

# **SPARTAN'S YOUTH FOOTBALL**

**6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> Grade  
DEFENSIVE PLAYBOOK**

# Spartans Youth Football

## Defensive Responsibilities - Grades 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup>

### Down Linemen:

(Nose, Anchor & Tank)

### Responsibilities:

- **MOST IMPORTANT POSITIONS - (GO OUT OF YOUR WAY TO EMPHASIZE with the KIDS!)**
- Line up Head Up on Guards and Tackles.
- On knees waiting for snap then "3 or 4" point stance.
- **Must watch the BALL to be SNAPPED**
- Must or STAY LOW first two steps and EXPLODE OUT OF STANCE.
- **MUST BE PHYSICAL and MAKE TACKLE.**

### Linebackers:

(Will & Rover)

### Responsibilities:

- "Will" and "Rover" will need to help "Tank" with outside CONTAINMENT.
- BOTH Play Run First then Pass.
- Must stay HOME and watch for Reverse.
- Rover and Will must Box or Slide to CONTAIN the outside.
- **NO ONE GETS OUTSIDE YOU MUST HELP CONTAIN!**

### Linebackers:

(Mike & Sam)

### Responsibilities:

- **Defensive LEADERS - Must Know Everybody's Position**
- **"Mike" Call Out Strong Right or Left**
- Line up 3-4 Yards off ball to Defensive Alignments (Tank) or (Jeep) (See Defensive Play Chart). There are five eligible receivers take the middle one if no back in backfield.
- Read if play is pass or run have "EVERYONE Yell out PASS or RUN"
- Both Linebackers plays Run First then Pass (Cover Middle of Field or Hole)
- Linebackers must help teammates line up properly!

### Safeties:

(Strong Safety & Free Safety)

### Responsibilities:

- "Strong Safety" will need to help "Anchor" with outside CONTAINMENT.
- Line up according to Defensive Alignments (Tank) or (Jeep) (See Defensive Play Chart).
- **First Look for Pass, then Run.**
- Look for #2 RECEIVER.
- "Free Safety" plays middle of field as a Center Fielder keeping eyes on QB for Pass first, then Run.
- Both pursue the BALL and Make Tackle.

### Cornerbacks:

(Field Corner & Boundary Corner)

### Responsibilities:

- Line-Up no deeper than 5 Yards off ball on outer most receiver
- If "No Receiver" on your side...Line up 1 Yard of LOS and look for TE or RB.
- **First Look for Pass, then Run.**
- Cornerbacks should always take the quickest man.
- Mirror your man NO ONE GETS BEHIND YOU!
- Pursue the BALL and Make Tackle.

# Spartans Youth Football

## Defensive Implementation - Grades 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup>

### **A. Defensive Fronts & Calls to Use:**

1. **TANK** vs. 2 or 3 Running Backs Call out “TANK” when Offense comes out in 2/3 RB’s Set.
2. **JEEP** vs. 1 Running Back Call out “JEEP” when Offense comes out in 1 RB Set.
3. **SHORT YARDAGE** (6-2 Alignment) - See Alignment Page

### **B. Stunts & Blitzes:**

1. **Linemen Stunts**
  - a. 6<sup>th</sup> Grade Stunt Limitation – NO Crossing 2 or more Offensive Linemen
  - b. Slant or Pinch
2. **Blitzes**
  - a. NO Blitzing in 6<sup>th</sup> Grade until Ball is HANDED OFF.
  - b. Will = 1, Mike = 2, Sam = 3, Rover = 4, Strong Safety = 5
  - c. Suggestion: Call out number or number combination for blitz.

### **C. Coverages:**

1. **Man to Man**
  - a. Call “White”
2. **Cover 3**
  - a. Call “Red” – 3 Letters in “Red” for Cover 3
3. **Cover 4**
  - a. Call “Blue” – 4 Letters in “Blue” for Cover 4

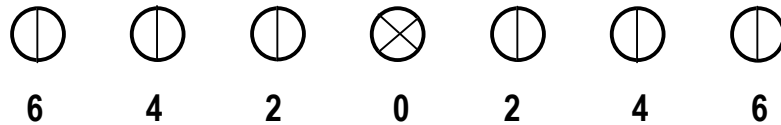
### **D. Implementation:**

1. **Fronts**
  - a. “Tank” and “Jeep” are our defensive fronts...this will be dictated by the number of RB’s in formation.
  - b. Tank = 2/3 RB’s
  - c. Jeep = 1 RB
2. **Stunts & Blitzes**
  - a. Feel free to implement any of above depending on your personnel. (Except 6<sup>th</sup> Grade)
3. **Coverages**
  - a. I recommend starting with Man to Man (White). Obvious passing situations use Cover 4 (Blue).

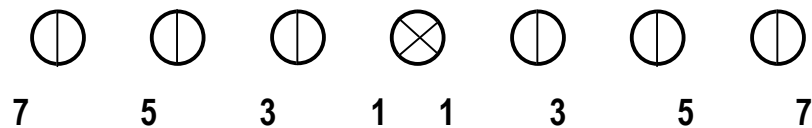
## GAP - Letter Identifications



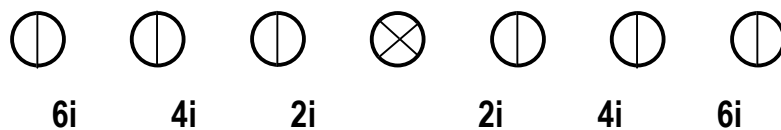
## Head Up - Technique Identifications



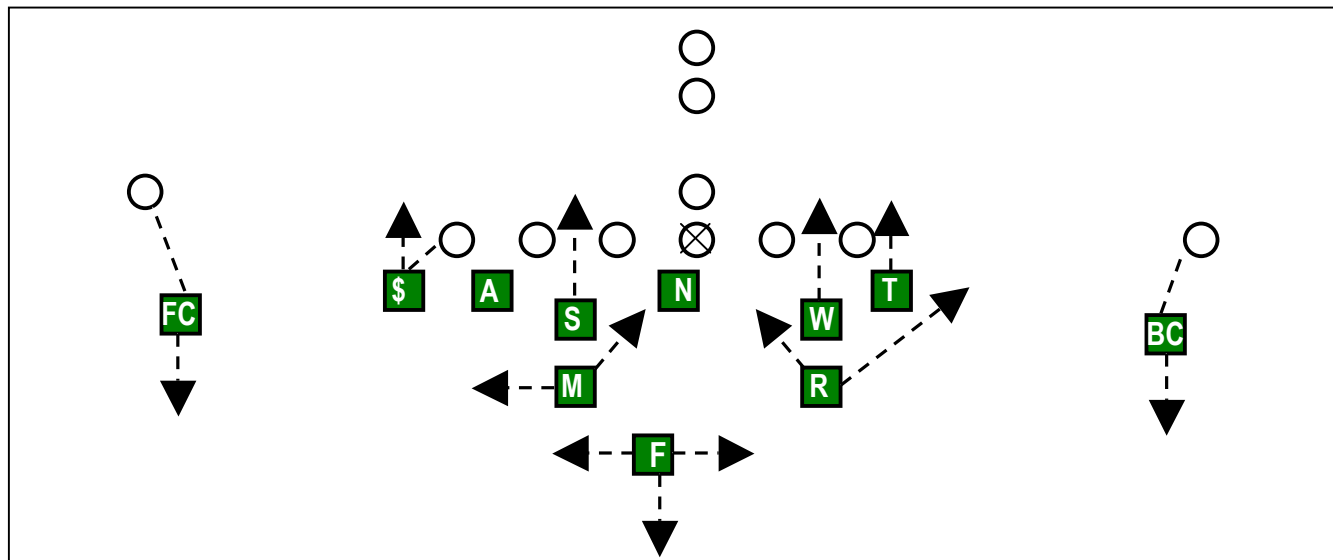
## Outside Shade - Technique Identifications



## Inside Shade - Technique Identifications



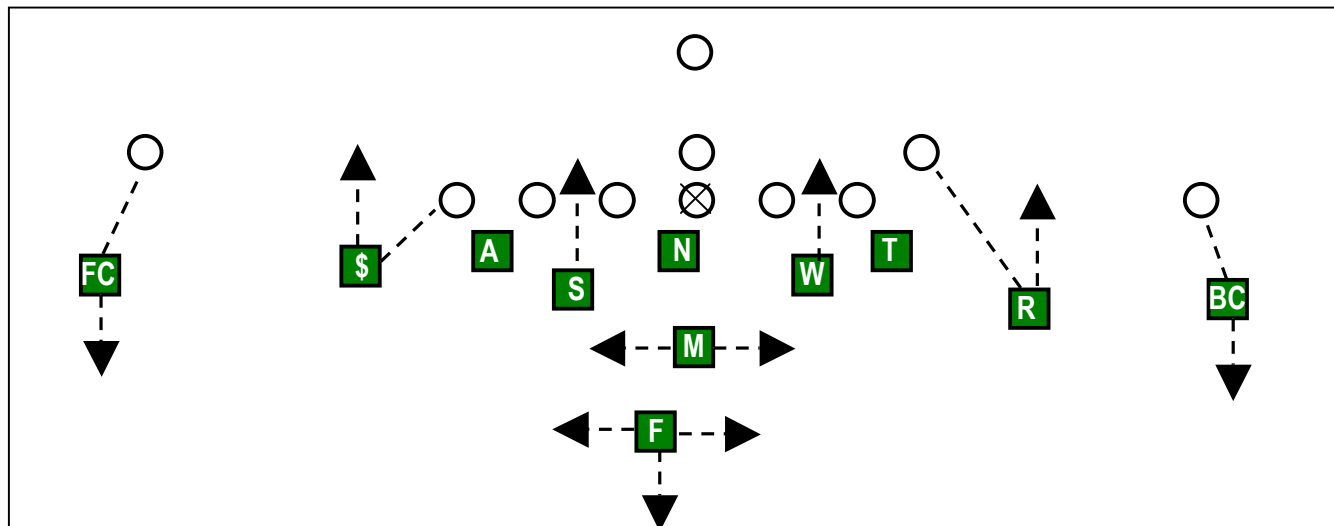
**(TANK) Alignment vs. 2 or 3 Back Sets**  
**Coverages: Red (Cover 3) or White (Man)**



**RESPONSIBILITIES**

POSITION	RUN	PASS	TECHNIQUE
Down Lineman – NOSE	Line Up in 1 Technique or Shade to A GAP (Strong)	Shoot A GAP & Get the Quarterback	1 Tech on Arm of Center
Down Lineman – ANCHOR	Line Up in 5 Technique or Shade to B GAP (Weak)	Shoot C GAP & Get the Quarterback	5 Tech
Down Linemen – TANK	Line Up 5 Technique or Shade C GAP (Strong)	Shoot C GAP & Get the Quarterback	5 Tech
ROVER – R	Pursue wherever THE BALL GOES, but Help TANK CONTAIN Backside	Look for Slants and RB out of Backfield	Behind “Will” B GAP at 6 Yards, HELP CONTAIN Backside
WILL - W	SHOOT “B” GAP “Pursue Ball” and be a TIGER...Look for RB or QB	SHOOT “B” GAP “Pursue Ball” and be a TIGER...Look for RB or QB	“B” GAP at Heels of D-Linemen
SAM - S	SHOOT “B” GAP “Pursue Ball” and be a TIGER...Look for RB or QB	SHOOT “B” GAP “Pursue Ball” and be a TIGER...Look for RB or QB	“B” GAP at Heels of D-Linemen
MIKE - M	Pursue wherever THE BALL GOES and be a TIGER	Look for Slants and RB out of Backfield	Behind “Sam” B Gap at 6 Yards
STRONG SAFETY - \$	CONTAIN, CONTAIN, CONTAIN	CONTAIN RUN & Look for Flat Coverage Hook-Curl, Pop Pass, Slants	7 Tech
FREE SAFETY - F	Read Pass First, then Pursue Ball Carrier	Look for Post/Seam/Slants NO BODY GETS BEHIND YOU	“A” GAP Strong Side Cover Middle of Field 10-12 Yards off LOS
FIELD CORNER - FC	Read Pass First, then Pursue the Run	Look for Post/Seam/Slants NO BODY GETS BEHIND YOU	Inside Shoulder of Outside Receiver at 5 Yards
BOUNDARY CORNER - BC	Read Pass First, then Pursue the Run	Look for Post/Seam/Slants NO BODY GETS BEHIND YOU	Inside Shoulder of Outside Receiver at 5 Yards

**(JEEP) Alignment vs. 1 Back Set**  
**Coverages: Red (Cover 3) or White (Man)**

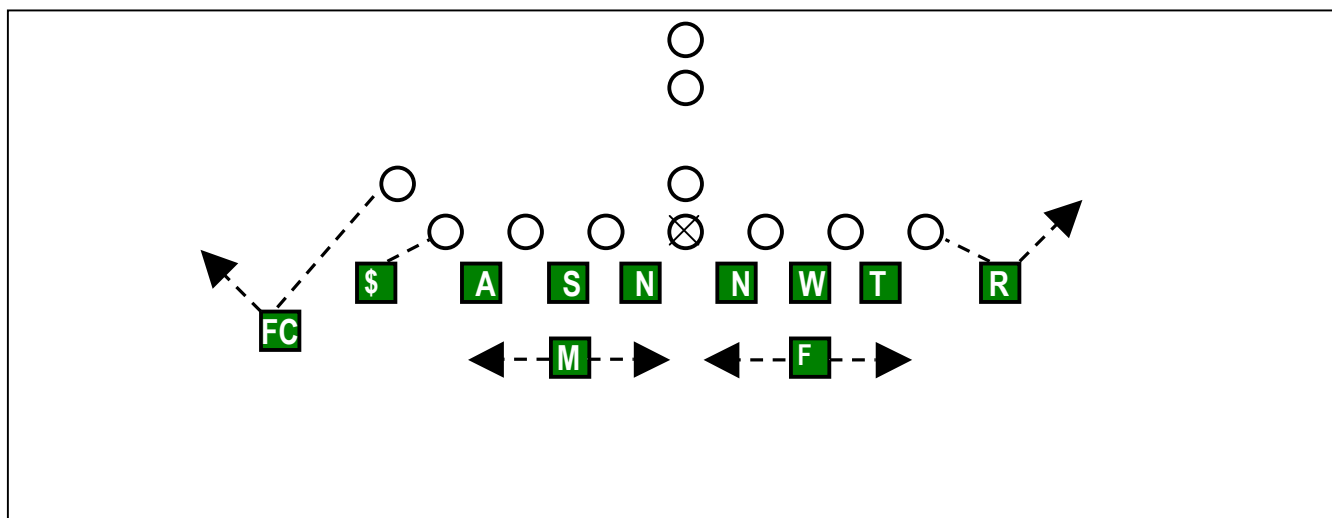


**RESPONSIBILITIES**

POSITION	RUN	PASS	TECHNIQUE
Down Lineman – NOSE	Line Up in 1 Technique or Shade to A GAP (Strong)	Shoot A GAP & Get the Quarterback	1 Tech
Down Lineman – ANCHOR	Line Up in 5 Technique or Shade to B GAP (Weak)	Shoot B GAP & Get the Quarterback	5 Tech
Down Linemen – TANK	Line Up 5 Technique or Shade C GAP (Strong)	Shoot C GAP & Get the Quarterback	5 Tech
ROVER - R	CONTAIN OUTSIDE (Weak Side)	Look for Slants, Hook/Curl Middle of Field Coverage	Outside Shoulder of #2, if no #2 then 7 Tech
WILL - W	SHOOT “B” GAP “Pursue Ball” and be a TIGER...Look for RB or QB	SHOOT “B” GAP “Pursue Ball” and be a TIGER...Look for RB or QB	“B” GAP at Heels of D-Linemen
SAM - S	SHOOT “B” GAP “Pursue Ball” and be a TIGER...Look for RB or QB	SHOOT “B” GAP “Pursue Ball” and be a TIGER...Look for RB or QB	“B” GAP at Heels of D-Linemen
MIKE - M	Pursue wherever THE BALL GOES and be a TIGER	Look for Slants, Hook/Curl and Middle of Field Coverage	6 Yards Head Up on Center
STRONG SAFETY - \$	Read Pass First, then Pursue as You are the ALLEY Support	Look for Post, Seam, Slants NO BODY GETS BEHIND YOU!	Outside Shoulder of #2 or #3
FREE SAFETY - F	Read Pass First, then Pursue Ball Carrier	Look for Post, Seam, Slants NO BODY GETS BEHIND YOU!	“A” GAP Strong Side Cover Middle of Field 10 Yards off LOS
FIELD CORNER - FC	Read Pass First, then Pursue the Run	Look for Corner, Fade or Out NO BODY GETS BEHIND YOU!	Outside Shoulder of Outside Receiver at 5 Yards
BOUNDARY CORNER - BC	Read Pass First, then Pursue the Run	Look for Corner, Fade or Out NO BODY GETS BEHIND YOU!	Outside Shoulder of Outside Receiver at 5 Yards

## 6 - 2 Alignment (Short Yardage)

**Coverage: White (Man)**

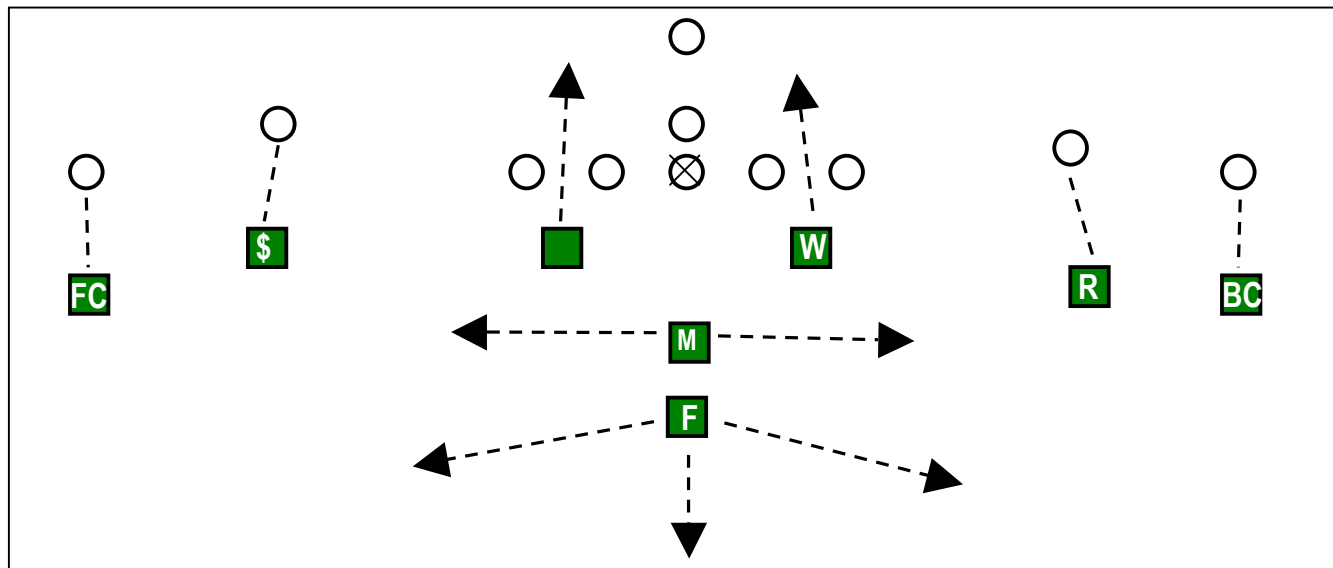


### RESPONSIBILITIES

POSITION	RUN	PASS	TECHNIQUE
Down Lineman – NOSE	Line Up in 1 Technique or Shade to “A” Gap (Strong)	Shoot “A” Gap Get QB or RB	“A” Gap
Down Lineman – NOSE	Line Up in 3 Technique or Shade to “B” Gap (Weak)	Shoot “A” Gap Get QB or RB	“A” Gap
Down Linemen – ANCHOR	Line Up 5 Technique or Shade “C” Gap (Strong)	Shoot “C” Gap Get QB or RB	“C” Gap
Down Lineman – TANK	Line Up 5 Technique or Shade “C” Gap (Weak)	Shoot “C” Gap Get QB or RB	“C” Gap
ROVER - R	CONTAIN, CONTAIN, CONTAIN	CONTAIN OUTSIDE Look to Flat	7 Tech
SAM - S	Pursue THE BALL Carrier, be a TIGER	Look for Slants, Middle of Field Coverage	“B” Gap
MIKE - M	Pursue THE BALL Carrier, be a TIGER	Look for Slants, Middle of Field Coverage	“B” Gap
STRONG SAFETY - \$	CONTAIN, CONTAIN, CONTAIN	CONTAIN OUTSIDE Look to Flat	7 Tech
FREE SAFETY - F	Read Pass First, then Pursue Ball Carrier	Look for Post, Seam, Slants NO BODY GETS BEHIND YOU!	“A” GAP Strong Side Cover Middle of Field 10-12 Yards off LOS
FIELD CORNER - FC	Read Pass First, then Pursue the Run	Look for Corner, Fade or Out NO BODY GETS BEHIND YOU!	Outside Shoulder of Outside Receiver at 5 Yards
BOUNDARY CORNER - BC	Read Pass First, then Pursue the Run	Look for Corner, Fade or Out NO BODY GETS BEHIND YOU!	Outside Shoulder of Outside Receiver at 5 Yards

## Coverage vs. 1 Back Set

### White (Man)



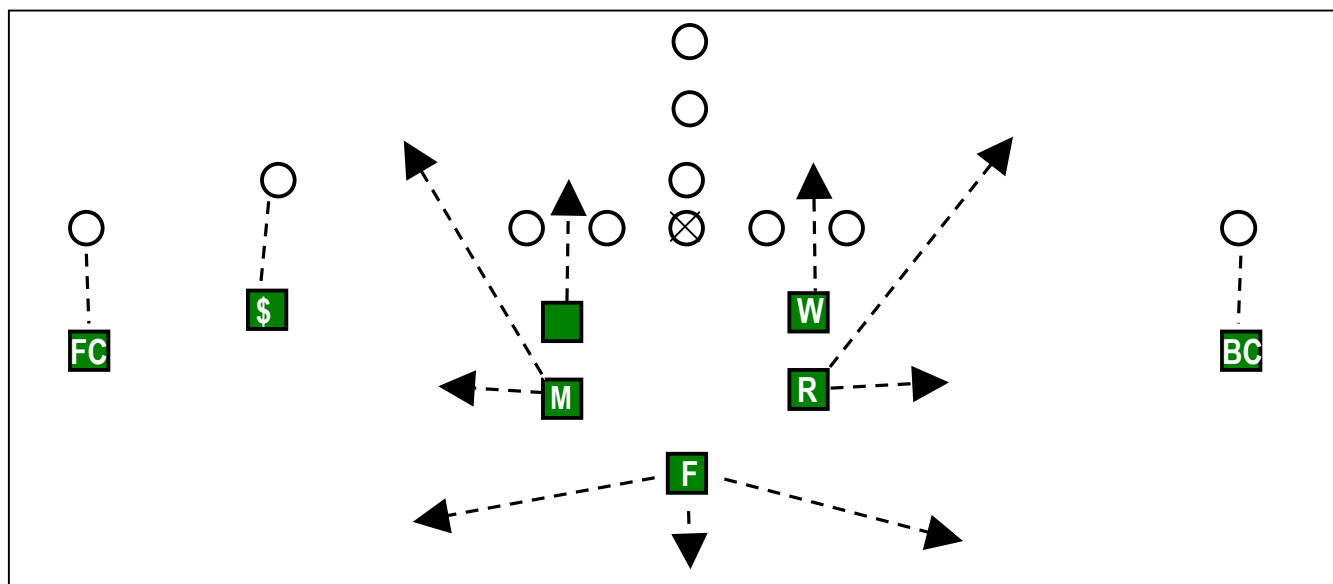
### RESPONSIBILITIES

POSITION	ALIGNMENT	ASSIGNMENT	READ
Down Lineman – NOSE	Same as “Jeep”	Shoot “A” GAP & Get the QB	Listen for “Pass” call from Teammates
Down Lineman – ANCHOR	Same as “Jeep”	Shoot “B” GAP & Get the QB	Listen for “Pass” call from Teammates
Down Linemen – TANK	Same as “Jeep”	Shoot C GAP & Get the QB	Listen for “Pass” call from Teammates
ROVER - R	Same as “Jeep”	MAN Coverage - Look for ALL Routes by your Receiver NO BODY GETS BEHIND YOU	Stay on #2 Receiver
WILL - W	Same as “Jeep”	Shoot “B” Gap & Get QB or Look for RB	Shoot “B” Gap and/or Help Look for RB
SAM - S	Same as “Jeep”	Shoot “B” Gap & Get QB or Look for RB	Shoot “B” Gap and/or Help Look for RB
MIKE - M	Same as “Jeep”	Look for Slants, Middle of Field Coverage	Look for QB and go “Wherever to Ball Goes”
STRONG SAFETY - \$	Same as “Jeep”	MAN Coverage - Look for ALL Routes by your Receiver NO BODY GETS BEHIND YOU	Stay on #2 Receiver
FREE SAFETY - F	Same as “Jeep”	PLAY CENTER FIELD – Look for any Receiver that comes in Middle of Field	Read QB – Cover Middle of Field
FIELD CORNER - FC	Same as “Jeep”	MAN Coverage - Look for ALL Routes by your Receiver NO BODY GETS BEHIND YOU	Stay on #1 Receiver
BOUNDARY CORNER - BC	Same as “Jeep”	MAN Coverage - Look for ALL Routes by your Receiver NO BODY GETS BEHIND YOU	Stay on #1 Receiver



## Coverage vs. 2 Back Set

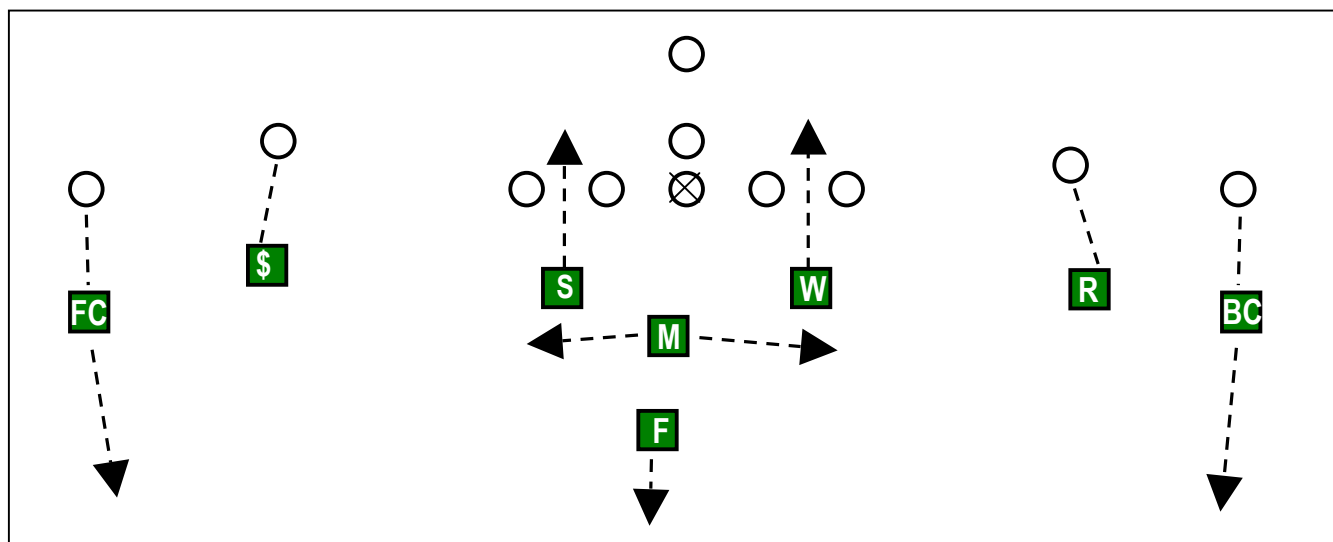
### White (Man)



### RESPONSIBILITIES

POSITION	ALIGNMENT	ASSIGNMENT	READ
Down Lineman – NOSE	Same as “Tank”	Shoot “A” GAP & Get the QB	Listen for “Pass” call from Teammates
Down Lineman – ANCHOR	Same as “Tank”	Shoot “B” GAP & Get the QB	Listen for “Pass” call from Teammates
Down Linemen – TANK	Same as “Tank”	Shoot C GAP & Get the QB	Listen for “Pass” call from Teammates
ROVER - R	Same as “Tank”	Look for Hook-Curl, Pop Pass, Slants or Outs Help CONTAIN OUTSIDE	Look for #1 or #2 Receiver or Look for RB
WILL - W	Same as “Tank”	Shoot “B” Gap & Get QB or Look for RB	Shoot “B” Gap and/or Help Look for RB
SAM - S	Same as “Tank”	Shoot “B” Gap & Get QB or Look for RB	Shoot “B” Gap and/or Help Look for RB
MIKE - M	Same as “Tank”	Look for Hook-Curl, Pop Pass, Slants or Outs Help CONTAIN OUTSIDE	Look for #2 Receiver or Look for RB
STRONG SAFETY - \$	Same as “Tank”	MAN Coverage - Look for ALL Routes by your Receiver NO BODY GETS BEHIND YOU	Stay on #2 Receiver
FREE SAFETY - F	Same as “Tank”	PLAY CENTER FIELD – Look for any Receiver that comes in Middle of Field	Read QB – Cover Middle of Field
FIELD CORNER - FC	Same as “Tank”	MAN Coverage - Look for ALL Routes by your Receiver NO BODY GETS BEHIND YOU	Stay on #1 Receiver
BOUNDARY CORNER - BC	Same as “Tank”	MAN Coverage - Look for ALL Routes by your Receiver NO BODY GETS BEHIND YOU	Stay on #1 Receiver

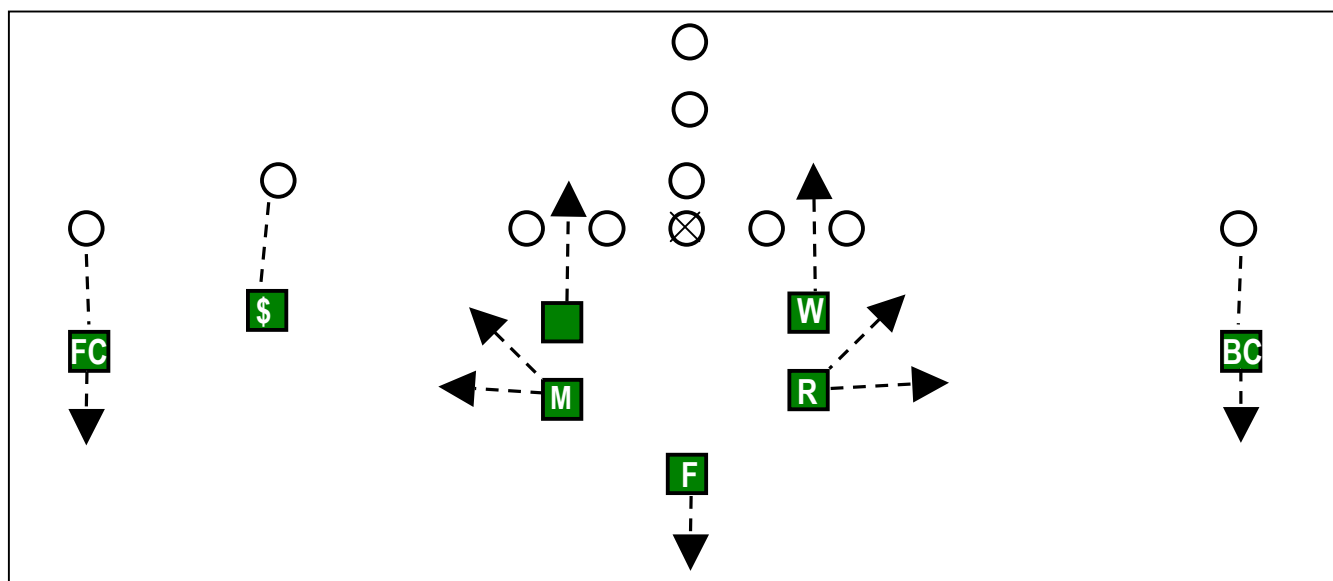
## Coverage vs. 1 Back Set Red (Cover 3)



### RESPONSIBILITIES

POSITION	ALIGNMENT	ASSIGNMENT	READ
Down Lineman – NOSE	Same as “Jeep”	Shoot “A” GAP & Get the QB	Listen for “Pass” call from Teammates
Down Lineman – ANCHOR	Same as “Jeep”	Shoot “C” GAP & Get the QB	Listen for “Pass” call from Teammates
Down Linemen – TANK	Same as “Jeep”	Shoot C GAP & Get the QB	Listen for “Pass” call from Teammates
ROVER –R	Same as “Jeep”	MAN Coverage - Look for ALL Routes by your Receiver NO BODY GETS BEHIND YOU	Look for #2 to RB
WILL - W	Same as “Jeep”	Shoot “B” Gap & Get QB or Look for RB	Shoot “B” Gap and/or Help Look for RB
SAM - S	Same as “Jeep”	Shoot “B” Gap & Get QB or Look for RB	Shoot “B” Gap and/or Help Look for RB
MIKE - M	Same as “Jeep”	Look for Slants, Hook-Curl Middle of Field Coverage	Look for QB, #2 or RB
STRONG SAFETY - \$	Same as “Jeep”	Look for #2 to RB Help CONTAIN OUTSIDE	Look for #2 to RB
FREE SAFETY - F	Same as “Jeep”	PLAY CENTER FIELD – Look for any Receiver that comes in Middle of Field	Read QB – Cover Middle of Field
FIELD CORNER - FC	Same as “Jeep”	Look for Corner, Fade, Hitch or Out NO BODY GETS BEHIND YOU	Look for #1 to #2 Receiver
BOUNDARY CORNER - BC	Same as “Jeep”	Look for Post, Seam or Slants NO BODY GETS BEHIND YOU	Look for #1 to #2 Receiver

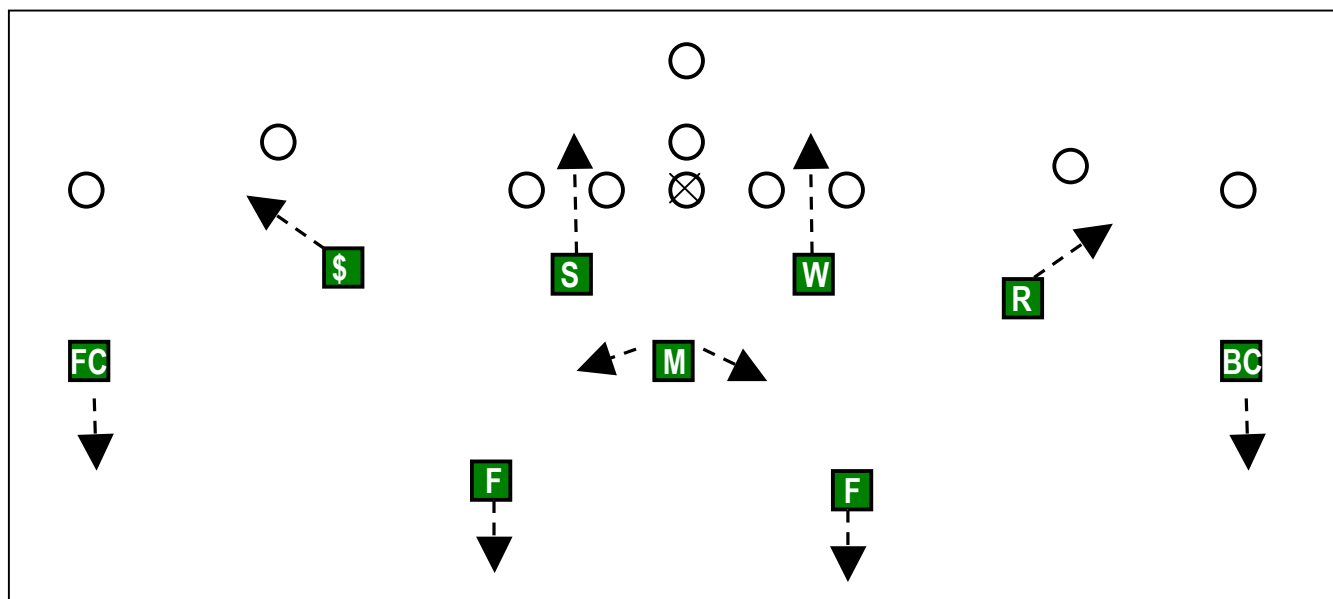
## Coverage vs. 2 Back Set Red (Cover 3)



### RESPONSIBILITIES

POSITION	ALIGNMENT	ASSIGNMENT	READ
Down Lineman – NOSE	Same as “Tank”	Shoot “A” GAP & Get the QB	Listen for “Pass” call from Teammates
Down Lineman – ANCHOR	Same as “Tank”	Shoot “C” GAP & Get the QB	Listen for “Pass” call from Teammates
Down Linemen – TANK	Same as “Tank”	Shoot C GAP & Get the QB	Listen for “Pass” call from Teammates
ROVER –R	Same as “Tank”	Look for Hook-Curl, Pop Pass, Slants or Outs Help CONTAIN OUTSIDE	Look for #2 Receiver or Look for RB
WILL - W	Same as “Tank”	Shoot “B” Gap & Get QB or Look for RB	Shoot “B” Gap and/or Help Look for RB
SAM - S	Same as “Tank”	Shoot “B” Gap & Get QB or Look for RB	Shoot “B” Gap and/or Help Look for RB
MIKE - M	Same as “Tank”	Look for Hook-Curl, Pop Pass, Slants or Outs Help CONTAIN OUTSIDE	Look for #2 Receiver or Look for RB
STRONG SAFETY - \$	Same as “Tank”	Look for #2 to RB Help CONTAIN OUTSIDE	Look for #2 to RB
FREE SAFETY - F	Same as “Tank”	Look for Seam, Post, Middle of Field NO BODY GETS BEHIND YOU	Read QB – Cover Middle
FIELD CORNER - FC	Same as “Tank”	Look for Corner, Fade, Hitch or Out NO BODY GETS BEHIND YOU	Look for #1 to #2 Receiver
BOUNDARY CORNER - BC	Same as “Tank”	Look for Post, Seam or Slants NO BODY GETS BEHIND YOU	Look for #1 to #2 Receiver

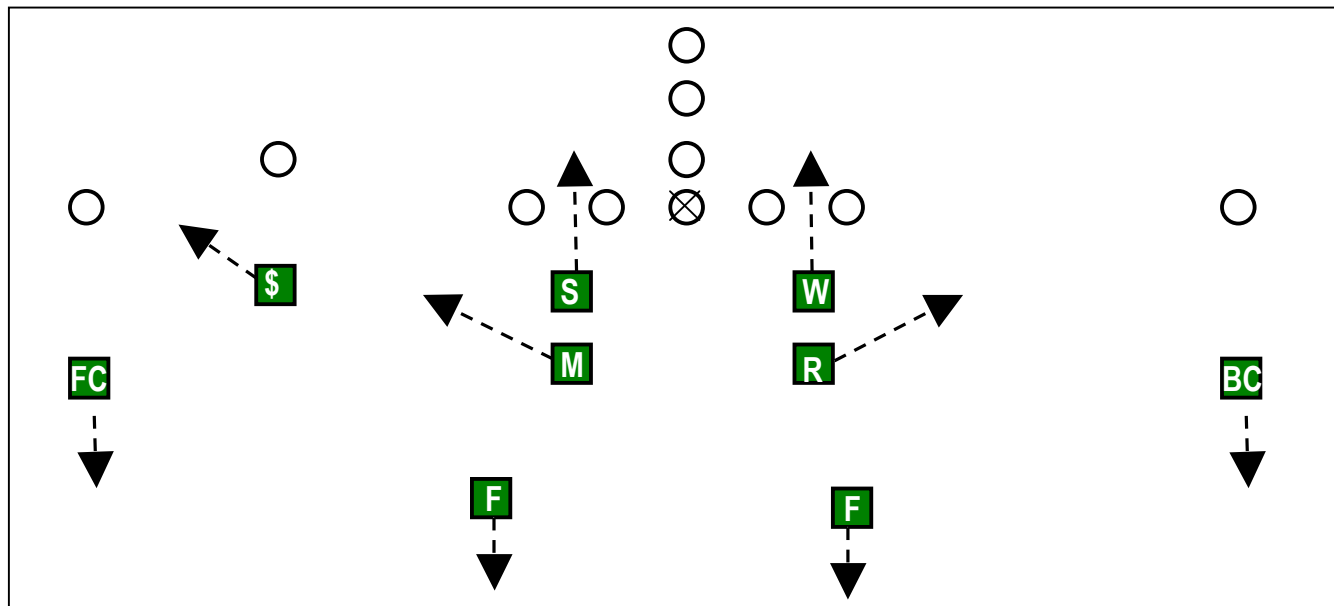
## Coverage vs. 1 Back Set Blue (Cover 4)



### RESPONSIBILITIES

POSITION	ALIGNMENT	ASSIGNMENT	READ
Down Lineman – ANCHOR	Same as “Jeep”	Shoot “B” GAP & Get the QB	Listen for “Pass” call from Teammates
Down Linemen – TANK	Same as “Jeep”	Shoot C GAP & Get the QB	Listen for “Pass” call from Teammates
ROVER - R	Same as “Jeep”	MAN Coverage - Look for #2 to RB Cover the Flat	Read QB – Cover the Flat
WILL - W	Same as “Jeep”	Shoot “B” Gap & Get QB or Look for RB	Shoot “B” Gap and/or Help Look for RB
SAM - S	Same as “Jeep”	Shoot “B” Gap & Get QB or Look for RB	Shoot “B” Gap and/or Help Look for RB
MIKE - M	Same as “Jeep”	Look for Slants, Hook-Curl Middle of Field Coverage	Look for QB then Middle “Hole”
STRONG SAFETY - \$	Same as “Jeep”	MAN Coverage - Look for #2 to RB Cover the Flat	Read QB – Cover the Flat
FREE SAFETY - F	Same as “Jeep”	Look for Seam, Post, NO BODY GETS BEHIND YOU	Read QB – Cover Your ¼ Middle of Field
FIELD CORNER - FC	Same as “Jeep”	Look for Corner, Fade, Hitch or Out NO BODY GETS BEHIND YOU	Look for #1 to #2 Receiver – Cover Your ¼ of Field
BOUNDARY CORNER - BC	Same as “Jeep”	Look for Post, Seam or Slants NO BODY GETS BEHIND YOU	Look for #1 to #2 Receiver – Cover Your ¼ of Field
FREE SAFETY - F	Same as “Jeep”	Look for Seam, Post, NO BODY GETS BEHIND YOU	Read QB – Cover Your ¼ Middle of Field

## Coverage vs. 2 Back Set Blue (Cover 4)



### RESPONSIBILITIES

POSITION	ALIGNMENT	ASSIGNMENT	READ
Down Lineman – ANCHOR	Same as “Tank”	Shoot “B” GAP & Get the QB	Listen for “Pass” call from Teammates
Down Linemen – TANK	Same as “Tank”	Shoot C GAP & Get the QB	Listen for “Pass” call from Teammates
ROVER - R	Same as “Tank”	Look for Hook-Curl, Pop Pass, Slants or Outs Help CONTAIN OUTSIDE	Look for #2 or #3 Receiver or Look for RB
WILL - W	Same as “Tank”	Shoot “B” Gap & Get QB or Look for RB	Shoot “B” Gap and/or Help Look for RB
SAM - S	Same as “Tank”	Shoot “B” Gap & Get QB or Look for RB	Shoot “B” Gap and/or Help Look for RB
MIKE - M	Same as “Tank”	Look for Hook-Curl, Pop Pass, Slants or Outs Help CONTAIN OUTSIDE	Look for #2 or #3 Receiver or Look for RB
STRONG SAFETY - \$	Same as “Tank”	Look for Seam, Post, NO BODY GETS BEHIND YOU	Read QB – Look #2 to #1 Receiver & Cover Your ¼
FREE SAFETY - F	Same as “Tank”	Look for Seam, Post, NO BODY GETS BEHIND YOU	Read QB – Cover Your ¼ Middle of Field
FIELD CORNER - FC	Same as “Tank”	Look for Corner, Fade, Hitch or Out NO BODY GETS BEHIND YOU	Look for #1 to #2 Receiver & Cover Your ¼
BOUNDARY CORNER - BC	Same as “Tank”	Look for Post, Seam or Slants NO BODY GETS BEHIND YOU	Look for #1 to #2 Receiver & Cover Your ¼
FREE SAFETY - F	Same as “Tank”	Look for Seam, Post, NO BODY GETS BEHIND YOU	Read QB – Cover Your ¼ Middle of Field

