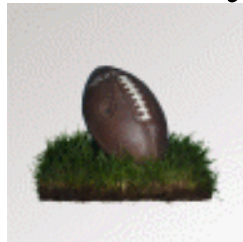


Defensive Playbook

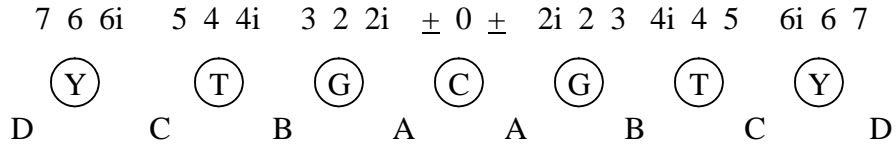


Spring 2006



C. Q. Miller

Alignment & Gap Assignments



Center

- Head up = 0
- Strong side = +
- Weak side = -

Tackle

- Inside = 4i
- Head up = 4
- Outside = 5

Guard

- Inside = 2i
- Head up = 2
- Outside = 3

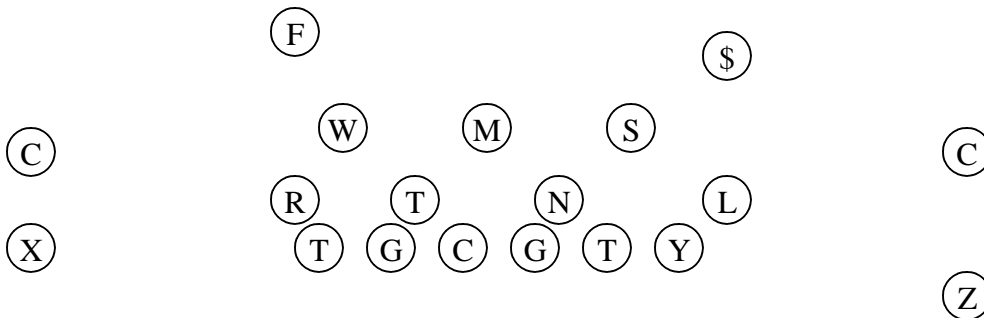
Tight End

- Inside = 6i
- Head up = 6
- Outside = 7

Defensive Fronts

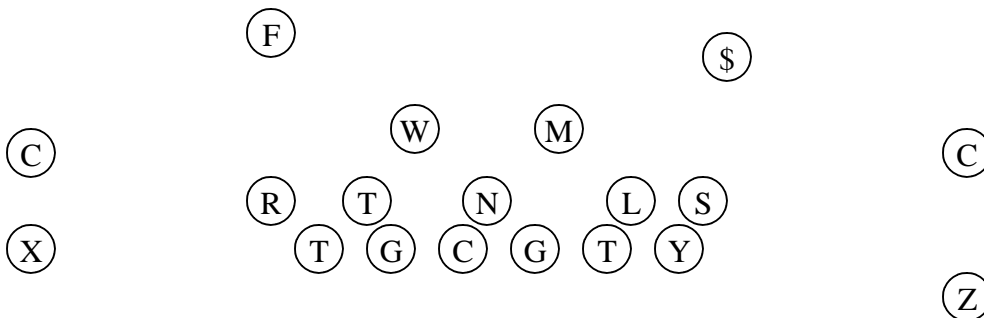
40 (4-3 Defense = Base Formation)

- | | |
|--|---|
| <ul style="list-style-type: none"> • R/L = 5/7 • N = 3 • T = 2i | <ul style="list-style-type: none"> • W = B-gap • M = A-gap • S = C-gap |
|--|---|



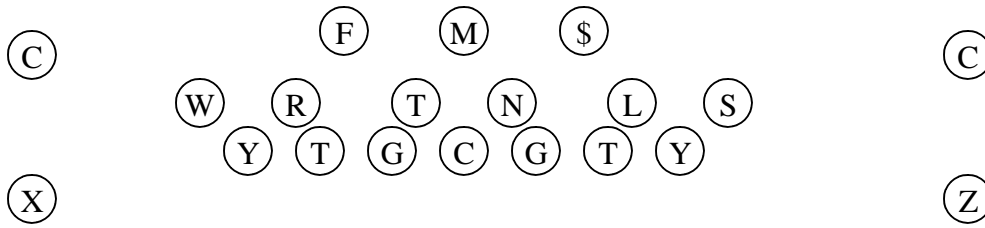
50 (5-2 Defense)

- | | |
|---|---|
| <ul style="list-style-type: none"> • R/L = 5 • N = + • T = 3 | <ul style="list-style-type: none"> • W = A-gap • M = B-gap • S = 7 |
|---|---|



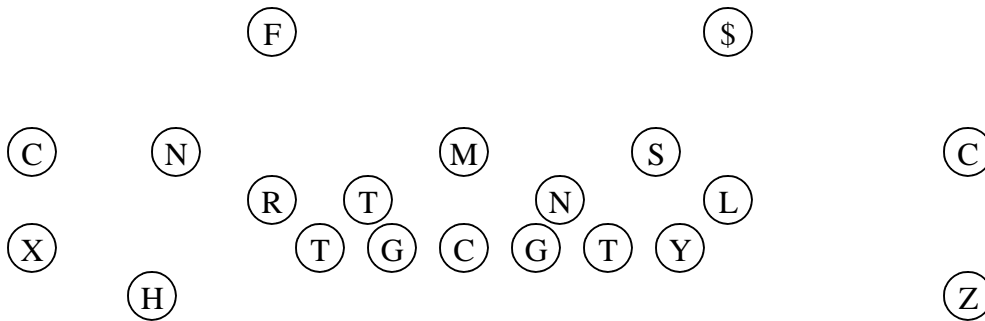
60 (Short Yardage Defense)

- N/T = 2i
- R/L = 5
- W/S = 7
- F/\$ = B-gap
- M = Head up on C



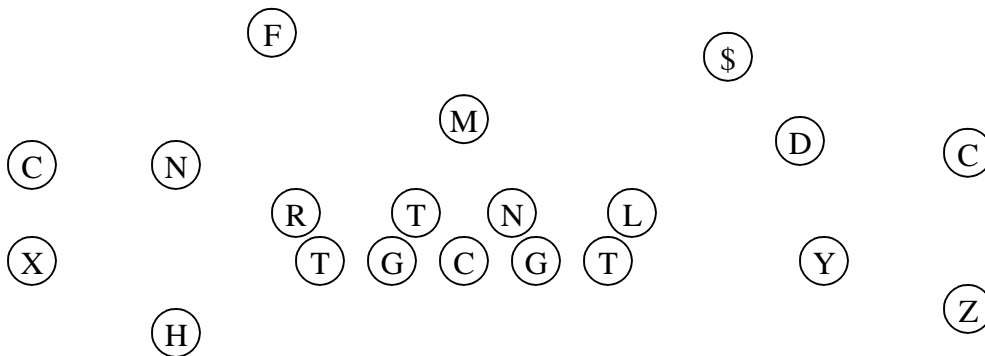
Nickel (3 WR Defense)

- R/L = 5/7
- T/N = 3
- M = Head up on C
- S = C-gap
- N = 2 WR side

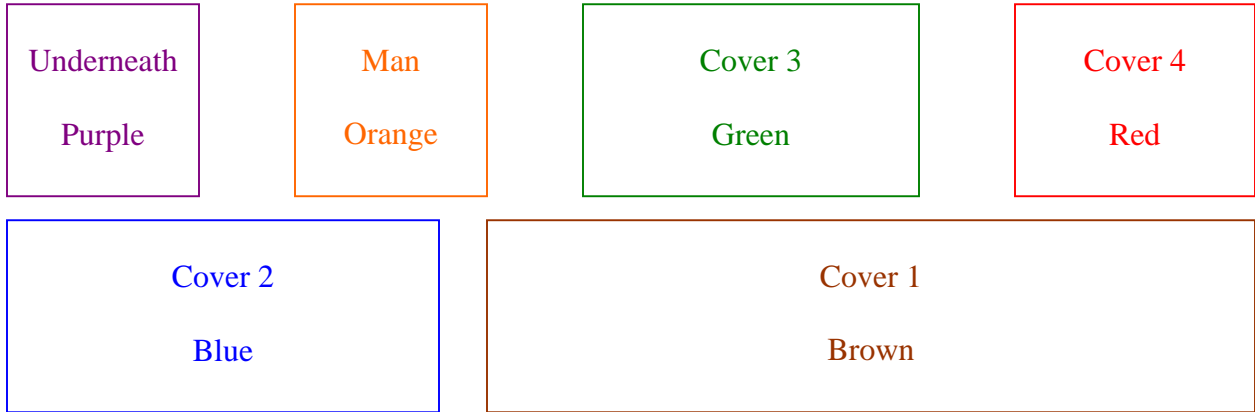


Dime (4 WR Defense)

- R/L = 5
- T/N = 2i
- M = Head up on C
- N/D = Over WR



Coverages

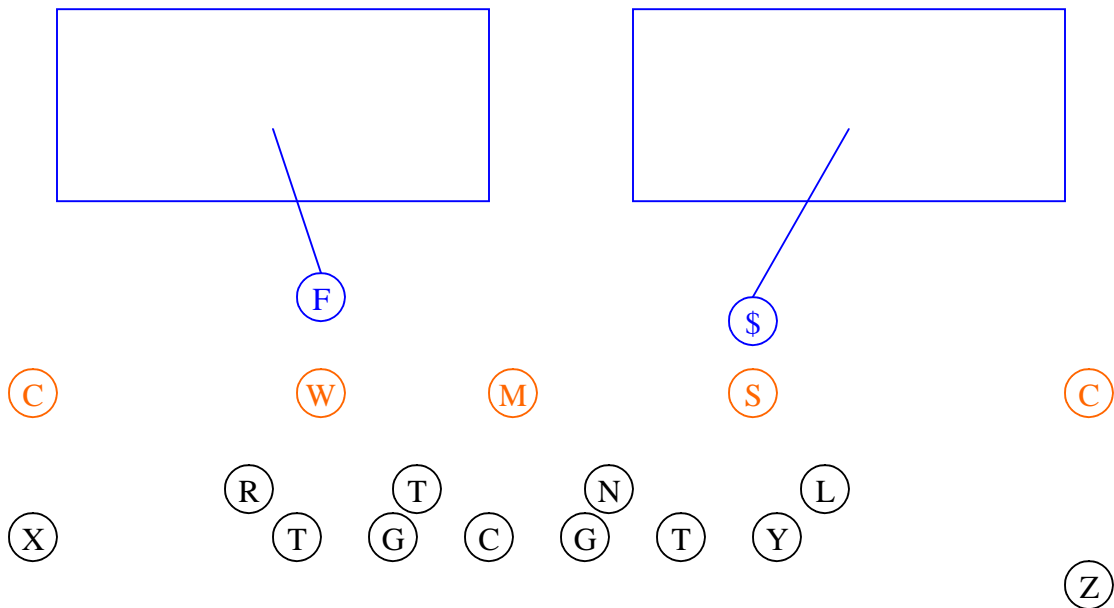


Coverage Calls:

- Black = Cover 0 = 0 Deep, man-to-man, blitz coverage
- Gold = Cover 1 = 1 Deep (F), man-to-man, blitz coverage
- Silver = Cover 1 = 1 Deep (\$), man-to-man, blitz coverage
- Blue = Cover 2 = 2 Deep, zone underneath
- Green = Cover 3 = 3 Deep, zone underneath
- Red = Cover 4 = 4 Deep, zone underneath
- White = Cover 2-man = 2 Deep, man-to-man underneath

Cover 2-man (White)

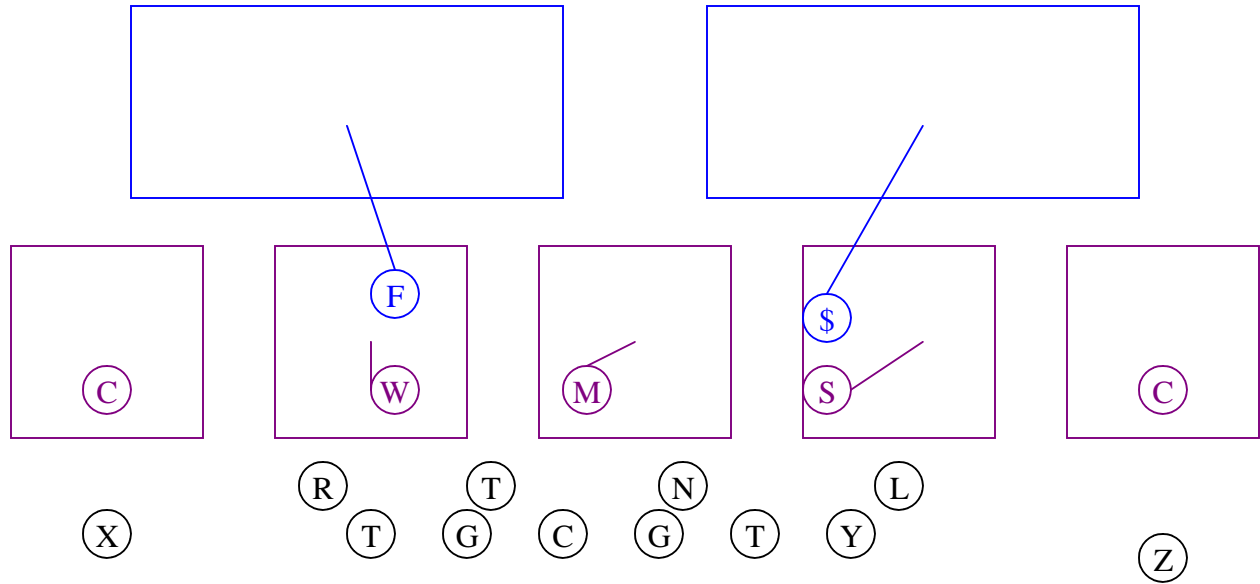
- W = Man on H
- M = Man on F
- S = Man on Y
- F, \$ = Deep 1/2
- C = Man on WR
 - Force outside release



Cover 2 (Blue)

- W, M, S = Hook/Curl
- F, \$ = Deep 1/2

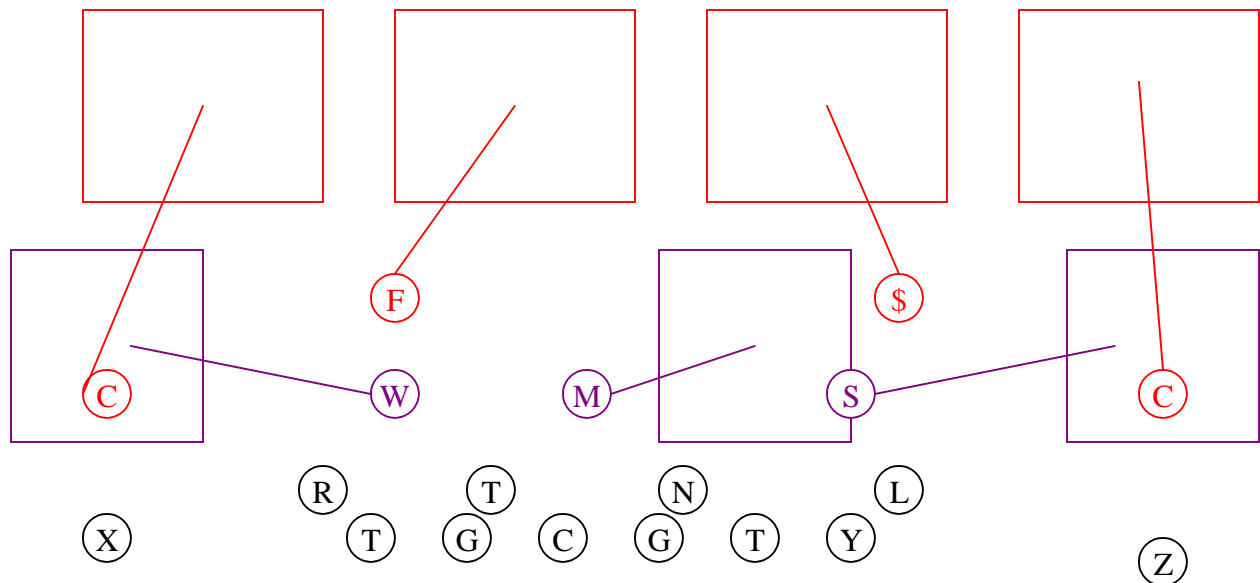
- C = Flats
 - Force inside release



Cover 4 (Red)

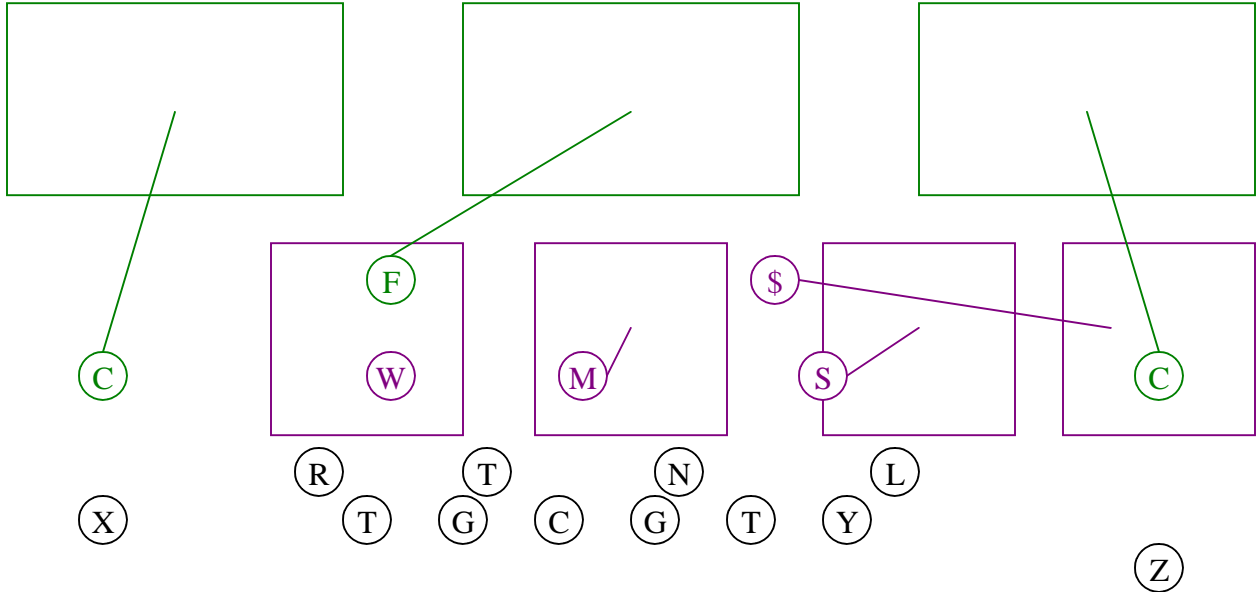
- W, S = Flats
- M = Hook/Curl
 - To pass strength

- F, \$ = Deep inside 1/4
- C = Deep Outside 1/4
 - Force outside release



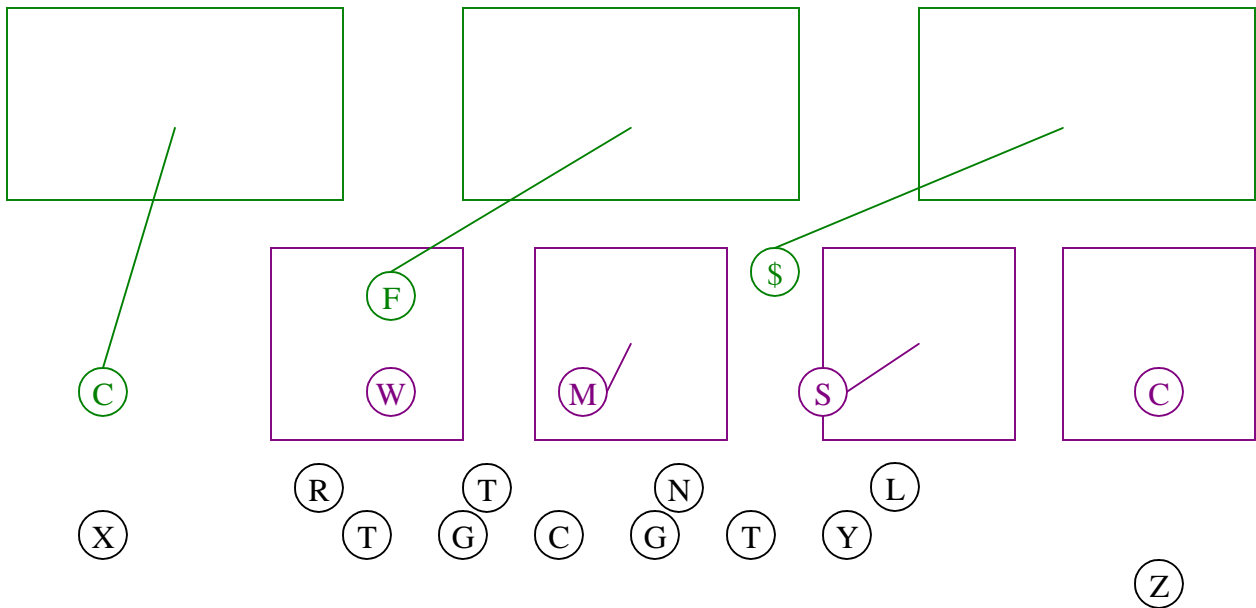
Cover 3 "Sky" (Green)

- F, \$
 - To pass strength
 - Flat
 - Away pass strength
 - Deep Middle 1/3
- W, M, S = Hook/Curl
- C = Deep outside 1/3
 - Force outside release



Cover 3 "Cloud" (Green)

- C
 - To pass strength
 - Flat
 - Away pass strength
 - Deep Outside 1/3
- W, M, S = Hook/Curl
- F, \$
 - Deep middle 1/3 to strength
 - Deep outside 1/3 to strength



Cover 1 (Gold)

- Same as cover 2-man, except:
 - F = Deep Middle
 - \$ = Man-to-man
 - At least 1 blitzing

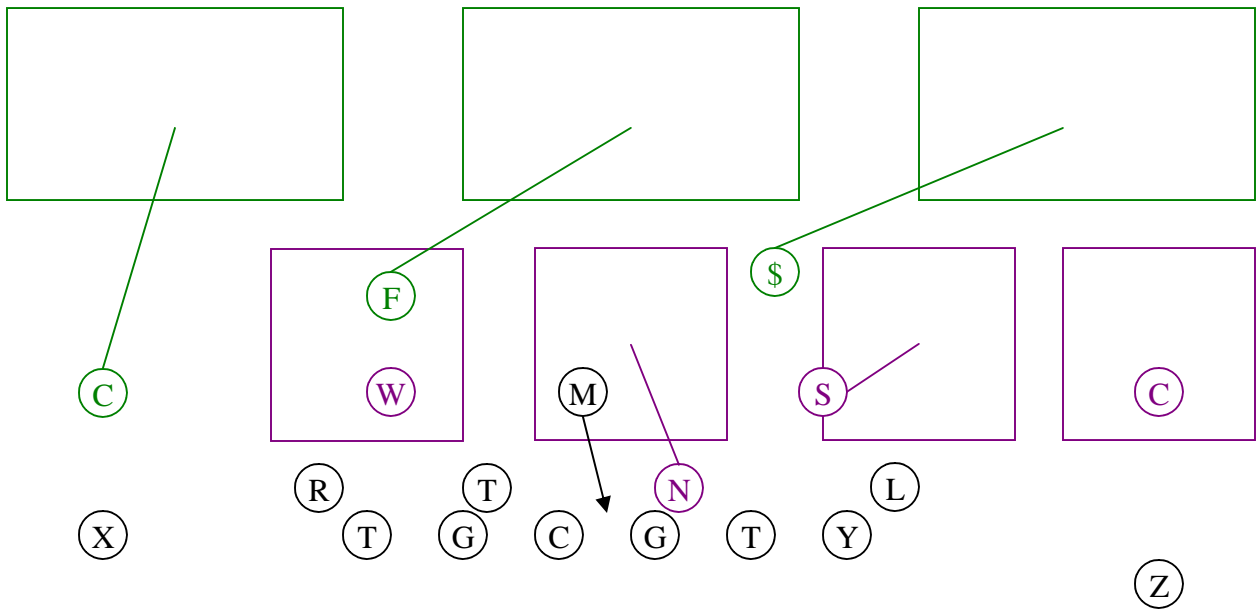
Cover 1 (Silver)

- Same as cover 2-man, except:
 - \$ = Deep Middle
 - F = Man-to-man
 - At least 1 Blitzing

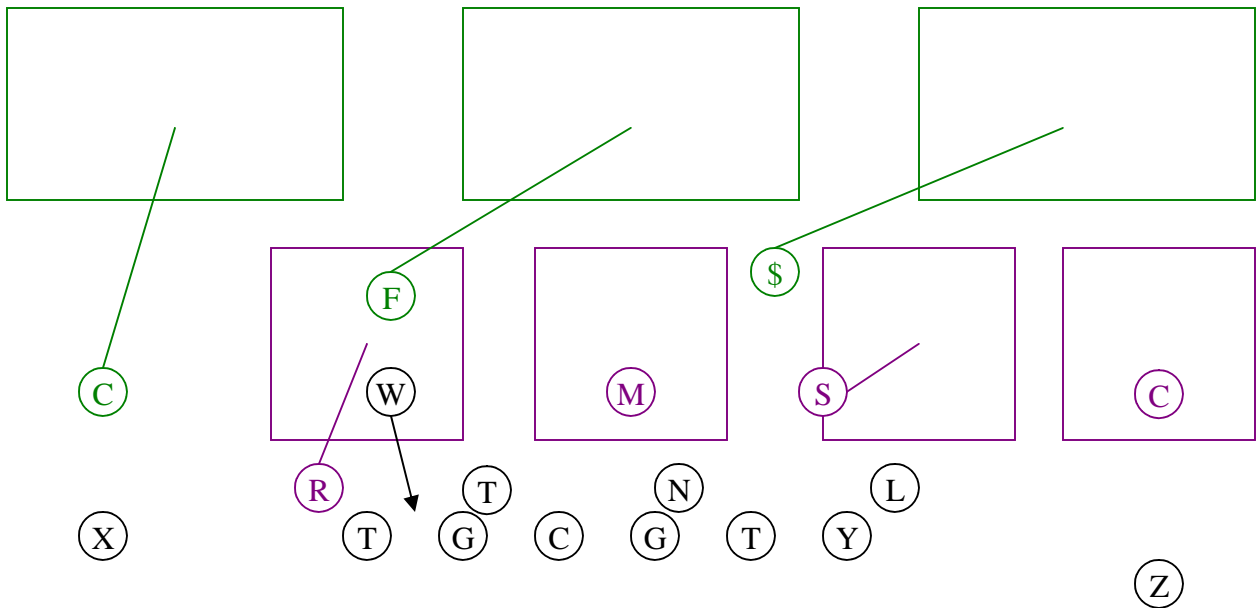
Zone Blitzes (Fire/Ice/Water Color)

- Same zones as normal
- The blitzing LB determines who drops
 - M = N/T to blitz side
 - W = R/L to blitz side
 - S = R/L to blitz side

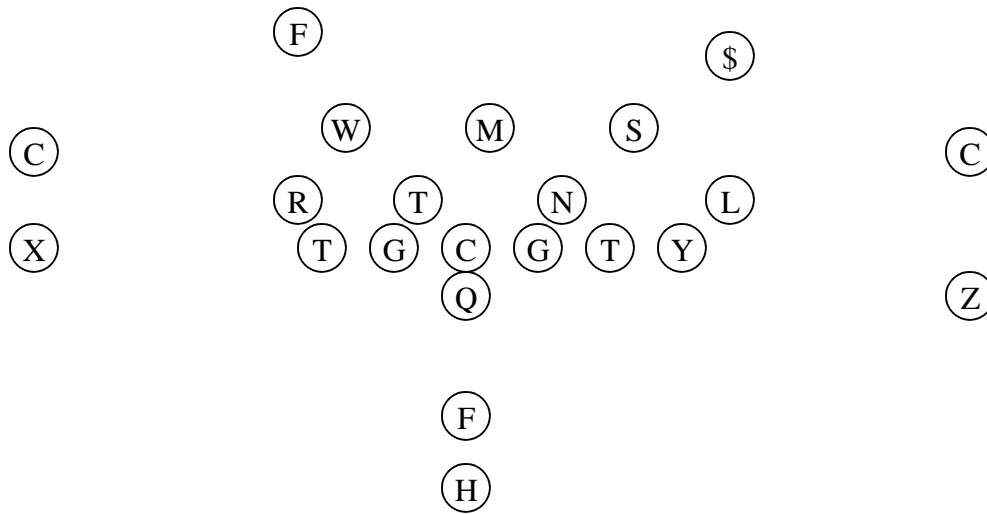
Fire Green (with M blitz)



Ice Green (with W blitz)



Players and Designations



Defensive Line

- R = Right End
- T = Defensive Tackle
- N = Nose Tackle
- L = Left End

Linebackers

- S = “Sam” = Strong side LB
- M = “Mike” = Middle LB
- W = “Will” = Weak side LB

Defensive Backs

- C = Corner
- F = “Lion” = Free Safety
- \$ = “Tiger” = Strong Safety
- N = “Nickel” = Nickel Corner
- D = “Dime” = Dime Corner

*When in a 50/60 front, the people that are up on the line of scrimmage are considered linemen and no longer have their designations. Only players off the line have tags for blitzes

*When in Nickel or Dime, Will comes out, and Nickel replaces him

*When in Dime, Sam comes out, and Dime replaces him

Gaps

A-gap = Axe

B-gap = Blade

C-gap = Cut

D-gap = Dart

Stunts and Blitzes

1. All are based on 40 front
 - i. F, \$ take outside gap in 40 front
2. In 50 front or 60 front the people on the line of scrimmage are now defensive lineman
 - i. Most calls are no longer used because people are now on line
3. When moving to nickel or dime, then the N replaces W, and D replaces S
 - i. F, \$ will take inside gap in nickel or dime

All Calls

- Ice (W)
- Fire (S)
- Water (F+I)
- Hurricane (W)
- Typhoon (S)
- Tornado (W)
- Twister (S)
- Lightning (W)
- Thunder (S)
- Flood (S/W)
- Comet (S/W)
- Volcano (S/W)
- Sleet (F & \$)
- Snow (S & W)
- Earthquake

*All Mike blitzes will be (S/W) called

Line Stunts

- Tornado (Weak)
 - R/L & N/T twist
- Twister (Strong)
 - R/L & N/T twist
- Volcano (S/W)
 - All lineman slant S/W
- Earthquake
 - All lineman pass rush at snap

Strong/Weak Called Blitzes

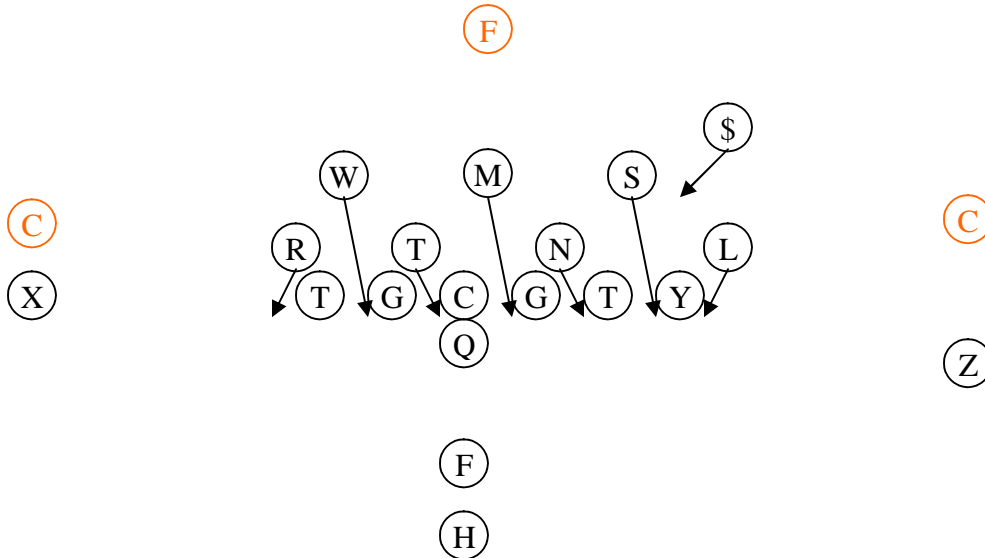
- Flood = Middle & Outside Linebacker, A-gap & C-gap
 - Strong
 - M = A-gap
 - N/T = B-gap
 - S = C-gap
 - R/L = D-gap
 - Weak
 - M = A-gap
 - N/T = B-gap
 - W = C-gap
 - R/L = D-gap
- Comet = Corner, D-gap
 - Strong
 - C = D-gap
 - R/L = C-gap
 - Weak
 - C = D-gap
 - R/L = C-gap

Pre Determined Blitzes

- | | |
|---|--|
| <ul style="list-style-type: none"> • <u>Fire</u> <ul style="list-style-type: none"> ○ Zone Blitz Strong
 • <u>Thunder = Linebacker & Corner (S)</u> <ul style="list-style-type: none"> ○ N/T = A-gap ○ S = B-gap ○ R/L = C-gap ○ C = D-gap
 • <u>Typhoon = Linebacker & \$</u> <ul style="list-style-type: none"> ○ N/T = A-gap ○ S = B-gap ○ R/L = C-gap ○ \$ = D-gap | <ul style="list-style-type: none"> • <u>Ice</u> <ul style="list-style-type: none"> ○ Zone Blitz Weak
 • <u>Lightning = Linebacker & Corner (W)</u> <ul style="list-style-type: none"> ○ N/T = A-gap ○ W = B-gap ○ R/L = C-gap ○ C = D-gap
 • <u>Hurricane = Linebacker & F</u> <ul style="list-style-type: none"> ○ N/T = A-gap ○ W = B-gap ○ R/L = C-gap ○ F = D-gap |
|---|--|

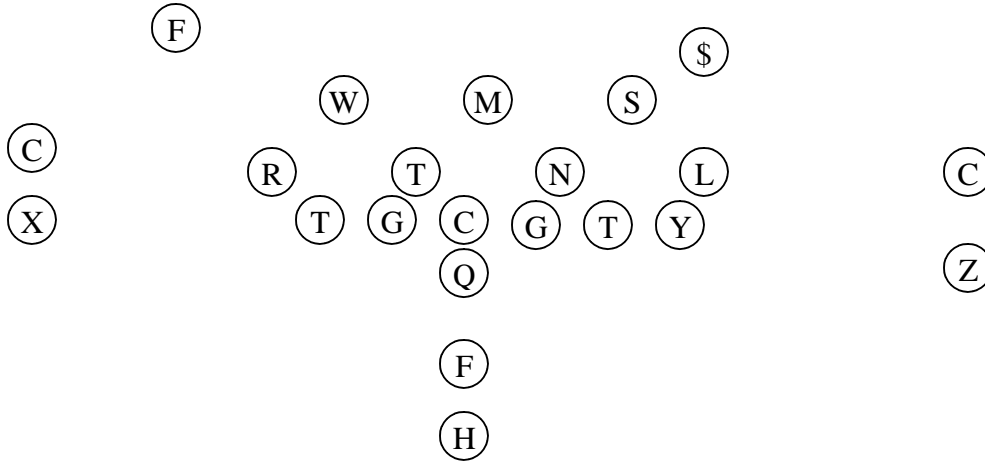
Gamble

- | | |
|--|---|
| <ul style="list-style-type: none"> • 8-man blitz <ul style="list-style-type: none"> ○ W & T = A-gap & B-gap ○ M & N = A-gap & B-gap ○ S, R, L = C-gap & D-gap | <ul style="list-style-type: none"> • \$ = Blitz Wherever • Cover Black <ul style="list-style-type: none"> ○ C = 2 WR ○ F = Y |
|--|---|



Defensive Strategy vs. Option

- Normal Alignment



N & T

Fight double team. Create a pile. Stop dive.

R & L

HIT QB. If option away, then watch reverse.

M

Make a play. Read who has the ball, and fly to it.

W & S

Read F. You have dive to your side. If he comes to your side, then attack dive. If option away, **STAY HOME.** You are responsible for cutback/QB counter.

C

Shed Receiver and attack pitch. Force the play inside.

F

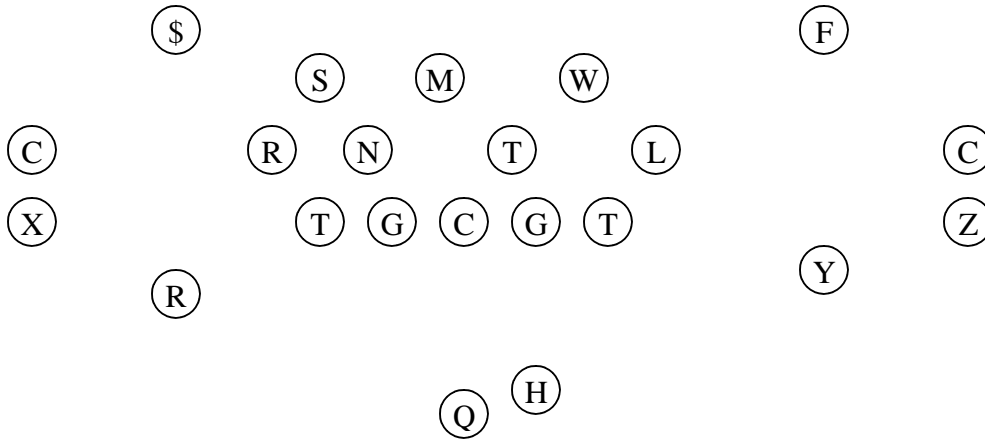
Read X & QB. **Pass 1st.** Attack outside.

\$

Read Z & QB. **Pass 1st.** Attack outside.

Defensive Strategy vs. Spread

- Normal Alignment away from RB side



R & L

If QB comes to your side **HIT HIM**. Do not chase RB down from backside. If run comes your way, force the play inside. Push through the T's shoulder to QB on Option to your side. On option away, **STAY HOME**.

N & T

STAY PARALELL. If your shoulders turn, a big hole will open up. Stretch the RB to the sideline.

M

Make a play. Read who has the ball, and fly to it.

W & S

DO NOT OVER-PURSUE. Shuffle side to side with flow. If you hear crack call, use shoulder to the blocker to spin **BEHIND** blocker. If option your side, Shuffle with play for cutback.

C

Shed Receiver and attack pitch. Force the play inside. Pitch Responsibility on option. Force RB back into LB's

F

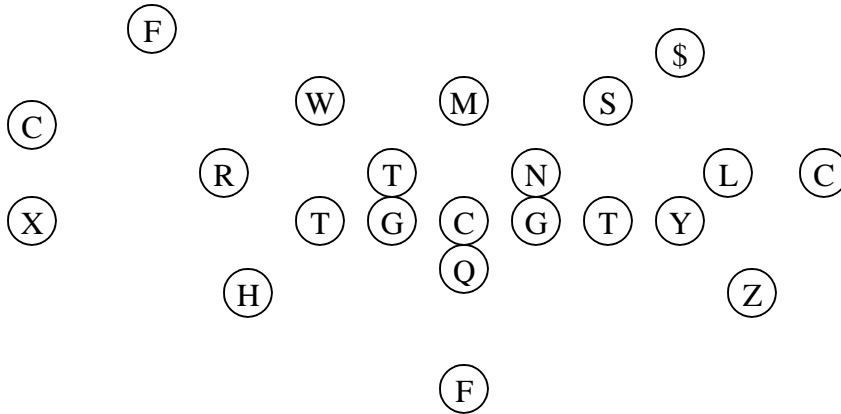
Read Y & Z. **Pass 1st**. Attack outside.

\$

Read X & R. **Pass 1st**. Attack outside.

Defensive Strategy vs. Wing-T

- N, T = 2
- R, L = 7
- W, S = Head up on T
- M = Head up on C
- F = Split X & H at 10
- \$ = Head up on Y at 7



N & T

Follow the G's. Wherever they go, you go. They will take you to the play.

R & L

STAY OUTSIDE. Push wings inside while keeping outside arm free. You are responsible for forcing the play inside & QB contain.

M

Key F. If he comes forward, you come forward. Shed C & make tackle on F.

W & S

Key wings. If they release, drop to coverage. If they block end, step up inside. **STAY HOME.** You are responsible for inside reverse.

C

Force Receiver inside and watch for flat. Force the play inside.

F

Read X & wing. **Pass 1st.** Attack inside.

\$

Read Y & wing. **Pass 1st.** Attack inside.