

Preston Cash
Defensive Map

Coaching with Terminal Velocity



Position Names and Traits

-Nose Guard (N) – Biggest and Toughest of the D lineman.

-End's (End) – Continuous fighters with a high motor. Good feet and great hands.

-Jack(J)/Sam(\$)

- Ideally these are 2 mirrored players with extremely similar skill sets. In a perfect world they do not flip sides and have same responsibilities. In this scenario they are only called Jack and Sam for blitzes and tags.

- Here in the real world, they are you're most athletic linebacker bodies or a safety with plus size. These are the traits each must posses individually. Both positions must be players with a deep love for football.

-Sam

- The toughest and most well rounded player on defense. This player will go to the pass strength as a base. That can change based on game plan. Must be a great communicator. He will have to know pass and run responsibilities on all plays. Will always be a C gap player unless involved in a blitz that specifically states other wise. Primary pass responsibility will be to wall #2 as a primary. The Sam must also be able to walk up to the line of scrimmage and control C gap. This player should be your leading tackler.

-Jack - Must possess all the qualities of a Sam backer. However the Jack can be more of a DE style player. If he struggles in pass pro, then the Sam and Jack can be used as Field and Boundary players respectfully. This player will primarily be on the weak side of the formation. This allows us to put a player at that position who is a run fit first player. This player will be used often as a walked up linebacker to give the appearance of an even front. If used effectively this player should lead the team in tackles for loss, hurries and sacks. Coaches need to keep in mind when positioning players these aforementioned stats when selecting a Jack and Sam.

-Mike(M)/Will (W)

- Mike will go to the run strength and Will away from it. They will line up in the bubbles in front of them. We are looking for down hill players who love contact. Must have great feet and hands. Quickness over speed. They need to be able to allude blockers without giving ground, and read guards. Should dominate the inside run game. The Mike will communicate the alignment and stunt calls to all DL. It is the Mike and Wills responsibility to make sure the front is lined up correctly. In the pass game they will blitz a lot and based on ability they can be used to push out to the hook curl zone or the flat to replace a blitzing Sam or Jack.

-Strong Safety (SS)

-

Building Confidence Through Habits

-This applies to all who are in the program. Coaches, Players, Managers and support staff.

Offseason Habit Implementation

- This begins in the offseason working in coordination with the Strength and Conditioning Coach.
 - On field drills will feature a minimum of 2 of the following 3, Eyes, Feet and Hands.
- Coaching Progression will follow that order, Eyes, Feet and Hands in that order.

Coaching Progressions

- Coaching Progressions will follow the above order in all phases, S&C drills, on field drills, and installs.
 - Where are their eyes, Where all their feet, Where are their hands, 3 questions that must be explained in detail to the athletes prior to any activity.
 - On "Football" days during the offseason, defensive players will be split into 3 groups, Defensive Line, Linebackers, Defensive backs. (Hybrid players will rotate week to week.)
 - These groups will only move their feet in ways that translates to in game feet work. Eyes feet and hand placement will be the focus point of these drills. These drills do not involve a football but are base drills that the players will rely on when adversity hits.
 - As we approach the Spring, small portions of those days will be getting players in positions and implementing the terminology we will be using.
 - All coaches will be using this terminology. We must be on the same page so can speak clearly to the players. Clear instructions produce clear results.

Building Confidence Through Scheme

Install Philosophy

- The pacing guide is king. We must follow the pacing guide for this system to be effective. Any steps we do not reach will not be implemented. The pacing guide sets the limits for how far we can go. Any more than one step at a time makes the system far too complicated and breaks the foundation of the defense, confidence. Players can only play at top speed if they have top confidence. According to the pacing guide we will finish spring with very wordy long calls. This allows us to implement tags and be very flexible and adaptive as the season goes on. This is why there is no OneWord calls until the Summer and we are limiting those to 3 to 4 calls maximum by the conclusion of fall camp. The idea is to be very position specific with our calls early to that each position group will be able to adjust quickly in the games. The end goal is to be very multiple with scheme and alignment while being very simple and communicate clearly with our players on the field.

Spring Example Call (Front, OLB Position Tag, LB Blitz Tag, Coverage)

- Lucy Jack Down Jack-Go Strong Tennessee
- 4-2-5 (3 tech to the Right) Cover 3 Rolling Strong Side

In season Call (OneWord)

- Joker

In Season Alignment Tag Example

- Joker Jack Base
- There is no difference in the **spring call** and the **OneWord** that is the same play with same alignment. **The In Season Alignment Tag** is only different in that we are now lining up in a 3-4 base alignment. The strong side will rotate the same and the Jack will run a timed blitz to achieve his run and pass rush responsibilities.

Why?

- We do this because to our players we are running a base concept that have practiced all year but giving the offense a different look. The intent is to make the offense make multiple adjustments to the same defensive concept. Swinging the confidence pendulum in our favor.

Importance of Pacing Guide

- This is the importance of the pacing guide. In the spring we will use long verbiage so that every player is used to hearing their "tag". This is also key to the evaluation of players. The calls in practice are scripted during practice prep and match the scout cards. After practice position coaches will upload the script and evaluate what we are asking each player to do from an alignment and assignment perspective. This also allows us to be extremely flexible with concepts and schemes so that we can identify what our players are naturally good at and what they have confidence in. All of this is to avoid back tracking. It is a waste of everyone's time and shakes the players confidence. If we install a blitz, front or coverage that we really like on the white board, spend 2 days installing and then throw it away because of ability or mental limitations, we have wasted 2 days and it is likely there will be multiple examples of that throughout the year. After the tags are installed in the pre-spring and spring ball, they become tools in the tool chest that can be used at any time. Tag details and implementation plan is listed on [page](#). They are not full schemes that need to be reinstalled months later.

Building Confidence Through Habits

- Spring Ball Coaching Progressions

- Day 1 (Helmets Only)

- 75% Of the allotted time will be spent in individual periods. (Eyes, Feet, Hands)
- 25% Base Alignment in units. (Group 1 runs from sideline lines up on barrels then G2, etc.
- Coaches will Coach their alignment with detail and be clear about where their eyes will be pre snap.

- Day 2 (Helmets Only)

- 60% of allotted time will be spent in individual periods. (Eyes, Feet, Hands)
20% Box and Secondary Split (Inside Run Fits, Outside run fits, Base Coverage Install. This will be slow and Coaches will be teaching Eyes, Feet and Hands with detail.
- 20% Full Unit Alignment and Assignment teaching vs 2 or 3 formations based on progress.

- Day 3 (Full Pads)

- 50% Individual Periods. (Eyes, Feet and Hands with heavy emphasis on tackling.
- 20% Position Specific Tackle Instruction and Drill. Coaches will be very direct and clear on the coaching points.
- 30% Heavy Contact Competition Drills
 - Wave Drill Drill #X
 - V drill #X
 - Texas Drill #X

Building Confidence Through Habits

- Day 3 Cont.
 - These drills are important for 2 reasons.
 1. Excitement and Energy in practice as a celebration of being in full pads.
 2. Shows the Coaches and most importantly the team who wants to be in the fight.
 - Spring ball and offseason has a tendency to highlight athleticism over toughness and other qualities that are essential late in games.
 - This is a time that we can celebrate those who process the physical nature and attitude we want to see in our program.
- Day 4 (Helmets Only)
 - Start or End (Depending on practice structure) with 7 minutes of film time. Highlight 1 teaching moment, 1 great hit, 1 great effort moment. 10% of practice time including 3 minute transition.
 - 40% Spent in Individual time working (EFH)
 - 25% Box Reads – Shell Reads (Secondary install base motion check.)
 - 25% Alignment and motion checks.
- Day 5 (Full Pads)
 - 10% EFH Daily Drills
 - 20% Install *Down Call* (pg.x) in POS groups. Work Base Reads (pg.x)
 - 20% Inside Run / Pass Skell
 - 25% Team Camp style 25 going in drive vs Offense
 - 25% Down 2 Drill. Must get a stop using all 3 time outs to get ball back to offense (pg.x)
- Day 6 (Full Pads)
 - 10% EFH Daily Drills
 - 20% Review *Down Call* (pg.x) in POS groups. Work Base Reads (pg.x)
 - 20% Inside Run / Pass Skell
 - 25% Team Camp style 25 going in drive vs Offense
 - 25% Down 2 Drill. Must get a stop using all 3 time outs to get ball back to offense (pg.x)
- Day 7 (Helmets Only)
 - 10% EFH Daily Drills
 - 20% Down Call in POS Groups. Secondary Install Back Call
 - 20% Down call to C gap Blitz install
 - 25% Pass Rush HFE refinement / Pass Skel out of Down and Back Call.
 - 25% Team C gap Blitz against scout O 3 step tempo
- Day 8 (Full Pads)
 - 10% EFH Daily Drills
 - 20% Position Tackle 3 Drill Minimum. 1 Drill must be gang tackle to punch.
 - 20% Team Pass with Back and Down Calls
 - 20% Team C gap Blitz with Back and Down Calls
 - 30% Long, Medium, Post Turnover. And Down 2 Drill. (Must get 3 turnovers)
- Day 9 (Helmets Only)
 - Split Groups in prep for Spring Game.
 - EFH Drills
 - Ball Drills
 - UP, Back and Blitz run through.
 - Keep it light.

Building Confidence Through Habits

- Day 10 (Spring Game)

Get all the calls in that we have installed.

Get on film the calls and adjustments. Search for mistakes and find holes in our preparation.

Key takeaway from the film is identifying players who raise their level of play and those who shrink in the moment. A player who unexpectedly has a great game needs heavy positive encouragement and then be held to the standard in practice and workouts as their highest level of play.

Summer

- Eyes Feet and Hands the center piece of all summer on field work.

Team Camps

- 70/30 split. 70% of film time and corrections sent on Eyes Feet and Hands. 30% Scheme (Alignment Assignment).

Fall Camp

- Polishing Habits expanding scheme and continuing to build confidence.
- Follow the schedule that the Head Coach provides. Find ways build confidence and encourage
- Speed.

Building Confidence Through Scheme

- Simple = Speed Confidence.

- The Goal for the scheme is to appear very complex but scaffold the install and implementation through word association, clear instruction and progressive repetition.

Pacing Guide

- Having a clear pacing guide is essential for the staff and the players. The pacing guide will be shared with the players. The goal is that they know where we are going and how it all works together so that every step of the way is taken seriously and vetted to the best of their ability. This also allows for input and questions from the players. No step will be skipped. This scheme allows the players to dictate what level we will reach, identify what they are naturally good at, and give them the flexibility to put themselves in the best position. This is a 12 week plan split into 3 segments.

March				
1 Base Alignment/ Lucy/Ringo	2	3 Base Alignment/ Lucy/Ringo	4	5 Base Alignment/ Lucy/Ringo
6	7 Base Alignment/ Lucy/Ringo	8	9 Base Alignment/ Lucy/Ringo	10
11 Lucy/Ringo/ Jack Down/ Sam Down/ Strong/Fire	12	13 Lucy/Ringo/ Jack Down/ Sam Down/ Strong/Fire	14	15 Lucy/Ringo/ Jack Down/ Sam Down/ Strong/Fire
16	17 Rapid Fire Review	18	19 Rapid Fire Review	20

- Coaching Points

- As previously stated Coaches will be with their groups Coaching Eyes Feet and Hands. The goal is to go one step at a time until they cannot get it wrong. Coaches and players should reference this guide to emphasize the intent. We will not move on until each step is perfect. There is ample time to get this right to the point of boredom. The goal is not boredom but to get the kids to understand it to the level of the coaches. We know that we have reached that point when the players show signs of boredom.

April/May				
1 Lucy/Ringo/ Jack Down/ Sam Down/ Strong/Fire	2	3 Lucy/Ringo/ Jack Down/ Sam Down/ Strong/Fire	4	5 Lucy/Ringo/ Jack Down/ Sam Down/ Strong/Fire
6	7 Lucy/Ringo/ Jack Down/ Sam Down/ Strong/Fire Back	8	9 Lucy/Ringo/ Jack Down/ Sam Down/ Strong Back	10
11 Lucy/Ringo/ Jack Down/ Sam Down/ Strong/Fire	12	13 Lucy/Ringo/ Jack Down/ Sam Down/ Strong/Fire	14	15 Lucy/Ringo/ Jack Down/ Sam Down/ Strong/Fire
16	17 Rapid Fire Review	18	19 Rapid Fire Review	20

May/Spring Ball				
1	2 Weight Room Only	3	4 Weight Room Only	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20

Spring Ball

June				
1 1 OneWord	2	3 1 OneWord	4	5
6 2 OneWord	7	8 2 OneWord	9	10
11 3 OneWord	12	13 3 OneWord	14	15
16	17	18	19	20
DEAD PERIOD				

July				
1	2	3	4	5
DEAD PERIOD				
6 3 OneWord w/Tag	7	8 3 OneWord w/Tag	9	10
11 4 OneWord w/ Tag	12	13 4 OneWord w/ Tag	14	15
16 Speed Review	17	18 Speed Review	19	20

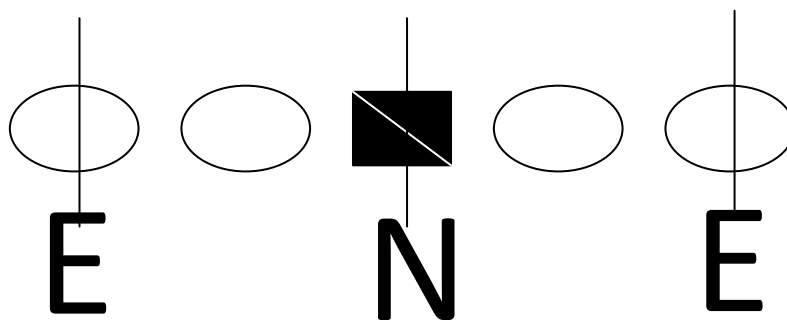
Fall Camp

Fall Camp				
1 Top 2 OneWord vs Wk 0-2 Top Formations	2 Top 2 OneWord vs Wk 0-2 Top Formations	3 Top 3 OneWord vs Wk 0-2 Top Formations	4 Top 3 OneWord vs Wk 0-2 Top Formations	5 Full Pads Confidence Calls
6 Simulated In-Season OneWord Install	7 Simulated In-Season Heavy	8 Simulated In-Season Heavy	9 Simulated In-Season Light	10 Simulated In-Season Controlled "Game"
11	12	13	14	15
Benefit Week				
16	17	18	19	20
Game Week Schedule				

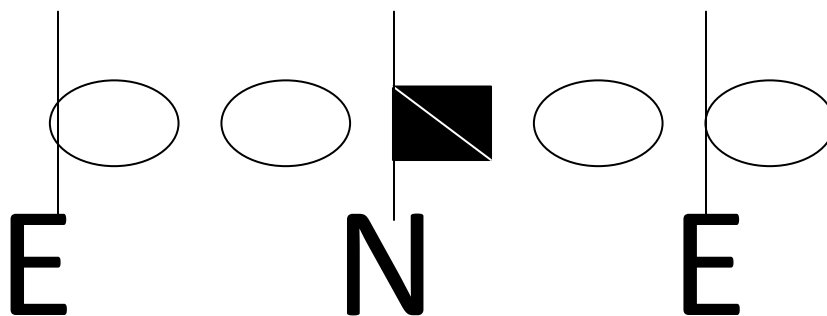
d

Building Confidence Through Scheme (Base Alignment Visualization)

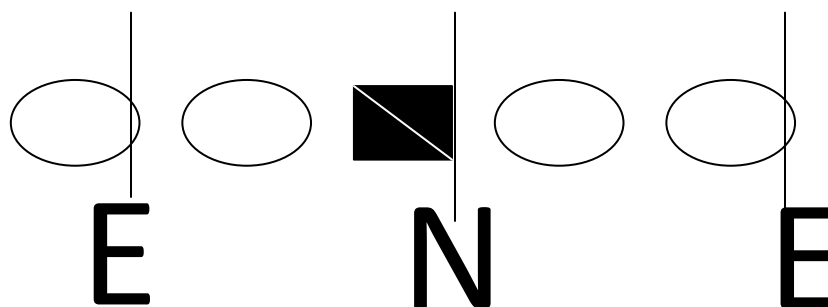
- Defensive Line



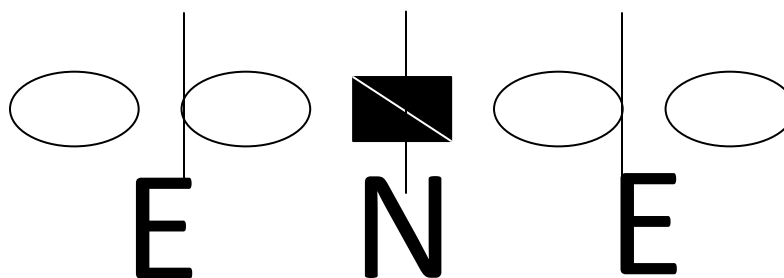
Base (Starting Point)



LUCY



RINGO



TITE

Building Confidence Through Scheme

- Defensive Line

- Eyes

- On the back hip of the lineman inside of my alignment.
- Focus on the crease of their pant line.

- Feet

- Outside foot up, inside hand down.
- Aggressive feet under your butt. Leave room for extension.
- First two steps should gain ground. Sprinter mentality.
- First step brings me towards inside player. This is my read step. Second step starts the fight.

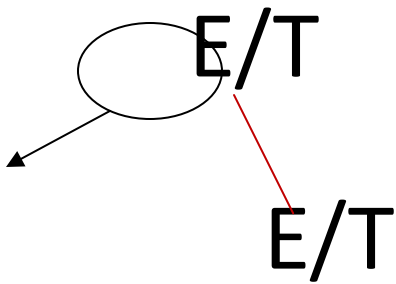
- Hands

- In stance, outside hand should be near your hip or “holster”
- Hands are based on read.
- Down block: punch rib area with inside heel of hand.
- Reach block: punch with inside heel of hand in between shoulder pad cap and breast plate.
- Pull: Treat a pull just like a down block. Step to player blocking back while staying square and treat back blocker just like a reach.

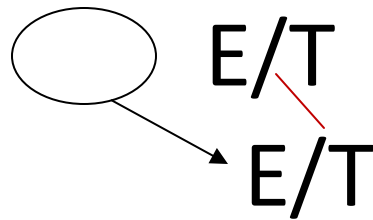
Building Confidence Through Scheme

Run Fit Visualization

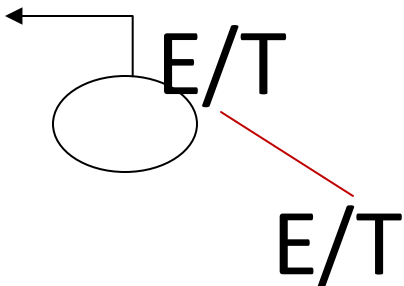
Down Block



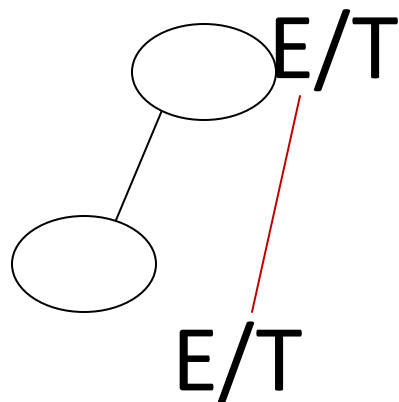
Reach Block



Pull Block



Pass



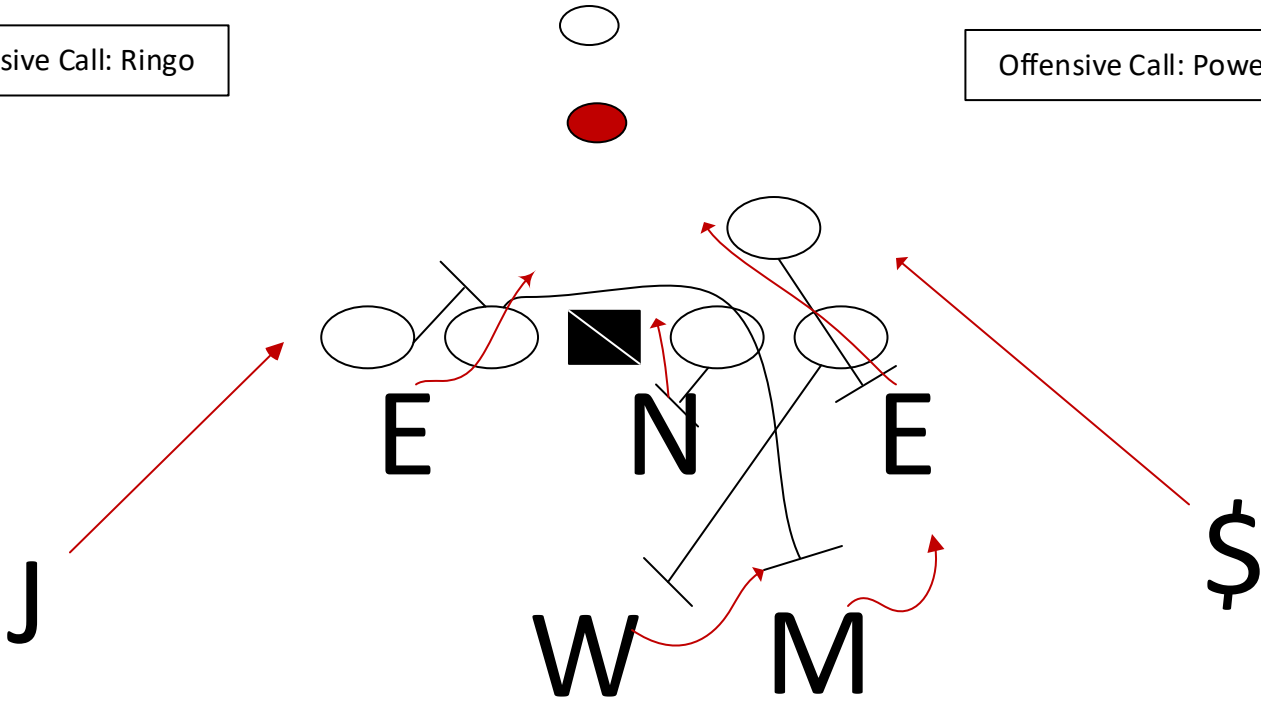
In these diagrams, the defender is on the right side of the ball. Outside foot up. Step with inside foot as a read step. My next step will be with my right foot and determine the action. On the right side it will be Left, Right then we are in action. Using my left foot as my pivot.

Building Confidence Through Scheme

Run Fit Visualization with Linebackers

Defensive Call: Ringo

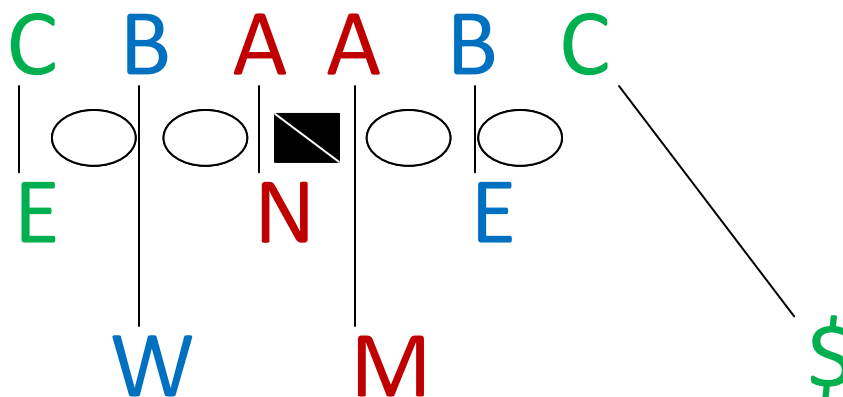
Offensive Call: Power



Building Confidence Through Scheme (Base Alignment Visualization)

- Linebackers
- Fill the Empty Gaps

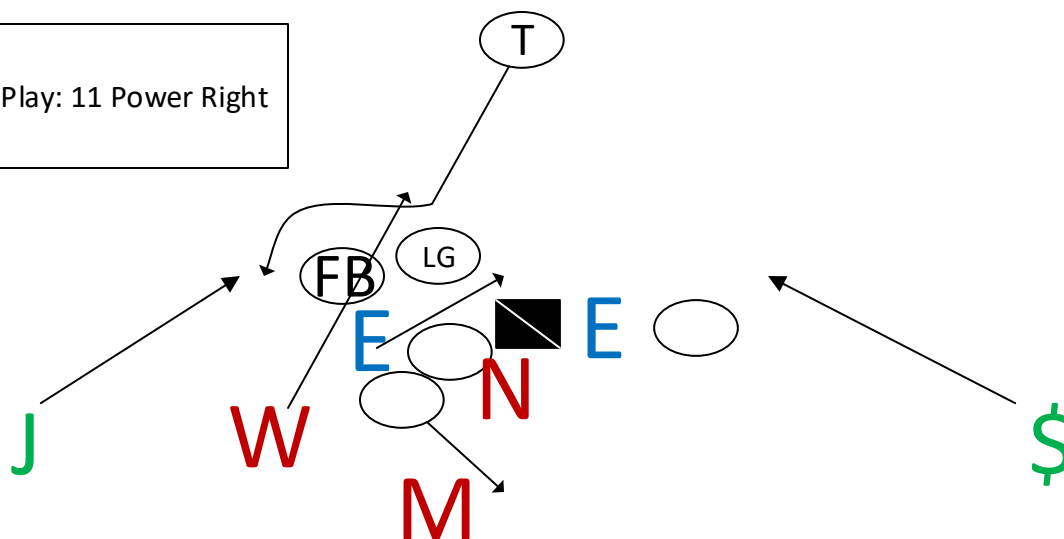
Ex.



M/W Read the near guards. Down block - step up, fill the gap. Inside thigh of first puller. Zone block work parallel until whole open, let double teams fit and run through hole. "Be a running back without the ball"

Mike and Will are spill players. They should take on the first puller coming through their respective gap. Defensive Line will be eating up blockers or spilling their first puller. In gap scheme, inside backers will come off the butt of the end if they are spilling and attacking the inside leg of the next offensive player. Tackle angles follow the same we are pursuing the inside hip of all players, blockers or ball carriers.

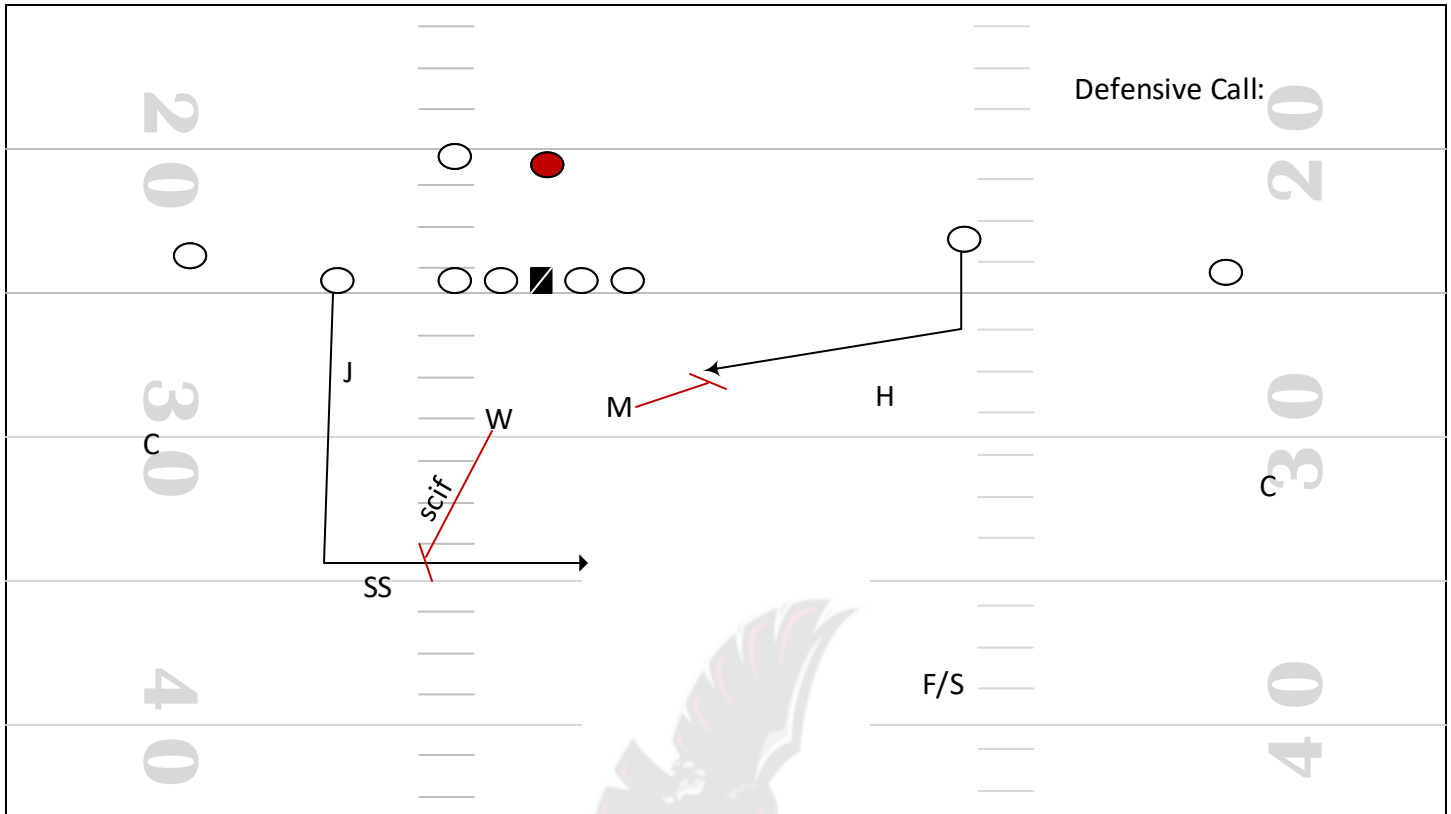
Offensive Play: 11 Power Right



Building Confidence Through Scheme (Base Alignment Visualization)

- Linebackers (Inside Backers M&W)
- Find first facemask.
 - First facemask is defined as, when the ball is snapped and I get a pass read, I look outside. The first facemask facing me that I see is the route I attack and jam or wall. If the route is under 5 routes I jam the up field shoulder pushing towards line of scrimmage. Deeper than 5 yards, attack low shoulder and push deeper to safeties.

Ex.



In this example #2 to field is running a shallow cross. The hawk will pass him to the Mike. The Mike needs to sink and invite him underneath him with leverage and attack his up field shoulder jamming him back towards the L.O.S.

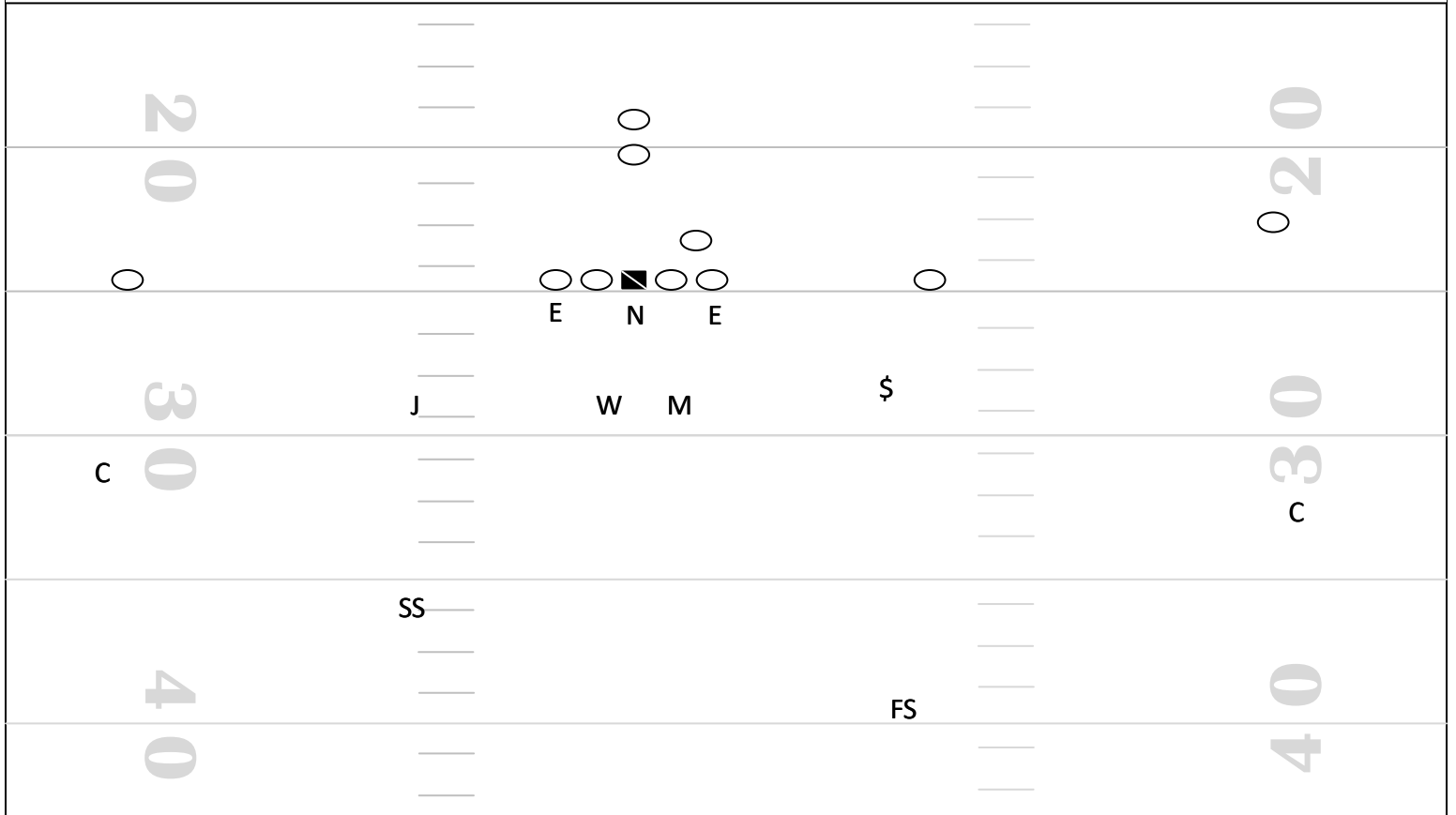
The Will is getting a verticle out of #2. While the Jack is getting hands on the Will is SCIFFing while getting depth but maintaining his inside leverage. Once the #2 to the boundry makes an in cut the will needs to collision and force the route deeper to the safety but most importantly be in the dig window.

Formation:	Motion:	Call:	Tag:
------------	---------	-------	------

Motion: _____ Call: _____ Tag: _____

Call: _____ Tag: _____

Tag:

[illegible]