

Aspetuck Wildcats Installation Meeting June 18, 2007

I. Sprint out game

II. Screen Game

III. The Trojan 52 – See how we will make it fit in Aspetuck

IV. Defense Overview – The Aspetuck 50 Slant Defense

- 1) Gap Control – Create a wall**
- 2) Offensive mind set on Defense**
- 3) A simple system that creates headaches for a defense**
- 4) Can get 9 up or for run**

IV. Installation Schedule

- b) 2nd – 4th Right/Left 54 cover 4 & 65 man**
- c) 5th grade *Pinch and Double Pinch 4**
- d) 6th grade *52 cover 3 (Replace OLB's with DB's**
- e) 7th & 8th grade 52 man**

By 8th grade

DB – will know the difference between zone and man reads. They will know proper pursuit angles. They will know the “Absolutes” in run or pass.

LB's – Will know flow, how to scrape and fill, and how to execute a correct pass drop

DE/OLB's – Will know how to spill a kick out, play BCR, and rush the passer.

D. Line – Will know how to come off the ball with low pad level and aggression. They will know how to split a double team and spin off a down block. They will know proper pursuit angles and how to rush the passer.

Terminology

Hard Flow

A or B Gap

Soft Flow

C Gap or wider

(Scrape)

The Black Shirt Defense

We are a 5/2 defense. We call our ends linebackers, but rarely will they drop into coverage or have a man assignment.

We will use:

- 3 down linemen
- 2 outside linebackers
- 2 inside linebackers
- 2 safeties

We will shut down the run with reading, slanting linemen. Our outside linebackers will shrink the edge and play bootleg. Our inside linebackers will key FB to the guard that he steps at and run to the ball. Our Safeties will align at LB depth and get run/pass keys off of the #2 receiver. The safeties will make many plays on run support and take away cutback. Our corners will play shutdown man to man coverage. They will play pass first and be late to the run. However, we will be multiple in our pass coverage's and play various forms of man and zone.

Defensive Line

Nose Guard: His alignment on the center varies, depending on the call in the huddle. A quick player is will slant every play. Big physical players will 2 gap. This player must be able to beat a center's cut-block or any one on one center block, chase pulling guards and protect against cutbacks.

* **Stud Tackle:** alignments vary to the strong side offensive tackle (TE side). He needs to be strong and solid and hold C gap versus all TE oriented sets and TE double-teams and down-blocks. He must be able to chase down pulling linemen, protect against cutbacks, and blow up trap blocks.

* **Blood Tackle:** Plays opposite of the Anchor Tackle. He needs to be fast and utilize all the defensive linemen techniques to be effective. He must be able to defend B gap on the weak side, beat one on one blocks of the OT, chase pulling lineman, cover for cutbacks, blow up trap, and ply contain on certain pass coverage's. This player is the quicker of the 2 DTs and will make a lot of plays pursuing from the backside.

Fronts

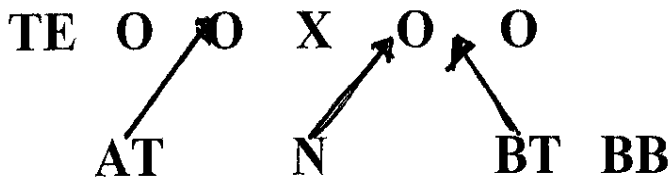
Strong

Defensive line slants to the tight end side



Weak

Defensive line slants away from the tight end side



*BB must make a tough call to avoid to men in C gap

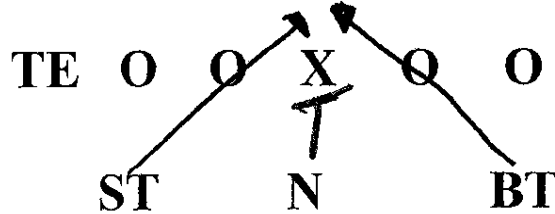
Gap

Defensive line aligns in their gap responsibility (the mid point between 2 o linemen)



Pinch

The ST and BT will Crash as fast and low as possible to the heel of the QB. This is not a read technique.



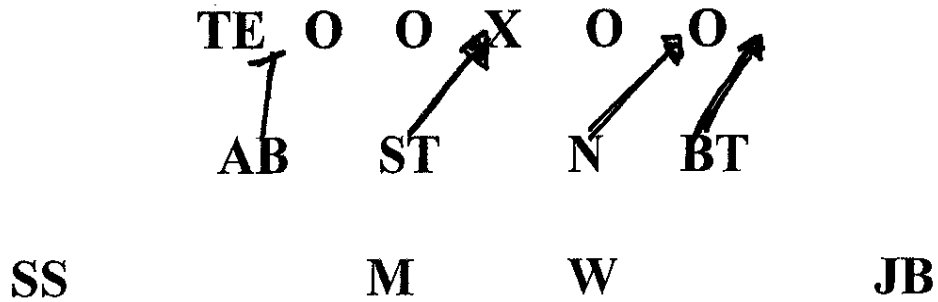
Stack Strong

The front will kick one man over to the TE side. The Strong Safety will move up to Defensive End.



Stack Weak

The front will kick one man over away from the TE. The AB will play read technique off of the TE.



In

Both Tackles will Slant toward the guard and play technique



Out

Both Tackles will slant to the outside shoulder of the tackle. This call will be used when both OLB's have pass drops.



Adjustment Calls

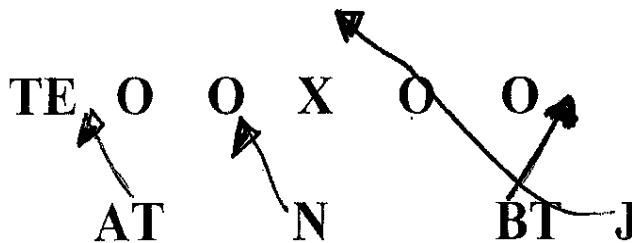
“Tough” – A call made by A or J telling a DT to slant “In” to avoid 2 men in C gap.

“Stud Pinch/Blood Pinch” – A call in the huddle telling a particular DT tackle to play pinch technique. This adjustment is just for the Stud or Blood tackle. An example when we would call this: Strong Blood Pinch if we felt the BT can run down plays from behind.

“Drive” – Tells the Defensive line to take their man and drive them back into the backfield and 2 gap. This call is similar to pinch, when Drive is said alone, then all 3 defensive linemen will execute drive technique. Or it can be “Tagged” for one specific position, i.e. Nose Drive.

“Wide Go” – The A and J to widen their alignment by 2 to 3 yards, get in their best take-off stance, and rush the passer. This call is made in definite passing situations.

“Tex” – This is a blood side stunt between the JB and BT. BT slants out first then the JB Pinches into B gap off of the BT’s butt.



“Bang” – BT runs a Pinch assignment. J crashes down the LOS. He has no responsibility except to disrupt the play. This is not a read technique. ***You must be in man coverage and have the FS stacked behind the BB. He will step up and play contain.

Weston Football

Inside Linebackers

Attitude

- The leaders of the defense (The QB's on D)
- Must show composure and leadership
- Must take control of the huddle

Stance

- Feet shoulder width apart
- Square to LOS
- Bent at knees and hip
- Weight on balls of feet
- Flat back (45 degrees)
- Hands hang loosely in front
- Eyes on Fullback

Alignment

- 4 to 5 yards from LOS
- Inside foot splits the offensive guard

Will LB – *faster, more athletic than Mike Backer (can be a strong safety type)*

- Is the weak side linebacker, always on the same side as the Blood and Jack
- He calls the huddle (makes sure everyone is in huddle quickly)
- Makes he down and distance call in the huddle
- His job is to make sure the rest of the defense knows the situation i.e. “3rd and short, let's stop power” or “3rd and long, know the sticks and watch screen or draw”
- Keeps huddle quiet and focused while waiting for the Mike to get the call from coach.

Mike LB – *the Mike LB is Bigger and stronger than Will, but not as fast.*

- *He plays on the strong side with the Anchor and Stud.*
- *He get the signal from coach and delivers it to the huddle*

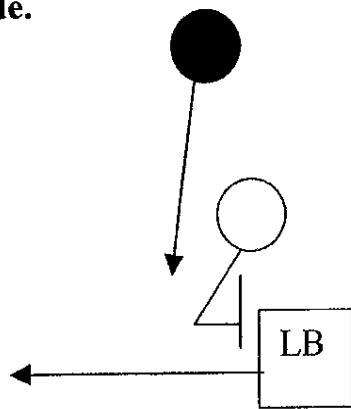
- *The defense is called one time in this manner = Front – Stunt – Coverage*

I.E. Strong Mack 9

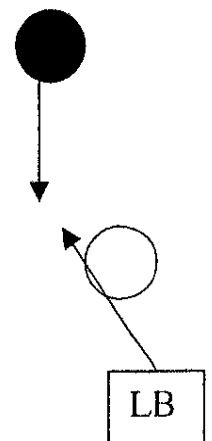
- **If somebody misses the call in the huddle, yell “CHECK!” and the Mike will repeat the call.**
- **After the call has been made, the Mike will yell “Ready” and the huddle will break on “HIT!”**

First Step

- **The first step is a six-inch step with inside foot – “STEP OF CHAMPIONS” always down hill.**
- **This step is to get the body’s momentum going forward. LB’s play run first and ATTACK the line on crisp angles, not side to side.**



Sideways versus the block. Awful technique. This Linebacker can never make a play on the running back. If a tackle were made, it would happen after a significant gain of 5 to 7 yards.



This is attacking the LOS. The LB must rip through the blocker and execute thunderous tackle. This is an example of what it will take to be a “Black Shirt” MLB.

- **The LB must remain low and in a good football position from the start of the play until impact on a ball carrier.**

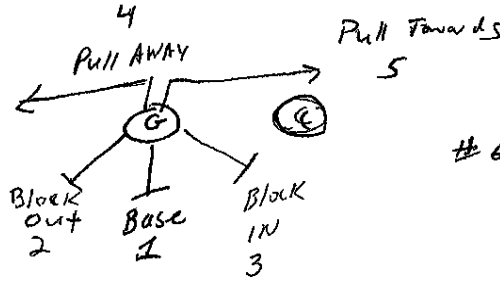
Keys and Reads

- **Key FB to the Guard that the FB steps at.**
- **Stare at FB's heels.**
- **If the FB steps towards you at the A or B gap that is considered "flow to you."**
- **If the FB steps away from you that is considered "flow away".**
- **The first step of the FB also tells us if it is an inside or an outside play. If the Fullback steps toward C or D gap this is considered "Soft Flow". Soft Flow is probably an outside play. If the Fullback steps at you (A or B gap) this is considered "Hard Flow" which means the play will more than likely occur inside. Flow will determine our angle of attack.**

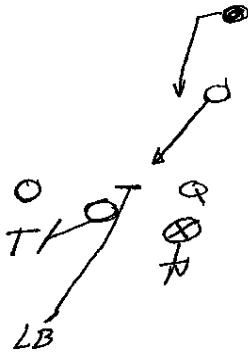
The Four Reads

- **Hard Too – You are thinking an inside play, check the guard, then get ready to attack the play with your inside shoulder.**
- **Hard Away – you are thinking inside play, but now you must rip across the guards face with an inside angle of attack.**
- **Soft Too – the play will be wider. The only thing that changes is your angle to the ball (get a little wider) but still attack the play with your inside shoulder.**
- **Soft Away – you are thinking outside play away. Rip across the blocker with a little wider angle of attack. If the guard pulls the opposite way follow him.**
- **If the FB take a "midline" step look for trap and attack the block with your inside shoulder.**

The Guard - He will do 3 things, however, the only thing a guard will do that will make you deviate from the FB's path is a pull away from the FB.

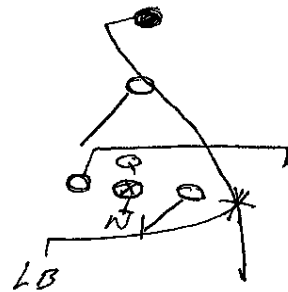


#6 PASS SET



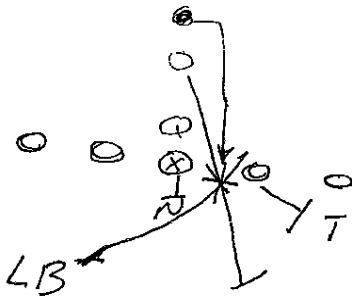
THOUGHT PROCESS:

- 1) FB STEPS AT ME - HARD FLOW
- 2) Check Guard - NO Pull
- 3) ATTACK FB w/ Inside shoulder



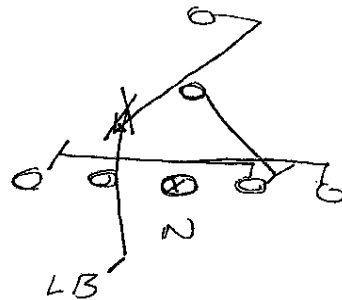
THOUGHT PROCESS:

- 1) FB STEPS AT ME - HARD FLOW
- 2) Check Guard - PULL!
- 3) Rip and chase pull



Thought + Process:

- 1) FB STEPS Hard AWAY
- 2) Check GUARD - NO PULL
- 3) Rip on Crisp Angle to the ball



Thought Process:

- 1) FB STEPS Hard AWAY
- 2) Check Guard - PULL towards me!
- 3) Fill my Window!

- If you get a fan block stay low and squeeze the tackle, keeping your outside arm free
- When flow is away squeeze down the line so you do not leave a cut back lane and watch for the reverse or QB bootleg

JET TECHNIQUE

ANCHOR BACKER

- 3 point stance, angled in
- watch the football to get a good jump
- crash hard through the neck of the TE for the mesh point (point of hand-off)
- if the TE blocks down crash hard for the guard or FB
- if the TE reach or base blocks fight thru his outside shoulder keeping your outside arm free

JACK

- 3 point stance, angled in
- watch football to get a good jump
- crash hard for the mesh point (point of hand-off), look inside for the guard or fullback
- if you get a fan block squeeze it
- If there is a wing the JET is AUTOMATICALLY OFF

WIDE GO TECHNIQUE

ANCHOR BACKER AND BLOOD BACKER

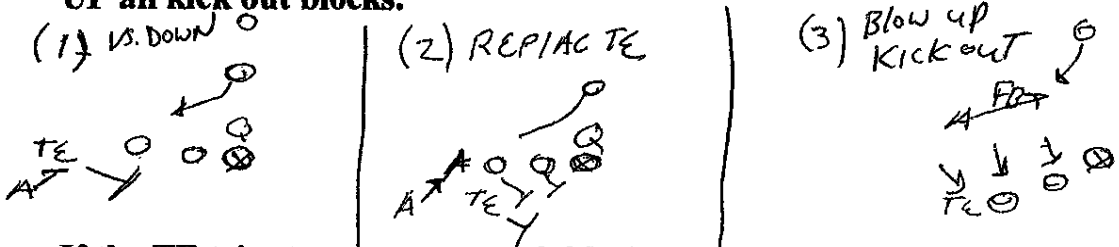
- this is a pass rush technique
- get as wide as you like and rush the passer
- your aiming point is the up field shoulder of the deepest back
- use one of three pass rush techniques
- 1- SPEED RUSH- defeat the blocker to the outside with speed
- 2- INSIDE SPIN OR SWIM- rush hard up field with a speed rush, when you get even with the QB put on the brakes and spin or swim inside
- 3- BULL RUSH- drive the blocker straight back into the QB
- *MIX UP TECHNIQUES

Outside Linebackers: Anchor & Jack

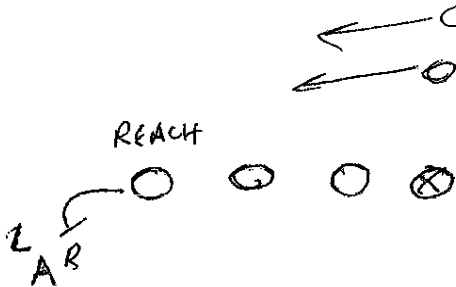
L = Left Foot
R = Right Foot

Anchor (Plays on the TE side of the formation)

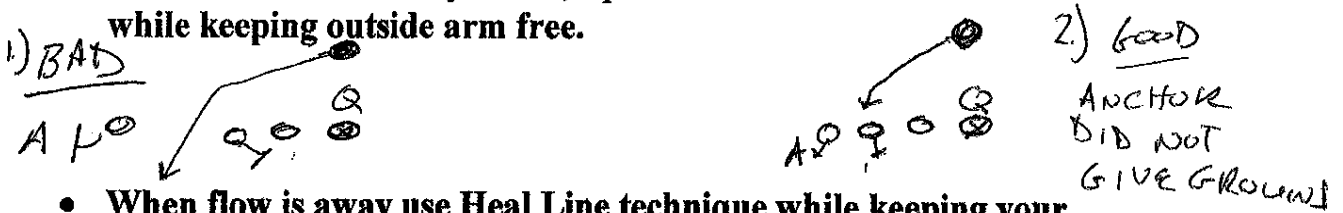
- Heavy 9 technique
- 2 point stance, inside foot up, outside eye of the tight end
- READ and REACT to TE's feet
- If the TE blocks down, step with your inside foot and jam the TE with a punch using your inside hand to his throat. Replace where the TE originally lined up and look to rip through the inside leg of a FB or a Guard using your outside shoulder. You must BLOW UP all kick out blocks.



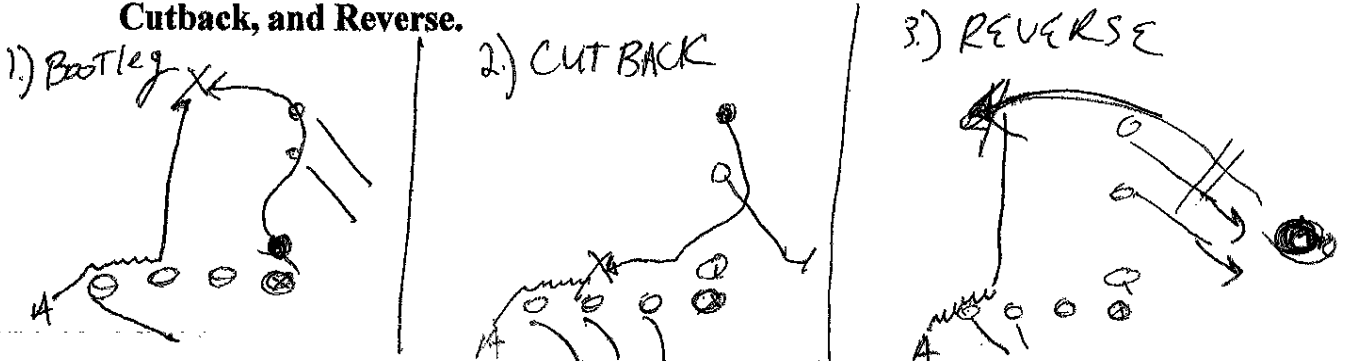
- If the TE tries to execute a reach block, step with your outside foot and control his outside shoulder while keeping your outside shoulder free – DO NOT LOSE GROUND!



- If the TE tries to turn you out, squeeze him back into the hole while keeping outside arm free.



- When flow is away use Heal Line technique while keeping your shoulders square. You are responsible for BCR – Bootleg, Cutback, and Reverse.



Change-up calls for Anchor and Jack

JET TECHNIQUE – A call for both Anchor and Jack

- **3 point stance, angled in.**
- **Watch football to get a good jump**
- **Crash hard for the mesh point (hand-off point).**
- **Look inside for any pulls or kickouts**
- **Squeeze all fan or turnout blocks**
- **If there is a wing, the JET is automatically off**

Wide Go Technique

- **This is a pass rush technique. You are thinking pass first. Pre snap you will be thinking of a pass rush technique (rip, swim, dip and rip, etc...)**
 - **Move your alignment as wide as you like to create a good pass rush angle.**
 - **Your aiming point is the up field shoulder of the deepest back**
 - **Use one of three pass rush moves**
- **Speed Rush – Defeat the blocker to the outside using quickness**
- **Inside Spin or Swim – rush hard up field with a speed rush, when you get even with the QB, put on the brakes and spin or swim to the inside**
- **Bull Rush – Drive the blocker back straight into the QB**
- **Mix up your pass rush techniques**

DEFENSIVE BACKS

****DO NOT GIVE UP BIG PLAY AND BE PHYSICAL**

****EVERY PLAYER YELLS PASS WHEN THEY GET A PASS READ**

****EVERY PLAYER YELLS BALL ONCE THE QB RELEASES THE BALL**

Stance – Bend at the knees and hips, keep your back flat at a 45 degree angle, chest over toes, stay low, feet closer together (jump stance width), weight on the balls of your feet, 70% of your weight should be on your front foot so you can explode into your read steps.

Reads

Corners – read the #1 receiver from the sideline. If you get a run read (stalk block) you are LATE help – play pass first.

Strong Safety – read the TE into the backfield. If you get a run read (the TE is blocking) you fill from the outside in like a linebacker. You are ½ DB and ½ LB. If you get a pass read, then get to your man or zone depending on the coverage.

Free Safety – Read the tackle into the backfield, if you get a run read (the TE is blocking) you fill from the outside in like a linebacker. You are ½ DB and ½ LB. If you get a pass read, then get to your man or zone depending on the coverage.

Cover 9 (Man coverage)

Cornerbacks have #1 SS has #2 FS Has #2 or #3 vs. trips

Alignment

Corners- align 6-7 yards deep, but can adjust for down and distance.

- **Inside shoulder or more on receiver to take away the inside cut (if #1 has a tight split or is to the boundary then go head up or outside), (if you have a wing 3x6)**
- **Keep your eyes on the receiver's hips**
- **Take 3 read steps back (get depth) stay low so you can break on the ball quickly, then read the pattern (if the receiver runs a quick pattern don't take 3 read steps, read the pattern. BE A PLAYMAKER!**
- **Back pedal until the receiver breaches your safe cushion (3 yards) then make a hard man turn cutting off the receiver, try to stay in front of the receiver and turn back and look for the ball. If the receiver is in front and you don't have good position, don't turn to look for the ball, but instead watch the receivers eyes when he goes up for the ball tear his arm down with**

As the receiver turns to go up-field you should run into him and throw him off stride and then turn and run with him

Dig or Drag

Open inside turn on a 90 degree angle, plant your outside foot, crossover and run, use inside arm to bump the receiver, stay on his up-field shoulder, if you are behind knock the ball down with your inside hand while securing the tackle with your other hand. If you are in front of the receiver break in front and pick off the ball.

ALIGNMENT

Strong safety-

- vs slot-5 to 6 yards deep, inside shoulder on receiver (same technique as corner)

- vs TE (no wing) 3x5- 3 yards outside and 5 yards off facing the TE on a 45 degree angle reading the TE
- take a one step read then react to the TE
- if the TE blocks come up "OUTSIDE IN" FORCE
- if the TE releases inside run at TE'S up-field shoulder to get "on top" of him and cut him off
- if the TE releases outside and up-field- be aggressive and take away the "DUMP PASS", if he keeps going BUMP him and turn and run with him
- if the TE releases outside and does a slide pattern break at his up-field (GET ON TOP) shoulder and knock the ball down with your inside arm securing the tackle with your other arm

- vs TE WING
- SS-align head up on the TE, read TE- if he blocks you are now an "INSIDE OUT FORCE"- fill the alley (running lane)
- If the TE releases play the same way as with no wing
- CORNER- align 3x6 on the wing, read wing- if he blocks you are an "OUTSIDE IN FORCE"- force the play to the inside
- If the WB releases play the same as with a SE

ALIGNMENT

Free safety

- align 5 to 6 yards deep and stack behind the blood backer, away from the two receiver side
- most of the time there are 2 backs in the backfield so you will be stacked behind the blood backer, read the backfield action for run or pass
- if you get a run read and flow is to your side play a "stack technique" off of the blood backer (you go opposite of him), if the BB contains the play you come up inside, if the BB seals and the play bounces outside you come up outside, if flow is away from you, replace the will line backer and watch for reverse or a cutback
- if you get a pass read you are responsible for the #2 receiver, the back out of the backfield

COVER 9 FREE

- align 10-12 yards deep in the middle of the field
- if you get a pass read drop into the deep middle and play centerfield, read the QB's eyes
- help on deep patterns
- if the coach calls (**SPY**) move up to 6-7 yards and play much more aggressive
- if you read run fill like a line backer (you should be unblocked) let the play develop and replace the line backer
- if you read pass rob the middle or curl patterns, read the #2 receiver to the #1 receiver (watch for a crossing pattern)

COVER 9- NO CHECKS

This means we want to stay in man coverage, do not check out of it

Free safety- if you have to cover a receiver look for #2 to the weak side or #3 if TRIPS, use the same man to man technique as a SS or CORNER

COVER 3

Everyone's eyes should be in the backfield

Corner and Free Safety-

- take 3 deep read steps- **get depth**-no one gets deeper than you (makes it easier to break up the pass)
- ***KEEP YOUR HEAD ON A SWIVEL***
- ***COMMUNICATE**- yell curl, cross, in

Free Safety-

- read the QB's eyes and see a receiver from either side entering your zone

Corners-

- read both receivers, when #1 goes in #2 is coming out (post takeoff)

Strong Safety-

- is responsible for the FLATS
- take a HOP step on the snap if you get a run read you are an **OUTSIDE IN FORCE**- if you get a pass read get to the FLATS

COVER 3 OFF

Blood Backer-

- drops back 1 yard deeper than the line backers, play the same as the SS
- if to the One receiver side- get wider and turn and run to the #1 receiver- get underneath the out pattern
- if to the Two receiver side- read #2 to #1, if #2 goes out look for #1 coming in- settle under the curl/slant until the LB bumps you out to the slide

COVERING THE FLOOD PATTERN

- FLOOD ZONE
- Strong Safety- settle underneath the (banana) 15 yards
- Break up on the slide pattern "OUTSIDE IN"
- ILB- get out to slide pattern