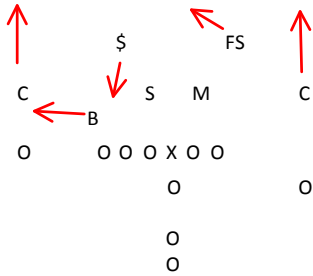


Vic Koenning - 8 & 9 Man Fronts, Clemson University

Sunday, February 24, 2008
12:58 AM

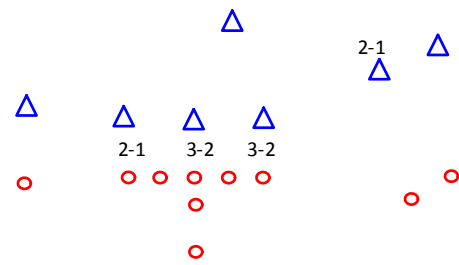


All other coverages (besides C2) are pattern reads. Players must be able to count to 3.



Safety Insert

- o Safety is 3 to 2: 3 is the run key, on pass read go to #2
- o This is playing the man in your zone, he has been criticized for not playing enough man but plays this on most snaps
- o Secret to good defense: Use of the blockers with bad players, so your good players can make the plays
- o If the free safety is dropping away from you, protect his back - he's going to turn & run
- o Corners take 1-2 good backpedals, then shuffle and stay in it as long as you can, but stay pointed at your indicator
- o Free Safety: Shuffle MOF, eyeball #2 - if he is running vertical then it is pass
- o 4 Verticals: Corners midpoint of the thirds, QB is going to read the Safety - so the safety can't be right. #2 to #1 player destroy #2 vert, bubble out to the corner or into the safety. *Protect the hashes!*
- o FS is reading #2 away on his drop, he is also the alley player
- o 2-1 player: Pitch on option, box player (contain)
- o 3-2 player: QB on option, spill player
- o Zone Blitz: Bandit (weak end) drops to 2-1
- o "Fill" Call: Insert FS instead of Strong Safety



Safety Outside: Regular Cover 3

- o Backers: Find open gap, read the back - reads are kept simple
- o Operating more as a 3-4 or angle/slant w/ rush end & drop end??

Corner Insert: Playing an 8 man front with Corners

- o Exchange the down guy
- o *Danger* #2 will get a free release, FS must read him more closely!
- o Still have two 3-2, two 2-1 players
- o 3-2 player still reads #3 on opposite side as his #2 vs. Trips
- o Once you feel your guy, you can look back inside - but get contact
- o Vs. Sprint Out, 2-1 player gets out to the sideline and cannot be too wide

9 Man Front from 2-Shell

- o Safety and Corner read #1-#2, Safety reading TE will be there now on run read
- o Creates 9 accountable, only corners don't show up
- o This is similar to Quarters concept. Safeties are 10 yards and bouncing, not getting depth
- o Corners must be inside
- o If you can't stop the run in this front: "Piss on the fire and call in the dogs, because the hunt is just about over."

Vic Koenning Defensive 2-Deep Coverage - Clemson

Friday, February 22, 2008
9:47 PM



Even Coverages:

- Tampa 2 / Nickel 2
- 2-Ram / 2-Choke
- 2 Man

Quick Key: Through EMOLS to QB

Tampa 2: Hard Corners, Safeties deep 1/2

- Must be communication between Corner, Safety, Sam/Will to their side
- Give some liberties on corner alignment
- Corner doesn't need to worry about 'quick' key as much
- Inside foot splitting the crotch, deny outside release, 3-5 yards
- Hands on the receiver, "heels on a cliff" - can't back up
- Outside Release:** Jam and deny
- Inside Release:** 3 good hard steps then bucket and back out
- Vertical Release:** Get in the hip pocket, look for a threat. If no threat shows, continue sifting deeper in the hip pocket.
- Boundary safety is 2 yards off the hash (college), Field safety splits #1 and TE area
- Safeties are primary pass, shuffle/weave on QB
- Does not 'read' for pass/run**
- If his 'string' is pointed at target (QB), his backpedal climb will be correct angle
- LBs to hash at 10 yards, Mike climbing M.O.F. (carry #2 vertical)
- Safeties - **RULE #1: Can not let #1 cross your face inside, there is no help!**
- C2 Dime Look - get DL off, 3 high safeties, one takes M.O.F drop and honors #2
- If there is only 1 receiver to his side, the safety can widen to #1 and squeeze him
- You cannot cover 5 out with a 4 man rush**
- Nickel has a 4-man rush... not sure what that means, can you not use a nickel package to cover 5 out?

"String": Pointing his crotch at the target, he stays on that string

Trips w/ nub: Backside safety plays MOF, Mike can focus on run - man up the back side

Does not double call, you end up doing the same thing every time

Cover 2-Ram

- Backers are accountable for running w/ inside receivers
- Mike has middle hole check down, look for work
- Safeties: Focus on #1 receiver, read him, weave out to him, do not let him cross your face to the inside
- Corners deny *inside release* by lining up inside and playing curl/flat
- Keeps teams from teeing off on the slant route vs. Cover 2
- If the corner feels the bubble screen, he should go make the play. If they smell run, go make the play.
- This takes pressure off of the Mike LB from Tampa-2 Coverage
- Safeties have 7 things, Corners 6 that they do... and created 104 coverages off of that.
- In Trips: #3 receiver is just #2 moved over, so the Will LB (opposite side) must carry #3 if he goes Vertical

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Corners cannot play hard inside vs. this

Choke: "Catch", show soft and shuffle to 3 yds deeper (7-8yds), sit down and redirect receiver

- Safeties play like Tampa 2, backers play like Ram
- Safeties overplay #2 receiver, corners catch and sift #1
- Used if they want to hit the receiver down the middle**
- Effective Zone Blitz coverage**
- Being more aggressive in coverage can take away some short stuff, but you need the athletes to play it

Cover 2 Man

- Teams will want to attack the M.O.F. vs. Man, so you can drop a MOF player and use a 3-man rush
- This is basketball on grass, they only used it against FSU and BC
- 2 back, 3 receivers: Sam plays Ram tech. on #2, Mike plays run, with no MOF dropper
- Sam only has to carry #2 vertical

Vic Koenning - Goal line Defense, Clemson University

Friday, February 22, 2008
1:47 AM



Lanes

- Complicated system, you cannot take parts of it
- Goal line from 8-10 yards in, or more depending on personnel
- You do not need a free safety on goal line
- BIG Package on goal line, even bigger corners
- Corner: Take away the FADE, line up outside and jam him out, ball up and bucket, now receiver has to go over your back
- Receiver removed, make a "help" call to next player inside - if he sees ball to ear, he looks to kill the slant
- Hands on #2, then look to the slant - eye go in the direction #2 goes, if one is leaving then one is coming
- If your guy goes vertical, must go with him - sift technique

Slide-3-Fan

- #2 is removed, backers calls for help inside
- Everyone is working inside out to next color
- FS takes TE vertical, LB can be aggressive on the run
- Vs. 1 Back, Will goes overhang, Mike has to bump over
- Takes him until you can pass him off to the next color
- In theory, it's a double coverage on everyone

Vs. Bunch: Box Call

```
C   C
B   B
   O   OOXOO
O   O
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Stack 2-Fan

- Slide kicks weak LBs, Stack keeps them in the box
- Mike becomes accountable now

Big-Fan: Odd front, no safety

- Linemen need to use up OL, grab legs and get 2 for 1
- LB get the toes straight, knock knees a little - they must go forward

Alex Mebane - Zone Blitz, Trinity HS (NC)

Sunday, February 24, 2008
5:17 PM



- The point is to make it all simple for the kids.
- Carry only two or three blitzes (or one) into each game, practice them all week.

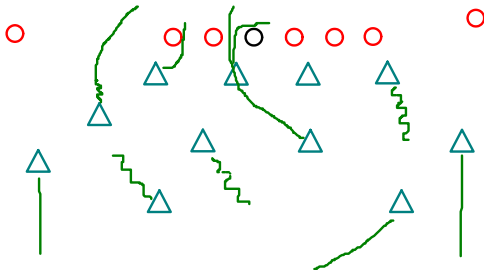
5-Man Zone Blitzes

- NCAA: Wham & Spear
- Single Edge - Raw, War (1st Letter tells who goes)
- Double Edge - Swear, Wizard (both backers outside to in)
- Double Middle - Smack, Musket, Tiger Sumo (MIF tag = Mike in Front)
- Safety: Machete, Snake, Razor, Wicked (Sting)
- Edge Games: Shark, Mow
- Spread: Wasp

4-Man Zone Dogs

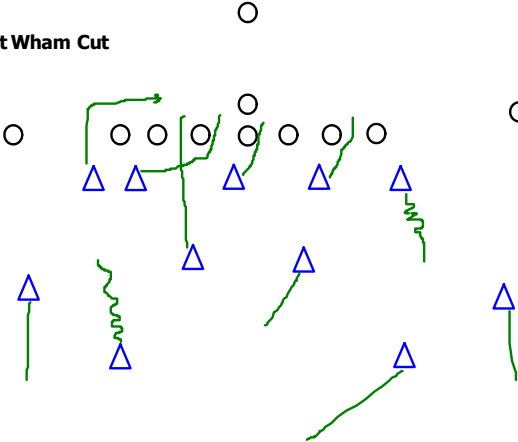
- Slam, Tiger Sam, Tiger Sax, Tiger Mike, Tiger Max

Tight Tiger Wasp

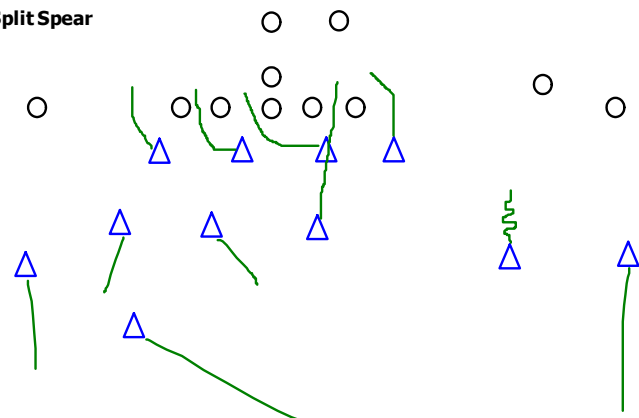


- 'Cut' Tag for outside rush, forget about everything and head to TB
- 'Slice' Tech. for Nose, get through stunt side 'A' gap and move to opposite 'A' Gap
- Purpose of stunt is to give quick pressure and take away hot route

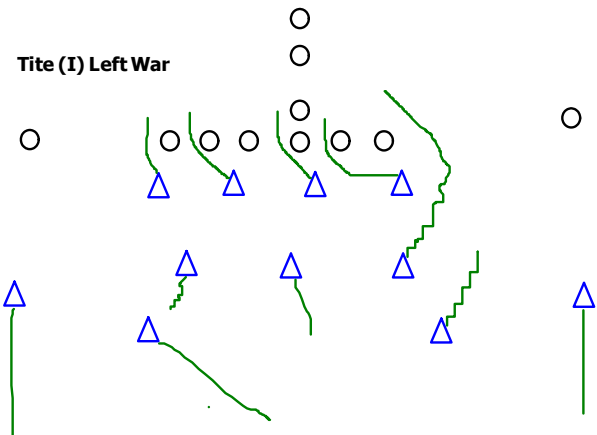
Tight Wham Cut



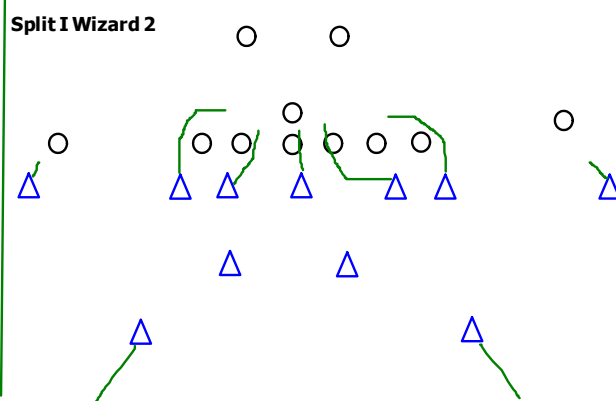
Split Spear



Tite (I) Left War

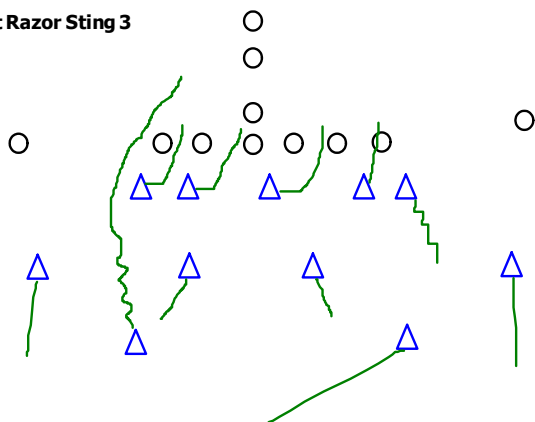


Split I Wizard 2



- "Bozo" call - you take my place! Swaps responsibilities.
- Game plan vs. Pro Twins is to always buzz to the Twins side ("Smoke" = Buzz)
- Use game plan to determine when "Smoke" breaks the normal rule.
- Split 1 Wizard 2 uses C2 with double edge pressure to force a quick spill (use with 'Cut' tag)
- Use Bozo when he has to bump out for twins or trips

Split Razor Sting 3



- Tite, Right, Split, Left, etc. are to determine where to call strength
- Bring pressure from the backside in to the boundary
- Create a sheet of tendencies and do not go away from the sheet in the 1st half, otherwise all of your work is wasted.
- Kids need a formation tendency, as a coach you make calls based on down & distance (or at least that's the starting point)
- Script plays for practice or you are wasting time.

"That's how you earn your 5 cents an hour"

Swarm Pursuit Drill

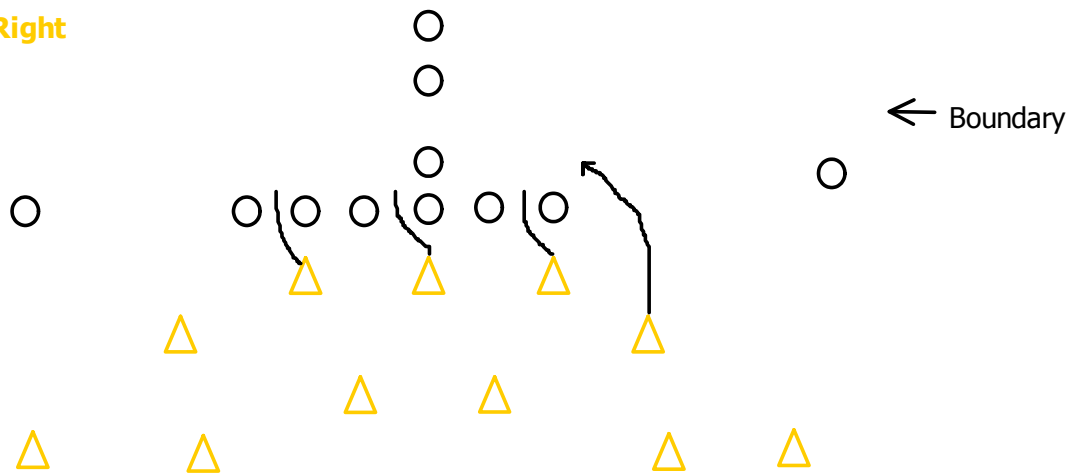
- Throw the ball to the flats, everyone runs to it
- Ball carrier yells "WHAT DO WE DO!" and defense answers "SWARM!" then sprints back

Nate Woody - Angle/Okie Front, Wofford College

Wednesday, March 19, 2008
9:59 PM

- Creates angles, turnovers, no big plays
- Head up ends don't take as many double teams - and they're HS Linebackers
- Secondary are smart players, good at maintaining leverage
- Create doubt as to where they are sending pressure
- **Defend the M.O.F. into the Boundary, and don't go outside of the hash. 9 times out of 10 there is no play there.**

Right



- If the guard heads upfield, there is no gap divider, so the end handles 2 gaps by himself. This frees up the backer to run.
- You need one big guy who can move - the nose.
- It is possible to see two things at once, so corners will read #2 and tackle at the same time.
- **If you can tell its pass, you can go ahead and move to rush lanes. Wofford tries to guess the play a lot. They're wrong a lot, but when they're right it can be a big play.**
- LB must get a good run-pass key if staying in 1/4, 1/4, 1/2 because he has B gap...
- **With only one-back, only one gap to defend. Don't need to see flow as much.**
- Rotation goes to the angle side
- Give the illusion that the backer is a D-gap 9 tech, step down late and play C-gap if you are playing reduction to the field.
- Angle side to the field, Okie is into the boundary
- Closed formation, corner folds, open it's the backer.
- Run Cover 3 when angle from the field, cover 6 angle to the boundary.
- Invite the bubble play vs. empty

Angle/Okie Front vs. Zone Read

- One back, LBs have only one gap
- Pre-snap shows zone into the boundary, so make that the angle side (back is set away from the boundary)
- On the Okie side, the backer needs to take B-gap if there is a divider - or come back & play A-gap to the other side
- This all works the same whether C6 or C3
- Difficult for the defense to find the Okie/Angle side, reducing the amount of power or iso
- Okie side 'end' (OLB) is outside leverage player

- Reduction side squeezes and spills. Unless there is a T.E.
- Pre-snap, learn to guess the play
- "Fire" guard pulls outside, backside backer fills for him

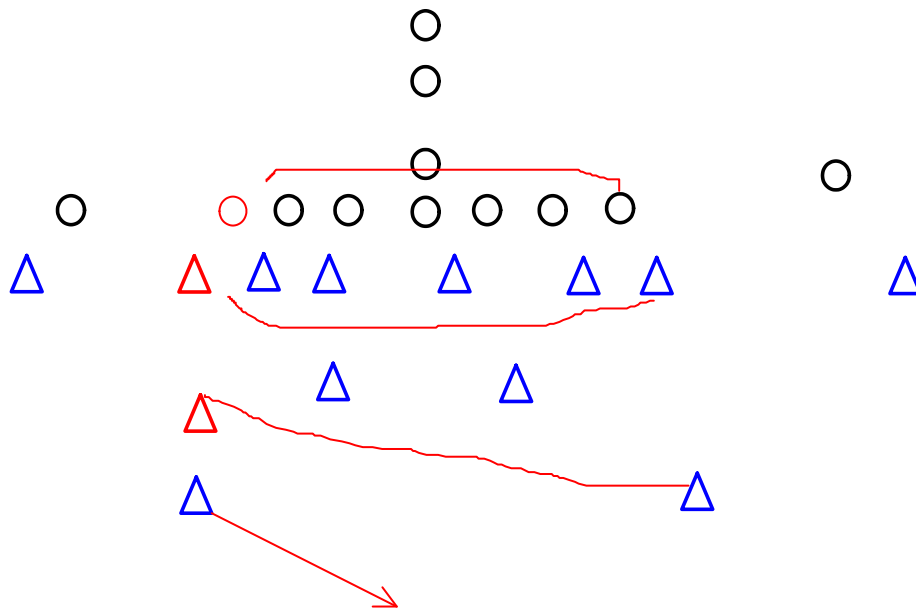
Doc Holliday - 4-3 Defense, U. of Florida/WVU

Sunday, March 09, 2008
1:39 PM

- Eliminate space, space gets you beat.
- Put your players in situations they'll see in games - if not, don't expect them to do it.
- **+1 Loading the box**
- Everything works out of C2 shell, drop SS into the box late to give another run player - this gives you one more than they can block
- Sam is a spill player in the Under
- Under front - full flow strong, you get Mike & Will in B-Gap, SS takes backside "A" Gap
- "Rat" Player in Cover 1 with a crosser - plays low hole and collisions to help

Adjusting to Y-Flip

- Move with him, and show your hand.
- Be ready to play, there is no more disguise



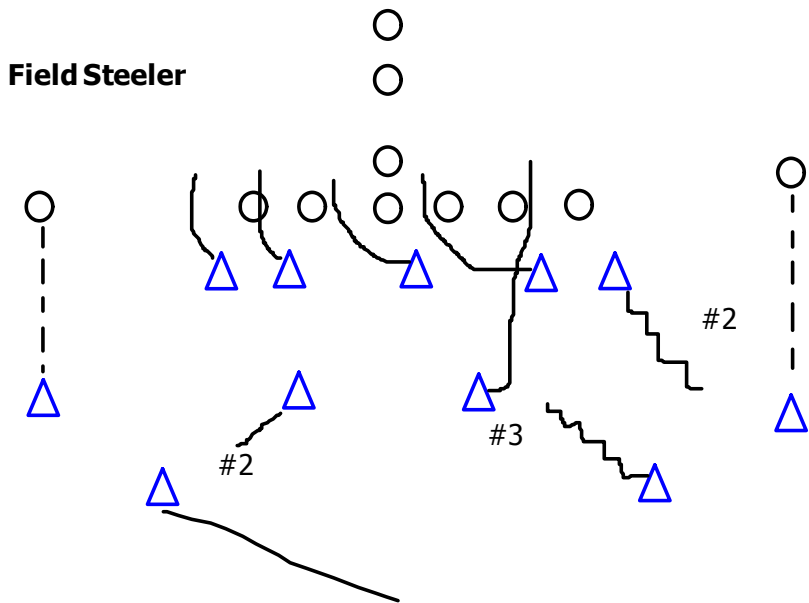
- Florida stopped the run by loading up the box and playing man-free
- Snag Drill - favorite of Urban Meyer, hands inside, hat under chin, separate and snap him off. Entire team does this drill together.

Doc Holliday - Fire Zone, U. of Florida/WVU

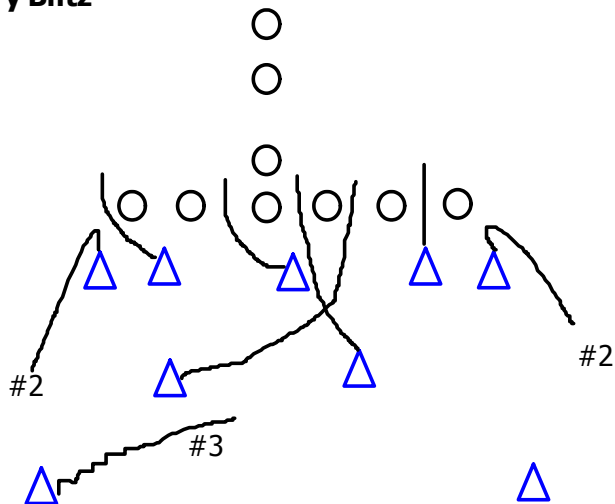
Sunday, March 09, 2008
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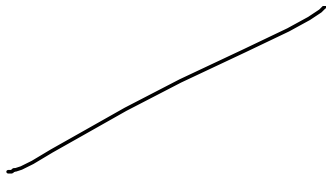
Fire Zone

- 5 man rush, 3 under - 3 deep
- Corners have #1, then its #2 field, #2 boundary, #3
- Underneath guys take their man
- Field defense so adjustments are locked in
- You must have a base defense out of your same personnel
- Be careful - don't try to run too many, keep it simple
- Once they match, it becomes a true man coverage - unless they get a new #2
- Change the call if there's a reason by alignment that they need to swap responsibilities
- Someone still has to win vs. their blocker, don't hope that someone is going to come unblocked.



Boundary Blitz





Principles for Corners

- Crack-Replace
- Receiver goes shallow cross, let him go and pick up a new #1
- By playing a player MOF in the red zone, he's wasted. Bracket the best receiver.

