

**1998 Va. Tech**

**44 / 46 Defense**

**DEFENSIVE**  
**PHILOSOPHY**

**6 KEYS TO YOUR SUCCESS**

1. **GET OFF ON THE BALL** (FEET IN NEUTRAL ZONE).
2. **COVERAGE** (4 SECONDS OF GREAT CONCENTRATION).
3. **RUN TO THE BALL** (10 SECONDS BLOW OUT).
4. **TACKLE** (FINISH THE PLAY).
5. **TURNOVERS** (+ AT END OF GAME).
6. **COMMUNICATE.**

HOKIE PRODUCTIVITY CHART

VALUE	
	TOTAL PLAYS
2	TACKLES
1	ASSISTS
3	TACKLES FOR LOSS
3	QB HARRASS
5	SACK
3	BIG HIT
3	EXCEPTIONAL PLAY
5	CAUSED FUMBLE
5	RECOVERED FUMBLE
4	PASS BROKEN UP DEFLECTION
5	CAUSED INTERCEPTION
7	INTERCEPTION
8	SCORE ON DEFENSE
2	X-MILE
-1	LOAF
-1	MENTAL ERROR
-2	PENALTY
-5	CRITICAL ERROR
-2	MISSED TACKLE
-3	MISSED INTERCEPTION
	TOTAL POINTS



1950

1951

1952

1953

1954

1955

1956

1957

1958

1959

1960

1961

1962

1963

1964

1965

1966

1967

1968

1969

1970

1971

1950 1951 1952 1953 1954 1955 1956 1957 1958 1959 1960 1961 1962 1963 1964 1965 1966 1967 1968 1969 1970 1971

# THE HOKIE TACKLE

**A. GET UNDER HIM.**

**B. SQUARE UP - EYES ON BALL.**

**C. WRAP HIM UP.**

**D. UP AND THROUGH.**

**F. KNOCK THE BALL OUT.**

## TERMINOLOGY

### A. TEAM:

1. Strong Side - Side of the strength of the formation. (2 Receiver side.)
2. Weak Side - Side away from strength of the formation.
3. Playside - The side to which an offensive play is directed.
4. Backside - The side away from which an offensive play is directed.
5. Split Flow - Both backs divide.
6. Flow - Both backs to passing strength.
7. Flood - Both backs away from passing strength.
8. Run To - Running play directed to your side.
9. Run Away - Running play directed away from your side.
10. Flanker - An offensive back who is removed by more than four yards from the formation and is not on the L.O.S.
11. Wing - An offensive back who is aligned off the L.O.S. within four yards of the TE.
12. Slot - An offensive back who aligns within four yards of the OT.
13. Wide Slot - An offensive back who aligns more than four yards outside the OT.
14. Twins - An offensive back who aligns more than four yards outside the OT and outside the split end (X).
15. X - Split End  
Y - Tight End  
Z - Flanker or Slot Back
16. A Area - Area over offensive center. (From inside foot of one offensive guard to the inside foot of the other offensive guard.)
17. B Area - Area over the offensive guard. (From inside foot of offensive tackle to inside foot of guard.)
18. C Area - Area over the offensive tackle. (From outside foot of offensive tackle to inside foot of tight end.)
19. D Area - Area over the offensive tight end or slot back. (From inside foot of tight end to inside foot of a wing.)

- 20. Dropback Pass - Pass thrown within the guard box. QB, after the snap, retreats to throw the football.
- 21. Roll To - Pass action; where the QB rolls (reverse pivot) to your side and threatens the corner.
- 22. Roll Away - Pass action where the QB rolls away from your side and threatens the corner.
- 23. Sprint To - Pass action where the QB sprints (comes straight out) to your side and threatens the corner.
- 24. Sprint Away - Pass action where the QB sprints away from your side and threatens the corner.
- 25. 1/2 Sprint - Pass action where the QB either rolls or sprints and sets up inside tackle box.
- 26. Play Pass - A pass attempted with play fake off the L.O.S.
- 27. Run Pass - A pass attempted with run fake on the L.O.S.
- 28. Throwback - Split backfield action with QB sprinting in one direction.
- 29. Force - Responsibility of turning the end run inside while keeping the cut back hole at a minimum. Responsible for pitch vs an option.
- 30. Fill - Responsibility for meeting the end run inside out and making the tackle or forcing it wide. Responsible for QB to pitch vs an option.
- 31. Read - Secondary and OLB force based on release of TE.
- 32. Contain - Responsibility for keeping the QB to the inside vs a pass.
- 33. Pursuit - Taking the proper angle to intercept the ball carrier.
- 34. Hokie - Call made to indicate we have made an interception. All defenders now become offensive blockers. We must first block the intended receiver. Cannot block below the waist. DL find QB.
- 35. Omaha - Call to play base front.
- 36. Key - A man or a movement by the offense which indicated the play and your immediate reaction to it.
- 37. Shed - To get rid of blocker.
- 38. Bootleg - Both backs flow away from ball and guard pull.

39. Waggle - Split flow with guard pull.
40. Counter Pass - Split flow with ball in direction opposite guard tackle pull.
41. Dash - QB back then rolls out.
42. Naked - QB bootleg with no escort (guard pull).
43. Screen - A play initiated by pass action where the passer gives ground and passes to a short receiver behind a wall of blockers.
44. Draw - A play initiated by pass action, but the ball is given to a back.
45. Peter - Call on punting situation where ball has been allowed to bounce. Alerts defenders to get away from the bouncing erratic ball so it does not hit us and is recovered by the offense. Means, don't touch it!! Get away from it!.
46. Crash - A stunt involving a defensive back aggressively rushing outside "C" area on the snap of the ball.
47. Blitz - A stunt involving a defensive back aggressively rushing inside "C" area on the snap of the ball.
48. Stay - Huddle call telling team to stay in defense called regardless of offensive formation or situation.
49. Option Principle - Reaction of Defensive Lineman and Linebacker to the offensive blocking scheme, which determines B and C Gap responsibilities.
50. L.O.S. - Line of Scrimmage.
51. P.O.A. - Point of Attack.
52. C.P. - Coaching Point.
53. C.W.M. - Check with me.
54. Bend - Redirecting your body to the P.O.A.
55. Apex - Half Way
56. Eagle - Declare shade to 2-man surface.
57. A.F.C. - Automatic front and coverage.
58. Alert - Huddle call to Rover. Rover Vs. #2 wide  
Check Backer Go.
59. Huskey - UP-G/C-2
60. Hawk - Bump LB's away from passing strength.
61. May Day - Call to check out of Dog or Blitz and play coverage.



## TERMINOLOGY - Continued

### B. Line and Linebackers:

1. Lucky - A call to determine stunt or dog to our left.
2. Ringo - A call to determine stunt or dog to our right.
3. Trail - On flow away, check for cutback, counter, reverse or broken play on offensive side of L.O.S..
4. Feather - Technique used in playing the option when you have QB to pitch responsibility.
5. Bite - A technique where you tackle QB on dive or speed option. Stays in "C" area, does not feather.
6. Wide - Call from Rover/Whip to End/Stud to play 9 technique.
7. Off - Call made from OLB to T/E on his side. Indicates OLB is dropping on pass.
8. Fold - A technique used by OLB whereby he has fill and counterpoint vs run away.
9. SPY - Coverage of near back by contain rusher man to man.
10. Backside Leverage - Players away from flow never allowing the ball to cross their face.
11. Cop - Drop of 0 to 3 technique lineman 5-8 yds deep. Check TE, Near back, mirror QB.
12. Dog It - Call from LB to end to spy on near back.
13. Under - LB calls 5-Tech to pinch B-Gap Vs. Big Split.
14. Tag - LB call 3-Tech to spark A-Gap Vs. Big Split.
15. Green - Call made by LB to 9 Tech to take TE when TE pass protects.

### C. Linebackers and Secondary:

1. Tight Formation - Opponents formation which has no man split by more than four yards from the rest of the formation.
2. Single Width - One side of the opponents formation is tight and one side is split by more than four yards.
3. Double Width - Both sides of the opponents formation are split by more than four yards.
4. Cloud - Call given to corner to force perimeter run and to cover flat on pass.
5. Sky - Call given to Rover to force perimeter run and to cover curl - flat on a pass.

**TERMINOLOGY - continued**  
**Linebackers and Secondary**

6. Easy - Call given to Whip to force perimeter run and to cover curl-flat on a pass.
7. Read - Secondary or LB force depending on release of TE.
8. Shoot - Inside linebacker has pitch on option w/man coverage.
9. Rip/Liz - Call by FS to indicate passing strength. (Right/Left)
10. Secondary Force - Responsibility for support once all threat of pass is eliminated. Force if primary force breaks down. Keep outside leverage on the ball.
11. Flow - Man-to-man coverage on the #3 receiver.
12. Flood - Man-to-man coverage on the #2 receiver.
13. Hammer - A technique of hitting a receiver to delay or drive him off his course.
14. Combo - A call to indicate two or more pass defenders playing two or more receivers. Their men will be determined by the routes. Also, a call used versus a tight formation.
15. Catch - A technique of M/M coverage in which the defender waits for the receiver to come to him then "hammers" him and runs with him in tight M/M coverage. Try to force a collision, force receiver off his route.
16. Slow Man - A defensive back or linebacker in M/M coverage playing with a minimum cushion. Normally used with a Dog or in goal line coverage.
17. Mirror - Maintenance by a linebacker of the same relative position to the L.O.S. as the QB: i.e., as deep as he is deep and as wide as he is wide.
18. Quick Receiver - Any receiver who is aligned within one yard of the L.O.S.
19. Crack - A call to indicate to a defender that a wide receiver is blocking back towards the ball. Corner will usually be the first to recognize this and should shout: "Crack", "Crack".
20. Wall Tech - Denying an inside route to a receiver, maintain inside-out leverage.
21. Walk - An alignment by outside linebacker which puts him four yards off LOS and splitting the difference between the wide receiver and End man on LOS.
22. Cheat Rule - Player in coverage cheating in direction of flow keeping opposing players inside and underneath.

TERMINOLOGY - continues.

Linebackers and Secondary

- 23. Under - Call made vs a pass to indicate a receiver running an underneath route, i.e., delay.
- 24. Shadow - A term that designates no contact in a pass offense - pass defense drill. Defenders will not collision receivers when going for the ball.
- 25. Cushion - Distance the defender keeps off the receiver in coverage.
- 26. Star - Coverage adjustment designed to give additional coverage to a receiver, receivers, or formation.
- 27. M/M - Man-to-Man.
- 28. W/S - Weak Side.
- 29. Rotate - Convert two deep to three deep.
- 30. Empty - A call used by the secondary to indicate any no back set.
- 31. Curl/Flood - A technique used by OLB inside the 10 yard line in Cover 8. OLB covers back in flat or helps on quick slant by wide receiver.
- 32. Silver/Gold - a call to check to dog.
- 33. Backer Go - Call given to backer from rover or whip to replace as crasher.
- 34. Money - Call given to Mike from Rover to replace in coverage or Dog.
- 35. Crash - Primary contain.
- 36. D-Crash - Attack the ball.
- 37. Claw - a technique of hitting a receiver to delay or drive him off his course.
- 38. Roger/Louis - A call to indicate secondary rotation. (Right/Left)
- 39. Contraction - A Tight Formation; Bunch
- 40. Lock - A call given to stay with coverage called.

TERMINOLOGY - continued

D. Personnel

1. FRONT DEFENDERS:

END:	END MAN ON L.O.S.
TACKLE:	DOWN LINEMAN
NOSE GUARD:	DOWN LINEMAN
STUD:	END MAN ON L.O.S.

2. PERIMETER DEFENDERS:

WHIP:	OUTSIDE LINEBACKER
MIKE:	INSIDE LINEBACKER
BACKER:	INSIDE LINEBACKER
ROVER:	SAFETY TO FIELD OR PASSING STRENGTH
FREE:	SAFETY TO PASSING STRENGTH
FIELD CORNER:	CORNER TO FIELD OR PASSING STRENGTH
BOUNDARY CORNER:	CORNER TO BOUNDARY OR AWAY FROM PASSING STRENGTH

3. OFFENSIVE PERSONNEL:

X:	SPLIT END
Z:	FLANKER
Y:	TIGHT END
VIPER:	3RD WIDE RECEIVER
RHINO:	2ND TIGHT END
ELEPHANT:	3RD TIGHT END
A-BACK:	TAILBACK, HALFBACK
B-BACK:	FULLBACK
V-BACK:	SLOT BACK IN ACE

4. OFFENSIVE PERSONNEL USED IN MULTIPLE FORMATIONS

2 BACK OFFENSES

2 BACKS, 1 TE, 2 WR'S.....	21
2 BACKS, 3 WR.....	20
2 BACKS, 2 TE, 1 WR.....	22
2 BACKS, 3 TE.....	23

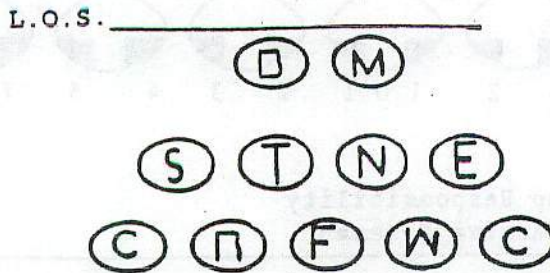
1 BACK OFFENSES

1 BACK, 1 TE, 3 WR.....	11
1 BACK, 4 WR.....	10
1 BACK, 2 TE, 2 WR.....	12

3 BACK OFFENSES

3 BACKS, 1 TE, 1 WR.....	31
3 BACKS, 2 WR.....	30
3 BACKS, 2 TE.....	32

## DEFENSIVE HUDDLE



### A. Formation of Huddle:

1. Signal Callers - (Backer - Mike)
  - a. In front of huddle.
  - b. Two yards behind the ball.
2. Front Row - (S - T - N - E)
  - a. Feet shoulder width apart & parallel.
  - b. Standing relaxed looking at signal callers.
3. Back Row - (C - R - F/S - W - C)
  - a. Feet shoulder width apart and parallel.
  - b. Standing relaxed looking at signal callers.

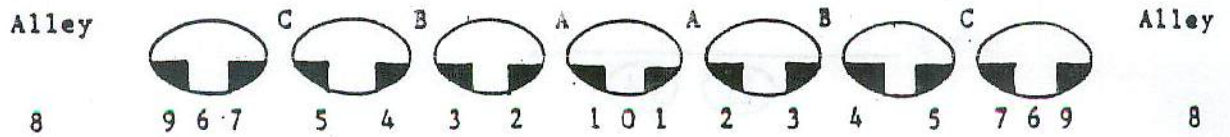
### B. Procedure:

1. Nose holds hands up and defense will line up on him. He must stand two yards behind the ball.
2. While Mike is getting the signal from Bench, Backer will alert teammates as to substitutions, and tendencies.
3. Whip will declare middle or hash. Rover will call down and Distance.
4. Mike will call defenses (only once), i.e., "G Cover-O"
5. Mike will give a "Ready-Break." Everyone will say "Break," clap hands, and HUSTLE to position.
6. Whip make left or right alignment call.
7. Mike will set defense with Right or Left call to run strength.
8. Free Safety will declare passing strength with Rip or Liz call.

### C. Important:

1. Get in and out of the huddle as fast as possible. This is necessary to get defensive call from bench. Get out quickly to get necessary adjustments and additional calls.
2. There will be no talking in the huddle by anyone, except our Call Backer, unless a time out has been called.
3. If you do not hear the call, say "CHECK". The call will be repeated.
4. When offensive center puts his hands on the ball, be in your defensive stance.

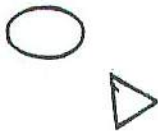
# Front Area of Responsibility and Individual Alignments



**LETTERS** - Gap Designations for Gap Responsibility  
**NUMBERS** - Shade on Designated Offensive Lineman

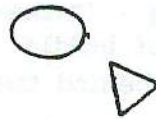
**WIDE - 5**

2' Outside Tackle,  
 Helmet to V-of neck.

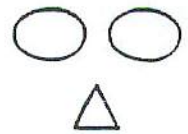


**WIDE - 9**

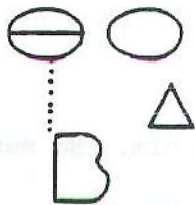
2' outside Tight End  
 Helmet to V-of neck.



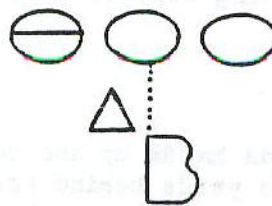
**GAP**



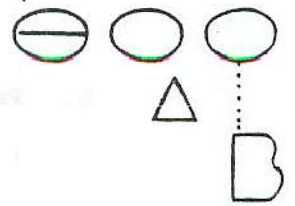
**A-SPLIT (10 - TECH)**



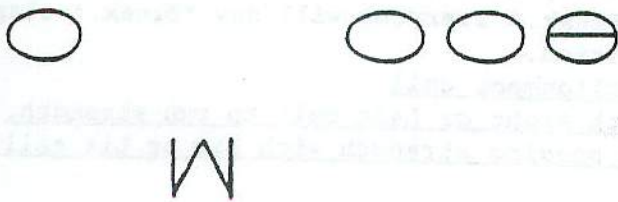
**B-SPLIT (31 - TECH)**



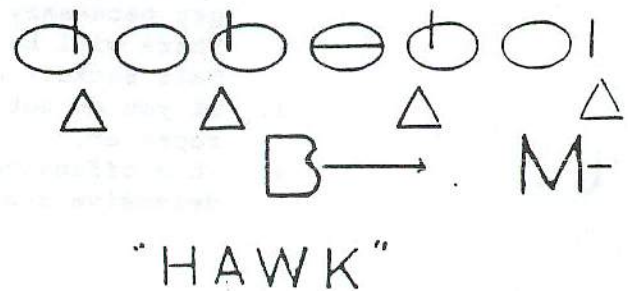
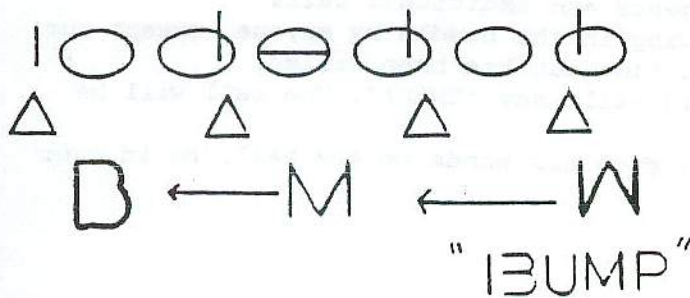
**C-SPLIT (91 - TECH)**



**WALK**

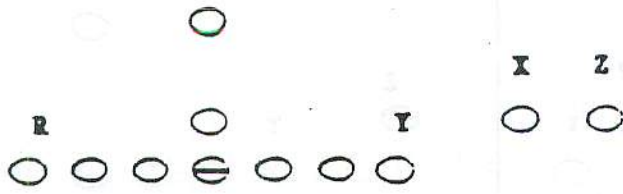


**CLAW**

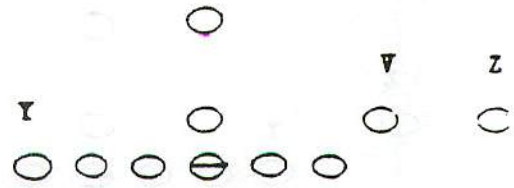


SINGLE WIDTH - ACE BACK

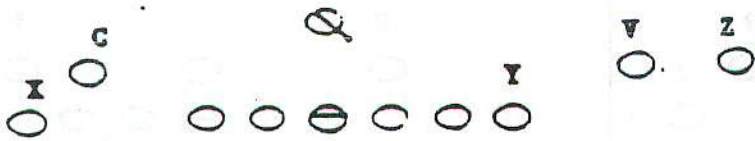
DOUBLE WIDTH = ACE BACK



TREY RT



TRIPS RT



EMPTY GUN/TREY RT TWINS



EMPTY GUN/TRIPS RT PRO



EMPTY GUN/TRIPS RT TWINS

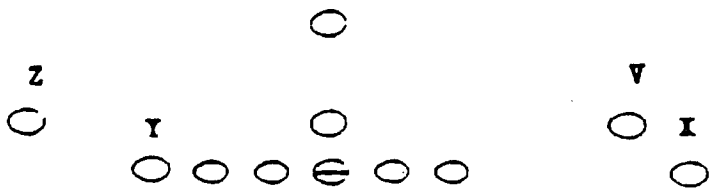


EMPTY GUN/TREY RT PRO

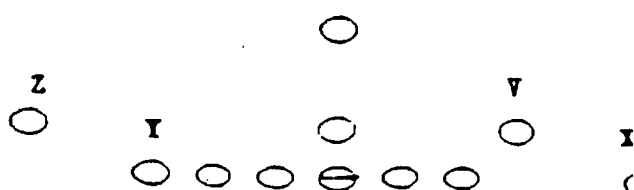


DOUBLE WIDTH - ACE BACK

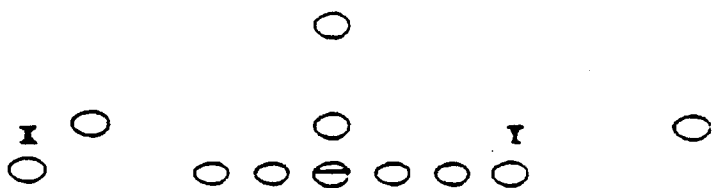
DOUBLE WIDTH - ACE BACK



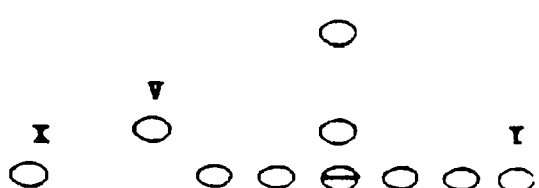
DALLAS RT



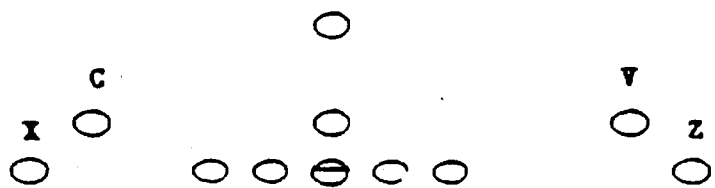
DALLAS TIGHT RT



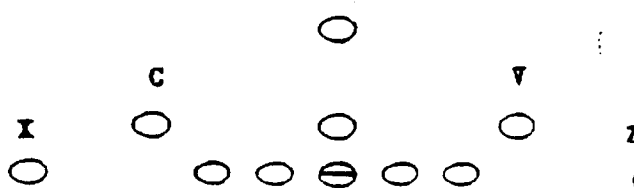
(F.S.L.) DOLPHIN LI



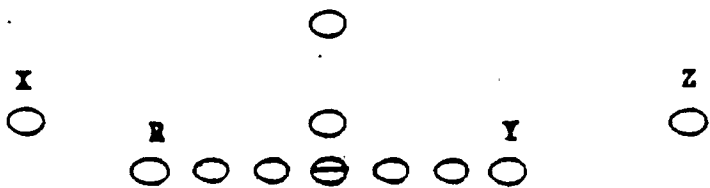
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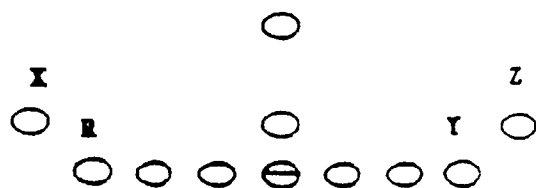
DETROIT RT/LI



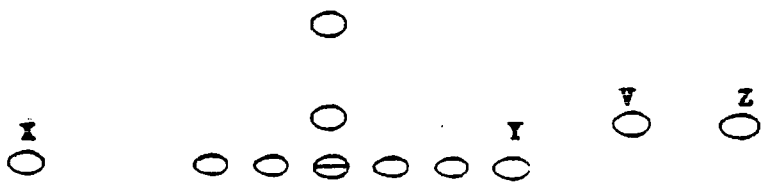
DETROIT TIGHT RT/LI



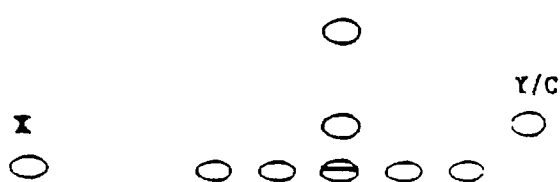
DENVER RT/LI



DENVER TIGHT RT/LI



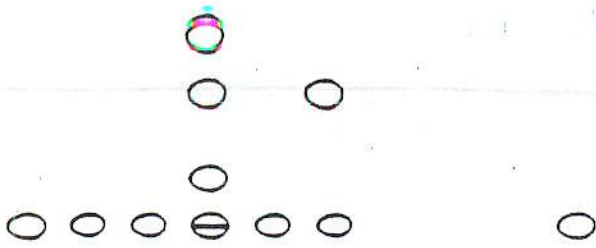
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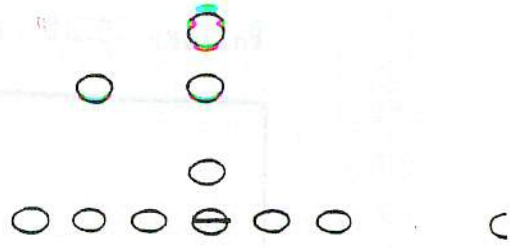
TRIPS RT OPEN



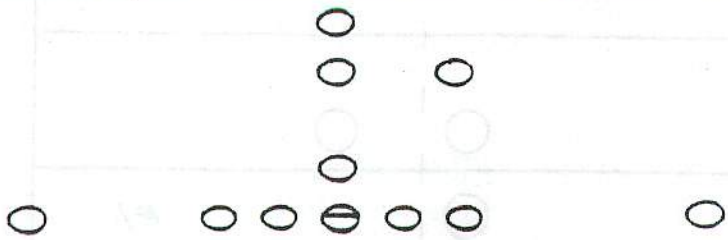
3-BACK (BONE, I-BONE, T, POW I)



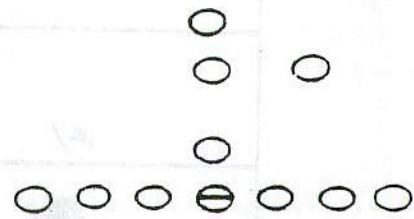
POWER I RIGHT OPEN



POWER I LEFT OPEN



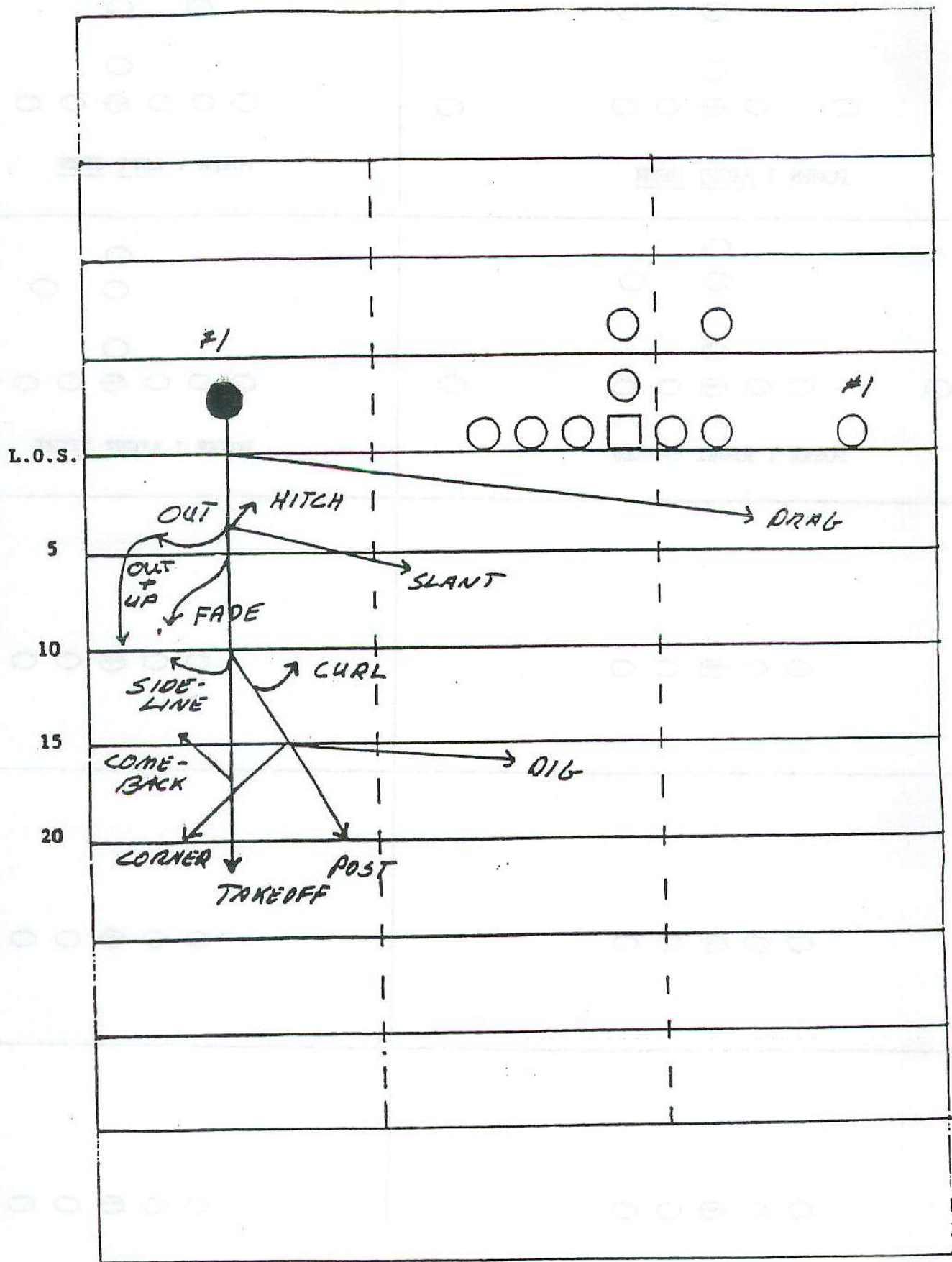
POWER I RIGHT SPREAD



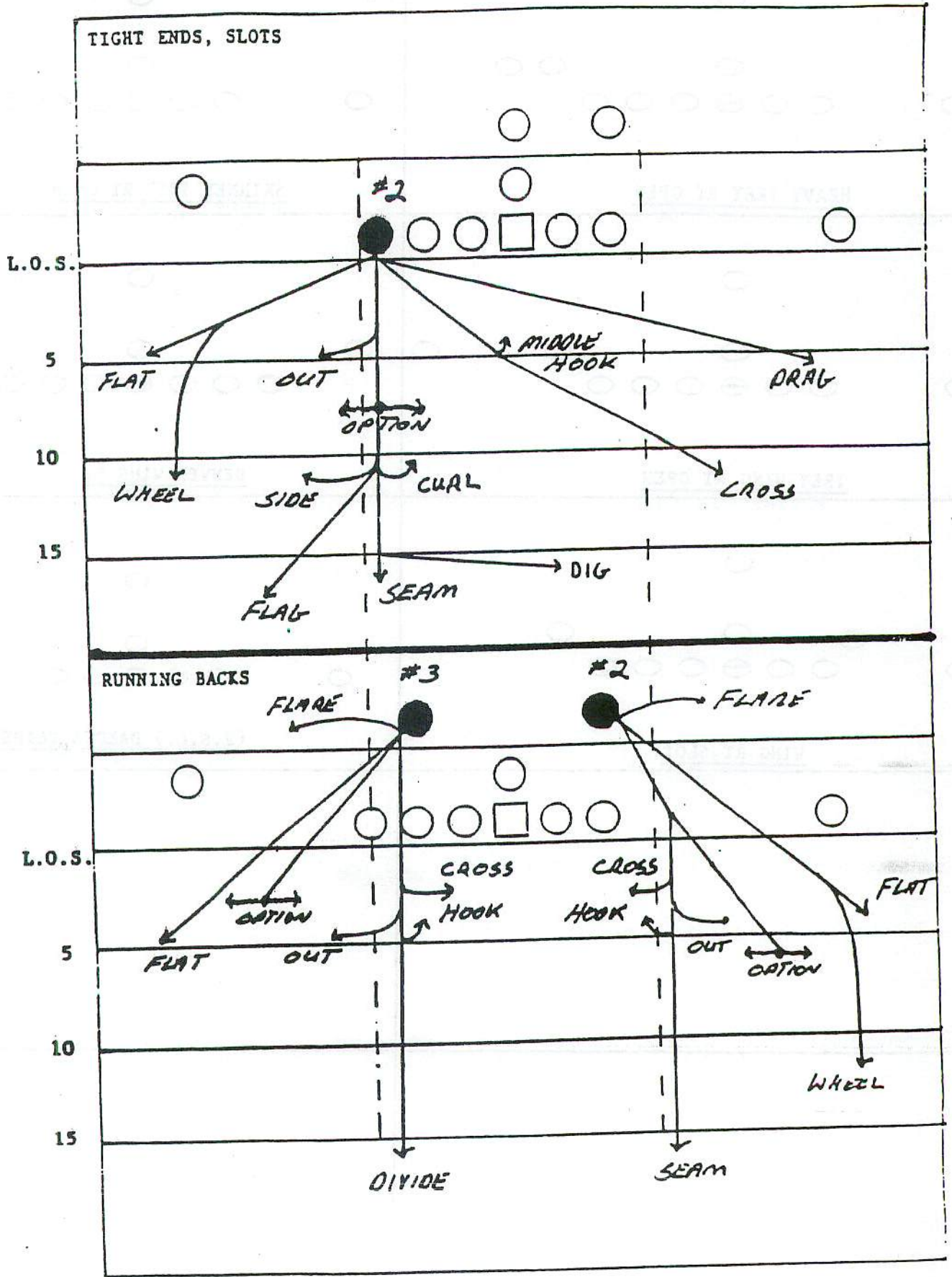
POWER I RIGHT TIGHT



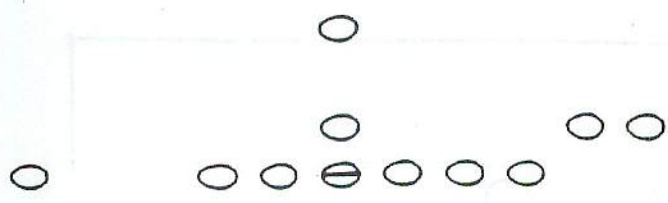
PATTERN IDENTIFICATION - WIDE RECEIVERS



# PATTERN IDENTIFICATION

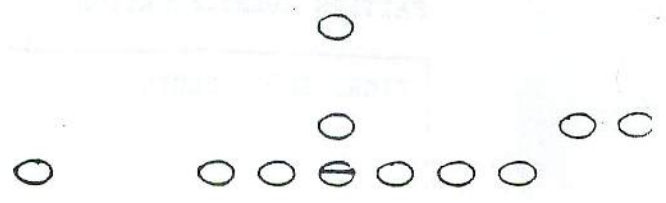


OTHER ACE BACK

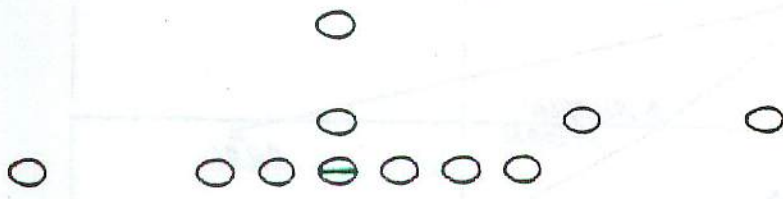


HEAVY TREY RT OPEN

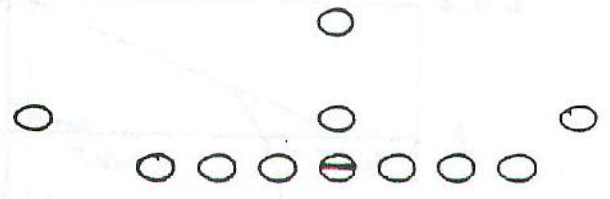
OTHER ACE BACK



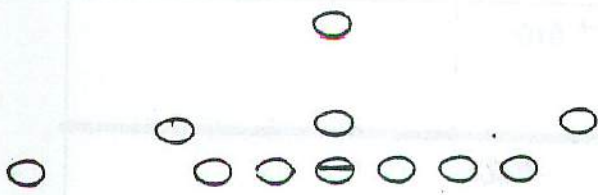
SKINNEY TREY RT OPEN



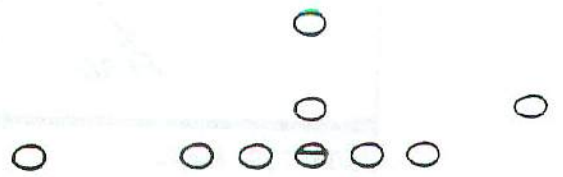
TREY WING RT OPEN



DENVER WING RT



WING RT SLOT

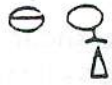


(F.S.L.) DAKOTA TRIPS

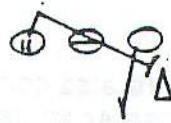
# OFFENSIVE BLOCKS

## A. LINE AND LINEBACKERS

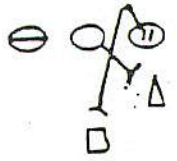
1) DRIVE BLOCK- Man Block, straight on.



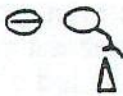
6) TRAP BLOCK-



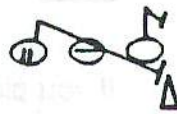
11) GUY BLOCK- Guard first tackle behind.



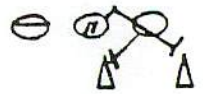
2) REACH BLOCK- Man Block, blocking in.



7) INFLUENCE TRAP- Offensive lineman shows pass or blocks out.



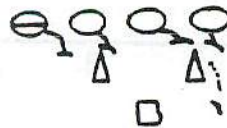
12) TAB BLOCK- Tackle first guard behind.



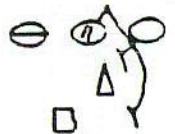
3) HIGH WALL - Man block, Blocking out.



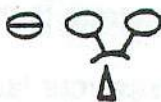
8) ZONE BLOCK- Man Block, offensive man steps for position.



13) TOM BLOCK-



4) DOUBLE TEAM- 2 on 1



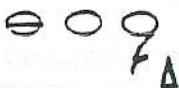
9) DROP BACK-



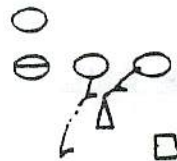
14) SWITCH- Center first guard behind.



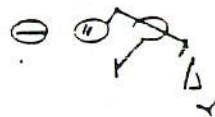
5) SCRAMBLE OR CUT BLOCK- Man Block, low around the knees.



10) CUTOFF BLOCK-



15) "G" KICK OUT-



## Defeating Blocks (Con't)

We also consider the relationship of defender to blocker and ball carrier an essential fundamental to teach. It is critical for the defender to have the understanding and awareness to make proper judgement that will effect the success of the other defenders pursuing to the ball.

### 4 Positions in relationship to the blocker and the ball

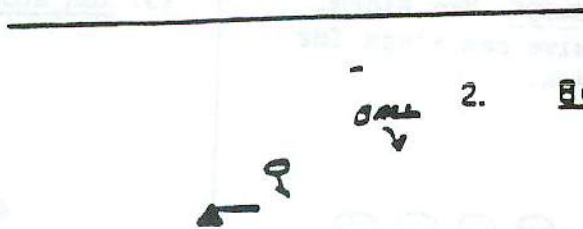


1. Even:

- Stay square, don't pick a side
- Make the ball change direction
- allow pursuit to gain ground

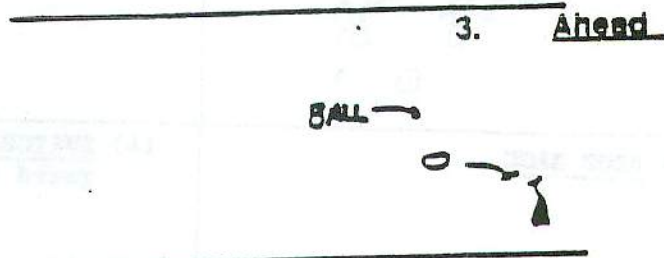
If you pick a side, the ball carrier will go opposite:

- defender gets walled off
- creates a seam
- defenders will have to change their angle in pursuit or over run the ball.



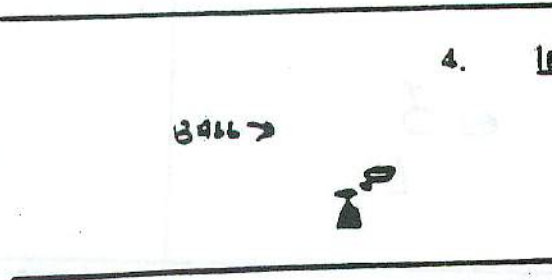
2. Behind:

- give ground to get shoulder square; don't underneath blocker
- cross faces
- hold the gain to a minimum



3. Ahead

- (this needs the most repetition)
- reduce the angle between you and the ball
- technique utilized will vary depending on defensive position (LINE, L.B., D.B.)
- do not want to create vertical or horizontal separation from pursuit which creates a seam.



4. Inside:

- stay square, don't pick a side
- allow pursuit to gain ground
- if you penetrate to the ball, "run to the goal line"
- ball crosses your face, cross face the blocker losing ground if you have to.

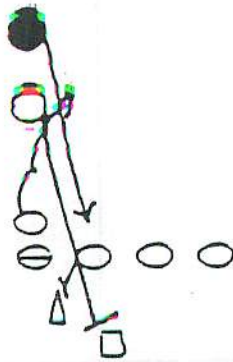
### Stress the little things (Leverage):

- Shoulders square
- Bend in knees
- Pad under pad
- Proper arm and leg free
- Good base

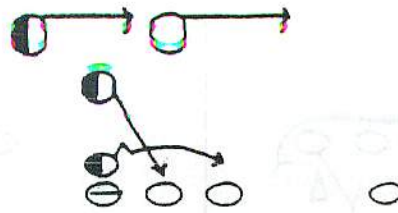
### Playing the Ball:

Utilize a series of drills to improve concentration, awareness and proper judgement.

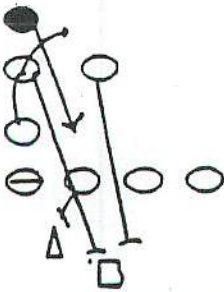
1) ISO - Back on LB.



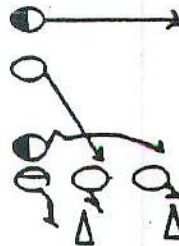
6) ARC - Near back blocks man responsible for pitch.



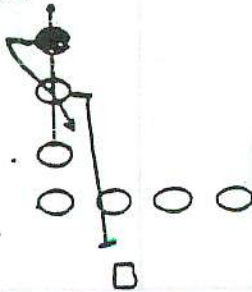
2) BLAST - Two backs on LB.



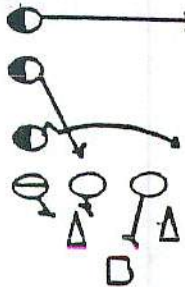
7) BASE BLOCK OPTION -



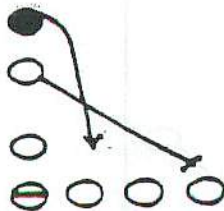
3) LEAD - Back leading thru Hole.



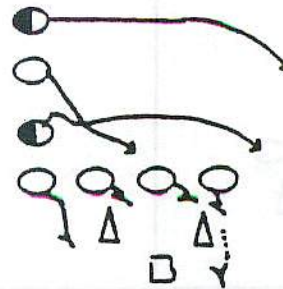
8) VEER BLOCK OPTION



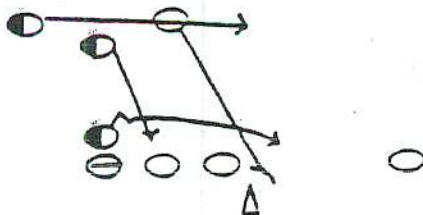
4) POWER -



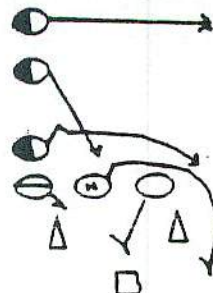
9) ZONE BLOCK OPTION -



5) LOAD - Near back blocks man responsible for QB on option.



10) G-VEER BLOCK-OPTION -



**blocker at point of attack**

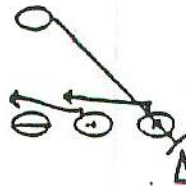
**Blocker puts his side opposite and swings back**



17) **"G" PULL-**

22) **FILL BLOCK-** Back fills for lineman.

27) **DOWN AND AROUND-**



18) **FAN BLOCK-**

23) **T BLOCK-** Tackle pull and lead. Slide Pull

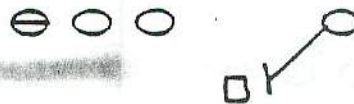
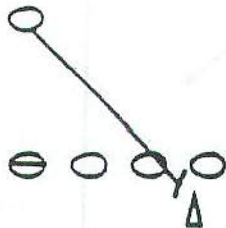
28) **CUTOFF-(BACKSIDE (WIDE ZONE))**



19) **KICK OUT-** Block out, run inside.

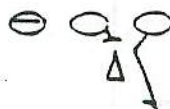
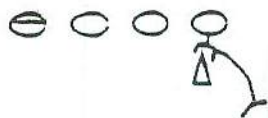
24) **CRACK-**

29) **CUTOFF-(BACKSIDE (Tight Zone; Power))**



20) **SLAM RELEASE-** TE block and release.

25) **CHIP**





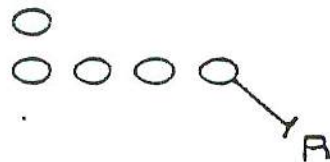
1. STALK - Blocker stays on feet and position blocks defender.



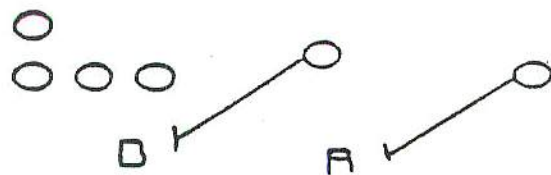
2. CHOP BLOCK - Low, body block thrown at defender.



3. FAN - Block out, run inside.



4. CRACK



THE FOLLOWING FUNDAMENTALS ARE EMPHASIZED DAILY BY A TEACHING PROGRESSION.

**STANCE:** Every drill begins with the proper stance stressing that the knees be bent (wrists below the knee caps) creating a low center of gravity for efficient movement. The weight evenly distributed on the balls of the feet for balance and the shoulders over the toes.

**1st 2 STEPS:** Using a 6" directional step puts the player in the proper direction towards his area of responsibility with good body control and balance.

**PROPER PURSUIT:** Use a series of pursuit - agility - footwork drills to improve the quickness and body control to change direction at the various angles towards the L.O.S. or away from the L.O.S. when pursuing the ball.

4 areas are stressed, taught and tied together

1. **Stopping:** do it the quickest way by shortening the stride, decrease arm movement, drop the center of gravity.
2. **Break down:** bend the knees, shoulders square, pads over the toes with a good base. This creates the leverage necessary to make a tackle, unload on a blocker, or change direction.
3. **Change of direction:** break down and control the center gravity by dropping the hips.
4. **Proper pursuit angles and awareness of help:** creates proper leverage on the ball carrier.

**TACKLING:** Two basic factors of tackling are **desire** and **timing**. Desire can be motivated, but timing must be taught by placing emphasis on the **proper angles** (cutting them down) **leverage** and **extension**. When motivating the players to become better tacklers we challenge their timing (performance) not their courage (the performance).

**DEFEATING BLOCKS:** The fundamentals we stress to defeat a block are: taking the **proper angle** to the P.O.A., having **leverage** on the blocker, the **extension** into the blocker (timing) and the neutralization and **separation** from the blocker.

## Defeating Blocks (Con't)

We also consider the relationship of defender to blocker and ball carrier an essential fundamental to teach. It is critical for the defender to have the understanding and awareness to make the proper judgement that will effect the success of the other defenders pursuing to the ball.

### 4 Positions in relationship to the blocker and the ball:

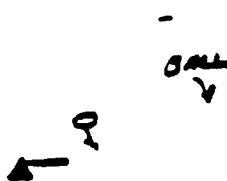


1. Even:

- Stay square, don't pick a side
- Make the ball change direction
- allow pursuit to gain ground

If you pick a side, the ball carrier will go opposite:

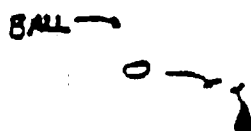
- defender gets walled off
- creates a seam
- defenders will have to change their angles in pursuit or over run the ball.



2. Behind:

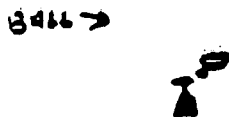
- give ground to get shoulder square; don't underneath blocker
- cross faces
- hold the gain to a minimum

3. Ahead



- (this needs the most repetitions)
- reduce the angle between you and the ball
- technique utilized will vary depending upon defensive position (LINE, L.B., D.B.)
- do not want to create vertical or horizontal separation from pursuit which creates a seam.

4. Inside:



- stay square, don't pick a side
- allow pursuit to gain ground
- if you penetrate to the ball, "run to the goal line"
- ball crosses your face, cross face the blocker losing ground if you have to.

### Stress the little things (Leverage):

- Shoulders square
- Bend in knees
- Pad under pad
- Proper arm and leg free
- Good base

### Playing the Ball:

Utilize a series of drills to improve concentration, awareness and proper judgement.

## RUN SUPPORT PATTERN

### PURPOSE

We have an organized run support pattern to enable us to defend running plays and run passes. To play great run defense the secondary must provide aggressive hard hitting support vs off tackle and end runs and contain inside runs to hold them to minimum gains.

The goal of a great secondary is to prevent long TD runs or passes. A good defensive secondary should never allow a long TD run, since the only ingredients needed to stop a long run are: proper rotation, "good tackling" and "hustle".

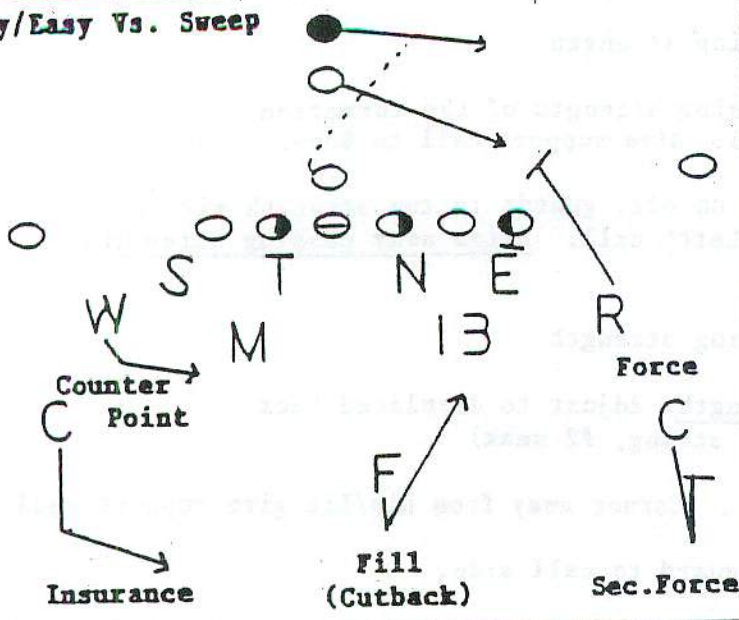
### FORCE CALLS

Free Safety will make strength and force calls. Corner will be responsible for making remainder of force calls to the Whip Linebacker. All Defensive Backs will communicate force calls.

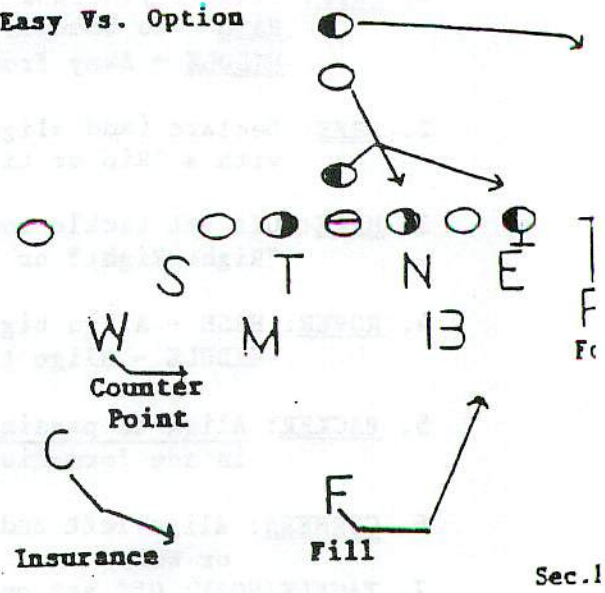
1. Sky - Rover Force
  2. Cloud - Corner Force.
  3. Easy - Outside Linebacker Force.
  4. Read - Defensive Back - Outside Linebacker Force determined by the release of the T.E.
- 
1. Primary Force - Applies to the defensive back who is responsible for forcing the play at the flank. After getting your read, attack the lead blocker constricting the running lane. You must be lower than the blocker. Play with a good base and shoulders square. Drive your inside shoulder and forearm through the lead blocker. Do not permit the lead blocker to turn his shoulders upfield. If you force the ball inside of you or you force it to bounce deep, then you have done your job. On option take the pitch man.
  2. Secondary force - Applies to the defensive back who will play his area of pass responsibility until the threat of pass is gone. If the ball gets outside of our primary force man, you must now contain. Back peddle to your area of responsibility until the threat of pass is gone. The threat of pass is gone when the ball carrier crosses the line of scrimmage or the receiver that can threaten your zone blocks. Once the threat of the pass is gone, attack the ball outside in. You must always keep the ball inside of you.
  3. Cutback - Applies to the pursuit angle, the Rover will take on Flow Away. On the snap as you read Flow Away, begin to walk out checking for reverse or counter coming back to you. Once you check for reverse, take an inside out pursuit angle to the ball to eliminate the cutback.

**Basic Perimeter run responsibilities with zone coverage (C-0):**

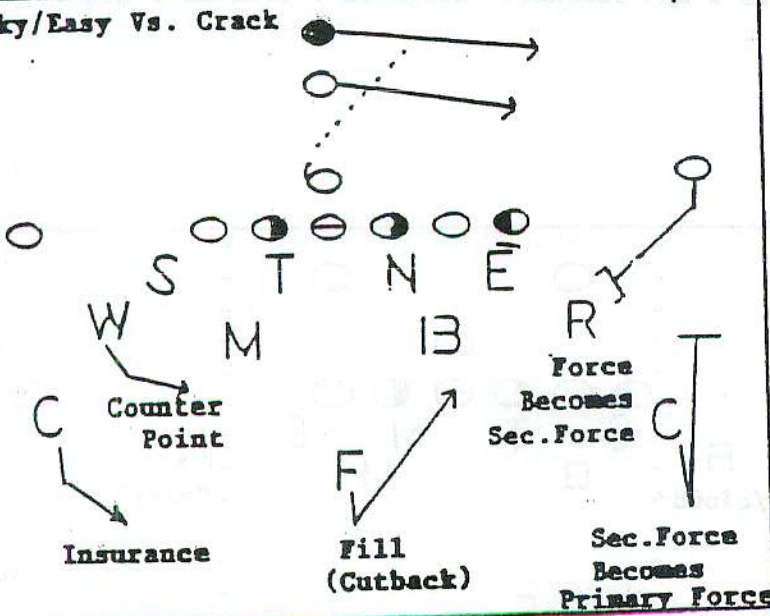
Sky/Easy Vs. Sweep



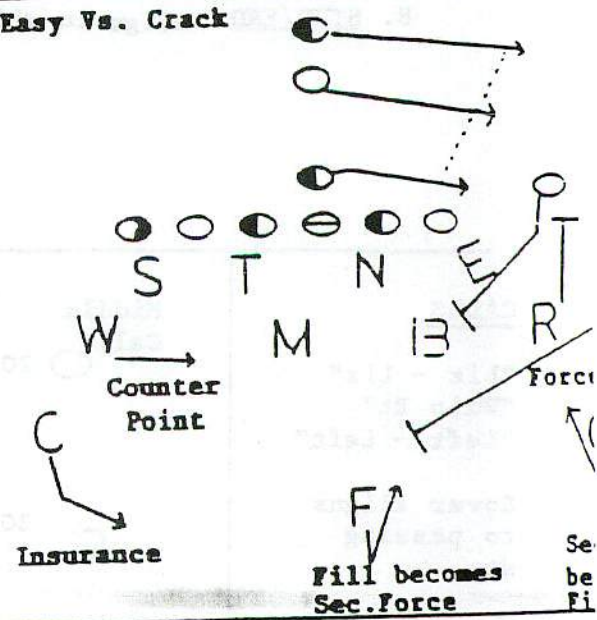
Sky/Easy Vs. Option



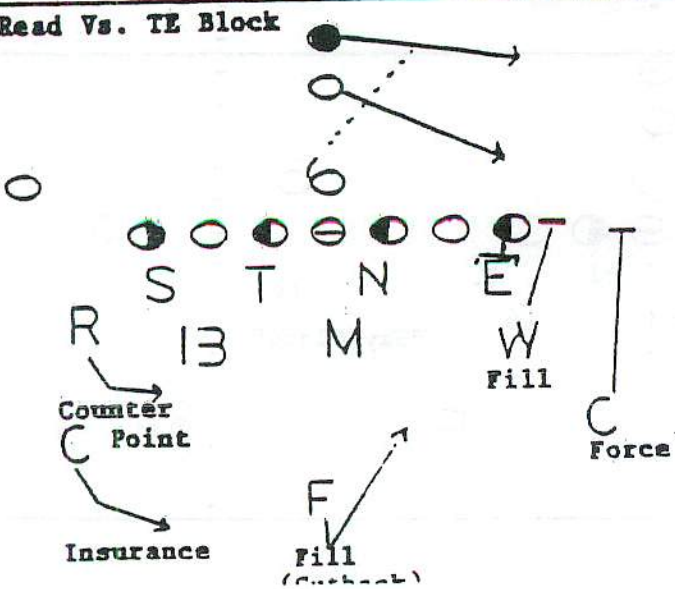
Sky/Easy Vs. Crack



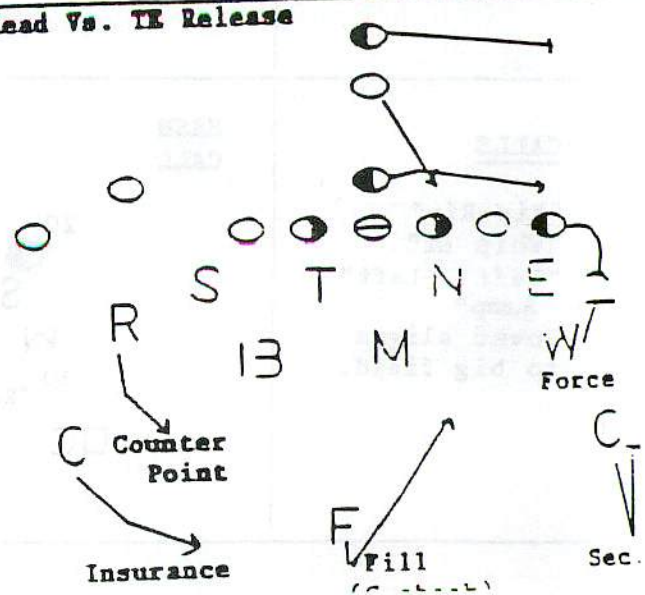
Sky/Easy Vs. Crack



Read Vs. TE Block



Read Vs. TE Release



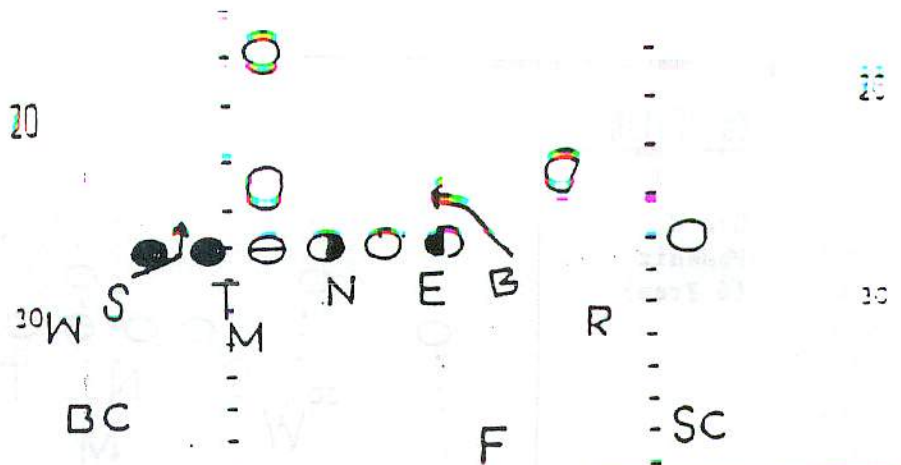
**When the offense arrives at the L.O.S.**

1. **WHIP:** Declare yourself with a "Whip Rt." or "Whip Lt." call.  
HASH - To boundary  
MIDDLE - Away from passing strength
2. **FREE:** Declare (and align) passing strength of the formation with a "Rip or Liz" call. Give support call to Rover or Whip.
3. **MIKE:** Off set tackle and nose on off. guards to run strength with a "Right-Right" or "Left-Left" call. Align away passing strength.
4. **ROVER:** HASH - Align big field  
MIDDLE - Align to passing strength
5. **BACKER:** Align to passing strength. Adjust to displaced back in ace formation. (#3 strong, #2 weak)
6. **CORNERS:** Align left and right. Corner away from Rip/Liz give support call to Rover or Whip.
7. **TACKLE/NOSE:** Off set on off. guard to call side.
8. **STUD/END:** Align in wide 5 to 2 man surface. Align in 7-Tech to 3 man surface.

<p><u>CALLS</u></p> <p>"Liz - Liz"          "Whip Rt"          "Left - Left"</p> <p>Rover aligns to passing str.</p>	<p>Middle Call</p>
<p><u>CALLS</u></p> <p>"Rip-Rip"          "Whip Lt"          "Left - Left"          "Bump"</p> <p>Rover aligns to big field.</p>	<p>HASH CALL</p>

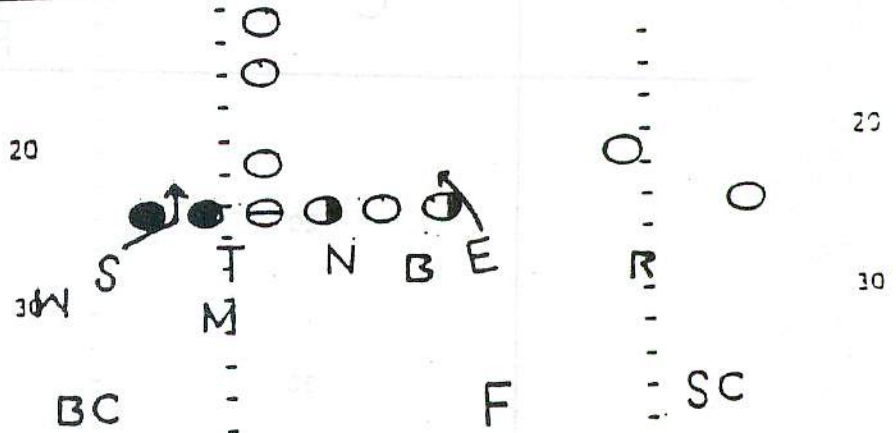
Vs. Unbalanced

✓ Huskey =  
G/C-2  
Backer Go  
Under



Vs. Unbalanced

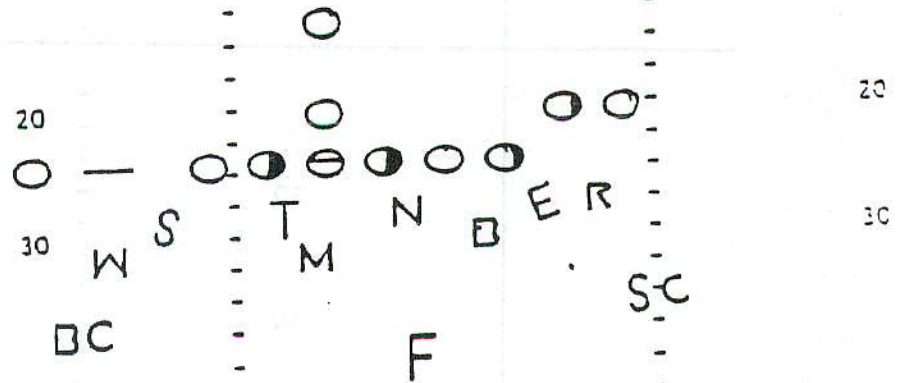
✓ Huskey =  
G/C-2  
Wide  
Under



Vs. Bunch

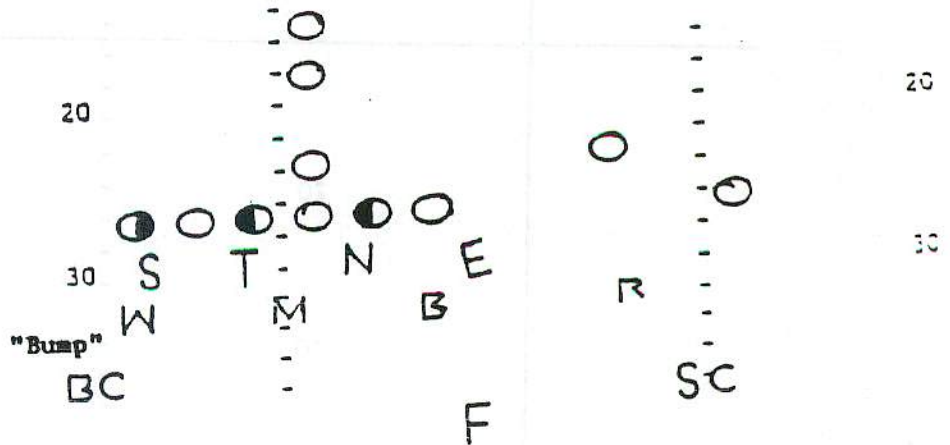
(Contraction)

✓ Huskey =  
G/C-2  
Sink  
Wide



Vs. Single Width

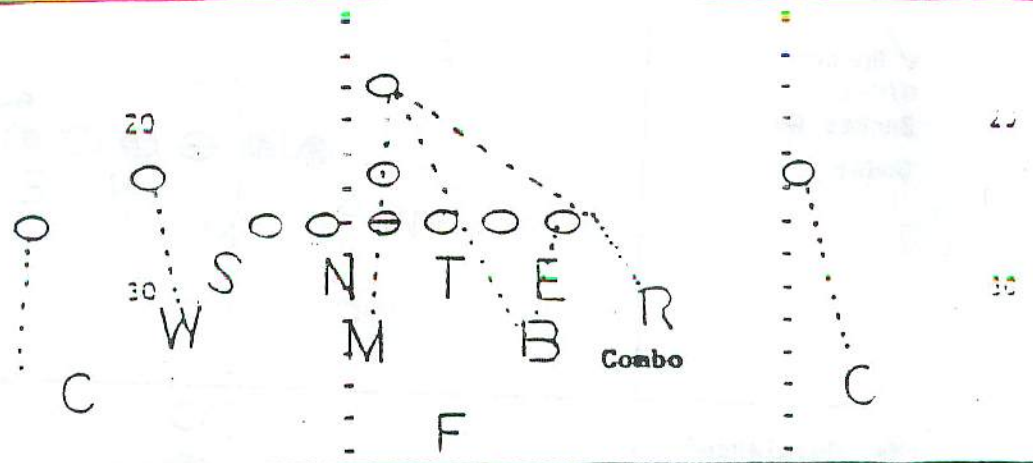
a) Rover/Whip  
Bump LB's  
b) C-0 ✓'s C-2



NOTE: Rover/Whip are accountable for Trey/Trips/Unbalanced ✓'s

Vs. Dolphin

C-2 ✓  
Phoenix  
(6 Free)



20

20

30

30

20

20

30

30

20

20

30

30



"G" Vs. Twins Open

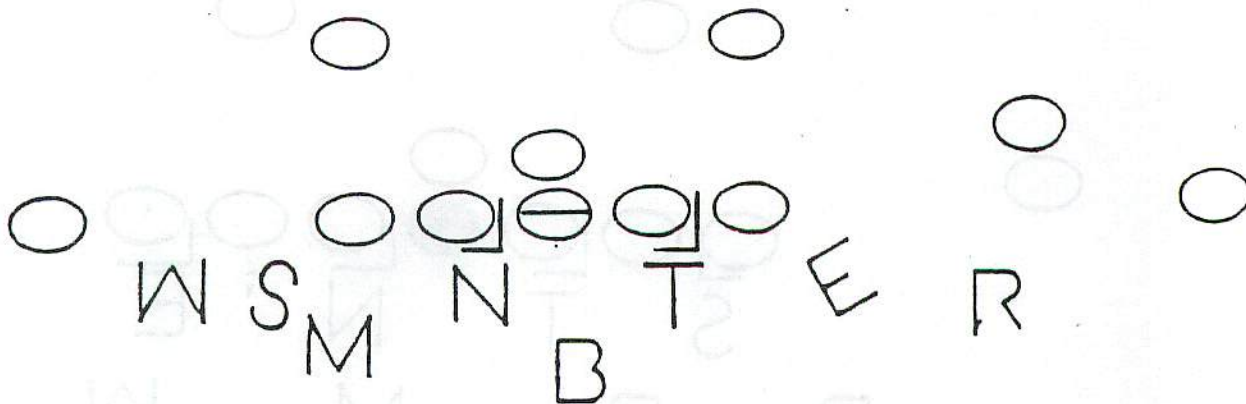
ALIGN  
 S Wide - 5  
 T 2-Tech  
 B A-Split  
 N 3-Tech  
 M C-Split  
 E Wide-5  
 W 8-Tech

TECHNIQUE

Normal  
 Normal  
 10  
 Normal  
 31  
 Normal  
 Normal

CALLS

Right  
 "Hawk"  
 Declare Run Str  
 To Rip/Liz Call



Eagle "G" Vs. Twins Open (Stem)

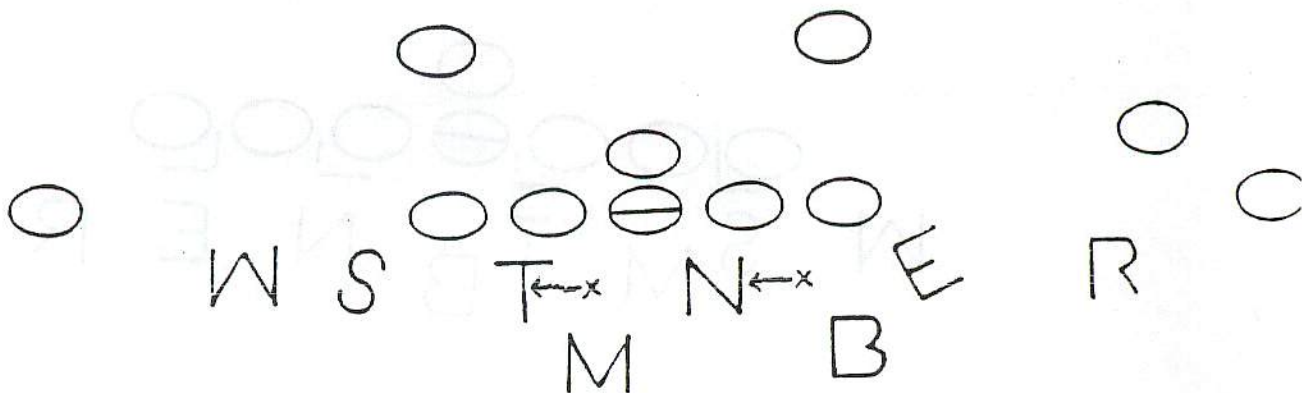
ALIGN  
 S Wide-5  
 T 3-Tech  
 B C-Split  
 N 2-Tech  
 M A-Split  
 E Wide-5  
 W 8-Tech

TECHNIQUE

Normal  
 Normal  
 31  
 Normal  
 10  
 Normal  
 Normal

CALLS

Left  
 Declare Run  
 Strength Away  
 From Rip Liz c



### "G" vs Flanker (Single Width)

Align

- S 7 Shade
- T 3 Shade
- B C- Split
- N 2- Shade
- M A- Split/Stack
- E 7 Shade
- W D- Stack

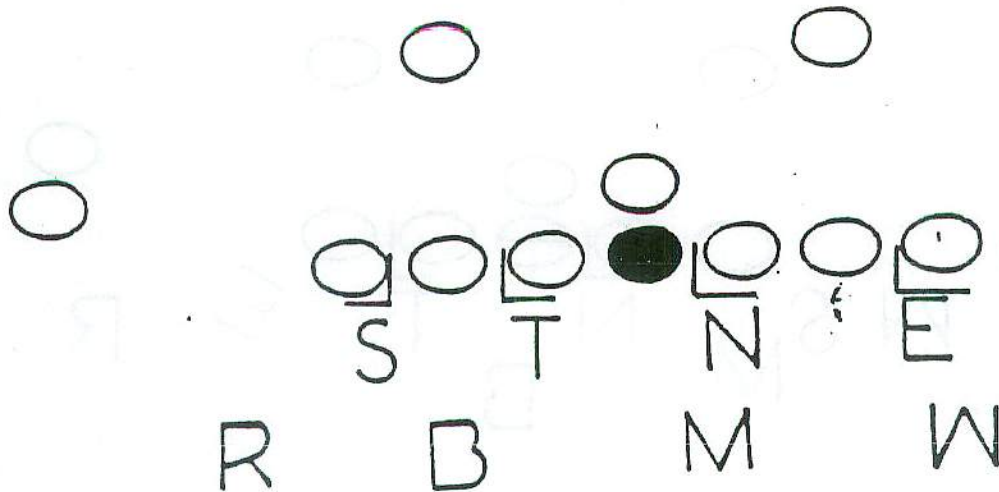
Technique

- Inside
- Normal
- 91
- Normal
- 31
- Normal

Calls

- Left
- Whip "Bump"

Declare run strength to Rip/Liz call.



### "Hawk" vs. Flanker

Align

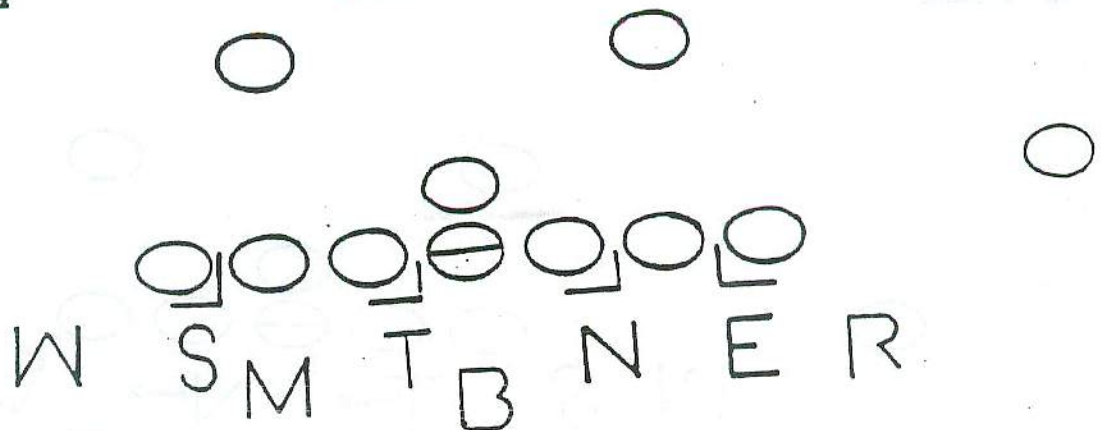
- S 7- Shade
- T 2- Shade
- M C- Split
- N 3 Shade
- B A- Split
- E 7 Shade
- W 8- Tach

Technique

- Normal
- Normal
- 31
- Normal
- 10
- Normal
- Normal

Calls

- Right

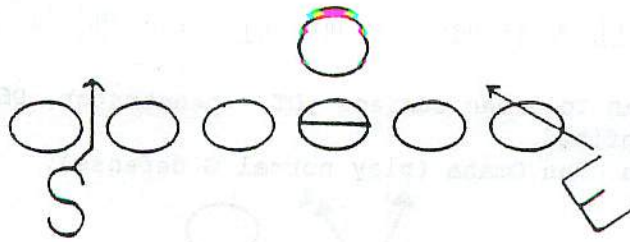


**SPARK**

End to 3-Man

Surface Spark  
inside. Utilize  
Wide-5 Key  
Progression.

(Vs. pass execute  
Tom Stunt)



**PINCH**

End to 2-Man/3-M

Surface Pinch  
Inside.

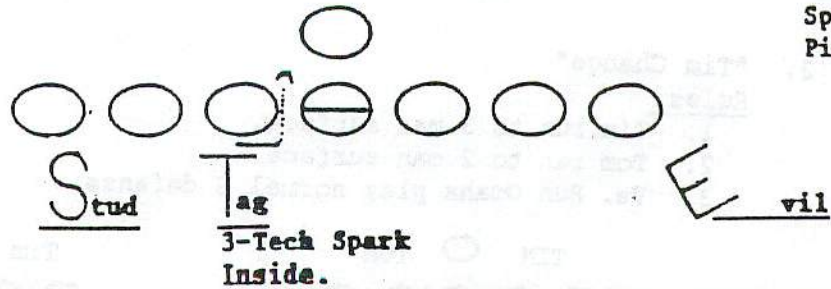
(Vs. pass execute  
Tom Stunt)

**STUD**

STUD END

Spark = 3 man surf.

Pinch = 2 man surf.

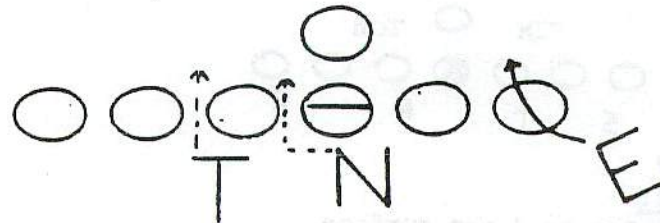


**EVIL**

END

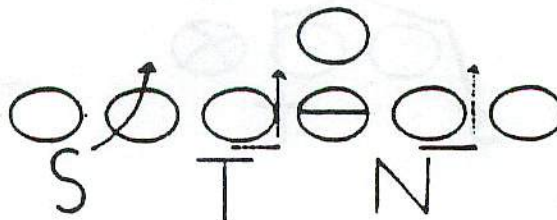
Spark = 3 man surf.

Pinch = 2 man surf.



**SHADE LOOP**

Nose or tackle  
away from Rt/Lt  
call align on  
center (3 tech)  
and execute a tag  
End or Stud away  
pinch.



**ECHO Vs. TWINS**

2/3 Shade  
spark away from call.  
Stud/End to 3 shade  
C.P. pinch

Vs. Pro's

✓G

Linebacker calls to control off. line splits.

**"UNDER"** - 2 man surface. 50 side (2-shade) call for end to Pinch vs. Big G-T Split.

**"TAKE IT"** - 3 man surface reduction (3-shade) for end to Spark vs. Big TE-T Split.

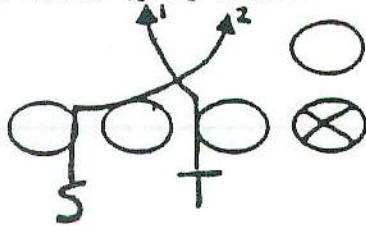
**"TAG"** - Call to 3-Tech to Spark Inside vs. Big C-G Split.

**"PSYCHO"** - Pinch and Tag Techniques

1. "TIM" - DL Twist between Defensive End and Defensive Tackle.

Rules:

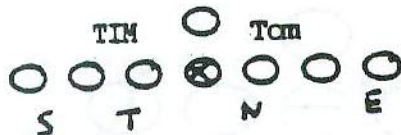
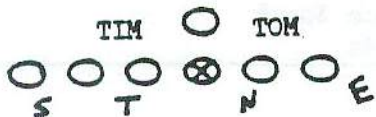
1. Run to 3 man surface (DT = penetrator, DE = work off DT's hip upfield).
2. Vs. Run Omaha (play normal G defense).



2. "Tim Change"

Rules:

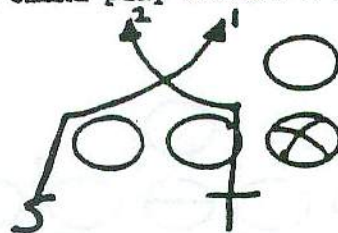
1. Tim run to 3 man surface.
2. Tom ran to 2 man surface.
3. Vs. Run Omaha play normal G defense.



3. "Tom"

Rules:

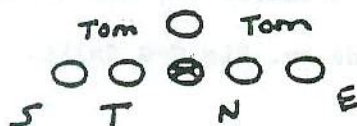
1. Run to 2 man surface.
2. 3 man surface rush normal G defense.
3. Vs. Run Omaha play normal G defense.



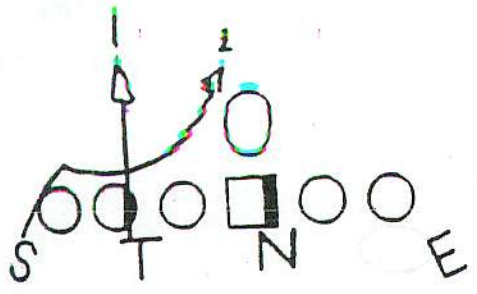
4. Double Tom

Rules:

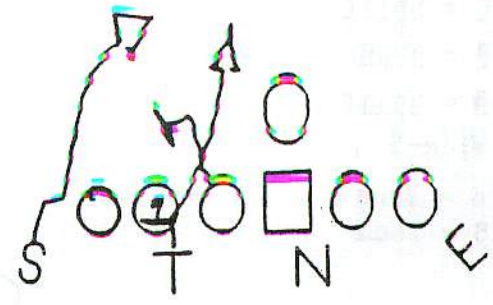
1. Run to 2 man surface
2. Vs. 3 man surface will have option to check to "Tim" Stunt. (Note: the change of stunt (twist) communication will be made by the defensive end.)
3. Vs. Run Omaha and play normal G defense.



FAN

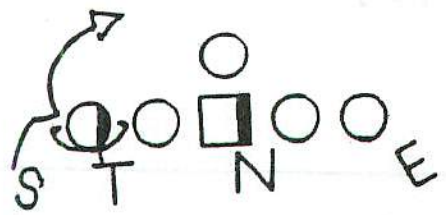


-4I & Wide 9 Read OG/OT Blocks  
OT/OG Fan - Run Twist



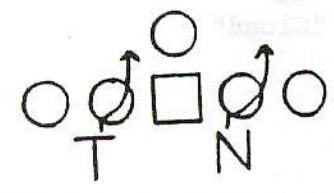
-OT Base 4I come off Inside  
Wide Stay Outside.

TONY



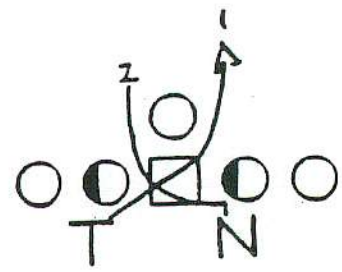
-Wide 9 - Fake a Fan Twist- Stay Outside  
-4I - Obstruct the OT from Fan Blocking  
Wide 9

TOPS

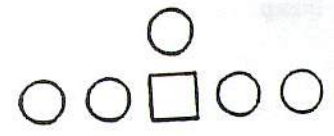


-3 Tech Rush the A-Gap  
-2 Tech Rush the B-Gap

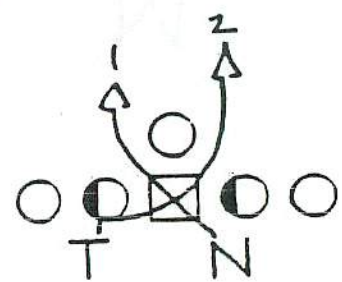
STUNT



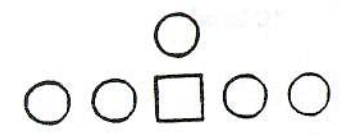
-3 Shade - Earhole center & penetrate -  
-2 Shade - Grab & Go, come off penetrators  
tail (tight)



X CHANGE



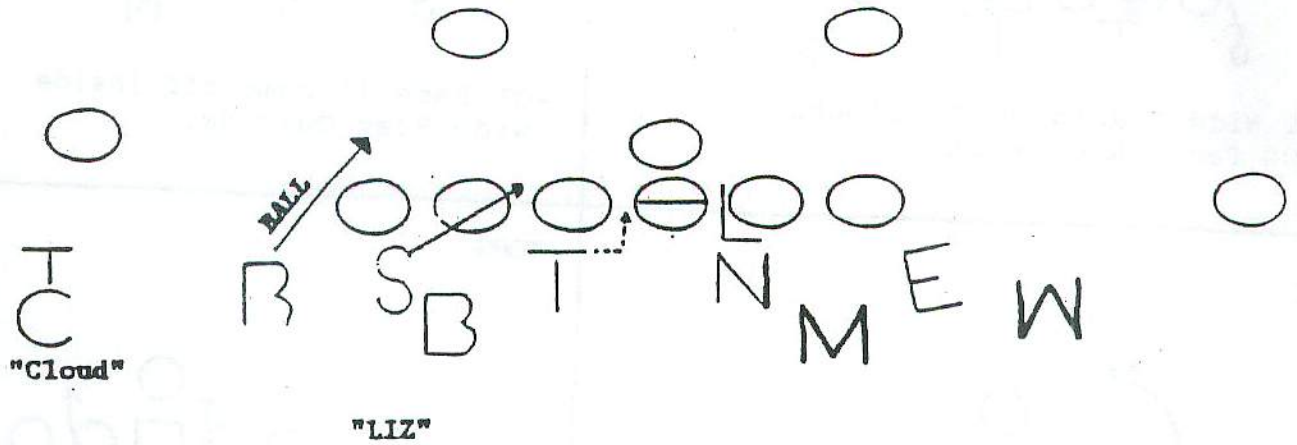
-2 Shade - penetrator, earhole center  
-3 Shade - Looper, tight scrape off 2  
2 shade



B C = Split  
 N 2 = Shade  
 M B - Split  
 E Wide-5  
 W 8 - Tech  
 R 8 - Tech

Normal  
 Normal  
 Normal  
 Normal  
 Normal  
 D-Crash

"Lucky"  
 "Cloud"  
 "Rover-Go"

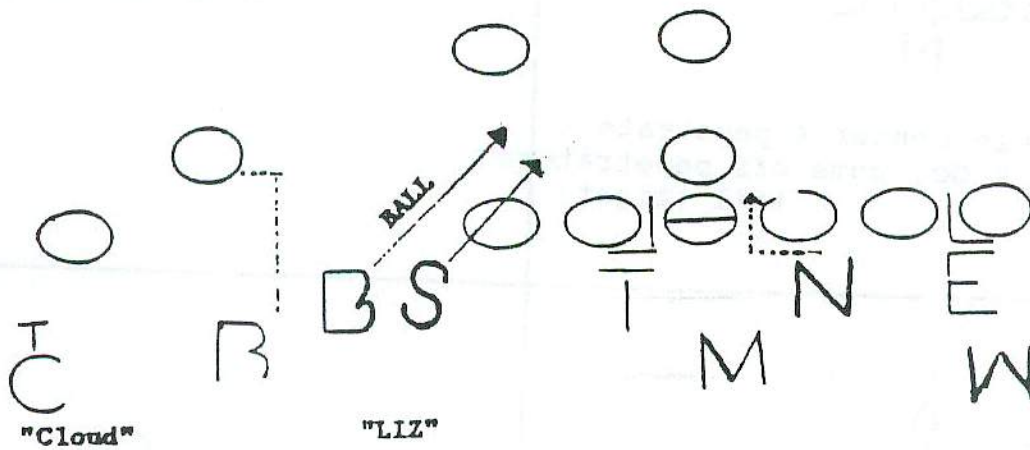


"UP-G" THUNDER VS. WIDE SLOT (To Passing Strength)

ALIGN  
 S Wide - 5  
 T 2 - Shade  
 2 Walk  
 N 3 - Shade  
 M A - Split  
 E 7 - Shade  
 W Bump

TECHNIQUE  
 Pinch  
 Normal  
 D-Crash  
 Tag  
 Normal  
 Normal  
 Normal

CALLS  
 Right  
 "Lucky"  
 "Cloud"  
 "Bump"  
 ✓ "Backer C"



# UP-G PLUG C-2 (To Passing Strength)

## ALIGN

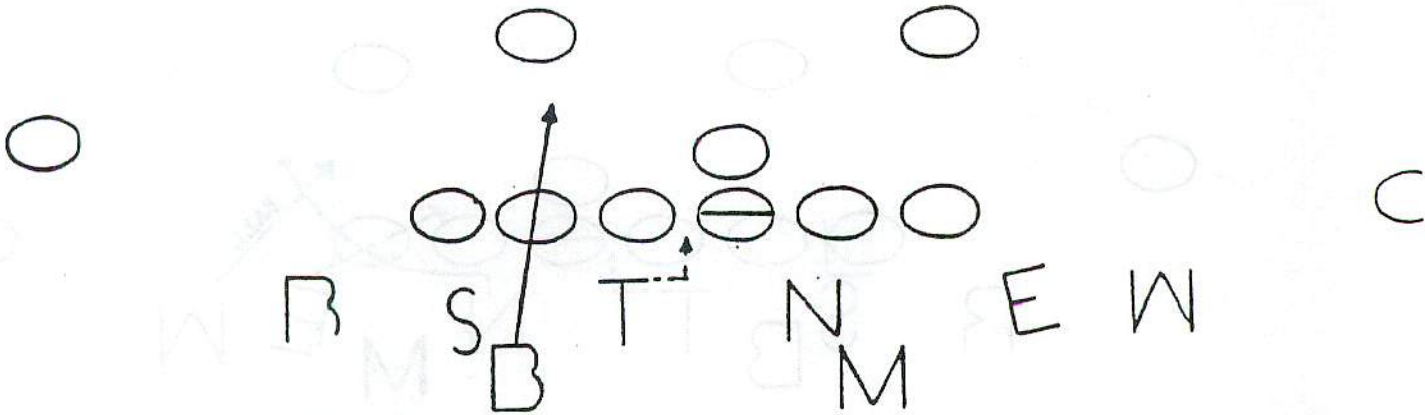
- S 7-Shade
- T 3-Shade
- B C-Split
- N 2-Shade
- M B-Split
- E Wide-5
- W 8-Tech

## TECHNIQUE

- Normal/QB /Spark Away
- Tag
- B-Gap Plug
- Normal
- Normal
- Normal
- Normal

## CALLS

- LIZ
- "Lucky"



# UP-G PLUG C-2 vs WIDE SLOT

## ALIGN

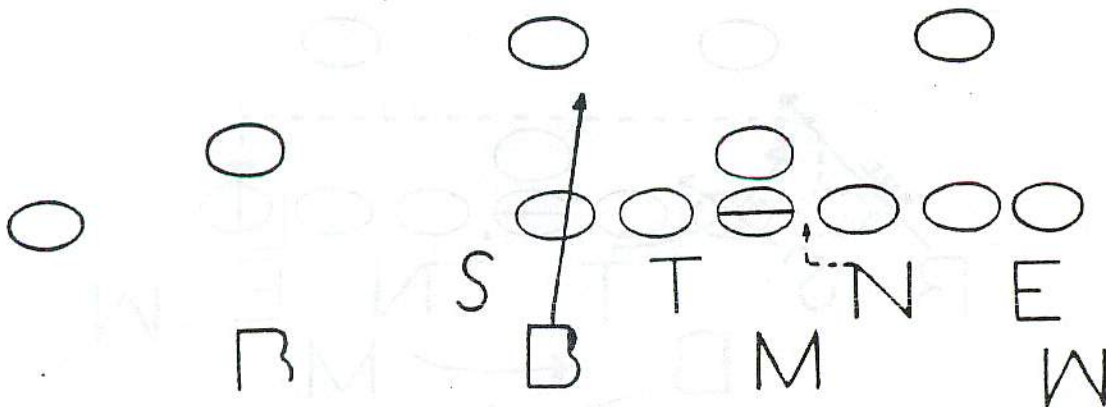
- S Wide-5
- T 2-Shade
- B C-Split
- N 3-Shade
- M A-Split
- E 7-Shade
- W D-Stack

## TECHNIQUE

- Normal/QB
- Normal
- B-Gap Plug
- Tag
- Normal
- Normal
- Normal

## CALLS

- LIZ
- "Lucky"
- "Bump"

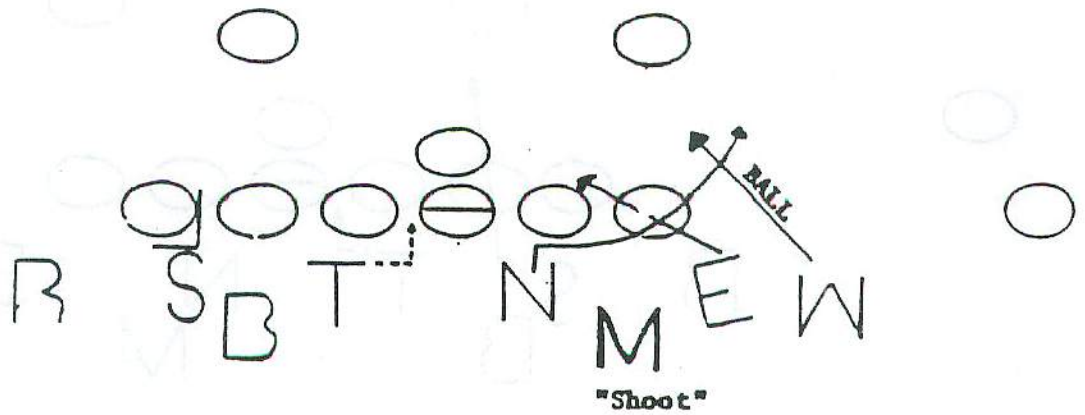


WEAK LIGHTNING/6-FREE  
 (Away from passing strength)

ALIGN  
 S 7 - Shade  
 T 3 - Shade  
 B C - Split  
 N 2 - Shade  
 M B - Split  
 E Wide - 5  
 W 8 - Tech

TECHNIQUE  
 Normal  
 Tag  
 Normal  
 Hands  
 Normal  
 Pinch  
 D-Crash

CALLS  
 Left  
 "Ringo"



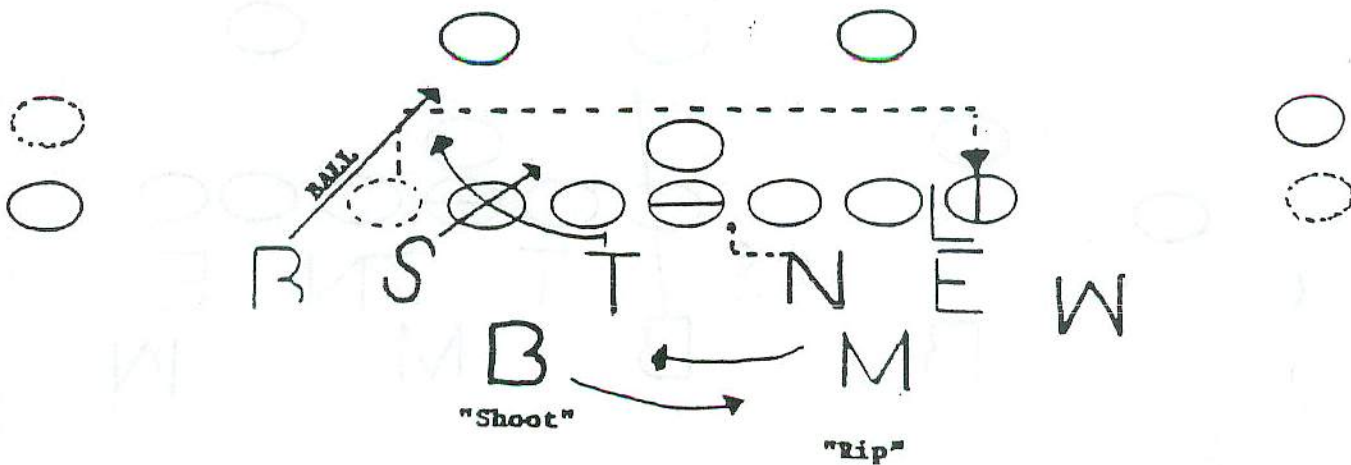
LIZ

WEAK LIGHTNING/6-FREE  
 (Away from passing strength)

ALIGN  
 S Wide - 5  
 T 2 - Shade  
 B C - Split  
 N 3 - Shade  
 M B - Split  
 E 7 - Shade  
 W 8 - Tech  
 R 8 - Tech

TECHNIQUE  
 Pinch  
 Hands  
 Normal  
 Tag  
 Normal  
 Normal  
 Normal  
 D-Crash

CALLS  
 Left. Right  
 "Ringo" to "Lu"  
 "Liz to Rip"





Silver/C-6

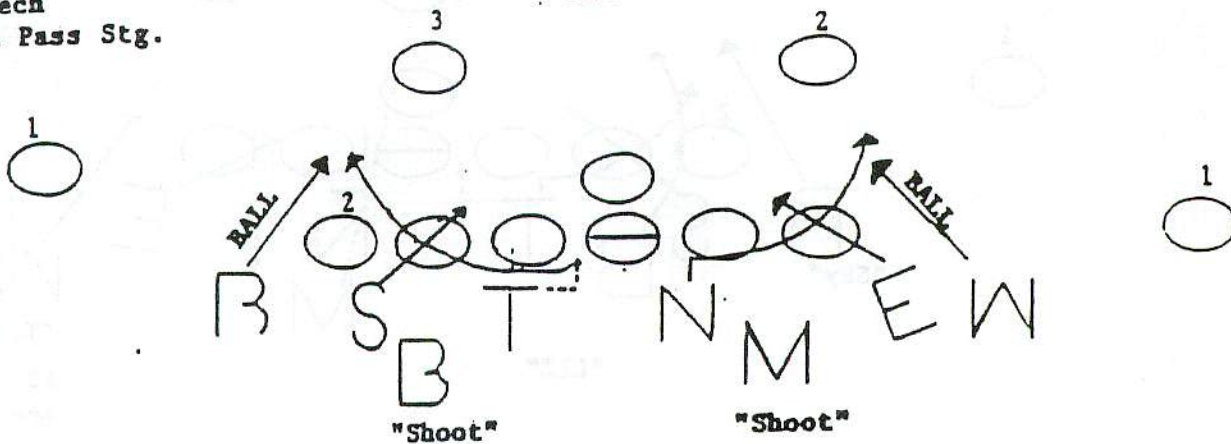
ALIGN

- S 7- Shade
  - T 3- Shade
  - B C- Split
  - N 2- Shade
  - M B- Split
  - E Wide - 5
  - W 8- Tech
  - R 8- Tech
- Free #2 Pass Stg.

TECHNIQUE

- Pinch / Tom
- Tag/Hands
- Normal / Flow
- Hands
- Normal / Flood
- Pinch
- D-Crash
- D-Crash

CALLS  
Left



**NOTE:** Vs. Option/Draw w/Wide Call

Bronze/C-6

ALIGN

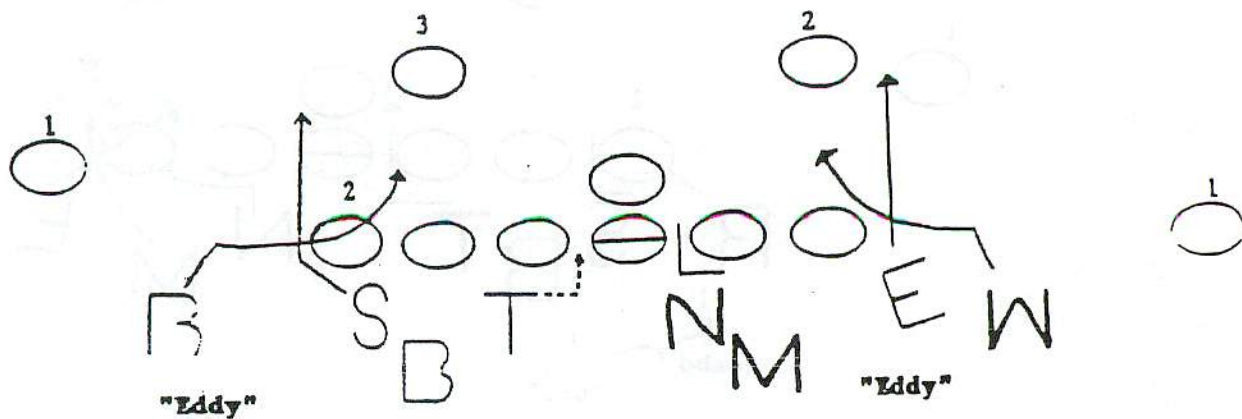
- S 7- Shade
  - T 3- Shade
  - B C- Split
  - N 2- Shade
  - M B-Split
  - E Wide - 5
  - W 8- Tech
  - R 8- Tech
- Free #2 Pass Stg.

TECHNIQUE

- Spark Away / Flare
- Tag
- Sl / Flow
- Normal
- Normal / Flood
- Normal / Flare
- C-Blitz
- C-Blitz

CALLS

- Left
- Wk Bronze 6 Fr
- Bronze away fr
- passing stren



ALIGN

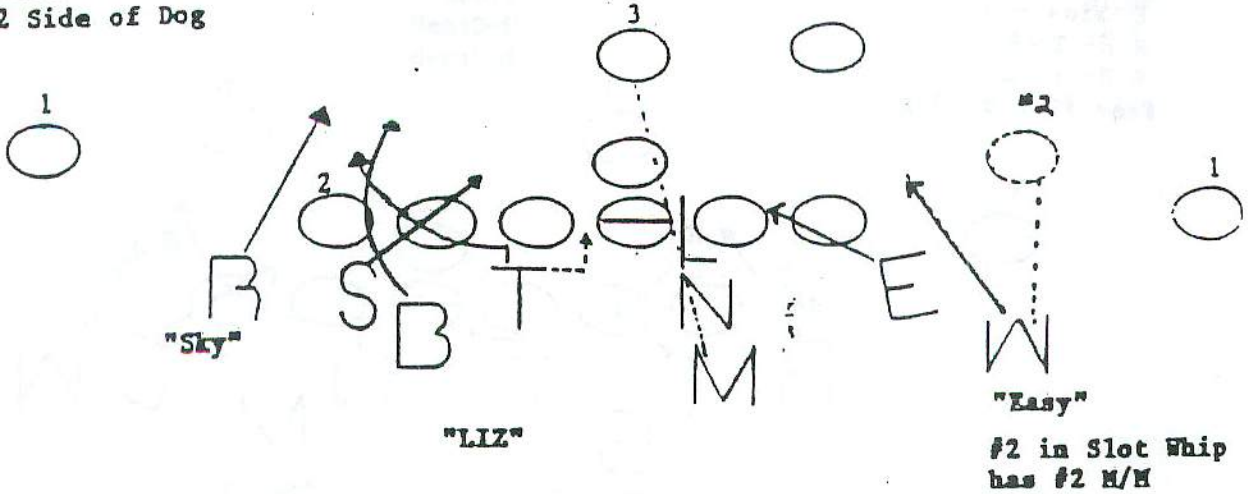
- S 7 - Shade
  - T 3 - Shade
  - B C-Split
  - N 2 - Shade
  - M B-Split
  - E Wide - 5
  - W 8 - Tech
  - R 8 - Tech
- Free #2 Side of Dog

TECHNIQUE

- Pinch / Tom
- Tag/Hands/Cop
- Scrape Rush
- Normal
- Normal / Flow
- Normal
- Crash / Flair
- Crash / Flair

CALLS

- Left
- "Lucky"
- "Rover-Go"
- "Whip go under call"



WHIP - DOG (STAY CALL VS. STRENGTH CHANGE)

ALIGN

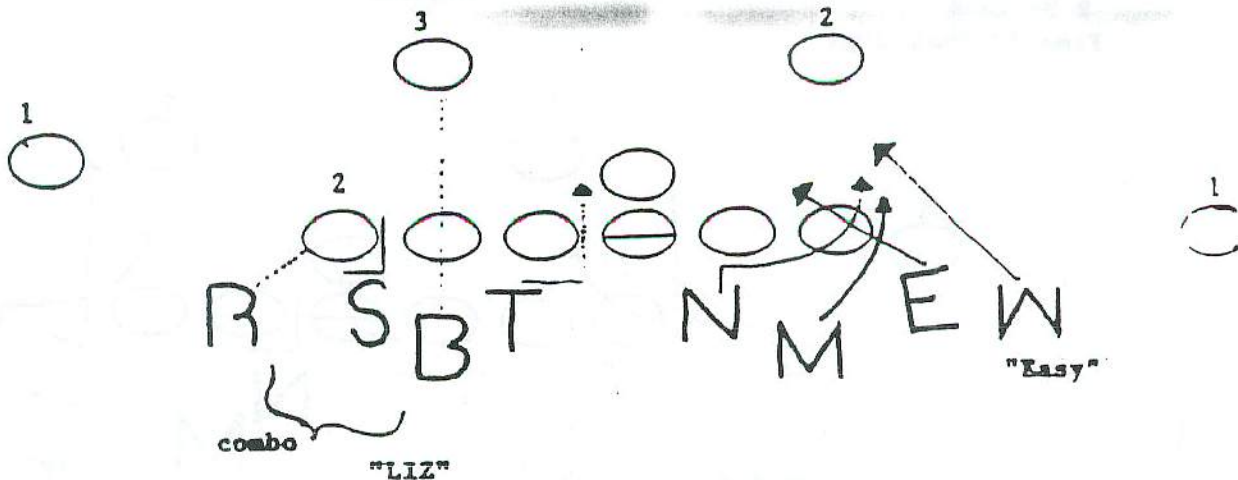
- S 7 - Shade
  - T 3 - Shade
  - B C-Split
  - N 2 - Shade
  - M B-Split
  - E Wide - 5
  - W 8 - Tech
  - R 8 - Tech
- Free #2 Side of Dog

TECHNIQUE

- Normal
- Tag
- Normal / Flow
- Hands
- Scrape Rush
- Pinch
- Crash / Flair
- Normal / #2

CALLS

- Left
- "Ringo"
- "Whip Go"



ALIGN

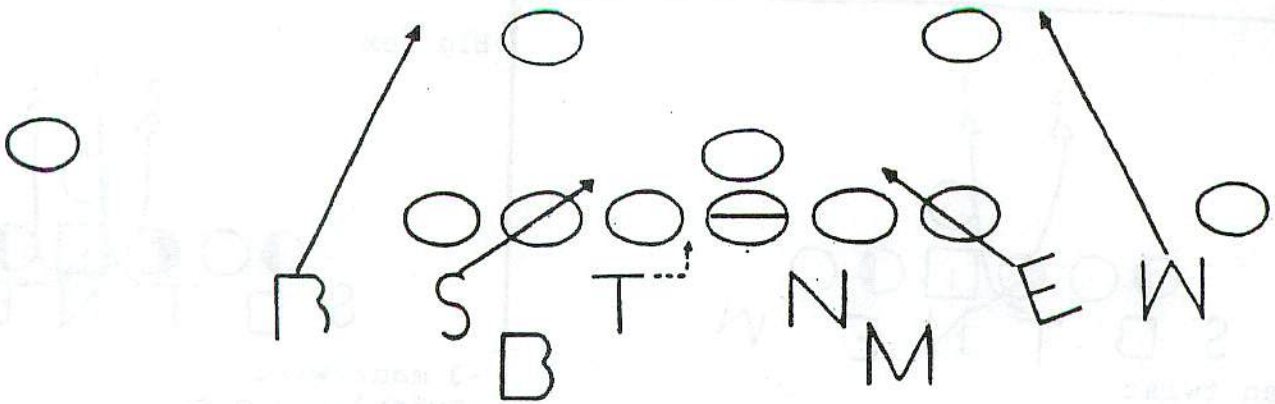
- S 7-Shade
- T 3-Shade
- B C-Split
- N 2-Shade
- M B-Split
- E Wide-5
- W 8-Tech
- R 8-Tech

TECHNIQUE

- Pinch
- Tag/Hands
- Scrape
- Normal/Hands
- Scrape
- Pinch
- Crash
- Crash

CALLS

- Left
- Liz



RED DOG C-6

ALIGN

- S 7-Shade
- T 3-Shade
- B C-Split
- N 2-Shade
- M B-Split
- E Wide-5
- W 8-Tech
- R 8-Tech

TECHNIQUE

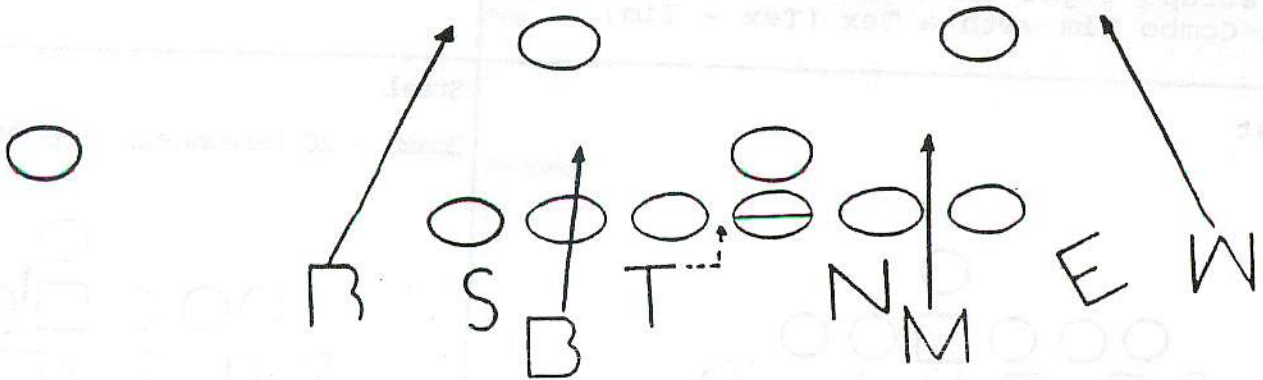
- Normal/Spy/QB
- Tag
- Dog "B" Gap
- Normal
- Dog "B" Gap
- Normal/Spy/QB
- Crash
- Crash

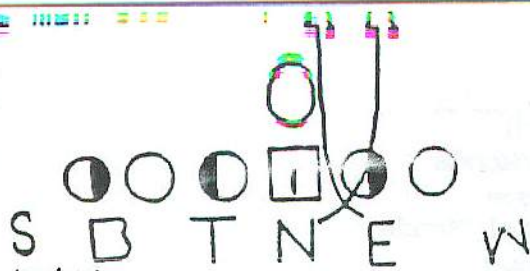
CALLS

- Left
- Liz

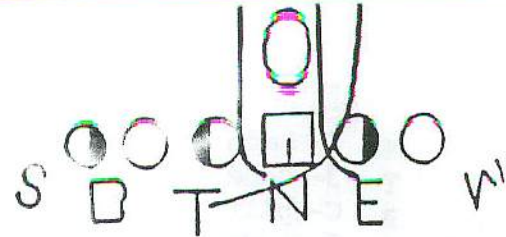
NOTE:

Can also run Black Dog C-6



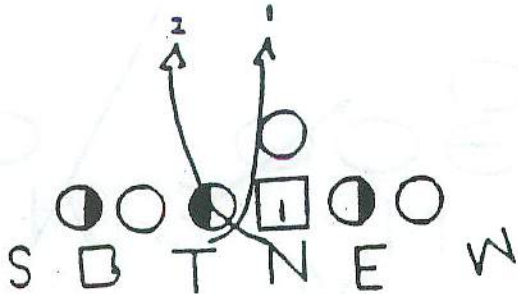


- 2 map twist
- Twist to 2 m.s.
- 3" penetrator
- 0" Looper 2 m.s. (tight)



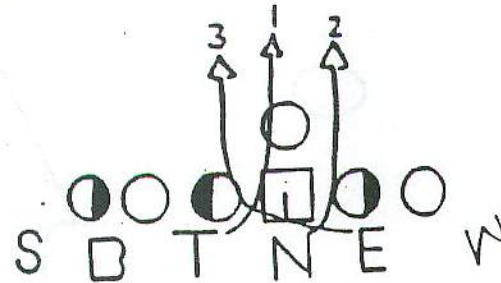
- 3 man twist
- Twist to 2 m.s.
- 3" 2 m.s. same as nose
- 0" penetrate to 3 m.s.
- 3" 3 m.s. loop to 2 m.s. B-Gap(t

Tex



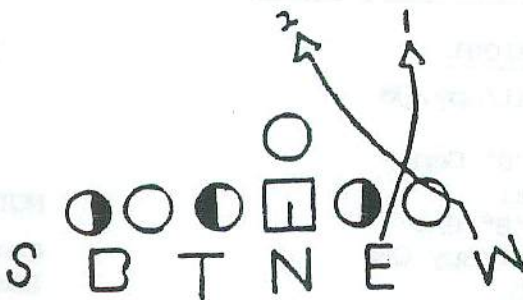
- 2 man twist
- Twist to 3 m.s.
- 3" 3 m.s. penetrator
- 0" Looper 3 m.s. (tight)

Big Tex



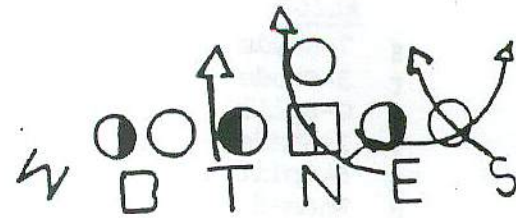
- 3 man twist
- Twist to 3 m.s.
- 3" 3 m.s. same as Tex
- 0" penetrate to 2 m.s.
- 3" 2 m.s. loop to 3 m.s. B-Gap(t

Tim



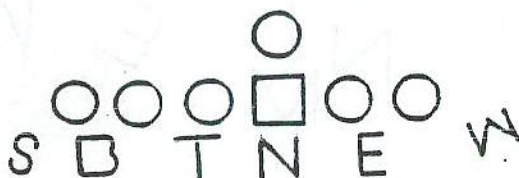
- 2 man twist
- Twist to 2 m.s.
- 3" Blow B-Gap working upfield shoulder QB
- 5" scrape tight off hip to A-Gap
- \*Can Combo Tim with a Tex (Tex - Tim)

Nasty



- 2 man surface
- 20 or 11 personnel

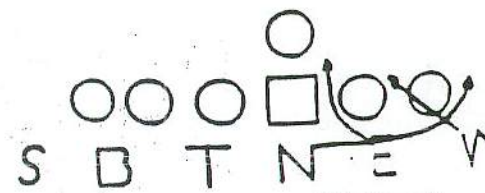
Twist



-Nose or TEX to passing strength

Steal

Smash - 20 Personnel; 2 MS Strong



- 3 Man Twist
- Twist to 2 MS
- 3" Spark
- 5" Pinch
- 0" Loop 2

**DOG INSIDE**

ALIGN

- S 7 - Shade
- T 3 - Shade
- B B - Cheat
- N 2 - Shade
- M B - Cheat
- E Wide - 5
- W Walk

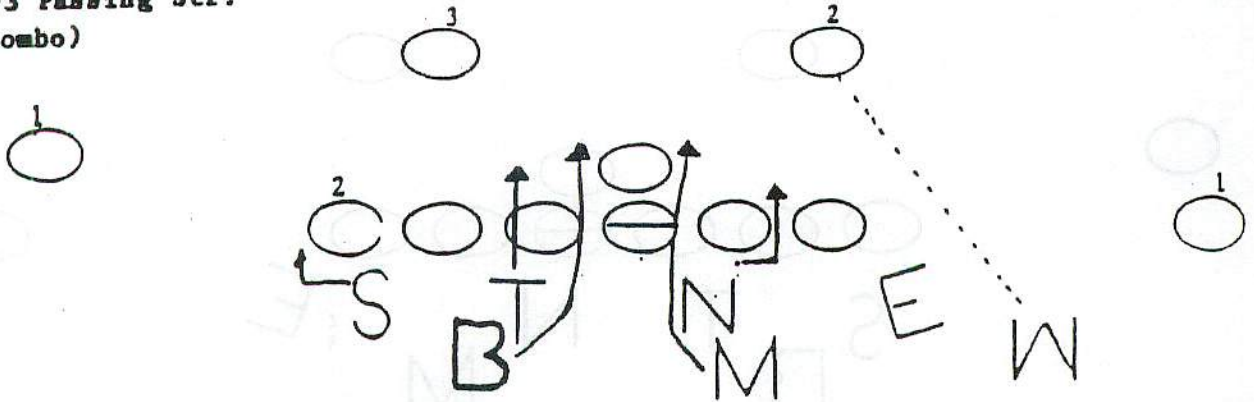
Free #3 Passing Str.  
(May Combo)

TECHNIQUE

- Spark Away/QB Option
- Normal
- Dog "A" Gap
- Spark / Outside
- Dog "A" Gap
- Normal / QB Option
- Normal / Flood

CALLS

Left



Gold/C-6

ALIGN

- S 7 - Shade
- T 3 - Shade
- B C - Split
- N 2 - Shade
- M B - Split
- E Wide - 5
- W Walk

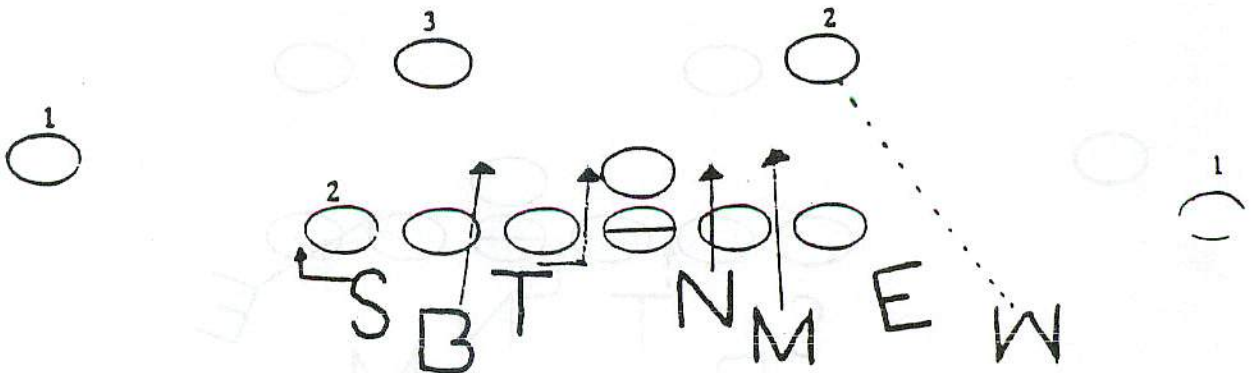
Free #3 Passing Str.  
(May Combo)

TECHNIQUE

- Spark Away/QB Option
- Tag
- Dog "B" Gap
- Normal
- Dog "B" Gap
- Normal / QB Option
- Normal / Flood

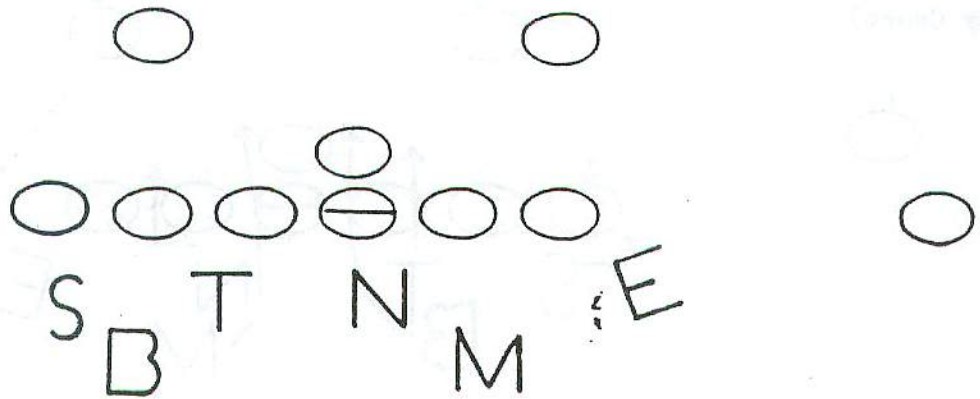
CALLS

Left



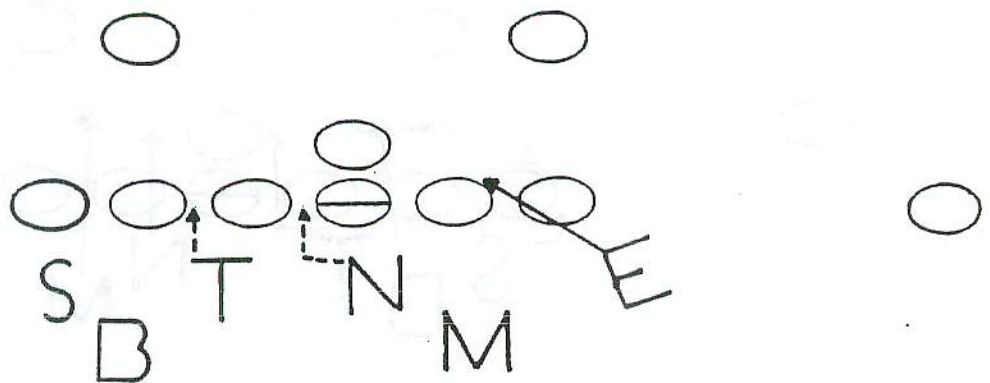
UP - G Shade

<u>ALIGN</u>	<u>TECHNIQUE</u>	<u>CALLS</u>
7-Shade	Normal	Liz
3-Shade	Normal	Left
C-Split	91	
0-Shade	Normal	
B-Split	31	
Wide 5	Normal	
8-Tech		



UP - G Shade Loop

<u>ALIGN</u>	<u>TECHNIQUE</u>	<u>CALLS</u>
7-Shade	Normal	Liz
3-Shade	Normal	Left
C-Split	91	
0-Shade	Tag	
B-Split	Scrape	
Wide-5	Pinch	
8-Tech		



ALIGN

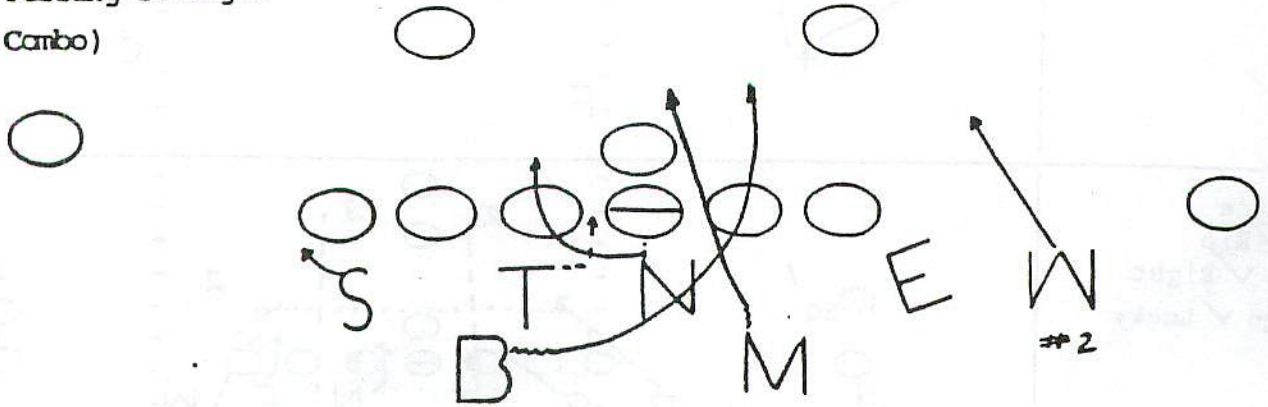
- S 7-Shade
- T 3-Shade
- B C-Split
- N 0-Shade
- B-Split
- Wide 5
- W 8-Tech

TECHNIQUE

- Spark Away/QB
- Tag
- Dog Far B-Gap
- Attack/Loop
- A-Gap Plug
- Normal/QB

CALLS

Free #3 Passing Strength  
(May Combo)

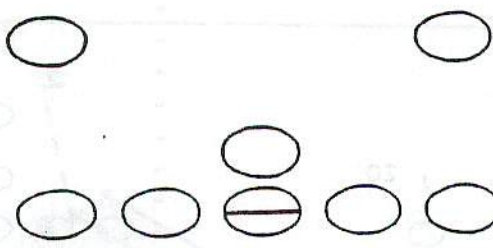


ALIGN

TECHNIQUE

CALLS

S  
T  
B  
N  
M  
E  
W

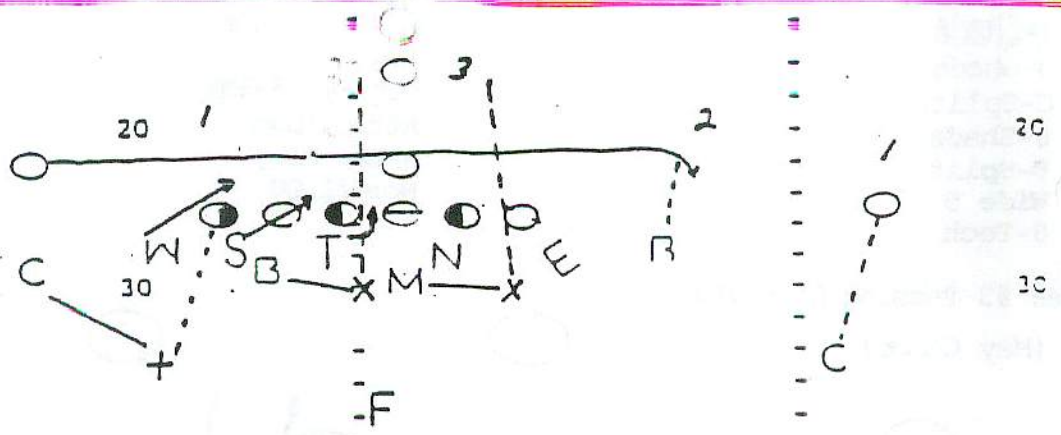


(away passing 3 length)

Z-Motion  
z ✓ Rip

ingo ✓ Lucky

"Bump"

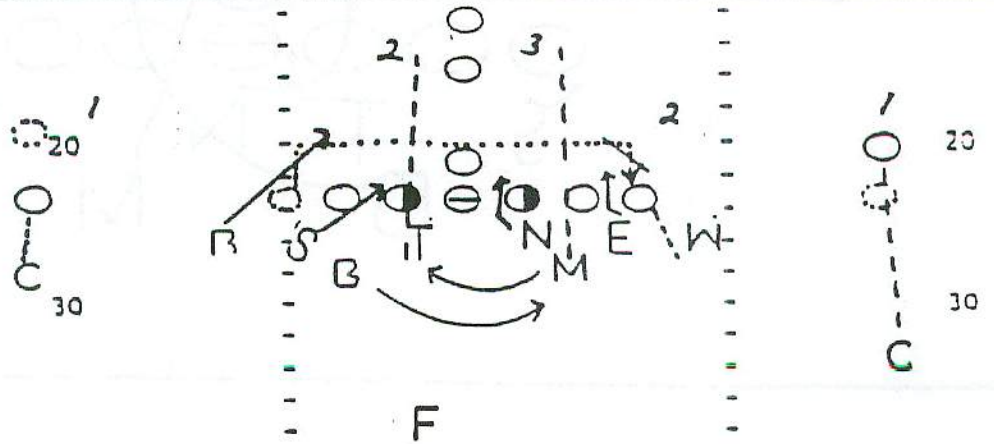


Y-Trade

Liz ✓ Rip

Left ✓ Right

Ringo ✓ Lucky



s. Wing

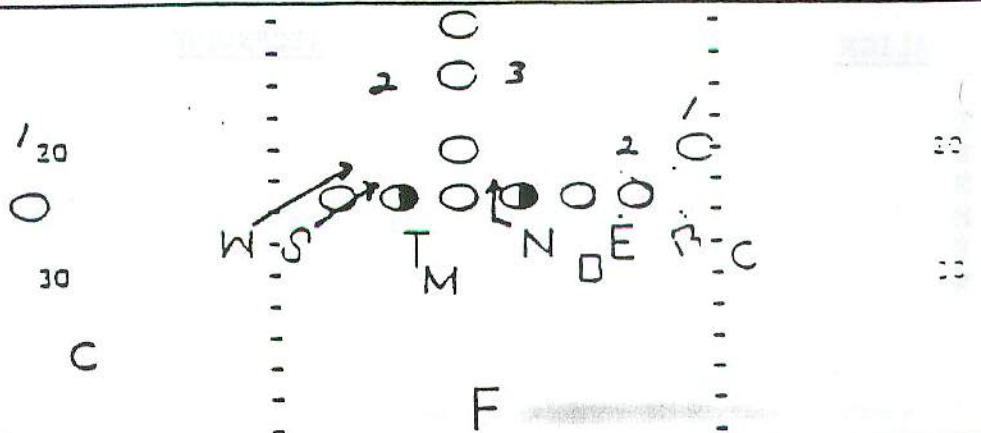
Rip

Lucky

NOTE: Wing  
motion see  
Z-motion

Thunder

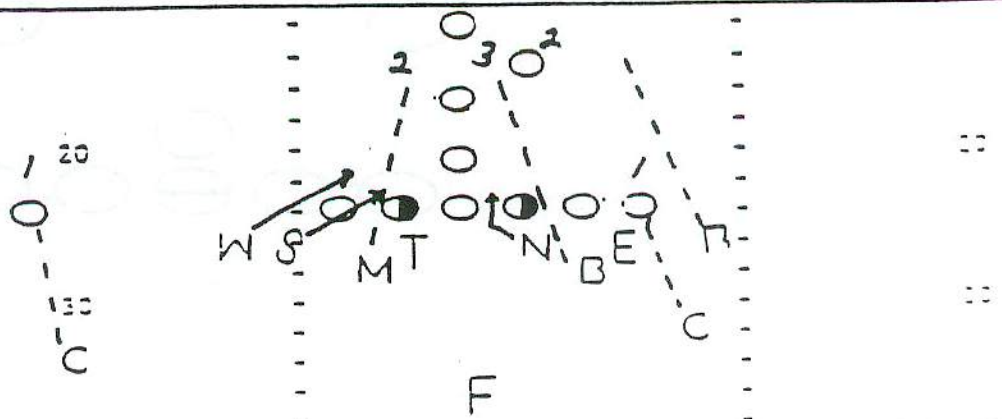
2 Cloud



Vs. 3-Back

Rip

Lucky



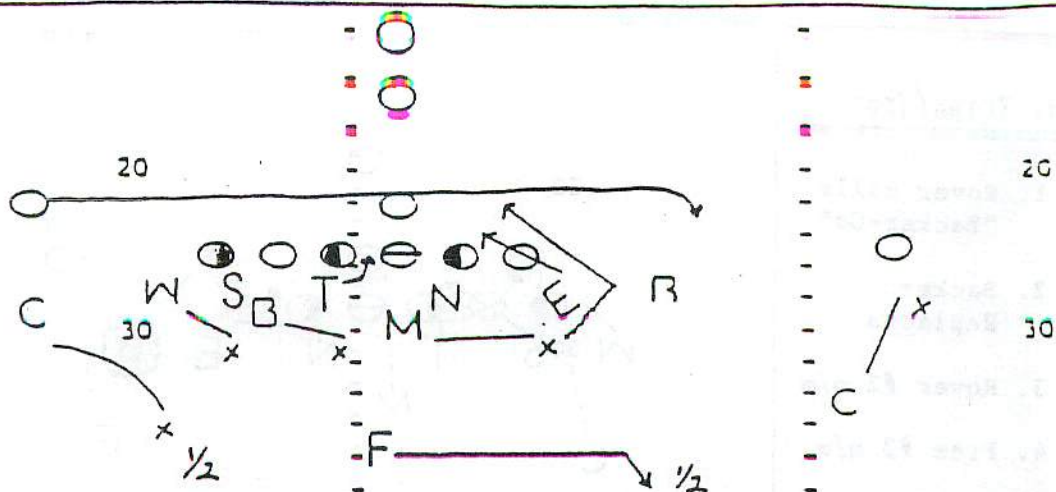


(To passing strength)

**Z-Motion**

**Liz V Rip**

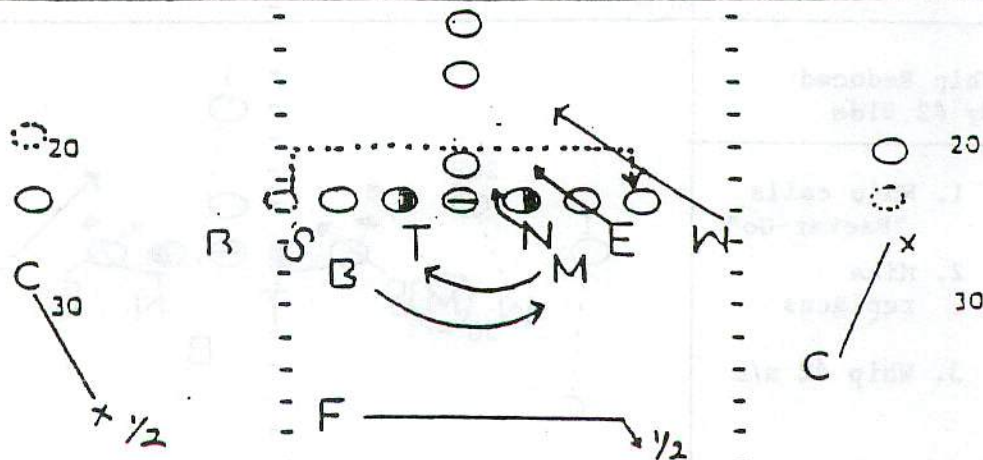
Lucky V Ringo  
 "Cloud"  
 Backer-Go"  
 "Off Call"  
 "Bump"



**Y-Trade**

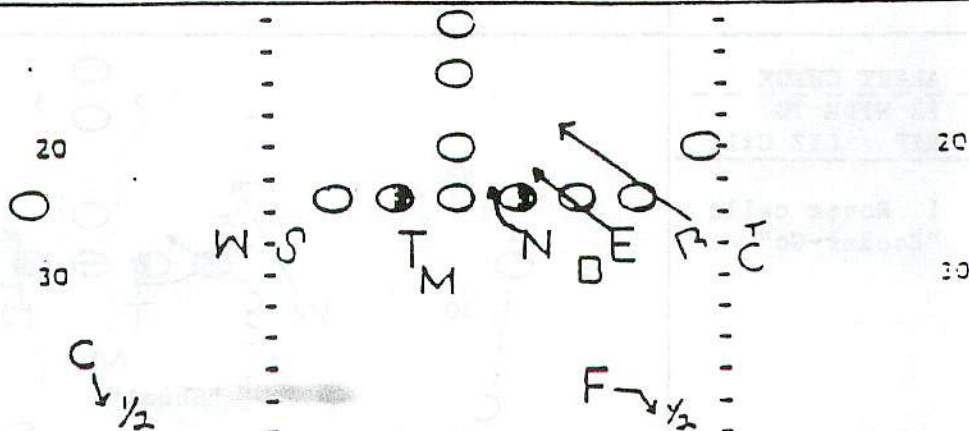
**Liz V Rip**

Left V Right  
 Lucky V Ringo  
 "Cloud"  
 "Off Call"



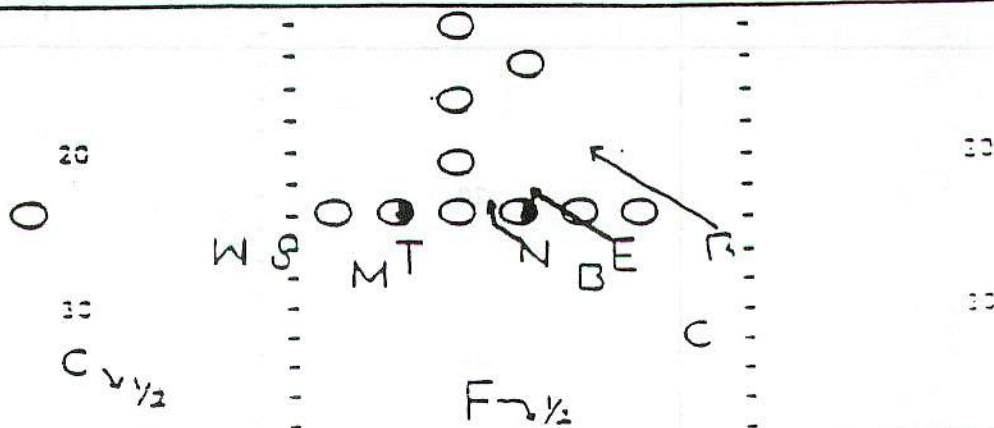
**Vs. Wing**

**NOTE:** Wing  
 motion see  
 Z-motion



**Vs. 3-Back**

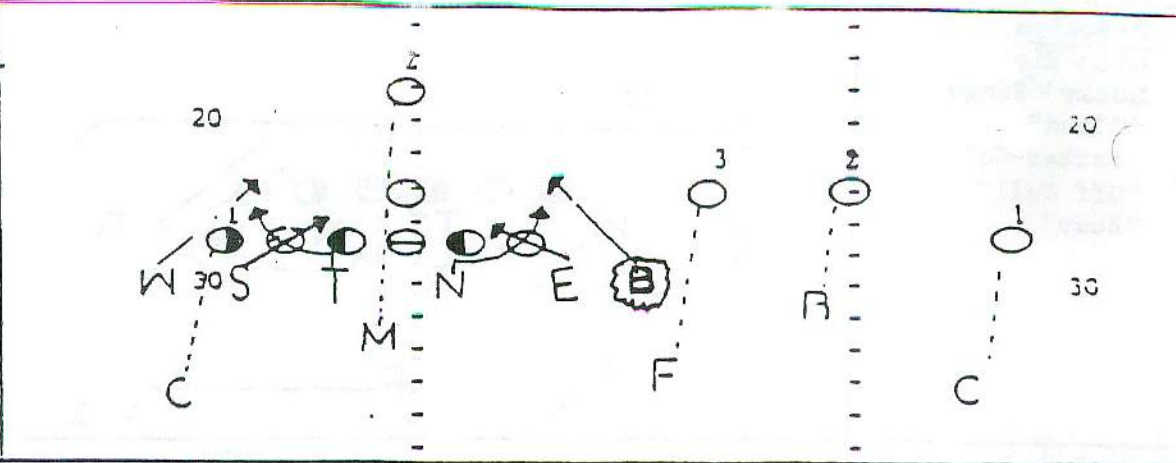
C-0, C-2  
 ✓ Thunder  
 2-Cloud



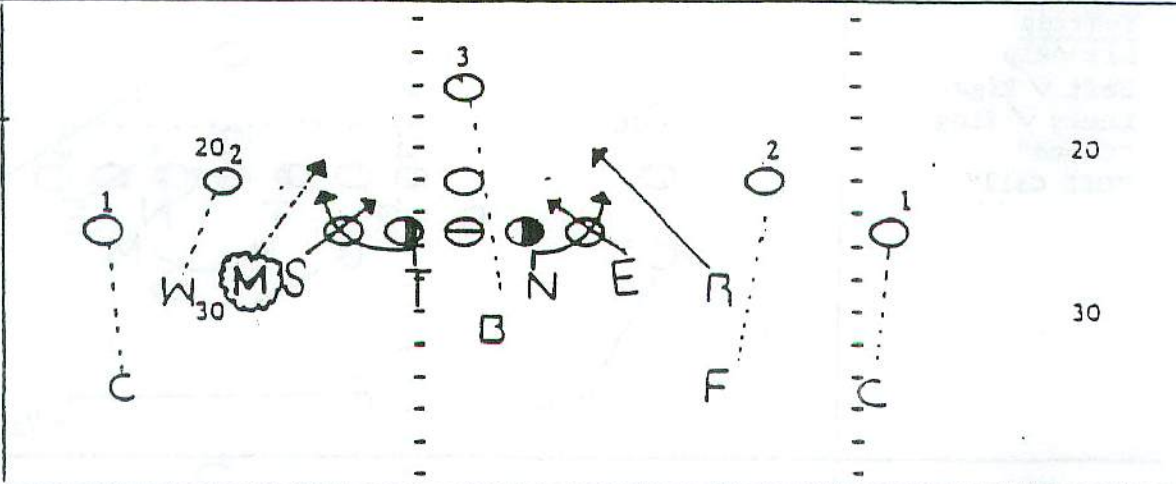
**COACHING POINTS:**

1. Rover/Whip Go Vs. 3-man surface (Tight End).  
 Backer Go Vs. 2-man surface (Wide Slot).
2. Vs. 20/30 Personnel only. (Hash Call)
3. Omaha Vs. Trips ✓ Sink

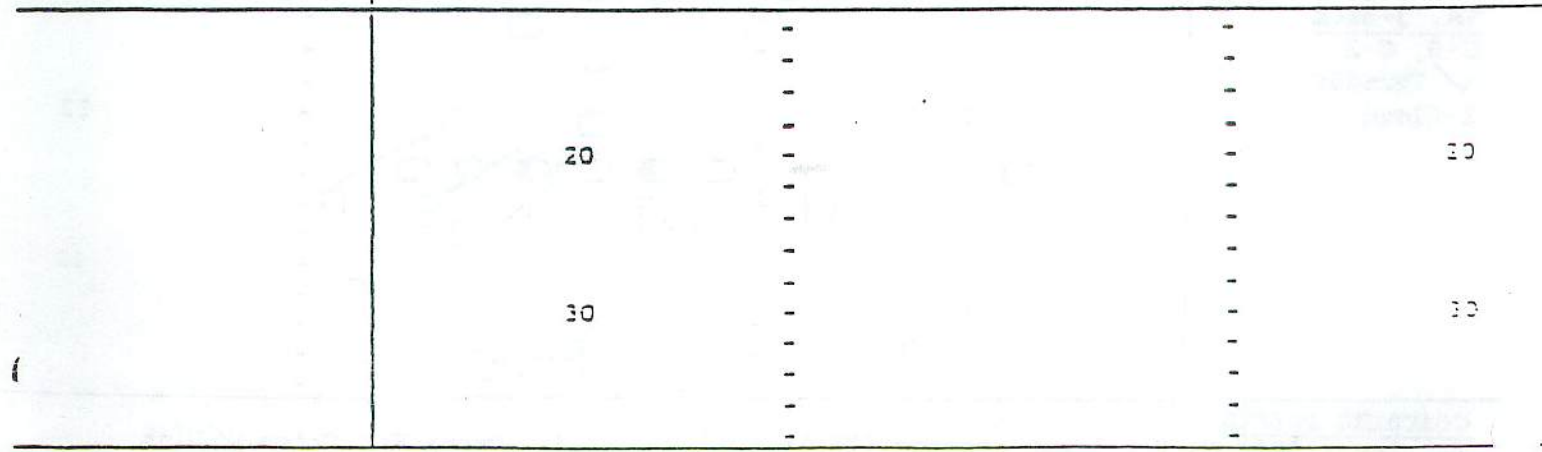
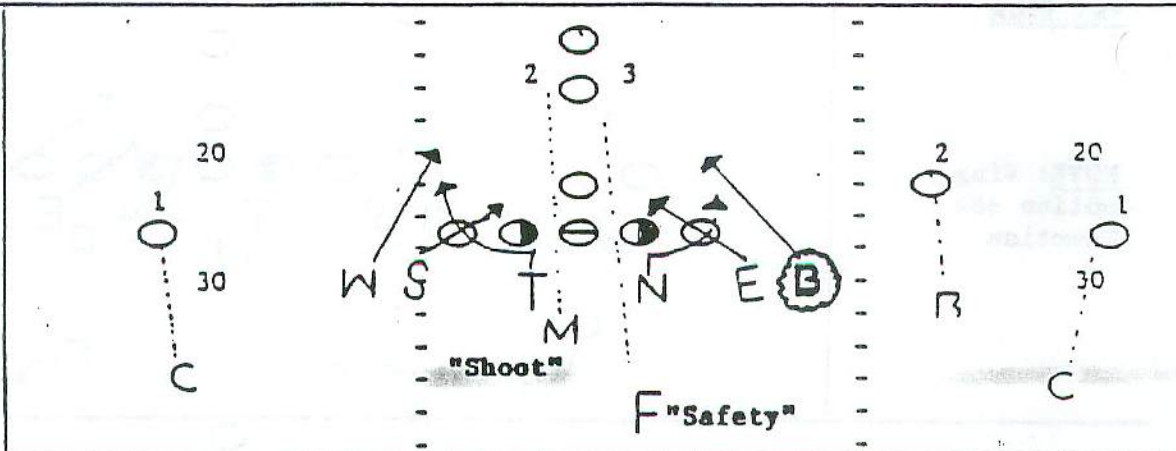
- 1s. Trips/Trey
1. Rover calls "Backer-Go"
  2. Backer Replaces
  3. Rover #2 m/m
  4. Free #3 m/m



- Whip Reduced By #2 Wide
1. Whip calls "Backer-Go"
  2. Mike replaces
  3. Whip #2 m/m



- ALERT CHECK #2 WIDE TO RIP / LIZ Call
1. Rover calls "Backer-Go"

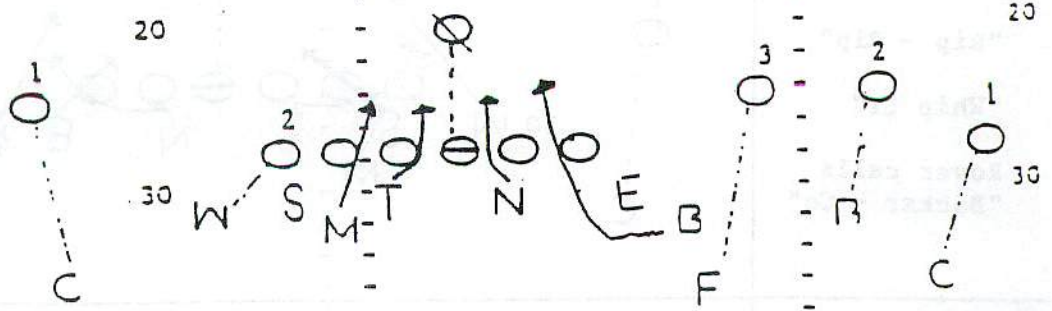


CALLS

Left

"Rip - Rip"

"Whip LT"

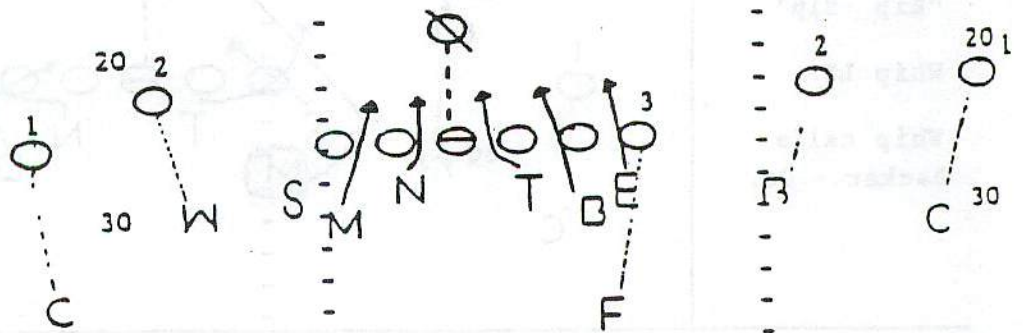


CALLS

Right

"Rip - Rip"

"Whip LT"

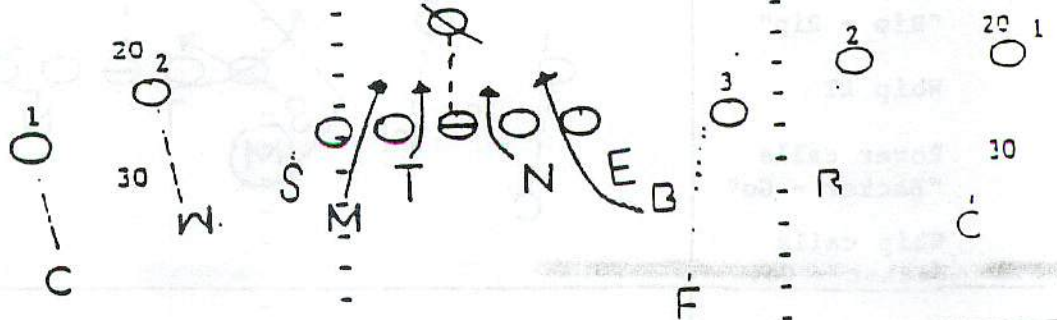


CALLS

Right

"Rip - Rip"

"Whip LT"



20

30

20

30

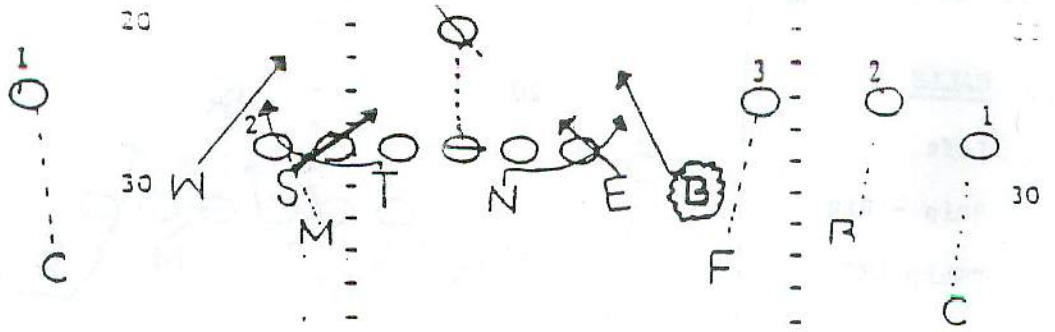
CALLS

Left

"Rip - Rip"

"Whip LT"

Rover calls  
"Backer - Go"



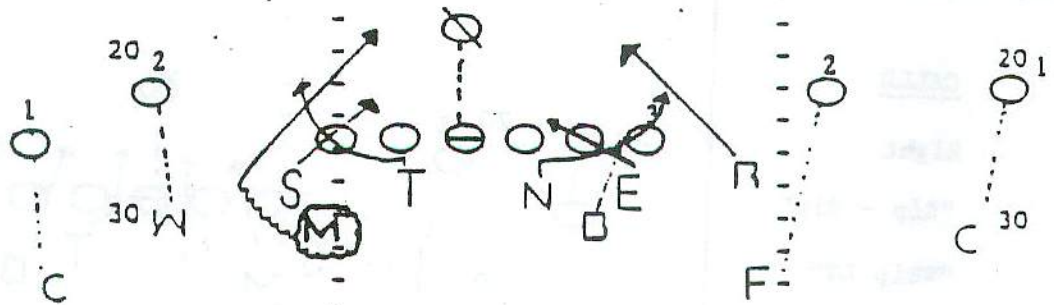
CALLS

Right

"Rip - Rip"

Whip LT

Whip calls  
Backer - Go.



CALLS

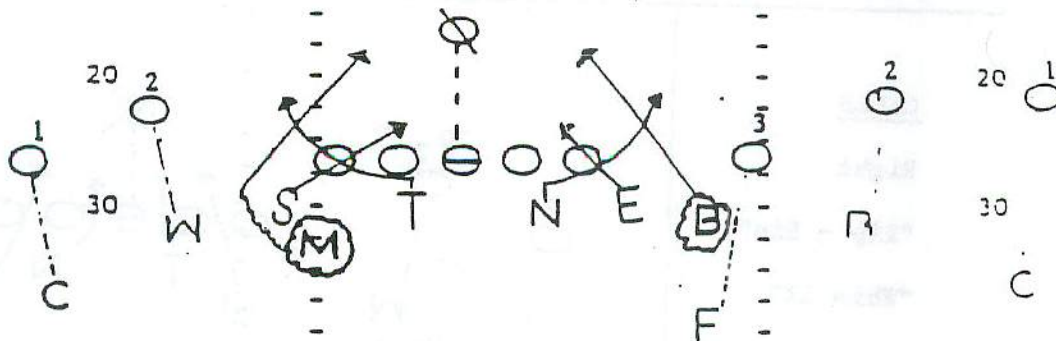
Right

"Rip - Rip"

Whip LT

Rover calls  
"Backer - Go"

Whip calls  
Backer - Go.



<p><u>CALLS</u>                  Left                  "Rip - Rip"                  "Whip LT"                  ✓ Sink</p>	
<p><u>CALLS</u>                  Right                  "Rip - Rip"                  "Whip LT"                  ✓ Wide                  ✓ Sink</p>	
<p><u>CALLS</u>                  Right                  "Rip - Rip"                  "Whip LT"                  ✓ Sink</p>	

# FALL 1998

**TUFF** MOVE, LOOSE, BLOOD, SMOKE, 7  
SHADE, PITCH

A.F.C.      MAY DAY  
B.T.F.

ZONE	MAN/ZONE	MAN/PRESSURE	
	6 X		
C-O	6-Free	Backer	6Y Ram C-6
	6-Free Robber	Bronco	6Y Bam 6Y
	C-4	Blitz	6Y
ZONE	C-4z	Crash	6A
PRESSURE	C-4 Rat/Star	Mike	6A
Mike C-O	Plug 6-Free Spy	Bash	C-6
Whip C-O	Mike 6-Free Spy	Fox	C-6
		Strong	6Y

**FORMATION ADJUSTMENTS**

- C-O Vs. Change of Strength  
Opposite
- Vs. Empty Gun ✓ Black = Mike 6A
- Vs. Empty ✓ Bear = Tuff C-O
- 6 Free Robber ✓ Combo Vs. S.W.
- C-O Vs. Detroit Backer ✓ Curl W/Whip
- Vs. Unbalanced ✓ Husky

**FRONT ADJUSTMENTS**

- Nose (2MS)
- Nose Change (2MS)
- Big Nose (2MS)
- Tim (2MS)
- Twist (Passing Strength)
- Tex (3MS)
- Big Tex
- Nasty
- Steal (2MS)
- Smash (2MS Strong)

**FREE SAFETY TUFF DOG COVERAGE RULES**

- 6-Y (Backer, Bronco) Replacing backer in coverage.  
TE M/M (3MS), No TE (2MS) #3 To Passing Strength.
- 6-A (Crash, Mike): Replacing Mike in Coverage  
Vs. Double Width #2 (Away Pass Str) M/M  
Vs. Single Width #3 M/M  
Vs. Ace Remaining Back M/M
- BASH C-6 PASSING STRENGTH  
3MS to Field, TE M/M (6Y)  
2MS to Field, #3 M/M (6A)

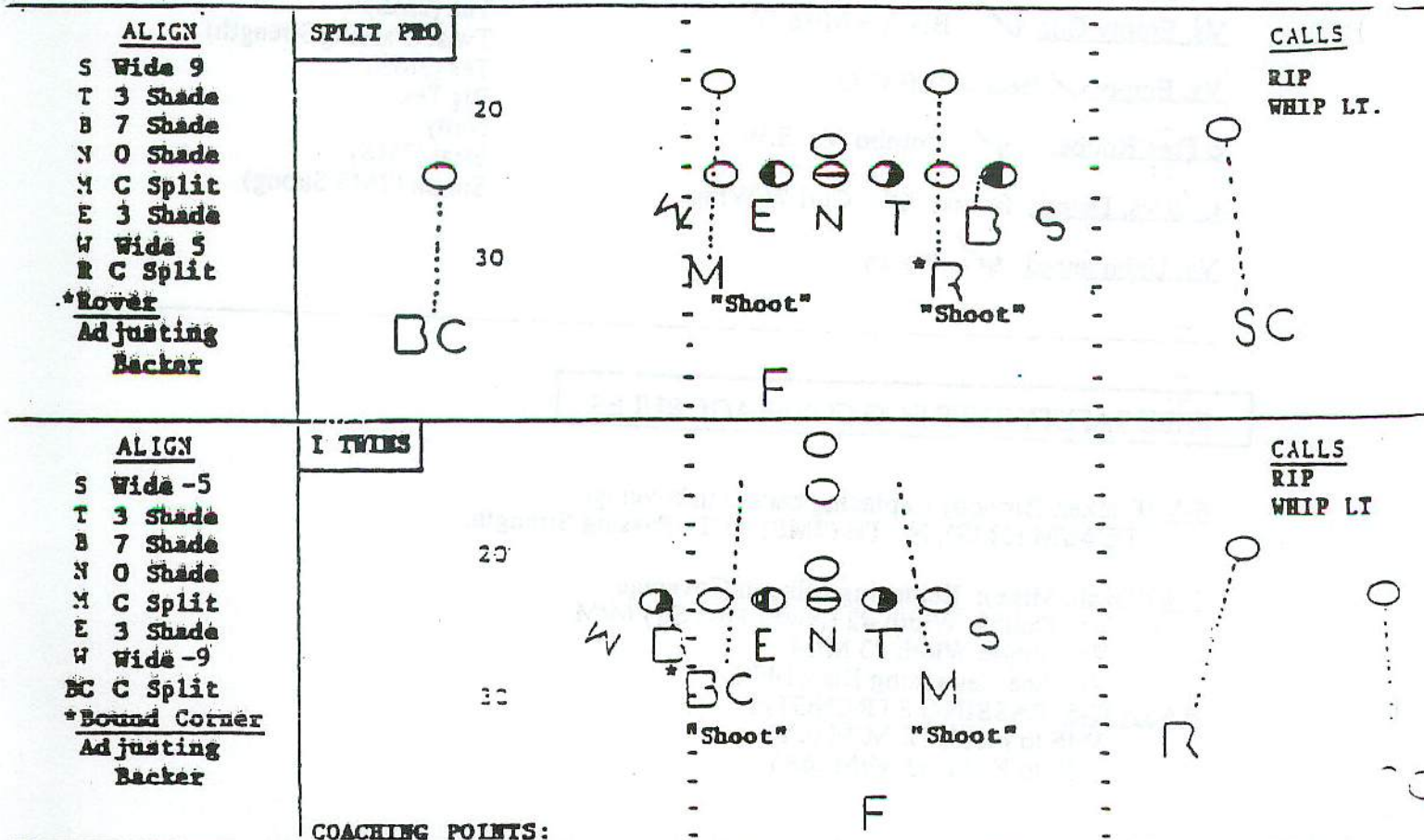
**When off arrives at the L.O.S.**

1. FREE: Declare passing strength of the formation with a "Rip" or "Liz" call. with Ace, have safety support strong and weak.
2. WHIP: Declare yourself away from passing strength with a "Whip RT." or "Whip LT." call, or declare into boundary.
3. BACKER: Align to tight end (7-Shade). \* No tight end align to passing strength. Adjust to displaced back in Ace Formation (#3 Strong/#2 Weak).
4. MIKE: Align opposite backer.
5. ROVER: Align to Rip/Liz call. \* Vs. Tight End (Pro) align as a C-Split linebacker; You are the Adjusting Backer
6. BOUNDARY CORNER: Align away from Rip/Liz call. \* Vs. TE (Twins) align as C-Split linebacker. You are the Adjusting Backer
7. STRONG CORNER: Align to the Rip/Liz call.

END: Travels with whip to play 3-shade on off. guard.

STUD: Aligns opposite whip to play 9 or 5 shade.

TACKLE/NOSE: Play 0 Shade away from whip play 3 Shade.



**COACHING POINTS:**

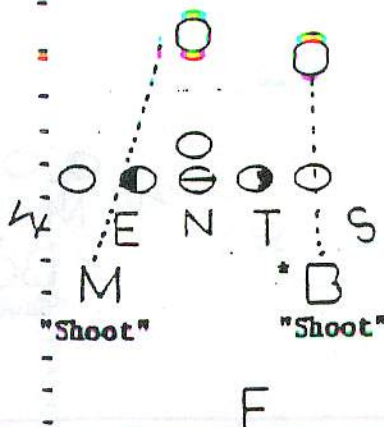
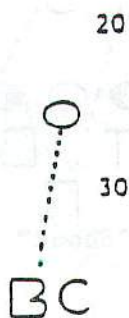
1. Adjusting Backer Vs. Back Motion = Gone Call.
2. Note can substitute Def. Tackle for Def. End.

**ALIGN**

- S Wide 5
- T 3 Shade
- B C Split
- N 0 Shade
- M C Split
- E 3 Shade
- W Wide 5

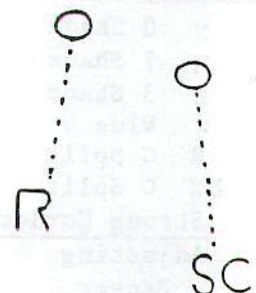
\*Backer  
Adjusting  
Backer

**STRONG TWINS OPEN**



**CALLS**

RIP  
WHIP LT.

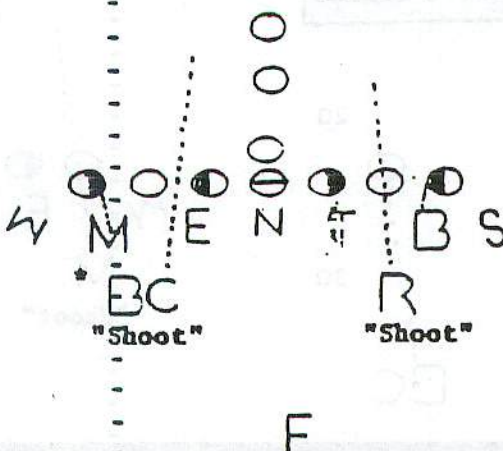


**ALIGN**

- S Wide 9
- T 3 Shade
- B 7 Shade
- N 0 Shade
- M 7 Shade
- E 3 Shade
- W Wide 9

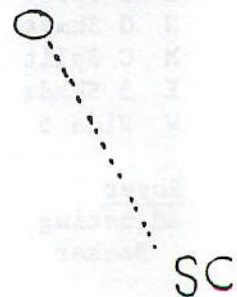
R C Split  
BC C Split  
\*Bound. Corner  
Adjusting  
Backer

**I FLANKER**



**CALLS**

RIP  
WHIP LT.

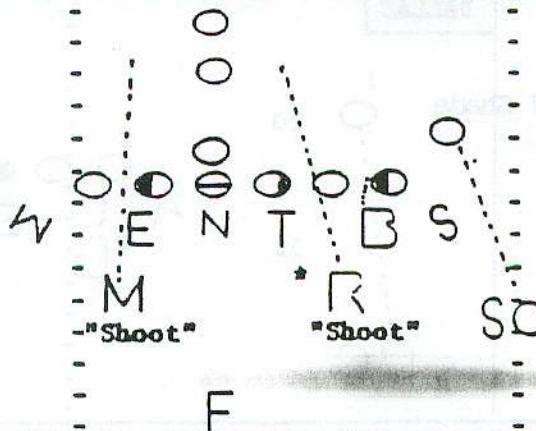
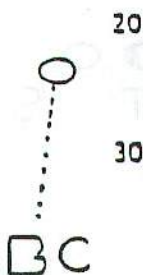


**ALIGN**

- S Wide 9
- T 3 Shade
- B 7 Shade
- N 0 Shade
- M C Split
- E 3 Shade
- W Wide 5
- R C Split

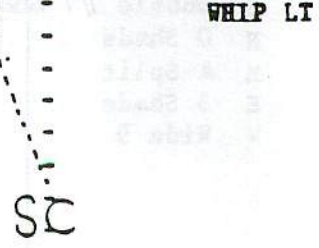
\*Rover  
Adjusting  
Backer

**I WING OPEN**



**CALLS**

RIP  
WHIP LT.



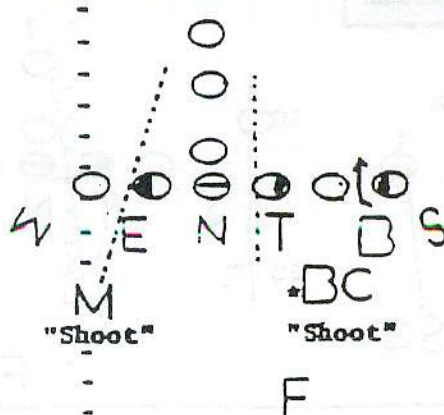
**ALIGN**

- S Wide 9
- T 3 Shade
- B 7 Shade
- N 0 Shade
- M C Split
- E 3 Shade
- W Wide 5
- BC C Split

Bound. Corner  
Adjusting  
Backer

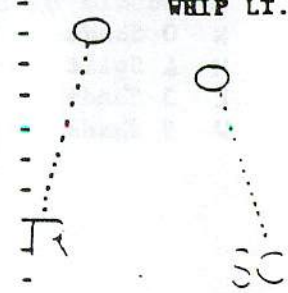
**I UNBALANCED**

✓ Huskey



**CALLS**

RIP  
WHIP LT.



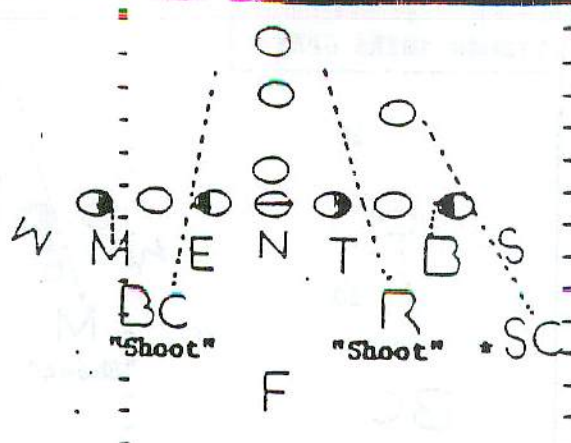


**ALIGN**  
 S Wide 9  
 T 3 Shade  
 B 7 Shade  
 N 0 Shade  
 M 7 Shade  
 E 3 Shade  
 W Wide 9  
 R C Split  
 BC C Split  
Strong Corner  
 Adjusting  
 Backer

**POW. I TIGHT**

20

30



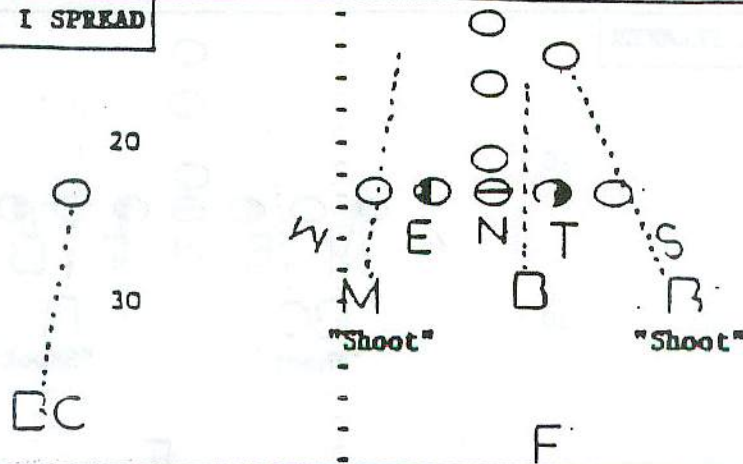
**CALLS**  
 RIP  
 WHIP LT.

**ALIGN**  
 S Wide 5  
 T 3 Shade  
 B B Split  
 N 0 Shade  
 M C Split  
 E 3 Shade  
 W Wide 5  
Rover  
 Adjusting  
 Backer

**POW. I SPREAD**

20

30



**CALLS**  
 RIP  
 WHIP LT.

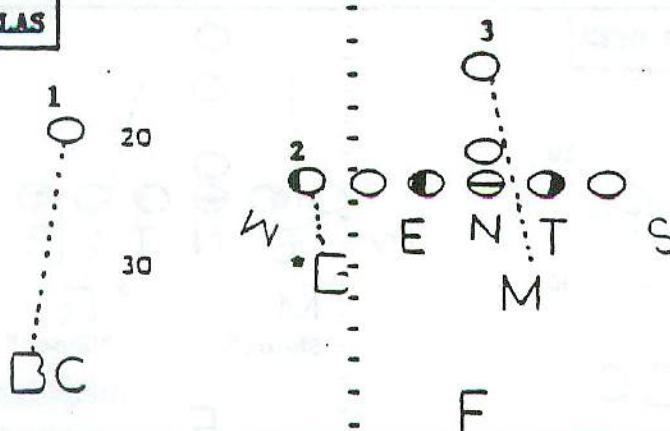


**ALIGN**  
 S Wide 5  
 T 3 Shade  
 B Bubble 7/7 Shade  
 N 0 Shade  
 M A Split  
 E 3 Shade  
 W Wide 9

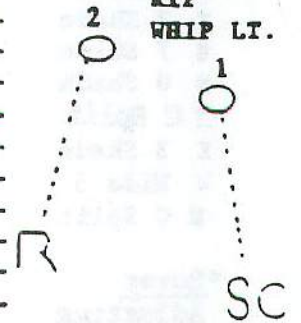
**DALLAS**

20

30



**CALLS**  
 RIP  
 WHIP LT.

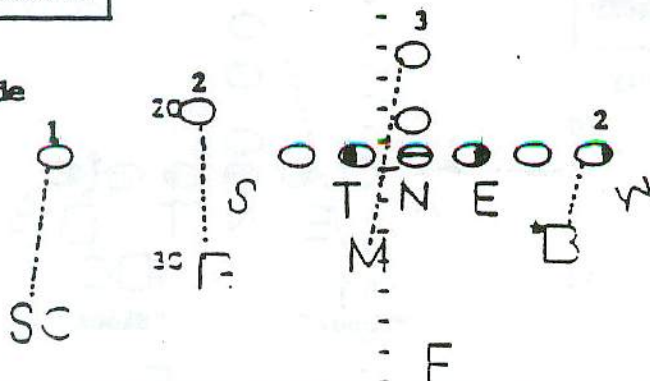


**ALIGN**  
 S Wide 5  
 T 3 Shade  
 B Bubble 7/7 Shade  
 N 0 Shade  
 M A Split  
 E 3 Shade  
 W 9 Shade

**DOLPHIN**

20

30



**CALLS**  
 LIZ  
 WHIP RT.



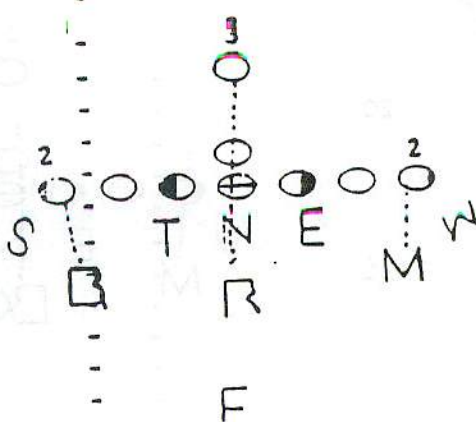
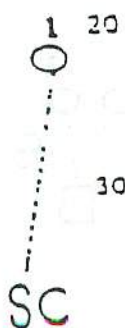
**COACHING POINT:**

Vs. Ace, Backer is Adjuster to #3 to RIP/LIZ or #2 Away from RIP/LIZ.

ALIGN

- S Wide 9
- T 3 Shade
- B Bubble 7/7 Shade
- N 0 Shade
- M Bubble 7/7 Shade
- E 3 Shade
- W Wide 9
- R 0 Stack

DENVER



CALLS

LIZ  
WHIP RT

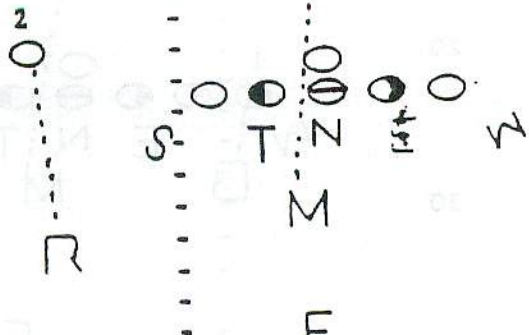
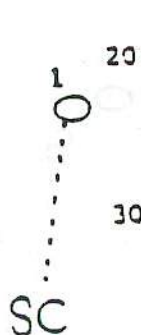


P. Can play Tuff C-6  
FS play C-Split LB  
vs. 12 Personnel.

ALIGN

- S Wide 5
- T 3 Shade
- B Walk #2
- N 0 Shade
- M A Split
- E 3 Shade
- W Wide 5

DETROIT



CALLS

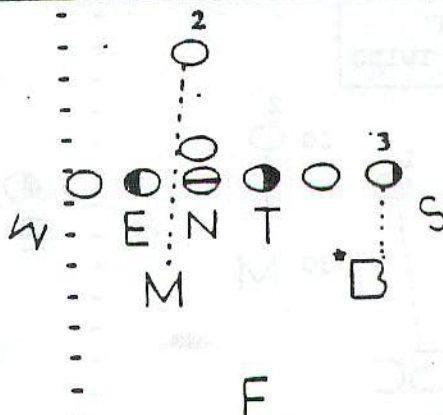
LIZ  
WHIP RT



ALIGN

- S Wide 9
- T 3 Shade
- B Bubble 7/7 Shade
- N 0 Shade
- M A Split
- E 3 Shade
- W Wide 5

TRKY OPEN



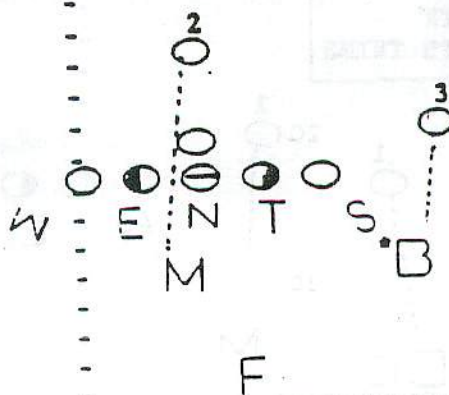
CALLS



ALIGN

- S Wide 5
- T 3 Shade
- B Walk #3
- N 0 Shade
- M A Split
- E 3 Shade
- W Wide 5

TRIPS OPEN



CALLS

RIP  
WHIP LT.



ALIGN		TRKY #		CALLS
S	Wide 9			RIP
T	3 Shade			WHIP LT
B	Bubble 7/7 Shade	20		1
N	0 Shade			
M	Bubble 7/7 Shade			
E	3 Shade			
W	Wide 9	30		
BC	0-Stack			

ALIGN		TRIPS *		CALLS
S	Wide 5			RIP
T	3 Shade			WHIP LT.
B	Bubble 7/7 Shade	20		2
N	0 Shade			
M	A Split			
E	3 Shade			
W	Wide 9	30		
<u>Bound. Corner</u>				
Adjuster				
Backer				

ALIGN		EMPTY TRKY TWINS		CALLS
S	Wide 5			RIP
T	3 Shade			WHIP LT.
B	Walk #3			1
N	0 Shade			
M	Walk #2			
E	3 Shade			
W	Wide 5			

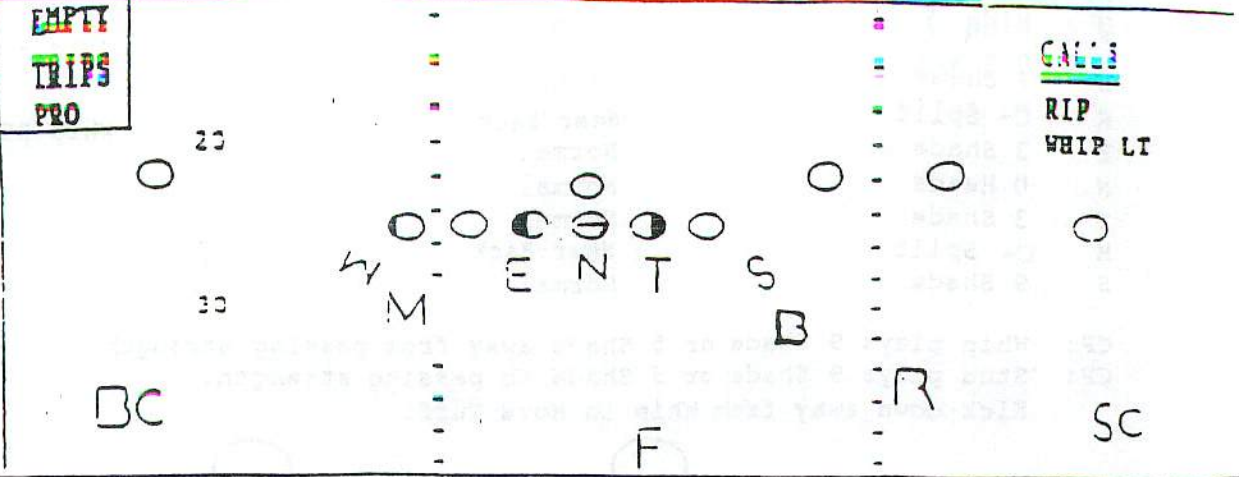
ALIGN		EMPTY TRIPS TWINS		CALLS
S	Wide 5			RIP
T	3 Shade			WHIP LT
B	Walk #3			"COP"
N	0 Shade			
M	Walk #2			
E	3 Shade			
W	Wide 5			

"TUFF" vs. EMPTY BEAR (TUFF C-0)

ALIGN  
 S Wide 5  
 T 3 Shade  
 B Walk #3  
 M 0 Shade  
 W 7 Bubble  
 E 3 Shade  
 W 9 Shade

EMPTY  
TRIPS  
 PRO

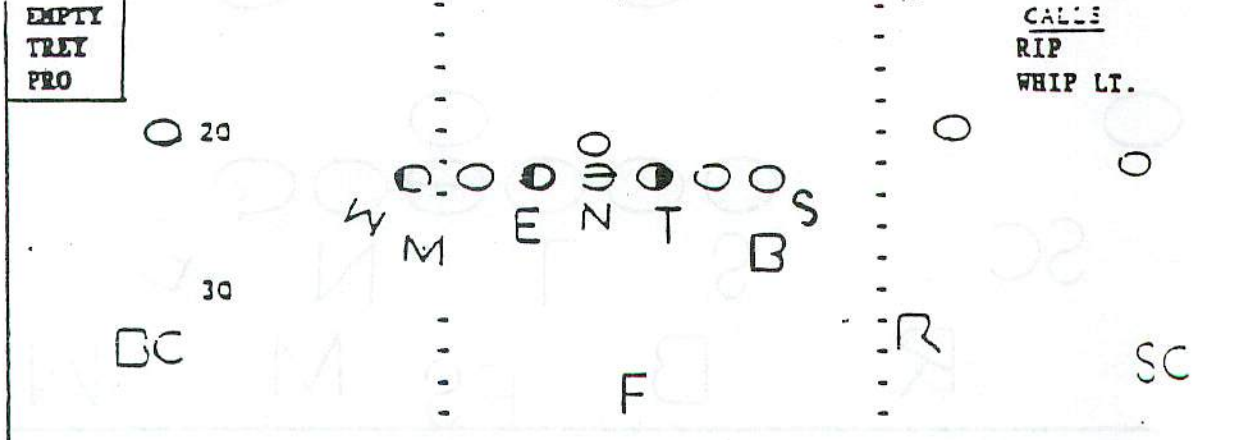
CALLS  
 RIP  
 WHIP LT



ALIGN  
 S Wide 9  
 T 3 Shade  
 B Bubble 7  
 M 0 Shade  
 W Bubble 7  
 E 3 Shade  
 W Wide 9

EMPTY  
TREY  
 PRO

CALLS  
 RIP  
 WHIP LT.



Align (MOVE)

W Wide 5  
 B 7 Shade  
 R C- Split  
 E 3 Shade  
 N 0 Heads  
 T 3 Shade  
 M C- Split  
 S 9 Shade

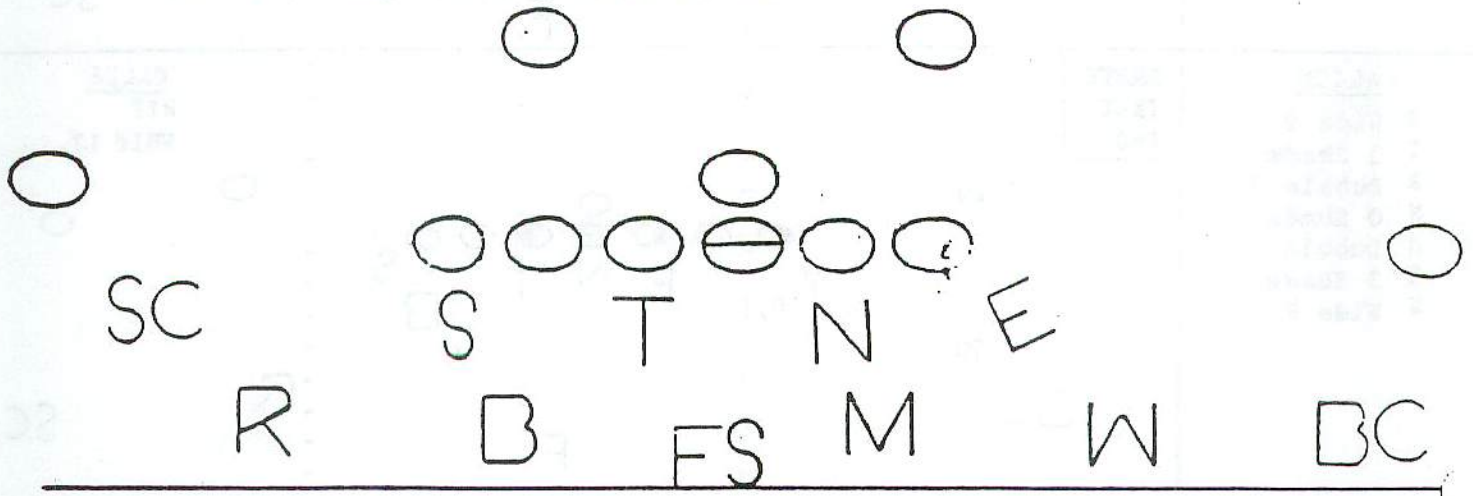
Technique

Normal  
 7-Tech  
 Near Back  
 Normal  
 Normal  
 Normal  
 Near Back  
 Normal

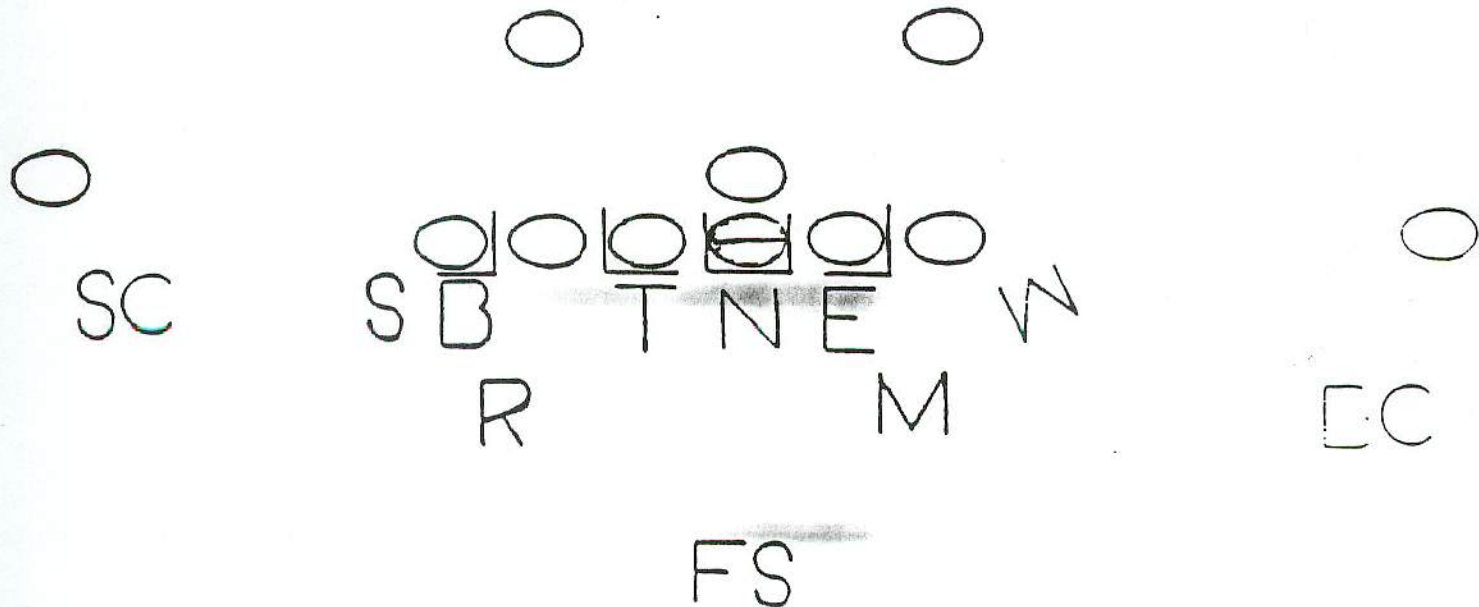
Calls

"Liz - Liz"  
 Whip RT

CP: Whip plays 9 Shade or 5 Shade away from passing strength.  
 CP: Stud plays 9 Shade or 5 Shade to passing strength.  
 Kick down away from Whip in Move Tuff.



MOVE!!!



TUFF VS. Y-TRADE

ALIGN

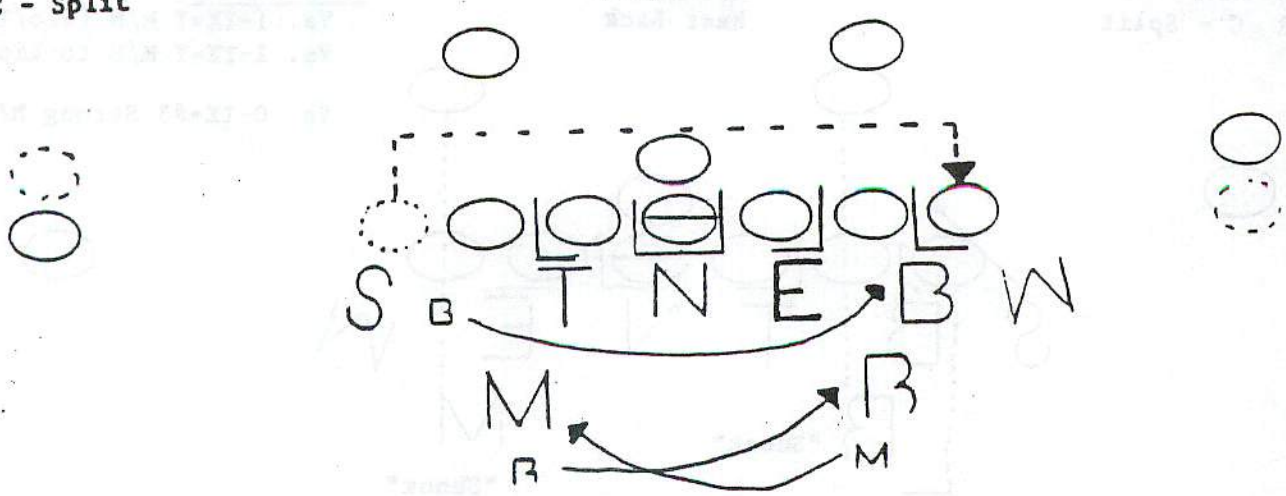
S Wide - 5  
 T 3 - Shade  
 B 7 - Shade  
 N 0 - Shade  
 M C - Split  
 E 3 - Shade  
 W 9 - Shade  
 R C - Split

TECHNIQUE

Normal  
 Normal  
 7 - Tech  
 Normal  
 Near Back  
 Normal  
 Normal  
 Near Back

CALLS

Liz  
 Whip RT.  
 "Rip - Rip"



TUFF VS. FLANKER

ALIGN

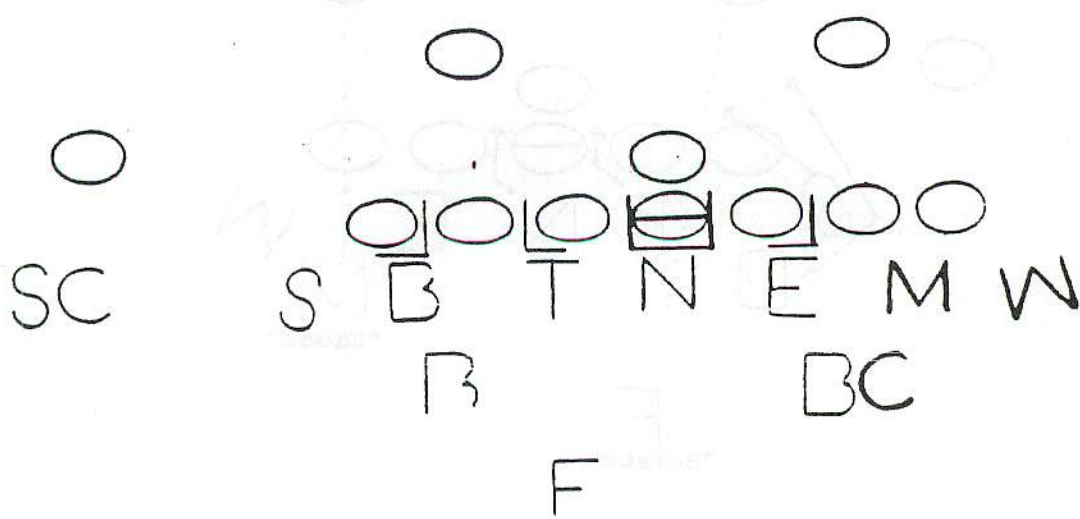
S 9 - Shade  
 T 3 - Shade  
 B 7 - Shade  
 N 0 - Shade  
 M 7 - Shade  
 E 3 - Shade  
 W 9 - Shade  
 R C - Split  
 BC C - Split

TECHNIQUE

Normal  
 Normal  
 7 - Tech  
 Normal  
 7 - Tech  
 Normal  
 Normal  
 Near Back  
 Near Back

CALLS

Liz  
 Whip RT



TUFF BACKER 6-Y

ALIGN

S	9 - Shade
T	3 - Shade
B	7 - Shade
N	0 - Shade
M	C - Split
E	3 - Shade
W	Wide - 5
R	C - Split

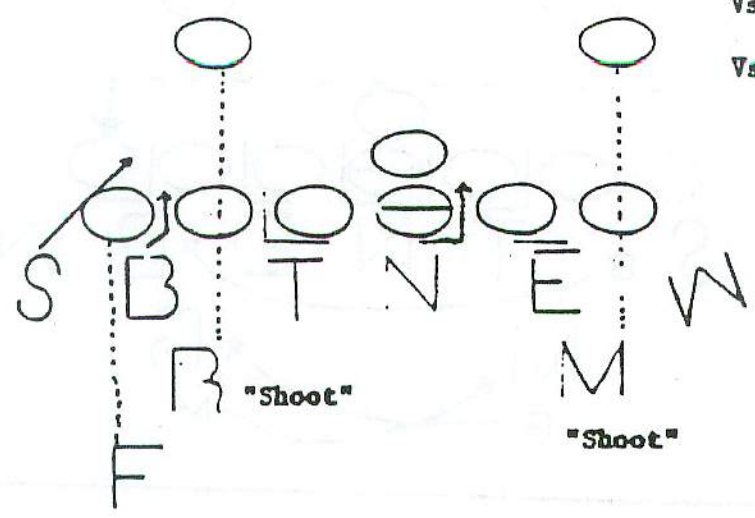
TECHNIQUE

Normal
Normal
Spark Inside
Spark
Near Back/Remaining Back
Normal
Normal
Near Back

CALLS

Liz
Whip Rt
"Lucky"

COVER 6-"Y"  
FREE SAFETY  
 Vs. 1-TE-Y M/M (Pro/Twins)  
 Vs. 2-TE-Y M/M to Rip/Liz/Flker  
 Vs. 0-TE-#3 Strong M/M



TUFF BACKER VS. TWINS OPEN (NO TIGHT END)

ALIGN

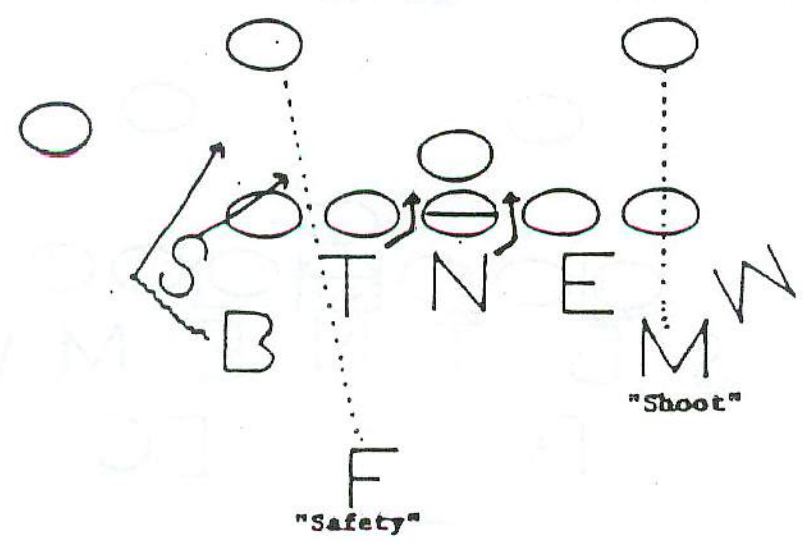
S	Wide - 5
T	3 Shade
B	C Split
N	0 Shade
M	C Split
E	3 Shade
W	Wide - 5
R	#2 M/M

TECHNIQUE

Pinch
Tag
D-Crash
Spark
Near Back/Remaining Back
Normal
Normal
Inside

CALLS

Liz
Whip Rt
"Lucky"



**TUFF CRASH (2 MAN SURFACE) 6-A**

ALIGN

S	9 = Shade
T	3 - Shade
B	7 - Shade
N	0 - Shade
M	D - Cheat
E	3 - Shade
W	Wide - 5
R	C - Split

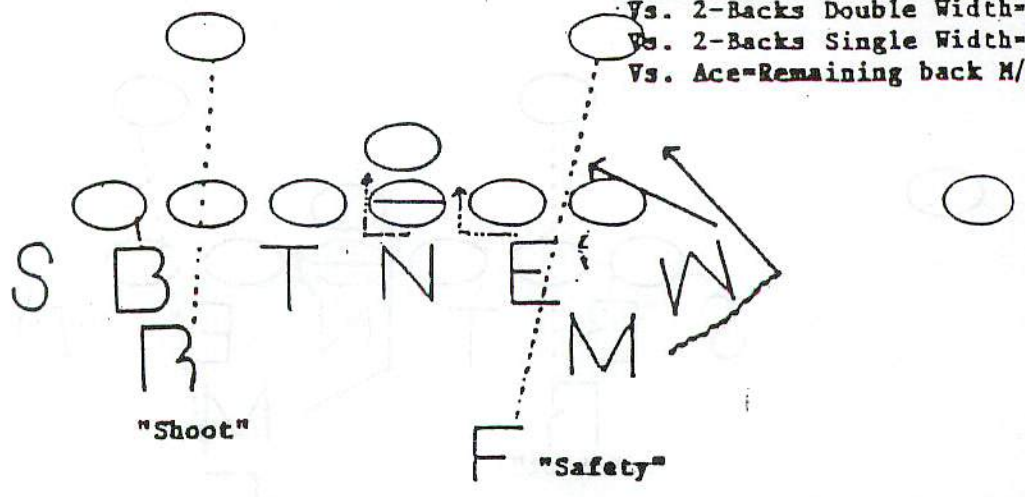
TECHNIQUE

Normal
Normal
7 - Tech /M/M
Spark
D - Crash
Spark
Pinch
Near Back

CALLS

Liz
Whip RT
"Ringo"

COVER 6-"A"  
FREE SAFETY  
 Vs. 2-Backs Double Width=12 wkM/1  
 Vs. 2-Backs Single Width=13 stgM.  
 Vs. Ace=Remaining back M/M



**TUFF CRASH - TIM 6-A**

ALIGN

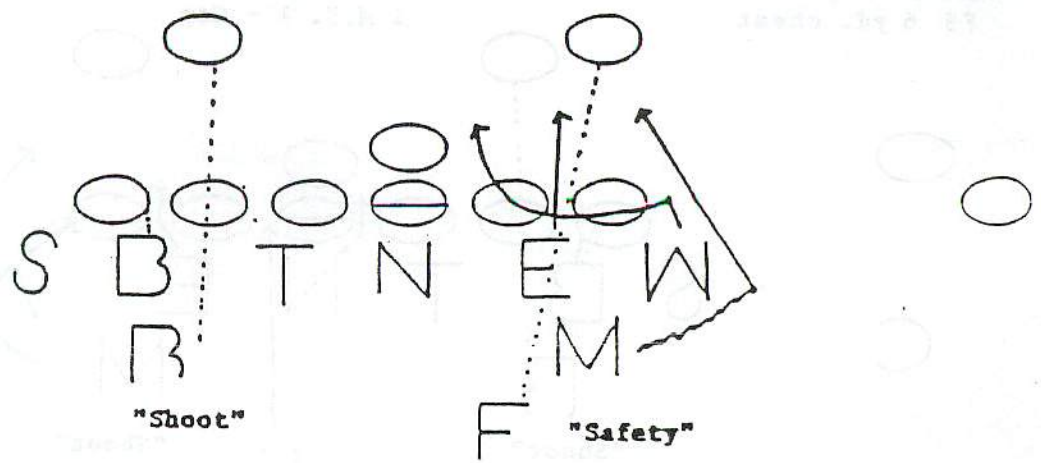
S	9 - Shade
T	3 - Shade
B	7 - Shade
N	0 - Shade
M	D - Cheat
E	3 - Shade
W	Wide - 5
R	C - Split

TECHNIQUE

Normal
Normal
7 - Tech /M/M
Normal/Rush A-Gap Away
D - Crash
Normal
Whip/Rush A-Gap
Near Back

CALLS

Liz
Whip RT.
"Ringo"





TUFF HICK

ALIGN

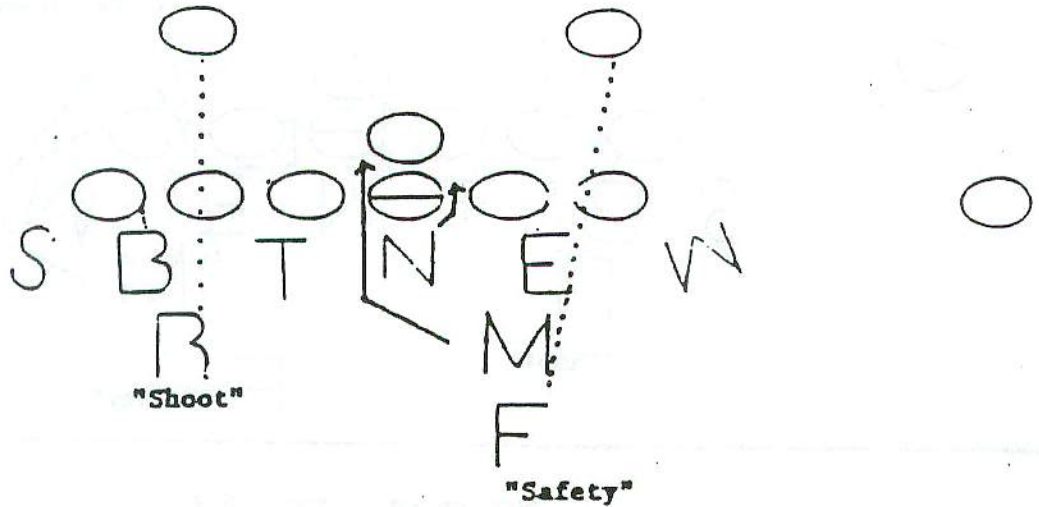
S 9 - Shade  
 T 3 - Shade  
 B 7 - Shade  
 N 0 - Shade  
 M B - Split  
 E 3 - Shade  
 W Wide - 5  
 R C - Split  
 FS2 man surface

TECHNIQUE

Normal  
 Normal  
 7 - Tech/M/M  
 Pull Spark  
 Go Far A Gap  
 Normal  
 Normal/Flare  
 Near Back  
 Near Back/Remaining Back

CALLS

Liz  
 Whip RT  
 "Lucky"



TUFF FOX C-6

ALIGN

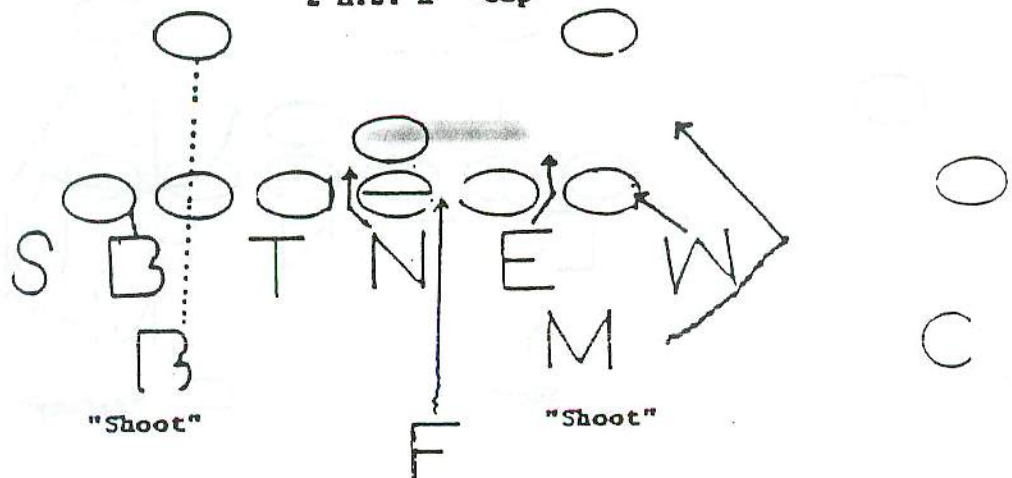
S 9 - Shade  
 T 3 - Shade  
 B 7 - Shade  
 N 0 - Shade  
 M C Split  
 E 3 - Shade  
 W Wide - 5  
 R C - Split  
 FS 6 yd. cheat

TECHNIQUE

Normal  
 Normal  
 7 - Tech  
 Spark/Cop  
 Crash  
 Normal  
 Normal-Spy Near Back M/M  
 Near Back  
 2 M.S. A - Gap

CALLS

Liz  
 Whip RT.  
 "Ringo"



TUFF BASH (PASS STRENGTH) C-6

ALIGN

- S 9 - Shade
- T 3 - Shade
- B 7 - Tech
- N 0 - Shade
- M C - Split
- E 3 - Shade
- W Wide - 5
- R C - Split
- FS 3 man surface

TECHNIQUE

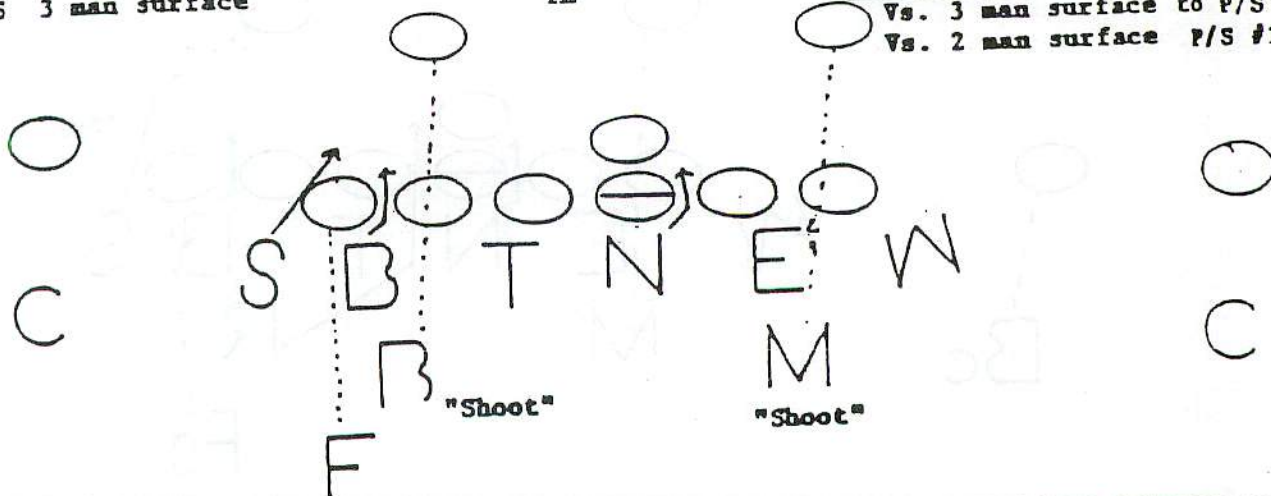
- Normal
- Normal
- Spark Inside
- Spark
- Near Back
- Normal
- Normal
- Near Back
- TE

CALLS

- Liz
- Whip RT
- "Lucky"

COVER-6  
FREE SAFETY

- Vs. 3 man surface to P/S Y M
- Vs. 2 man surface P/S #3 M



TUFF BASH (PASS STRENGTH) C-6

ALIGN

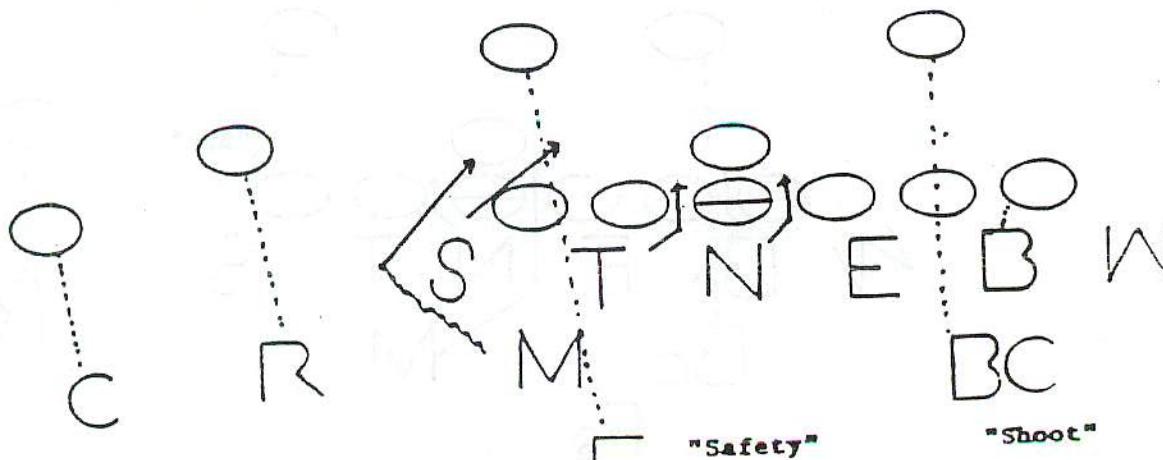
- S Wide - 5
- T 3 - Shade
- B 7 - Shade
- N 0 - Shade
- M D - Chest
- E 3 - Shade
- W 9 - Shade
- R C - Split
- FS 2 man surface
- #3 M/M

TECHNIQUE

- Pinch
- Tag
- 7 - Tech M/M
- Spark
- D - Crash
- Normal
- Normal
- Near Back
- Near Back

CALLS

- Liz
- Whip RT
- "Lucky"

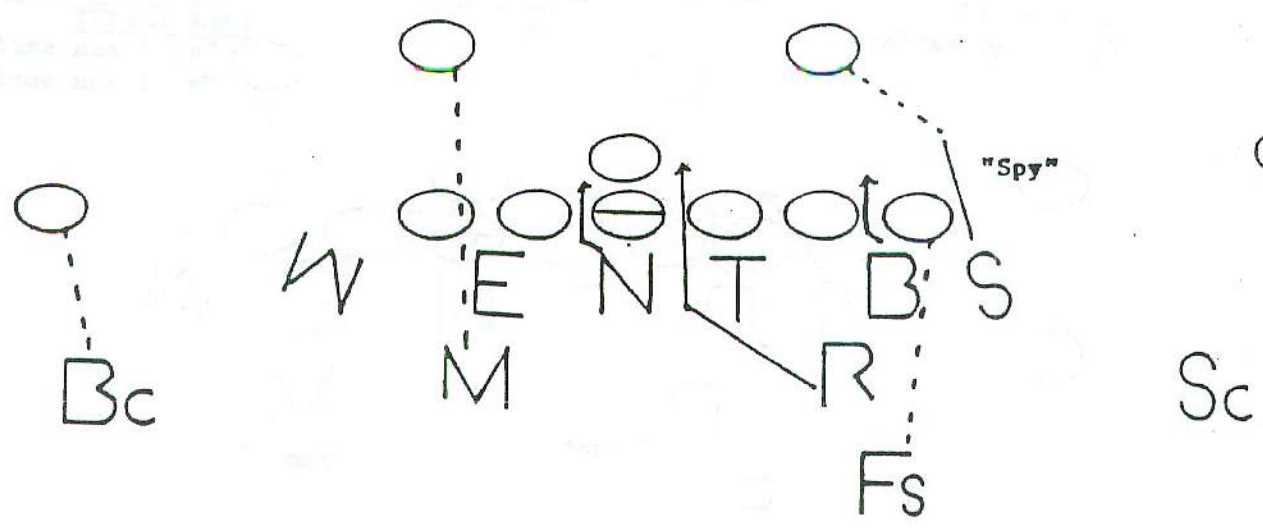


TUFF BRONCO 6-Y

<u>ALIGN</u>	
S	9-Shade
T	3-Shade
B	7-Shade
N	0-Shade
M	C-Split
E	3-Shade
W	Wide-5
R	B-Split

<u>TECHNIQUE</u>	
	Normal/Spy
	Normal
	Spark Inside
	Spark
	Near Back
	Normal
	Normal
	Dog Neax A-Gap

<u>CALLS</u>	
	Rip
	Whip Left
	Ringo

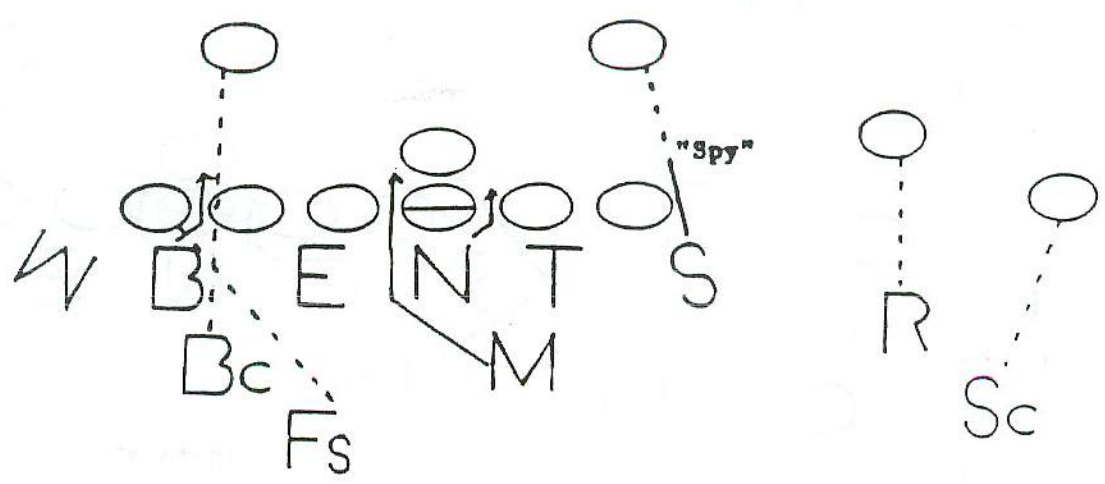


TUFF BRONCO 6-Y

<u>ALIGN</u>	
S	Wide-5
T	3-Shade
B	7-Shade
N	0-Shade
M	B-Split
E	3-Shade
W	9-Shade

<u>TECHNIQUE</u>	
	Normal/Spy
	Normal
	Spark Inside
	Spark
	Dog Far A-Gap
	Normal
	Normal

<u>CALLS</u>	
	Rip
	Whip Left
	Lucky
	"Money"



TUFF BLITZ C-6

ALIGN

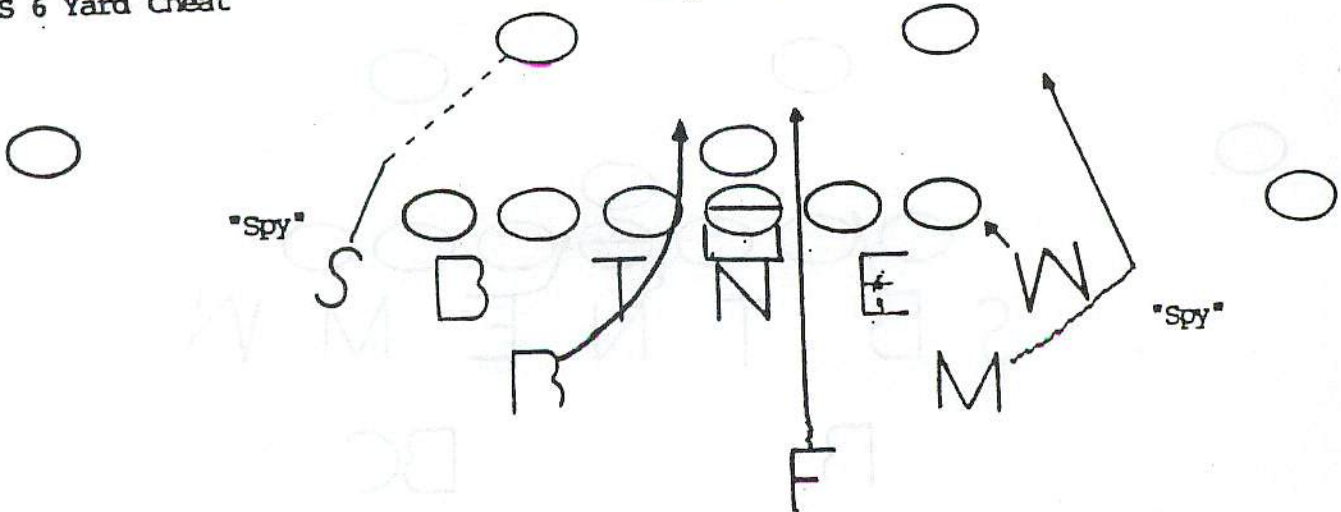
- S 9-Shade
- I 3-Shade
- B 7-Shade
- N 0-Shade
- M C-Split
- E 3-Shade
- W Wide-5
- R C-Split
- F/S 6 Yard Cheat

TECHNIQUE

- Normal/Spy
- Normal
- 7-Tech
- Normal
- Crash
- Normal
- Normal/Spy
- Dog Near A-Gap
- Dog 2 MS A-Gap

CALLS

- "Liz"
- Whip Rt



TUFF PLUG 6-FREE Spy

ALIGN

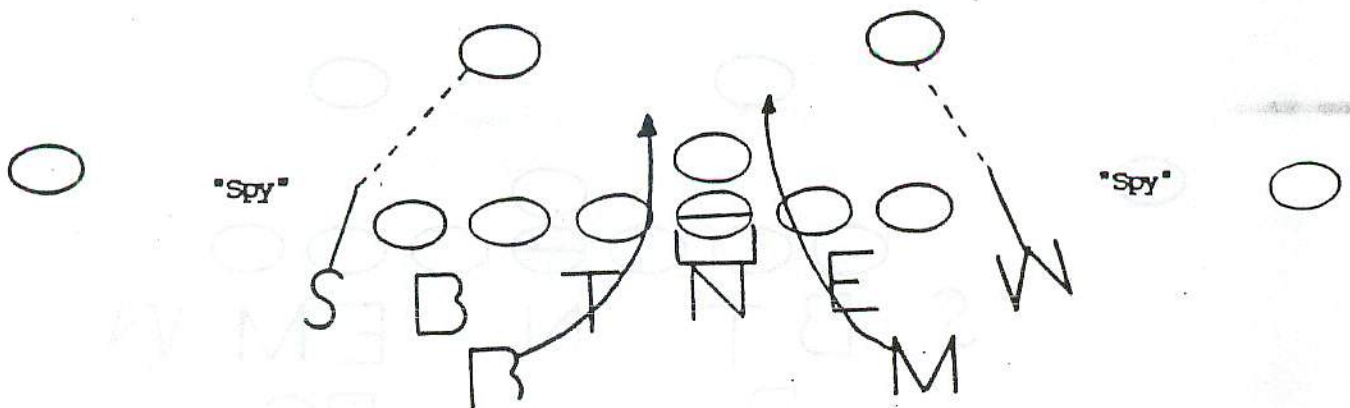
- S 9-Shade
- T 3-Shade
- B 7-Shade
- N 0-Shade
- M C-Split
- E 3-Shade
- W Wide-5
- R C-Split

TECHNIQUE

- Normal/Spy
- Normal
- 7-Tech
- Normal
- Dog Near A-Gap
- Normal
- Normal/Spy
- Dog Near A-Gap

CALLS

- "Liz"
- Whip Rt

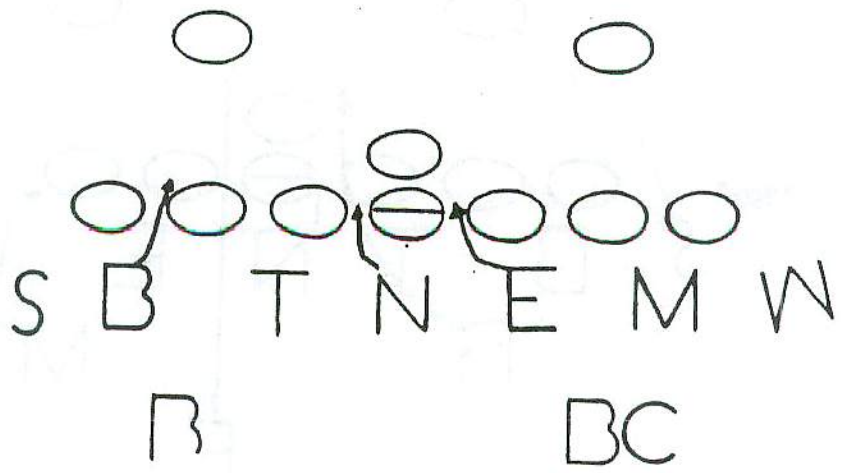


TUFF STRONG C-6Y

ALIGN  
 S 9-Shade  
 T 3-Shade  
 B 7-Shade  
 N 0-Shade  
 M 7-Shade  
 E 3-Shade  
 W 9-Shade

TECHNIQUE  
 Normal  
 Normal  
 Spark  
 Spark  
 7-Tech  
 Spark Inside  
 Normal

CALLS  
 Liz  
 Whip Rt.  
 Lucky

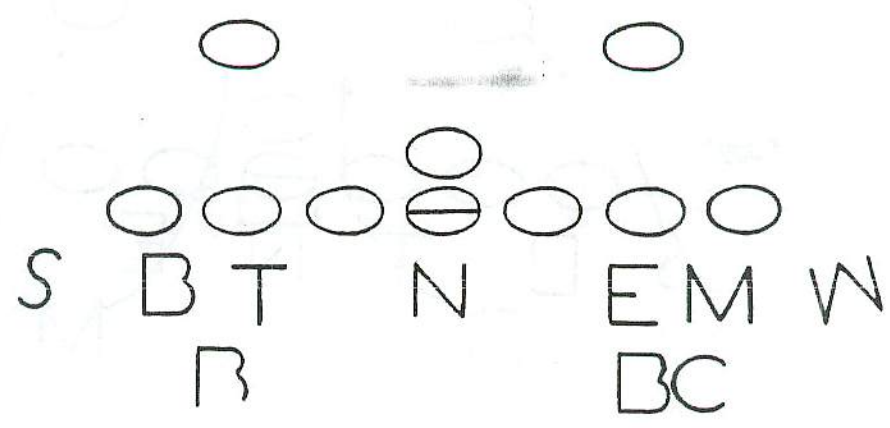


TUFF LOOSE

ALIGN  
 S 9-Shade  
 T 4-Shade  
 B 7-Shade  
 N 0-Shade  
 M 7-Shade  
 E 4-Shade  
 W 9-Shade

TECHNIQUE  
 Normal  
 Normal/Spark  
 7-Tech  
 Normal  
 7-Tech  
 Normal/Spark

CALLS  
 Liz  
 Whip/Rt

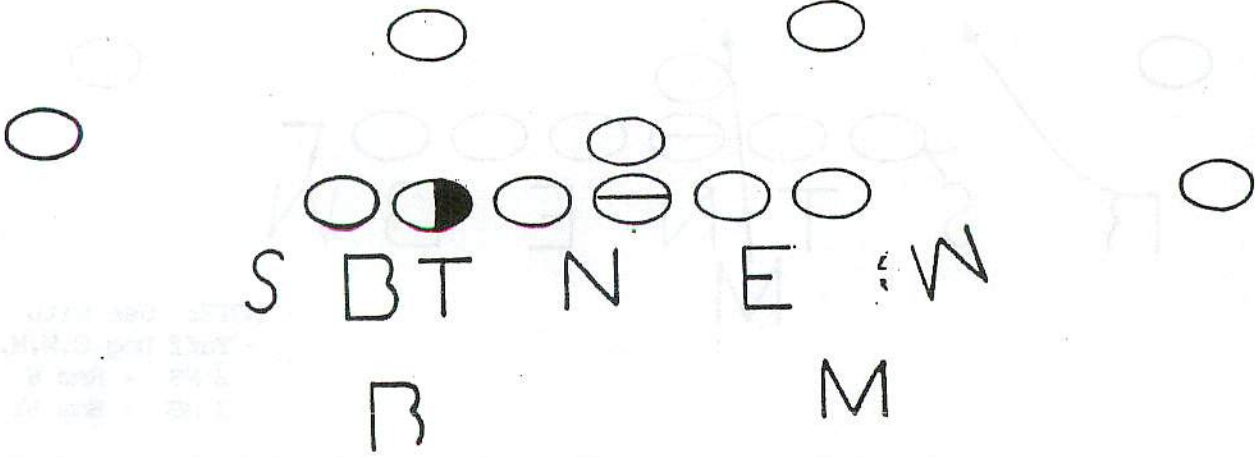


TUFF SHADE

ALIGN  
 hade  
 4-Shade  
 7-Shade  
 0-Shade Strong  
 C-Split  
 3-Shade  
 Wide 5

TECHNIQUE  
 Normal  
 Normal/Spark  
 7-Tech  
 Normal  
 Normal  
 Normal  
 Normal

CALLS  
 Liz  
 Whip/Rt

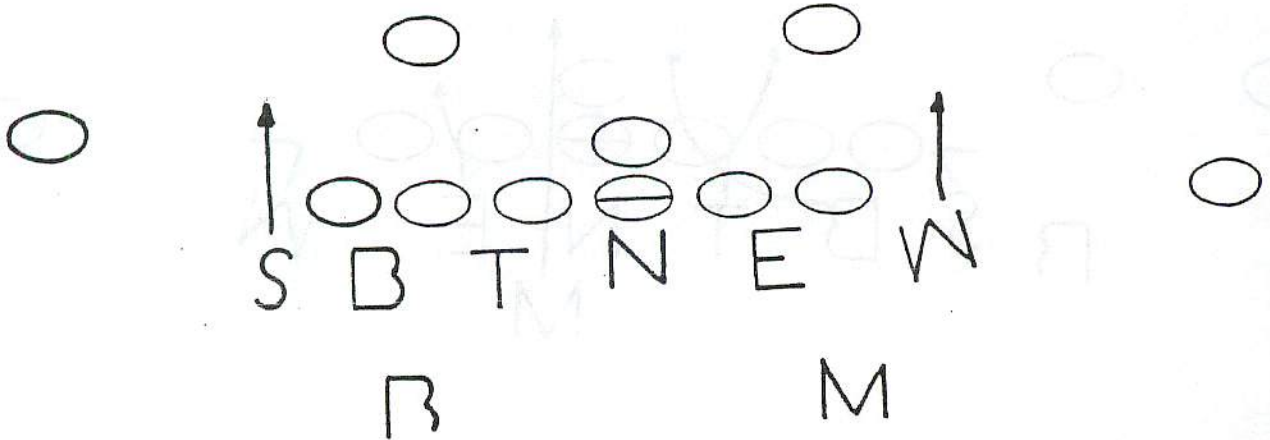


TUFF PITCH

ALIGN  
 S 9-Shade  
 T 3-Shade  
 B 7-Shade  
 N 0-Shade  
 M C-Split  
 E 3-Shade  
 W Wide-5

TECHNIQUE  
 Jet/Pitch-Contain  
 Normal  
 7-Tech  
 Normal  
 Normal/Ball  
 Normal  
 Jet/Pitch-Contain

CALLS  
 Liz  
 Whip/Rt

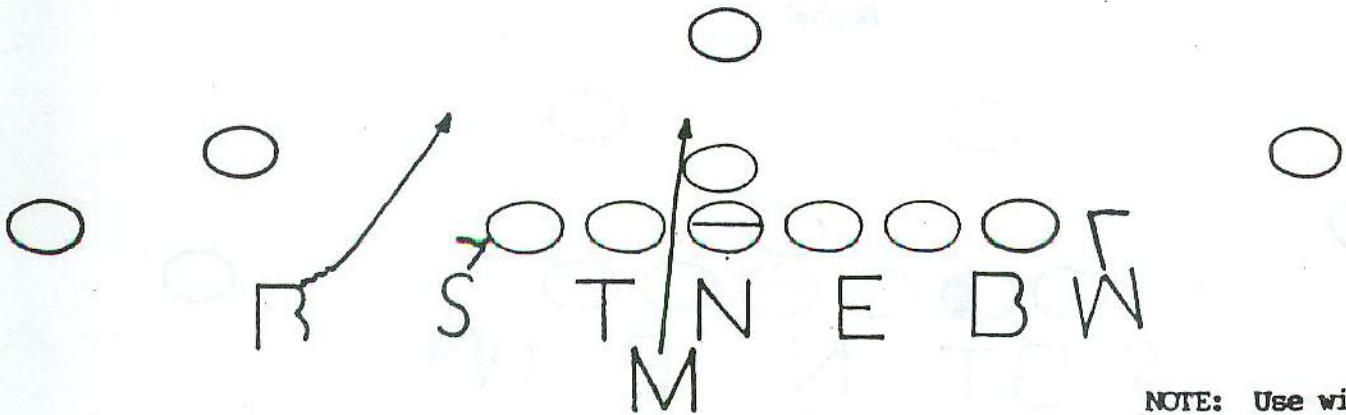


TUFF RAM C

ALIGN  
 /ide-5  
 B 3-Shade  
 N 7-Shade  
 M 0-Shade  
 E A-Split  
 W 3-Shade  
 Wide-9

TECHNIQUE  
 Normal/Spy  
 Normal  
 7-Tech  
 Normal  
 Plug Near A-Gap  
 Normal  
 Normal/Spy

CALLS  
 Liz  
 Whip/Rt  
 Lucky



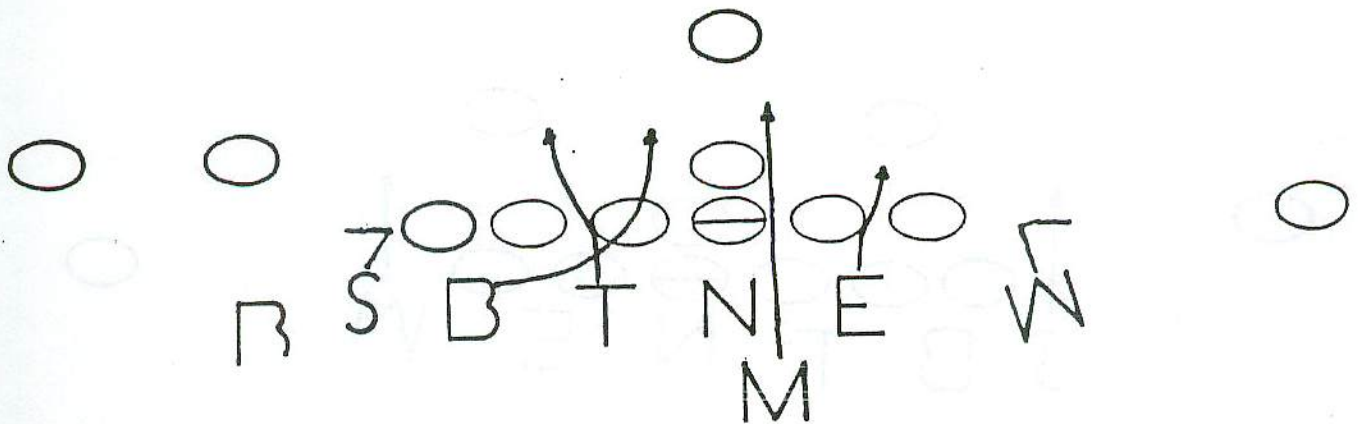
NOTE: Use with  
 - Tuff Dog C.W.M.  
 2 MS - Ram 6  
 3 MS - Bam 6Y

TUFF BAM C-6Y

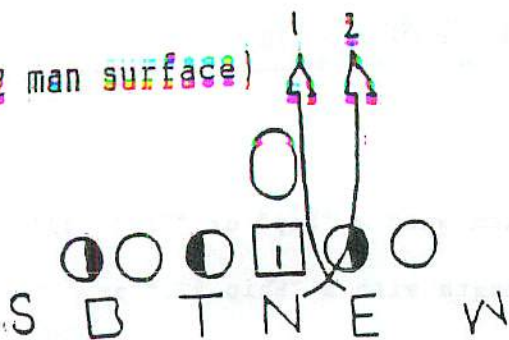
ALIGN  
 S Wide-9  
 T 3-Shade  
 B 7-Shade  
 N 0-Shade  
 M A-Split  
 E 3-Shade  
 W Wide-5

TECHNIQUE  
 Normal/Spy  
 Normal  
 Scrape Rush  
 Normal  
 Plug Near A-Gap  
 Normal  
 Normal/Spy

CALLS  
 Liz  
 Whip/Rt  
 Lucky

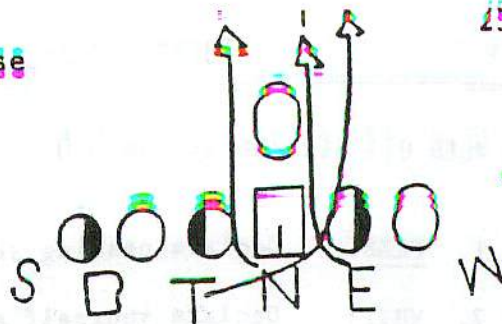


se (2 man surface)



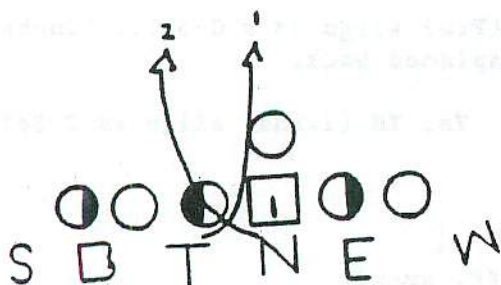
- 2 man twist
- Twist to 2 m.s.
- 3" penetrator
- 0" Looper 2 m.s. (tight)

Big Nose



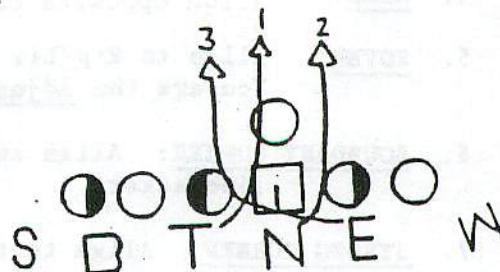
- 3 man twist
- Twist to 2 m.s.
- 3" 2 m.s. same as nose
- 0" penetrate to 3 m.s.
- 3" 3 m.s. loop to 2 m.s. B-Gap(tight)

ex



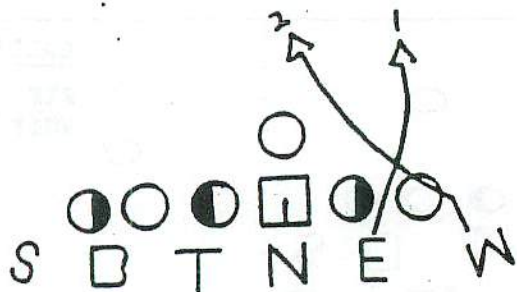
- 2 man twist
- Twist to 3 m.s.
- 3" 3 m.s. penetrator
- 0" Looper 3 m.s. (tight)

Big Tex

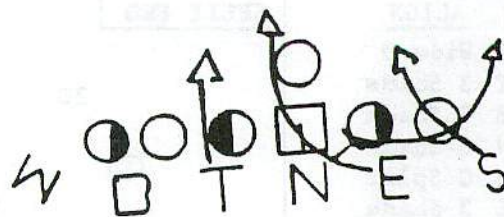


- 3 man twist
- Twist to 3 m.s.
- 3" 3 m.s. same as Tex
- 0" penetrate to 2 m.s.
- 3" 2 m.s. loop to 3 m.s. B-Gap(tight)

Nasty

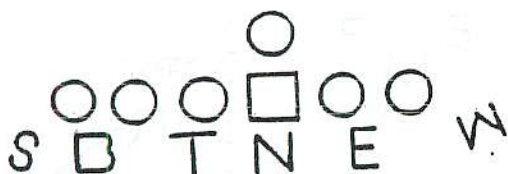


- 2 man twist
- Twist to 2 m.s.
- 3" Blow B-Gap working upfield shoulder QB
- 5" scrape tight off hip to A-Gap
- \*Can Combo Tim with a Tex (Tex - Tim)



- 2 man surface
- 20 or 11 personnel

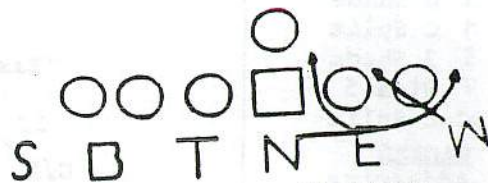
Twist



- Nose or TEX to passing strength

Steal

Smash - 20 Personnel; 2 MS Strong



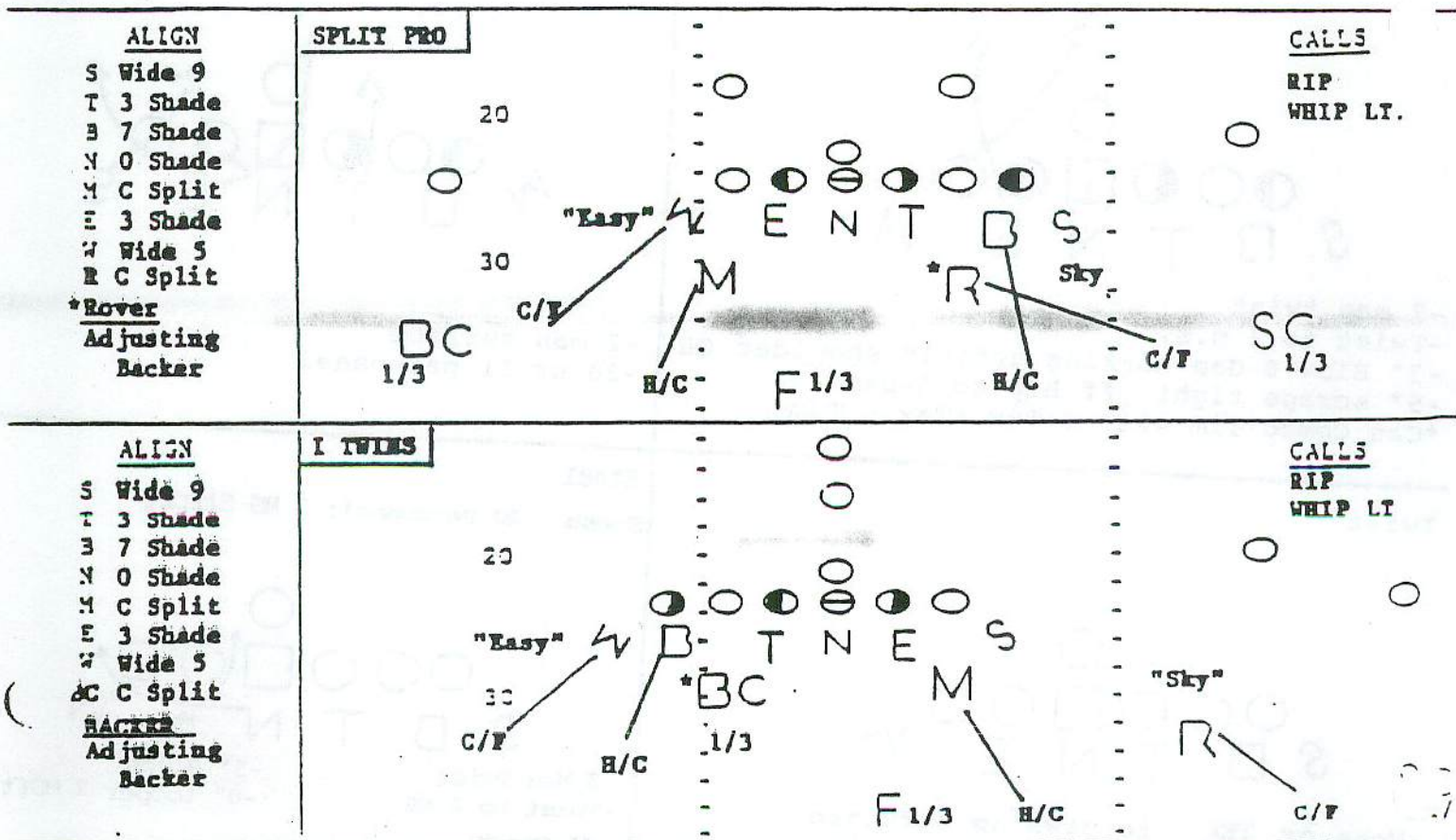
- 3 Man Twist
- Twist to 2 MS
- 3" Spark
- 5" Pinch
- 0" Looper 2 MS(tic)



# "TOFF" - PERIMETER AND FRONT ALIGNMENT RULES - COVER 0

When off arrives at the L.O.S.

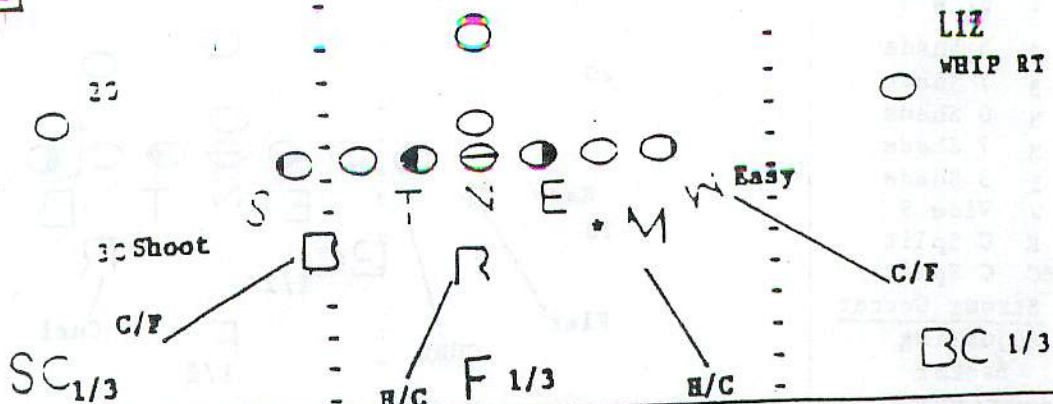
1. FREE: Declare passing strength of the formation with a "Rip" or "Liz" call.
  2. WHIP: Declare yourself away from passing strength with a "Whip RT." or "Whip LT." call.
  3. BACKER: Align to Tight End (7-Shade). No tight end aligned to passing strength Adjust to displaced back in Ace formation. (#3 strong/#2 Weak).
  4. MIKE: Align opposite backer.
  5. ROVER: Align to Rip/Liz call. Vs. Tight End (Pro) align as a C-Split linebacker You are the Adjusting Backer to the displaced back.
  6. BOUNDARY CORNER: Align away from Rip/Liz call. Vs. IE (Twins) align as C-Split linebacker.
  7. STRONG CORNER: Align to the Rip/Liz call.
- END: Travels with whip to play 3-shade on off. guard.
- STUD: Aligns opposite whip to play 9 or 5 shade.
- TACKLE/NOSE: Play 0 Shade. Away from whip play 3-shade.



ALIGN

S Wide 9  
T 3 Shade  
B Bubble 7/7  
Y 0 Shade  
M Bubble 7/7  
E 3 Shade  
W Wide 9  
R 0 Stack

DENVER



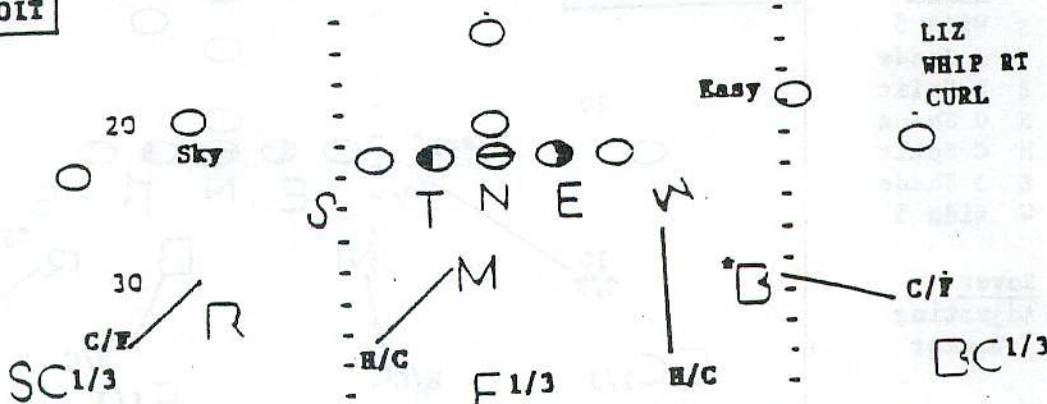
CALLS

LIZ  
WHIP RT

ALIGN

S Wide 9  
T 3 Shade  
B Walk #2  
Y 0 Shade  
M A Split  
E 3 Shade  
W Wide 9

DETROIT



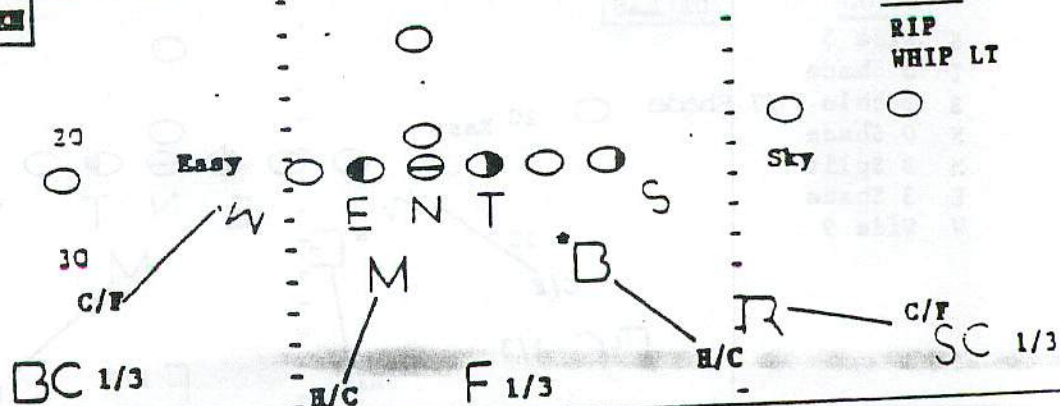
CALLS

LIZ  
WHIP RT  
CURL

ALIGN

S Wide 9  
T 3 Shade  
B Bubble 7/7  
Y 0 Shade  
M A Split  
E 3 Shade  
W Wide 5

TRKY OPEN



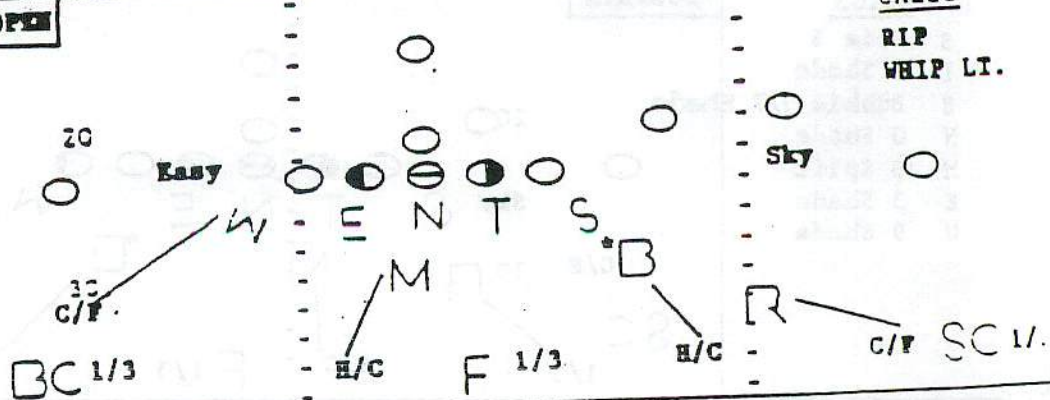
CALLS

RIP  
WHIP LT

ALIGN

S Wide 9  
T 3 Shade  
B Walk #3  
Y 0 Shade  
M A Split  
E 3 Shade  
W Wide 5

TRIPS OPEN



CALLS

RIP  
WHIP LT.

<p><b>ALIGN</b></p> <p>S Wide 9</p> <p>T 3 Shade</p> <p>B 7 Shade</p> <p>N 0 Shade</p> <p>M 7 Shade</p> <p>E 3 Shade</p> <p>W Wide 9</p> <p>R C Split</p> <p>BC C Split</p> <p><b>Strong Corner</b></p> <p><b>Adjusting Backer</b></p>	<p><b>POW. I TIGHT</b></p> <p>20</p> <p>30</p> <p>Easy</p> <p>Flat</p> <p>CURL</p> <p>BC 1/2</p> <p>F 1/2</p> <p>Curl</p> <p>"Cloud"</p>	<p><b>CALLS</b></p> <p>RIP</p> <p>WHIP LT.</p>
--	--	--

<p><b>ALIGN</b></p> <p>S Wide 5</p> <p>T 3 Shade</p> <p>B B Split</p> <p>N 0 Shade</p> <p>M C Split</p> <p>E 3 Shade</p> <p>W Wide 5</p> <p><b>Rover</b></p> <p><b>Adjusting Backer</b></p>	<p><b>POW. I SPREAD</b></p> <p>20</p> <p>30</p> <p>C/F</p> <p>"Easy"</p> <p>M</p> <p>H/C</p> <p>B</p> <p>R</p> <p>"Sky"</p> <p>H/C</p> <p>F 1/3</p> <p>C/F</p> <p>SC 1/3</p>	<p><b>CALLS</b></p> <p>RIP</p> <p>WHIP LT.</p> <p>SC 1/3</p>
---	--	--

<p><b>ALIGN</b></p> <p>S Wide 5</p> <p>T 3 Shade</p> <p>B Bubble 7/7 Shade</p> <p>N 0 Shade</p> <p>M B Split</p> <p>E 3 Shade</p> <p>W Wide 9</p>	<p><b>DALLAS</b></p> <p>20</p> <p>30</p> <p>Easy</p> <p>C/F</p> <p>BC 1/3</p> <p>H/C</p> <p>F 1/3</p> <p>H/C</p>	<p><b>CALLS</b></p> <p>RIP</p> <p>WHIP LT.</p> <p>Sky</p> <p>R</p> <p>C/F</p> <p>SC 1/3</p>
---	--	---

<p><b>ALIGN</b></p> <p>S Wide 5</p> <p>T 3 Shade</p> <p>B Bubble 7/7 Shade</p> <p>N 0 Shade</p> <p>M B Split</p> <p>E 3 Shade</p> <p>W 9 Shade</p>	<p><b>DOLPHIN</b></p> <p>20</p> <p>30</p> <p>Sky</p> <p>C/E</p> <p>SC 1/3</p> <p>H/C</p> <p>F 1/3</p> <p>H/C</p> <p>Easy</p> <p>C/F</p>	<p><b>CALLS</b></p> <p>LIZ</p> <p>WHIP RT.</p> <p>BC 1/3</p>
--	---	--

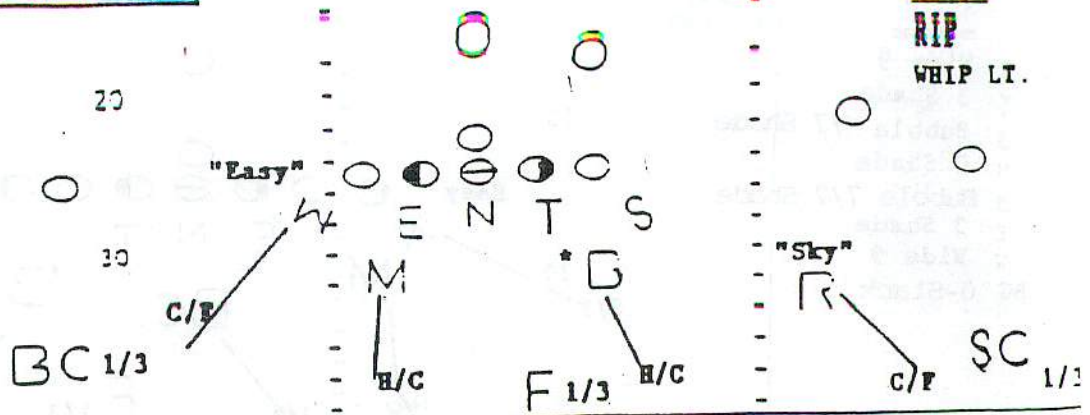
**COACHING POINT:**  
 Vs. Ace Backer is Adjuster to #3 to RIP/LIZ or #2 Away from RIP/LIZ.

**ALIGN**

- S Wide 5
- T 3 Shade
- B C Split
- N 0 Shade
- M B Split
- E 3 Shade
- W Wide 5

\*Backer  
Adjusting  
Backer

**STRONG TWINS OPEN**



**CALLS**

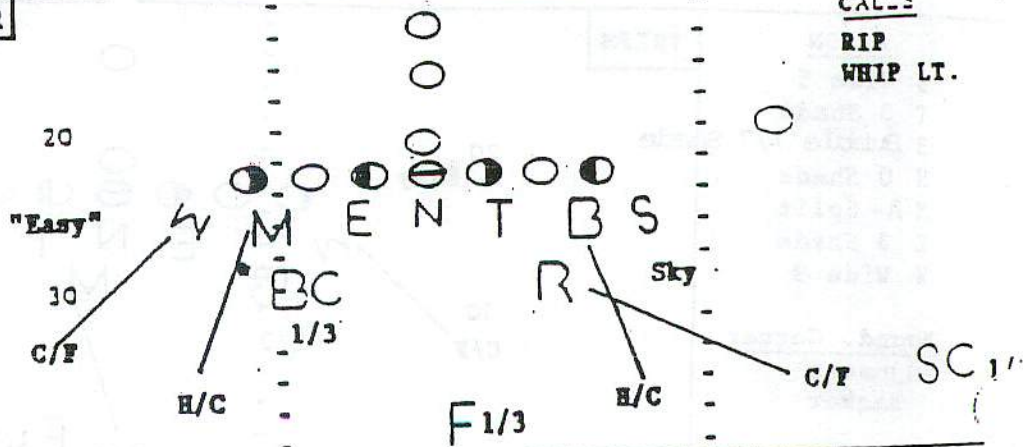
RIP  
WHIP LT.

**ALIGN**

- S Wide 9
- T 3 Shade
- B 7 Shade
- N 0 Shade
- M 7 Shade
- E 3 Shade
- W Wide 9
- R C Split
- BC C Split

\*Bound. Corner  
Adjusting  
Backer

**I FLANKER**



**CALLS**

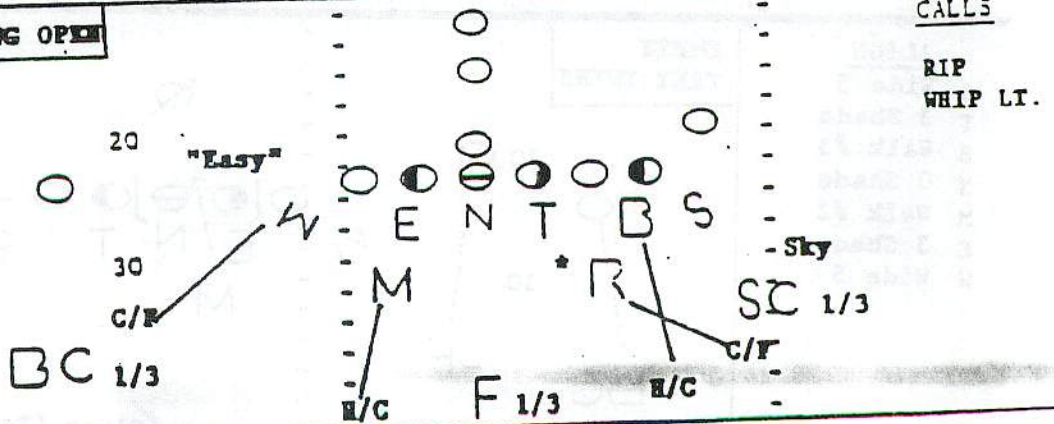
RIP  
WHIP LT.

**ALIGN**

- S Wide 9
- T 3 Shade
- B 7 Shade
- N 0 Shade
- M B Split
- E 3 Shade
- W Wide 5
- R C Split

\*Rover  
Adjusting  
Backer

**I WING OPEN**



**CALLS**

RIP  
WHIP LT.

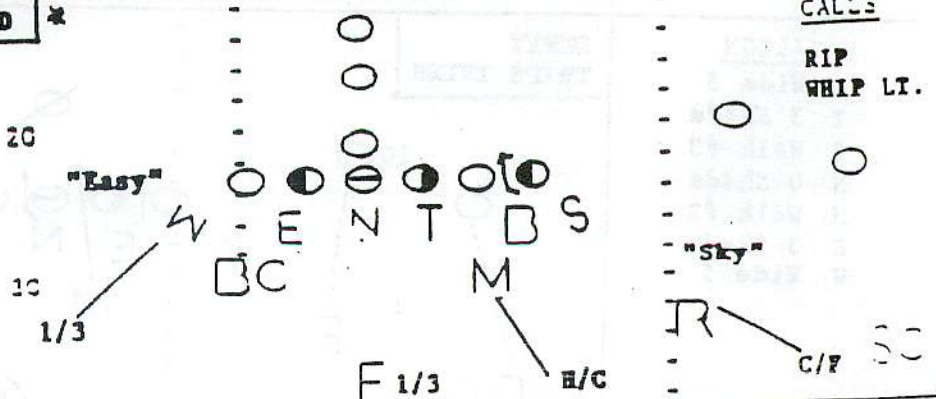
**ALIGN**

- S Wide 9
- T 3 Shade
- B 7 Shade
- N 0 Shade
- M C Split
- E 3 Shade
- W Wide 5
- BC C Split

Bound. Corner  
Adjusting  
Backer

**I UNBALANCED \***

✓ Huskey

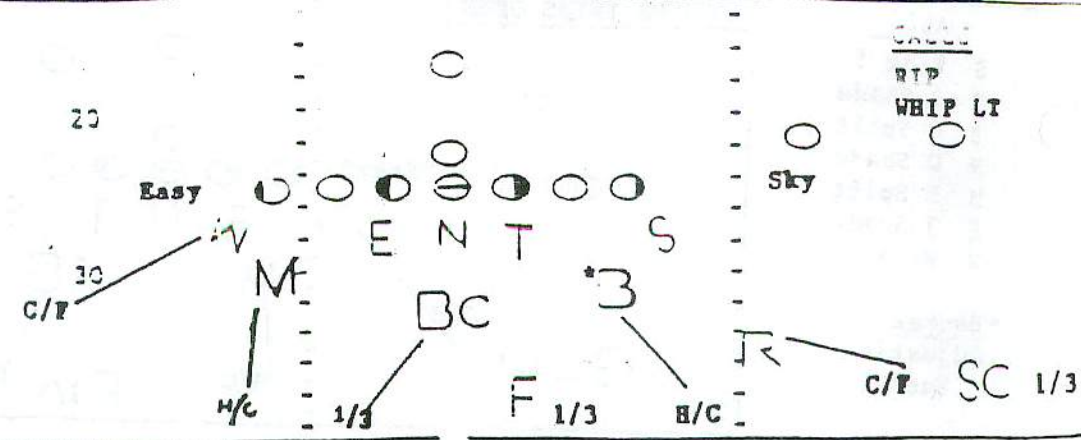


**CALLS**

RIP  
WHIP LT.

**ALIGN**  
 S Wide 9  
 T 3 Shade  
 3 Bubble 7/7 Shade  
 N 0 Shade  
 M Bubble 7/7 Shade  
 E 3 Shade  
 W Wide 9  
 BC 0-Stack

**TREY**

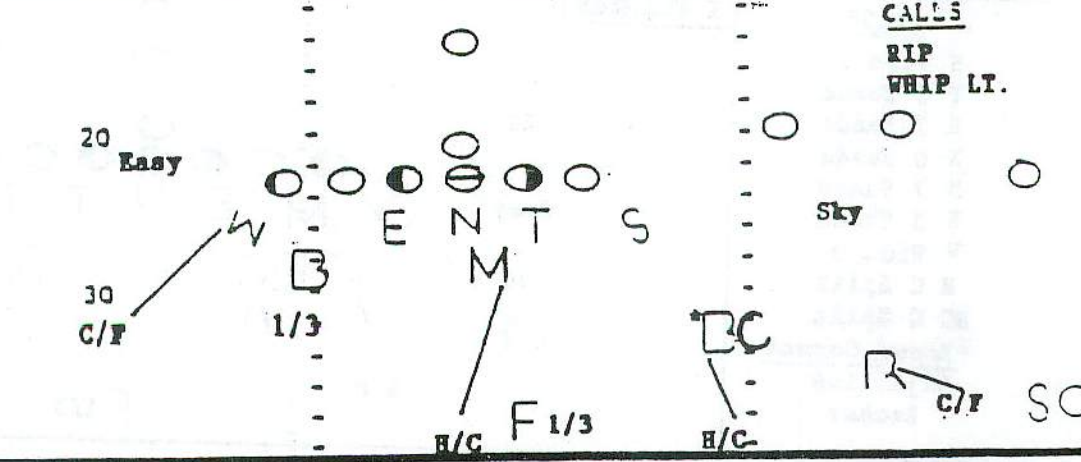


**CALLS**  
 RIP  
 WHIP LT

**ALIGN**  
 S Wide 5  
 T 3 Shade  
 3 Bubble 7/7 Shade  
 N 0 Shade  
 M A-Split  
 E 3 Shade  
 W Wide 9

Bound. Corner  
 Adjuster  
 Backer

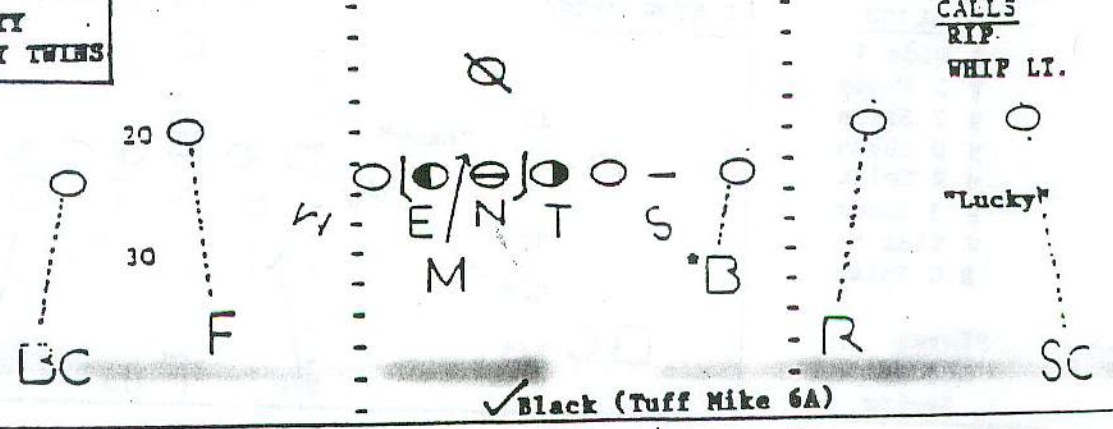
**TRIPS**



**CALLS**  
 RIP  
 WHIP LT.

**ALIGN**  
 S Wide 5  
 T 3 Shade  
 B Walk #3  
 N 0 Shade  
 M Walk #2  
 E 3 Shade  
 W Wide 5

**EMPTY TREY TWINS**

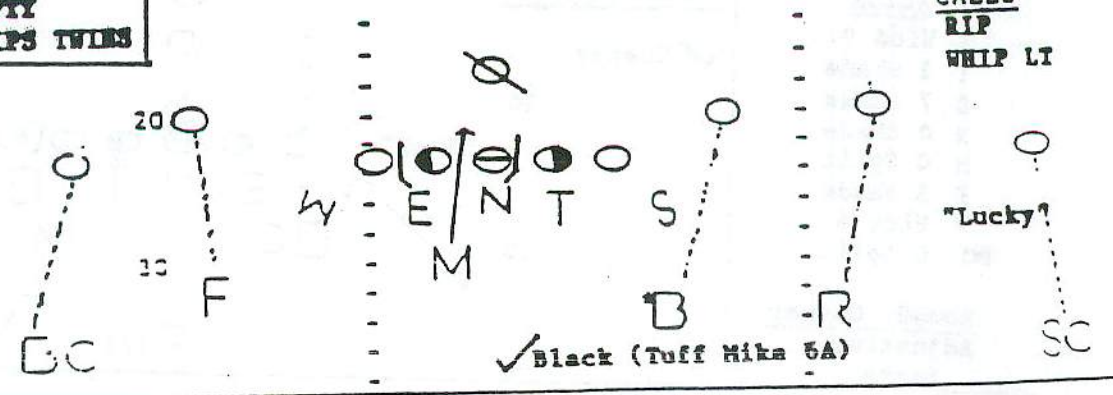


**CALLS**  
 RIP  
 WHIP LT.

✓ Black (Tuff Mike 6A)

**ALIGN**  
 S Wide 5  
 T 3 Shade  
 B Walk #3  
 N 0 Shade  
 M Walk #2  
 E 3 Shade  
 W Wide 5

**EMPTY TRIPS TWINS**



**CALLS**  
 RIP  
 WHIP LT

✓ Black (Tuff Mike 6A)

**GOALLINE DEFENSE**  
**TUFF BLOOD "YO-YO"**

ALIGN

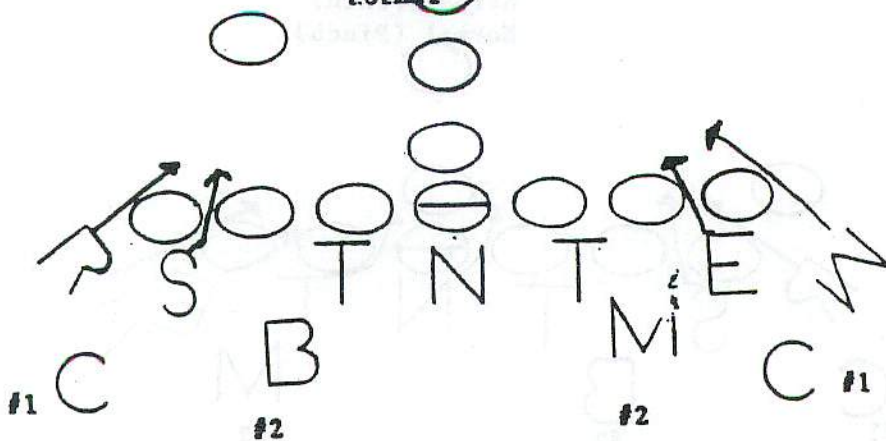
- T 3 Shade
- B B Split
- N O Shade
- M B Split
- TX 3 Shade
- E 7 Shade
- R Wide 9
- W Wide 9

TECHNIQUE

- Spark
- Normal
- Normal
- Normal
- Normal
- Normal
- Spark
- Normal
- Normal

CALLS

"LIZ"



**TUFF BLOOD "YO-YO"**

ALIGN

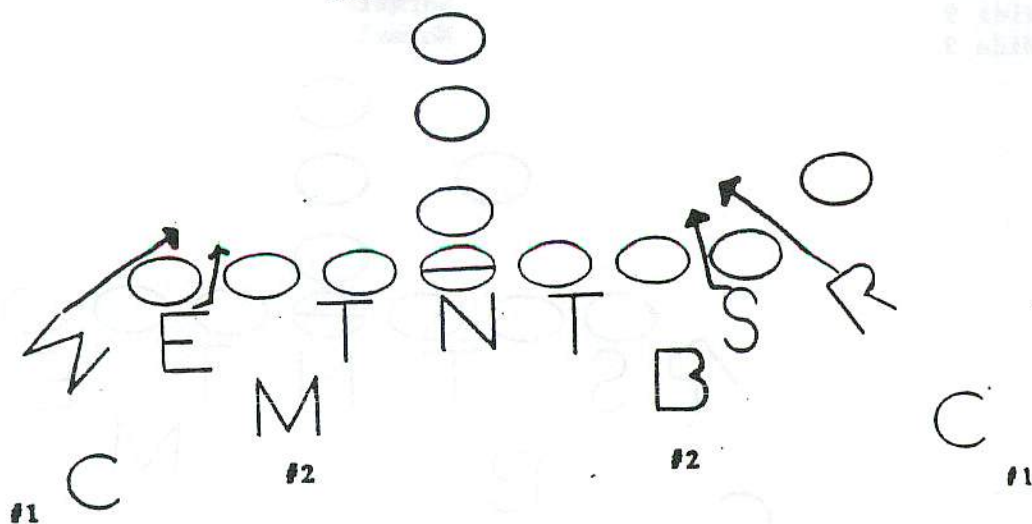
- S 7 Shade
- T 3 Shade
- B B Split
- N O Shade
- M B Split
- TX 3 Shade
- E 7 Shade
- R Wide 9
- W Wide 9

TECHNIQUE

- Spark
- Normal
- Normal
- Normal
- Normal
- Normal
- Spark
- Normal
- Normal

CALLS

"RIP"

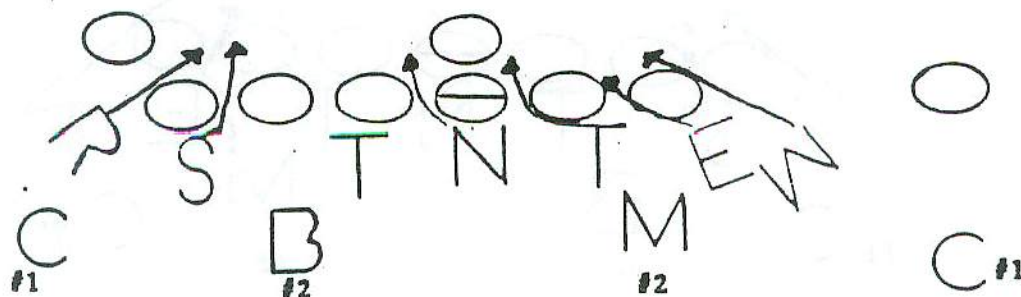


TUFF BLOOD "YO-YO"

ALIGN  
 S 7 Shade  
 T 3 Shade  
 B B Split  
 N O Shade  
 M B Split  
 TX 3 Shade  
 E Wide 5  
 R Wide 9  
 W Wide 9

TECHNIQUE  
 Spark  
 Normal (Tag)  
 Normal  
 Normal  
 Normal  
 Normal (Tag)  
 Pinch  
 Normal (Pinch)  
 Normal (Pinch)

CALLS  
 ✓ Ringo



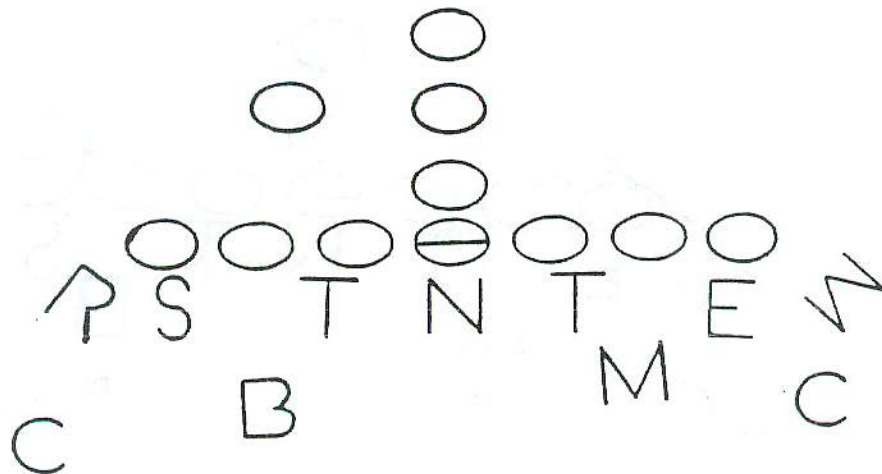
\*Can also run Tuff Blood Strong Yo-Yo

TUFF BLOOD SMOKE "YO-YO"

ALIGN  
 S 7-Shade  
 T 3 Shade  
 B B Split  
 N O Shade  
 M B Split  
 TX 3 Shade  
 E 7 Shade  
 R Wide 9  
 W Wide 9

TECHNIQUE  
 M/M (TE)  
 Normal  
 Normal  
 Normal  
 Normal  
 Normal  
 M/M (TE)  
 Normal  
 Normal

CALLS  
 LIZ



# FALL 1998

FIELD - G
* STRONG - G

## WIDE, EAGLE, HAWK, SHOW, SHADE

### ZONE

C-1  
C-3  
\*C-5  
C-7

### MAN/ZONE

C-9  
\*5-Man  
\*5-Bandit  
5-Combo  
5-Bracket  
5-Banjo  
7-Special

### ZONE/PRESSURE

Thunder	C-5
Plug	C-5
Cowboy Dog	C-1
Dog Outside	C-3 (X)
Rover Dog	C-7 (Mable)
Rocket	C-3
Eagle	C-7 (Mable)
MX	C-7 (Special)
Rover	C-7 (Special)
Backer	C-7 (Special)

### MAN/PRESSURE

Cross 6A  
\*Double Shoot C-6  
Double Bronze C-6  
Gold 6A

### FRONT PASS ADJUSTMENTS

Tom/Change	Tim	X/Change	Fan	Tops	Slide
Double Tom	Tim Change	Clear	Jet	Over	

### FRONT/COVERAGE ADJUSTMENTS

5-Combo Vs. Trips/Trey ✓ Mable

Vs. Trey ✓ Wide

Field-G Dog B.T.E.

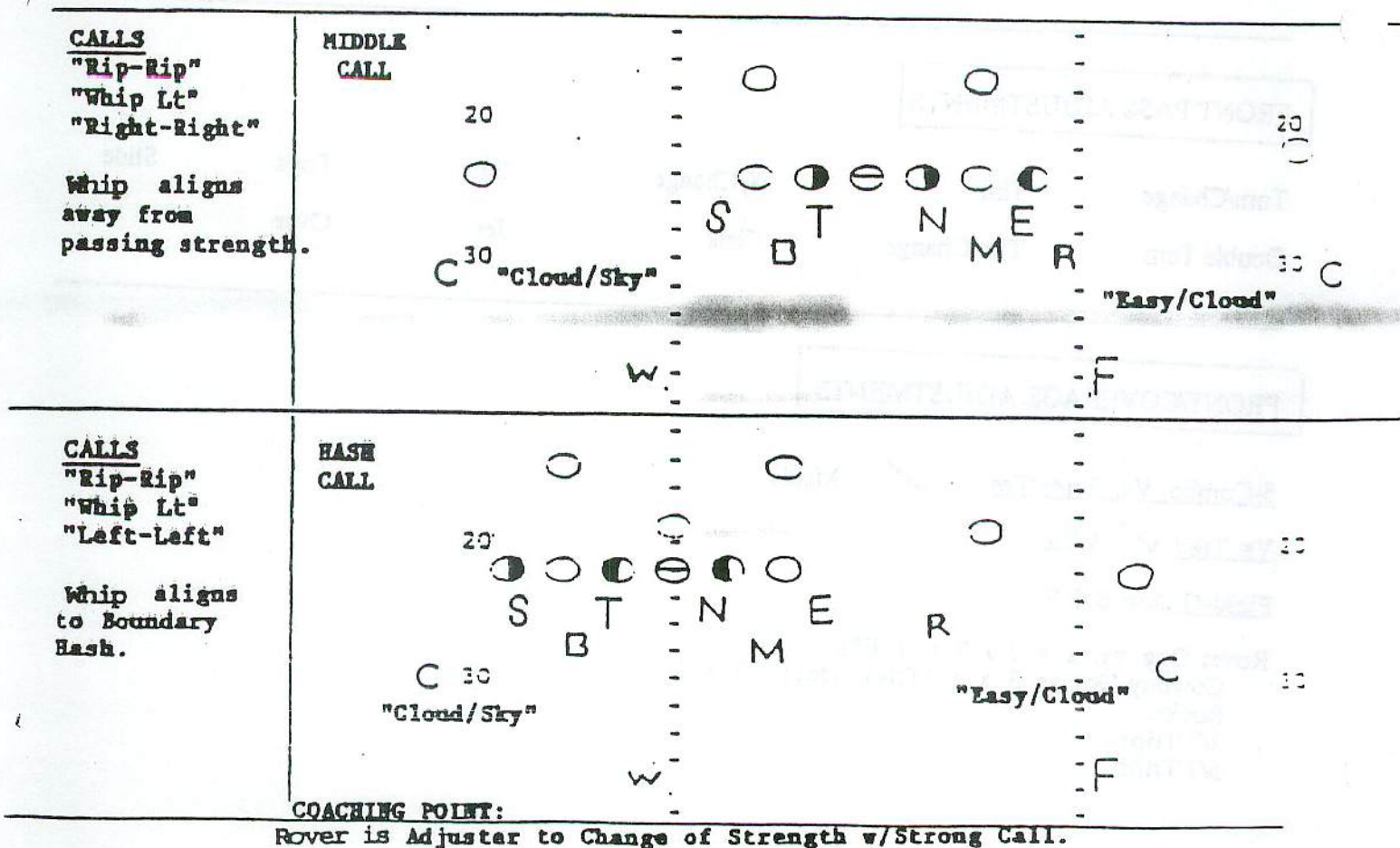
Rover Dog vs. 2 x 2 / 3 x 1 FSL  
Cowboy Dog vs. 3 x 1 (Trips, Trey) / 2 x 1  
Rocket  
3/7 Trips  
5/7 Trips



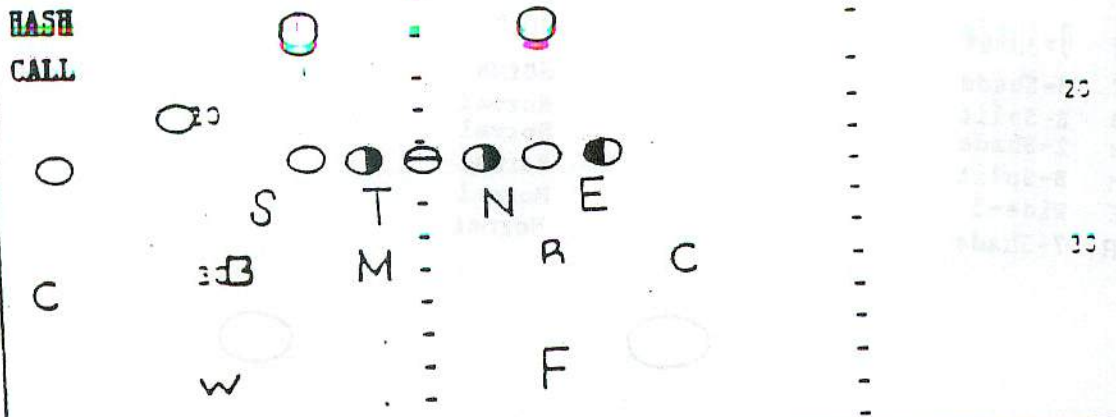
# FIELD/STRONG "G" - PERIMETER AND FRONT ALIGNMENT RULES

When offense arrives at the L.O.S.

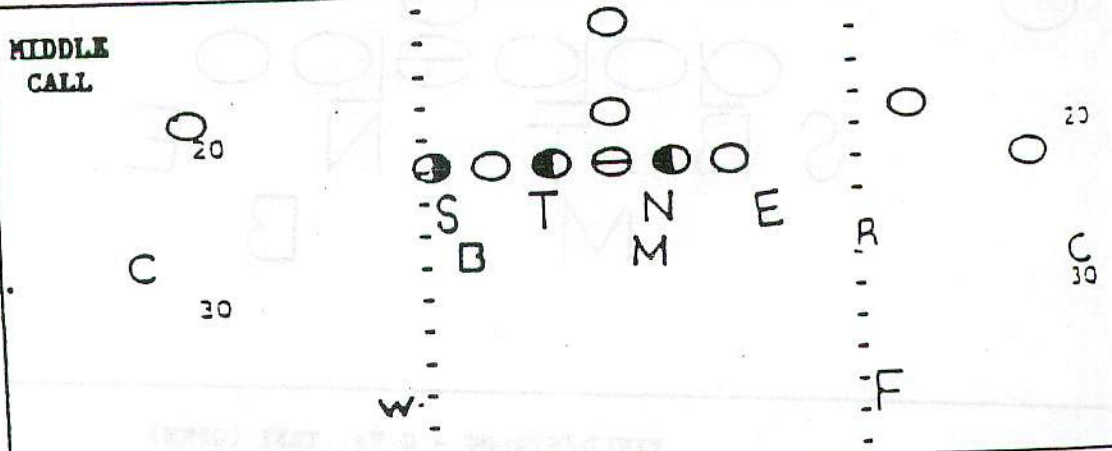
1. **WHIP:** Declare yourself with a "Whip Rt" or "Whip Lt" call.  
HASH - align boundary hash.  
MIDDLE - align away from passing strength.
2. **FREE:** Declare passing strength with a "Rip" or "Liz" call.  
HASH - Align Field Hash.  
MIDDLE - Align to passing strength.
3. **MIKE:** Same as "G" Defense.
4. **ROVER:** HASH - Align to field.  
MIDDLE - Align to passing strength.
5. **BACKER:** Same as "G" Defense; away from Rover.
6. **CORNERS:** Same as "G" Defense.
7. **TACKLE/NOSE:** Same as "G" Defense.
8. **STUD/END:** Same as "G" Defense.



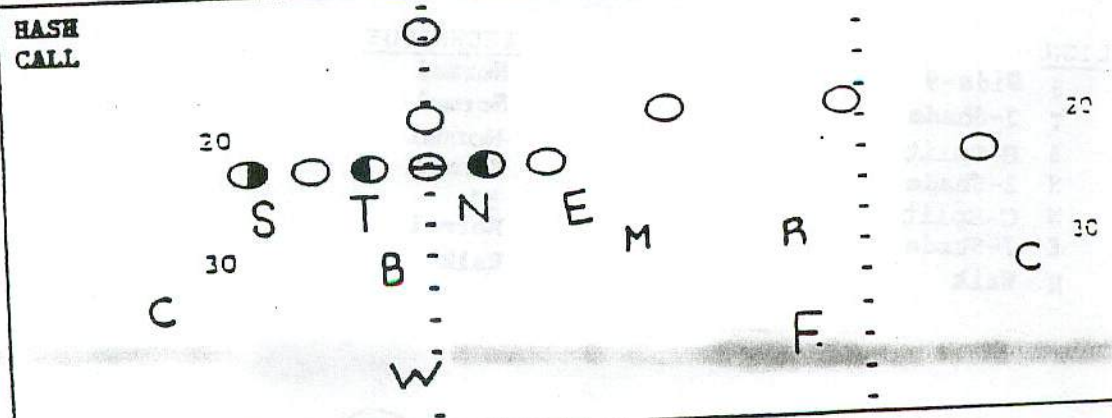
**CALLS**  
 "Liz-Liz"  
 "Whip Lt"  
 "Right-Right"  
 \*Backers Bump  
 Whip aligns  
 Boundary Hash.



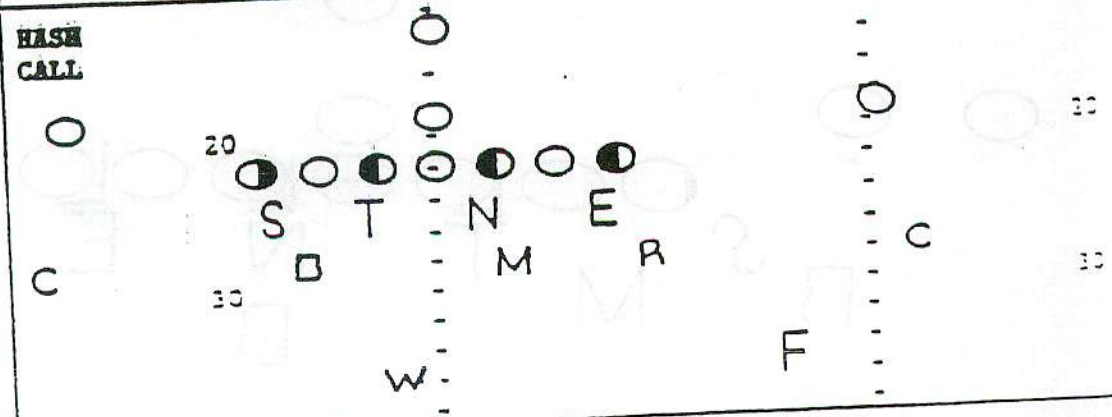
**CALLS**  
 "Rip-Rip"  
 "Whip Lt"  
 "Left-Left"  
 Whip aligns  
 away from  
 passing strength.



**CALLS**  
 "Rip-Rip"  
 "Whip Lt"  
 "Left-Left"  
 Whip aligns  
 Boundary Hash.



**CALLS**  
 "Rip-Rip"  
 "Whip Lt"  
 "Left-Left"  
 Whip aligns  
 Boundary Hash.

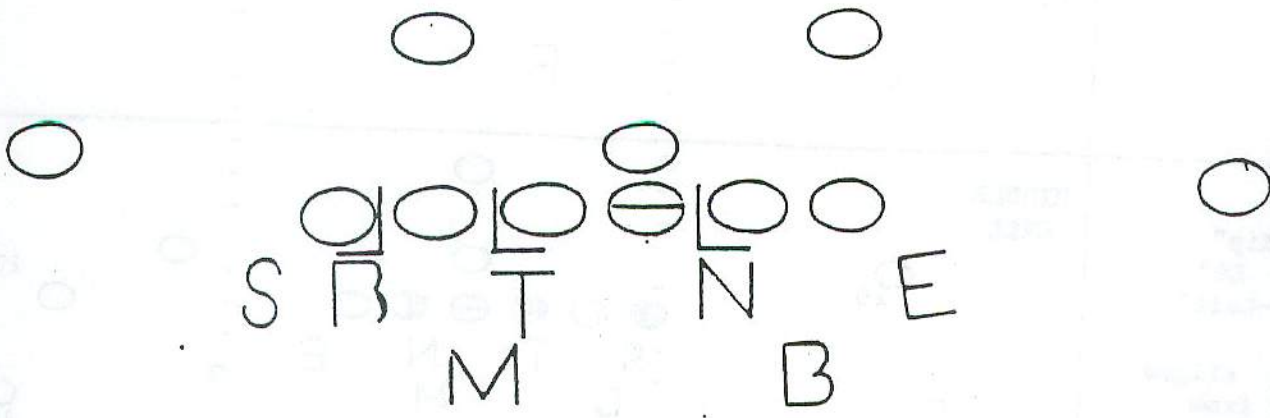


FIELD/STRONG - G 'WIDE'

ALIGN	
S	9-Shade
T	3-Shade
B	B-Split
N	2-Shade
M	B-Split
E	Wide-5
R	7-Shade

TECHNIQUE
Normal
Normal
Normal
Normal
Normal
Normal

CALLS  
 Left  
 Whip Rt  
 Rover makes  
 "Wide" call  
 to end.

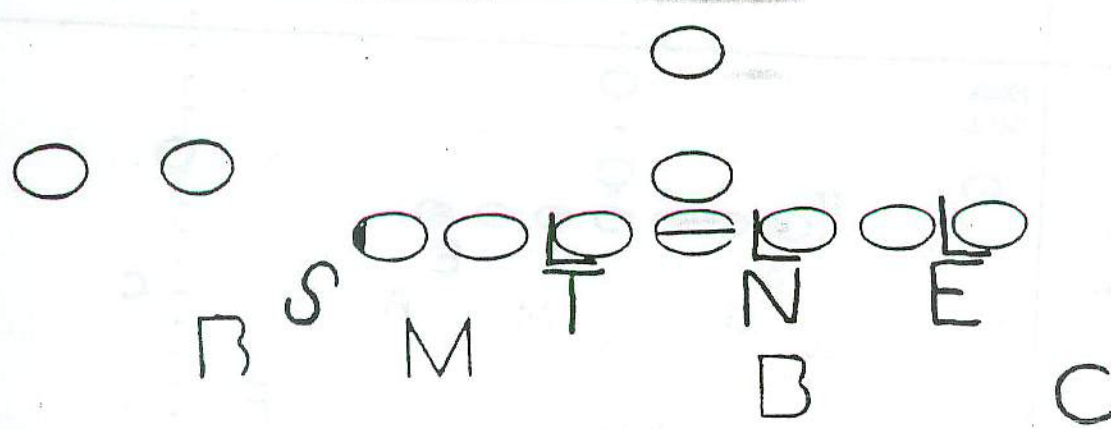


FIELD/STRONG - G Vs. TRKY (OPEN)

ALIGN	
S	Wide-9
T	3-Shade
B	B-Split
N	2-Shade
M	C-Split
E	7-Shade
R	Walk

TECHNIQUE
Normal
Normal
Normal
Normal
Sl
Normal
Walk

CALLS  
 Left  
 Whip Rt  
 ✓ Wide



FIELD/STRONG = "G"

ALIGN

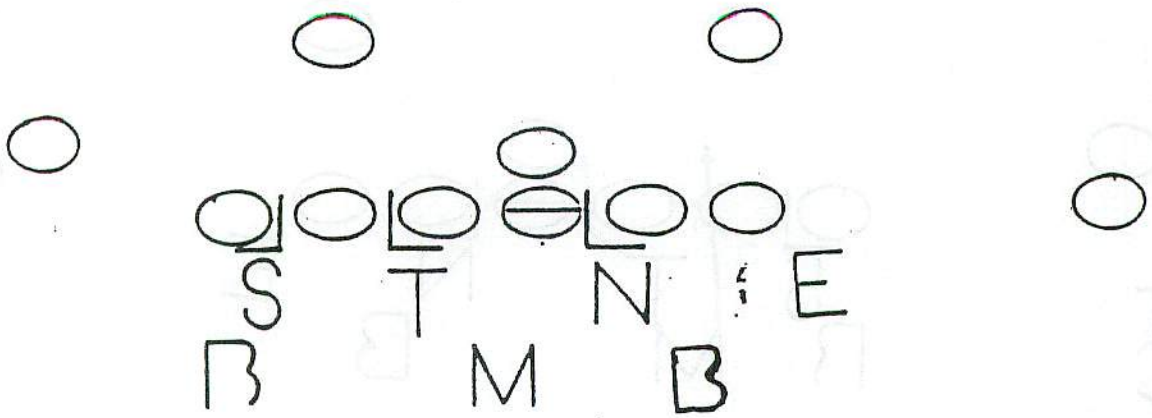
S 7-Shade  
 T 3-Shade  
 B B-Split  
 N 2-Shade  
 M B-Split  
 E Wide-5  
 R D-Stack

TECHNIQUE

Normal  
 Normal  
 Normal  
 Normal  
 Normal  
 Normal  
 Alley

CALLS

Left  
 Whip Rt



NOTE: I.L.B. to 3-Shade  
 A-B-C Split Depending on  
 formation and back set.

FIELD/STRONG "UP - G"

ALIGN

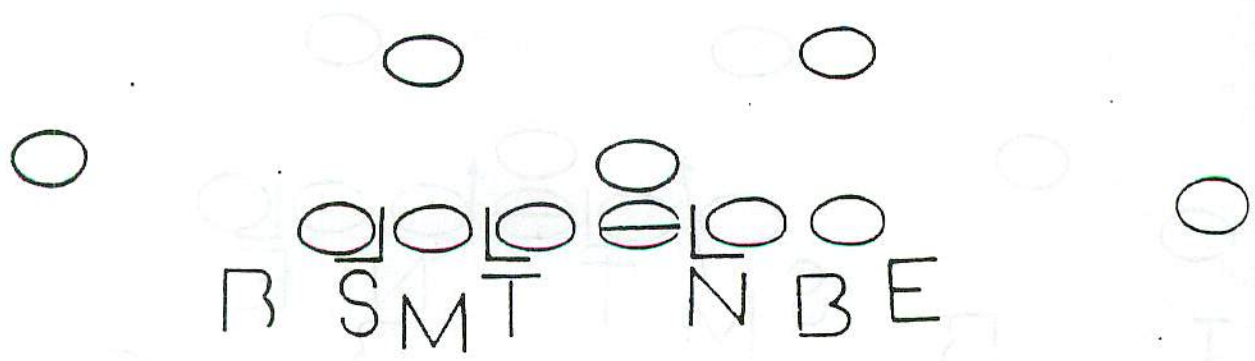
S 7-Shade  
 T 3-Shade  
 B B-Split  
 N 2-Shade  
 M B-Split  
 E Wide-5  
 R D-Cheat

TECHNIQUE

Normal  
 Normal  
 Normal  
 Normal  
 Normal  
 Normal  
 Normal

CALLS

Left  
 Whip Rt



FIELD-G PL C-5 / 7-Special

ALIGN

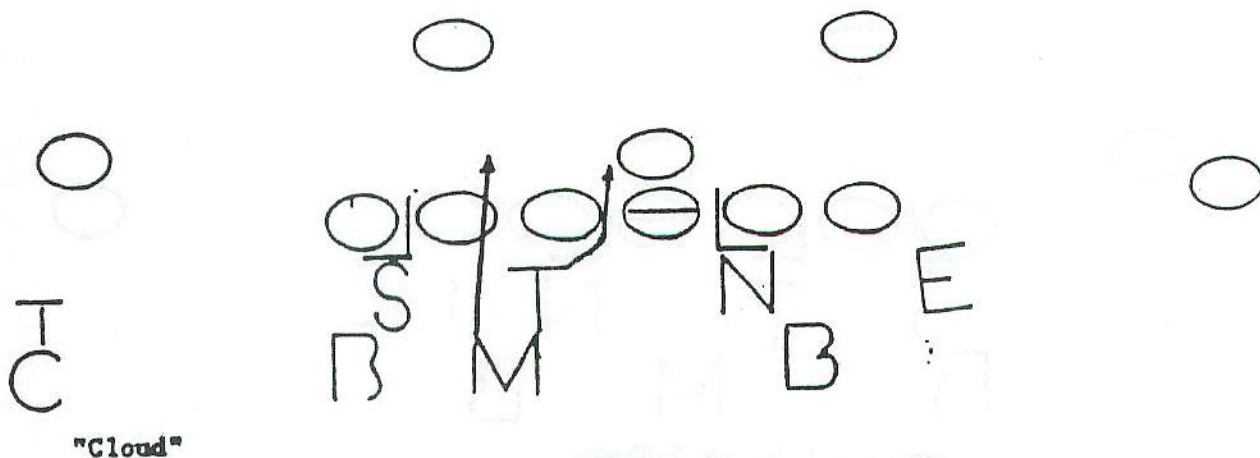
S	7-Shade
T	3-Shade
B	B-Split
N	2-Shade
M	B-Split
E	Wide-5
R	D-Stack

TECHNIQUE

Normal
Tag
Normal
Normal
Plug "B" Gap
Normal
Normal/7-Tech

CALLS

Left
Whip Rt
"Cloud" call to Rover from corner
"Lucky"



FIELD-G PLUG VS. WIDE SLOT C-5 / 7-Special

ALIGN

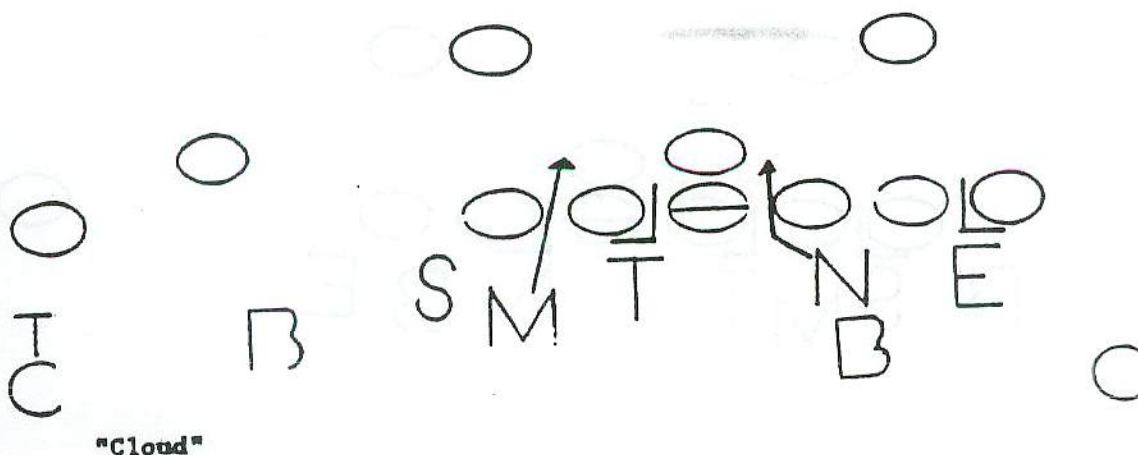
S	Wide-5
T	2-Shade
B	B-Split
N	3-Shade
M	B-Split
E	7-Shade
R	Walk

TECHNIQUE

Normal
Normal
Normal
Tag
Play "B" Gap
Inside
Alley

CALLS

Left
Whip Rt
"Cloud" call to Rover from corner
"Lucky"



FIELD-G THUNDER C-5

ALIGN

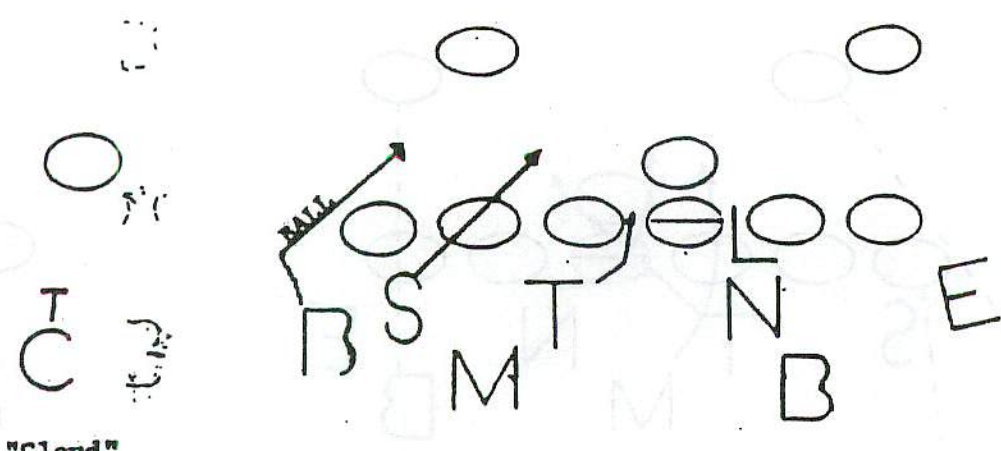
S 7-Shade  
 T 3-Shade  
 B B-Split  
 N 2-Shade  
 M B-Split  
 E Wide-5  
 R D-Cheat

TECHNIQUE

Pinch  
 Tag  
 Normal  
 Normal  
 Normal  
 Normal  
 D-Crash

CALLS

Left  
 Whip-Rt  
 "Lucky"  
 "Cloud" call to  
 Rover from cor



NOTE: Mike responsible for vertical stress.

FIELD-G THUNDER VS. WIDE SLOT C-5

ALIGN

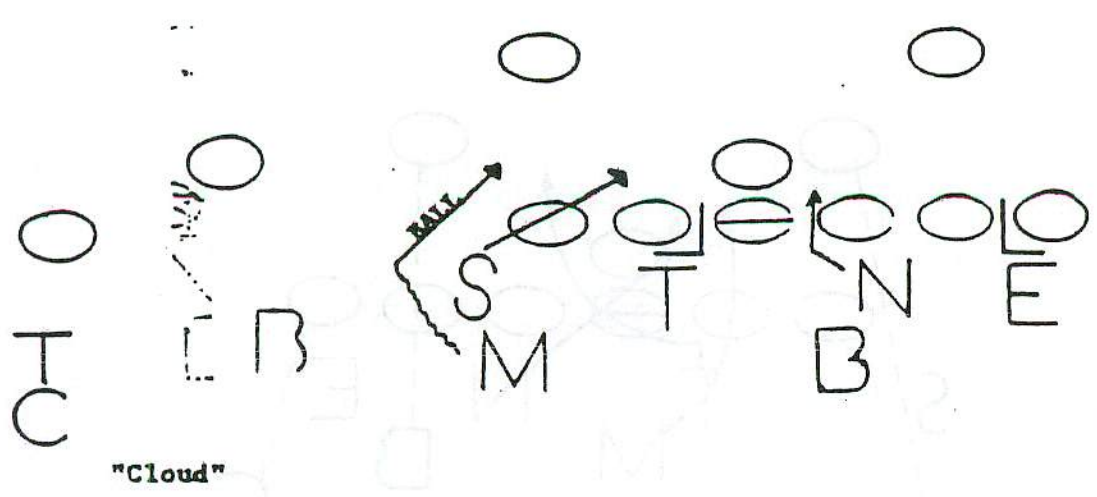
S 5-Shade  
 T 2-Shade  
 B A-Split  
 N 3-Shade  
 M D-Cheat  
 E 7-Shade  
 R Walk

TECHNIQUE

Pinch  
 Normal  
 Normal  
 Spark  
 D-Crash  
 Inside  
 Alley

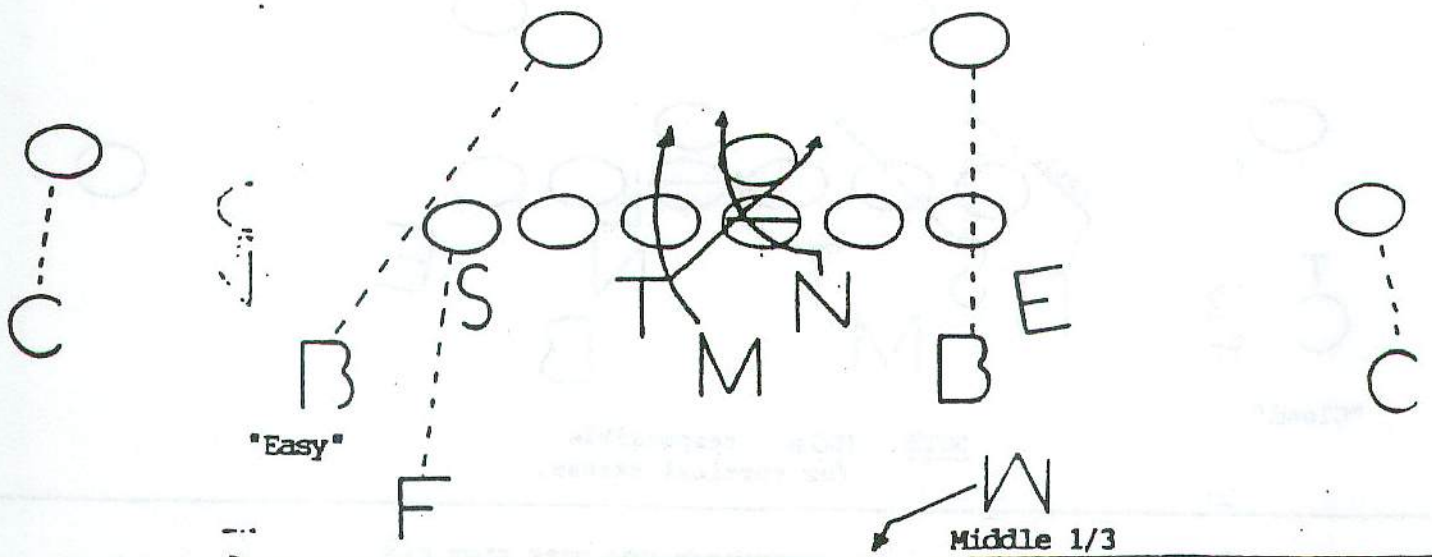
CALLS

Left  
 Whip Rt  
 "Lucky"  
 Rover makes  
 "Backer Go"  
 "Cloud" call to  
 Rover from corne



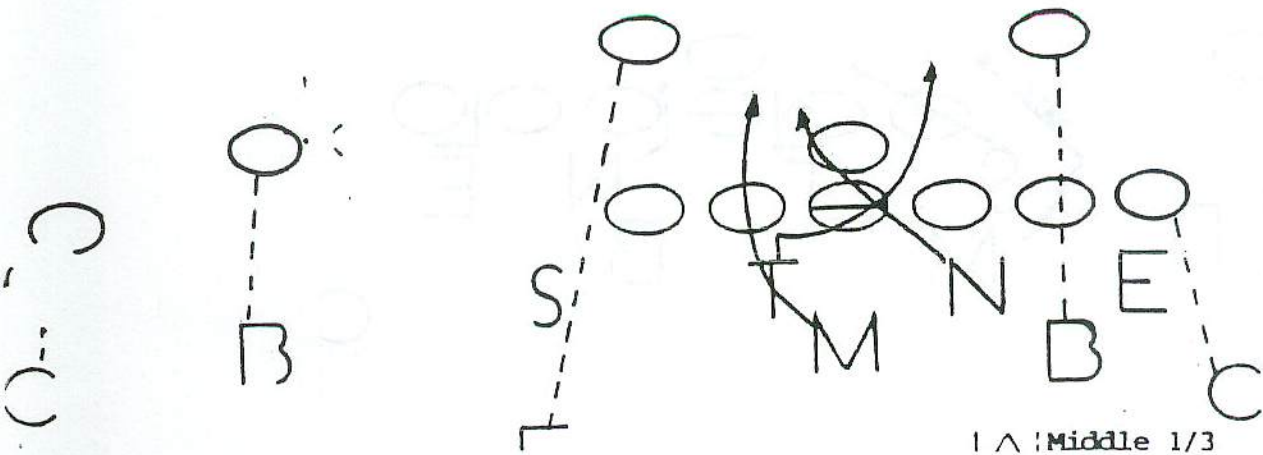
FIELD-G MX 7-SPECIAL

<u>ALIGN</u>		<u>TECHNIQUE</u>	<u>CALLS</u>
S	7-Shade	Normal	Liz
T	3-Shade	Penetrator	Whip Rt
B	B-Split	Normal	Left
N	2-Shade	Looper	
M	A-Split	Scrape B-Gap to Pass. Str.	
E	Wide-5	Normal	
R	D-Stack	Normal	



FIELD-G MX vs WIDE SLOT 7-SPECIAL

<u>ALIGN</u>		<u>TECHNIQUE</u>	<u>CALLS</u>
S	Wide-5	Normal	Liz
T	2-Shade	Looper	Whip Rt
B	C-Split	Normal	Right
N	3-Shade	Penetrator	
M	A-Split	Scrape B-Gap to Pass Str.	
E	7-Shade	Normal	
R	Wack	#2 Outside Man	



FIELD-G COWBOY/DOG C-1

ALIGN

- S 7-Shade
- T 3-Shade
- B B-Split
- N 2-Shade
- M B-Split
- E Wide-5
- R D-Stack
- C Press

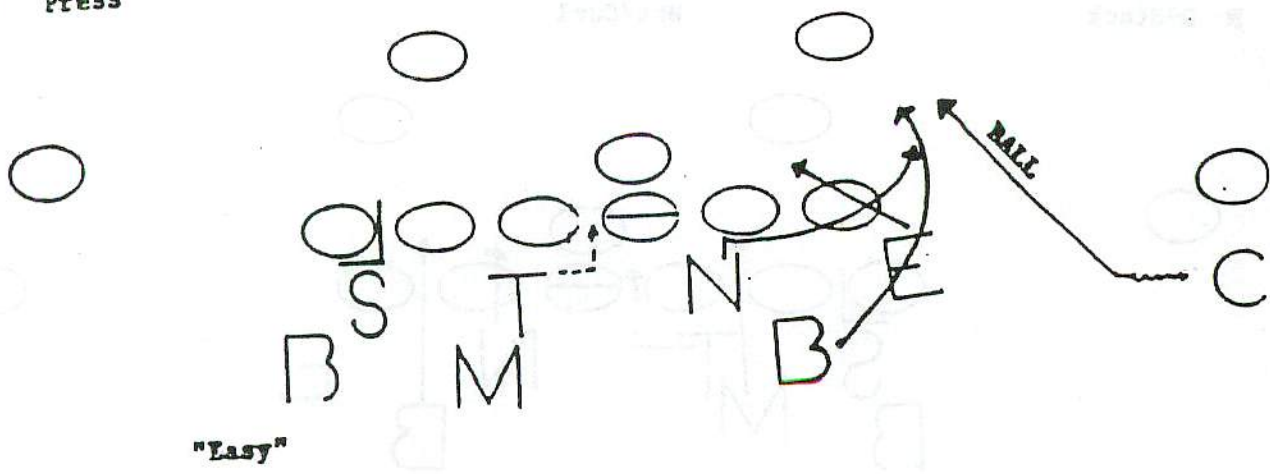
TECHNIQUE

- Normal
- Tag
- Scrape Rush
- Hands
- Hot/Hook
- Pinch
- Hot/Curl
- Crash

CALLS

- Left
- Whip Rt
- "Ringo"

"Easy"



FIELD-G COWBOY/DOG VS. WIDE SLOT C-1

ALIGN

- S Wide-5
- T 2-Shade
- B B-Split
- N 3-Shade
- M B-Split
- E 7-Shade
- R Walk
- C Press

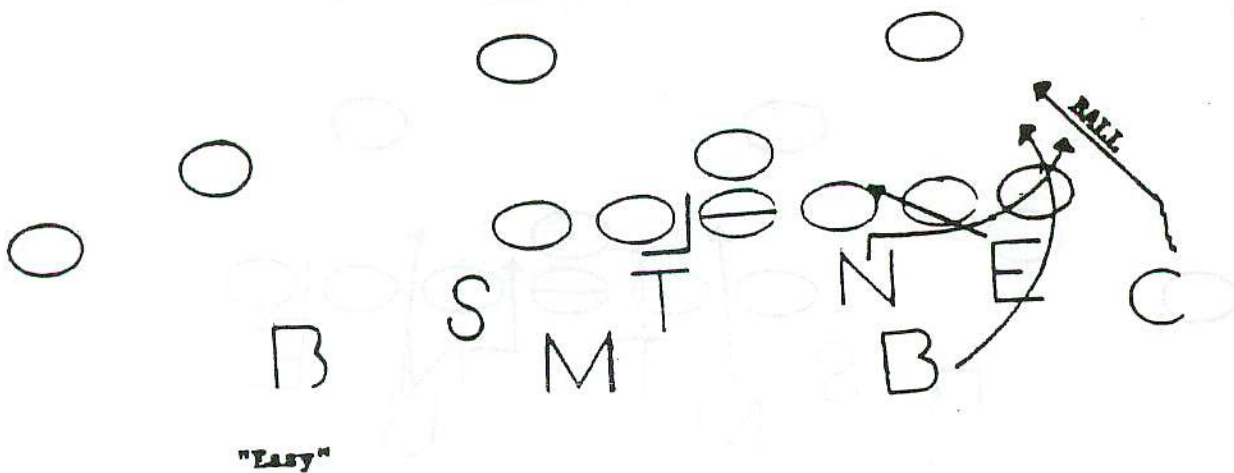
TECHNIQUE

- Normal
- Normal
- Scrape Rush
- Hands
- Hot/Hook
- Pinch
- Hot/Curl
- Crash

CALLS

- Left
- Whip Rt
- "Ringo"

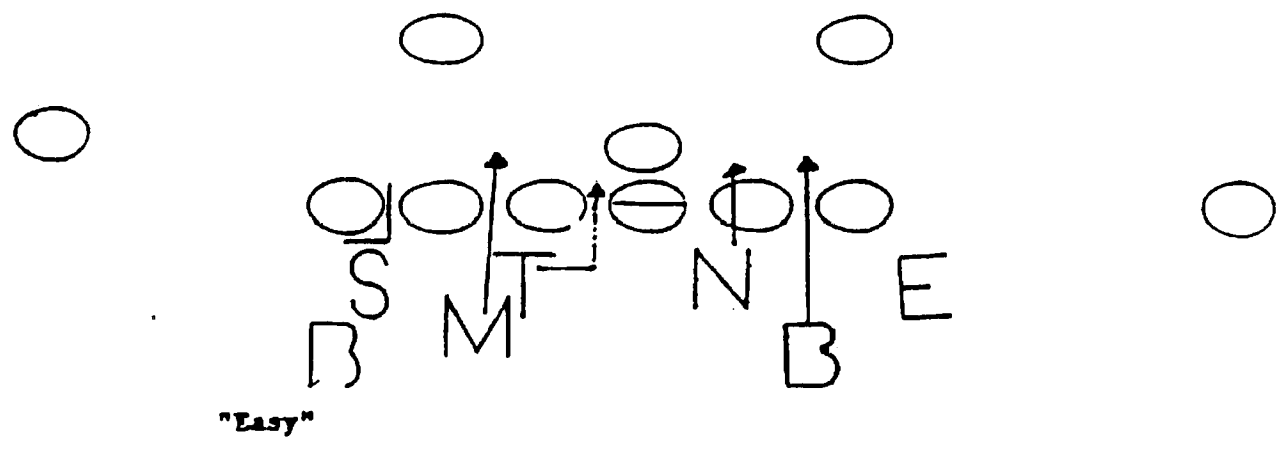
"Easy"





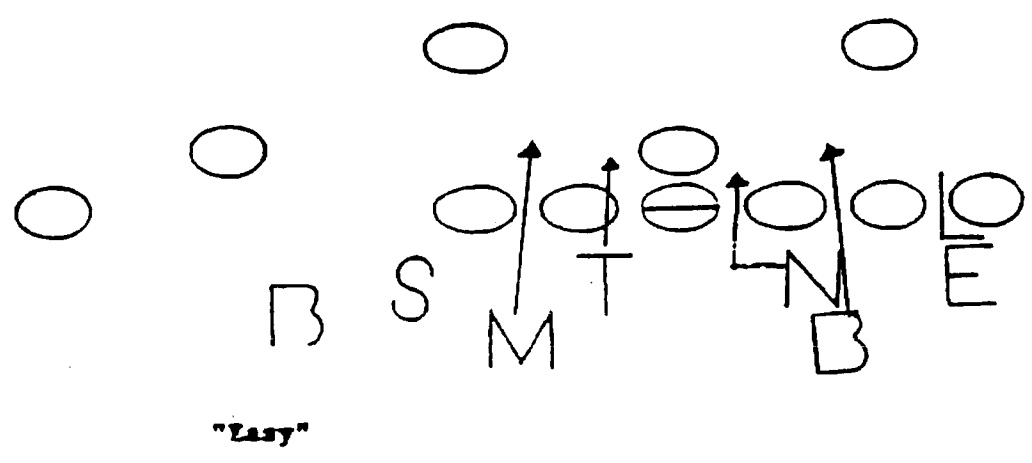
FIELD - C DOG OUTSIDE C-3

<u>ALIGN</u>		<u>TECHNIQUE</u>	<u>CALLS</u>
S	7-Shade	Normal	Left
T	3-Shade	Tag	Whip Rt
B	B-Split	Dog "B" Gap	
N	2-Shade	Normal	
M	B-Split	Dog "B" Gap	"Easy"
E	Wide-5	Normal	
R	D-Stack	Hot/Curl	



FIELD-G DOG OUTSIDE VS. WIDE SLOT C-3

<u>ALIGN</u>		<u>TECHNIQUE</u>	<u>CALLS</u>
S	Wide-5	Normal	Left
T	2-Shade	Normal	Whip Rt
B	B-Split	Dog "B" Gap	
N	3-Shade	Tag	
M	B-Split	Dog "B" Gap	
E	7-Shade	Normal	"Easy"
R	Walk	Hot/Curl	



FIELD-G Rover DOG C-7

TECHNIQUE

Pinch  
 Hands  
 Rot/Curl  
 Normal  
 Scrape Rush  
 Normal  
 Crash

CALLS

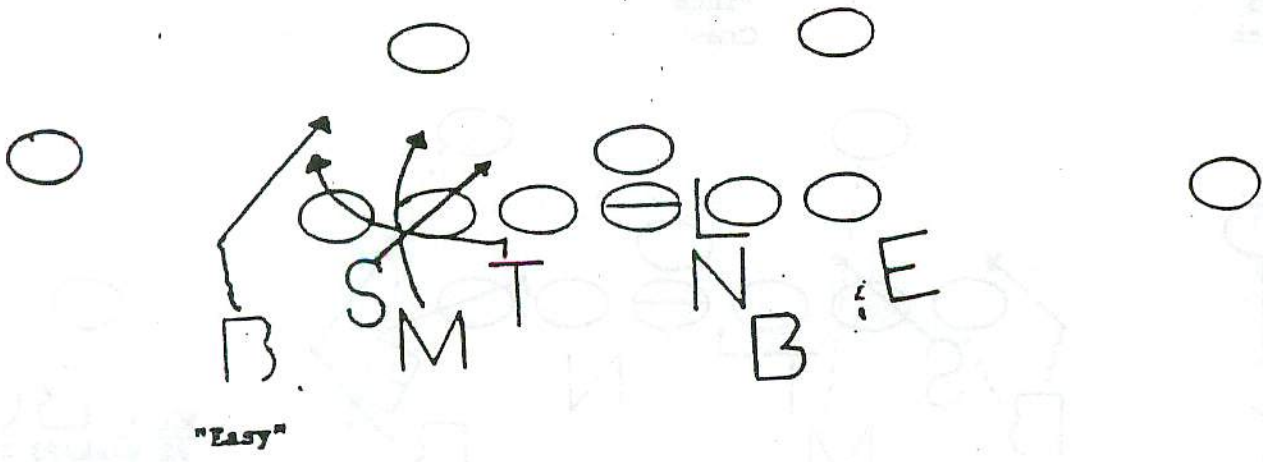
Left  
 Whip Rt  
 "Lucky"

"Easy"

Vs. Trey  
 Dog is off

ALIGN

S 7-Shade  
 T 3-Shade  
 B B-Split  
 N 2-Shade  
 M C-Split  
 E Wide 5  
 R D-Cheat



FIELD G Rover DOG VS. WIDE SLOT C-7

TECHNIQUE

Pinch  
 Hands  
 Rot/Curl  
 Normal  
 Scrape Rush  
 Normal  
 Crash

CALLS

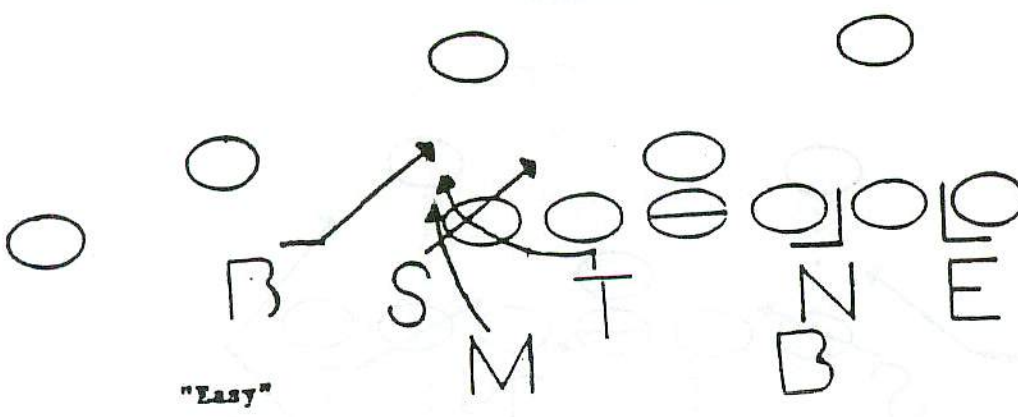
Left  
 Whip Rt  
 "Lucky"

"Easy"

Vs. Trips  
 Dog is off

ALIGN

S 5-Shade  
 T 2-Shade  
 B B-Split  
 N 3-Shade  
 M C-Split  
 E 7-Shade  
 R Walk

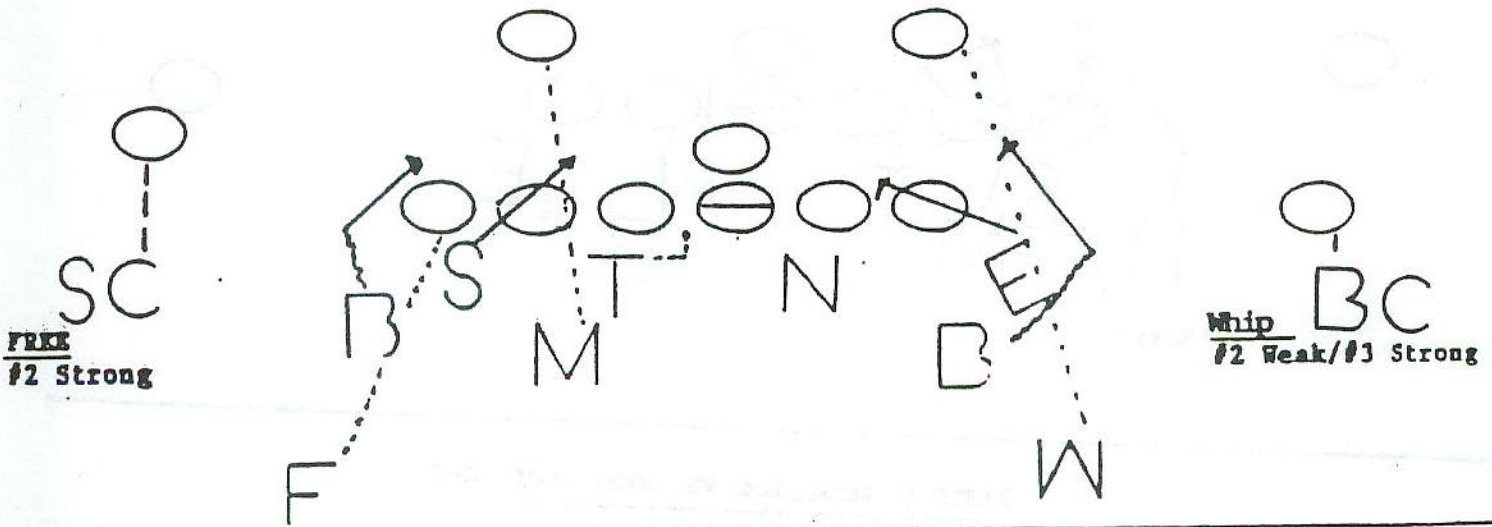


FIELD/STRONG - "C" DOUBLE SHOOT C-6

ALIGN  
 S 7 Shade  
 T 3 Shade  
 B D-Cheat Away from Call.  
 N 2 Shade  
 M B Split  
 E Wide 5  
 R D-Stack

TECHNIQUE  
 Pinch  
 Hands  
 Crash  
 Hands  
 Normal #3 M/M  
 Pinch  
 Crash

CALLS  
 Left  
 Whip Rt

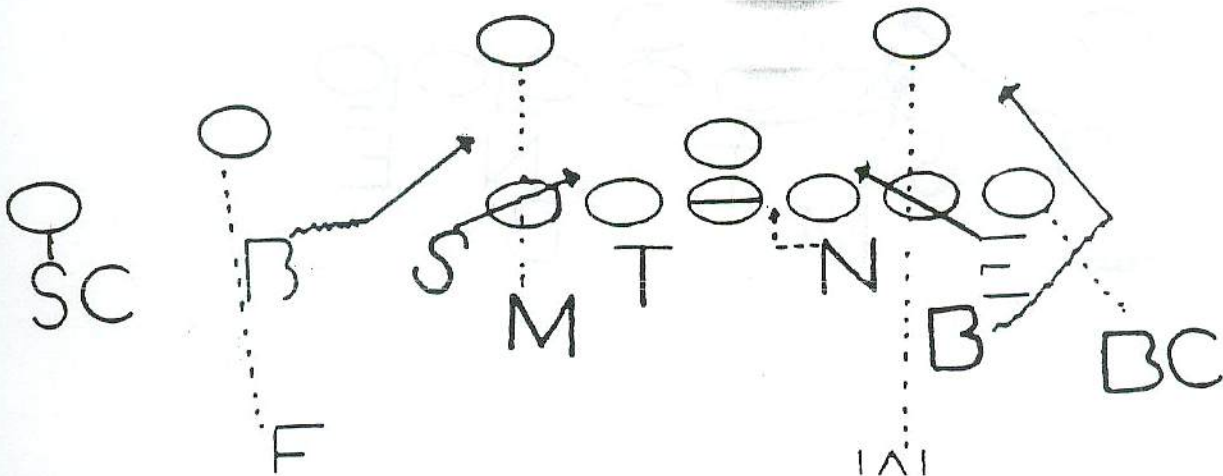


FIELD/STRONG - "C" DOUBLE SHOOT C-6

ALIGN  
 S Wide 5  
 T 2 Shade  
 B D-Cheat Away from call.  
 N 3 Shade  
 M B Split  
 E 7 Shade  
 R Walk

TECHNIQUE  
 Pinch  
 Hands  
 Crash  
 Hands  
 Normal #3 M/M  
 Pinch  
 Crash

CALLS  
 Right  
 Whip Rt



FIELD/STRONG "G" DOUBLE BRONZE 4-9

ALIGN

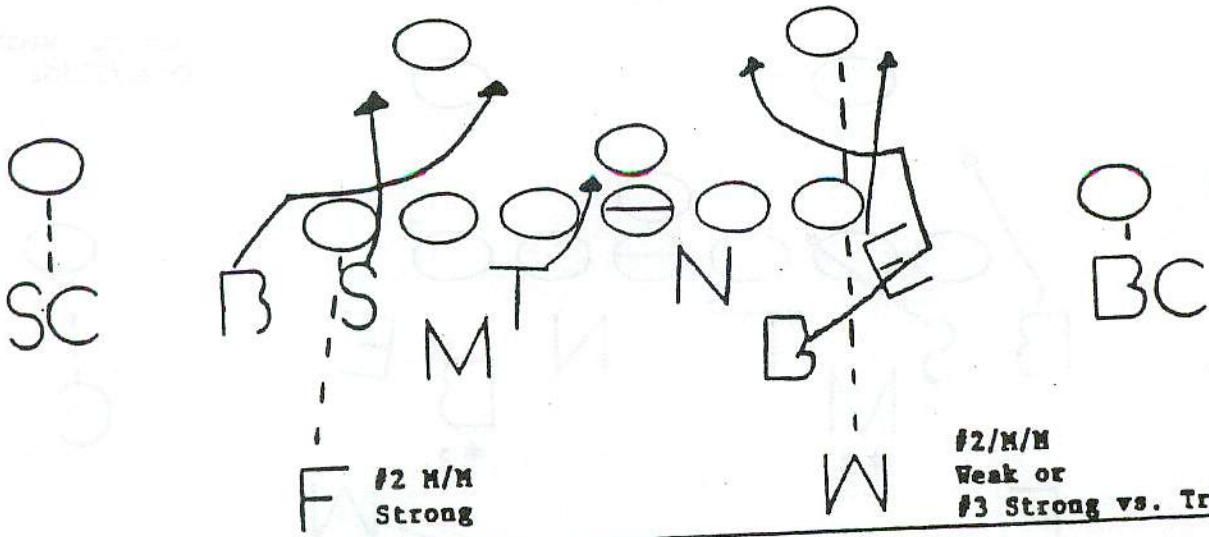
- 7 Shade
- Shade
- Cheat
- 2 Shade
- B Split
- Wide-5
- D Stack

TECHNIQUE

- Spy/Rush
- Tag
- Blitz
- Normal
- Normal/#3 M/M
- Spy/Rush
- Blitz

CALLS

- Whip Rt
- Left



FIELD/STRONG "G" DOUBLE BRONZE C-6

ALIGN

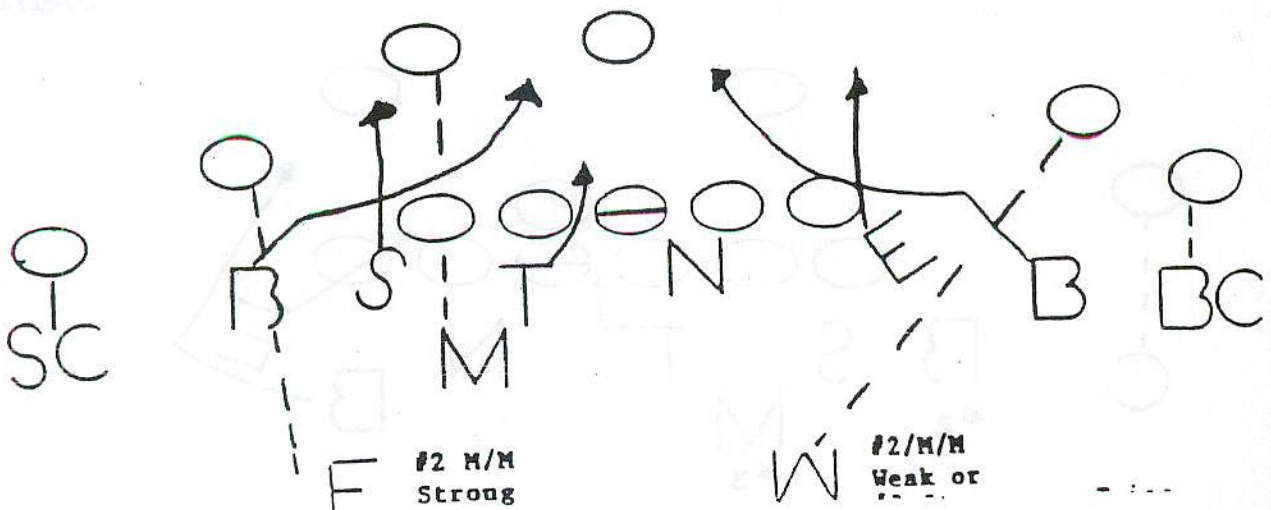
- S 7 Shade
- T 3 Shade
- B D Cheat
- N 2 Shade
- M B Split
- E Wide-5
- R D Stack

TECHNIQUE

- Spy/Rush
- Tag
- Blitz
- Normal
- Normal/#3 M/M
- Spy/Rush
- Blitz

CALLS

- Whip Rt
- Left



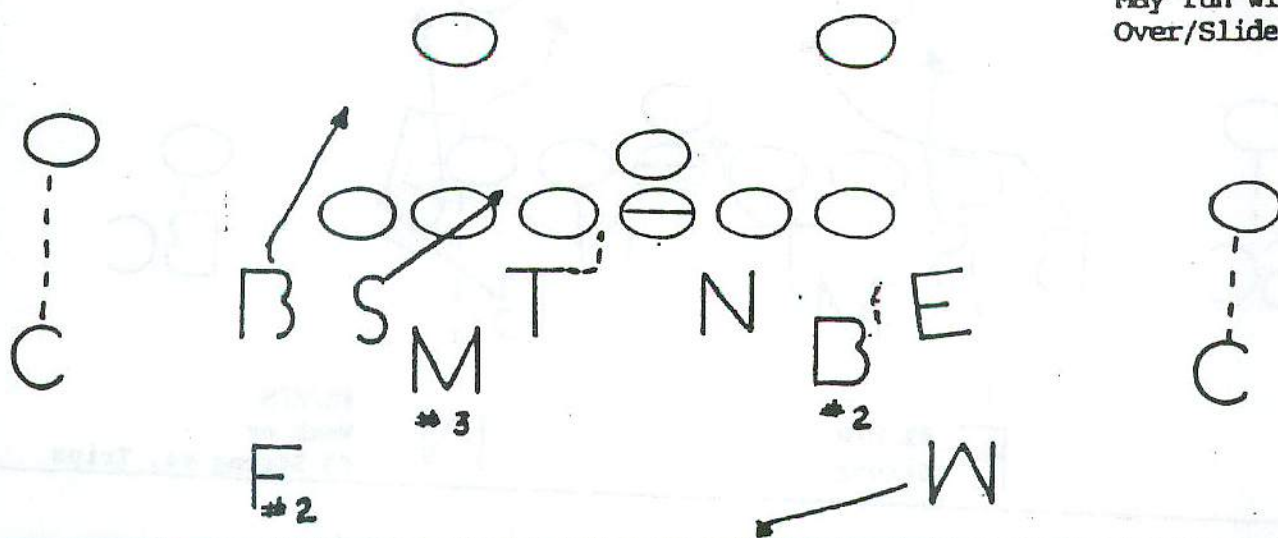
ST-G FLYER 7-SPECIAL

LIGN  
 7-Shade  
 3-Shade  
 B B-Split  
 N 2-Shade  
 M B-Split  
 E Wide-5  
 R D-Cheat

TECHNIQUE  
 Pinch  
 Spark  
 Normal  
 Normal  
 Normal  
 Normal  
 Crash

CALLS  
 Liz  
 Whip Rt  
 Left  
 "Lucky"

May run with  
 Over/Slide



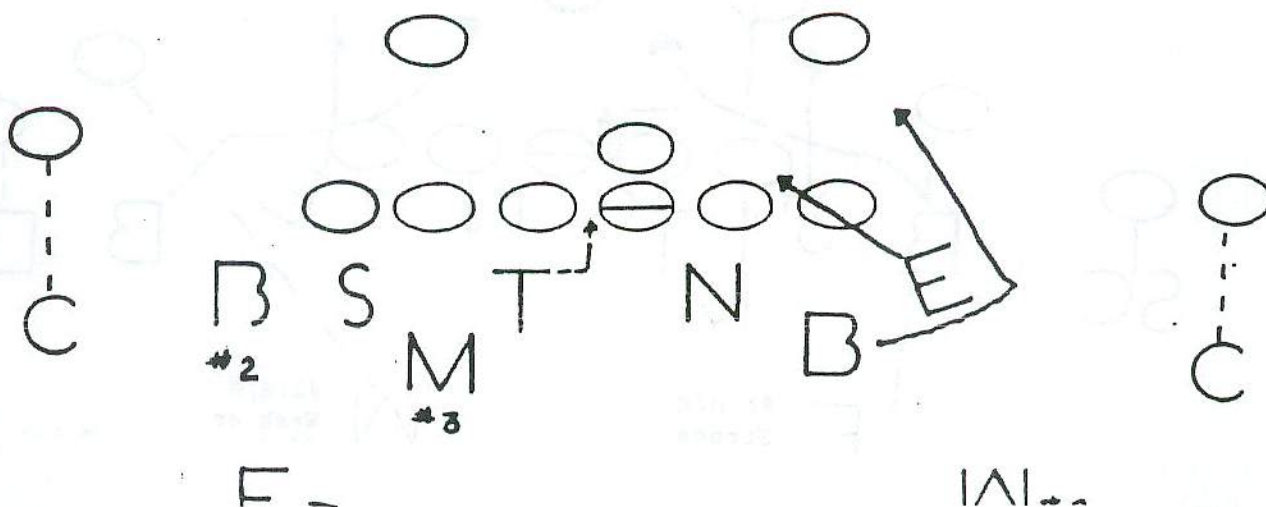
ST-G BACKER 7-SPECIAL

ALIGN  
 S 7-Shade  
 T 3-Shade  
 B D-Cheat  
 N 2-Shade  
 M B-Split  
 E Wide-5  
 R D-Stack

TECHNIQUE  
 Normal  
 Tag  
 Crash  
 Normal  
 Normal  
 Pinch

CALLS  
 Liz  
 Whip Rt  
 Left  
 "Ringo"

May run with  
 Over/Slide



CALLS

Liz  
Whip Rt  
Left

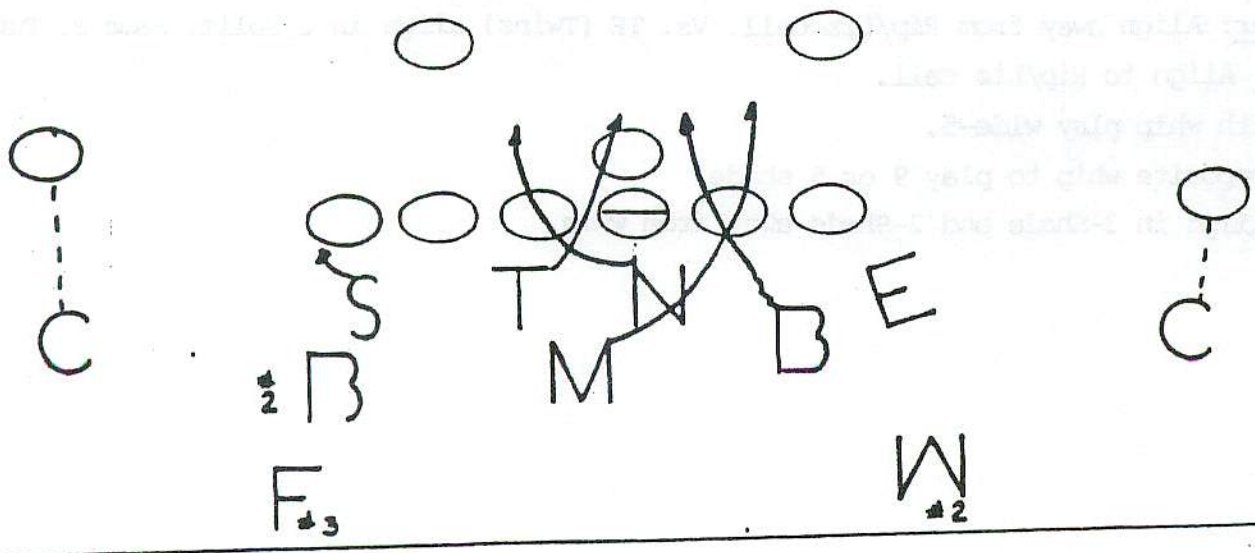
"Ringo"

TECHNIQUE

Spark Away/QB  
Tag  
A-Gap Plug  
Looper  
Scrape Far B-Gap  
Normal/QB

ALIGN

7-~~Shade~~  
3-~~Shade~~  
Split  
Shade  
A-Split  
Wide-5  
D-Stack



ST-G GOLD 6A

CALLS

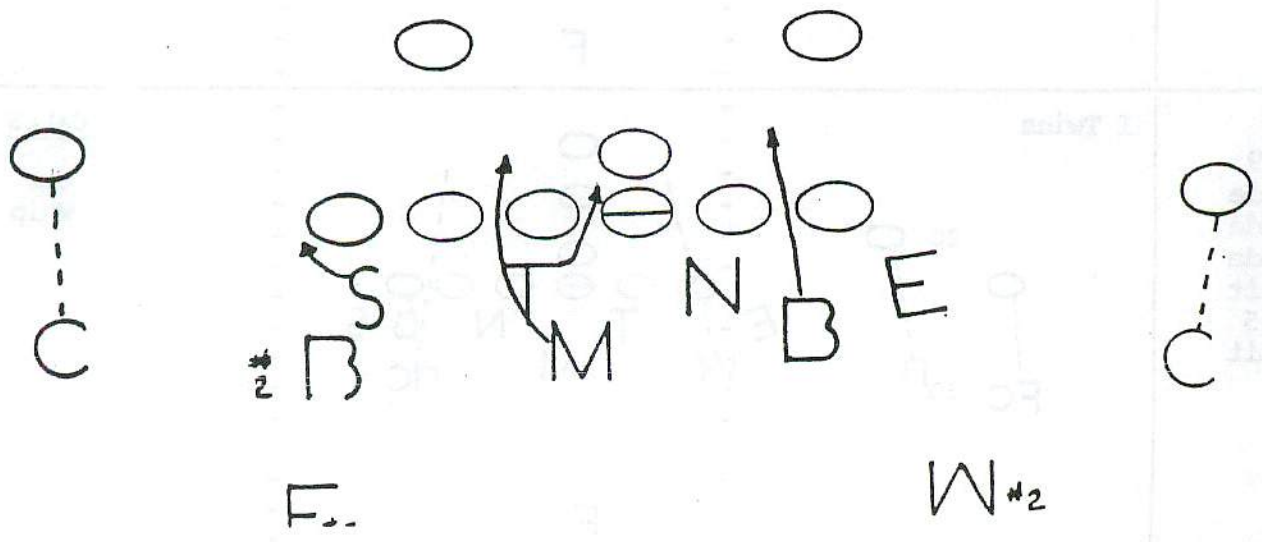
Liz  
Whip Rt  
Left

TECHNIQUE

Spark Away/QB  
Tag  
B-Gap Plug  
Normal  
B-Gap Plug  
Normal/QB

ALIGN

S 7-~~Shade~~  
T 3-~~Shade~~  
B B-Split  
N 2-~~Shade~~  
M A-Split  
E Wide-5  
R D-Stack



**When Off arrives at L.O.S.:**

**Pro:** Declare passing strength of formation with "Rip" or "Liz" call.

Declare yourself to split end. With two ZMS away from passing strength, align in C-Split.

**Backer:** Align to TE (7-Shade). No TE align to passing strength. Same as Tuff.

**Wide:** Align in 10 Technique.

**Cover:** Align to Rip Liz call vs. Pro align in C-Split. Same as Tuff.

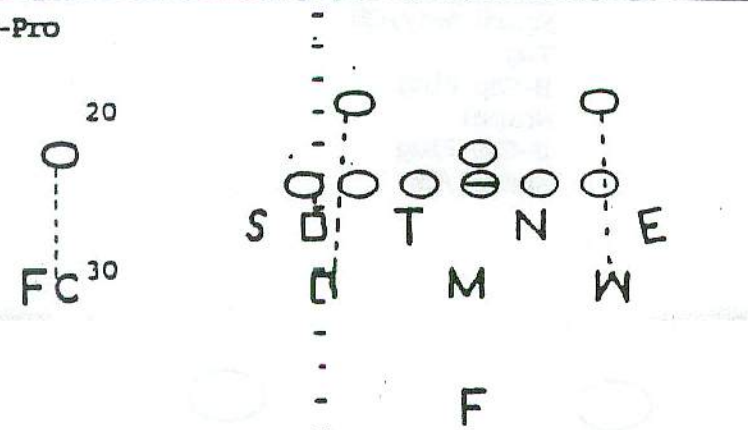
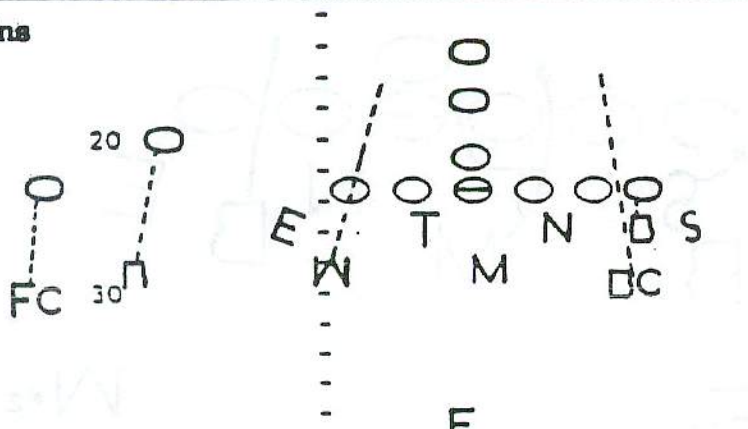
**Boundary Corner:** Align away from Rip/Liz call. Vs. TE (Twins) align in C-Split. Same as Tuff.

**Strong Corner:** Align to Rip/Liz call.

**End:** Travel with whip play wide-5.

**Stud:** Aligns opposite whip to play 9 or 5 shade.

**Rose/Tackle:** Align in 3-Shade and 2-Shade away from whip.

<p><b>ALIGN</b></p> <p>S Wide-9</p> <p>T 3-Shade</p> <p>B 7-Shade</p> <p>N 2-Shade</p> <p>M A-Split</p> <p>E Wide-5</p> <p>W C-Split</p>	<p>Split-Pro</p> 	<p><b>CALLS</b></p> <p>Liz</p> <p>Whip Rt.</p>
<p><b>ALIGN</b></p> <p>S Wide-9</p> <p>T 2-Shade</p> <p>B 7-Shade</p> <p>N 3-Shade</p> <p>M A-Split</p> <p>E Wide-5</p> <p>W C-Split</p>	<p>I Twins</p> 	<p><b>CALLS</b></p> <p>Liz</p> <p>Whip Lt.</p>

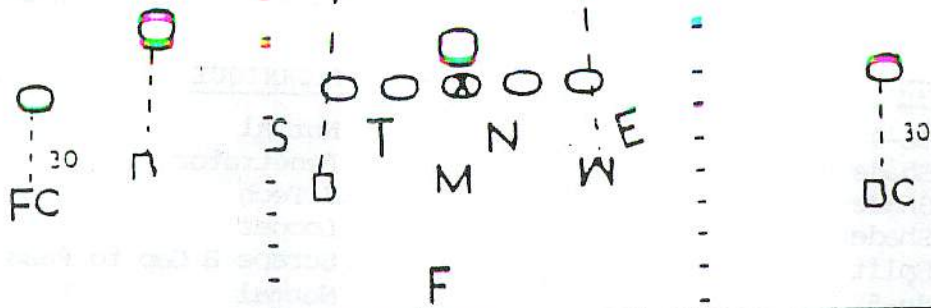
- Wide-5
- 3 Shade
- C-Split
- 2-Shadow
- A-Split
- Wide 5
- Split

1. TRIP Open

Whip Rt.

20

20



- S Wide-9
- T 2-Shadow
- B 7-Shadow
- N 3-Shadow
- M A-Split
- E Wide-5
- W C-Split

DALLAS

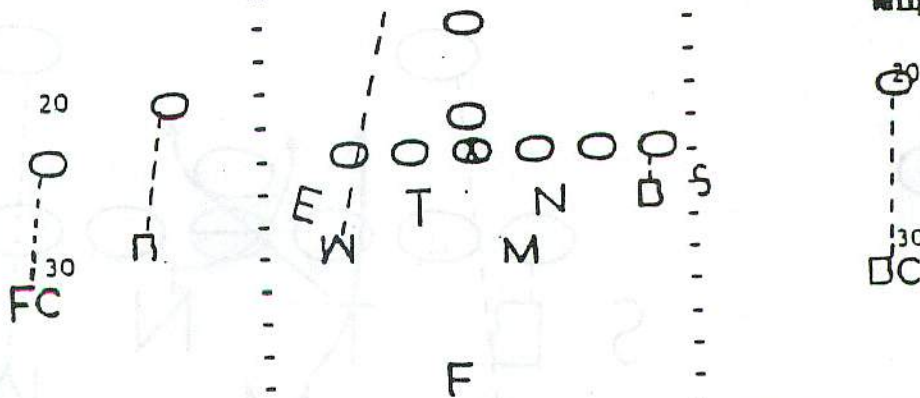
Calls  
Whip Lt.

20

30

30

30



- S Wide-9
- T 2-Shadow
- B 7-Shadow
- N 3-Shadow
- M A-Split
- E Wide-5
- W C-Split

Trips

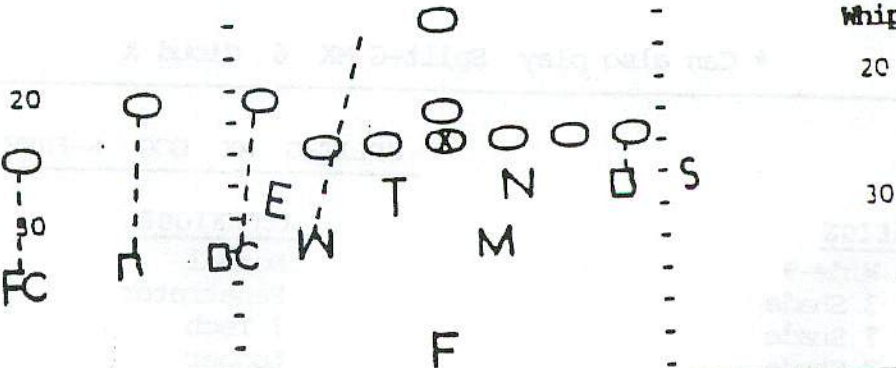
Calls  
Liz  
Whip Lt.

20

20

30

30



- S Wide-9
- T 3-Shadow
- B 7-Shadow
- N 2-Shadow
- M A-Split
- E Wide-5
- W C-Split

Trey Open

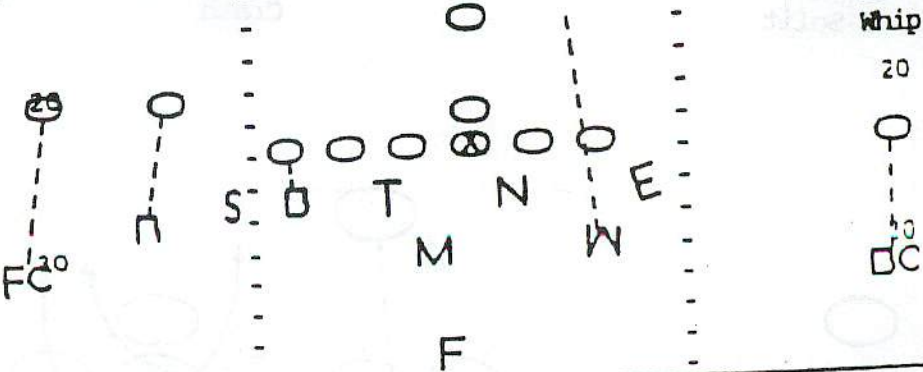
Calls  
Liz  
Whip Rt.

20

20

30

30





SPLIT - G MX 6-FREE

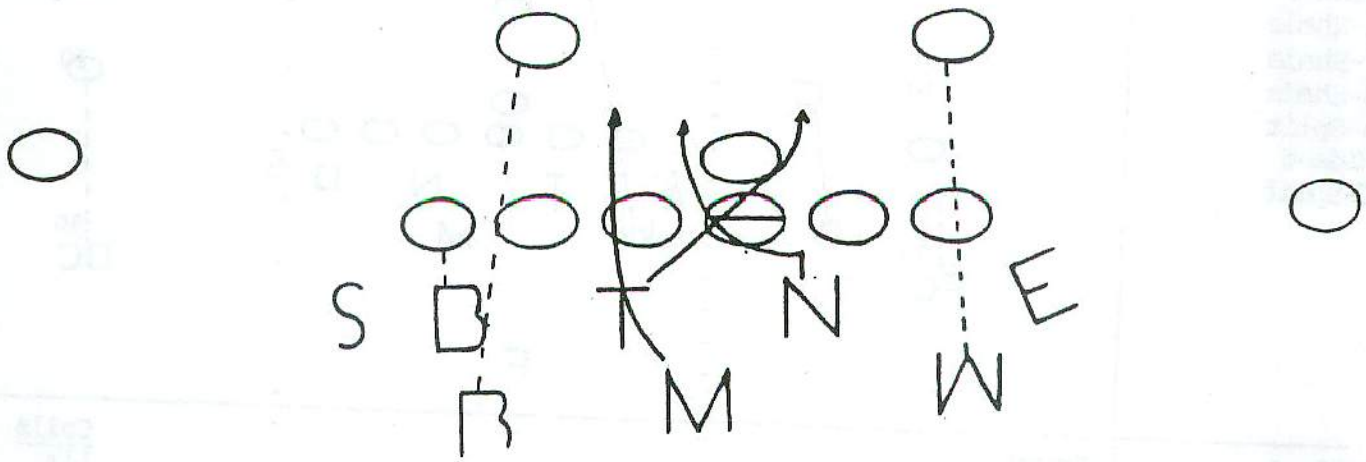
ALIGN

S	Wide-9
T	3-Shade
B	7-Shade
N	2-Shade
M	A-Split
E	Wide-5
W	C-Split

TECHNIQUE

Normal
Penetrator
7 Tech
Looper
Scrape B Gap to Pass Str.
Normal

CALLS  
Liz  
Whip Rt.



\* Can also play Split-G MX 6 Cloud X

SPLIT-G MX DOG 6-FREE

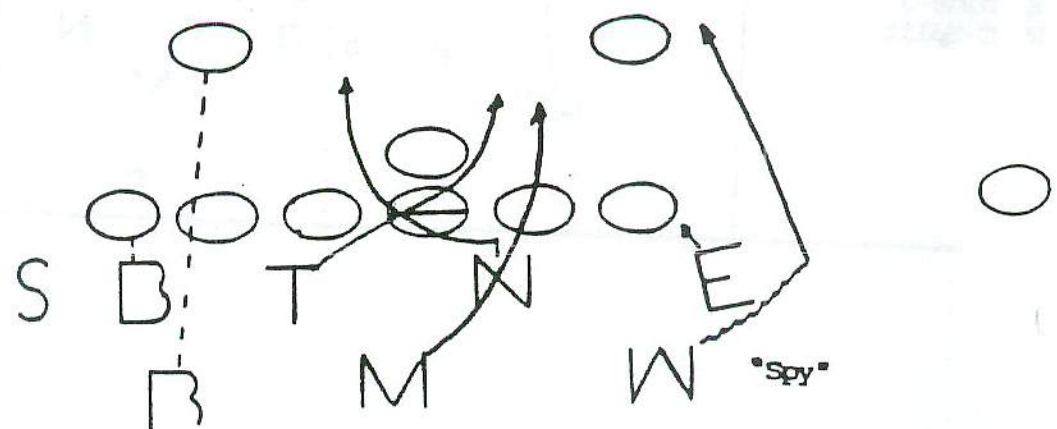
ALIGN

S	Wide-9
T	3 Shade
B	7 Shade
N	2-Shade
M	A-Split
E	Wide-5
W	C-Split

TECHNIQUE

Normal
Penetrator
7 Tech
Looper
Scrape B-Gap to Whip
Normal/Spy
Crash

CALLS  
Liz  
Whip Rt.  
Ringo



SPLIT-G MOUNTAINEER 6Y

ALIGN

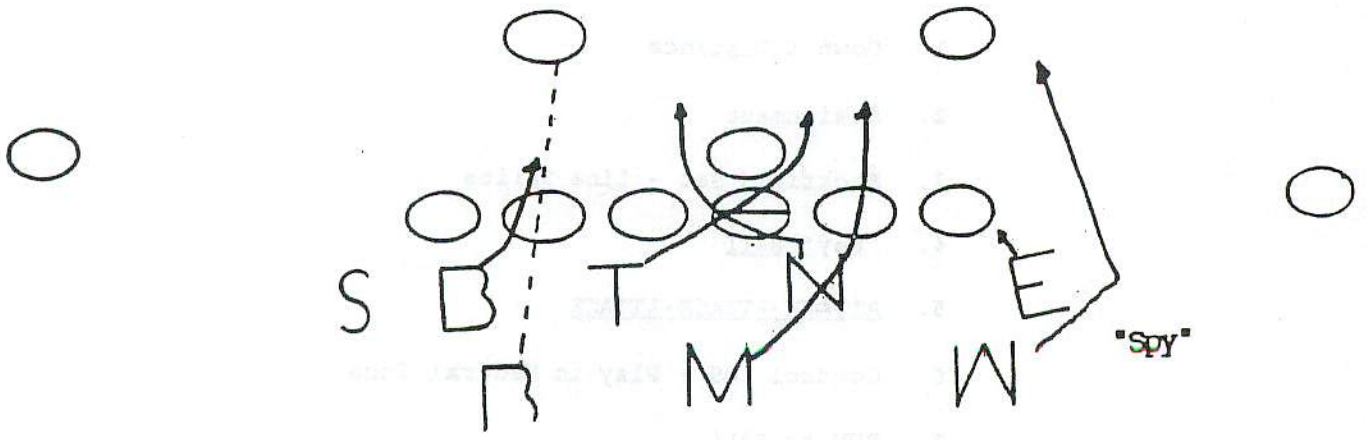
- S Wide 9
- E 3-Shade
- M 7-Shade
- E 2 Shade
- W A-Split
- Wide-5
- C-Split

TECHNIQUE

- Normal
- Penetrator
- Spark
- Looper
- Scrape B Gap to Whip
- Normal/Spy
- Crash

CALLS

- Liz
- Whip Rt.

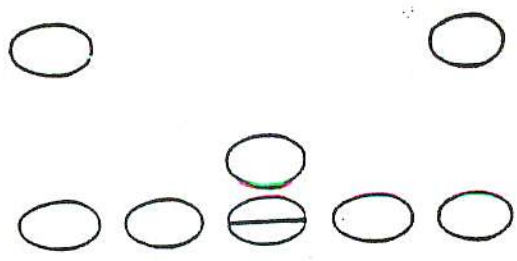


ALIGN

S  
T  
B  
M  
E  
W

TECHNIQUE

CALLS



1. Down & Distance
2. Assignment
3. Backfield Set - Line Splits
4. "Key" Ball
5. ATTACK-ATTACK-ATTACK
6. Control LOS - Play in Neutral Zone
7. RUN to BALL
8. Punish Ball Carrier
9. Be a Successful Pass Rusher
10. Be Aggressive & Enthusiastic
11. Be Committed to VIRGINIA TECH.

## DEFENSIVE LINE'S TEN COMMANDMENTS

1. STANCE
2. ALIGNMENT
3. ASSIGNMENT
4. GET OFF
5. TARGET
6. CLOTH
7. SEPARATE
8. ESCAPE
9. PURSUIT
10. TACKLE

} FOOTBALL IQ

} TECHNIQUE

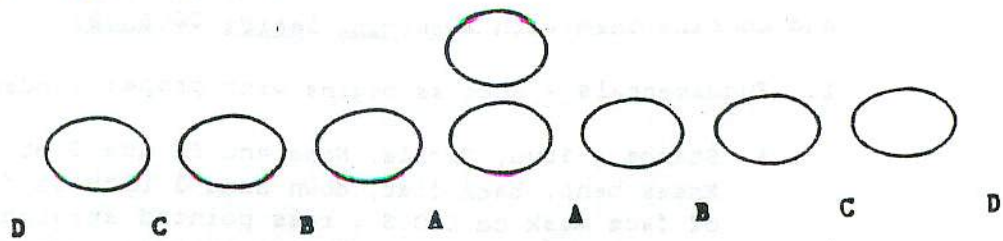
} EFFORT

## I. KEYS PERTAINING TO DEFENSIVE LINE.

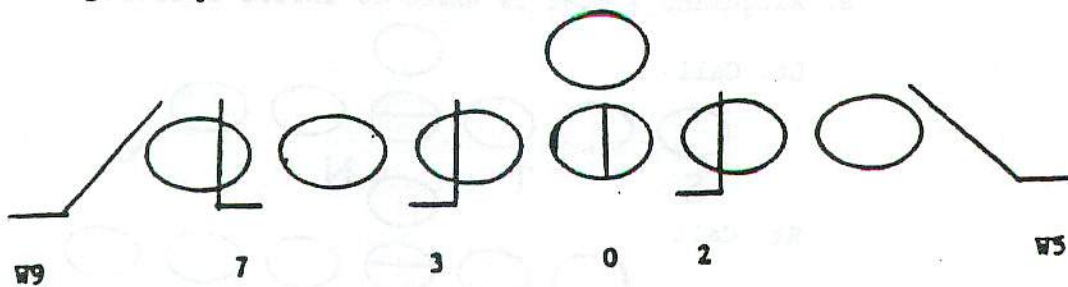
1. Offensive Lineman, setting up high in stance with very little weight on down hand, with eyes zeroed in on you, and leaning backward on heels. Indicates - "Pass Block" (Blue).
2. Offensive lineman, setting down low in stance, with a lot of weight on down hand, and leaning forward on toes. Indicates - "Run Block" (Red).
3. Offensive lineman, leaning left or right, with little weight on down hand, back on heels. Indicates - "Pulling". Offensive lineman have a combination of some leaning forward with others leaning back. Indicates "Pulling". Indicates Trap, Kickout, Counter. Also, Red + Blue = "YELLOW" (yellow).
4. Offensive lineman, at snap of ball - show abnormal pass set and they set shield block you inside or outside. Indicates - Draw or Influence traps".
5. Offensive lineman, has a narrow split to close you down. Indicates - "Running Play Outside". If visual key narrow split, possibility of a double team, or scoop blocking scheme.
6. Offensive lineman, has a wide split to widen you out. Indicates - "Running play inside or away".
7. Offensive lineman, let's you in with little resistance vs. pass block, then leave his area and sets up a wall left or right. Indicates "Screen".
8. On the command "move" we will be moving to new positions in relationship to men and the L.O.S. Keep your hands on the ground and be ready to react as you are moving.

## II. BASIC INFORMATION PERTAINING TO DEFENSIVE LINE:

### A. Gap Identification System



### B. Alignment Identification System



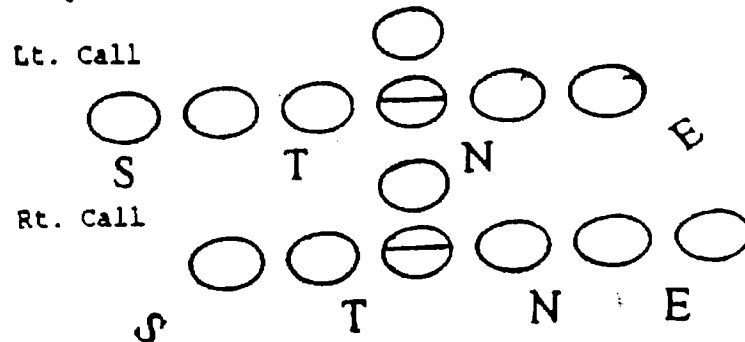
1. Wide 9 Technique  
Angle inside "2" feet outside tight end outside foot.
2. Wide 5 Technique  
Angle inside "2" feet outside the tackle
3. 3 Technique  
Align with inside knee splitting the breast plate of guard. Heavy: knee splitting crouch of guard. Wide: Align inside shoulder pad on outside pad on guard.
4. 0 Technique  
Align nose on nose of center.
5. 2 Technique  
Align with your outside knee on breast plate of guard. Heavy: outside knee splitting guard. Wide: align outside shoulder pad on inside pad of guard.
6. 7 Technique  
Align with outside knee splitting the breast plate of the tight end. Heavy: splitting crouch of tight end.
7. Loose 6 Technique  
Angle inside with down hand slightly inside TE outside foot.  
(C.P. - Pinch Technique)

C. Defensive Lineman must master basic Fundamentals, Techniques, and combine them with a Burning Desire to Excel.

1. Fundamentals - Success begins with proper fundamentals

A. Stance - Stud, Tackle, Nose and Ed use 3 pt stance. Knees bent, back flat, down hand 3 inch in front of face mask on L.O.S., toes pointed straight ahead, foot up to gap responsibility up with approximate heel-toe stagger.

B. Alignment - must be exact to insure success.



C. Assignment - Both in the huddle and at the LOS.

2. Techniques - Play low - attack LOS. Play with feet in neutral zone.

A. Get off - Explode step on ball movement.

B. Target - Step to near shoulder of blocker striking through proper V-neck.

C. Cloth - Hands fit on inside breast plates with thumbs up.

D. Separation - Work to lock out elbows preparing to escape.

E. Escape - Release from blocker with violence.

3. Desire - The Moment of Truth.

A. Pursuit - Proper angle to ball. - Pass Rush included.

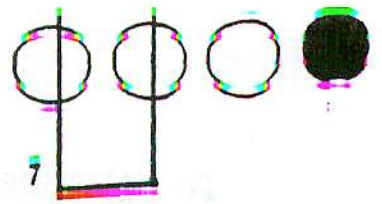
B. Tackle - Execute Hokie Tackle. Punish Ball Carrier.

C. Excitement - Through team celebration.

4. Effort - Use maximum effort at all times.

Effort + Desire = Success

### III. PRIORITIES



#### A. 7 Tech Alignment on End

1. Protect "C Gap" - Nose of tight end to nose of tackle.

2. Align with gap foot up.

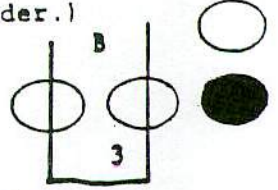
3. Proper Pass: Rush Lane (C Gap to QB's upfield shoulder.)

#### B. 3 Tech Alignment on Guard

1. Protect "B Gap" - Nose of guard to nose of tackle.

2. Keep Gap foot up on alignment, outside arm and leg free.

3. Proper Pass Rush Lane (Inside Foot to Nose of Center).

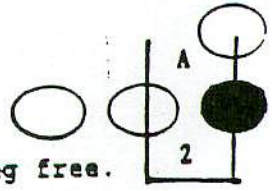


#### C. 2 Tech Alignment on Guard

1. Protect "A Gap" - Nose of guard to nose of center.

2. Align with your inside hand down, inside arm and leg free.

3. Proper Pass Rush Lane (A Gap).



#### D. Wide 5 Tech alignment outside tackle.

1. Align 2 feet outside tackle.

2. Align inside foot to hip of OT, gap foot up (outside foot) inside hand down.

3. Proper Pass Rush Lane. (Inside foot to upfield shoulder QB).

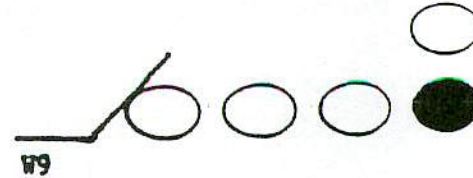


#### E. Wide 9 Tech alignment outside End.

1. Align 1 foot outside tight end.

2. Align inside foot to hip of TE, inside hand down.

3. Proper Pass Rush Lane (Inside foot to upfield shoulder QB).

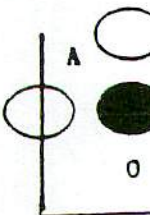


#### F. 0 Tech alignment on center.

1. Protect "A Gap" - Nose of guard to nose of guard.

2. Key ball, attack. Play with feet in neutral zone.

3. Proper Pass Rush Lane. (Free rush in both A Gaps).



#### G. Loose 6 Alignment

1. Step to crouch of TE.

2. C-Gap Responsibility.

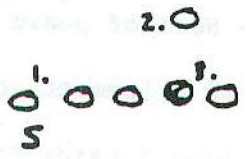


IV. Alignment and Reaction

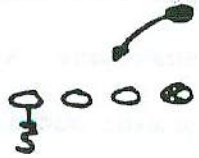
A. 7 Technique

Key tight ends inside breast plate as you attack tight end with your outside foot. As you attack your key progressions are: Man On, Near Back, Backside O.L.

KEY PROGRESSIONS: (Blocking Schemes):

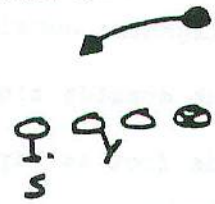


1. TE's inside breast plate at you (Near Back inside) -
  - a) TE drive blocks, explode, attack, cloth, keep shoulders square, Secure "C-Gap", Locate Near Back, Separate, Escape, Bend to football.



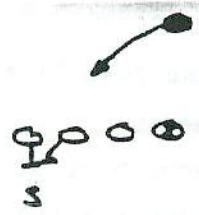
2. TE's inside breast plate at you (NB Outside)

- a) TE drive blocks, explode, attack, cloth, secure C-Gap, locate near back to ball, separate, escape, bend to football. Once C-Gap is secure you become a cut back player. Maintain backside leverage.

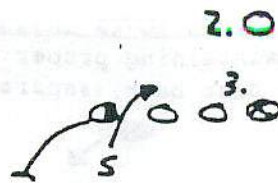


3. TE's inside breast plate at you and you feel OT (Zone Scheme)

- a) TE drives block; explode attack, cloth, keep shoulders square. Once you feel OT (Zone Scheme), work heavy to man as key (work for penetration). If you feel you are being moved, grab TE and sit on bar stool.

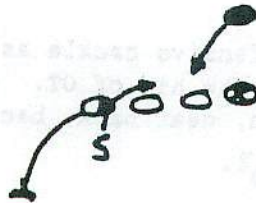


4. TE's Inside breast plate disappears (outside).

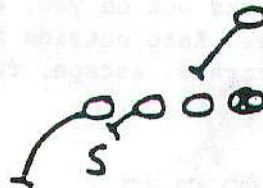


1. Man on
2. Near back
3. Backside Lineman

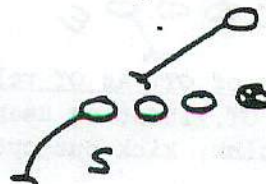
- a. TE releases outside, explode, attack, as Inside breast plate disappears bend inside on second step with your inside foot. Bend to near back.



- b. TE Releases outside, and OT fans outside. Explode, attack inside breast plate TE, bend inside on your second step to near back. As you feel OT maintain outside leverage and bend to football.



- c. TE releases outside and Near Back at you. Explode and attack inside breast plate TE, as it disappears, bend inside to near back. Near back tries to block you rip under with outside arm and gain ground upfield.



NOTE: Treat kickout by near back and OL the same.  
Rip with outside arm and gain ground upfield.

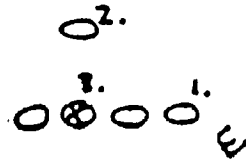
5. TG's Inside breast plate moves inside (Cut off)

Explode & attack maintaining proper leverage (inside arm & leg free). Locate near back, separate, escape. Run to football.



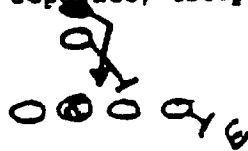
8. Wide 5 Technique

Key ball react to offensive tackle as you attack with your inside foot. Attack the hip of OT. Continue key progression of man on, near back, backside lineman.

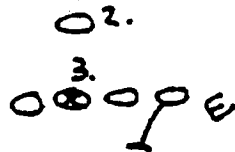


- 1. Man On
- 2. Near Back
- 3. Backside Lineman

1. Fan Tackle blocks out on you, attack hip OT maintaining proper leverage. Keep outside arm & leg free. Bend to near back. Separate, escape, run to football.



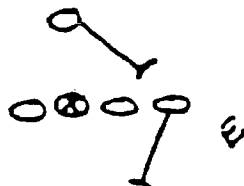
2. OT Vear Releases.



- a. Attack Hip of OT, as OT releases inside, point toe to V-neck of OT, locating near back, bend to near back. (Always think, kick out option, play away).

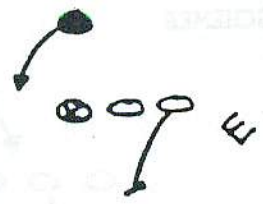


- b. OT releases inside and near back blocks you (kickout). Attack hip, as OT releases inside, bend inside locating OT near back on your second step. Near back blocks you. Rip inside shoulder of near back with your outside shoulder and gain ground upfield.

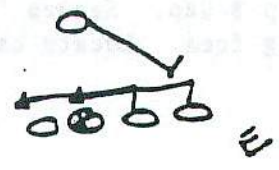


**NOTE:** Treat kickout by near back and OL the same. Rip inside shoulder OL with your outside shoulder and gain ground upfield.

- c. OT Releases inside and Near Back away. Attack OT V-Neck, as OT releases inside, bend inside to near back on your second step. Run to football.

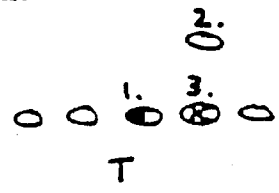


- d. OT Pulls inside. Attack OT V-Neck, as OT pulls inside, bend inside to near back on your second step. Stay in OT's hip pocket. Run to football.



C. 3 Techniques

Key ball react to offensive guard as you attack with your inside foot. Your key progressions are: Man On, Near Back, Backside lineman.



**BLOCKING SCHEMES**

1. Drive



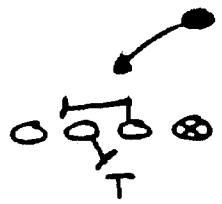
If tackle blocks you, explode, attack, push/pull, Rip B Gap. Secure "B Gap". Keep outside arm and leg free. Locate ball. Run to football.

2. Reach



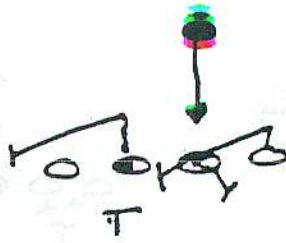
On movement, explode, attack, cloth, push/pull, Rip B Gap. Secure "B Gap". Keep outside arm and leg free. Escape. Run to football.

3. Tom



1. On movement, explode and attack. You feel your playside react to head position of offensive tackle. Guard pulls outside and tackle fires out to your hip, get penetration, come behind his hip, get to ball. Tackle blocks flat with his face in hole, close across his face to "C Gap", get to ball. Run to football.

## 1. Influence Trap



1. On movement explode and attack. As you feel trap (Near back vertical, center away), bend to trapping area. Become the aggressor and attack the trapper with your outside shoulder (Rip). Once you Rip gain ground upfield. Run to football.

## 5. Chip Block/Double Team



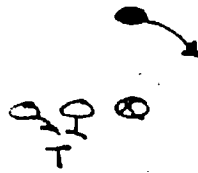
On movement explode and attack, secure "B Gap". Penetrate, get upfield. Feel pressure of OT and you begin to move to LBar level, Sit on bar stool. Maintain contact with OG and create penetration. Run to football.

## 6. OG Veer Release (Veer Trap)



OG veer release inside bend to near back. As you bend, locate near back, anticipate trap. (Near back will be vertical). Attack trapper's inside shoulder with your outside shoulder. Once you rip under gain ground upfield. Run to football.

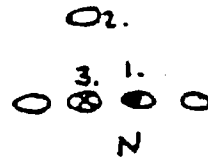
7. Power Slip



OG dive block with OT stepping down with near back away. Attack OG, cloth, run away from blocking threat (OT), run OG to backside A-Gap. If OG releases dip and rip outside arm and leg, bend inside to football.

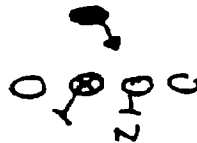
D. 2 Technique

Key ball react to offensive guard as you attack with your inside foot. Continue key progression: Man on, Near back, Backside lineman.



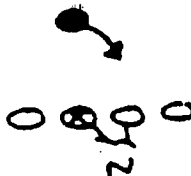
**BLOCKING SCHEMES**

1. Drive



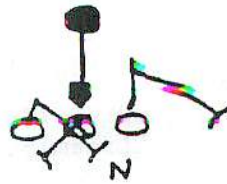
On movement, explode, attack, push/pull, rip A Gap. Secure "A gap". Keep your inside arm and leg free. Locate ball, escape. Run to football.

2. Combo



On movement explode, attack, cloth, keep shoulders square. Separate, penetrate working through man on key (stretch OL). You can not get reached by center. Separate, escape, run to football.

### 3. Influence Trap



On movement, explode, attack. You feel trap bend to near back area. Become the aggressor and attack trapper with outside shoulder (Rip technique). Once you Rip gain ground upfield. Separate, Escape, Run to football.

### 4. Cutoff



On movement, explode and attack, control man keeping shoulders square. Keep inside arm and leg free. Separate, locate near back, escapes. Run to football.

### 5. Switch



On movement, explode, attack. Work direction of pulling OG reacting to center's block. Center blocks to hip, penetrate, come behind his hip, run to ball. Center blocks flat with hat into hole, close across his face, run to ball.

### 6. Backside Zone

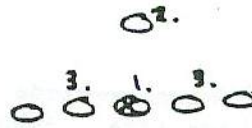


On movement, explode, attack guard, Control guard (just like dive block). Squeeze center as you feel his pressure. Work to free inside arm and leg. Separate, Escape, run to football.

NOTE:  
Do not play soft. Play on first level. Be the aggressor. If backside zone becomes double team and you feel your giving ground to 2nd level. maintain contact with OG and sit on bar stool.



E. O Technique - Align head up on center. Continus Key progression: Man On, Near Back, Backside Lineman.



1. Center Drive Blocks.



Attack center (strike, step), penetrate, cloth, separate, locate near back, escape, run to football.

2. Center Reach Blocks.



Attack center (strike, step), penetrate, cloth, separate, locate near back, escape. Run to football.

3. OG Pulls Inside



Attack center (strike, step) penetrate, cloth, locate near back. Trust Guard Key (your third key) Separate, escape. Run to football.

## PASS RUSH

### I. Defensive line pass rush techniques.

#### A. Principles of rushing the passer.

1. The key to a successful pass rush is your intense desire to get to the QB and intimidate him.
2. It is in the passing game that breaks are made. The winning edge goes to the team that controls the passing game.
3. You must take advantage of any pre-snap tips that will allow you to anticipate pass.
4. Know what pass protection techniques your opponent will use. By doing this you will know what technique would be most advantageous for you to use.
5. Always have a pre-determined pass rush technique in mind and an adjustment off of it.
6. A pass blocker will give you an advantage every time if you do a great job with your eyes. The type of pass rush techniques that you can use most effectively is dictated in many situations by the angle of the blocker's shoulders.
7. While rushing the passer, never allow a back to pass you without hitting him. However, do not go out of your rushing lane or sacrifice your pass rush to hit a back.

#### B. Basic Fundamentals of rushing the passer.

1. Regardless of the technique you use, there are basic fundamentals that are vital in order to be effective.
  - a. Anticipation and quick recognition of a pass.
  - b. Get off on movement and close down distance between you and blocker. Aiming point should make blocker move his feet.
  - c. Quickness and decisiveness on your initial move.
  - d. Hands, hips, feet and head movements must be coordinated.
  - e. Keep your momentum going towards the passer without lost motion.
  - f. Keep your shoulders forward of your feet to prevent the blocker from getting under you.

- g. If you have not reached the passer, get your hands up as he starts to throw to 1) bat the ball down, 2) change elevation of throw, or 3) force QB to pull ball down and run.
- h. Once the ball is thrown, sprint in direction of throw to block for an interception return or in the case of a completed pass make the tackle or force a fumble.
- i. Most pass rush techniques are individual techniques developed through "trial and error" in hours of practice and game situation. This is an area where you can be imaginative and creative.

### C. Techniques of rushing the passer.

#### 1. Basic moves used in rushing the passer.

- a. Punch - technique of punching the shoulder of blocker with near hand to set up blockers off shoulder for club.
- b. Club - technique of using a clubbing motion to the shoulder of the blocker in an attempt to knock blocker off balance.
- c. Power - technique whereby the defensive lineman drives his face mask to a point just above the numbers with both hands on the shoulders in a forward driving motion.
- d. Jerk - technique whereby the defensive lineman will grab and jerk the blocker. The direction of the jerk is usually determined by the type of pressure or body position of the blocker.
- e. Swim - technique whereby the defensive lineman will bring his backside arm back, over, and down in a swimming motion. The downward action is aggressive in order to break and hold the offensive blocker may have.
- f. Rip - technique whereby the defensive lineman will use his backside arm, fist, and shoulder in a ripping movement upward underneath the armpit and shoulder of the offensive blocker.
- g. Counter - any action used to get an offensive blocker moving in one direction in order to execute a move in the opposite direction.
- h. Speed - technique whereby the defensive lineman simply tries to out run the offensive blocker, and at the same time apply inward pressure.

## 2. Combination of moves or techniques used in rushing the passer:

- a. **Punch and shoulder club** - technique whereby the defensive lineman will punch the offside shoulder of the blocker in an attempt then club the onside shoulder of the blocker in an attempt to get blocker off balance. C.P. - The punch must occur on the 1st step. Use this technique when you want to stop offensive blocker and then work a side.
- b. **Punch, shoulder club, and swim** - it is the same as the punch and shoulder club except the rusher will not swim over with offside arm after the shoulder club. Use this technique when you want to force offensive blocker to stop his feet. You should now be able to beat him to the side.
- c. **Punch, shoulder club, and rip** - same as the punch and shoulder club except the rusher will now rip with the offside shoulder and arm. Use to stop the feet of blocker, then work a side to the QB.
- d. **Club and Rip** - rusher must get off quick and force blocker to move his feet and turn his shoulders. The rusher's aiming point must be an imaginary shoulder wider than the pressure point. Once rusher gets close enough he will execute a club and rip technique in an attempt to break down the angles of the blocker's shoulders then explode to the QB. This is a basic move for all defensive linemen.
- e. **Club and swim** - same as the club and rip except rusher will use swim technique in place of rip.
- f. **Power and Rip** - technique used whereby the defensive lineman drives his face mask to a point just above the blocker's numbers with the hands grabbing both shoulder points. The rusher will drive forward working blocker up and back in an attempt to overpower him. Once the rusher has the blocker off balance he will rip and explode to QB.
- g. **Power, jerk, and rip** - Same as the butt and rip except after the butt the rusher will jerk and rip the blocker at the same instance, then explode to QB.
- h. **Power and swim** - same as the butt and rip except the rusher will swim after the butt.

- i. Power, jerk and swim - technique used whereby the defensive lineman drives his face mask to a point just above the blocker's numbers with the hands grabbing the shoulder points. The rusher will drive forward working the blocker up and back in an attempt to over power him. Once their rusher has the blocker off balance he will jerk and swim their blocker at the same instance, then explode to the QB.
- j. Counter - club and swim - their rusher should attack an imaginary shoulder forcing the blocker to move in that direction. As soon as the blocker is moving in that direction the rusher should club him with the backside arm and upon contact bring their opposite arm back and over in a swimming motion, then explode to QB.
- k. Power rush - technique used whereby the defensive lineman drives his face mask to a point just above their blocker's numbers, then explode with his hand in a driving motion. The angle of the rusher's body is pointed so he is able to over<sup>l</sup>power the offensive blocker and drive him into their QB's lap. As soon as the defensive lineman reaches a depth of approximately 4 to 5 yards, he must work up and be ready to engulf the QB.

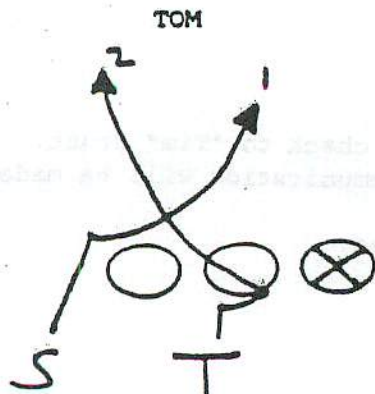
## GAMES FOR DEFENSIVE LINE IN PASSING SITUATIONS

Rushing the passer is art. It takes a lot of time and hard work. It must be done every day. It can be accomplished if you will utilize all the opportunities you have each day. Every time you line up you have the opportunity to watch and see what your man does. Every reaction will cause another reaction. Once you learn to "see" and "react" you will get better each day. Soon you will "see" the whole picture. You will be able to visualize what can happen to you and your position on the field and in the game. Once you "see" the picture you will be able to adjust and make good quick decisions. Know and understand each term and technique. To know your alignment and assignment is not enough. You must know how and when to use the tools you have.

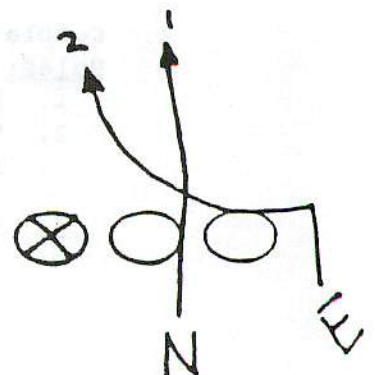
Games can be called in the huddle or at the line of scrimmage. We can also check it (Omaha) or change the call as long as everyone is on the same page. you can have a game on one side or on both sides. If the defensive ends are not involved, the defensive tackles can have their own game.

Game between defensive end and tackle will be called Tom/Tim. "Tom" means the end will go first and the tackle (who will be the engage man) will go second. This allows the end to use an inside move from his "upfield", "Power" and quick inside stunts. It is very effective versus an offensive tackle who sets deep and to the outside and an offensive guard who sets short. It will be effective versus man to man or zone protection. Defensive end must give the offensive tackle the same look as his upfield rush. "Tim" means the tackle will go first and the end will go second. This will allow the tackle to be a penetrator using a "upfield" move. The end will work upfield for position on tackle while working tight off defensive tackle's butt inside. It will be effective versus man to man or zone protection.

You can make adjustments. Don't be in a hurry. let your partner do his job. Read the QB, for run - draw - screen - pass. (Tim Change).



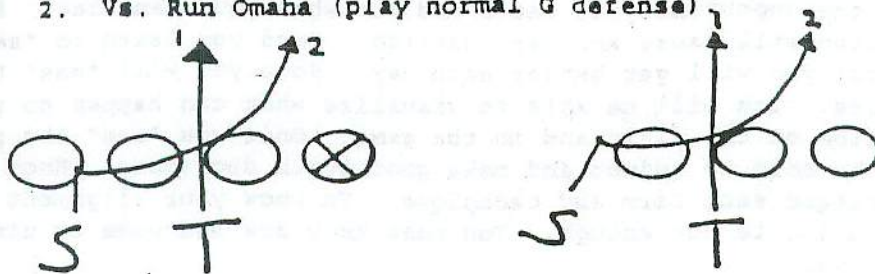
TIM



1. "TIM" - DL Twist between Defensive End and Defensive Tackle.

Rules:

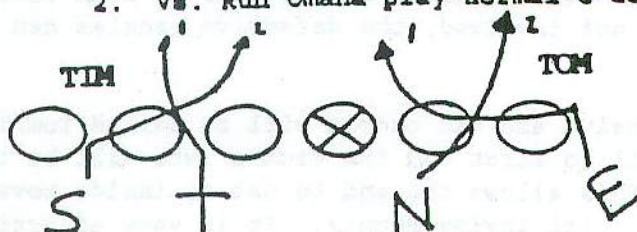
1. Run to 3 technique (DT = penetrator, DE = work off DT's hip upfield).
2. Vs. Run Omaha (play normal G defense)



2. "Tim Change"

Rules:

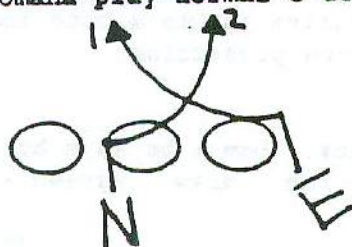
1. Tim run to 2 technique.
2. Vs. Run Omaha play normal G defense.



3. "Tom"

Rules:

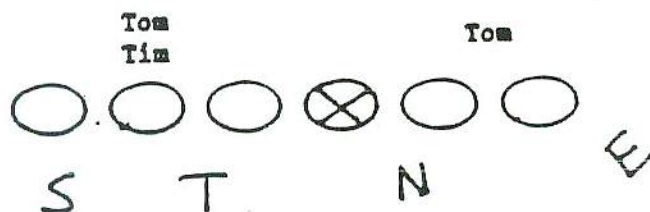
1. Run to 2 man surface.
2. 3 man surface rush normal G defense.
3. Vs. Run Omaha play normal G defense.



4. Double Tom

Rules:

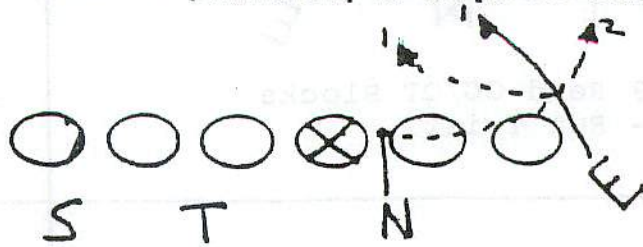
1. Run to 2 man surface
2. Vs. 3 man surface will have option to check to "Tim" Stunt.  
(Note: the change of stunt (twist) communication will be made by the defensive end.)
3. Vs. Run Omaha and play normal G defense.



5. CLEAR

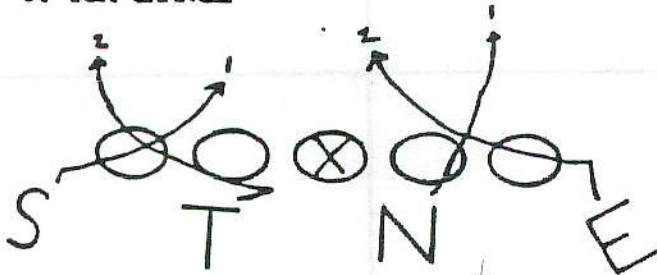
RULES:

1. Run to 2 man surface with a 2 technique.
2. 1 man surface normal rush.
3. DE to 2 tech side with a 2 man surface has a free rush to QB with no certain responsibility if he powers inside on OT.



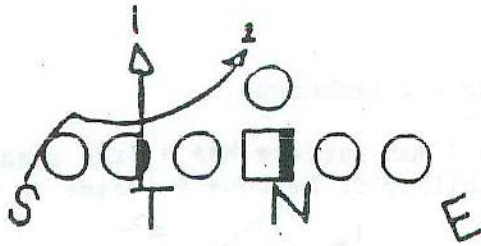
DE will react to block of OT. DE will think outside first trying to work outside move. If OT oversits on DE, he will power inside number to QB. When DE power inside 2 technique will work outside to upfield shoulder of QB. If DE stays outside 2 technique will continue normal rush.

6. TOM CHANGE



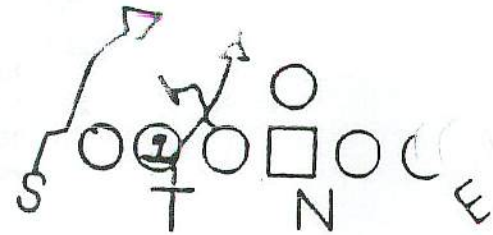


FAN



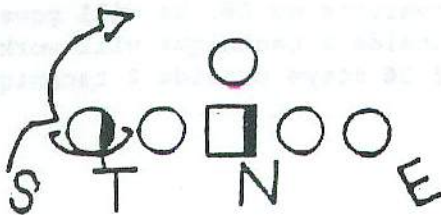
-4I & Wide 9 Read OG/OT Blocks  
OT/OG Fan - Run Twist

FAN (with OT Base)



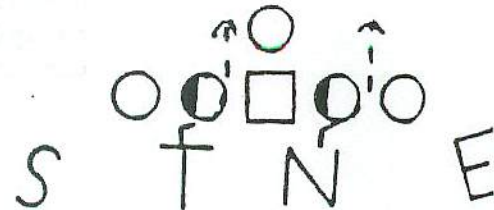
-OT Base 4I come off Inside  
Wide Stay Outside.

TONY

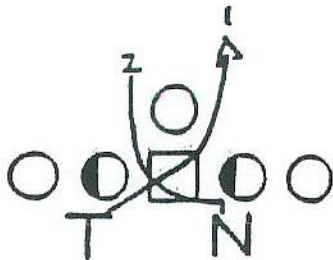


-Wide 9 - Fake a Fan Twist- Stay Outside  
-4I - Obstruct the OT from Fan Blocking  
Wide 9

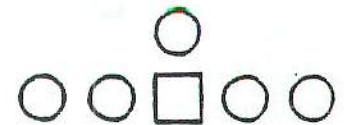
TOPS



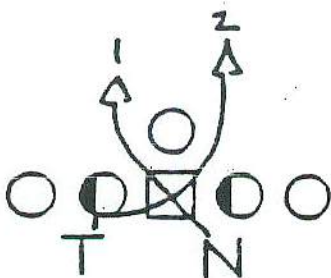
PUNT



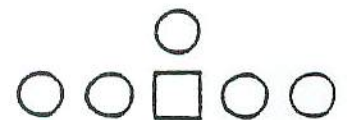
-3 Shade - Earhole center & penetrate /  
-2 Shade - Grab & Go, come off penetrators  
tail (tight)



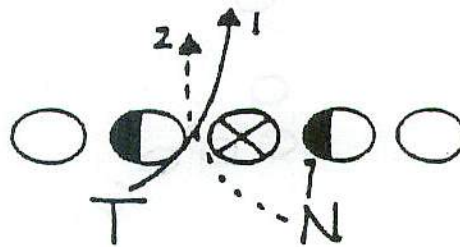
X CHANGE



-2 Shade - penetrator, earhole center  
-3 Shade - Looper, tight scrape off 2



"X" the first tackle is the penetrator, drive hand upfield and under the inside shoulder of the guard, work upfield for penetration and your pass rush lane. You will get pressure from the offensive guard, keep position on him. Engager will attack gap to outside shoulder of center while working upfield. Once the penetrator has cleared line of scrimmage, come off his butt. Always be alert for the center blocking back on you or away from you for a trap. Stay under his pads and drive.

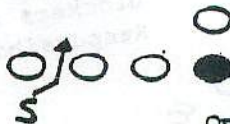


## I. Charge - Technique

### A. Spark

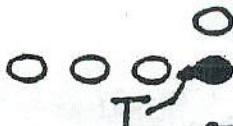
1. Alignment - Normal.
2. Stance - Normal.
3. Key - Ball
4. Responsibility - Gap to side of charge

#### 7 Tech (Stud)



On the snap, read near lineman. React to his block.

#### 1 Tech (Tackle)



On the snap, read near lineman. React to guards block. Work to free inside leg and arm.

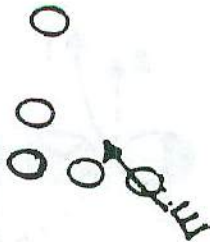
#### 2 Tech (Nose)



On snap read near lineman. React to guard's block. Work upfield. Work to free outside leg and arm.

B. Pinch Technique

1. Alignment - Normal.
2. Stance - Normal.
3. Key - Ball
4. Responsibility - "B Gap".



On the snap, step with near foot toward k (tackle), come hard react to his block. I prepared to make play in this area, or awa

C. Rush Technique

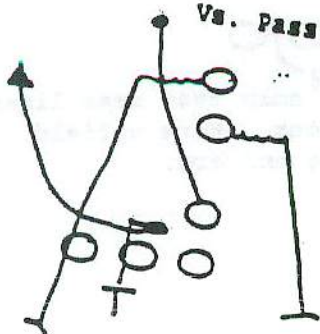
1. Alignment - Normal.
2. Stance - Normal, more weight forward.
3. Key - Ball
4. Responsibility - Assigned Gap.



On the snap, explode through gap responsibility upfield. React to pressure of blockers and flow. Run: Play Gap Responsibility.

D. Hands Technique

1. Alignment - Normal
2. Stance - Normal
3. Key - Ball
4. Responsibility -  
Vs. Run = play assigned technique (2 technique, 3 technique)



Vs. Pass = responsible to check for Draw, then once ball clears deepest back, contain ball outside widest blocker to your side.