

# **SPARTAN'S YOUTH FOOTBALL**

**4<sup>th</sup> & 5<sup>th</sup> Grade  
DEFENSIVE PLAYBOOK**

# Spartans Youth Football

## Defensive Responsibilities - Grades 4<sup>th</sup> & 5<sup>th</sup>

### Down Linemen:

#### 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:

#### Responsibilities:

- Lines at LOS on outside Shoulder of Tight End must help CONTAIN.
- Backside Backers "must" stay HOME and watch for Counter, Boot, Reverse (CBR)
- Must help Box or Spill to CONTAIN the outside.
- Must look for Receiver or RB in Pass Protection.
- **CONTAIN, CONTAIN, CONTAIN!!**
- **NO ONE GETS OUTSIDE**

### Inside Linebackers:

#### Responsibilities:

- **"Mike" is Defensive LEADER - Must Know Everybody's Position**
- **"Mike" Call Out "Tank" or "Jeep" and Strong Right or Left**
- Line up 3-4 Yards off ball to Defensive Alignments (Tank vs. 2/3 RB's) or (Jeep vs. 1 RB) (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"
- Plays Run First then Pass (Cover Middle of Field or Hole)
- Must help teammates line up properly!

### Safeties:

#### Responsibilities:

- Line up according to Defensive Alignments (Tank) or (Jeep) (See Defensive Play Chart).
- **First Look for Pass, then Run.**
- Look for #2 RECEIVER.
- Pursue the BALL and Make Tackle.
- "STRONG SAFETY" Lines at LOS on outside Shoulder of Tight End in "Tank" must CONTAIN.

### Cornerbacks:

#### Responsibilities:

- Line-Up no deeper than 5 Yards off ball on outer most receiver
- **First Look for Pass, then Run.**
- Cornerbacks should always take the quickest man.
- Pass Protection...Mirror your man NO ONE GETS BEHIND YOU!
- Run Protection...NO ONE GETS OUTSIDE YOU!
- Pursue the BALL and Make Tackle.

# **Spartans Youth Football**

## **Defensive Implementation - Grades 4<sup>th</sup> & 5<sup>th</sup>**

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

1. **TANK** vs. 2 or 3 RB's - Call out "TANK" when Offense comes out in this Formation.
2. **JEEP** vs. 1 RB - Call out "JEEP" when Offense comes out in this Formation.

### **B. Down Linemen Rules:**

1. **Anchor = A, Sam = S, Nose = N, Nose = N, Will = W, Tank = T**
2. Must line up head on and make Contact with Offensive Linemen before Pinching or Slanting.
3. Emphasis should be on Defeating Offensive Blocking Techniques.

### **C. Linebackers:**

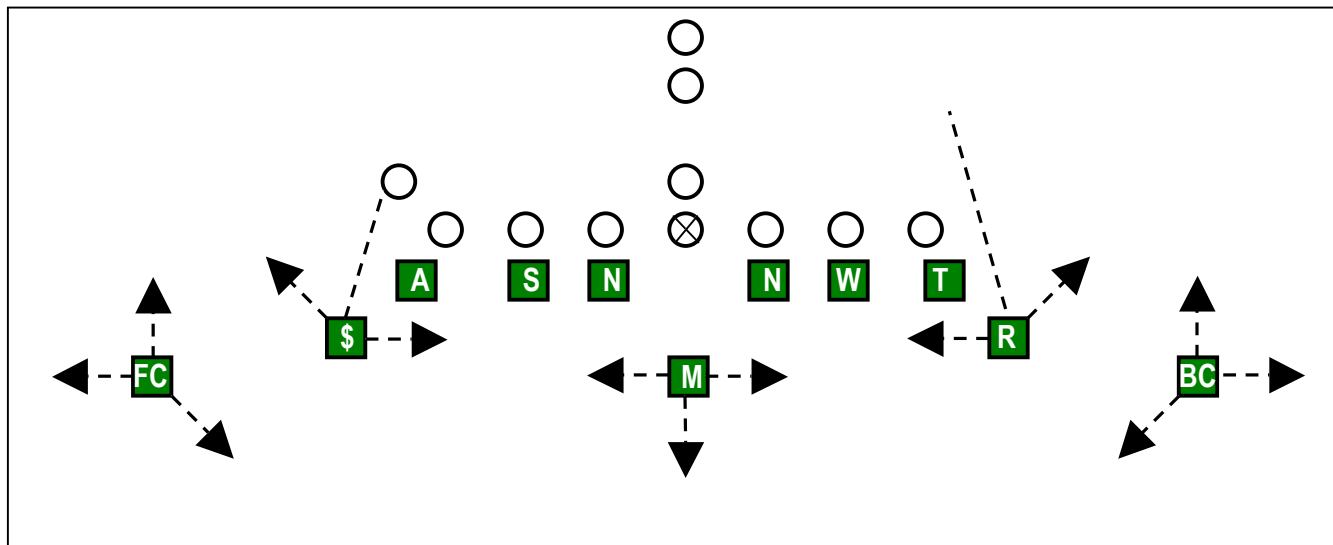
1. **Mike = M, Strong Safety = \$, Rover = R**
2. Must line up 3 Yards off the LOS.
3. Must read "Run" First and Pursue to Ball Carrier

### **D. Defensive Backs:**

1. **Field Corner = FC, Boundary Corner = BC, Free Safety = F**
2. Must line up 5 Yards off the LOS with no restriction on width.
3. Must read Pass First then the Run and Pursue to Ball Carrier.

## (Tank) Defensive Alignment vs. 2 or 3 RB Set

Coverage = White (Man)

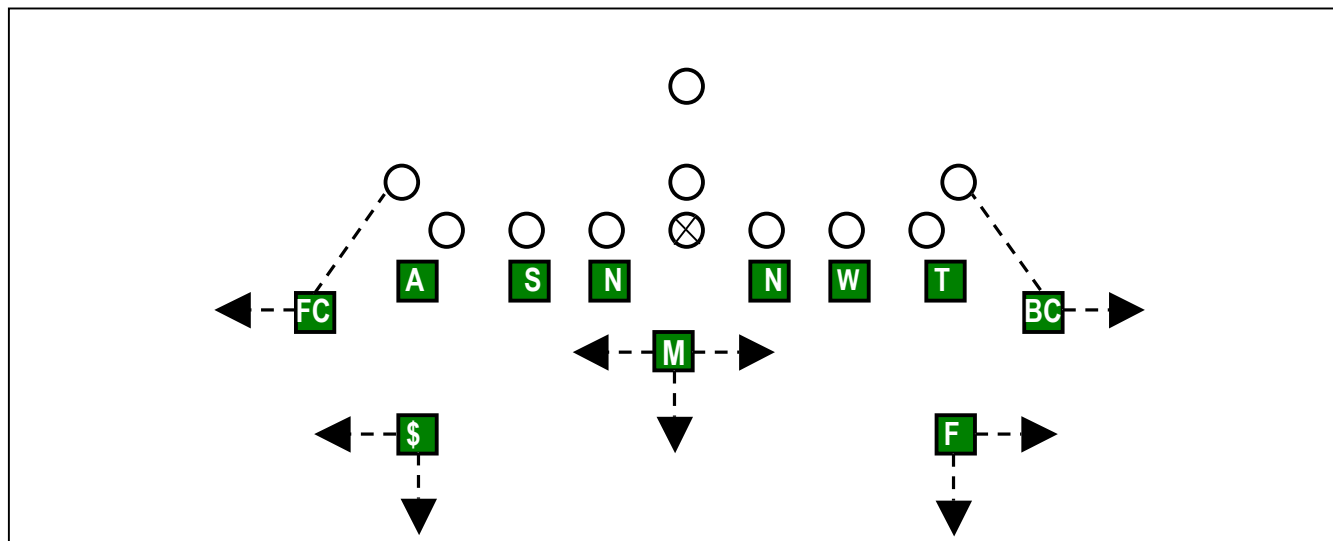


### RESPONSIBILITIES

POSITION & TECHNIQUE	RUN	PASS
Down Lineman – NOSE	Stay Low, Make Forceful Contact & Pursue Ball Carrier	Bull Rush Your Defender & Get the Quarterback
Down Lineman – NOSE	Stay Low, Make Forceful Contact & Pursue Ball Carrier	Bull Rush Your Defender & Get the Quarterback
Down Lineman – SAM	Stay Low, Make Forceful Contact & Pursue Ball Carrier	Bull Rush Your Defender & Get the Quarterback
Down Lineman – WILL	Stay Low, Make Forceful Contact & Pursue Ball Carrier	Bull Rush Your Defender & Get the Quarterback
ANCHOR - A	“C” Gap (Help “\$” CONTAIN) Pursue THE BALL Carrier, be a TIGER	CONTAIN OUTSIDE, Flat Coverage Look for Hook-Curl, Pop Pass, Slants or Outs
MIKE - M	CENTER FIELDER - PURSUE the BALL wherever it goes, be a TIGER!	Look for Hook-Curl, Pop Pass, Slants and COVER MIDDLE of FIELD
TANK - T	“C” Gap (Help “R” CONTAIN) Pursue THE BALL Carrier, be a TIGER	CONTAIN OUTSIDE, Flat Coverage Look for Hook-Curl, Pop Pass, Slants or Outs
ROVER - R	CONTAIN, CONTAIN, CONTAIN	CONTAIN & Flat Coverage
STRONG SAFETY - \$	CONTAIN, CONTAIN, CONTAIN	CONTAIN & Flat Coverage
FIELD CORNER - FC	Read Pass First, then Pursue the Run	Look for Post, Seam or Slants NO BODY GETS BEHIND YOU
BOUNDARY CORNER - BC	Read Pass First, then Pursue the Run	Look for Post, Seam or Slants NO BODY GETS BEHIND YOU

## (Jeep) Defensive Alignment vs. 1 Back Set

White Coverage = Man



### RESPONSIBILITIES

POSITION & TECHNIQUE	RUN	PASS
Down Lineman – NOSE	Stay Low, Make Forceful Contact & Pursue Ball Carrier	Bull Rush Your Defender & Get the Quarterback
Down Lineman – NOSE	Stay Low, Make Forceful Contact & Pursue Ball Carrier	Bull Rush Your Defender & Get the Quarterback
Down Lineman – SAM	Stay Low, Make Forceful Contact & Pursue Ball Carrier	Bull Rush Your Defender & Get the Quarterback
Down Lineman – WILL	Stay Low, Make Forceful Contact & Pursue Ball Carrier	Bull Rush Your Defender & Get the Quarterback
ANCHOR - A	“C” Gap (Help “\$” CONTAIN) Pursue THE BALL Carrier, be a TIGER	CONTAIN OUTSIDE, Flat Coverage Look for Hook-Curl, Pop Pass, Slants or Outs
MIKE - M	CENTER FIELDER - PURSUE the BALL wherever it goes, be a TIGER!	Look for Hook-Curl, Pop Pass, Slants and COVER MIDDLE of FIELD
TANK - T	“C” Gap (Help “BC” CONTAIN) Pursue THE BALL Carrier, be a TIGER	CONTAIN OUTSIDE, Flat Coverage Look for Hook-Curl, Pop Pass, Slants or Outs
STRONG SAFETY - \$	Read Pass First, then Pursue the Run	Look for Post, Seam or Slants NO BODY GETS BEHIND YOU
FREE SAFETY - F	Read Pass First, then Pursue the Run	Look for Post, Seam or Slants NO BODY GETS BEHIND YOU
FIELD CORNER - FC	CONTAIN, CONTAIN, CONTAIN	CONTAIN OUTSIDE, Flat Coverage Look for Hook-Curl, Pop Pass, Slants or Outs NO BODY GETS BEHIND YOU
BOUNDARY CORNER - BC	CONTAIN, CONTAIN, CONTAIN	CONTAIN OUTSIDE, Flat Coverage Look for Hook-Curl, Pop Pass, Slants or Outs NO BODY GETS BEHIND YOU

## TECHNIQUE & GAP Identifications

