

■ Defensive Coverage Homework

Name: _____ Date: _____

Coach: Malik Henry

Cover 1 (Man-Free)

- Where is the safety lined up in Cover 1, and what is his main job?
- How can you tell it might be Cover 1 before the snap?
- Why is it risky to throw a post route in Cover 1?
- What routes are best vs Cover 1? (Hint: outside or crossing)
- Draw the basic alignment of Cover 1 below. Label: corners, safeties, linebackers, DL.

Cover 2 (Two-High Zone)

- What part of the field is most vulnerable in Cover 2?
- What type of routes attack Cover 2 best?
- What do corners focus on in this coverage?
- If you see two safeties deep and corners looking at the QB, what coverage is it likely?
- Draw the Cover 2 shell — show safeties, corners, and underneath zones.

Cover 4 (Quarters Coverage)

- Why do quick routes work well vs Cover 4?
- How can you tell it's Cover 4 before the snap?
- What kind of run play works well if OLBs cheat wide?
- What's the main job of each deep defender in Cover 4?
- Draw a Cover 4 alignment.

Man (Cover 0)

- What tells you it's man coverage before the snap?
- Why should you throw into the blitz in Cover 0?
- How does your protection change in this look?
- What are some good "hot" routes to use?
- Draw a Cover 0 look and label who's blitzing, who's in man.

Box Count & Pre-Snap Read

- What is the “box”?
- If there are 6 defenders in the box and you have 5 blockers, what should you do?
- If there are only 4 or 5 defenders in the box, what play might be good?
- Why is counting the box important before every play?
- Draw an example of a “light box” and a “heavy box.”

Bonus: Real-Game Scenarios

- You see one high safety and pressed corners — what coverage might it be?
- Two safeties on the roof, corners looking at QB — what's likely?
- Four DBs all 10 yards deep — what coverage could that be?
- No safety help, all defenders staring at WRs — what should you expect?
- You recognize Cover 0 — what's your plan as a QB?