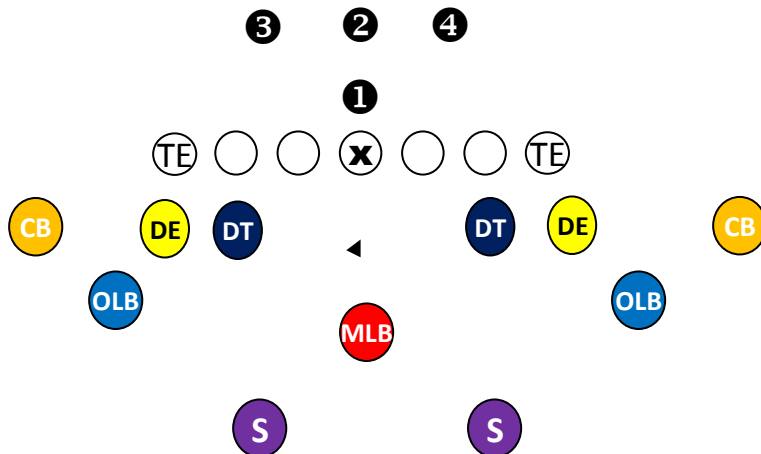




Nativity-Groveland Football Defensive Playbook

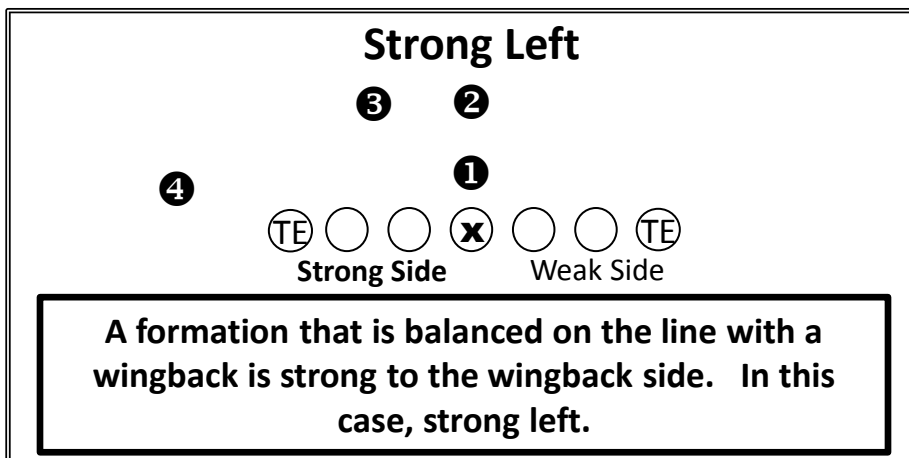
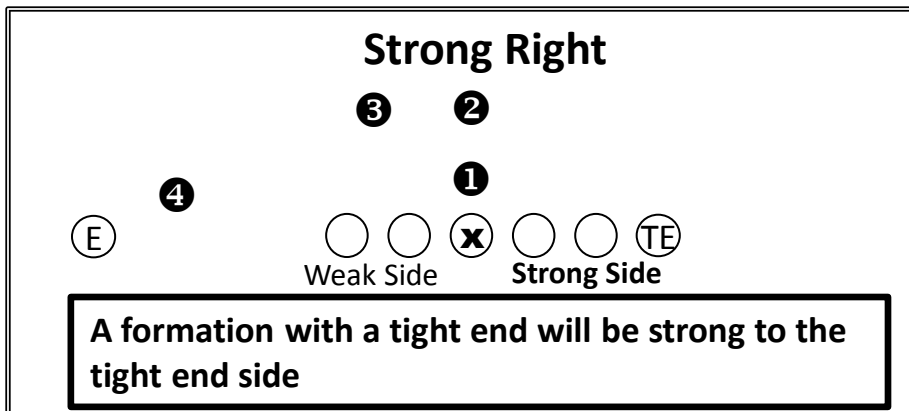
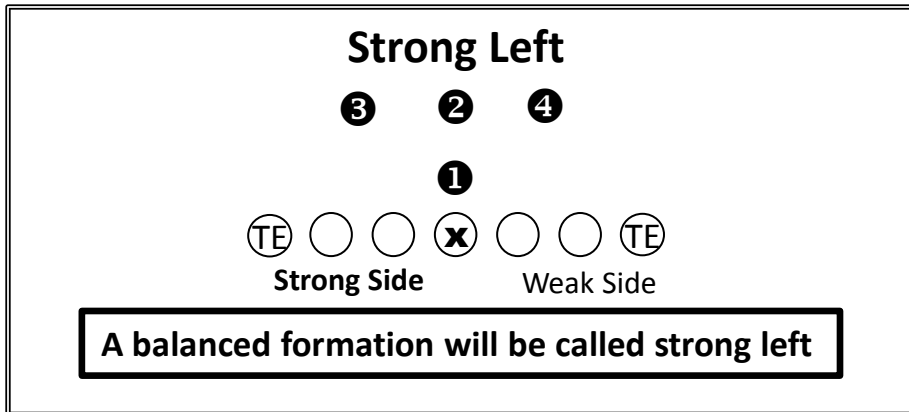
<p><u>Middle Guard/Nose Guard</u> MG</p> <ul style="list-style-type: none"> Used whenever there is 5 or more lineman on defense Lines up over the center Controls the middle by controlling and defeating the center. 	<p><u>Outside Linebacker</u> OLB</p> <ul style="list-style-type: none"> Line up behind the ends, two steps off the line. Read play before penetrating Responsible for B & C gaps Play run first 	<p><u>Cornerback</u> CB</p> <ul style="list-style-type: none"> Line up outside shoulder of the offensive end. Maximum gap of 5 yards from DE At snap, step forward 2 steps, read offense-STAY HOME Play run first- Contain all plays to the inside Cover pass as assigned
<p><u>Defensive Tackle</u> DT</p> <ul style="list-style-type: none"> Lines up over the offensive guard (4-3) or offensive tackle (5-2) Controls the man in front of you Penetrates, cause trouble 	<p><u>Middle Linebacker</u> MLB</p> <ul style="list-style-type: none"> Head up on the center, two steps off the line. Read play before penetrating Responsible for A & B gaps Play run first Slight changes in 5-2 defense 	<p><u>Safety</u> S</p> <ul style="list-style-type: none"> Line up over offensive end 8 yards deep Play pass first Last line of defense- NOTHING GETS BEHIND THE SAFETY Read and TACKLE run plays
<p><u>Defensive End</u> DE</p> <ul style="list-style-type: none"> Lines up over the tight end (or empty space if no tight end) Rush from the outside Contain the play to the inside 		

4-3 Defense



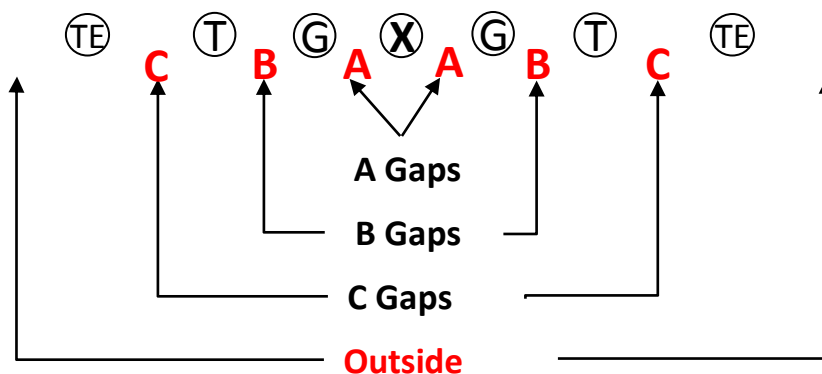
Concepts

Strong/Weak Sides – Many of our formations and stunts depend on the offensive formation's strong and weak side.



Definitions

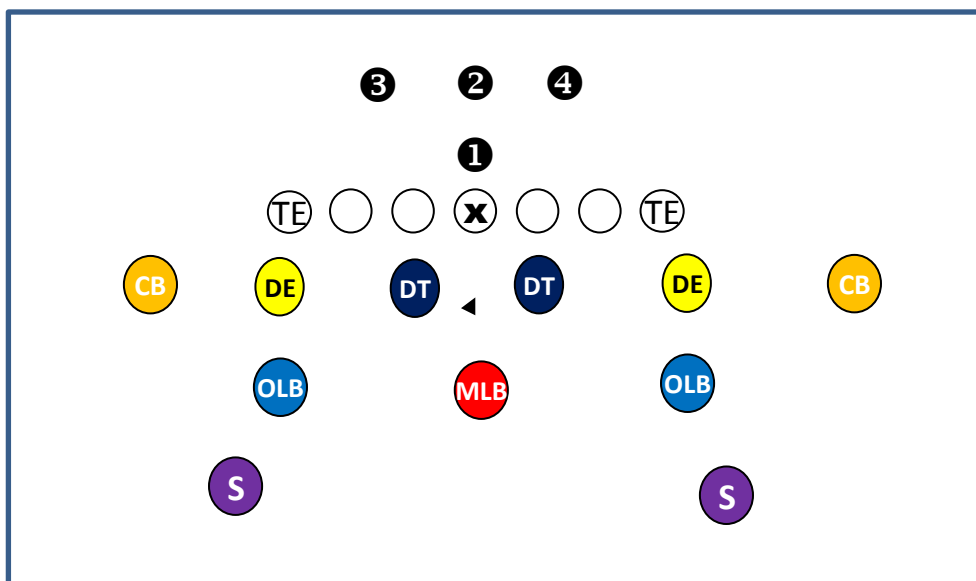
- **Containment-** Containment is the idea that a defender has a responsibility to push a ball carrier back to the rest of the defense and not let him escape to the outside.
- **Pursuit-** The means by which a tackler chooses to follow a ball carrier who has escaped containment. Very simply, run to where the ball carrier is going, not where he is. Team pursuit is how a defender and his teammates follow a ball carrier. We want to surround the ball carrier and cut off all angles of escape. Never follow a teammate in the same pursuit angle.
- **Responsibility/ Job Integrity-** The idea that a defense is made up of 11 players who all have different jobs that must be performed FIRST when a play happens. Each player counts on their teammates to do their jobs.
- **Reads-** Reads are observations of the actions by an offense that give a defense clues as to the type of play about to happen. The most basic read is the pass/run read. By determining if a lineman is pass blocking (going backwards) or run blocking (going forwards) a defender can take the correct action. Other reads come from recognizing formations, personnel changes, or motions that will tipoff the play. Be alert and know what the offense is trying to do before they do it. Yell/communicate with your teammates.
- **Gaps-** To coordinate stunts and defensive formations we denote gaps on the offensive line:
 - **A Gap-** Space between the center and guard
 - **B Gap-** Space between guard and tackle
 - **C Gap-** Space between the tackle and end
 - **Outside-** Anything around the ends



4-3 Defense

- Our base defense is the 4-3. The neutral(default) positioning and responsibilities are:
- **Defensive Tackles**- line up head up on the offensive guards. Meet the player in front of you then penetrate.
- **Defensive Ends**- Line up on the outside shoulder of the offensive tackle. Take the outside shoulder on your rush and work in once you penetrate the backfield.
- **Outside Linebackers**- Line up behind the ends, two steps back, read play before penetrating, primary responsibility is the B and C gaps. Pursue, Play run first
- **Middle Linebacker**- Head up on the center, two steps back. Read play before penetrating. Responsible for A & B Gaps first. Pursue, play run first
- **Cornerbacks**- Play outside shoulder of the offensive ends. 5 yard maximum split from the defensive end. At the snap, step forward 2 steps, read offensive tackle for run/pass and keep containment or pass cover. Nothing gets outside of you. Do not pursue plays to the other side of the field. STAY HOME. Wait for the reverse play or cutbacks.
- **Safeties**- Line up on the outside shoulder of the offensive ends, 8 yards off the line of scrimmage. PLAY PASS FIRST then support the run defense. Pursue, & tackle. Nothing gets behind the safety.

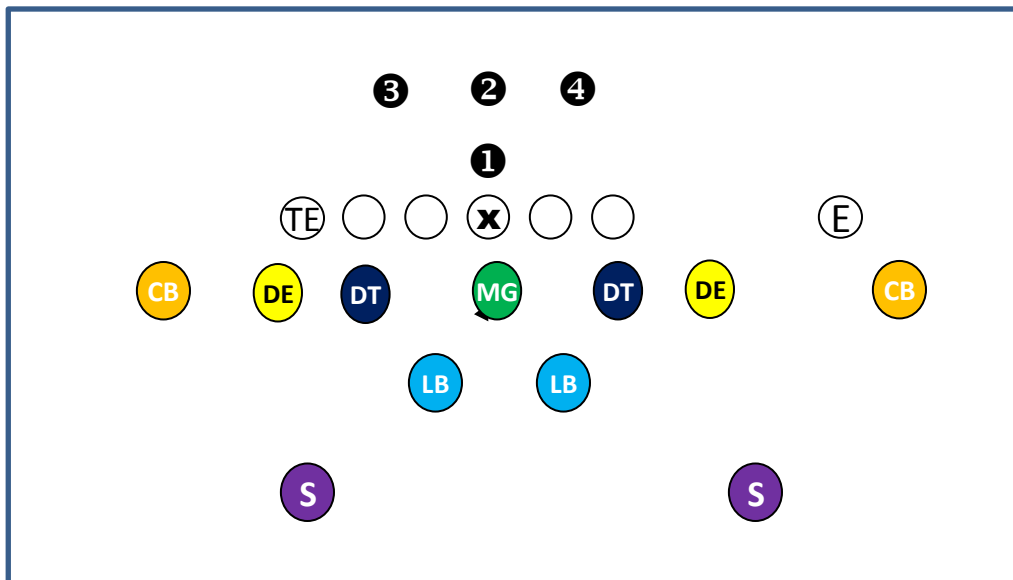
4-3 Defense



5-2 Defense

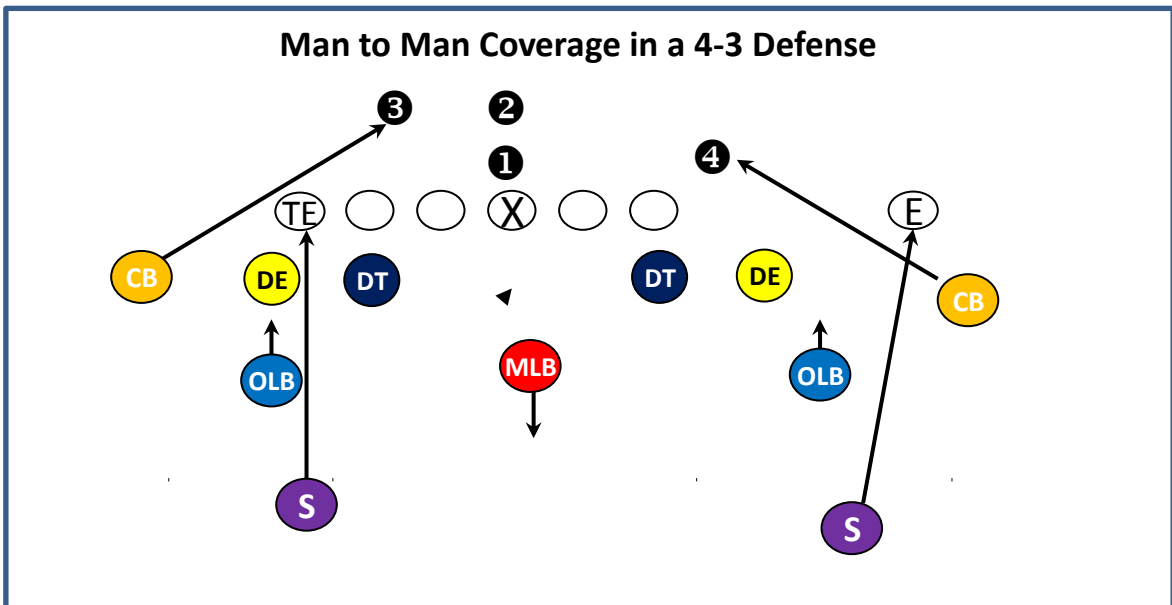
- The neutral(default) positioning and responsibilities for the 5-2 defense are:
- Middle Guard/Nose Guard- Lines up on the center. Controls the middle by controlling and defeating the center
- Defensive Tackles- line up head up on the offensive tackles. Pinch down toward the offensive guard with your first step, control the man in front of you, then penetrate.
- Defensive Ends- Line up on the tight ends or empty space if no tight end. Take the outside shoulder on your rush and work in once you penetrate the backfield.
- Middle Linebackers- Head up on the offensive guards, two steps back. Read play before penetrating. Responsible for your half of the field. Pursue, play run first
- Cornerbacks- Play outside shoulder of the offensive ends. 5 yard maximum split from the defensive end. At the snap, step forward 2 steps, read offensive tackle for run/pass and keep containment or pass cover. Nothing gets outside of you. Do not pursue plays to the other side of the field. STAY HOME. Wait for the reverse play or cutbacks.
- Safeties- Line up on the offensive ends, 8 yards off the line of scrimmage. PLAY PASS FIRST then support the run defense. Pursue, & tackle. Nothing gets behind the safety.

5-2 Defense



Pass Coverages

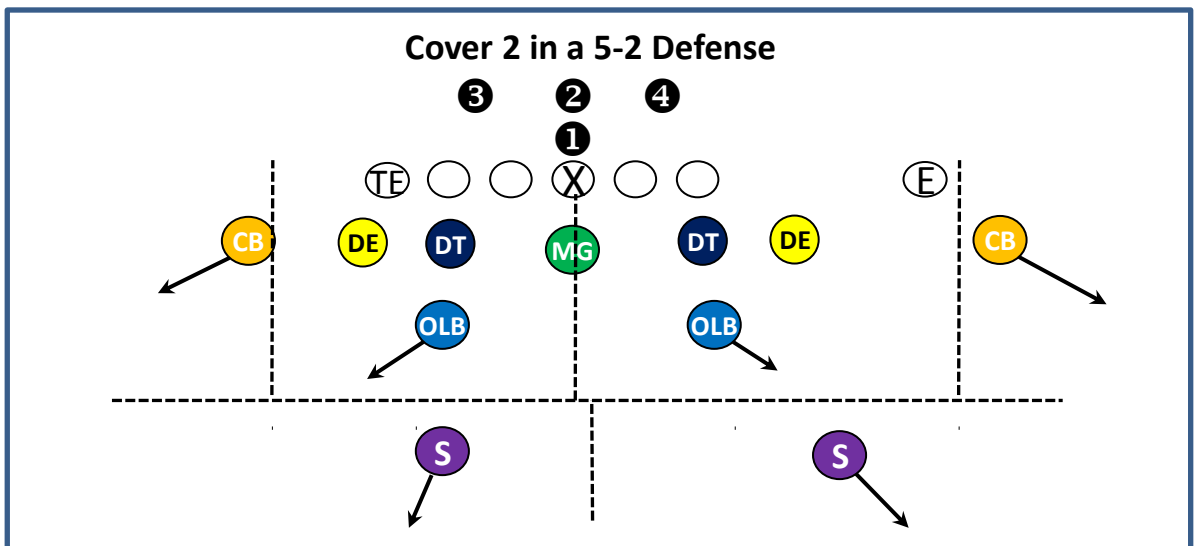
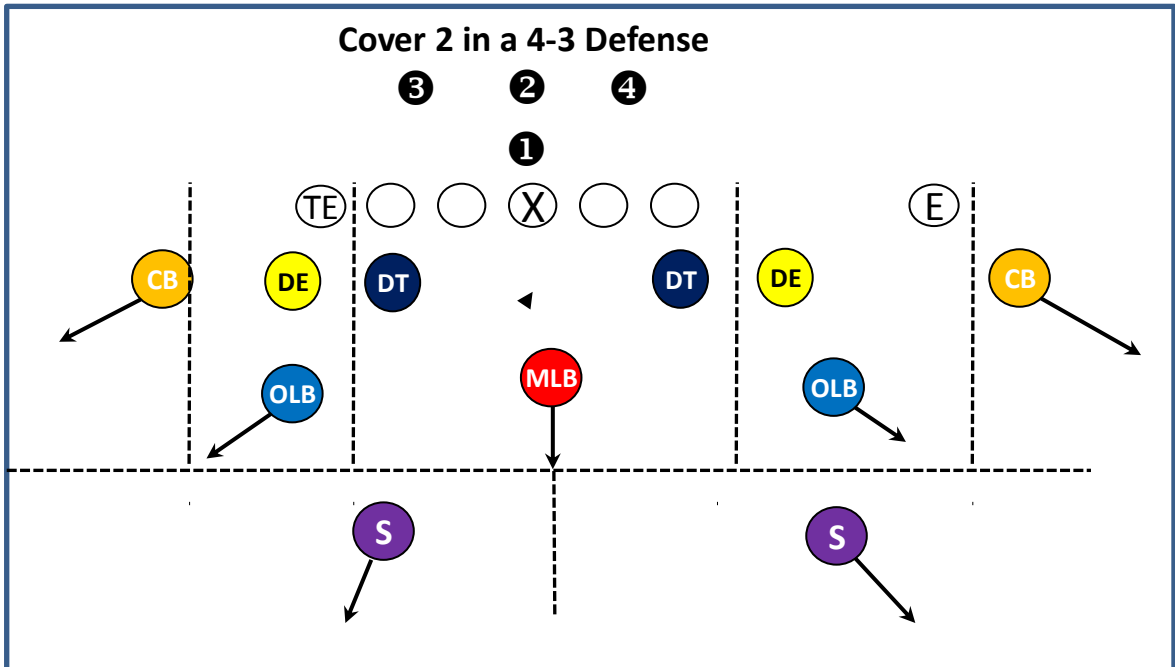
- **Introduction** - For all pass coverages, play the man first, ball second. Run as close to the receiver as possible and slightly ahead of him, watching his eyes as you run. Shoulder bumping, directing the receiver with your body is fine. NO PUSHING OR HAND SHOVING. When the receiver looks back for the ball, THEN turn your head to intercept, knock down or be in position to tackle. Do not let a 10 yard pass become a touchdown. Attempt the interception when you know you can make the play, otherwise strip tackle the receiver as soon as he touches the ball. Strip the ball from his hands but do not lose contact with the receiver.
- **Man to Man Coverage**— Safeties cover the most outside receivers. Cornerbacks take the next receiver in or the closest running back. Strong outside linebacker takes closest running back, weak outside linebacker and middle linebacker watch for slants and screens. In the end you must communicate with your teammates to make sure all potential receivers are accounted for prior to the snap.



Pass Coverages- Cover 2 Zone

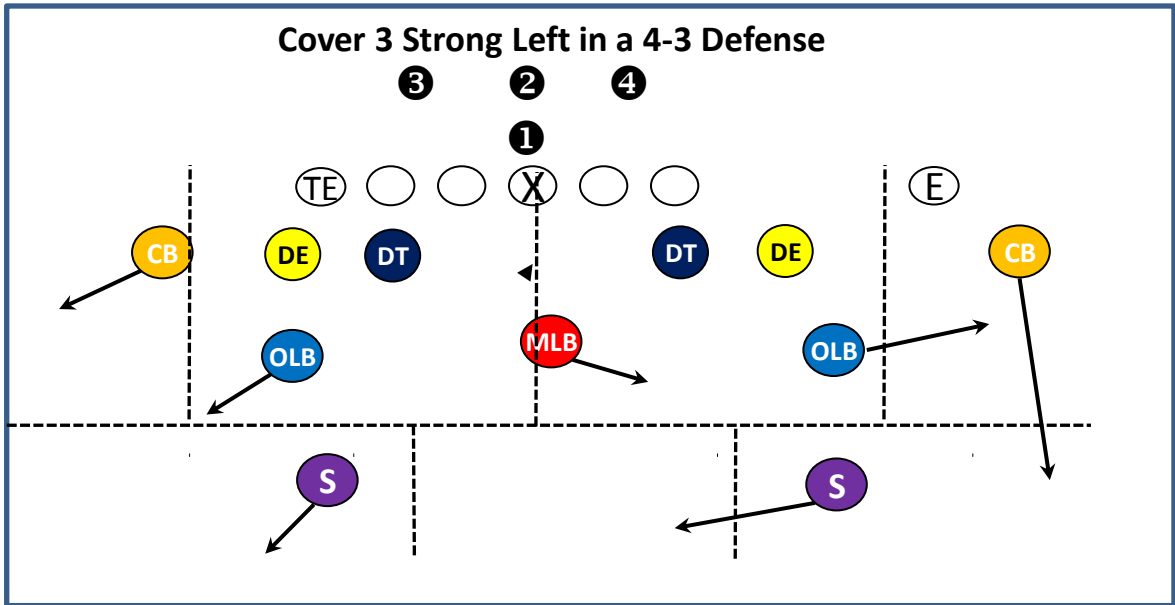
- **COVER 2 ZONE** - Cornerbacks and linebackers split front 10 yards of defensive secondary into 5 zones(4-3) or 4 zones (5-2). Safeties split the deep defensive backfield in two.

NOTHING EVER GETS BEHIND THE SAFETIES



Coverages- Cover 3 Zone

- **Cover 3 Zone** – Weak side cornerback drops to deep cover with the safeties. Remaining cornerback (strong side) and linebackers take 4 “up” zones (4-3) or 3 “up” cones (5-2).



4-3 Defensive Stunts- Page 1

Diagram 2: 4-3 Squeeze

Strong Left- Defensive tackles shift to A gaps, Penetrate through A gaps, both players hit center

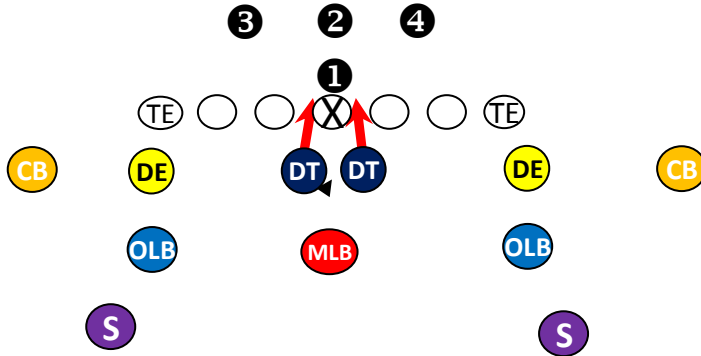


Diagram 3: 4-3 Tilt Strong

Strong Left- Defense shifts half a gap toward the strong side. Outside linebackers shift opposite direction of the line.

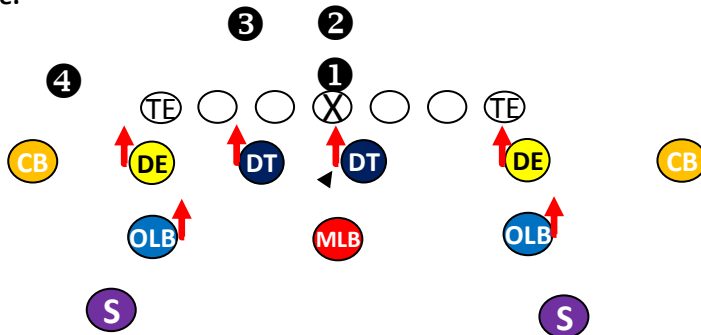
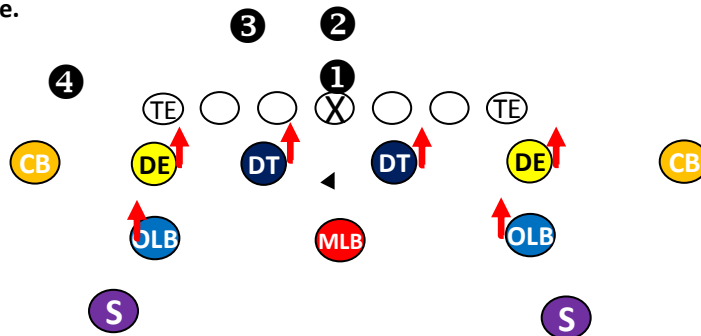


Diagram 4: 4-3 Tilt Weak

Strong Left - Defense shifts half a gap toward the weak side. Outside linebackers shift opposite direction of the line.



4-3 Defensive Stunts – Page 2

Diagram 5: 4-3 Loop

Strong Left- Defense tackle rush first to outside shoulder of offensive tackles. Defensive end rush inside after DT goes through.

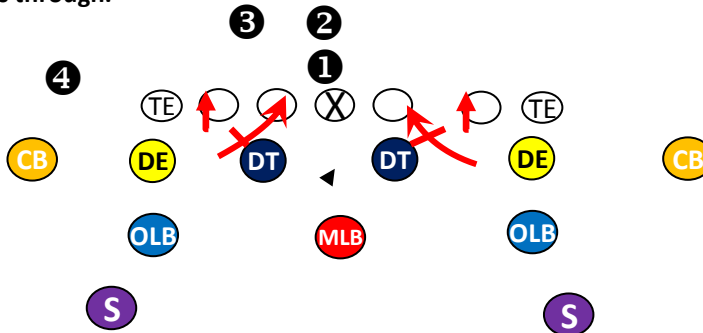


Diagram 6: 4-3 Tilt to the Motion

Strong Right- motion left. Defensive line shifts position half a gap to direction of motion. MLB makes motion call for line to follow. OLB stay put.

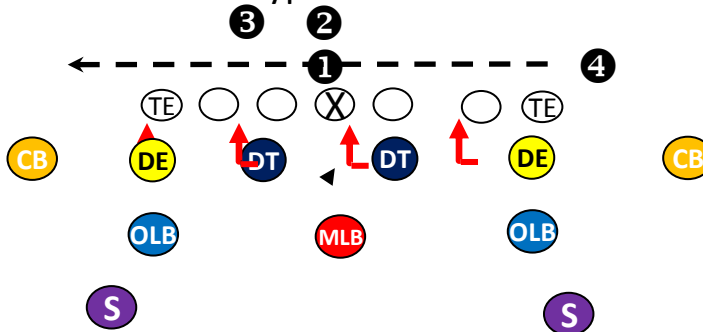
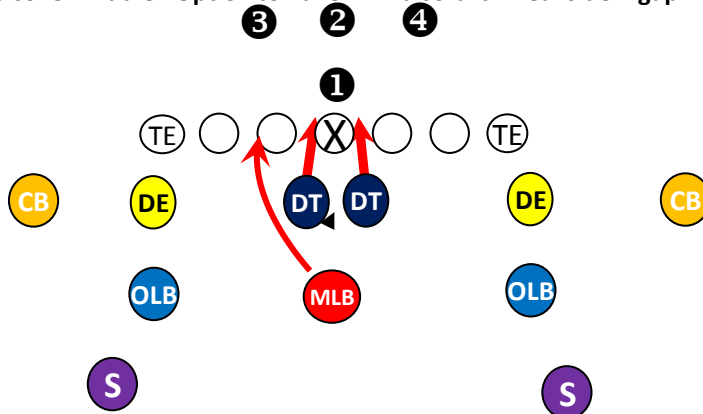


Diagram 7: 4-3 Squeeze/ Strong Side Blitz

Strong Left- DT's squeeze at the snap, occupy guards and rush A gap. MLB rushes B gap at the snap. OLB shade inside to help cover middle. Option to have MLB also blitz weakside B gap with squeeze.



4-3 Defensive Stunts- Page 3

Diagram 8: 4-3 Tilt Strong/ Blitz Weak

Strong Right – Defensive line shifts to strong side, OL Blitz's C gap at the snap. MLB and strong side OLB shade weak to help cover weak side. Option Tilt weak/ blitz strong.

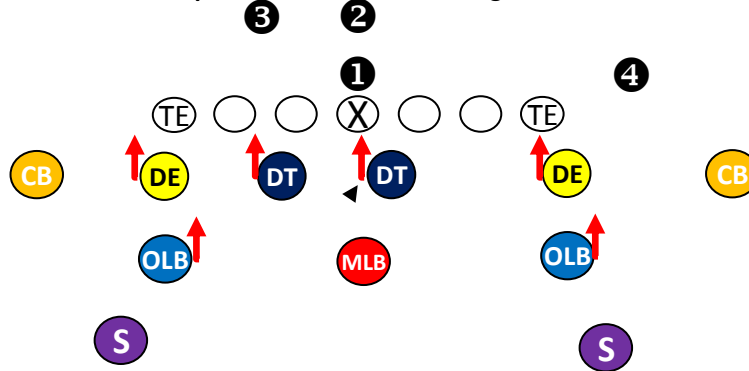


Diagram 9: 4-3 Double Storm

Strong Left – Defensive end lined up head-up on offensive tackles. DE take inside rush at the snap, OLB rush outside shoulder of offensive tackle at the snap.

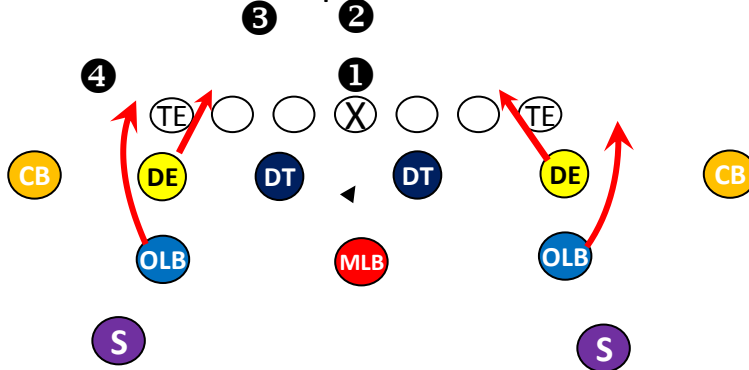
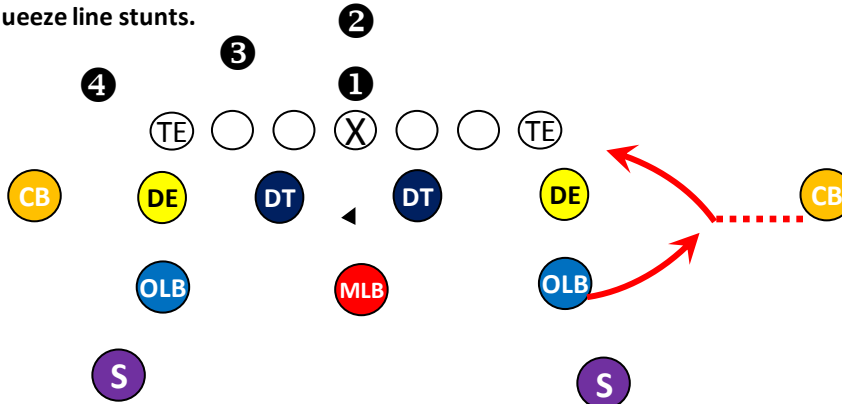


Diagram 10: 4-3 Weak Side Corner Blitz

Strong Left – CB lines up wider than usual- prior to the snap, run down the line of scrimmage- at the snap blitz into the offensive backfield. Weak side OLB shifts to corner responsibility. Option: Combine with tilt strong and squeeze line stunts.



4-3 Defensive Stunts- Page 4

Diagram 10: 4-3 Squeeze/ Strong Side Safety Blitz

Strong Left- DT's squeeze at the snap, occupy guards and rush A gap. MLB rushes B gap at the snap. OLB shade inside to help cover middle. Option to have MLB also blitz weakside B gap with squeeze.

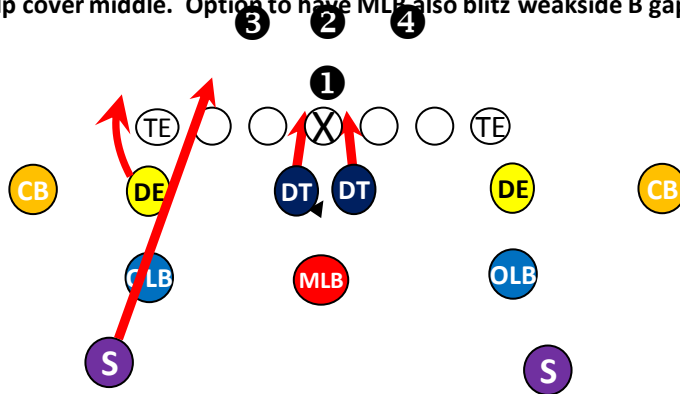
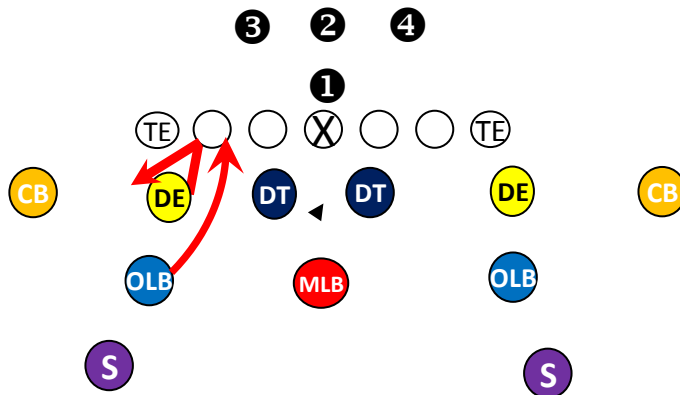
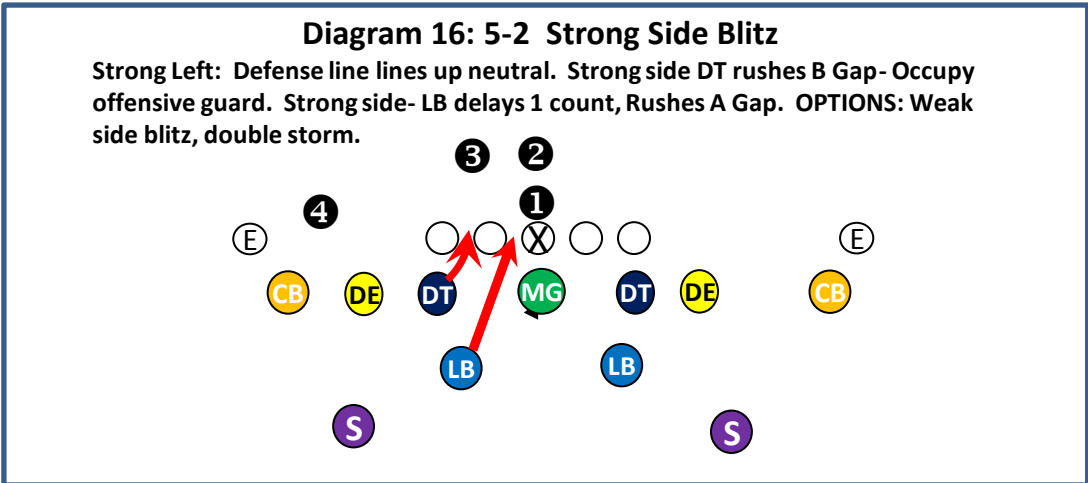
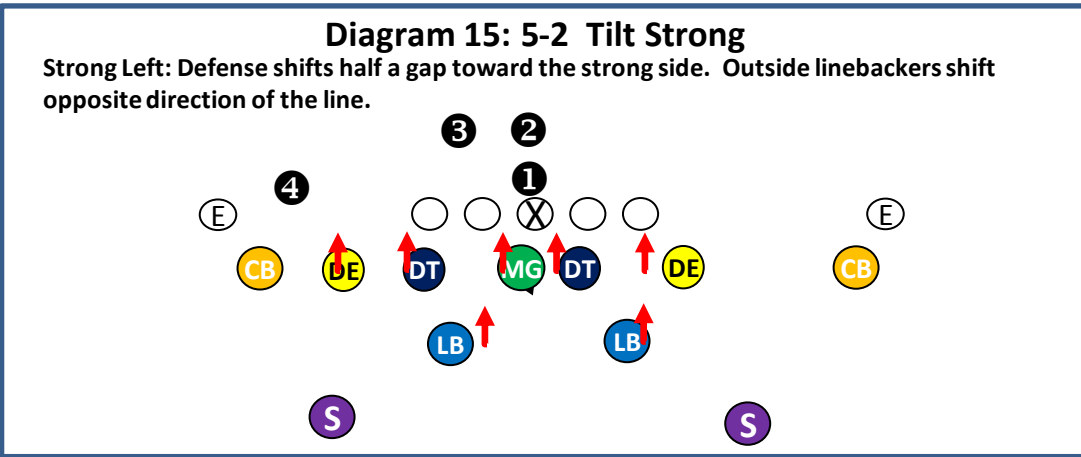
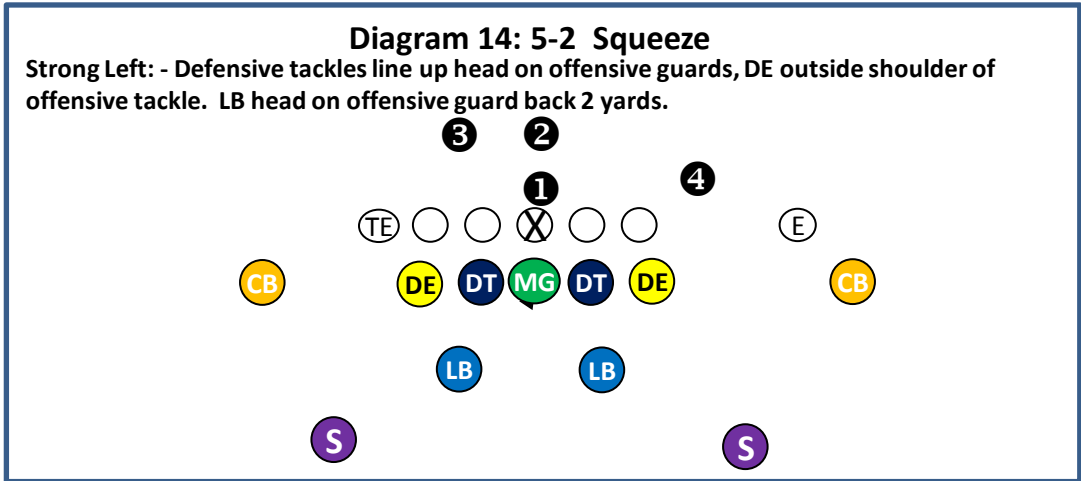


Diagram 10: 4-3 Squeeze/ Strong Side Zone Blitz

Strong Left- Strong side DE rushes 1 step forward, then backs out and back to lure offensive tackle outside, DE takes OLB position. Strong side OLB delays 2 counts at the snap then blitzes through the B gap. OPTION: Double zone blitz, weakside zone blitz.



5-2 Defensive Stunts- Page 1



5-2 Defensive Stunts- Page 2

Diagram 17: 5-2 Strong Side Pinch Blitz

Offensive Strong Right – Defensive line lines up neutral. At the snap strong side tackle attacks inside shoulder of offensive tackle. Nose guard rushes Strong side A gap. Strong side linebacker blitz C gap at the snap. OPTION: Weak side pinch blitz.

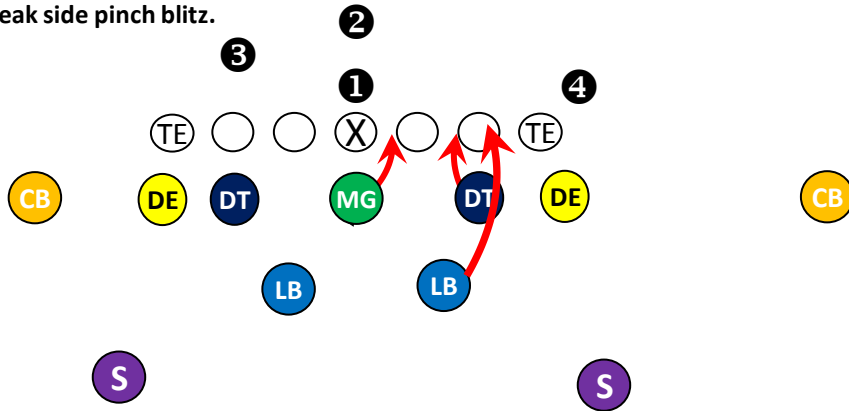


Diagram 18: 5-2 Weak Side Cornerback Blitz

Strong Right – Defensive line lines up neutral. Weak side corner lines up wider than usual. Prior to the snap runs down the line, at snap enter backfield and causes trouble. Weak side linebacker rotates to outside containment. Strong side linebacker rotates to middle field position.

