

TEAMWORK

SIMPLY STATED, TEAMWORK WINS CHAMPIONSHIPS!

Team Philosophy

There are only three things that I ask you to believe in unquestionably. If you believe in these three things then you will be a part of this team no matter what your abilities or talents may be or how many mistakes you may make. Likewise, if you do NOT believe in these three things with all your heart and soul, then you will not be a part of this team no matter what your abilities or talents may be or how perfect you may be. You must believe in:

1. **YOURSELF.** To be successful in anything you must believe (care, trust, confidence) in yourself. If you do not believe in yourself, no one else will.
2. **TEAMATE.** You must believe in your team mate. We cannot accomplish anything of great value in life without help. Even Jesus had help; he had 12 team mates; it only took one to betray him and the team. If you have a team mate that you do not believe in, then we must build him up
3. **COACHES.** Finally, you must believe in your leaders, the coaches for we are apart of the team. After Judas betrayed Jesus and the Jews crucified Him, the apostles denied knowing Him and went into hiding. But their faith in Him reunited them and revived their belief in each other which provided them the courage they needed to dedicate and give their lives to His teachings. Thanks to those faithful 11, the teachings of Jesus live today. Nothing of any great significance was ever accomplished alone.

The 5 C's of teamwork:

CONFIDENCE: Believe in yourself, your teammates, and your coaches.

CONCENTRATION: Know what you are suppose to do and pay attention to what is going on. If you start to daydream or get distracted, just remember, "Watch the ball!" Before the play begins you must visualize in your mind how you are going to make the play, you must see yourself making that bone jarring tackle, that dominating block, that unbelievable catch, that jaw dropping run, or throwing that perfect pass. Do not look at the score it is not important. If you are down by 3 TD's it will demoralize you; if you are up by 3 TD's it will make you over confident; if it is close it will make you nervous. Worrying about the score takes the fun out of any sport. Every play is an opportunity to learn and get better and the only way to get better is to give 100%. If you give 100% on every play regardless of the score you will have fun; you will get better and in the end the score and the wins will take care of themselves.

COMPOSURE: We strive for perfection, but you must realize that before the game begins, you will make mistakes, your team mates will make mistakes, even the coaches will make mistakes. However, you and your team mates will also make great plays, and the coaches will make great calls. When you make a mistake learn from it, get over it, and get ready for the next play. When you make a great play do not celebrate. I expect no less from you. Help your opponent up, and get ready to knock him back down. Let your teammates know you could not have done it without them (if a RB doesn't make a great run without great blocks; a LB doesn't make great tackles unless the DL does their job, etc...) If your team mate makes a mistake help him get over it. No one feels worse than he does about it so lift him up. If your team mate makes a great play let him know it. We have to know when to lift each other up, calm each other down, until we have one heart beat.

COURAGE: Is not the absence of fear but overcoming fear. Most people never even try to achieve their dreams because they fear they will fail and look foolish. The most valuable lesson I teach you as a coach is to not let fear intimidate you and dictate your life. No matter how big, or fast, or strong your opponent is, he has a weakness. Use your brain to find it and exploit it. Your glutes and hips are the strongest muscles in your body, but your mind is the most powerful; use it. Remember David and Goliath. And remember, we are all made from dust and to dust we will return. Everything in between is life, so enjoy it because it is temporary. If you let your opponent intimidate you now, you will go through life being intimidated by people and situations. You cannot enjoy life when you live in fear.

COMMITMENT: Be committed to these five principles of team work. That means you must know them, you must believe in them, and you must live them. The ultimate expression of our faith is not our words, but our actions. Be honest with yourself, be honest with others and act according to your beliefs. If you do this then most people will respect you, some will follow you, a few will admire you, and a small number will be your friend and you should not lose sleep about what the rest think of you. Do this and you will live a rewarding, enjoyable, and meaningful life.

DEFENSE

SIMPLY STATED, DEFENSE WINS
GAMES!

MMI Tigers Defensive Philosophy

Mobile ☠ Agile ☠ Hostile

1. Stop the run.
 - We will mix fronts, movement and coverages in order to confuse and pressure the offense.
2. In all situations, defend the inside or middle of the field first.
 - vs. Run — We will not allow the ball to be run inside — Force ball outside!
 - vs. Pass — We will not allow the ball to be thrown deep down the middle — Force quarterback to throw short or outside!
- 3 . We will be physically and mentally tough.
 - No opponent will out-hustle our defensive unit. We will relentlessly pursue the ball carrier and gang tackle.
 - Eliminate mental errors. Each player must be absolutely committed to knowing his responsibilities and learning the techniques that will allow him to fulfill his responsibilities.
 - We will be disciplined. No foolish penalties. No made up personal defensive schemes.
 - Strong at the line of scrimmage. Defensive tackles will read their keys and maintain their responsibility. DT's will not be driven off the LOS or allow offensive linemen to block second level defenders.
4. We will be efficient in red zone and goal line situations.
 - We will stop the run in these situations even if it takes 11 men in the box and force the offense to kick field goals.
 - We will maintain concentration in 3rd down situations.
5. Adaptability to any situation.
 - We will have great communications and teamwork. We will work together. There is no room for heroes.
 - We will be prepared for sudden changes.
6. We will create turnovers and score on defense.
 - Second defender to the ball carrier will tackle the ball. Intense pass rush and tight coverage will force the QB into making poor decisions.
 - We will score on defense. After we have caused a fumble we will pick it up and run to the endzone.
7. Play wide open for 48 minutes
 - 4th quarter is the moment of truth.
 - We will give 100% regardless of the score.
 - We will give 100% until the last play of the last game.

In order for a team to be good, really good, they have to first be good on defense. The key to a successful football season lies with one group, the defense. If you as an individual, have decided and dedicated your body and mind, to football, your team, and your coaches, then success can become a reality. Aggressiveness coupled with a burning desire to be the best that you can be, is the foundation on which we can build a successful season..

In order to have a good defense, a team must have eleven strong performers who have a burning desire to succeed and win. The line must be aggressive but smart. They may not make the big play, but their ability to recognize and defeat blocking schemes will allow our LB's and DB's to make big plays. Therefore, our defensive lineman must be above all else, unselfish. Big plays are: a big loss of yardage, stopping the offense in critical situations, or a ball turnover. Ball turnovers include a fumble, pass interception, stopping the offense on 4th down, or a blocked kick. In order to accomplish these objectives one must execute the defense to perfection, knowing how to react to certain situations (keys).

The average team in AISA Class A passes only 11% of the time with a completion rate of less than 40%. Therefore, to be successful on defense, we must stop the run period. We need only to contain the pass and not give up big plays or cheap touchdowns. One interception is worth 5 completions. We must give up ground grudgingly and we must be able to think tactically, anticipating certain plays our opponents will use in key situations. The key to a good defense is being able to stop the offense's bread and butter plays and forcing them into doing something they are not comfortable with which will lead them into mistakes.

The average drive for score in high school football lasts but eight plays or less. After the eighth play the drive usually breaks down because the offense commits a mistake. The purpose of our defense, therefore, is to attack and pressure the offense into making that mistake on 1st or 2nd down, force them into 3rd and long and then play containment defense where we can prevent them from gaining a 1st down with minimal exposure to giving up the big play. The quicker we are able to do this the better field position our offense will enjoy. Although we will pressure and attack, we will not under any circumstances, allow an easy score. For every easy score we give up, the entire defense will run a 20 yard sprint for each point.

To have success defensively, we must believe in our defense. No one can accomplish a task if he does not believe what he is doing is the best way to do it. Along with believing in the defense, you must believe in yourself. Failure to have pride in yourself will cause a weak link in the team. You must have confidence in the player playing next to you. When he reacts to a certain situation, he must know and feel that the individual next to him is reacting properly and will assist in making the play.

If we were to list by importance the three main factors of football, they would be as follows: 1.) Defense, 2.) Kicking game, 3.) Offense. Defense has always and will always be the most important part of football. If a team cannot score on our defense we will not lose! Our offense's ability to score will be greatly dependent upon the field position the defense gives them. Therefore, by causing the big play, we are providing our offense a tactical advantage over our opponents. They in turn must take advantage of our work in order to win the ball game. Additionally, the defense can score and we will score, but our offense cannot stop their offense.

Defense provides a player the opportunity to be very-aggressive. On offense you cannot use your hands, but on defense you can. A player who wants to lose some of his pent-up aggressions will find that defense will give him an excellent opportunity to do so. Remember, it is better to give than it is to receive.

IF THEY CAN'T SCORE, THEY CAN'T BEAT US!

BASIC DEFENSIVE PRINCIPLES

These basic principles of the defense must be kept in mind at all times by all defensive players:

1. Every defense should be a coordinated defense. Every man must know his responsibility in the team defense.

2. Follow the ball. This will provide the "winning edge" in football. If 11 men follow with relentless pursuit after they have protected their initial responsibility - you win.

3. Angle of pursuit. There is some correct angle that every man can take to pursue the ball carrier. This sounds simple, but it is probably violated more than any game fundamental. Never pursue directly behind a man in your color jersey.

4. Gang tackle. the gang tackle is the most demoralizing maneuver in football. With gang tackling a team will soon kill some of the incentive of the opposing ball carrier. Gang tackling is a demonstration of desire and teamwork.

5. Interception of the forward pass. every time the offense throws a forward pass the defense must react to the ball - not after it has been completed, but while the ball is in flight. as soon as the ball leaves the passer's hand, everyone on defense must fly to the ball. NOTE: there are 11 eligible pass receivers for the defense and only five for the offense, usually less. Whenever a team puts a ball in the air, there are three potential outcomes:

	<u>Defense</u>	<u>Offense</u>
1. The pass may be incomplete	1	
2. The pass may be intercepted	1	
3. The pass may be completed		1
Score	2	1
Statistical percentage for success	66%	33%

6. Make them go the hard way. every player on the defense must make the opponent "bleed" for every gain made. Lets stop the easy high percentage plays (the plays they do best), and make them try the difficult low percentage plays. If our opponent has to pass to score then the odds of us winning double (i.e. 66-33). Each defensive player should know that he must not give the opposition the "easy td"---they must earn it.

7. Know the situations: down, distance, long short, time remaining, most likely play (from scouting report), tactical, goal line.

8. The first down is the key down. the third down is the crucial---big down. to be successful, you must repel 60 - 70% of the 3rd down situations. Remember, 1st down is a short yardage down. The offense only needs to gain 4 yards to be successful, they then have 2 plays to get six yards. If they are beyond our 40 they then have 3 plays to get 4 yards.

9. The three musts in defensive football:

EXPLOSION-----REACTION-----TACKLING

DO'S OF DEFENSE

1. football is a personal war to begin with; as a football player you are part of a team, but as a defensive player you must be tough, rough, and aggressive, with a burning desire to destroy the opponent's offense, particularly the player in front of you.
2. the name of the game is hit. to do a great a job, you must hit at full tilt with your entire strength on every play.
3. be in exact position on each defense. you are placed in this position for a reason and that is to protect your territory properly. you cannot do this and be out of position.
4. keep you head up - eyes open - keep your shoulders square and lower than your opponents.
5. strike your opponent and destroy his block immediately. play the head tough and fight pressure as your contact is made.
6. get free of your opponent's block as quickly as possible - work for lateral movement.
7. keep your feet on a parallel plane. keep your knees bent and behind shoulders. keep opponent away from your legs.
8. pursue! we live by pursuit. pursuit is desire, hustle, and pride in defense. if the ball is in your immediate area, move laterally to the ball. if the ball is away from your area, turn your hips and sprint wide open on the correct angle of pursuit to get to the ball.
9. gang tackle! this helps to demoralize a ball carrier. we want every player we have to get to the ball as quickly as possible and arrive in a nasty state of mind.
10. be alert for things that will help you such as pulling guards, offensive linemen or backs pointing, etc.
11. play your position first, then support other areas as quickly as possible.
12. second effort! constant hustle! these are the marks of a good defense. If you get knocked down get up as quickly as possible.
13. be tough, aggressive, and quick! you can improve all of these things plus your reaction and speed by hard, diligent practice.
14. pursue - gang tackle - destroy! make this your motto.

DON'TS OF DEFENSE

1. don't catch the block of your opponent. (you hit him)
2. don't play around your man. (play through him)
3. don't watch the backs for they will deceive you. (read your key and find the ball.)
4. don't bury your head on the ground. (head and eyes up at all times)

5. don't make up your own defenses or stunts. (you have all you can do to play the ones the coaches select for you.)

6. don't lose your poise. (a hot head only defeats himself.)

7. don't fool around with your man. (destroy his block and get rid of him.)

8. don't assume the play is over. (be sure - hustle until you hear the whistle)

9. don't ever relax on defense. (be ready as soon as the offensive center comes out of the huddle.)

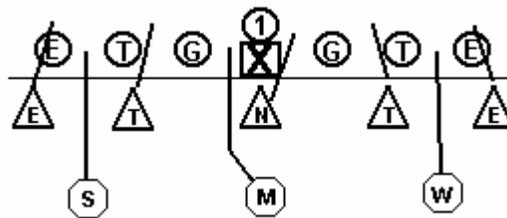
10. don't ever be buried. (you have a personal war with your man - destroy him.)

BASE 5-3 DEFENSE

The 5-3 defense is gap responsible defense. Each defender is responsible for a specific gap.

GAP RESPONSIBILITIES:

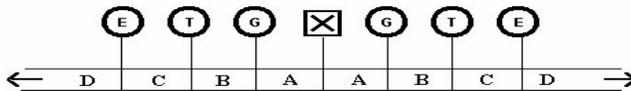
- A GAP: Strong Side: Middle Linebacker (MIKE)
Weak Side: Nose
- B GAP: Defensive Tackles (4 techniques)
- C GAP: Strong Side: Strong Linebacker (SAM)
Weak Side: Weak Linebacker (WILL)
- D GAP: Defensive Ends (9 techniques)



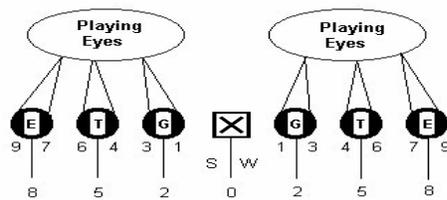
Versus option football, the defender must first secure his gap. Once the gap responsibility is controlled, the defender must play his assigned option responsibility, and get to the football.

Defensive Gaps and Techniques

Defensive Gaps



D-Line Technique Number System



Example:



Here the DT is playing a "3 Tech".
His inside eye on the O-Guards outside eye.
Stepping with his right foot and ripping with his left arm under.

Formation Strength Progression

1. Tight End
2. Trips
3. Two Receiver
4. Width
5. Defensive Left

Teaching Progression for All Defensive Positions

- | | |
|---------------|------------------------|
| 1. Stance | 7. Block Protection |
| 2. Alignment | 8. Block Escape |
| 3. Assignment | 9. Pursuit Angles |
| 4. Technique | 10. Tackling |
| 5. Keys | 11. Creating Turnovers |
| 6. Reads | |

Plan your drills with this progression in mind, and your teaching will be more organized and time effective. If a drill cannot be associated with one of these areas, it probably does not apply to a game situation and should be eliminated from your defensive plan.

Pre-Snap Readiness Process

1. Know down and distance.
2. Get the call in the huddle.
3. Recognize the offensive formation.
4. Take the correct alignment.
5. Take a great stance. Be ready.
6. Read and know your keys.

Teach the athletes this readiness process and continue to re-teach. Put the athletes in situations in practice where they must go through the process.

Diamond on the Ball

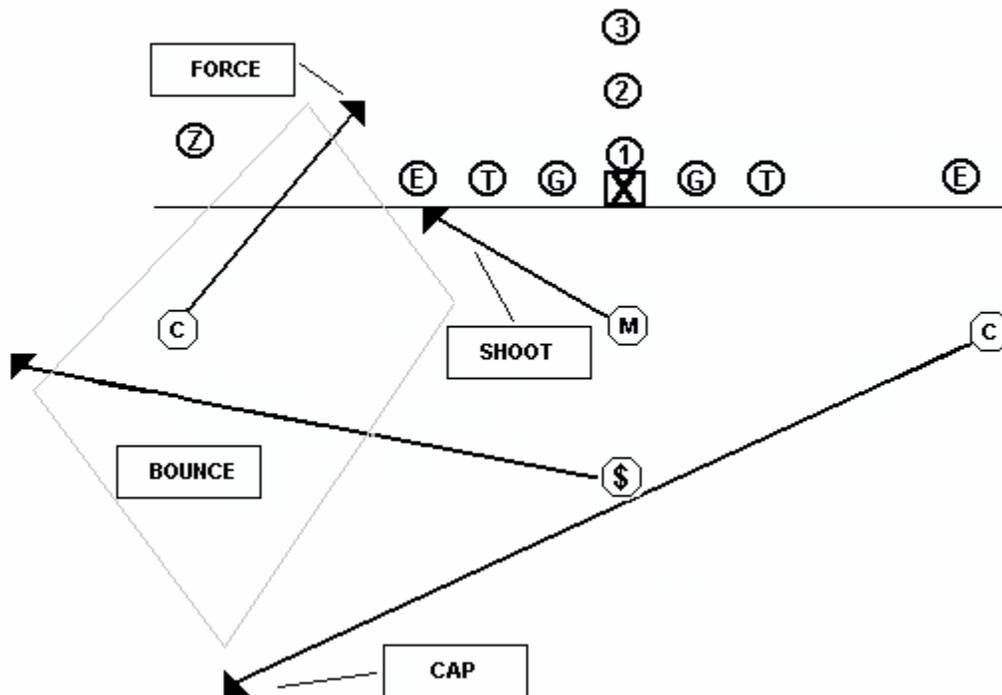
Based on the flow (outside of the tackle only) of the football, we are going to get support from our "MIKE" and secondary in the following manner. Teach and continue to re-teach it.

FORCE= The play-side corner. Once he reads run he will immediately defeat the stalk block and force the ball outside-in.

BOUNCE= The safety. His responsibility is to swap places with the corner and contain the run.

CAP= The back-side corner. Once he reads run, he will immediately take a deep pursuit angle down field. His aiming point should be about 30 yards down field.

SHOOT= The "Mike" backer. His responsibility is to flow to the ball down hill to the ball carrier. Once the ball carrier is forced inside, "Mike" will make the tackle.



5-3 Defense Option Responsibility Overview

The forcing unit of the front 8 is responsible for controlling their gap and then a specific player versus option football.

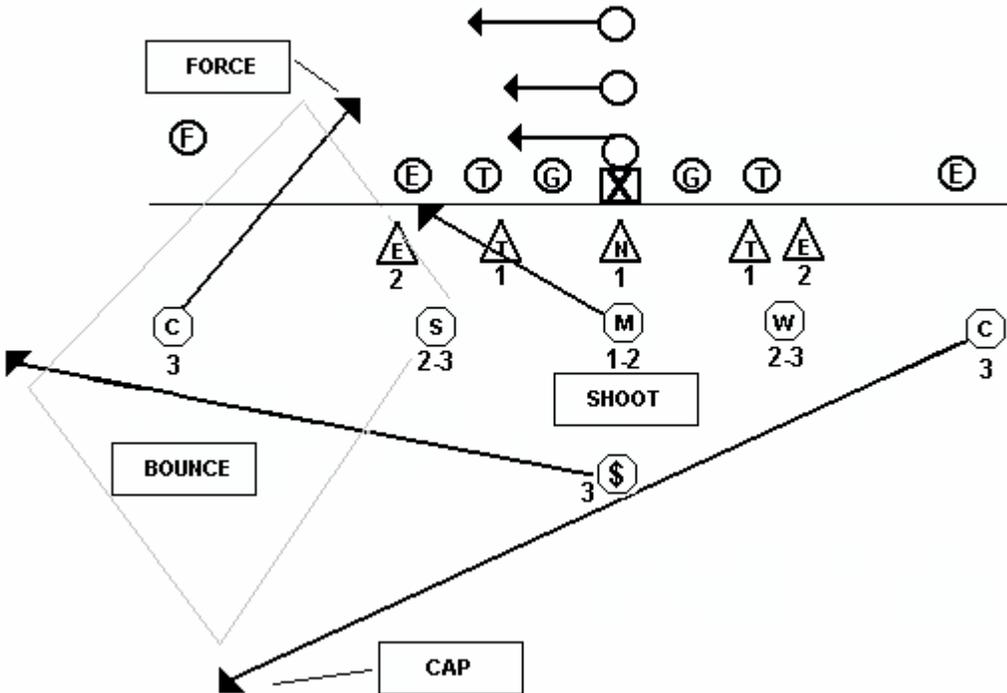
Depending on the coverage and alignment, the secondary has a specific pass zone or man coverage on each play. The secondary also has an alley to force or fill versus a run and a man responsibility versus the option play.

Base responsibility and Option Assignment:

DEFENSIVE LINE	<p>NOSE Weak A Gap to Dive Back</p> <p>PLAYSIDE 4 TECHNIQUE B Gap to Dive Back</p> <p>BACKSIDE 4 TECHNIQUE B Gap and pursue football</p> <p>PLAYSIDE 9 TECHNIQUE D Gap to Quarterback</p> <p>BACKSIDE 9 TECHNIQUE D Gap and squat. Look for flow back to pursue football.</p>
BACKERS	<p>MIDDLE BACKER (SHOOT) Strong A Gap to Dive Back to QB</p> <p>PLAYSIDE OUTSIDE BACKER C Gap then work QB to Pitch Single assignment would be Pitch OUTSIDE VEER-C Gap responsibility would give him DIVE-QB-PITCH</p>
SECONDARY	<p>PLAYSIDE CORNER PASS responsibility first PITCH (Force)</p> <p>BACKSIDE CORNER PASS responsibility first Run support (Cap)</p> <p>SAFETY PASS responsibility first PITCH (Bounce)</p>

Option Responsibilities

(see page 7 for text)



Secondary Coverages

Cover 0 = Straight man-on-man

Cover 1 = Man-on-man - 1 deep zone

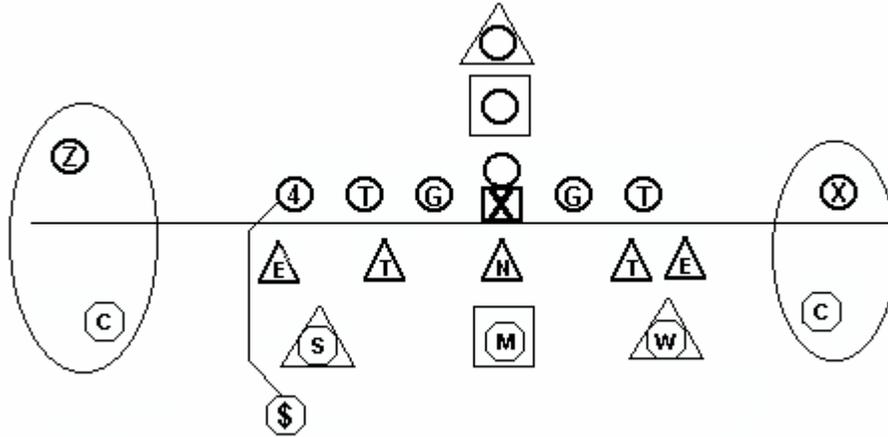
Cover 3 = 3 deep - 3 under zone (base coverage)

Cover 5 = 3 deep - 5 under zone

Dime = 3 deep - 5 under prevent zone

Cover 0

Cover 0 is straight man-on-man coverage.



ALIGNMENT

CORNERS:

- vs. Split Receiver 1 yard inside, 3-4 yards deep on the widest receiver on his side. PRESS CALL would put corner 1 yard inside, 1 yard deep.
- vs. Tight Receiver 3 yards outside, 4 yards deep.

SAFETY:

- vs. Split Receiver 1 yard inside second receiver, 3-4 yards deep. PRESS CALL would put corner 1 yard inside , 1 yard deep.
- vs. Tight Receiver 8 yards deep, head up on the TE.

LINEBACKERS

SAM:

- vs. Split Receiver 2-4 yards inside the # 3 receiver and 5 yards off.
- vs. Tight Receiver Regular LB position. Man cover on # 3.

WILL:

- vs. Split Receiver 2-4 yards inside # 2 receiver and 5 yards off.
- vs. Tight Receiver Regular LB position. Man cover on # 2 receiver.

MIKE:

Regular LB position. Man cover 4th receiver strong or 3rd receiver weak.

REACTION

Corners & Safety:

1. Concentrate on the receiver's hips; avoid letting him get head-up with you.
2. Must force the receiver to the outside and force everything over your head.
3. Stay 1 yard behind and 1 yard inside until the ball is in the air, then close on the receiver and replace his hands with yours.

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Cover 0
(continued)

RESPONSIBILITY

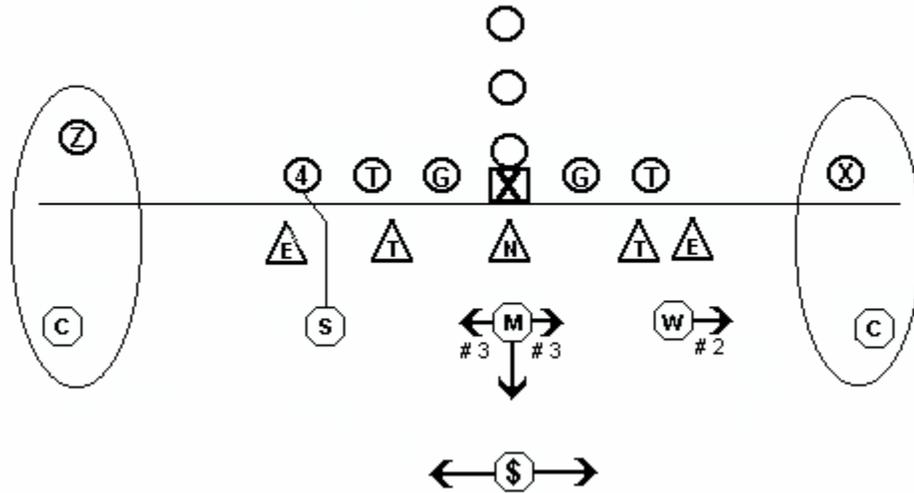
CORNERS: # 1 your side.

SAFETY: # 2 to strong side

LINEBACKERS: SAM - # 3 strong side
WILL - # 2 weak side
MIKE - # 4 to strong side, # 3 to weak side.

Cover 1

Cover 1 is a man-to-man coverage that allows the safety to play a single deep zone and move to help where he is needed (Man-Free).



ALIGNMENT:

CORNERS: vs. Split Receiver 1 yard outside, 3-5 yards deep on widest receiver to his side.
vs. Tight Receiver 3 yards outside, 4 yards deep.

SAFETY: vs. all sets Split the two widest receivers, 10-12 yards deep.

LINEBACKERS

SAM: vs. Split Receiver 2-4 yards inside the # 3 receiver and 5 yards off.
vs. Tight Receiver Regular LB position. Man on # 3 receiver.

WILL: vs. Split Receiver 2-4 yards inside the # 2 receiver and 5 yards off.
vs. Tight Receiver Regular LB position. Man on # 2 receiver.

(cover 1 - continued next page)

Cover 1 (continued)

STANCE

Corners & Safety:

1. Outside foot up.
2. Corners slightly turned to Quarterback.
3. Slight bend at the waist, shoulders over feet; prepared to move backward.
4. Hands hanging freely.
5. Weight on balls of feet.
6. Use peripheral vision.

Linebackers: Normal stance for called front.

KEYS

Corners: Receiver to Quarterback
Safety: Uncovered lineman to Quarterback
Linebackers: Near lineman to ball.

REACTION

Corners:

1. Concentrate on receiver's hips; avoid allowing receiver to get head-up with you.
2. Float with the receiver's pattern; try to always keep an outside shade.
3. Maintain a 3 yard cushion; concentrate on planting and driving when you recognize the pattern.
4. Look through receiver to get to the ball.
5. Once ball is in the air, play the ball not the receiver.

Safety: Roll to flow and read Quarterbacks eyes; help where needed.

Linebackers: React to play.

RESPONSIBILITY

CORNERS: # 1 receiver your side.
If run, outside-in force.

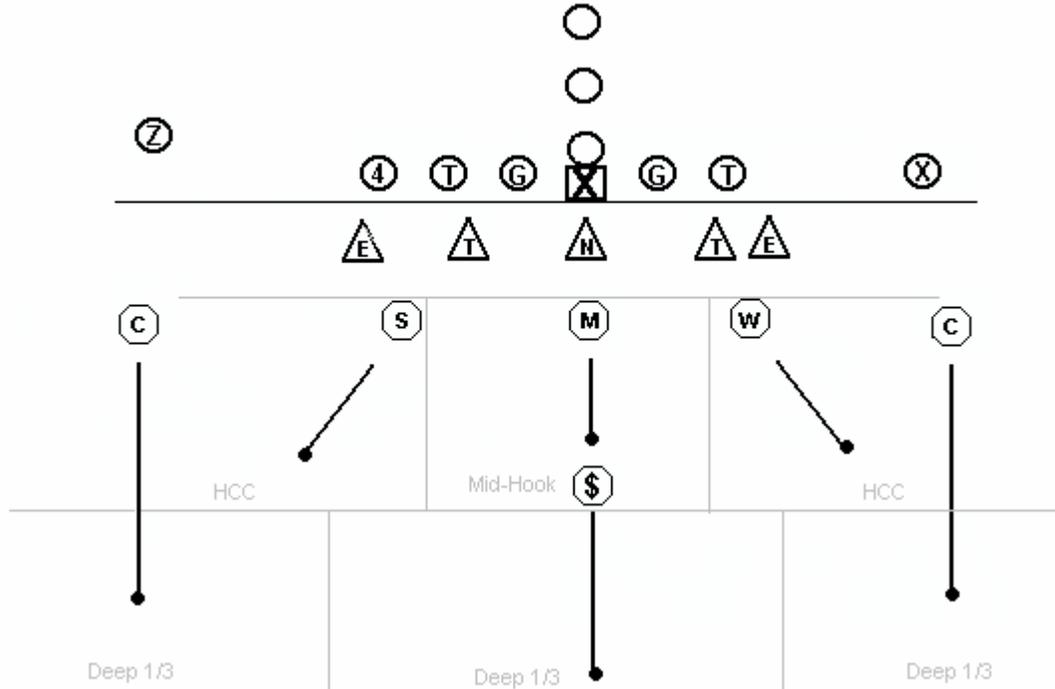
SAFETY: Free
If run, inside-out force.
If pass, help where needed.
vs. "trips" to any side cover # 2 man (Sam takes # 3 man).

LINEBACKERS: SAM: # 2 man strong side. vs. "trips" - # 3 man strong side.
WILL: # 2 man weak side.
MIKE: Drop to middle or go to flow.

*** GOOD COVERAGE TO BRING SAFETY ON BLITZES**

Cover 3 (base coverage)

Cover 3 is a 3 deep zone using the corners and safety and 3 underneath zone using the linebackers.



ALIGNMENT

CORNERS:	vs. Split Receiver	1-2 yards outside, 4-6 yards deep on widest receiver to his side (never closer than 5 yards to sideline).
	vs. Tight Receiver	3 yards outside, 4 yards deep.
SAFETY:		10-12 yards deep, splitting the two widest receivers.
LINEBACKERS:		Regular LB position.

STANCE

Corners & Safety:

1. Outside foot up.
2. Slightly turned toward Quarterback.
3. Slight bend at the waist, shoulders over feet; prepared to move backward.
4. Hands hanging freely.
5. Weight on the balls of the feet.
6. Use peripheral vision.

Linebackers: Normal stance for called front.

KEYS

Corners: Receiver to Quarterback.
 Safety: Uncovered lineman to Quarterback.
 Linebackers: Near lineman to ball.

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Nose Position Responsibility

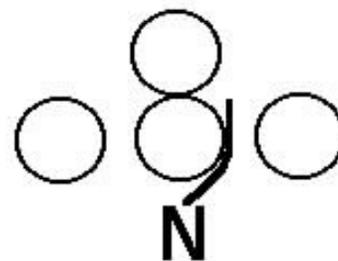
PERSONNEL	<ol style="list-style-type: none">1. Lineman type with exceptional lateral speed.2. Exceptional overall body strength.3. Body weight to prevent being overpowered by offensive lineman.4. Exceptional mental and physical toughness.5. A real havoc wrecker.
ALIGNMENT	<ol style="list-style-type: none">1. Head-up on the center.2. Crowd the LOS.3. Shade call moves nose to shoulder of the center (shade strong will switch gap responsibilities with MIKE).
STANCE	<ol style="list-style-type: none">1. Three or four point stance (whatever is comfortable).2. Strong side foot staggered 6 inches back (heel to toe).3. Pressure 50% on hand - 50% on balls of feet.
INITIAL CHARGE	<ol style="list-style-type: none">1. Power step with the strong side foot no more than the original position of the strong side hand.2. Must be able to get into the center's weak side flank and then separate.3. Get penetration to the center's heels.4. Play center's head and go to the ball. If double teamed by the guard and center, single out the post blocker and defeat him.5. Never stay blocked.
RESPONSIBILITY	<ol style="list-style-type: none">1. Weak side "A" Gap.2. Disrupt the offense.
OPTION RESPONSIBILITY	<ol style="list-style-type: none">1. Dive
KEYS	<ol style="list-style-type: none">1. Center2. Ball

The nose is responsible for weak side "A" Gap, then he must fight through the blockers to the ball carrier. If the ball is taken

TECHNIQUE VERSUS BLOCKING SCHEMES

1. DOWN BLOCK BY CENTER

- A. Once the player feels pressure on his inside shoulder he should stop his initial charge up field.
- B. He must then make a move across the center's face. The preferred moves would be a rip under the center's shoulder or getting hands on the center's chest plate and turning his shoulders so he could get across the center's face.
- C. He should never try to defeat the block up field.
- D. Find the ball and attack the ball carrier.



Cover 3 (base coverage)

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RESPONSIBILITY

Corners: Deep 1/3 (sideline to hash mark) on your side.
If run, force contain, outside-in.

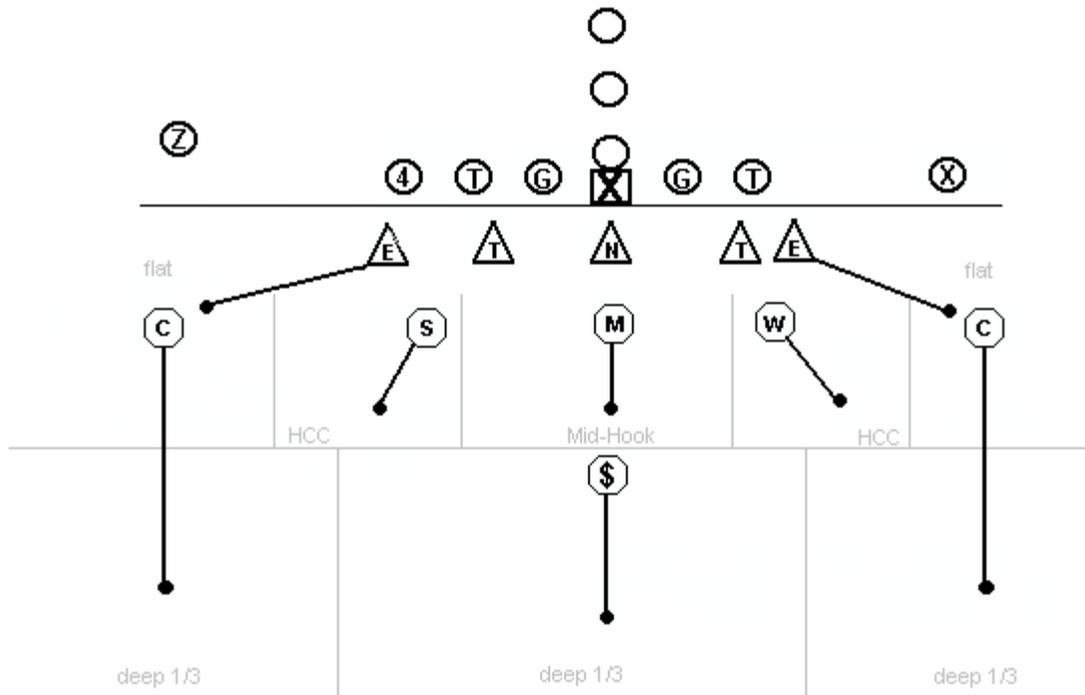
Safety: Deep middle 1/3 (hash to hash)
If run, bounce contain

Linebackers: SAM = HCC to flats strong side.
MIKE = Middle Hook Zone.
WILL = HCC to flats weak side.

Adding "DROP (strong or weak)" would put an DE in coverage (flats) for a 4 under zone.

Cover 5

Cover 5 is a 3 deep zone with 5 underneath zones.



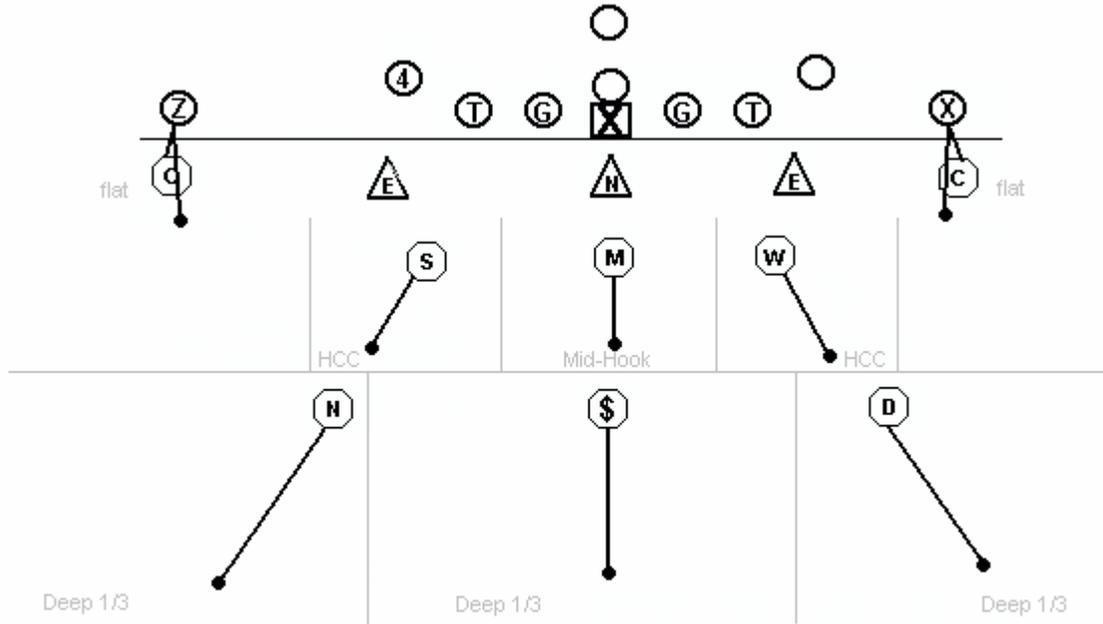
- ◆ Cover 5 is the same as Cover 3 with the following changes.

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Dime

Dime is a 3 deep 5 underneath prevent-type zone coverage.

PERSONNEL CHANGES: 2 Tackles come out. **SUBSTITUTED IN:** 2 defensive backs = 1 nickel, 1 dime.



ALIGNMENT

- CORNERS: vs. Split Receiver Slightly outside eye and on LOS.
- vs. Tight Receiver 4 outside, 4 yards deep.
- SAFETY: 12-15 yards deep in the middle of the field.
- NICKEL: 12-15 yards deep on the left hash.
- DIME: 12-15 yards deep on the right hash.
- MIKE: Regular LB position.
- SAM & WILL: Regular LB position.
- DEFENSIVE ENDS: 9 technique on TE; ghost with no TE.

(Dime - continued next page)

Dime
(continued)

KEYS

Corners: # 2 receiver to Quarterback.
Safety: Uncovered lineman to Quarterback.
Linebackers: Uncovered lineman to Quarterback.
Defensive Ends: Near lineman to ball.

RESPONSIBILITY

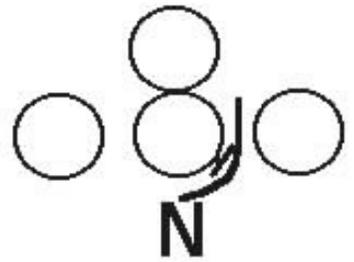
Corners: Jam # 1 receiver then flats.
If run, force contain, outside-in.
Safety: Deep middle 1/3.
If run, inside-out force.
Nickel: Deep left 1/3.
If run, outside, outside-in force.
Dime: Deep right 1/3.
If run, outside-in force.
Linebackers: SAM = HCC
MIKE = Middle Hook Zone
WILL = HCC



Position Responsibilities

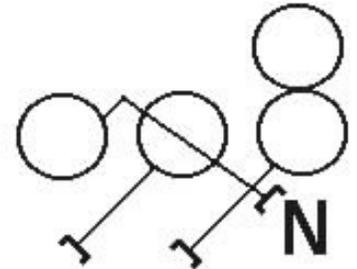
2. REACH BLOCK BY CENTER

- A. The nose should be aggressive to the weak side flank of the center. If he feels the center trying to get across his face, he must then get his hands on the center, keeping his outside shoulder free.
- B. The nose must stay low as not to get driven from the weak "A" Gap.
- C. Find the ball and attack the ball carrier.



3. INSIDE PULL TOWARD THE NOSE

- A. If the nose sees the center block down on the 4 technique away from him, he must stop his initial charge up field. He should then squat and look back down the LOS for a trap.
- B. The nose will take on the pulling lineman with his outside shoulder (wrong shoulder) into the linemans waist. The pulling lineman should be driven back from where he pulled and the back must now bounce - ruining the trap.



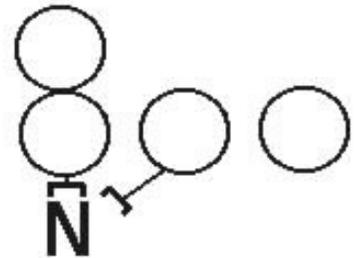
4. OUTSIDE PULL

- A. Once the nose sees a lineman (OG) pull to the outside, he must stop his initial charge up field.
- B. He should get in the lineman's "hip pocket" and follow him flat down the LOS.
- C. Find the football and attack the ball carrier.



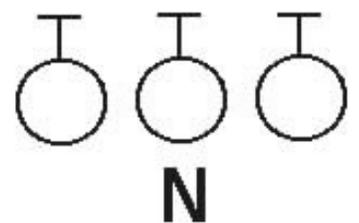
5. DOUBLE TEAM

- A. Once the nose feels pressure from both the center and the guard, he must stop his initial charge up field.
- B. He must pick out the post blocker and defeat him by using a release move.
- C. If the nose ever gives one step backward, he should drop to the ground, grab both blockers ankles and cause a pile.



5. PASS BLOCK

- A. Once the nose gets to the center's heel line, he should recognize pass block.
- B. He should then continue and accelerate on his surge upfield to the Quarterback.
- C. The nose should never get outside his pass rush lane (guard to guard).
- D. If the D-LINE is in the "jet mode", the nose should start in a sprinter's stance (feet close together and weight on the hands), and his initial step should be gaining tremendous ground up field.
- E. Get to the Quarterback and attack him.



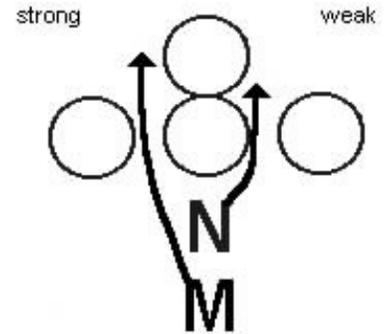
Nose Stunts

GUT

This is a combination **NOSE/MIKE** stunt. The rest of the defense will play base or called defense and coverage.

ALIGNMENT Head up on center.

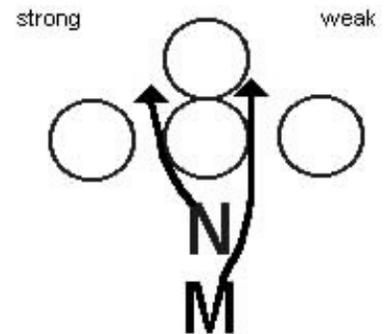
- RESPONSIBILITY**
1. Shoot weak side "A" Gap and get penetration to heel line.
 2. Attacking the center's weak side flank, get under his arm and pull him into the gap.
 3. Keep shoulders square and pursue the football.
 4. Versus pass block, continue pass rush lane.



BLOOD

ALIGNMENT Head up on center.

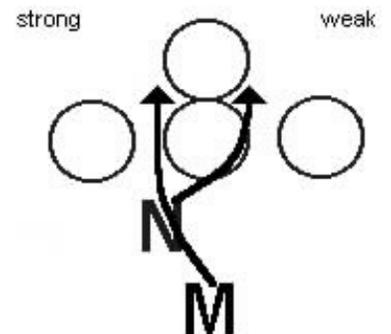
- RESPONSIBILITY**
1. Shoot strong side "A" Gap and get penetration to heel line.
 2. Attacking the center's strong side flank, get under his arm and pull him into the gap.
 3. Keep shoulders square and pursue the football.
 4. Versus pass block, continue pass rush lane.



X STRONG and X WEAK

ALIGNMENT In the "A" Gap of the called stunt (i.e. X Strong in the strong "A" Gap)

- RESPONSIBILITY**
1. The nose will line up in the opposite "A" Gap to which he will stunt.
 2. On the snap of the ball, he will rip across the face of the center and get penetration into "A" Gap.
 3. Keep shoulders square and pursue the football.
 4. Versus pass block, continue pass rush lane.



Defensive Tackle Position Responsibility

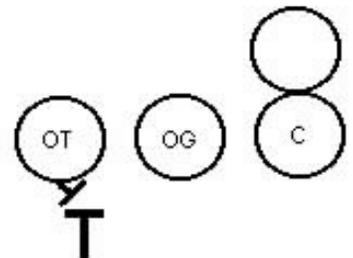
PERSONNEL	<ol style="list-style-type: none">1. Lineman type with exceptional lateral speed.2. Exceptional overall body strength.3. Body weight to prevent being overpowered by offensive lineman.4. The physically larger and stronger of the two who will play DT will play at the left position.
ALIGNMENT	<ol style="list-style-type: none">1. Inside eye of the offensive tackle (4 technique).2. Crowd the LOS.3. "OUT" call would put DT on the outside eye of the OT (5 technique).
STANCE	<ol style="list-style-type: none">1. Three or four point stance (whatever is comfortable).2. Foot closest to the OT will be straggled 6 inches back (heel to toe).3. Pressure 50% on hand - 50% on balls of feet.
INITIAL CHARGE	<ol style="list-style-type: none">1. Power step with foot closest to the OT and rip with the same-side arm.2. Must be able to get into the OT "B" Gap flank and then separate.3. Get penetration to the OT heels.4. Play OG's head and go to the ball. If double teamed by the guard and OT, single out the post blocker and defeat him.5. Never stay blocked.
RESPONSIBILITY	<ol style="list-style-type: none">1. "B" Gap.2. Disrupt the offense.
OPTION RESPONSIBILITY	<ol style="list-style-type: none">1. Dive.
KEYS	<ol style="list-style-type: none">1. Play OT and read OG.2. Near back3. Ball

The DT (4 technique) is responsible for the "B" Gap, then he must fight through the blockers to the ball carrier. If the ball is taken outside, the tackle must pursue the ball down the LOS and make the tackle. The tackle must never be reached by the guard. The DT should be able to play the OT at the same time, under key the guard.

TECHNIQUE VERSUS BLOCKING SCHEMES

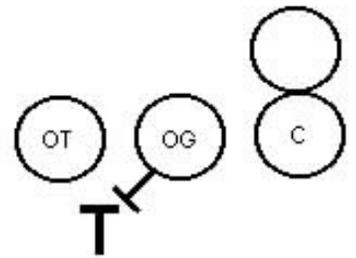
1. DOWN BLOCK BY OT

- A. Once the OT feels pressure on his outside shoulder he should stop his initial charge up field.
- B. He must then make a move across the OT's face. The preferred moves would be a rip under the OT's shoulder or getting hands on the OT's chest plate and turning his shoulders so he could get across the OT's face.
- C. He should never try to defeat the block up field.
- D. Find the ball and attack the ball carrier.



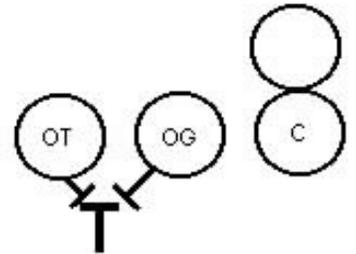
2. KICK OUT BLOCK (by OG)

- A. Once the DT feels pressure on his inside shoulder he should stop his initial charge up field.
- B. He must make a move across the guard's face. The preferred move would be a rip under the OG's shoulder or his hands on the OG's chest plate and turning his shoulders so he could get across the OG's face.
- C. He should never try and defeat the block up field.
- D. Find the ball and attack the ball carrier.



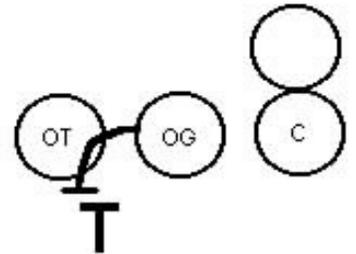
3. DOUBLE TEAM

- A. Once the DT feels pressure from both the OT and the guard, he must stop his initial charge up field.
- B. He must pick out the post blocker and defeat him by using a release move.
- C. If the DT ever gives one step backward, he should drop to the ground, grab both blockers ankles and cause a pile.



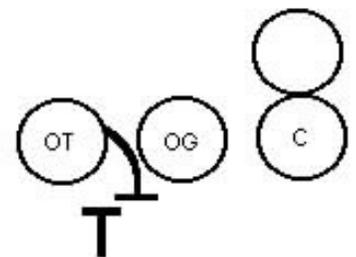
4. OUTSIDE ZONE or SCOOP (by OG)

- A. If the DT feels the guard trying to get across his face he must get his hands on the OG and keep his outside shoulder free.
- B. If the OG is successful, the DT should get his hands on the OG's chest plate and turn OG's shoulders so that he can fight back across his face.
- C. The tackle must stay low with a good base as not to be driven from "B" Gap.
- D. Find the football and attack the ball carrier.



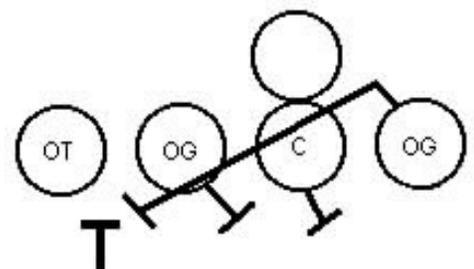
5. INSIDE ZONE (by OT)

- A. If the DT feels the OT trying to get across his face he must get his hands on the OT and keep his inside shoulder free.
- B. If the OT is successful, the DT should get his hands on the OT's chest plate and turn OT's shoulders so that he can fight back across his face.
- C. The tackle must stay low with a good base as not to be driven from "B" Gap.
- D. Find the football and attack the ball carrier.



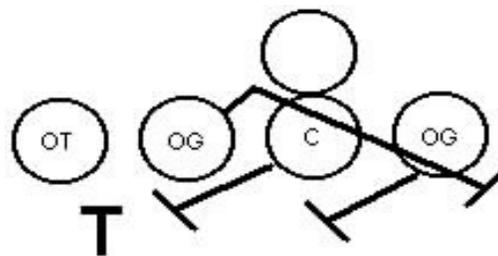
6. INSIDE PULL TOWARD THE DT

- A. If the DT sees the OG block down on the nose, he must stop his initial charge up field. He should then squat and look back down the LOS for a trap.
- B. The DT will take on the pulling lineman with his outside shoulder (wrong shoulder) into the lineman's waist. The pulling lineman should be driven back and the back should then have to bounce the play outside.



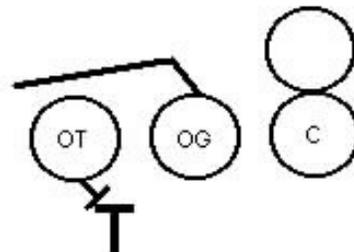
7. **INSIDE PULL AWAY FROM DT**

- A. Once the DT sees a lineman from his strength side pull, he must stop his initial charge up field. He should then expect a down block from the center.
- B. He should use a release technique to get across the center's face and follow in the lineman's "hip pocket".
- C. Find the football and attack the ball carrier.



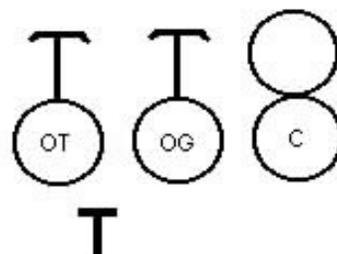
8. **OUTSIDE PULL (with DOWN BLOCK)**

- A. Once the DT sees a lineman (OG) pull to the outside, he must stop his initial charge up field.
- B. He should cross the OT's face (see #1) and follow in the lineman's "hip pocket" flat down the LOS.
- C. Find the football and attack the ball carrier.



9. **PASS BLOCK**

- A. Once the DT gets to the OT heel line, he should recognize pass block.
- B. He should then continue and accelerate on his charge up field to the Quarterback.
- C. DT should never get outside of his pass rush lane (guard to tackle).
- D. If the D-Line is in the "jet mode", the DT should start in a sprinter's stance (feet close together, weight on hands), and his initial step should be gaining tremendous ground up field.
- E. The DT will have outside containment if we are in DIME or COVER 5.



Defensive Tackle Stunts

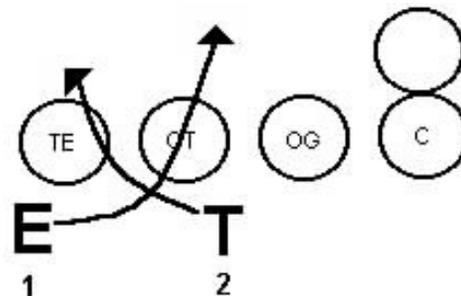
TWIST

*This is a combination **TACKLE/END** stunt. The rest of the defense will play base or called defense and coverage.*

ALIGNMENT

4 Technique

- RESPONSIBILITY**
- 1. Shoot through "C" Gap into "D" Gap and get penetration to the heel line.
 - 2. Rip across the OT and TE's face, and end will follow off the butt of DT.
 - 3. Keep shoulders square and pursue the football.
 - 4. Any outside running play or sprint out pass the DT now has outside containment.

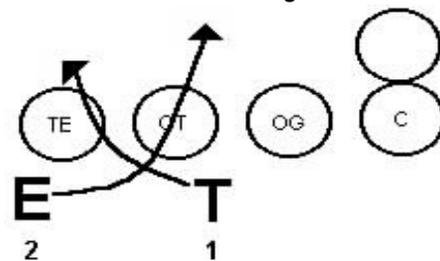


LOOP

This is a combination **TACKLE/END** stunt. The rest of the defense will play base or called defense and coverage.

ALIGNMENT 4 Technique

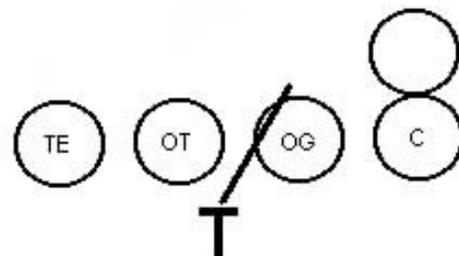
RESPONSIBILITY Same as twist, but now DE goes first, and DT follows.



TIN

ALIGNMENT 4 Technique

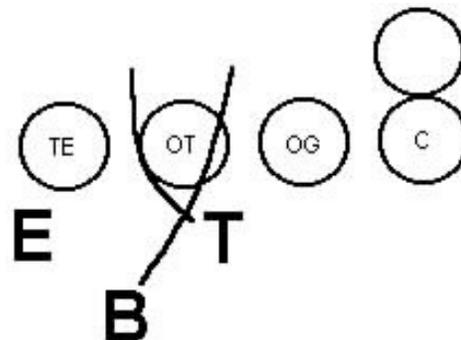
RESPONSIBILITY 1. Slant through the OG's outside hip and get penetration to the heel line.
2. Keep shoulders square and pursue to the football.
3. Versus pass block, continue pass rush lane.



BANDIT

ALIGNMENT 4 Technique

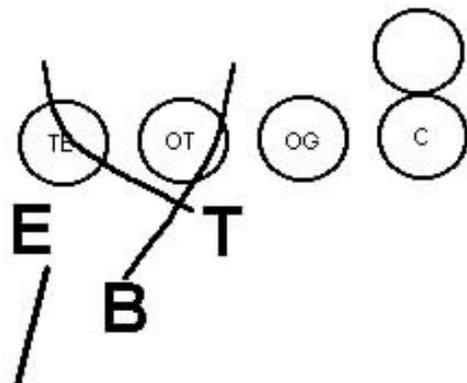
RESPONSIBILITY 1. Shoot across the face of the OT into "C" Gap and get penetration to hell line.
2. The backer will follow off of the DT's butt into "B" Gap.
3. Keep shoulders square and pursue to the football.
4. Versus pass block, continue pass rush lane



ZORRO

ALIGNMENT 4 Technique

RESPONSIBILITY 1. Shoot through "C" Gap into "D" Gap and get penetration to heel line.
2. Rip across the OT and TE's face, and follow off the butt of the OLB.
3. Keep shoulders square and pursue to the football.
4. Any outside running play or sprint out pass, the DT now has outside containment.



Defensive End Position Responsibility

- PERSONNEL
1. The DE needs to be a linebacker type.
 2. The left end needs to be a larger and stronger athlete than that of the right end.
 3. The DE must have above average speed.
 4. The right end should be the smaller and quicker of the two ends.
- ALIGNMENT
- 9 technique
With no TE, we play a ghost 7 technique.
- STANCE
1. Three point stance
 2. Inside foot slightly staggered back (heel to toe)
 3. Weight slightly forward, ready to get up field.
- INITIAL CHARGE
1. Power step with inside foot and immediately get hands on the TE.
 2. Must be able to get into the TE and then separate.
 3. Get penetration to the heel line of the TE.
 4. Play TE's head and go to the ball.
 5. Never stay blocked.
 6. If no TE, read OT's head.
- RESPONSIBILITY
1. "D" Gap.
 2. Outside containment.

On a "DROP (strong or weak)" call - the DE will drop into the flats zone in Cover 3 to give us 4 under zone.

- OPTION
RESPONSIBILITY
1. Quarterback
- KEYS
1. TE
 2. Near back
 3. Ball

The DE (9 technique) is responsible for the "D" Gap, then he must fight through the blockers to the ball carrier. If the DE sees flow away, he should squat and wait for flow back to his side (reverse). If none, he should take a proper line of pursuit to the ball. If the ball is taken outside, DE must force runner back inside to pursuit. The ball should NEVER get outside the DE.

TECHNIQUE VERSUS BLOCKING SCHEMES

1. BASE - TURNOUT
 - A. Power step, drag into TE and post him on his heels.
 - B. Get under blocker's pads and separate.
 - C. Squeeze blocker into "C" Gap.
 - D. Keep outside arm and leg free and be ready for bounce outside.
 - E. Find the football and attack the ball carrier.



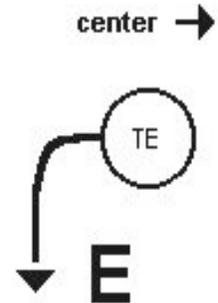
2. HOOK

- Power step, drag into TE and post him on his heels.
- Feel for outside pressure; if pressure, step up with outside foot.
- Fight across blocker's face and secure "D" Gap.
- Find the ball and attack the ball carrier.



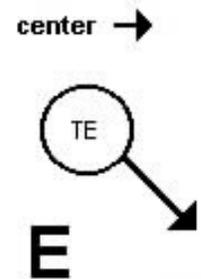
3. ARC RELEASE

- Power step, drag into TE and post him on his heels.
- Widen the TE 1-2 steps and SQUAT.
- Find the football and attack the ball carrier.



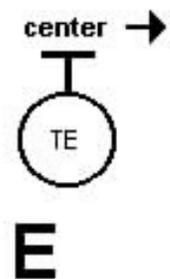
4. INSIDE RELEASE

- Power step, drag into TE and post him on his heels.
- Aiming point for post should be the numbers on the jersey. The 9 must turn the TE's shoulders to prevent a clean block on the OLB.
- Squat and look for counter Trey. If pulling lineman attacks the 9, he should wrong shoulder the Trey and make him bounce.
- If no Trey, find the football and attack the ball carrier.



5. PASS BLOCK

- Once the DE gets to the TE's heel line, he should recognize pass block.
- He should then continue and accelerate on his charge up field to the Quarterback.
- The DE should never take an inside pass rush as to give up outside containment, unless he is on a stunt designed to do so.
- If the D-Line is in "jet mode", the DE should start in a sprinter's stance (feet close together and weight on the hands), and his initial step should be gaining tremendous ground up field.
- If we are in cover 3 Special or Cover 4, the 9 will take a pass drop into the HCC. If we have a ZORRO call then the 9 will switch pass responsibilities with the OLB - call side.
- If on pass rush, get to the Quarterback and attack him.



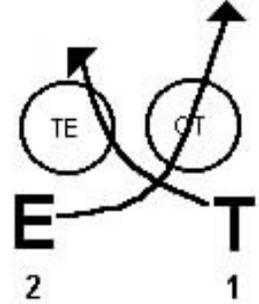
Defensive End Stunts

TWIST

This is a combination DT/DE stunt. The rest of the defense will play base or called defense and coverage.

ALIGNMENT 9 technique

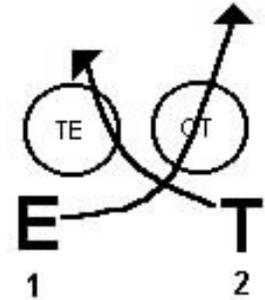
- RESPONSIBILITY
1. Shoot through "C" Gap into "B" Gap and get penetration to the heel line.
 2. Have a slight hesitation and follow off the butt of the DT (coaching point: make sure DT forces OT to go with him).
 3. Keep shoulders square and pursue the football.
 4. Any outside running play or sprint out pass, DT now outside containment.



LOOP

ALIGNMENT 9 technique

- RESPONSIBILITY Same as TWIST, but now DE goes first and DT follows.

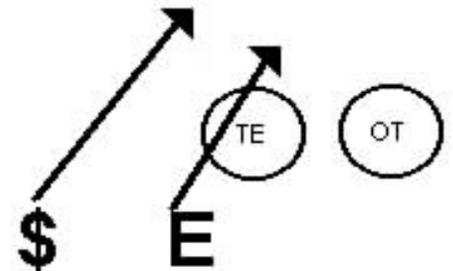


SMOKE/GO

This is a combination DE/SAFETY stunt. The rest of the defense will play base or called defense and coverage.

ALIGNMENT 9 technique

- RESPONSIBILITY
1. Slant through the TE's hip and down the LOS.
 2. Stay as flat to the LOS as possible as not to cut-off the safety.
 3. Pursue to the football.

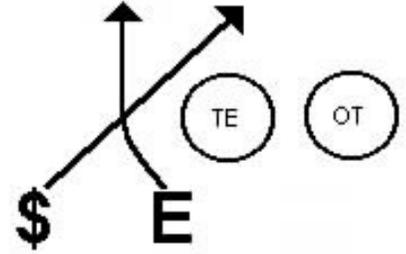


THUNDER/LIGHTENING

This is a combination DE/SAFETY stunt. The rest of the defense will play base or called defense and coverage.

ALIGNMENT 9 technique

- RESPONSIBILITY 1. With a slight hesitation, letting the safety cross your face, take an angle deep into the backfield that would put you 1 yard outside the TE and 5 yards deep into the backfield.
2. The DE would now have the pitch on OPTION and the Safety would have the Quarterback.

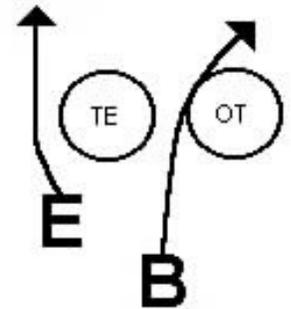


LOBO

This is a combination DE/OLB stunt. The rest of the defense will play base or called defense and coverage.

ALIGNMENT 9 technique

- RESPONSIBILITY 1. On the snap of the ball, take an angle deep into the backfield that would put you 1 yard outside the TE and 5 yards deep into the backfield.
2. The DE would now have the pitch on OPTION and the OLB would have the Quarterback.

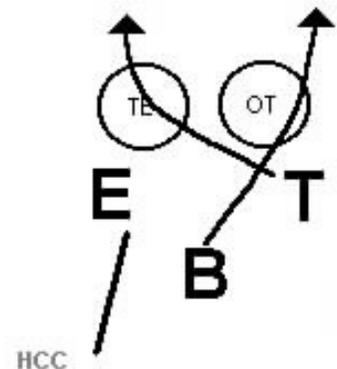


ZORRO

This is a combination DE/DT/OLB stunt. The rest of the defense will play base or called defense and coverage.

ALIGNMENT 9 technique

- RESPONSIBILITY 1. On the snap of the ball, DE will take one power step forward then open his hips then turn and run to HCC area.
2. The DE will not have any pass rush responsibilities. If he sees run, he must stop his pass drop and contain on the run.



AGGIE

*This is a **DE ONLY** stunt. The rest of the defense will play base or called defense and coverage.*

ALIGNMENT

9 technique

- RESPONSIBILITY 1. On the snap of the ball, DE will slant away from the end man on the LOS and get penetration to the heel line.
2. Keep shoulders square, pursue to the football.
 3. Versus pass block stay in pass rush lane.



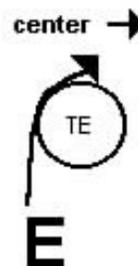
FIRE

*This is a **DE ONLY** stunt. The rest of the defense will play base or called defense and cover*

ALIGNMENT

9 technique

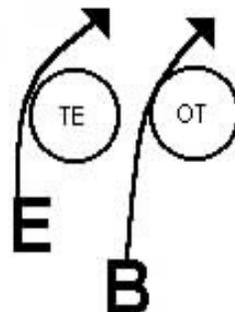
- RESPONSIBILITY 1. On the snap of the ball, DE will slant through the TE's outside hip and get penetration to the heel line.
2. Keep shoulders square, pursue to the football.
 3. Versus pass block, work abck to pass rush lane.



This stunt is the same as FIRE, but angled deeper.
This aiming point would be the tailback in an "I set".



This is a BULLRETS for the DE and OLB in running a combination stunt.



Middle Linebacker Position Responsibility

PERSONNEL

1. Select an individual that is a leader on and off the field
2. The MIKE linebacker should be intelligent and physically tough.
3. The MIKE linebacker should have a good work ethic, and the ability to learn how to react without having to think.
4. Strength and size are preferred with an emphasis on leg strength.
5. Agility and quickness are important factors.

ALIGNMENT

1. 00 technique (Head-up on the center).
2. PUSH call would move him head up on strong side guard.
3. JAP call would move him head up on weak side guard.
4. 3-5 yards deep off LOS. The better the LB, the closer he can play.
5. If OLB has to walk off on a outside receiver, MIKE would stack on DT to the walked side.

STANCE

1. Pressure on the balls of the feet (heels should barely clear the grass).
2. Weight should be distributed evenly on both feet.
3. Hands and arms in a relaxed position.

RESPONSIBILITY

1. Strong side "A" Gap.
2. Overlap all gaps from sideline to sideline.

OPTION

RESPONSIBILITY

1. **Dive**
2. Quarterback

KEYS

IN ORDER

1. Fullback or strong side split back for flow key.
2. Flow-side guard for run-pass key.
3. Ball
4. Eventually MIKE linebacker must learn to "feel" the play of the backside OG.

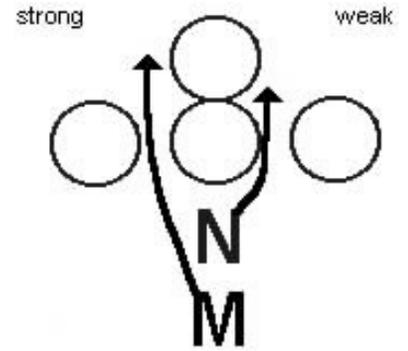
MIKE Linebacker Stunts

GUT

This is a combination **NOSE/MIKE** stunt. The rest of the defense will play base or called defense and coverage.

ALIGNMENT Head up on center.

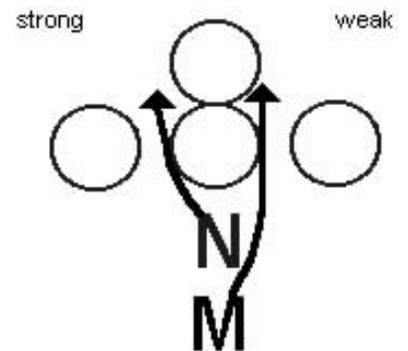
- RESPONSIBILITY**
1. Shoot strong side "A" Gap and get penetration to heel line.
 2. Keep shoulders square and pursue the football.
 3. Versus pass block, continue pass rush lane.



BLOOD

ALIGNMENT Head up on center.

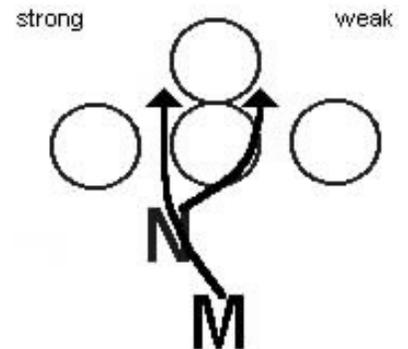
- RESPONSIBILITY**
1. Shoot weak side "A" Gap and get penetration to heel line.
 2. Keep shoulders square and pursue the football.
 3. Versus pass block, continue pass rush lane.



X STRONG and X WEAK

ALIGNMENT Head up on center

- RESPONSIBILITY**
1. Shoot the "A" Gap of the call (i.e. X STRONG = shoot strong "A" Gap).
 2. Keep shoulders square and pursue the football.
 3. Versus pass block, continue pass rush lane.



Outside Linebacker Position Responsibility

- PERSONNEL
1. The Outside Linebacker should be an intelligent player with the ability to think on the run.
 2. The Outside Linebacker should possess excellent speed.
 3. Size is an asset, but is not mandatory. Strength is a must for physically smaller athletes.
 4. SAM backer should be the faster and better coverage man of the two outside linebackers.

- ALIGNMENT
1. 70 technique (inside eye of the TE).
 2. PUSH call would move LB's one position strong.
 3. JAP call would move LB's one position weak.
 4. 3-5 yards deep off LOS. The better the LB, the closer he can play.
 5. If OLB has to walk off on a outside receiver, the other OLB will stack on the DT away from walked side.

- STANCE
1. Feet should be shoulder width apart with the outside foot slightly back.
 2. Knees should be bent, back straight, and head up.
 3. Hands and arms in a relaxed position at the sides of the player.

RESPONSIBILITY **"C" Gap to FLOW**

- OPTION
RESPONSIBILITY
1. Quarterback to **PITCHMAN**
 2. Versus outside veer option = Squat and read mesh.
If ball is given, make tackle for short gain. If ball is pulled, continue to pitchman through Quarterback.

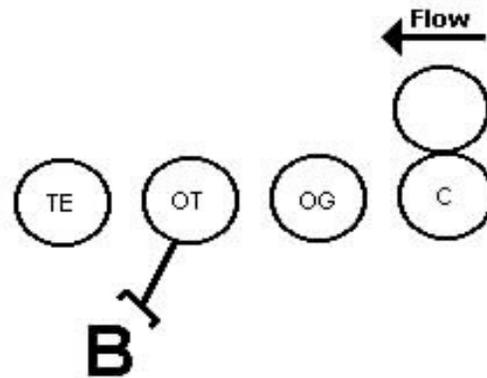
KEYS IN ORDER

1. Offensive Tackle.
 2. Tailback or strength side split back.
 3. Ball
- WITH NO NEAR BACK**
1. OT
 2. Ball

OPTION PLAY VERSUS BLOCKING SCHEMES

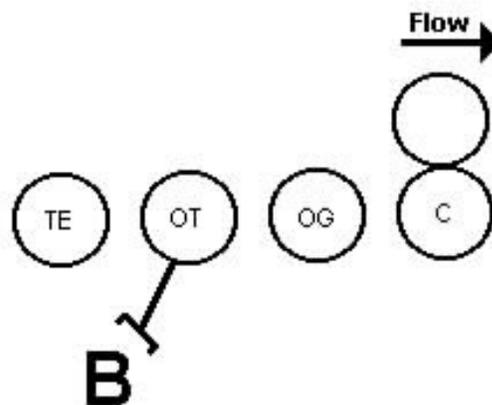
1. BASE BLOCK (flow toward)

- Meet the OT with the inside shoulder on his outside flank.
- On the option give to the dive back, squeeze the ball carrier to the MIKE backer.
- Do not get shoulder pads turned, keep outside arm and leg parallel to the LOS.
- Keep shoulder pads under the OT and do not give ground.
- If ball bounces to "C" Gap or outside, you are in position to make the play or get outside to pitch.
- With full flow by the backfield, as in down the line option, get outside quick to pitch through Quarterback.



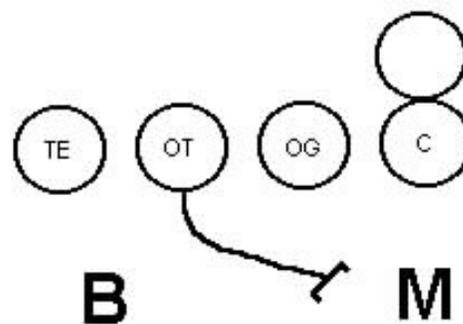
2. BASE BLOCK (flow away)

- Meet the OT with the inside shoulder on his outside flank.
- Check for counter or cutback, then take proper pursuit angle to the ball.
- If there is any doubt, keep your outside arm and leg free.



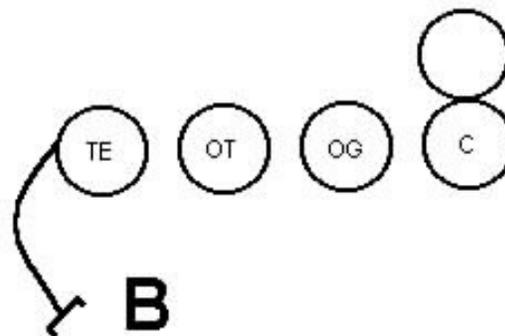
3. VEER BLOCK by OT on MIKE

- Step with the OT, squat in the hole vacated by the OT.
- Read the mesh, do not attack LOS.
- If the ball is handed off to the dive back, make the tackle for a short gain.
- If the ball is pulled by the QB, pursue outside to the pitch through the Quarterback.
- Do not get up into the LOS.
- With back away, work to meet outside pressure.



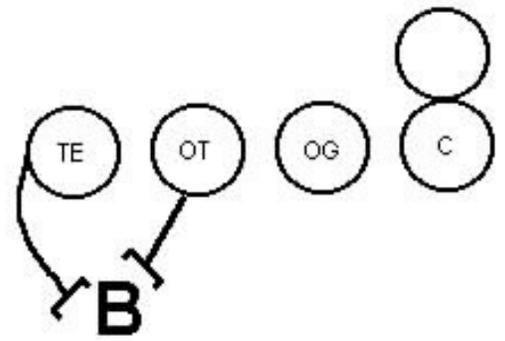
4. VEER RELEASE and BLOCK by TE

- Meet the TE head on and slide around.
- Give a little ground, rip the inside arm under the TE.
- Take an angle to the pitch man through QB.



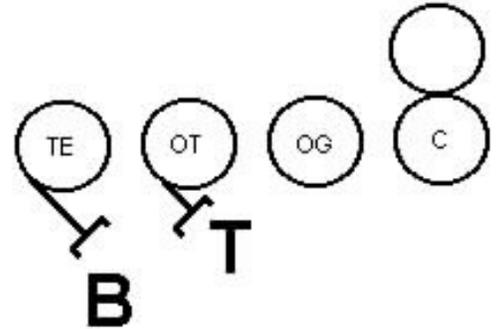
5. VEER RELEASE by TE and OT DOUBLE TEAM

- Meet the OT with the inside shoulder on his outside 1/2 of his body.
- On the option give to the dive back, squeeze the ball carrier to the MIKE backer.
- Do not get shoulder turned, keep pads parallel to the LOS.
- Keep shoulder pads under the OT.
- If ball bounces to "C" Gap or outside, give a little ground, rip the inside arm under the TE.
- Take an angle to pitchman through the QB.
- With full flow by the backfield, meet TE head on and slide around. Rip the inside arm under the TE and take an angle to the pitch through the QB.



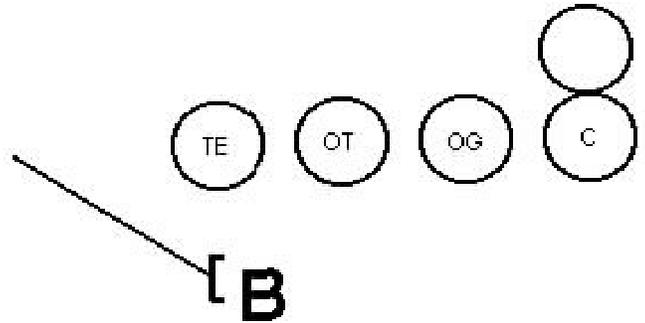
6. DOWN BLOCK from TE and DOUBLE TEAM on 4 TECHNIQUE by OT

- Step up to meet back threat.
- Try to meet the TE square but under his pads.
- Secure "C" Gap.
- If the play continues outside, give a little ground, rip the inside arm under the TE.
- Take an angle to the pitch through the TE.



7. CRACK BACK BLOCK

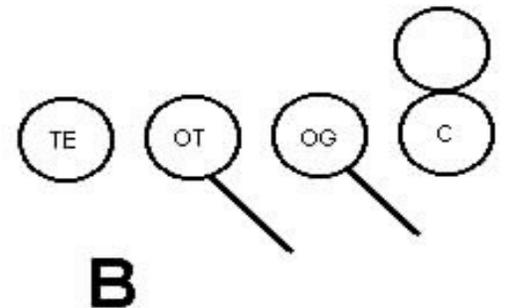
- Meet blocker head on and administer a blow.
- Take an angle to the pitch man through QB.
- If blocker is successful, begin playing around blocker to pitch man.



2nd Key Read-Reactions

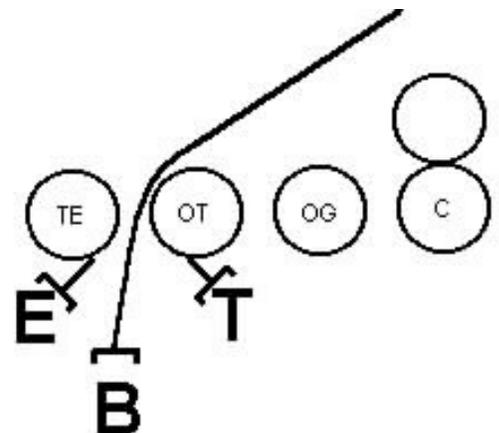
1. FLOW AWAY

- Come back under OT pads.
- Check for counter.
- Take proper pursuit route.
- If there is any doubt, keep outside arm and leg free, and do not get underneath OT.
- Use the OT's body to squeeze the hole.



2. BALL OFF the LINE with NEAR BACK COMING at YOU

- Attack lead blocker as deep as you can.
- Make tackle if you can **WITHOUT** taking on lead blocker (use common sense).



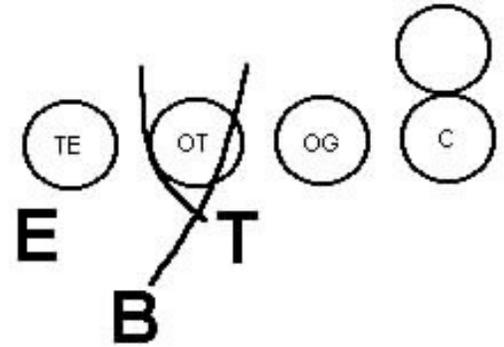
Outside Linebacker Stunts

BANDIT

This is a combination **OT/OLB** stunt. The rest of the defense will play base or called defense and coverage.

ALIGNMENT 70 Backer

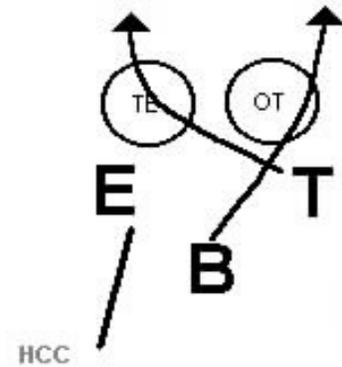
RESPONSIBILITY 1. Give the tackle time to stunt into "C" Gap, then run "B" Gap.
2. Keep shoulders square and pursue to the football.



ZORRO

ALIGNMENT 70 Backer

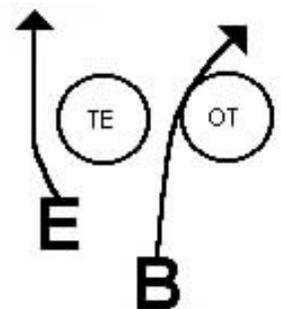
RESPONSIBILITY Same as Bandit



LOBO

ALIGNMENT 70 Backer

RESPONSIBILITY 1. On the snap of the ball run "C" Gap and then flatten down LOS.
2. The OLB would now have QB on option and DE would have pitch.



Outside Linebacker Stunts

(continued)

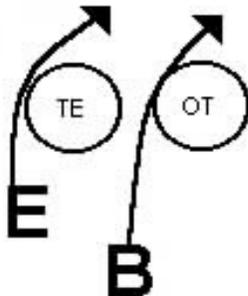
STAB - PLUG

Plug is the same stunt without the DE.

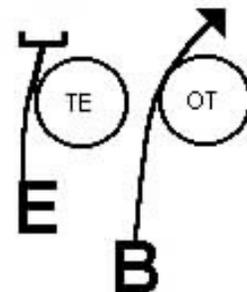
ALIGNMENT 70 Backer

- RESPONSIBILITY 1. On the snap of the ball run "C" Gap and then flatten down the LOS.
2. Pursue to the football.

STAB



PLUG



Cornerback Position Responsibility

PERSONNEL

1. Speed is imperative.
2. Aggressive player who likes to hit.
3. Average strenght.
4. Ability to understand a variety of coverages and make all adjustments.

STANCE

1. Outside foot up.
2. Knees flexed.
3. Slightly bent at the waist, and should have majority of his weight on his front foot.
** This stance should enable the CB to see the QB if his shoulders are turned in at approximately a 45 degree angle.
4. Always align on the widest receiver to your side.
5. VERSUS WING SET or TE: Outside foot back (enables CB to take on a kick out block from a back or a lineman). Set up 3 yards deep, 3 yards wide.

RESPONSIBILITY

1. Pass first - ALWAYS (deep outside 1/3).
2. If read run, defeat stalk block and force outside-in (**FORCE**)
3. If flow away, CB has **CAP** responsibility.
4. If #1 receiver runs inside route 5 yards deep or more shallow get "slant" call.
5. If #1 receiver runs inside route past 5 yards get "post" call.

OPTION

RESPONSIBILITY

PITCH MAN

KEYS

1. Receiver
2. Quarterback
3. Ball

Safety Position Responsibility

PERSONNEL

1. Must be the fastest man in the secondary.
2. Must be an aggressive player with great open-field tackling ability.
3. Above average strenght.
4. Ability to understand a variety of coverages and make all adjustments.

STANCE

1. Split to widest receivers
2. Feet no wider than the arm pits.
3. Weight on balls of feet with knees bent.
4. Be able to see everything and be able to shuffle backward quickly.

RESPONSIBILITY

1. Pass first (deep middle 1/3).
2. If read run past the LOS, support hard from inside-out (**BOUNCE**)
3. Listen for "slant" or "post" call from corners and attack it.

OPTION

RESPONSIBILITY

PITCH MAN

KEYS

1. Strong side OG
2. Quarterback
3. Ball
4. Sideline to sideline for receivers into the middle zone.

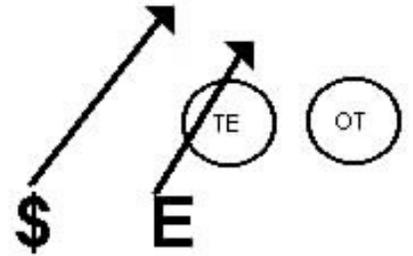
Safety Stunts

SMOKE/GO

This is a combination **Safety/DE** stunt. The rest of the defense will play base or called defense and coverage.

ALIGNMENT 5 yards outside DE and 1 yard deep.

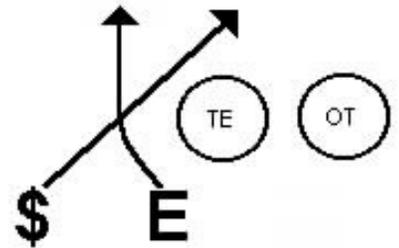
- RESPONSIBILITY**
1. On the snap of the ball, the safety will stunt into the backfield taking an angle at the FB 3 yards deep of the QB.
 2. Safety will have no pass responsibility.
 3. Smoke is strong side side and Go is weak side.



THUNDER/LIGHTENING

ALIGNMENT 5 yards outside DE and 1 yard deep.

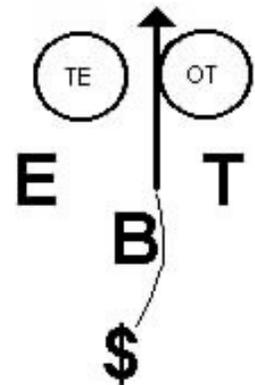
- RESPONSIBILITY**
1. On the snap of the ball, the safety will stunt into the backfield taking an angle at the FB 3 yards deep of the QB.
 2. Safety will have no pass responsibility.
 3. Thunder is strong side side and Lightning is weak side.



HAMMER

ALIGNMENT Head up on the TE and 8 yards deep.

- RESPONSIBILITY**
1. When QB starts his cadence, start cheating to the LOS.
 2. On the snap of the ball, run strong "C" Gap.
 3. Safety will have no pass responsibility.

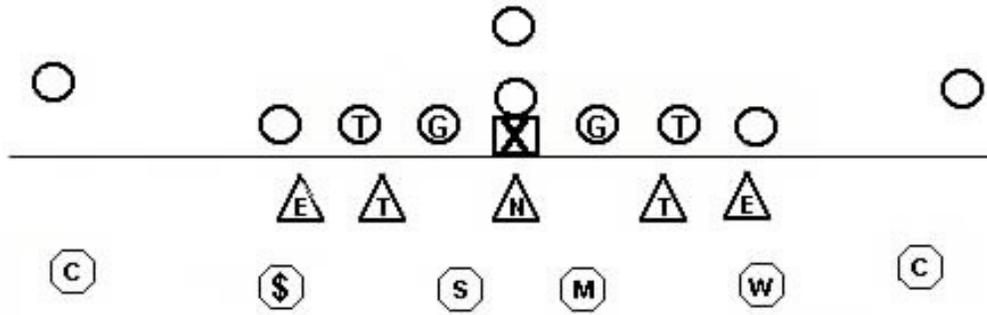


Goal Line

Package

PYTHON

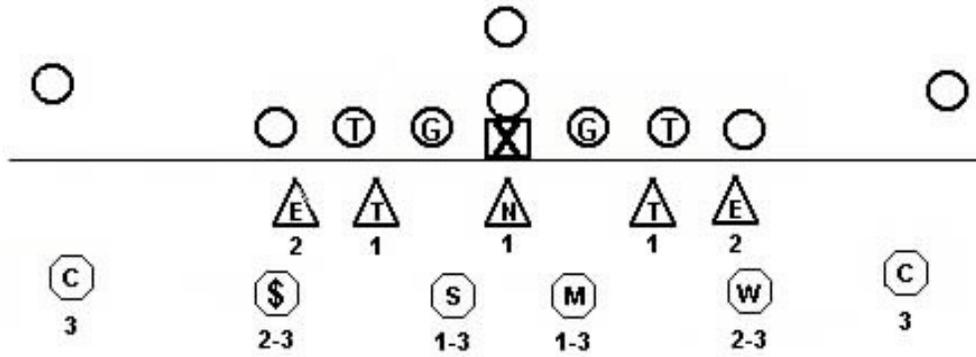
The defensive unit needs to be able to play the PYTHON goal line defense with regular 5-3 personnel, but when the situation is tough, goal line substitution may be necessary.



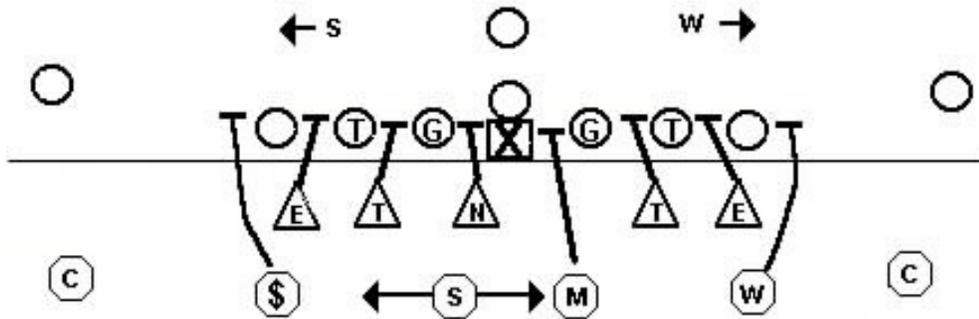
Technique Descriptions

- NOSE**
1. Head down, butt up, palms on the ground.
 2. Get as much penetration as possible.
 3. Try to get a piece of the QB on the charge.
 4. The closer the ball gets to the goal line, the tighter the nose should play on the center to prevent the QB sneak.
- TACKLES**
1. Head down, butt up, palms on the ground.
 2. Get underneath the OT's pads and get penetration.
- D-ENDS (7 tech.)**
1. Align in a three point stance with butt up and feet under butt (brick mode).
 2. Get underneath TE's pads and get penetration to heel line. Fight across pressure.
- MIKE and SAM**
1. Honor the first "B" Gap threat.
 2. Responsible for # 3, your side.
 3. "Down" call would put MIKE in shaded nose weak and SAM in a 00 alignment.
- SAFETY and WILL**
1. Line up in 60 backers.
 2. Key # 2 receiver.
 3. On flow, "D" Gap control.
- CORNERBACKS** vs. Tight Set Key # 1 receiver
- a. If #1 blocks, the corner will force from outside in.
 - b. If # 1 releases, the CB has # 1 man on man.
- vs. Split Set Pressed man coverage. Do not allow the receiver to release inside.

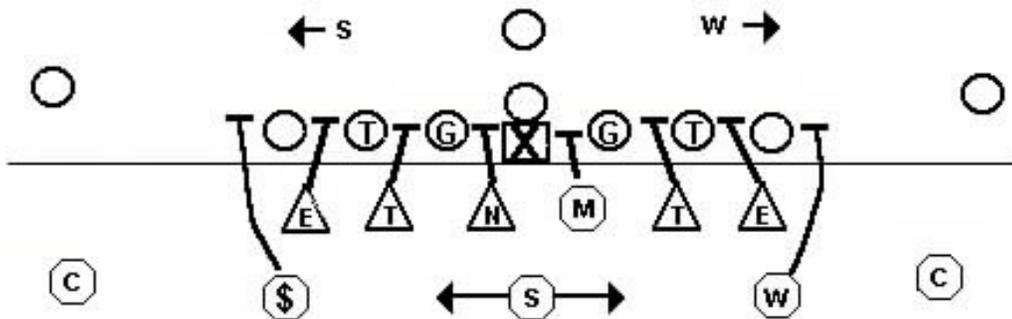
PYTHON OPTION RESPONSIBILITIES



PYTHON SHADE STRONG and GAP CONTROL

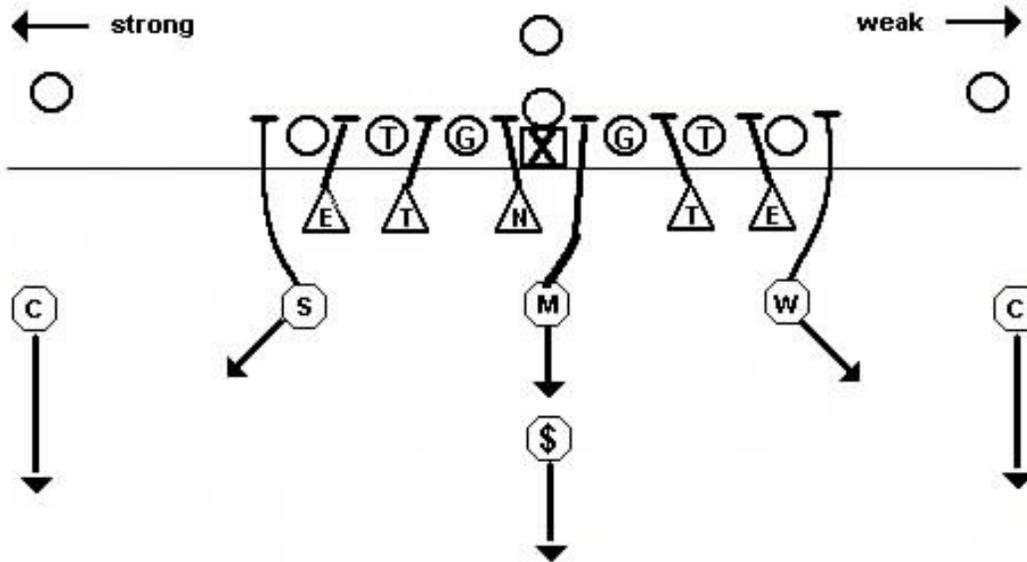


PYTHON DOWN and GAP CONTROL



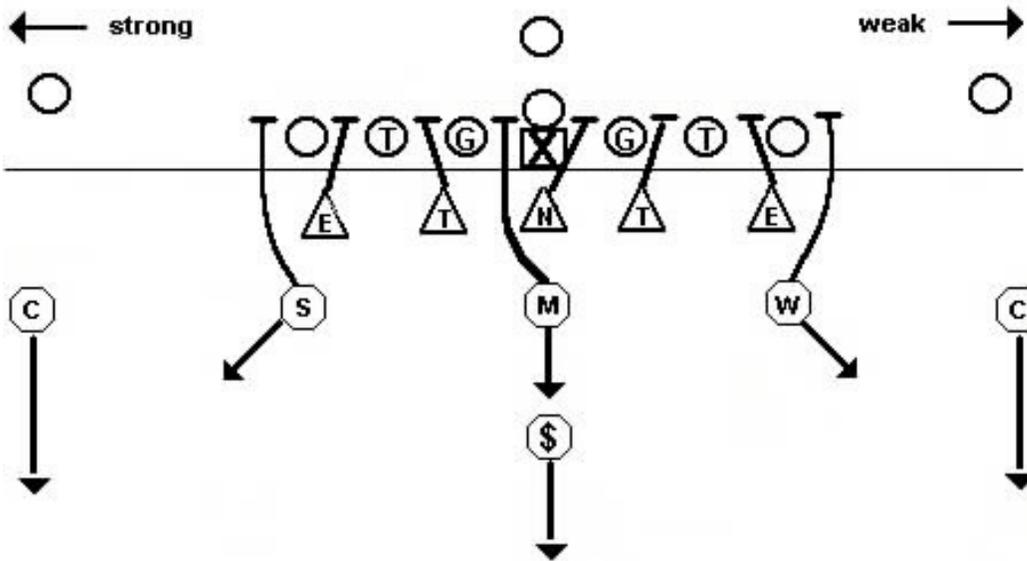
Alternate Fronts

HUSKER



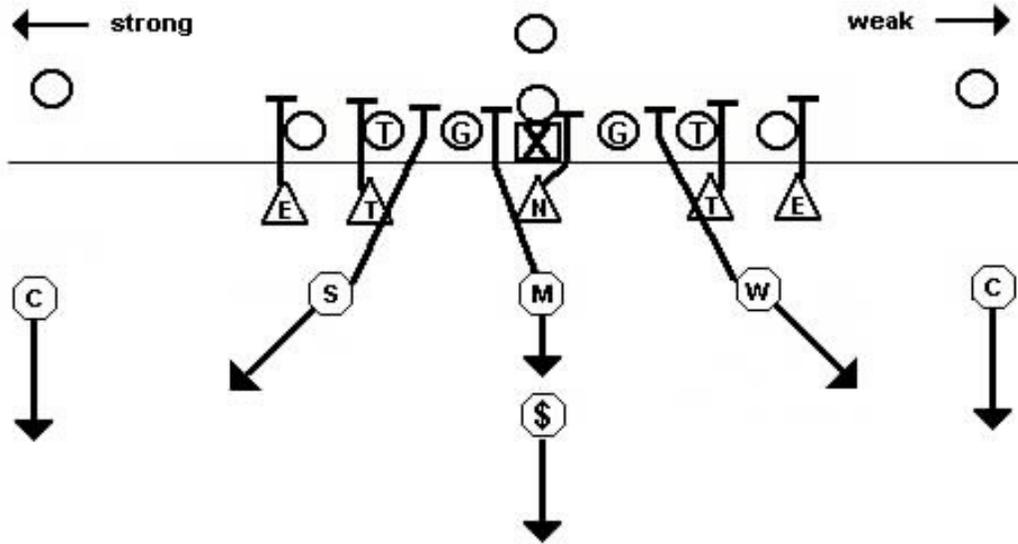
Position	Alignment	Key	vs.Run	vs. Pass
Nose	Shaded nose strong	Center	Strong A Gap	Rush
Tackles	4 technique	O-Tackle	B Gap	Rush
Ends	7 Technique	Tight End	C Gap	Rush
Sam	60 Backer	Near Back	D Gap	HCC
Will	60 Backer	Near Back	D Gap	HCC
Mike	00 Backer	OG to FB	Weak A Gap	Middle Hook
Corners		play called coverage		
Safety		play called coverage		

EAGLE



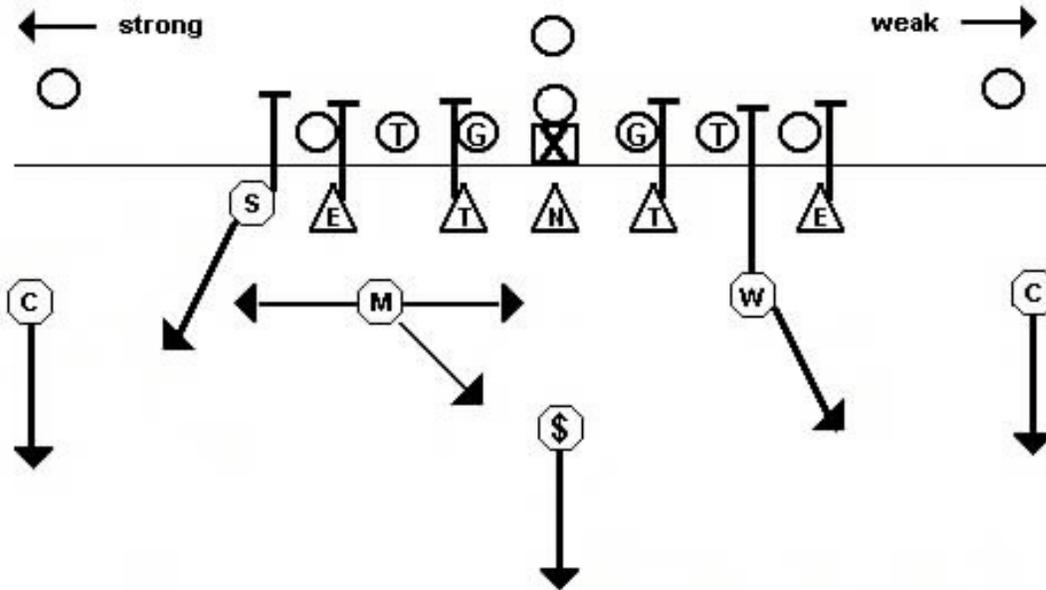
Position	Alignment	Key	vs.Run	vs. Pass
Nose	Head up nose	Center	Weak A Gap	Rush
Tackles	3 technique	O-Guard	B Gap	Rush
Ends	7 Technique	Tight End	C Gap	Rush
Sam	60 Backer	Near Back	D Gap	HCC
Will	60 Backer	Near Back	D Gap	HCC
Mike	00 Backer	OG to FB	Weak A Gap	Middle Hook
Corners		play called coverage		
Safety		play called coverage		

OUT



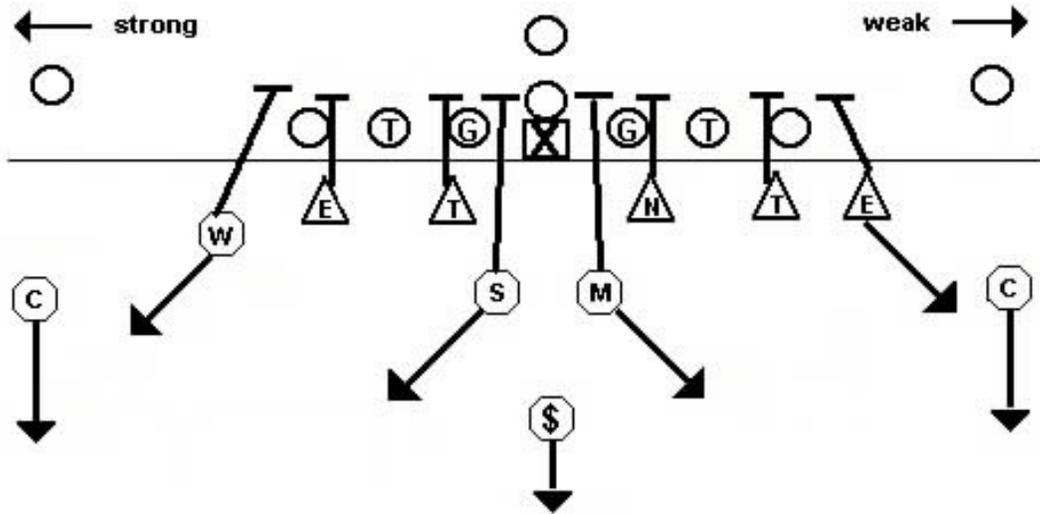
Position	Alignment	Key	vs.Run	vs. Pass
Nose	Head up nose	Center	Weak A Gap	Rush
Tackles	5 technique	O-Tackle	C Gap	Rush
Ends	9 Technique	Tight End	D Gap	Rush
Sam	70 Backer	Near Back	B Gap	HCC
Will	70 Backer	Near Back	B Gap	HCC
Mike	00 Backer	OG to FB	Strong A Gap	Middle Hook
Corners		play called coverage		
Safety		play called coverage		

BEAR



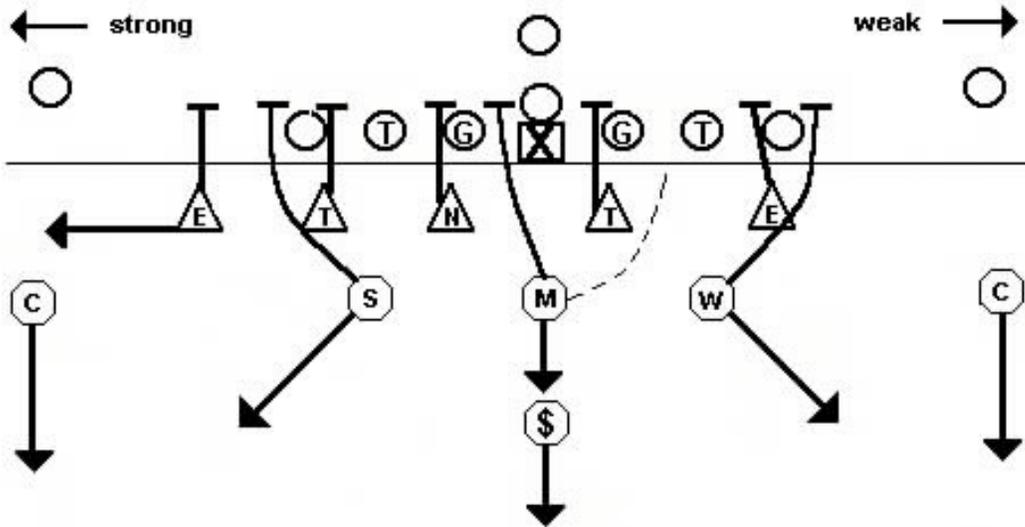
Position	Alignment	Key	vs.Run	vs. Pass
Nose	Head up nose	Center	<u>BOTH A Gap</u>	Rush
Tackles	3 technique	O-Guard	B Gap	Rush
Strong End	7 Technique	Tight End	C Gap	Rush
Weak End	Wide 9 Technique	Near Back	Primary Force	Rush
Sam	Wide 9 Technique	Near Back	Primary Force	HCC
Will	50 Backer	Near Back	Attack Ball	HCC
Mike	50 Backer	Near Back	Attack Ball	Middle Hook
Corners		play called coverage		
Safety		play called coverage		

GANGSTER



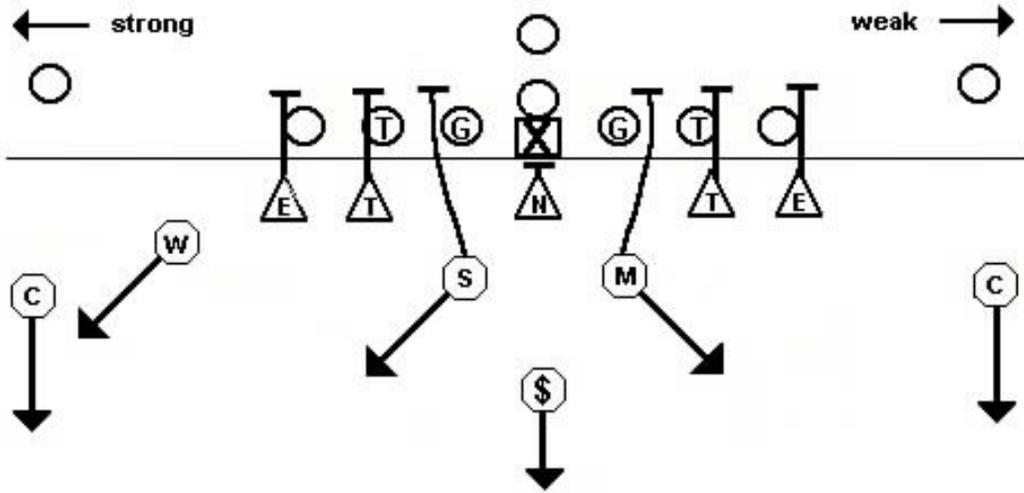
Position	Alignment	Key	vs.Run	vs. Pass
Nose	Weak 3 technique	O-Guard	B Gap	Rush
Tackles	Weak 7 technique	TE-OT	B Gap C Gap	Rush
Ends	Strong 3 technique	O-Guard	B Gap	Rush
	Weak 8 technique	Near Back	D Gap	Flats
	Strong 7 technique	TE-OT	C Gap	Rush
Sam	10 Technique	Center	Strong A Gap	HCC
Will	Strong 8 Technique	Near Back	D Gap	Flats
Mike	10 Technique	Center	Weak A Gap	HCC
Corners		play called coverage		
Safety		play called coverage		

TEXAS



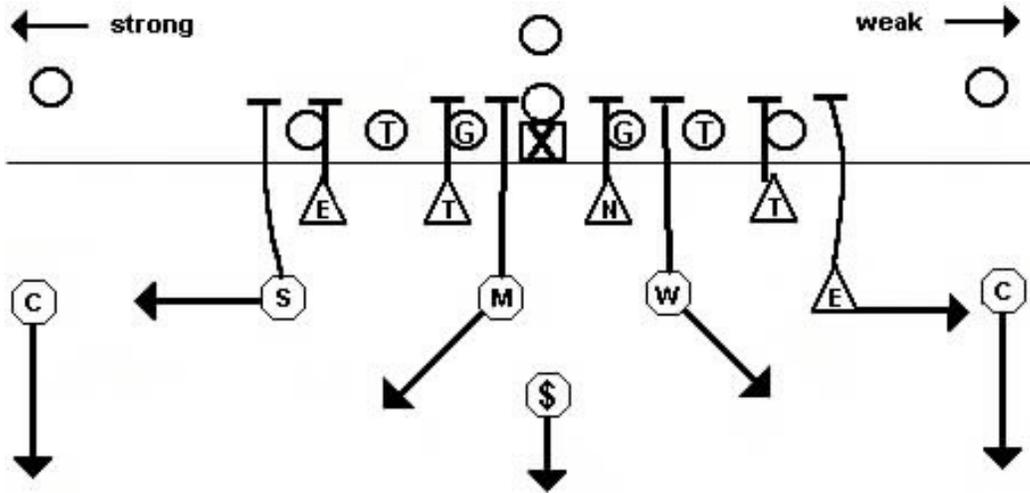
Position	Alignment	Key	vs.Run	vs. Pass
Nose	Strong 3 technique	O-Guard	B Gap	Rush
Tackles	Weak 1 technique	OG-Center	A Gap	Rush
Ends	Strong 7 technique	TE-OT	C Gap	Rush
	Weak 7 technique	TE-OT	C Gap	Rush
	Strong 8 technique	FB	D Gap	Flats
Sam	50 Backer	OT	C Gap	HCC
Will	50 Backer	OT	C Gap	HCC
Mike	00 Backer	Center	Strong A Gap	Middle Hook
Corners		play called coverage		
Safety		play called coverage		

OKIE



Position	Alignment	Key	vs.Run	vs. Pass
Nose	0 technique	Center	<u>BOTH</u> A Gaps	Rush
Tackles	5 technique with TE	O-Tackle	C Gap	Rush
	3 technique with No TE	O-Guard	B Gap	Rush
Ends	9 technique	TE	D Gap	Rush
Sam	20 Backer - Strong	O-Guard	B Gap to Flow	HCC
Will	Strong 8 Technique	Near Back	Primary Force	Flats
Mike	20 Backer - Weak	Center	B Gap to Flow	HCC to Flats
Corners	play called coverage and reads			
Safety	play called coverage and reads			

RAIDER

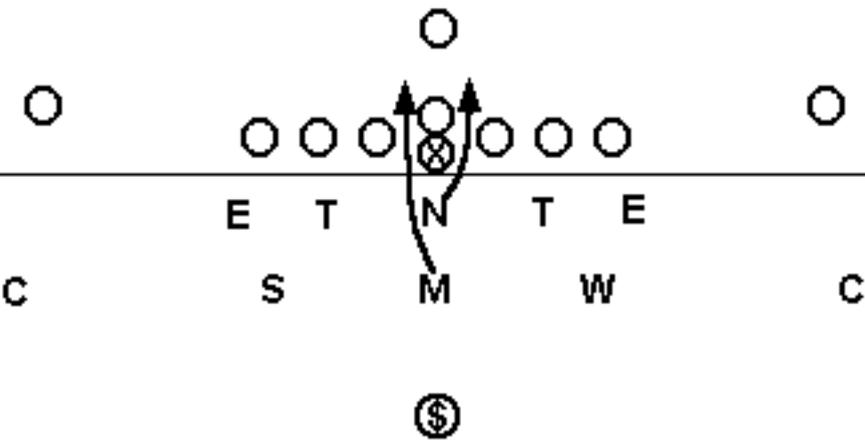


Position	Alignment	Key	vs.Run	vs. Pass
Nose	Weak 1 technique	OG-Center	A Gap	Rush
Tackles	Strong 3 technique	O-Guard	B Gap	Rush
	Weak 7 technique	TE-OT	C Gap	Rush
Ends	Strong 7 technique	TE-OT	C Gap	Rush
	Weak 90 Backer	Near Back	D Gap	Flats
Sam	90 Backer	Near Back	D Gap	Flats
Will	30 Backer	Near Back	B Gap	HCC
Mike	10 Backer	Near Back	B Gap	HCC
Corners	play called coverage			
Safety	play called coverage			

Individual Stunts

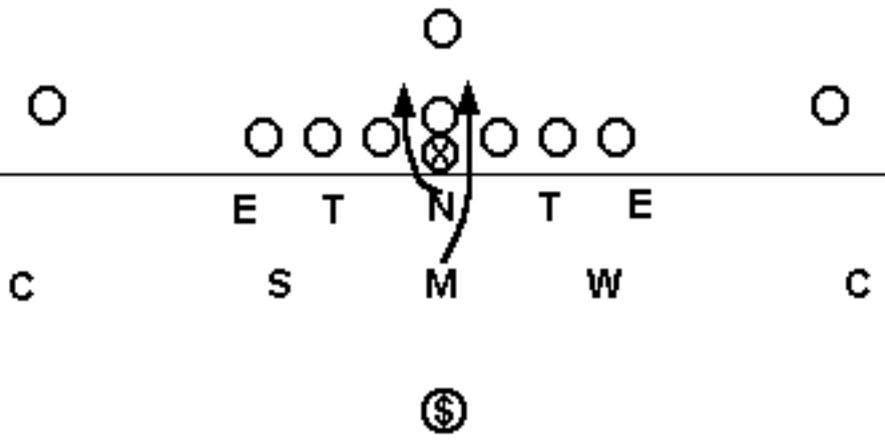
GUT

← strong



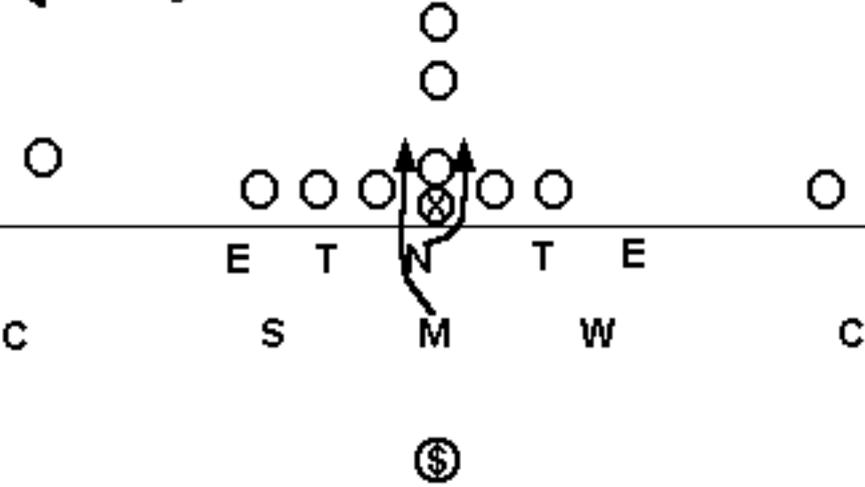
BLOOD

← strong



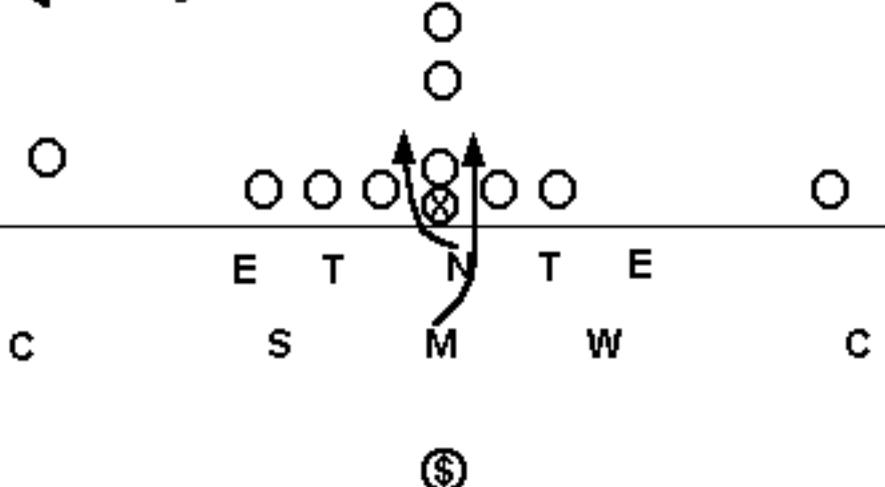
X-STRONG

← strong



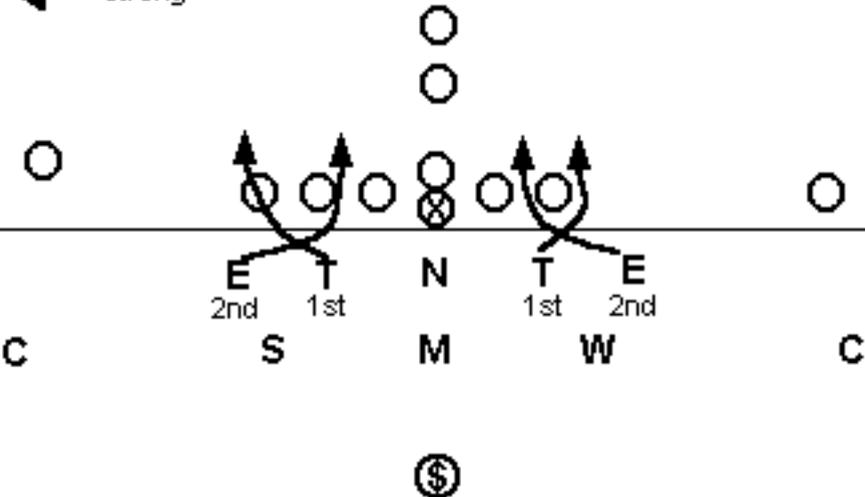
X-WEAK

← strong



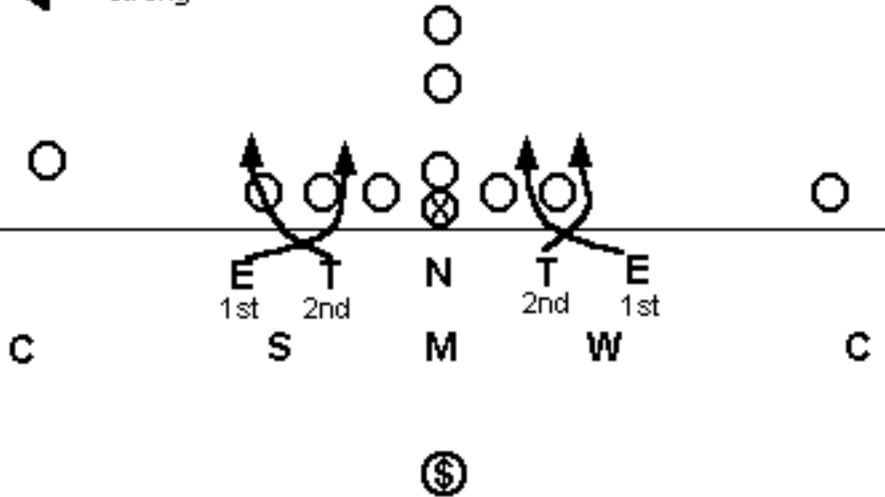
TWIST

← strong



LOOP

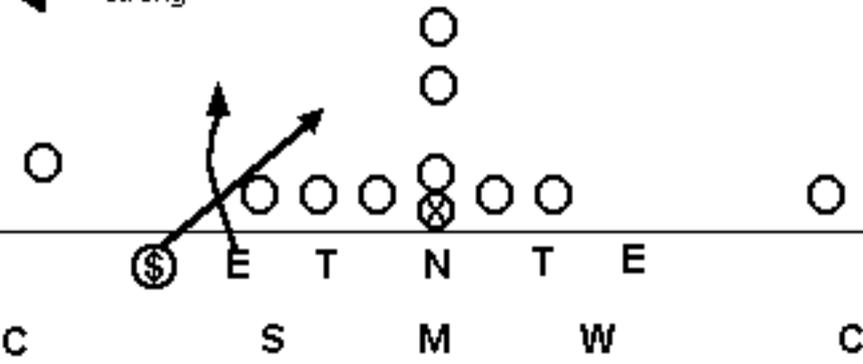
← strong



Individual Stunts

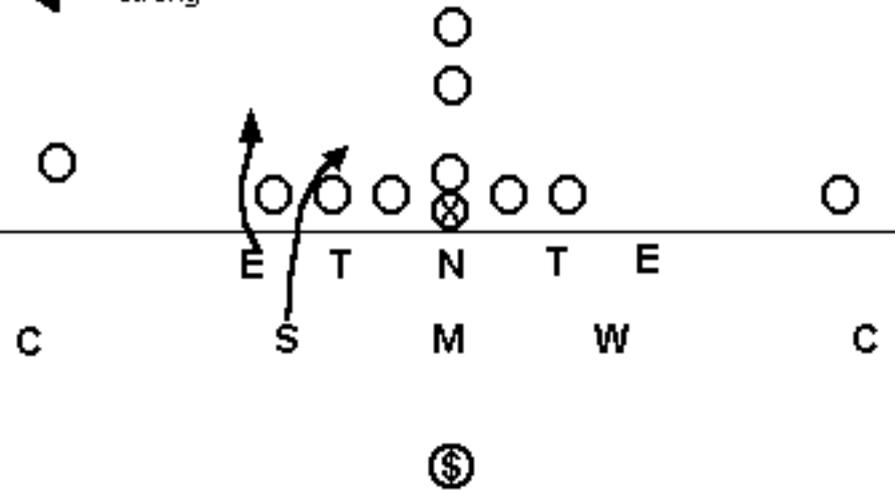
THUNDER/LIGHTENING

← strong



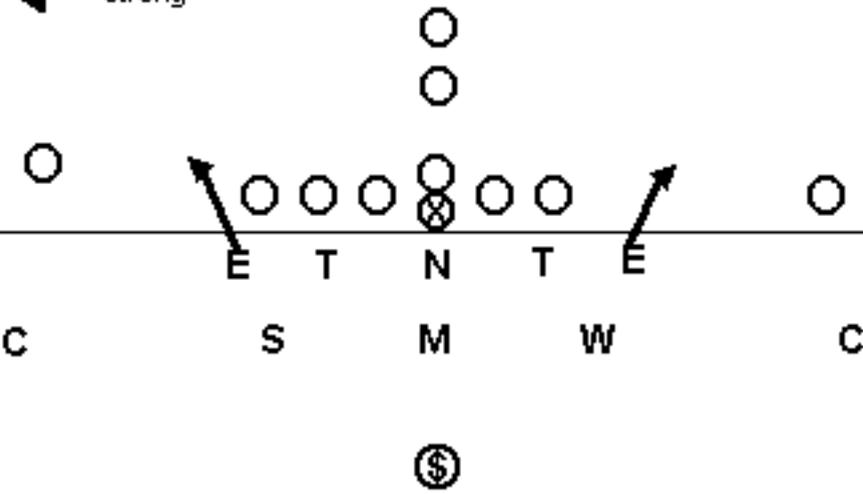
LOBO

← strong



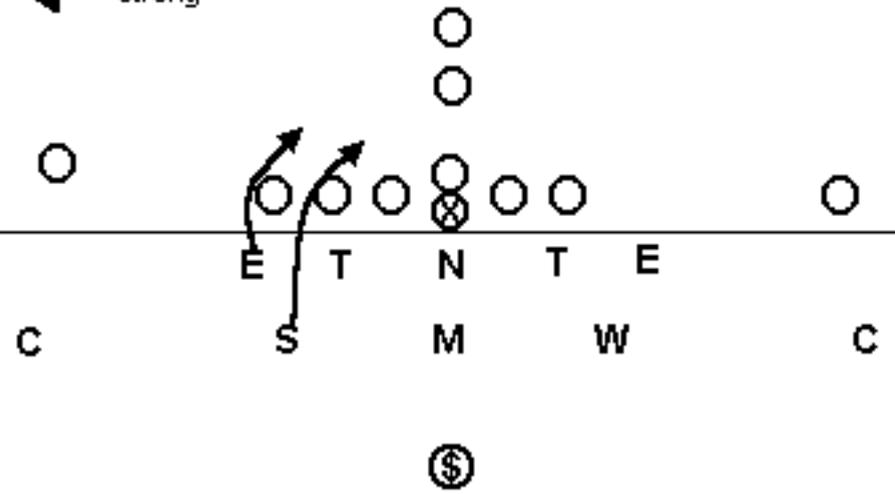
AGGIE

← strong



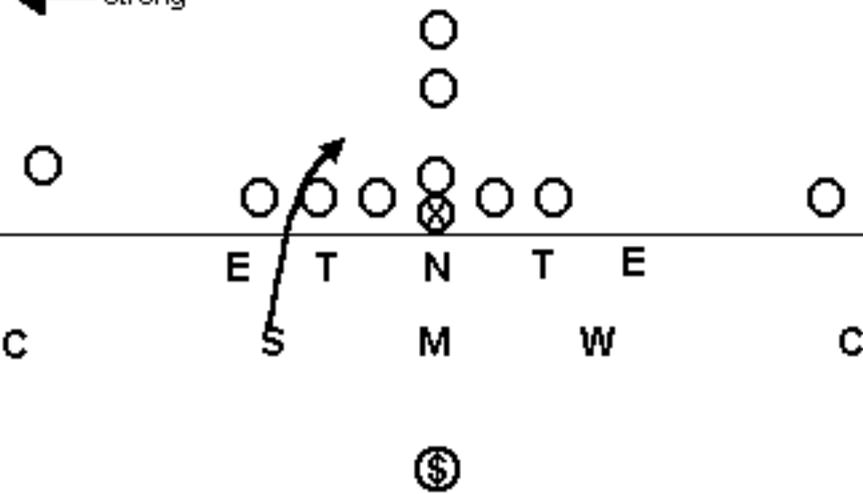
STAB

← strong



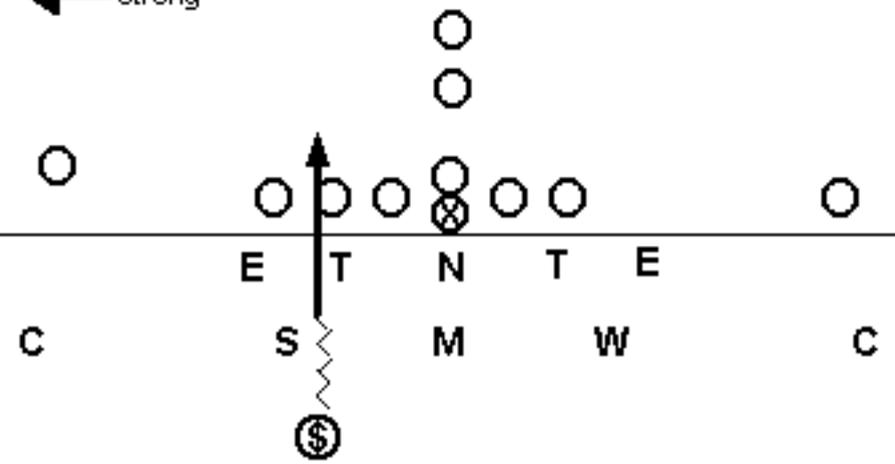
PLUG

← strong



HAMMER

← strong



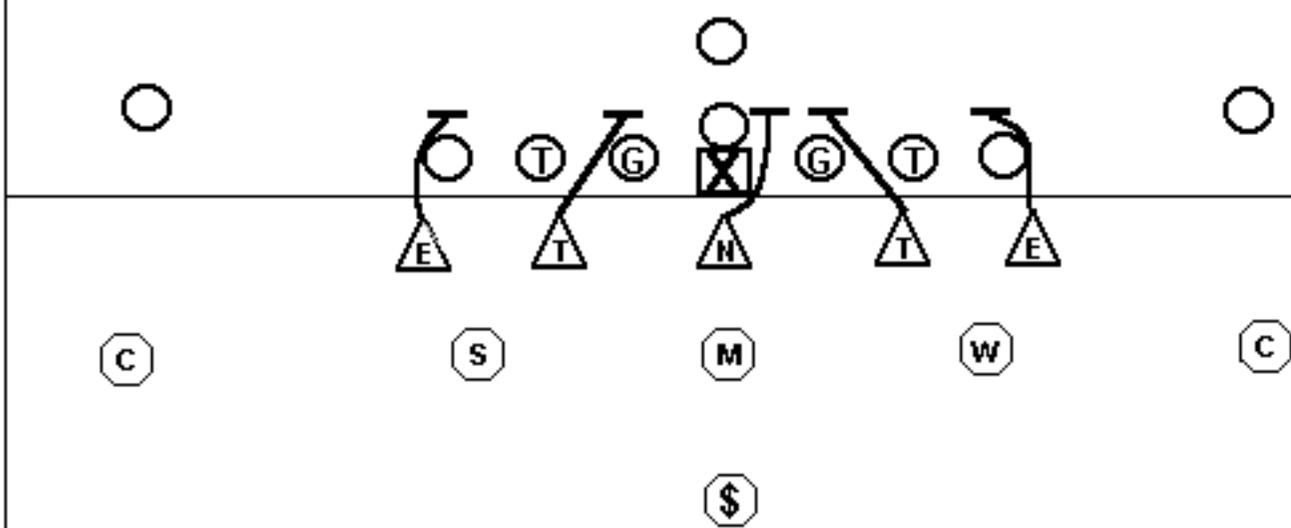
TEAM STUNTS

PINCH

Tackles Run **TIN**

Ends run **FIRE**

Nose blows "A" Gap

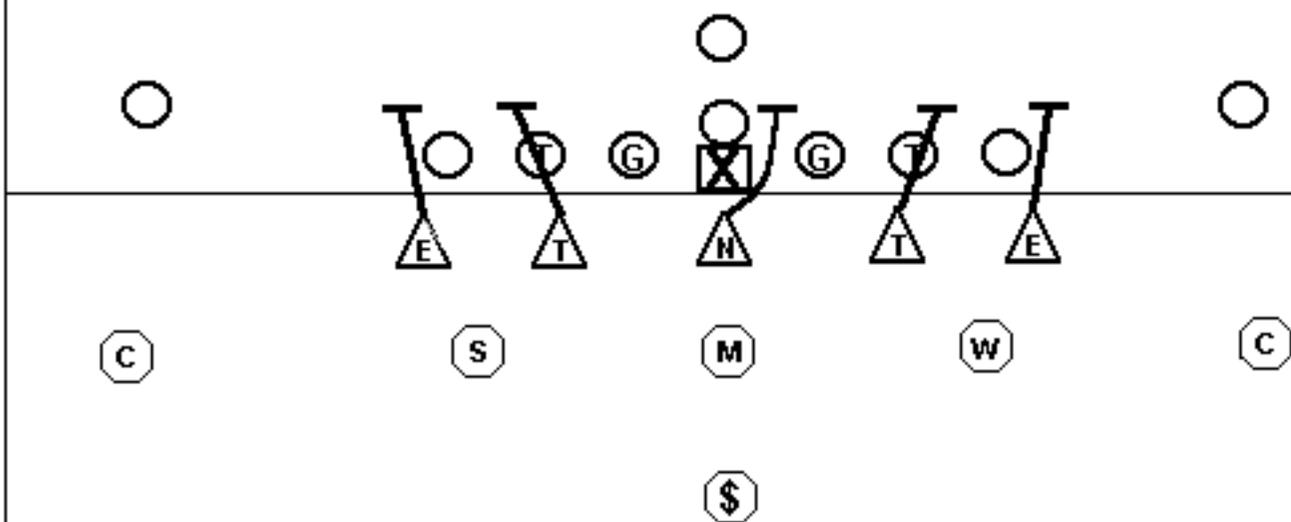


DIVIDE

Tackles slant out

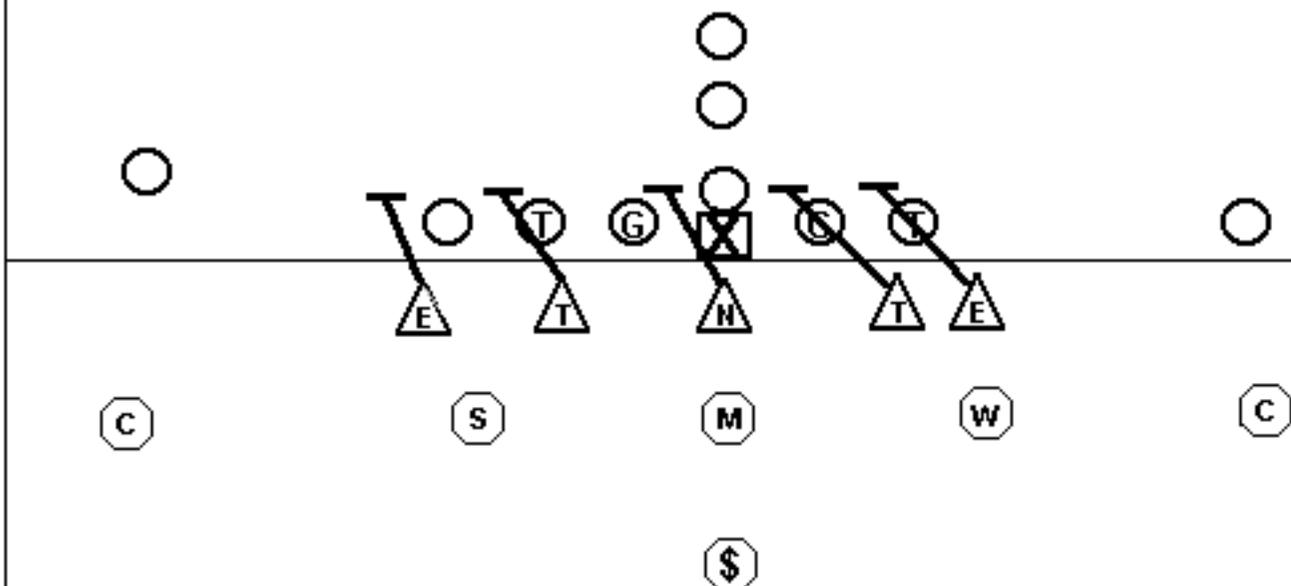
Ends run **AGGIE**

Nose blows "A" Gap



SLANT STRONG

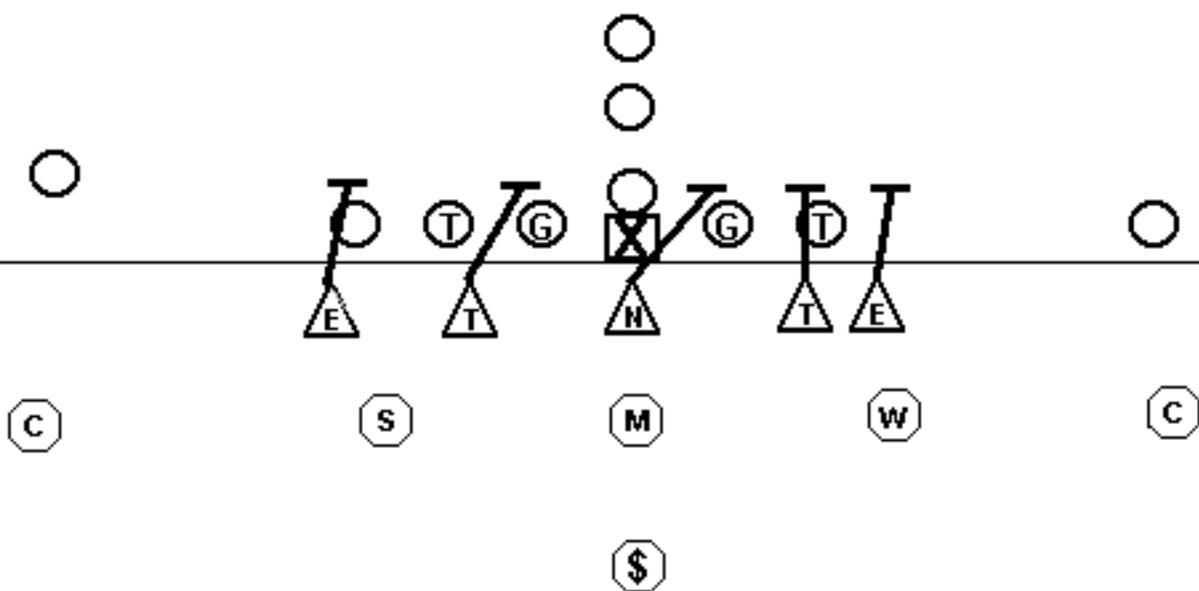
One movable wall by the entire front 5 to CALL side



TEAM STUNTS

SLANT WEAK

One movable wall by the entire front 5 to CALL side



TORNADO

Strong End run **LOBO**

Weak End run **FIRE**

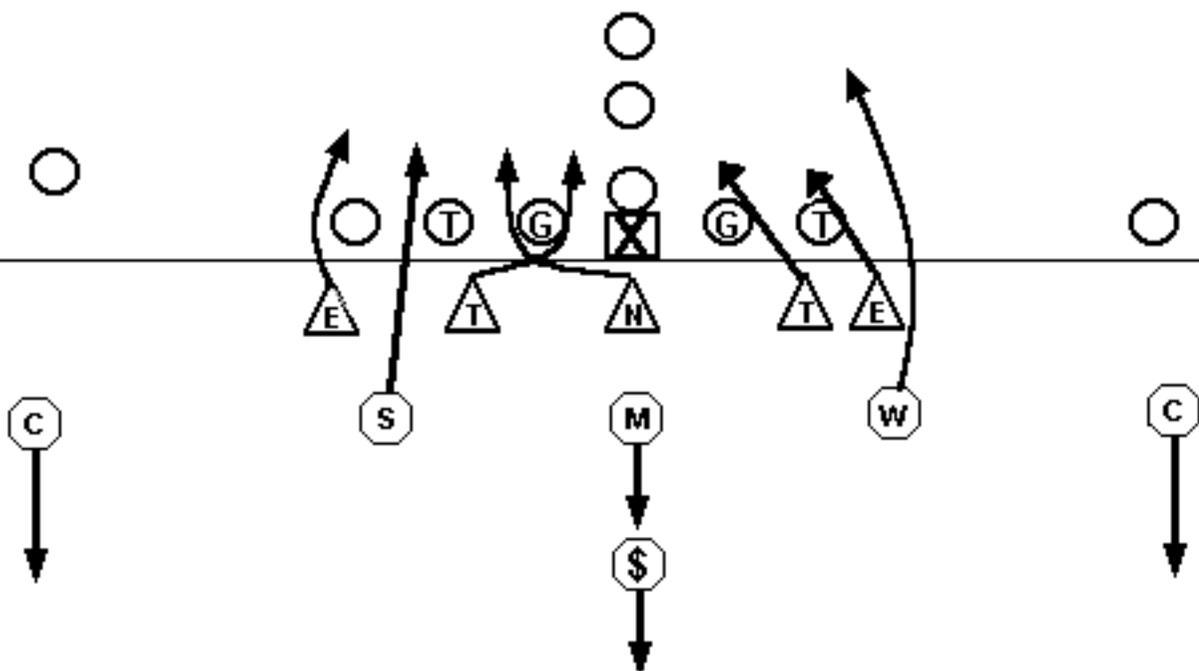
Strong Tackle run **TWIST** w/ nose

Weak Tackle run **TIN**

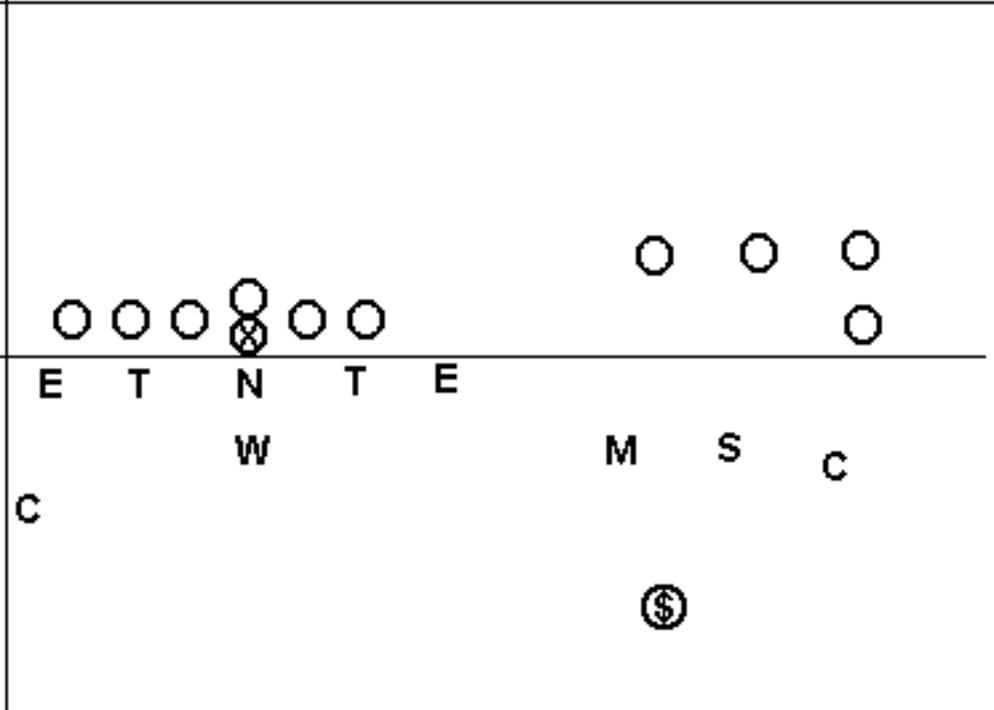
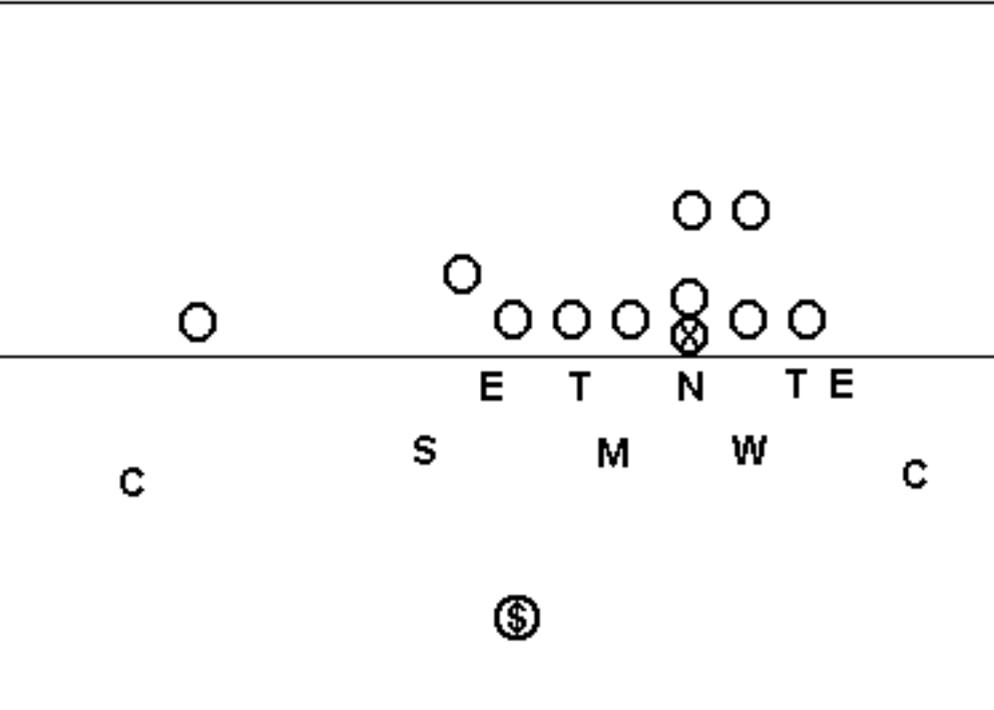
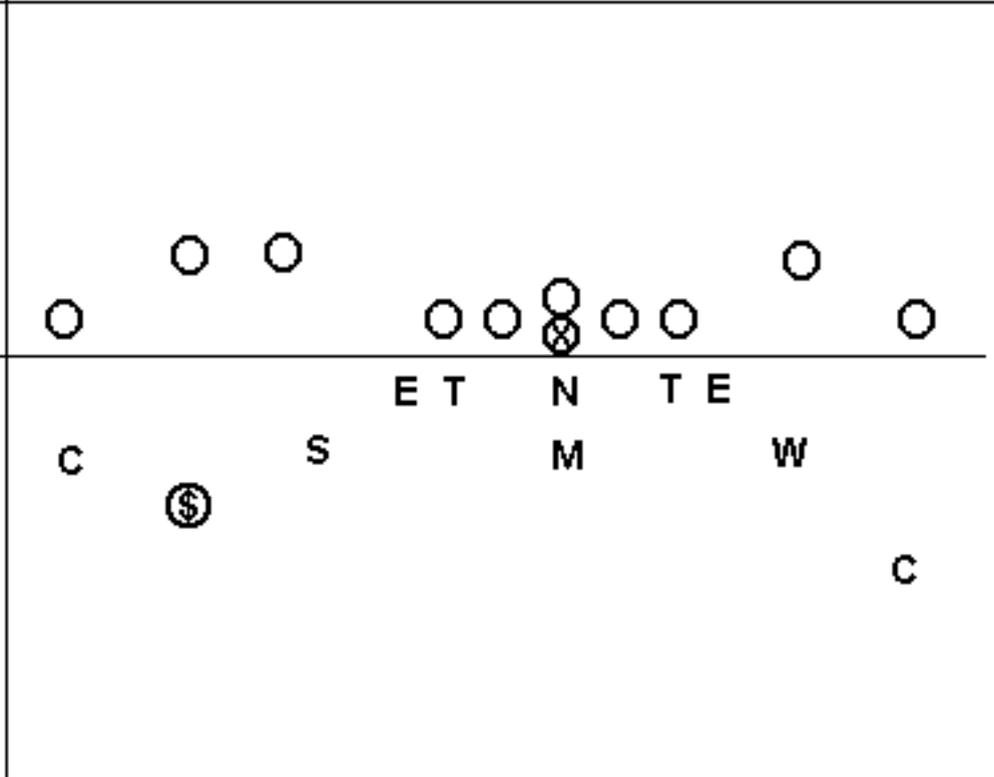
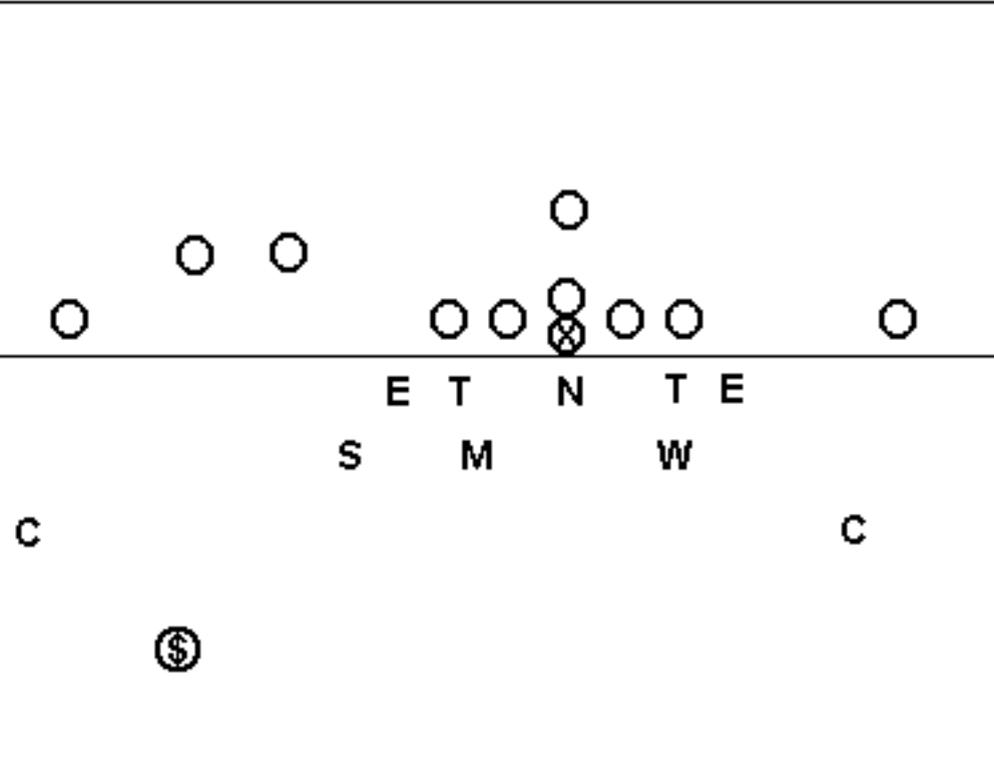
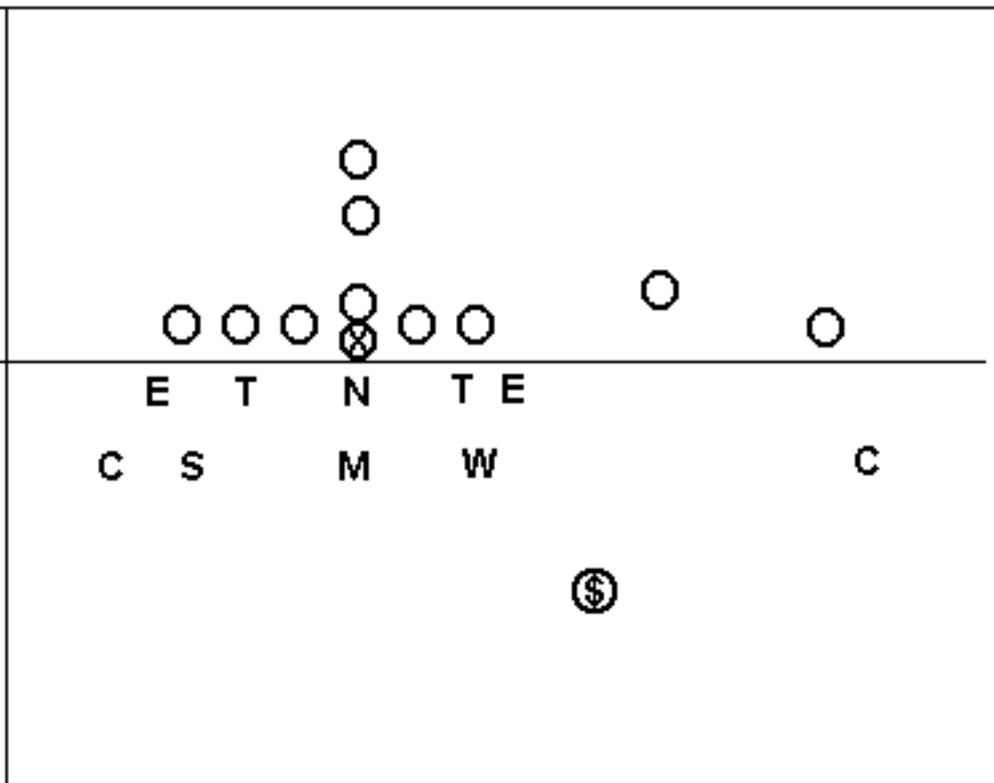
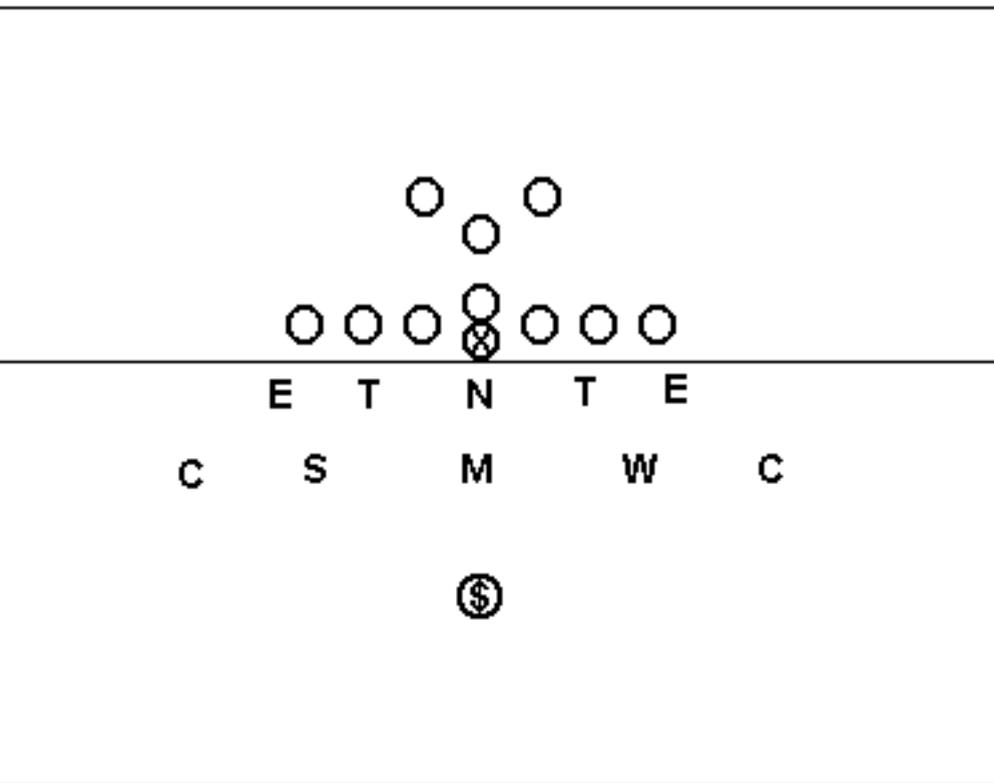
Nose run **TWIST** w/ tackle

Sam run **LOBO**

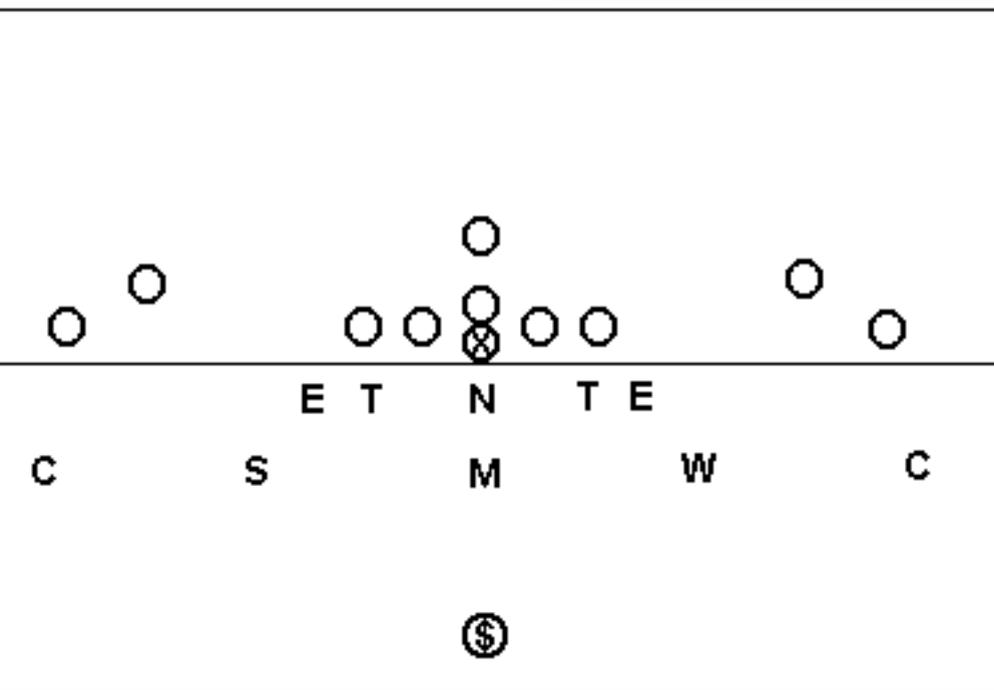
Will run **LOOP** to outside contain



"BAD" Adjustments to Formations

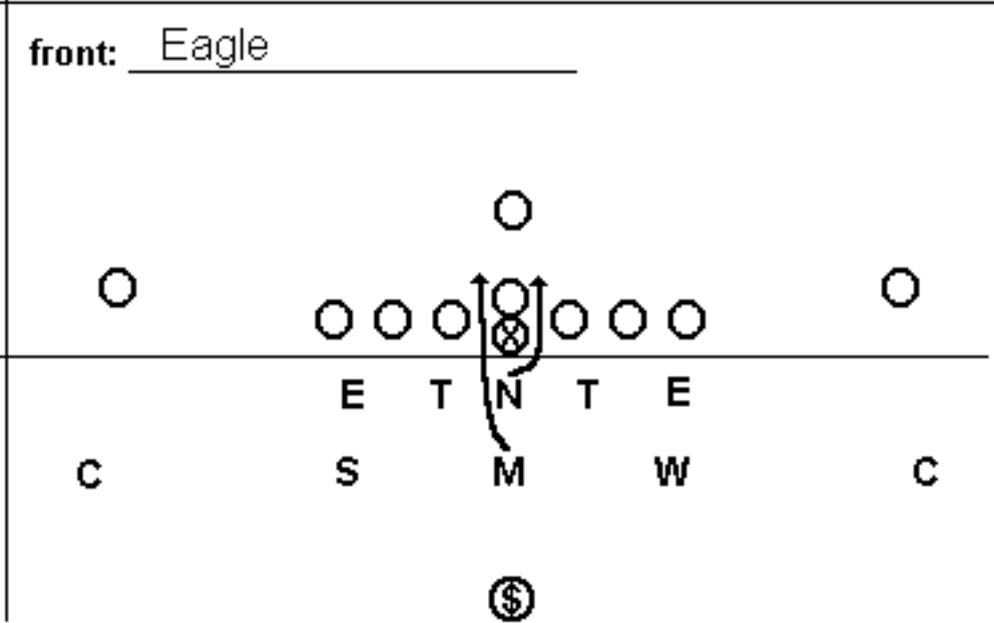
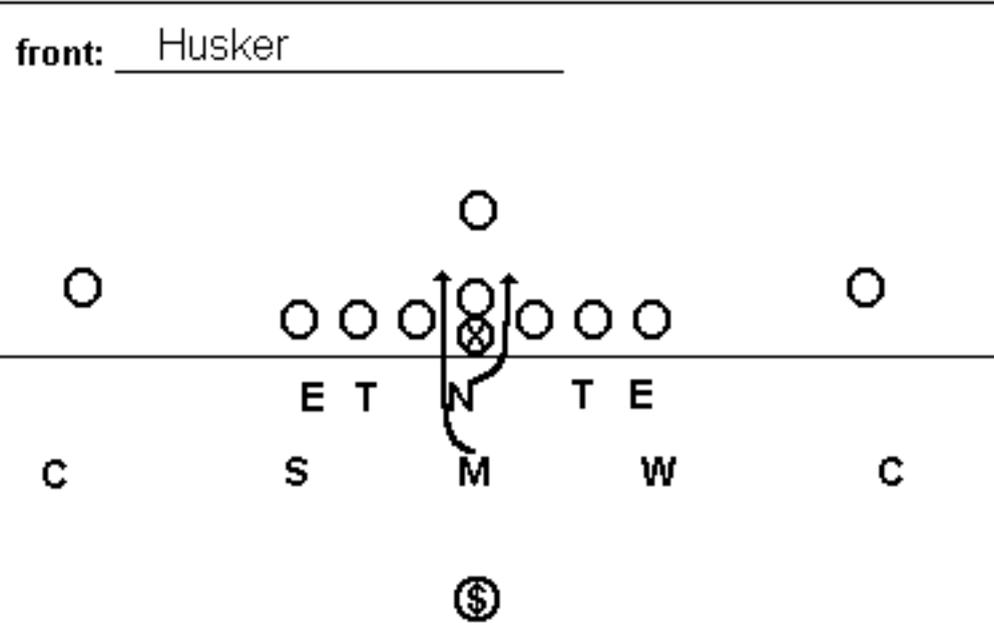
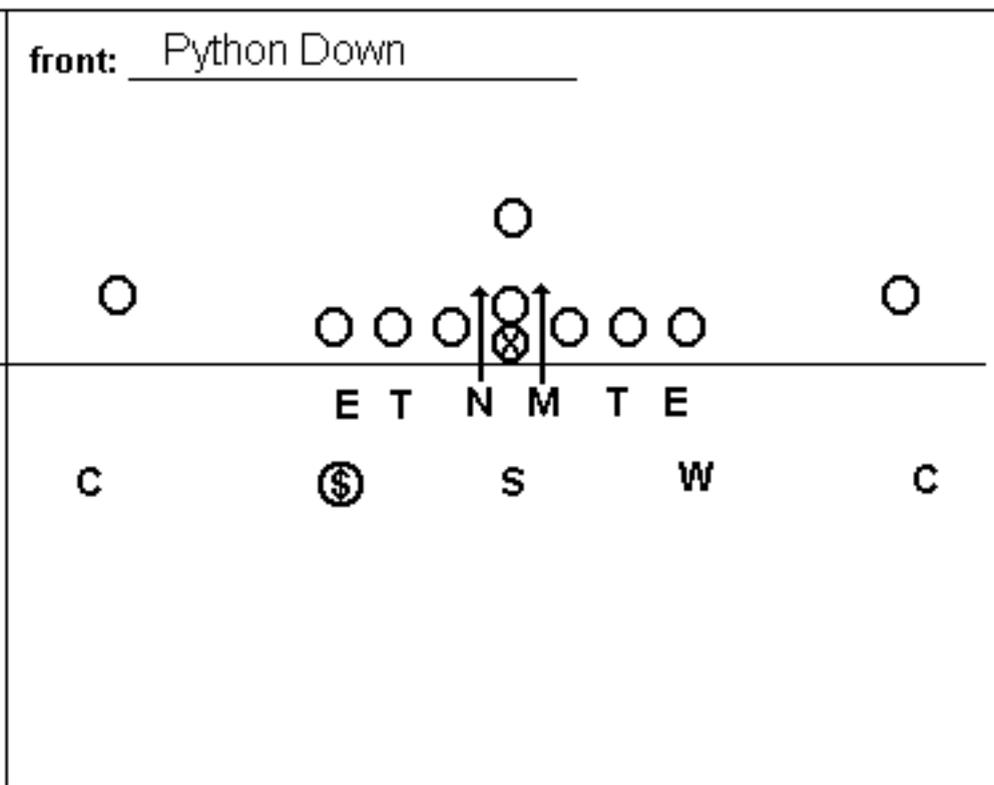
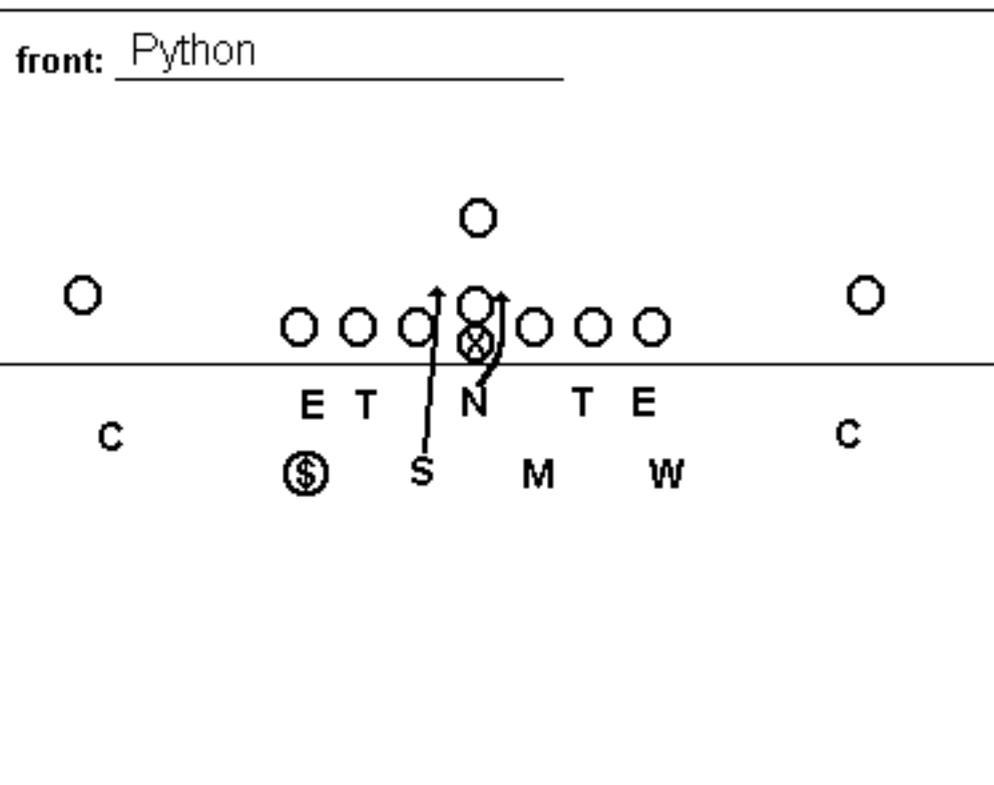


"BAD" Adjustments to Formations



Stunts in Alternate Fronts

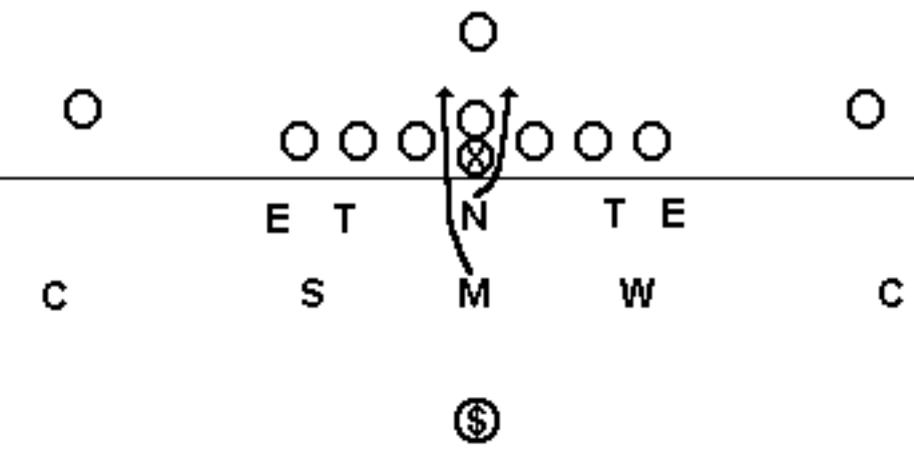
stunt: **GUT**



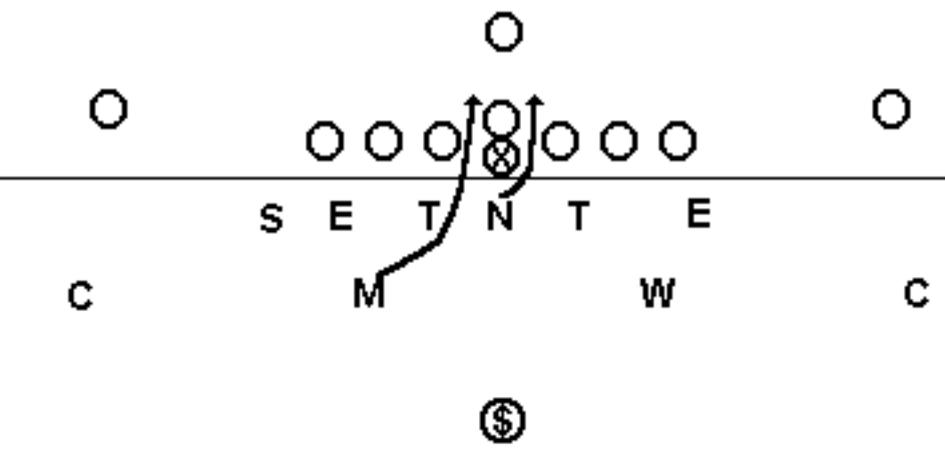
Stunts in Alternate Fronts

stunt: GUT

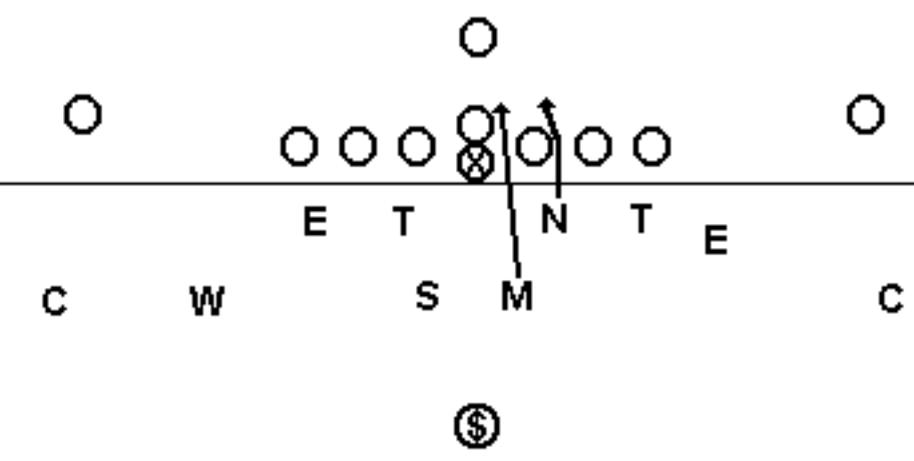
front: Out



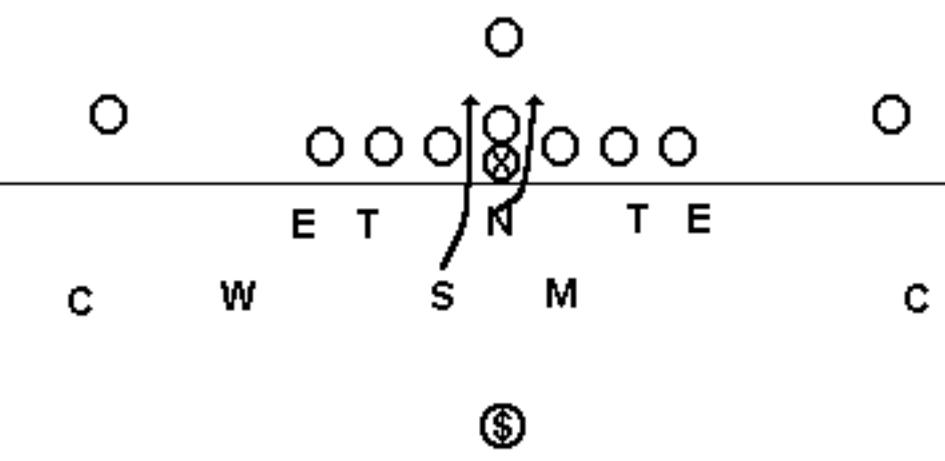
front: Bear



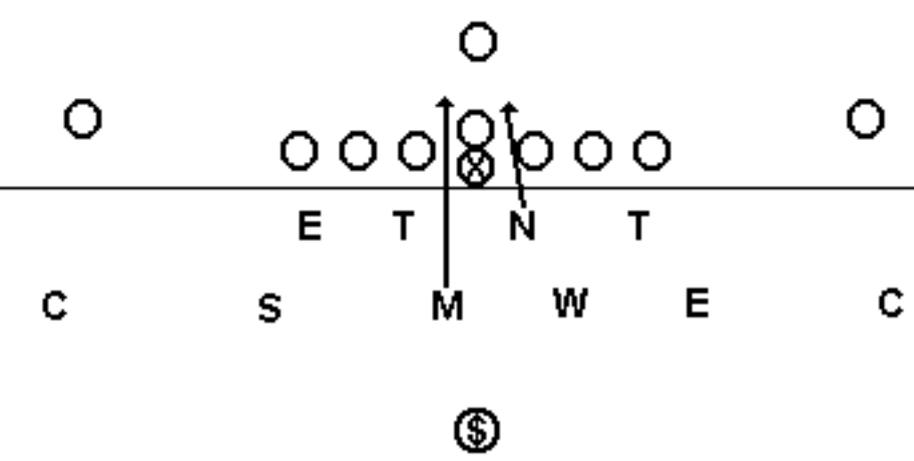
front: Gangster



front: Okie



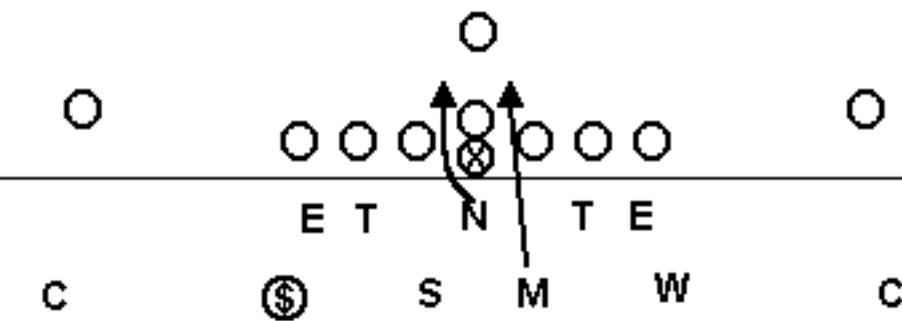
front: Raider



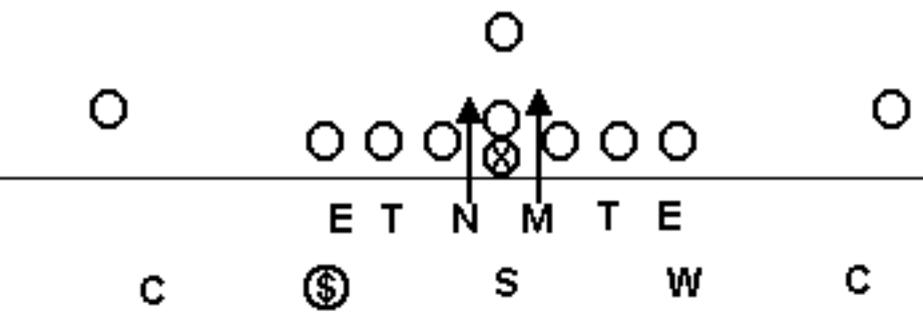
Stunts in Alternate Fronts

stunt: BLOOD

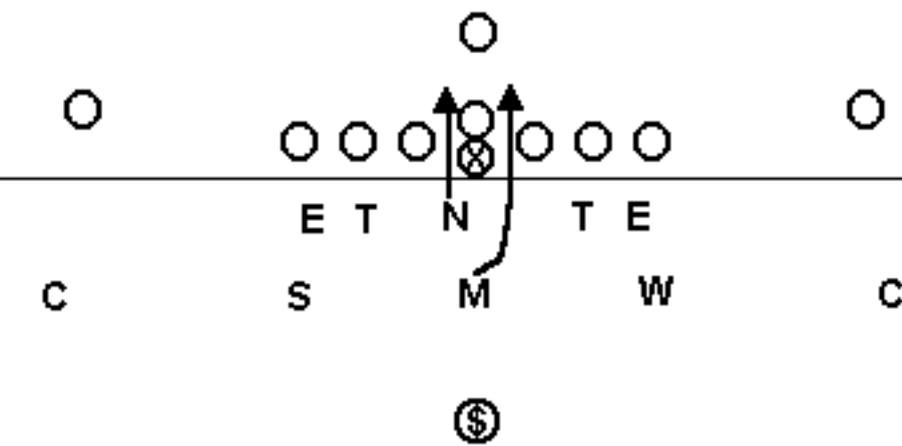
front: Python



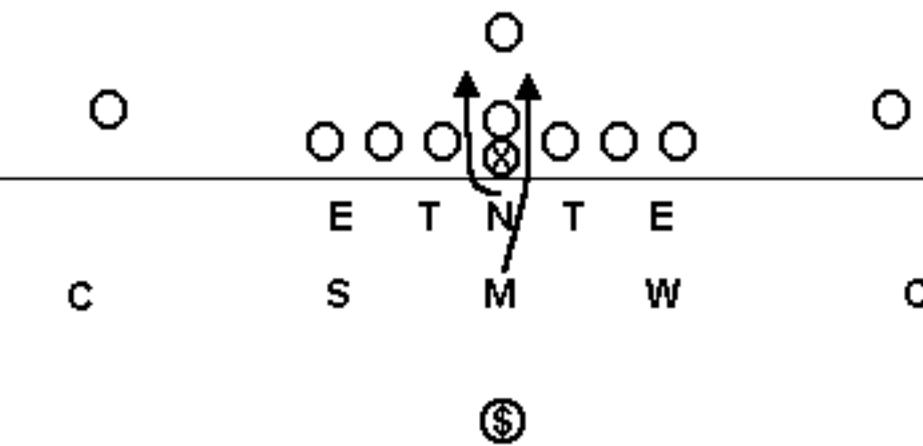
front: Python Down



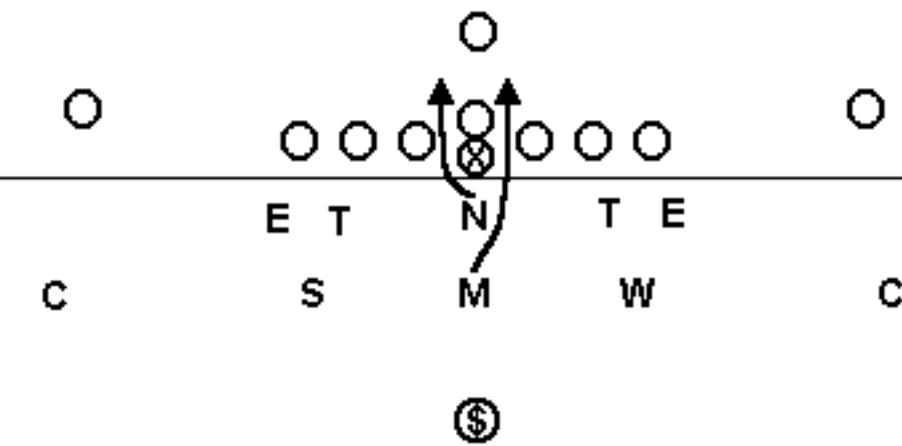
front: Husker



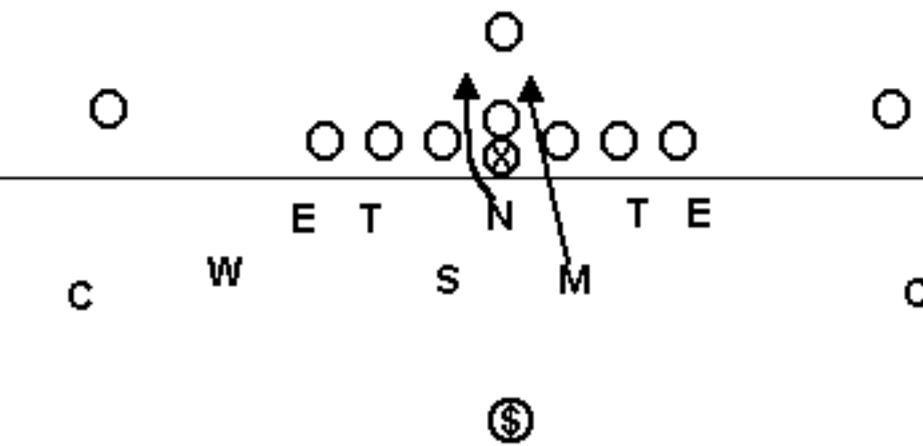
front: Eagle



front: Out



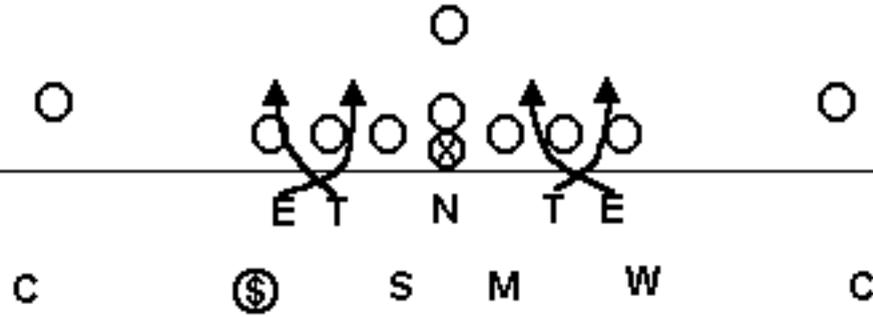
front: Okie



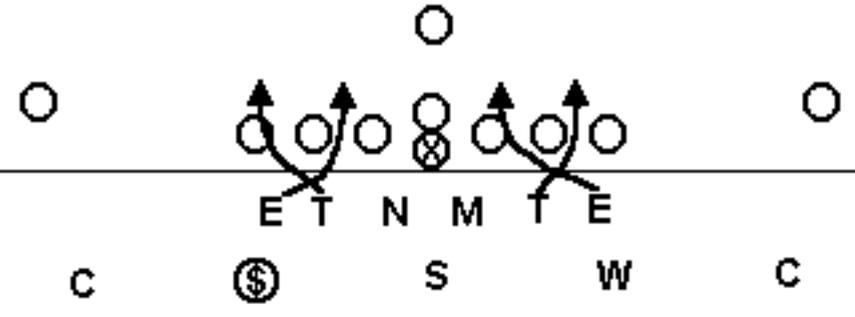
Stunts in Alternate Fronts

stunt: TWIST plus LOOP

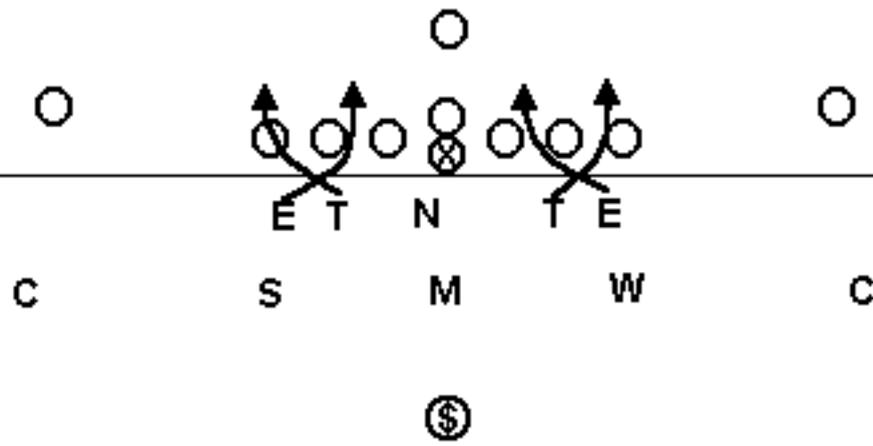
front: Python



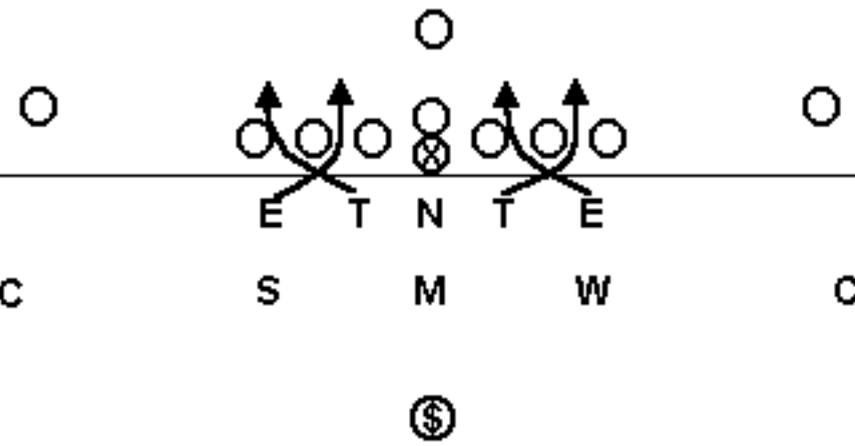
front: Python Down



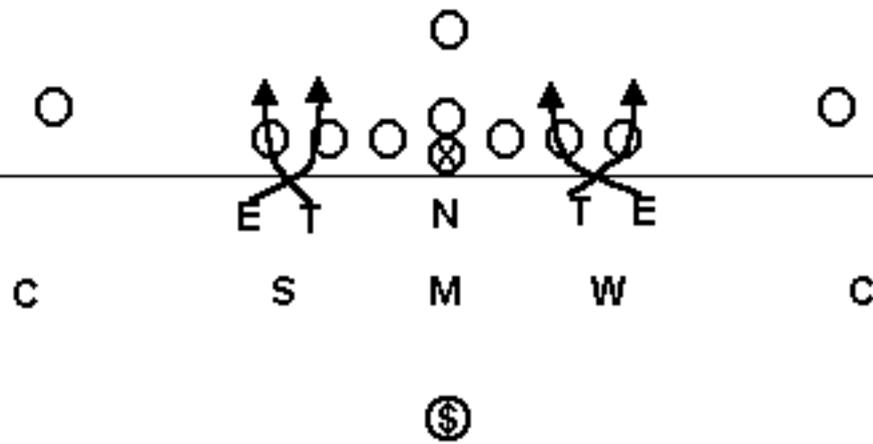
front: Husker



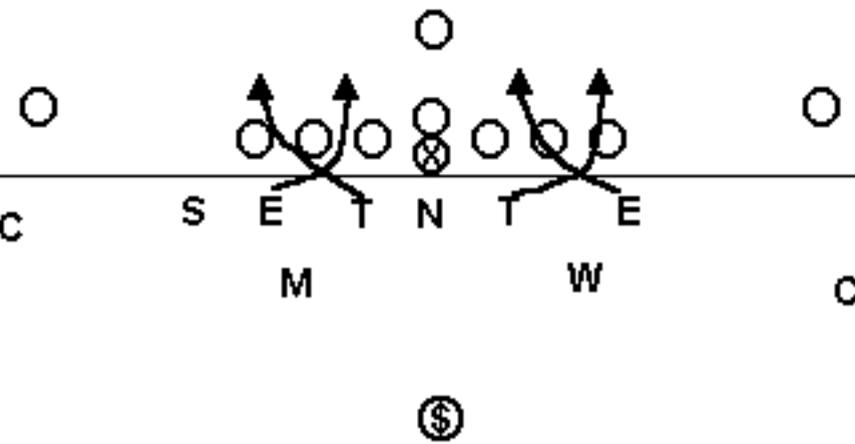
front: Eagle



front: Out



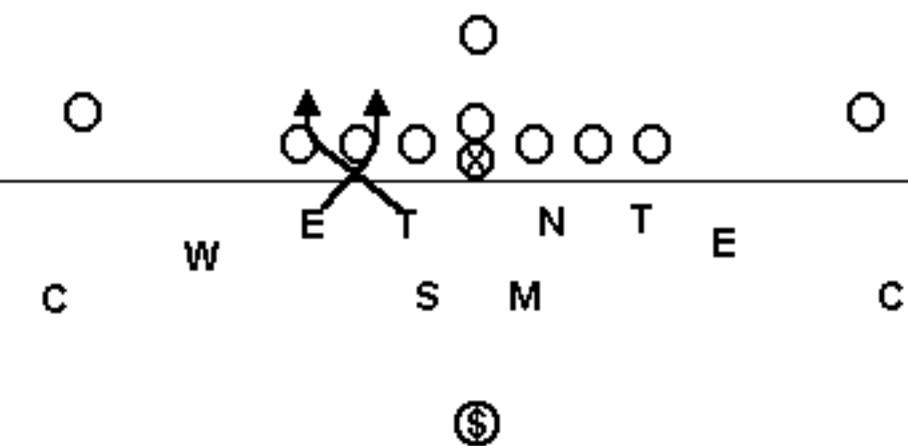
front: Bear



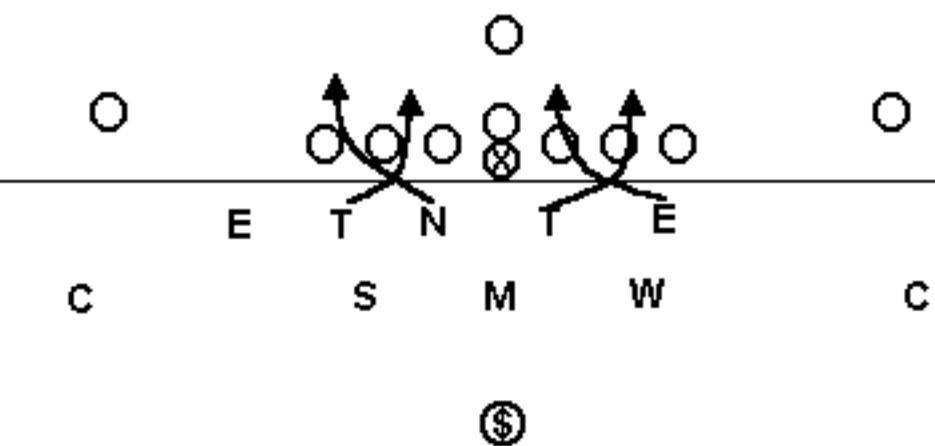
Stunts in Alternate Fronts

stunt: TWIST plus LOOP

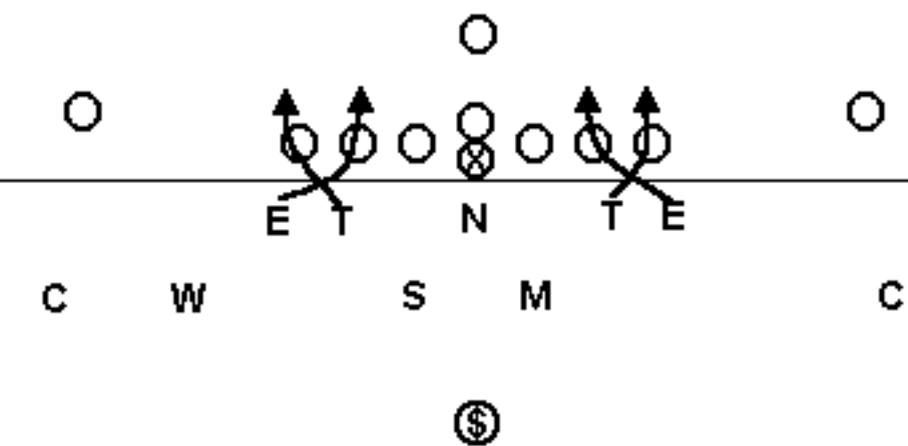
front: Gangster



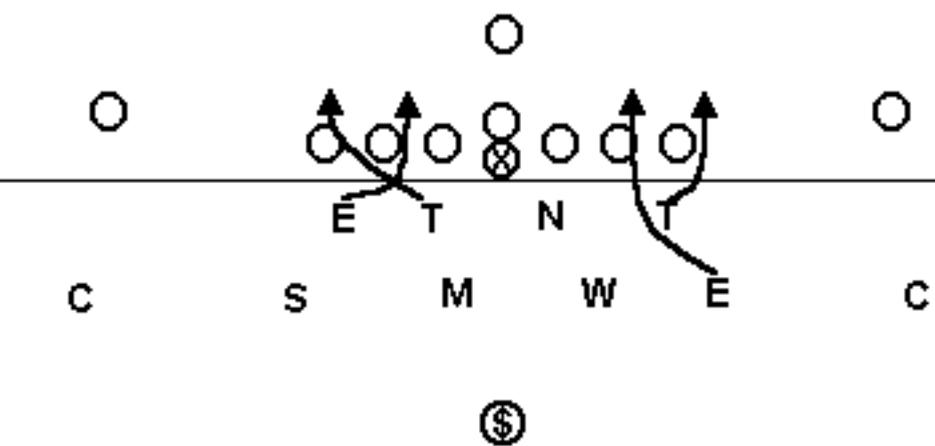
front: Texas



front: Okie



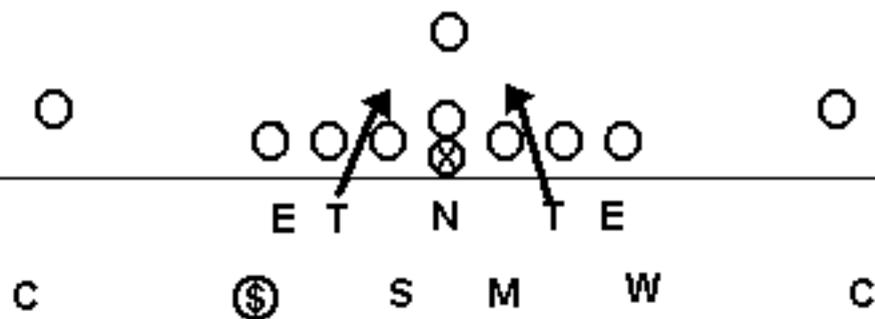
front: Raider



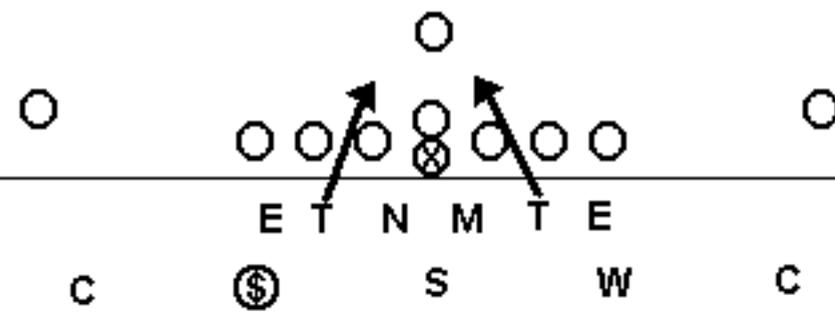
Stunts in Alternate Fronts

stunt: TIN

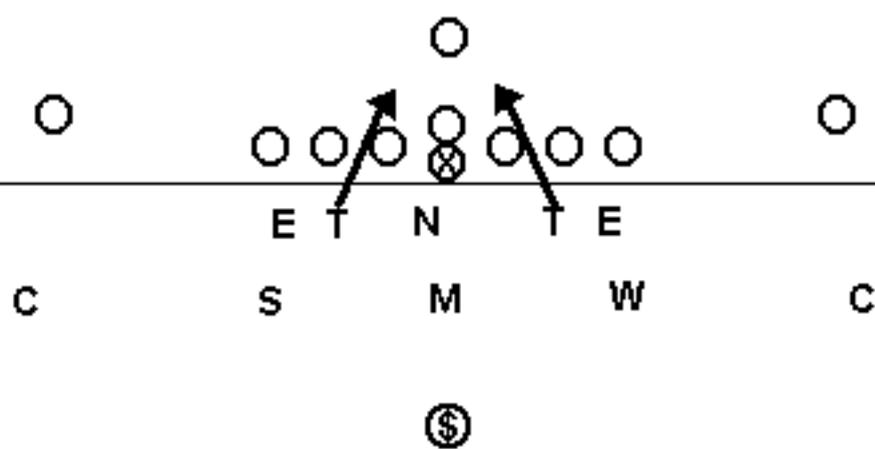
front: Python



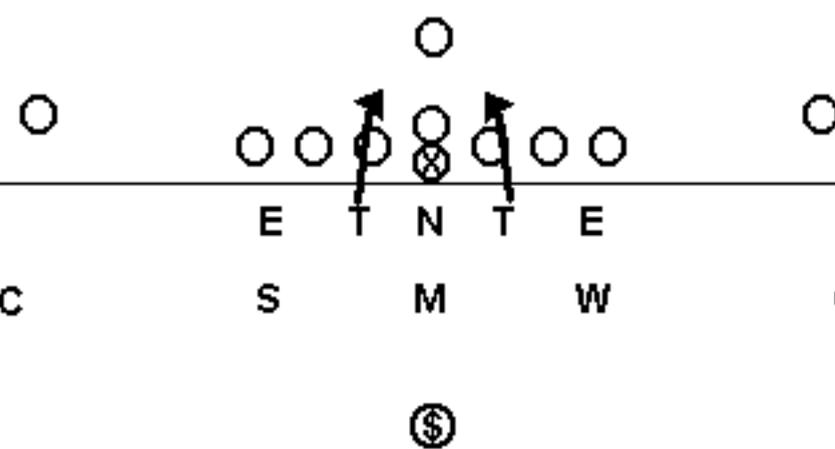
front: Python Down



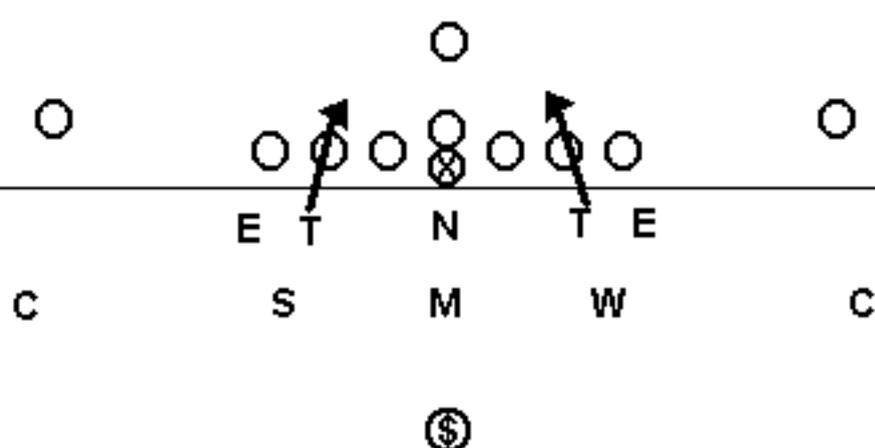
front: Husker



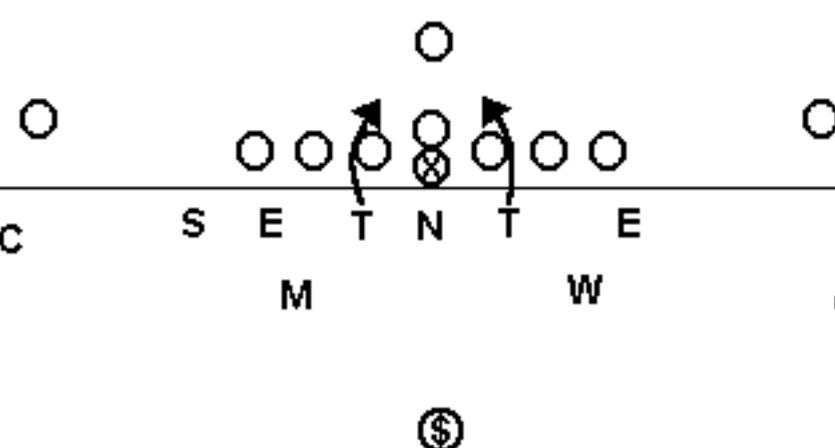
front: Eagle



front: Out



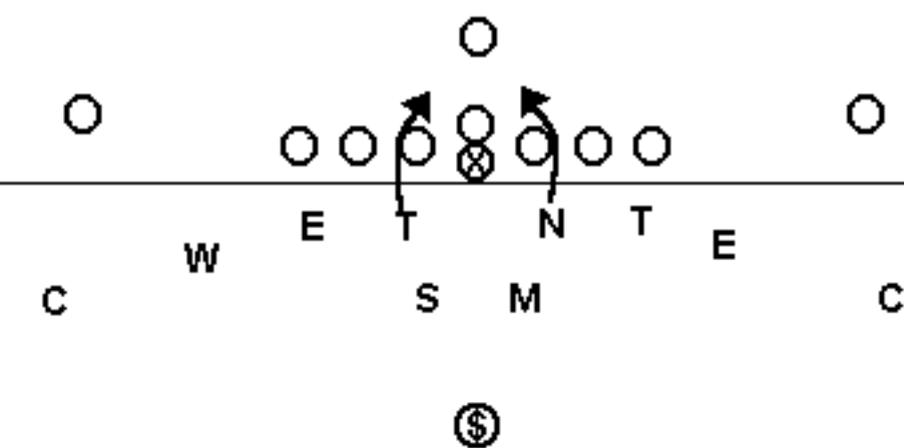
front: Bear



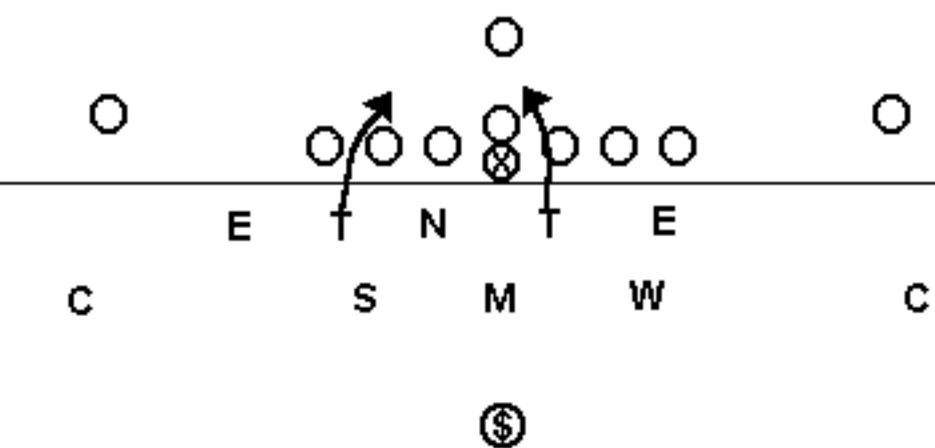
Stunts in Alternate Fronts

stunt: TIN

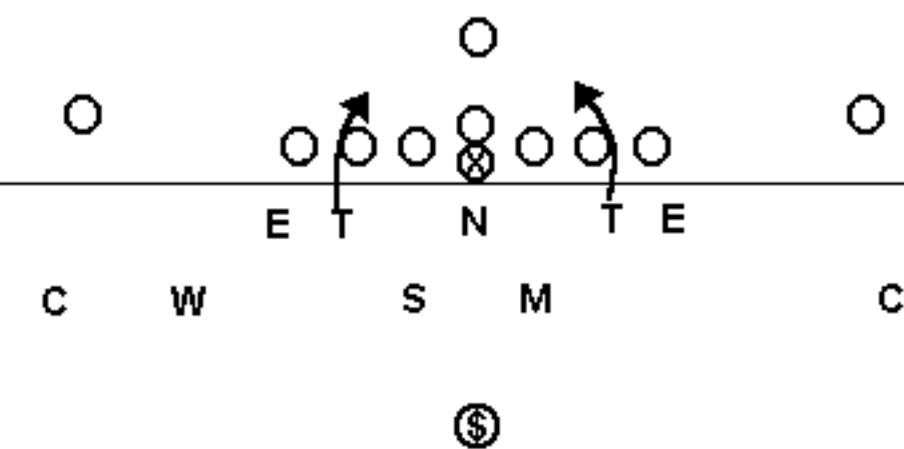
front: Gangster



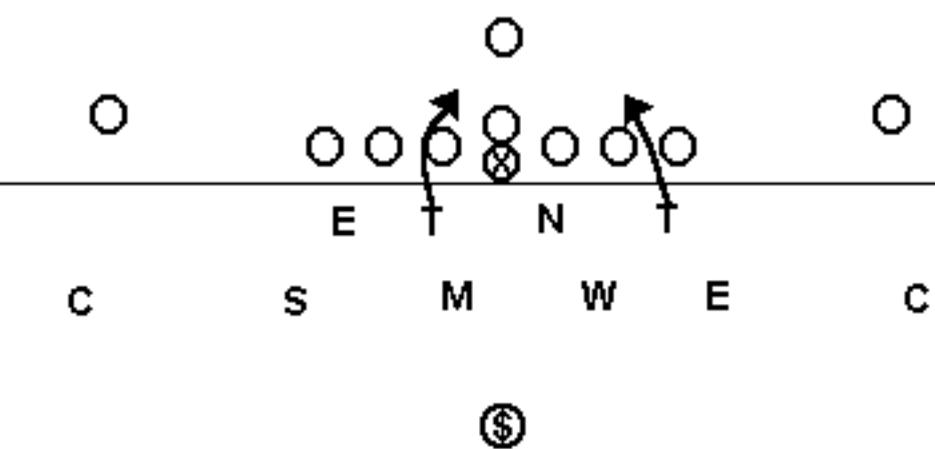
front: Texas



front: Okie



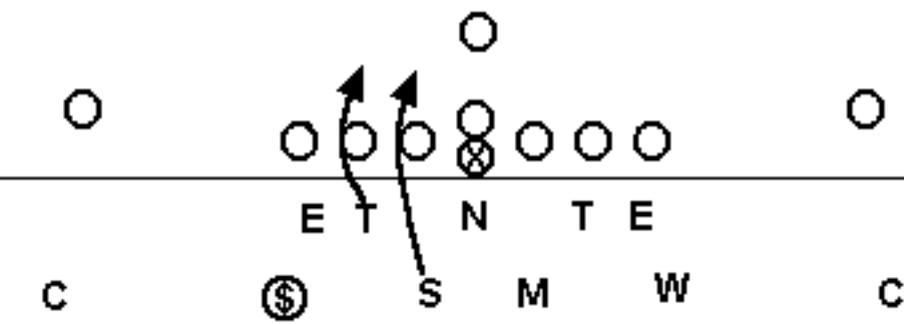
front: Raider



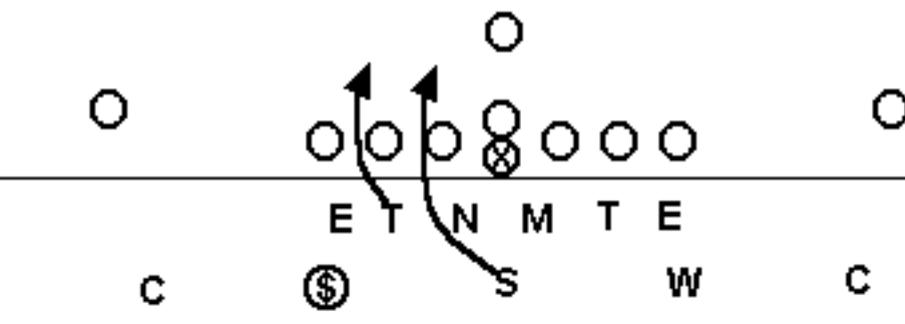
Stunts in Alternate Fronts

stunt: BANDIT

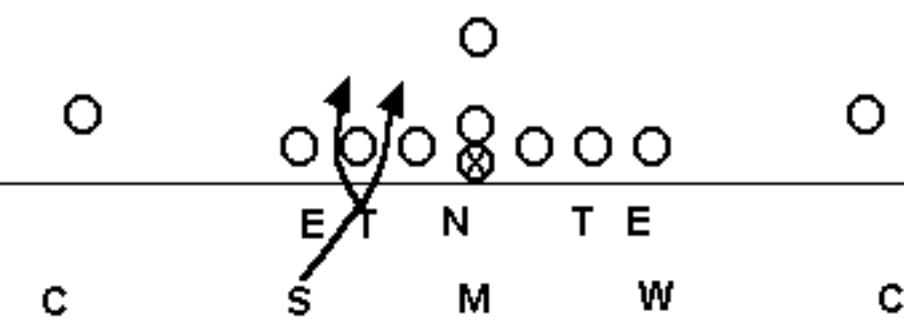
front: Python



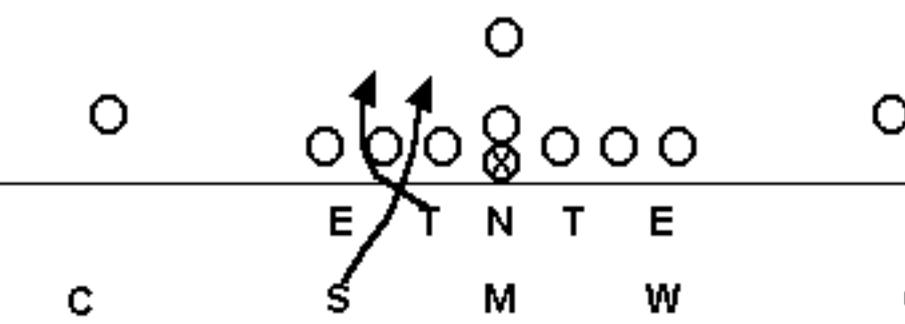
front: Python Down



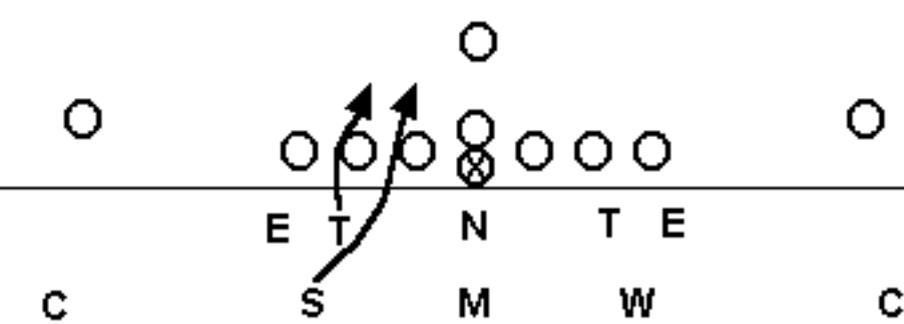
front: Husker



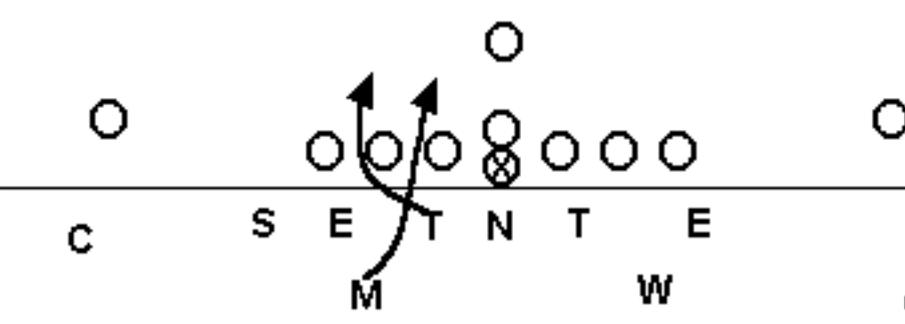
front: Eagle



front: Out



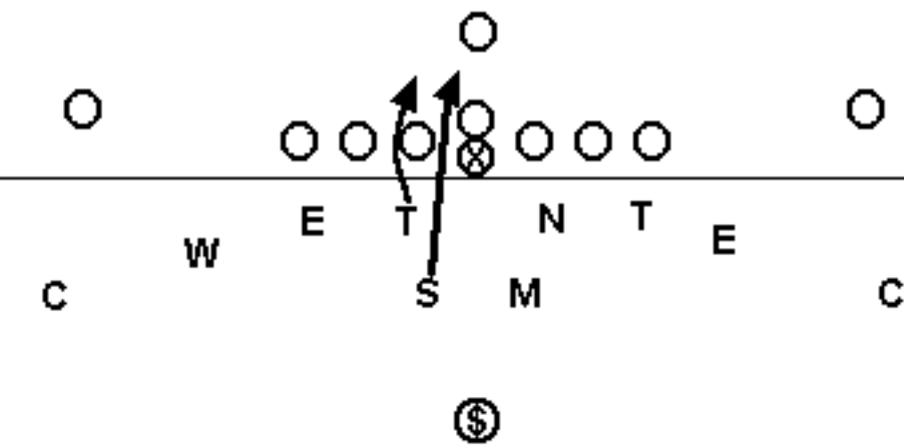
front: Bear



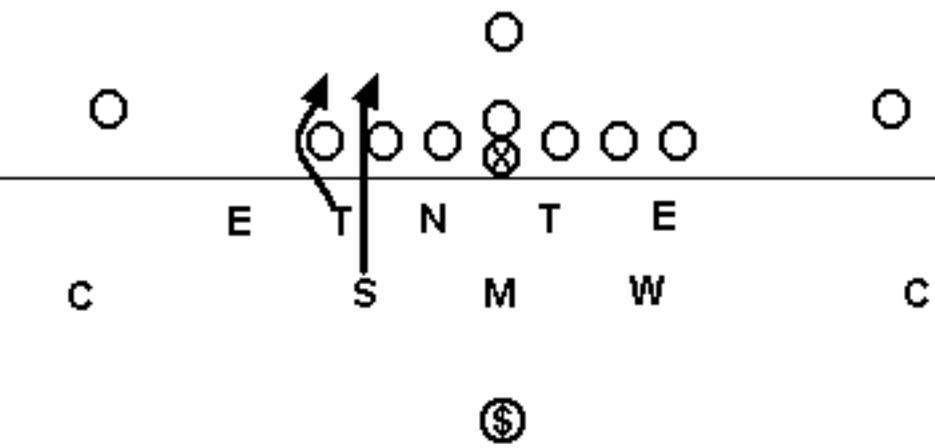
Stunts in Alternate Fronts

stunt: BANDIT

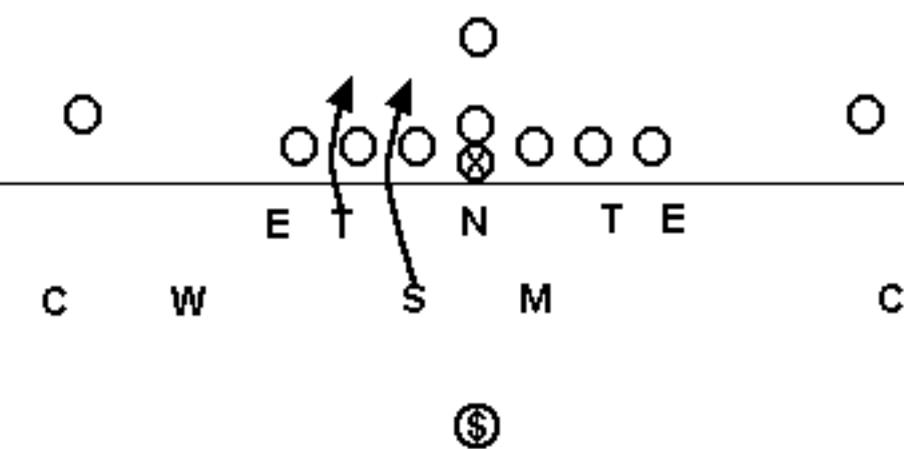
front: Gangster



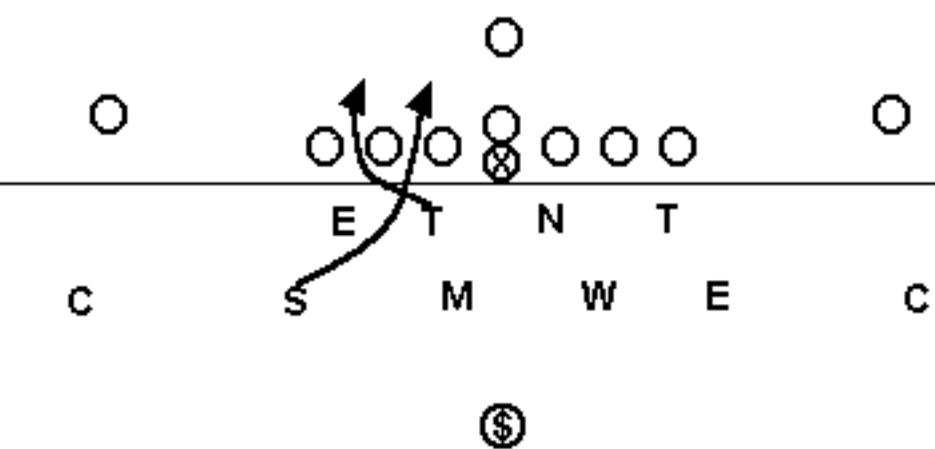
front: Texas



front: Okie



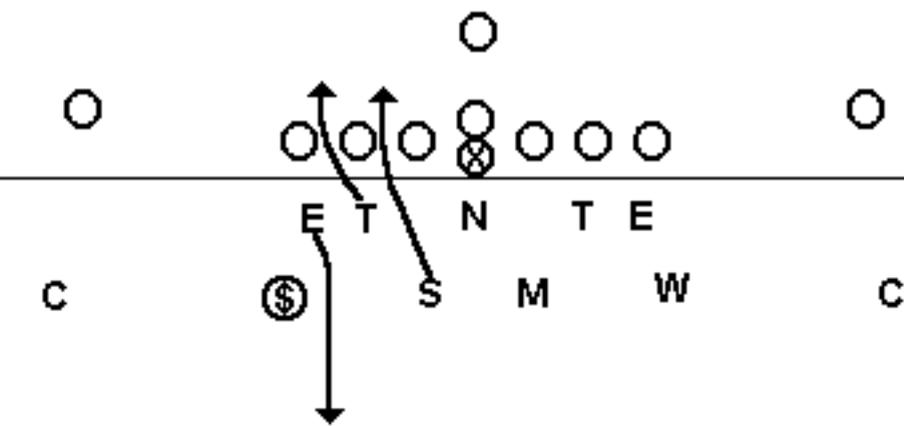
front: Raider



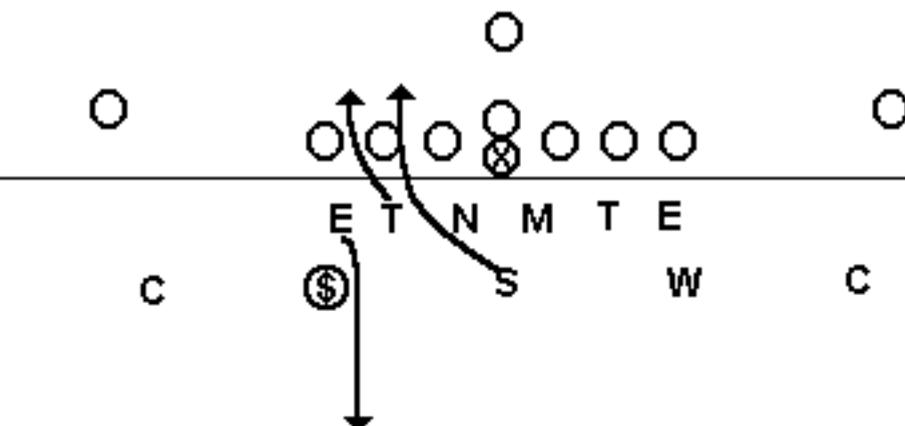
Stunts in Alternate Fronts

stunt: ZORRO

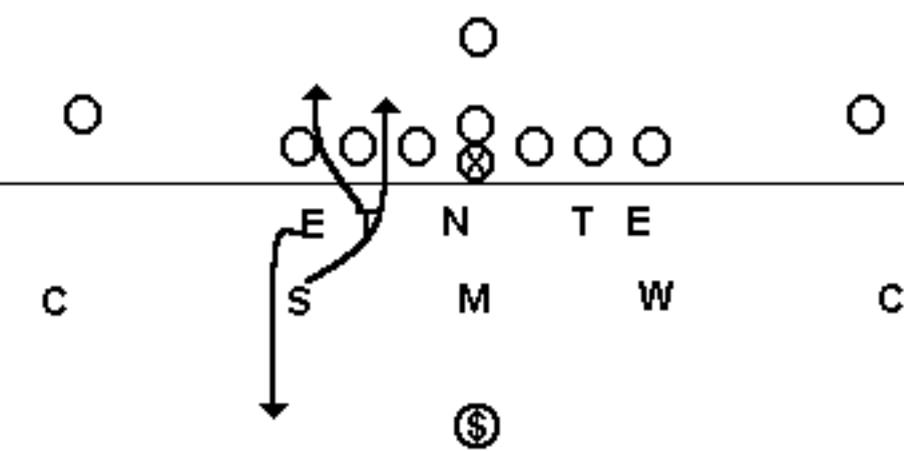
front: Python



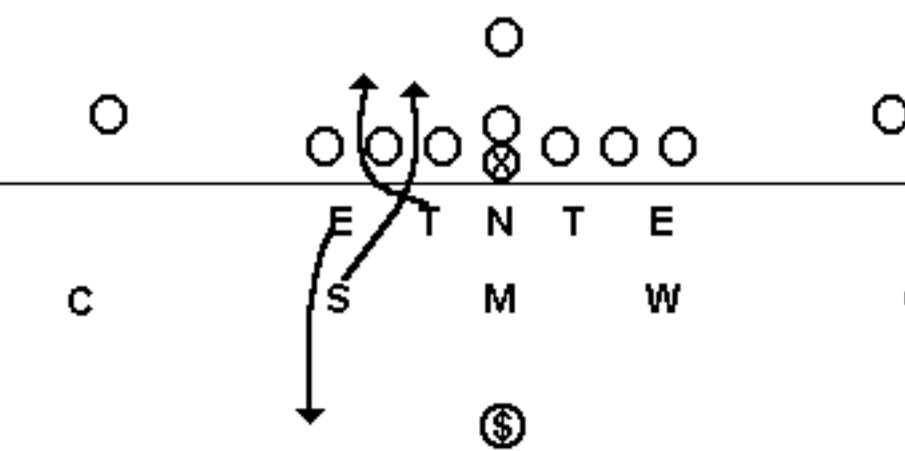
front: Python Down



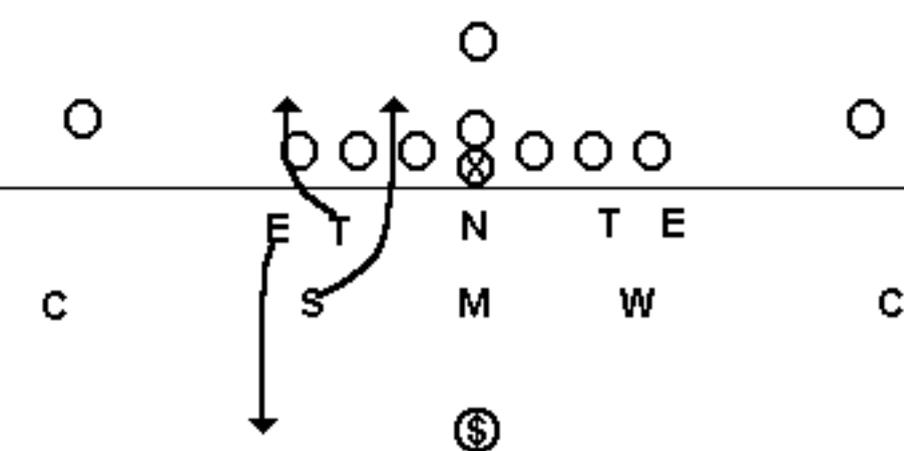
front: Husker



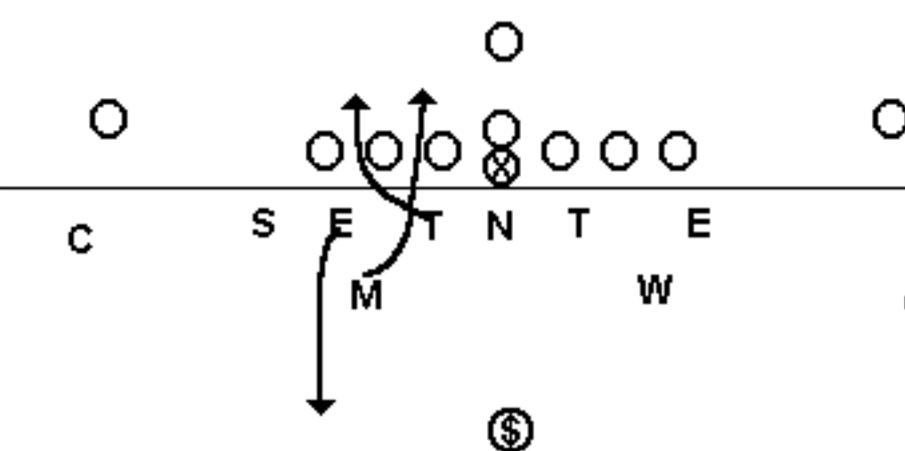
front: Eagle



front: Out



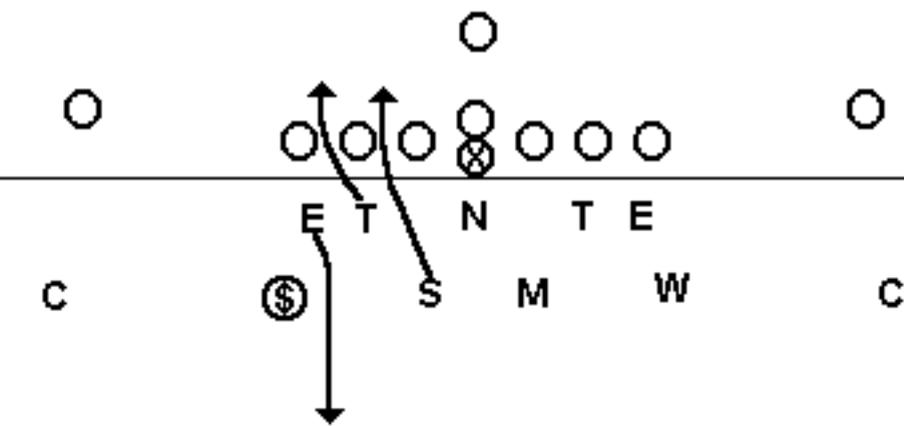
front: Bear



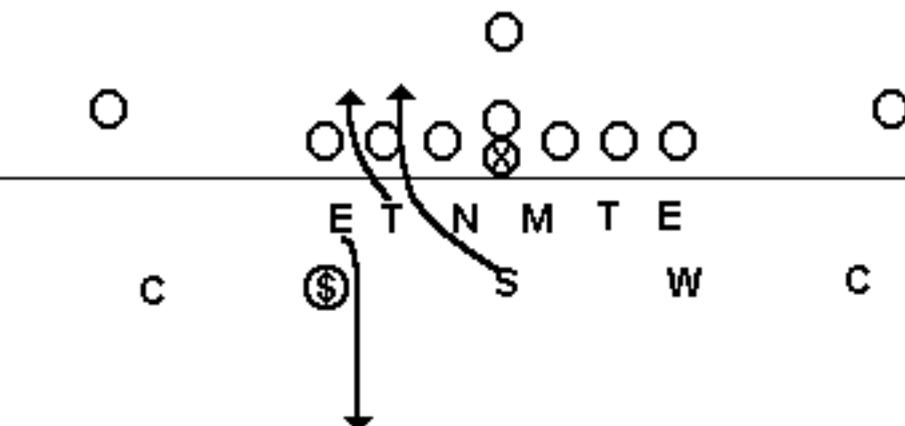
Stunts in Alternate Fronts

stunt: FIRE

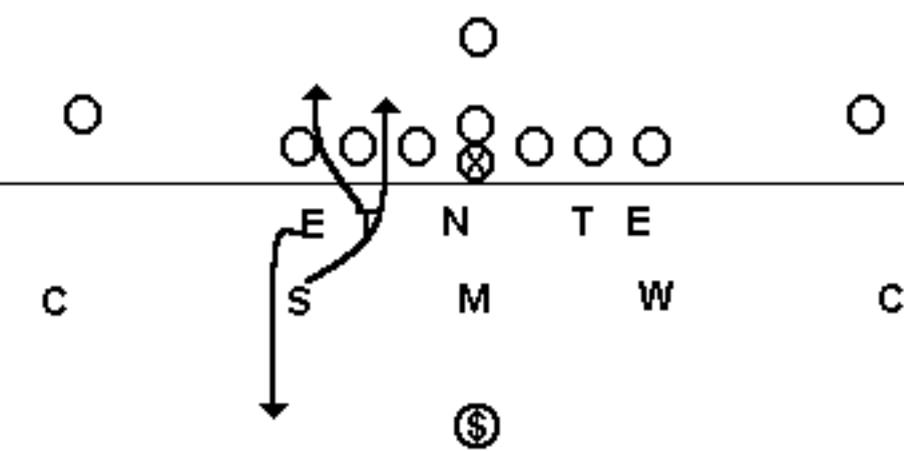
front: Python



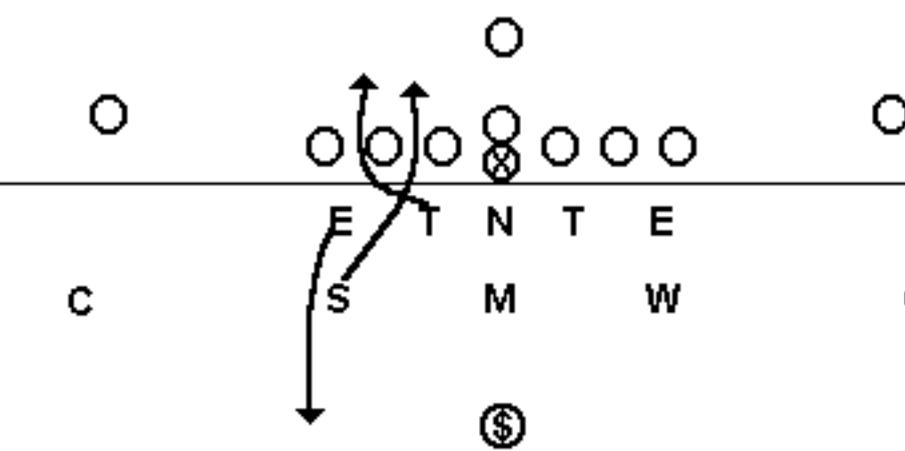
front: Python Down



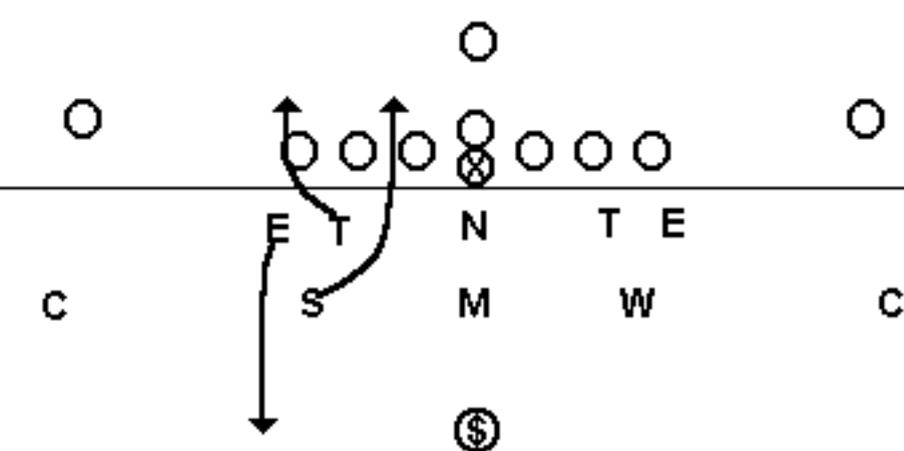
front: Husker



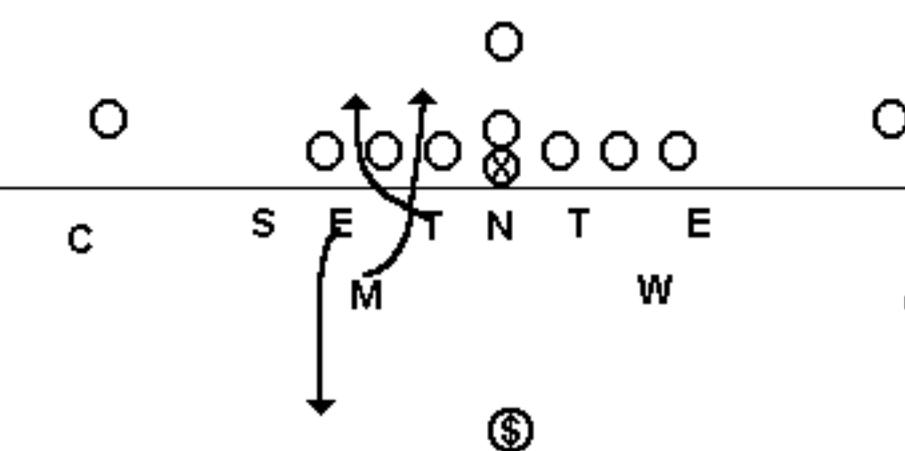
front: Eagle



front: Out



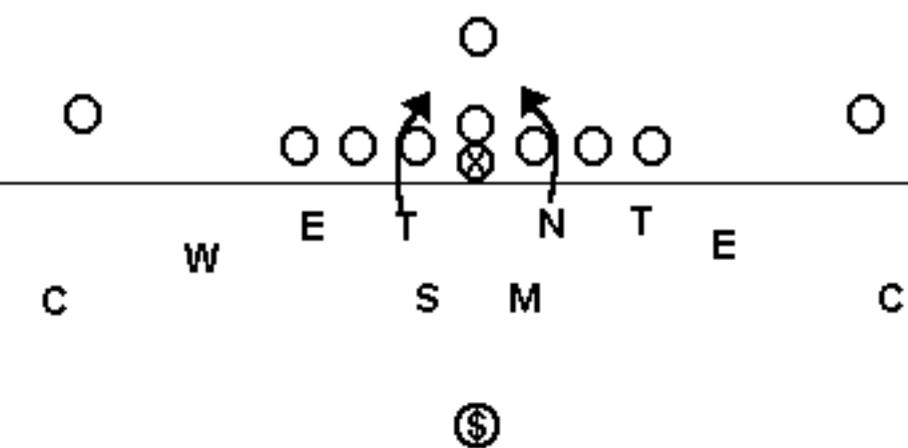
front: Bear



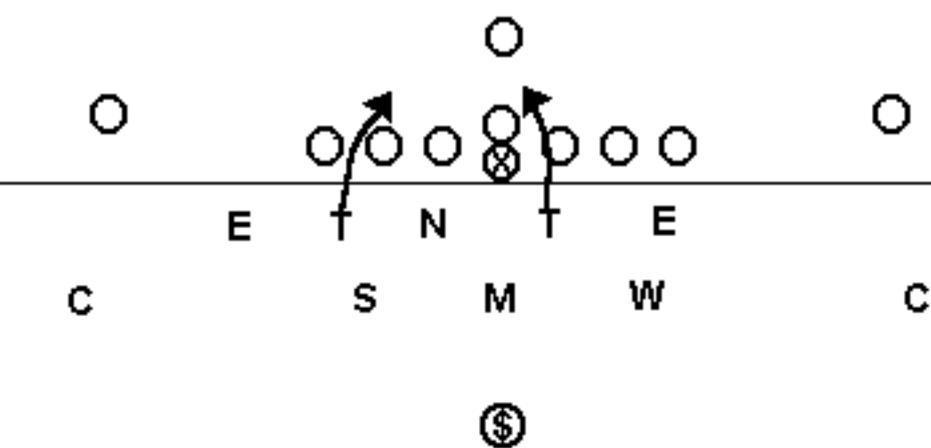
Stunts in Alternate Fronts

stunt: FIRE

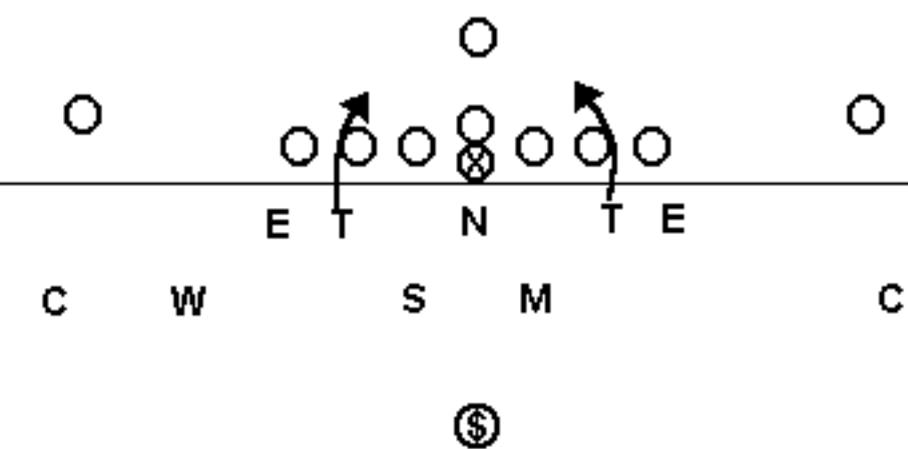
front: Gangster



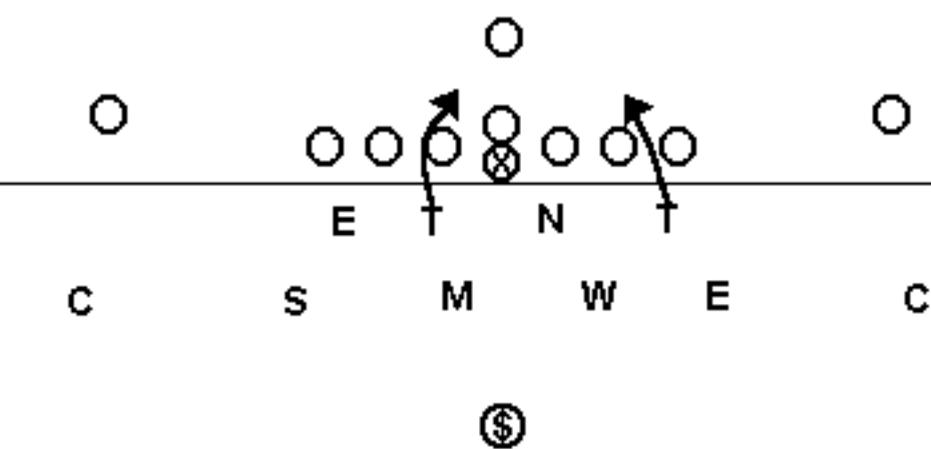
front: Texas



front: Okie



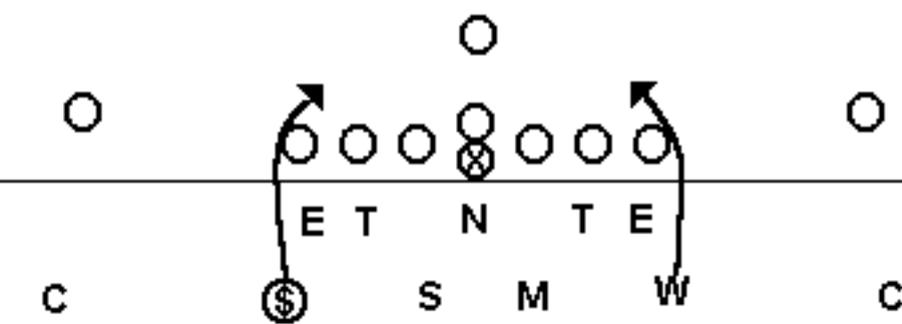
front: Raider



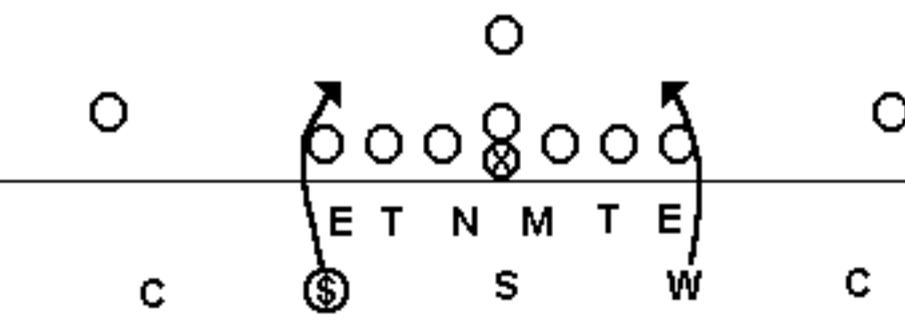
Stunts in Alternate Fronts

stunt: PLUG

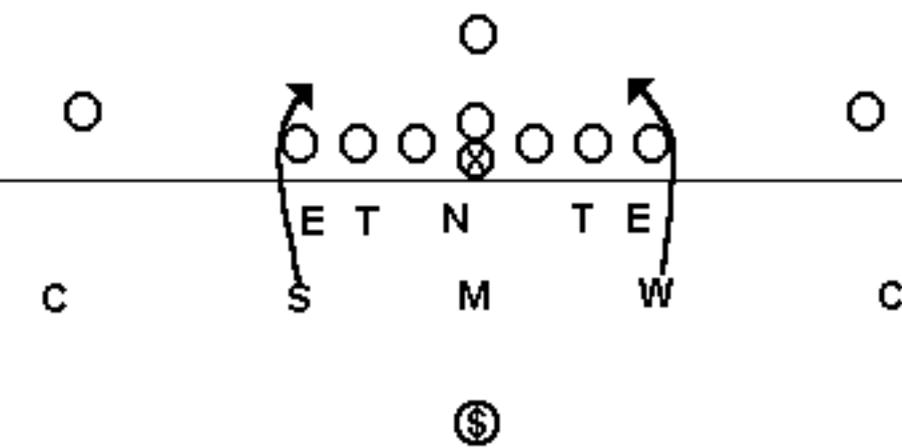
front: Python



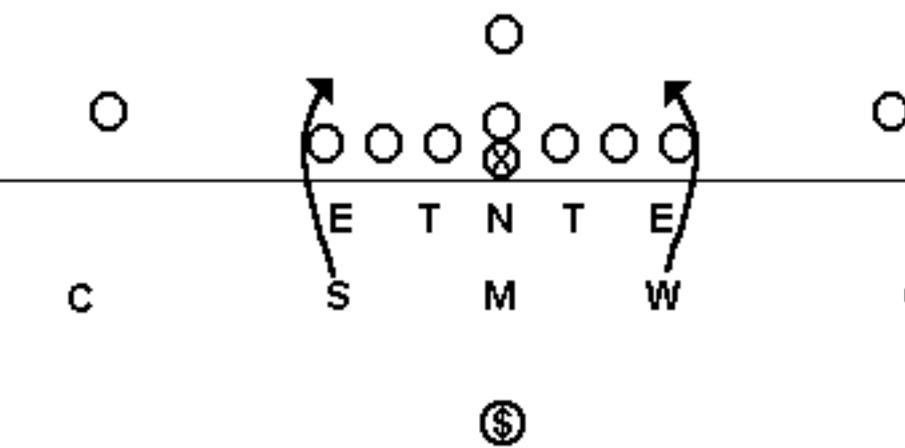
front: Python Down



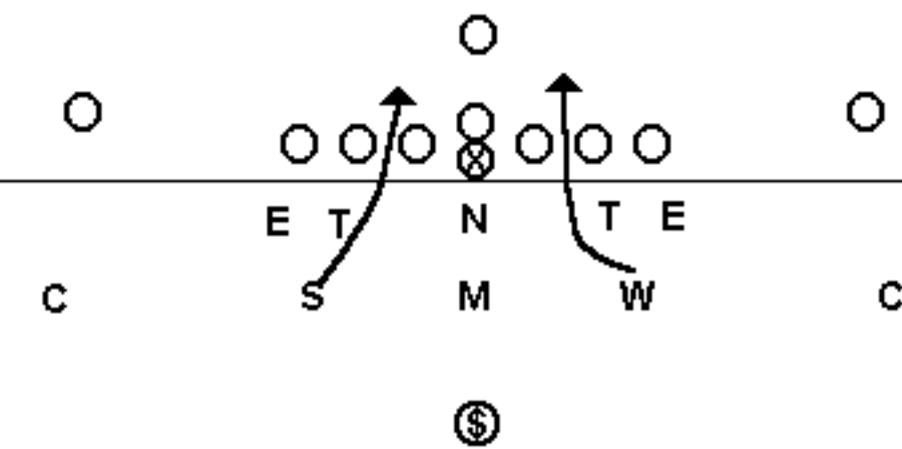
front: Husker



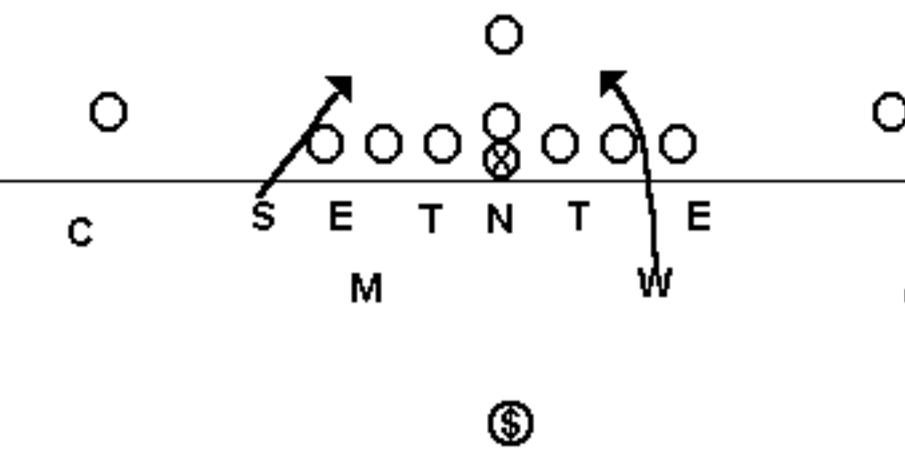
front: Eagle



front: Out



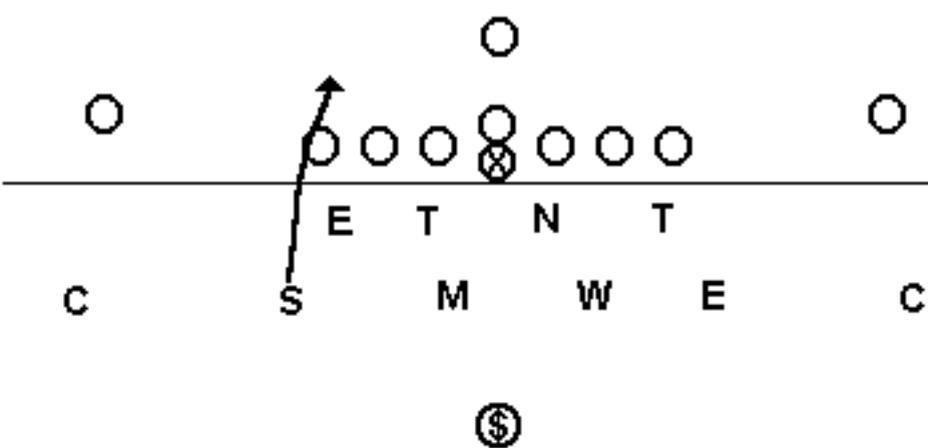
front: Bear



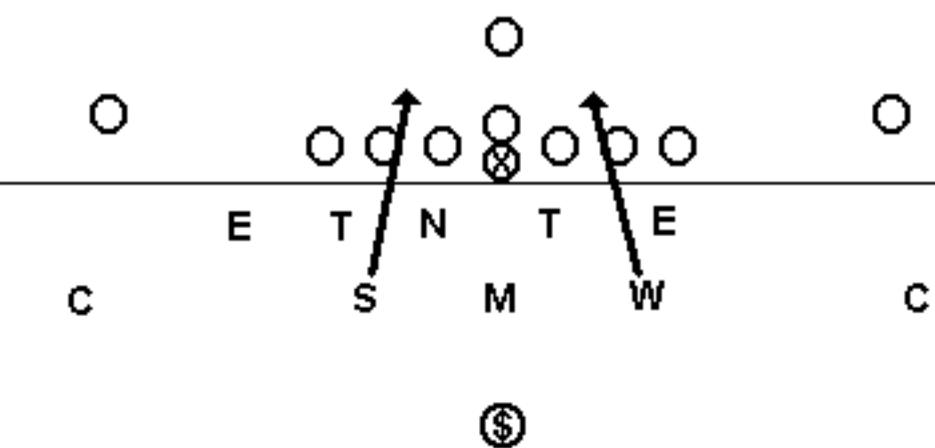
Stunts in Alternate Fronts

stunt: PLUG

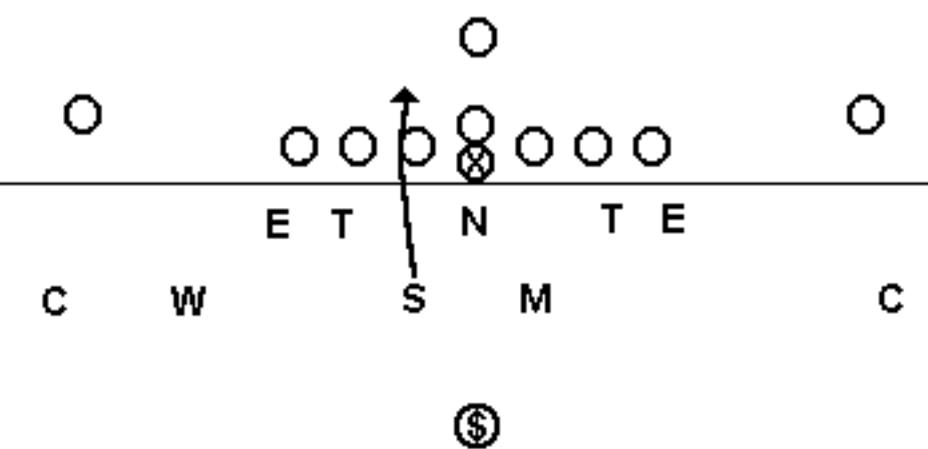
front: Raider



front: Texas



front: Okie



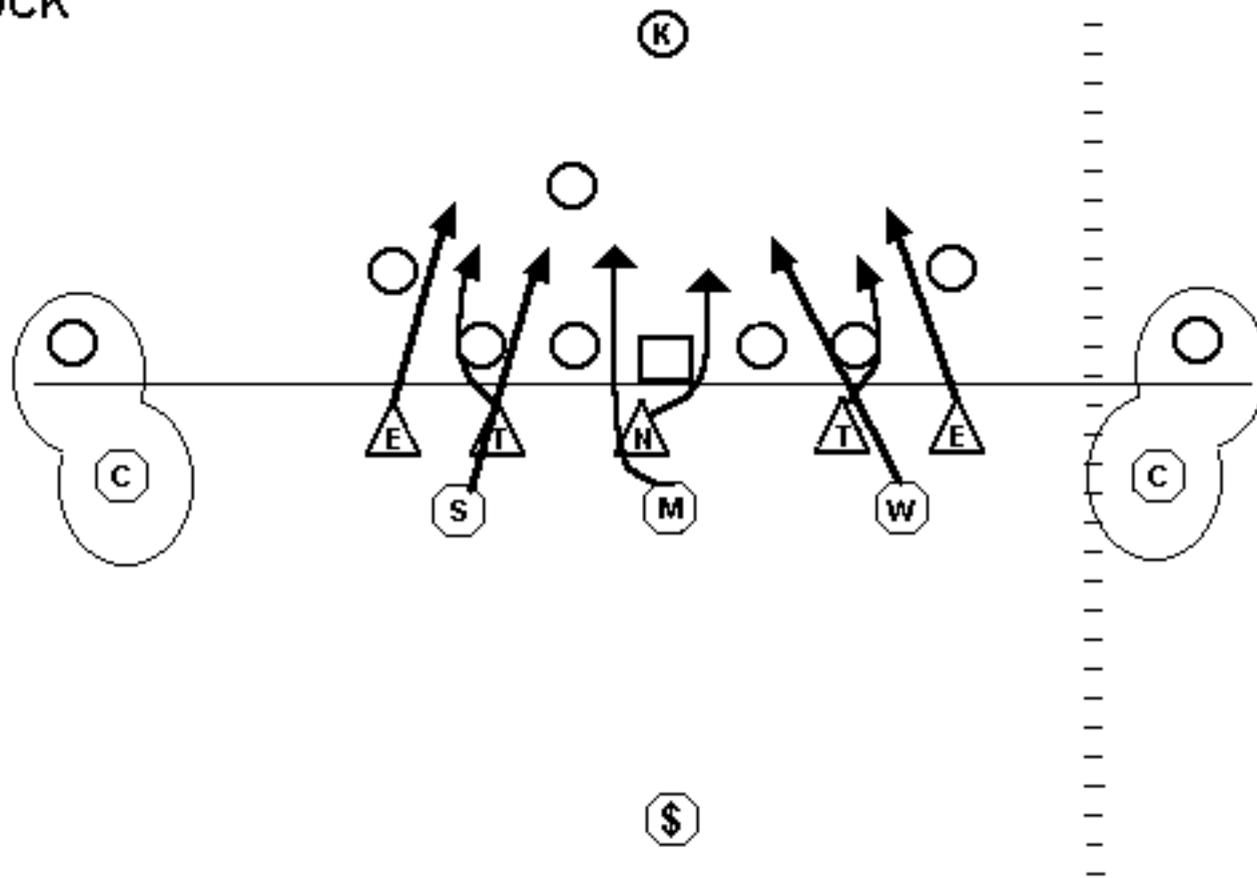
SPECIAL TEAMS

PUNT BLOCKS

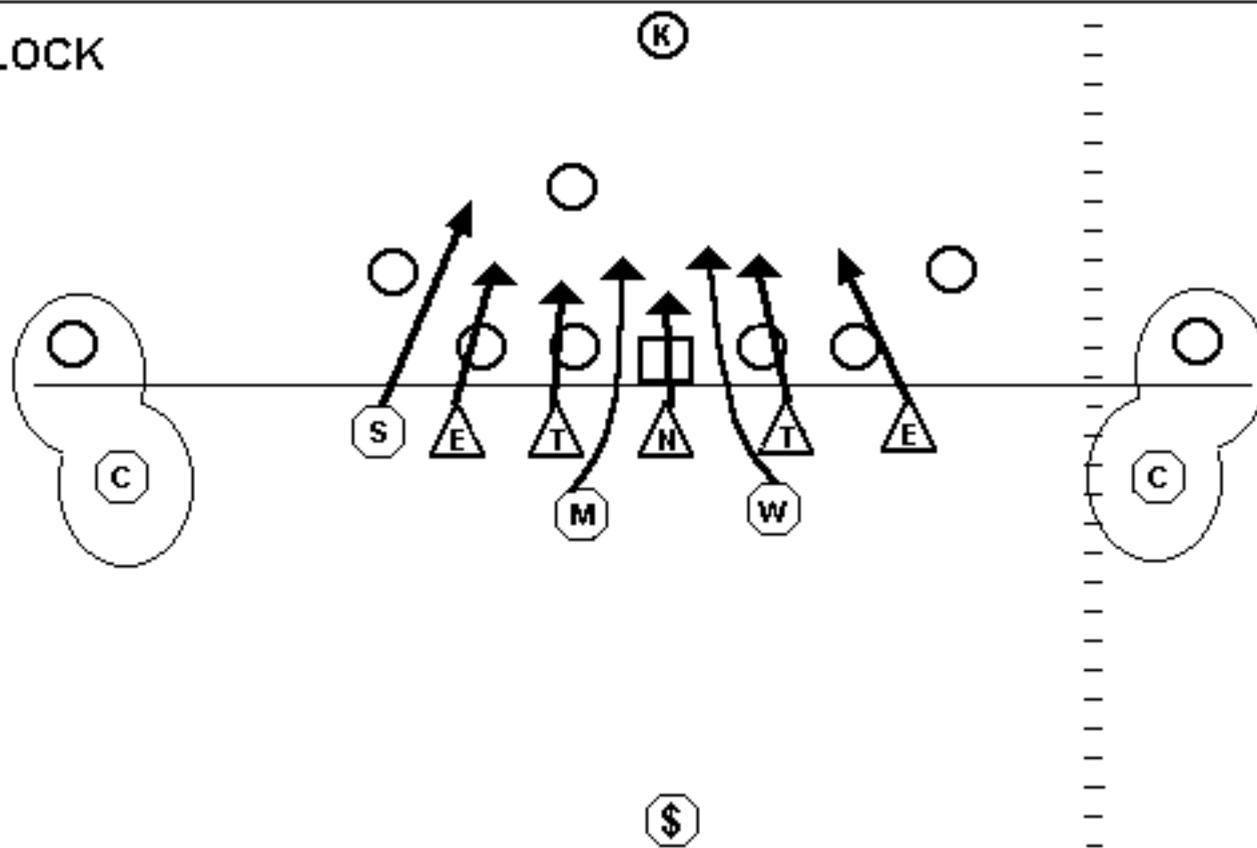
We could call BAD with any stunt and return to either side. The people not involved in the stunt would have the same responsibility they have in a normal return.

FULL BLOCKS

BAD BLOCK

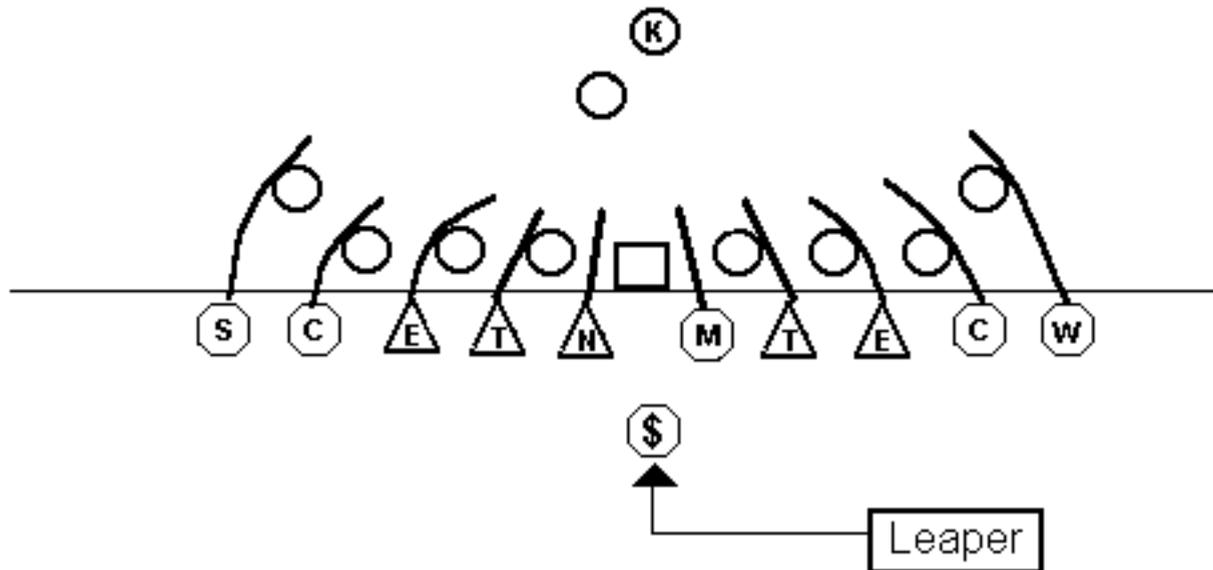


BEAR BLOCK

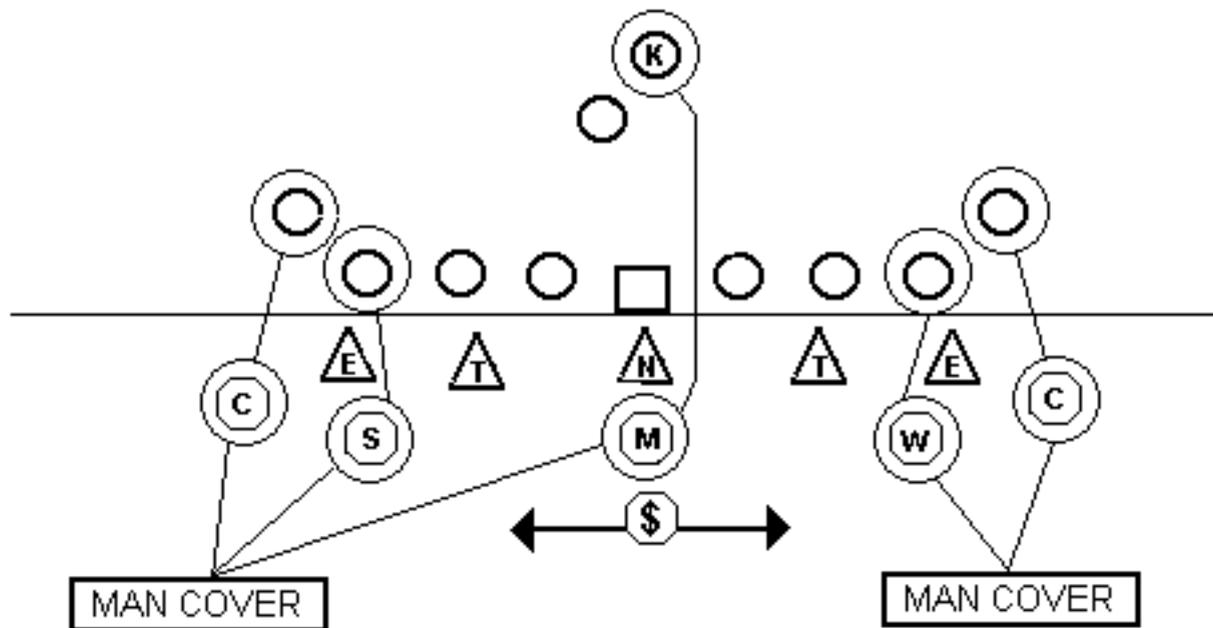


FG/PAT

BLOCK



READ



Blocked Punts and FG's

Picked up behind the LOS will be returned. A "FIRE" call is made if the ball is beyond the LOS. "READ RETURN" call would put the safety on the 5 yard line to return a missed long FG attempt as if it were a punt. Forcing units would set up a wall to our sideline.