANY 3 AWAY FROM THE SOLID CALL: MIKE ADJUST



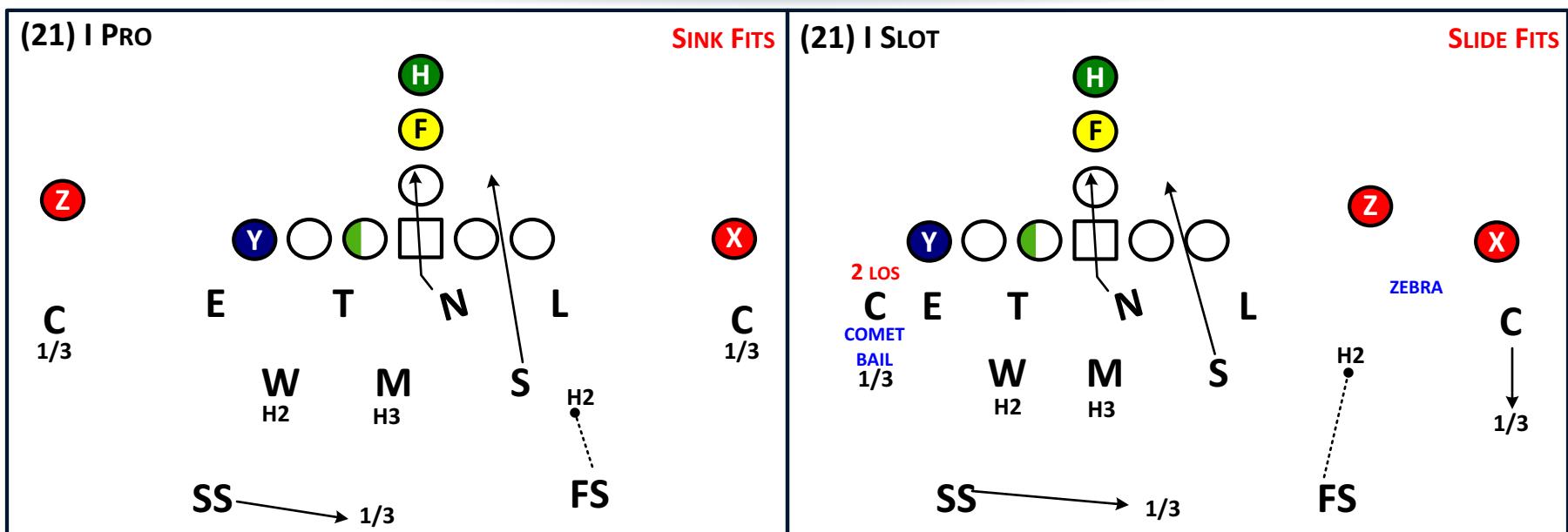
W/ STEM OVER BLAST 3 MIX



W/ STEM OVER BLAST 3 Mix



W/ STEM OVER BLAST 3 SEAM



ESSENCE:

1. 5 MAN 3 DEEP 3 UNDER ZONE PRESSURE

COACHING POINTS:

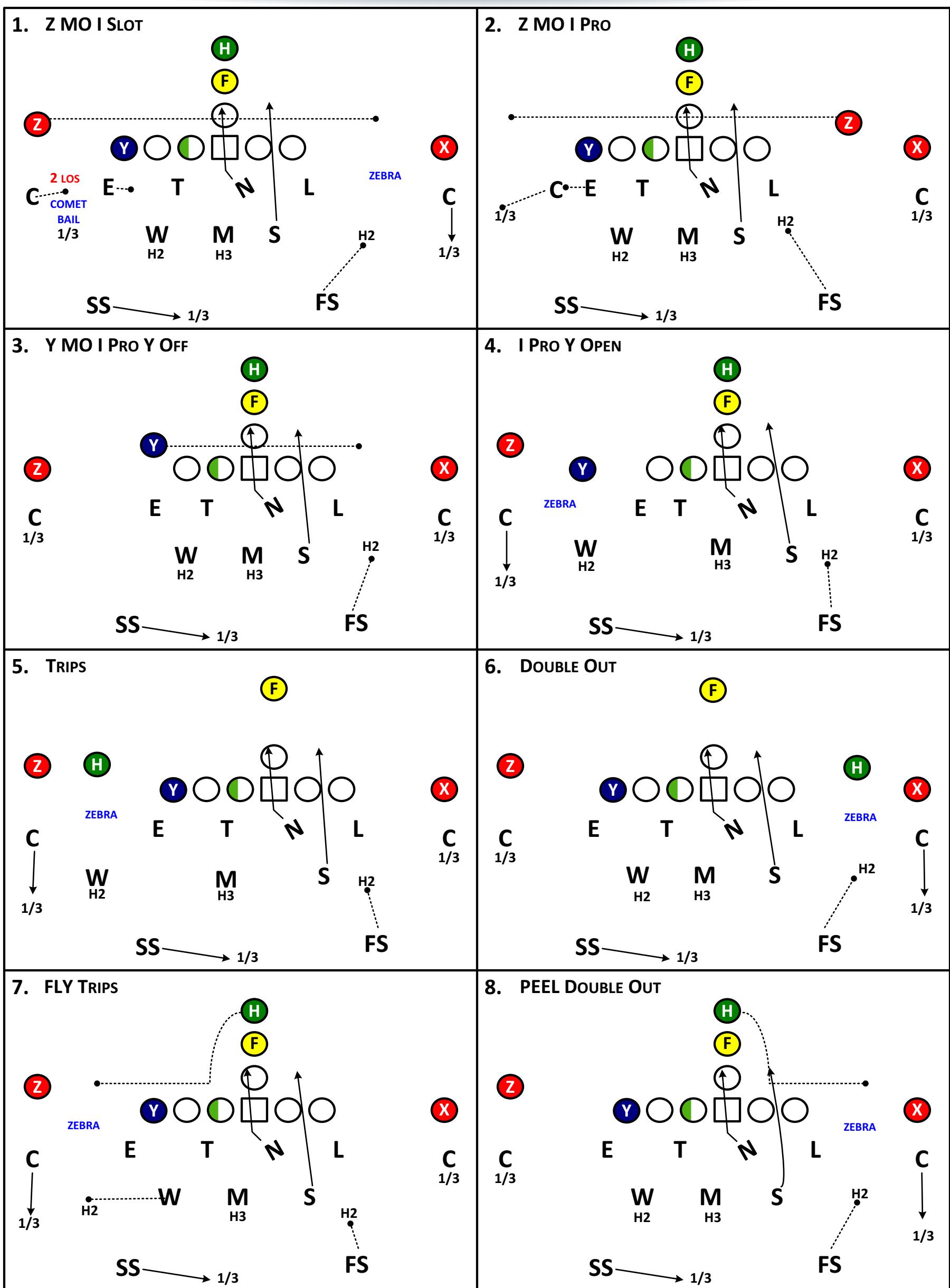
1. SOLID CALL TO THE "Y"
2. SAM BLITZ THE FLEX SIDE B GAP
3. 2 BACK FITS: PRO = SINK FITS. SLOT & 2 BACK Y MOTION = SLIDE FITS
4. NOSE: PLAY BLAST TECHNIQUE (BACK TO VICKI) / SWAG
5. FREE SAFETY FIT OFF #2
6. END: ALIGN IN AN OUTSIDE 9 TECHNIQUE IF THERE IS ANY PLAYER OUTSIDE AND OFF THE BALL

ADJUSTMENTS:

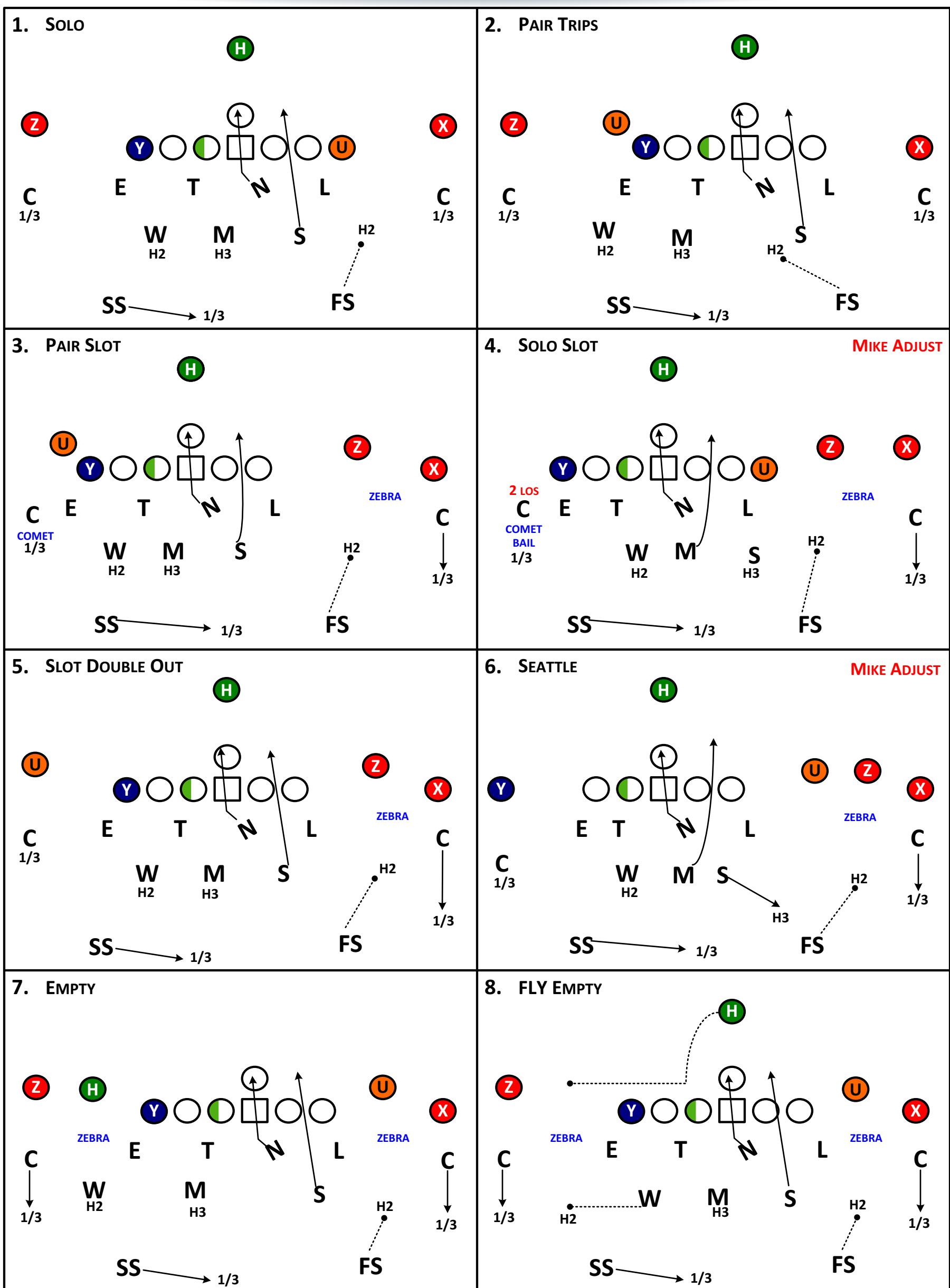
1. ANY 3 AWAY FROM THE SOLID CALL: MIKE ADJUST



W/ STEM OVER BLAST 3 SEAM

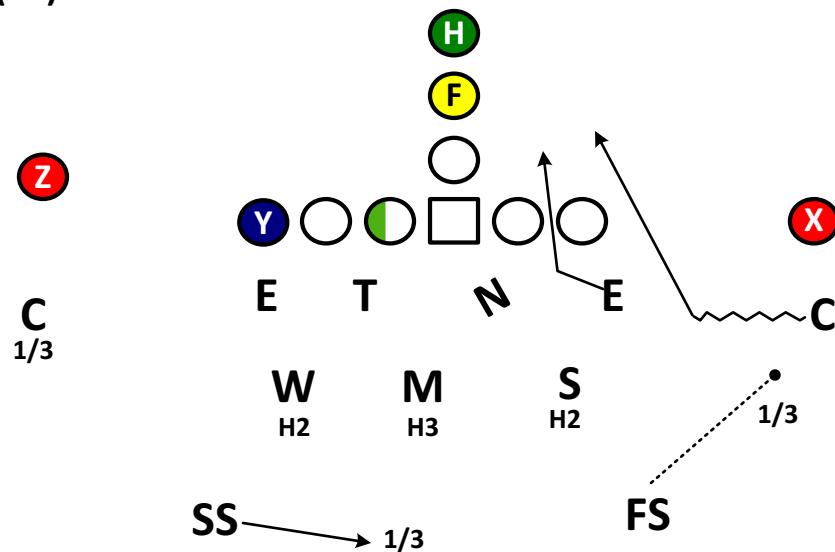


W/ STEM OVER BLAST 3 SEAM

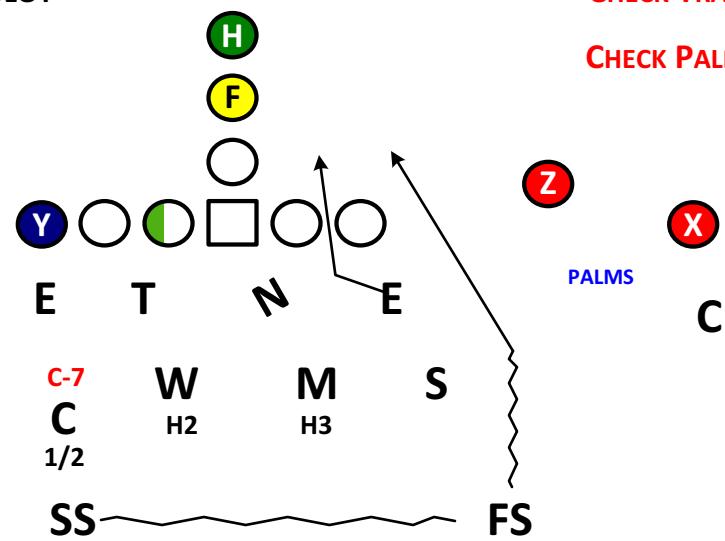


OVER CAT 3 PALMS

(21) I PRO



(21) I SLOT



CHECK TRADE

CHECK PALMS

ESSENCE:

1. OVER CAT 3 PALMS IS AN OVER FAMILY FRONT 5 MAN ZONE PRESSURE.
2. IT IS ALWAYS RUN TO THE FLEX SIDE.

COACHING POINTS:

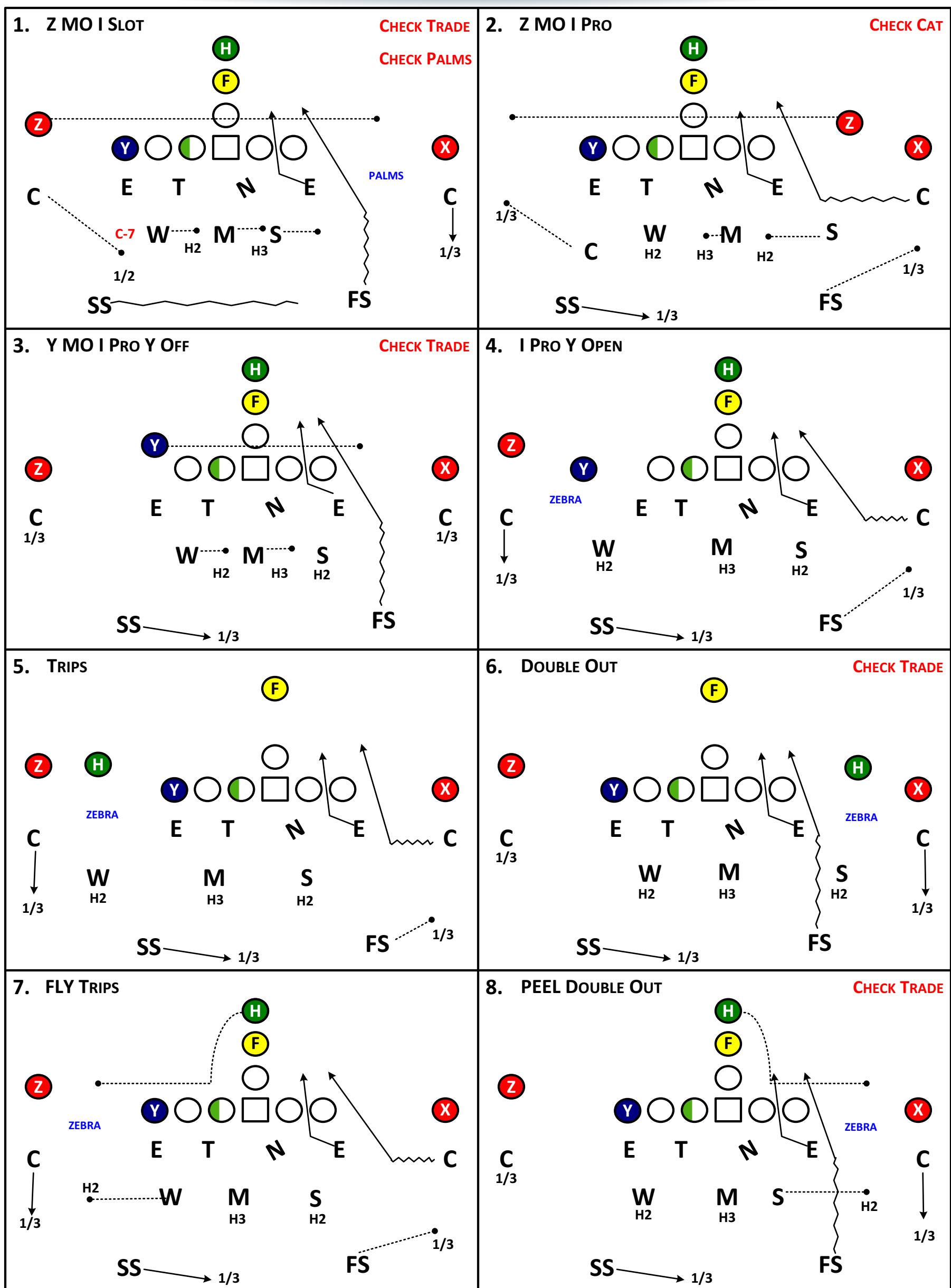
1. SOLID CALL TO THE "Y"
2. FLEX SIDE CORNER: BLITZ CONTAIN. VS. 2 ALIGNED FLEX, 1/3
3. FLEX SIDE END: RAM
4. WILL: HOT TO 2
5. MIKE: HOT TO 3
6. SAM: HOT TO 2
7. FREE SAFETY: OUTSIDE 1/3. VS. 2 ALIGNED FLEX, BLITZ CONTAIN
8. NOSE: SWAG TECHNIQUE

ADJUSTMENTS:

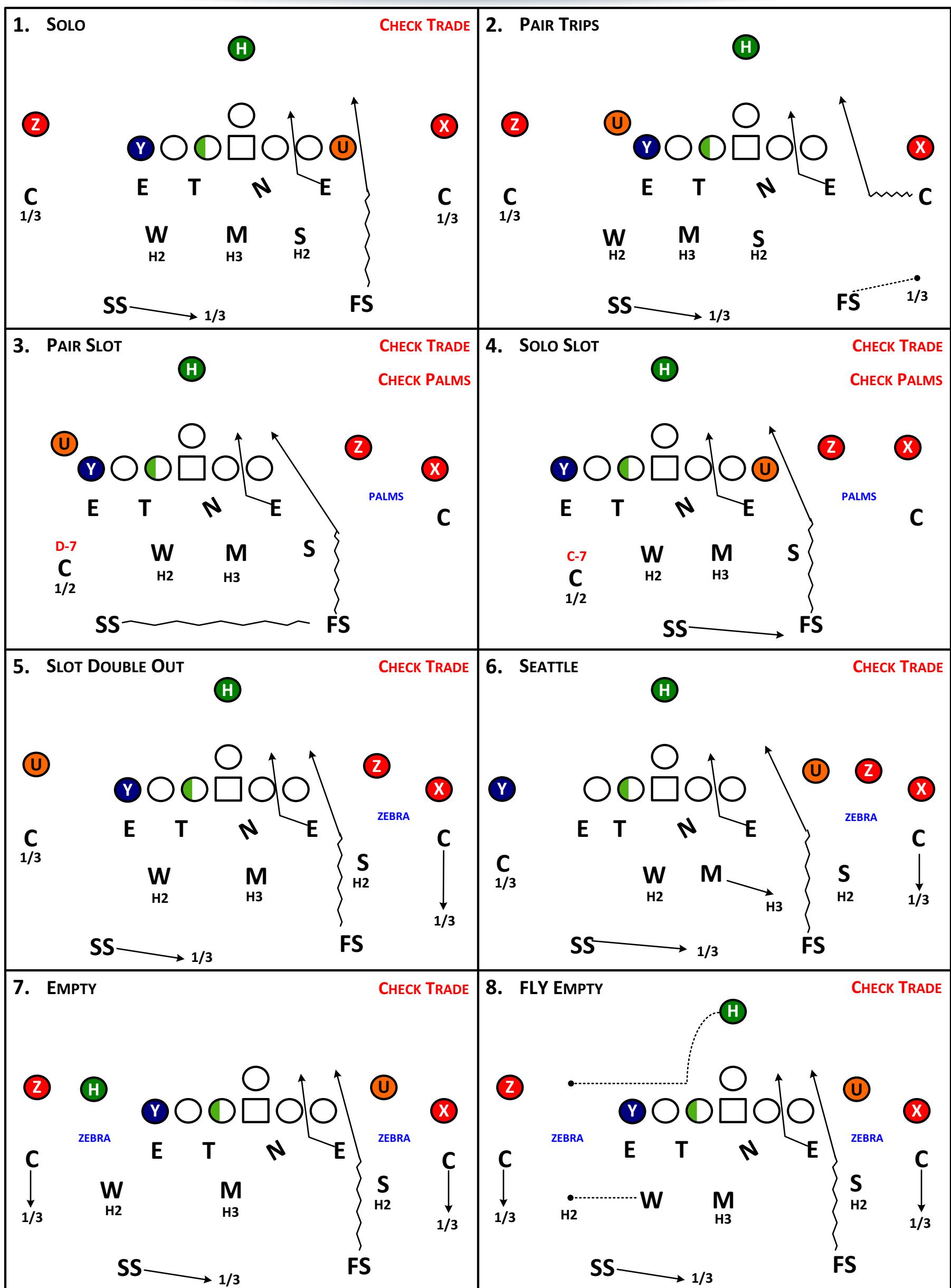
1. VS. ANY 2 ALIGNED TO THE FLEX SIDE: CHECK TRADE
2. VS. MOTION OR ALIGNED SLOT: CHECK PALMS
3. VS. 2 BACK Y MOTION: CHECK TRADE



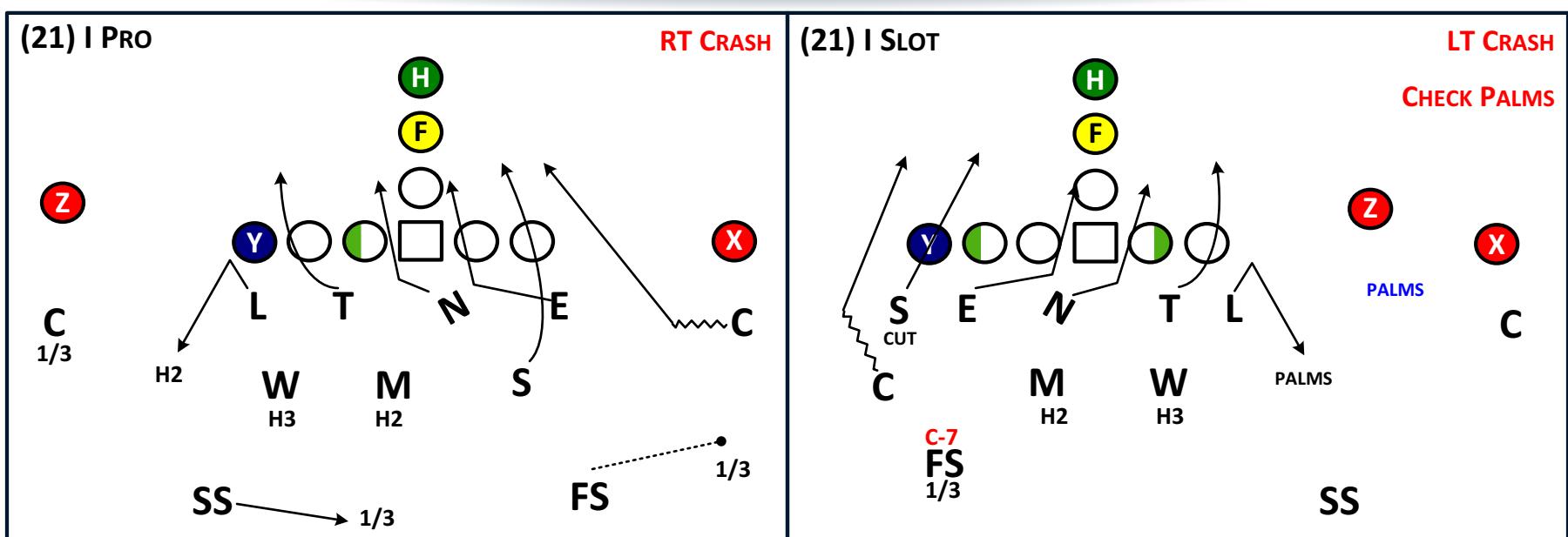
OVER CAT 3 PALMS



OVER CAT 3 PALMS



LT/RT CRASH 3 PALMS



ESSENCE:

1. **5 MAN 3 DEEP 3 UNDER ZONE PRESSURE**
2. **THE LINE SLANTS AWAY FROM THE CLOSE CALL**

COACHING POINTS:

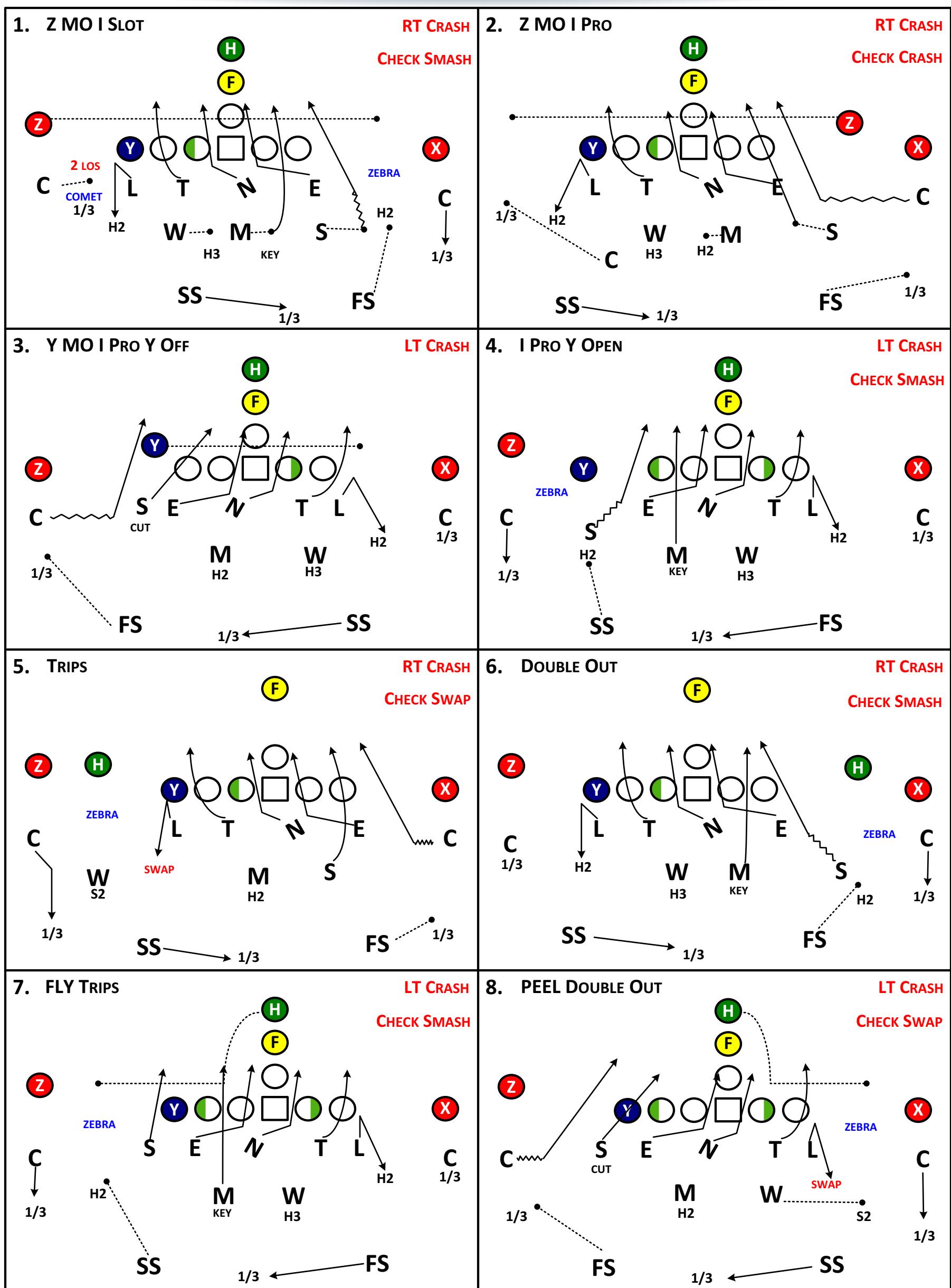
1. **CLOSED CALL TO THE RT/LT (BASED ON CALL)**
2. **SAM BACKER:**
 - Vs. D AREA PLAYER TO CLOSE CALL ALIGN IN A BACKER AND CUT BLITZ.
 - Vs. NO D AREA PLAYER TO CLOSE CALL ALIGN OFF THE BALL AND BLITZ.
3. **CORNER BLITZ CONTAIN**

ADJUSTMENTS:

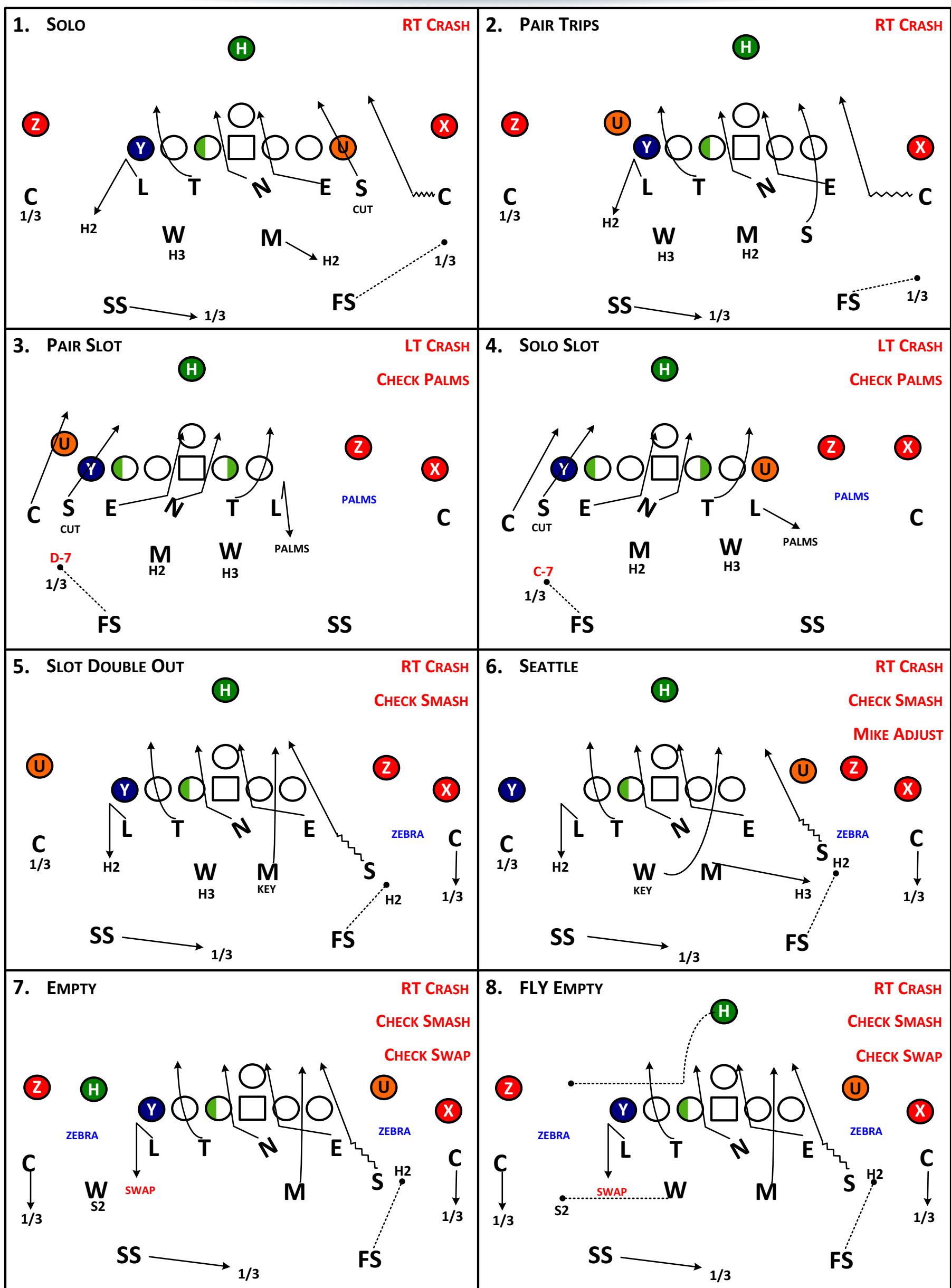
1. **Vs. 2 BACK SLOT FORMATIONS (INCLUDING PAIR SLOT): CHECK PALMS**
2. **Vs. 1 BACK SETS WITH #2 DISPLACED AWAY FROM CLOSE CALL: CHECK SWAP.**
3. **Vs. 2 DISPLACED TO THE CLOSE CALL: CHECK SMASH**



LT/RT CRASH 3 PALMS

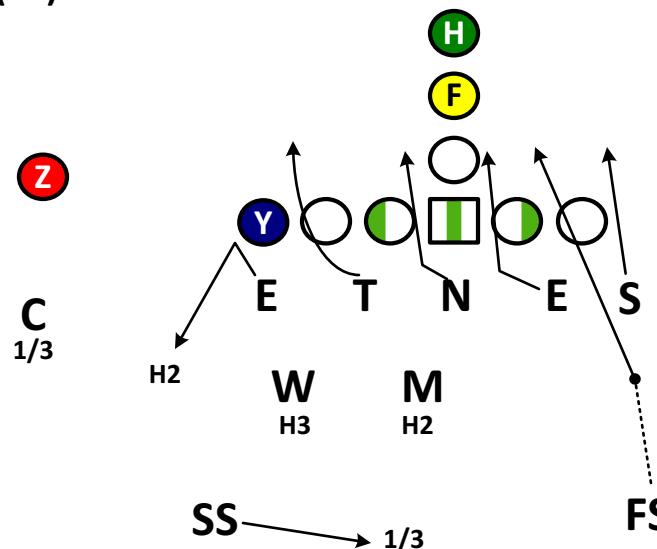


LT/RT CRASH 3 PALMS

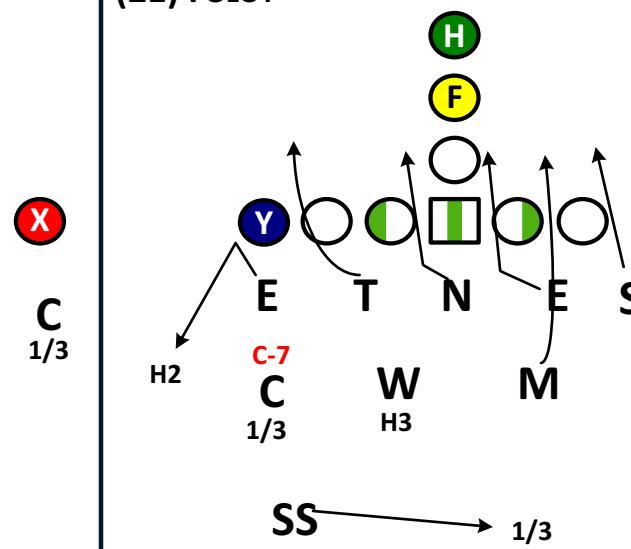


JAM FLASH 3 SEAM

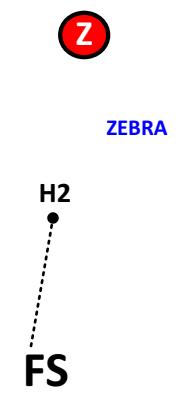
(21) I PRO



(21) I SLOT



CHECK SWITCH



ESSENCE:

1. 5 MAN 3 DEEP 3 UNDER ZONE PRESSURE
2. THE LINE SLANTS TO THE SOLID SIDE

COACHING POINTS:

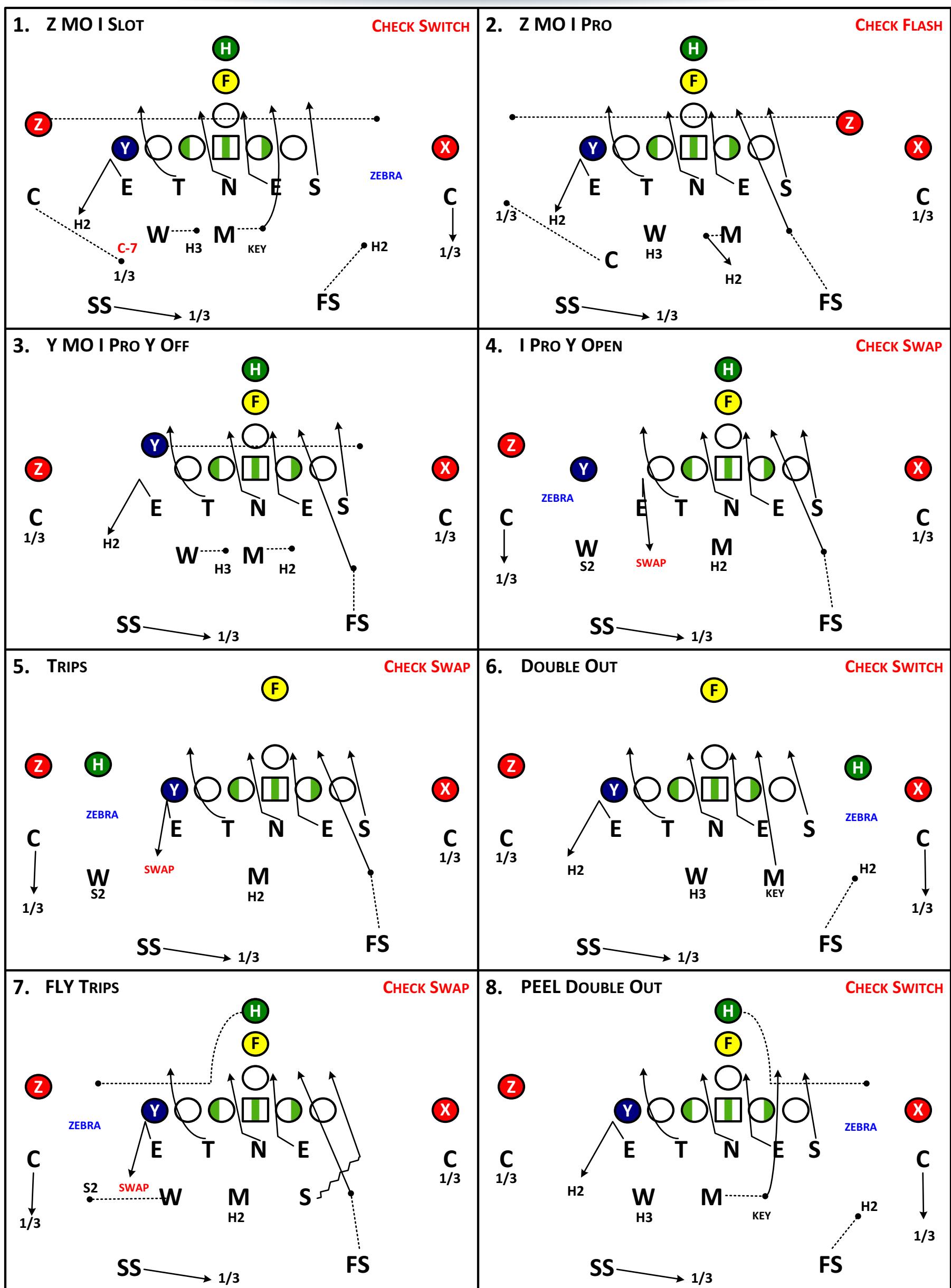
1. CLOSED CALL AWAY FROM THE "Y"
2. SAM BLITZ READ THE OT
 - Vs. DOWN BLOCK: KNIFE (CHASE FLAT W/ RUN AWAY)
 - Vs. HIGH HAT OR REACH: RUSH CONTAIN
3. WILL LB: IF YOUR GUY BLOCKS, ADD ON
4. FS IS A CREEP BLITZER (READ OUT ON GUARD PULL)
5. DL ALIGN IN A JAM FRONT. (MOVE TO IT)

ADJUSTMENTS:

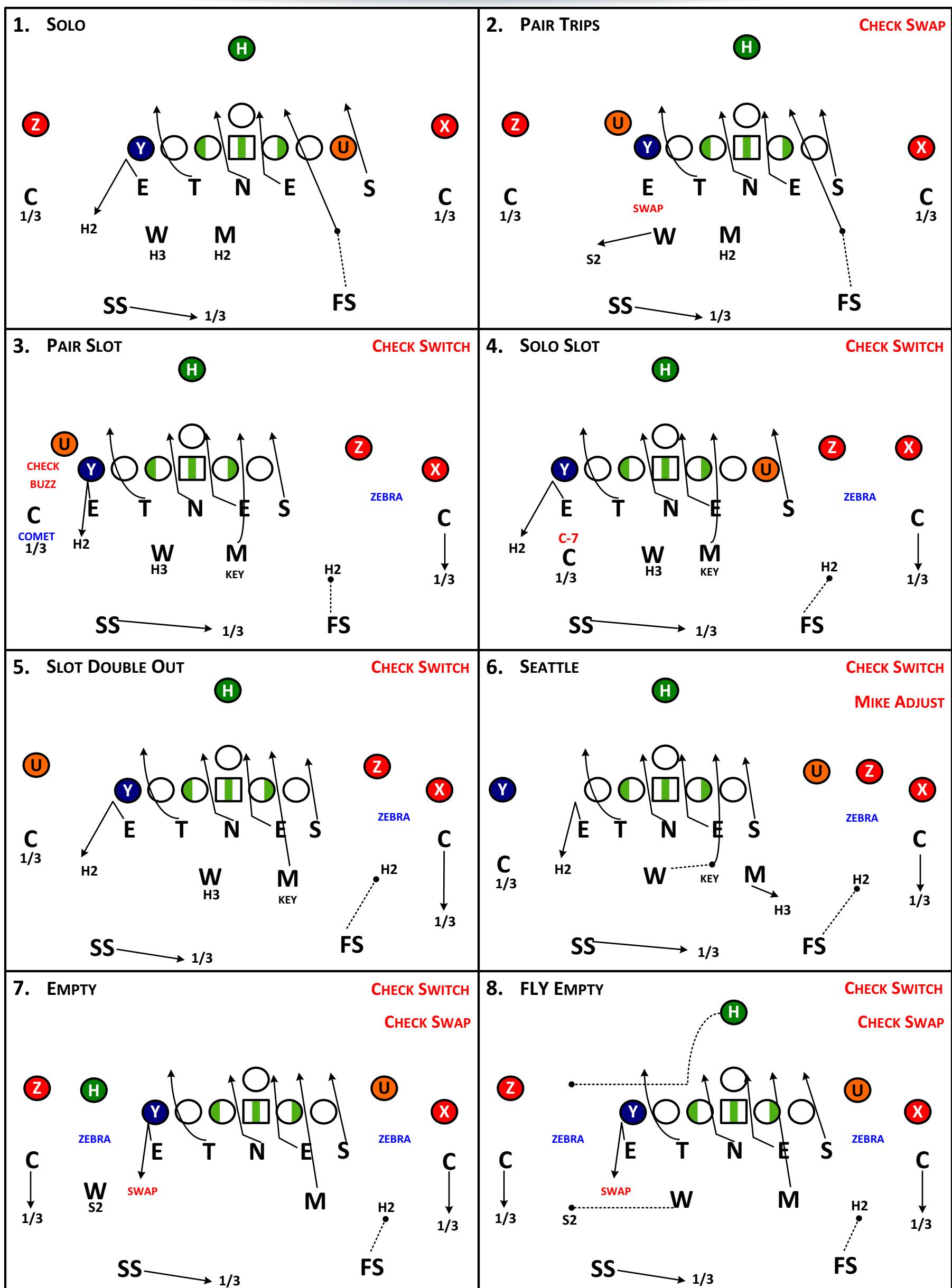
1. VS. ANY 2 DISPLACED TO THE FLEX SIDE: CHECK SWITCH (MIKE KEY BLITZ)
2. VS. ANY 2 DISPLACED AWAY FROM THE CLOSED CALL: CHECK SWAP
3. ANY #3 DISPLACED TO THE SOLID SIDE: CHECK HOT TO 3

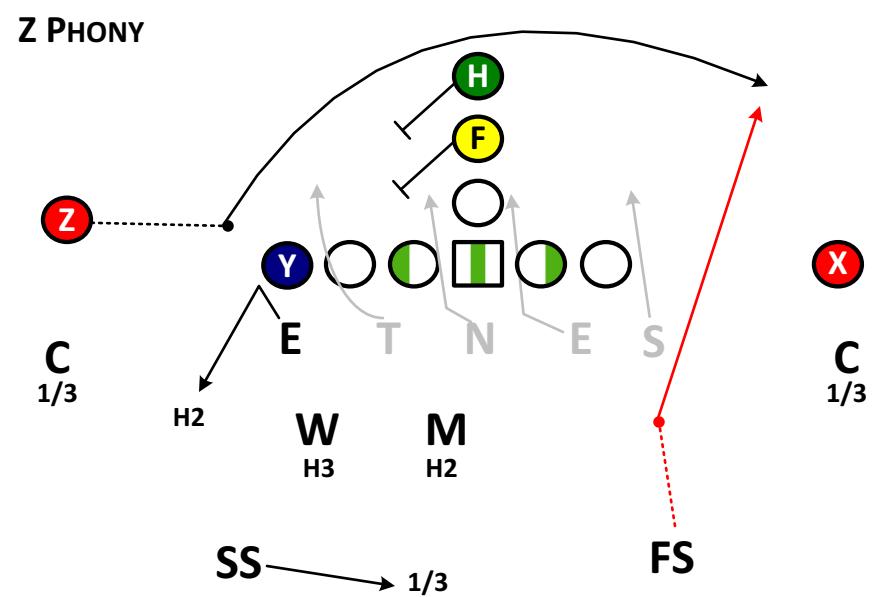


JAM FLASH 3 SEAM

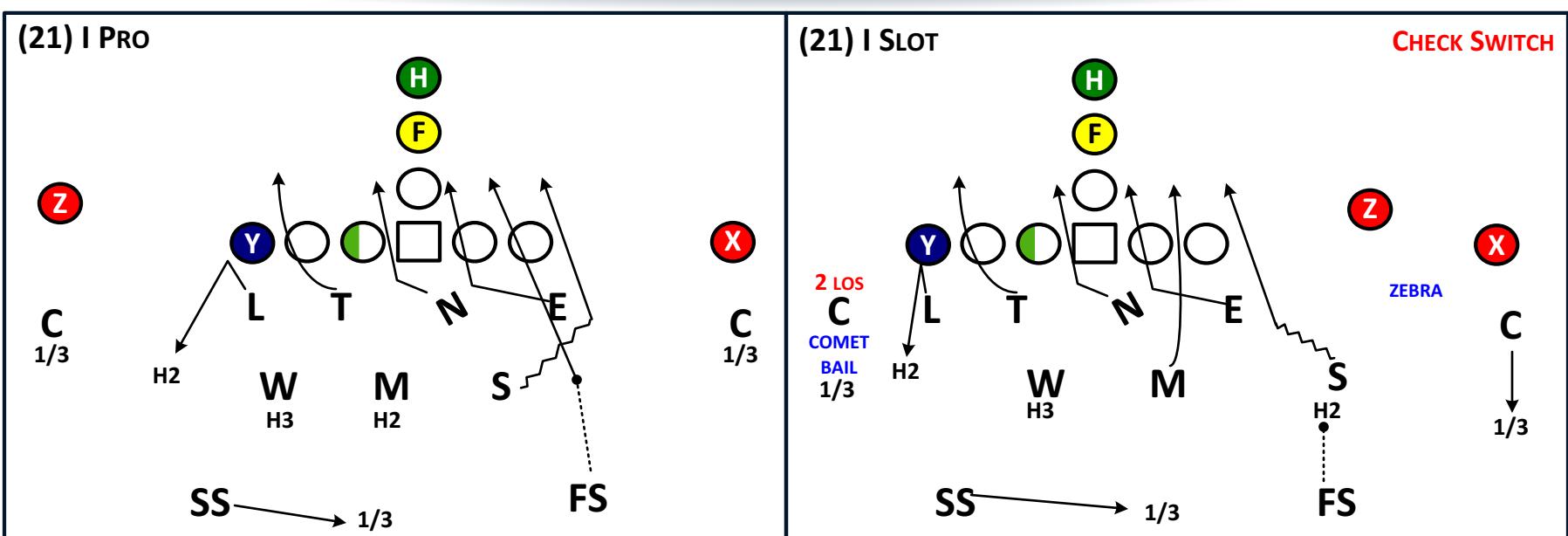


JAM FLASH 3 SEAM





FLASH 3 SEAM



ESSENCE:

1. 3 DEEP 3 UNDER RUSH ZONE WHERE WE WILL RUSH 4 DEFENDERS
2. THE LINE WILL ALIGN USING UNDER FAMILY FRONT RULES

COACHING POINTS:

1. CLOSED CALL AWAY FROM THE "Y"
2. SAM BLITZ READ THE OT
 - Vs. DOWN BLOCK: KNIFE (CHASE FLAT W/ RUN AWAY)
 - Vs. HIGH HAT OR REACH: RUSH CONTAIN
3. FS IS A CREEP BLITZER (READ OUT ON GUARD PULL)
4. 2 BACK PRO, WILL AS A HOT TO 3 DEFENDER VS. FLOOD ACTION: ALERT FLOOD PASS VERTICAL. GIVE END (HOT TO 2) BODY HELP.
5. HOT TO 3 (WILL): YOUR DROP INVOLVES STRONG AND WEAK HOOK ISSUES.

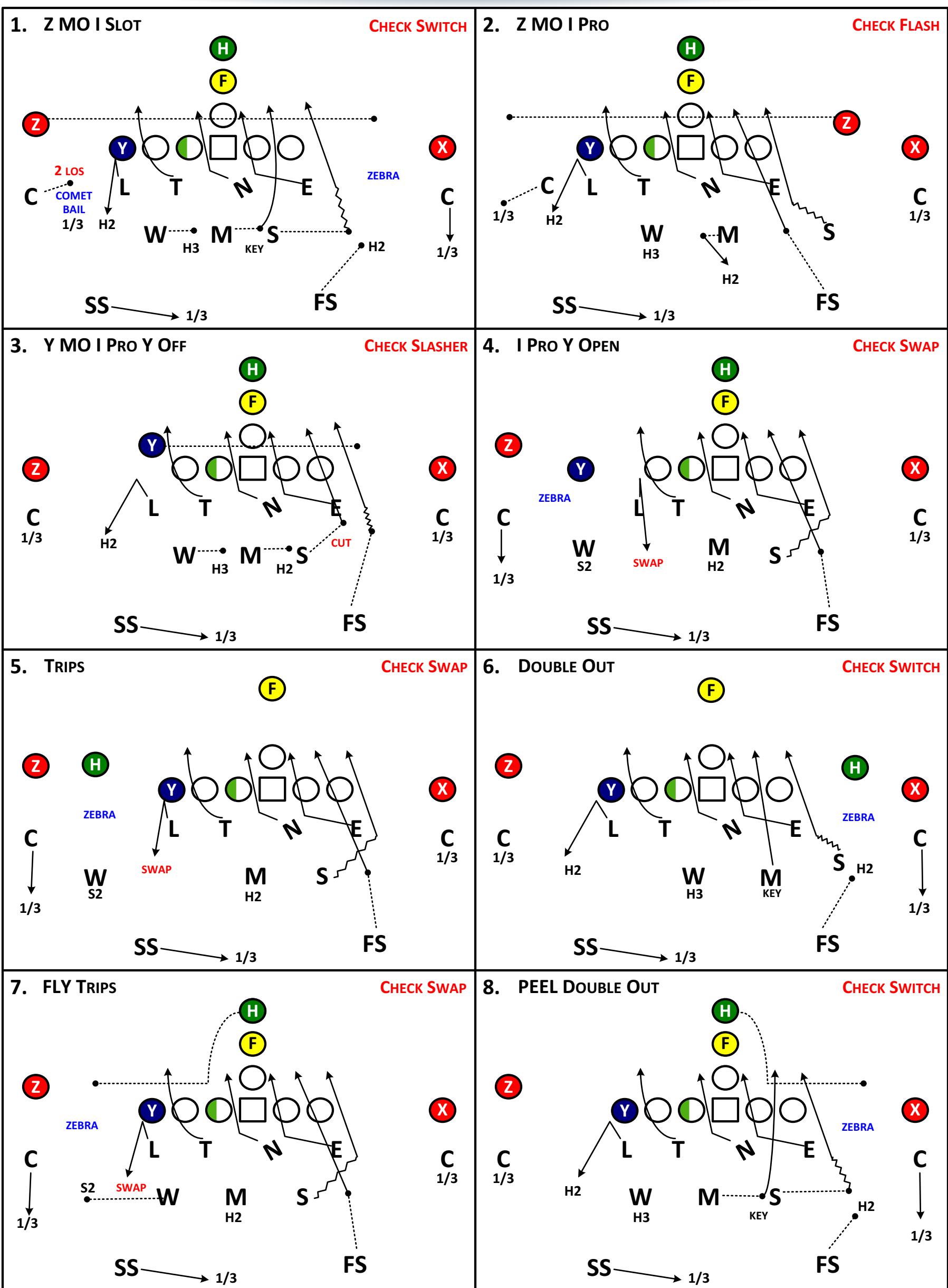
WITH Y

ADJUSTMENTS:

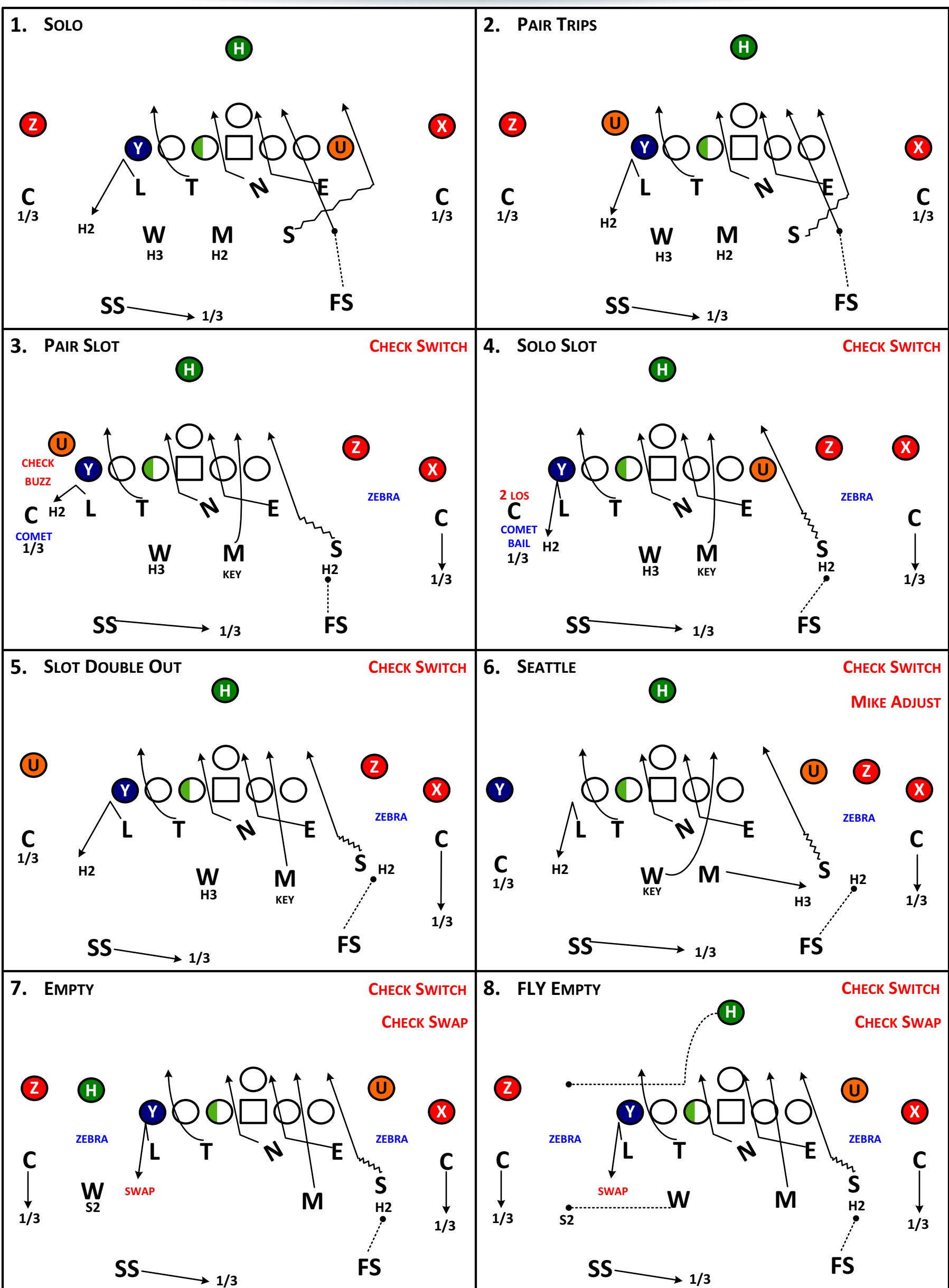
1. Vs. ANY 2 DISPLACED TO THE CLOSED CALL: CHECK SWITCH (MIKE KEY BLITZ)
2. Vs. ANY 2 DISPLACED AWAY FROM THE CLOSED CALL: CHECK SWAP
3. ANY #3 DISPLACED AWAY FROM THE CLOSED CALL: CHECK HOT TO 3
4. ANY #3 DISPLACED TO THE CLOSED CALL (TRIPLES): MIKE ADJUST. WILL BLITZ
5. Vs. 2 BACK Y MOTION: CHECK SLASHER PRINCIPLE (SAM CUT TECHNIQUE ON OT)
6. Vs. 2 BACK SLOT (ZIP MOTION): CHECK SLASHER



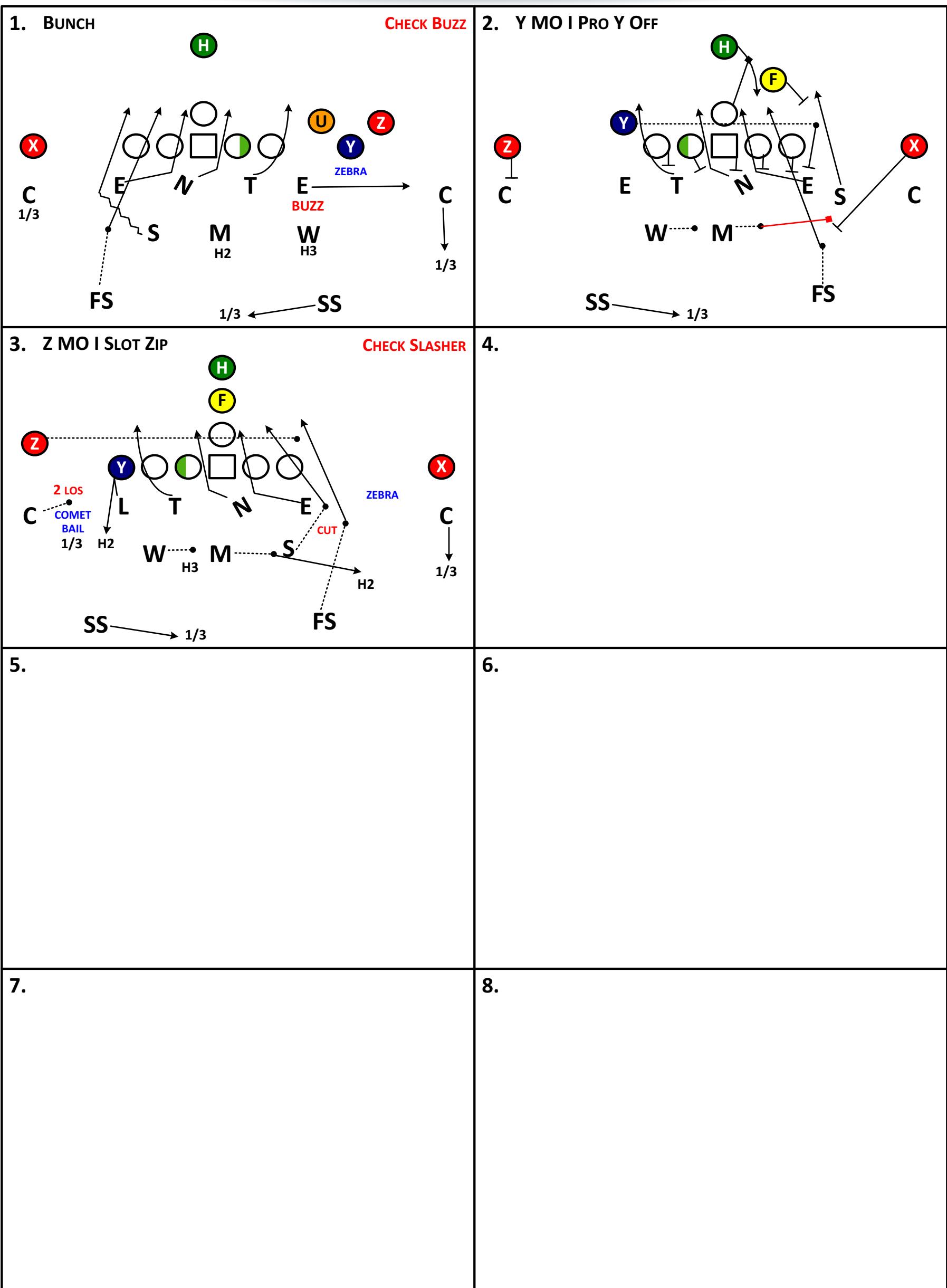
FLASH 3 SEAM



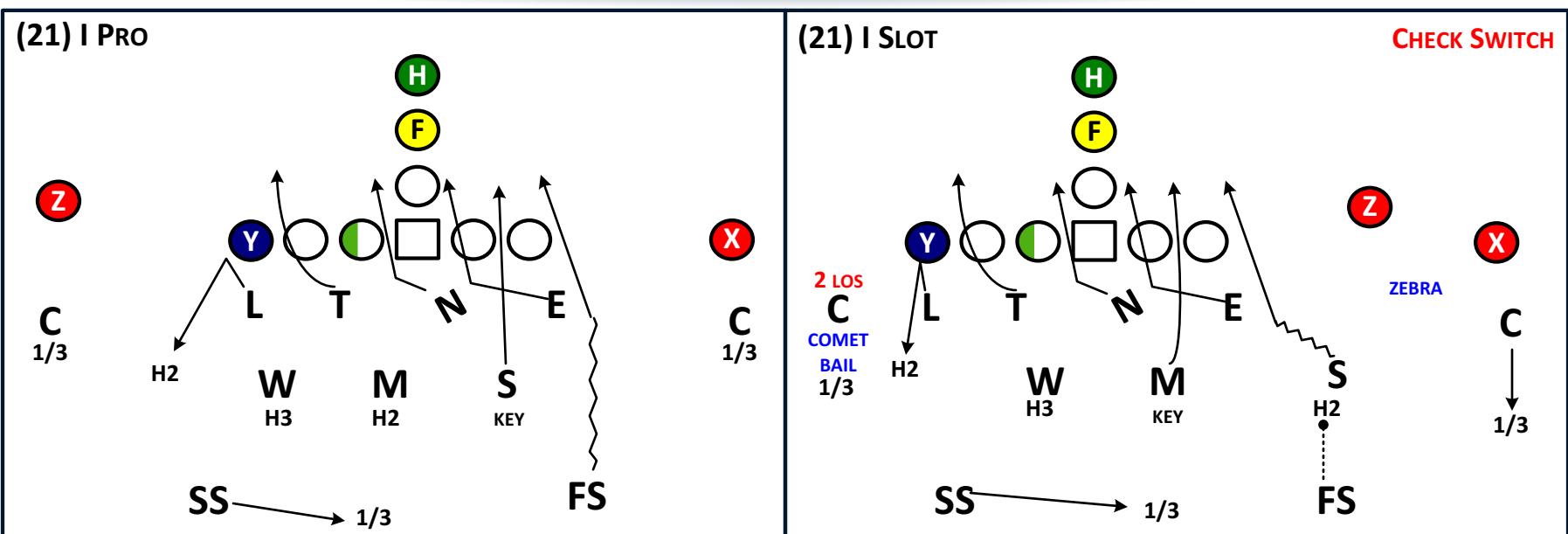
FLASH 3 SEAM



FLASH 3 SEAM



W/ Go FLASH 3 SEAM



ESSENCE:

1. W/ Go FLASH 3 SEAM IS AN UNDER FAMILY FRONT RUSH ZONE DEFENSE.
2. THE LINE WILL ALIGN USING UNDER FAMILY FRONT RULES

COACHING POINTS:

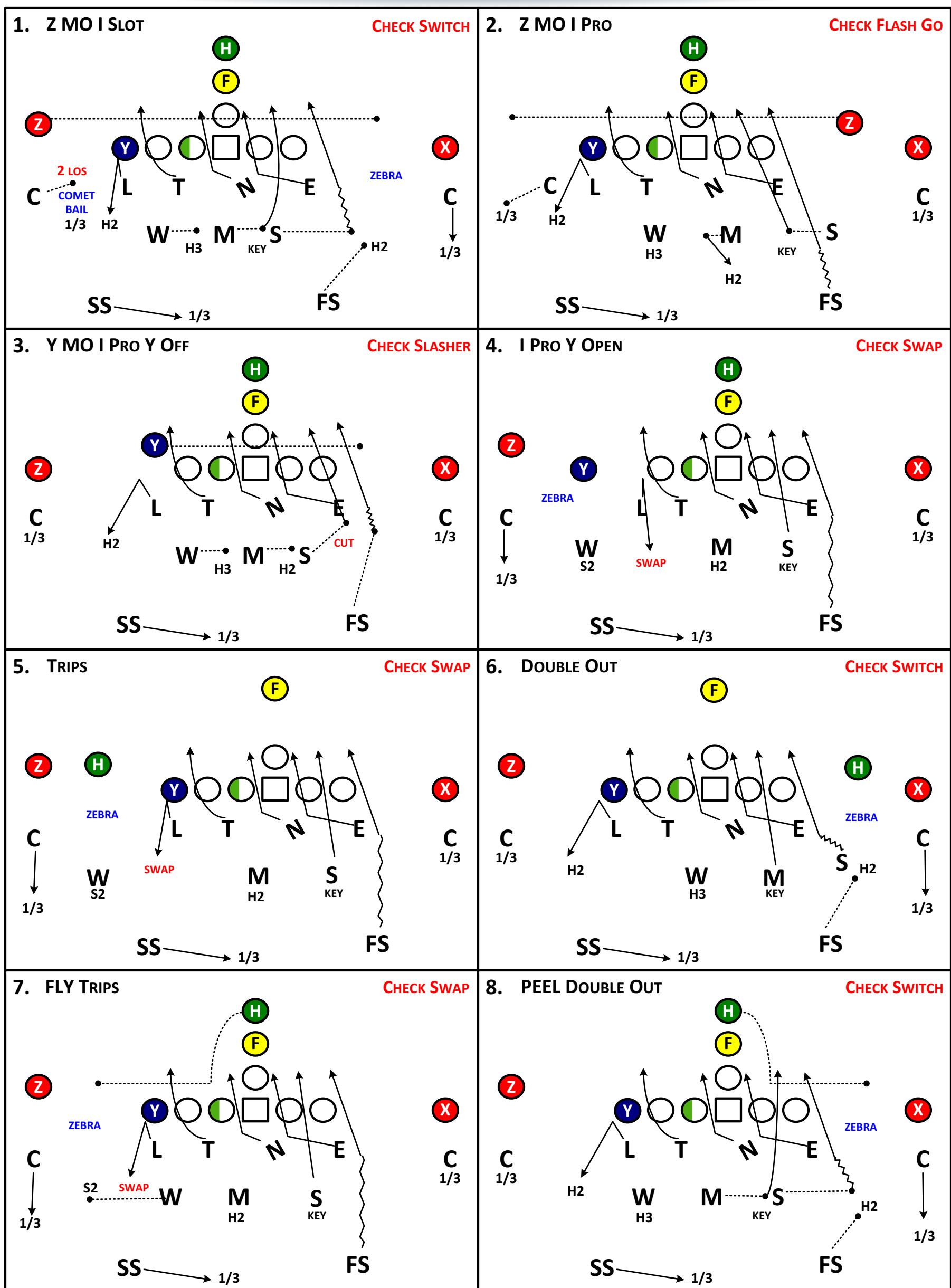
1. CLOSED CALL AWAY FROM THE "Y"
2. SAM: BLITZ B GAP (KEY READ)
3. FREE SAFETY: CONTAIN BLITZ
4. 2 BACK PRO, WILL AS A HOT TO 3 DEFENDER VS. FLOOD ACTION:
ALERT FLOOD PASS WITH Y VERTICAL. GIVE END (HOT TO 2) BODY HELP.
5. HOT TO 3 (WILL): YOUR DROP INVOLVES STRONG AND WEAK HOOK ISSUES.

ADJUSTMENTS:

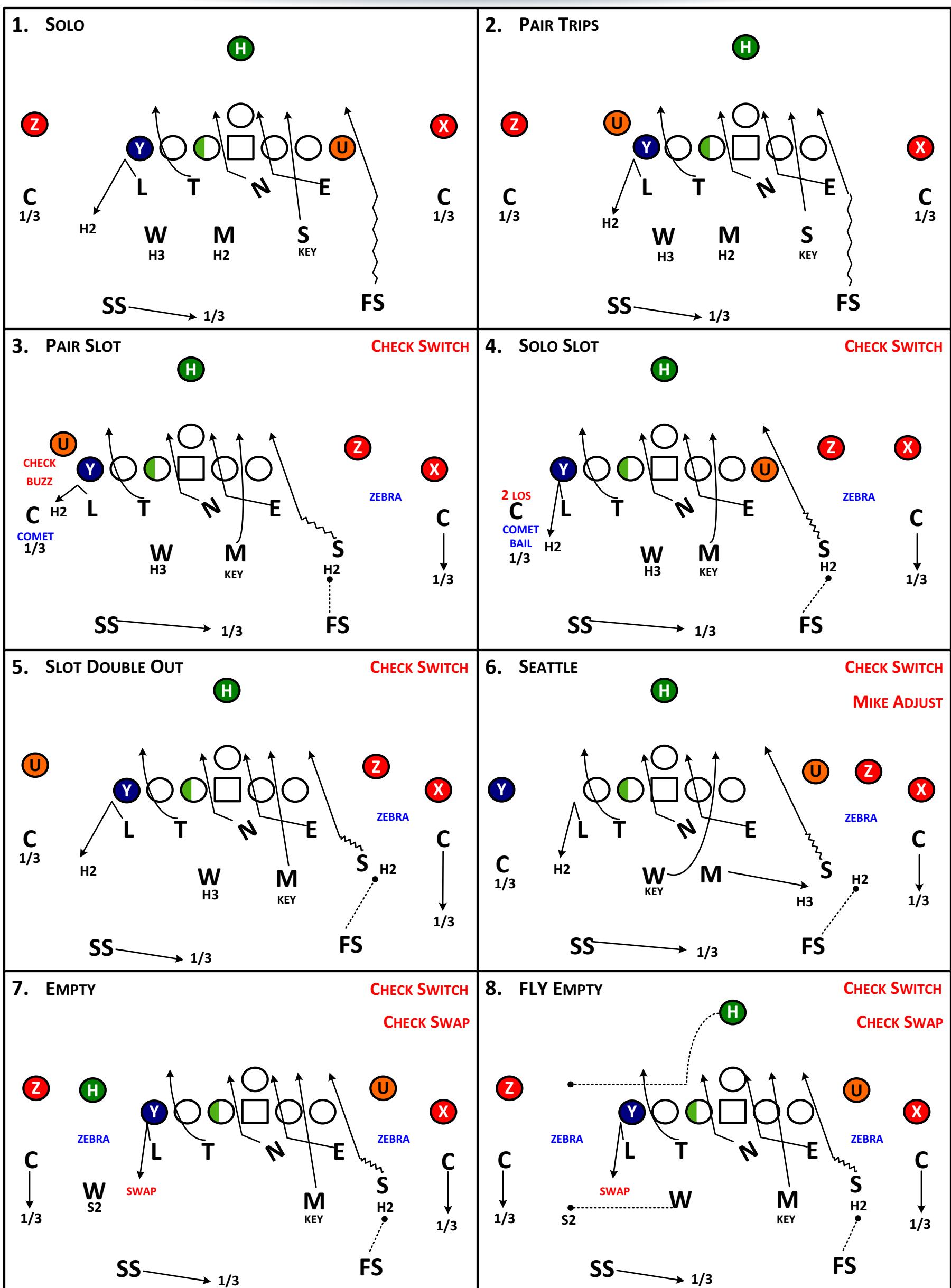
1. Vs. ANY 2 DISPLACED TO THE CLOSED CALL: CHECK SWITCH (MIKE KEY BLITZ)
2. Vs. ANY 2 DISPLACED AWAY FROM THE CLOSED CALL: CHECK SWAP
3. ANY #3 DISPLACED AWAY FROM THE CLOSED CALL: CHECK HOT TO 3
4. ANY #3 DISPLACED TO THE CLOSED CALL (TRIPLES): MIKE ADJUST. WILL BLITZ
5. Vs. 2 BACK Y MOTION: CHECK SLASHER PRINCIPLE (SAM CUT TECHNIQUE ON OT)
6. Vs. X NASTY: POSSIBLE TRADE (CORNER CONTAIN BLITZ)



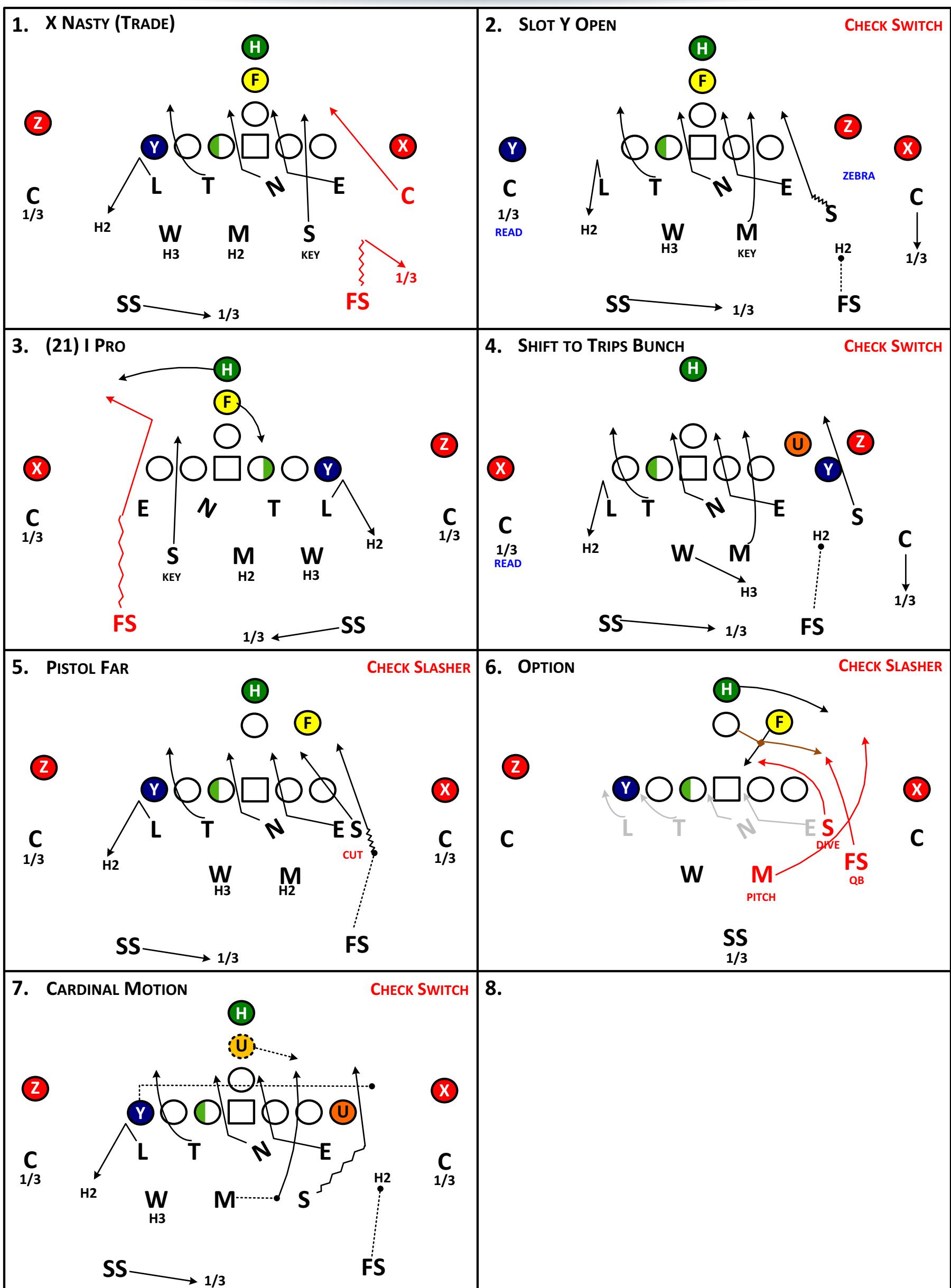
W/ Go Flash 3 Seam



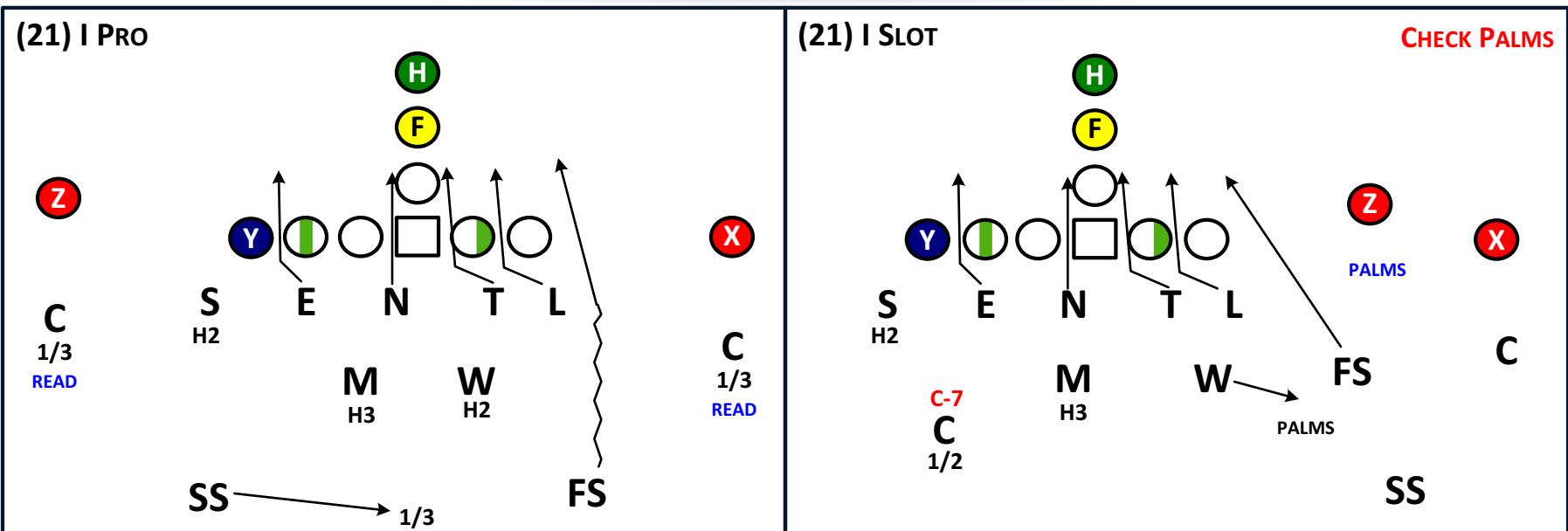
W/ Go FLASH 3 SEAM



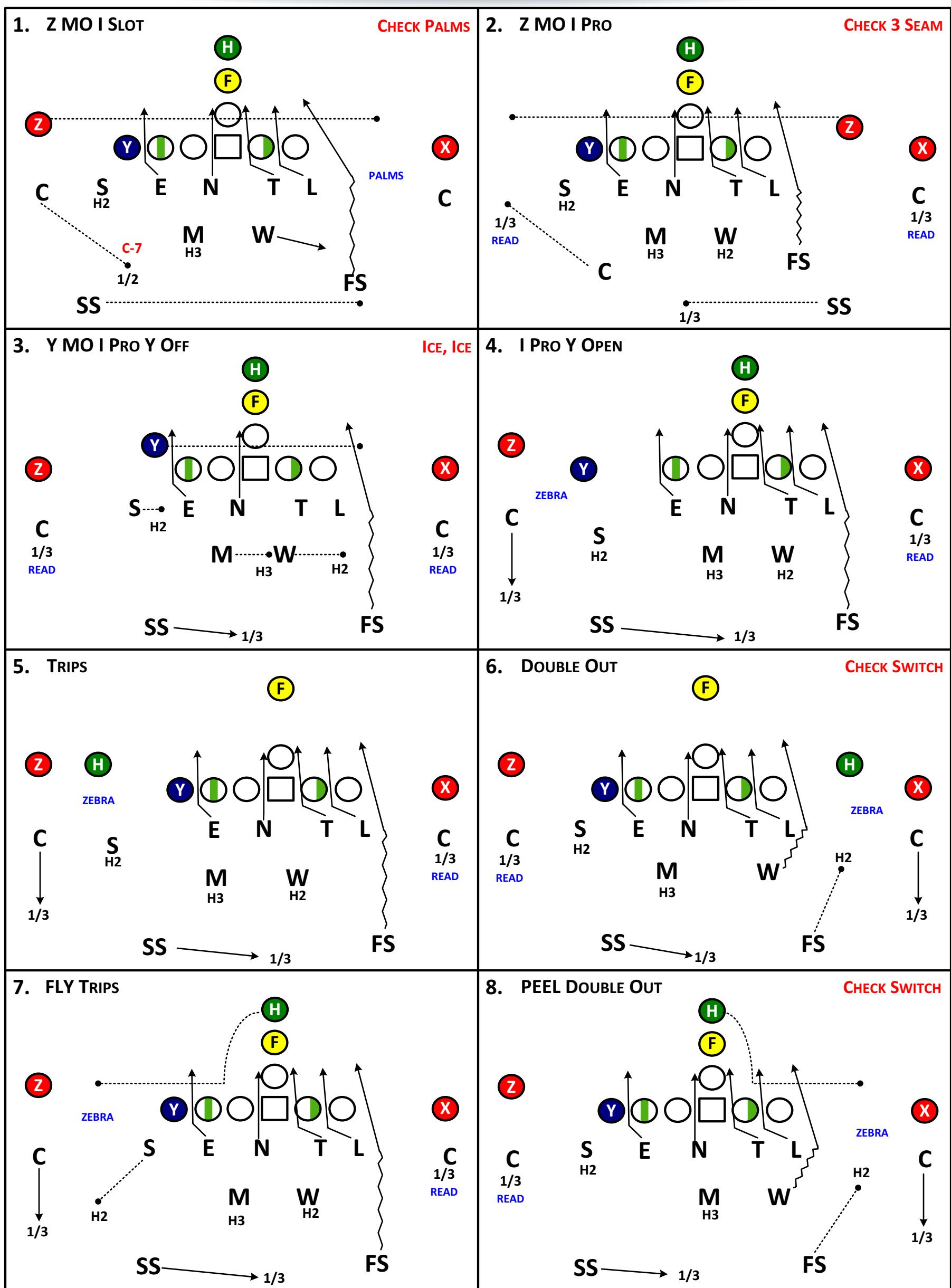
FLASH GO 3 SEAM



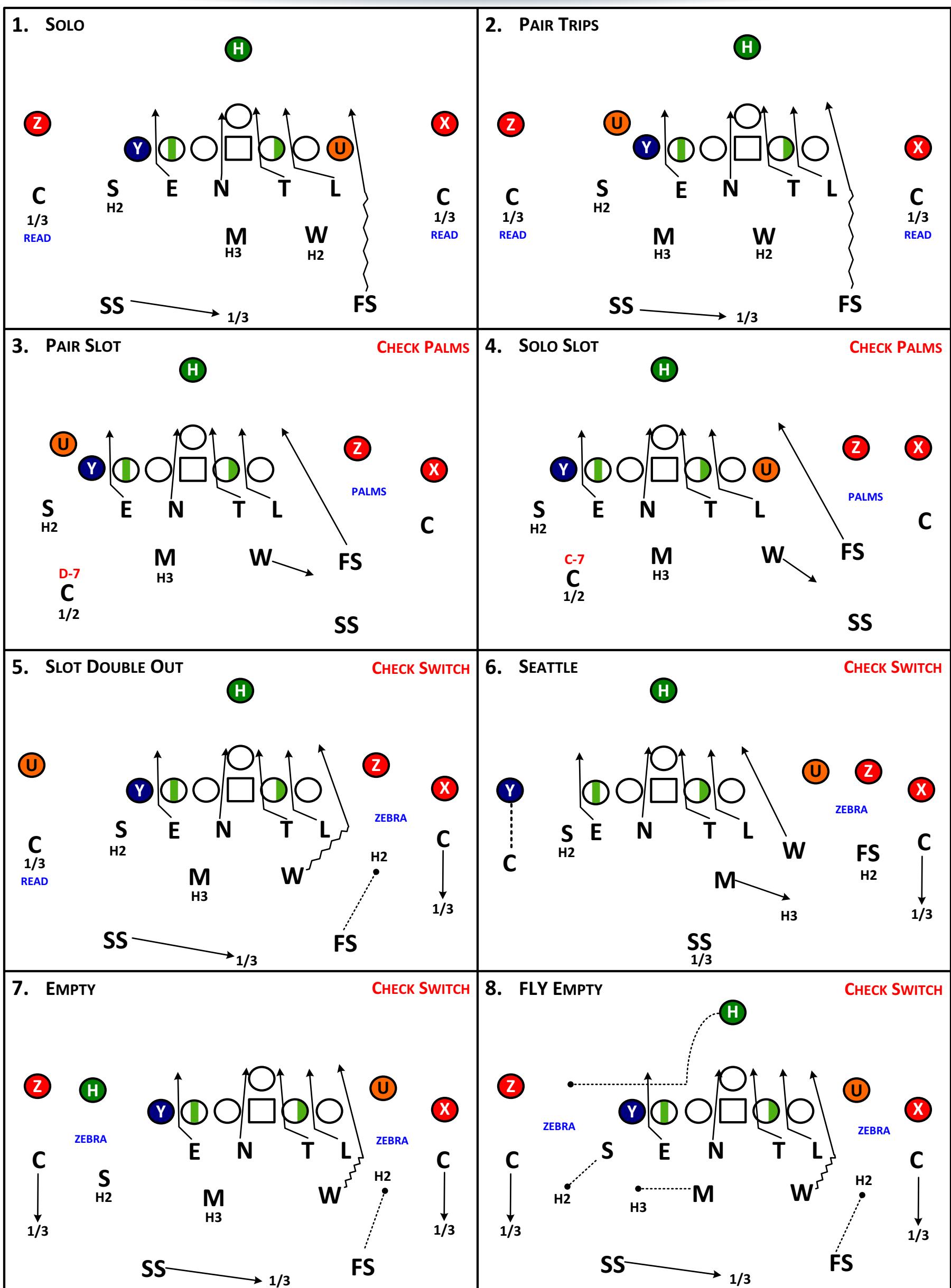
ROCK FOX 3 PALMS



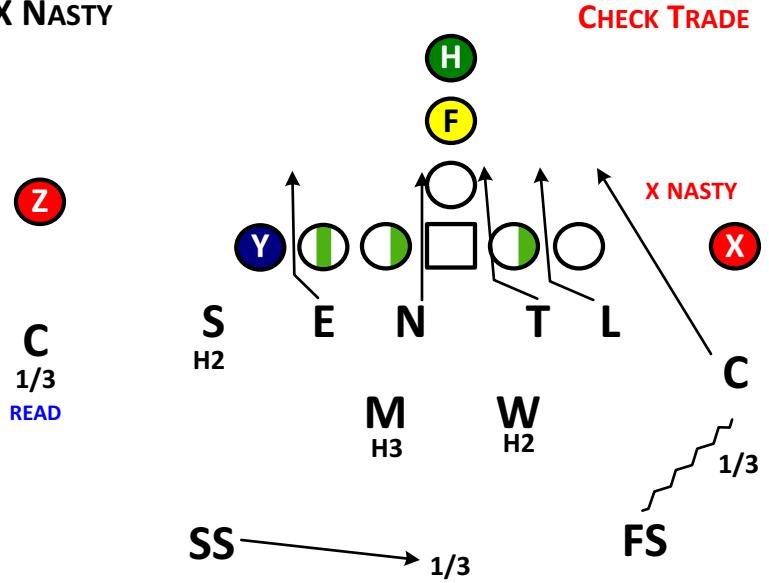
ROCK FOX 3 PALMS



ROCK FOX 3 PALMS

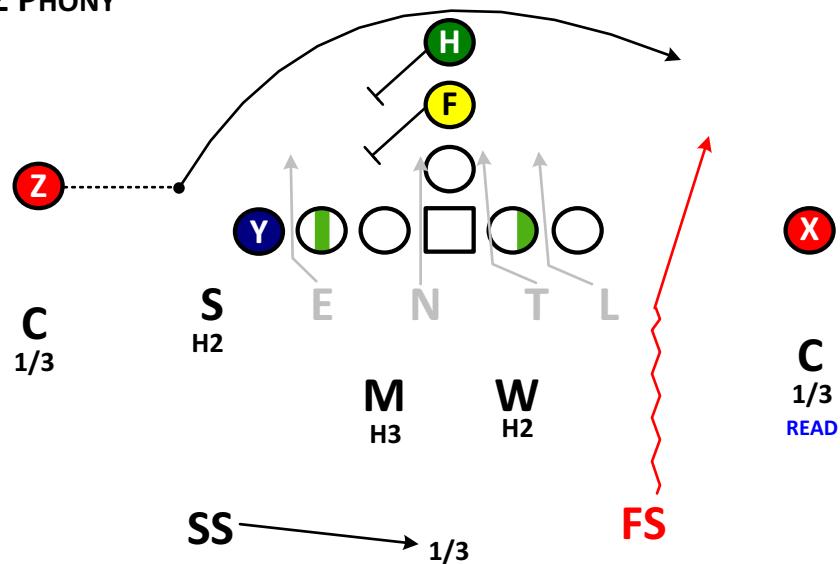


X NASTY

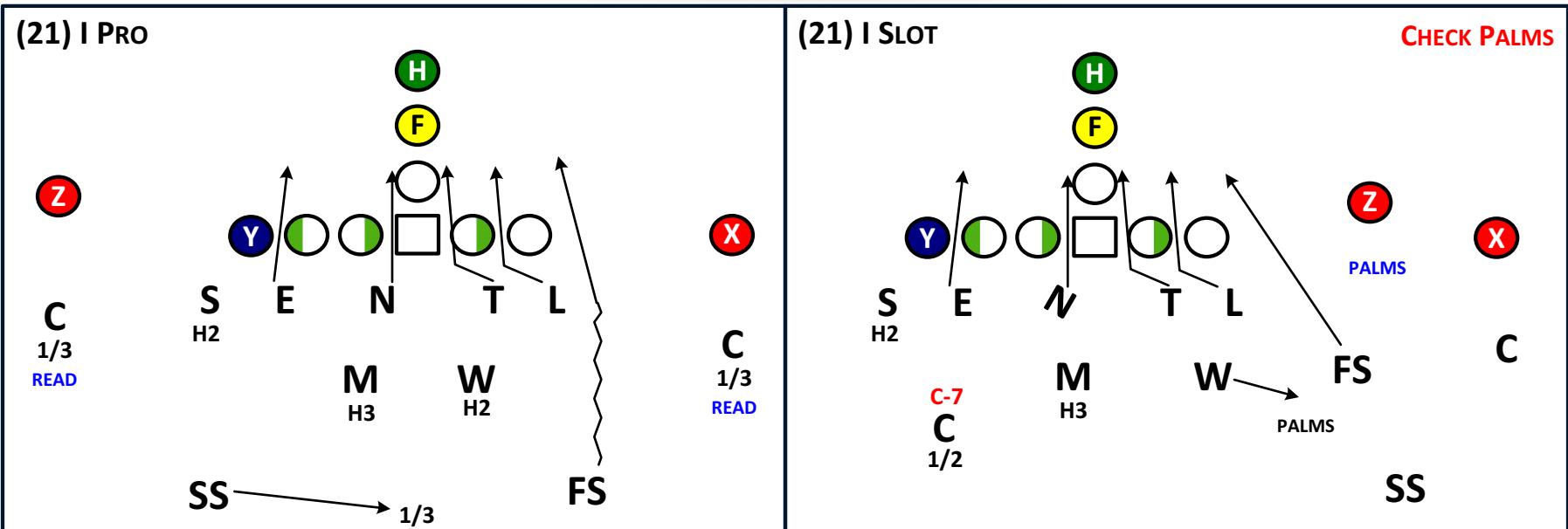


CHECK TRADE

Z PHONY



UNDER PIG FELIX 3 PALMS



ESSENCE:

1. **5 MAN RUSH ZONE WITH THE FREE SAFETY RUSHING OFF THE FLEX SIDE EDGE.**

COACHING POINTS:

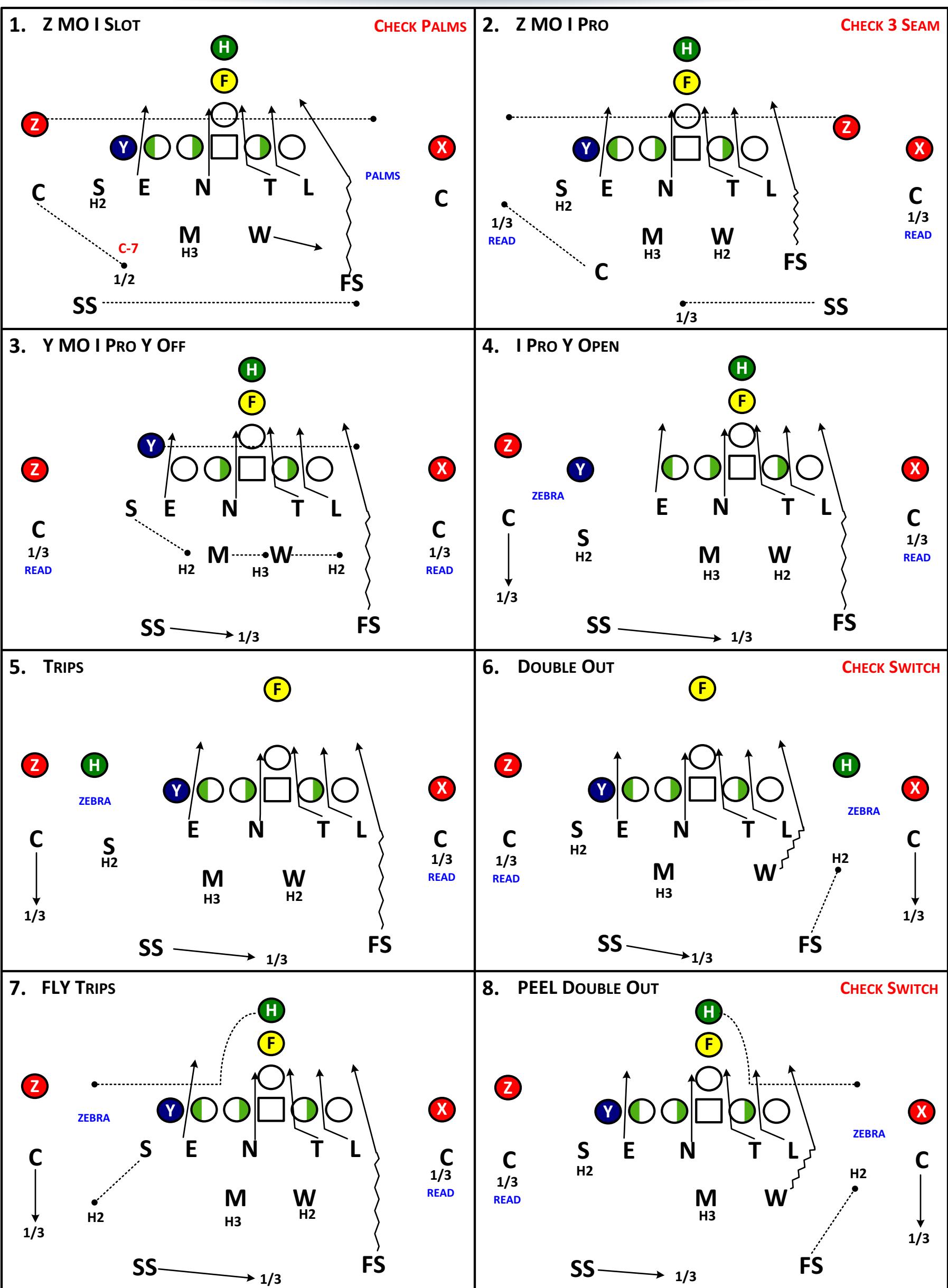
1. **SOLID CALL TO THE "Y".**
2. **MIKE: HOT TO 3**
3. **WILL: HOT TO 2**
4. **SAM: HOT TO 2**
5. **FREE SAFETY: CONTAIN BLITZ**

ADJUSTMENTS:

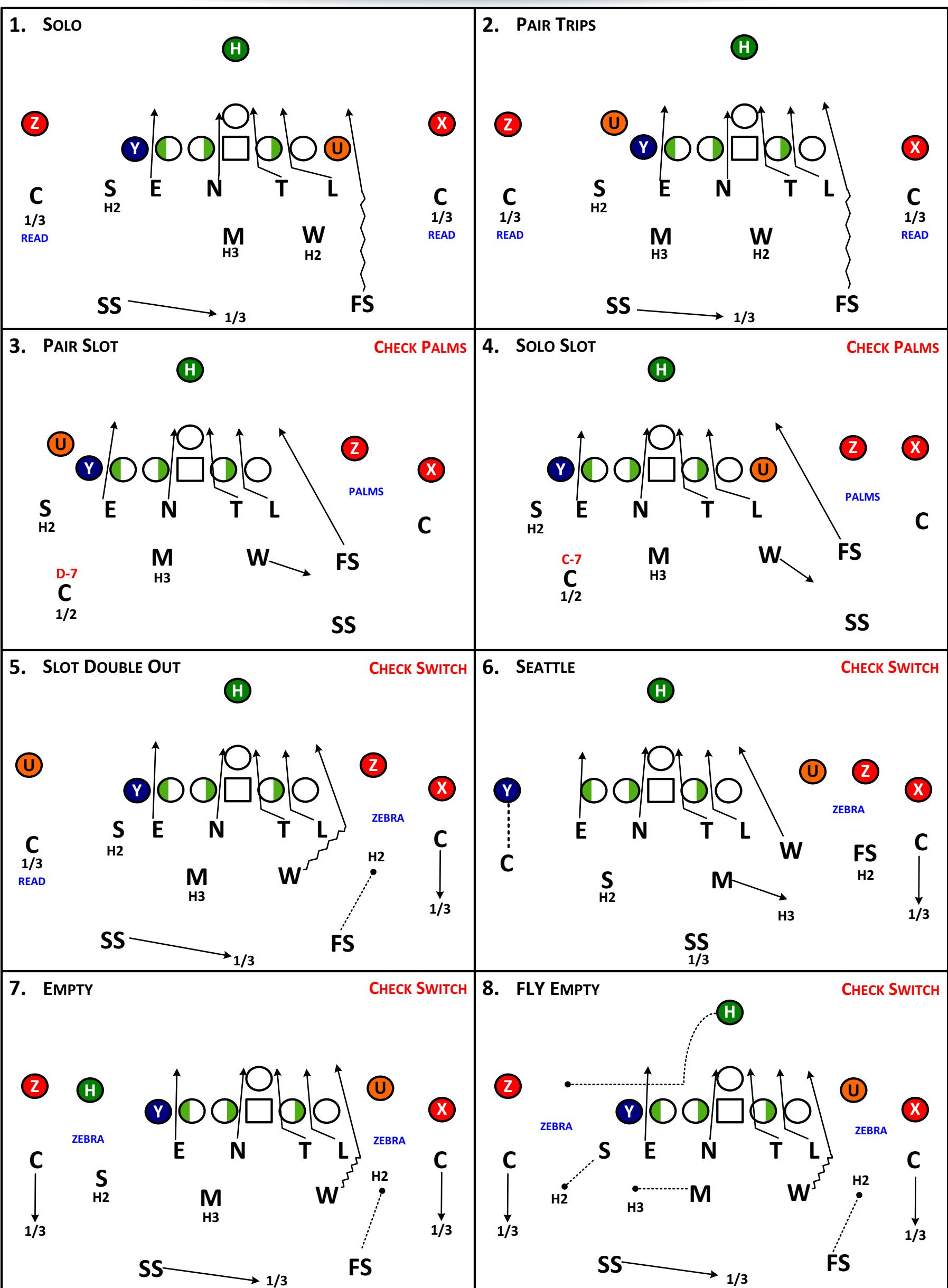
1. **Vs. PRO X NASTY: CHECK TRADE.**
2. **Vs. DOUBLE WIDTH SETS AND 2 DISPLACED TO THE FLEX SIDE: CHECK SWITCH**
3. **Vs. ALIGNED OR MOTION TO EMPTY: CHECK SWITCH**
4. **Vs. SINGLE WIDTH SLOT FAMILY FORMATIONS: CHECK PALMS**



UNDER PIG FELIX 3 PALMS

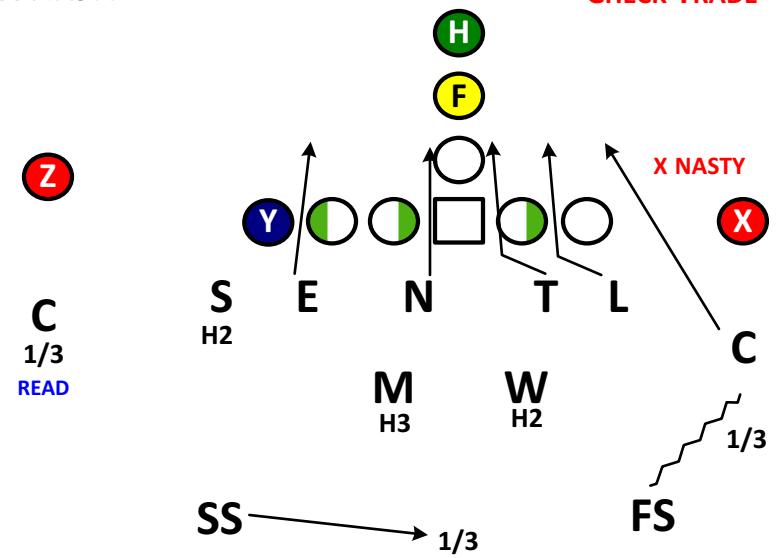


UNDER PIG FELIX 3 PALMS



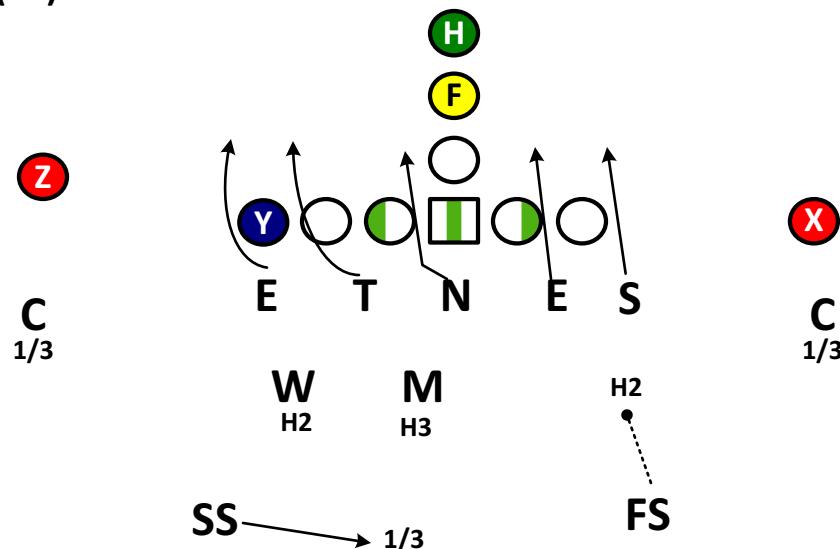
X NASTY

CHECK TRADE

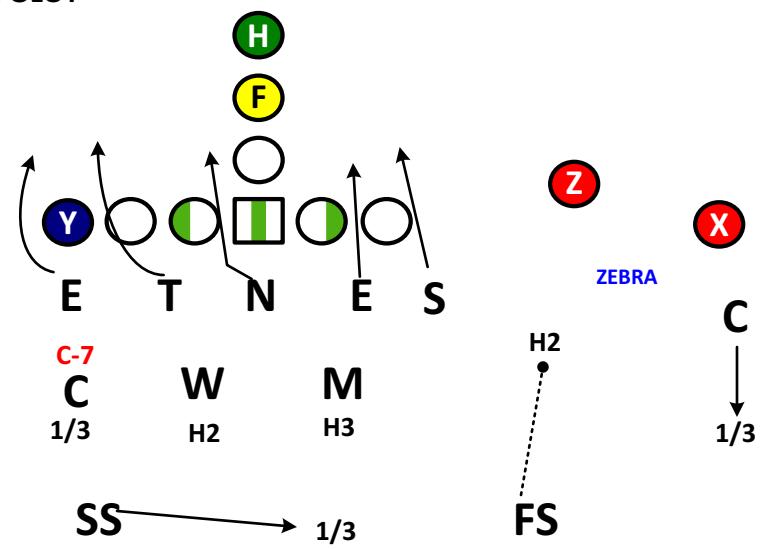


JAM FREEZE 3 SEAM

(21) I PRO



(21) I SLOT



ESSENCE:

1. 5 MAN 3 DEEP 3 UNDER ZONE PRESSURE
2. THE LINE SLANTS TO THE SOLID SIDE

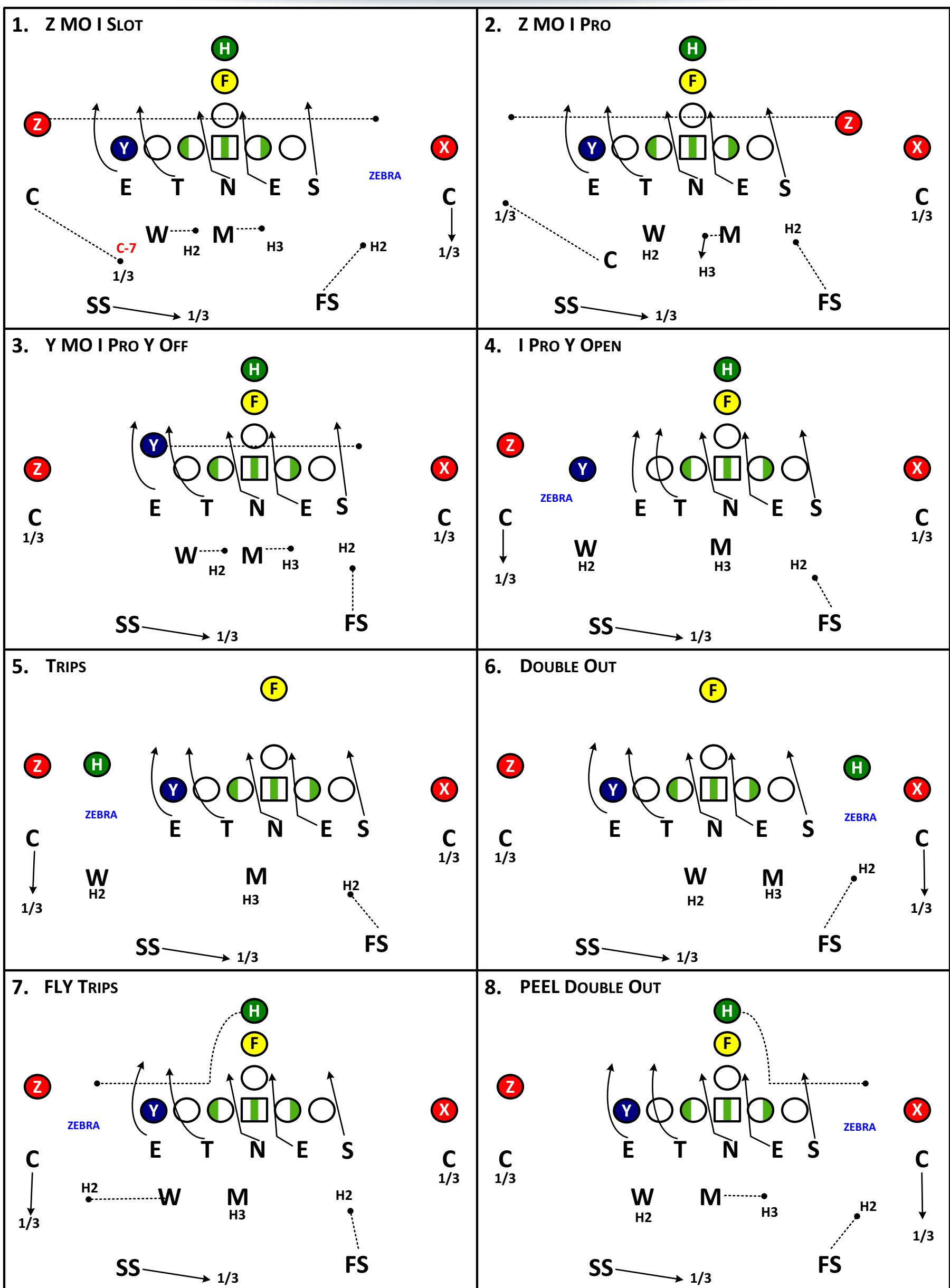
COACHING POINTS:

1. CLOSED CALL AWAY FROM THE "Y"
2. SAM: CONTAIN BLITZ
3. WILL LB: HOT 2
4. MIKE: HOT 3
5. FREE SAFETY: HOT 2

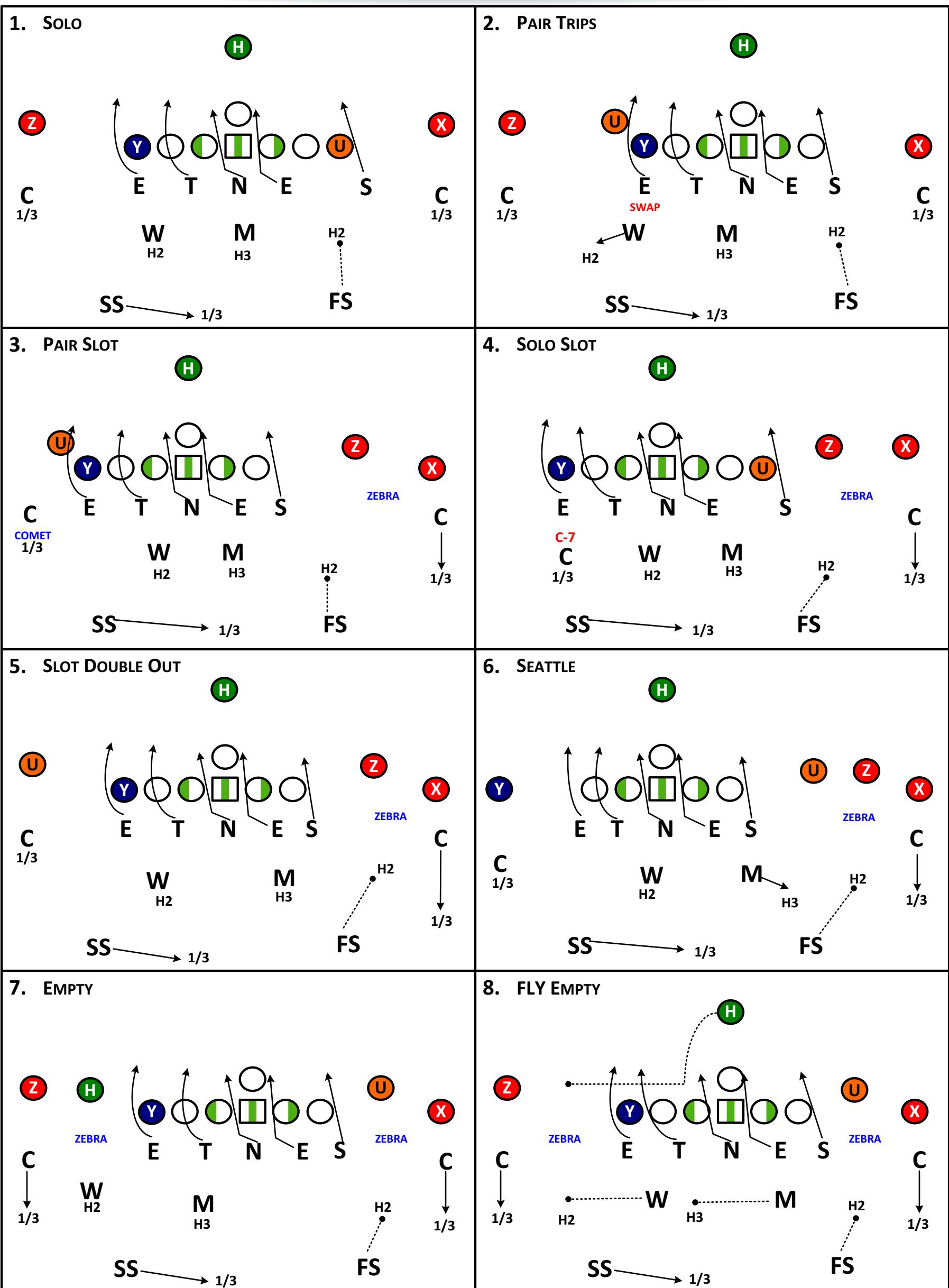
ADJUSTMENTS:

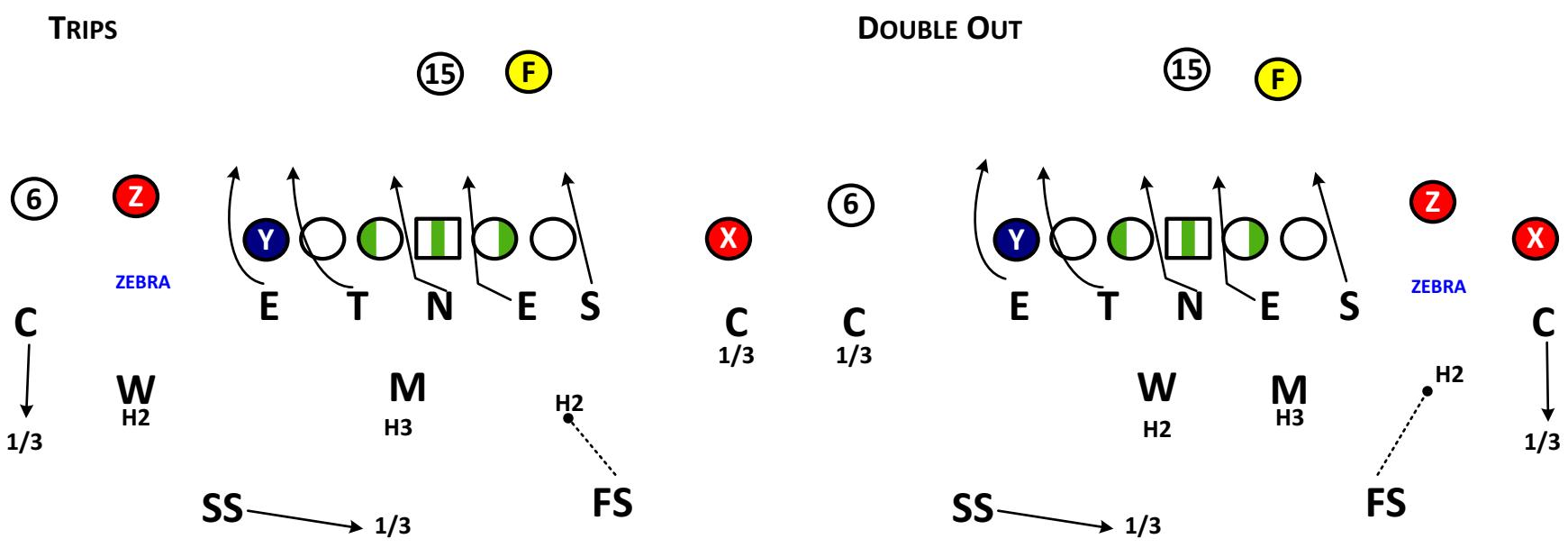


JAM FREEZE 3 SEAM



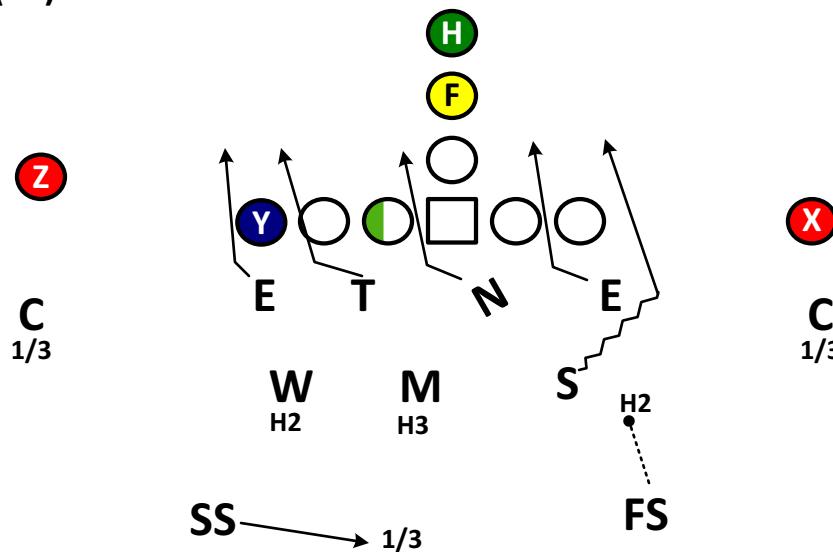
JAM FREEZE 3 SEAM



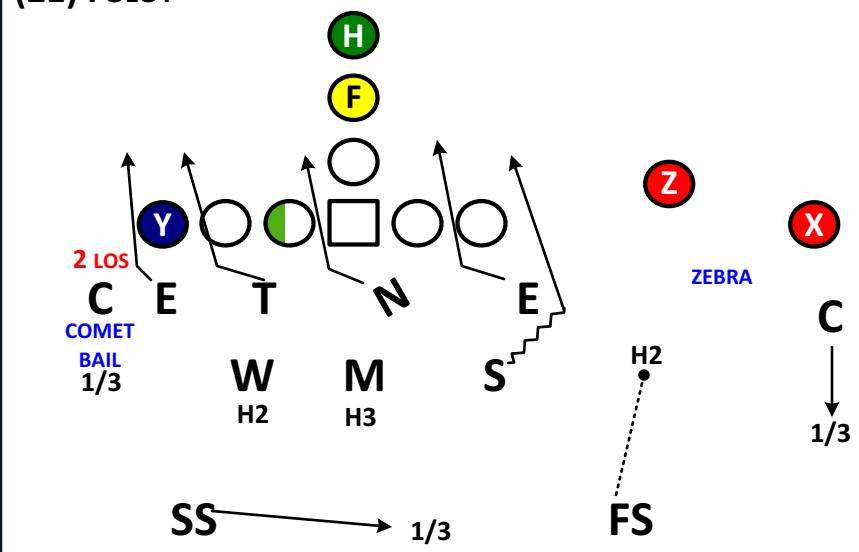


OVER FREEZE 3 SEAM

(21) I PRO



(21) I SLOT



ESSENCE:

1. 5 MAN 3 DEEP 3 UNDER ZONE PRESSURE OUT OF OUR OVER FAMILY.

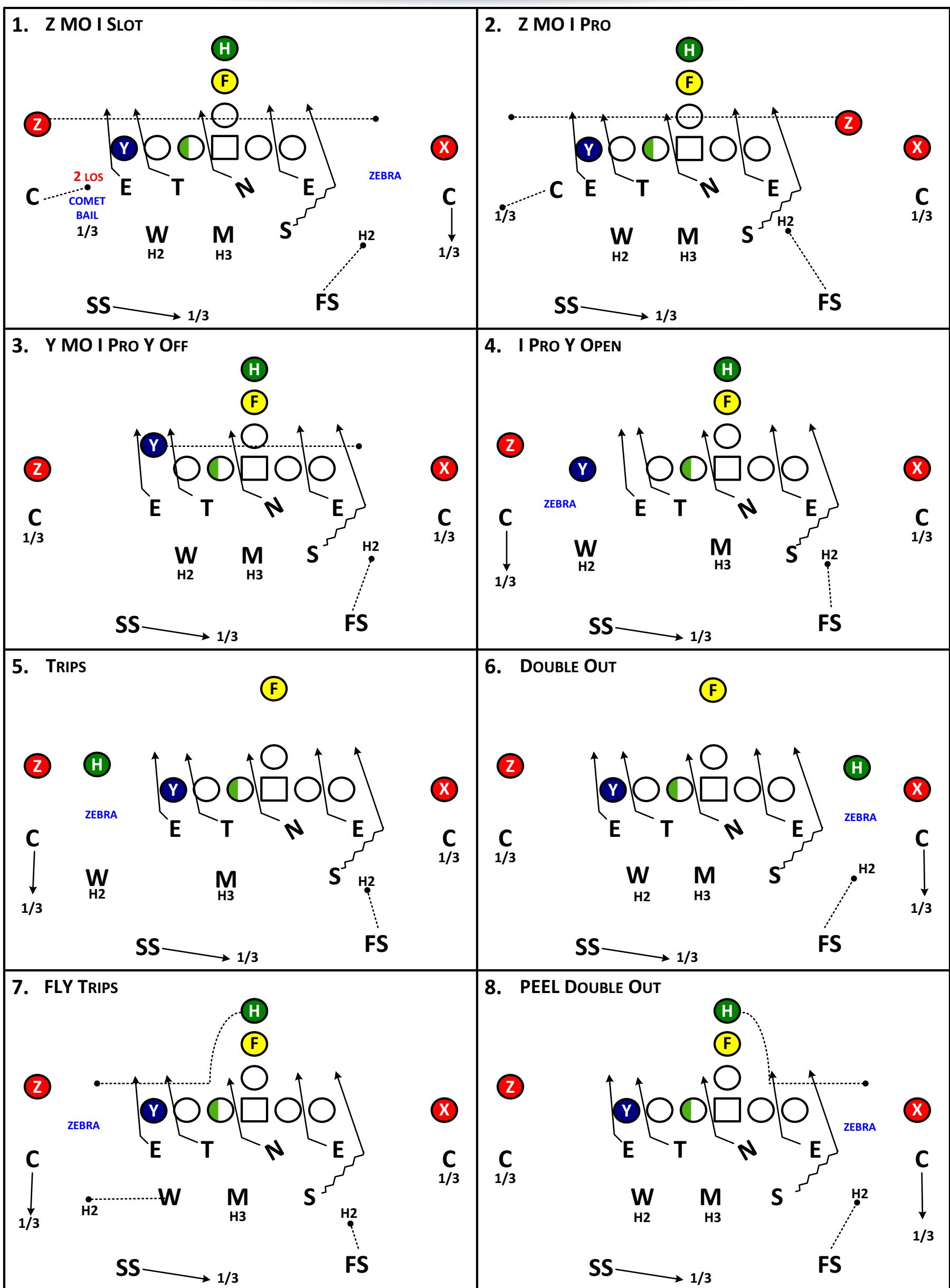
COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. SAM BLITZ OFF THE EDGE
DOT: CHASE
GUN: CONTAIN
3. D-LINE: RUN AN ASH STUNT

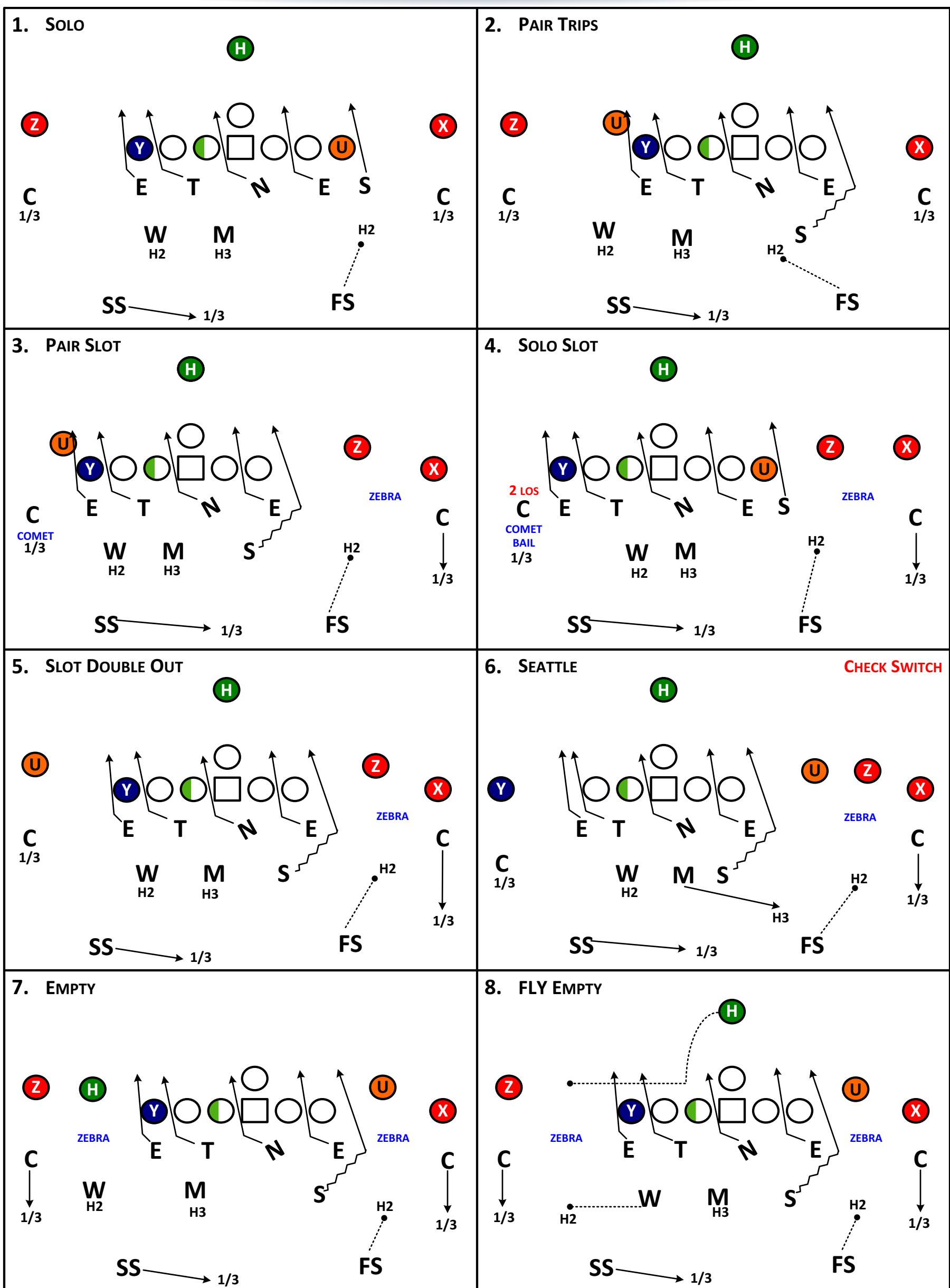
ADJUSTMENTS:



OVER FREEZE 3 SEAM

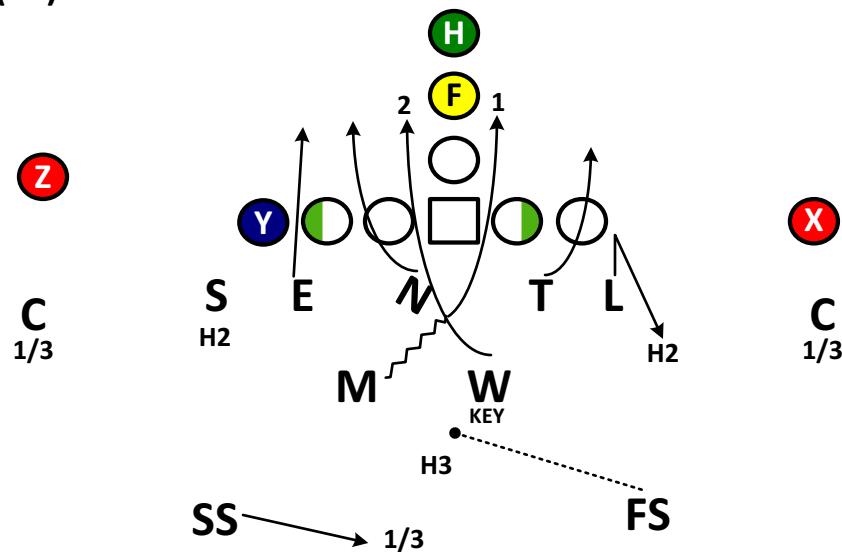


OVER FREEZE 3 SEAM

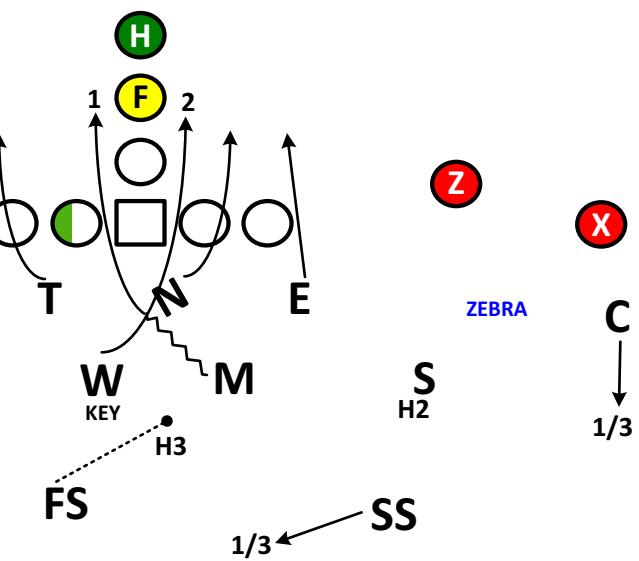


STRONG GUT CROSS 3 BUZZ

(21) I PRO



(21) I SLOT



ESSENCE:

1. STRONG GUT CROSS 3 BUZZ IS AN UNDER FAMILY FRONT ZONE PRESSURE.

COACHING POINTS:

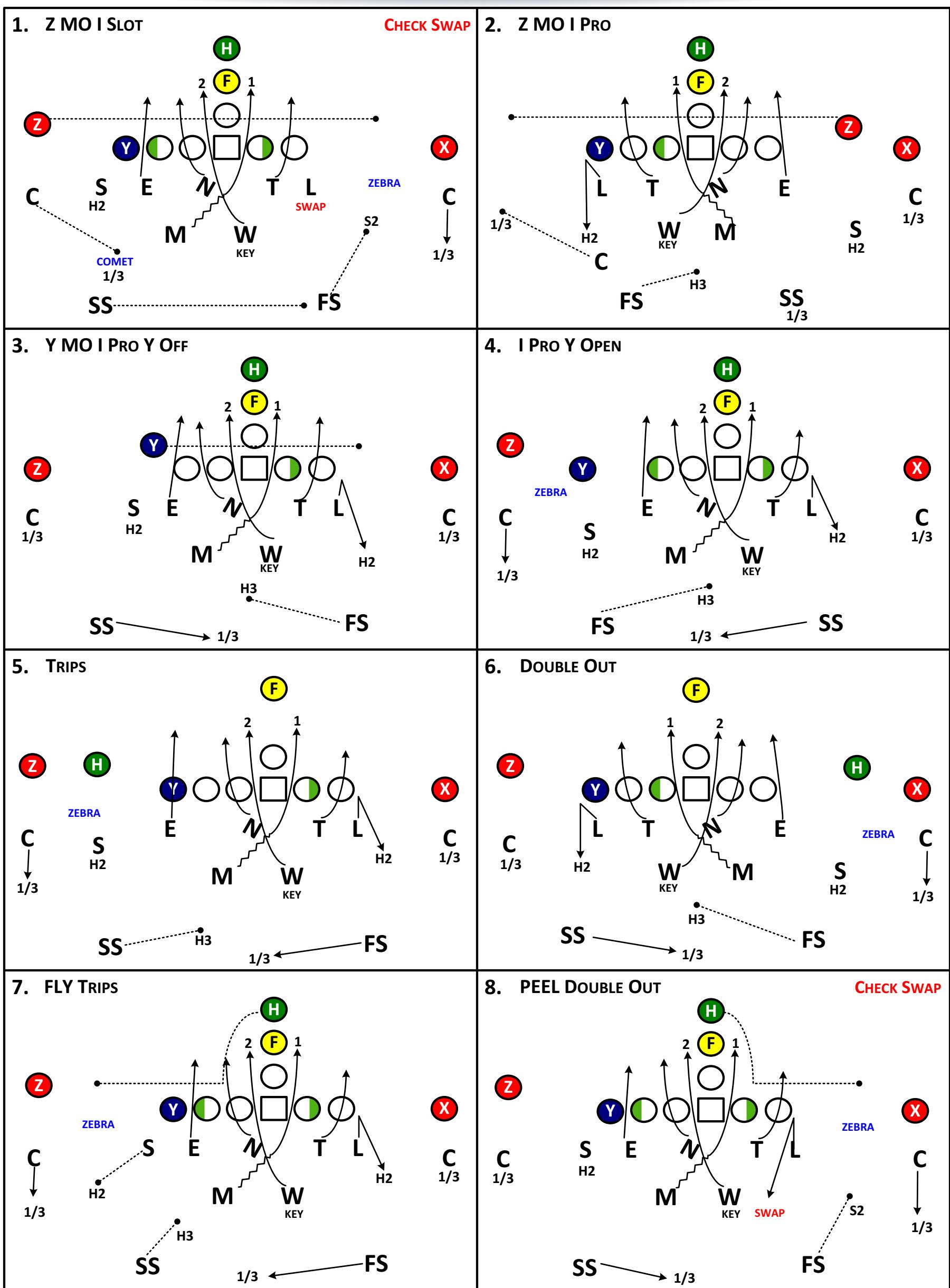
1. CLOSE CALL TO THE PASSING STRENGTH
2 RECEIVER SIDE
BALANCED 2X2 FORMATIONS TO THE LEFT OR TO THE OFFSET
EMPTY: TO THE 2 MAN SIDE
2. MIKE BLITZES THE WEAK A GAP
3. WILL KEY BLITZES THE STRONG A GAP (SECOND)
4. FREE SAFETY IS THE HOT TO 3 DEFENDER
5. Vs. TRIPS: SS IS THE HOT TO 3 DEFENDER
6. STRONG SAFETY TRAVEL WITH THE CLOSED CALL.

ADJUSTMENTS:

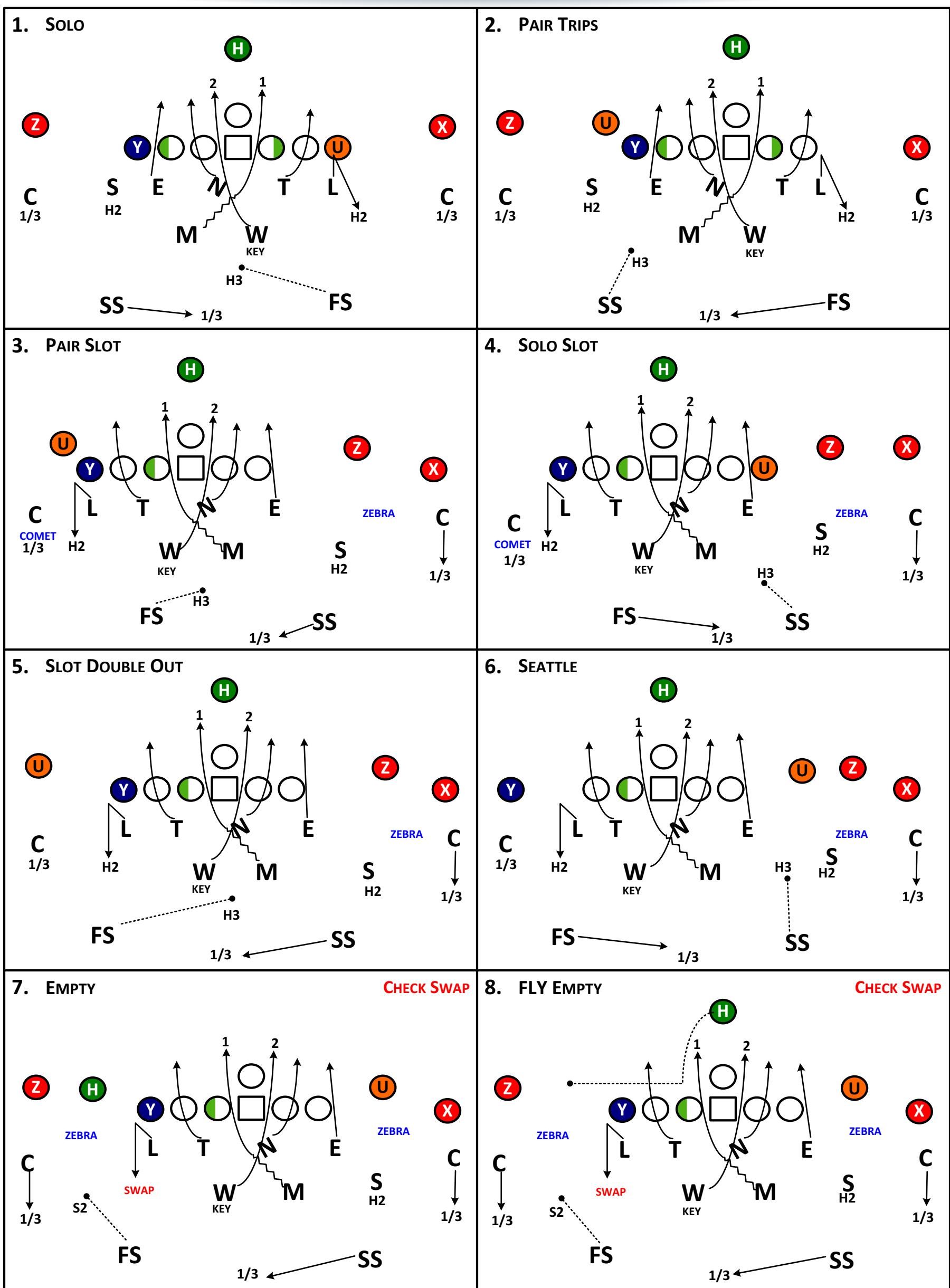
1. Vs. #2 DISPLACED AWAY FROM THE CLOSED CALL: CHECK SWAP
2. Vs. #3 DISPLACED AWAY FROM THE CLOSED CALL: CHECK HOT TO 3
3. Vs. 2x2 FORMATIONS: SEAM ALERT
4. POSSIBLE GAME PLAN:
DO NOT CROSS LBs IN BLITZ



STRONG GUT CROSS 3 BUZZ

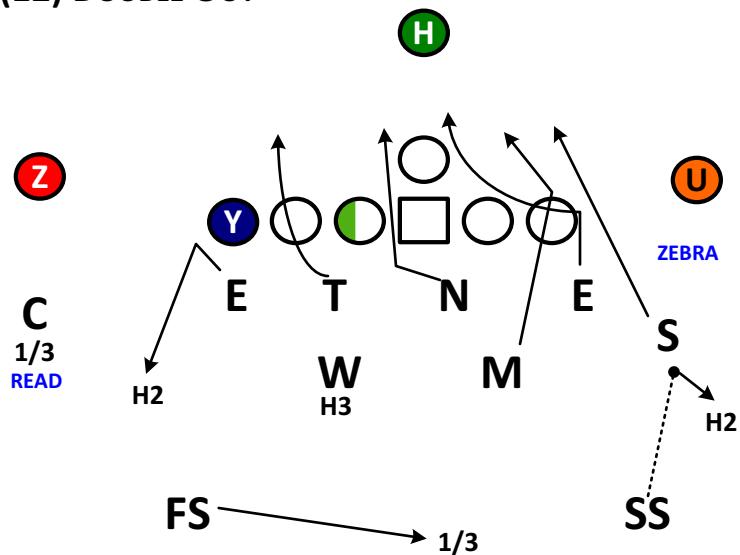


STRONG GUT CROSS 3 BUZZ

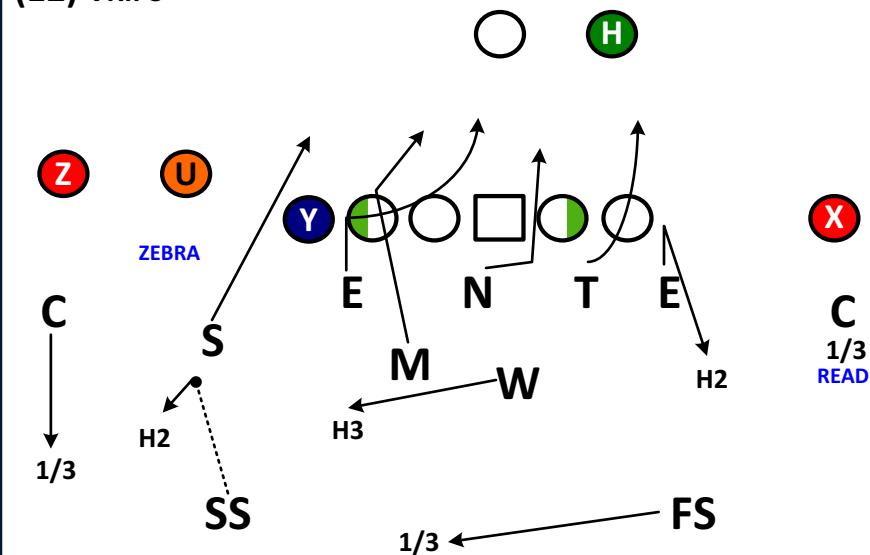


(BASE) STRONG MOB 3 SEAM

(12) DOUBLE OUT



(12) TRIPS



ESSENCE:

- STRONG MOB 3 SEAM IS A 5 MAN 3 DEEP 3 UNDER ZONE PRESSURE

COACHING POINTS:

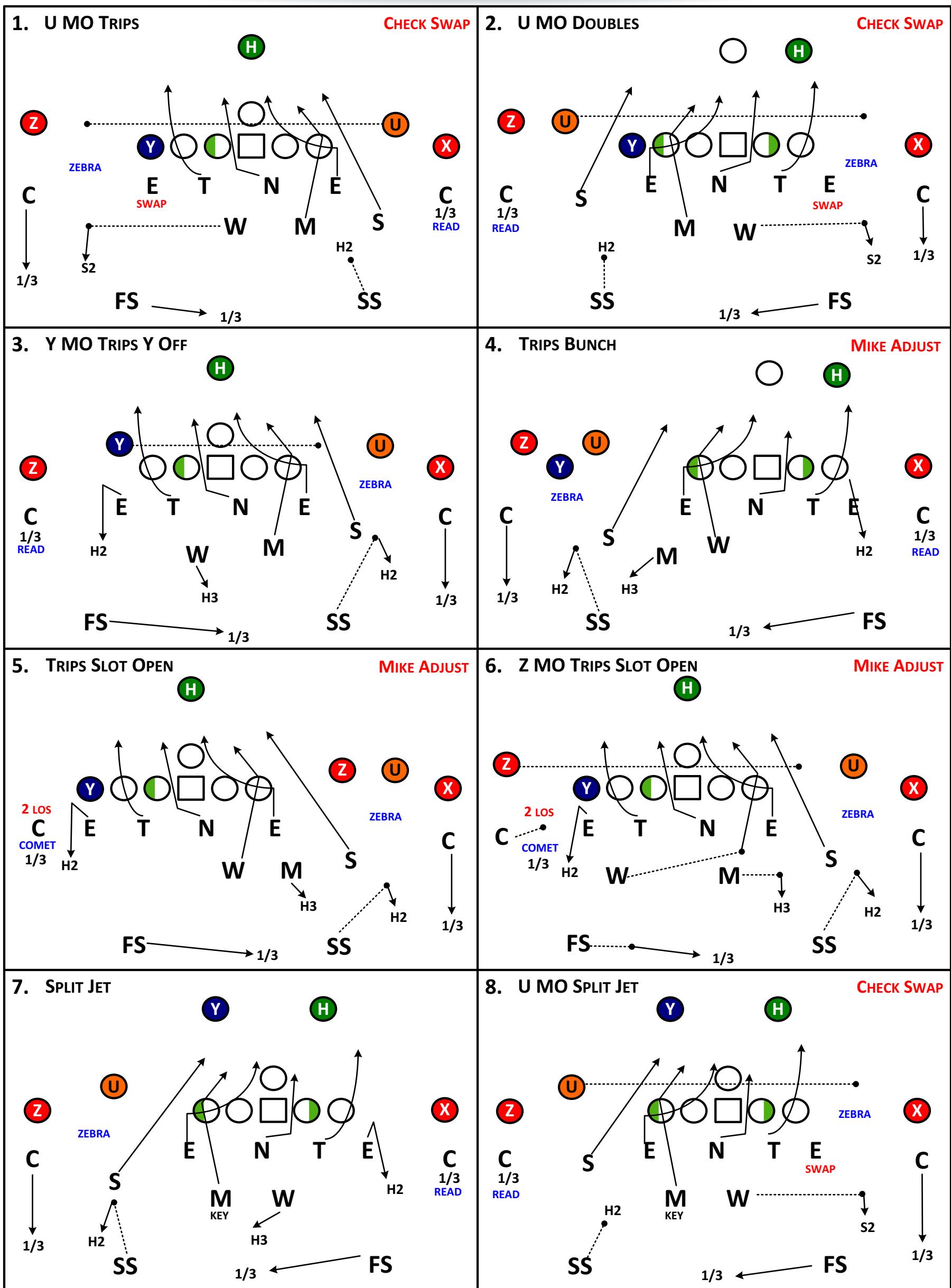
- CLOSED CALL TO THE PASSING STRENGTH (BUBBLE SET TO THE CLOSED CALL):
EMPTY: TO THE 2 RECEIVER SIDE.
- MIKE: RUN AN ICE STUNT
- SAM: CHASE CONTAIN BLITZER
- CLOSED CALL END: ICE STUNT

ADJUSTMENTS:

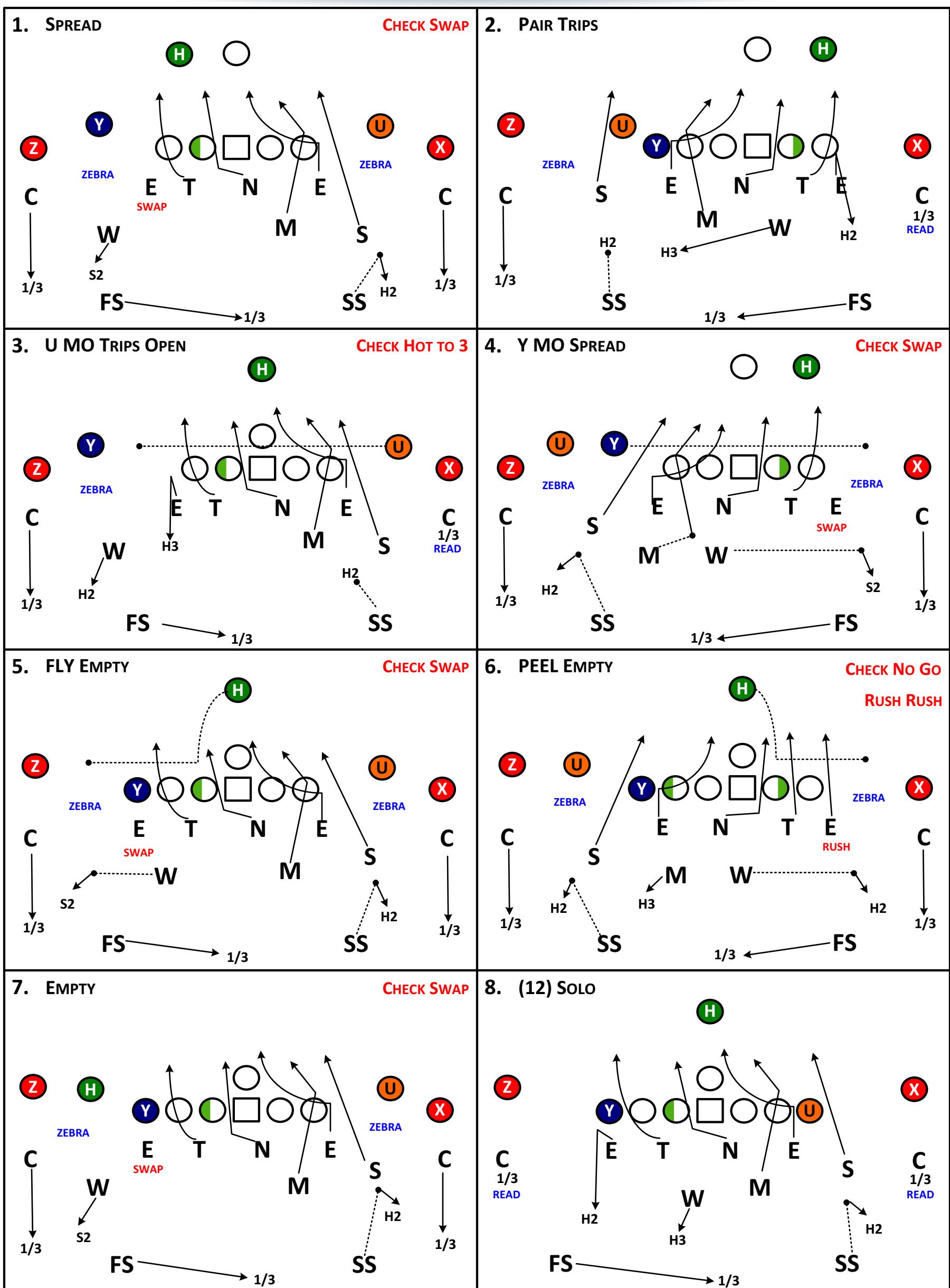
- Vs. 2 DISPLACED AWAY FROM THE STRONG CALL: WILL ADJUST. CHECK SWAP
- Vs. #3 DISPLACED: MIKE ADJUST
- Vs. CHANGE OF STRENGTH MOTION: WILL ADJUST. CHECK SWAP
- Vs. MOTION TO EMPTY, 3 TO THE SIDE OF THE CLOSED CALL: MIKE NO GO. END RUSH



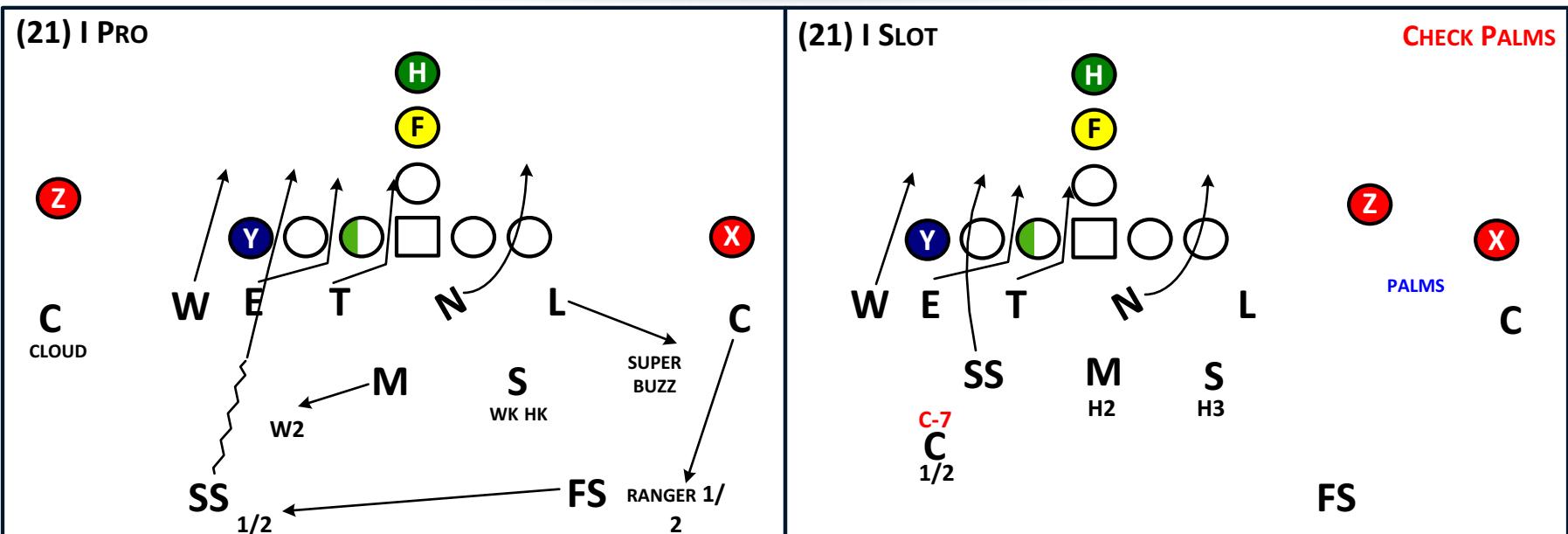
(BASE) STRONG MOB 3 SEAM



(BASE) STRONG MOB 3 SEAM



LOAD SABER RANGER 3 PALMS



ESSENCE:

1. LOAD SABER RANGER 3 PALMS IS A 5 MAN 3 DEEP 3 UNDER ZONE PRESSURE.

COACHING POINTS:

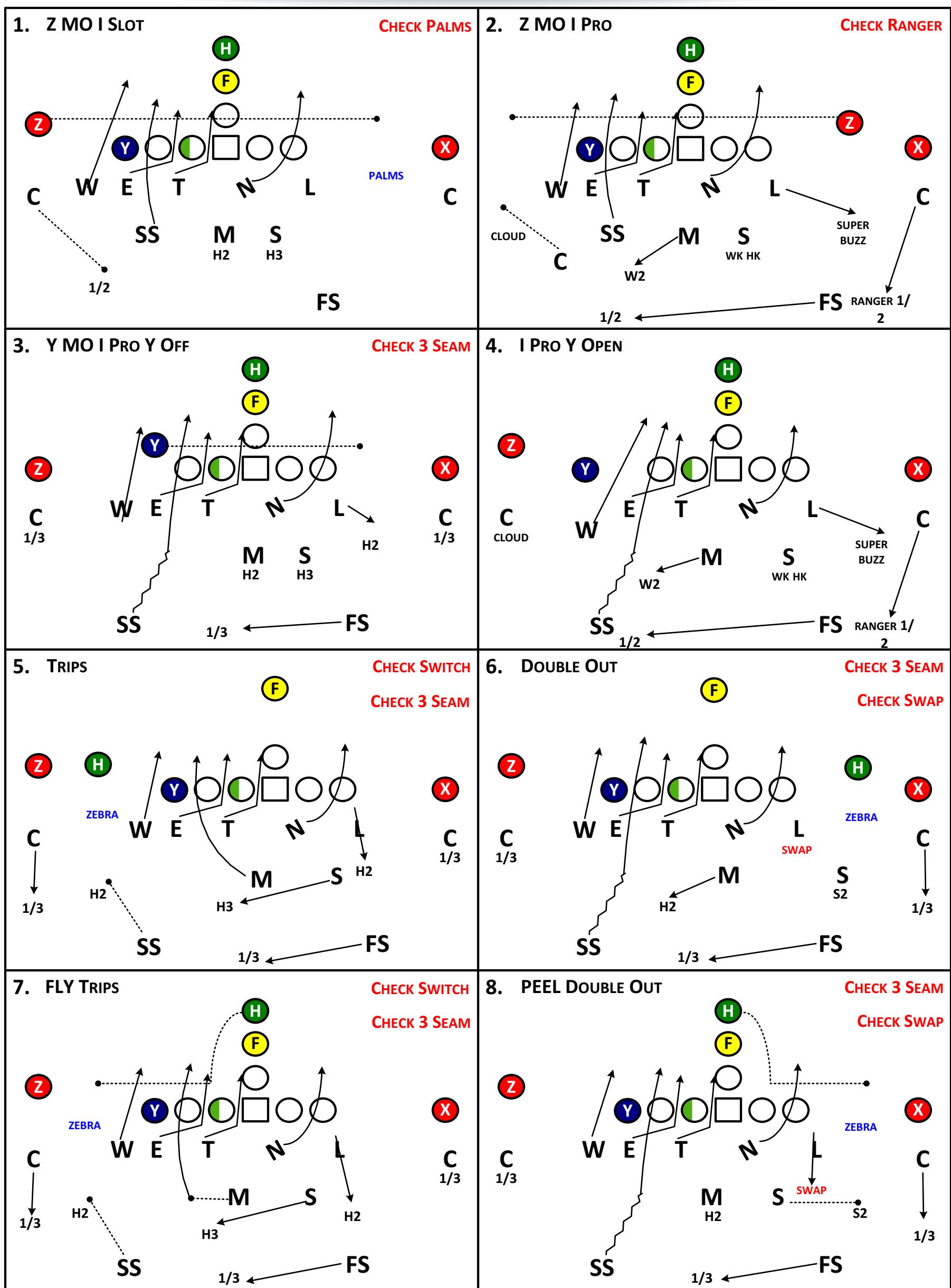
1. SOLID CALL TO THE "Y"
2. STRONG SAFETY: CONTAIN BLITZER
3. WILL: BLITZ C GAP

ADJUSTMENTS:

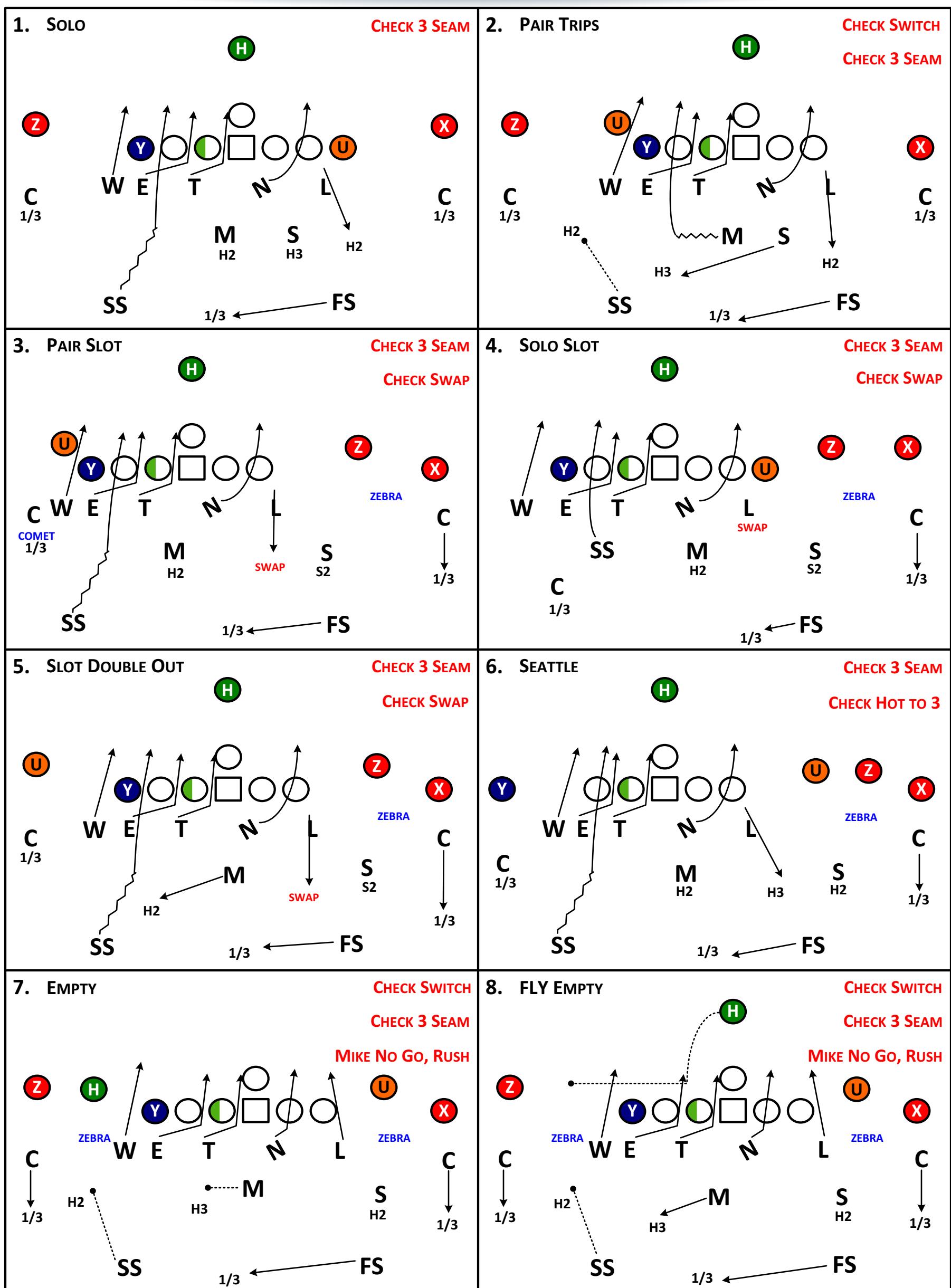
1. Vs. PRO FAMILY FORMATIONS: RANGER
2. Vs. 2 BACK SLOT: CHECK PALMS
3. Vs. 1 BACK SETS: CHECK 3 SEAM
4. Vs. Y MOTION: CHECK 3 SEAM
5. Vs. ANY 2 DISPLACED TO THE SOLID SIDE: CHECK SWITCH
6. Vs. EMPTY: CHECK SWITCH, MIKE NO GO, END RUSH



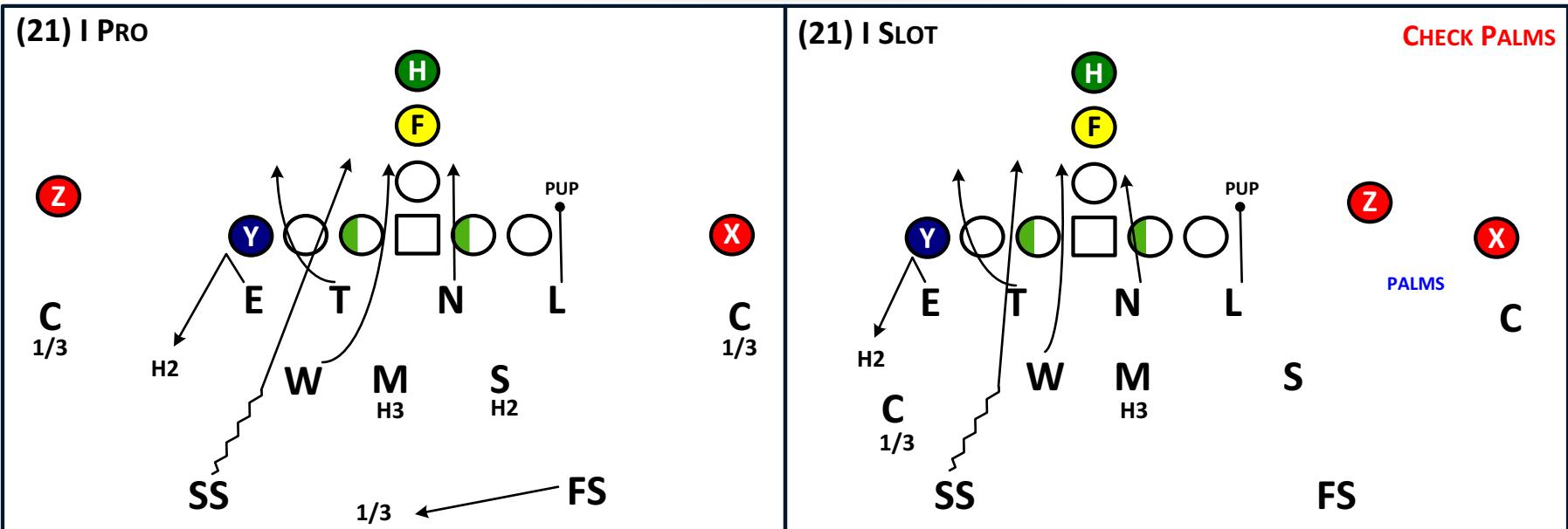
LOAD SABER RANGER 3 PALMS



LOAD SABER RANGER 3 PALMS



OVER G SHOCK 3 PALMS



ESSENCE:

1. 5 MAN 3 DEEP 3 SEAM ZONE PRESSURE
2. THE LINE SLANTS TO THE SOLID SIDE

COACHING POINTS:

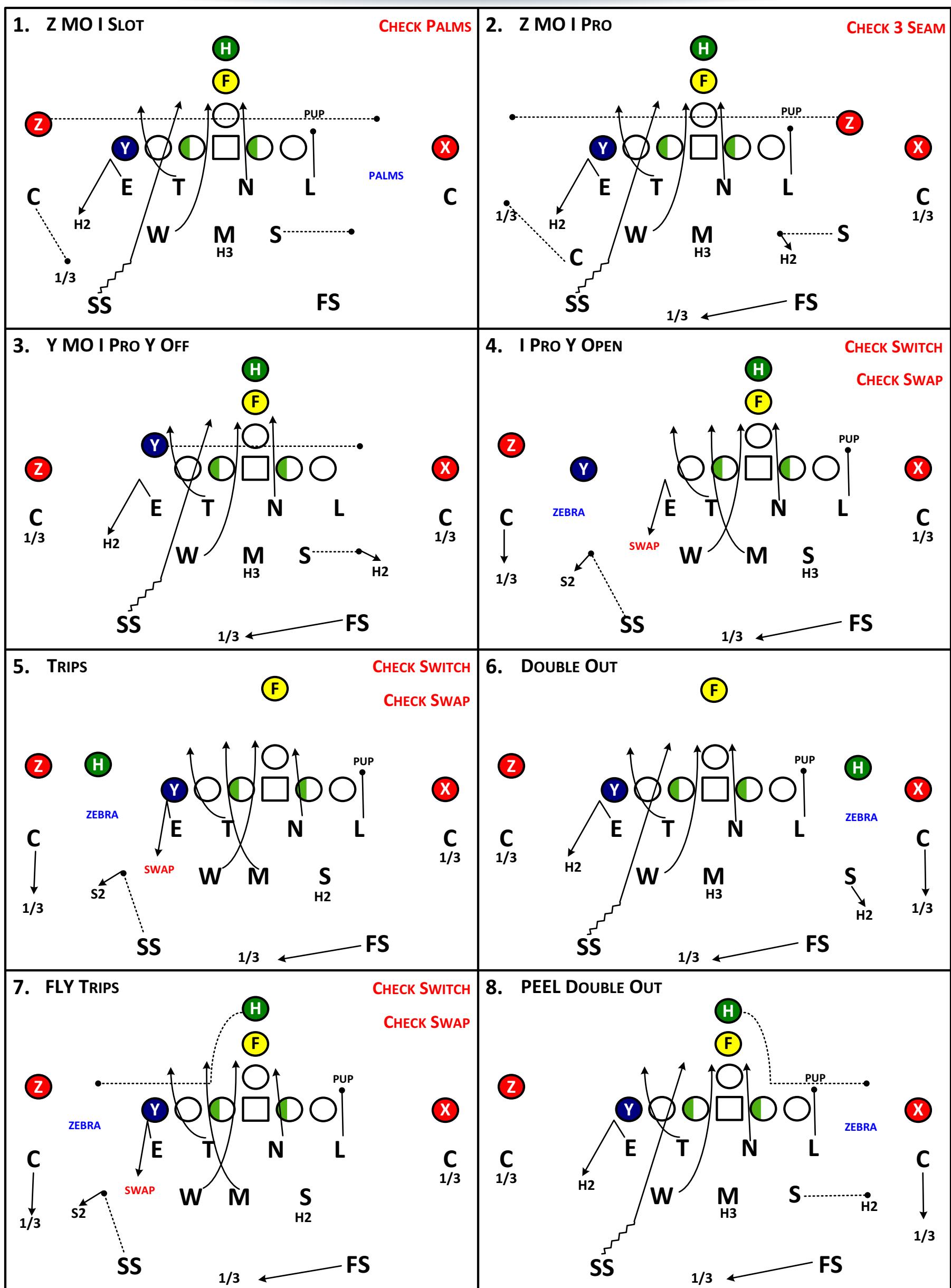
1. SOLID CALL TO THE "Y"
2. WILL IS AN A GAP BLITZER
3. DE AWAY FROM SOLID CALL: PUP TECHNIQUE

ADJUSTMENTS:

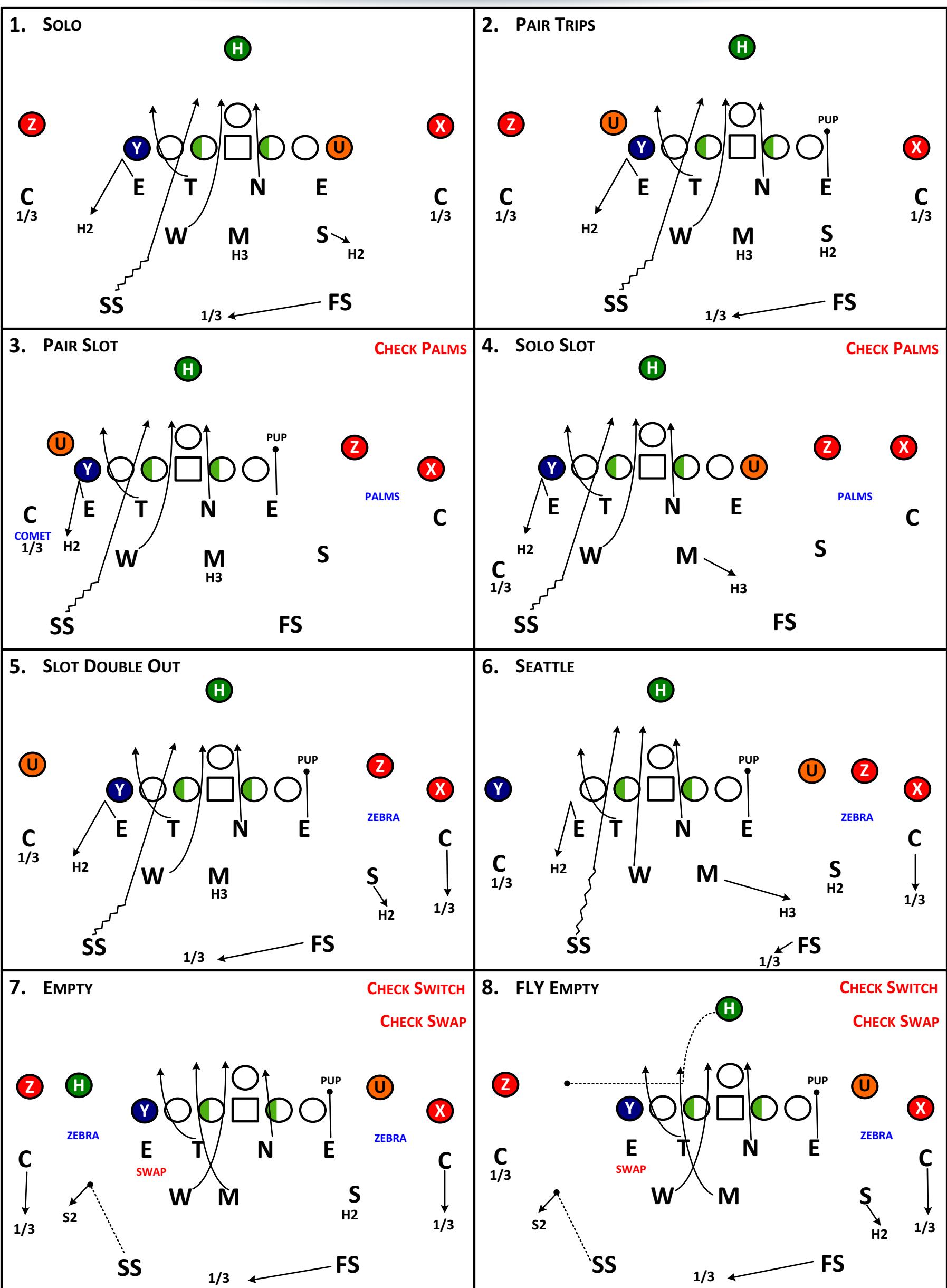
1. VS. ANY 2 DISPLACED TO THE SOLID SIDE: CHECK SWITCH
2. VS. ALIGNED OR MOTION TO SINGLE WIDTH SLOT: CHECK PALMS



OVER G SHOCK 3 PALMS

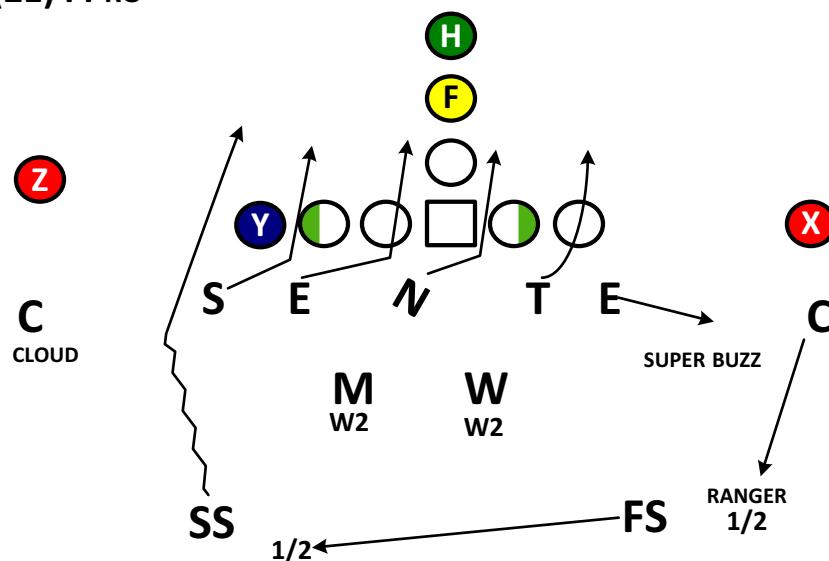


OVER G SHOCK 3 PALMS

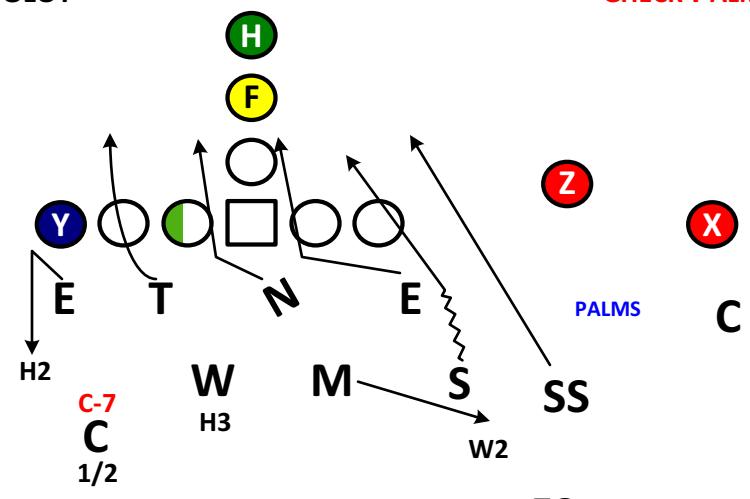


STRONG SLASHER RANGER 3 PALMS

(21) I PRO



(21) I SLOT



CHECK PALMS

ESSENCE:

1. STRONG SLASHER RANGER 3 PALMS IS AN UNDER FAMILY 5 MAN ZONE PRESSURE.
2. THE DEFENSIVE LINE SLANTS AWAY FROM PASSING STRENGTH
3. SAM AND SS BLITZ TO THE SIDE OF THE PASSING STRENGTH

COACHING POINTS:

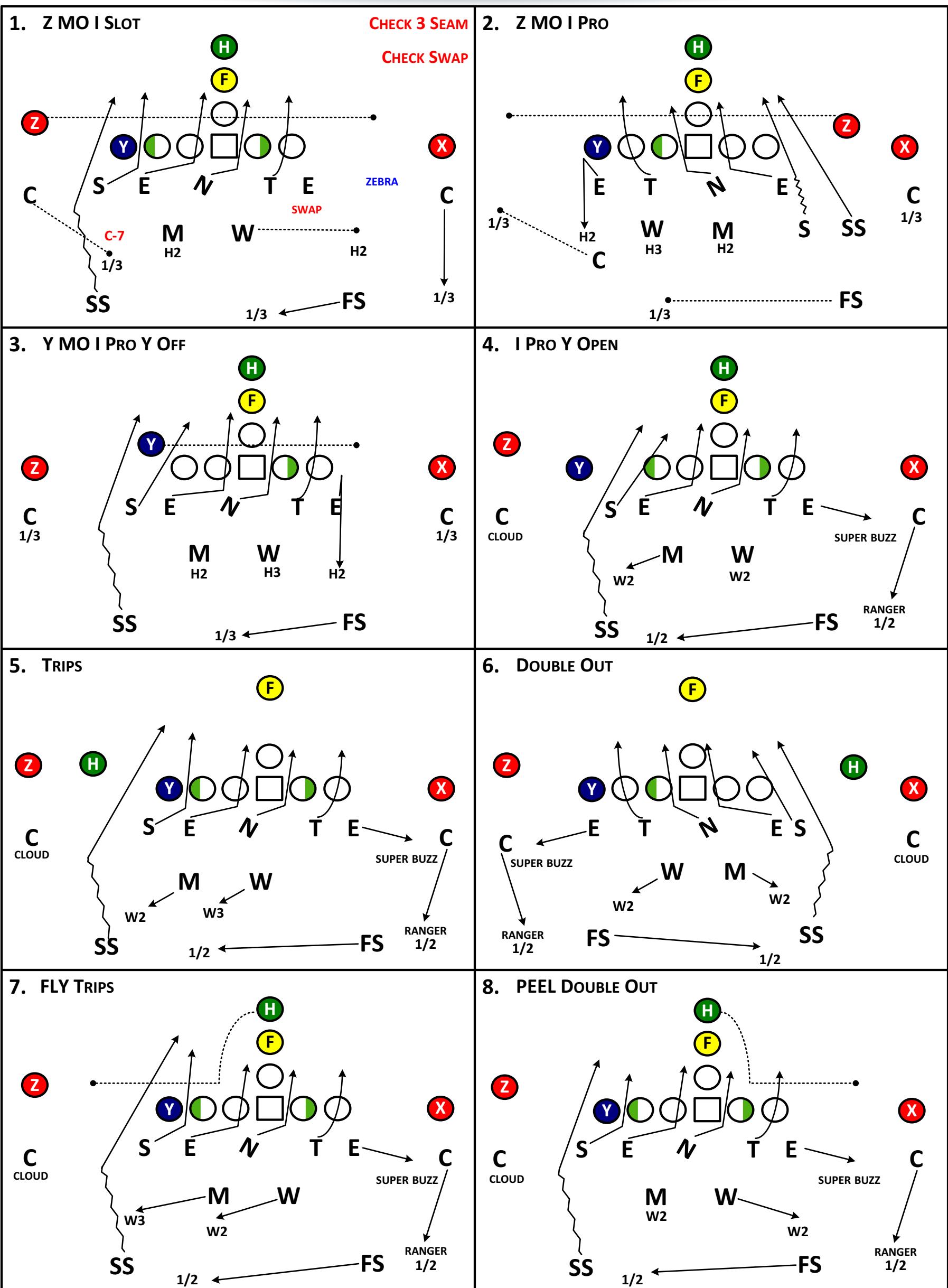
1. CLOSE CALL TO THE PASSING STRENGTH
2 RECEIVER SIDE
BALANCED 2X2 FORMATIONS TO THE LEFT OR TO THE OFFSET
EMPTY: TO THE 2 MAN SIDE
2. THIS PRESSURE INVOLVES THE SS AND SAM
3. SAM IS THE CUT BLITZER
4. SS BLITZ CONTAIN

ADJUSTMENTS:

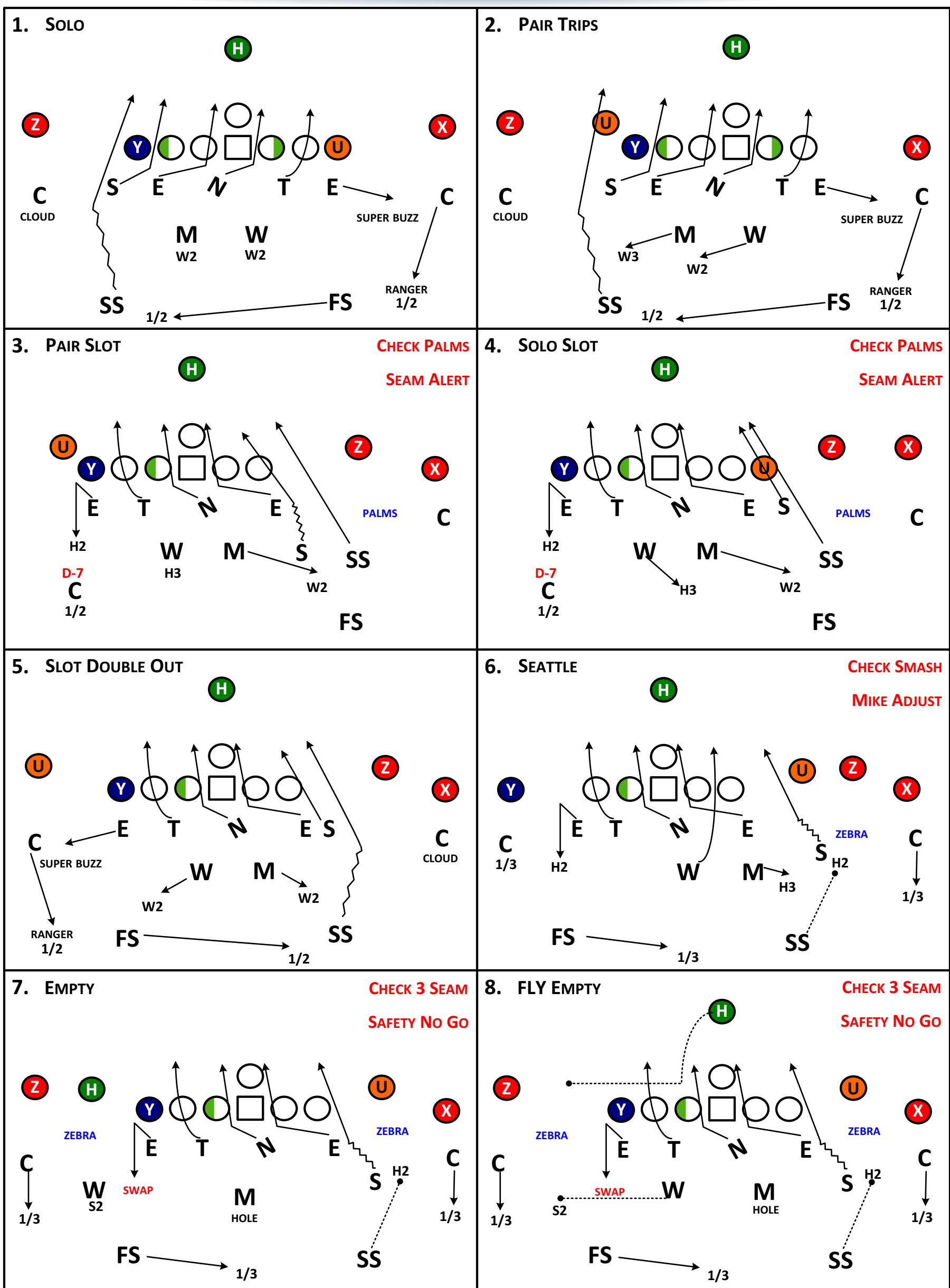
1. Vs. ALIGNED SINGLE WIDTH SLOT: CHECK PALMS
2. Vs. CHANGE OF STRENGTH MOTION: CHECK 3 SEAM.
3. Vs. ALIGNED OR MOTION TO EMPTY: CHECK 3 SEAM. SAFETY NO GO
4. Vs. SEATTLE: CHECK SMASH



STRONG SLASHER RANGER 3 PALMS

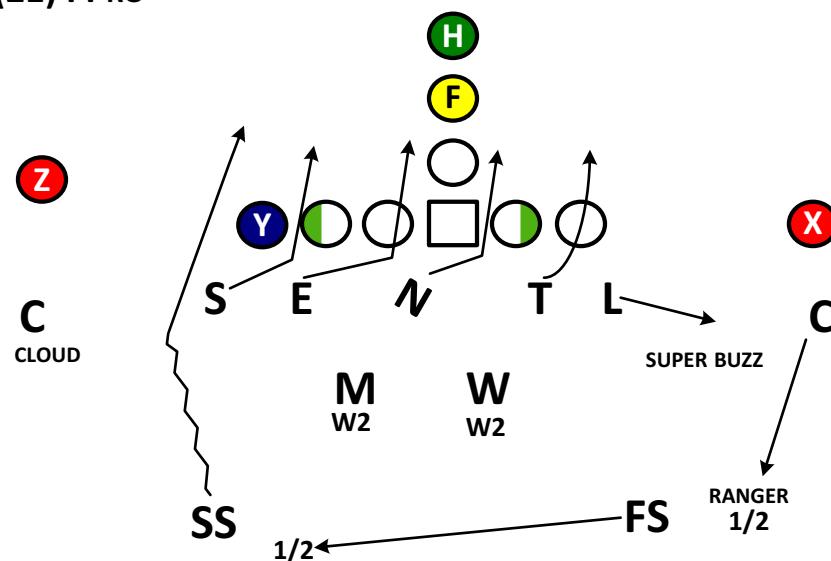


STRONG SLASHER RANGER 3 PALMS

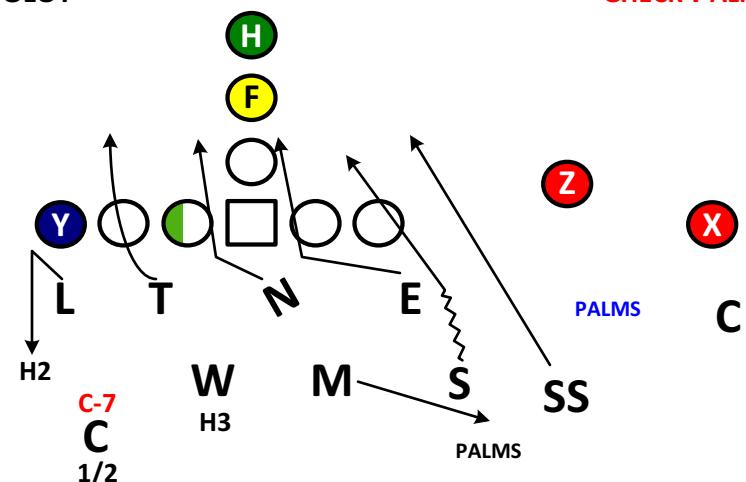


STRONG SLASHER RANGER 3 PALMS

(21) I PRO



(21) I SLOT



CHECK PALMS

ESSENCE:

1. STRONG SLASHER RANGER 3 PALMS IS AN UNDER FAMILY 5 MAN ZONE PRESSURE.
2. THE DEFENSIVE LINE SLANTS AWAY FROM PASSING STRENGTH
3. SAM AND SS BLITZ TO THE SIDE OF THE PASSING STRENGTH

COACHING POINTS:

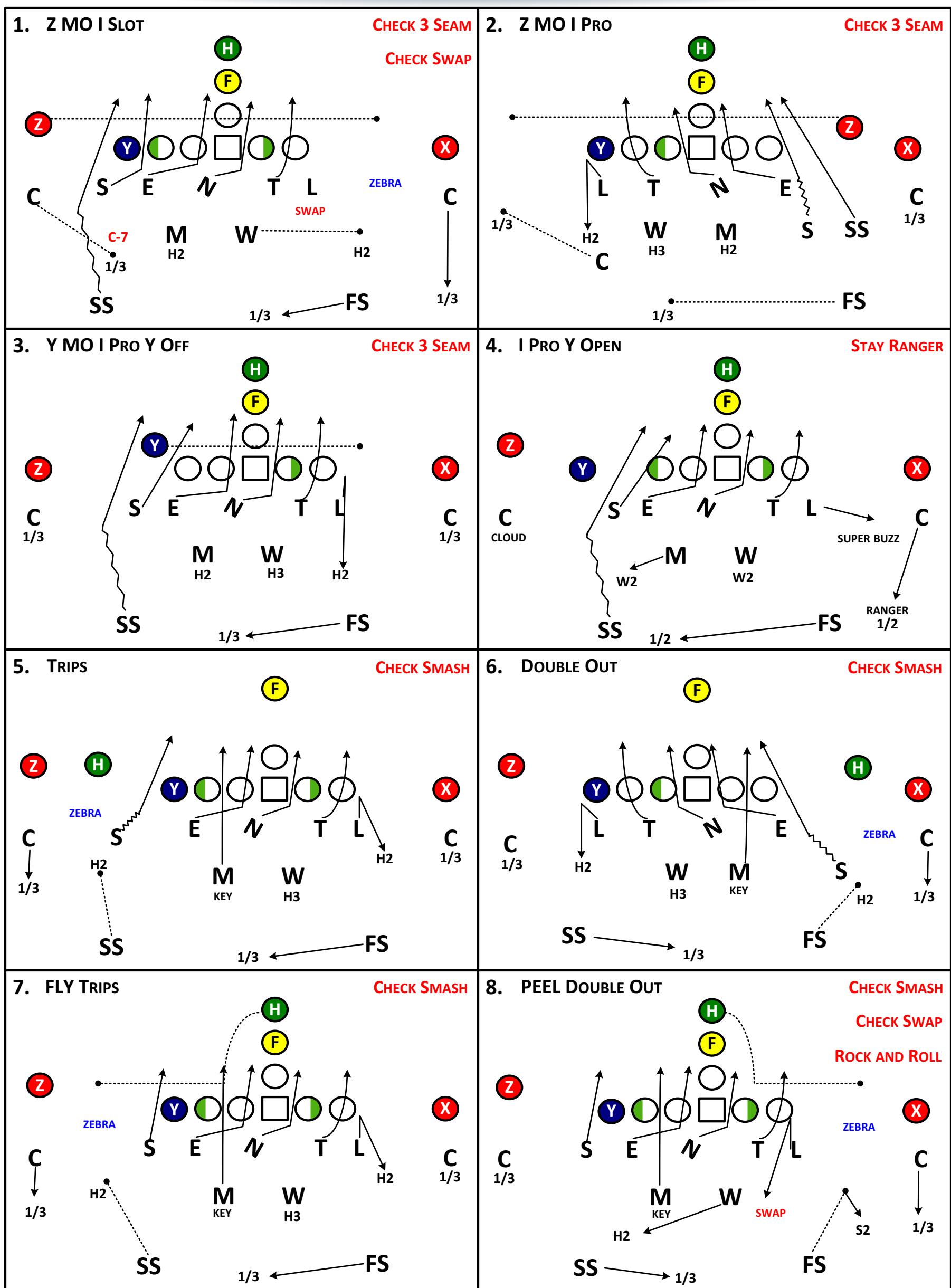
1. CLOSE CALL TO THE PASSING STRENGTH
2 RECEIVER SIDE
BALANCED 2X2 FORMATIONS TO THE LEFT OR TO THE OFFSET
EMPTY: TO THE 2 MAN SIDE
2. THIS PRESSURE INVOLVES THE SS AND SAM
3. SAM IS THE CUT BLITZER
4. SS BLITZ CONTAIN

ADJUSTMENTS:

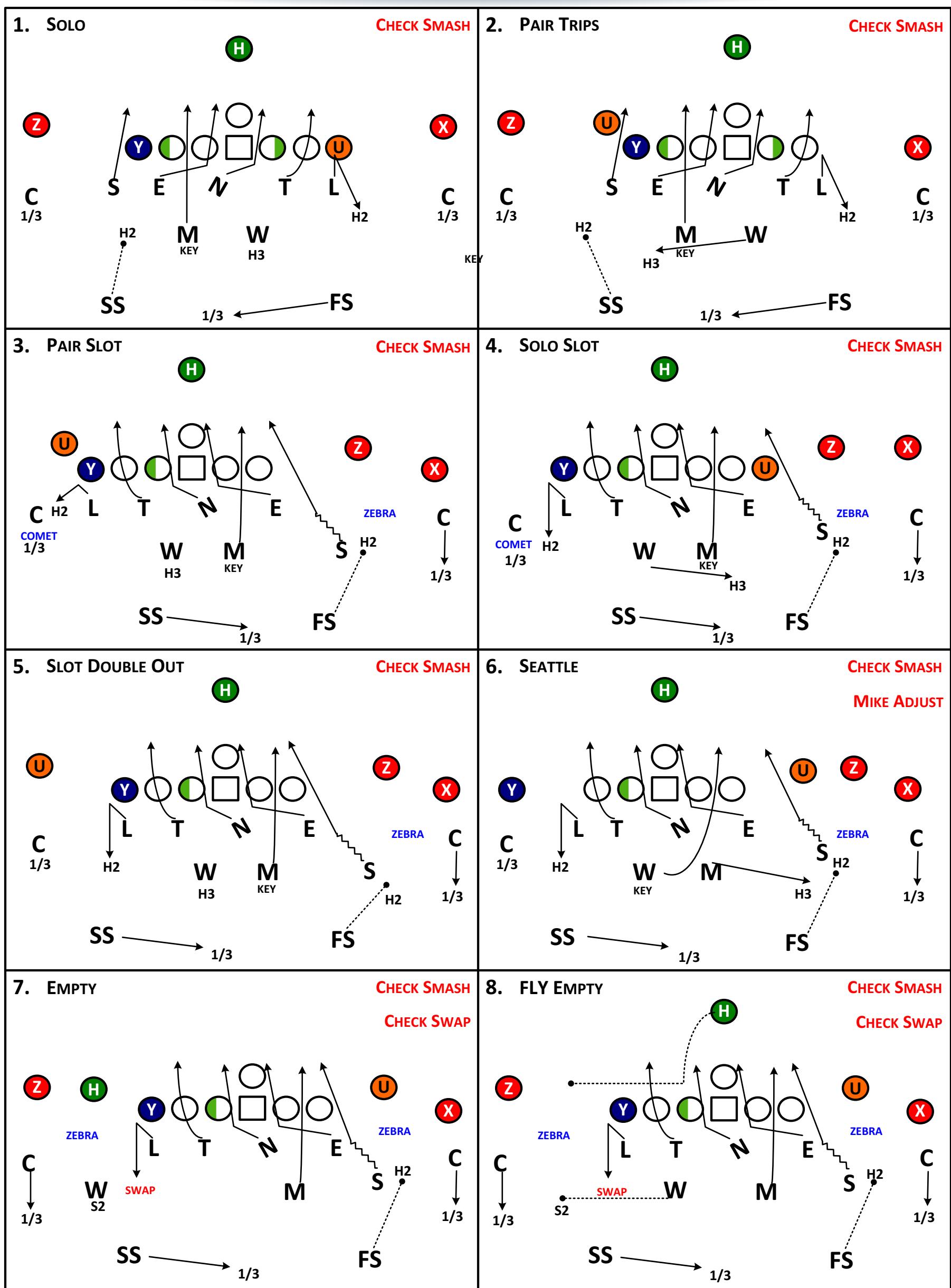
1. Vs. ALIGNED SINGLE WIDTH SLOT: CHECK PALMS
2. Vs. CHANGE OF STRENGTH MOTION: CHECK 3 SEAM.
3. Vs. ALIGNED OR MOTION TO ONE BACK AND EMPTY: CHECK SMASH
Vs. #2 DISPLACED AWAY FROM CLOSED CALL: CHECK SWAP
Vs. #3 DISPLACED TO THE CLOSED CALL: MIKE ADJUST. WILL KEY BLITZ.



STRONG SLASHER RANGER 3 PALMS

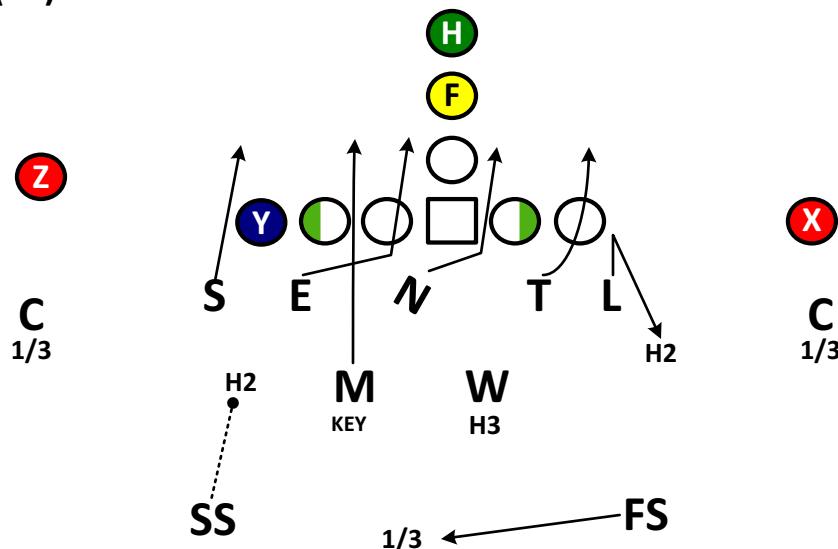


STRONG SLASHER RANGER 3 PALMS

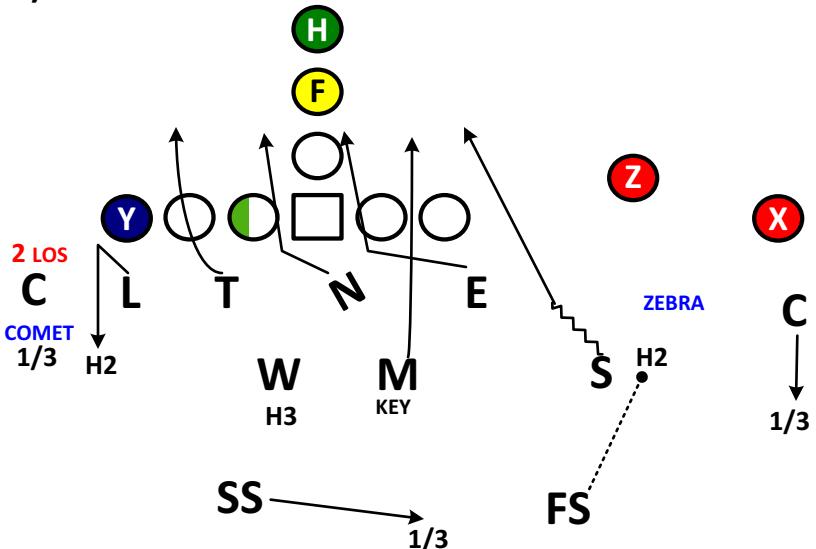


STRONG SMASH SKY ZONE

(21) I PRO



(21) I SLOT



ESSENCE:

1. 3 DEEP 3 UNDER RUSH ZONE WHERE WE WILL RUSH 4 DEFENDERS
2. THE DEFENSIVE LINE WILL ALIGN USING UNDER FAMILY FRONT RULES
3. THE DEFENSIVE LINE SLANTS AWAY FROM PASSING STRENGTH
4. SS WILL SKY DOWN HOT TO 2 TO THE SIDE OF THE PASSING STRENGTH

COACHING POINTS:

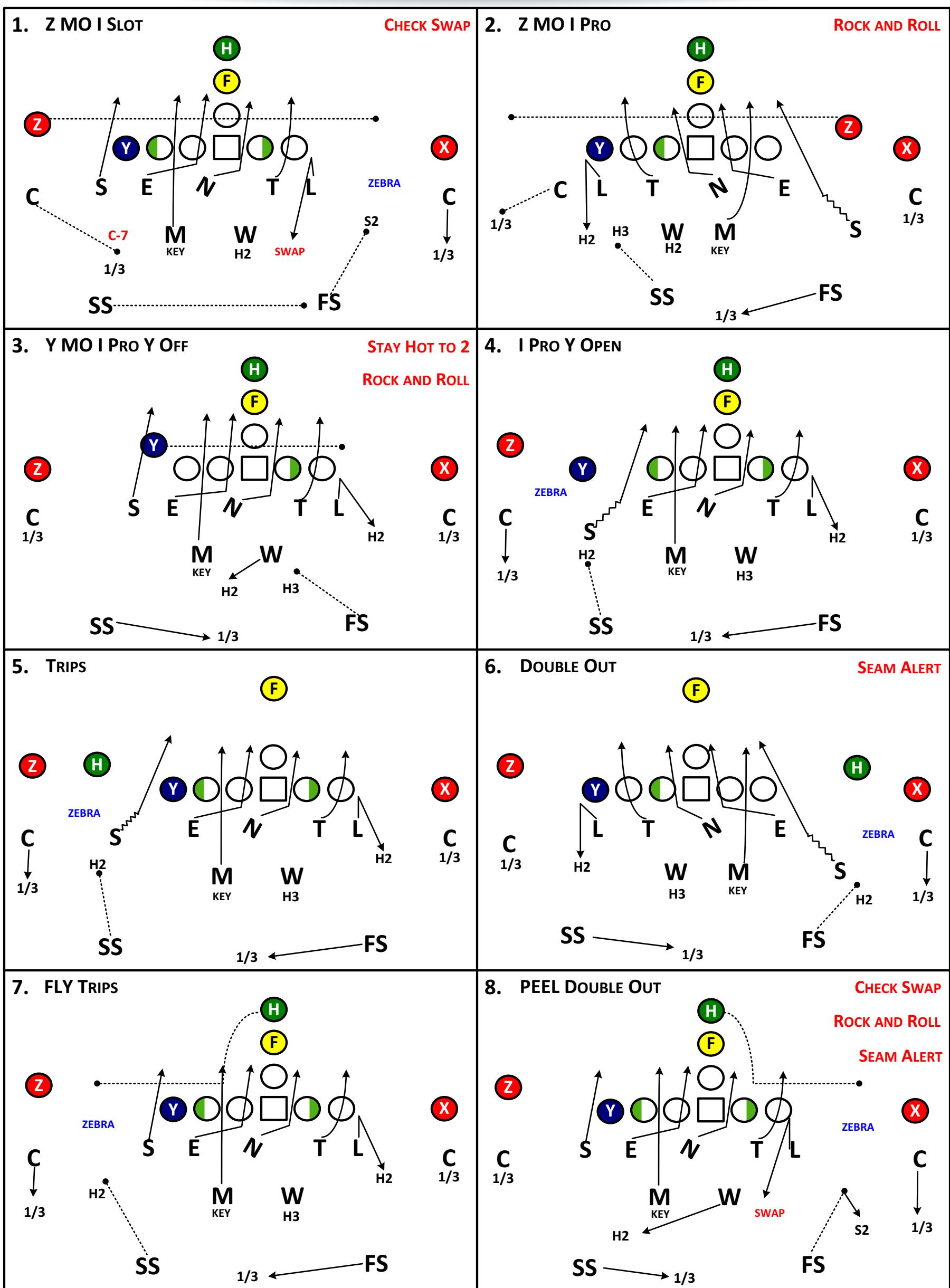
1. CLOSE CALL TO THE PASSING STRENGTH
2 RECEIVER SIDE
BALANCED 2X2 FORMATIONS TO THE LEFT OR TO THE OFFSET
EMPTY: TO THE 2 MAN SIDE
2. THIS PRESSURE INVOLVES THE MIKE AND SAM, NO SWITCH CALL
3. MIKE KEY BLITZ
4. SAM CHASE CONTAIN BLITZER
5. VS. ZIP, SAM CONTAIN RUSH. SS PLAYS C GAP

ADJUSTMENTS:

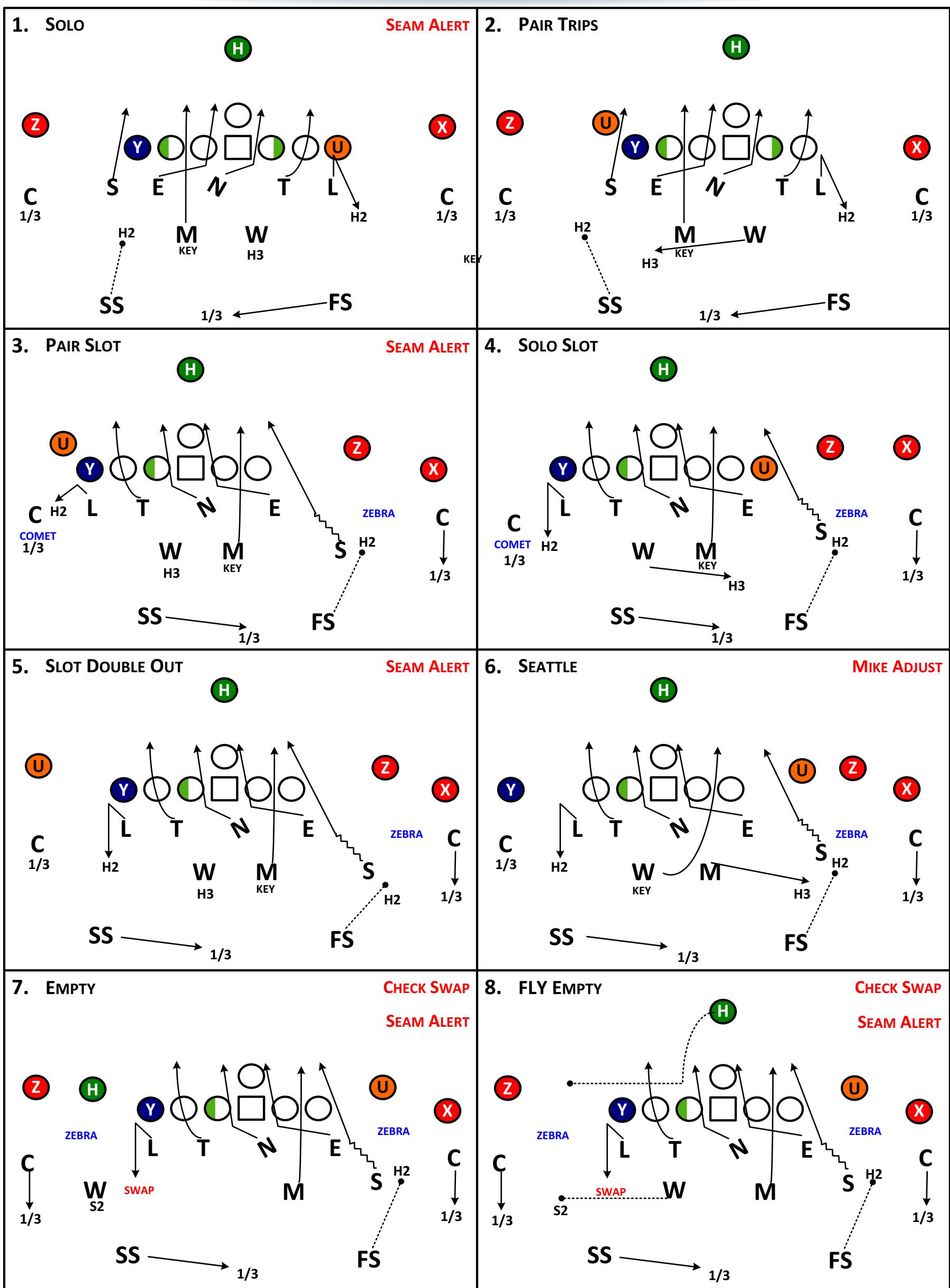
1. Vs. #2 DISPLACED AWAY FROM THE CLOSED CALL: CHECK SWAP
2. Vs. #3 DISPLACED AWAY FROM THE CLOSED CALL: CHECK HOT TO 3
3. Vs. CHANGE OF STRENGTH MOTION: CHECK SWAP (ROCK AND ROLL)
WITH 3 DISPLACED: CHECK HOT TO 3
4. Vs. #3 DISPLACED: MIKE ADJUST
5. Vs. MOTION TO EMPTY: WILL CHECK SWAP, MIKE ADJUST (No RUSH) & RELATE TO 3 TO CLOSED CALL
END RUSH



STRONG SMASH SKY ZONE

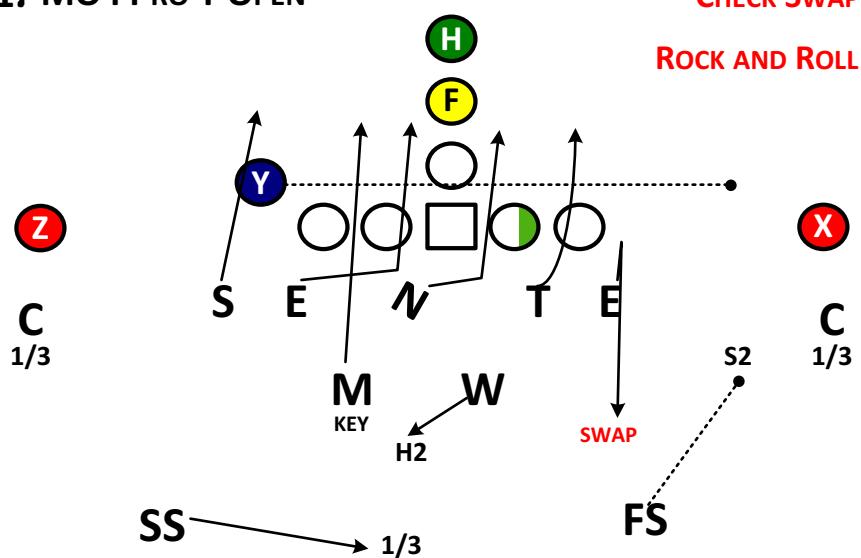


STRONG SMASH SKY ZONE



STRONG SMASH SKY ZONE

1Y MO I PRO Y OPEN



2.

3.

4.

5.

6.

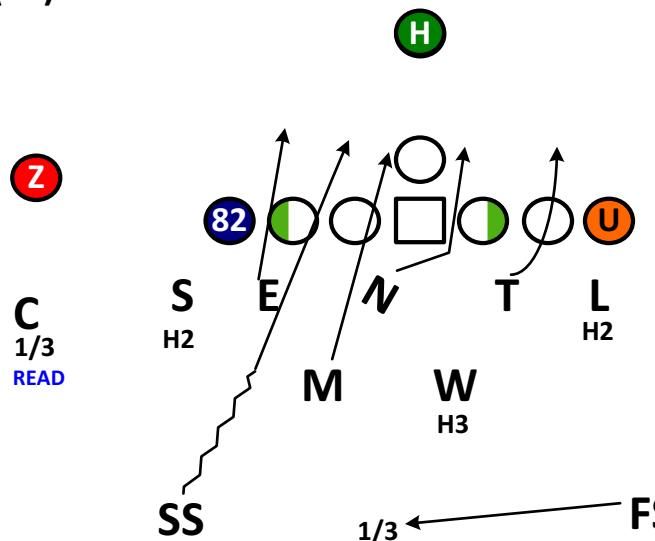
7.

8.

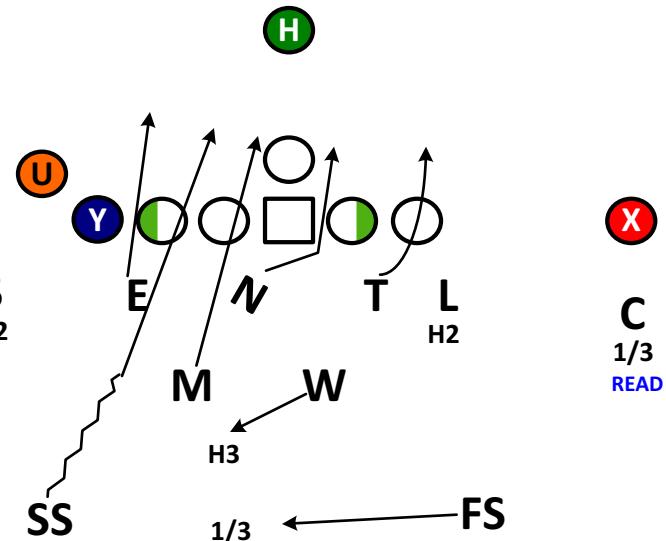


STRONG SNAKE 3 SEAM

(12) SOLO



(12) PAIR TRIPS



ESSENCE:

1. STRONG SNAKE 3 SEAM IS A 5 MAN ZONE PRESSURE SET TO THE PASSING STRENGTH

COACHING POINTS:

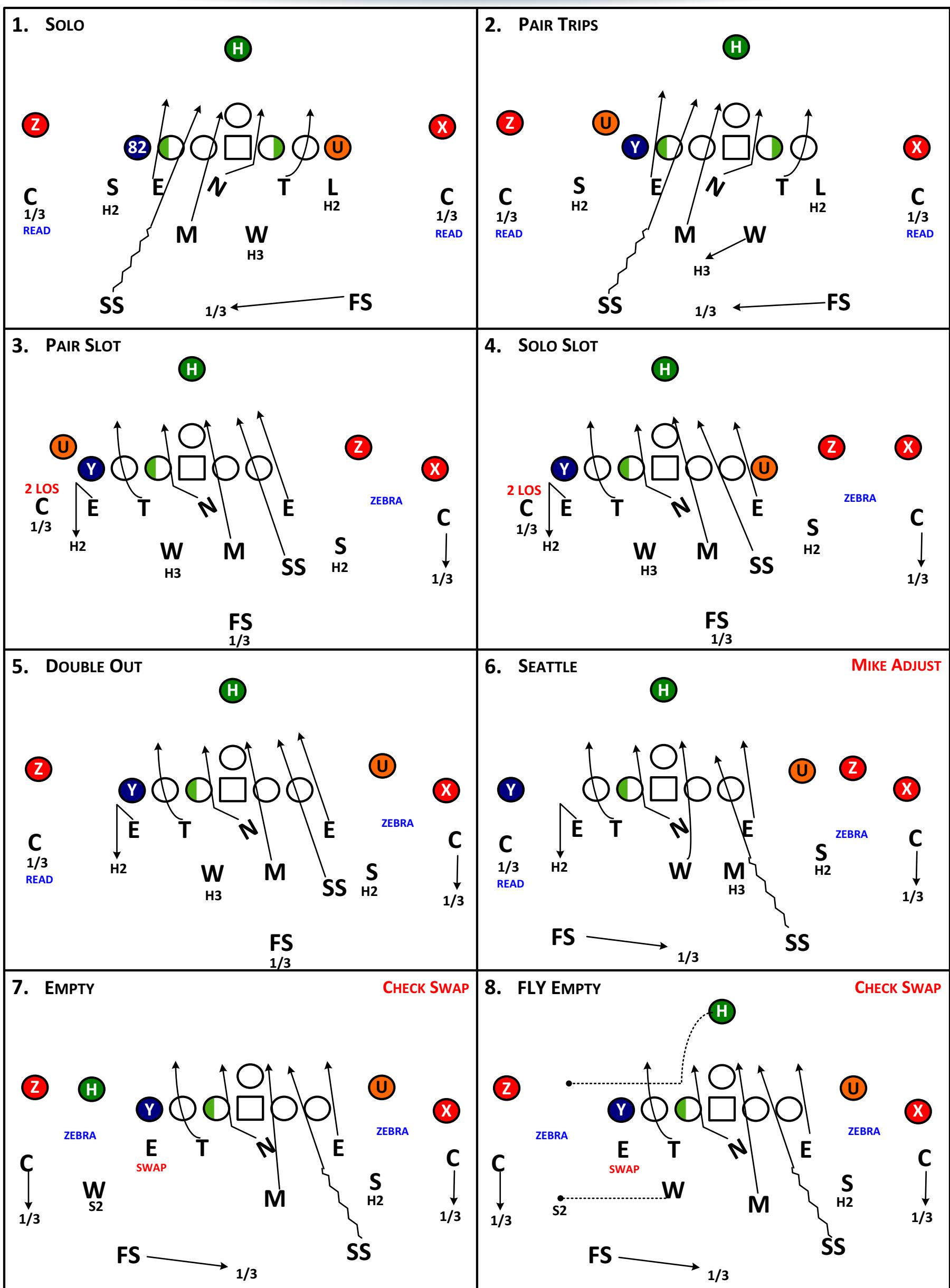
1. CLOSE CALL TO PASSING STRENGTH
EMPTY: 2 MAN SIDE
2. SAM: HOT TO 2
3. MIKE: BLITZ A GAP
4. STRONG SAFETY: BLITZ B GAP

ADJUSTMENTS:

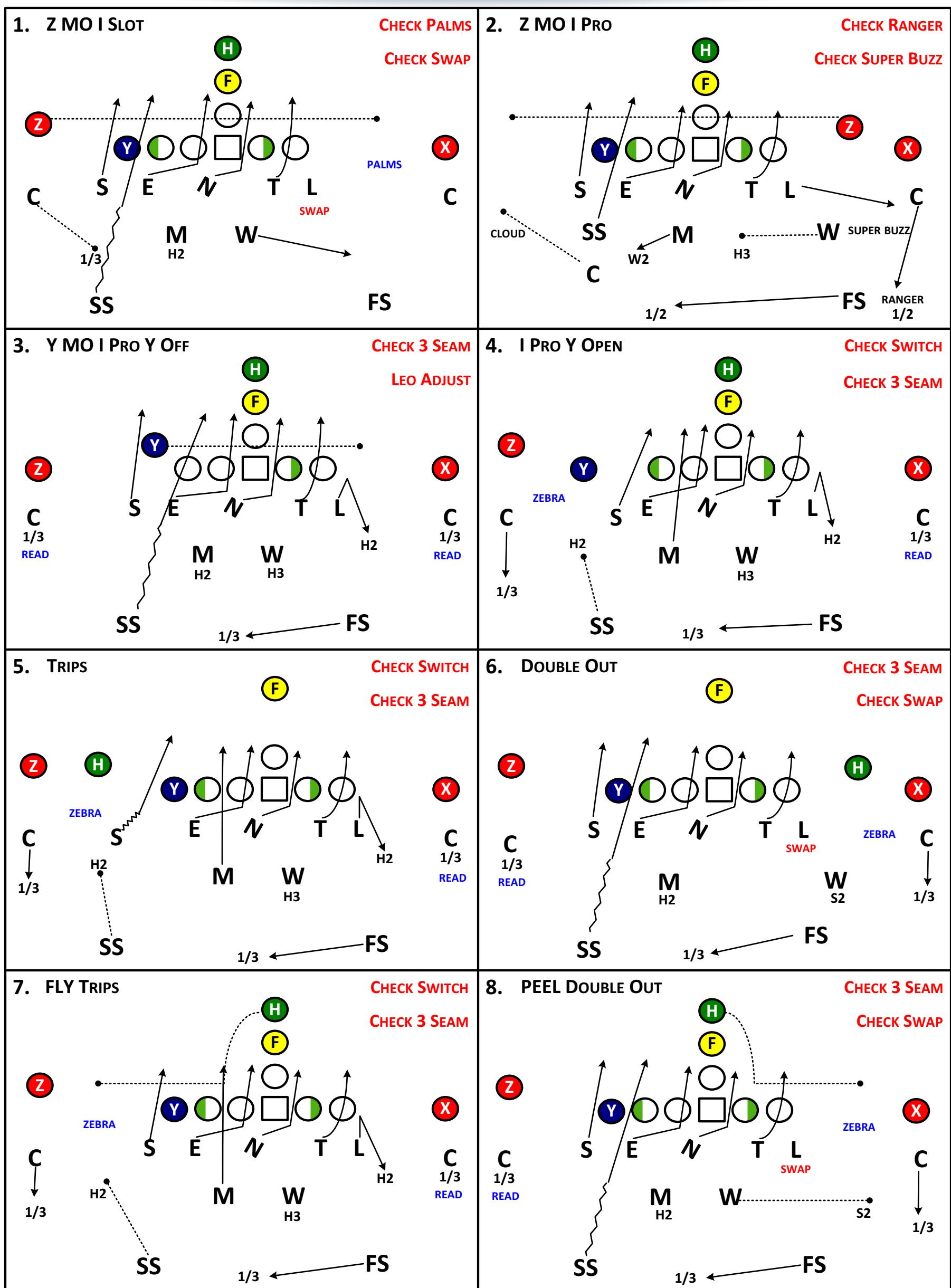
1. Vs. GUN SETS: MIKE AND STRONG SAFETY CROSS
2. Vs. 2 DISPLACED AWAY FROM CLOSED CALL: CHECK SWAP
3. Vs. SEATTLE TRIPS: MIKE ADJUST
4. Vs. EMPTY AND 3 RECEIVERS TO THE PRESSURE SIDE: MIKE NO GO. END RUSH

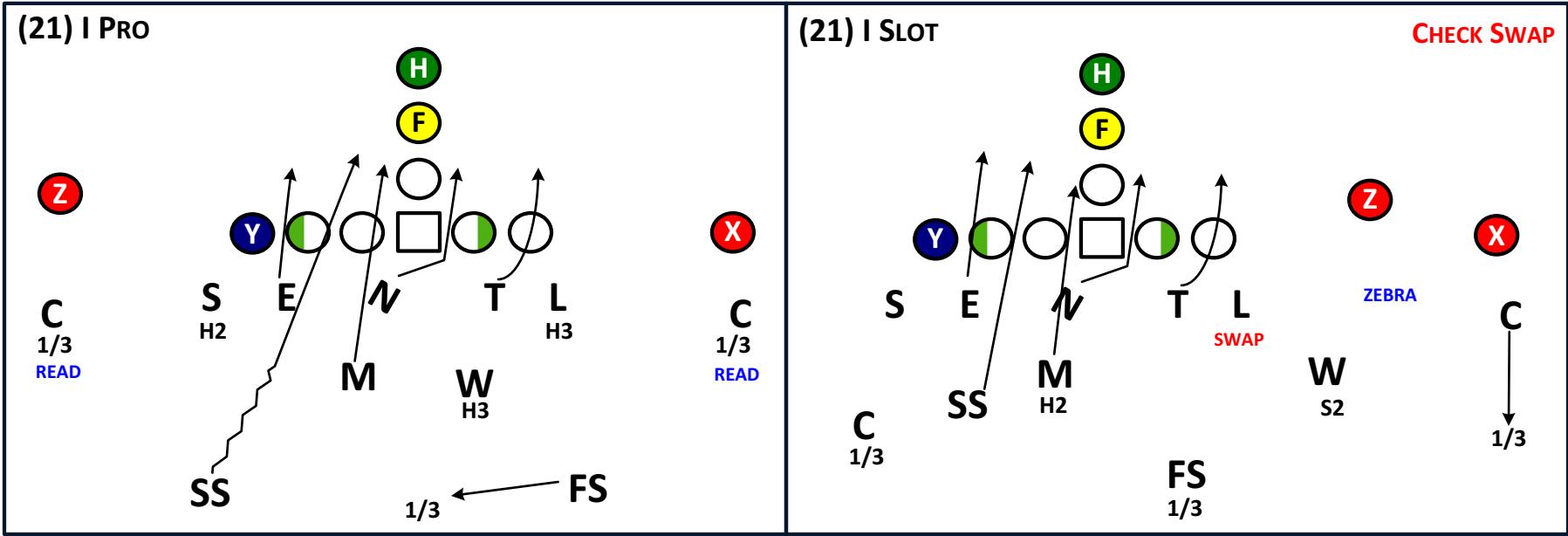


STRONG SNAKE 3 SEAM

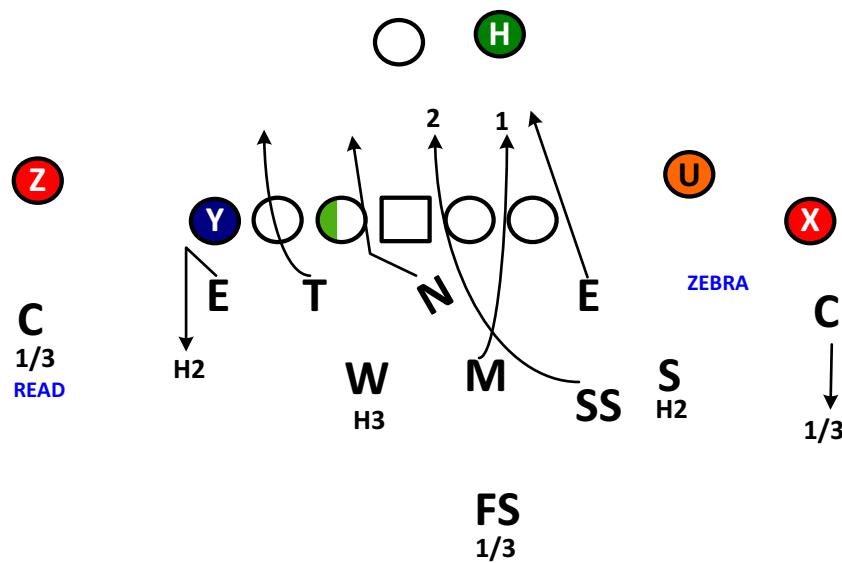


UNDER BASH RANGER 3 PALMS



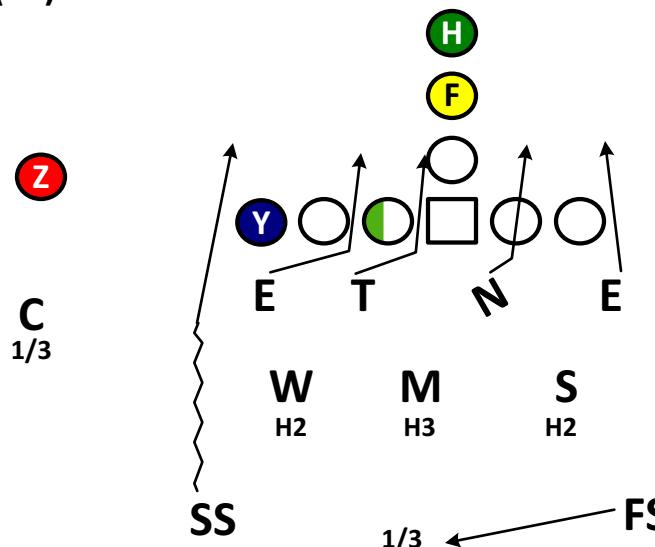


GUN SETS: CROSS

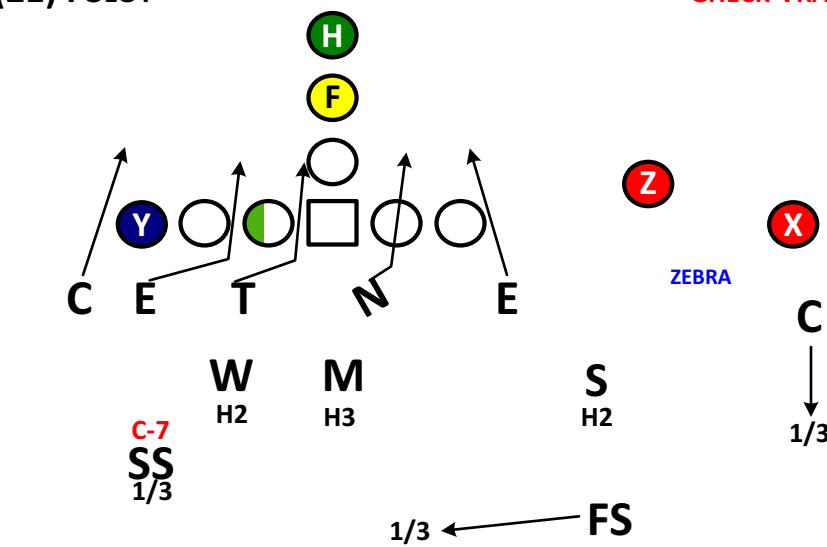


OVER SPEAR 3 SEAM

(21) I PRO



(21) I SLOT



CHECK TRADE

ESSENCE:

1. OVER SPEAR 3 SEAM IS AN OVER FAMILY FRONT RUSH ZONE.

COACHING POINTS:

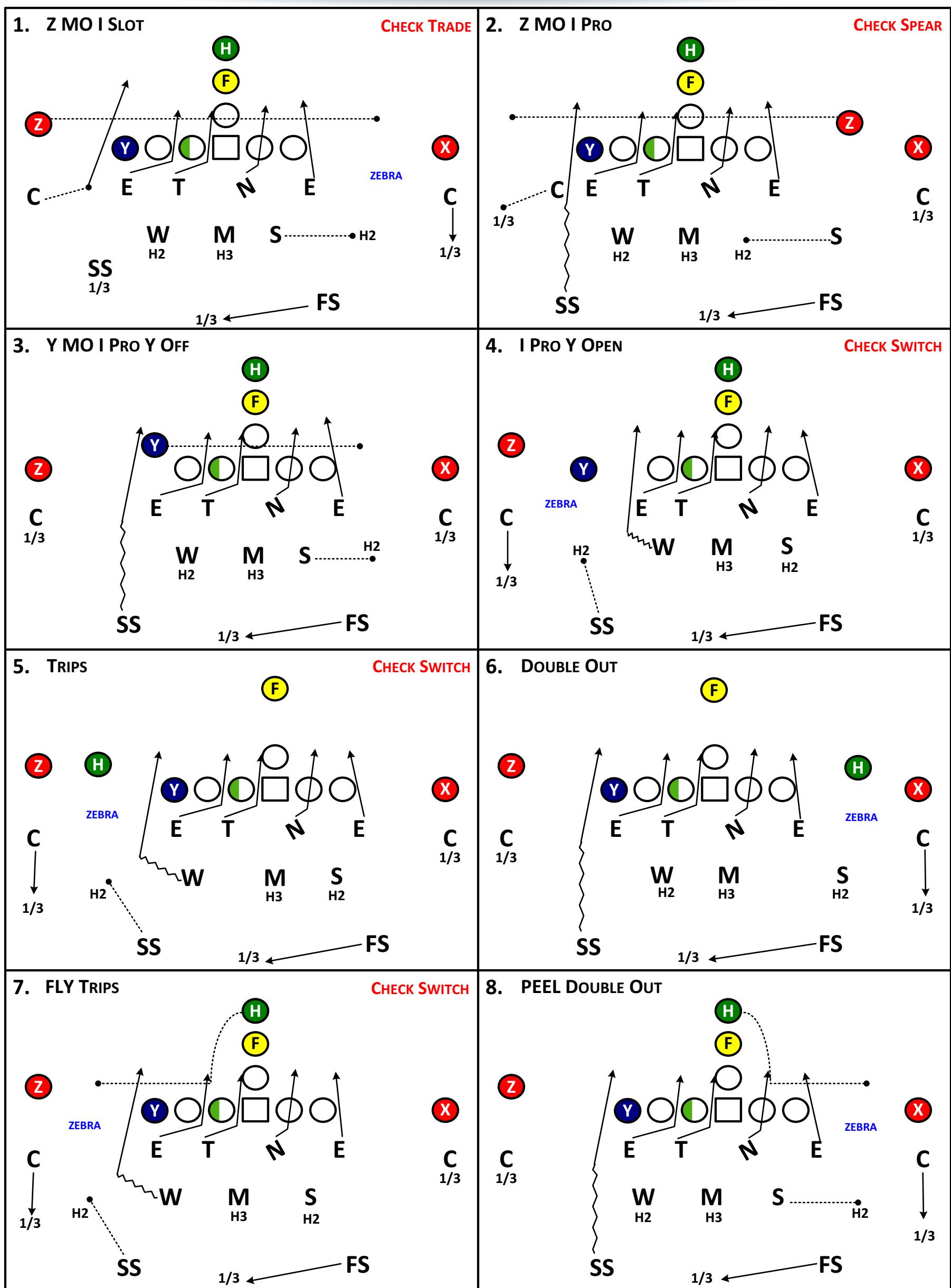
1. SOLID CALL TO THE "Y"
2. STRONG SAFETY IS A CONTAIN BLITZER
3. D-LINE: TONY MOVEMENT

ADJUSTMENTS:

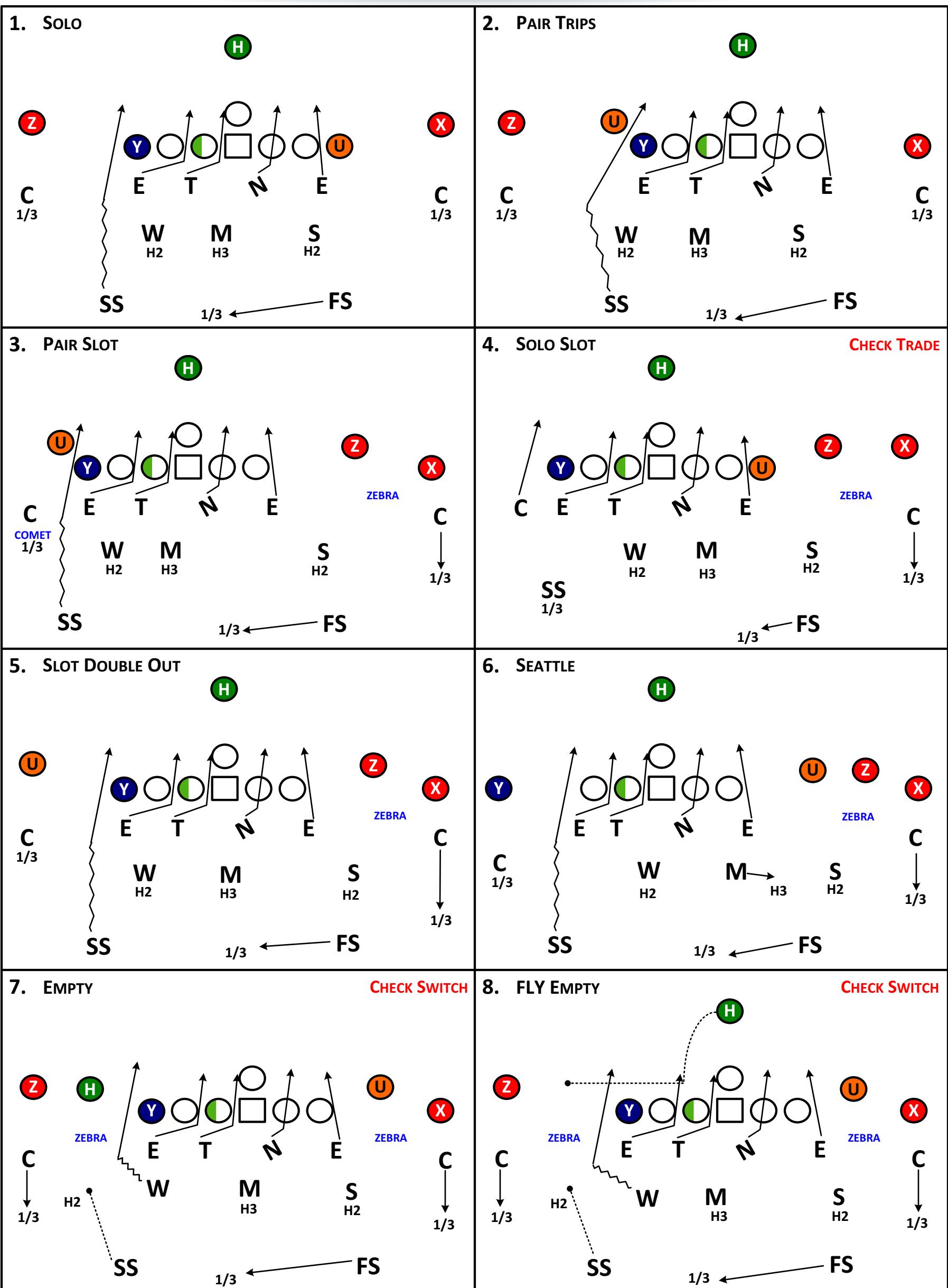
1. VS. NUBSIDE SETS: CHECK TRADE
2. VS. ANY 2 DISPLACED TO THE SOLID SIDE: CHECK SWITCH



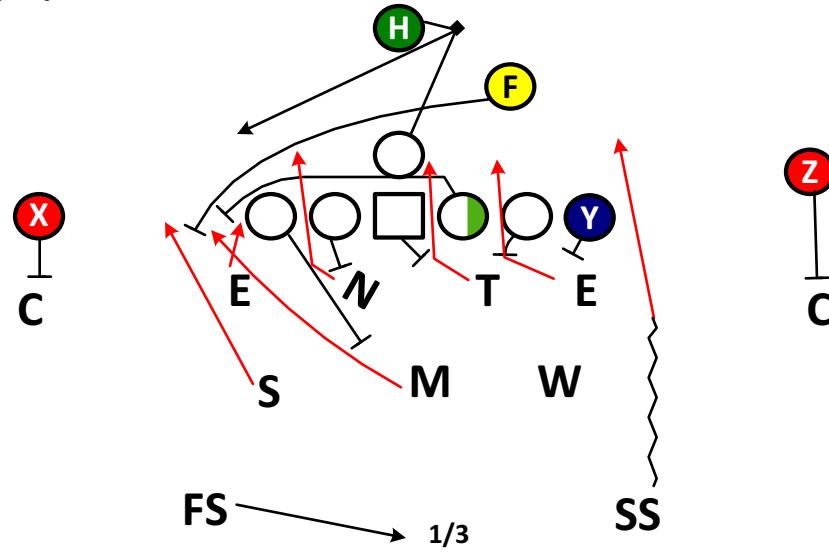
OVER SPEAR 3 SEAM



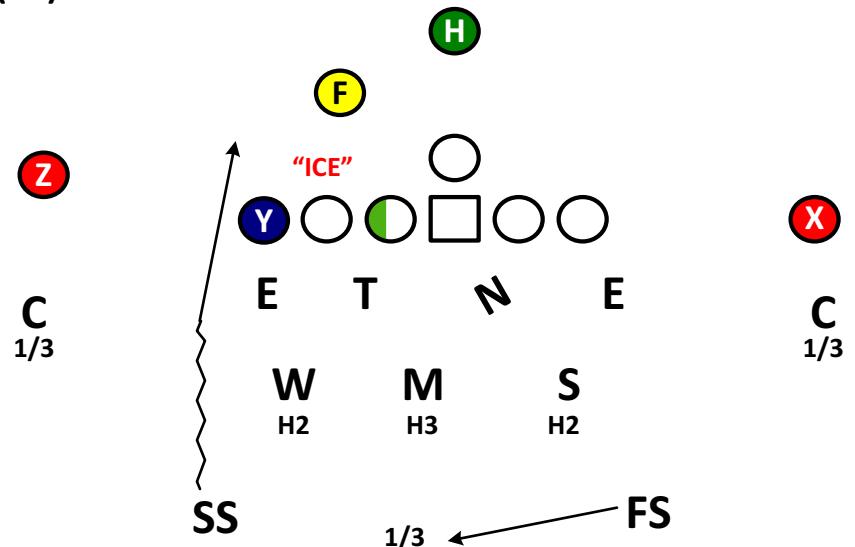
OVER SPEAR 3 SEAM



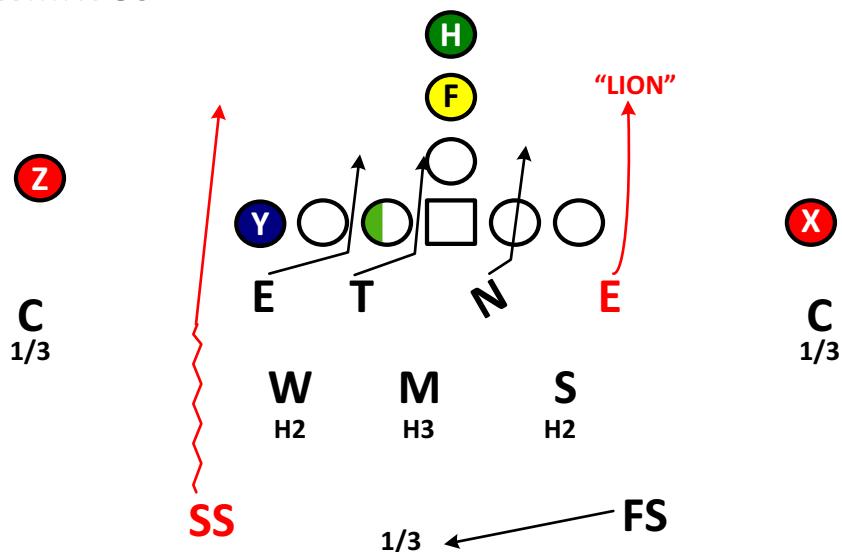
(21) IN PRO



(21) IN PRO

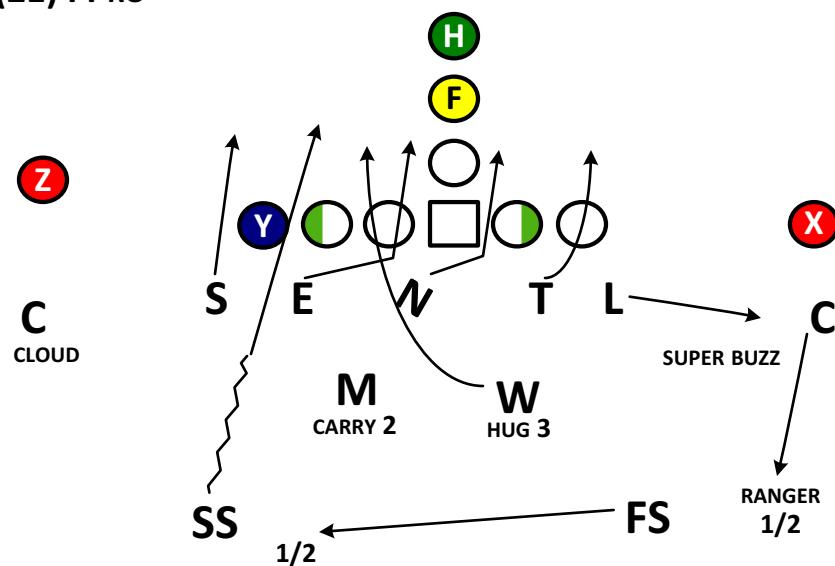


WITH A GO

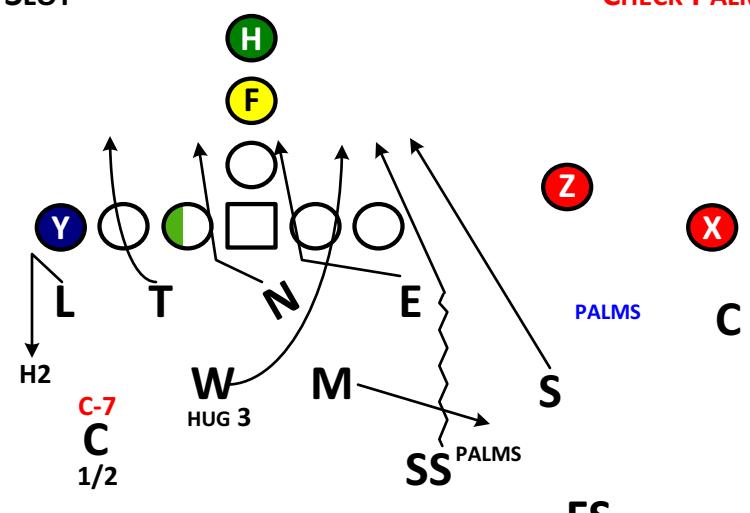


STRONG STALKER RANGER 3 PALMS

(21) I PRO



(21) I SLOT



CHECK PALMS

ESSENCE:

1. 5 MAN 3 DEEP UNDER ZONE PRESSURE SET TO THE PASSING STRENGTH
2. THIS IS AN INITIAL LOOK DEFENSE.

COACHING POINTS:

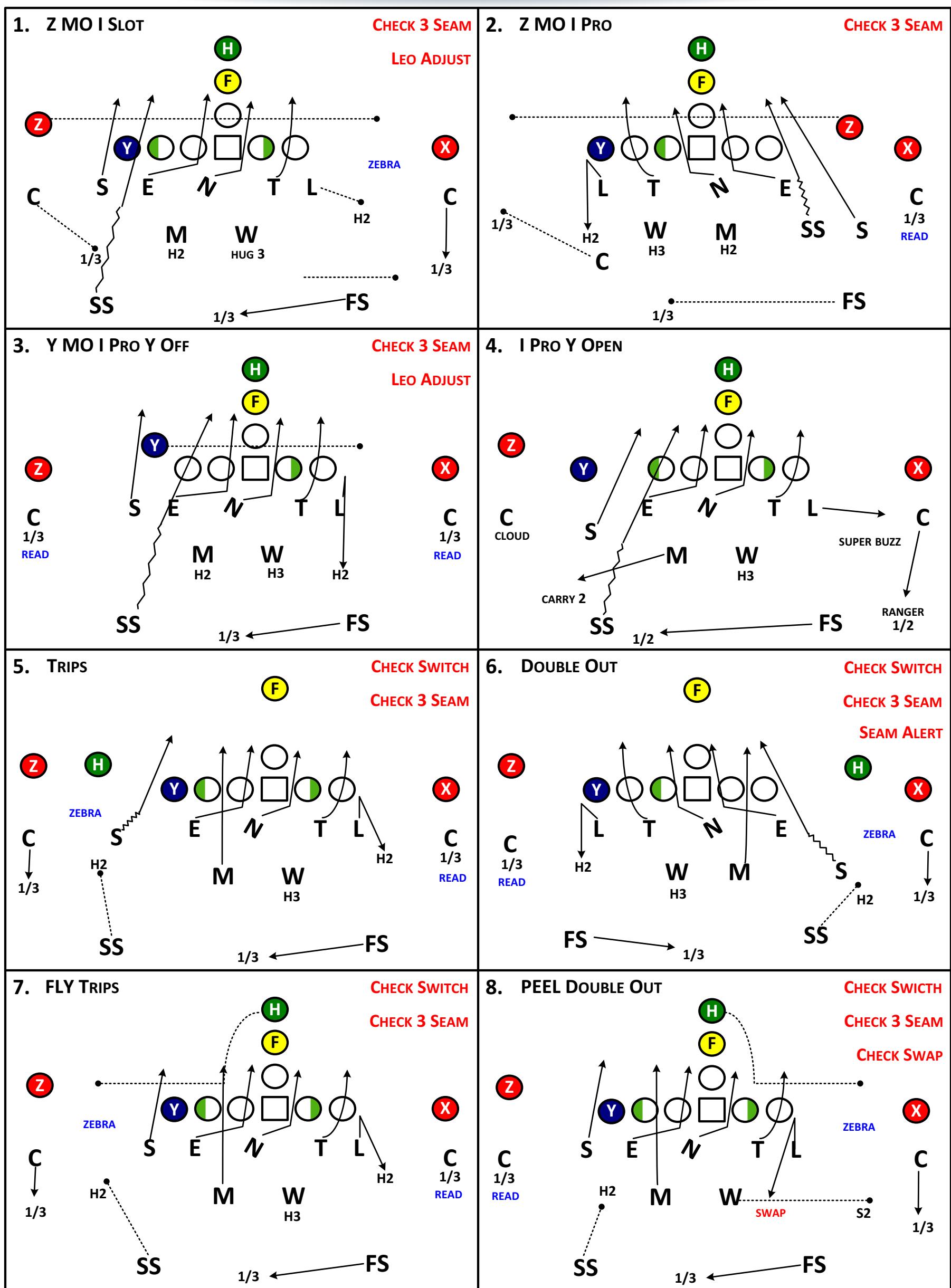
1. CLOSE CALL TO THE PASSING STRENGTH
2 RECEIVER SIDE
BALANCED 2X2 FORMATIONS TO THE LEFT OR TO THE OFFSET
EMPTY: TO THE 2 MAN SIDE
2. SAM: BLITZ CONTAIN
3. STRONG SAFETY: BLITZ B GAP
4. WE CAN PLAY THE FOLLOWING COVERAGES
2 BACK PRO: RANGER / CARRY
ALIGNED 2 BACK SLOT: PALMS
ALIGNED ONE BACK: 3 SEAM

ADJUSTMENTS:

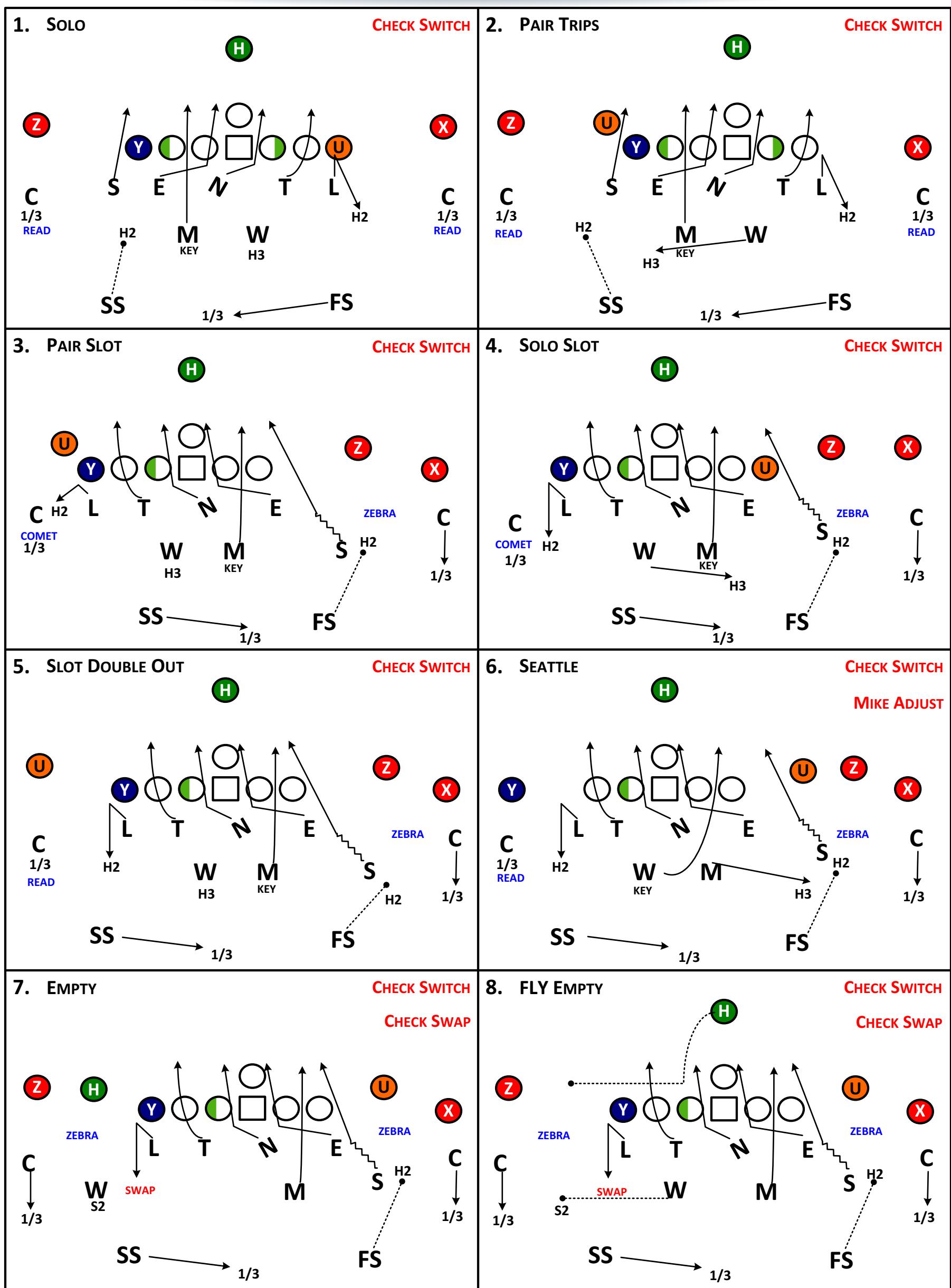
1. Vs. 2 Back Y or Z motion: CHECK 3 SEAM
2. Vs. Aligned or Motion (Fly/Peel) to one back: CHECK SWITCH, CHECK 3 SEAM
3. Vs. EMPTY: CHECK SWITCH, 3 SEAM AND CLOSE TO THE 2 MAN SIDE.
4. Vs. PRO to SLOT: CHECK 3 SEAM (LEO ADJUST)
5. Vs. SLOT to PRO: CHECK 3 SEAM
6. Vs. ALIGNED SINGLE WIDTH SLOT: CHECK PALMS



STRONG STALKER RANGER 3 PALMS

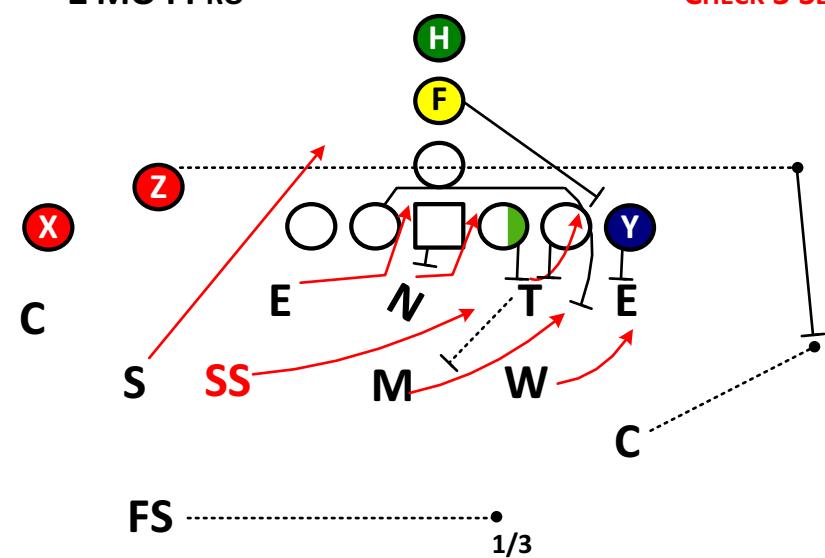


STRONG SLASHER RANGER 3 PALMS



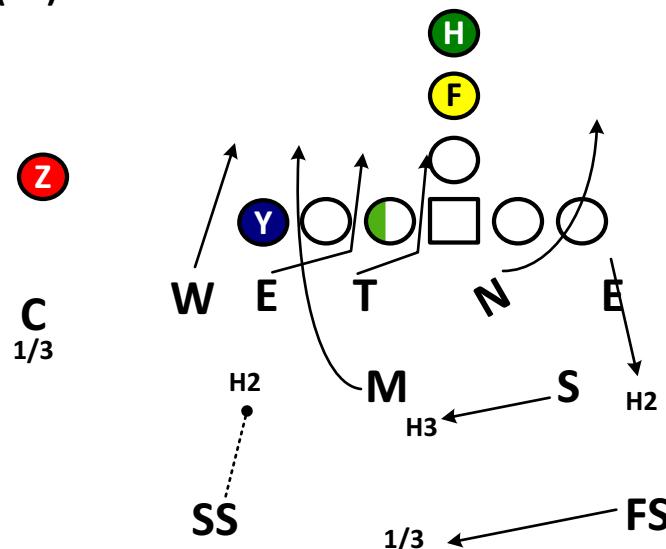
Z MO I PRO

CHECK 3 SEAM

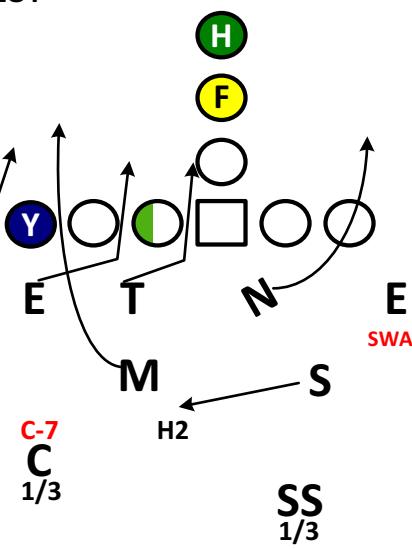


LOAD WHIP SKY ZONE

(21) I PRO



(21) I SLOT



CHECK SWAP

ESSENCE:

1. 5 MAN 3 DEEP 3 UNDER ZONE PRESSURE WITH SKY ZONE COVERAGE

COACHING POINTS:

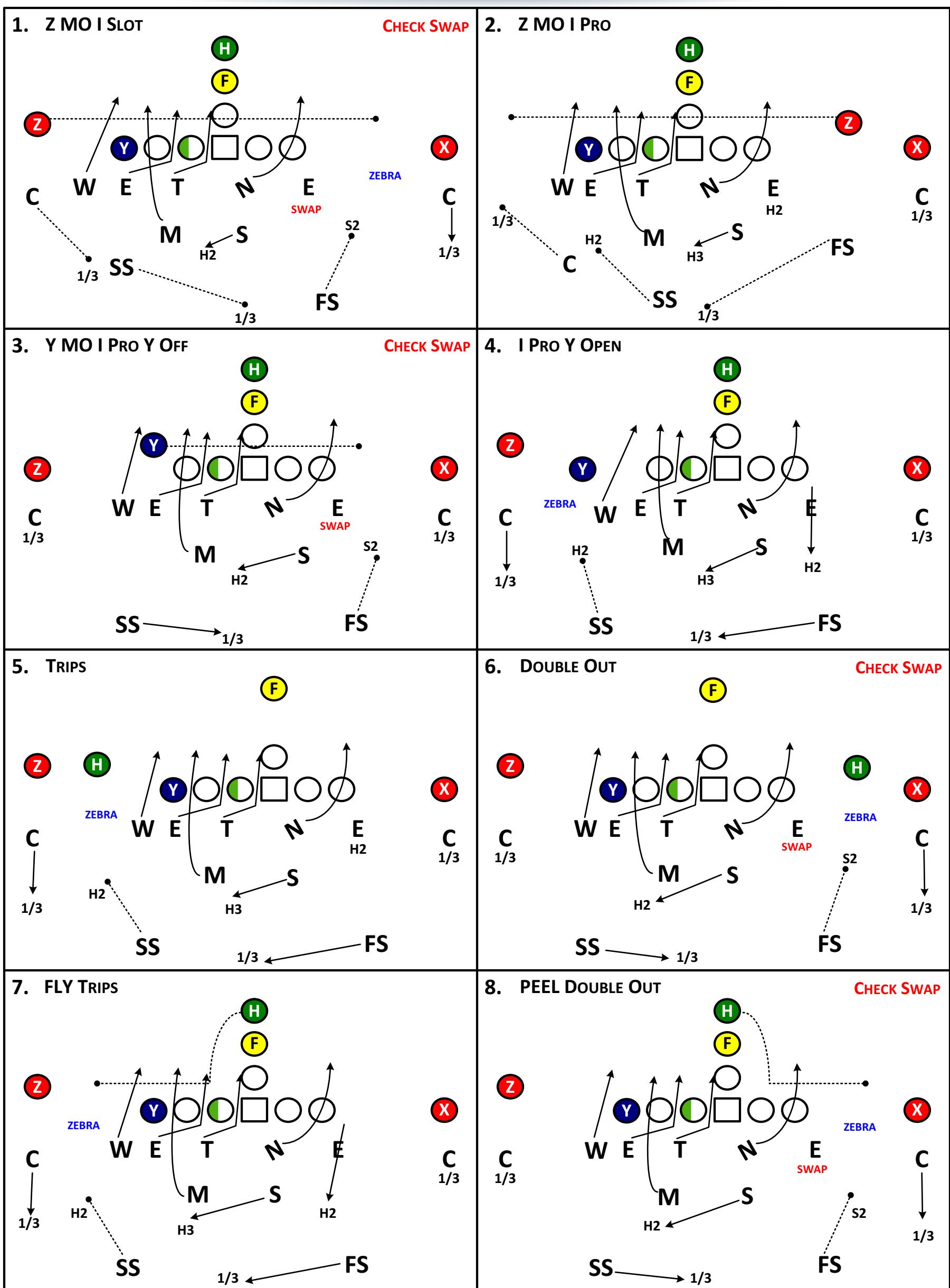
1. SOLID CALL TO THE "Y"
2. WILL: CONTAIN BLITZ
3. MIKE: BLITZ CAP SOLID

ADJUSTMENTS:

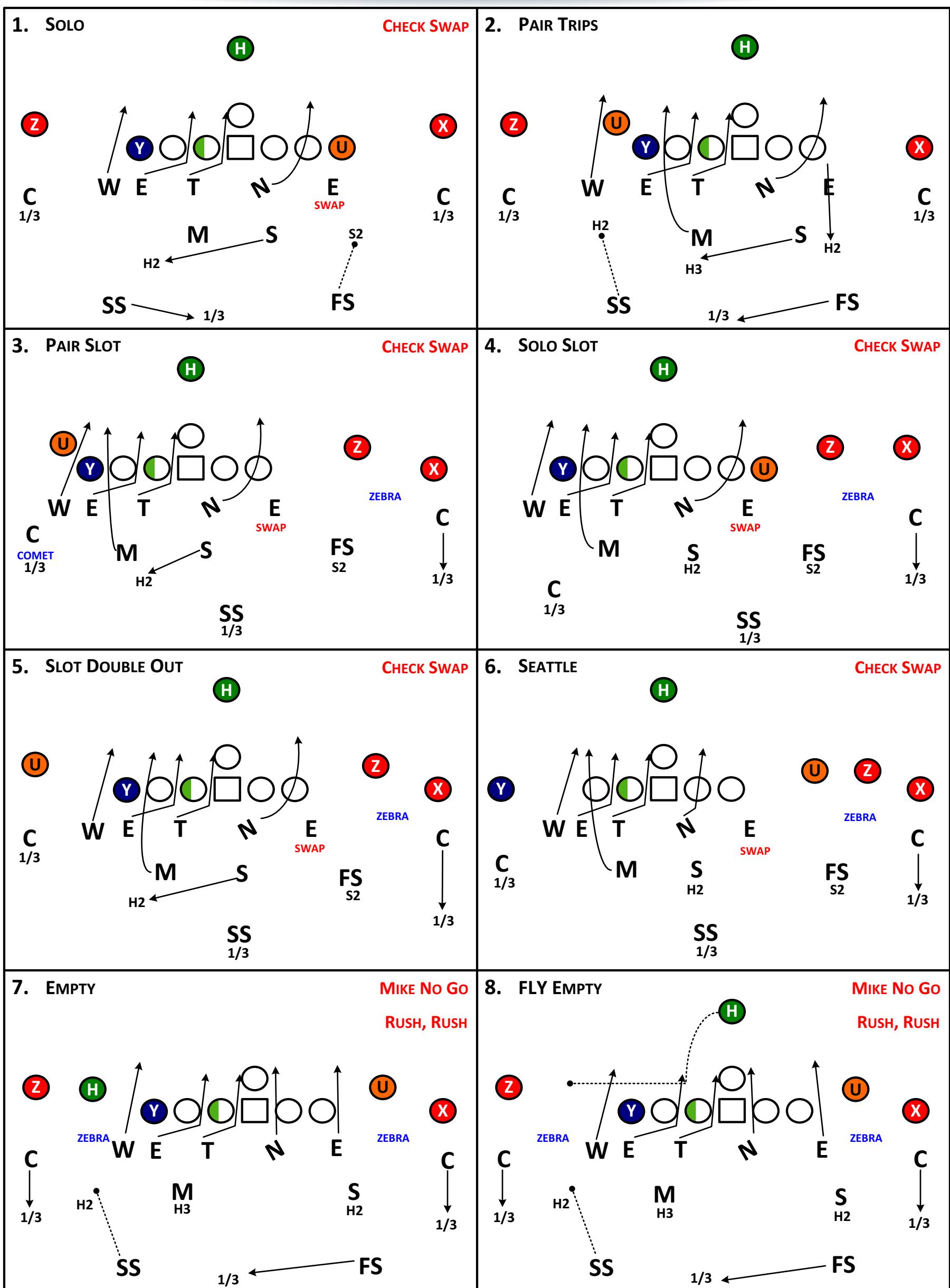
1. Vs. CHANGE OF STRENGTH MOTION: SAFETIES ROCK AND ROLL
2. Vs. 2 DISPLACED AWAY FROM SOLID CALL: CHECK SWAP
3. Vs. EMPTY (3 TO THE SOLID SIDE): MIKE NO GO. END RUSH



LOAD WHIP SKY ZONE

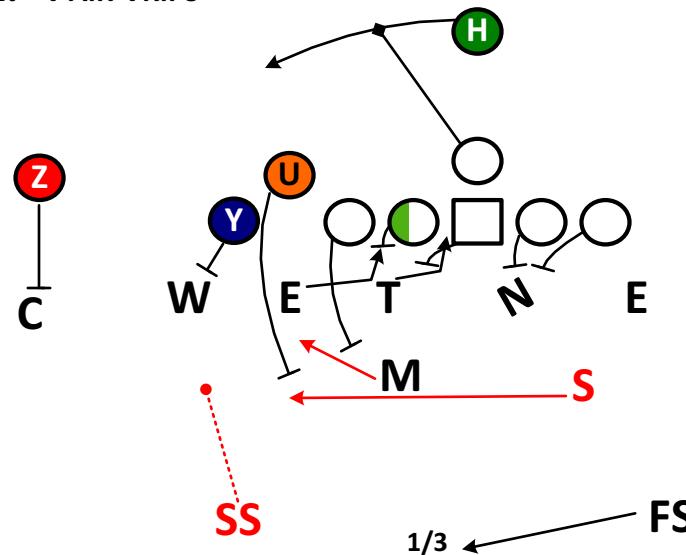


LOAD WHIP SKY ZONE

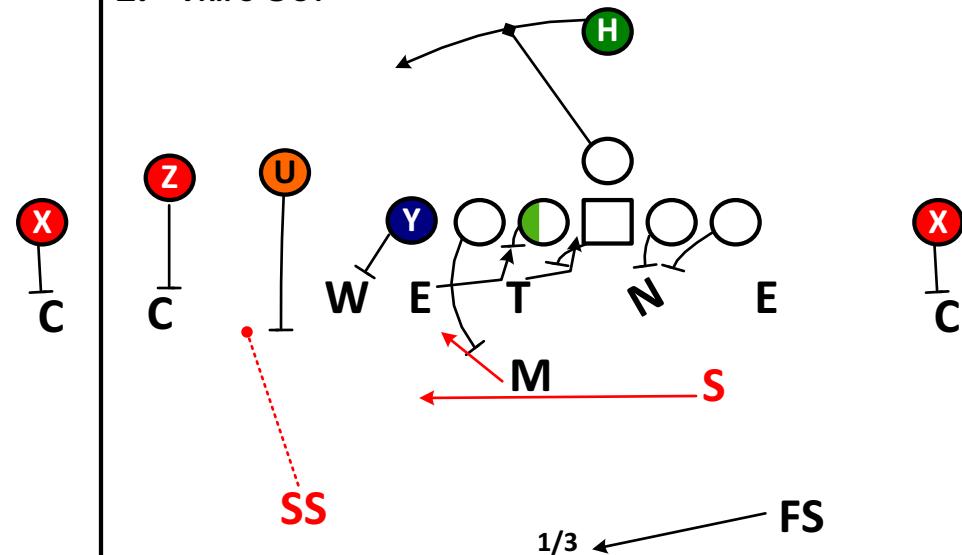


LOAD WHIP SKY ZONE

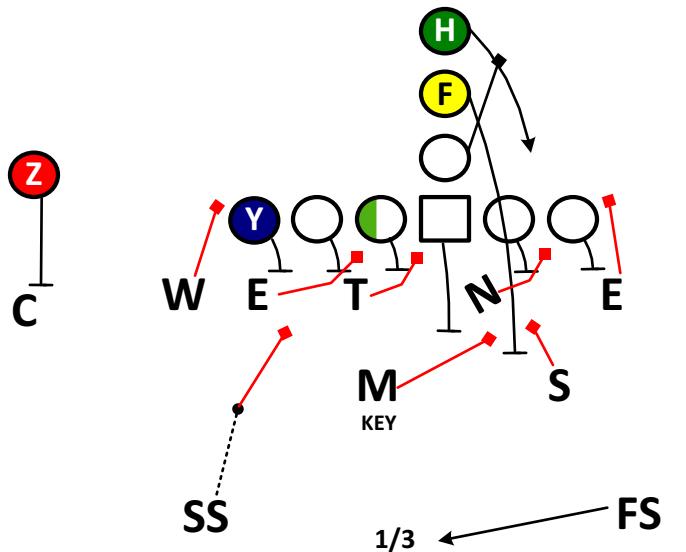
1. PAIR TRIPS



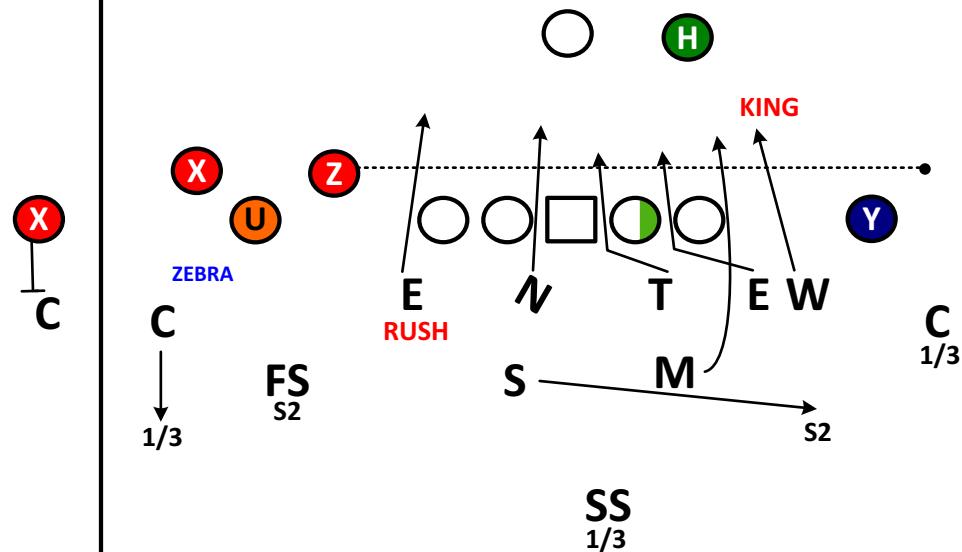
2. TRIPS OUT



3. LEAD FLEX



4. GUN NEAR CLOSET



5.

6.

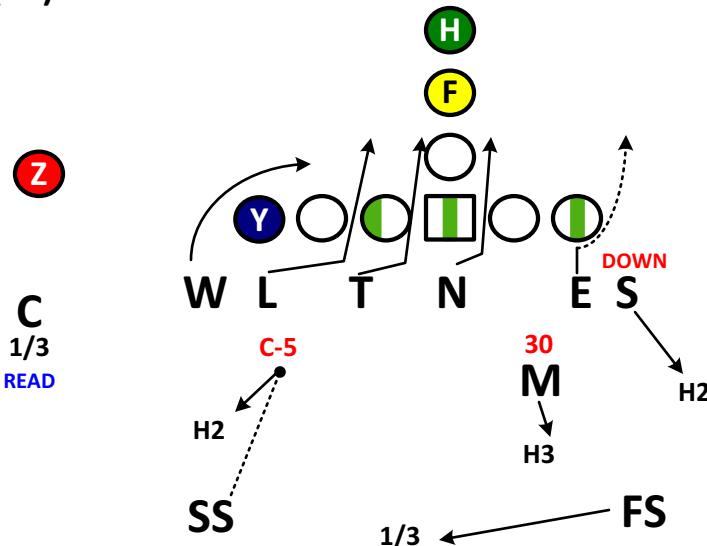
7.

8.



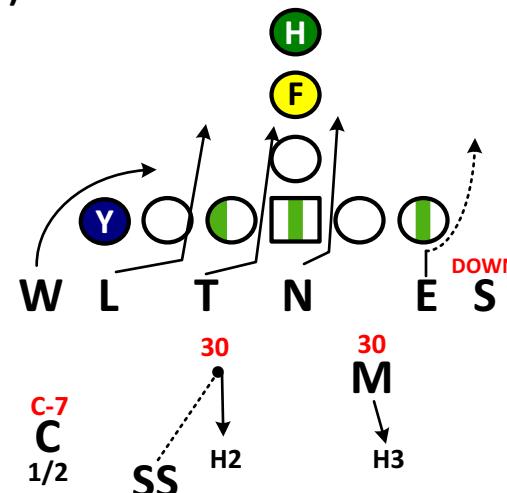
TUFF WHOPPER 3 PALMS

(21) I PRO



(21) I SLOT

CHECK PLAMS



PALMS

C

FS

ESSENCE:

1. TUFF WHOPPER 3 PALMS IS A BASE OVER FAMILY 5 MAN ZONE PRESSURE.

COACHING POINTS:

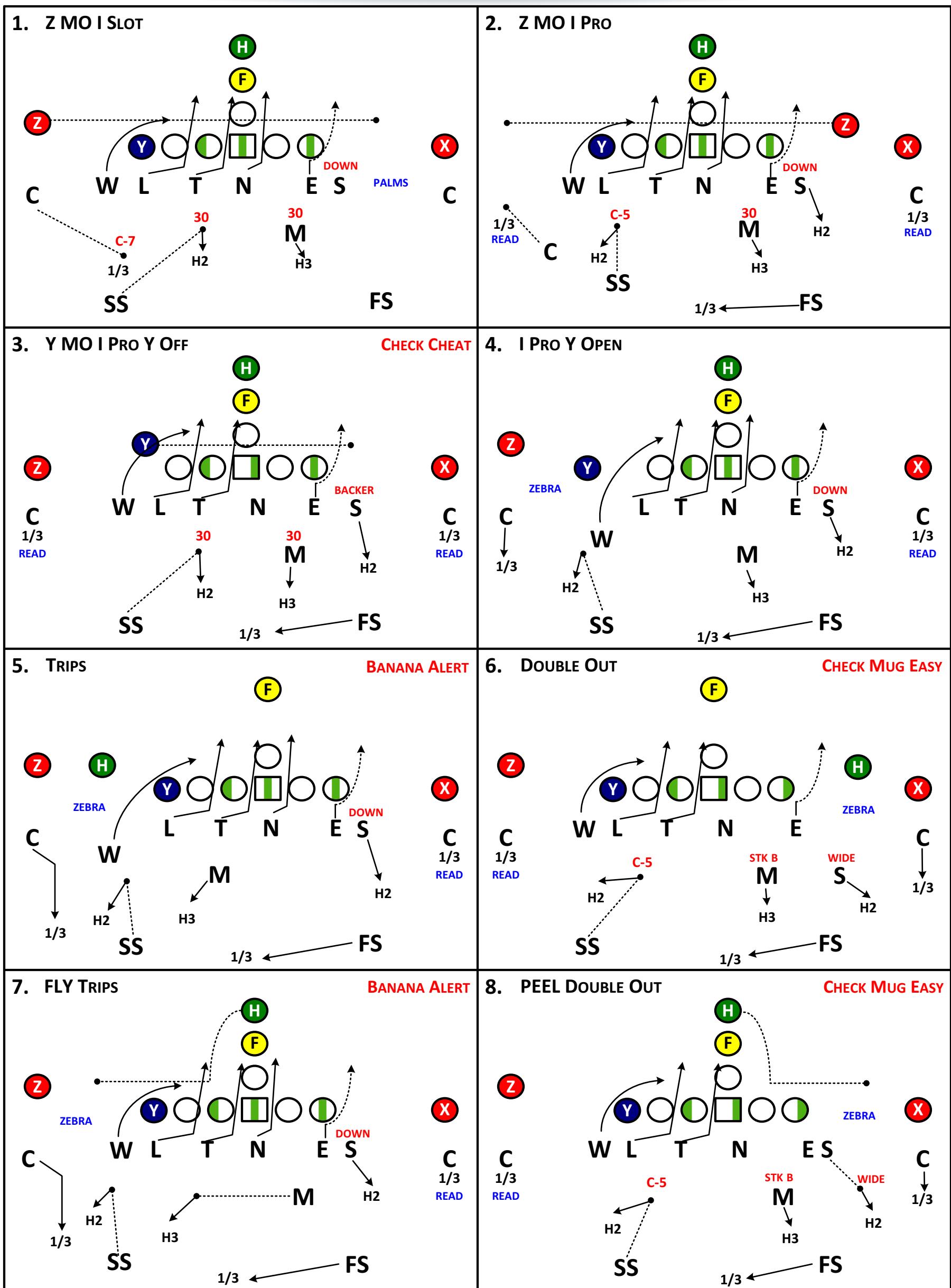
1. SOLID CALL TO THE "Y"
2. WILL: BLITZ FLAT OFF THE EDGE. SPILL FB WITH PLAY AT YOU.
3. D-LINE: SLANT MOVEMENT.

ADJUSTMENTS:

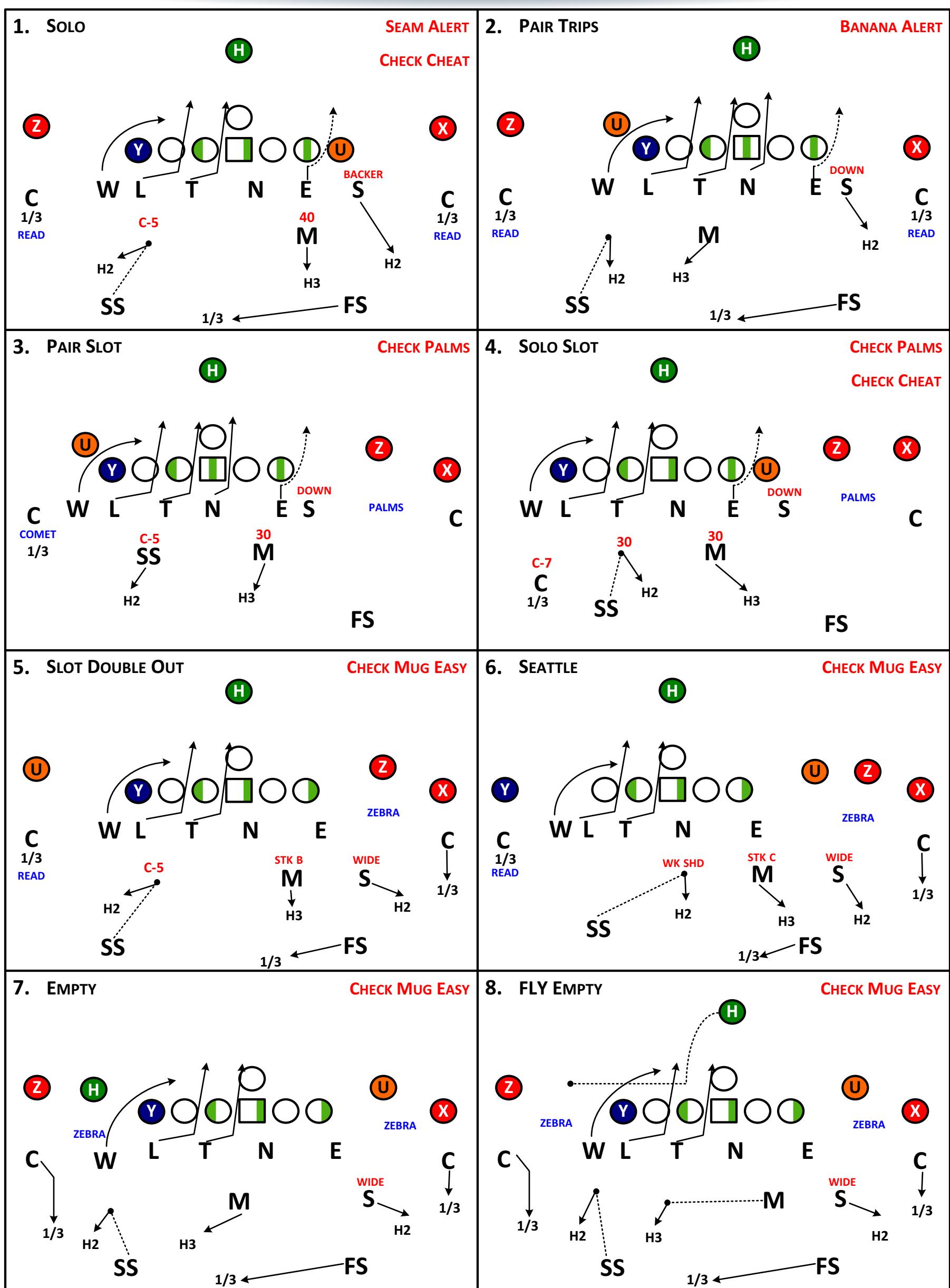
1. Vs. PRO FAMILY FORMATIONS: PLAY 3 SEAM
2. Vs. ALL SLOT SINGLE WIDTH FAMILY FORMATIONS (PAIR SLOT): CK PLAMS



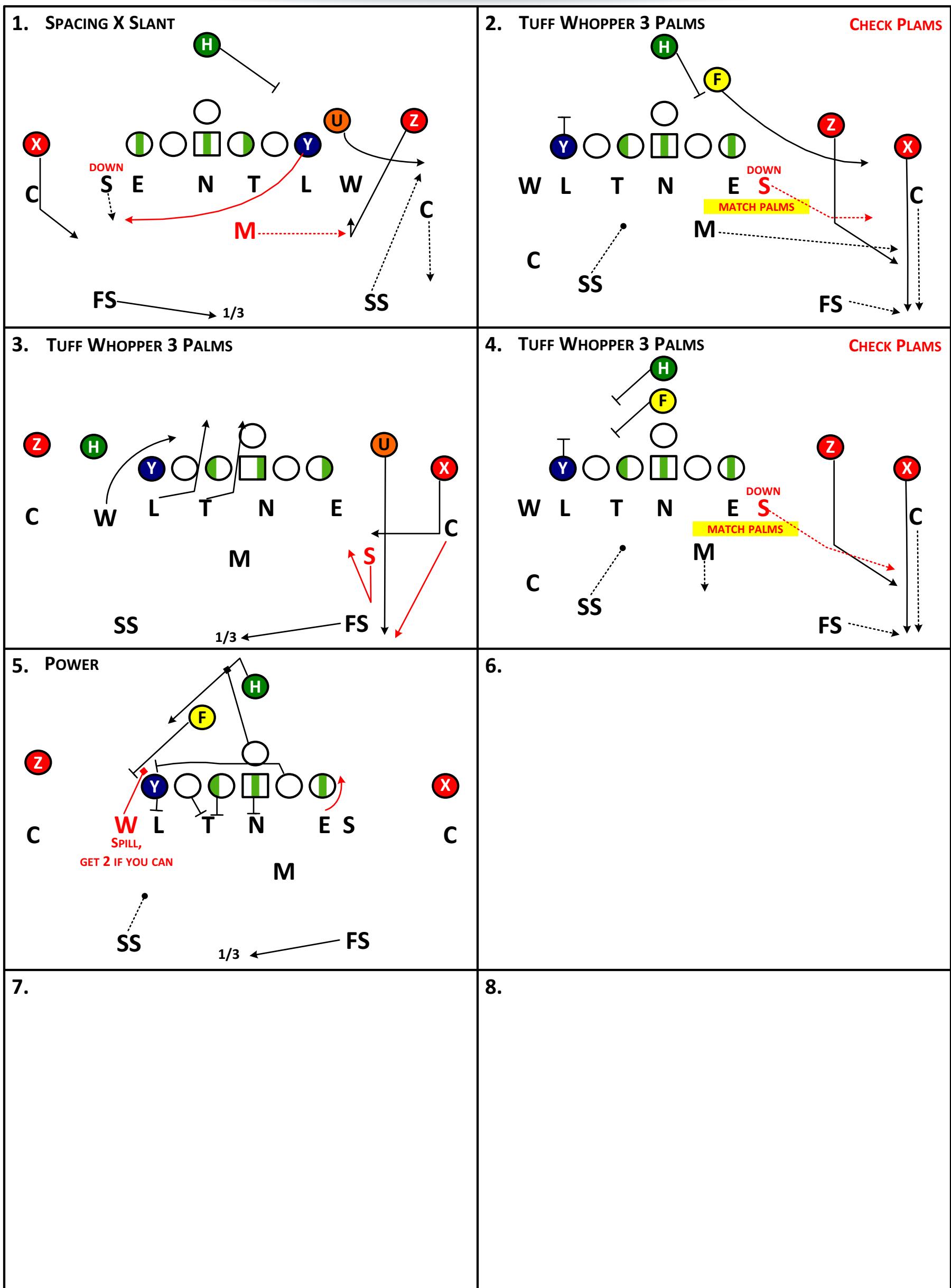
TUFF WHOPPER 3 PALMS



TUFF WHOPPER 3 PALMS

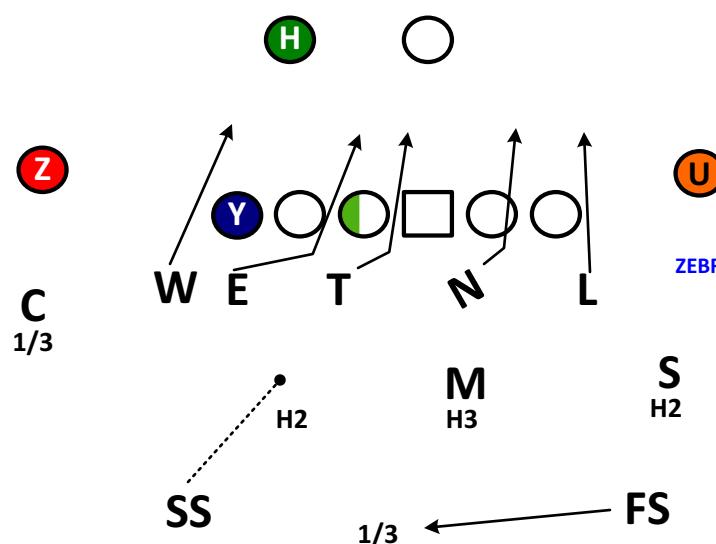


TUFF WHOPPER 3 PALMS

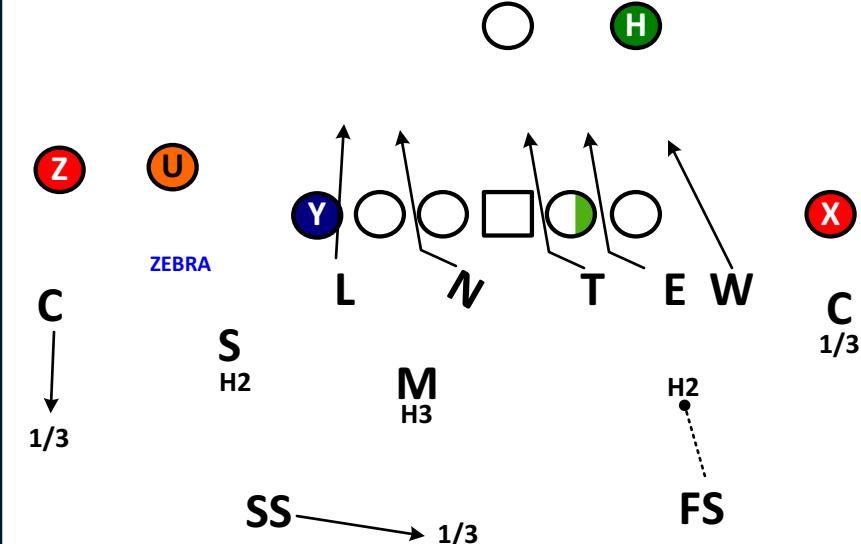


BOW WILL SLANT 3 SEAM

(12) DOUBLE OUT



(12) TRIPS



ESSENCE:

1. 5 MAN 3 DEEP 3 UNDER ZONE PRESSURE

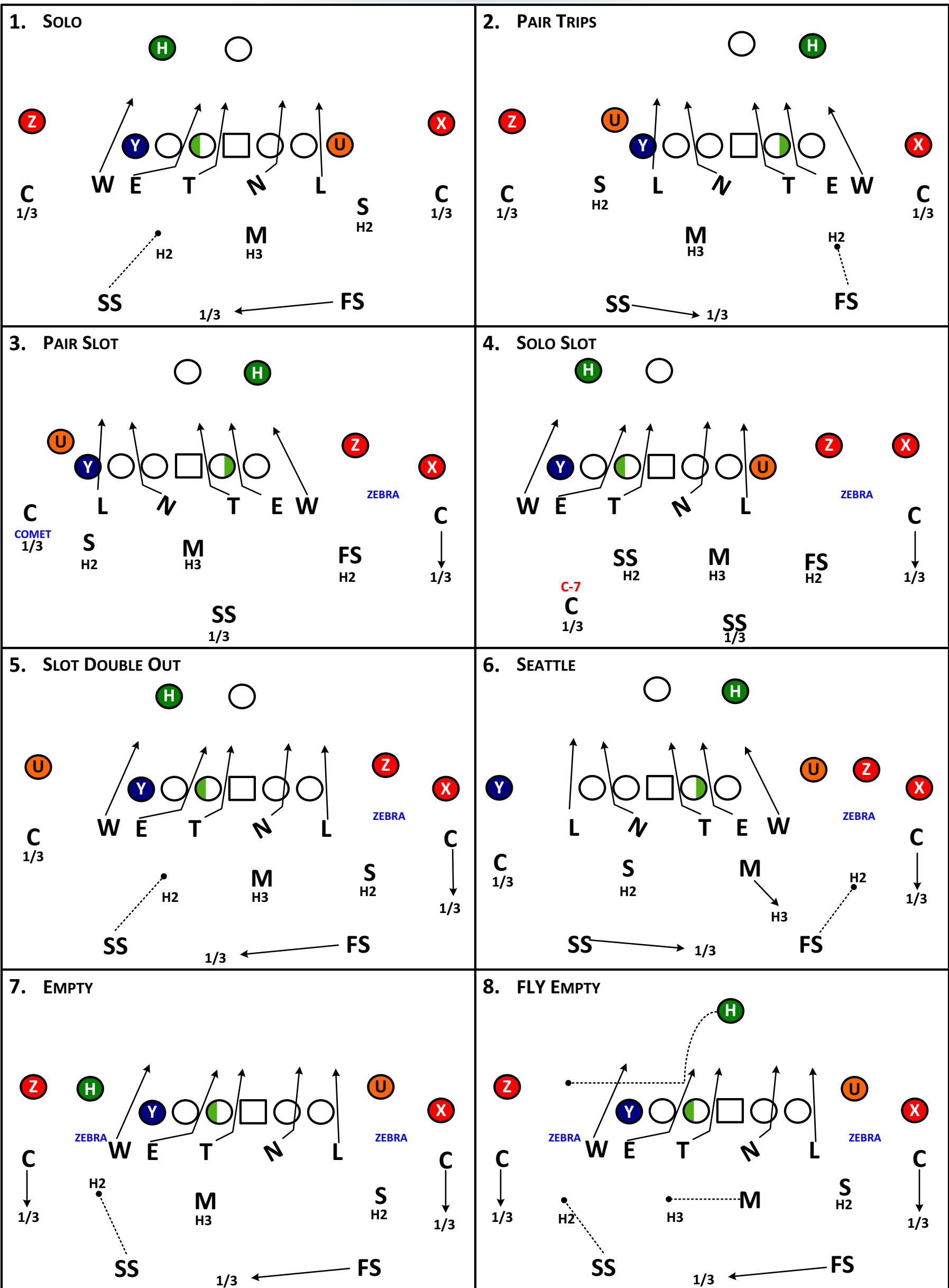
COACHING POINTS:

1. CLOSED CALL TO THE BACK.
DOT & EMPTY: TO THE 'Y'
2. WILL: CONTAIN BLITZ TO THE SIDE OF THE BACK. PLAY THE QB ON READ PLAY
3. SAM: HOT TO 2
4. MIKE: HOT TO 3
5. SAFETIES: TO THE BACK, HOT TO 2
6. D-LINE: SLANT

ADJUSTMENTS:

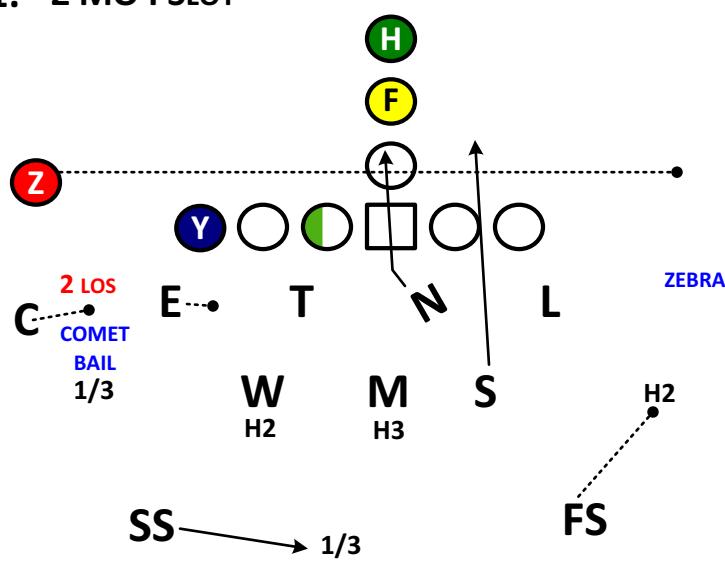


BOW WILL SLANT 3 SEAM

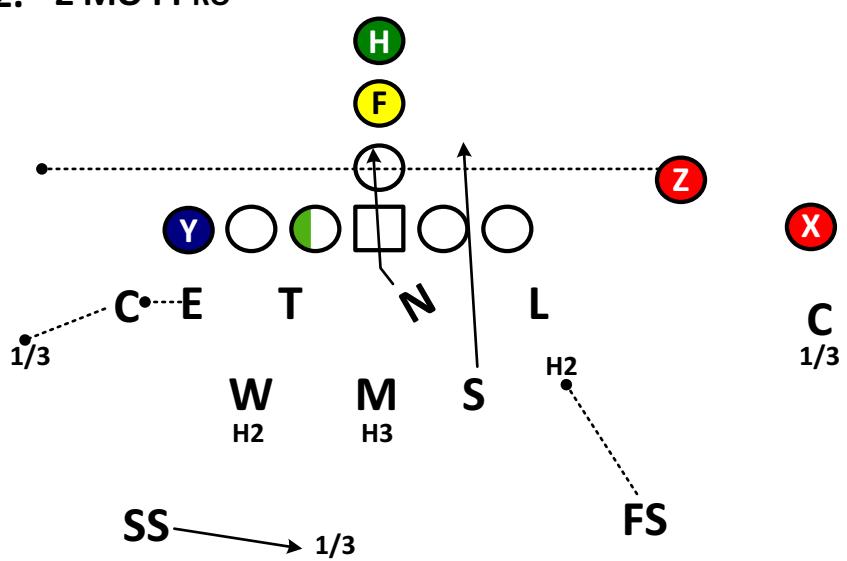


BOW WILL SLANT 3 SEAM

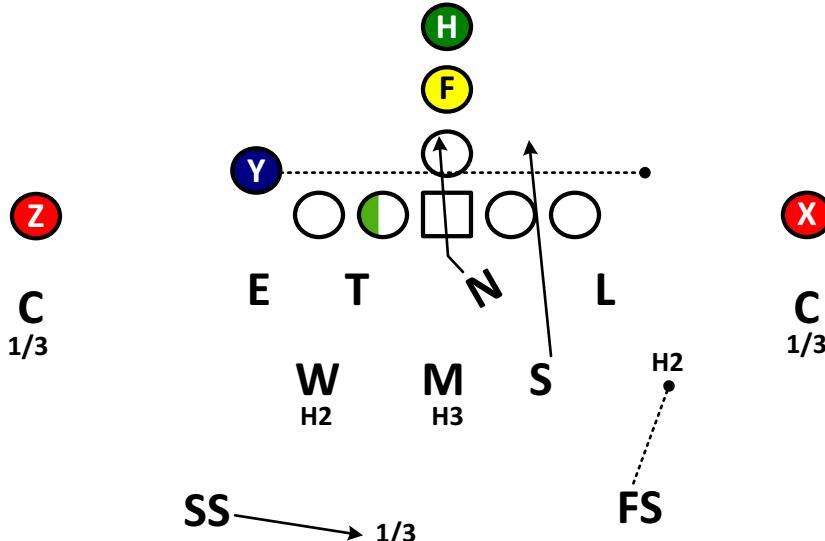
1. Z MO I SLOT



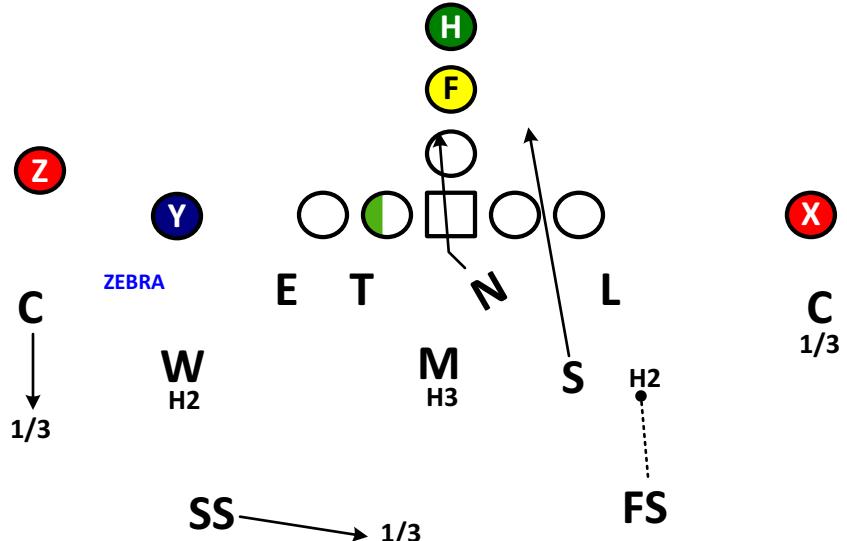
2. Z MO I PRO



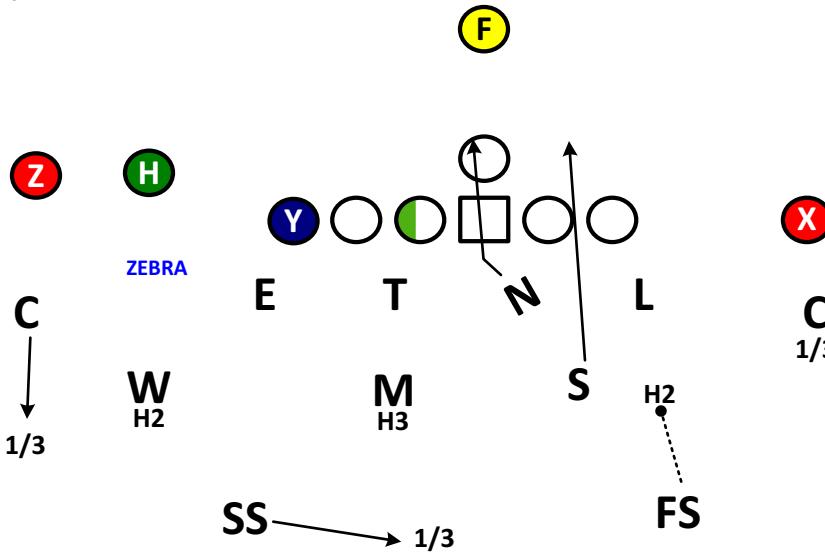
3. Y MO I PRO Y OFF



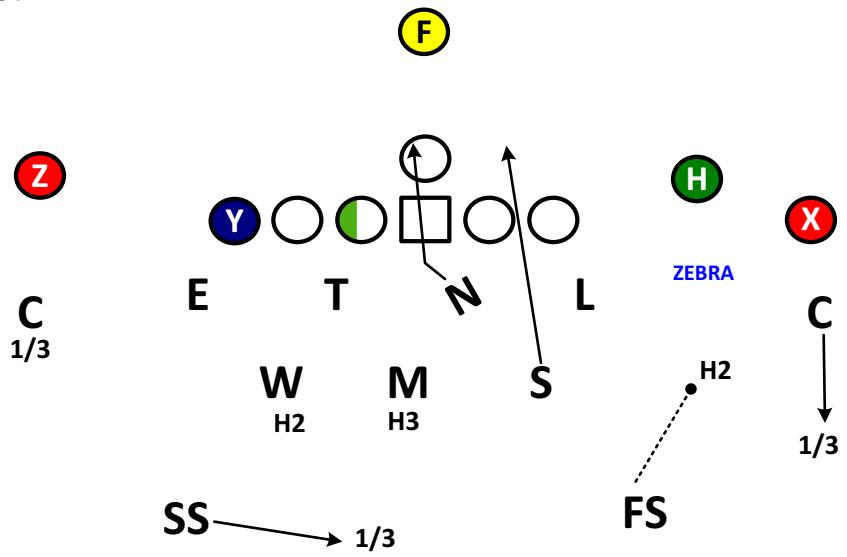
4. I PRO Y OPEN



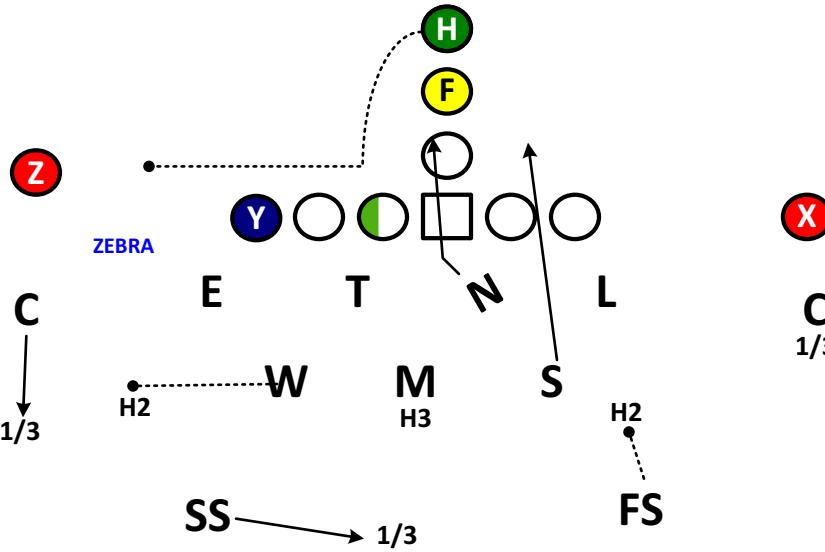
5. TRIPS



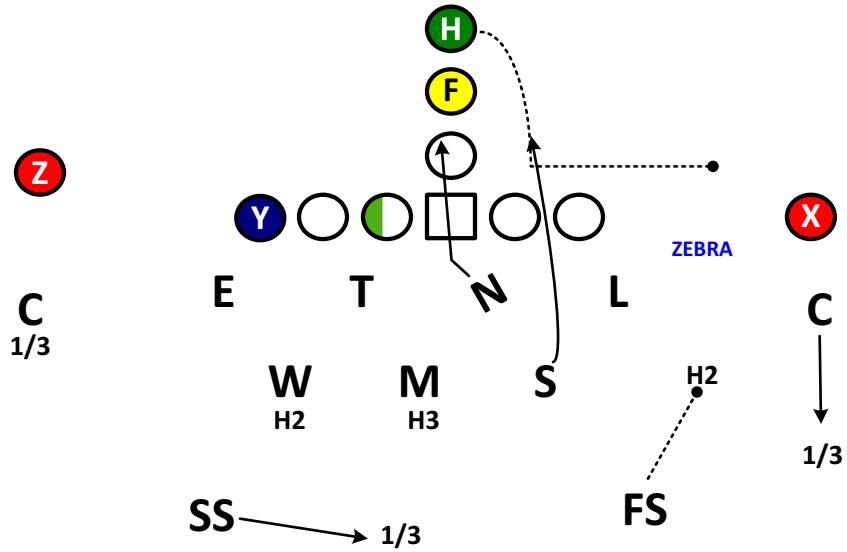
6. DOUBLE OUT



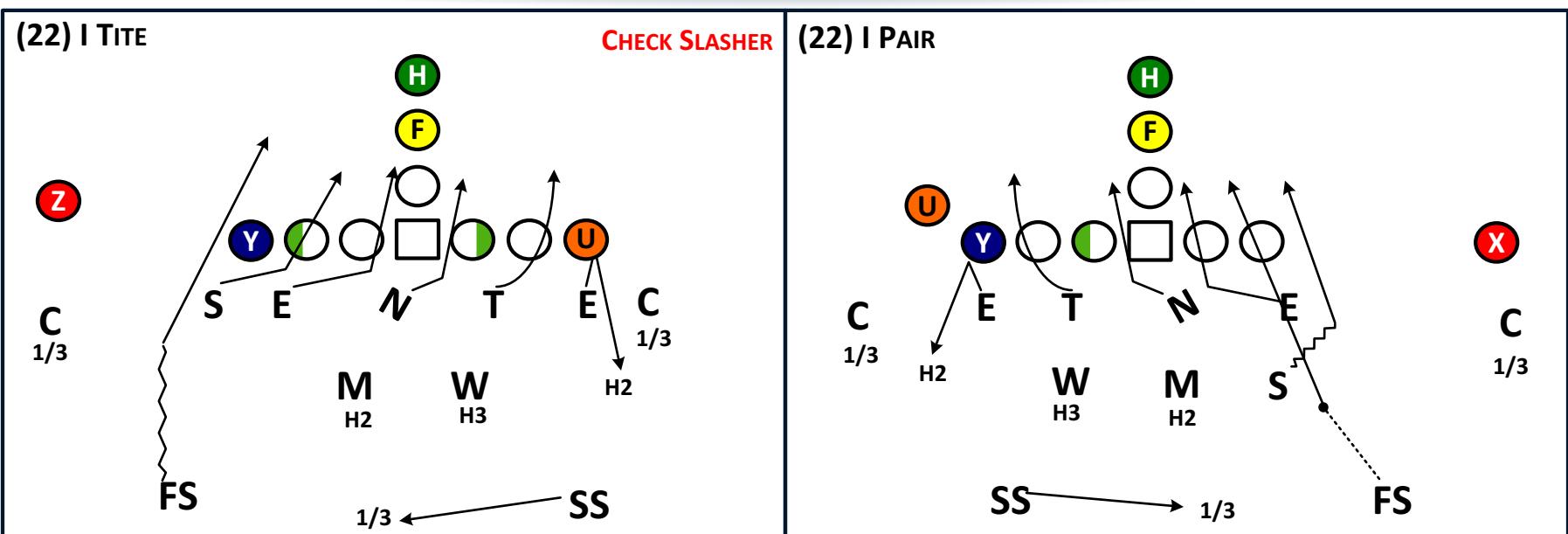
7. FLY TRIPS



8. PEEL DOUBLE OUT



Z FLASH 3 SEAM



ESSENCE:

1. 5 MAN 3 DEEP 3 UNDER ZONE PRESSURE
2. THE LINE SLANTS AWAY FROM THE SINGLE RECEIVER.

COACHING POINTS:

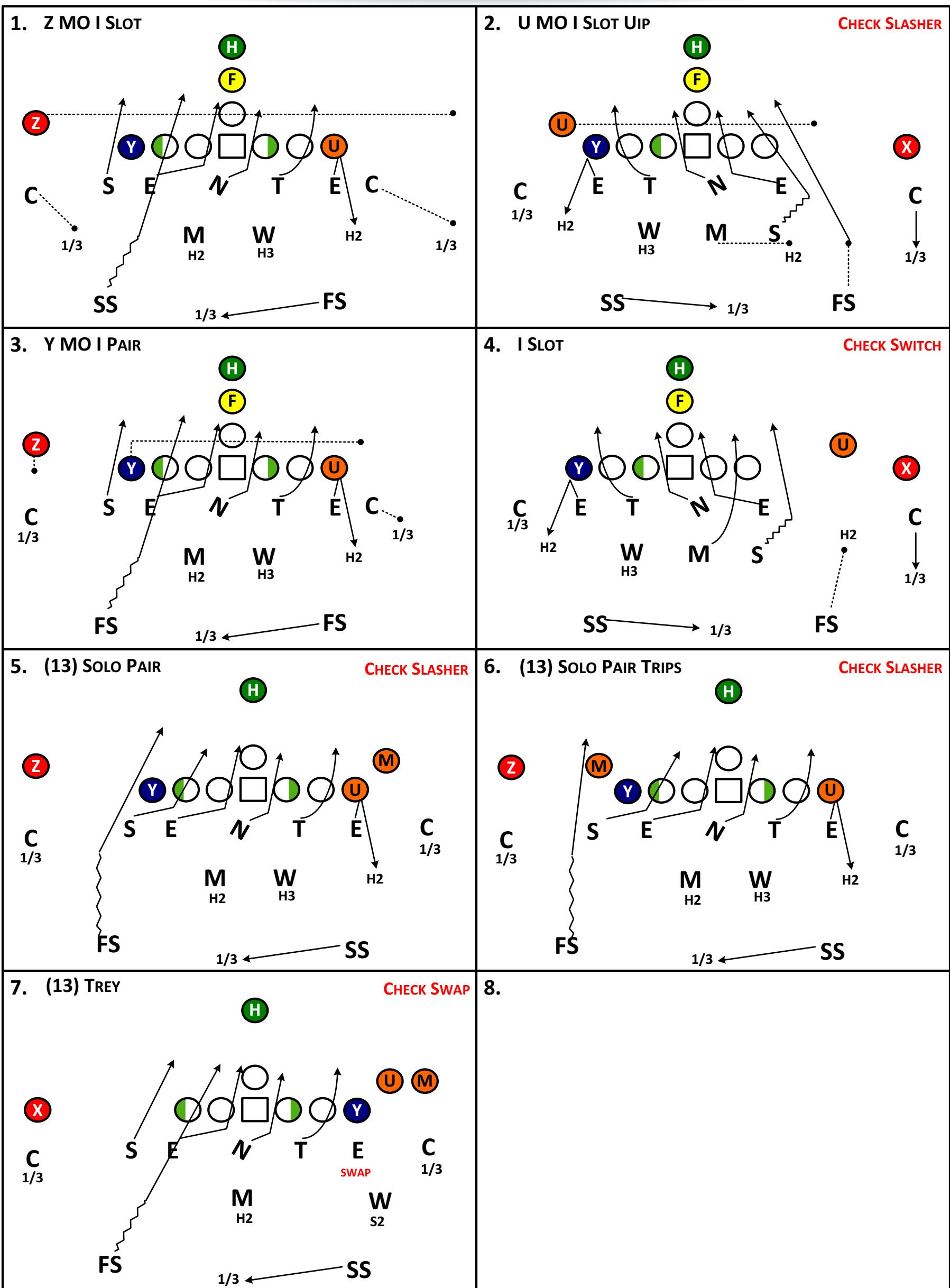
1. CLOSED CALL TO THE WR.
2. SAM IS A CONTAIN BLITZER
3. FS IS A CREEP BLITZER

ADJUSTMENTS:

1. Vs. ANY 2 TO THE CLOSE SIDE: CHECK SLASHER
2. Vs. 2 DISPLACED TO THE CLOSE SIDE: CHECK SWITCH
3. Vs. ANY 2 DISPLACED AWAY FROM THE CLOSE SIDE: CHECK SWAP
4. ANY #3 DISPLACED AWAY FROM THE CLOSE SIDE: CHECK HOT TO 3



Z FLASH 3 SEAM





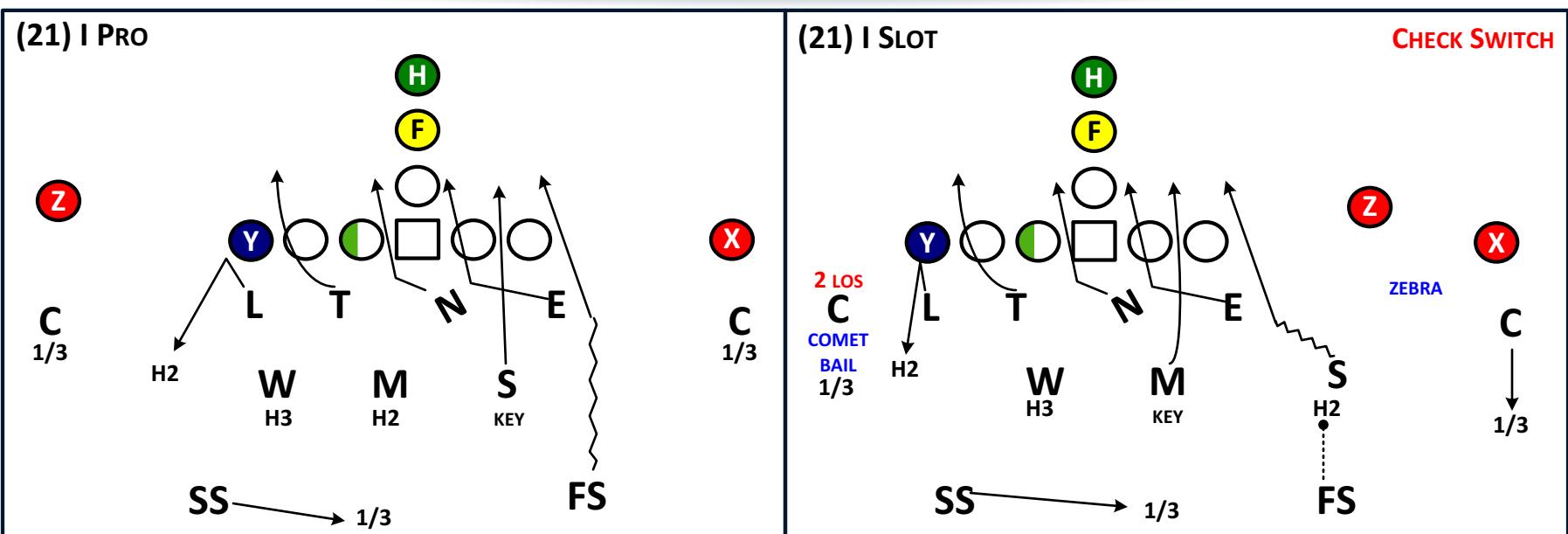
SEATTLE
SEAHAWKS 2013

RUSH ZONES

ADJUSTMENTS

- **FLASH GO 3 SEAM (TC)**
- **OVER SPEAR 3 SEAM** 
- **OVER SPEAR 3 SEAM** 
- **OVER SPEAR 3 SEAM (TC)**
- **LOAD WHIP SKY ZONE** 
- **TUFF WHOPPER 3 PALMS (OTA2)**

W/ Go FLASH 3 SEAM



ESSENCE:

1. W/ Go FLASH 3 SEAM IS AN UNDER FAMILY FRONT RUSH ZONE DEFENSE.
2. THE LINE WILL ALIGN USING UNDER FAMILY FRONT RULES

COACHING POINTS:

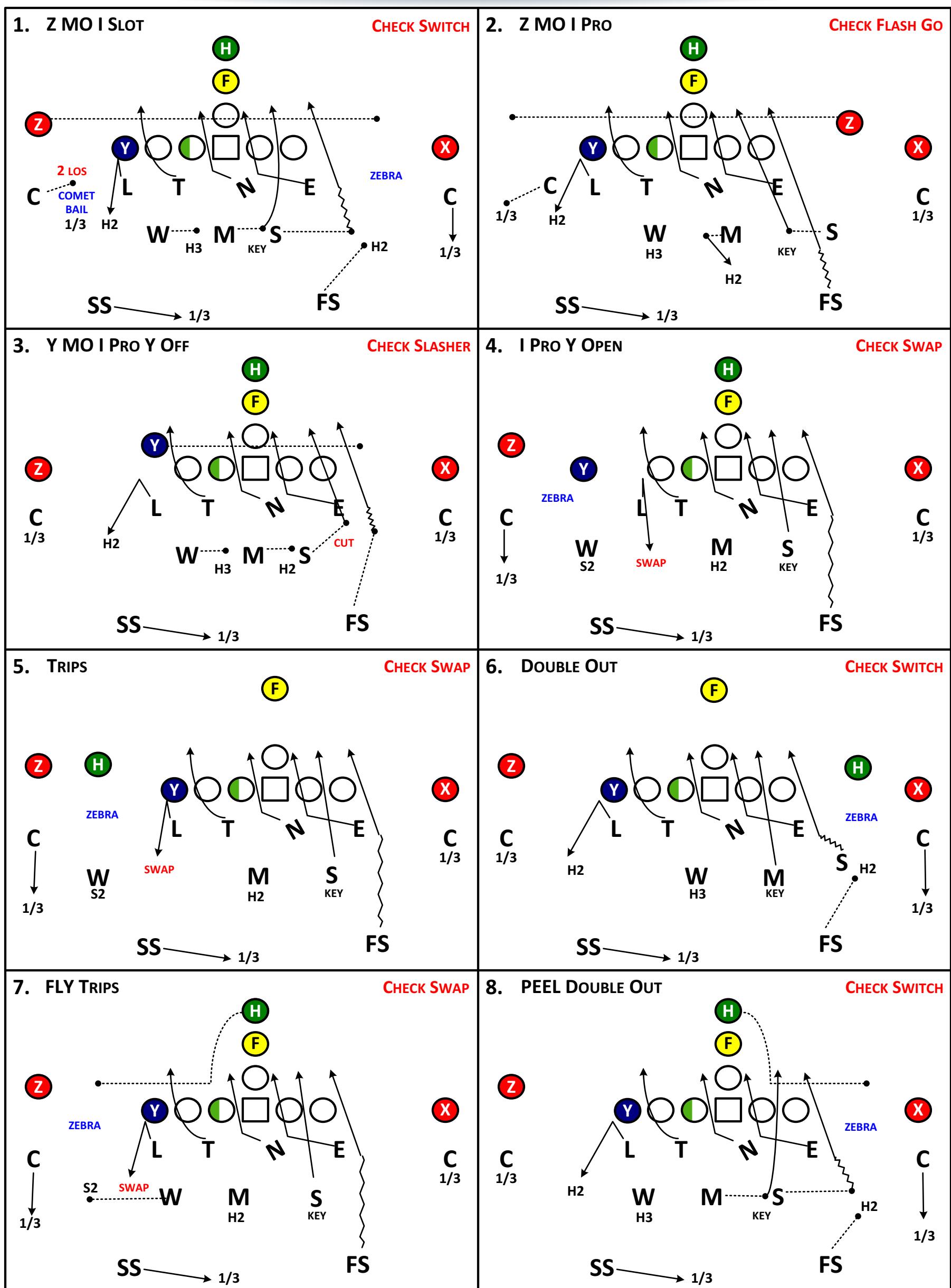
1. CLOSED CALL AWAY FROM THE "Y"
2. SAM: BLITZ B GAP (KEY READ)
3. FREE SAFETY: CONTAIN BLITZ
4. 2 BACK PRO, WILL AS A HOT TO 3 DEFENDER VS. FLOOD ACTION:
ALERT FLOOD PASS WITH Y VERTICAL. GIVE END (HOT TO 2) BODY HELP.
5. HOT TO 3 (WILL): YOUR DROP INVOLVES STRONG AND WEAK HOOK ISSUES.

ADJUSTMENTS:

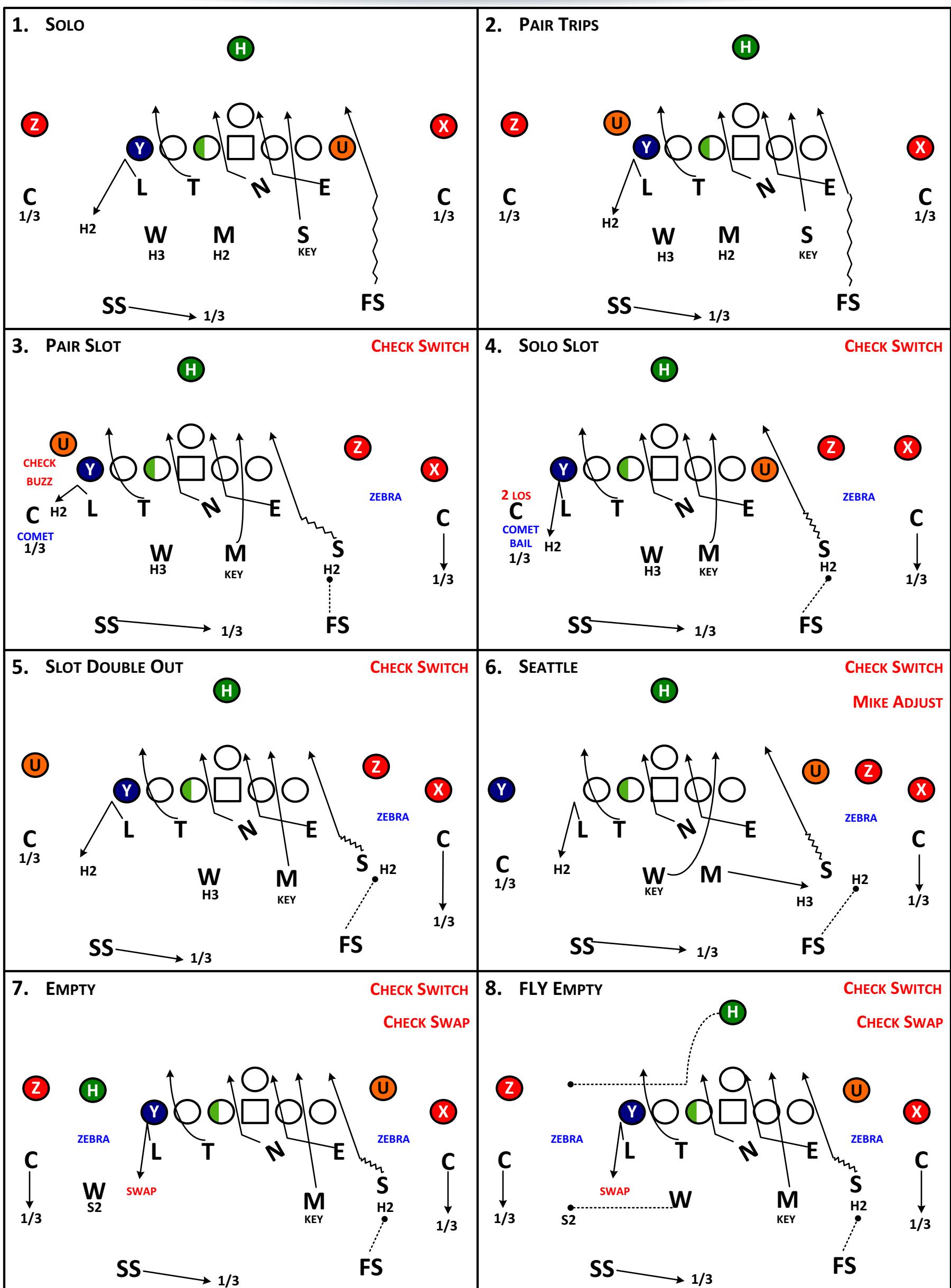
1. Vs. ANY 2 DISPLACED TO THE CLOSED CALL: CHECK SWITCH (MIKE KEY BLITZ)
2. Vs. ANY 2 DISPLACED AWAY FROM THE CLOSED CALL: CHECK SWAP
3. ANY #3 DISPLACED AWAY FROM THE CLOSED CALL: CHECK HOT TO 3
4. ANY #3 DISPLACED TO THE CLOSED CALL (TRIPLES): MIKE ADJUST. WILL BLITZ
5. Vs. 2 BACK Y MOTION: CHECK SLASHER PRINCIPLE (SAM CUT TECHNIQUE ON OT)
6. Vs. 2 BACK SLOT (ZIP MOTION): CHECK SLASHER
7. Vs. X NASTY: POSSIBLE TRADE (CORNER CONTAIN BLITZ)



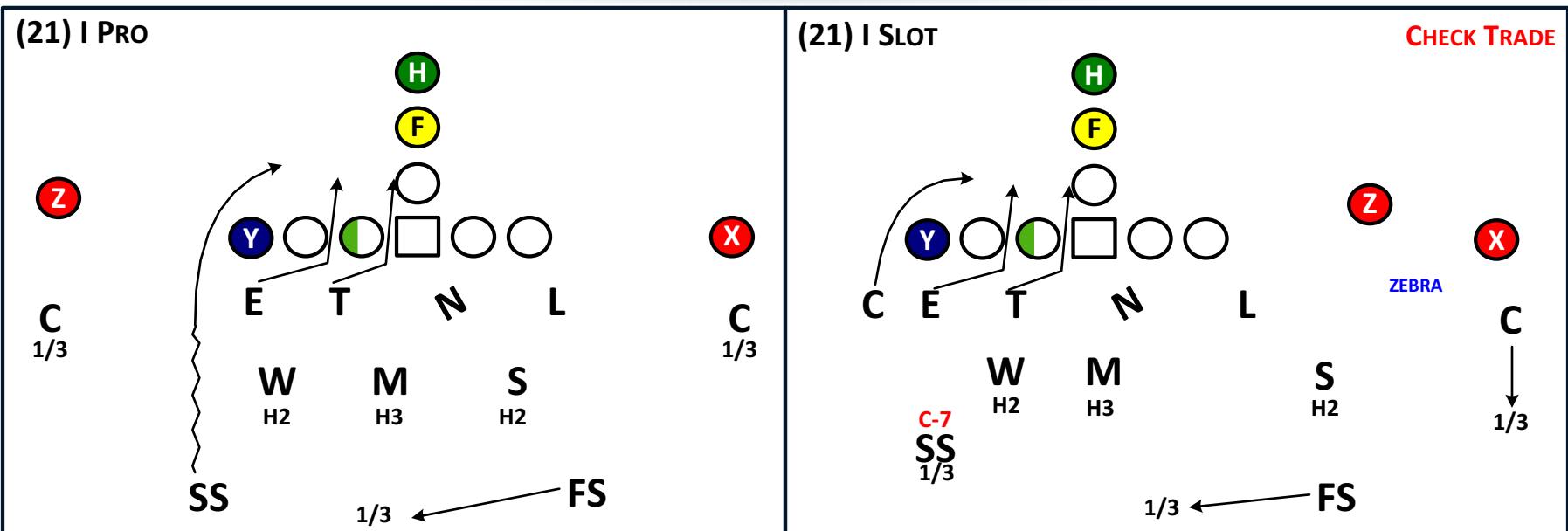
W/ Go Flash 3 Seam



W/ Go FLASH 3 SEAM



OVER SPEAR 3 SEAM



ESSENCE:

1. OVER SPEAR 3 SEAM IS AN OVER FAMILY FRONT RUSH ZONE.

COACHING POINTS:

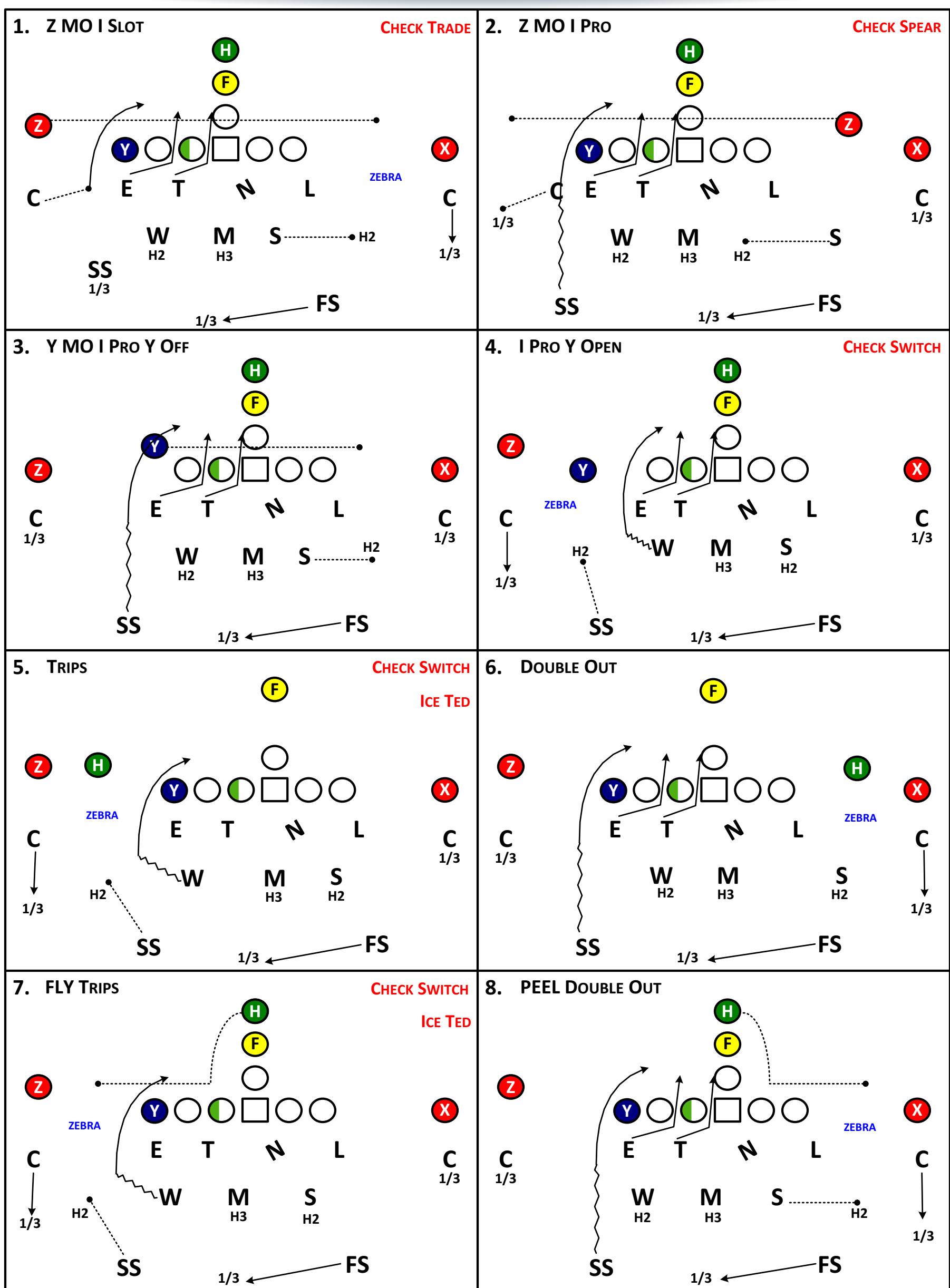
1. SOLID CALL TO THE "Y"
2. STRONG SAFETY CHASE FLAT
3. D-LINE: TED MOVEMENT

ADJUSTMENTS:

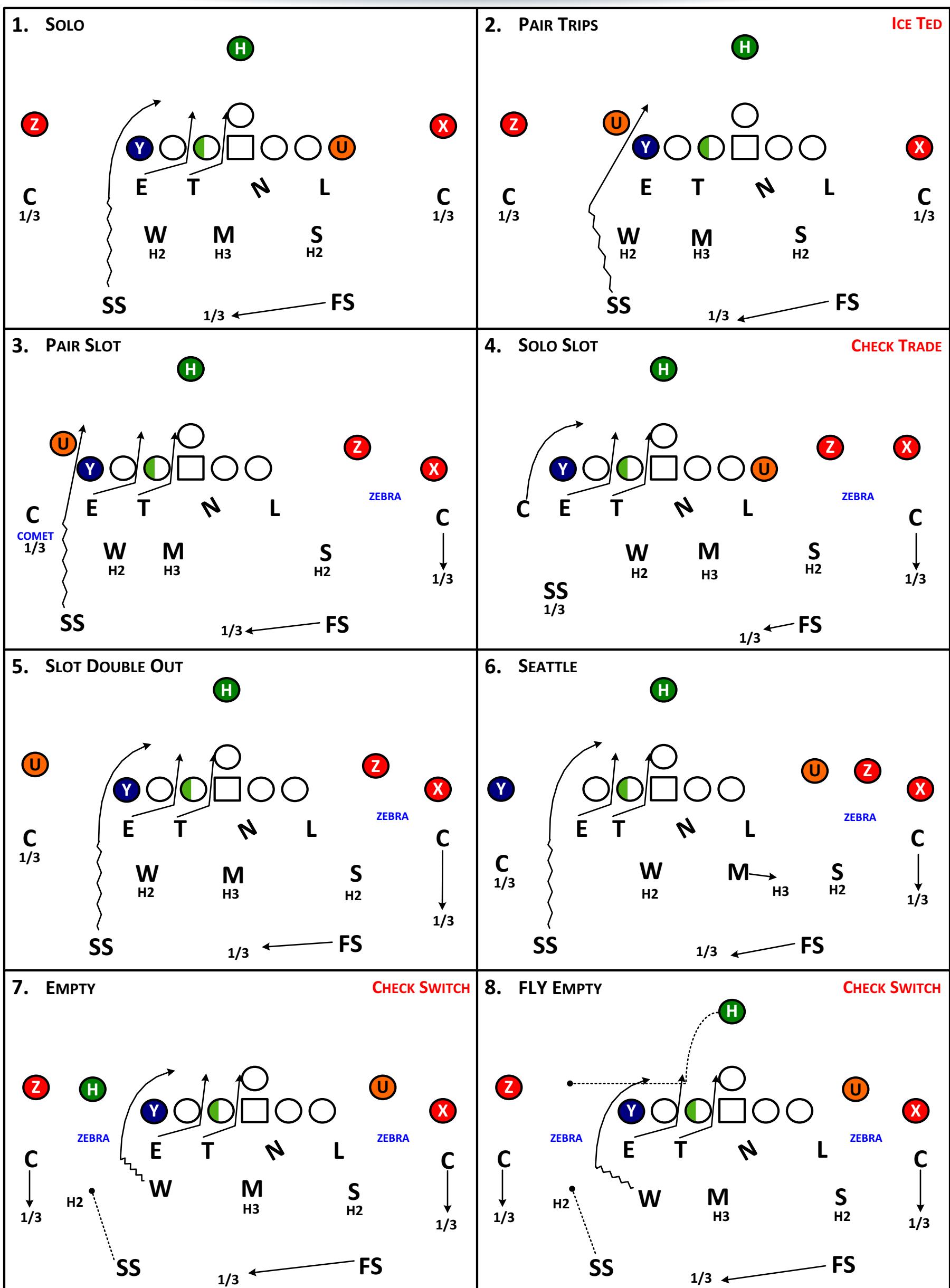
1. Vs. NUBSIDE SETS: CHECK TRADE
2. Vs. ANY 2 DISPLACED TO THE SOLID SIDE: CHECK SWITCH
3. Vs. I NEAR AND TRIPS: ICE TED



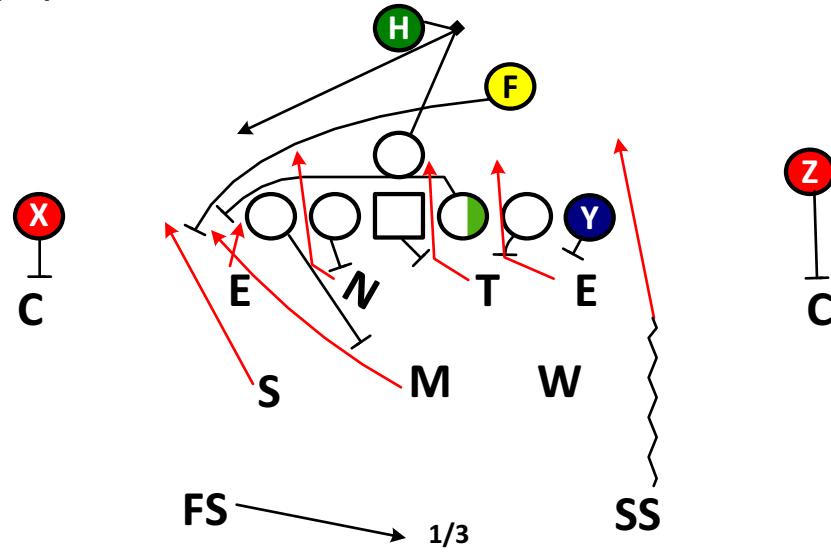
OVER SPEAR 3 SEAM



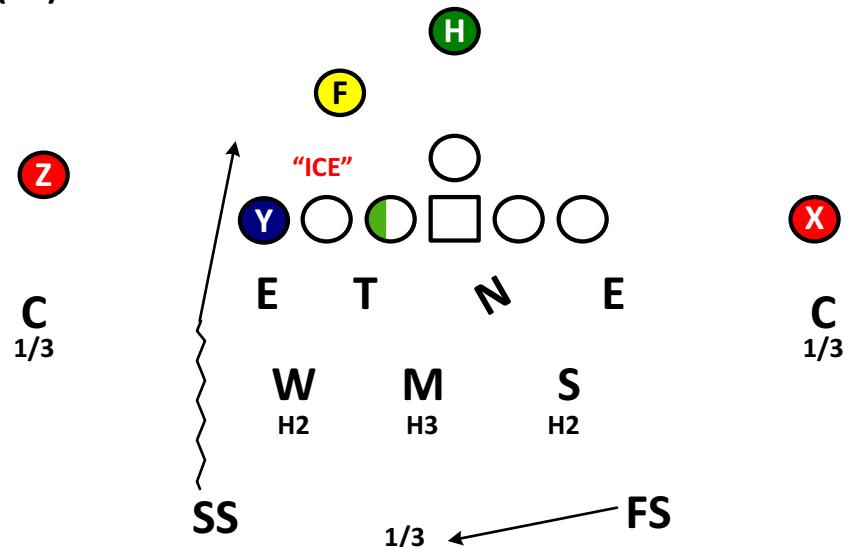
OVER SPEAR 3 SEAM



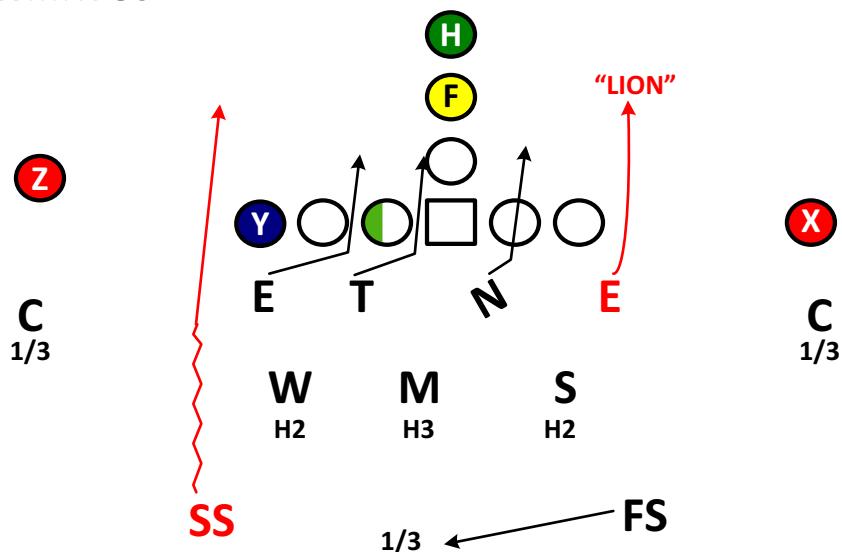
(21) IN PRO



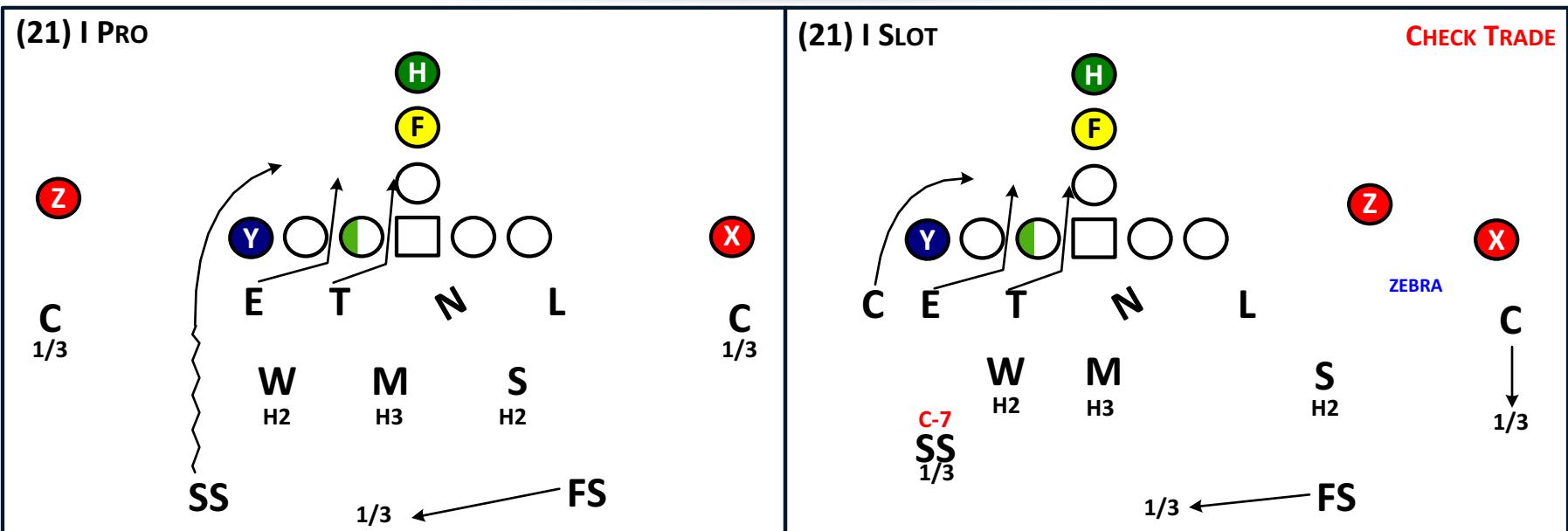
(21) IN PRO



WITH A GO



OVER SPEAR 3 SEAM



ESSENCE:

1. OVER SPEAR 3 SEAM IS AN OVER FAMILY FRONT RUSH ZONE.

COACHING POINTS:

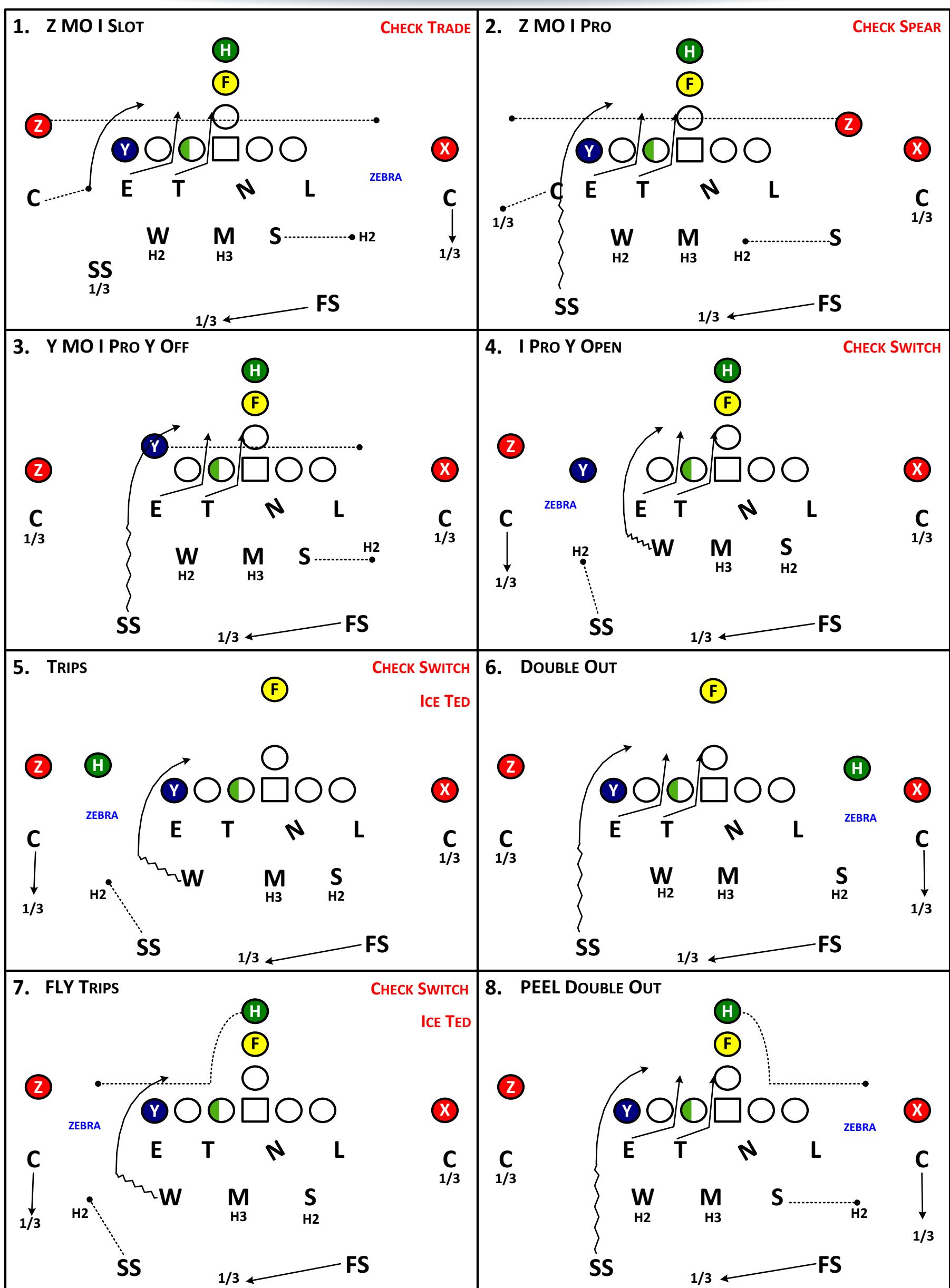
1. SOLID CALL TO THE "Y"
2. STRONG SAFETY CHASE FLAT
3. D-LINE: TED MOVEMENT

ADJUSTMENTS:

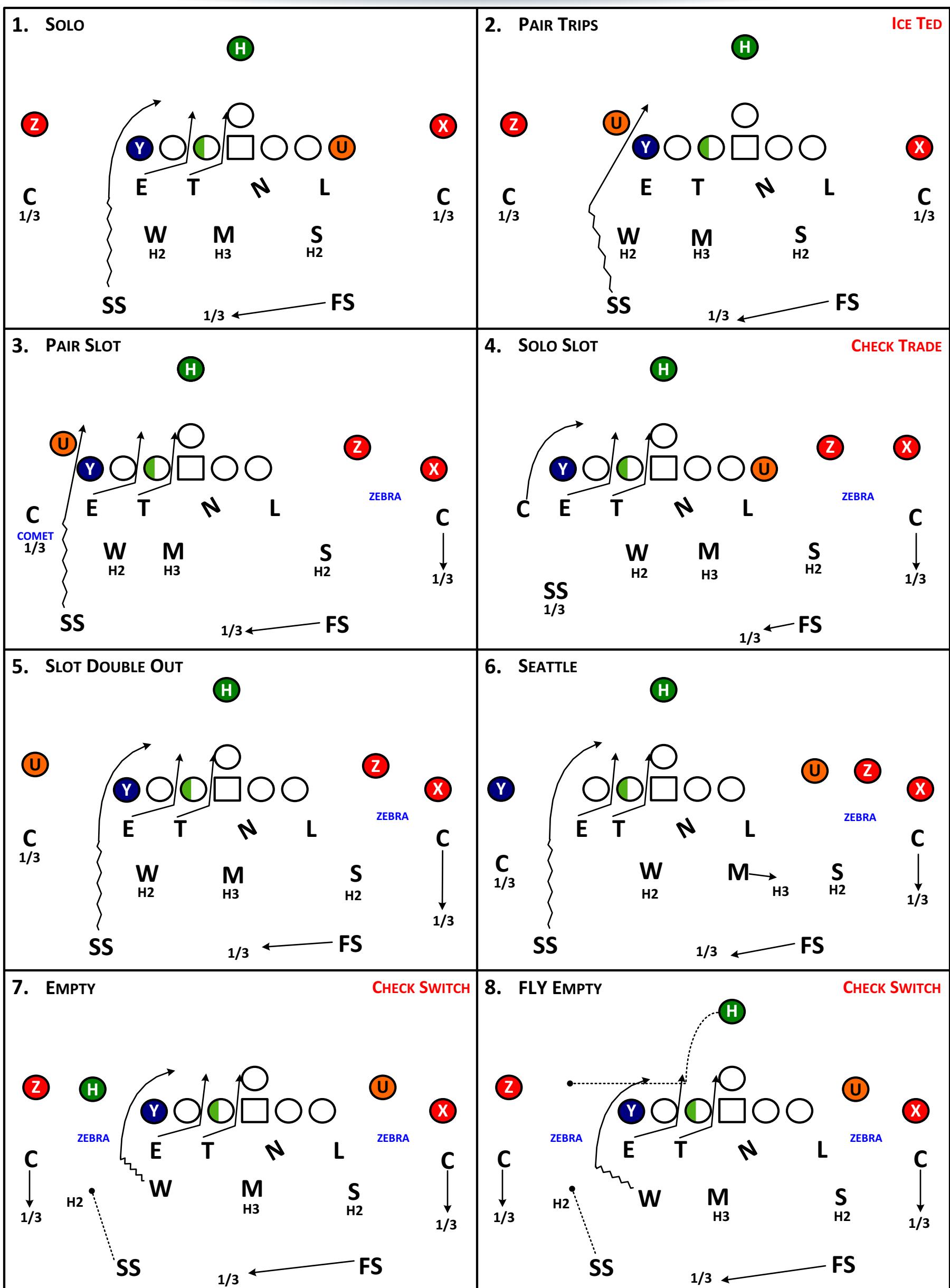
1. Vs. NUBSIDE SETS: CHECK TRADE
2. Vs. ANY 2 DISPLACED TO THE SOLID SIDE: CHECK SWITCH
3. Vs. PAIR & TRIPS BUNCH: ICE TED



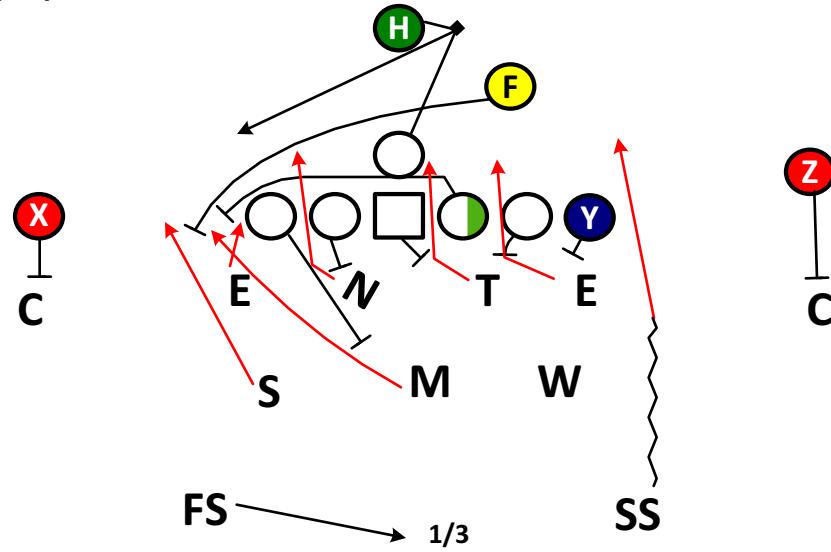
OVER SPEAR 3 SEAM



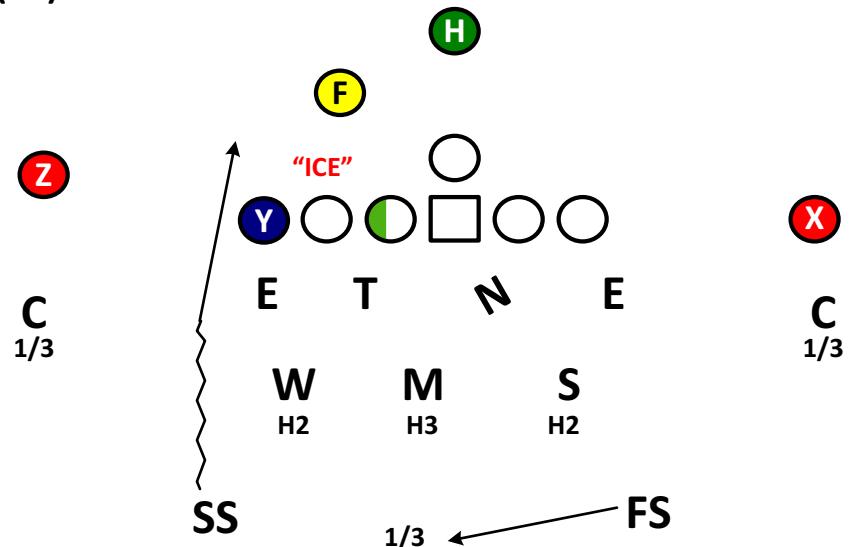
OVER SPEAR 3 SEAM



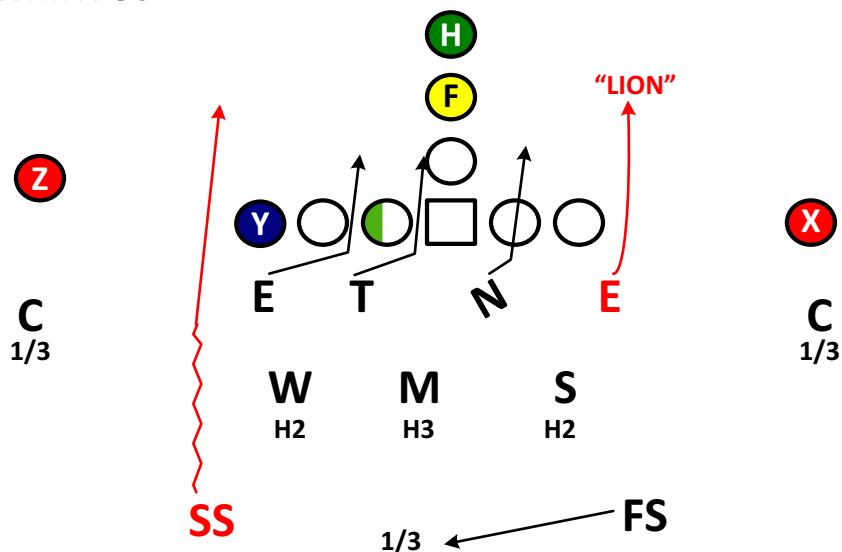
(21) IN PRO



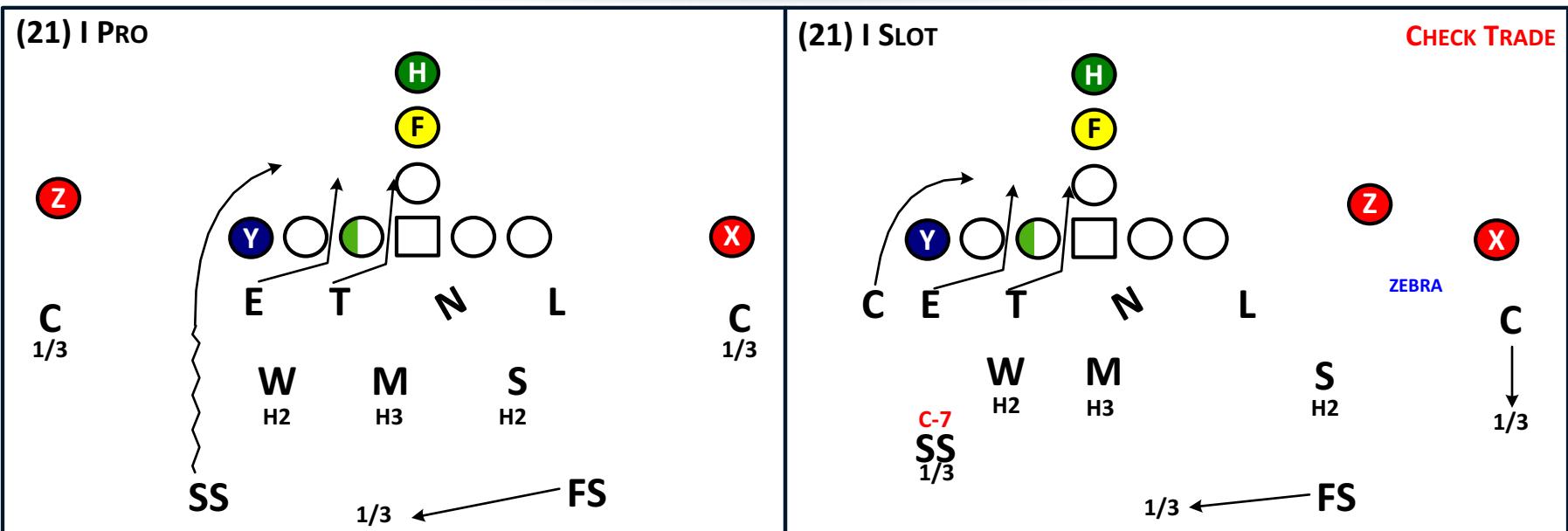
(21) IN PRO



WITH A GO



OVER SPEAR 3 SEAM



ESSENCE:

1. OVER SPEAR 3 SEAM IS AN OVER FAMILY FRONT RUSH ZONE.

COACHING POINTS:

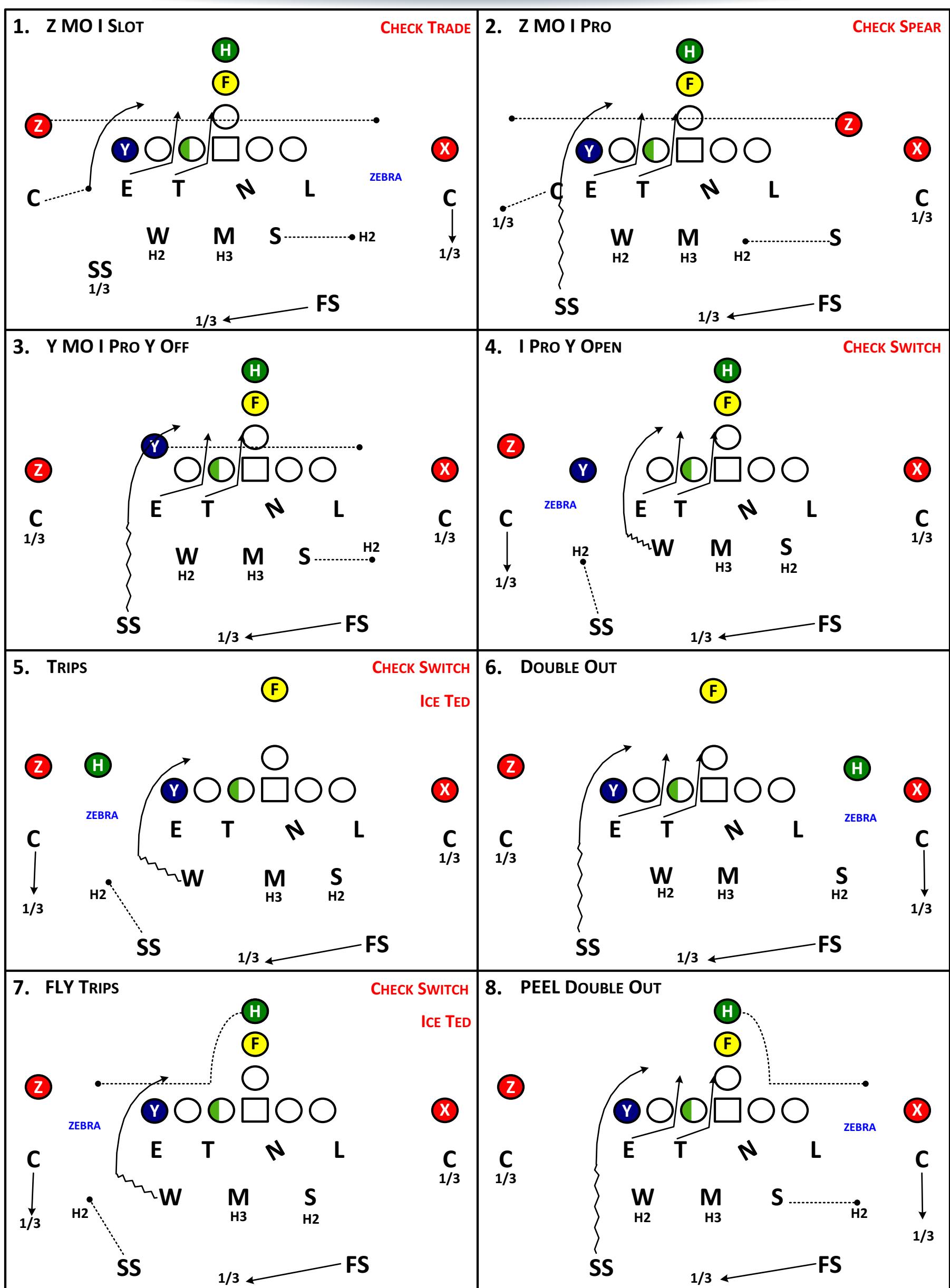
1. SOLID CALL TO THE "Y"
2. STRONG SAFETY CHASE FLAT
3. D-LINE: TED MOVEMENT

ADJUSTMENTS:

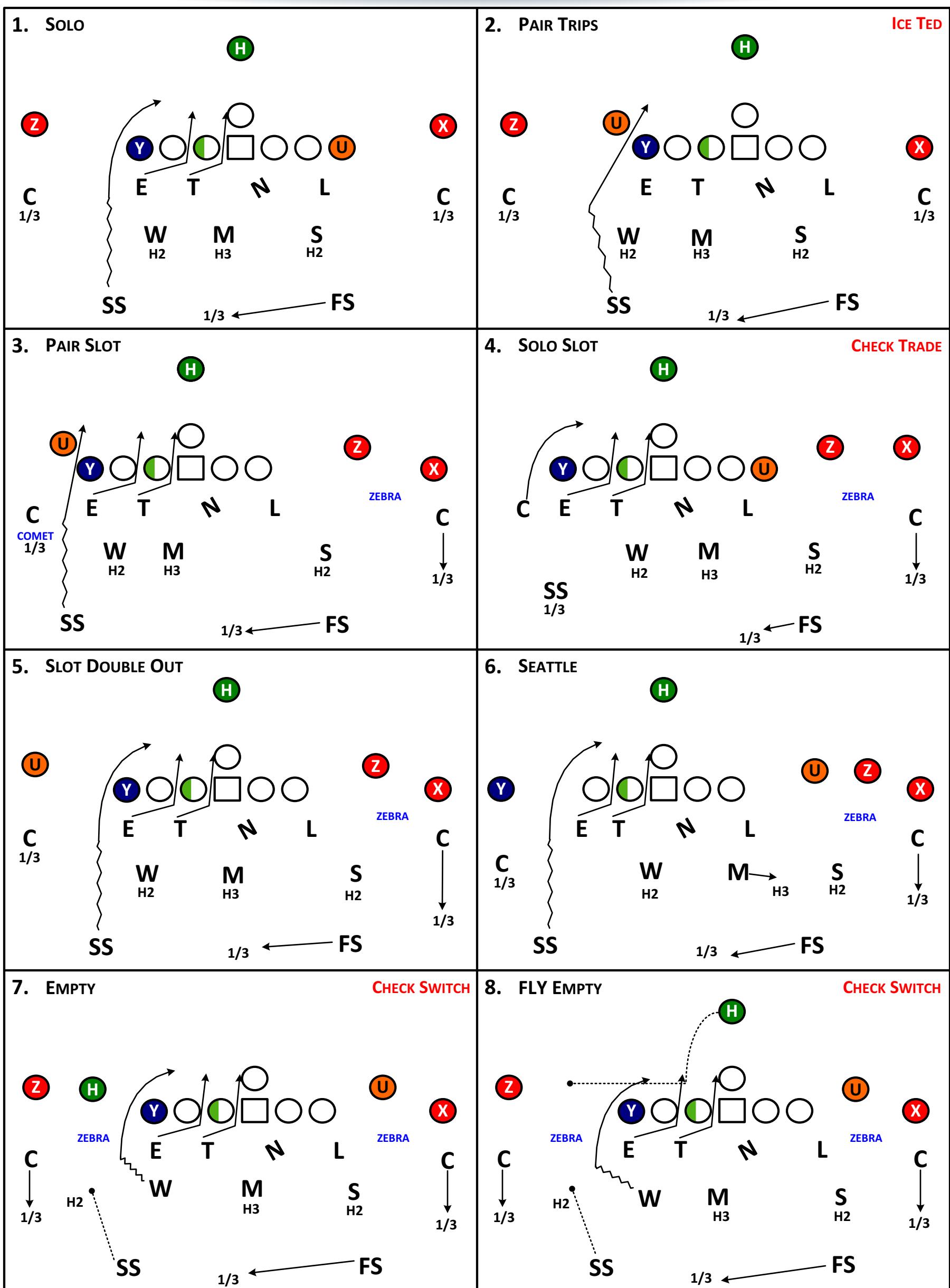
1. Vs. NUBSIDE SETS: CHECK TRADE
2. Vs. ANY 2 DISPLACED TO THE SOLID SIDE: CHECK SWITCH
3. Vs. I NEAR AND TRIPS: ICE TED



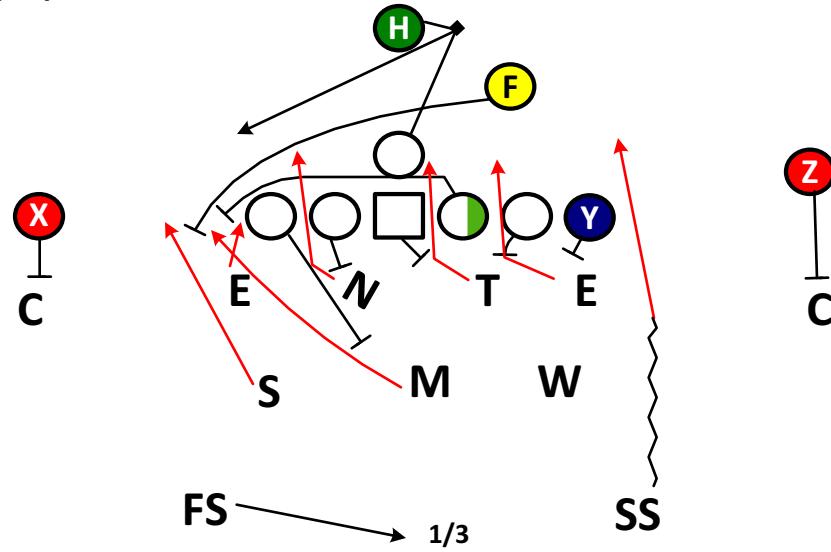
OVER SPEAR 3 SEAM



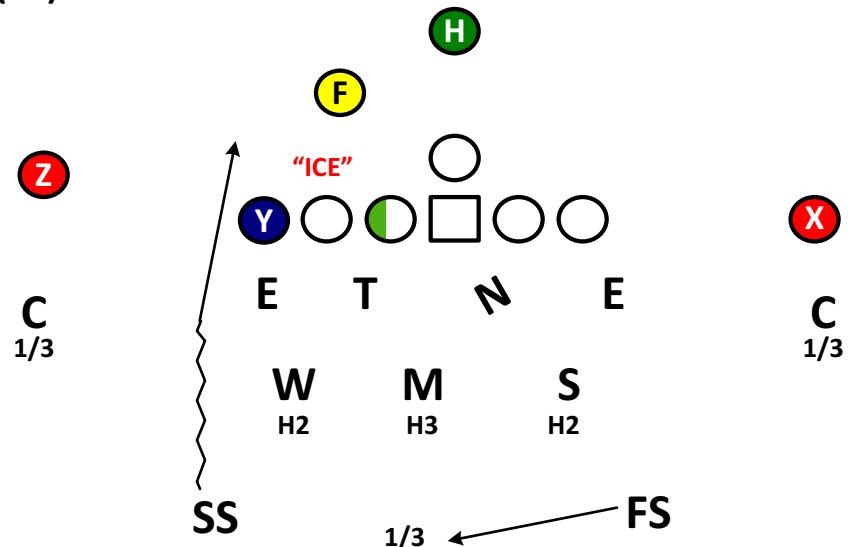
OVER SPEAR 3 SEAM



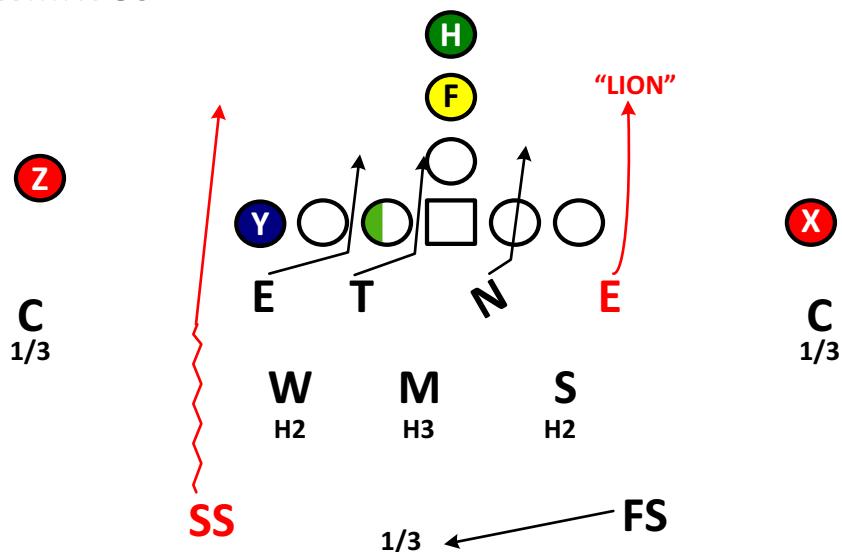
(21) IN PRO



(21) IN PRO

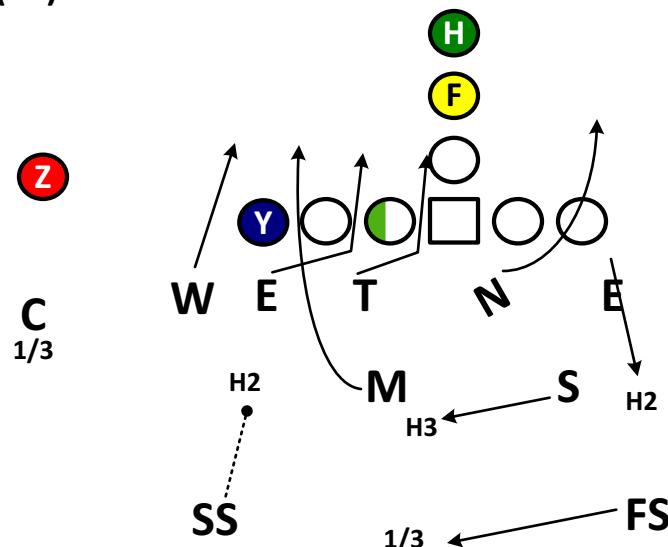


WITH A GO

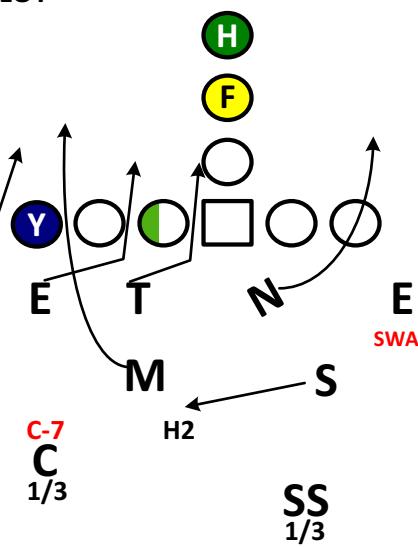


LOAD WHIP SKY ZONE

(21) I PRO



(21) I SLOT



CHECK SWAP

ESSENCE:

1. 5 MAN 3 DEEP 3 UNDER ZONE PRESSURE WITH SKY ZONE COVERAGE

COACHING POINTS:

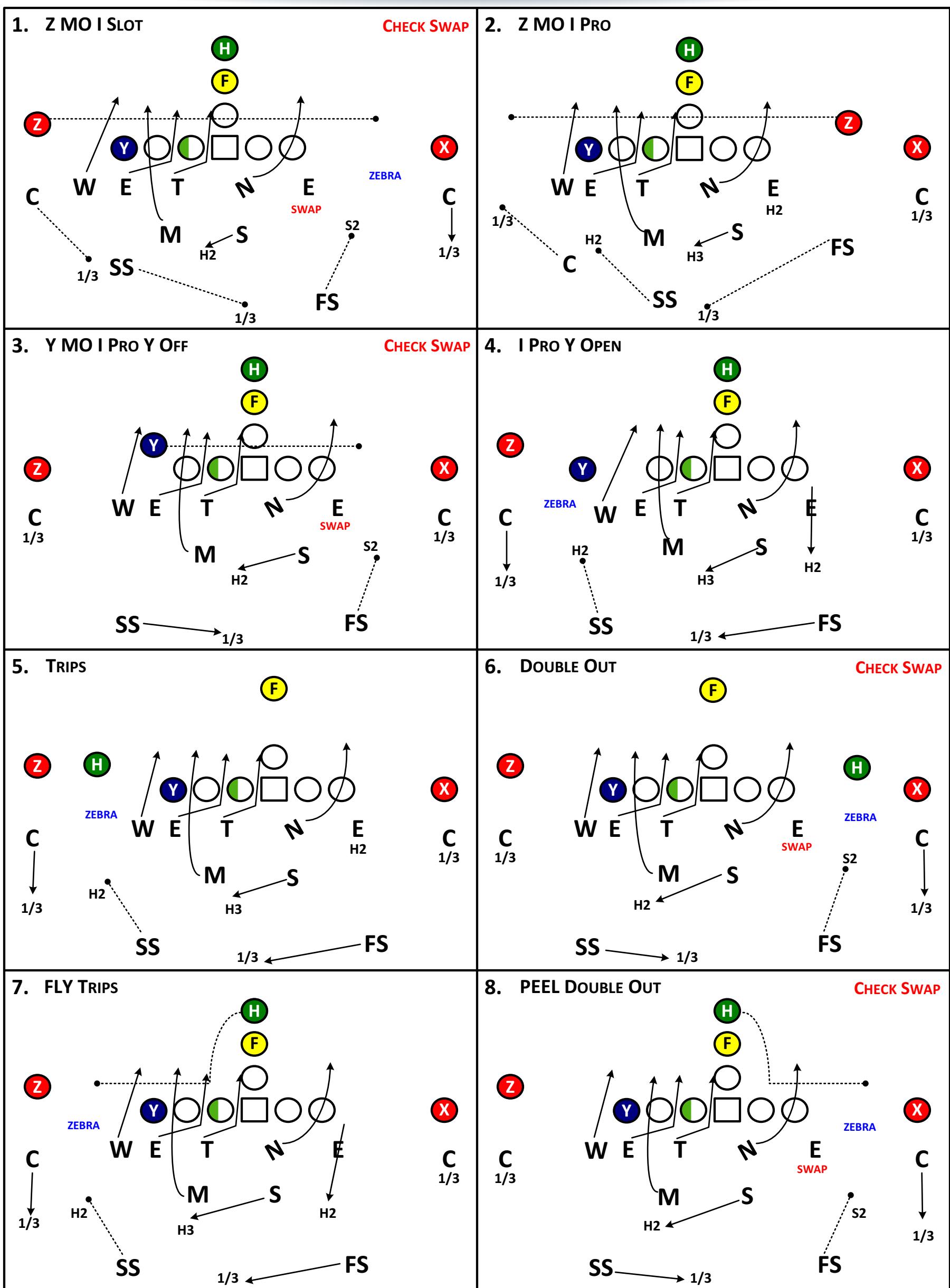
1. SOLID CALL TO THE "Y"
2. WILL: CONTAIN BLITZ
3. MIKE: BLITZ CAP SOLID

ADJUSTMENTS:

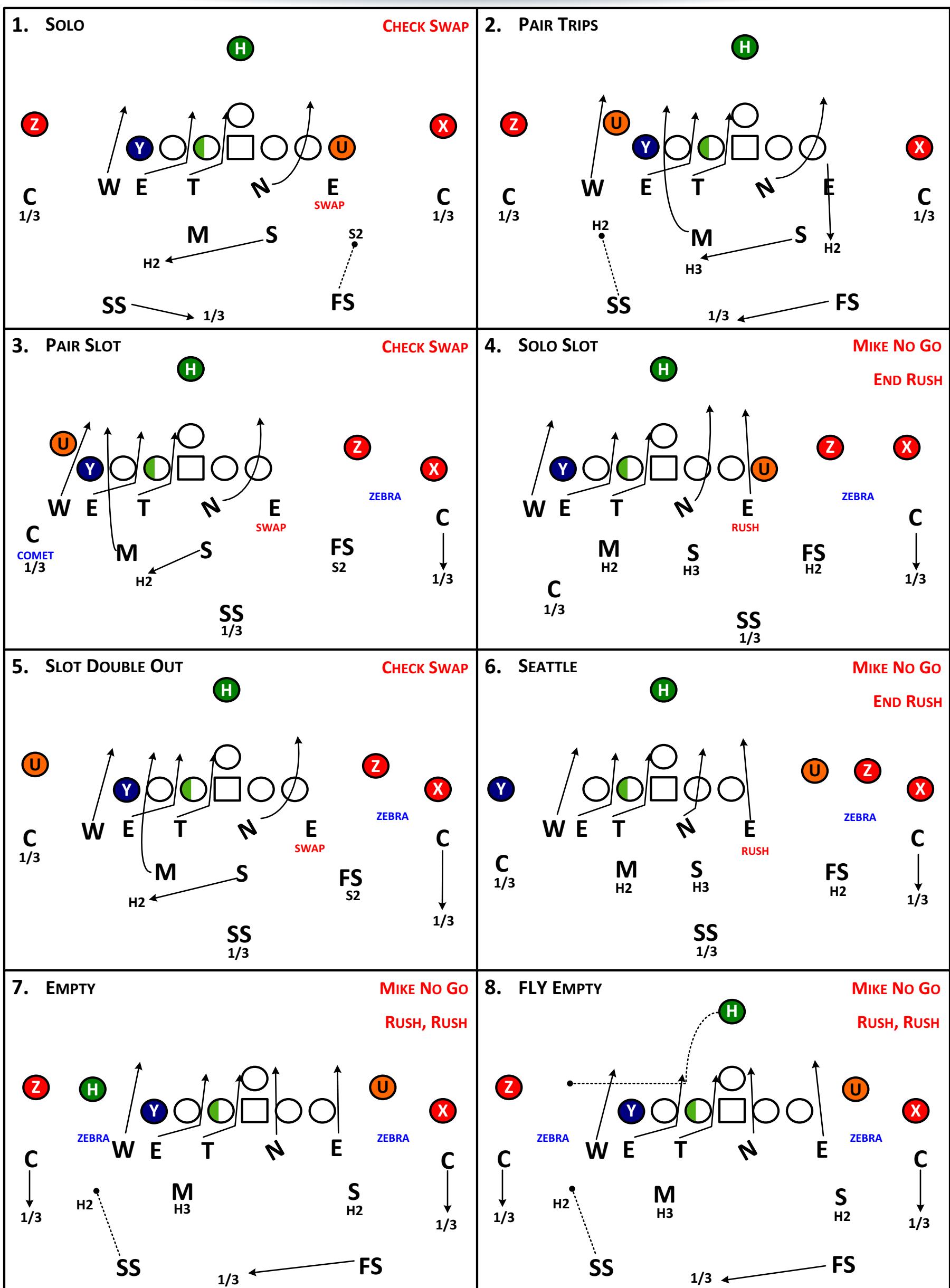
1. Vs. CHANGE OF STRENGTH MOTION: SAFETIES ROCK AND ROLL
2. Vs. 2 DISPLACED AWAY FROM SOLID CALL: CHECK SWAP
3. Vs. EMPTY (3 TO THE SOLID SIDE): MIKE NO GO. END RUSH
4. Vs. ALIGNED OR MOTION TO TRIPLES FORMATIONS: MIKE NO GO. END RUSH



LOAD WHIP SKY ZONE

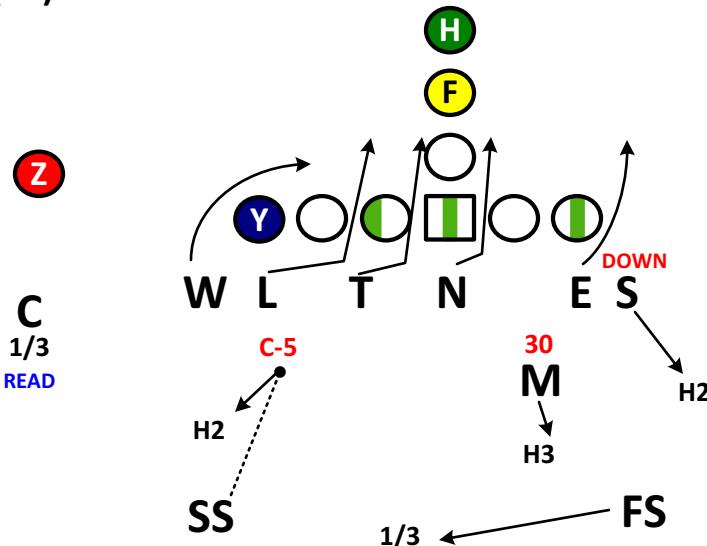


LOAD WHIP SKY ZONE

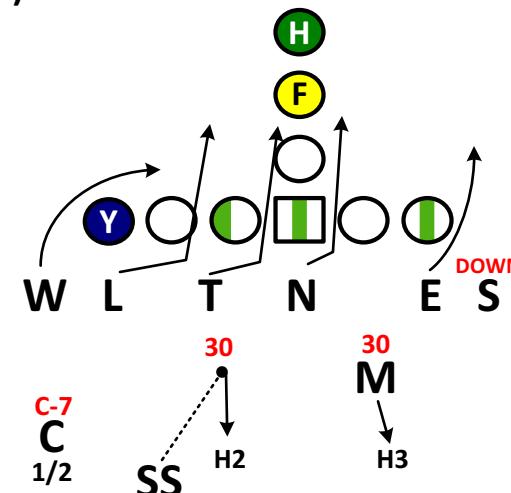


TUFF WHOPPER 3 PALMS

(21) I PRO



(21) I SLOT



CHECK PLAMS

PALMS

C

FS

ESSENCE:

1. TUFF WHOPPER 3 PALMS IS A BASE OVER FAMILY 5 MAN ZONE PRESSURE.

COACHING POINTS:

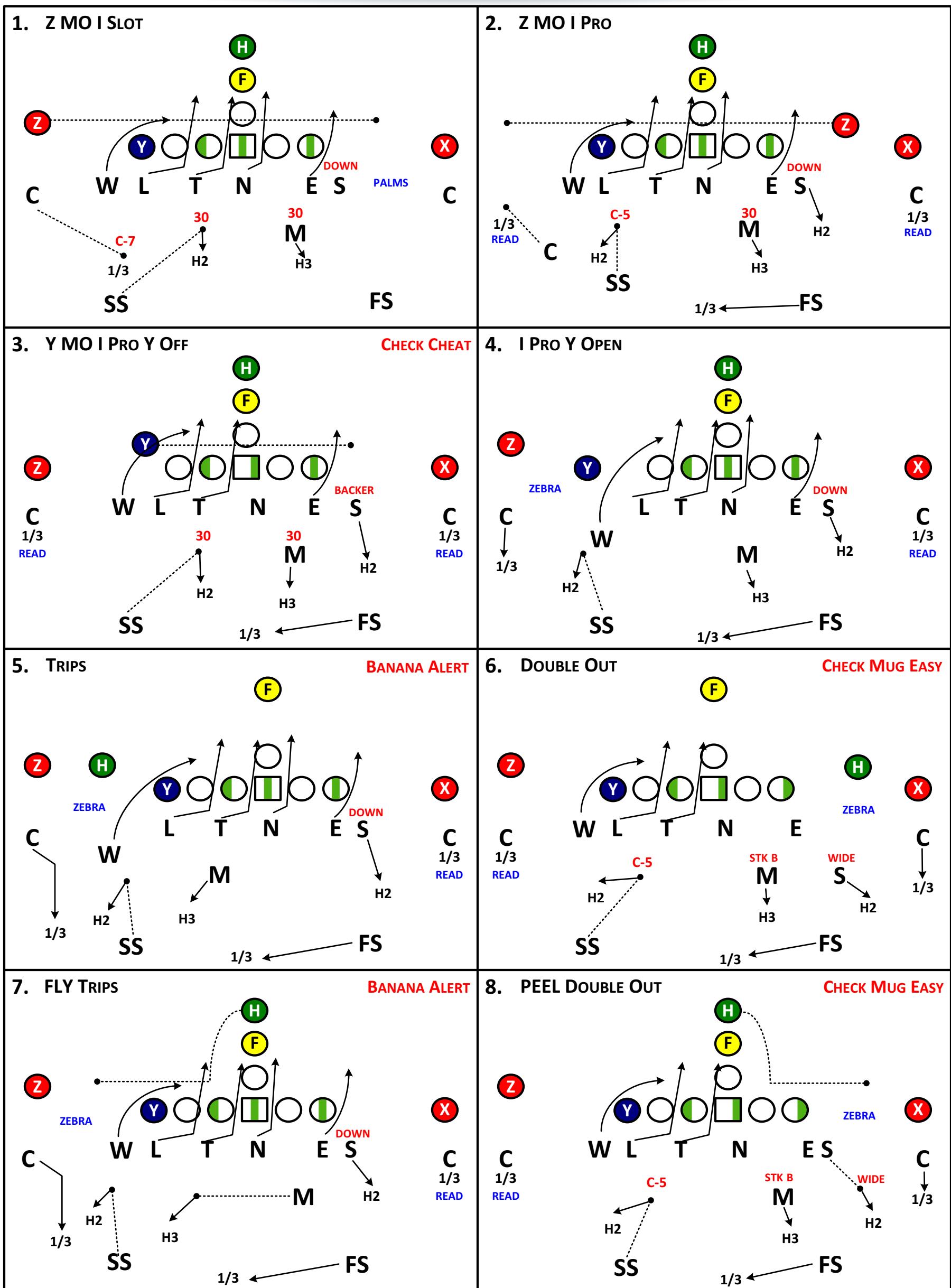
1. SOLID CALL TO THE "Y"
2. WILL: BLITZ FLAT OFF THE EDGE. SPILL FB WITH PLAY AT YOU.
3. D-LINE: SLANT MOVEMENT. BUBBLE END, LEO TECHNIQUE (BOOT, REVERSE, BOX).

ADJUSTMENTS:

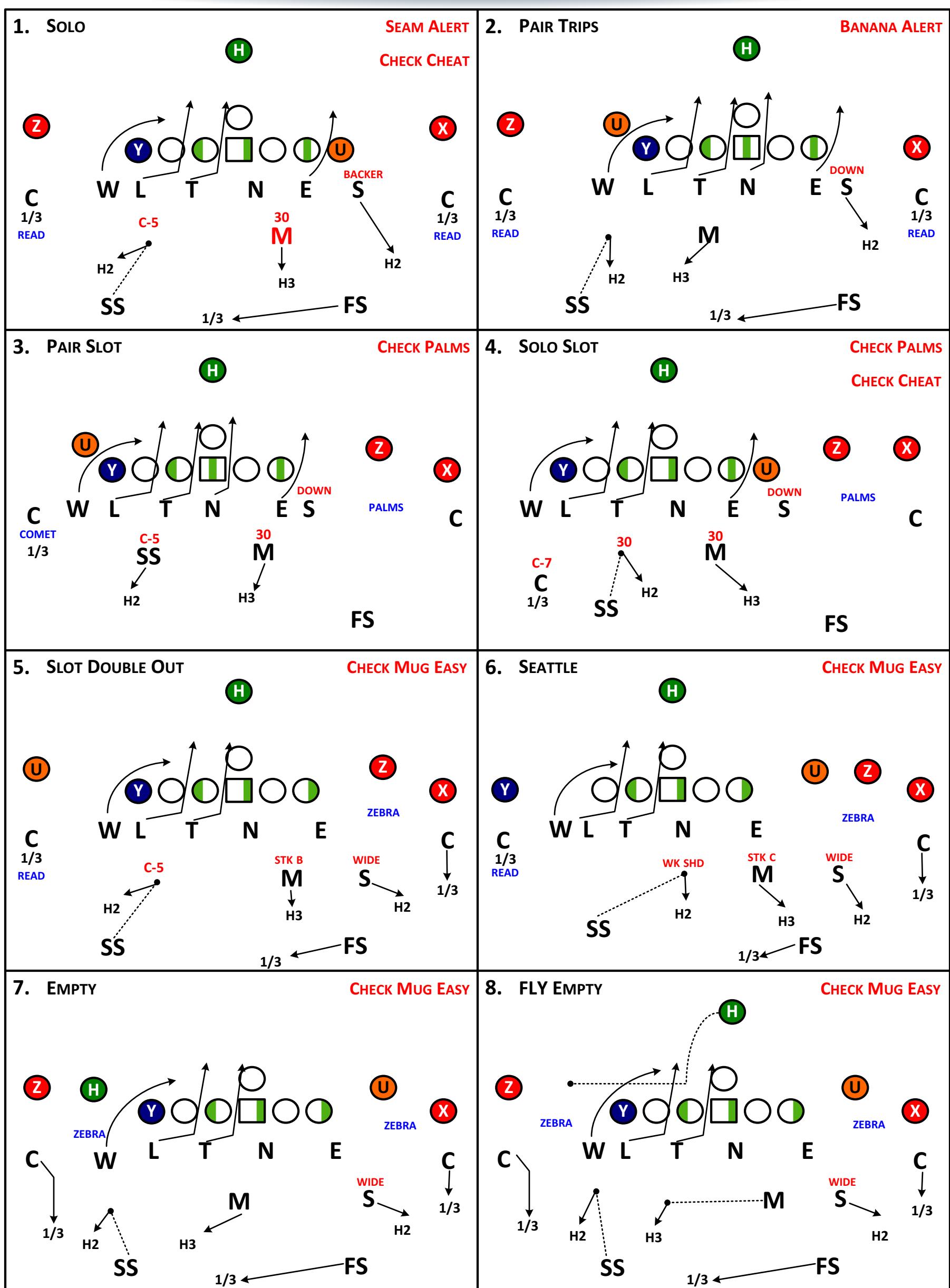
1. Vs. PRO FAMILY FORMATIONS: PLAY 3 SEAM
2. Vs. ALL SLOT SINGLE WIDTH FAMILY FORMATIONS (PAIR SLOT): CK PALMS



TUFF WHOPPER 3 PALMS



TUFF WHOPPER 3 PALMS





SEATTLE SEAHAWKS

DEFENSE

2013



BLITZES



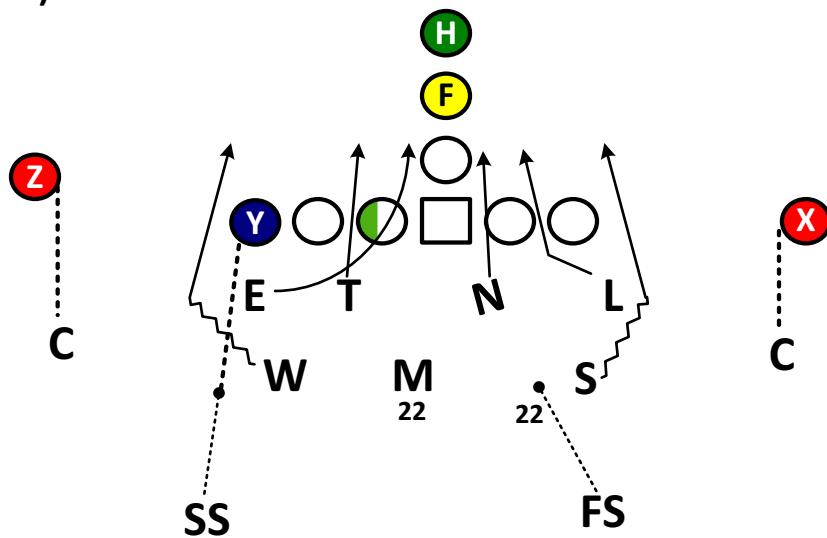
SEATTLE
SEAHAWKS 2013

BLITZES

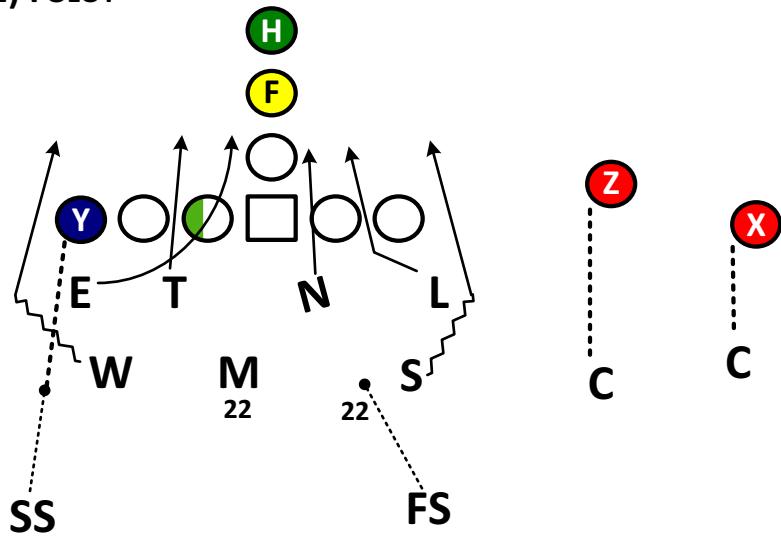
- **W/COAST OVER SAW DOG O**
- **W/COAST TUFF SAW DOG O**

W/ COAST OVER SAW DOG 0

(21) I PRO



(21) I SLOT



ESSENCE:

1. 6 MAN PRESSURE WITH BLITZ COVERAGE USING AN OVER FRONT.

COACHING POINTS:

1. SOLID CALL TO THE Y
2. SAM AND WILL BLITZ CONTAIN
3. SS MAN THE Y
4. MIKE AND FS '22' THE BACKS. FREE SAFETY DOWN AWAY FROM THE SOLID CALL.
5. CB PLAY OFF AND INSIDE.
6. D-LINE: COAST STUNT

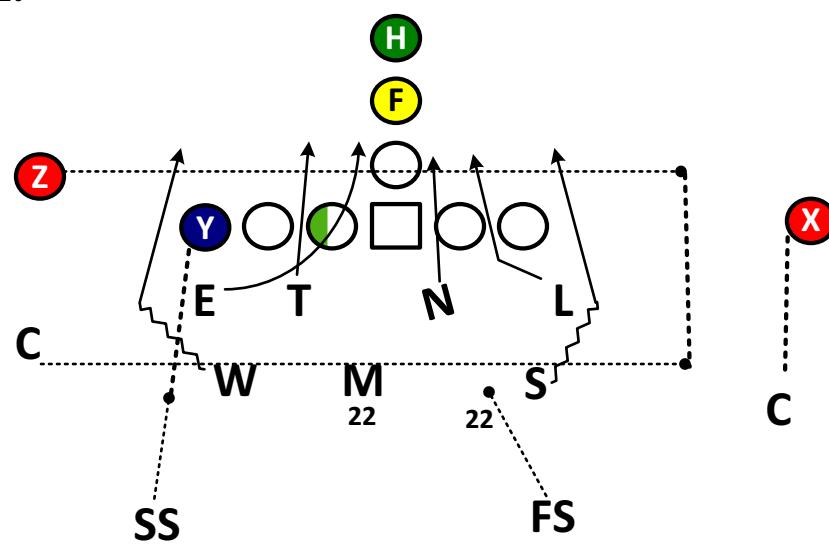
ADJUSTMENTS:

1. 1 BACK SETS: SAFETIES RESPONSIBLE FOR ALL BREAK OF FORMATION.
2. GAME PLAN: VS. Y ALIGNED IN GRAVEDIGGER STANCE. POSSIBLE MUGSY.

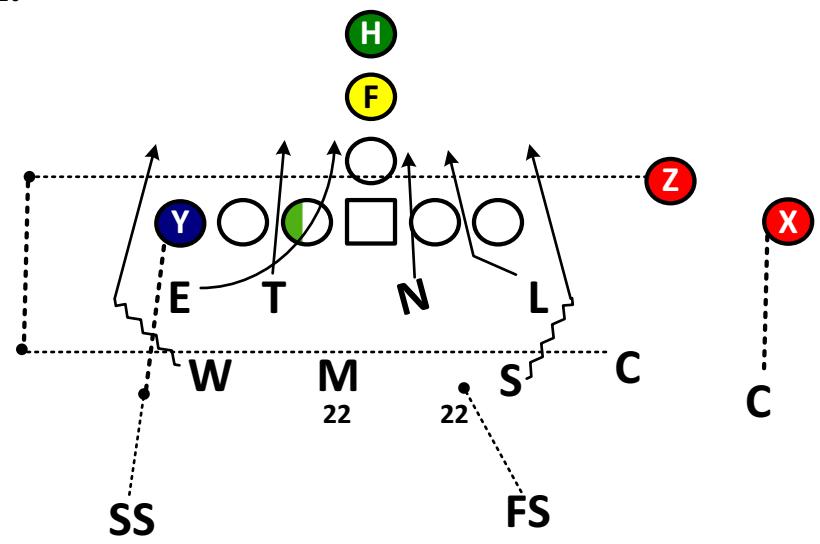


W/ COAST OVER SAW DOG 0

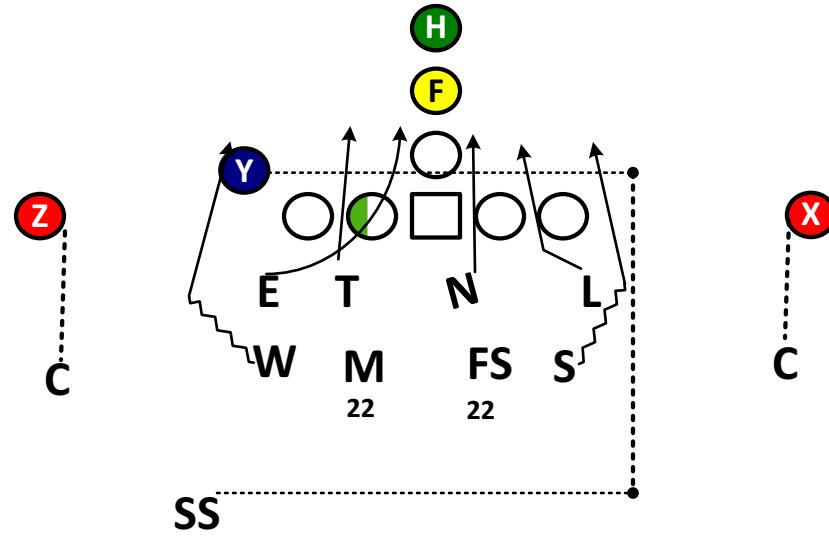
1. Z MO I SLOT



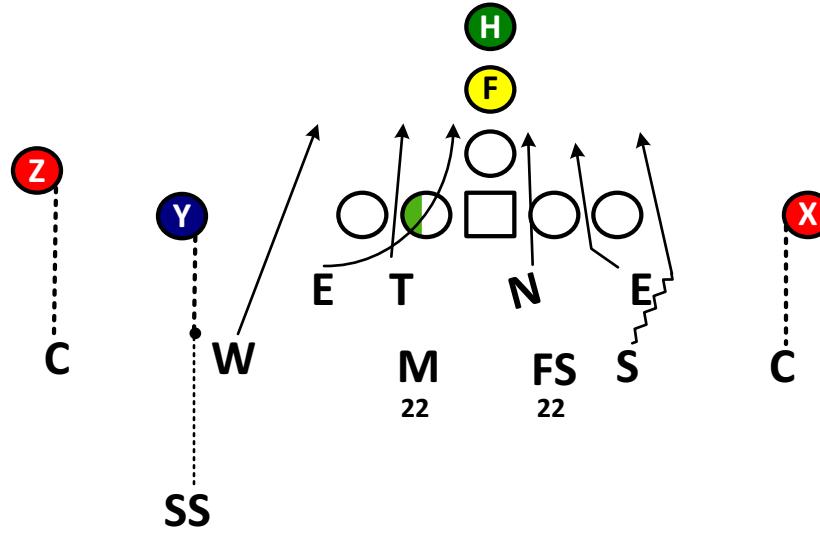
2. Z MO I PRO



3. Y MO I PRO Y OFF

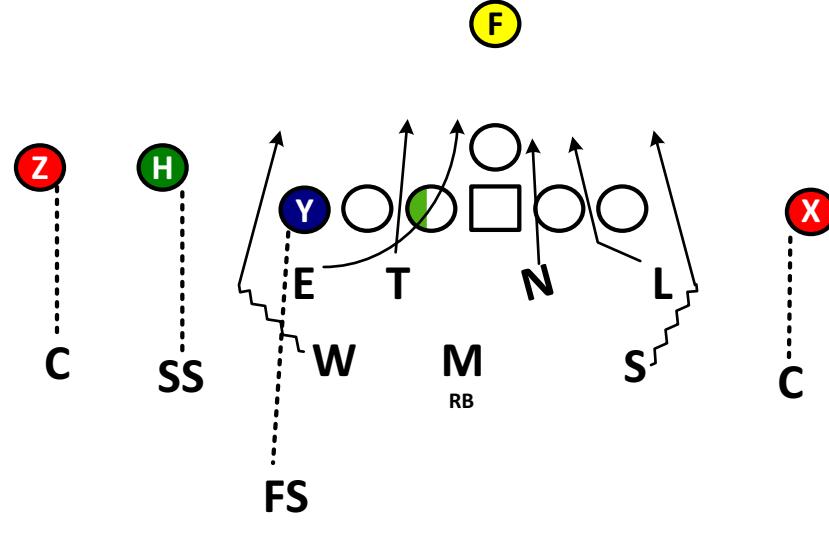


4. I PRO Y OPEN



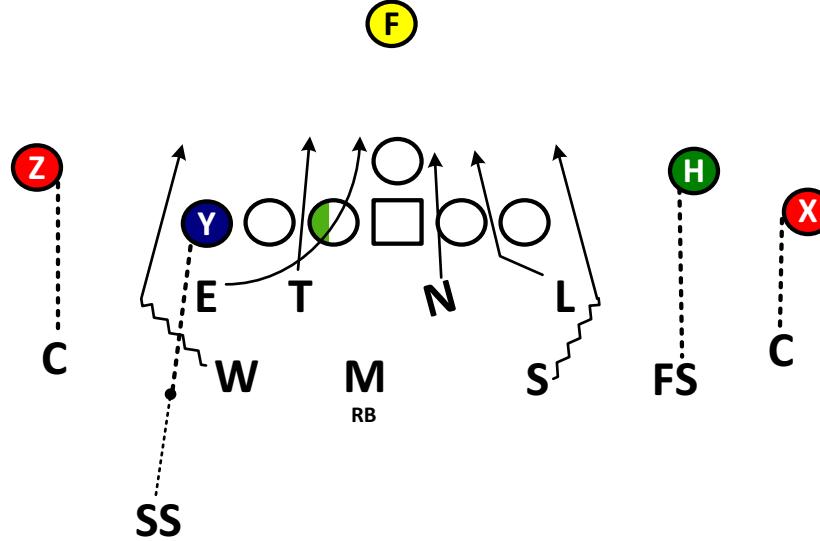
5. TRIPS

CHECK SPECIAL



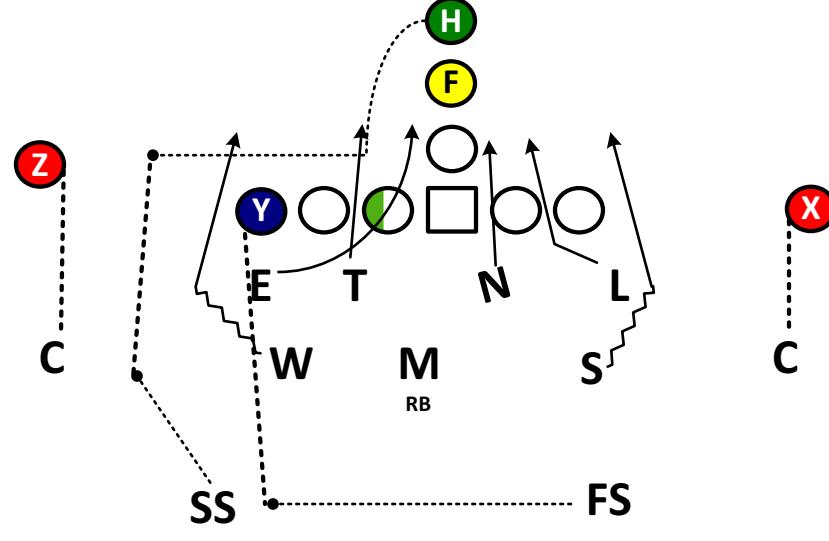
6. DOUBLE OUT

CHECK SPECIAL



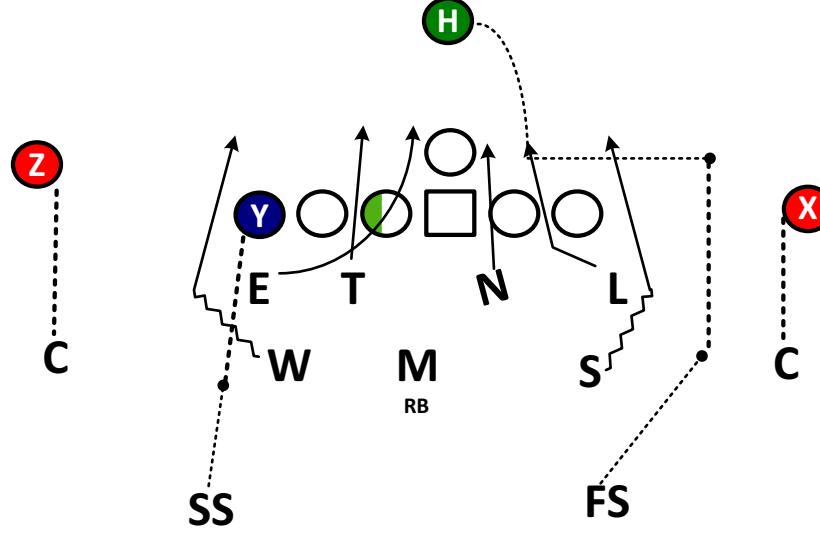
7. FLY TRIPS

CHECK BUMP

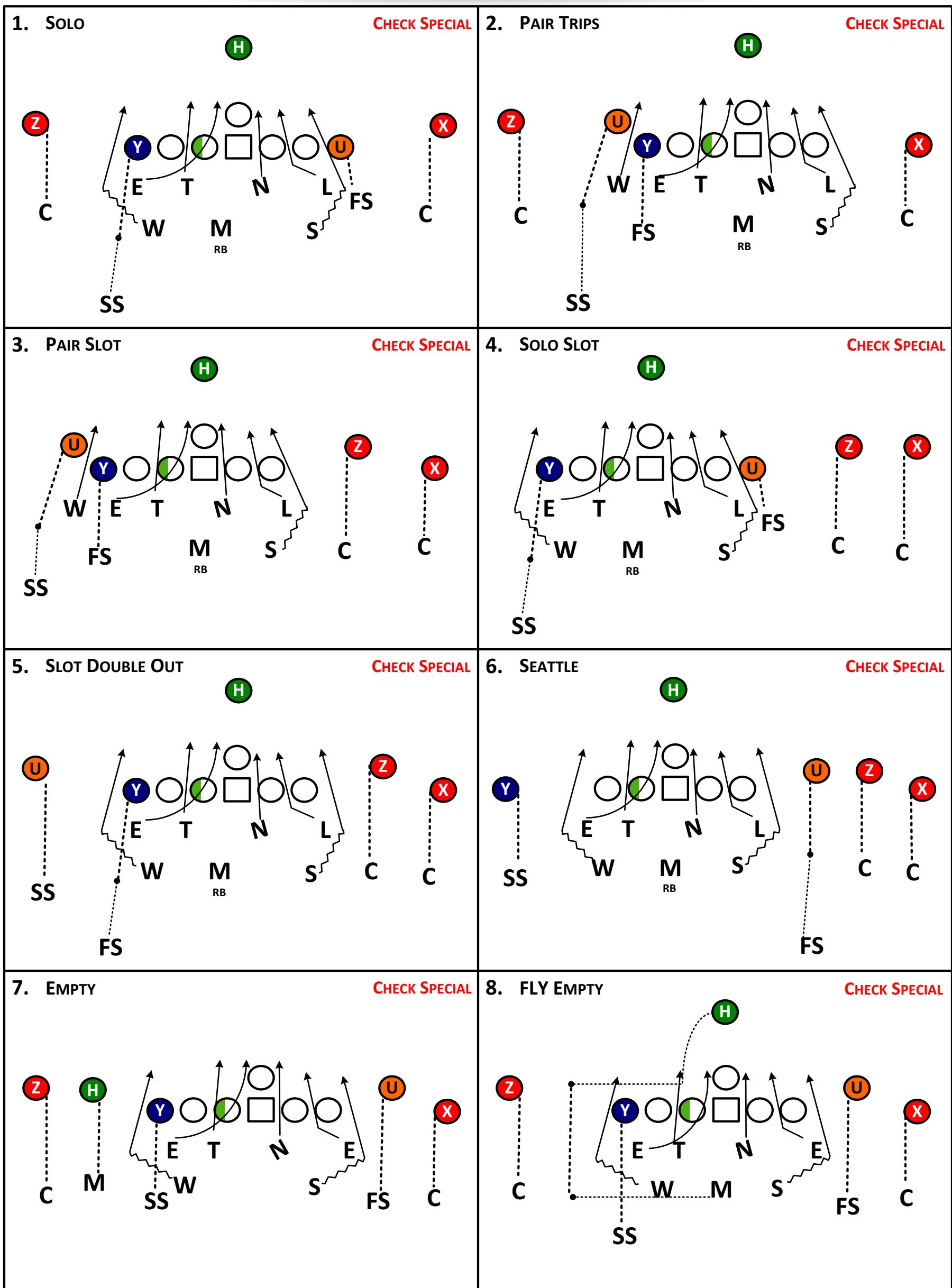


8. PEEL DOUBLE OUT

CHECK BUMP

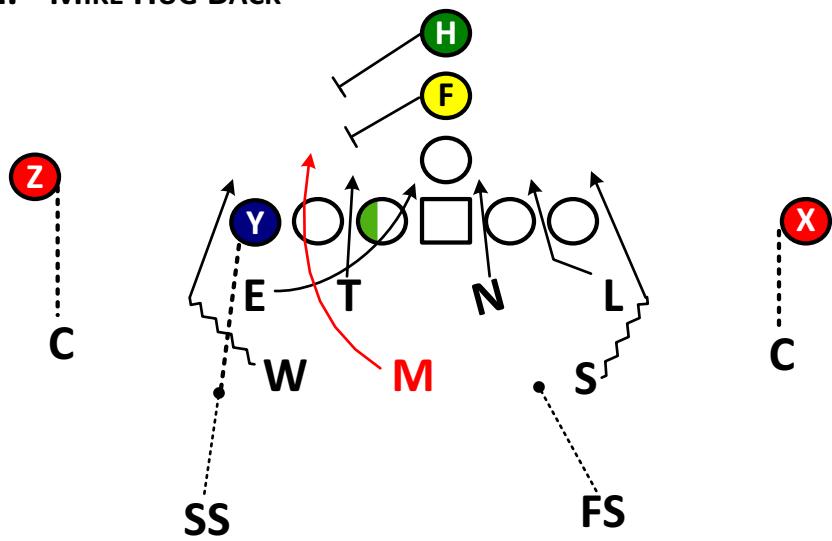


W/ COAST OVER SAW DOG 0



W/ COAST OVER SAW DOG 0

1. MIKE HUG BACK



2.

3.

4.

5.

6.

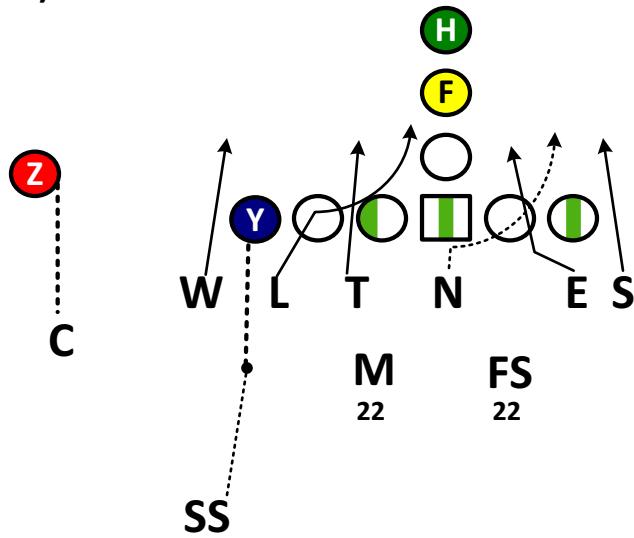
7.

8.

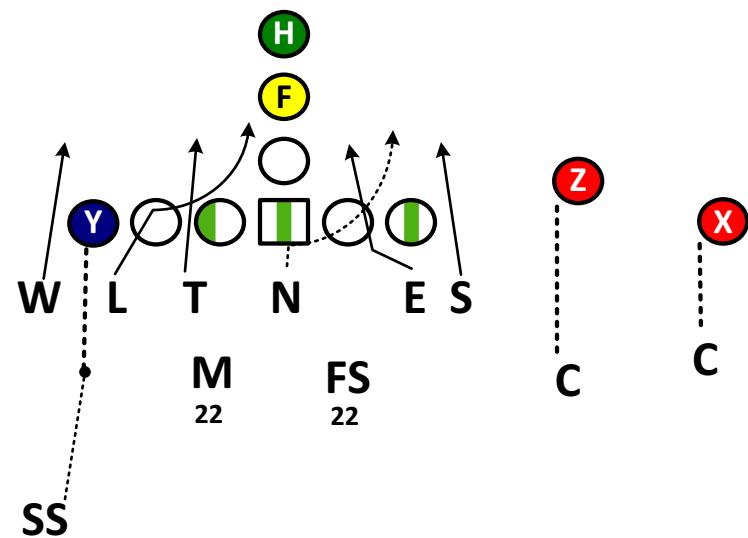


W/ COAST TUFF SAW DOG 0

(21) I PRO



(21) I SLOT



ESSENCE:

1. 6 MAN PRESSURE WITH BLITZ COVERAGE USING A TUFF FRONT.

COACHING POINTS:

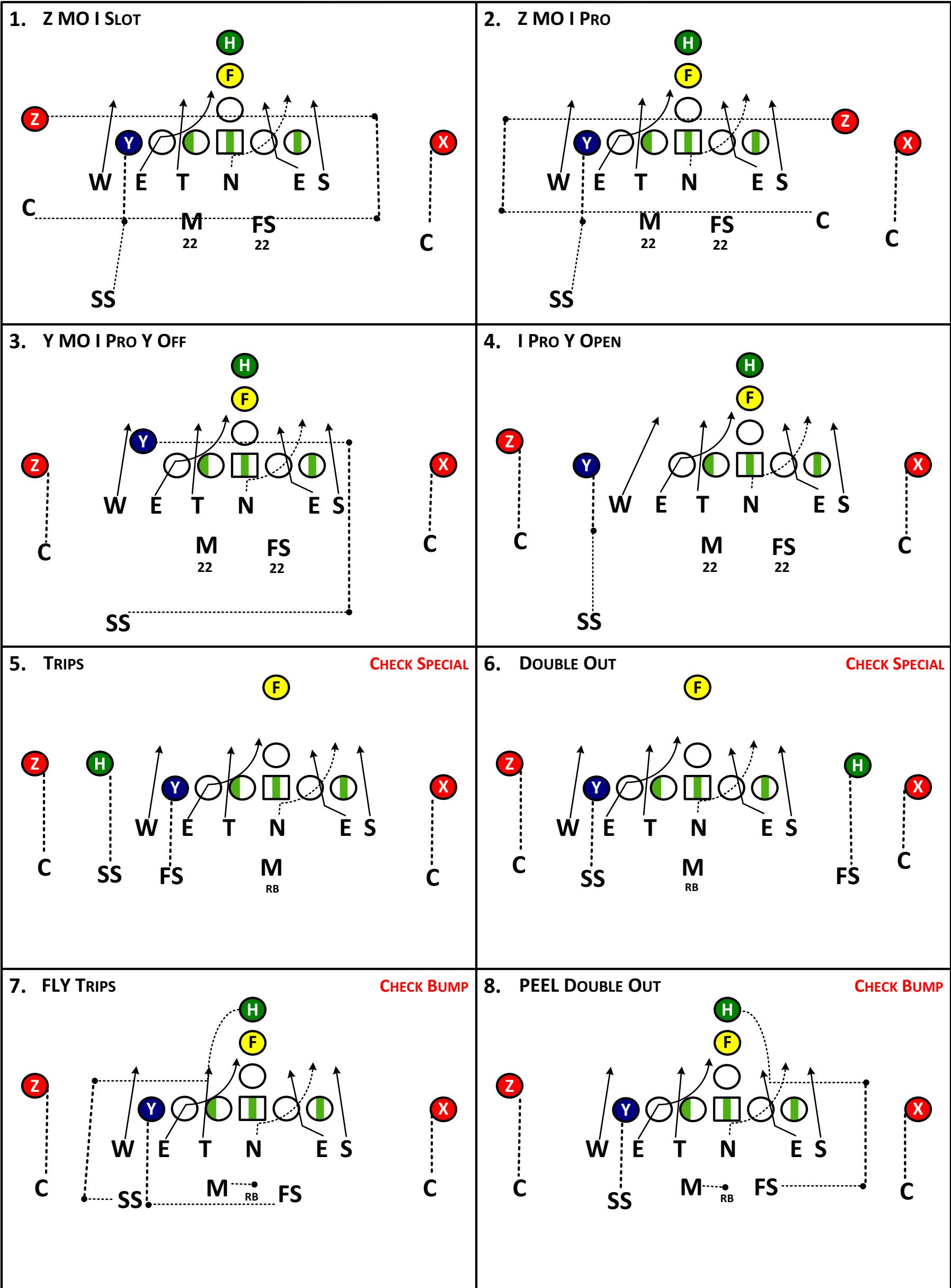
1. SOLID CALL TO THE Y
2. SAM AND WILL BLITZ CONTAIN
3. SS MAN THE Y
4. MIKE AND FS '22' THE BACKS.
5. CB PLAY OFF AND INSIDE

ADJUSTMENTS:

1. 1 BACK SETS: SAFETIES RESPONSIBLE FOR ALL BREAK OF FORMATION.



W/ COAST TUFF SAW DOG 0



W/ COAST TUFF SAW DOG 0

