

SECONDARY MANUAL

SECONDARY PLAY

Objective: WIN

Purpose:

1. Prevent Long ball/big plays (+15)
2. Create turnovers - dictate field position
3. Minimize opponent's passing game
4. Defend the Perimeter Run

Responsibilities:

1. Defend against opponents passing attack
2. Defend against opponent's runs.
3. Defend against opponent's inside plays by converging
4. Be great tacklers

The team that makes the fewest mistakes will win football games. However, the mistakes we make over the course of a game can be analyzed by their degrees of impact on its outcome. To eliminate mistakes we must maintain a high degree of focus and concentration throughout each and every contest. To be a great secondary, we must eliminate the big plays - through the air and on the ground. Our goal is to be the best in the AFL. However, to be the best we must believe in our abilities to be successful. The way to success is through preparation. Don't settle for mediocrity. Anyone can be average.

Successful teams overachieve; but more importantly, they never settle for less. To be successful we must give the extra effort. Winning teams know how to give that second and third effort - which must be us. In our effort to achieve greatness, we must work hard and work with a common togetherness having the same goals in mind. To get to that next level we must mentally prepare ourselves to deal with the pressures and adversities of the game.

TO PERFORM LIKE A CHAMPION...YOU MUST PRACTICE LIKE ONE!!

SIX IMPORTANT FACTORS FOR DEFENSIVE BACKS FOR PASS DEFENSE

1. Keys:

Always read your keys and never make a mistake. You cannot have your back turned to the offensive men that you are keying and you cannot have your eyes closed or head down. You must perfect your keys in practice

2. Words:

Be a talker as well as a good defender on pass defense. Never be the silent sister. You must yell. "IN, IN, IN" or "CRACK, CRACK" when these situations develop. Always say to yourself before each play, "It's going to be a pass". This is only relative to deep defenders. If there is a WR or Slot to your side, you should always say to yourself "He can get deep and inside". Second - "He Can Get Deep Outside". Third - Always be aware of the Hitch & Go. Keep your distance of 4 yards until the ball is released.

3. Position:

You must always have good position on the Receiver. This is the secret to a great Pass Defense...you position on the Receiver. There is a proper position for every type of pass. This factor alone can kill you as a Pass Defender. Start movement with Receiver and slightly outside of him. Never get any closer than 4 yards to the sideline. The sideline is the twelfth man on your team. Make the QB/WR work in this area.

4. Anticipation:

Anticipate as to when the Passer will turn the ball loose. Every Passer will let you know when he is turning the ball loose (throwing). Study him - "Get a jump on the ball!" - Never take fakes by Backs faking into line and keep covering the receiver.

5. Interception:

Always have one thought in mind...Get That Football - time your jump - get after the ball with both hands- take the Outside Route - unless the receiver is on the sideline. Search the receiver - Make sure and give a "Fire" call when intercepting to let your teammates know they should block for you. Always go for the ball once it is in the air. Play to intercept every pass thrown by the opposition. There is not a quicker way to kill their pass offense. Always intercept the ball as high as possible. Be sure to go through the Receiver to intercept it - Don't gamble by going in front or inside the Receiver unless the ball is low and you are sure of an interception.

6. Pass Pattern Recognition:

Study their favorite routes - you will work against them during the week of practice - be able to recognize the pattern when it unfolds. This is vital for every man on secondary - Reading the pattern. They will have favorite players to throw to also every team does, and you should be aware who these players are.

TECHNIQUE PROGRESSION

A. Stance

1. For corners in zone coverage, an open stance on the outside of #1 so you can see the entire field from your vantage point.
2. For safeties, staggered stance, with your inside foot in front.
3. Feet are parallel, shoulder width apart with a bend at the hips.

Most important thing to remember is to always have a good base, shoulders over your toes. The stance may vary slightly according to position or ability.

B. Start

1. Start begins with a good stance
2. For safeties, push off your front foot, and step back with back foot.
3. For Corners, push off of your front foot, and slide backwards.
4. Corners, remember to always keep your feet touching the ground, do not bounce or jump.
5. First 3 steps are read steps
6. Allow shoulders to gradually come up, and stay in front of hips. When leaving your stance, do not lean backwards.

C. Back Pedal

1. Backpedal begins with 3 slow steps. This will enable you to be in control, and give you ample opportunity to read the offense.
2. Reach back with each step and pull weight over feet. Just as running forward keep weight on the balls of your feet.
3. Raise feet only high enough from the ground to have the cleats clear the grass. Speed is only gained when the feet are in contact with the ground. Lifting feet too high is wasted motion (quick feet).
4. Do not over stride. Take small to medium steps.
5. Bend your knees - this allows the feet to extend past the hips
6. Keep feet under and no wider than hips; waist should be bent and the shoulders slightly in front of hips
7. Move the arms in a normal relaxed manner with elbows in and at sides in a 90 degree angle
8. Stay in back pedal as long as possible

D. Basic Keys

1. Always read ball to man in zone coverages.
2. When in doubt, read the nearest receiver.
3. In man coverage play through the man to the ball
4. In passing situations, read the QB for 3 - 5 step drop
 - a. 3 step drop = quick game
 - b. 5 step drop = medium or deep ball

E. Cushion

1. Vertical Cushion: Vertical distance between DB and receiver. (4 Yards)
2. Horizontal cushion: Horizontal distance between DB and receiver. Each defensive back must know his own limitations as to when his cushion is threatened to be broken. He must judge the speed of the receiver and when threatened he must open his hips and execute a 180 degree turn.

F. Weave

The weave technique will allow you to adjust your back pedal according to the receiver's release. By weaving the receiver will not be able to get you head up or turn you pre-maturely.

Elements of a good weave include:

1. Know the angle you need to take
2. Utilize proper back pedal technique
3. Push off foot opposite the desired direction
4. lead with your butt, keeping shoulders square
5. do not cross your feet!

G. Turn & Go

1. Punch elbow and point toe where you want to go (point to to clear hips)
2. Keep shoulder level down to extend further
3. Zone turn inside toward the QB when 4 yard cushion is broken
4. Man turn toward man when 3 yard cushion is broken

H. Directional Read Of Quarterback

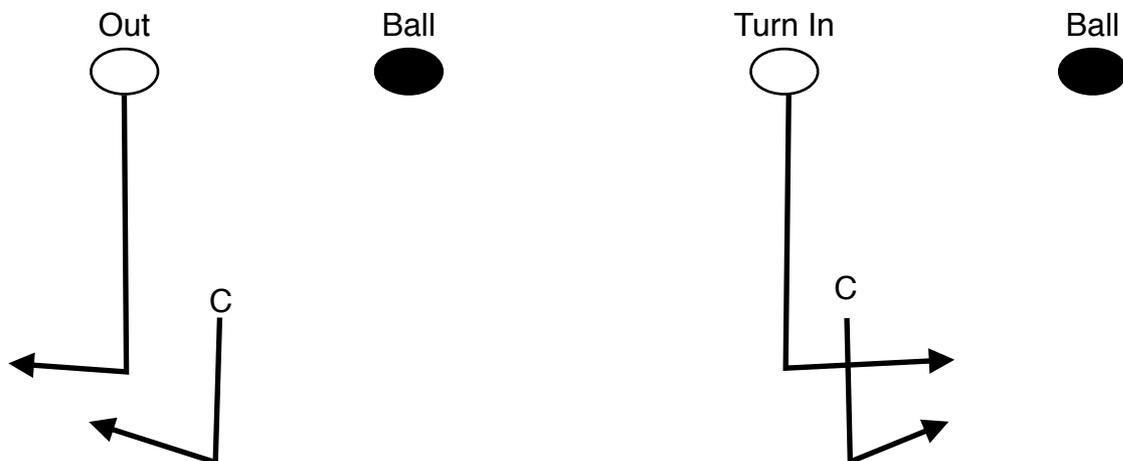
1. Read the front shoulder of the QB for direction and elevation
2. Focus on the point of the shoulder as to what 1/3 of the field he is intending to throw to
3. Key shoulder level trajectory
 - a. Parallel = short zone
 - b. Up = deep zone
4. When the QB's non-throwing hand comes off the ball. drive to interception point.

L. Plant and Drive

1. Keep feet underneath, narrow base, and pads over toes
2. Keep hips down
3. shorten stride length
4. Push off foot opposite the desired direction, point toe of lead foot and hips in the direction you want to go
5. Drive for interception point.

J. Playing the Ball

1. In man to man coverage you must always see the man that you are covering as you look for the ball. Keep the receiver in your vision. Look through the receiver to the ball.



Look Through The Receiver

K. Playing The Pass

Recognition Point

1. The instant or spot at which the DB identifies the pass pattern being run.
2. Pass Patterns are categorized as either short (1-5 yards), intermediate (6-15 yards), or deep (16+ yards)
There are only three things a receiver can do at each level.

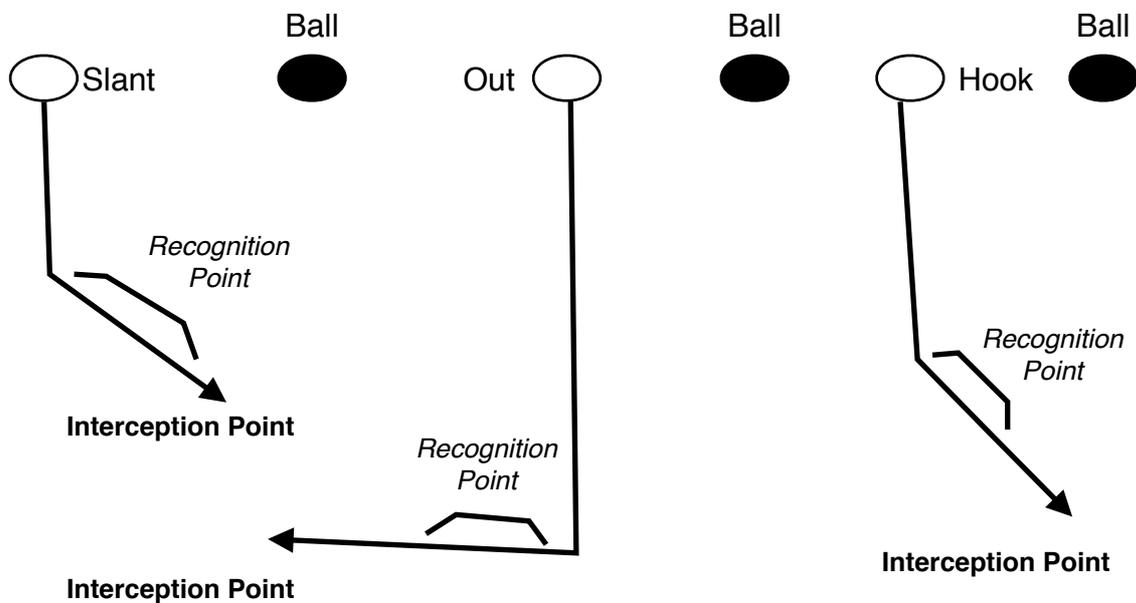
- a. outside route
- b. inside route
- c. up field push

Thus giving us 9 basic patterns to defend

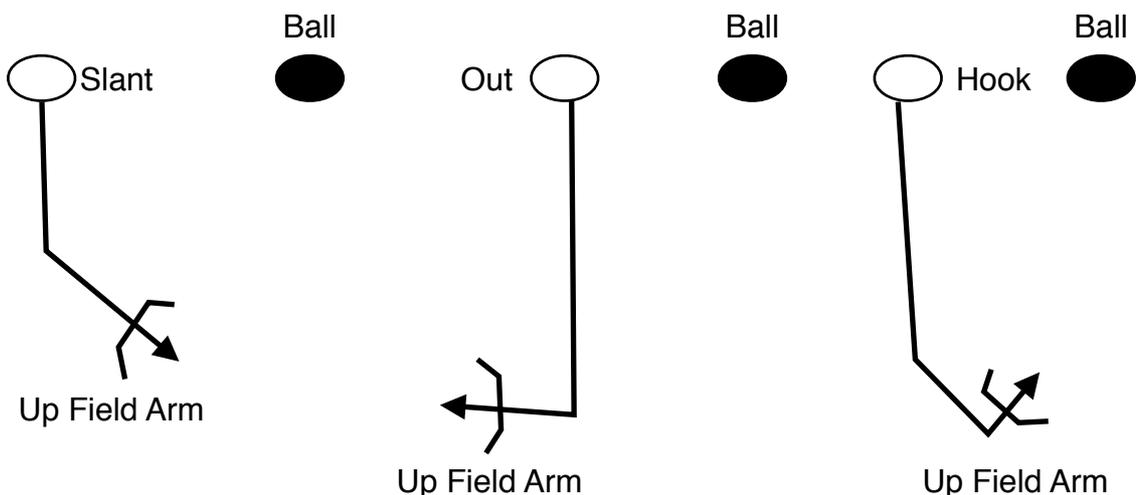
3. Receivers are taught three things when running a pass pattern
 - Release from LOS: DB should maintain his leverage
 - Deceptive move: DB should maintain concentration and proper cushion
 - The pattern: DB should explode to interception point.

Interception point = The point where the pass will actually be caught and can be intercepted.

1. 6 yards from recognition point for inside patterns and inside patterns coming to the ball.
2. 8-10 yards from patterns going away from the ball
3. When driving to interception point, always see the man you are covering. Do not look for the ball until cushion has been closed (close on Up-Field shoulder)



* If your receiver is going to catch the ball and you have no chance to intercept or deflect the pass, make certain that you tear away the up field arm. This is the arm that is the farthest from the flight of the ball. Remember an incompleteness is just the same as running a play that has failed to gain a yard.



HOW TO BEAT A BLOCK:

When it all is said and done, basically, the game comes down to beating the man across the line from you one on one and making a tackle. There are 4 basic steps to this:

- 1. Blow Delivery:** You must first neutralize the blocker by delivering a blow to him (We sometimes call this "Caging"). You must shock the blocker and stop his forward momentum with a quick explosive stab to the chest plate.
- 2. Separation:** You must achieve a working distance from the blocker. Arm's length separation from the blocker prevents him from holding you and keeps your body away from his so that you can see where the ball is.
- 3. Disengagement:** You must throw the blocker to the side, lift his shoulder and rip past him or pull his shoulder down and swim past him. Your escape must be violent and explosive - this will pre-vent a successful second effort block by the blocker.

****At no point in the exercise can your feet stop moving. Quick feet are a key to success in every phase of beating a block.

- 4. Pursuit And Tackle:** You usually can only get a chance to do this if you have already done the above. Do it relentlessly!

TACKLING PROGRESSION:

If you were to ask any defensive player, coach or analyst what the most important aspect of defense would be; they would probably all say the same thing....TACKLING. We practice a systematic approach to tackling that involves a basic combination of body movements done at the same time to deliver the maximum impact, allow us to wrap-up effectively, and drive ball-carriers backwards to minimize gains.

There are 4 main parts of a “textbook” tackle

- 1. Hands:** Your hands should remain at your side in the moments leading up to the tackle so that you can explode them upward at the moment of impact. You should imagine that your hands are like guns in the holsters, and at the moment of impact, you are pulling your pistols. Throw your hands under the respective armpits of the ball-carrier and squeeze your chest as if you were doing a shoulder fly lift.
- 2. Knees:** Starting from a balanced stance, you should drive your knees upward and into your opponent as you tackle. Your knees should continue to drive as you make impact and not stop throughout the tackle. This will help you to “run through” the ball-carrier.
- 3. Hips:** Your hips are the most important part of the tackle. Good hip movement comes from first having a proper stance and body position prior to the tackle. We help maintain good body position by utilizing the “shuffle” technique right before impact, which gets your center of gravity low enough to use all of your leg power when you explode into the ball carrier.
- 4. Eyes:** Your eyes are important for two reasons. The first is obvious, to see what you are hitting. Remember to keep your head up. Never use your helmet to tackle. Instead we teach that you use your eyes to tackle the ball carrier. When you are ready to explode into the tackle, throw your “*eyes to the sky*” and this will help guide the momentum of your hips and arms at the proper angle to drive your whole body through the ball carrier and force your momentum onto his.

Some things to remember:

- If you are too high, you won't have any momentum to drive through the ball-carrier
- If your head is down, you put yourself in danger, and of course if you can't see what you are tackling, then more often than not you will miss the tackle.
- We don't tackle with our arms, we tackle with our entire body....this minimizes broken tackles.

DON'T GET BEAT DEEP - BASIC CONCEPTS

1. Expect the opponents to pass on every play
2. Always keep a 4 yard cushion. Don't let them get behind you
3. Study all Backs and Receivers for give away, such as stance, pointing , glances, wetting fingers or leaning
4. Invite the long ball, Be confident in your ability to intercept every pas
5. When the ball is thrown, forget all receivers and take the quickest pass to the ball, you have just as much right to the ball as the receiver.
6. Always go for the interception at the highest point, Never sit and wait on it. Attack the ball
7. Once we intercept, we are on offense!!!
8. Keep all running plays inside.
9. Never leave your feet unless it is to go up to intercept the ball at the highest point...OR you are the last man between the goal line and the ball carrier.

ELEMENTS OF PROPER PASS DEFENSE

- A. We must understand all the coverage concepts. When a coverage is called in the huddle, know your responsibility in both run and pass situations. Be aware of run-pass responsibility in all coverage called. Know where your help is.
- B. Know Receiver substitutions as they come into the huddle. Watch the offensive team break the huddle and check the formation
- C. Recognize and call the strength of the formation and its direction. Know formation strengths or keys as to certain plays
- D. Make sure you know the call on the field. Free Safety should quickly glance to the sideline for any adjustments from the Defensive coaching staff.
- E. Get and maintain proper position on your intended receiver. Keep your hips and shoulders square for as long as you can with the receiver.
- F. Practice the ability to see the ball being thrown. Get proper position on the interception and play only the ball

APPROACH AND POSITION

- A. Hitch Route - force and attack the receiver through his outside shoulder. Force him to the inside where your help is. Recognize this route immediately.
- B. Out Route - drive the Receiver's upfield shoulder. Go through the receiver from a top position. As you drive the receiver, mentally think of an Out and Up route. This will allow you to adjust much quicker.
- C. Blitz Situations - close your cushion down to the receiver. Anticipate the ball being thrown quickly. The pressure will force things to happen now.
- D. The best possible position to be in on any type of Receiver's route is to look through the receiver to the football. See the QB throw the ball
- E. Maintain proper cushion on a receiver. Do not allow the receiver to get closer than 3 yards to your position in Zone coverage
- F. We will position ourselves for the interception or the incomplection. By being in proper position on a receiver, we will be close enough to strip or punch the football. Remember you can reach across the receiver's face by using your inside arm to contact the ball.
- G. Look for collisions. Believe that you can physically intimidate receivers.
- H. Know the routes that you must defend against with and without help from another defender. when you have an outside position responsibility on a receiver, don't go for an inside fake with an inside position responsibility it's just the opposite.

- I. When driving on a football with a receiver in front of you, keep one arm on each side of him and go through his shoulder blades to the ball. Try to punch the ball out while securing the tackle
- J. To properly drive a quick slant or post route, drive down the line for a collision point. Drive flat at him and for the incomplete pass. Decrease or squeeze the angle for the route.
- K. Basic position on a receiver:
 - A. The basic position on a receiver will depend on the coverage call
 - B. The basic reference point is the receiver's shoulder
 - C. Vertical depth is the most difficult to maintain. A defender is beat more by this factor than any other
 - D. In Man to Man coverage, you will be allowed to close your position to 3 yards vertically. Remember you must react much quicker to a receiver in this type of coverage.

PLAYING THE FOOTBALL FOR THE INTERCEPTION

- A. You must aggressively close the distance on a football in the air. Catch the ball at its highest point
- B. Total concentration must be on the football when it is in the air. Play the football, not the receiver.
- C. Catch the football out in front of you with both hands. Work in practice on catching the ball in front of you with your hands. This takes practice!!!!
- D. When contact is made on the football and you cannot control the catch, knock it down to the ground not in the air for a possible reception
- E. You must see the QB throw the ball. This will allow your best jump on the ball.
- F. Stay with a ball that is overthrown. Interceptions are made this way.
- G. When the football is thrown in another zone across the field, drive to the ball. You will get there for a possible tip or to block for the interception
- H. When making a break in any direction, do it with a burst of speed. Practice a 5-step burst of speed in every angle break drill in practice this is a great advantage.
- I. As a general rule, look through the receiver for the ball when it is thrown
- J. Be as close to the football as you can get. You can work into position for a tipped ball interception
- K. By being aggressive, you can learn to intimidate a player. Go through a receiver's face mask for a ball.
- L. If you cannot go for the interception, then go for the incompleteness. Punch the ball with either hand as you secure the tackle. The ball will come loose if the receiver has not put the ball away.
- M. Learn to judge the long ball. This can only be done by practice. Watch the point of the ball and use one extra step when judging the ball
- N. Be ready to intercept a pass if it is deflected - don't quit on the ball.
- O. Remember, you have equal rights to the ball once it is in the air so play rough, but always play the ball not the man
- P. The rule book states that: "During a forward pass it must be remembered that defensive players have as much right to the football as eligible opponents. Any body contact, however severe between players who are making a simultaneous and bona fide attempt to catch or bat the ball, is not making interference.

CREATING TURNOVERS

- Emphasize getting the ball back in 3 downs or less.
- Goals:
 - Interception: 2 per game
 - Fumbles: 2 per game

3 Ways to Cause Fumbles:

1. Accidental - C/QB Exchange, Handoff miscue
2. Knock loose - proper tackling (eyes on ball)
3. Stripping ball - 2nd & 3rd player (50% of strips happen to QB scrambling)

Recovering Fumbles:

- know situation - are you ahead, field position, time and score

There are two basic methods of fumble recovery

- **scoop and score** - change the momentum of the game by picking up fumbles and turning them into positive gains and points for our team.
- **cradle and cover** - falling on the ball, and securing with your hands and chest, and then shielding the ball from defenders by cradling (fetal position)

If there is a fumble in a crowd, pile on until whistle, and then fight for the ball under the pile.

Interceptions:

- Develop a mentality - the ball is ours every time it is in the air

Creating INT's:

1. Bad throw/great play - must be in the right position at the right time
2. Forced by pass rush/pressure
3. Good coverage - most come in zone defense
4. Big hits on WRs - make them pay!
5. Break on ball until whistle blows

Creating INTs for Touchdowns:

1. Everyone is blocking for the Interceptor
2. Block intended WR - nearest defender after INT
3. Never block behind the ball (always moving forward)
4. Run to nearest sideline
5. Interceptor be aware of strip coming from behind (PROTECT THE BALL)

DEFENSIVE SECONDARY PRE/POST-SNAP PROGRESSION

A. Pre-Snap Situation Recognition:

1. Down & Distance
2. Field Position
3. Hash
4. Time in the game; but most important how much time remaining in the 2nd and 4th qtr.
5. Score: in the lead = use time; Behind = conserve time

B. Call & Communication Process

Communication is an essential part of successful secondary play. Whether it be recognizing formations, declaring the strength, or calling coverages, it is crucial that we are thorough in our communication.

Communication Responsibilities:

FS - Liz/Rip call to receiver strength; Coverage adjustment in Check (Black/Brown)

Bandit - Sky/Cloud call in Black/Blue; Sink & Solo call in Brown

Corner - Sink/Solo repeat call in Brown

Spike - Number of Backs; Location of TE

C. Post-Snap (Safeties):

- Slow Backpedal (Run/Pass)
- If Run, Downhill to Your Gap
- If Pass, Read Your Pass Key and Get to your Zone/Man

COVERAGE BASICS: ZONE COVERAGE

Zone Coverage Principles:

1. Be as deep as the deepest and wide as the widest man in your zone
2. Always keep your receiver far enough in front so you can see through to the passer
3. Never break until the ball is thrown
4. In zone coverage, carry a receiver approximately 5 yards and do so cautiously. Watch for a crossing man into your zone
5. If two men come into one defensive man's zone, the defender is responsible for the deeper man of the two
6. Don't worry about short passes being completed in front of you, they may bring the first down, but long completions will bring touchdowns
7. Stop the "Home Run" pass. There is no reason for this type of pass to be completed against a zone defense
8. Look through the receiver into the passer on any zone defense
9. Talk to each other - this will improve our coverage and allow for the necessary cohesion among the deep backs. Repeat everything 3 times and loudly so that it can be heard

Zone Advantages:

1. Provides for long ball security:
 - a. Cardinal rule of zone is to never let a receiver get behind a defender. This helps stop the long TD pass
 - b. Drop-back action of zone defenders makes it less possible than in other types of coverage.
2. The zone defense is simple to learn because the defender has:
 - a. An area to cover rather than an individual
 - b. Plays ball from the time it leaves the passer's hand
 - c. Not distracted by receiver's action as much because of this
3. The defender in the zone has a clear picture up front which allows him to:
 - a. Diagnose running plays from passing plays
 - b. See the ball as it is released
4. The Zone pass defense has a good depth which helps keep secondary from committing themselves forward
5. Interceptions will be greater because of the positions of defenders on the field
6. Eliminate mismatches of Man to Man coverages.

Zone Disadvantages:

1. Higher completion percentage of short passes - can be offset by great hustle.
2. Giving up certain areas of the field depending on the zone coverage called.

COVERAGE BASICS: MAN COVERAGE

Man Coverage Principles:

1. Concentrate on the man not the QB
2. Proper body position on receiver
3. Keep your eyes on the man you are covering at all times
4. Play the man first and the ball second
5. If you are playing man coverage with 1 high safety: Force #1 outside and #2 inside towards the safety
6. If you are playing with 2 high safeties: Force everything inside
7. Play receiver tighter than you would in zone coverage
8. When we play man coverage we are usually coming after them with a hard pass rush or a blitz
9. Do not get in a head up position with receiver.
10. If you get beat deep, fix your eyes on the receiver and spring to close the seam.

Man Advantages:

1. Allows us to play tighter on the receivers and use our best athletes against theirs
2. Allows us to keep more people in the box to defend the run
3. Makes us much more flexible for blitzing and stunts
4. Creates havoc at the receiver's release point and makes it more difficult for receivers to run proper routes. (this also disrupts timing between the QB and the receiver.)

Man Disadvantages:

1. Our secondary has it's back to the defense, so we are much more vulnerable to draw plays and QB scrambles.
2. We have to play tighter on the receiver, making it difficult to cover double moves
3. We cannot cover for as long, so if the QB creates time for himself, players may be open
4. We are vulnerable to the "Big Play"

OPPONENT SCOUTING

DEFENSIVE BACK OPPONENT EVALUATION FORM

Team:
Player Name(s) & Jersey Number(s):

1. STUDY OF WRs:

Release Technique: _____

Fake Technique: (Look For Head Fakes, Stutter Steps, Arm Movement & Body Leans)

Type: Speed Possession

How Does The WR's Speed Relate To My Speed: Faster Same Slower

Toughness: Physical Fair He Can Be Intimidated

Favorite Patterns: _____

Does He Give Any Tips: Yes No **How?:** _____

Deep & Inside: _____ **Deep & Outside:** _____

Deep & Straight: _____ **Short & Inside:** _____

Short & Outside: _____ **Quick Passes:** _____

Bump Coverage: Good Fair Poor

Off Coverage: Good Fair Poor

Primary Receiver On 3rd Down: _____

Run Ability After The Catch: _____

Carries The Ball After The Catch: Tight Loose

2. O-Line SPLITS:

Base Formation: _____ **Play-Action** _____ **Drop-Back** _____

Goal-Line: _____ **Short-Yardage** _____ **Plays To:** _____

Plays Away: _____

2. QB STUDY

Arm Strength: Excellent Good Fair Poor

Accuracy: Excellent Good Fair Poor

Affected By Pressure: Always Sometimes Never

Frequently Thrown Routes: _____

Does He Look Before Throwing: Always Sometimes Never

Will He Run: Always Sometimes Never **When:** _____

Is He Fooled On Coverages: Always Sometimes Never

QB Set: 1-Step 3-Step 5-Step 7-Step Sprint Out
Does He Run Play Action Well: Always Sometimes Never
Does He Fake Well: Always Sometimes Never
Tip Off When Passing: Yes No Sometimes **How?:**_____

4. RUN TECHNIQUE

Dive:_____ **Double Team:**_____

Pull:_____ **Trap:**_____

Down Block:_____ **Reach Block:**_____

Influence Blocks:_____ **Man:**_____

Special Play:_____ **Option:**_____

5. PLAY-ACTION TECHNIQUE: (List Assignments)

Playside:_____

Backside:_____

6. DROP-BACK PASS: (Who/What Do You Cover)

Splits:_____

QB Set: 1-Step 3-Step 5-Step 7-Step Sprint Out

RED:_____ **GREEN:**_____

BROWN:_____ **BLUE:**_____

BLACK:_____ **GOLD:**_____

- 7. Short Yardage Technique:**_____
 - 8. Goal-Line Technique:**_____
 - 9. Toughest Plays For Me To Read:**_____
 - 10. Downs They Run The Draw:**_____
 - 11. Downs They Run The Screen:**_____
 - 12. Pass Protections Used:**_____
 - 13. Players Strengths:**_____
 - 14. Players Weaknesses:**_____
 - 15. What Must I Do To Successfully Complete My Assignments:**_____
-

POSITION DESCRIPTIONS

APEX POSITION:

Basics:

The Apex position can be played by a number of our personnel. It will be played by the Spike on the strong side, and on the weak side by either the Bandit (in 3 LB coverages) or the Lou/Rob (in 2 LB coverages). This position can be also referred to as a basic "strong safety" or "outside LB" type of position

Alignment:

1. Alignment is 5 yards deep, and positioned at a point directly between #2 and the next person inside (this could be the TE, Offensive Lineman or #3 receiver in Trips sets).
2. If there is no number two, then the alignment is 5 yards deep, 3 yards outside the End Man on the Line of Scrimmage.
3. In Man Coverage...We will align with outside leverage over #2, which forces him to take an inside release towards our Safeties and LB's.

Pass Responsibilities:

1. Your coverage zone is always hook to flat.
2. You are responsible for walling #2 in all zone coverages
3. We will settle in the Hook Zone, which is 10-12 yards just inside the numbers.

Run Responsibilities:

1. In all 2 LB coverages; you are responsible for outside contain (D Gap Player). This means having the pitch man on all option plays, as well as maintaining outside leverage on all perimeter run plays.
2. In all 3 LB coverages; you are responsible for outside contain on all plays to your side (D Gap Player). On all plays away from you, you should slide step into the backside gap (A or B) depending on our defensive front.

DEEP SAFETY POSITION:

Basics:

Our Deep Safety position is the last line of defense in all coverages, man or zone. The deep safety can be played by the Free Safety and the Bandit depending on the coverage. The Deep safety is a pass first, run second player. The deep safety keeps everything in front of him. DO NOT GET BEAT DEEP is the motto of our deep safety....

Alignment:

1. Alignment is 12 yards deep
2. In 2 LB coverages - you are aligned in the middle of the field, or cheating to one side if it is trips.
3. In 1 LB coverages - you are aligned over #2 (FS on strong side, Bandit on weak side)

Pass Responsibilities:

1. Your coverage zone is Deep zone (Depending on the coverage call)
2. Play 4-6 yards deeper than the deepest man and break on the ball as it leaves the QB's hand.
3. Always play the deepest man in your zone...If not sure get depth
4. Use the first 3 steps to get depth with a slow backpedal
5. DONT GET BEET DEEP.....EVER!!!!

Run Responsibilities:

1. Deep safeties are pass first players. However once you are 100% certain of run....your job is to run the alley, maintaining inside leverage.
2. The alley is downhill towards the sideline
3. Use the sideline as your 12th man, forcing the runner outside.
4. If you are the 2nd or 3rd man in on the tackle.....use that opportunity to force a fumble

CORNER POSITION:

Basics:

Our Corners play a variety of coverages, from deep safety to flat....and sometimes man coverage on #1. The corner is the last line of outside contain on all run plays. It is your responsibility to turn all run plays towards the inside. The corner is also responsible for communicating with apex players when there is a crack block or an inside release by #1.

Alignment:

1. Alignment is 5-7 Yards deep with an open stance facing the ball
2. You should be aligned outside of #1 in zone coverage, so that you can see the entire play as it develops
3. In regular man coverage (NOT PRESS!!!) alignment is 3 yards from #1 in a safety stance
4. In man coverage, it is important to know whether its is 1 high or 2 high safeties. In 1 high (Green) we are playing inside leverage on man coverage. In 2 high (Gold) we will play outside leverage forcing the receiver into our safety.

Pass Responsibilities:

1. In RED - you are responsible for the Deep 1/3 on your side of the field
2. In RIO - you are reading number two as described in the rio notes for your responsibility key.
3. If you get a SOLO call from the bandit....then you are playing inside man on #1
4. In Green coverage....you are on an island with #1 so you have to force him to the sideline and maintain tight coverage.
5. In Gold coverage....you have help from the safety so force your man to release inside towards the safety but maintain tight coverage.
6. In Black/Blue coverage, the bandit should give you a sky or cloud call. If it is sky, you play it like RED, if it is cloud, you play it like RIO.
7. DONT GET BEET DEEP.....EVER!!!!

Run Responsibilities:

1. Corners are always responsible for the perimeter in all running plays.
2. If there is a crack block....replace the apex defender

COVERAGES AND ADJUSTMENTS

COVERAGE BREAKDOWN CHART - Secondary and LB's

	Red	Brown	Black	Green	Gold
Coverage Type	Zone - Cover 3	Zone - Cover 4	Zone - Cover 2/4	Man - Cover 1	Man - Cover 2
# of LB's In Box	3	2	3	3	2
Free Safety	Deep Middle	Strong Side Deep Safety	Strong Side Deep Safety	Deep Middle	Strong Side Deep Safety
Spike	Strong Side Apex	Strong Side Apex	Strong Side Apex	Strong Side - Man #2 (#3 in Trips)	Strong Side - Man #2 (#3 in Trips)
Bandit	Mike LB- Weak - Apex	FS - Weak - Deep Safety	Go to Short Side of Field - (Sky/ Cloud Call)	Mike LB - Weak (Man #2 (Go Strong vs "Trips call)	FS - Weak - Deep Safety
Lou	50 Tech - Hook Zone - Key RB	Strong Side - 20 Tech / Weak Side - Apex "Slide Right"	50 Tech - Key RB	50 Tech - Man on RB (Man #3 if Empty/Quads to your side)	Strong Side - 20 Tech Man RB Weak Side - Man #2 "Slide Left"
Mike	00 Tech - Middle Hook - Key RB and Spy QB	20 Tech to Weak Side - Key RB & Spy QB	00 Tech - Middle Hook - Key RB and Spy QB	00 Tech - Middle Hook - Man RB and Spy QB	20 Tech to Weak Side - Man RB
Rob	50 Tech - Hook Zone - Key RB	Strong Side - 20 Tech / Weak Side - Apex "Slide Left"	50 Tech - Key RB	50 Tech - Man on RB (Man #3 if Empty/Quads to your side)	Strong Side - 20 Tech Man RB Weak Side - Man #2 "Slide Left"
Corner	5-7 Yards Open Stance - Deep 1/3	5-7 Yards Open Stance - Rio/ Nail (Listen for Sink/Solo Call)	5-7 Yards Open Stance - Rio/Nail	4 Yards Inside Position - Man #1	4 Yards Outside Position - Man #1

RIO COVERAGE:

Our rio coverage is a combination Zone coverage. It is designed to allow for a 3 on 2 advantage vs a 2 receiver offensive set...(Can also be used against trips with sink/solo). The basic idea behind "Rio" is to allow our players to adjust the coverage depending on the route combination.

Basic Concepts of Rio:

1. Always read #2. He will give you the information you need to be in the right position
2. Never chase a receiver breaking inside or outside, because you can be sure that someone will be replacing them.
3. Always play the deepest route in your zone, and break on shorter routes in front of you.
4. If you have no one in your zone....get depth and look for something coming from the other side of the field.

#2 Reads in 2 Receiver Sets:

For Apex:

1. If number two goes vertical: wall him to your hook zone (10-12 yards). Watch #1 coming underneath as you wall.
2. If number two goes out: Drop to your hook zone. DO NOT CHASE!!! Check for number 1 coming inside and if not settle in hook zone.
3. If number two goes in: Immediately check #1 for a slant or in route. If not....Settle in hook zone (10-12 yards)

For Corners:

1. If number two goes vertical: Drop until you can see what route #1 will run. Break when the ball leaves the QB's hand
2. If number two goes out: Ride #1 4-5 yards and then break for number two in the flat. (Riding #1 allows the safety time to read and get over the top of #1.
3. If number two goes in: Drop and check for number one on the slant. If he runs a slant then play him from the outside (over the top)

For Deep Safety:

1. If number two goes vertical: then you play over the top with inside leverage and break on the ball once it leaves the QB's hand.
2. If number two goes out: Immediately get your eyes on number one for a vertical or post route. Remember to use your weave technique, as it is critical for maintaining leverage.
3. If number two goes in: Check number one for vertical and then play over the top of underneath routes to prevent Sluggo or double move routes.

For 3 Receiver Sets:

Everything stays the same in our rio concept with one major exception. For Those reading #2, we must first wait to see if #3 and #2 exchange positions by crossing. If number #3 becomes #2 after the play starts, then he will be our "#2" in our rio coverage and #2 will become #3.

SINK-SOLO:

Our Sink/Solo coverage is a backside call only made in BROWN coverage. It is made by the bandit to the backside corner (weak side of formation) vs trips/trey sets (all 3 WR sets). This call tells the Corner that he has inside man coverage on #1. It tells the bandit that he is the deep safety on the backside and has "sink" coverage.

WHEN TO MAKE THE CALL:

When we are playing BROWN coverage and there are 3 receivers on 1 side (any 3X1 Formation) ex: Trips, Trey etc....

Sink/Solo Basics:

For Corners:

2. Inside man coverage on #1. You can play either press man, or regular man coverage. You have #1 no matter what.

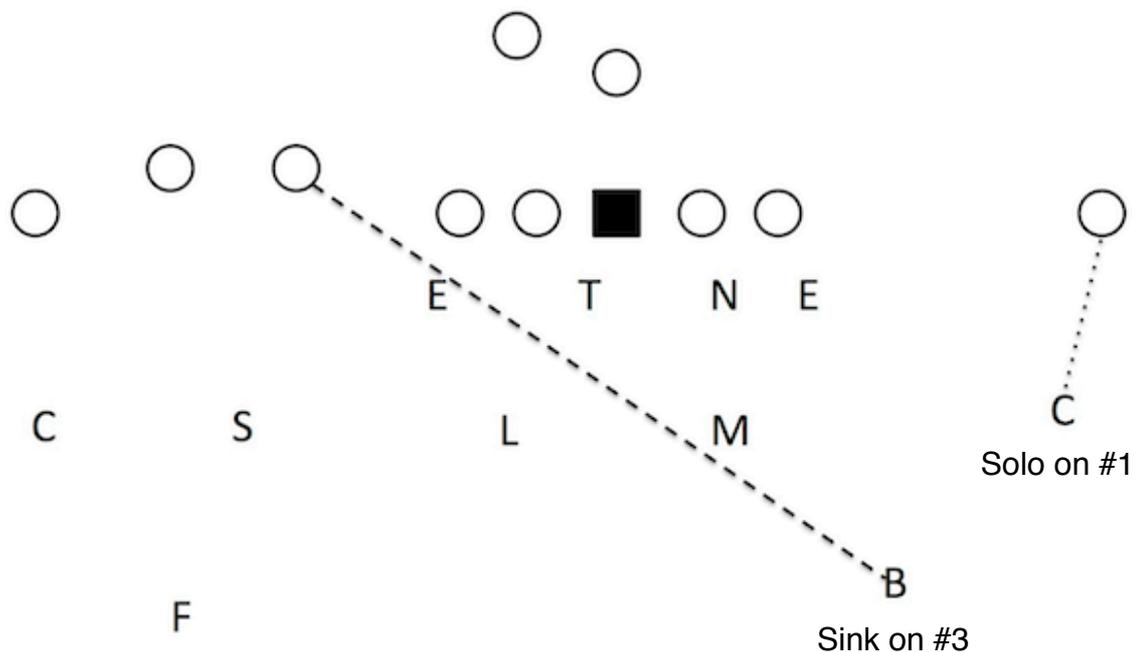
For Bandit:

1. Sink tells the bandit that he will play backside safety. He is reading #3 on the strong side of the formation. If #3 goes vertical, then the bandit will "SINK" to him....If he does not go vertical, then he can help with #1 Backside.

THINGS TO THINK ABOUT:

1. If #3 and #2 exchange positions after the ball has been snapped....the bandit treats #2 as #3 and will sink to him if he goes vertical.
2. Be aware of the quick fade route to the single receiver side on sink/solo....Bandit should recognize the quick set by the QB and help over the top of #1.
3. Be aware of the screen pass to the RB on the weak side if we are playing sink solo.

SINK/SOLO CALL



“ROLL” CALL:

A “Roll” call is a secondary call that will allow us to align in one coverage and then move to the other coverage POST SNAP. We would roll the coverage from a 2 high look (Brown) to a 1 high look (Red)

We can either Roll Strong or Weak depending on the call....

“Roll Strong” Call:

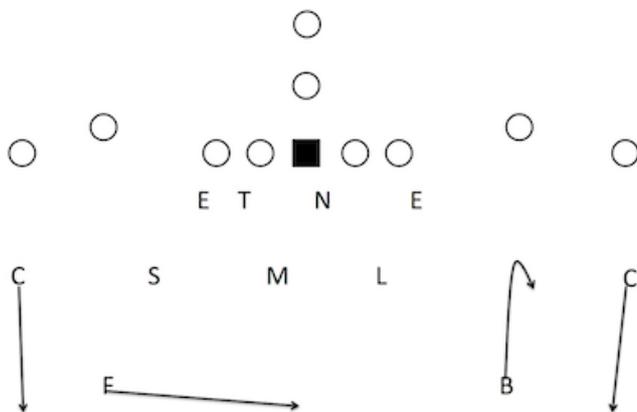
- FS Rolls to Apex Player
- Bandit Rolls to Deep Middle
- Spike Automatic Edge Blitz
- Mike Has Apex Responsibility on Pass

“Roll Weak” Call:

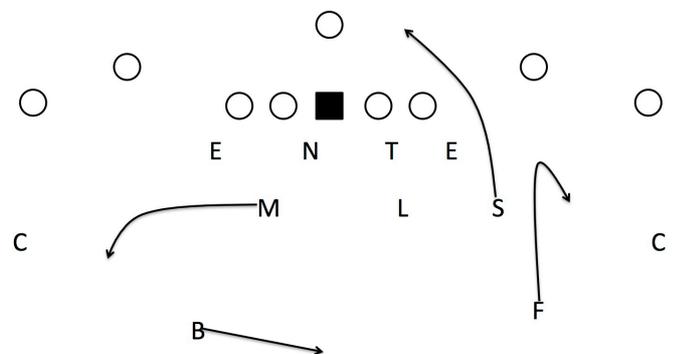
- FS Rolls to Deep Middle
- Bandit Rolls to Apex Player

An example of this can be found in the diagram below:

“Roll Weak”



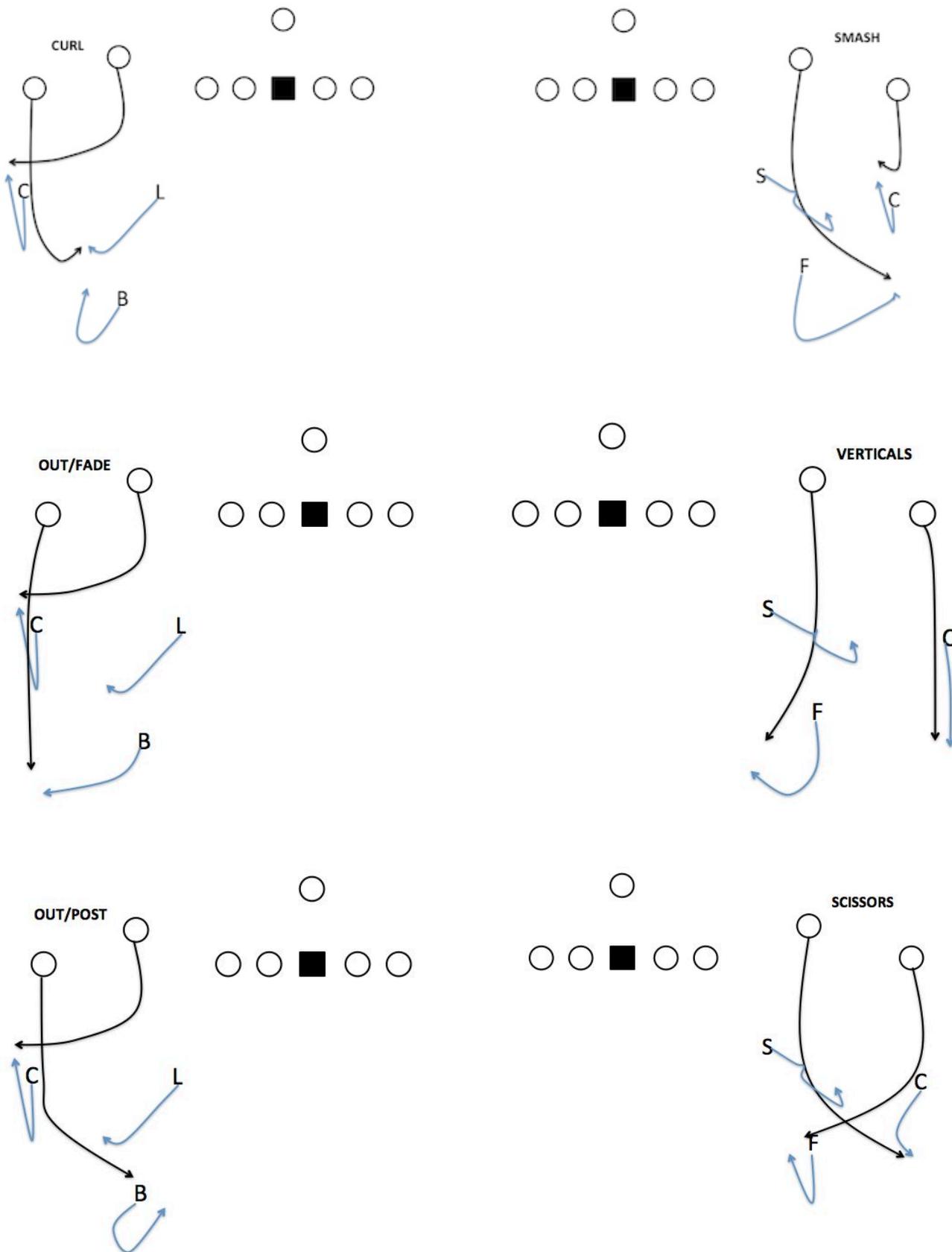
“Roll Strong”



ROUTE COMBINATIONS (RIO COVERAGE):

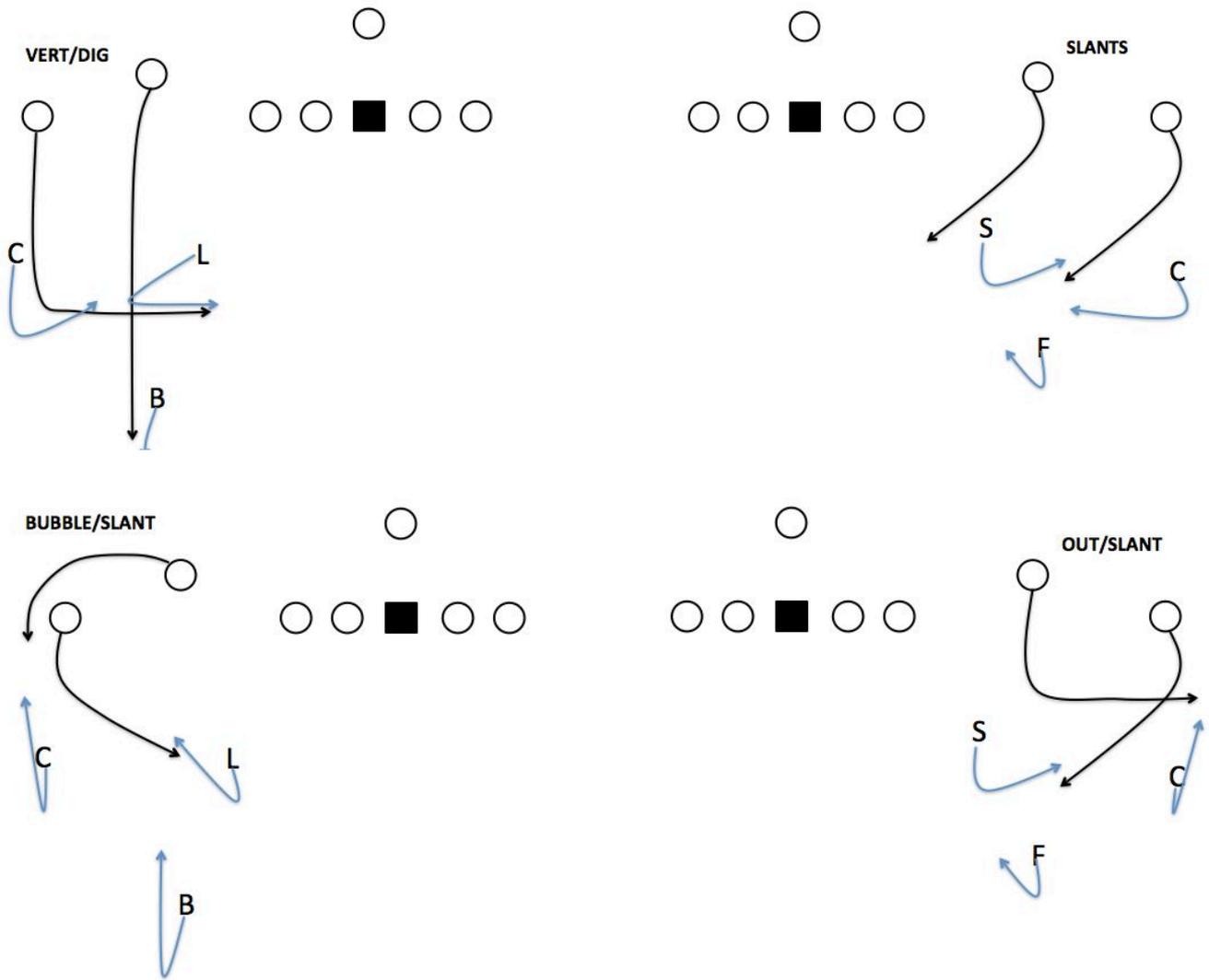
Here is a complete overview of the route combinations we will see from 2 and 3 WR sets:

2 Receiver Combinations:

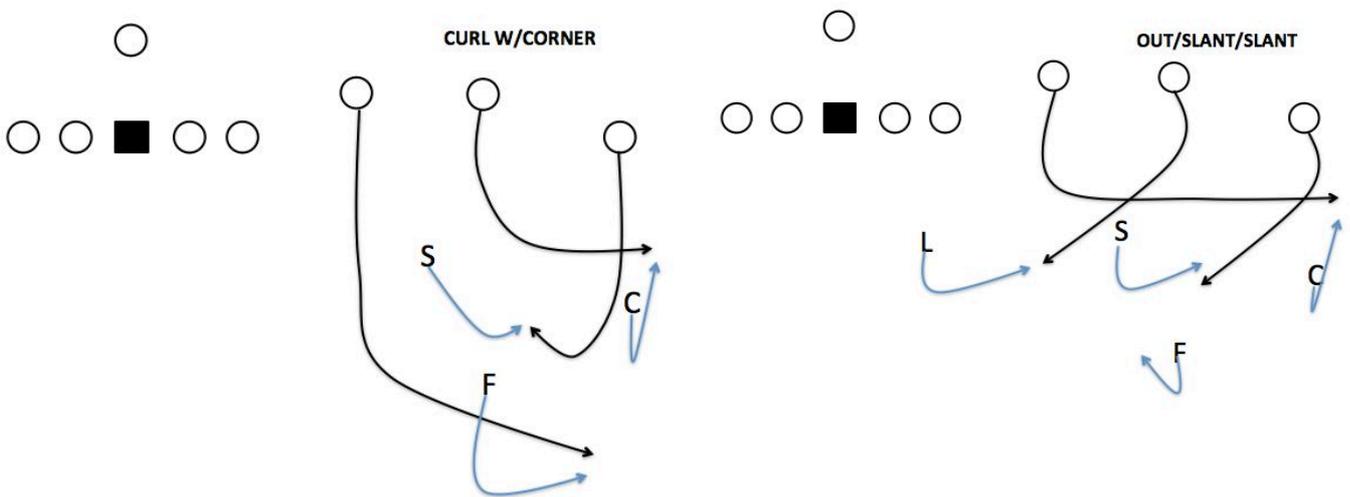


ROUTE COMBINATIONS (RIO COVERAGE):

2 Receiver Combinations:

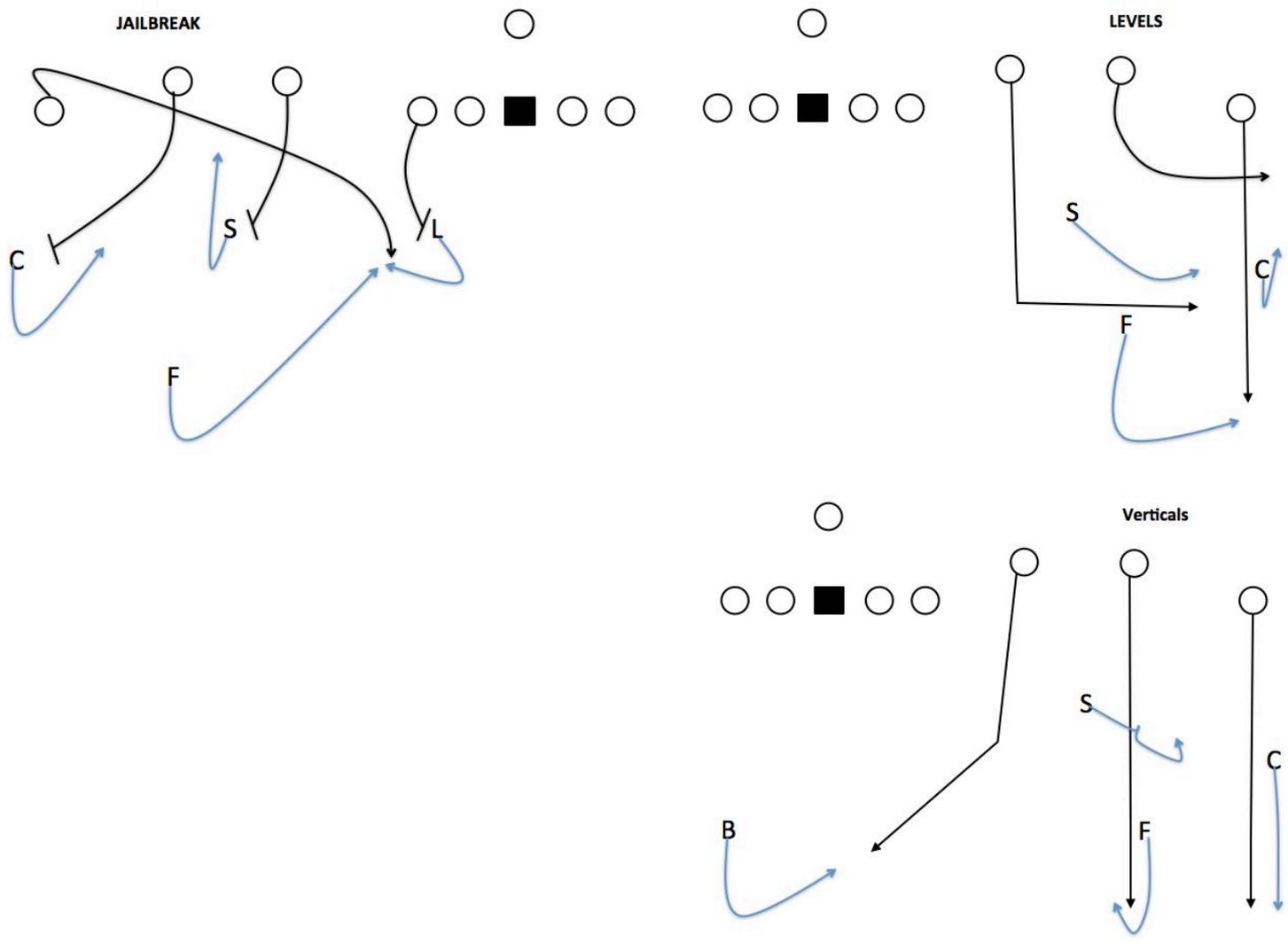


3 Receiver Combinations:



ROUTE COMBINATIONS (RIO COVERAGE):

3 Receiver Combinations:



PLAYBOOK

PLAY CALLING

Defensive Play Call Breakdown

FRONT - **LINE STUNTS** - **LB STUNTS** - **COVERAGE** - **COVERAGE ADJUSTMENT**

Example: *Stack Angle Wk. Lamb 32 Red Roll Weak*

Front: Base (We are playing Base Front)

Line Stunt: Angle Wk. (The Tackle and Nose are stunting 1 gap weak)

LB Stunt: Lamb 32 (The Lou will go through the 3 hole, and the Mike through the 2 hole)

Coverage: RED (We are playing RED, or cover 3)

Coverage Adjustment: Roll Weak (We will roll the Bandit down *post-snap* to disguise coverage)

Example: *Cheat Crush Stab 56 Red*

Front: Cheat (We are playing Cheat Front)

Line Stunt: Crush (both Ends Are coming inside one gap)

LB Stunt: Stab 56 (in this case, the Spike and Bandit are blitzing the 5 & 6 Hole)

Coverage: RED (We are playing RED, or cover 3)

Coverage Adjustment: None

SPECIAL CIRCUMSTANCES:

One Special circumstance would be if we want to show one defense and move to another:

In this case we would give a “**SHOW**” - “**PLAY**” to the call.

Example: *Show Stack Check - Play Laser 78 Red...*

in this case our initial pre-snap alignment would be to show Base Check....and then move or *stem* to the “play” call that we will actually run.

Play Calling System:

Our play-calling system will be done through the use of wristbands and a color-number call from the sideline. This allows us to counter-act the no-huddle or hurry up offense as well as give us the ability to use people at different positions without the need to teach them an entire playbook for each position.

However: it is important to know the play calling language...because we will call each 1st play of the series and after timeouts in the huddle.