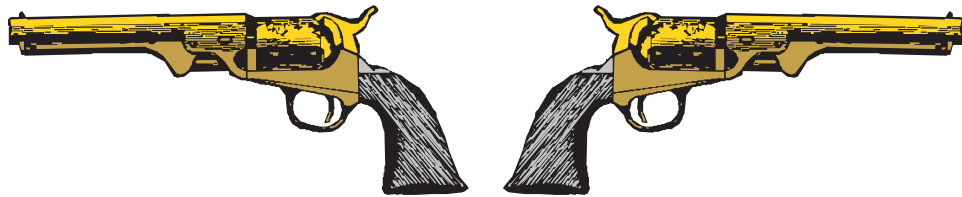


6-2 SHOOTER



DEFENSE

Version 1.0

The Youth 6-2 Shooter Defense

John Carbon

Panama City, Panama (2005)

Introduction

I have used many versions of the 60 defense for the past six years. I have used it with my youngest contact teams at the 8-10 year old level and as high up as our adult teams. It has won championships for us at every level.

My experience with the even front style of defense began with the 4-3 schemes that placed outside linebackers up on the line of scrimmage in order to counter the off tackle power play.

The conversion to the 60 front full time occurred back in 2000 when a old Texas coach started winning varsity championships with what I considered to be average talent on defense. I was perplexed to see that he did the same with the adult team he coached. So I asked him to teach me the defense.

We are committed to stopping the run. If a team cannot stop the run, their opponent controls the clock and the chains. In high school football 50% of passes will fall incomplete and at the youth level that percentage can go up considerably. Therefore, we want to control the passing game, but we must stop the run.

Philosophy

We believe that any defensive system should meet the following criteria:

1. It must be simple.
2. It must allow players to run to the play without having to do a lot of thinking.
3. It must be understood by the players. We believe its not what the coaches know, but what the players know that counts.

There are three things we strive to develop in our players:

1. *Pursuit:* We do a lot of running from day one and make a great deal of emphasis on pursuit drills. We feel that if you have great pursuit you have a chance. Gang tackling is a must.
2. *Pride:* We use the challenge method of earning defensive positions. We believe that you must always play your 11 best players on defense and those that feel they are better should challenge the starters. During the season we will see many challenges. Some will be busts but some are not and you can rest assured that all 11 want to play defense. They have pride because they earned those positions.
3. *Fun:* I think that if a player believes in his scheme and has pride then having some fun while playing the greatest game on earth should be easy. We want our kids to talk the talk and walk the walk. We like to see them pump each other up and intimidate.

Nose Guards

Stance: 4 point even balance heads up on offensive guard. 18 inches off the football and tight if short yardage.

Keys: On snap take first step with slant side foot and get helmet into gap. Do not go deeper than 1 yard.

Technique: When we used the gap technique we aligned in the gap we were responsible for and shot the gap. We tried out the step into outside lineman then in like G.A. Moore and we tested the bounce technique where it was full out penetration. For some reason the full out penetration worked much more than the out-in technique. Our linemen aim for the adjacent offensive lineman's shoulder as they entered the gap. This made it hard for the double team. We started with the adjacent lineman's face mask but ended up with near shoulder.

We never used the heads-up technique.

Defensive Tackles

Same as nose guards except aligned over offensive tackle.

End

The defensive end is aligned 5-7 yards from the last man on the interior line of scrimmage in a sprinter's stance. Their aiming point is the near hip of the closest running back. The objective is to explode through and attack the outside number of the running back by ripping through the number with their inside arm. We want the arm to come through the rear number. By doing this, we are creating an explosion that will bounce the defensive end to the outside. This helps with containment.

If the defensive end sees a wing to his side he is to attack through the hip knowing that the wing will disappear down. This means he is looking for the next back which will be the ball carrier on the sweep or the pitch on the option. The defensive end, not seeing a wing, will aim at the nearest back in the backfield realizing that the back will either run away on the sweep in which he aims for the upfield shoulder of the quarterback on the waggle. If the back leads straight up he squeezes looking for the number two back on the belly.

The proper technique is to rip through the outside front number to rear outside number bouncing to the outside. The defensive end must not get tied up with the lead block. He only wants to stop the lead block.

If the flow goes away, immediately stop the attack route. Step back behind the defensive line of scrimmage and trail the play looking for a cutback lane. Once they see daylight or an open gap, fill it.

Cornerbacks

Our cornerbacks would play mostly inside leverage at 5-7 yards with balanced stance. It is very important to have both cornerbacks be very good at their position. We want two lock/close down cornerbacks. It is a very important part of our scheme.

Playing Man-to-Man Press Techniques

1. Head-up Press Technique

A. Purpose: This is a physical, tight coverage technique used at the goal line or in the field to control receivers and afford a change-up technique.

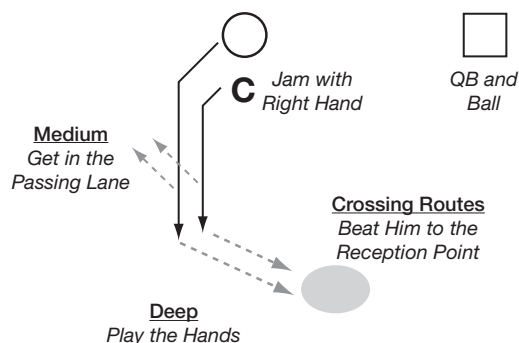
B. Stance: Feet parallel to the line of scrimmage, or if preferred, use heel-toe-stagger. Ready position is butt lowered, knees bent slightly, back straight, elbows locked with hands extended slightly.

C. Alignment: Head up with receiver, defender's nose directly across from receiver's nose.

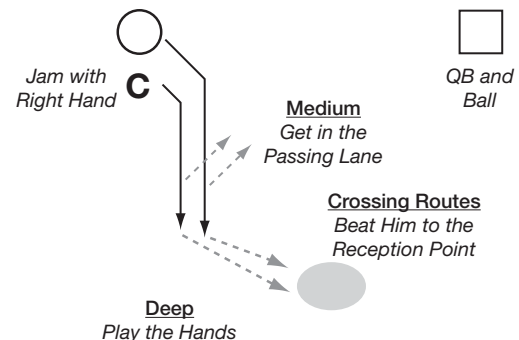
D. Method: Stay square in front of the receiver as long as possible using a position-maintaining jam. Do not let him cross your face. Force him to take either an inside release. After he takes his release, open towards him on a 45-degree angle and jam chest with the opposite arm. Keep the pressure on him. Read his tempo for medium or deep routes. If his hips are low and you read a medium route, throttle down and prepare to get into the passing lane between the quarterback and the receiver. If you read a deep route (hips high, full speed), run with the receiver and key (play) his hands if you back is turned. When they come up to catch the ball, mirror his movement and defend the pass.

E. Coaching Point: Defender must always cut off and control quick take-off and pressure medium routes. The receiver must never have an opportunity to catch the ball unmolested. On crossing routes, close and beat the receiver to the reception point.

Outside Release Diagram

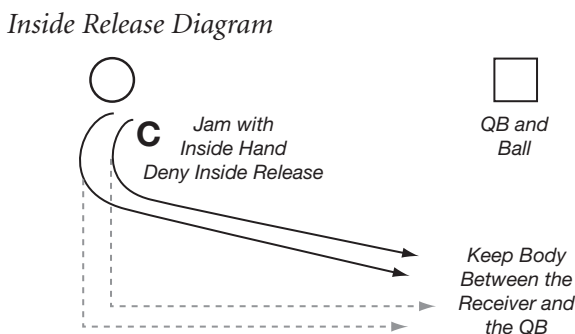
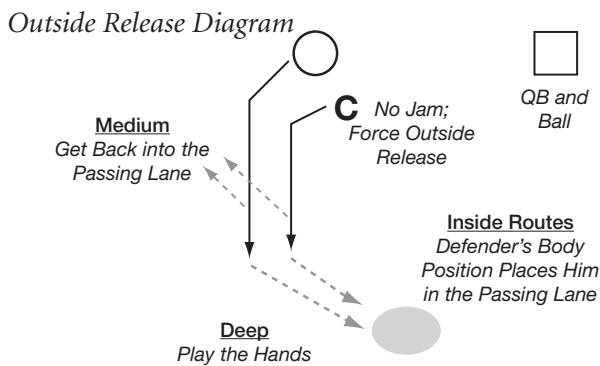


Inside Release Diagram



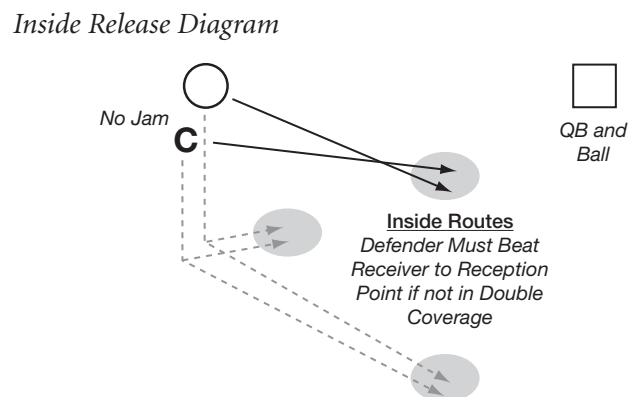
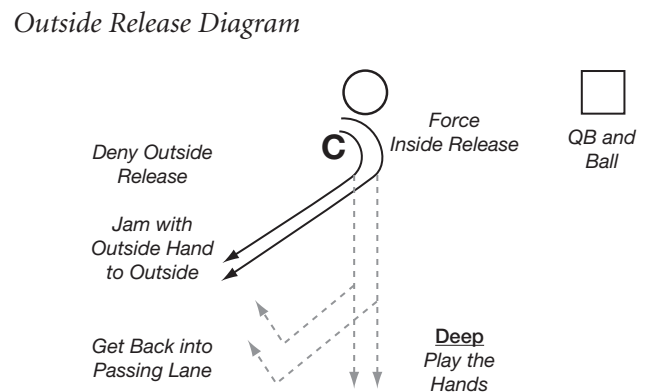
2. Inside Press Technique

- A. **Purpose:** This is a physical, tight coverage technique used at the goal line or in the field to control receivers and afford a change-up technique.
- B. **Stance:** Feet parallel to the line of scrimmage, or if preferred, use heel-toe-stagger. Ready position is butt lowered, knees bent slightly, back straight, elbows locked with hands extended slightly.
- C. **Alignment:** Defender's nose on receiver's inside ear.
- D. **Method:** Mirror receiver's inside shoulder on all moves. Don't overplay or reach (no jam) unless he tries an inside release across your face, in which case defender jams him and denies the inside release. Defender tries to force the receiver into a wide outside release before he can get upfield. Once the receiver releases upfield, mirror him parallel and, with body position, stay in the passing lane between the quarterback and the receiver. On outside cuts, re-establish body position in the passing lane. If he runs deep, play his hands. On outside cuts, play the "ball" call by defenders and the sideline.
- E. **Coaching Point:** Defender must never allow the receiver to cross his face and always maintain inside leverage, placing himself in the passing lane. The receiver must never have an opportunity to catch the ball unmolested.



3. Outside Press Technique

- A. **Purpose:** This is a physical, tight coverage technique used at the goal line or in the field to control receivers and afford a change-up technique.
- B. **Stance:** Feet parallel to the line of scrimmage, or if preferred, use heel-toe-stagger. Ready position is butt lowered, knees bent slightly, back straight, elbows locked with hands extended slightly.
- C. **Alignment:** Defender's nose on receiver's outside ear.
- D. **Method:** Mirror receiver's outside shoulder on all moves. Don't overplay or reach (no jam) unless he tries an outside release across your face, in which case defender jams him and denies the outside release. Defender tries to force the receiver into a wide outside release before he can get upfield. Once the receiver releases upfield, mirror him parallel and, with body position, stay in the passing lane between the quarterback and the receiver. On outside cuts, re-establish body position in the passing lane. If he runs deep, play his hands. On outside cuts, play the "ball" call by defenders and the sideline.
- E. **Coaching Point:** defender must never allow the receiver to cross his face to the outside and always maintain outside leverage. Quick feet, concentration, and arm strength are a must. The receiver must never have an opportunity to catch the ball unmolested.



Countering Receiver's Attempts to Defeat the Press Technique

1. Quick outside release for the fade. Defender anticipates fake on quick outside release.
2. Head and shoulder fakes. Defender do not over-commit to the jam.
3. Two step fakes one direction and then break the route back the other way. Defender do not overrun. Maintain your position and close when the ball is thrown.
4. Slap and rip. A well placed jam will put the receiver off balance and unable to do this
5. Pushing off. Defender fights pressure with pressure.

Safety

Plays 5-7 yards deep over #2 strong. He can cheat toward the inside if #2 is a wideout. If no # 2 the safety will align over the strong side OG-OT gap. Will read his man for release.

The player has four potential reads. If the player blocks down the safety makes a quick two count to read run or pass then plays accordingly. If its a run he comes up hard from inside-out position.

If the #2 blocks out he plays the same as above but must come up hard and force from an outside-in angle.

If #2 releases he takes him man-to-man.

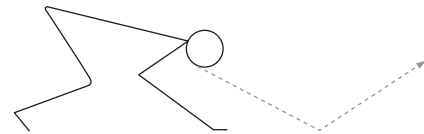
If #2 pass blocks then the safety plays the middle zone.

Linebackers

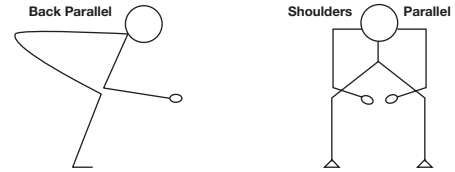
The strong side linebacker plays to strength with heels about at 3 yards. The weak side linebacker plays a little deeper with heels at 4 yards. They can both cheat up a yard if need be. The strong side linebacker is more like a middle linebacker and the weak side linebacker is more like a hybrid linebacker/safety type. We aren't looking for Sean Taylor in this position but we want a kid that can cover and defend the run.

Keys: We key near back. (*We have keyed particular backs or linemen but it is dependant on the scouting report. You can key the quarterback, near back, cross key backs, flow, and linemen. It will all depend on what your kids do best. This is the "read" part of the linebackers if they are not on "call").

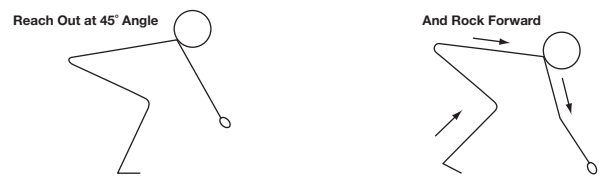
Stances



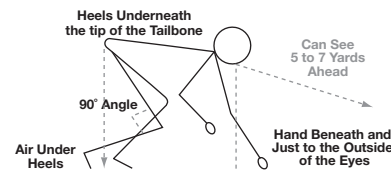
Goal line stance



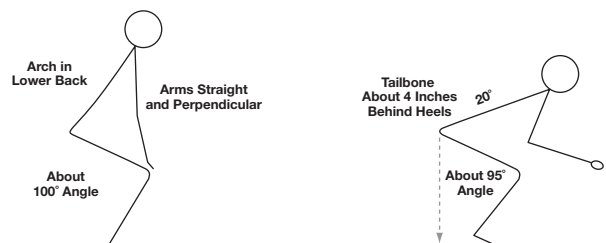
Front & side views of initial position before 3-point stance.



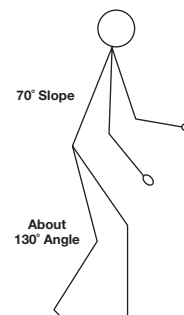
Rocking forward from the two-point to three-point stance.



Side view of three-point stance – right hand down and left arm resting on left knee.



Side views of a figure before moving into an aggressive 2-point stance and in the aggressive 2-point stance.



Side view of a figure in a relaxed two-point stance, ready to retreat at the snap of the football.

The “Youth 6-2 Shooter” defense is fun to run and to easy install at the youth level of football. It is an ATTACK and REACT defense. When that ball is snapped we are going to come after you.

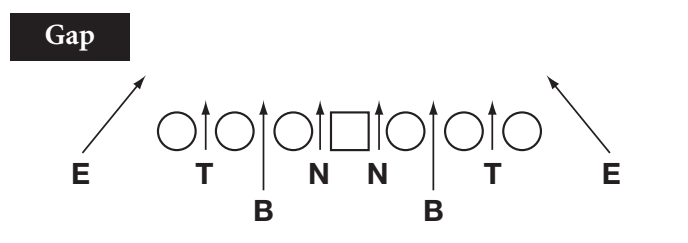
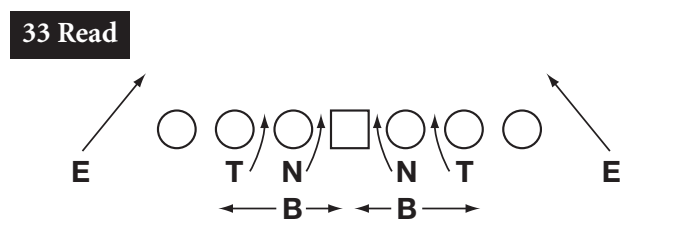
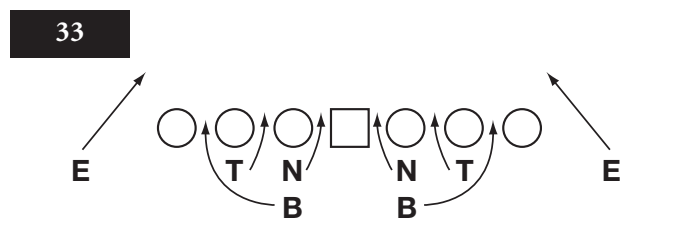
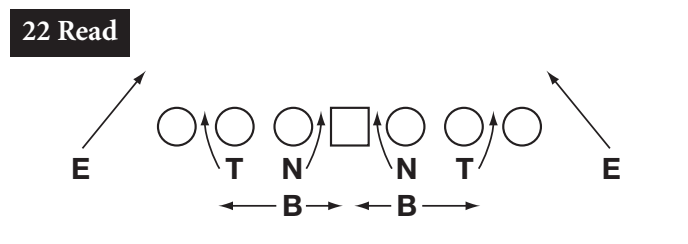
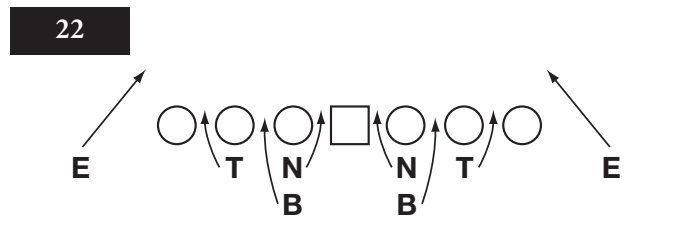
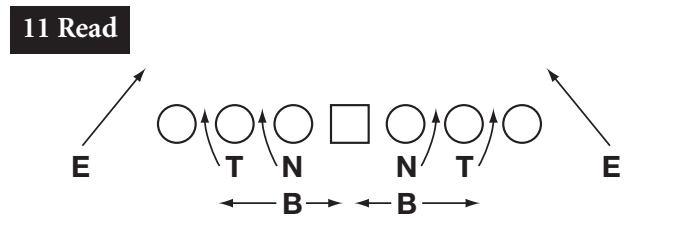
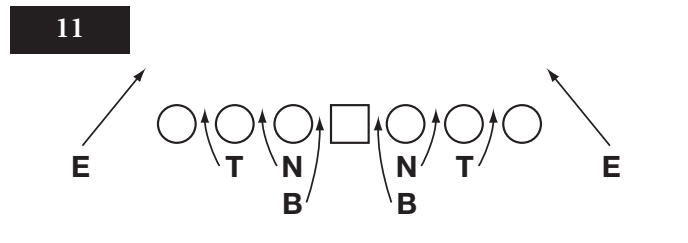
Making it streamlined for youth football it is fairly simple. First, you will only use the “11”, “22” and “33” calls. You simply add the tag “Read” if you want to turn off the blitz. You use the tag “Gap” to get your goal line defensive fronts or bring the heat faster.

As far as pass coverage, we used Cover 1 and Cover 0. We did not involve the defensive ends in pass coverage so our cornerbacks always had the first receiver to their side. The strong safety always had the second receiver to the strong side of the offensive formation. If we faced 4 verticals then we would have the weakside linebacker to take care of the second reciever to the weak side.

We used the nose men and tackles in 4-point stances but I recommend going with whatever the player likes best and gets the job done.

We did not use a box technique for the defensive end. We used the “Stinger” technique from Coach Roark’s “Wide Seven” defense. It is like boxing but from a 45 degree angle from 3-5 yards out. The “Stinger” technique is identical to Roark except we moved the defensive ends in from 5-7 yards that Roark suggested to more like 3-5 yards. I guess we did it mostly to get into the backfield a bit faster. No real secret to it from that point.

We used this from the 8-year olds all the way up to varsity.



Testimonials

I am head coach of a 8-10 year old JV Midget team (100 lbs. limit) in Springfield, Pa. I have about 20 years coaching experience at the C.Y.O. and Weight Team levels. When I contacted Coach Carbon we were 1-1 and the game we lost was 32-0 against a very good team. At times we seemed to play well during that game, but our tackling and energy was just not showing. This became very disheartening to me as the defensive coach because we had some tough and smart football players who were just “off” that day and outplayed by a very good team.

John Carbon told me about using “stingers”. They are defensive ends or linebackers who line up on the edge of the defensive line 1-1/2 to 3 yards out. (We had them line up 1 to 1-1/2 yards out.). We also were given defensive line calls an “inside call”, an “outside call” and “slant calls”. Coach Carbon sent me some great stuff for defensive tackle play (angled stance) and how to drill this during practices. He basically told me how to position the defense in general should in respect to techniques and the calls.

One thing I stressed to our defense was always be aware of the wide side of field and use correct pursuit angles at all times. We used a lot of “crash” calls for our weak side defensive end/outside linebacker along with a blitz from our middle either strong side “A Gap” or “C Gap”. Stinger calls were made at times too with a strong middle blitz by both linebackers or one.

Most of our success came at the defensive end/outside linebacker spot because those kids loved to hit and dish it out. Our middles were very smart guys too and they had a nose for the ball. Our defensive line, as the season progressed, understood how important it was to do their assignments.

We stressed what each position was responsible for their assignments. We went over our limited blitz calls and line calls two nights a week for 10 minutes. We focused more on what we wanted to do according to the weekly game plan. We mostly saw tight end to tight end formations with either a wingback or flanker from most of the teams we play. They were running Wing T, Double Wing or some kind of fullhouse stuff.

I am very grateful to Coach Carbon for the help he gave me (on my short notice) with some problems we were trying to fix with our team defense!

Sincerely Yours,
Jonathan “Flynn” Mattox
Springfield, PA

The 6-2 Shooter Defense

Steve Sheehan

Cincinnati Academy Physical Education, Ohio (1987)

I have been coming to the Louisville Clinic for 13 years and I never thought I would have the opportunity to speak at this fine clinic. I am proud to represent the state of Ohio today. Cape High School is a magnet school, or an alternative school. It is what I feel is the public school's answer to parochial education. Finally, someone on our board of education said, "Why is Moeller High School kicking our ass." We could not compete with Moeller week after week and year after year. It was very simple to me. I started teaching in the parochial system at Roger Bacon High School under Bron Bacevich and I know why they win.

The first reason they win is because they have discipline. Second, they have athletes. They draw from a large area. They have 6 or 7 parishes feed one high school. Third, they can get rid of the bums. I taught 5 years at Roger Bacon High and never had to put up with a bum. I sent him to the public schools if I had a problem with anyone. They have to go to class, turn in their homework, and they have to go by the rules or they are gone. They are paying tuition and they are paying the price. The other reason is because the kids get out of bed in the morning because they want to be at school. It was very simple. We went to an alternative program. We have another program in Cincinnati, at Walnut Hills High School. It is for the advanced students and the college bound. We have a school for the creative and performing arts. They have to audition to get into that program. So we do have some other programs in the Cincinnati system.

The criteria for the Cincinnati Academy of Physical Education, and there is only one criteria -- racial balance. How will each new application affect the racial balance of the school. That is the only criteria we have. I never see the kid before they enroll, I never get to weigh them, or interview them. They make applicants come to our school with the central office. After the racial balance has been checked, that is it. They accept or reject on that principle, and that is it.

The question is asked if we can have the same other programs that a regular school has. We have the same programs that most high schools have. I think we are doing a good job with our other programs. We have discipline in our programs. We have kids that get off the bus in the morning. They want to be in school. Mom and dad want them there. They chose this program. They say "yes sir" and "no sir". We feel we have a big advantage. We are glad someone finally thought of this idea.

Our principal has just returned from spending two weeks in Kansas City. They plan to add a program like ours. Also, New Orleans is adding an Academy of Physical Education. Mark my words, these schools will be springing up around the country.

In our alternative program we teach the same courses that other schools teach. We have math, science, foreign languages, and other subjects. The only difference we have is that you have to take two Physical Education classes everyday. Everyday they must take two Physical Education classes from 9th grade year to the 12th grade year. We do have a longer day. We go from 8 to 3 everyday. We get the same pay as the other schools that go 6 hours. We had to stretch the school day to get the extra Physical Education class in. We do have specialized PE courses and we have the regular PE class as most of you have.

Let me tell you some of the special PE classes. We have Sports Photography, Sports Writing, Physical Therapy, Health and Conditioning. We have one class that we call Circus Skills. If you want to see kids develop and perform, you should see this program. This program is unbelievable. They teach uni-cycling, juggling, and other skills on the balance boards. I can walk into that class and watch them juggle and work on the balance boards and find my wide receivers. If you give them good programs the kids will work their tails off to improve. We have one coach that sits in the weight room all day. He teaches both boys and girls in the weight program. We have 274 boys in our school. We are a AA school. I did not want a large high school with 1000 boys in the school. I do not feel you can control that number the way I feel you need to in order to have a good disciplined program.

When the school was first organized the head coaches of the Cincinnati school system were sent applications. Not one of the other head coaches applied for the job. I do not blame them because they did not want to go back and start over with freshmen and sophomores. Also, everyone thought the program would be a dumping ground for that type of school. But as time went by we were able to weed them out. The word got out -- you must do your work at CAPE. You must be disciplined at CAPE. We approached the program the right away and I would be the first to say it was because of the principal that founded the program that made the school go. Now I am sure he will be able to go to any new area wants with the success of our program. We are proud of our alternative or magnet school.

My talk is based on defense. For 8 years I was the high school defensive coordinator. Then when I became a head coach I was asked if I would go over to the offensive side of the ball. I had coached 13 years and most of that time I had worked on defense and now I was thinking about going over to the other side of the football. I had to stop and think about that situation. I decided not to give up the defense. I found an assistant to all the offense.

When we started our program I felt we could play defense well because that was an area that I felt comfortable with. Our defense is not a READ and REACT defense. It is an ATTACK and REACT defense. When that ball is snapped we are going to come after you.

Some of the things we do on defense you may be able to use. Hopefully, some of the things we are doing will help some of you that have the type of kids we have in our program.

Last year I spoke at the Ohio State Clinic. After the lecture a coach came up to me and said, "I did not like the defensive alignment you are using, but, Coach, I really like the way you are calling the defenses."

The reason we chose this system is because we feel the players want to attack the offense. It is a lot of fun to coach and the kids love it. I could not go back to coaching a READ defense. The kids would not allow me to do that. We use small, quick kids. Some of our kids are 3 and 4 team players. They can fit in somewhere on this defense. We do not spend much time teaching the READ. We only have to spend one day teaching the READ. I have heard the theory, "Bend but do not break." We were super at this. The problem was this: we were bending all the way to the end zone and we couldn't slow them down. If we had the big, strong kids we could spend more time on the READ. But with our quick kids we want to go to another defense.

It only takes us one week in summer ball to put in our defense. In our first scrimmage we are ready to go. We can run any of our defense. Early in the season the offensive lines are not ready for us. we get so cocky in that first scrimmage. We build so much confidence in one week on defense.

I did not realize this until I started working with it the last 3 years. It is very hard to block for the offense. We are going to do three things. We are going to line up and do one of three things. We are going to line up the same way all the time. One we will fire straight into you. We do not use the flipper, we use the hands. We are not big enough to use the flipper. We use our hands. The thing we will do is to fire inside. We go as quick as we can. Most of the offensive blocking schemes will hold up on this move. The third thing we are going to do is to go around and outside the block. We go outside and around the block because it will screw up the blocking rules.

Another reason we like this defense is because no one else we played used this defense. we felt it gave us an advantage because the opponents only had 4 days to get ready for us and our new defense. This gives us an edge.

This defense was designed to stop the run. I believe the first thing you must do in high school is to stop the run. Most teams we play like to run the ball down their opponents' throat. But we found out after we got into the defense that it was super against the pass as well. When you play CAPE you had better be ready to block 8 people because we are going to come after you. If you are going to throw the ball we are going to come at you with 8 people part of the time. If the offense sends out three receivers and we rush 8 it means you only have 7 men to block our 8 defensive men. We have you out manned. if you keep one man in and block with 8 men I feel we will still beat you to the QB. We feel we have the advantage on the pass rush.

For any theory to be worthwhile it must stand the test of time. I feel our defense has stood that test. It is true we had an All-American running back that ran for 7,832 yards and scored 104 TD's. You are going to beat most teams with that type of players. you are right he could have done the same for you. He was a great athlete but he did not make one tackle in four years. He did not play defense for us.

Let me show you why I feel this defense has passed the test of time. Something is working right for us.

Statistic	1983	1984	1985	1986
<i>Avg. Yards/Game</i>	121.4	166.4	127.8	119.3
<i>Avg. Points/Game</i>	6.4	10.4	6.6	7.7
<i>Shutouts</i>	4	3	5	2
<i>Sacks</i>	27	26	17	27
<i>Interceptions</i>	14	17	22	13
<i>Recovered Fumbles</i>	18	15	14	13
<i>Record</i>	9-1	9-1	14-0	13-1

Those last three are the ones I think are important -- sacks, fumbles, and interceptions. This averages out to 5 big plays per game. I can look for 5 great opportunities per game to make something good happen.

Our base defense is a 6-2 defense. We call it a "6-2 Shooter" defense. Our nose men line up heads up with your guards. We line two of them on the guards 90 percent of the time. Our tackles are lined up over the offensive tackles. The ends are lined up one yard outside the tight end or one yard outside the wing back. We do not like to play them head up or tight on the shoulder. Our ends have all of the contain responsibility. If a run comes they have contain. If the run goes away, we are going to drop our ends. we are not going to let the end hook our end. we do not let the wing man line

up outside of us. We play a lot of man coverage so we can move the end outside of the wing. We do not line up 10 to 12 yards deep in man. we are lined up 5 to 6 yards deep where we can support the run.

Our linebackers are two yards off the heels of the nose man. We can cheat them up or back depending on their speed. They need to line up where they can move up and down the line. We do not want them to get tied up with the feet of the linemen.

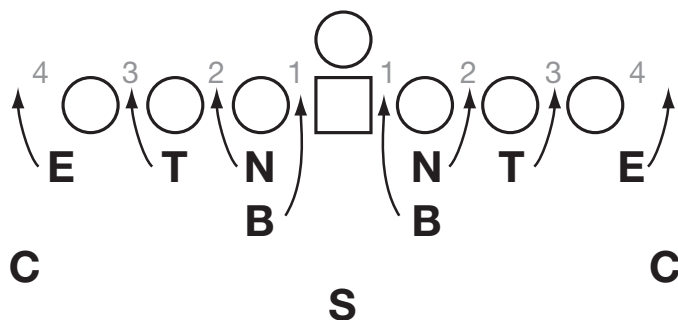
Next we have our two corners and our safety man. We are lined up in a three deep alignment. We do play some zone defense. In the state finals we intercepted four passes. We were in a zone defense on three of those interceptions. When we think you are going to throw the ball we are going to be in the zone. We base all of our coverages on our scouting report depending on the percentages of the run and pass.

When a scout comes back I want to know the number of times they have run each play. I want to know how many times they ran the sweep. I do not want to hear the scout say, "Oh they ran the sweep a lot of times." I want to know how many times they ran the sweep. Give me a percentage. "out of the I-wing set it was 80 percent of their offense." This tells me something. This is what we base our defense on.

Our defense is a gap concept. We have found that numbers do better for us over the letters. The guard-center gaps are #1. The guard-tackle gaps are #2. The end-tackle gaps are #3. Outside the ends are the #4 gaps. we use numbers on both sides. When we call our defensive signals we give them three digits. The first number is our defensive coverage. The second number is for the right linebacker. He listens for the send number and attacks that gap. The third number is for the left linebacker. He attacks that gap.

The nose men and tackles go to the opposite gap of the linebackers. That part can be taught in one week. It is a simple numbering system.

Now we can get into the different defenses. Here is 211. I will signal in the defense. This is Cover 2, left linebacker covers the 1 gap on his side and the right linebacker covers the 1 gap on his side. The guards and tackles go to the opposite gaps.



Here is the big key to the defense. Note the spot the arrows stop in the gaps. We want to stop on the heels of the offensive line. If we get too deep you can trap us to death. We know most teams are going to run the trap on us.

If we want to change the coverage on the defense we call 311 or 411 or any coverage we want to call. We still run the same in the gaps.

If we want to keep our linebackers at home and not run them through we call 211 READ. Now we have our Cover 2 with the same gap charge for the line but our linebackers are going to read on the play. They will not run through the #1 gap; they will check the #1 gap and then read. If the ball does not come to the #1 gap, the linebackers help out elsewhere. We have the stunt and we have the READ.

We use a lot of the same stunts the 50 package uses. They gave the stunts names but we give them numbers. If we want to play a combination of the gaps on one side and the READ on the other, we can. If we put zero in front or at the end of the call it is a read for that linebacker. An example would be 230. The 2 would be our coverage, the 3 would be the 3 gap for the left linebacker and the 0 would be a read for the right linebacker. Now our stunt package has increased for several stunts and several looks. Now we can confuse the offense. We feel this is an advantage.

You can see the possibilities with this defense. Start drawing up the different defenses you can come up with. we run the regular calls. We add the word READ. And we use the combo by using a 0 for the left or right linebacker. It does not require any additional teaching or learning. If your linebacker are better at reading, use that defense more. Find out what you do best and work on them. We can't use all of these stunts but we can select those that we do best.

We do make some adjustments. If we find in our scouting report that a team is running toward the formation a large percentage of the time we call "Strong". We move the linebacker on the side of the wing over the and move the backside linebacker over the center. Now we have "Strong Left". Everyone will read. We put strength with strength if we know you are going to go to a certain play. We can move to a different defense if the offense comes out with a different formation or something new. We can call "Off-Strong" and switch the defense.

We found out that we could not sit in the zone coverages if we were going to send our linebackers. We cans top the sweep and the off-tackle play. The quick trap and quick pass or the dump pass will kill this defense if you get it off quick enough. This is why we do not want to sit in the zone defense. The QB sneak will hurt this defense if the QB breaks the front line. We will plan man enough to stop the dump.

If we want to to man we can. If you do not have three men on the line of scrimmage our safety will call "Free". If there are three receivers on the line we have to go with them. If they go in motion we have to pick them up in man.

If you have a flanker out wide we move our corner outside with the flanker. Our safety comes over the tight end on the strong side and the backside corner covers the backside end. Now our end makes a call. If the end has a twin or split set he will call off and walk away to the outside. If we have one good end that can play the twin set and play the pass better we will switch him back and forth. When we are in a zone the end will play the flat and the safety will go back and play the deep middle.

Two of my coaches are here today. I always said I would introduce the assistants that help gain this honor. First is Kip Waddell. Kip coaches our nose men and tackles. He played at the University of Kentucky. Next is Bruce Williamson. Bruce coaches our defensive ends. I will say this, I think it is a must to have a coach that does nothing but coaches the nose and tackle people. It is the same concept for both positions. They are important enough to have someone with them all of the time. You must have a defensive end coach. You can not have him double up with the linebackers. I will give the linebackers to the nose and tackle coach before I would put the ends with the end coach. It is important to have an end coach in our scheme.

Every team runs some type of option. On the option our end has the pitch. We feel the offense will not pitch against us. We want to know before we go into the game what is going to hurt us on the option. The person that is going to hurt us the most on the option is the QB. It is not going to be the pitch back. We will take that play away. The second play we will stop is the dive. We will make your QB a hero against us. At least we know who we will have to stop on Friday night. We will get one of the men we have assigned to the man coverage to stop the QB. Everyone will work toward those goals.

I worked with one of the best high school coaches in America at Roger Bacon High School. His name is Bron Bacevich. He played the 50 defense. I learned a great deal about defense working under Bron but I know I could not get our players to play the 50 defense. They like the 6-2 Shooter defense so much I know I would have a hard time changing them now. We believe in this defense and we have kids that believe in it.

This is what I believe:

1. Kinds are kids. The only difference is the support they get from parents.
2. Strength wins the first half, conditioning wins the second half.
3. Don't yell at quitters. Find out why they quit. Patience today leads to players tomorrow.

Mistakes are valuable if you:

1. Recognize them
2. Admit them
3. Learn from them
4. Forget them

Focus your attention more on the error than on the man who is responsible.

Blitzing -- We will play an aggressive defense as opposed to a soft defense. It is easier to teach blitzing than it is to teach pass defense.

Whatever we stress or emphasize, the kid learns. Repeat, repeat, repeat.

Angle of Pursuit -- There are some correct angles that every man can take to pursue the ball carrier. This sounds simple but it is probably violated more than any playing fundamental. You can go back and check your films to see for yourself.

The most important thing in defense is morale. Sell, emphasize, glamorize. Defense is the heart of the game. Anyone can play offense. It takes a real athlete to play defense.

Games are won by the offense and the defense but all games are lost by the defense.

Men, my time is up.

Defensive Notes

1. This is an attacking defense, not a reading deffense. Everyone must move when the ball is snapped! You need quickness and speed to play this defense.
2. We must stop the QB sneak, quick trap, tight end dump pass, off-tackle and the running back out into the flat. Work everyday on these plays!
3. When the line shoots the gaps they must learn to stop at the heels of the offensive lineman and then pursue down the line. (Pinch - Down)
4. To play these defenses we must be excellent tacklers. Don't miss tackles.
5. Defensive backs will play a lot of man-to-man coverage and some coverage. You will have to work hard to stay with your man no matter where it goes.
6. Every play someone will make an attention call, key word, call the linebacker and secondary call and/or call the down and distance.
7. On every play we must be alert for adjustments; linebacker adjustment switches, end adjustments and secondary calls.
8. Nobody will play defense unless they give 110% at all times!
9. The team defensive goal for the year is to give up less than 100 points.

Coaching Points

1. **Down Men:** Stop at the line of scrimmage when you stunt; Pinch down when your man blocks down; Spin out technique when you get blocked from the side or double teamed.
2. **Linebackers:** Don't over run; Plus same as down men.
3. **Ends:** Must slow rush; Have contain; Remember "Boss D"; Listen for adjustments.
4. **Defensive Backs:** Listen for adjustments; Option coverage clarification; Man or zone coverage; Kick motion over; great one-on-one tacklers.

Defensive Calls

The defensive calls will be three numbers. Example "124". The first number represents the secondary coverage.

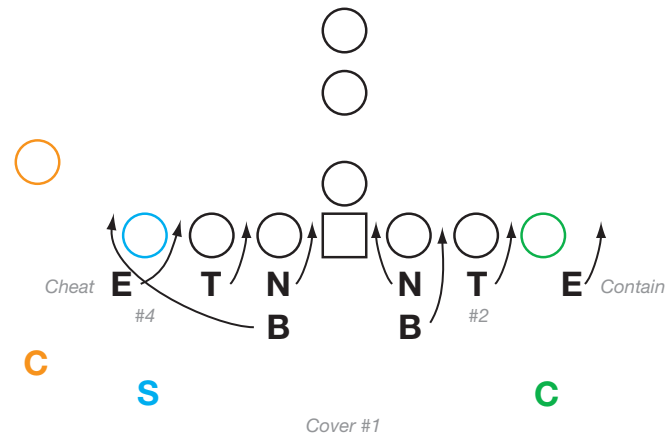
1. = Man-to-man coverage
2. = Peregrine, two deep roll up "Auto"
3. = Zebra, three deep zone
4. = Man-to-man with free safety (Gangster) "Auto"

The second number represents the right linebacker stunt.

1. = Linebacker and nose and tackle
2. = Linebacker and nose and tackle
3. = Linebacker and nose and tackle
4. = Linebacker and nose and tackle and end

The third number represents the left linebacker stunt. Stunts are called the same as above.

Example: 124 (Cover 1 with a 24 Stunt)

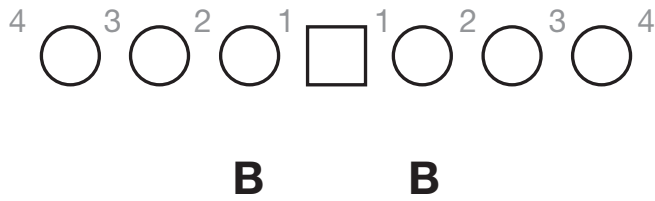


Numbering System

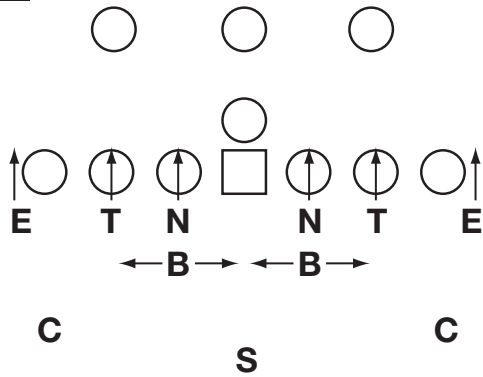
The defensive calls will be three numbers:

1. Call the secondary
2. Call the right linebacker's responsibility
3. Call the right linebacker's responsibility

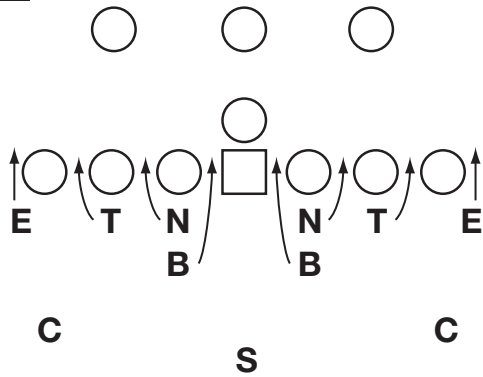
Nose and tackles go to the gap opposite of your linebackers. Ends have contain on runs to your side.



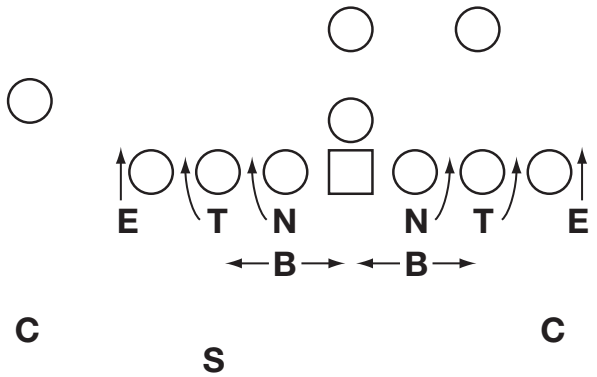
Read



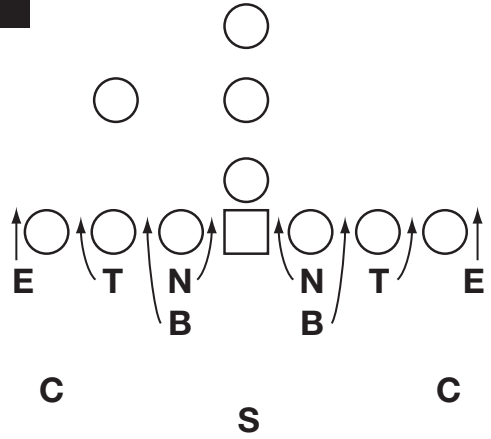
11



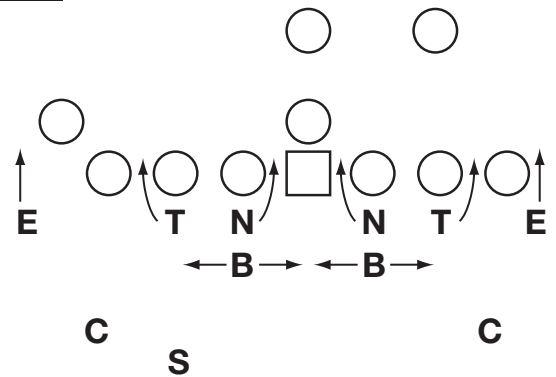
11 Read



22

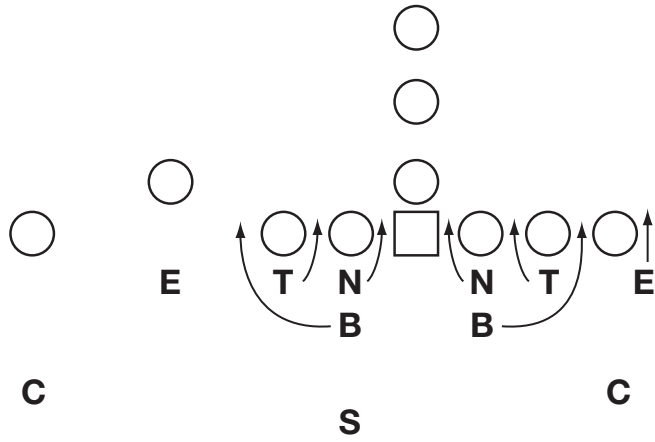


22 Read



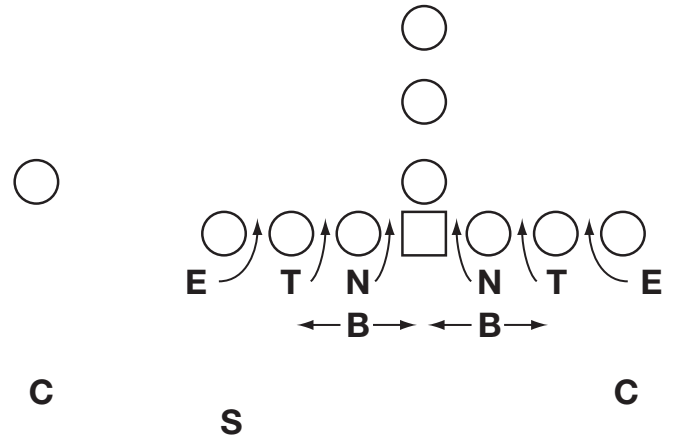
Numbering System

33



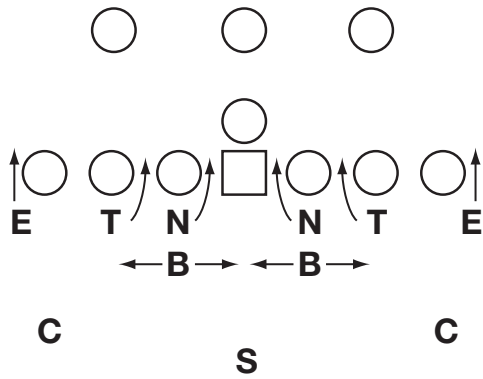
44 Read

Short Yardage



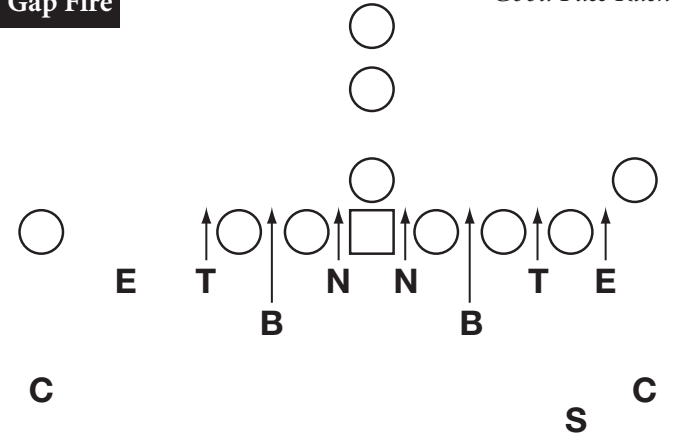
33 Read

Good Against Traps

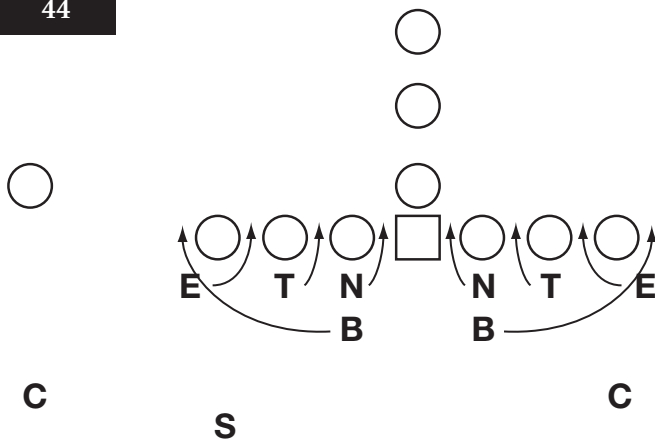


Gap Fire

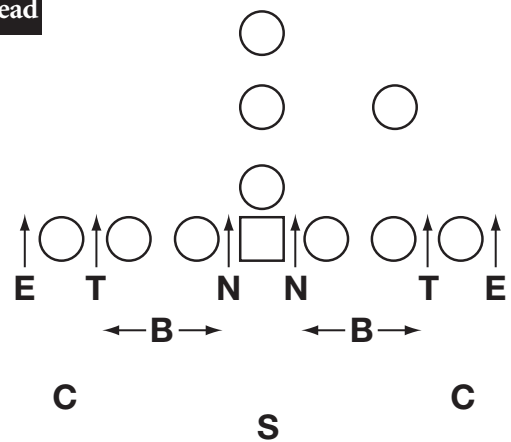
Good Pass Rush



44

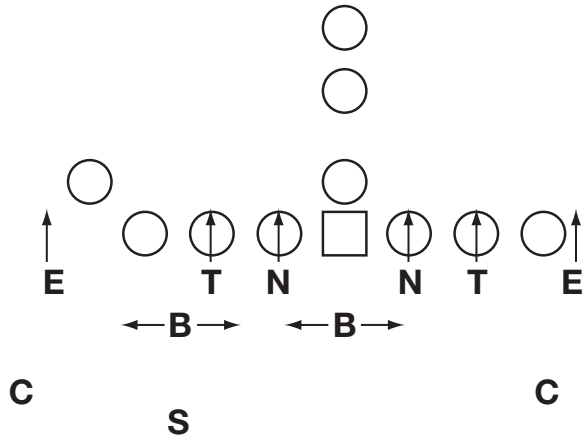


Gap Read



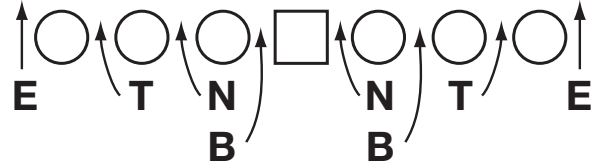
Numbering System

Strong Left

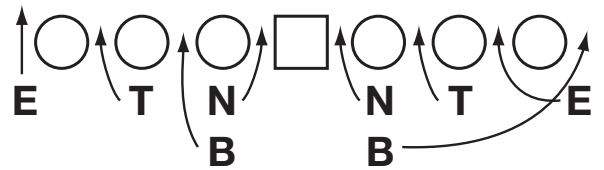


Combination Stunts

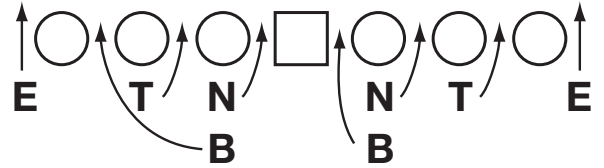
21



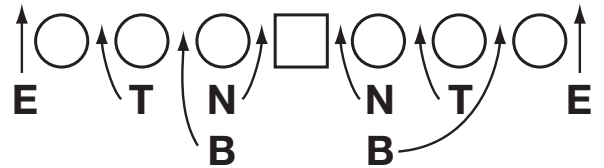
42



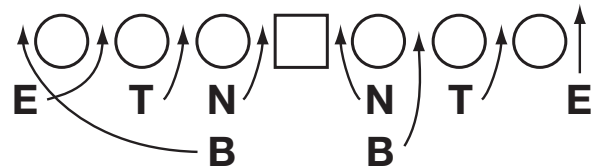
13



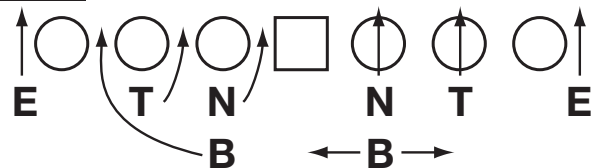
32



24

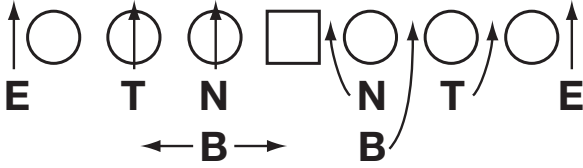


03

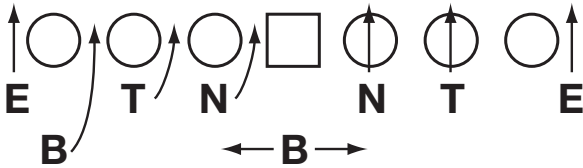


Combination Stunts

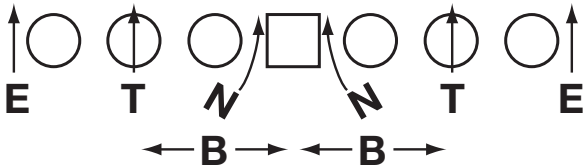
20



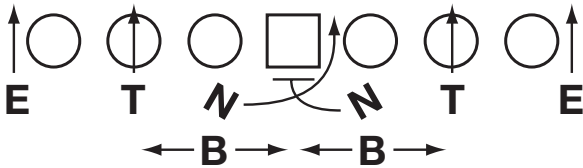
SL03



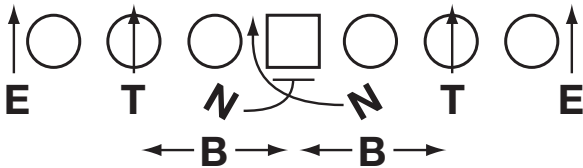
60 Pick



Pick Right

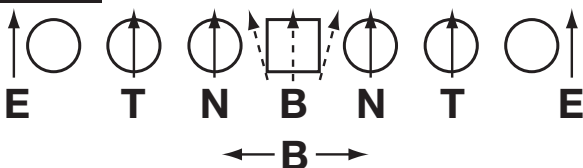


Pick Left



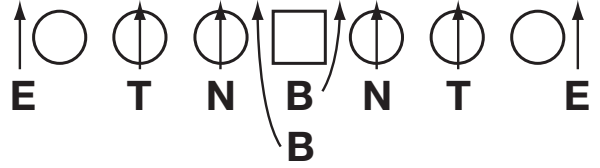
Diamond

Good Against Traps



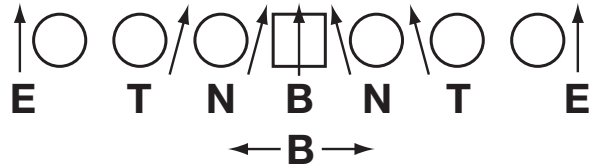
Diamond Fire

Good Pass Rush



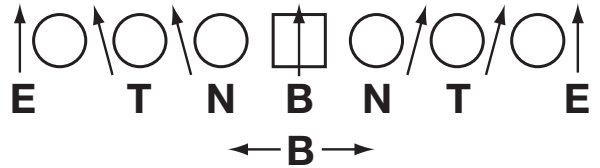
Diamond In

Good Short Yardage

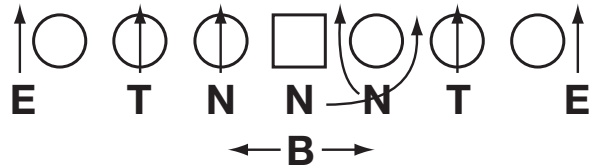


Diamond Out

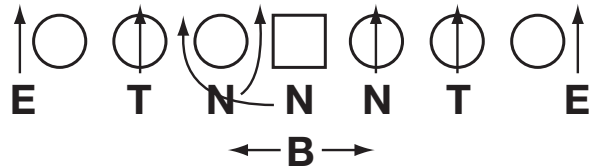
Good Off-Tackle



70 Pick Right

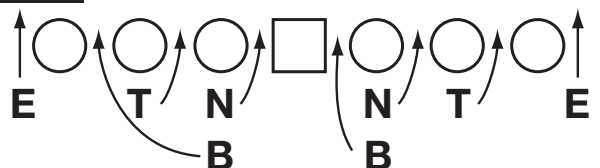


70 Pick Left

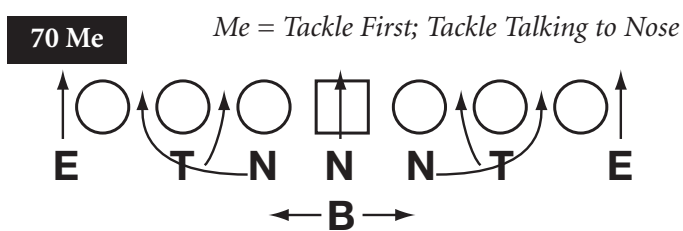
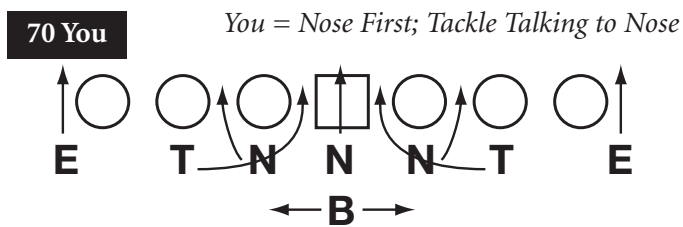
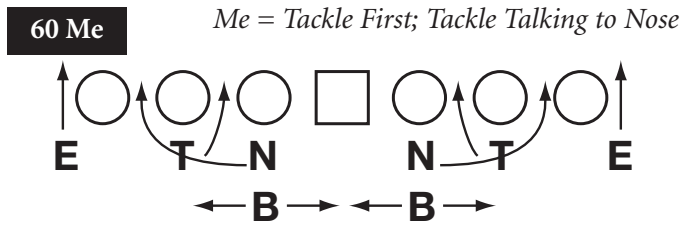


60 You

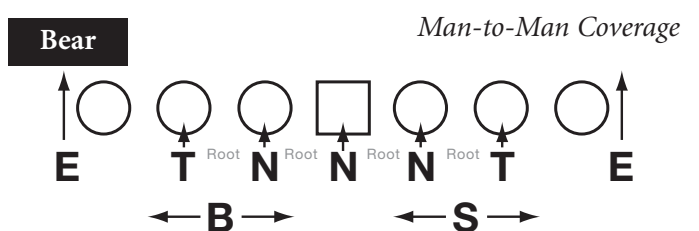
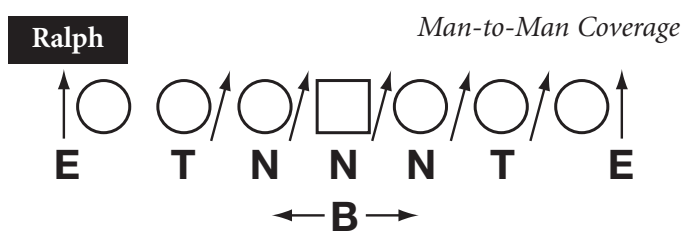
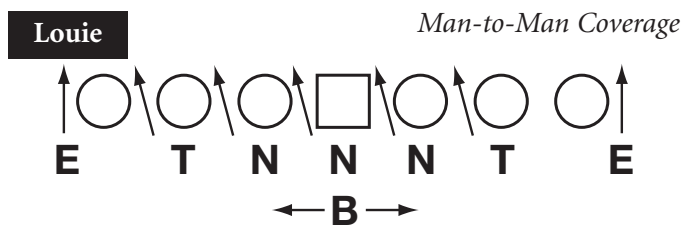
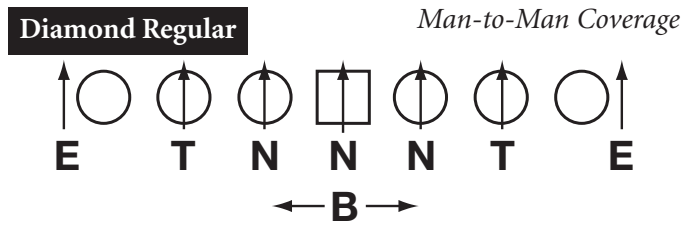
You = Nose First; Tackle Talking to Nose



Numbering System

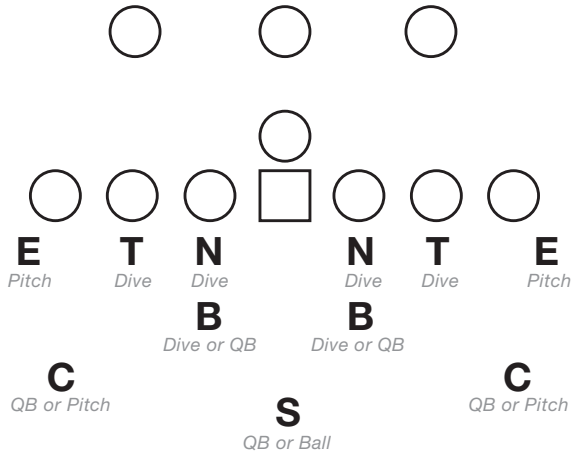


Goal Line Defense



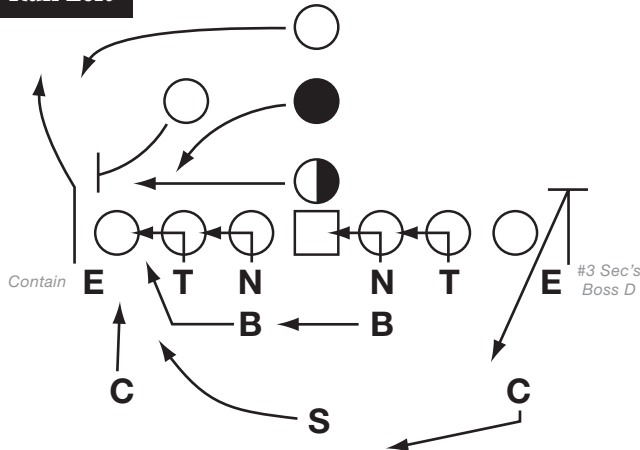
Option Coverage

Responsibilities



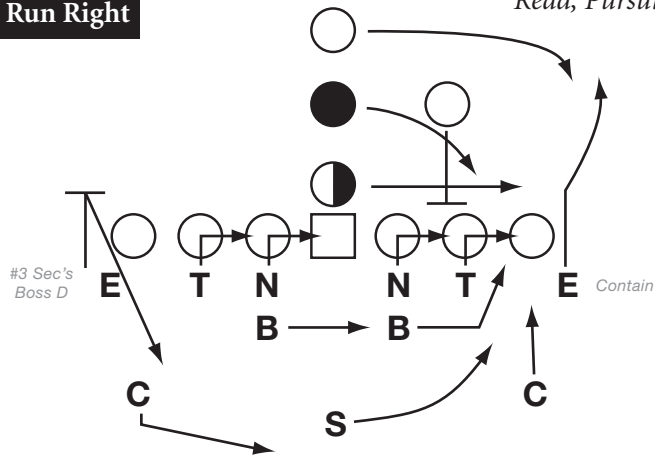
Run Left

Read, Pursuit



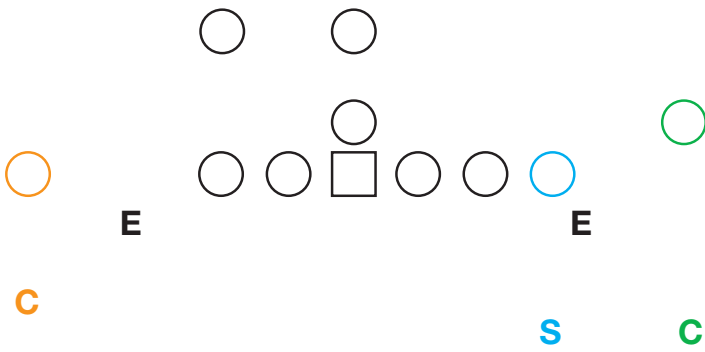
Run Right

Read, Pursuit

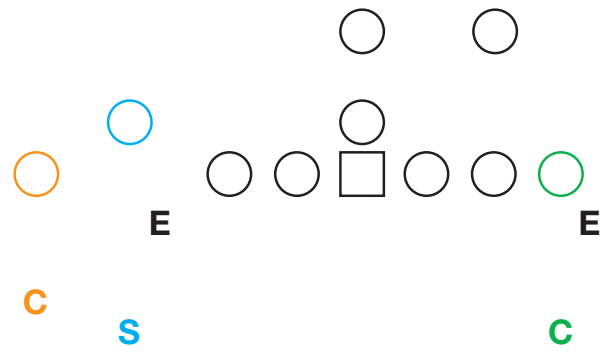


Cover One Man-to-Man Coverage

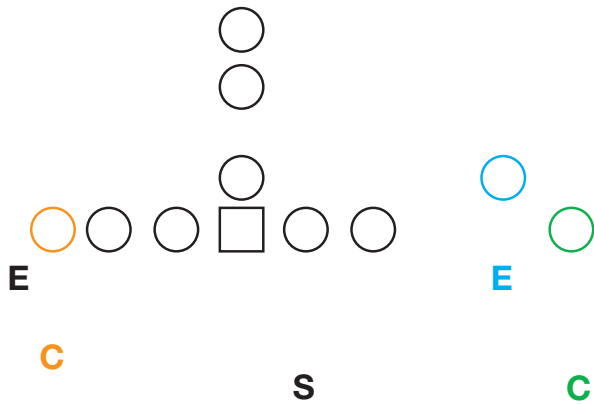
Pro Formation



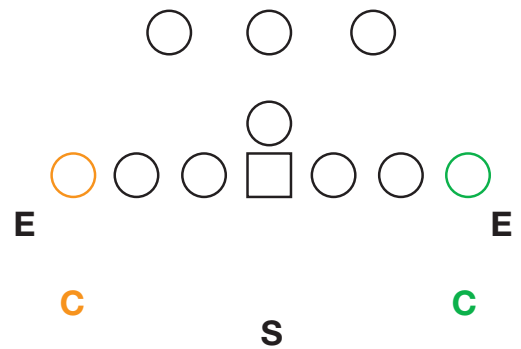
Slot Formation



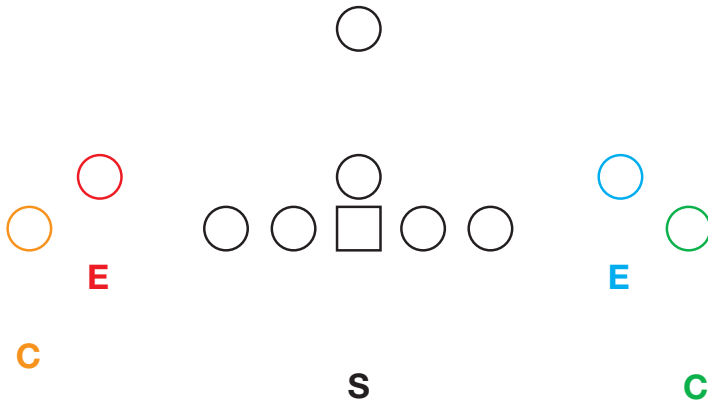
Twin Formation



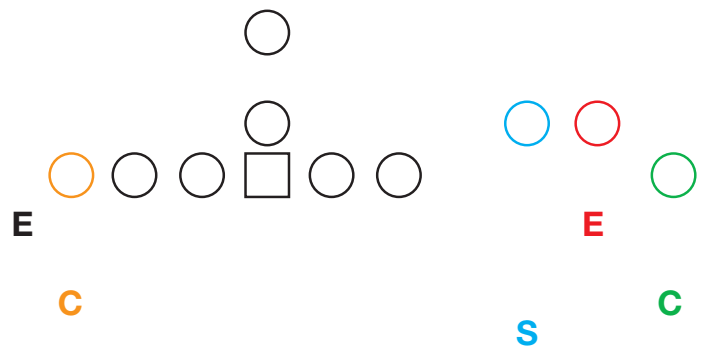
Full House



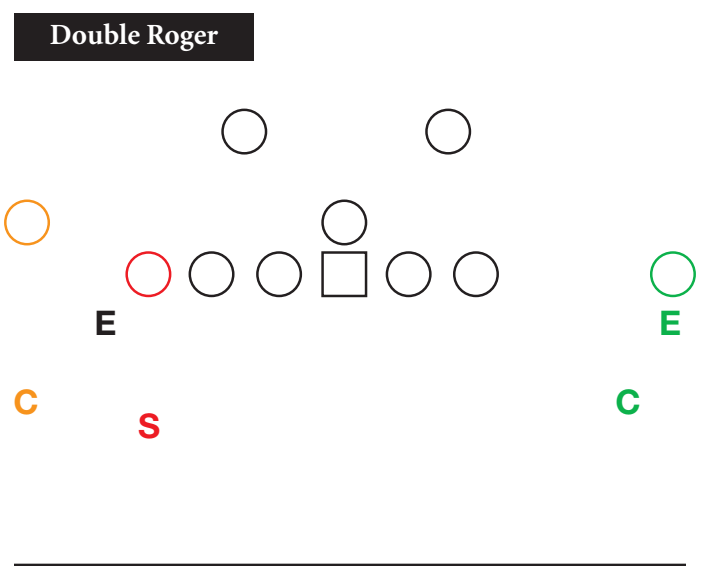
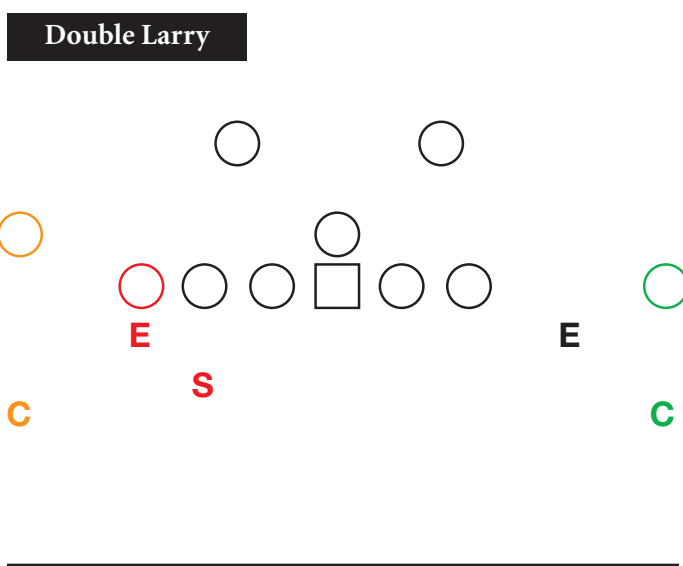
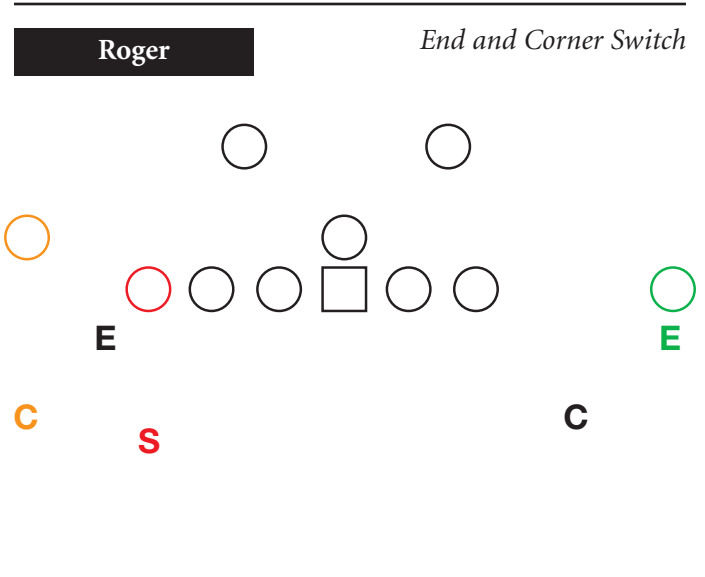
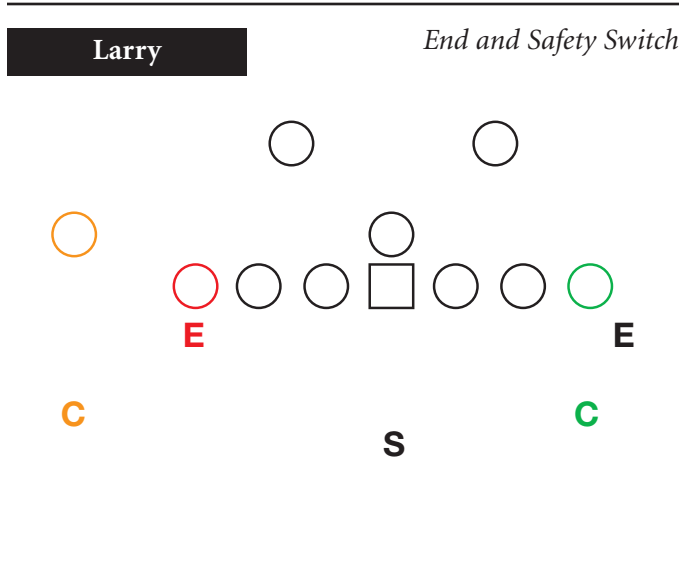
Gangster



Trips Formation

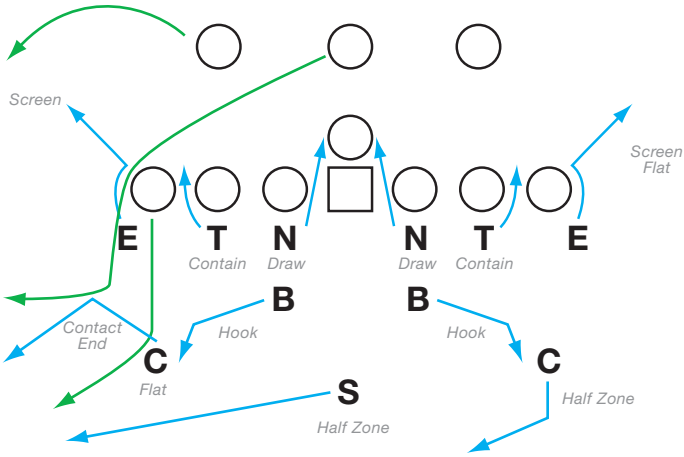


Cover One "Roger" & "Larry"



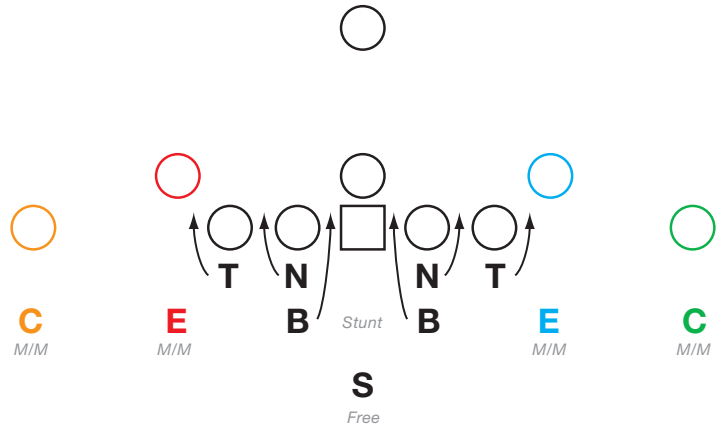
Cover Two

"Auto" to Three Back Set



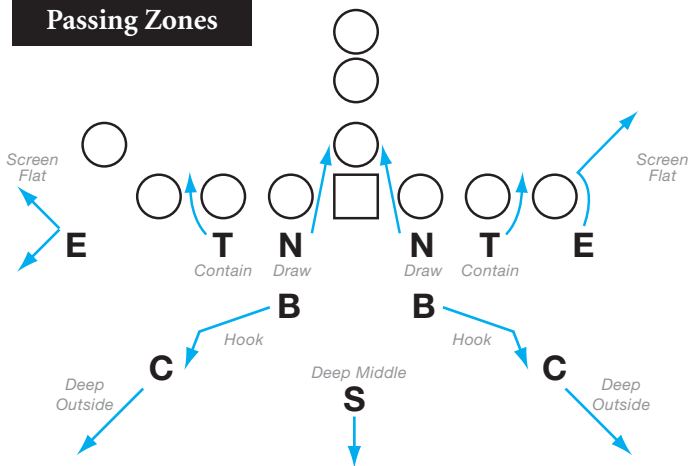
Cover Four

"Auto" Four Men at Line



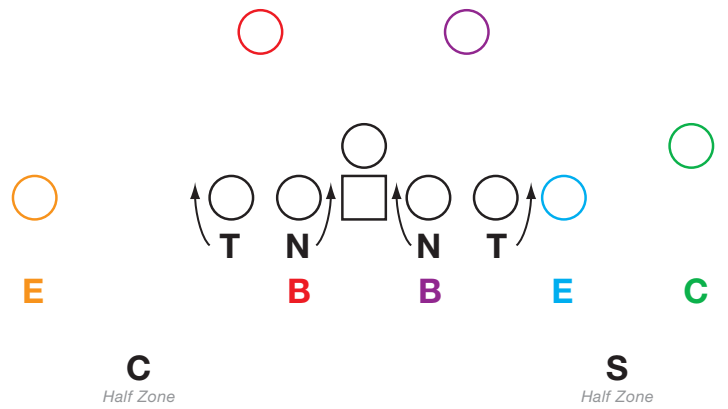
Cover Three

Passing Zones

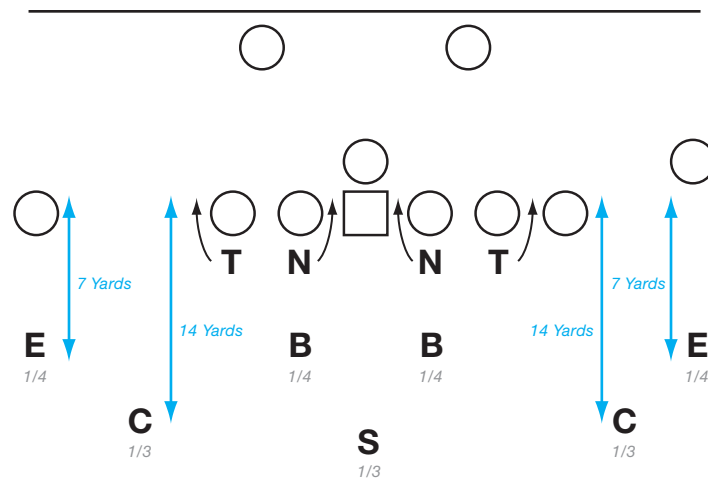


Cover Five

Passing Zones



Prevent



Defensive End Responsibility — “BOSS D”

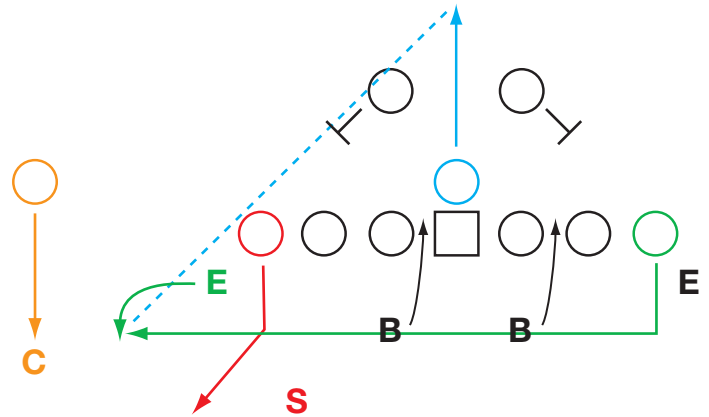
Defensive ends must learn “BOSS D”. It stands for:

- BO = Back Out
- SS = Swing or Screen
- D = Drag

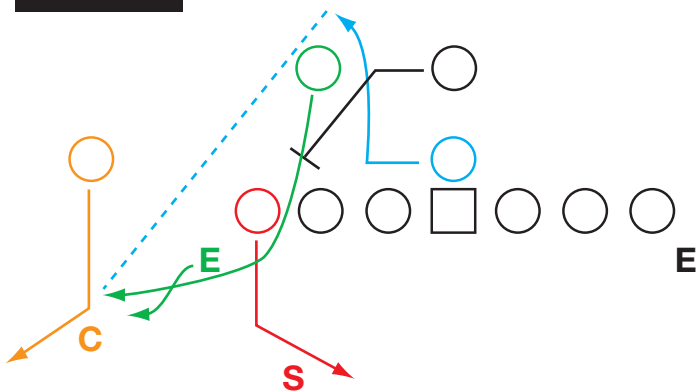
If your tight end releases, think “BOSS D”.

On passing situations, think “BOSS D”.

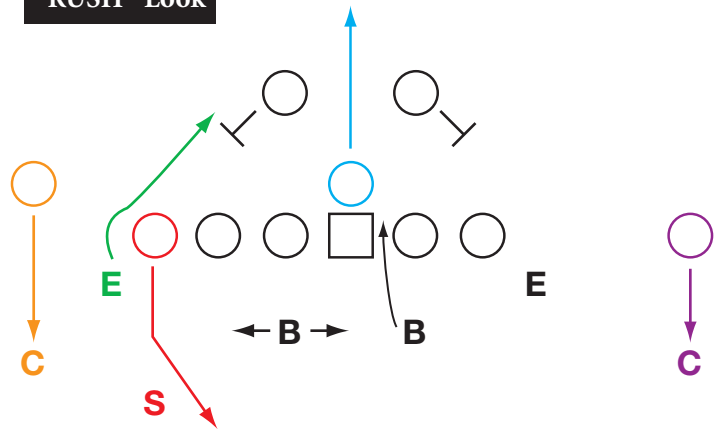
“D” Look



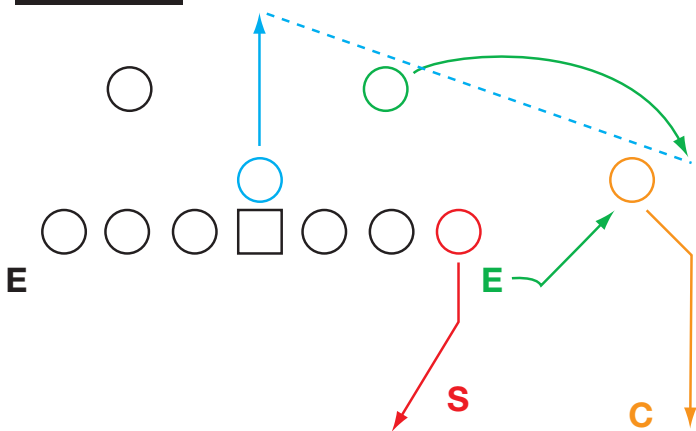
“BO” Look



“RUSH” Look



“SS” Look



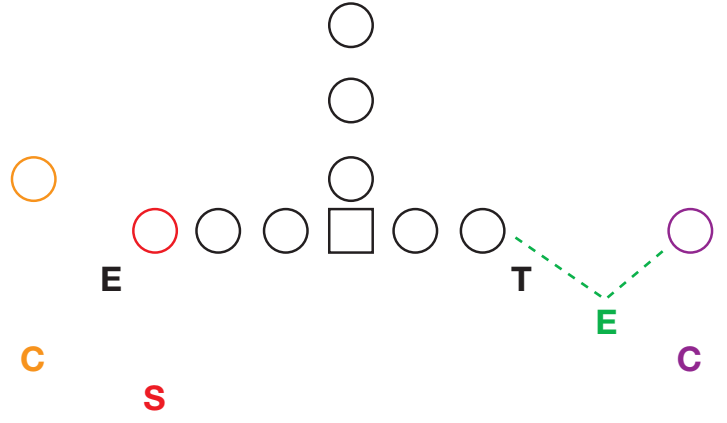
Defensive End Adjustments — SE Side Only

Condor End = Split End

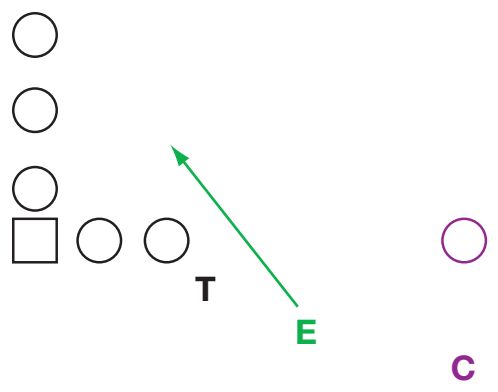
Run: Force 6 outside in; Cover pitch on option

Pass: Cover slant-in pass; Quick out; Back in the flat

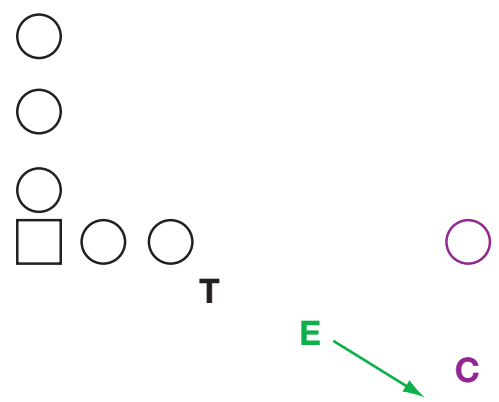
Condor: Walk Off End



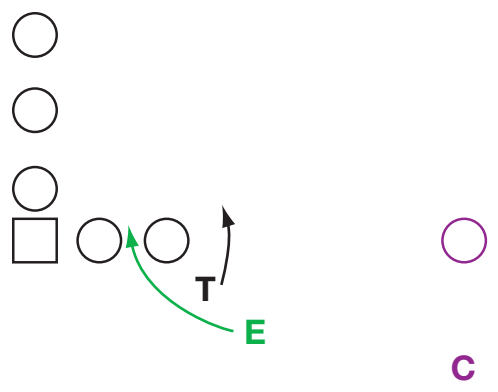
Condor In



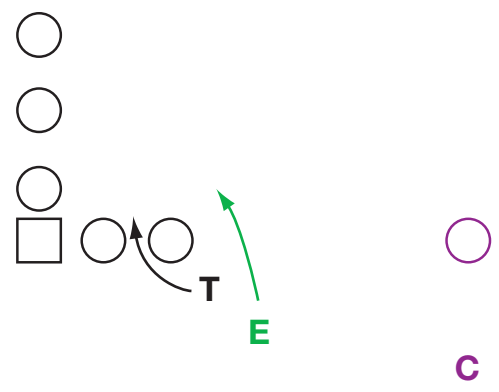
Condor Out



Stack In



Stack Out

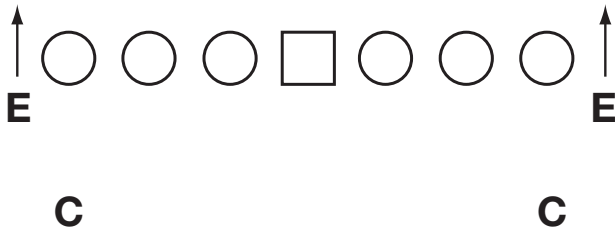


Defensive End Alignment

HAWK

Alignment

1. Line up on the line of scrimmage.
2. Line up with your inside shoulder on the offensive end or slot; outside shoulder or up to 1-1/2 yards outside the end or slot.



Stance

1. Feet should be shoulder width apart and parallel to each other.
2. Feet are perpendicular to line of scrimmage.
3. Eyes watch the ball, visual key. *Pressure Key:* "End"
Keys: If end blocks you, must contain the run. If the end releases, think "BOSS D"
4. Bend at the knees, back straight with hands on hips, doubled up in a fist.
5. Weight should be on the balls of feet.

Technique

1. On the snap step with the inside foot, use inside hand shiver to control lead back or pulling guard.
2. Keep shoulder parallel to line of scrimmage, stay low when attacked.
3. Keep the outside leg and arm free.
4. Squeeze the 8 hole.

Responsibility

Run

1. Force 8 hole outside in.
2. Take the pitch on option

Pass

1. Force QB, cover late back.

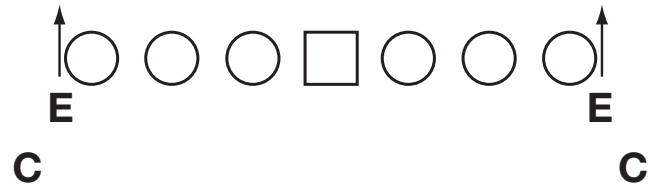
Away

1. Check reverse, late back, pursuit through position.

EAGLE

Alignment

1. Line up on the line of scrimmage.
2. Shade your inside eye on the offensive end's or slot back's eye.



Stance

1. Feet should be shoulder width apart and parallel to each other.
2. Feet are perpendicular to line of scrimmage.
3. Eyes watch the ball, visual key. *Pressure Key:* "End".
Keys: If end blocks, you must "force" the run. If end releases, think "BOSS D".
4. Bend at the knees, back straight with hands on hips, doubled up in a fist.
5. Weight should be on the balls of feet.

Technique

1. On the snap, step with the inside feet, use inside hand shiver to control offensive end.
2. Keep shoulders parallel to the line of scrimmage, stay low.
3. Keep the outside leg and arm free.
4. Squeeze the 6 hole.

Responsibility (See Secondary Coverage)

Run

1. Squeeze 6 hole.
2. Take QB on option.

Pass

1. Force QB, cover late back

Away

1. Check reverse, late back, pursuit through position.

Secondary Technique

Stance

Corners

1. Outside foot back. Your chin is over your inside foot.
2. Weight on up foot. Helps eliminate false starts.
3. Bend at the waist with your back slightly rounded.
4. Allow arms to hang relaxed.

Safety

1. Feet are parallel with your butt over your heels.
2. Allow arms to hang relaxed.
3. Heels are raised slightly.
4. Focus on the field first, communicate, eyes.

On the Snap

1. Push off up foot and step back with back foot.
2. Take a two step read and react.
3. Allow shoulders to come up gradually, stay low.

Sprinting Backward

1. Reach backward with feet and pull body over feet.
Get depth.
2. Knees should be bent.
3. Feet should only come up as high as the top of the grass.

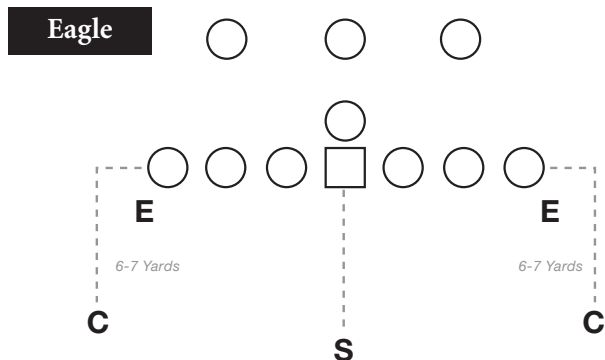
Key

1. Key QB on or off the line of scrimmage. Pass or run.
2. Key "End" or "Wing" down block or release
3. Key down lineman, guards and backside tackle.
4. Key ball.

Responsibility

1. If end or wing back blocks, think "Run, come up!"
2. If end or wing back releases, think "Pass, go back!"

Secondary Calls



Corner

Run: Force from outside in, pitch on option
Pass: Cover end man-to-man
Away: Check receiver, get depth if receivers block away

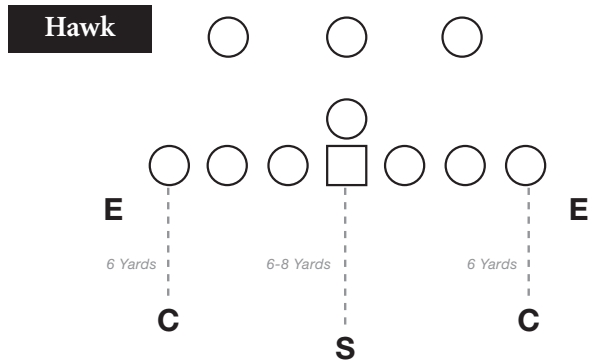
Ends

Run: Force 6 hole; QB on option
Pass: Force QB, cover late back
Away: Check reverse, late back pursuit through position

Safety

Run: Force from inside out; QB on option
Pass: Free, get depth; read QB's eyes

Note: Defensive end on offensive end



Corner

Run: Force inside out, QB on option
Pass: Cover end man-to-man
Away: Check reverse, get depth if end blocks away

Ends

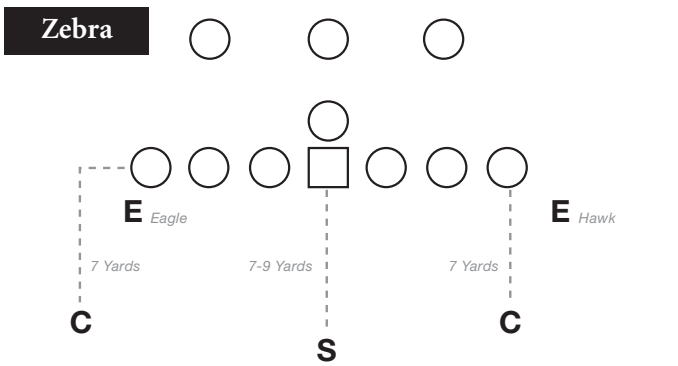
Run: Force outside in, pitch on option
Pass: Force, late back
Away: Check reverse, late back pursuit through position

Safety

Run: Force inside out
Pass: Free to help, get depth, read QB's eyes

Note: Corner back on offensive end

Secondary Calls



Corner (Eagle)

Run: Two step read, force outside in, pitch on option
Pass: Get to center of zone, locate receiver, play ball
Away (run): Check reverse, get depth if end blocks away

Corner (Hawk)

Run: Two step read, force inside out, QB on option
Pass: Get to center of zone, locate receiver, play ball
Away (run): Check reverse, get depth if end blocks away

Safety

Run: Two step read, force inside out, QB on option
Pass: Get to center of zone, locate receiver, play ball

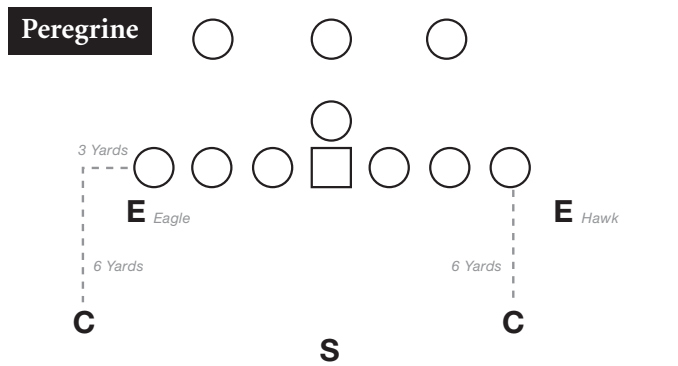
Ends (Eagle)

Run: Force 6 hole; QB on option
Pass: Force QB, cover late back

Ends (Hawk)

Run: Force 8 hole; pitch on option

Note: Hawk & Eagle



Corner (To flow)

Run: 6 or 8 (Hawk & Eagle);
Option: QB on Hawk, pitch on Eagle
Pass: Flat to sideline; Slow vertical release on Hawk
Away: Get depth, watch for trick play; Play pass all day, until ball shows

Safety

Run: Read pass, give late support; Read ball
Pass: Play half zone flow side

Corner (Away)

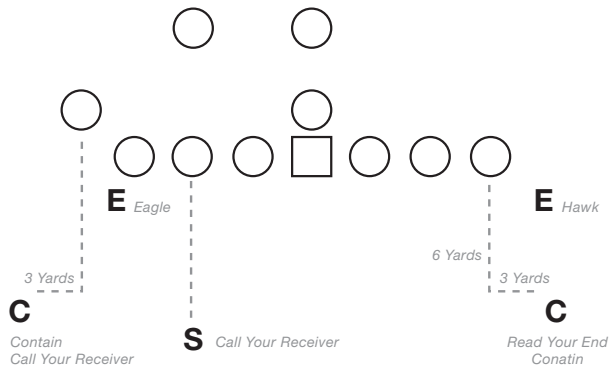
Run: Get to center of half zone; Don't cross hash until...
Pass: Cover back side half zone; Play pass until...

Ends

Run: Force 6 or 8; *Option:* QB on Eagle, pitch on Hawk
Pass: Force, late back
Away: Reverse, pursuit thru position

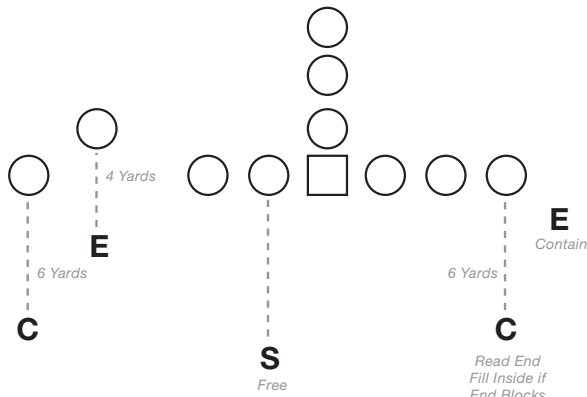
Note: Cover 2 zone

CAPE Defense



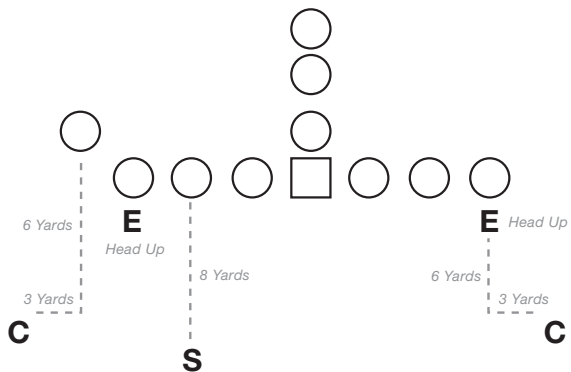
Man-to Man Cover 1

We can play Hawk to one side and Eagle to the other side.



Hawk Call Away From Two Receivers

We can play Hawk to both sides.

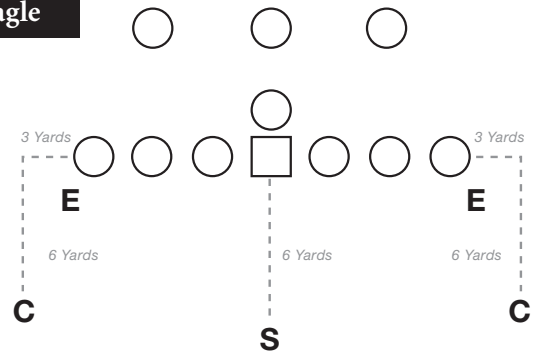


Eagle

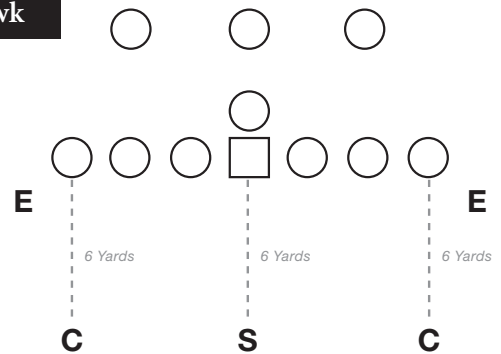
We can play Eagle to both sides. Keys: End, QB and Flow.

Secondary Alignment

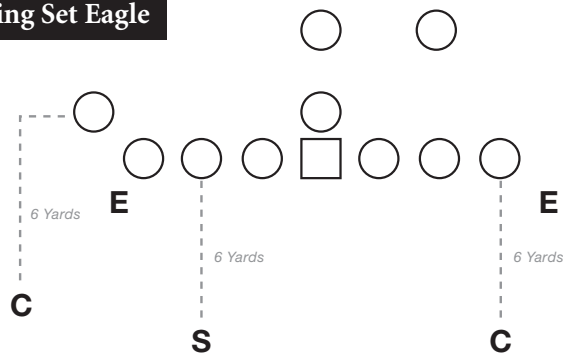
Eagle



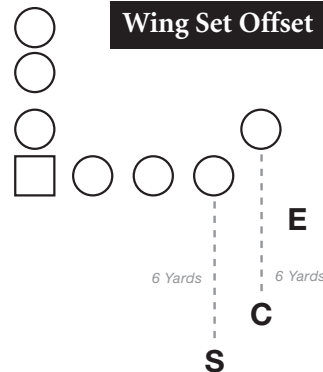
Hawk



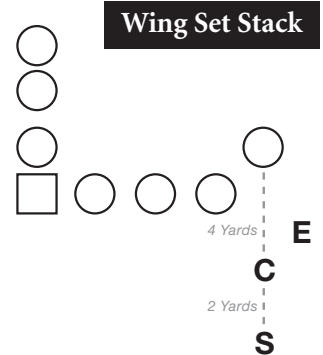
Wing Set Eagle



Wing Set Offset



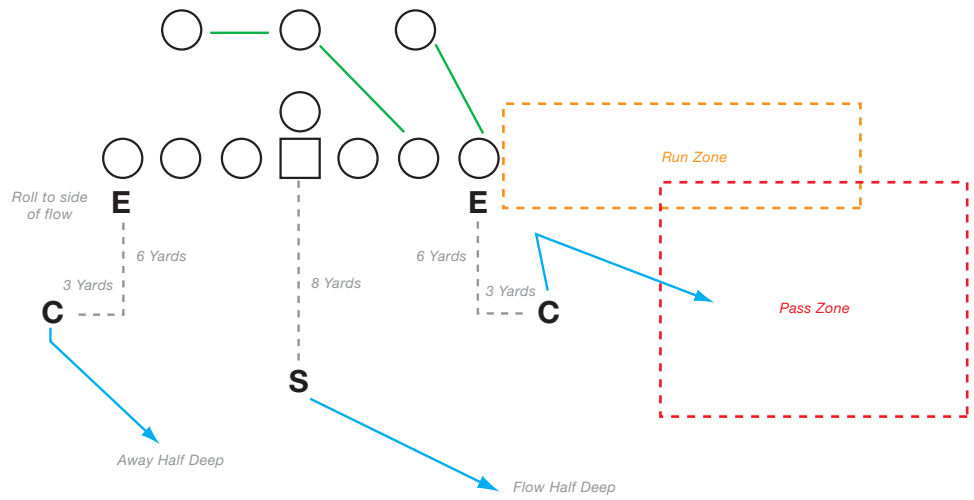
Wing Set Stack



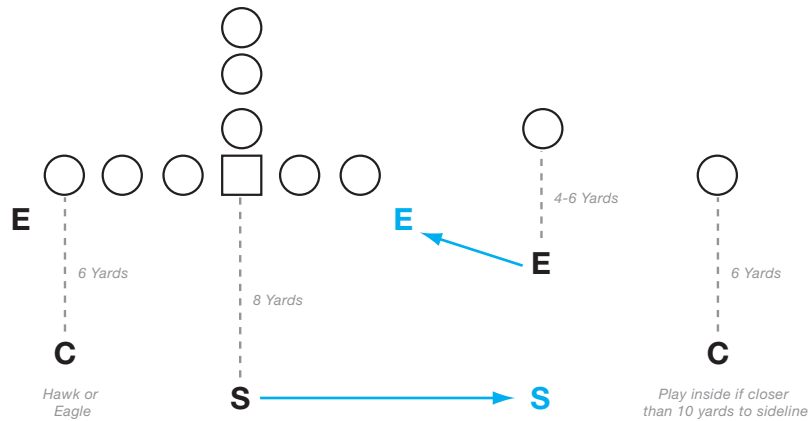
CAPE Defense

Double Eagle Cover 2 Zone

Used against full backfield, two tight ends.

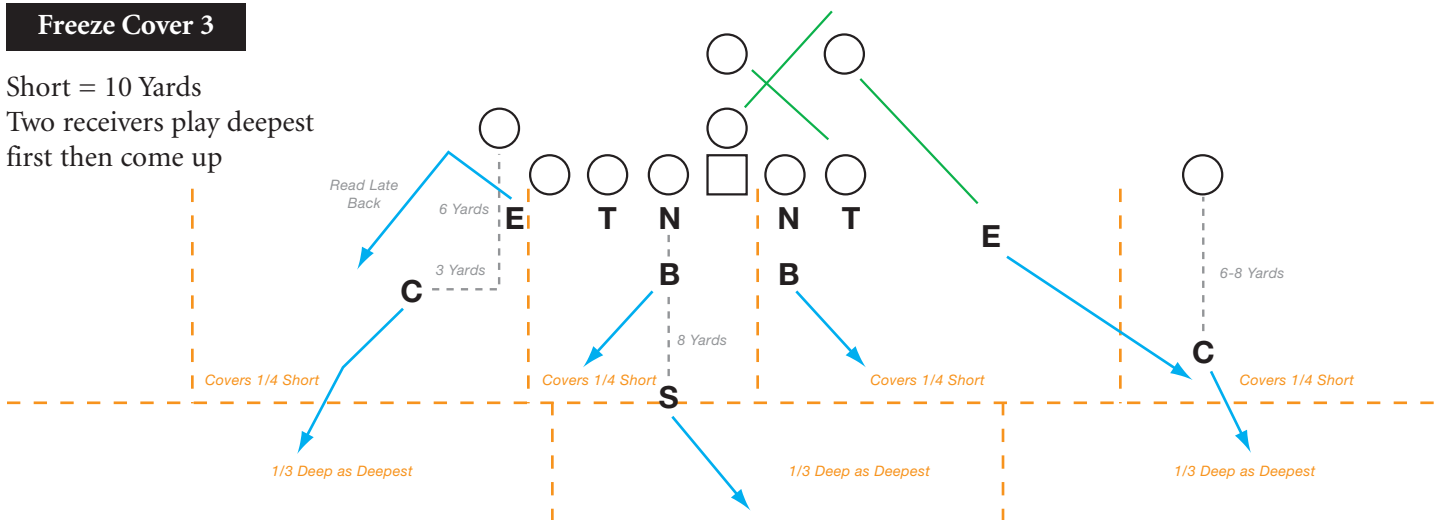


Condor – End/Safety Switch



Freeze Cover 3

Short = 10 Yards
Two receivers play deepest first then come up



Highland's Attacking 44 Defense

Dale Mueller

Highlands High School • Fort Thomas, KY

Dale Mueller has served as the head football coach at Withrow and Sycamore high Schools in Cincinnati, and presently is the head coach at Highlands High School. His record as a head coach is 120-40 including a 61-9 mark at Highlands. Coach Mueller has received numerous Coach-of-the-Year awards.

Philosophy

Our base defense is the 44. As we play the 44, we like to frequently stunt our inside linebackers. We want this threat to exist at any of the gaps. This is the basis of our attacking style of defense.

We play man-to-man coverage using bump and run technique. Playing man coverage leaves our inside linebackers free to stunt.

These are our base alignment rules.

Tackles

Align on the offensive guards and shade to the tight end side.

Ends

Align in a 5-technique.

Outside Linebackers

Align in a 9-technique versus a tight end, or in a walk away versus a split end.

Inside Linebackers

Take the gaps not covered by our tackles, or execute the stunt scheme called.

Halfbacks

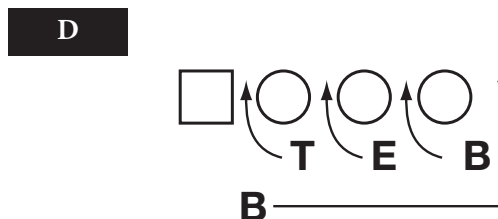
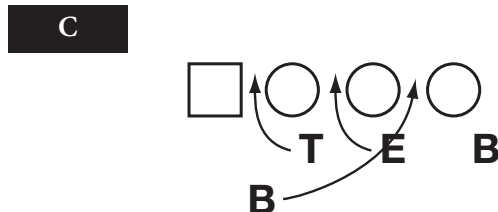
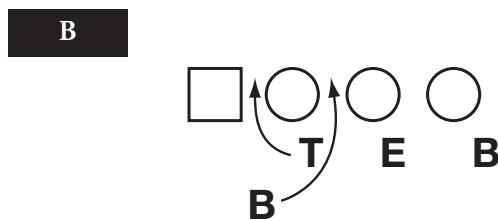
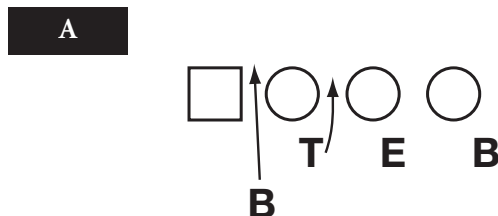
Cover #1 to your side, man-to-man.

Safety

Cover #2 to the strong side, man-to-man

Stunt Schemes

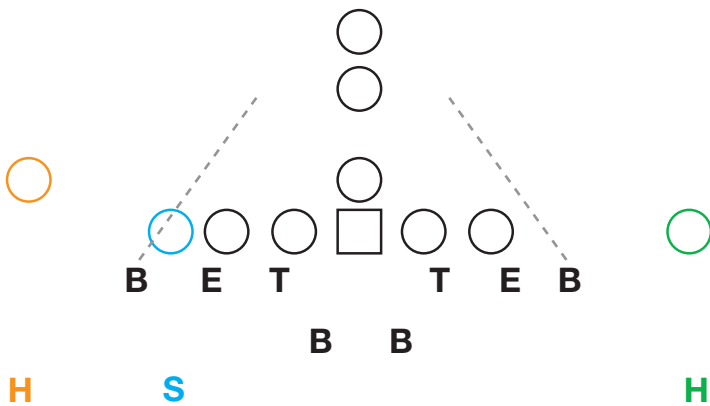
We can stunt our inside linebackers through any gap.



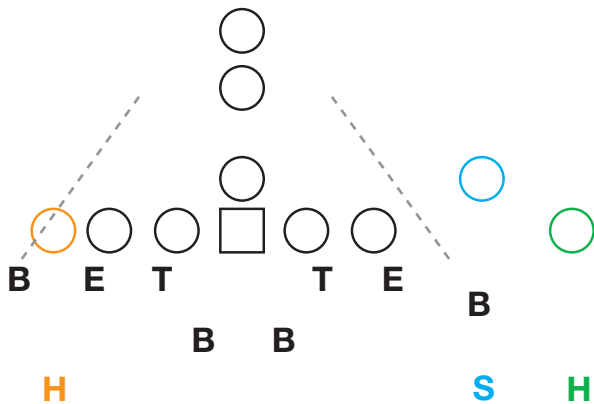
Alignments

This is how we might align to some common offensive sets. The coverage defenders are playing man-to-man, bump and run coverage. Linebackers not stunting cover the running backs.

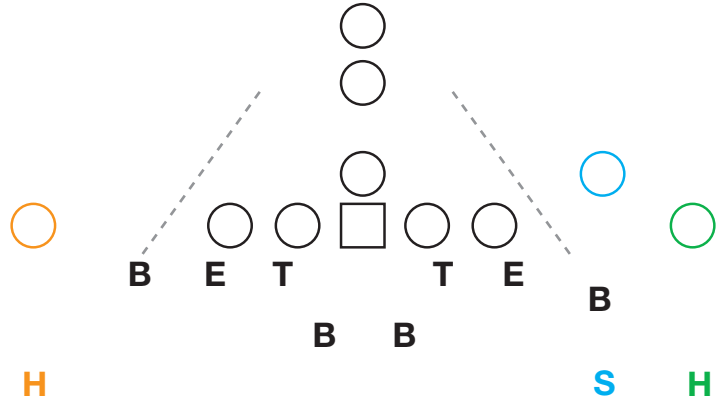
Pro



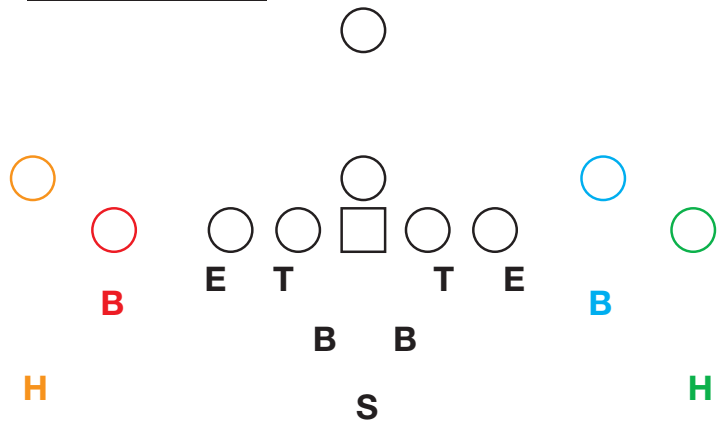
Twins



Three Wide



Doubles



Trips

