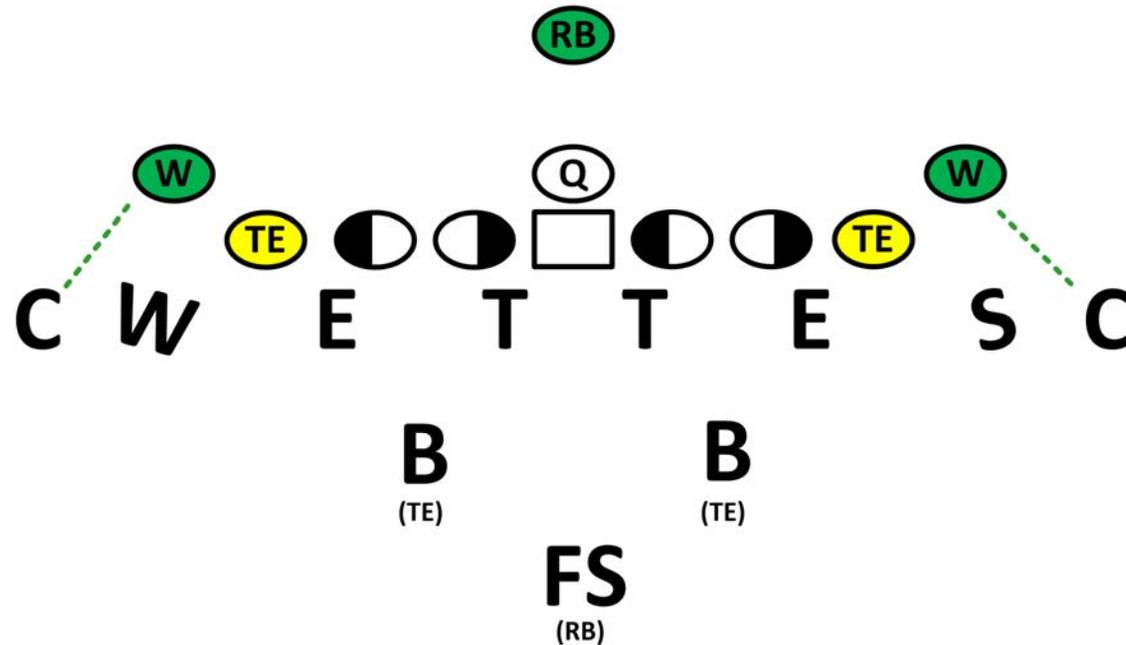


6-2 V DOUBLE WING



SCHEME: 4 DOWN LINEMEN - 4 LINEBACKERS - 3 DEFENSIVE BACKS.

OR: 6 DOWN LINEMEN - 2 LINEBACKERS - 3 DEFENSIVE BACKS.

WILL & SAM LB'S MAY BE IN A 3 POINT STANCE.

PLAY MAN COVERAGE ON THE 5 ELIGIBLE RECEIVERS COUNTING OUTSIDE IN.

CORNERS COVER #1 LINEBACKERS COVER #2 FREE SAFETY COVERS #3

THE INSIDE LBS OR FREE SAFETY WILL MAKE A STRENGTH CALL THAT TELLS THE DEFENSE WHERE TO LINE UP.

THE STRENGTH CALL CAN BE MADE TO:

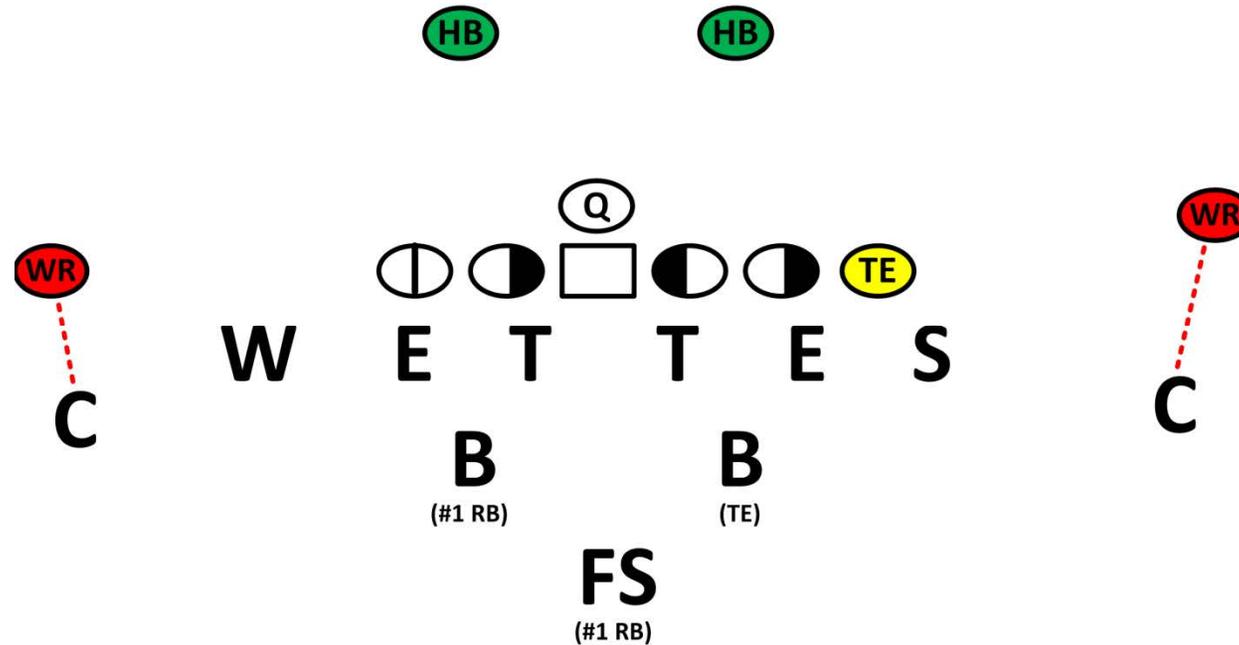
- A FORMATION OR BACKFIELD SET
- THE FIELD OR BOUNDARY
- AN INDIVIDUAL PLAYER



6-2 V DOUBLE WING ASSIGNMENTS

TACKLES	2 TECHNIQUE. KEY THE BALL & GUARD. RUN: DEFEND THE A GAP. KEEP INSIDE ARM & LEG FREE. PASS RUSH THE QB IN THE A GAP.
ENDS	5 TECHNIQUE. KEY THE BALL AND TACKLE. RUN TO YOU: DEFEND THE C GAP WITH OUTSIDE ARM & LEG FREE. RUN AWAY: SQUEEZE DOWN THE L.O.S. AND PURSUE THE FOOTBALL. PASS: RUSH THE QB IN THE C GAP.
SAM & WILL LB'S	CREASE TECHNIQUE. TILT INSIDE TO THE CREASE. KEY THE BALL AND TE. RUN TO YOU: DEFEND THE D GAP BY ATTACKING THE TE/WING CREASE. STAY IN THE CREASE OR MAKE THE TACKLE. RUN AWAY: RE-DIRECT DOWN THE L.O.S. LOOKING FOR CUTBACK. THEN PURSUE THE FOOTBALL. VS PASS: CONTAIN PASS RUSH.
INSIDE LB'S	STACK THE B GAP AT 5 YARDS DEPTH. KEY: GUARD & NEAR RB. RUN PLAY TO YOU: B GAP TO SCRAPE. PLAY AWAY: SLOW SCRAPE TO FAR B GAP. THINK CUTBACK. PASS: COVER #2 ELIGIBLE (TIGHT END) MAN TO MAN.
CORNERBACKS	ALIGN 2X2 YARDS OUTSIDE OF THE WINGBACK. RUN PLAY TO YOU: CONTAIN THE PLAY WITH OUTSIDE ARM & LEG FREE. PLAY AWAY: CHECK FOR REVERSE & THEN TAKE A PROPER PURSUIT ANGLE TO THE FOOTBALL. PASS: COVER #1 ELIGIBLE (WINGBACK) MAN TO MAN.
FREE SAFETY	ALIGN 8-10 YARDS DEPTH DIRECTLY OVER CENTER. (MAY CHEAT TO OFFENSE'S TENDENCY) RUN: FIND THE BALL CARRIER AND GO MAKE A TACKLE INSIDE OUT. PASS: COVER #3 ELIGIBLE (RB) MAN TO MAN.

6-2 V SPLIT BACKS



SCHEME: 4 DOWN LINEMEN - 4 LINEBACKERS - 3 DEFENSIVE BACKS.

OR: 6 DOWN LINEMEN - 2 LINEBACKERS - 3 DEFENSIVE BACKS.

WILL & SAM LB'S MAY BE IN A 3 POINT STANCE.

PLAY MAN COVERAGE ON THE 5 ELIGIBLE RECEIVERS COUNTING OUTSIDE IN.

CORNERS COVER #1 LINEBACKERS COVER #2 FREE SAFETY COVERS #3

THE INSIDE LBS OR FREE SAFETY WILL MAKE A STRENGTH CALL THAT TELLS THE DEFENSE WHERE TO LINE UP.

THE STRENGTH CALL CAN BE MADE TO:

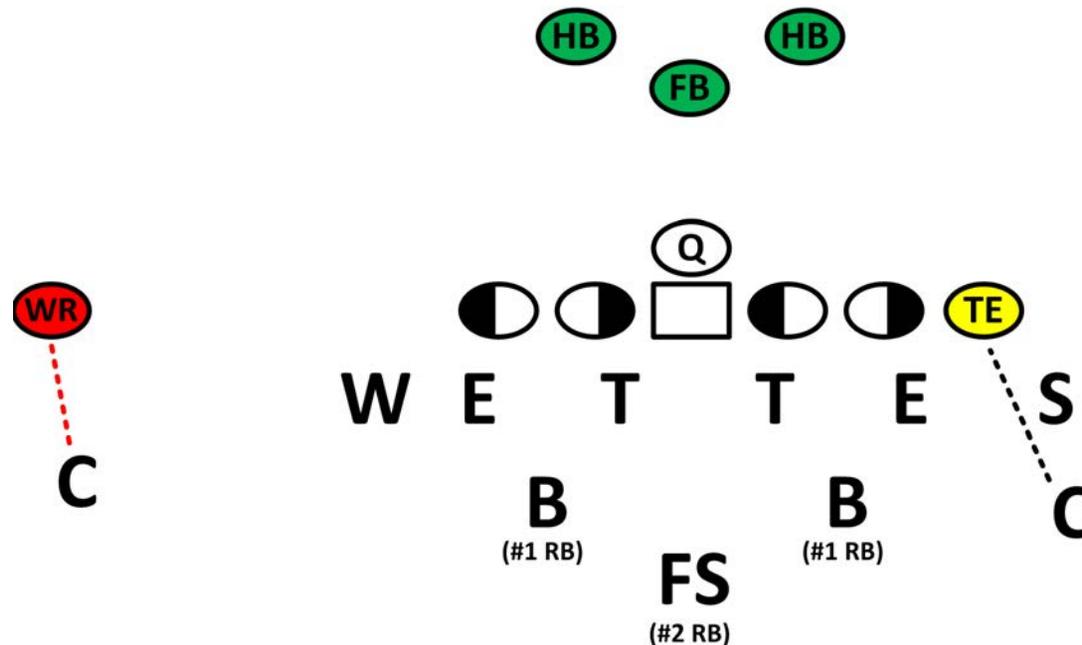
- A FORMATION OR BACKFIELD SET
- THE FIELD OR BOUNDARY
- AN INDIVIDUAL PLAYER



6-2 V SPLIT BACKS ASSIGNMENTS

TACKLES	2 TECHNIQUE. KEY THE BALL & GUARD. RUN: DEFEND THE A GAP. KEEP INSIDE ARM & LEG FREE. PASS RUSH THE QB IN THE A GAP
ENDS	5 TECHNIQUE. KEY THE BALL AND TACKLE. RUN TO YOU: DEFEND THE C GAP WITH OUTSIDE ARM & LEG FREE. RUN AWAY: SQUEEZE DOWN THE L.O.S. AND PURSUE THE FOOTBALL. (WEAK SIDE END MAY PLAY HEAD UP ON THE OFFENSIVE TACKLE BECAUSE HE HAS THE WILL LB OUTSIDE) PASS: RUSH THE QB IN THE C GAP. (WEAK TACKLE MAY PASS RUSH IN THE B GAP)
SAM LB	EDGE TECHNIQUE. KEY THE TE & NB. RUN TO YOU. CONTAIN ANY RUN WITH OUTSIDE ARM & LEG FREE. SQUEEZE THE D GAP BY DEFEATING THE BLOCK. RUN AWAY: RE-DIRECT DOWN THE L.O.S. LOOKING FOR CUTBACK. THEN PURSUE THE FOOTBALL. VS PASS: CONTAIN PASS RUSH.
WILL LB	EDGE TECHNIQUE. ALIGN ON THE L.O.S. KEY THE TACKLE & NEAREST BACK. RUN TO YOU. CONTAIN ANY RUN WITH OUTSIDE ARM & LEG FREE. SQUEEZE THE C GAP BY DEFEATING THE BLOCK. VS PASS: CONTAIN PASS RUSH.
INSIDE LB'S	STACK THE B GAP AT 5 YARDS DEPTH. KEY: GUARD & NEAR RB. RUN PLAY TO YOU: B GAP TO SCRAPE. PLAY AWAY: SLOW SCRAPE TO FAR B GAP. THINK CUTBACK. PASS: COVER #2 ELIGIBLE MAN TO MAN. (STRONG SIDE: TIGHT END) (WEAK SIDE: 1ST RB OUT TO YOUR SIDE. BOTH BACKS AWAY: CHASE THE NEAREST)
CORNERBACKS	INSIDE ALIGNMENT ON THE WR AT 5 YARDS DEPTH. KEY THE WR AND COVER HIM MAN TO MAN. TAKE AWAY ALL INSIDE ROUTES. RUN TO YOU: ATTACK THE WR AND CONTAIN THE BALL CARRIER. RUN AWAY: CHECK FOR REVERSE & THEN TAKE A PROPER PURSUIT ANGLE TO THE BALL.
FREE SAFETY	ALIGN 8-10 YARDS DEPTH DIRECTLY OVER CENTER. (MAY CHEAT TO OFFENSE'S TENDENCY) RUN: FIND THE BALL CARRIER AND GO MAKE A TACKLE INSIDE OUT. PASS: COVER #3 ELIGIBLE (STRONG SIDE HB) MAN TO MAN.

6-2 V WISHBONE



SCHEME: 4 DOWN LINEMEN - 4 LINEBACKERS - 3 DEFENSIVE BACKS.

OR: 6 DOWN LINEMEN - 2 LINEBACKERS - 3 DEFENSIVE BACKS.

WILL & SAM LB'S MAY BE IN A 3 POINT STANCE.

PLAY MAN COVERAGE ON THE 5 ELIGIBLE RECEIVERS COUNTING OUTSIDE IN.

CORNERS COVER #1 LINEBACKERS COVER #2 FREE SAFETY COVERS #3

THE INSIDE LBS OR FREE SAFETY WILL MAKE A STRENGTH CALL THAT TELLS THE DEFENSE WHERE TO LINE UP.

THE STRENGTH CALL CAN BE MADE TO:

- A FORMATION OR BACKFIELD SET
- THE FIELD OR BOUNDARY
- AN INDIVIDUAL PLAYER



6-2 V WISHBONE ASSIGNMENTS

TACKLES 2 TECHNIQUE. KEY THE BALL & GUARD.
RUN: DEFEND THE A GAP. KEEP INSIDE ARM & LEG FREE.
PASS RUSH THE QB IN THE A GAP.

ENDS 5 TECHNIQUE. KEY THE BALL AND TACKLE.
RUN TO YOU: DEFEND THE C GAP WITH OUTSIDE ARM & LEG FREE. RUN AWAY: SQUEEZE DOWN THE L.O.S. AND PURSUE THE FOOTBALL.
(WEAK SIDE END MAY PLAY HEAD UP ON THE OFFENSIVE TACKLE BECAUSE HE HAS THE WILL LB OUTSIDE)
PASS: RUSH THE QB IN THE C GAP. (WEAK TACKLE MAY PASS RUSH IN THE B GAP)

SAM LB EDGE TECHNIQUE. KEY THE TE & NB.
RUN TO YOU. CONTAIN ANY RUN WITH OUTSIDE ARM & LEG FREE. SQUEEZE THE D GAP BY DEFEATING THE BLOCK.
RUN AWAY: RE-DIRECT DOWN THE L.O.S. LOOKING FOR CUTBACK. THEN PURSUE THE FOOTBALL.
VS PASS: CONTAIN PASS RUSH.

WILL LB EDGE TECHNIQUE. ALIGN ON THE L.O.S. KEY THE TACKLE & NEAREST BACK.
RUN TO YOU. CONTAIN ANY RUN WITH OUTSIDE ARM & LEG FREE. SQUEEZE THE C GAP BY DEFEATING THE BLOCK.
VS PASS: CONTAIN PASS RUSH.

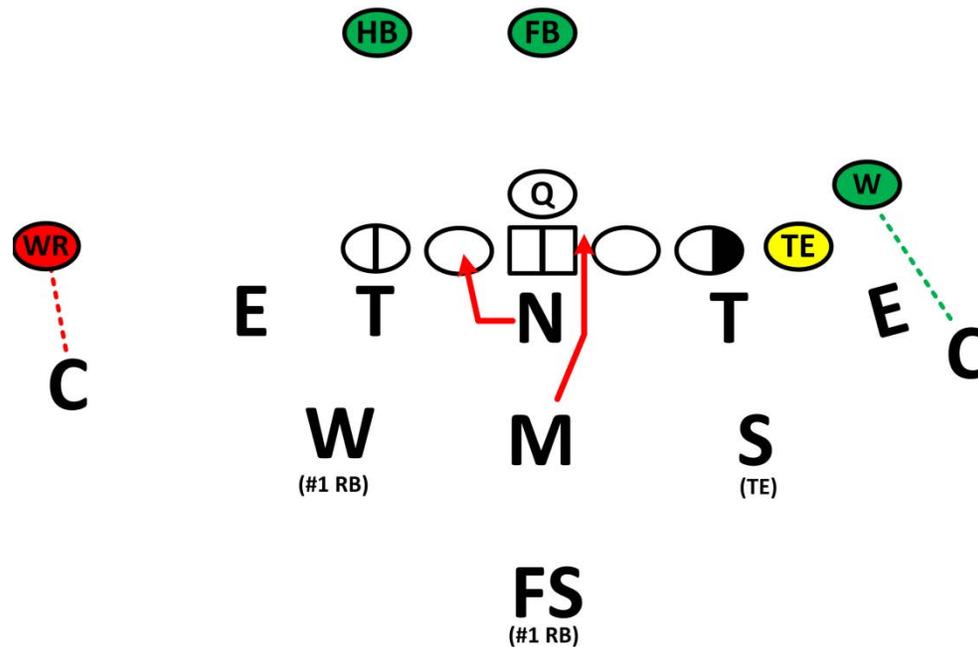
INSIDE LB'S STACK THE B GAP AT 5 YARDS DEPTH. (MAY CHEAT TO BACKFIELD SET OR OFFENSE TENDENCY) KEY: GUARD & NEAR RB.
RUN PLAY TO YOU: B GAP TO SCRAPE. PLAY AWAY: SLOW SCRAPE TO FAR B GAP. THINK CUTBACK.
PASS: COVER #2 ELIGIBLE MAN TO MAN. (FIRST RB OUT TO YOUR SIDE)

STRONG CORNERBACK ALIGN 5 YARDS DEEP OUTSIDE OF THE TIGHT END.
RUN PLAY TO YOU: PLAY OFF OF THE SLB. CONTAIN THE PLAY WITH OUTSIDE ARM & LEG FREE.
PLAY AWAY: CHECK FOR REVERSE & THEN TAKE A PROPER PURSUIT ANGLE TO THE FOOTBALL.
PASS: COVER #1 ELIGIBLE (TIGHT END) MAN TO MAN.

WEAK CORNERBACK INSIDE ALIGNMENT ON THE WR AT 5 YARDS DEPTH.
KEY THE WR AND COVER HIM MAN TO MAN. TAKE AWAY ALL INSIDE ROUTES.
RUN TO YOU: ATTACK THE WR AND CONTAIN THE BALL CARRIER. RUN AWAY: CHECK FOR REVERSE & THEN TAKE A PROPER PURSUIT ANGLE TO THE BALL.

FREE SAFETY ALIGN 8-10 YARDS DEPTH DIRECTLY OVER CENTER. (MAY CHEAT TO OFFENSE'S TENDENCY)
RUN: FIND THE BALL CARRIER AND GO MAKE A TACKLE INSIDE OUT.
PASS: COVER #3 ELIGIBLE (SECOND RB THAT RELEASES TO EITHER SIDE) MAN TO MAN.

5-3 MASH WING T



SCHEME: 5 DOWN LINEMEN - 3 LINEBACKERS - 3 DEFENSIVE BACKS.

PLAY MAN COVERAGE ON THE 5 ELIGIBLE RECEIVERS COUNTING OUTSIDE IN.

CORNERS COVER #1 FREE SAFETY COVERS THE BLITZING LB'S MAN REMAINING LB'S COVER #2 & #3

THE INSIDE LB OR FREE SAFETY WILL MAKE A STRENGTH CALL THAT TELLS THE DEFENSE WHERE TO LINE UP.

ON THE SNAP OF THE BALL THE NOSE WILL STUNT WEAK.

ON THE SNAP OF THE BALL THE MIKE LB WILL BLITZ IN THE STRONG A GAP.

THE STRENGTH CALL CAN BE MADE TO:

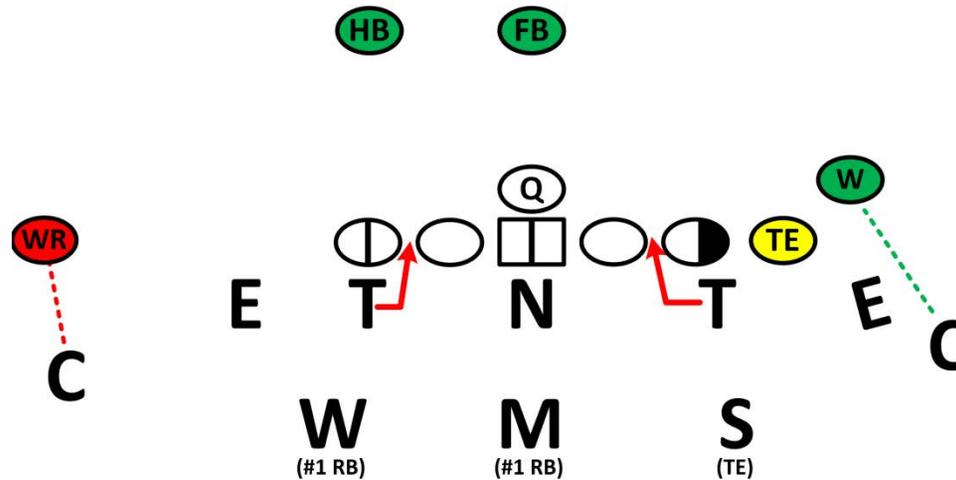
- A FORMATION OR BACKFIELD SET
- THE FIELD OR BOUNDARY
- AN INDIVIDUAL PLAYER



5-3 MASH WING T ASSIGNMENTS

NOSE GUARD	0 TECHNIQUE. KEY THE BALL. STUNT TO THE WEAK A GAP ON THE SNAP. RUN TO YOU: DEFEND THE A GAP WITH INSIDE ARM & LEG FREE. RUN AWAY: STAY IN THE A GAP AND REDIRECT DOWN THE L.O.S. TO THE BALL. PASS: RUSH THE QB IN THE A GAP.
TACKLES	5 TECHNIQUE. KEY THE BALL AND TACKLE. (WEAK SIDE TACKLE MAY PLAY HEAD UP ON THE OFFENSIVE TACKLE BECAUSE HE HAS THE END OUTSIDE) RUN TO YOU: DEFEND THE C GAP WITH OUTSIDE ARM & LEG FREE. RUN AWAY: SQUEEZE DOWN THE L.O.S. AND PURSUE THE FOOTBALL. PASS: RUSH THE QB IN THE C GAP. (WEAK TACKLE MAY RUSH IN THE B GAP)
STRONG END	CREASE TECHNIQUE. TILT INSIDE TO THE CREASE. KEY THE BALL AND TE. RUN TO YOU: DEFEND THE D GAP BY ATTACKING THE TE/WING CREASE. STAY IN THE CREASE OR MAKE THE TACKLE. RUN AWAY: RE-DIRECT DOWN THE L.O.S. LOOKING FOR CUTBACK. THEN PURSUE THE FOOTBALL. VS PASS: CONTAIN PASS RUSH.
WEAK END	EDGE TECHNIQUE. ALIGN ON THE L.O.S. KEY THE TACKLE & NEAREST BACK. RUN TO YOU. CONTAIN ANY RUN WITH OUTSIDE ARM & LEG FREE. SQUEEZE THE C GAP BY DEFEATING THE BLOCK. VS PASS: CONTAIN PASS RUSH.
OUTSIDE LB'S	STACK THE DEFENSIVE TACKLE AT 5 YARDS DEPTH. KEY: GUARD & NEAR RB. RUN PLAY TO YOU: B GAP OUTSIDE IN TO SCRAPE. PLAY AWAY: SLOW SCRAPE TO FAR B GAP. THINK CUTBACK. PASS: COVER #2 ELIGIBLE MAN TO MAN. (STRONG SIDE: TIGHT END) (WEAK SIDE: 1ST RB OUT TO YOUR SIDE. BOTH BACKS AWAY: CHASE THE NEAREST)
MIDDLE LB	STACK THE NOSE GUARD AT 5 YARDS DEPTH. KEY THE RB. PLAY OFF THE NOSE. RUN PLAY STRONG: SCRAPE TO THE BALL INSIDE OUT. RUN PLAY WEAK: SCRAPE TO THE BALL INSIDE OUT. PASS: COVER THE #3 ELIGIBLE (STRONG RB) MAN TO MAN.
STRONG CORNERBACK	ALIGN 2X2 YARDS OUTSIDE OF THE WINGBACK. RUN PLAY TO YOU: CONTAIN THE PLAY WITH OUTSIDE ARM & LEG FREE. PLAY AWAY: CHECK FOR REVERSE & THEN TAKE A PROPER PURSUIT ANGLE TO THE FOOTBALL. PASS: COVER #1 ELIGIBLE (WINGBACK) MAN TO MAN.
WEAK CORNERBACK	INSIDE ALIGNMENT ON THE WR AT 5 YARDS DEPTH. KEY THE WR AND COVER HIM MAN TO MAN. TAKE AWAY ALL INSIDE ROUTES. RUN TO YOU: ATTACK THE WR AND CONTAIN THE BALL CARRIER. RUN AWAY: CHECK FOR REVERSE & THEN TAKE A PROPER PURSUIT ANGLE TO THE BALL.
FREE SAFETY	ALIGN 8-10 YARDS DEPTH DIRECTLY OVER CENTER. (MAY CHEAT TO OFFENSE'S TENDENCY) RUN: FIND THE BALL CARRIER AND GO MAKE A TACKLE INSIDE OUT. PASS: MAN COVERAGE ON #3 ELIGIBLE.

5-3 PINCH WING T



FS

SCHEME: 5 DOWN LINEMEN - 3 LINEBACKERS - 3 DEFENSIVE BACKS.

PLAY MAN COVERAGE ON THE 5 ELIGIBLE RECEIVERS COUNTING OUTSIDE IN.

CORNERS COVER #1 OUTSIDE LINEBACKERS COVER #2 MIDDLE LINEBACKER COVERS #3

THE INSIDE LBS OR FREE SAFETY WILL MAKE A STRENGTH CALL THAT TELLS THE DEFENSE WHERE TO LINE UP. BOTH TACKLES WILL PINCH INSIDE TO THE B GAP. THE INSIDE LB'S WILL BECOME C GAP RESPONSIBLE.

THE STRENGTH CALL CAN BE MADE TO:

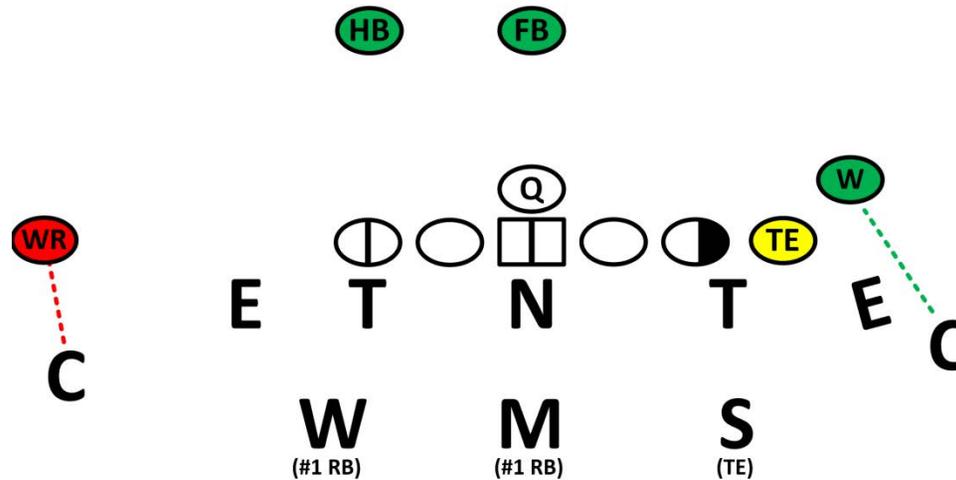
- A FORMATION OR BACKFIELD SET
- THE FIELD OR BOUNDARY
- AN INDIVIDUAL PLAYER



5-3 PINCH WING T ASSIGNMENTS

NOSE GUARD	0 TECHNIQUE. KEY THE BALL AND THE CENTER. RUN: DEFEAT THE BLOCK OF THE CENTER OR ADJACENT GUARD & WIN TO THE BALL SIDE. PASS: RUSH THE QB IN EITHER A GAP. (THIS CAN BE PRE-DETERMINED)
TACKLES	5 TECHNIQUE. MAY CHEAT TO HEAD UP ON THE TACKLE. KEY THE BALL. STUNT TO THE B GAP ON THE SNAP. RUN TO YOU: DEFEND THE B GAP WITH OUTSIDE ARM & LEG FREE. RUN AWAY: SQUEEZE DOWN THE L.O.S. AND PURSUE THE FOOTBALL. PASS: RUSH THE QB IN THE B GAP.
STRONG END	CREASE TECHNIQUE. TILT INSIDE TO THE CREASE. KEY THE BALL AND TE. RUN TO YOU: DEFEND THE D GAP BY ATTACKING THE TE/WING CREASE. STAY IN THE CREASE OR MAKE THE TACKLE. RUN AWAY: RE-DIRECT DOWN THE L.O.S. LOOKING FOR CUTBACK. THEN PURSUE THE FOOTBALL. VS PASS: CONTAIN PASS RUSH.
WEAK END	EDGE TECHNIQUE. ALIGN ON THE L.O.S. KEY THE TACKLE & NEAREST BACK. RUN TO YOU. CONTAIN ANY RUN WITH OUTSIDE ARM & LEG FREE. SQUEEZE THE C GAP BY DEFEATING THE BLOCK. VS PASS: CONTAIN PASS RUSH.
OUTSIDE LB'S	STACK THE DEFENSIVE TACKLE AT 5 YARDS DEPTH. KEY: GUARD & NEAR RB. RUN PLAY TO YOU: C GAP OUTSIDE IN TO SCRAPE. PLAY AWAY: SLOW SCRAPE TO NEAR A GAP. THINK CUTBACK. PASS: COVER #2 ELIGIBLE MAN TO MAN. (STRONG SIDE: TIGHT END) (WEAK SIDE: 1ST RB OUT TO YOUR SIDE. BOTH BACKS AWAY: CHASE THE NEAREST)
MIKE LB	STACK THE NOSE GUARD AT 5 YARDS DEPTH. KEY THE RB. PLAY OFF THE NOSE. RUN PLAY STRONG: SCRAPE TO THE BALL INSIDE OUT. RUN PLAY WEAK: SCRAPE TO THE BALL INSIDE OUT. PASS: COVER THE #3 ELIGIBLE (STRONG RB) MAN TO MAN.
STRONG CORNERBACK	ALIGN 2X2 YARDS OUTSIDE OF THE WINGBACK. RUN PLAY TO YOU: CONTAIN THE PLAY WITH OUTSIDE ARM & LEG FREE. PLAY AWAY: CHECK FOR REVERSE & THEN TAKE A PROPER PURSUIT ANGLE TO THE FOOTBALL. PASS: COVER #1 ELIGIBLE (WINGBACK) MAN TO MAN.
WEAK CORNERBACK	INSIDE ALIGNMENT ON THE WR AT 5 YARDS DEPTH. KEY THE WR AND COVER HIM MAN TO MAN. TAKE AWAY ALL INSIDE ROUTES. RUN TO YOU: ATTACK THE WR AND CONTAIN THE BALL CARRIER. RUN AWAY: CHECK FOR REVERSE & THEN TAKE A PROPER PURSUIT ANGLE TO THE BALL.
FREE SAFETY	ALIGN 8-10 YARDS DEPTH DIRECTLY OVER CENTER. (MAY CHEAT TO OFFENSE'S TENDENCY) RUN: FIND THE BALL CARRIER AND GO MAKE A TACKLE INSIDE OUT. PASS: KEEP ALL PASSES IN FRONT OF YOU. TRACK THE THROW AND BREAK THE PASS UP OR MAKE THE TACKLE ON THE RECEIVER.

5-3 V WING T



FS

SCHEME: 5 DOWN LINEMEN - 3 LINEBACKERS - 3 DEFENSIVE BACKS.

PLAY MAN COVERAGE ON THE 5 ELIGIBLE RECEIVERS COUNTING OUTSIDE IN.

CORNERS COVER #1 OUTSIDE LINEBACKERS COVER #2 MIDDLE LINEBACKER COVERS #3

THE INSIDE LBS OR FREE SAFETY WILL MAKE A STRENGTH CALL THAT TELLS THE DEFENSE WHERE TO LINE UP.

THE STRENGTH CALL CAN BE MADE TO:

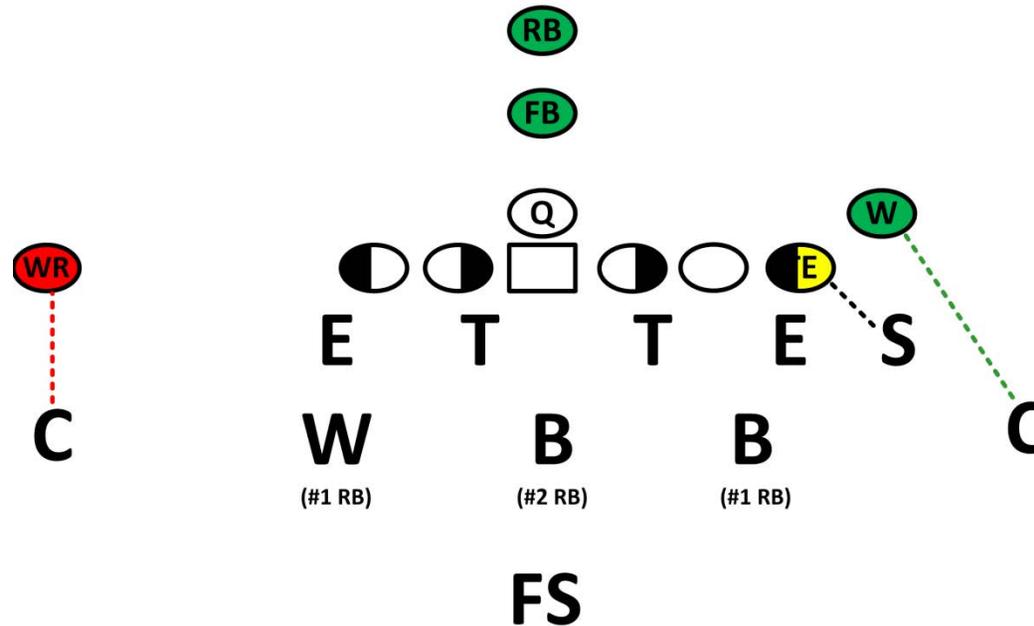
- A FORMATION OR BACKFIELD SET
- THE FIELD OR BOUNDARY
- AN INDIVIDUAL PLAYER



5-3 V WING T ASSIGNMENTS

NOSE GUARD	0 TECHNIQUE. KEY THE BALL AND THE CENTER. RUN: DEFEAT THE BLOCK OF THE CENTER OR ADJACENT GUARD & WIN TO THE BALL SIDE. PASS: RUSH THE QB IN EITHER A GAP. (THIS CAN BE PRE-DETERMINED)
TACKLES	5 TECHNIQUE. KEY THE BALL AND TACKLE. RUN TO YOU: DEFEND THE C GAP WITH OUTSIDE ARM & LEG FREE. RUN AWAY: SQUEEZE DOWN THE L.O.S. AND PURSUE THE FOOTBALL. (WEAK SIDE TACKLE MAY PLAY HEAD UP ON THE OFFENSIVE TACKLE BECAUSE HE HAS THE END OUTSIDE) PASS: RUSH THE QB IN THE C GAP. (WEAK TACKLE MAY PASS RUSH IN THE B GAP)
STRONG END	CREASE TECHNIQUE. TILT INSIDE TO THE CREASE. KEY THE BALL AND TE. RUN TO YOU: DEFEND THE D GAP BY ATTACKING THE TE/WING CREASE. STAY IN THE CREASE OR MAKE THE TACKLE. RUN AWAY: RE-DIRECT DOWN THE L.O.S. LOOKING FOR CUTBACK. THEN PURSUE THE FOOTBALL. VS PASS: CONTAIN PASS RUSH.
WEAK END	EDGE TECHNIQUE. ALIGN ON THE L.O.S. KEY THE TACKLE & NEAREST BACK. RUN TO YOU. CONTAIN ANY RUN WITH OUTSIDE ARM & LEG FREE. SQUEEZE THE C GAP BY DEFEATING THE BLOCK. VS PASS: CONTAIN PASS RUSH.
OUTSIDE LB'S	STACK THE DEFENSIVE TACKLE AT 5 YARDS DEPTH. KEY: GUARD & NEAR RB. RUN PLAY TO YOU: B GAP OUTSIDE IN TO SCRAPE. PLAY AWAY: SLOW SCRAPE TO NEAR A GAP. THINK CUTBACK. PASS: COVER #2 ELIGIBLE MAN TO MAN. (STRONG SIDE: TIGHT END) (WEAK SIDE: 1ST RB OUT TO YOUR SIDE. BOTH BACKS AWAY: CHASE THE NEAREST)
MIKE LB	STACK THE NOSE GUARD AT 5 YARDS DEPTH. KEY THE RB. PLAY OFF THE NOSE. RUN PLAY STRONG: SCRAPE TO THE BALL INSIDE OUT. RUN PLAY WEAK: SCRAPE TO THE BALL INSIDE OUT. PASS: COVER THE #3 ELIGIBLE (STRONG RB) MAN TO MAN.
STRONG CORNERBACK	ALIGN 2X2 YARDS OUTSIDE OF THE WINGBACK. RUN PLAY TO YOU: CONTAIN THE PLAY WITH OUTSIDE ARM & LEG FREE. PLAY AWAY: CHECK FOR REVERSE & THEN TAKE A PROPER PURSUIT ANGLE TO THE FOOTBALL. PASS: COVER #1 ELIGIBLE (WINGBACK) MAN TO MAN.
WEAK CORNERBACK	INSIDE ALIGNMENT ON THE WR AT 5 YARDS DEPTH. KEY THE WR AND COVER HIM MAN TO MAN. TAKE AWAY ALL INSIDE ROUTES. RUN TO YOU: ATTACK THE WR AND CONTAIN THE BALL CARRIER. RUN AWAY: CHECK FOR REVERSE & THEN TAKE A PROPER PURSUIT ANGLE TO THE BALL.
FREE SAFETY	ALIGN 8-10 YARDS DEPTH DIRECTLY OVER CENTER. (MAY CHEAT TO OFFENSE'S TENDENCY) RUN: FIND THE BALL CARRIER AND GO MAKE A TACKLE INSIDE OUT. PASS: KEEP ALL PASSES IN FRONT OF YOU. TRACK THE THROW AND BREAK THE PASS UP OR MAKE THE TACKLE ON THE RECEIVER.

4-4 BASE V JUMBO



SCHEME: 4 DOWN LINEMEN - 4 LINEBACKERS - 3 DEFENSIVE BACKS.

THE INSIDE LBS OR FREE SAFETY WILL MAKE A STRENGTH CALL THAT TELLS THE DEFENSE WHERE TO LINE UP.

THE STRENGTH CALL CAN BE MADE TO:

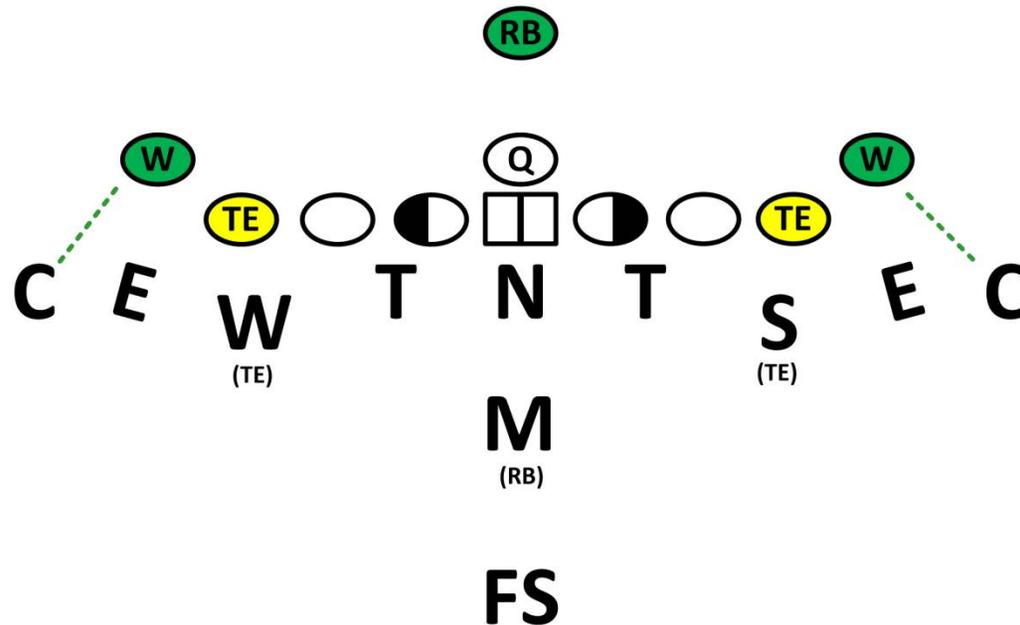
- A FORMATION OR BACKFIELD SET
- THE FIELD OR BOUNDARY
- AN INDIVIDUAL PLAYER



4-4 BASE V JUMBO ASSIGNMENTS

STRONG SIDE TACKLE	3 TECHNIQUE. KEY THE BALL & GUARD. RUN: DEFEND THE B GAP. KEEP OUTSIDE ARM & LEG FREE. PASS: RUSH THE QB IN THE A OR B GAP.
WEAK SIDE TACKLE	2 TECHNIQUE. KEY THE BALL & GUARD. RUN: DEFEND THE A GAP. KEEP INSIDE ARM & LEG FREE. PASS RUSH THE QB IN THE A GAP.
STRONG SIDE END	7 TECHNIQUE. KEY THE BALL & TIGHT END. RUN TO YOU: DEFEND THE C GAP WITH INSIDE ARM & LEG FREE. RUN AWAY: CHECK FOR REVERSE THEN TAKE A PROPER PURSUIT ANGLE TO THE BALL. PASS: CONTAIN PASS RUSH.
WEAK SIDE END	5 TECHNIQUE. KEY THE BALL AND TACKLE. RUN TO YOU: DEFEND THE C GAP WITH OUTSIDE ARM & LEG FREE. RUN AWAY: CHECK FOR REVERSE THEN TAKE A PROPER PURSUIT ANGLE TO THE BALL. PASS: CONTAIN PASS RUSH
SAM LB	CREASE TECHNIQUE. KEY THE TE & RB. DEFEND THE D GAP BY ATTACKING THE TE/WING CREASE. STAY IN THE CREASE OR MAKE THE TACKLE. VS PASS: COVER THE TE MAN TO MAN.
WILL LB	HIP TECHNIQUE. STACK THE 5 TECHNIQUE END AT 5 YARDS DEPTH. KEY THE NEAR BACK. RUN TO YOU: PLAY OFF OF THE END. IF HE IS OUTSIDE YOU ARE INSIDE & VICE VERSA. PLAY AWAY: B GAP TO SCRAPE TO PROPER PURSUIT ANGLE. VS PASS: COVER THE 1ST RB MAN TO MAN THAT RELEASES TO YOUR SIDE. RUSH THE PASSER IF THE BOTH RB'S RELEASE TO THE OPPOSITE SIDE.
STRONG INSIDE LB	STACK THE OFFENSIVE TACKLE AT 5 YARDS DEPTH. RUN PLAY TO YOU: A GAP TO SCRAPE. PLAY AWAY: A GAP TO CUTBACK. VS PASS: COVER THE 1ST RB MAN TO MAN THAT RELEASES TO YOUR SIDE. RUSH THE PASSER IF BOTH RB'S RELEASE TO THE OPPOSITE SIDE.
WEAK INSIDE LB	ALIGN OVER THE CENTER AT 5 YARDS DEPTH. RUN PLAY WEAK: B GAP TO SCRAPE. PLAY STRONG: FAR A GAP TO CUTBACK. PASS: IF BOTH RB'S RELEASE TO EITHER SIDE COVER THE SECOND RB MAN TO MAN. IF THE RB'S SPLIT (ONE TO EACH SIDE) RUSH THE QB.
STRONG CORNERBACK	ALIGN 2X2 YARDS OUTSIDE OF THE WINGBACK. RUN PLAY TO YOU: CONTAIN THE PLAY WITH OUTSIDE ARM & LEG FREE. PLAY AWAY: CHECK FOR REVERSE & THEN TAKE A PROPER PURSUIT ANGLE TO THE FOOTBALL. PASS: COVER THE WINGBACK MAN TO MAN.
WEAK CORNERBACK	INSIDE ALIGNMENT ON THE WR AT 5 YARDS DEPTH. KEY THE WR AND COVER HIM MAN TO MAN. TAKE AWAY ALL INSIDE ROUTES. RUN TO YOU: ATTACK THE WR AND CONTAIN THE BALL CARRIER. RUN AWAY: CHECK FOR REVERSE & THEN TAKE A PROPER PURSUIT ANGLE TO THE BALL.
FREE SAFETY	ALIGN 8-10 YARDS DEPTH DIRECTLY OVER CENTER. (MAY CHEAT TO OFFENSE'S TENDENCY) RUN: FIND THE BALL CARRIER AND GO MAKE A TACKLE INSIDE OUT. PASS: KEEP ALL PASSES IN FRONT OF YOU. TRACK THE THROW AND BREAK THE PASS UP OR MAKE THE TACKLE ON THE RECEIVER.

5-3 BEAR V DOUBLE WING



SCHEME: 5 DOWN LINEMEN - 3 LINEBACKERS - 3 DEFENSIVE BACKS.

PLAY MAN COVERAGE ON THE 5 ELIGIBLE RECEIVERS COUNTING OUTSIDE IN.

CORNERS COVER #1 OUTSIDE LINEBACKERS COVER #2 MIKE LINEBACKER COVERS #3

THE INSIDE LB OR FREE SAFETY WILL MAKE A STRENGTH CALL THAT TELLS THE DEFENSE WHERE TO LINE UP.

THE STRENGTH CALL CAN BE MADE TO:

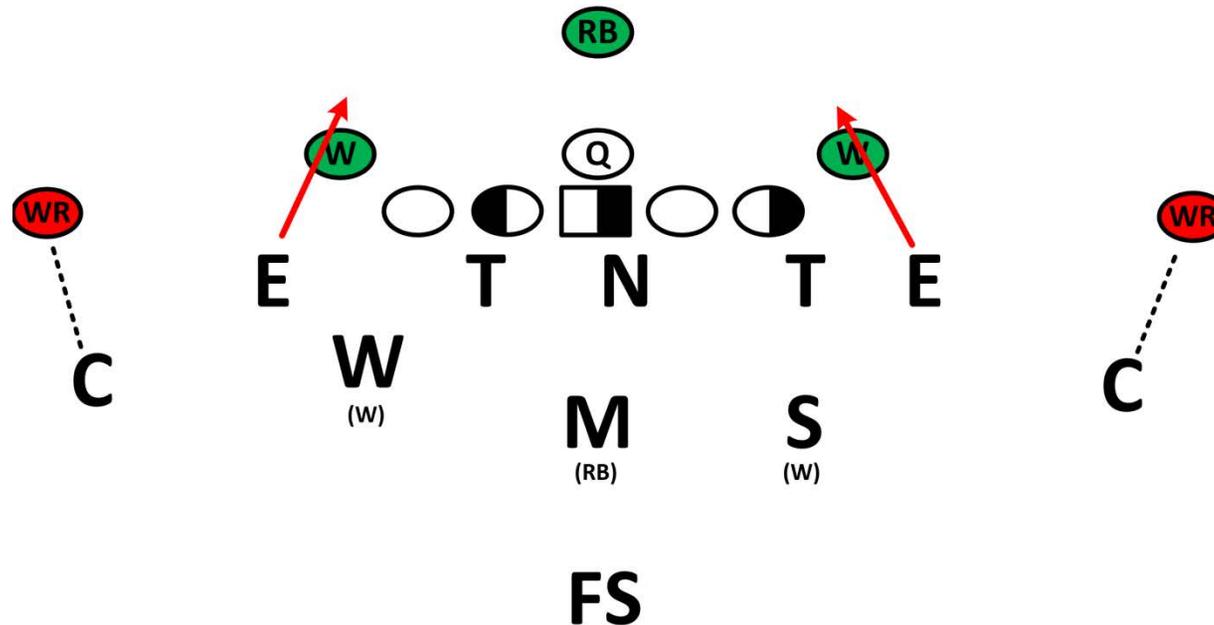
- A FORMATION OR BACKFIELD SET
- THE FIELD OR BOUNDARY
- AN INDIVIDUAL PLAYER



5-3 BEAR V DOUBLE WING ASSIGNMENTS

- NOSE GUARD** 0 TECHNIQUE. KEY THE BALL AND THE CENTER.
RUN: DEFEAT THE BLOCK OF THE CENTER OR ADJACENT GUARD & WIN TO THE BALL SIDE.
PASS: RUSH THE QB IN EITHER A GAP. (THIS CAN BE PRE-DETERMINED)
- TACKLES** 3 TECHNIQUE. KEY THE BALL AND GUARD.
RUN TO YOU: DEFEND THE B GAP WITH OUTSIDE ARM & LEG FREE. RUN AWAY: SQUEEZE DOWN THE L.O.S. AND PURSUE THE FOOTBALL.
PASS: RUSH THE QB IN THE B GAP.
- ENDS** CREASE TECHNIQUE. TILT INSIDE TO THE CREASE. KEY THE BALL AND TE.
RUN TO YOU: DEFEND THE D GAP BY ATTACKING THE TE/WING CREASE. STAY IN THE CREASE OR MAKE THE TACKLE.
RUN AWAY: RE-DIRECT DOWN THE L.O.S. LOOKING FOR CUTBACK. THEN PURSUE THE FOOTBALL.
VS PASS: CONTAIN PASS RUSH.
- OUTSIDE LB'S** 7 TECHNIQUE ON THE TE. DEPTH CAN VARY FROM ON LOS TO 5 YARDS. KEY: TE.
RUN PLAY TO YOU: C GAP. PLAY AWAY: FOLD & SCRAPE. THINK CUTBACK.
PASS: COVER #2 ELIGIBLE (TIGHT END) MAN TO MAN.
- MIKE LB** STACK THE NOSE GUARD AT 5 YARDS DEPTH. KEY THE RB. PLAY OFF OF THE NOSE.
RUN PLAY STRONG: SCRAPE TO THE BALL INSIDE OUT.
RUN PLAY WEAK: SCRAPE TO THE BALL INSIDE OUT.
PASS: COVER THE #3 ELIGIBLE (RB) MAN TO MAN. IF THE RB BLOCKS RUSH THE QB OPPOSITE OF NOSE.
- CORNERBACKS** ALIGN 2X2 YARDS OUTSIDE OF THE WINGBACK.
RUN PLAY TO YOU: CONTAIN THE PLAY WITH OUTSIDE ARM & LEG FREE.
PLAY AWAY: CHECK FOR REVERSE & THEN TAKE A PROPER PURSUIT ANGLE TO THE FOOTBALL.
PASS: COVER #1 ELIGIBLE (WINGBACK) MAN TO MAN.
- FREE SAFETY** ALIGN 8-10 YARDS DEPTH DIRECTLY OVER CENTER. (MAY CHEAT TO OFFENSE'S TENDENCY)
RUN: FIND THE BALL CARRIER AND GO MAKE A TACKLE INSIDE OUT.
PASS: KEEP ALL PASSES IN FRONT OF YOU. TRACK THE THROW AND BREAK THE PASS UP OR MAKE THE TACKLE ON THE RECEIVER.

5-3 UNDER V SHOOT



SCHEME: 5 DOWN LINEMEN - 3 LINEBACKERS - 3 DEFENSIVE BACKS.

THERE WILL BE A SHADED NOSE, A 5 TECHNIQUE AND A 9 TECHNIQUE TO THE STRONG SIDE.

PLAY MAN COVERAGE ON THE 5 ELIGIBLE RECEIVERS COUNTING OUTSIDE IN.

CORNERS COVER #1 OUTSIDE LINEBACKERS COVER #2 MIKE LINEBACKER COVERS #3

THE INSIDE LB OR FREE SAFETY WILL MAKE A STRENGTH CALL THAT TELLS THE DEFENSE WHERE TO LINE UP.

THE STRENGTH CALL CAN BE MADE TO:

- A FORMATION OR BACKFIELD SET
- THE FIELD OR BOUNDARY
- AN INDIVIDUAL PLAYER



5-3 UNDER V SHOOT ASSIGNMENTS

- NOSE GUARD** 1 TECHNIQUE.(SHADE STRONG). KEY THE BALL AND THE CENTER.
RUN TO YOU: DEFEND THE A GAP WITH OUTSIDE ARM & LEG FREE.
RUN AWAY: SQUEEZE THE CENTER DOWN THE L.O.S. AND PURSUE THE FOOTBALL.
PASS: RUSH THE QB IN THE STRONG A GAP.
- STRONG TACKLE** 5 TECHNIQUE. KEY THE BALL AND TACKLE.
RUN TO YOU: DEFEND THE C GAP WITH OUTSIDE ARM & LEG FREE.
RUN AWAY: SQUEEZE THE OFFENSIVE TACKLE DOWN THE L.O.S. AND PURSUE THE FOOTBALL.
PASS: RUSH THE QB IN THE C GAP.
- WEAK TACKLE** 3 TECHNIQUE. KEY THE BALL AND GUARD.
RUN TO YOU: DEFEND THE B GAP WITH OUTSIDE ARM & LEG FREE.
RUN AWAY: SQUEEZE THE GUARD DOWN THE L.O.S. AND PURSUE THE FOOTBALL.
PASS: RUSH THE QB IN THE B GAP.
- ENDS** EDGE TECHNIQUE. KEY THE WING & RB.
RUN TO YOU. CONTAIN ANY RUN WITH OUTSIDE ARM & LEG FREE. SQUEEZE THE D GAP BY DEFEATING THE BLOCK.
RUN AWAY: RE-DIRECT DOWN THE L.O.S. LOOKING FOR CUTBACK. THEN PURSUE THE FOOTBALL.
VS PASS: CONTAIN PASS RUSH.
- SAM LB'S** STACK THE DEFENSIVE TACKLE AT 5 YARDS DEPTH. KEY: GUARD & NEAR RB.
RUN PLAY TO YOU: B GAP OUTSIDE IN TO SCRAPE. PLAY AWAY: SLOW SCRAPE TO FAR A GAP. THINK CUTBACK.
PASS: COVER #2 ELIGIBLE (WING) MAN TO MAN.
- MIKE LB** STACK THE CENTER AT 5 YARDS DEPTH. KEY THE RB.
RUN PLAY STRONG: B GAP TO SCRAPE INSIDE OUT.
RUN PLAY WEAK: A GAP TO SCRAPE INSIDE OUT.
PASS: COVER THE #3 ELIGIBLE (RB) MAN TO MAN. IF THE RB BLOCKS RUSH THE QB IN THE WEAK A GAP.
- WILL LB** STACK THE C GAP AT 1-5 YARDS DEPTH. KEY: WING.
RUN PLAY TO YOU: C GAP. PLAY AWAY: SLOW FOLD & SCRAPE TO NEAR A GAP. THINK CUTBACK.
PASS: COVER #2 ELIGIBLE (WING) MAN TO MAN.
- CORNERBACKS** INSIDE ALIGNMENT ON THE WR AT 5 YARDS DEPTH.
KEY THE WR AND COVER HIM MAN TO MAN. TAKE AWAY ALL INSIDE ROUTES.
RUN TO YOU: ATTACK THE WR AND CONTAIN THE BALL CARRIER.
RUN AWAY: CHECK FOR REVERSE & THEN TAKE A PROPER PURSUIT ANGLE TO THE BALL.
- FREE SAFETY** ALIGN 8-10 YARDS DEPTH DIRECTLY OVER CENTER. (MAY CHEAT TO OFFENSE'S TENDENCY)
RUN: FIND THE BALL CARRIER AND GO MAKE A TACKLE INSIDE OUT.
PASS: KEEP ALL PASSES IN FRONT OF YOU. TRACK THE THROW AND BREAK THE PASS UP OR MAKE THE TACKLE ON THE RECEIVER.

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PLAYS

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CREATE TEACHING
SLIDESHOWS

5
5 DIFFERENT
DEFENSIVE FRONTS

MOVEMENTS &
PRESSURES OFF
OF EACH DEFENSE

5 OFFENSIVE FORMATIONS
(+ MORE ON THE WAY!)

COACH YOUR TEAM
LIKE THE PROS!

Offense

Defense

1 **FIRSTDOWN**
PLAYBOOK

Hall of Famer / NFL Coach
MIKE SINGLETARY

EVERY FRONT &
PRESSURE FITTED UP VS.
7 OFFENSIVE FORMATIONS

MULTIPLE
FORMATIONS &
PLAYS

MULTIPLE PLAYS FOR
EACH FORMATION

CHOOSE THE FRONT
YOU WANT TO BLOCK!

COLOR-CODED
QB READS

7
COACHING POINTS
BASED ON PROVEN
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