

OFFENSIVE PHILOSOPHY

- 1. BALANCE – THE ABILITY TO RUN AND THROW THE BALL EQUALLY**
- 2. MULTIPLE FORMATIONS, PERSONNEL GROUPS, SHIFTING AND MOTION.**
- 3. ALLOWING THE QB TO PUT YOU IN THE RIGHT PLAY.**
- 4. TO PREPARE FOR EVERY SITUATION THAT MAY ARISE**

TRAINING THE QUARTERBACK

I. TYPES OF DEFENSE

- A. 7-Man Front – 4 Secondary Defenders
 1. 3 – 4 Front – 3 Down Linemen, 4 Lbers
 2. 4 – 3 Front – 4 Down Linemen, 3 Lbers
- B. 8 Man Front – 3 Secondary Players
 1. 4 – 4 Fronts – 4 Down Linemen, 4 Lbers
 2. 5 – 3 Fronts – 5 Down Linemen, 3 Lbers
- C. Nickle Front – 5 Secondary Defenders
 1. 40 Nickle – 4 Down Linemen – 2 Lbers
 2. 30 Nickle – 3 Down Linemen – 3 Lbers
- D. Dime Fronts – 6 Secondary Defenders
 1. 40 Dime – 4 Down Linemen – 1 Lber
 2. 30 Dime – 3 Down Linemen – 2 Lber

II. NAMING DEFENDERS

A. Down Linemen

1. 4 Down Linemen – 2T's, 2E's
2. 3 Down Linemen – Nose, 2T's
3. 5 Down Linemen – Nose, 2T's, 2E's

B. Linebackers

1. 3 Lbers – Sam, Mike, Will
2. 4 Lbers – Sam, Mike, Buck, Will
3. 2 Lbers – Mike, Will

III. READING DEFENSES

A. Why read defenses?

B. What QB looks for once he breaks the huddle

1. Play clock

2. Free safety

3. Strong safety

4. Front

C. How to identify fronts

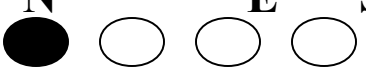
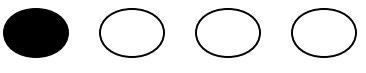
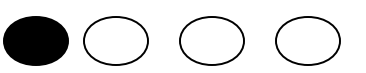
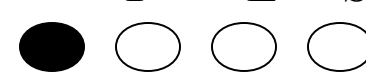
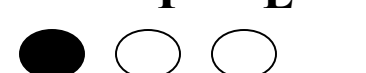
1. 50 Defense – Lber over OG

2. 60 Defense – No playside Lber

3. 70 Defense – 3 Man side Lber over OT

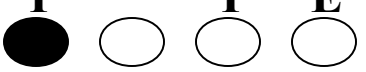
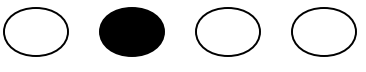
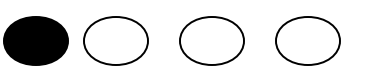
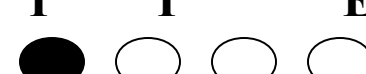
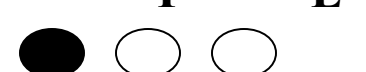
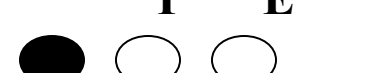
4. 80 Defense – 4 Man side

5. 90 Defense – 3 Man side Lber stacked over OG or aligned in “A” Gap

<p style="text-align: center;">M</p> <p>N E S</p> 	<p>50</p> <p>Offensive Guards are uncovered - or have a LBer over them.</p>
<p style="text-align: center;">M</p> <p> T E S</p> 	<p>60</p> <p>Offensive Lineman are covered and their is no playside LBer.</p>
<p style="text-align: center;">M</p> <p> S</p> <p> T E</p> 	<p>70</p> <p>3 man side LBer aligned over Offensive Tackle.</p>
<p style="text-align: center;">M</p> <p> T E S</p> 	<p>80</p> <p>4 man side LBer aligned over Offensive Guard or Tackle.</p>
<p style="text-align: center;">W</p> <p> T E</p> 	<p>90</p> <p>3 man side, Offensive Guard covered with LBer in the "A" gap or stacked behind the OG.</p>

IDENTIFYING FRONTS

6. Stack Defense – LB slide towards TE
7. Solid – Defense – Center and both OG
8. Bear Defense – Lber Secondary aligned over TE and a rush defender outside.
9. +(Plus) – Nose shades to the TE or strong side.
10. - (Minus) – Nose shades to the TE or strong side.
11. Wide – OT uncovered by Down Lineman
12. Tight – OT and OG covered by Down Linemen

<p>M S 50 STACK</p> <p>T T E</p> 	<p>Lber's are Slide One Man Towards the Tight End</p>
<p>T T E W SOLID</p> 	<p>Offensive Guards and Center are Covered by Defensive Down Linemen.</p>
<p>N M E S PLUS</p> 	<p>Defensive lineman Shading the Center to the Tight End Side.</p>
<p>T T E S MINUS</p> 	<p>Defensive lineman Shading the Center to the Split End Side.</p>
<p>W T E WIDE</p> 	<p>Offensive Tackle is not covered by a Defensive Down Lineman.</p>
<p>W T E TIGHT</p> 	<p>Offensive Guard and Tackle are Covered by Down Linemen</p>

3 Down Linemen Common Alignments			4 Down Linemen Common Alignments		
50		T60T			
W75		W76T			
+57T		T67T			
W70W Solid		T65-			
T89T		+56T			
W78T		W75-			
W70W OVER		+57W			
W70W UNDER		50 OVER			
50 BEAR		50 UNDER			
W70W SOLID BEAR FIST		W70W Under Solid			

CENTERS CALLS

**“ODD”- CENTER IS COVERED BY A
DOWN LINEMAN**

**“EVEN”- CENTER IS COVER BY A
LBER”**

**“CLEAR”- THERE IS NO DEFENDER
COVERING THE CENTER**

**“SOLID”- THE CENTER AND BOTH GUARDS
ARE COVERED BY DOWN LINEMEN.**

D. How to Identify Coverage

1. 3 Deep Zone-Sky, Cloud (Defines Flat Coverage)

a. Cover 3 – Strong side 3 Deep Zone

1. Cover 3 Sky – Strong side 3 Deep

2. Cover 3 Cloud – Corner Flat Defender

b. Cover 6 – Weakside 3 Deep-Fox Ws Flat Coverage

1. Fox – WS Flat Defender

2. Cloud – Corner Flat Defender

2. 2 Deep Zone

a. Cover 2 – 2 Deep Weakside Zone

b. Cover 3 – 2 Deep Strongside Zone

3. $\frac{1}{4}$, $\frac{1}{4}$, $\frac{1}{4}$, $\frac{1}{4}$, Zone

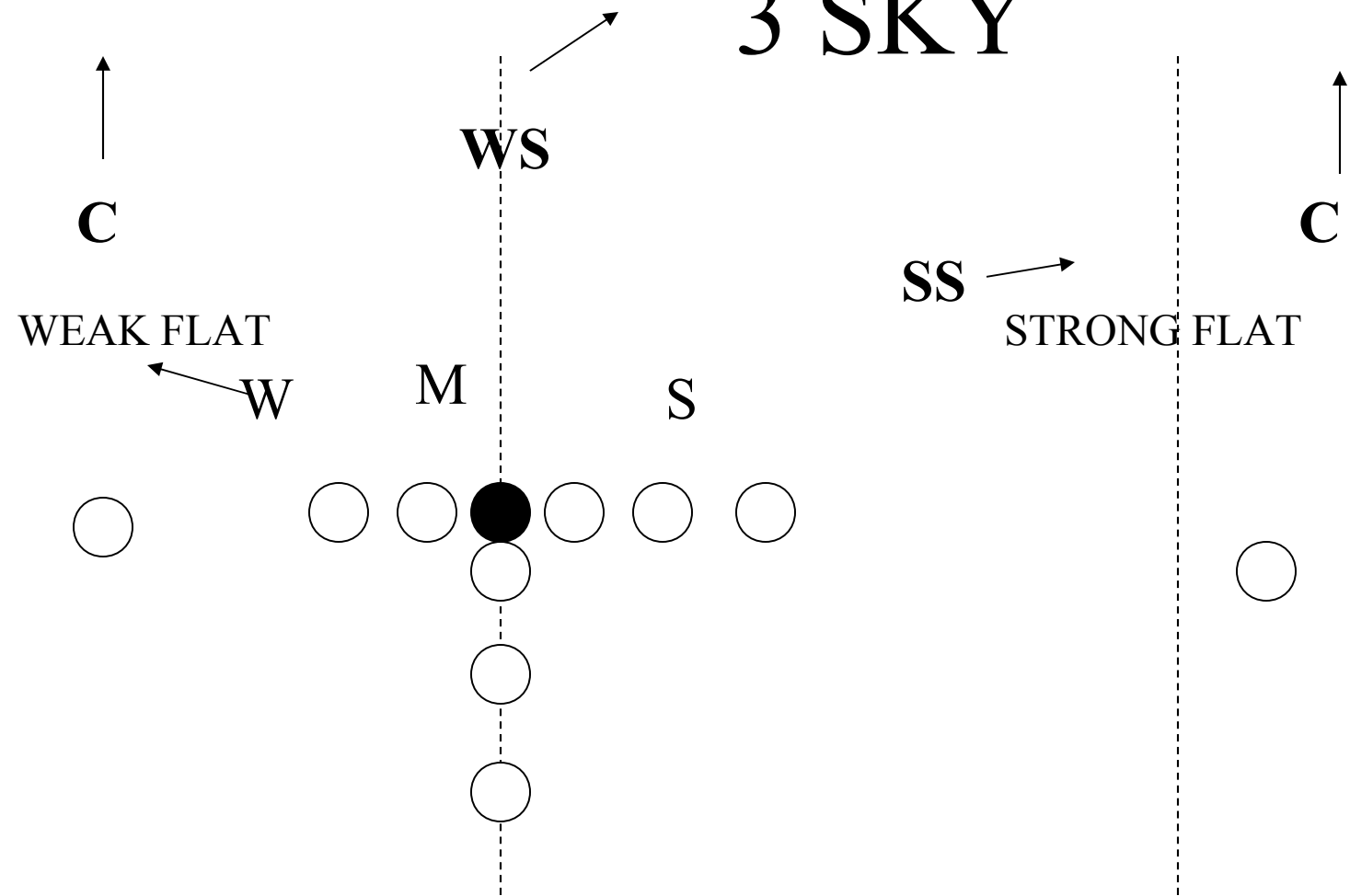
a. Cover 4 – Weakside $\frac{1}{4}$, $\frac{1}{4}$, $\frac{1}{4}$, $\frac{1}{4}$.

b. Cover 7 – Strongside $\frac{1}{4}$, $\frac{1}{4}$, $\frac{1}{2}$

c. Cover 4 Cloud – $\frac{1}{4}$, $\frac{1}{4}$, $\frac{1}{2}$.

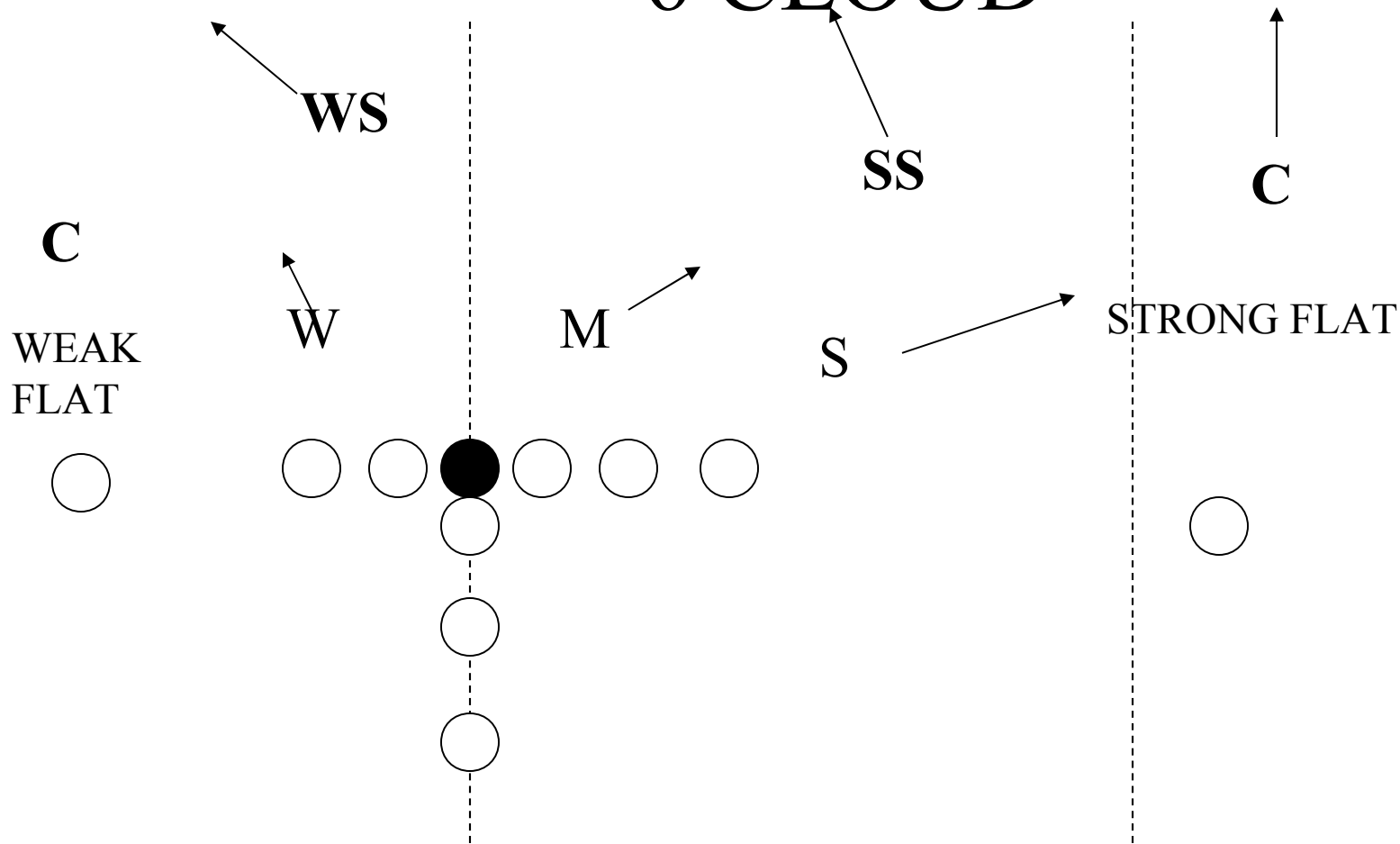
3 DEEP COVERAGES

3 SKY



WEAK SIDE 3 DEEP COVERAGE

6 CLOUD



2 DEEP COVERAGE

↑
WS

↑
SS

STRONG FLAT

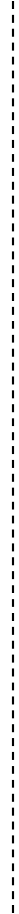
C

C
WEAK
FLAT

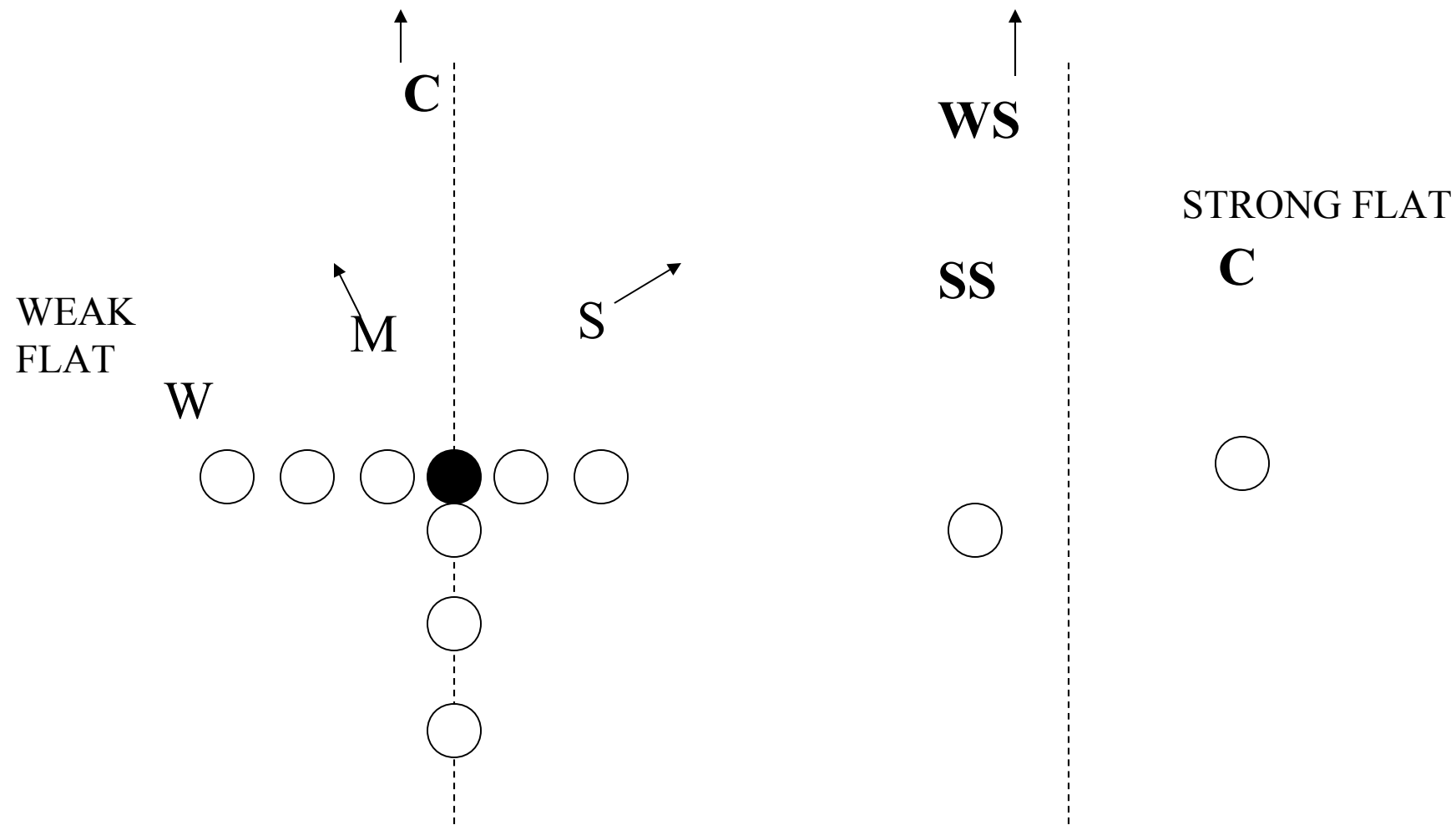
↖
W

↗
M

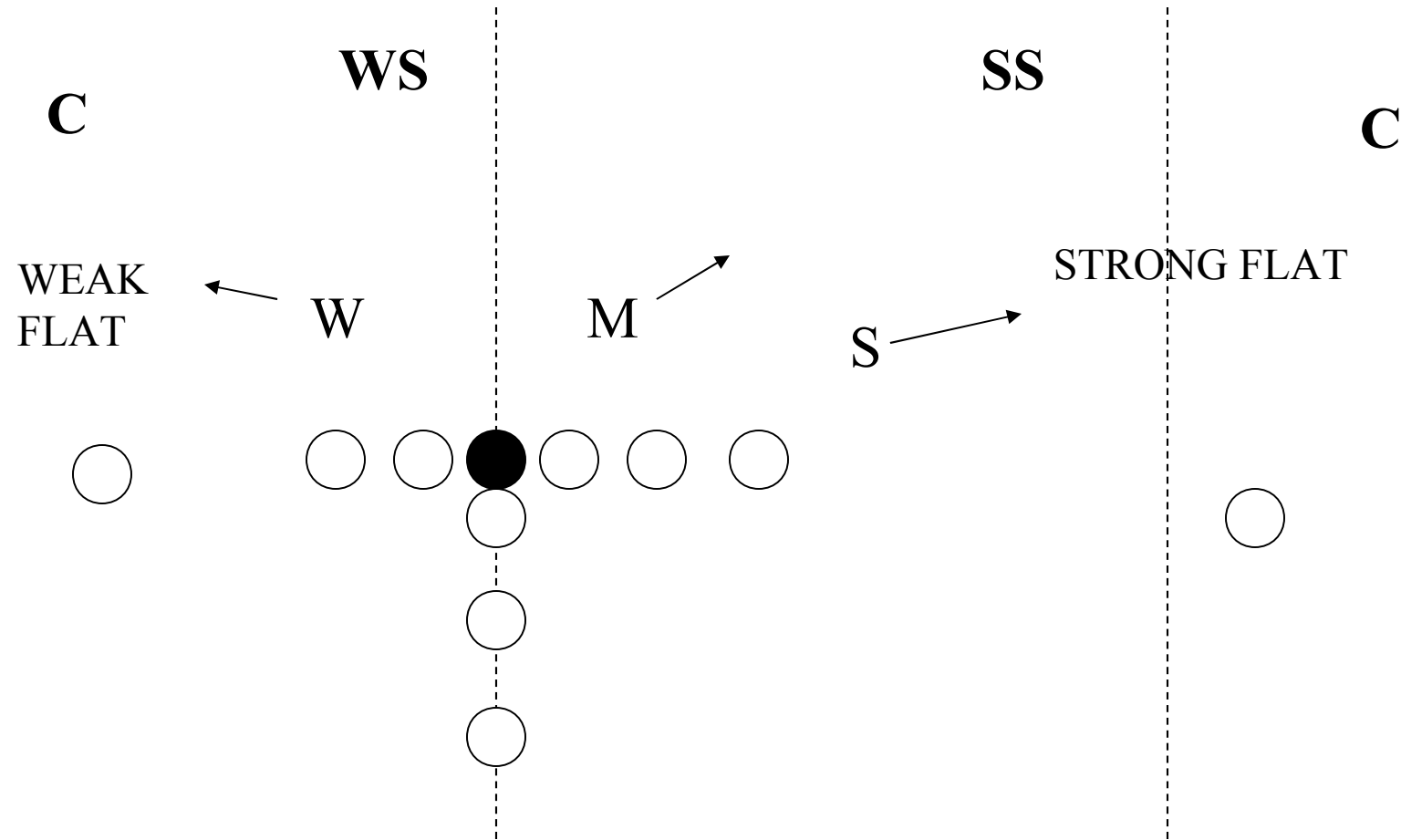
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S



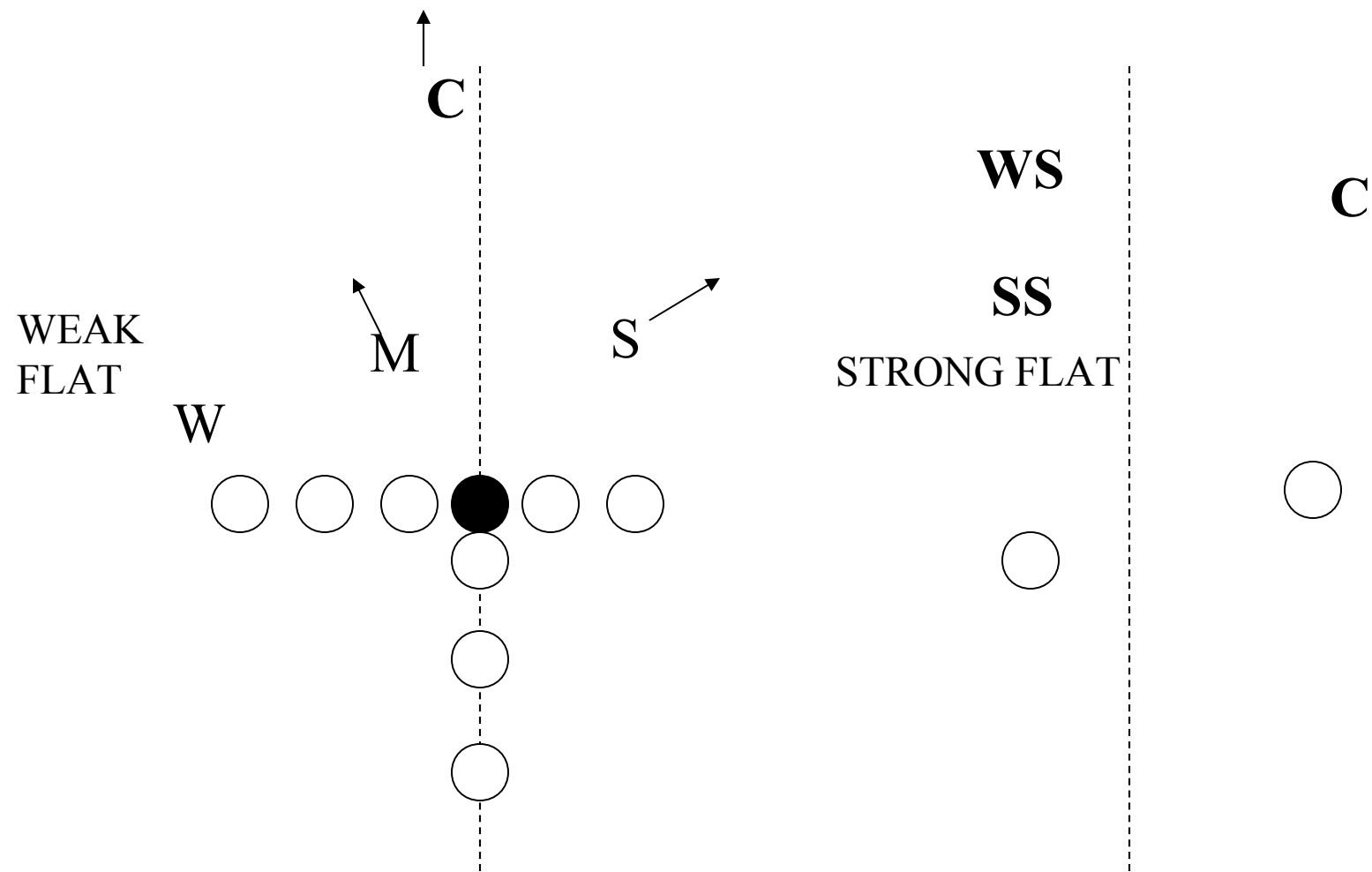
STRONG SIDE 2 DEEP COVERAGE



WEAK SIDE $\frac{1}{4}$ COVERAGE



STRONG SIDE 1/4 DEEP COVERAGE



4. Man Free

a. Cover 1 – Strong side Man Free

1. Assume 5 Man Pressure – Strong side
2. 1 Man Hole – Strong Man Coverage Lber Free. 4 Man Rush.
3. 1 Man Robber – Strong Man Coverage SS Free. 4 Man Rush.

b. Cover 8 Weak side Man Free

1. Assume 8 Man Pressure – Weak side
2. 8 Man Hole – Weak side Lber Free
3. 8 Man Thief – Weak side Man Coverage WS Free

5. Pressure Man

a. Cover 0 – Lber Pressure

1. Assume 6 Man Pressure
2. Man Hole – Lber Free

5. b. Cover 9 Secondary Blitz.

1. Assume 6 man Pressure.

6. Zone Pressures

a. Z P = 4 Man Pressure

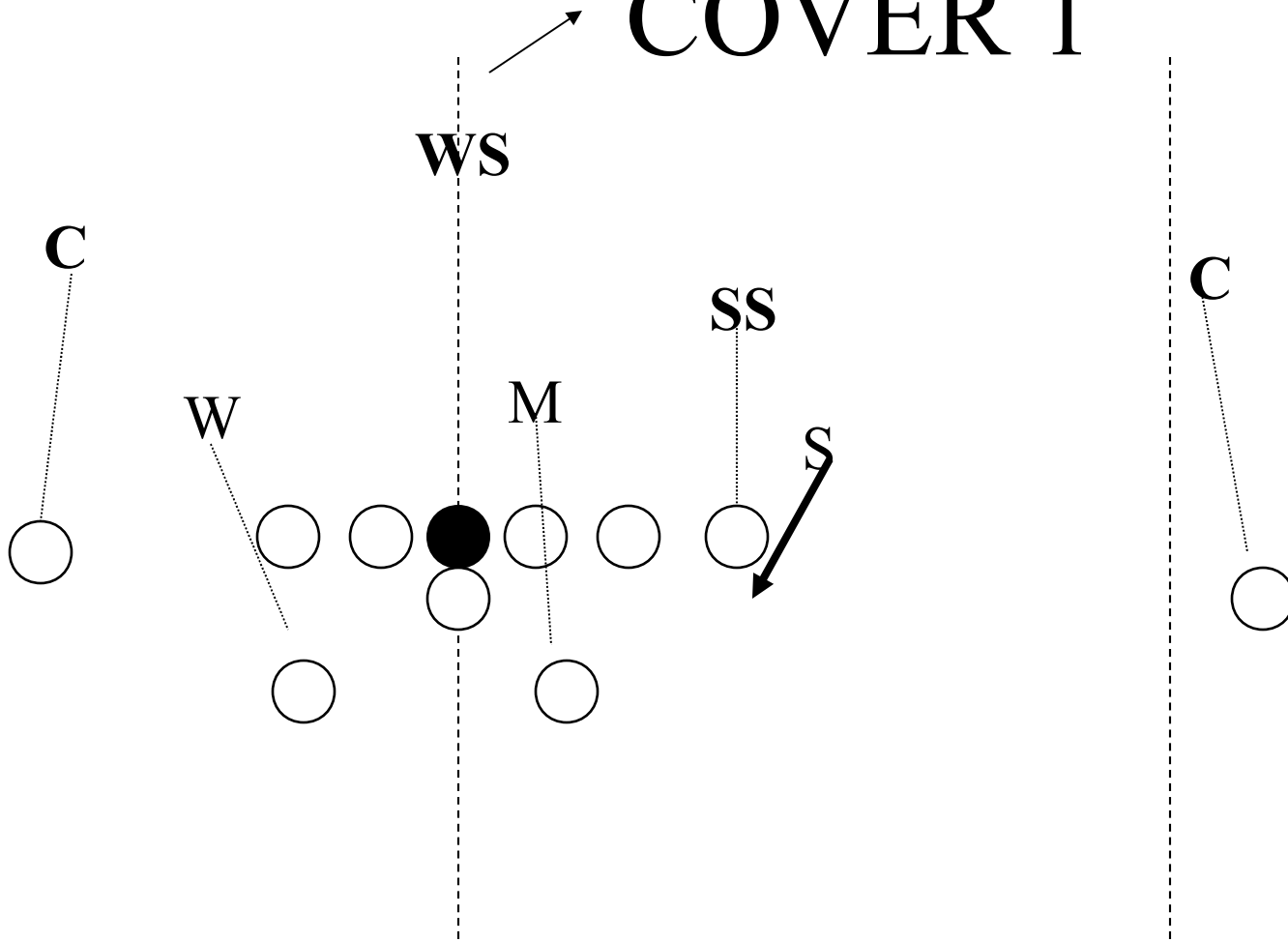
1. End Drop

2. Tackle Cop

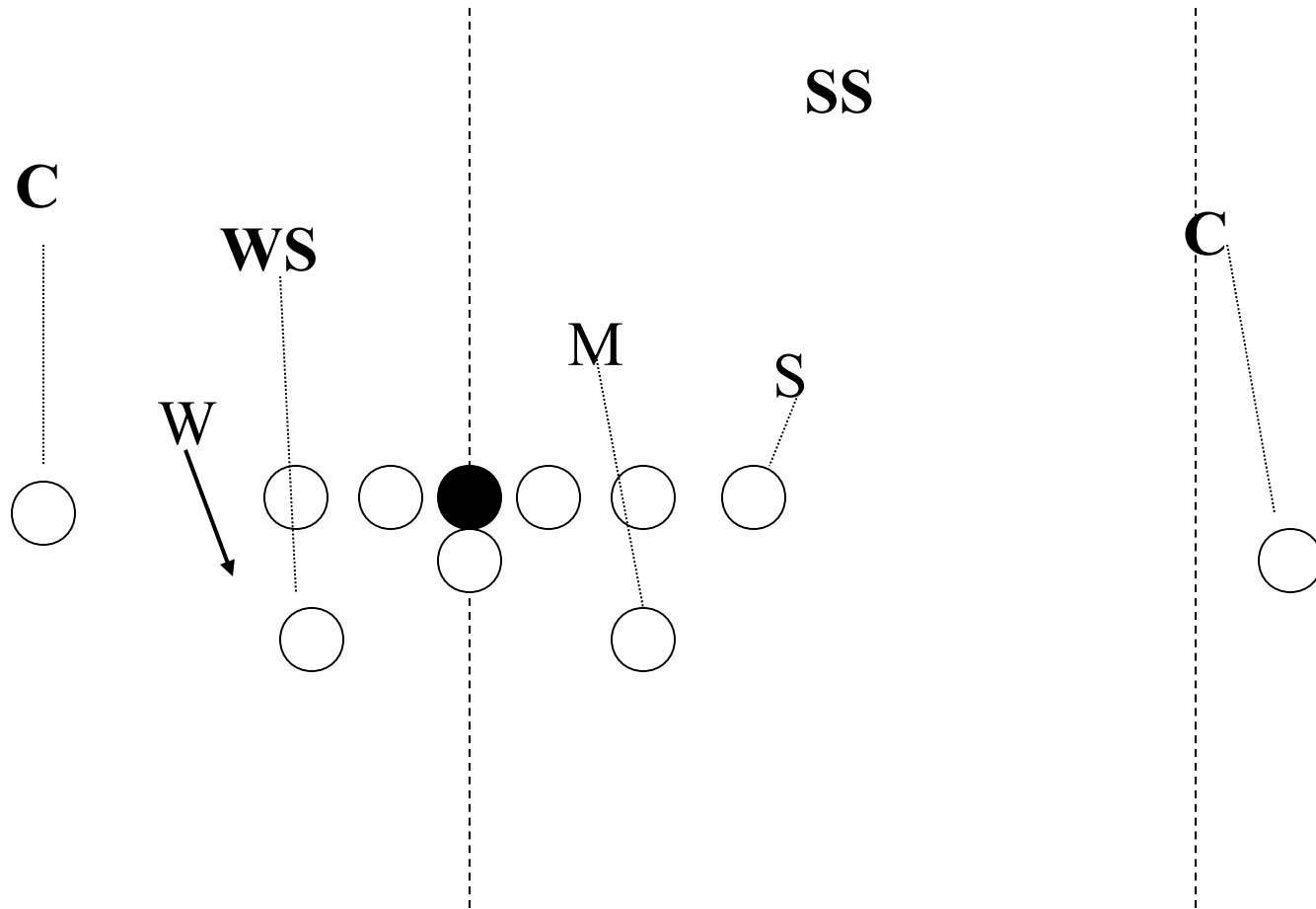
b. Hand = 5 Man Pressure

MAN FREE COVERAGES

COVER 1

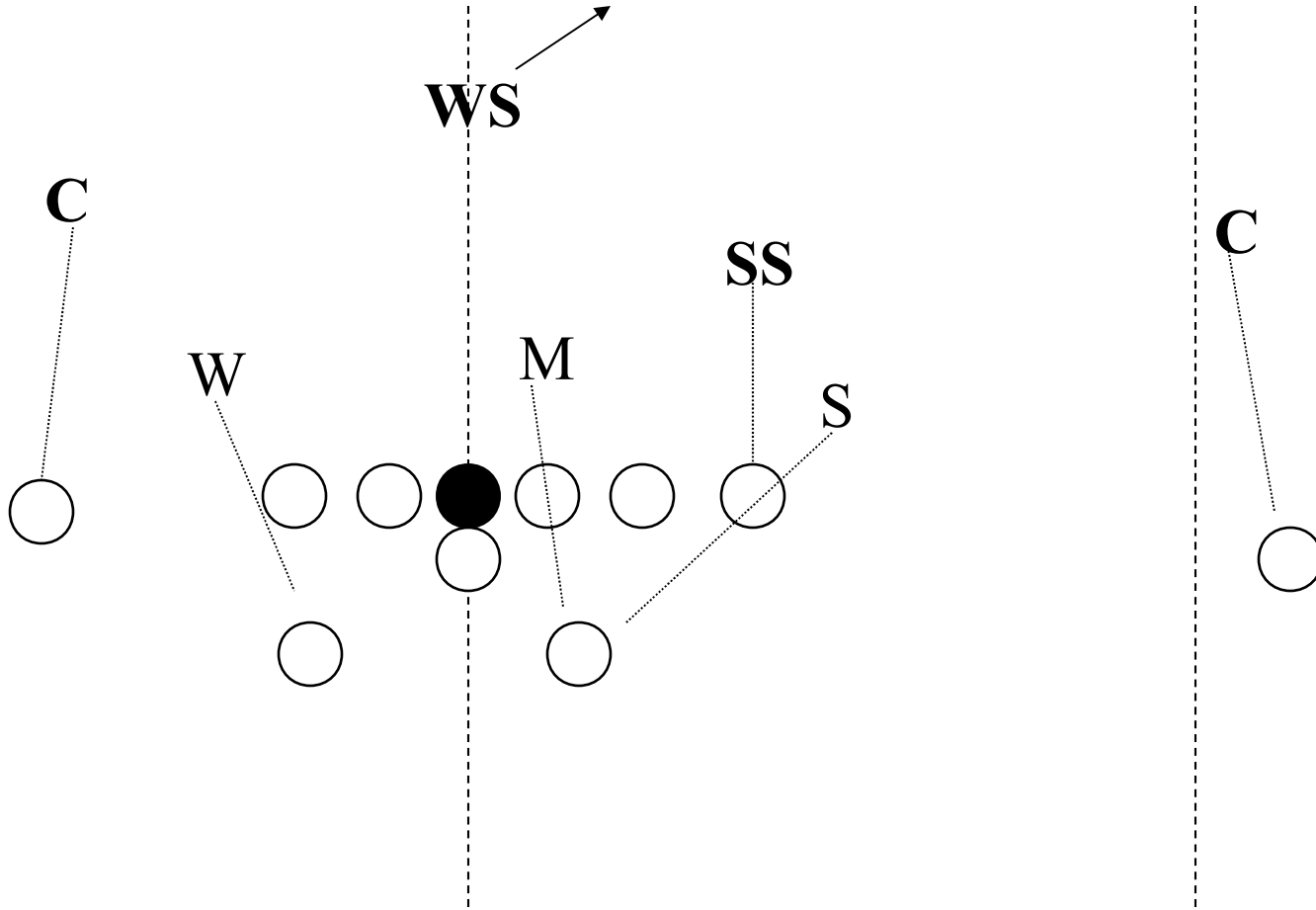


WEAK SIDE MAN FREE COVERAGE COVER 8

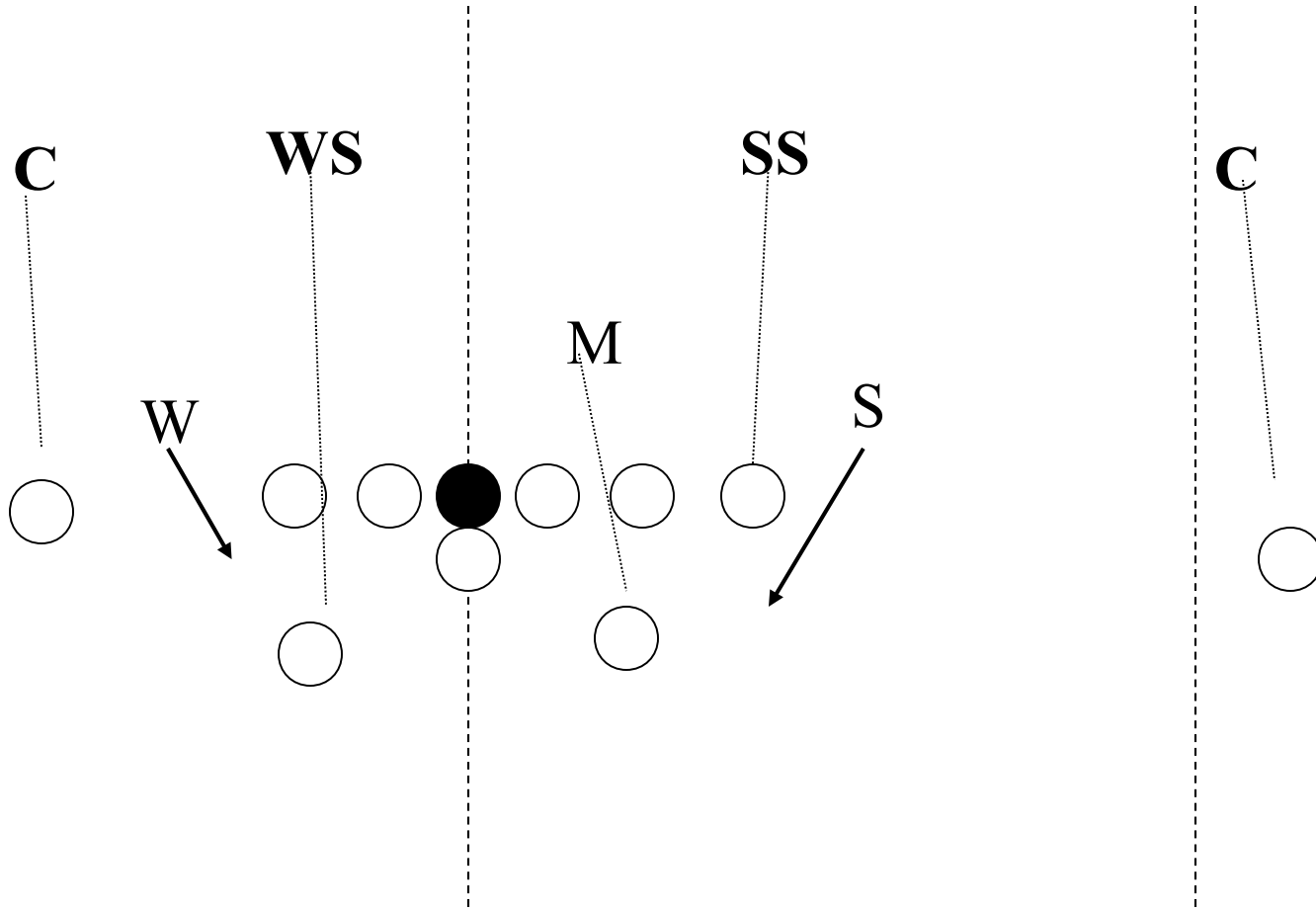


MAN FREE COVERAGES

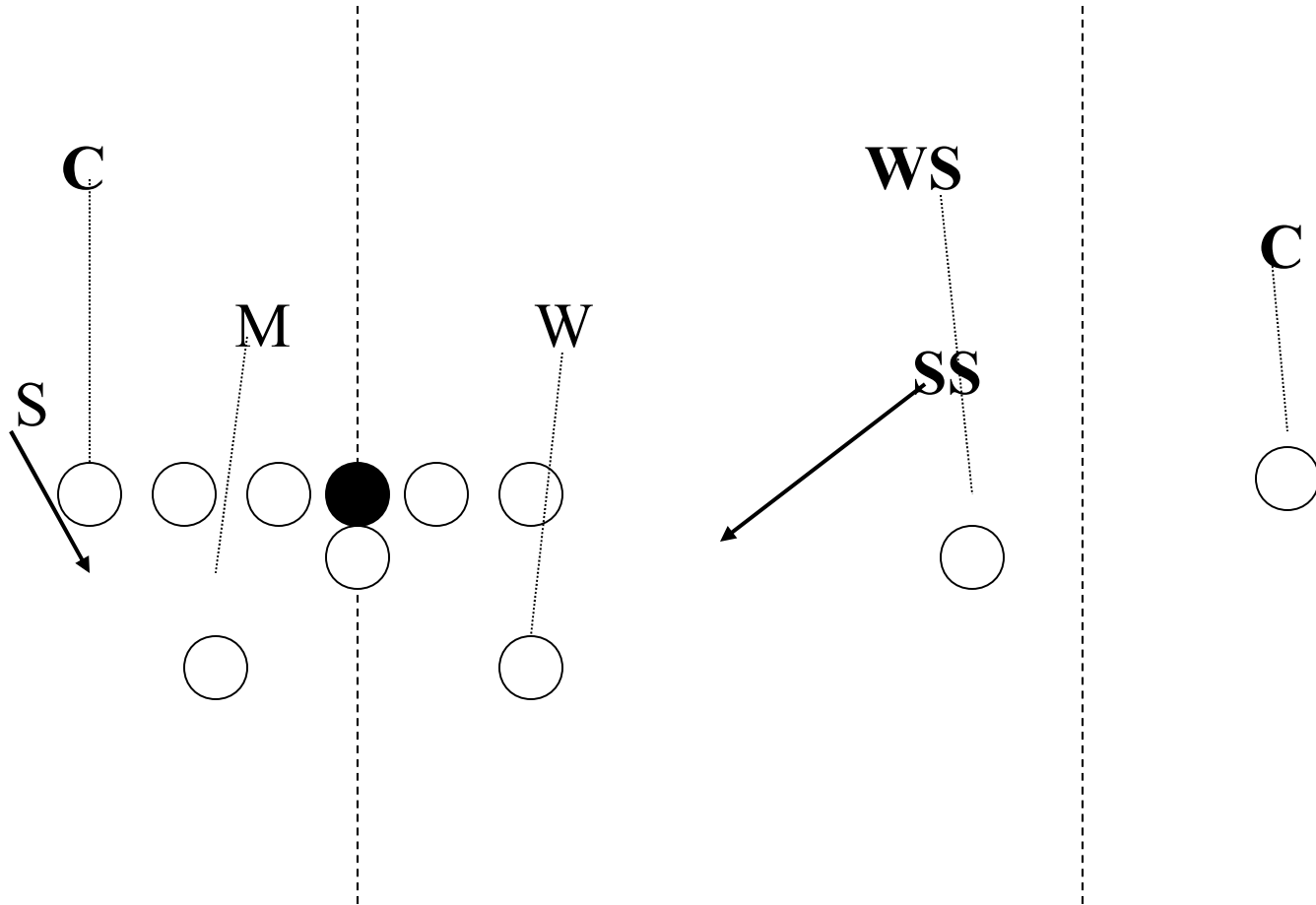
COVER 1 HOLE



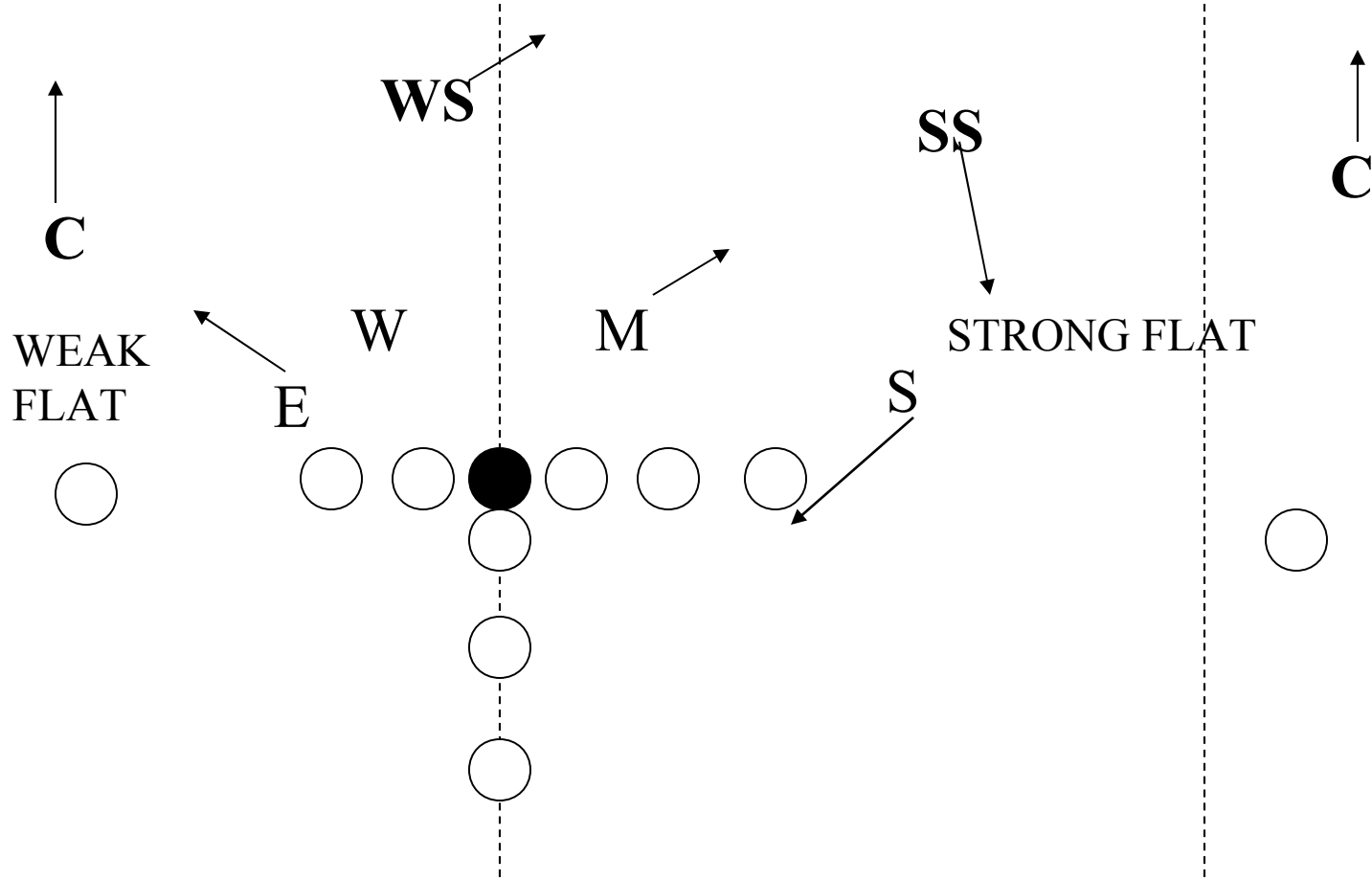
PRESSURE MAN COVER COVER 0



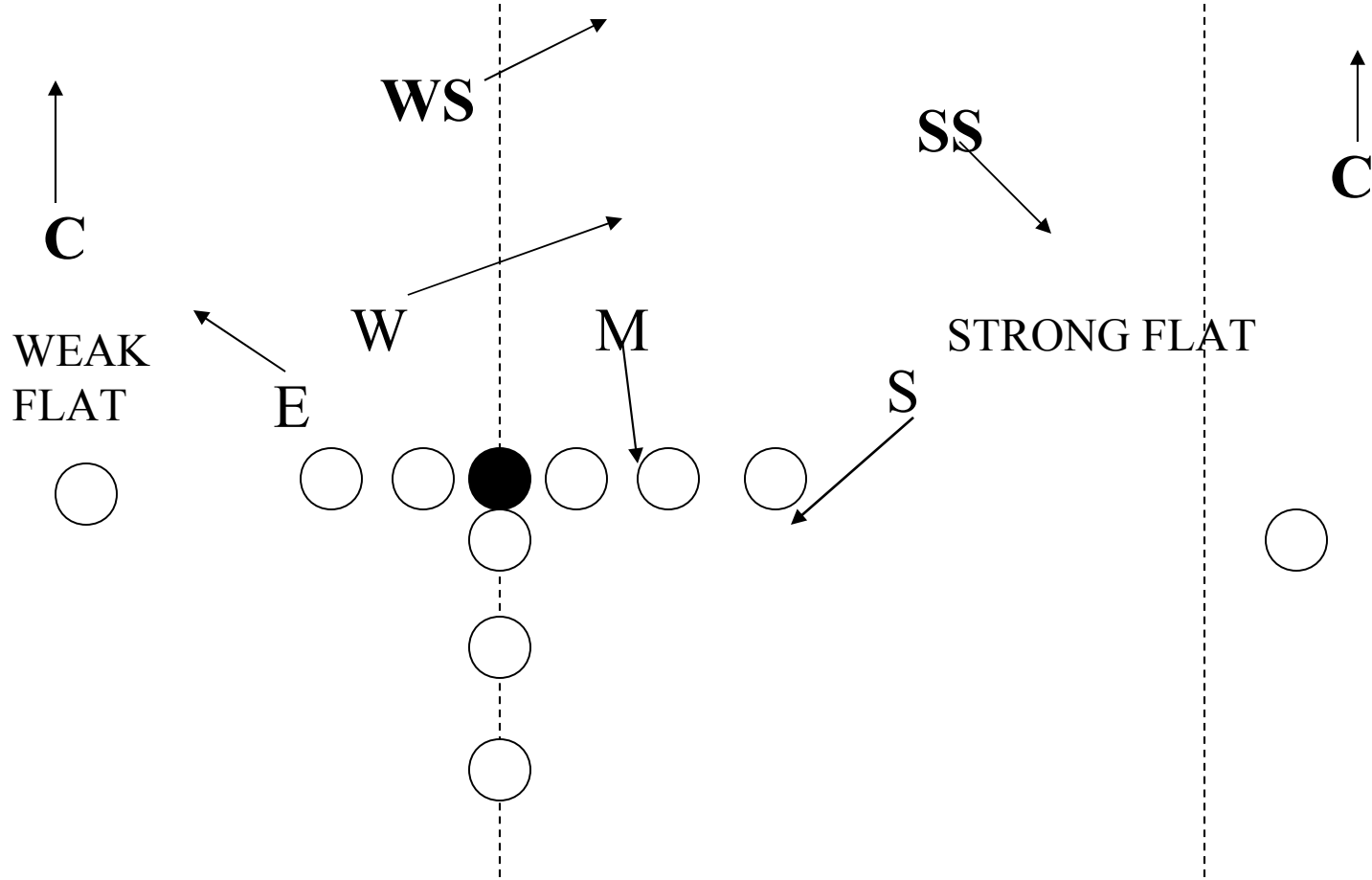
PRESSURE MAN SECONDARY BLITZ COVER 9



ZONE PRESSURE 4 MAN RUSH



ZONE PRESSURE 3HAND 5 MAN RUSH



IV. FORMATIONS AND HOW THEY AFFECT DEFENSES

A. Middle of the field open or closed

B. Two Back Formations

1. Rt/Lt (7 or 8 man Box)

2. Slot Formations (7 or 8 man Box)

3. Open Slot Formations

a. Create 6 Man Box

C. One Back Formations

1. One Back Formations

a. 2 TE's, One Back (7 or 8 man Box)

b. Must Defend 8 Gaps (Softens Force)

2. Dbl – 3 WR's, 1 TE, 1 Back

a. 6 Man Box

3. Spread – 4 WR's, 1 Back

a. 5 Man Box = MFO

b. 6 Man Box = MFC

D. Three Back Formations

1. Balance Formation

2. Make Defense Balance

E. No Back Formations

1. Displace Lber or Pressure

UNDERSTANDING HOW FRONTS AND COVERAGES ARE COORDINATED

A. Coverages

1. Rotation – A Secondary Defender with underneath coverage. Strong side or Weak side rotation.
2. Rush/Coverage Ratio's – 4-4-3
 - a. Number of defender's in the rush
 - b. Number of underneath defenders in coverage
 - c. Number of deep defenders
3. Flat Defender
 - a. QB should know flat defender both strong and weak by reading coverage.
4. Anticipate pressure by reading coverage @ front.

5. Identify if Front and Coverage are coordinated
 - a. Weakside Zone Coverage – Overshifted Front
 - b. Strongside coverage = Undershifted Front
 - c. Balance front, drop off Lbers determined by coverages.

B. Fronts

1. Balanced – Fronts

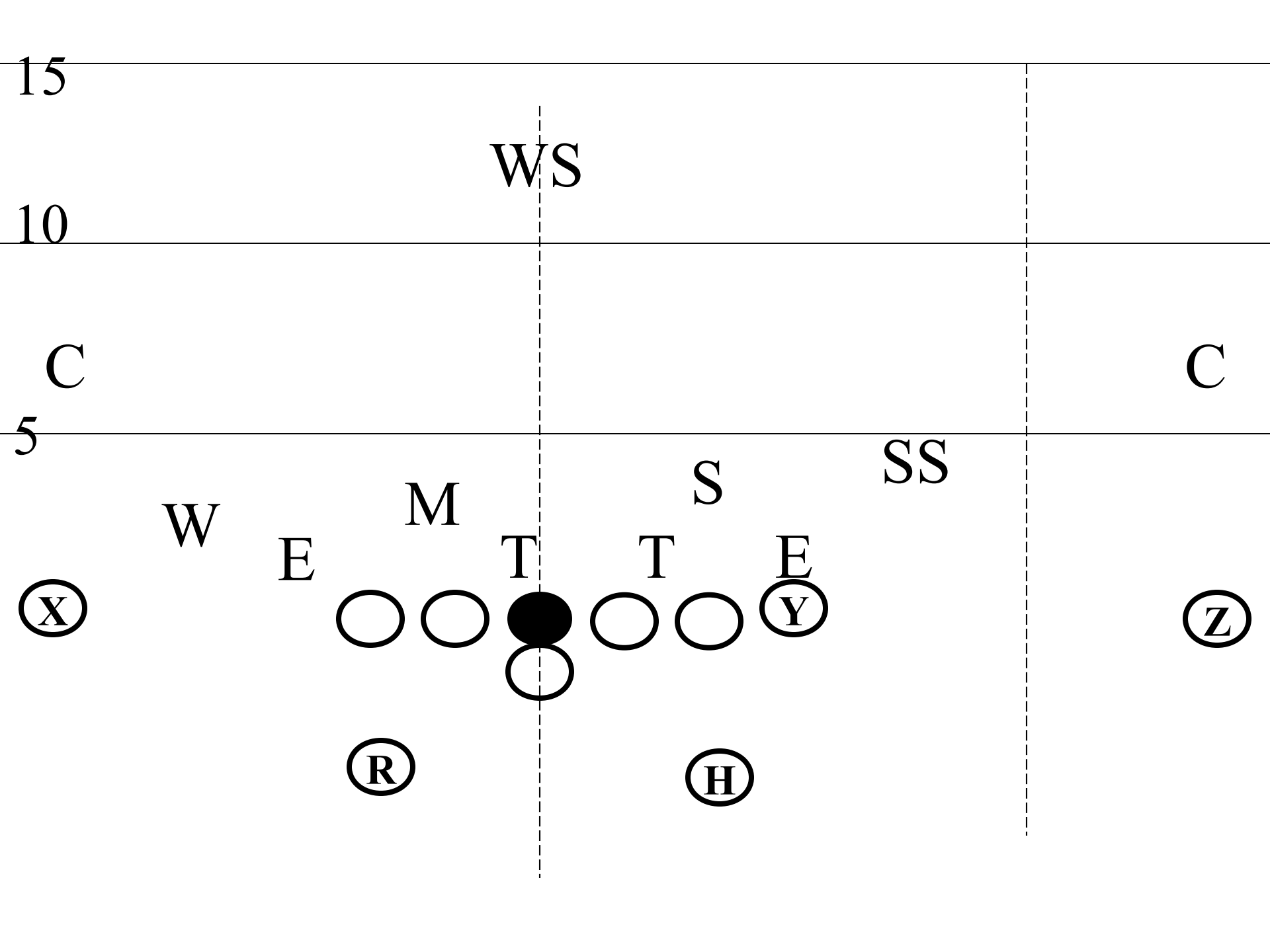
- a. 50 – (3/4) Personnel – 7 Man Front
- b. 60 – (4/3) Personnel – 7 Man Front
- c. 70 – (4/3) Personnel – 7 Man Front
- d. 80 – (4/4) Personnel – 8 Man Front

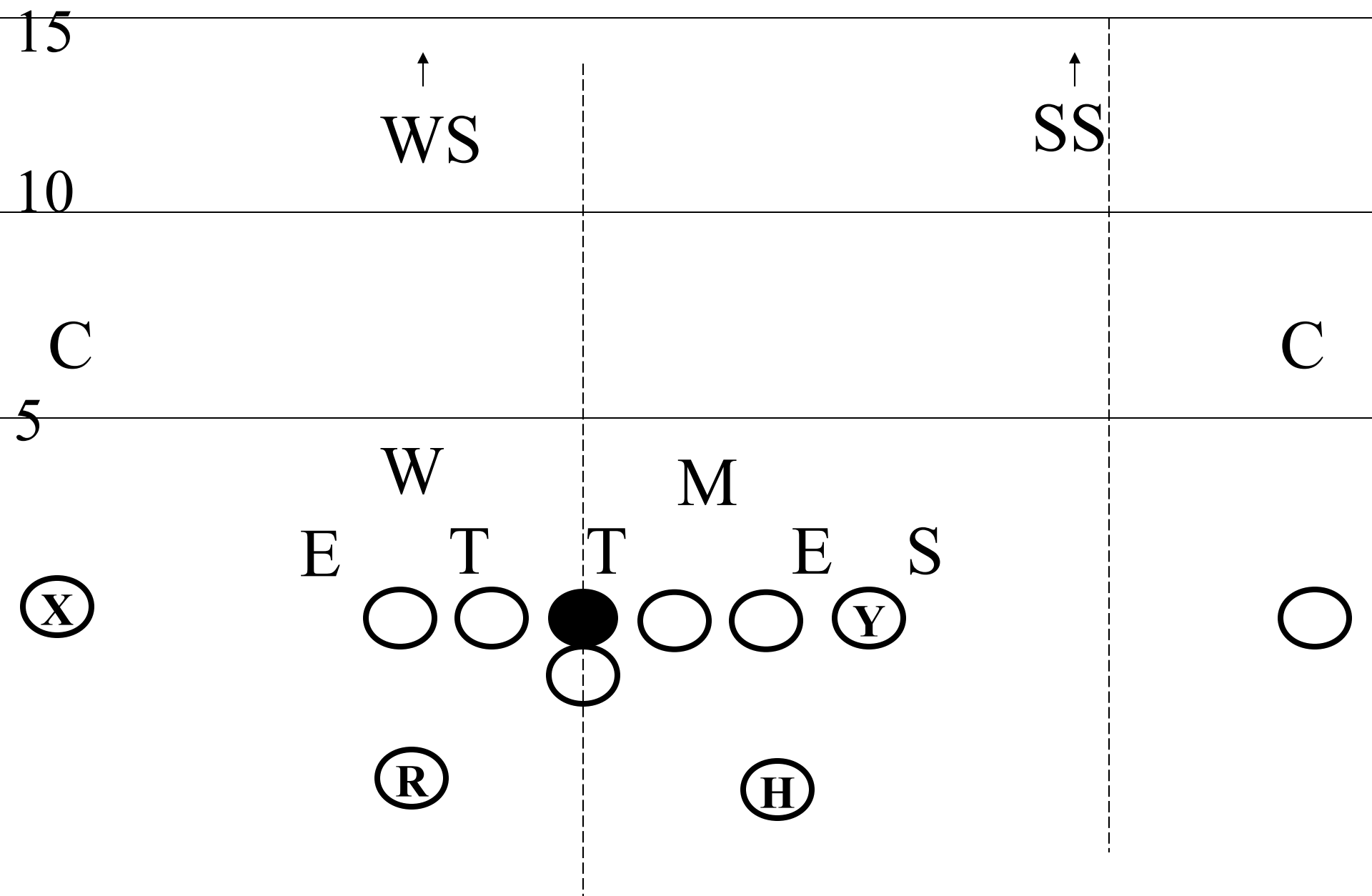
2. Over shifted Defenses

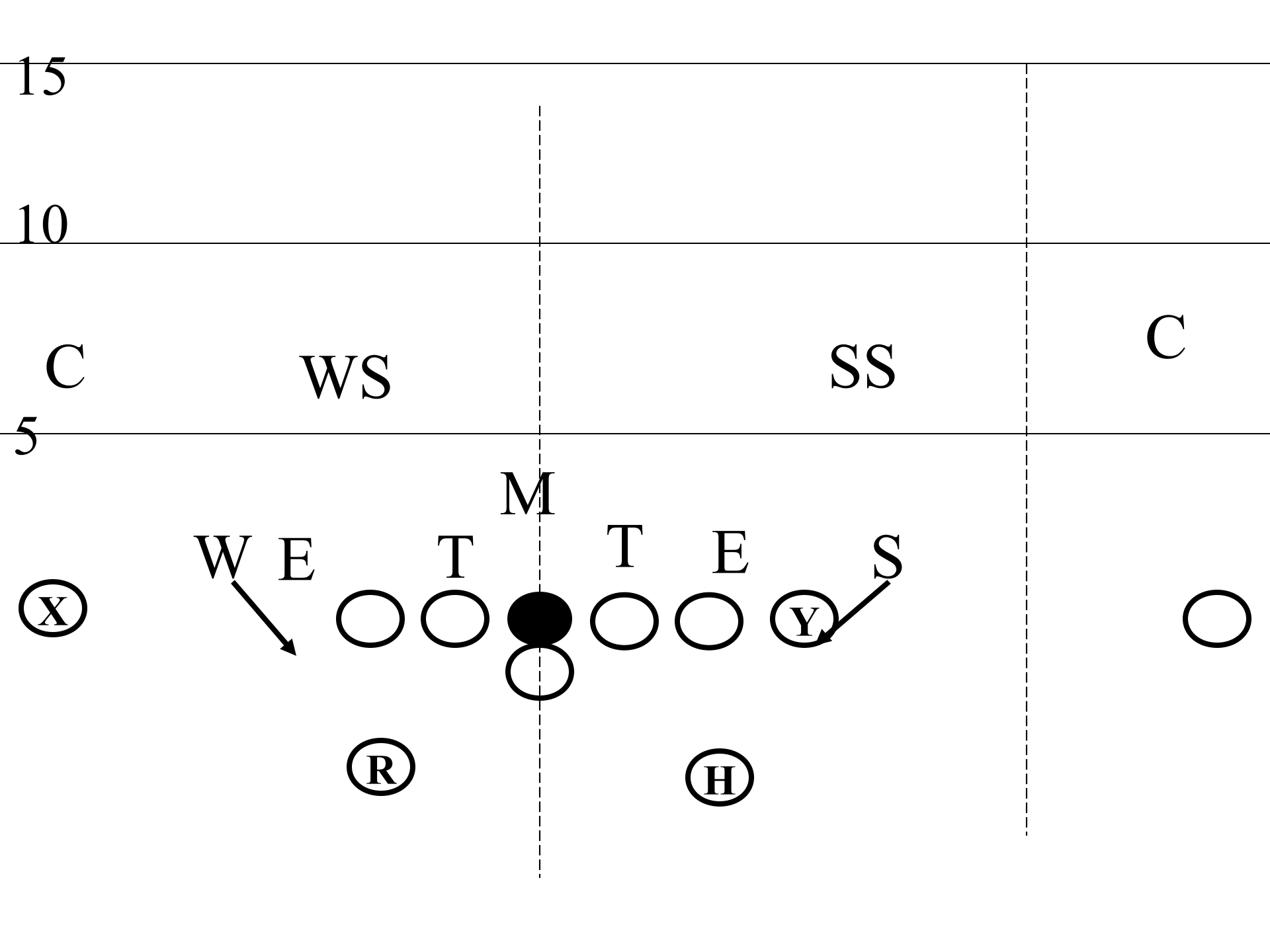
- a. 3/4 Personnel – Nose over shifts to TE side
- b. 4/3 Personnel – Mike Lber over shifted to TE side
- c. 4/4 Personnel – Line over shifted to TE side

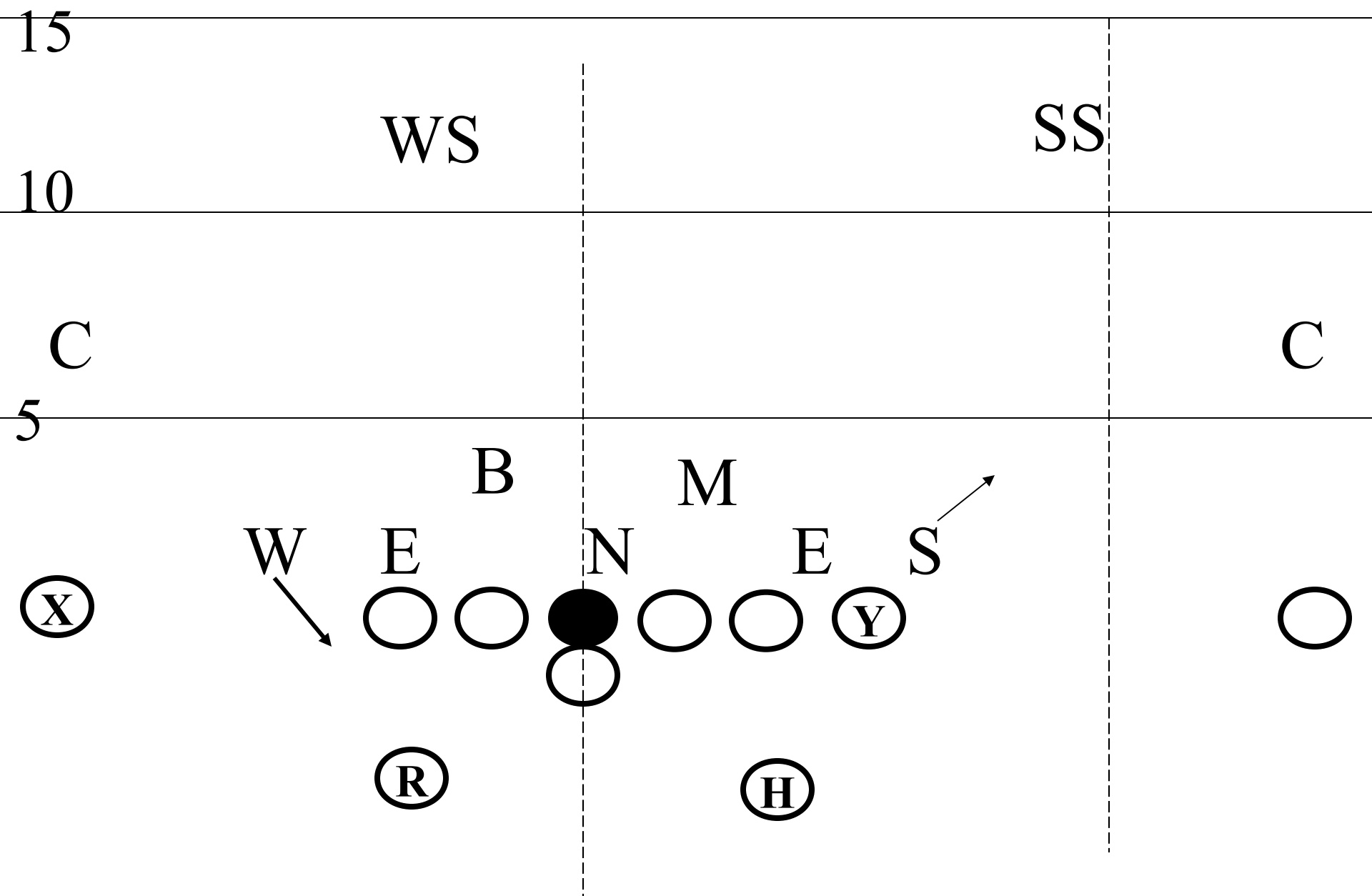
3. Under shifted Defenses

- a. 3/4 Personnel – Nose aligns to Split End side
- b. 4/3 Personnel – Mike Lber aligns to Split End side
- c. 4/4 Personnel – Line over shifted to Split End side









VI. HOW TO UNDERSTAND WHERE TO RUN THE FOOTBALL

A. Numbering the Defense –

B. Two Back Running Rules

1. TE Side -Never run the ball to a 5 Man Side

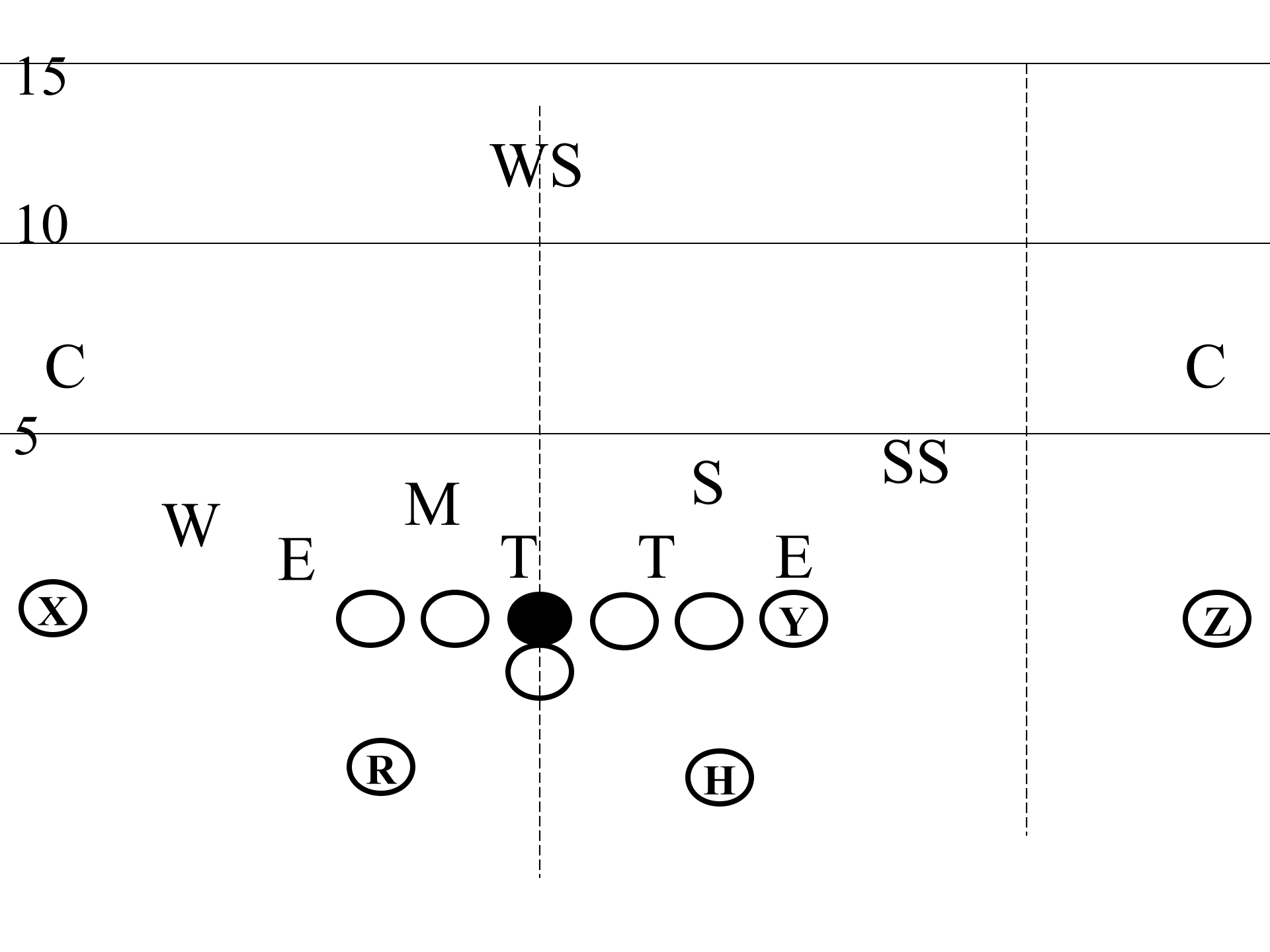
2 . SE Side – Must run ball to Split so defense won't overload TE Side

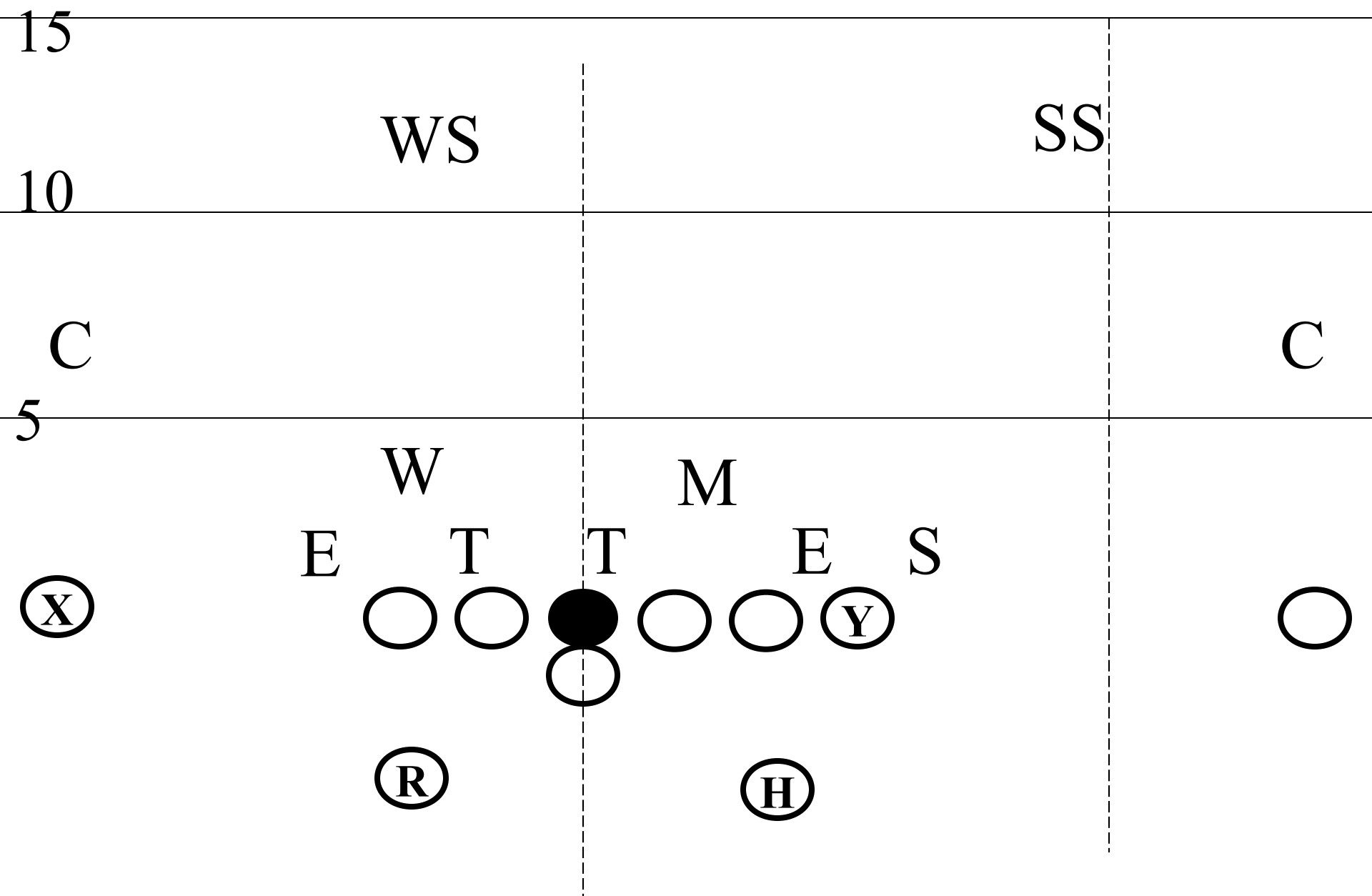
C. Two Back Split End Rule

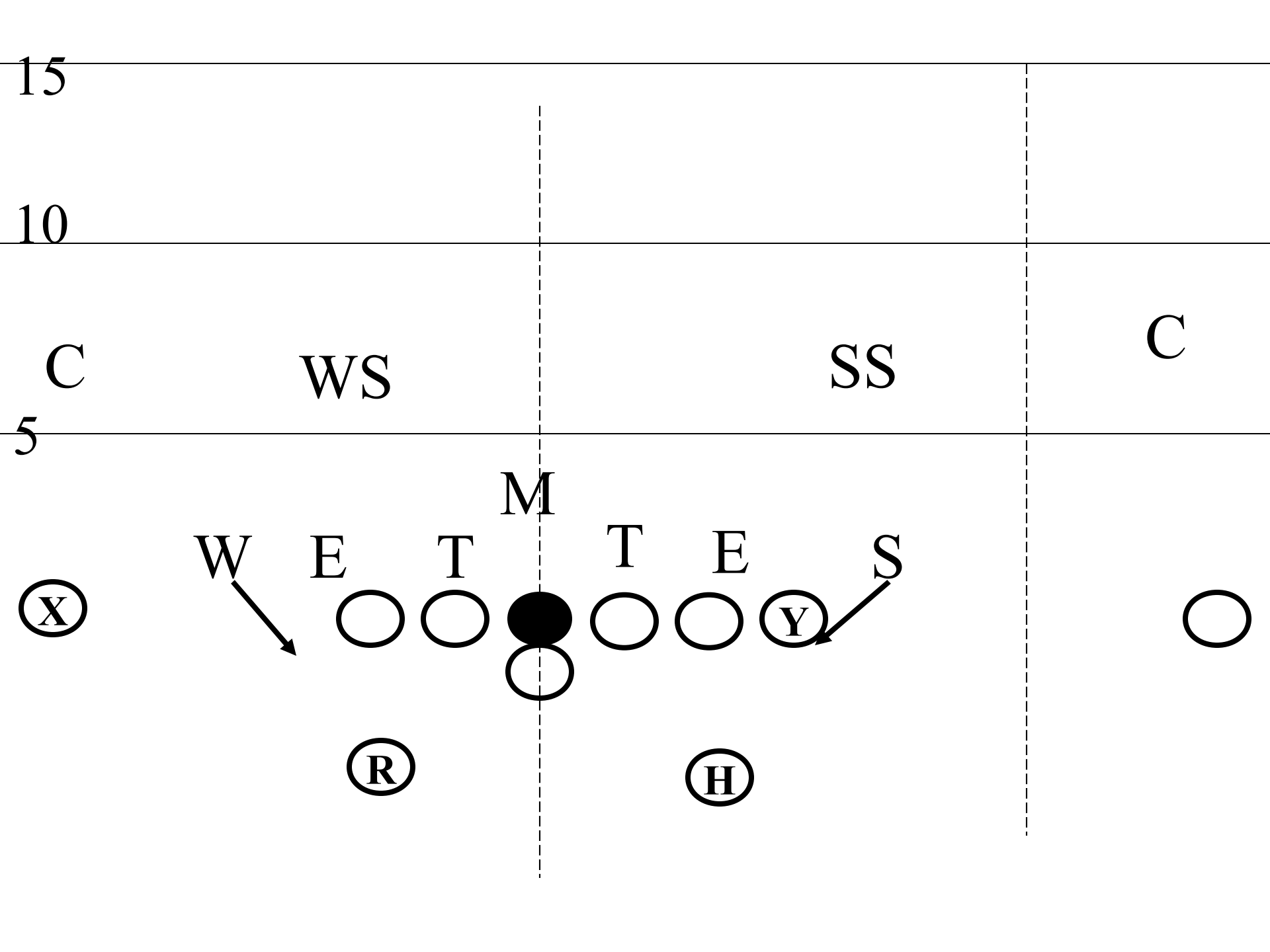
1. 3 or less SE – Run SE, 3 ½ or more – Run To TE D.
Reduction rule – SE

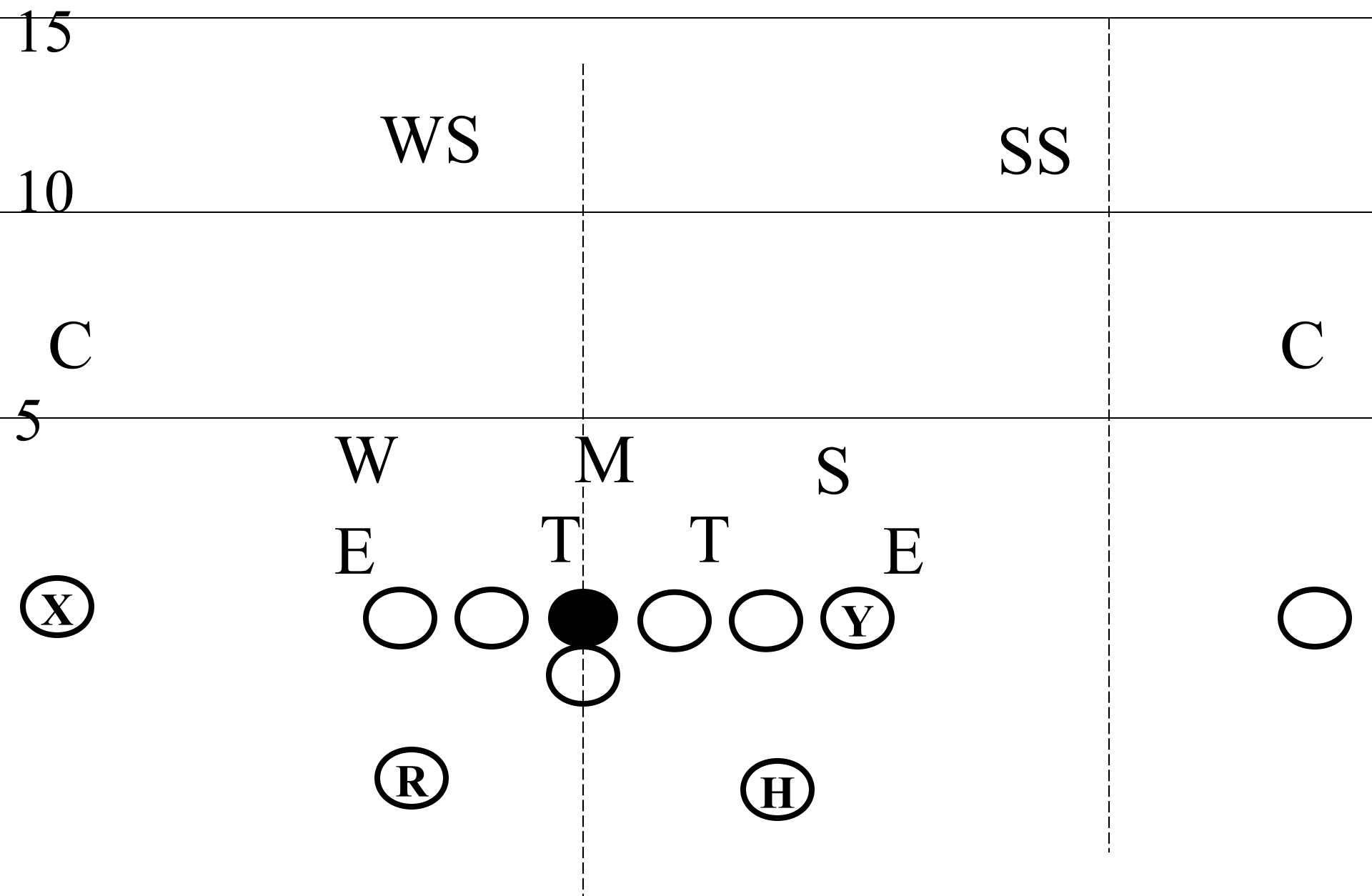
1. 70, 90, 2 Man side – Run SE, Run TE vs. all other looks

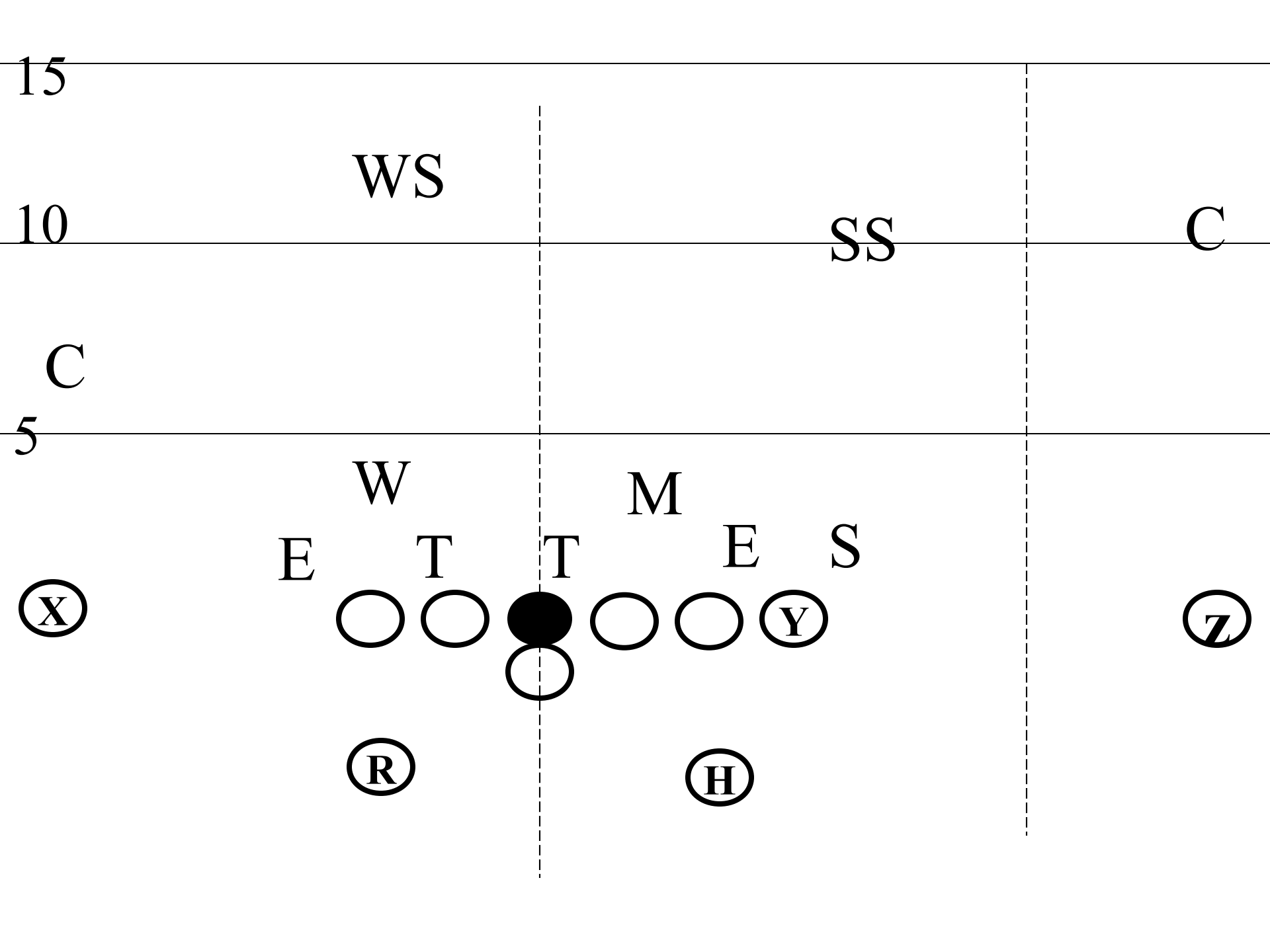
RT / LT FORMATIONS



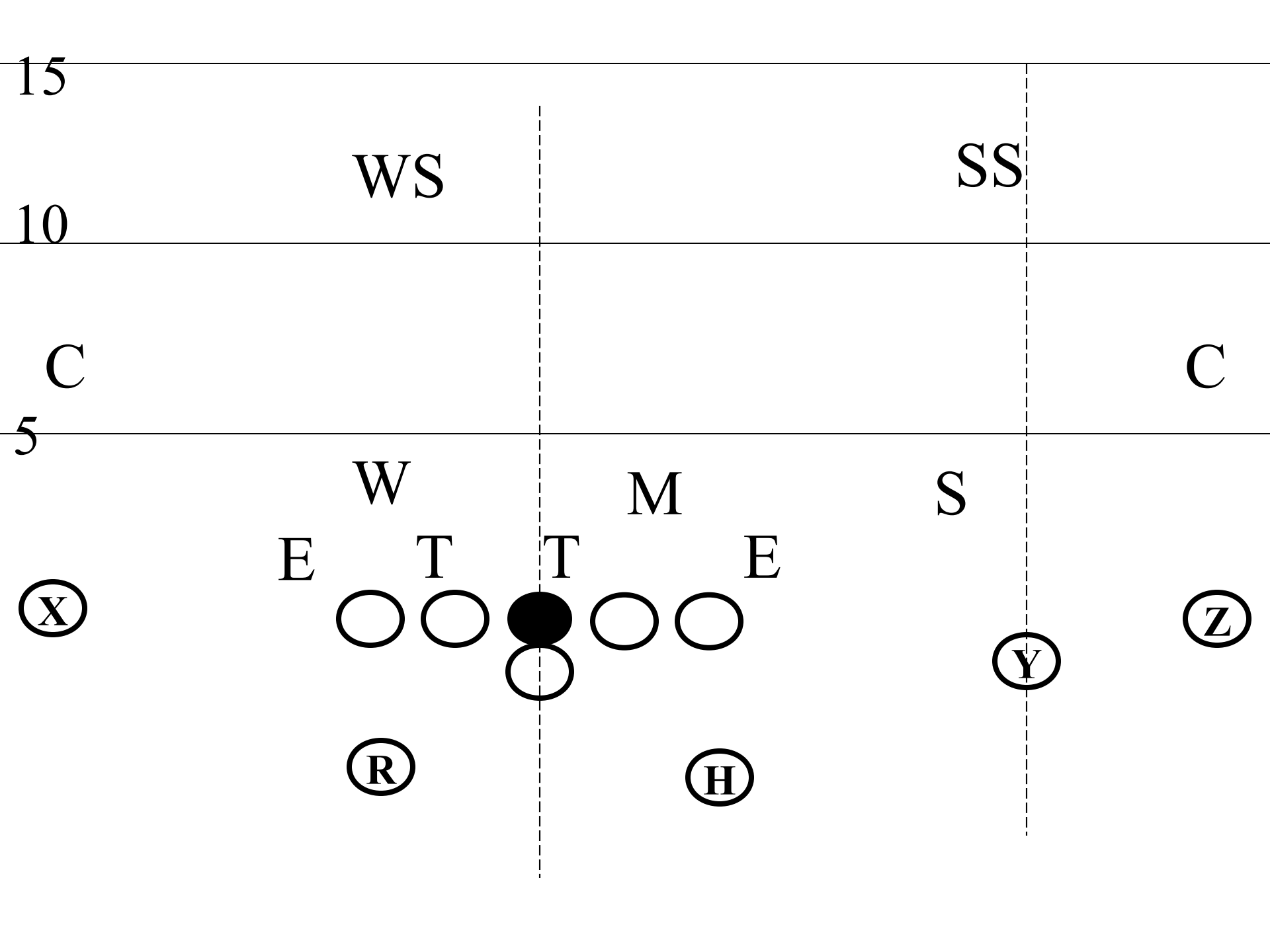


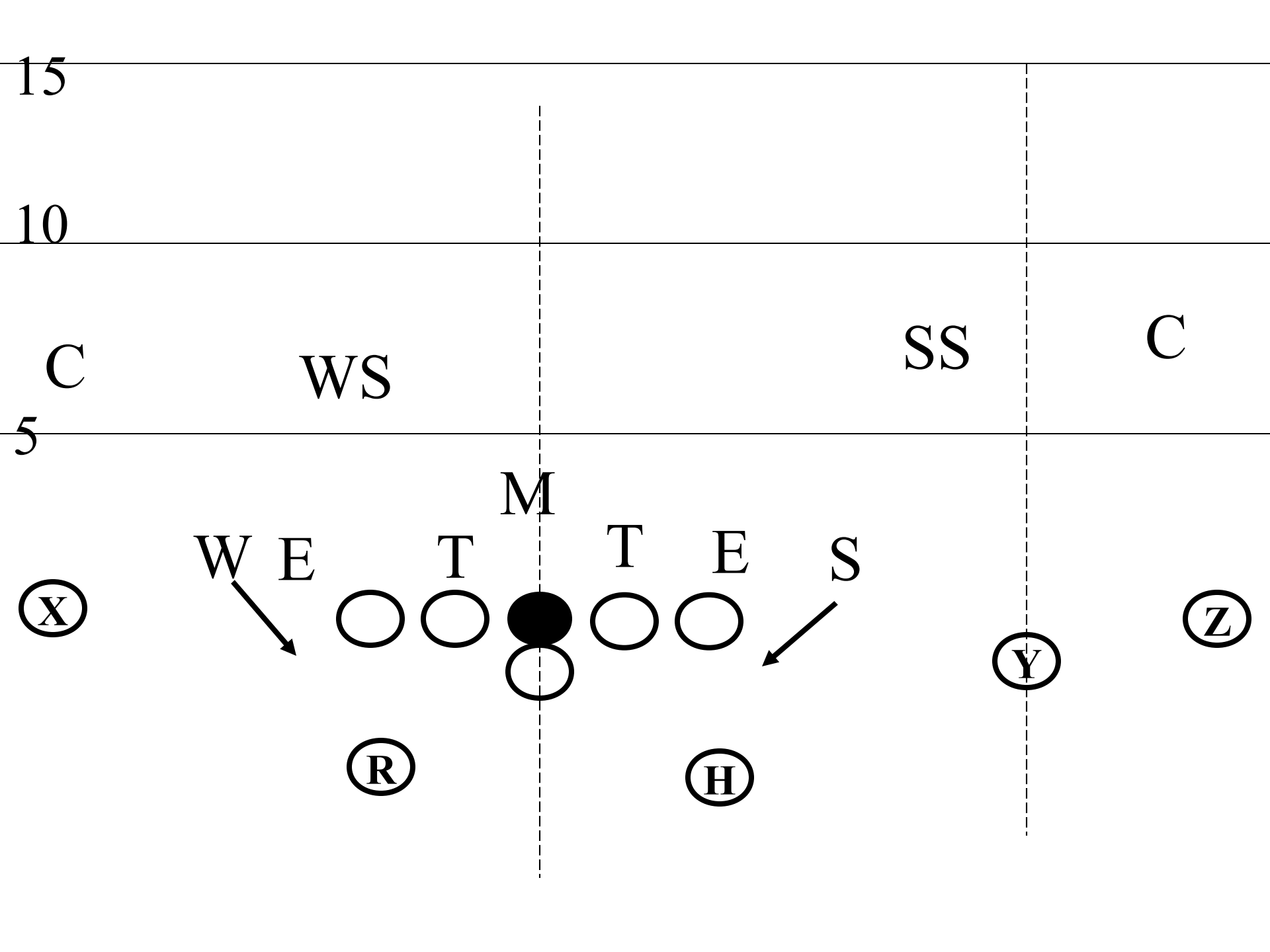


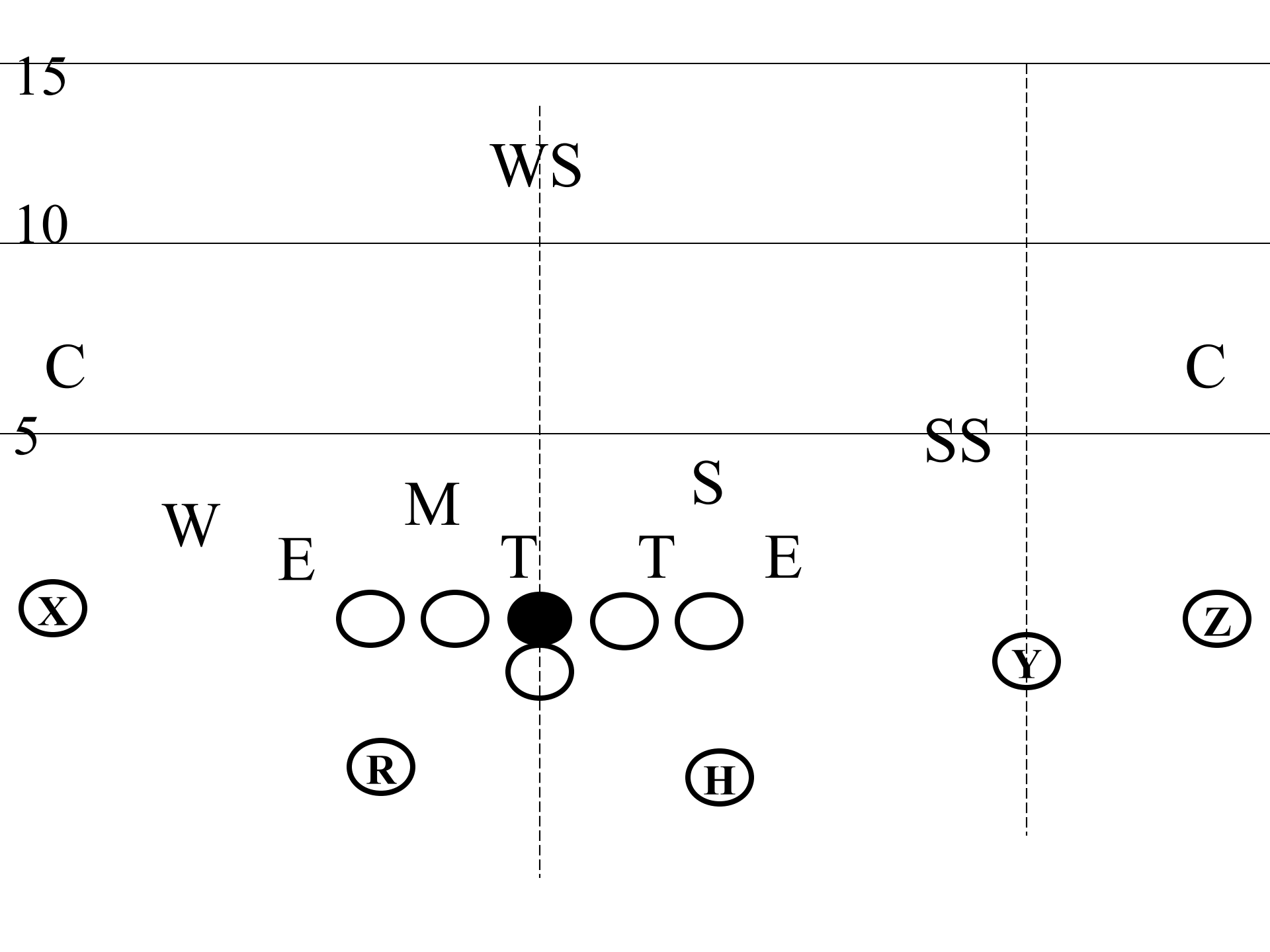


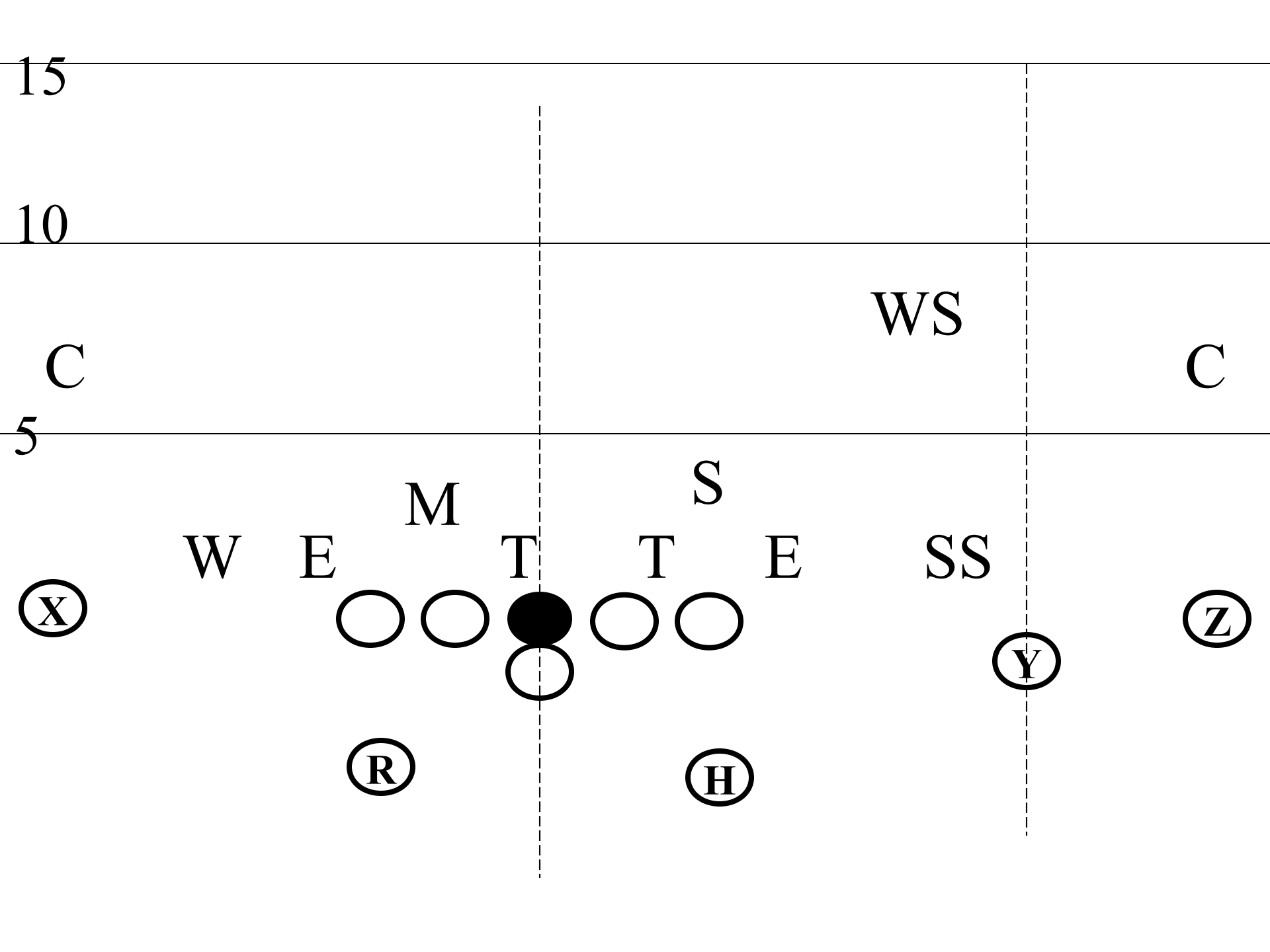


RAZAR / LARY FORMATION









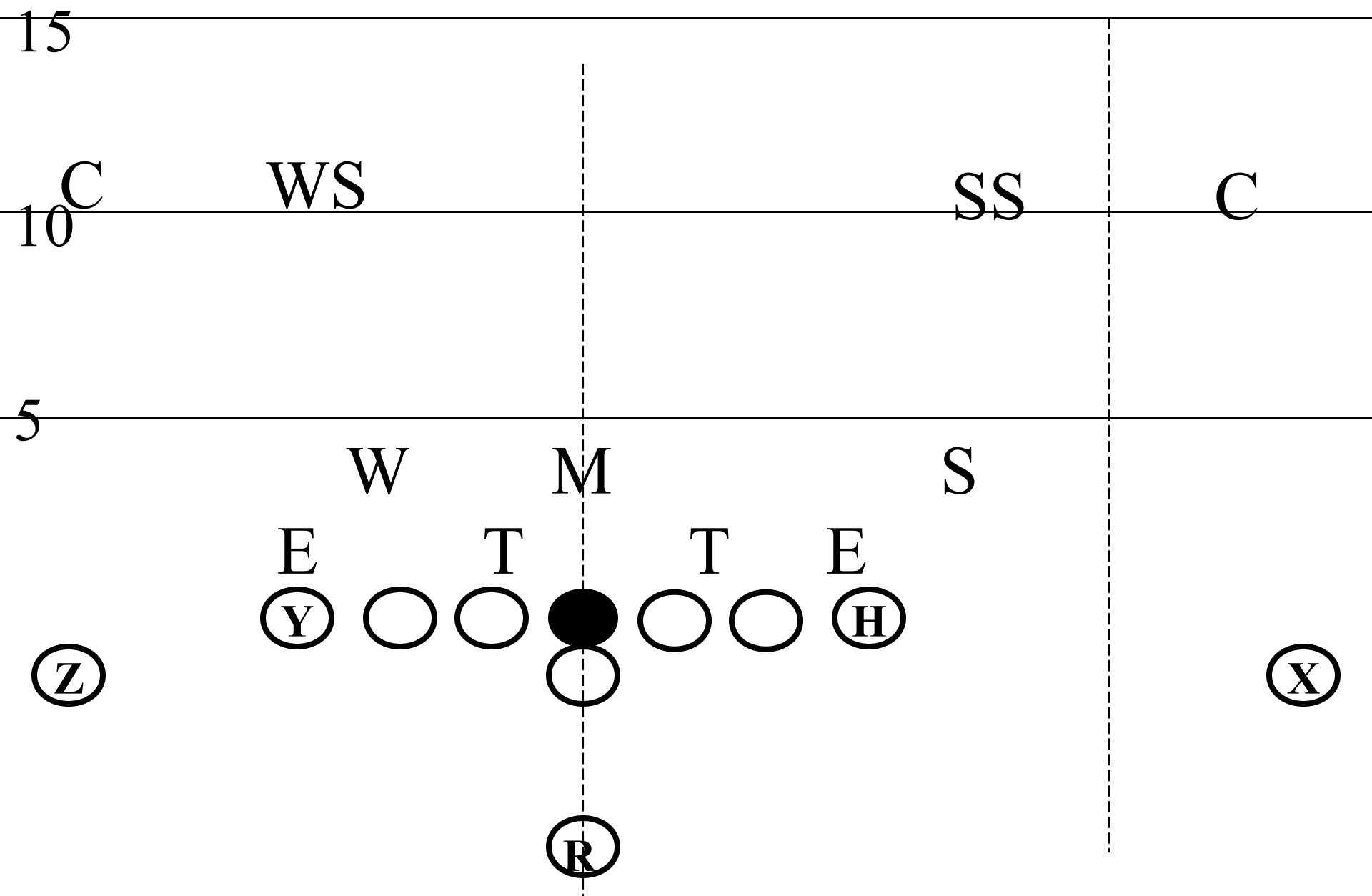
One Back Rules – 3 WR's, 1 TE, 1 RB

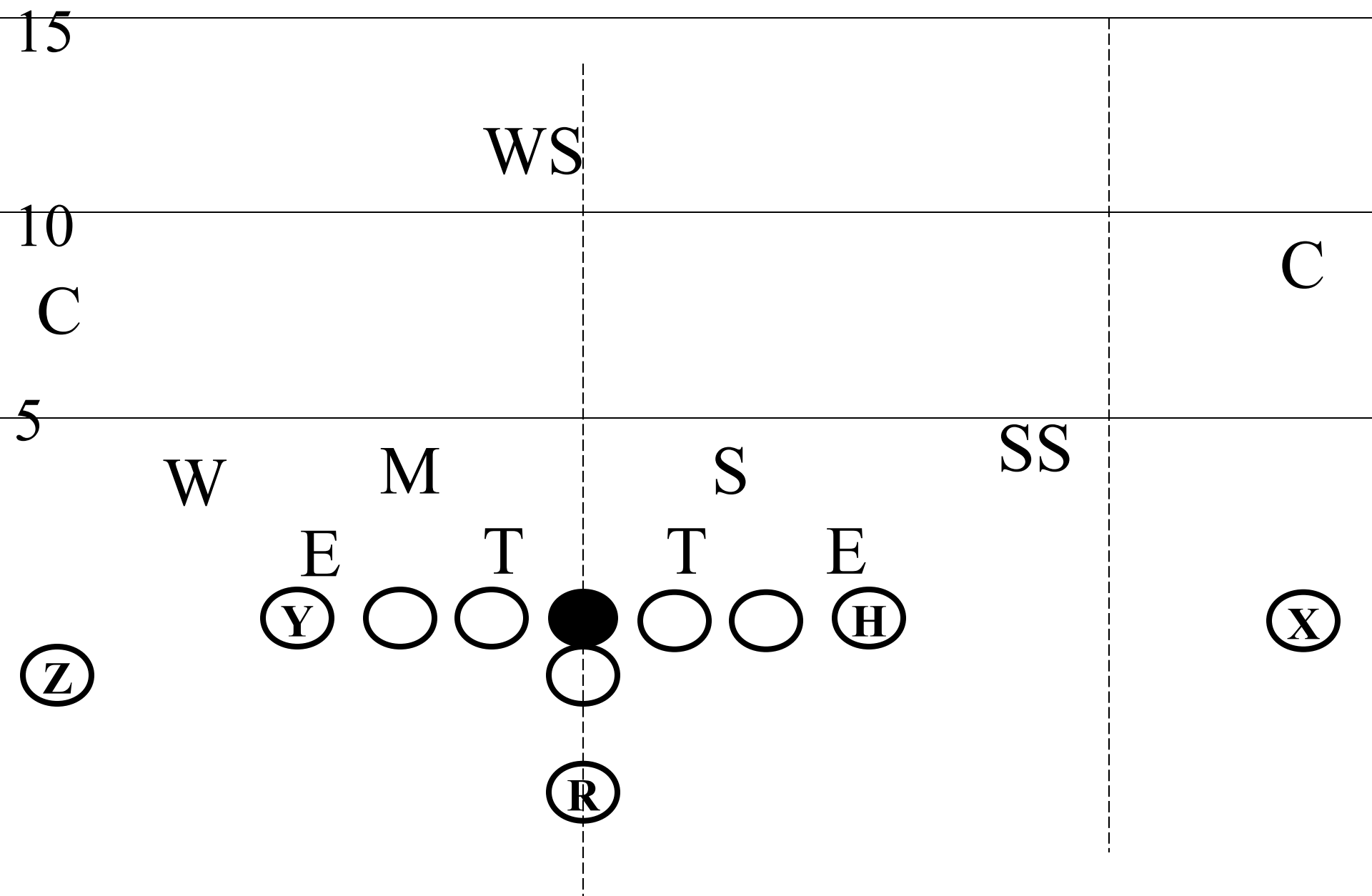
1. TE side
 - a. Never run to 4 Man side
2. Split End side
 - a. Count the number in the box
 1. MFO – 6 Man Box – Run
 2. MFC – 7 Man Box – Throw
 - b. One Back Split End Rule – Allows you to run the correct side with the 7 defenders in the box

4 WR's One Back Rules

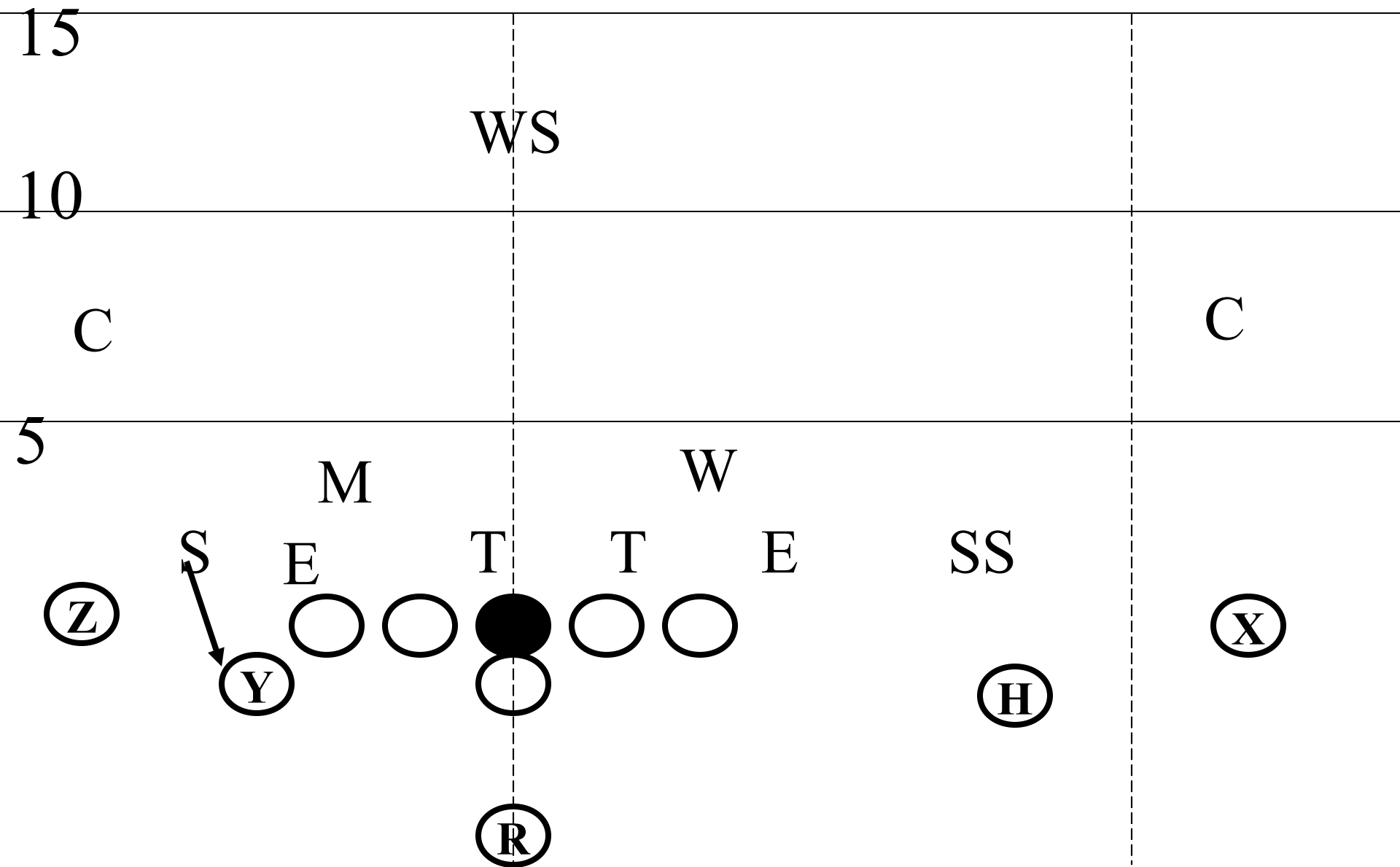
1. Count the box
 - a. MFO – 5 Man Box – Run
 - b. MFC – 6 Man Box – Throw

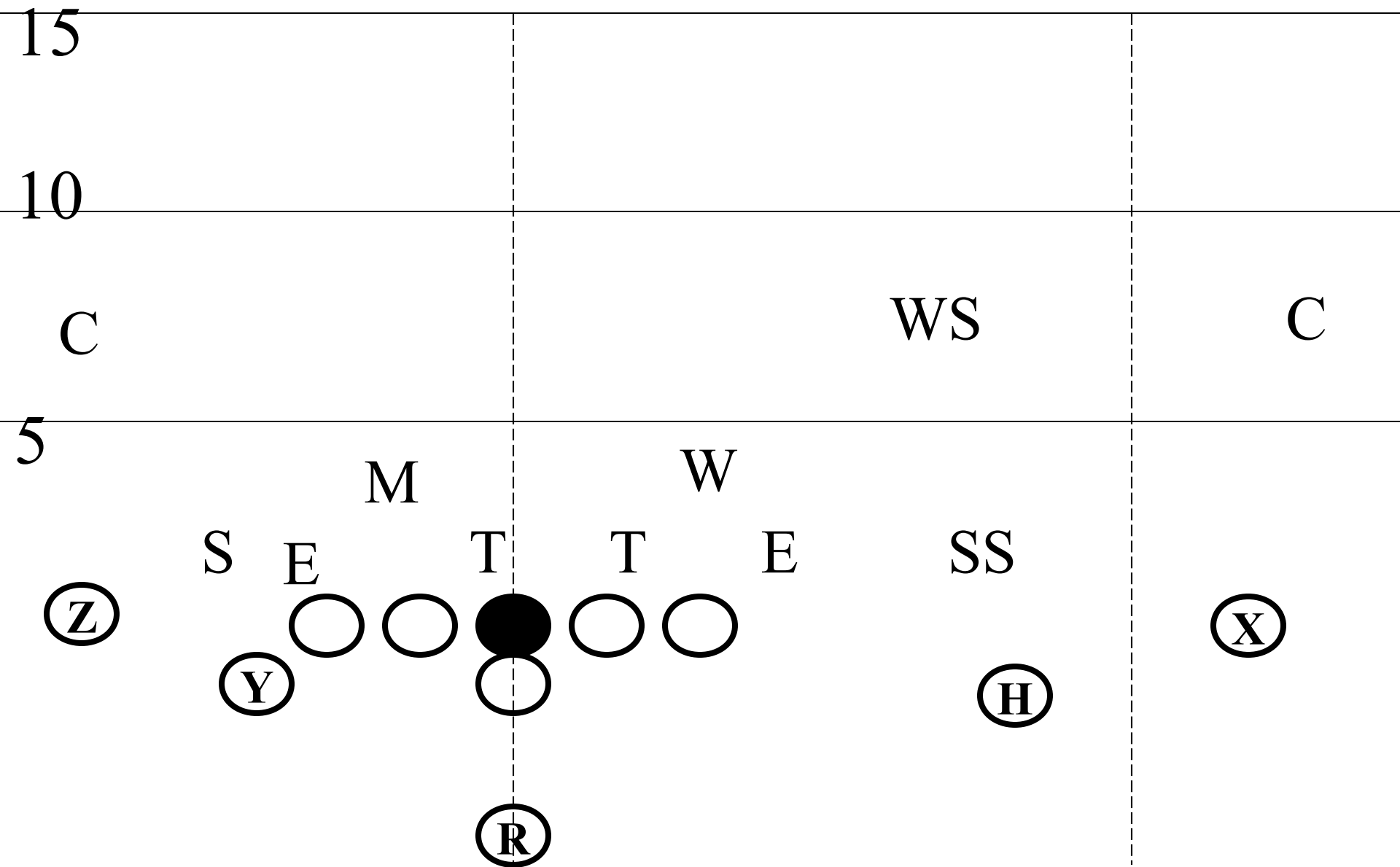
DEUCE FORMATION

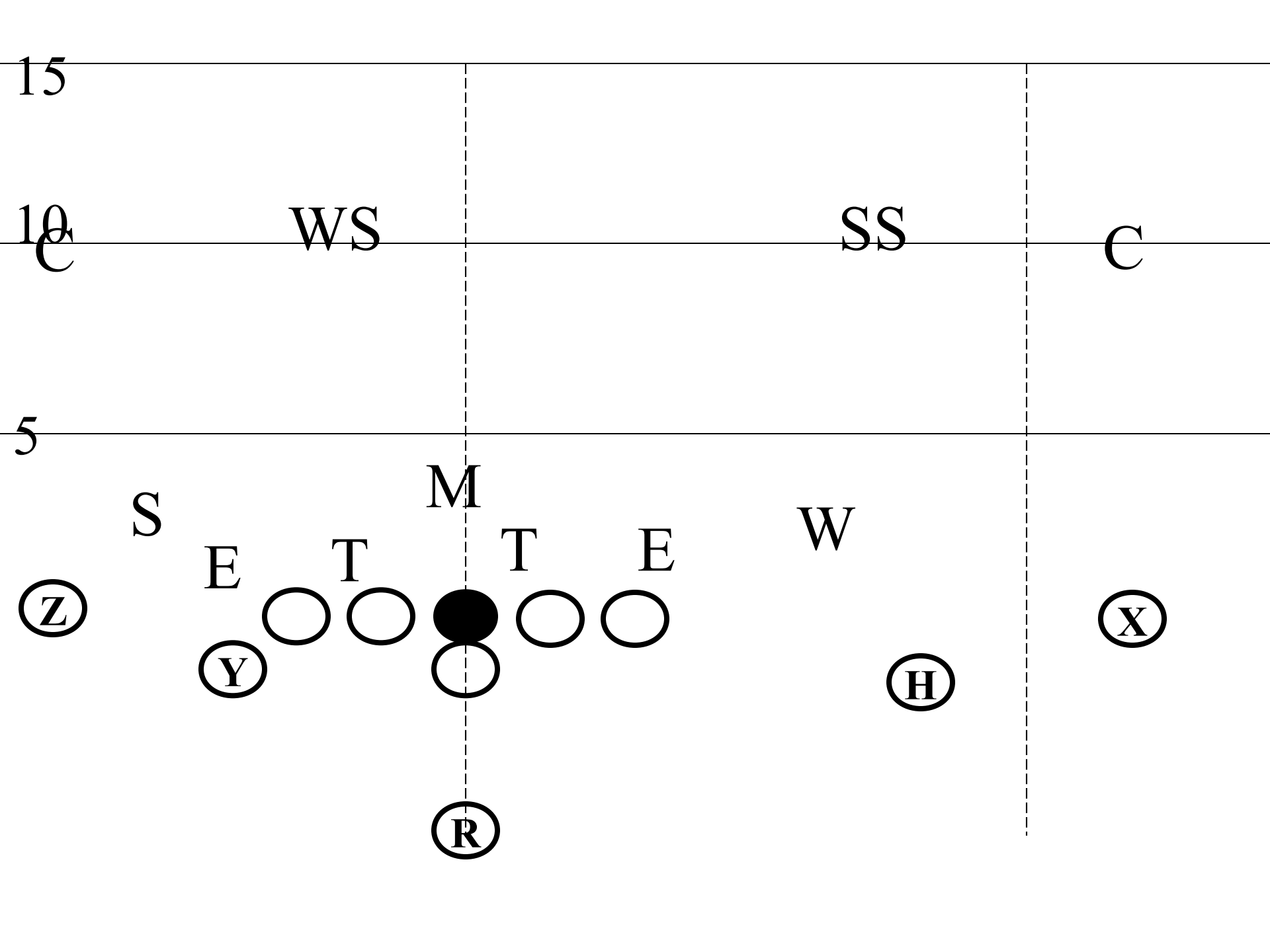


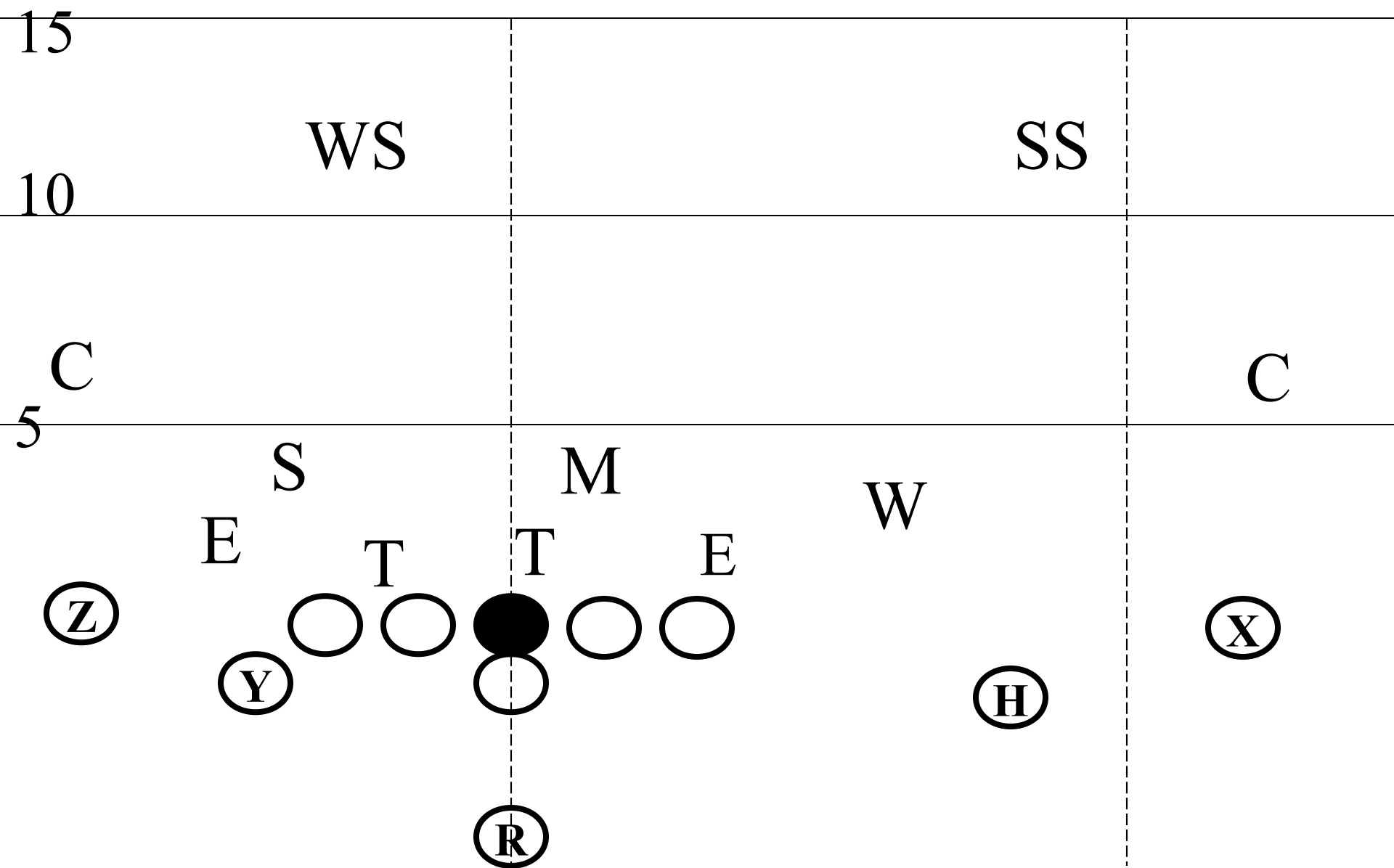


DOUBLE FORMATION

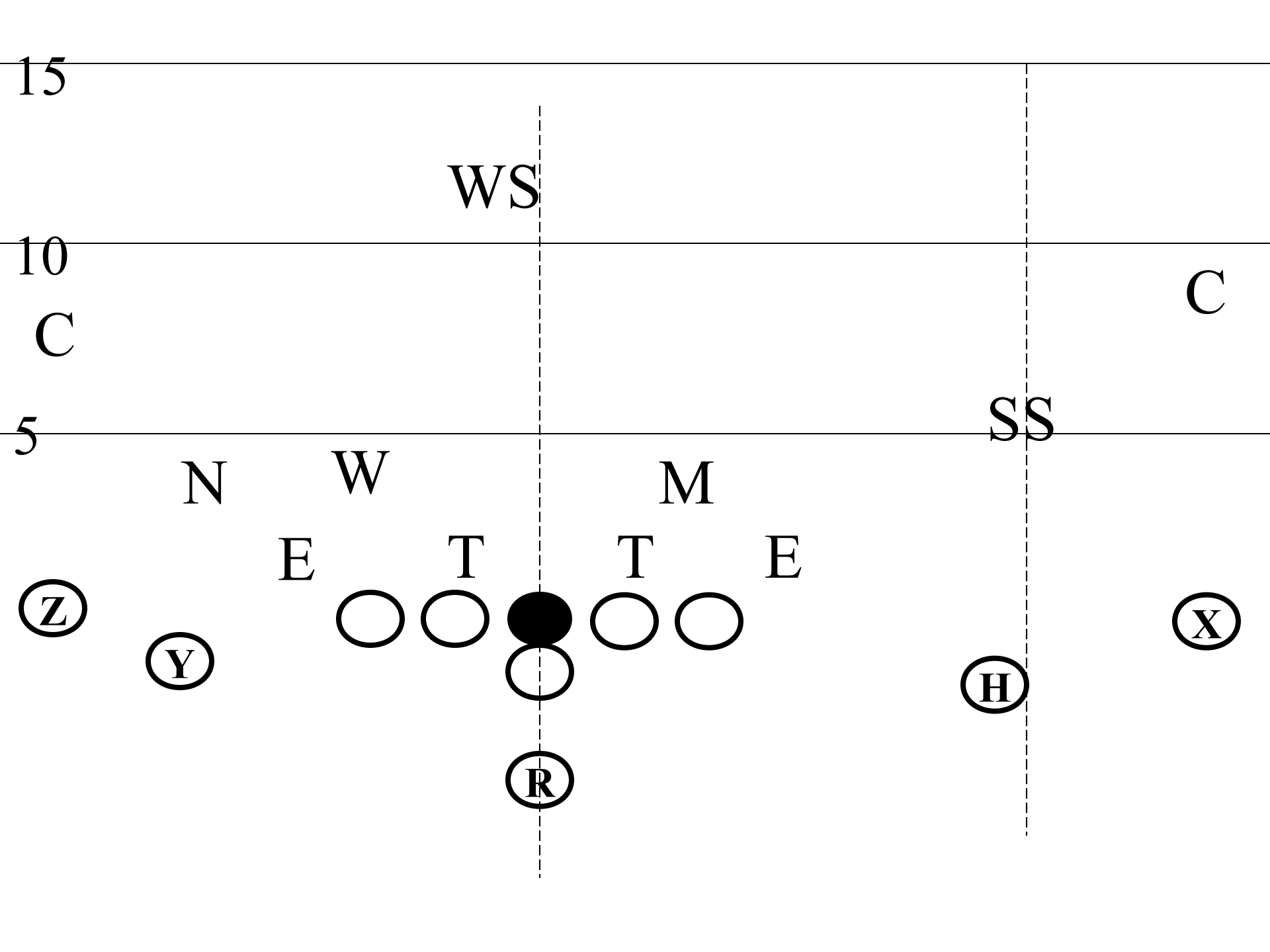


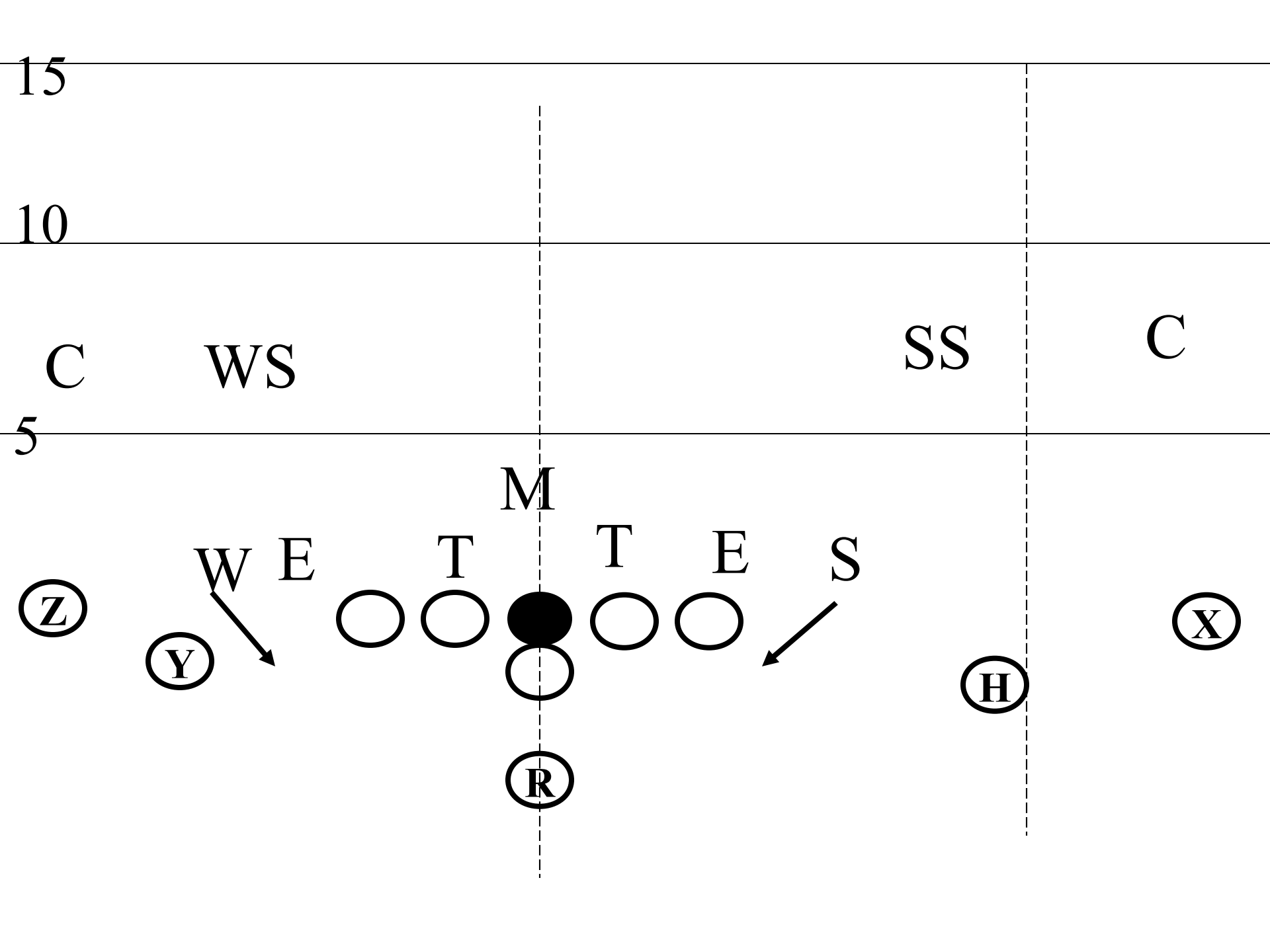


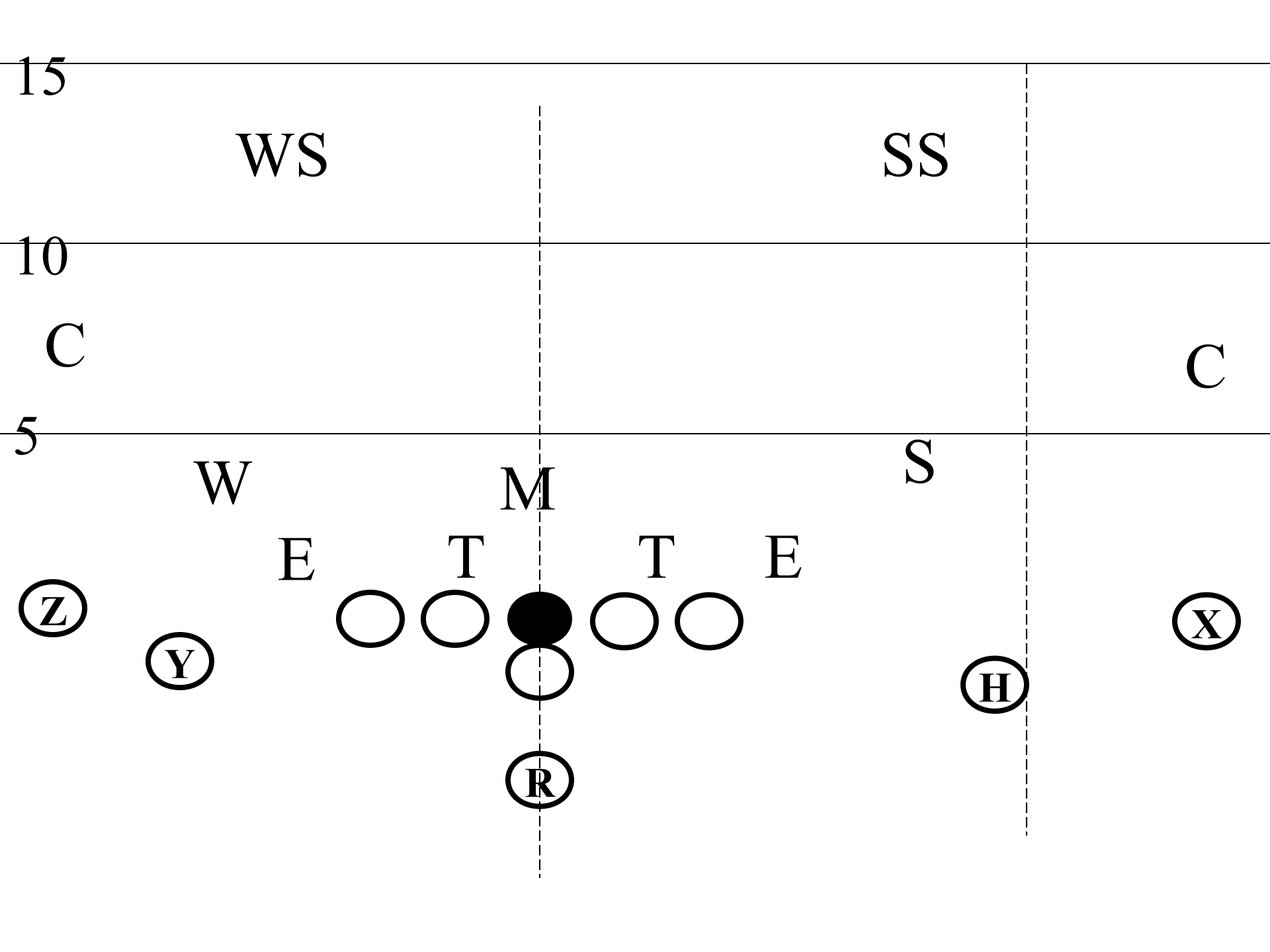


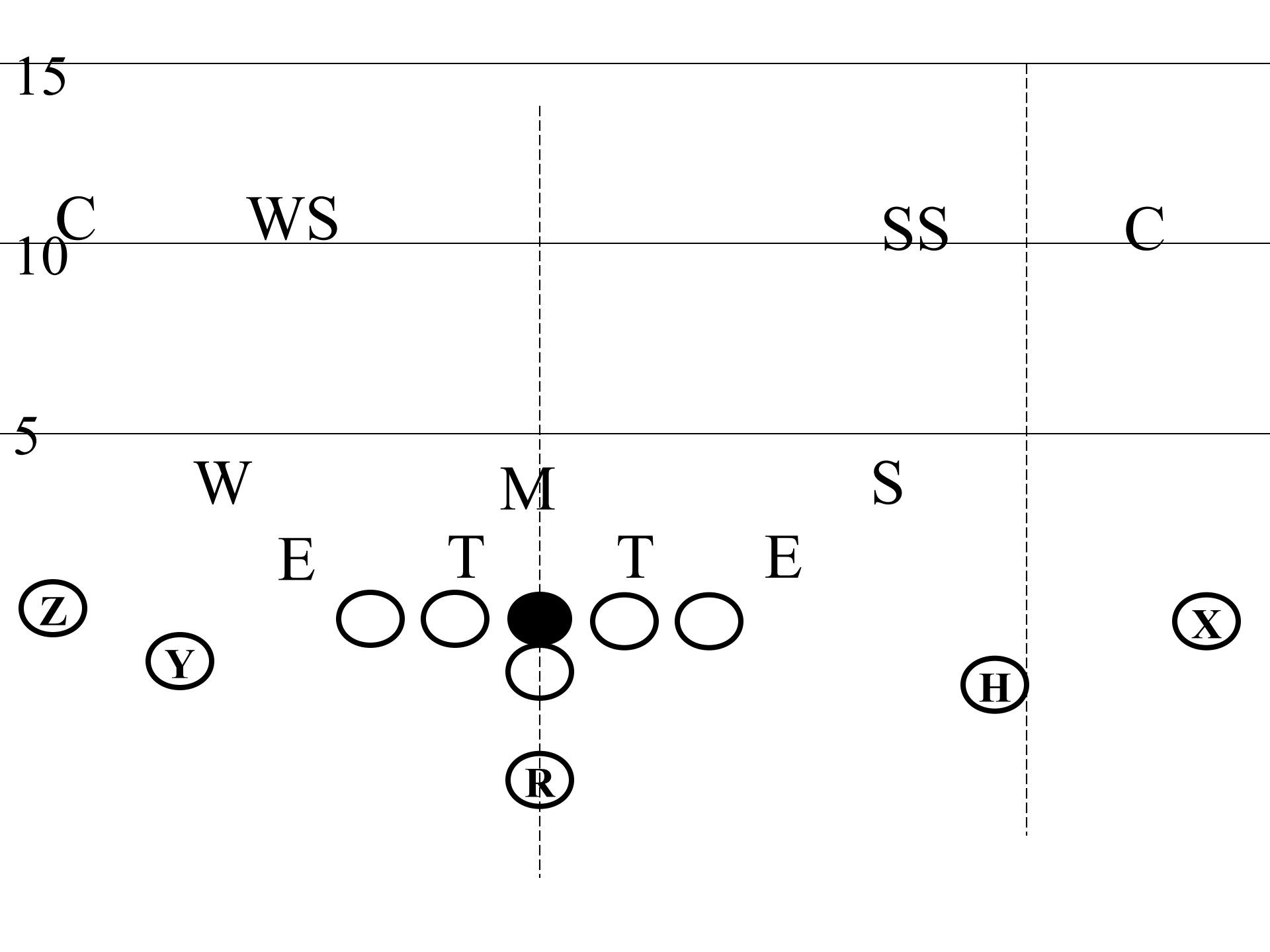


SPREAD FORMATION



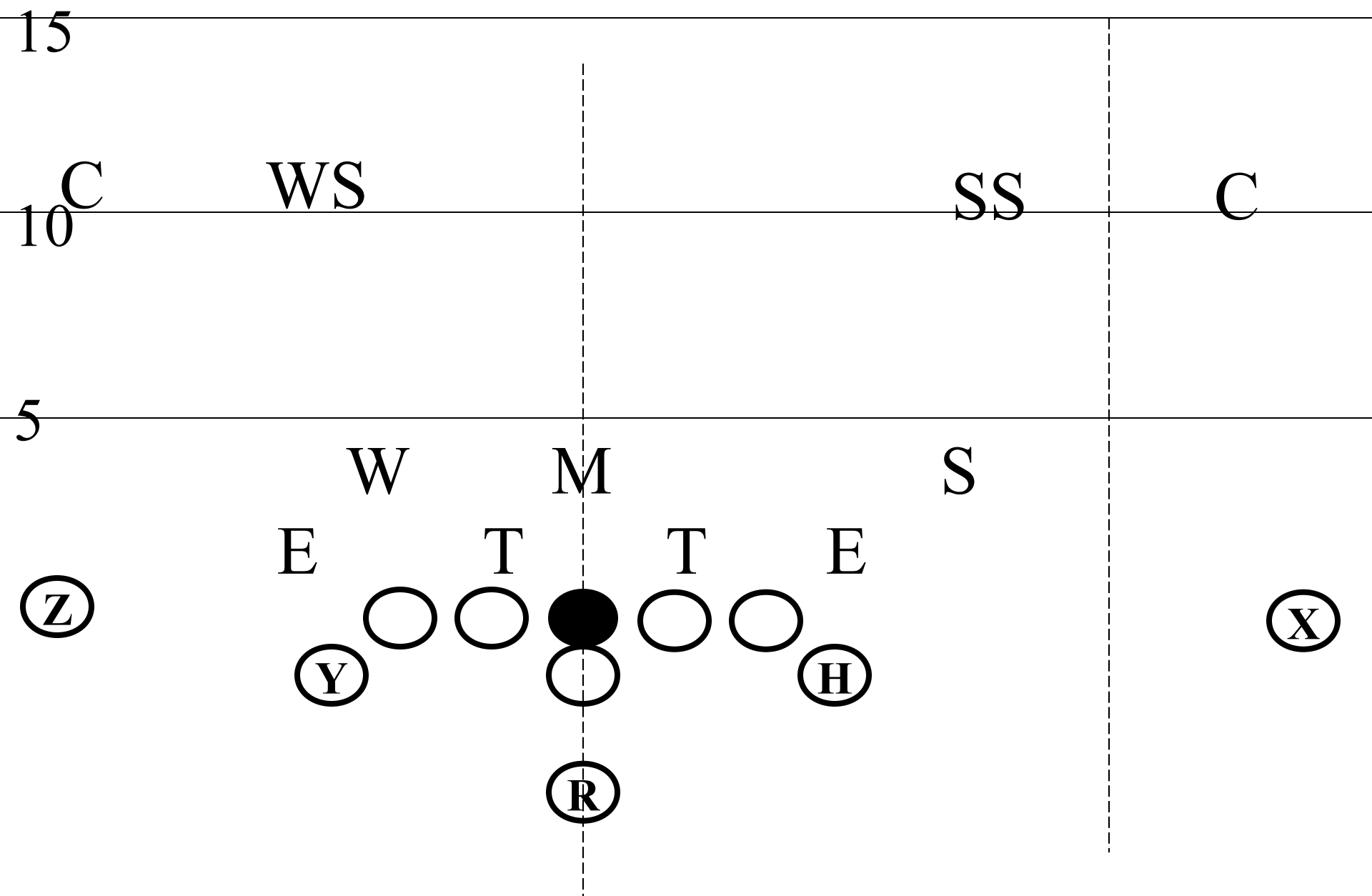


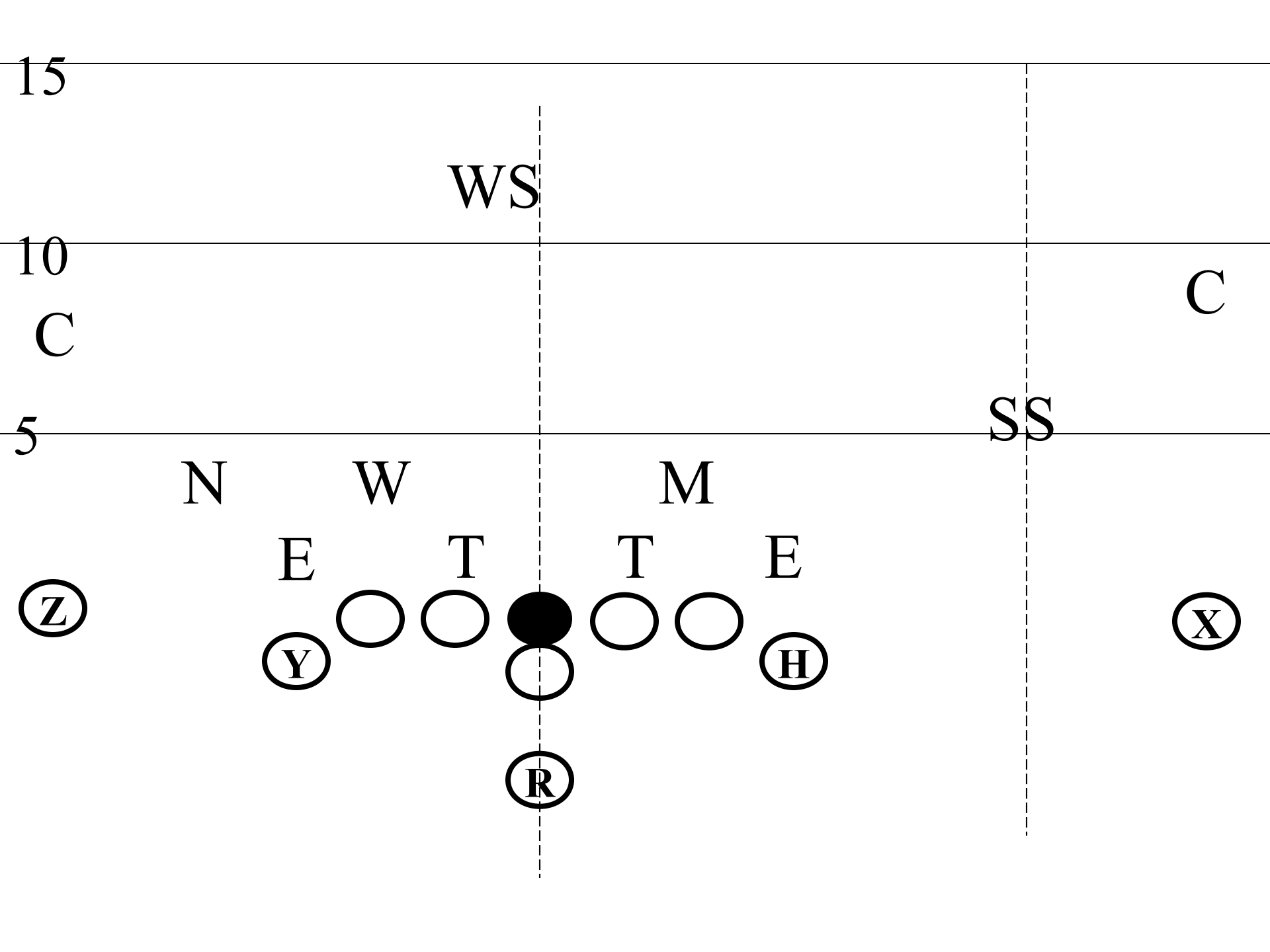




G. 3 Back Rules

1. MFO – 7 Man front – 3 or less
2. MFC – 8 Man front – A gap





HOW TO UNDERSTAND WHERE TO THROW THE FOOTBALL

A. Know how to read coverage pre-snap look. (PSL)

1. Know position of weak safety

a. Hash

b. Depth

Identify flat defenders

- a. Read defenders – not receivers

Recognize man coverage

- a. Depth of Secondary
- b. Defenders looking at receivers not QB
- c. Alignment of safeties and corners
- d. Body language of Lbers

Identify easiest throw

- a. Anticipate hots and choose where to go with the ball.
- b. Know where and when you are one on one
- c. Take the first open receiver

Field Zones

- a. Zone #1 – No cover zone – 100% completion
 1. Screens
 2. Swings
 3. Crab route

b. Zone #2 Short Game – 60% completion

1. Quick game – 3 Step

2. 8 – 10 yards – 5 Step Game

3. Check Down Routes – 7 Step Play Action

c. Zone #3 Intermediate Zone – 50% completion

1. QB must be conscious of the drop of the Lbers

2. Must be able to throw over Lber or through lanes
with touch and good velocity.

3. Play action to control Lbers

d. Zone #4 Deep Zone – 30% completion

1. Vital to stretch the defense

2. Look for mismatches for home run – 1 Big
Play per half

3. Controls or influence Safety

4. 9 Route – out run a corner

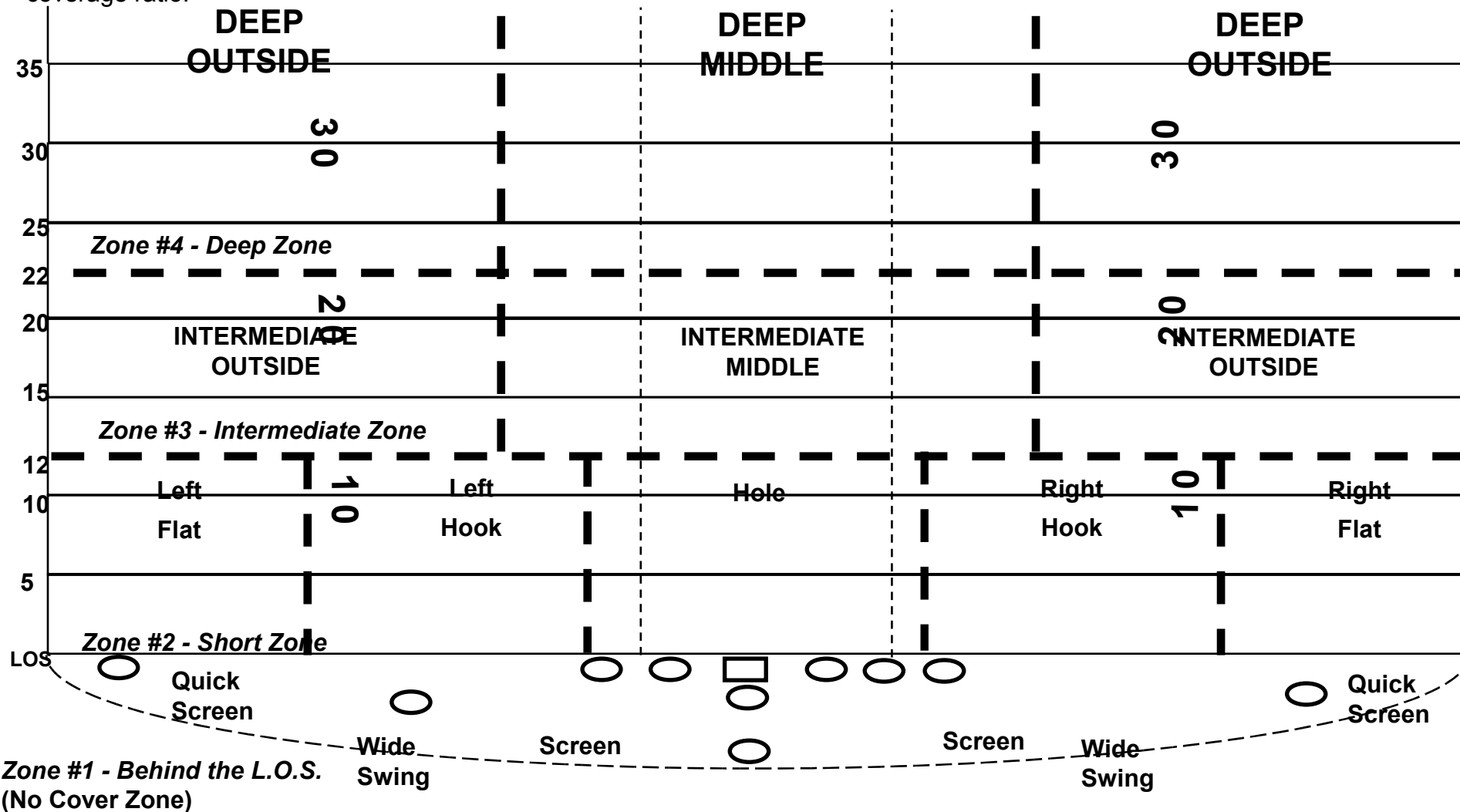
6. Understanding Launch points and passing lanes

Defining Field Zones

In order to be efficient in throwing the football, a Quarterback must understand the concept of field zones and the related concepts of rush plus coverage.

As shown below we have defined four vertical field zones; Based on the spot of the ball, these zones extend from an area of 5-6 yards behind the L.O.S. (Line of Scrimmage) to a depth of 55-60 yards beyond the L.O.S. or into the end zone.

In addition, the vertical zones have been sub-divided into 11 horizontal coverage zones with five short zones, 3 intermediate and 3 deep zones. The ability of the defense to cover or defend these zones is directly related to their rush-coverage ratio.



QUARTERBACK TEST #1

1. NAME THE IDENTIFYING CHARACTERISTICS OF EACH OF THE FOLLOWING FRONTS.

A. 50 FRONT

B. 60 FRONT

C. 80 FRONT

D. 90 FRONT

E. 70 FRONT

F. 50 STACK

2. WHAT DO THE FOLLOWING TERMS MEAN IN REGARD TO DEFENSIVE FRONTS?

A. WIDE

B. TIGHT

C. LOOSE

D. BEAR

E. SOLID

QUARTERBACK TEST #1

F. CLEAR

G. ODD

H. EVEN

I. BOSS

J. BOW

K. 40 NICKEL

L. 30 NICKEL

3. DESCRIBE THE FOLLOWING COVERAGES AND GIVE THEIR RUSH COVERAGE RATIOS.

A. COVER 3 SKY

B. COVER 6 CLOUD

C. COVER 2 HAND

D. COVER 4 STAR

E. COVER 7

QUARTERBACK TEST #1

F. COVER 1 HOLE

G. COVER 0

H. COVER 9 WEAK

I. COVER 3

**4. HOW DO THE FOLLOWING FORMATIONS
STRESS A DEFENSE?**

A. DEUCE

B. SPREAD

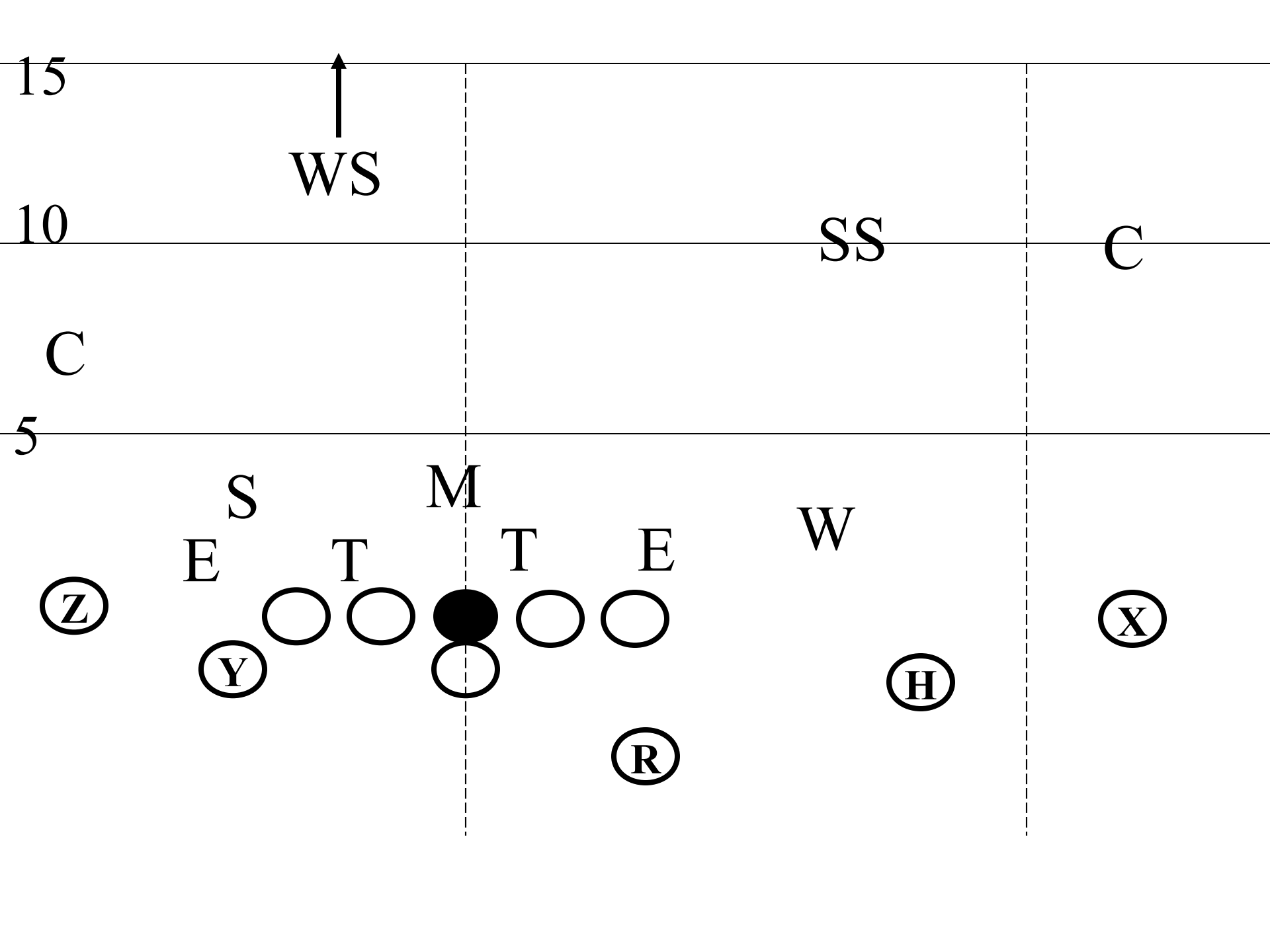
C. DOUBLE

D. RAZAR/LARRY

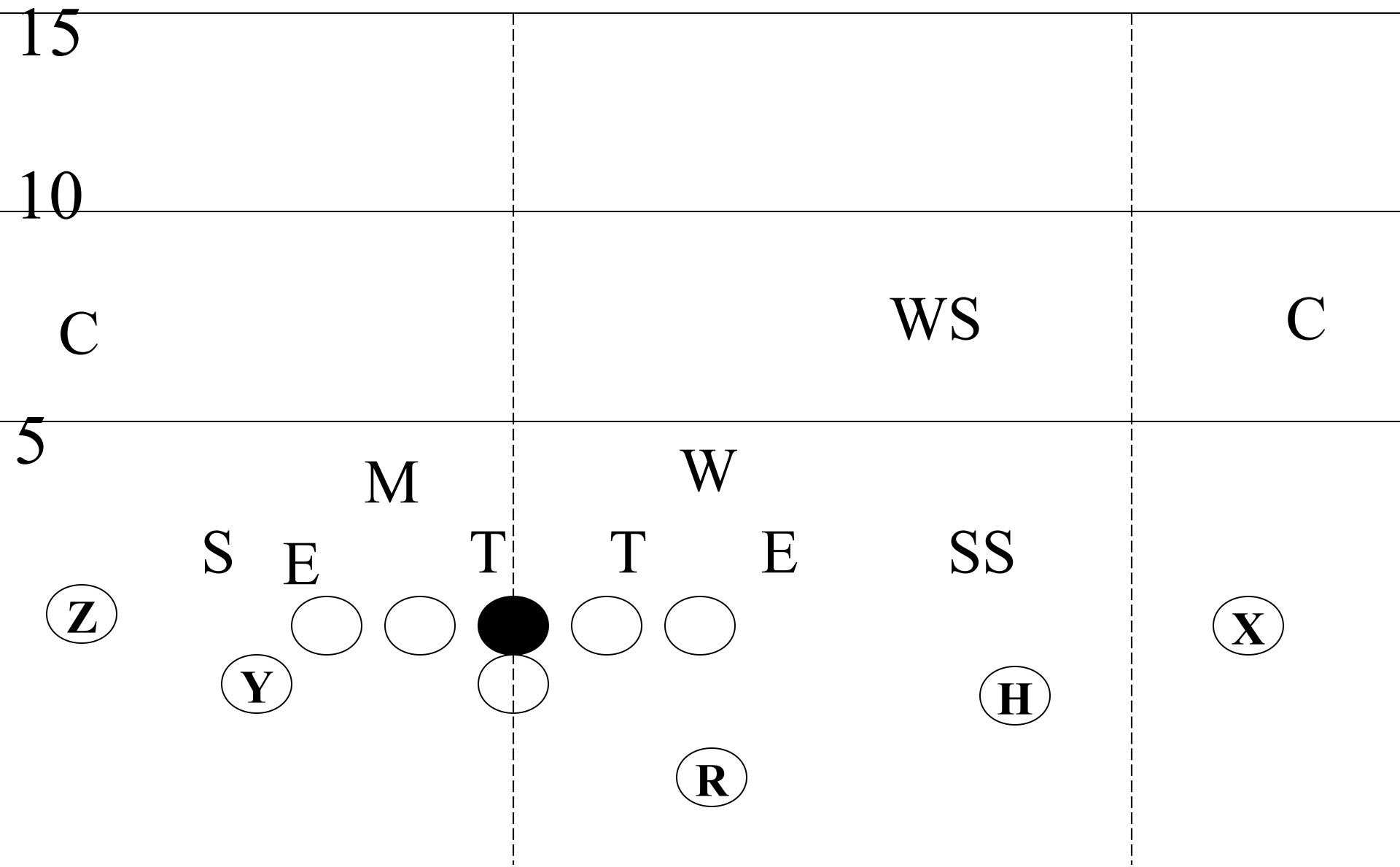
E. BONE

SLIDE SHOW

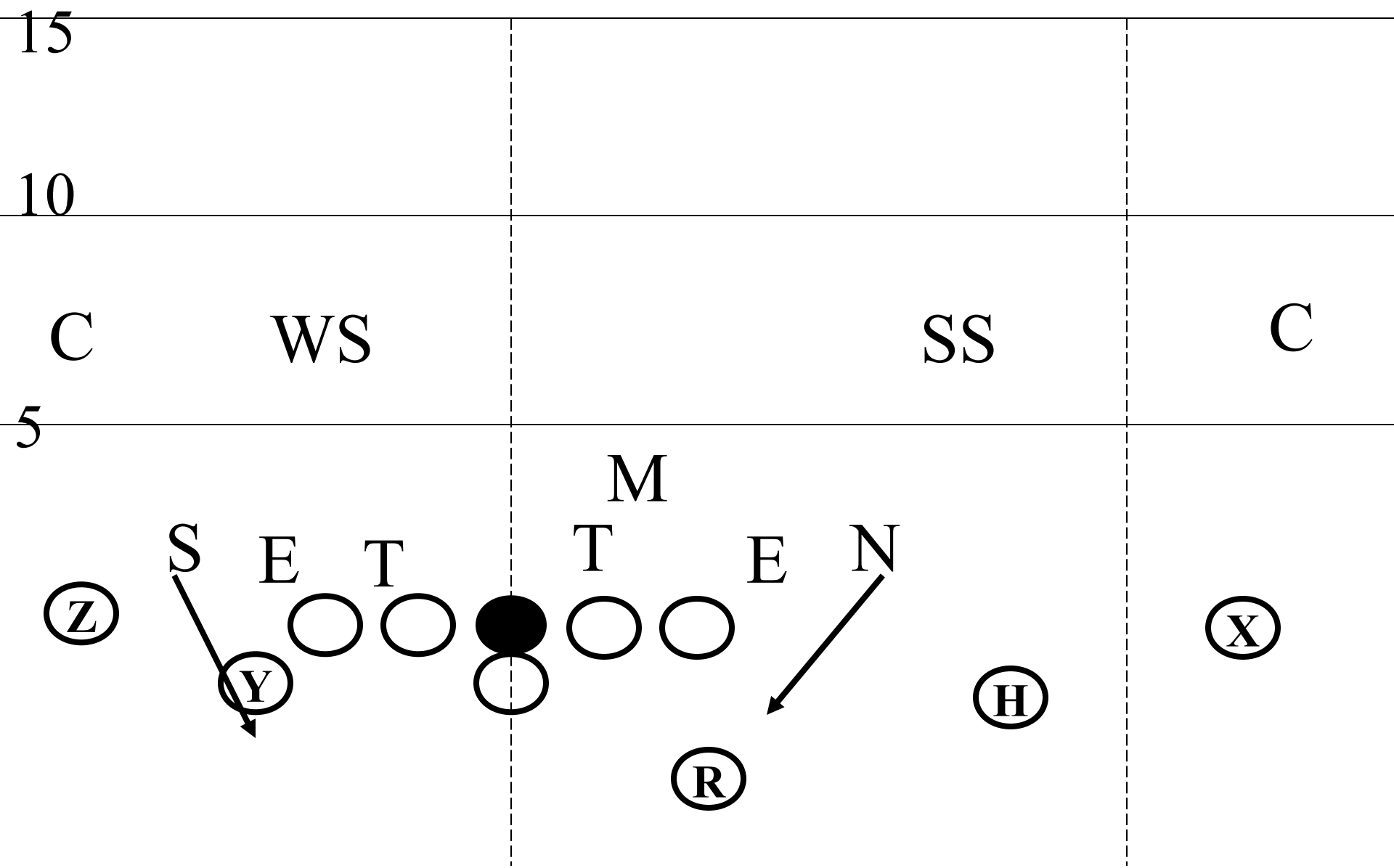
DBL LT SCAT LT 346 SHORT



1. WHAT IS THE FRONT AND COVERAGE ?

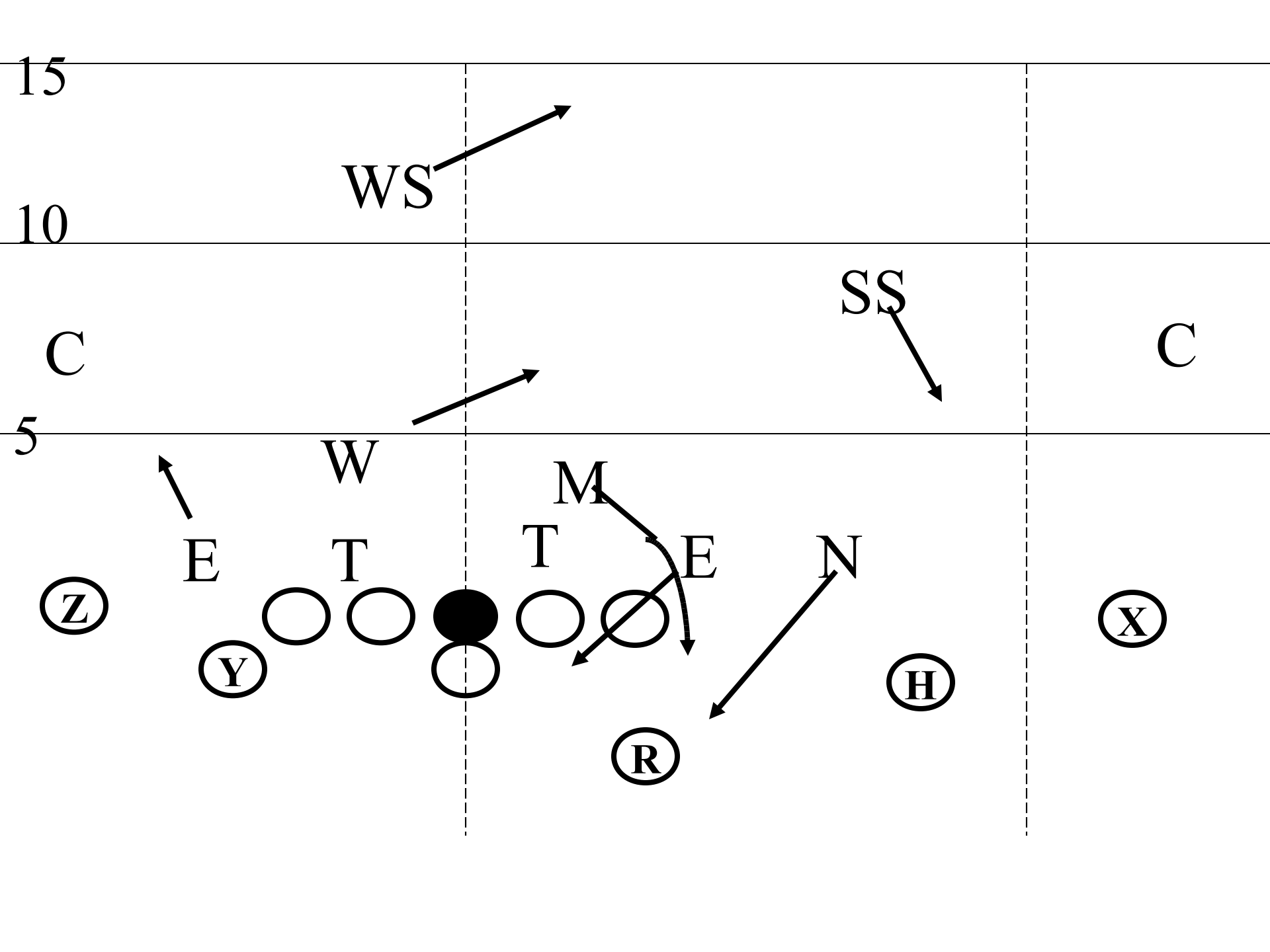


1. WHAT DO YOU NEED TO BE ALERT FOR ?

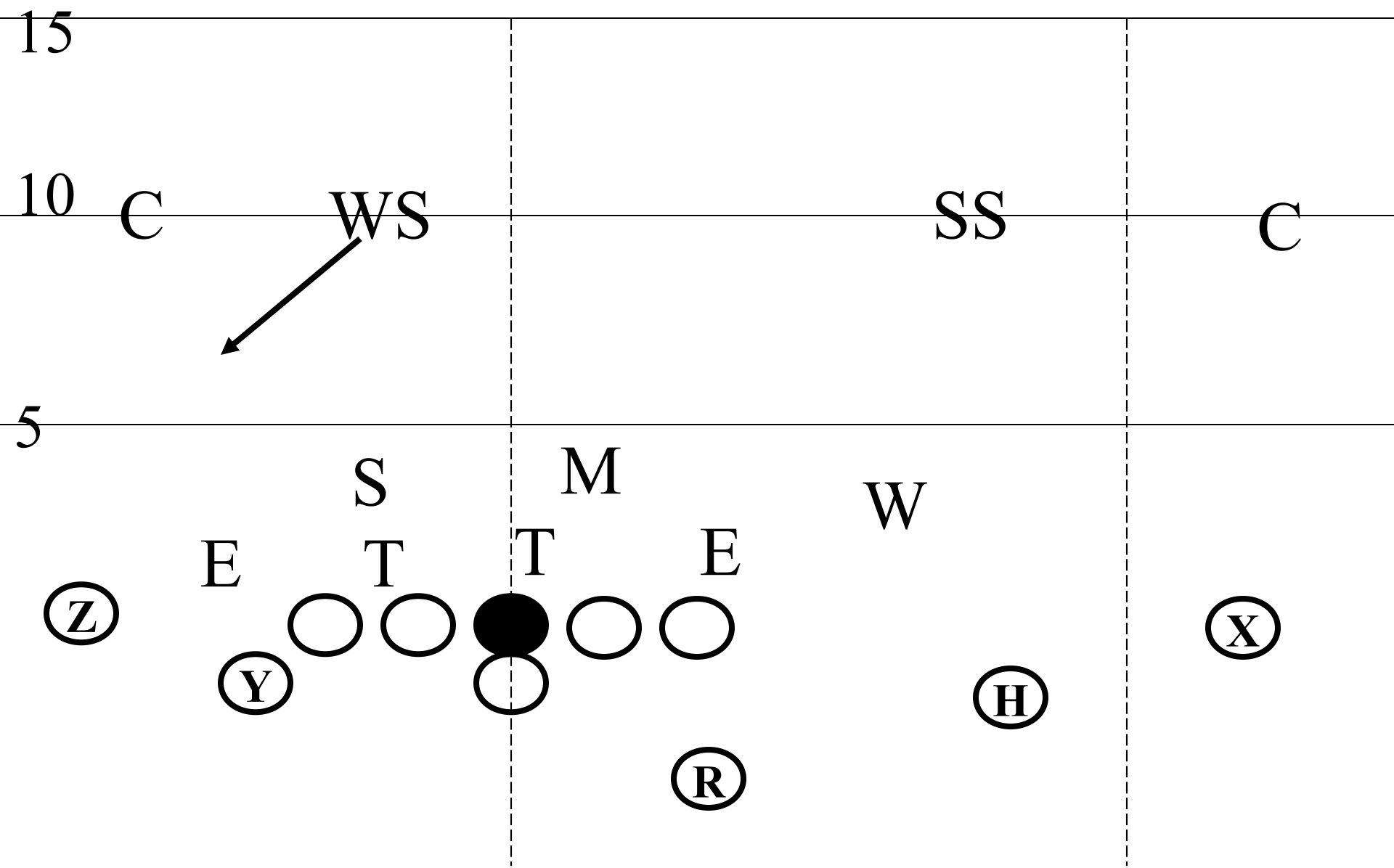


ARE YOU PROTECTED ?

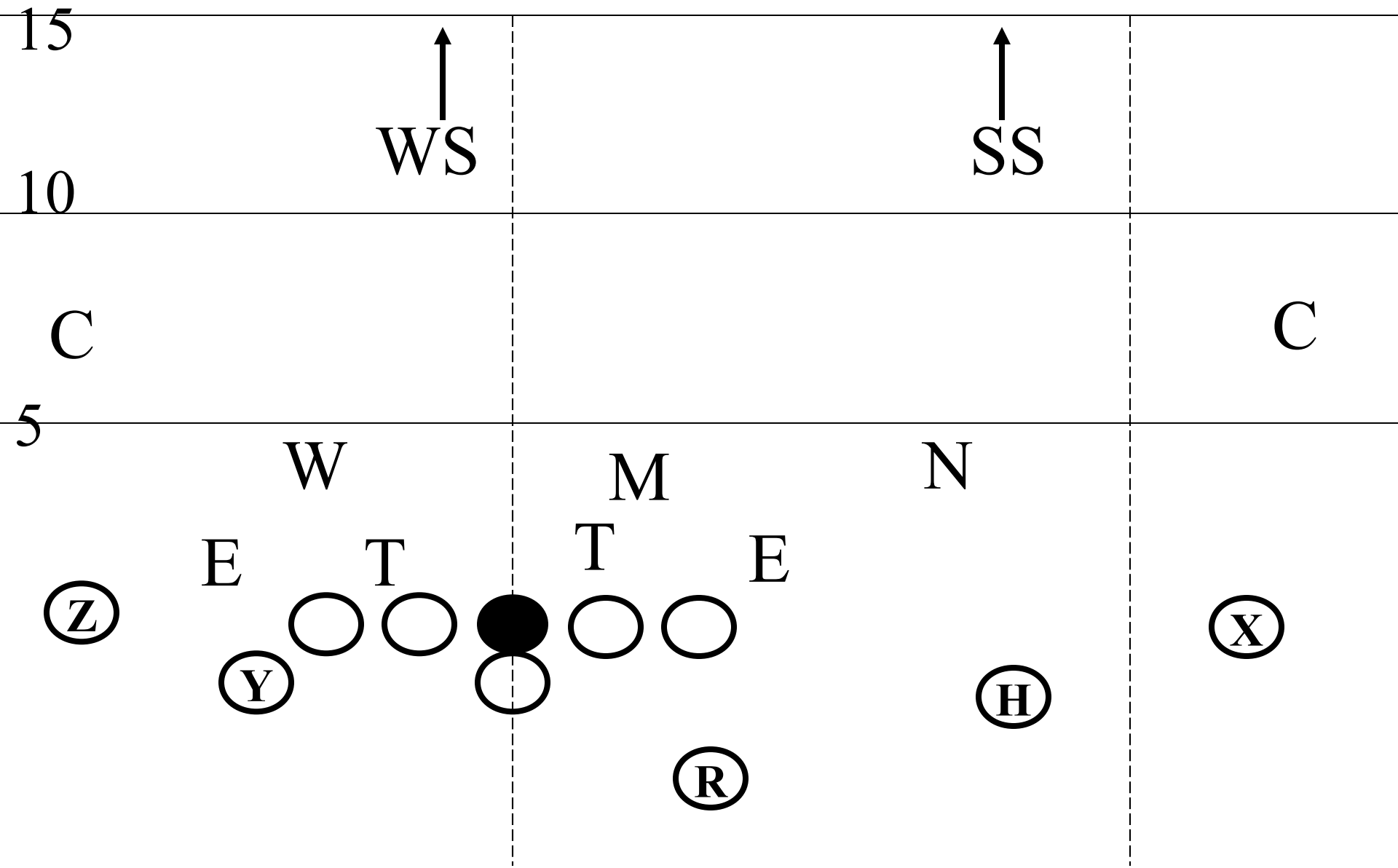
**WHO IS YOUR HOT
RECEIVER?**



WHO IS THE S.A. ?

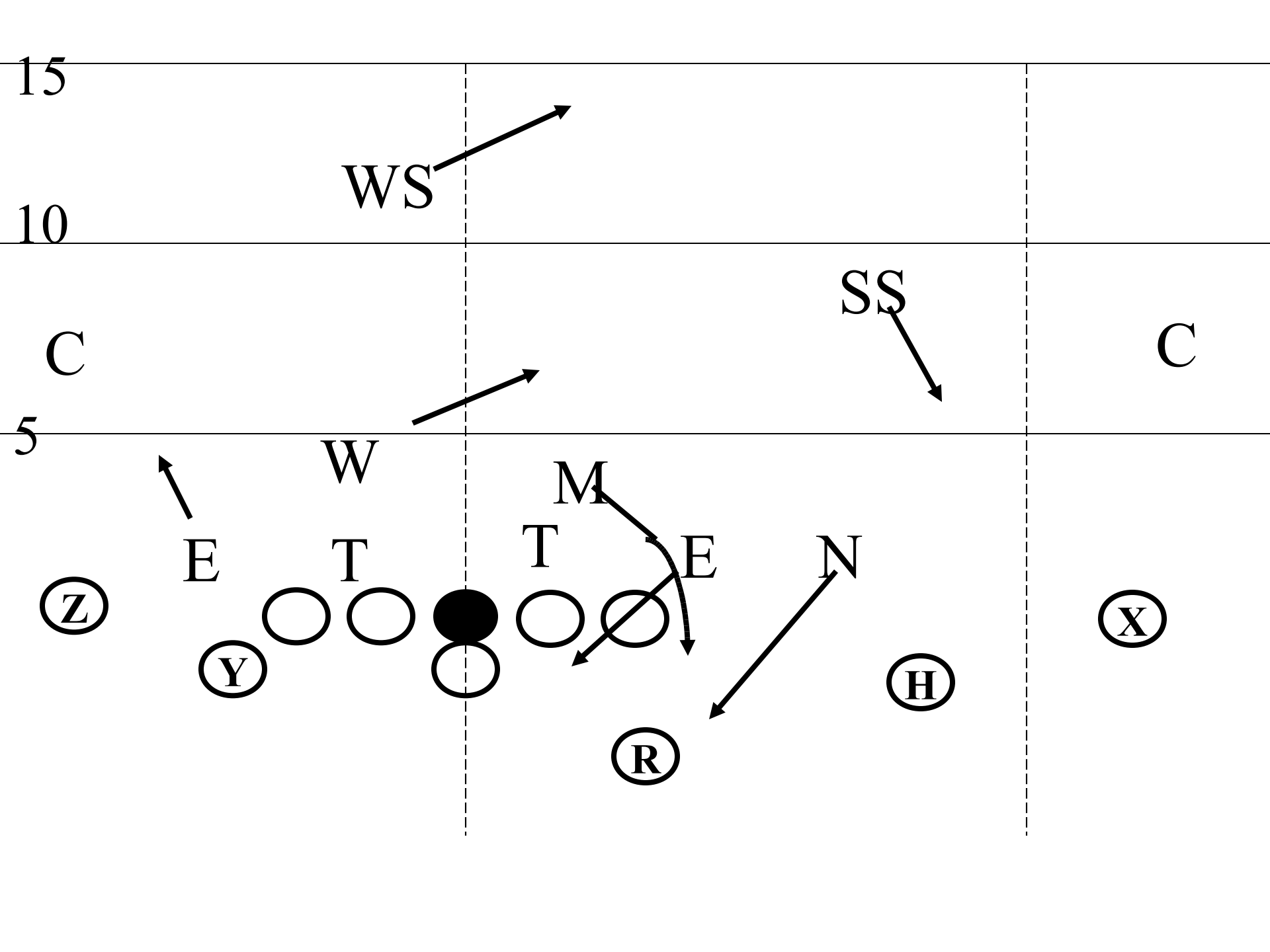


**WHO IS THE FLAT
DEFENDER TO THE FIELD?**

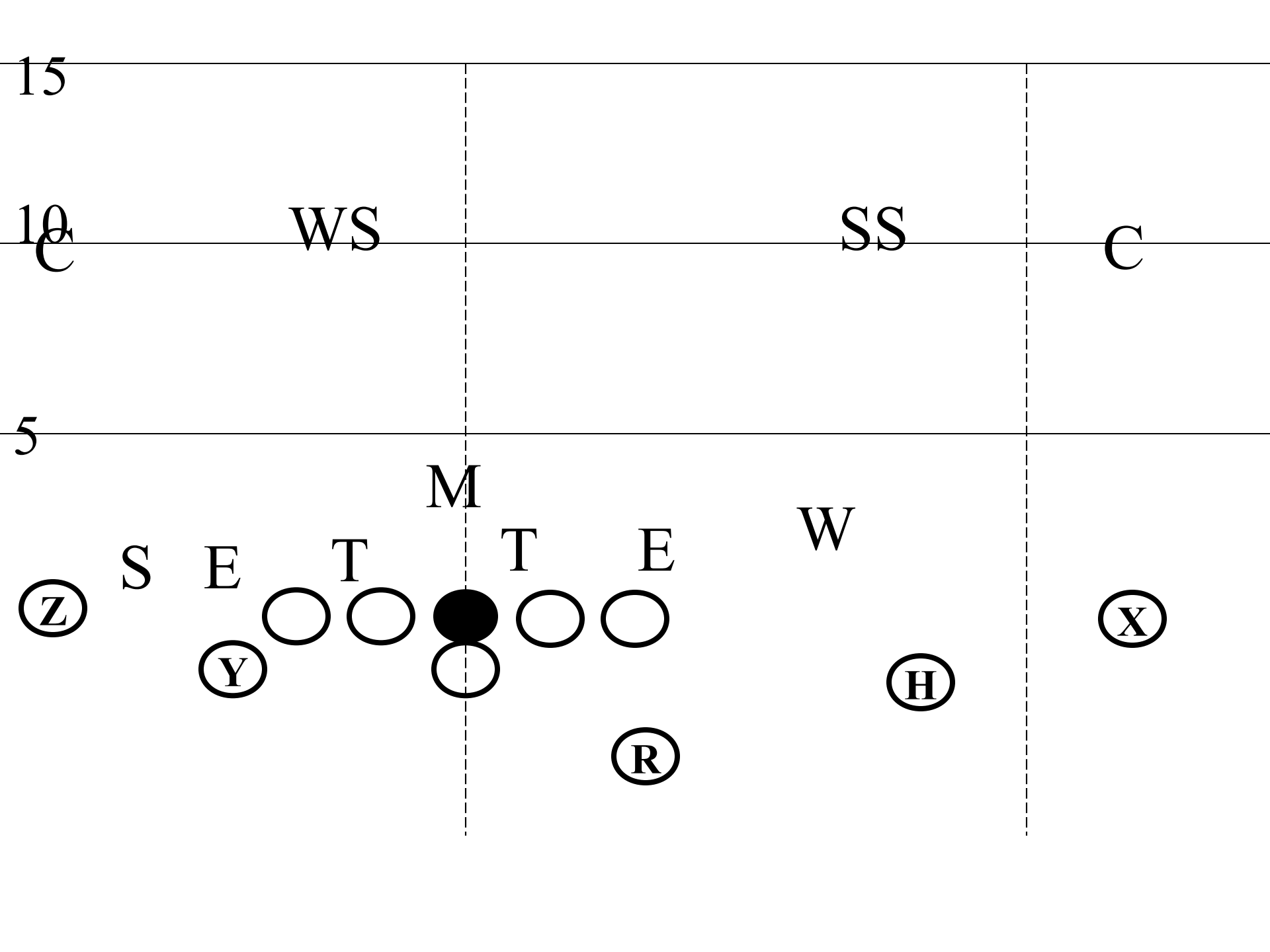


1. WHO IS YOUR READ?

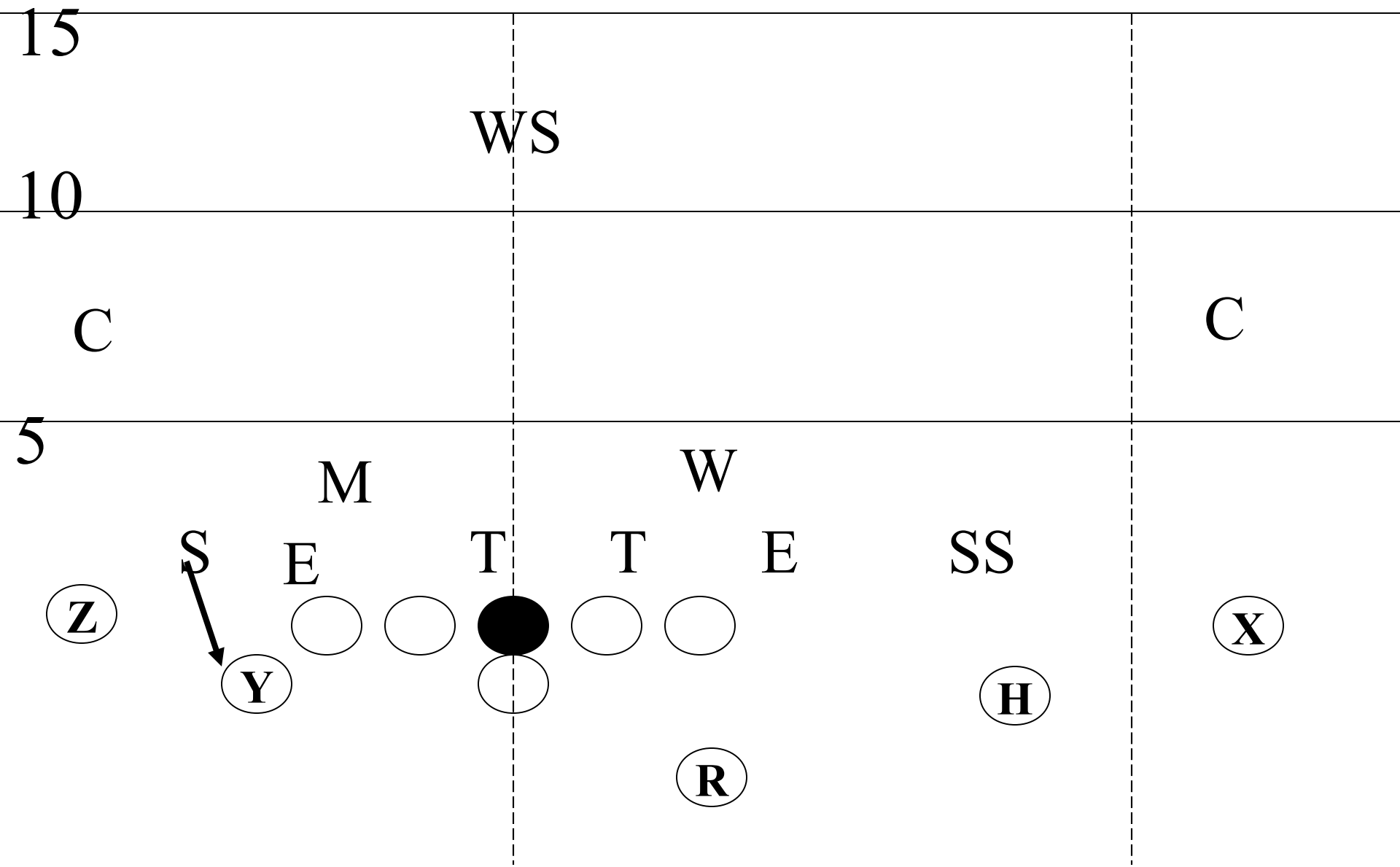
2. WHAT MUST YOU BE READY TO DO ?



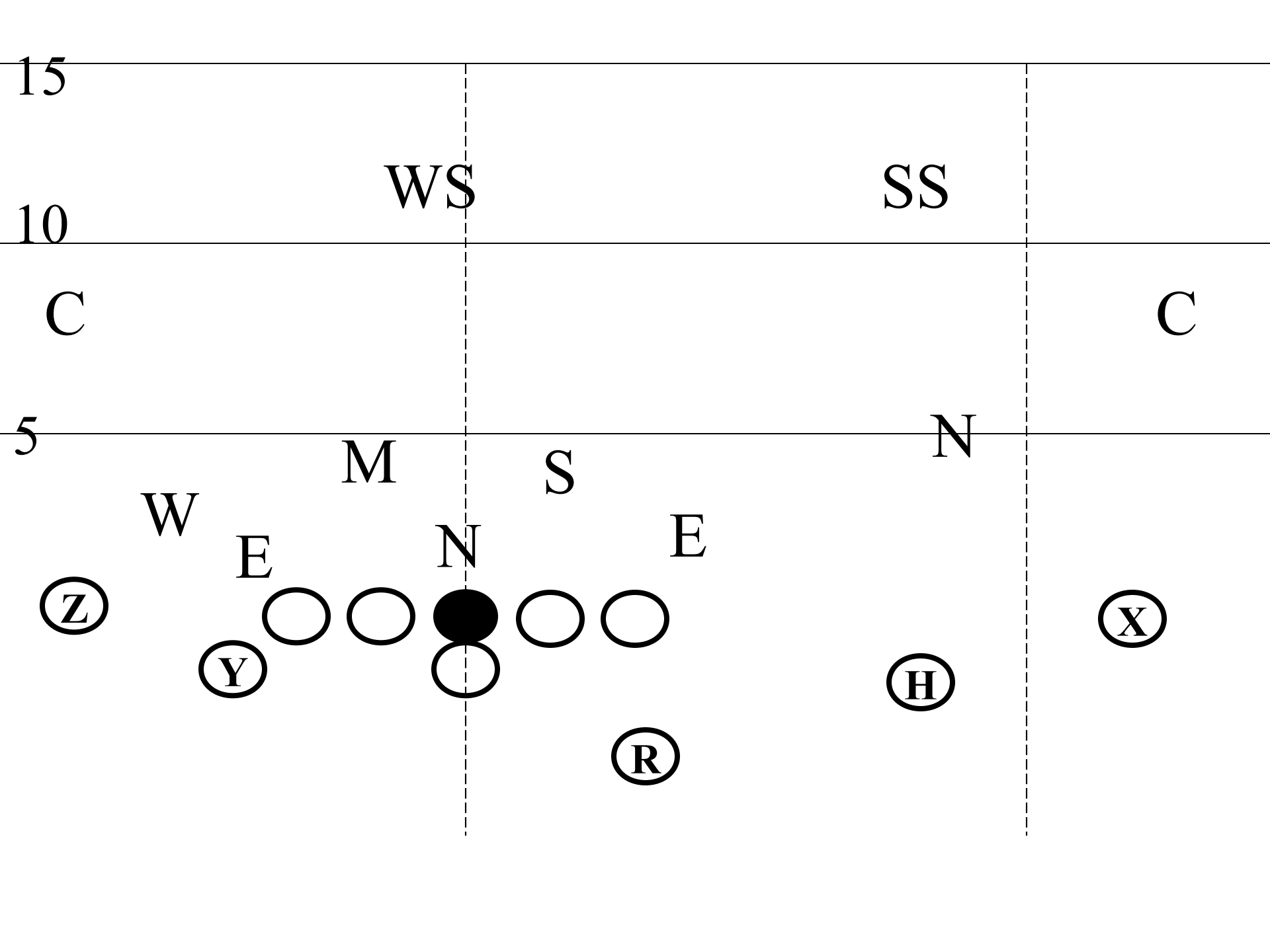
ARE YOU PROTECTED ?



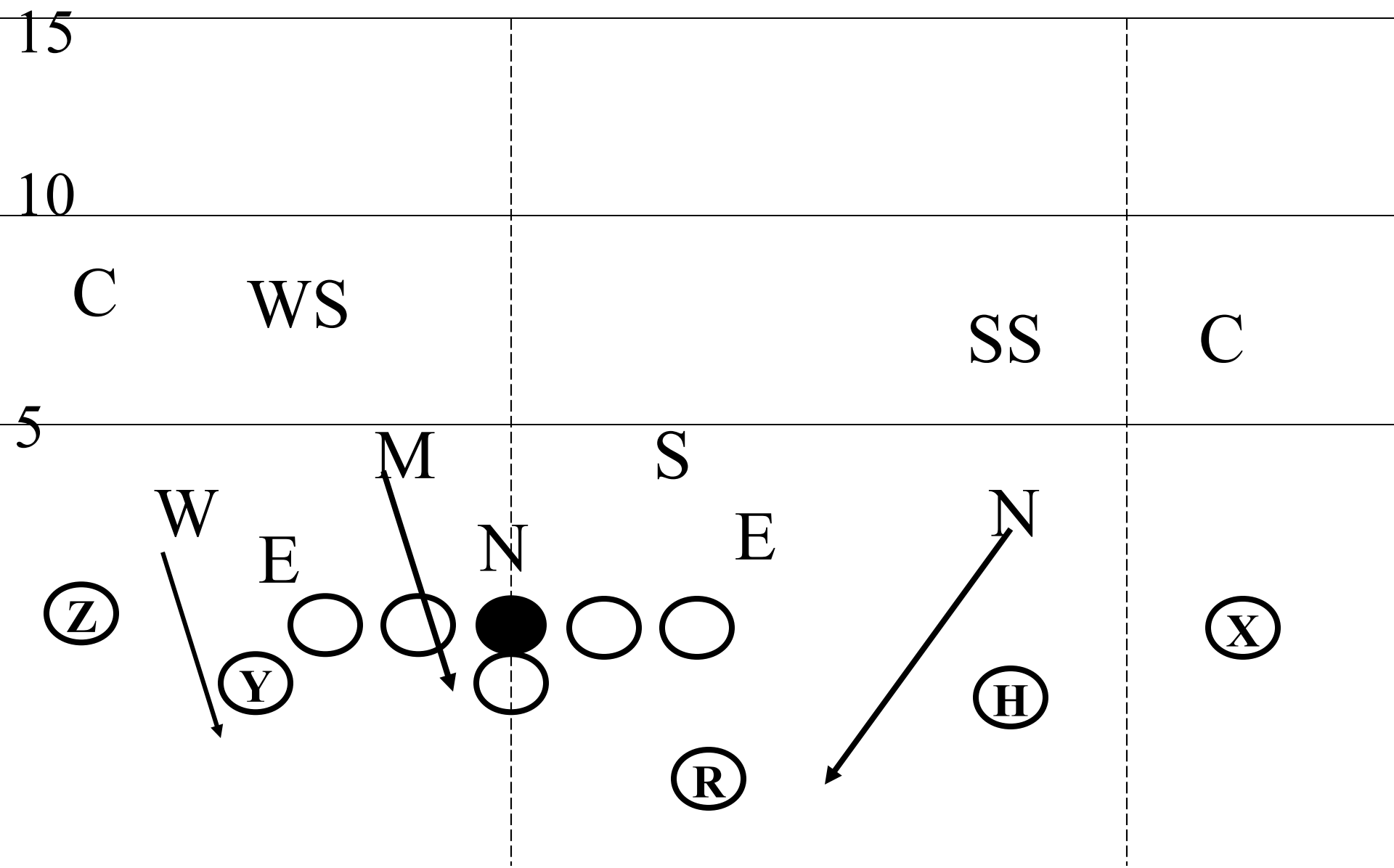
WHAT IS THE COVERAGE?



WHAT MUST YOU DO ?

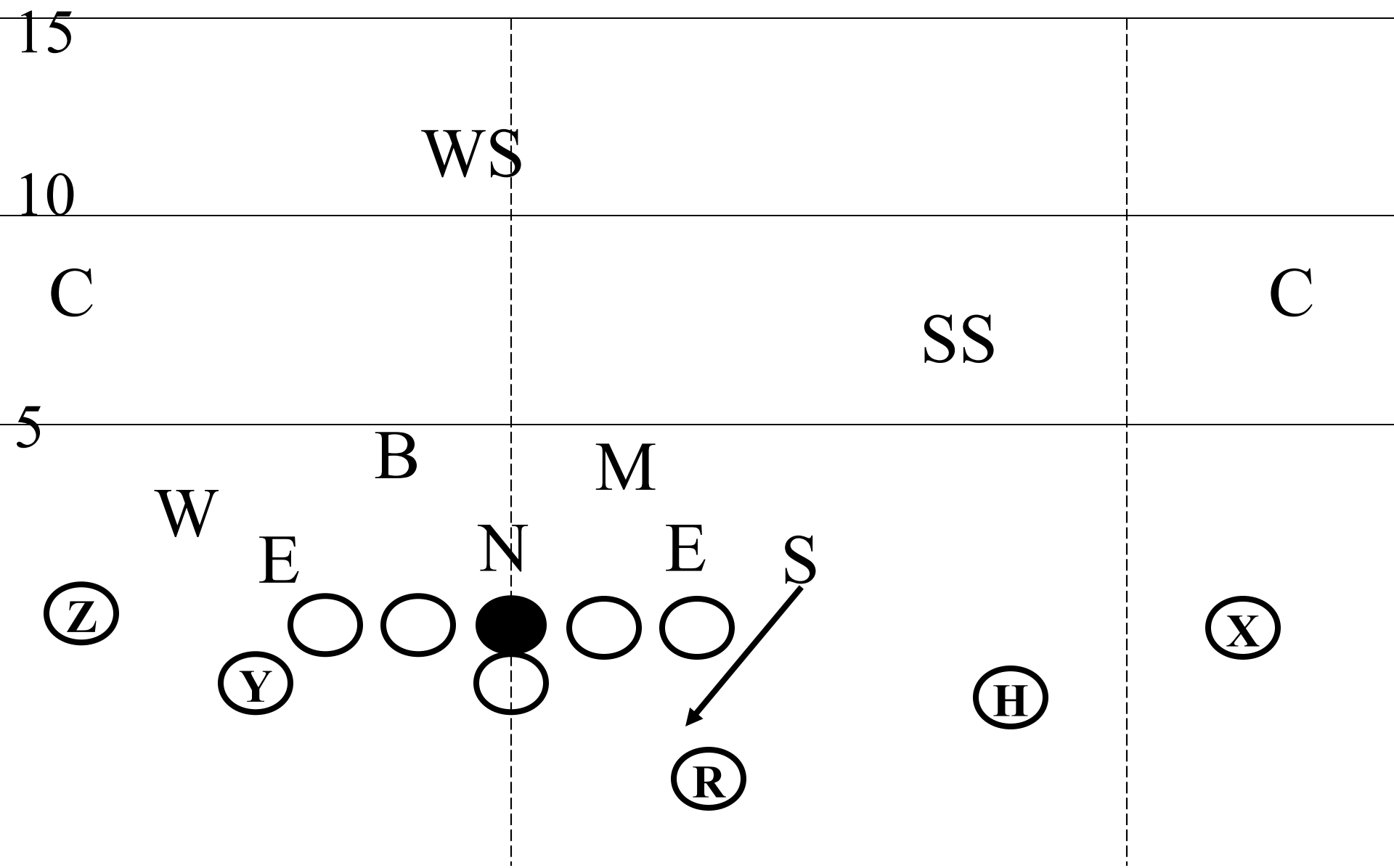


WHAT MUST YOU DO WHEN
YOU SEE THIS DEFENSE ?



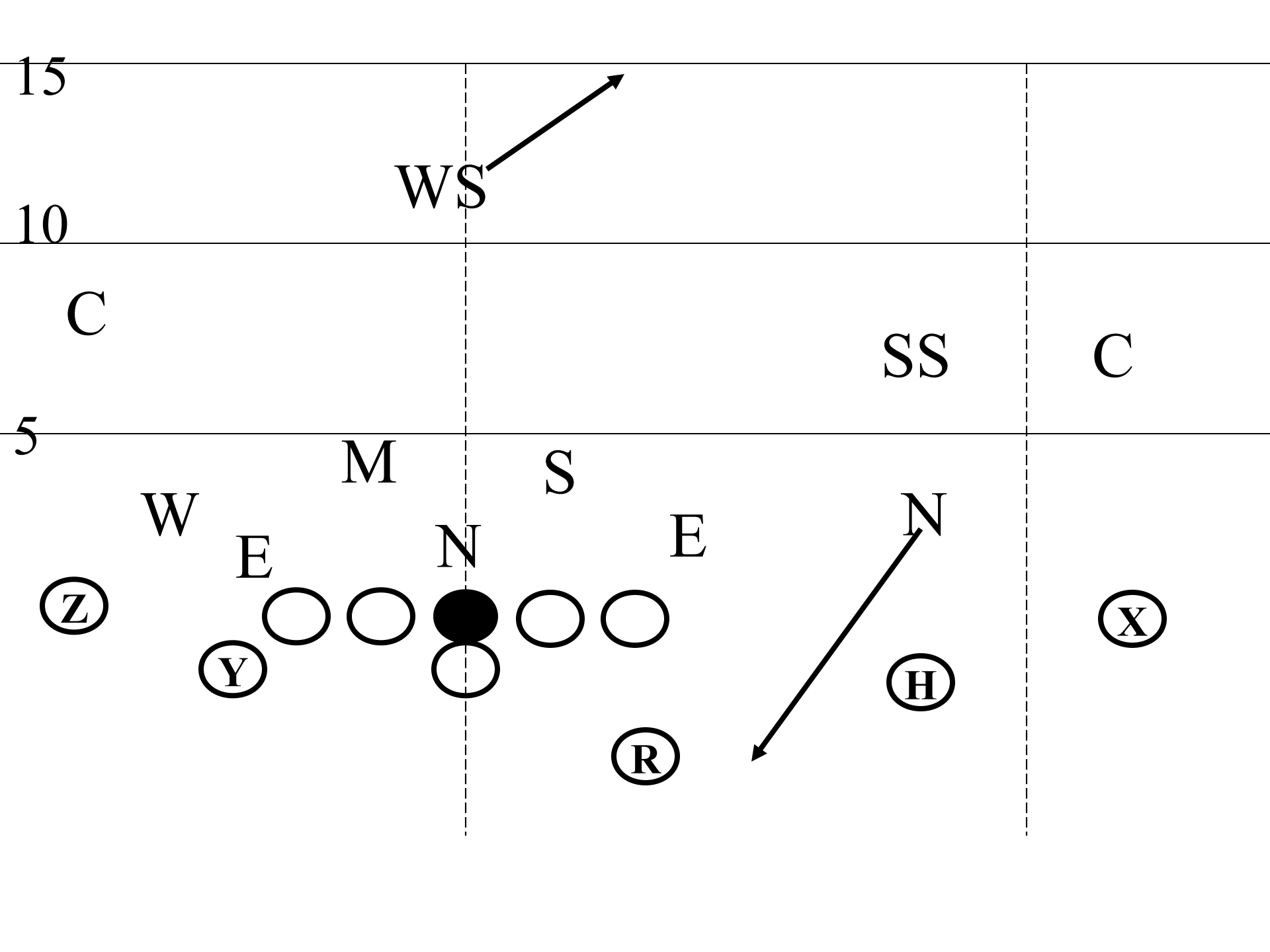
WHAT'S THE COVERAGE ?

**ARE YOU HOT OR ARE YOU
THROWING S.A. ?**



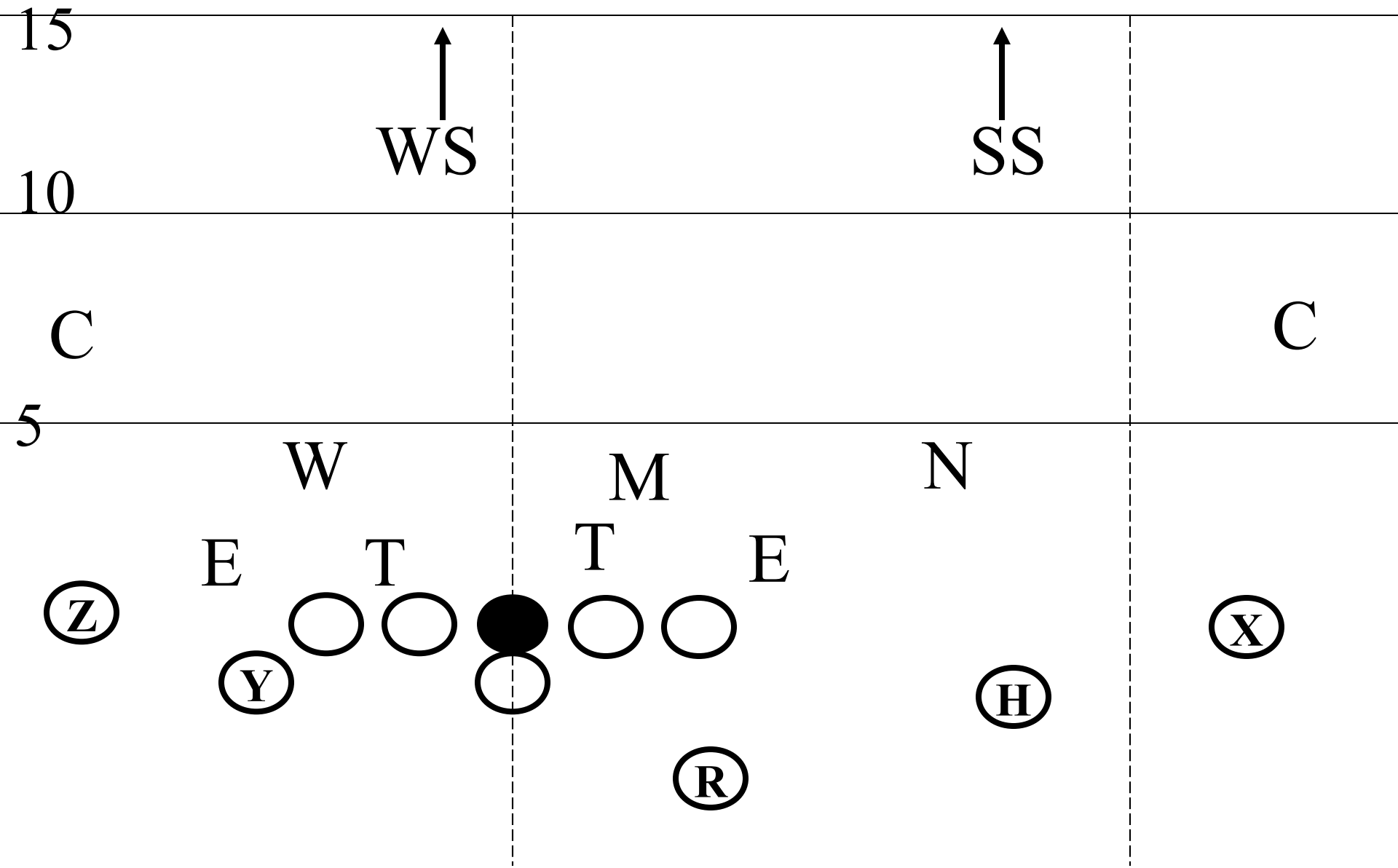
**MIDDLE FIELD OPEN OR
CLOSED ?**

WHO IS YOU READ ?



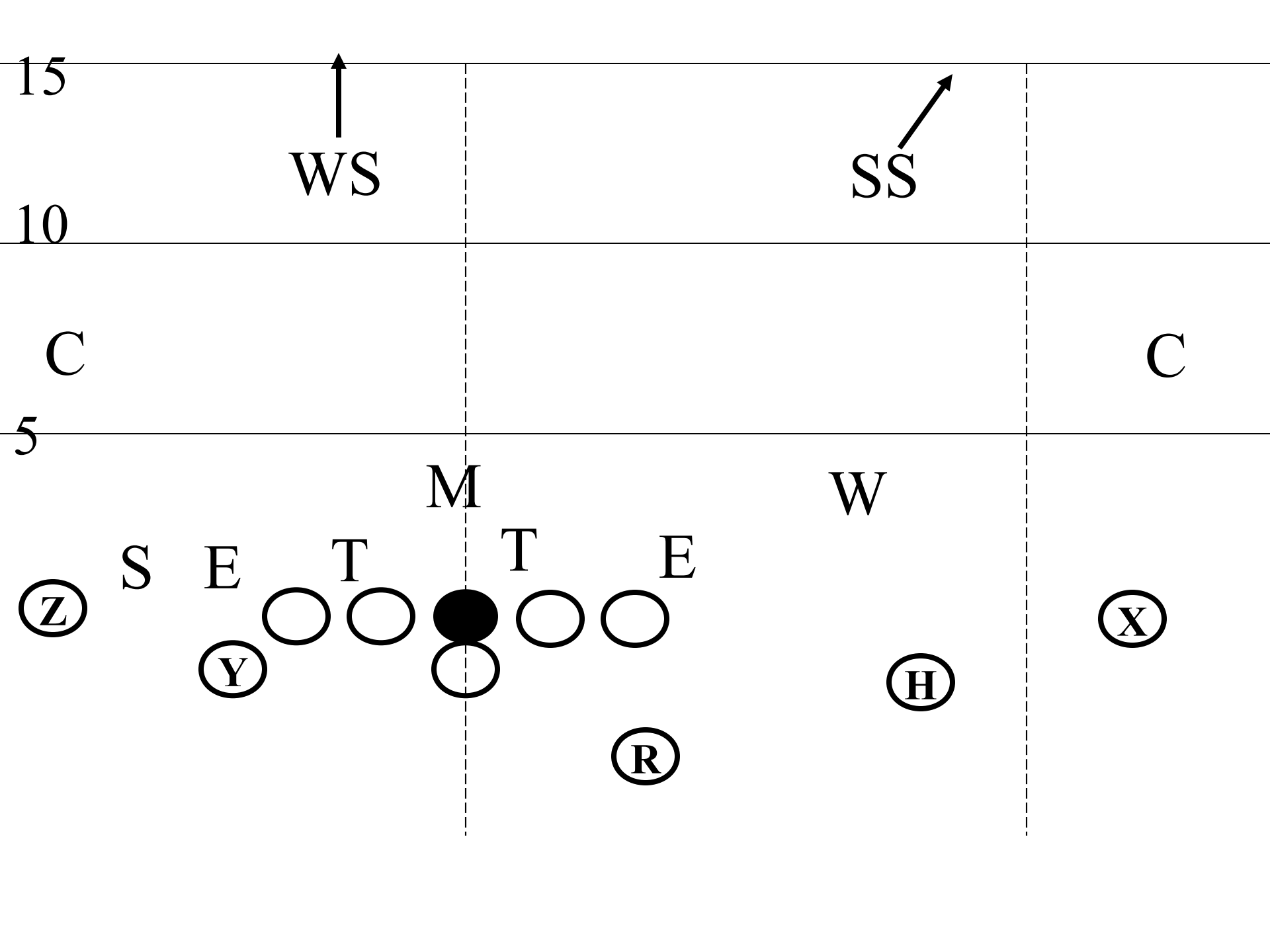
WHAT'S THE COVERAGE ?

- **IS THIS A S.A. ?**



WHO ARE YOU HOT OF OFF ?

HOW MANY MEN IN THE BOX ?



**MIDDLE FIELD OPEN OR
CLOSED ?**

**WHERE SHOULD THE BALL
GO ?**

