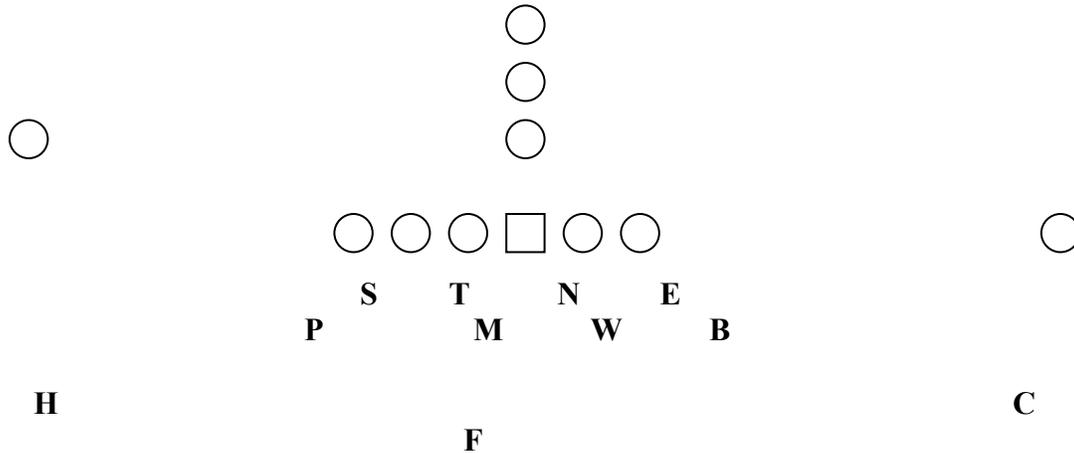


44 Defense

"The Terminator"



TERMINOLOGY:

F= FREE SAFETY

H= HIT (STRONG CORNER USUALLY TO PANTHER SIDE)

C= CORNER (WEAK CORNER USUALLY OPPOSITE HIT)

P= PANTHER (OUTSIDE LINEBACKER TO THE TE SIDE)

B= BANDIT (OUTSIDE LINEBACKER AWAY FROM TE SIDE)

S= STRIKE (DE ALWAYS TO THE TE SIDE)

E= END (DE ALWAYS OPPOSITE THE STRIKE)

T= TACKLE (DT ALWAYS TO THE TE SIDE)

N= NOSE (DT OPPOSITE THE TACKLE)

M= MIKE (INSIDE LINEBACKER TO THE TE SIDE)

W= WILL (INSIDE LINEBACKER OPPOSITE MIKE)

We will always flop personnel dictated by the position of the TE and not the two-receiver side. Note that personnel are grouped together. Panther will always call out where the TE is.

44 Defense
“The Terminator”

PHILOSOPHY:

1. “The Terminator” Defense allows for maximum alignments and fronts with few individual adjustments while keeping the same basic positions. This multiple front ability will help not only to confuse our opponents but will also adjust to their different formations or special plays.
2. The defense is based upon GAP CONTROL. At no time will a player be responsible for two gaps (as in the 50). If a player is in doubt, always control your gap. The only thing simpler would be a Gap 8.
3. Secondary coverage is easier as the OLB’s will never have deep third and the Free Safety will never have flat. Changes in strength can often be covered with little or no change.
4. Although we can use a lot of different fronts and stunts, the players only have to learn what their position does and not everyone else. Their stunt and/or alignment change will be called by a trigger term that will only apply to them.
5. The defense is designed to be effective against the Veer and any change in offensive strength. In fact, it can easily adjust into a goalline defense with changes.

GOALS:

1. The goal of the defense is to control any offensive threat with gap control mixed with an aggressive stunting game to terminate any offensive drive by keeping the offense guessing where we will be striking next.
2. This aggressiveness is vital to any defense and we want to expand on that. We want everyone to get to the ball on all plays. First, to arrive should hold up the ball carrier while pursuit should punish him, strip him of the ball, making the impression that he is in for a long night.
3. Fly to the ball. Give 100%. When we grade films we want to see 10 people at the ball when the tackle is made. Play with wild abandon, like there is no tomorrow. If you get tired, we can give you a rest. NEVER, but NEVER pace yourself. Fit the mold of the “Terminator”, relentless in your task to DESTROY the opposition.

HUDDLE

M
S T N E W
F H P B C

Nose will call the huddle. Panther will call the down and distance, but all should be aware of that and field position.

Mike will call defense, Free will call coverage, and Mike will repeat the defense, READY, HIT.

CALLS

The defense will be called in two parts. First, the front call, and second, the secondary coverage. These two parts will always be called. In addition there are trigger terms for the Panther/Strike pair and the Bandit/End pair. Trigger terms for the P/S pair will come before the defensive front call and the terms will start with start with the letter P or S. Trigger terms for the B/E pair will come after the defensive front call and will start with the letter B or E. Secondary coverage will always be last. If no trigger term is called, players involved play their base position and technique.

Examples:

31 C-3

Pirate 13 C-4

22 Exchange C-2

Psycho 40 Blast C-4

Switch 11 Fire C-1

There are trigger terms for everybody. They are REB, BLUE, AND, WHITE. When one of these is called, all front eight are effected. We can still use a stunt and as always, the coverage will be called last.

Examples:

Red C-6

White Pinch C-4

Blue Thunder C-3

Red Tornado C-3

Alignment Description

- 0 – A Gap
- 1 – Inside Shoulder of Guard
- 2 – Head up of Guard
- 3 – Outside Shoulder of Guard
- 4 – B Gap

Stunts and Description

TAM – Tackle and Mike blitz and exchange gap responsibilities from original alignment

NOW – Nose and Will blitz and exchange gap responsibilities from original alignment

FIRE – TAM and NOW combined

TWIST – Nose and Tackle twist

STACK – ILB's line up directly behind DT in front of them but have original gap Responsibilities

EXCHANGE – End and Bandit blitz and exchange gap responsibilities from original alignment

BLAST – End and Bandit blitz gap responsibilities

PSYCHO – Panther and Strike blitz gap responsibilities

SWITCH – Panther and Strike blitz and exchange gap responsibilities from original alignment

PINCH – All on LOS Pinch to their inside gap

Nose and Tackle

Nose and Tackle are our terms for both Defensive Tackles. The Tackle will always align to the Tight End side. He will listen to the call made by the Strike. The Strike, Tackle, and Mike LB will always be on the same side.

The Nose will always go opposite the Tackle. He will always be on the same side as the End and will LB.

Alignments:

We will use the Line numbering system. The first number will indicate the alignment of the Tackle; the second number will be the alignment of the Nose

Nose and Tackle

Stance:

We will use either a 3 or four point stance: whichever is most comfortable and effective

Two Basic Rules

Nose and tackle can never be hooked or scooped (lineman on linebackers)

Defensive Line Alignments and Techniques

Initial reaction will depend upon alignment over the offense. We can align in any one of four positions.

I. Center-Guard Gap (0 Technique)

1. Try to penetrate to a point 1 yard deep.
2. If the center blocks down on you, fight across his face.
3. If the guard blocks down on you fight across his face.
4. If the guard and center try to wedge you, fall and make a pile.
5. In a short yardage situation, get into a stance with your rear slightly higher (roothog) and on the snap of the ball attack the playside knee of the QB.

II. Inside Shoulder of the Guard (1 Technique)

Attack the inside shoulder of the guard with your outside hand keeping your inside hand and arm free. You are responsible for the A gap.

1. If the guard tries to block down on you fight across his face, or if you cannot do that get skinny and run behind the block.
2. Do not let the center reach you.

III. Head Up the Guard (2 Technique)

When aligned head up, take a hard charge into the guard and take a gap (try to read the guard's head). LB will read you and fill the other gap.

IV. Outside Shoulder (3 Technique)

On the snap of the ball (read the hands and feet of the offensive line) attack the outside shoulder of the guard with your inside hand, keeping your outside hand and arm free. You are responsible for the B gap.

1. If the guard tries to block you fight him off with your hands and move to the outside. You cannot let the guard block you.
2. If the guard pulls, get in his hip pocket and follow.
3. If the tackle tries to block down on you, attack him and fight across his face to the outside.
4. If double-teamed by the guard and tackle, attack the inside knee of the tackle and make a pile (if you can sit out, do it).
5. If no one blocks you, crash the gap closed and be prepared to trap the trapper.
6. On pass rush the passer.

V. Guard Tackle Gap (4 Technique)

1. Try to penetrate to a point 1 yard deep.
2. Use you inside hand to feel for the guard. **DO NOT LET THE GUARD REACH BLOCK YOU.** You have the B gap.
3. Use same reactions as if aligned in a 3 Technique.

Stunts

Stunts involving the Nose and Tackle will also usually involve the LB's as well. The stunts are:

1. **TAM** – Tackle will angle to the gap opposite if what he is assigned. If the Tackle has B gap (3 Technique) he will angle to the A gap.
2. **NOW** – Nose will angle to gap opposite of what he is assigned. If the Nose has A gap (1 Technique) he will angle to the B gap.
3. **FIRE** – Both Tackle and Nose will stunt using the above rules. It is called fire instead of using both TAM and NOW.
4. **TWIST** – Twist tells the Tackle and Nose to loop with the Tackle going first. This is usually done in passing situations, as it is hard for the Tackle to make it back to the Nose gap. It will most often be done from an 11 set.
5. **THUNDER** – Both the Tackle and the Nose will angle **AWAY** from the TE as called by the Strike. This can be done from different fronts (Red, Blue, White, etc.). No matter what set, both will angle **AWAY** from the TE.
6. **STACK** – Stack does not change the Tackle and Nose. It simply tells the LB's to stack behind their Tackle or Nose.

Strike and End

The Strike and End are terms that are used to designate our Defensive Ends.

The Strike End aligns to the TE side.

The End aligns to the split end side.

Strike

Alignment

1. Strike will align to the TE side. He will align on the inside shoulder of the TE in a three-point stance. Strike must stay low and jam the TE.

Assignment

1. On the snap of the ball take a step with the outside foot into the TE.
2. Jam the TE then step back down into the C gap.
3. Control that gap.

Reactions

1. If the TE tries to block you for a sweep, fight through the face of the TE and try to drive him as deep into the backfield as possible. Pressure from the inside out. The Panther will turn the play inside.
2. If the TE does not block you close down to a position one-yard behind the OT.
3. If the FB tries to kick you out, attack his inside shoulder, wrong arm him and make the play spill to the outside.
4. If the OG tries to kick you out, attack his inside shoulder, wrong arm him and make the play spill to the outside.
5. On option, attack the QB and force him to make a decision. You have QB.
6. If the OT tries to block you out, fight across his face.
7. On run away, pursue as deep as the ball checking for reverse, counter, or cutback.
8. On pass, rush keeping outside contain.

End

Alignment

1. Outside shoulder of the OT to the split end side.

Assignment

1. On the snap of the ball move to a point one-yard behind the OT. Keep the OT off the LB. Control the C gap.

Reactions

1. Same as Strike.

Strike and End

Stunts

The Strike is paired with the Panther on stunts. His trigger terms start with a P or S. The trigger term will be given before the defensive front. If no trigger term is heard, play base.

The End is paired with the Bandit on stunts. His trigger terms will start with a B or E. The trigger term will be given after the defensive front. If no trigger term is heard, play base.

Versus Two TE's

The End will align like Strike and follow Strike reactions. Strike will go to the original TE (it does not have to be to the two receiver side). It is not critical to which side he goes. Make a decision and stick with it. Any stunts involving End and Bandit are called off. The End and Bandit will tell each other base.

Versus TE Trade

Once Strike and End line up, they will not switch sides. With a trade, Strike will now play like an End and End will now play like a Strike. Any stunts involving these positions will have to be called off and play base.

Linebackers

Our Linebackers will be called Mike and Will.

Mike will always go to the TE side with the Tackle and Strike.

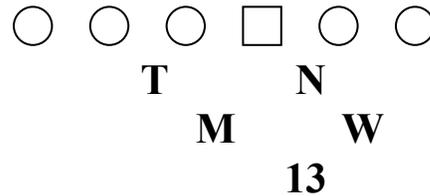
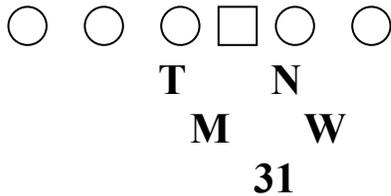
Will will always go opposite along with the Nose and End.

Stance

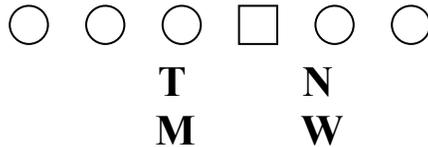
Our Linebackers will have a good Two-point stance on the balls of their feet, flat back, and arms in front with the feet at a maximum width of shoulder width.

Alignments

1. **BASE** – In our normal defenses, the number called will refer to the Tackle and Nose from the TE side to the weakside. The LB's will align so that if they add their alignment to that of the Tackle or Nose it would equal 4.



2. **STACK** – If Stack is added to the call the LB's will align directly behind the Nose and Tackle. They will read which gap the Nose and Tackle takes and you are responsible for the other.



31 Stack

3. **BLUE** – On blue the LB's will slide and align in a position towards the TE.



BLUE

BLUE is a front to look like a 4-3. Gap rules remain the same. All stunts will follow BLUE.

Panther and Bandit

Alignments

Panther is always aligned to the TE side, 2-4 yards deep, 2-4 yards wide.
Bandit is always aligned opposite the TE, 2-4 yards deep, 2-4 yards wide.

Stance

Your stance is parallel to the LOS with the inside foot up. Bandit will key through the end man on the LOS to the ball/QB.

Panther will key through the TE to the ball/QB

Assignments

Panther

1. If the TE blocks down, attack and support the run. Contain and turn the run in.
2. If the TE arc releases:
 - A. Square up and collision him. Prevent the pop pass.
 - B. Read the backfield action.
 1. If the ball is off the LOS, assume pass and control curl to flat.
 2. If the ball is on the LOS, assume run – take the pitch.
3. If flow is away, stack and pursue looking for cutback.

Bandit

1. Flow to:
 - A. Ball on LOS, attack outside in.
 - B. Ball dives, squat and find the football.
 - C. Sweep, attack as deep as possible into the backfield.
 - D. Option = pitch.
 - E. Ball of LOS, assume pass and control curl to flat.
2. Flow away:
 - A. Stack and pursue looking for cutback.

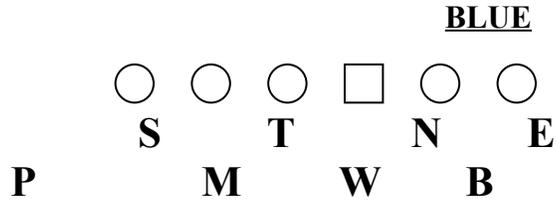
Option Rules

Basic rule concerning option depends on your pass coverage.

1. If you have flat coverage you take the pitch.
2. If you have the hook (Cover 5) take the dive on.

Stunts

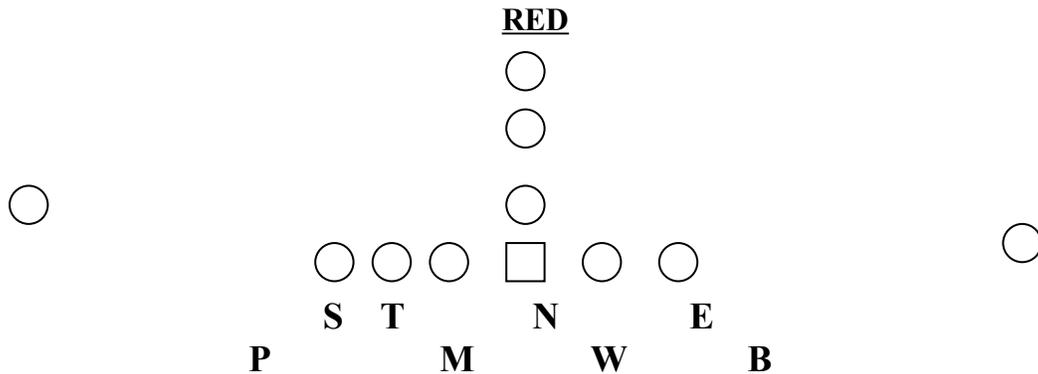
Panther is paired with the Strike. Trigger terms start with a P or S. Bandit is paired with the End. Those trigger terms start with a B or E. Some stunts may be called off due to formation and/or coverage changes. To call off a stunt tell the Strike or End “BASE”.



BLUE is a front to look like a 4-3. Gap rules remain the same. All stunts will follow BLUE.

BLUE THUNDER – Line slants to TE LB’s scrape away

BLUE TWIST – Nose and Tackle Twist



RED simply tells our front to align in a 50 look. We will move to this look. Reads remain basically the same. LB’s are responsible for either A or B gap. Any stunt will follow the term RED in the huddle call.

RED THUNDER – Everyone on the line Slants to TE

RED TORNADO – Everyone on line slants away from TE

RED PINCH – Everyone on line pinches inside

RED EAGLE – Nose moves head up OC and End goes to a 3 tech. Bandit moves to a 5 tech

RED NOW – Perform a NOW stunt out of red

RED EAGLE NOW – EAGLE and NOW at same time

WHITE

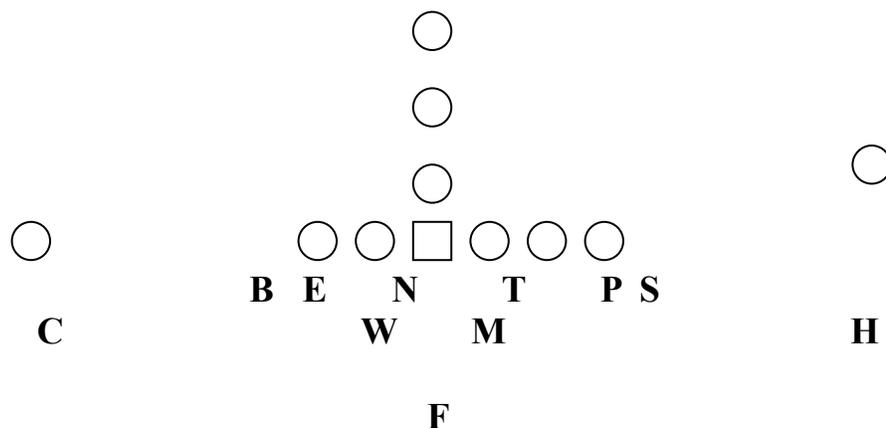
WHITE is a front to look like a 6-2. We can use this versus 2 TE or a goalline situation. All stunts will follow WHITE

WHITE PINCH – Line and OLB Pinch inside ILB have outside contain

WHITE FIRE – A TAM and NOW Stunt

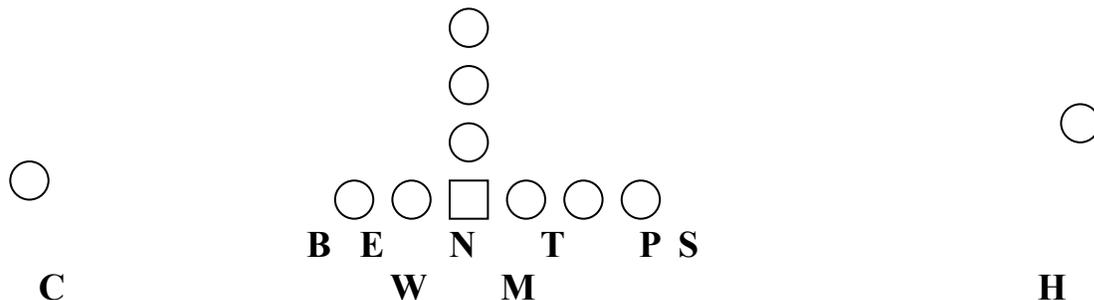
Bear Defense

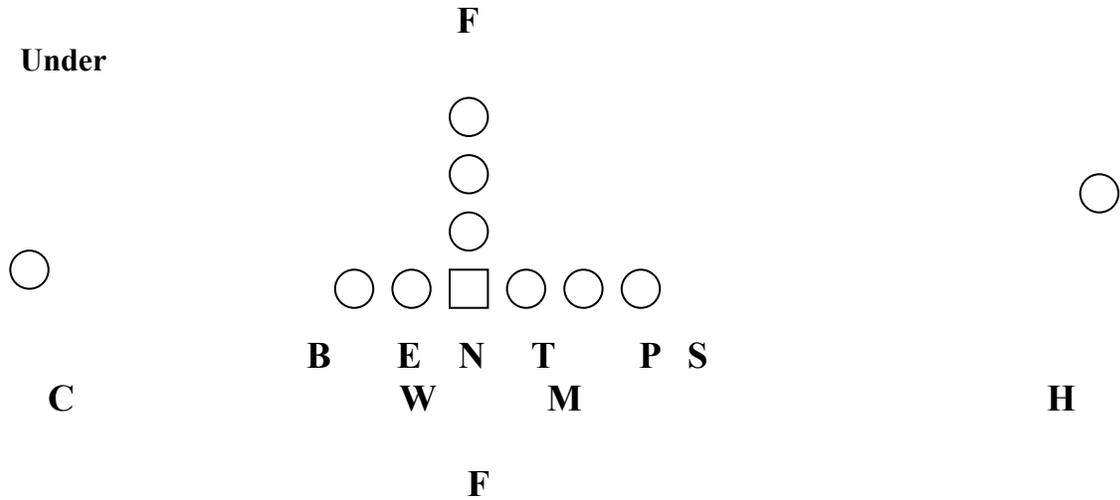
The Bear Defense is our aggressive adjustment to our base defense. The goal of this package is to stop the run and to pressure the QB on pass. This package will allow us to keep both inside LB's in the box versus most every offensive formation. We will also be able to apply more pressure with our OLB's and Strike. The down lineman will be more aggressive and active in this defense while simplifying their techniques and responsibilities. Additionally, with the Bear, we will be able to keep our Free in the middle of the formation most of the time to become an "Alley" player so he can be in better position to stop the run.



There are other variations such as the **Over** in which the Nose will align on the weak side shoulder of the center. We also have another front called the **Under** front which is just another adjustment we may choose to make from this package, where the Nose is head up the center.

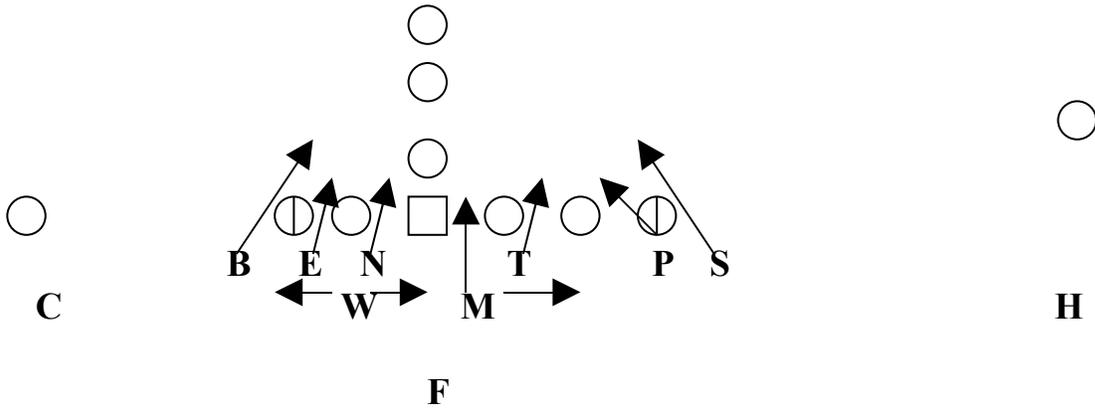
OVER



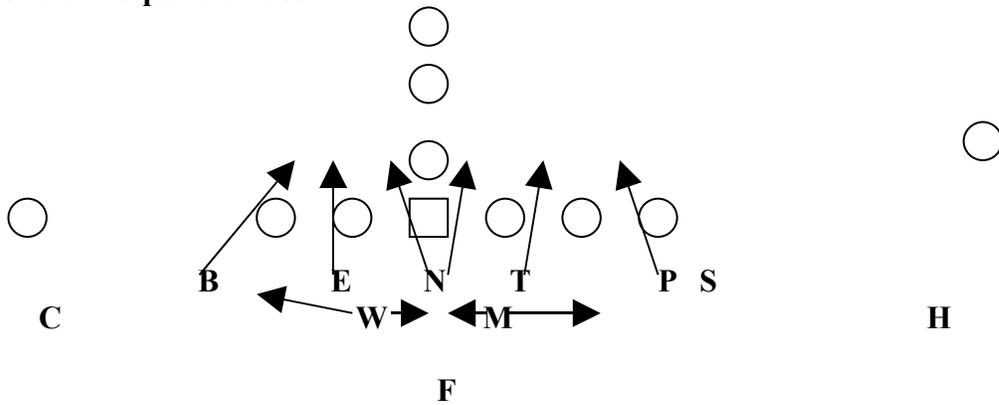


In our base Bear, the End, Nose, and Tackle will have the same techniques and responsibilities. Initially, they will attack from their stance and punch and press their lineman while throwing their hips into their hole (gap responsibility). They are to read flow and pressure from their blocker and find the football. The best escape technique for this defense is the RIP. The two responsibilities of the three linemen are to never get hooked, and to stop the scoop block, in other words, prevent the lineman from blocking the Linebackers. One difference in the Under adjustment is when the Nose becomes a two gap player and must now throw his hips into the play-side gap. Strike will now become more of an Outside Linebacker in this set. In the base Bear, the Strike and Bandit will pressure the offense with a standard blitz aimed at the hand of the fullback and bend to the ball. Both players have contain responsibility. Panther will align in a 6 Technique. Panther's primary responsibility is C gap. Line the N, T, & E, Panther needs to prevent the scoop block onto Mike. Coverage call will dictate pass responsibilities the Strike, Panther, and Bandit have. Mike and Will are the primary run stoppers. Mike has strong-side A gap and flow to the football. Will is a free hitter with no primary gap responsibility. Both Inside Linebackers are to fill open windows and get to the football. The Free is our defensive eraser. His primary job is to be a secondary LB and to erase any mistakes made by the Front 8. His pass coverage responsibilities depend on the coverage called. Corner and Hit will align on the wide receivers; sometimes both will be on the same side. Both the Corner and Hit will align on the inside eye of their respective receiver and play bump and run coverage. In zone coverage, the Corner and Hit will begin to retreat to their zones prior to the snap of the ball.

Bear Responsibilities



Under Responsibilities



Techniques and Responsibilities

The techniques and detailed responsibilities in this section are adjustments that we will make for our Bear Package. The techniques and responsibilities described in the following pages will supersede anything written in our base defense section of the playbook. Many of the techniques and responsibilities are the same as our base package, so no adjustment or difference will be listed.

Defensive Back Play

I. Philosophy

We want to create an image as a Defensive Secondary, we want to be seen in a certain way. When people think of our Secondary we want a certain mental image to evolve. As a defensive unit we must see ourselves in a certain way. We should be different. We're different because we are being called upon to do that which is more demanding and requires more skills than any other position.

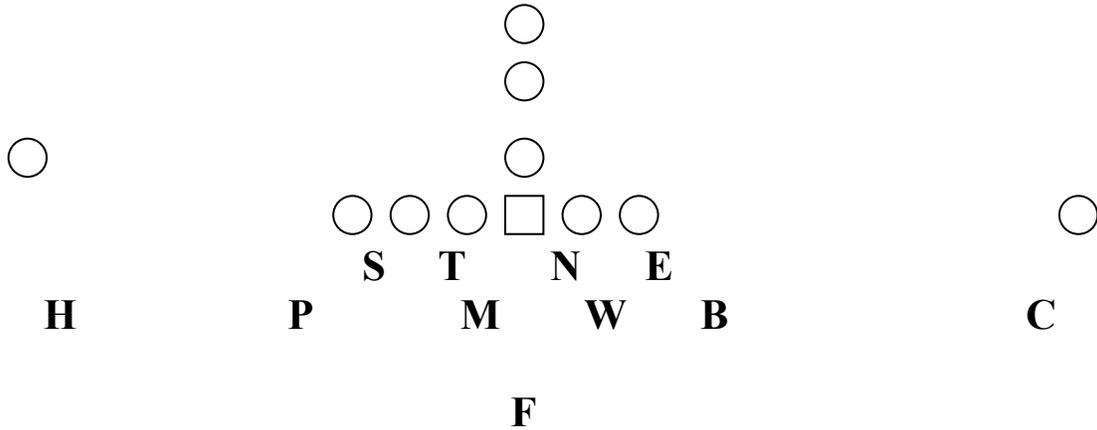
We must accomplish our goals within the team concept of defense. We are a unique and special part of the whole. We want to excel so that the team may succeed.

The image we want to portray is one of great accord. We want to be seen as a tightly knit group of players. We want to help, support, encourage, and protect each other. If one player fails, then we all feel a loss. If a player succeeds, we should all feel a part of that as well. We will not be seen as individuals but as a unit. We will be known as a great secondary unit, not as great secondary players. The axiom that "United We Stand Divided We Fall", will be our philosophy.

We must be seen as the toughest secondary unit in Southwest Ohio. Words like physical, intimidating, and aggressive must be associated with us. We must all be great hitters. We must be the first off the ground after a big hit. We will always win the toughness battle.

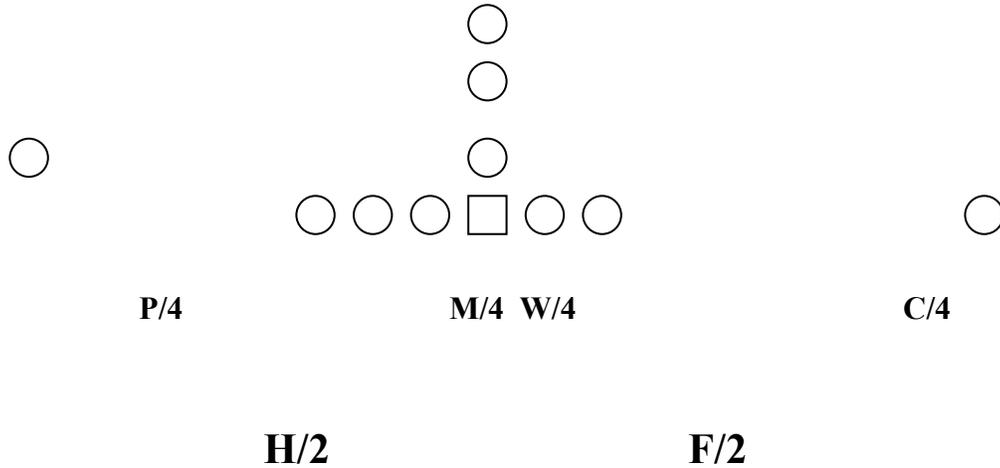
Consistency must also be a hallmark of our group. Consistency involves proper communication and correct technique. When people look at us as a group they will see repetitive technique and consistent execution. Day by day, week by week, we should be the same type of secondary-consistent.

COVER 1



Cover 1 is a man to man coverage with a "FREE" Safety. Hit always goes with the Flanker or second receiver, and the Corner always has the Split End. We run with everything except a crosser. When we get a "RAT" call. The 4 Linebackers are responsible for the backs and TE. If you have a "RAT" call the next guy inside will reroute, pass on, run with, or take the head of the crosser.

COVER 2



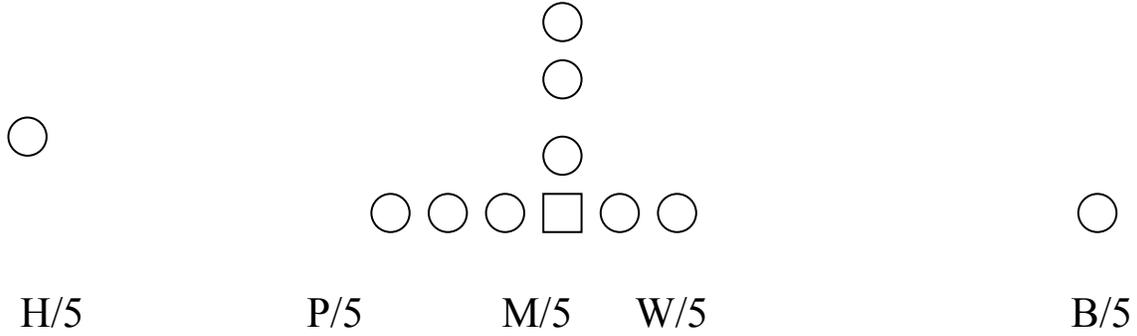
COVER 2 will be 4 under with 2 deep (half coverage). It is onnly 4 under because Bandit will usually be involved in a stunt or BLUE. Panther will still go to the TE side and have flat. If there is a Flanker he will cover him and bump. Hit will still go with Panther. Free will go opposite the Hit. Versus twins we may walk the Bandit out but that wil be a game by game adjustment. Usually we will keep any stunt on versus twins.

Versus motion:

1. Flanker motion – Stay (run if Cover 2 Man)
2. Back motion – Stay (check zone if Cover 2 Man)

COVER 3

COVER 5



F/2

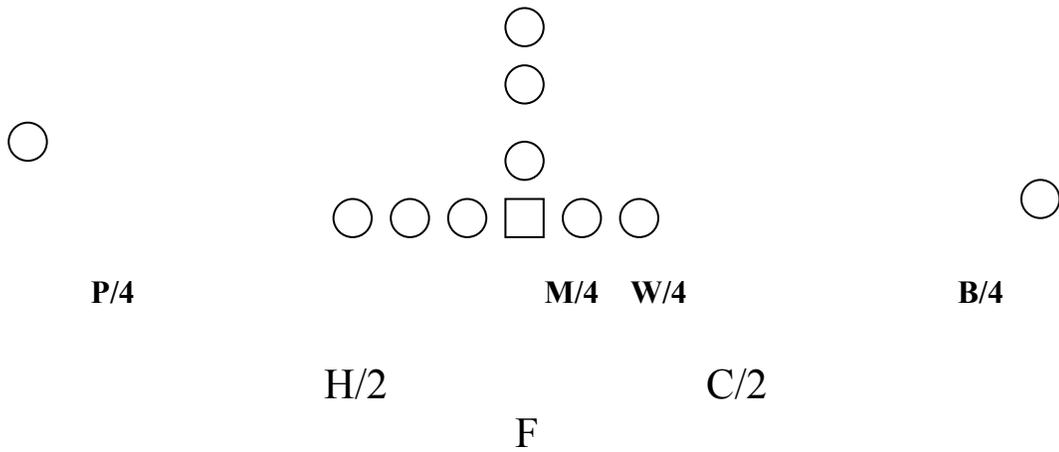
C/2

Cover 5 is a true half coverage with 5 under and 2 deep. Hit will go with the Flanker and the Bandit will cover the Split End. Free will go to the two-receiver side with the Corner going opposite.

Versus motion:

1. Flanker motion – Stay
2. Back motion – Stay (check zone if Cover 5 Man)

COVER 6

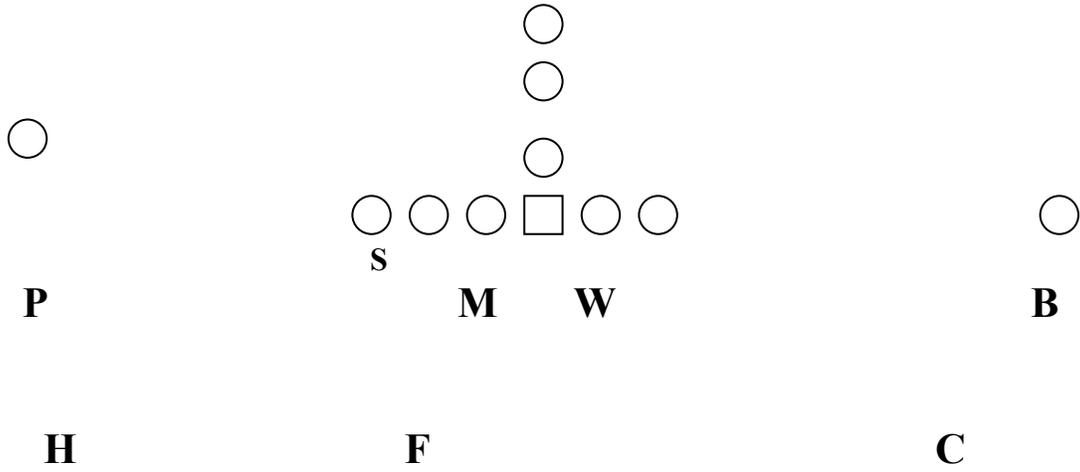


Cover 6 is a special coverage of 4 under and 2 deep with a Free Safety. This is the ONLY coverage where the Panther does not always go the TE side. The Panther will line up on the Flanker no matter where. The Bandit will still be on the SE. Hit will go to the TE side and the Corner opposite. If we run this with RED the Strike can be involved in coverage making it 5 under. If we go Cover 6 Man we will always go from RED.

Versus motion:

1. Flanker motion – run
2. Back motion – stay (check zone if Cover 6 Man)

COVER 8



Cover 8 is a 5 under with 3 deep coverage. Panther will always go with the Flanker. Strike has pass coverage. Bandit is always on the SE. Cover 8 Man line up like above and the 5 under play man to man with 3 deep.

Versus motion:

1. Flanker motion – run with him; fifths will change
Back motion – stay zone; if in Cover 8 Man check zone