

Prince George
ROYALS

**DEFENSIVE
PLAYBOOK**

2008

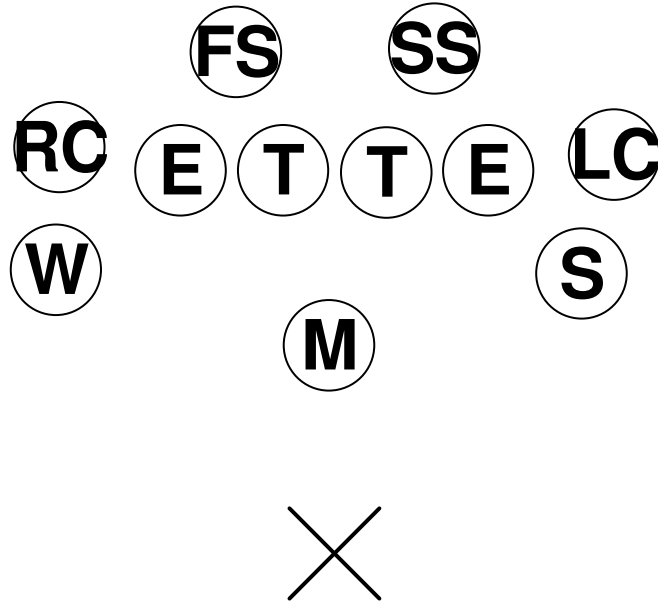
PRINCE GEORGE ROYALS DEFENSIVE PLAYBOOK

Table of Contents

- 3. Basics: Alignment, Number Receivers, Huddle
- 5. Identifying Offensive Formations and Backfields
- 7. Alignment: 4-3 Over
- 10. Alignment: 4-3 Under
- 13. Defensive Line Play
 - 15. *Defensive Line Stunts*
- 17. Linebacker Basics
- 23. Coverage Packages
 - 24. *Quarters*
 - 34. *Dime*
- 41. Zone Blitz Package
- 60. Man Coverages
- 62. Glossary of Terms

HUDDLE

HUDDLE

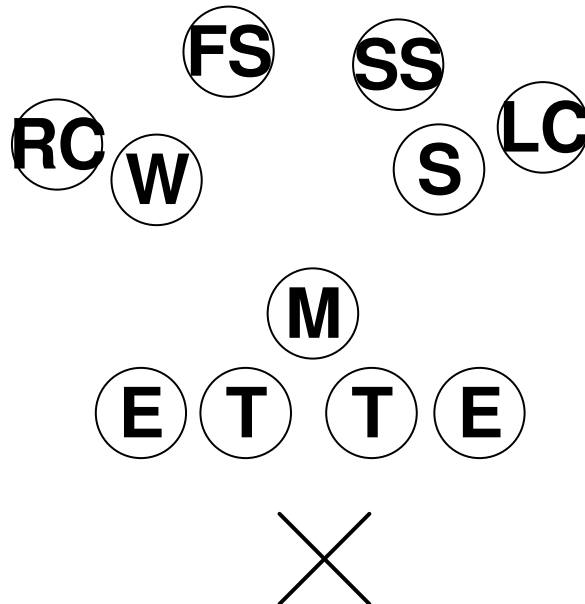


When we huddle, the Tackles set the Huddle at 3 yds from the spot of the ball by yelling "HUDDLE HUDDLE HUDDLE!"

Mike Linebacker receives the signal from the coach and makes the play call, "TIGHT OVER QUARTERS, TIGHT OVER QUARTERS, READY!"

All other players answer, "SWARM!" and clap as they break the huddle and run to their alignments.

HANGING HUDDLE



We will often use a "Hanging Huddle" when the offense does not allow us to huddle up. All players will need to be able to read the signals from the sidelines.

Stand near other players - Mike and the DL should be together, Sam and Will with their buddy Safeties and the Left or Right corners. This allows players to confirm or check when they are unsure of the signal call.

We will use the Hanging Huddle any time a team does not huddle, as well as by game plan.

Offensive Formations

Pro Left



Pro Left Twins



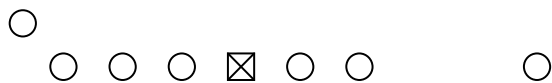
Twins Left Open



Tights Slot Left



Slot Left Open



Double Wings



Trips Left Closed



Trey Left Open



Doubles

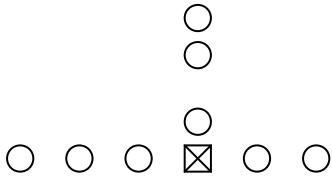


Doubles Tight Left

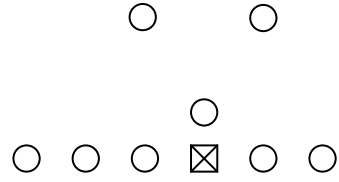


Offensive Backfields

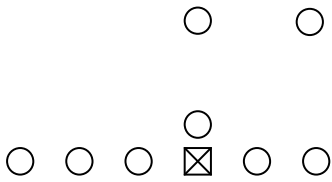
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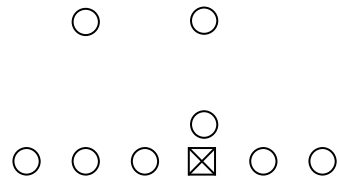
Split Backs



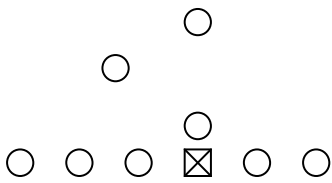
Far



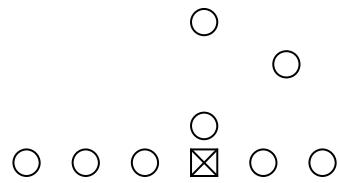
Near



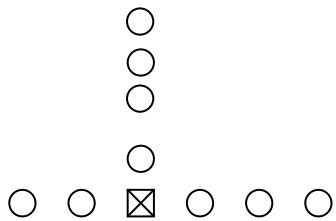
King



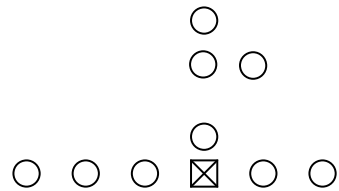
Queen



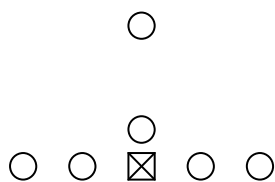
Stack



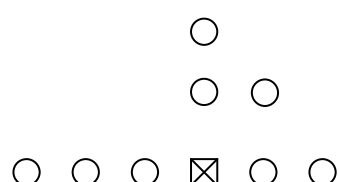
Power I



Ace

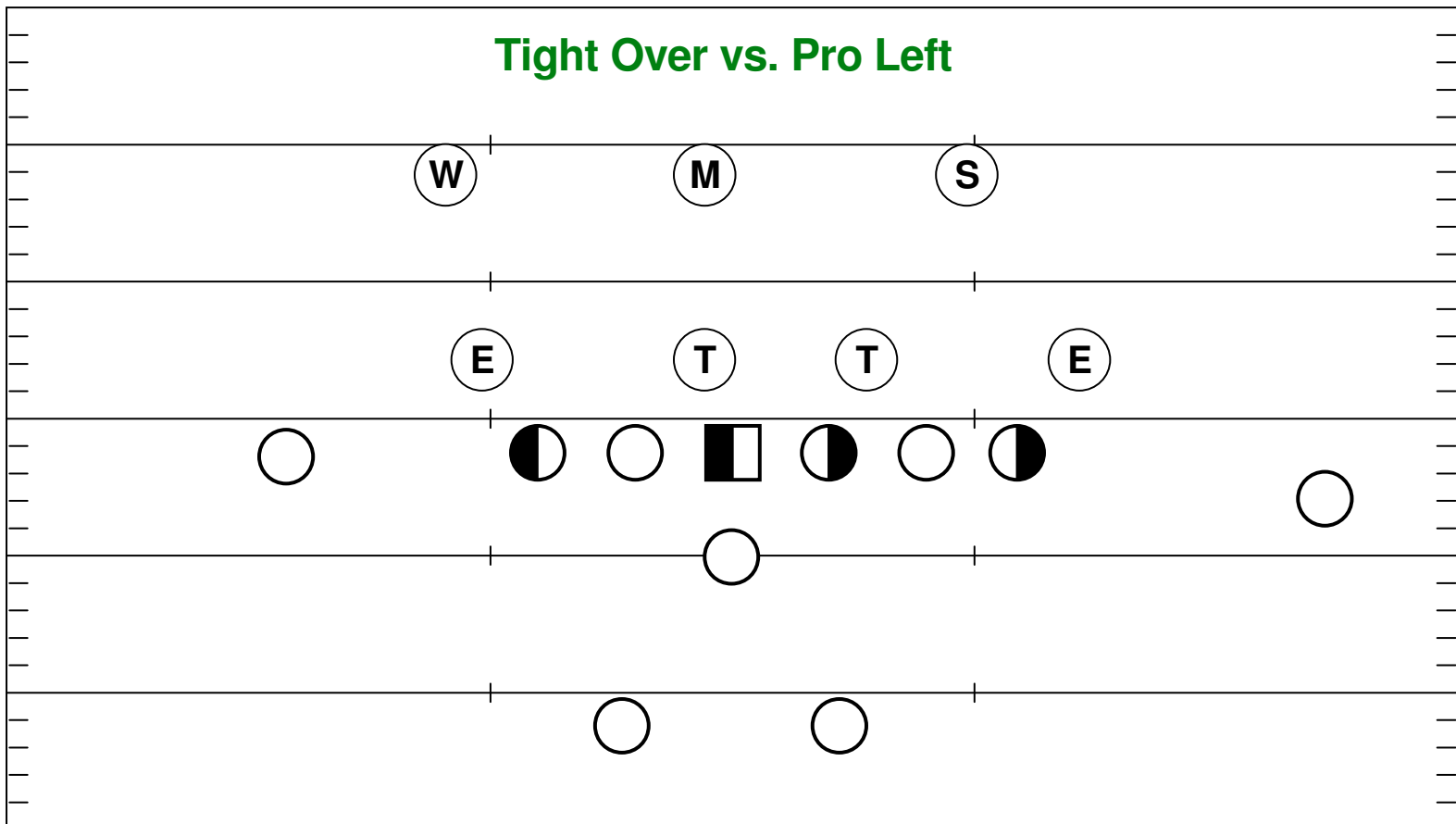


Pistol

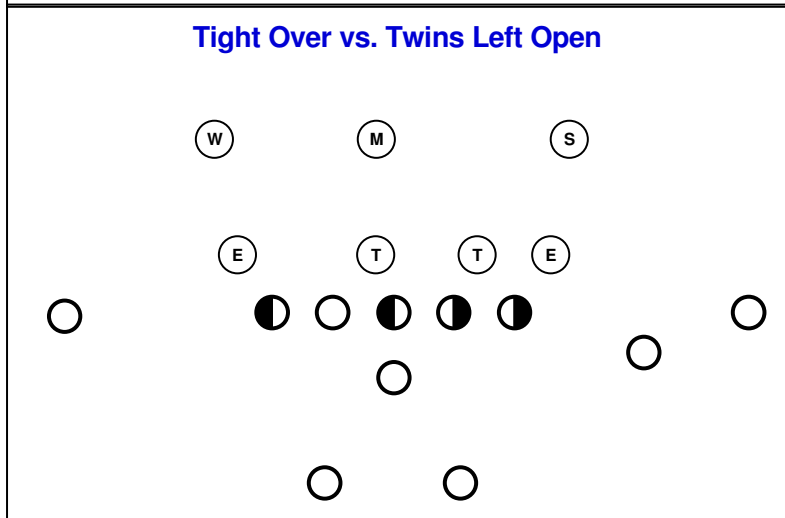


4-3 Over Alignments

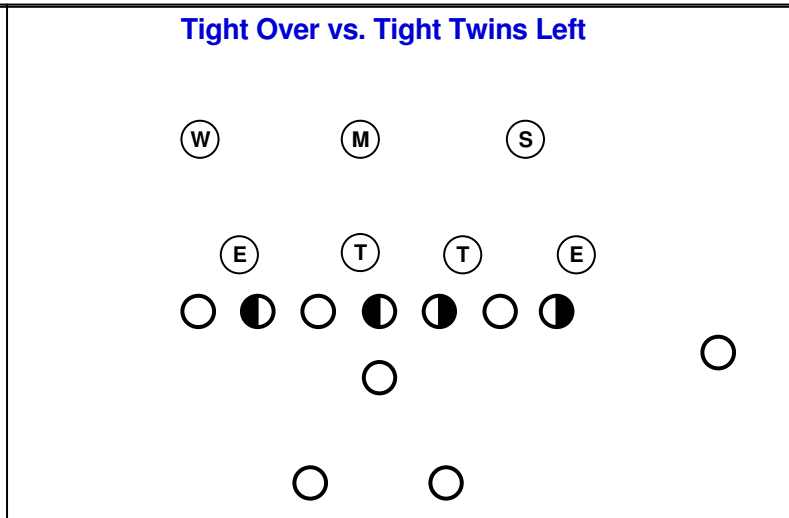
Tight Over vs. Pro Left



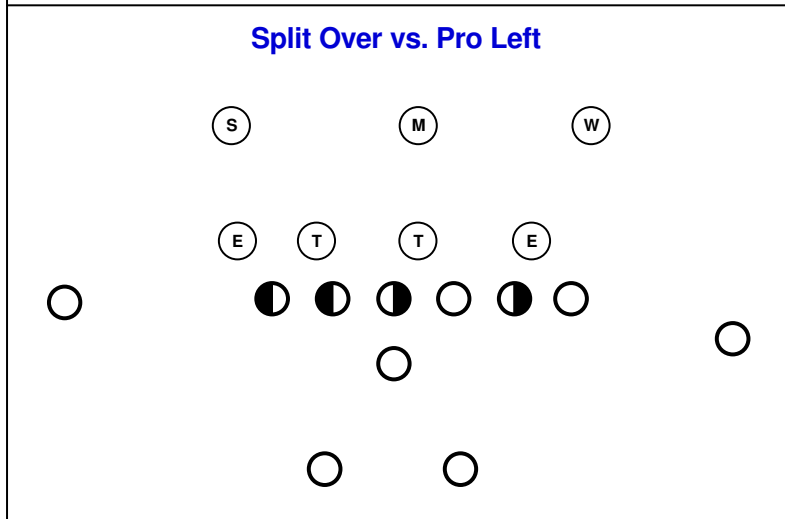
Tight Over vs. Twins Left Open



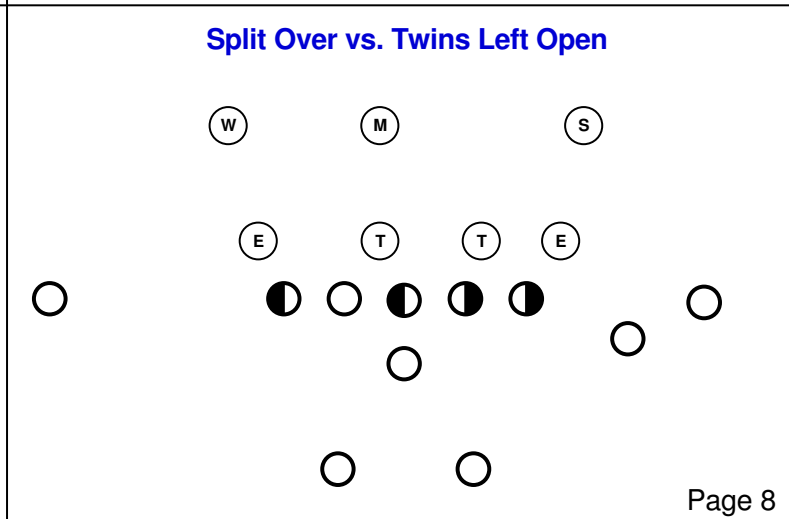
Tight Over vs. Tight Twins Left



Split Over vs. Pro Left

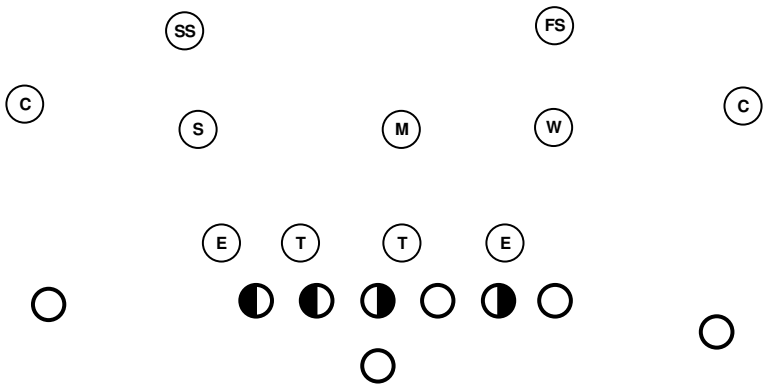


Split Over vs. Twins Left Open

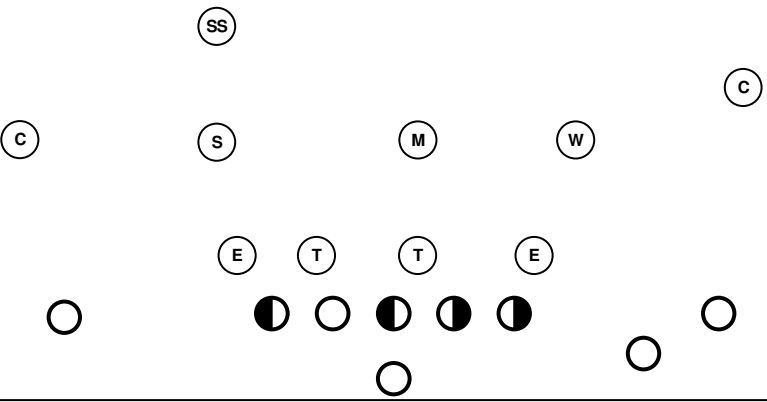


SPLIT OVER vs. Formations

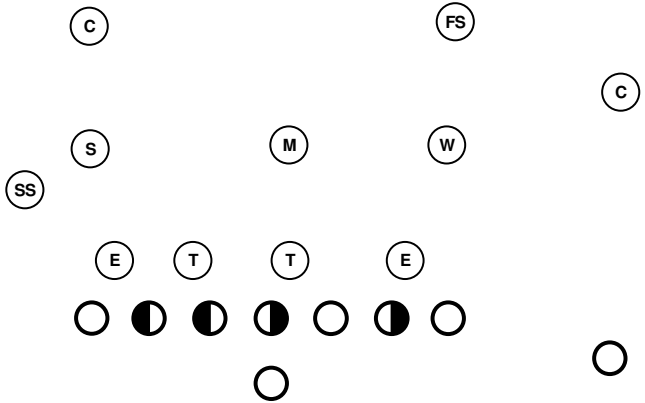
Pro Left



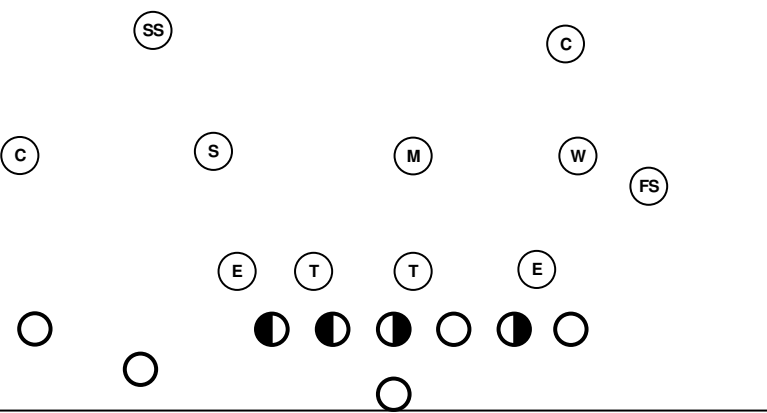
Twins Left Open



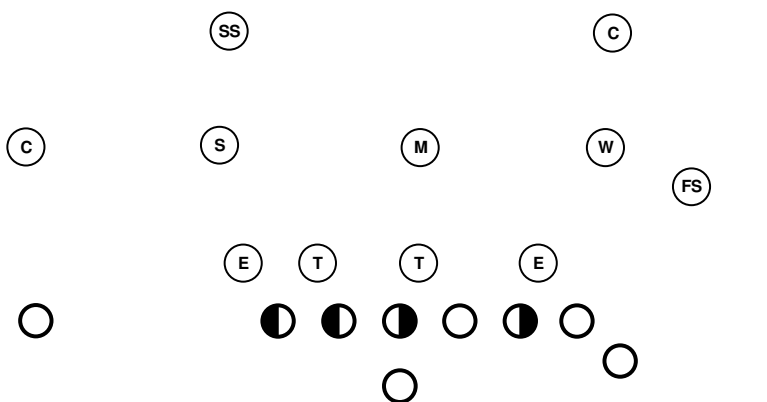
Tights Twins Left



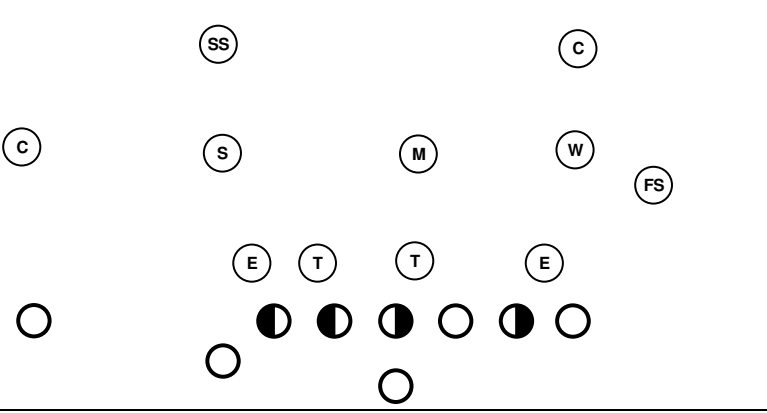
Twins Right Closed



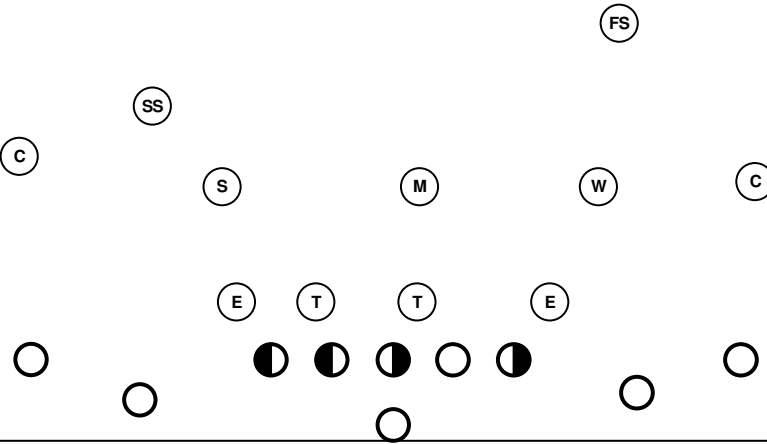
Wing Left Open



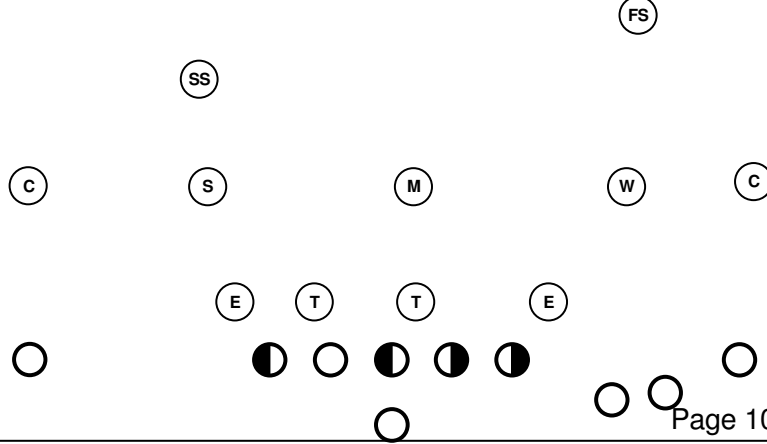
Slot Twins Right Closed



Doubles

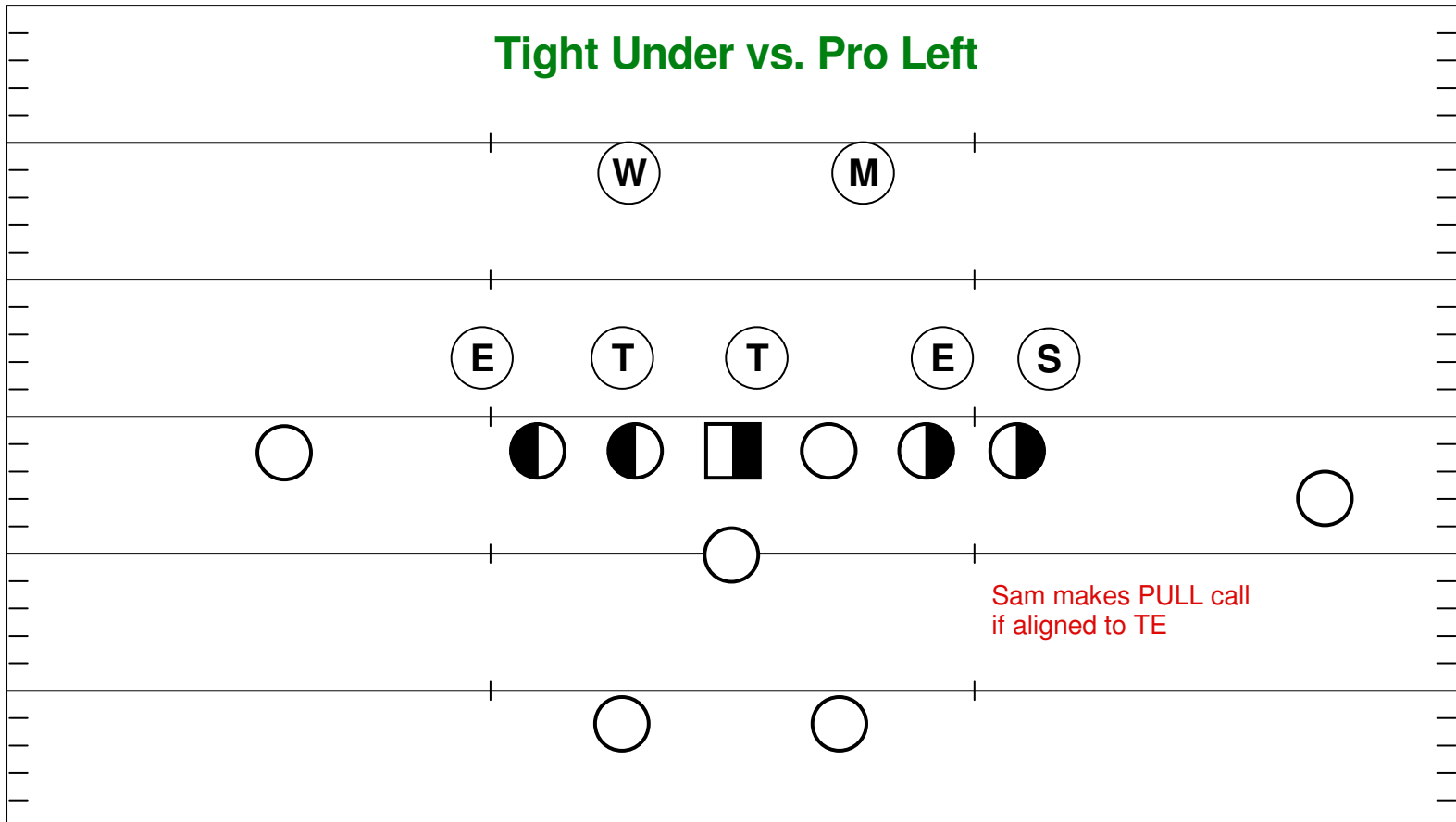


Trips Left Open

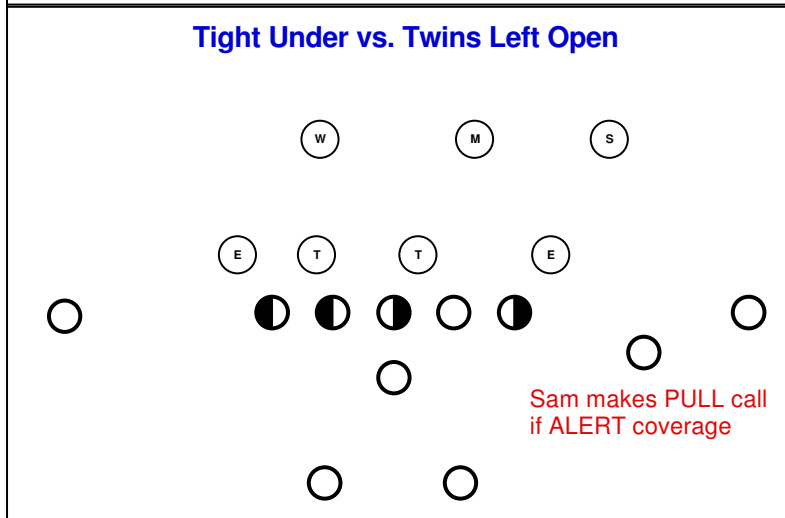


4-3 Under Alignments

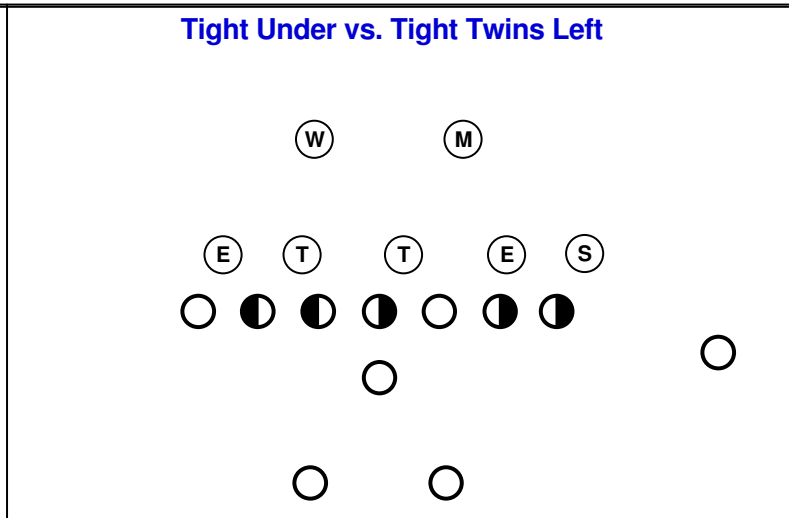
Tight Under vs. Pro Left



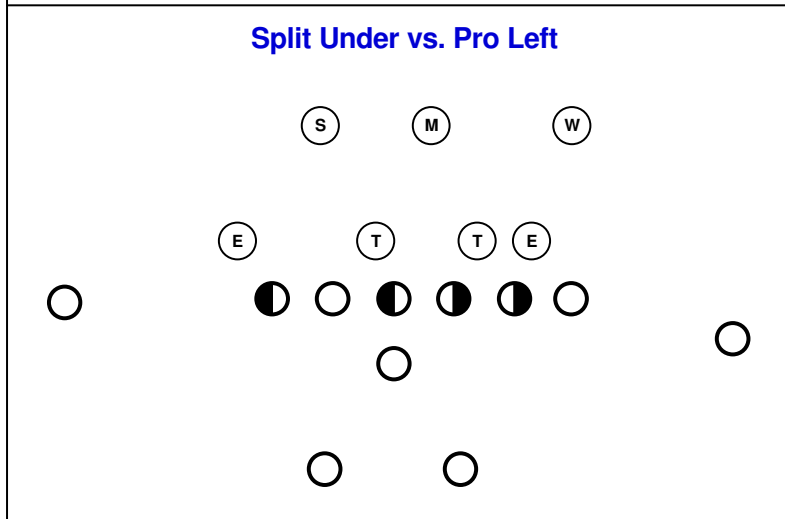
Tight Under vs. Twins Left Open



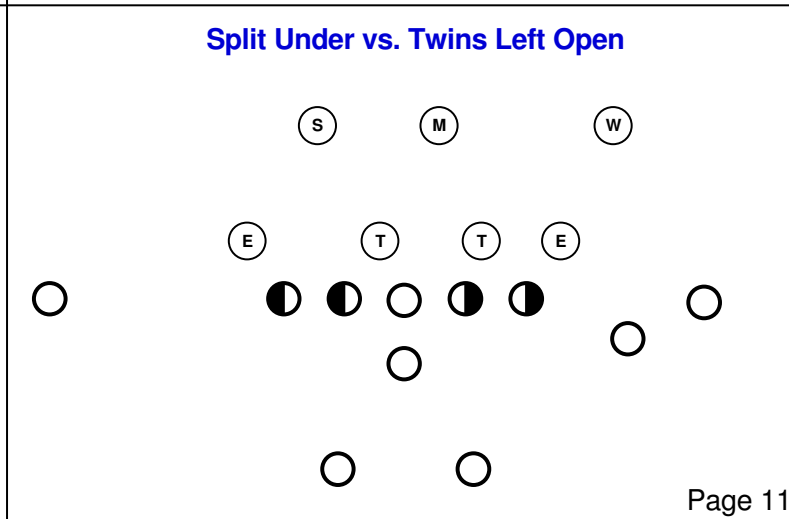
Tight Under vs. Tight Twins Left



Split Under vs. Pro Left

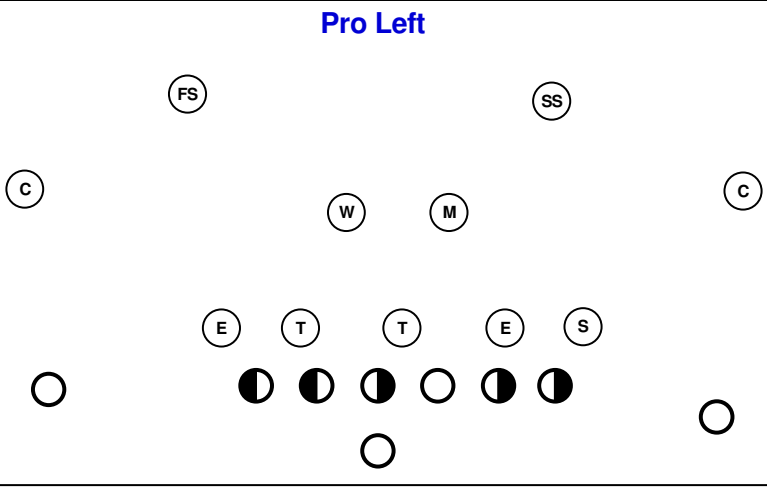


Split Under vs. Twins Left Open

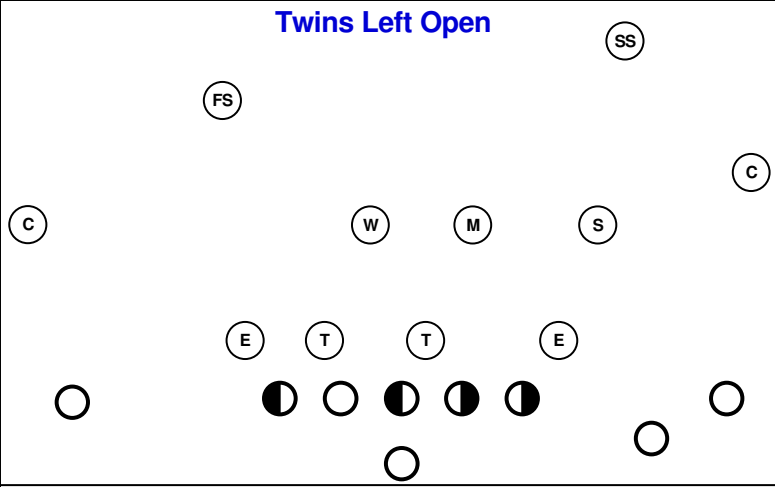


TIGHT UNDER vs. Formations

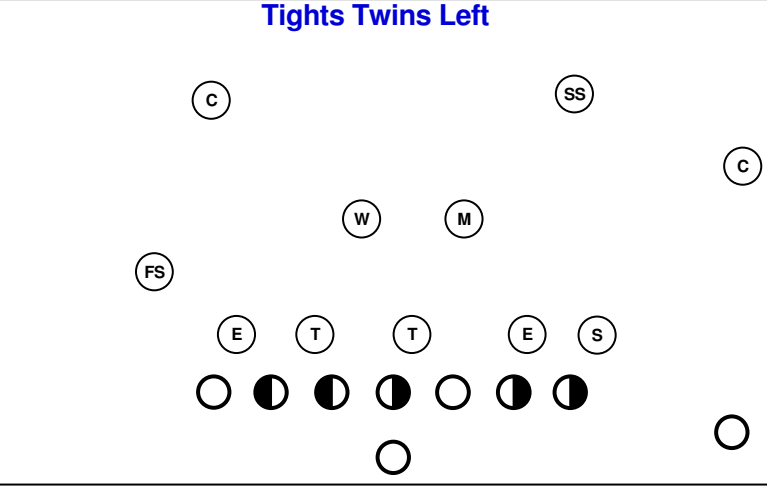
Pro Left



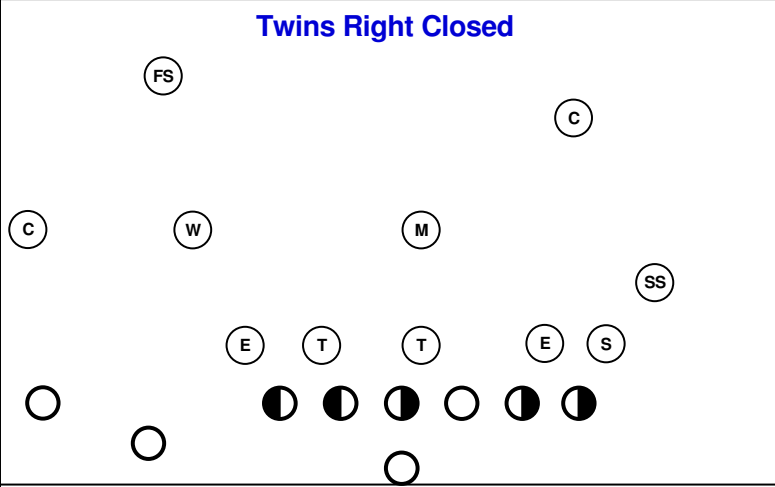
Twins Left Open



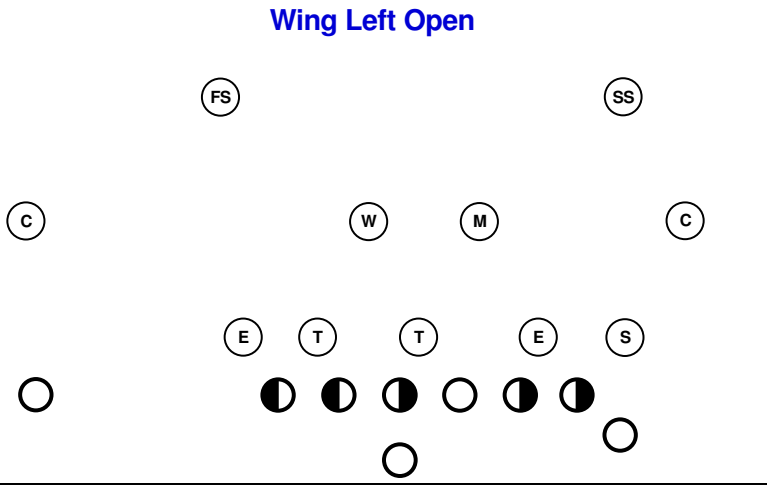
Tights Twins Left



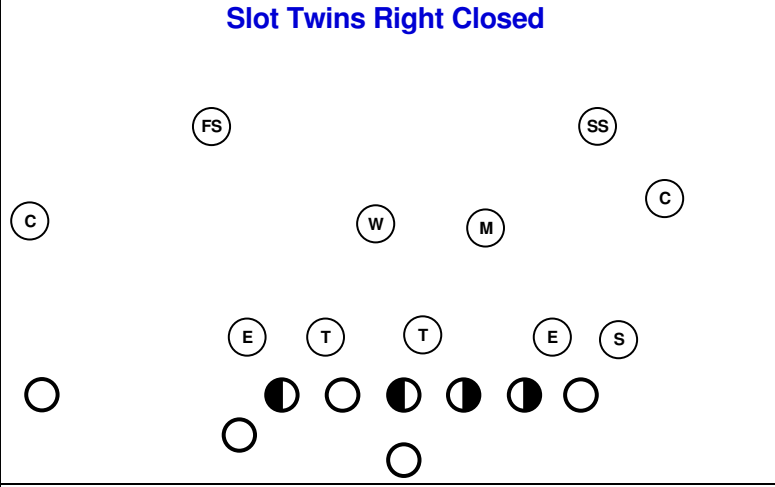
Twins Right Closed



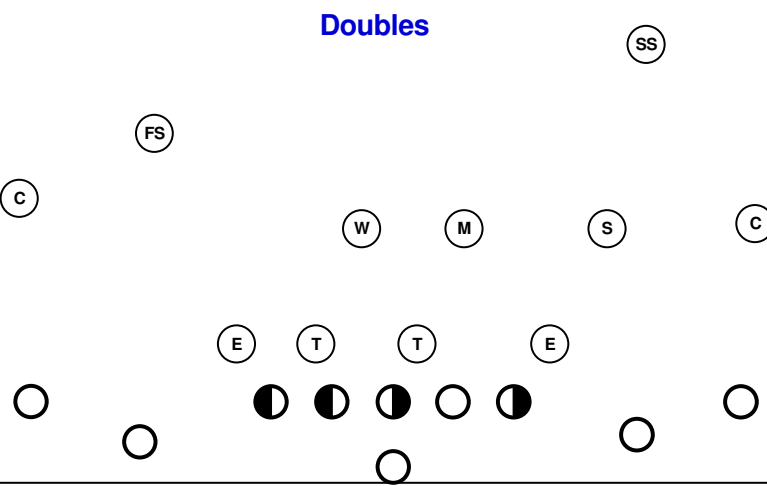
Wing Left Open



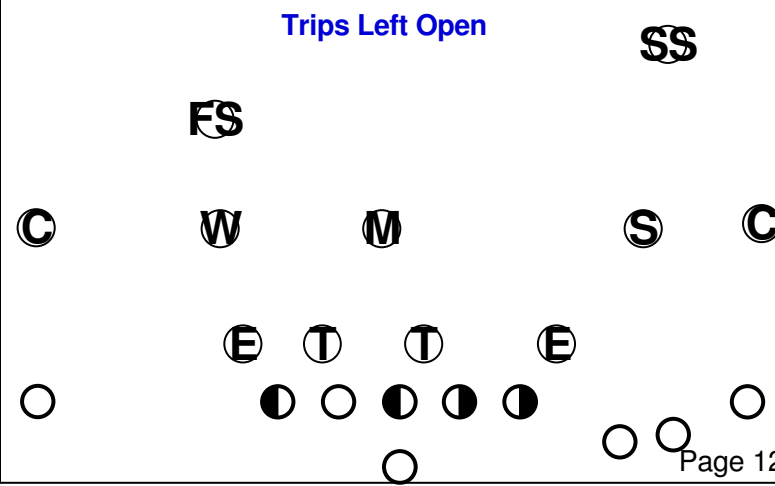
Slot Twins Right Closed



Doubles



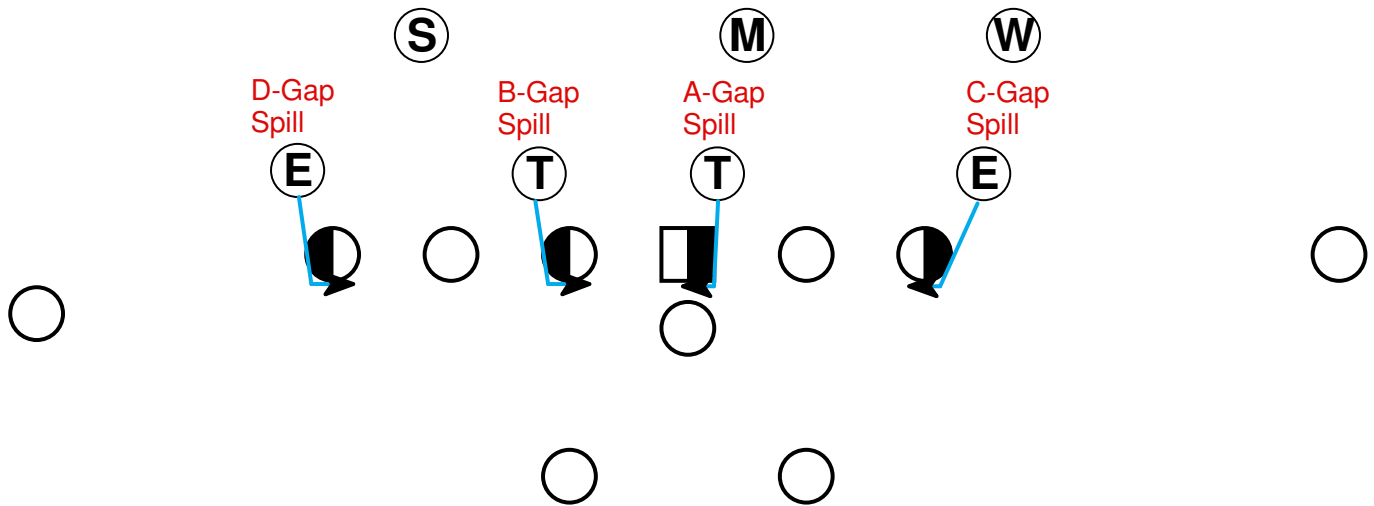
Trips Left Open



DEFENSIVE LINE PLAY

Defensive Line Base Play

Over Front



Alignment: Credit Card Alignment, outside shade

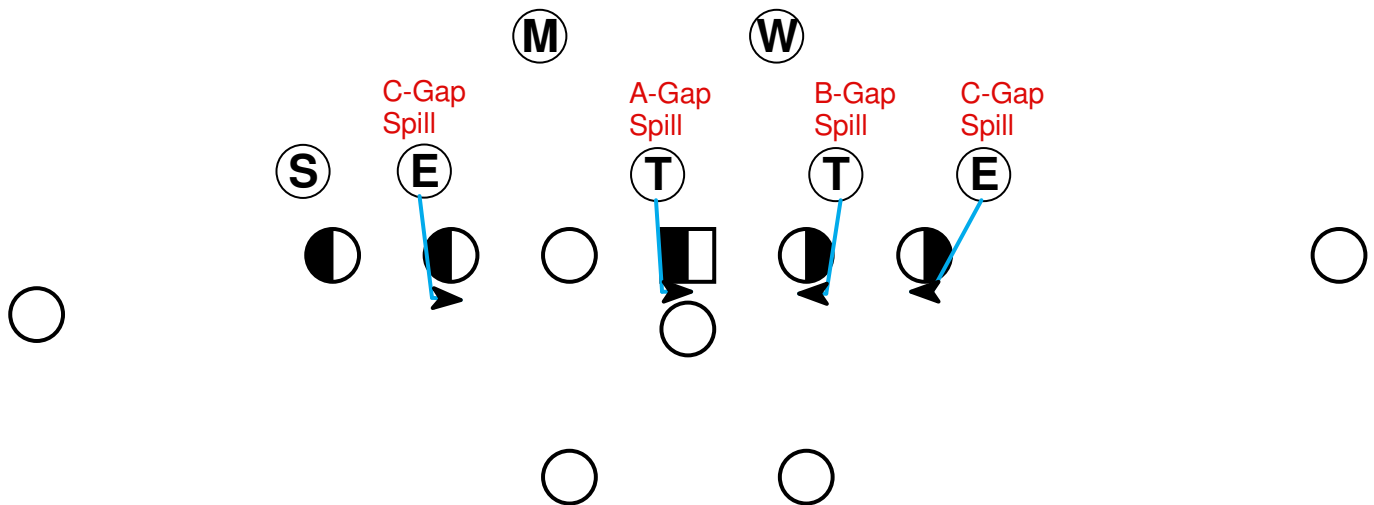
Get Off: Step with your hips and attack outside shoulder of Offensive Lineman

Escape: Post-Rip-Run on 3rd step

Bend: Identify backfield flow, and work down the line of scrimmage immediately. Spill any blockers that attack to you.

Chase: Run down the line of scrimmage to runs away from you, expecting the Box player to force the play back to you.

Under



Alignment: Credit Card Alignment, outside shade

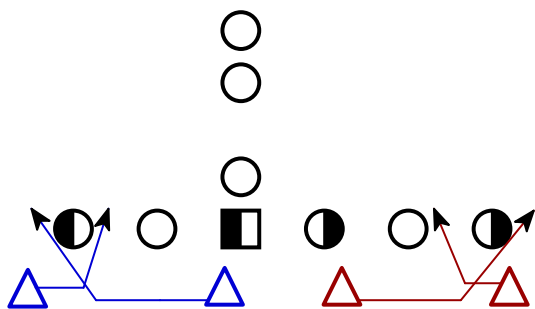
Get Off: Step with your hips and attack outside shoulder of Offensive Lineman

Escape: Post-Rip-Run on 3rd step

Bend: Identify backfield flow, and work down the line of scrimmage immediately. Spill any blockers that attack to you.

Chase: Run down the line of scrimmage to runs away from you, expecting the Box player to force the play back to you.

Defensive Line Stunts

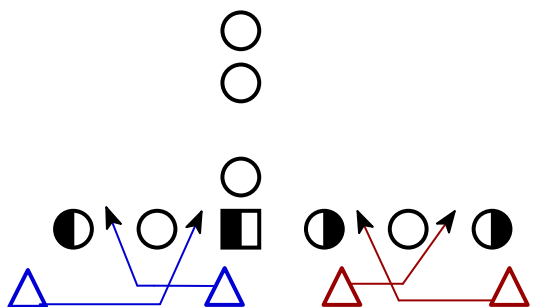


EAT: End and Tackle cross

End goes first, cuts inside to B-Gap (as in *Echo*).

Tackle second, takes lateral steps to cross behind End, squares shoulders back to line of scrimmage as End passes, attacks to LOS to spill C-Gap.

Can be run **Strong** or **Weak**.

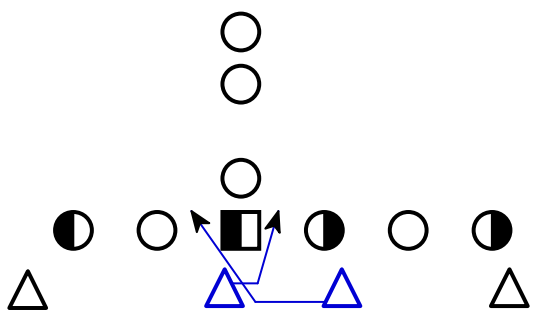


TEX: Tackle and End cross

Tackle goes first, cuts outside to B-Gap.

End comes second, takes lateral steps to cross behind Tackle, squares shoulders back to line of scrimmage as Tackle passes, attacks to LOS to spill A-Gap.

Can be run **Strong** or **Weak**.

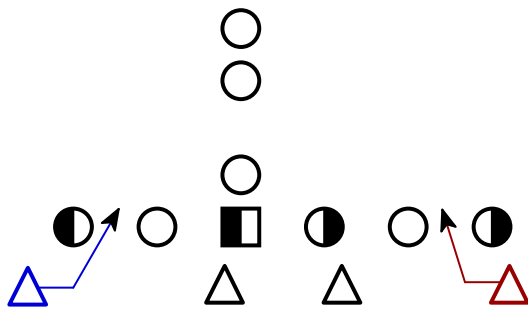


TATTOO: Tackles cross and take A-Gaps

A-Gap Tackle goes first, cuts across Center's face into opposite A-gap.

B-Gap Tackle goes second, takes lateral steps to cross behind Tackle, squares shoulders back to line of scrimmage as first Tackle passes, attacks LOS to spill opposite A-Gap.

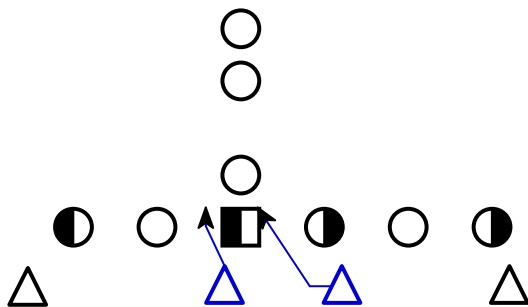
Defensive Line Stunts (cont.)



ECHO: End Cuts inside to B or C gap (depending on original alignment)

End makes cut inside to spill B-gap. Will is responsible for spill C-gap, Mike scrapes over top of End on Flood read.

Call made to **Strong** or **Weak** side

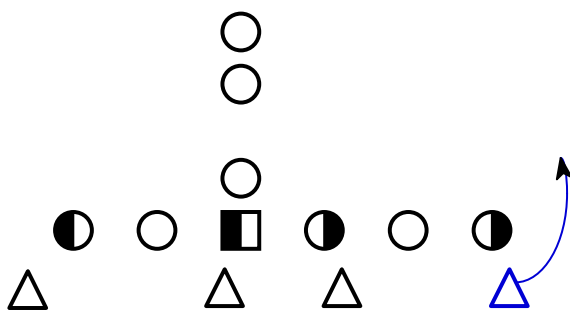


TAKE: Tackles in A-Gap

Both Tackles will stunt through A-Gap, B-Gap Tackle uses Cut steps.

A-Gap Tackle may loosen up to the middle of A-gap and shoot through.

Used to control both A-gaps. Mike must Spill B-Gap on Hard Flow.



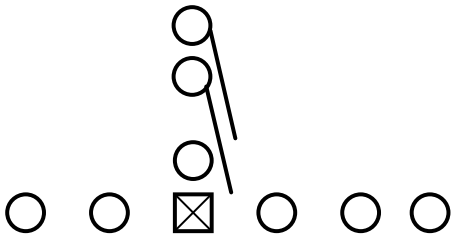
EL: End Loop outside and become box player.

Defensive End takes lateral step outside before working upfield.

Becomes Box player on run to his side. Attack everything with your inside arm on the outside of offensive players. *Keep outside arm and leg free.*

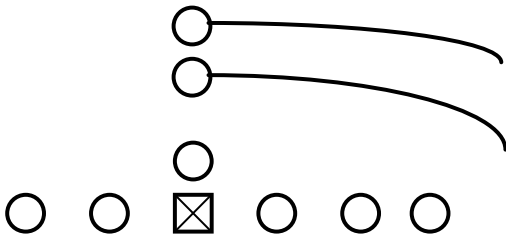
LINEBACKER PLAY

FLOW AND FLOOD READS



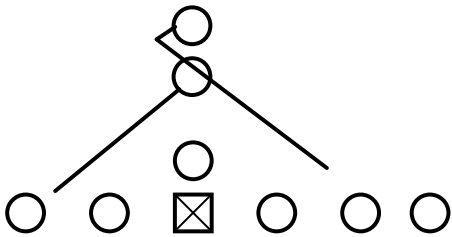
HARD FLOW: Both backs running downhill, inside of tackles to the strong side. Showing their jersey numbers, there is a possibility of cutback.

Footwork: Shuffle



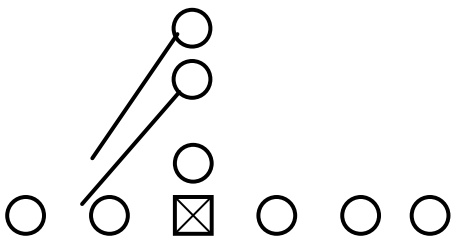
FAST FLOW: Both backs crossover-run to the strong side, outside. Jersey numbers are not showing, no threat of a cutback.

Footwork: Crossover-Run



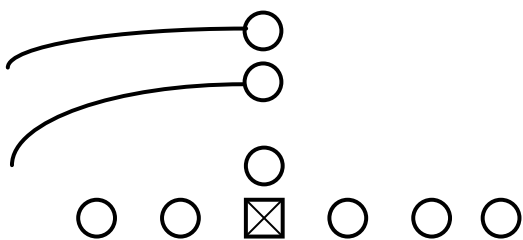
SPLIT FLOW: Fullback goes to the weak side and tailback attacking to strong side. Most common in counter plays, accompanied by linemen pulling in the direction of the play.

Footwork: Counter Steps



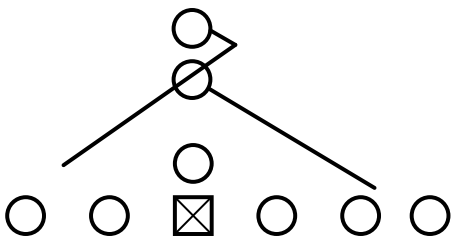
HARD FLOOD: Both backs running downhill, inside of tackles to the weak side. Showing their jersey numbers, there is a possibility of cutback.

Footwork: Shuffle



FAST FLOOD: Both backs crossover-run to the weak side, outside. Jersey numbers are not showing, no threat of a cutback.

Footwork: Crossover-Run

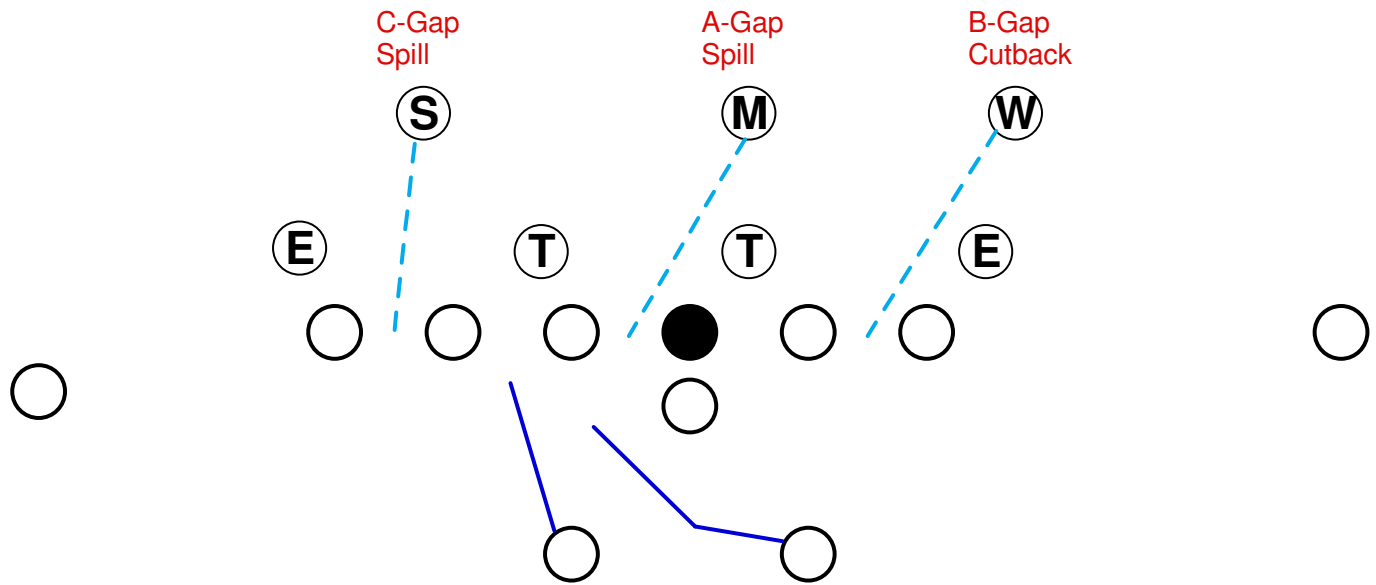


SPLIT FLOOD: Fullback goes to the strong side and tailback attacking to weak side. Most common in counter plays, accompanied by linemen pulling in the direction of the play.

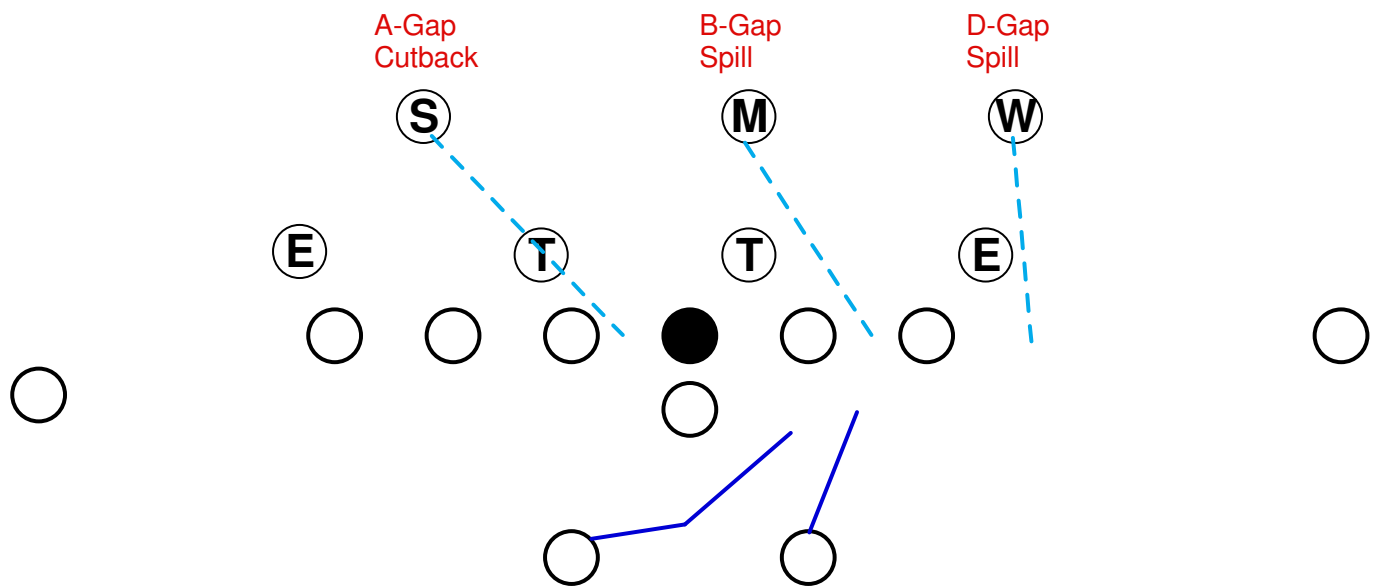
Footwork: Counter Steps

Linebacker Gap Responsibilities

Tight Over vs. Flow Read

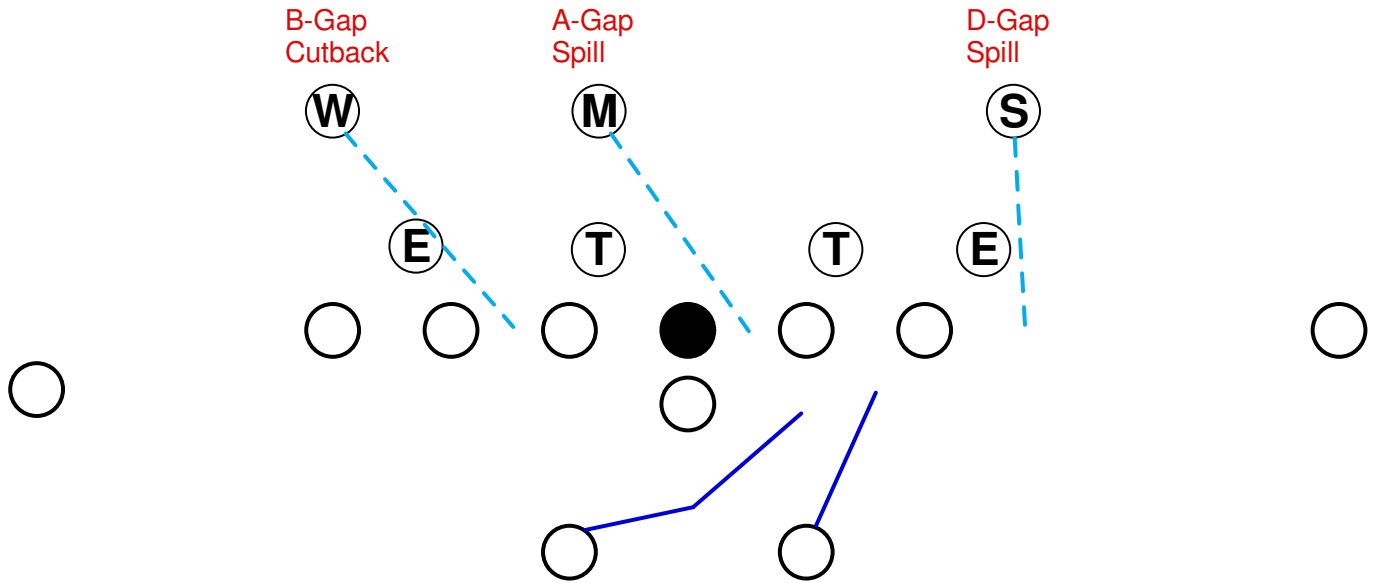


Tight Over vs. Flood Read

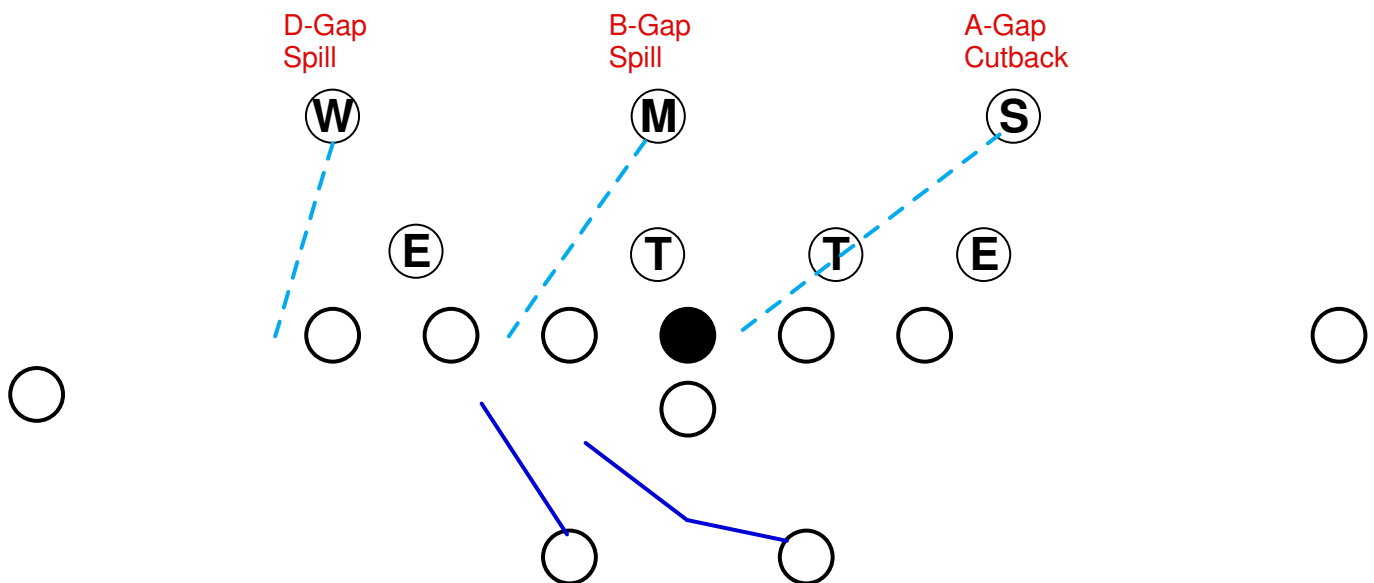


Linebacker Gap Responsibilities

Split Over vs. Flow Read

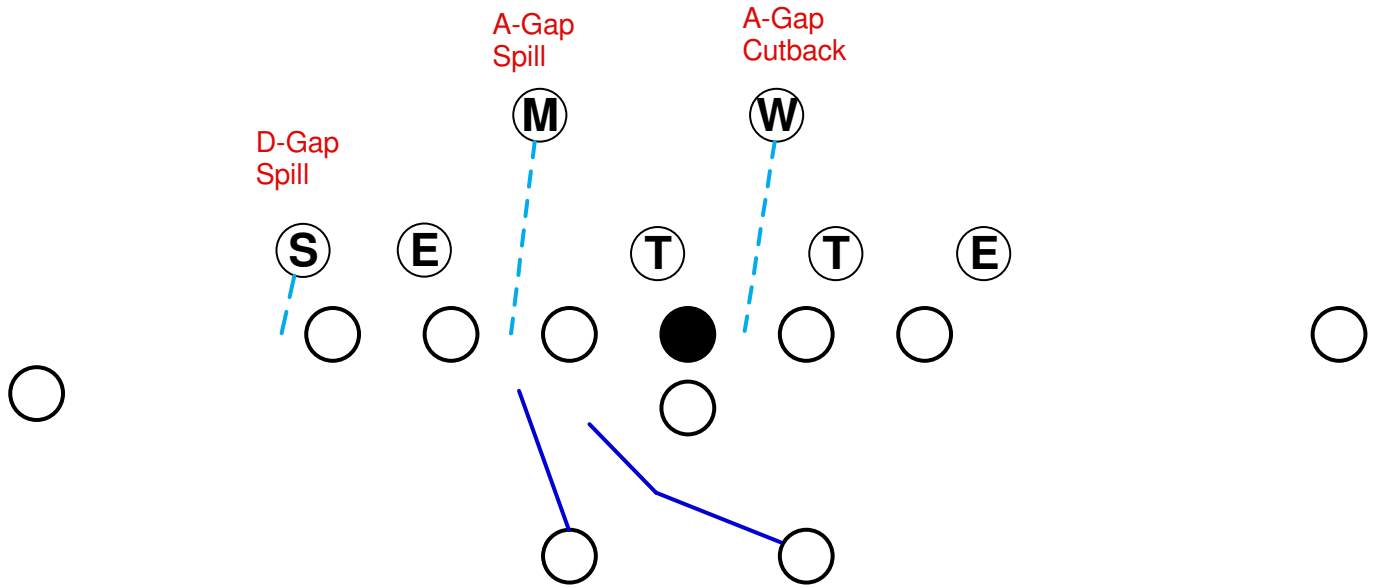


Split Over vs. Flood Read

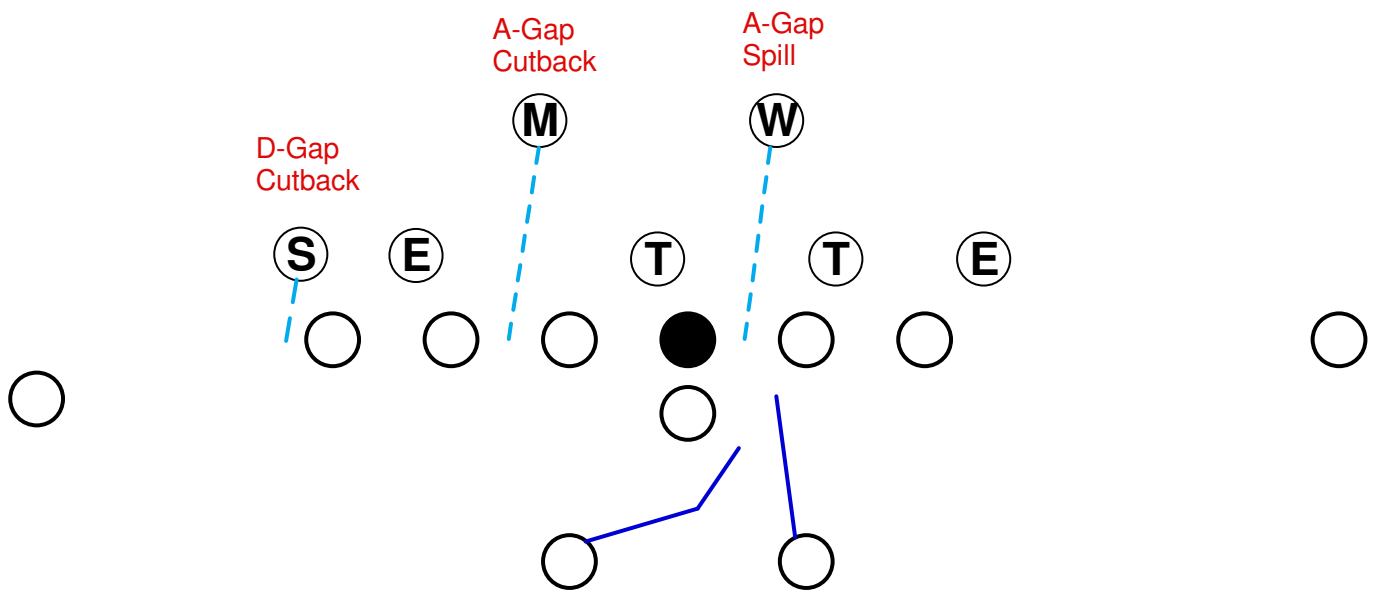


Linebacker Gap Responsibilities

Tight Under vs. Flow Read

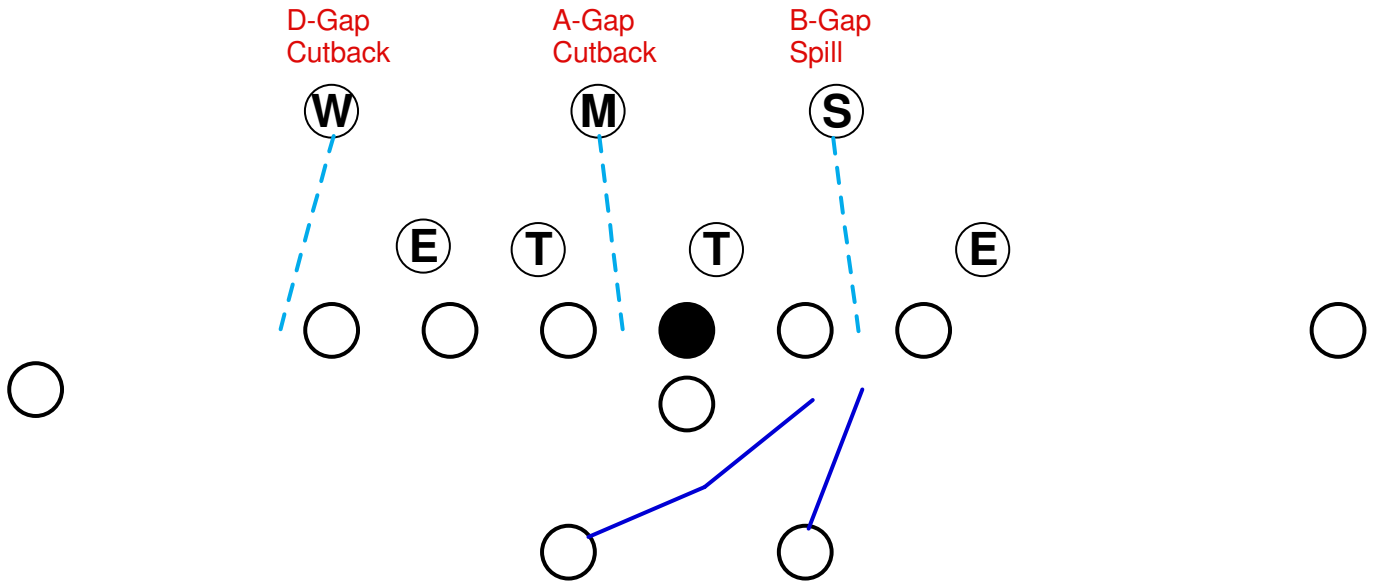


Tight Under vs. Flood Read

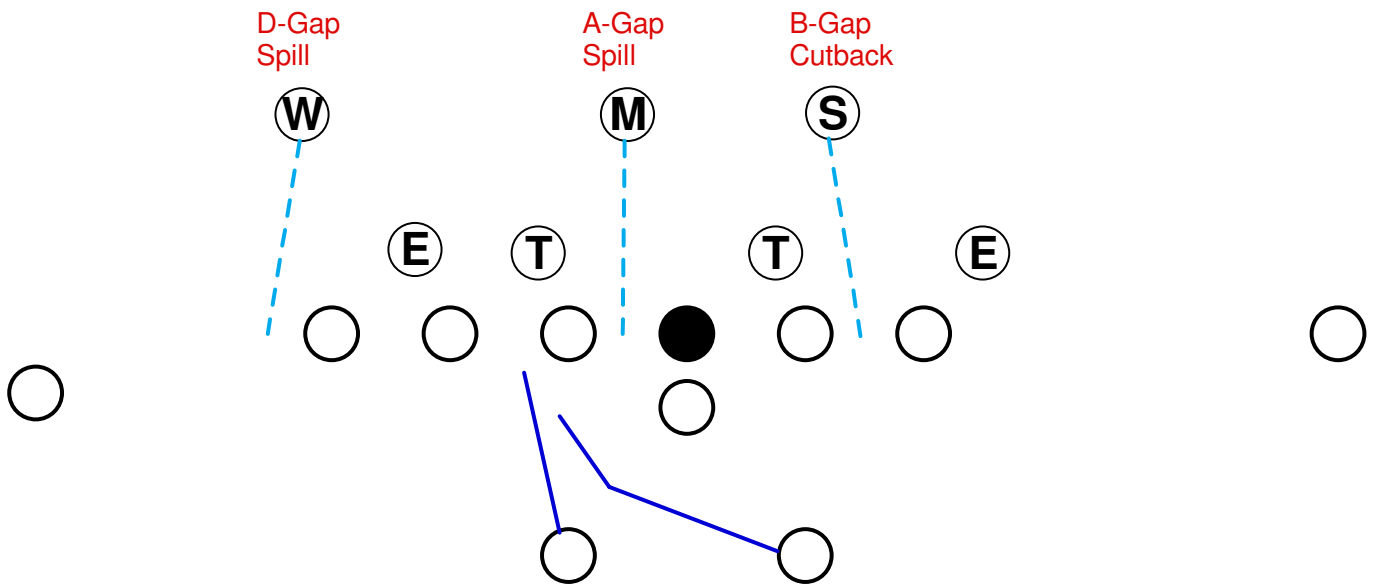


Linebacker Gap Responsibilities

Split Under vs. Flow Read

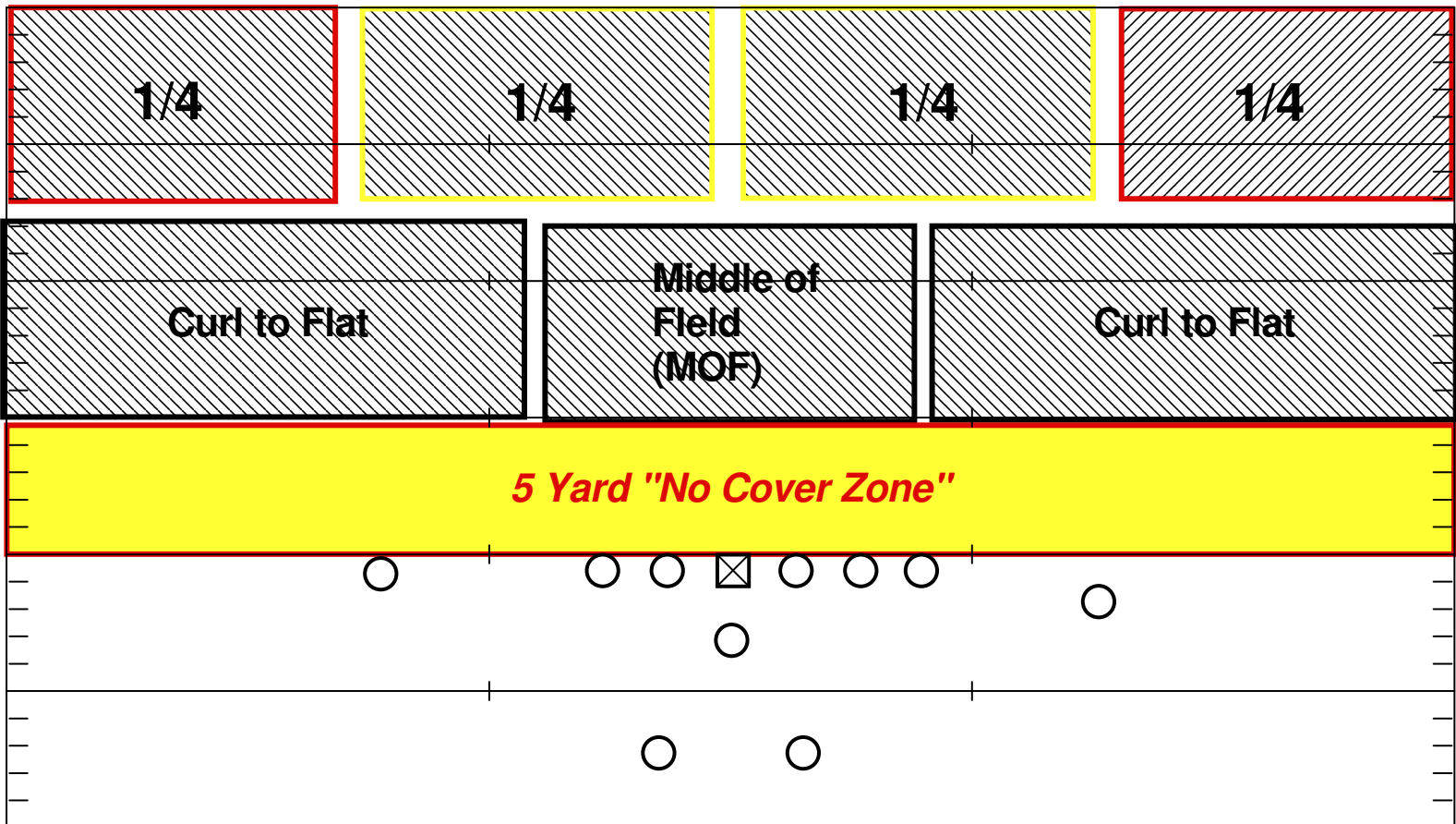


Split Under vs. Flood Read



COVERAGES

QUARTERS



Quarters refers to the deep coverage zones being divided into *four quarters*. We will use a variety of coverage *checks*, called by the safeties on the field, to cover these four quarters and the three underneath zones in the most effective ways.

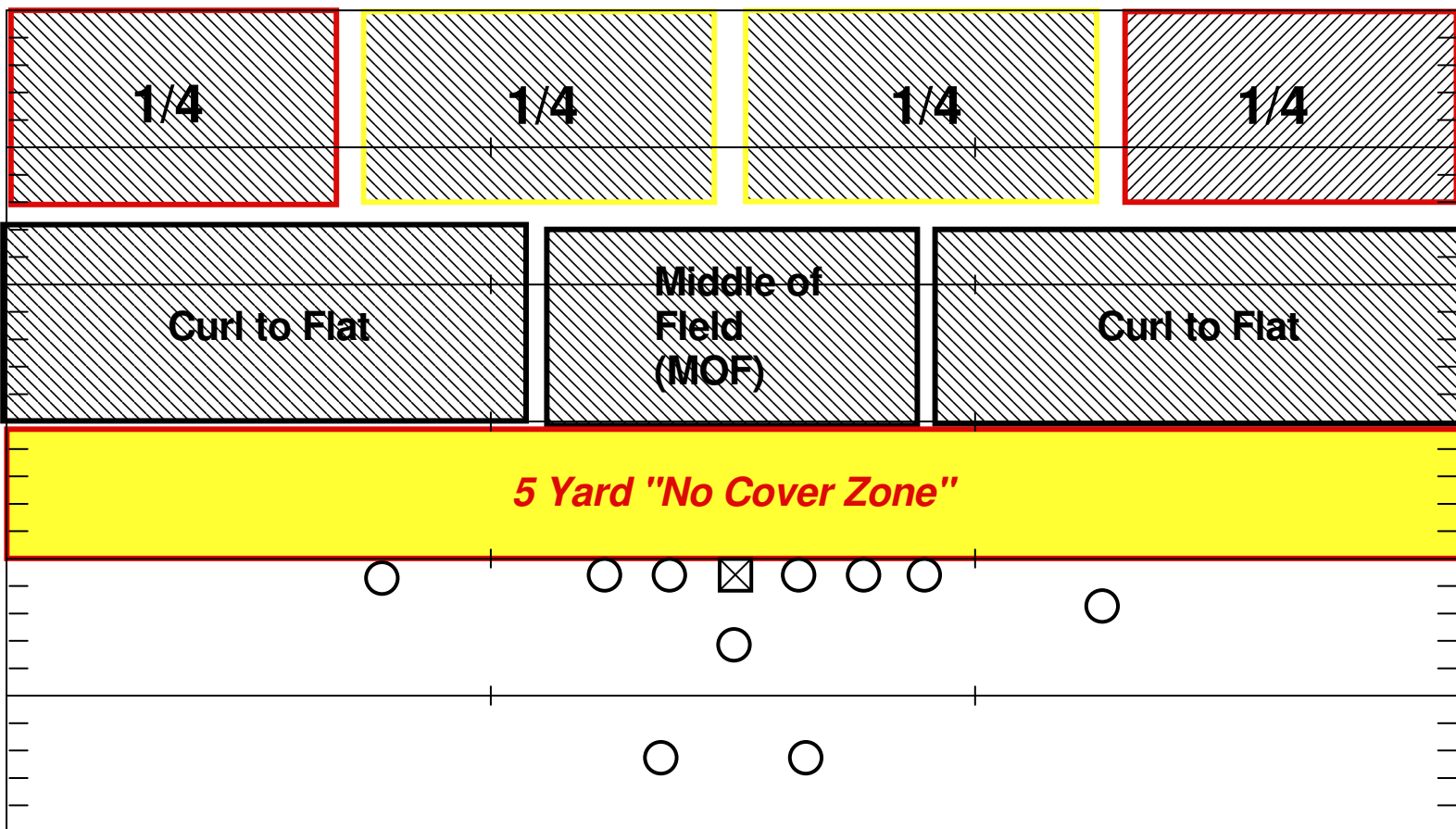
Making Decisions: Safeties will make checks based on general rules and game plan. General rules can be overruled by a game plan decision. While some checks are better than others depending on situation, *all checks are a form of Quarters and are effective against any offense!* Safeties should not be concerned about making the wrong check, but work to learn and understand how to make the *right* call.

Communicate: Calls affect the safety, corner, and outside backer to that side. It is very likely that the other side of the field is using a different check. We do this to put ourselves in the best situation and create confusion for the offense. The corner and OLB *will repeat the call* back to the Safety after he makes it.

Weakness: The weakness of the Quarters coverage is normally the flats. We are willing to give up short throws to the flats, *swarm* to the football and make good tackles. We will maintain a 5 yard "No Cover Zone" in Quarters.

"No Cover Zone": Do not chase receivers closer than 5 yards to the Line of Scrimmage. Stay back in your zone but be ready to break if the ball is thrown to a receiver behind the 5 yard "No Cover Zone."

QUARTERS CHECKS



'READ': Used with only *one or no receivers removed* to your side. Strong coverage vs. the run.

'ALERT': Used with *two or more removed receivers* to your side. Strong pass coverage, Safety must stay deeper than the deepest receiver.

'FLAT': Is a version of Alert used when the inside receiver is less than 7 yards from the EMOLS, threatening to run an immediate Flat route. Safety must stay deeper than the deepest receiver.

'CLOUD': Is used only when there is a Tight End and one receiver removed to the *boundary* side of the field. Only coverage in which Corner has primary run support as the Box player. Safety must stay deeper than the deepest receiver.

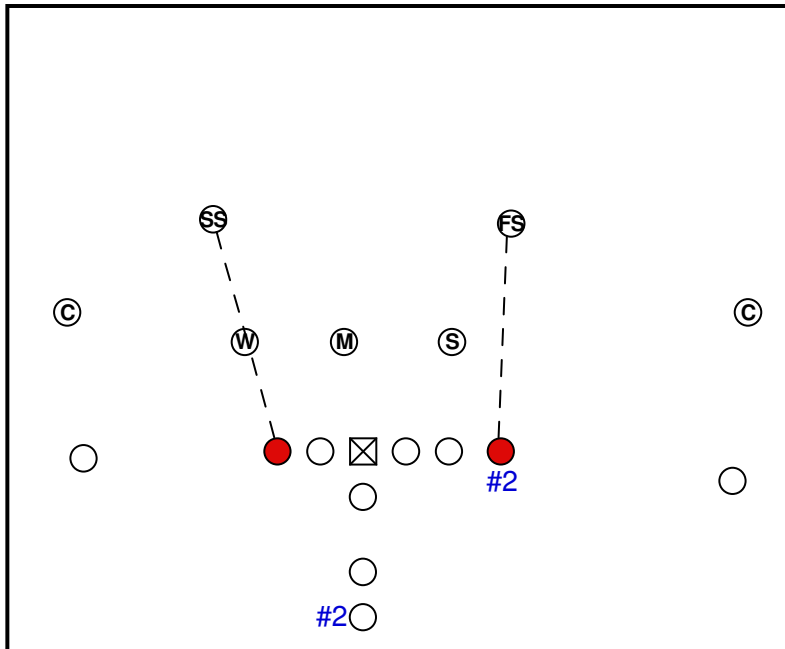
'CLUE': Is a version of Man-coverage based on the release of the #2 receiver. The Safety and Corner are responsible for two removed receivers on their own with no help from the Outside Backers. Used if the offense is only splitting receivers out to get linebackers out of the box for run game. Linebackers stay in the box and ignore removed receivers.

'SWAP': Used when there are no receivers removed and only a Tight End. Usually away from Twins or Trips. Strong Safety and Corner swap responsibility and play same coverage rules as 'CLOUD.' Helps get Safety more involved in run game.

'SURVIVOR': Used vs. Trips. Trips side safety must make "SURVIVOR" call to opposite safety. Backside Corner is on an *island* against the single receiver.

QUARTERS 'READ'

■ Initial Read



SAFETY

Alignment: 8-10 yards, outside shade of End Man on Line of Scrimmage or Inside Shade of removed #2 Receiver

Technique: Bounce and read End Man on Line of Scrimmage (Tackle or TE)

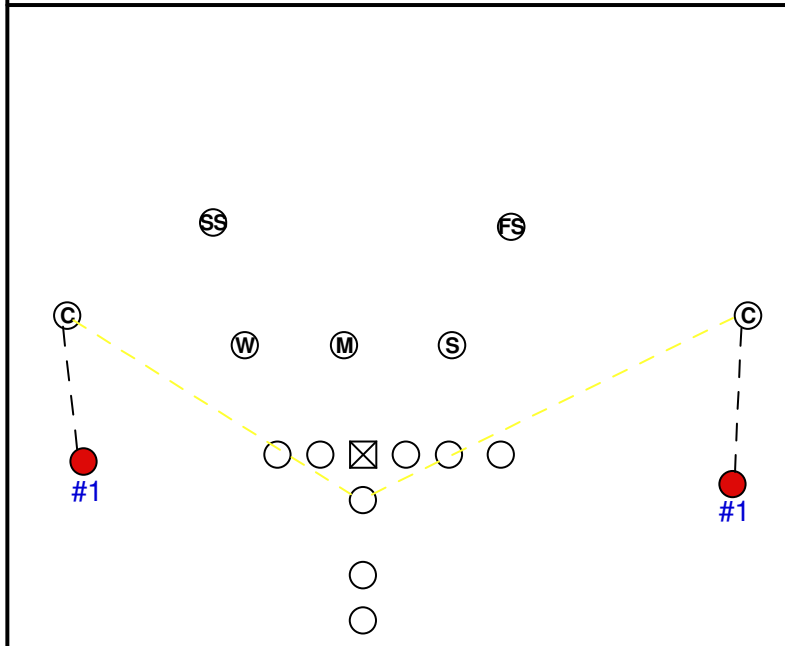
RUN: Attack to LOS, *Box player*, attack to outside shoulder of ball carrier and force back inside to help.

PASS: Read #2 Receiver.

#2 Receiver goes Out: Underneath of #1 Receiver

#2 Receiver goes In: Play your quarter, look to #1 receiver expecting Post route

#2 Receiver goes Vertical: Inside of #2 Receiver, man coverage on #2



CORNER

Alignment: 6-8 yards, outside shade of #1 Receiver

Technique: Open 3-Step Slide, read QB through 3-step drop, eyes to #1 receiver, stay over top of #1 receiver.

RUN: Secondary contain, primary pass player, be sure of run before leaving #1. Fight through blocks and take everything on with inside shoulder. *Nothing can get outside of you!*

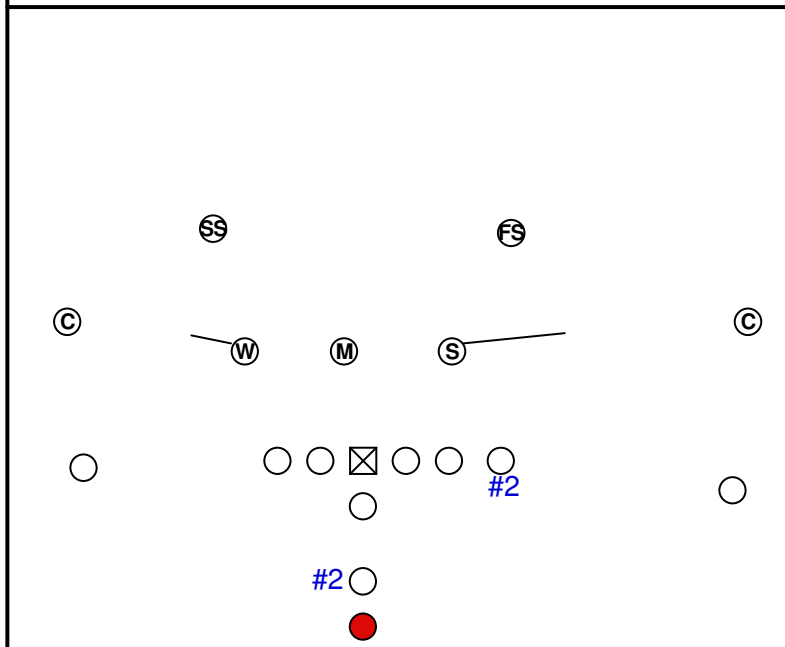
PASS: Read #1 Receiver.

#1 Receiver goes Out: Stay over top of #1 Receiver

#1 Receiver goes In: Stay over top of #1 Receiver

#1 Receiver goes In shallow: Play your quarter, eyes to #2 receiver

#1 Receiver goes Vertical: Stay over top of #1 Receiver



OUTSIDE BACKERS

Alignment: Depends on called Front

Technique: Read tailback. Step to backfield action first, play run first.

RUN: Spill on run to, cutback on run away.

PASS: Open hips and drop with eyes on #2 receiver. Must get outside of #2 receiver on drop.

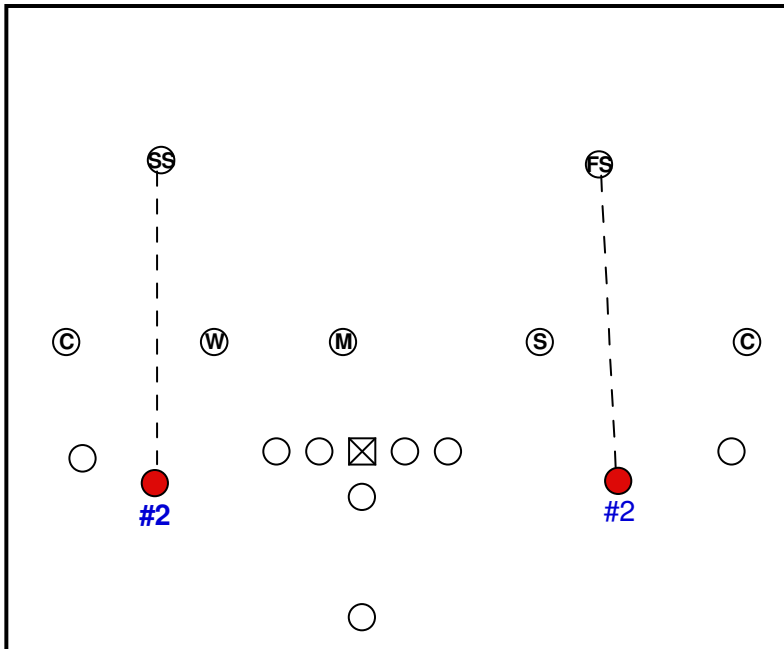
#2 Receiver goes Out: Run with #2 to flats, if he turns upfield (Wheel), run with in trail technique.

#2 Receiver goes in: Check for #3 receiver out of backfield or #1 receiver coming in.

#2 Receiver goes vertical: Carry to 10 yards, looking for #3 receiver out of backfield or #1 receiver coming in.

QUARTERS 'ALERT'

■ Initial Read



SAFETY

Alignment: 12-14 yards, inside shade of #2 receiver.

Technique: Slow backpedal reading QB for run/pass read.

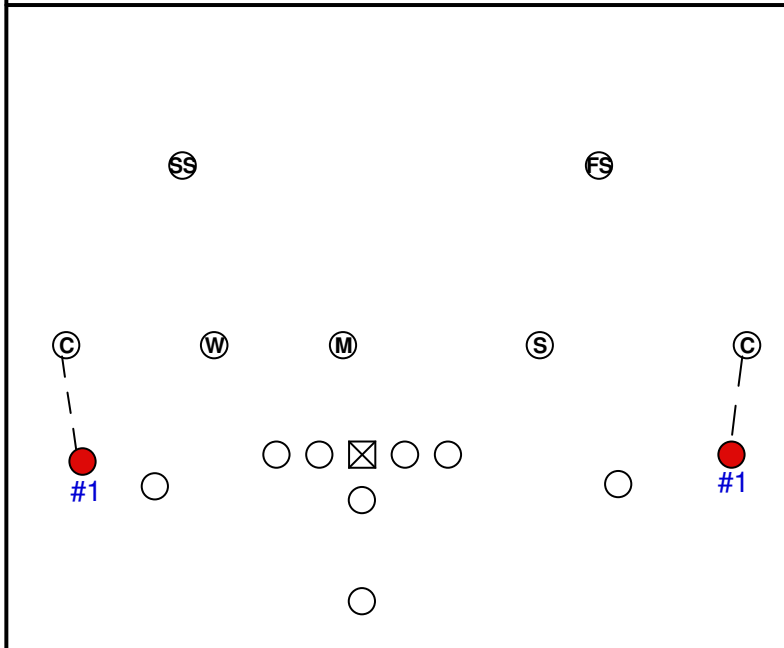
RUN: Be sure of run, you are a pass-first player. Attack to LOS, *alley player*, fit between OLB and End.

PASS: Eyes to #2 receiver.

#2 Receiver goes Out: Widen until #1 receiver crosses vertical line, stay over top of deepest receiver.

#2 Receiver goes In: Eyes to #1 receiver, stay over top of deepest receiver.

#2 Receiver goes vertical: Stay over top of #2 receiver.



CORNER

Alignment: 5-7 yards, outside shade of #1 Receiver

Technique: Open 3-Step Slide, read QB through 3-step drop, eyes to #1 receiver, stay over top of #1 receiver.

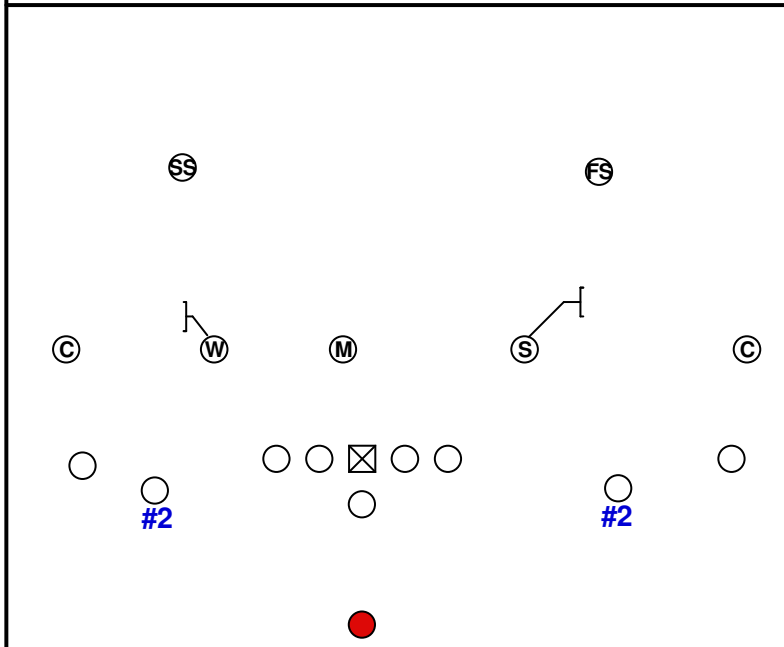
RUN: Secondary contain, primary pass player, be sure of run before leaving #1. Fight through blocks and take everything on with inside shoulder. *Nothing can get outside of you!*

PASS:

#1 Receiver goes Out: Open hips to receiver and settle to 10 yards, stay over top of #1.

#1 Receiver goes In: Stay over top of #1 Receiver until #2 receiver crosses your vertical line.

#1 Receiver goes Vertical: Stay over top of #1 Receiver



OUTSIDE BACKERS

Alignment: 5 yds, split the difference between #2 receiver and EMOLS.

Technique: Read tailback. Step to backfield action first, play run first.

RUN: Box player on run to, normal cutback on run away.

PASS: Open hips and drop with eyes on #2 receiver. Wall any receiver attempting to come inside.

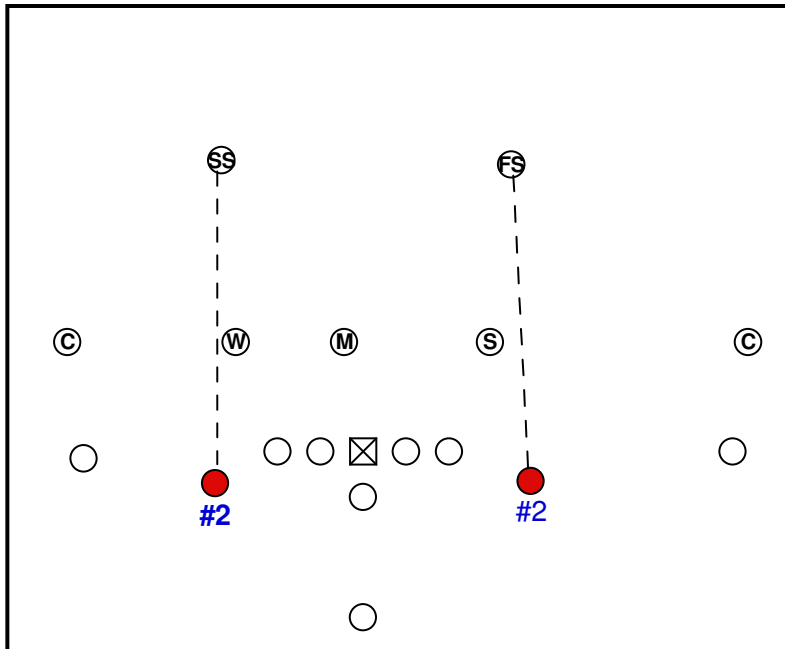
#2 Receiver goes Out: Widen with #2, expecting to wall #1 receiver coming in.

#2 Receiver goes in: Wall #2 to the hash, check for #3 coming out to flats.

#2 Receiver goes vertical: Carry to 10 yards, looking for #3 receiver out of backfield or #1 receiver coming in.

QUARTERS 'FLAT'

■ Initial Read



SAFETY

Alignment: 12-14 yards, inside shade of #2 receiver.

Technique: Slow backpedal reading QB for run/pass read.

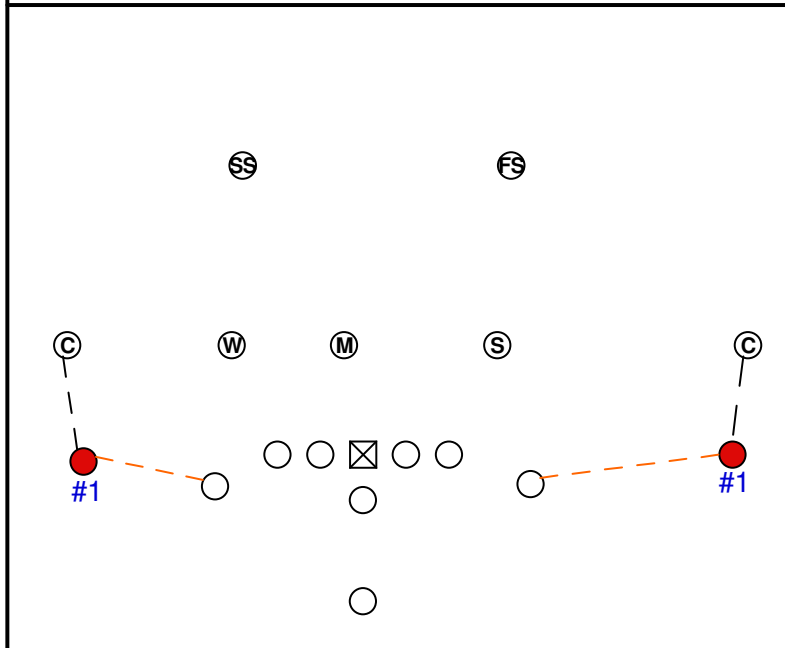
RUN: Be sure of run, you are a pass-first player. Attack to LOS, *alley player*, fit between OLB and End.

PASS: Eyes to #2 receiver.

#2 Receiver goes Out: Immediately over top of #1 receiver, Corner takes #2 receiver.

#2 Receiver goes In: Eyes to #1 receiver, stay over top of deepest receiver.

#2 Receiver goes vertical: Stay over top of #2 receiver.



CORNER

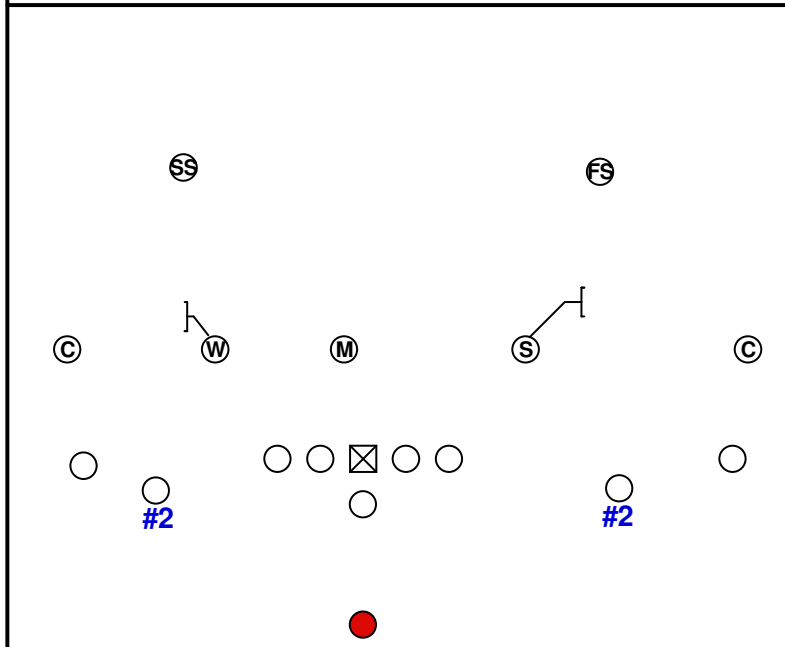
Alignment: 5-7 yards, outside shade of #1 Receiver

Technique: Open 3-Step Slide, read QB through 3-step drop, eyes to #2 receiver through #1.

RUN: Secondary contain, primary pass player, be sure of run before leaving #1. Fight through blocks and take everything on with inside shoulder. *Nothing can get outside of you!*

PASS: Same as ALERT! except:

If #2 Receiver goes Out: Immediately leave #1 receiver and take direct line to #2 receiver.



OUTSIDE BACKERS

Alignment: 5 yds, split the difference between #2 receiver and EMOLS.

Technique: Read tailback. Step to backfield action first, play run first.

RUN: *Box player* on run to, normal cutback on run away.

PASS: Open hips and drop with eyes on #2 receiver. Wall any receiver attempting to come inside.

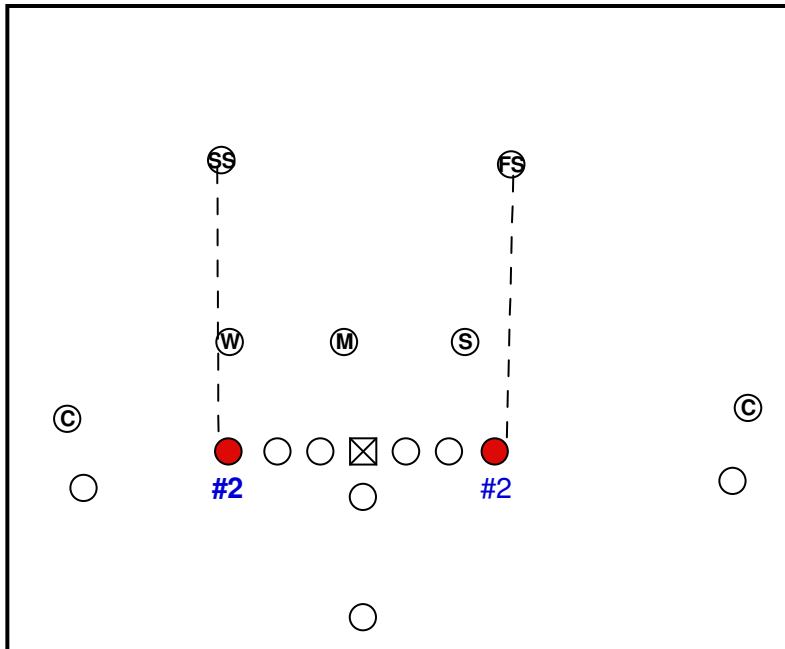
#2 Receiver goes Out: Widen with #2, expecting to wall #1 receiver coming in.

#2 Receiver goes in: Wall #2 to the hash, check for #3 coming out to flats.

#2 Receiver goes vertical: Carry to 10 yards, looking for #3 receiver out of backfield or #1 receiver coming in.

QUARTERS 'CLOUD'

■ Initial Read



SAFETY

Alignment: 12-14 yards, outside shade of #2 receiver.

Technique: Slow backpedal reading QB for run/pass read.

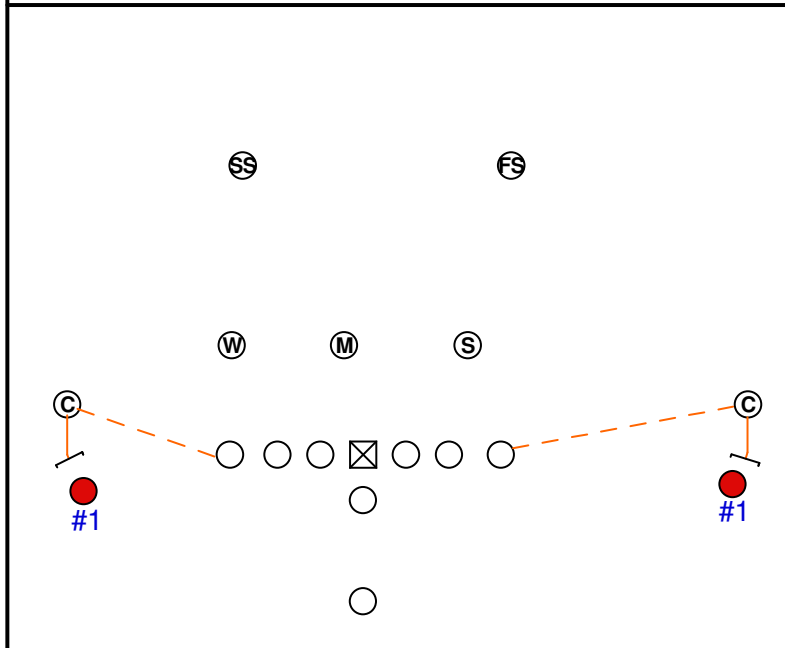
RUN: Be sure of run, you are a pass-first player. Attack to LOS, *alley player*, fit between Corner and OLB.

PASS: Read #2 receiver to #1 receiver.

#2 Receiver goes Out: Immediately over top of #1 receiver.

#2 Receiver goes In: Eyes to #1 receiver, stay over top of deepest receiver.

#2 Receiver goes vertical: Stay over top of #2 receiver, expand vision to #1. If #1 goes vertical, stay between #1 and #2 receivers.



CORNER

Alignment: Press, outside shade of #1 Receiver

Technique: Force #1 receiver inside with eyes on #2 receiver for Pass/Run read.

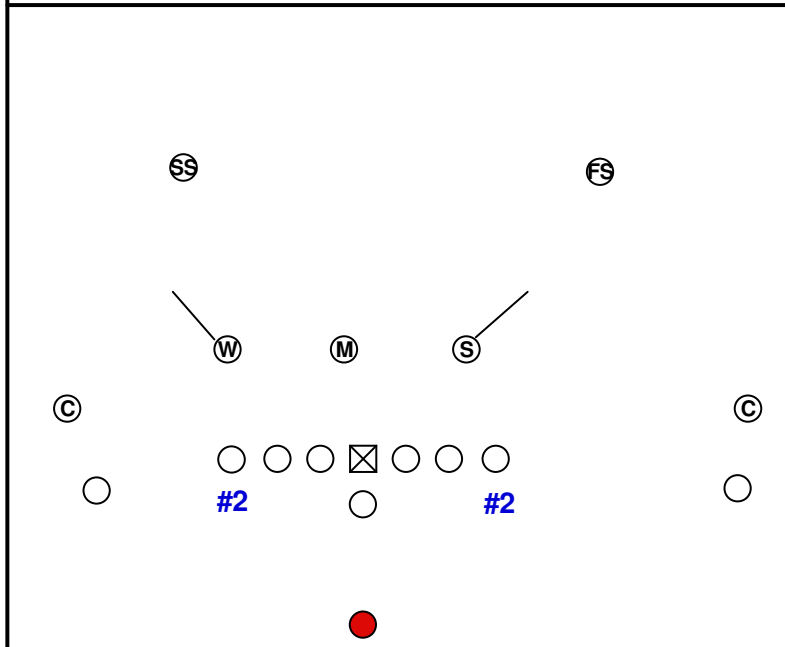
RUN: *Box player*, take everything on with inside shoulder and force ball inside or force to bounce outside.

PASS: Feel #1 with hands as eyes key #2.

If #1 Receiver goes Out: Do not allow outside release. If #1 gets quick release to outside, man turn and run with him.

If #1 Receiver goes In: Squeeze #1 inside and stay over top until #2 crosses vertical line.

If #1 Receiver goes vertical: Squeeze #1 inside and carry to 10 yards or until #2 receiver crosses vertical line.



OUTSIDE BACKERS

Alignment: Depends on called front.

Technique: Read tailback. Step to backfield action first, play run first.

RUN: *Spill player* on run to, *cutback* on run away.

PASS: Open hips and drop with eyes on #2 receiver. Wall any receiver attempting to come inside.

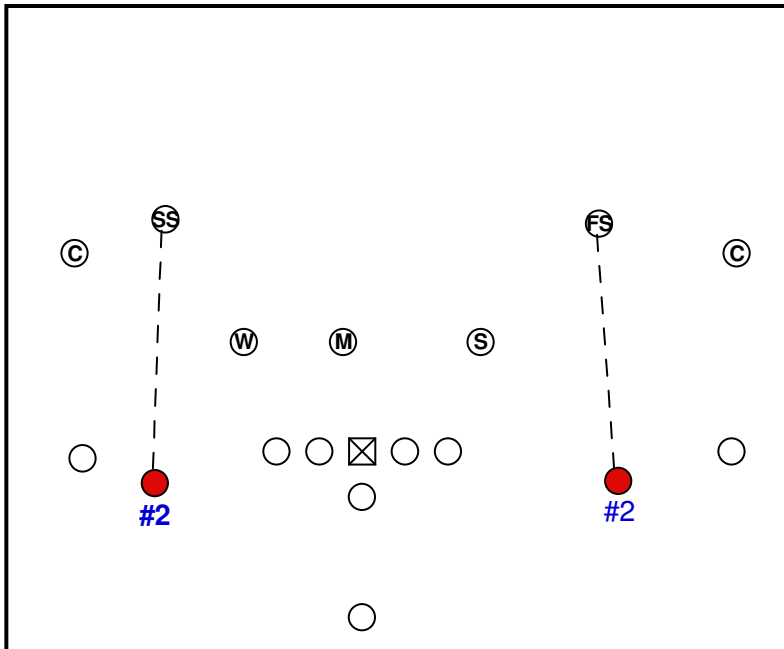
#2 Receiver goes Out: Widen with #2, expecting to wall #1 receiver coming in.

#2 Receiver goes in: Wall #2 to the hash, check for #3 coming out to flats or get underneath #1.

#2 Receiver goes vertical: Carry to 10 yards, looking for #3 receiver out of backfield or #1 receiver coming in.

QUARTERS 'CLUE'

■ Initial Read



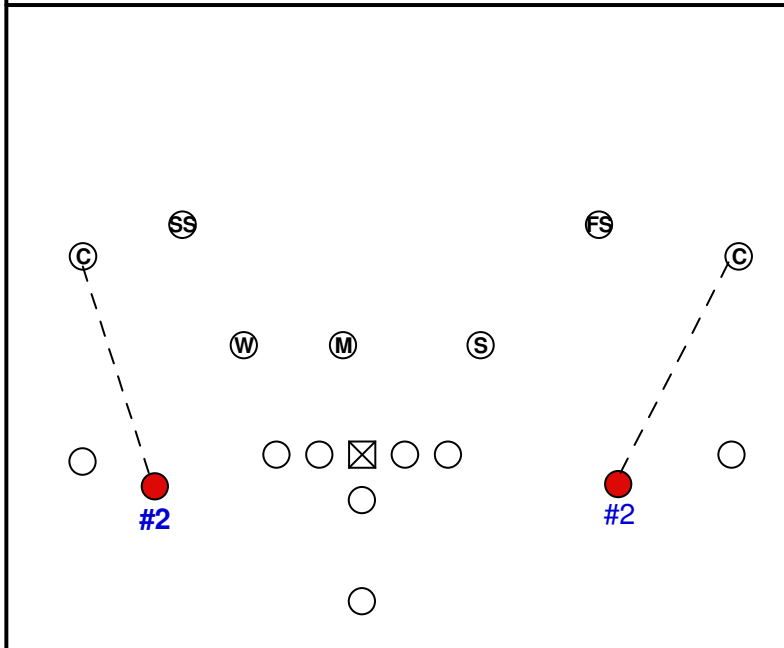
SAFETY

Alignment: 8-10 yards, inside shade of #2 receiver.

Technique: Slow backpedal reading #2 receiver.

RUN: Be sure of run, you are a pass-first player. Attack to LOS, *alley player*, fit between OLB and End.

PASS: Read release of #2 receiver.
#2 Receiver goes Out: Eyes to #1 receiver, if coming in or going vertical take him immediately.
#2 Receiver goes In: Man on #2 Receiver
#2 Receiver goes vertical: Stay over top of #2 receiver.



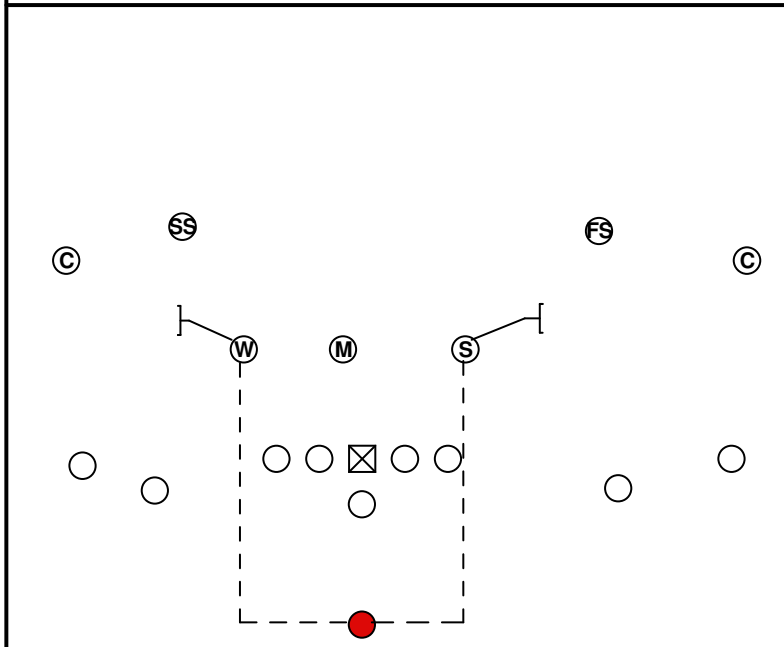
CORNER

Alignment: 6-8 yards, outside shade of #1 Receiver

Technique: Slow backpedal reading #2 Receiver

RUN: Secondary contain, primary pass player, be sure of run before leaving receivers.

PASS: Read release of #2 receiver.
#2 Receiver goes Out: Expect to be man on #2 receiver as he crosses route of #1.
#2 Receiver goes In: Stay over top of #1 Receiver.
#2 Receiver goes Vertical: Stay over top of #1 Receiver.



OUTSIDE BACKERS

Alignment: Depends on called front.

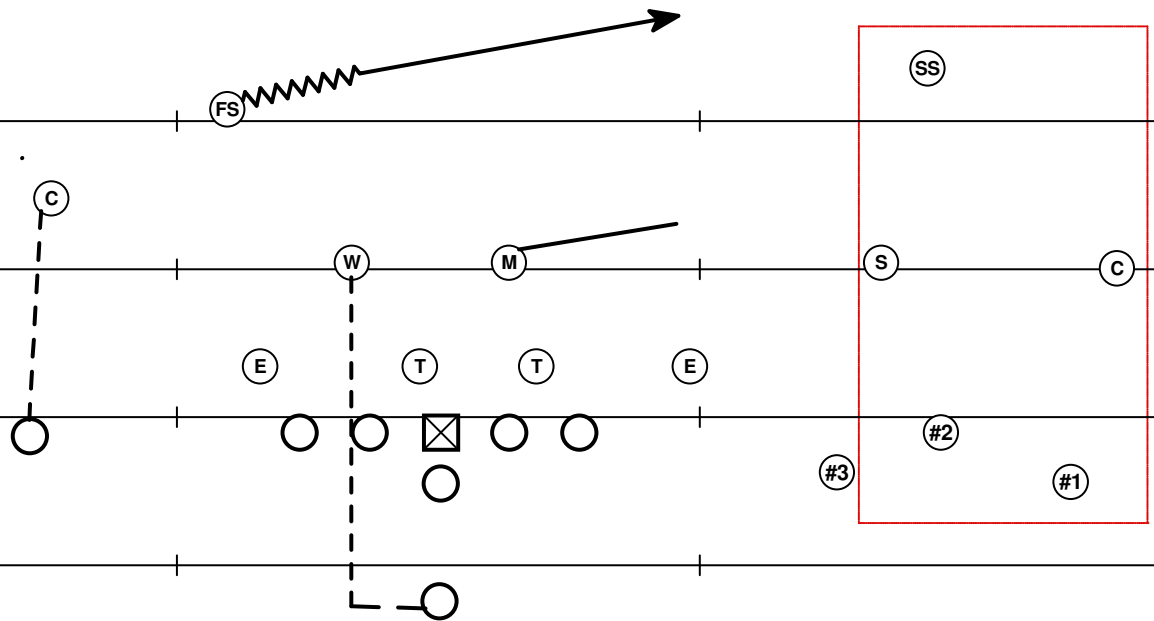
Technique: Read tailback. Step to backfield action first, play run first.

RUN: *Box player* on run to, normal cutback on run away.

PASS: Eyes on #3 receiver first, if he releases to your side play man on #3 receiver.
If #3 does not release: Drop with eyes outside, look to wall and receiver coming inside.

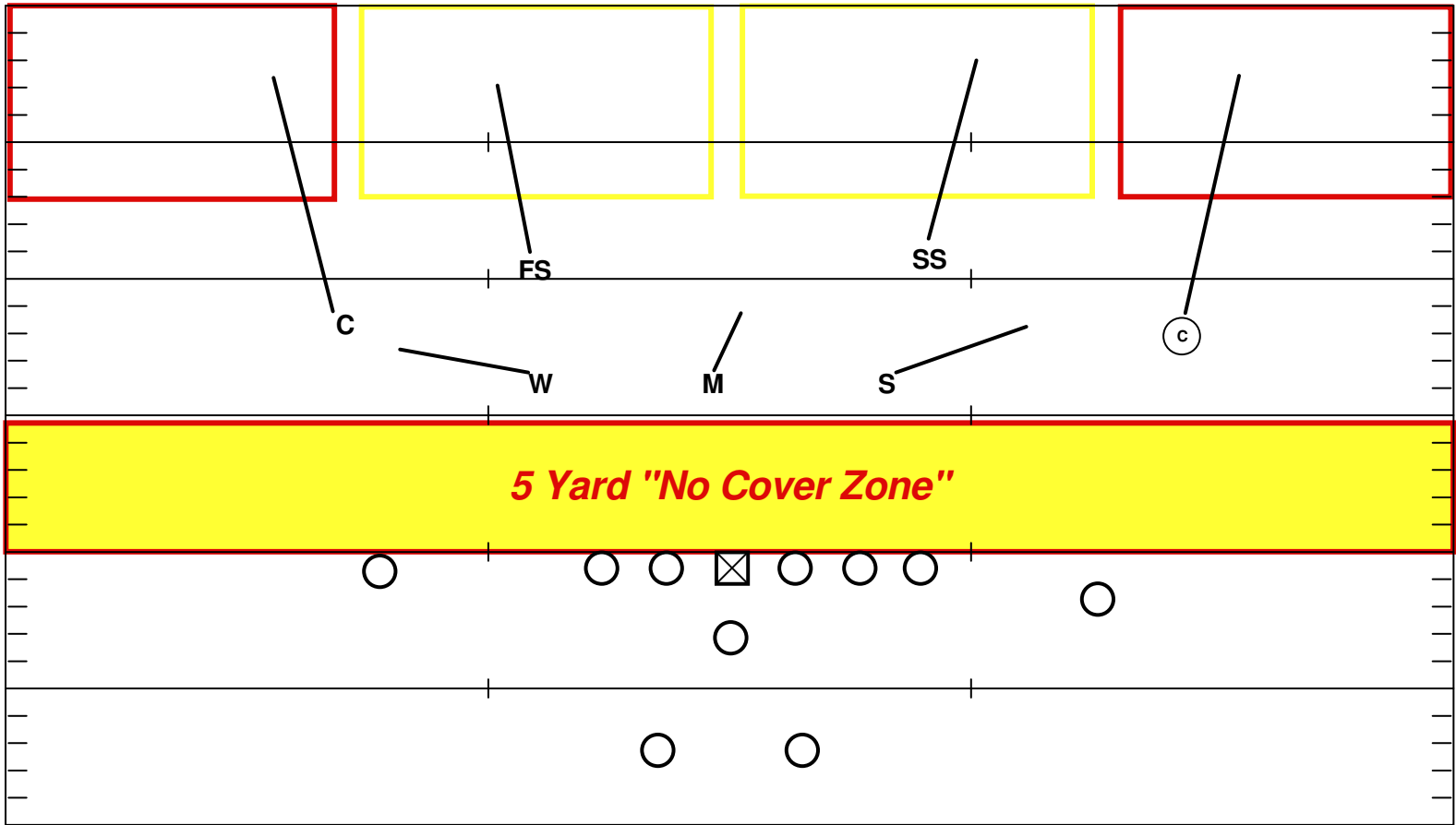
QUARTERS 'SURVIVOR'

Quarters 'SURVIVOR' vs. Trips Open



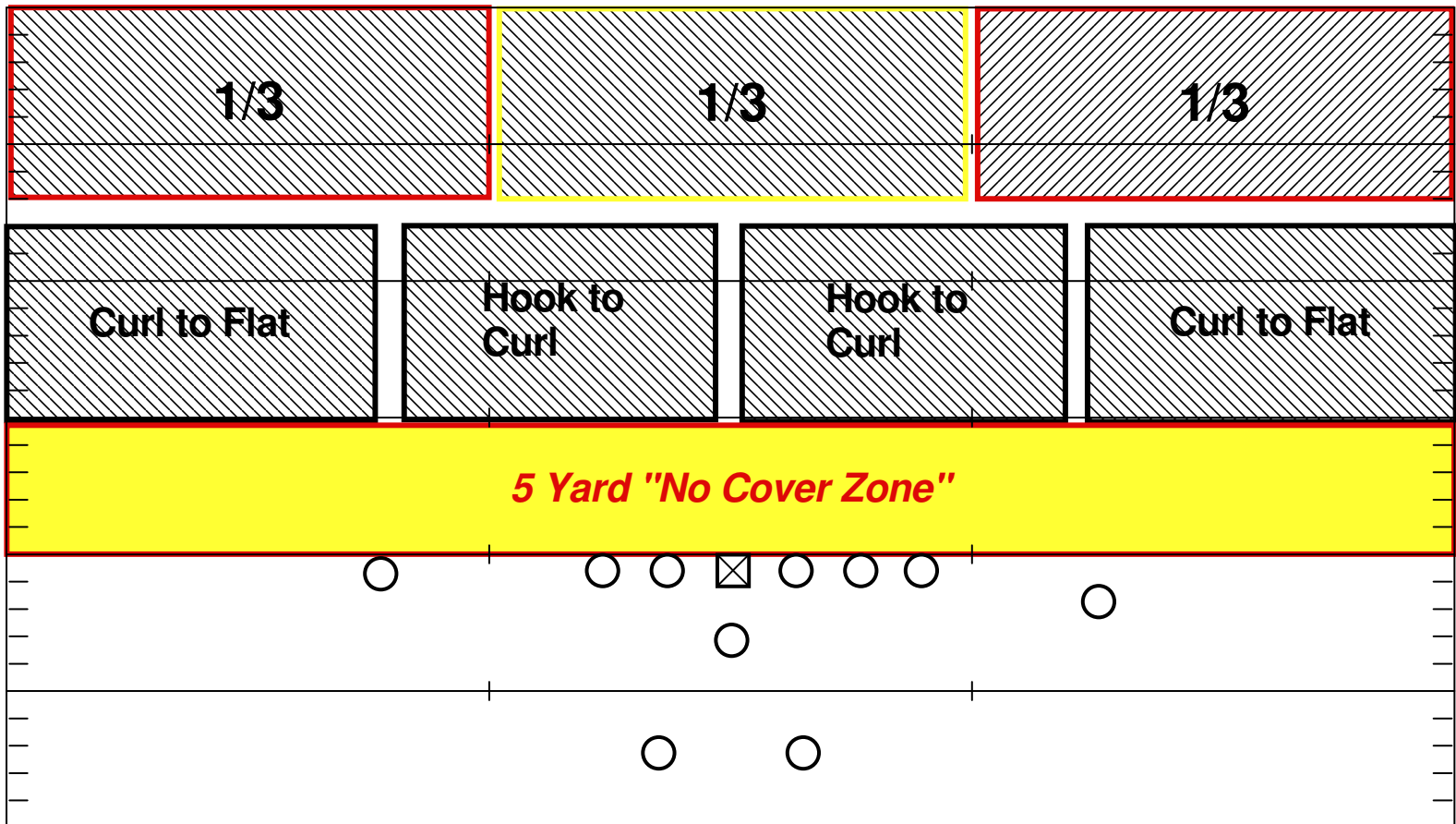
Corner to Trips	Play #1 and #2 receivers as called by Safety.
Safety to Trips	Make coverage check based on #1 and #2 receivers, ignore #3 when making checks.
OLB to Trips	Split the difference between #2 and #3, play coverage called by Safety on #1 and #2 receivers.
BS Corner	Move to inside shade of #1 receiver on open side of Trips formation. Play man technique on #1 receiver.
BS Safety	Show coverage to backside, move late to get over top of #3 receiver to Trips side. Show as late as possible to help the corner.
BS OLB	Read run/pass first, if pass check for back releasing to open side and play man on.
Mike	Read run/pass first, if pass work to get underneath of #3 receiver to Trips side.

QUARTERS 'ZONE IT'



"ZONE IT" Call: Secondary drops to Deep Quarters. Outside Backers drop to flats. Mike plays Middle of Field. Prevent Coverage. Pick up any receiver in your zone.

DIME



Dime gives us *three deep zones*, and four underneath zones. Dime is a strong defense against the run and gives a change-up to Quarters coverages. Dime gives us another way to create confusion for the offense.

Making Decisions: In regular Dime, the *safety to the passing strength* (most receivers, or wide side) will make a "CRASH" call. The Crash safety will roll down to play the Curl to Flat zone to his side. The linebackers will play the other 3 underneath zones while the corners and other safety will play the 3 deep zones. Tags can be used to pre-determine who the CRASH player is.

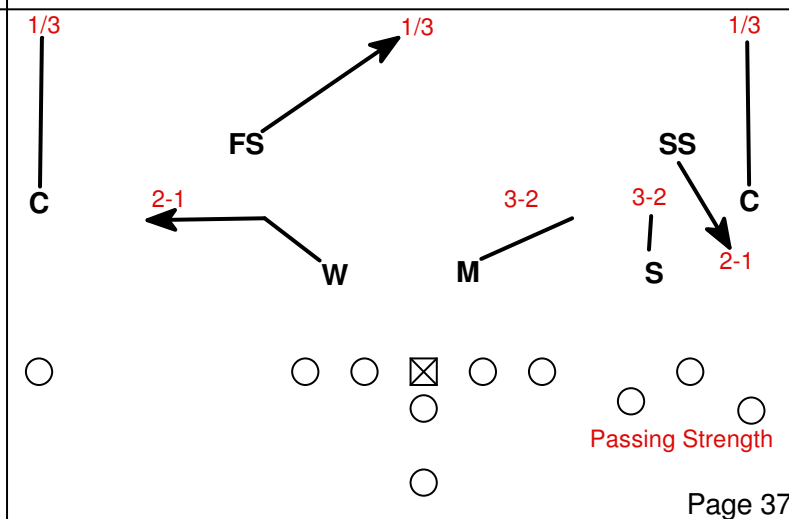
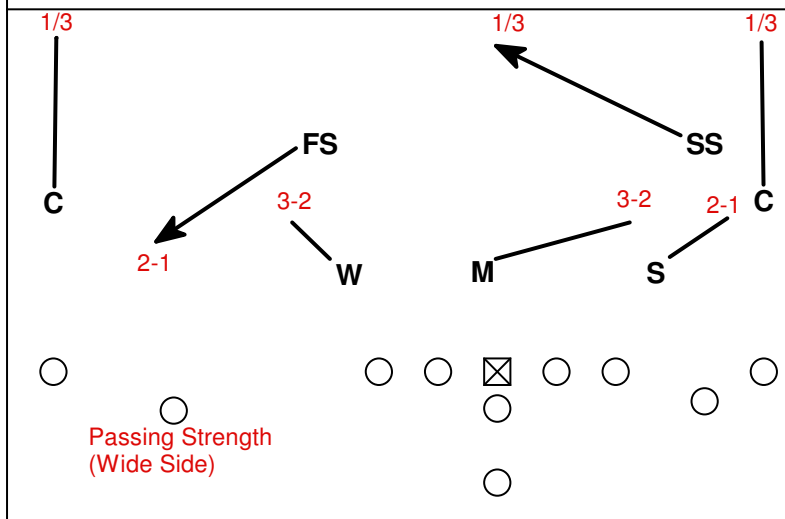
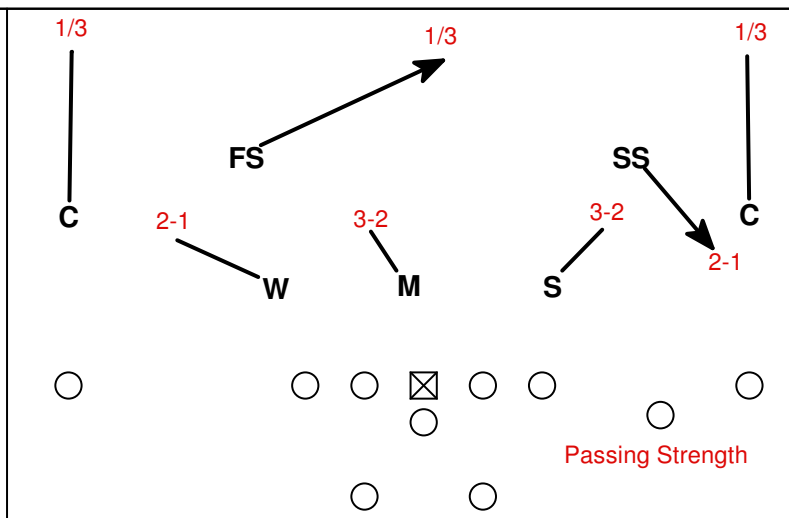
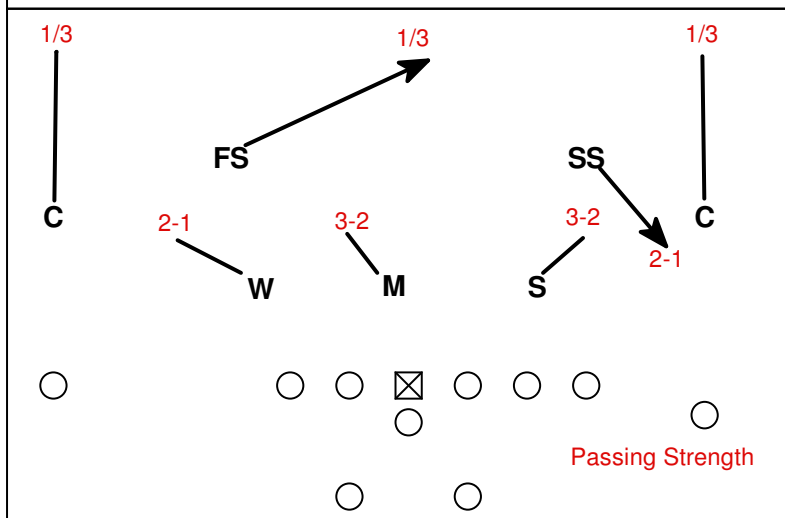
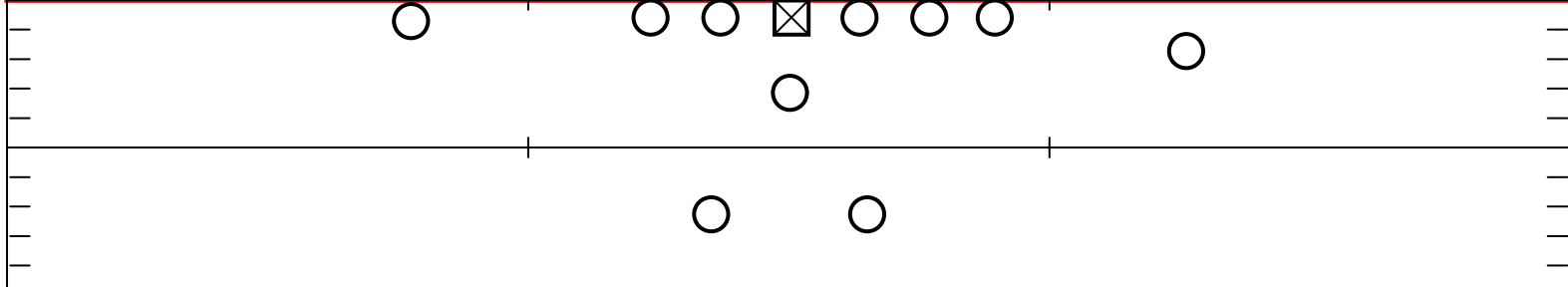
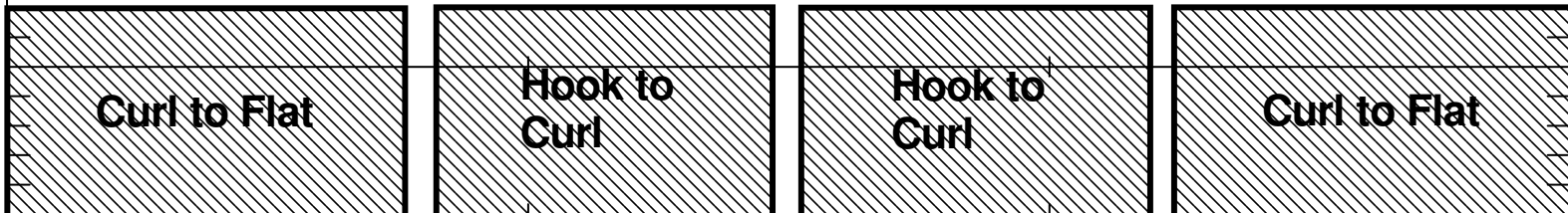
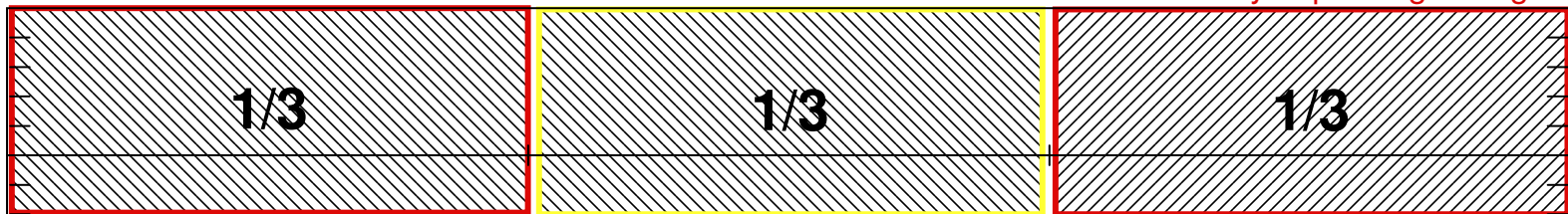
Communicate: Once the safeties have identified passing strength, they must *raise thier hand* and yell loudly "CRASH! CRASH!" The Crash call determines zone responsibilities for the linebackers and other safety, so the call must be made loudly and quickly.

Weakness: The seams (along the hash marks) are weakest. The seam behind the safety who is leaving to cover the deep 1/3 is most vulnerable.

"No Cover Zone": Do not chase receivers closer than 5 yards to the Line of Scrimmage. Stay back in your zone but be ready to break when if the ball is thrown to a receiver behind the 5 yard "No Cover Zone."

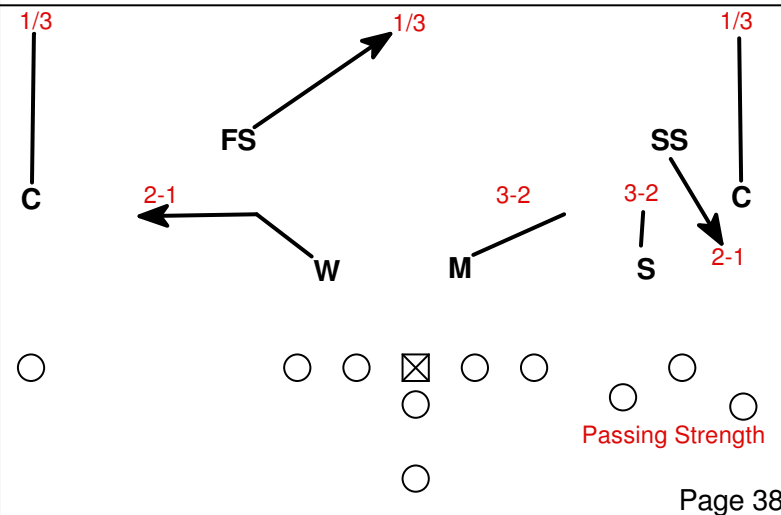
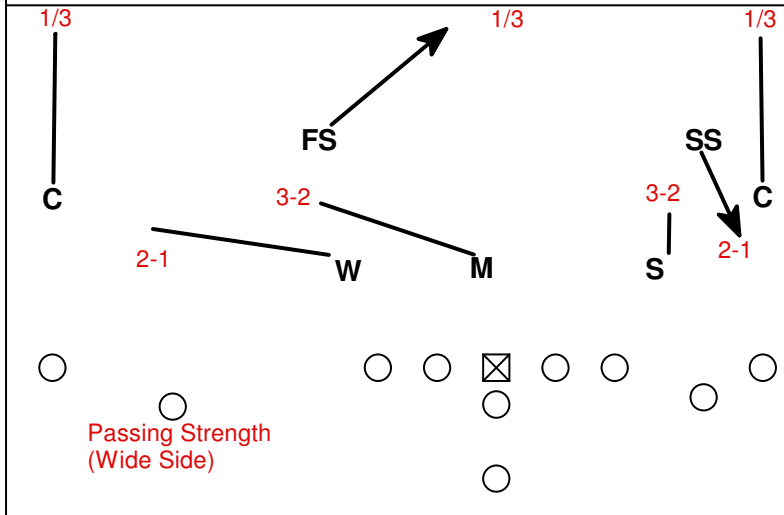
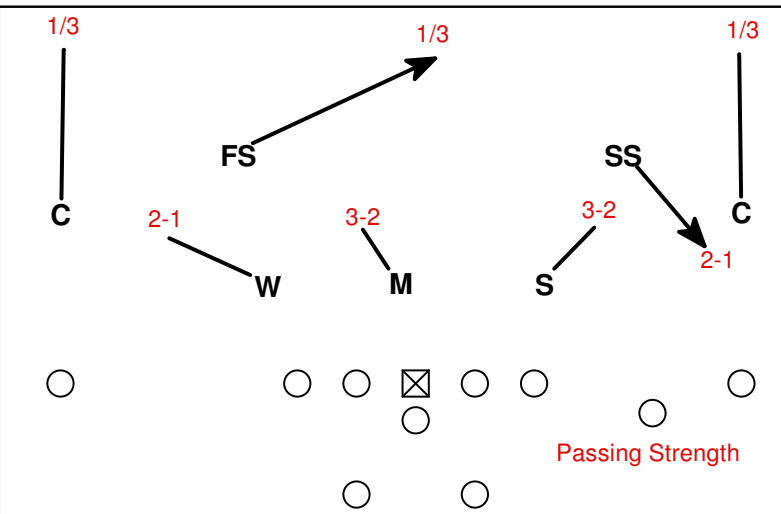
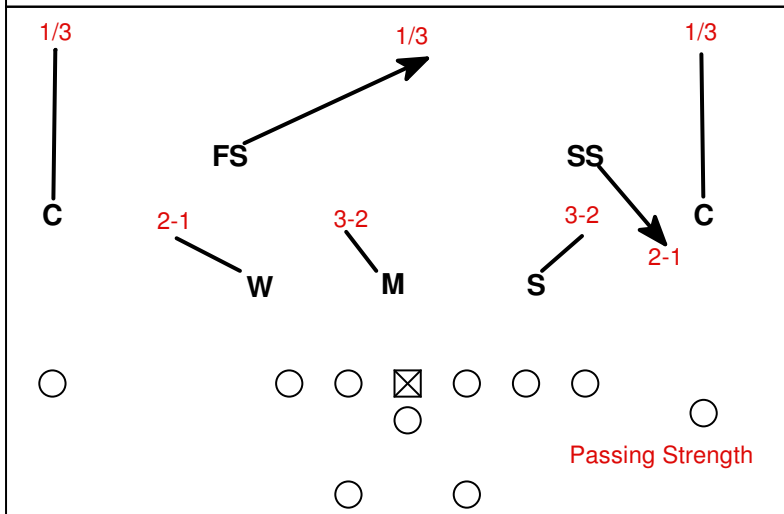
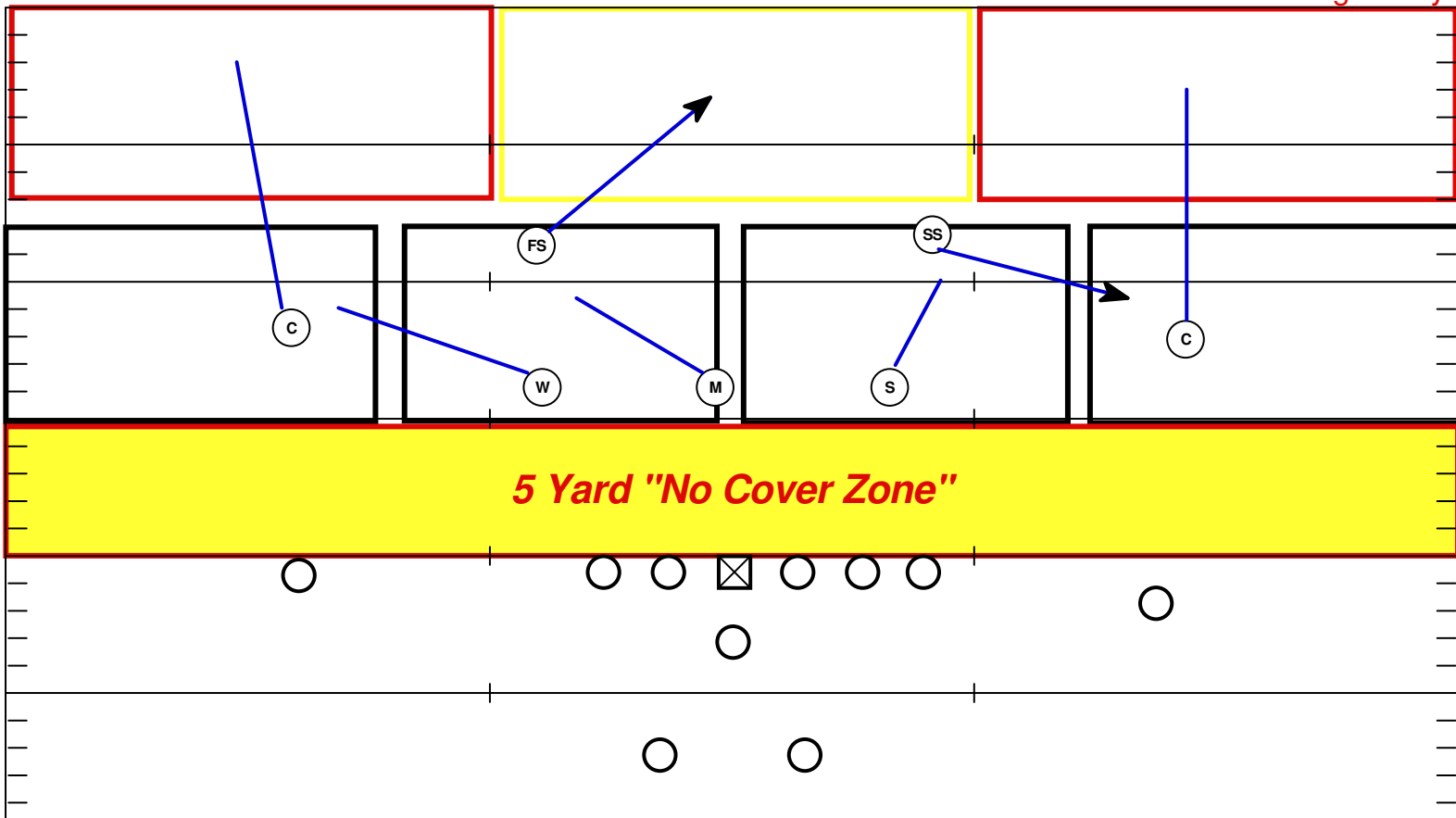
DIME

CRASH: Safety to passing strength



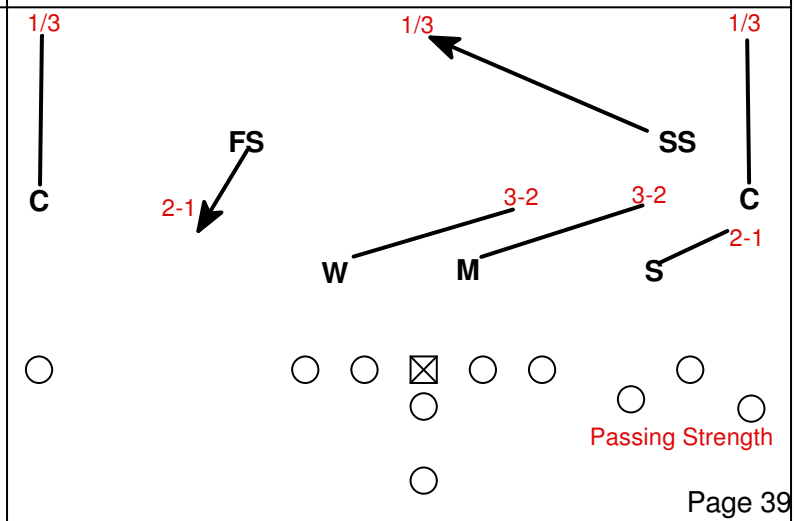
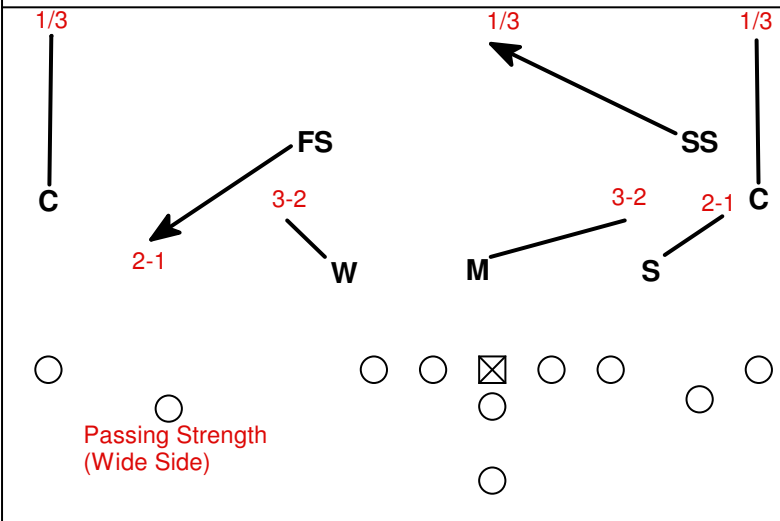
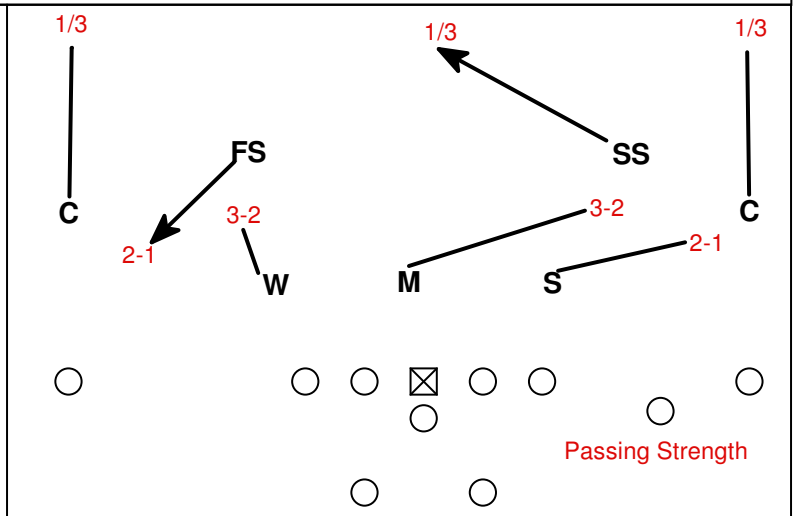
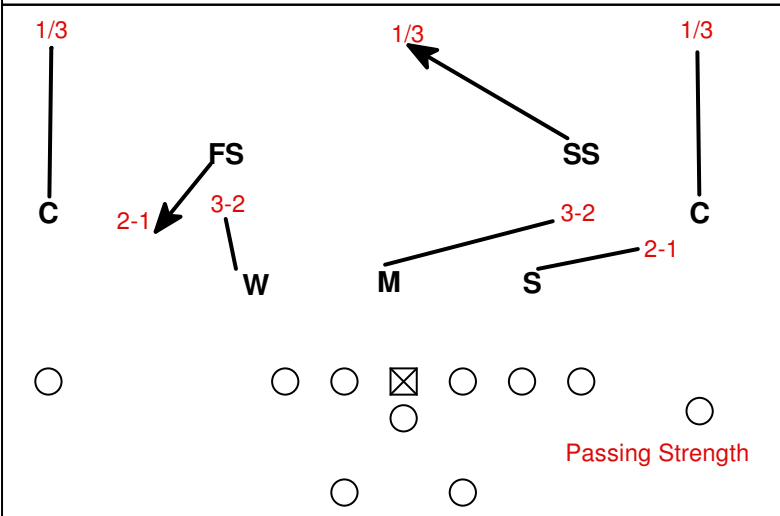
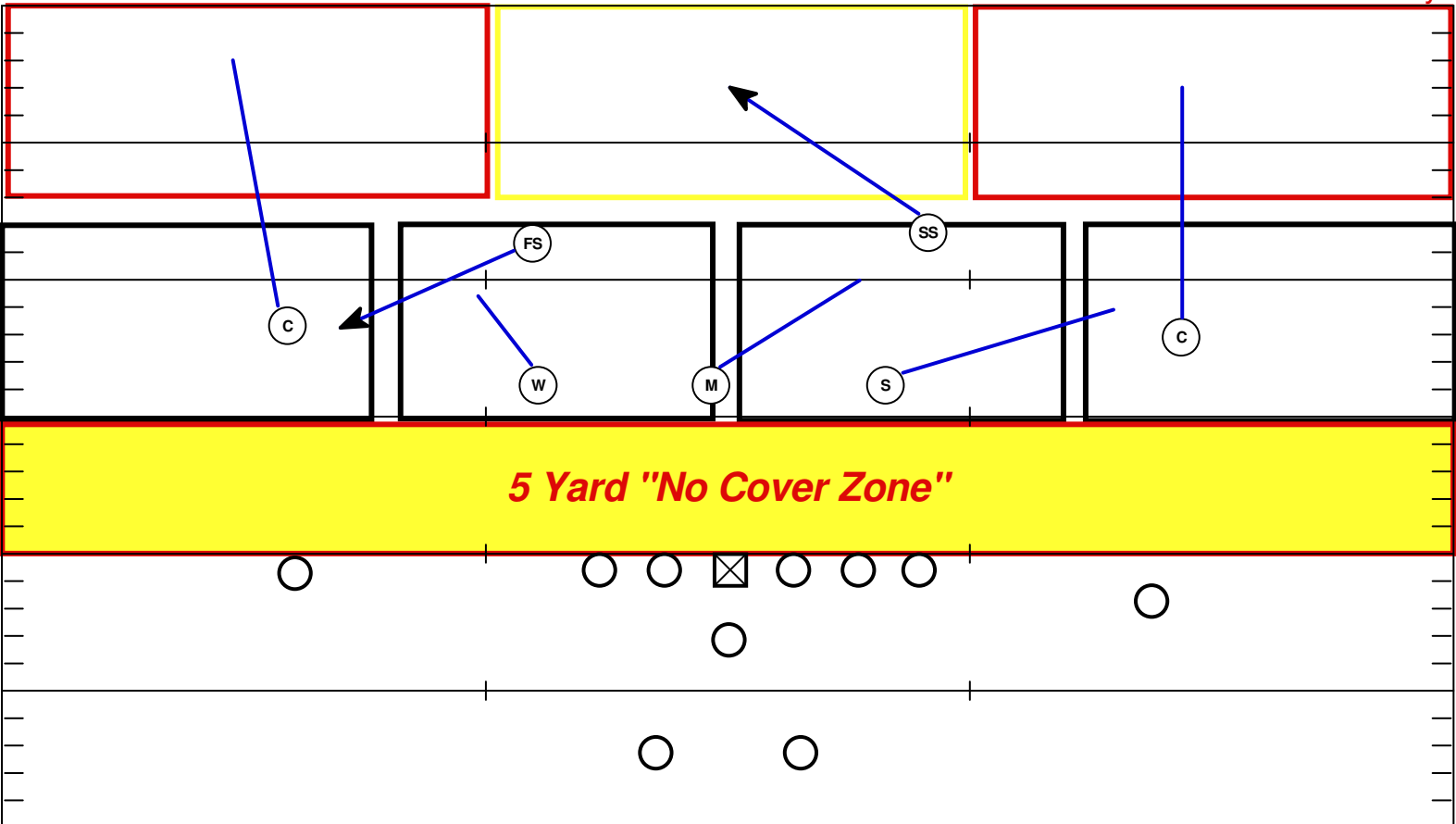
DIME 'SNAKE'

CRASH: Strong Safety



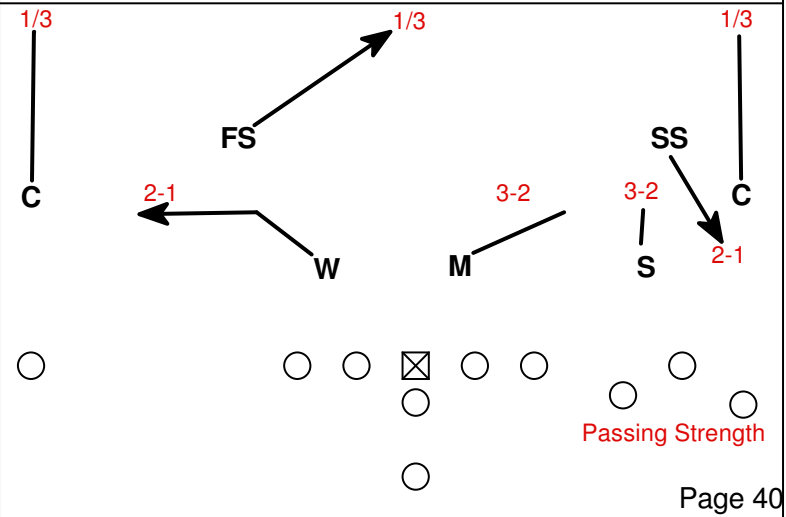
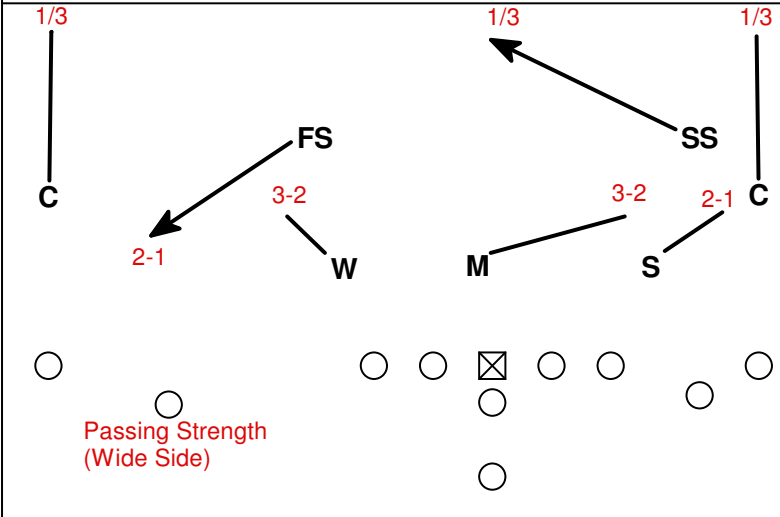
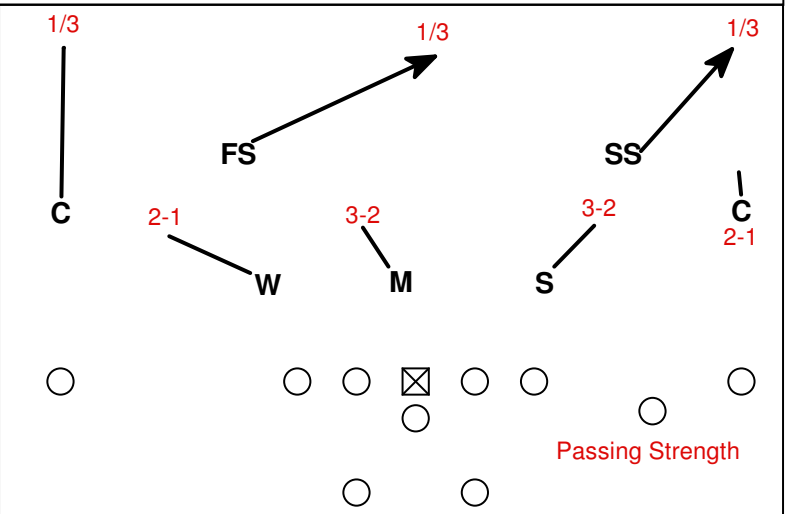
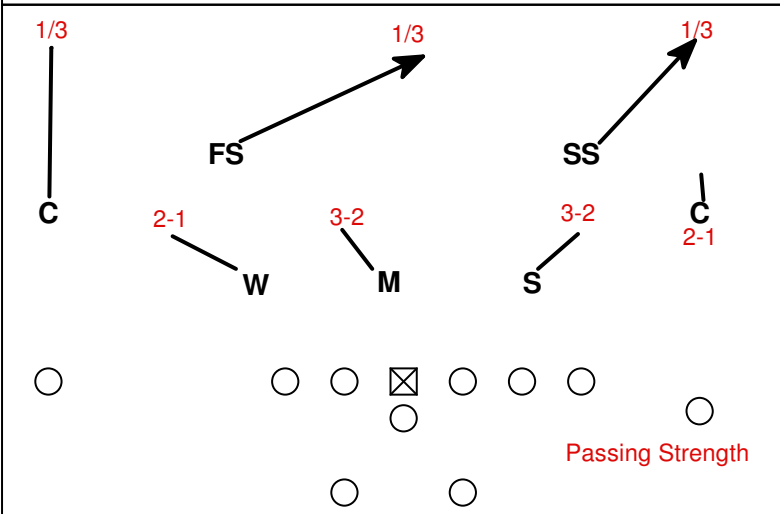
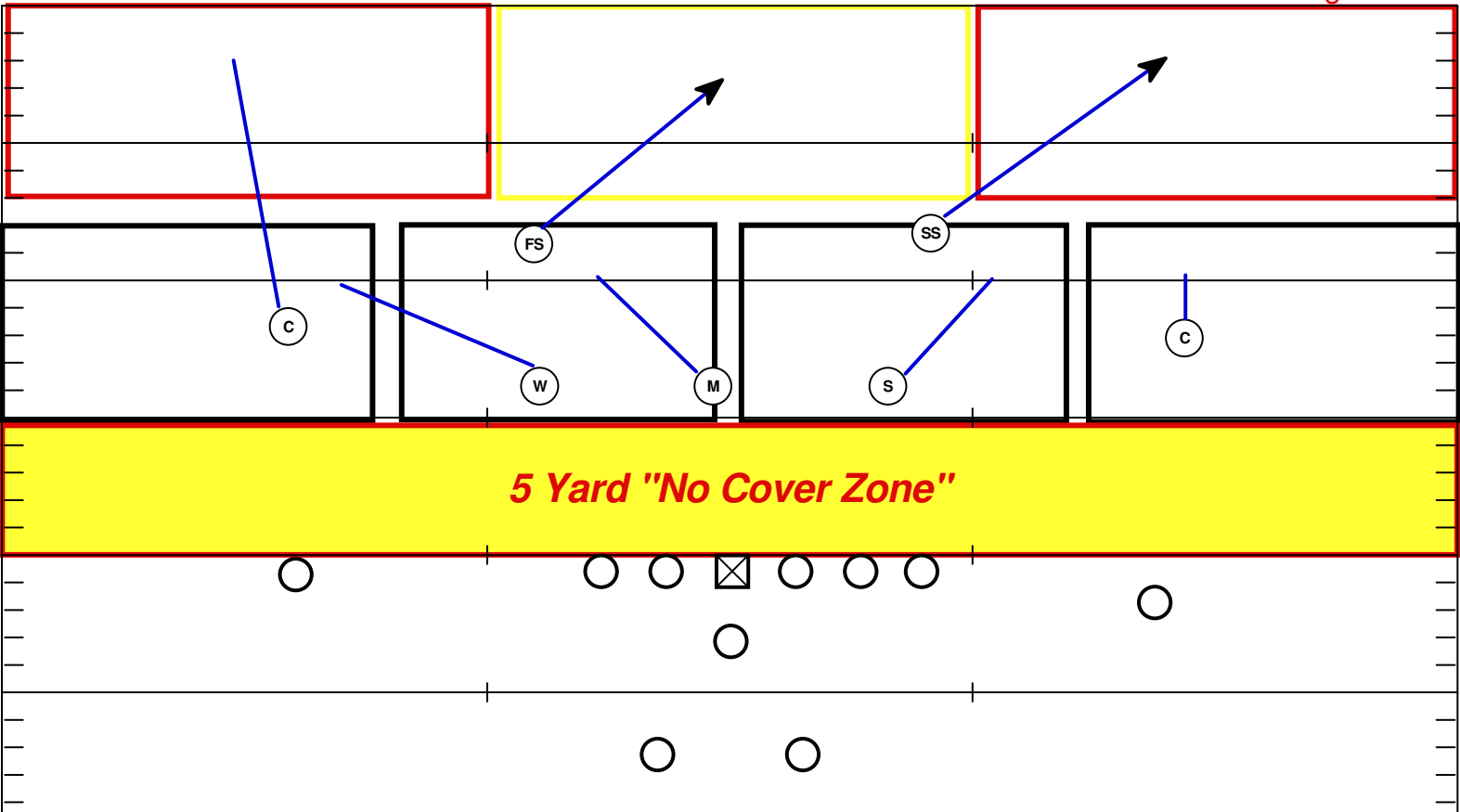
DIME 'FOX'

CRASH: Free Safety



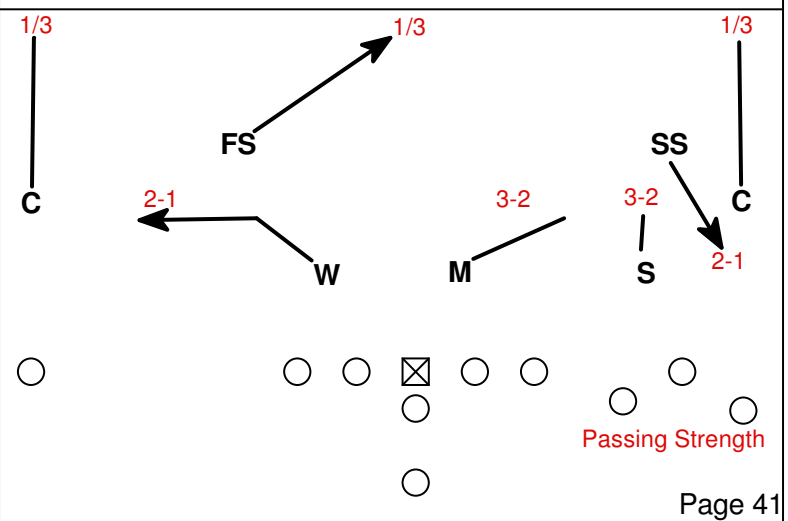
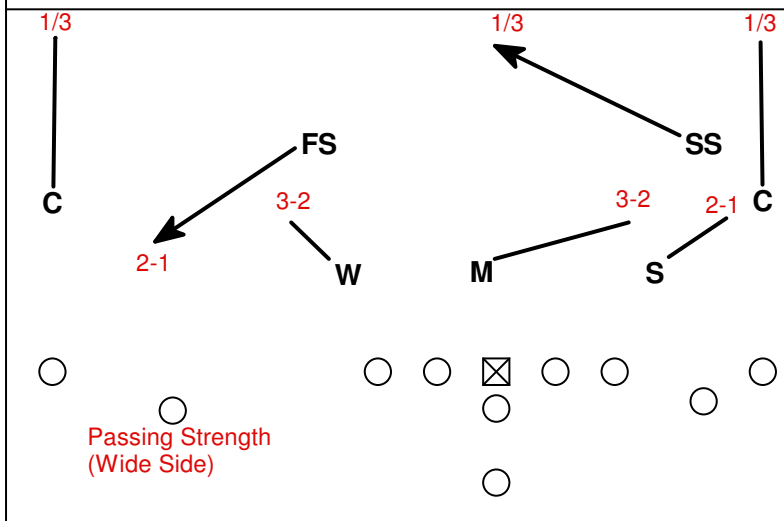
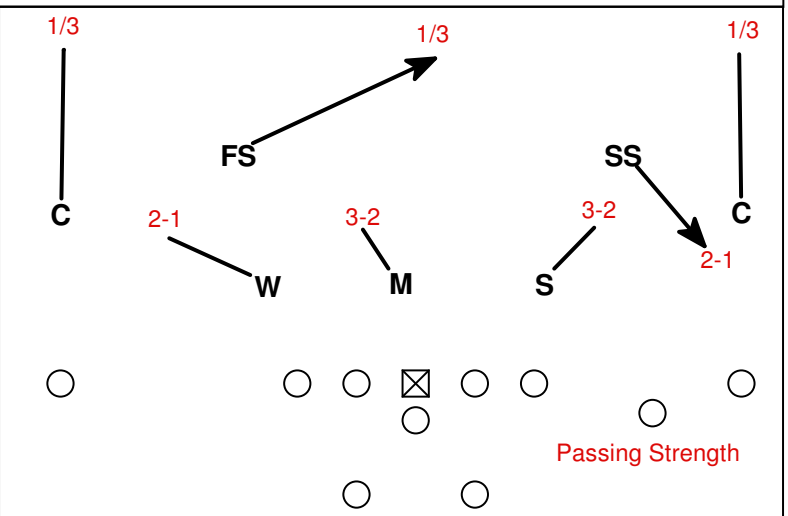
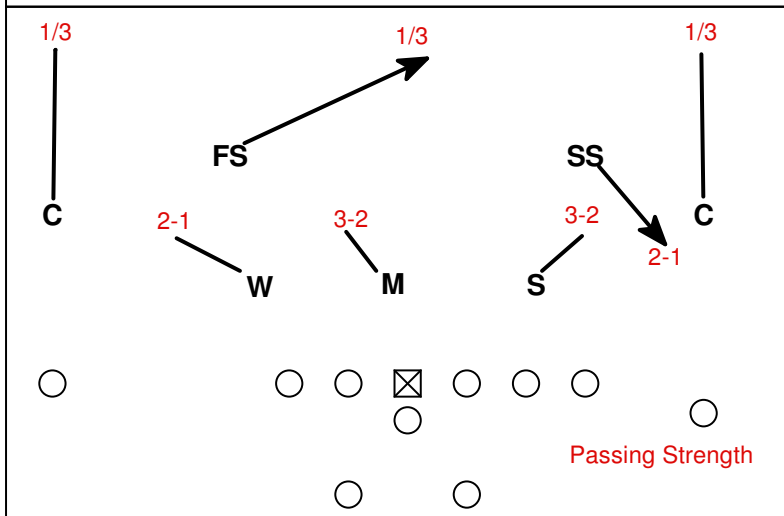
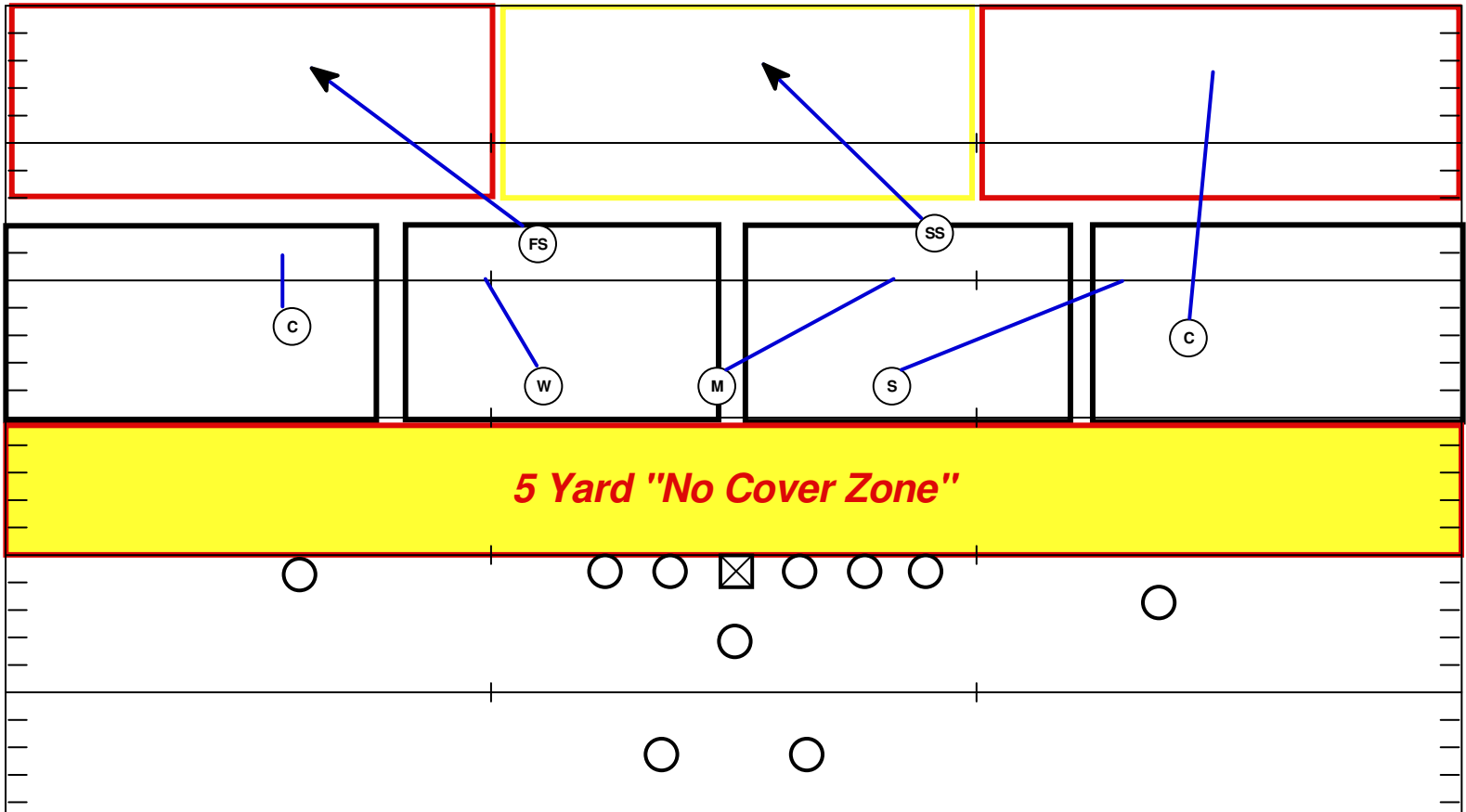
DIME 'SCORPION'

CRASH: Strong Corner



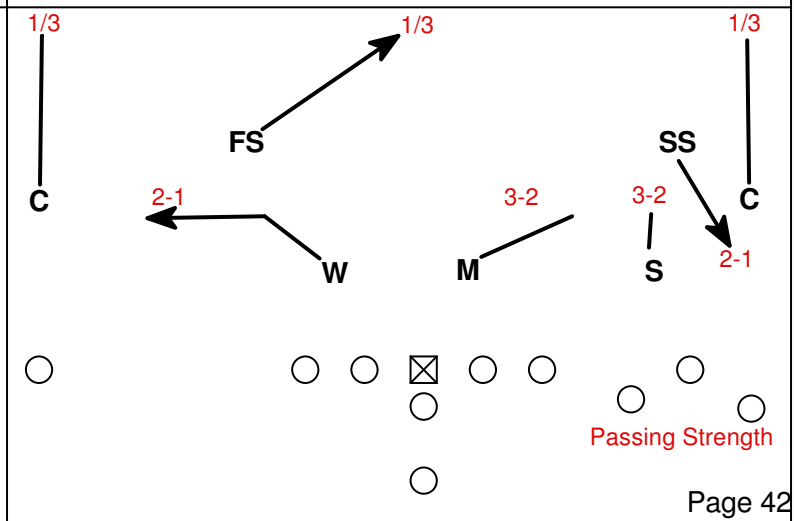
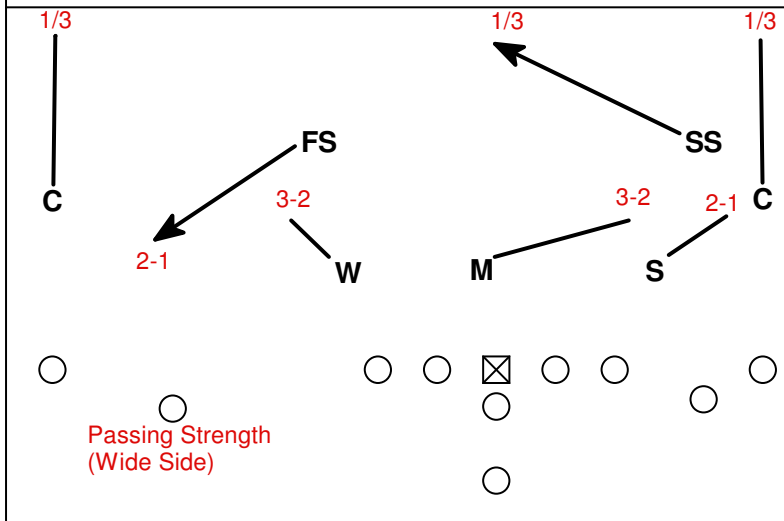
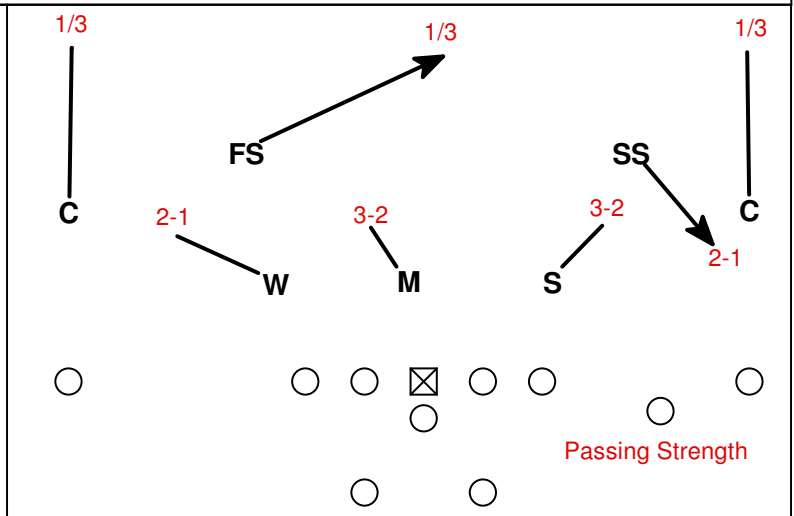
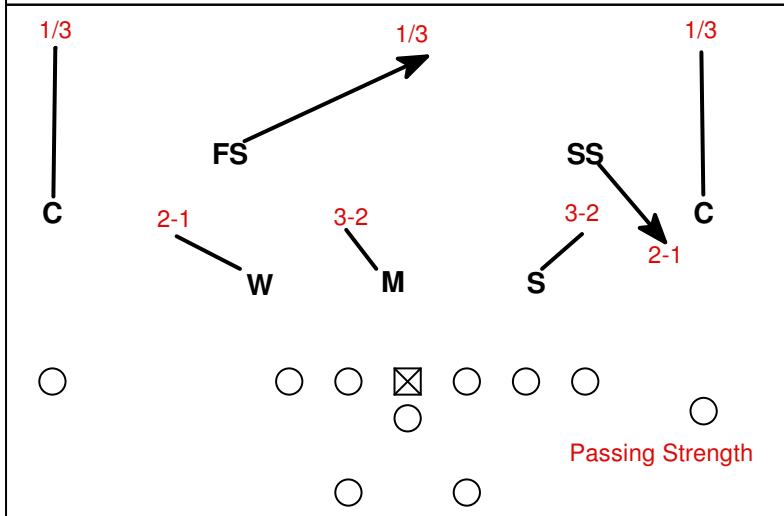
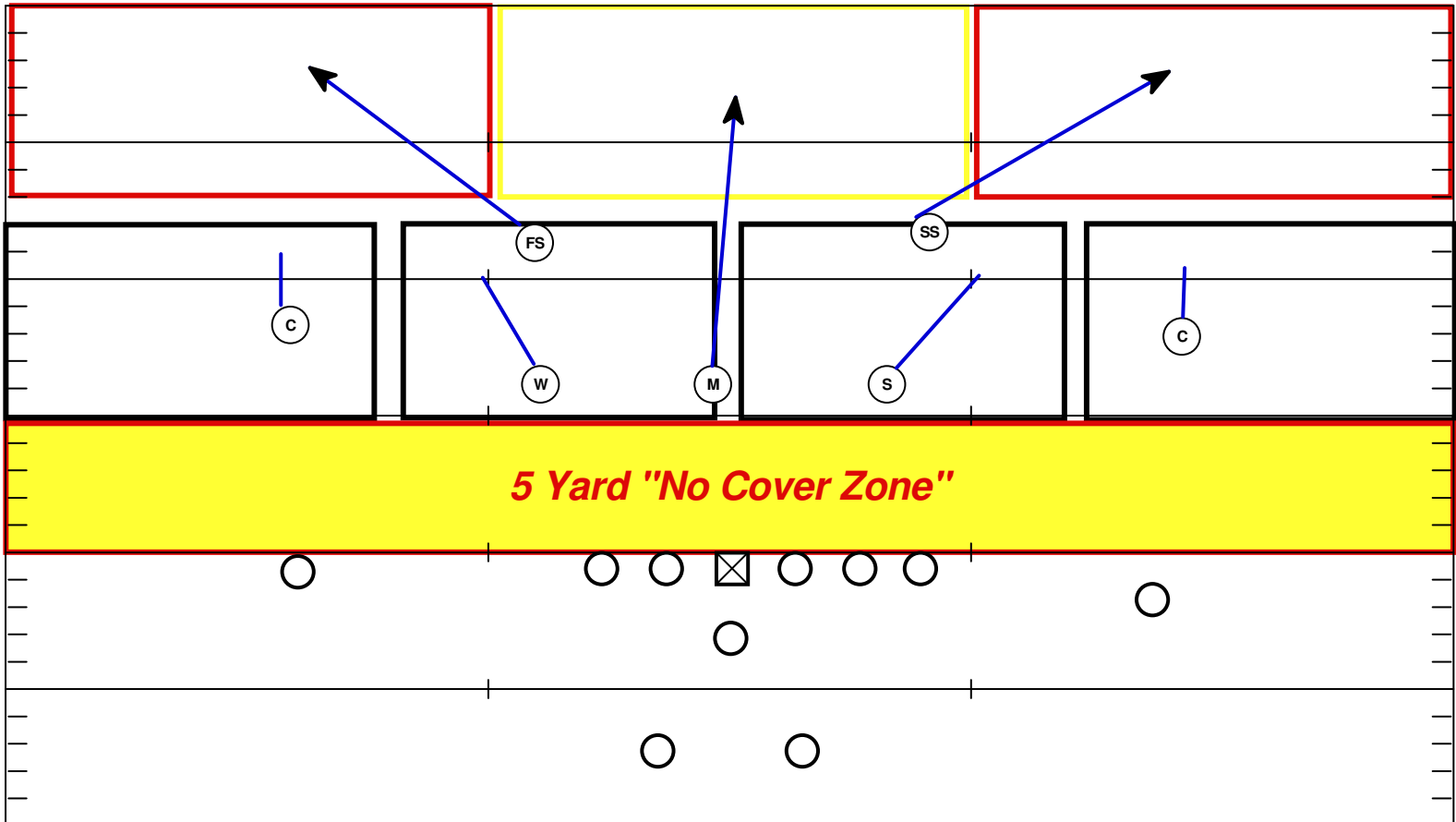
DIME 'COBRA'

CRASH: Weak Corner



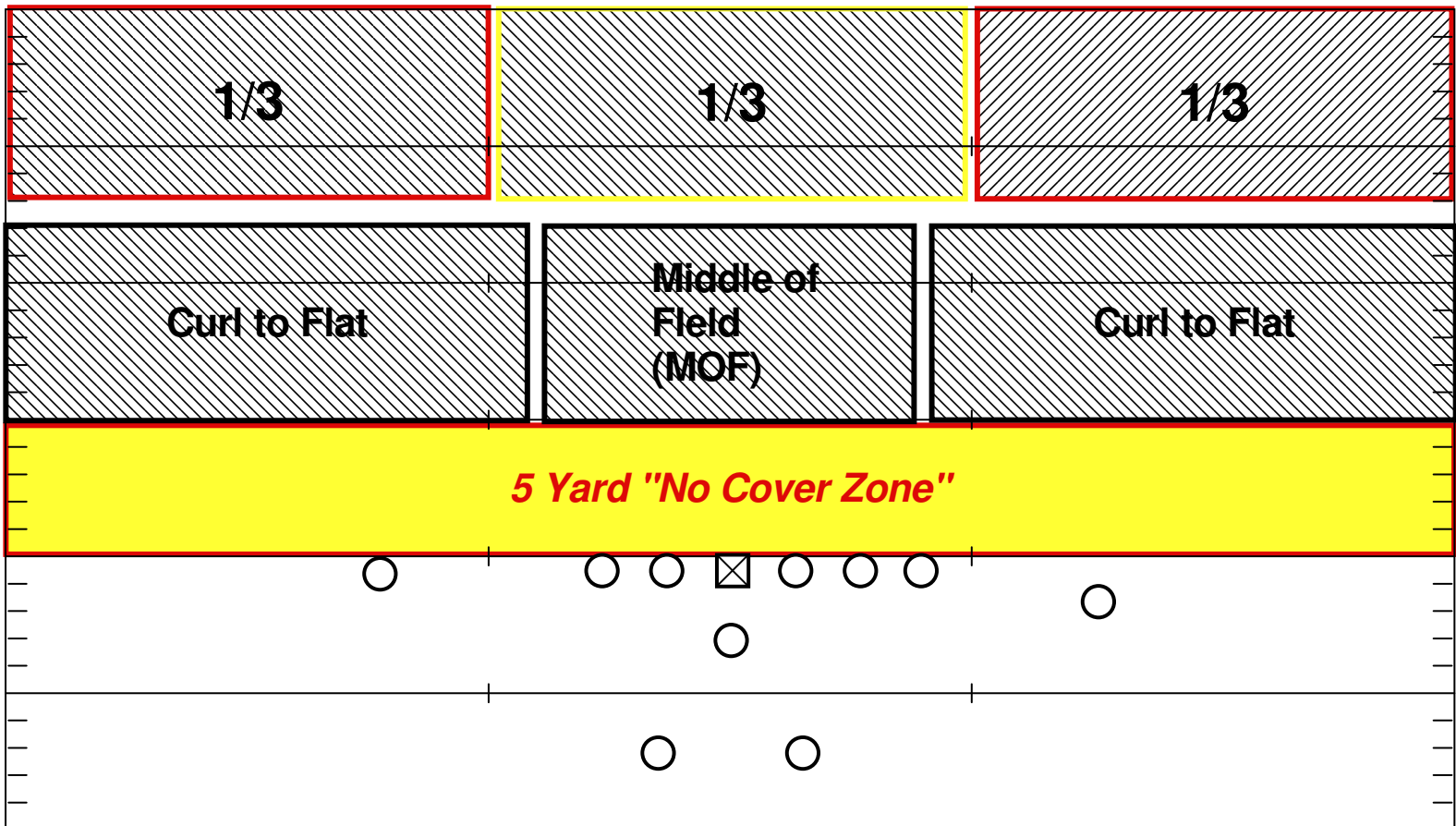
DIME 'CROCODILE'

CRASH: Both Corners



ZONE BLITZ PACKAGE

3 COVERAGE



3 is used in Zone Blitzes to give us three deep zones and 3 underneath zones. Because of the pressure we are putting on, the ball should be thrown quickly. Deep 1/3 players cannot allow anyone behind them. Underneath zone players should work to get in passing lanes to intercept a hurried pass.

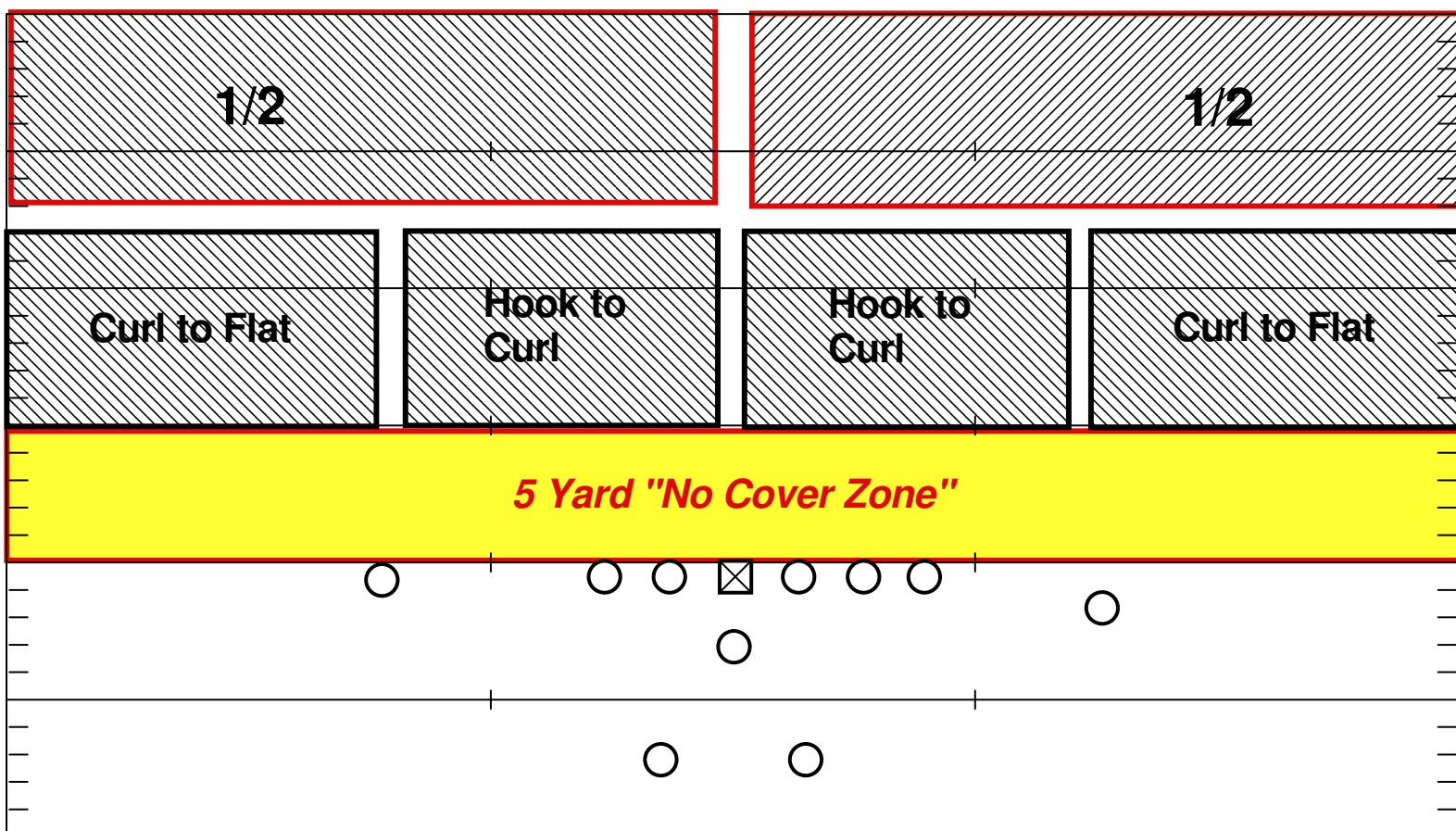
Making Decisions: In 3, the safety closest to the SMOKE call will *buzz* down to take an underneath zone that the blitzing player would have occupied. Corners have deep 1/3 in all Zone Blitzes unless they are the blitzer.

Communicate: Once they receive the SMOKE call, the Safety *buzzing* down will look at the other safety and make a "ME! ME! ME!" call, *and point to himself*. The other safety responds with a "YOU! YOU! YOU!" call and *points to the other safety*. If there is confusion about the decision, it is better for both safeties to drop than both safeties to buzz!

Weakness: The flats are very vulnerable in 3 coverage. We are bringing pressure and taking a risk to make something happen. If the QB makes a quick decision and throws the ball to the flats, we must swarm to the football and make the tackle for a minimal gain.

"No Cover Zone": Do not chase receivers closer than 5 yards to the Line of Scrimmage. Stay back in your zone but be ready to break when if the ball is thrown to a receiver behind the 5 yard "No Cover Zone." Dropping Defensive Linemen need to get at least 5 yards of depth before they start looking for receivers.

2 COVERAGE



2 is used in Zone Blitzes to give us two deep half players and four underneath zones. Because of blitz pressure we should expect the ball to be thrown quickly. Deep 1/2 players cannot let anyone get behind them. 2 will be used if a team is taking advantage of the flats that are open versus 3 Zone Blitz Coverage.

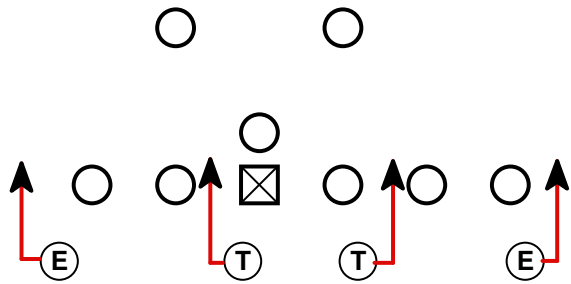
Making Decisions: When using 2 coverage, only the linebackers and defensive linemen will be used in the blitz. The corners will play a press technique as used in Quarters 'Cloud.' Both safeties will play deep half and must get deeper than the deepest receiver.

Communicate: Linebackers must alert dropping defensive linemen of 2 coverage by yelling "2! 2! 2!" This alerts dropping linemen that they have hook to curl zones and do not need to drop to the flats.

Weakness: The deep middle of the field is the weakest zone in 2. Corners must prevent an outside release by the #1 receiver or the sideline pass is also vulnerable.

"No Cover Zone": Do not chase receivers closer than 5 yards to the Line of Scrimmage. Stay back in your zone but be ready to break when if the ball is thrown to a receiver behind the 5 yard "No Cover Zone." Dropping Defensive Linemen need to get at least 5 yards of depth before they start looking for receivers. Corners should collision once they have forced an inside release, drop off beyond 5 yards in the flat zone.

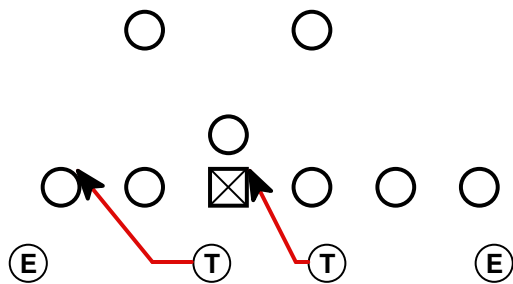
DL Technique in Zone Blitz



GAP-OUT

Lateral step toward the gap you are in control of, then shoot straight through the gap, avoid engaging with the offensive line.

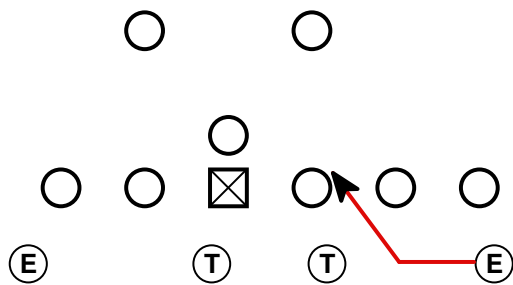
Break down at the heels of the linemen and work to the football.



CUT

Lateral step in the direction the cut is going, attack at the hip of the next offensive lineman. Cut involves crossing the face of one offensive lineman. *Rip* through his face as you step past.

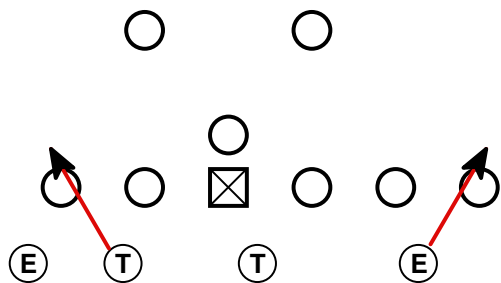
Read the OL as you go, if the lineman you are crossing face blocks away, do not cross his face.



LONG CUT

The first step of Long Cut is the same as Cut, in the direction of the cut, crossing face of the next OL. Two more steps are needed cross the face of the next offensive lineman. A Long Cut crosses the face of two offensive linemen. After three steps, *rip* through the face of the OL as you step past to the hip of the next blocker.

Long Cut is used with overload stunts where two LBs are blitzing to the same side.

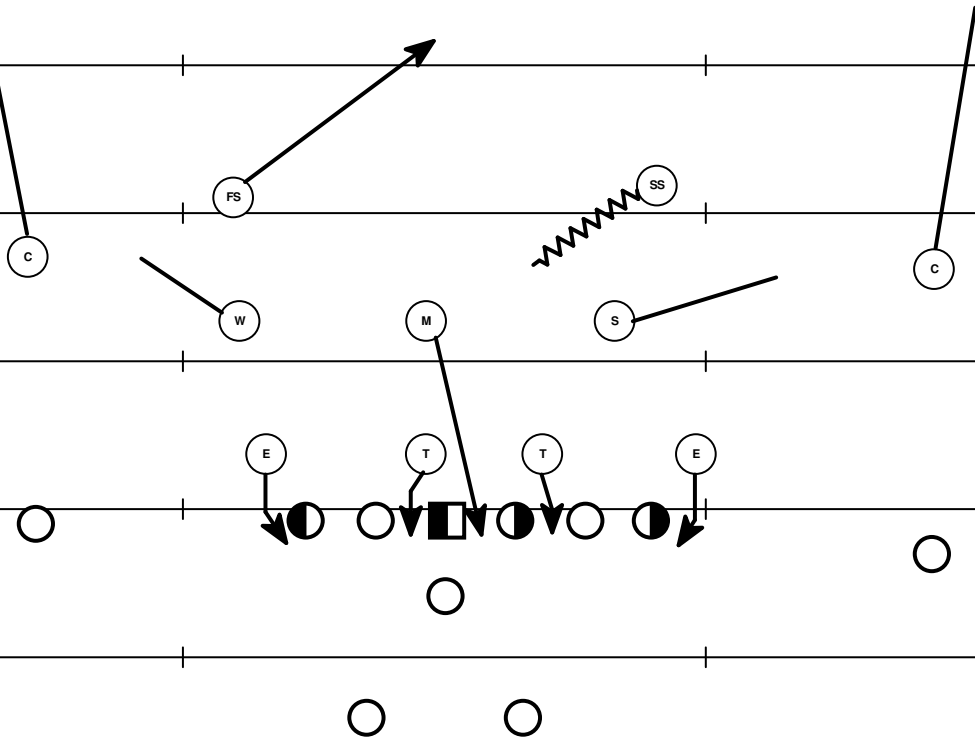


SLAM

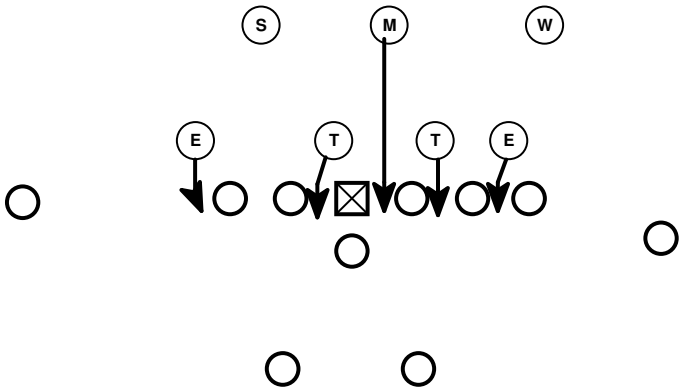
Slam is used when the person responsible for containing versus pass has a player aligned on the LOS outside of him. The Slam player will slam into the near hip of the next OL outside, fight through and work down the LOS to the outside to maintain contain. Slam players should expect the play to be flushed out from the other side by blitzing linebackers.

MAFIA Zone Blitz

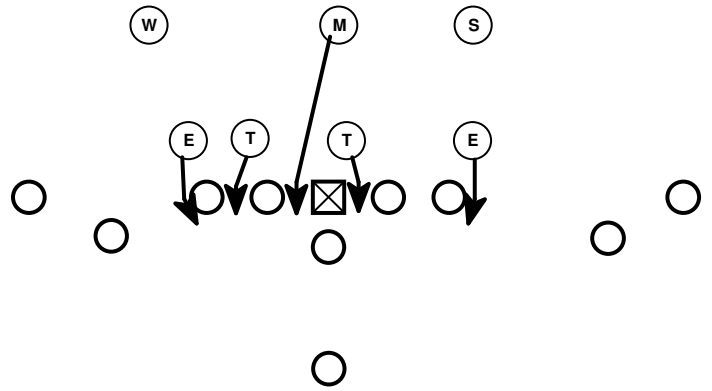
Tight Over MAFIA 3



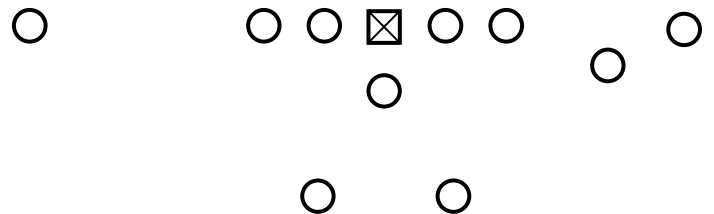
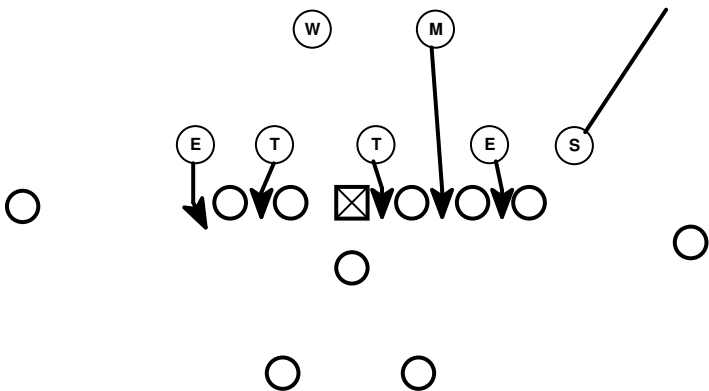
Split Under MAFIA 3



Split Over MAFIA 3

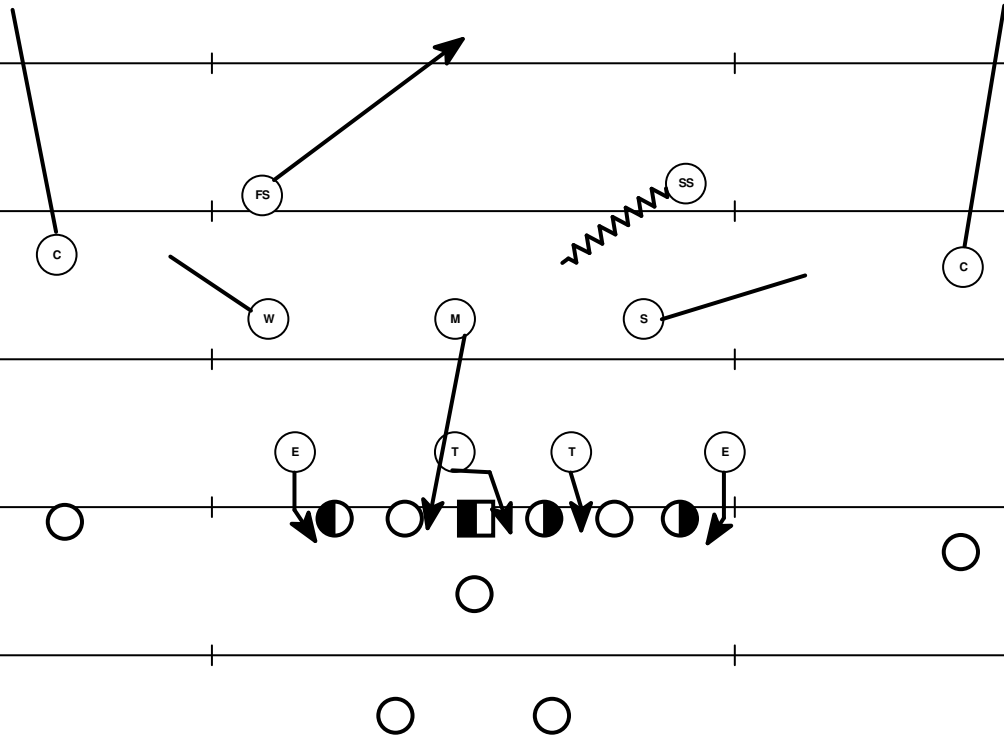


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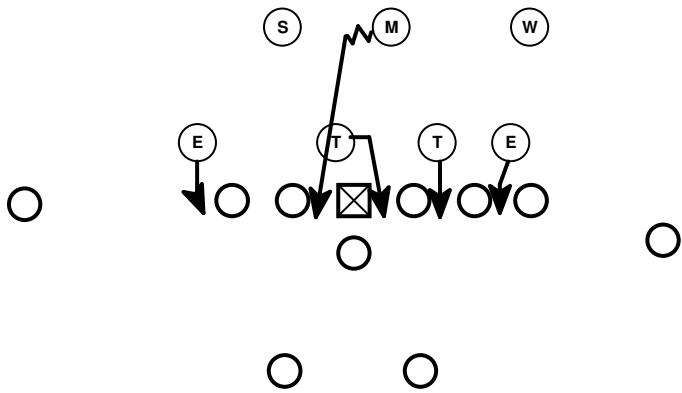


MAX Zone Blitz

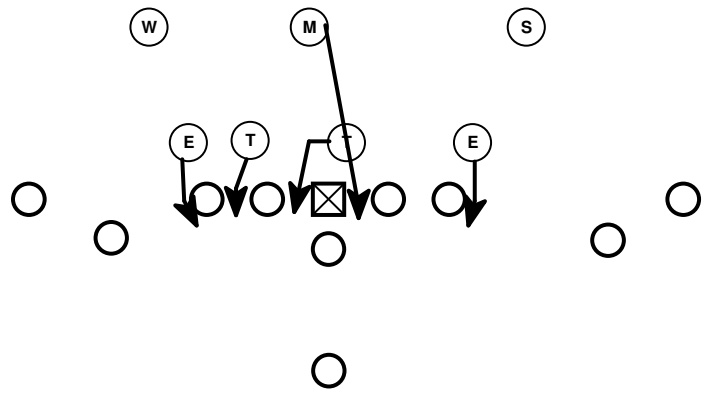
Tight Over MAX 3



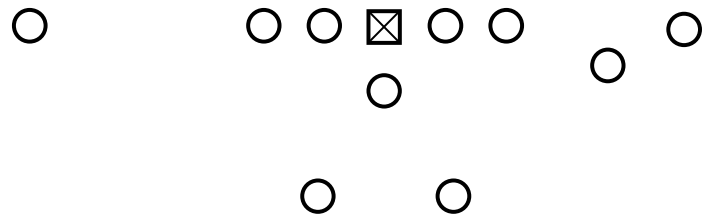
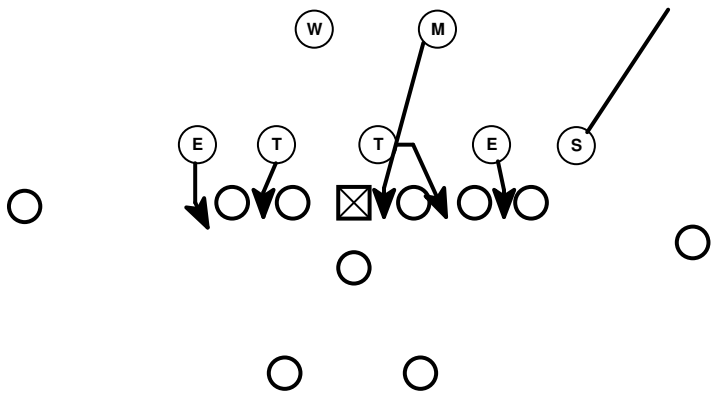
Split Under MAX 3



Split Over MAX 3

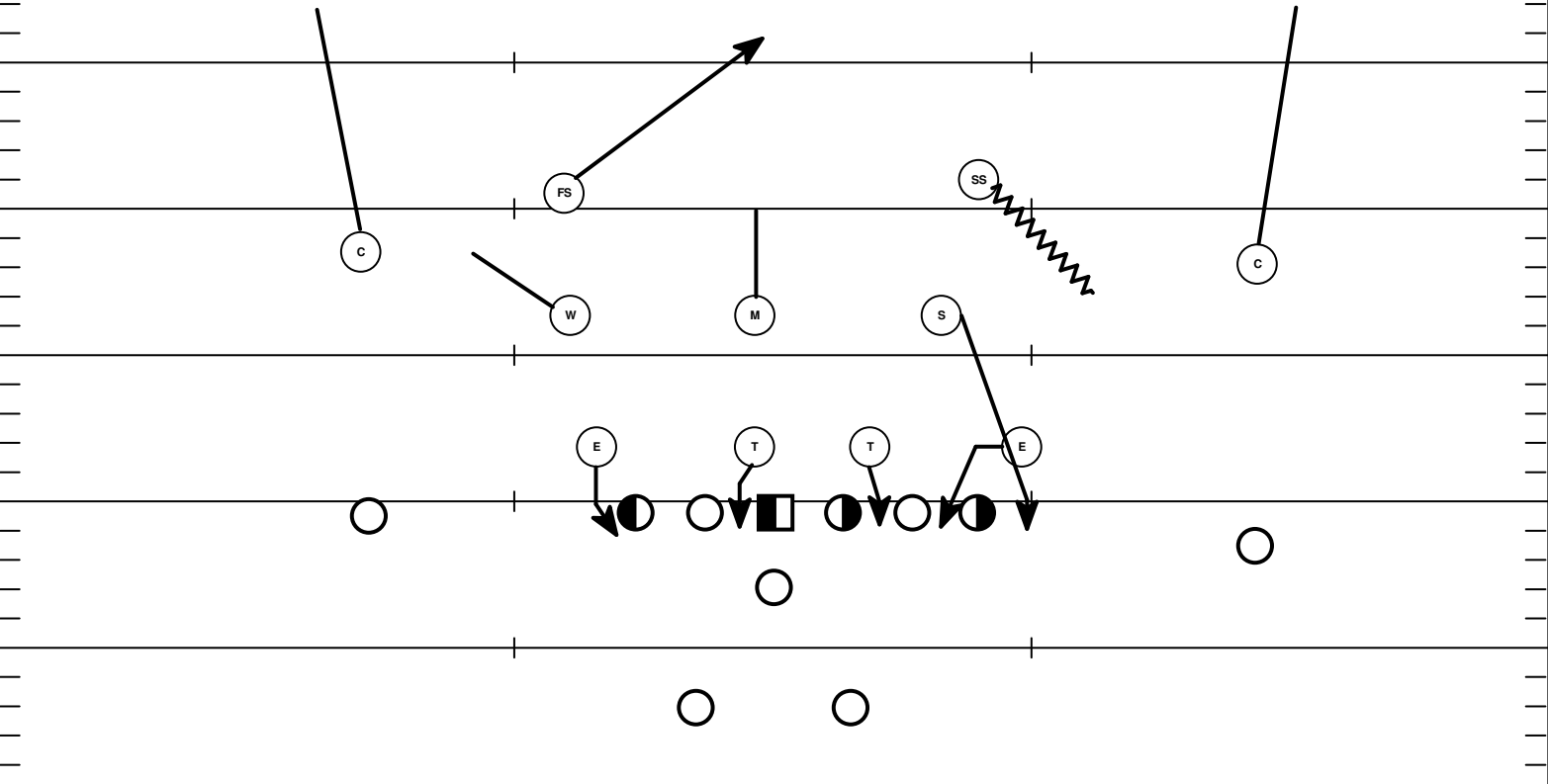


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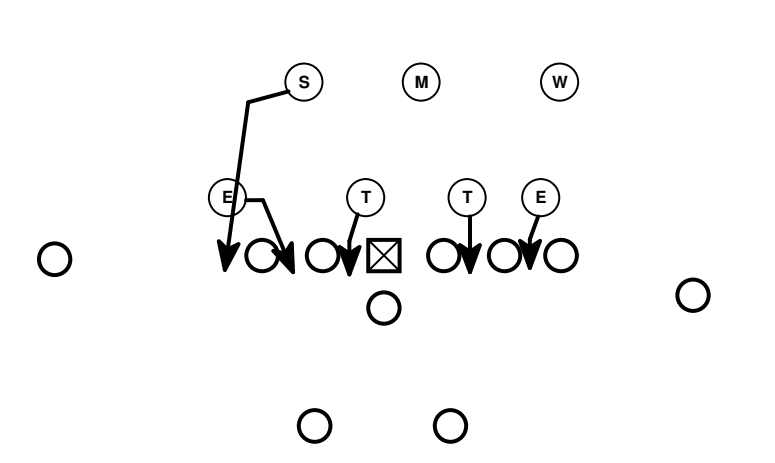


SAX Zone Blitz

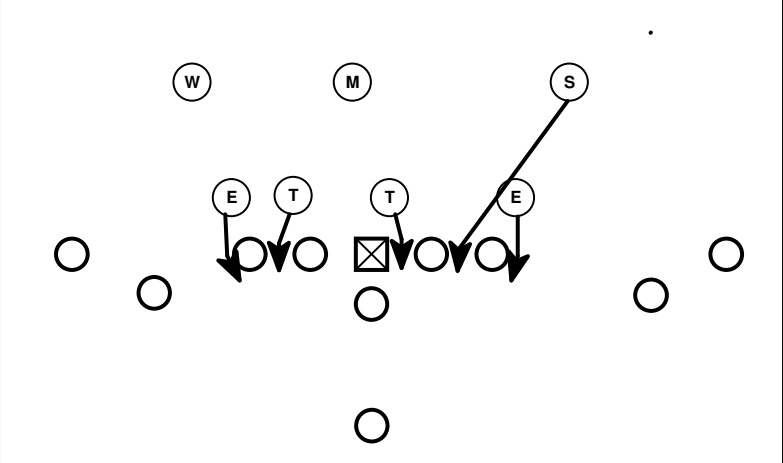
Tight Over SAX 3



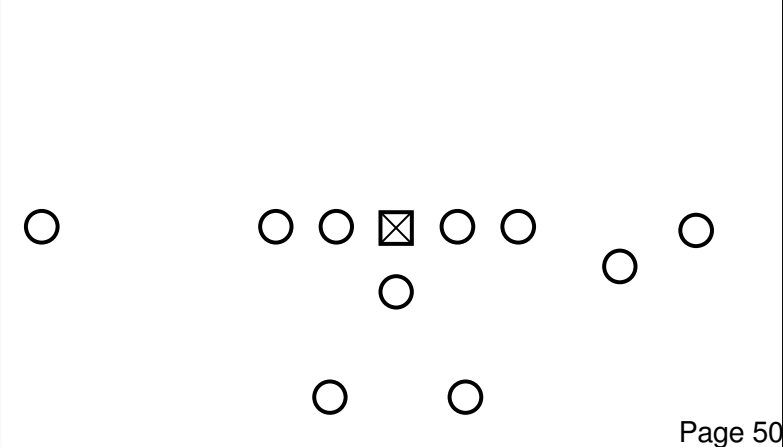
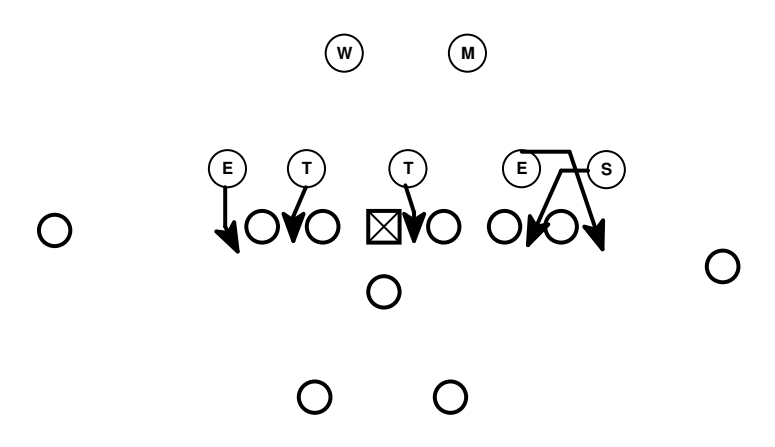
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Split Over SAX 3

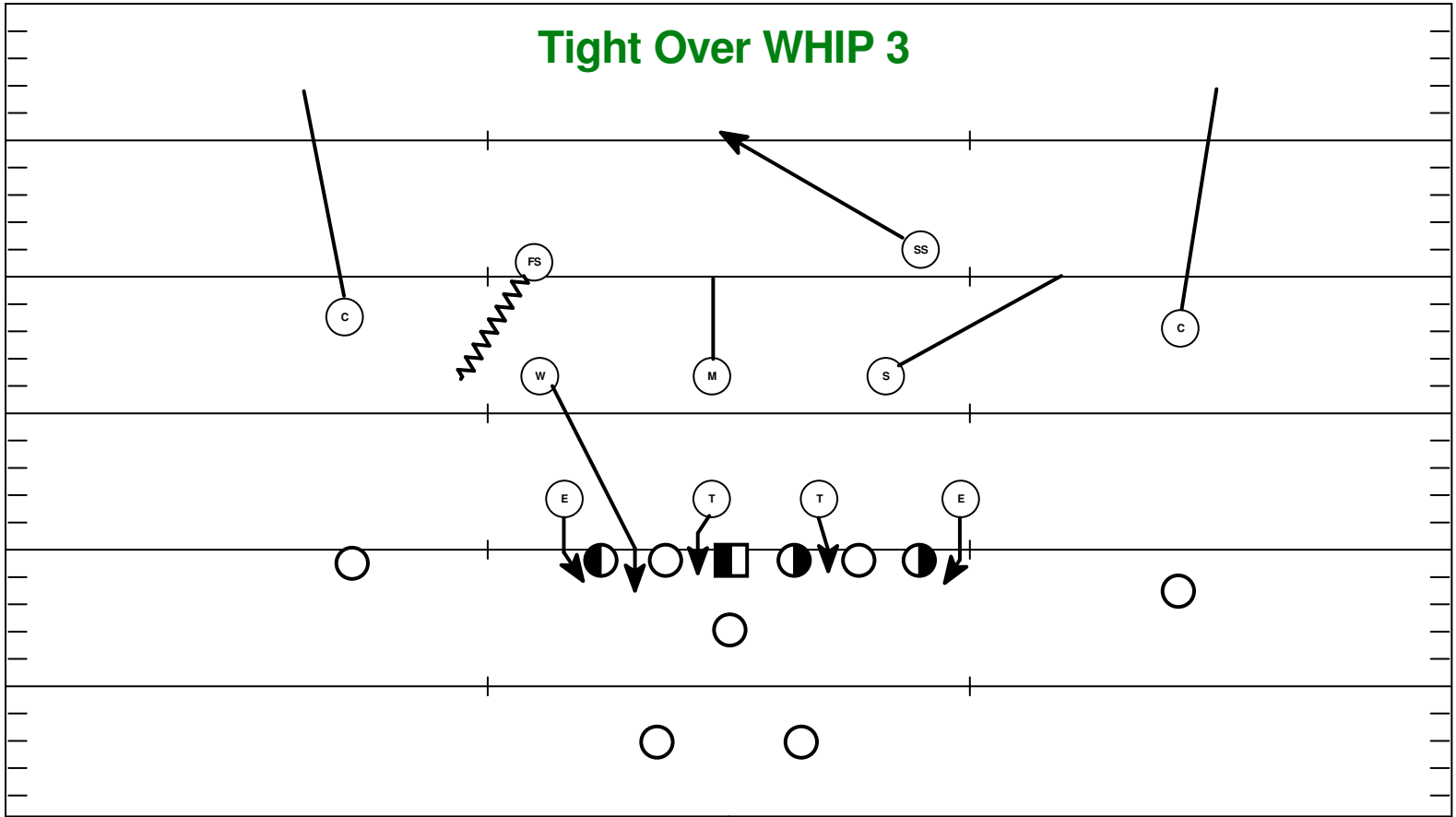


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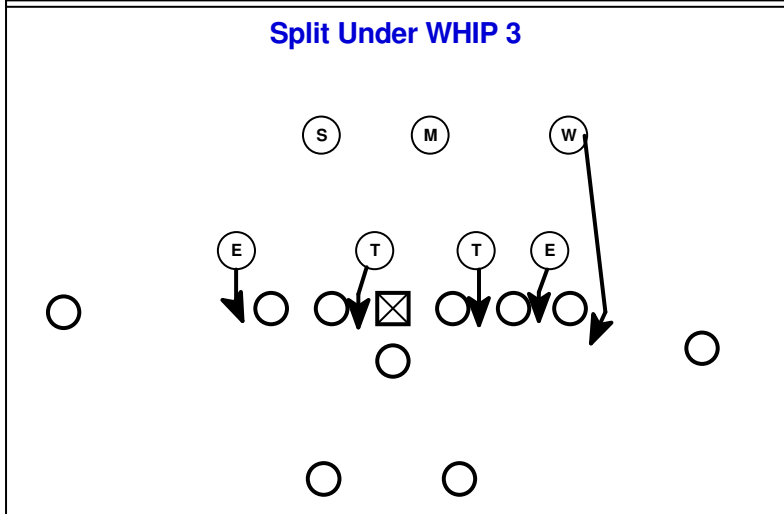


WHIP Zone Blitz

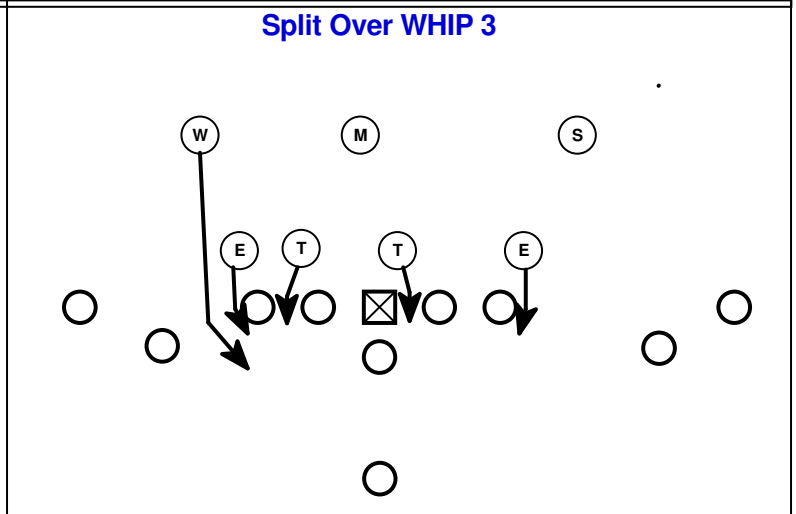
Tight Over WHIP 3



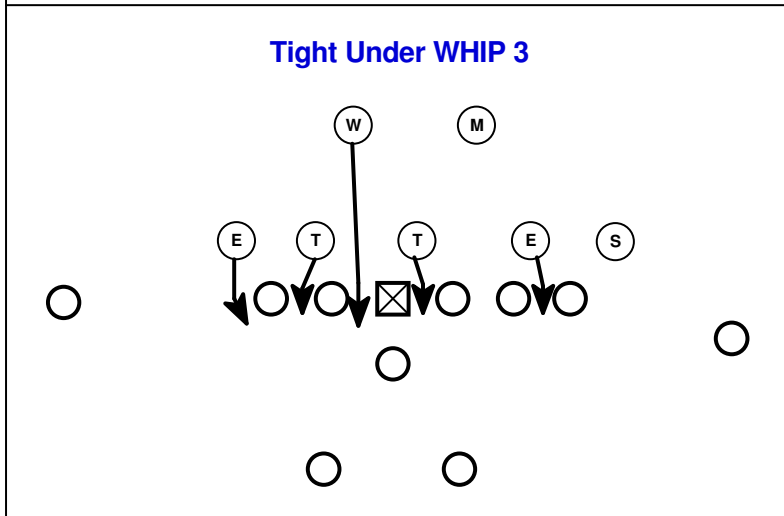
Split Under WHIP 3



Split Over WHIP 3

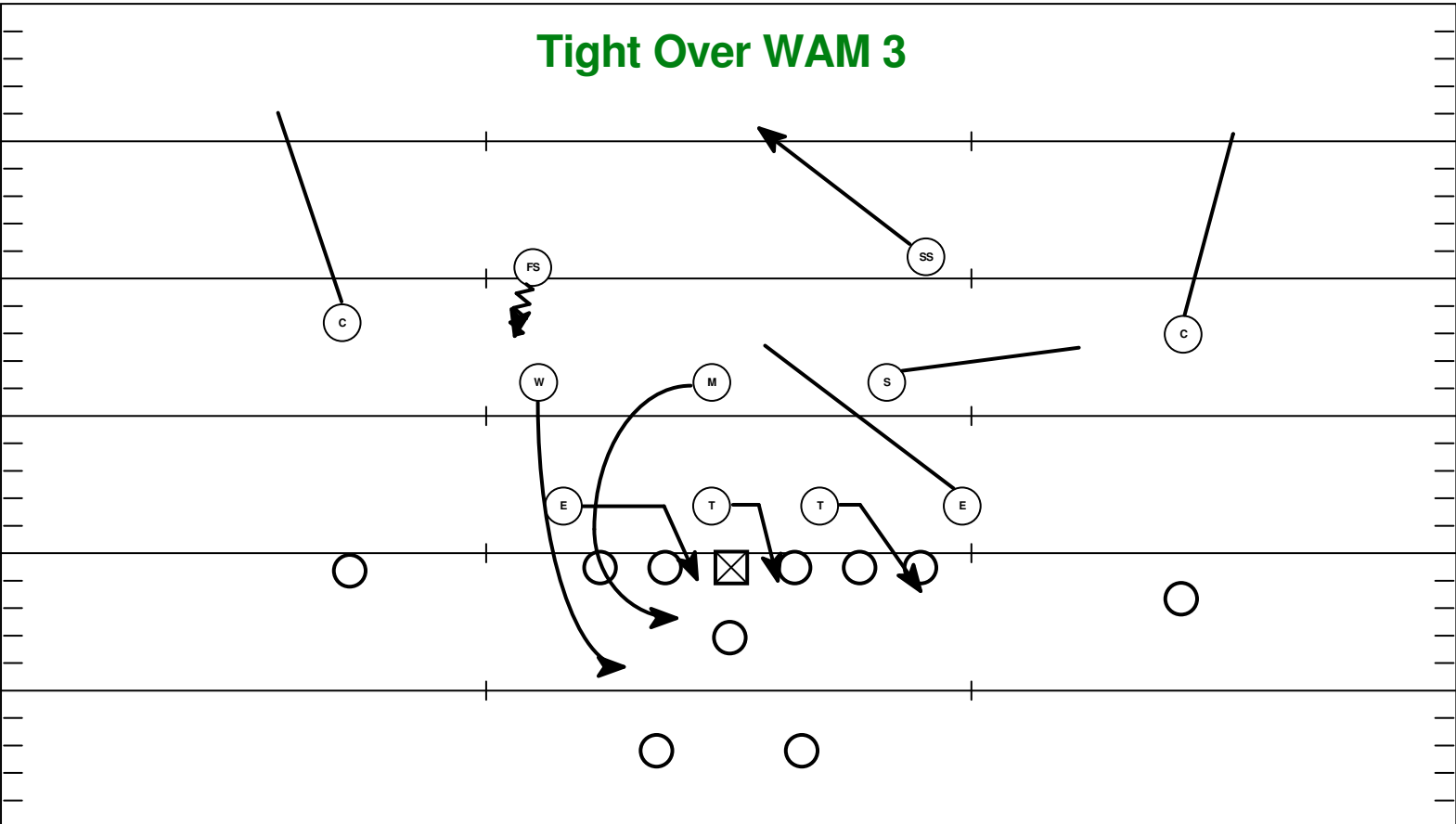


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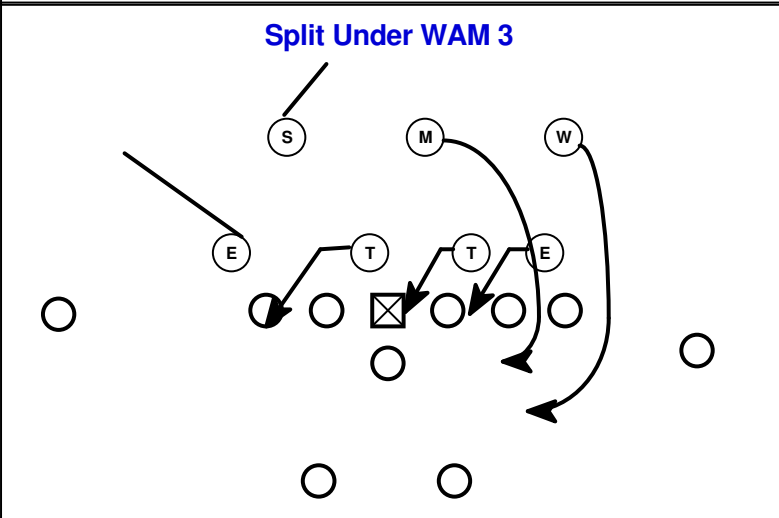


WAM Zone Blitz

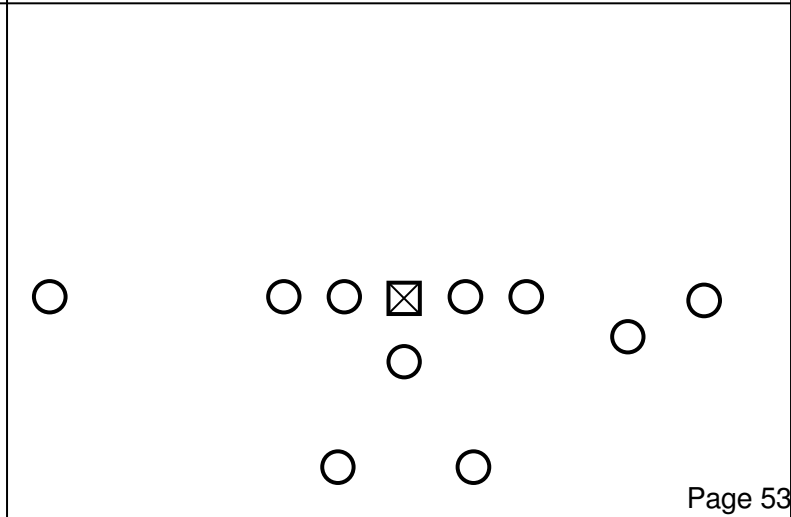
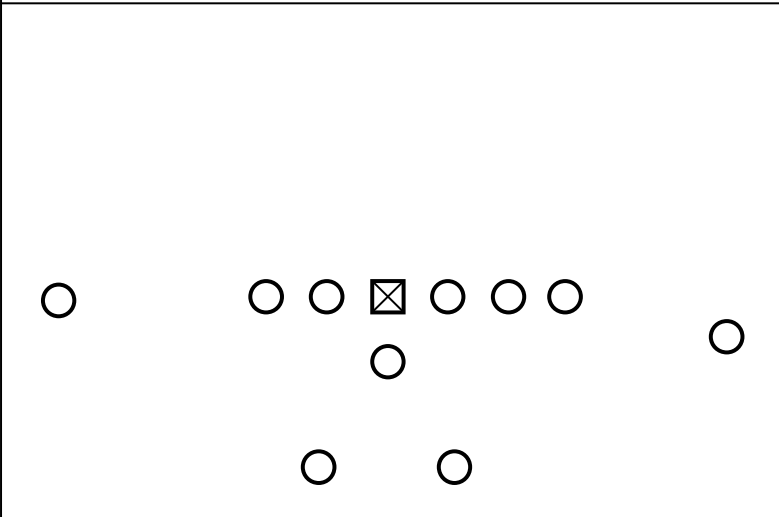
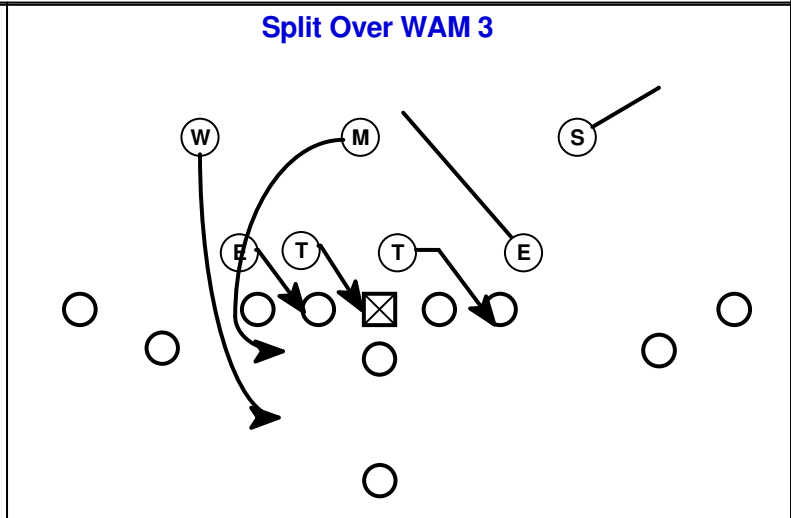
Tight Over WAM 3



Split Under WAM 3

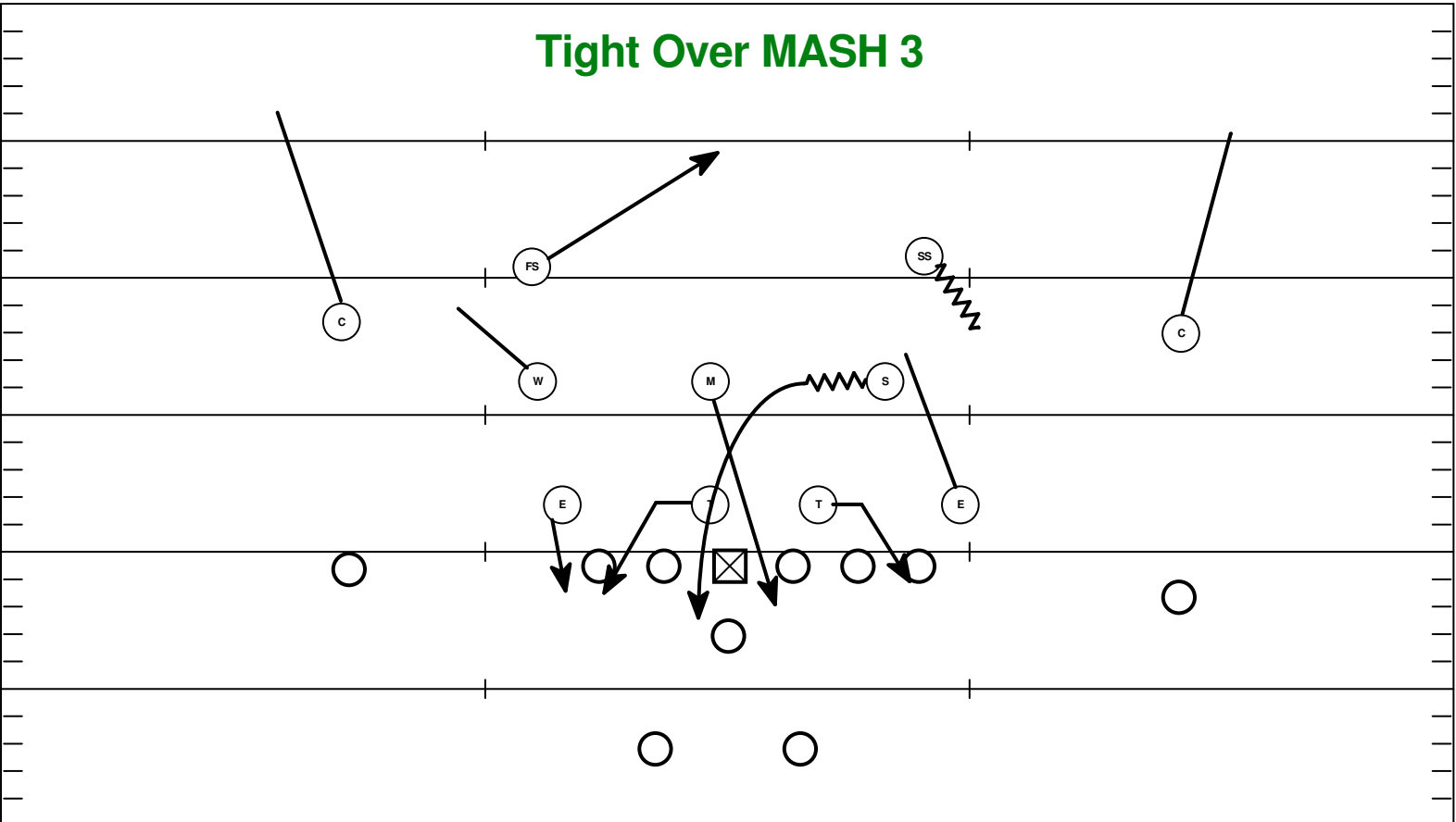


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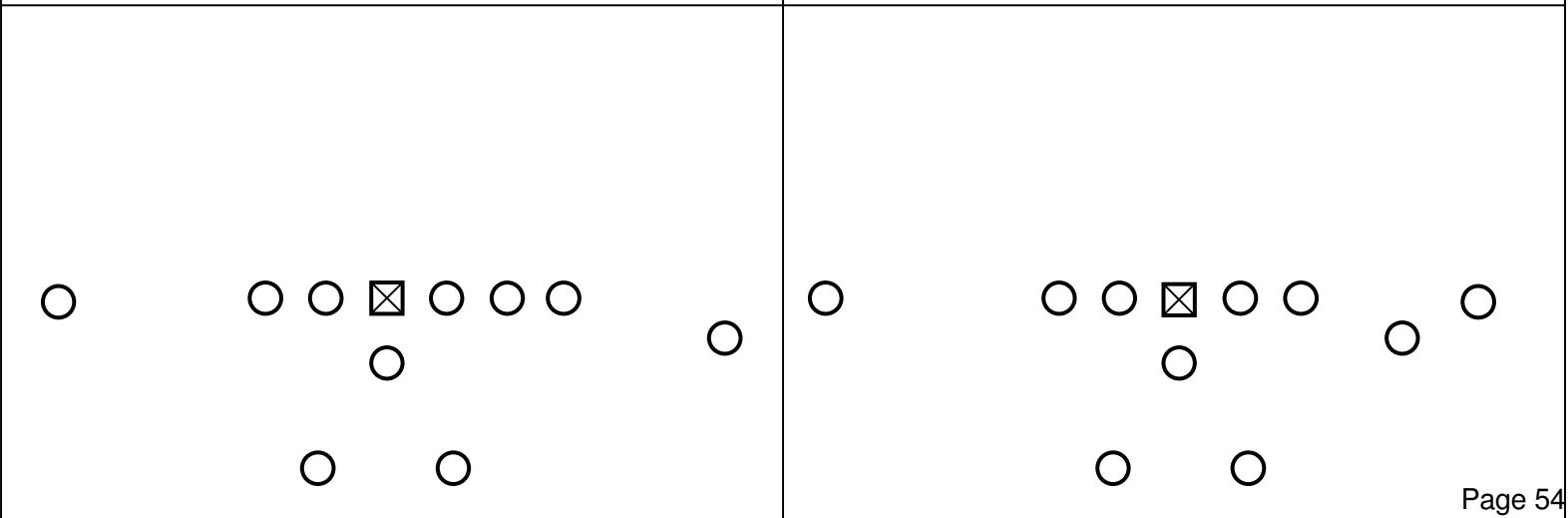
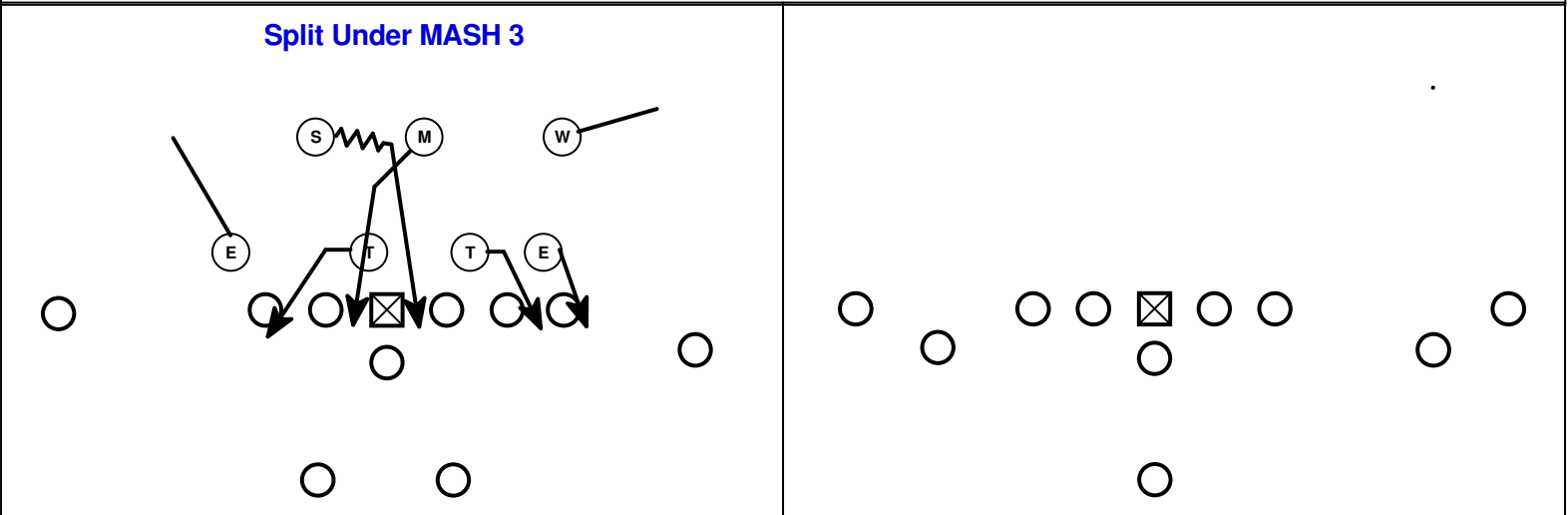


MASH Zone Blitz

Tight Over MASH 3

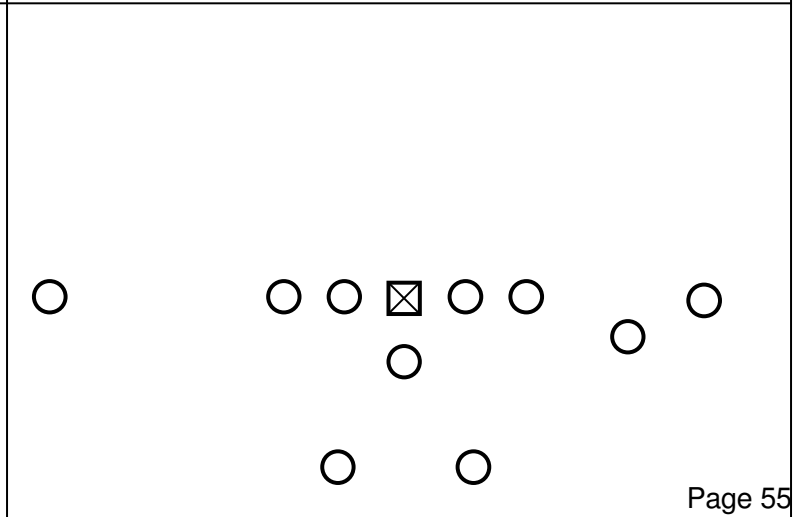
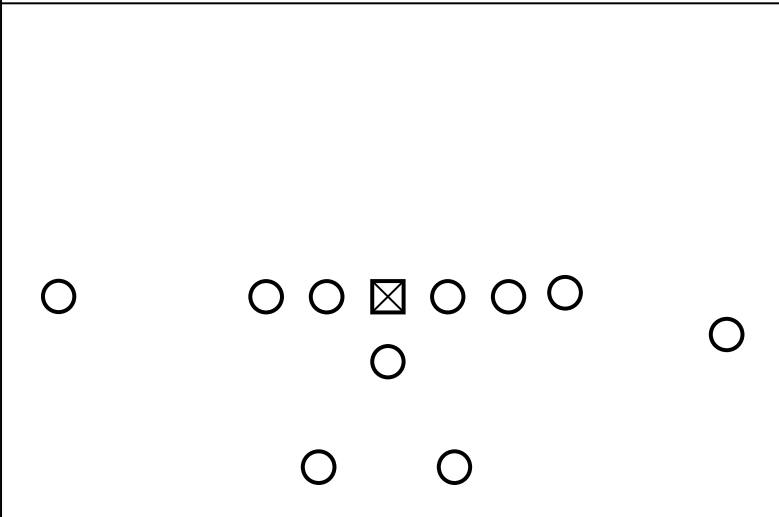
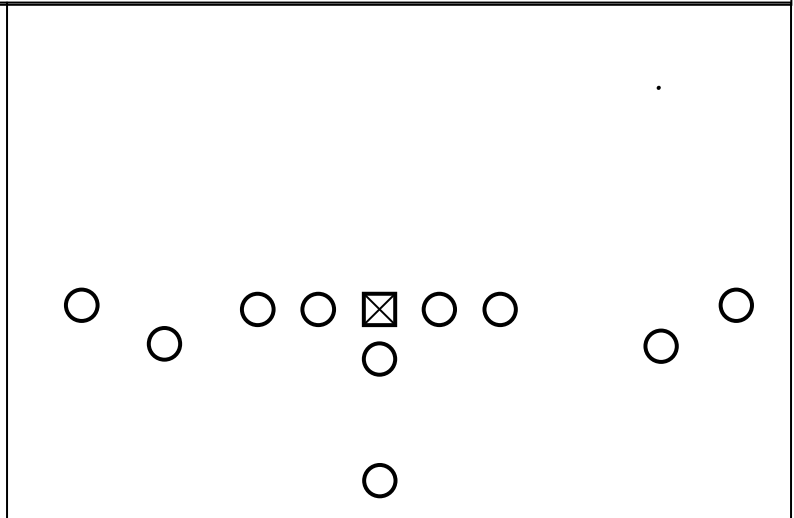
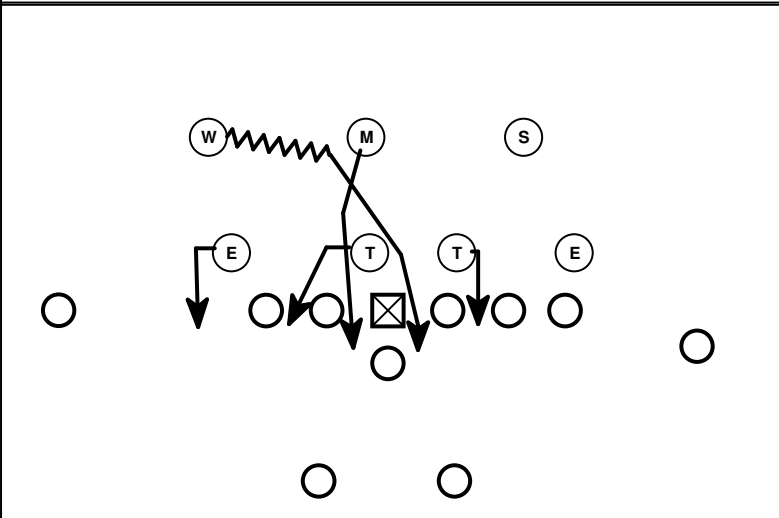
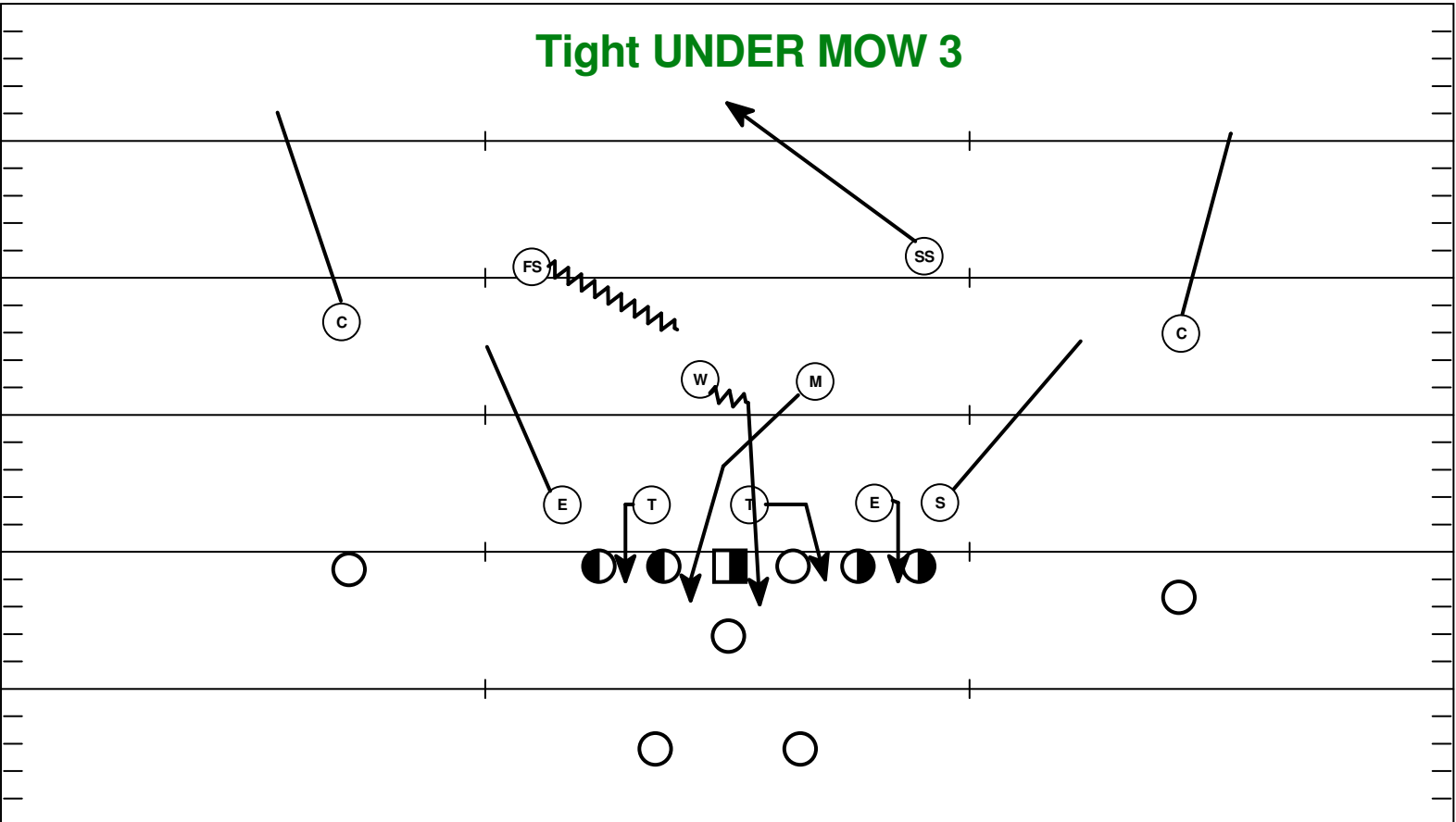


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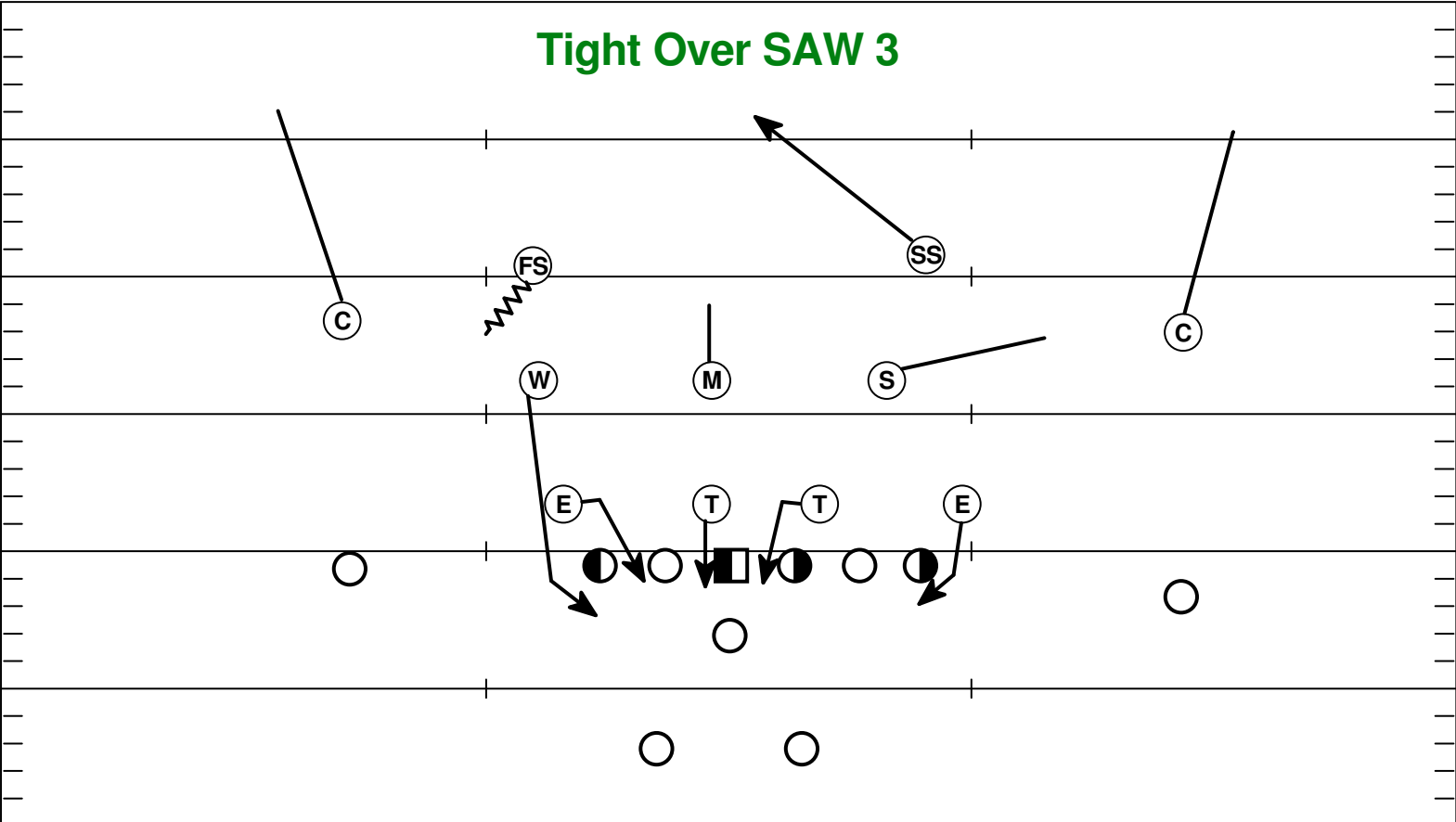
MOW Zone Blitz

Tight UNDER MOW 3

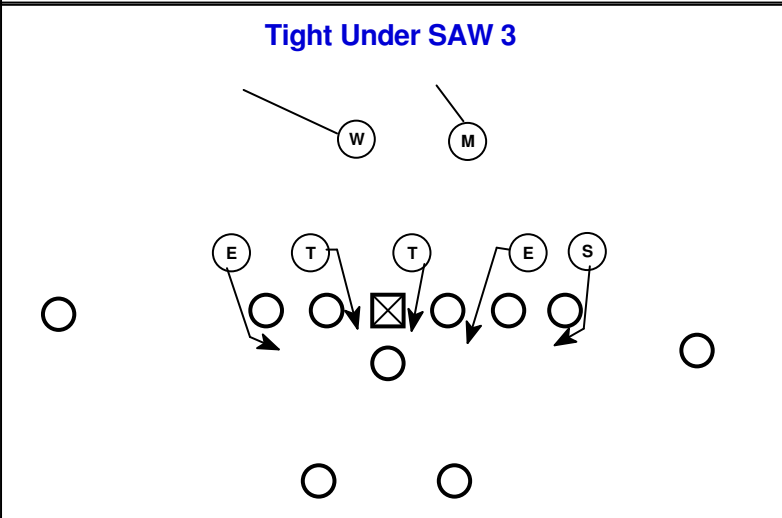


SAW Zone Blitz

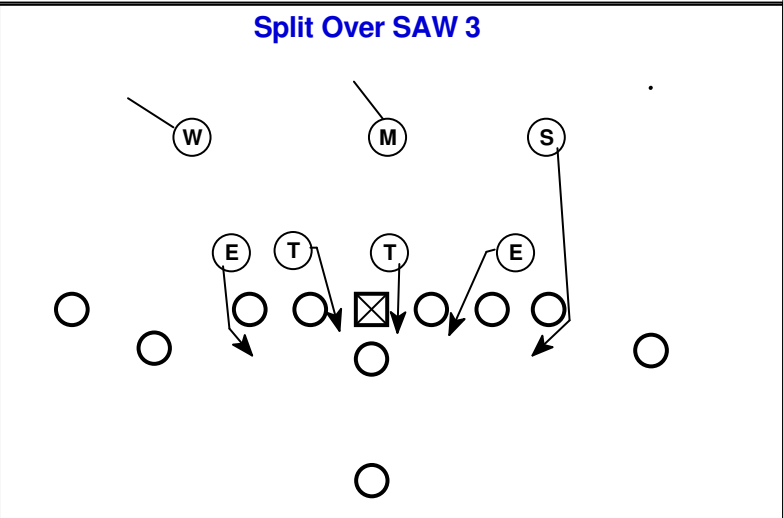
Tight Over SAW 3



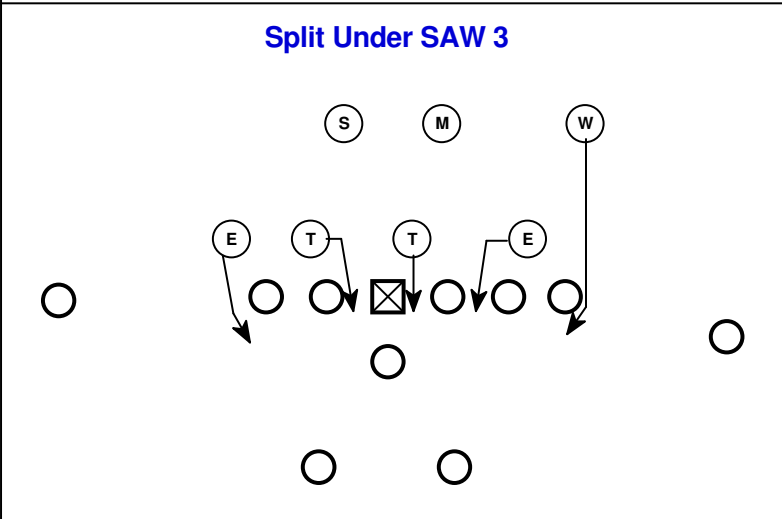
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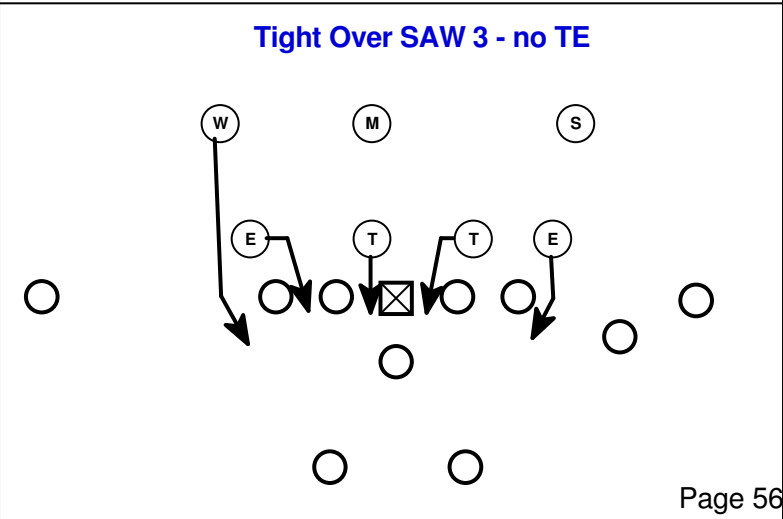
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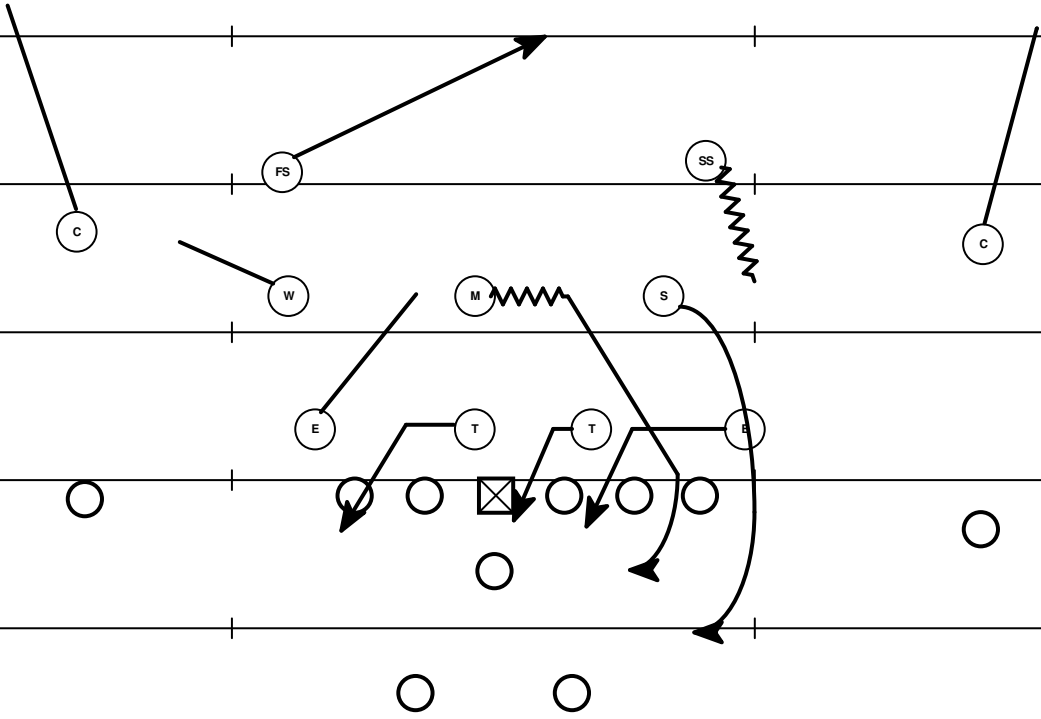


Tight Over SAW 3 - no TE

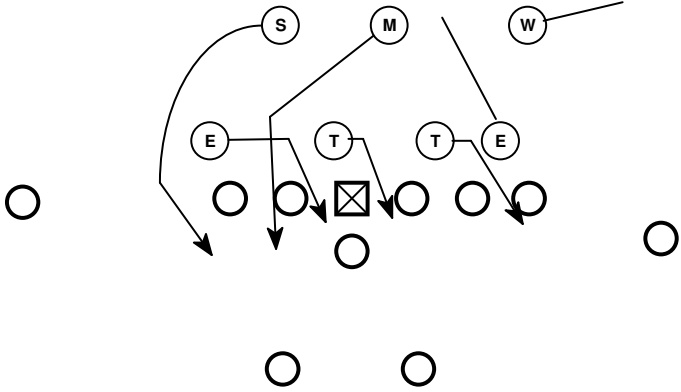


SMACK Zone Blitz

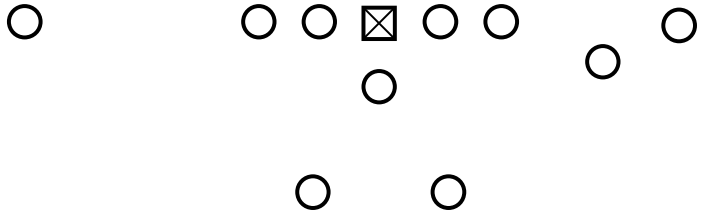
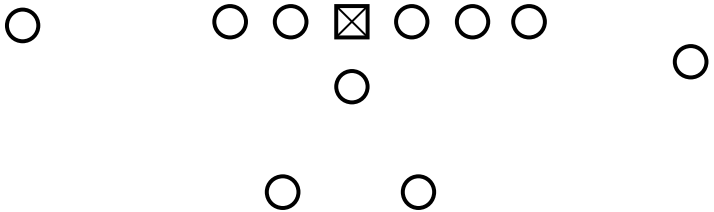
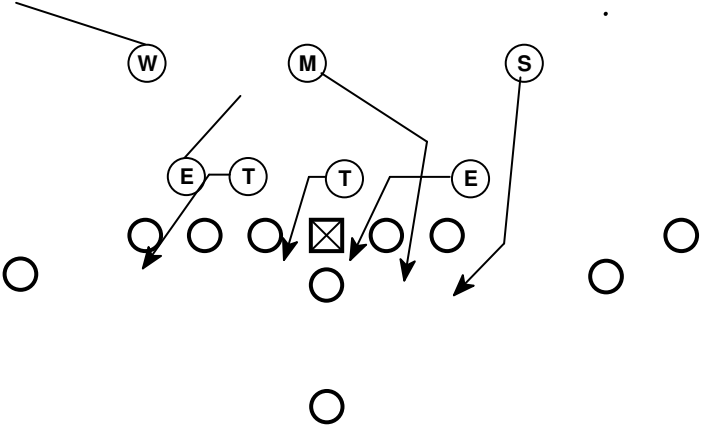
Tight Over SMACK 3



Split Under SMACK 3

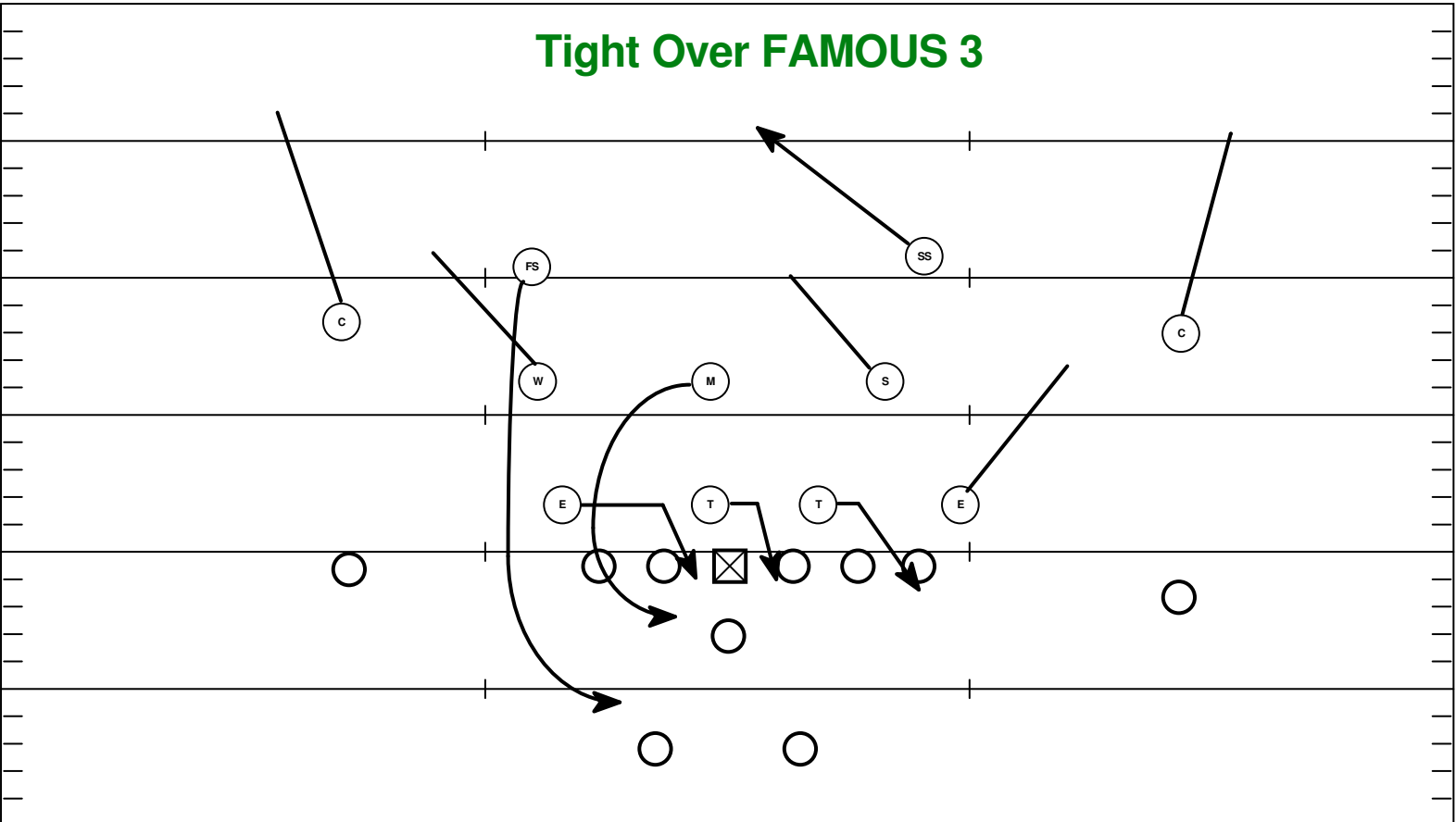


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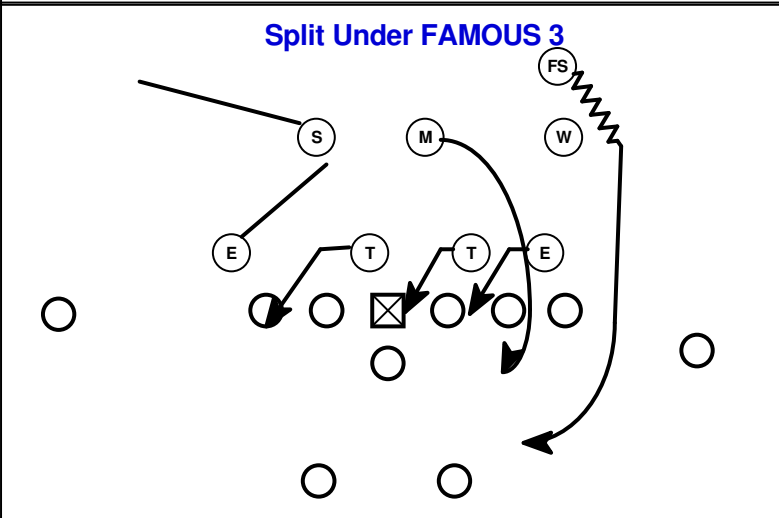


FAMOUS Zone Blitz

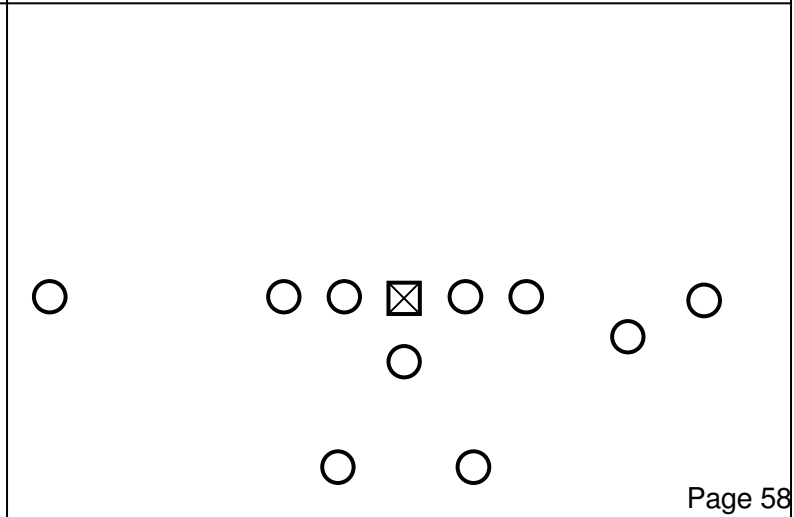
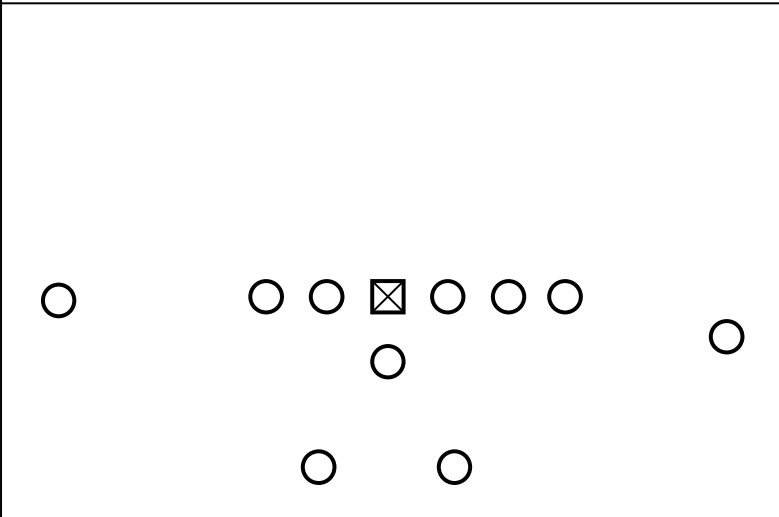
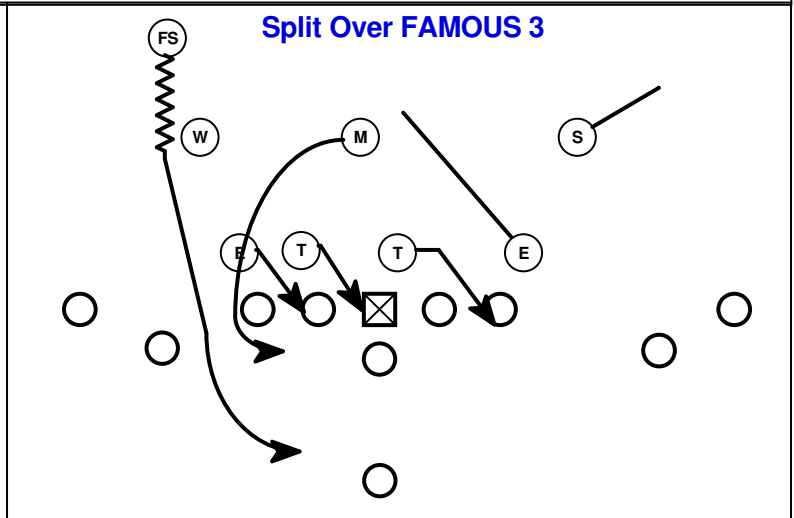
Tight Over FAMOUS 3



Split Under FAMOUS 3

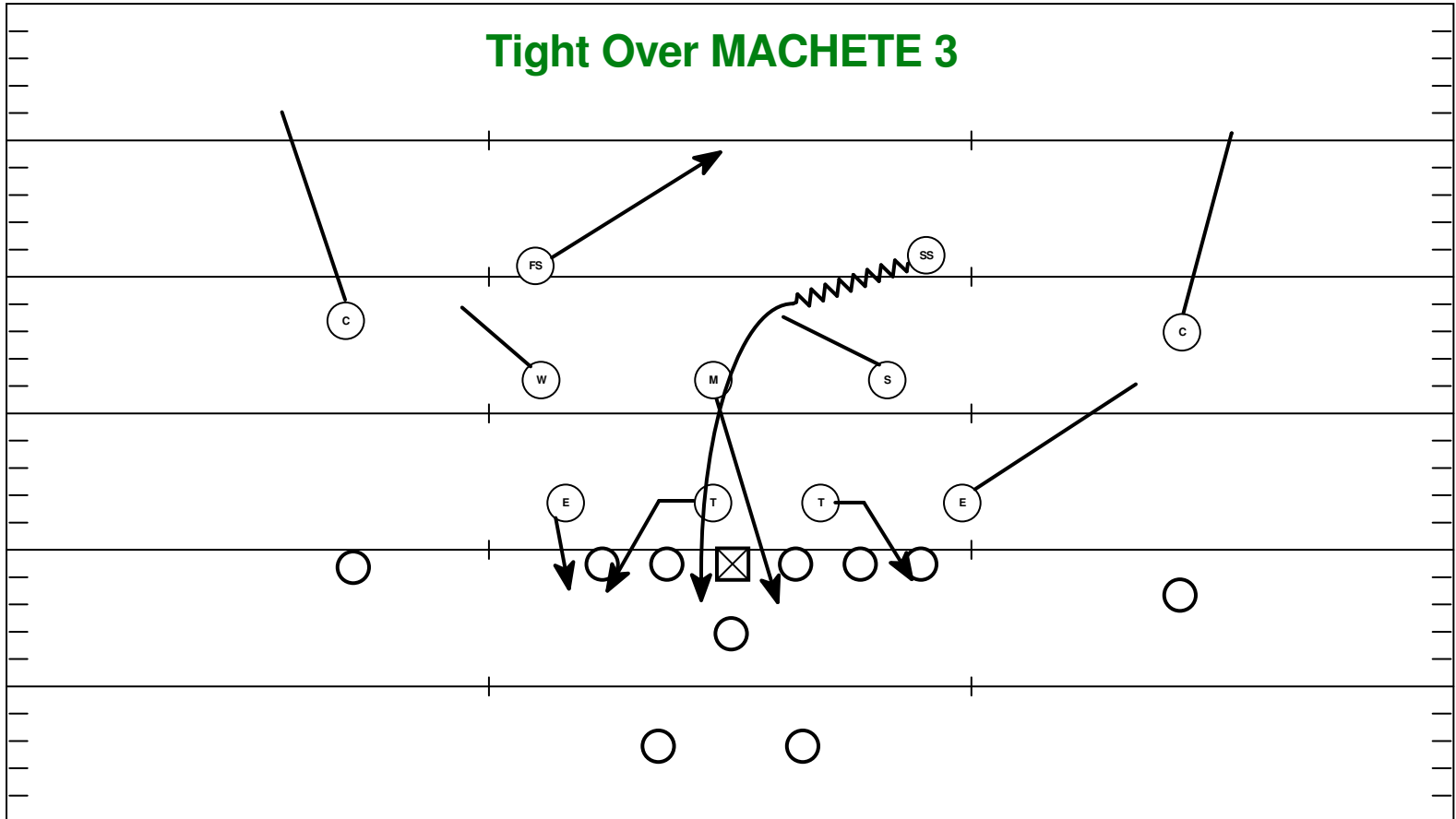


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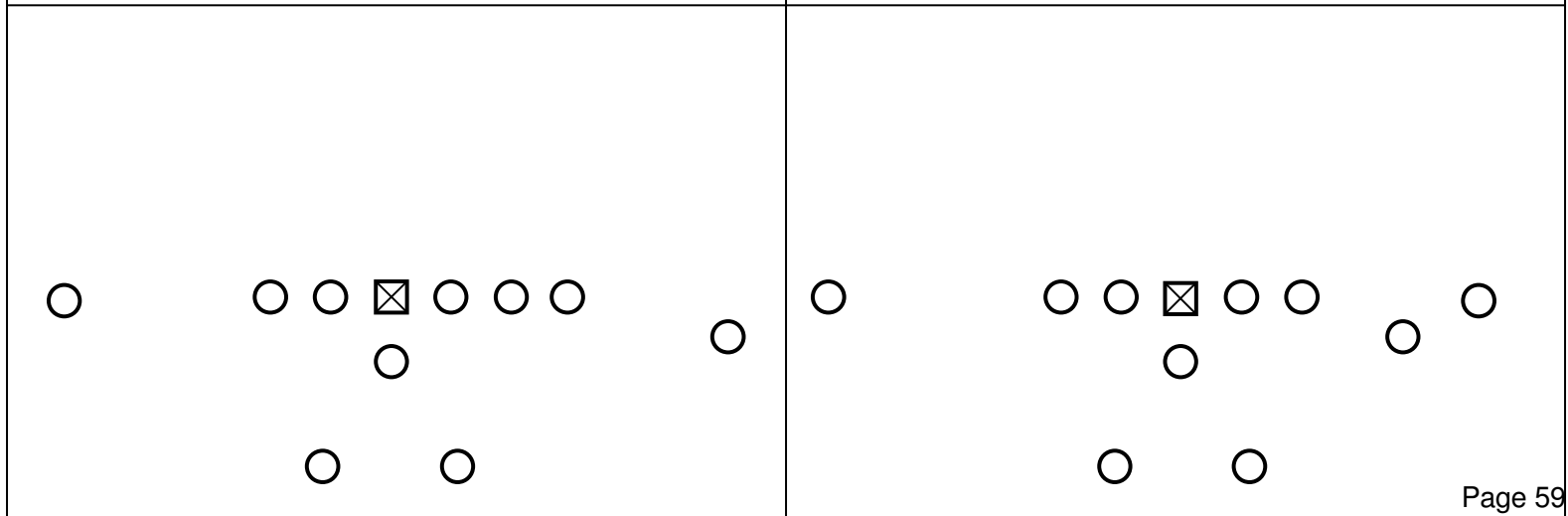
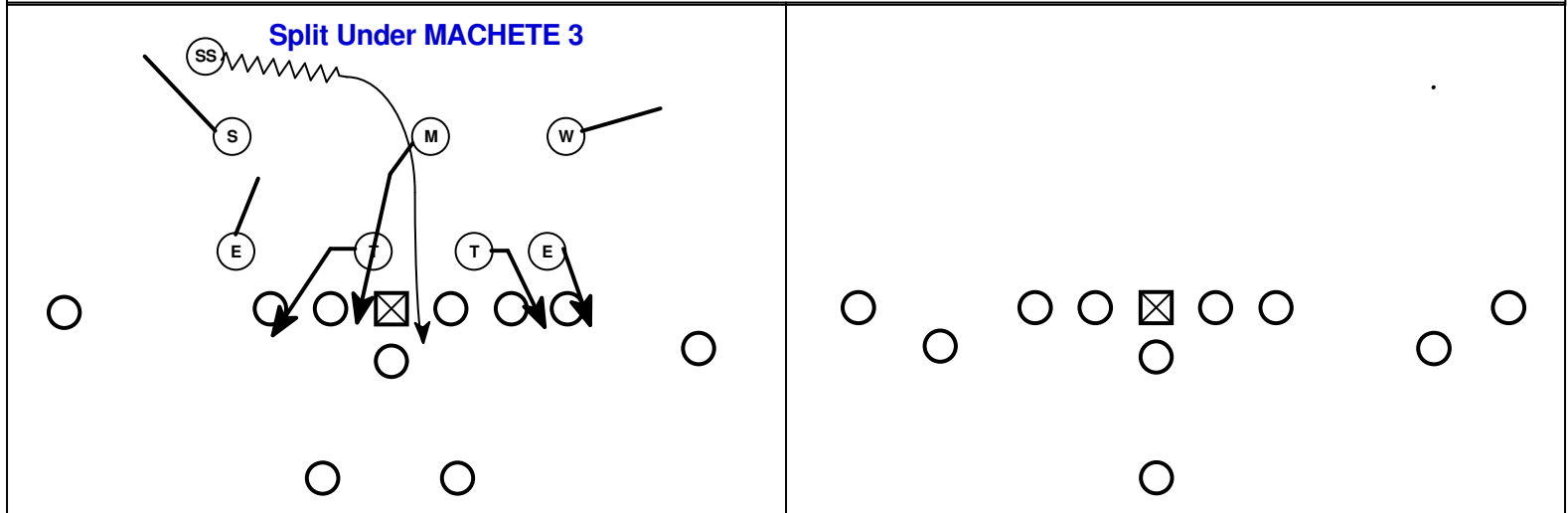


MACHETE Zone Blitz

Tight Over MACHETE 3

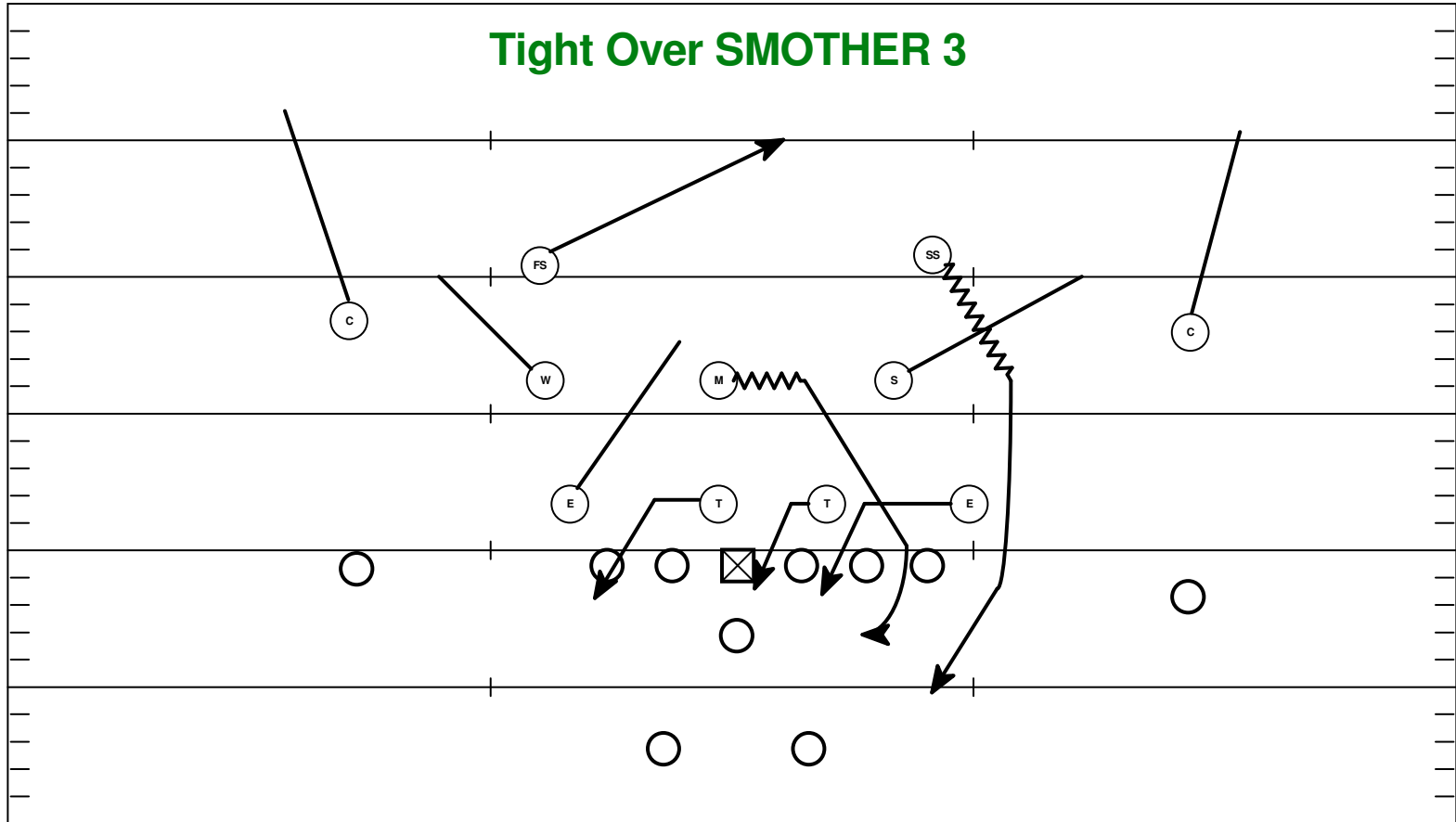


Split Under MACHETE 3

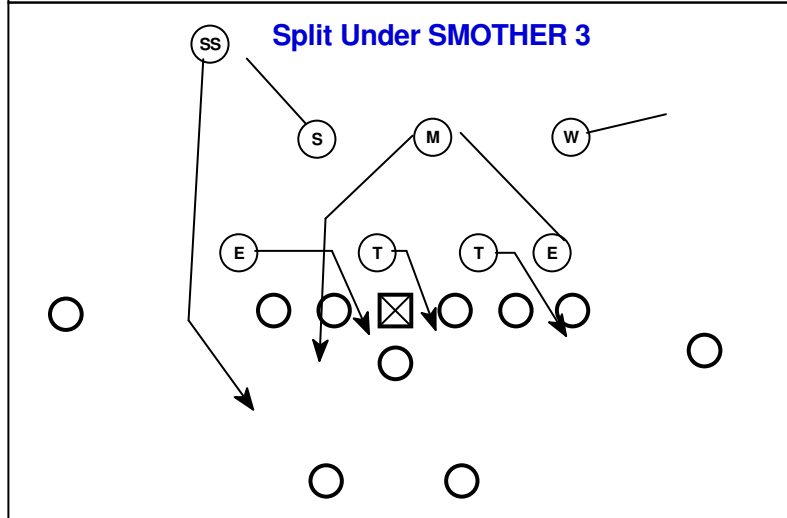


SMOTHER Zone Blitz

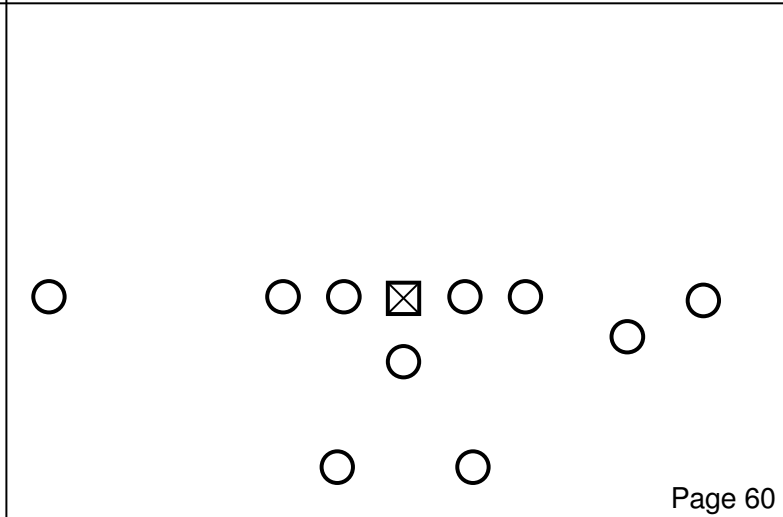
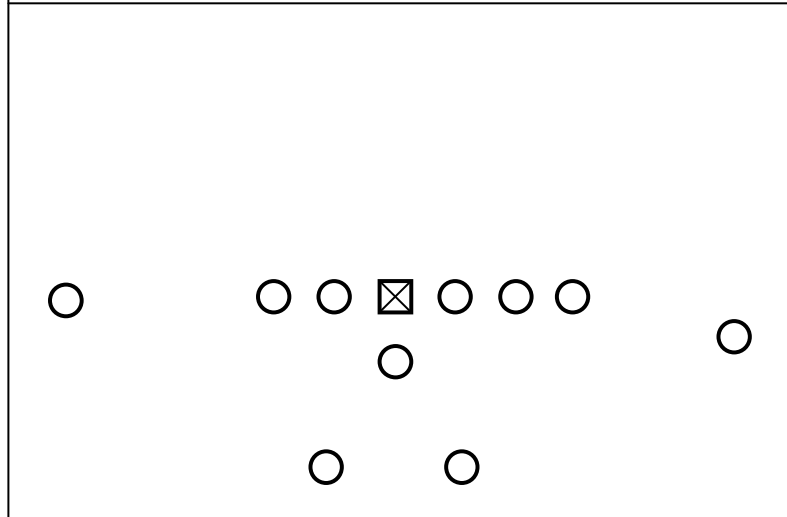
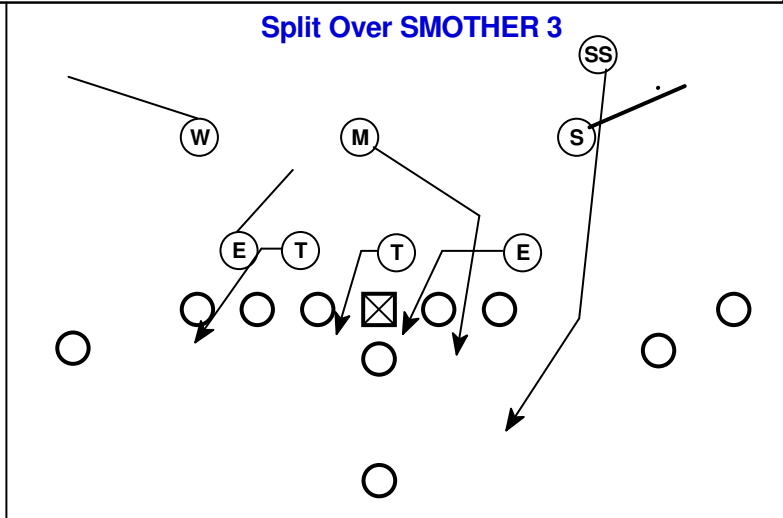
Tight Over SMOTHER 3



Split Under SMOTHER 3

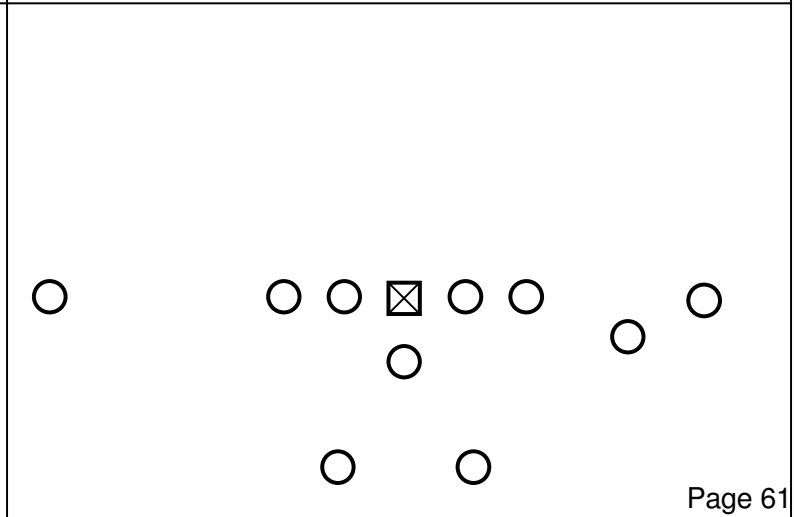
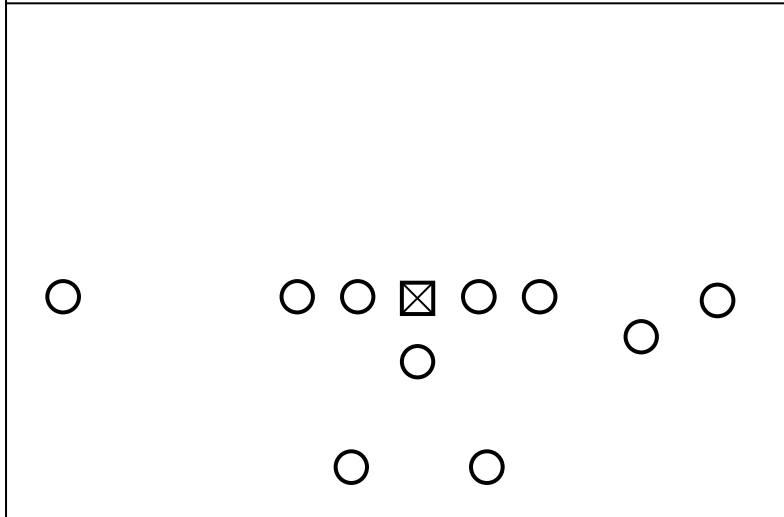
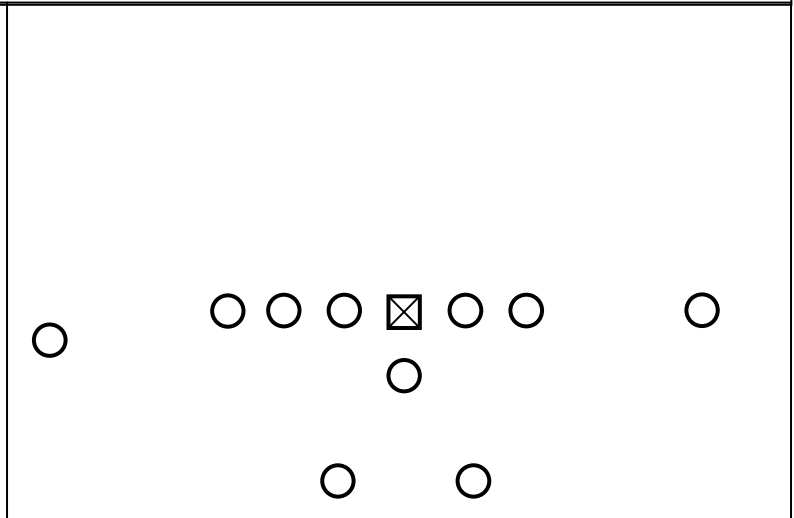
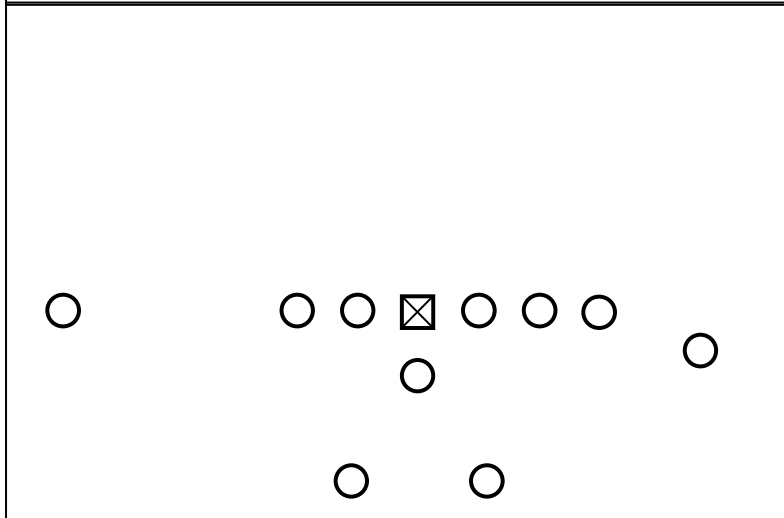
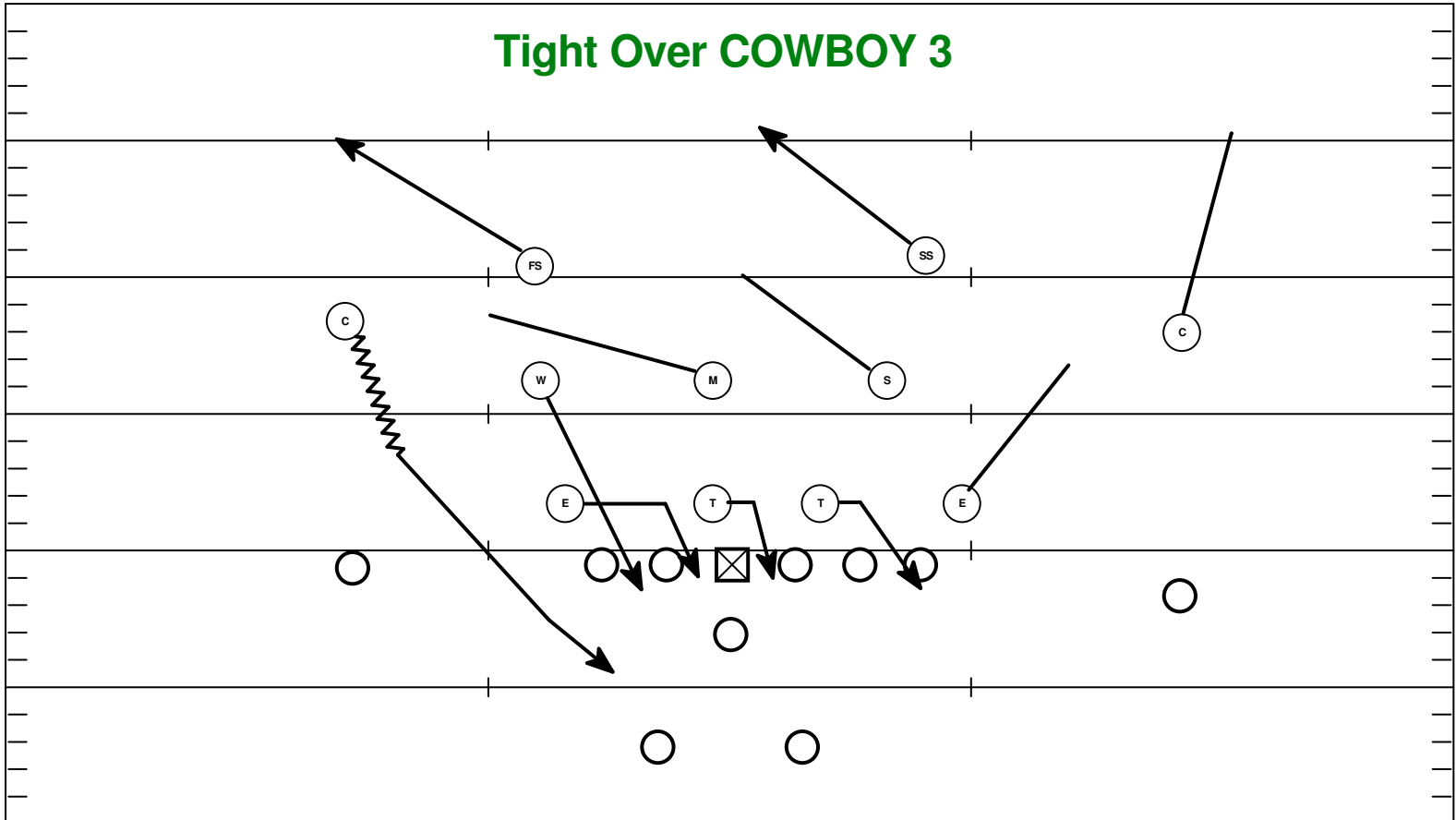


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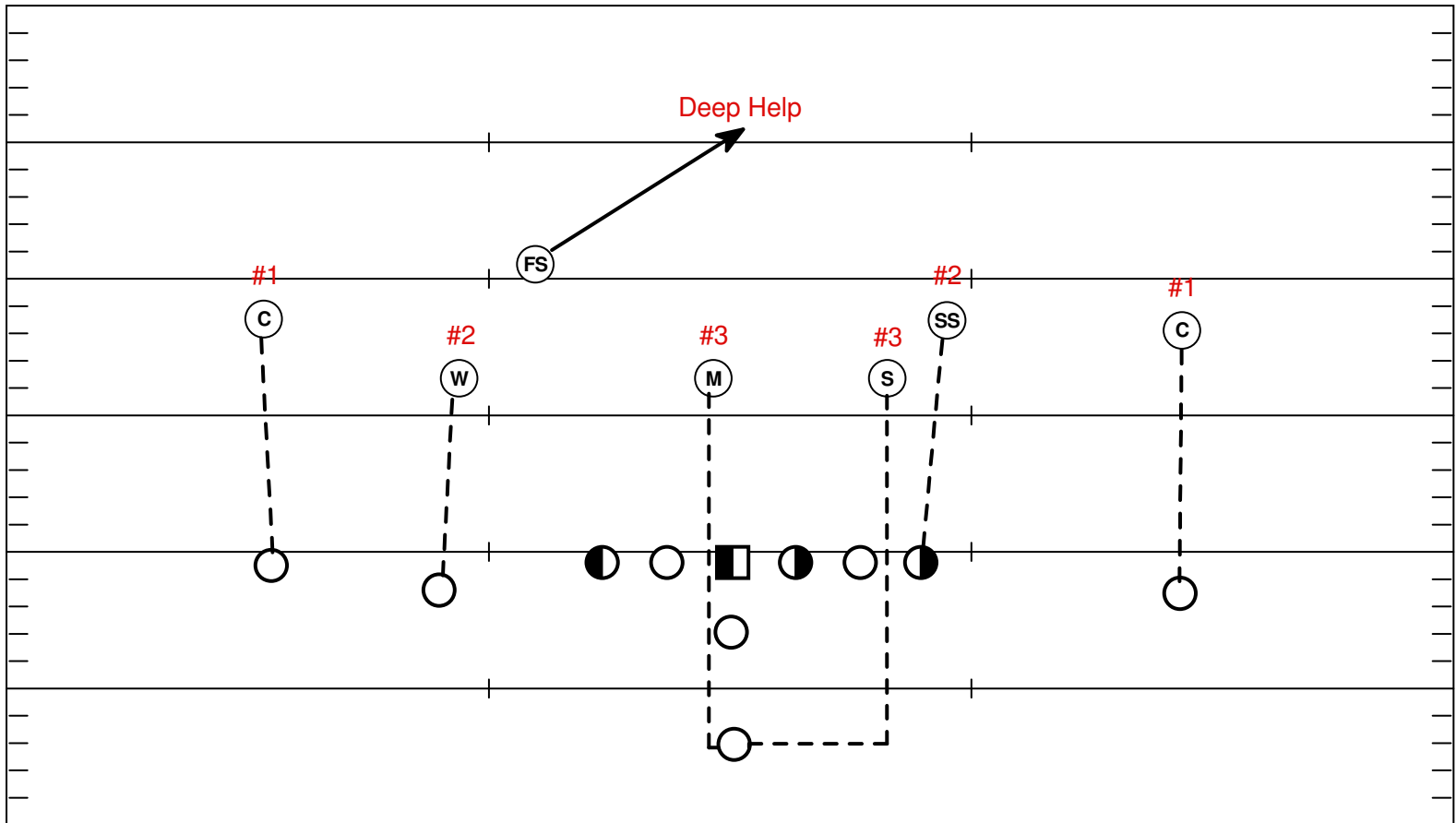


COWBOY Zone Blitz

Tight Over COWBOY 3



1 COVERAGE



1 is used to get man coverage with Free Safety help over the top. **1** can be combined with any of our Zone Blitz package stunts. **1** gives one deep safety with all eligible receivers covered man to man by an underneath defender.

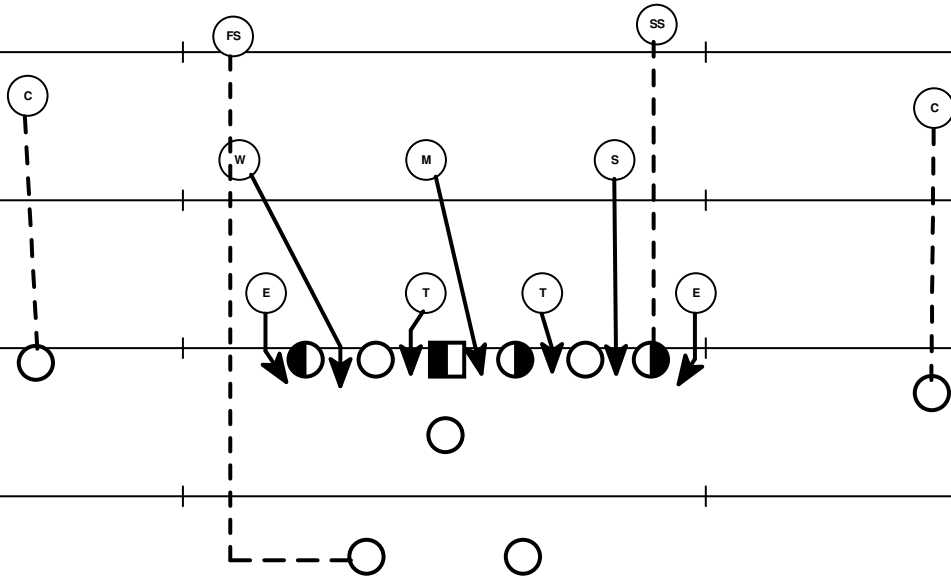
Corners always have man coverage on the #1 receiver to their side. Take a slight inside shade alignment, can be anywhere from 1 yard to 7 yards off of the receiver depending on game plan and ability.

Strong Safety and **Will Linebacker** have man coverage on the #2 receiver to their side. Take an inside shade alignment on removed receivers, or outside shade on a Tight End, Wing or Slot.

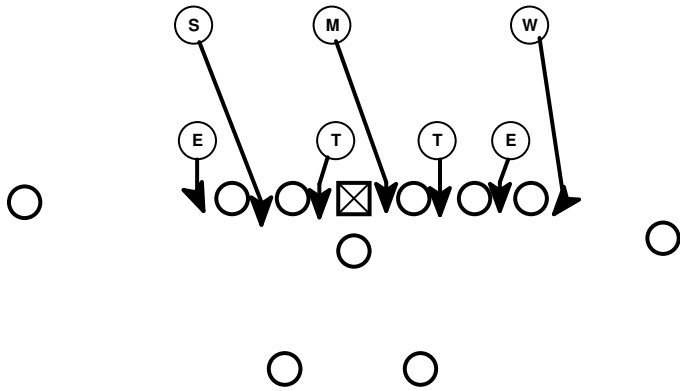
Mike and **Sam Linebacker** take any #3 receiver or Back Out of the backfield to their side. If no #3 receiver releases, they should either drop off and help underneath #2 receivers or, if they have been pulled up on a fake, continue on to pressure the Quarterback.

ZOO Man Blitz, COVER 0

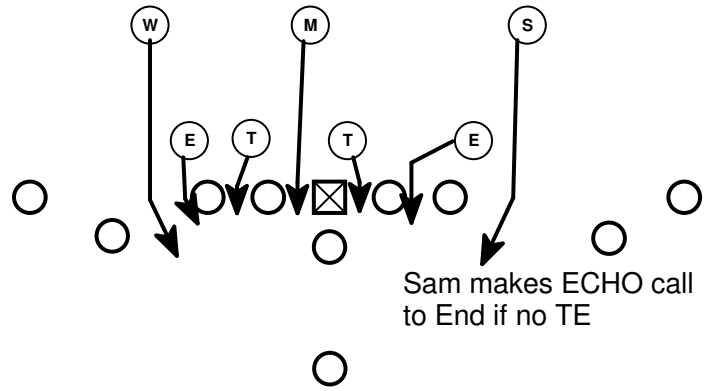
Tight Over ZOO 0



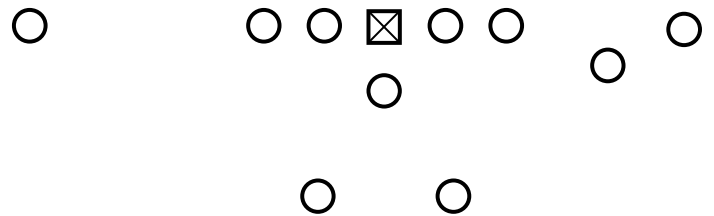
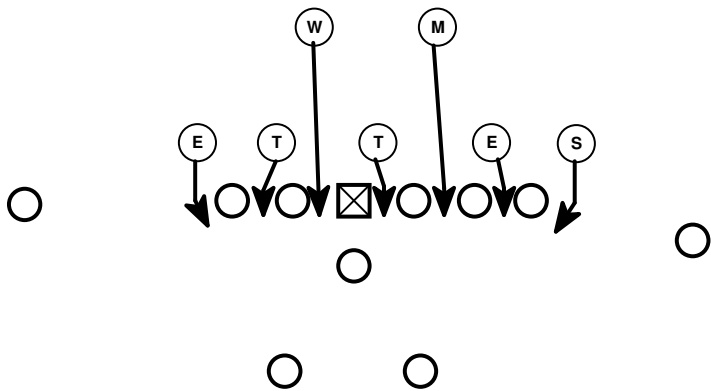
Split Under ZOO 0



Split Over ZOO 0



Tight Under ZOO 0



GLOSSARY

Anchor: Technique used by 9-tech Sam Linebacker in Under front. Take one step and engage TE, reading for run-pass. If run, continue on to spill, if pass drop to coverage zone.

Bend: Defensive line technique after escaping from offensive line block. Always work across the heels of the lineman you are shaded on and down the line of scrimmage. This puts you in the best position to spill blockers or pursue on runs away from you.

Boundary: Short side of the field. Used to declare strength as in "Boundary Over Quarters" where we are declaring the strong side as closest to the sideline.

Box Player: Player who attacks everything with his inside shoulder on the outside shoulder of blockers or ball carriers. Must force runs to either turn back inside to help, or string out to sideline to allow pursuit to get over.

Crash: Call made by the secondary player who is coming down to cover an underneath zone in Dime coverage package. Can be determined by offensive formation or by the call made in the huddle.

Credit Card Alignment: Alignment used by defensive linemen in base front, to get as close as possible to the ball that you could slide a credit card between your hand and the ball. Make sure your head is behind your hand at all times to avoid off-sides.

Curl: Underneath pass coverage zone referring to where a #2 receiver would be if he turned outside from his original alignment. Up to 14 yards.

E.M.O.L.S.: End Man on the Line of Scrimmage, can be the Tight End or Tackle.

Enchilada: Call made by linebacker to End in Zone Blitz to alert him that he is the dropper.

Field: Wide side of the field. Used to declare strength as in "Field Over Quarters" where we are declaring the strong side as the side with the most space between ball and sideline.

Flat: Underneath pass coverage zone referring to the farthest area outside where a receiver would run a short out route, or a back would flare to. Up to 14 yards.

Flood: Tailback is going to the weak side on a run play.

Flow: Tailback is going to the strong side on a run play.

Hook: Underneath pass coverage zone referring to where a #2 receiver would be if he turned inside from his original alignment. Up to 14 yards.

L.O.S.: Line of Scrimmage, running along where the ball spotted.

M.O.F.: Middle of Field, coverage zone usually occupied by Mike Linebacker. Drop back in the middle of the field and look for receivers coming into the zone. *Don't be a statue!*

GLOSSARY

Nacho: Call used to alert 1-Technique Tackle (*Nose*) that he is the dropper in Zone Blitzes.

No Cover Zone: 5 yard zone from the Line of Scrimmage to 5 yards deep where we will not come up on receivers, but be prepared to break on the ball when thrown to these receivers. We will accept the offense throwing the ball in this zone, but must swarm to the football and make tackles.

'Pull' Call: Call made by Outside Linebacker when he must step out to a removed receiver, or when he drops down over top of a Tight End in the Under front. Tells the other Linebackers to step over one man.

Slot: Receiver aligned off the ball and 3 yards or less from the hip of the Tackle.

Smoke: Call made by Linebacker who is blitzing in Zone Blitz Package. Alerts the Safeties who is blitzing so they can make the decision of who will buzz down to underneath coverage and who will cover the deep 1/3.

Spill Player: Attacks the inside shoulder of any blockers with his outside shoulder, forcing the ball carrier to bounce farther outside and *spill* to the *box player*.

Split: Receiver on the L.O.S. away from the Tight End. Used to declare strength as in, "Split Over Quarters." Strength will be declared to the receiver away from the Tight End aligned on the Line of Scrimmage.

Strong: Side to which the strength is called by Mike Linebacker.

Swarm: Getting all 11 defensive players running to the ball at all times. We want to see 11 hats around the football at the end of every play.

Taco: Call used to alert 3-Technique Tackle that he is the dropper in Zone Blitzes.

Tight: Tight End, eligible receiver on the line of scrimmage aligned within 3 yards of the Tackle. Used to declare strength as in, "Tight Over Quarters." Strength will be declared to the Tight End.

Weak: Side away from the strength call made by Mike Linebacker.

Wing: Receiver or Running Back aligned off the ball and 3 yards or less from the hip of the Tight End.