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# Andover Huskies Football



## Philosophy

This handbook will hopefully allow you to implement many of the same offensive and defensive principles as our teams at the high school level. If you have any questions during your season, please feel free to stop by our practice or call any one of our coaches. We want to work hard to make every coach feel like an integral part of our program.

It is important for every coach, from second grade to varsity, to make three items a priority.

- 1) Teach your players the game to the best of your ability.
- 2) Teach sportsmanship and discipline.
- 3) Make the game fun so we can keep every player in our program until they graduate.

## Expectations

You must make the ground rules clear from the beginning and follow them throughout the season.

1. **Communicate** with your players and parents. Have a clearly defined practice schedule and stick to it.
2. **Motivate** your team to be on time and at all games and practices. Make it clear from the start the consequences for missing practice. Parents must be aware of this since they are usually the reason the player is absent.
3. **Encourage** your players to hustle at all times! Keep things moving during your practice and have the players get to their next drill as quickly as they can.
4. Try to have an offensive and defensive position for each player. Accommodate players as best you can with their desire to play a certain position.

5. Be a coach, not a "scream machine". You are a teacher and it is your job to teach each player his responsibility. Put players in situations where they can be successful and everyone looks better. Make sure all criticism is constructive. The goal is to improve, not to discourage.

6. Never punish performance mistakes. Save punishment for things they can control, such as breaking team rules. Taking a lap for not having their helmet strapped up is acceptable. Taking a lap for jumping offsides is not.

7. We are all competitive but we must also remember the goals of our program. We want to play our best, improve our skills, and encourage team play.

8. Be a positive role model for your players. Don't allow yourself to become confrontational with other coaches, parents or officials. There is not a double standard for coaches and players. If your players see you questioning officials, they will do the same and will not accept responsibility for their play.

9. Have pre-planned and well organized practices. Have a goal for each practice and remember the age level and ability of your players. It is important for them to feel like they learned something. Less is more with all ages.

10. Make sure everything you do during your practice has a goal. Remember to ask yourself how the drill is improving their football skill or knowledge.

## I. Huskies Offensive Playbook

- A. Offensive philosophy
- B. Hole Numbering System
- C. Huddle, Cadence and 2 Minute offense.
- D. Formations and Personnel

The personnel we call for is based on a two numbers. The first number represents the number running backs and the second the number of Y's or Tight Ends.

There are many formations. You won't and can't use them all. We hope you can use our terminology when using these formations. Be thoughtful when using formations. They have a purpose; 1) force the defense to defend all of our weapons. 2) To put your players in the best alignment to execute the called play.

### E. Running Series

1. 10's Option series
2. 20's Sweep
3. 30's Midline trap
4. 40's G Series (power and sweep)

### F. Passing game

1. Route tree
2. Pass Blocking assignments
3. 600Series / Combo routes
4. 900 series
5. 100's Bootleg and play action pass.

\*\* If you see us running something you don't see in this book, call me or stop by practice. I can help you get the installation and assignments. I have not included everything from our Varsity playbook. If you think you need more, please call.

# CONSISTENCY

Consistency is the truest measure of performance. Almost anyone can have a great day, even a good year, but true success is the ability to perform day in and day out, year after year, under all kinds of conditions. Inconsistency will win *some* of the time, consistency will win *most* of the time.

Consistency requires concentration, determination and repetition.

To be at your best all the time you must,

## *TAKE NOTHING FOR GRANTED*

\*If you aren't "up" every day, something, or someone, will knock you down.

## *TAKE PRIDE IN WHAT YOU DO*

\*The things you do well are the things you enjoy doing.

## *TAKE SETBACKS IN STRIDE*

\*Don't brood over reverses; learn from them.

## *TAKE CALCULATED CHANCES*

\*To win something, you must risk something.

## *TAKE WORK HOME*

\*To get ahead, plan ahead

## *TAKE THE EXTRA LAP*

\*Condition yourself for the long run. The tested can always take It.

## *DON'T TAKE "NO" FOR AN ANSWER*

\*You can do what you believe you can do.

### OFFENSIVE PHILOSOPHY

- 1) Develop an offensive "package" or "system" that is balanced, teachable, and can be adjusted to take advantage of available talent.
- 2) You must be able to run the ball successfully to win CHAMPIONSHIPS.
- 3) You must be able to throw and catch the ball to force the defense to defend the entire field.
- 4) Limit the number of plays run each week and learn to execute them properly (repetition).
- 5) Use multiple sets, motion, etc. to force the defense to adjust (be diverse enough to take advantage of a weakness in adjustment).
- 6) Run "positive yardage" football plays.
- 7) Develop "hat rack" plays within your offense that the kids believe in.
- 8) Eliminate the 5 yard penalty.
- 9) Keep track of offensive tendencies that you establish (Know what your opponents know about you).
- 10) Don't be afraid of "gimmick" plays, but don't run a "gimmick" offense.

We are basically an "I-Formation" team, but we have the ability, in our package to use multiple formations, shifts, motions, etc. Our offensive package is divided into series of plays based on the flow of the backs. The plays in each series are designed to compliment each other. The complete offensive package of nine series gives us a well-balanced offensive scheme that we can win with. We will not attempt to run all of these plays each week, but during the course of the year we can work in certain plays to help balance our tendencies or take advantage of a certain defensive scheme.

## LEADERSHIPS, ATHLETIC ABILITY AND PERFORMANCE

A football team or any other organization can only be successful if it has proper direction and positive leadership. Leadership is a quality that can be learned and acquired. It can also be the result of actions performed.

By the very nature of the position, the quarterback is thrust into a position of leadership. Not all men are leaders, but leadership can be developed if certain principles are applied and carried out.

Attitude of the individual toward his responsibilities is very important. It should be positive, not negative. The personality one exhibits to his teammates should be pleasant and confident, but not arrogant or cocky. It is easy to acquire this trait if you have a good attitude toward your school, your teammates, your coaches and yourself. Knowledge of your position will also assist you in this area. Try to completely absorb the details of the position. Develop an ability to concentrate on and execute your position flawlessly. In directing the team, don't get down on yourself or your teammates. Sarcasm and wisecracks are out of order. The object of the game is to win and not to show up your teammates. Your association with your teammates off the field is not a prerequisite for leadership, but it will help you gain a deeper understanding for each other, develop mutual respect and contribute to team morale.

Ability is essential to a good quarterback. We as a staff, feel that there are three areas that are critical. Can he run, can he pass and can he think? It is important for the QB to know that these are essential and the player who is deficient in any one area should place great emphasis on that particular skill in order for him to develop into a complete quarterback. The great quarterbacks always have some degree of leadership, character and athletic ability. The ability to work and develop these traits is essential to becoming successful.

Performance of a quarterback under game conditions is the final and most exacting test we can give. A measure of a good quarterback is how well he moves the team and does the team score? Does he use the game plan or does he freelance and try to win it himself? At no time do we feel the quarterback must assume the total burden of victory or defeat. We don't expect him to do it himself.

Leadership, athletic ability and performance - they are necessary in different degrees of perfection. However, one must remember that these traits can be developed and learned and are essential in the development of the type of quarterback we need to consistently win at our level of competition.

## THE QB IN PRACTICE

1. BE FORCEFUL, TAKE-CHARGE LEADER
2. BE THE FIRST ONE OUT TO PRACTICE AND THE LAST ONE TO LEAVE THE FIELD.
3. KNOW ALL THE ASSIGNMENTS AT THE POINT OF ATTACK.
4. KEEP THE OFFENSE UP. PRAISE THEM WHEN THEY DO WELL AND ENCOURAGE THEM WHEN THEY DONT.
5. MAINTAIN YOUR POISE AT ALL TIMES.
6. YOU MUST BE AS COMPETITIVE IN DRILLS AS YOU WILL BE IN THE GAME.
7. DRILLS ARE SOLELY FOR IMPROVMENT - IMPROVE EACH DAY.
8. RELATE EACH DRILL TO A GAME SITUATION.
9. USE YOUR WARMUP TIME TO WORK ON PASS MECHANICS.
10. ASK IF YOU DO NOT UNDERSTAND. YOU CANNOT PERFORM IF YOU ARE CONFUSED.
11. STUDY OTHER PLAYERS IN DRILLS - KNOW WHAT THEY DO WELL.
12. DONT REPEAT A MISTAKE. LEARN FROM A MISTAKE AND CORRECT IT.
13. REPETITION IS THE KEY TO CONSISTENCY- REPEAT THE DRILL TO PERFECT THE SKILL.
14. DONT DEVELOP POOR DRILL HABITS (FAKING, PROPER ACTION, ETC.) BAD HABITS WILL COME BACK TO HAUNT YOU.
15. HAVE A CENTER WITH YOU AS MUCH AS POSSIBLE.
16. TRY TO VIEW THE PREVIOUS DAY'S PRACTICE VIDEO TO CRITIQUE YOURSELF (PASS READS & RUN CHECKS).
17. EMPHASIZE A GOOD LEAD/REACH STEP ON ALL PASS DROPS.
18. MAKE SURE ALL SIDELINE PLAY SIGNALS ARE CLEAR TO YOU. PRACTICE READING THEM WHEN GIVEN TO OTHER QB'S.
19. KNOW THE NEXT OPPONENT: PERSONNEL, BLITZ CHECKS, RUN CHECKS, GOAL LINE DEFENSE, RED ZONE DEFENSE, ETC.
20. MOVE YOUR FEET AROUND WHEN WARMING UP PASSING, SIMULATE AVOIDING RUSHERS AND STEPPING UP INTO YOUR THROW.

## RUNNING OFFENSE AND ASSIGNMENTS

In our offensive philosophy, we want to be a balanced offense between the RUN and the PASS. In this section, our running offense and QB techniques are discussed and diagrammed. We expect our QB's to be perfect in the execution of their techniques, including the center snap, the proper run check, exact footwork and ball-handling and proper faking after the handoff. The QB will work to improve these facets of the winning game during practice, so these techniques become automatic. The basic QB techniques common to all running plays include:

### A. STANCE

1. The feet should be spread about shoulder width apart but not too wide. A balanced and comfortable spread.
2. Weight on the balls of the feet with the emphasis on the PUSH-OFF foot.
3. Knees should be slightly bent, but not strained.
4. Elbows should be slightly bent to allow the QB to ride the center (know where he is stepping).
5. Thumb of the right hand locked with knuckle of left thumb, with top (right) slightly over-lapping left.
6. Extend the fingers of the left hand downward at a 90 degree angle.
7. Place the right hand firmly against the center's crotch WRIST DEEP with the palm facing the ground. This hand pressure gives the center a target.
8. Apply pressure UP from the left hand to the right hand to the center's crotch to AVOID HAND SEPARATION!

### B. THE EXCHANGE

1. Keep the hand pressure on the center's crotch until the ball is in your hands - your hands must follow the center.
2. The ball must SMACK - you should hear it - into the crease of the upper hand with the laces up.

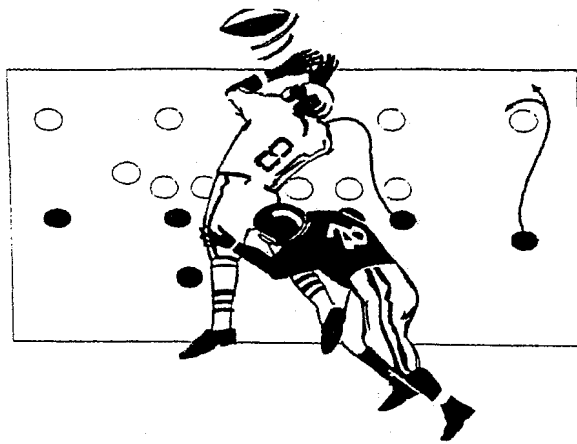
3. Get the ball well up into BOTH HANDS at the middle of the ball.
4. Know the center's footwork assignment and RIDE him in the proper direction.
5. IMMEDIATELY SEAT THE FOOTBALL into the stomach area to protect and hide the football as well as maintain control for the handoff
6. Know the centers well and work on the exchange as much as possible, EVERYDAY if possible in pre-practice. Never take the snap for granted.
7. Never PULL-OUT too early or separate the hands - trouble will follow.
8. Our QB's goal for every game is NO FUMBLED SNAPS!

### C. PIVOT / BALL HANDLING

1. Place the weight on the ball of the pivot foot (PUSH OFF) so you can pivot without FALSE-STEPPING.
2. Turn your head and shoulder (twist) and LOOK at the spot of the handoff on the ball carrier after receiving the snap.
3. Make your first step (lead step) a proper directional step with a good reach, under control. Do not overstep.
4. STAY LOW as you step and seat the football, move toward the ball carrier. This will enhance your control, quickness and ability to adjust to the mesh.
5. IT IS THE QB'S RESPONSIBILITY TO GET THE BALL TO THE PROPER HANDOFF SPOT (MESH POINT).
6. Keep the stepping foot close to the ground, as any high steps will take more time and will cause a loss of control.
7. Watch the handoff spot - THE MESH POINT - until the ball is secured by the ball carrier.
8. Hold the ball in BOTH HANDS as long as possible and then finish the handoff with one hand.
9. SETTLE as you mesh with the ball carrier and place the ball securely in his pocket.
10. Make sure you keep the non-ball hand against your stomach as the handoff is made. Don't "MATADOR" with the off hand.

D. FAKING

1. Always know your faking assignment after the handoff, and look at it as PART OF THE PLAY.
2. Make your fakes realistic and believable - don't overact or over do it.
3. Do not watch the ball carrier after the handoff. The defense is watching your eyes.
4. Strive for a perfect PLUS on the film grade for every play by a PERFECT FAKE.
5. Make your play fake look exactly like the corresponding play-action pass, don't give the run or the pass away.
6. Ball fake: fake seating the ball at the mesh point with BOTH HANDS.
7. Hand fake: place the empty hand in the handoff pocket and hide the ball in the stomach - hide the ball from the backside defenders. Give the RB the HAND, the EYES, and the SHOULDER.
8. PRACTICE PERFECT FAKES EVERYDAY TAKE PRIDE IN IT!



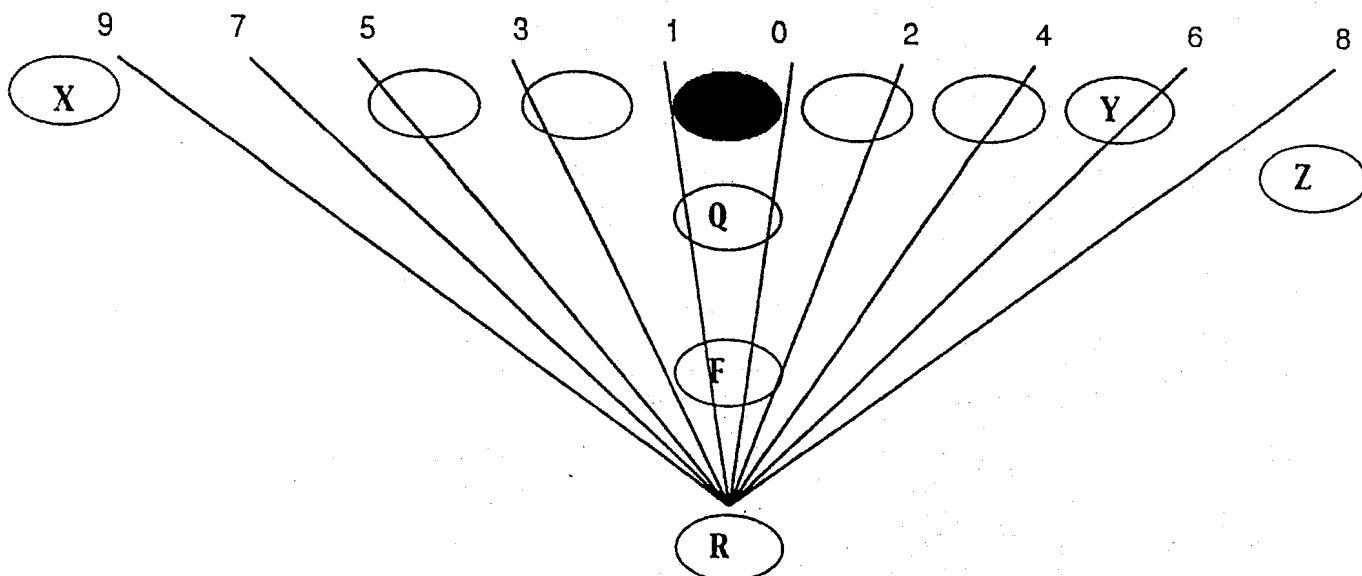
## **ANDOVER FOOTBALL PRACTICE EXPECTATIONS**

- 1. Never walk on the field – sprint everywhere you go!**
- 2. When a coach is teaching – “lock in”.**
- 3. When a coach is talking to an individual who plays your position, pay attention – get to a position where you can hear.**
- 4. Helmet - never take it off unless your position coach tells you to. Your helmet should be on your head and buckled up.**
- 5. Know the drills – how to set them up and how to get them going. Don't wait for the coach.**
- 6. Know the importance of the scout teams and respect them.**
- 7. Know and understand the practice schedule.**
- 8. Know and understand the upcoming opponent and our game plan.**
- 9. Never let water interfere with a drill, play, or coaching point.**
- 10. Leave the field with NO REGRETS!**

## **“SUCCESS”**

- 1. ALWAYS DO YOUR BEST.**
- 2. DO WHAT IS RIGHT.**
- 3. TREAT OTHERS HOW YOU  
WANT TO BE TREATED.**

# HUSKIES FOOTBALL HOLE NUMBERING SYSTEM



**GUARDS AND TACKLES WILL USE A 2 1/2 FOOT SPLIT  
AND THE "Y" WILL USE A 3 FT. SPLIT.**

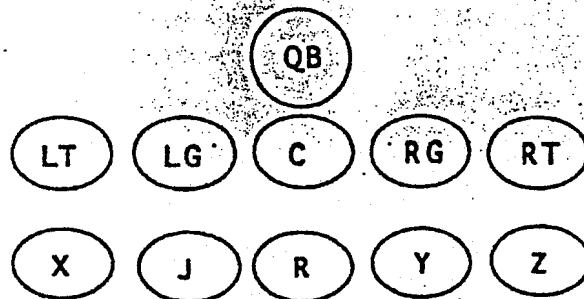
**IN OUR BASE FORMATION, THE "X" AND "Z" SHOULD BE  
10 - 14 YARDS FROM THE END MAN ON THE LOS.**

**"F" IN THE "I" BACKFIELD WILL BE 4 YARDS FROM THE LOS.  
THE R WILL BE 7 YARDS FROM THE LOS.**

**X, Y, Z, F, MUST ALWAYS BE COACHED TO ALIGN  
IN THE BEST POSSIBLE WAY TO EXECUTE THE CALLED PLAY.**

## HUDDLE ALIGNMENT & PROCEDURE

### HUDDLE:



### ALIGNMENT:

- A. FRONT 5- CENTER SETS HUDDLE 7 YDS BEHIND THE BALL. THE FRONT 5 SHOULD BE ALIGNED FOOT TO FOOT IN A GOOD SQUARED UP POSITION WITH THE HANDS ON THE KNEES FACING THE LINE OF SCRIMMAGE--EYES ON QB!
- B. BACK LINE- ALIGN IN CORRESPONDING GAPS CREATED BY THE FRONT 5. HANDS ON KNEES IN A GOOD SQUARED UP POSITION FACING THE L.O.S.-EYES ON QB.
- C. QB - FACES THE HUDDLE WITH BACK TO THE L.O.S. HEAD UP AND LOOKING AT THE OFFENSE. QB GETS THE SIGNAL FROM THE SIDELINE THEN MOVES INTO THE HUDDLE SO ALL CAN SEE AND HEAR HIM.

### PROCEDURE

- A. CENTER- SET HUDDLE 7 YDS DEEP DIRECTLY BEHIND THE FOOTBALL!
- B. QUARTERBACK- STEPS INTO THE HUDDLE AFTER RECEIVING SIGNAL, GIVES THE "UP" CALL TO ALERT THE TEAM, AND CALLS: STRENGTH, FORMATION, SHIFT OR MOTION, PLAY AND SNAP COUNT. HE WILL THEN REPEAT ONLY THE SNAP COUNT.
- C. BREAK- ON THE COMMAND OF "READY-BREAK", ALL PLAYERS CLAP HANDS AND BREAK THE HUDDLE! X & Z CAN LEAVE HUDDLE EARLY FOR WIDE ALIGNMENT. ON BREAK ALL PLAYERS JOG TO L.O.S. AND GET SET!

### POINTS OF EMPHASIS

- A. Q'S MUST CONSTANTLY BE AWARE OF THE TIME LEFT ON THE 30 SECOND CLOCK.
- B. HUDDLE DISCIPLINE IS VERY IMPORTANT AS THIS IS WHERE EVERY SUCCESSFUL PLAY BEGINS!
- C. GET IN AND OUT OF THE HUDDLE QUICKLY AND SNAPPY-WE ONLY HAVE 30 SECONDS FOR OUR PLAY CALL, MOTION, SHIFT, POSSIBLE AUDIBLE, ECT.
- D. QB HAS TOTAL CONTROL IN THE HUDDLE!

# Andover



## Football Defensive Playbook

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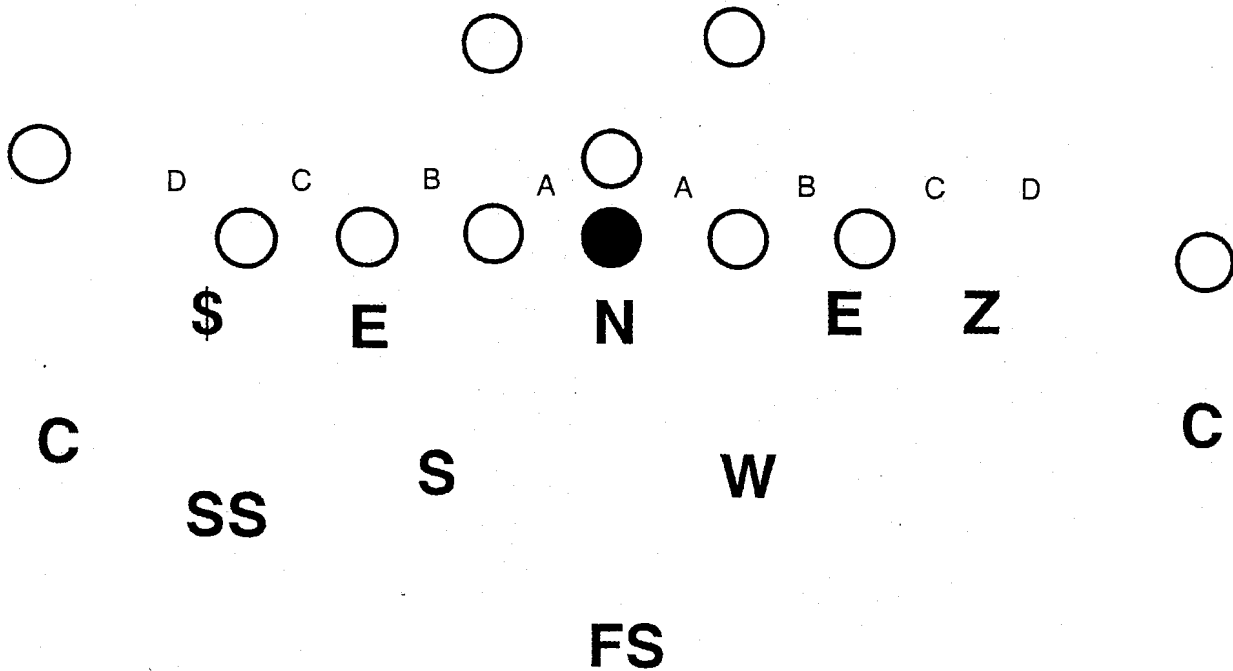
# Defensive Objectives

1. **ALWAYS THINK SHUTOUT.** You can't lose a football game if the other team does not score. Never worry about individual plays, first downs, etc. Prevent the team from scoring. We will take a bend but don't break attitude with us every time we touch the field.
2. **BE A BIG PLAY DEFENSE.** Make things happen. Big plays control the momentum of football games. Interceptions, fumbles, big hits, 3 and outs, are what win football games.
3. **PREVENT THE BIG PLAY.** Just as we want to make things happen, we must prevent the big play from happening.
4. **KNOW THE SITUATION AT ALL TIMES.** This will always play an important part in the final score. The player must be aware of down and distance, time remaining, score, weather, wind, personnel on the field, and tendencies of your opponent that can change the way you will play your defensive responsibility. Be smarter than your opponent.
5. **PURSUIT.** We must have all 11 players getting to the football on every play. Good things happen when teams fly to the ball.
6. **DO YOUR JOB.** Every player has a responsibility on every play. You must do your job to ensure that all 11 players are working together. You won't make the tackle on every play but by doing your job and pursuing to the football, we can make good sound team defensive stops.
7. **WILLINGNESS TO PAY THE PRICE.** To do anything well takes hard work. It means giving 100% both physically and mentally both during the season and the off-season. It means getting yourself prepared so that you can give 100%. The better we prepare, the less mistakes that are made on the field. Mistakes cost teams football games. Being prepared means doing whatever it takes to help the **TEAM.**
8. **TAKE PRIDE IN YOUR TEAM.** To be the best, it is important that we take pride in winning and believe in each other. Once you believe in yourself, the defense, the offense, the coaches and everyone else involved, winning takes care of itself.
9. **BE ACTIVE ON EVERY PLAY.** If you get blocked, get off the block and make the play. If you fall down, get up! You can't make a play on the ground. Find somebody to hit on every play. Get to the ball!

10. BE CLASSY. Play hard, hit hard, and play with confidence but always remember who and what you are representing on the field. It is more than just you and the person you are lined up against. Compete like a champion and do it with class.

# Huskies Defensive Scheme

## Base 3-4 Defense

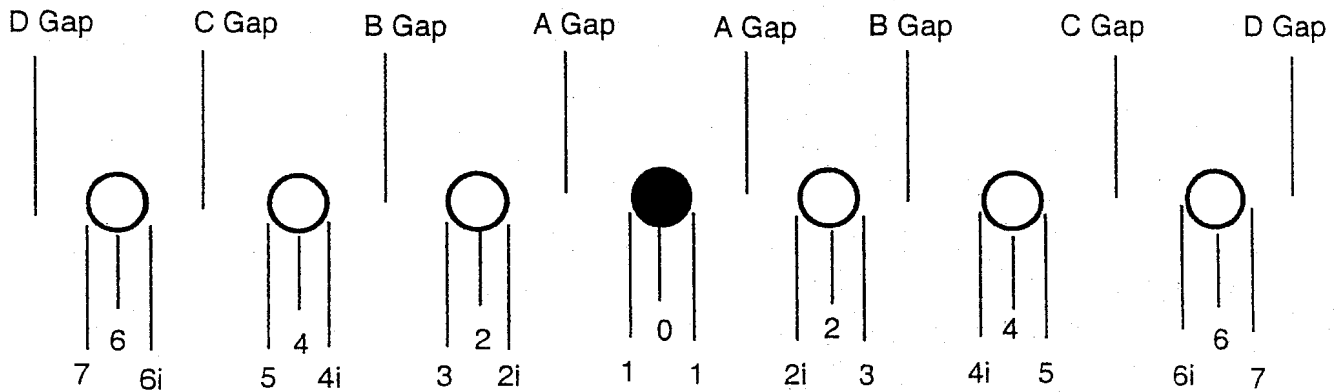


### Defensive Philosophy

1. We are a Gap Control Team. There are 8 Offensive Gaps to be covered by 7 Defensive Front Players. (Nose has 2 Gaps)
2. We are a 4 Deep Secondary Team. We have the ability to play any coverage out of this look.
3. The Front and Coverage Calls and the Offensive Alignment will determine which one of the four Linebackers is ON (rushing). The Offense should never know which of the Linebackers is rushing.
4. The defense is designed to funnel running plays to the outside.
5. We are a gambling defense. SWARM, HIT, GO FOR BROKE!

# Defensive Alignments

## Technique and Gap Responsibilities



### Techniques:

- 0: Head up on Center
- 1: Outside eye of Center
- 2i: Inside eye of Guard
- 2: Head up on Guard
- 3: Outside eye of Guard
- 4i: Inside eye of Tackle
- 4: Head up on Guard
- 5: Outside eye of Tackle
- 6i: Inside eye of End
- 6: Head up on End
- 7: Outside eye of End
- Ghost 7: On Air when there is no End

### Gap Responsibilities:

- A GAP: Between Center and Guard
- B GAP: Between Guard and Tackle
- C GAP: Between Tackle and Tight End
- D GAP: Outside of Tight End

# Huddle Procedure

**C SS FS C**  
**\$ E N E Z**  
**S W**

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S - Calls Fronts, Stunts and Blitzes

FS - Calls Coverages

W - Calls Down and Distance

Front line should bend over with their hands on their knees

Back line should stand behind person in front of them with their hands at the side

Example Play Call:

Will - 1st and 10

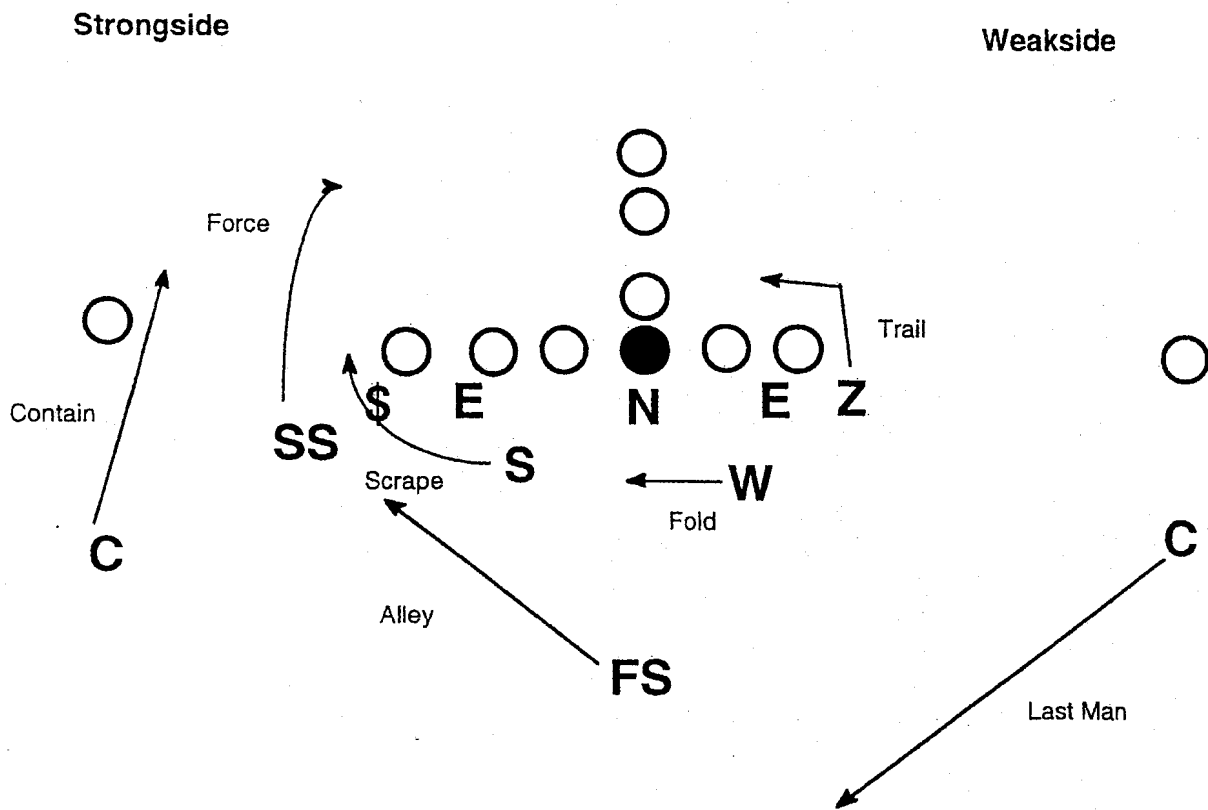
Sam - Stack Slant, Stack Slant, Ready

FS - Cover 3

Sam - Ready

Everyone- Swarm

# Pursuit Angles



**Alley** - The section of the field between the offensive line and the sideline. Defensive player must attack the ball from the inside out.

**Last Man** - Indicates the corner back opposite the side of the play to be the last man in pursuit angle. Defensive Player should take an angle to the pylon and then attack downhill.

**Contain** - Responsibility given to a player to turn the ball inside and not allow anyone outside of him.

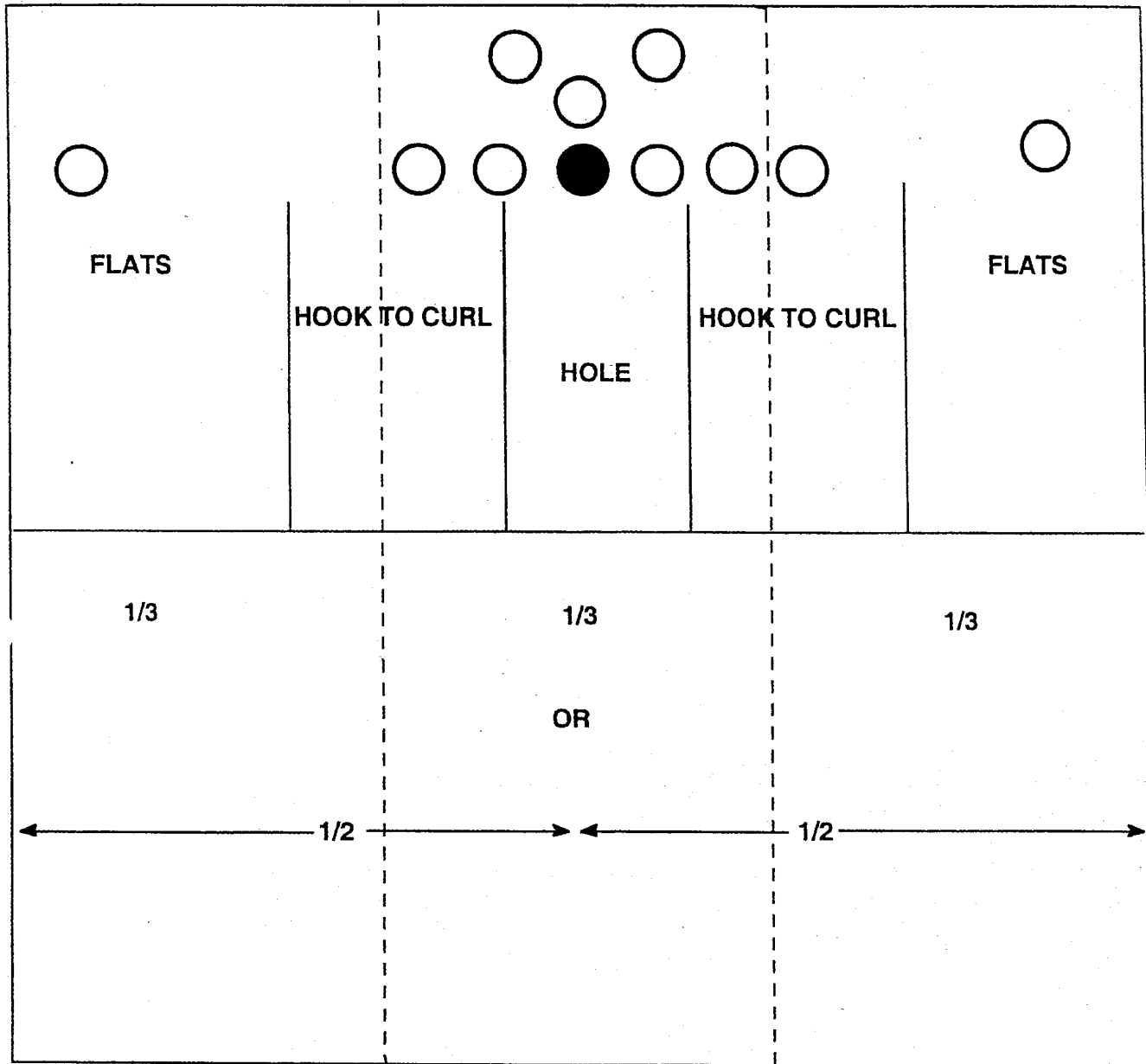
**Force** - Defensive player should force the offensive player to change his course.

**Scrape** - Term used to indicate that a defensive player is to move across the formation with the flow of the ball.

**Fold** - Describes the technique of a specified player who's responsibility is to look for any type of cut-back or reverse.

**Trail** - Term used for the specified player to stay as deep as the deepest man on any offensive play. Defensive player needs to look for any misdirection plays by the offense.

# Field Zones



## Landmarks for Drops:

- Flats -----> Drop to "numbers" (halfway between the sideline and hash)
- Hook to Curl -----> Drop to "hash"
- Hole -----> Drop to "middle"
- Deep 1/2 and 1/3 -----> Drop as deep as the deepest receiver

Landmarks must be adjusted based on field position

# Defensive Terminology

**Strongside-** Side to the strength of the offense.

**Weakside-** Side away from the strength of the offense.

**Playside-** Running play coming toward you.

**Playaway-** Running play going away from you.

**Blackjack-** Interception Call to alert your teammates to block for you.

**Split End-** Offensive end split more than four yards from the tackle.

**Key-** An indication that determines run or pass.

**Contain-** Responsibility given to a player to turn the ball in and make the tackle.

**Force-** Defender moving into a predetermined area to make the ball carrier adjust his course.

**Scrape-** Term used to indicate that a defensive player is to move across the formation with the flow of the ball.

**Rip-** Call used to indicate that a defensive tackle is to charge to the inside of the offensive tackle.

**Flow-** Determined by the direction of the ball or key.

**Slant-** Stunt call indicating that all the players involved will slant toward the strength.

**Angle-** Stunt call indicating that all the players involved will slant away from the strength.

**Press-** Term used to describe an "in your face" type defensive back coverage.

**Blitz-** Anytime more than 4 members of the defense are on (rushing).

**Off-Off-** Defensive term used to indicate that the particular blitz, stunt, or coverage called is now changed to a base call.

**Fold-** Describes the technique of a specified player who's responsibility is to look for any type of cut-back or reverse.

**Last Man-** Indicates to the corner back opposite the side of the play to be last man in pursuit angle.

**Alley player-** The section of the field between the tight end and the side line or outside receiver. This player must attack the ball from the inside out.

**Pursuit-** The term describing the pace of the football and the correct angles and effort to get to the football.

**Trail-** Term used for the specified player to stay as deep as the deepest man on any offensive play.

**Outside Arm and Leg-** Technique used for defensive players to keep leverage on the man blocking you and on the ball.

**Wrong Arm-** Technique used for a defensive player to across an attacking defensive players face.

**Wall-** Technique used by a defensive back to force a receiver running a route towards the sideline.

**Funnel-** Technique used by a defensive back or linebacker to force a receiver into a specific area.

**Triangle Read** -- Technique used by linebackers that involves reading the action of the guard, tackle, and running back to their side.

# Base Rules for 3-4

## Strong Safety

### Alignment:

Play the multiple receiver side. You must give a Rocky or Louie Call for the side you are on. Split the difference between the #1 and #2 receiver, cheating towards #2

### Keys:

1. Read the #2 receiver to your side
2. If End blocks down, come up hard and play the run through the outside hip of the defensive end.
3. IF the end blocks out on our end, come up hard and play the run from the inside hip of the defensive end. (If both multiple receivers are split out, then you are automatically the contain player.)
4. If #2 releases down field, switch key to QB and play the pass. You are a curl to flat defender.
5. Be aware of number of receivers to your side and the most likely patterns.
6. In cover 3 you are primary run support. In cover 2 you are secondary run support.

## Free Safety

### Alignment:

Split the difference of the two widest receivers in cover 3. Play at 8-10 yards deep. In cover 2 you should be at 10-11 yards and splitting the difference between the #1 receiver and the center to your side.

### Keys:

1. You are secondary run support and are a deep 1/3 or deep 1/2 player.
2. Read the lines first step and the QB's drop.
3. In cover 3 you must play the middle deep 1/3 looking for deep crossing patterns
4. In cover 2 you should key on the #2 and #1 receiver to your side.
5. Once a run develops, you are an alley player attacking the ball from the inside out.

# Corners

## Alignment:

Play 6-7 yards deep and 4 yards outside of a Tight End and 7-8 yards off and Head Up on a Split End.

## Keys:

1. Read the lines first step and the QB's drop.
2. You are secondary run support in cover 3. If run develops come up hard and support keeping outside – in leverage.
3. Play the Deep 1/3 in cover 3
4. You are a flat defender in cover 2. Key on #2 while running with #1. If #2 threatens the flats, you must leave #1 and get to #2. If #2 blocks or clears, continue to hug #1
5. You are primary run support on action your way keeping outside – in leverage in cover 2
6. Any run action away, you are the last man. You must take a proper pursuit angle to cut off the running back.
7. Always know the number of receivers to your side and the most probable patterns.

# Inside Linebackers

**Alignment:** Mainly a 30 technique, unless otherwise instructed.

## Keys:

1. Always read the guard to your side on every play, no exceptions. We will have additional reads, but 99% of the time you will read your guard directly in front of you.
2. You are a **Run to Pass** defender. Meaning your job is to stop run first and pass second.
3. You are a gap to flow player.
4. Always keep leverage/outside arm and leg free unless Iso. Cause havoc, make a pile and bounce to opposite Inside Backer.
5. On pass get to the drop immediately after your read step, get head on a swivel and read your routes.
6. Last but not least, every play we will take a **read step!!!**

# Outside Linebackers

## Stud Linebacker:

**Alignment:** Mainly a 7 technique or by call of the defense.

### **Keys:**

1. 2-point stance at all times, and always go to the TE side or the running strength.
2. Read the man in front of you whether it is the TE or Tackle. Your job is to read the block of the man in front of you for run or pass.
  - a. On pass if you are not the "on" linebacker then you have the drop determined by the defensive call.
  - b. If you are the "on" linebacker, you have outside contain on pass or make a call and you are one of the rushers,
3. On all run plays you basically have two jobs:
  - a. Blow up the play by wrong arming the play to make it bounce or:
  - b. Keep outside arm and leg free for contain and to keep leverage on the offensive player.

## Zeke Linebacker:

**Alignment:** Primarily in a ghost technique unless covered by a TE or a 2 TE set.

### **Keys:**

1. 2-point stance with a staggered open stance.
2. Keys are same as Stud backer in terms of run and pass reads
3. This backer usually has more pass responsibility and drops are very important to the outcome of the defense.

**Ends**

**Alignment:** 3-point stance, outside arm down (rt. arm, left arm)

Your alignment will differ on about every play. We are a call/check defense 90% of the time, which means defense will be called and a check or a call will be called based on the offensive sets.

## Keys:

1. As an end you will read the man in front of you on almost every play.
2. Your main objective is to play your gap, listen, and execute your assignment on every play.
3. **Run plays:** Ends are to listen to the calls and fight pressure with pressure. Our ends need to be run stuffers in a 3/4 defense.
4. **Pass plays:** Depending on the call you are one of our 4 rushers on every pass play. Your assignment may change on a play-to-play basis, but listening and executing your assignment will be the best attribute our ends can have.

**Nose**

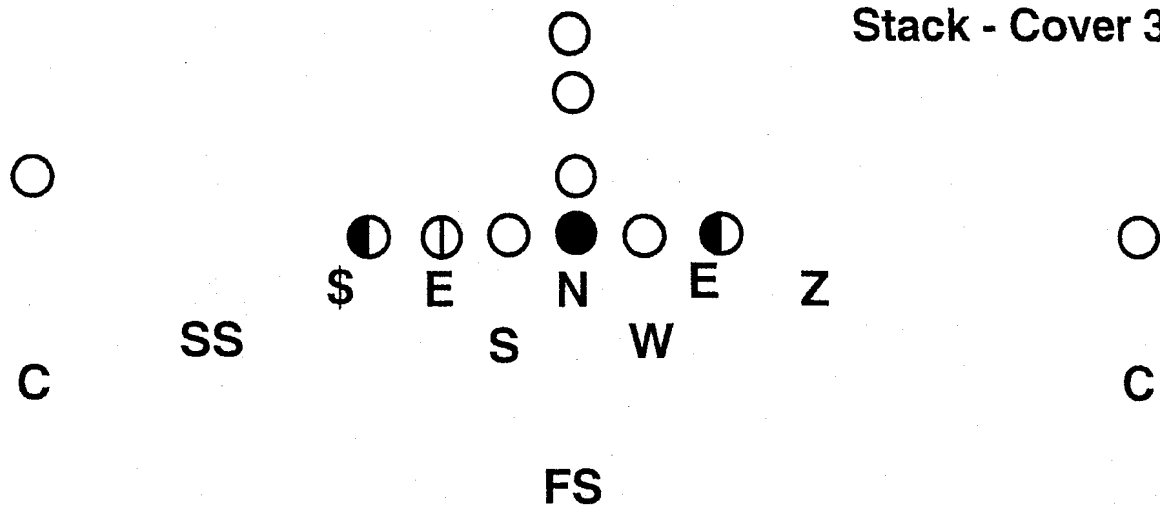
*Jacklin*

**Alignment:** 3 point stance and a two-gap player in our base stack defense.  
Every front you are a one gap player (reduction fronts).

## Keys:

1. Job of the nose is to read the center and have control of both A-gaps.
2. Fight pressure with pressure and if overtaken make a pile to ensure gap/gaps control.
3. Also is a pass rusher on all passing plays.
4. Reading of the offensive linemen and instincts will benefit this position in properly doing the job asked.

# Stack - Cover 3



| Position | Alignment   | Keys   | Run Responsibilities   | Pass Responsibilities |
|----------|---|--|--|-----------------------|
| N        | 0 Tech  | Draw The Double<br>Fight Pressure                              | Both A Gaps  | Rush in Lane          |
| E        | 4 Tech<br>If no End then 4i   | Read Block of<br>Tackle<br>Don't Get reached                   | B Gap Strongside<br>B Gap Weakside                                 | Rush in Lane          |
| S        | 30 to Call Side   | Read Triangle  | Action to: C Gap<br>Action Away:<br>Weakside A Gap                 | Hook to Curl          |
| W        | 30 Away From<br>Call Side   | Read Triangle  | Action to: A Gap<br>Action Away:<br>Strongside A Gap               | Hook to Curl          |
| \$       | 7 Tech  | Read Block<br>of End   | D Gap  | On - Rush the QB      |
| Z        | Ghost 7   | Contain Force<br>Player  | C Gap with no End<br>D Gap with End                                | Curl to Flats         |
| FS       | Split Widest 2<br>Receivers<br>10-11 yds Deep                             | Lineman's first step<br>QB's Drop<br>Play Centerfield          | Secondary Run Support<br>Alley Pursuit                             | Deep 1/3              |
| SS       | Call Side<br>Split the Difference<br>of reciever and line<br>4-5 yds Deep | #2 Recievers<br>First Step                                     | Primary Run Support<br>Contain Action To<br>Fold Action Away       | Flats                 |
| C        | 7 yds Deep<br>1 yd Inside<br>Widest Receiver                              | Lineman's first step<br>QB's Drop<br>Receivers to your<br>side | Secondary Run Support<br>Contain Action To<br>Last Man Action Away | Deep 1/3              |

