

DEFENSIVE NOTEBOOK INDEX

GENERAL INFORMATION SECTION

1980 Schedule
Daily Routine
Club Rules & Regulations
Training Room Policy
Schedule of Fines

GENERAL DEFENSIVE PHILOSOPHY

General Defensive Philosophy 1-2
Specific Ram Philosophy. 3-5
1980 Ram Defensive Goals 6

GLOSSARY SECTION (Terminology)

Offensive Terms Defense Must Know. 1-4
Defensive Line & Linebacker Terminology. 5-7
Defensive Secondary & Linebacker Terminology 8-12

OFFENSIVE INFORMATION SECTION

Hole Numbering & Back Numbering System 1
How to Determine Strength. 2
Identifying Offensive Personnel. 3
Change in End Alignment. 4
Calling Formations 5
Examples of Formations 6-11
Series Recognition 12-14
Blocking Maneuver Description & Diagrams 15-18
Favorite Plays in NFL. 19-20
Flare Control Recognition. 21
Individual Pattern Diagrams (Y, X-Z, Backs). 22-24
Other Categories of Pass Plays 25-26

DEFENSIVE SYSTEM SECTION

Identifying Defensive Personnel. 1
Forming Defensive Huddle 2
Method of Calling Defensive Signals. 3-4
Fronts-Location & Terminology. 5-6
Examples of Variations of Defensive Fronts 7
Terminology for Line Stunts. 8-9
Linebacker Locations & Descriptions. 10-11
Secondary Alignments 12
Pass Defense Zones 13

DEFENSIVE LINE SECTION

Index. 1
Philosophy & Technique of Defensive Line Play. 2-13
Defensive Reading - Ends 14-17

Defensive Reading - Tackles	18-20
Alignments Relative to Fronts	21-22
Stunts Involving Tackles, End and Combinations.	23-25
Linebacker Calls to Defensive Linemen	26-27

LINEBACKER SECTION

Basic Philosophy of Linebacking	1-3
Important Things to Remember.	4
Linebacker Techniques vs. Running Game.	5-7
Linebacker Techniques vs. Passing Game.	8-9
Linebacker Techniques of Blitzing	10-11
Mac, Stub, Buck Locations	12-14
Linebacker Key Reaction & Progression	15-22
Linebacker Calls to Linemen	23-24
Linebacker Force Rules.	25-29
Summary of Terms for Linebackers.	30-32

SECONDARY SECTION

Table of Contents	2-3
Philosophy & Theory of Secondary Play	4-5
Individual Secondary Techniques	6-13
Bump and Run Techniques	14-16
Individual Techniques	17-19
Practice Program Objectives	20
Explanation of Coverages.	21-33
Summary of Terms for Secondary.	34-35

RUN FORCE SECTION

Rules & Techniques for Playing End Run and Run Pass	
Strongside.	1-8
Weakside.	9-12

FRONT 4-3 SECTION

Basic Fronts for 1979	1
Defensive Line Alignment, Key & Responsibility.	2
Linebackers Alignment, Key & Responsibility	3

FRONT-OVER SECTION

Defensive Line Alignment, Key & Responsibility.	2
Linebackers Alignment, Key & Responsibility	3

FRONT-UNDER SECTION

Defensive Line Alignment, Key & Responsibility.	2
Linebackers Alignment, Key & Responsibility	3

FRONT K.C. SECTION

Defensive Line Alignment, Key & Responsibility.	2
Linebacker Alignment, Key & Responsibility.	3

FRONT 4-4 SECTION

Defensive Line Alignment, Key & Responsibility.	2
Linebacker Alignment, Key & Responsibility.	3

FRONT 34 SECTION

Defensive Line Alignment, Key & Responsibility.	2
Linebacker Alignment, Key & Responsibility.	3
34 Defensive Scheme	4
34 Defensive Stunts & Calls	5
34 Prevents	6
34 Dogs	6-8

PASS-COVER 1 SECTION

Basic Coverages	1
Cover 1	2-3
Examples.	4-5
Cover 1 Zip	6-7
Examples.	8-9
Cover 1 Wanda	10-11
Examples.	12-13
Cover 1 Rainbow	14-15
Examples.	16-17

COVER 2 SECTION

Cover 2	2-3
Examples.	4-5
Cover 2 Yale.	6-7
Examples.	8-9

COVER 3 SECTION

Cover 3	2-3
Examples.	4-5
Cover 3 Combo	6-7
Examples.	8-9

COVER 4 SECTION

Cover 4	2-3
Examples.	4-5
Cover 4 Slot.	6-7
Examples.	8-9

COVER 5 SECTION

Cover 5	2-3
Examples.	4-5

COVER 6 SECTION

Cover 6	2-3
Examples.	4-5

AUDIBLE SECTION

Audibles.	1
Worksheets.	2-3

MISCELLANEOUS

"THE WINNING EDGE"

RAM DEFENSE

EVERY GREAT FOOTBALL TEAM HAS ALWAYS HAD A GREAT DEFENSIVE TEAM.

A GREAT RAM DEFENSIVE TEAM MUST HAVE THE FOLLOWING CHARACTERISTICS:

1. TOUGHER THAN TEAMS WE PLAY. OUT HIT OUR OPPONENT.
2. SMARTER THAN TEAMS WE PLAY.
3. BETTER CONDITION THAN TEAMS WE PLAY.

TOUGHER, SMARTER, BETTER CONDITION, - THIS IS THE WINNING EDGE.

THE TRADEMARKS OF RAM DEFENSE ARE GREAT PURSUIT AND GANG TACKLING. WE MUST "SWARM" ALL OVER OUR OPPONENT'S BALL CARRIER.

SOME OF THE BASIC PHILOSOPHY OF RAM DEFENSE ARE INCLUDED IN THE FOLLOWING POINTS.

1. WE MUST "ATTACK" AND NOT LET OUR OPPONENT'S OFFENSE DICTATE TO US WHAT FRONTS AND COVERAGES WE WILL PLAY. WE HAVE THE ABILITY TO PLAY ANY FRONT OR COVERAGE VERSUS ANY OFFENSIVE SET.
2. WE MUST DISGUISE AND NEVER TIP OUR COVERAGES, BLITZES, ETC. IN ORDER TO DO THIS WE MUST PRESENT THE SAME "LOOK" TO THE Q.B. WHEN HE IS UNDER THE CENTER. WE MUST TAKE AWAY FROM HIM HIS "PRE SNAP LOOK" AND FORCE HIM TO READ ONCE THE BALL IS SNAPPED. THE Q.B. WILL THEN HAVE A MUCH TOUGHER TIME TRYING TO FIND A WEAKNESS IN OUR DEFENSE.
3. MISTAKE FREE DEFENSE WINS. NO MISSED ASSIGNMENTS OR NEEDLESS PENALTIES. DON'T GIVE OUR OPPONENT ANYTHING. MAKE HIM PAY A PRICE FOR EVERYTHING HE GAINS.
4. EVERY MEMBER OF OUR DEFENSIVE TEAM IS TIED TO ONE ANOTHER. RAM DEFENSE IS A TEAM DEFENSE. EACH PLAYER MUST PLAY THE DEFENSE CALLED AND CARRY OUT HIS ASSIGNMENT.
5. EACH PLAYER MUST BE FUNDAMENTALLY SOUND IN THE TECHNIQUES NECESSARY TO PLAY HIS POSITION. THE DEFENSIVE PLAN BY ITSELF IS NOT THE ANSWER. IT IS THE FUNDAMENTALS WHICH PERMIT THE PLAN TO BE EXECUTED THAT ARE VITAL.

6. FOOTBALL IS A GAME OF TAKEAWAYS VERSUS GIVEAWAYS. OUR DEFENSE MUST TAKE THE BALL AWAY FROM OUR OPPONENT. GET THE BIG PLAY - RBI - FORCE AND RECOVER FUMBLE, GET AN INTERCEPTION.
7. DEFENSIVE AUDIBLES ARE A NECESSITY, NOT A LUXURY. WE WILL CHANGE A FRONT OR COVERAGE AFTER THE HUDDLE CALL ONLY WHEN IT IS ABSOLUTELY NECESSARY. WE STRIVE FOR SECURITY - CONSISTENCY - SIMPLICITY.
8. ABILITY WITHOUT BEING MENTALLY READY TO PLAY IS MEANINGLESS. IT DOESN'T MAKE ANY DIFFERENCE WHETHER A PLAYER IS 23 or 35 - HE MUST BE MENTALLY UP EVERY WEEK IN ORDER TO PLAY A TOP NOTCH FOOTBALL GAME.
9. OUR DEFENSE MUST STOP THE RUN ON 1ST DOWN. HOLD OUR OPPONENT TO LESS THAN 4 YARDS. FORCE OUR OPPONENT INTO PASSING SITUATIONS WHERE WE CAN PUT THE RUSH ON AND OUR SECONDARY BLANKET THEIR RECEIVERS.
10. WE MUST PLAY WITH POISE. WHEN YOU LOSE YOUR POISE YOU LOSE YOUR CONCENTRATION. A PLAYER WHO CANNOT CONCENTRATE ON THE DETAIL OF HIS ASSIGNMENT WILL NOT FUNCTION WELL IN A TEAM DEFENSE.

PHILOSOPHY

The importance of sound defense cannot be overemphasized. Therefore, our whole philosophy will be to not overburden you or the team with meaningless or unproductive defensive plans or maneuvers just for the sake of having the added defenses.

There are several factors that contribute to making a successful defensive team. We feel that the most important single phase of our defense must be the individual player and how he approaches his own individual assignments and the game itself. Therefore, if each individual approaches his own personal assignments with complete dedication to himself and the TEAM, THEN and ONLY THEN can we have a cohesive and complete eleven man defensive unit.

Defensive game plans and team philosophy will only be as strong as the individuals who make them up. Individual techniques must constantly be improved upon (we must assume that our opponent has the same dedication to succeed). A careless approach during any phase of your preparation for the game will be evident, and the results can only detract from our goal. Self-improvement is a personal challenge, and the only way you can improve your physical techniques is through the practice sessions. Therefore, remember the adage "Practice Makes Perfect" or "You Play as You Practice." Your mental approach can be improved by use of your notebook, scouting report, and film work with your individual coach. You must be willing to be self-critical and willing to spend the extra time to improve on your individual weakness!

Our basic defensive philosophy is now, always has been, and always will be to attack the offense on every play. Keep the pressure on them PHYSICALLY and MENTALLY. Our foremost thought is to gain the initiative and keep the initiative, and make them surrender.

No matter how great your physical potential may be, you will never develop your capabilities to the high standard of "Pro" football unless you are willing and eager to study and research your game plans and defensive notebook as written by your coaches.

To sum up our philosophy, we coaches will do everything in our power to help you become a better and more productive football player, but you must have the self-dedication and proper mental approach to the game of football and to your teammates.

PRINCIPLES

The unquestionable principle of our defensive unit is to eliminate and/or prevent any type of score (touchdowns or field goals).

Statistics are only used for our own personal satisfaction and can be adjusted to fit your game results. Impressive statistics furnish

a large measure of satisfaction to the winner, but very little consolation to the loser. In the final analysis our defensive success will be measured by points scored against us. We do not want to underestimate the value of statistics because they are the measuring stick for our defensive efficiency per game. The real value or test of statistics will be measured over a period of several games; therefore, it is essential that we weigh statistics in their place of importance and points scored against us as the final appraisal of our ability as a defensive team.

THEORY OF OUR DEFENSE

This basic theory of our defense is to assault the offense at its heart (the point of attack). We must disintegrate the blockers with sound techniques and minimize the ball carrier's gain. To accomplish this we must be relentless, aggressive hitters, with an intelligent approach and team coordination.

There is no substitute for gang tackling. It will and does demoralize the ball carrier, and often results in fumbles costly to the offense.

All of our predetermined keys and stunts are designed to read the blocking combinations and/or pass patterns as quickly as possible to enable us to converge on the football with the maximum number of players as fast as possible.

Our concept of concealment is to line up the same way each down and at the snap, rotate to our predetermined defense that has been called in the huddle. Proper concealment creates doubt not only for the quarterback, but for the receivers and offensive blockers; it also will ruin their confidence and cause confusion; which, in turn, will cause lack of poise and assurance in their offensive game plan.

Our over-all defensive theory is to become proficient in every phase of our defense - not only physically, but mentally as well.

STRATEGY

Our game plan will vary from opponent to opponent. However, the basic theory of the defense will never change.

It is imperative that you have complete confidence in our system. If you have doubts about the defense called, concentration on your individual assignment will be lacking and your efficiency will drop below our set standards. Therefore, if you have a question, do not hesitate to see your individual coach and get your question answered. To operate at 100% efficiency, your assignments must come as second nature. If ever you line up and think the defense called has little chance of succeeding, more than likely it WON'T succeed. Don't be a second guesser.

Our middle linebacker will call the defenses in the huddle. We don't expect everyone on our defensive team to be concerned with our over-

all strategy. However, the more you know about the overall defense, the better player you will be. We want each player to concentrate on his own assignment and responsibility. If each player does his OWN JOB well, the defense will succeed. WE MUST MINIMIZE MENTAL ERRORS.

Any time you have a helpful suggestion, point it out to us; we operate as a team. Nobody knows everything about the game, and we coaches are always willing to learn. Therefore, if during the game you observe something that needs modification or change, don't suggest it in the huddle, wait until a time-out, or after a turn-over of the football, and tell your coach.

1980 DEFENSIVE GOALS

	<u>NFL AVERAGE</u>	<u>NFL BEST</u>	<u>NFC BEST</u>	<u>1979 RAMS</u>	<u>1980 GOALS</u>
TOTAL POINTS	321	237	237	309-11	240
ALLOW POINTS PER GAME	20.1	14.8	14.8	19.3-11	
INTERCEPTIONS	21.3	34	29	25-7	32
INTERCEPTION TOTAL: YARDS AVE:	297.8 21.3	618	438	355-7 14.2	450
FORCE FUMBLES		45	45	38-5T	42
RECOVERY OF FUMBLES	16.8	24	24	19-7T	28
TAKE AWAYS PER GAME	2.4	3.1	2.9	2.6	3
T.D. SCORE DEFENSIVELY FOR SEASON	2.7	5	5	3	5
SACK OF QB	37.8	57	52	52-2	52
RUSH YDS PER GAME	135.6	105.8	117.1	124.8-10	115
RUSH AVE PER CARRY	4.0	3.4	3.5	3.6-8	3.5
PASS YDS PER GAME	180.4	129.8	129.8	159.8-9	128
% COMPLETION	54.1	47.1	47.6	48.5-3T	47.0
NET YDS PER PASS	5.76	4.36	4.36	5.05-7	4.50
NET YDS PER COMPLETION	12.70	9.62	9.62	13.67-22	12.0
MAX NUMBER T.D. PASSES	19.2	11	14	24-24	14
DEFENSIVE EFFICIENCY	4.81	3.89	3.89	4.32-4	3.89
TOTAL YARDS FOR SEASON	5055.1	3949	3949	4553-7	3950

OFFENSIVE TERMS DEFENSE MUST KNOW

ACE (A)	REFERS TO A FORMATION WITH TWO WIDE RECEIVERS ON ONE SIDE, WITH ONE BACK IN BACKFIELD AND OTHER BACK POSITIONED WEAKSIDE IN WINGBACK POSITION.
AWAY	REMAINING BACK GOING AWAY FROM P.O.A.
BOOTLEG (B)	QB, AFTER FAKING BALL TO BACK, GOES IN OPPOSITE DIRECTION WITH NO PROTECTION.
CHANGE (CH)	DENOTES A CHANGE OF POSITIONS BY "Y" AND A BACK.
CLOSE (CL)	REFERS TO A SLOT MAN SET OUTSIDE THE TACKLE ON OR OFF THE L.O.S. LESS THAN 3 YDS. IN A POSITION TO BLOCK OR CARRY THE FOOTBALL.
COUNTER SERIES (CTR)	A MOVEMENT BY ONE OR MORE BACKS AWAY FROM THE POINT OF ATTACK BEFORE HITTING POINT OF ATTACK.
DOUBLE (DBL)	REFERS TO A FORMATION WITH ONLY 1 BACK WHO IS POSITIONED BEHIND CENTER AND QB.
DUAL (DL)	REFERS TO A FORMATION WITH ONLY 1 BACK WHO IS POSITIONED BEHIND A LINEMAN ON THE SIDE OF 2 OF THE 3 NORMAL RECEIVERS. (STRONGSIDE)
DEUCE (DC)	REFERS TO A FORMATION WITH ONLY 1 BACK WHO IS POSITIONED BEHIND A LINEMAN ON THE WEAKSIDE OF THE FORMATION. (WEAKSIDE)
DOUBLE X	DENOTES THAT THE WEAKBACK IS ON THE L.O.S. AND X IS OFF.
DRAW (DR)	DELAYED HANDOFF FROM QB TO A BACK.
F SERIES (F)	FULLBACK HITS OVER THE ONSIDE GUARD AS BLOCKER, FAKER OR BALL CARRIER.
FAR (F)	REFERS TO A POSITION OF THE WEAK BACK - MORE THAN 3 YDS. FROM OFFENSIVE TACKLE ON OR OFF L.O.S.
FLEX (FLX)	REFERS TO RECEIVER ON ONE RECEIVER SIDE WHO IS LINED UP 3-6 YDS. FROM OFFENSIVE TACKLE.
FLIP SERIES	REFERS TO EITHER BACK IN A HALFBACK POSITION ON A LATERAL SWING MOVEMENT AS A BALL CARRIER OR FAKER.
FLOAT (FLT)	REFERS TO "Z" RECEIVER WHO IS LINED UP 3-6 YDS. FROM "Y".
FLOW	COMPLETE MOVEMENT OF ALL REMAINING BACKS IN THE SAME DIRECTION TO THE STRONG SIDE.
FLOOD	COMPLETE MOVEMENT OF ALL REMAINING BACKS IN THE SAME DIRECTION TO THE WEAKSIDE.
FULL SERIES (FL)	FULLBACK HITS OVER THE GUARD AWAY FROM THE P.O.A. AS A BLOCKER, FAKER OR BALL CARRIER.

"I"	BOTH BACKS LINED UP BEHIND CENTER & QB.
3 "I"	2 BACKS AND 1 OUTSIDE RECEIVER ARE LINED UP BEHIND CENTER AND QB.
4 "I"	2 BACKS AND "Y" LINED UP BEHIND THE CENTER AND QB.
LATERAL PASS	ANY BALL THROWN IN A BACKWARD DIRECTION.
LEFT END (LE)	LEFT OUTSIDE RECEIVER WHEN A TEAM DOES NOT HAVE A NORMAL "X" AND "Z".
L.O.S.	LINE OF SCRIMMAGE.
NEAR (N)	REFERS TO "X" WHEN HE IS LINED UP 1-3 YARDS FROM OFFENSIVE TACKLE.
NEAR 2 (N2)	NEAR 2 INDICATES THAT X IS A SECOND T.E. LINED UP 1-3 YARDS FROM OFFENSIVE TACKLE.
BOTH NEAR (BN)	REFERS TO A FORMATION THAT LINES BOTH "X" AND "Z" 1-3 YARDS FROM THE OFFENSIVE TACKLES.
OPEN	WHEN THE PIX WIDENS OUT MORE THAN 6 YARDS.
OPTION (OPT)	THE ACTION OF THE QB DOWN THE LINE OF SCRIMMAGE HAVING THE OPTION OF KEEPING OR PITCHING THE BALL TO A TRAIL BACK.
OPPOSITE (OP)	BOTH BACKS LINED UP AWAY FROM THE TIGHT END.
PIX (PI)	REFERS TO THE TE POSITION WHEN TE IS THE ONLY RECEIVER ON HIS SIDE OF THE FORMATION.
P.O.A.	POINT OF ATTACK.
POC (PC) (DPC)	"Y" POSITION ON THE 2 RECEIVER SIDE WHEN LINED UP 2-3 YARDS FROM OFFENSIVE TACKLE ON OR OFF L.O.S. IF 4-6 YARDS, IT'S CALLED " <u>DOUBLE POC</u> ".
POST (PO)	OUTSIDE RECEIVER ON 2 RECEIVER SIDE OF A SLOT FORMATION.
POWER (POW)	INDICATES THERE ARE THREE RUNNING BACKS IN BACKFIELD. COULD BE "I", "T", WISHBONE, ETC.
PRO	INDICATES THIRD WIDE RECEIVER IS IN THE GAME SPLIT WIDE.
"Q"	QUARTERBACK.
REVERSE	A RECEIVER COMING ACROSS FORMATION BEHIND L.O.S. TAKING BALL FROM ANY BACK AND RUNNING BALL.
RIGHT END (RE)	RIGHT OUTSIDE RECEIVER WHEN A TEAM DOES NOT HAVE A NORMAL X & Z.

SHOTGUN (SG)	FORMATION WITH QB LINED UP 7-9 YARDS DEEP BEHIND CENTER.
SLOT (SL)	INSIDE RECEIVER ON TWO RECEIVER SIDE OF A SLOT FORMATION.
SLOT FORMATION	FORMATION WITH THE X & Z ON SAME SIDE OF FORMATION AND "Y" IS ON THE OPPOSITE SIDE OF THE FORMATION.
SPLIT (SP)	FORMATION WHERE ONE BACK IS LINED UP ON EACH SIDE BEHIND OFFENSIVE TACKLES.
SPREAD (SPR)	FORMATION WITH NO REMAINING BACKS & Q.B. EITHER UNDER CENTER OR LINED UP DEEP BEHIND CENTER.
STRONGBACK (S)	"S" BACK - OFFENSIVE BACK ON THE 2 RECEIVER SIDE OF FORMATION.
STRONG	BOTH BACKS LINED UP ON SIDE OF TIGHT END.
STRONG SIDE (STRENGTH)	SIDE OF THE FORMATION THAT HAS 2 OF THE 3 NORMAL RECEIVERS (X-Y-Z).
DIVE SERIES	INDEPENDENT MOVEMENT BY THE BACKS TOWARD THE L.O.S.
SUCKER	INFLUENCE RUNNING PLAY WITH BACK RUNNING IN HOLE VACATED BY PULLING LINEMAN.
SWITCH (SW)	REFERS TO FULLBACK GOING TO HALFBACK POSITION AND HALFBACK GOING TO FULLBACKS POSITION.
POWER "T"	FORMATION THAT HAS 3 RUNNING BACKS LINED UP IN A "T" FORMATION.
TOSS SERIES	REFERS TO A BACK BEHIND THE QB WHO TAKES A LATERAL SWING MOVEMENT AS A BALL CARRIER OR FAKER.
TRIPLE (TRPL)	3 RECEIVERS ON ONE SIDE OF FORMATION WITH REMAINING BACK BEHIND CENTER.
TRIPS (TRP)	3 RECEIVERS ON ONE SIDE OF FORMATION WITH REMAINING BACK BEHIND STRONG TACKLE.
TREY (TRY)	3 RECEIVERS ON ONE SIDE OF FORMATION WITH REMAINING BACK BEHIND WEAK TACKLE.
UNBALANCED (U)	WHEN ONE TACKLE LINES UP BESIDE THE OTHER AND THEY HAVE 4 LINEMEN ON ONE SIDE OF THE CENTER.
WEAKBACK (W)	"A" BACK - OFFENSIVE BACK ON THE 1 RECEIVER SIDE OF FORMATION.
WEAK SIDE	SIDE OF THE FORMATION THAT HAS ONLY 1 NORMAL RECEIVER.
WING (W)	POSITION OF "Z" WHEN HE LINES UP 1 TO 3 YARDS OUTSIDE OF "Y".
WING 2	TWO TE'S LINED UP ON SAME SIDE WITH ONE IN WINGBACK POSITION.
"X"	RECEIVER ON THE 1 RECEIVER SIDE OF A NORMAL FORMATION.

Y OFF	INDICATES Y IS LINED UP IN SLOT OFF THE LINE OF SCRIMMAGE.
YAK	INDICATES MOTION BY Y AND BALL IS SNAPPED WHEN Y IS IN GUARD TACKLE AREA. DOES NOT CHANGE STRENGTH.
YAZ	INDICATES MOTION BY Y AWAY FROM FORMATION.
YING	INDICATES Y MOTION IN.
YOO	INDICATES Y IS LINED UP OUTSIDE OF Z ON OR OFF THE LINE OF SCRIMMAGE.
Y OVER	INDICATES Y SHIFTS TO CHANGE STRENGTH.
2 "Y"	2 TIGHT ENDS GIVING THE OFFENSE 3 LINEMEN ON EACH SIDE OF CENTER.
3 "Y"	CALL USED ON GOAL LINE AND SHORT YARDAGE FORMATIONS WHERE WING BACK IS THIRD T.E.
Y	Y LINED UP IN BACKFIELD.
YUM	INDICATES Y IS LINED UP OFF THE LINE AND GOES IN MOTION TO CHANGE STRENGTH.
"Z"	OUTSIDE RECEIVER OF THE 2 RECEIVER SIDE WITH X AWAY FROM HIM.
Z BACK	Z LINED UP IN BACKFIELD.
Z MIDDLE	Z LINED UP IN BACKFIELD DIRECTLY BEHIND Q.B.
ZAK	MOTION BY Z AND BALL IS SNAPPED WHEN Z IS IN GUARD TACKLE AREA. DOES NOT CHANGE STRENGTH.
ZING	MOTION BY Z TOWARDS Y, WHERE BALL IS SNAPPED BEFORE HE REACHES Y.
ZOOM	MOTION BY Z GOING ACROSS THE FORMATION THUS CHANGING STRENGTH.

TERMINOLOGY DEFENSIVE LINEMEN AND LINEBACKERS MUST KNOW

BACK	TERM USED BY MAC TO GET DEFENSE TO SHIFT FROM A CALLED FRONT BACK TO A 4-3 FRONT.
BANJO	ADJUSTMENT ON GOAL LINE DEFENSE BY END & LINEBACKERS. IT IS A SWITCH IN COVERAGE BETWEEN MAC AND STRONG BACKER.
BLAST	TERM TO DENOTE A DEFENSIVE PASS RUSH BY TACKLES. <i>↓ ENDS</i>
CAN	11 MAN ALERT - CALLS A DOG OFF - LEAVES US IN <u>SAME</u> FRONT - BUT NEW COVERAGE CALL <u>MUST FOLLOW</u> .
CHECK	TERM USED WHEN SOMEONE MISSED THE DEFENSIVE CALL IN HUDDLE OR ON L.O.S.
GAP	AREA BETWEEN TWO OFFENSIVE LINEMEN.
GONE	TERM MAC USES TO ALERT TACKLES THAT HE IS NOT IN MIDDLE ANY MORE.
ISX	EXCHANGE OF HOLE RESPONSIBILITIES BY LIN AND RIC BY CROSSING ON SNAP OF BALL.
JERRY	CHARGE OF TACKLE AWAY FROM TIGHT END SIDE TO INSIDE GAP.
LEX	LINEMEN STUNT WHERE LIN AND LON EXCHANGE RUN HOLE RESPONSIBILITIES BY CROSSING ON L.O.S. ON SNAP OF BALL.
LIN	CHARGE OF LEFT DEFENSIVE TACKLE TO THE INSIDE GAP.
LION	TERM USED TO DENOTE BOTH TACKLES SLANTING LEFT.
LIZ	TELLS NOSEMAN IN ODD DEFENSES TO CHARGE TO LEFT GAP OF CENTER.
MIKE	TERM FOR MAC TO STAY AT HOME IN 0-1 HOLE - NO PASS RESPONSIBILITY.
MAX TWIST	<i>OR MEEK</i> MEANS A LINEMAN AND MAC CROSSING - MAC GOES FIRST AND LINEMAN SECOND. <i>OR MEEK</i>
NORMAL	POSITION OF PERSONNEL AS DETERMINED BY DEFENSE CALLED.
NOSEMAN	LINEMEN POSITION WHEN LINED UP ON NOSE OF OFFENSIVE CENTER.
SPECIAL	MEANS MAC HAS OPTION TO SHIFT DEFENSE: BY SAYING LEFT OR RIGHT, TO AN UNDER OR OVER.
<i>POWER RUSH</i> PINCH	CHARGE OF DEFENSIVE END TO THE INSIDE GAP STRONGSIDE.
PRE-SIFT	FRONT BEFORE SHIFTING FROM ONE DEFENSIVE ALIGNMENT TO ANOTHER BEFORE SNAP OF BALL.
RAM	TERM USED TO DENOTE BOTH TACKLES SLANTING RIGHT.

READ END STUNT BASED ON FLOW. CALLED BY DEFENSIVE LINEMEN AGAINST CERTAIN FORMATION.

REDUCE CALL BY LINEBACKER TO DEFENSIVE LINEMEN THAT HE IS LEAVING NORMAL POSITION AND MOVING OUTSIDE. LINEMEN WILL ADJUST POSITION. END PLAYS NO OX TECHNIQUE.

REX LINEMEN STUNT WHERE RIC AND ROY EXCHANGE RUN HOLE RESPONSIBILITIES BY CROSSING ON L.O.S. AT SNAP OF BALL.

RIC CHARGE OF RIGHT DEFENSIVE TACKLE TO THE INSIDE GAP OF CENTER.

RUSH TERM USED WITH DEFENSIVE FRONT TO DENOTE ALL OUT PASS RUSH.

SAFE CHANGE OF TECHNIQUE BY DEFENSIVE END TO PLAY INTO 6-7 HOLE STRONGSIDE TIGHT (UNDER DEFENSE).

SHIFT DEFENSE SHIFTING FROM ONE FRONTAL ALIGNMENT TO ANOTHER ON OR UPON THE SIGNAL CALLER'S COMMAND.

SINK TELLS DEFENSIVE END TO LINE UP IN GUARD-TACKLE GAP AND DRIVE TIGHT OVER OUTSIDE SHOULDER OF OFFENSIVE GUARD. ALSO, TELLS L.B. TO REPLACE DEF. END.

SLANT STRONG BOTH TACKLES AND ENDS SLANTING STRONGSIDE.

SLANT WEAK BOTH TACKLES AND ENDS SLANTING WEAKSIDE.

SOLID A TERM TO ALERT CERTAIN DEFENSIVE LINEMEN AND LINEBACKERS TO A CHANGE IN TECHNIQUE AND/OR ALIGNMENT FROM THE BASIC FRONT CALL.

DOUBLE SPECIAL A STUNT USED ON GOAL LINE DEFENSES TO TELL TACKLES AND ENDS TO WORK TO THE OUTSIDE.

SPY TERM TO TELL ONE DEFENSIVE LINEMAN THAT HE HAS DRAW-SCREEN-SCRAMBLE RESPONSIBILITIES.

TEX TACKLES AND ENDS RUN REX AND LEX AT THE SAME TIME.

TILLIE TACKLE, END AND BACKER ON SIDE OF TIGHT END CHARGING TO INSIDE GAP ON SNAP OF BALL (STRONGSIDE).

RIP TELLS NOSEMAN IN ODD DEFENSE TO CHARGE TO RIGHT GAP OF CENTER.

SLAM TACKLE AND END ON SIDE OF TIGHT END CHARGING TO THE INSIDE.

TITE	LIN AND RIC, CHARGE TO INSIDE GAP ON SNAP OF BALL.
TITE INSIDE	LIN, RIC, LON, ROY AND BOTH BACKERS CHARGE TO INSIDE OF GAP ON SNAP OF BALL.
TOM	CHARGE OF TACKLE ON TIGHT END SIDE TO INSIDE GAP.
VIKING	CALL AND TECHNIQUE TELLS NOSEMAN TO DRIVE SOLID INTO CENTER AND CONTROL BOTH GAPS.
WEDGE	BOTH TACKLES AND BOTH ENDS CHARGE TO INSIDE GAPS ON SNAP OF BALL.
WHAM	TACKLE AND END ON SIDE AWAY FROM TIGHT END CHARGING TO THE INSIDE (WEAKSIDE).
WIDE	LIN & RIC CHARGE TO OUTSIDE GAPS ON SNAP OF BALL.
WILLIE	TACKLE, END & BACKER AWAY FROM TIGHT END CHARGING TO INSIDE GAP ON SNAP OF BALL (WEAKSIDE).

SECONDARY AND LINEBACKER TERMINOLOGY

ALLEY	AREA OUTSIDE OF HASH MARK, SPLITTING HASH MARKS AND NUMBERS, 15 OR MORE YARDS DEEP.
AXE	TECHNIQUE USED BY A DEFENSIVE BACK OR LINEBACKER TO KNOCK DOWN A TIGHT END LINED UP 3 YARDS OR LESS FROM OFFENSIVE TACKLE.
BALL	CALL THAT IS MADE WHEN Q.B. RELEASES BALL ON SHORT OR INTERMEDIATE PASSES TO ALERT SECONDARY.
BAY (B)	AWAY FROM TIGHT END BACK GOES IN MOTION TO THE WEAKSIDE OF FORMATION. FOR SCOUTING PURPOSES ONLY
BLIZZARD	TWO T.E.'S AND TWO WIDE RECEIVERS.
BOMB	LONG PASS THROWN BY OFFENSE MEANT TO BE A T.D.
BRONCO	BACKER FORCE ON 8-9 HOLE RUNS.
BUZZ	DROP OF A LINEBACKER ON PASS COVERAGE.
CAN	11 MAN ALERT - CALLS A DOG OFF - LEAVES US IN <u>SAME</u> FRONT - BUT NEW COVERAGE CALL <u>MUST FOLLOW</u> .
CAIN	CALL USED ON NEAR END FORMATION TO DENOTE COVERAGE ON NEAR END AND BACK. MADE BY SAFETY TO CORNER AND L.B.
CHECK	CALL THAT IS USED WHEN SOMEONE MISSES DEFENSE CALLED IN HUDDLE OR ON L.O.S.
CHIEF (SMASH)	DELAY PATTERN BY A WIDE RECEIVER COMING INSIDE, LESS THAN 10 YARDS.
CLEO	CORNER FORCE ON A 8-9 HOLE RUNS.
COMBO	INSIDE-OUTSIDE COVERAGE BY JILL & SAM ON "Y" & S.B.
CONE	CALL MADE TO DENOTE IN AND OUT COVERAGE ON AN OUTSIDE RECEIVER.
CONNIE	SECONDARY CALL USED TO DENOTE IN & OUT COVERAGE ON AN INSIDE RECEIVER.
CRACK BACK	OUTSIDE RECEIVER BLOCKING DOWN ON LINEBACKER.
CRACK CALL	CALL MADE BY JILL TO WEAK CORNER TO INDICATE CHANGE OF FORCE AND COVERAGE.
CROSS	PATTERN CALL ALERTING DEFENSE OF A RECEIVER CROSSING SHALLOW.
CUT	CALL BY SAFETY TO CORNER INDICATING HE WILL HELP CORNER ON INSIDE ROUTE.
DEEP	CALL THAT IS MADE WHEN Q.B. RELEASES BALL ON DEEP PATTERNS TO ALERT SECONDARY.

DEEP MIDDLE	MIDDLE 1/3 OF FIELD OVER 15 YDS DEEP. WIDTH OF AREA THAT IS CONTAINED BETWEEN IMAGINARY LINES 5 YDS OUTSIDE OF EACH HASH MARK.
DEEP OUTSIDE	AREA FROM 5 YDS OUTSIDE HASH MARK TO SIDELINE BEYOND 15 YDS DEEP.
DIME	5TH AND 6TH DEFENSIVE BACK REPLACING LINEBACKERS FOR SPECIAL PASS COVERAGE.
DOGS	<u>10 CATEGORIES OF DOGS FOR COVERAGES</u>
	1. RED DOG STUB & BUCK DOGGING
	2. MAD DOG MAC-STUB-BUCK DOGGING
	3. WEAK DOG & CAT MAC-BUCK DOGGING
	4. STRONG DOG & CAT MAC & STUB DOGGING
	5. MIDDLE DOG MAC & MEEK DOGGING
	6. BUCK I BUCK DOGGING
	7. MAC I MAC DOGGING
	8. STUB I STUB DOGGING
	9. MEEK I MEEK DOGGING
	10. BLITZ SAM OR JILL DOGGING
FAN AREA	AREA LOCATED 8-25 YDS DEEP, OUTSIDE THE NUMBERS.
FILL	PERSON RESPONSIBLE FOR MEETING THE PLAY INSIDE OUT.
FIRE	CALL MADE WHEN INTERCEPTION IS MADE BY DEFENSE.
FLARE CONTROL	TYPE OF RELEASE OF OFFENSIVE BACKS FROM NORMAL POCKET PASS.
FLAT AREA	AREA FROM 2 YARDS OUTSIDE NUMBERS TO SIDELINE UNDER 8 YDS DEEP.
FLOW	MEANS TWO OR MORE OFFENSIVE BACKS IN THE SAME DIRECTION STRONGSIDE.
FLOOD	MEANS TWO OR MORE OFFENSIVE BACKS IN THE SAME DIRECTION WEAKSIDE.
FLY (F)	MEANS A BACK GOES IN MOTION TOWARDS STRONG SIDE OF FORMATION.
FORCE	PERSON RESPONSIBLE FOR TURNING PLAY INSIDE.
HOLE	AREA BETWEEN THE HOOKS, UP TO 15-18 YARDS DEEP.
HOOK AREA	AREA VERTICAL TO "Y" POSITION-UP TO 15 YARDS DEEP.

IN CALL MADE BY DEFENSIVE BACK TO ALERT LINEBACKER THAT RECEIVER IS COMING INSIDE AND SHALLOW (8-15 YDS).

JET DELAY BLITZ RESPONSIBILITY, WHEN YOUR BACK TO COVER, BLOCKS.

LINDA MEANS A ZONE ROTATION TO THE LEFT.

MAMBO CALL MADE BY MAC TO OUTSIDE BACKER INDICATING IN & OUT COVERAGE ON Y & 1ST BACK.

MAYDAY 3 WIDE RECEIVERS & NO TIGHT END.

MIDNIGHT 3 WIDE RECEIVERS & A TIGHT END.

MIKE VARIATION OF COVER 1 THAT TELLS MAC HE IS FREE IN THE MIDDLE.

NEAR BACK OFFENSIVE BACK CLOSEST TO YOU ON YOUR SIDE OF FORMATION.

NICKEL 5TH DEFENSIVE BACK REPLACING LINEBACKER FOR SPECIAL PASS COVERAGE.

OUT CALL MADE BY DEFENSIVE BACK TO ALERT LINEBACKER THAT RECEIVER IS BREAKING OUTSIDE.

OUT AREA AREA FROM 2 YARDS OUTSIDE NUMBERS TO SIDELINE 8 TO 18 YARDS DEEP.

OUT CALL TELL LINEBACKERS TO MOVE OUTSIDE. BACK REPLACES HIM ~~COVERAGE PURPOSES~~. *Automatic Bronco Rule*

OUT POST THREE RECEIVERS LINED UP WIDE TO ONE SIDE.

PATTY SECONDARY CALL USED TO DENOTE YALE COVERAGE ON SLOT & POST RECEIVERS.

PEEL TECHNIQUE USED BY LINEBACKER, OR DEF. BACK, ON DOGS TO COVER OFFENSIVE BACK IF HE RELEASES.

PICK SCREEN BY A RECEIVER ON A DEFENSIVE BACK TO TAKE HIM OUT OF COVERAGE.

PLAY ACTION *(100's)* FAKE RUN BY OFFENSE AND THEN PASS.

POST CALL MADE BY DEF. BACK TO ALERT SAFETIES THAT OUTSIDE RECEIVER IS BREAKING DEEP MIDDLE.

PREVENT SPECIAL DEFENSE USED IN CERTAIN SITUATIONS TO STOP THE LONG PASS.

PRO *SLOT OPEN FORMATION WITH*
DENOTES THREE WIDE RECEIVERS IN GAME.
THREE WIDE RECEIVER - 1 in

RAINBOW VARIATION OF COVER 1 - MAC AND BUCK TO DRIVE WEAK (POSS. STUB).

ROGER MEANS A ZONE ROTATION TO THE RIGHT.

ROLL OUT *(200's)* BOTH OFFENSIVE BACKS IN ONE DIRECTION AND QB ROLLS BEHIND THEM IN SAME DIRECTION. QB MAKE FAKE BEFORE ROLLING.

RUN-PASS *(300's)* HAND-OFF BY QB TO A BACK AND HE THROWS PASS TO A RECEIVER.

~~IS A VARIATION OF RAINBOW COVERAGE~~
~~FOR LINE BACKERS~~
~~3 ON 2 COVERAGE VARIATION BY A DEFENSIVE BACK, MAC, AND~~
~~ONE BACKER - LINEBACKERS ZONE SHORT INSIDE - OUTSIDE~~
~~AND DEFENSIVE BACK TAKES DEEP RECEIVER.~~

SAMBO

SANDY

SCREENS

SKY

SLO BLOCK

SLOOP

SLOT AREA

SPEED

SPRINT OUT

STAY

STORM

STRONG ZONE

SUELING

SUPPORT

SWITCH

TAKE

TORNADO

A. REGULAR-BACK FAKES PASS PROTECTION - SWINGS OUT WIDE FOR PASS FROM QB - THE LINE ON SIDE OF SCREEN LEADS THE BACK AFTER DELAY (3 COUNT).

B. SLIP - TYPE OF QUICK SCREEN WITH BALL THROWN TO SECOND BACK IN DIRECTION OF FLOW. USUALLY FROM POCKET (2 COUNT).

C. OPTION - TYPE OF PLAY WHERE OFFENSE HAS OPTION TO THROW BALL DOWNFIELD OR SCREEN TO BACK, USUALLY TWO LINEMAN IN SCREEN (2 COUNT).

D. QUICK - QUICK THROW TO BACK OR WIDE RECEIVER, USUALLY FOLLOWING PLAY ACTION, WITH LINEMAN RELEASING QUICKLY TO LEAD FOR BALL CARRIER.

SAFETY FORCE ON 8-9 HOLE RUNS.

TERM FOR A RECEIVER (USUALLY "Y") WHEN HE BLOCKS FOR PASS AFTER WHICH HE MAY RELEASE AS OUTLET RECEIVER.

TERM USED INDICATING TIGHT MAN FOR MAN COVERAGE BY OUTSIDE LINEBACKER ON BACK FLOWING AWAY.

AREA BETWEEN WIDE RECEIVER AND "Y" OR OFFENSIVE TACKLE UP TO 15 YARDS DEEP.

~~VARIATION OF COVER 1 & 3 ON WEAK SIDE~~
~~SAMBO COVERAGE TO THE WEAKSIDE SLOT~~
~~OF SCOT FORMATION~~

WHEN QB OPENS OUTSIDE AND RUNS TO OUTSIDE WITH ONE OR NO BACKS PROTECTING.

CALL MADE TO CORNER BY SAFETY INDICATING HE WILL PICK UP HIS MAN.

CALL MADE BY MAC TO STRONG SAFETY INDICATING IN AND OUT COVERAGE ON Y AND FIRST BACK IN GOAL LINE DEFENSE.

ROTATION OF SECONDARY TO THE TWO RECEIVER SIDE.

SECONDARY CALL USED TO DENOTE SHORT & LONG COVERAGE ON A RECEIVER USUALLY THE INSIDE RECEIVER ON SLOT.

APPLIES TO PERSON WHO IS RESPONSIBLE FOR SUPPORT ONCE THREAT OF PASS IS ELIMINATED.

MEANS THAT THE OFFENSIVE BACKS HAVE EXCHANGED POSITIONS.

VARIATION OF LINEBACKER COVERAGE ON COVER 2 YALE WHERE STRONG LINEBACKER TAKES Y M/M.

T.E. AND TWO WIDE RECEIVERS ON THE SAME SIDE AND BACK TO WEAKSIDE.

WAGGLE (WW)
(WS) MEANS THAT THE QB FAKES RUNNING PLAY TO A BACK AND ROLLS OUT OPPOSITE OF RUN FAKE WITH A LINEMAN LEADING.

WANDA VARIATION OF COVER 1 THAT TELLS MAC AND BUCK TO DRIVE WEAK.

WEAK ZONE ROTATION OF SECONDARY TO THE ONE RECEIVER SIDE.

WIND CALL MADE BY MAC TO WEAK CORNER INDICATING IN AND OUT COVERAGE ON NEAR END AND FIRST BACK IN GOAL LINE DEFENSE VS. SLOT FORMATION.

YALE VARIATION OF COVER 2 THAT IS MAN TO MAN COVERAGE UNDERNEATH.

YANKEE CALL MADE TO INDICATE FREE COVERAGE.

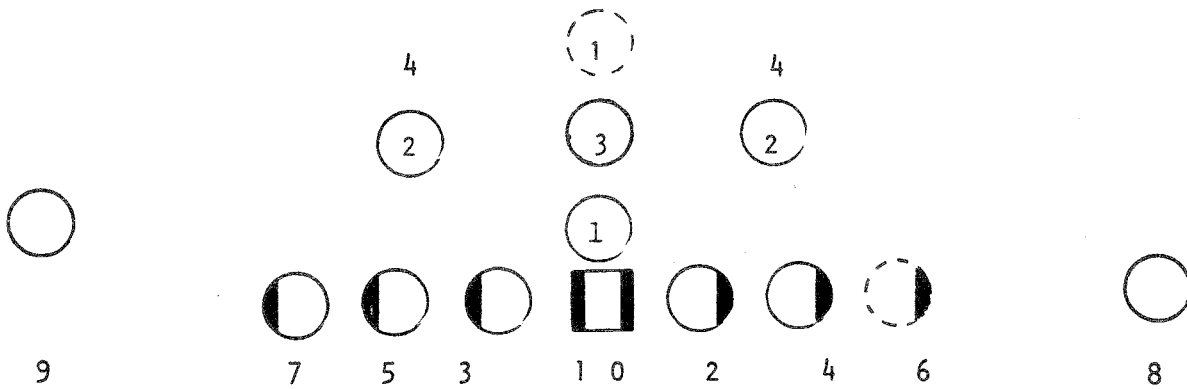
YO YO TERM USED FOR MAC AND OUTSIDE LINEBACKERS TO DOUBLE TIGHT END WHEN ONLY ONE BACK IN BACKFIELD.

ZING Z COMING BACK IN MOTION AND BALL SNAPPED BEFORE HE REACHES TIGHT END.

ZIP VARIATION OF COVER 1 THAT TELLS MAC AND STUB TO DRIVE STRONG.

ZOOM A MAN THAT GOES IN MOTION TO CHANGE OR ESTABLISH STRENGTH.

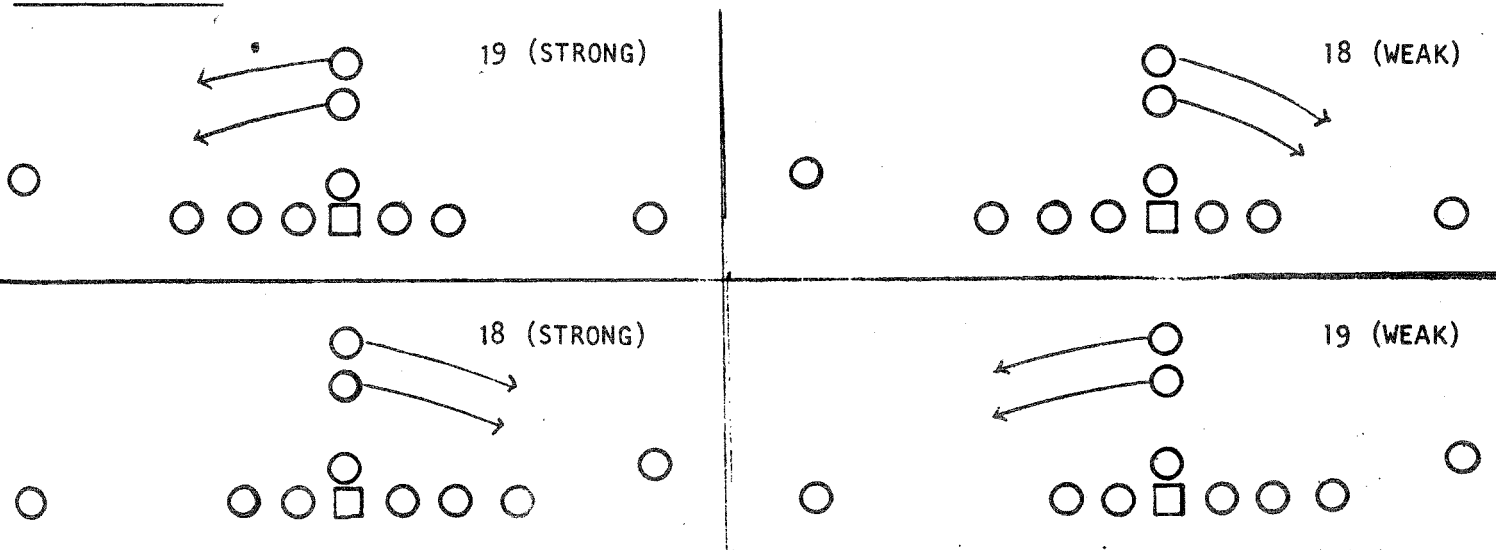
HOLE NUMBERING SYSTEM AND BACK DESIGNATION

HOLE NUMBERING:

1. Odd numbers are always to the left no matter where strength is.
2. Even numbers are always to the right no matter where strength is.
3. Hole numbers are designated as the outside leg of the offensive lineman.
4. 0-Hole, on the defensive right leg of the center.
5. 1-Hole, on the defensive left leg of the center.

BACKS DESIGNATION:

1. 3 Back - back lined up directly behind the quarterback.
2. 4 Back - back in split back position for special plays.
3. 2 Back - back in far split back position.
4. 1 Back - Deep back in I formation.

I DESIGNATION:

HOW TO DETERMINE STRENGTH OF OFFENSIVE FORMATION

I. STRENGTH

A. Strength of an offensive formation will be determined by the position of two of the offenses normal receivers.

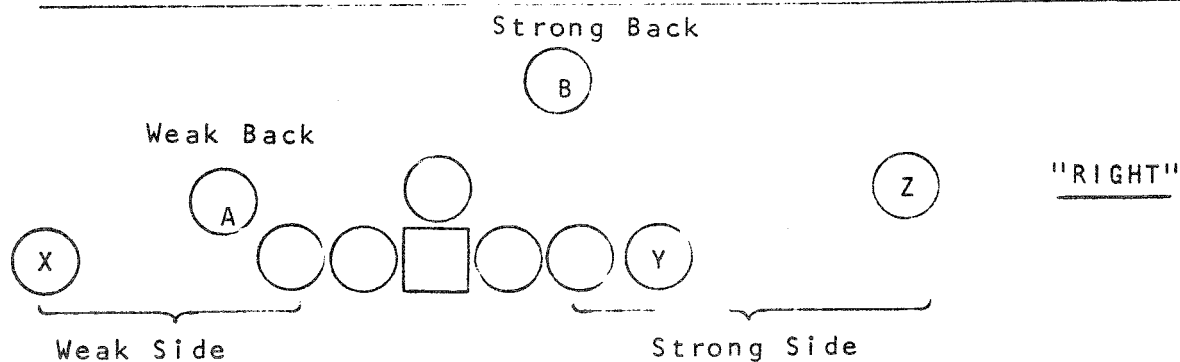
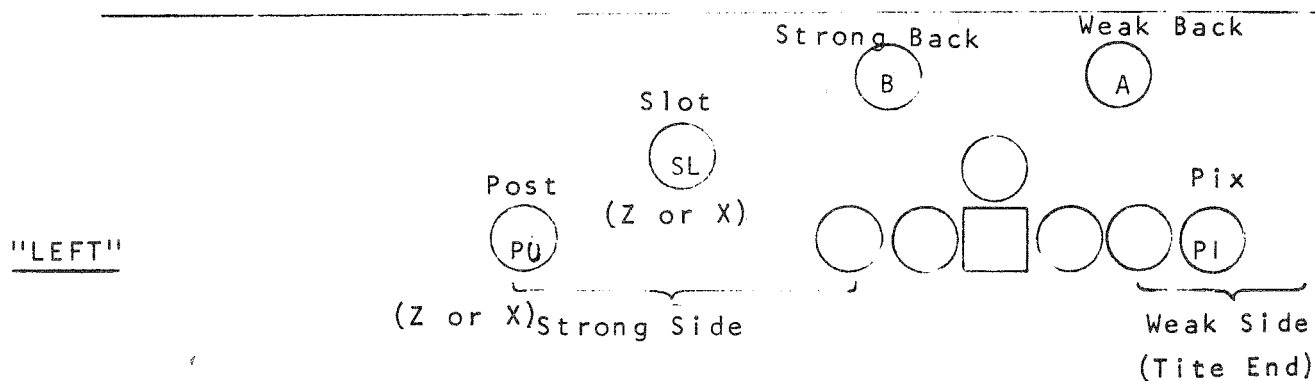
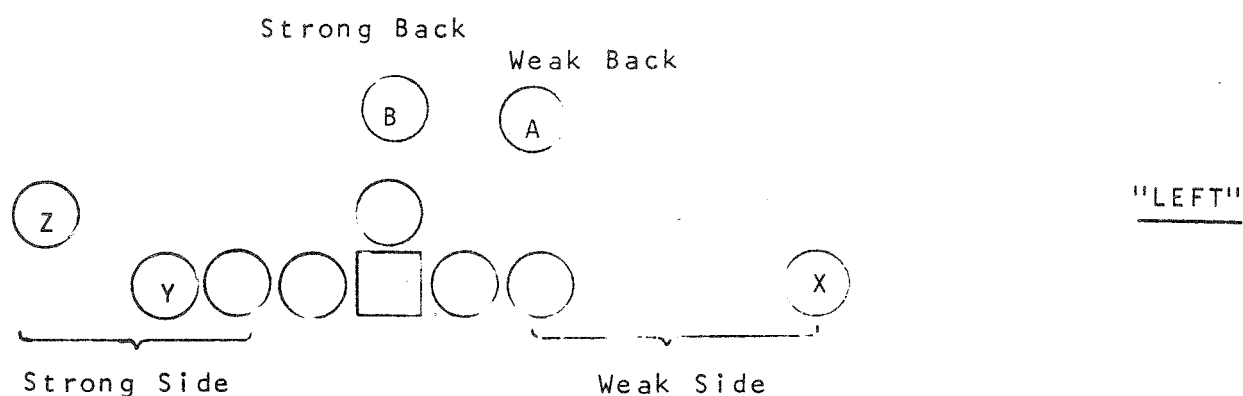
1. Normal receivers of an offense are:

X - Usually the only receiver on his side of formation.

Y - Inside receiver on two receiver side of formation.

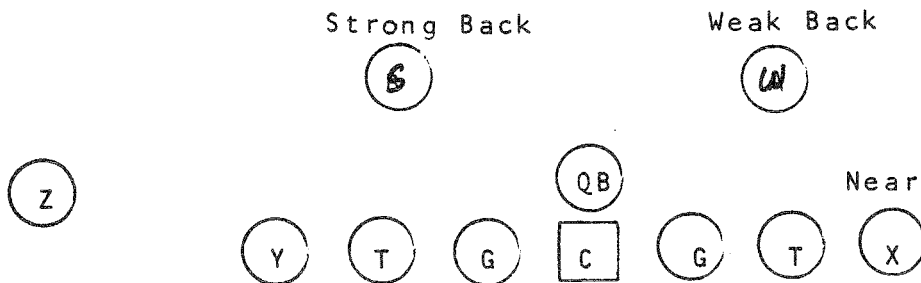
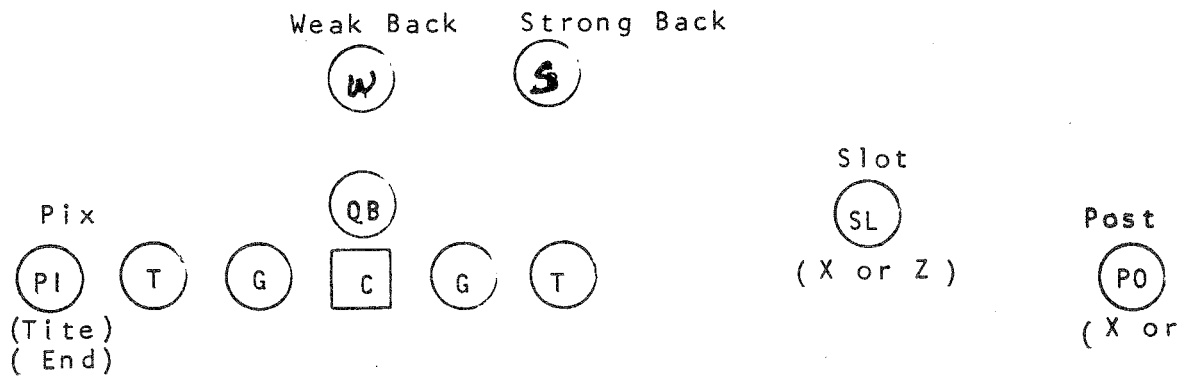
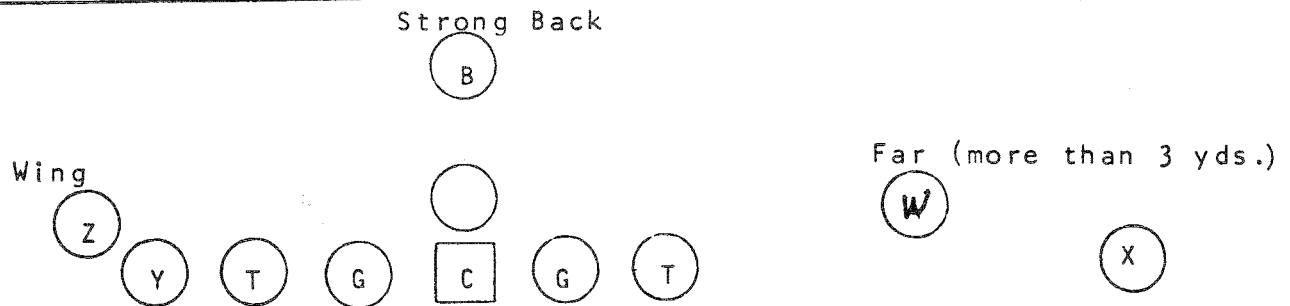
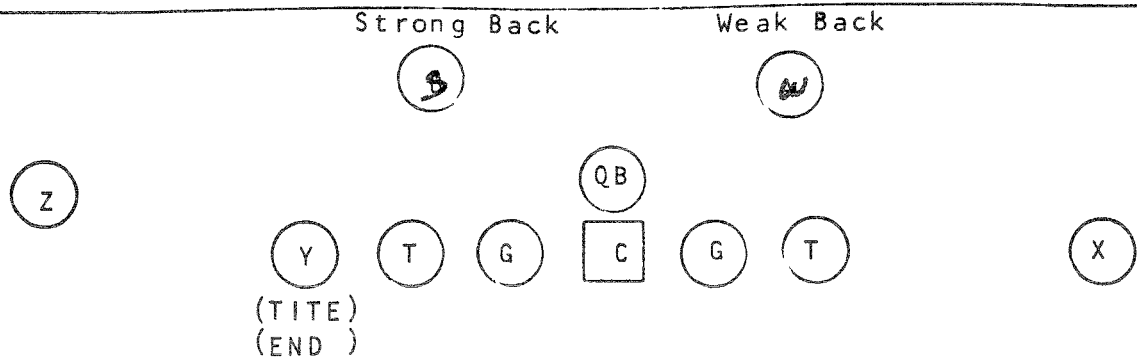
Z - Outside receiver on two receiver side of formation.

II. EXAMPLES:



IDENTIFYING OFFENSIVE PERSONNEL

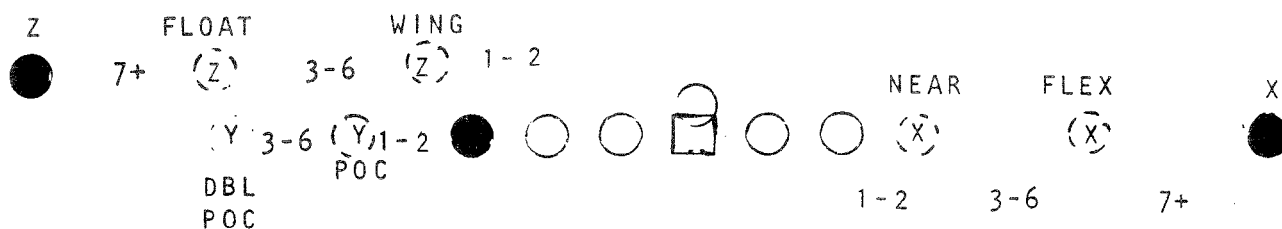
3



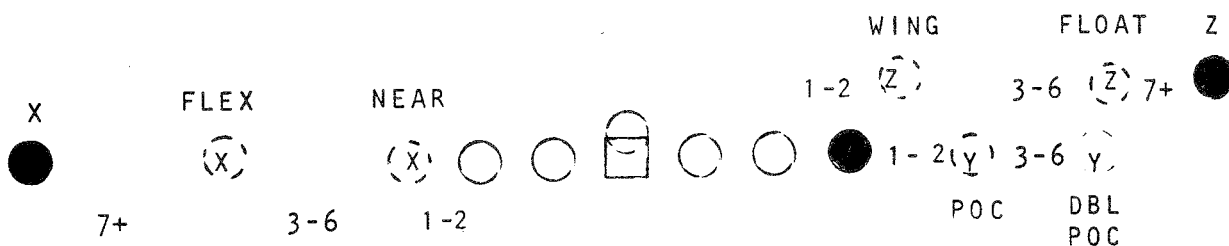
CHANGE IN END ALIGNMENT

1. When there is a change in the end alignment (X.Y.Z) we use the following terms.

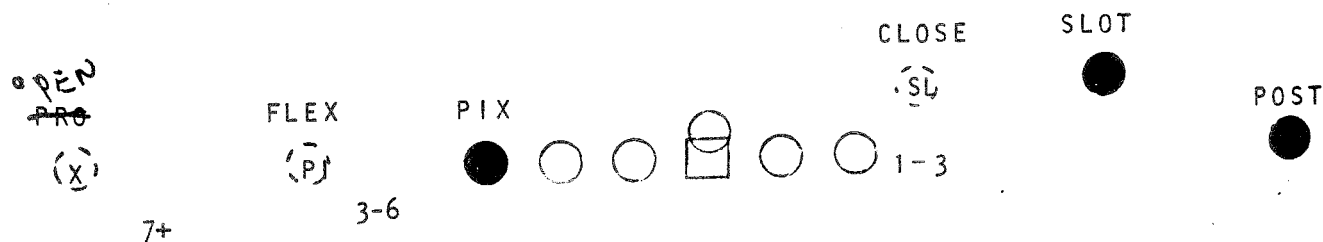
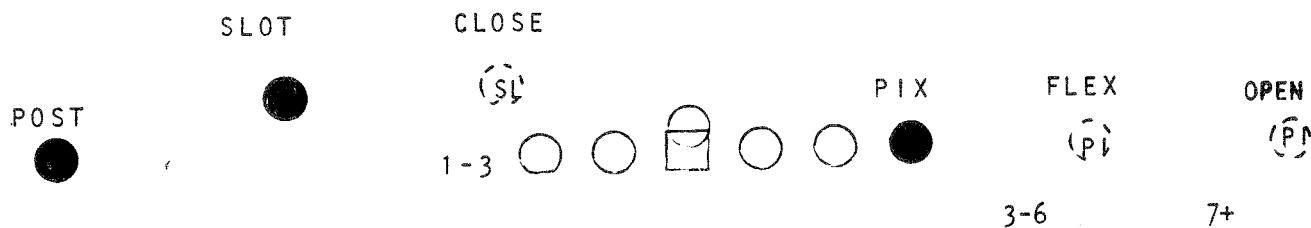
LEFT FORMATION



RIGHT FORMATION



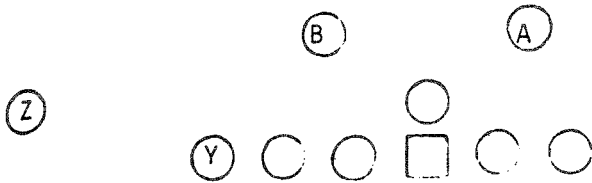
SLOT



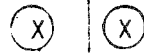
CALLING FORMATIONS

1. We name formations by the location of their offensive backs.
 a. split b. opposite c. I d. strong

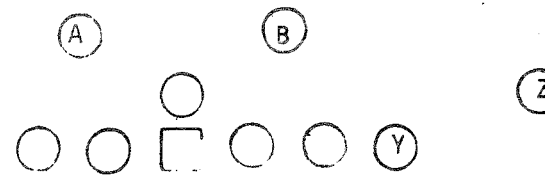
LEFT



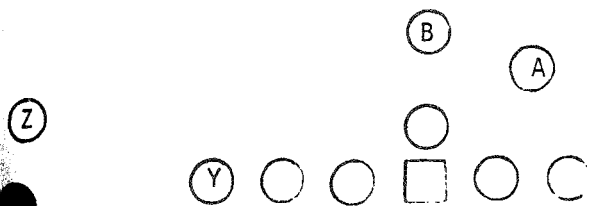
SPLIT



RIGHT



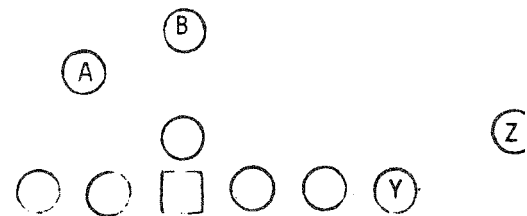
LEFT



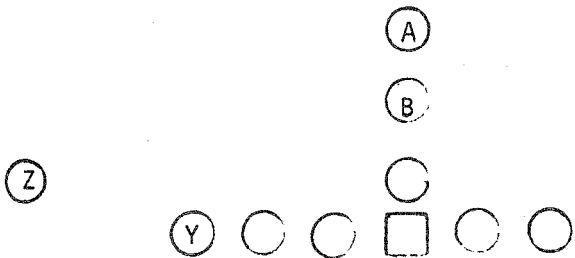
OPPOSITE



RIGHT



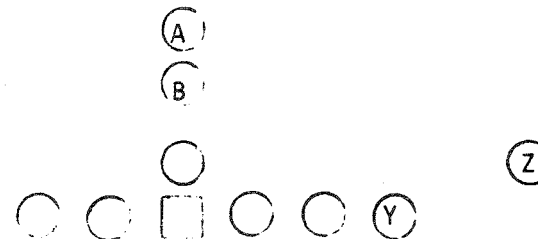
LEFT



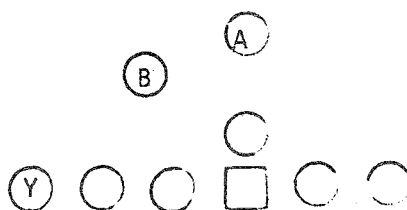
I I



RIGHT



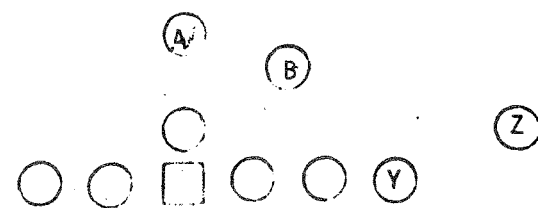
LEFT

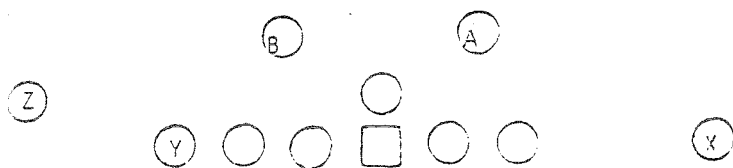
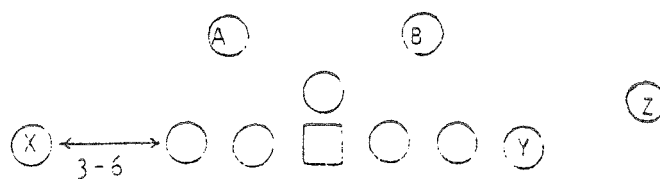
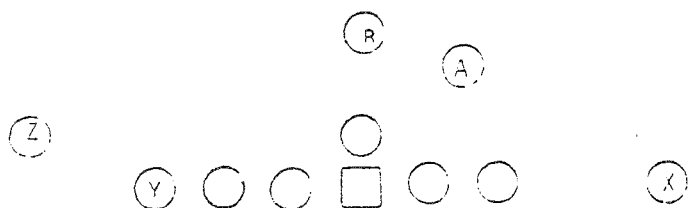
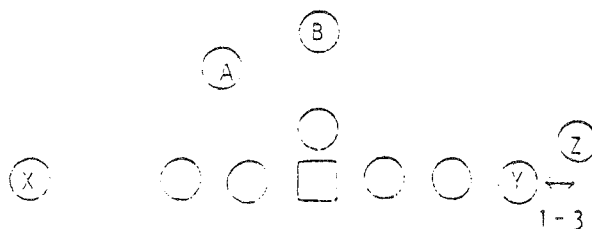
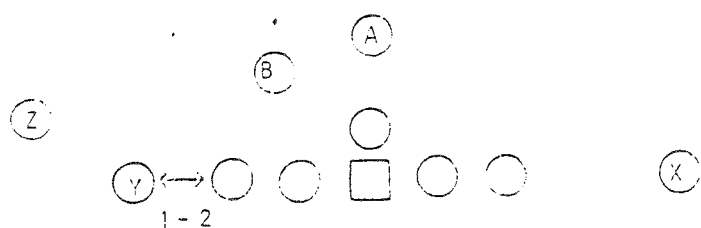
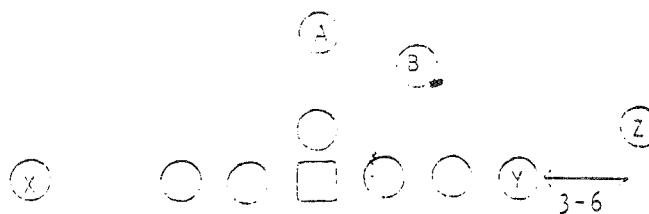
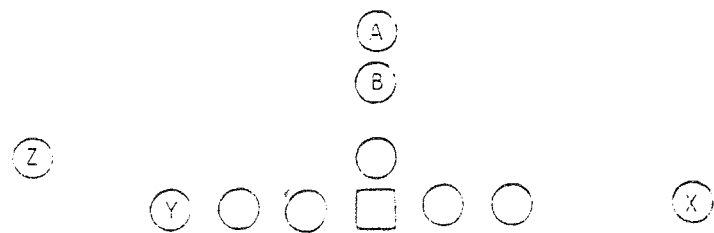
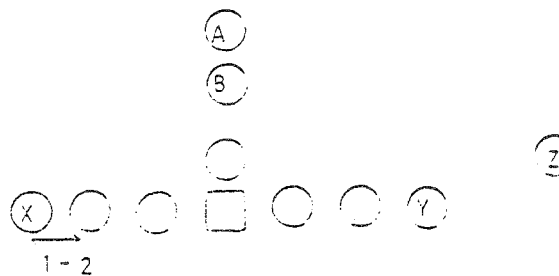
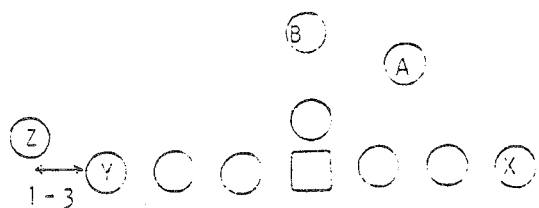
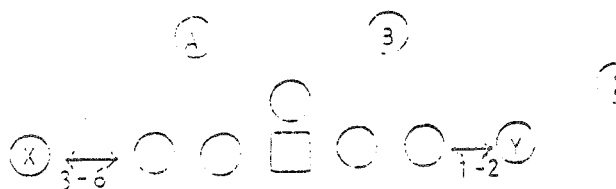


STRONG

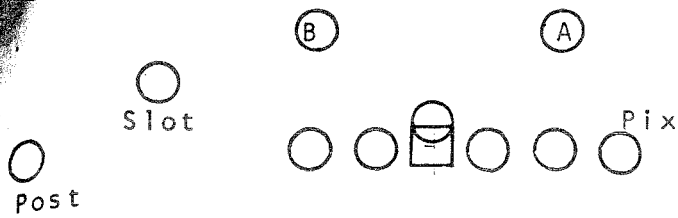


RIGHT

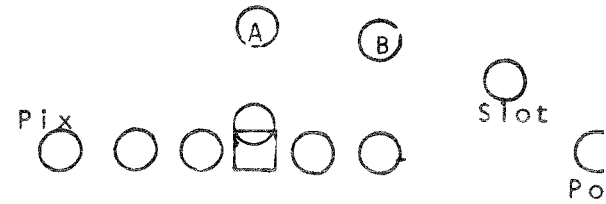


EXAMPLES: OFFENSIVE FORMATIONS
& END ALIGNMENTSSPLIT LEFTSPLIT RIGHT FLEXOPPOSITE LEFTOPPOSITE RIGHT WINGSTRONG LEFT POCSTRONG RIGHT FLOATI LEFTI RIGHT NEAROPPOSITE LEFT NEAR WINGSPLIT RIGHT FLEX POC

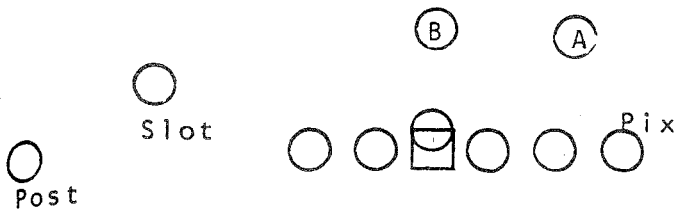
SPLIT LEFT SLOT



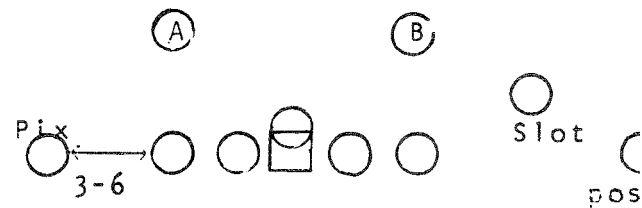
OPPOSITE RIGHT SLOT



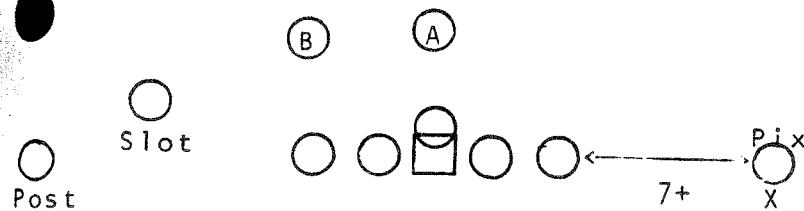
STRONG LEFT SLOT



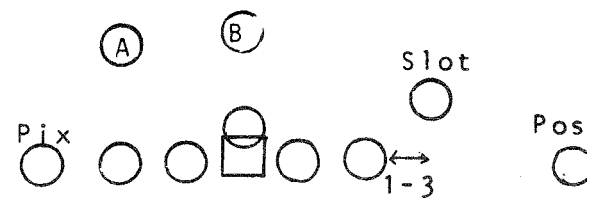
SPLIT RIGHT SLOT FLEX



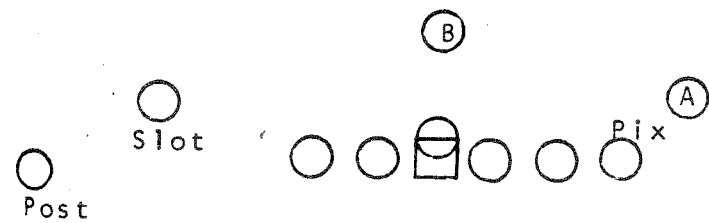
OPPOSITE LEFT SLOT OPEN (PRO)



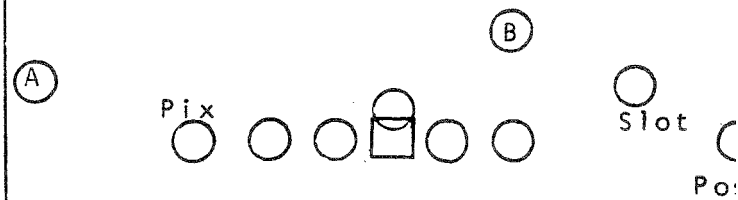
STRONG RIGHT SLOT CLOSE



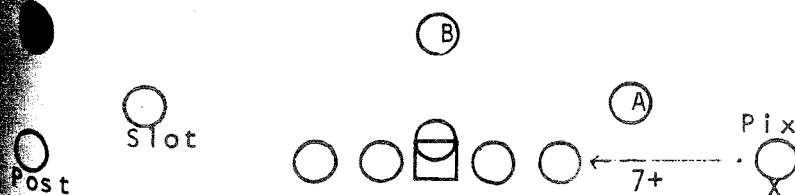
ACE LEFT



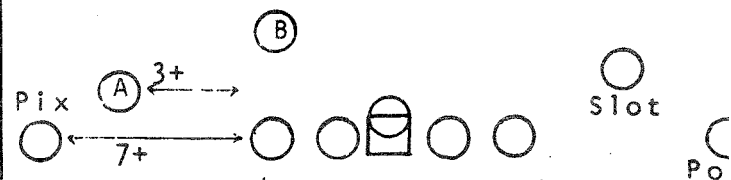
ACE RIGHT (DUAL FAR)



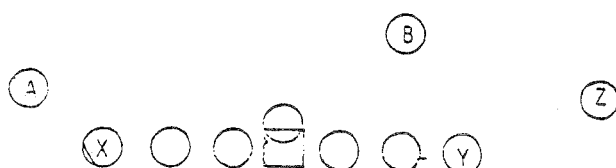
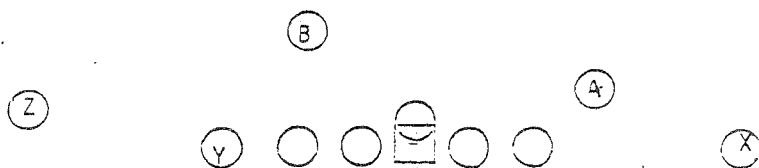
ACE LEFT OPEN (PRO)



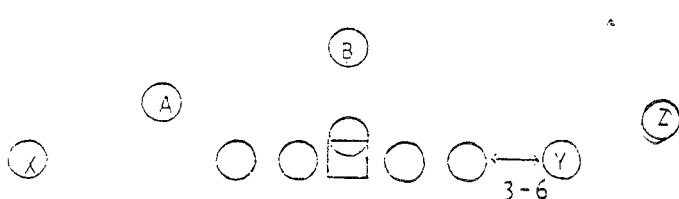
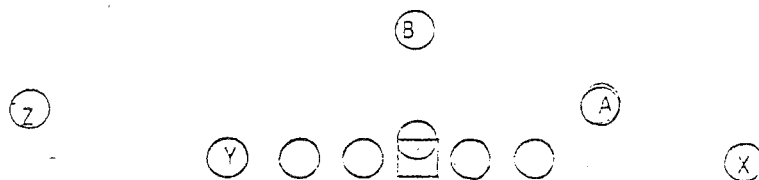
ACE RIGHT OPEN (DEUCE FAR)



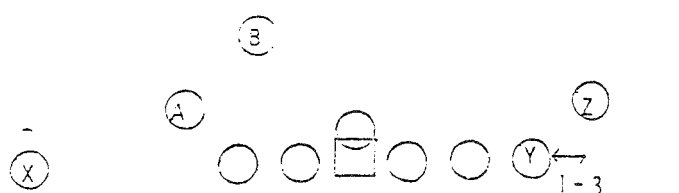
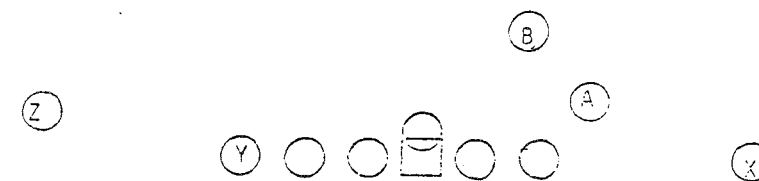
DUAL RIGHT NEAR



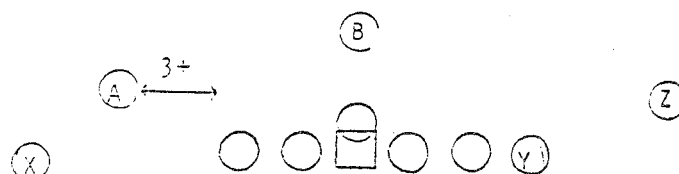
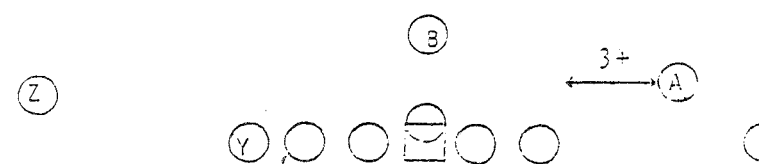
DOUBLE RIGHT DOUBLE POC



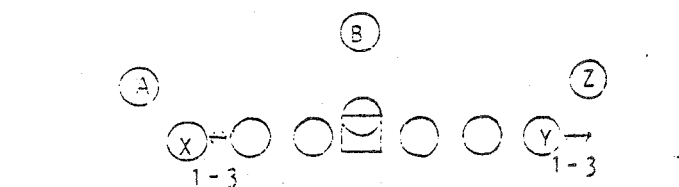
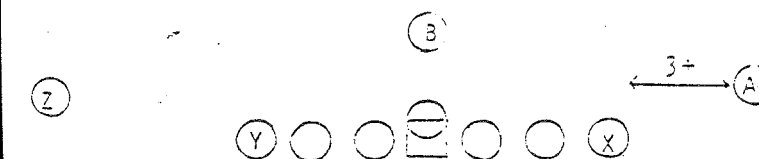
DUCE RIGHT WING



DOUBLE RIGHT FAR

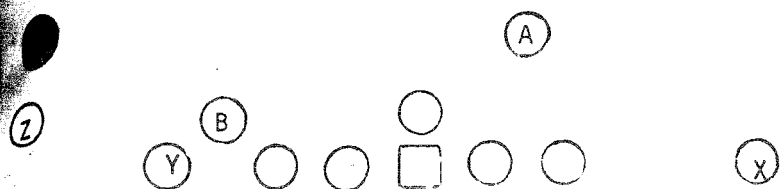


DOUBLE RIGHT NEAR WING



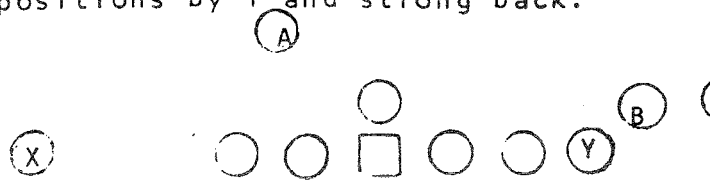
EXAMPLES: TRIPS, TREY & TRIPLE

TREY LEFT

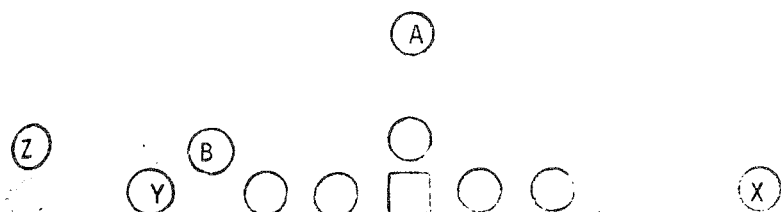


TREY RIGHT CHANGE

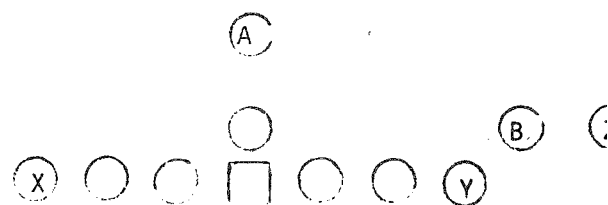
*Change means a change of normal positions by Y and strong back.



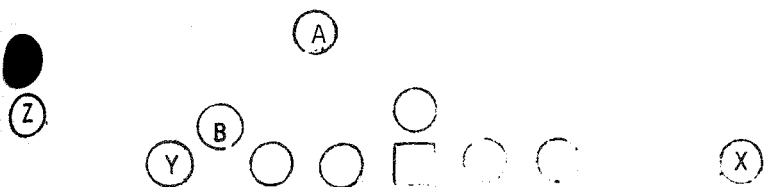
TRIPLE LEFT



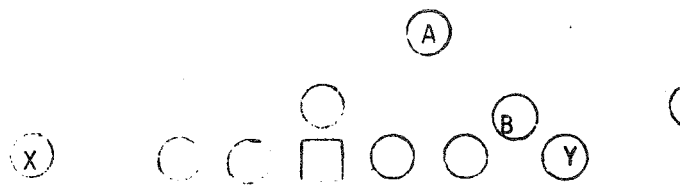
TRIPLE RIGHT CHANGE



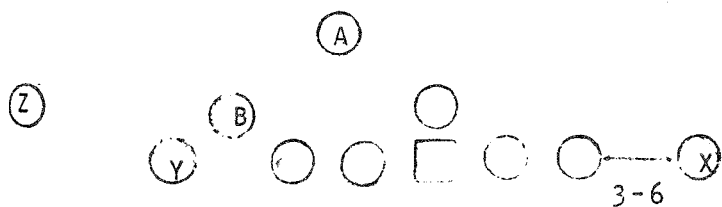
TRIPS LEFT



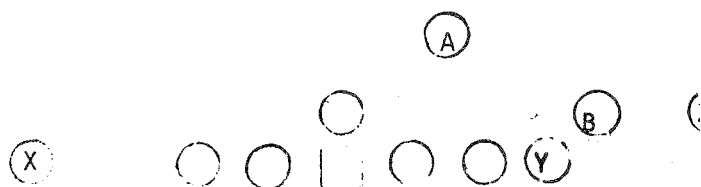
TRIPS RIGHT



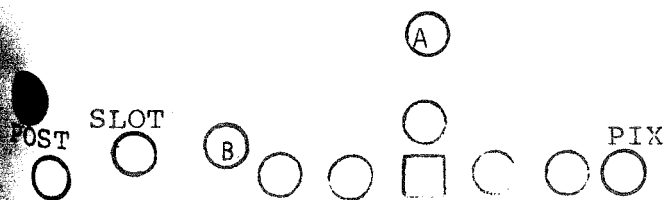
TRIPS LEFT FLEX



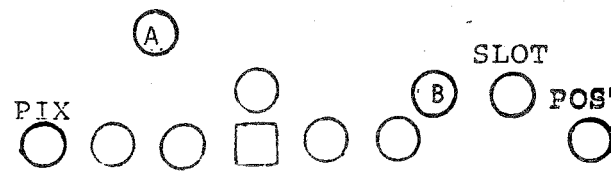
TRIPS RIGHT CHANGE



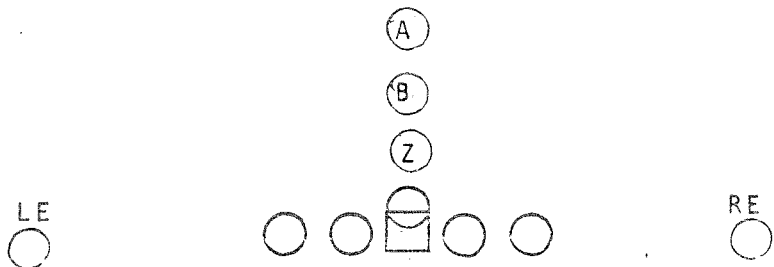
TRIPLE SLOT LEFT



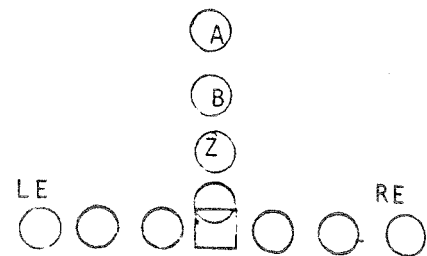
TREY SLOT RIGHT



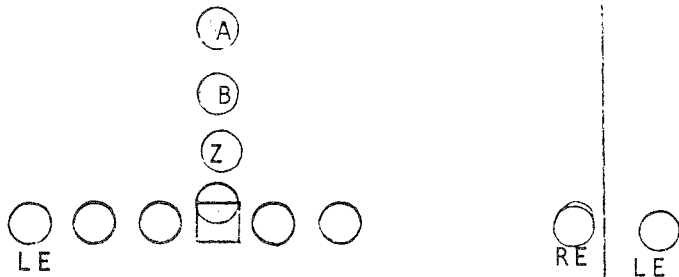
3 "I"



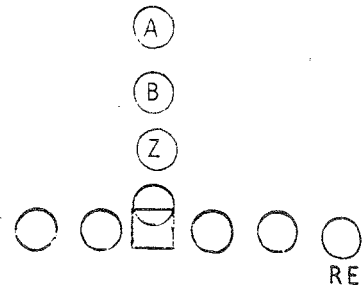
3 "I" Both Near



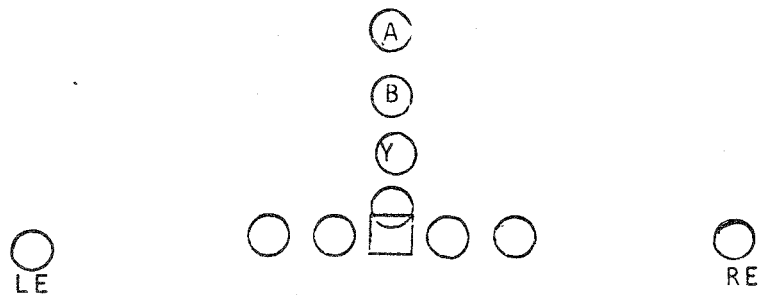
3 "I" (Near LT)



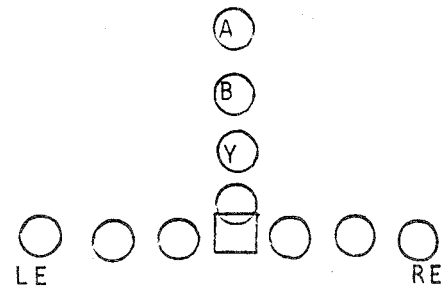
3 "I" Near Rt.



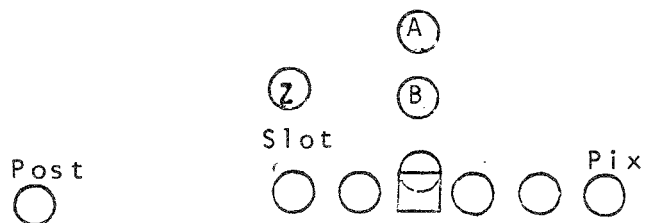
4 "I"



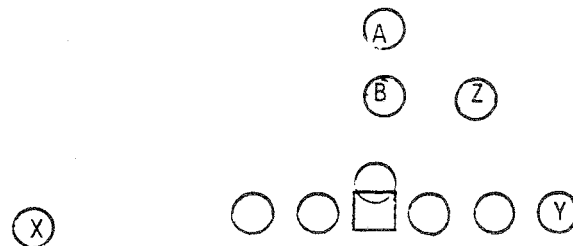
4 "I" Both Near



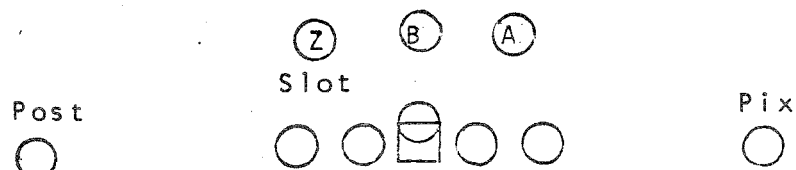
"I" Slot Left Z Back



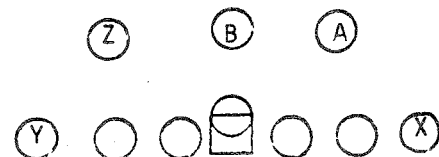
"I" Right Z back



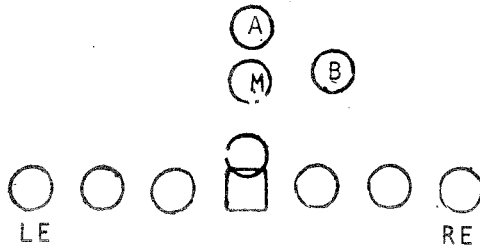
STRONG Slot Left Z Back



Opposite Left Near Z Back

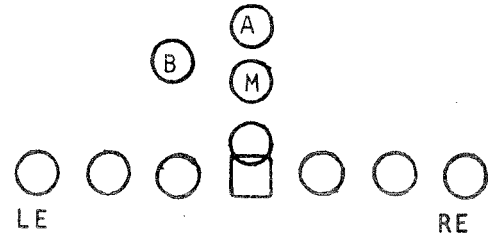


POWER "I" RIGHT

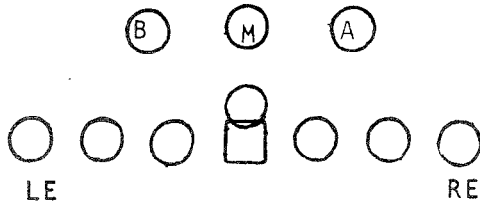


*Power denotes that there are 3 running backs in the backfield & 2 tight ends.

POWER "I" LEFT

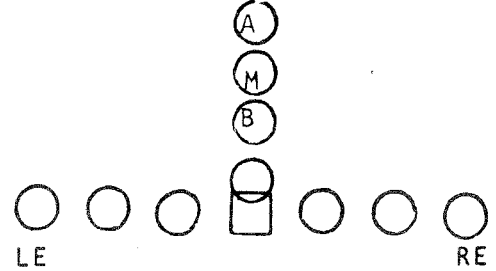


POWER T

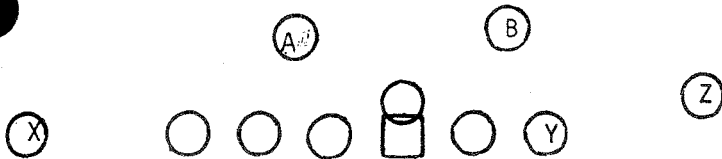


*STRENGTH WILL BE PRE-DETERMINED

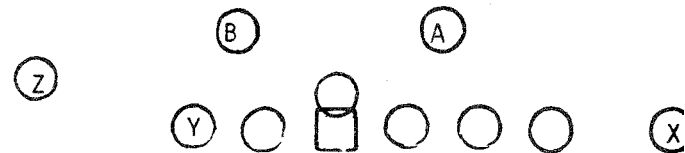
POWER 3 "I"



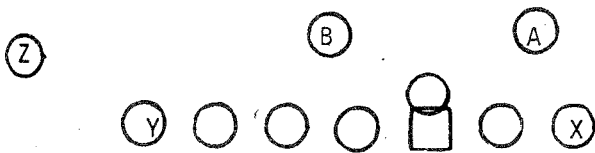
SPLIT RIGHT UNBALANCED LEFT



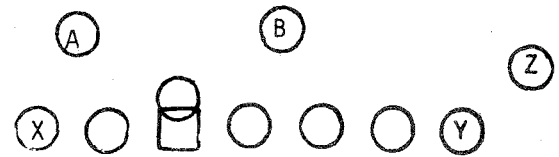
SPLIT LEFT UNBALANCED RIGHT



SPLIT LEFT UNBALANCED LEFT NEAR



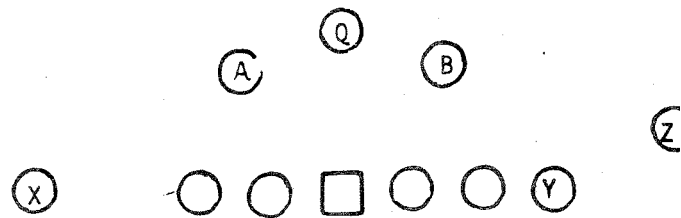
SPLIT RIGHT UNBALANCED RIGHT NEAR



SPREAD LEFT



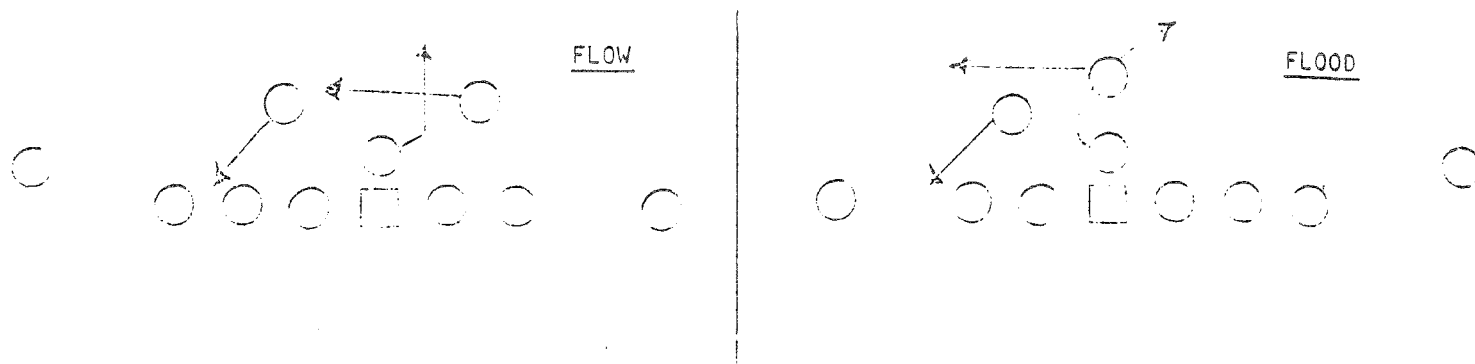
SHOTGUN SPLIT RIGHT



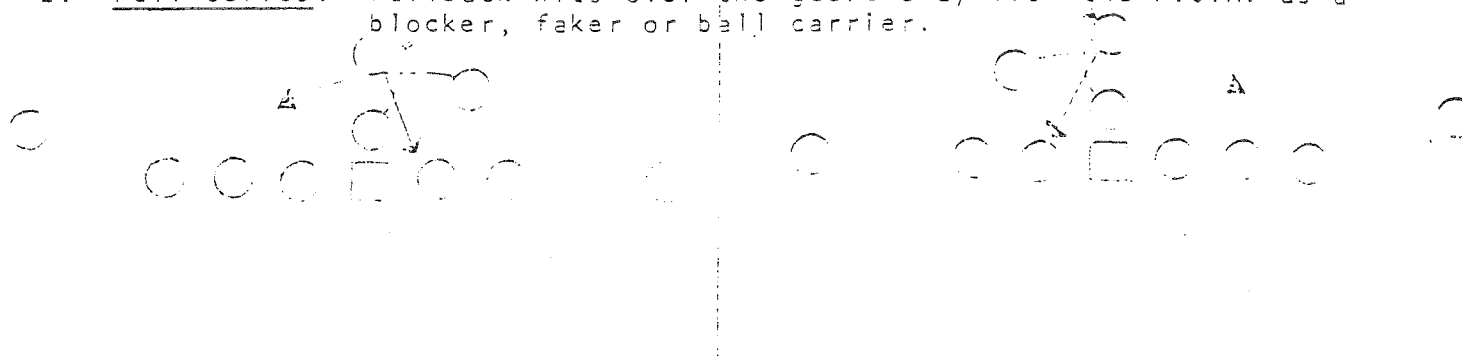
SERIES RECOGNITION

We will use certain words to identify the offensive series. Series is the description of movement of both backs.

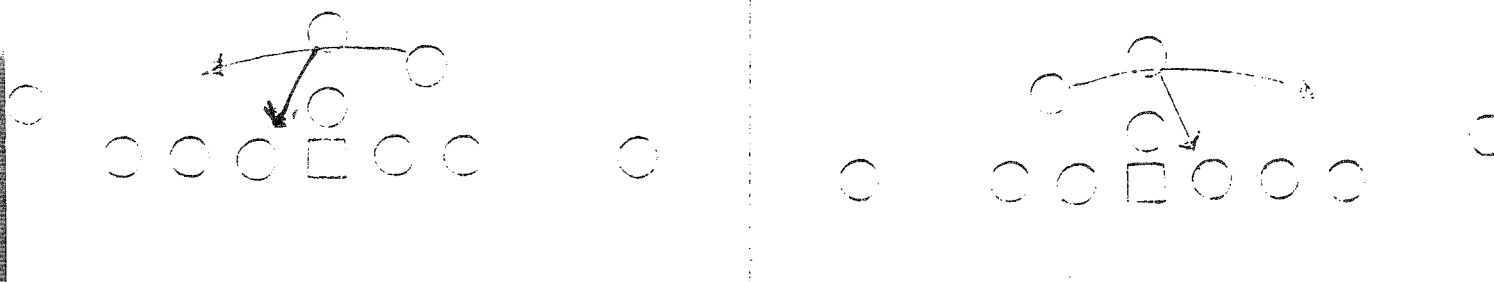
1. Flow Series: Backs moving to the same side. EXAM 28-29303 26-27M
36-37



2. Full Series: Fullback hits over the guard away from the P.O.A. as a blocker, faker or ball carrier.

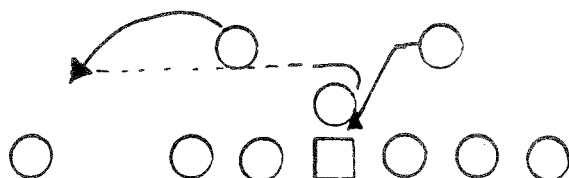
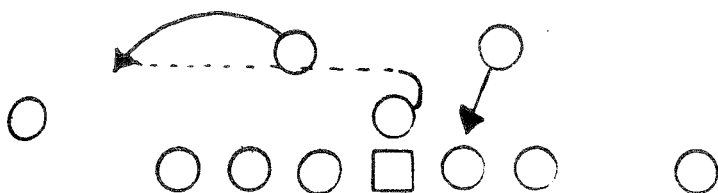


3. F Series: Fullback hits over the inside guard as blocker, faker or ball carrier. 28-29F

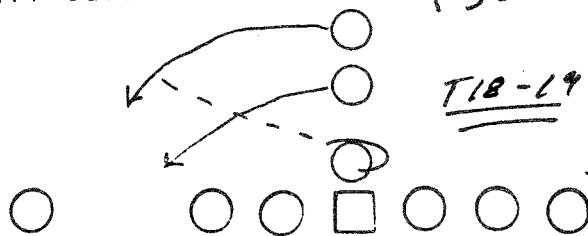
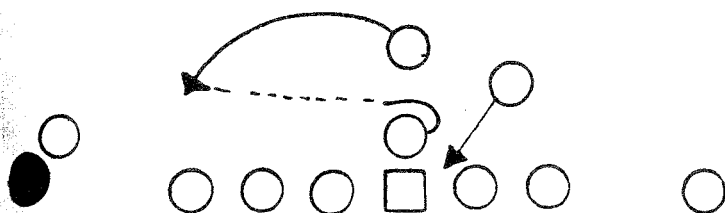


49-49

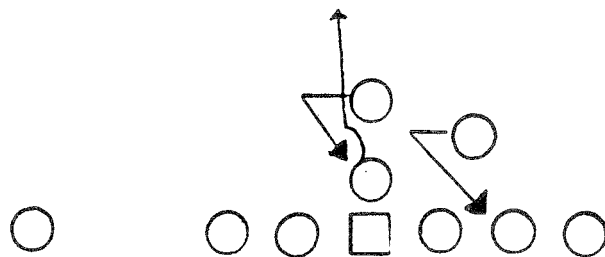
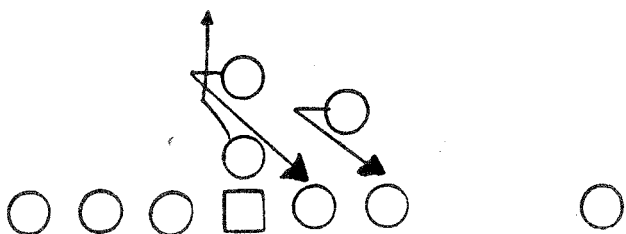
4. Flip Series: Refers to the back in a two or four position on a lateral swing movement as a ball carrier or faker. *EXAMPLE 49-49*



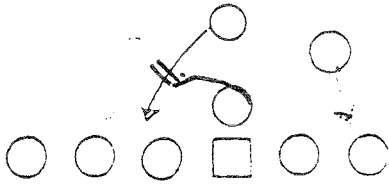
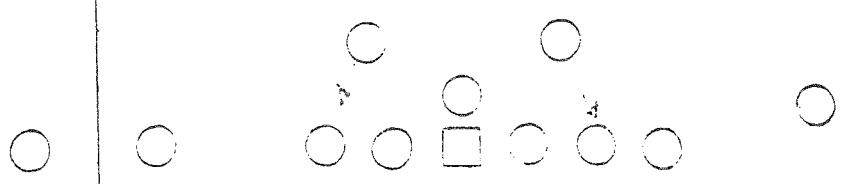
5. Toss Series: Refers to a back behind the Q.B. who takes a lateral swing movement as a ball carrier or faker. *T 32-T 39*



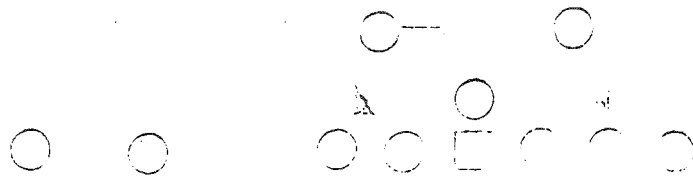
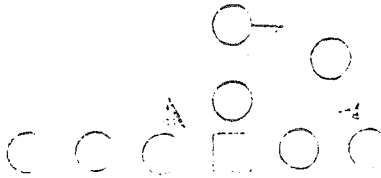
6. Counter Series: A movement by one or more backs away from the point of attack. *CTR 36-37*



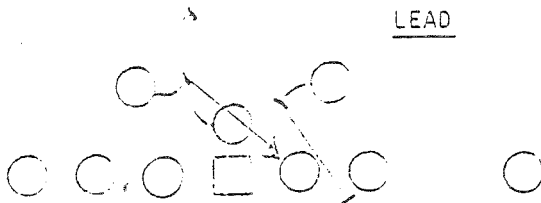
7. Slant or Dive Series: Independent movement of the backs toward the line of scrimmage.

SlantDive

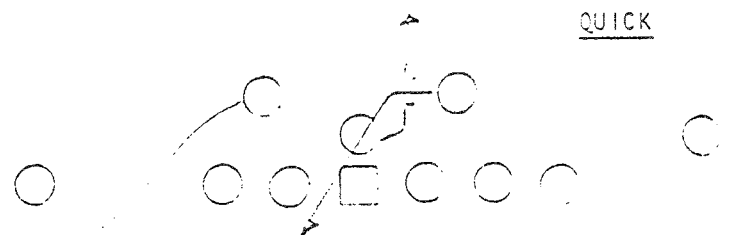
8. Slant Counter Series: Basically same as slant except ball carrier jabs steps and head fakes away from hole.



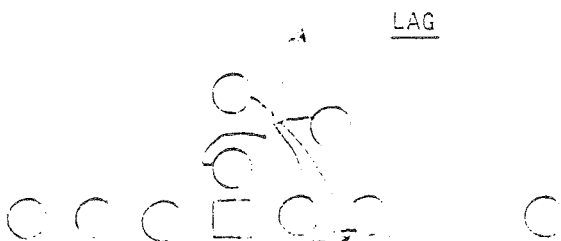
9. Draw Series: Delayed run usually from Pass Protection Look. 14-15

LEAD

(Remaining back leads thru hole)

QUICK

(Remaining back released immediately into flat)

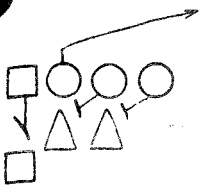
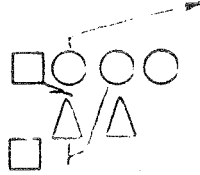
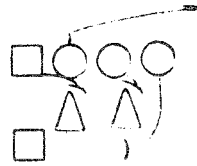
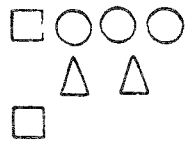
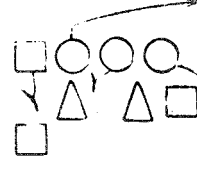
LAG

(Remaining back fakes over ball)

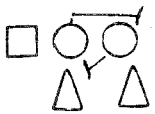
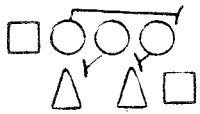
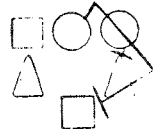
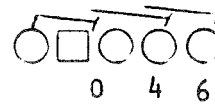
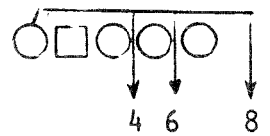
TERMINOLOGY USED BY DEFENSE TO IDENTIFY OFFENSIVE
BLOCKING MANEUVERS (with explanations)

1. M (Ab. for MAN ON MAN) - Offensive linemen blocking straight ahead on nearest opponent linemen. When only M used it means - Guard on def. tackle, Tackle on def. end, and Y (or X) on outside LB.
2. "X" BLOCK - Offensive linemen switching opponent linemen and cross blocking them, the outside man in front.
3. GUT BLOCK - Offensive linemen switching opponent linemen and cross blocking them, the inside man in front.
4. "G" BLOCK - Onside guard pulling and blocking a corner or safety.
5. ODD BLOCK - Onside guard pulling and blocking a corner or safety with tackle and end blocking down.
6. EVEN BLOCK - Onside guard pulling and blocking a corner or safety with tackle thru on MLB and center cut blocking.
7. "A" BLOCK - Onside guard pulling and blocking the outside man on LOS, usually the outside LB.
8. FLIP BLOCK - Onside tackle pulling and blocking a corner or safety.
9. CLUB BLOCK - Block by onside Tackle on MLB (2-3 Trap)
10. ACE BLOCK - Block by onside guard on MLB (2-3 Trap)
11. TRAP BLOCK - Block by Guard or Tackle from offside at 0-1, 4-5, 6-7 hol
12. LOG BLOCK - Pulling Lineman fakes a trap and takes his man INSIDE instead of OUTSIDE.
13. "O" BLOCK - Off Guard pulling to the ONside and leading thru the hole.
14. POWER BLOCK - Double Team block at the hole.
 - a. POWER BLOCK - Double Team block by End and Tackle on def. man
 - b. TAG BLOCK - Double Team block by Tackle and Guard on def. tackle.
 - c. GAS BLOCK - Double Team block by Guard and Center (Snapper) on def. tackle.
15. SLIP BLOCK - Double team block where one man might come off on the MLB.
16. WEDGE BLOCK - Guard and Center, and sometimes the Tackles shoulder to shoulder straight ahead.
17. "C" BLOCK - Center blocks back on def. tackle, Guard pulls thru on MLB vs. Even Front.
18. OUT BLOCK - Center reach blocking def. tackle to onside.
19. WIPE BLOCK - Guard blocks down on noseman, with center pulling around o MLB vs. odd front.

20. SCOOP BLOCK - Offside linemen blocking toward the Onside, usually vs. odd front.
21. SLIDE BLOCKING - Combination blocking of Center, Guard, and Tackle blocking out.
22. SLOW (SLO) BLOCK - Passive block by Y or Near End on outside man on LOS (usually a LB) when on "ON" or "OFF" side of pass play.
23. AGGRESSIVE BLOCK - Aggressive block by Y or Near End on outside man on LOS (usually a LB) after which he releases and runs pattern.
24. YOM BLOCK - Block by Y or Near End on MLB.
25. YOSS BLOCK - Block by Y or Near End on safety or corner.
26. BOSS BLOCK - Block by near back on 1st secondary man to show.
27. BIM BLOCK - Block by near back on inside man on LOS on sweep.
28. BOB BLOCK - Block by Near Back on outside man on LOS on sweep.
29. LEAD BLOCK - Back leading at point of attack.
30. "F" BLOCK - Replacement block by Back for pulling guard on def. tackle, ONSIDE.
31. FULL BLOCK - Block by Back for pulling guard on def. tackle or LB, OFFSIDE.
32. WHAM BLOCK - Drive block by Onside back on the Onside tackle with Guard pulling away.
33. SWIPE BLOCK - Near Back blocking on onside tackle in combination with Ace Trap.
34. SUCKER - When Guard pulls away from hole to be run, with no replacement block, unless designated.
35. CRACK BLOCK - Block by X or Z from spread position on linebacker.
36. SKY BLOCK - Block by X or Z from spread position on Sam (safety).
37. CLEO BLOCK - Block by X or Z from spread position on Corner.
38. SIFT BLOCK - Block by X or Z from spread position on Corner or Safety.

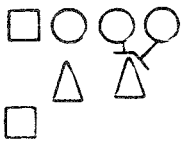
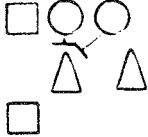
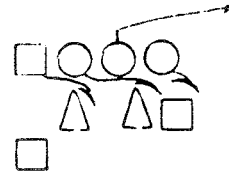
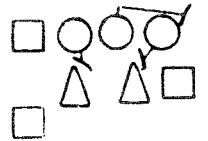
OddEvenYomYoss

On Guard Pulling Wide ("A") Combinations

"X" (4 or 5 hole)"A"OptionTrap"O"

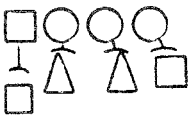
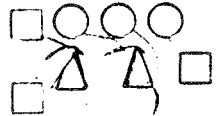
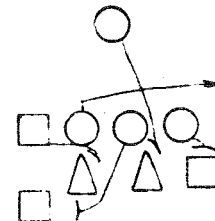
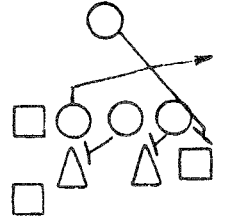
On Guard Pulling Short Combinations

Off Guard Pulling

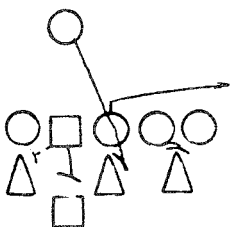
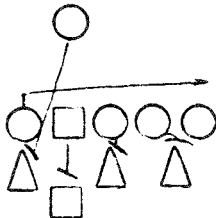
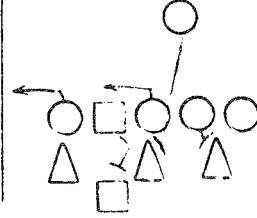
PowerTagSlipFlip"B" (6 or 7 hole
(8 or 9 hole)

Double Team (Power) Combinations

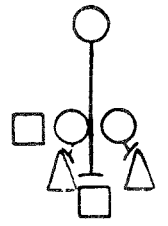
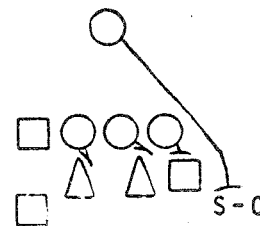
Tackle Pulling Combinations

"M"Double (~~SLIP~~)Scoop
Slip (odd)Bim (Sweep)Bob

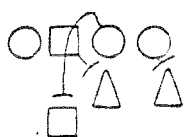
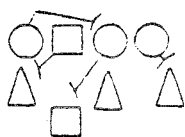
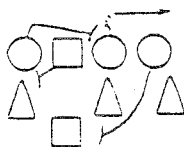
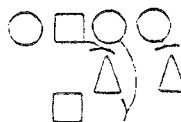
Near Back Blocking Combinations

"F"FullWham

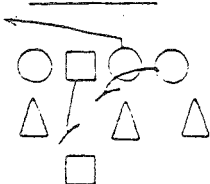
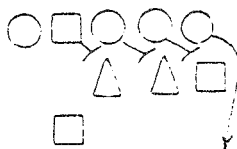
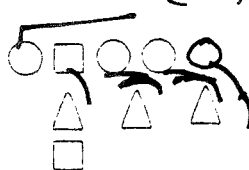
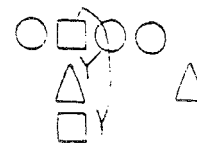
Back Replacement Blocks

Boss (8 or 9 hole) Lead (4 or 5 hole)

Near Back Blocking Combinations

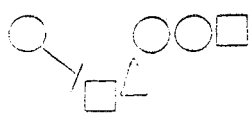
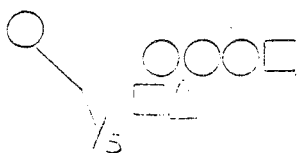
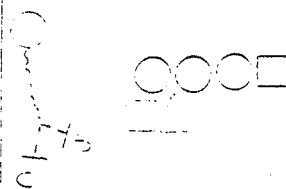
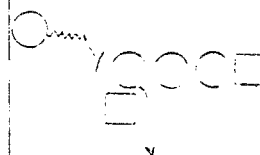
"C"ACECLUBCUTGUT

0-1-2-3-4-5 Hole Combinations

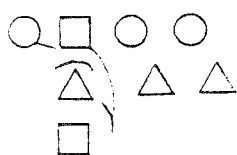
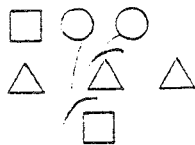
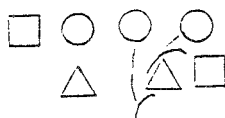
WEDGESPRINT
CUT-OFFSLIDETRIPLE
(slip)WIPE

Miscellaneous Combinations

C-G Noseman Blocking Comb.

CRACK BLOCKSKY BLOCKCLEO BLOCKSIFT BLOCKZING CRACK

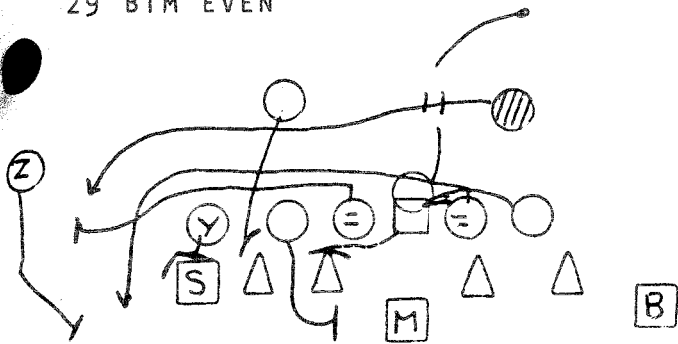
VARIATIONS OF WIDE RECEIVER BLOCKS

SCOOP ASCOOP BSCOOP C

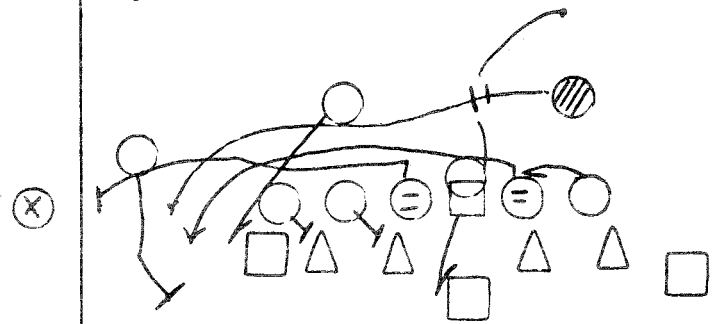
SCOOP BLOCKS

FAVORITE PLAYS FROM SPLIT

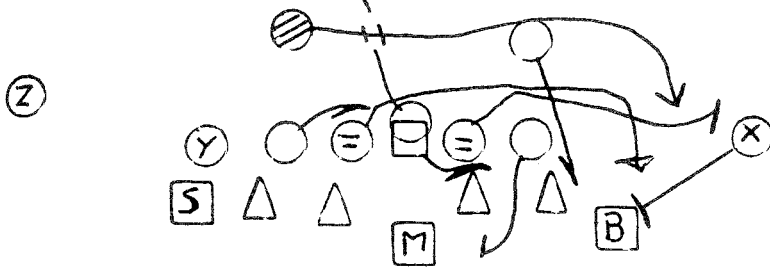
29 BIM EVEN



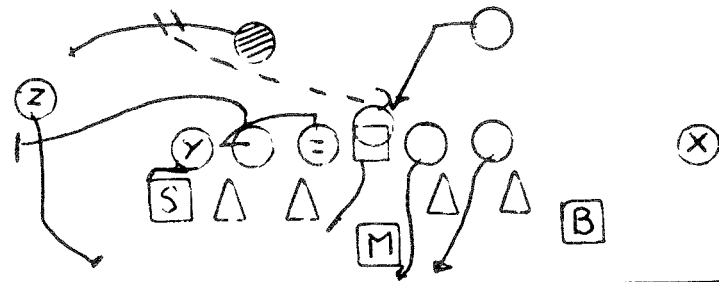
29 BOB ODD



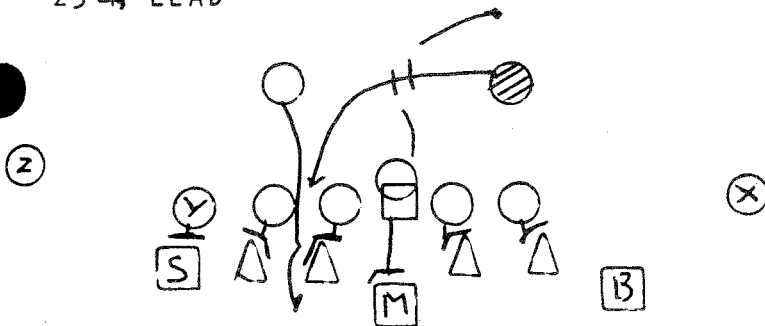
28 BIM EVEN CRACK



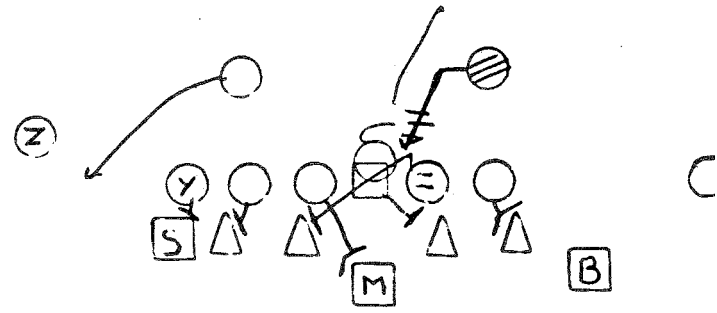
49 FLIP



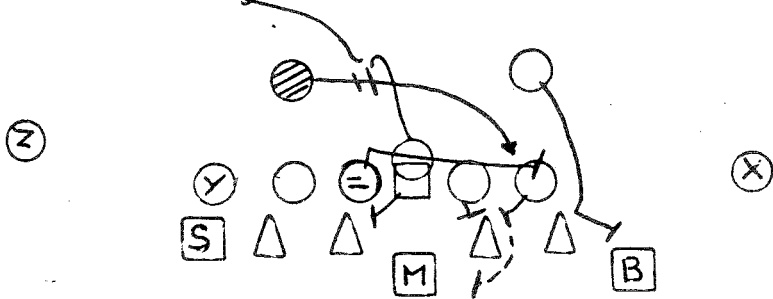
25 ~~TRAP~~ LEAD



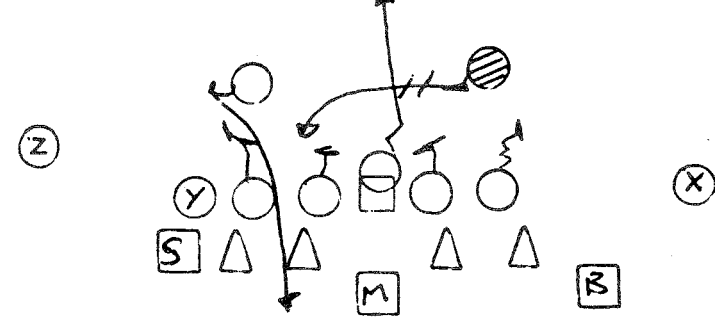
23 ~~TRAP~~



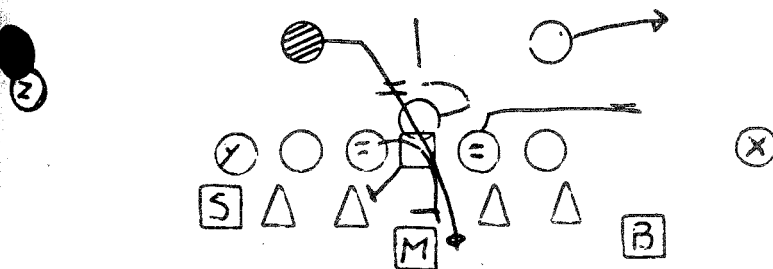
24 ~~TRAP~~



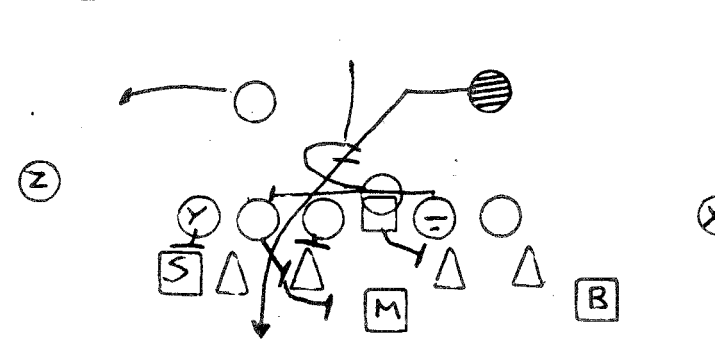
25 LEAD DRAW 15



25 ~~TRAP~~ 25

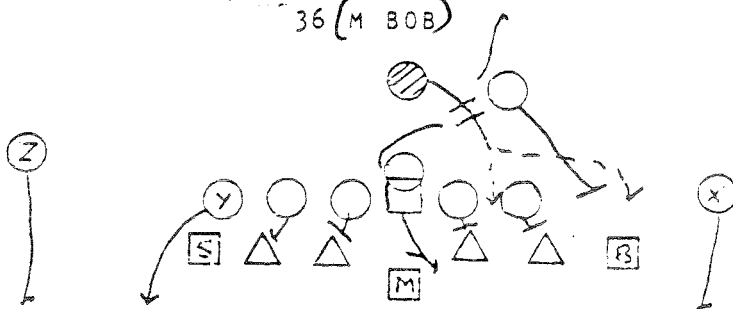


25 ~~TRAP~~ 25

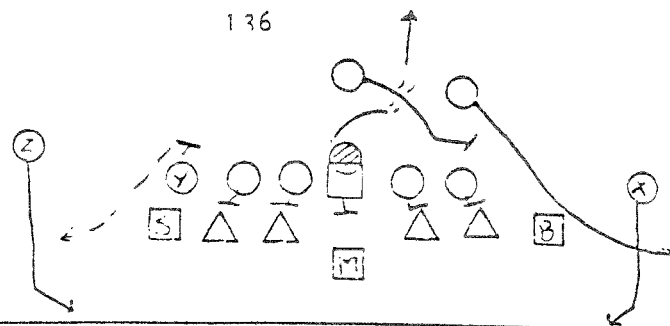


FAVORITE PLAYS FROM OPPOSITE OR "I"

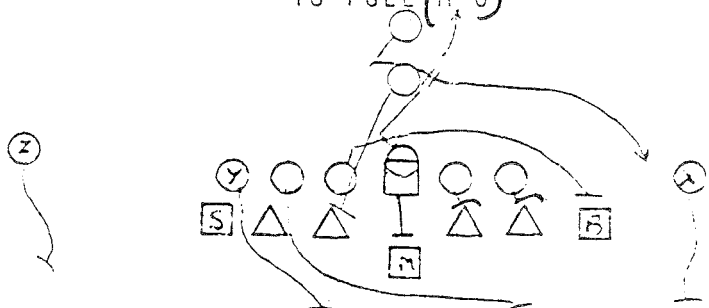
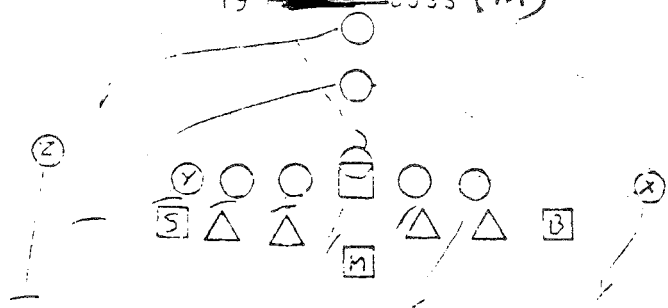
36 (M BOB)



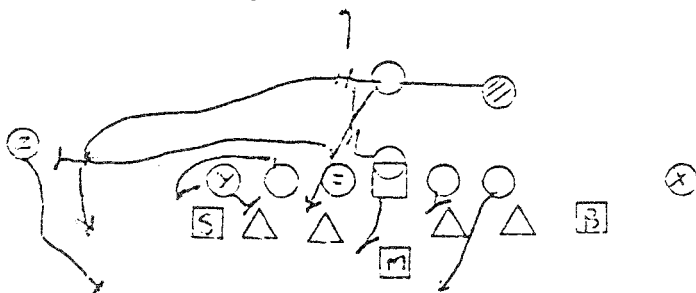
136



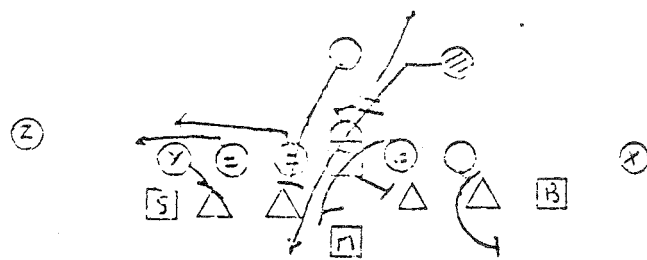
18 FULL (M O)

19 ~~BOSS~~ BOSS (M)

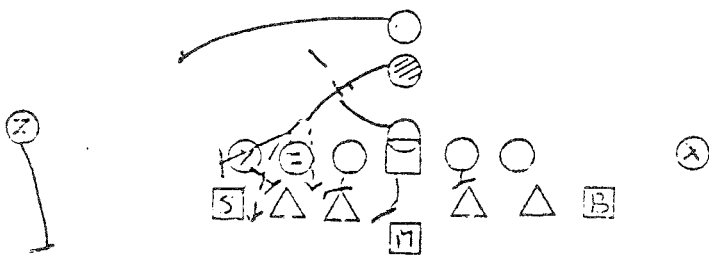
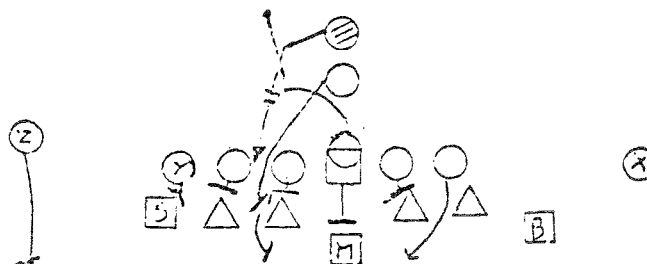
29 F B



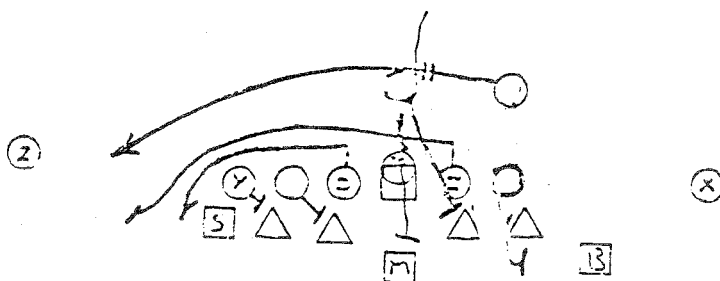
21 F S/C



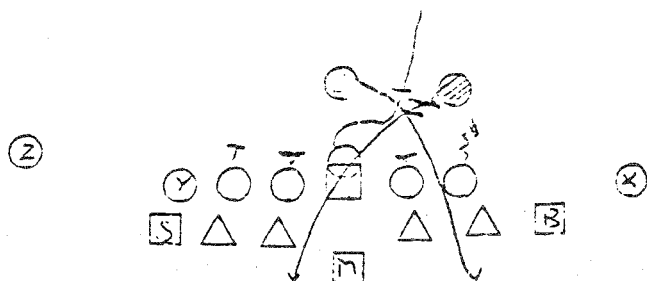
37 B

15 ~~LEAD~~ LEAD

29 FULL A0

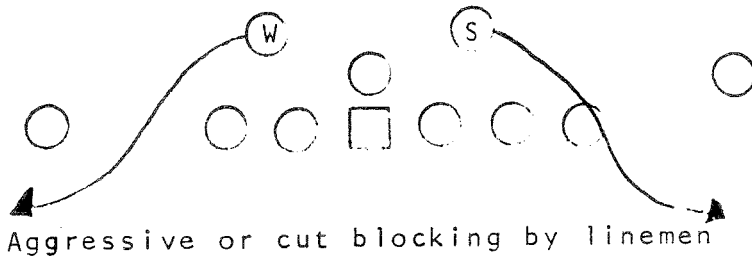


24 LAG DRAW



1. 50 = short passing game (3 step drop by Q.B.)
2. 60 = maximum protection - both backs blocking most dangerous.
3. 60E = both backs blocking on defensive ends - maximum protection.
4. 61-69 = both backs releasing on their respective sides after checking linebacker.
5. 70 = strongside release of one back & other back blocks weakside.
6. 80 = both backs flow one direction (weak or strong)
7. 90 = weakside release of one back & the other back blocks strong side.
8. X = Backs cross (swap action)

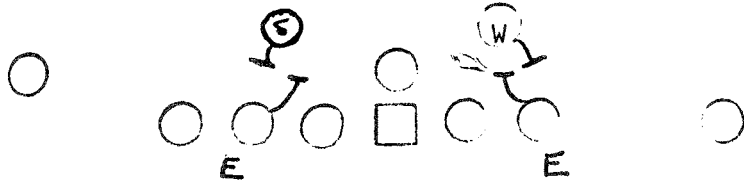
50-53 = Quick Pass 3 step drop



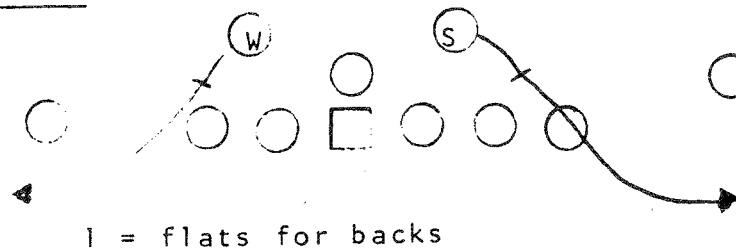
60 - Maximum Protection



60E - Backs Blocking on defensive ends
Maximum Protection

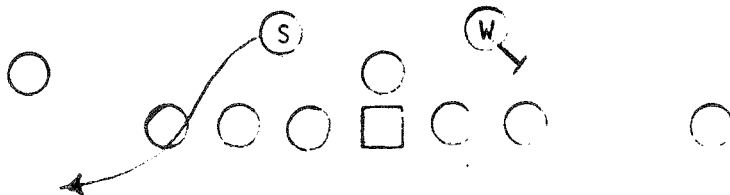


61-69 - Both backs releasing-

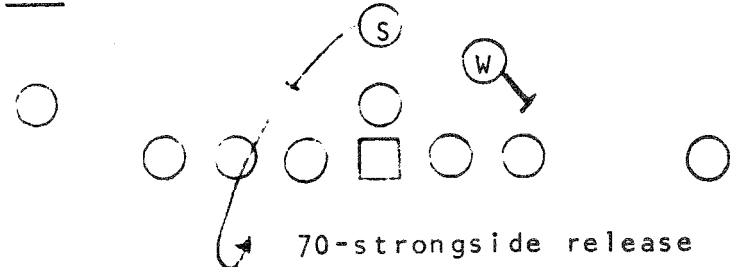


60 = Maximum Protection
E = Backs blocking on defensive ends

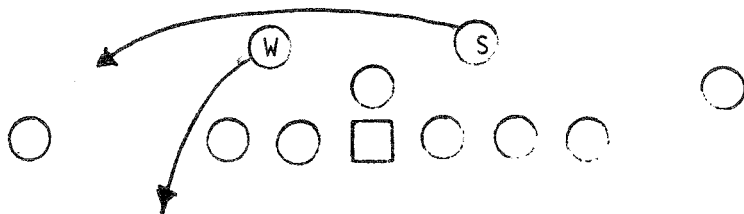
70S - Strongside release



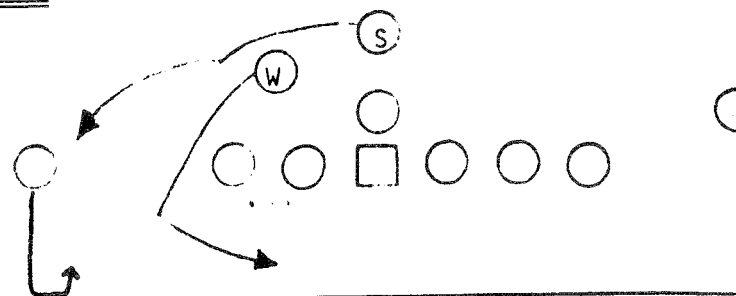
70S - Strongside release



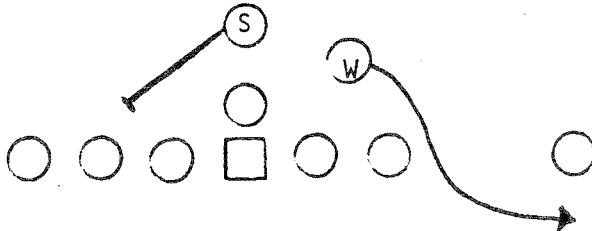
80S - Weak Action - both backs



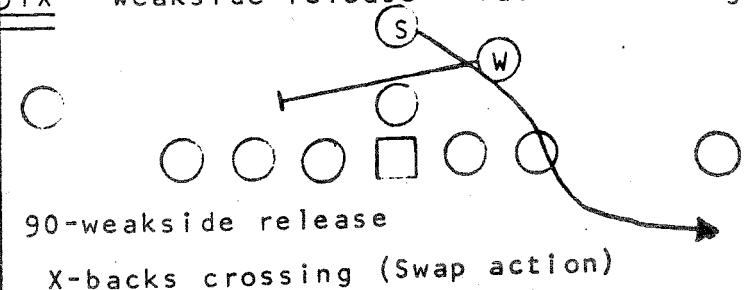
80S - Weak action - both backs



90S - Weakside Release



91X - Weakside release - backs crossing



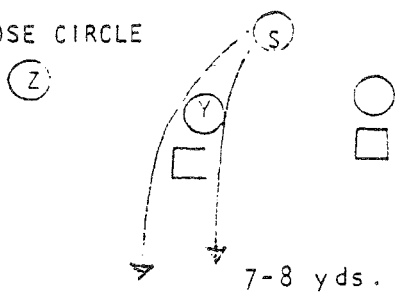
Examples from DEFENSIVE RIGHT SIDE

<p><u>Hitch</u></p>	<p><u>Slant</u></p>	<p><u>Quick Out</u></p>	<p><u>Delay or et (Smash)</u></p> <p>Delay - Near China - Normal (Smash) - Split Rec.</p>
<p><u>Deep Slant</u></p>	<p><u>Hook</u></p>	<p><u>In</u></p>	<p><u>Seam</u></p>
<p><u>Post</u></p>	<p><u>Corner</u></p>	<p><u>Out</u></p>	<p><u>Comeback</u></p>
<p><u>Go</u></p>	<p><u>Quick Cross</u></p>	<p><u>Fade</u></p>	<p><u>Quick Fade</u></p>

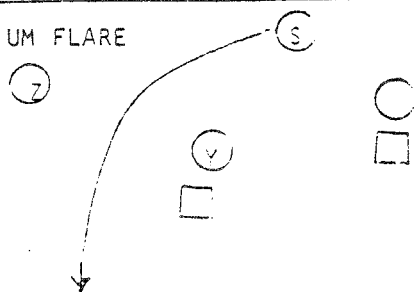
PASS ROUTES OF BACKS

Examples from Defensive Left Side (shown strong but will apply weak)

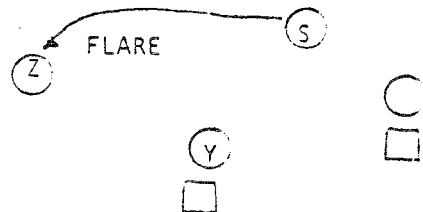
CLOSE CIRCLE



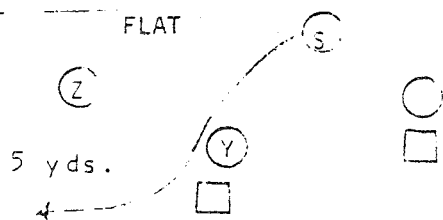
MEDIUM FLARE



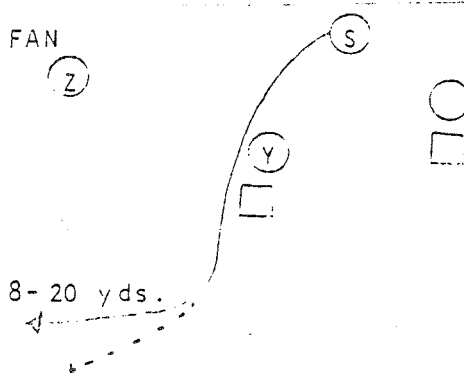
FLARE



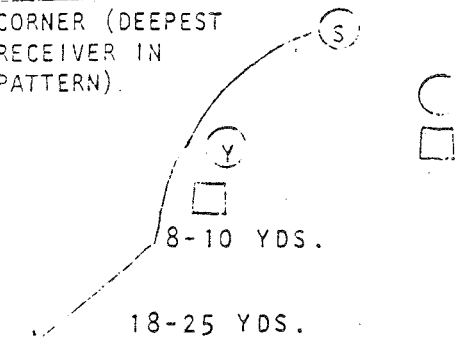
FLAT



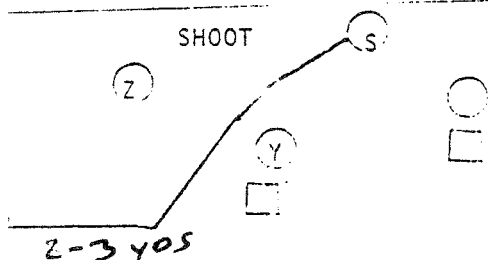
FAN



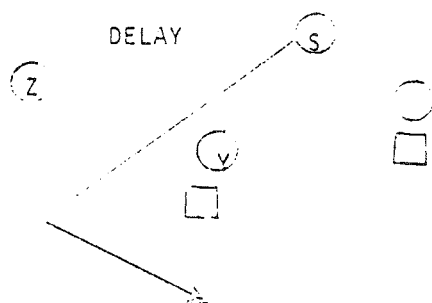
CORNER (DEEPEST RECEIVER IN PATTERN)



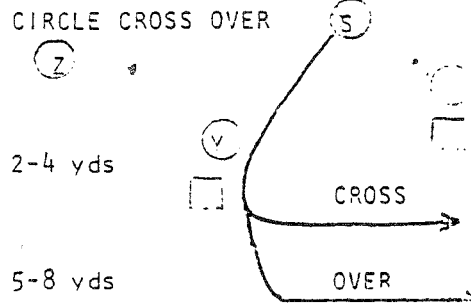
SHOOT



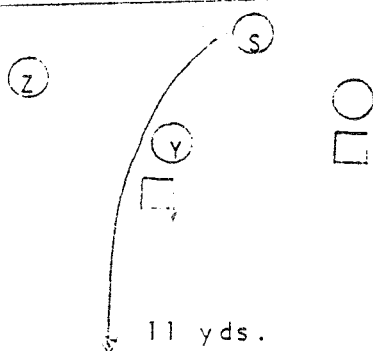
DELAY



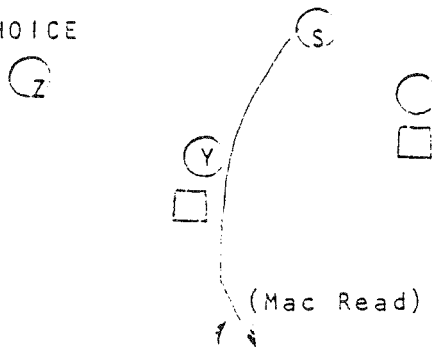
CIRCLE CROSS OVER



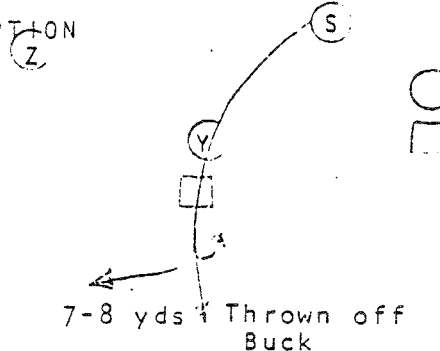
SKY



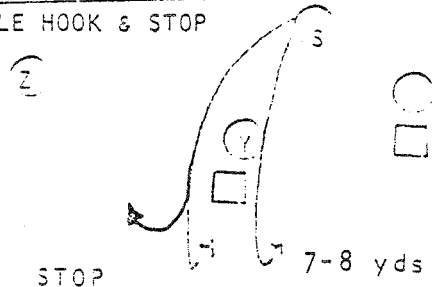
CHOICE



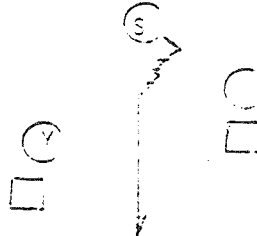
OPTION



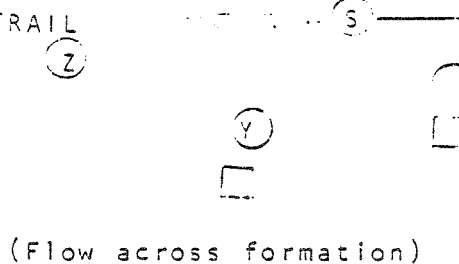
CIRCLE HOOK & STOP



CHECK



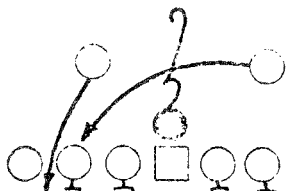
TRAIL



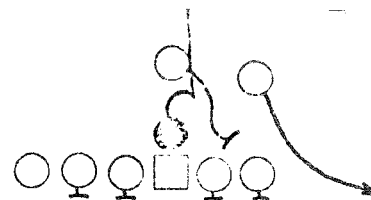
CATEGORIES OF PASS PLAYS (Other than normal pocket)

A. PLAY ACTION PASS

QB goes straight back into pocket after faking running play. Call will be 125 with the play that is faked being the second part of call. **ONE** before play designates pass.



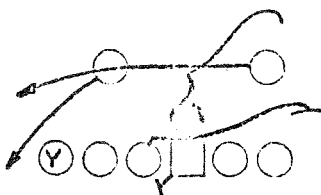
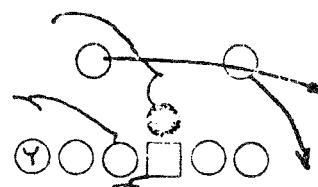
CALL: 125



CALL: 136

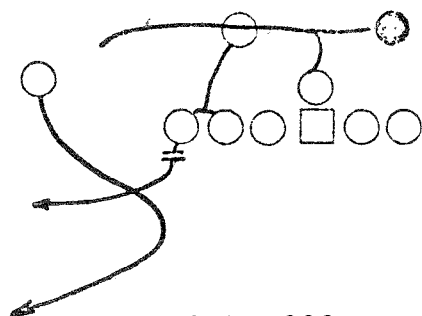
B. WAGGLE ACTION

Backs go one way with the quarterback going in the opposite direction, usually to an area behind the offensive tackle unless not contained. Weak or strong call will be determined by direction of QB roll. (QB usually protected by pulling lineman)

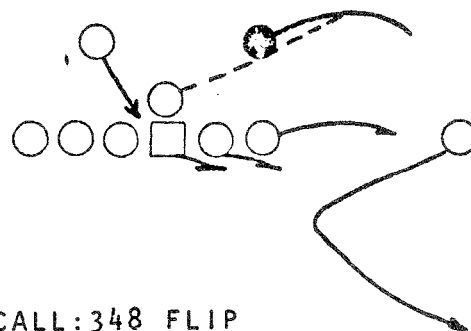
WAGGLE WEAK (WW)WAGGLE STRONG (WS)

C. RUN PASS

A type of play action, in which the QB hands, flips, or tosses the ball to a back who throws or runs as he determines best. No linemen will be downfield until the ball carrier decides to run. 3 before play will designate this action.

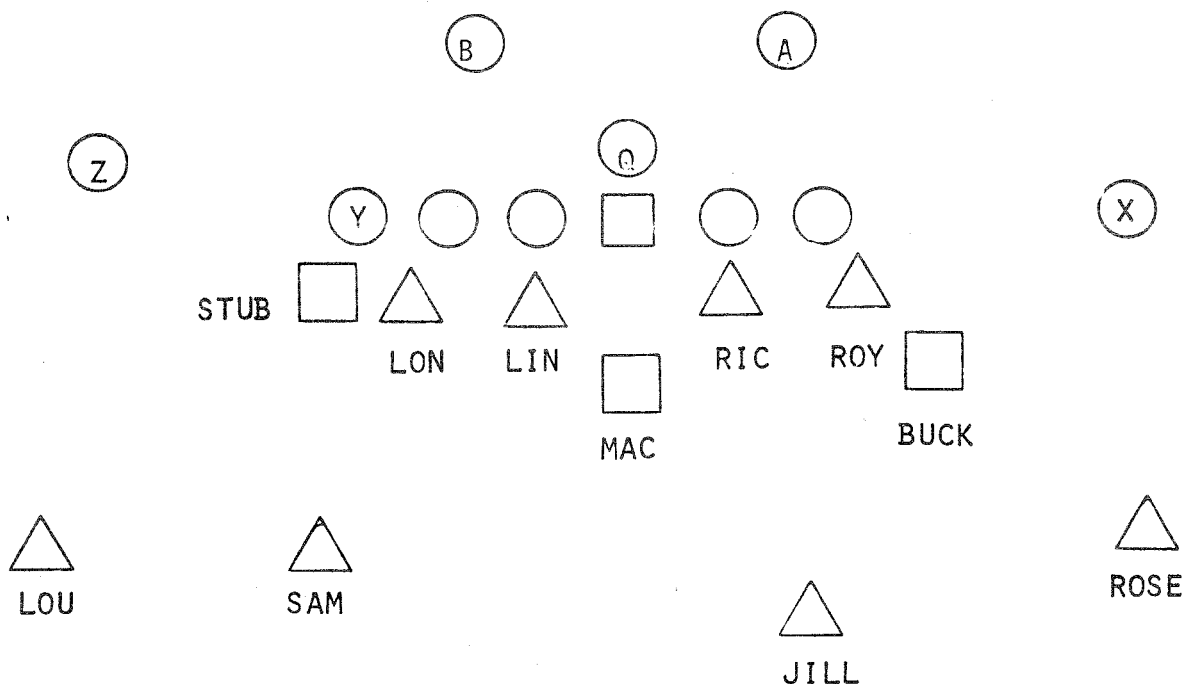


CALL: 329



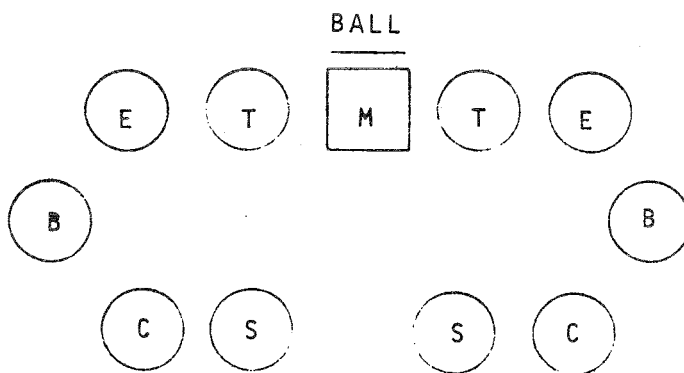
CALL: 348 FLIP

IDENTIFYING DEFENSIVE PERSONNEL

TERMS USED TO DEFINE DEFENSIVE PERSONNEL

LIN	LEFT DEFENSIVE TACKLE - LINED UP ON OFFENSIVE GUARD.
RIC	RIGHT DEFENSIVE TACKLE - LINED UP ON OFFENSIVE GUARD.
LON	LEFT DEFENSIVE END - LINED UP ON OFFENSIVE TACKLE.
ROY	RIGHT DEFENSIVE END - LINED UP ON OFFENSIVE TACKLE.
MAC	MIDDLE LINEBACKER.
BUCK	OUTSIDE LINEBACKER ON 1 RECEIVER SIDE OF FORMATION.
STUB	OUTSIDE LINEBACKER ON THE 2 RECEIVER SIDE OF FORMATION.
JILL	SAFETY THAT IS LINED UP ON THE SIDE OF THE FORMATION THAT HAS 1 RECEIVER.
SAM	SAFETY THAT IS LINED UP ON THE "Y" END OR 2 RECEIVER SIDE.
LOU	LEFT CORNERBACK
ROSE	RIGHT CORNERBACK
MEEK	EXTRA LINEBACKER ON A 3 ⁴ FRONT LINED UP ON OFFENSIVE GUARD.
NICKEL MAN	EXTRA DEFENSIVE BACK IN A 5 DEFENSIVE BACK COVERAGE.
NOSEMAN	POSITION OF A DEFENSIVE LINEMAN WHEN LINED UP ON OFFENSIVE CENTER'S NOSE.
DIME	SIXTH DEFENSIVE BACK IN COVERAGE

FORMING THE DEFENSIVE HUDDLE

A. POSITIONING

1. Mac will set the huddle on the ball.
2. Tackles & Ends - line up on your respective side of Mac.
Keep a straight line.
3. Linebackers - square off each end of huddle.
4. Safetys & Corners - form back line of huddle.
Keep a straight line.

B. IMPORTANT DETAILS

1. Locate and form the huddle quickly after each play.
2. All players put hands on knees.
3. Keep the huddle compact without crowding.
4. Absolutely no talking in huddle after the signal caller enters.
5. IF YOU DO NOT HEAR THE SIGNAL, SAY "CHECK". THE CALL WILL BE REPEATED.

C. BREAKING THE HUDDLE

1. After completing the call, signal caller says "Ready Break", Everybody Clap Hands on "Break"
2. After break turn and face offensive huddle. Move to approximate position for defense called. Be looking at the offense as they break the huddle.
3. Linebacker recognize and call the offensive formation and receiver location.
4. Defensive backs remain in middle of field until you see the formation.
5. Always be alert for change in personnel - (3 wide receivers & etc.).

METHOD OF CALLING DEFENSIVE SIGNALS

- I The method used in calling defensive signals will consist of 2 or 6 separate parts.
1. BASIC FRONT - Tells alignment and coordination of line and linebackers.
a. Examples: 4-3, Over, Under, etc.
 2. LINE STUNTS (if any) - Tells us movement and coordination of line and linebackers.
a. Examples: Pinch, Tex, Ram, Tom, Solid, etc.
 3. COVERAGE - Type of coverage and coordination between secondary and linebackers.
a. Examples: Cover 1, 2, 3, etc.
 4. LINEBACKER VARIATION - Tells us of change from basic coverage and coordination between secondary and linebackers.
a. Examples: 1 Wanda, 2 Yale, 3 Yo Yo, 4 Buz, etc.
 5. DEPLOYMENT - Tells us of a change in basic alignment for line, linebacker or secondary.
a. Examples: Stud, 4 Sam Up, 3 W, Over Stack, etc.
 6. DOG OR BLITZ - Tells us who is dogging, coordination between line and linebackers, type of coverage. (Occasionally a stunt will be included or a special type of coverage.)
a. Examples: 4-3 Weak Dog, 4-3 Blitz Weak Cat, Over Bucki: Cover 1, etc.

II EXAMPLES OF CALLS:

1. CALL: 43 COVER 1

- A. 4-3 - Describes the front alignment
- B. Cover 1 - describes the type of pass coverage

2. CALL: OVER STACK COVER 5 W

- A. Over - describes the front alignment
- B. Stack - deployment of stub & strongside defensive end
- C. Cover 5 - describes the type of pass coverage
- D. W - deployment of buck linebacker

3. CALL: 4-3 BOX WEAK CAT

- A. 4-3 - describes the front alignment
- B. Box - tells type of line stunt
- C. Weak Cat - type of dog telling linebacker where to go

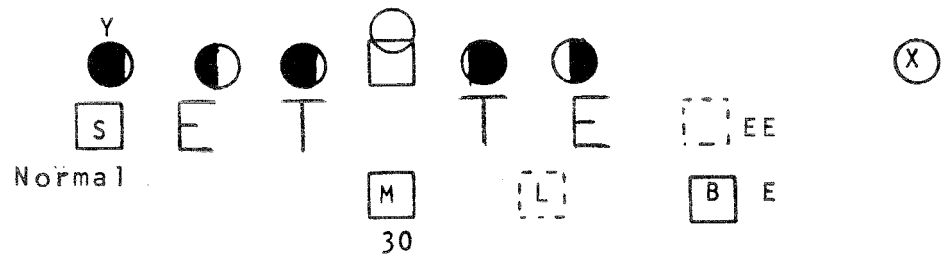
III EXAMPLES OF TERMS TO DESCRIBE FRONTS, STUNTS, DEPLOYMENT
& COVERAGES:

<u>FRONT</u>	<u>STUNT</u>	<u>DEPLOYMENT</u>					<u>COVERAGE</u>
		<u>MAC</u>	<u>BUCK</u>	<u>STUB</u>	<u>SAM</u>	<u>JILL</u>	
4-3	Isaacs	Split 10	E	Stack	Samup	Jillup	1
4-4	Lex,Rex	Off 10	EE	Stud	Slug	Jaw	2
Over	Lin,Ric	20	L	Lug		Jab	2 Yale
Under	Lion,Ram	Split 20	S	Slot		Jug	3
K.C.	Pinch	Off 20	W	Eagle			4
Brown	Tex	30	X				5
5-2	Tom,Jerry	40					6
34		50					7
35							9
							10

A. BASIC ALIGNMENT:

43

(Z)

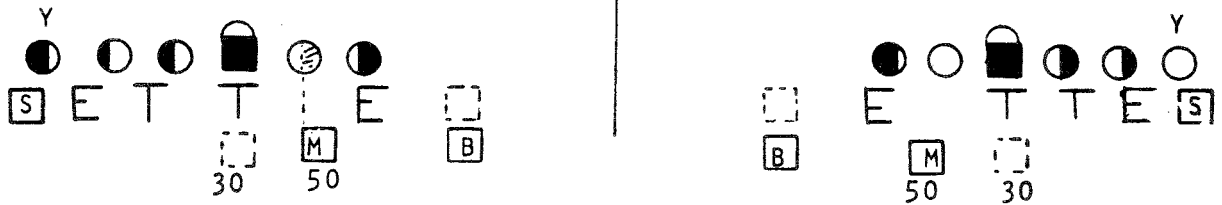


1. This is our basic alignment
2. STUB: Normal, head to slightly outside of TE
3. MAC: 30 Location, head on offensive center 2 to 3 yds off ball
4. BUCK: E location, 2 yds from L.O.S. and 2 yds outside of offensive tackle, Deployment: EE or L

B. VARIATIONS OF BASIC ALIGNMENTS: We will use by use of following calls; Over, Under, K.C., etc.

OVER

(Z)



1. Line overshifts toward tight end side
2. STUB: Normal
3. MAC: 30 or 50 location
4. BUCK: E location, deployment EE or L

UNDER

(Z)

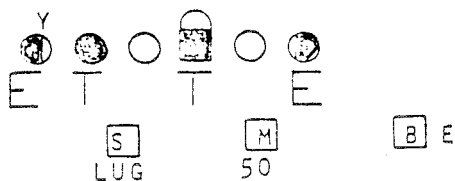


1. Line undershifts away from Tight End
2. STUB: Normal
3. MAC: 40 Location
4. BUCK: L Location

K.C.

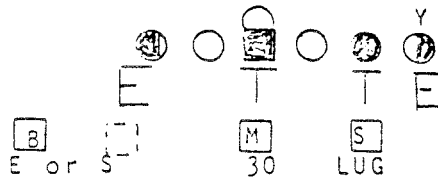
K.C. (ADJUSTED)

②



1. K.C. SOLID CALL: Sets the L.B. locations and no adjustments to be made. It also sets the technique to be played by noseman & weakside def. end.

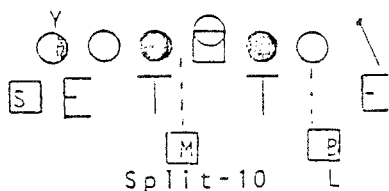
②



1. K.C. CALL: Tells the LBers they will adjust according to backfield set noseman and weakside def. end play according to backfield set.

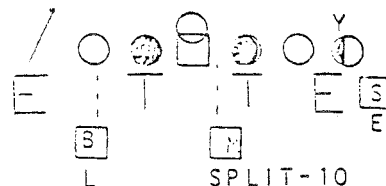
44

②



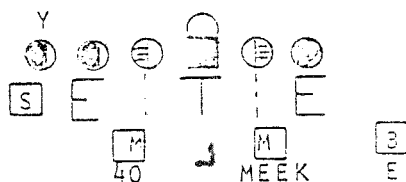
1. FRONT: Basic alignment, def. ends wider
2. STUB: Normal - slightly wider
3. MAC: Split 10 - location - split guard center gap 2 yds off ball
4. BUCK: L location

②



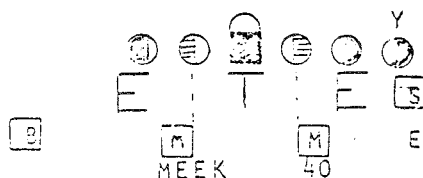
34

②



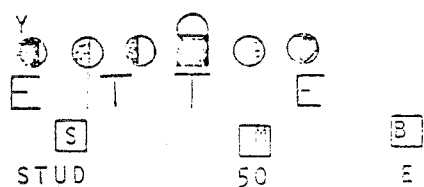
1. 34 CALLS: Means 3 defensive linemen, with extra linebacker who will be referred to as MEEK
2. STUB: Normal MACK: 40 location MEEK; 50 location BUCK: E location

②



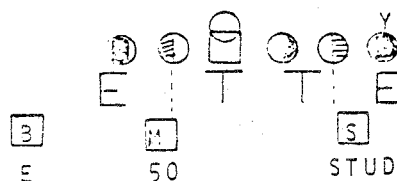
OVER STUB (56)

②



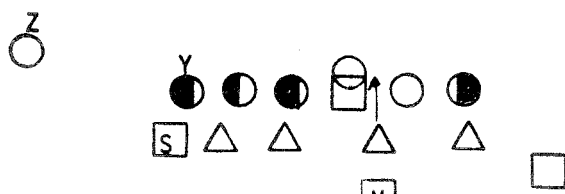
1. Line overshifts toward TE side
2. STUB: Stud location - exchanged position with defensive end off L.O.S.
3. MAC: 50 location
4. BUCK: E location

②



C. EXAMPLES OF VARIATIONS OF DEFENSIVE FRONTS USED BY OTHER TEAMS.

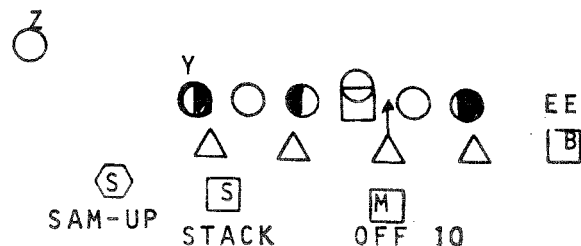
1/2 OVER



OFF-10

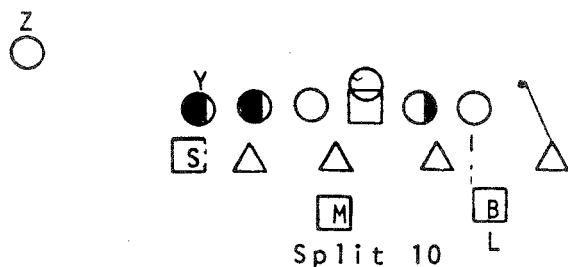
Defensive line overshifted 1/2 man to tight end side.

1/2 OVER STACK-SAM-UP



STUB - Stack location.
SAM - Sam Up: Strong Safety
- Either on line of scrimmage slightly off

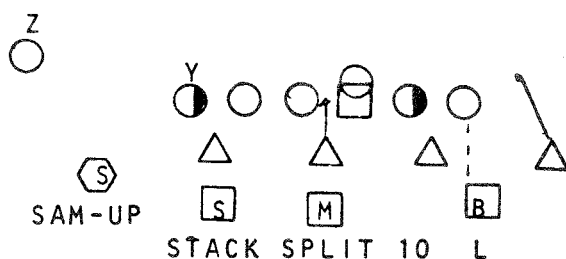
1/2 UNDER



Split 10

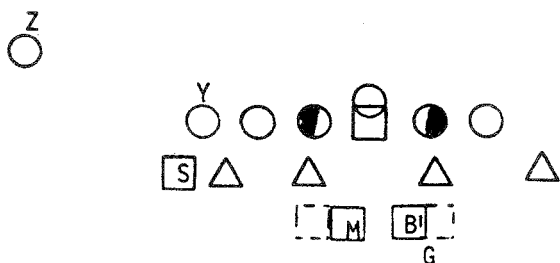
Defensive line shift 1/2 man away from tight end.

1/2 UNDER STACK - SAM-UP



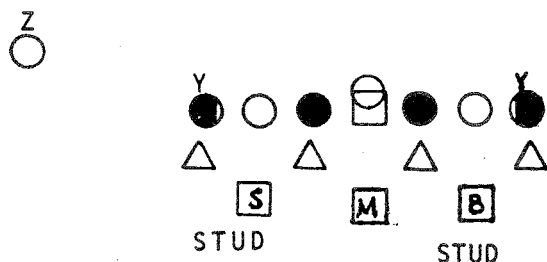
STUB - Stack location
SAM - Sam Up: Strong safety either line of scrimmage or slight off

42



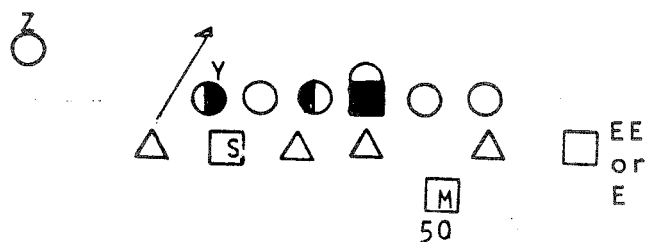
FRONT- Alignment basic 44
MAC AND BUCK: Either Guard - Center Gaps or stacked behind defensive tackle

46



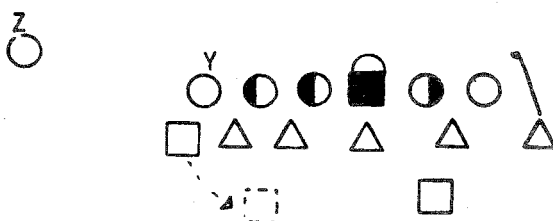
STUD: - Stud Location: Exchange position with defensive end, off L. on offensive tackle Buck: Stud Location

OVER EAGLE



Line overshifts to tight end side
STUB: Lined up slightly inside of Tight End on Line of scrimmage

5-2

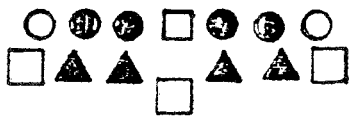


STUB backer either normal or in stack or stud location

TERMINOLOGY FOR LINE STUNTS

STUNTS INVOLVING DEFENSIVE LINE AND LINEBACKERS

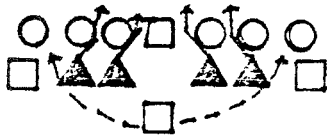
SOLID



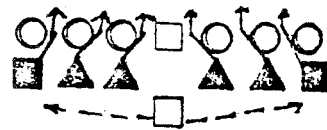
DOUBLE SPECIAL



WEDGE



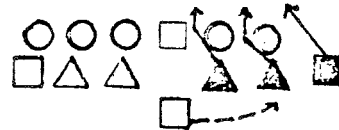
TIGHT INSIDE



TILLIE (STRONG SIDE)

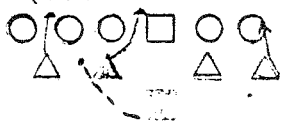


WILLIE (WEAK SIDE)

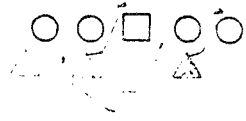


STUNTS INVOLVING TACKLES AND MIDDLE LINEBACKER

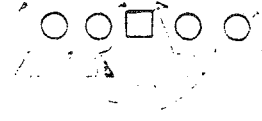
TOM (TIGHT END SIDE)



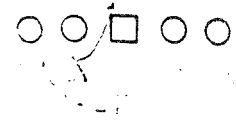
RAM (RIGHT)



TITE



LIN (LEFT)



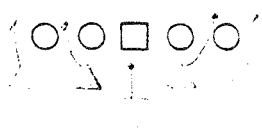
JERRY (AWAY FROM TIGHT END)



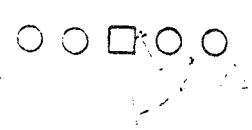
LION (LEFT)



WIDE

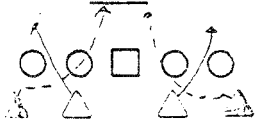


RIC (RIGHT)

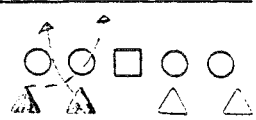


STUNTS INVOLVING DEFENSIVE LINEMAN (BASICALLY PASS RUSH)

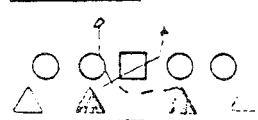
TEX



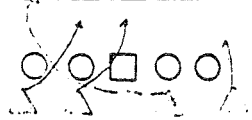
LEX (LEX CHANGE)



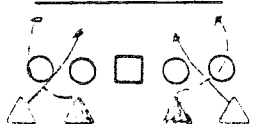
ISX LIN



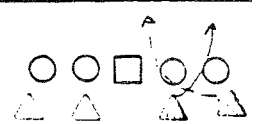
IZZY RIC



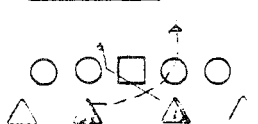
TEX CHANGE



REX (REX CHANGE)



ISX RIC

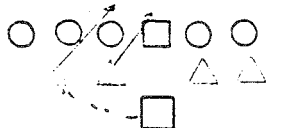


IZZY LIN

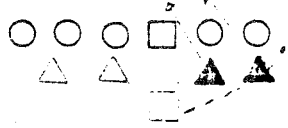


STUNT INVOLVING TACKLE, DEF. END & MLB

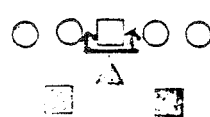
SLAM (TIGHT END SIDE)



WHAM (AWAY FROM TIGHT END)

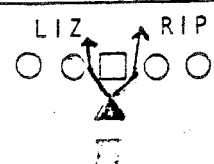


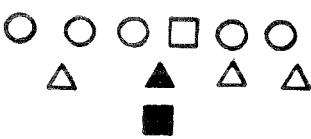
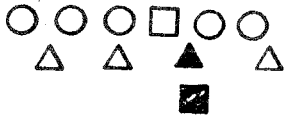
VIKING



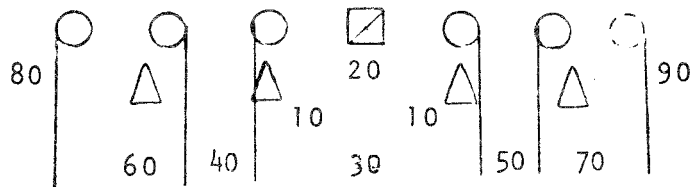
STUNT INVOLVING NOSEMAN & MLB

NOSEMAN (DIRECTION)



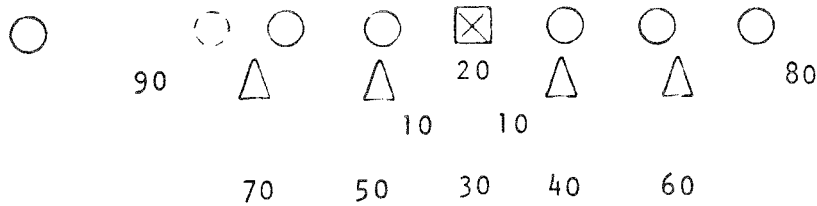
GAP	OFF GAP		
			

LINE-UP KEYS LOCATIONS



MAC LOCATIONS*

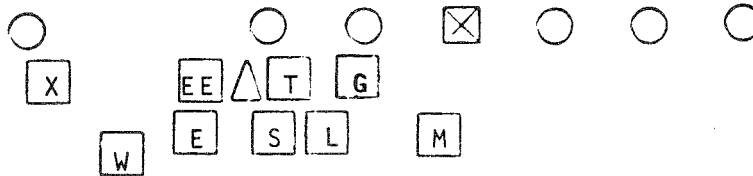
Even numbers to tight end
Odd numbers to split end



*Even numbers always tight end side.

Odd numbers always away from tight end side.

BUCK LOCATIONS



Zip ☐ Norm ☐ Stack Stud ☐ Lug ☐ Mike ☐

STACK-STUD = moves DE Yoke
LUG = DE doesn't move

STUB LOCATIONS

Mike ☐ Lug ☐ Stack Stud ☐ Normal ☐ Zip ☐
Slot ☐ Yoke ☐

MAC

- SPLIT 10 - Position in strong guard-center gap off LOS - up stance.
- OFF 10 - Position in weak guard-center gap off LOS - up stance.
- 20 - Position head up with center on LOS - up or down stance.
- SPLIT 20 - Position in strong guard-center gap on LOS - up or down stance.
- OFF 20 - Position in weak guard-center gap on LOS - up or down stance.
- 30 - Position head up with center off LOS.
- 40 - Position opposite guard-tackle area on strong side off LOS.
- 50 - Position opposite guard-tackle area on weakside off LOS.
- 60 - Position opposite end-tackle area on strong side on or off LOS.
- 70 - Position opposite end-tackle area on weak side on or off LOS.
- 80 - Position outside TE area on strong side on LOS.
- 90 - Position outside TE area on weak side on LOS.

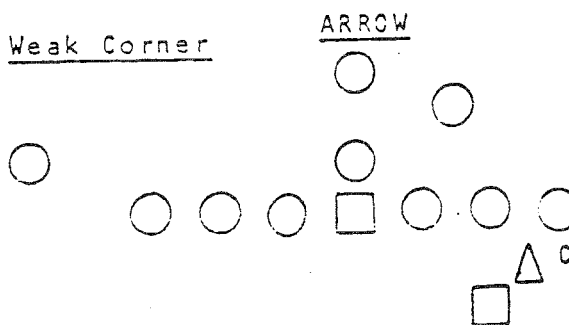
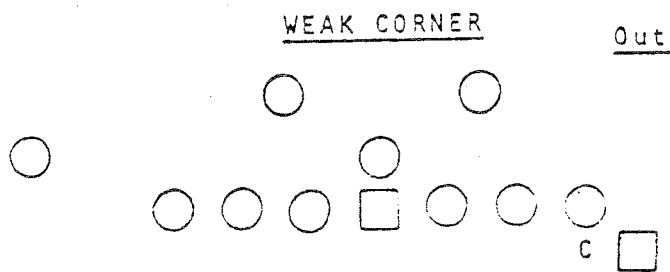
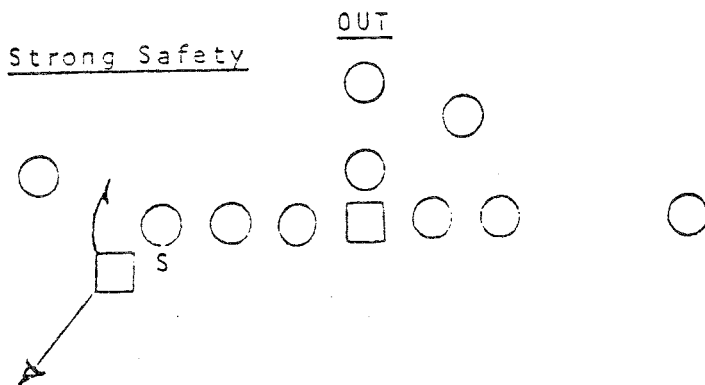
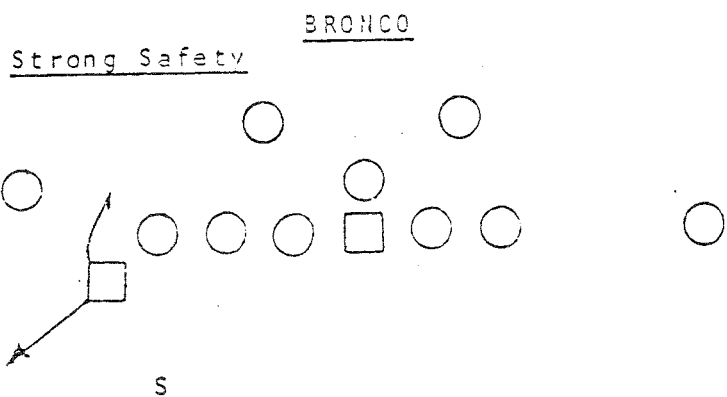
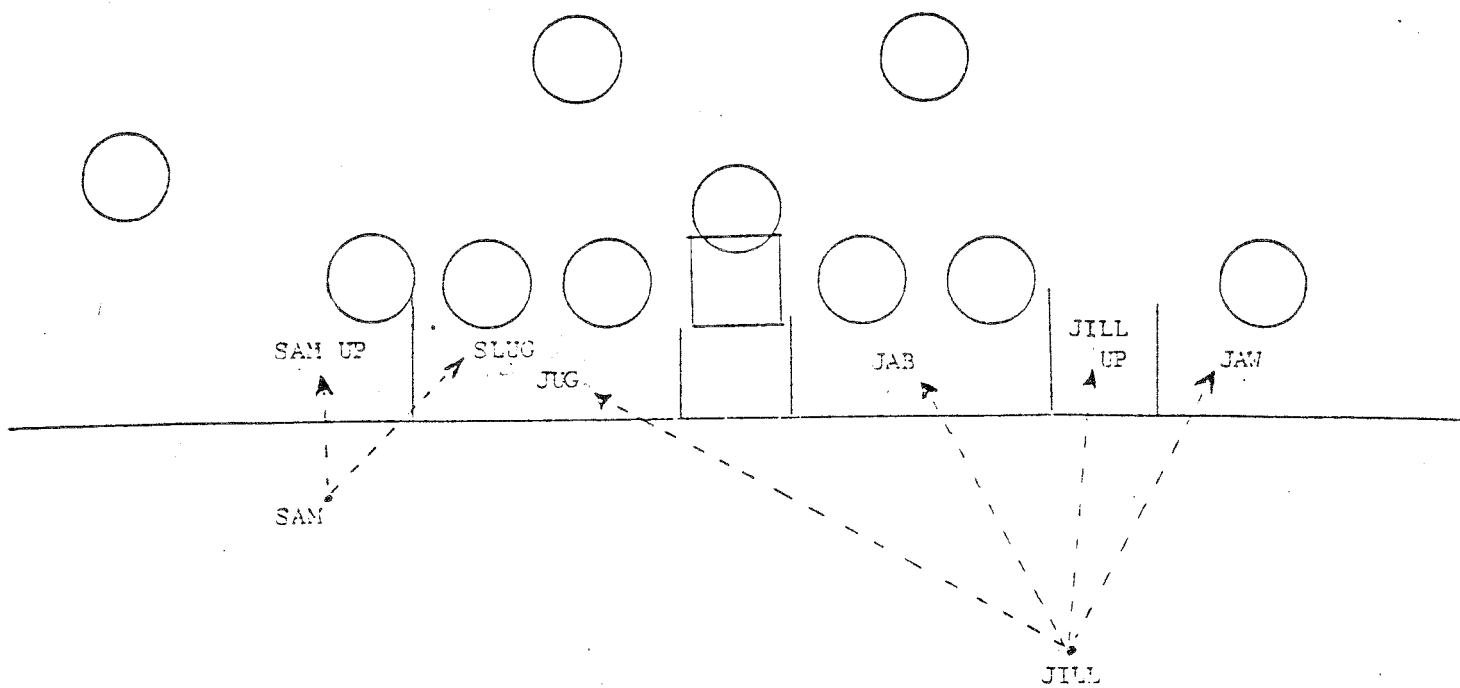
BUCK

- E - Position 2 yds. outside offensive tackle & 2 yds. deep off LOS.
- EE - Position - Tight up on LOS outside defensive end.
- L - Position opposite offensive guard-tackle area off LOS.
- W - Position halfway between split end(X) & off. tackle (depth varies
- X - Position in close vicinity of wide receiver on 1 receiver side.
- T - Position head up offensive tackle on LOS up or down stance.
- G - Position head up OG to inside gap on or off LOS up or down stance
- M - Position replacing original position of Mac - off LOS.
- S - Position stacked behind defensive end off LOS.

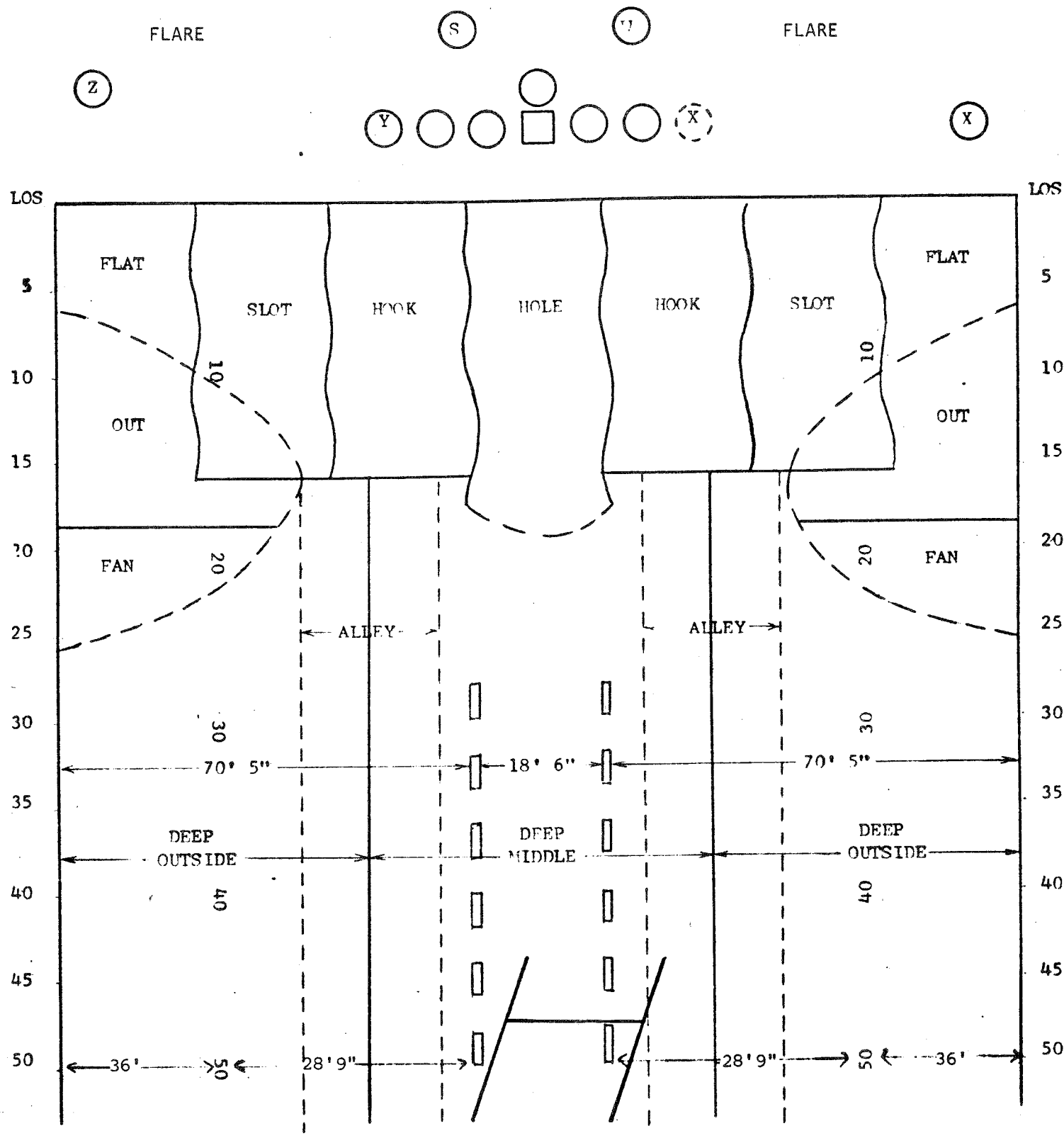
STUB

- NORMAL - Position on TE or other that is normal to defense called.
- STACK - Position opposite offensive end-tackle area on TE side off LOS.
- STUD - Exchange of position of strong LB & strongside def. end off LOS.
- LUG - Position opposite offensive guard-tackle area on TE side off LOS.
- SLOT - Position halfway between TE and flanker (Z) (Depth varies)
- ZIP - Position in close vicinity of wide receiver (Z) on 2 receiver side
- YOKE - Position 5 yards deep in front of TE.
- MIKE - Position replacing original position of Mac off LOS.

SAFETY ALIGNMENTS*



PASS DEFENSE ZONES - NAMING ZONE AREAS



DEFENSIVE LINE

	<u>PAGE</u>
I. PHILOSOPHY & TECHNIQUE OF PLAYING DEFENSIVE LINE	2-10
A. Philosophy of Defensive Line Play.....	2
B. Essentials of Good Defensive Line Play.....	3
C. Techniques used by Defensive Linemen on the Running Game ..	3-6
D. Principles of Rushing the Passer.....	6
E. Techniques used in Rushing the Passer	6-8
F. Containment and Running Lane Responsibility.....	8
G. Coaching Points	8-10
1. Running Game	
2. Rushing the Passer	
3. Playing the Screens	
IV. DEFENSIVE READING - ENDS.....	11-14
V. DEFENSIVE READING - TACKLES	15-17
VI. ALIGNMENTS RELATIVE TO FRONTS AND TECHNIQUES FOR DEFENSIVE LINEMEN	18
VII. STUNTS INVOLVING ENDS, TACKLES, AND COMBINATIONS.....	19 20-22
MAC CALLS TO LINEMAN	23
OUTSIDE BACKER CALLS TO LINEMAN	24

DEFENSIVE LINE

I. Philosophy and Techniques of Playing Defensive Line

A. Philosophy of Defensive Line Play

1. While our goal is to be the best defensive team in the League, our first and foremost philosophy is to prevent touchdowns and long gaining plays. This can only be accomplished by complete and thorough understanding of what we are trying to accomplish as a team working in unity. The effectiveness of our defense is measured by the number of points scored against us.

You as a defensive lineman have one of the most important assignments in professional football and is predicated on your ability to rush the pass or get to the ball carrier.

2. Desire

- a. Your desire and attitude as an individual player has a definite bearing on the overall success of our defensive unit. Above all you must sacrifice to be a winner. Desire is the most important ingredient of winning; however, the combination of desire and thorough understanding and knowledge of our system will insure the best results.
 - b. Know your individual assignment on each and every defense called, so that your execution becomes automatic.
 - c. Know the opponent's offensive tendencies so you can make the correct adjustments when necessary.
 - d. When playing the run you must have the desire to defeat and/or drive through your opponent and punish him. If play is not directed at you, you must have the desire to sprint to a correct angle of pursuit to the ball carrier.
 - e. When rushing the passer, you must continuously put pressure on the passer by using proper rushing techniques, by rushing in your own prescribed lane, and a super-human second effort. Above all you must get to the QB and anilate him.
3. The success of our defense will depend on your desire to practice, execute and understand our defenses.

B. Essentials of Good Defensive Line Play

1. Stance - A defensive lineman must have a good body position with proper weight distribution in order to be able to move instantaneous with either the snap of ball or movement of an offensive lineman.
2. Lineup - Exact alignment according to defense called. Each defense called will dictate your exact alignment.
3. Take Off - Your ability to move instantly on snap of ball or movement of offensive blocker in order that you may contact blocker or penetrate line of scrimmage as fast as possible.
4. Hit-A-Blow - Your ability to attack the blocker by neutralizing the power of his block by delivering a blow in such a manner that you defeat the block or gain position on the blocker.
5. Reaction - Your ability to read blocking combinations that tell you type of run or pass while on the move and then putting into effect the proper escape technique.
6. Run - If you read run and you are at the point of attack defeat the blocker and make the tackle. If you are not at point of attack, take proper pursuit angle to intercept ball carrier.
7. Pass - If you read pass immediately put into effect a pass rush technique.

C. Techniques used By Defensive Lineman on Running Game

1. Butt Technique

- a. Used to neutralize the offensive blocker and control him on man blocking when head up or in a tight outside position on offensive lineman.
- b. Drive head and both hands forward, quickly striking your opponent with both hands on outside of shoulders and forehead down center of man, follow through with weight of your body at the original plain of your takeoff. Use hands to control blocker and body position to maintain leverage. Don't commit yourself unless you have a quick read, no quick read control blocker and don't pick a side. *ARMED COULD BE OUTSIDE SHOULDER OF OFFENSIVE BLOCKER*

4

2. Fore Arm Rip

- a. Used to neutralize the offensive lineman on man blocking.
- b. Executed by delivering a hard forearm blow to the head and/or shoulder in a upward driving force and using the opposite hand as a controlling leverage. Force must be delivered with maximum use of legs and body weight to rip up into the offensive blocker.

3. Shoulder Drive

- a. Used in over and under defenses for noseman.
- b. Lead step directly to the outside shoulder center by driving the opposite forearm into centers shoulder to that side. Read offensive guard and flow. Guard blocking on you hold hole and put leverage from inside out or use arm rip up to defeat guards down block. guard releasing or pulling with flow defeat center and drive to point of attack. If blocking combination and flow in opposite direction of charge, hold hole or use arm rip up to defeat center block.

4. Trap Technique

- a. Used by defensive linemen taking on a block from inside out when he reads x or trap blocking.
- b. There are two basic techniques
 1. Inside technique - Your initial takeoff of your charge should put your feet in a parallel position at the time you read the blocking combination. Your next step direction step down the line of scrimmage and pivoting on the inside foot with body position as low as possible. Now drive into inside shoulder of the trapper ready to rip up with your outside arm and shoulder.
 2. Outside Technique - From the parallel position after your takeoff your next step is a slide step closing as fast as possible, from the outside in. Good low body position. Do not turn body to blocker, meet blocker with leverage from outside in. The key to this technique is to close the hole between your alignment and the down blocker as much as possible.

5. Slant -

- a. Used by defensive lineman to go from one position to another on snap of ball.

- b. Lead step at @ 45 degree angle directly at the offensive guard. Read offensive guard and flow. If offensive guard is blocking down, be ready to use inside arm rip working across blocker face and body. If center is trying to cut you and flow in that direction use inside arm as block protection, keeping center off your legs and body. If flow is in opposite direction of slant plant lead step as quick as possible, pivot and put into effect escape technique.

6. Pinch

- a. Used by defensive linemen in controlling an inside gap or hole responsibility.
- b. On snap of ball drive the inside foot toward line of scrimmage and for the inside shoulder of offensive blocker, using an arm rip up technique. If blocking combination indicates inside running play then keep driving tough for penetration. If blocker contacts you with flow, hold hole or use either arm lift or spin escape technique.

7. Ox

- a. Used as a call and also technique used by defensive ends when headup or outside shoulder of offensive linemen.
- b. Takeoff with direction step outside foot upfield and outside with quickness so as not to be hocked by offensive tackle. Plant outside foot read blocking combination. If read gives you outside run widen out and get depth, you are the primary outside force. If blocking combination gives you inside run hole your spot at about 1 yard across L.O.S. using inside leverage and rip technique. If trap read, close for trap as quick as possible, play trap same as no ox technique.

8. Escape

- a. Techniques used after reading plays to get to point of attack.
 - (1) LEVERAGE - Your action used on controlling techniques after neutralizing a blocker. You must hold the hole and this is accomplished by forcing the offensive blocker into the point of attack.
 - (2) SLIDE - Action used after controlling blocker by stepping laterally with inside foot when moving inside and outside foot when moving outside. Keep feet parallel and use quick gliding steps while controlling blocker and then sprint to point of attack.

- (3) ~~SPIN: Pivot off of inside foot, throw outside leg, with action of elbow and body in a complete turn to upfield, plant and drive the outside foot, sprint to point of attack.~~
- (4) THROW: Hand grab on blocker and pull him away from point of attack, step and drive for point of attack.
- (5) RUN AROUND: Technique used with slanting or versus cut-off blocks. If blocking combination and flow is in opposite direction or to the side of cut-off, plant the outside foot, use hands on blockers head or shoulders; pivot and sprint parallel behind line of scrimmage, to point of attack.
- (6) ARM LIFT: a. Used when reading a down block. b. Your action of stepping towards a down block and using the arm to that side in an upward driving motion under chin or shoulder pads of the blocker, to knock him off balance or throw him off.
- (7) SLIP: Technique used by defensive lineman when offensive blocker has gained position and impossible to execute one of your basic escape techniques. The action of going underneath the blocker by using either pushing, arm rip or crossover to get by the blocker. Once executed either penetrate or flatten out behind the line.

D. PRINCIPLES OF RUSHING THE PASSER

- 1. The key to a successful pass rush is your intense desire to get to the QB and destroy him. Only aggressive players who have pride and intensity can expect to be a successful pass rusher.
- 2. You must take advantage of any keys that give you a quicker take off. Keys to look for
 - a. Ball
 - b. QB Movement: foot, knee or butt
 - c. Cadence

D. OFF LINEMAN STANCE

- 3. You must study your opponents technique of pass protection, by doing this you will know what technique would be most advantageous for you to use.
- 4. The type of pass rush technique that you can use most effectively is dictated in many situations by the position of the offensive blocker.
- 5. Never get run completely out of your pass rushing lane. When you feel this happening to you, you must make every effort to counter react.

6. When rushing never take your eyes off the passer. There becomes a time when you can't sack QB, when you reach this point, you should raise your arms and hands high; by doing this:

- a. You obstruct the passer's vision to the receiver.
- b. You force QB to throw ball with a high trajectory.

Balls thrown on a high trajectory are usually thrown up for grabs.

7. Always put a relentless rush on the passer. Even the great passers flinch and get erratic, the other crack and fold.
8. While rushing the passer never allow a back to pass you without annihilating him by clotheslining him or knocking him down. However, do not go out of your rushing lane or sacrifice your pass rush to knock a back off.

E. BASIC MOVES USED IN RUSHING THE PASSER

This section includes the basic moves that you as a defensive lineman must master and are extremely important to your overall success as a pass rusher.

SHOULDER CLUB

1. ~~HAND SLAP~~: Action of bringing the hand up to the ~~head~~ or shoulder of the blocker as quick as possible usually effective only if accomplished ~~on your first step. If done on your 2nd or 3rd~~ WHEN RUSHING step it is construed as an illegal move but seldom called.
IS CLOSE TO OFFENSIVE BLOCKER.

~~CLUB~~: Use of the arm to deliver a blow by using the arm in a clubbing motion to the shoulder of the blocker in an attempt to knock the blocker off balance.

3. BUTT: Basic move used whereby the defensive lineman drive his head to a point just above the numbers with both hands on the shoulders in a forward driving motion. The angle of the rusher's body is pointed so he is able to destroy blocking angle of the blocker. Contact with the rusher's head can be made on the numbers, throat or chin of the blocker. The head of the rusher should never go above the nose of the offensive pass protector.
4. GRAB: The use of hands by grabbing the blocker's jersey, usually on the shoulder joints, a good firm hand Grasp.
5. JERK: The action of pulling the offensive blocker in either a forward jerk or a sideways jerk. The direction of the jerk is usually determined by the type of pressure or body position of the blocker. The jerking action is a very basic move and can be used in many ways.
6. CROSS OVER: The action of the rusher bringing his arm back and over, coming down in a ripping action. The downward action to be aggressive in order to break any hold the offensive blocker may have on you.

7. RIP-UP: The technique of using the arm, fist and shoulder in a ripping movement upward underneath the arm pit and shoulder of the offensive blocker either to his inside or outside of the pass protector. The action must be aggressive in order to break any hold the blocker may have on you.
8. COUNTER: Any action used to get an offensive blocker moving in one direction in order execute a move in the opposite direction.
9. REVERSE: The movement of a pass rusher that changes an outside rush back to an inside rush. Example: reverse club, reverse arm rip, etc.

~~POWER~~

F. BASIC COMBINATION OF BASIC MOVES

A successful pass rush is based on your ability to destroy the balance of the offensive blocker. In many situations the blocker's body position dictates the most effective combination to be used. Therefore, you as a pass rusher must take advantage of what moves he will give you. At the same time if the pass blocker takes away your pre-determined combination, you as a rusher must be ready to counter and use a reverse combination.

The following combination are those that have been found to be most successful. However, different combinations have been used with success and have been adapted for certain types of individuals.

1. ~~HAND SLAP~~ ^{SHOULDER CLUB} & ARM RIP: (BASIC OUTSIDE RUSH USED BY DEFENSIVE ENDS)
This is the basic combination used by defensive ends in order to put pressure from outside in and contain the QB. This technique can be used by defensive tackles when in some defensive fronts. This technique is accomplished by:
 - a. A fast outside charge to outside shoulder of the offensive lineman trying to beat him before he can ~~either~~ set up. At this point trying to get a hand slap or club on the blocker's ^{SHOULDER}. As soon as contact is made execute an arm rip move and put inward pressure to the QB. If offensive tackle turns and runs with you, immediately arm rip and drive to QB. ~~OR REVERSE CLUB & CROSS OVER~~.
2. BUTT-JERK AND CROSSOVER
 - a. Technique used whereby the defensive lineman drives his head into the sternum neck area of the offensive lineman with the hands grabbing both shoulder points with contact being made at the same time in a forward upward driving motion. The angle of the rushers body is pointed so he is able to overpower the offensive lineman.
 - b. Once pressure and neutralization has been established, jerk the blocker in the direction of his resistance either laterally or vertically.
 - c. At the same instance the jerk is ^{MADE} move the feet and bring the arm up and over the blocker coming down in a ripping action. Burst to QB.

d. Contact - neutralize - jerk and crossover.

3. BUTT-JERK AND ARM RIP

- a. This combination begins the same as the butt-jerk & crossover combination replacing the crossover move with an arm rip.
- b. At the same instance the jerk is made, move feet quickly and bring the arm rip back and drive in an upward thrust to the arm pit and shoulder. It is important that the action upward and ripping does not stop once contact is made.
- c. Contact, neutralize, jerk & arm-rip.

4. COUNTER - CLUB & CROSSOVER

- a. Your objective here is to move the blocker by making him think that you are going on a hard inside or outside rush, attempting to make him move in that direction.
- b. As soon as the blocker is moving towards you bring the arm from the outside in an aggressive clubbing action to the outside point of his shoulder.
- c. Immediately on point of contact bring the opposite arm back and over, coming down with a ripping action, -ringing the feet and body quickly at the same time. Burst to QB.

^{COUNTER}
c. Contact, neutralize, club and crossover.

5. BLAST

- a. Used when offensive lineman are playing soft or high. Also a good change-up rush to set up your butt and jerk.
- b. Technique used whereby the rusher drives his head to sternum or neck area with hands on the shoulder point in a forward driving motion.
- c. The legs must be accelerating with contact. The angle of the rusher's body is pointed and lower than the blocker so he is able to over power the offensive blocker. Drive the blocker into the quarterback's lap.
- c. Contact, drive, accelerate.

G. TECHNIQUES USED IN RUSHING THE PASSER

1. Circle: This is the basic technique used by defensive ends in order to put pressure from outside in and contain the QB. This technique can also be used by defensive tackles but is not his basic technique. This technique is accomplished by:
 - a. A fast outside charge to outside shoulder of the offensive lineman trying to beat him before he can either set up or run the circle with you.

~~A DECISION MUST BE MADE AS~~

- b. As soon as you are approximately at point of contact upfield ~~you must put inward pressure~~ so as not to open a gap between your rushing lane and defensive tackle lane.

IF YOU DO NOT HAVE ARM TACKLE

- c. At the point of contact you must control the offense by using one of the following techniques or combination of techniques.

2. Grab and Jerk: This technique can be used in one of two ways. First, a clean grab and jerk and second, a cross-over grab and jerk. The technique of a clean grab & jerk is accomplished by:

- a. Grabbing the opponent by the jersey in the area of the shoulder pads in a firm grip and immediately jerking the opponents either forward or laterally. The jerk is an attempt to knock the offensive lineman off balance and is immediately followed up by a quick movement to either his inside or outside and driving to the QB.
- b. The cross-over grab and jerk is accomplished by grabbing the opponent with one hand on his shoulder and the opposite hand reaching across the shoulder and grabbing the jersey. The action then becomes one of pushing with one hand and pulling with the other in a clean jerking motion and then following by a driving movement to the quarterback.

Power

3. ~~Butt~~: Technique used whereby the defensive lineman drives his head into the shoulders of offensive lineman in a forward driving motion. The angle of the rusher's body is pointed so he is able to overpower the offensive tackle and drive the tackle into the quarterback's lap. As soon as the defensive lineman reaches a depth of approximately 4 to 5 yards he must raise his arms and hands and be ready to engulf the QB. Also used effectively in
4. Drive: This technique is used when the defensive lineman is in a position where he can drive on either the inside or outside shoulder of the offensive lineman. The success of this charge depends on the speed of the rusher making contact with the offensive lineman before he can square up and get set. By driving on the shoulder of the offensive lineman you are making contact at his weakest point. As soon as contact is made drive hard into the center of the pocket and raise arms and hands at the last moment. Used on stunting defenses. Also followed by combination of club and arm rip, or crossover movement.

5. Club Off: This move starts off on a drive or circle technique and then ends up rushing in opposite lane. This is executed by:
 - a. Driving hard for the shoulder of the offensive tackle or guard forcing him to square up and get set for you in the direction your head moved.
 - b. As soon as the offensive lineman makes his move to square up, raise your arm and hit him in a clubbing motion on the shoulder in an attempt to knock him off balance.
 - c. This action is immediately followed by driving in opposite lane into the quarterback.
 - d. This also refers to a direct hit with the palm of the hand to the head of the offensive lineman. This usually followed by a rip-up or crossover technique.
6. Rip-UP: This technique is done by driving the arm and shoulder inside or outside and beyond the body of the offensive lineman followed by a ripping up action of arm and quick movement of feet in a driving action to the QB.
7. Crossover: This technique is used after setting up of the offensive lineman and is the action of bringing the arm back and over with ripping action inside or outside. Followed by quick movement of the feet in a driving burst to the QB.

NOTE: Any combination of the above techniques can be used. You probably have already adopted a combination that most suits your ability.

H. Containment and rushing lane responsibility.

1. On all four man fronts regardless of your alignment, your containment and rushing lane is always the same.
 - a. Ends: Primary outside containment forcing QB from outside in.
 - b. Tackles: The area 1/2 yard to either side of the offensive guard directly back to the quarterback.

I. Coaching Points

1. Running Game

- a. Always know defense called and be positive that you know and understand your alignment and primary responsibility.
- b. Play your primary hole responsibility first.

- c. When all possibility of plays at you are eliminated then select the proper pursuit angle to get you to the ball carrier.
 - d. Know and understand blocking combinations because in many instances they will dictate your action.
 - e. If in pursuit always select the correct pursuit angle. This is extremely important because your correct angle will be dictated by defensive front alignment and/or blocking combinations.
 - f. If chase responsibility be sure you eliminate all possibility of reverses or gadgets, then chase as deep as the ball.
 - g. When approaching the ball carrier always be under control so as to drive thru the opponent with intensity.
2. Rushing the Passer
- a. Your primary responsibility is to get to the Q.B.
 - b. Always have a pre-determined pass rush technique in mind.
 - c. Learn all pass "tips" you can.
 - d. Keep in your lane unless you know that you can definitely beat your opponent. Most of the time this will mean you must go through the blocker.
 - e. Keep your feet driving until you reach the passer.
 - f. If free learn to burst to quarterback.
 - g. Always put constant pressure on QB by forcing deep into pocket.
 - h. There always becomes a point when you can obstruct the vision of the Q.B. by throwing your hands high.
 - i. If we are playing a scrambling QB always be sure of your containment responsibility.
 - j. Don't give ground to the outside when your opponent sets up wide. Take your regular course until you are even with him, then drive.
 - k. After a pass is thrown, go to the side of the field to which it has been thrown.

3. Playing the Screens

- a. Rush the passer, you can't be an effective pass rusher if you are thinking about playing for the screen. If spy responsibility, then play for screens.
- b. Jam or ground any potential receiver you can without going out of your rushing lane. If you sense a screen go receiver tough and attempt to knock him off balance on your way to the QB.
- c. Once by the receiver burst for QB and try to make throw as fast as possible.
- d. As soon as ball is thrown you then become a key man in stopping any long runs, by instant reaction of wheeling and sprinting to the ball carrier.

J. PASS RUSH CONTROLS

IV. DEFENSIVE READING-ENDS (NO OX)

A. Location

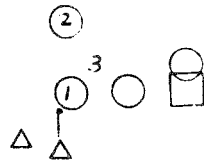
1. On the line of scrimmage. (May depend on defensive call)
2. Shaded on outside shoulder to cover a full position outside of the defensive tackle.

B. Stance

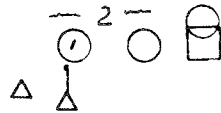
1. Use three point with inside foot back. Stance may vary with tight "Y" or near. Outside foot back.

C. Focal Point

1. To the inside of the near back- so you can have the back, running lane and tackle in vision.



2. No near back, the running lane is the focal point.

D. Movement

1. Made with movement of ball.

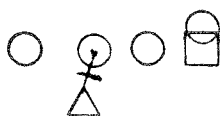
E. Technique

1. Butt technique
2. Your first step is directed at the middle offensive tackle in such a manner so as to deliver a blow with inside hand on inside shoulder of offensive tackle with forehead on outside shoulder in order to neutralize his block then follow progression.
3. Your progression will go from the tackle to near back to running lane.
4. You are first a pass rusher and your initial charge is such that will give you maximum efficiency to get to the passer. Your reaction to run is on the move unless your defensive call puts you in a true reading position.

IV. DEFENSIVE READINGS, CONT.

F. Keys

1.



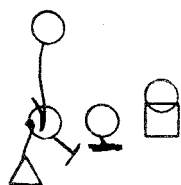
Your initial step should put you in an almost head-up position. If tackle drives out - fight pressure from outside in - hold your ground. Defeat by controlling tackle and not taking a side until you locate the ball.

2.



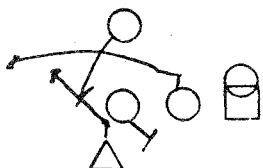
If tackle blocks you in or tries to hook - you control blocker with head and outside arm and be ready to work laterally and up field. If sure of direction of play, you can use slide, throw or slip technique to get to ballcarrier.

3.



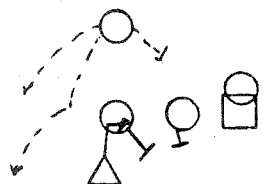
IF TACKLE DRIVES & NO GUARD PULL
 If tackle drives in and halfback tries to drive across and throw halfback playing it tough to a guard. Always keep feet perpendicular to line of scrimmage. **IF GUARD IS PULLING**
 SOON ENOUGH ARM RIP OFF ON OUTSIDE SHOULDER OF NEAR BALL

4.



If tackle drives in or goes thru and halfback tries to drive you in, (Bim Block - with guard pull) throw him off and work upfield. Be prepared for ankle high cutoff or crab block by near back. Scramble and put pressure from inside out. One or both guards may be pulling. You can use inside shoulder rip-up slip or throw technique. Do not go after ballcarrier up field.

5.

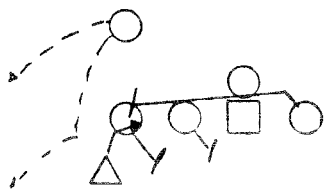


If tackle drives in and halfback flares, or dives or comes at you and avoids you, look down running lane and play thru the first guard in the running lane. Must play halfback if he comes to you first. Then be ready to close quick to the inside. Keep body square with feet parallel and perpendicular to the line of scrimmage. Use technique for playing traps.

IV. DEFENSIVE READING - ENDS (contd)

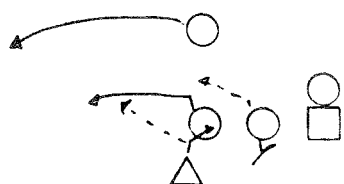
F. Keys

5a.)



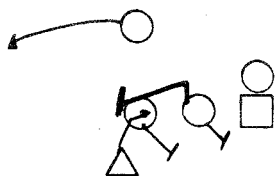
If tackle drives in and halfback flares, dives or comes at you and avoids you and offside guard is coming down running lane, it may be a log or trap. Play trap first and work from inside out. Use trap technique.

6.



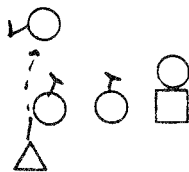
If tackle pulls in front of you, look for guards movement. If guard is pulling for toss, get lateral movement as quick as possible. If guard blocks straight away, play toss trap.

6a.)



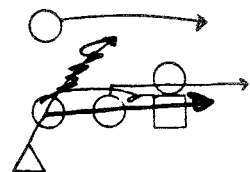
TACKLE BLOCKS DOWN GUARD
~~TO SHAKEN PULL TECHNIQUE~~
 To take toss without tackle pulling, play toss trap first until ball has left QB's hands then play toss.
DEPENDS ON ANGLE OF OG. GUARD TIGHT PLAY SAME AS TRAP GUARD ORER USE BUTT TECH.

7.



If offensive line sets up for pass - GET THE PASSER, put into effect one of your pass rushing techniques.
READ BACKS FOR DRAW
IF DRAW ACTION IMMEDIATE BUTT & PLAY TWO GAP

8.



PURSUE
 If flow away ~~check for waggle,~~
~~bootleg, and reverses - none - chase.~~

Responsibilities

1. You should be going thru your progression, while on the move, locate and react to your key.

PURSUE DOWN LINE AS FAST AS POSS

2. If running play away from you ~~chase~~ - splitting the difference between the quarterback and deepest back. As soon as you are sure the ball carrier will not cut back inside of you, then you swing as deep as the deepest back.

3. If you don't make the primary tackle, make sure you "GANG" tackle.

4. Clothesline any back circling near you.

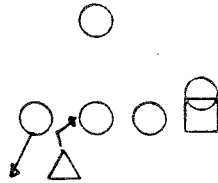
5. Your play is determined primarily on down and distance.

IV. DEFENSIVE READINGS-ENDS, CONT.

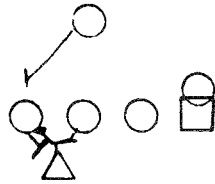
G. Adjustment vs Tight End "Y"

1. When "Y" or near end comes into a position where they are a potential blocker, your progression ~~can~~ begin with Tight End, Offensive Tackle, and Near Back.
2. On running situations, play into Tight End and react accordingly. If possible adjust position of feet so as to enable you to deliver a blow into the Tight End.
 - a. If TE End is in a position to block down on you and you do not start with your progression with TE, you must be able to react to and play down block.
 - b. If you start your progression with TE, then naturally the down block and power block should be much easier to play. In either situation your reaction and technique are the same.

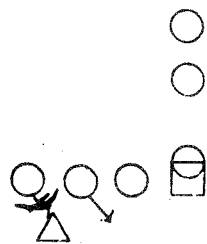
3.



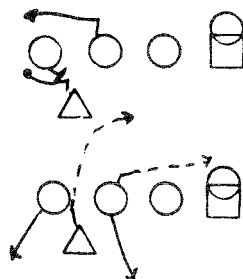
If Y releases pick up normal Keys, offensive tackle, near back and running lane.



When Tackle Post Blocks and Tight End drives on you, concentrate all your force on Tight End, drive through Tight End, do not give ground. Either splitting double team by twisting and dropping inside shoulder using the hands to knock TE Off his drive block. If you don't get a chance to split, then bury yourself into double team. If down block is read fast enough, you can use outside arm lift and throw take TE position.



Tight End blocks down and Tackle releases inside fight through end. Use arm lift technique and throw blocker or use leverage technique and hold hole.



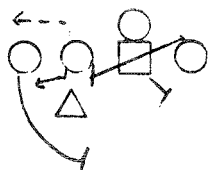
Tight end blocks down and Tackle pulls. Play Tight End tough and force 6-7-8-9 Hole from inside out. Same technique as above.

If tackle and TE release and flow away - get depth upfield and chase.
IF TACKLE & TE SCOOP - PURSUE

DE

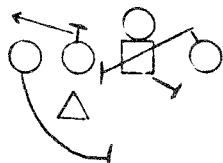
V. DEFENSIVE READING - TACKLES (contd)

6.



If guard influence blocks you and drives out and tackle releases behind you, step back to inside with inside foot toward hole and play the trapper for trap or log. Use trap technique.

6a.



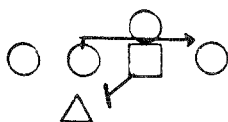
If guard influences you by setting to pass but the tackle releases behind you, play the inside trapper the same way.

7.



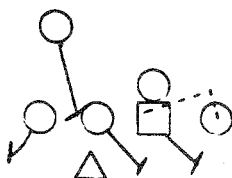
If guard blocks you and tackle pulls behind him, play thru guard's head and work to inside.

8.



If guard pulls to inside and center drives back, play thru center's head and work to inside. Use one of following techniques, depending on position of offensive center's body:
a. leverage b. arm lift c. Run-around

9.



If guard and tackle split on you, it may be a trap, or isolation play. Hold the hole until you read flow.

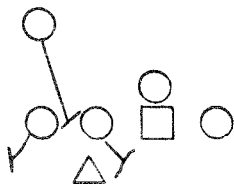
9a.



GUARD BLOCKS DOWN - DRIVE GUARD INTO - OIL HOLE
~~May be a log. Set for trap - keep feet parallel and be ready to give leverage either in or out. Attack trapper so he can't get into position to log you to inside.~~
IF YOU MISS OR BE READY TO PLAY TRAPPING GUARD FROM OUTSIDE IN. TRAP TECHNIQUE.

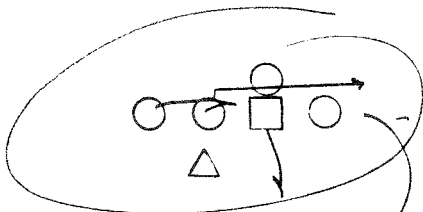
V. DEFENSIVE READING - TACKLES (contd)

9b.



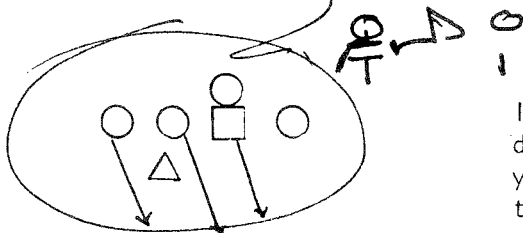
GUANO CENTER DOUBLE TEAM
 WITIT ~~FLOW A FAST READ - HOLD~~
 May be isolation from a halfback or a full back. If no lineman blocks you, remain stationary - locate the back play through the back to flow.
GUANO

9c.



If guard pulls inside and center releases with flow, be ready to pursue flat down line of scrimmage using the outside arm as block protection to keep pull cut-off block from cutting you off.

10.



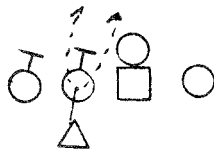
If lineman releases downfield the direction of their release will tell you the direction of the sweep. Hit the man releasing in front of you and slide along line of scrimmage toward play. Don't penetrate into backfield. After runner has established himself get into pursuit at an intercepting angle for the cut-back. Don't follow your own players.

11.



If guard pulls and tackle blocks the end and center hooks you, it's an outside play. Flow will be your key and your reactions should be a quick lateral movement. The center should never block you.

12.



When offensive linemen set up for pass protection, ~~stay in your lanes while fighting toward passer. Check the back on your side for draws and screens.~~ **stay back for pass**

G. Responsibilities

1. After playing keys - locate ball and react.
2. If you don't make the primary tackle - make sure you "Gang" tackle.
3. Clothesline any back coming thru line.

VI. ALIGNMENTS RELATIVE TO FRONTS AND TECHNIQUES FOR DEFENSIVE LINEMEN

1. WEAKSIDE DEFENSIVE ENDS

a. Head-up



FRONT

1. over
2. K.C.
3. 34 & 35

TECHNIQUE

1. Butt (no ox)
2. Ox
3. Pinch

b. Outside Shoulder



1. 43
2. 43 Solid
3. Under-reduced

1. Ox or no ox
2. Butt
3. Forearm-Rip

c. Loose



1. Under
2. Nickel
3. "L" Call

1. Leverage
2. Inside Rip

d. Sink

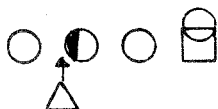


1. Over-Sink
2. Bucki
3. Reddog

1. Forearm-Rip

2. STRONGSIDE DEFENSIVE ENDS

a. Outside Shoulder



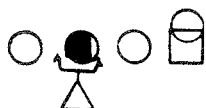
FRONT

1. 43
2. Over
3. Nickel

TECHNIQUE

1. Forearm-Rip
2. Butt
3. Safe

b. Head-Up

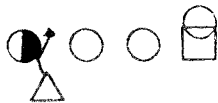


1. Under
2. 34 or 35

1. Butt
2. Safe
3. Pinch

2. CON'T.

c. Inside Shoulder of TE

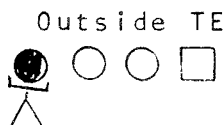
FRONT

1. Over
2. 43
3. "Stack" Call

TECHNIQUE

1. Forearm-Rip
2. Forearm-Lift

d. Head-up or Slight

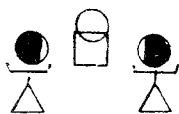


1. K.C.
2. ~~"Stack" Call~~
OVERSTUD
3. STUD

1. Butt
2. SLAM

3. DEFENSIVE TACKLES

a. Head-Up

FRONT

1. 43
2. 43 Solid
3. 44
4. Nickel

TECHNIQUE

1. Butt
2. "Lin or Ric" Call
3. Slant

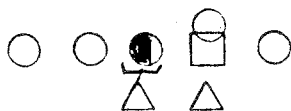
b. Outside Shoulder



1. Under
2. Over

1. Fore-arm Rip
2. Butt

c. Tight Outside Shoulder



1. Over
2. Under
3. "Stack" call

1. Butt

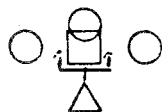
d. Head-Up on Offensive Tackle



1. K.C.

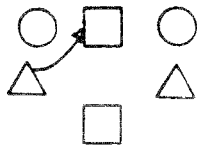
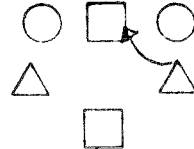
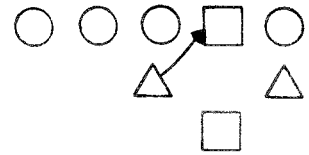
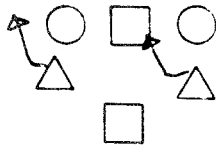
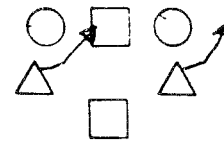
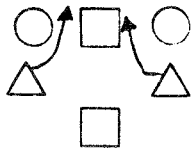
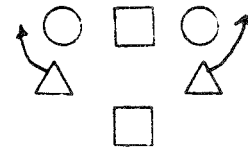
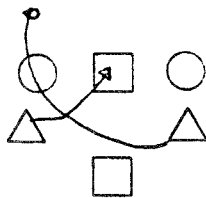
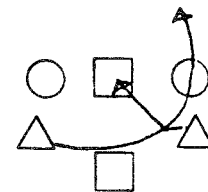
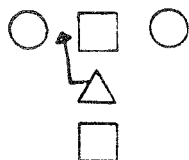
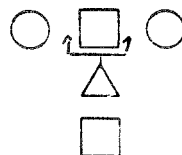
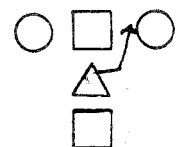
1. BUTT
2. SLAM
3. Tom

e. Noseman



1. Over
2. Under
3. K.C.
4. 34 & 35

1. Butt
2. Slant
3. Shoulder

LINRICTOMLIONRAMTITEWIDEISX LINISX RICLIZVIKINGRIP

NORMAL



SAFE CHARGE



Used only on side of normal tight end.

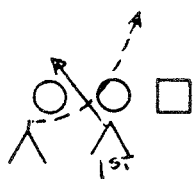
PINCH



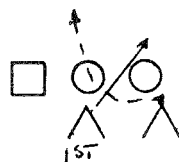
Defensive end to side of call in over and under defense.

STUNTS BY END & TACKLE ON THE SAME SIDE

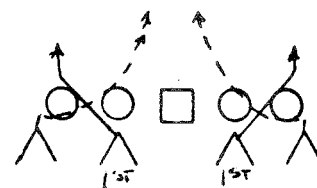
LEX



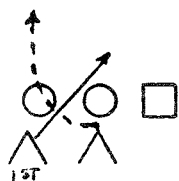
REX



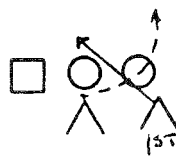
TEX



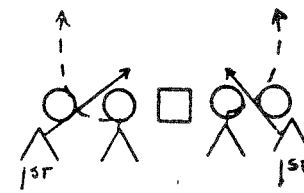
LEX CHANGE



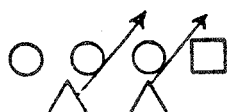
REX CHANGE



TEX CHANGE

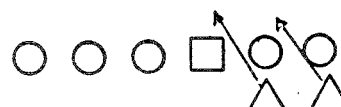


SLAM



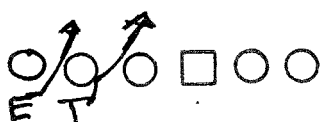
Used on tight end side only Slam means strongside.

WHAM



Used away from tight end side Wham means weakside.

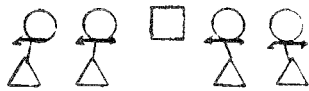
SLAM



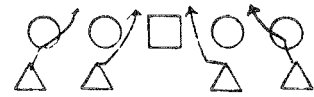
WHAM



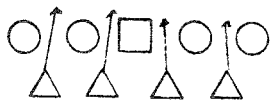
SOLID



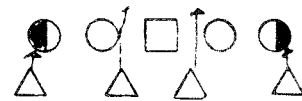
WEDGE



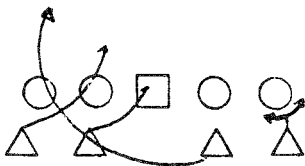
GAP



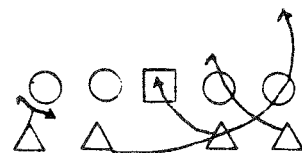
GOAL LINE



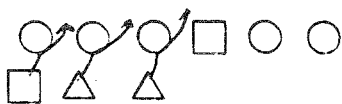
ISO ~~LEFT~~ R.C.



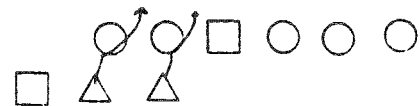
ISO ~~RIGHT~~ L.I.N



TILLIE



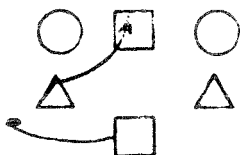
WILLIE



*Same as Slam for def. end & tackle.

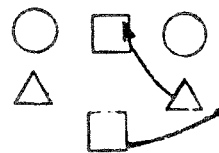


LIN



TACKLES

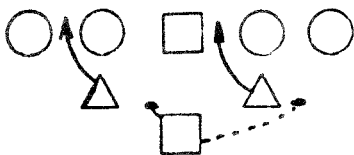
RIC



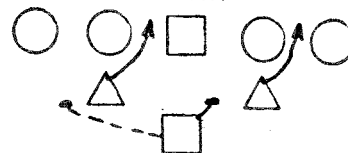
TOM: CHARGE OF TACKLE ON TE SIDE TO INSIDE GAP.

JERRY: CHARGE OF TACKLE AWAY FROM TE SIDE TO INSIDE GAP.

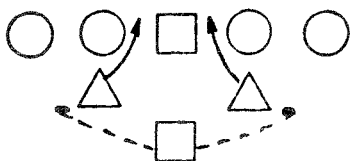
LION



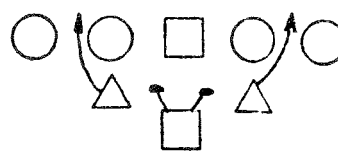
RAM



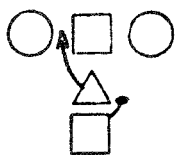
TITE



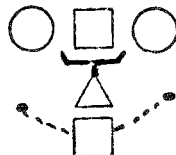
WIDE



LIZ

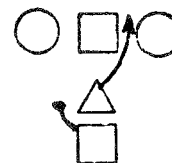


NOSEMAN

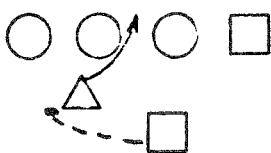


VIKING

RIP

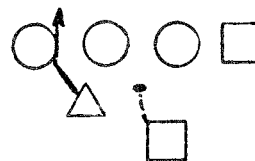


PINCH

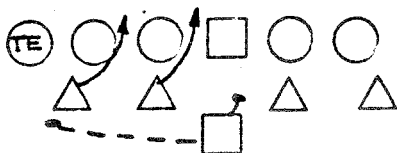


ENDS

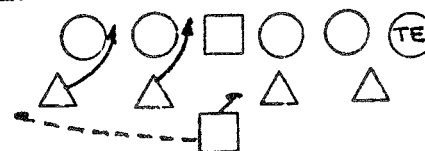
SAFE



ENDS AND TACKLES

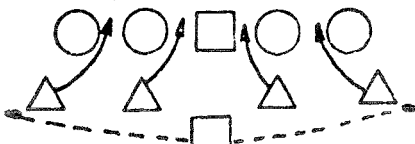


SLAM (TE SIDE)

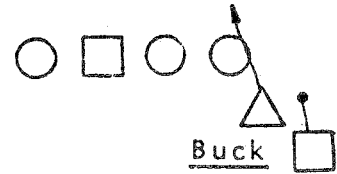
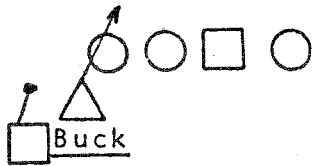


WHAM (AWAY FROM TE)

WEDGE (BOTH SIDES)

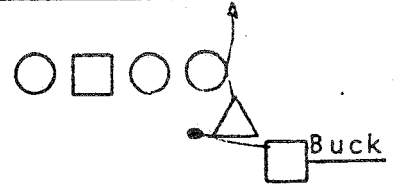
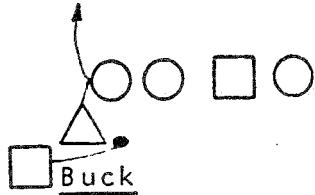


NORMAL WEAKSIDE PLAY
(No Call)



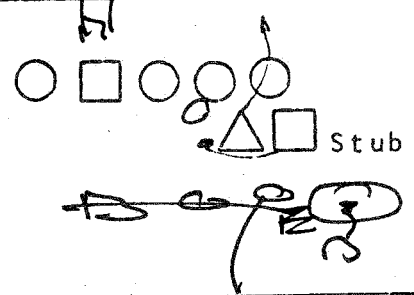
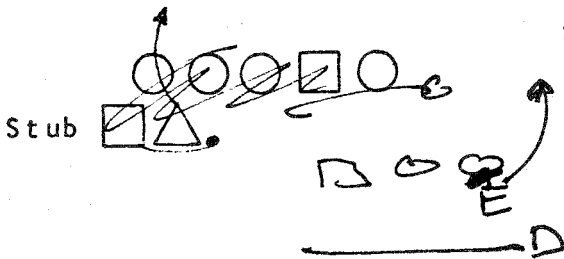
End: Plays tite into tackle - free to pursue quickly on flow away.
Buck: Flow to: 6-7 Hole. Flow away: Hold, check for ball coming back. You are contain man.

OX
(Weakside Call)

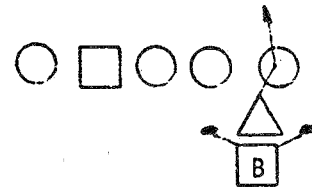
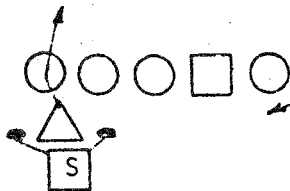


End: Play up the field. Check for ball coming back. You are contain man.
Buck: Flow to: check 4-5 hole, then pursue inside-out to ball. Flow away: purs immediately to ball.

HOLD
~~50%~~
(Strongside call)

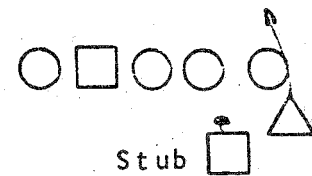
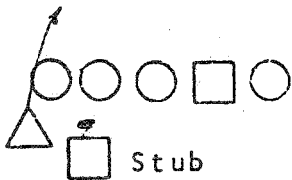


STACK
(Strongside call)

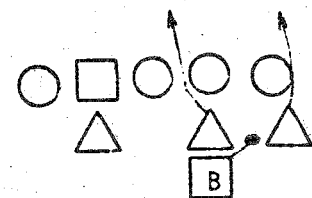
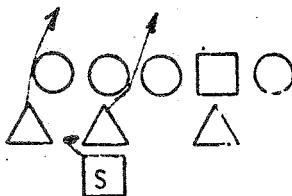


"S"
(Weakside call)

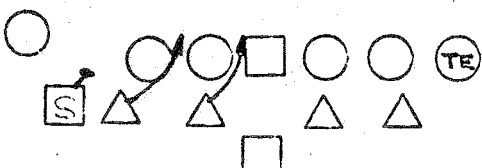
STUD
(Strongside call)



Tom
~~Lin~~
(Left or Right Side Call)
(Strong or Weak)



WHAM
(Away from TE side- vs. SLOT formation)



LINEBACKERS

PART	PAGE
I. BASIC PHILOSOPHY	1-3
II. IMPORTANT THINGS FOR LINEBACKERS TO REMEMBER . . .	4
III. LINEBACKER TECHNIQUES-RUNNING GAME	5-7
IV. LINEBACKER TECHNIQUES-PASSING GAME	8-9
V. LINEBACKER TECHNIQUES-BLITZING GAME.	10-11
VI. LINEBACKER LOCATIONS	
A. MAC.	12
B. STUB	13
C. BUCK	14
VII. KEY REACTION & PROGRESSION	
A. MIDDLE BACKER	15-16
B. OUTSIDE BACKER (TE SIDE)	17-19
C. OUTSIDE BACKER (SE SIDE)	20-22
VIII. LINEBACKER CALLS TO LINEMEN	
A. MAC.	23
B. OUTSIDE BACKER	24
IX. LINEBACKER (BRONCO) FORCE.	
A. STRONGSIDE	25-27
B. WEAKSIDE	28-29
X. SUMMARY OF LINEBACKER & SECONDARY TERMS	30-32

BASIC PHILOSOPHY OF LINEBACKING

HAVE PRIDE - BE A LEADER

Playing as a linebacker in the NFL is the most challenging job assignment anyone on this team will encounter. You are involved in every aspect of the game as a linebacker. You must have excellent coordination and cooperation with the defensive line in our primary structure of stopping the running game. You must also have that same coordination and cooperation with the defensive backs in our secondary structure to stop the passing game.

You will be expected to play the game from sideline to sideline as a linebacker. Though you are not the biggest man on the field, you will be expected to be the most physical and punishing. You will be expected to know not only your own position and job, but those of the player on either side of you.

These assignments will require you to be the best conditioned, most observant, most studious, most disciplined and physically toughest player on the field.

As a linebacker, you should be the best and surest tackler on our squad. You should be the most aggressive defender, and show this by getting to the ball every time it moves. You should know your assignments letter perfect, and also know the entire defensive concept, or your coordination with your teammates will be wasted. Your thorough knowledge and understanding of the information in this book will be an important factor to our success or failure.

You cannot be satisfied with being average. Being average means being blocked, and sometimes staying blocked, making a tackle with a little help when it comes your side, or slowing the runner up but still letting him make extra yardage, not carrying out your defensive assignment because "you thought he might do this", getting tired, not hustling, and permitting the big offensive play.

As a linebacker, you cannot be an average football player, and you should not play or think like one.

THINGS LINEBACKERS SHOULD KNOW AND DO

1. (Signal Callers) Be the Defensive Leader

Never let this be questioned. Look into the eyes of every man in the defensive huddle, and make sure they are looking at you. Have discipline in your huddle. Be sure every man has heard and understood the call correctly. Break the huddle sharply. Always look up and never make a bad call in your own mind.

2. Execute Your Defense the Best

This should be self-explanatory you can't be a linebacker and not be the best.

3. Know the Defense Called Position by Position

If one of your teammates lines up incorrectly you should recognize this immediately and move him into position before the ball snaps. Should the defense be breaking down through an error of a teammate, be able to explain the error to him. In order to do this you will have to study football. Know your alignment, run responsibility and pass responsibility perfectly so that you will never have any question in your mind.

4. Know the Strength and Weakness of the Defense

To make sound defensive calls know in what situations to call each defense. There will always be downs that a certain defense would be a bad call. Eliminate all of these poor calls.

5. Know Situations

- a. Down and Distance - You should always know the down and distance. Every defense called will be predicated by down and distance to go. Opponents call their offense by down and distance too. Know what to expect on each down and distance situation according to field position.
- b. Field Positions - This is equally or even more important than down and distance. You should know what the opponent will do backed up on his own goal line. Will he gamble? At what position on the field will he run his regular offense, what position will he use trick plays, and gamble on 4th down, etc.
- c. Know the Quarter and Time Remaining - Many a game has been lost because a team misjudged the time left to play in each half and what an opponent does during this time. In games where two teams are equal the time employed intelligently by a team often determines the winner. You should know how our opponents stop the clock to save time and how he uses his offense to kill time. Our defensive play can determine whether or not the offense can control the time. You should know how many timeouts your opponent has left and how many you have. Proper use of these time-outs will win for you.

6. Tendencies

- a. Formations - What is the opponent's tendency by formation? Does he run to or away from his formation? Every formation has a favorite play from it and you should know this play or plays. We will stop his favorite play by formation and force him to run something which will not win for him. Be sure we have adjusted the defense correctly to the formation.

7. Opponent's Offense

- a. Huddle - Know where their people line up in their huddle (to determine strength quickly). Also know how long they stay in the huddle. This will determine how long you have to get in and out of the defensive huddle in order to see the offense break their huddle. In the course of the game you may have to encourage your men to get into the defensive huddle quicker. You should always be aware of a no-huddle play when the opponent is behind and time is running out.
- b. Alignment - Know if they run from pre-shift formation. Know if they like to go on a quick or long count and in what situation do they do this. Know if they take unusually large line splits. This may encourage certain dogs if the splits are above average.

8. Special Situations

- a. Know who the opponent calls on in the clutch.
- b. Know how the change of quarterback affects the game.
- c. Be aware of a play being run at our new substitute after an injury to one of our own men.
- d. Watch for the home run play after we have lost the ball on a sudden change.
- e. Every time the opponent puts in a substitute be sure to recognize his number and position. This could constitute a change in our defense.

9. Takeaways

- a. Statistics have proven the importance of the takeaway - turnover table. Takeaways are intercepted passes and recovered fumbles by the defense. Turnovers are the same by the offense. Almost without exception, consistent winners are plus in this category. The defense creates more takeaways than the offense has turnovers.
- b. As a linebacker you are in excellent position to go for the football. Backs are taught to protect the ball in traffic, but frequently they are breaking away from people and looking for daylight and are vulnerable to being stripped. Receivers are often lax in putting the ball away after the catch, and can be stripped. ALWAYS THINK IN TERMS OF ATTACKING THE FOOTBALL.
- c. Your opponent will have the football an average of 13 times a game. Each takeaway reduces his chance of scoring and usually results in excellent field position for your offense. TAKEAWAYS ARE THE RESULT OF HUSTLE, DESIRE AND CONCENTRATION.
- d. 1978 Rams had 43 takeaways (We strive for 3 per game)
44 turnovers

IMPORTANT THINGS FOR LB'S TO REMEMBER

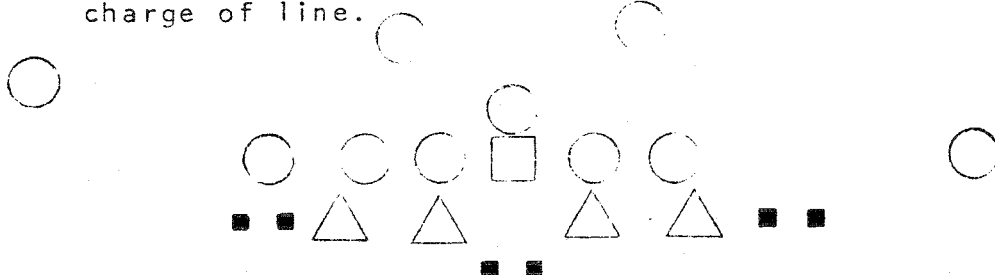
1. Gang Tackling is the most demoralizing maneuver in football and is a must for all good defensive teams. The linebackers are the leaders in gang tackling.
2. Never, never take for granted, a man is tackled.
3. Sprint back to cover your area and break at the proper angle. You must be under control at 10 yards so you can react without taking extra steps. Don't lose ground by breaking at the wrong angles.
4. Converge on the ball once it is in the air. If you do not fly to the football you are admitting one of 2 things.
 - a. Lack of condition keeps you from doing so.
 - b. Laziness or indifference keep you from doing so.
(There is no place in football for either.)
5. Always play ball at it's highest point.
6. Be in position to intercept a pass if it is deflected - don't ever quit.
7. Go up with two hands to break up a pass - two hands are better than one.
8. Remember, you have equal rights for the ball once it is in the air, so play it rough, but always play the ball, not the man.
9. Aggressiveness is one of the hardest things to teach on pass defense. It starts in practice against your own teammates, and with helmets.
10. Be rough and aggressive, many of these receivers are inclined to be timid. Make them respect you.
11. Every pass that a receiver catches, make him bleed. Don't forget you can punish the other team worse on defense. Make him cautious the next time he goes to catch a ball.
12. There are times when you may have your man covered, but due to the type of pass thrown, it will be completed. A technique that is very effective is to slap at the ball, and strip it from him before the receiver can put it away. In many instances he will drop the ball. If he hangs on to it, you will still be in position to tackle him. Perfect this technique on our receivers. Quick hands are a great asset.

LINEBACKER TECHNIQUES VS. RUNNING GAME

- A. We base our run defense teaching on six (6) techniques. To be effective in stopping the running attack a LB must master these six basic techniques. This can be done only by hard work and constant study. It is mandatory that you develop these techniques to the utmost. The six are:

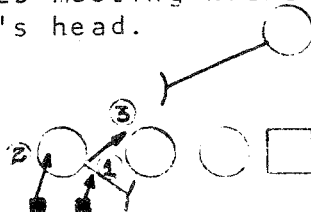
1. STANCE - Proper position and balance to allow quick and powerful movement in any direction. Stance, alignment and key are all included in this technique and vary from position to position and defense to defense. Without going into great detail for various defenses, here are our basic stances, alignments, and keys:

- a. Outside LB Strongside (Stub) Outside shoulder to head on Tite End, two point stance, feet parallel, keying thru end's head to near back, shoulders near the same height as end's shoulders as close to LOS as possible.
- b. Outside LB Weakside (Buck) (vs. spread end) - 1 to 1½ yards outside offensive tackle, two point stance, feet parallel keying guard, tackle to near back.
- c. Middle LB (Mac) - 2 to 3 yards off the ball, two point stance, feet parallel, keying thru center and "best" (or both) guard, to pass key. Key will vary depending on charge of line.

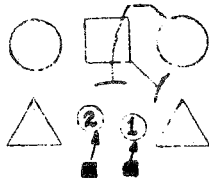


2. REACT - Gaining proper position on the blocker. Basically this means stepping with the proper foot (or feet) to meet the blocker. Two examples are shown below.

- a. Outside LB meeting kickout block. NOTE: OLB steps down with end's head.



- b. MLB meeting a guard stepping around. NOTE: MLB "protects" side of center's block.



3. NEUTRALIZE - Gaining the advantage on a blocker by equalizing and destroying the power of his block by delivering a blow. We have five (5) techniques listed below in order of preference.
- Hand Shiver - Blow delivered up and out with heel of hands. Used mainly vs cut-off blocks. Very few lb'ers are strong enough to meet straight on drive blocks with their hands.
 - Forearm Shiver - Blow delivered up and out with forearm, as if driving an uppercut into your opponents chest. Normally delivered with one arm, with the other arm free to throw the blocker (a "double" forearm may have to be used vs an unusually strong straight on blocker). It is important to keep the arm free to the side of the Lb'ers responsibility.
 - Head Butt and Grab - Blow generally used by MLB on center who is blocking you straight up and using your momentum to drive you beyond hole. With dip like move, drive your helmet into the mask on the center, simultaneously grabbing the blockers shoulder with both hands, preparing to throw him. This is a good move against a holder who is grabbing arms at first contact.
 - Forearm Rip - Blow delivered with a sweeping uppercut motion with the inside forearm and fist. Blow must be delivered through the nape of the neck of blocker who is trying to "cut" block you by getting to your outside knee. This blow must be started low and delivered successfully will completely prevent the blockers head from getting to your legs. It will spin him and make him ineffective as blocker.
 - Shoulder Shiver - A "last" resort for a lb. Similar to the forearm shiver, but delivered with the shoulder. Used in tight quarters to stack up a hole with the intended blocker, particularly if you are taking on a much bigger man.

4. HOLD - Maintain the advantage on the blocker and holding your area or responsibility. This is an often neglected technique. Many LB'ers are in too big a hurry to escape, and thus open holes in this area.
5. ESCAPE - Getting rid of a blocker. It is important, first, that a LB know when to escape. A LB'er that does not "hold" may create a weak spot in your defense. On the other hand, a LB'er overly intent on whipping an individual opponent may become pre-occupied with this and never get to the ball carrier. Our four (4) techniques are listed below in order of preference:
 - a. Throw hand grabbing the blocker and throwing him away from the POA, while pulling yourself or stepping to the POA.
 - b. Slide - stepping laterally, or back and laterally towards the point of attack. After a play has been positively diagnosed, do not hesitate.
 - c. Slip - This technique should be used when a blocker has over-positioned on you. He has led you too much, and you can safely run-around him without slowing your progress to the ball.
 - d. Spin - Pivoting to spin out away from the blocker. This is a last resort method, but occasionally necessary.
6. PURSUIT - Taking a proper path, with great speed, to intercept a ball carrier. A basic rule is to never follow your own color. Also, do not go underneath blocks, unless positive that you can get there. Better to give ground.

LINEBACKER TECHNIQUES VS. PASSING GAME

A. Our LB'ers must play both man for man and area (zone) coverage. There are 3 basic techniques common to both types of coverage.

1. STANCE - Previously discussed under Run Defense.
2. KEY - This is not necessarily the same key as his run defense. For example, a MLB must key the center and guards, but when they show pass, he may either shift his key to a back he must cover M-M or to the QB if he has area coverage. There is no substitute for experience and natural football "instinct" in this most difficult shifting of keys.
3. DROP - Once his key has allowed the LBer to diagnose pass, he must drop quickly to the area (or man) of his responsibility. Factors affecting the drop in M-M coverage include: position of deep help (if any), inside or outside help, type of coverage (deep or short) field position (yard line, mainly, but also nearness to sideline). Factors affecting the drop in area coverage include: area to be covered (flatter angle to wide areas), hashmarks (flatter to wide side), QB's eyes and shoulders, QB action (slide with QB on roll outs), down and distance, backfield action (fake draws, play action, etc.).

B. M-M Coverage - There are three (3) key techniques

1. CONCENTRATION - Ignore everything but the receiver's numbers. If you can do this you are 75% home on M-M coverage.
2. POSITION - Never let a receiver gain a head up position on you. On almost all coverages (except Blitz) the LBer will have help somewhere. Therefore, he should take a strong position away from his help. (If deep help inside, take outside position)
3. DRIVE - When receiver has made his final break, push yourself, force yourself to step quickly with his break, still concentrating on the receiver. If the receiver changes direction be in a position so that he must make contact with you in order to make that change.

NOTE: A key point to remember when a receiver gets behind you is that 90% of the time he will have to slow up to catch the ball. By concentrating and not looking for the ball, you still have a good chance to break up the pass.

C. Area (Zone) Coverage - Again there are three (3) key techniques.

1. SET - As a LB drops, he should key the QB, while he peripherally "sees" the pattern. He must be prepared to "set" as the QB

prepares to throw. To "Set" means to be in enough control to move in the direction the ball is thrown. It does not mean stopping the feet or necessarily slowing the drop.

If the ball is to be thrown in the direction of the drop, the speed of the drop is increased. Experience, football sense, proper diagnosing of pattern, the QB's eyes, arm and body position should tell the probable direction of the pass. Learn to "read" the QB's shoulders, head and body direction. This will enable you to gain ground in the direction the QB wants to throw. We will use the expression "Gain $\frac{1}{2}$ a zone in the direction of QB eyes" which means his whole body position. $\frac{1}{2}$ a zone is approximately 5 yds. and will get us moving into an area of more interceptions.

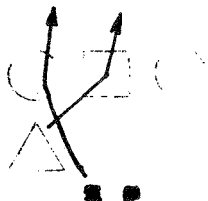
2. REACTION - The ability to move to the ball at the proper angle to break up a pass. The main fault usually is "rounding" the angle rather than driving at a sharp angle. As the QB's left hand leaves the ball you should be starting your move to the ball.
3. JUDGING THE BALL - The ability to intercept. By always attempting to intercept the ball at its highest point, a LBer has the best position to eliminate the receivers chance for a catch. Following an interception, return to the near sideline. Two hands on the ball when in traffic. If teammates intercepts, block the intended receiver if you are close. Otherwise get in front of ball and do not look at the interceptor.

LINEBACKER TECHNIQUES OF BLITZING

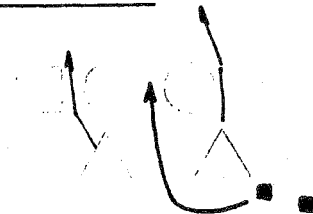
A. Blitzing is an integral part of run or pass defense today and when used intelligently is an extremely effective way of destroying blocking patterns, or putting pressure on the passer. We usually blitz two LB's in coordination with our defensive line. Listed below are six (6) important techniques.

1. ALIGNMENT - It is important to hide the blitz, and yet it is imperative to be in a position to get off on the snap of the ball. Alignment must be such that the blitz is hidden, but allows for maximum get-off.
2. KEY - The ball for get-off (if at all possible) and then the far back for run or pass.
3. GET OFF - This includes not only acceleration on the snap, but taking the most direct route. If stunting with a lineman, it is imperative to drive over the heels of the lineman and not "round" the attack.

Correct



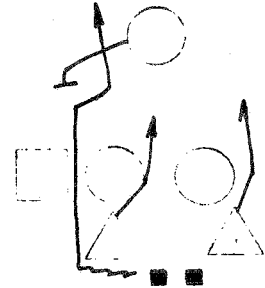
Incorrect



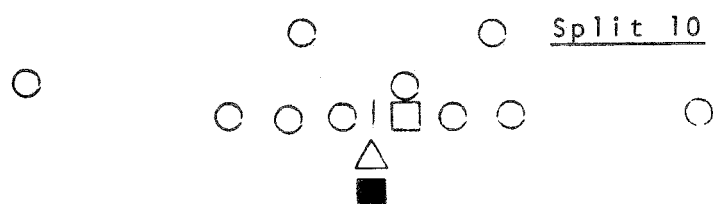
4. NEUTRALIZATION (Pass Rush Techniques) - With LB's we do not go into as much detail as with linemen, but concentrate on two primary pass rush techniques.

- a. Shoulder Dip - As a LB'er usually takes on a back when blitzing we start with the concept that the LB will overpower the back with a hard charging shoulder blasted into the back's chest. We feel desire to get to the passer is the prime factor in pass rush, and the shoulder dip fits into this aggressive attitude.
- b. Leg Over - When a back decides to cut a blitzing LB'er, we feel that getting a leg over gives the LB'er a chance to pressure the passer. The key thing here is for the LB to keep his feet driving.
- c. If a run develops, the LB must get low, be prepared to take on blockers, or go into containment for the play.

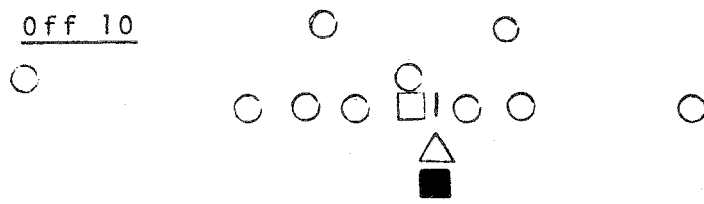
5. ESCAPE - Use of hands to throw the blocker is the primary technique used. We also sometimes start on an inside rush route to try to force the back to take an inside blocking position, and then grab and slip by to the outside. This would be used when the LB is the outside rusher, or going straight up the middle.



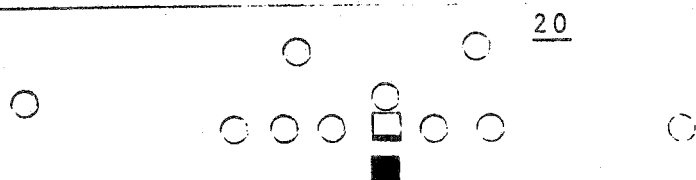
6. HANDS UP - This is a must when the QB takes his left hand off the ball. We instruct our secondary to take away the inside route of the receiver, and that the outside rusher (often the LB), by his blitz and getting his hands up will make it extremely difficult to throw an outside pattern. An outside rusher should never leap until the ball is in the air.



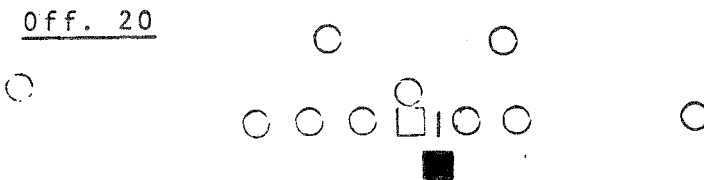
Stacked in the strong side
Center-Guard gap - up stance



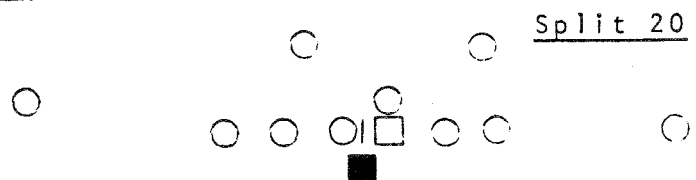
Stacked in the weak side
Center Guard Gap - up stance



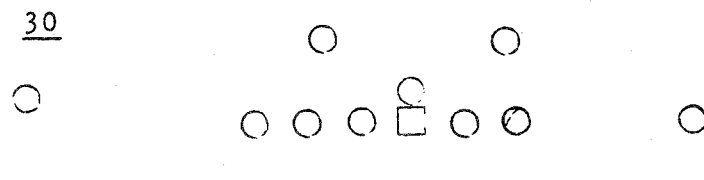
Head on center on the LOS,
up or down stance.



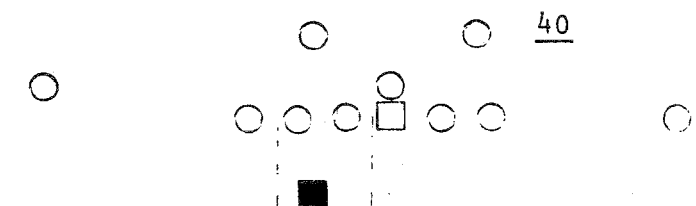
Weakside center-guard gap on the
LOS, up or down stance.



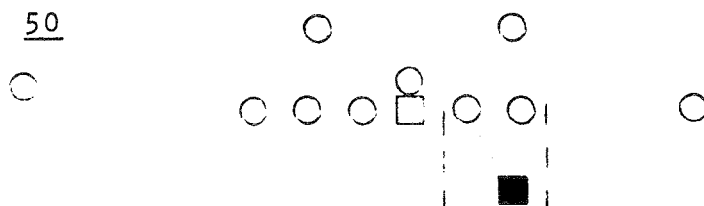
Strongside center-guard gap on
the LOS, up or down stance.



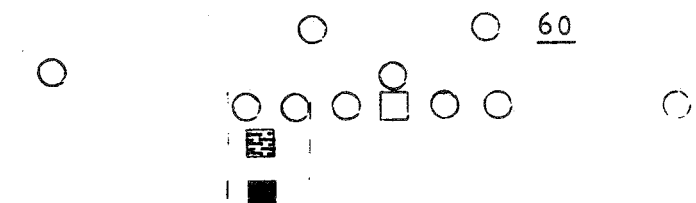
Head on center 1-1/2 to 2 yards off
ball.



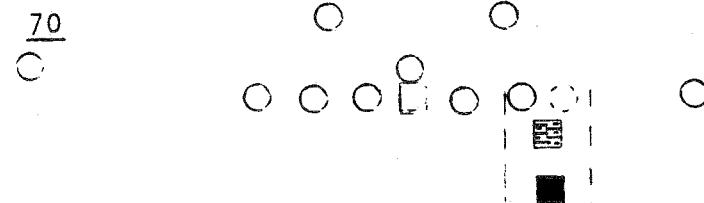
Opposite strong guard-tackle area,
off the LOS.



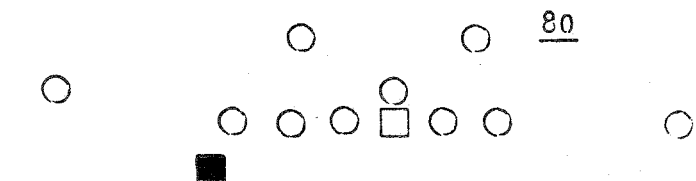
Opposite weak guard-tackle area, off
the LOS.



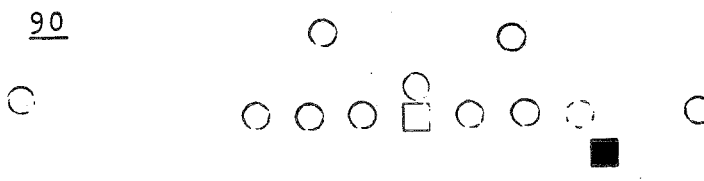
Opposite strong tackle-end area,
on or off the LOS.



Opposite Weak tackle-end area on or
off the LOS.

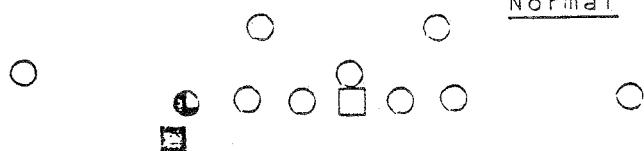


Outside TE area on Strongside, on

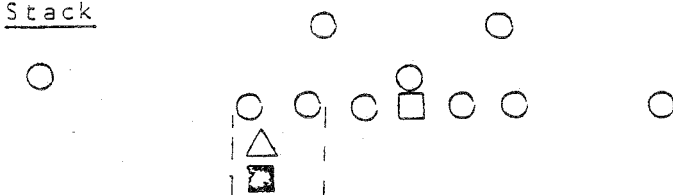


Outside TE area on Weakside, on

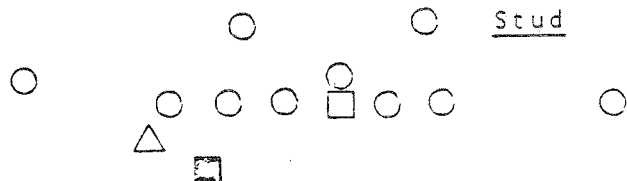
B. STUB LINEBACKER ALIGNMENTS (NAMES)

Normal

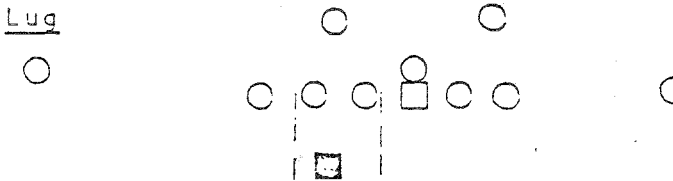
Two point stance, outside shoulder to head up with TITE END (Y)

Stack

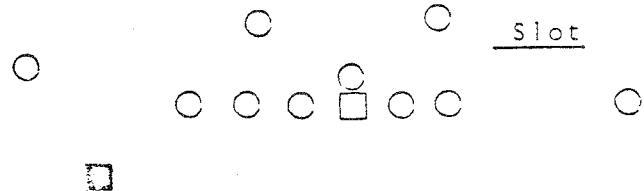
Opposite TITE END-tackle area, off the LOS.

Stud

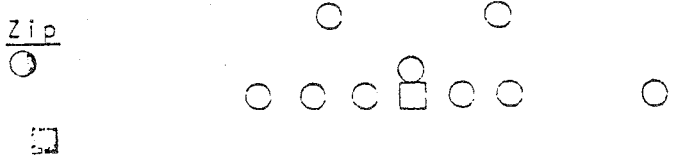
Exchange of position with def. end, up stance, off the LOS.

Lug

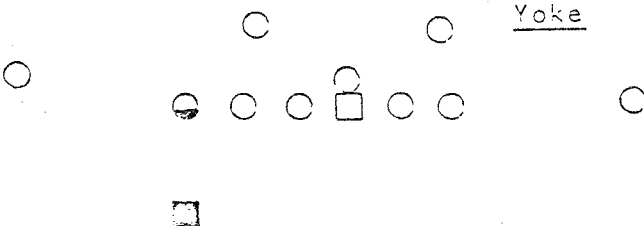
Opposite offensive guard-tackle area, off the LOS.

Slot

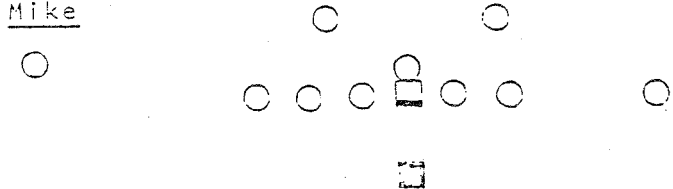
Area halfway between "Y" and "Z", about 4 to 5 yds. off the LOS.

Zip

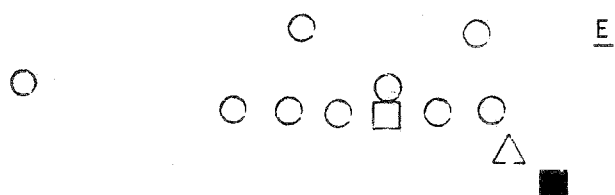
In close vicinity of widest receiver on 2 receiver side.

Yoke

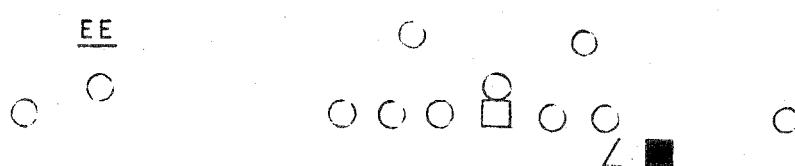
Head on TITE END about 5 yds. deep.

Mike

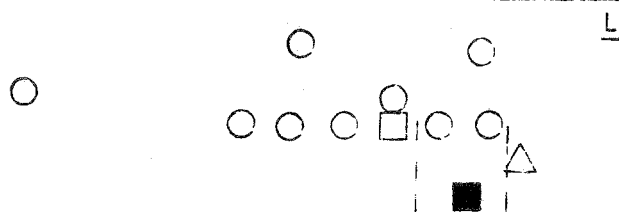
Position replacing Mac - Head on center 1-1/2 to 2 yds. off LOS.



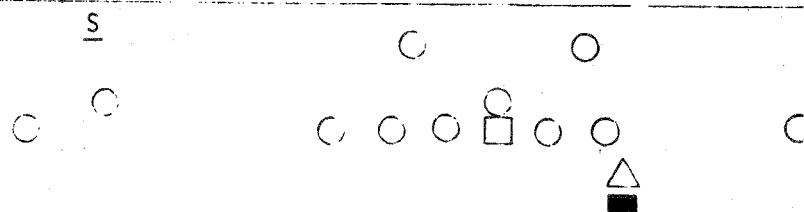
Two yards outside offensive tackle and two yards deep off LOS.



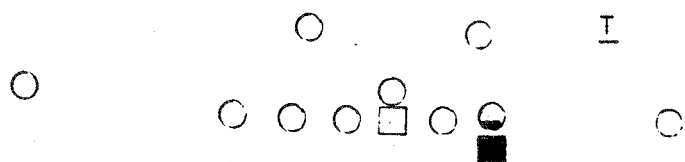
Tight up on the LOS outside defensive end. Approximately 4 feet outside end.



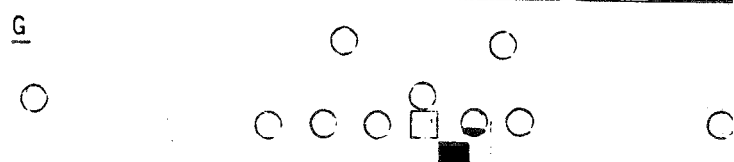
Opposite offensive guard-tackle area off the LOS.



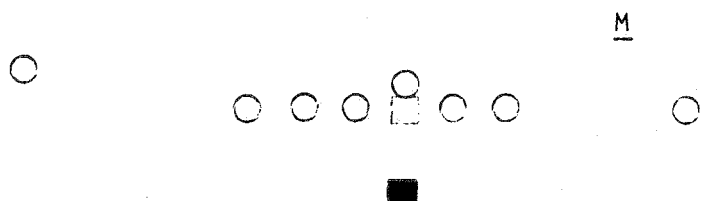
Stacked behind defensive end in tackle end area off the LOS.



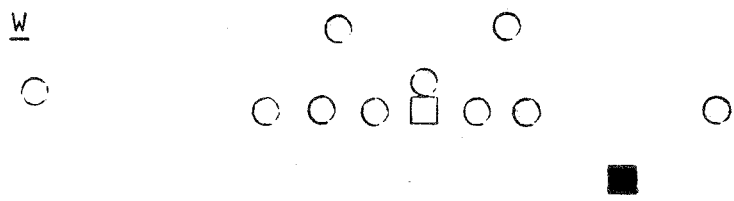
Head up offensive tackle, on the LOS, up or down stance.



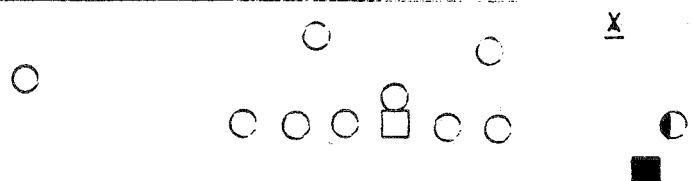
Head up offensive guard to inside gap, on or off LOS, up or down stance.



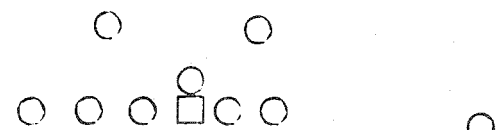
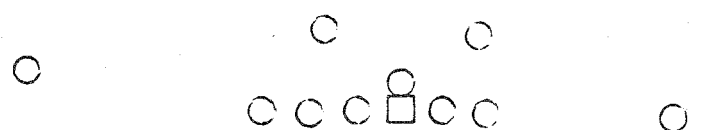
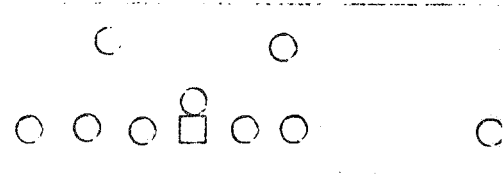
Position replacing Mac - Head on Center 1-1/2 - 2 yards off LOS.



Area halfway between off tackle and "X" about 4-5 yards deep.

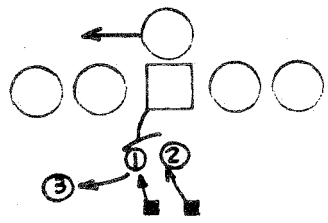


In close vicinity of widest receiver on 1 receiver side.



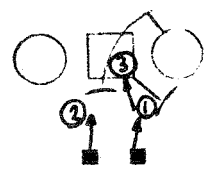
MLB - DEFENSIVE TECHNIQUES FOR 4-3 FRONT

1. M BLOCK



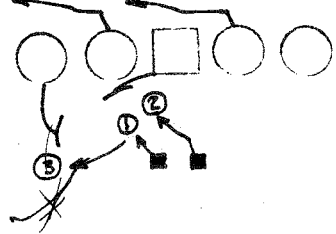
- Step to lead shoulder quickly with near foot.
- Bring opposite foot parallel on center's butt.
- Hand shiver, head butt, or forearm shiver.
- With both hands, grasp blockers jersey, hold firmly away from body and legs.
- Slide laterally with outside foot towards POA.
- Throw blocker as you start slide.
- If center is M blocking and keys show sweep, use forearm rip as center will be taking large lead.

2. FOLD BLOCK



- Step near foot to center's hip.
- Bring other foot parallel as you gather to explode on pulling guard.
- Forearm shiver or head butt thru blockers face. Extend forearm away from body. Use other hand to grab shoulder.
- Slide as soon as POA determined.
- Throw blocker to control 0-1 hole.
- Protect the tackle who is being blocked by the center. Don't let runner split you and tackle.

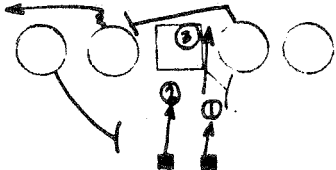
3. SWEEP BLOCK



FAST READ

- Step with foot to side of center's movement.
- Pick up guards key and recognize sweep, expect offensive tackles block.
- Use forearm shiver thru tackle.
- Throw tackle or spin if poorly positioned.
- Percentages are to go around the tackles block (as diagramed). Occasionally you must take the "under" route, particularly if good daylight shows. This would be a "slip" technique.

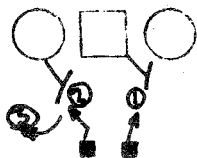
4. CLUB TRAP (0-1 Hole)



SLOW

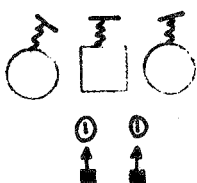
- Step near foot to center's hip.
- Bring other foot parallel as you read pulling guards action.
- Must have 3rd step quickly to avoid tackle's block.
- Your chance of escape from this action is almost nill, if you don't recognize action.

5. ACE TRAP
(0-1 Hole)



- Step near foot to center's hip.
 - Follow quickly with near foot lead to guard's block.
 - Drive forearm shiver ^{or foot} thru guard's face.
 - Quick reaction to this key will slide you in behind your def. tackle ~~who should get piece of guard.~~
- Q. Throw guard or spin if over committed.
LENSHAW & HOLD

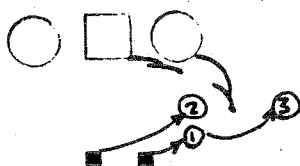
6. DRAW-PASS



- READ movement REMAINING BACKS,
- Short jab steps with foot away from drop direction.
 - Hold ground or shuffle step until you eliminate draw (This will show quickly by backs moving inward to QB and/or center not leaving LOS as far or quick as usual.
 - Do not use crossover step until sure of pass, then fly!

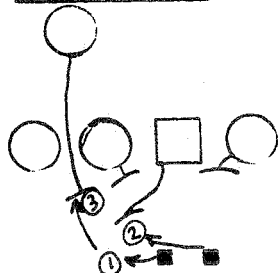
MLB- DEFENSIVE TECHNIQUES FOR 4-3 TITE

7. CUT BLOCK



- Step with near foot to 2-3 hole.
- Crossover step with opposite foot.
- Probably need forearm or hand shiver to neutralize guard's block.
- Escape with slide technique.

8. LEAD BLOCK



- Step with near foot to 2-3 hole.
- Crossover step with opposite foot.
- Neutralize lead block with shoulder shiver.
- Grab and throw if ball carrier has gotten by.

1. M OR BUTT BLOCK



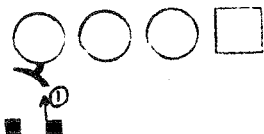
- Strong power step with foot away from run responsibility.
- Drive forearm up and out away from your body. Use other hand to grab shoulder or hit side of head.
- With both hands grasp jersey, keep blocker away from body. Hold position of responsibility, until POA established.
- Slide and throw - move to POA.

2. HOOK BLOCK



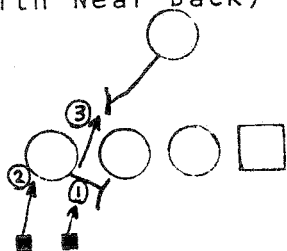
- Slide step with outside foot.
- Parallel drag step with opposite foot until blocker controlled.
- Hand shiver helmet - do not let it work upfield.
- Grasp jersey with opposite hand.
- Once control established - throw blocker inside, work upfield.

3. TURN OUT BLOCK



- Same technique as butt block.
- Force blockers shoulders to vertical position.
- Back him into 6-7 hole while maintaining control for backs outside veer.
- Throw blocker and go to ball as soon as runner commits.

4. DOWN BLOCK ON END
 (With Near Back)

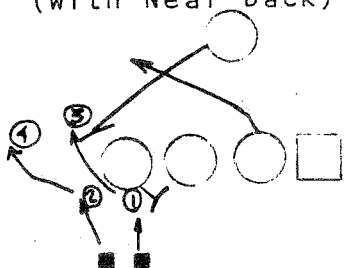


(Inside Approach)

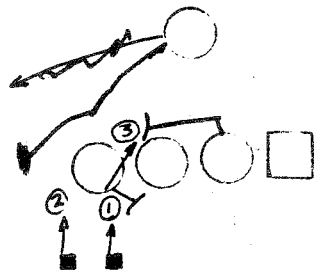
- React to combination block with 3 step attack.
- Step inside foot to replace feet of TITE END - drag opposite foot to parallel position.
- Quick inside step to meet backs "Bob" block (Keep body parallel)
- Knee dip and shoulder shiver.
- Bring legs up under shoulder blow (Keep outside leg back and free)
- Control blocker for backs veer outside.

NOTE: 3 step attack also used for long trap, and A block.

5. DOWN BLOCK ON END
(With Near Back)



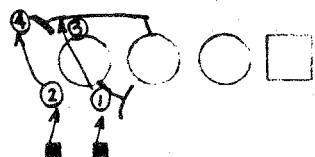
(Outside Approach)



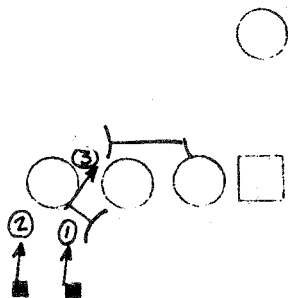
(Wide Approach)

BLUFF

6. DOWN BLOCK ON END
(With No Near Back)



(Tackle Only Pull)



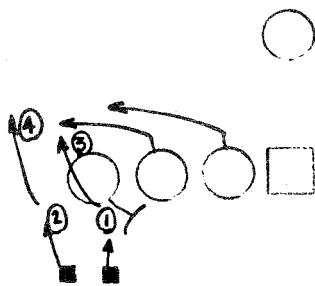
(Guard Only Pull)

- Start 3 step attack.
- Pick up on guard key & backs approach.
- With deep pull and outside approach you must start to widen on 2nd step.
- Forearm Rip - You must keep blocker away from body and legs while on the move.
- Slide laterally - Look for cut back.

1. READ DEPTH OF GUARD GUARD
SITUATION - BE READY TO
NOTE: If back has wide outside approach, close 6-7
hole 1st. Permissible here to duck under back if
no threat in off-tackle hole.
2. CLOSE RUN TRAP

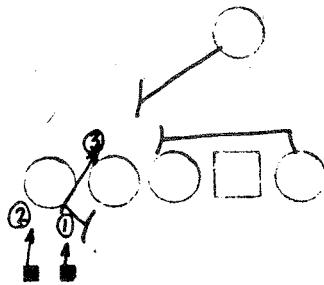
- Key progression should have changed to TITE
END, blocking lane.
- Start 2 step attack.
- Quickly control outside shoulder of pulling
tackle with hands. Do not let him get it upfield.
- If short pull - use forearm rip and outside
hand grab.
- Slide and throw when back commits - Do not run
around block.

- Utilize 3 step attack.
- Meet "G" block with forearm shiver keeping body
parallel.
- Control blocker while maintaining position for
outside veer.
- Slide and throw when back commits.



(Both Pull)

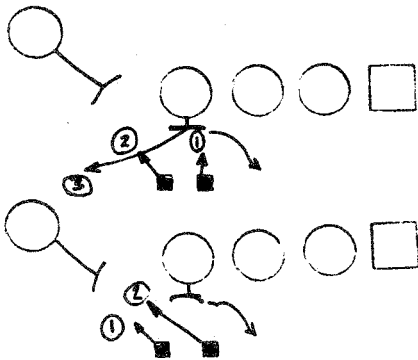
- Quickly establish both pull as outside play.
- Control tackle with hands - do not commit inside or outside.
- Force tackle straight back if possible.
- Stay square with LOS.



(Neither Pull)

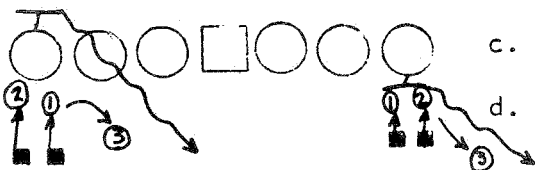
- 3 step attack - with more time to execute.
- Anticipate long trap or Bob block.
- Strong forearm shiver necessary to neutralize.
- Use time element to close down gap.
- Permissible to take inside of blocker occasionally ~~unless bronco force~~ Use your body to clog the hole.

7. CRACK BLOCK



- React to flankers crack block with 2 step attack or
- Fake 2 step attack and drop around crack block.
- Set yourself low for this block.
- Rip through blocker with strong forearm.

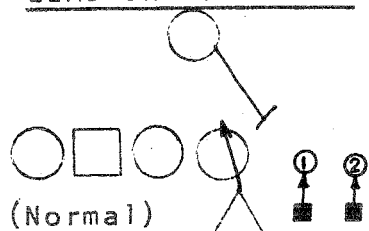
8. SLOW OR AGGRESSIVE



- Normal reaction to aggressive block.
- When pass ascertained, he becomes yours all the way when he releases.
- Versus slow block, dog into him, engage and drive back. Take him to QB.
- Again he is yours if he then releases.

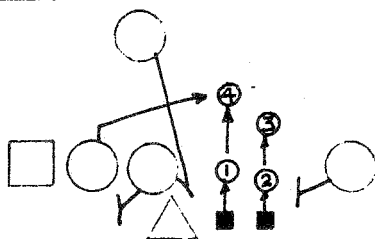
OLB - (SPLIT END SIDE) DEFENSIVE TECHNIQUES FOR 4-3 FRONT

1. LEAD OR BOB BLOCK



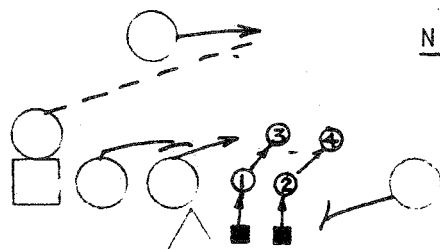
- a. Recognize difference between drive blocks. of linemen and controlled play action pass blocks (HB's angle will help)
- b. Position yourself into area of run responsibility by call.
- c. Meet backs block with strong inside forearm and shoulder shiver.
- d. Stay square to LOS for bounce out.
- e. Be under control when meeting blocker.

2. SWEEP BLOCK



- a. Anticipate crack block.
- b. Immediate commitment necessary.
- c. Must commit upfield - before you move laterally.
- d. If crack block too close to beat, start commitment then drop step around crack.
- e. If you are not force man, disrupt timing, destroy the blocking.
- f. If you are force man maintain tough outside leverage.
- g. Their play is destroyed if pulling blocker is lost behind LOS quickly.

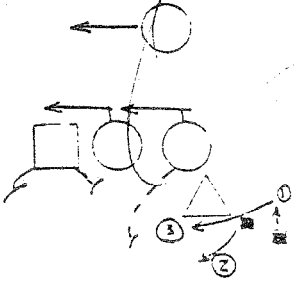
3. FLIP BLOCK



Exactly same as above.

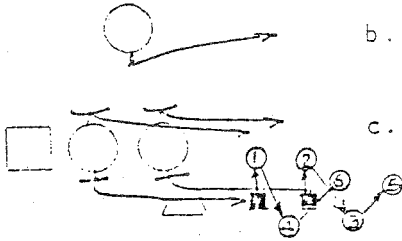
NOTE: Take out pulling tackle.

4. AWAY ACTION BLOCKING



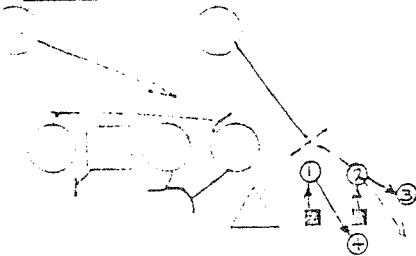
- a. There are many possibilities here, and your play will depend on your call with defensive end.
- b. Normally you will check for reverse or bootleg before pursuing holding action.
- c. If OX call commit immediately into pursuit.
- d. Check each succeeding hole as you go - do not overrun football.

5. QUICK SCREEN ACTION



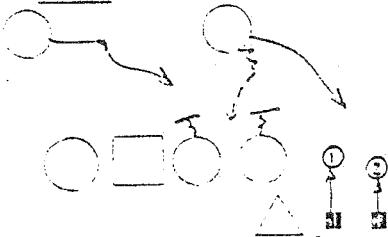
- a. Secret here is to keep eyes on offensive linemen during early part of drop.
- b. Immediate release if linemen should be treated same as pulling linemen, you must commit immediately.
- c. Expect crack block - you will probably have to drop step and play around crack.

6. PLAY ACTION PASS



- a. Very deceiving action to read.
- b. Could be run or pass - your best tip is width
of back's release.
- c. if M-M on back you must start with back for
coverage. Keep an eye on far back for hand off.
- d. If back has close approach, probably run - if
pass you can body-check back and still cover
him.

7. DRAW

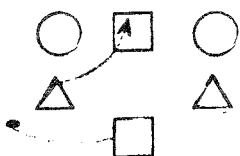


- a. Keys will give you pass read.
- b. If either back slides inward toward QB you have draw possibility.
- c. If coverage responsibility will allow, do not start your drop until you eliminate draw.
- d. If in doubt go with coverage, keeping an eye on draw possibility.
- e. Type of pass set offensive tackle uses may tip draw or pass.

8. NEAR END

- a. Play same keys and reactions as OLB VS. TITE
END UNLESS:
 - 1. You are instructed otherwise.
 - 2. Alignment calls for different technique.
- b. If this is normal split end, brought in to a near position, we will most likely treat his blocking differently than that of a big man.

LIN



TACKLES

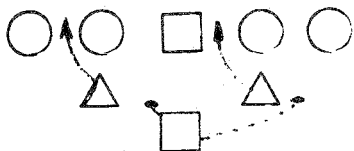
RIC



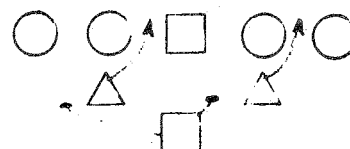
TOM: CHARGE OF TACKLE ON TE SIDE TO INSIDE GAP.

JERRY: CHARGE OF TACKLE AWAY FROM TE SIDE TO INSIDE GAP.

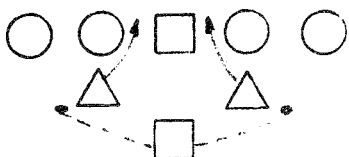
LION



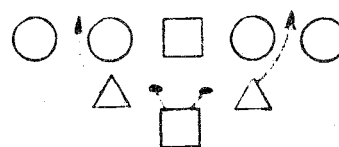
RAM



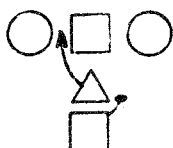
TITE



WIDE



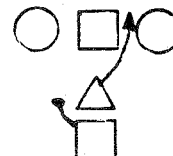
LIZ



NOSEMAN

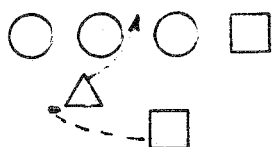


RIP



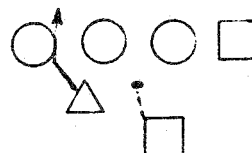
VIKING

PINCH

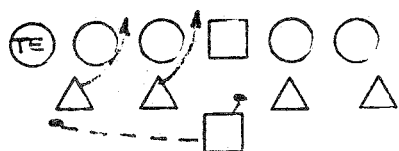


ENDS

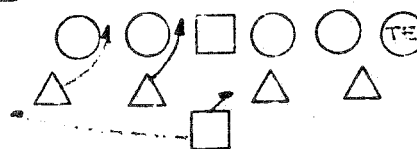
SAFE



ENDS AND TACKLES

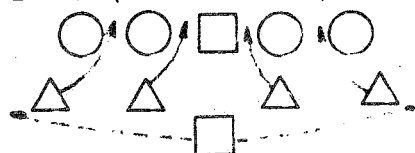


SLAM (TE SIDE)

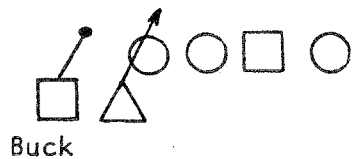


WHAM (AWAY FROM TE)

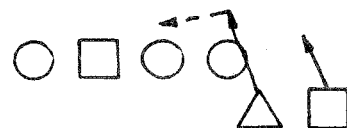
WEDGE (BOTH SIDES)



NORMAL WEAKSIDE PLAY
(No Call)



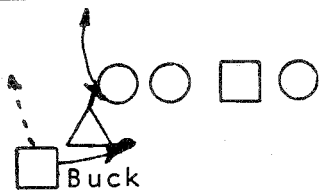
Buck



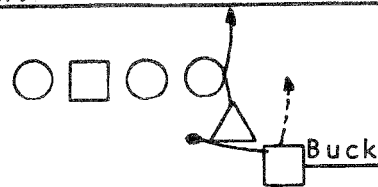
Buck

End: Plays tite into tackle - free to pursue quickly on flow away.
Buck: Flow to: 6-7 Hole. Flow away: Hold, check for ball coming back. You are contain man.

OX
(Weakside Call)



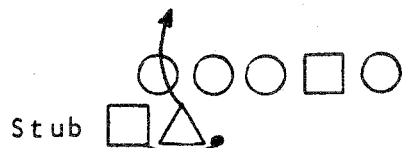
Buck



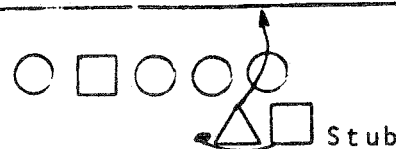
Buck

End: Play up the field. Check for ball coming back. You are contain man.
Buck: Flow to: - Read keys - then pursue intelligently to ball. Flow away: pursue immediately to ball.

Hold
(Strongside call)



Stub

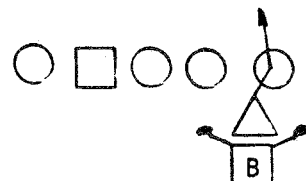


Stub

STACK
(Strongside call)



S

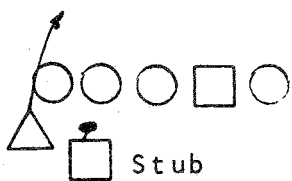


B

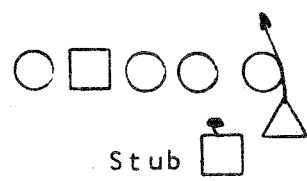
"S"

(Weakside call)

STUD
(Tite End Call)

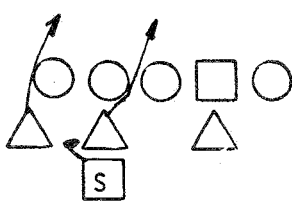


Stub

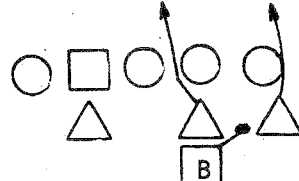


Stub

RIC
(Left or Right Side Call)
(Strong or Weak)

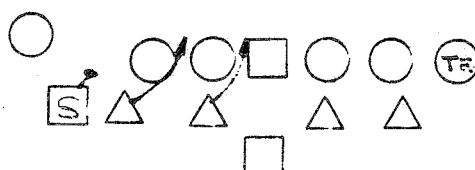


S



B

WHAM
(Away from TE side - vs. SLOT formation)



S

FUNDAMENTALS OF FORCING STRONGSIDE END RUN WITH LINEBACKER

BRONCO FORCE - Strong backer force - "Bronco" force is used when the defense calls for the strong backer to do the forcing or the game plan ascertains that this is our best forcing method. Certain blitzes may have automatic "Bronco" force. The strong safety calls "Bronco" to Stub and the strong corner. Stub will acknowledge that he has heard the call by touching his butt.

BRONCO FORCE TECHNIQUES

A. STRONG CORNER

1. ALIGNMENT - Take position 5-7 yards deep. The lateral position will be determined by the defense and the width of the flanker.
2. KEYS - Key flanker (Z). On certain coverages that dictate either zone coverage or change of responsibility key through flanker to the Y and flow of backs.
3. RESPONSIBILITY
 - (a) Cover the flanker man to man until play shows definitely as run - then support.
 - (b) If the flanker blocks on linebacker then force from outside-in. Force the lead blocker and turn the runner inside.

B. STRONG SAFETY

1. ALIGNMENT - Take position 5-7 yards deep, outside shoulder of Y.
2. KEYS - If linemen pull and/or flow - Y blocks move up and fill aggressively inside the "Bronco Force".
3. RESPONSIBILITIES
 - (a) *Fill from inside out - 6-7 hole*
 - (b) Be alert for the Y or strong back faking their blocks as you move up to fill inside. If either releases you must cover him M-M.
 - (c) If Y releases cover him man for man unless coverage calls for other responsibility.

C. STRONG BACKER

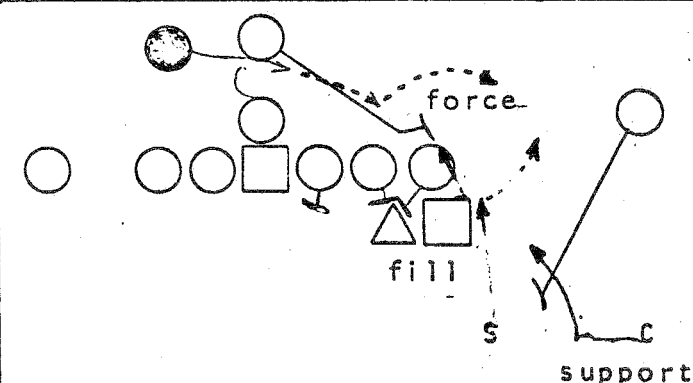
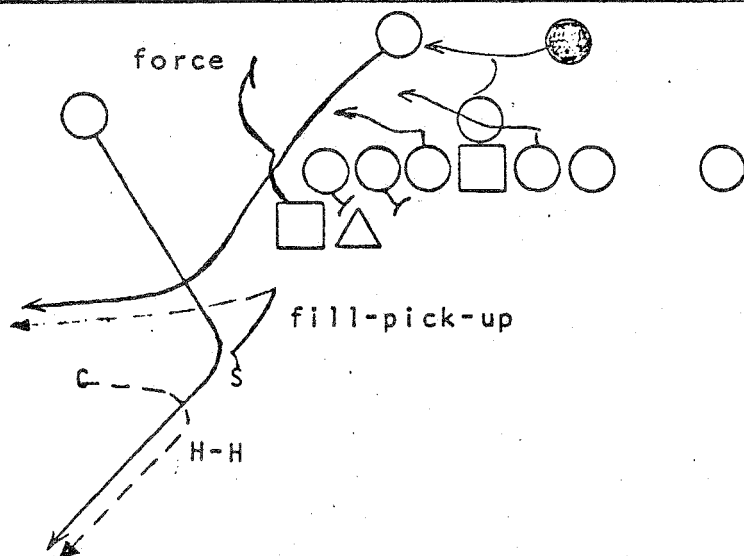
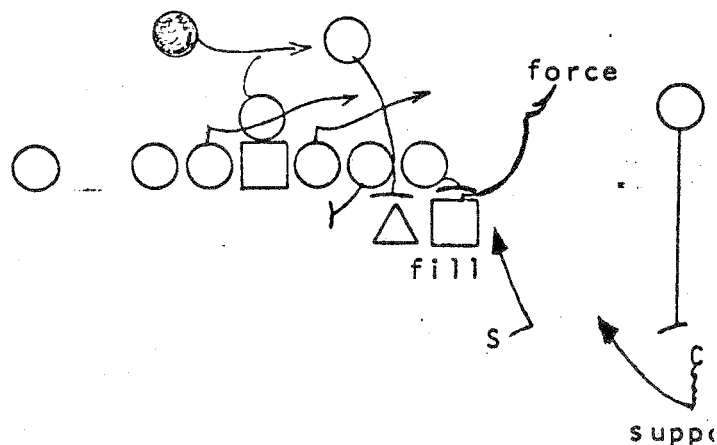
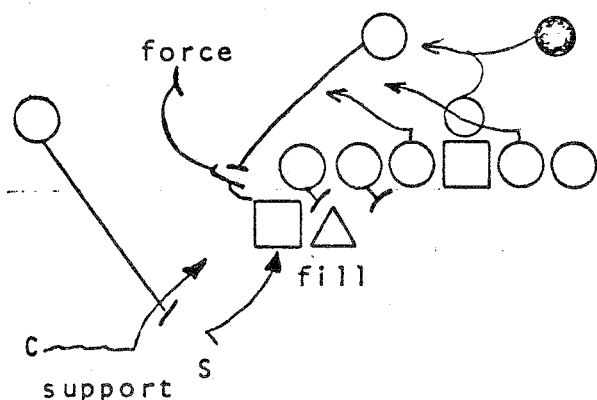
1. ALIGNMENT - Take head up to outside shoulder position on Y. (Do not tip "Bronco" force by widening your position too much unless called for) Your position will vary according to split of the Y and flanker. You will move out if the flanker lines up close to the Y. Adjust your position to carry out your coverage.

2. KEYS - Key Y's block, pulling lineman and/or flow.

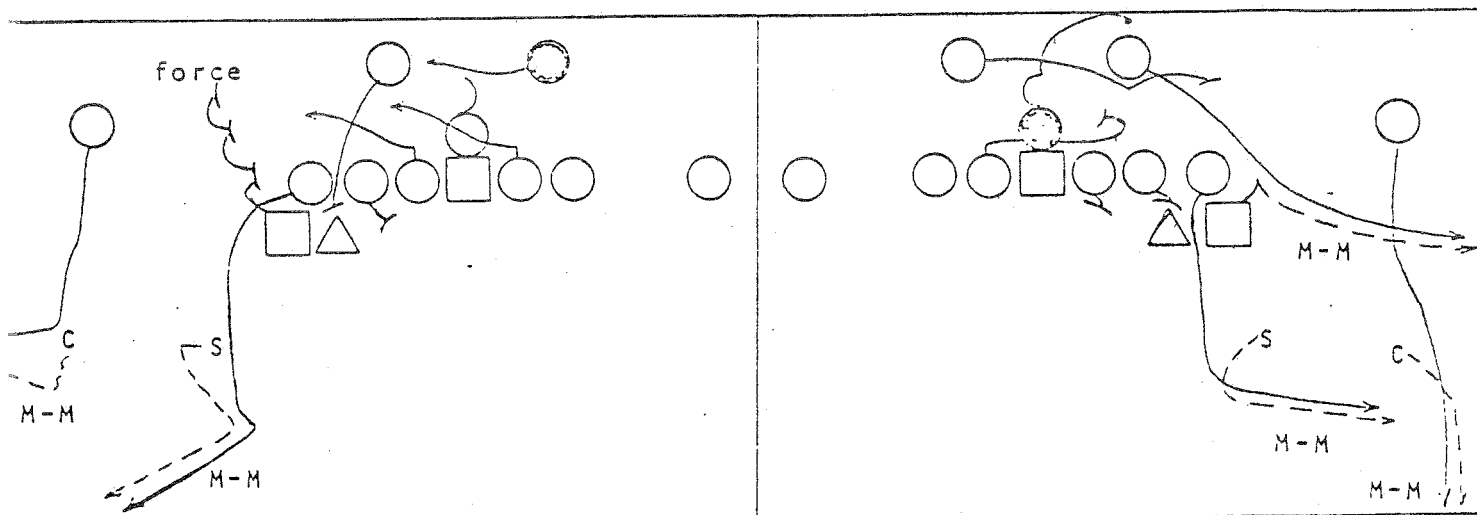
3. RESPONSIBILITIES

- (a) If Y blocks down and lineman pull or flow is your way, move across the line and play the lead blocker aggressively. Maintain outside position but squeeze the play inside. You should tackle the runner from outside-in.
- (b) If Y "M" blocks or tries to hook you, charge across the line aggressively. You must whip the Y and get upfield quickly to squeeze the play inside.
- (c) If Y releases downfield with pulling lineman and no coverage appears charge across the line aggressively meet the lead blocker and squeeze the play.
- (d) If Y releases downfield with pulling lineman, and coverage appears, pick up your coverage unless the defense calls for other responsibility.

EXAMPLES OF "BRONCO" FORCE STRONGSIDE



EXAMPLES OF BRONCO FORCE STRONGSIDE (cont)



BRONCO FORCE: Weak backer force. Bronco force will be automatic on the weakside unless the weak safety calls Cleo. The fill for the Bronco Force will come from either the weak safety or weak corner depending on blocking action of the weakside end.

BRONCO FORCE TECHNIQUES

A. WEAK CORNER

1. Alignment: Take position 5-6 yards deep 1 yd. outside of weakside end.
2. Keys: Weakside (X)
3. Responsibility
 - a. Cover "X" man to man. (Play coverage called)
 - b. Crack call from weak safety, drop coverage and fill off the linebacker play. If no crack call, play pass until you are definite it is run.

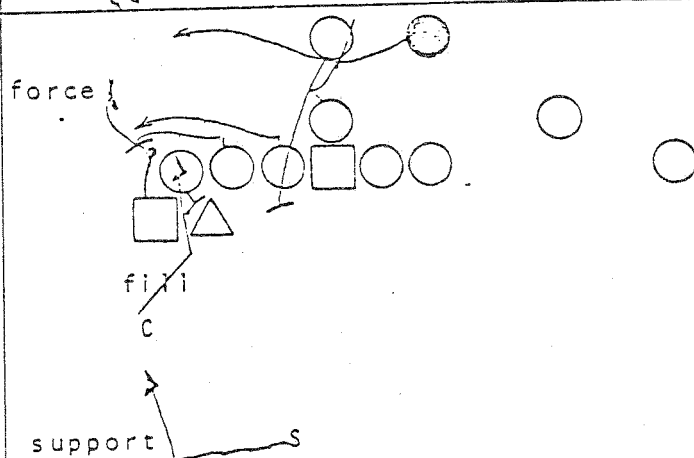
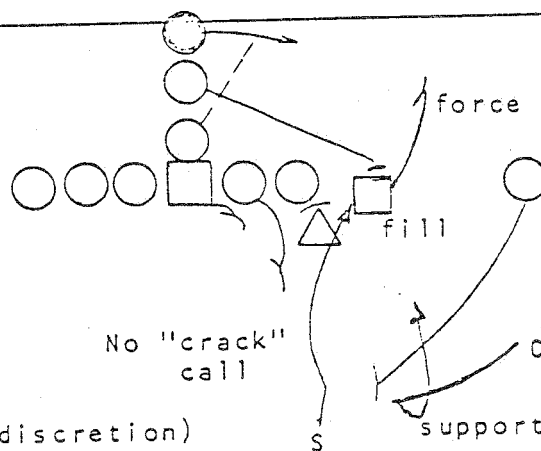
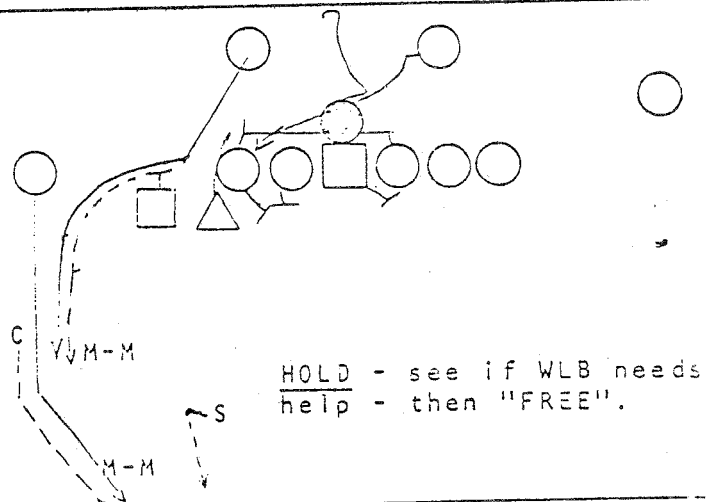
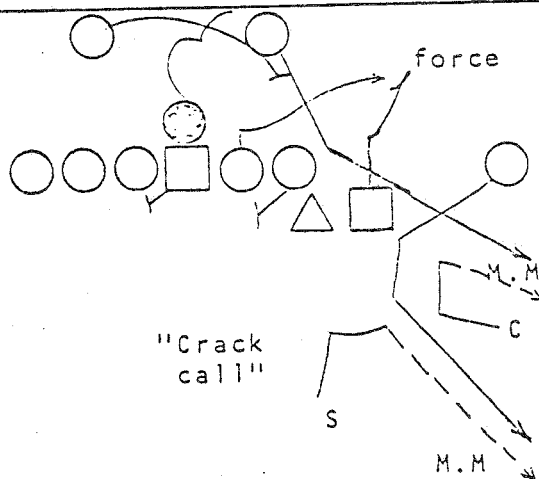
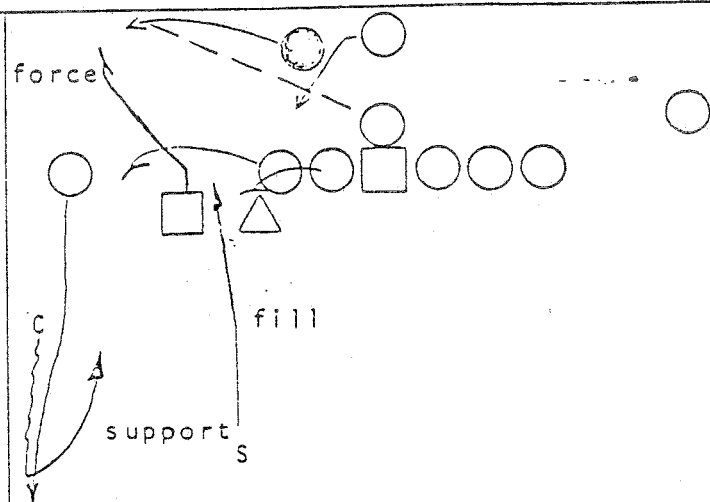
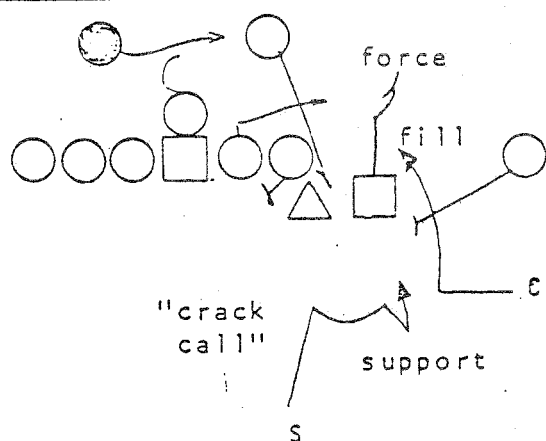
B. WEAK SAFETY

1. Alignment: Take position 9-10 yards outside shoulder of offensive tackle.
2. Key: Weakside guard tackle and nearback with vision of weakside end if he is in a crack back position.
3. Responsibilities:
 - a. If line pull or ball shows immediately check for crack back.
 - (1) No crack back fill inside Bronco force.
 - (2) If crack back shows call "Crack" to weak corner and be prepared to cover weakside end. When pass is definitely eliminated support run.

C. WEAK LINEBACKER

1. Alignment: Line up according to defense called.
2. Keys: Weakside guard, tackle and near back.
3. Responsibility
 - a. If lineman pull with flow, or ball shows immediately charge aggressively across line and force lead blocker, turn play inside, but be in position to tackle runner when he cuts inside.
 - b. If no linemen pulls or ball doesn't show immediately, you must play pass until sure of run.

EXAMPLES OF BRONCO FORCE WEAKSIDE



SUMMARY OF TERMS FOR LINEBACKERS.I. RUN FORCE TERMS:

- A. Force
- B. Fill
- C. Support
- D. Cleo

- E. Sky
- F. Bronco
- G. Buzz
- H. Out

- I. Crack

II. COVERAGE TERMS:

- A. Cover 1
 - 1. Zip
 - 2. Wanda
 - 3. Rainbow
 - 4. Mike
 - 5. King, Cone

- B. Cover 2
 - 1. Yale (take)

- D. Cover 4
 - 1. Cleo
 - 2. Sky
 - 3. Buzz
 - 4. Out
 - 5. Slot
 - 6. Stick

- E. Cover 5
 - 1. Cleo
 - 2. Sky
 - 3. Cone
 - 4. (X)

- C. Cover 3
 - 1. Combo
 - 2. (Zip)
 - 3. (X)

- F. Cover 6
 - 1. Cleo
 - 2. Sky
 - 3. Buzz
 - 4. Out

- G. Cover 7
 - 1. Cone
 - 2. King
 - 3. (X)

- H. Cover 9
- I. Cover 10
- J. Cover 13
- K. Nickel

III. SECONDARY TO LINEBACKER CALLS

- A. Crack
- B. Yankee
- C. Jill
- D. Down
- E. Cain
- F. Cone

- G. Pattern Calls
 - 1. In
 - 2. Out
 - 3. Cross
 - 4. ~~China~~
SMASH
 - 5. Hook
 - 6. Delay
 - 7. Monster

IV. LINEBACKER TO LINEBACKER CALLS

- A. YoYo
- B. Take
- C. Swap
- D. Flow
- E. Sloop

- F. Zip
- G. Wanda
- H. Rainbow
- I. Banjo
- J. Special

- K. Db1. Poc
- L. Back
- M. Can
- N. Mambo
- O. Yum Yum
SAMB0

V. LINEBACKER TO LINEMEN CALLS

- A. Ox
- B. Sox
- C. Stack(S)
- D. Stud
- E. Gap
- F. Lin (Tom)(Jerry)
- G. Ric (Tom)(Jerry)
- H. Solid
- I. Wham

- J. Slam
- K. Lion
- L. Ram
- M. Tite
- N. Wide
- O. Viking
- P. Rip
- Q. Liz
- R. Pinch

- S. Poc
- T. Wedge
- U. Tillie
- V. Willie
- W. Tite Inside
- X. Back
- Y. Can
- Z. ~~Twist~~ TWIST
HOL0

} include
LB's

VI. FORMATION RECOGNITION TERMS

- A. Split - Opposite - Strong - "I"
- B. Double - Duce - Dual
- C. Trips - Trey - Triple
- D. Irregular (Unbalanced, Shotgun, Spread, 3 "I", 4 "I", Power T, etc.)
- E. Slot
- F. Ace

VII. END & RECEIVER LOCATION TERMS

- A. Near - Flex (X)
- B. Poc - Dbl Poc (Y)
- C. Float - Wing (Z)
- D. Flex - Pro (Pix)
- E. Close (Slot)
- F. Both Open (LE & RE)
- G. Switch (W & S)
- H. Far (W)
- I. Change (Y & S)

VIII. SERIES RECOGNITION TERMS

- A. Flow
- B. Full
- C. F
- D. Draw (Lead, Quick, Lag)
- E. Counter
- F. Slant or Dive
- G. Slant Counter
- H. Flip
- I. Toss
- J. Option

IX. FLARE CONTROL TERMS (Pocket Passes)

- A. 50's Quick passes
- B. 60 Maximum protection
- C. 61-69 Both backs releasing with swing pickup
- D. 70's Strong side back releases
- E. 80's Both backs weakside (2nd back may or may not block)
- F. 90's Weakside back releases
- G. X Crossing of backs

X. OTHER TYPES OF PASS TERMS

- A. Play action
- B. Waggle
- C. Roll Out
- D. Sprint Out (Delay Sprint)
- E. Bootleg
- F. Run-Pass

XI. DOGGING TERMS

- A. Stub "I"
- B. Buck "I"
- C. Mac "I"
- D. Meek "I"
- E. Red Dog
- F. Mad Dog
- G. Strong Dog
- H. Strong Cat
- I. Weak Dog
- J. Weak Cat
- K. Middle Dog
- L. Blitz
- M. Peel
- N. Spy

XII. AREA OF FIELD TERMS

- A. Flat
- B. Slot
- C. Hook
- D. Hole
- E. Fan
- F. Alley
- G. Out
- H. Deep Middle
- I. Deep Outside

XIII. MOTION TERMS

- A. Zoom
- B. Zing
- C. Bay
- D. Fly
- E. Yum, Yak, Yaz
- F. Yoo, Ying

XIV. MISCELLANEOUS TERMS

A. Axe	J. LOS
B. Bump & Run	K. CP
C. Hold	L. Peel
D. Hang	M. Bomb
E. Fire	N. Flow
F. Ball (Deep)	O. Reverse
G. Check	P. Sucker
H. Shift	Q. Flare Control
I. Pre-Shift	R. Flood
	S. Hug Up
	T. King
	U. Press

XV. AUDIBLES

A. Stubi	J. Rainbow	S. Silver
B. Bucki	K. Wanda	T. Green
C. Maci	L. Zip	U. White
D. Fido - Raider	M. Mike	V. Purple
E. 42	N. Red	W. Pink
F. 21	O. Yale	X. Black
G. Smack	P. Grey	Y. King
H. Scat	Q. Gold	Z. Charger
I. Blue	R. Yellow	

DOGGING SYSTEM

I. Introduction to Dogging Defenses

A. The purpose of Dogging Defenses

1. Get the Passer - pressure him into throwing an interception or fumble the ball.
2. Cause confusion in opponents pass protection assignments.
3. Break up blocking combinations on running plays.
4. Keep passing game off balance, make opponents use maximum protection.
5. We could use dogs in an effort to gain possession of the ball.

II. Explanation of Basic System.

- A. "Dog" means the rush of a linebacker or combination of linebackers from any position, regardless of their location in or out of the line.

1. Dogs are classified as follows:

<u>Call</u>	<u>Personnel Involved</u>
Single Dog	Any linebacker alone
Red Dog	Two outside backers dogging (Stub & Buck)
Strong Dog	Mac and Stub (Mac strong) <u>SLOT</u> : Mac & Buck
Strong Cat	Mac and Stub (Mac Weak) <u>SLOT</u> : Mac & Buck
Weak Dog	Mac and Buck (Mac weak) <u>SLOT</u> : Mac & Stub
Weak Cat	Mac and Buck (Mac Strong) <u>SLOT</u> : Mac & Stub
Mad Dog	Mac, Buck & Stub

- B. "Blitz" - the term Blitz is used whenever a defensive back is involved in a dogging defense. He is alerted by the call Blitz and then designated by the use of personnel term of Jill, Sam, etc. followed by hole designation.
- C. In our system all dogs and blitzes are set by basic rushing lanes according to the defensive front and use of classification of Red Dog, Strong Dog, etc.
1. Any linebacker can change his rushing lane by giving another rushing lane call.
- D. Any variations of the basic dogs can be called by use of the following rules.

1. Hole Responsibility or Rushing Lanes will be designated by the letters A, B, C, O and will be used to accurately define your areas of responsibility when dogging.

Strong Left



Strong Right



2. Rules for calling the Dogs and Blitzes
 - a. Front Alignment - ex. 4-3, under, over, etc.
 - b. Classification - ex. Red Dog, Strong Dog, Weak Cat, etc.
 - c. Any change from basic rushing lane can be called by utilizing the letters A, B, C, or O. The letter following the classification call always indicates what Mac is doing.
 1. The letter A, B, C, O tells Mac to rush strongside.
 2. The word negative preceding A, B, C, O tells Mac to rush weakside.
 3. "Hold" tells Mac he has coverage responsibility.
 - d. The second letter called indicates the Buck linebackers rushing lane, and the word "weak" is always used when referring to Buck. Ex. Weak A, Weak B, Weak O.
 - e. The third letter called indicates the rushing lane of the Stub linebacker, and the word "Strong" is always used when referring to Stub. Ex. Strong A, Strong B, Strong C.
 - f. Any defensive back can be called into a rushing lane by calling his name at the rushing lane. Ex. Jill at A, Sam at B, etc.
3. The system can be used with 34 front alignment with some exception.

E. Listing of Dogs by Fronts

<u>4-3</u>	<u>Basic Rushing Lane</u>	<u>Coverage</u>
Stub Dog (Stub I)	Str "0"	3 Combo
Buck Dog (Buck I)	Weak "0"	1 or Dog
Mac Dog (Mac I)	"B"	1 Mike
Red Dog	Hold Double 0	Dog
Strong Dog	B Strong 0	3 Combo
Strong Cat	Neg B-Strong 0	3 Combo
Weak Dog	Neg B-Weak 0	Dog
Weak Cat	B Weak 0	Dog
Mad Dog	B Double 0	Dog
Blitz Weak Cat	B Weak 0 Jill at B	Blitz
<u>OVER</u>		
Red Dog (Issacs & Tex)	Hold Double 0	Dog
Strong Dog	A Strong 0	3 Combo
Weak Cat	A Weak 0	Dog
Weak Dog	Neg A Weak B	Dog
Mad Dog	B Double 0	Dog
Solid Blitz Strong Dog	Negative B Strong 0, Jill at A	Blitz
<u>UNDER</u>		
Red Dog	Hold Weak A-Str 0	Dog
Weak Cat	B - Weak A	Dog
Weak Cat (ISX)	B - Double "B"	Dog
Mad Dog	B - Weak A - Str 0	Dog
<u>K.C.</u>		
Red Dog	Hold Wk 0 - Str B	Dog
Strong Dog	A - Strong B	3 Combo
Weak Cat	A Weak 0	Dog
<u>43 STUD</u>		
Weak Cat	Double "B"	Dog
<u>34</u>		
Red Dog	Hold Double 0	1
Middle Dog (Str & Wk)	Mac & Meek inside	1
Buck Dog (Buck I)	Weak 0	Coverage call
Stub Dog (Stub I)	Strong 0	Coverage call
Mac Dog (Mac I)	Neg. A	Coverage call
Meek Dog (Meek I)	A	Coverage call
<u>NICKEL</u>		
Double Cat	Double A	3 Combo & Dog
Weak Cat (ISX)	Double B	3 Combo & Dog
99 Double Cat	Double A	3 Combo & Dog
K. C. Cat	B Weak 0	3 Combo & Dog

F. Secondary & Spy Coverage by Dogging and Blitzing Defenses

1. Individual Dogs

<u>Buck 1</u>	<u>Basic</u>	Cover - Cover 1 Jill - Free Mac - M/M on weak back Stub - M/M on Str. back Buck - Peel Dog 2nd back <u>ALT:</u> Dog Jill - Weak Back M/M Mac - In & out with Stub on strong back. 2nd back weakside Stub - In & out with Mac on strong back.
<u>Mac 1</u>	<u>Basic</u>	Cover 1 Mike Jill - Free Stub - Strong Back M/M (strong & weak) Buck - Weak Back M/M (strong & weak)
<u>Stub 1</u>	<u>Basic</u>	Cover 3 Combo Jill - Combo with Sam Y & SB Mac - 3 Combo, 2nd back str. Buck - 3 Combo.

2. Red Dog (Two outside backers dogging)

<u>Basic</u>	Cover Dog "No Spys" Jill - Wk back M/M (strong & weak) Mac - Str Back M/M (strong & weak) <u>Alt:</u> 3 Combo Mac - Take weak back M/M
--------------	--

3. Weak Dog or Cat
(Mac & Buck)

<u>Basic</u>	Cover Dog Jill - Weak back M/M unless block or flow strong Stub - First back M/M (strong) Strong End - Spy 2nd back Weak End - Spy 2nd back
--------------	---

4. Strong Dog or Cat
(Mac & Stub)

Basic Cover 3 Combo

Cover 3 Combo vs Split - 1 & Strong

Jill - Combo Coverage (Flow Weak-Free)

Sam - Combo Coverage

Buck - 1st back M/M (weak)

Ends - Spy 2nd back

Cover 1 vs Opposite

Strong End: Spy 1st Back

5. Mad Dog

Basic Cover Dog

Jill - M/M on 1st back Wk. unless
 block or flow strong.

Stub - Peel M/M 1st back St.

Ends - Spy & 2nd backs.

6. Blitz

Basic Blitz

Tell Jill Hole Assignment

Jill Blitzes - Inside - No responsibility

 Outside - Peel Dog on 1st back.

Buck - Inside - No responsibility

 Outside - Peel Dog on 1st back.

Stub - 1st Back Strong

Ends - Spy 2nd back

Call: Example - 4-3 Blitz Weak Cat Jill at "B"

Sam Blitzes

Tell Sam Hole Assignment

Stub - 1st back strong

Buck - 1st back weak

Jill - Cover "Y" M/M

Ends - Spy & Cover 2nd Back

Call: Example - 4-3 Blitz Weak Dog Sam at "B"

6

G. Automatics

1. Definition - Automatic Dogs are Dogs used against special formations and means we use one type of dog against certain formations and a different type of dog against other formations.
2. We will use automatic dogs vs. normal formations split, opposite, I, or strong depending on type of flare action or type pass protection used by offensive team.
3. We will use Automatic Dogs vs. Special Formations.
 - a. Double, Duce, Dual - Depending on position of remaining back.
 - b. Trips, Trey - Depending on remaining back position in backfield.
 - c. Spread Formation - Depending on type protection, running ability of QB and what they do from spread formations.
4. Automatics could be called with any front.
 - a. K.C. Automatic
 - b. 43 Automatic

H. Show & Fake Dogs

1. Show - Move into defense called, when Mac tells you, and show where you're going.
2. Fake - Use Mac's call to move into a faking defense and move back to defense called.

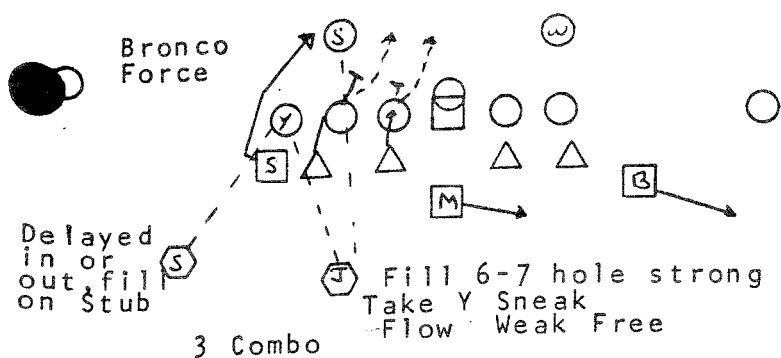
I. Spy Rules

1. Spy means that a designated defensive linemen is responsible to cover 2nd back out of backfield to his side.
2. No 2nd back and 1st back blocks be ready to pick up back on screen or check thru on your side.
3. No 1st back rule when linebacker to your side is not dogging. Rush passer and contain.

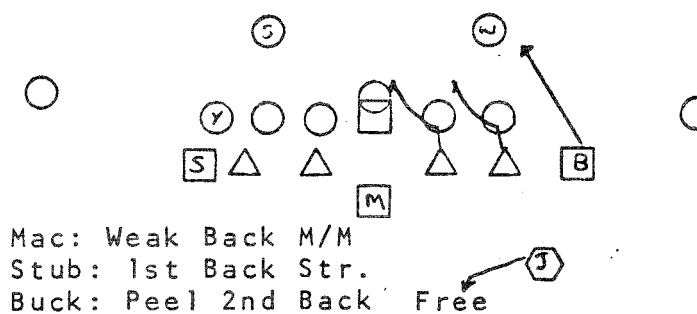
I. EXAMPLES OF DOGS
1. Basic Dogs from 4-3 Fronts

7

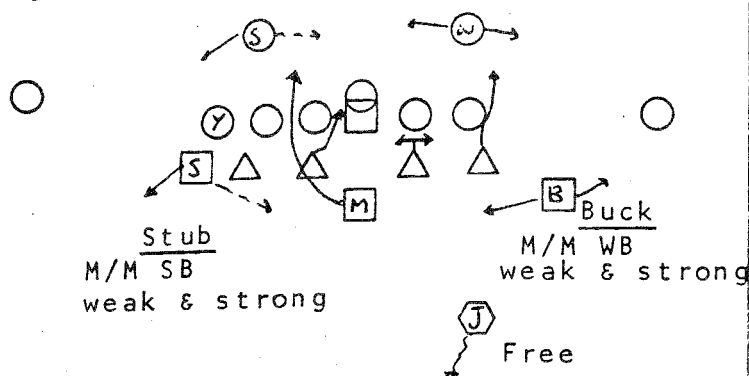
4-3 Stub 1 Cover 3. Combo



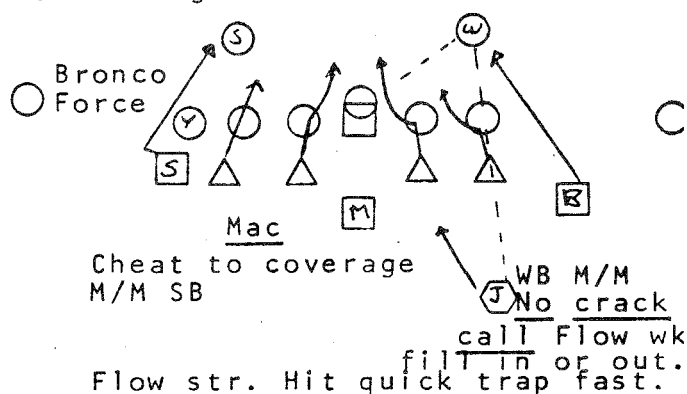
4-3 Buck 1 Cover 1



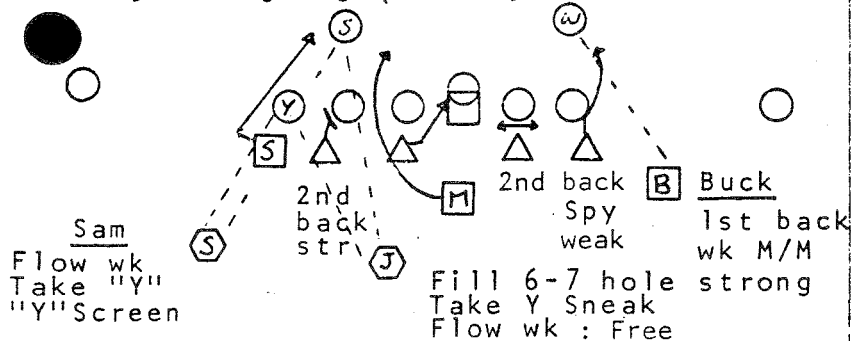
4-3 Mac 1 Cover 1



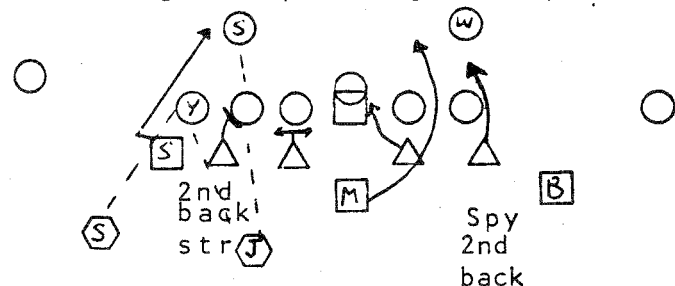
4-3 Red Dog



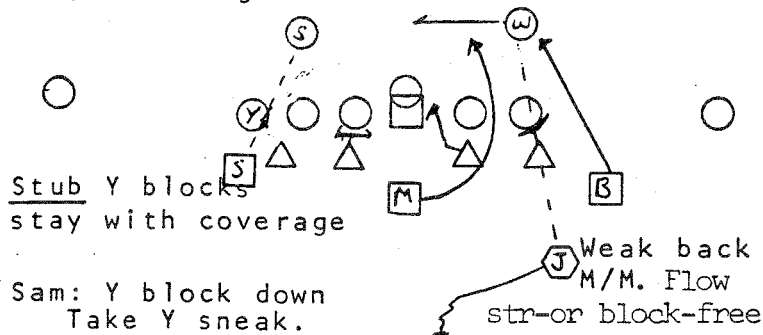
4-3 Strong Dog (Basic 3 Combo)



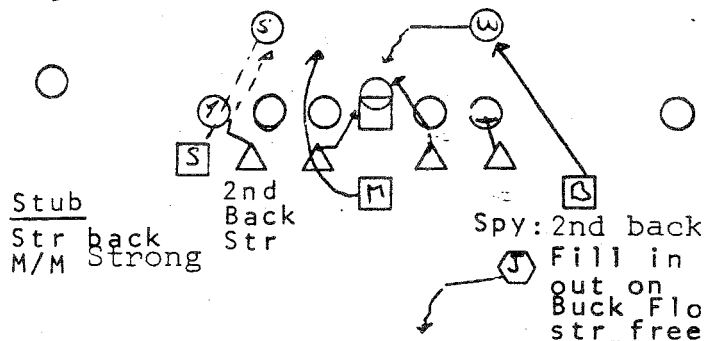
4-3 Strong Cat (Basic 3 Combo)



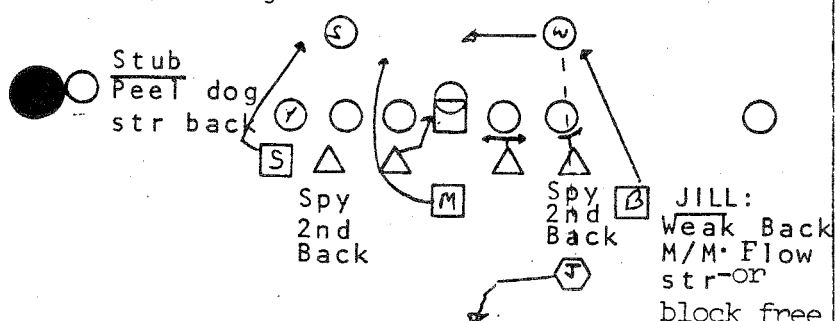
4-3 Weak Dog



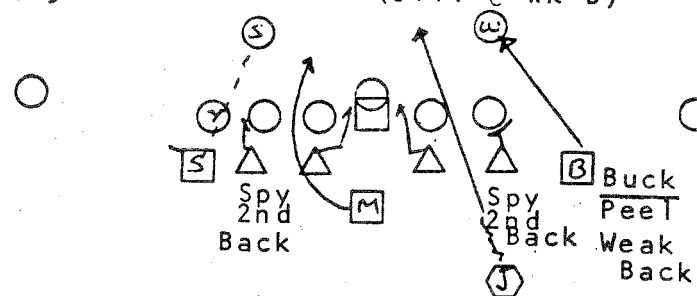
4-3 Weak Cat



4-3 Mad Dog

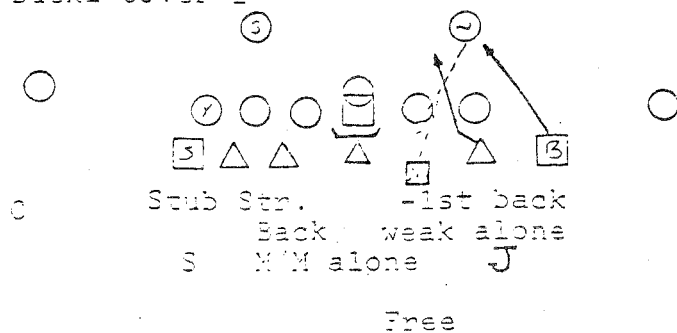


4-3 Blitz Weak Cat (Jill @ Wk B)

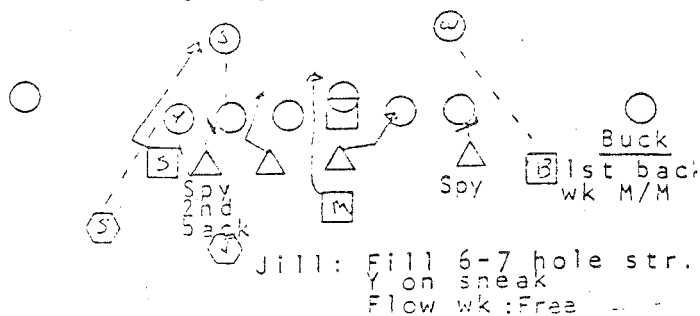


8

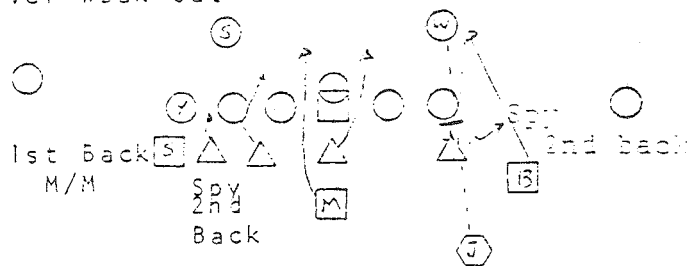
Buck: Cover 1



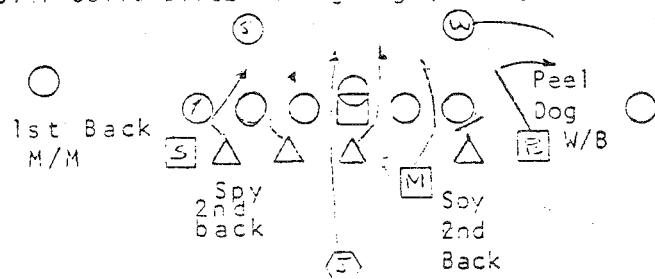
Over Strong Dog (3 Combo)



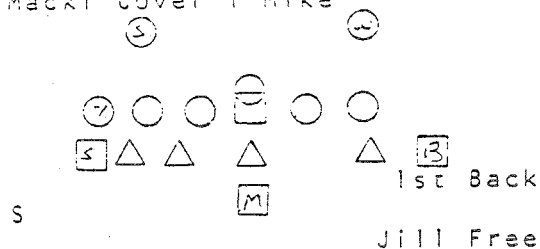
Over Week Cat



Over Solid Blitz Strong Dog (Jill @ A)



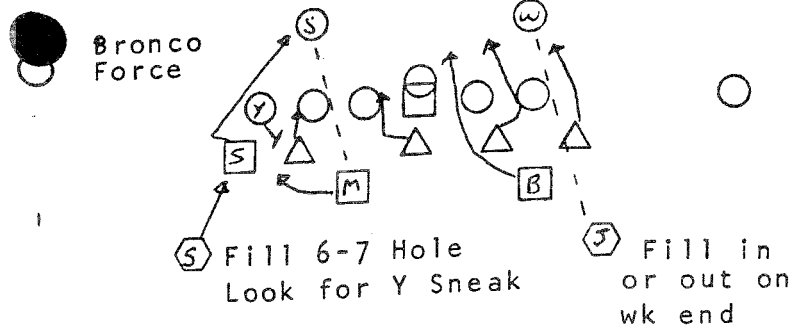
Over Macki Cover 1 Mike



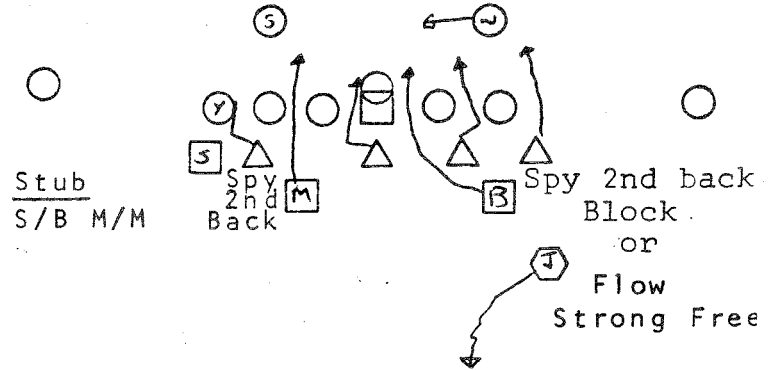
I. EXAMPLES OF DOGS
3. Basic Dogs from Under

9

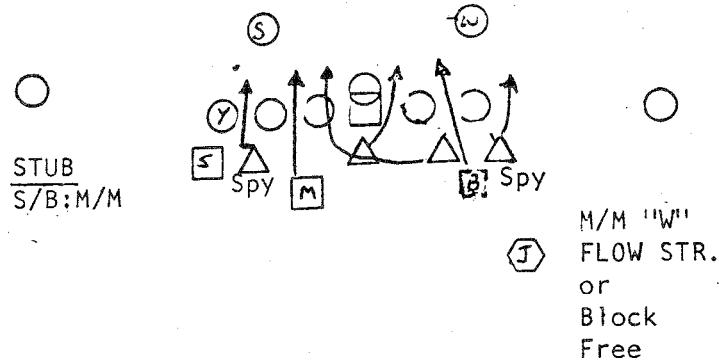
Under Red Dog



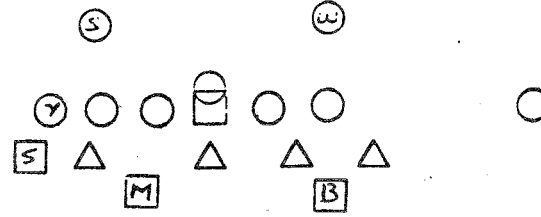
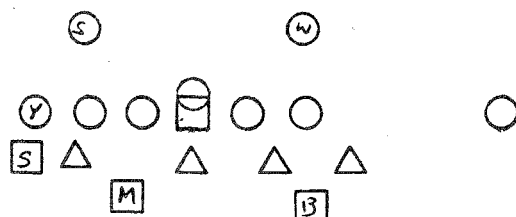
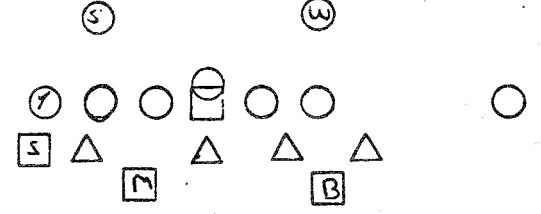
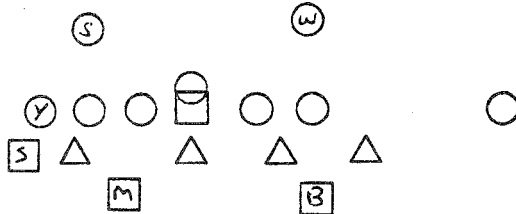
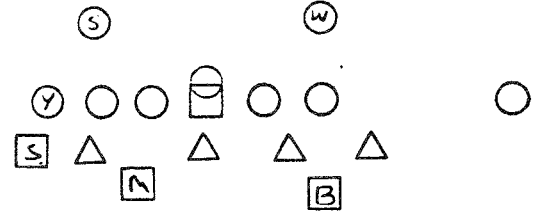
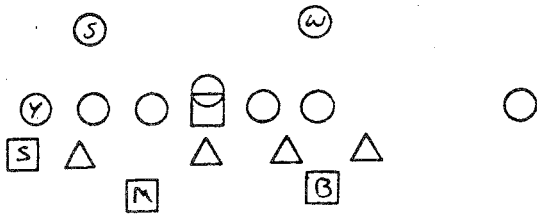
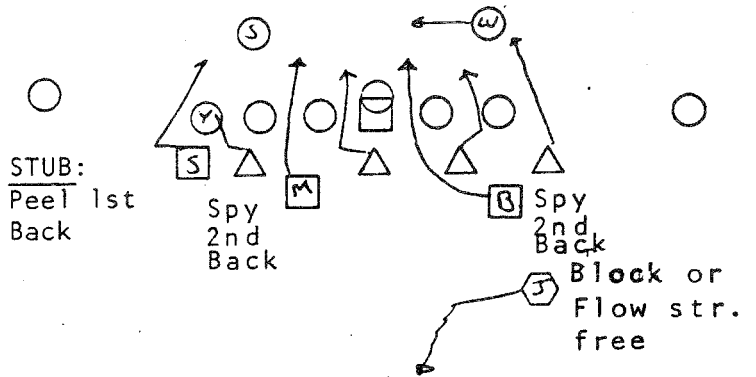
Under Weak Cat



Under ISX Weak Cat



Under Mad Dog

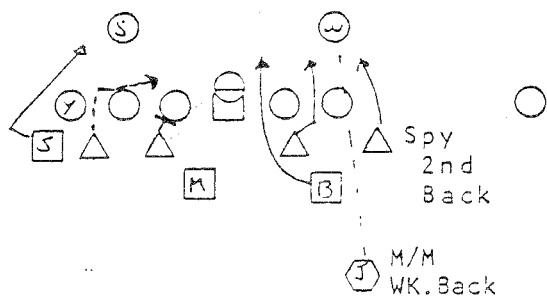


I. EXAMPLES OF DOGS

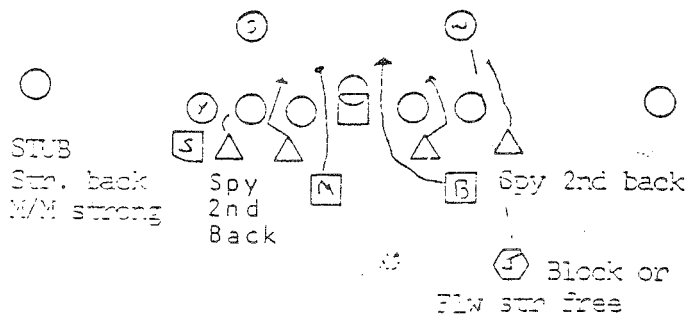
4. Basic Dogs from 4-4

10

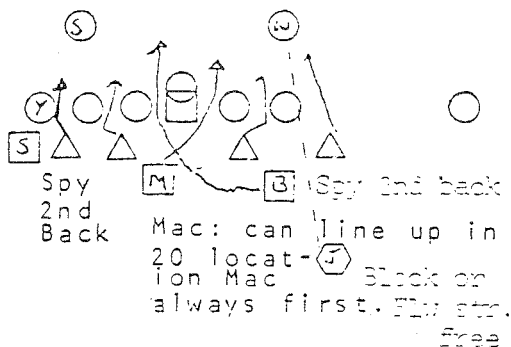
4-4 Red Dog



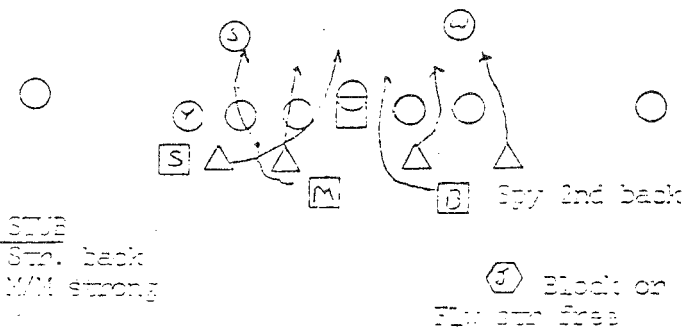
4-4 Weak Cat



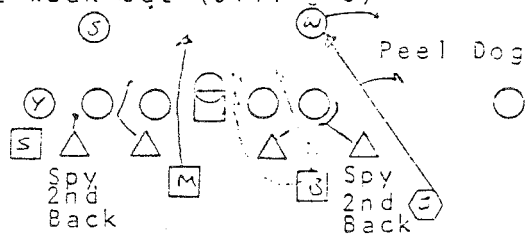
4-4 Weak Cat Cross



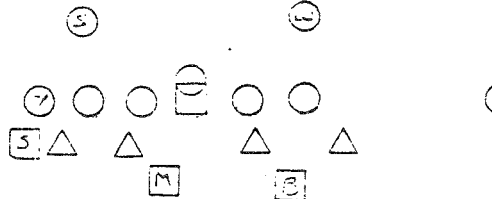
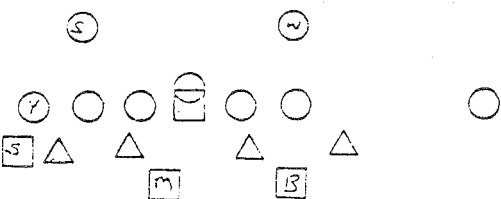
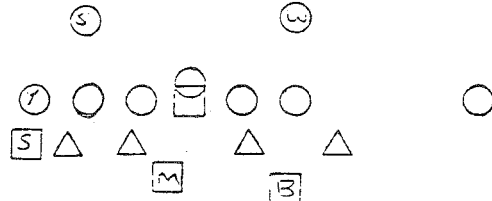
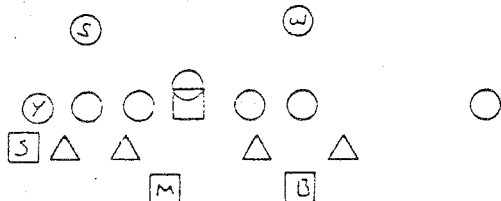
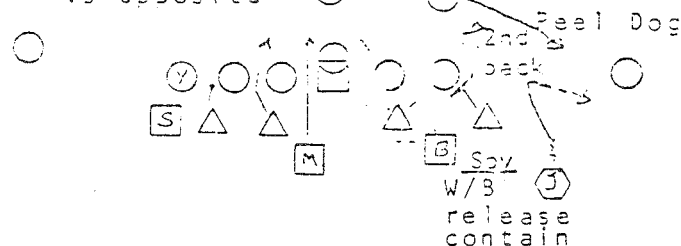
4-4 Weak Cat Mix



4-4 Blitz Weak Cat (Jill 3 0)



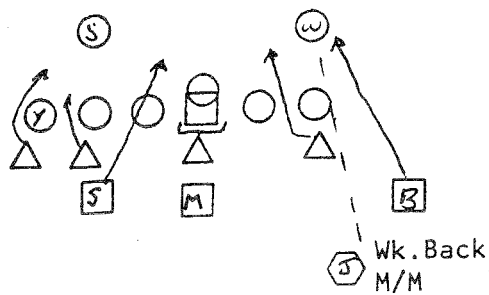
4-4 Blitz Weak Cat (Jill 3 0) vs Opposite



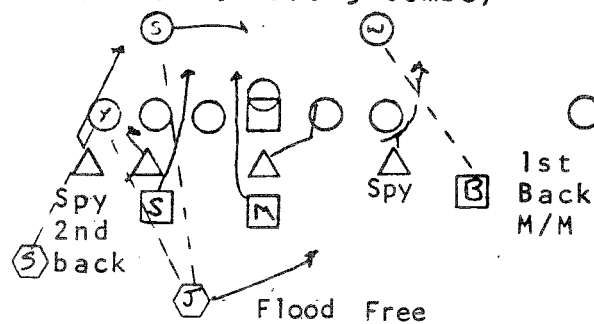
I. EXAMPLES OF DOGS
5. Basic Dogs from K.C. Front

11

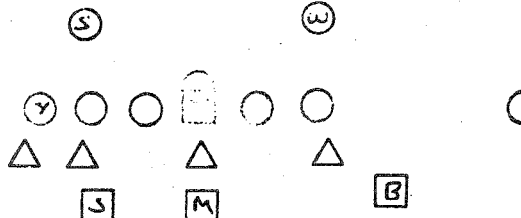
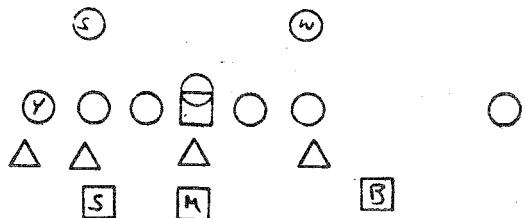
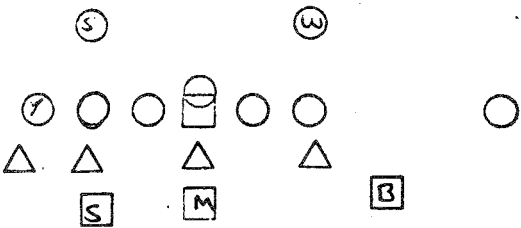
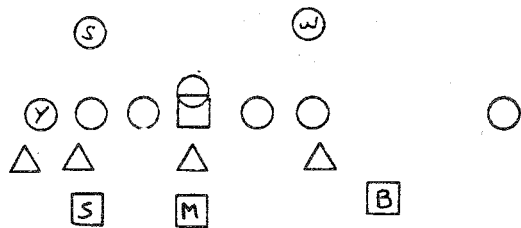
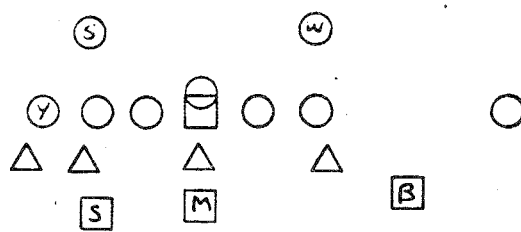
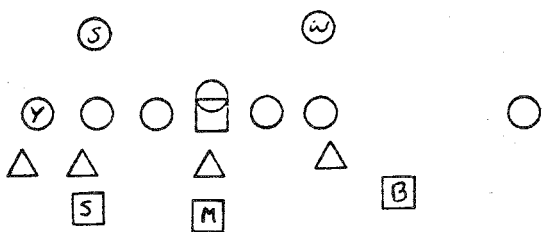
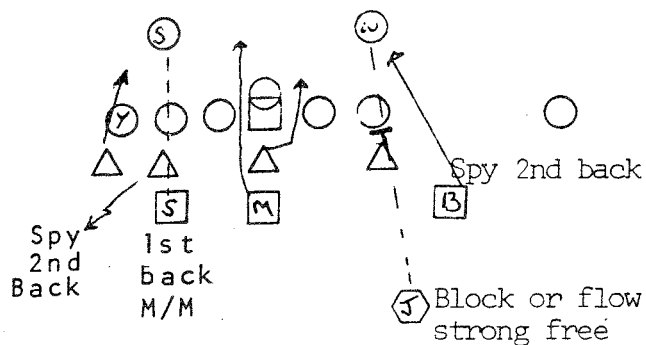
K-C Red Dog



K-C Strong Dog (Basic 3 Combo)



K-C Weak Cat



GOAL LINE AND SHORT YARDAGE DEFENSES
1979

A. GOAL LINE DEFENSES

LINE AND LINEBACKERS RUN RESPONSIBILITY
LINEBACKERS AND SECONDARY PASS RESPONSIBILITY

B. GOAL LINE VARIATIONS

1. GOAL LINE
2. GOAL LINE WEDGE
3. GOAL LINE TITE INSIDE
4. Goal Line Special
5. Goal Line Double Special
6. Goal Line Blitz Special
7. Goal Line Take
8. Goal Line Gaps

C. SHORT YARDAGE DEFENSES

- A. Coverages
- B. Adjustments and Alignments
- C. Short Yardage Defenses
 1. 43 Viking
 2. 43 Wedge
 3. 43 Tite Inside
 4. 43 Wide

D. SHORT YARDAGE VARIATIONS

1. 43 Bucki - Man
2. K.C. Slam Bucki
3. 43 Red Dog 3 Combo
4. K.C. Double Pinch Cov. 2 - or 4 Sky

E. SPECIAL GOAL LINE DEFENSES

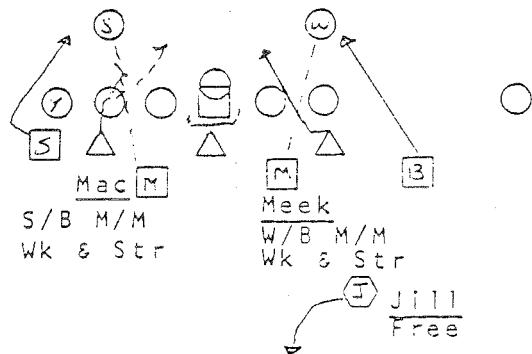
1. Jumbo Goal Line
2. Power Goal Line

I. EXAMPLES OF DOGS

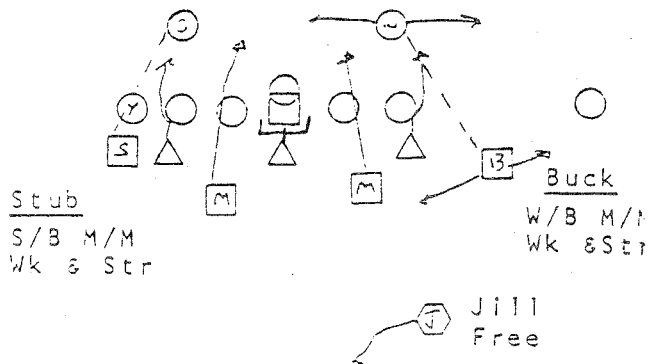
6. Basic Dogs from 34 Front (Dog Coverage Rules Do Not Apply)

12

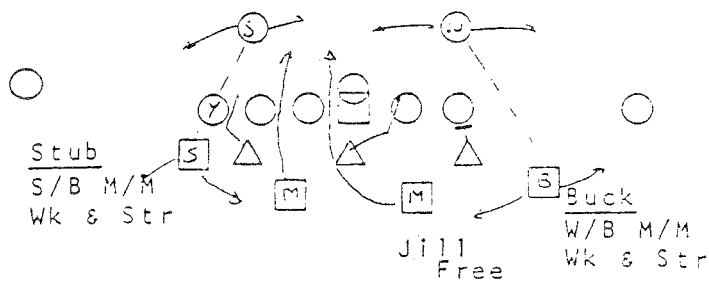
34 Red Dog Cover 1



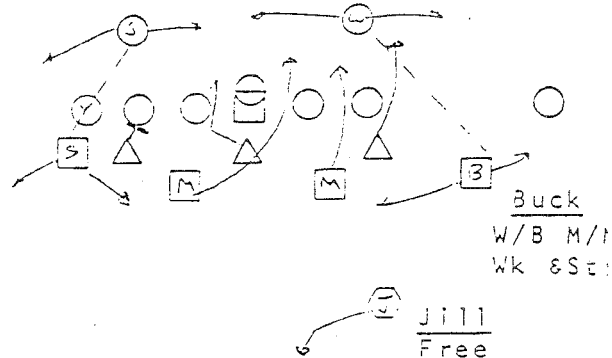
34 Middle Dog Cover 1



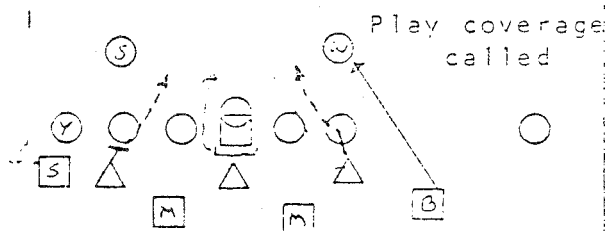
34 Middle Dog Strong Cover 1



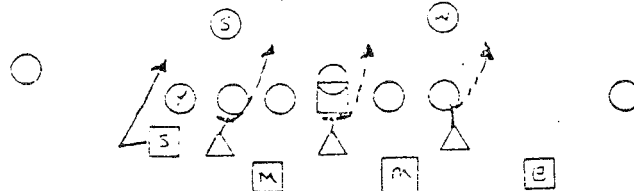
34 Middle Dog Weak Cover 1



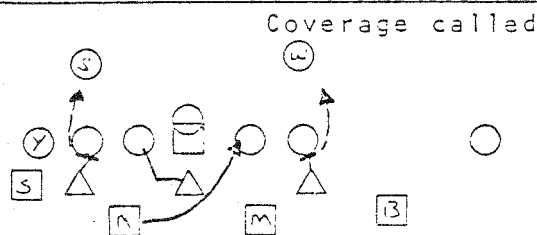
34 Buck 1



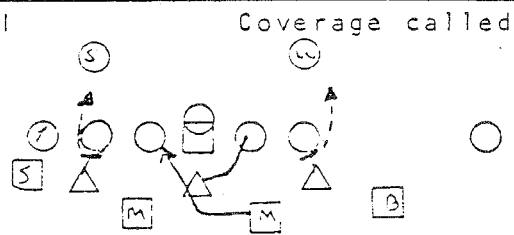
34 Stub 1 (Play coverage called)



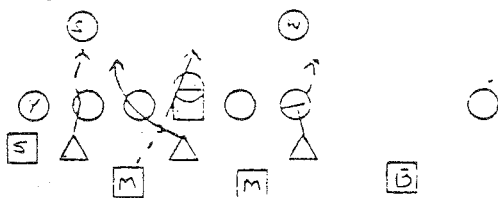
34 Mac 1



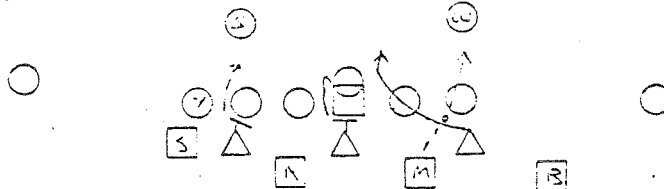
34 Meek 1



34 Mac 1 Twist



34 Meek 1 End Twist



GOAL LINE DEFENSES

A.

1. A defense designed for goal line and short yardage situations. It is basically a six man rush. Mac is in a 40 location and both outside backers in a 3 point stance, down and going.

2. The basic call is Goal Line. Goal Line constitutes both the front and type of coverage we are using. Goal Line is a coverage call.

3. GOAL LINE CALLS DEFENSE MUST KNOW:

JILL
CAIN
COMBO
PINCH
STORM
WIND
OUT

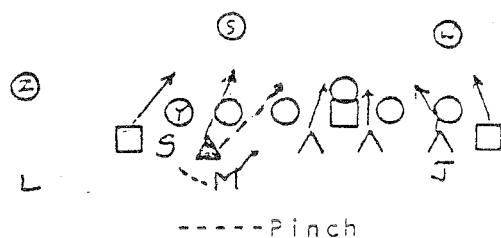
4. Outlined on following pages are basic run and pass responsibility for goal line defense.

5. Goal Line Audible means that we will change our Goal Line call according to backfield sets.

6. Open side rule: This applies to strong and weak side ends. This means that we have automatic pinch vs any open side. Mac or Jill can call pinch (Paula) to remind end of inside move.

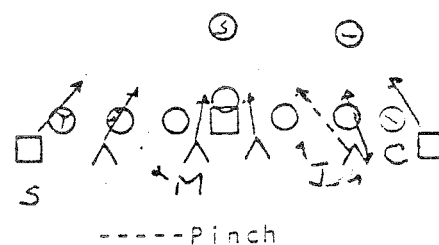
7. Go Go: Audible call to play Goal Line defense. Can all other calls.

2 SPLIT LEFT

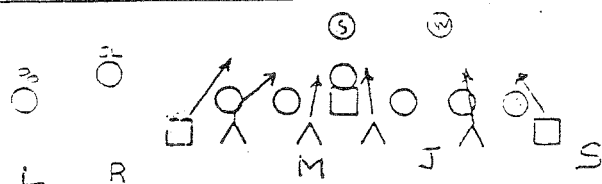


GOAL LINE

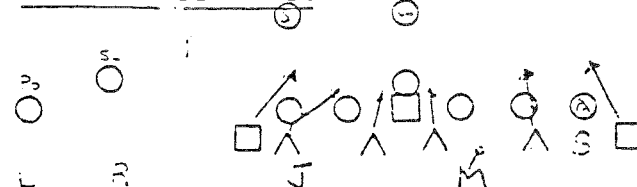
OPP. LEFT NEAR



STRONG LEFT SLOT

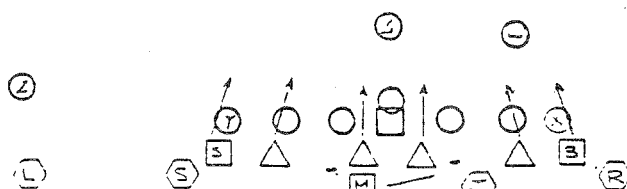
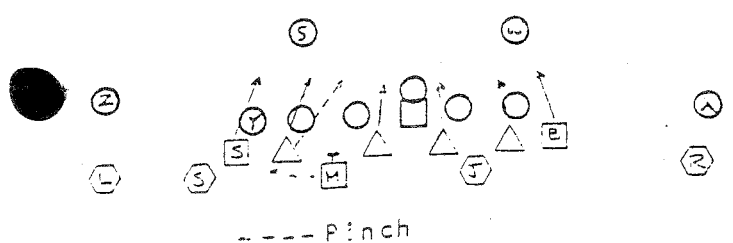


OPPOSITE LEFT SLOT

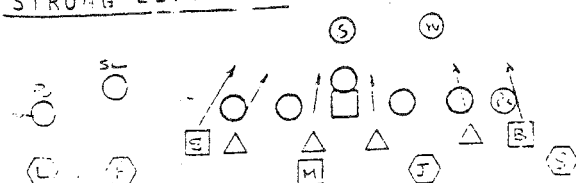


	Alignment	Run Responsibility	Technique
STRONG END	Tight Position on Offensive Tackle.	1. 4-5 hole strong side. 2. Penetrate 6-7 hole. <u>Calls</u> <u>Pinch</u> : 2-3 hole strongside <u>Banjo</u> or <u>special</u> : play safe 6-7 hole from inside out. <u>Slot</u> or <u>Poc</u> : Pinch	1. Penetrate through offensive tackle taking his head inside. 2. Don't be hooked by tackle. <u>Pinch</u> : Penetrate hard & tough to inside gap. <u>Banjo</u> or <u>special</u> : Safe technique penetrate through Y-play for down block & power block.
STRONG TACKLE	Inside Eye of Guard to Gap.	1. 0-1 Hole <u>Special</u> : 2-3 hole to side of TE.	1. Penetrate hard & fast. Play for QB Sneak. 2. Don't be trapped. <u>Special</u> : cheat to inside eye or wider of OG. Penetrate across O.G. face into the guard-tackle gap.
WEAK TACKLE	Inside eye of guard to gap.	1. 0-1 Hole <u>Special</u> : 2-3 hole to side of TE.	1. Penetrate hard & fast. Play for QB Sneak. 2. Don't be trapped. <u>Special</u> : cheat to inside eye or wider of OG. Penetrate across O.G. face into the guard-tackle gap.
WEAK END	Tight position on offensive tackle.	<u>Near</u> or <u>Slot</u> 1. 4-5 hole weak side. 2. Penetrate 6-7 hole. <u>Calls</u> : <u>Pinch</u> : 2-3 hole weak side <u>Banjo</u> or <u>Special</u> : play safe 6-7 hole from inside out. <u>Spread X</u> : Pinch.	1. Penetrate through offensive tack taking his head inside. 2. Don't be hooked by tackle. <u>Pinch</u> : penetrate hard & tough to inside gap. <u>Banjo</u> & <u>Special</u> : Safe technique penetrate through Y. Play for down block & power block.

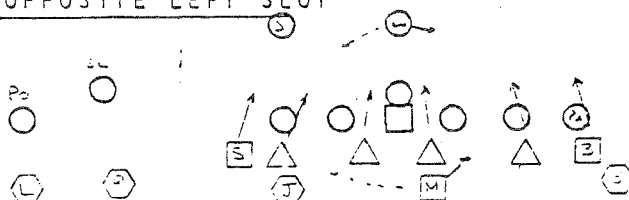
OPP. LEFT NEAR



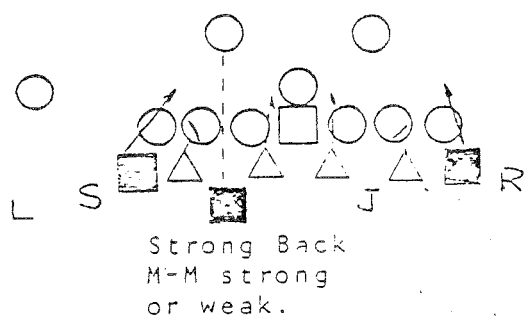
STRONG LEFT SLOT



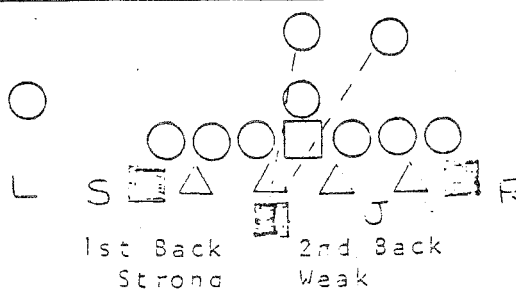
OPPOSITE LEFT SLOT



POS.	ALIGNMENT	RUN RESPONSIBILITY	KEY & TECHNIQUES.
STUB	3 pt. stance outside eye of Y ----- Banjo or special call-2 pt. stance out- side shoulder of Y.	1. 6-7 hole outside-in. 2. 8-9 hole inside-out. 3. Flood - check for ball coming back-contain man. 4. Banjo or } Same Run Special Call } responsibility except Flood, then free to pursue.	1. Penetrate first-don't be hooked or driven by Y. 2. If Y disappears-pick up pulling lane key. a. On guard pull-tackle him. b. No on guard pull-close down hard to inside-sell out.
MAC	2 pt. stance 40 location Opp. & "I" stack behind def. tackle. --- Split & --- Strong wider-head up with coverage.	1. Flow strong-2-3 hole stg. 2. Flood - 2-3 hole weak. 3. Pinch call-4-5 hole stg. 2-3 hole weak. 4. Special call-0-1 hole stg. 2-3 hole weak (Key center on special call) 5. Banjo & Special-Allows you to play run all the way strongside.	1. Strong back vs. split & "I". 2. Cross key both backs vs. opp & st a. If backs separate protect your strongside run responsibility. b. If flow strong protect strong- side run responsibility. c. If Flood protect weakside run responsibility. 3. Key center on special call. a. If he blocks either tackle shoot gap.
BUCK	3 pt. stance outside eye of X if near Banjo or Special call 2 pt. stance outside shoulder of X or Pix.	1. Near End or Pix - a. 6-7 hole outside in. b. 8-9 hole inside out. c. Flow away-check for ball coming back. 2. Banjo or } Same run Special Call } responsibility except flow away, then free to pursue.	1. Penetrate first-don't be hooked or driven by X or Pix. 2. If X or Pix disappears-pick up pulling lane key. a. On guard pull tackle him. b. No on guard pull-close down hard to inside-sell out. 3. Soread end. a. Force runner inside vs. split & strong. b. Force runner outside vs. opp. & "I".

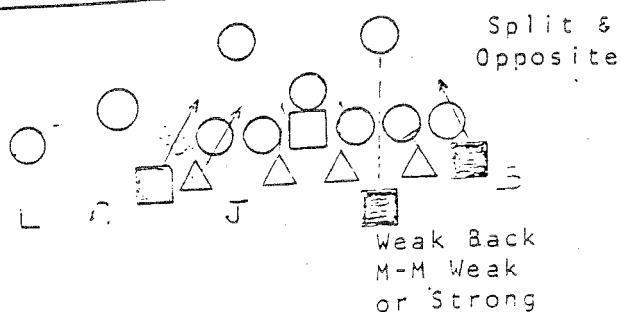


Basically Cover Goal Line



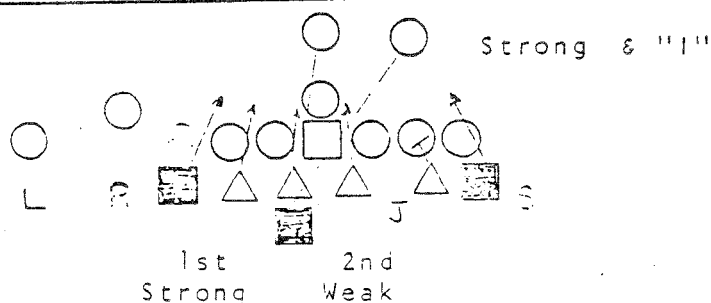
Basically Cover Goal Line

Alignment	Strong Backer	Key
or 2 point stance outside eye of Y.	1. Penetrate 2. Y disappears - pulling lane key.	
Run Responsibility	Pass Responsibility	
-7 hole outside in -9 hole inside out. Possible "out" call from safety will give Bronco (force)	1. No pass responsibility, unless 1st back dives, then pick up 2nd back strong. 2. If <u>Banjo</u> or <u>Special</u> Call, take 1st back strongside (change late to 2 pt. stance). 3. Y Slo - Flood - cover Y M/M.	
Alignment	Middle Backer	Key
pt. stance location	1. Strong back vs. split & "I". 2. Both backs vs. opp. & strong.	
Run Responsibility	Pass Responsibility	
3 hole strong, then back unless an adjustment has been made.	1. Strong back man to man strong and weak. 2. <u>Storm</u> call - inside-out coverage with strong safety on TE and strong back. 3. <u>Banjo</u> or <u>Special</u> call - 2nd back away from Banjo or Special call. 4. Double Special Call - no pass responsibility.	
Alignment	Weak Backer	Key
pt. stance outside eye of X.	1. Penetrate 2. X disappears - pulling lane key.	
Run Responsibility	Pass Responsibility	
-7 hole outside-in -9 hole inside-out Possible "out" call from safety will give Bronco (force)	1. No pass responsibility. 2. Double Special call - 2nd back.	



Basically Cover 3 Combo

NOTE: Any Special, Bario, or Double end side.



Basically Cover Goal Line

Special reverts to Special to tight end side.

Alignment	Strong Backer	Key
3 pt. stance 1 foot outside tackle		Formation & Near Back.

Run Responsibility

1. Penetrate
2. Force runner inside vs. split & strong.
3. Force runner outside vs. opposite & "I".

Pass Responsibility

1. No pass responsibility

Alignment	Middle Backer
40 vs. split & opposite	
50 vs. strong & "I"	

Weak back vs. split & opposite
Both backs vs. strong & "I"

Run Responsibility

1-3 hole weak vs. split & opposite unless an adjustment call has been made.
2-3 hole strong vs. strong & "I"

Pass Responsibility

1. vs. split & opposite weak back M-M weak & strong.
2. vs. strong & "I"
3. 1st back strong, 2nd back weak.
4. Wind call inside-out coverage with Tam on Pix and weak back.
4. Bario or Special call - 2nd back away from Bario or Special call.

Alignment	Weak Backer
3 or 2 pt. stance outside eye of Pix.	

1. Penetrate
2. Pix disappears, pulling lane key

Run Responsibility

6-7 hole outside-in
8-9 hole inside-out
(Possible "out" call by corner will give Bronco force)

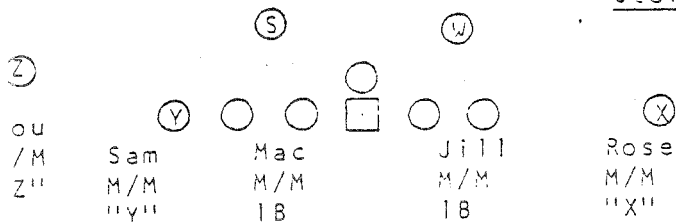
Pass Responsibility

1. No pass responsibility unless 1st back dives, then pick up 2nd back weak.
2. If Bario or Special call: change to 2 pt. stance late
 - a. vs split and opposite - 1st back weak.
 - b. vs strong & I - Gain call 2nd back weak.
3. Pix slo - Flood - cover pix M/M.

GOAL LINE VS. SPLIT-OPPOSITE-"I"

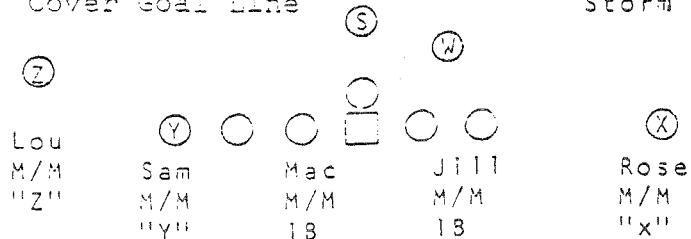
Cover Goal Line

Storm



Cover Goal Line

Storm



Storm Example

Strong CornerKeyAlignment
ump & Run

"Z"

Run Responsibility

Sky

Pass Responsibility

1. Cover "Z" man to man - Mirror Technique.
2. Flow coverage

AlignmentStrong SafetyKey

lay according to call.

"Y"

Run ResponsibilitySky
Out = BroncoPass Responsibility

1. Cover "Y" man to man.
(a) Y Slo - Flood - go on blitz technique.
2. Storm call - Go in & out coverage with Mac on "Y" & 1st back.
3. Wing - Possible out call or Flow coverage.

AlignmentWeak SafetyKey

Adjust accordingly

BOTH BACKS

Run Responsibility

Sky

Pass Responsibility

1. Cover 1st back man to man.
2. Flow strong - look for "Y" sneak and across.
3. Swap action---- cover 1st back man to man.

AlignmentWeak CornerKey

ump & Run Position

"X"

Run Responsibility

Sky

Pass Responsibility

1. Cover "X" man to man - Mirror Technique.
2. Take away inside moves.

GOAL LINE VS. SPLIT-OPPOSITE-"I" (NEAR)

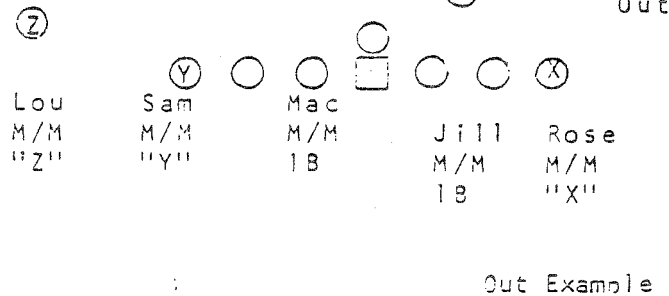
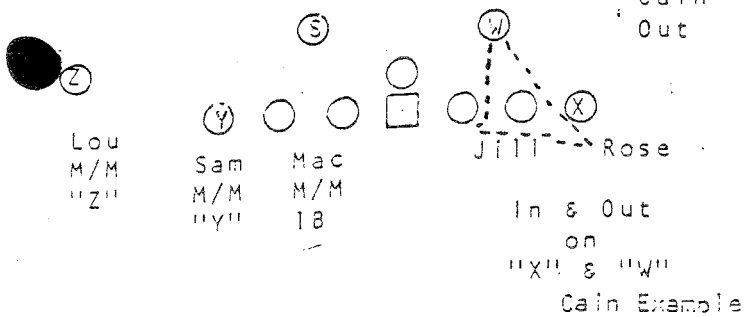
7

Cover Goal Line

Cover Goal Line

Storm
Cain
Out

Storm
Cain
Out



Strong Corner

Key

Alignment
Bump & Run

"Z"

Run Responsibility

Pass Responsibility

Sky

1. Cover "Z" man to man - Mirror Technique.
2. Flow coverage

Alignment

Strong Safety

Key

1 yd. outside, on L.O.S.

"Y"

Run Responsibility

Pass Responsibility

Sky

1. Cover "Y" man to man.
(a) Y slo - Flood - go on blitz technique.
2. Storm Call - Go in & out with Mac on "Y" & 1st back.
3. Wing - Possible out call or flow coverage.

Alignment

Weak Safety

Key

Play according to call.

"W & X"

Run Responsibility

Pass Responsibility

Cleo
Bronco (out)

1. Cover 1st back man to man.
2. Cain - In & out coverage with weak corner on "X" & 1st back.
3. Out - Cover 1st back man to man.
4. Flow strong - Look for "Y" sneak or Y cross.

Alignment

Weak Corner

Key

Play according to call.

"X & W"

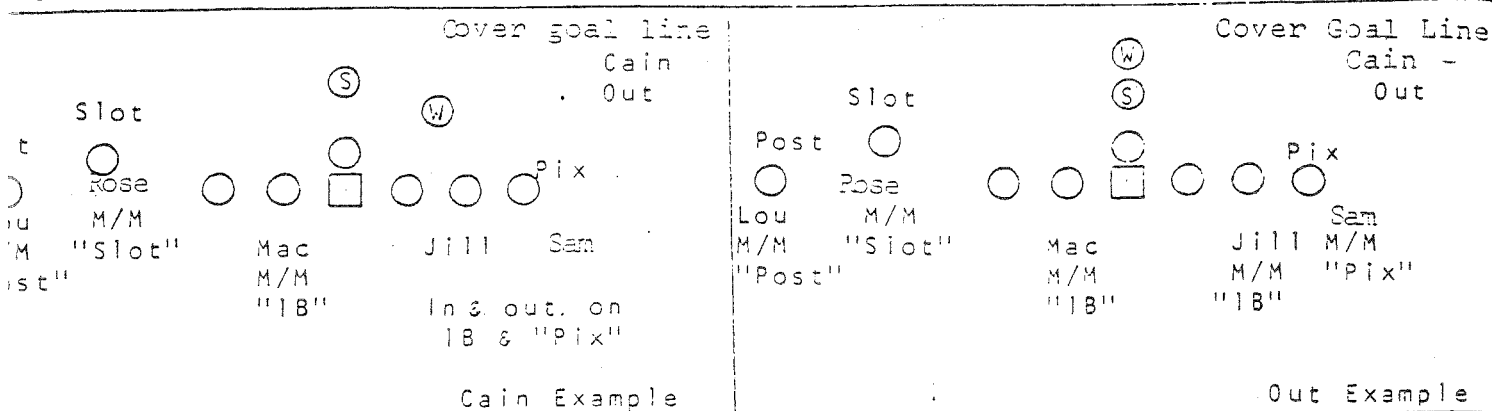
Run Responsibility

Pass Responsibility

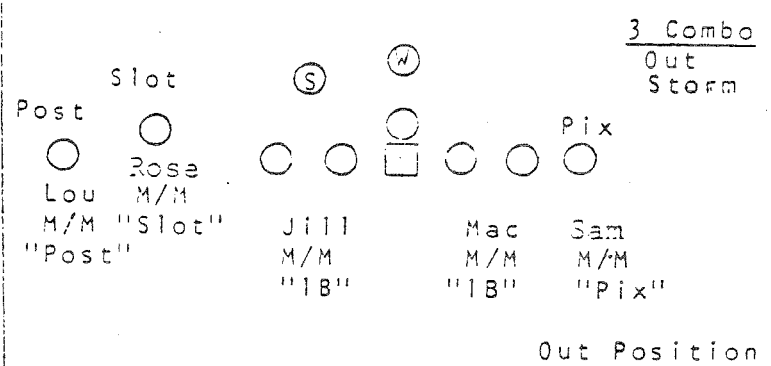
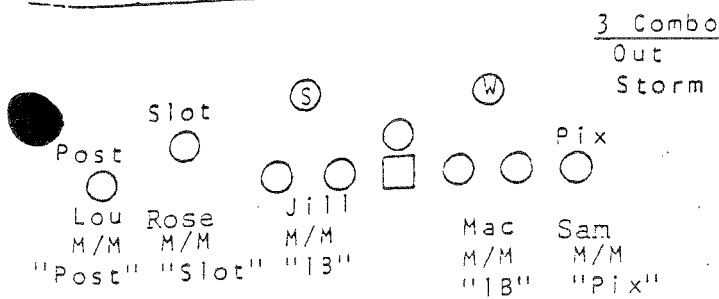
Cleo
Bronco (out)

1. Cover "X" man to man.
2. Cain - In & out with Jill on X & 1st back.
3. Out - Cover "X" man to man.

GOAL LINE VS. STRONG & "I" - SLOT



<u>Strong Corner</u>		<u>Key</u>
Alignment		Post
Imp & Run		
<u>Run Responsibility</u>		<u>Pass Responsibility</u>
Bronco		1. Cover post man to man - Mirror Technique
<u>Weak Corner</u>		<u>Key</u>
Alignment		Slot
Error - Close as possible.		
<u>Run Responsibility</u>		<u>Pass Responsibility</u>
Bronco		1. Cover slot man to man - Mirror Technique
<u>Weak Safety</u>		<u>Key</u>
Alignment		"W & Pix"
Adjust accordingly.		
<u>Run Responsibility</u>		<u>Pass Responsibility</u>
Cleo Bronco (out)		1. Out - Cover "W" back man to man. 2. Cain - In & out coverage with strong safety. on Pix & 1st back.
<u>Strong Safety</u>		<u>Key</u>
According to call made		Pix & W
<u>Run Responsibility</u>		<u>Pass Responsibility</u>
Cleo Bronco (out)		1. Cain - play in & out with Jill on Pix & 1st back. 2. Out - Cover Pix man to man.



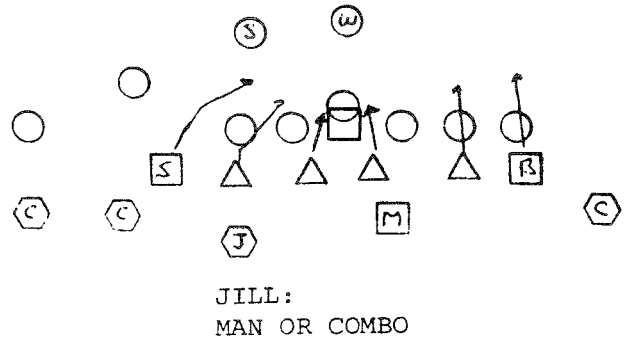
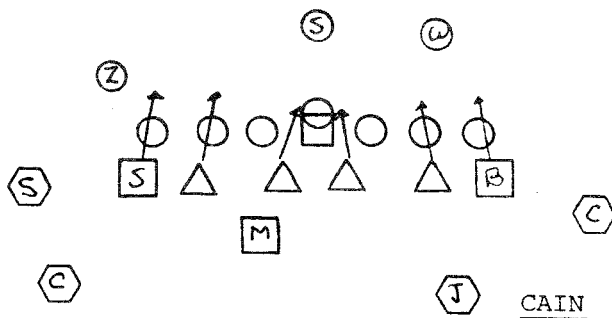
<u>Strong Corner</u>		<u>Key</u>
Alignment		Post
Bump & Run		
<u>Run Responsibility</u>		<u>Pass Responsibility</u>
Sky		<ol style="list-style-type: none"> 1. Cover post man to man - Mirror technique. 2. Take away inside moves.
<u>Weak Corner</u>		<u>Key</u>
Alignment		Slot
Mirror close as possible.		
<u>Run Responsibility</u>		<u>Pass Responsibility</u>
Sky		<ol style="list-style-type: none"> 1. Cover slot man to man - Mirror technique 2. If slot close enough - play Combo with Jill on slot & 1st back.
<u>Weak Safety</u>		<u>Key</u>
Alignment		"S"
Adjust accordingly.		
<u>Run Responsibility</u>		<u>Pass Responsibility</u>
Cleo Bronco (out)		<ol style="list-style-type: none"> 1. Cover 1st back man to man. 2. If slot close enough - play Combo with corner on slot & 1st back.
<u>Strong Safety</u>		<u>Key</u>
Alignment		Pix & W
According to call.		
<u>Run Responsibility</u>		<u>Pass Responsibility</u>
Cleo Bronco (out)		<ol style="list-style-type: none"> 1. Cover Pix man to man. Can use out position. 2. <u>Storm Call</u>:- go in & out with Mac on Pix & 1st back.

B.

GOAL LINE VARIATIONS

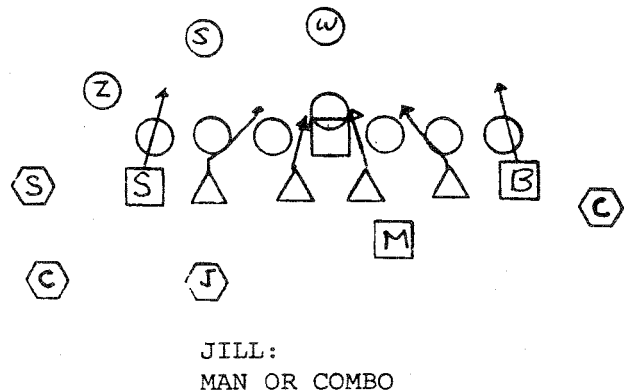
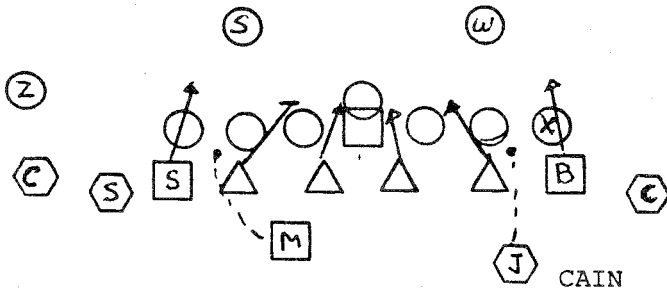
Stemming from our base goal line, there are several variations which we will use as a change up from our basic goal line defense. This will usually give a change in assignment for one or more positions.

1.

GOAL LINE

Basic Goal Line as outlined in previous section

2.

GOAL LINE WEDGE

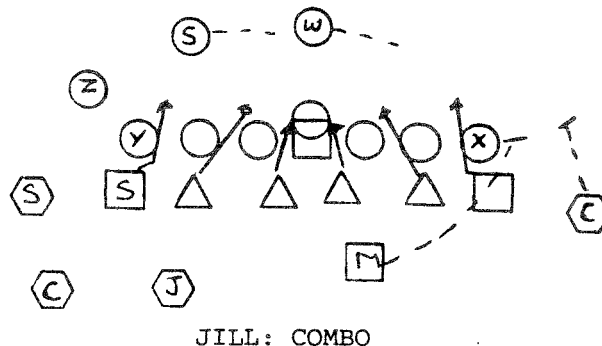
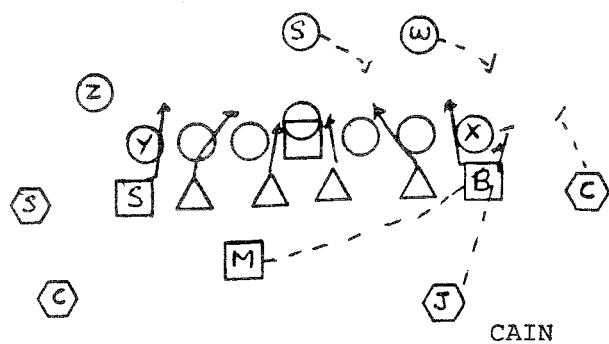
CHANGES: RUN RESPONSIBILITY

STR. END AND WK END: Hard, tough, penetrating charge to inside. Do not allow offensive guard to release on mac.
MAC: Loosen slightly, hit dive play or lead back head on play 6,7,8 & 9 hole strong from inside out.
JILL: Hit dive play or lead back head on play 6,7,8, & 9 hole weak from inside out

CHANGES: PASS RESPONSIBILITY

None - Play goal line coverage.

GOAL LINE TITE INSIDE



CHANGES: RUN RESPONSIBILITY

SE AND WE: Same as goal line wedge.

STUB AND BUCK: Hard, tough, penetrating charge to the inside shoulder of the tight end. Angle of charge is predicted by the split of tight end. Tight end wide drive for outside shoulder of offensive tackle. Tight end no split from off tackle, drive for inside shoulder of tight end up field. Do not go down line of scrimmage.

MAC: - (SET IN)
STRONG
SET

Fill outside shoulder of tight end strong side.

Fill outside shoulder of tight end weakside; hit dive

or lead back head on none be ready finesse option block.

JILL: Scrape outside of corner and contain C.P. strong = Normal
C.P. Jill & Mac vs. Flood.

C.P. Jill & Mac vs. Flood.

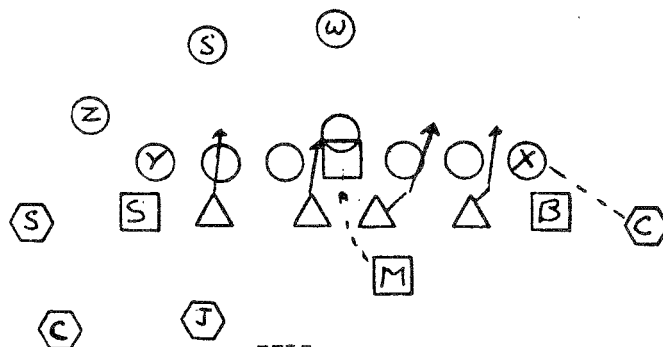
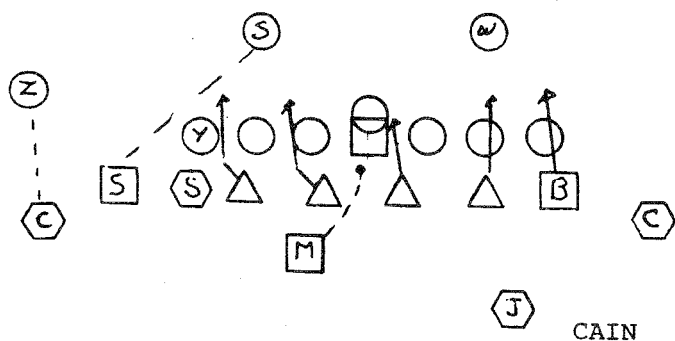
W. CORNER: Penetrate & fill under lead blockers. He releases contain passer C.P. strong = Normal.

CHANGES: PASS RESPONSIBILITY

Possible storm call between Mac and Corner.

4.

GOAL LINE SPECIAL



JILL:

MAN OR COMBO

VS STRONG SPECIAL VS WEAKSIDE

VS SLOT SPECIAL TO TE SIDE

STRONG END: Slant step and drive for penetration through outside shoulder of offensive tackle. Drop back on roll strong you are primary outside contain. Flood pursue tight and as fast as possible behind line of scrimmage. Strong formation go special weak.

STRONG TACKLE: Cheat alignment to offensive guard slant technique to outside shoulder of offensive guard, drive for penetration. Flood, recover as fast as possible and pursue tight down line of scrimmage. Strong formation go special weak. Key center to flow.

MAC: Primary responsibility 0-1 hole strong side hit QB sneak.
Center blocks left or right 0 & 1 hole. Play for trap
first; none fill accordingly.

STUB: Cheat alignment slightly outside tight end. Flow strong normal run responsibility. Flood get up field and (Buck if slot) look for waggle or bootleg. Possible out call. vs or strong slot normal goal line.

CHANGES: PASS RESPONSIBILITY

MAC: Nó pass responsibility

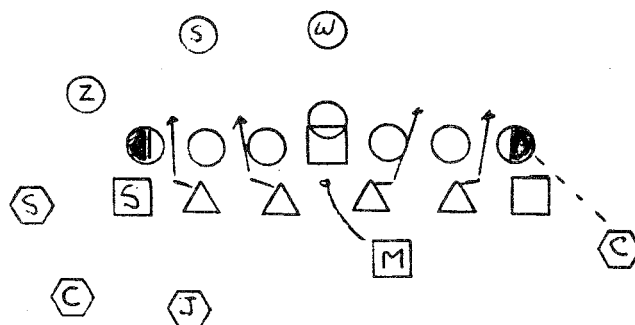
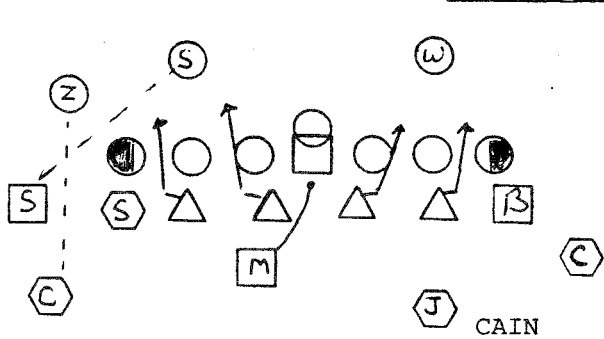
```
STUB:      1st back strongside
```

BUCK: (Slot or 1st back weakside.
Strong)

JILL: Vs slot always take str. back weak or strong.

5.

GOAL LINE DOUBLE SPECIAL



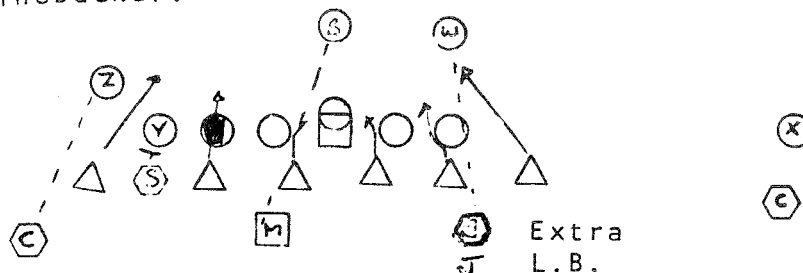
JILL: MAN OR COMBO
VS STRONG; SPECIAL GOES WEAKSIDE

*Slot - special to tight end side

E. SPECIAL GOAL LINE DEFENSES

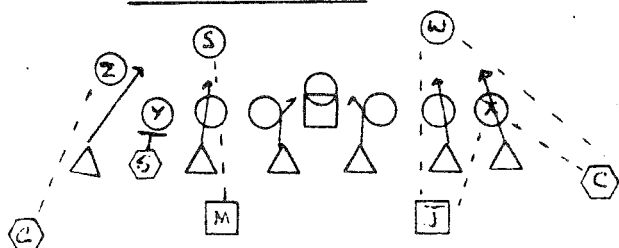
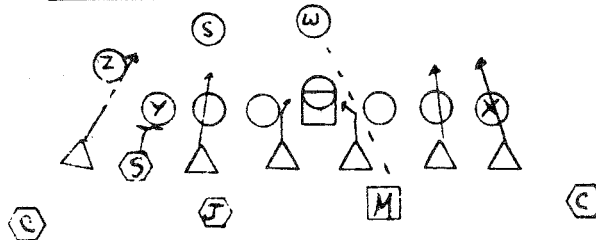
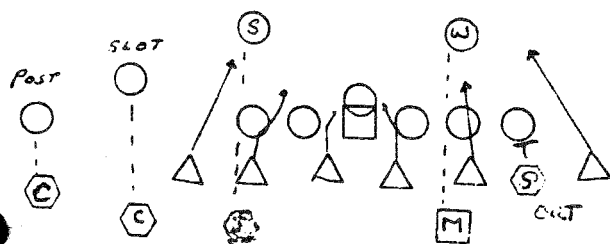
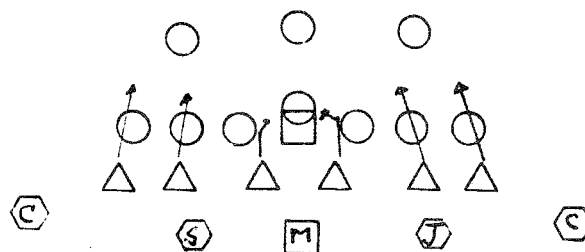
1. Jumbo Goal Line

- a. Variation of our basic goal line where we replace 2 linebackers with 2 defensive linemen and Jill with a linebacker.



b. Coverage responsibilities

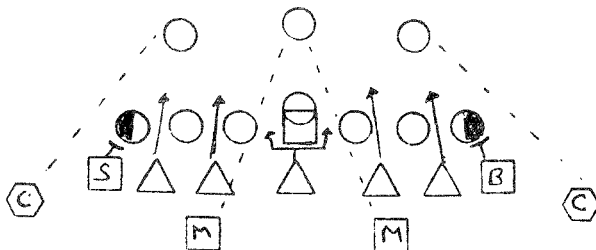
SAM TE - Man to Man
 MAC: Strong back Man to Man
 JILL Weak back Man to Man
 "Near" possible Cain call in and out with corner.
 STRONG CORNER Wing Man to Man
 WEAK CORNER: X Man to Man: Possible Cain call in and out with
 Jill (Backer)

EXAMPLES:VS SPLIT-NW2YVS STRONG-NW2YVS SLOTVS POWER T OR I

E. SPECIAL GOAL LINE DEFENSES (cont'd.)

2. Power Goal Line

- a. This is a special front alignment to be used versus Power T, Power I and 3Y formations. We will use five defensive linemen, four linebackers and two defensive backs.

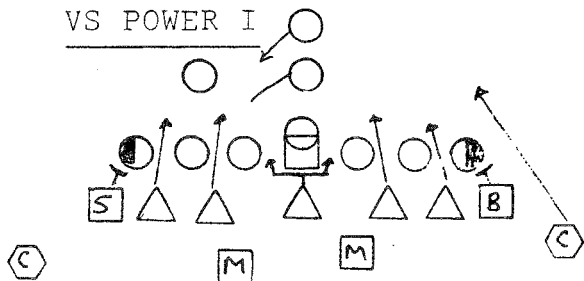
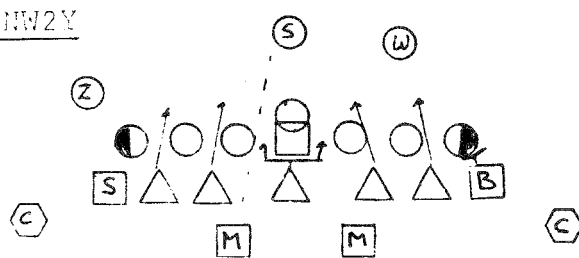
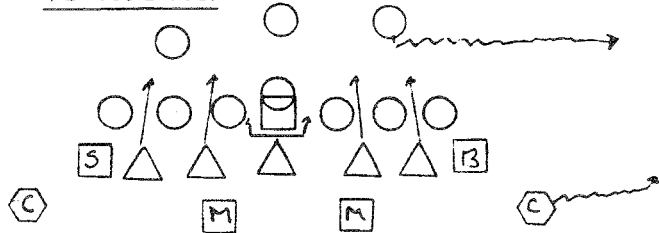


b. Coverage responsibilities

CORNERS: 1st back Man to Man, flow away Blitz
OUTSIDE BACKERS: Tight End Man to Man
INSIDE BACKERS: 2nd back Man to Man

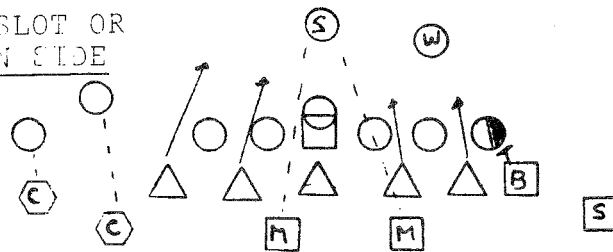
- c. Double Out Call - Corners & Outside line backer switch coverage call.

EXAMPLES: (Adjustments to formations)

VS POWER IVS NW2YVS MOTION

CORNERS: Take any motion man out of backfield man to man.

Automatic Bronco Force to side of motion.

VS SLOT OR OPEN SIDEBASIC RULE:

Corners always cover open receivers.

Stub: Line up on opposite side of 2 receivers and cover 1st back Man to Man.

CHANGES: RUN RESPONSIBILITY

STRONG AND WEAK END: Slant step and drive for penetration through outside shoulder of offensive tackle. Drop back or roll strong or weak. You are primary outside contain.

STRONG AND WEAK TACKLE: Cheat alignment to offensive guard. Slant technique to outside shoulder of offensive guard, drive for penetration. Flow away recover as fast as possible and pursue tight down line of scrimmage.

MAC: Key center to flow, primary responsibility 0-1 hole weak and strong hit QB sneak. Center blocks left or right play for 0-1 hole trap first none fill accordingly.

STUB: Cheat alignment slightly outside tight end flow strong normal run responsibility. Flood get up field and look for waggle and bootleg. Possible out call.

CHANGES: PASS RESPONSIBILITY

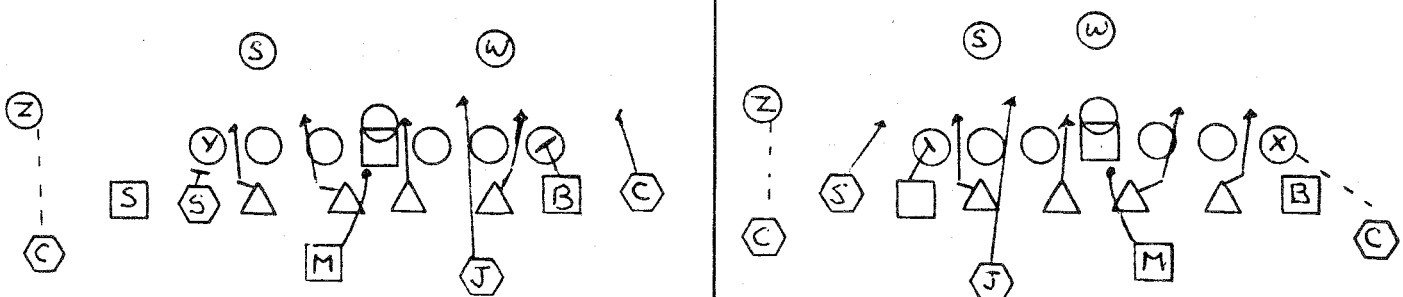
MAC: No pass responsibility.- C.P. Line up T.E. side.

STUB: 1st back strong - Flood Y slow take Y. Combo call 2nd back strong Slot normal goal line.

BUCK: 2nd back weak vs I, opposite and split. 1st back vs strong. Vs. slot 1st back weak and strong.

JILL: Slot - Line up to slot side.

6.

GOAL LINE BLITZ SPECIAL

*SLOT - AUDIBLE SPECIAL

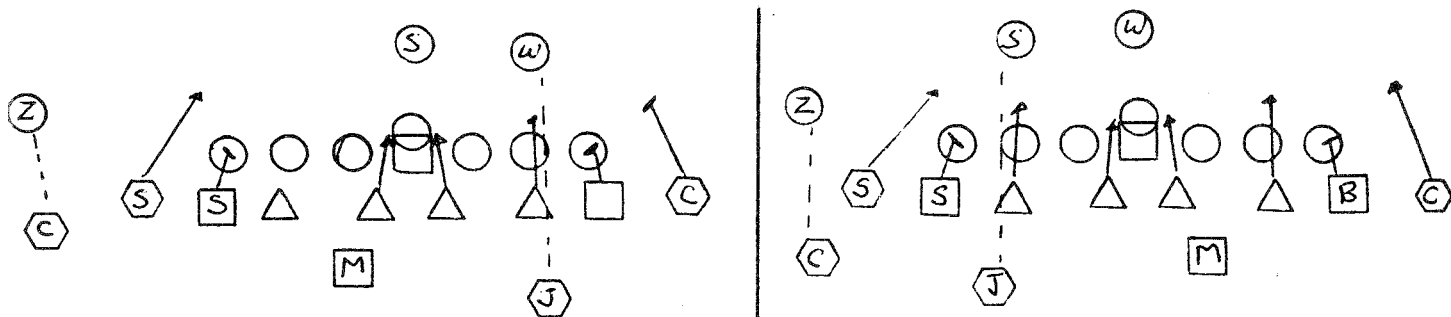
CHANGES: RUN RESPONSIBILITY

WT: Same as Goal Line Special
STRONG END AND TACKLE: Same as Goal Line Special
STUB AND SAM: Same as Goal Line Special
MAC: Same as Goal Line Special
WEAK END: Same as Goal Line Double Special
BUCK: Stuff tight end from outside in, don't get hooked.
JILL: Blitz through inside shoulder of offensive tackle read on the move and adjust rushing lane according to flow.

CHANGES: PASS RESPONSIBILITY

MAC: No pass responsibility
JILL: No pass responsibility
STUB & SAM: Same as Goal Line Special
BUCK: Weakside tight end man to man - C.P. out
WEAK CORNER: Take weak back man to man
 C.P. Out

7.

GOAL LINE TAKE

*GL DOUBLE OUT - Change responsibility by outside backers with Sam and weak corner.

CHANGES: RUN RESPONSIBILITY

SAM & WEAK CORNER: Attack lead blocker primary force 8 & 9 hole.
 vs Slot sam attack lead blocker.
STUB & BUCK: Same as Goal Line

CHANGES: PASS RESPONSIBILITY

STUB: Tight end man to man; vs slot play Goal Line
BUCK: Tight end man to sam
SAM: No pass responsibility

CHANGES: PASS RESPONSIBILITY (cont'd)

WEAK CORNER:

JILL:

No pass responsibility

Split, I & Opposite, cover weak back man to man;

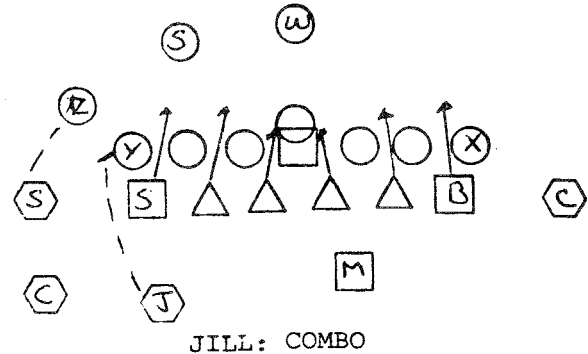
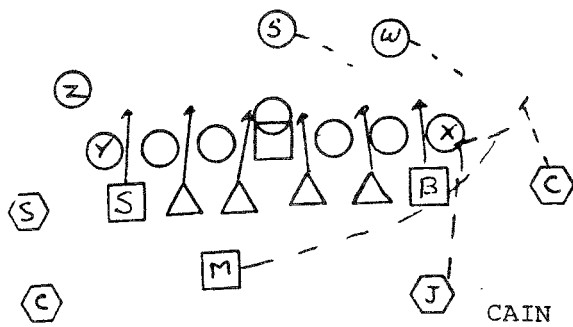
vs strong cover strong back man to man; vs Slot

Split, I & Opposite cover strong back man to man.

Vs strong cover weak back man to man.

8.

GOAL LINE GAPS



CHANGES: RUN RESPONSIBILITY

DEFENSIVE LINE:

Line up in gaps, get off on ball tuff, hard, low, penetrating charge into gap. Key is to not get knocked off LOS. You must keep your legs driving.

STUB & BUCK:

Line up inside shoulder of tight end drive into Tight end and up field, don't get collapsed. Stay low and keep legs driving.

MAC:

Slightly deeper than normal alignment be ready to hit QB sneak or dive back none lead back none fill outside hip of stub or buck linebacker from inside out.

JILL:

Scrape outside of corner & contain C.P. = Normal

CHANGES: PASS RESPONSIBILITY

C.P. = Jill & Mac vs. Floor

SAM & MAC:

Automatic storm call. vs Split & Opposite Slot
automatic wind call. vs strong automatic wind call.

C.

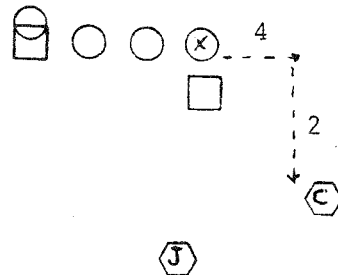
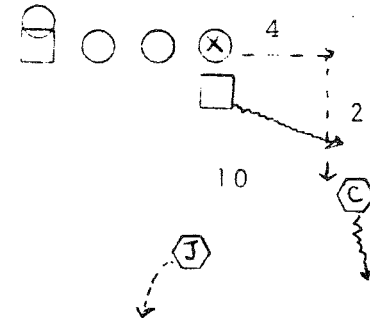
SHORT YARDAGE DEFENSES

A. COVERAGES:

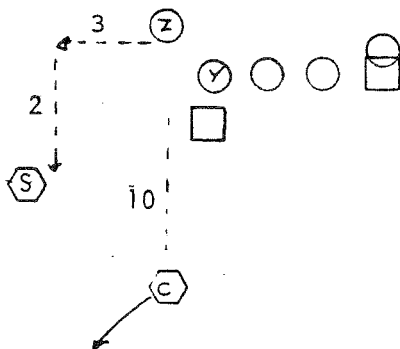
1. Prefer Cover 2 or 4 Sky sam up
2. Could use 2 or 4 Buzz
3. Automatic Cover 2 vs 2Y, Near Wing, or Power I
4. Goal Line

B. ADJUSTMENTS AND ALIGNMENTS:

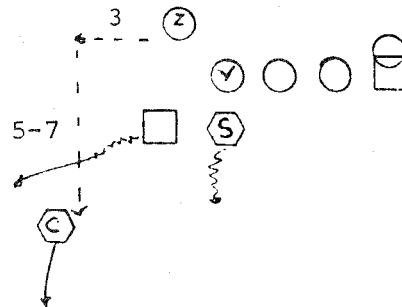
1) Weakside (Near)

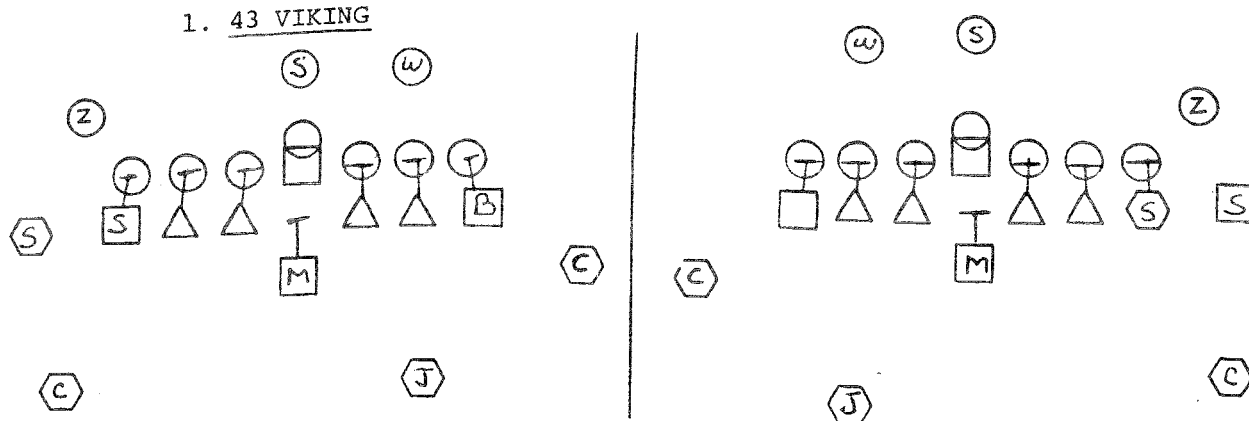
Cover 2 (Cleo)Cover 4 (Cleo on Read)

2) Strongside

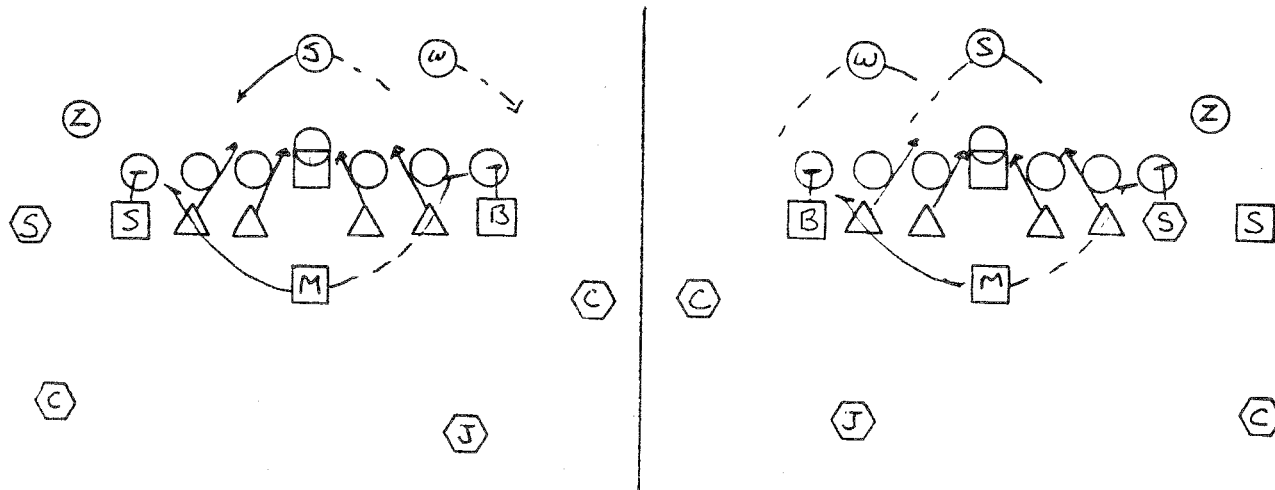
Cover 2 & 4 (Cleo)Cover 2 (4 BUZZ)

(out call)

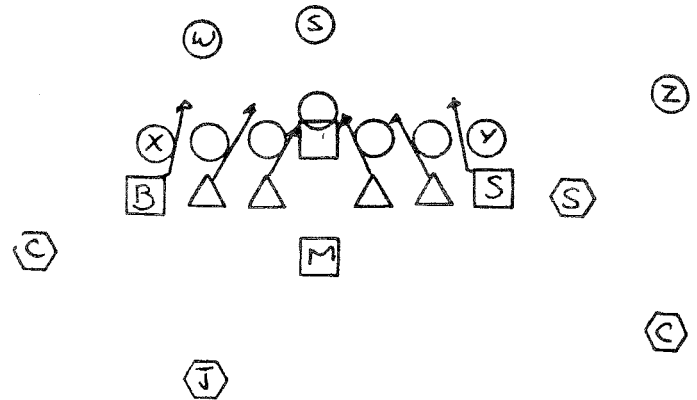
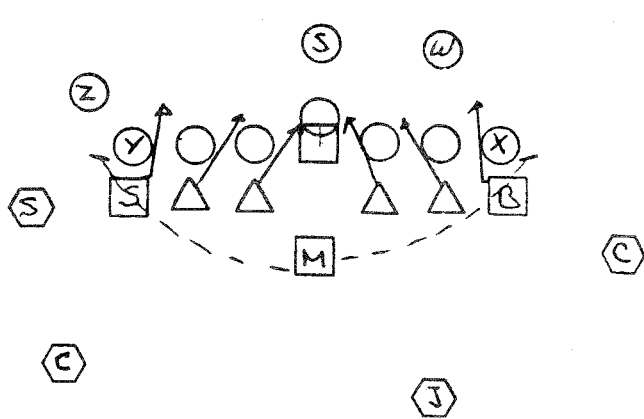


C. SHORT YARDAGE DEFENSES1. 43 VIKING

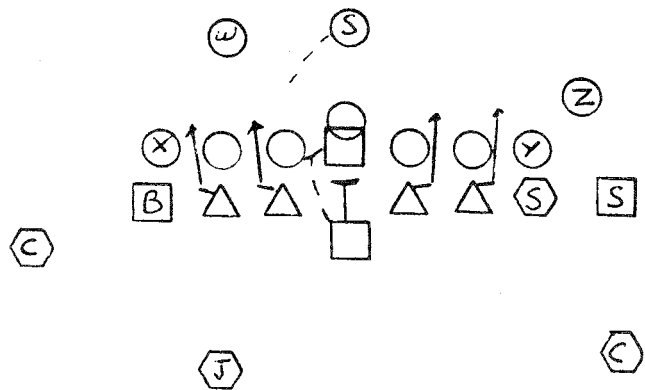
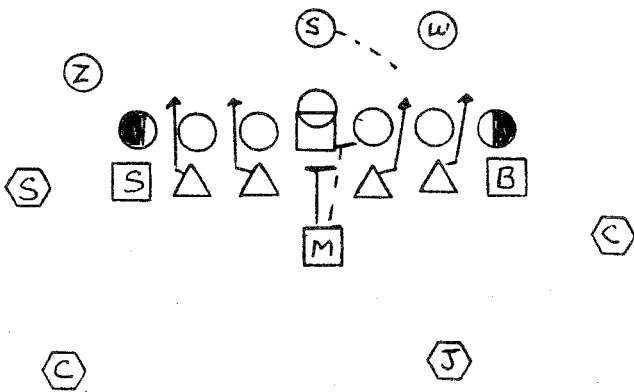
- DEF. TACKLES: Butt technique, attack OT
 DEF. ENDS: Head up to slightly outside offensive tackle, butt technique, no chase responsibility pursue flat down line of scrimmage.
 BUCK: Open side; no ox technique, otherwise same as stub
 STUB: TE Side, head up, jame TE, don't get hooked you are responsible for reverse and bootleg.
 MAC: If no 0-1 hole threat, work to 6 & 7 hole

2. 43 WEDGE

- DEF. TACKLES: Direction step and drive hard and low for penetration; play for QB sneak and 0 & 1 hole trap.
 DEF. ENDS: Drive hard and low for outside shoulder of OG for penetration. Do not allow offensive guard to release on mac.
 STUB AND BACKS: Normal 43 (tough) don't be driven off line or hooked Leverage inside pressure from outside in. Flow away look for reverse or bootleg.
 MAC: Deepen, fill off of defensive ends butt to the 4 or 5 and 6 or 7 holes from inside out.

3. 43 TITE INSIDE

DEF. TACKLES: Same as 43 Wedge
 DEF. ENDS: Same as 43 Wedge
 STUB AND BUCK: Head up alignment. Jab step to inside gap. Lead back at you drive for penetration stuff lead back. No lead back and tight end trying to drive or hook you; slip or throw tight end, get to ball. Flow away drive up field for reverse or bootleg.
 MAC: Deepen, fill off of linebackers butt. 6 and 7 hole from inside out to side flow.

4. 43 WIDE

DEF. TACKLES: Take slant step, drive outside shoulder of offensive guard, don't over penetrate - drive control hole. Flow inside or away from slant; leverage or fight back inside.
 DEF. ENDS: Drive step outside shoulder of offensive tackle. Don't get hooked. Flow to you drive for penetration.

43 WIDE (cont'd)

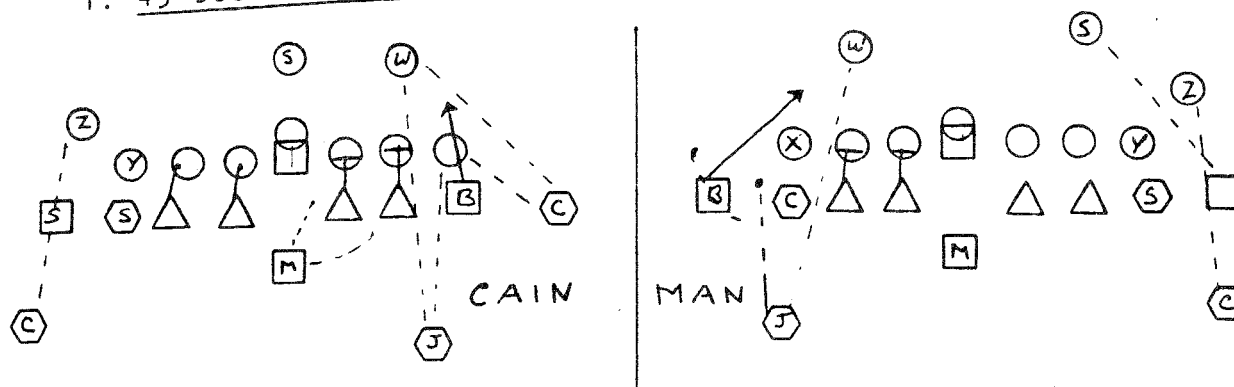
MAC:

Tighten slightly, be ready to stuff center. Plays straight at you don't pick a side. Flow hit the gap to the side flow fast and aggressive. Cut blocking combination. Drive over butt of center.

STUB & BUCK:

Slightly wider than normal, normal 43 progression.

D. SHORT YARDAGE VARIATIONS

1. 43 BUCKI - MAN

WT & WE:

ST & SE:

STUB:

BUCK:

MAC:

COR & JILL:

SAM:

PLAY VIKING TECHNIQUE

PLAY AS 43 NO OX TECHNIQUE

ALERT FOR OUT CALL: IF WING DESTROY CLEAN

RELEASE OF Z. COVER 1st BACK M TO M.

OUT CALL: DRIVE FOR WEAK BACK

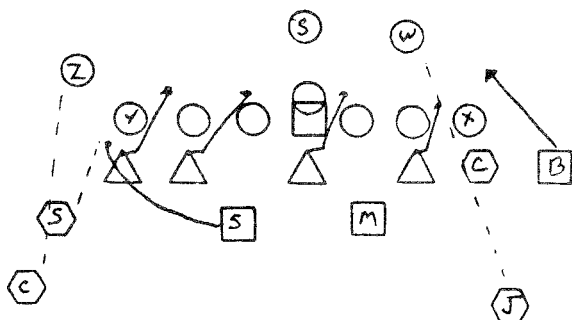
NO OUT CALL: DRIVE OVER TE; SAME AS GOAL LINE

2nd BACK WEAK M TO M.

MAN OR CAIN COVERAGE

OUT CALL ACCORDING TO GAME PLAN.

2. K.C. SLAM BUCKI - MAN

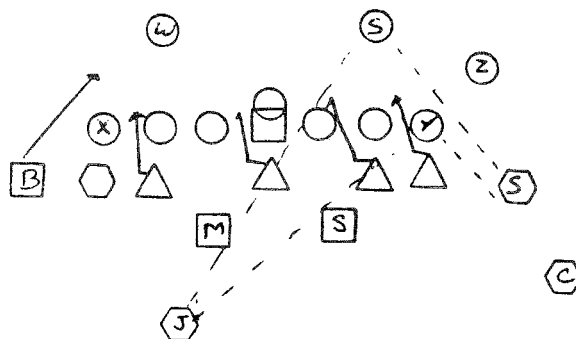


BUCK: OUT CALL WEAK: DRIVE
TOUGH FOR HIP OF
WEAK BACK.

JILL: MAN COVERAGE

SAM: NO OUT CALL

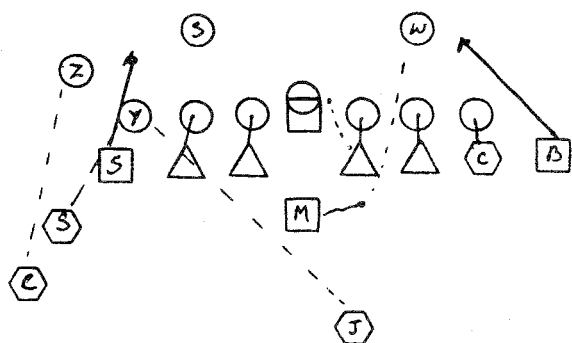
COVER 3 COMBO - SPLIT, I & STRONG
OPPOSITE: NO OUT CALL CAIN



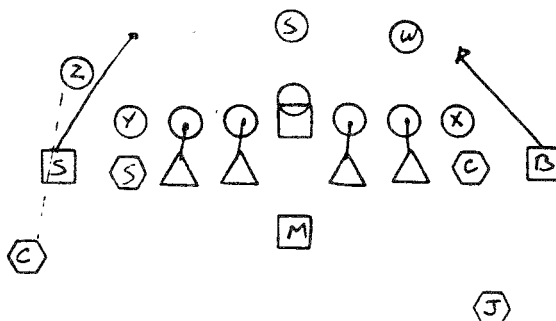
MAC: COVER 1st BACK WEAK M TO M
STUB: NO PASS RESP. PLAY COV
3 COMBO.

3. 43 RED DOG 3 COMBO

a. VS. OPPOSITE PLAY CAIN OR OUT CALL - DOG COVERAGE

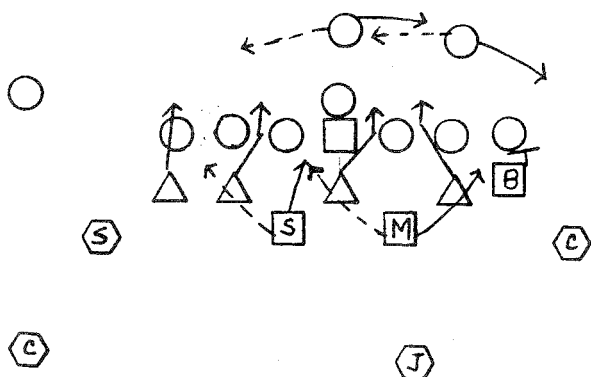


vs SPLIT, STRONG & I
PLAY COVER 3 COMBO

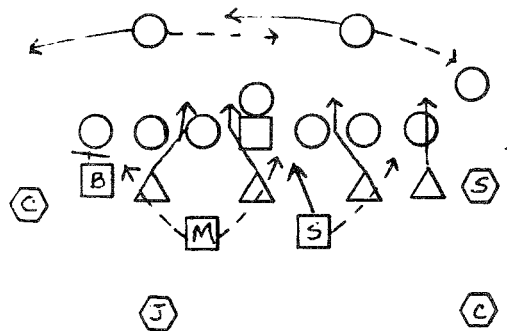


VS OPP
OUT CALL STRONG
PLAY DOG COVERAGE

4. K.C. DBL PINCH - Cov. 2 or 4 Sky

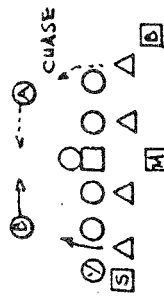
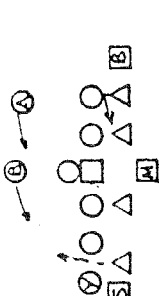
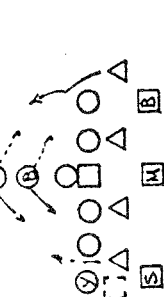
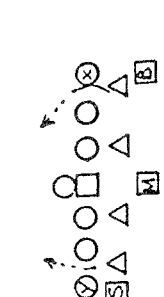
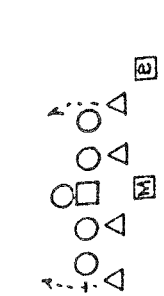
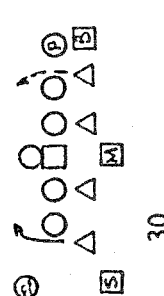
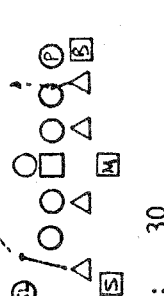
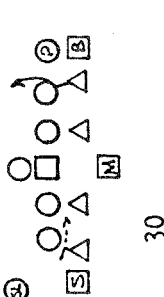
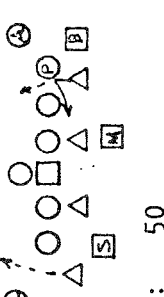
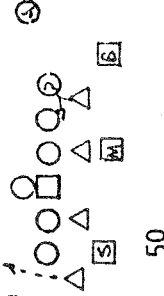


Cov. 2

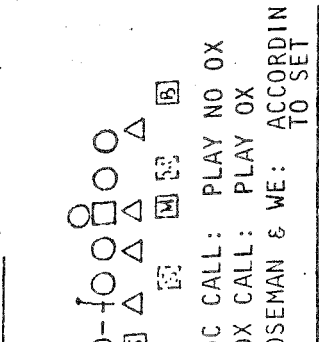
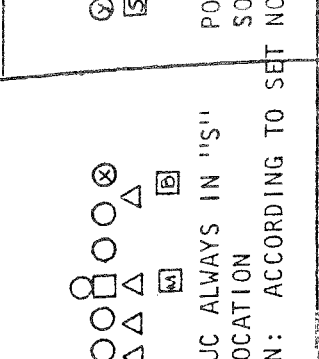
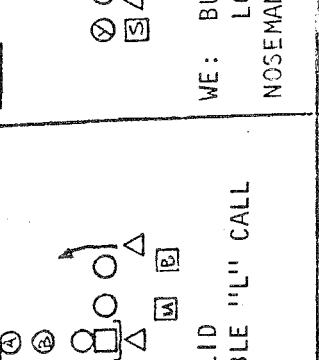
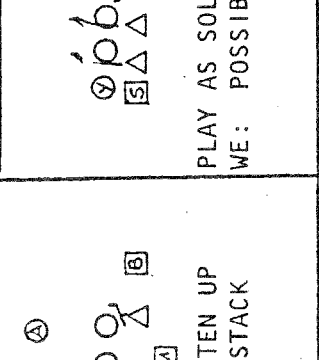
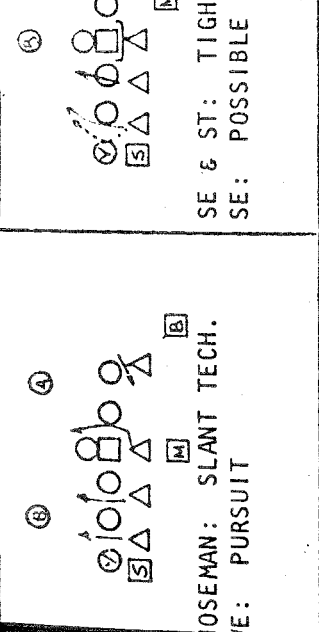
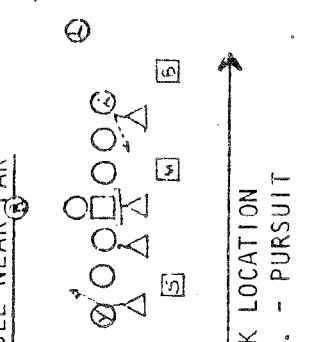
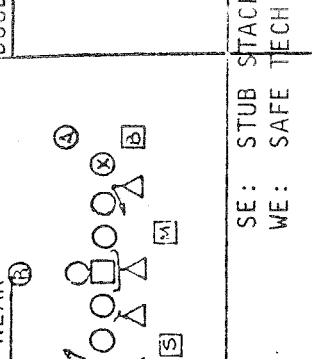
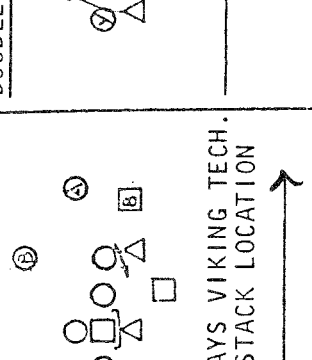
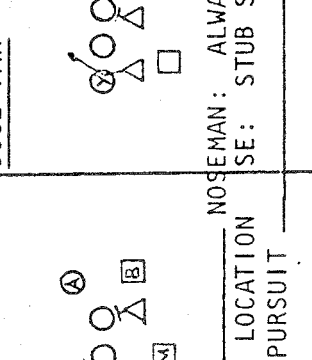
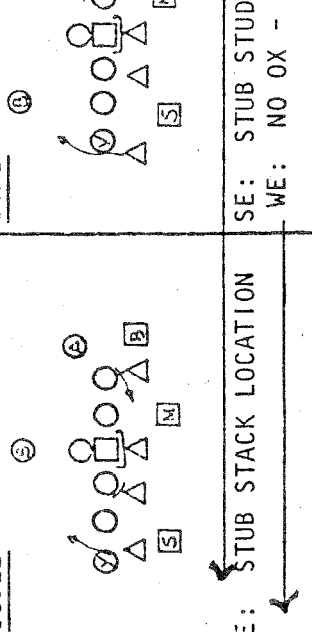
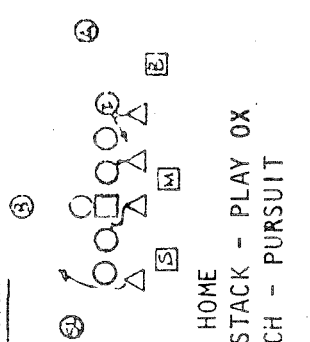
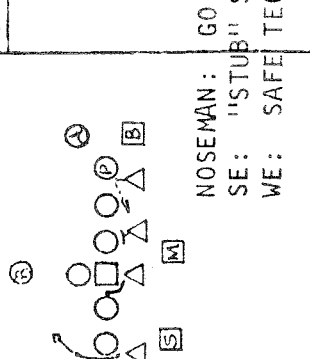
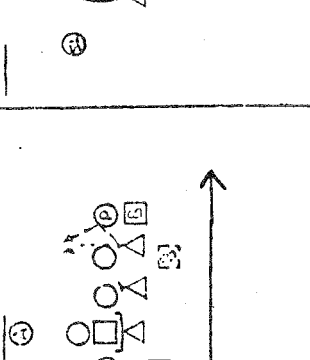
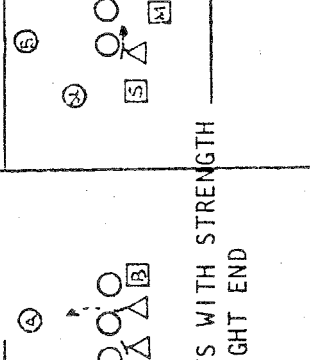
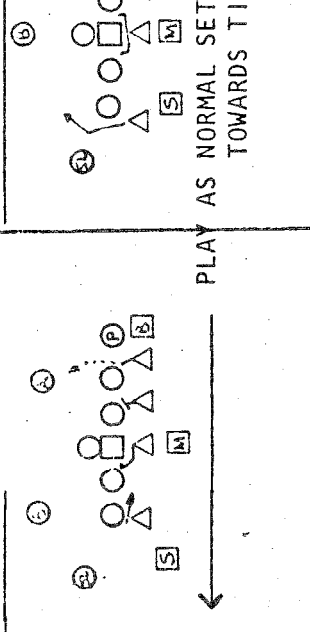
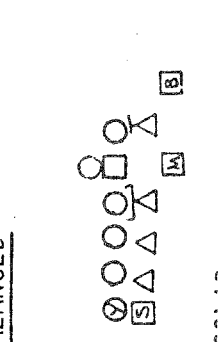
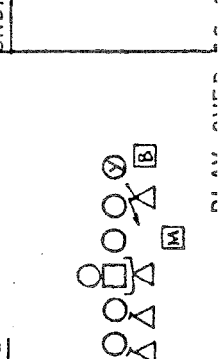
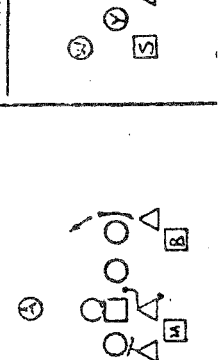
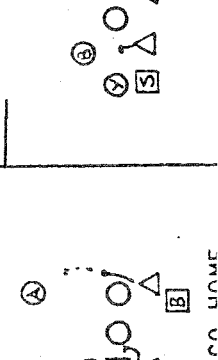
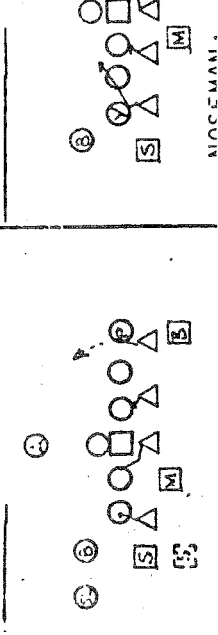


CAN USE BUCKI WITH MAN COV.
SAME AS ABOVE

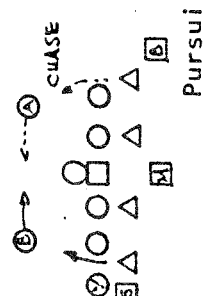
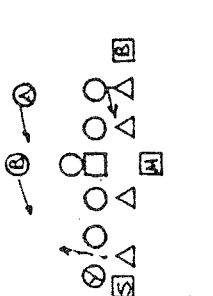
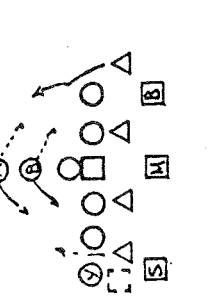
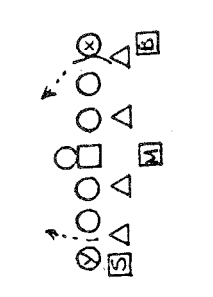
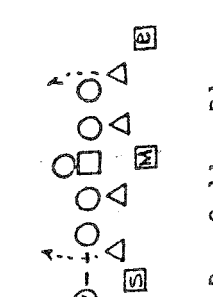
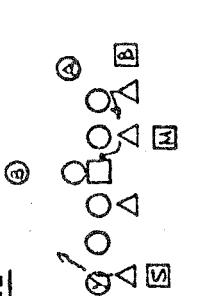
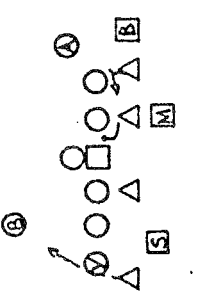
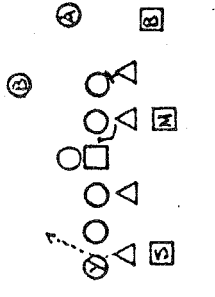
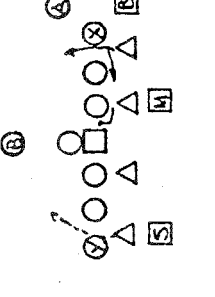
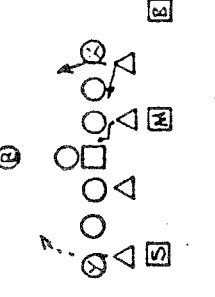
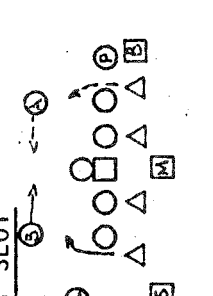
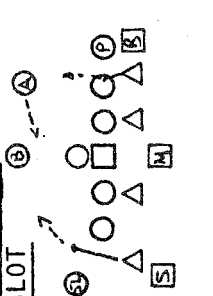
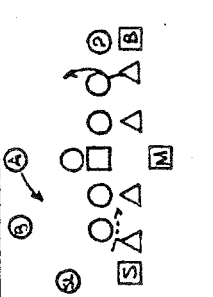
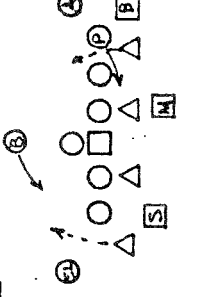
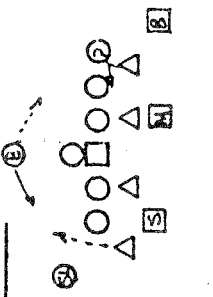
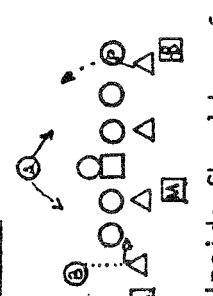
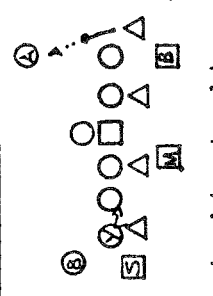
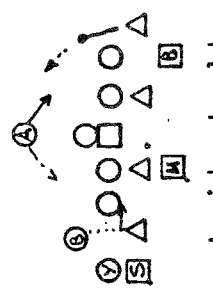
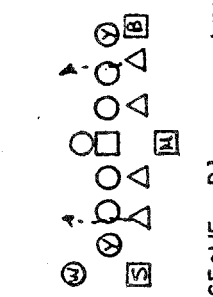
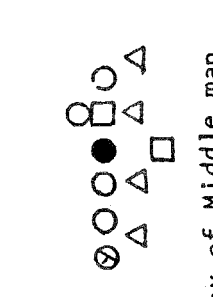
BASIC ADJUSTMENTS TO FORMATIONS FOR 4-3 FRONT LINEBACKERS

SPLIT	OPPOSITE	11"	NEAR (ALL BASICS)	DBL.POC (ALL BASIC)
 <p>MAC: 30 BUCK: E. -EE TUB: NORMAL</p>	 <p>MAC: 30 BUCK: EE STUB: NORMAL OR STACK</p>	 <p>MAC: 30 BUCK: L STUB: NORMAL OR STACK</p>	 <p>MAC: 30 BUCK: S(OX) STUB: NORMAL</p>	 <p>MAC: 30 BUCK: BY FORMATION STUB:</p>
DOUBLE	DUAL	DUCE-FAR	DOUBLE NEAR	DOUBLE NEAR-FAR
 <p>MAC: 50 BUCK: EE (NO OX) TUB: STACK</p>	 <p>MAC: 50 BUCK: EE STUB: STUD OR NORMAL</p>	 <p>MAC: 50 BUCK: W (NO OX) STUB: NORMAL</p>	 <p>MAC: 50 BUCK: HEAD ON "A" STUB: STACK</p>	 <p>MAC: 50 BUCK: W (ADJUSTABLE) STUB: STACK</p>
PLIT SLOT	STRONG SLOT "1" SLOT	OPPOSITE SLOT	ACE	ACE-FAR
<p>AC: 30 UCK: NORMAL TUB: HIP UNLESS ZIP</p>	<p>MAC: 30 BUCK: NORMAL STUB: HIP UNLESS ZIP</p>	<p>MAC: 30 BUCK: NORMAL (NO OX) STUB: EE (NO SOX)</p>	<p>MAC: 50 BUCK: HEAD ON A (NO OX) STUB: LUG (ADJUSTABLE)</p>	<p>MAC: 50 BUCK: W (ADJUSTABLE) STUB: LUG (ADJUSTABLE)</p>
REV SLOT	TRIPS CHANGE	TREY	2Y-WING	UNBALANCED
<p>AC: 40 UCK: S (OX IT)</p>	<p>MAC: 40 BUCK: L</p>	<p>MAC: 40 BUCK: :</p>	<p>MAC: 30 BUCK: NORMAL</p>	<p>MAC: CENTER OFF ON MIDDLE BUCK:</p>

BASIC ADJUSTMENT TO FORMATIONS FOR OVER FRONT DEFENSIVE LINE

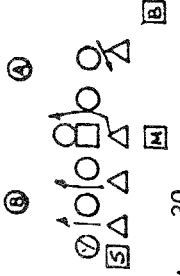
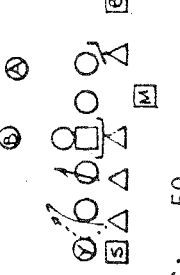
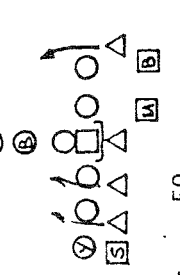
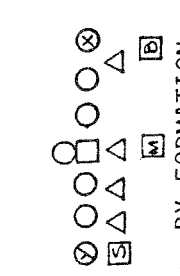
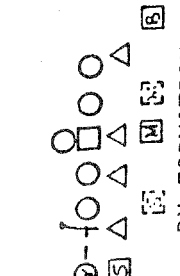
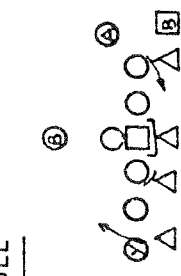
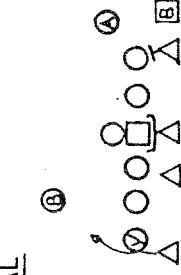
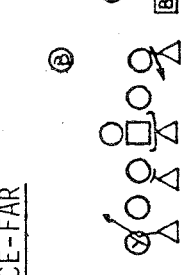
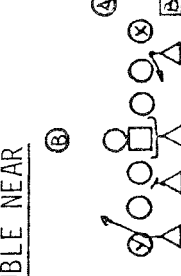
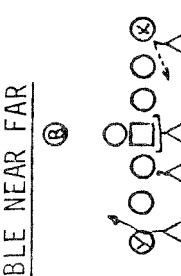
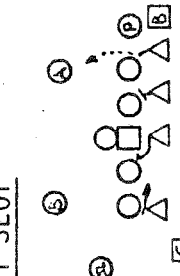
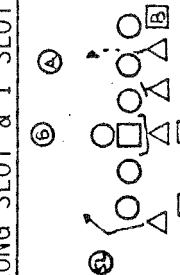
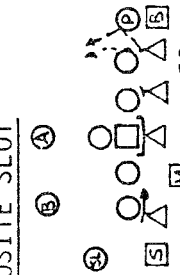
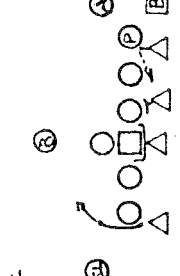
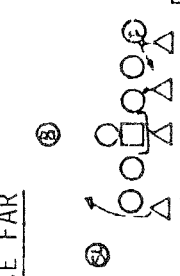
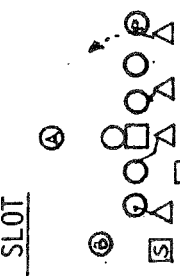
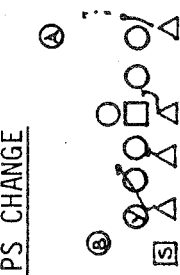
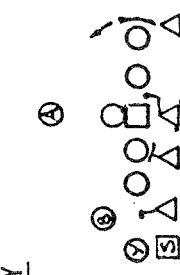
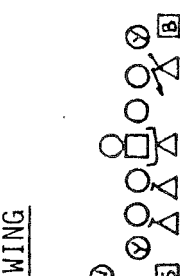
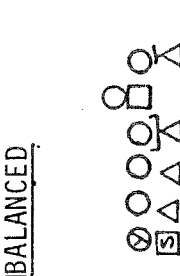
PLIT	OPPOSITE	'I' & STRONG	NEAR (ALL BASICS)	DOUBLE POC (ALL BASICS)
 <p>NOSEMAN: SLANT TECH. WE: PURSUIT</p>	 <p>SE & ST: TIGHTEN UP SE: POSSIBLE STACK</p>	 <p>PLAY AS SOLID WE: POSSIBLE "I" CALL</p>	 <p>WE: BUC ALWAYS IN "S" LOCATION NOSEMAN: ACCORDING TO SET</p>	 <p>POC CALL: PLAY NO OX SOX CALL: PLAY OX NOSEMAN & WE: ACCORDING TO SET</p>
DOUBLE	DUAL	DUCE-FAR	DOUBLE NEAR	DOUBLE NEAR-FAR
 <p>SE: STUB STACK LOCATION WE: NO OX - PURSUIT</p>	 <p>NOSEMAN: ALWAYS VIKING TECH. SE: STUB STACK LOCATION</p>		 <p>SE: STUB STACK LOCATION WE: SAFE TECH. - PURSUIT</p>	
PLIT SLOT	STRONG & I SLOT	OPPOSITE SLOT	ACE	ACE-FAR
 <p>PLAY AS NORMAL SETS WITH STRENGTH TOWARDS TIGHT END</p>		 <p>NOSEMAN: GO HOME SE: "STUB" STACK - PLAY OX WE: SAFE TECH - PURSUIT</p>		
REY SLOT	TRIPS CHANGE	TREY	2Y-WING	UNBALANCED
				

BASIC ADJUSTMENT TO FORMATIONS FOR 43 FRONT DEFENSIVE LINE

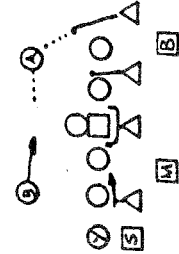
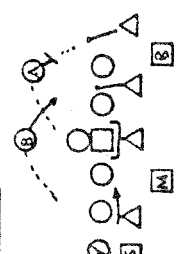
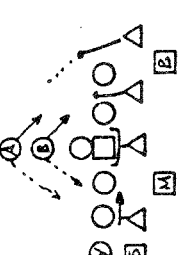

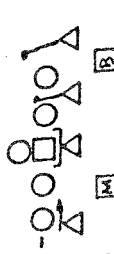
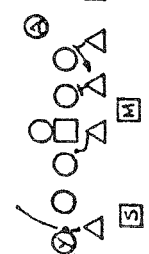
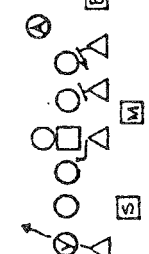
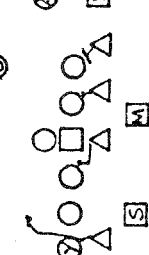
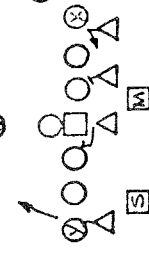
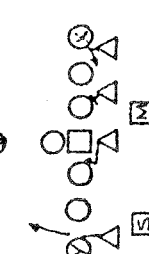
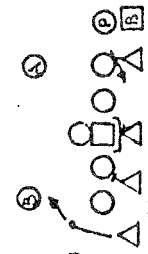
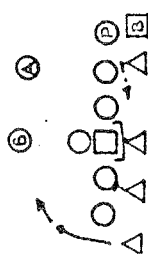
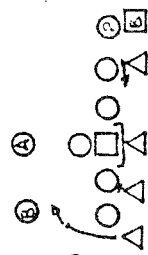
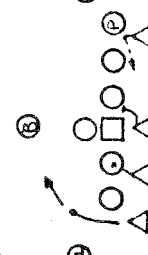
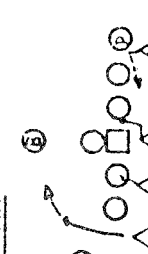
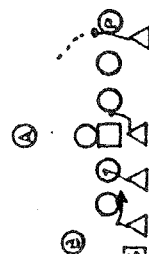
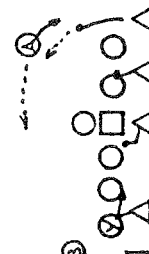
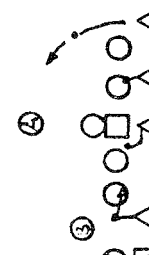
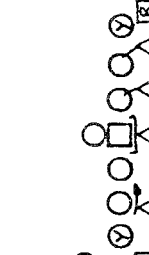
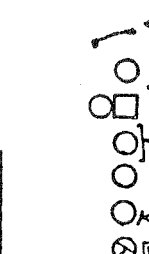
SPLIT	OPPOSITE	"I" & STRONG	NEAR (ALL BASICS)	DOUBLE (ALL BASICS) POC
<p>E: Possible No Ox</p> <p>Pursuit</p> 	<p>WE: Pursuit</p> 	<p>WE: Buc "L" Position Possible No Ox</p> 	<p>WE: Buc "S" Position Safe Tech.</p> 	<p>SE: Poc Call - Play no Ox Strong Set - No Ox Sox Call - Play Ox</p> 
<p>DOUBLE</p> <p>E: Stub - Auto. Stack E: No Ox</p> 	<p>DUAL</p> <p>SE: Stub - Auto. Stud WE: No Ox</p> 	<p>DUCE-FAR</p> <p>SE: Stub - Auto. Stack WE: No Ox</p> 	<p>DOUBLE NEAR</p> <p>SE: Stub WE: Safe</p> 	<p>DOUBLE NEAR-FAR</p> <p>Automatic Stack - Flow - Pursuit</p> 
<p>PLIT SLO</p> <p>Play as normal sets with strength to tight end</p> 	<p>STRONG SLO. I SLO</p> 	<p>OPPOSITE SLO</p> 	<p>ACE</p> 	<p>ACE-FAR</p> 
<p>REY SLO</p> <p>E: Inside Shoulder of "B" back WE: Buc "S" position</p> 	<p>TRIPS CHANGE</p> <p>SE: Inside shoulder of TE WE: "L" call</p> 	<p>TREY</p> <p>SE: Inside shoulder of "B" back</p> 	<p>ZY-WING</p> <p>SE: Stub WE: Safe</p> 	<p>UNBALANCED</p> <p>"L" Position Flow - Pursuit</p> 

Apex of Middle man
Play according to
backfield set

BASIC ADJUSTMENTS TO FORMATIONS FOR OVER FRONT LINEBACKERS

PLIT	OPPOSITE	"I" & STRONG	NEAR (ALL BASICS)	DBL. POC (ALL BASICS)
 <p> C: 30 CK: E or EE UB: NORMAL </p>	 <p> MAC: 50 BUCK: EE (OX) STUB: NORMAL M STACK </p>	 <p> MAC: 50 BUCK: L - EE STUB: NORMAL OR STACK </p>	 <p> MAC: BY FORMATION BUCK: HEAD ON W(NO OX) STUB: </p>	 <p> MAC: BY FORMATION BUCK: BY FORMATION STUB: NO OX OR "STACK" </p>
UBLE	DUAL	DEUCE-FAR	DOUBLE NEAR	DOUBLE NEAR FAR
 <p> C: 50 CK: EE JB: STACK OR STUD </p>	 <p> MAC: 50 BUCK: EE STUB: STUD </p>	 <p> MAC: 50 BUCK: W(NO OX) STUB: STACK (ADJUSTABLE) </p>	 <p> MAC: 50 BUCK: HEAD ON "A" STUB: STACK OR STUD </p>	 <p> MAC: 50 BUCK: W, X(NO OX) OR EE STUB: STACK OR STUD </p>
IT SLOT	STRONG SLOT & I SLOT	OPPOSITE SLOT	ACE	ACE FAR
 <p> C: 30 CK: NORMAL JB: EE </p>	 <p> MAC: 40 BUCK: NORMAL STUB: STACK OR S (SOX) </p>	 <p> MAC: 40 BUCK: NORMAL OR S(OX) STUB: EE </p>	 <p> MAC: 50 BUCK: HEAD ON 'A' STUB: STACK (ADJUSTABLE) </p>	 <p> MAC: 50 BUCK: W - 3YD MAX (NO OX) STUB: STACK </p>
EY SLOT	TRIPS CHANGE	TREY	ZY WING	UNBALANCED
 <p> C: 40 CK: S(OX) </p>	 <p> MAC: 40 RUCK: I </p>	 <p> MAC: 40 RUCK: I </p>	 <p> MAC: ALWAYS 50 VS. ZY RUCK: NORMAL (NO OX) </p>	 <p> MAC: BUCK. DIAY AC </p>

BASIC ADJUSTMENTS TO FORMATIONS FOR UNDER FRONT - DEFENSIVE LINE

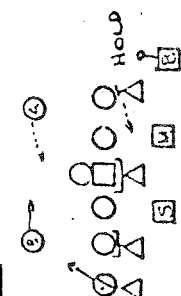
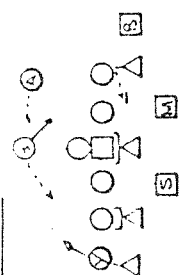
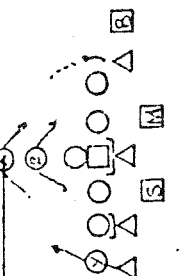
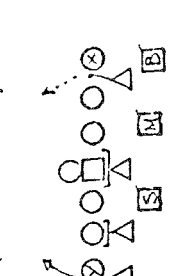
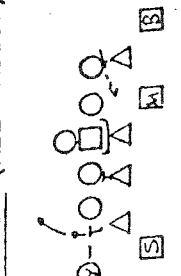
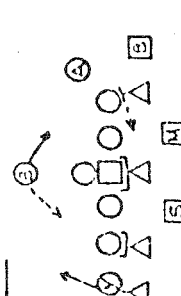
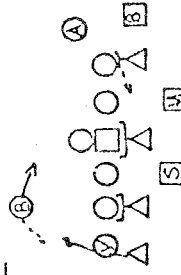
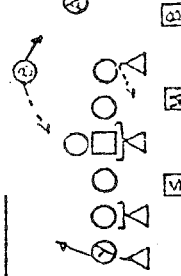
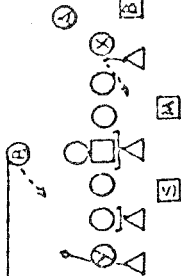
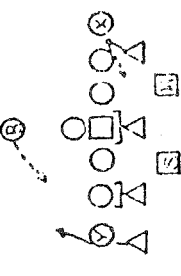




SPLIT	OPPOSITE	"I"	NEAR (ALL BASICS)	DOUBLE (ALL BASICS) POC
		 <p>NOSEMAN: VIKING WE: POSSIBLE, NO OX</p>		 <p>SE: ALWAYS NO SOX</p>
DOUBLE	DUAL	DUCE-FAR	DOUBLE NEAR	DOUBLE NEAR-FAR
 <p>SE: STACK LOCATION</p>	 <p>SE: STUB-STUD LOCATION</p>	 <p>NOSEMAN: ALWAYS SLANT TECHNIQUE SE: STUB-STACK LOCATION</p>	 <p>SE: STUB-"STACK" WE: SAFE TECHNIQUE - PURSUIT</p>	
SPLIT SLOT	STRONG SLOT	OPPOSITE SLOT	ACE	ACE FAR
	 <p>PLAY AS NORMAL SETS WITH STRENGTH TO TIGHT END</p>		 <p>NOSEMAN: SLANT TECHNIQUE WE: SAFE TECH. - PURSUIT</p>	
TREY SLOT	TRIPS CHANGE	TREY	2Y-WING	UNBALANCED
 <p>SE & ST: REDUCE WE: BUC "S" - SAFE TECH.</p>	 <p>NOSEMAN: SLANT TECH. SE: SAFE TECH.</p>	 <p>PLAY AS SOLID WE & WT: REDUCE</p>		 <p>PLAY AS SOLID</p>

DEFENSIVE LINE

BASIC ADJUSTMENTS TO FORMATIONS FOR K.C. FRONT

<u>SPLIT</u> WE: NO OX	<u>OPPOSITE</u> NOSEMAN: VIKING WE: NO OX	<u>"I" & STRONG</u> NOSEMAN: VIKING WE: BUC "S" - SAFE TECH.	<u>DOUBLE POC (ALL BASICS)</u> NOSEMAN: VIKING SE & ST: REDUCE SE: NO OX - HIP OR STA CALL OX
<u>DOUBLE</u> WE: ALWAYS NO OX - PURSUIT	<u>DUAL</u> NOSEMAN: VIKING	<u>DEUCE-FAR</u> NOSEMAN: VIKING	<u>DOUBLE NEAR</u> WE: SAFE TECH - PURSUIT
<u>SPLIT SLOT</u> PLAY	<u>STRONG SLOT</u> AS NORMAL SETS WITH STRENGTH TO TIGHT END	<u>OPPOSITE SLOT</u> NOSEMAN: VIKING SE: STUB STACKED - SOX TECH.	<u>ACE-FAR</u> NOSEMAN: VIKING SE: STUB STACKED - SOX TECH.
<u>TREY SLOT</u> SE: SAFE TECH - PURSUIT	<u>TRIPS CHANGE</u> NOSEMAN: VIKING WE: BUC "L"	<u>TREY</u> POSITION	<u>UNBALANCED</u> PLAY AS SOLID NOSEMAN CENTERED ONE ON

BASIC ADJUSTMENTS TO FORMATIONS FOR K.C. - FRONT LINEBACKERS

SPLIT	OPPOSITE	"I" & STRONG	NEAR (ALL BASICS)	DBL. POC (ALL BASICS)
<p>MAC: 50 BUCK: E - EE STUB: LUG (HEAD ON "G")</p> 	<p>MAC: 50 BUCK: EE STUB: LUG</p> 	<p>MAC: 50 BUCK: EE - L STUB: LUG</p> 	<p>MAC: 50 BUCK: S(OX) STUB: LUG</p> 	<p>MAC: 50 BUCK: E - EE STUB: REDUCE (NO OX)</p> 
DOUBLE	DUAL	DEUCE-FAR	DOUBLE NEAR	DOUBLE NEAR FAR
<p>MAC: 50 BUCK: EE STUB: LUG</p> 	<p>MAC: 50 BUCK: EE STUB: LUG</p> 	<p>MAC: 50 BUCK: EE - W (NO OX) STUB: LUG</p> 	<p>MAC: 50 BUCK: EE STUB: LUG</p> 	<p>MAC: 50 BUCK: E - EE - W STUB: LUG</p> 
SPLIT SLOT	STRONG SLOT & I SLOT	OPPOSITE SLOT	ACE	ACE FAR
<p>MAC: 40 BUCK: L (HEAD ON GUARD) STUB: EE - E - W</p> 	<p>MAC: 40 BUCK: L (HEAD ON GUARD) STUB: STACK (SOX)</p> 	<p>MAC: 40 BUCK: L (HEAD ON GUARD) STUB: EE</p> 	<p>MAC: 50 BUCK: EE STUB: STACK (SOX)</p> 	<p>MAC: 50 BUCK: W STUB: STACK (SOX)</p>
TREY SLOT	TRIPS CHANGE	TREY	2Y WING	UNBALANCED
<p>MAC: 40 BUCK: L STUB: LUG</p>	<p>MAC: 40 BUCK: L STUB: LUG</p>	<p>MAC: 40 BUCK: L STUB: LUG</p>	<p>MAC: 50 BUCK: EE STUB: LUG</p>	<p>MAC: 50 BUCK: L STUB: LUG</p>

1

DEFENSIVE



SECONDARY

- I. Philosophy & Theory of Secondary Play
 - A. General Comments
 1. Defense against the end run.
 2. Defense against the pass.
- II. Individual Secondary Techniques
 - A. General Philosophy
 - B. Plan of Action
 1. Ready or Set Position
 - a. Stance
 - (1) Position
 - (2) Set
 - (3) Alignment
 2. Read
 3. React
 - a. When to move
 - b. While moving
 - c. Position on receiver
 4. Interception
 - a. Where
 - b. How
 - c. Interception
 5. Knock Down
 6. Strip
 7. Tackling
 - a. Variation in Techniques
 - C. Points to Stress in Coverage
 - D. Specific Techniques
 1. Back Pedal
 - a. Start
 - b. Sprint
 - c. Change Direction
 2. Drills
 - a. Square
 - b. Close
 - c. Weave
 - d. Down the line
- III. Press Techniques
 - A. Variations
 1. Inside
 2. Outside
 3. Head on
 4. Outside - Flanker or Slot off Line
 5. Tailing
 - B. Receivers ways to defeat technique
 - C. Conclusion
- IV. Practice Program Objectives

- V. Description & Diagrams of Pass Coverages
- | | |
|--------------------|------------------|
| A. Cover 1 | G. Cover 3 |
| B. Cover 1 Zip | H. Cover 3 Combo |
| C. Cover 1 Wanda | I. Cover 4 |
| D. Cover 1 Rainbow | J. Cover 5 |
| E. Cover 2 | K. Cover 6 |
| F. Cover 2 Yale | L. Cover 7 |
| | M. Cover 9 |
- VI. Summary of Terms for Defensive Secondary

PHILOSOPHY & THEORY OF SECONDARY PLAY

GENERAL COMMENTS

The importance of good defensive secondary play cannot be over-emphasized - a closely-knitted, hard-hitting secondary that strives to destroy the effectiveness of an offensive attack is indispensable to success. You must be offensive-minded--alert for interceptions, fumbles, blocked kicks, or long punt returns that will give your own offensive team good field position.

The goal of the defensive secondary is to prevent a long touchdown run or pass and to combine with the defensive line in stopping a long, sustained drive by the offense. A good defensive secondary should never allow a long touchdown run, since only two ingredients are necessary to stop a long run--good tackling and "hustle".

The personnel of a defensive secondary is divided into two categories; namely, linebackers and deep backs. There are two outside linebackers and one middle linebacker which are designated by names. "Stub" is the strongside linebacker and "Buck" is the weakside linebacker. "Mac" refers to the middle linebacker.

The deep back category consists of two halfbacks and two safeties. The left corner is called "Lou", the right corner is "Rose". The strong safety is "Sam" and the weak safety is "Jill". Where the linebacker has a tremendous burden of immediate support for either the defensive line or the deep backs, no position has more responsibility for preventing the touchdown than the deep backs. A defensive back is the last line of defense, and a failure in execution can mean an opponent's touchdown. Defensive backs who are skilled in their individual pass coverages and are good tacklers can be the finest asset of a good football team.

The defensive secondary has two primary functions:

- (a) A defense against the End Run,--- and
- (b) A defense against the Passing Game.
- (c) A defense that closely backs up every inside run play

(A) Defense Against the End Run

The quickest way to be defeated by an offensive team is to allow them to successfully run outside. An end run is not difficult to stop when the three players under attack are coordinated; namely, the halfback, safety and outside linebacker. Good fundamentals of end run play require a contain man, a cutback man, and a man to check for a play pass.

We will use three types of end run forces; namely, "Cleo", "Sky", and "Bronco". With certain coverages, any one of our forces will be possible to use. Cover 4 is an example of this. Any of the three forces may be used by the strong safety. With most coverages, however, we will want to use one particular force scheme no matter what the formation or flanker split may be.

(B) Defense Against the Pass

Our basic theory against the pass is to perfect our man for man techniques in order to handle the most difficult situation. We then design our defense to prevent a designated receiver or receivers from catching a pass, and, at the same time, add to our chances of an interception. You will find that even though we have a number of pass defenses, there are similarities between many of the defenses. The most important parts of pass defense is to become skilled in your individual techniques and play the coverages as they are designed. Each individual player must concentrate 100% on his own assignments and responsibilities. Each player must strive to improve himself.

INDIVIDUAL SECONDARY TECHNIQUES

1. GENERAL PHILOSOPHY - The basic requirements that you will need to play in the secondary are:

- A. Desire - You must want to be the very best at your position.
- B. Speed - You must report in peak condition and fight to maintain this condition through the year.
- C. Concentration - You must know your responsibilities and completely direct yourself to doing your job.
- D. Quickness - This aspect can be more important than raw speed. We refer to quickness as: the quickness of your hands, your feet, your eyes, and every reflex needed to cover a great receiver.

2. PLAN OF ACTION - The first thing we have to do in order to become good defensive players is to have a "plan of action". It must be sound as well as practical. Each player should be ready to do the following on every play:

- A. Ready or Set Position - Position for the deep backs and linebackers is the most important technique in pass coverage. There is a definite spot where you should be when the offense is running their patterns. If you are in this spot, you will be able to see the quarterback and get the jump on the ball.

1. Stance

(a) Position (feet) - Parallel or near parallel stance for lateral movement. Corners and strong safety have inside foot back, but shoulders should be kept square to the line of scrimmage.

(b) Set (body and arms) - Drop hips - knees bent weight on forward foot and balls of feet - hands hang loosely - alert and relaxed (hands on knees is an error!!)

(c) Alignment (Normal)

(1) STRONG CORNER - 5-7 yds deep on the outside or inside shoulder of Z, based on coverage called and split of Z. (Inside foot back). Camouflage occasionally.

(2) STRONG SAFETY - 5-8 yds deep. Your lateral position will vary from a point 3 yards outside to an inside shoulder relationship to Y-determined by coverage responsibility - keep stance constant.

(3) WEAK SAFETY - 10-12 yds deep, 1 yd outside shoulder of offensive tackle. Constant stance.

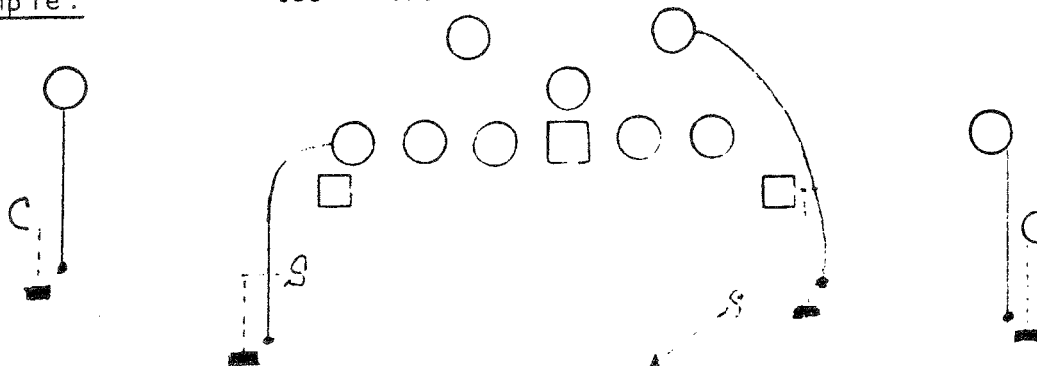
- (4) Weak Corner - TIGHT: 1 to 4 yards outside of buck (weak linebacker) 4 to 5 yards deep - inside foot back.
FLEXED: 5 to 7 yards deep - 1-2 yards outside shoulder of X.
NORMAL: 5 to 7 yards deep on the inside or outside shoulder of Z, based on coverage resp. and split of X.

B. Read - Read your specific keys and diagnose play.

C. React

1. When to Move:
 - (a) When your receiver moves laterally, move laterally with him - keep outside position on receiver.
 - (b) When your receiver moves downfield, move backward.
 - (c) Keep your movement parallel with the receiver.
2. While Moving to Position:
 - (a) Watch eligible receivers and know when they block.
 - (b) Key interior lineman and/or flow.
 - (c) Know opponents pass patterns.
3. Position on Receiver:
 - (a) When covering a receiver - keep between the receiver and the goal line.
 - (1) Lateral Position - Keep the receiver on a line between you and the passer-straddle the outside leg of the receiver. (Lateral position will vary according to defense, field position and the position of the receiver) When using an inside technique you must forget about vision to the passer. Total concentration on the receiver is necessary until he makes his move.
 - (2) Vertical position - No more than 3 yards from the receiver, once he enters the move area.
 - (3) Look at the Receiver and see the passer in your peripheral vision. If you are using an outside tech. when using an inside tech - total receiver concentration until he makes his move.

Example:



Note:

Face the same way you set up originally as long as possible. Stay in your back peddle as long as possible.

(b) When Free (No receiver in your area)

(1) Help as defense specified. (Watch passer's eyes)

(c) Footwork for Position

(1) Your first move in any direction - This is a shuffling movement or a controlled back peddle. Accelerated to top speed as the receiver begins to close on you.

(2) If receiver forces you to run - turn your hips and run parallel to the receiver. Keep your eyes on him and react to his movement for the ball, unless you hear "BALL" call. (If you lose position and he cuts behind you, turn away and pick him up as quickly as possible.

D. Interception (Go for the ball "tough" when it is in the air.)

1. Move toward the spot the ball is thrown - Learn to judge where you can meet the ball at its highest point. Get to the "interception" spot as quickly as possible and play the ball at the highest point.

2. Go for the Ball with Both Hands - from the outside in.
(a) Be rough and fight for the ball.

(b) Look the ball into your hands.

(c) Play through the receiver as he catches short passes.

(d) On high pass - never go around him - play through him.

3. Interceptions - Go for the nearest sideline.
(a) Other secondary-converge on the receiver.

(1) Be ready for tipped ball.

(2) Block the intended receiver first - he makes 90% of the tackles on interceptions.

E. Knock Down (If no possible way to intercept - knock ball down)

F. Strip (If player has caught ball - try to knock it loose.)

1. There are times when you may have your man covered but, due to type of pass thrown, it will be completed. A technique that is very effective is to strip.

(a) Stripping - coming through receiver and pulling arms away from the ball. You're still in good position to make the tackle if he holds onto the ball.

Note: Many receivers will have an "Ego" lapse at the time they think they have made the catch. This is the time to take advantage of the "strip".

G. TACKLING - There will be very few long runs vs. a great tackling secondary. We depend on effective tackling. Tackling is 90% desire. No matter what defense we are using, the success will depend a great deal on the effectiveness of our tackling. We may play our defense close to perfection but if we miss the tackle or allow the ball carrier to gain 3 or 4 yards after we hit, our defensive perfection will be of no use. Our primary consideration when meeting a ball carrier on the L.O.S. is to stop his forward progress immediately. To do this a tackler must have good balance and body position. Proper use of the arms will prevent missed tackles. Gang tackling is also a big factor in instantly stopping the forward progress of a ball carrier.

1. Tackling by Secondary Varies

(a) According to Force Rules

(1) Force - Proper position, etc.

(2) Fill - Hit tough (Don't pick a side or run around blocker)

(3) Open Field - Must make sure tackles; not for toughness and style. When a ball carrier gets into the open field, we are not concerned with a jolting tackle to prevent a few extra yards. We are concerned with only bringing him down the best way possible.

(4) Punish receivers when possible.

III. SUMMARY OF PLAN OF ACTION:

- | | |
|--------------|---------------|
| 1. Ready | 5. Knock down |
| 2. Read | 6. Strip |
| 3. React | 7. Tackle |
| 4. Intercept | |

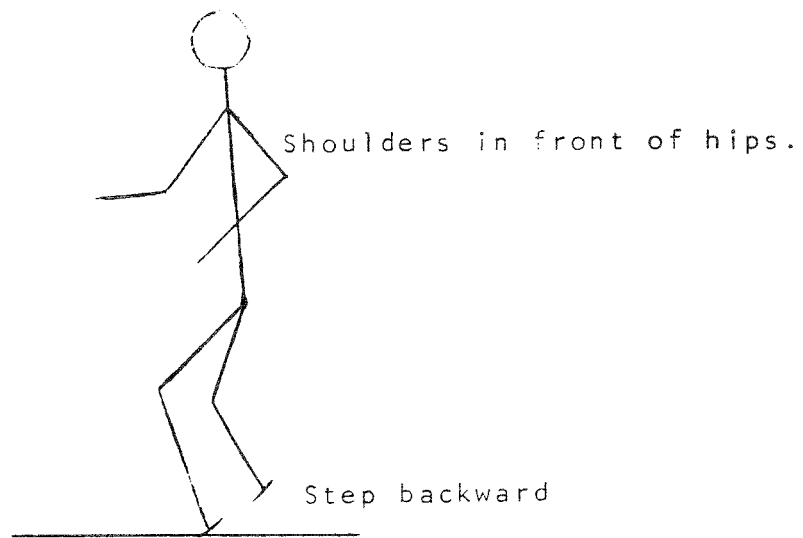
IV. POINTS TO STRESS IN COVERAGE

- A. Set yourself low and keep low.
- B. Get position on the receiver and stay there.
- C. Recognize route being run - change direction - and drive to the reception area.
- D. Go for the ball tough when it is in the air.

V. INDIVIDUAL SECONDARY TECHNIQUES

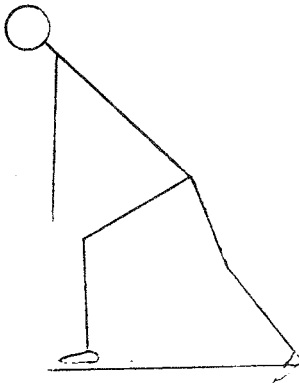
A. Back Pedal - The basic technique that you must know, use and master when covering an offensive receiver is the back pedal.

1. Your ability to back pedal with maximum speed, to adjust your body position without crossing your feet and to be able to change direction as quickly as possible is essential for you to play in our secondary.

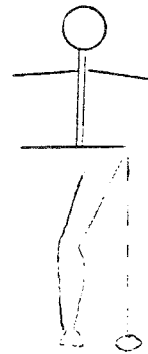


B. Elements of Good Back Pedal

1. Stance - Your outside foot is up, the weight is on this foot. This foot should be placed directly under your nose as you lean forward. If it is in this position the center of your weight will be directly over that front foot. Bending at the waist, allow your arms to hang down in a relaxed manner.



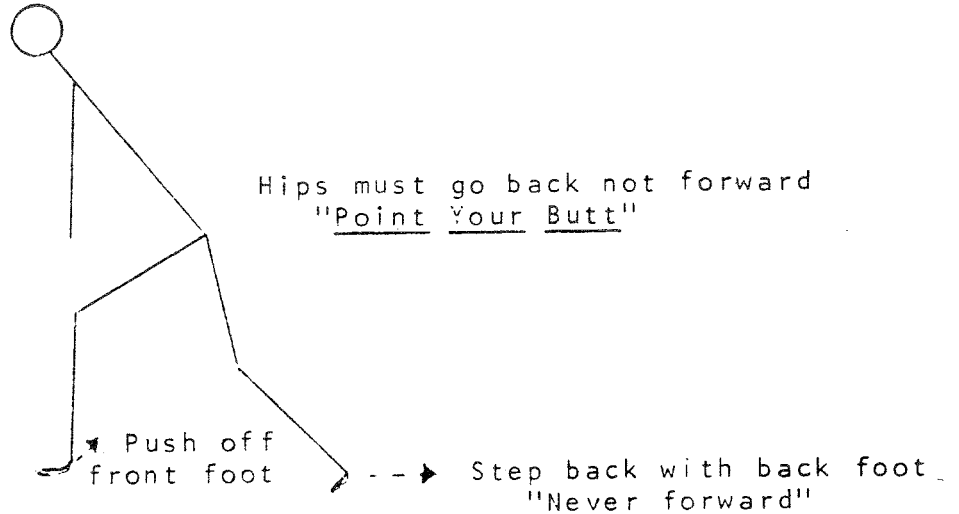
Weight on front foot



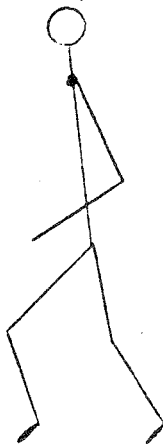
Front foot in front of nose

- a. Outside foot in front on nose, not shoulder.
- b. Weight on front foot.
- c. Bend at waist - drop hips.
- d. Allow arms to hang in relaxed manner.

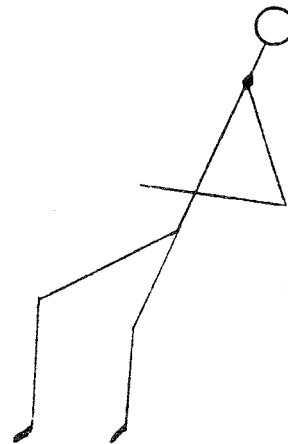
2. Start - If you do not start by taking a step backward with your back foot you will seriously handicap your ability to cover. Push off the front foot and step back with your back foot. Do not be in a hurry to get your shoulders up. If your back foot comes forward you will lose two steps in coverage and be forced to get out of your back pedal much sooner.



- Push off front foot.
 - Step back with back foot.
 - Allow your shoulders to come up gradually.
 - Never step up with back foot.
3. Sprint - You should now be running backwards. Do not push with your feet, but actually reach back with each step and pull your body over your feet just as you would if you were running forward. You must learn to bend your knees so that your feet will be able to extend back past your hips. In order to run backwards you must keep a slight forward lean with your shoulders. Move your arms in a normal relaxed running fashion.



Proper position



Poor position-You will end up pushing rather than running.

- Step backwards
- Keep shoulders ahead of hips.
- Move arms in normal running manner.

1. Change Direction - You should now be able to run backwards in a straight line, the next step is to be able to change the angle of your run without crossing your legs. To keep in your back pedal you must swing around with the leg opposite the direction that you wish to go. This is a movement that is difficult to master and will require much practice, but by using this technique the offensive man will not be able to turn you.

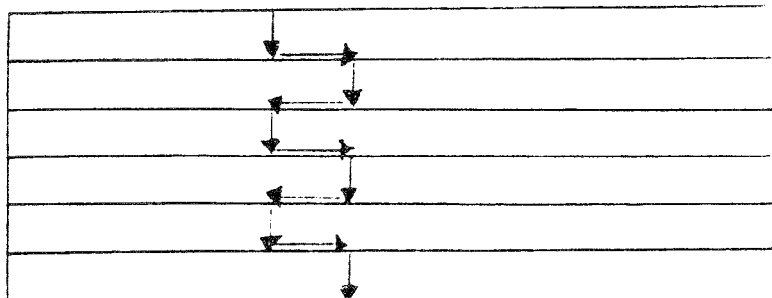
1L
R2
3L
R4
5L
R6
7L
R8
9L
R10
11L
R12
13L

1L
R2
3L
R4
5L
R6
7L
R8
9L
R10
11L
R12
13L
R14

- Know the angle you need to take.
- Swing the leg opposite the direction that you want to go.
- Do not cross your legs.

II. Drills to develop back pedal and running backward techniques.

A. Square Drill



Use your back pedal and shuffle techniques.
"Stay Low - Point Your Butt."

PRESS TECHNIQUES

A. MIRROR TECHNIQUE

1. ALIGNMENT

- a. Head up (nose on nose).
- b. Feet parallel to L.O.S.
- c. Normal bend at hip, knees and ankles.
- d. Elbows at side of body - lower arms extended in a "ready position".

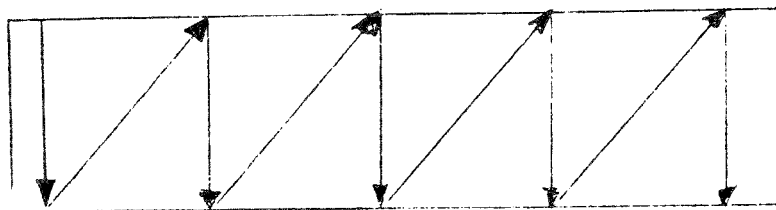
- 2. Do not overplay or reach for him. We must mirror his moves - quick feet and concentration on the bottom of his numbers are absolute musts - all moves are parallel to his.
- 3. The better the mirror technique, the wider angle he must take to get his release. This buys pass rush time.
- 4. As the receiver comes off the L.O.S. on an Outside Release slide outside with him and "catch jam" through his outside or inside shoulder as he attempts to turn upfield. Good leverage and forearm strength will aid you in controlling him.
- 5. If he has out-maneuvered you to the outside (or as you come off jam) get in the inside trail position and run with him. Think "GO ROUTE" first on outside releases.
- 6. If the receiver attempts to Inside Release you must slide inside with him and "catch" jam-denying him this release or driving him down the L.O.S. If he does get inside, regain your trail position and anticipate a crossing route. Inside releases are normally for inside routes.

B. INSIDE MIRROR TECHNIQUE ON WIDE RECEIVERS1. ALIGNMENT

- a. Your nose on his inside ear.
- b. Feet parallel to L.O.S. (Can use heel to toe - stagger).
- c. In a "READY" position, tail lowered, knees bent slightly, back straight, elbow-locked with hands extended slightly.
- d. Don't lineup off-side.

2. COVERAGE

- a. You are mirroring his inside shoulder on all moves. Do not overplay or reach for him. Quick feet, concentration and arm strength are MUSTS. Do not attack - mirror and cut him off.
- b. Ideally you are attempting to mirror his every move so as to force any outside release extra-wide before the receiver has an opportunity to turn up-field and get into his pass route (which will buy pass rush time).
- c. You are also in position to jam and deny the inside release. Don't ever let the receiver get into your body. Super-strength in your hand shive (elbows locked) will make this possible.

B. Close Drill

Back Pedal - sprint off HARD on closing action.

- C. MIRROR DRILL - Mirror receiver in a 5 yd. area changing direction as he changes. Concentrate on number, don't over extend as you stay in front of receiver. Hit a rising blow thru his chest as he attempts to turn up.

D. TURN ON THE LINE DRILL

Stay on the line.
Be able to see straight back where you started.

Develops smooth movement while going backwards and changing direction.

- d. Once the receiver releases outside and upfield - stay parallel with him as you run with him. You must not lose sight of the receiver. You will find the ball as the receiver is looking for it. C.P. "BALL" call with excellent coverage position - look back to ball.

C. OUTSIDE MIRROR TECHNIQUE ON WIDE RECEIVERS (Near Ends or Receivers with Cut-Down Splits)

1. ALIGNMENT

- a. Your nose on his outside ear.
- b. Feet parallel to L.O.S. (Can use heel to toe - stagger)
- c. In a "READY" POSITION, tail lowered, knees bent slightly, back straight, elbows locked with hands extended slightly.
- d. Don't lineup off sides.

2. COVERAGE

- a. You are mirroring his outside shoulder on all moves. Do not overplay or reach for him. Quick feet, concentration and arm strength are MUSTS. Do not attack - mirror and cut him off.
- b. You must force all inside releases as far inside as possible before the receiver can get upfield - or jam & control any other release. Run parallel to him once he gets into his route and keep your eyes on the receiver. You will find the ball as the receiver is looking for it.
- c. You are in position where you must jam and deny all outside releases (or to make his outside release too wide for an effective pass pattern to be executed).

D. WAYS THAT RECEIVERS WILL ATTEMPT TO DEFEAT THE MIRROR TECHNIQUE

- 1. They will release outside quickly to run the GO pattern attempting to out run you deep. Think "GO" on quick outside releases.
- 2. They will head and shoulder fake you in one direction and release in the other - don't over commit to the jam.
- 3. They will attempt to move you in one direction with two step fakes before going the other way - attempting to make you overrun them.
- 4. The receiver will step into you and push off or he will fake in one direction, grab your opposite shoulder, turn you, and release away as he turns you.
- 5. The receiver will flail your arms so that you cannot bump or jam him.

CONCLUSION:

Practice and confidence are just as important in this type of coverage as other coverages. The bump and run forces the receiver to different moves. It also buys pass rush time if we do a good job of mirroring, thus forcing the receiver to move laterally and around us before releasing up field.

The receiver is being harassed and attacked thereby throwing off any good timing the short or medium passing game may require. If we mirror well and jam it also causes the passer relocation problems. All these factors reduce the offensive passing percentages and make us a more effective pass defense.

As a defender playing this technique - it is important to remember that inside releases are much more common than outside ones when defending wide receivers with the MIRROR technique. This applies only when the receiver has a normal split. The more the split is cut down - the greater the outside release percentage becomes. Through intelligent application of this technique plus repetition and work, we can and must become the best there is at this technique.

OUTSIDE TECHNIQUE

A. STANCE

1. Shoulders parallel to L.O.S.
2. Outside foot forward.
3. Weight on forward foot, which is positioned directly under nose.
4. Hips dropped slightly and knees bent.
5. Arms hanging loosely in front.
6. Alert and Ready to react.

B. ALIGNMENT

1. 5-7 yards deep.
2. Your inside foot on receiver's outside foot.
 *Alter alignment to disguise coverage and technique.
 C.P. alignment will vary according to receivers split.

C. COVERAGE

1. Drive off front foot as you step back with back foot on the first move of receiver. If your back foot comes forward or you start late, you will lose two steps to receiver and be forced out of your backpedal much sooner. Point your butt - stay low!
2. Focus on bottom of Receiver's numbers and maintain proper position as he comes off L.O.S. Keep outside leverage and cushion thru the "move area" of the Wide Receiver (normally 5-15 yds. deep).
3. Do not be turned. Good backup speed is absolutely essential. Also, being able to change direction while in your backpedal is a must.
4. Sprint as you back-up...do not push off your feet. Reach back and pull with each step as you would when running forward.
5. As the receiver makes his final move into a short or medium route, throw weight forward and feet back under you. In the same movement drive to the reception area and use peripheral vision to passer.
6. If you lose your cushion and must turn, turn with the receiver... staying parallel to him. Focus into the pocket and react to his movement for the ball or turn inside and react to QB on "BALL" call.
7. Remember - 80-85% of all receptions are made on inside routes. You must be slow to turn on outside fakes...quick to jump inside moves. You already have outside position.

INSIDE TECHNIQUES

A. STANCE

1. Shoulders parallel to L.O.S.
2. Outside foot forward.
3. Weight on forward foot, which is positioned directly under nose.
4. Hips dropped slightly and knees bent.
5. Arms hanging loosely in front.
6. Alert and Ready to react.

B. ALIGNMENT

1. 6-8 yards deep.
2. Your outside foot on receiver's inside foot.
 *Alter alignment to disguise coverage and technique.
 C.P. alignment will vary according to receivers split.

C. COVERAGE

1. Drive off front foot as you step back with back foot on the first move of receiver. If your back foot comes forward or you start late, you will lose two steps to receiver and be forced out of your backpedal much sooner. Point your butt - stay low!
2. Focus on bottom of receiver's numbers and maintain proper position as he comes off L.O.S. Keep inside leverage and cushion thru the "move area" of the Wide Receiver (normally 5-15 yds. deep).
3. Do not be turned. Good backup speed is absolutely essential. Also, being able to change direction while in your backpedal is a must.
4. Sprint as you back-up...do not push off your feet. Reach back and pull with each step as you would when running forward.
5. As the receiver makes his final move into a short or medium route, throw weight forward and feet back under you. In the same movement, drive to the reception area and use peripheral vision to passer.
6. If you lose your cushion and must turn, turn with the receiver... staying parallel to him. Focus into the pocket and react to his movement for the ball or turn inside and react to "BALL" call.
7. Remember - 80-85% of all receptions are on inside routes. You cannot lose inside position - normally, you have help on the "out" route, but no help on the inside. Your first responsibility is to protect the "post" route. You must drive on the post and use the "speed roll" technique to cover the CORNER or INSIDE TAKE-OFF routes. Longer ball reaction time on outside routes will allow you to recover.

YALE TECHNIQUEA. STANCE

1. Shoulders parallel to L.O.S.
2. Outside foot forward.
3. Weight on forward foot, which is positioned directly under nose.
4. Hips dropped slightly and knees bent.
5. Arms hanging loosely in front.
6. Alert and Ready to react.

B. ALIGNMENT

1. Your outside foot on the receivers inside foot.
2. Your inside foot on receivers outside foot.
*Alter alignment to disguise coverage and technique.
C.P. alignment will vary according to receivers split.

C. COVERAGE - From Normal Alignment

1. On the receivers first move, slide to an inside position (approximately 2 yards inside - this will vary by split and release).
2. As the receiver reaches your depth, you will be turned outside, run with him keeping inside and underneath position (your depth 1-2 yds less than his depth.)
3. Your position allows you to overplay all inside routes (80% of all routes by wide receivers are inside ones).
4. If the receiver runs an inside route, roll with him (your back to QB) and mirror his inside shoulder. Do not look back to QB until you are certain he has completed his route and you are running on a parallel course with him. Then focus back to the QB as you run with receiver.
5. If the receiver runs an "OUT" break underneath him at an angle (approx. 30 degrees) so as to intercept the ball. Do not break at the same outside angle he has taken or you will be in a trail position and not be able to make a play. If the receiver runs any other outside pass route, get in a trail position breaking at the same angle he breaks covering him as tight as possible.
6. If the receiver comes off the L.O.S. at an inside angle that takes away our inside position immediately - keep sliding inside with him so as to force him down the L.O.S. at an even greater angle, then come underneath and run with his route. Anticipate the inside route as this type of release almost always dictates an inside move by the receiver.

PRACTICE PROGRAM OBJECTIVES

- 1) Practice the way you play on Sunday. Practice at top speed only.
- 2) Slap the ball away before receiver can put it away -- strip the receiver's arm.
- 3) Intercept every ball you can get your hands on -- return every interception 30 yards (minimum).
- 4) Do not allow receivers to run unmolested through the areas of coverage.
- 5) We will keep account of passes thrown in practice. We do this to improve.
- 6) Never have any doubt that you can't cover a receiver, even though your job is more difficult than his.
- 7) We don't care how long Q.B. holds ball - We'll Cover.
- 8) Can improve your recovery and reactions by being lower. Exaggerate your lowness in practice.
- 9) Avoid crossing feet, stumbling, taking extra steps, as a result of your footwork.
- 10) Learn something every day.
- 11) Work at maximum effort in drills - rest while standing in line.
- 12) When you get beat by a receiver, or pattern - be prepared to tell me why.

Improvement can come through better understanding of defenses and better communication.

1. Know your assignment.
2. Know the team defense.
3. Know when and where you must help.
4. Carry out your responsibility.

DO YOU WANT TO BE "GREAT"??

MASTER the fundamentals!!

REPETITION is the secret!!

COVER 1

LOU (Strong Corner) - Cover 1 is for you to cover "Z" M/M occasionally using bump & run and also to give you strength deep from the weak safety (Jill) in the middle. Make yourself strong to the outside and straight down. Read keys according to force call. Read Rose for weak corner responsibilities.

SAM (Strong Safety) - Cover 1 is designed to give you great strength inside short from Stub and especially from Mac who is moving strong. You also have strength deep from the weak safety. Outside release by "Y" - move laterally maintaining outside position and back pedal. Inside Release by "Y" - get into position to cover him after he clears Mac. "Y" blocks -

- (a) Flood - Yankee call - zone strong allev. C.P. "cut."
- (b) S. Back Release - 1st back strong M/M.
- (c) S. Back Blocks - Free, but help corner on "Z". C.P. "cut."

JILL (Weak Safety) Cover 1 is designed to give you freedom to react on the quarterback and the ball. You should stop any deep pattern thrown to the post. If you hear "Yankee Call" you can favor the weak side. When "X" is 3 yards or less from offensive tackle, be prepared to pick up "X" M/M on play action passes. You must be prepared to make "crack call" when "X" is blocking down inside so corner can force. Also be prepared to cover "X" on this.

ROSE (Weak Corner) Cover 1 is designed to give you strength deep in the middle area from the weak safety. Maintain outside position on "X" and try to key release of weak back to give you better idea of pattern by "X". "X" 3 yards or less from offensive tackle - Cleo force. Must be prepared for crack call from safety. This releases you from "X" and puts you into force.

Read Lou for strongside corner responsibilities.

COVER 1 WANDA

LOU (Strong Corner) Cover 1 Wanda is the same as Cover 1 for you.

SAM (Strong Safety) Cover 1 Wanda is designed to get Mac & Buck weakside. You must be ready to cover "Y" anyplace when he releases, no help inside from Mac. Y Blocks - Cover 1st back inside or outside.

JILL (Weak Safety) Cover 1 Wanda is the Same as Cover 1, but should favor the slot & post.

ROSE (Weak Corner) Cover 1 Wanda is designed to drive Mac & Buck weakside, therefore, you can play "X" tough on corner patterns and deep outside moves. Must give Buck "out call" when the "X" runs short out patterns.

COVER 1 ZIP

LOU (Strong Corner) Cover 1 Zip is designed the same as Cover 1 for you, except the Stub & Mac linebackers will be driving to strongside. Can be even tougher to outside!

SAM (Strong Safety) Cover 1 Zip is designed to get Stub and Mac strongside. You must be ready to jump on "Y" tougher on inside release. If "Y" goes flat, free up and help corner on "Z". "Y" Slo - call Yankee zone strong alley.

JILL (Weak Safety) Cover 1 Zip is the same as Cover 1 for you.

ROSE (Weak Corner) Cover 1 Zip is the same as Cover 1 for you.

COVER 1 RAINBOWAUTOMATIC COVERAGE AGAINST DOUBLE, DUAL & DUCE

LOU (Strong Corner) - Cover 1 Rainbow is the same as Cover 1 for you.

SAM (Strong Safety) - Cover 1 Rainbow is the same as Cover 1 Wanda for you. You must be prepared to jump on "Y" tough on all releases. NO inside help from Mac.

JILL (Weak Safety) - Cover 1 Rainbow is designed to zone the weak side with M/M coverage strongside. You are responsible for the deep middle zone. The weak corner will be zoning the deep - weak 1/3 of field.

ROSE (Weak Corner) - Cover 1 Rainbow is designed to zone weakside of formation. You are responsible for the deep outside 1/3 of field. Give pattern calls to underneath linebackers, especially Buck.

COVER 2

LOU (Strong Corner) Cover 2 is designed to give the defense a five underneath, two deep zone. You are responsible for the flat zone. You can use several techniques on this defense - Bump & Run; Normal & Bump; or Hang. It is important that you force the receiver at 12-15 yards deep and get to a spot 3 yards outside the numbers. Read the Pattern & QB. Play the Ball. "CLEO FORCE".

SAM (Strong Safety) Cover 2 is designed to put you in the deep alley. Get yourself in a position to play 1/2 of the field. Read pattern & Q.B. React to ball in air.

JILL (Weak Safety) Same as Sam.

ROSE (Weak Corner) Same as Lou.

COVER 2 YALE

LOU (Strong Corner) - Cover 2 Yale is designed to double cover the wide receiver and give you a chance to play underneath for the interception. You can use several techniques on this defense - Bump & Run with Tail, Hang & Bump with Tail, and Axe with Tail. Play all short patterns real tough and stay with receiver where ever he goes. Safety will back you up deep. "Cleo Force" - Listen for stay call from safety for force.

SAM (Strong Safety) - Cover 2 Yale is designed to double cover any receiver coming into the deep zones. You should drive to the alley area, read pattern and play ball. Sweep action - Give stay call to corner and pick up wide receiver.

JILL (Weak Safety) - Same as Same.

ROSE (Weak Corner) - Same as Lou.

COVER 3

LOU (Strong Corner) - Cover 3 is the same as Cover 1 for you.
Cover "Z" M/M.

SAM (Strong Safety) - Cover 3 is designed to play inside-out on moves of Y and deep routes of strong back with weak safety, "Y" outside release, cover M/M. "Y" inside moves, get depth to post. "Y" Slo - look for strong flare by strong back. "Y" Slo, No releases - Yankee call, go to strong post.

JILL (Weak Safety) - Cover 3 is designed to play inside-out on moves of Y and deep routes of strong back with strong safety. "Y" inside - cover M/M. "Y" outside - get depth to strong post. "Y" Slo, strong flare by strong back - Get depth to strong post. Y Slo, No flare - listen for Yankee call and go back to weak post.

ROSE (Weak Corner) - Cover 3 is designed to take away your deep inside help. Cover "X" M/M. Move to an inside position of receiver and protect yourself against the post move. You do have help short from Mac and Buck. Call out short patterns to linebackers.

COVER 3 COMBO

LOU (Strong Corner) - Cover 3 Combo is the same as Cover 3 for you. Force will be called.

SAM (Strong Safety)- Cover 3 Combo is designed for in and out coverage on "Y" and strong back releases by you and weak safety (Jill). Don't jump on "Y" or strong back if they release short inside under 10 yards deep. The man you cover is determined at line of scrimmage.

Slot Formation - You cover slot M/M. Force will be called accordingly.

JILL (Weak Safety)- Cover 3 Combo is designed for in and out coverage on "Y" and strongback releases by you and strong safety (Sam). The man you cover is determined at line of scrimmage. Bronco force.

ROSE (Weak Corner) - Cover 3 Combo is the same as Cover 3 for you. Bronco Force.

COVER 4

LOU (Strong Corner) - Cover 4 is designed as a strongside rotation, zone coverage. You are responsible for the FLAT. Destroy the pattern of "Z" using a variation of techniques. Funnel "Z" to the inside working yourself to 2 yards outside the numbers, 15 yards deep. Read pattern and quarterback. React to ball. Cleo Force unless told otherwise.

SAM (Strong Safety) - Cover 4 is designed as a strongside rotation, zone coverage. You are responsible for the deep outside 1/3 of field. Drive to 2 yards outside numbers and level off. Read pattern and Q.B. react to ball. Cleo Force unless you make sky, out, or buzz call.

JILL (Weak Safety) - Cover 4 is designed as a strongside rotation, zone coverage. You are responsible for the deep middle 1/3 of the field. Drive for deep middle, read pattern and Q.B. react to ball.

ROSE (Weak Corner) - Cover 4 is designed as a strongside rotation, zone coverage. You are responsible for the deep outside 1/3 of field. Drop to 2 yards outside numbers, read pattern and Q.B. react to ball. Bronco Force.

COVER 4 SLOT

LOU (Strong Corner) - Cover 4 Slot is the same as Cover 4, except you have inside help from Stub and can play the flat outside tougher.

SAM (Strong Safety) - Cover 4 Slot is the same as Cover 4 for you.

JILL (Weak Safety) - Cover 4 Slot is the same as Cover 4 for you.

ROSE (Weak Corner) - Cover 4 Slot is designed for you to cover "X" M/M unless he runs crossing patterns - then let him go and zone deep outside 1/3 of field. No underneath help from Stub Linebacker.

COVER 5

LOU (Strong Corner) - Cover 5 is designed to double cover "Z" short and long by strong corner and strong safety. Use variation of techniques - bump & run, normal, hand & bump, axe. Destroy pattern of "Z", force to outside, then play flat looking for any receiver coming into your flat (Play M/M) Cleo Force Preferred - possible to play Sky.

SAM (Strong Safety) - Cover 5 is designed to double cover "Z" short and long by strong safety and strong corner. Start to outside 1/3 of field and pick up "Z" M/M. Prefer Cleo Force. Could use Sky.

JILL (Weak Safety) - Cover 5 is designed for you to play M/M on "Y".

Y Flat - Free up and zone post - protect Stub.

Y Slo, back release inside - Cover strong back M/M.

Y Slo, Back Blocks - Free up and zone post - be ready to come up on checks and screens by strong back.

ROSE (Weak Corner) - Cover 5 is designed for you to cover "X" M/M. You have no help to the deep inside. Your help is inside short and flat. Bronco Force.

COVER 6

LOU (Strong Corner) - Cover 6 is designed as a weakside rotation, zone coverage. You are responsible for the deep outside 1/3 of field. Drop to 2 yards outside numbers, read pattern and Q.B. React to ball. Bronco force.

SAM (Strong Safety) - Cover 6 is designed as a weakside rotation, zone coverage. You are responsible for the deep middle 1/3 of field. Drive for deep middle, read pattern and Q.B. React to ball.

JILL (Weak Safety) - Cover 6 is designed as a weakside rotation, zone coverage. You are responsible for the deep outside 1/3 of field. Drive to 2 yards outside numbers and level off. Read pattern and Q.B. react to ball. Cleo Force, unless you make Sky, Out, or Buzz call.

ROSE (Weak Corner) - Cover 6 is designed as a weakside rotation, zone coverage. You are responsible for the flat. Destroy the pattern of "Z" using a variation of techniques. Funnel "Z" to the inside working yourself to 2 yards outside the numbers, 15 yards deep. Read pattern and Q.B. React to ball. Cleo Force unless told otherwise.

COVER 7

LOU (Strong Corner) - Cover 7 is designed to double cover "X" (short and long). You are responsible for covering "Z" M/M. There is NO inside help deep. Your help will be inside short and flat. Give pattern call to Stub linebacker coming into the flat. Bronco Force.

SAM (Strong Safety) - Cover 7 is designed to double cover "X" (short and long). You are responsible for covering "Y" M/M. You will have short help quick. Same rules as Cover 1 applies to "Y". Bronco Force.

JILL (Weak Safety) Cover 7 is designed to double cover "X" (short and long). You start to outside 1/3 of field looking at "X", pick up "X" M/M. If Sky Force, go to flat and pick up 1st receiver in flat.

ROSE (Weak Corner) - Cover 7 is designed to double cover "X" (short and long). You are responsible for destroying pattern of "X" by bumping and forcing him to the outside. Play the flat and be ready to pick up 1st receiver in flat covering M/M. Cleo Force could play Sky Force (then you would have Jill's deep responsibility).

COVER 9

LOU Cover 9 is designed to double-cover Z (IN & OUT) with Sam. On all outside releases by Z, you are covering him M/M. On all inside releases you are zoning deep flat.

SAM Cover 9 is designed to double cover Z. If Z releases outside, zone the deep alley. On all inside releases you cover Z M/M.

JILL Cover 9 is designed to double cover X. If X releases outside, zone the deep alley. If X releases inside, cover him M/M.

ROSE Same as LOU.

SUMMARY OF TERMS FOR DEFENSIVE SECONDARY

I. RUN FORCE TERMS:

- | | | |
|------------|-----------|--------|
| A. Force | E. Sky | I. Out |
| B. Fill | F. Bronco | |
| C. Support | G. Crack | |
| D. Cleo | H. Buzz | |

I. COVERAGE TERMS:

- | | | |
|------------------------|-----------------|---------------|
| A. Cover 1 | D. Cover 4 | G. Cover 7 |
| 1) Mike | 1) Sky 4) Slot | 1) Cone 3) X |
| 2) Zip | 2) Buzz 5) Cleo | H. Cover 9 |
| 3) Wanda | 3) Out | |
| 4) Rainbow | | I. Goal Line |
| 5) King | E. Cover 5 | |
| 6) Cone or X | 1) Sky 3) Cleo | J. Nickel |
| B. Cover 2 | 2) X 4) Cone | |
| 1) 2Yale 3) 2Yale CoCo | F. Cover 6 | K. Dime |
| 2) 2Yale Cone | 1) Sky 4) Cleo | |
| C. Cover 3 | 2) Buzz | L. Prevent |
| 1) Combo | 3) Out | 1) 34 |
| 2) "X" | | 2) 35 (off) |
| 3) Sandy | | 3) 43 - 4 Off |

I. CALLS

- | | | | |
|-----------|---------------|----------|-------------|
| A. Crack | I. Post | Q. Roger | Y. Patty |
| B. Yankee | J. Over-Cross | R. Go | Z. Sueling |
| C. Hold | K. Down | S. Fly | A.A. Connie |
| D. YoYo | L. Can | T. Zoom | |
| E. China | M. Ball | U. Wind | |
| F. In | N. Fire | V. Storm | |
| G. Out | O. Check | W. Stay | |
| H. Hook | P. Linda | X. Sloop | |

V. FORMATION RECOGNITION

- | | |
|-------------|---|
| A. Split | E. Slot |
| B. Opposite | F. Double - Dual - Duce |
| C. Strong | G. Trips - Trey - Triple |
| D. "I" | H. Irregular (Unbalanced, shotgun, spread, 3"I", 4 "I"
Power T, Z Back, etc) |

V. SERIES RECOGNITION

- | | |
|----------------------------|------------------|
| A. Flow | I. Ace |
| B. Full | F. Slant or Dive |
| C. F | G. Slant Counter |
| D. Draw (Lead, Quick, Lag) | H. Flip |
| E. Counter | I. Toss |
| | J. Option |

I. FLARE CONTROL

- | |
|--|
| A. 50 - Short passes (Quick) |
| B. 60 - Maximum protection - Both Backs Blocking |
| C. 61-69 - Both backs releasing their own side |
| D. 70 - Strong side back only releases |
| E. 80 - Flood both backs releases to weak side (2nd back may block). |
| F. 90 - Weakside back only releases |
| G. X - Backs cross on pocket pass |

VII. AUDIBLES:

A. Stub I
 B. Buck I
 C. Mac I
 D. Fido
 E. "42"
 F. "21"
 G. Smack
 H. Scat

I. Blue
 J. Rainbow
 K. Wanda
 L. Zip
 M. Mike
 N. Red
 O. Yale
 P. Grey

Q. Gold
 R. Yellow
 S. Silver
 T. Green
 U. White
 V. Purple
 W. Pink
 X. Black
 Y. King

VIII. MISC. TERMS

A. "X"
 B. "Y"
 C. "Z"
 D. Pix
 E. Poc
 F. Double Poc
 G. Slot
 H. Flex
 I. Float
 J. Near
 K. Far

L. Wing
 M. Dual
 N. Duce
 O. Switch
 P. Trey
 Q. Triple
 R. Axe
 S. Bump & Run
 T. China
 U. Alley
 V. Flood

IX. OTHER TYPES OF PASS TERMS

A. Play action
 B. Waggle
 C. Roll Out

D. Sprint Out
 E. Bootleg
 F. Run-Pass

X. DOGGING TERMS

A. Stub "I"
 B. Buck "I"
 C. Mac "I"
 D. Red Dog
 E. Mad Dog

F. Strong Dog
 G. Strong Cat
 H. Weak Dog
 I. Weak Cat
 J. Middle Dog

K. Blitz
 L. Peel
 M. Spy

I. AREA OF FIELD TERMS

A. Flat
 B. Slot
 C. Hook
 D. Hole

E. Fan
 F. Alley
 G. Out
 H. Deep Middle

I. Deep Outside

XII. MOTION TERMS

A. Zing
 B. Zoom
 C. Bay
 D. Fly

XIII. SECONDARY CALLS

A. Patty
 B. Connie
 C. Sueling

RULES AND TECHNIQUES FOR PLAYING END RUN AND RUN PASS

The term FORCE applies to the deep back, linebacker or end who is responsible for meeting the end run aggressively on or behind the line of scrimmage. He is responsible for turning the play inside but must force the lead blocker enough to keep the cut-back hole at a minimum. The End will be the force man on certain blitzes. We have three types of forces.

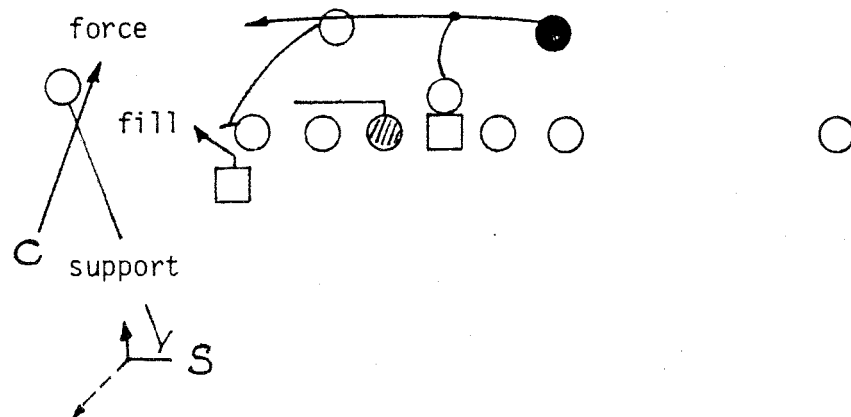
1. "Cleo" - Corner Force
 2. "Sky" - Safety Force
 3. "Bronco" - Linebacker Force
- Also called Out & Buzz

The force will sometimes switch to another force according to the blocking pattern.

The term FILL applies to the deep back linebacker or end who is responsible for meeting the play inside-out and taking care of the cutbacks.

The term SUPPORT applies to the deep back who is responsible for support once all threat of pass is eliminated.

EXAMPLE:



FUNDAMENTALS OF FORCING STRONGSIDE END RUN AND RUN PASS

- I. CLEO FORCE - Strong corner force is used if the flanker is spread less than ten yards. The strong safety must be able to cover the flanker on the Run Pass. The S/S will call the force. He recognizes it by two methods:
 1. Is the Flanker in position to crack back on me if I force - If so, call "CLEO".
 2. Is the Flanker close enough to me so that I can cover him on a "GO" pattern - If so, call "CLEO".

CLEO FORCE TECHNIQUES

A. STRONG CORNER

1. ALIGNMENT - Normal or press.
2. KEYS - Key "Y" blocks, pulling lineman, and/or flow of backs.
(Flow is determined by both backs coming your way - weak back must flow behind quarterback.) Start force with "Y" block, pulling lineman and/or flow.
3. RESPONSIBILITIES
 - a. If "Y" blocks, pulling lineman and/or Flow dictate force. Meet the lead blocker on or behind the line of scrimmage as fast as possible (Force decision of runner). Move in at 45° angle. Turn play to the inside, yet be in position to tackle the runner if cuts back. Your ability to read the "Y" blocks, pulling lineman and/or flow will insure your quick force.
 - b. If "Y" blocks with pulling lineman and/or flow start into force. If you recognize run pass or play pass, be ready to cover "Y" or strongback.
 - c. If Keys indicates pass execute pass responsibility.

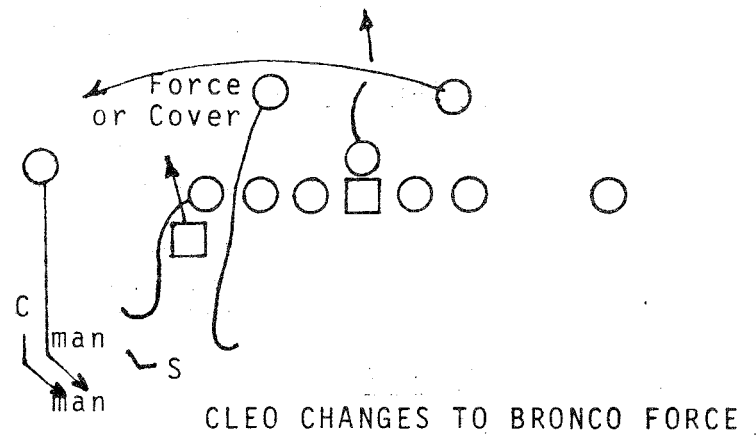
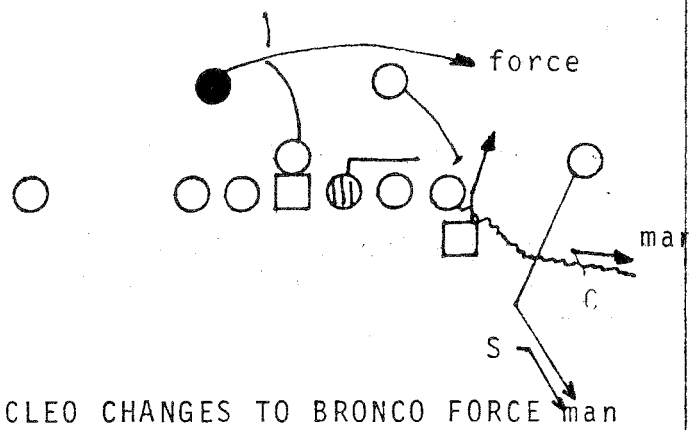
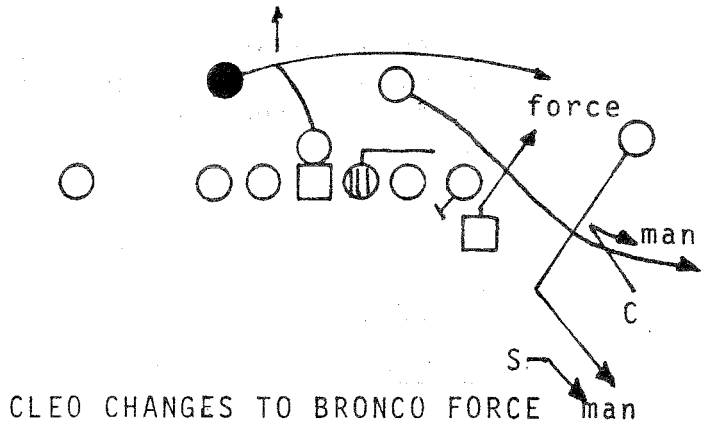
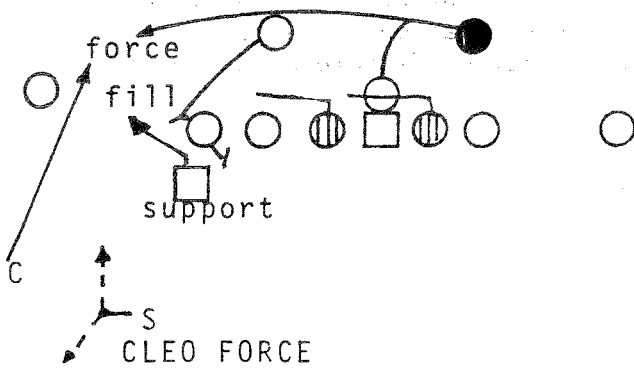
B. STRONG SAFETY

1. ALIGNMENT - Normal or press.
2. KEYS - Same as strong corner - Key "Y" blocks, pulling lineman and/or flow of backs.
3. RESPONSIBILITIES
 - a. If "Y" blocks, lineman pull and/or flow of backs cover the flanker man for man until play definitely shows as a run.
 - b. If Z blocking corner, support run where needed.
 - c. If Keys indicate pass execute pass responsibility.

C. STRONG BACKER

1. ALIGNMENT - Normal
2. KEY - Normal
3. RESPONSIBILITIES
 - a. If "Y" blocks pick up run progression.
 - b. If "Y" releases with pulling lineman and/or flow it becomes Bronco force. C.P. If "Y" and strong back both release. Execute pass responsibility.

EXAMPLES OF CLEO FORCE: STRONG SIDE



FUNDAMENTALS OF FORCING STRONGSIDE END RUN AND RUN PASS

- II. SKY FORCE: Strong Safety Force is when the flanker is spread 10 yards or more. This means that the strong safety is the primary force man on the strong side and forcing from the outside in. Coverage will sometimes dictate an exception to this rule.

SKY FORCE TECHNIQUES

A. STRONG CORNER

1. ALIGNMENT - Normal or Press position.
2. KEY - Flanker "Z". On certain coverages that dictate either zone coverage or change of responsibility key through the flanker to the "Y" and flow of backs.
3. RESPONSIBILITIES
 - a. Cover the "Z" man to man until play shows definitely as run - then support.
 - b. If the flanker blocks on strong safety or blocks on you then force from outside in. Force the lead blocker and turn the runner inside.

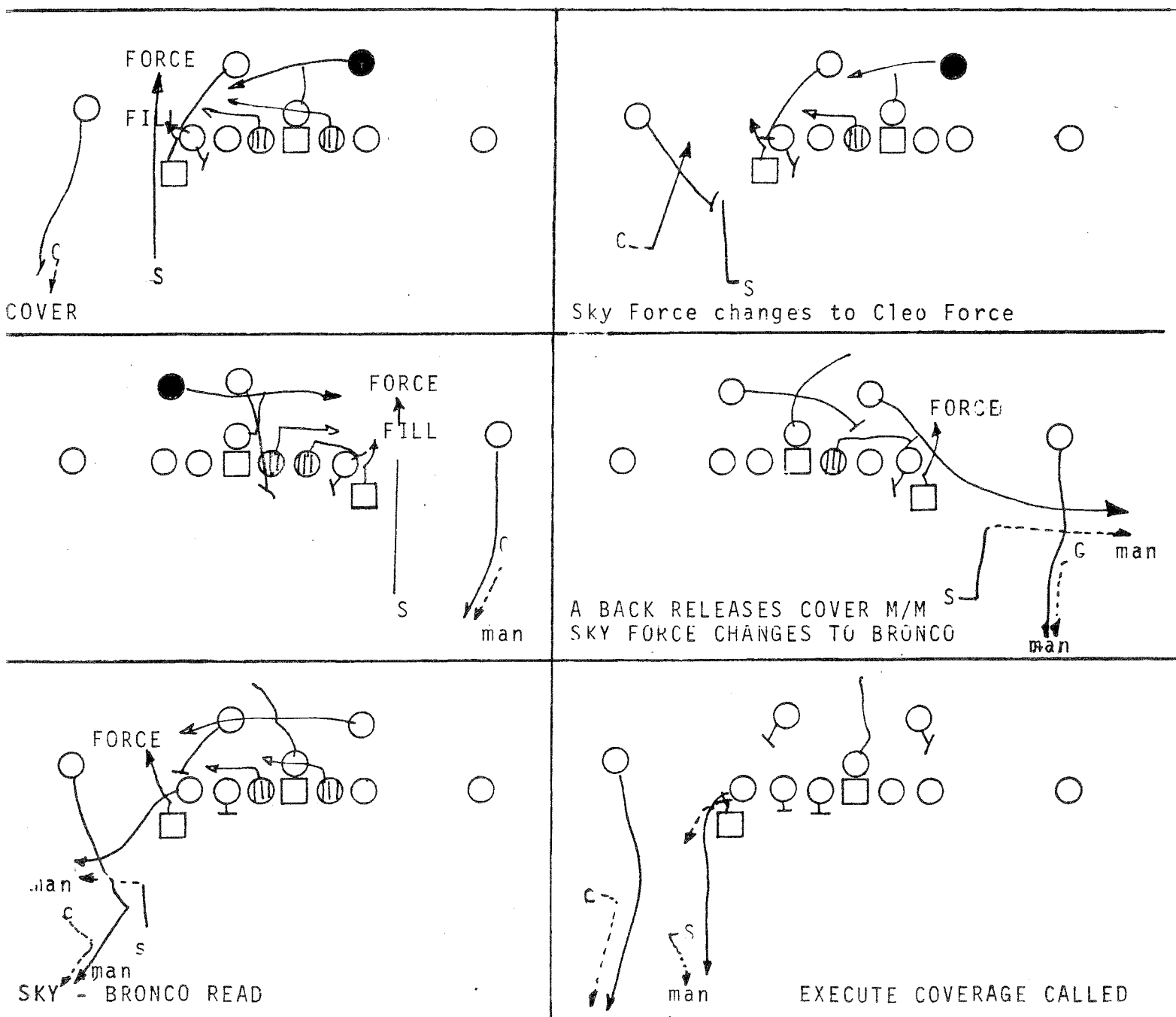
B. STRONG SAFETY

1. ALIGNMENT - Normal or Press position
2. KEY - "Y" blocks, pulling lineman and/or flow of backs. Force is dictated by "Y" blocks and pulling lineman or "Y" blocks and flow.
3. RESPONSIBILITIES
 - a. If "Y" blocks, pulling lineman and/or flow dictate force, meet the lead blocker on or behind line of scrimmage as fast as possible. Force to a point 1 yd. outside of your linebacker, force decision of runner. Turn play inside but be in a position to tackle runner when he cuts inside the lead blocker. Your ability to read "Y", pulling lineman and/or flow will insure quick force.
 - b. If Key indicates pass execute pass responsibility.

C. STRONG BACKER1. ALIGNMENT - Normal2. KEY - Normal3. RESPONSIBILITY

(a) If Y blocks pickup run progression.

(b) If "Y" releases with pulling lineman and/or flow it becomes Bronco Force. If Y and strong back both releases, execute pass responsibility.

EXAMPLES OF SKY FORCE: STRONGSIDE

- III. BRONCO FORCE - Strong backer force - "Bronco" force is used when the defense calls for the strong backer to do the forcing or the game plan ascertains that this is our best forcing method. Certain dogs may have automatic "Bronco" force. The strong safety calls "Bronco" to Stub and the strong corner - Stub will acknowledge that he has heard the call by touching his butt.

BRONCO FORCE

A. STRONG CORNER

1. ALIGNMENT - Normal or Press position.
2. KEYS - Key flanker (Z). On certain coverages that dictate either zone coverage or change of responsibility key through flanker to the Y and flow of backs.
3. RESPONSIBILITIES
 - a. Execute pass responsibility until play shows definitely as run - then support.
 - b. If the flanker blocks on linebacker then force from outside-in. Force the lead blocker and turn the runner inside.

B. STRONG SAFETY

1. ALIGNMENT - Normal or Press position
2. KEYS - Key "Y" blocks, pulling lineman, and/or flow of backs.
3. RESPONSIBILITIES
 - a. If Y blocks and linemen pull or flow is your way - fill over outside shoulder of Y, do not desert cutback area too quickly. You are responsible for fill. C.P. Spillage.
 - b. Be alert for the Y or strong back faking their blocks as you move up to fill inside. If either releases you must execute pass responsibility.
 - c. If Keys indicate pass execute pass responsibility.

C. STRONG BACKER

1. ALIGNMENT - Take head up to outside shoulder position on Y. (Do not tip "Bronco" force by widening your position too much unless called for). Your position will vary according to split of the Y and flanker. You will move out if the flanker lines up close to the Y. Adjust your position to carry out your coverage.

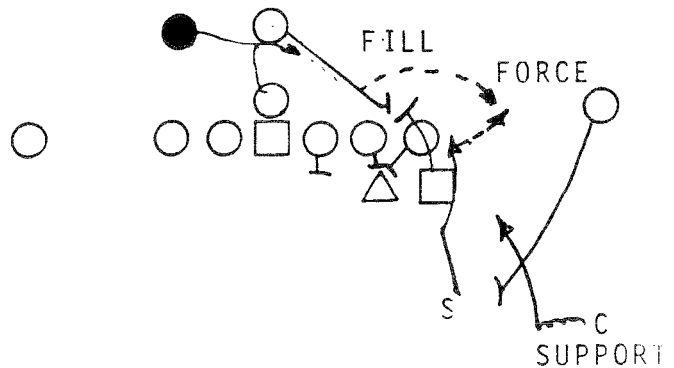
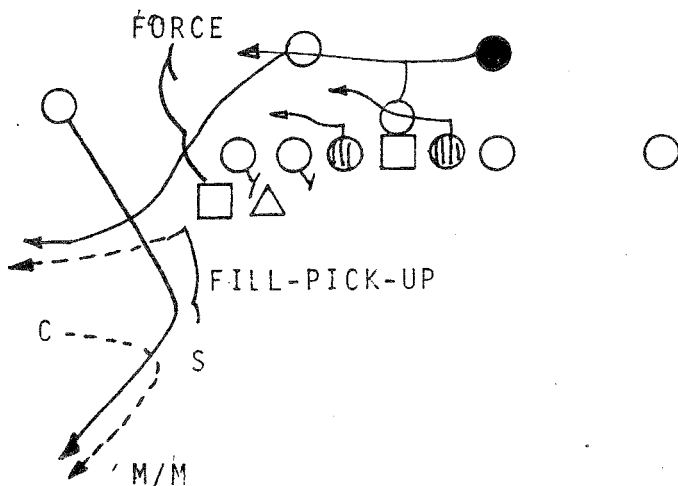
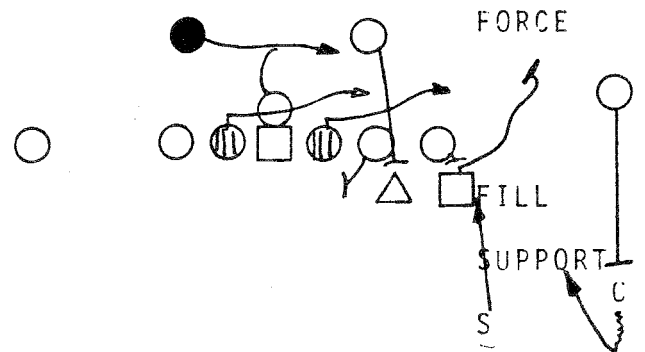
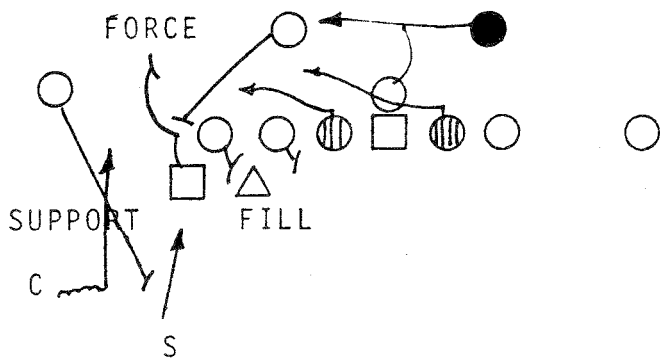
C.P. "OUT" Position.

2. KEYS Key through Y's blocks, pulling lineman and/or flow.

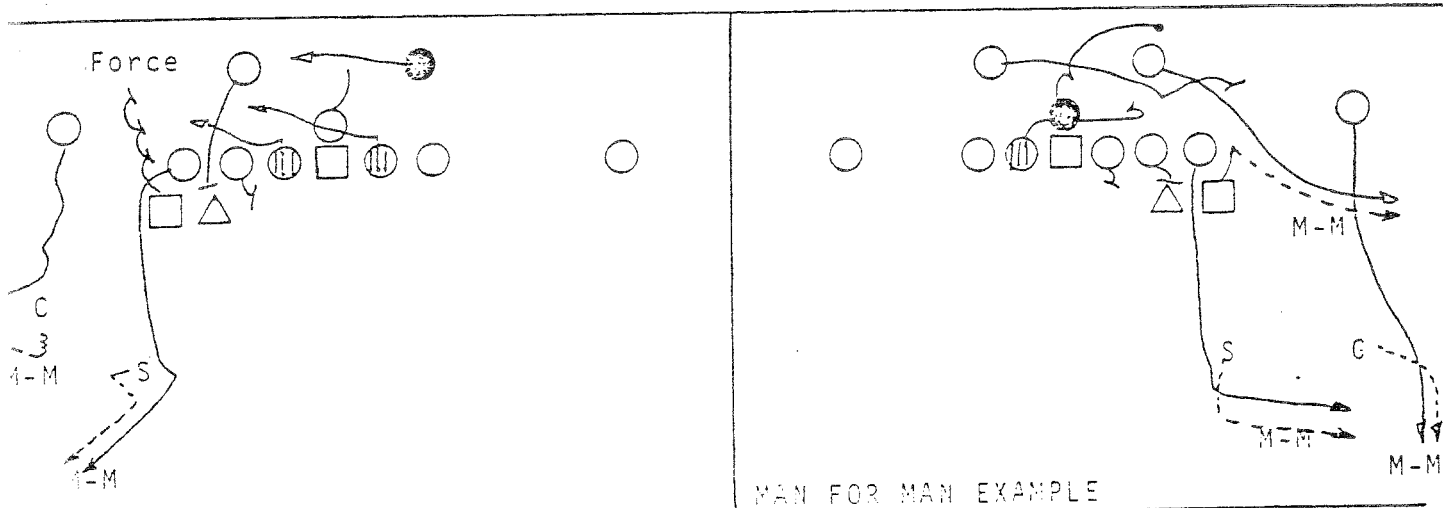
3. RESPONSIBILITIES

- (a) If Y blocks down and lineman pull or flow is your way; move across the line and play the lead blocker aggressively. Maintain outside position but squeeze the play inside. You should tackle the runner from outside-in.
- (b) If Y blocks down no onside pull of linemen close off tackle.
- (c) If Y "M" blocks or tries to hook you, maintain outside leverage. You must whip the Y and get upfield quickly to squeeze the play inside.
- (d) If Y releases downfield with pulling lineman and no coverage appears execute Bronco force.
- (e) If Y releases downfield with pulling lineman, and coverage appears, pick up your coverage unless the defense calls for other responsibilities
- (f) C.P. Out Call.

EXAMPLES OF "BRONCO" FORCE STRONGSIDE



SAFETY TAKES SPILL

EXAMPLES OF BRONCO FORCE STRONGSIDE (con't)

FUNDAMENTALS OF FORCING WEAKSIDE END RUN AND RUN PASS

We have two basic types of weakside forces:

- 1) Cleo - Weak corner force
- 2) Bronco - Weak linebacker force

On certain defenses, the end will be the force man.

CLEO FORCE TECHNIQUES

A. WEAK CORNER

1. ALIGNMENT - Normal or Press.
2. KEYS - Key pulling lineman WB X and flood.
3. RESPONSIBILITIES
 - (a) If pulling lineman, you force the lead blocker on or behind the line of scrimmage. Turn the play inside, but be in position to tackle the runner when cuts back. (Read the QB as you force for play action pass) Your ability to read the "down" and "near" blocks will insure you quick force.
 - (b) If X releases execute pass responsibility.

B. WEAK SAFETY

1. ALIGNMENT - Normal or Press
2. KEYS - Key, pulling lineman, WB, X and flood.
3. RESPONSIBILITIES
 - a. Run Key look to cover X, X blocks on corner fill where needed.
 - b. If no pulling lineman hold coverage on X until definite run action shows.
 - c. If Keys indicate pass execute pass responsibility.

C. WEAK LINEBACKER

1. ALIGNMENT - Take normal position.
2. KEYS - Guard, tackle near back

"2 GAP" Call - tell def. end or LB'er he can penetrate and play to inside.

3. RESPONSIBILITIES

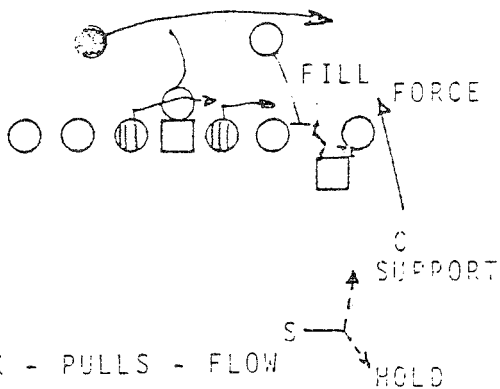
- a. If keys indicate run-get across the line of scrimmage and force and play lead blocker aggressively with 2 Gap technique.
- b. If key indicates pass execute pass responsibility.

3. RESPONSIBILITIES VS. NEAR END

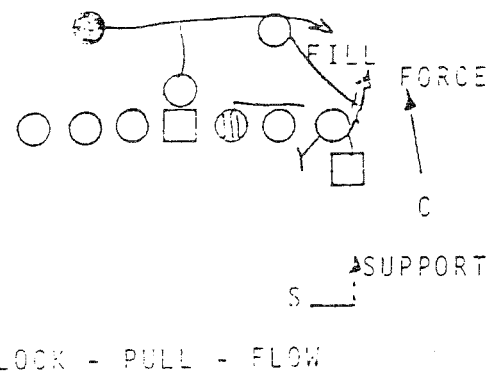
- If X blocks, pick up run progression as per strong side backer.
- If X releases with pulling linemen and/or flow it becomes Bronco Force.
- If X releases & pass read execute pass responsibility.

EXAMPLES OF CLEO FORCE WEAKSIDE

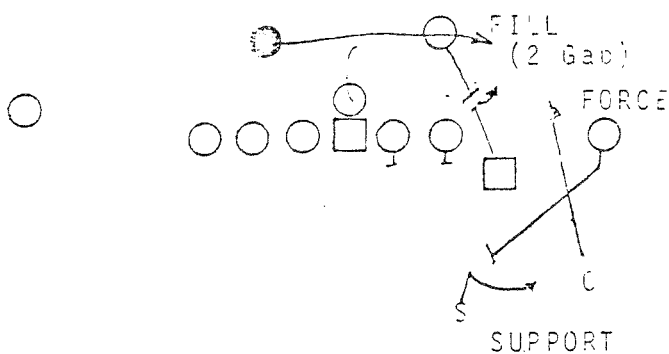
CLEO



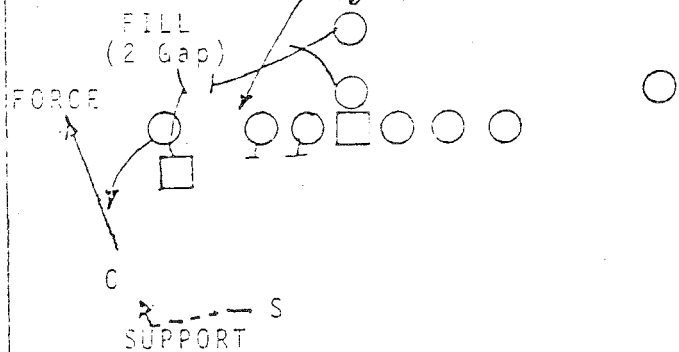
CLEO



CLEO

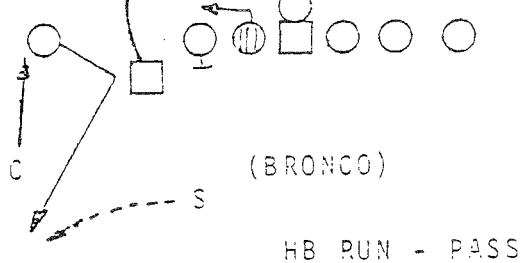
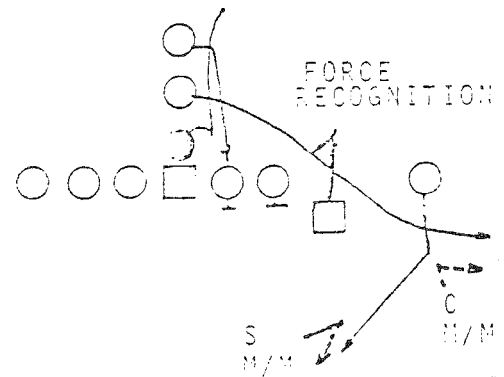


CLEO



FORCE

UPPORT

FORCE
RECOGNITION

PLAY ACTION PASS

- II. BRONCO FORCE: Weak backer force. Bronco force will be automatic on the weakside unless the coverage dictates otherwise. The fill for the Bronco Force will come from either the weak safety or weak corner depending on blocking action of the weakside end.

BRONCO FORCE TECHNIQUES

A. WEAK CORNER

1. ALIGNMENT: Normal or Press.
2. KEYS: (X)
3. RESPONSIBILITY:
 - a. Support. Cover "X" M/M upfield until he blocks on you then support where needed.
 - b. Crack Call from weak safety, drop coverage and fill off the linebacker play. If no crack call play pass until you are definite it is run. Read angle, alert for run or pass.

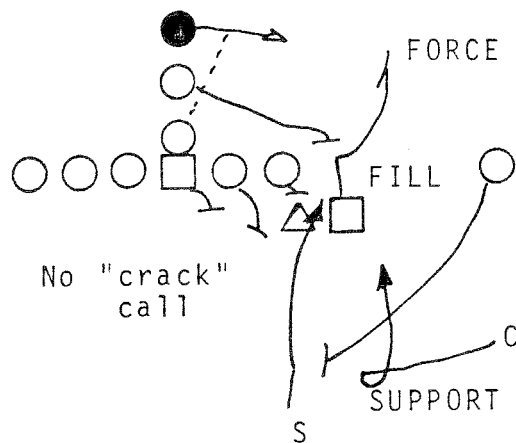
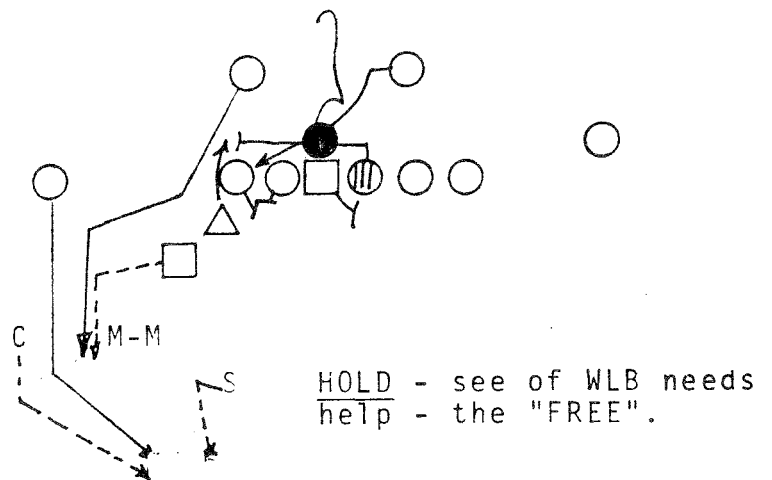
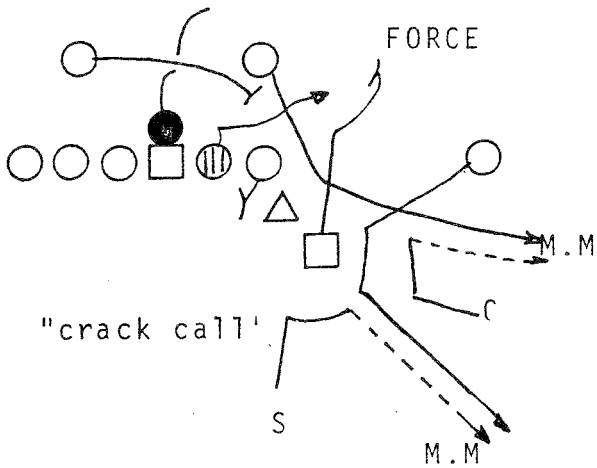
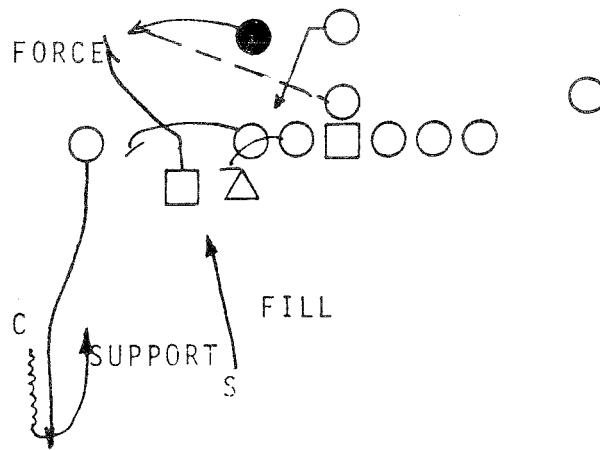
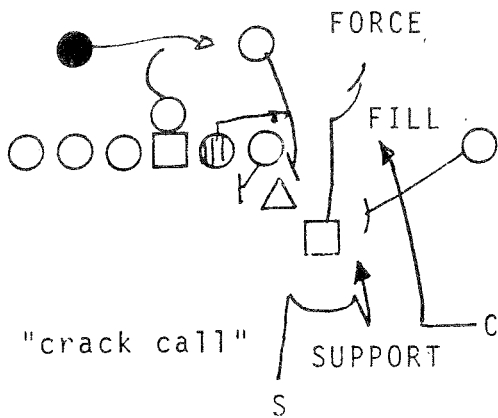
B. WEAK SAFETY

1. ALIGNMENT: Normal or Press.
2. KEY: Weakside guard tackle and nearback with vision of X if he is in a crack back position.
3. RESPONSIBILITIES:
 - a. If linemen pull or block aggressively and run shows, immediately check for crack back.
 - (1) No crack back, fill off of Bronco Force.
 - (2) If crack back shows call, "Crack" to weak corner and be prepared to cover X. When pass is definitely eliminated support run.

C. WEAK LINEBACKER

1. ALIGNMENT: Line up accordingly to defense called.
2. KEYS: Weakside guard, tackle and near back.
3. RESPONSIBILITY:
 - a. If lineman pull with flow, or ball shows immediately charge aggressively accross line and force lead blocker, turn play inside, but be in position to tackle runner when he cuts inside.
 - b. If pass read execute pass coverage called.

EXAMPLES OF BRONCO FORCE WEAKSIDE



O V E R

VARIATIONS

LINE & L.B.

SOLID
PINCH
READ
OVER STUD

TACKLES & MAC

OFF GAP
RIP
LIZ

PASS RUSH

TEX
SPY
LEX
REX
ISX

DEPLOYMENT

STUB

STACK
STUD

MAC

30
50
OFF 10

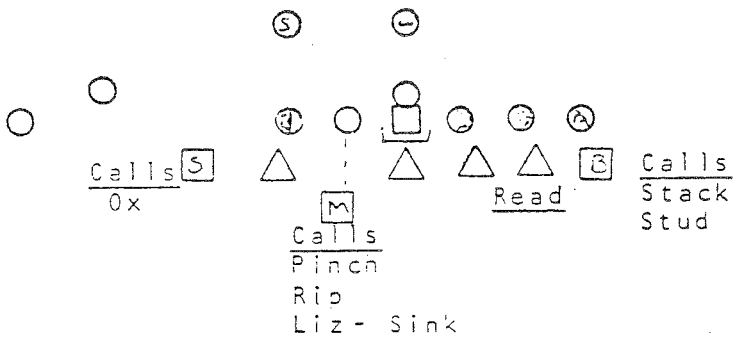
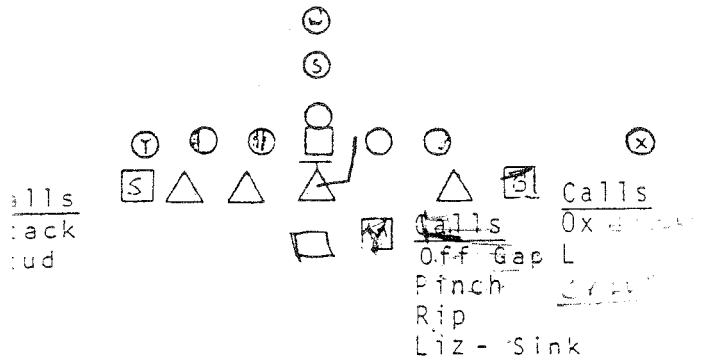
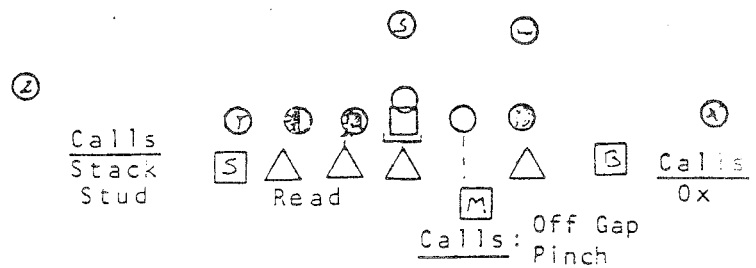
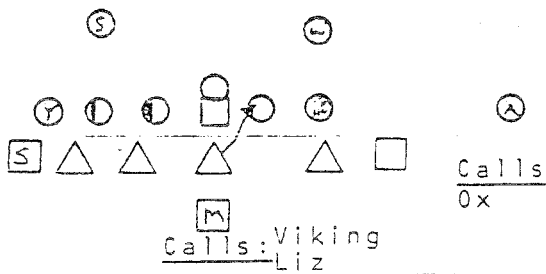
BUCK

EE
S
W
X

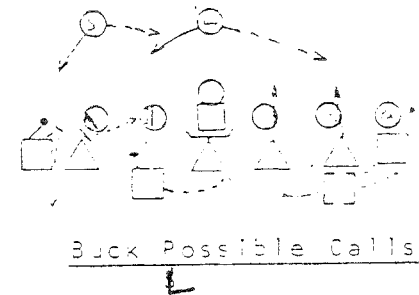
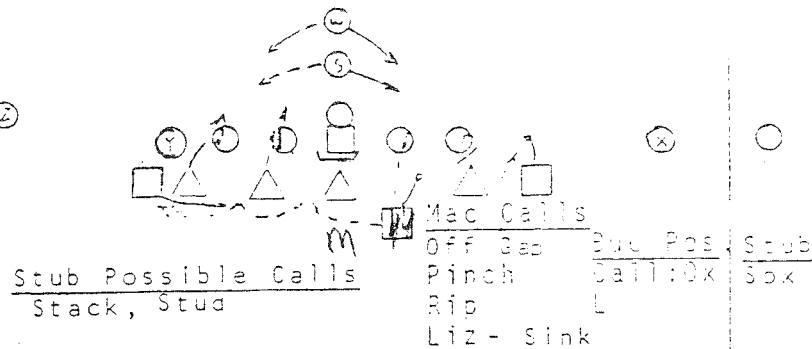
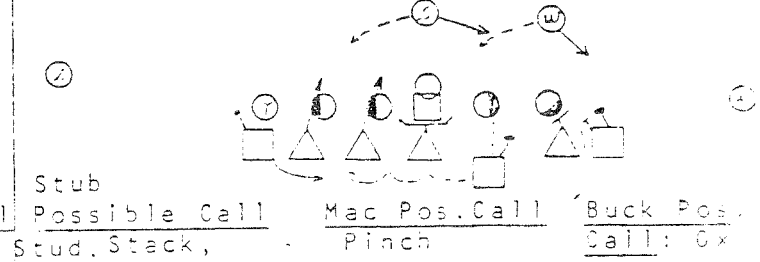
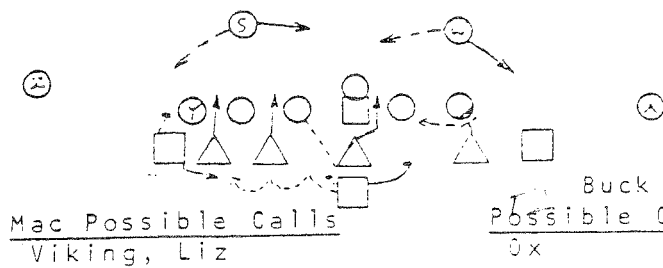
END & MACK

SINK

OVER



	ALIGNMENT	HOLE RESPONSIBILITY	KEY AND TECHNIQUE
IG	Opposite & I Outside shoulder of OT. Split Slightly wider than normal.	1. Primary 4-5 hole strongside 2. Hold or force 6-7 hole from inside out. 3. 8-9 hole pursuit from inside out. 4. Flow away chase. 5. Poc: Play nox, unless call from LB. 6. Slot: Play same as weakside 7. Read: Read Flood : 0-1 hole strong.	KEY: Tackle, "Y" Guard-Strong back Technique: Forearm Rip 1. M-Block a. Don't get hooked by tackle. b. Leverage from outside in. 2. Power Blk-Bury, Stalemate or split. 3. No Pressure: Read Blk combinations. a. X or trap blk; close with inside shoulder & forearm. b. Blm Blk: Pivot & forearm rip from inside out.
NG LE	Outside shoulder of Off. Guard Opposite: Tighter	1. Primary 2-3 hole strong. 2. 4-5 Hole from inside out. Opposite: Same as 4-3 3. Read: Drive tough for inside shoulder of offensive tackle.	SPLIT KEY: Tackle- Guard Technique: Forearm Rip 1. M-Block- Don't be hooked, leverage from outside in. 2. No Pressure: Play trap from outside in first then Wham block. 3. Down Blk: Arm lift or leverage Opposite & I KEY: Guards Block Technique: Butt 1. Play same as 4-3
LE	Head on offensive Center	Split 0-1 Hole weakside Opposite 0-1 Hole weak and strong Calls: Liz - 0-1 hole strong side. Off Gap : Gap technique	Split KEY: Weak Guard Technique: Slant - Read Weak Guard 1. M-Blk-Flood never hooked or cut. 2. M-Blk-flow str.-slip or runaround. 3. Guard Down Blk-arm lift or leverage 4. Guard Pull Weak: Flat pursuit. 5. Guard Pull Str: Runaround tech. Opposite & I KEY: Center Guard Technique: Butt 1. M-Blk - hold hole - slow pursuit. 2. Eliminate scoop block.
	Outside eye of Offensive Tackle	1. Primary 4-5 hole from outside in. 2. Flow strong pursue 3. If Ox call - flow strong chase.	KEY: Tackle, Guard, near back Technique: Butt 1. M-Blk: Hold defeat block. 2. Down Blk; no pull; play trap from outside in. 3. Tackle pull: Read guard for trap. 4. Slot play as Strong End. 5. L - Ox technique.



POS.	ALIGNMENT	RUN RESPONSIBILITY	KEY & TECHNIQUE
STUB	Same as 4-3 C.P. Split	1. 6-7 hole outside-in. 2. 8-9 hole inside-out. 3. If Bronco force-8-9 hole from outside-in. C.P. Out 4. Flood -pursue at proper angle. Possible calls 1. Stud } If Flood fill 2. Stack } 0-1 hole strong. 3. Read=play nox	1. Key - Y, pulling lane, near back. 2. Y-M Block: Don't be hooked - control Y block on LOS, until ball gets to you, then react. 3. Y Down: Step to replace Y - pick up blocking combination and react 4. Y Slow or Aggressive-(Basically same as 4-3)
MAC	50 vs. Opposite & 1 30 vs. all others.	50 Location: 2-3 Hole Weak Flow strong: 0-1, 2-3, 4-5, 6-7, 8-9 hole strong side from inside out. C.P. L - Quick Flow 30 Location: 0-2 Hole Strong. Flood: 2-3, 4-5, 6-7, 8-9 Hole weak from inside out. Possible Calls: 1. Viking, Rip, Liz, Off Gap 2. Pinch (weak end)	1. 50 Location: Weak guard and backs Guard M blocks - control outside gap. Guard pull weak - defeat tackle down block, then pursue. Guard pull strong - pursue inside Scoop-Step up & hold, React. 2. 30 Location: Strong guard & backs Flow strong - progression of hole from inside out. Flood with strong guard pull - quick control of 2-3 hole weak side. Flood no pull - 0-1 strong side.
BUCK	EE Possible E or L vs. I and Strong	EE Location - 6-7 hole outside in. 8-9 hole inside out unless Bronco force. SOR L Location - Ox Possible calls vs. Slot & Near S Stud	1. Normal - Guard, tackle, near back. 2. "Ox" - guard, tackle, far back 3. Play your call and technique with end according to formation 4. If SLOT, then play like strong LB.

U N D E R

VARIATIONS

LINE & L.B.

NO OX
PINCH

TACKLES & MAC

RIP
LIZ

PASS RUSH

TEX
REX OR LEX WEAK
ISX

DEPLOYMENT

SAM

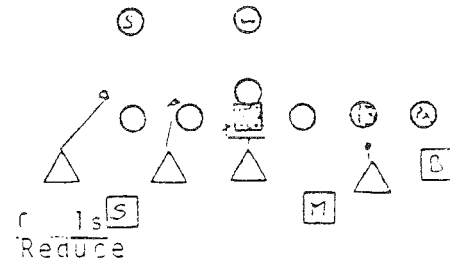
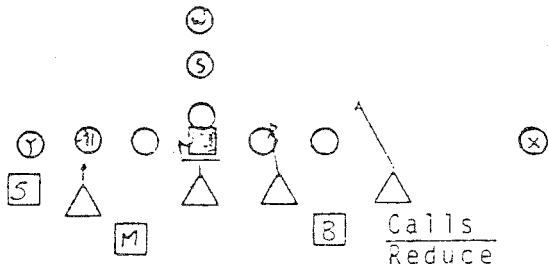
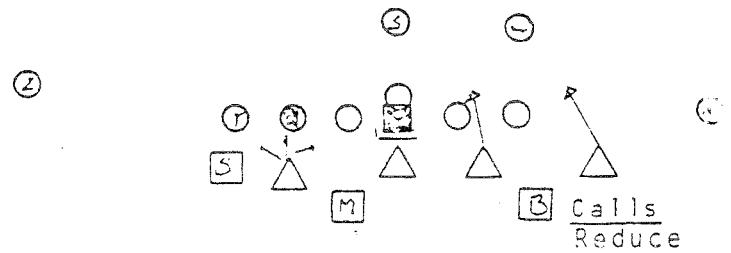
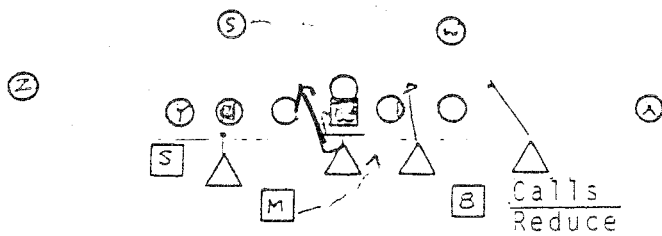
SAM-UP

STUB

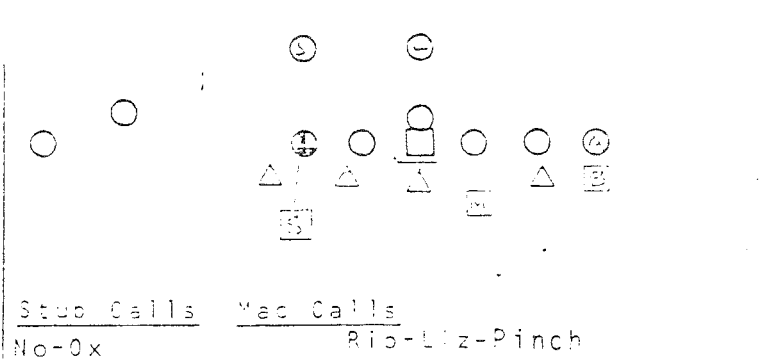
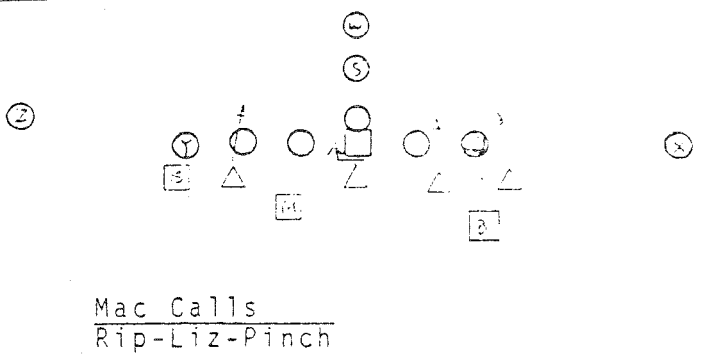
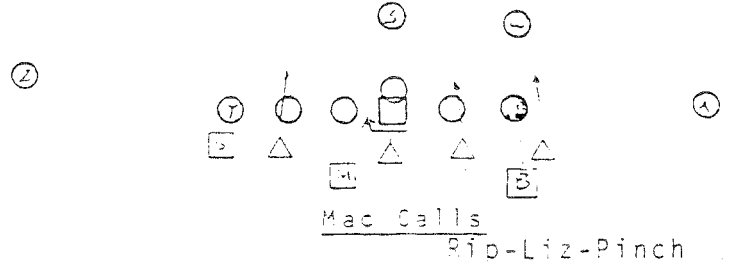
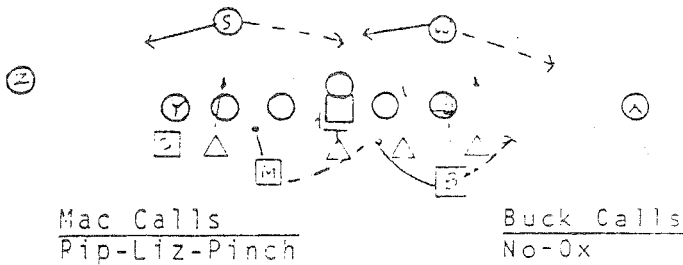
STACK

BUCK

REDUCE
E
W



POS.	ALIGNMENT	RUN RESPONSIBILITIES	KEY & TECHNIQUES
ONG D	Tight on Outside Shoulder O.T. 1 Foot off the ball	1. Primary 4-5 hole strongside from outside in. 2. 6-7 hole inside out. 3. Flood "pursuit"	KEY: Tackle, Y. Near Back Technique: Read & Butt 1. M-Blk-control the hole defeat blk. 2. Down Blk-Leverage or arm lift technique. 3. Power Blk: Bury, stalemate or slip. 4. Tackle Down: Prevent clean release and close for trap
ONG KLE	Head on Center	1. 0 & 1 hole strongside	KEY: Center & Strong Guard Butt Technique 1. M-Blk-control center-responsible for strong side 0-1 hole
AK KLE	Outside Shoulder of Offensive Guard	1. Primary 2-3 hole weakside. 2. 4-5 hole from inside out. 3. Reduce No Ox Call: Same as 43	KEY: Tackle & Guard Technique: Drive & penetrate 1. Scoop or Guard Pull - Flatten out and pursue. 2. Down Blk - leverage or slip 3. Guard Release, play trap.
AK ID	1 yard outside weak tackle	1. Primary 8 & 9 hole force. 2. Support 4-5 hole from outside in. 3. Reduce Call: Same as 43	KEY: Tackle, Near back, pulling lan. Techniques: 1. Drive for a point 1 yard from you original position up the field- read blocking combinations. 2. Outside blocking combination penetrate and get lateral width. 3. Flow away chase. 4. Reduce Call: Butt Technique 5. Inside blocking combinations close from outside.



POS.	ALIGNMENT	RUN RESPONSIBILITY	KEY AND TECHNIQUE
STUB	Normal Outside shoulder of Y-Inside foot on nose of Y. Slightly titer vs. "I" and opposite.	<ol style="list-style-type: none"> 6-7 hole outside in. 8-9 hole inside out. If Bronco Force-8-9 hole from outside in. Flow away- contain - check CB and reverse. Flow Away - No 0x 	<ol style="list-style-type: none"> Y-Pulling lane, Near Back Y-X Block: Don't be hooked-control Y on LOS till ball gets to you, then react. Y-Down: Step to replace Y-pick up blocking combination and react.
MAC	Inside leg on nose of guard. (40 location) Opposite Titer on guard-more head up.	<ol style="list-style-type: none"> 2-3 hole strong. 0-1 hole weak on flow wk. Support 6-7,8-9 hole from inside out. Know your noseman's technique. 	<ol style="list-style-type: none"> Key Strong guard, strong back Guard X Block-Defeat guard block with forearm and hand shiver-Control 2-3 hole strong react to ball. Str. Guard pull weak-slide to 0-1 hole weak. Str. Guard pull strong-anticipate tackle or end thru on you. Guard block down-step up & protect 2 & 3 strong
BUCK	"L" Location- Head up to outside shoulder offensive tackle.	<ol style="list-style-type: none"> Flow strong, no pull-0-1 hole weak. Guard pull strong, quick lateral pursuit to ball. Look for cutback. Flow weak-fill off of lead block or stalemate tackle thru on you. <p>Possible Calls</p> <p>"Reduce" If you must align outside your defensive end.</p>	<ol style="list-style-type: none"> Weak guard, tackle 3 near back Automatic 0x technique. Lead back inside fill 0-1 hole. Lead back outside fill 4-5 hole outside - in. Flow strong with guard pulling pursue immediately to ball. Flow strong, no pull get head & shoulder past cut off guard. Weak tackle should never cut you off on flow strong.

K. C.

SOLID

SLAM
PINCH
LION
RAM
TOM
SINK

RIP
LIZ

LEX OR REX
TEX

DEPLOYMENT

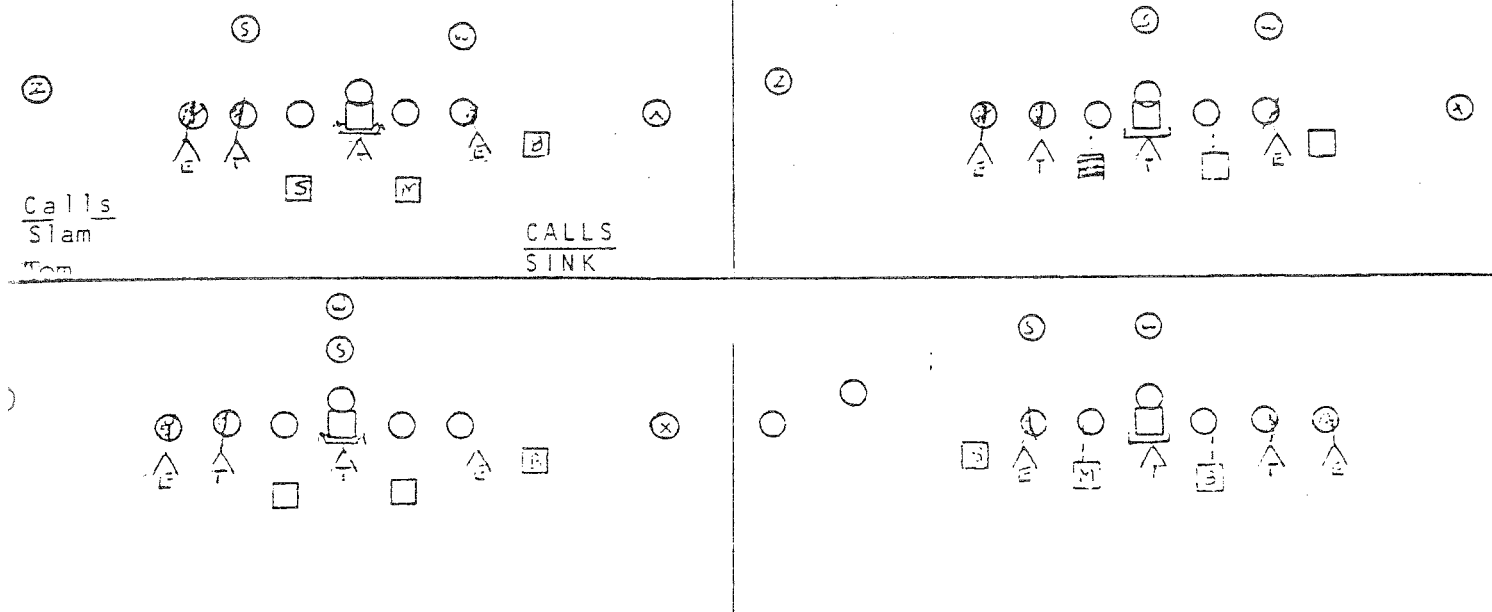
STUB

MAC

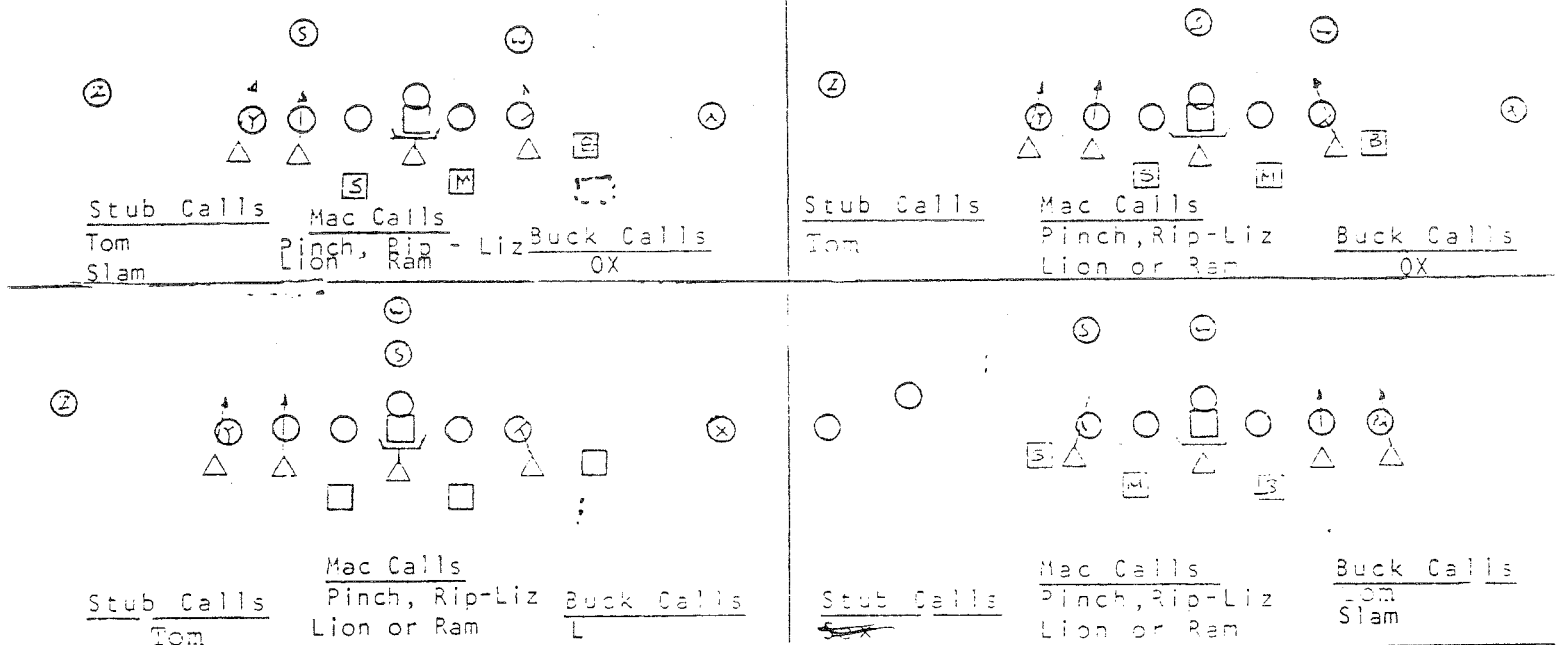
BUCK

REDUCE 50
~~W~~

EE
S
W
L
E



POS	ALIGNMENT	RUN RESPONSIBILITY	KEY & TECHNIQUE
ONG	Outside Shoulder of TE	<ol style="list-style-type: none"> 1. 6-7 Hole primary outside in. 2. Leverage 8-9 hole inside out. 3. Slam Call - Drive Technique to inside shoulder of T. End 	<p>KEY: Split: TE-Near Back Opp - "I" TE to Pulling Lane</p> <ol style="list-style-type: none"> 1. M Block - Butt technique. don't be hooked by Y. Control hole. 2. Y Block Down: Sweep combination drive for penetration 3. Y Down - 6-7 hole combination: Close tough on lead blocker. 4. Flood - T.E. release - chase M Block - Leverage 6-7 Hole.
ONG KLE	Tight Outside Shoulder of O.T.	<ol style="list-style-type: none"> 1. Primary 4-5 hole strongside outside in. 2. 6-7 hole inside out. 3. Flood pursue. 4. Sink call - 4-5 inside - 2-3 hole outside in 	<p>KEY: Tackle, Guard, Near back. Tech: Butt 1) M block control the hole defeat the block. 2) Don't get hooked by tackle. 3) Tackle pull key guard for trap. block fight pressure get to ball. Calls: 1) Slam 2) Tom 3) Lion-Ram</p>
K KLE	Head on Center	<ol style="list-style-type: none"> 1. 0-1 hole weak and strong. 2. Calls: Liz - 1 - hole. 	<p>KEY: Center & Weak Guard Technique: Butt</p> <ol style="list-style-type: none"> 1. M-Blk - hold hole - slow pursuit. 2. Eliminate scoop block.
K	Outside eye of offensive tackle.	<ol style="list-style-type: none"> 1. Primary 4-5 hole from outside in. 2. Flow strong pursue. <p>A. HOLD CALL - AUB AT OF-B BUCK THEN CHASE</p>	<p>KEY: Tackle, Guard, near back Butt technique</p> <ol style="list-style-type: none"> 1. M Block: Hold defeat block. 2. Down block; no pull; play trap from outside in. 3. Tackle pull: Read guard for trap. 4. Slot play as strong end. 5. L Call - Ox Tech.



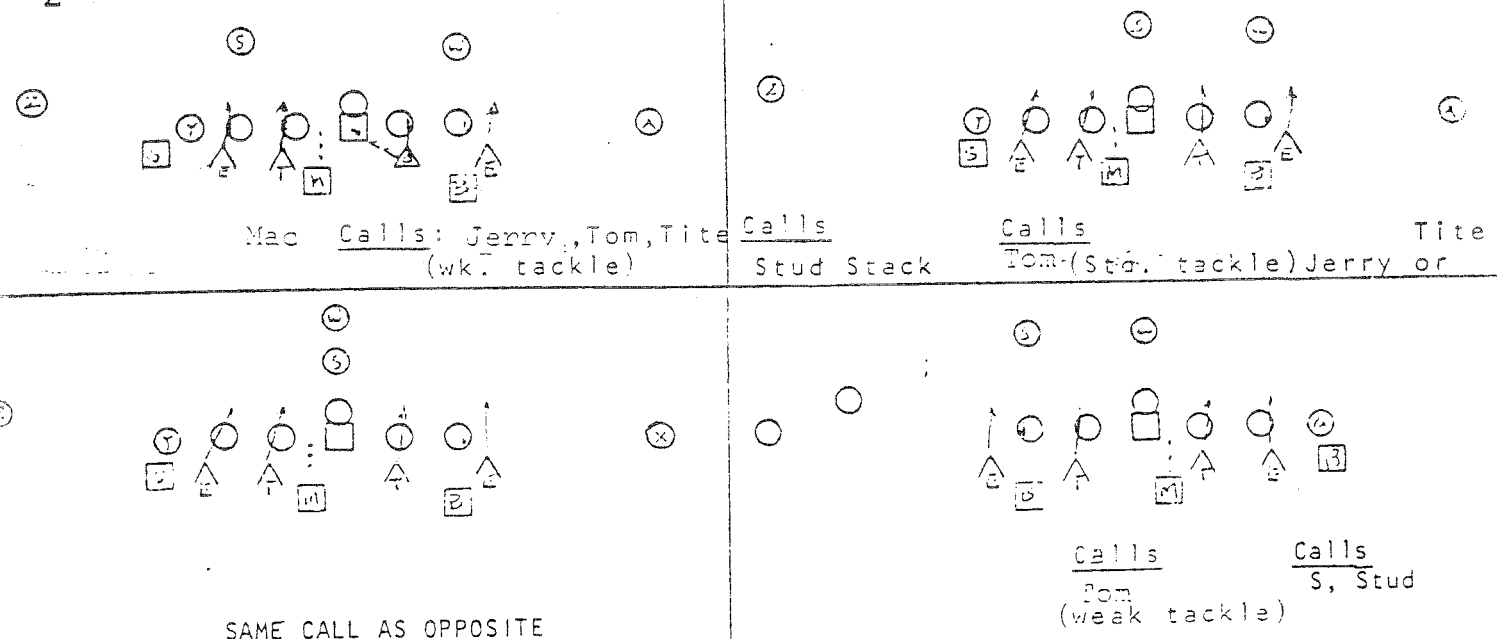
POS	ALIGNMENT	RUN RESPONSIBILITY	KEY AND TECHNIQUE
STUB	Inside ft. on nose of off. gd. 2-3 yds. off L.O.S.	<ol style="list-style-type: none"> Primary 2-3 hole strong-side. Flood 0-1 hole strong-side for cutback. Fill from inside-out on 6-7, 8-9 hole. <p><u>Possible Calls:</u> Tom - Slam Sink Sox vs. Slot</p>	<ol style="list-style-type: none"> Strong guard and strong back & Y. St. Guard Pull Str. - Look to Y. don't overrun ball. C.P. A lead. St. Guard pull weak with flood - check 0-1 hole pursue inside out to 4-5, 6-7, 8-9 hole weak. St. Guard chop or down <ol style="list-style-type: none"> On Mac-2-3 hole strongside meet lead block in the hole. M Block - meet guard with inside shoulder stuff him inside-control 2-3 hole. Strong guard is pass alert key
MAC	Inside ft. on nose of off. gd. 2-3 yds. off L.O.S.	<ol style="list-style-type: none"> 50 Location: 2-3 hole weak Flow strong: 0-1, 2-3, 4-5, 6-7, 8-9 hole strong side from inside out. <p><u>POSSIBLE CALLS</u></p> <ol style="list-style-type: none"> Rip or Liz Pinch (weak end) Sink C.P. L - C.P. Quick flow. 	<ol style="list-style-type: none"> 50 Location: weak guard & backs Guard blocks-control outside ga Guard pull weak-defeat tackle down block, then pursue. Guard pull strong-pursue inside out. Guard scoop - Step up & hold - react
BUCK	EE L S W	<p>EE Location-6-7 hole outside in. 8-9 hole inside out unless Bronco force.</p> <p>C.P. - 2 Gap Call with Cleo</p> <p>E Location = No OX</p> <p>E or L Location = OX</p> <p><u>Possible Calls</u> Tom or Slam vs. Slot</p>	<ol style="list-style-type: none"> EE - Guard, tackle to near back E & L - If key and blocking combination show 4-5 hole play - meet lead blocker. If key and blocking combination show sweep, support from inside out. Slot formation or N2 then play like strong L.B. C.P. - S.

STUNTS

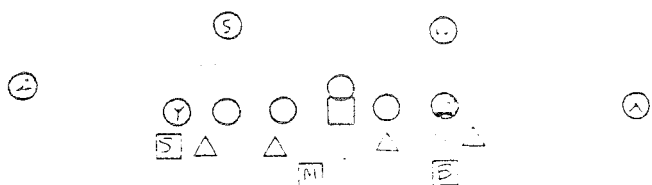
TOM
JERRY
TITE
WIDE
LION
RAM
SLAM
WHAM

PASS RUSH

LEX	BLAST
REX	SPY
TEX	
ISX	
IZZI	

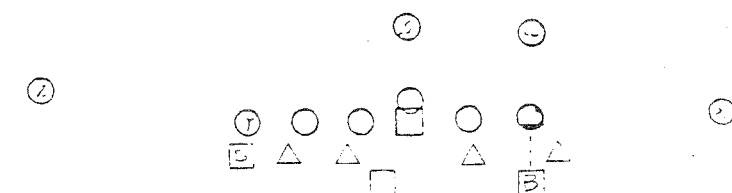


POS.	ALIGNMENT	RUN RESPONSIBILITY	KEY & TECHNIQUE
STRONG TACKLE	Outside Shoulder of Strong Tackle	<ol style="list-style-type: none"> 1. Primary 4-5 hole strongside. 2. Hold or force 6-7 hole from inside out. 3. 8-9 hole pursuit from inside out. 4. Flow away phase. 5. Poc - play no ox. 6. Slot - Play normal 7. Calls: Stack, Stud 	<p>KEY: Tackle, "Y" - Guard - Strong Back</p> <p>Technique: Forearm Rip</p> <ol style="list-style-type: none"> 1. M-Block <ol style="list-style-type: none"> a. Don't get hooked by tackle. b. Leverage from outside in. 2. Power Block-Bury, stalemate or split. 3. No pressure: Read blk combinations <ol style="list-style-type: none"> a. X or trap block; close with inside shoulder & forearm. b. Bim Block: Pivot & forearm rip from inside out. Calls: Tom or Jerry
STRONG GUARD	Outside Shoulder of Strong Guard	<ol style="list-style-type: none"> 1. Primary 2-3 hole strong. 2. 4-5 hole from inside out. <p><u>OPPOSITE</u></p> <p>Same as 4-3</p> <p><u>READ</u>: Drive tough into guard-tackle gap.</p> <p><u>40</u>: Head up - control inside.</p>	<p>KEY: Guard, tackle & center.</p> <p>Technique: Butt</p> <ol style="list-style-type: none"> 1. M-Block: Hold hole; use escape technique, throw, slide, leverage or slip, flight to get to ball. 2. Tag Blk: Hold hole or arm lift technique. 3. No pressure: Read center look for trap from inside out first then Wham Block. 4. Down Block: use arm lift, leverage or slip. 5. Flood - flat pursuit lane.
WEAK TACKLE	Outside Shoulder of Weak Tackle	<ol style="list-style-type: none"> 1. Primary 3-2 hole weakside. 2. 4-5 hole from inside out. 3. Opposite same as 4-3. 4. 40: Head up - control inside. 	SAME AS STRONG TACKLE
WEAK GUARD	1 yard outside weak tackle	<ol style="list-style-type: none"> 1. Primary 8 & 9 hole weakside. 2. Support 4-5 hole from outside in. 	<p>KEY: Tackle, Near Back, Running Lane</p> <p>Techniques: 1) Drive for a point 1 1/2 yds. from your original position up the field - read blocking combinations: 1) Sweep combinations 2) penetrate & get lateral width 3) inside blocking combinations - hold and close to the inside.</p>



Mac Calls

Tom, Jerry or Tite, 40

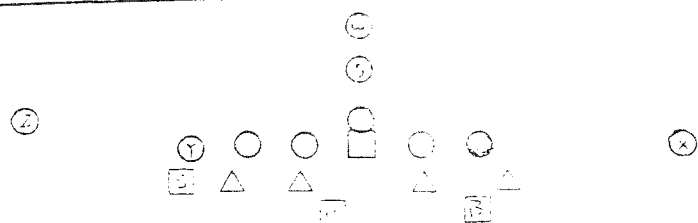


Stub Calls

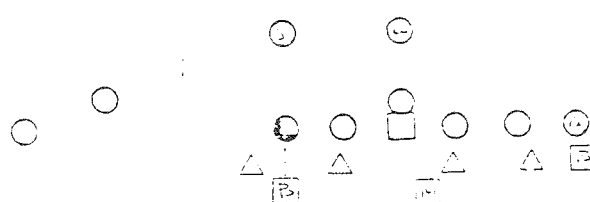
Stack, Stud

Mac Calls

Tom, Jerry or Tite



Same calls as opposite.



Buck Calls

S, Stud

POS.	ALIGNMENT	RUN RESPONSIBILITY	KEY AND TECHNIQUE
STUB	Normal Outside shoulder of Y vs. split Titer vs. Opp. & "H". May stack it vs. opposite.	Same as 4-3. <u>Possible calls</u> Stack Stud	Same as 4-3
MAC	Split 10 location. (This will be an OFF/10 vs. plot formation.	1. 0-1 hole strongside unless starting with tackle or tackles. 2. Flow Strong - Pursue <u>Possible calls</u> Tom, Jerry or Tite	1. Guard, center, guard to backs. 2. Technique same as 4-3 front. 3. Read basically same keys as your 4-3 reaction and progression.
BUCK	L Position Head on to outside shoulder offensive tackle.	1. Primary responsibility: 4-5 hole weakside. 2. Support 6-7, 8-9 hole weakside from inside-out. 3. Flow strong with pull, pursue immediately to ball. 4. Flow strong, no pull, 0-1 hole weakside, then pursue.	1. Weak guard-tackle to far back. 2. Technique same as under.

3 4

STUNTS

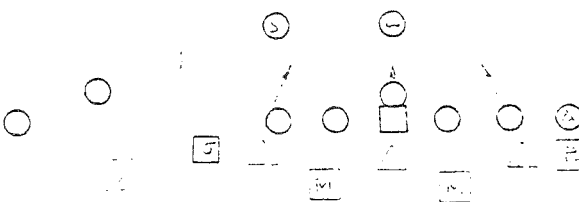
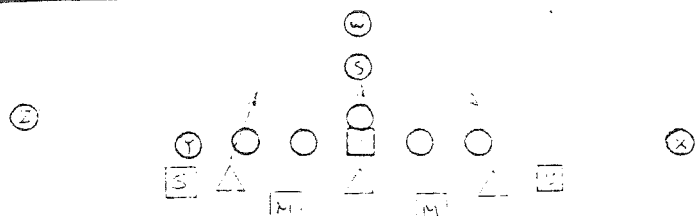
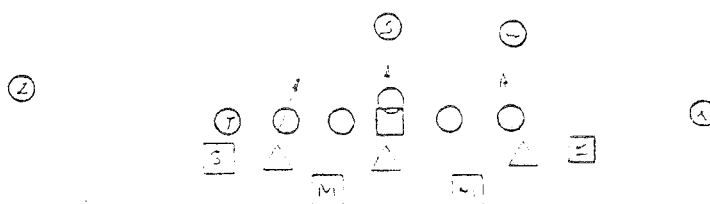
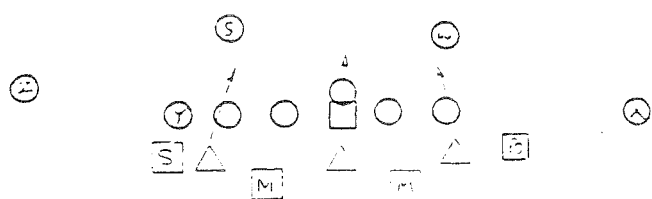
WILMA
SALLY
PINCH

PASS RUSH

34 RUSH
34 SPY
34 LEX
34 REX

DEPLOYMENT

33
35 (OFF) BUCK
 W
 X



POS	ALIGNMENT	RUN RESPONSIBILITY	KEY & TECHNIQUE
STUB	Outside Shoulder of Y	<ol style="list-style-type: none"> Same as 4-3 <ol style="list-style-type: none"> 6-7 hole outside-in 8-9 hole inside-out Flow away - <u>Hold</u>, check for reverse. (NO-OK) 	<ol style="list-style-type: none"> Y, Near Back, pulling Lane. O.p. on "H" - Y, pulling lane near back. Play normal run key and progression If pass develops, play coverage called. If we add <u>RUSH</u>, think pass.
MAC	Outside Shoulder-Strong Guard-Deeper	<ol style="list-style-type: none"> 2-3 hole strong. Pursue inside-out to all holes away from you. 	<ol style="list-style-type: none"> Strong guard, tackle and back. Play like under front. Play normal run key and progression. If pass develops, play coverage called. If we add <u>RUSH</u>, think pass.
MEEK	Outside Shoulder-Weak Guard-Deeper	<ol style="list-style-type: none"> 2-3 hole weak. Pursue inside-out to all holes away from you. 	<ol style="list-style-type: none"> Weak guard, tackle and back. Play like over front vs. opposite Play normal run key and progression. If pass develops, play coverage called. If we add <u>RUSH</u>, think pass.
BUCK	EE vs. all sets unless deployed	<ol style="list-style-type: none"> 6-7 hole outside in. 8-9 hole inside out. If Bronco force, 8-9 hole outside in. Flow away - <u>Hold</u>, check for reverse. 	<ol style="list-style-type: none"> Guard, tackle near back. Same keys reaction and progression as 4-3 front. If pass develops, play coverage called. You will be dogging some from this formation. Do not tip your intentions.

34 DEFENSIVE SCHEME

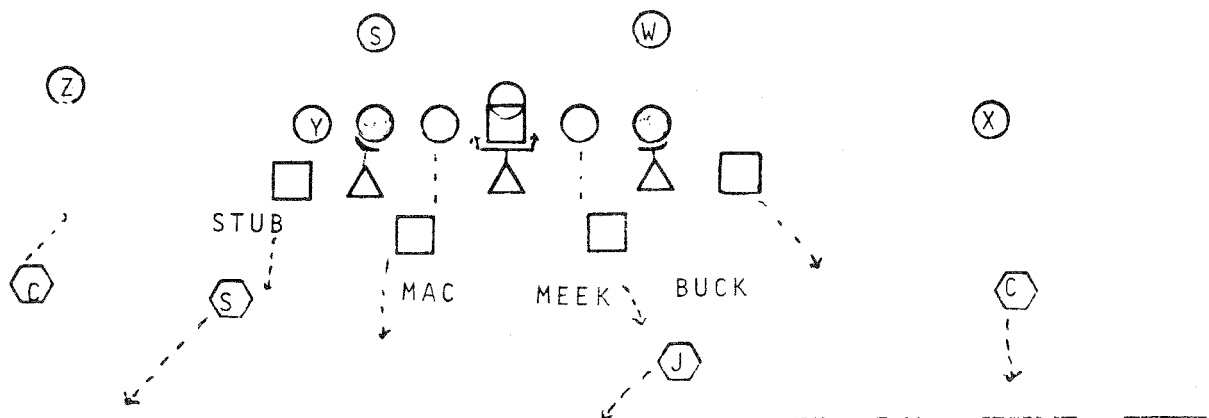
1. 34 DEFENSE

A. THE CALL OF 34 TELLS US THAT WE WILL BE IN A 3 MAN LINE WITH 4 LINEBACKERS. THE EXTRA LINEBACKER BEING CALLED MEEK AND ALWAYS LINED UP IN A 50 LOCATION ON THE WEAK OFFENSIVE GUARD.

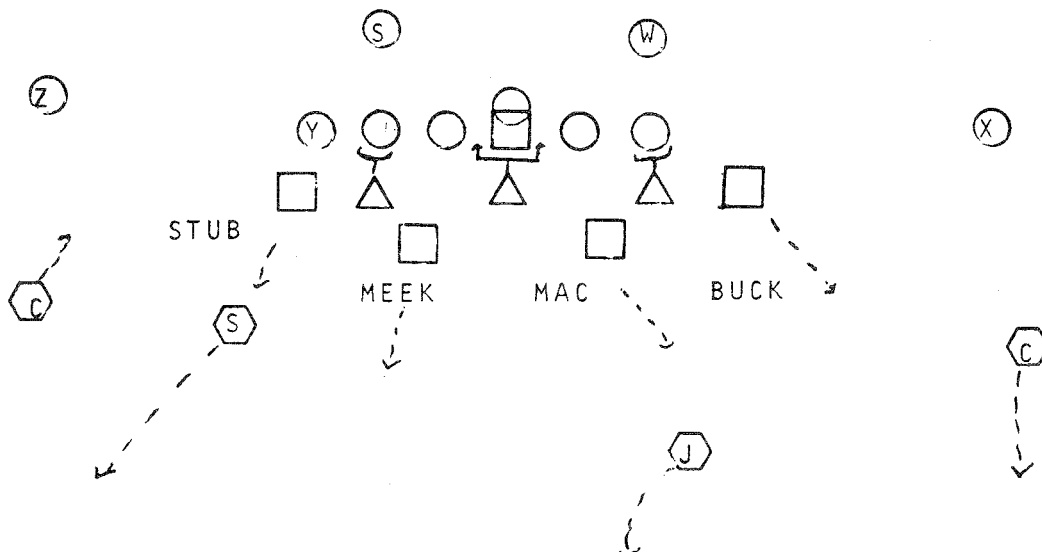
1. THE DEFENSIVE LINEMEN ARE PLAYING A SOLID TECHNIQUE AND WILL ONLY VARY THIS TECHNIQUE IF OTHERWISE CALLED.
2. LINEBACKERS AND SECONDARY WILL PLAY COVERAGE CALLED.

B. THIS FRONT IS A COMBINATION DEFENSIVE FRONT AND NOT TO BE MISCONSTRUED AS JUST A PREVENT DEFENSE. 34 FRONT EXECUTED PROPERLY IS JUST AS EFFECTIVE A RUN DEFENSE AS ANY OF OUR OTHER FRONT ALIGNMENTS. HOWEVER, WE CAN EFFECTIVELY USE THIS FRONT IN PREVENT SITUATIONS BY ADDING THE TERM RUSH.

EXAMPLE: CALL 34 COVER 4



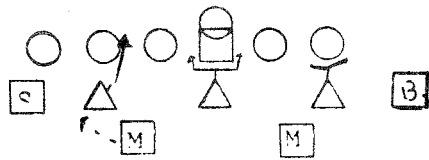
EXAMPLE: CALL 34 RUSH COVER 4



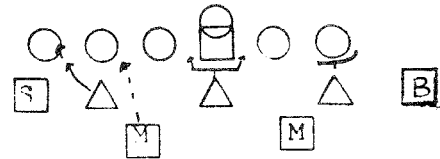
II. 34 DEFENSE INDIVIDUAL STUNTS AND CALLS

A. STRONG SIDE

EXAMPLE: PINCH

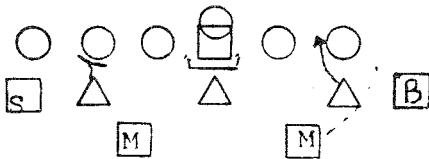


SAFE

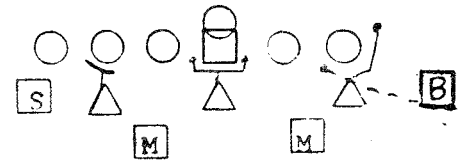


B. WEAK SIDE

EXAMPLE: PINCH



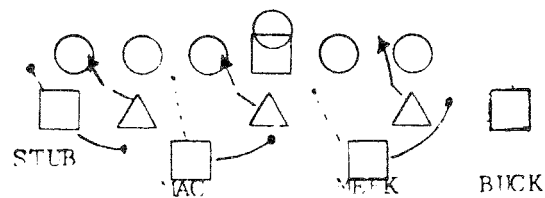
OX



C. LINE STUNT

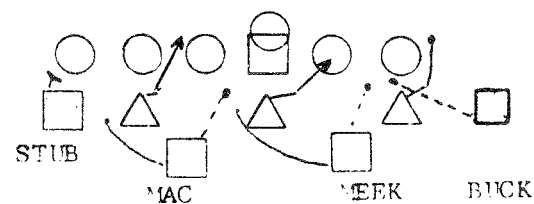
1. 34 SALLY - DEFENSIVE LINE STUNTING TO TIGHT END SIDE.

EXAMPLE: 34 SALLY



2. 34 WILMA - DEFENSIVE LINE STUNTING AWAY FROM TIGHT END SIDE.

EXAMPLE: 34 WILMA



III. 34 PREVENTS

A. 34 RUSH

1. ANY TIME WE ADD THE TERM RUSH TO 34; IT MEANS THAT OUR DEFENSIVE LINE CAN GO ON AN ALL OUT PASS RUSH.
2. 34 SPY MEANS THAT OUR DEFENSIVE ENDS ON ALL OUT PASS RUSH WITH NOSEMAN SPYING.

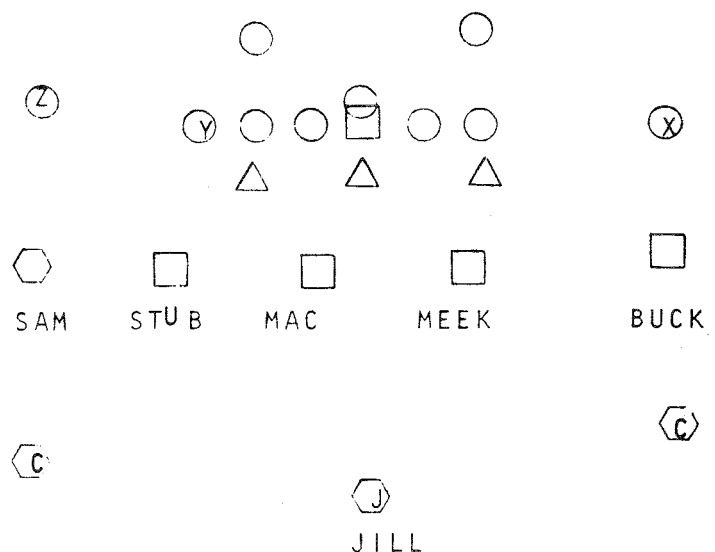
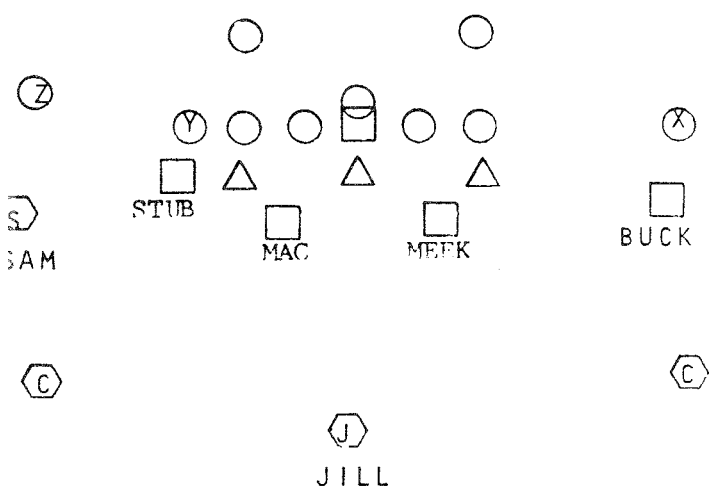
B. 35 - COVER 4

1. MEANS THAT WE WILL LINE UP IN OUR ROTATION PRIOR TO SNAP OF BALL
2. VARIATIONS
 - a. 35 OFF: MEANS THAT THE LINEBACKERS WILL LINE UP OFF THE LINE OF SCRIMMAGE.
 - b. 35 AXE: MEANS THAT WE WILL AXE THE TIGHT END BEFORE GETTING INTO OUR COVERAGE RESPONSIBILITY.
 - c. 34 - COVER 8 (FOUR DEEP PREVENT)

EXAMPLE:

35 COVER 4

35 OFF - COVER 4



IV. 34 SINGLE DOGS

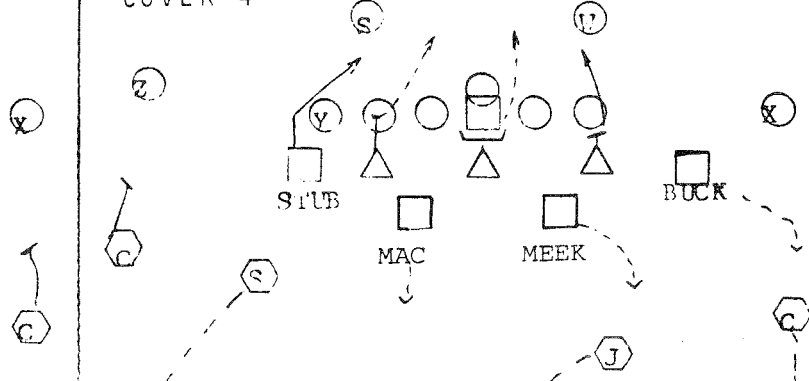
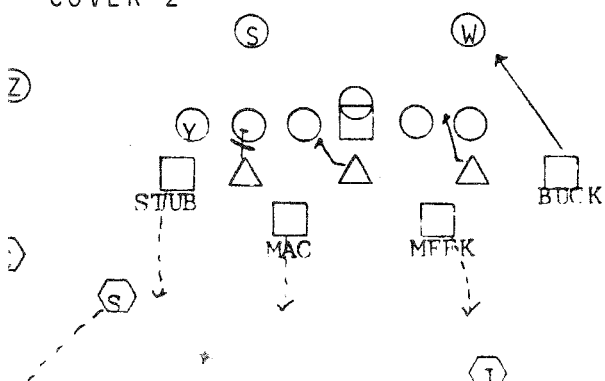
1. THIS MEANS THAT ONE OF OUR LINEBACKERS IS DOGGING AND CALLED BY ADDING "i" TO POSITION NAME ie BUCKI, MEEKI, MACKI, OR STUBI. REMAINING LINEBACKERS AND SECONDARY WILL PLAY COVERAGE CALLED.

34 BUCKI
COVER 2

EXAMPLE

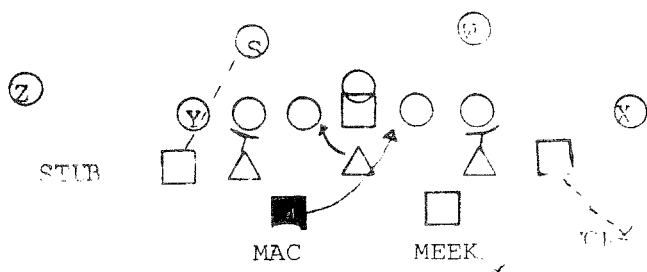
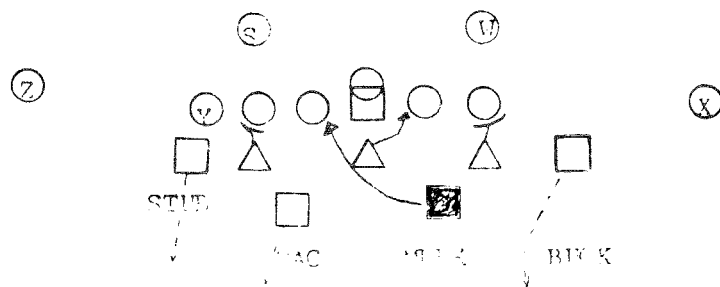
34 STUBI
COVER 4

EXAMPLE



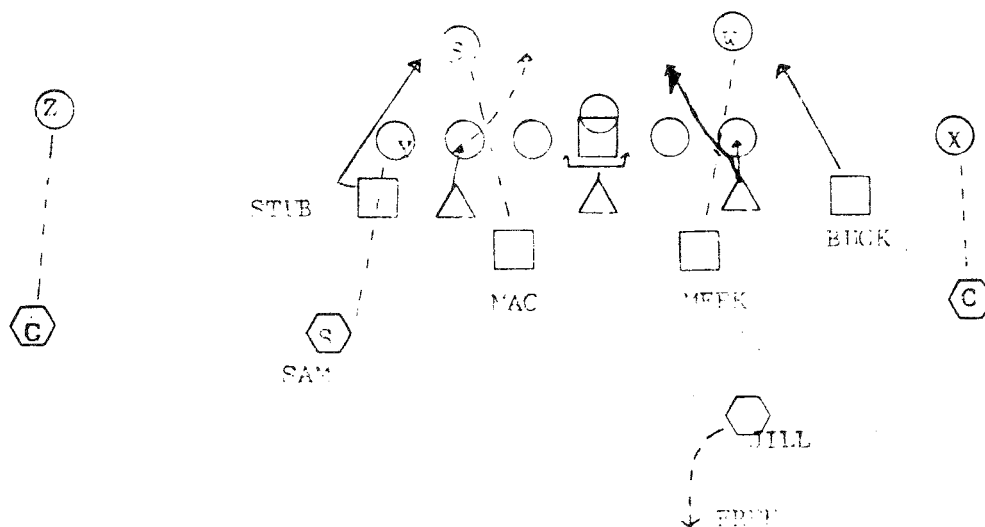
IV. 34 SINGLE DOGS (cont.)

EXAMPLES

34 MAC 1 - COVER 334 MEEKI - COVER 2

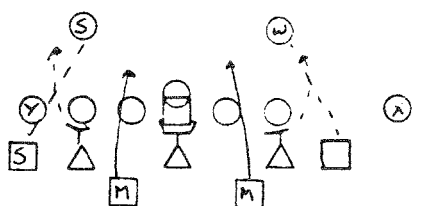
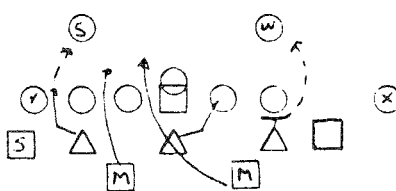
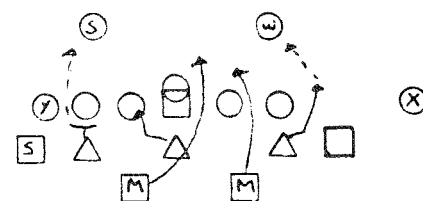
V. 34 DOGS

A. RED DOG - TWO OUTSIDE BACKERS - BUCK AND STUB

EXAMPLES: 34 RED DOG

B. MIDDLE DOG - TWO INSIDE BACKERS - MACK AND MEEK

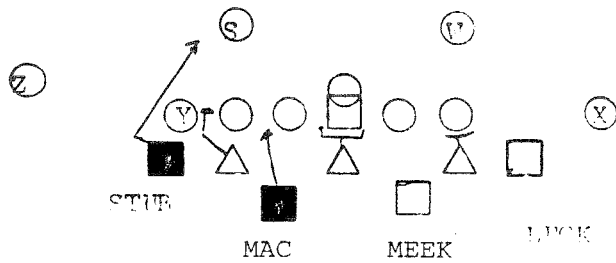
EXAMPLE:

MIDDLE DOGMIDDLE DOG STRONGMIDDLE DOG WEAK

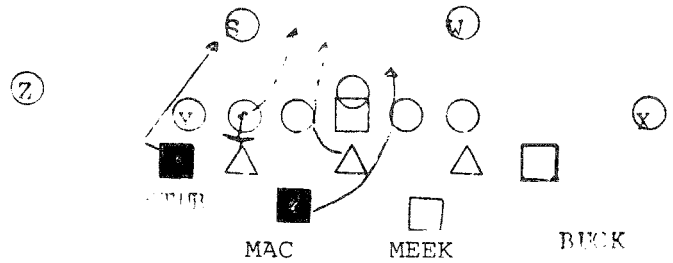
C. STRONG DOG AND CAT - MAC AND STUB DOGGING

EXAMPLE:

STRONG DOG



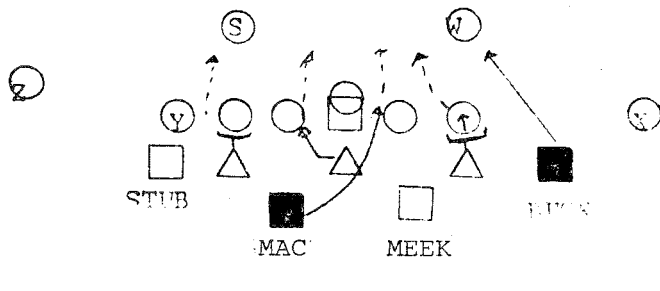
STRONG CAT



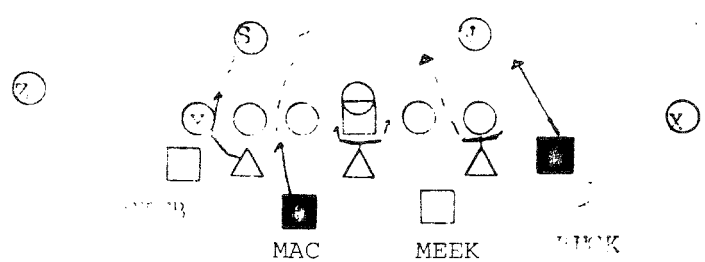
D. WEAK DOG AND CAT - MACK AND BUCK DOGGING

EXAMPLE:

WEAK DOG



WEAK CAT



BASIC COVERAGES 1980

- COVER 1 BASIC COVERAGE MAN TO MAN WITH JILL FREE DEEP MIDDLE.
- COVER 2 DOUBLE ROTATION BOTH WEAK AND STRONG WITH SAFETIES
PLAYING 2 DEEP ZONES - 5 UNDERNEATH ZONES.
- COVER 3 STRONG COVERAGE WITH IN-OUT COVERAGE ON "Y" OR SLOT-
ELSEWHERE IS MAN FOR MAN.
- COVER 4 STRONG SIDE ROTATION INTO PURE ZONE COVERAGE.
- COVER 5 STRONG SIDE DOUBLE COVERAGE (SHORT AND LONG) ON Z -
ELSEWHERE IS MAN FOR MAN.
- COVER 6 WEAKSIDE ROTATION IN PURE ZONE COVERAGE.
- COVER 7 VARIATIONS OF WEAKSIDE COVERAGE ON X.
KING
- COVER 8 ZONE - 4 DEEP PREVENT.
- COVER 9 BASIC MAN TO COVERAGE - WITH IN & OUT COMBINATIONS
ON X & Z AND LOOSE M/M COV. BY LB'ERS ON Y BACKS.
- COVER 10 STRONG SIDE ROTATION WITH SAM AND JILL EXCHANGING
ASSIGNMENTS (PLAYING 4 BUZZ).
- COVER 13 MAN COVERAGE WITH IN-OUT COVERAGE ON "Y" OR SLOT.
- NICKEL 5 BACK DEFENSE - COVERAGE CALLED.
- DIME 6 BACK DEF - COVERAGE CALLED.

C O V E R 1

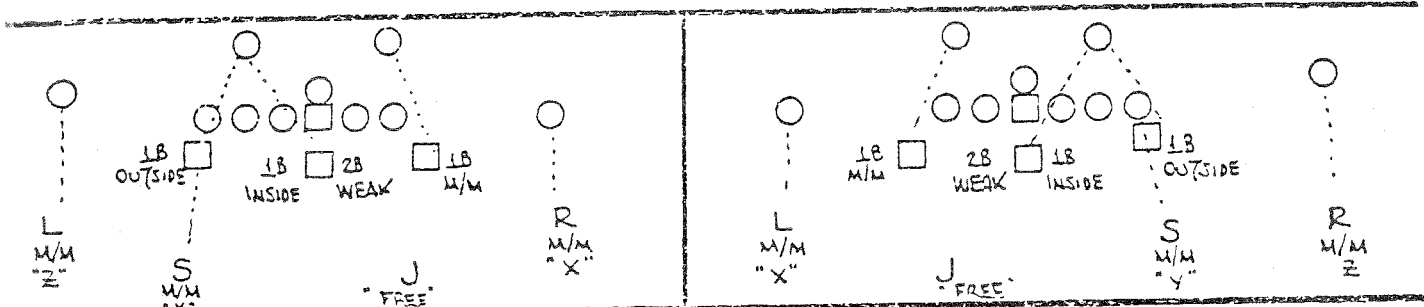
1 V A R I A T I O N

(1 KING & 1X)

BASIC MAN TO MAN COVERAGES

WITH JILL FREE DEEP MIDDLE

COVER 1- SECONDARY RESPONSIBILITY



Alignment	Strong	Corner	Key
NORMAL OR PRESS			Sky or Bronco Force. Key "Z" to Backfield Triangle. C.P. Quick Read.

Run Responsibility	Pass Responsibility
Call: Sky - Support Bronco - Support	<ol style="list-style-type: none"> 1. Cover Z M/M Outside Technique. 2. Help to post from Weak Safety. 3. Flow strong - Over play outside technique. 4. Flood - Anticipate "Cut" call - C.P. Zing. 5. 1 King = Late help to post-wide split inside technique. 1 Cone or 1 X = inside technique.

Alignment	Strong	Safety	Key
NORMAL OR PRESS			Sky or Bronco - Pulling linemen and/or flow with "Y" blocking.

Run Responsibility	Pass Responsibility
Call: Sky - Force Bronco - Fill	<ol style="list-style-type: none"> 1. Cover Y M/M, wide outside technique. Flood = inside technique. 2. Will have help on inside moves from linebacker. 3. Will have help to post from weak safety. 4. "Y" Slo. 1st back strong-man for man. <ol style="list-style-type: none"> a. "Y" Slo-Flood cut to "Z" (Yankee Call). b. "Y" Slo, back blocks. Cut to "Z". 5. Flow Strong & Y Over = Cut to Z. C.P. Zino. 6. 1 King-No change 1 X + 1 Cone tight outside shoulder technique

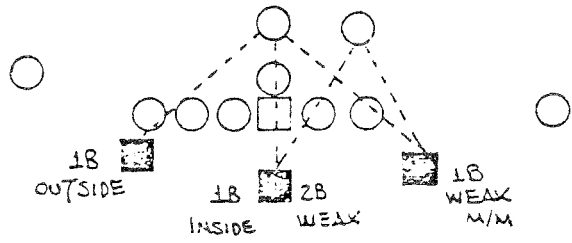
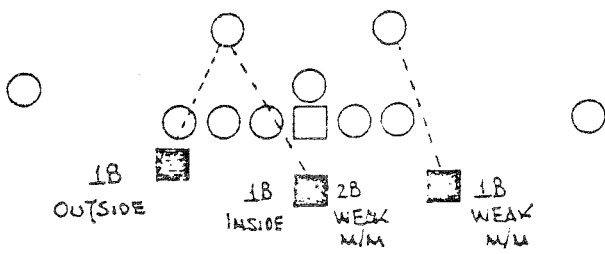
Alignment	Weak	Safety	Key
NORMAL OR PRESS			Offensive Linemen & Backfield Triangle

Run Responsibility	Pass Responsibility
Call: Bronco - Fill (Crack Call) Cleo - Support (King or Cone)	<ol style="list-style-type: none"> 1. Zone the deep middle (give help where help is needed) X or Z post, 1st responsibility. 2. Flood - Y Slo - Cut to "X". 3. Flood - Y Release - Zone middle 4. QB 3 step drop - Anticipate "X" quick post. 5. 1-King-Zone weak alley 6. 1X=WB M/M Flow = Zone middle. 7. 1 Cone = In + Out on X with Corner.

Alignment	Weak	Corner	Key
NORMAL OR PRESS			"X" TO BACKFIELD TRIANGLE C.P. QUICK READ.

Run Responsibility	Pass Responsibility
<ol style="list-style-type: none"> 1. Bronco - Support <ol style="list-style-type: none"> a. "Crack Call" becomes Cleo Force. 2. Cleo - Force (King or Cone) 	<ol style="list-style-type: none"> 1. Cover "X" man for man outside technique. 2. Will have help on post from weak safety. 3. 1 King=X M/M Yale tech 4. 1 Cone=In & Out On X with Coverage on "X" with Jill. C.P. No Press with 1X. 5. 1-X="X" M/M inside technique 6. 1 Cone=In & Out on X with Jill.

COVER 1 - LINEBACKER RESPONSIBILITY



(KEY FOR SWAP)
ALERT: IN & OUT

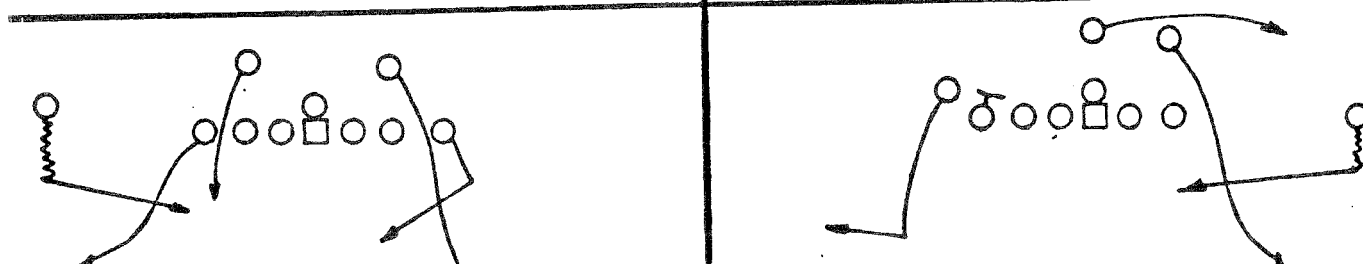
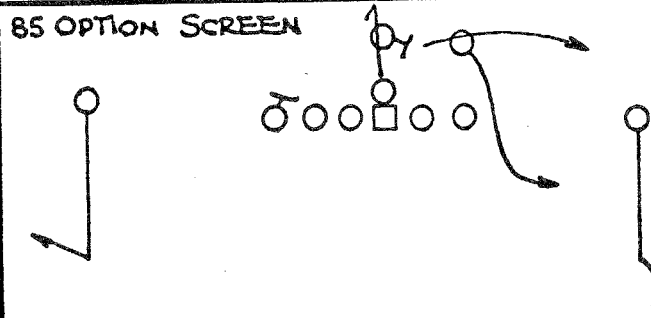
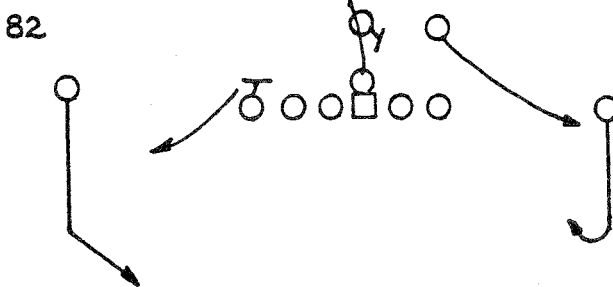
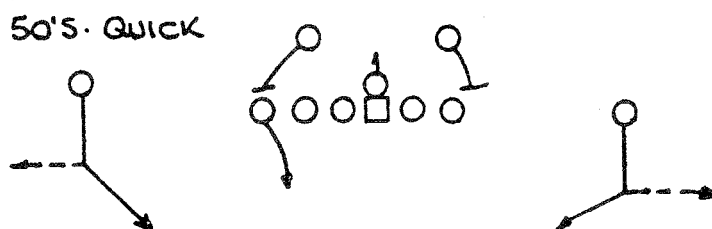
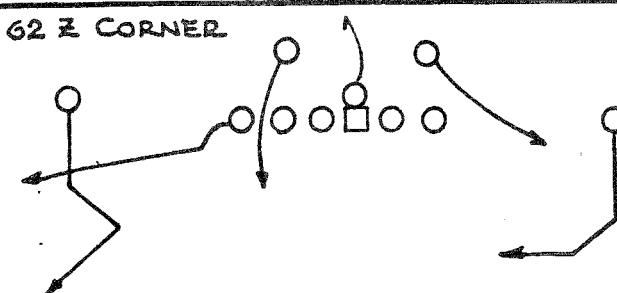
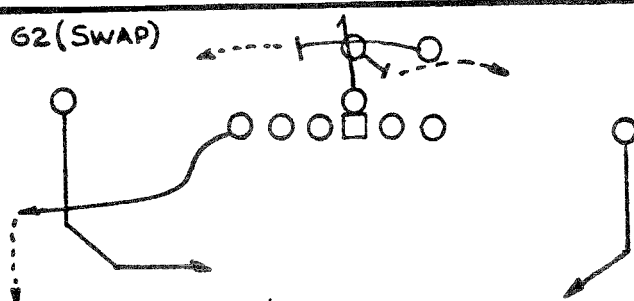
Alignment	Strong Backer	Key
According to call	Y and STRONGBACK	
Run Responsibility		Pass Responsibility
Sky - Fill (Preferred) Bronco - Force		<ol style="list-style-type: none"> Strong back blocks toward you. <ol style="list-style-type: none"> Y releases inside. Hold on strongback. Y releases outside - Wall Y to slot. Strong back release outside of Y - Cover M-M. Strong back release inside of Y - Wall Y into slot area - Y straight, settle in slot area. Y slo or Agg. and Pocket Pass - stay with Y. Flood-take away inside release of Y-drop to strong hook. Stud or KC - Strong back M/M. 1 King - 1 Cone = Same responsibilities + 1 X.

Alignment	Middle Backer	Key
According to call	STRONGBACK	
Run Responsibility		Pass Responsibility
According to front alignment		<ol style="list-style-type: none"> Strong back blocks strong-play Y for inside moves if none, Hold on Str. Back. Strong back release outside of Y - Play for inside moves. Strong back release inside Y - Cover M-M. Flood-take strong back M-M (I & Opp C.P. ALERT In & Out) Key opposite & I for swap action. Flow Strong-2nd back M-M. (Unless SB dives). 1 King-1 Cone same responsibilities. 1 X = SB M/M - Flood.

Alignment	Weak Backer	Key
According to call	WEAKBACK	
Run Responsibility		Pass Responsibility
Bronco Force		<ol style="list-style-type: none"> Cover 1st back weak M-M. If 1st back block - hold for screens or checks. Jet. Flow strong-drop to weak hook-look for Y or 1st crossing C.P. sneak receiver. Flood - 1st back M-M (C.P. I or Opp Alert In & Out) Key opposite & I for swap. 1 King - 1 Cone same responsibilities. 1 X = "X" technique.



G2 (SWAP) 



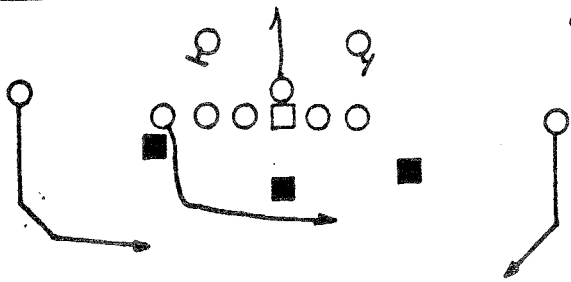
--- INDICATES M-M COVERAGE



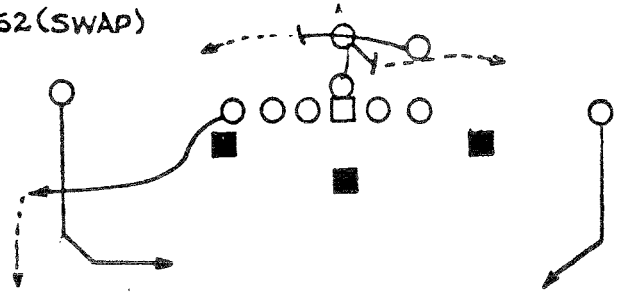
INDICATES AREA

5

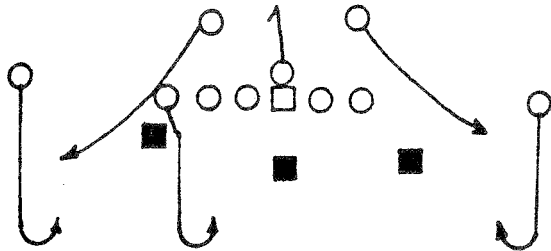
60



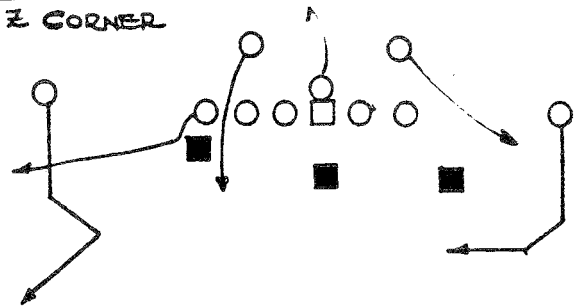
62 (SWAP)



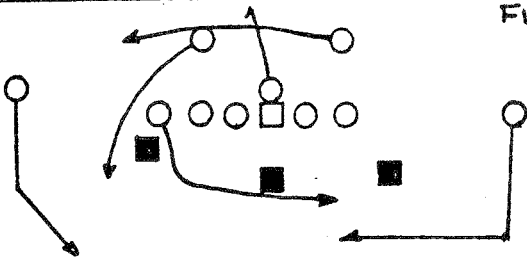
61



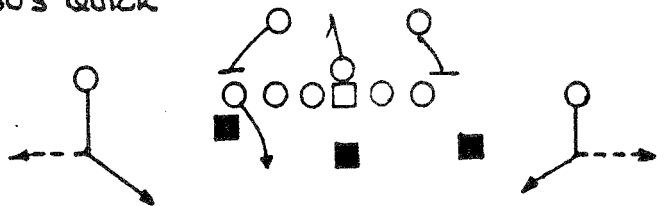
62 Z CORNER



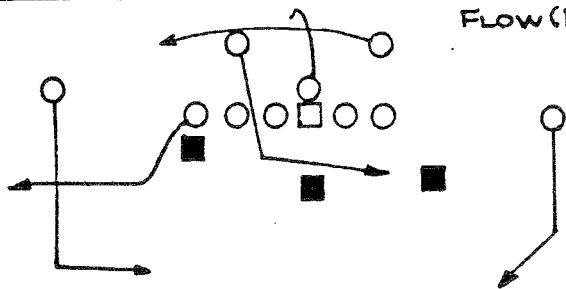
Flow



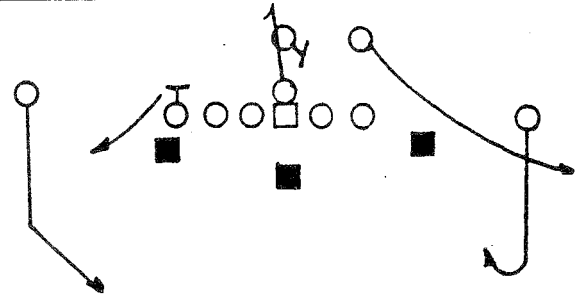
50's QUICK



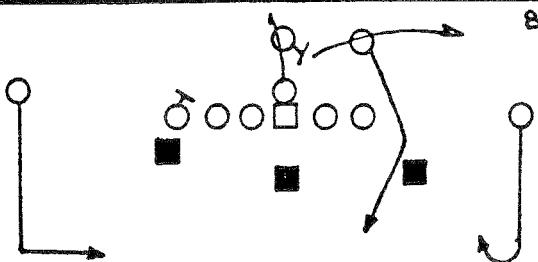
Flow (DIVE)



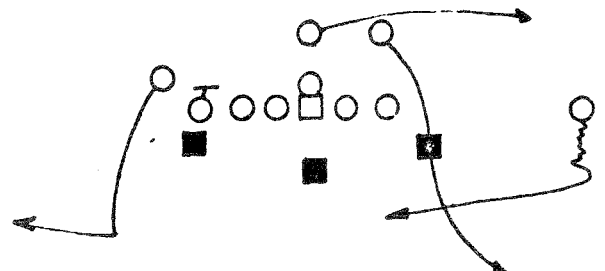
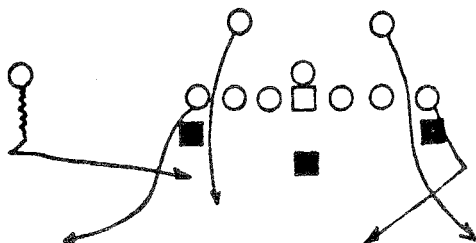
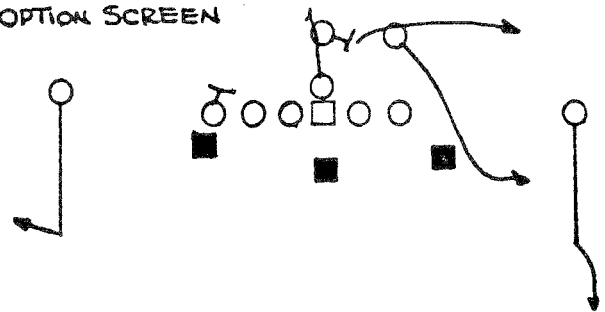
82



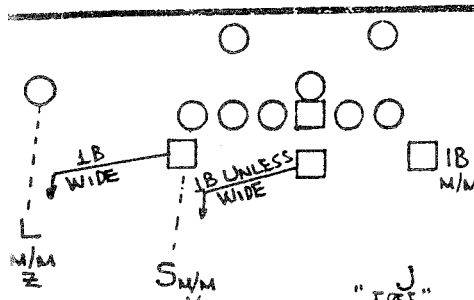
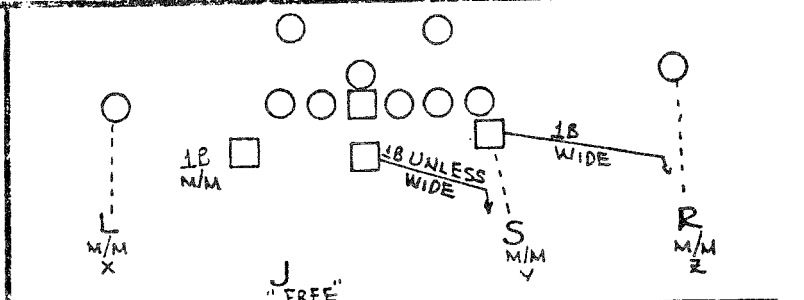
81



85 OPTION SCREEN

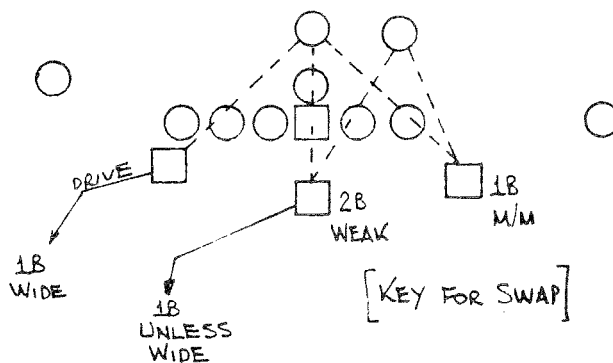
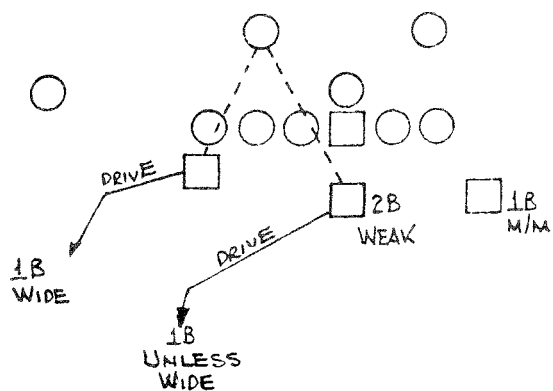


COVER 1 ZIP (STRONGSIDE LB DRIVE)-SECONDARY RESP.

			
<u>Alignment</u>	<u>Strong</u>	<u>Corner</u>	<u>Key</u>
Same as Cover 1.		Same as Cover 1. C.P. Quick Read = B.F. Δ & QB.	
<u>Run Responsibility</u>		<u>Pass Responsibility</u>	
Same as Cover 1.		<ol style="list-style-type: none"> 1. Cover Z man for man. 2. Help from Stub or Mac inside. 3. Help from Weak Safety on post. 4. Flow Strong = Overlay outside techniques. 	
<u>Alignment</u>	<u>Strong</u>	<u>Safety</u>	<u>Key</u>
Same as Cover 1.		Same as Cover 1.	
<u>Run Responsibility</u>		<u>Pass Responsibility</u>	
Same as Cover 1.		<ol style="list-style-type: none"> 1. Cover Y man for man. C.P. Flood - inside technique. 2. No inside help from linebackers. 3. Y Straight - "Cut" on "Z". 4. Y Slo - Back Blocks = "Cut" to Z. 5. Y Slo with Flood = Give Yankee Call and zone strong alley. C.P. "Cut". 6. Flow Strong & Y Over = "Cut" to Z. 	
<u>Alignment</u>	<u>Weak</u>	<u>Safety</u>	<u>Key</u>
Same as Cover 1.		Same as Cover 1.	
<u>Run Responsibility</u>		<u>Pass Responsibility</u>	
Same as Cover 1.		Same as Cover 1.	
<u>Alignment</u>	<u>Weak</u>	<u>Corner</u>	<u>Key</u>
Same as Cover 1.		Same as Cover 1. C.P. Quick Read = B.F. & QB.	
<u>Run Responsibility</u>		<u>Pass Responsibility</u>	
Same as Cover 1.		Same as Cover 1.	

COVER 1 ZIP (STRONGSIDE LB DRIVE) - LB RESP.

7



Alignment

Strong Backer

Key

Outside shoulder of "Y"

"Z" and STRONGBACK

Run Responsibility

Sky) - Fill

Bronco*-Force
(*Preferred)

Pass Responsibility

1. Drive out to "Z". Take away slant - level off inside, for turn inside moves.
2. Strongback runs wide, medium, or flat cover him M/M (If wide, Mac replaces Stub).
3. Y blocks - stay with Y.
4. Flood, Y Release - Stub go through with drop.
5. Y Straight & Y Straight & Go M/M.

Alignment

Middle Backer

Key

According to call.

STRONGBACK

Run Responsibility

According to front alignment

Pass Responsibility

1. Strongback M/M unless he runs wide, medium or flat.
2. Strongback runs wide, medium, or flat, zone the SLOT area, looking for inside moves of Z.
3. Key opposite & I for swap action.
4. Flood take strongback M/M (Alert In & Out).
5. Strongback blocks strong - drop to short hook area.
6. Flow strong - 2nd back M-M. (unless Str. Back dives).

Alignment

Weak Backer

Key

According to call

WEAKBACK

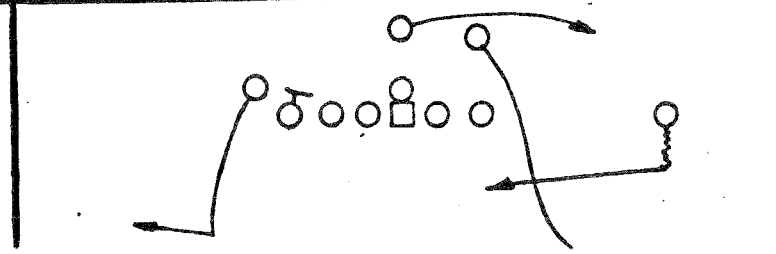
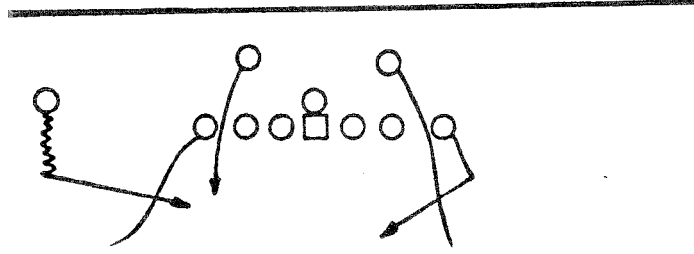
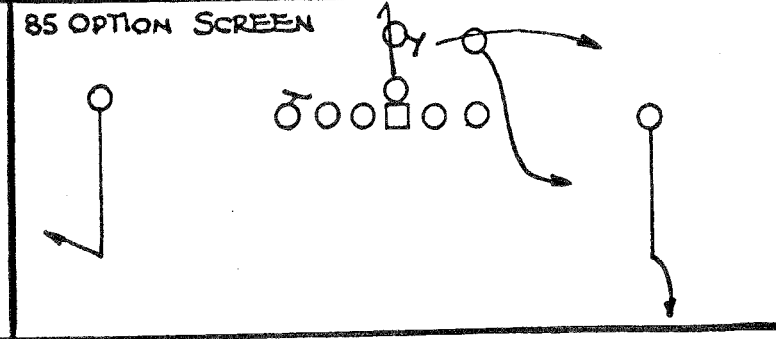
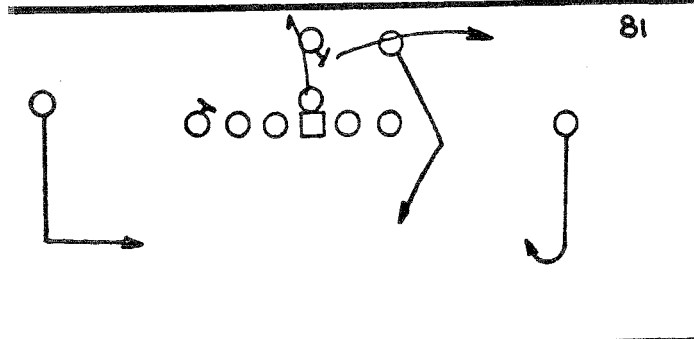
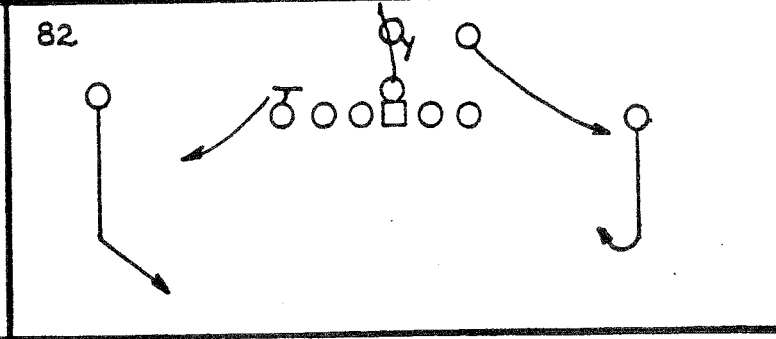
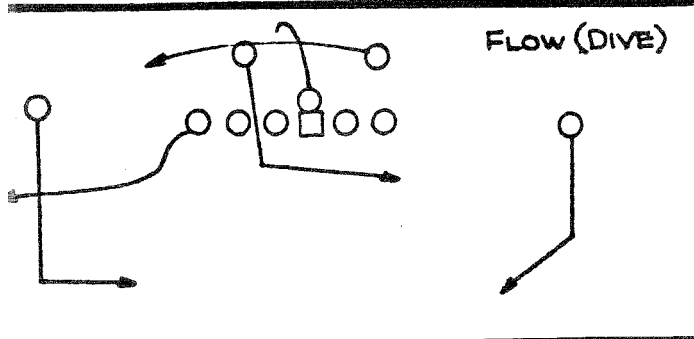
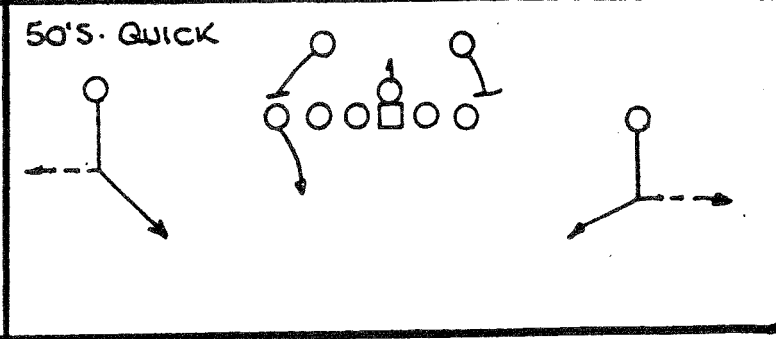
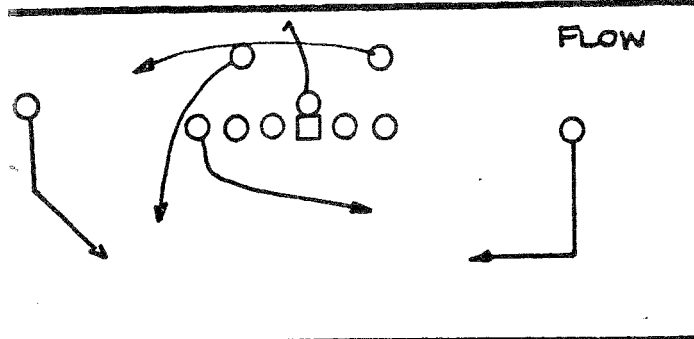
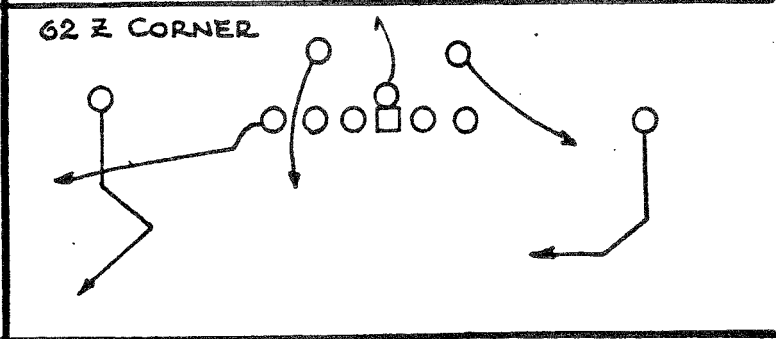
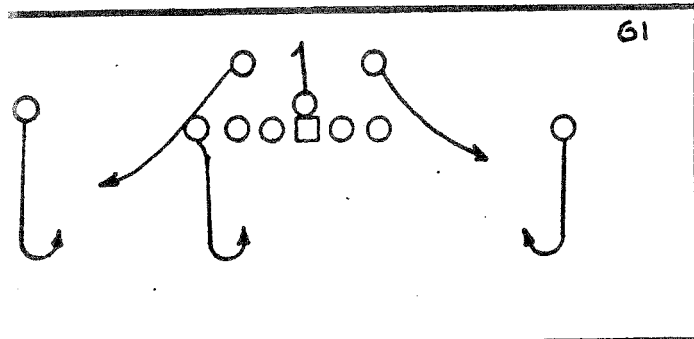
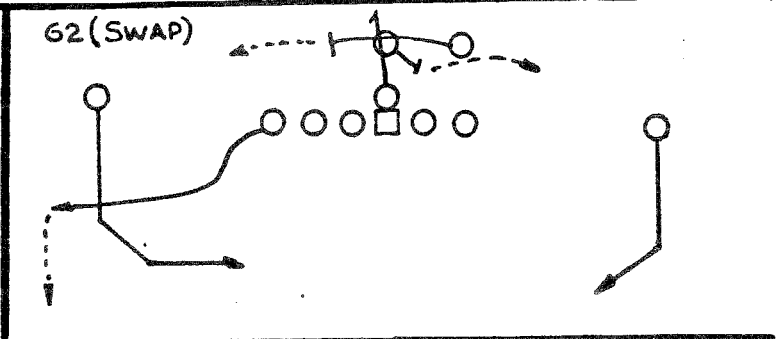
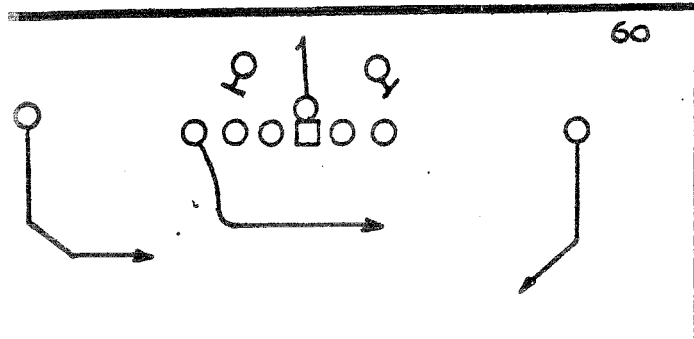
Run Responsibility

ronco Force

Pass Responsibility

1. Cover 1st back weak M/M.
2. If 1st back weak blocks - hold for check or screens (Jet)
3. Key opposite & I for swap action.
4. Flow Strong - drop to weak slot - Look for Y Cross or Sneak.
5. Flood - 1st back M/M (Alert In & Out).

----- INDICATES M-M COVERAGE
O O O O O INDICATES AREA

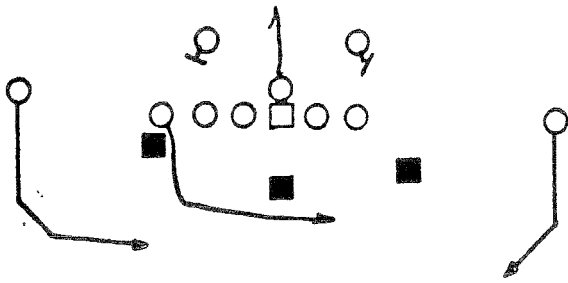


----- INDICATES M-M COVERAGE

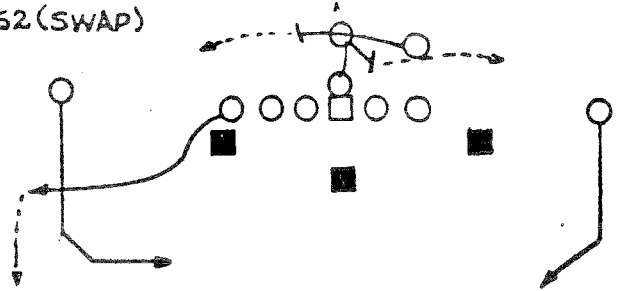


INDICATES AREA

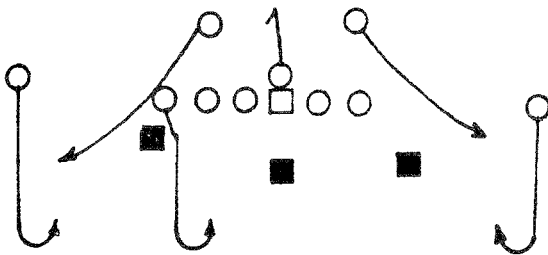
60



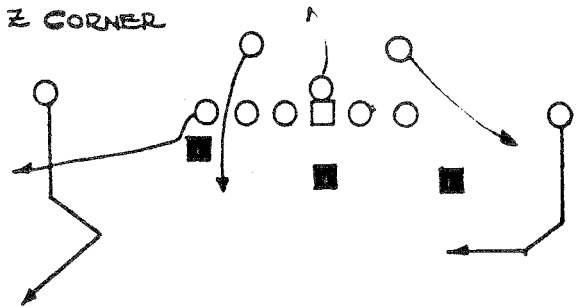
62 (SWAP)



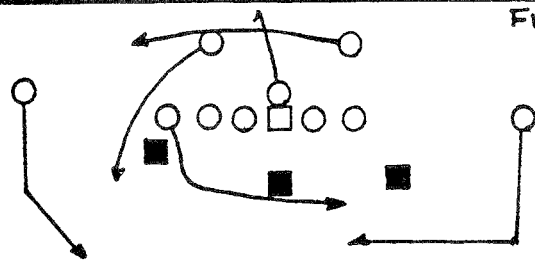
61



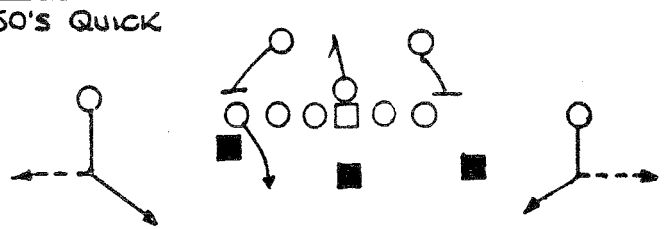
62 Z CORNER



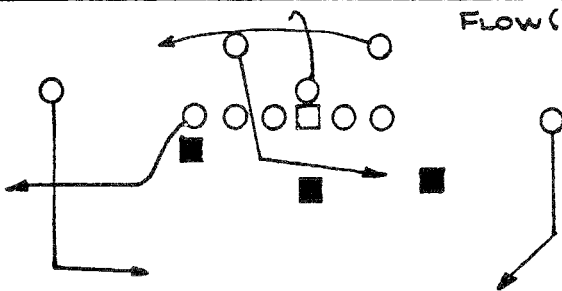
FLOW



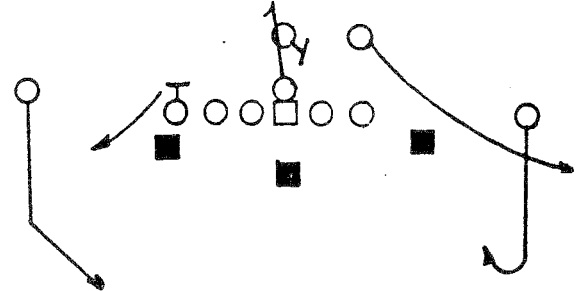
50'S QUICK



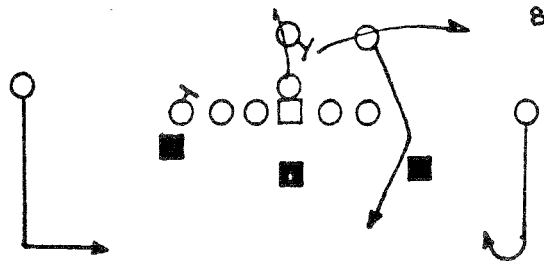
FLOW (DIVE)



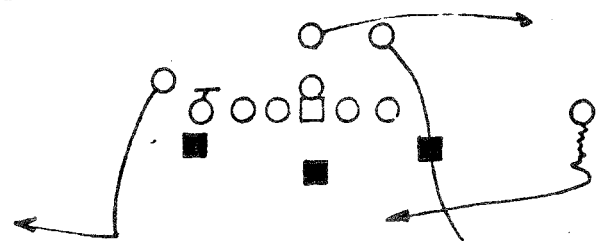
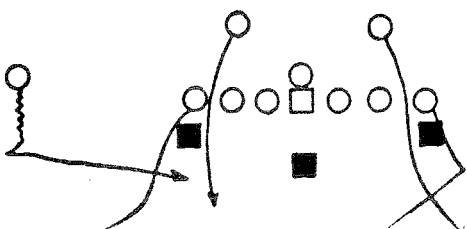
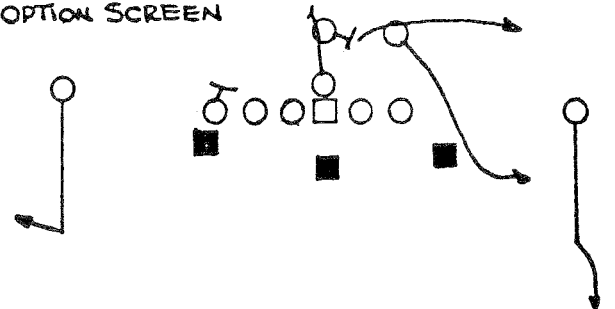
82



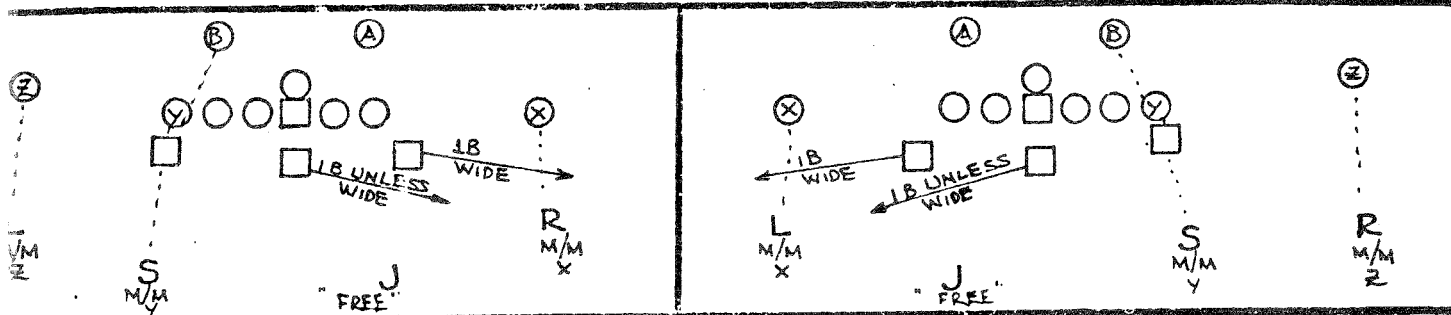
81



85 OPTION SCREEN



COVER 1 WANDA (WEAKSIDE LB DRIVE) - SECONDARY RESP.



Alignment
Same as Cover 1.

Strong

Corner

Sames as Cover 1.

Key

Run Responsibility
Same as Cover 1.

Pass Responsibility
Same as Cover 1.

Alignment
Same as Cover 1.

Strong

Safety

Same as Cover 1.

Key

Run Responsibility
Same as Cover 1.

- Pass Responsibility
1. "Y" Release - Cover Man for Man.
(a) No linebacker help inside.
 2. Y Blocks - Cover 1st back inside or outside.
 3. Y Blocks - Flood = Yankee call. (C.P. - "Cut")
 4. If sloop by stub - Stay with Y Slo.
 5. Flow Strong & Y Over = Cut to Z.

Alignment
Sames as Cover 1.

Weak

Safety

Same as Cover 1.

Key

Run Responsibility
Same as Cover 1.

Pass Responsibility
Same as Cover 1.

Alignment
Same as Cover 1.

Weak

Corner

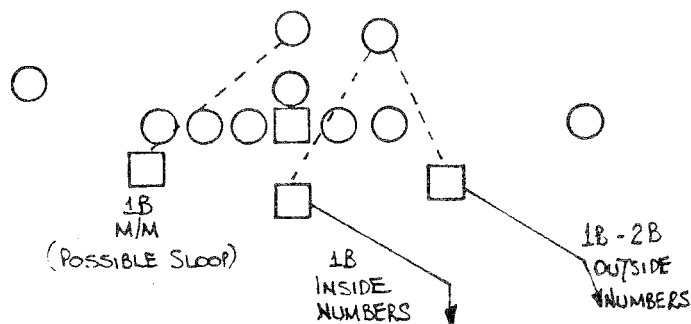
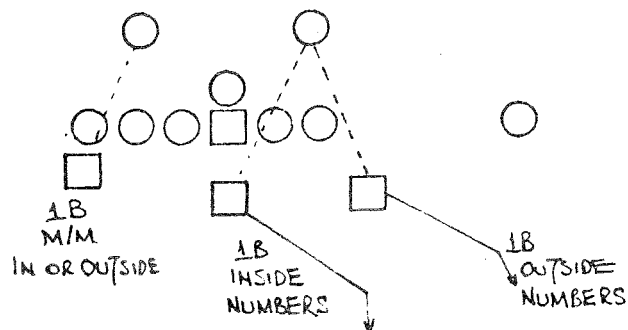
Key

Run Responsibility
Same as Cover 1.

- Pass Responsibility
1. Play tough on corner pattern.
 2. Help underneath by linebackers.
* Must yell out to Buck when X runs out pattern.
 3. Flood - Do not expect underneath help.

COVER I WANDA- LB RESPONSIBILITY

11



Alignment

Strong

Backer

Key

According to call

STRONGBACK THRU Y

Run Responsibility

Pass Responsibility

Sky - Fill

1. Strongback blocks your side of ball - Jet.
2. Strongback any release strongside - M/M.
3. Y blocks & pocket pass - stay with Y.
4. Flood - take away inside release of Y - drop to strong hook.
5. Possible sloop.

Bronco Force

Alignment

Middle

Backer

Key

According to call

WEAKBACK

Run Responsibility

Pass Responsibility

According to front alignment

1. Weakback blocks - drop to weak hook - alert for checks & screens - HOLD on inside slide. (Jet)
2. Drive to weak hook reading weakback -
 - a. Cover weakback M/M on any move inside.
 - b. Any move outside, - look for X.
3. Flow strong weakback M/M.
4. Flood - weakback key & coverage accordingly.
5. Possible sloop.

Alignment

Weak

Backer

Key

According to Call

WEAKBACK

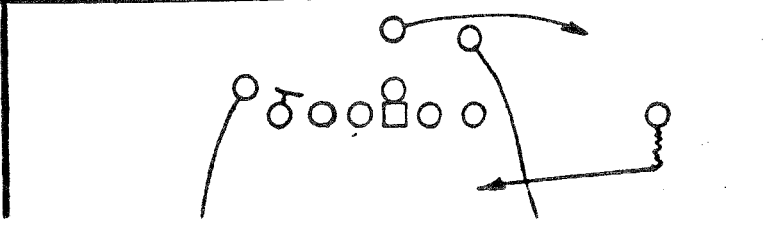
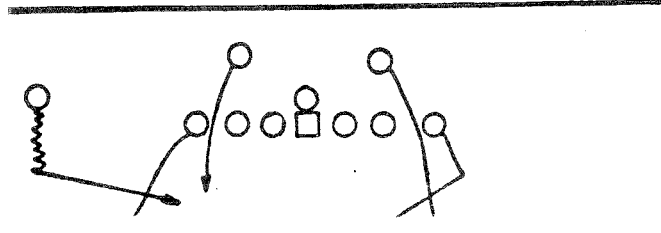
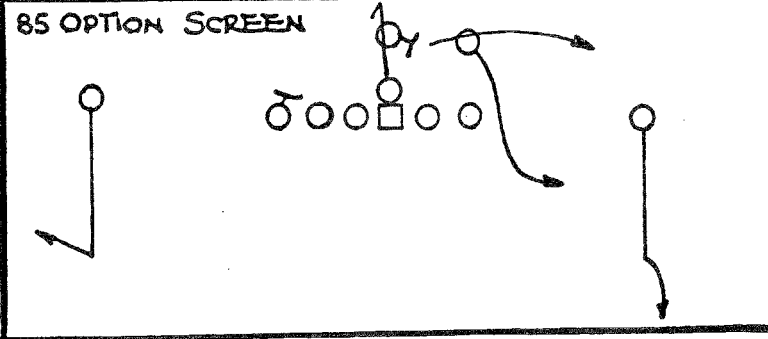
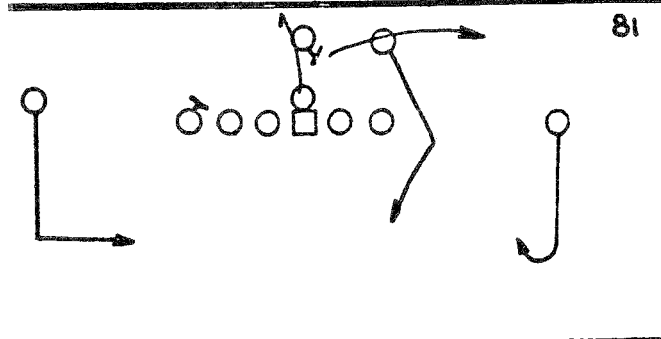
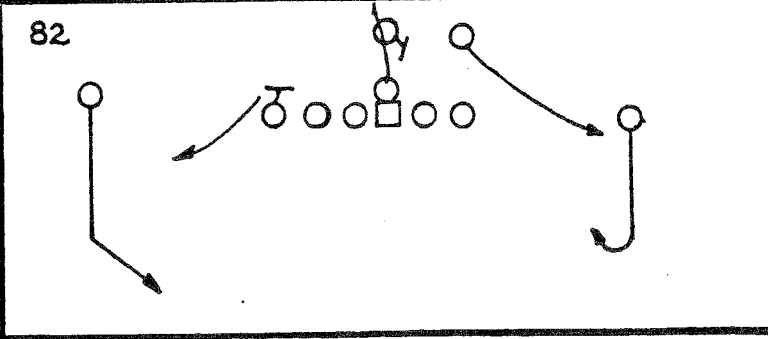
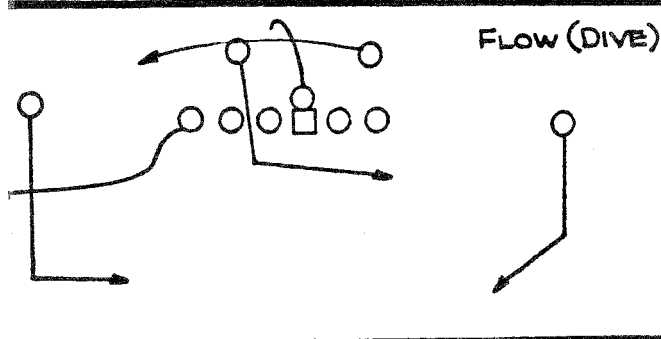
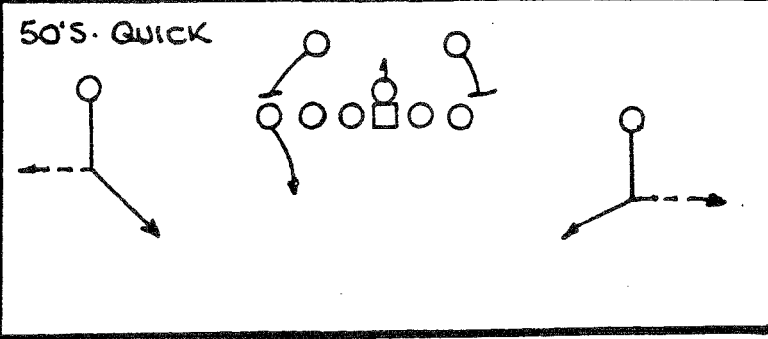
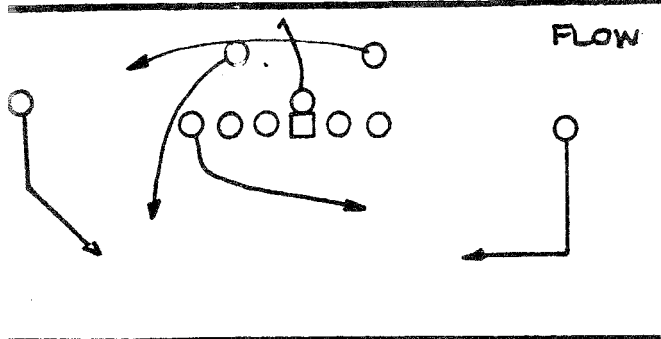
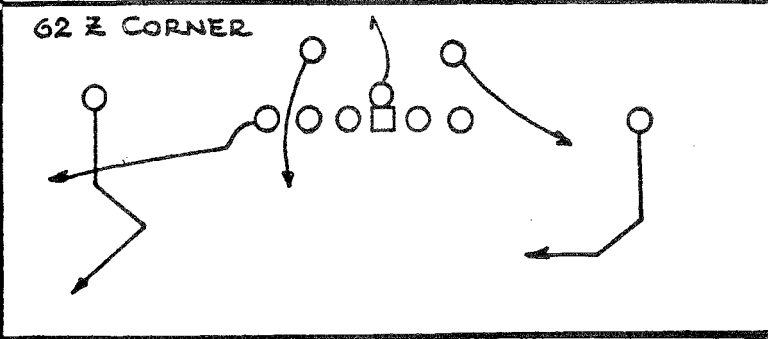
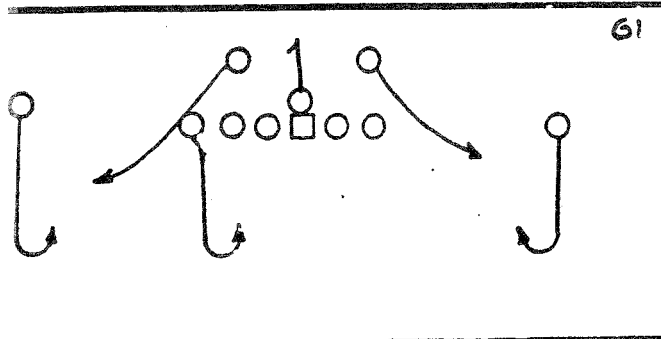
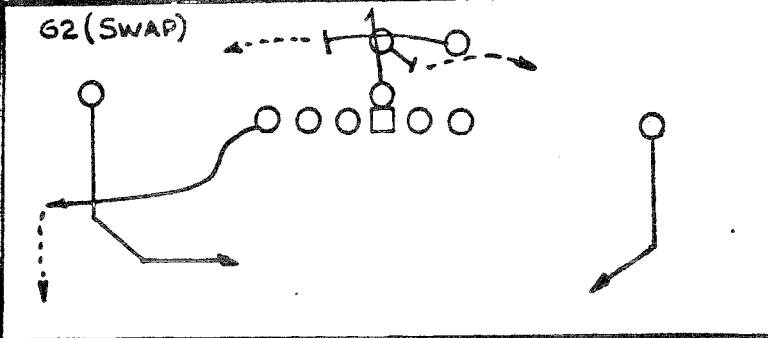
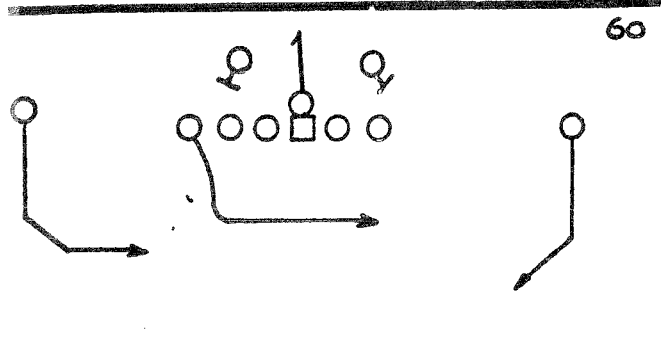
Run Responsibility

Pass Responsibility

Bronco Force

1. Drive to out, reading weakback.
2. Weakback blocks, zone the out.
3. Weakback releases: inside - play X tough outside- Cover M/M.
4. Flow strong-Drop to weak slot-Look for Y-Cross or Sneak
5. Flood - weakback key & coverage accordingly (Alert In & Out).
6. Possible sloop.

----- INDICATES M-M COVERAGE
 O O O O O O O O O O INDICATES AREA

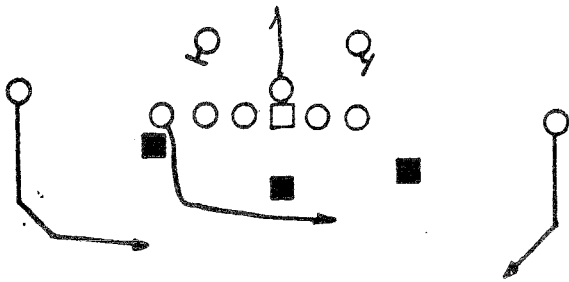


----- INDICATES M-M COVERAGE

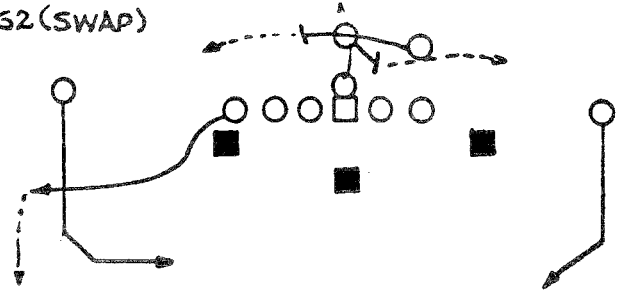


INDICATES AREA

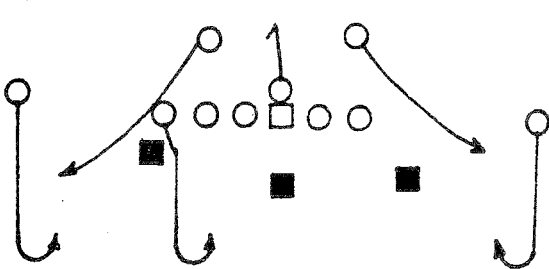
60



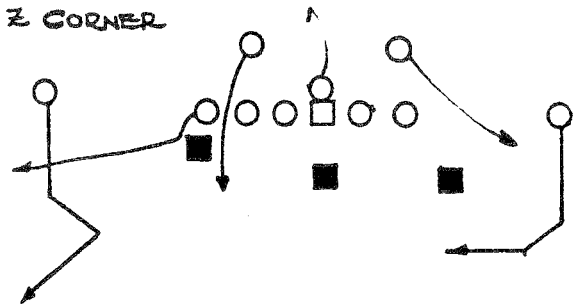
62 (SWAP)



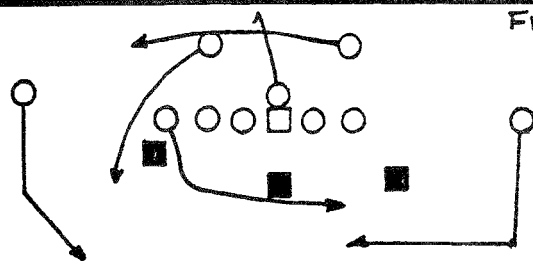
61



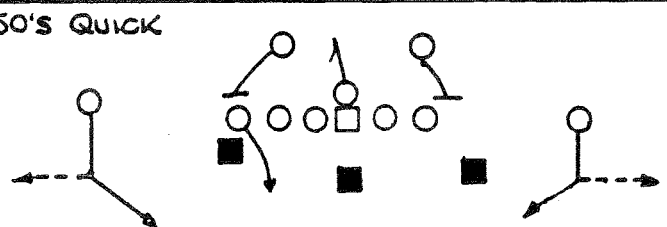
62 Z CORNER



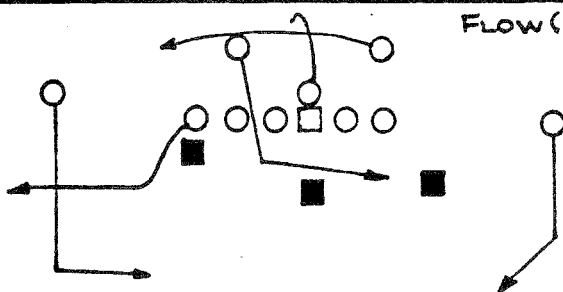
FLOW



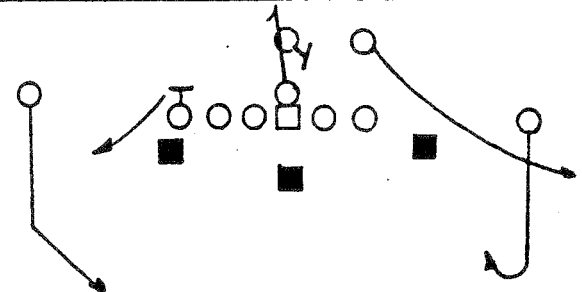
50'S QUICK



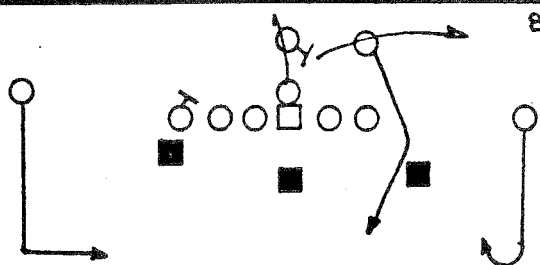
FLOW (DIVE)



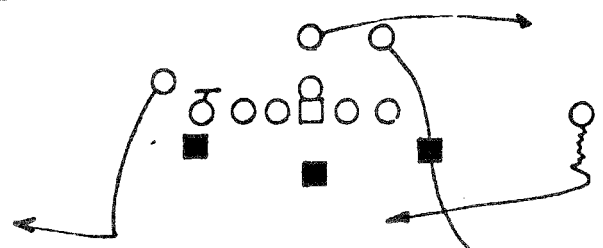
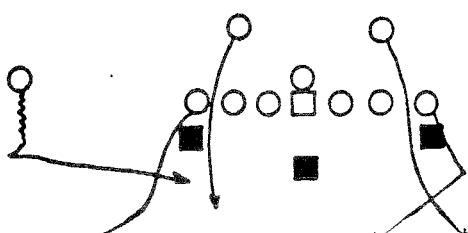
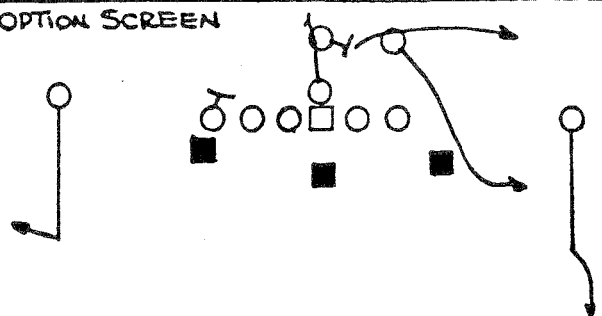
82



81



85 OPTION SCREEN



COVER 2

&

2 YALE

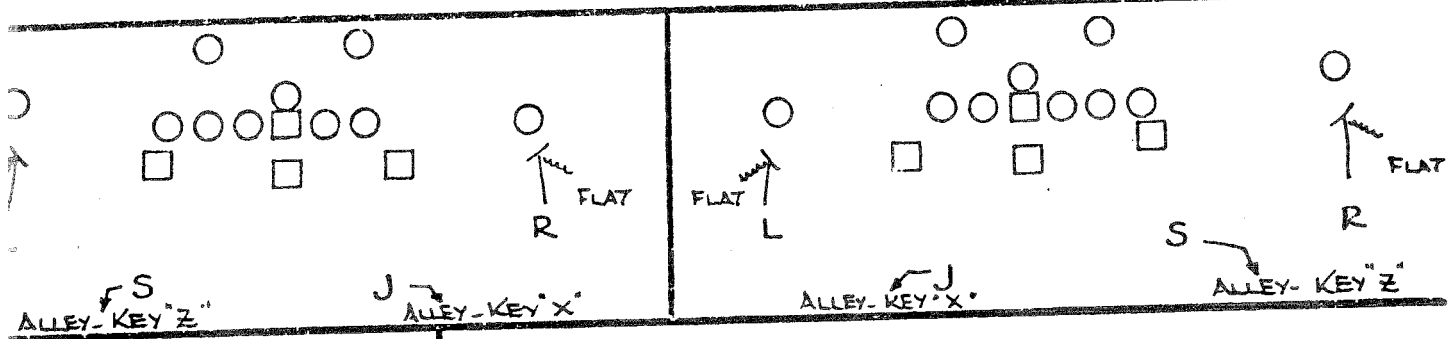
COVER 2

DOUBLE ROTATION BOTH WEAK &
STRONG WITH SAFETIES PLAYING 2
DEEP ZONES - 5 UNDERNEATH

COVER 2 YALE

DOUBLE ROTATION TO DEEP
ALLEYS FOR SAFETIES -
5 UNDERNEATH PLAYING TOUGH
MAN TO MAN COVERAGE

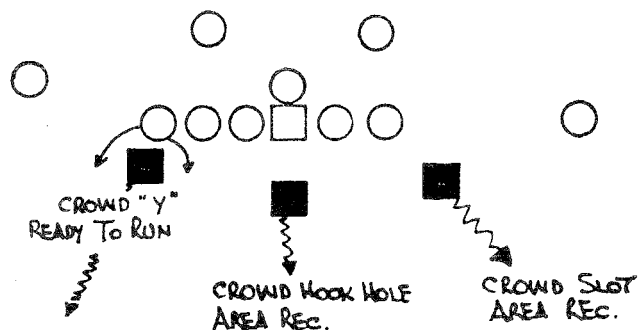
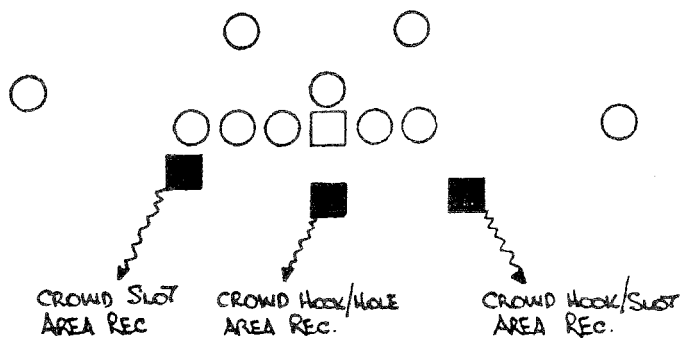
COVER 2- SECONDARY RESPONSIBILITY



Alignment	Strong	Corner	Key
NORMAL OR PRESS	"Z", Pulling Linemen and/or Flow - Y Blocks - Press - "Z".		
Run Responsibility	<u>Pass Responsibility</u> 1. Disrupt Pattern of "Z" - Force inside release, if possible. a. Inside Release-Work for depth & width 12-15 yds deep, C.P. Straight & Go & Shoot & Go = M/M. b. Outside Release-Work to jam receiver or force out of bounds. C.P. Clean outside release = M/M on Z. 2. Press or Run or Run Jam-do not allow outside release. Get to area or responsibility C.P. Flood work for extra depth. a. Listen for "Stay" call by safety.		
CLEO - FORCE (Listen for "Stay" call)			
Alignment	Strong	Safety	Key
NORMAL OR PRESS	Pulling Lineman and/or Flow - Y Blocks - Then QB.		
Run Responsibility	<u>Pass Responsibility</u> 1. Zone strongside $\frac{1}{2}$ of field-sprint to your "point" as you read QB and release of "Z", Break to reception area on QB's aim. 2. If run read-call "Stay" to your corner. 3. QB 3 step drop - Play fade or Qk. post on read of QB. 4. Peripheral vision = know Y's route.		
CLEO FORCE - SUPPORT (GIVE "STAY" CALL TO CORNER)			
Alignment	Weak	Safety	Key
NORMAL OR PRESS	Pulling Lineman and/or Flow - Y Blocks - Then Z.		
Run Responsibility	<u>Pass Responsibility</u> 1. Zone weakside $\frac{1}{2}$ of field-sprint to your point as you read QB & release of "X" break to reception area on QB's aim. 2. Run read "Stay" to corner. C.P.: 3 step drop by QB.		
CLEO FORCE - SUPPORT (GIVE "STAY" CALL TO CORNER)			
Alignment	Weak	Corner	Key
NORMAL OR PRESS	"X", Pulling Linemen and/or Flow.		
Run Responsibility	<u>Pass Responsibility</u> 1. Disrupt pattern of "X"-Force inside release, if possible. a. Inside Release-work for depth & width 12-15 yds deep, C.P. Shoot & Go M/M. b. Outside Release-work for jam on receiver or force of bounds. Get head inside, read QB & react to ball, C.P. clean outside release M/M.		
	Strong Corner		

COVER 2- LINEBACKER RESPONSIBILITY

3



Alignment

According to Call

Strong Backer

Key
QB, Strongback & TE (Recognize 3 receiver side, and 2 receiver side)

Run Responsibility

Fill (Cleo Force)

Pass Responsibility - Zone S/S Hook to slot

1. Jam Y & read move of strongback.
2. Strongback moves toward you -
 - a. Y rel. outside-funnel to outside don't allow quick deep release; seam pattern, run with him. Straight= zone curl
 - b. Y rel. inside, jam & drop to slot area.
3. Strong back moves away from you - Ride Y inside or outside - crowd him unless "straight" pattern.
4. Y Slo - drop straight back.
5. C.P. Scramble.
6. Flow=Zone slot. C.P. "Collapse?".

Alignment

According to Call

Middle Backer

Key
QB, Strongback & TE/or Wk Back (Recognize 3 Receiver Side & 2 Receiver side)

Run Responsibility

According to front alignment

Pass Responsibility

1. Open to side of strong back's move
2. Strong back strongside -
 - a. Crowd inside receiver of two (Y or B) Cover any deep release upfield M/M. - Y or B cross - Release & Zone Hole.
3. Strong back weakside -
 - a. Crowd inside receiver from weak side (A or B) DON'T let either penetrate deep.
5. C.P. Scramble.
6. Flow: Zone S/S hook. C.P. Collapse.

Alignment

According to Call

Weak Backer

Key
QB, Strongback & Wk Back (Recognize 3 Receiver Side and 2 Receiver Side)

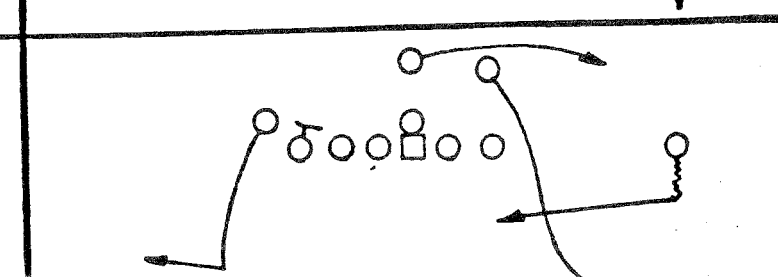
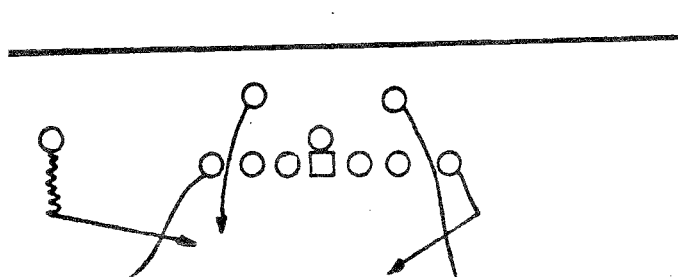
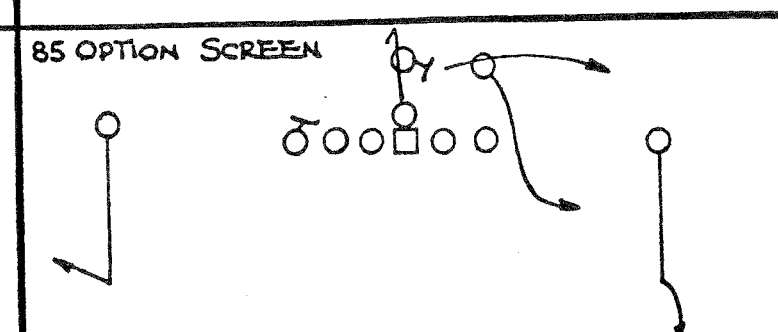
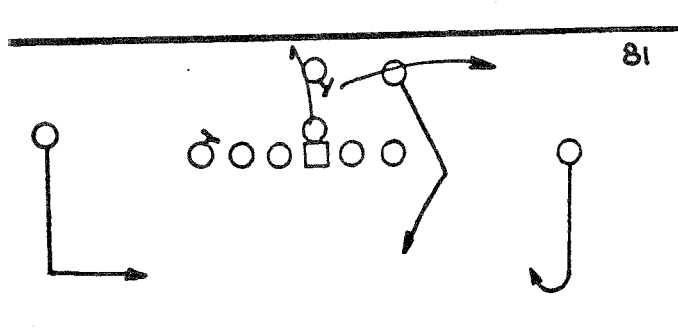
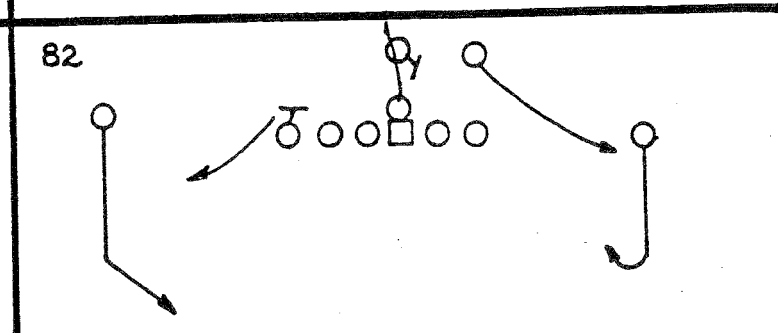
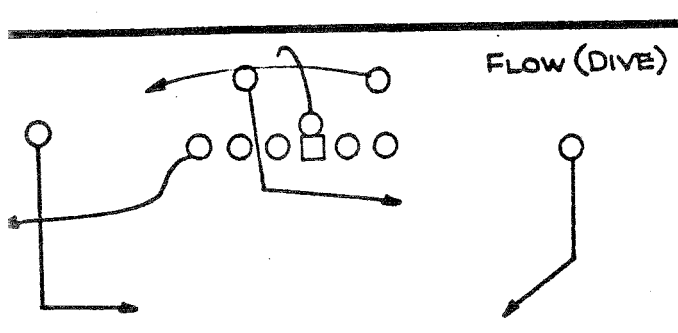
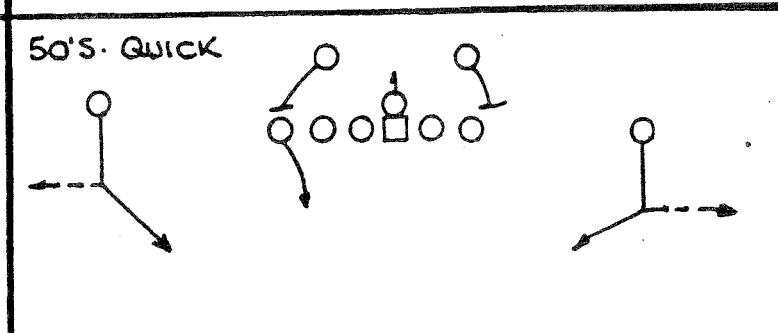
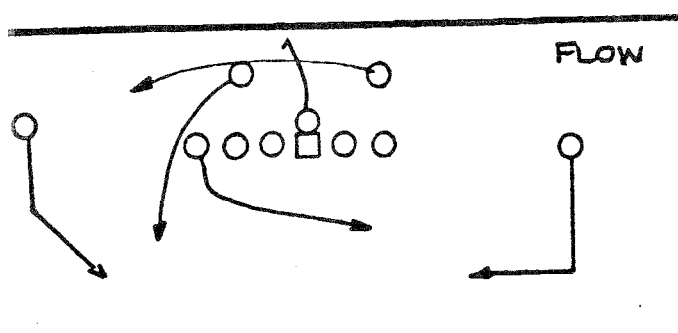
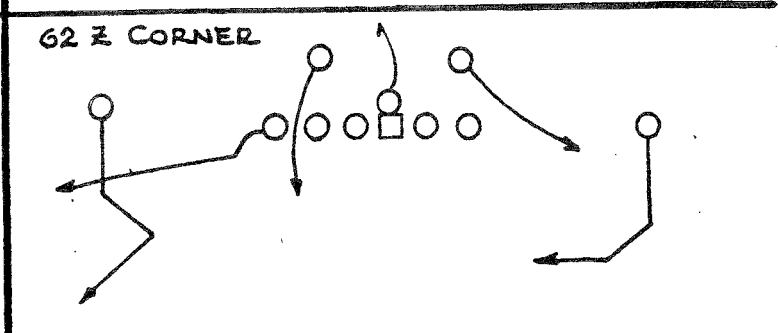
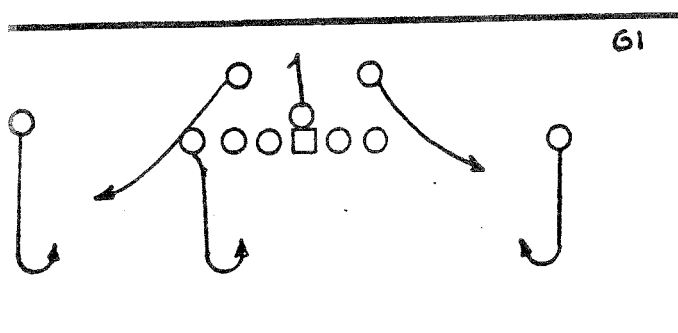
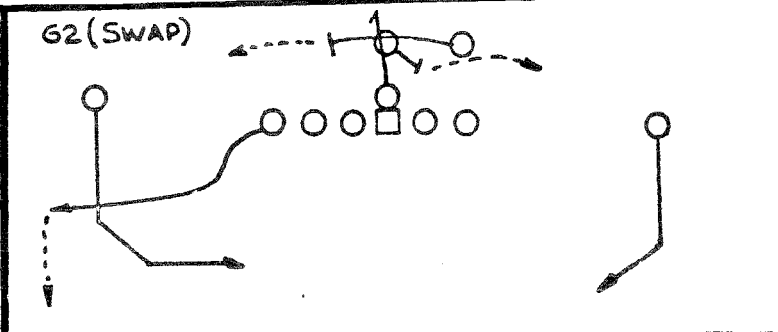
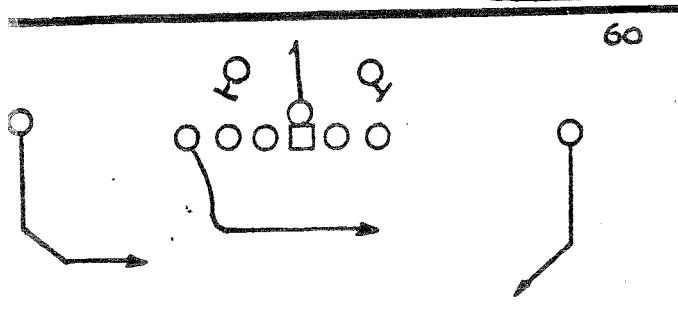
Run Responsibility

Fill (Cleo Force)

Pass Responsibility - Zone W.S. hook to slot area

1. Drop straight back - read move of weak back.
2. FLOW - Zone slot area - look for "X" in.
3. FLOOD:
 - a. Drop immediately to slot area. C.P. collapse.

----- INDICATES M-M COVERAGE
 O INDICATES AREA



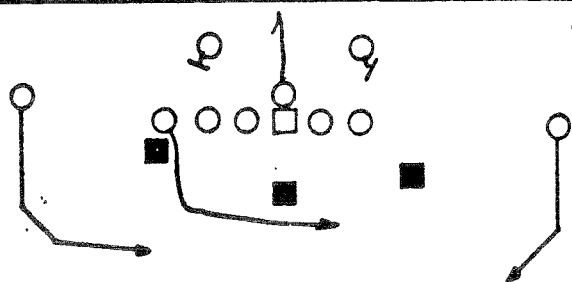
----- INDICATES M-M COVERAGE



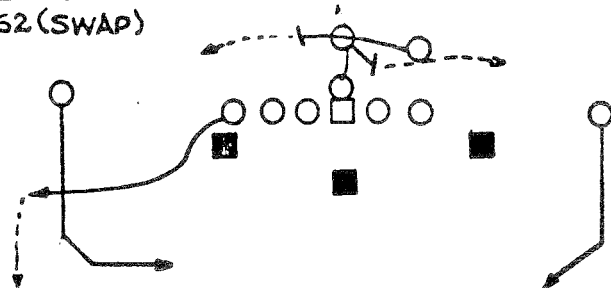
INDICATES AREA

5

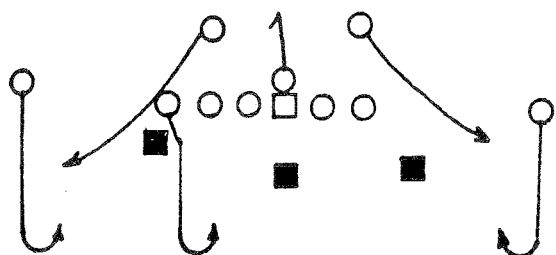
60



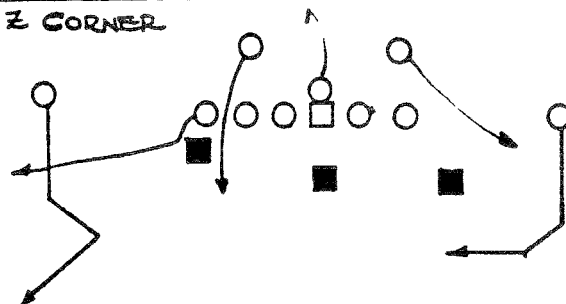
62 (SWAP)



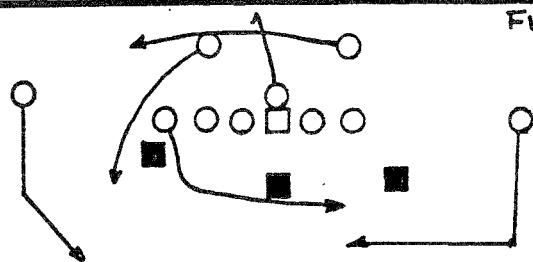
61



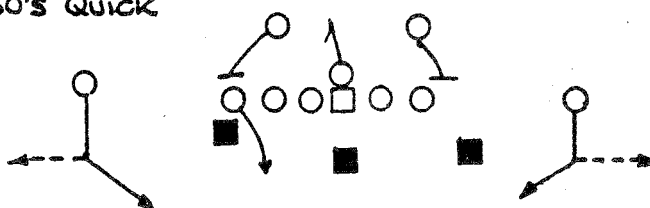
62 Z CORNER



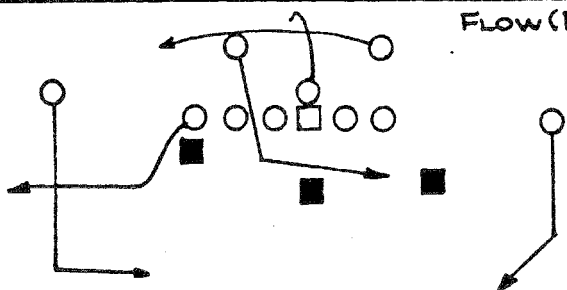
Flow



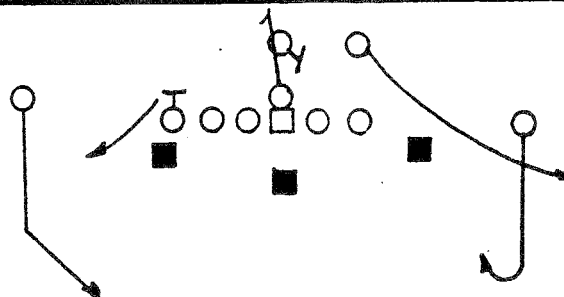
50's QUICK



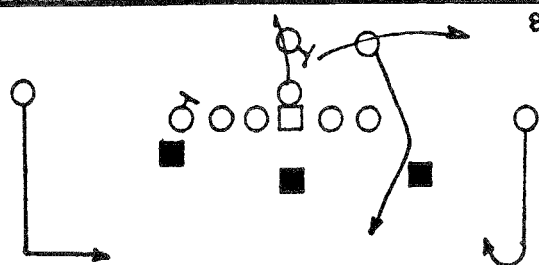
Flow (DIVE)



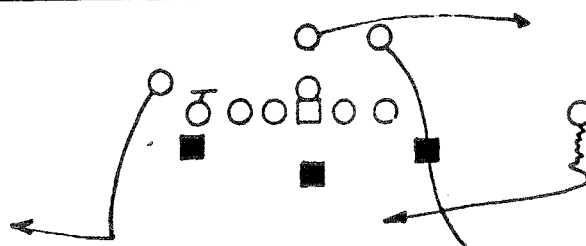
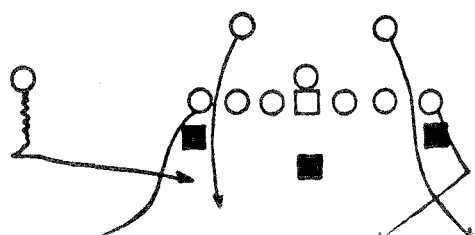
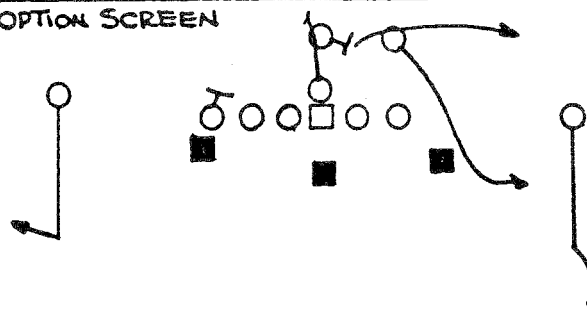
82



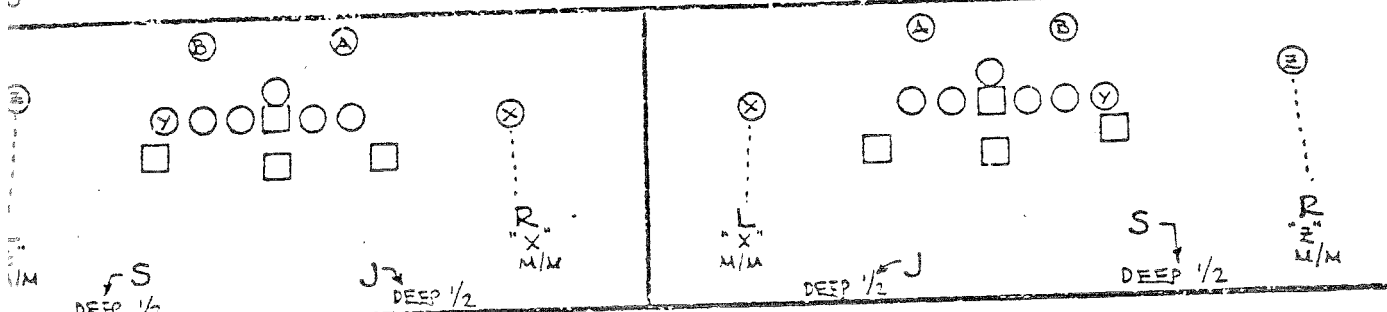
81



85 OPTION SCREEN



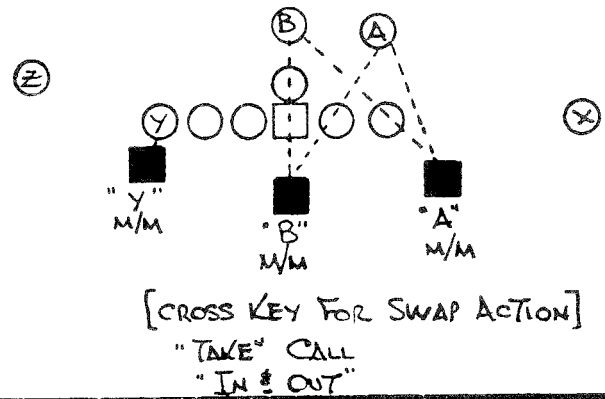
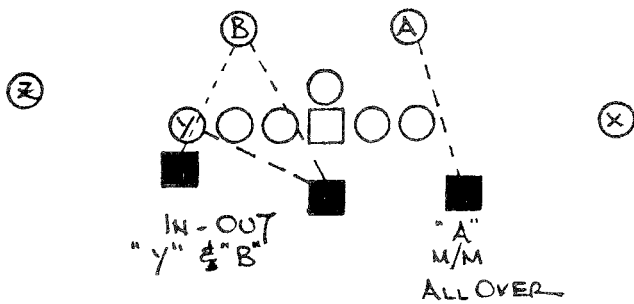
COVER 2 YALE - SECONDARY RESPONSIBILITY



Alignment	Strong Corner	Key
NORMAL OR PRESS	<p>"Z". LISTEN FOR "STAY OR RUN CALL" FROM SAM - C.P. PRESS or NORMAL READS DIFFER</p>	
Run Responsibility	Pass Responsibility	
CLEO-FORCE	<ol style="list-style-type: none"> Cover "Z" M/M. <ol style="list-style-type: none"> Normal - Inside mirror technique. Play underneath for interception-C.P. "Soft". Run Jam - Controlled run jam through inside shoulder-recover to inside trail position. Mirror inside ear (Head up position-C.P. Press Sprint Call-C.P. inside release. C.P. "Float" or "Zing" - In & Out. 	
Alignment	Strong Safety	Key
NORMAL or PRESS	<p>Z-Pattern & QB. C.P. Corner in Press = Run or Stay Call</p>	
Run Responsibility	Pass Responsibility	
CLEO FORCE	<ol style="list-style-type: none"> Drive to point 4 yds inside numbers, read QB & react to ball. <ol style="list-style-type: none"> Zone and help accordingly. FLOW - Drive to hash mark. C.P. protect corner. QB sprint - Give corner "Sprint" call. Widen to hash. C.P. FLOAT or ZING - IN & OUT. 	
GIVE STAY CALL		
SUPPORT		
C.P. PRESS		
Alignment	Weak Safety	Key
NORMAL or PRESS	<p>"X"-PATTERN & QB. C.P. Corner in Press = RUN or STAY Call</p>	
Run Responsibility	Pass Responsibility	
CLEO FORCE	<ol style="list-style-type: none"> Drive to point 4 yds inside numbers read QB & react to ball. <ol style="list-style-type: none"> Zone and give help accordingly. FLOW = Back 2/3's no wider than necessary. Sprint wk = give sprint call to W/C & siden to hash. C.P. "X" Flex - In & Out. 	
GIVE "STAY CALL"		
SUPPORT		
Alignment	Weak Corner	Key
NORMAL or PRESS	<p>"X" LISTEN FOR "STAY OR RUN CALL" FROM JILL. -C.P. PRESS or NORMAL, READS DIFFER.</p>	
Run Responsibility	Pass Responsibility	
CLEO - FORCE	<ol style="list-style-type: none"> Cover "X" M/M. <ol style="list-style-type: none"> Normal - Inside mirror technique. Play underneath for interception-C.P. "Soft". Run Jam-Controlled run jam through inside shoulder-recover to inside trail position. Press-Mirror inside ear (Head up position-C.P. Sprint Call-C.P. inside release. 	

COVER 2 YALE - LINEBACKER RESPONSIBILITY

7



Alignment

Strong Backer

Key

Accordingly to call
Take call-Align inside eye of "Y"

"Y" AND STRONGBACK

Run Responsibility

Cleo Force

Pass Responsibility

1. You are in & out with MAC on the strongback and Y.
 - a. Y release outside-cover him M-M.
 - b. Y release inside-take strongback M-M.
 - c. Flood-"Y" M-M.
2. If "Take", stub takes "Y" M-M all the way.
3. Double Poc; Automatic take call.
Opposite or I - TAKE on MAMBO call.
4. C.P. Adj. to unusual sets.
5. Flow - Str. Slot widest Rec. M/M.

Alignment

Middle Backer

Key

According to call

STRONGBACK AND Y

Run Responsibility

According to the front alignment

Pass Responsibility

1. You are in & out with STUB on strongback and Y.
 - a. Y releases inside-cover him M-M. "Talk".
 - b. Y releases outside-cover strongback M-M.
 - c. Flood-take 2nd back weak M-M or in & out.
2. If "Take"-MAC responsible for strongbacker all the way.
3. Cross key the opposite set for swap action.
4. Double Poc-Automatic take call.
5. Opp. + I - TAKE or MAMBO call.
6. C.P. ADJ. to unusual sets.
7. FLOW - Str. Hook inside Rec. M/M.
8. C.P. Adj. to unusual sets.

Alignment

Weak

Backer

Key

According to call

WEAKBACK

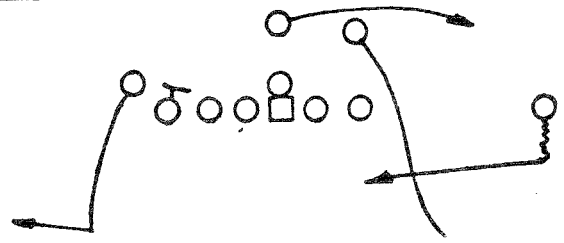
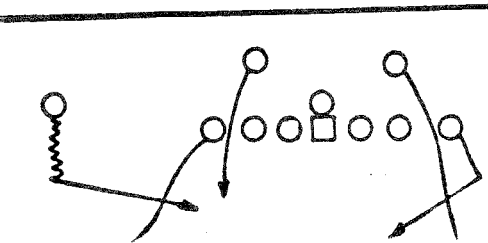
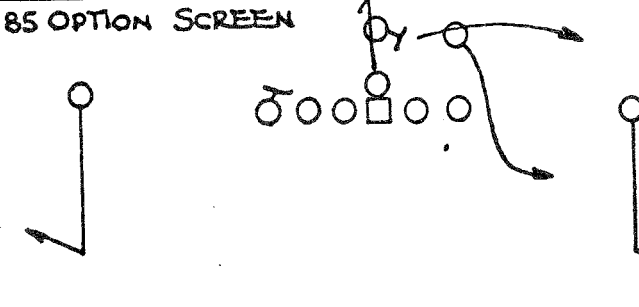
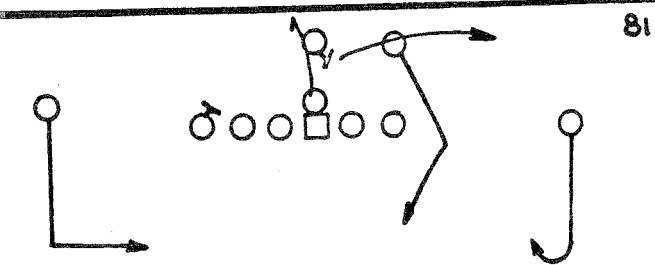
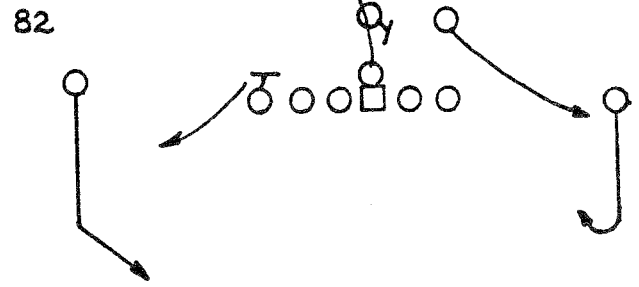
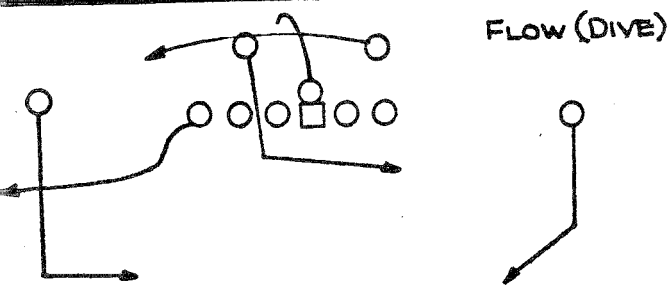
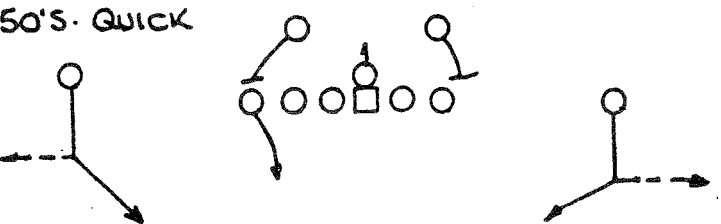
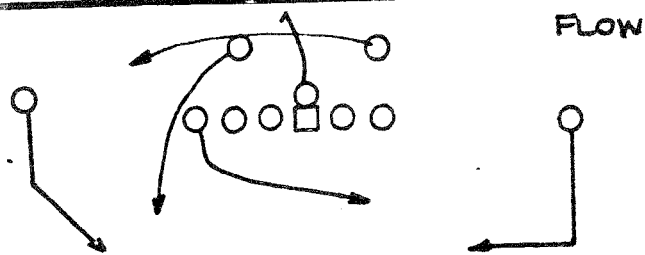
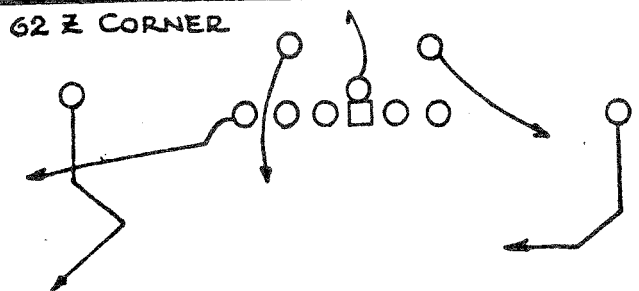
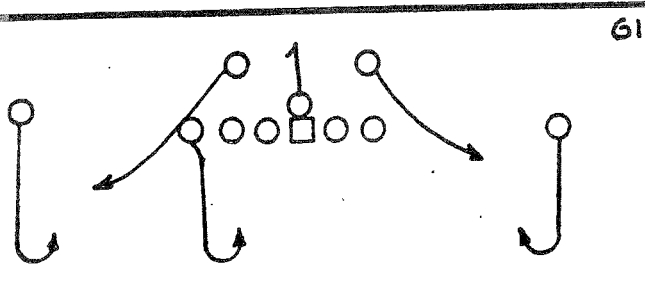
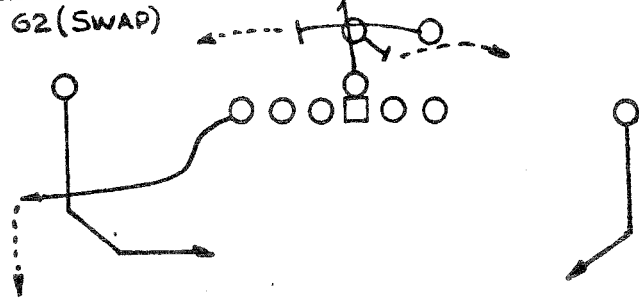
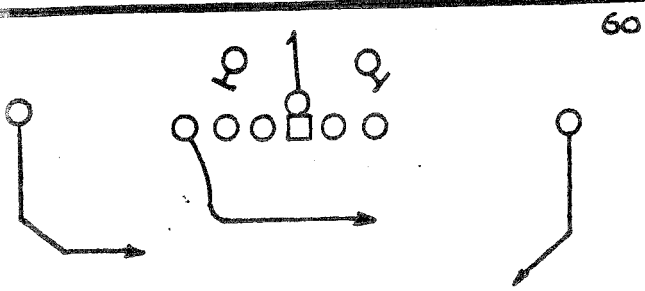
Run Responsibility

Cleo Force

Pass Responsibility

1. Cover weak back M-M.
2. Cross key the opposite set for swap action.
If SWAP, take 1st receiver M/M.
3. Get an inside position on receiver-HUG up.
4. FLOW - In & Out with Mac -
5. FLOW - W/S Hook 1st crossing receiver.
6. C.P. Adj. to unusual sets.

----- INDICATES M-M COVERAGE
 O O O O O O O O O O INDICATES AREA



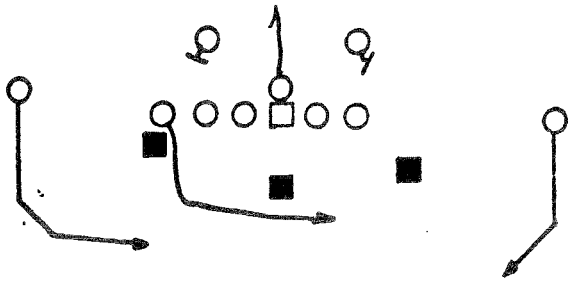
----- INDICATES M-M COVERAGE



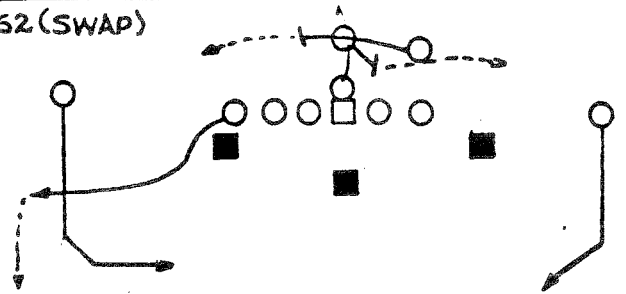
INDICATES AREA

9

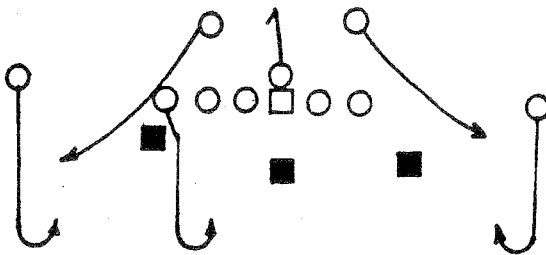
60



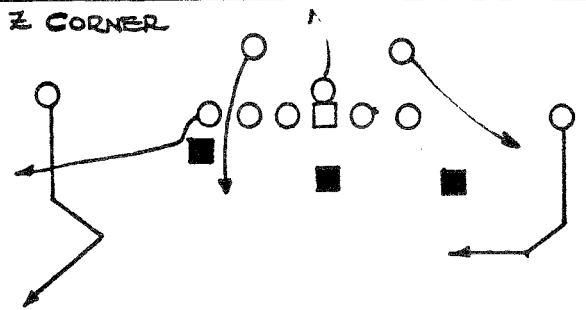
62 (SWAP)



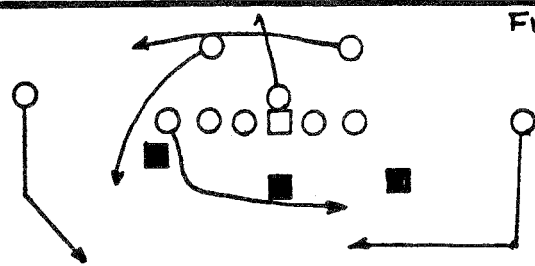
61



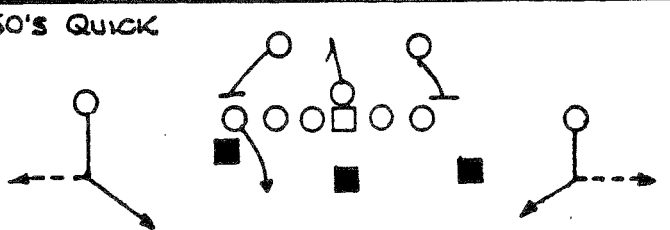
62 Z CORNER



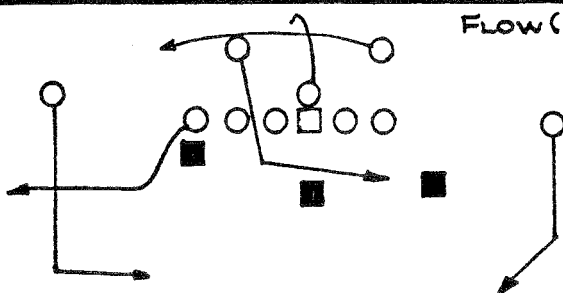
Flow



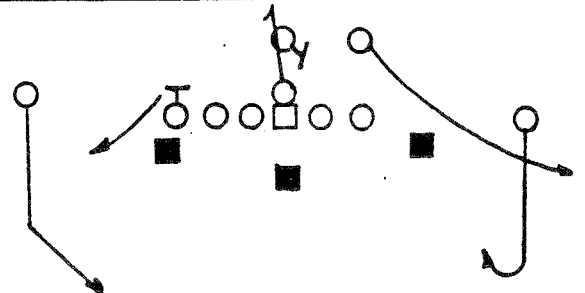
50'S QUICK



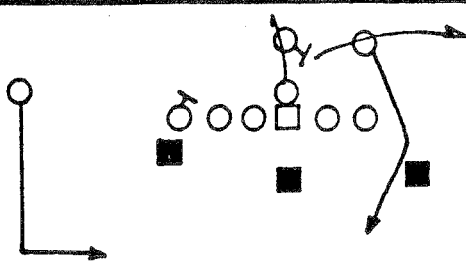
Flow (DIVE)



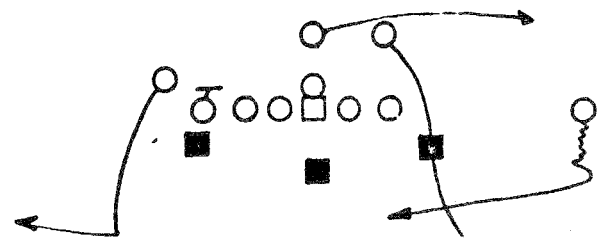
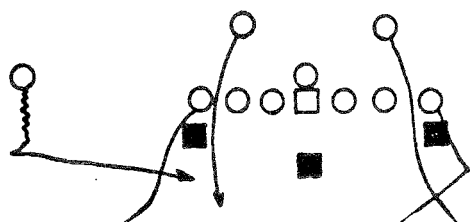
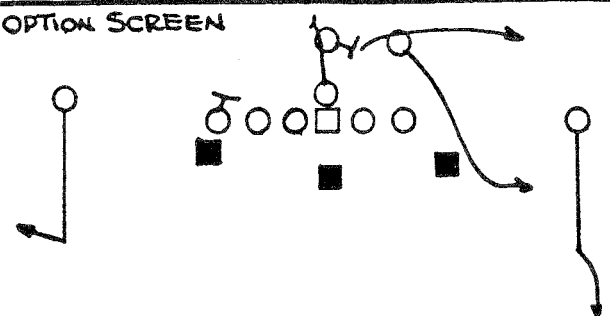
82



81



85 OPTION SCREEN



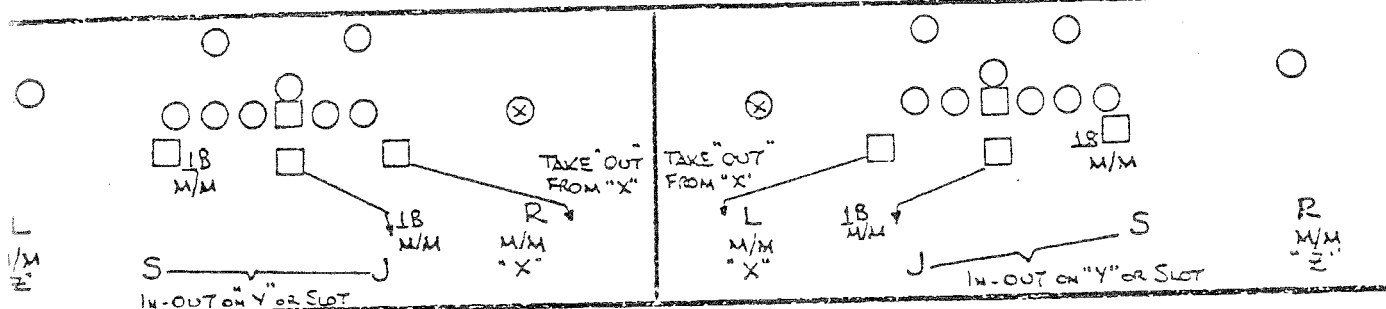
C O V E R 3

&

3 V A R I A T I O N S

STRONG COVERAGE WITH IN & OUT
COVERAGE ON "Y" OR SLOT - ELSEWHERE
MAN TO MAN COVERAGE

COVER 3- SECONDARY RESPONSIBILITY



Alignment Strong Corner

Key

NORMAL OR PRESS

"Z"

Run Responsibility

Pass Responsibility

Call:
Sky

1. "Normal" - Cover "Z" M/M (Inside Technique) no sure help inside. C.P. Cut Call.
2. "Release Z" - M/M (Outside Technique) You will get help from safety inside. Pull off inside moves late and zone deep outside.
3. "SPOUT" - C.P.: Zing - Cover Z M/M Outside with Jill inside.
4. Press Alignment = Release or Yale.
5. C.P. Slot Formation Calls - Patti; Connie; Special Cone.

Bronco = Spout

Alignment Strong Safety

Key

NORMAL OR PRESS

"Y" TO STRONGBACK

Run Responsibility

Pass Responsibility

Call:
Sky

1. Normal - In & Out on Y and Deep Routes of Strong Back with Jill. C.P. pull off STEELS & STRAIGHTS: Zone post.
 - a. Y Slo - Strong Flare, Cover Strongback man for man.
 - b. Y Slo - No flare or flood - Give Yankee Call & Zone Strong Post. C.P. Cut. -
2. "Release" Call - Y outside M/M: Y Inside = Double Z Inside Out.
3. Out Call - Y M/M Spout "Call", Y-M/M Bump & Run.
4. Possible Sloop. = No Yankee.
5. Slot Form. = Normal or Speed.

Bronco = Spout

Alignment Weak Safety

Key

NORMAL OR PRESS

"Y" TO STRONGBACK

Run Responsibility

Pass Responsibility

Support Strong and Weak

1. Normal - In & Out on Y moves with Sam. Pull off outside moves of Y late and zone strong post.
 - a. Y Slo-Strong Flare. Zone Strong Post.
 - b. Y Slo-No Flare or Flood: Listen for Yankee Call and zone weak post. C.P. Cut.
2. "Release" Call - Cover Y on Inside moves M/M. Y on outside moves = Double Z.
3. "Spout" call - you & corner cover Z in & out.
4. Possible sloop no Yankee.

C.P. Spout.

Alignment Weak Corner

Key

NORMAL OR PRESS

BACKFIELD TRIANGLE TO X

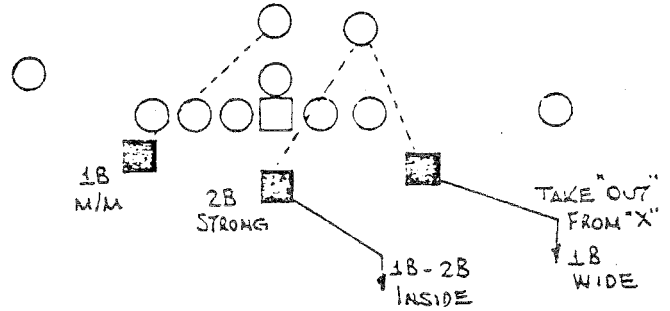
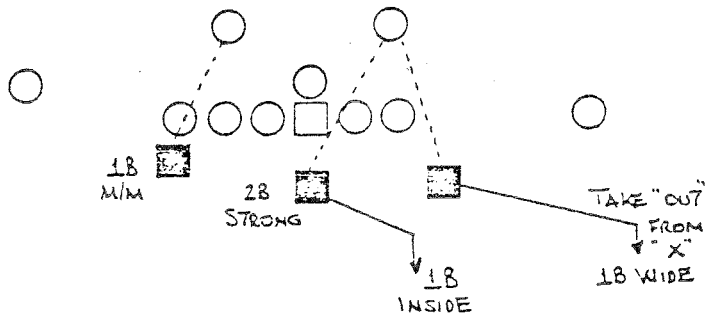
Run Responsibility

Pass Responsibility

Support

1. Cover X M/M - Inside Technique.
2. No inside help deep or short, unless Yankee Call.
3. Help is deep flat.
4. Flow strong - Buck will help you underneath.
5. C.P. Slot Formation - Calls - PATTI - CONNIE - SPECIAL (CONE)
6. C.P. X + Sandy.

COVER 3- LINEBACKER RESPONSIBILITY ³



Alignment

Strong Backer

Key

SLOOP RULE - Y off -
Obl. POC or Y out =
Automatic Sloop.

According to call

STRONGBACK

Run Responsibility

Pass Responsibility

Sky

Bronco = Spout

1. You have strong back M/M on all moves strong side.
2. Strong back blocks - Jet.
3. Y Slo blocks and back releases: Cover Y M/M.
4. Y Slo blocks, and strong back blocks cover Y M/M.
5. Flood take inside of Y - Strong Hook - Y Slo - C.P. Slot or Near with Flood = Drop to Strong Hook for Pix Cross.
6. Possible Sloop. C.P. Sloop rule.
7. Sandy "X" call or speed - automatic sloop.

Alignment

Middle Backer

Key

WEAKBACK

According to call

Run Responsibility

Pass Responsibility

According to front called

1. Weakback blocks - Jet.
2. Weakback releases - Cover from inside out M/M.
3. Flood - In & Out on A & B with Buck.
4. Flow strong - Cover weakback M/M alert for In & Out.
5. C.P.: - Near or Slot possible "Speed Call".
6. Possible sloop.
7. C.P. possible "Sandy" call = Mac & Buck Double "A" Back - Automatic Sloop.
8. X - WB/M/M

Alignment

Weak Backer

Key

"X" TO WEAKBACK

According to call

Run Responsibility

Pass Responsibility

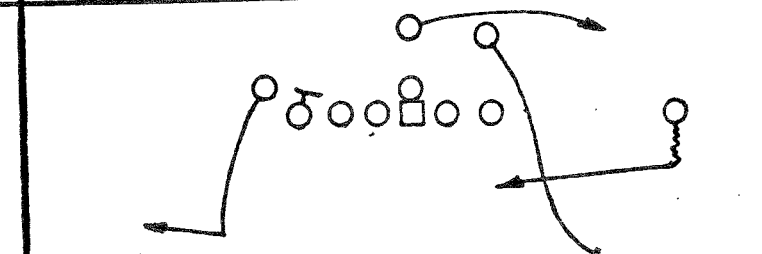
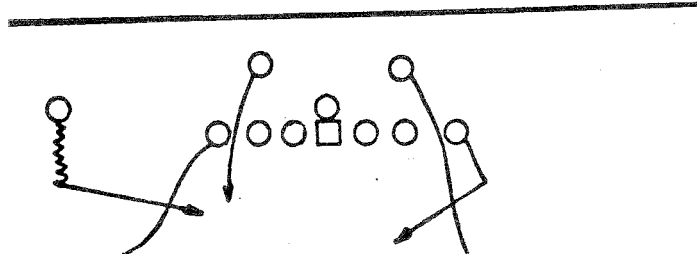
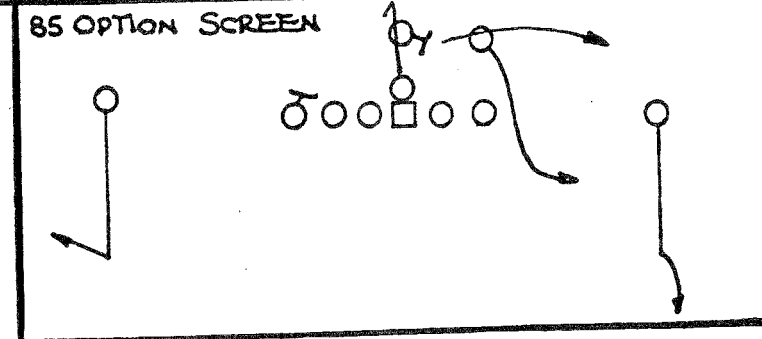
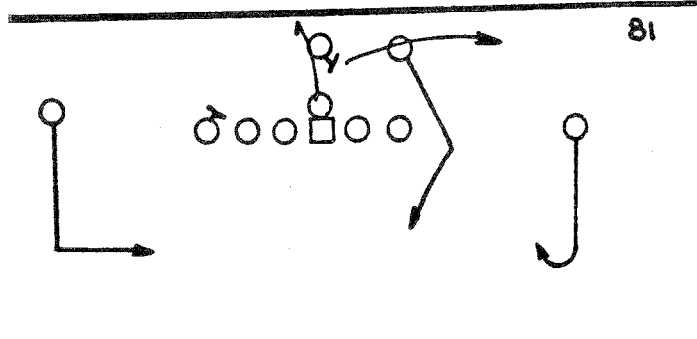
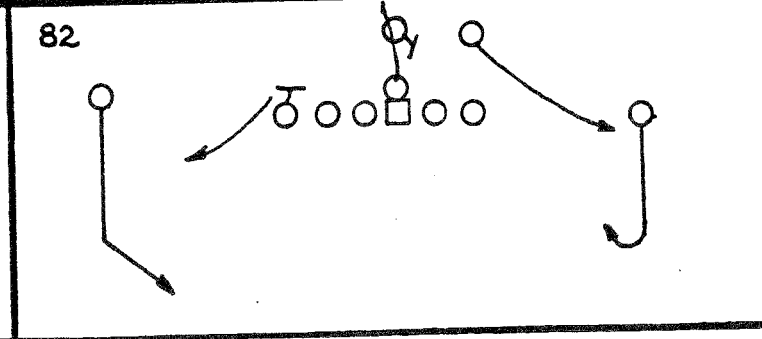
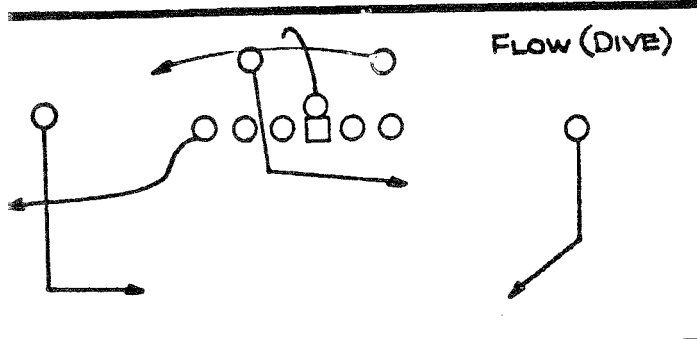
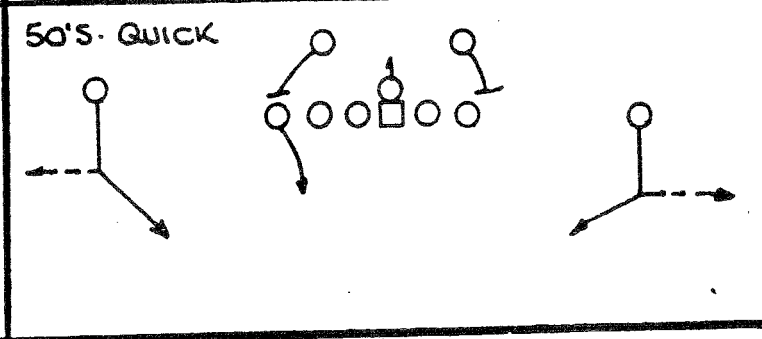
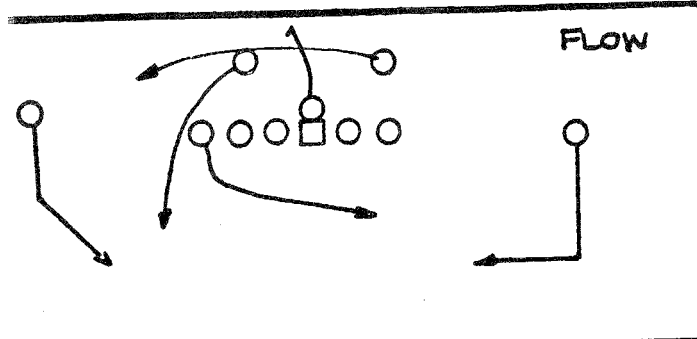
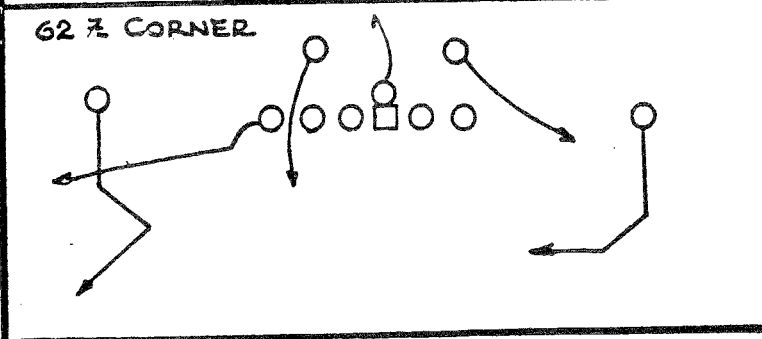
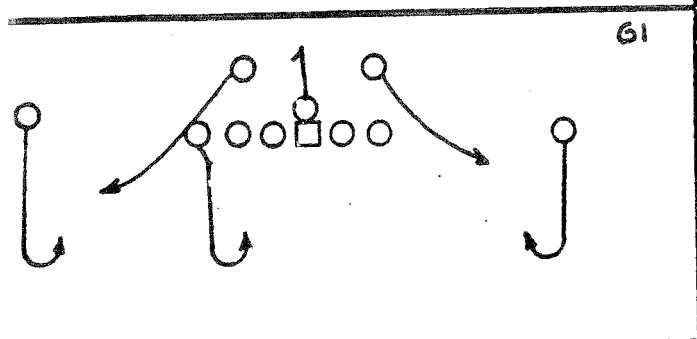
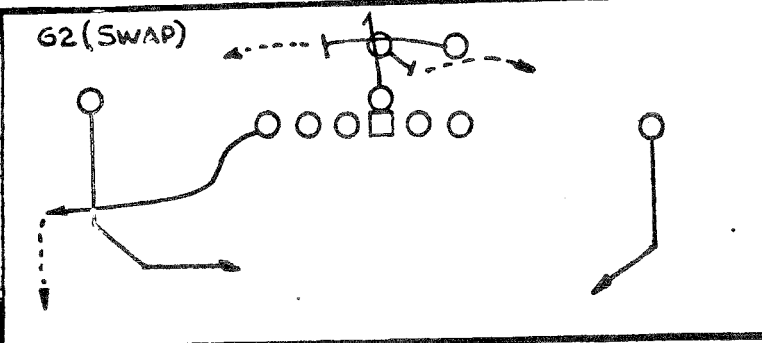
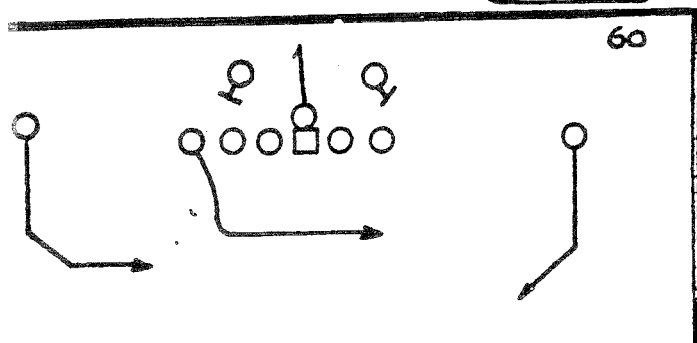
BRONCO

1. Drop to take deep out from "X". C.P.: - 3 Step Drop.
2. React to wide or flat. (Screen call from Mac)
3. Flood - In & Out with MAC on A & B.
4. Flow Strong - Drive to X and Cover M/M In or Out. C.P.: in Call by Corner.
5. Possible sloop.
6. C.P. Near or Slot possible "Speed Call". - Auto sloop.
7. C.P. possible "Sandy" call. Automatic sloop.
8. C.P. "X" Call.

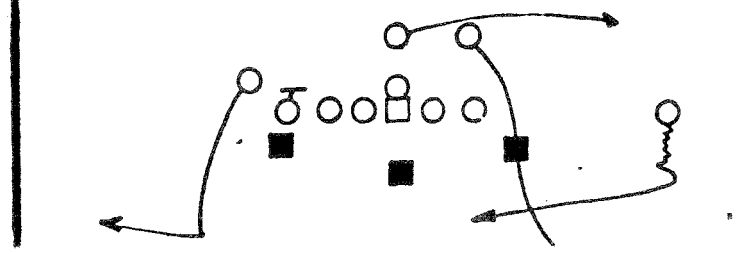
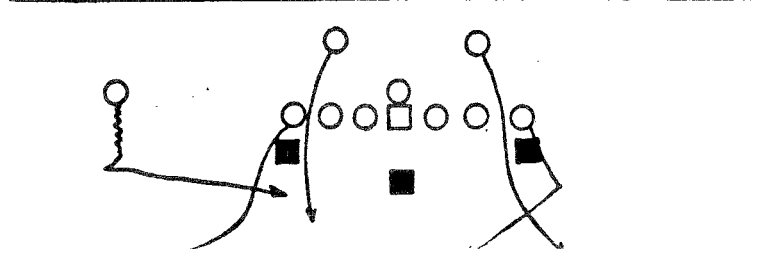
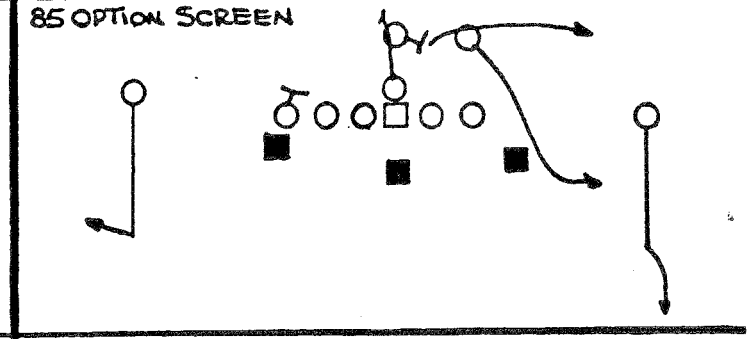
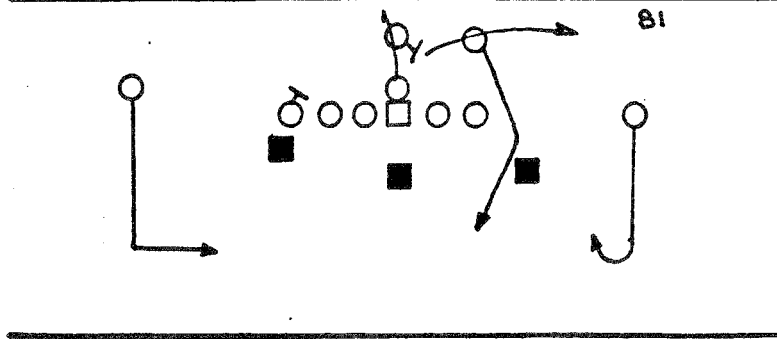
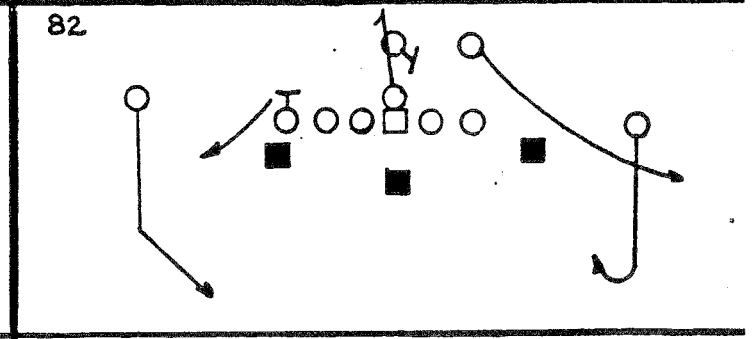
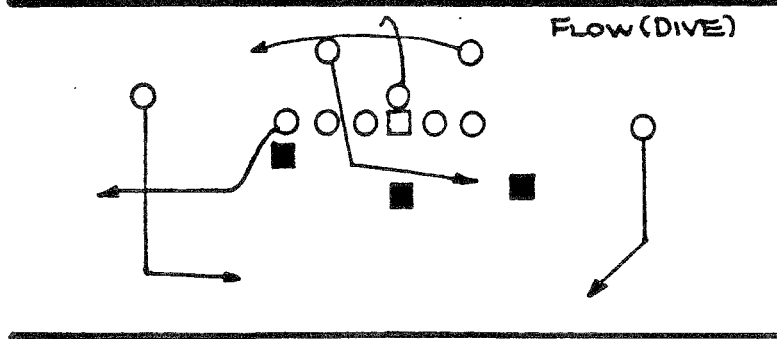
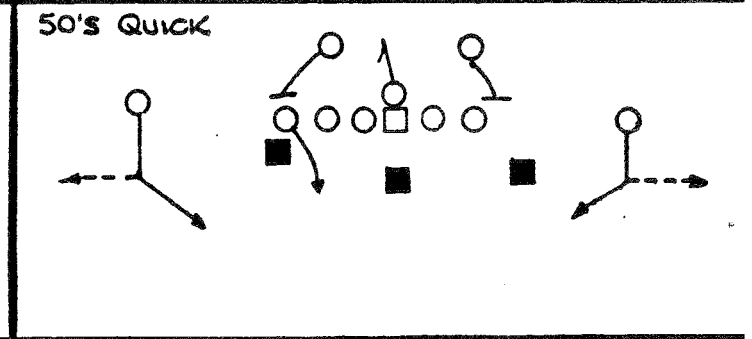
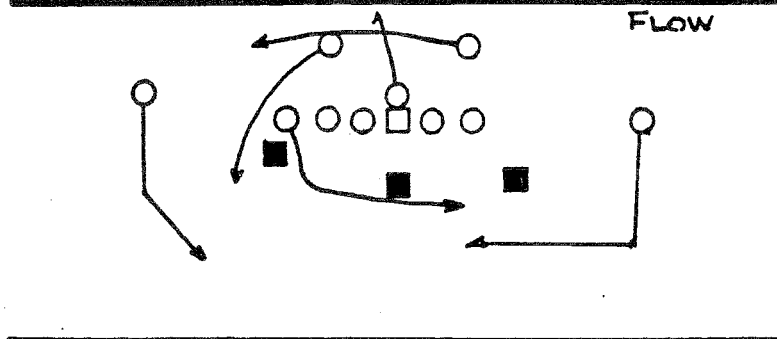
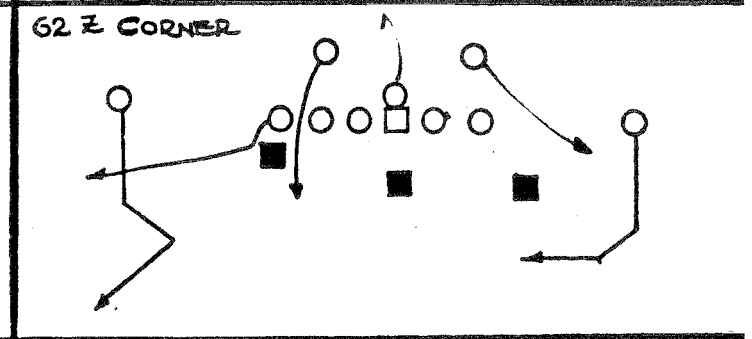
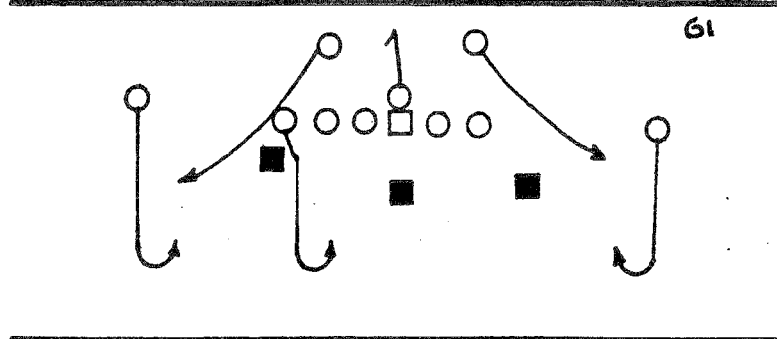
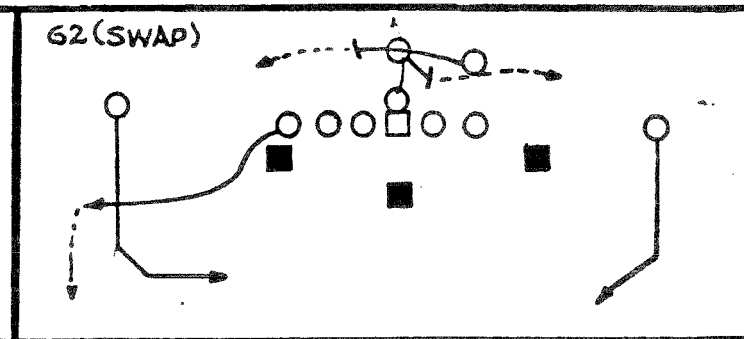
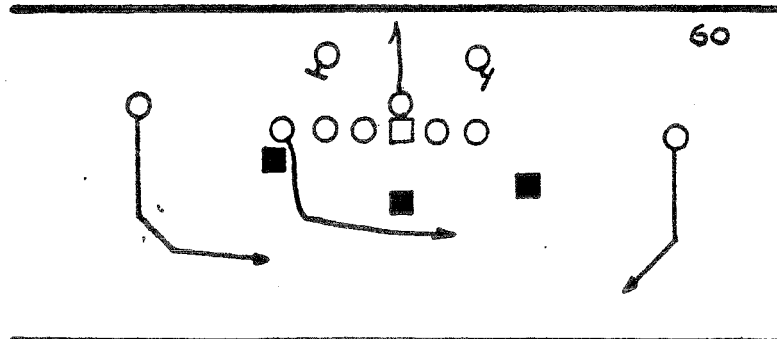
----- INDICATES M-M COVERAGE



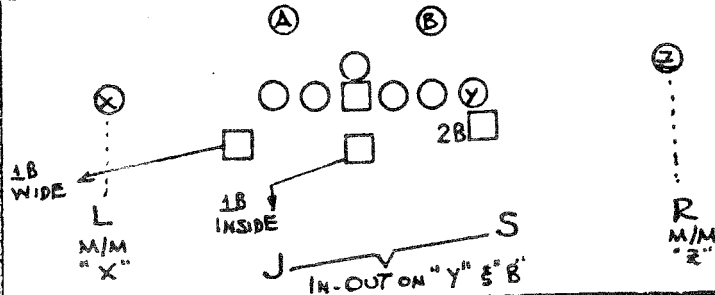
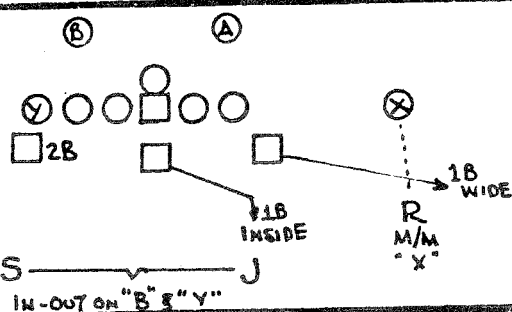
INDICATES AREA



----- INDICATES M-M COVERAGE
 O O O O O O O O O O
 INDICATES AREA



COVER 3 COMBO - SECONDARY RESPONSIBILITY



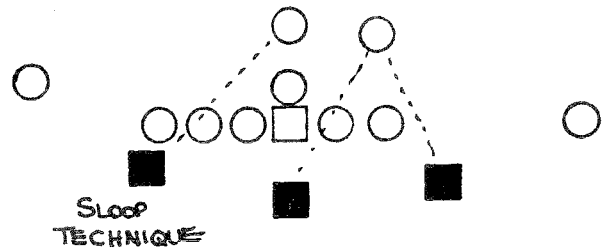
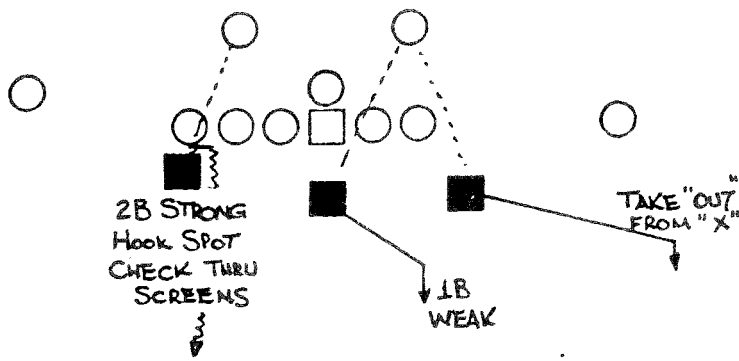
Alignment	Strong	Corner	Key
SAME AS 3 NORMAL OR PRESS			SAME AS 3
Run Responsibility	Pass Responsibility		
Sky	1. Cover "Z" Man to Man (inside technique) no help inside.		

Alignment	Strong	Safety	Key
SAME AS 3 NORMAL OR PRESS			"Y" AND STRONGBACK
Run Responsibility	Pass Responsibility		
SKY	1. In & Out coverage with Jill on Y and strongback. 2. Determined at LOS by Strongback release. 3. Strongback blocks or flood = Cover Y M/M on outside release, if inside release = cut. 4. Automatic sloop - Must cover Y slo. 5. Stubi - In & Out Coverage with Jill on Y & Strongback. C.P. Flow with strongback dive = zone middle.		

Alignment	Weak	Safety	Key
SAME AS 3 NORMAL OR PRESS			"Y" AND STRONGBACK
Run Responsibility	Pass Responsibility		
SUPPORT WEAK AND STRONG	1. In & Out coverage on "Y" and strongback as dictated by strongback release. 2. Help on Y or SB in hook area. 3. SB blocks or flood = read release of Y = cover Y M/M or zone middle. 4. C.P. Stubi - In & Out coverage with Sam on Y & Strongback.		

Alignment	Weak	Corner	Key
SAME AS 3 NORMAL OR PRESS			SAME AS 3
Run Responsibility	Pass Responsibility		
SAME AS 3	SAME AS 3		

COVER 3 COMBO - LINEBACKER RESPONSIBILITY

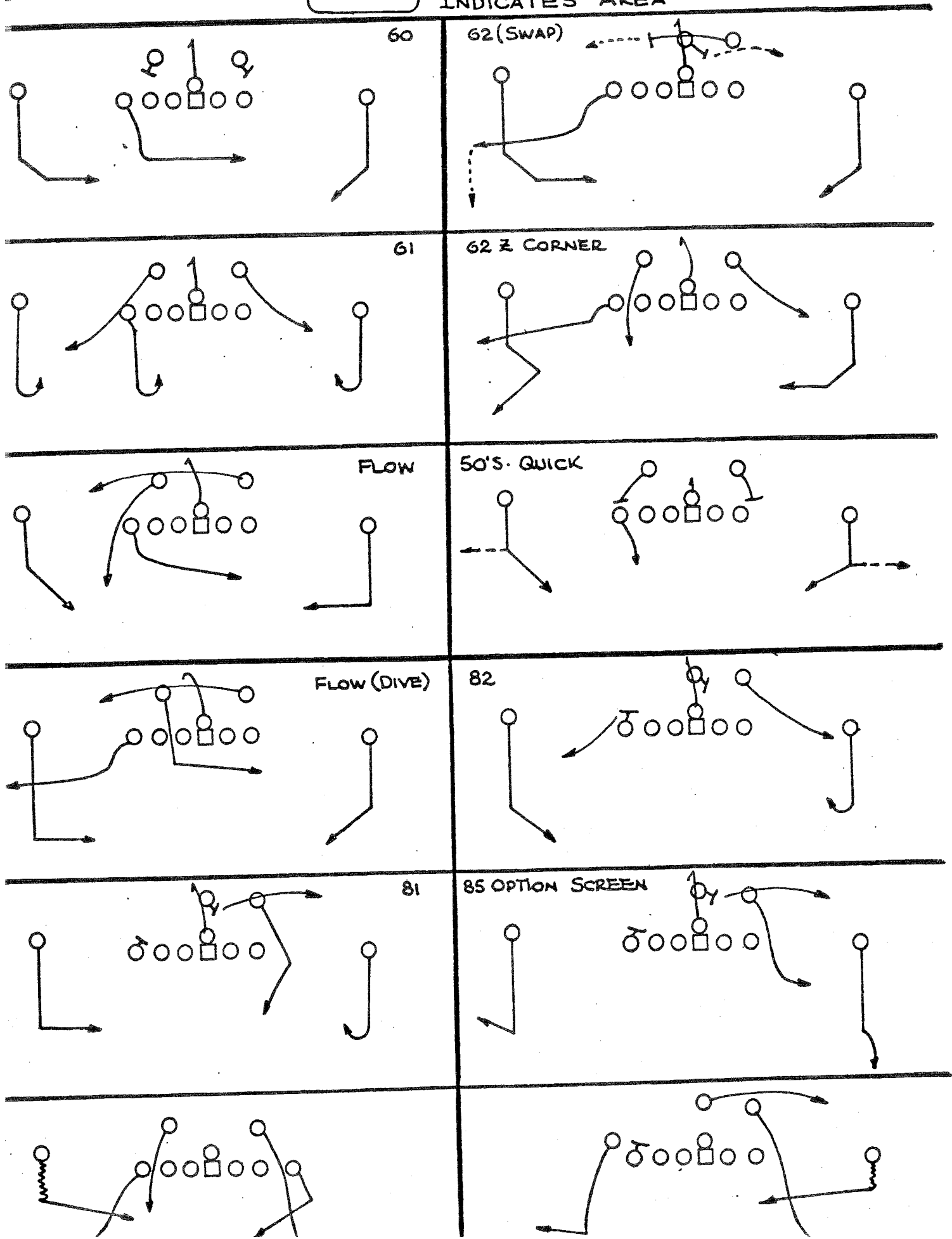


<u>Alignment</u>	<u>Strong</u>	<u>Backer</u>	<u>Key</u>
According to call.			"Y" AND STRONGBACK
<u>Run Responsibility</u>			<u>Pass Responsibility</u>
Sky			1. 4 Sky or Cleo strongback blocks - Prevent Y inside release, Jet. 2. 4 Sky or Cleo back release - Hook spot prevent inside of Yor SB. 3. Flow strong - 2B or Hook Spot (2B = Priority). 4. Flood - <u>Sloop Technique</u> (Take 2nd Back Weak M/M). 5. C.P. Stubi - Dog & Contain on Pass. No Coverage
<u>Alignment</u>	<u>Middle</u>	<u>Backer</u>	<u>Key</u>
According to call			WEAKBACK
<u>Run Responsibility</u>			<u>Pass Responsibility</u>
According to front alignment.			1. Weakback blocks - hold close. Look for check thru and screens. Jet. 2. Weakback release - Cover from inside-out. M/M 3. Flood - weakback key and coverage accordingly automatic - sloop 4. Flow - Straight back - zone the hole - look for Z in. 4a. C.P. SB dives with flow - SB M/M. 5. C.P. Stubi = 2nd back strong on flow. 6. <u>Stubi</u> - Flood <u>IN</u> & Out with buck.
<u>Alignment</u>	<u>Weak</u>	<u>Backer</u>	<u>Key</u>
According to call.			"X" TO WEAKBACK.
<u>Run Responsibility</u>			<u>Pass Responsibility</u>
Bronco			1. Take drop to take deep out from X. C.P. 3 step drop. 2. React to "wide" or "flat". (Screen call from Mac). 3. Flood - Weakback Key and coverage accordingly. Drive out. Note: Stub has 2nd back weak. Automatic sloop. 4. C.P. Stubi - <u>Flood</u> - In & Out with MAC. 5. All Flow (Stubi or Normal) Drive to X and cover in or out.

----- INDICATES M-M COVERAGE



INDICATES AREA

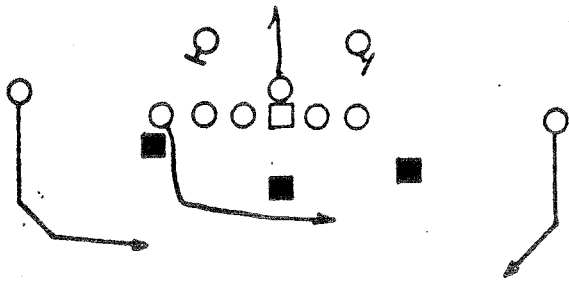


----- INDICATES M-M COVERAGE

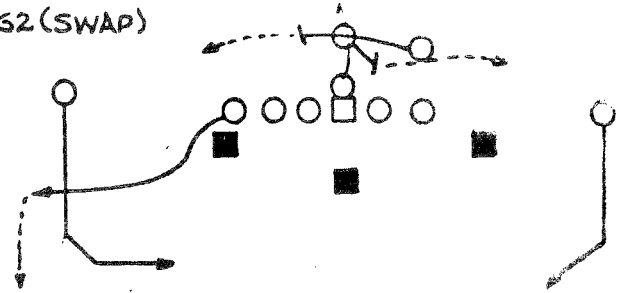
○ INDICATES AREA

9

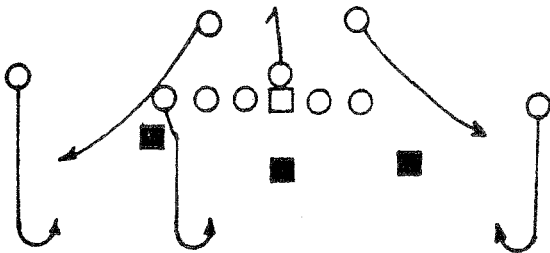
60



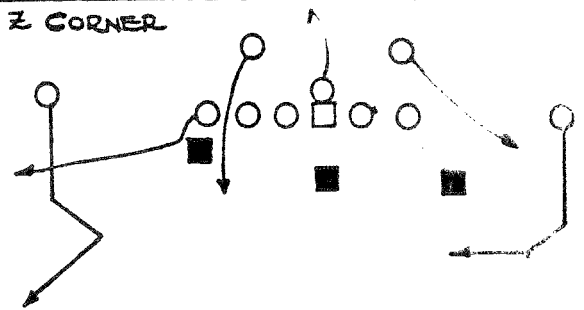
62 (SWAP)



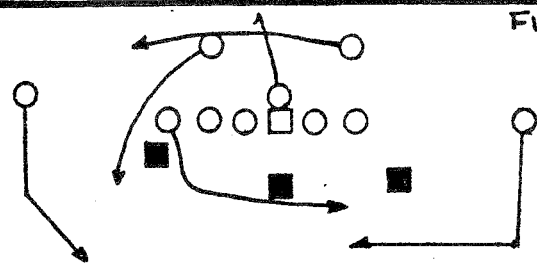
61



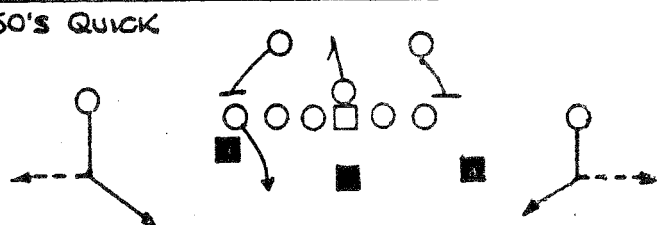
62 Z CORNER



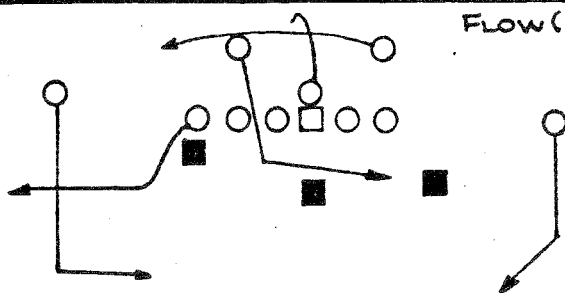
FLOW



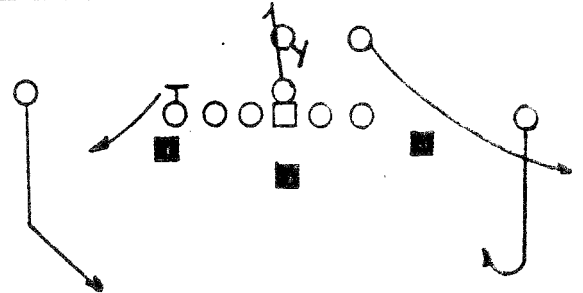
50'S QUICK



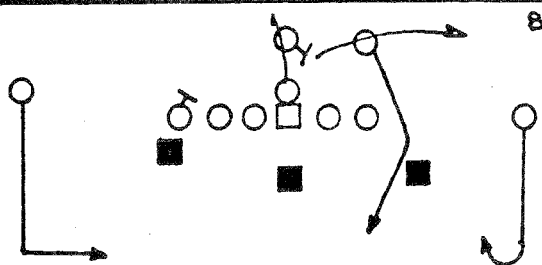
Flow (DIVE)



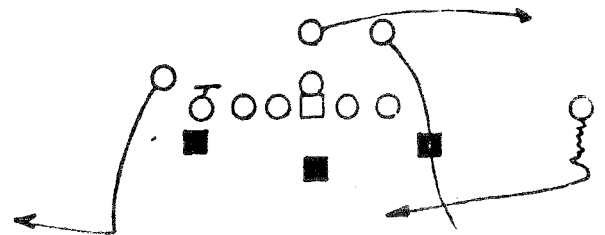
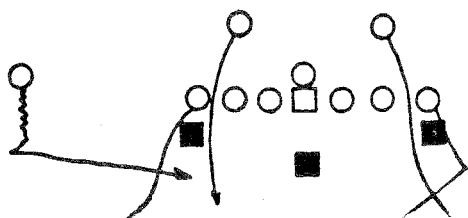
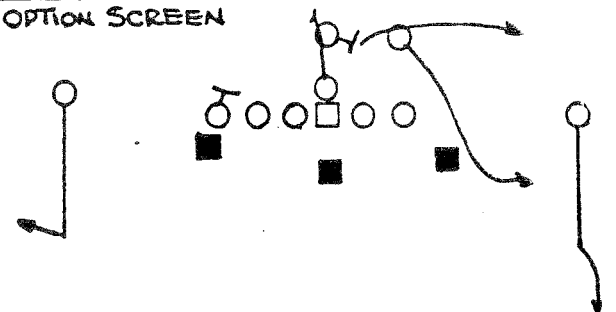
82



81



85 OPTION SCREEN



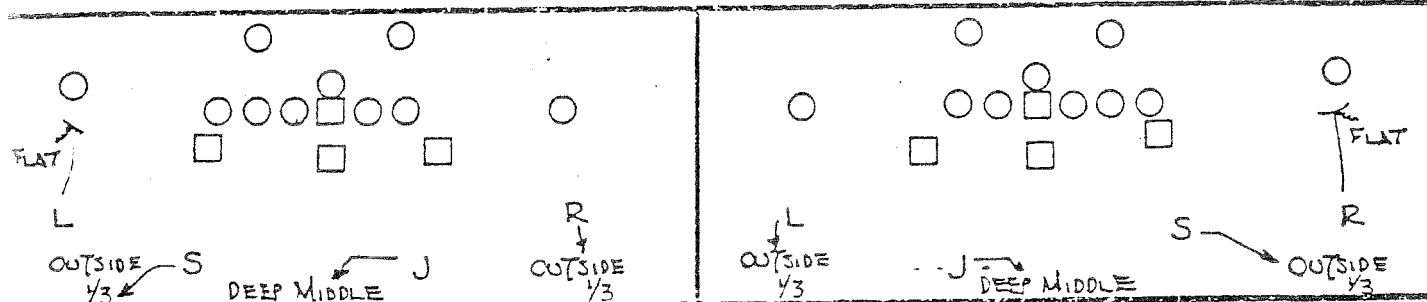
C O V E R 4

&

4 V A R I A T I O N S

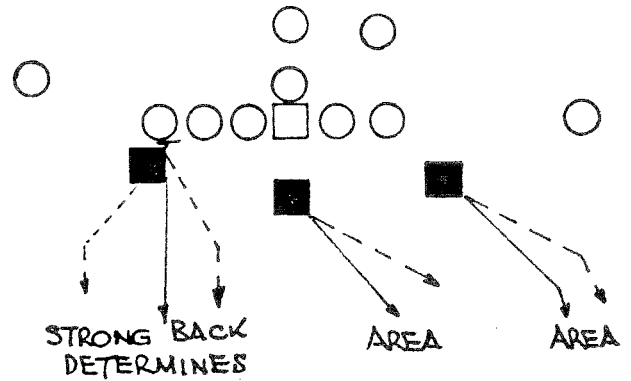
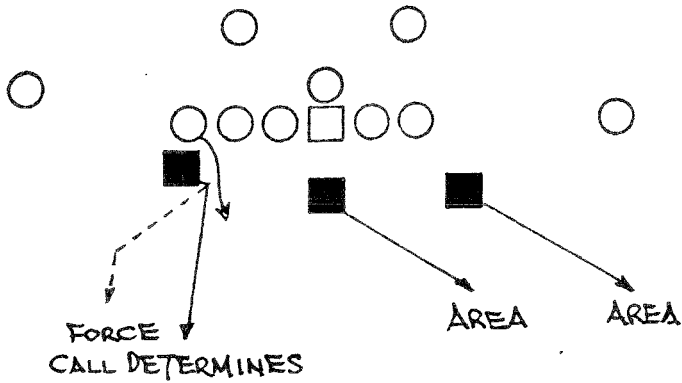
STRONGSIDE ROTATION INTO
PURE ZONE COVERAGE

COVER 4- SECONDARY RESPONSIBILITY



Alignment	Strong Corner	Key
Normal or Press	Cleo: Pulling Lineman and/or flow - Y blocks. Sky or Buzz - QB for 3 step drop & ball reaction.	
Run Responsibility	Pass Responsibility	
Call:	Cleo	
Cleo - Force	1. Destroy "Z" pattern	
Sky - Support	a) Outside release; jam inside out-workback to slot area 10-12 yds deep. b) inside release; jam inside; zone slot area. React to flat.	
Buzz (Out) - Support	2. Read pattern & QB - react to ball. C.P. flow.	
	3. Sky or Buzz; Zone deep outside 1/3. Keeping outside leverage on Z. Read QB and react to ball. C.P. 3 step drop. C.P. out resp. C.P. flow. - widen 1 zone.	
Alignment	Strong Safety	Key
Normal or Press	Sky: Pulling lineman and/or flow - Y blocks. Cleo: Z - QB	
Run Responsibility	Pass Responsibility	
Cleo - Support	1. Read from Z to QB, work to deep outside 1/3 (a spot 18-20 yds deep and wider than Z).	
Sky - Force	2. Read pattern & QB, React to ball - C.P. corner route.	
Buzz (Out) - Fill	3. Sky - Zone slot area and react to flat. Play outside receiver of Y & strongback - See QB. C.P. flow.	
	4. Buzz - Zone strong hook. Play inside receiver of Y & Strongback - See QB. C.P. flow. Widen 1 zone.	
Alignment	Weak Safety	Key
Normal	Uncovered Lineman.	
Run Responsibility	Pass Responsibility	
Bronco - Force	1. Read QB, drive for deep middle 1/3 zone. C.P. can start Cov 2 rotation, 4 steps, then zone middle. 2. Read pattern, QB and react to ball. C.P. either WR to post. 3. Check position on field and back pedal whenever possible. 4. C.P. QB 3 step drop.	
Alignment	Weak Corner	Key
Normal Only Camouflage	Quarterback for 3 Step Drop & Ball Reaction.	
Run Responsibility	Pass Responsibility	
Support	1. Read QB, work to deep outside 1/3, keep outside leverage on X 2. Read pattern, QB and react to ball. C.P. "X" out except flood. 3. Flow with X QK post - Drive. 4. FLAT call to Buck: Buck has flat. You are M/M on X outside technique.	

COVER 4- LINEBACKER RESPONSIBILITY ³



Alignment

According to call.

Strong Backer

Y & Pattern.

Key

Run Responsibility

Cleo)
Sky) Fill

Pass Responsibility

- A. Cleo-Sky; 1. Jam "Y", prevent inside release of Y. 2. Drop to hook area. 3. Crowd inside receiver if both Y & B release. 4. No strong back (B) release - drop to strong hook. 5. Flood gain $\frac{1}{2}$ zone to weak side. 6. Flow - gain 1 zone towards strong side. C.P. collapse. C.P. "Y" over.
- B. Buzz; 1. Zone slot react to flat. 2. Crowd outside receiver of Y and B if both release. 3. Flood - gain $\frac{1}{2}$ zone to weakside. 4. Flow gain 1 zone to strong side.

Alignment

According to call

Middle Backer

QB and PATTERN.

Key

Run Responsibility

According to front alignment.

Pass Responsibility

1. Start drop to weak hook - watch QB & WB.
2. WB blocks - Stack drop.
3. WB releases - W Hook.
 - a. QB looking your way - continue to W Hook.
 - b. QB looking away - gain $\frac{1}{2}$ zone toward his eyes.
4. Flow - go to S/S Hook C.P. "Y" over - Flood gain $\frac{1}{2}$ zone to weakside.
5. As QB sets to throw be ready to break to ball.

Alignment

According to call.

Weak Backer

QB and PATTERN

Key

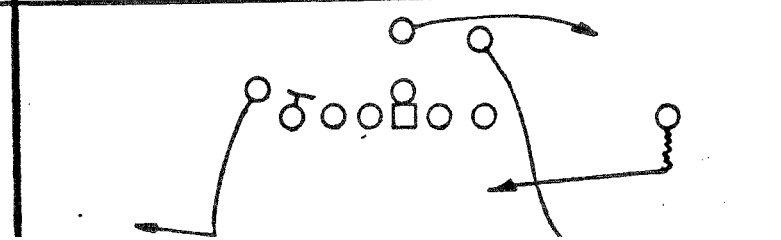
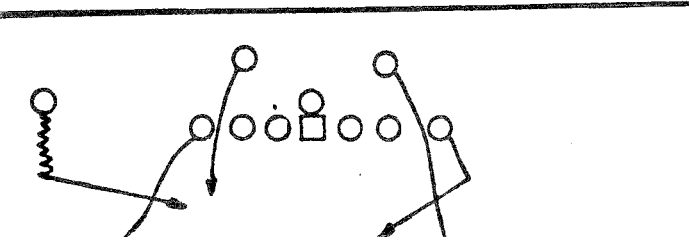
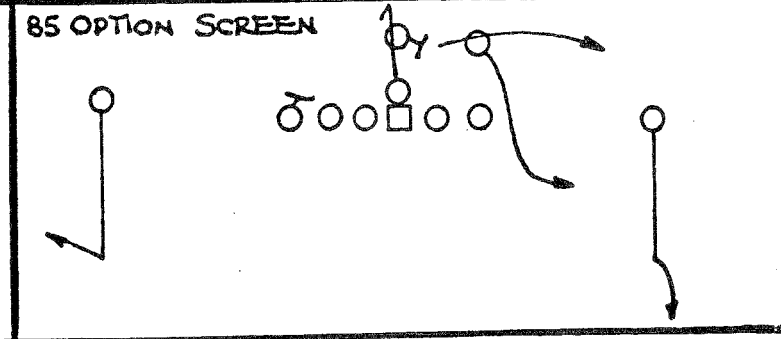
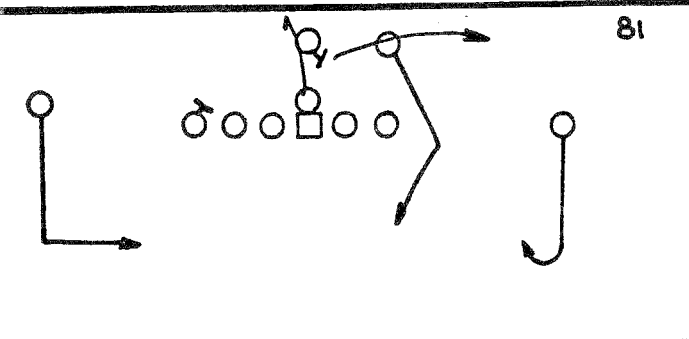
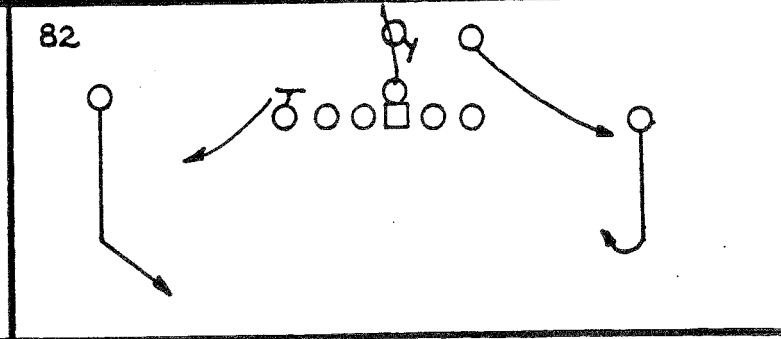
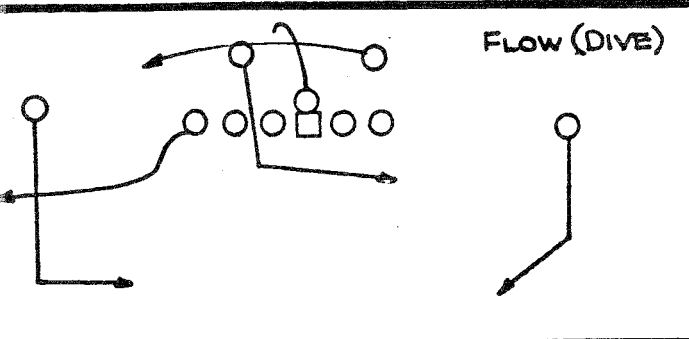
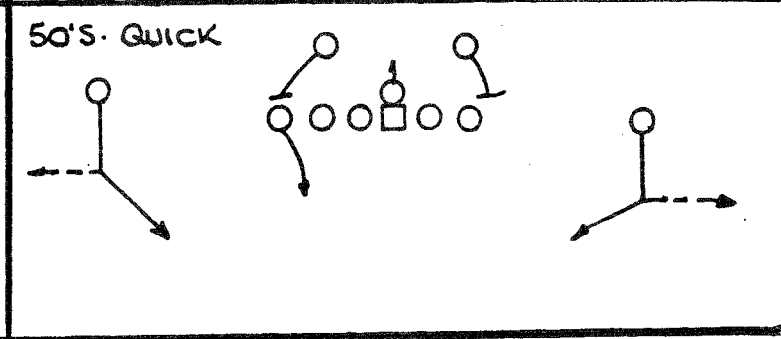
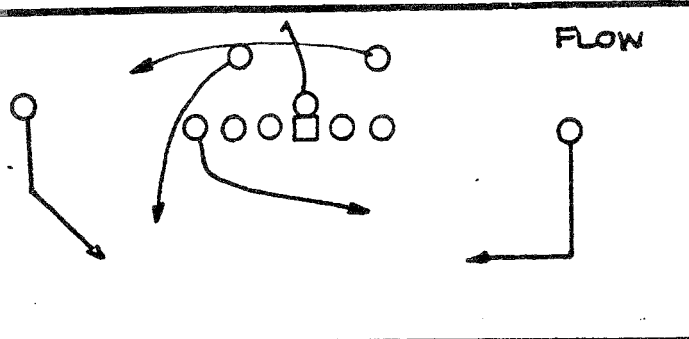
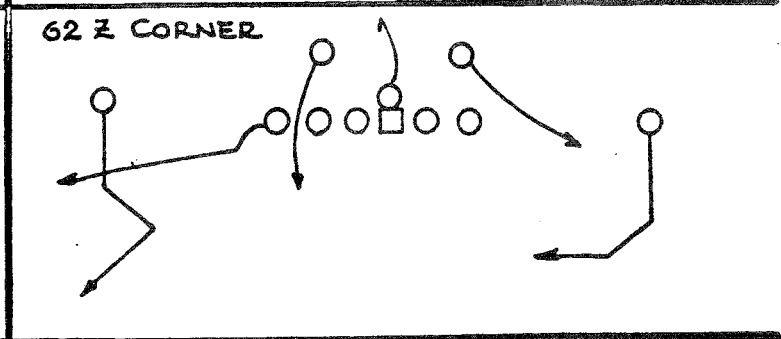
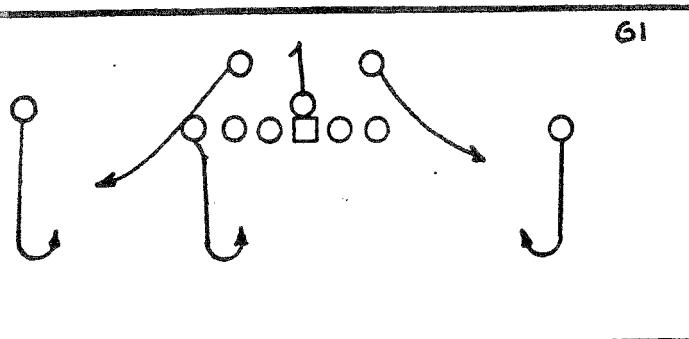
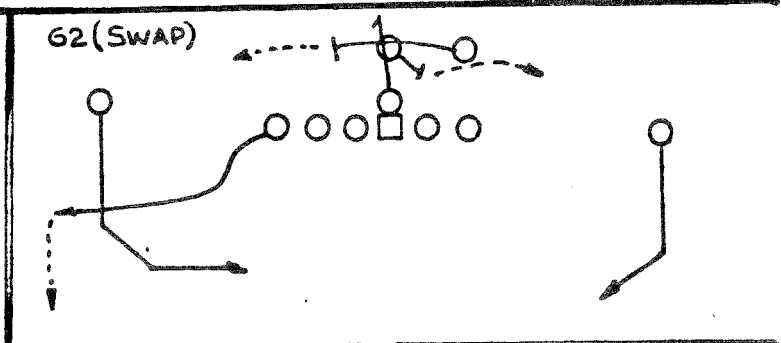
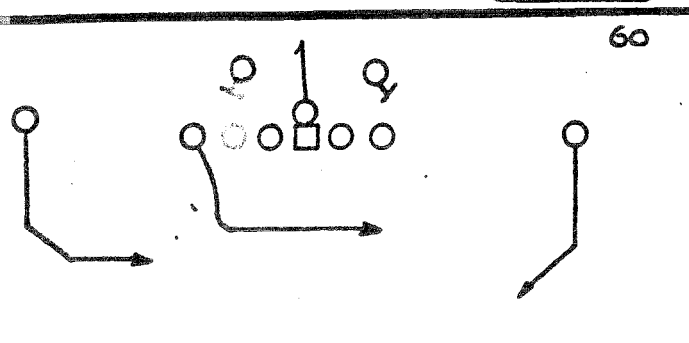
Run Responsibility

Bronco Force

Pass Responsibility

1. Zone slot area - react to flat.
2. QB looking your way continue to slot area.
3. QB looking away - gain $\frac{1}{2}$ zone toward his eyes.
4. As QB sets to throw be ready to break to ball.
5. Flow - Zone hook area, look for crossing patterns.
6. Flood - Gain $\frac{1}{2}$ zone to W.S.
7. "Flat" call from corner - drop to out.

----- INDICATES M-M COVERAGE
 O INDICATES AREA

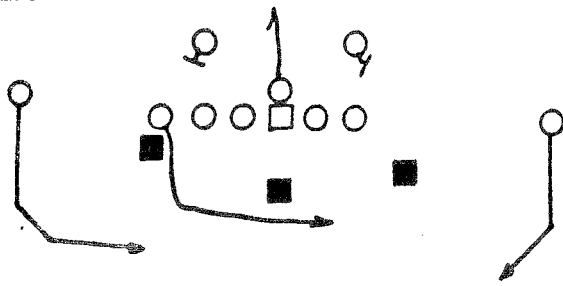


----- INDICATES M-M COVERAGE

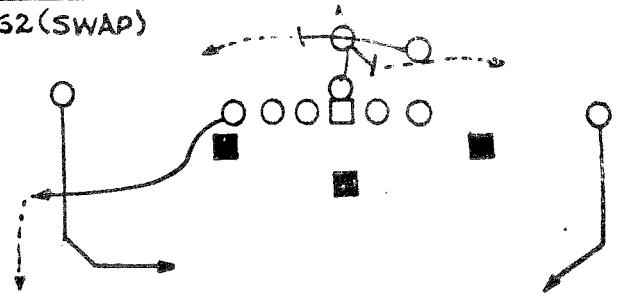


INDICATES AREA

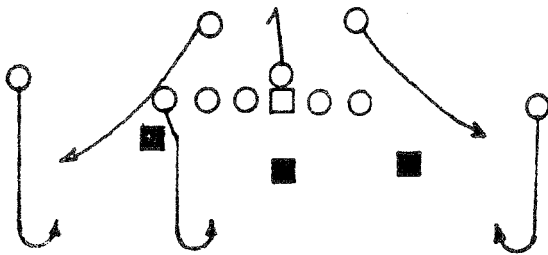
60



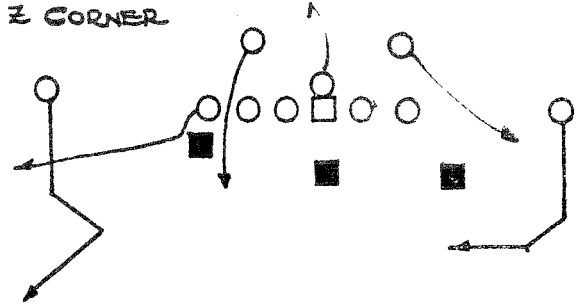
62 (SWAP)



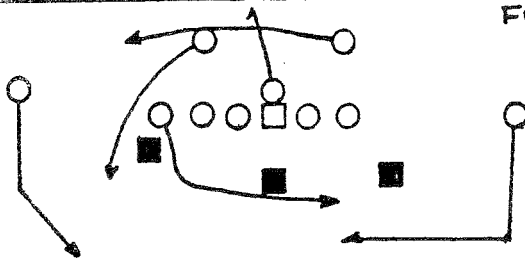
61



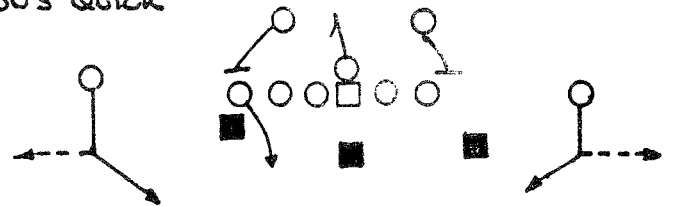
62 Z CORNER



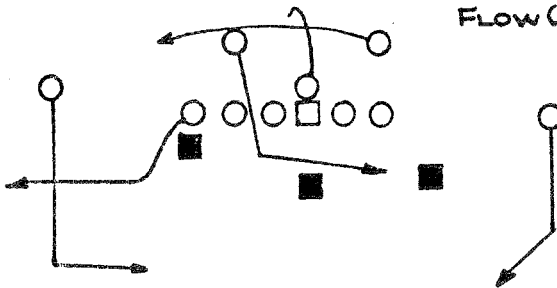
Flow



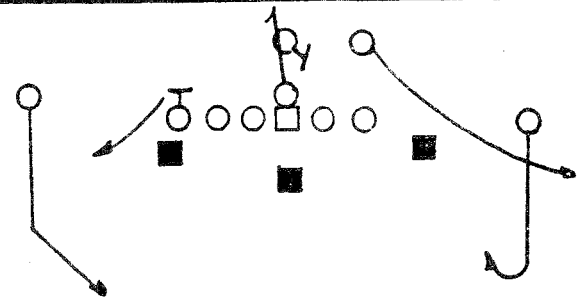
50's QUICK



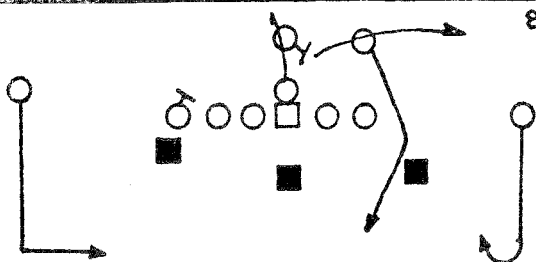
Flow (DIVE)



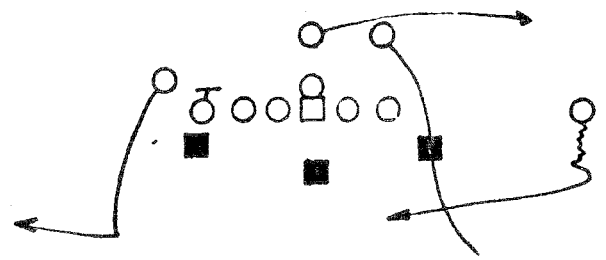
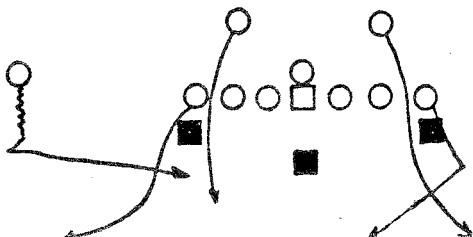
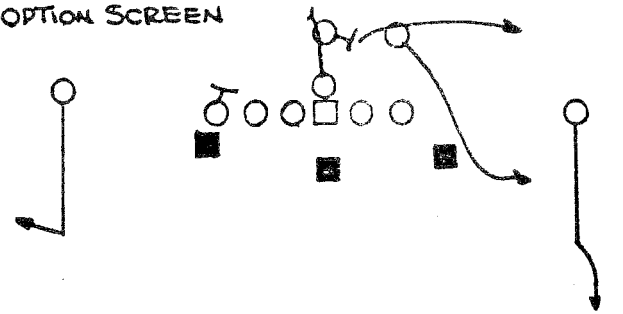
82



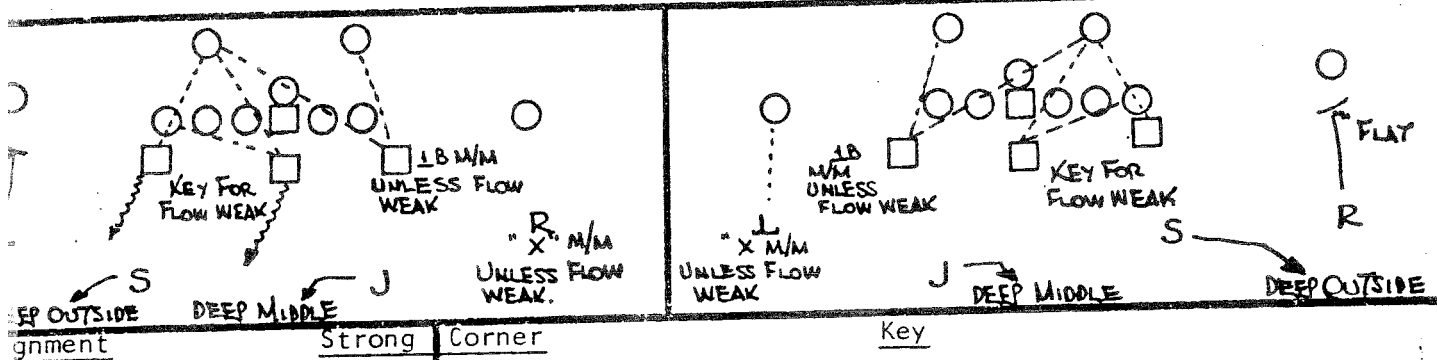
81



85 OPTION SCREEN

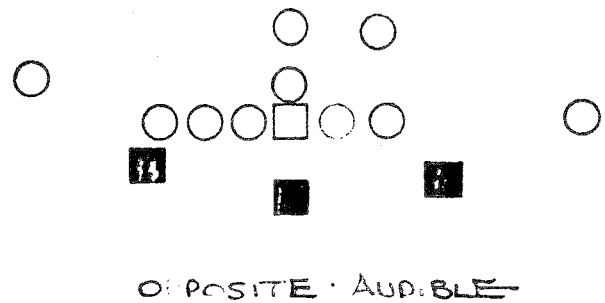
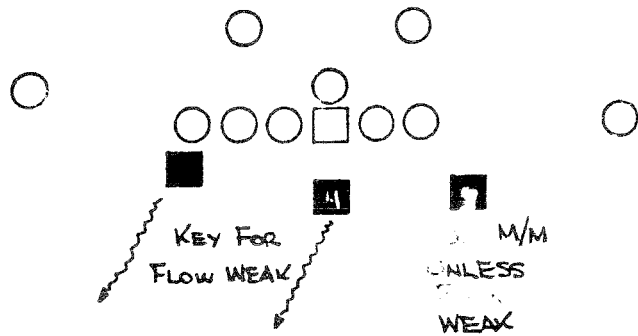


COVER 4 SLOT- SECONDARY RESPONSIBILITY



gnment	Strong	Corner	Key
mal or Press		Pulling lineman and/or flow, "Y" blocks.	
Responsibility		<u>Pass Responsibility</u> 1. Play same as 4, except CLEO you have inside help from Stub and will play the wide flat zone. 2. Sky or "Buzz" - you will zone deep 1/3 - you have underneath help on out. 3. Opposite set: Audible - (Not OPP. SLOT) 4. Flood: Play Cov 4.	
gnment	Strong	Safety	Key
mal or Press		Same as 4	
Responsibility		<u>Pass Responsibility</u> Same as 4 1. Cleo: Same as Cover 4 2. Sky Call - Play flat zone 3. Buzz- Slot Zone 4. Flood-Play Cover 4 5. Opposite set: Audible - (Not OPP SLOT)	
gnment	Weak	Safety	Key
ne as 4	Normal	Same as 4	
Responsibility		<u>Pass Responsibility</u> Same as 4	
gnment	Weak	Corner	Key
ne as 4	Normal	Same as 4	
Responsibility		<u>Pass Responsibility</u> 1. Cover "X" man for man from outside position. 2. On cross patterns let him go and zone deep <u>outside 1/3</u> . (Don't go beyond hook area.) 3. FLOOD - Play Cover 4. 4. Opposite Set: Audible - (Not OPP SLOT).	

COVER 4 SLOT - LINEBACKER RESPONSIBILITY ⁷

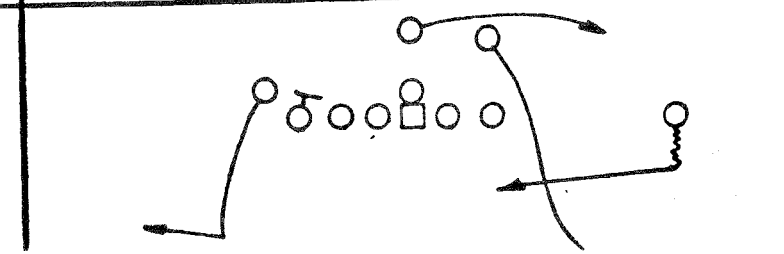
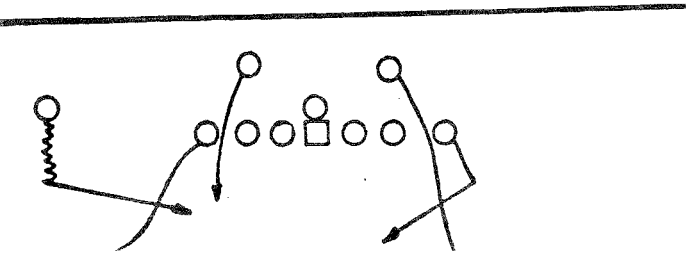
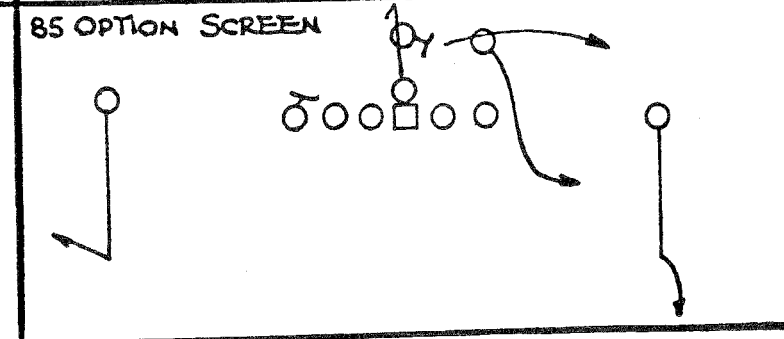
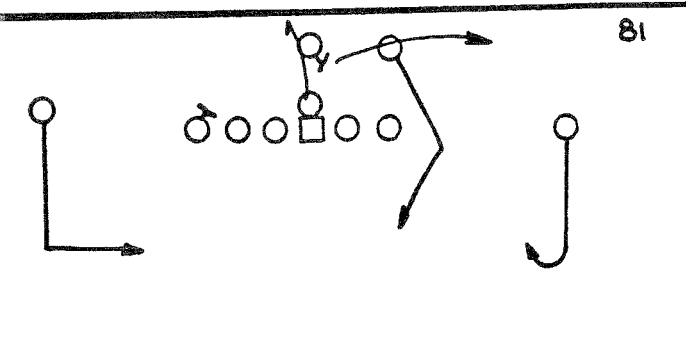
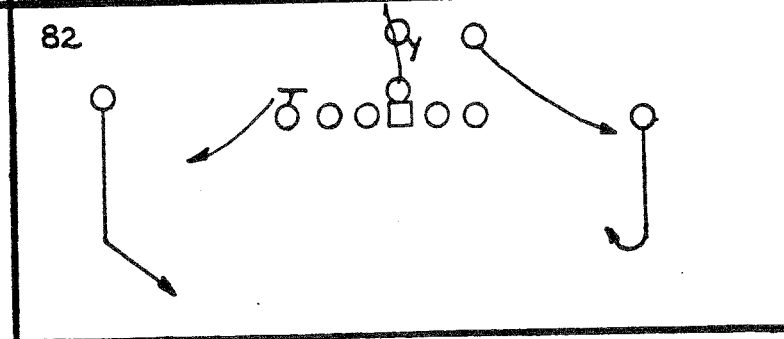
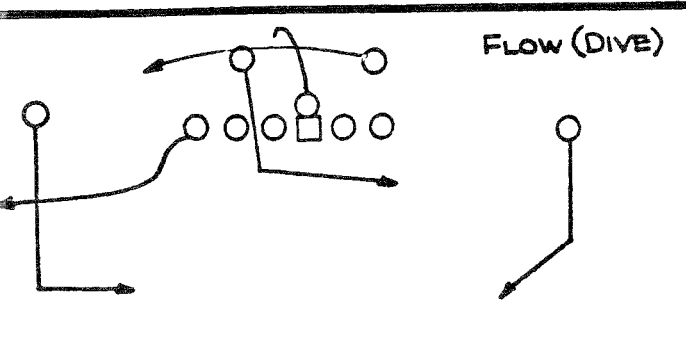
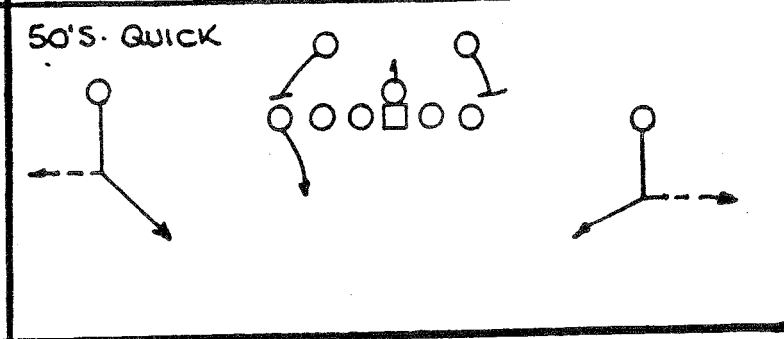
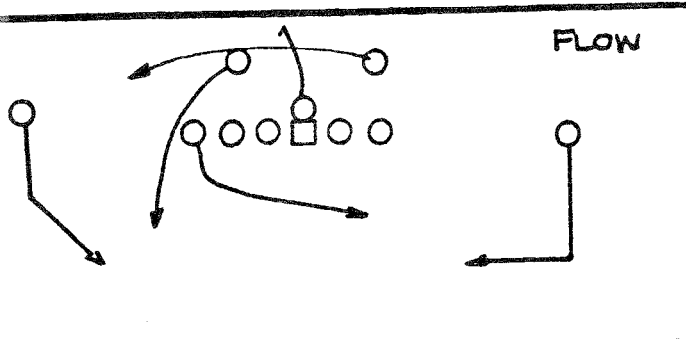
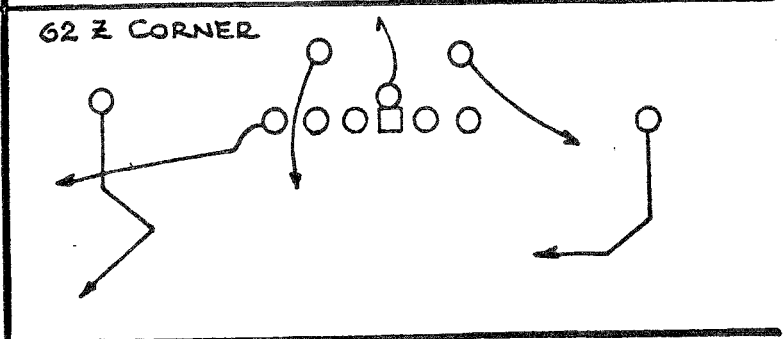
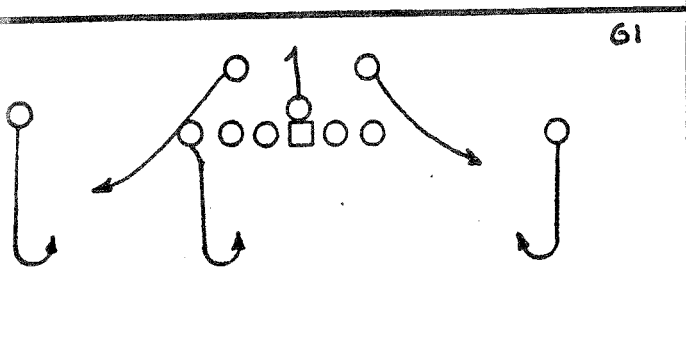
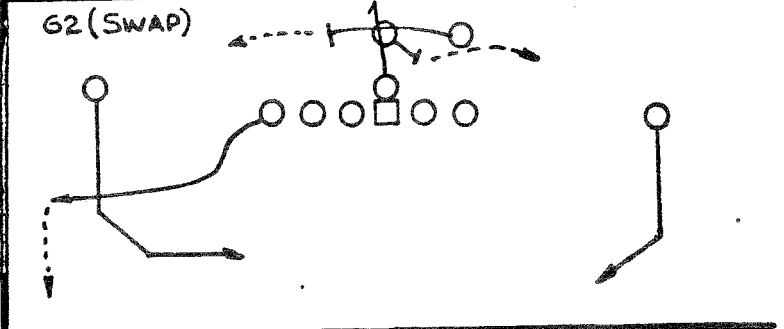
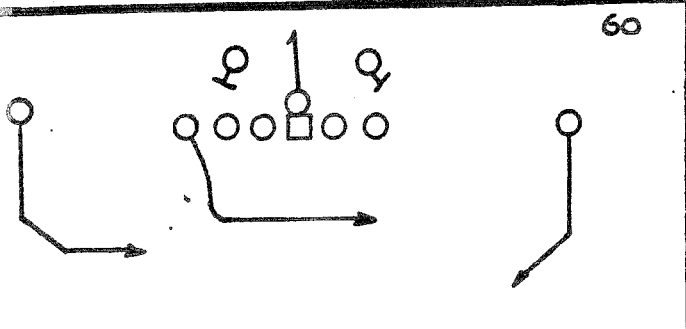


<u>Alignment</u>	<u>Strong</u>	<u>Backer</u>	<u>Key</u>
According to call.			RELEASE OF Y & STRONGBACK.
<u>Run Responsibility</u>	<u>Pass Responsibility</u>		
Cleo Sky Buzz	1. Zone strong slot unless; a. Flood - call "flood" - work to strong hook and crowd Y. b. Crowd outside receive of Y & <u>strongbacker</u> . 2. BUZZ - Play slot zone 3. Opposite Set: Audible		

<u>Alignment</u>	<u>Middle</u>	<u>Backer</u>	<u>Key</u>
According to call.			RELEASE OF STRONGBACK & Y.
<u>Run Responsibility</u>	<u>Pass Responsibility</u>		
According to front called	1. Strong hook unless: a. <u>Any receiver from strongside crosses inside hook area</u> you must pick up man-man C.P. FLOOD. b. FLOOD - call "flood". Play Cover 4. 2. Opposite Set: Audible.		

<u>Alignment</u>	<u>Weak</u>	<u>Backer</u>	<u>Key</u>
According to call.			WEAKBACK TO STRONGBACK (Must see strongback).
<u>Run Responsibility</u>	<u>Pass Responsibility</u>		
Bronco Force	1. Weak back M-M unless: a. Flood - Cover 4 b. Flow - Zone weak Slot area - look for crossing patterns. 2. If weakback blocks hold on him for check-thrus and screens - C.P. JET. 3. Opposite Set: Audible.		

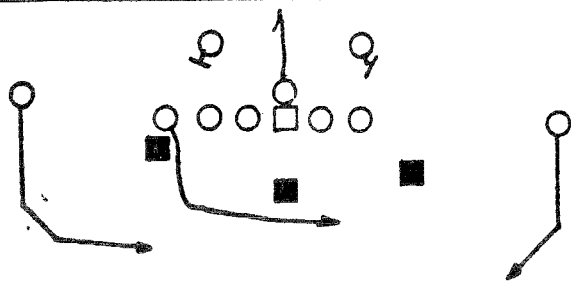
----- INDICATES M-M COVERAGE
O O O O O INDICATES AREA



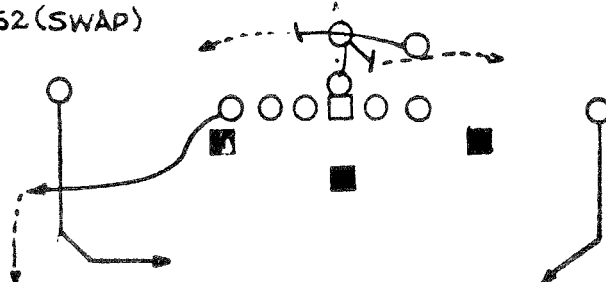
----- INDICATES M-M COVERAGE

INDICATES AREA

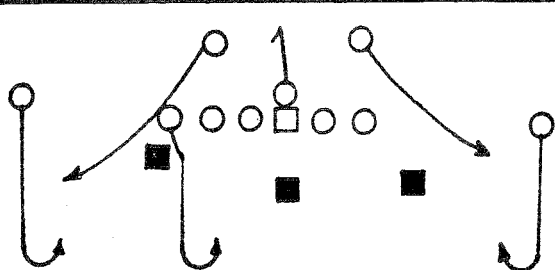
60



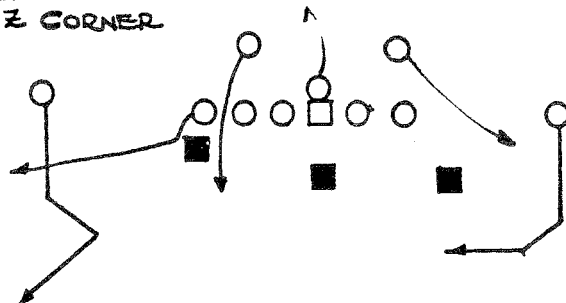
62 (SWAP)



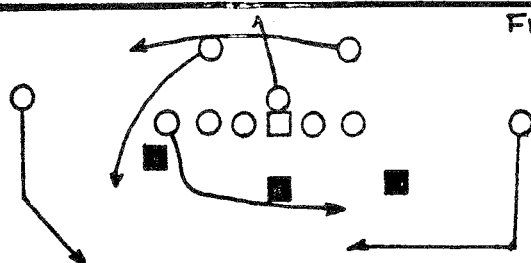
61



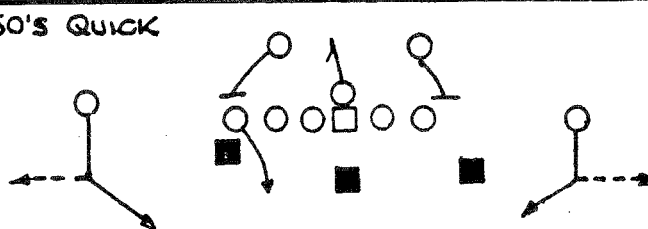
62 Z CORNER



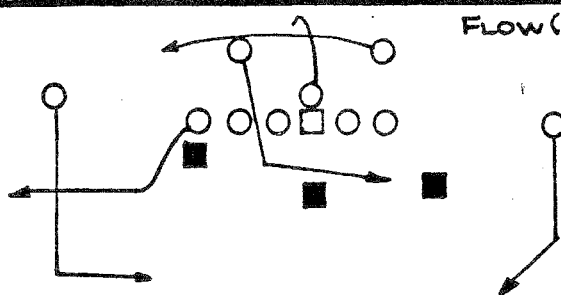
FLOW



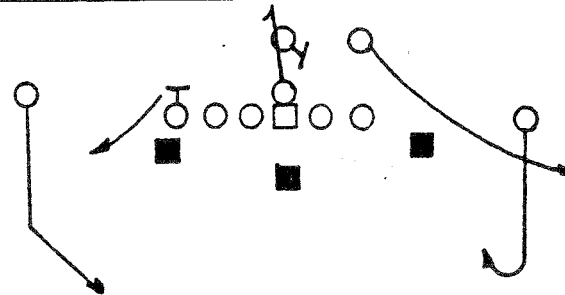
50'S QUICK



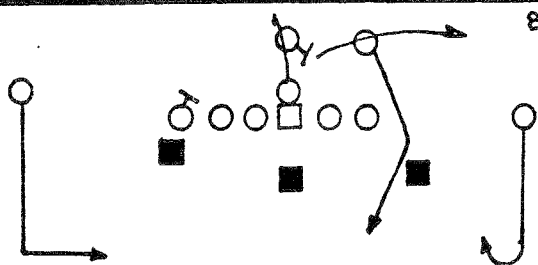
FLOW (DIVE)



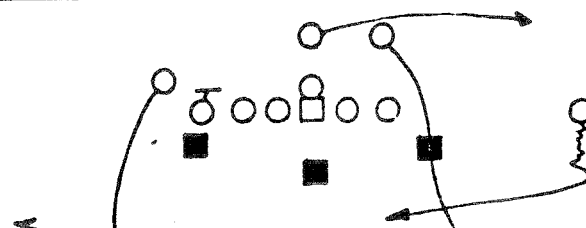
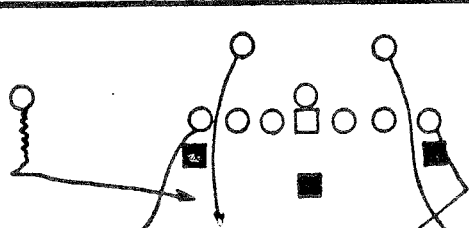
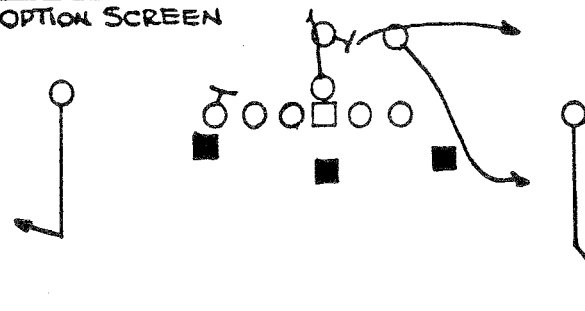
82



81



85 OPTION SCREEN



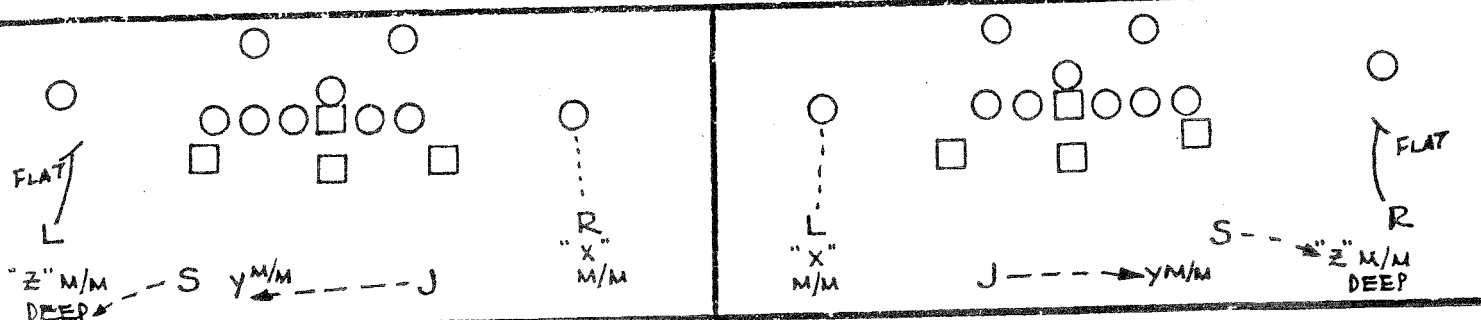
C O V E R 5

STRONGSIDE DOUBLE COVERAGE

ON "Z"

ELSEWHERE MAN TO MAN COVERAGE

COVER 5- SECONDARY RESPONSIBILITY

AlignmentStrong CornerKey

NORMAL OR PRESS

Z - Pulling lineman and/or flow, Y blocks.

Run ResponsibilityPass Responsibility

Cleo - Preferred

1. CLEO a) Destroy pattern of Z by jamming and funneling to outside. Zone slot to out.
b) Pick up 1st receiver in flat and cover man to man.
c) Z China - Cover Z M/M

Sky

2. Press - Play Tough - Same Principles.
3. Sky = Change of responsibility with Sam. Cover Z M/M inside technique.

AlignmentStrong SafetyKey

NORMAL OR PRESS

Pulling lineman and/or flow, Y blocks.

Run ResponsibilityPass Responsibility

Cleo - Preferred

CLEO

C.P. Press - Give Stay Call

1. Start to outside 1/3 of field & pick up Z man to man.
2. Inside call = cover Z M/M outside technique.
3. Sky = Change in responsibility with Strong Corner.

Sky

C.P. China - Zone deep outside 1/3.

AlignmentWeakSafetyKey

NORMAL OR PRESS

"Y"

Run ResponsibilityPass Responsibility

Support

Strong & Weak

1. Cover "Y" man for man.
a) Y Flat - Free Up - Zone Post - protect Stub - C.P. "INSIDE" Call.
2. Y - Slo, back releases inside, Cover Back M/M.
2a. Y Slo Flood = Y M/M (Auto Sloop)
3. Y Block - Flood = Free-Zone Middle.

AlignmentWeakCornerKey

NORMAL OR PRESS

Backfield triangle to "X"

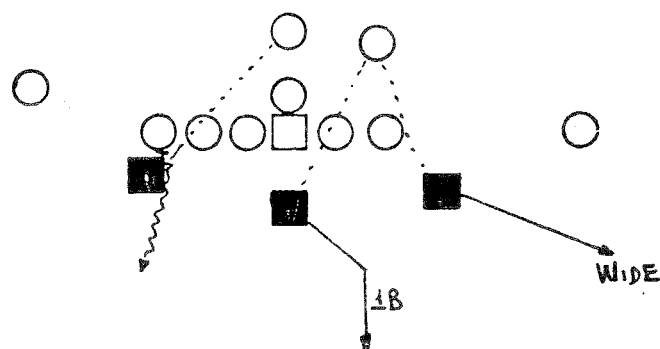
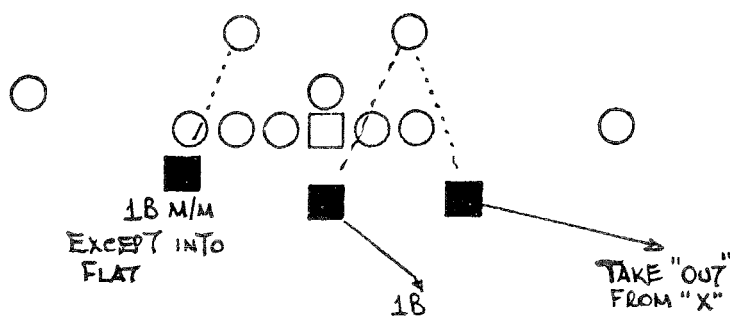
Run ResponsibilityPass Responsibility

Support

1. Cover X M-M, Inside Technique.
2. Help is deep flat.
3. Flow Strong - Buck will help you underneath.
4. C.P. Slot formation.

COVER 5 - LINEBACKER RESPONSIBILITY

3



Alignment

Strong Backer

Key

According to call

STRONGBACK

Run Responsibility

Cleo - *Preferred

Sky

Pass Responsibility - Good Jam on Y

1. You have strongback man-man on all moves strong side except "Flat" or "Wide" - drop strong hook.
2. Strongback blocks - drop to hook area - alert for check thru or screen.
3. Y Slo blocks and back releases - Take Y, M-M.
4. Y Slo and Strongback blocks - Take Y, M-M.
5. Flood automatic sloop.
6. Flow - in & out mac on SB and WB.

Alignment

Middle Backer

Key

According to call

WEAKBACK

Run Responsibility

According to front alignment

Pass Responsibility

1. Weakback blocks - Jet.
2. Weakback release close - Cover from inside - out M/M.
3. Flood - Automatic sloop.
4. Flow Strong - In & Out with stub on SB & WB.
5. Near or Slot - Possible "Speed" Call.
6. C.P. Sandy Call = Mac & Buc Dbl. "A" - (automatic sloop)

Alignment

Weak Backer

Key

According to call

"X" TO WEAKBACK

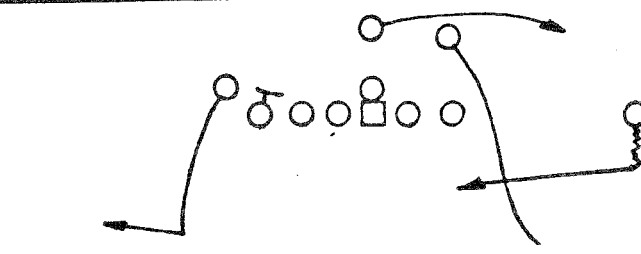
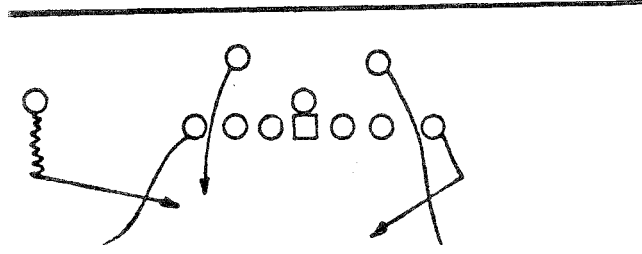
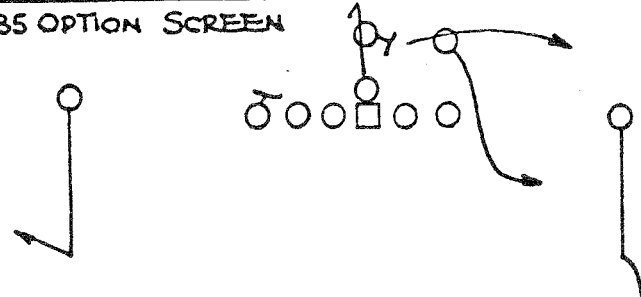
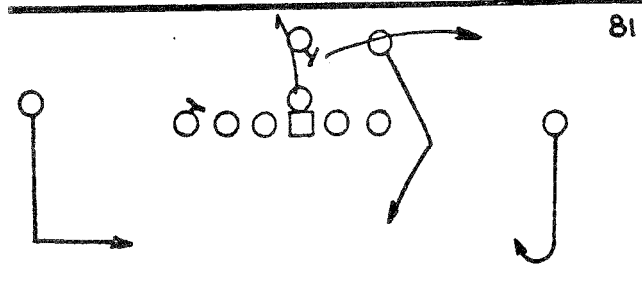
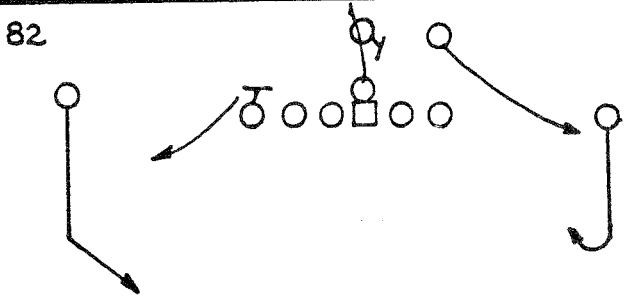
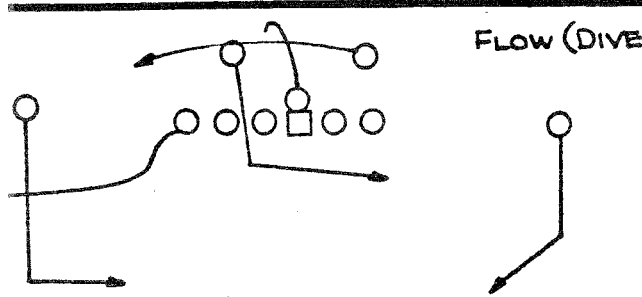
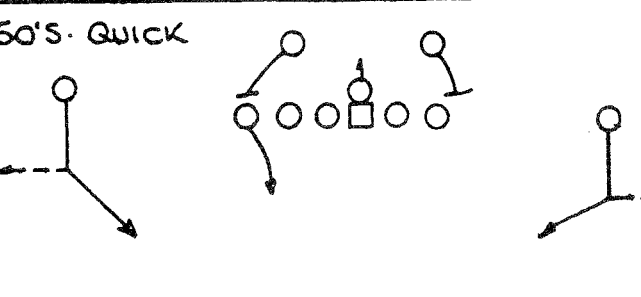
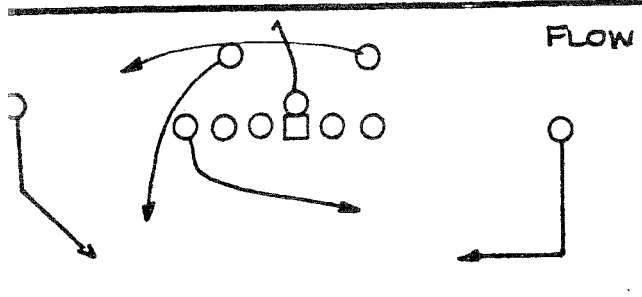
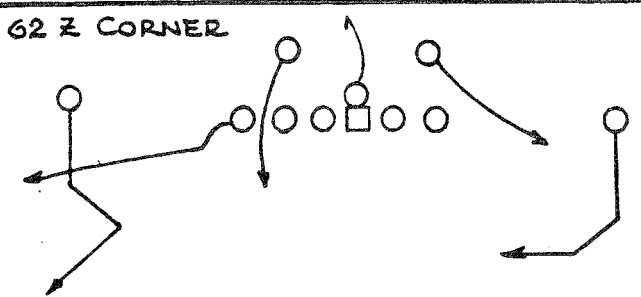
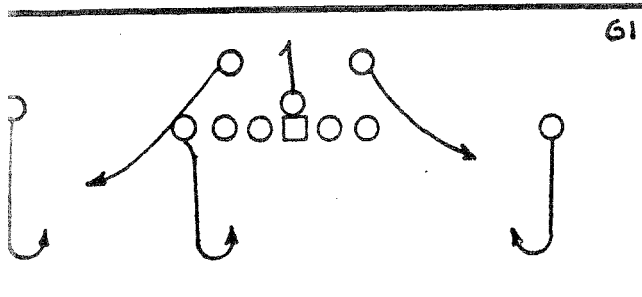
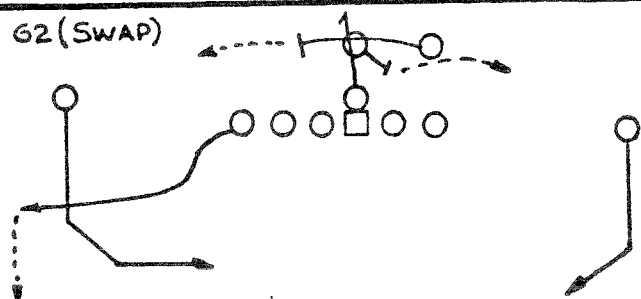
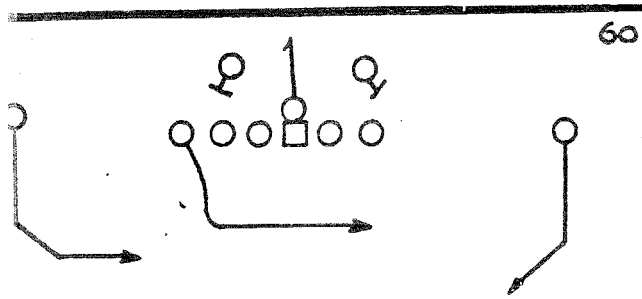
Run Responsibility

Bronco Force

Pass Responsibility

1. Take drop to take deep out from "X". C.P.: -3 Step Drop.
2. React to wide or flat.
3. Flood - Automatic Sloop.
4. Flow Strong - Drive to X and Cover M/M. C.P. "In Call" by corner.
5. C.P. Near or Slot possible "Speed" Call.
6. C.P. possible "Sandy" Call - Automatic Sloop.

----- INDICATES M-M COVERAGE
 O INDICATES AREA



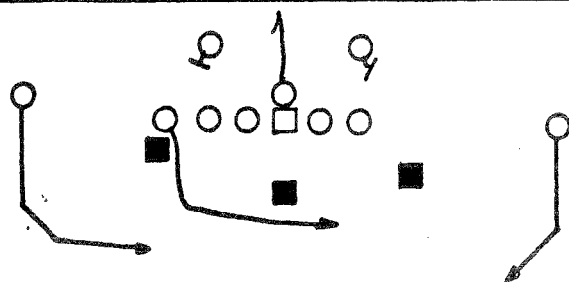
----- INDICATES M-M COVERAGE



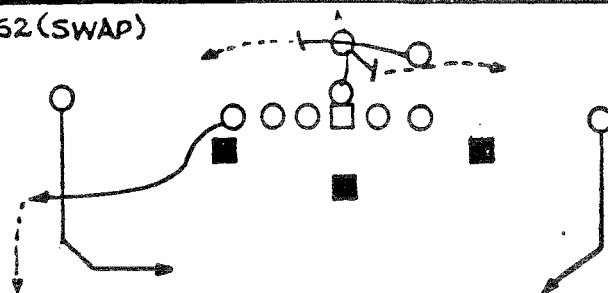
INDICATES AREA

5

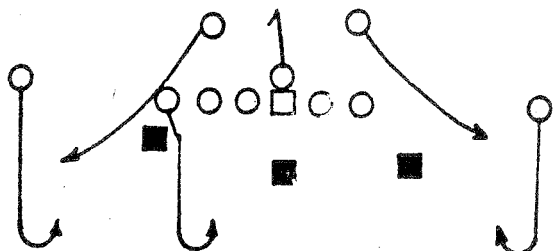
60



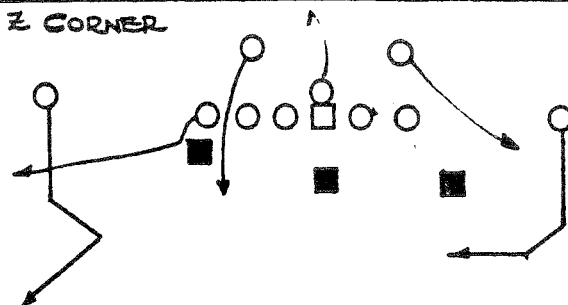
62 (SWAP)



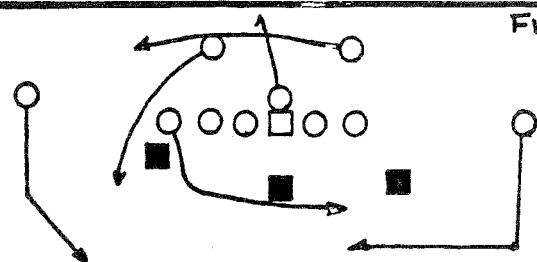
61



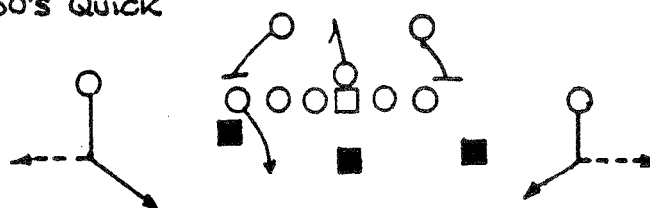
62 Z CORNER



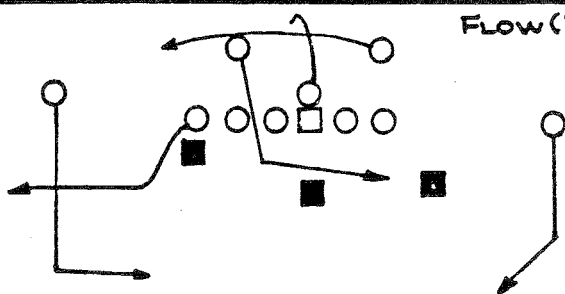
Flow



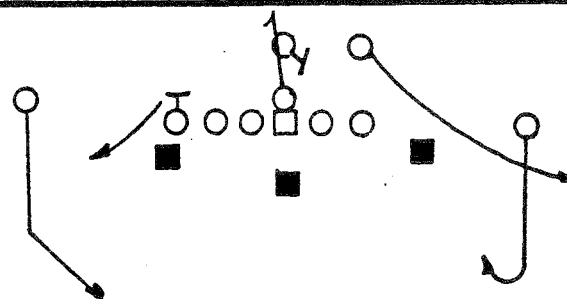
50's QUICK



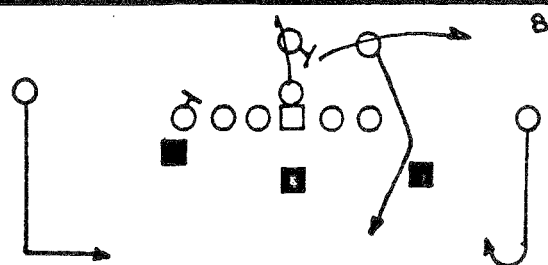
Flow (DIVE)



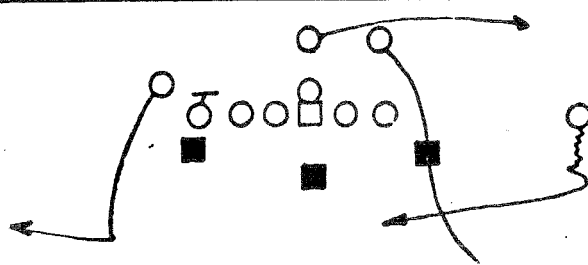
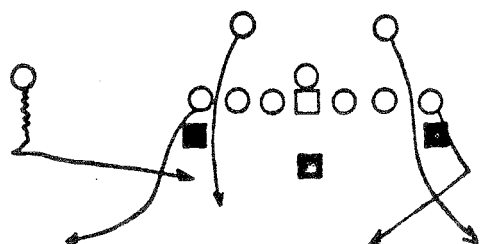
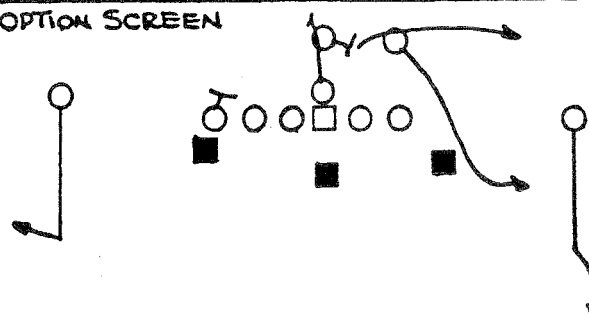
82



81



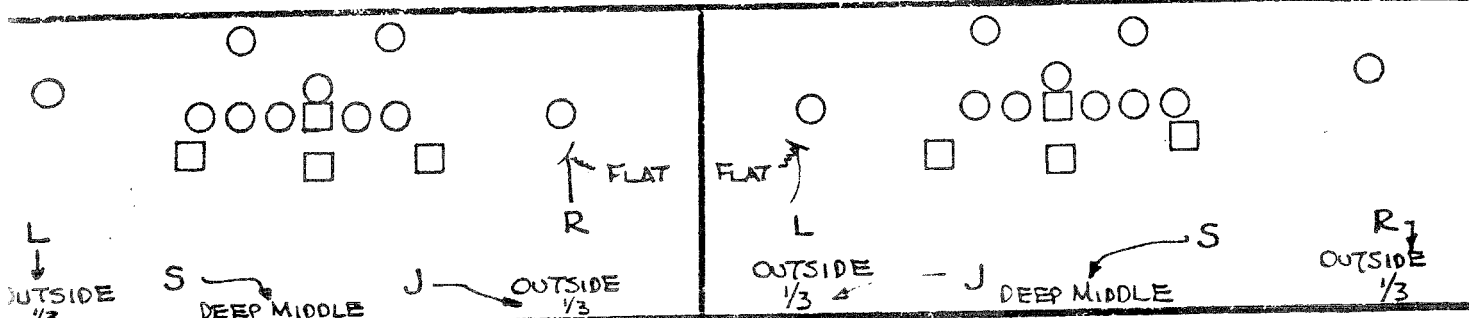
85 OPTION SCREEN



C O V E R 6

WEAKSIDE ROTATION INTO
PURE ZONE COVERAGE

COVER 6 - SECONDARY RESPONSIBILITY



Alignment	Strong	Corner	Key
-----------	--------	--------	-----

NORMAL	QUARTERBACK FOR 3 STEP DROP & BALL REACTION.		
--------	--	--	--

Run Responsibility	Pass Responsibility
--------------------	---------------------

SUPPORT	1. Deep outside zone on S/S - Work to position inside Z. 1/3 distance from Z to TE (in position to react to TE or Z). C.P. Z split 8 yards or less.
---------	---

Alignment	Strong	Safety	Key
-----------	--------	--------	-----

NORMAL	QUARTERBACK & REACT TO BALL		
--------	-----------------------------	--	--

Run Responsibility	Pass Responsibility
--------------------	---------------------

IRONCO-FILL	1. Read TE QB, drive for deep middle 1/3 & zone C.P. stay inside TE on deep pattern. 2. Read pattern, QB and <u>react</u> to ball.
-------------	---

Alignment	Weak	Safety	Key
-----------	------	--------	-----

NORMAL OR PRESS	X to QB & REACT TO BALL.		
-----------------	--------------------------	--	--

Run Responsibility	CLEO	Pass Responsibility
--------------------	------	---------------------

CLEO - SUPPORT SKY - FORCE BUZZ - FILL	1. Read QB, work to deep outside 1/3 adjust to X release. a. Outside release - cover <u>fade</u> on read of QB. b. Inside release - overrun X (corner). SKY: Zone from slot to out & react to flat. BUZZ: Zone weak circle - Read QB. C.P. Near = CLEO.
--	--

Alignment	Weak	Corner	Key
-----------	------	--------	-----

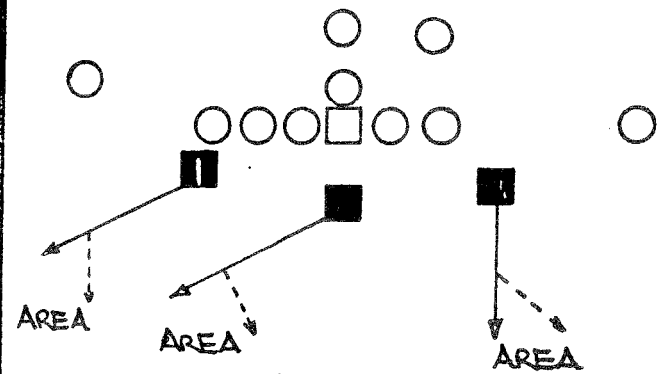
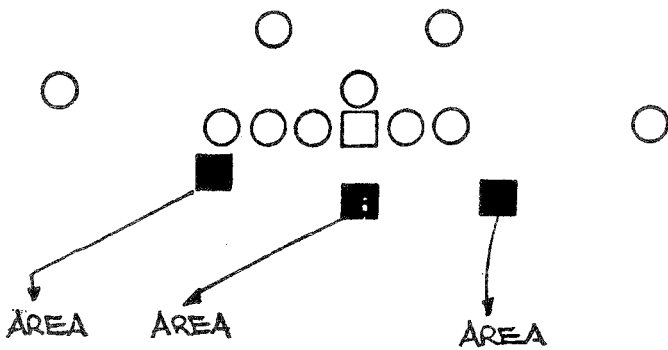
NORMAL OR PRESS	CLEO - PULLING LINEMAN AND/OR FLOW SKY OR BUZZ-QUARTERBACK FOR 3 STEP DROP & BALL REACTION.		
-----------------	--	--	--

Run Responsibility	Pass Responsibility
--------------------	---------------------

ALL: CLEO - FORCE SKY BUZZ - SUPPORT	CLEO 1. Rotate & zone W/S slot area. a. X inside release - destroy pattern by jamming and force to inside. b. Outside release - disregard. Check fade-zone inside slot area-react to shoot. 2. Sky-Buzz - Deep outside zone work to position inside X, C.P.-X split under 8 yds or dbl. Wing.
---	---

COVER 6 - LINEBACKER RESPONSIBILITY

3



Alignment

Strong Backer

Key

According to call.

QB and PATTERN.

Run Responsibility

Bronco Force

Pass Responsibility

1. Not necessary to jam Y.
2. Start drop to out. Continue till QB hits pocket.
 - a. QB looking your way, work wider.
 - b. QB looking away, gain $\frac{1}{2}$ zone toward his eyes.
3. As QB sets to throw be ready to break for ball.
4. Proper angle takes away "slant", then "out".
5. Flood - gain $\frac{1}{2}$ zone toward Flood. C.P. Slot.

Alignment

Middle Backer

Key

According to call.

Y, QB, and PATTERN.

Run Responsibility

According to front alignment.

Pass Responsibility

1. Start drop to S/S Slot area - watch QB - overrun Y - don't hang up. Look for "Z" on "IN" pattern.
2. Continue line till QB hits pocket.
 - a. QB looking your way - continue to spot or wider.
 - b. QB looking away - gain $\frac{1}{2}$ zone toward his eyes.
3. Flood - gain $\frac{1}{2}$ zone toward Flood.

Alignment

Weak

Backer

Key

QB and PATTERN

Run Responsibility

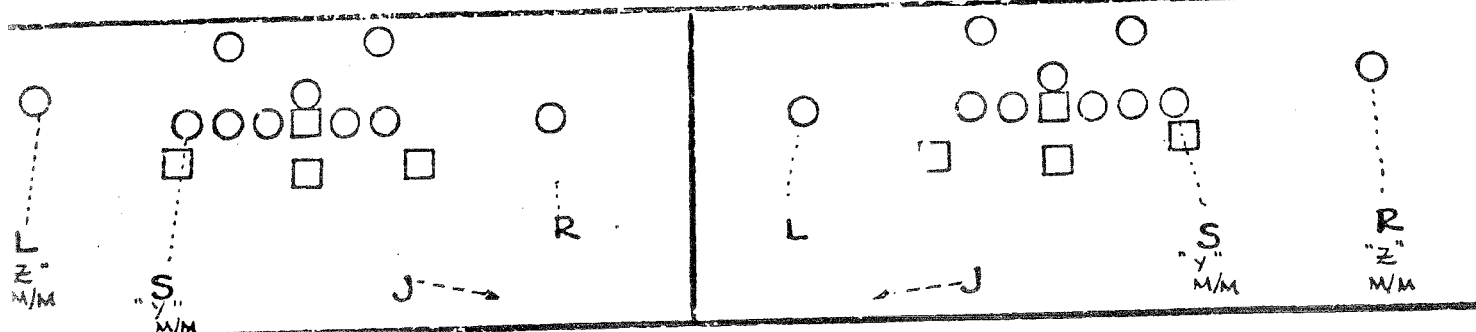
Cleo)
Sky) Fill

Buzz - Force

Pass Responsibility (For Cleo or Sky Force)

1. Zone W/S Circle to middle - watch QB's eyes and react.
2. Flood - gain $\frac{1}{2}$ zone toward Flood.
3. Buzz - Zone flat to out.

COVER 7 KING - SECONDARY RESPONSIBILITY



Alignment	Strong	Corner	Key
NORMAL OR PRESS			"Z" to Backfield Triangle
Run Responsibility			<u>Pass Responsibility</u> 1. Cover "Z" M/M - Outside technique. 2. Late help to post C.P. wide split. 3. Help inside short and flat. 4. Flood, Y Slo - anticipate "CUT" call 5. COVER 7, &X, 7 Cone, 7 BUCK "O" - Inside technique
Alignment	Strong	Safety	Key
NORMAL or PRESS			Pulling Lineman and/or Flow with Y Blocking
Run Responsibility			<u>Pass Responsibility</u> 1. Cover Y man for man - outside technique - no short inside hel 2. Y Slo with Flood = "Cut" Call; Cover inside routes of Z. 3. Y Straight - Cut and help on Z. C.P. Straight & Go. 4. 7, 7X, 7 Cone = Inside technique (No post help) 7 Bucko =
Alignment	Weak	Safety	Key
NORMAL or PRESS			Offensive lineman & backfield triangle.
Run Responsibility			<u>Pass Responsibility</u> 1. Read QB as you sprint to spot 4 yds inside numbers - Be in position to play X go or Z Post based QB look. 2. Cover 7-start to outside 1/3 of field & cover X man to man. 3. CONE - In & Out on X with corner. 4. 7X - First back weak M/M. C.P. Flow. 5. 7 Buck"O" - WB-M/M, WB Blocks = Cut Flow - Zone middle.
Alignment	Weak	Corner	Key
NORMAL OR PRESS			X-to backfield triangle. C.P. Quick Read.
Run Responsibility			<u>Pass Responsibility</u> 1. X, M/M - Yale technique. a. Yale technique unless you read route as an outside take off then M/M. 2. Cone - IN and OUT with Jill on X. 3. 7X - X technique - NO PRESS 4. 7-Destroy pattern of X by bumping and forcing to outside play flat and up.

C O V E R 7 K I N G

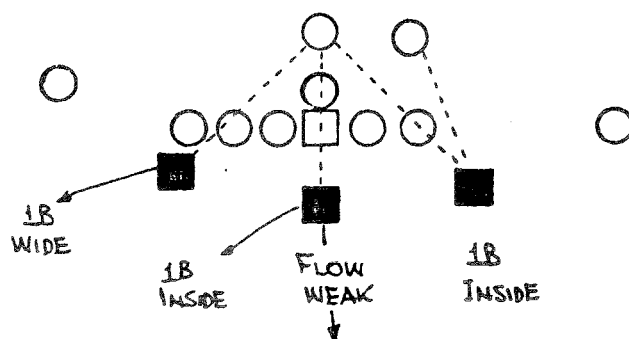
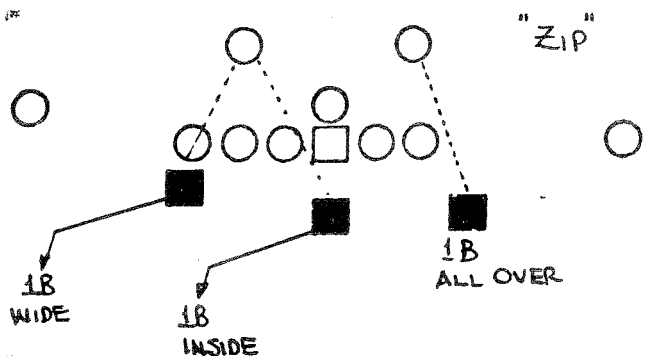
COVER 7 - 7 CONE - 7 X & 7 BUCK"O"

WEAKSIDE DOUBLE COVERAGE

ON "X"

ELSEWHERE MAN TO MAN COVERAGE

COVER 7 KING- LINEBACKER RESPONSIBILITY 3



Alignment

Outside shoulder of "Y".

Strong Backer

"Z" and STRONGBACK.

Key

Run Responsibility

Bronco Force Preferred.

Pass Responsibility

1. Take drop to take away all moves of "Z".
2. Strongback runs wide, or flat take him.
M/M (Mac replaces Stub on inside moves of Z).
3. Y blocks - stay with Y.
4. Y straight - Take Y M/M
C.P. Straight & Go - Take
C.P. Medium Flare
5. Y-Release with flood-drive to "Z"
6. Cover 7-7X-7 Cone-7 Bucko = Same as 7K.

Alignment

According to call.

Middle Backer

STRONGBACK

Key

Run Responsibility

According to front alignment.

Pass Responsibility

1. Strongback M/M unless he runs wide or flat (including medium flare).
2. SB runs wide or flat, zone the slot area looking for "IN" moves of Z.
3. SB blocks - wall Y and work to strong hook.
4. FLOOD - 2nd back to weakside M/M or (IN-OUT) with weak backer.
5. 7X = 7 BUCKO = 1nd back weak M-M.
6. Cov. 7 with/Flood.
7. 7 Cone = Same as 7 King.

Alignment

According to call.

Weak Backer

Weakback

Key

Run Responsibility

Cleb Force

Pass Responsibility

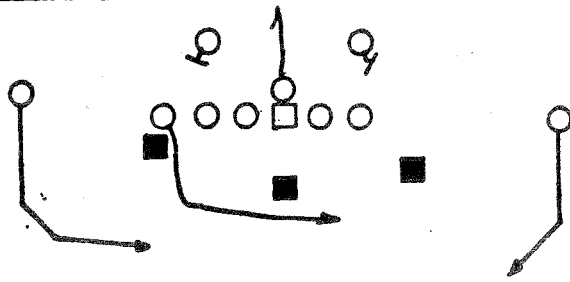
1. WB - M/M - FLOOD = In & Out.
2. FLOW - Zone weak slot area - look for 1st crossing receiver.
3. COVER 7 - WB on inside moves. Maintain inside position on receiver.
a. FLOOD - If both backs release inside, take outside of two, unless flat - Mac will take inside.
4. 7X = X technique.
5. 7 Cone = same as 7 KING.
6. 7 BUCKO = Free Blitz at "O" (OX).

----- INDICATES M-M COVERAGE

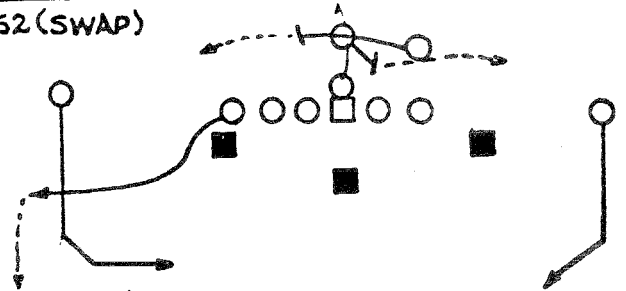


INDICATES AREA

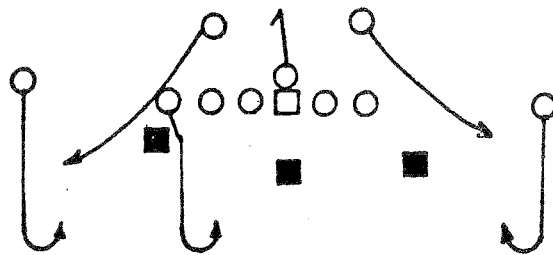
60



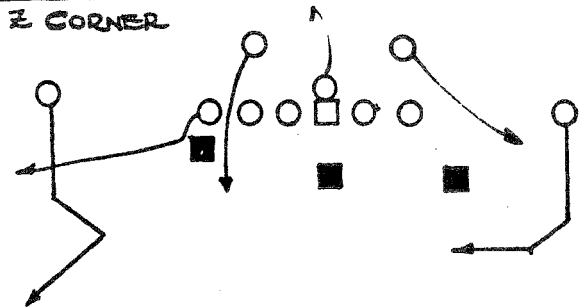
62 (SWAP)



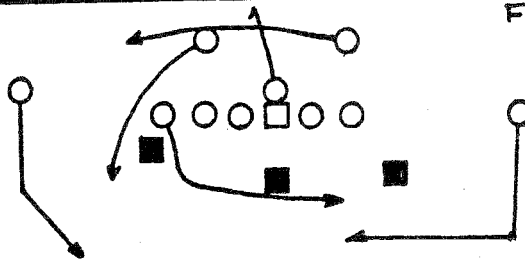
61



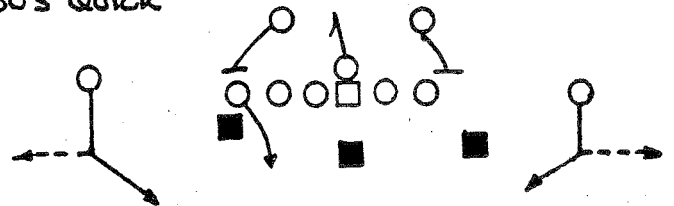
62 Z CORNER



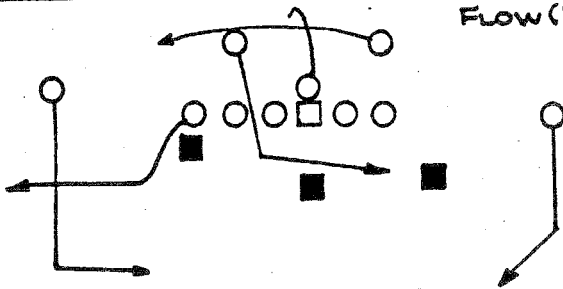
FLOW



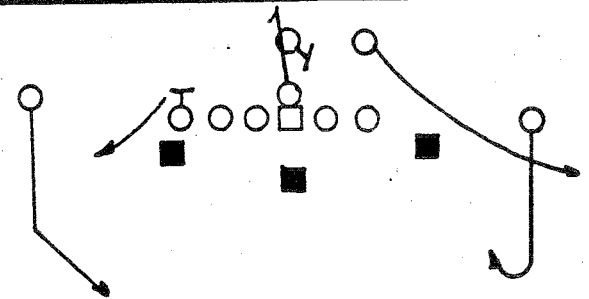
50'S QUICK



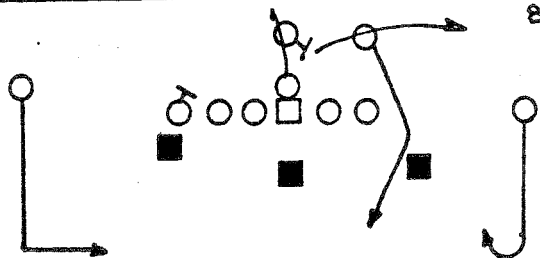
FLOW (DIVE)



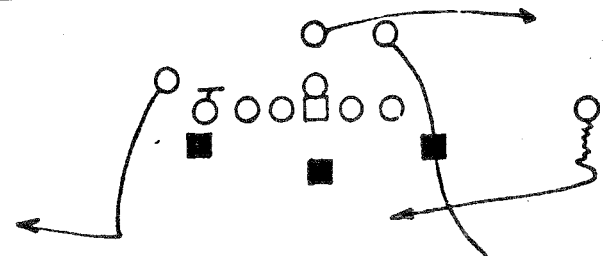
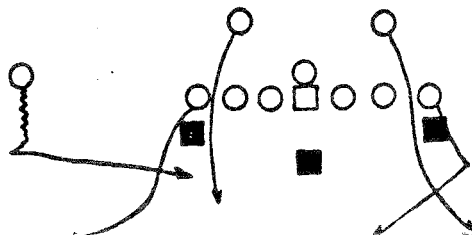
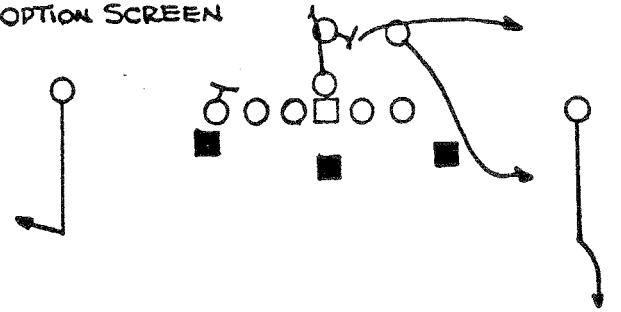
82



81



85 OPTION SCREEN



C O V E R 7 K I N G

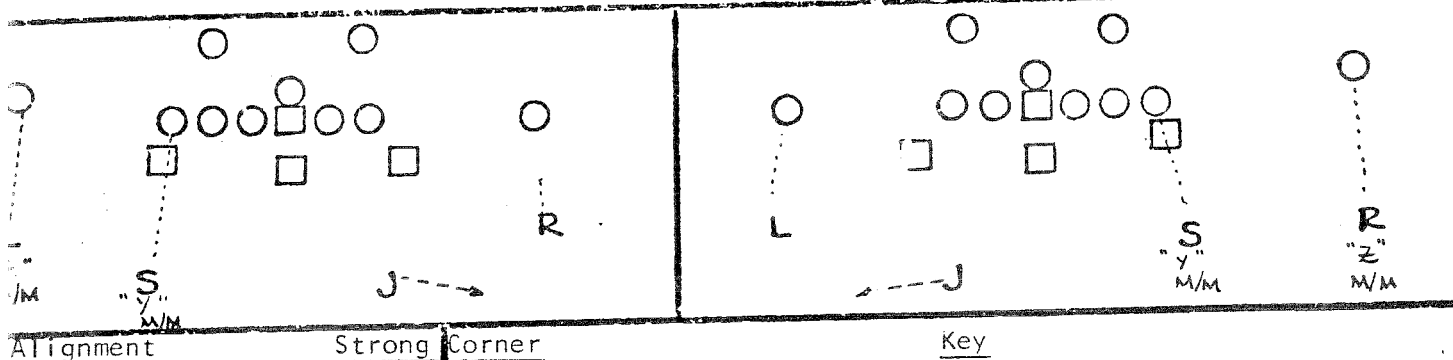
COVER 7 - 7 CONE - 7 X & 7 BUCK"o"

WEAKSIDE DOUBLE COVERAGE

ON "X"

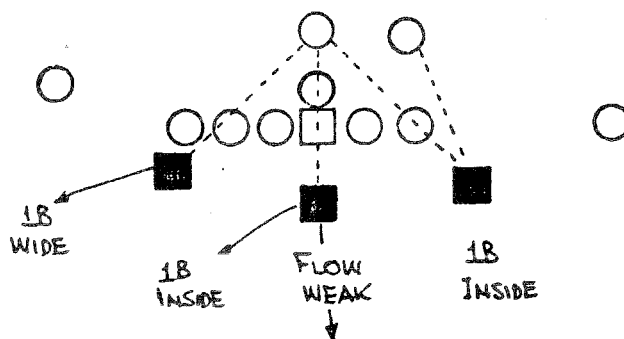
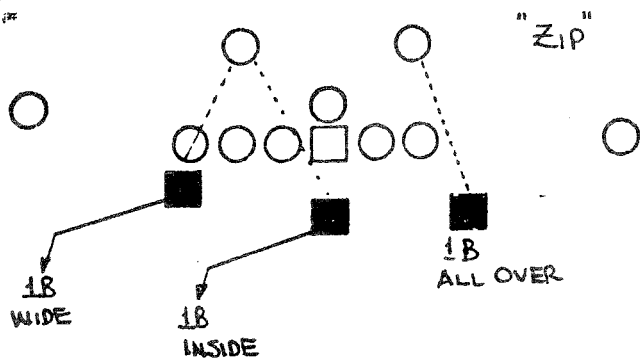
ELSEWHERE MAN TO MAN COVERAGE

COVER 7 KING - SECONDARY RESPONSIBILITY



Alignment	Strong	Corner	Key
NORMAL OR PRESS			"Z" to Backfield Triangle
Run Responsibility			<u>Pass Responsibility</u> <ol style="list-style-type: none"> 1. Cover "Z" M/M - Outside technique. 2. Late help to post C.P. wide split. 3. Help inside short and flat. 4. Flood, Y Slo - anticipate "CUT" call 5. COVER 7, &X, 7 Cone, 7 BUCK "O" - Inside technique
Alignment	Strong	Safety	Key
NORMAL or PRESS			Pulling Lineman and/or Flow with Y Blocking
Run Responsibility			<u>Pass Responsibility</u> <ol style="list-style-type: none"> 1. Cover Y man for man - outside technique - no short inside help 2. Y Slo with Flood = "Cut" Call; Cover inside routes of Z. 3. Y Straight - Cut and help on Z. C.P. Straight & Go. 4. 7, 7X, 7 Cone = Inside technique (No post help) 7 Bucko =
Alignment	Weak	Safety	Key
NORMAL or PRESS			Offensive lineman & backfield triangle.
Run Responsibility			<u>Pass Responsibility</u> <ol style="list-style-type: none"> 1. Read QB as you sprint to spot 4 yds inside numbers - Be in position to play X go or Z Post based QB look. 2. Cover 7-start to outside 1/3 of field & cover X man to man. 3. CONE - In & Out on X with corner. 4. 7X - First back weak M/M. C.P. Flow. 5. 7 Buck"O" - WB-M/M, WB Blocks = Cut Flow - Zone middle.
Alignment	Weak	Corner	Key
NORMAL OR PRESS			X-to backfield triangle. C.P. Quick Read.
Run Responsibility			<u>Pass Responsibility</u> <ol style="list-style-type: none"> 1. X, M/M - Yale technique. <ol style="list-style-type: none"> a. Yale technique unless you read route as an outside take off - then M/M. 2. Cone - IN and OUT with Jill on X. 3. 7X - X technique - NO PRESS 4. 7-Destroy pattern of X by bumping and forcing to outside play flat and up

COVER 7 KING- LINEBACKER RESPONSIBILITY 3



Alignment

Outside shoulder of "Y".

Strong Backer

"Z" and STRONGBACK.

Key

Run Responsibility

Bronco Force Preferred.

Pass Responsibility

1. Take drop to take away all moves of "Z".
2. Strongback runs wide, or flat take him.
M/M (Mac replaces Stub on inside moves of Z).
3. Y blocks - stay with Y.
4. Y straight - Take Y M/M
C.P. Straight & Go - Take
C.P. Medium Flare
5. Y-Release with flood-drive to "Z"
6. Cover 7-7X-7 Cone-7 Bucko = Same as 7K.

Alignment

According to call.

Middle Backer

STRONGBACK

Key

Run Responsibility

According to front alignment.

Pass Responsibility

1. Strongback M/M unless he runs wide or flat (including medium flare).
2. SB runs wide or flat, zone the slot area looking for "IN" moves of Z.
3. SB blocks - wall Y and work to strong hook.
4. FLOOD - 2nd back to weakside M/M or (IN-OUT) with weak backer.
5. 7X = 7 BUCKO = 1nd back weak M-M.
6. Cov. 7 with/Flood.
7. 7 Cone = Same as 7 King.

Alignment

According to call.

Weak Backer

Weakback

Key

Run Responsibility

Cleb Force

Pass Responsibility

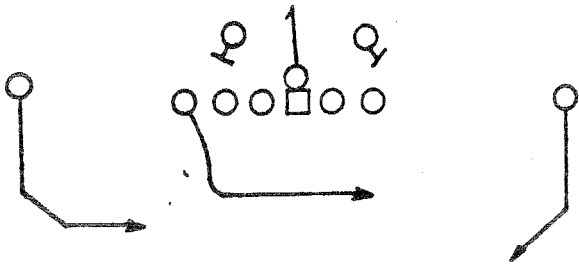
1. WB - M/M - FLOOD = In & Out.
2. FLOW - Zone weak slot area - look for 1st crossing receiver.
3. COVER 7 - WB on inside moves. Maintain inside position on receiver.
a. FLOOD - If both backs release inside, take outside of two, unless flat - Mac will take inside.
4. 7X = X technique.
5. 7 Cone = same as 7 KING.
6. 7 BUCKO = Free Blitz at "O" (OX).

----- INDICATES M-M COVERAGE

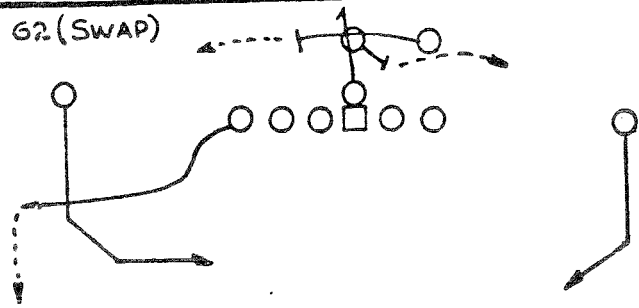


INDICATES AREA

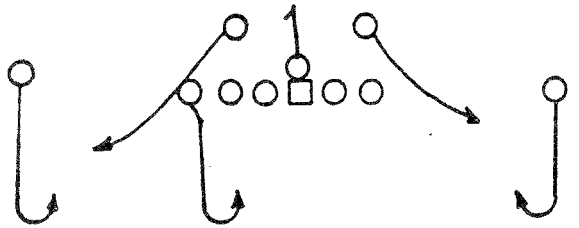
60



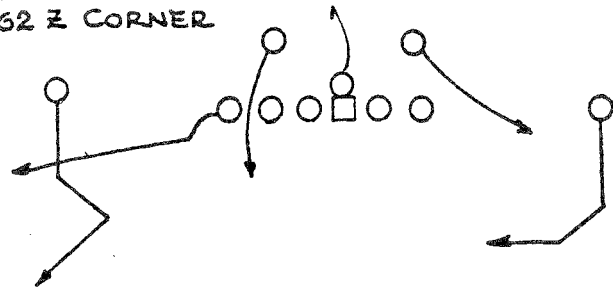
62 (SWAP)



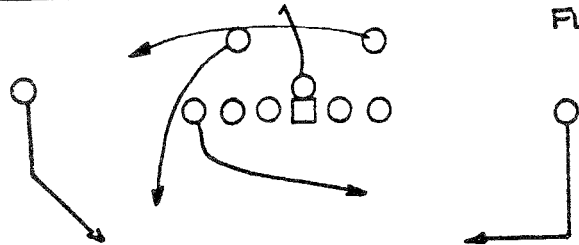
61



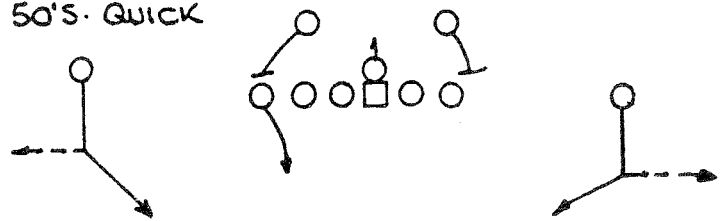
62 Z CORNER



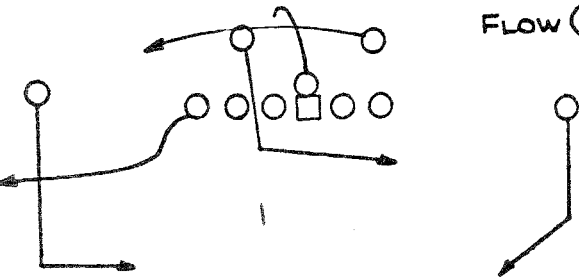
FLOW



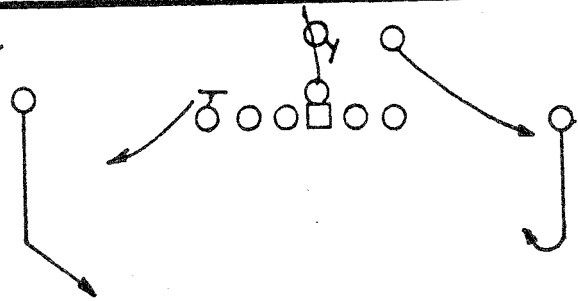
50'S QUICK



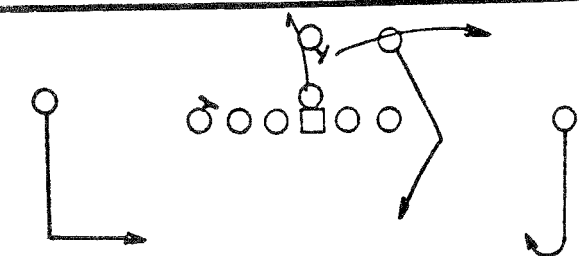
FLOW (DIVE)



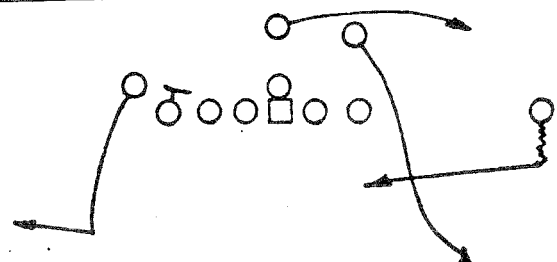
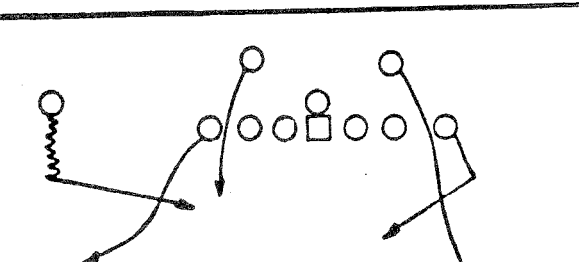
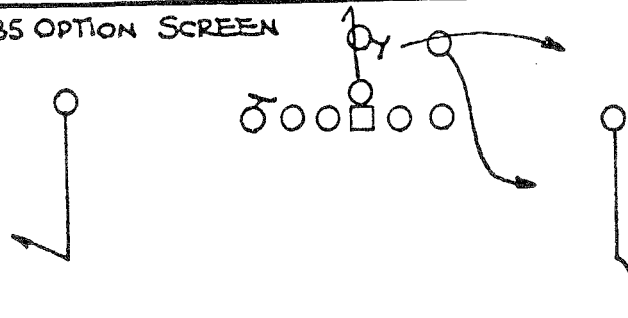
82



81



85 OPTION SCREEN

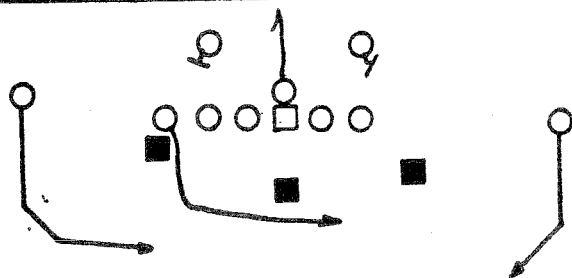


----- INDICATES M-M COVERAGE

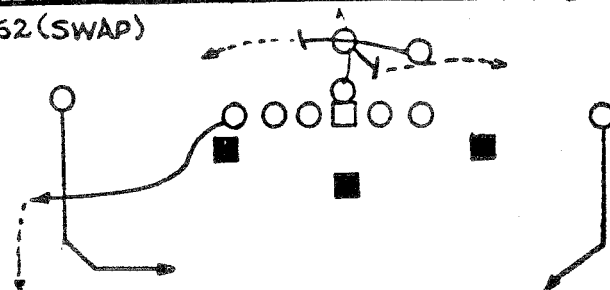


INDICATES AREA

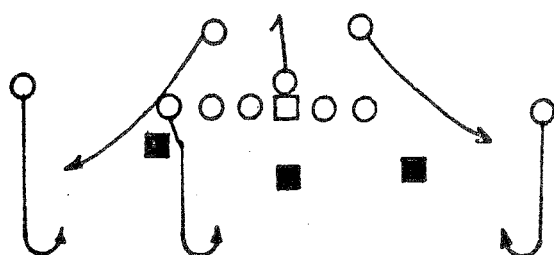
60



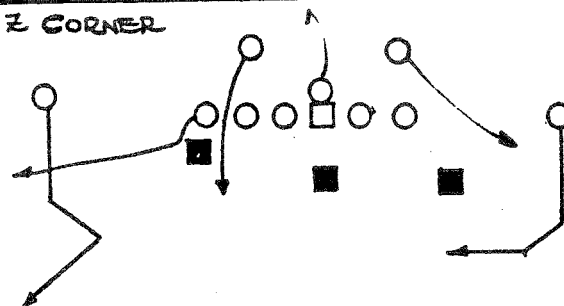
62 (SWAP)



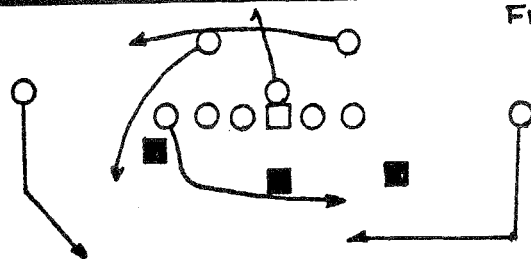
61



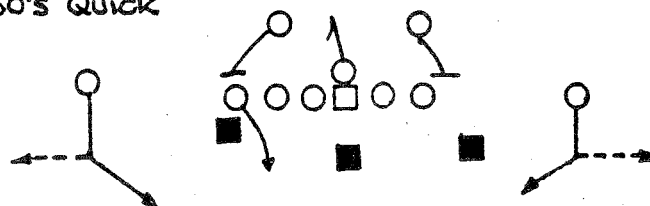
62 Z CORNER



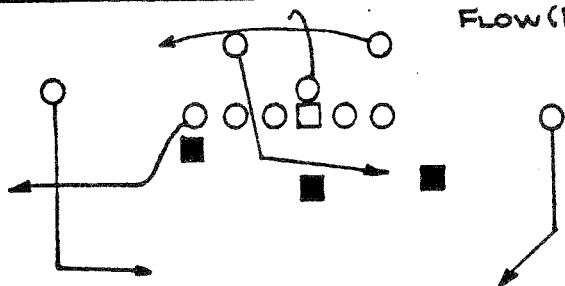
FLOW



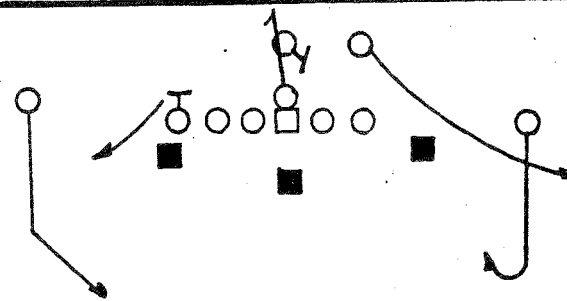
50'S QUICK



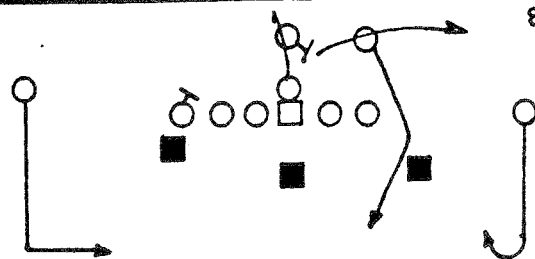
FLOW (DIVE)



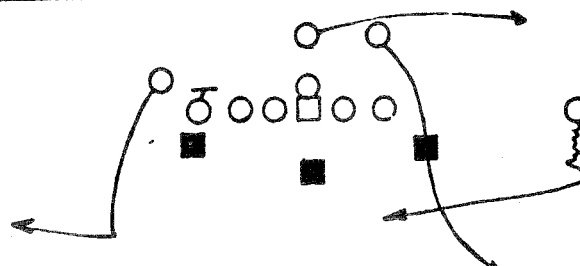
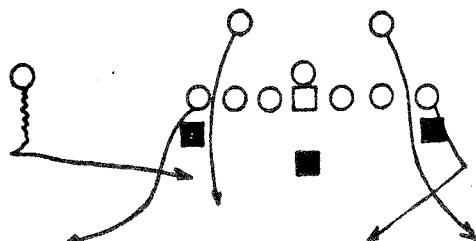
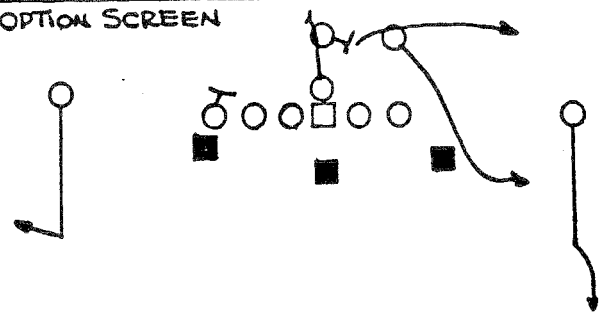
82



81



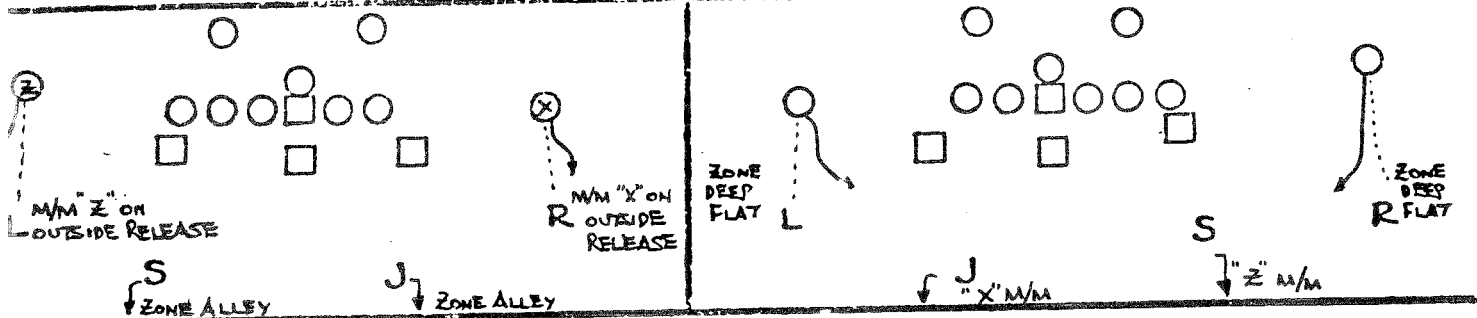
85 OPTION SCREEN



C O V E R 9

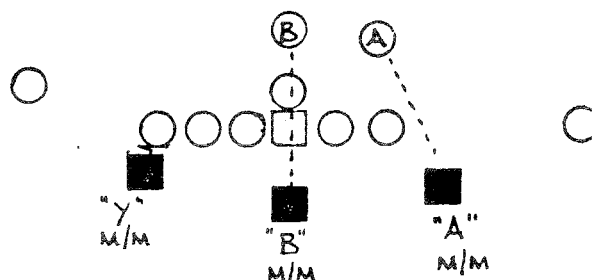
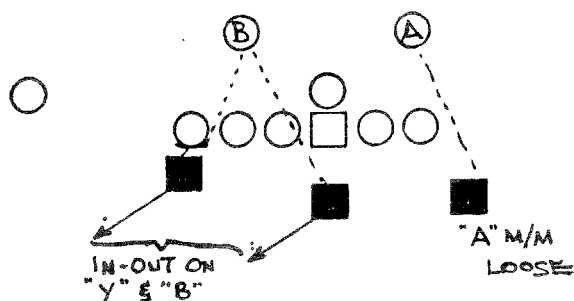
MAN TO MAN COVERAGE WITH CORNERS
SAFETIES IN & OUT ON WIDE RECEIVERS.
LINEBACKERS LOOSE M/M ON BACKS & Y WITH
BACKUP HELP DEEP.

COVER 9- SECONDARY RESPONSIBILITY



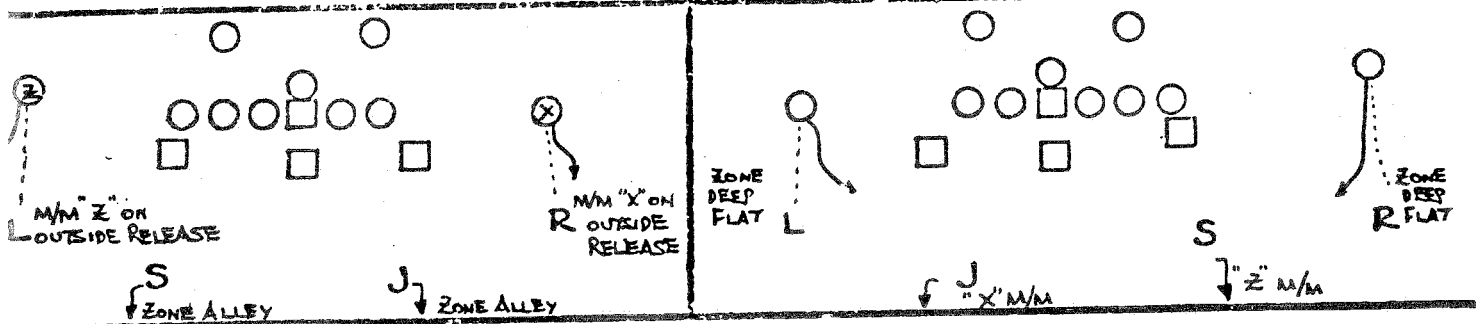
Alignment	Strong	Corner	Key
PRESS			"Z"
Run Responsibility	<u>Pass Responsibility</u> 1. Read release of Z (outside mirror technique). a. <u>Outside release</u> - Cover Z M/M all the way, force out of bounds. b. <u>Inside release</u> - Jam and Force inside, in & out M/M coverage on Z up to 18 yards deep = then zone react to QB's aim & throw. C.P. QUICK down the line release.		
SKY = SUPPORT			
Alignment	Strong	Safety	Key
PRESS			Pulling lineman and/or Flow-Y blocks to QB
Run Responsibility	<u>Pass Responsibility</u> 1. Drop straight back and read release of Z. a. <u>Outside Release</u> - (Strongside Corner has Z, forget him). Zone S/S Alley alert to Y & B on deep routes. b. <u>Inside release</u> - In & Out with strongside corner on Z. You have all inside routes M/M and must cover corner route inside out. C.P. Quick down the line release.		
SKY - FORCE			
Alignment	Weak	Safety	Key
PRESS			X; Pattern & QB
Run Responsibility	<u>Pass Responsibility</u> 1. Read release of Z (outside mirror technique). a. <u>Outside release</u> - (Weakside corner has "X" Forget him) Zone W/S alley. b. <u>Inside release</u> - In & Out on "X" with weakside corner. You have all inside routes M/M and you must cover corner route from inside - out.		
CLEO= SUPPORT (Give "Stay" Call to weakside corner)			
SKY = FORCE			
Alignment	Weak	Corner	Key
PRESS			"X"
Run Responsibility	<u>Pass Responsibility</u> 1. Read release of "X" (outside mirror technique). a. <u>Outside release</u> - Cover "X" M/M all the way, force out of bounds. b. <u>Inside release</u> : Jam and force inside, in & out M/M coverage on "X" up to 18 yds deep. Then zone react to QB's aim & throw. C.P. Quick down the line release.		
CLEO = FORCE (Listen for "Stay" Call)			
SKY = SUPPORT			

COVER 9 - LINEBACKER RESPONSIBILITY



Alignment	Strong Backer	Key
According to Call	QB, Strongback & TE (Recognize 3 receiver side, and 2 receiver side)	
Run Responsibility	<u>Pass Responsibility</u> 1. Jam Y and read move of strongback. 2. Strong back moves toward you - a. Work to strong slot and cover 1st receiver to cross your face M/M. 3. Strong back moves away - a. TE slo - zone strong hook - If Y releases cover M/M. b. TE releases - cover loose M/M. C.P. Review Flow & Flood.	
Fill (Cleo Force)		
Alignment	Middle Backer	Key
According to Call	QB, Strongback & TE/or Wk Back (Recognize 3 Receiver Side & 2 Receiver side)	
Run Responsibility	<u>Pass Responsibility</u> 1. Open to side of strong backs move: 2. Strong back strongside - Drop to strongside Hook and cover inside receiver, loose M/M. C.P. - TE Go; TE over C.P. Strong back dive - Strong back block 3. Strongback weakside = Drop to weakside hook and cover inside receiver loose - M/M. C.P. <u>Flow</u> & <u>Flood</u> .	
According to front alignment		
Alignment	Weak Backer	Key
According to Call	QB, Strong back & Wk Back (Recognize 3 Receiver Side and 2 Receiver Side)	
Run Responsibility	<u>Pass Responsibility</u> 1. Loose M/M technique on weakback. 2. <u>Flow</u> - Zone weak hook covering 1st crossing receiver. 3. <u>Flood</u> - Drop to weak slot and take 1st receiver to cross your face. C.P. Loose in & out vs. play action pass.	
Fill (Cleo Force)		

COVER 9- SECONDARY RESPONSIBILITY



Alignment	Strong	Corner	Key
PRESS			"Z"

Run Responsibility	Pass Responsibility
SKY = SUPPORT	<ol style="list-style-type: none"> Read release of Z (outside mirror technique). <ol style="list-style-type: none"> <u>Outside release</u> - Cover Z M/M all the way, force out of bounds. <u>Inside release</u> - Jam and Force inside, in & out M/M coverage on Z up to 18 yards deep = then zone react to QB's aim & throw. C.P. QUICK down the line release.

Alignment	Strong	Safety	Key
PRESS			Pulling lineman and/or Flow-Y blocks to QB

Run Responsibility	Pass Responsibility
SKY - FORCE	<ol style="list-style-type: none"> Drop straight back and read release of Z. <ol style="list-style-type: none"> <u>Outside Release</u> - (Strongside Corner has Z, forget him). Zone S/S Alley alert to Y & B on deep routes. <u>Inside release</u> - In & Out with strongside corner on Z. You have all inside routes M/M and must cover corner route inside out. C.P. Quick down the line release.

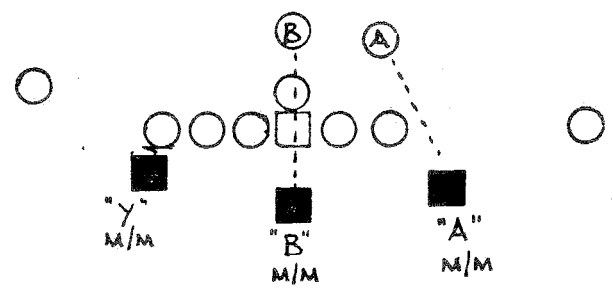
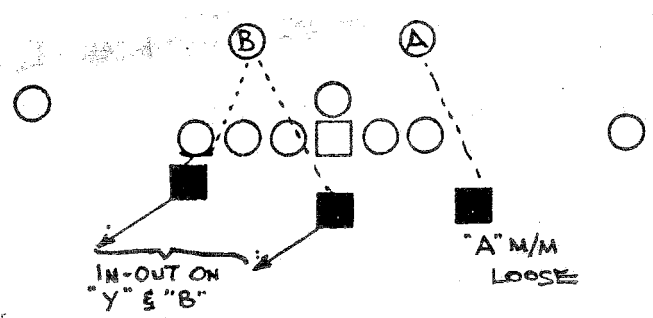
Alignment	Weak	Safety	Key
PRESS			X; Pattern & QB

Run Responsibility	Pass Responsibility
CLEO = SUPPORT (Give "Stay" Call to weakside corner) SKY = FORCE	<ol style="list-style-type: none"> Read release of Z (outside mirror technique). <ol style="list-style-type: none"> <u>Outside release</u> - (Weakside corner has "X" Forget him) Zone W/S alley. <u>Inside release</u> - In & Out on "X" with weakside corner. You have all inside routes M/M and you must cover corner route from inside - out.

Alignment	Weak	Corner	Key
PRESS			"X"

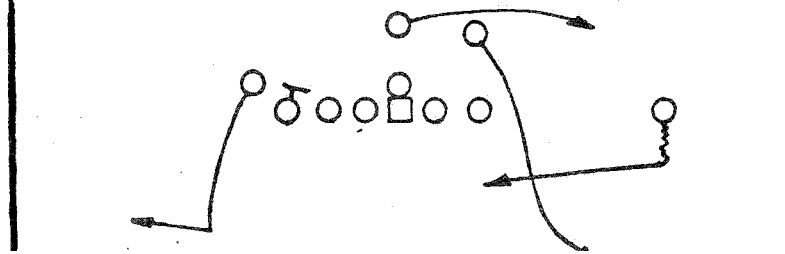
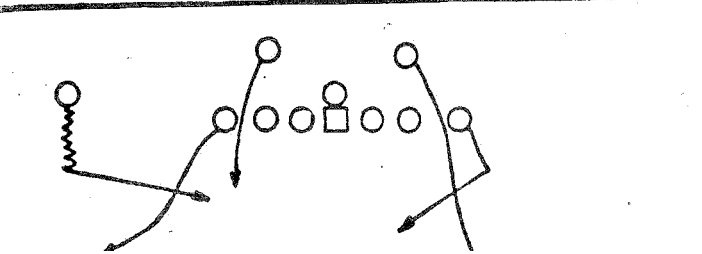
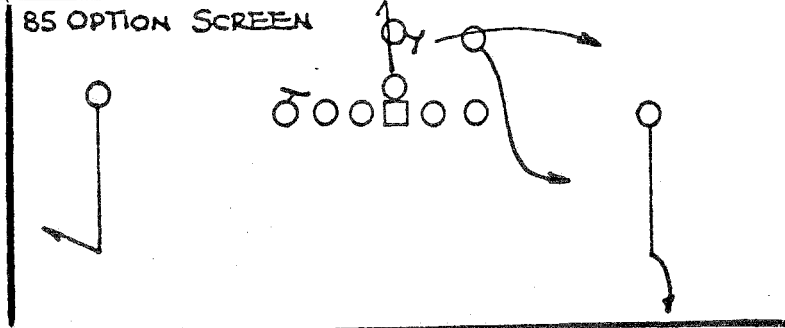
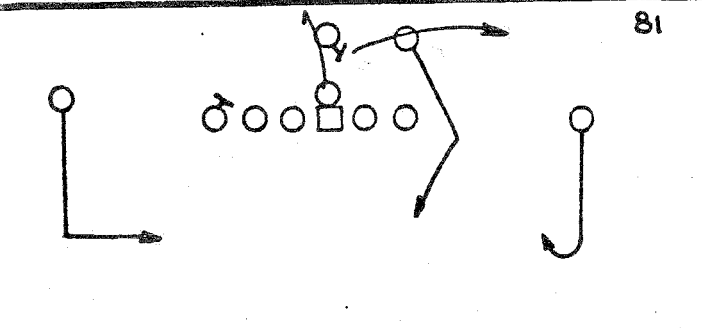
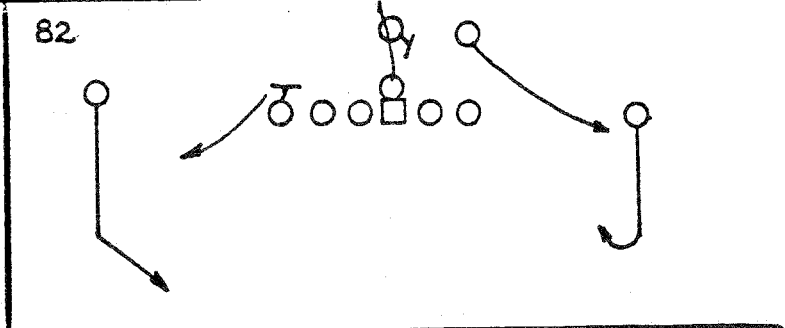
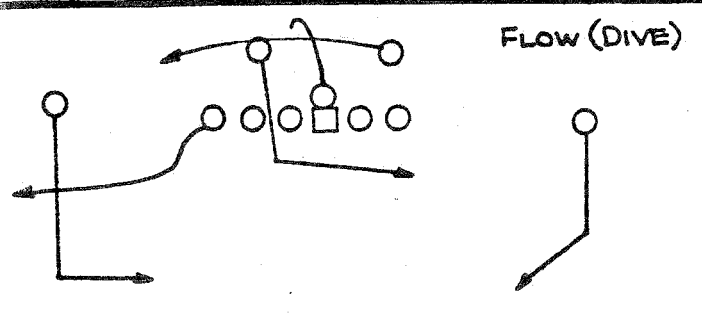
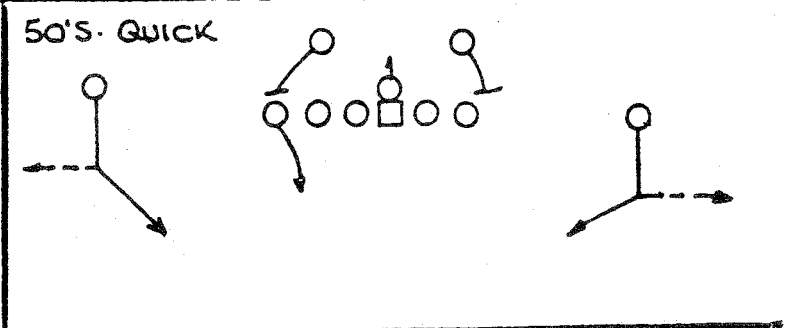
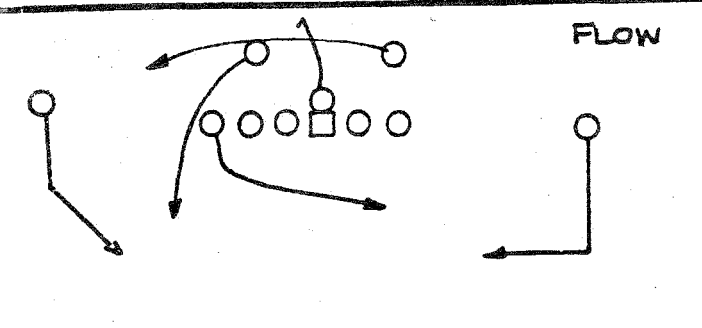
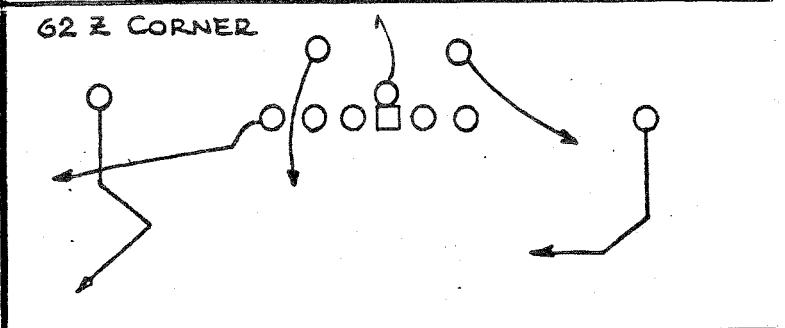
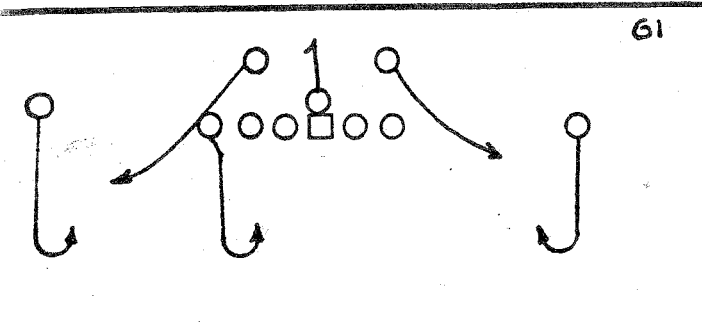
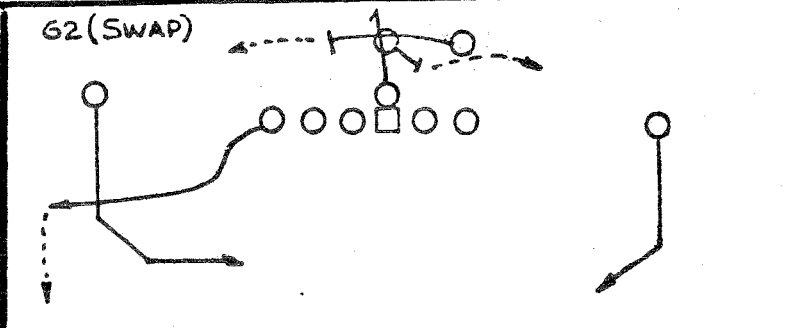
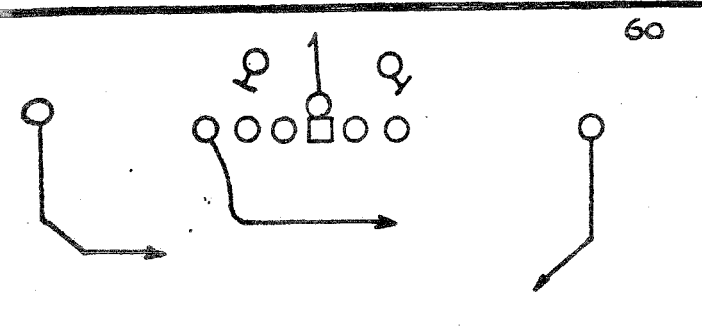
Run Responsibility	Pass Responsibility
CLEO = FORCE (Listen for "Stay" Call) SKY = SUPPORT	<ol style="list-style-type: none"> Read release of "X" (outside mirror technique). <ol style="list-style-type: none"> <u>Outside release</u> - Cover "X" M/M all the way, force out of bounds. <u>Inside release</u>: Jam and force inside, in & out M/M coverage on "X" up to 18 yds deep. Then zone react to QB's aim & throw. C.P. Quick down the line release.

COVER 9 - LINEBACKER RESPONSIBILITY



Alignment	Strong Backer	Key
According to Call	QB, Strongback & TE (Recognize 3 receiver side, and 2 receiver side)	
Run Responsibility	<u>Pass Responsibility</u> 1. Jam Y and read move of strongback. 2. Strong back moves toward you - a. Work to strong slot and cover 1st receiver to cross your face M/M. 3. Strong back moves away - a. TE slo - zone strong hook - If Y releases cover M/M. b. TE releases - cover loose M/M. C.P. Review Flow & Flood.	
Fill (Cleo Force)		
Alignment	Middle Backer	Key
According to Call	QB, Strongback & TE/or Wk Back (Recognize 3 Receiver Side & 2 Receiver side)	
Run Responsibility	<u>Pass Responsibility</u> 1. Open to side of strong backs move: 2. Strong back strongside - Drop to strongside Hook and cover inside receiver, loose M/M. C.P. - TE Go; TE over C.P. Strong back dive - Strong back block 3. Strongback weakside = Drop to weakside hook and cover inside receiver loose - M/M. C.P. <u>Flow</u> & <u>Flood</u> .	
According to front alignment		
Alignment	Weak Backer	Key
According to Call	QB, Strong back & Wk Back (Recognize 3 Receiver Side and 2 Receiver Side)	
Run Responsibility	<u>Pass Responsibility</u> 1. Loose M/M technique on weakback. 2. <u>Flow</u> - Zone weak hook covering 1st crossing receiver. 3. <u>Flood</u> - Drop to weak slot and take 1st receiver to cross your face. C.P. Loose in & out vs. play action pass.	
Fill (Cleo Force)		

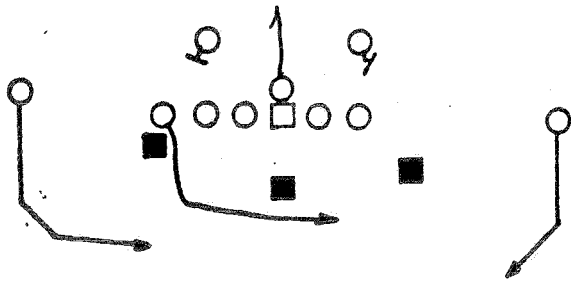
----- INDICATES M-M COVERAGE
[] INDICATES AREA



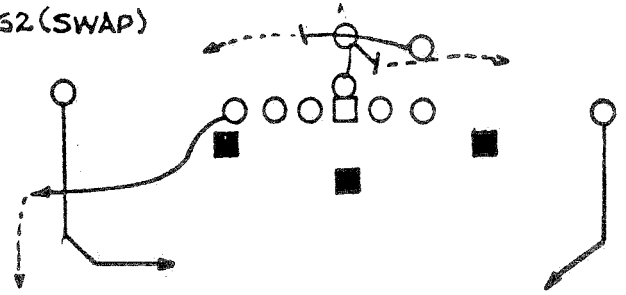
--- INDICATES M-M COVERAGE
 [] INDICATES AREA

5

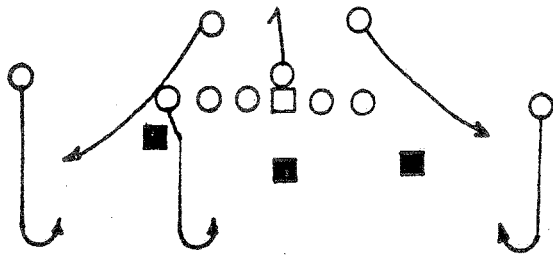
60



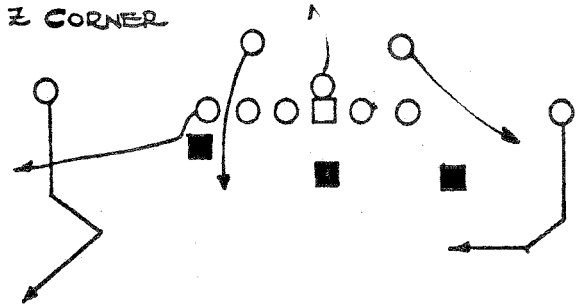
62 (SWAP)



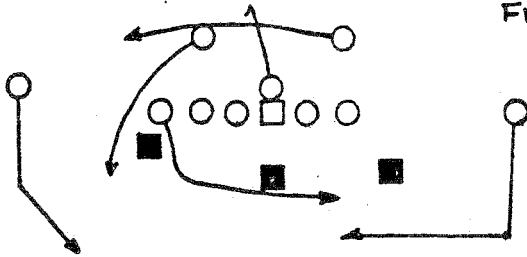
61



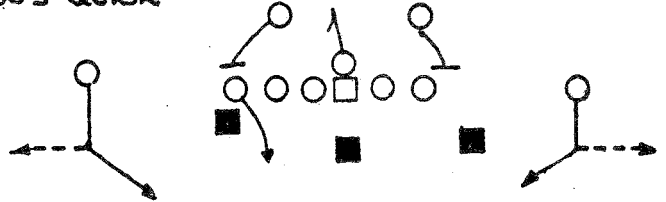
62 Z CORNER



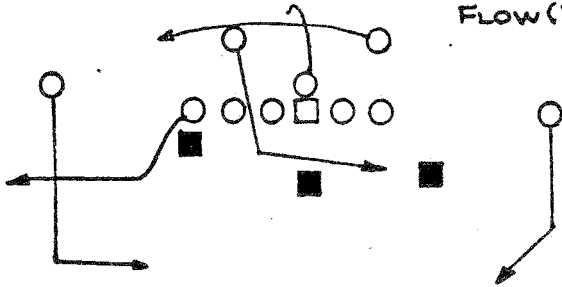
FLOW



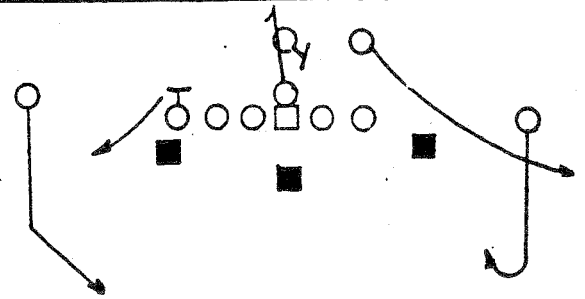
50'S QUICK



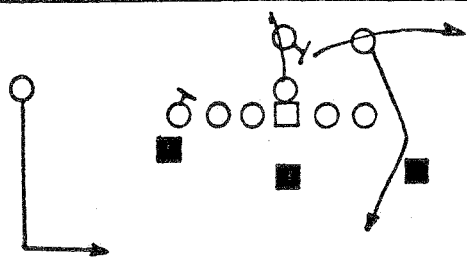
FLOW (DIVE)



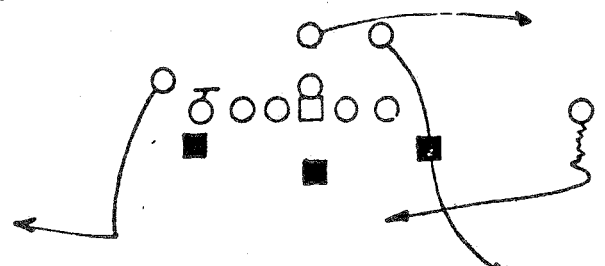
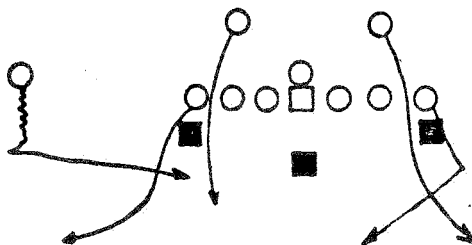
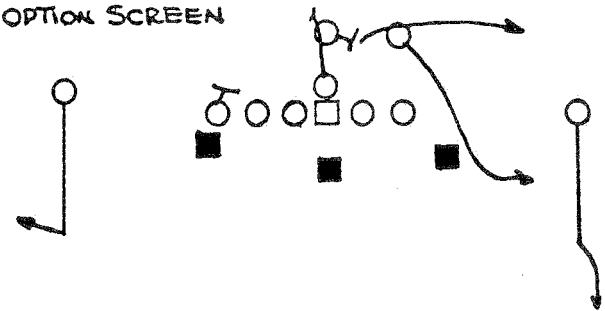
82



81



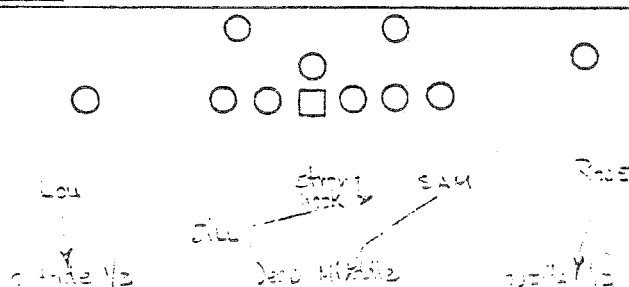
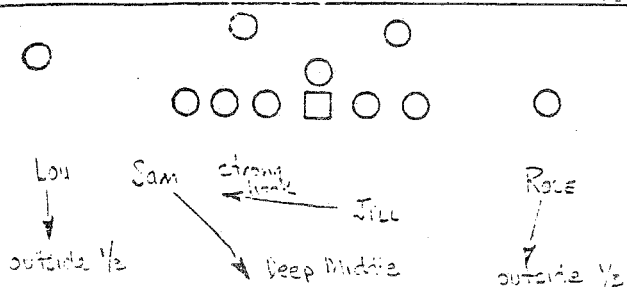
85 OPTION SCREEN



C O V E R 10

STRONG SIDE ROTATION
WITH SAM AND JILL
EXCHANGING ASSIGNMENTS
(PLAYING 4 BUZZ)

COVER 10 - SECONDARY RESPONSIBILITY

AlignmentStrong CornerKey

5-7 YDS DEEP OUTSIDE SHOULDER OF "Z"

BRONCO - QB FOR 3 STEP DROP & BALL REACTION

Run Responsibility

CALL:

Bronco - Support

Pass ResponsibilityBRONCO

1. Read QB (3 step drop), work to deep outside 1/3. 2 yds. outside numbers.
2. Read pattern & QB react to ball.

AlignmentStrong SafetyKey

5-7 YDS DEEP VARY ALIGNMENT OUTSIDE OF Y

QB FOR 3 STEP DROP & BALL REACTION.

Run Responsibility

Bronco - Support

Pass Responsibility

1. Read QB, work to deep middle.
2. Read pattern & QB. React to ball.
3. Back pedal whenever possible.

AlignmentWeak SafetyKey

10 YDS DEEP VARY ALIGNMENT OFF WEAK TACKLE

UNCOVERED LINEMAN

Run Responsibility

Bronco - Fill

Pass Responsibility

1. Drive flat to strong hook zone.
 - a. Y & strong back release - crowd inside of two
 - b. No strong back release - drop toward spot 2 yds. outside hash.
 - c. Y Slo - read backs for flow weak - gain $\frac{1}{2}$ zone.
2. Read Pattern, QB & react to ball.

AlignmentWeak CornerKey

5-7 YDS DEEP OUTSIDE SHOULDER OF X

QUARTERBACK FOR 3 STEP DROP & BALL REACTION.

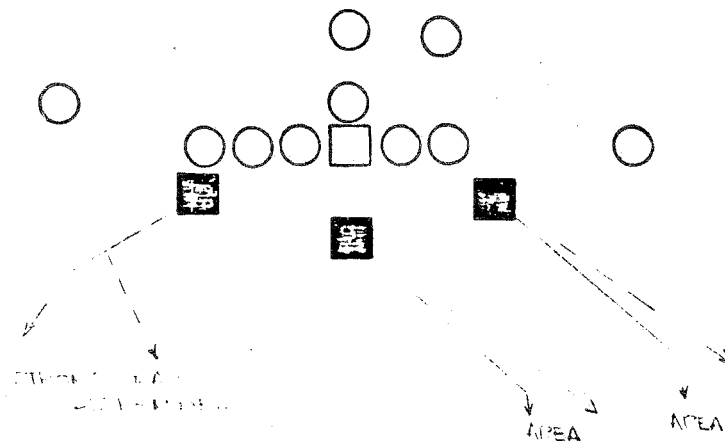
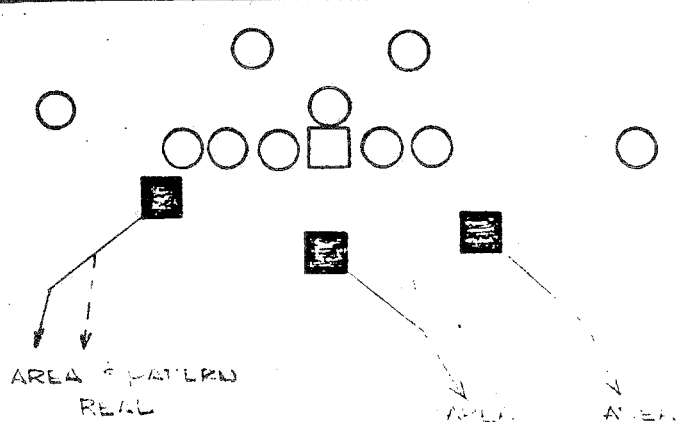
SUPPORT

Pass Responsibility

1. Read QB, work to deep outside 1/3, 2 yds. outside numbers.
2. Read pattern, QB, and react to ball

COVER 10 - LINEBACKER RESPONSIBILITY

3



Alignment

Strong Backer

Key

According to Call

Y & STRONGBACK & QB.

Run Responsibility

Pass Responsibility

Bronco Force

1. Played exactly as Cover 4 Buzz.
2. If Y & strongback both release upfield.
 - a. Crowd outside of two.
3. No strongback release - drop toward spot 2 yds. outside numbers - read QB.
4. Y Slo - read backs for flow wk - gain $\frac{1}{2}$ zone to flow.

Alignment

Middle Backer

Key

According to Call

QB & PATTERN.

Run Responsibility

Pass Responsibility

According to Front Alignment

1. Played exactly as cover 4

Alignment

Weak Backer

Key

According to call

QB AND PATTERN

Run Responsibility

Pass Responsibility

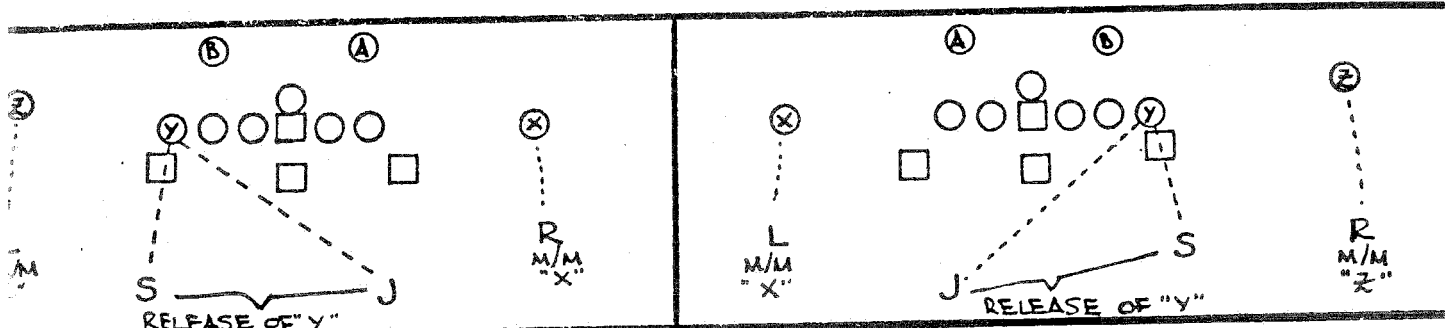
Bronco Force

1. Played exactly as Cover 4.

C O V E R 13

MAN COVERAGE WITH RELEASE COVERAGE
ON "Y". USUALLY INSIDE 20 COVERAGE.

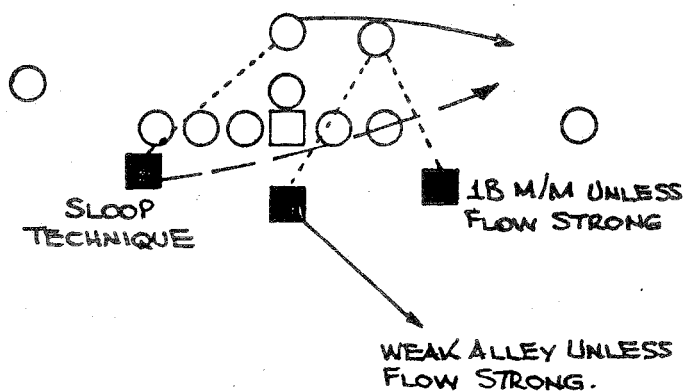
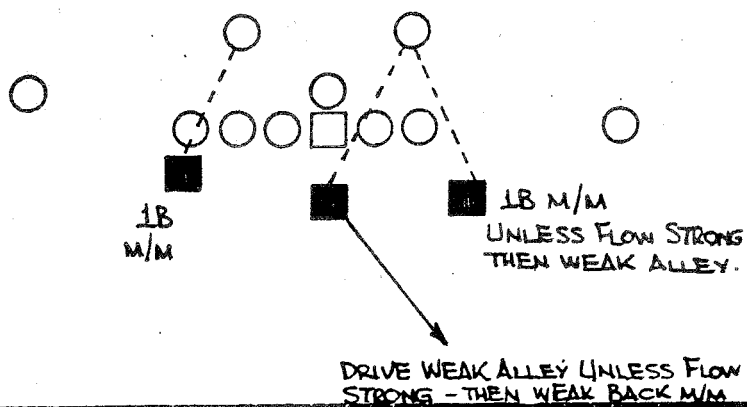
COVER 13- SECONDARY RESPONSIBILITY



Alignment	Strong	Corner	Key
NORMAL OR PRESS			"Z"
Secondary Responsibility			Pass Responsibility
SKY - SUPPORT			<ol style="list-style-type: none"> 1. Cover "Z" man for man (outside technique). 2. Play from outside in - help from Jill or Sam depending on "Y" release. 3. Pull off inside routes of Z late and zone deep outside. 4. Slot formation calls - Connie and special (Patti outside 15 only) C.P. Pic alignment.
Alignment	Strong	Safety	Key
NORMAL OR PRESS			PULLING LINEMAN AND/OR FLOW TO "Y"
Secondary Responsibility			Pass Responsibility
ALL: SKY			<ol style="list-style-type: none"> 1. Play Release of "Y": <ol style="list-style-type: none"> a. Outside Release - cover "Y" M/M. b. Inside Release - Double on "Z" from inside out. c. Auto. Sloop - "Y" slow, stay with "Y". d. Y Slo - Strong flare, cover strongback M/M from outside in.
Alignment	Weak	Safety	Key
NORMAL OR PRESS			UNCOVERED LINEMAN & "Y".
Secondary Responsibility			Pass Responsibility
Support strong & weak.			<ol style="list-style-type: none"> 1. Play Release of "Y". <ol style="list-style-type: none"> a. Outside Release - Double on "Z" from inside out. b. Inside Release - Cover "Y" M/M. c. "Y" aggressive or down, stay with "Y". d. "Y" Slo with flood double on "Z".
Alignment	Weak	Corner	Key
NORMAL OR PRESS			"X"
Secondary Responsibility			Pass Responsibility
Support			<ol style="list-style-type: none"> 1. Cover "X" man for man - Outside Technique. 2. Play from outside in - help from Mac on inside moves. Pull off crosses late and zone alley.

COVER 13 - LINEBACKER RESPONSIBILITY

3



Alignment

Strong Backer

Key

According to call.

Strongback

Run Responsibility

Pass Responsibility (Automatic Sloop)

Sky - Fill

1. You have strongback M/M on all moves strongside.
2. Strongback blocks, take him on check thrus and screens - Hold close - Jet.
3. Y slo blocks and back releases - cover Y M/M.
4. Y slo blocks and strongback block - cover Y M/M.
5. Flood - sloop technique (take 2nd back weak M/M).

Alignment

Middle Backer

Key

According to call.

Weakback

Run Responsibility

Pass Responsibility

According to front called.

1. Weakback blocks weakside or releases weakside - drive to weak alley - face X - you must take away all inside moves of X.
2. Flow - cover weakback M/M. (In & out with stub)
3. Flood - drive to weak alley - inside moves of X.
4. WB dives - with or without Flood - take WB/M/M
5. SLOT or NEAR: Possible speed call.

Alignment

Weak Backer

Key

According to call.

Weakback

Run Responsibility

Pass Responsibility

Bronco Force (unless slot).
Slot - Sky Force Fill

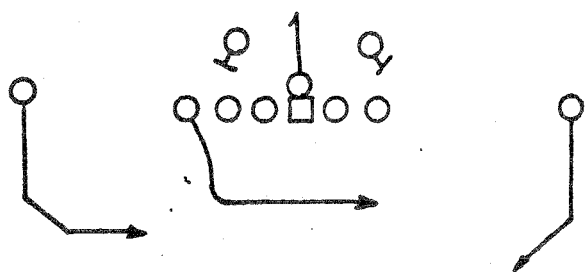
1. Weakback blocks - hold close for checks or screens - Jet.
2. Weakback releases weak - cover M/M tite.
3. WB back dives - with or without flow drive to weak alley FACE X, take away all inside moves.
4. Flood - cover weakback M/M.
5. Flow strong - drive to weak alley - FACE X - you must take away all inside moves of X.

----- INDICATES M-M COVERAGE

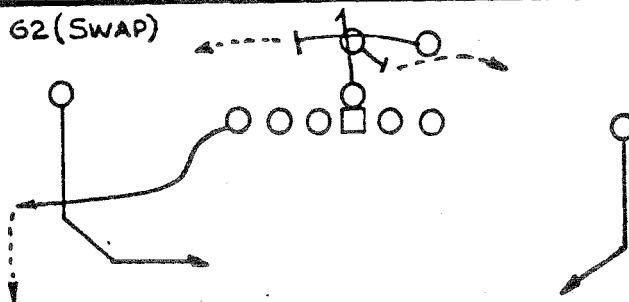


INDICATES AREA

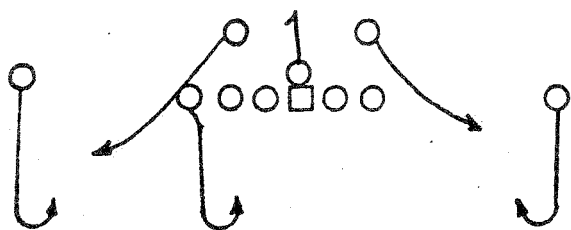
60



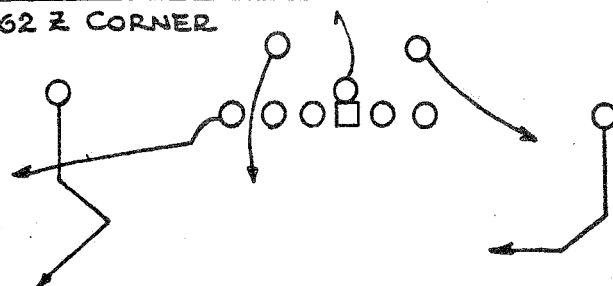
62 (SWAP)



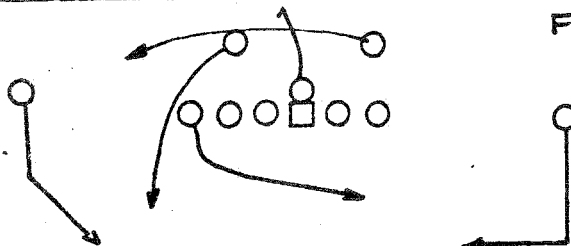
61



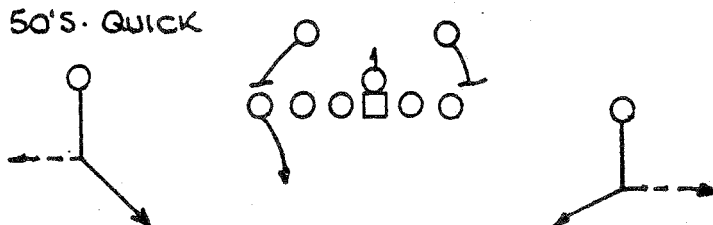
62 Z CORNER



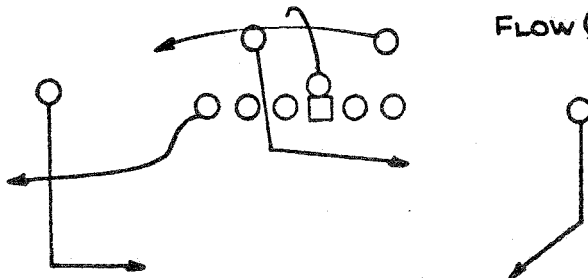
FLOW



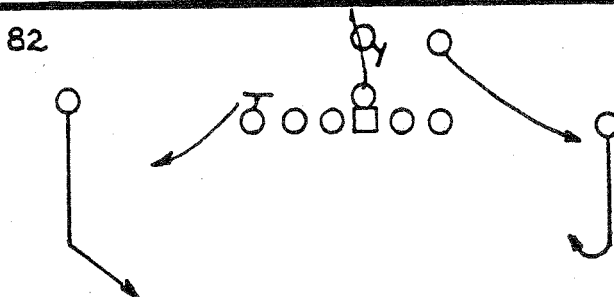
50'S QUICK



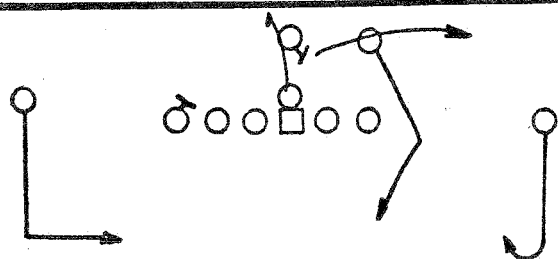
FLOW (DIVE)



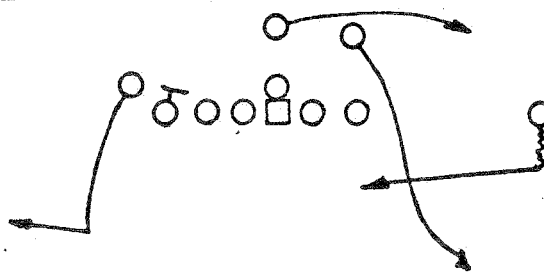
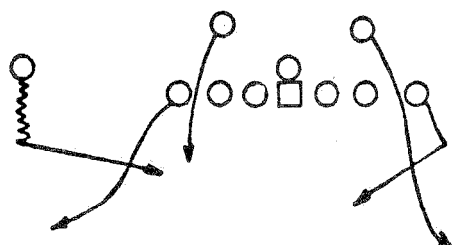
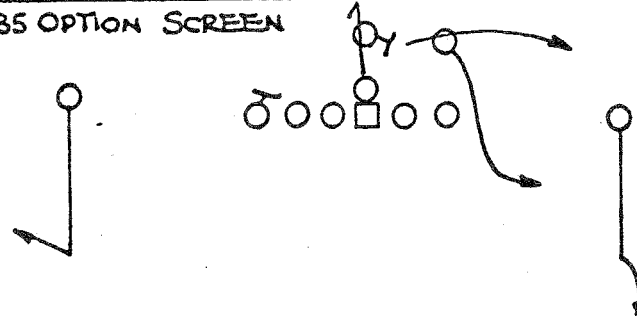
82



81



85 OPTION SCREEN



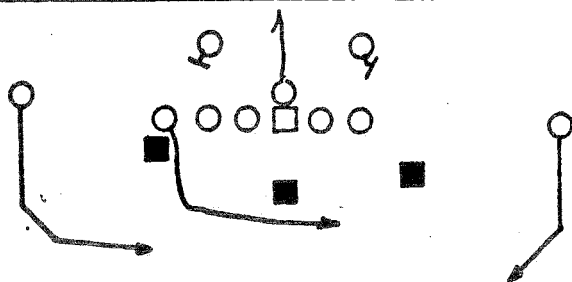
----- INDICATES M-M COVERAGE



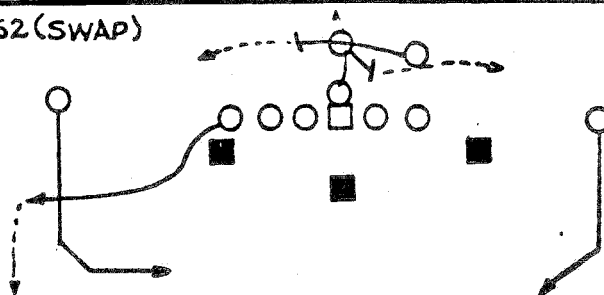
INDICATES AREA

5

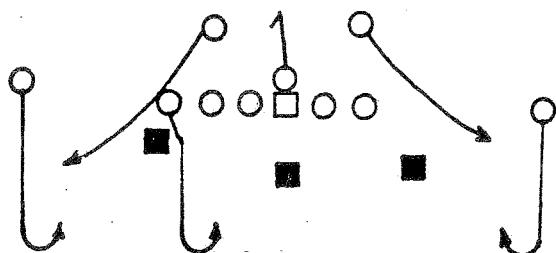
60



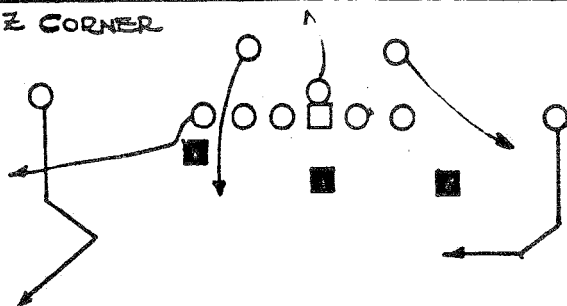
62 (SWAP)



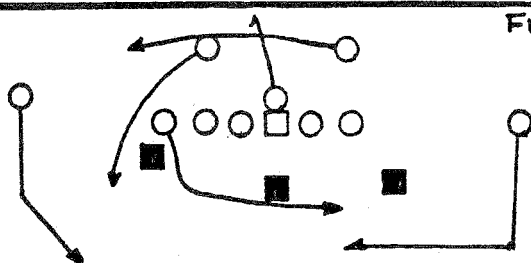
61



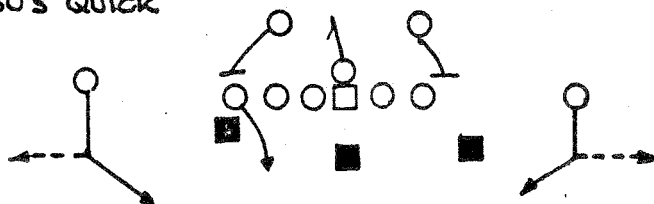
62 Z CORNER



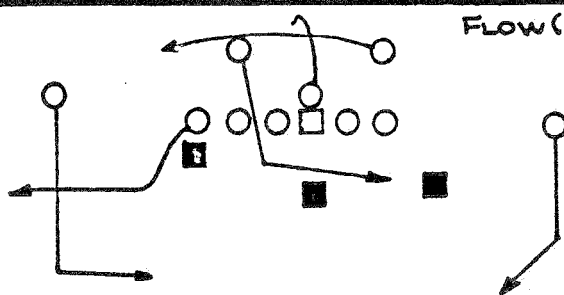
FLOW



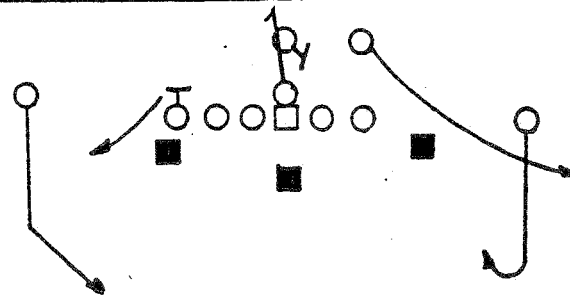
50'S QUICK



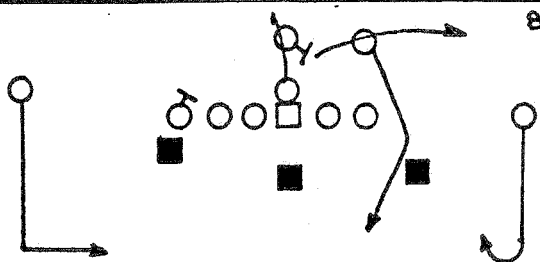
Flow (DIVE)



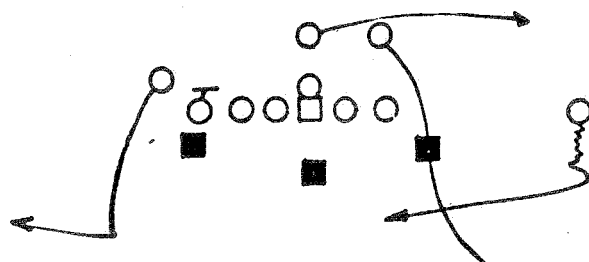
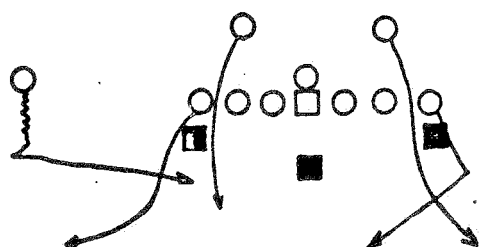
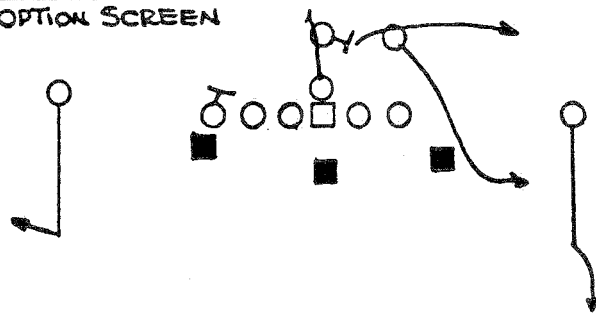
82



81



85 OPTION SCREEN



N I C K E L D E F E N S E S

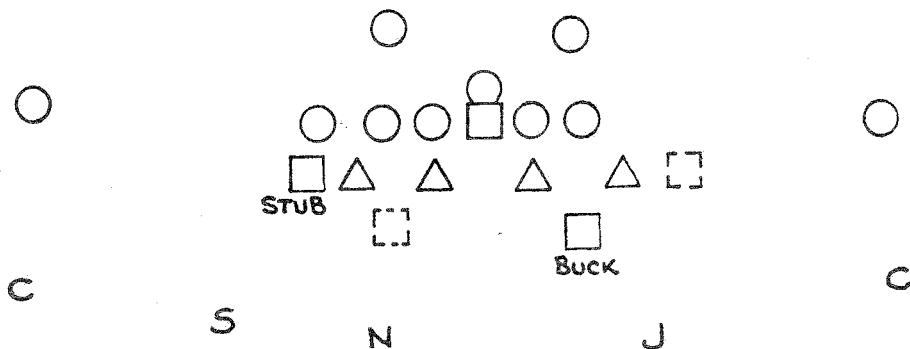
5 B A C K

D I M E D E F E N S E S

D O L L A R D E F E N S E S

7 B A C K

NICKEL COVERAGES



BASIC COVERAGES [43 FRONT IS NORMAL]

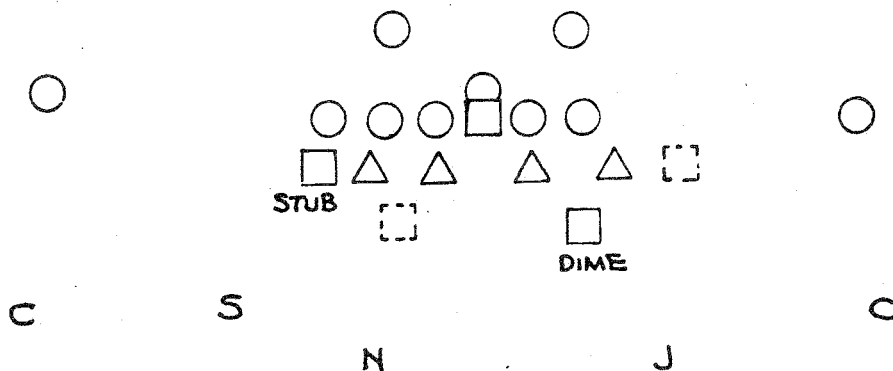
11	46
22	BANANAS
22 YALE	SILVER
37	CHARGER
57	

ALTERNATE [OVER-UNDER-
KC CALLED
IN HUDDLE]

ALL COVERAGES

DIME COVERAGES

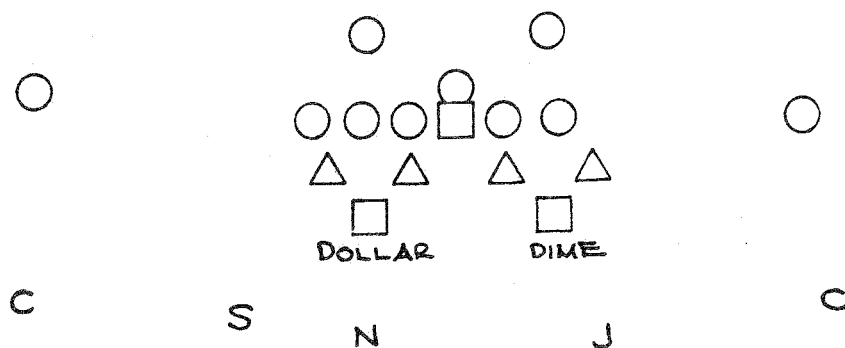
(SIXTH BACK REPLACES BUCK)



BASIC COVERAGES [43 FRONT ONLY]

AS ABOVE

DOLLAR COVERAGES



COVERAGES [43 FRONT ONLY]

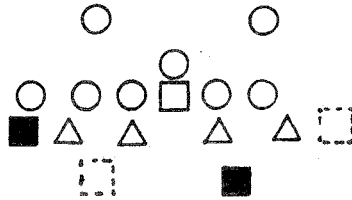
AS PER NICKEL

NICKEL - LBER LOCATIONS

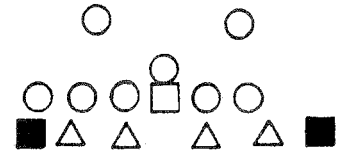
3

NORMAL

SPLIT

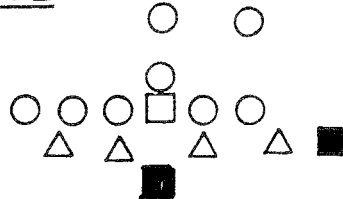


SPLIT

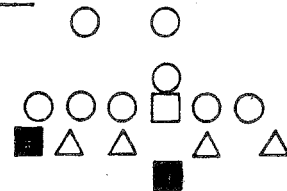


NORMAL W/ 22 YALE
OR ISX GAME ONLY

OPPOSITE

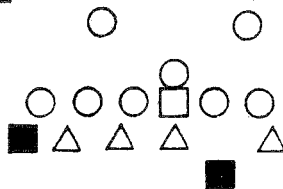


STRONG

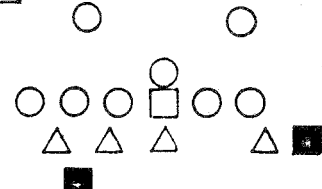


OVER

SPLIT

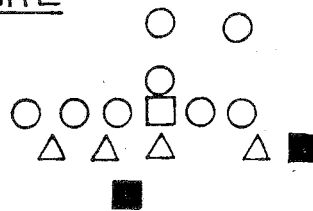


SPLIT

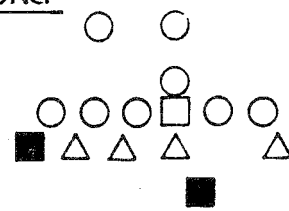


OVER STACK

OPPOSITE

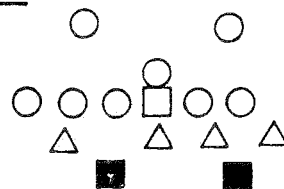


STRONG

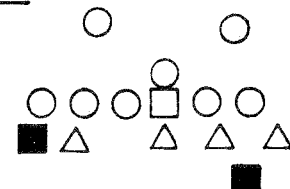


UNDER

SPLIT

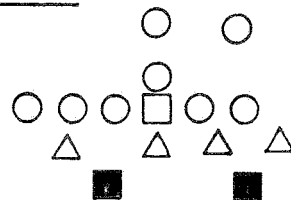


SPLIT

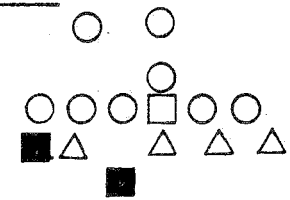


UNDER VARIATION

OPPOSITE



STRONG

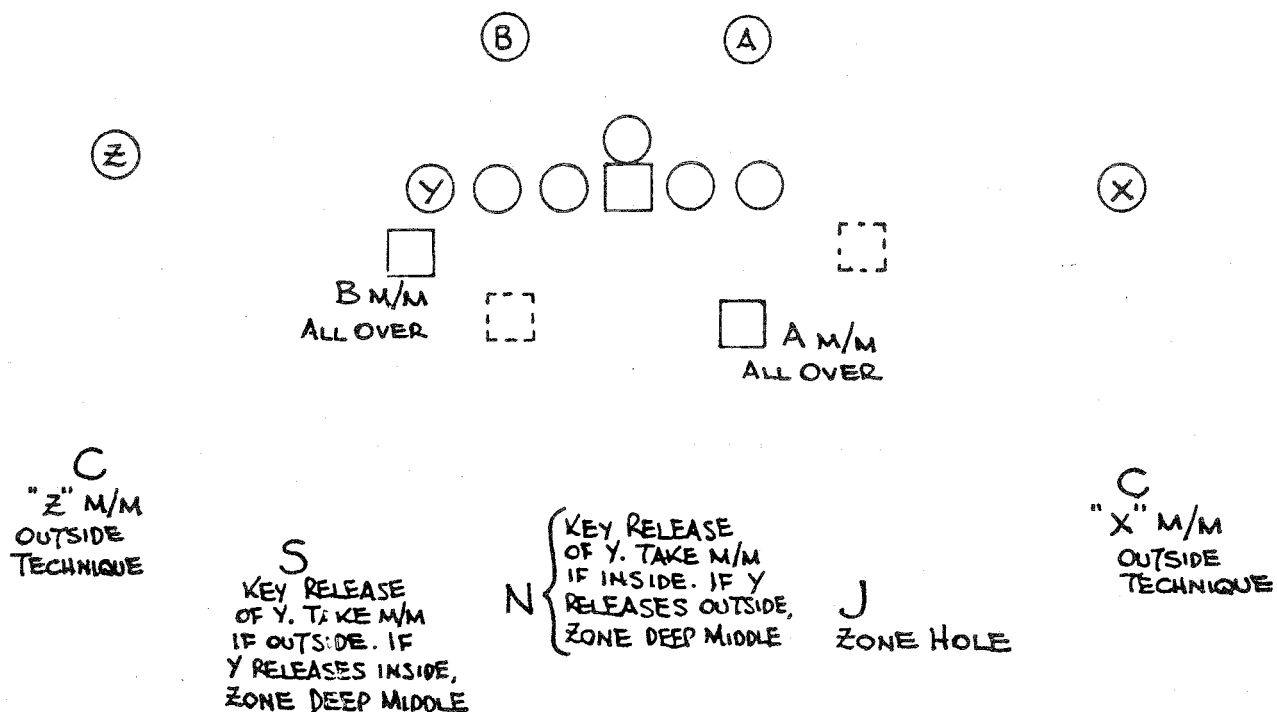


K.C.

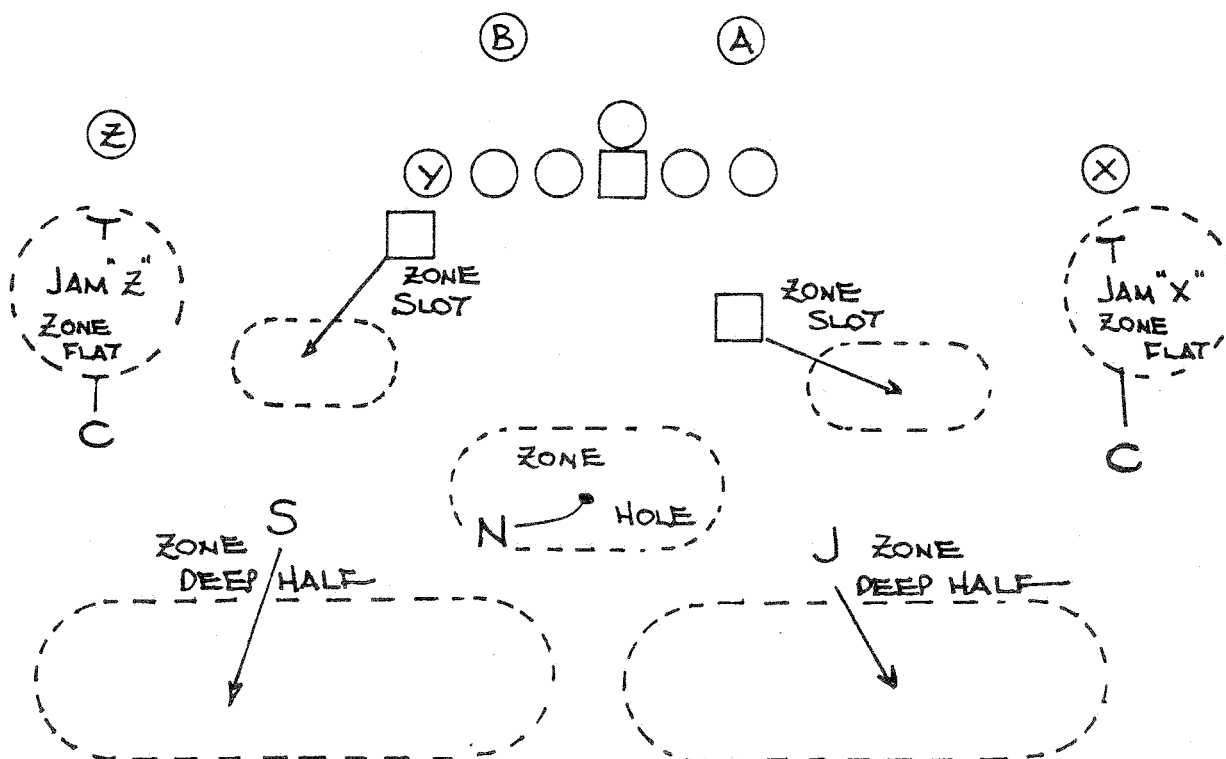


ALL SETS

NICKEL - COVER 11

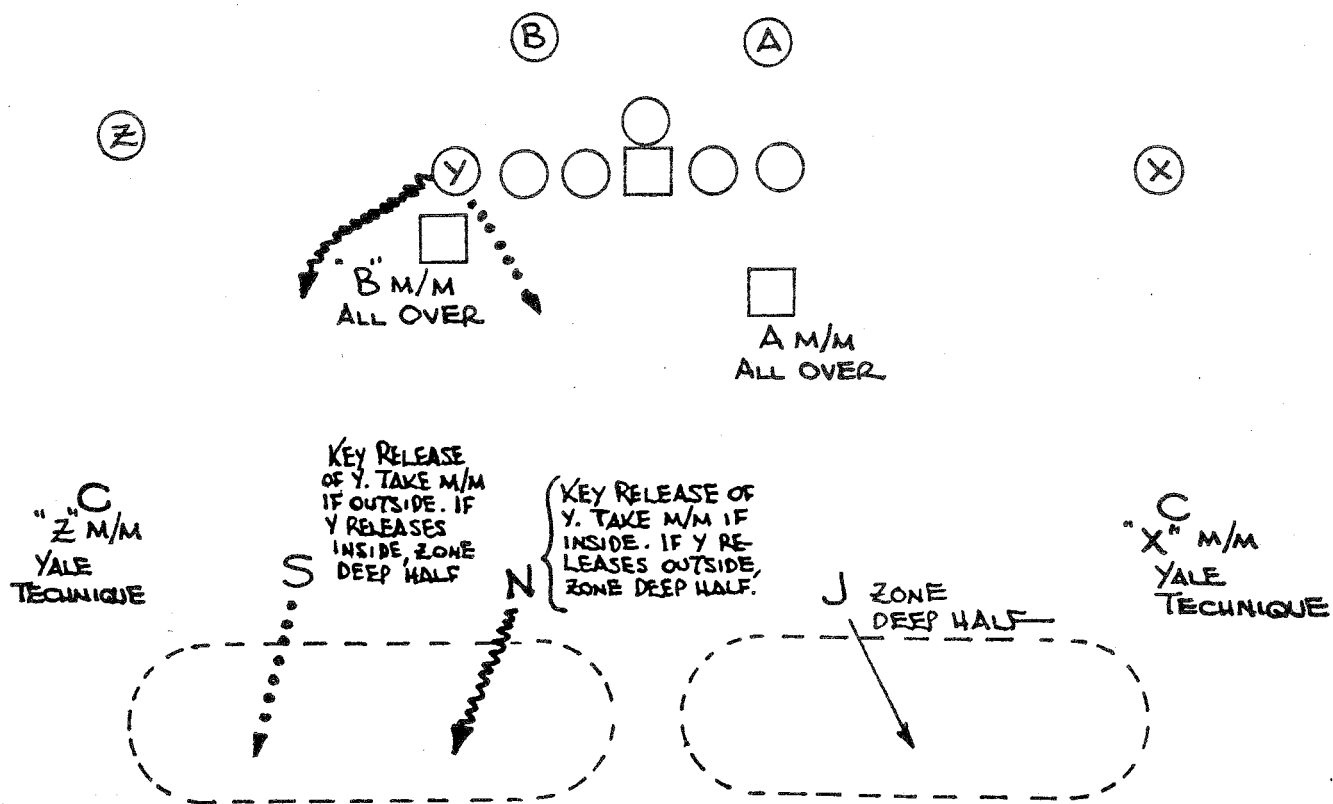


NICKEL - COVER 22

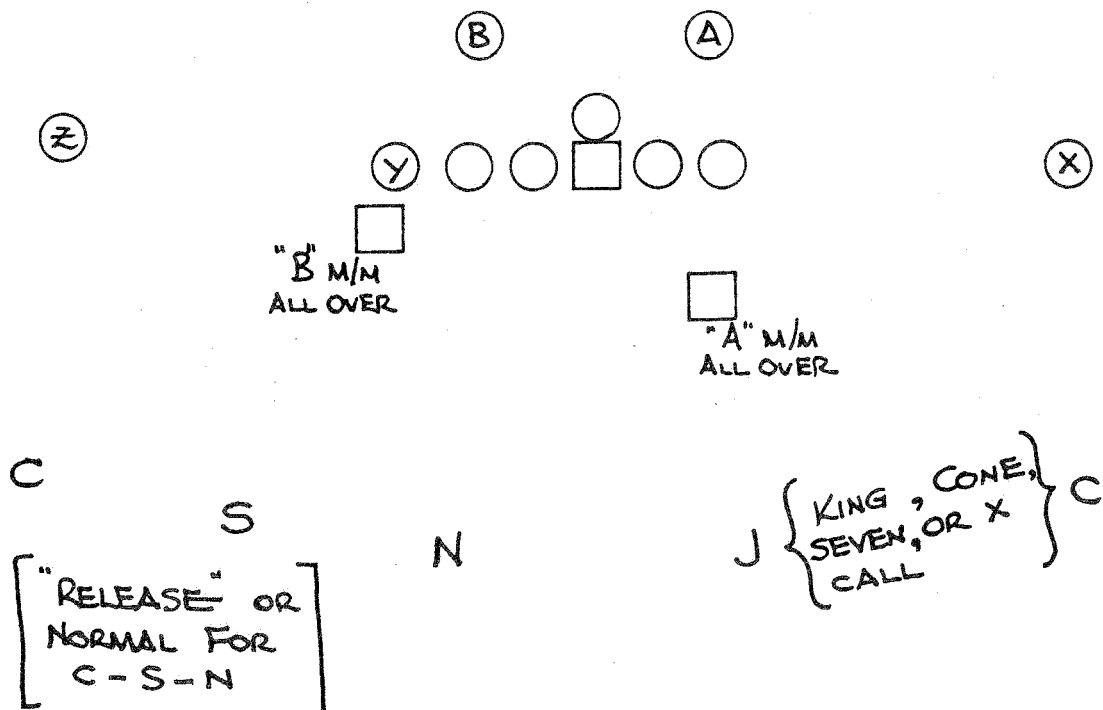


NICKEL-COVER 22 YALE

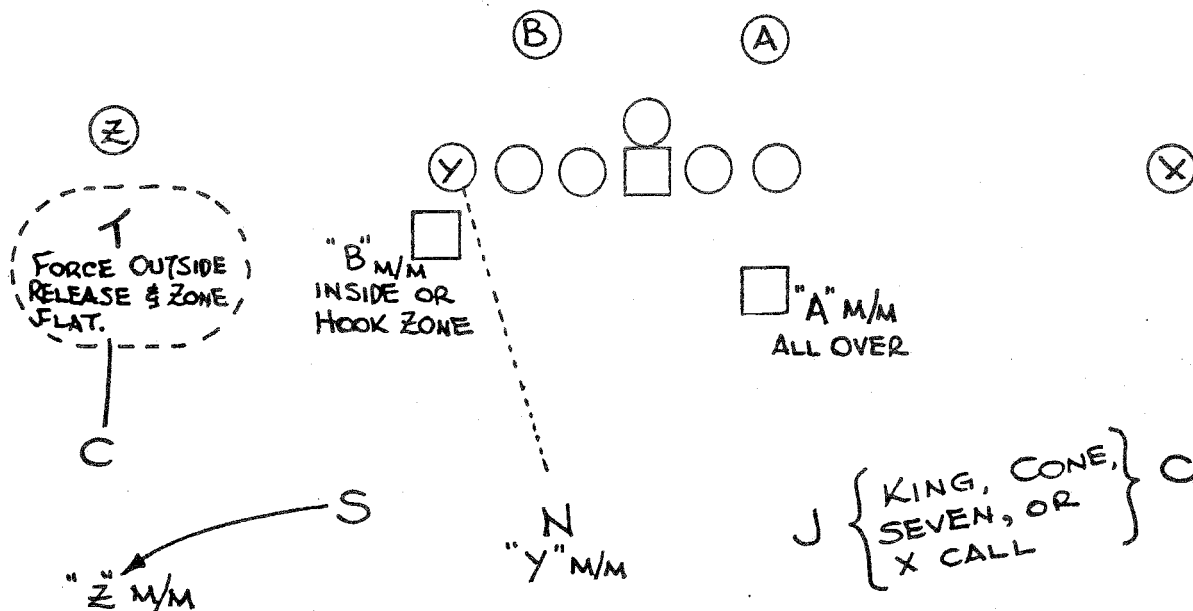
5



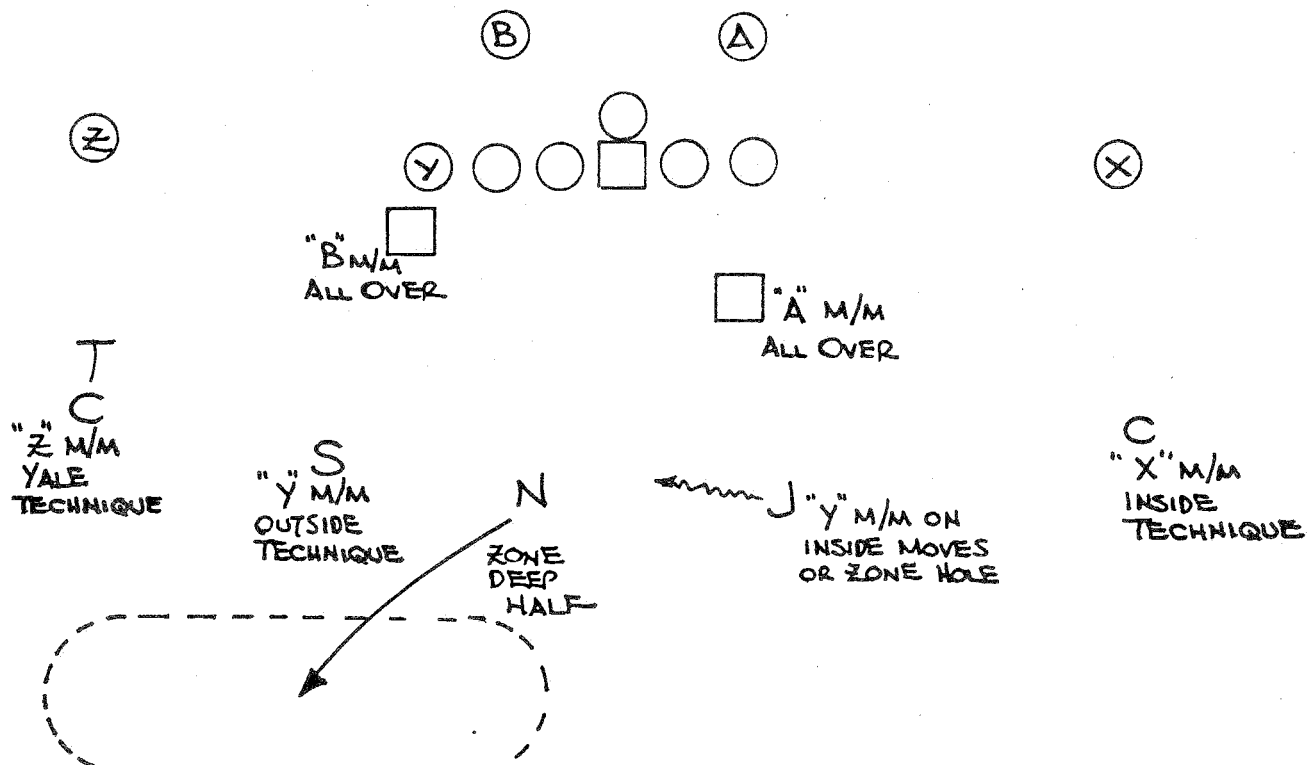
NICKEL-COVER 37



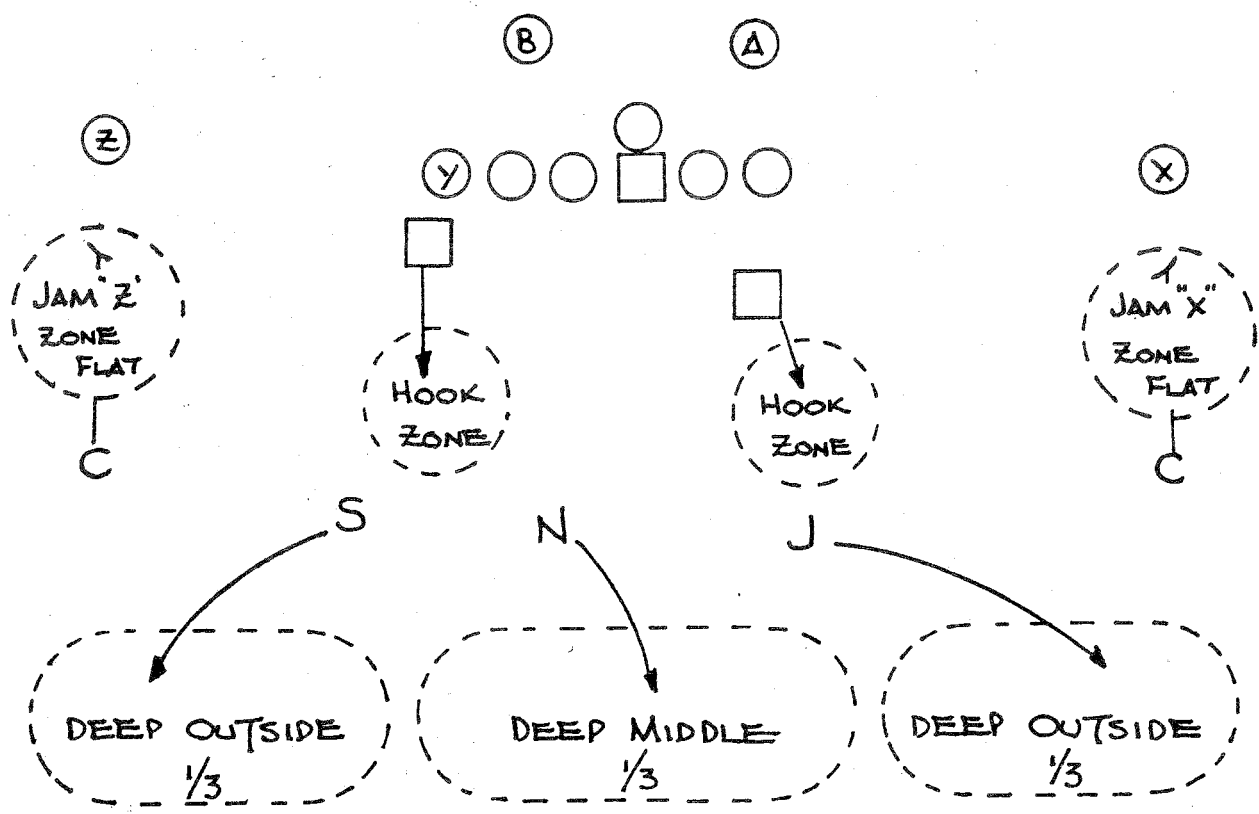
NICKEL - COVER 57



NICKEL - COVER 30

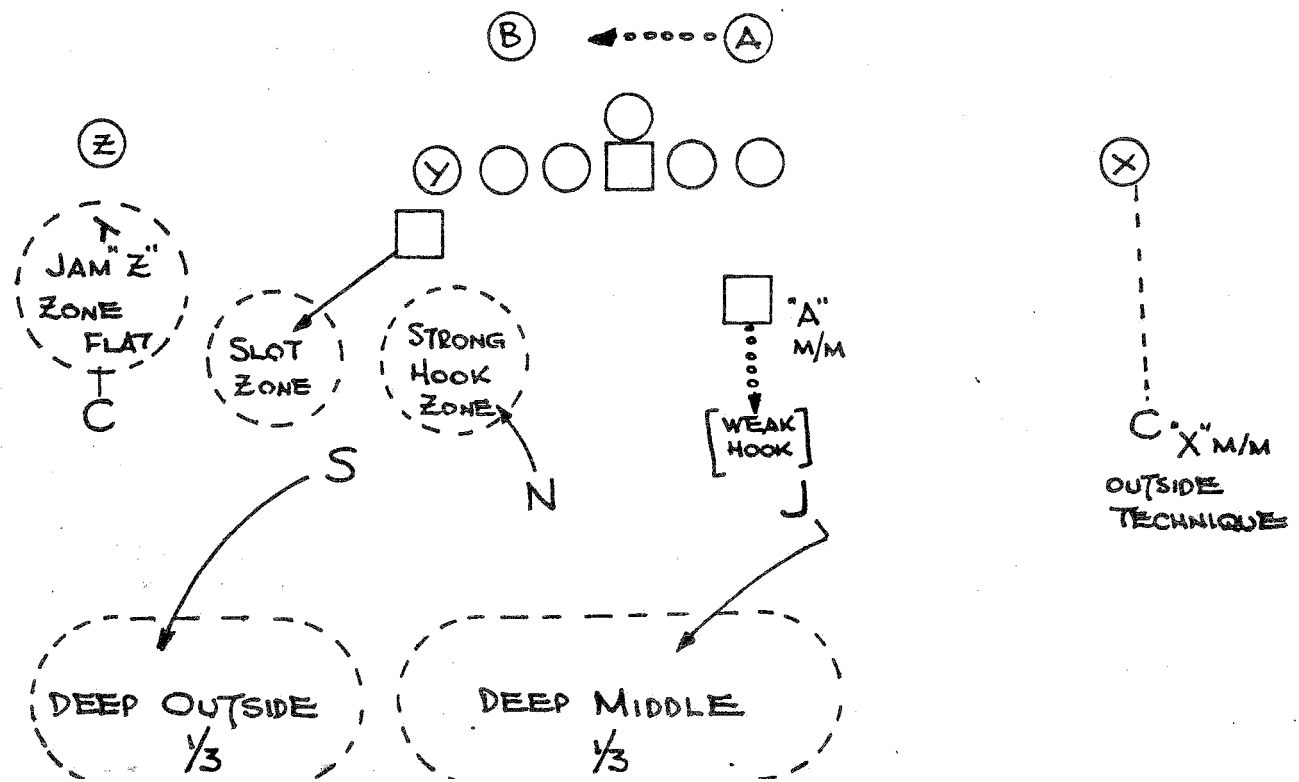


NICKEL - COVER 46

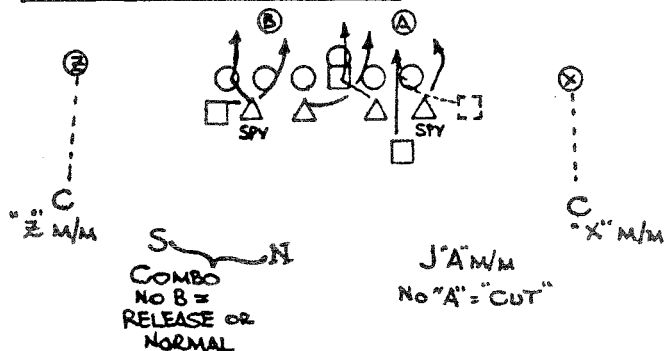


NICKEL SILVER

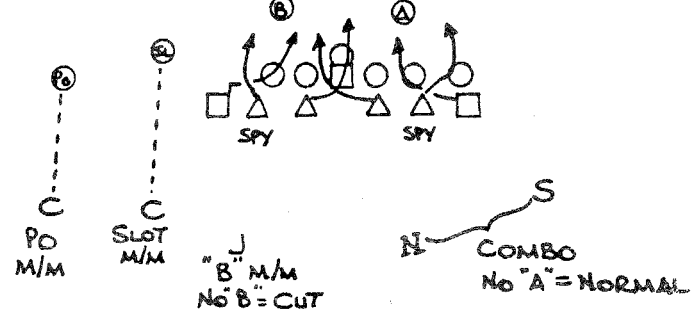
[NOTE: IF FLOOD - "NICKEL" GOES WK HOOK, STUB GOES ST. HOOK ZONE]



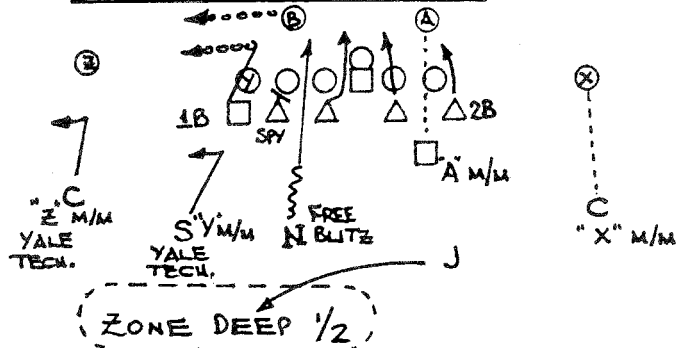
NICKEL ISX DBL CAT



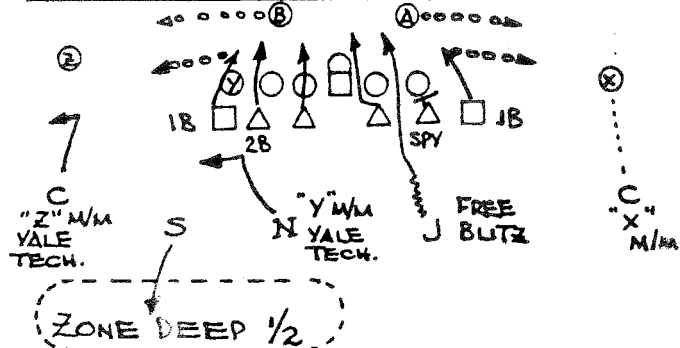
NICKEL ISX DBL CAT (VS SLOT)



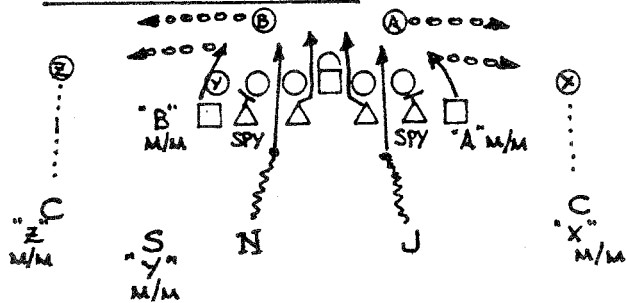
NICKEL STRONGSIDE BLITZ



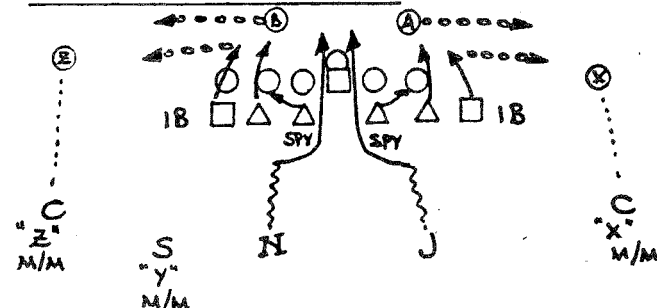
NICKEL WEAKSIDE BLITZ



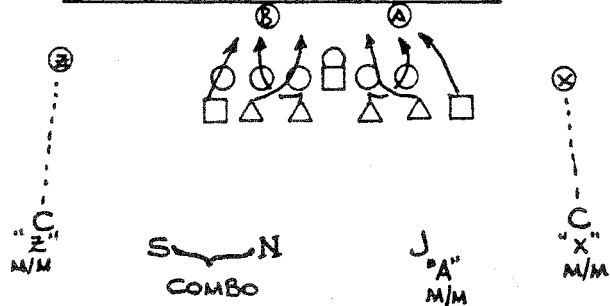
NICKEL DBL BLITZ



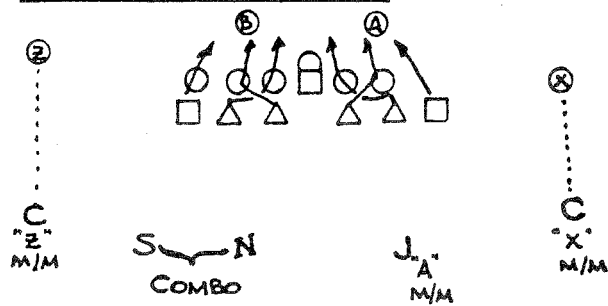
NICKEL DBL BLITZ "AA"



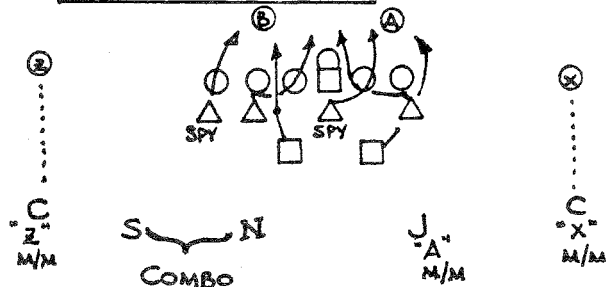
NICKEL RED DOG CHANGE



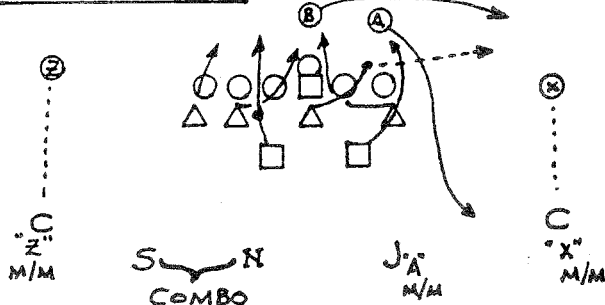
NICKEL TEX RED DOG



NICKEL-KC CAT

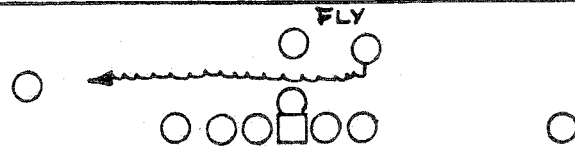
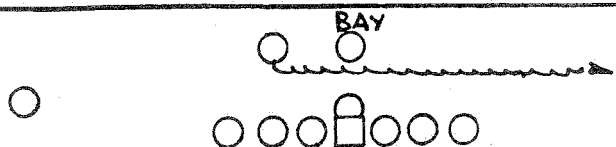
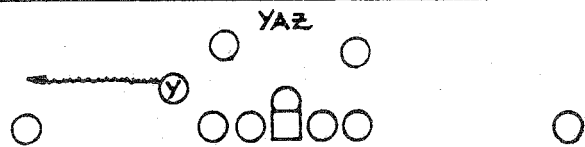
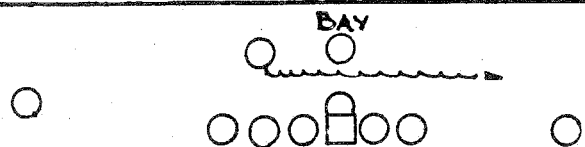
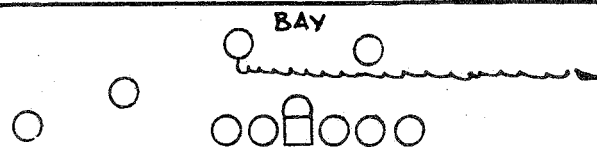
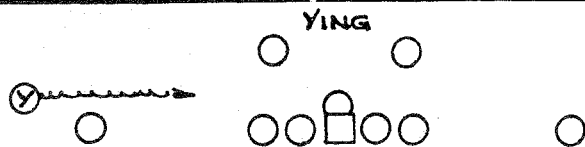
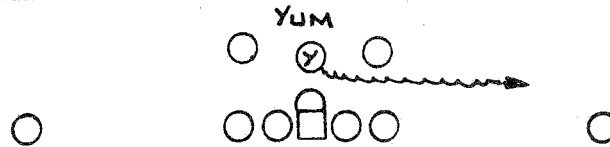
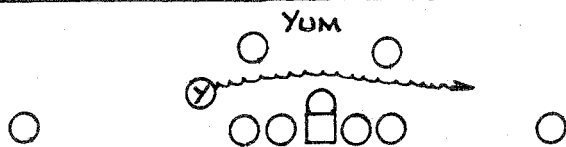
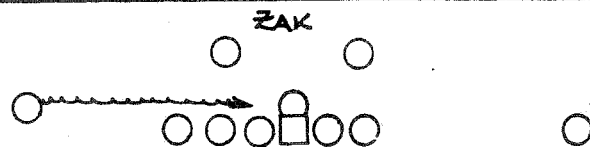
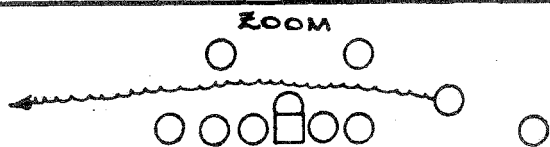
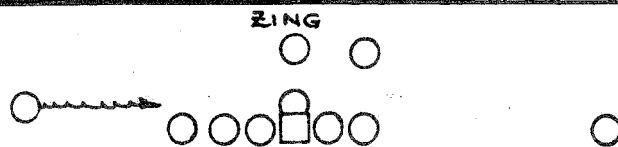
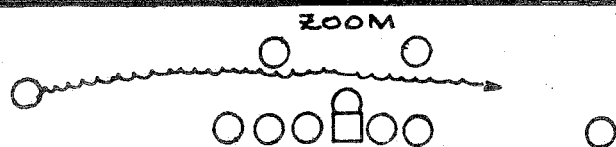


NICKEL - K C CAT (VS OPPOSITE)



MOTION ADJUSTMENTS

9



A 3x3 grid of circles. The central circle is replaced by a square. The top row has one circle on the left, one in the center, and one on the right. The middle row has one circle on the left, one in the center, and one on the right. The bottom row has one circle on the left, one in the center, and one on the right.

[illegible]

PARTIAL

TWO MINUTE SITUATION

1

Probably the most critical part of a ball game is two minutes to go in either half. Many a game is won or lost during this vital time. It is not only imperative for the team captain to know when time is out, and whether the clock starts with the snap or with the Referee's whistle, but for each individual player, also. Time outs must be saved for these periods. As a GENERAL RULE, TIME OUTS WILL BE CONTROLLED BY THE HEAD COACH. A team that can handle itself through this period without confusion and frustration will be the winner.

A. MUST PREVENT SCORE (EXPEND TIME)

Prevent defenses or basic defenses with deployment may be used. Opponent needing a touchdown or field goal might be played differently. We must know how to expend time on defense. Dog only in crucial situations.

1. Don't let runner or receiver out of bounds.
2. Get up slowly from pile-ups.
3. Linemen take time back to LOS after completion.
4. If tactical, refuse penalties to keep clock running.
5. If time out is needed, don't call it when clock is running. Wait until ball is dead.

B. MUST GAIN POSSESSION (CONSERVE TIME)

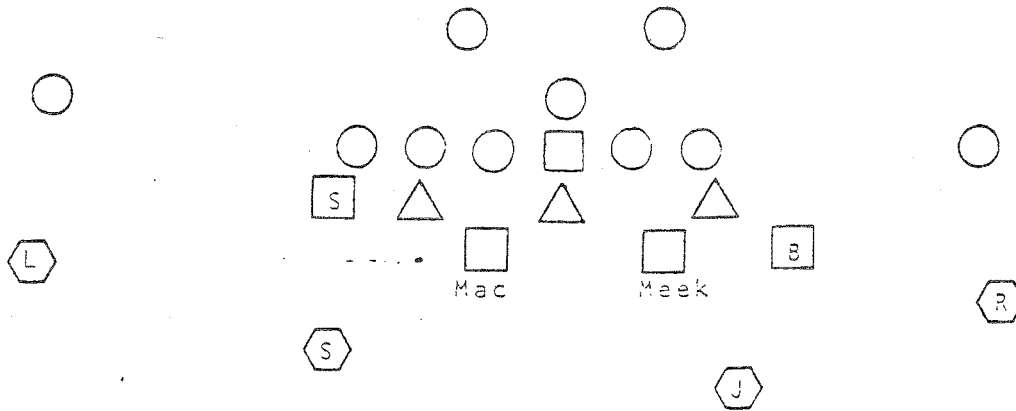
Use basic defenses that are strong against the run. Use only dogs that will strengthen us against run or when confusion might cause fumble. Everyone must go for the ball.

C. How to conserve time on defense:

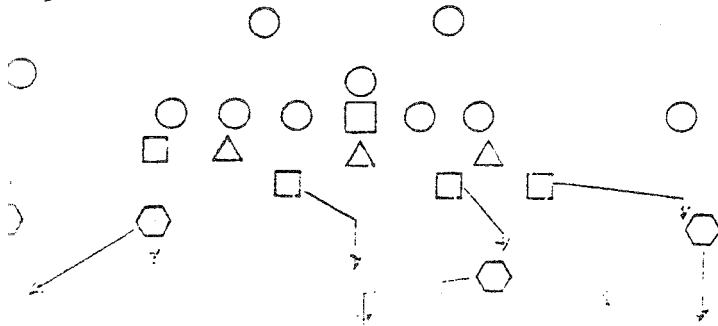
1. Important to know the clock is stopped on all incomplete passes, ball out of bounds, when the referee stops the clock to assess a penalty for measurement or for other reasons.
2. Don't waste a time out when the clock is stopped - use the time outs strategically to stop the clock and call a time out as soon as the whistle blows to complete the play.
3. If a penalty is refused, the clock starts immediately, otherwise not until the ball is put into play.
4. Unpile quickly, and get into defensive huddle--the next play must begin 30 seconds after referees signal ball is ready for play. The quicker the defense is ready, the quicker the referee will signal.

PREVENT DEFENSES

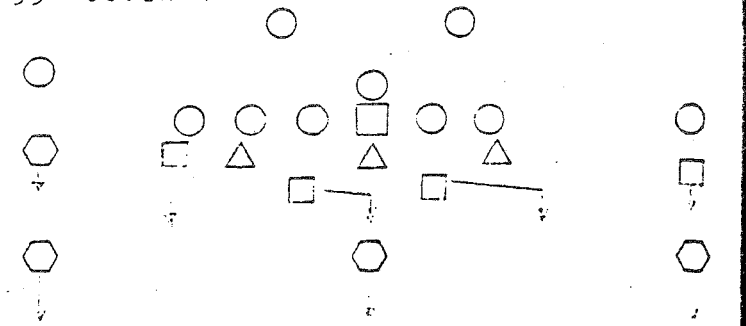
34



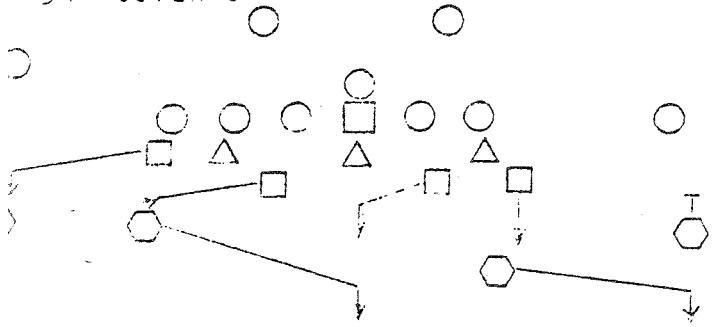
34 COVER 4



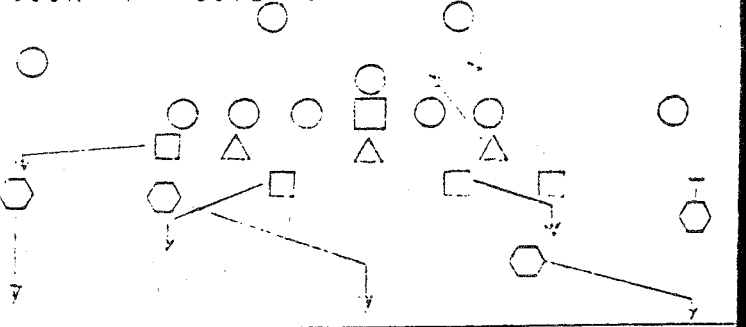
35 COVER 4



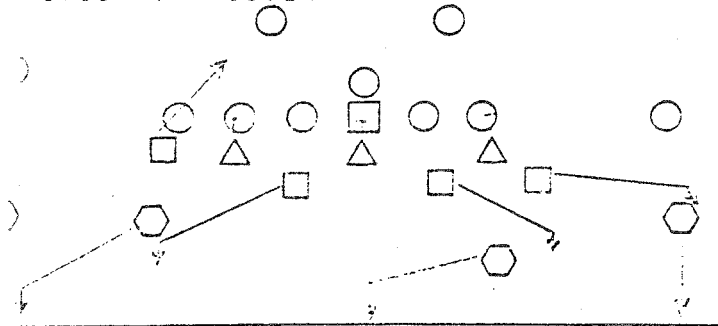
34 COVER 6



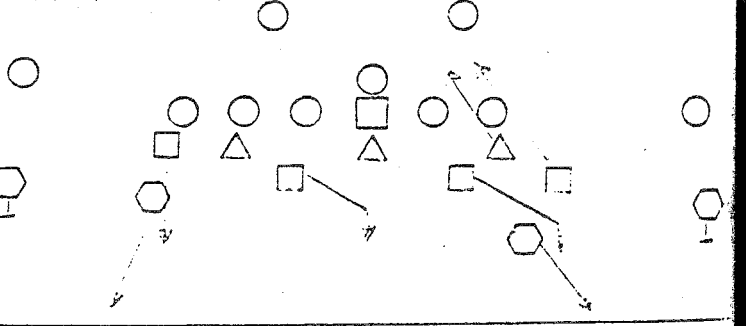
BUCK "I" COVER 6



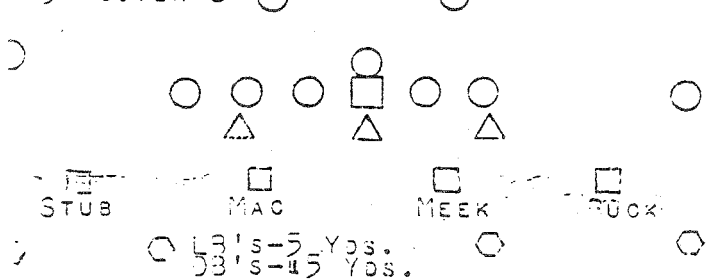
STUB "I" COVER 4



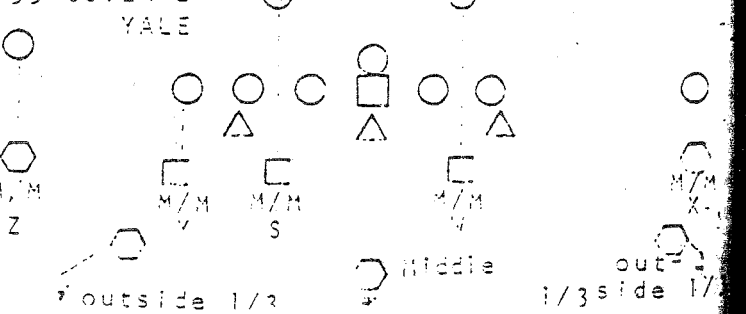
BUCK "I" COVER 2



34 COVER 8



35 COVER 2



TWO MINUTE SITUATIONS

1. NORMAL - DEFENSES
MAN OR COMBINATION MAN COVERAGES
ZONE (43 OFF COV 4
DOG OR BLITZ
2. NICKEL
COMBINATION MAN COVERAGES
ZONE
DOG
3. 34
SINGLE DOGS + COVERAGE
DOG
4. 34 PREVENTS
35 COVER 4
35 OFF COVER 4
34 COVER 8
35 COVER 2 YALE
5. 43 PREVENT
43 OFF - COVER 8

DEFENSES TO BE USED ACCORDING TO A COMBINATION OF
SCORE AND TIME REMAINING. ANY COMBINATION OF THE ABOVE
CATAGORY CAN BE USED IN ANY SERIES.

AUDIBLES FOR 1980 SEASON

COVERAGE

STUB DOG
MAC DOG
BUCK DOG
RED DOG
WEAK CAT
WEAK DOG
STRONG DOG
STRONG CAT
COVER 1
COVER 1 KING
COVER 1 RAINBOW
COVER 1 WANDA
COVER 1 ZIP
COVER 1 MIKE
COVER 2
COVER 2 YALE
COVER 3
COVER 3 COMBO
COVER 4
COVER 4 SLOT
COVER 5
COVER 6
COVER 7
COVER 7 KING
COVER 7 CONE
COVER 9
COVER 10
COVER 13
GOAL LINE
DOUBLE SPECIAL

AUDIBLE

STUB 1
MAC 1
BUCK 1
FIDO (RAIDER)
42
21
SMACK
SCAT
BLUE
BLUE KING
RAINBOW
WANDA
ZIP
MIKE
RED-FOX
YALE
GREY
GOLD
YELLOW
SILVER
GREEN
WHITE
PURPLE
KING
PIRATE
BLACK - CHARGER
TAN
13
GO GO
SPIDER