



**EAGAN**



**WILDCATS**

*Coaches Clinic Part 2*

# Blitz Packages For Defense

## Current Rules For Rushing the QB

- After 6 seconds, the pass rusher can attempt to sack the QB.
- Defense can blitz one time per half without waiting for the 6 second wait period.
  - o Only one per half. Unused blitzes cannot be transferred from one half to another.  
(use it or lose it)

\*Keep in mind that as the coach, you have the freedom to choose when/how you want to blitz the QB.

## Defensive Goals On A Blitz

- It is not to sack the QB. Let me repeat, the #1 goal of a blitzing defender is to not sack the QB. It is to force the QB into throwing a bad pass. When a bad pass is thrown, the defensive goal is to intercept the ball for a Pick Six. While a 5 yard loss is great, we want 6 points on the play. The #2 goal of the blitzer is to sack the QB. If you sack (pull the flag) on the QB instead, we will gladly accept the 5-10 yard loss.
- When a QB is right handed, they throw well rolling right and vice versa. Because of that, remind your blitzer to pressure the QB towards the left, forcing him to make a poor throw.
- Many teams anticipate a blitz on 3<sup>rd</sup> down (the final down of the drive). Personally, I prefer to blitz on 2<sup>nd</sup> down. To the offense, it's unexpected and catches them off-guard.

## Ideas of Blitzes During Games

- Run a standard blitz with a defender who is lined up near the QB.
- Have a defensive player (Player 1) above line up like he is blitzing, but send a corner (Player 2) instead. Player 1's goal is to distract the QB to make the QB watch what Player 1 is doing. Have Player 2 put himself in position to blitz when the play begins. When Player 1 backs off, hopefully the QB relaxes a bit and is caught off guard when Player 2 blitzes.
- Code words: Be creative and fun. I would use Lightning (fake blitz) and Thunder (actual blitz). While the offense was in a huddle, the defensive coaches are on the sidelines. When I am calling out our zone coverage I would also yell, "Joey, Lighting." Joey would do whatever he could to make the QB think he was coming. When the play started, Joey would drop back into his assigned coverage. After a few times, I would call, "Joey, Lightning, Sam Thunder." Now Joey will keep up the fake blitz, however, Sam knows he is coming. As the play gets closer to starting, he will put his body into position to blitz off the edge. Joey is still keeping eye contact with the QB as sort of, I almost came look. Joey is still trying to distract the QB while Sam comes in and hopefully pressures the QB to throw a Pick 6.

# Offensive Objective When Blitzed

## Offensive Objective When Blitzed

- The #1 goal the QB has to realize on a blitz or pressure is to not throw a bad pass. Remind the QBs constantly to take the sack before you throw a bad pass. No Pick 6s.

## Sequence of What Should Happen When QB is Pressured

1. QB should be lined up 3-5 yards away from Line of Scrimmage (LOS) to give him distance from any defensive rush.
2. Remind the QB, he determines when the play starts. Prior to starting the play, make presnap read looking where pressure may come. Look for changes in the tendencies in the defense over the course of the game. If a defender normally lines up 7 yards LOS but now one player is 3 yards, that should raise a red flag of a potential blitz.
3. QB must know who he can dump the ball off to when pressured before he's pressured.
4. At the start of the play, if a defender covering a receiver blitzes the QB, the receiver yells out, "HOT" and changes his route to the vacated area the defender left. Remind the receiver, it is a short route. (He might not even need to move) When the receiver is open, his body is squared up to the QB and hands in ready position to catch the ball.
5. The QB's goal is to scramble towards the arm he throws with (right handed – scramble right) because it's an easier more accurate throw. If he cannot scramble that way, improvise as best as you can.
6. When the QB is under duress, the receivers adjust their routes. Half of the receivers will start running parallel with the LOS to the right and the other half will adjust to the left. One will adjust to a short pass (5-10 yards) and the other will adjust to a medium pass (15-25 yards). The other half will start running the opposite way the QB is rolling to. The idea is if the QB changes direction, he will need 2 new targets to throw to. If the receiver runs to the sideline, he will then change direction back to the other sideline while avoiding coverage. The receivers continue on these patterns until the play is over.
7. I remind the QB, if you under duress and you are getting tired and no one is open, you can throw an incomplete pass into the dirt of an eligible player. Always remember, if you connect on a pass and get a first down or score, it will deflate the defense.

# 2-Point Conversions

## Current Rules 2-Point Conversions

- After scoring a touchdown, the offense gets the opportunity to score 2 more points from 5 yards outside of the endzone.
- No running plays may happen during the 2-Point Conversion
- Reminder- The defense have the option to be in zone or man coverage
- Reminder- The defense can return an interception on a 2-point conversion for 2 points.

## Practice 2-Point Conversions Excessively

During a game last year, an opposing coach asked me, “How come you convert every 2-Point play whenever we played you all year?” I replied, “We practice it a lot.” He replied, “We do to but we only convert about half. We even know what play your going to run and we still can’t stop you.” I replied, “We practice it more than you. Our 15-20 minute warm-up drills for practice and pregame is our 2-point conversion plays.”

- On gameday, when the players are slowly trickling in, get them throwing the 2-Point conversion instead of just tossing the ball around. If your QB isn’t there yet, the coach throws the ball to the receivers until he arrives. Have the receivers start with a 50% intensity with the routes. As they get warmed up, pick up the intensity. By the time the game is 5-10 minutes away, you should be at full speed and ran it over 15x. By then, the players will have a feel for how the field/grass is feeling for their routes, the wind, sun, etc. and most importantly, the timing between the QBs and receives are sound.

# Back Pocket Plays

## What Is A Back Pocket Play?

Every team should have a couple of “Bread and Butter” (B&B) plays which they believe in, love to run them, and begs to run them. It’s the plays that identifies who you are. The problem is when you run those plays enough, they defense should start anticipate them. To keep the defense honest, you need to add a wrinkle to them.

For example, in August’s practices, I establish our B&B plays. After the players know the plays, I will explain to them, when the game is on the line and we need one play to win the game, here is our wrinkle or “Back Pocket” play which will win the game.

The idea is you take a play you run and have the receiver run the exact opposite of what he would normally do. If run successfully, it will be a game winner. For example, if receiver normally runs a Post route, he would do a Post-Corner.

## Game Example

One play of ours, we ran a very successful fade pattern. It’s was one of my most successful plays I have run over the years. In each game, we most likely have run it 5-7x. One game, came down to the wire. We were within 10 yards from the endzone for the winning score. We anticipated the corner and safety would do anything to stop the upcoming fade. When we lined up for the play, our formation appeared that we were running the exact same play we ran prior except we added a wrinkle. The receiver ran a fade-comeback route instead. The players were confident in the play because we had practiced it at the end of every practice. I coached the receiver to “over-sell” the fade route by putting his arm in the air to show he is open (something he never does). It worked because the corner bit. Then when the corner took the bait, the receiver put his inside foot in the dirt, pivoted outside, and came back to the front pylon. While the receiver is ran the fade, the QB held the ball with 2 hands, pump faked with his shoulder, then rolled parallel to LOS toward the sidelines. As the receiver broke into the comeback, the QB simply tossed the receiver the ball for the game winning score!