



# Defensive Philosophy

## 5-3

Works for Anklebiters, National, Central, American and High School

### Philosophy:

Jam and contain

Bend don't break

Two Gap Control

Ends are best athletes

Line is anchored/LB's launch

Discipline is key

Cover two and cover three

### Strengths

- Shuts down Dives, off tackles, sweeps, counters
- Zone blocking can not run with the line
- NO NEED TO BLITZ
- Ends contain QB in pocket and cover backs out of backfield
- NO confusion/easy to teach

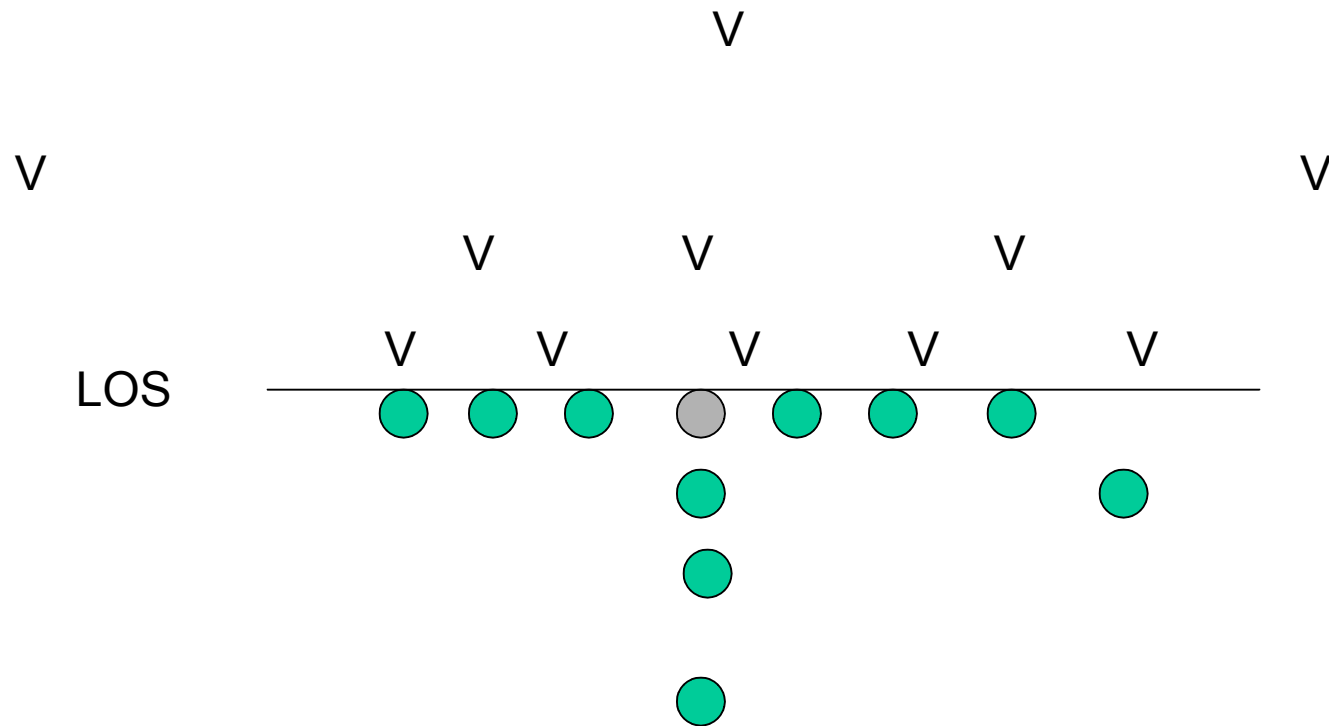
### Weaknesses

- Pass (need 4-3 or 3-3 for passing downs)
- B gap on strong side
- No confusion for O line



# Defense-Before snap

## 5-3 Defense

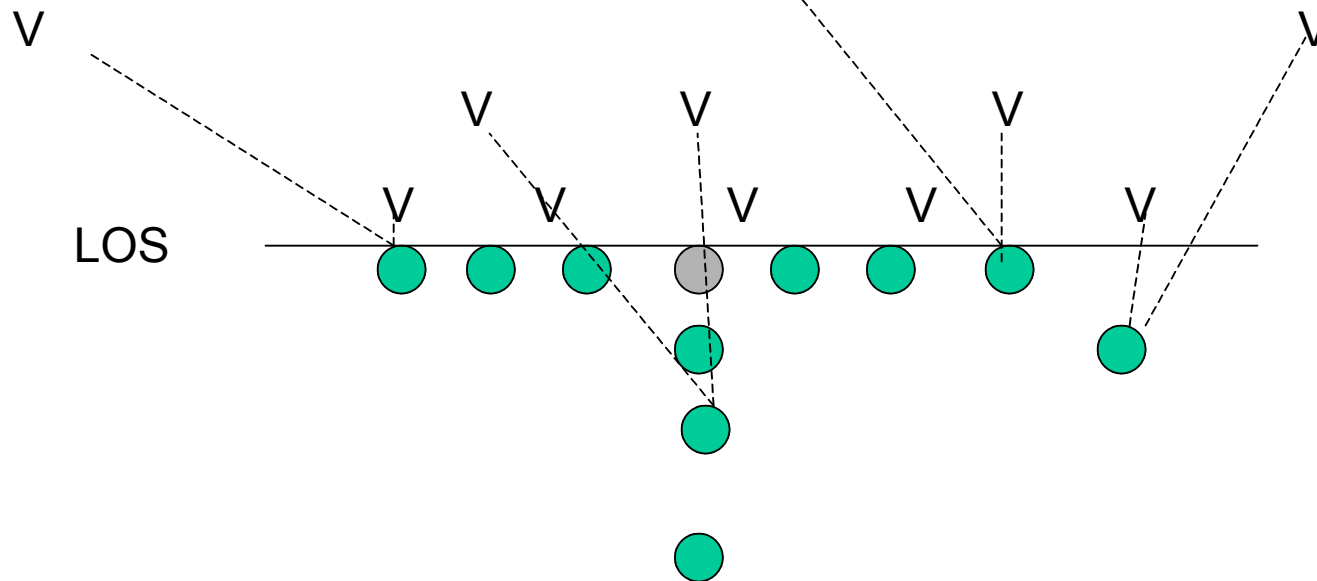




# Defense-Reads

## 5-3 Defense

**Key: Your key is your first read**  
**If receivers go into pass route, you don't chase your key,**  
**you go to your with your head on a swivel**





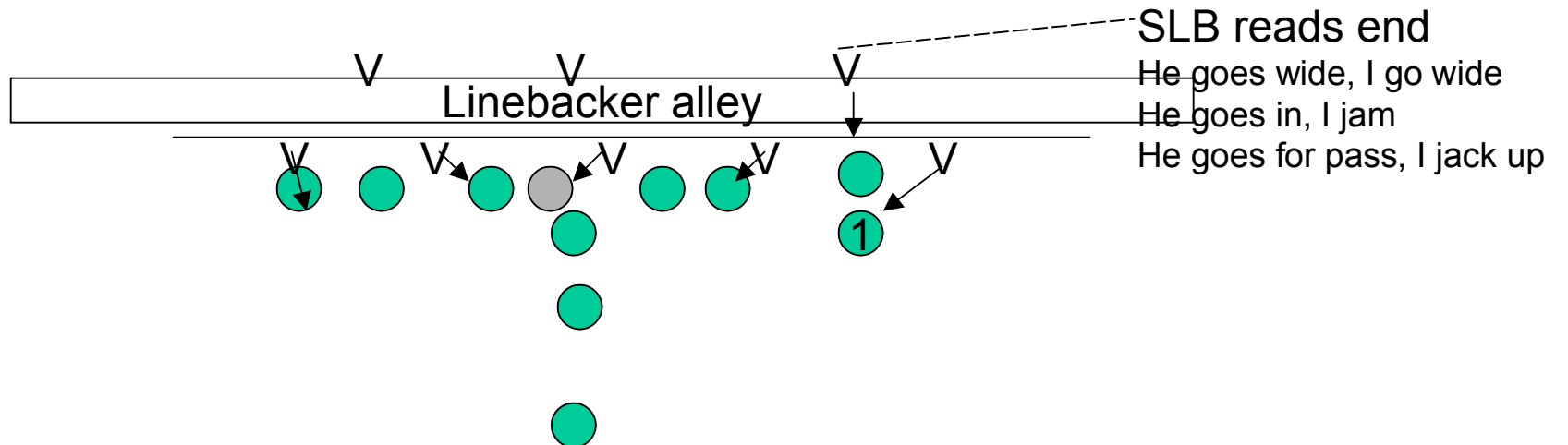
# Defense-After snap

## 5-3 Defense

CB  
 2 steps back  
 Read #1 receiver  
 ↓

S  
 2 steps back  
 Read #2 receiver  
 ↓

CB  
 2 steps back  
 Read #1 receiver  
 ↓



SLB reads end  
 He goes wide, I go wide  
 He goes in, I jam  
 He goes for pass, I jack up

Line plays one yard behind the LOS and closes gaps

LBs step up into LB alley and read FB

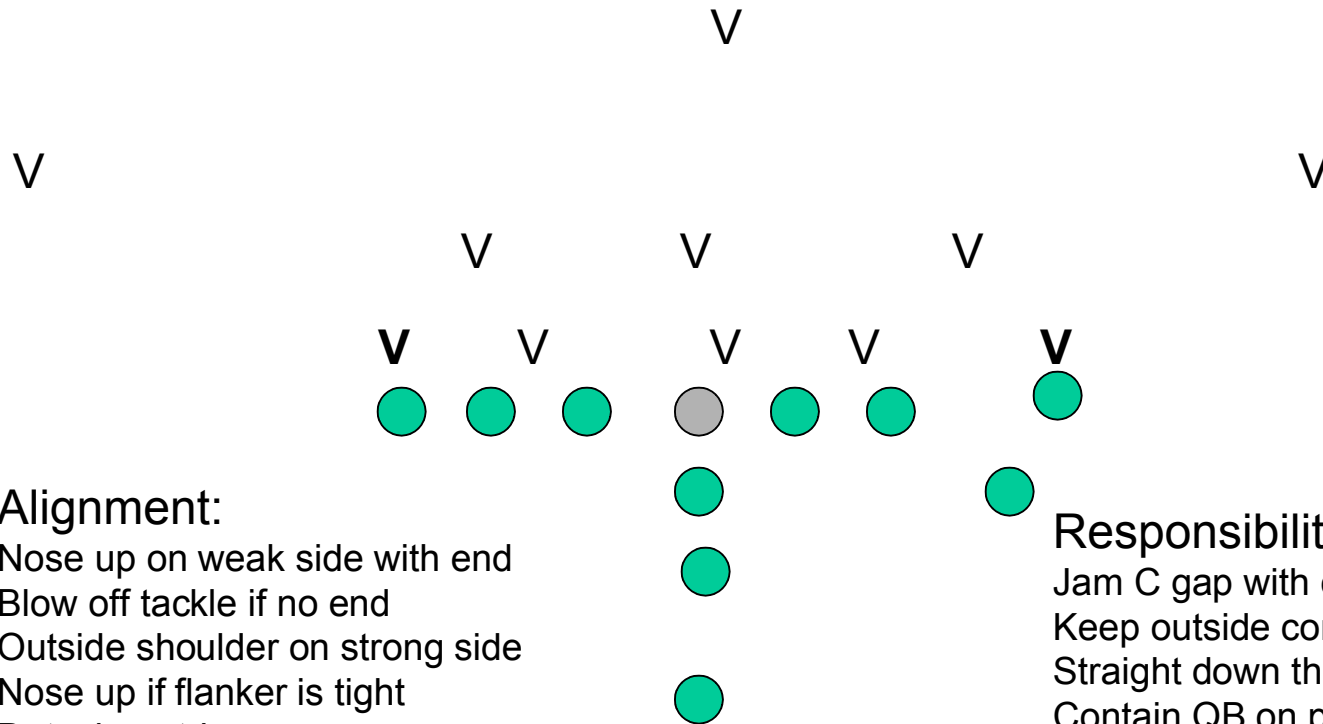
If line does not jam or LB's don't step up  
 Seams are created everywhere



# Defense-Ends

## 5-3 Defense

DE's are key. Put very strong players here



### Alignment:

- Nose up on weak side with end
- Blow off tackle if no end
- Outside shoulder on strong side
- Nose up if flanker is tight
- Detach on trips

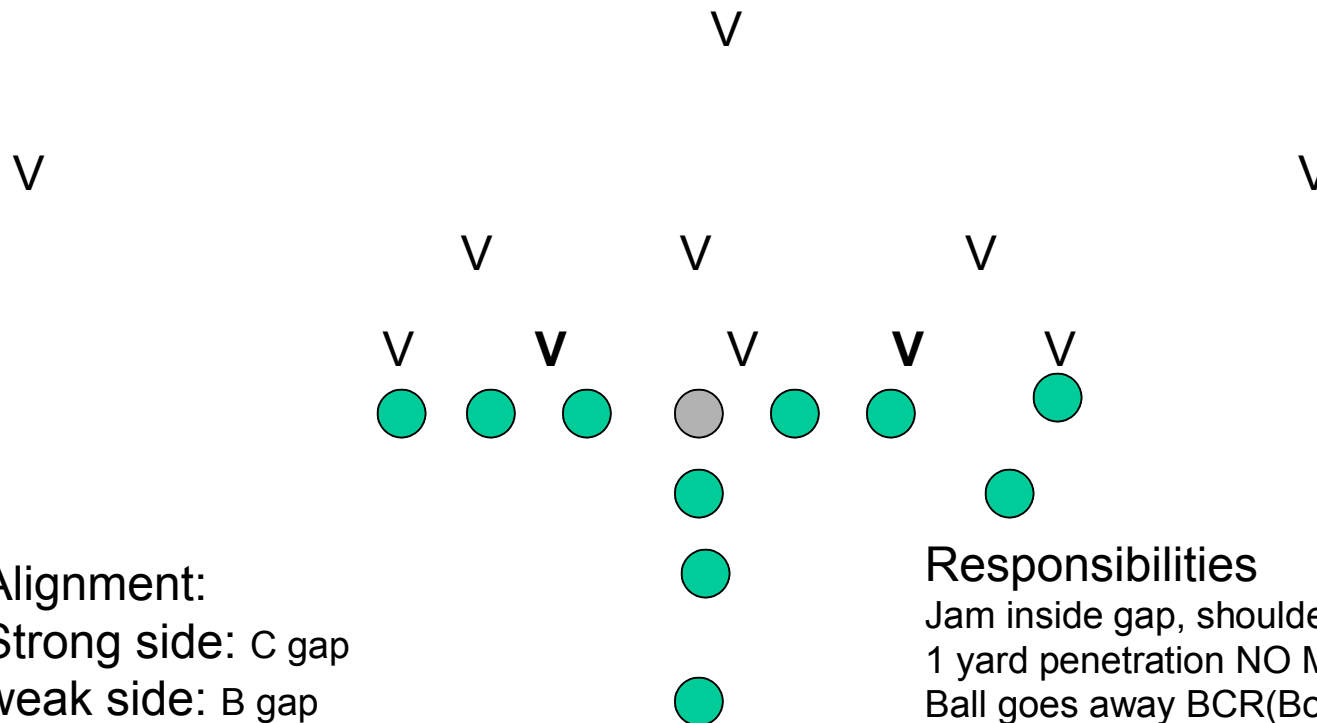
### Responsibilities

- Jam C gap with end protect D gap
- Keep outside control
- Straight down the line on sweep
- Contain QB on pass



# Defense-tackles

## 5-3 Defense



Alignment:  
 Strong side: C gap  
 weak side: B gap

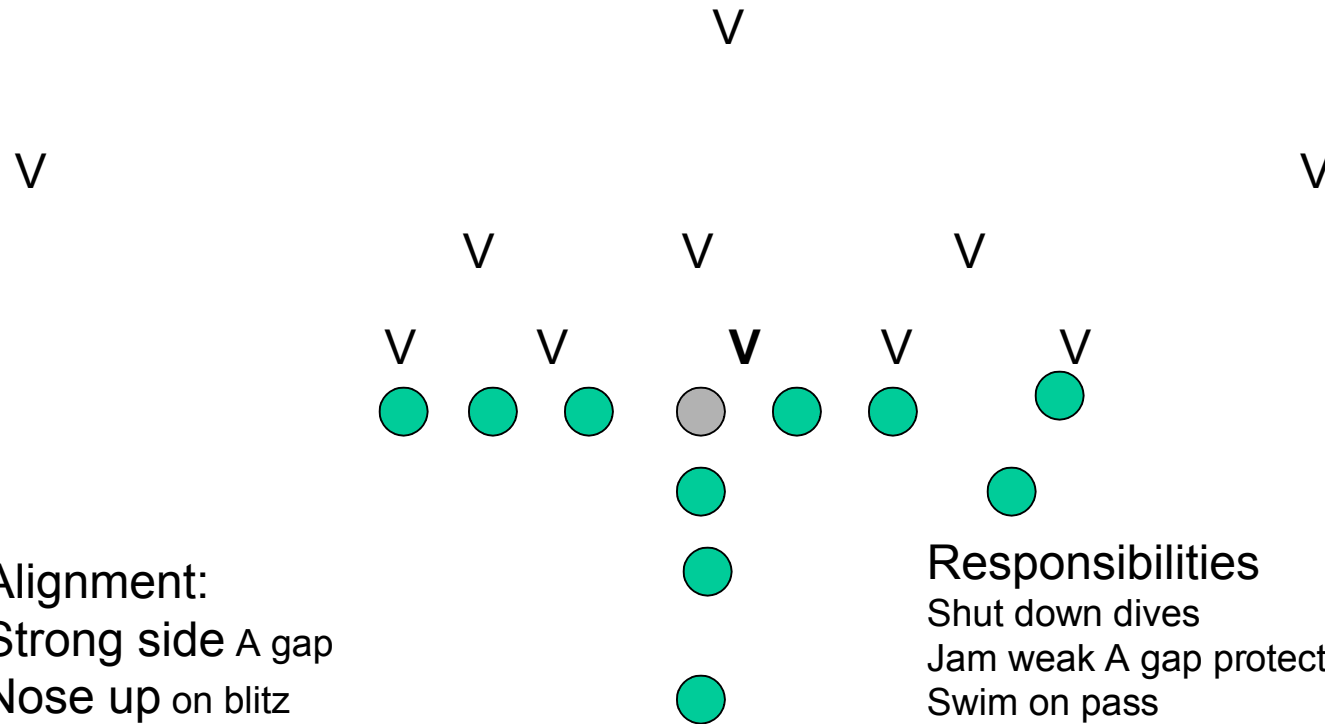
### Responsibilities

- Jam inside gap, shoulder square in outside gap
- 1 yard penetration NO MORE
- Ball goes away BCR(Bootleg, Counter, Reverse)
- Power comes at you stay low (knees)
- Sweep, go straight down the line
- Pass-swim move



# Defense-M guard

## 5-3 Defense

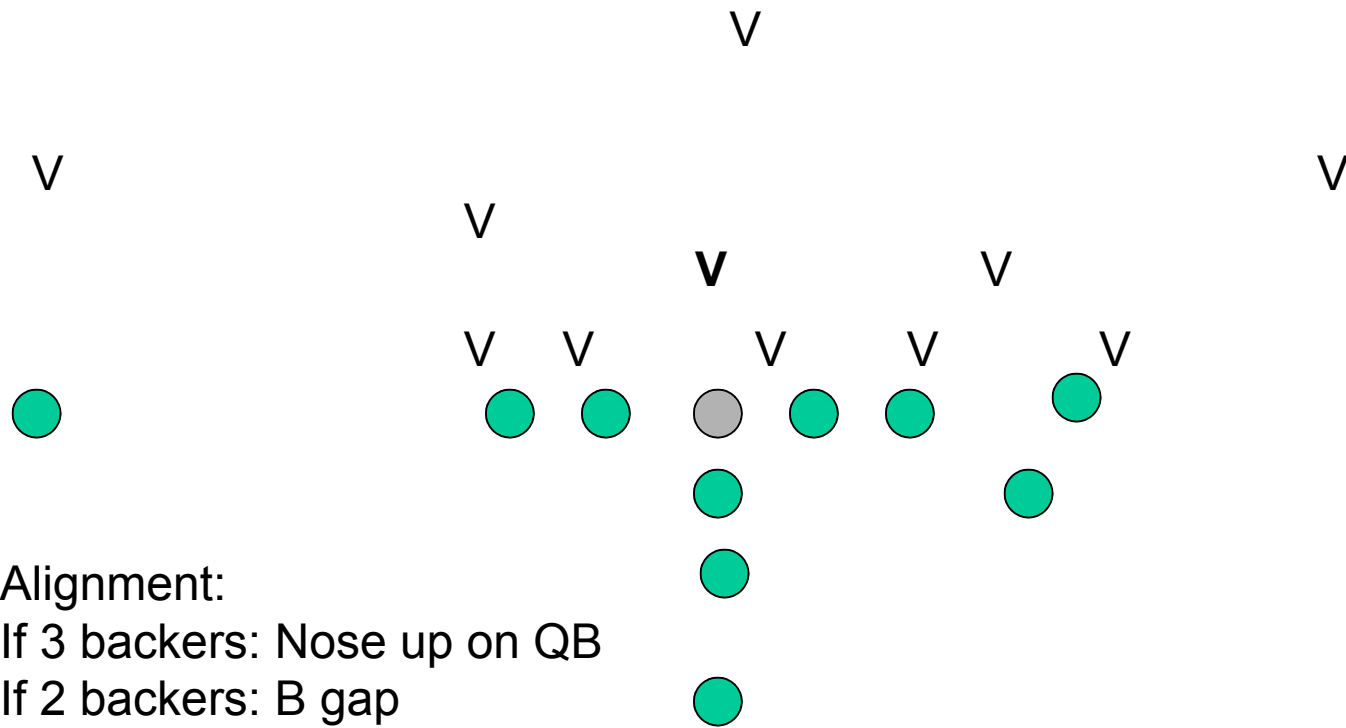


Alignment:  
 Strong side A gap  
 Nose up on blitz

Responsibilities  
 Shut down dives  
 Jam weak A gap protect strong A  
 Swim on pass  
 Go down line on sweep



## 5-3 Defense



Alignment:

If 3 backers: Nose up on QB

If 2 backers: B gap

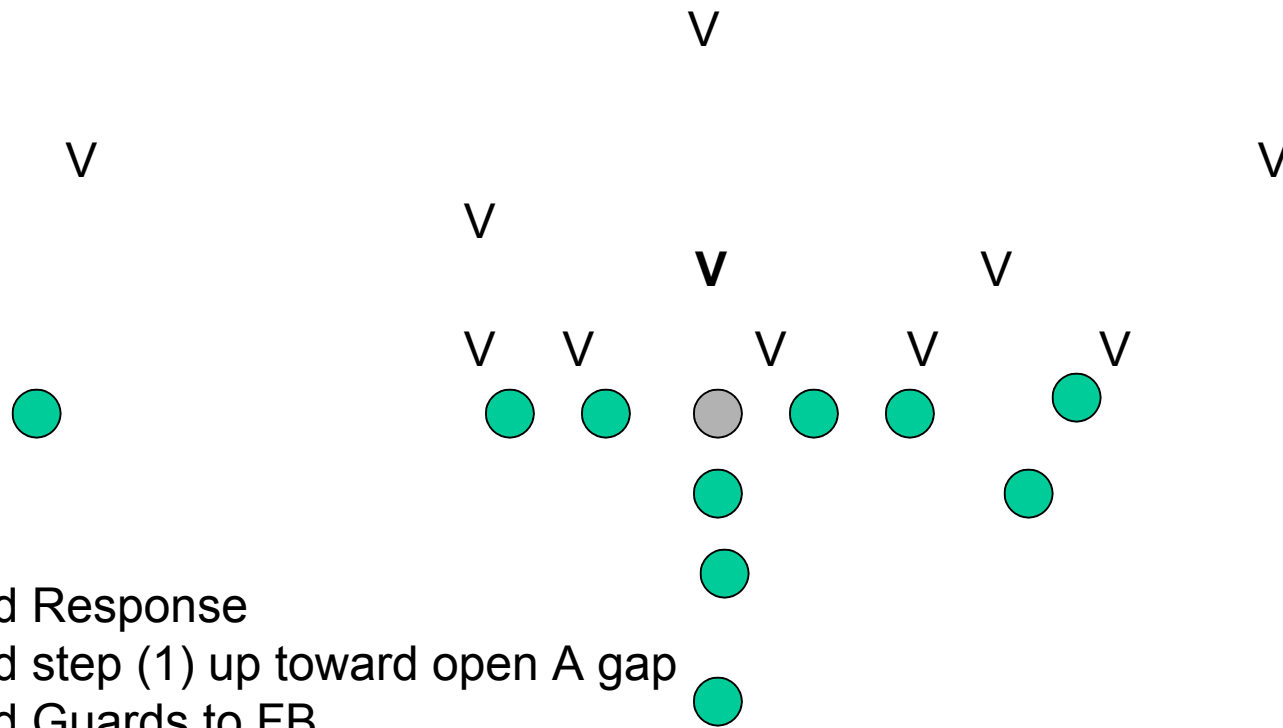




# Defense-MLB

## 5-3 Defense

MLB is responsible for Discipline, alignment and strength calls



Read Response

Read step (1) up toward open A gap

Read Guards to FB.

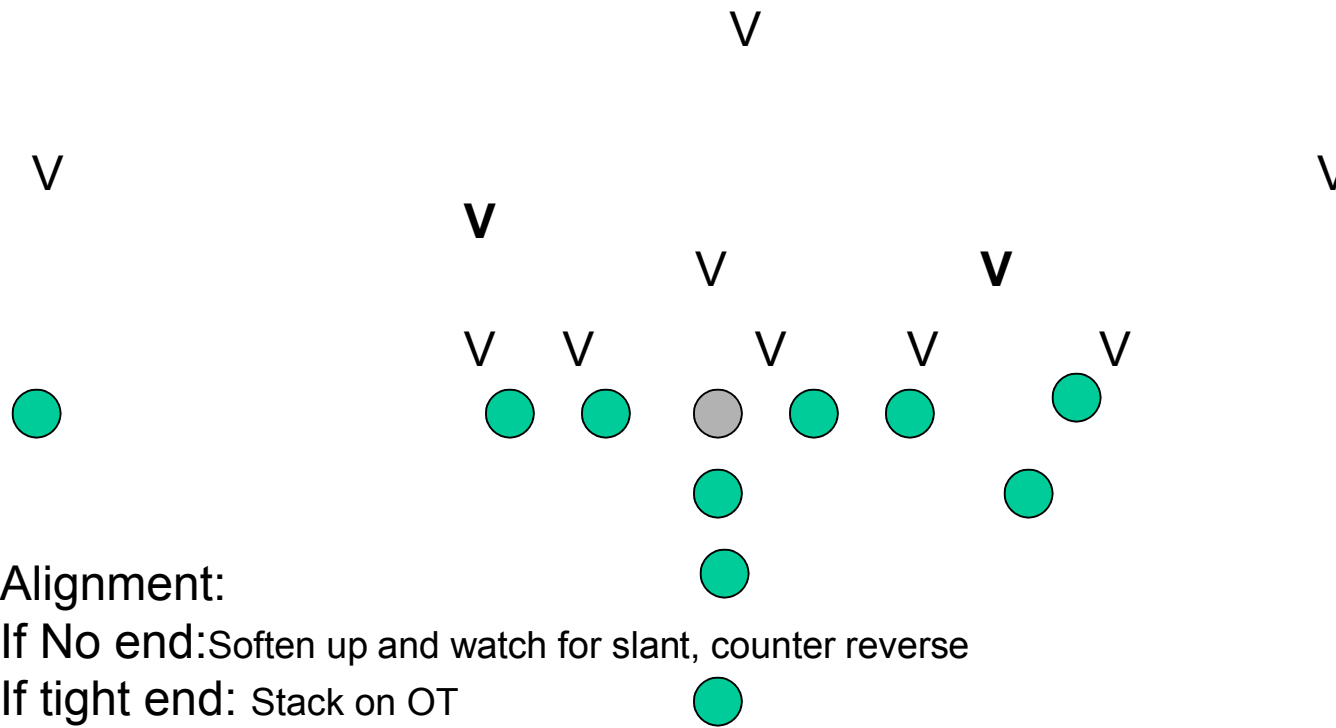
If FB comes I come, If he runs wide I run wide

If the guards pull, throw on the brakes and run with guards. DO NOT OVER RUN BALL



# Defense-Outside LB

## 5-3 Defense



Alignment:

If No end: Soften up and watch for slant, counter reverse

If tight end: Stack on OT

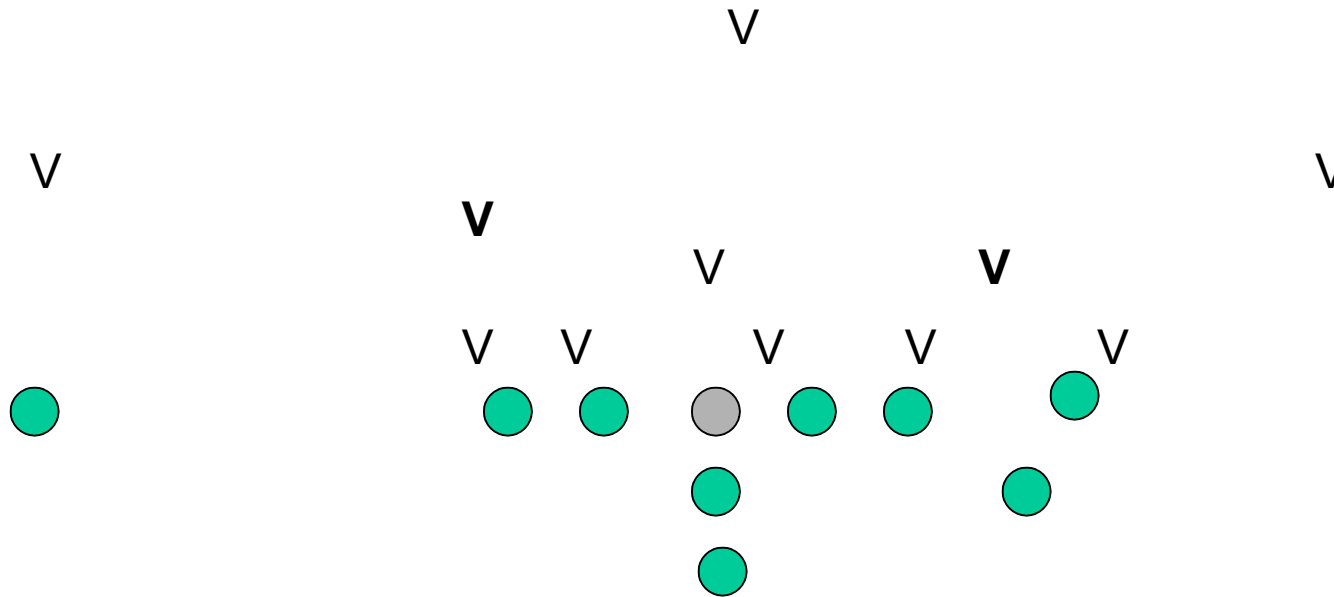
If tight end and flanker: Nose up on three man (End or Flanker, who ever is inside)



# Defense-Outside LB

## 5-3 Defense

Line backers fill gaps without getting trapped in gaps



Read and response:

**Read** step (1) is up into Line Backer Alley 

**Response:**

**If FB or near back** come at him, he comes at backs, Fills gap. DO NOT GET TRAPPED IN HOLE

**If FB or near back** go lateral, you go scrape

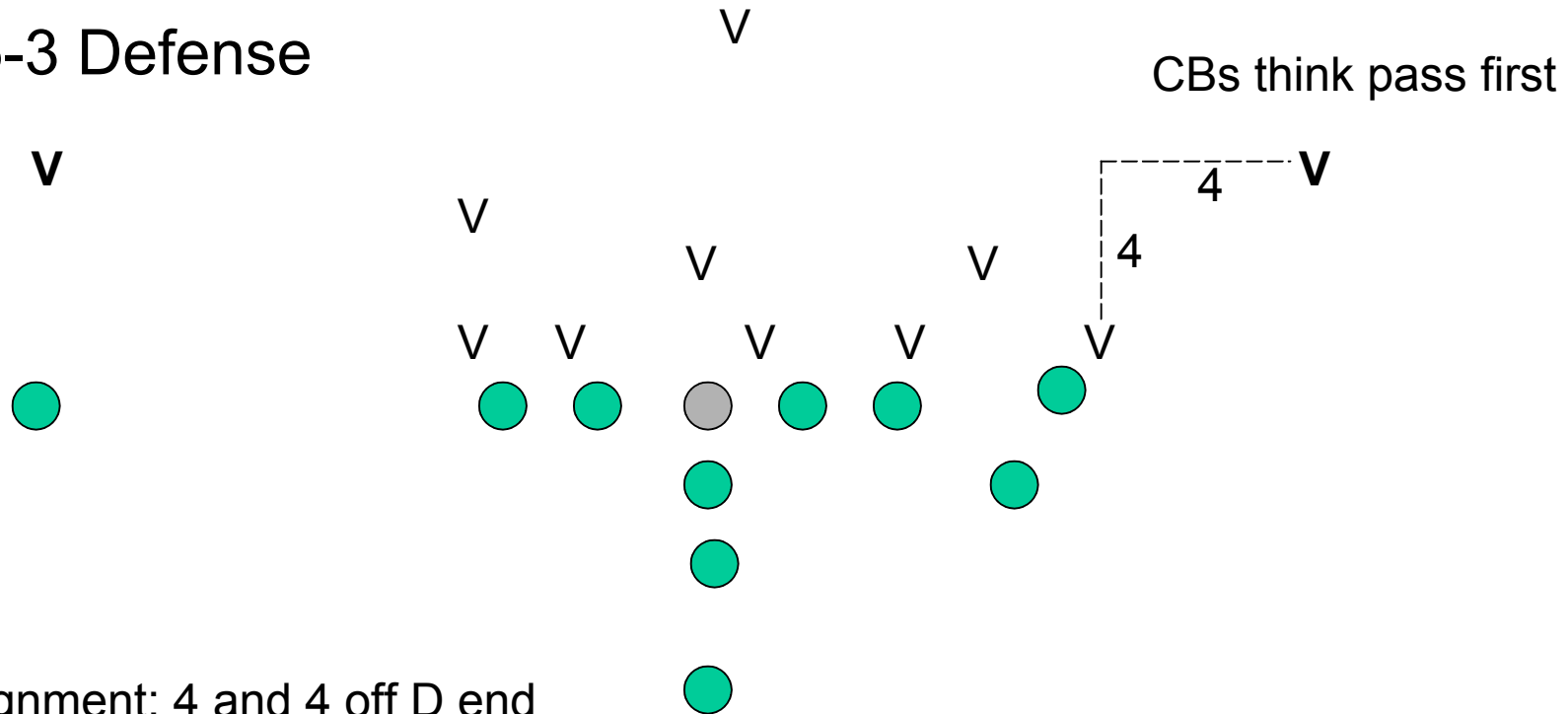
**If FB or near back** go away, you look Boot Counter Reverse

**If you read pass**, run like hell to you zone. DO NOT TAKE YOUR EYES OFF QB



# Defense-CB

## 5-3 Defense



Alignment: 4 and 4 off D end

Read 2 steps back and reads # 1 receiver (widest man)

**Response:**

If run goes between the tackles, move to two and two off D end, waits for bounce or breakthrough line

If sweep, he comes to the line, but doesn't cross the line and turns play in (shoulders square)

If pass: Runs to his zone immediately with eyes on QB.

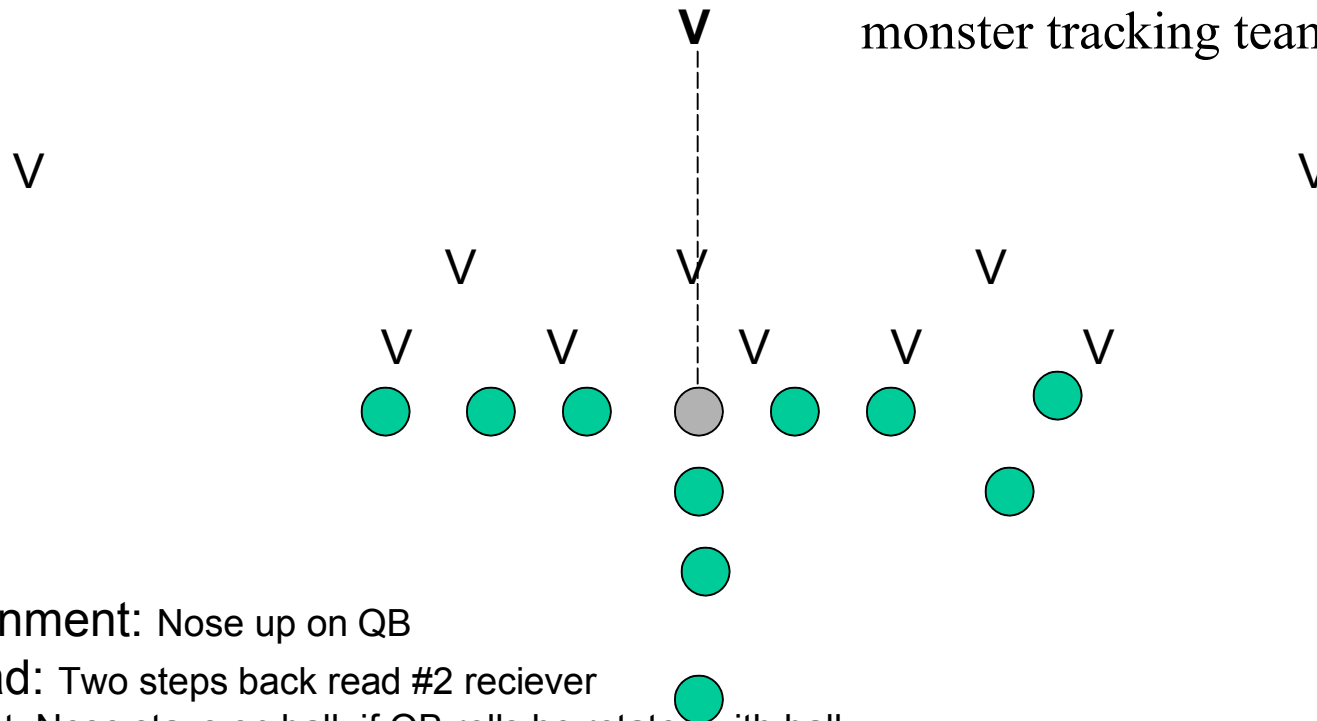
DO NOT PLAY MAN TO MAN AND DO NOT LEAVE YOUR ZONE



# Defense-Safety

## 5-3 Defense

Anklebiters or National teams that do not throw can use Safety as another A gap guard, fourth LB or monster tracking teams best player



Alignment: Nose up on QB

Read: Two steps back read #2 reciever

React: Nose stays on ball, if QB rolls he rotates with ball

If sweep he rotates inside out of ball Never over running ball

If run between the tackles: Finish the play! SIX inches means first down



# Defensive Rules

Defense Deadly sins: If you break the rules, your dead

**EVERYONE-HEAD ACROSS THE BODY W/WIDEBASE**

**CB-Must be on the line for sweep. NOT over NOT off**

**CB-Read steps are back, read #1 rec. think pass 1<sup>st</sup>**

**CB-Be there on the bounce (the back will find no hole and try to bounce it outside, be there)**

**CB-Two and two on the run**

**S- Read steps are back, Read #2 rec. think pass 1<sup>st</sup>**

**S- Position your self with the ball**

**S- End the play-NO FORWARD PROGRESS-HEAD ACROSS**

**S- Watch hook an ladder**

**OLB- He comes, I come: He goes away, BCR: He goes wide, I go wide.**

**OLB-Take on FB's with square shoulders in the gap**

**OLB-STAY IN LINEBACKER ALLEY**

**OLB- Take away cut back on sweep**

**MLB- First step is in LBA toward open A gap**

**MLB- Key guards to full back. FB comes I come; he runs I run; if guards pull; follow them**

**MLB-Take control of the D.**

**MLB- Tackle angle is always inside out. DO NOT OVER RUN BALL**

**DL-DO NOT CROSS LINE MORE THAN 1 YARD BEFORE YOU FIND THE BALL or you will be blown up**

**DL- Shut down inside gap**

**DL- Scrape down line on sweep**

**DL Swim move on first sign of pass**

**DE Nobody crosses my face (backs out of backfield are DE responsibility)**

**DE Jam the end and maintain outside control**

**DE Shut down C gap and protect D gap**

**DE Contain QB on roll out**

**DE String Sweep straight down the LOS. LB and Tackles are coming from the inside, CB is coming from the outside**

**Everyone- If ball crosses LOS everyone must know and adhere to pursuit angles**

**IMPORTANT: If ball goes away, DE, T, backside OLB and CB stay home and look Boot, Counter, Reverse.**



# Defensive Rules

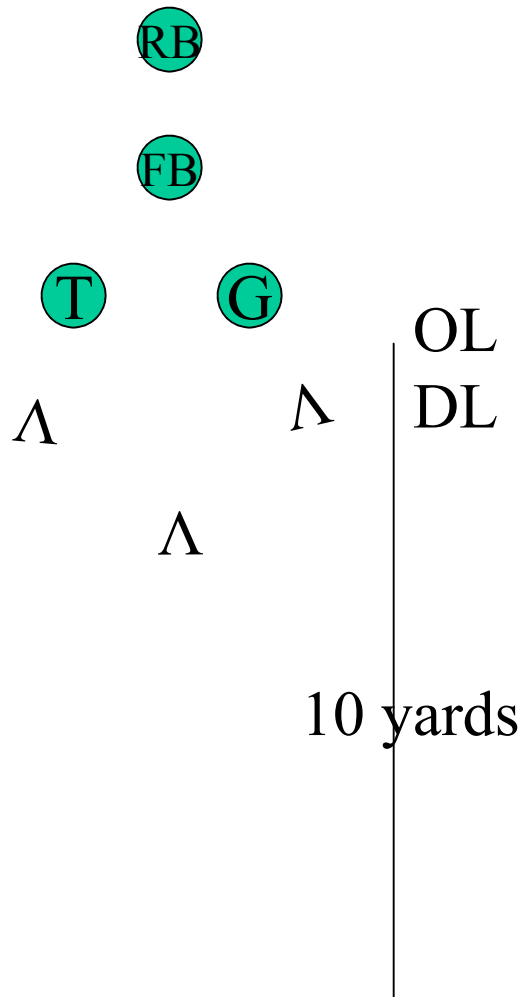
Defense Deadly sins: If you break the rules, your dead

A confused mind causes slow feet.

Every position only has 3-5 rules,  
practice them everyday.

## 10 Yard drill or 3 on 4

This one drill dictates the success or failure of most running plays



### Goal:

DL  
Keep shoulders square  
Squeeze inside gap  
Maintain outside control  
Tackle ball carrier

### LB:

**Shoulders square**  
Step up into LBA  
Scrape to hole  
Stop FB charge  
Tackle ball carrier

### Coaches:

Need OL DL RB and LB  
coaches involved

DO NOT LET MISTAKES  
GO

### Goal:

OL  
Step with play side foot  
Focus on hand placement  
Ass and leg drive  
Get leverage on D  
Keep moving your feet

### FB

Get to hole  
Get inside or outside leverage  
on LB  
Drive him out of hole

### RB

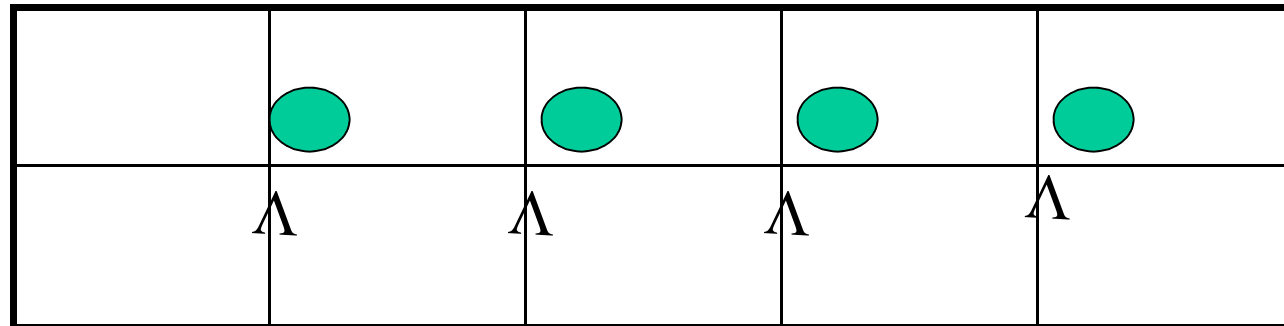
Follow Full Back  
Make one cut and go  
Drive for 3 extra yards after  
contact



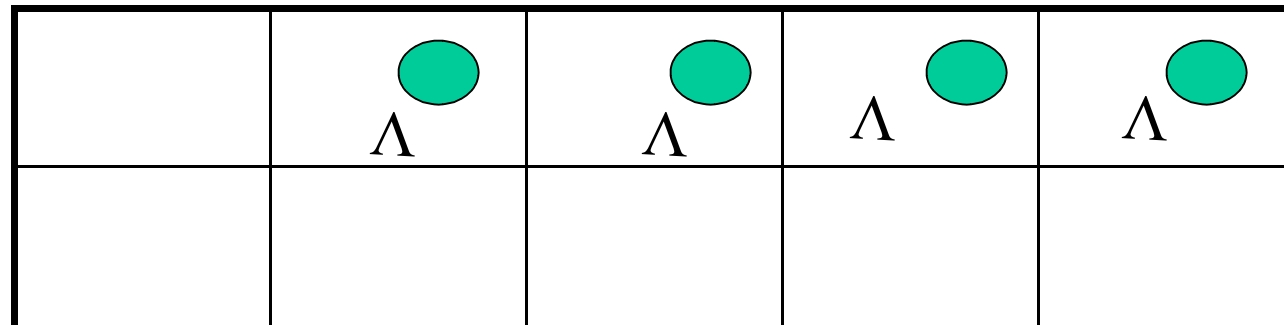
## Box DRILL

5-3 Line play is about 2 gap control: using the OL in one gap and you in the other. The Box drill is the best teacher of this and is an everyday drill

Starting  
positions



Desired  
Position



D line goal is to jam OL into back half of hole 1 yard deep, arms extended, maintaining outside control, eyes in backfield and shoulders square. This is you base D line play. Let the play go for 30-40 seconds, let them fight for control. EYS MUST STAY IN BACKFIELD