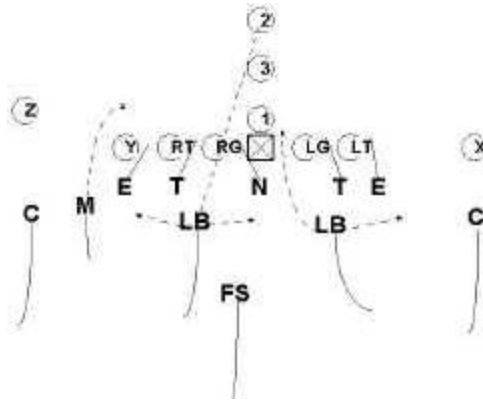




# 52 Monster vs Pro I Formation



## Lineup:

Sam	Strong B Gap. Key near guard to Tailback
SDE	Head up on TE
SDT	Inside shade of strong tackle.
NT	Shade to strength on Center.
WDT	Inside shade of weak tackle.
Monster	1x1 D gap.
Willie	Weak B Gap. Key guard to Fullback.
WDE	Outside shade of offensive tackle.
SCB	Outside shade of Flanker, 4 yards deep.
WCB	Outside shade of Split end, 5 yards deep.
FS	7-13 yards deep, depending on down/distance. 5 1/2 players per side.

## Run responsibilities:

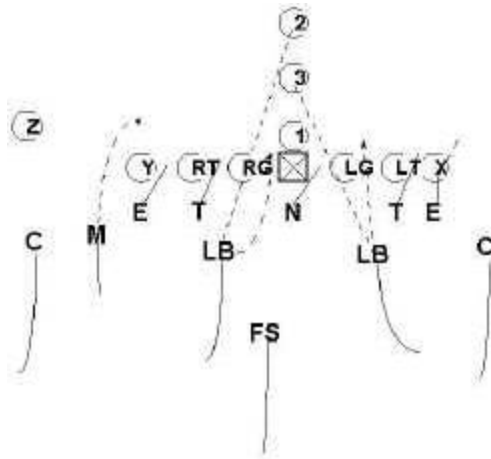
Sam	Follow keys. Stay home on flow away.
SDE	C gap.
SDT	Slant to B gap
NT	Slant to strong A gap.
WDT	Slant to B gap
Monster	D gap. trail reverses through

	backfield. Attack outside shoulder of ball carrier on sweeps towards.
Willie	Scrape to A gap. Follow keys. Stay home on flow away.
WDE	D gap, trail reverses through backfield. Attack outside shoulder of ball carrier on sweeps towards.
SCB	Medium zone until ball passes LOS, then attack. Force outside shoulder of ball carrier on sweeps towards.
WCB	Medium zone until ball passes LOS, then attack. Force outside shoulder of ball carrier on sweeps towards.
FS	Read and respond to flow. Stay deep until ball crosses LOS

**Pass responsibilities:**

Sam	Short hook zone to strong side.
SDE	Rush passer with hands high. Keep contain.
SDT	Rush passer with hands high
NT	Rush passer with hands high through A gap.
WDT	Rush passer with hands high
Monster	Short hook zone outside TE to flat.
Willie	Short hook zone to weak side.
WDE	Rush passer with hands high. Keep contain.
SCB	Zone coverage as deep as deepest player in your third of the field. Play QB's non-throwing shoulder.
WCB	Zone coverage as deep as deepest player in your third of the field. Play QB's non-throwing shoulder.
FS	Deep zone, follow passer laterally, keep receivers underneath. Nothing gets deeper than you.

# 52 Monster vs Tight I Formation



## Lineup:

- Sam Strong B Gap. Key near guard to Tailback
- SDE Head up on TE
- SDT Inside shade of strong tackle.
- NT Head up on Center.
- WDT Outside shade of weak tackle.
- Monster 1x1 D gap.
- Willie Weak B Gap. Key guard to Fullback.
- WDE Head up on TE
- SCB Outside shade of Flanker, 4 yards deep.
- WCB Outside shade of tight end, 5 yards deep.
- FS 7-13 yards deep, depending on down/distance. 5 1/2 players per side.

## Run responsibilities:

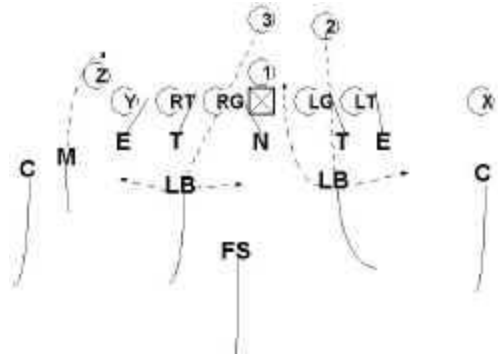
- Sam Scrape to strong A gap. Follow keys. Stay home on flow away.
- SDE C gap.
- SDT Slant to B gap
- NT Slant to weak A gap.

WDT	Slant to C gap
Monster	D gap, trail reverses through backfield. Attack outside shoulder of ball carrier on sweeps towards.
Willie	Weak B gap. Follow keys. Stay home on flow away.
WDE	D gap, playing through TE, trail reverses through offensive backfield. Attack outside shoulder of ball carrier on sweeps towards.
SCB	Medium zone until ball passes LOS, then attack. Force outside shoulder of ball carrier on sweeps towards.
WCB	Medium zone until ball passes LOS, then attack. Force outside shoulder of ball carrier on sweeps towards.
FS	Read and respond to flow. Stay deep until ball crosses LOS

**Pass responsibilities:**

Sam	Short hook zone to strong side.
SDE	Rush passer with hands high. Keep contain.
SDT	Rush passer with hands high
NT	Rush passer with hands high through A gap.
WDT	Rush passer with hands high
Monster	Short hook zone outside TE to flat.
Willie	Short hook zone to weak side.
WDE	Rush passer with hands high. Keep contain.
SCB	Zone coverage as deep as deepest player in your third of the field. Play QB's non-throwing shoulder.
WCB	Zone coverage as deep as deepest player in your third of the field. Play QB's non-throwing shoulder.
FS	Deep zone, follow passer laterally, keep receivers underneath. Nothing gets deeper than you.

# 52 Monster vs. Wing-T



## Lineup:

Sam	Head up on strong tackle. Key near guard to Tailback
SDE	Head up on TE
SDT	Inside shade of strong tackle.
NT	Head up on Center.
WDT	Outside shade of weak tackle.
Monster	1x1 D gap outside wingback.
Willie	Weak B Gap or head up on weak guard. Key guard to Fullback.
WDE	Outside shade of tackle.
SCB	3 x 4 alignment outside wingback.
WCB	Outside shade of split end, 5 yards deep.
FS	7-13 yards deep, depending on down/distance. 5 1/2 players per side.

## Run responsibilities:

Sam	Follow keys. Stay home on flow away.
SDE	C gap.
SDT	Slant to B gap
NT	Slant to strong A gap.
WDT	Slant to B gap
Monster	D gap, trail reverses through backfield. Attack outside shoulder of ball carrier on sweeps towards.

Willie Scrape to weak A gap. Follow keys. Stay home on flow away.

WDE D gap, trail reverses through offensive backfield. Attack outside shoulder of ball carrier on sweeps towards.

SCB Medium zone until ball passes LOS, then attack. Force outside shoulder of ball carrier on sweeps towards.

WCB Medium zone until ball passes LOS, then attack. Force outside shoulder of ball carrier on sweeps towards.

FS Read and respond to flow. Stay deep until ball crosses LOS

**Pass responsibilities:**

Sam Short hook zone to strong side.

SDE Rush passer with hands high. Keep contain.

SDT Rush passer with hands high

NT Rush passer with hands high through A gap.

WDT Rush passer with hands high

Monster Short hook zone outside TE to flat.

Willie Short hook zone to weak side.

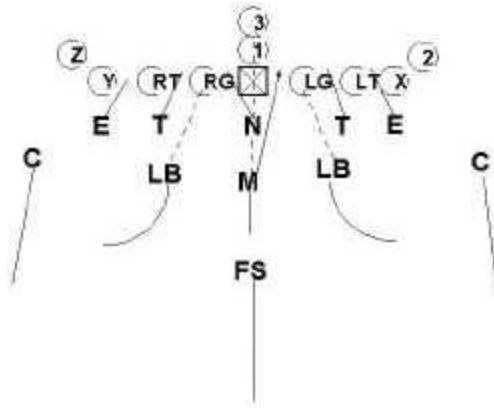
WDE Rush passer with hands high. Keep contain.

SCB Zone coverage as deep as deepest player in your third of the field. Play QB's non-throwing shoulder.

WCB Zone coverage as deep as deepest player in your third of the field. Play QB's non-throwing shoulder.

FS Deep zone, follow passer laterally, keep receivers underneath. Nothing gets deeper than you.

## 52 Monster vs. Double Wing



### Lineup:

- Sam Head up on left tackle. Key near guard.
- SDE Head up on TE
- SDT Inside shade of left tackle.
- NT Head up on Center.
- WDT Outside shade of right tackle.
- Monster 2 yards behind NT. Key fullback.
- Willie Head up on right tackle. Key right guard.
- WDE Head up on TE.
- SCB 3 x 4 alignment outside wingback.
- WCB 3 x 4 alignment outside wingback.
- FS 7-13 yards deep, depending on down/distance. 5 1/2 players per side.

### Run responsibilities:

- Sam Follow keys. Stay home on flow away.
- SDE C gap.
- SDT Slant to B gap
- NT Slant to left A gap.
- WDT Slant to B gap



Monster Follow keys. Fire to right A gap. Chase flow.

Willie Follow keys. Stay home on flow away.

WDE C gap.

SCB Medium zone until ball passes LOS, then attack. Force outside shoulder of ball carrier on sweeps towards.

WCB Medium zone until ball passes LOS, then attack. Force outside shoulder of ball carrier on sweeps towards.

FS Read and respond to flow. Stay deep until ball crosses LOS

**Pass responsibilities:**

Sam Short hook zone to left side.

SDE Rush passer with hands high. Keep contain.

SDT Rush passer with hands high

NT Rush passer with hands high through A gap.

WDT Rush passer with hands high

Monster Short hook zone in middle third.

Willie Short hook zone to right side.

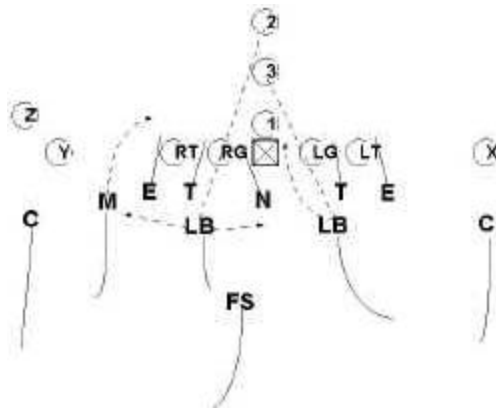
WDE Rush passer with hands high. Keep contain.

SCB Zone coverage as deep as deepest player in your third of the field. Play QB's non-throwing shoulder.

WCB Zone coverage as deep as deepest player in your third of the field. Play QB's non-throwing shoulder.

FS Deep zone, follow passer laterally, keep receivers underneath. Nothing gets deeper than you.

# 52 Monster vs. Twins



## Lineup:

- Sam Strong B Gap. Key near guard to Tailback
- SDE Outside shade of tackle.
- SDT Inside shade of strong tackle.
- NT Shade to strength on Center.
- WDT Inside shade of weak tackle.
- Monster Halfway between slot receiver and tackle. 3-5 yards deep.
- Willie Weak B Gap. Key guard to Fullback.
- WDE Outside shade of offensive tackle.
- SCB Outside shade of widest receiver, 7 yards deep.
- WCB Outside shade of Split end, 5 yards deep.
- FS 7-13 yards deep, depending on down/distance. 5 1/2 players per side.

## Run responsibilities:

- Sam Follow keys. Stay home on flow away.
- SDE C gap.
- SDT Slant to B gap
- NT Slant to strong A gap.
- WDT Slant to B gap
- Monster D gap, trail reverses through backfield. Attack outside

shoulder of ball carrier on sweeps towards.

Willie Scrape to A gap. Follow keys. Stay home on flow away.

WDE D gap, trail reverses through backfield. Attack outside shoulder of ball carrier on sweeps towards.

SCB Medium zone until ball passes LOS, then attack. Force outside shoulder of ball carrier on sweeps towards.

WCB Medium zone until ball passes LOS, then attack. Force outside shoulder of ball carrier on sweeps towards.

FS Read and respond to flow. Stay deep until ball crosses LOS

**Pass responsibilities:**

Sam Short hook zone to strong side.

SDE Rush passer with hands high. Keep contain.

SDT Rush passer with hands high

NT Rush passer with hands high through A gap.

WDT Rush passer with hands high

Monster Short hook zone slot to flat.

Willie Short hook zone to weak side.

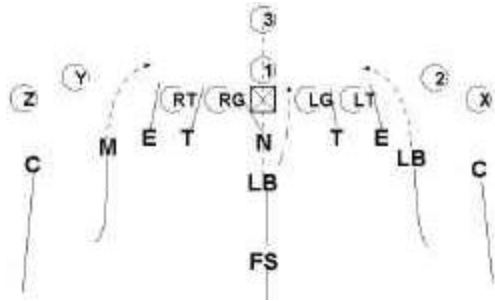
WDE Rush passer with hands high. Keep contain.

SCB Zone coverage as deep as deepest player in your third of the field. Play QB's non-throwing shoulder.

WCB Zone coverage as deep as deepest player in your third of the field. Play QB's non-throwing shoulder.

FS Deep zone, follow passer laterally, keep receivers underneath. Nothing gets deeper than you.

## 52 Monster vs. Doubles



### Lineup:

- Sam Head up on Center. Key Ace back.
- SDE Outside shade of tackle.
- SDT Inside shade of left tackle.
- NT Head up on Center.
- WDT Inside shade of right tackle.
- Monster Halfway between slot receiver and tackle. 3-5 yards deep.
- Willie Halfway between slot receiver and tackle. 3-5 yards deep.
- WDE Outside shade of offensive tackle.
- SCB Outside shade of widest receiver, 7 yards deep.
- WCB Outside shade of widest receiver, 7 yards deep.
- FS 7-13 yards deep, depending on down/distance. 5 1/2 players per side.

### Run responsibilities:

- Sam Follow keys. Fire A gap.
- SDE C gap. Trail reverses through backfield.
- SDT Slant to B gap
- NT Slant to strong A gap.
- WDT Slant to B gap
- Monster D gap, trail reverses through backfield. Attack outside shoulder of ball carrier on sweeps towards.
- Willie D gap, trail reverses through backfield. Attack outside

shoulder of ball carrier on sweeps towards.

- WDE C gap. Trail reverses through backfield.
- SCB Medium zone until ball passes LOS, then attack. Force outside shoulder of ball carrier on sweeps towards.
- WCB Medium zone until ball passes LOS, then attack. Force outside shoulder of ball carrier on sweeps towards.
- FS Read and respond to flow. Stay deep until ball crosses LOS

**Pass responsibilities:**

- Sam Short zone to middle.
- SDE Rush passer with hands high. Keep contain.
- SDT Rush passer with hands high.
- NT Rush passer with hands high through A gap.
- WDT Rush passer with hands high.
- Monster Short hook zone slot to flat.
- Willie Short hook zone slot to flat.
- WDE Rush passer with hands high. Keep contain.
- SCB Zone coverage as deep as deepest player in your third of the field. Play QB's non-throwing shoulder.
- WCB Zone coverage as deep as deepest player in your third of the field. Play QB's non-throwing shoulder.
- FS Deep zone, follow passer laterally, keep receivers underneath. Nothing gets deeper than you.

The 5-2 Monster is obviously a linebacker intensive defense. It requires disciplined athletes that can follow their keys precisely, and not get suckered in by misdirection plays. Defensive linemen have the enormous task of keeping the offensive line off of the linebackers and allowing those linebackers to do their jobs. This takes a great deal of training in technique work, as well as sheer athleticism to perform.

Pass defense is zone based, which I personally do not like. There is no doubt that zone defense is better suited for stopping the run than man to man is, but it is difficult to teach, and requires a vast amount of discipline to condition the players to stay in their zones after seeing fifteen or twenty running plays in a row. It is for these two reasons that the defense, as I played in it 1985-1990 was a disaster, allowing an average of 48 points per game and helping us to finish 1-36-1 after five seasons from junior high through my sophomore year.

With all of that said, bear in mind that one of the best defenses I ever coached was a 5-2 that was run at the ten-year-old level. For some reason, our defensive backs were self-disciplined enough to make few mistakes in coverage, and our linebackers were more a force of nature than football players. We allowed fewer points than any other team in the league, finished 7-2, and only blown tackles knocked us out of the playoffs in 1992.

I think these two examples serve to show that the measure of this defense is in the players and the coaching, rather than the defense itself. While I still prefer the Gap-8 and 7-diamond, if I get another middle linebacker like Mike McGowan, I might just consider the 5-2.