

SEATTLE

SEAHAWKS

DEFENSIVE PLAYBOOK

2013

SEATTLE SEAHAWKS

DEFENSE

2013

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3. MAN PRESSURES

4. RUSH ZONES

5. BLITZES

MAN COVERAGES

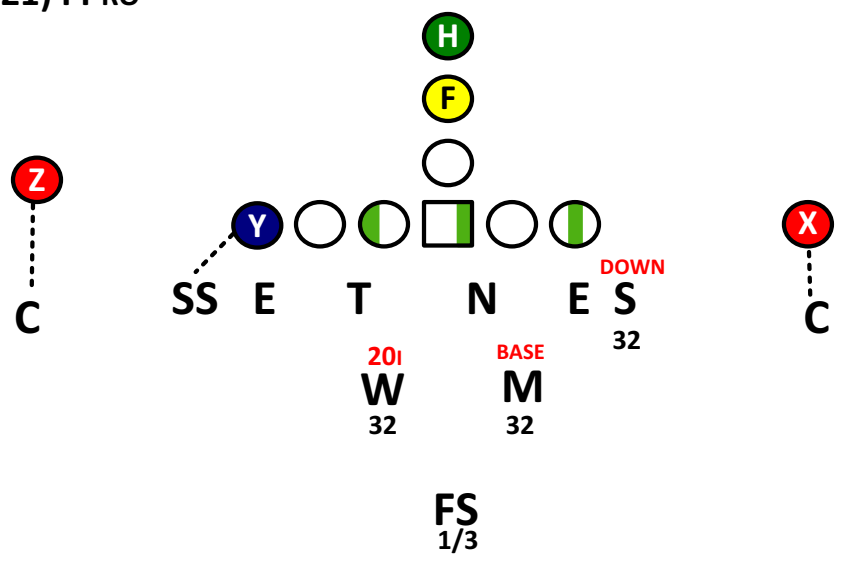
SEATTLE
SEAHAWKS 2013

MAN COVERAGES

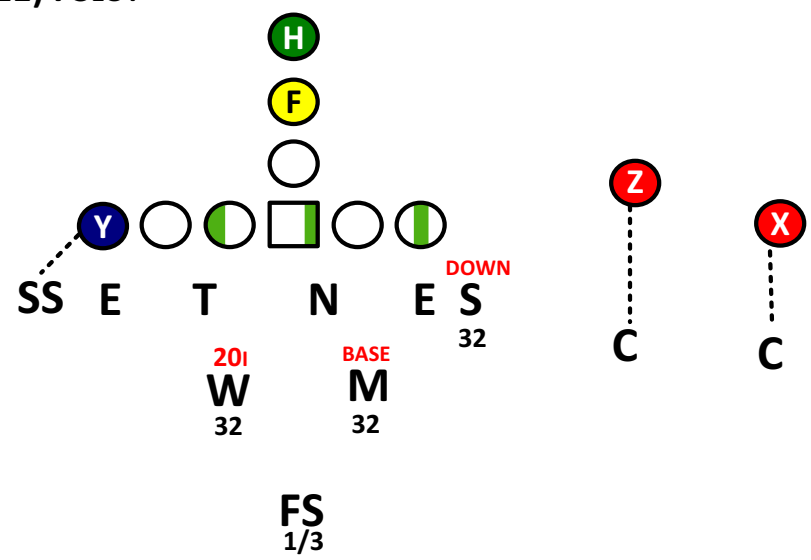
- W/CHEAT STONE 1 Y BUMP
- OVER 1 Y (BLACK)
- LOAD 1 FLEX (LOAD CHINA)
- UNDER 1 FLEX (CHINA)
- UNDER 1 SOLID (TOKYO)

W/ Cheat Stone 1 Y Bump

(21) I Pro



(21) I Slot



Essence:

1. W/ Cheat Stone 1 Y Bump is a Base Over Man Free defense.
2. Safety down to the solid side

Coaching Points:

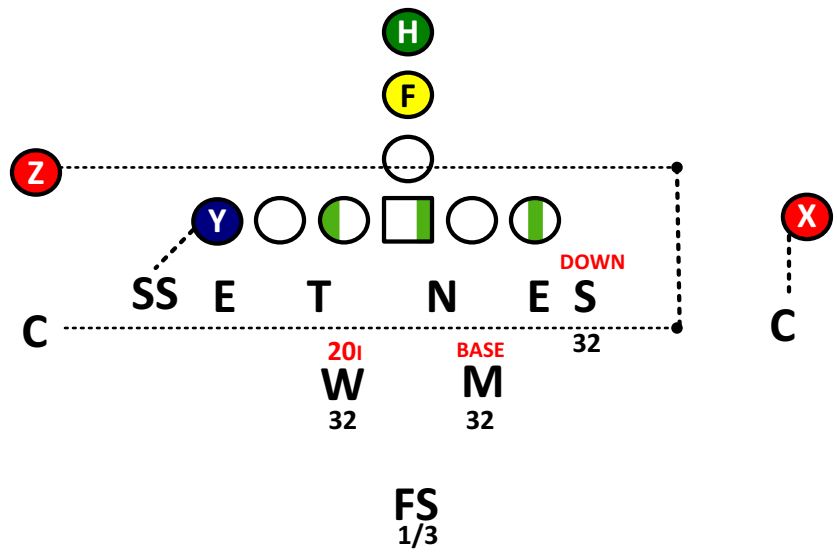
1. Solid call to the "Y"
2. SS: Man TE
3. LBs: 3 on 2 the backs

Adjustments:

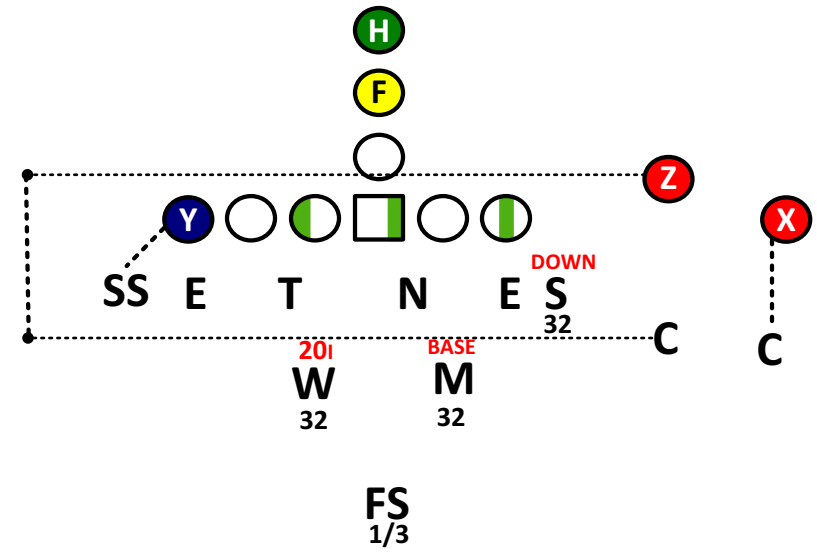
1. Vs. Y Motion: Safeties Track
2. Bump Rules apply to aligned or motion to 1 back:
   - Vs. Peel Motion: Sam Adjust
   - Vs. Fly Motion: Safety Adjust
3. Sam Alignments:
   - Down: Cheat (Exception is Trips)
   - Backer: Cheat
   - Wide: Mug Easy
3. Vs. Trips: Check Fist

W/ Cheat Stone 1 Y Bump

1. Z MO I Slot

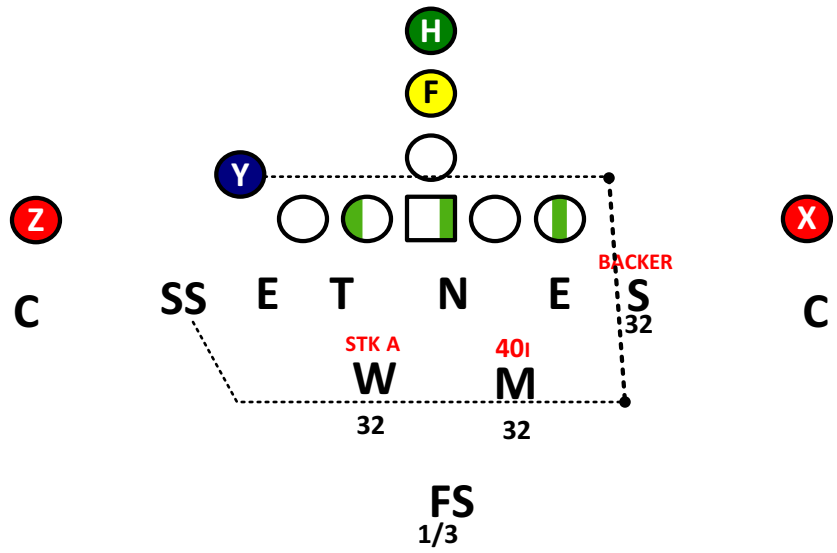


2. Z MO I Pro

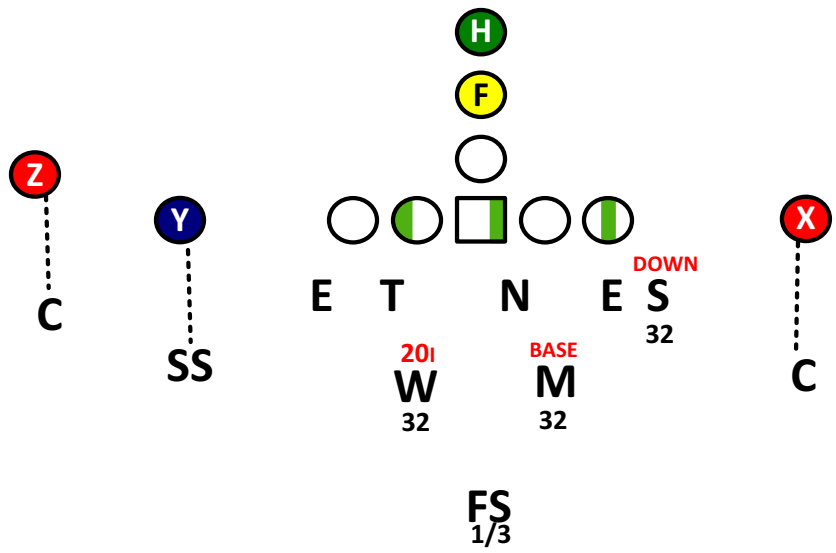


3. Y MO I Pro Y Off

Track



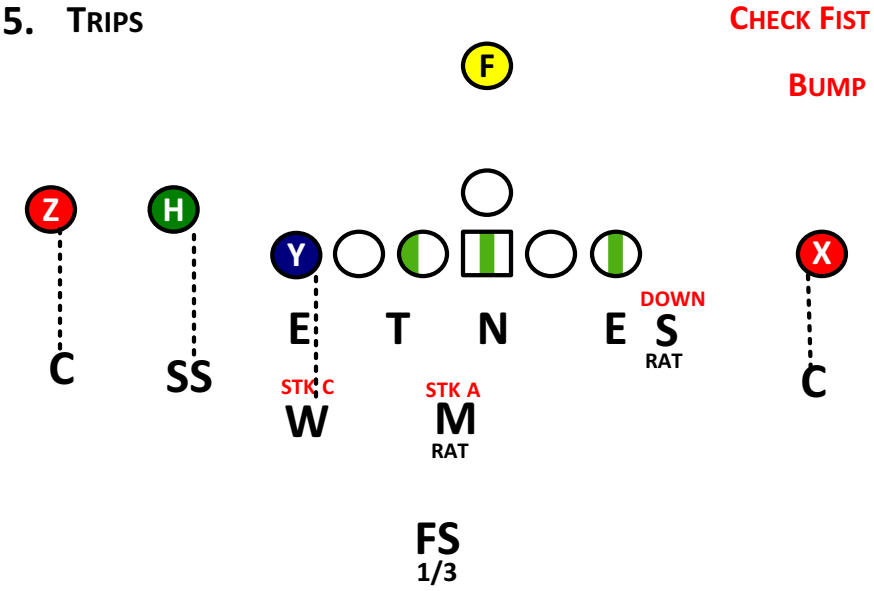
4. I Pro Y Open



5. Trips

Check Fist

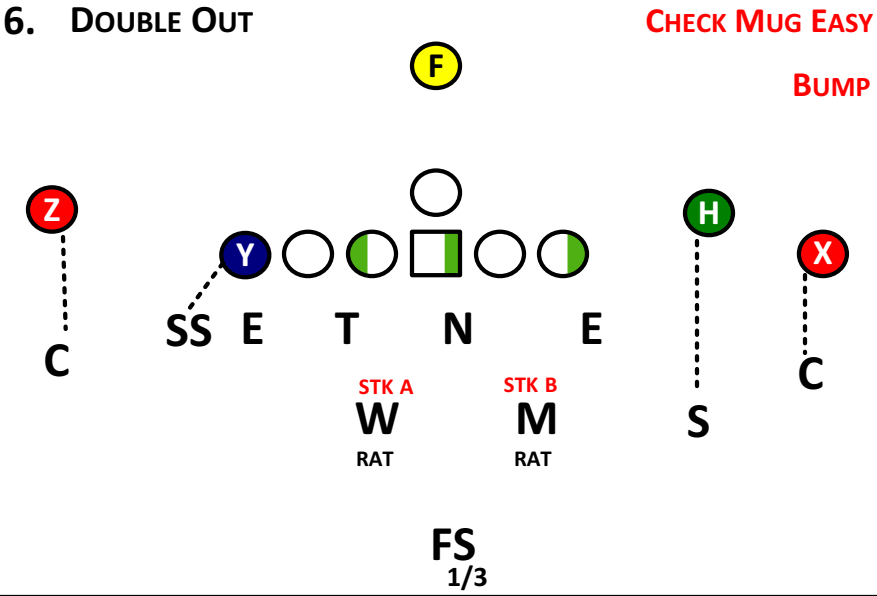
Bump



6. Double Out

Check Mug Easy

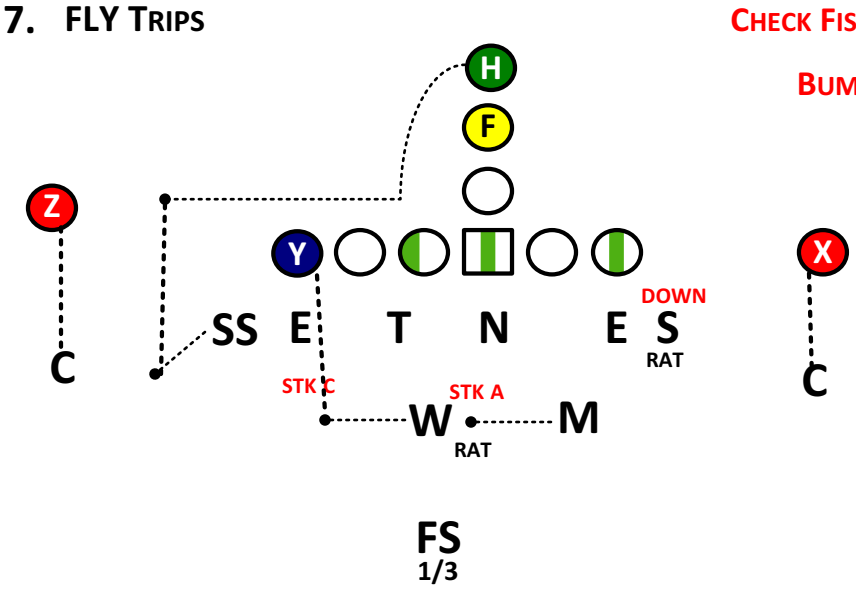
Bump



7. FLY Trips

Check Fist

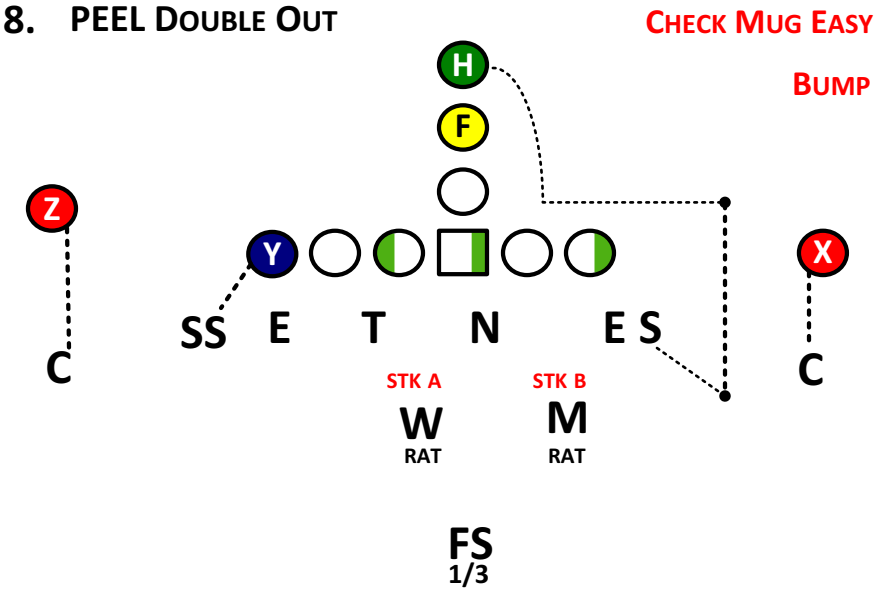
Bump



8. PEEL Double Out

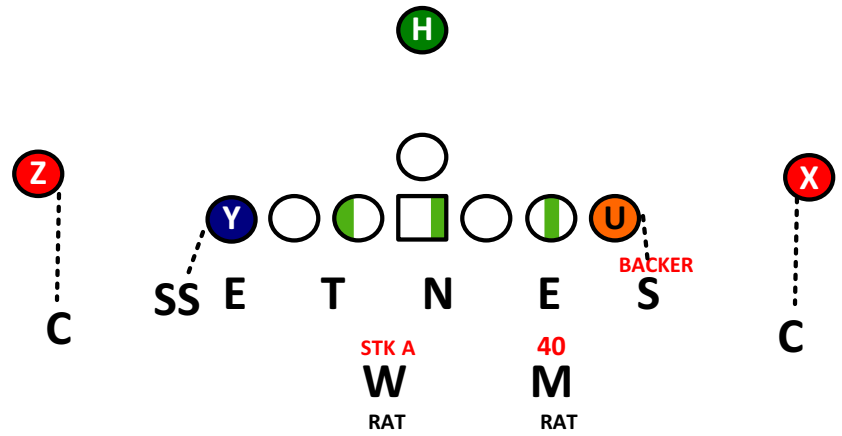
Check Mug Easy

Bump



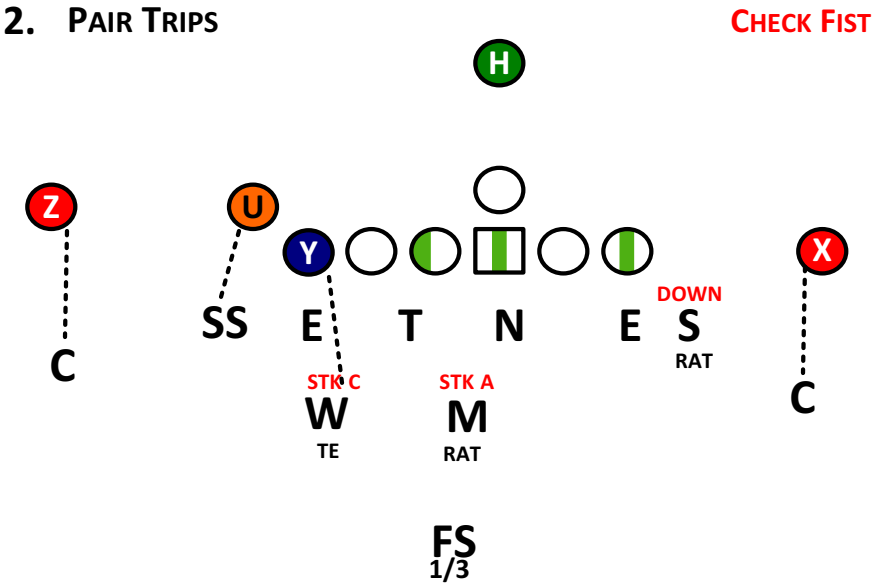
W/ Cheat Stone 1 Y Bump

1. Solo

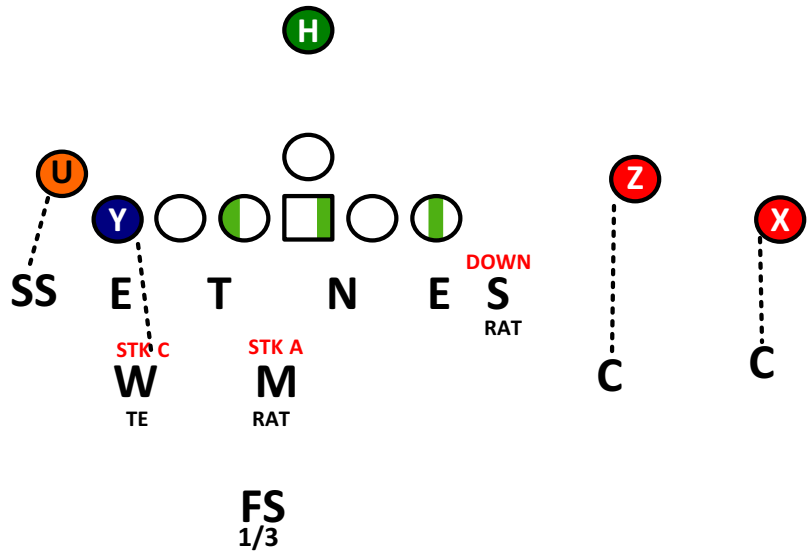


2. Pair Trips

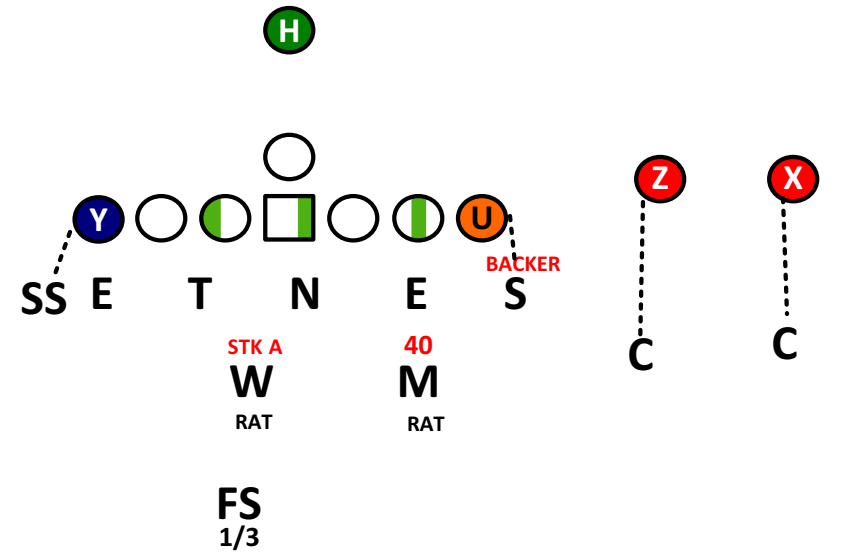
Check Fist



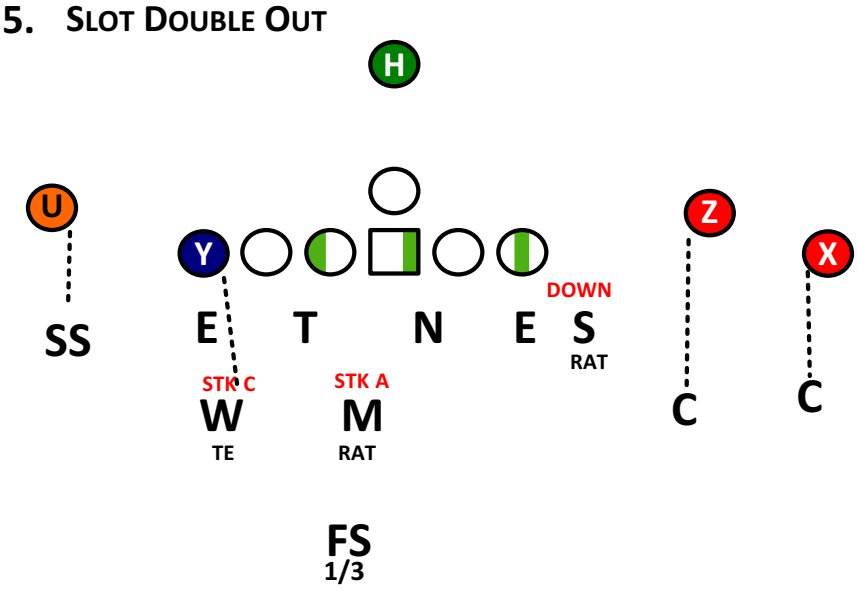
3. Pair Slot



4. Solo Slot

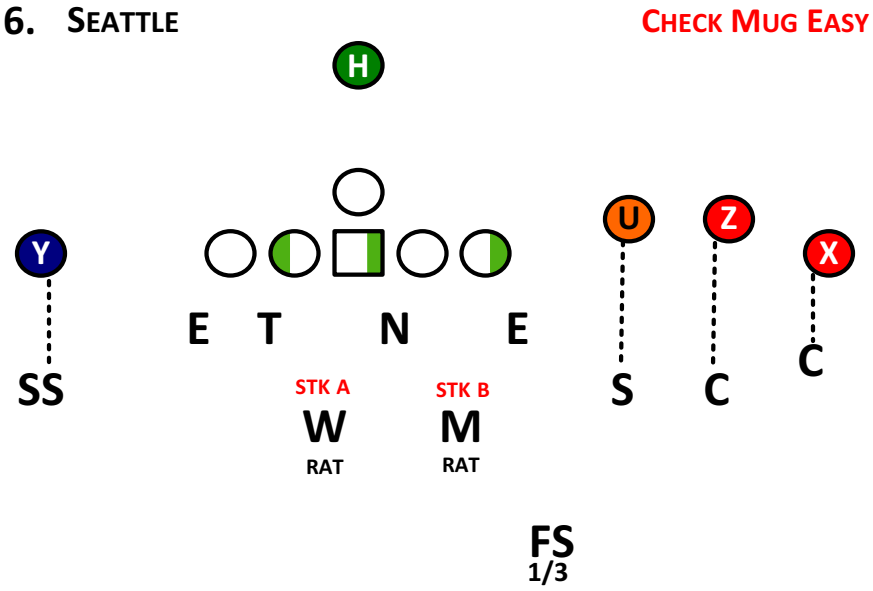


5. Slot Double Out



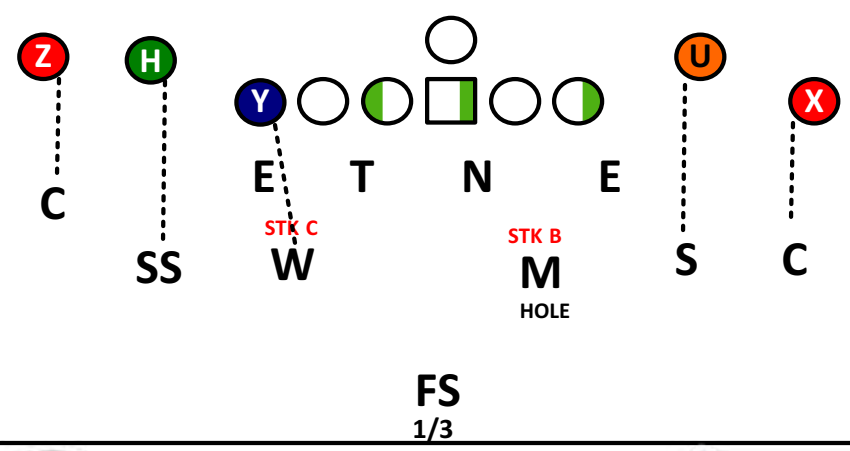
6. Seattle

Check Mug Easy



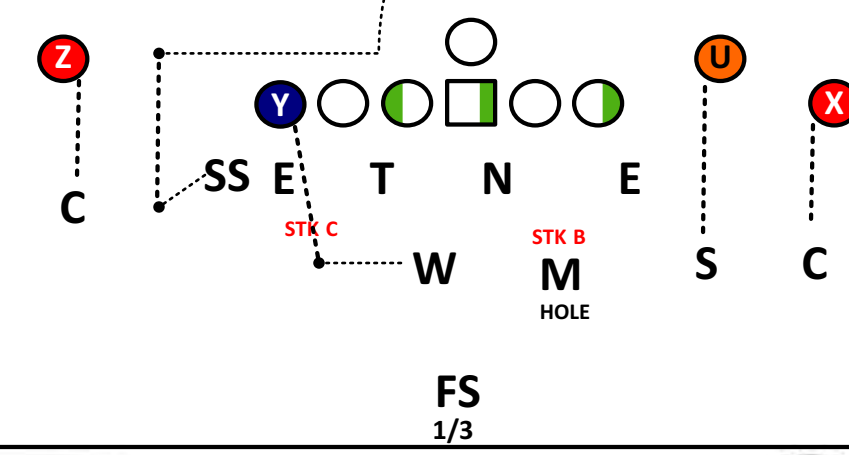
7. Empty

Check Mug Easy

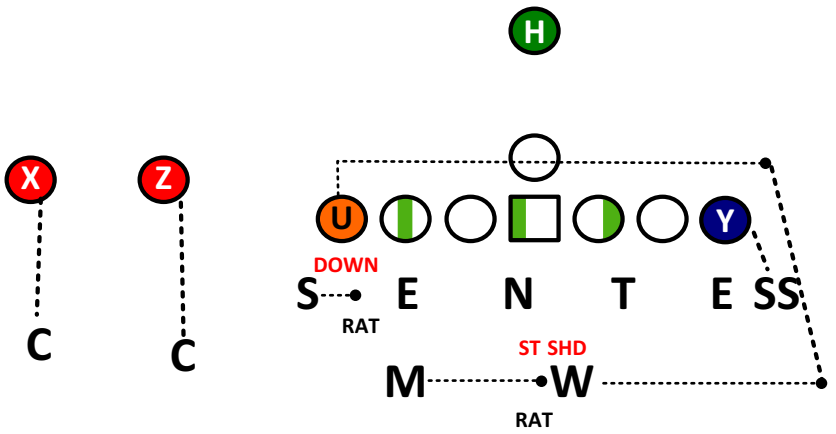


8. Fly Empty

Check Mug Easy

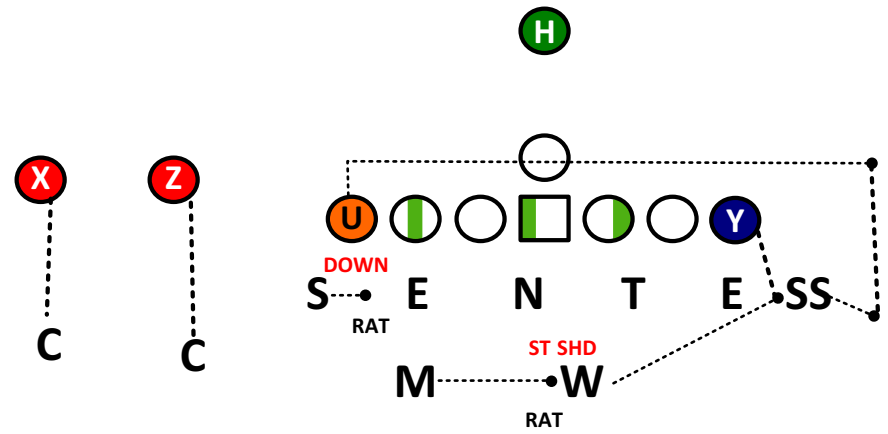


SS STAY IN CREASE



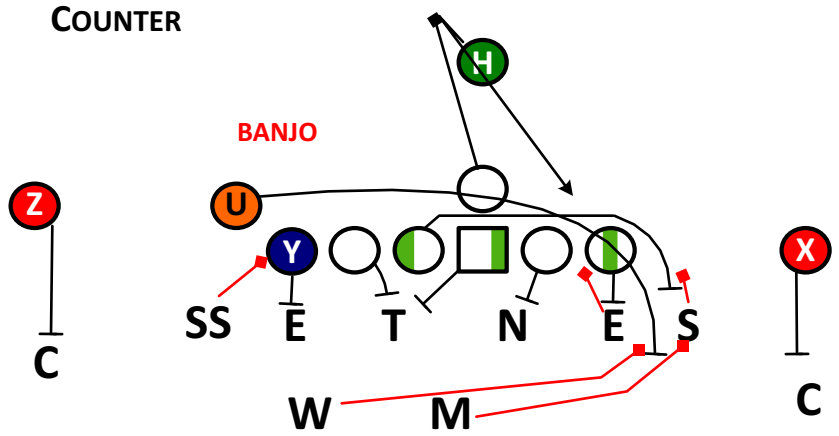
FS
1/3

BUMP



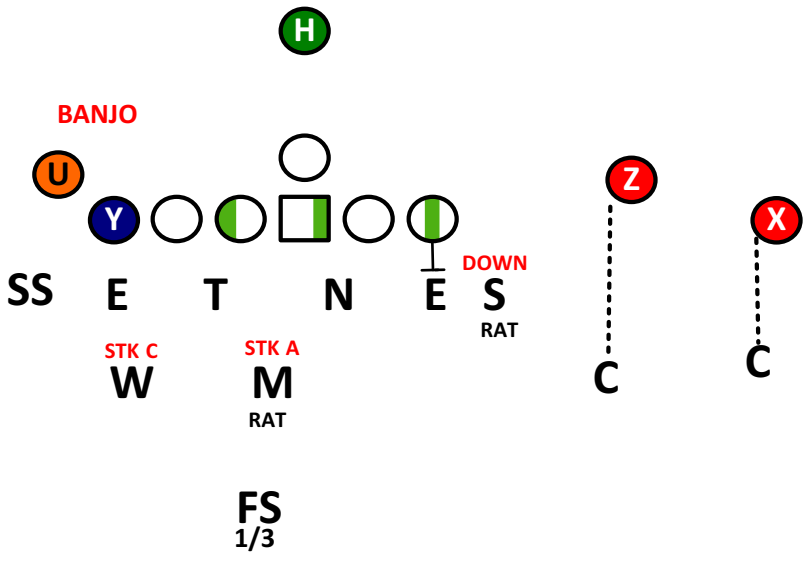
FS
1/3

COUNTER



FS
1/3

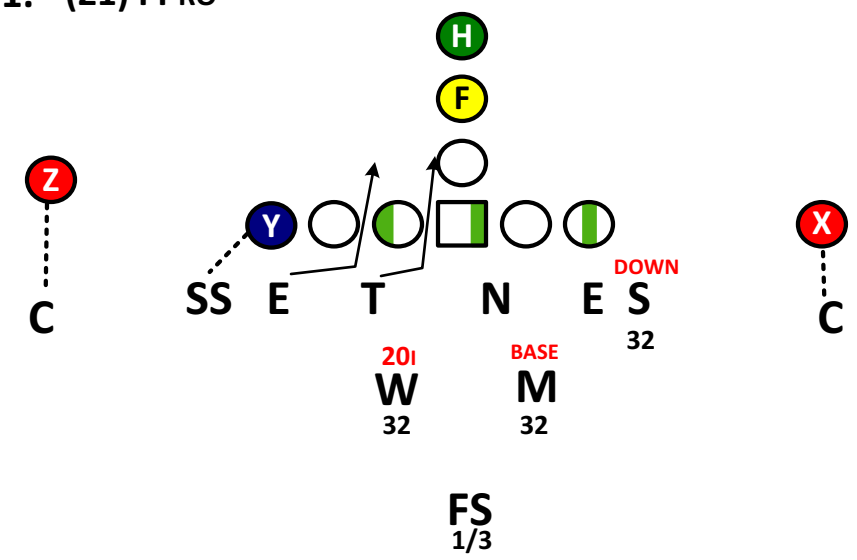
PAIR SLOT



FS
1/3

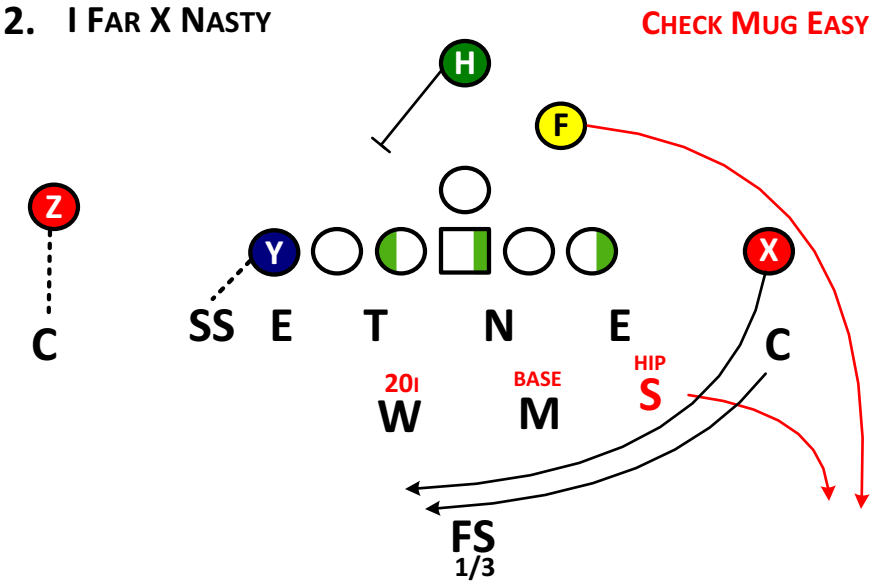
W/ Cheat Stone 1 Y Bump

1. (21) I Pro

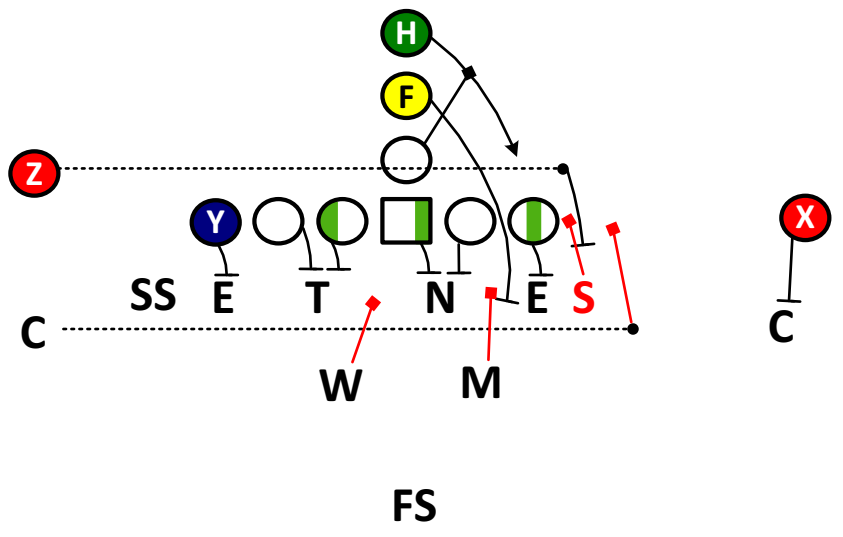


2. I Far X Nasty

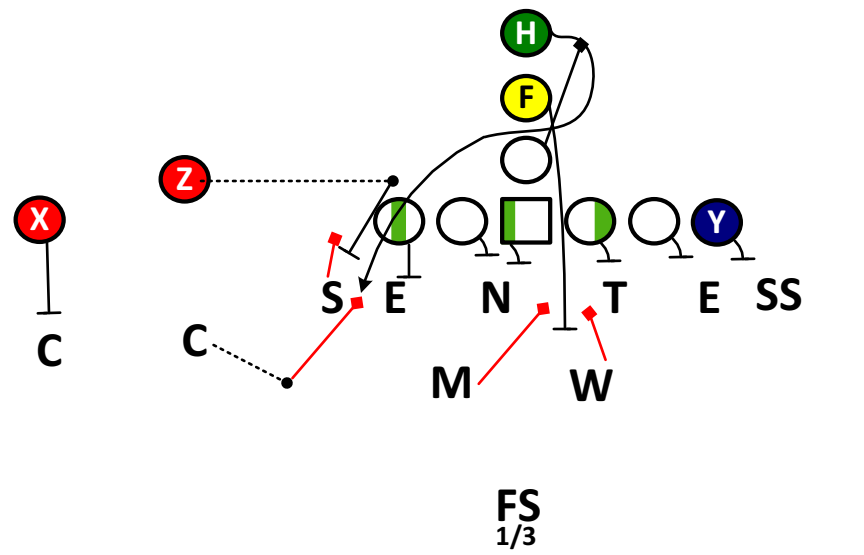
Check Mug Easy



3. Z MO I Slot

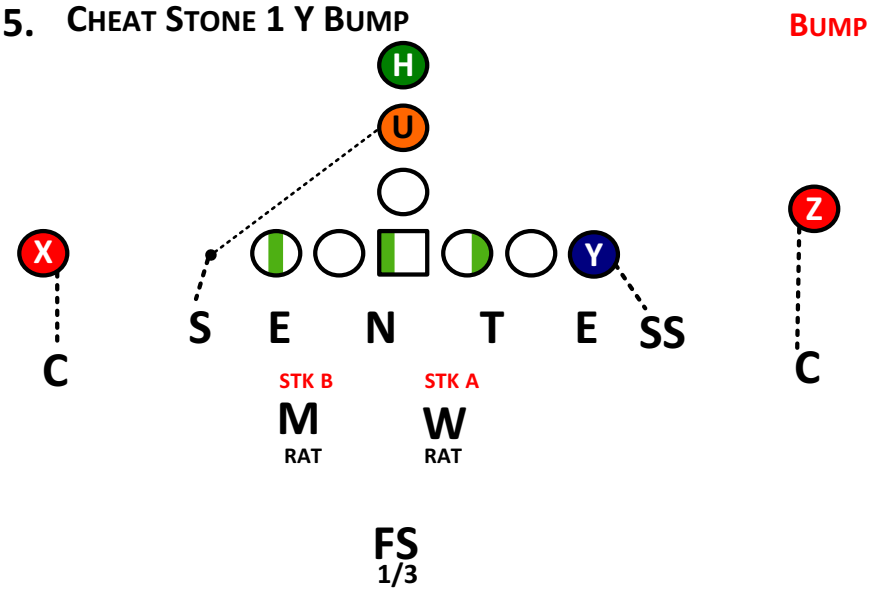


4. I Slot Zip

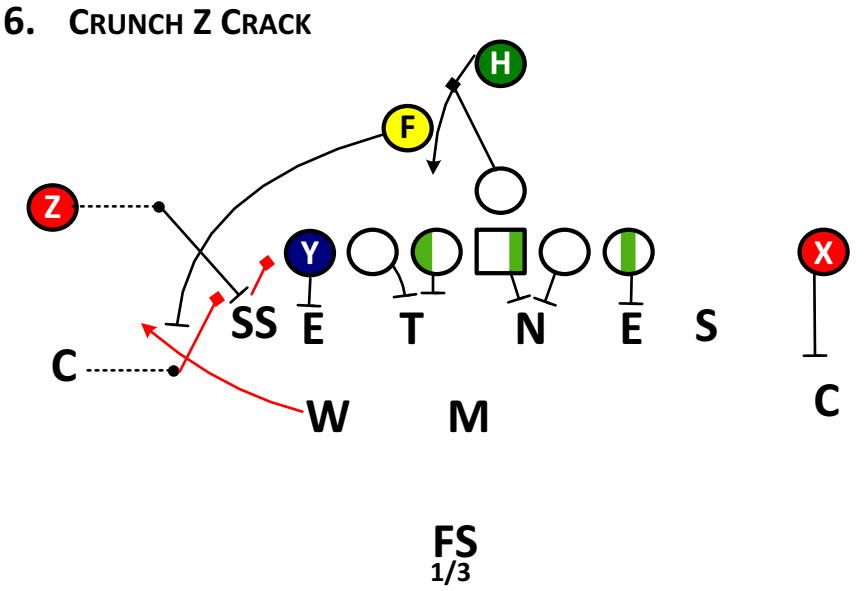


5. Cheat Stone 1 Y Bump

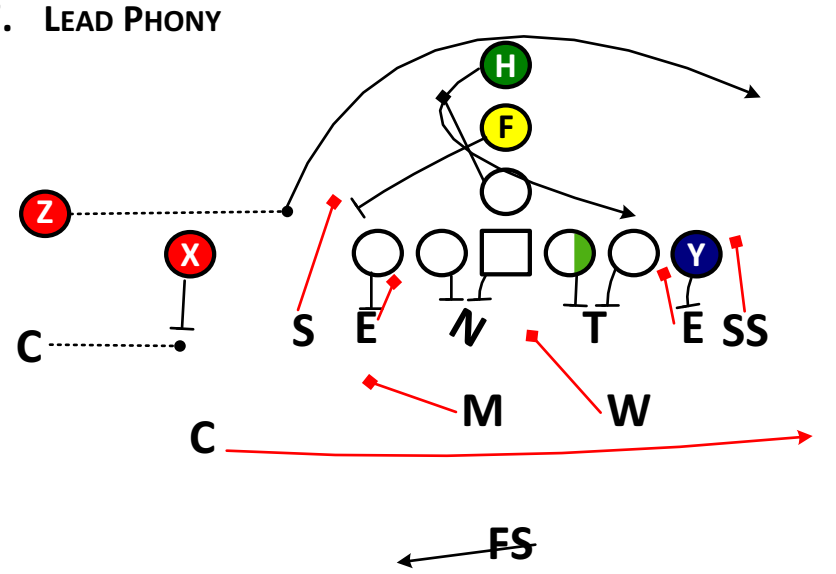
Bump



6. Crunch Z Crack

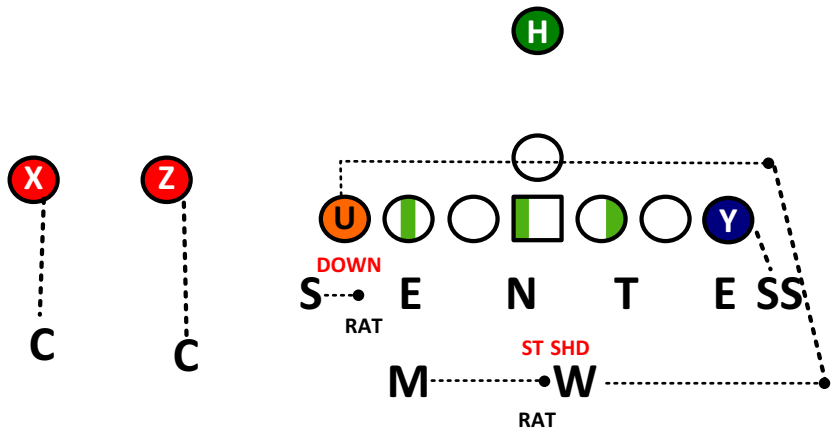


7. Lead Phony



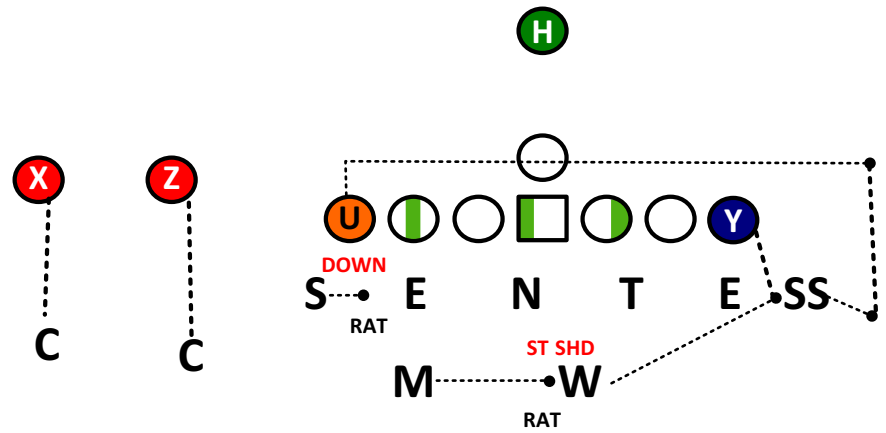
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SS STAY IN CREASE



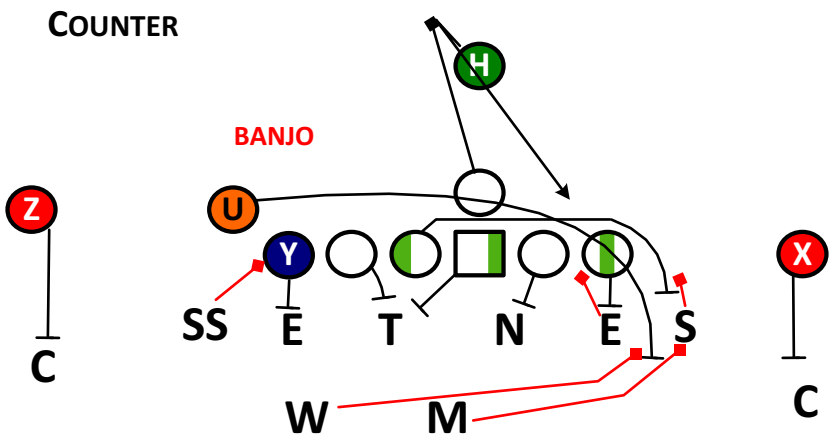
FS
1/3

BUMP



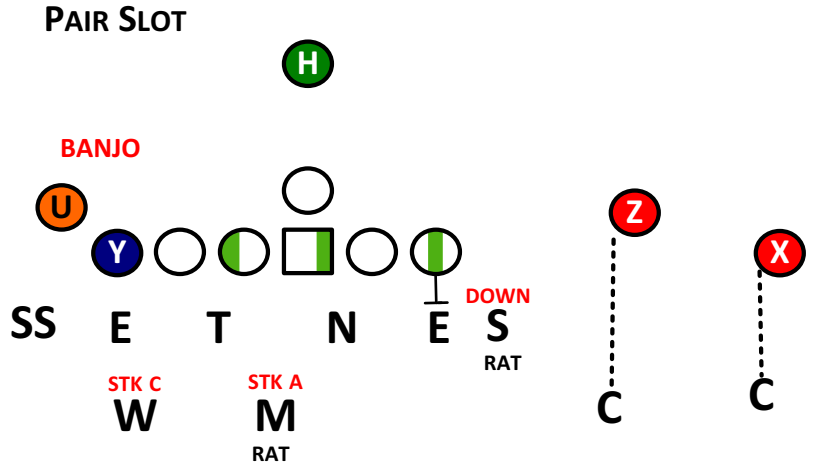
FS
1/3

COUNTER



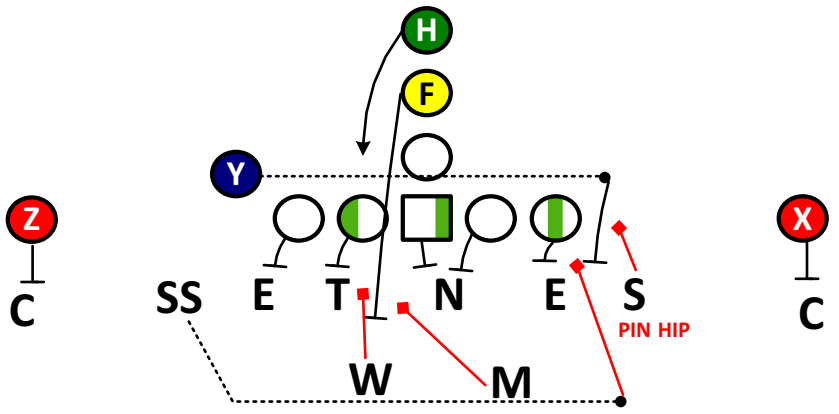
FS
1/3

PAIR SLOT



FS
1/3

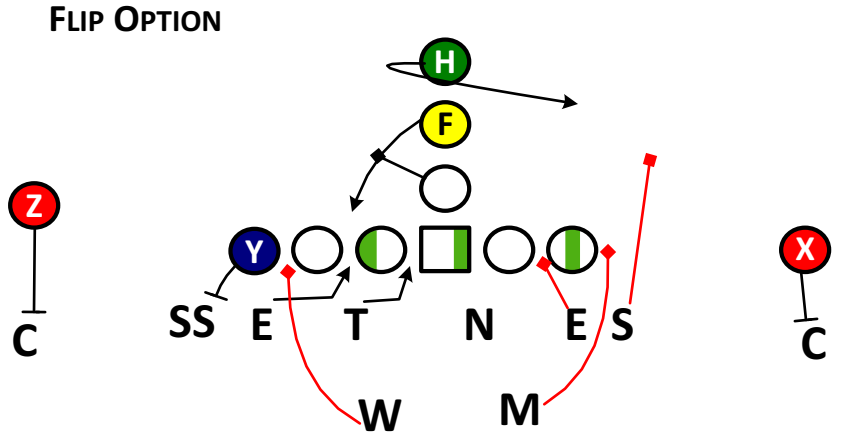
Y MO I PRO Y OFF



FS

TRACK

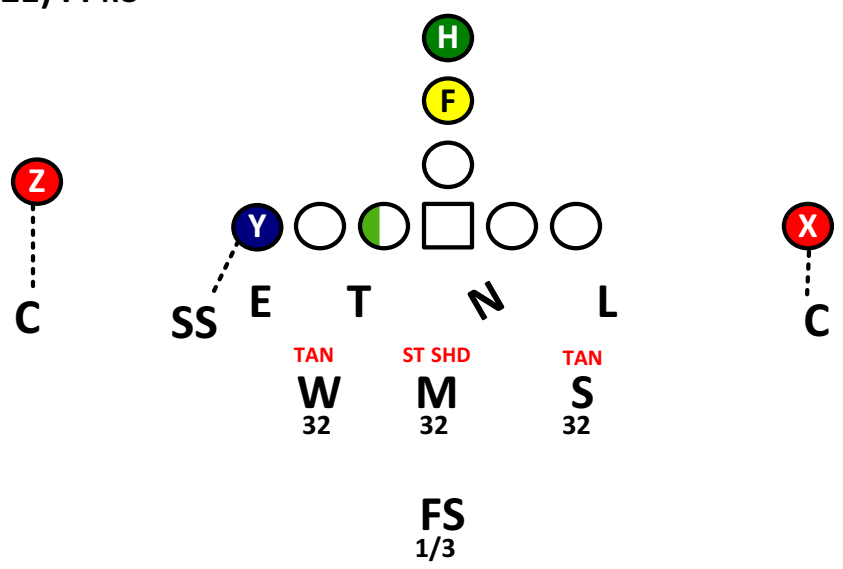
FLIP OPTION



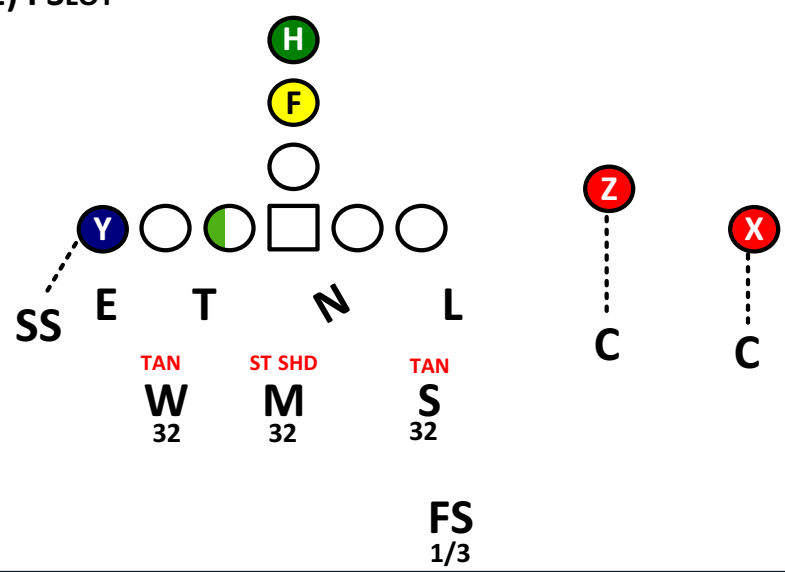
FS
1/3

Over 1 Y (Black)

(21) I Pro



(21) I Slot



Essence:

1. Black is an 8 man Over Front Defense.
2. The coverage is Man to Man with 1 Y coverage.

Coaching Points:

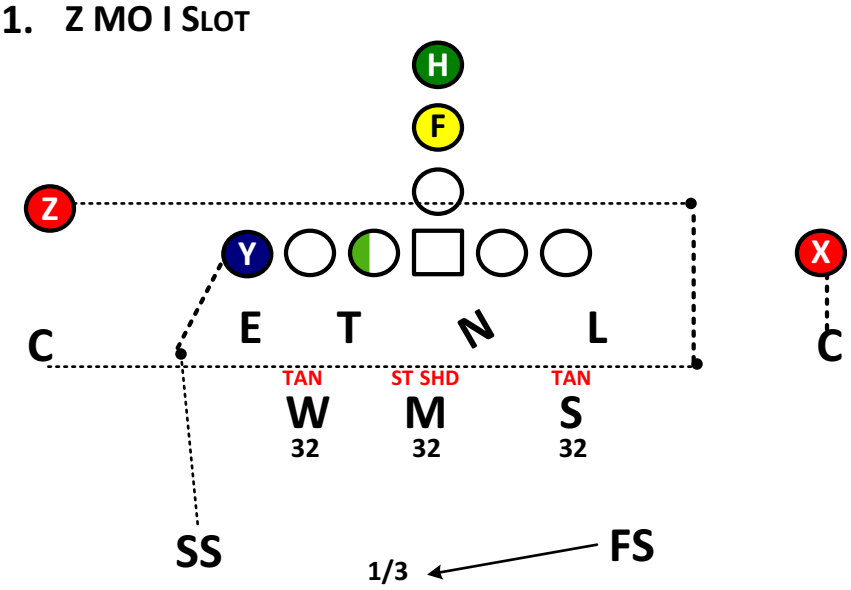
1. Solid call to the "Y"
2. All 2 Back sets Safety covers Y. LBs 3 on 2 the backs
3. Safety spill everything when Man to Man on Y.
4. **Vs. 2 Back Y Slide: Safety Track.**
   Vs. 1 Back Cut: Fall Back
5. **Vs. Bunch Trips: Stab 'N' Deuce.**
6. **Vs. Stacks: Man On Principle.**

Adjustments:

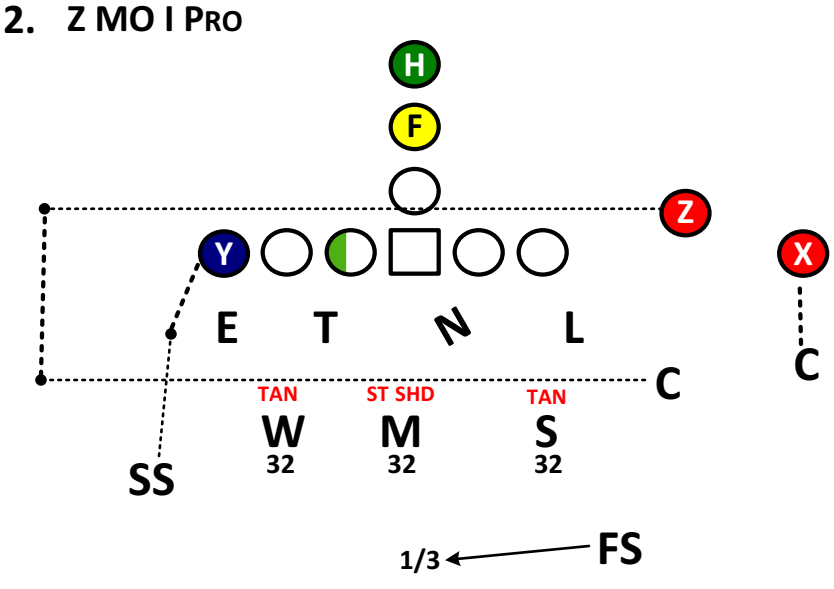
1. Vs. 2 Back Y Motion: Check Tokyo Switch, SS ("I Got Him")
   Vs. 2 Back Y Mo to Y on: Check Tokyo (Sam align in Backer)
2. **Vs. 2 Back Fly motion: Will bumps with SS**
3. **Vs. 2 Back Peel motion: Sam takes the RB ("I Got Him")**
4. Vs. 1 Back Y Motion: Bump (LBs adjust) "Yukon"
5. Vs. Box Fly Motion: Check Special…..Bump
6. Vs. Box Peel Motion: Check Special…..Track the Back (Rock n Roll)
7. Vs. Aligned 1 Back Sets: Check Special (Safeties Adjust)
8. Empty Rules (Check Special):
   Sam: First back my side, no back my side, First back other side
   Safety: Cover #2 Strong (Match up)

Over 1 Y (Black)

1. Z MO I Slot



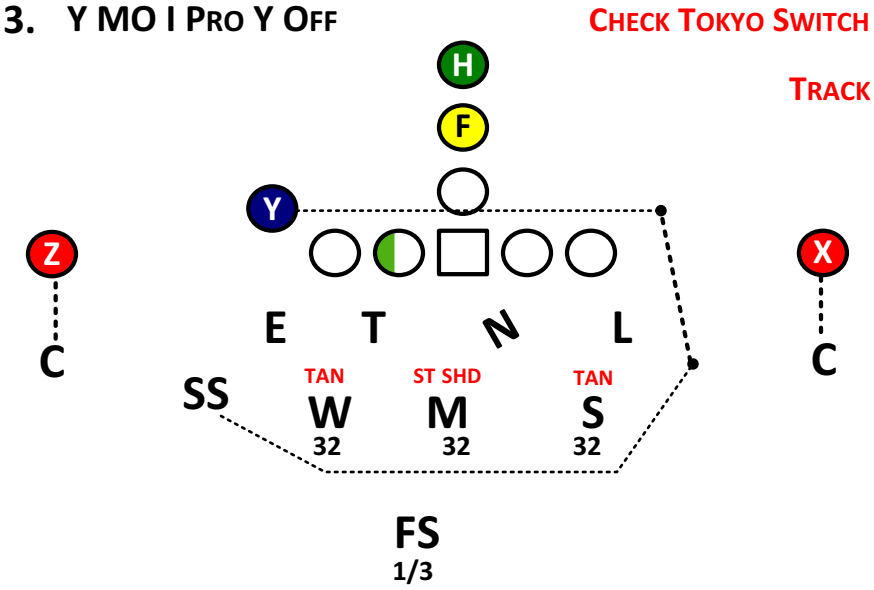
2. Z MO I Pro



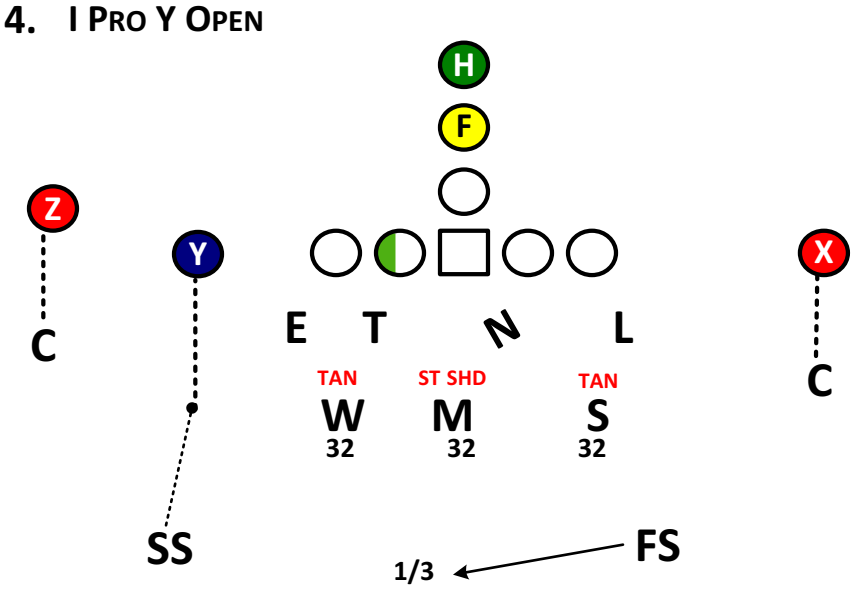
3. Y MO I Pro Y Off

Check Tokyo Switch

Track

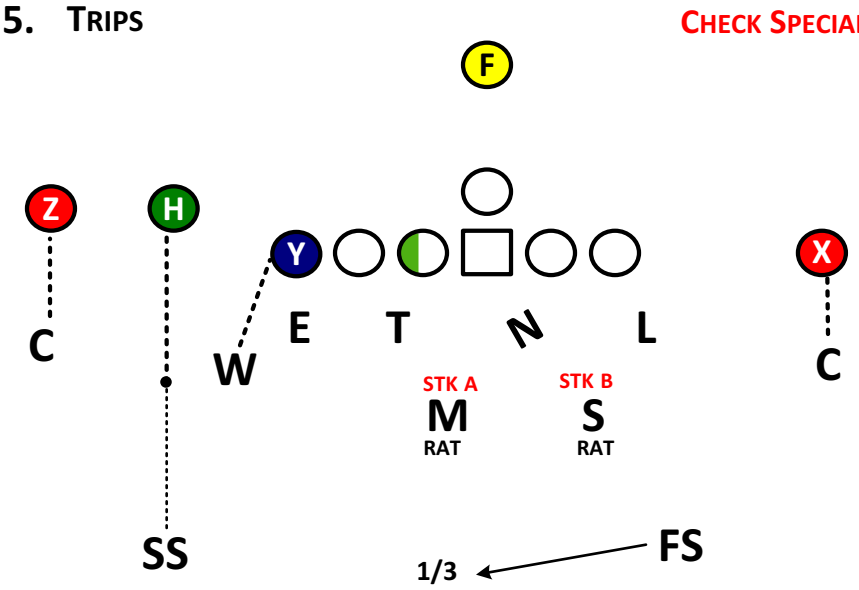


4. I Pro Y Open



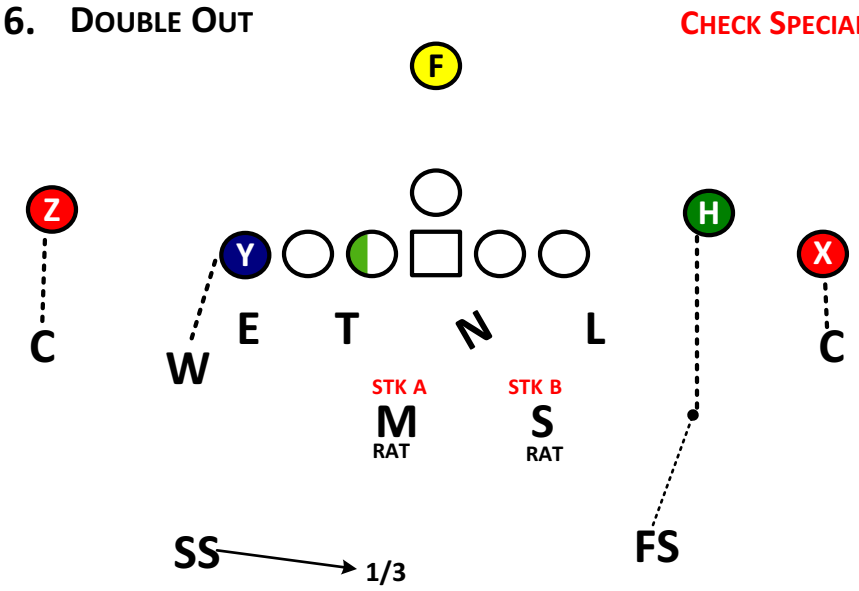
5. Trips

Check Special



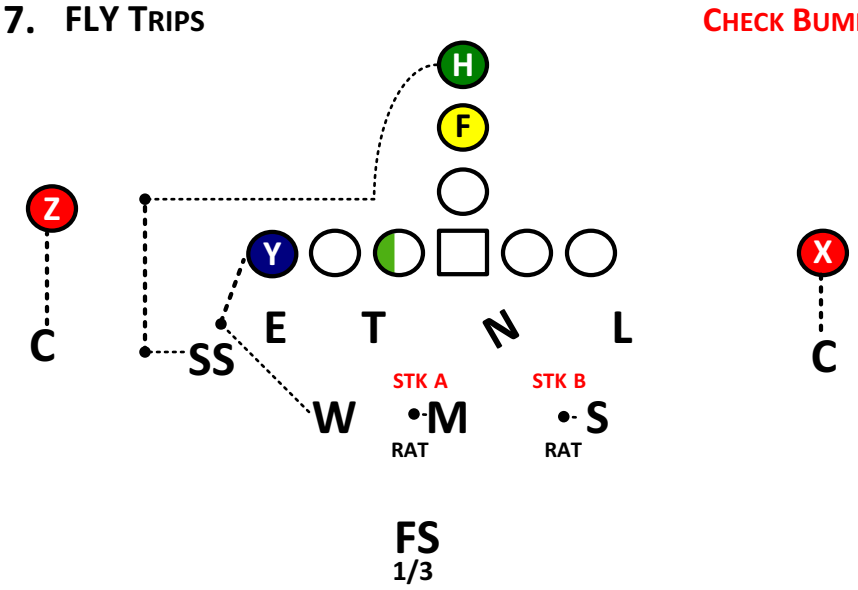
6. Double Out

Check Special



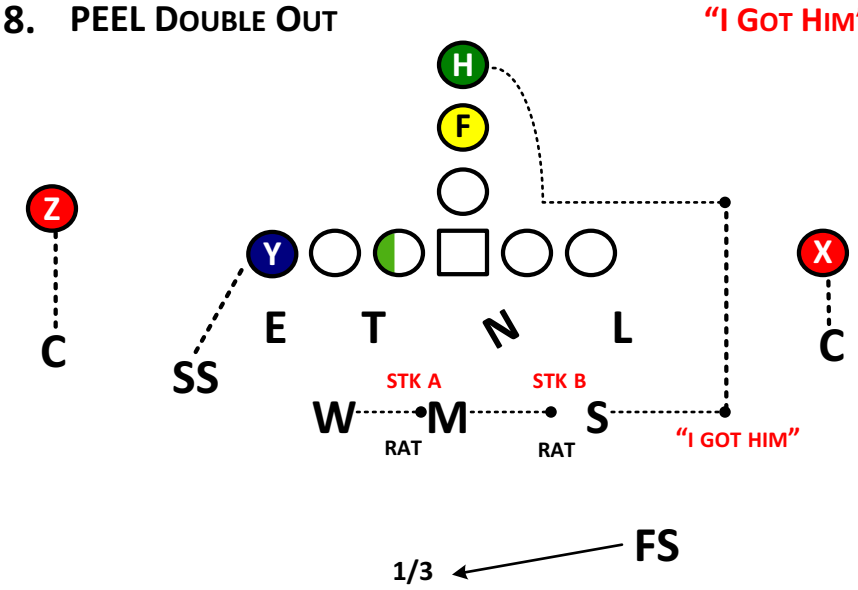
7. FLY Trips

Check Bump



8. PEEL Double Out

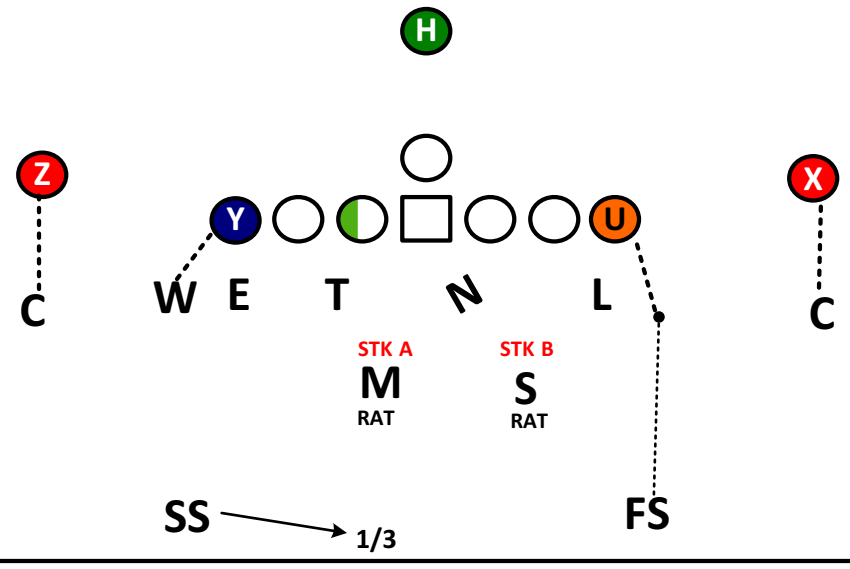
"I Got Him"



Over 1 Y (Black)

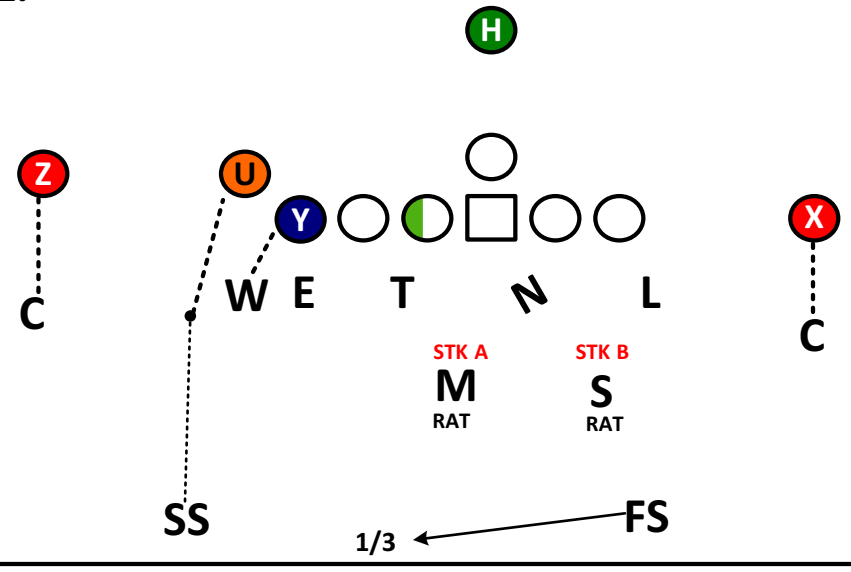
1. Solo

Check Special



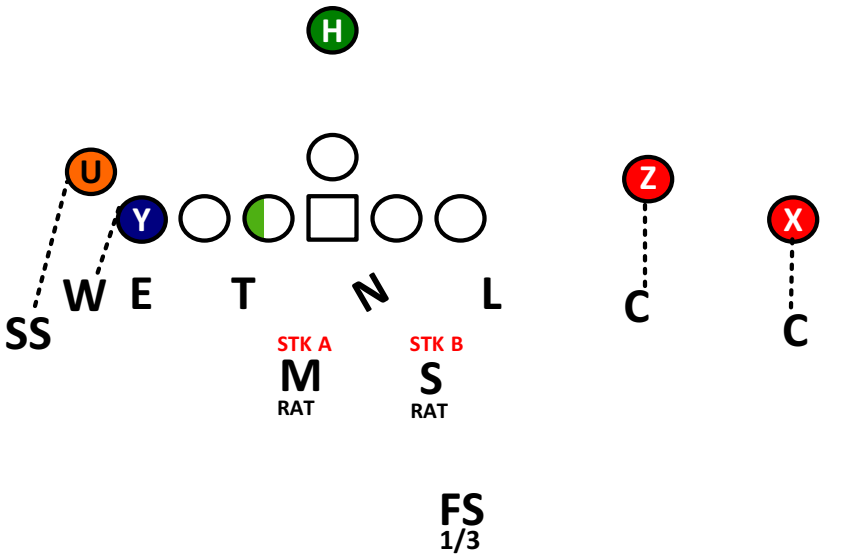
2. Pair Trips

Check Special



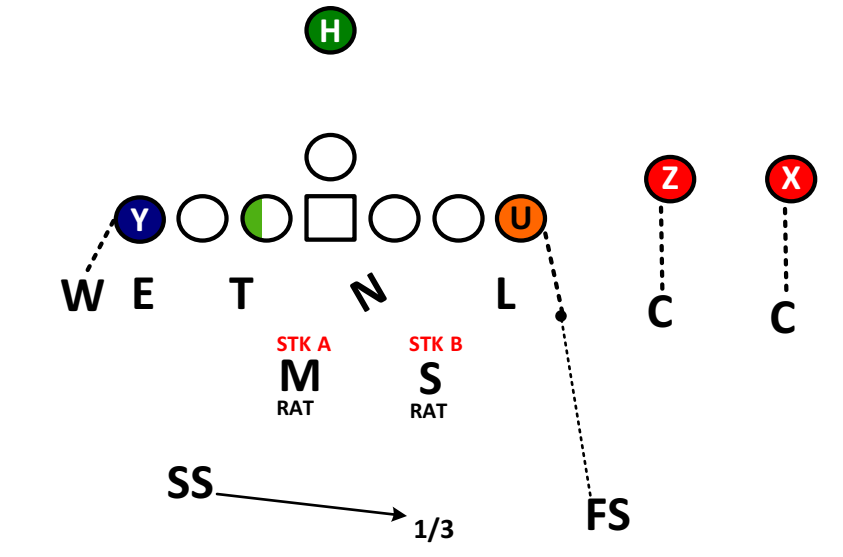
3. Pair Slot

Check Special



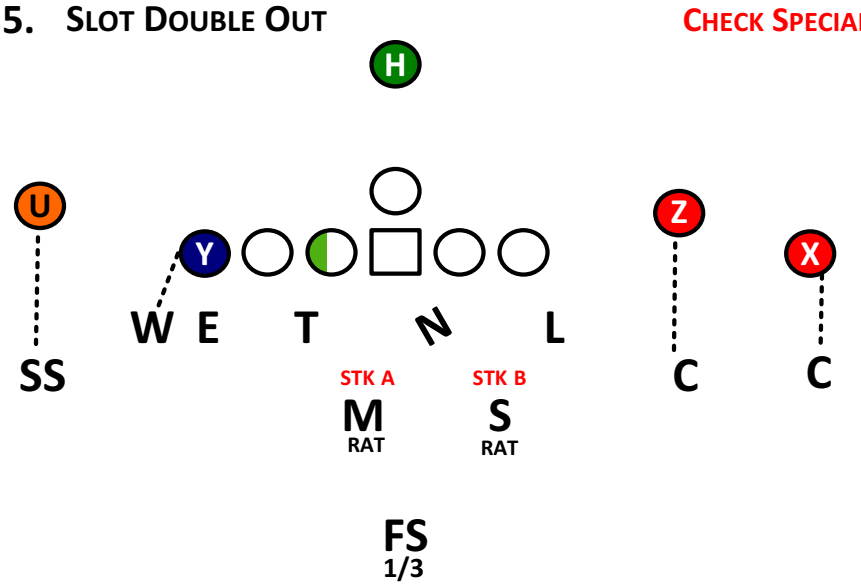
4. Solo Slot

Check Special



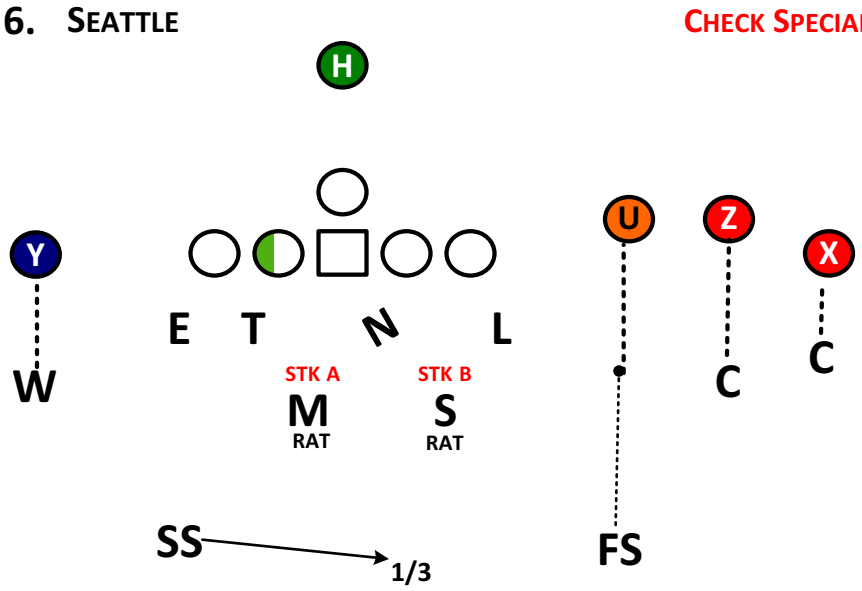
5. Slot Double Out

Check Special



6. Seattle

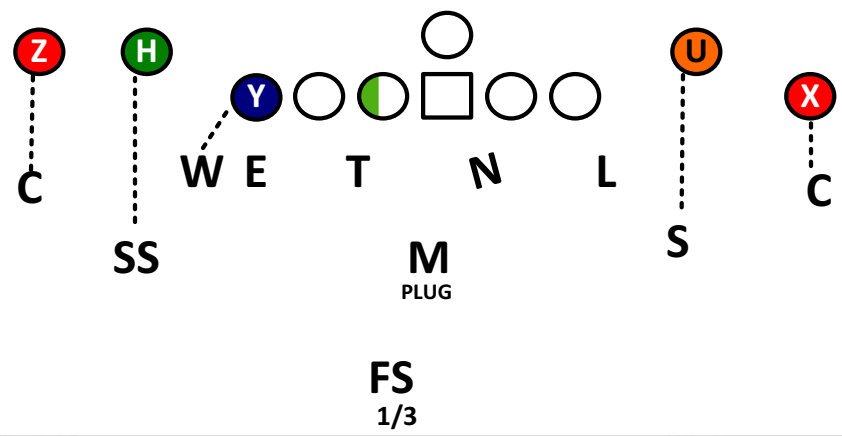
Check Special



7. Empty

Check Special

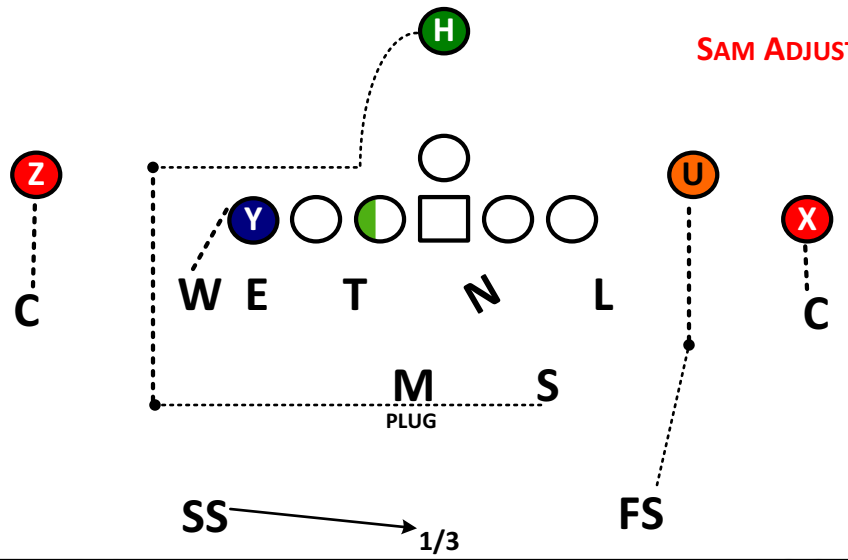
Sam Adjust



8. Fly Empty

Check Special

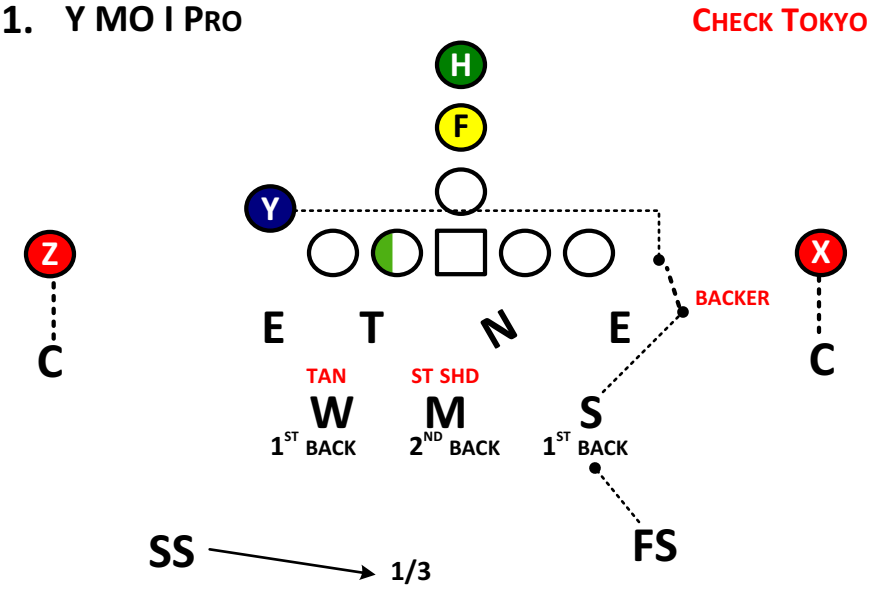
Sam Adjust



OVER 1 Y (BLACK)

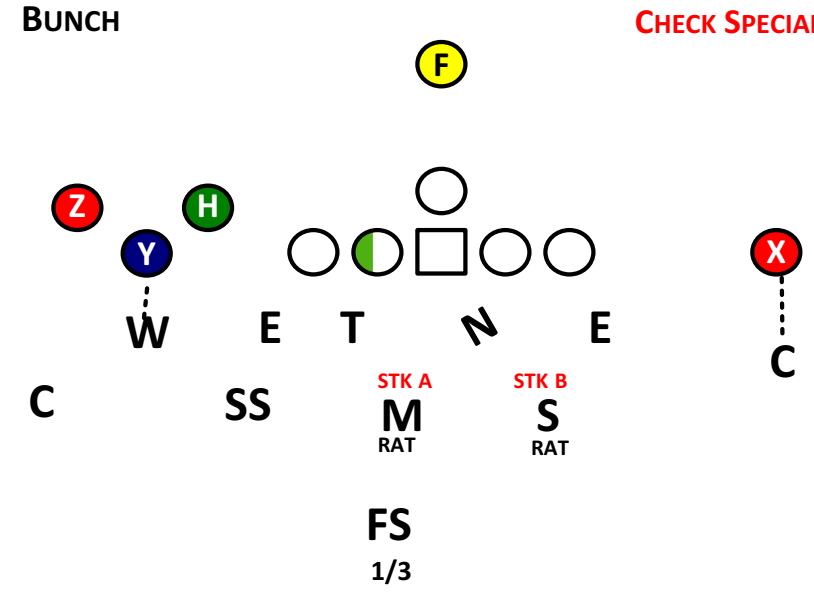
1. Y MO I PRO

CHECK TOKYO

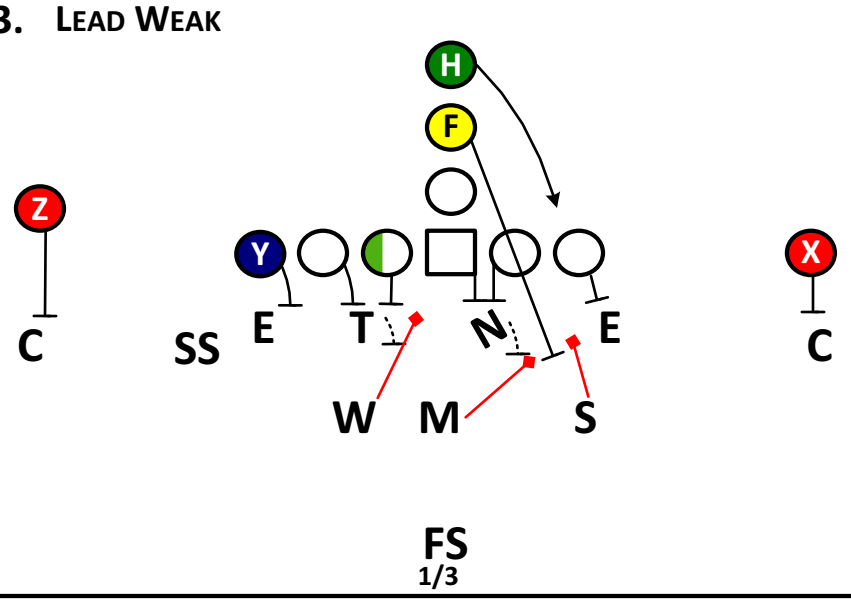


2. BUNCH

CHECK SPECIAL

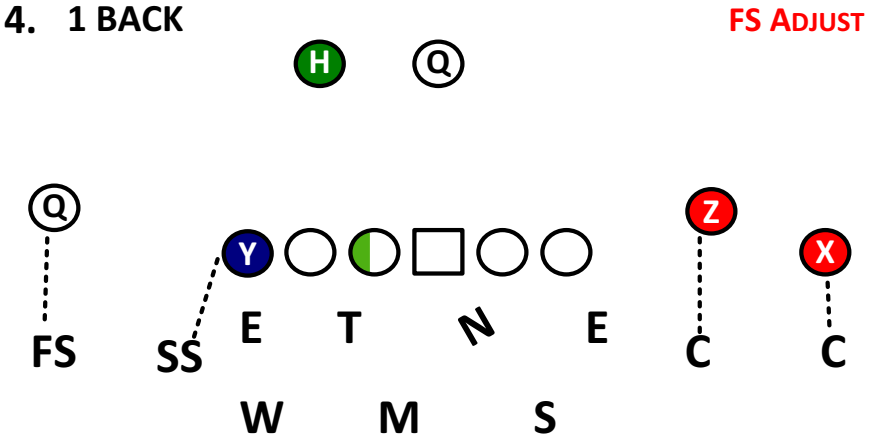


3. LEAD WEAK



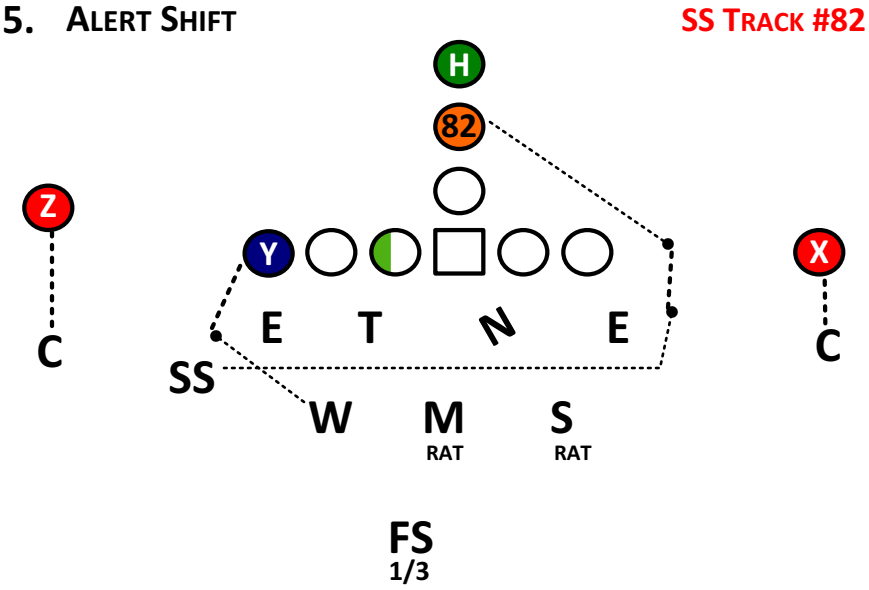
4. 1 BACK

FS ADJUST



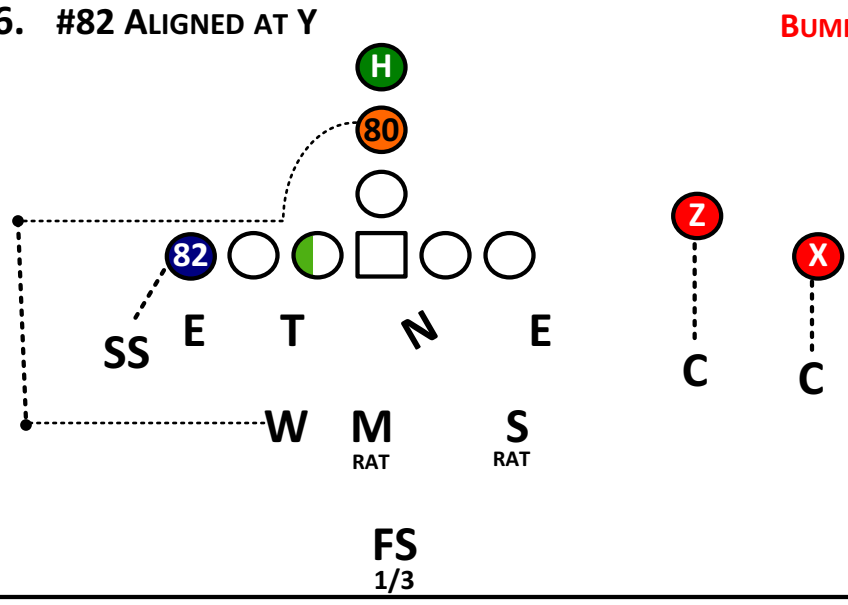
5. ALERT SHIFT

SS TRACK #82



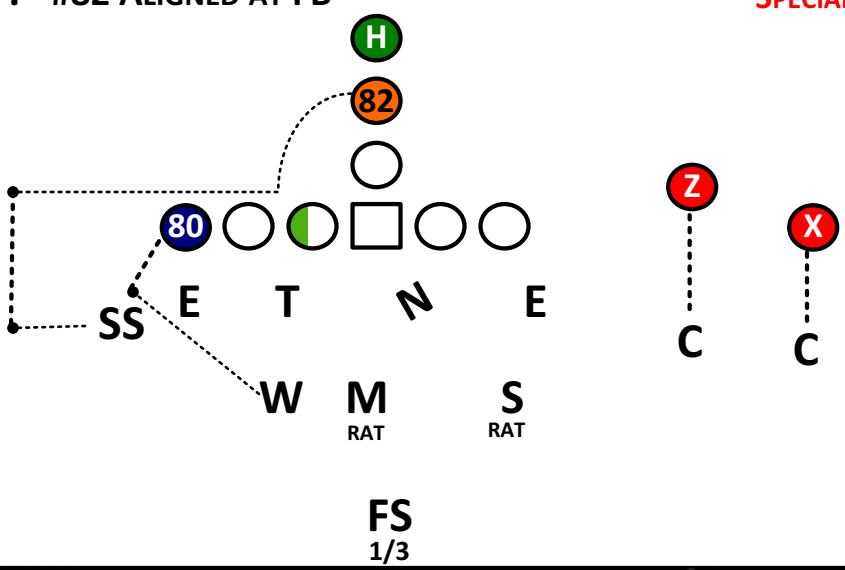
6. #82 ALIGNED AT Y

BUMP



7. #82 ALIGNED AT FB

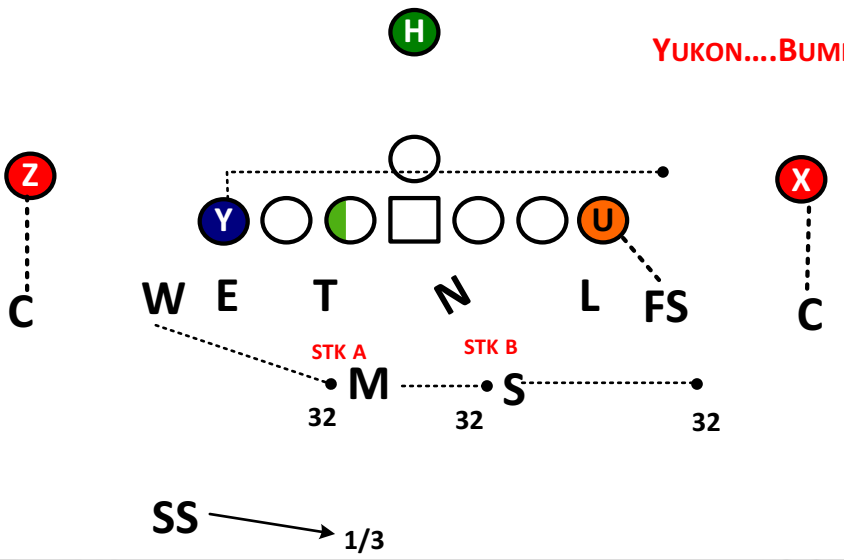
SPECIAL



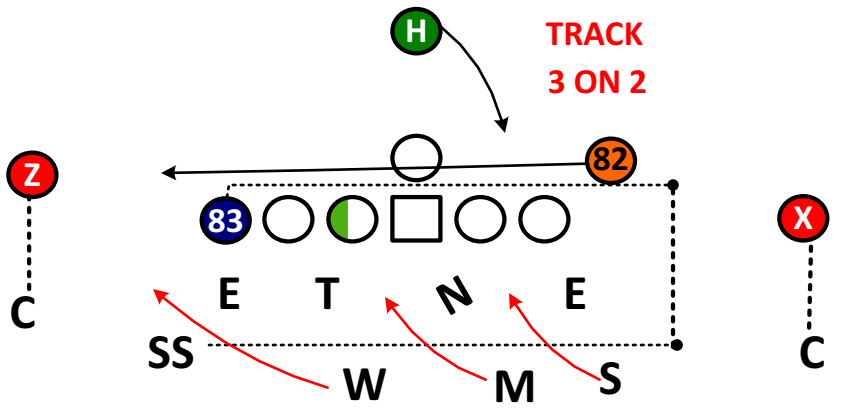
SOLO

CHECK SPECIAL

YUKON....BUMP

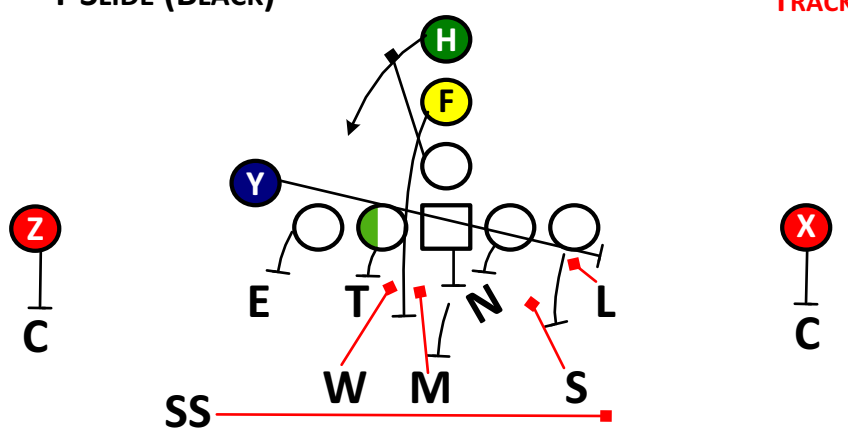


Vs. #83 Motion

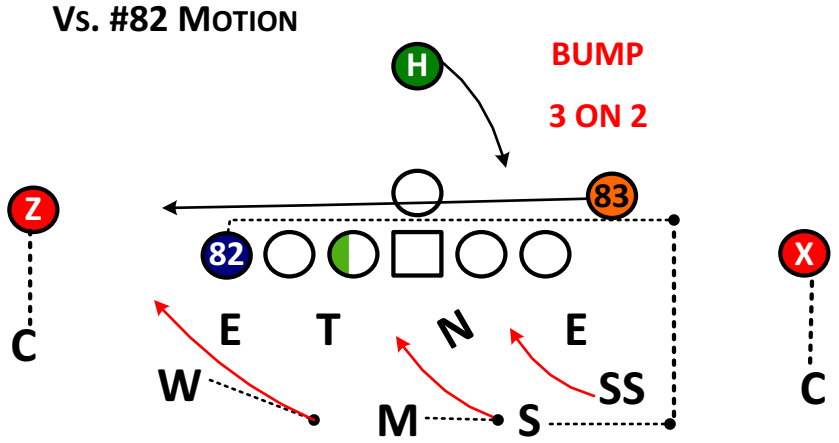


Y Slide (Black)

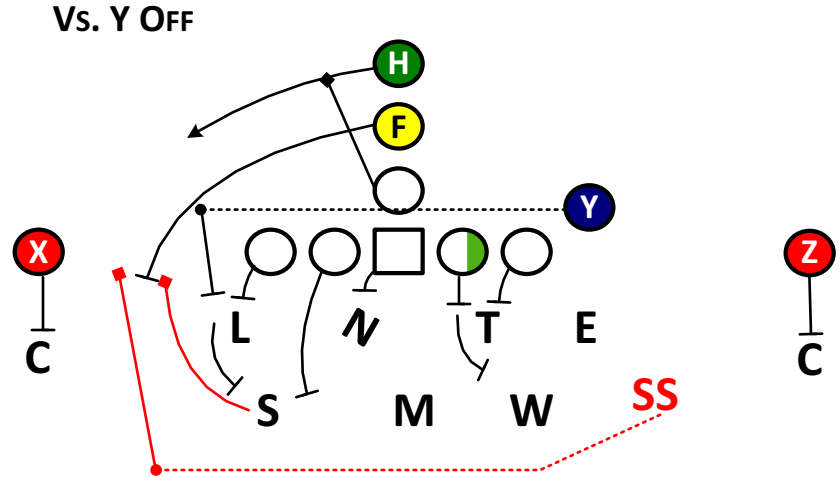
TRACK



Vs. #82 Motion



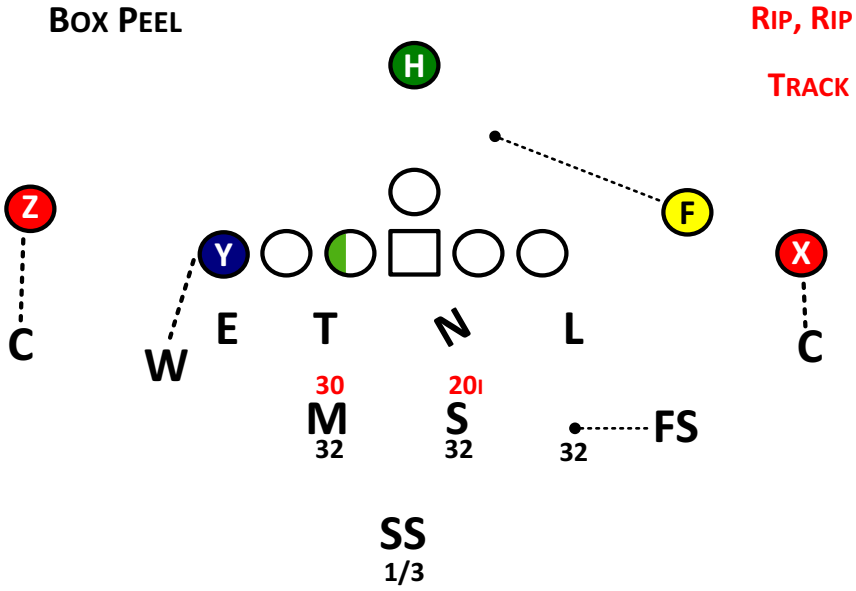
Vs. Y Off



Box Peel

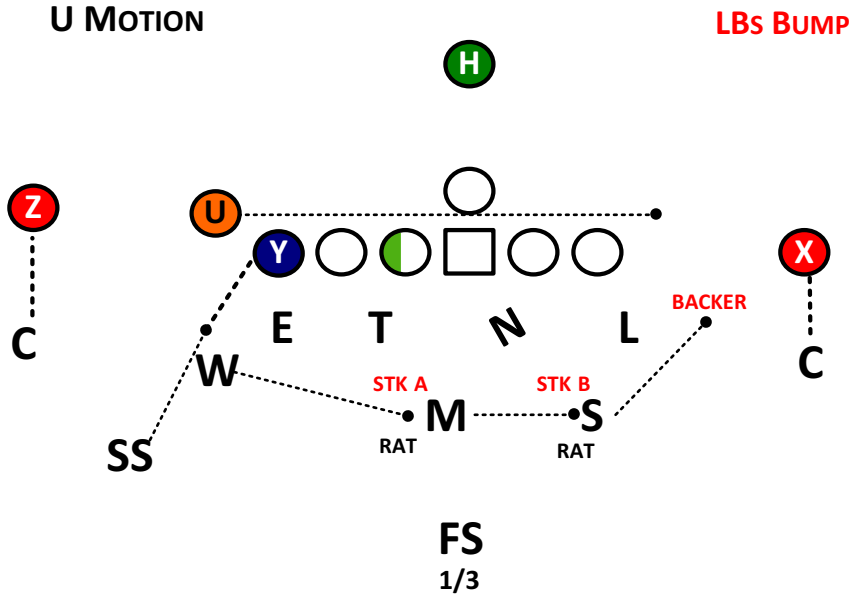
RIP, RIP

TRACK



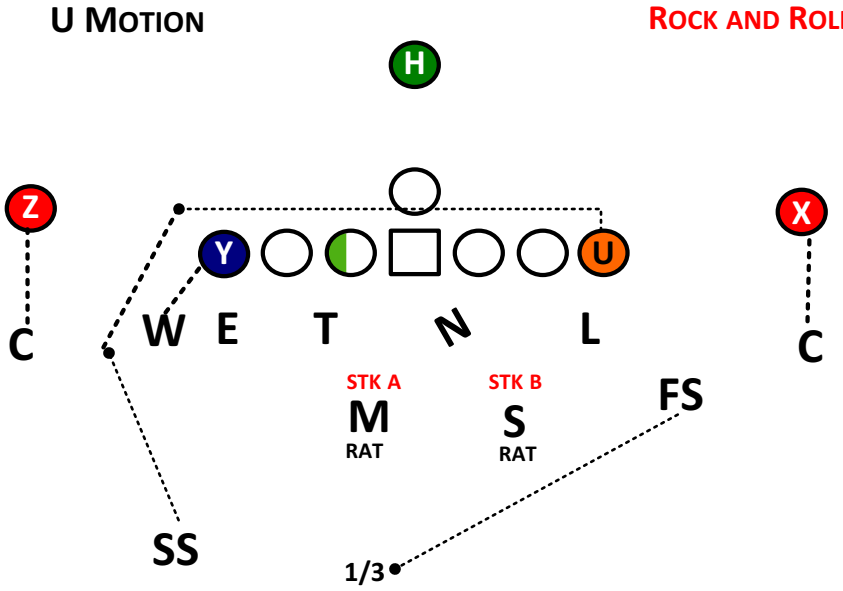
U Motion

LBs BUMP

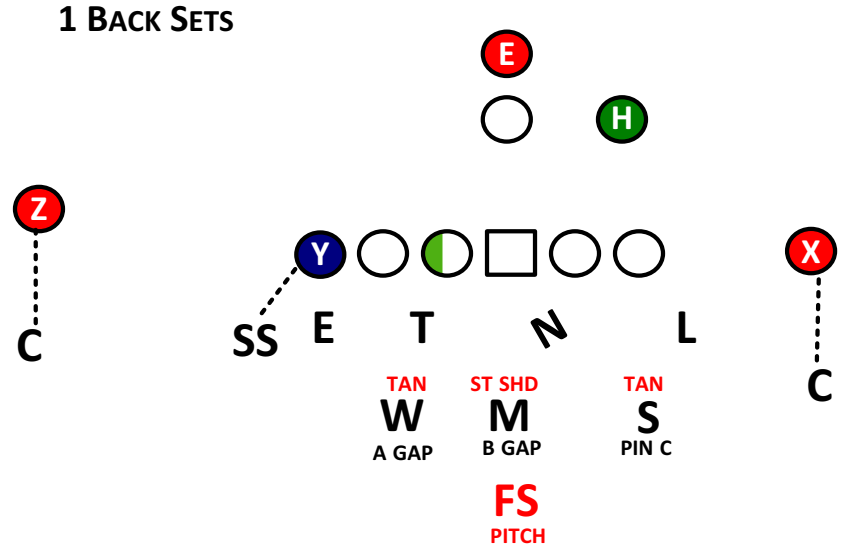


U Motion

ROCK AND ROLL

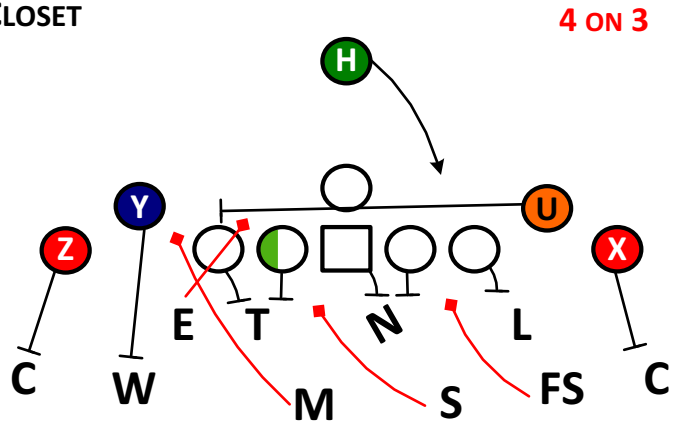


1 Back Sets



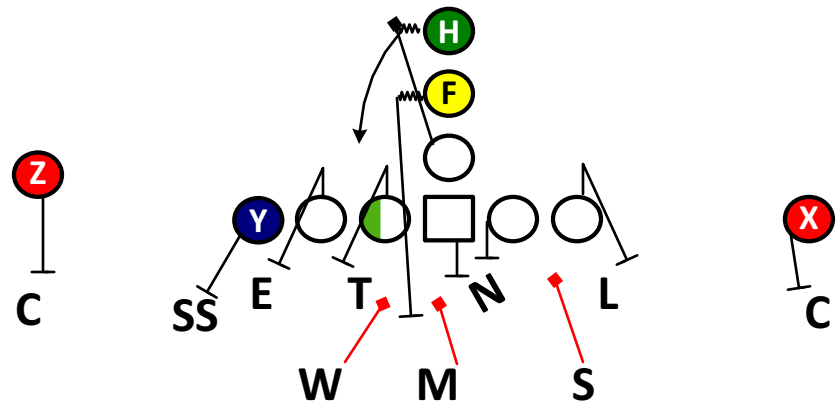
CLOSET

4 ON 3



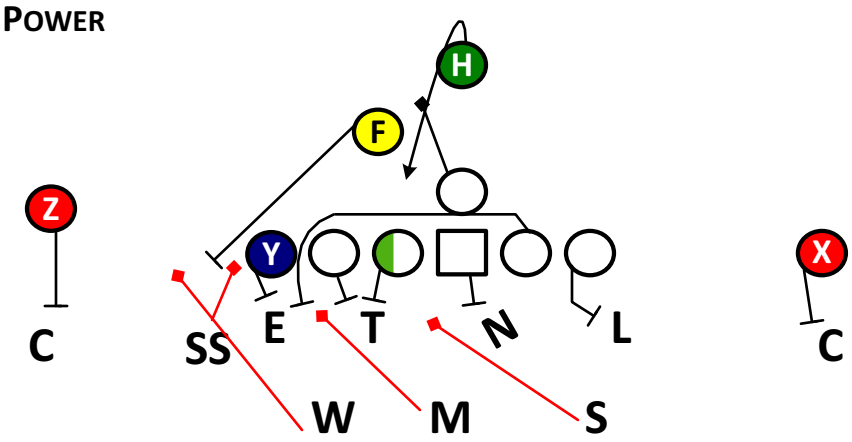
SS

LD DRAW



FS
1/3

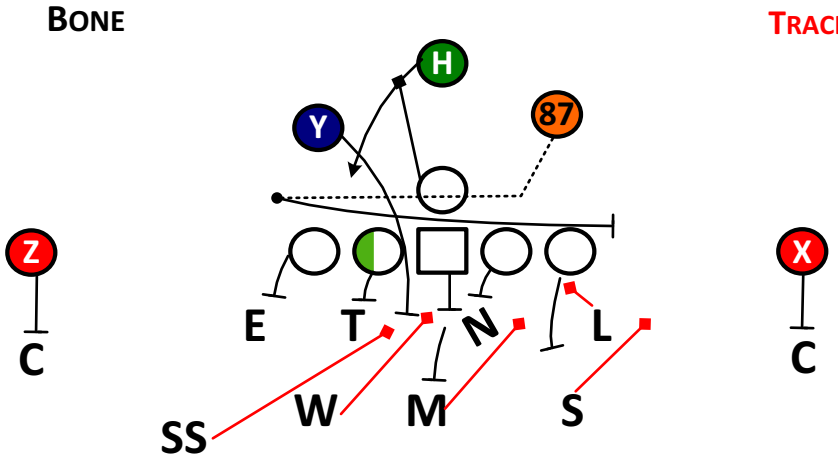
POWER



FS
1/3

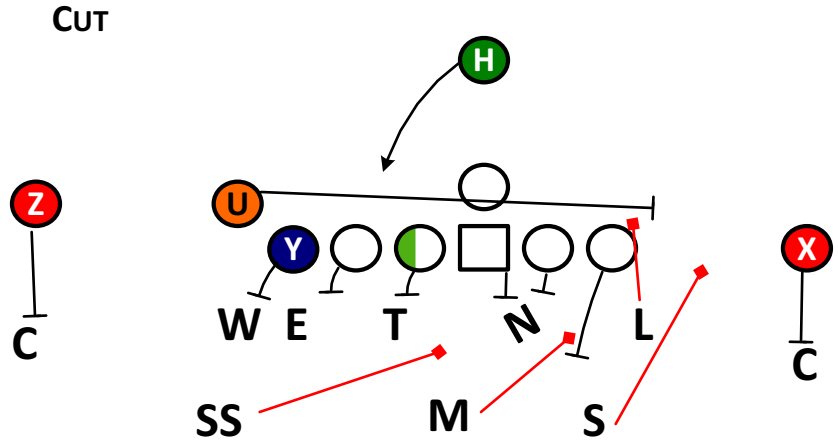
BONE

TRACK



FS
1/3

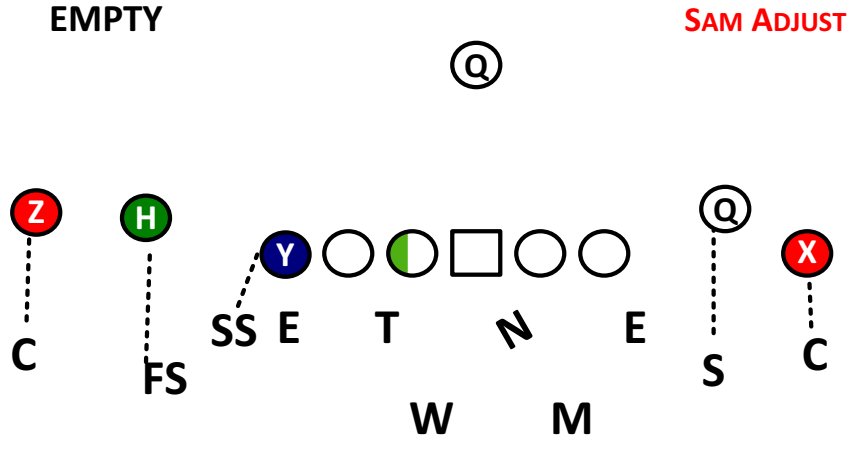
CUT

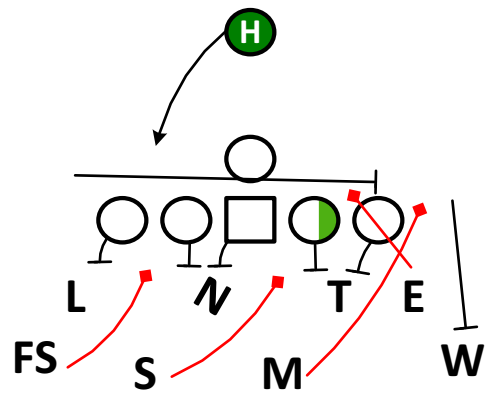


FS
1/3

EMPTY

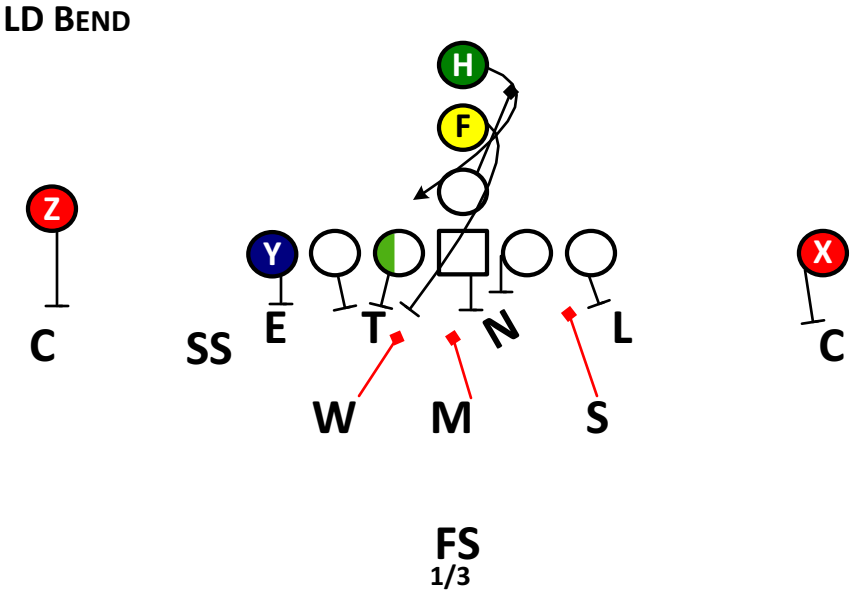
SAM ADJUST





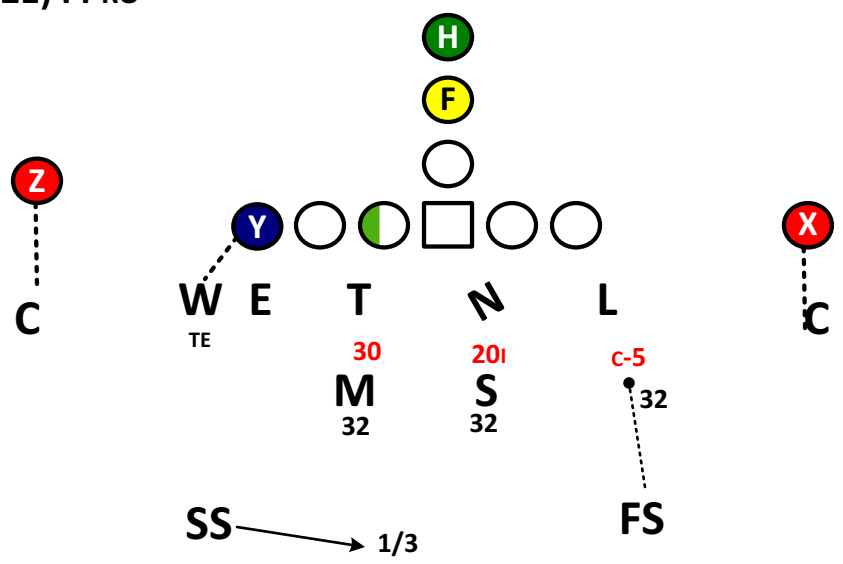
SS

LD Bend

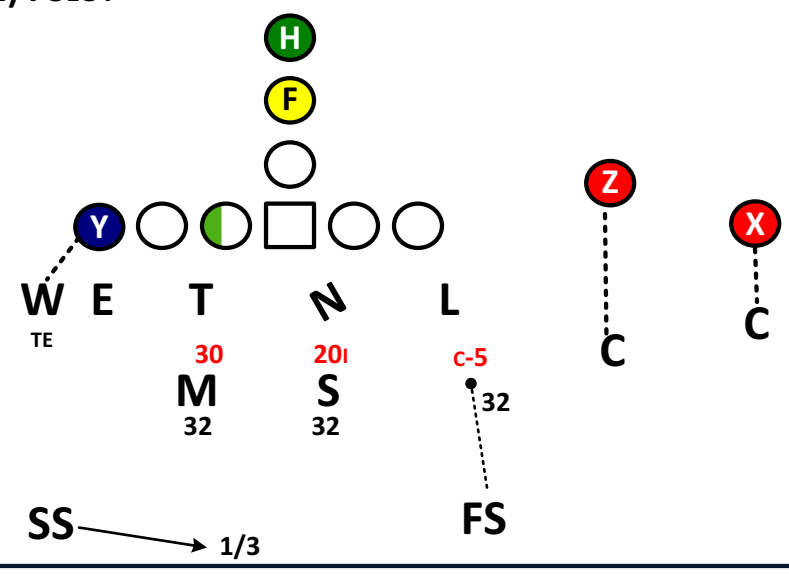


Load 1 Flex (Load China)

(21) I Pro



(21) I Slot



Essence:

1. Load China is an Over Front Family man free defense.
2. Safety rotation is always to the flex side.

Coaching Points:

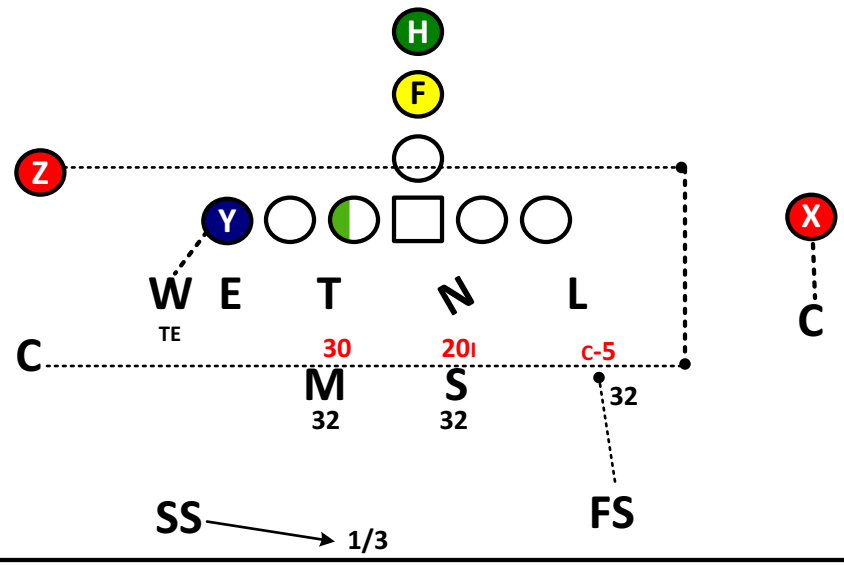
1. Solid call to the "Y"
2. Safeties show a 2 deep (Over 2 / L.A.) pre-snap look
3. Rip / Liz to the Flex Side
4. Will: Man TE
5. Mike, Sam & Free Safety: 32 the Backs

Adjustments:

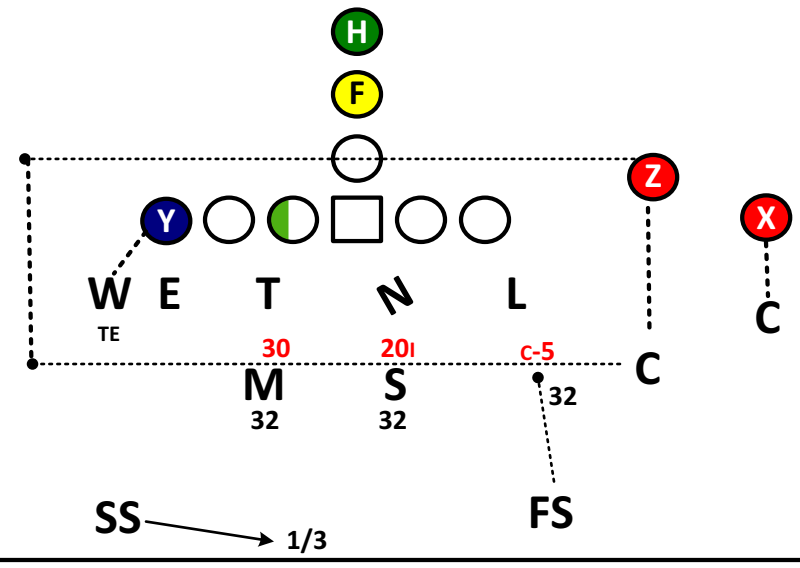
1. Vs. Y Variable: Check Switch
2. Vs. Y Motion: Safeties Track
3. Sally Rules apply.
   - Vs. Fly/Peel Motion: Sally Adjust
   - Aligned One Back: Sally Adjust
   - Vs. Box Fly/Peel Motion: Track
4. Vs. Empty:
   - Sam Adjust. Mike Stay in the box

Load 1 Flex (Load China)

1. Z MO I Slot



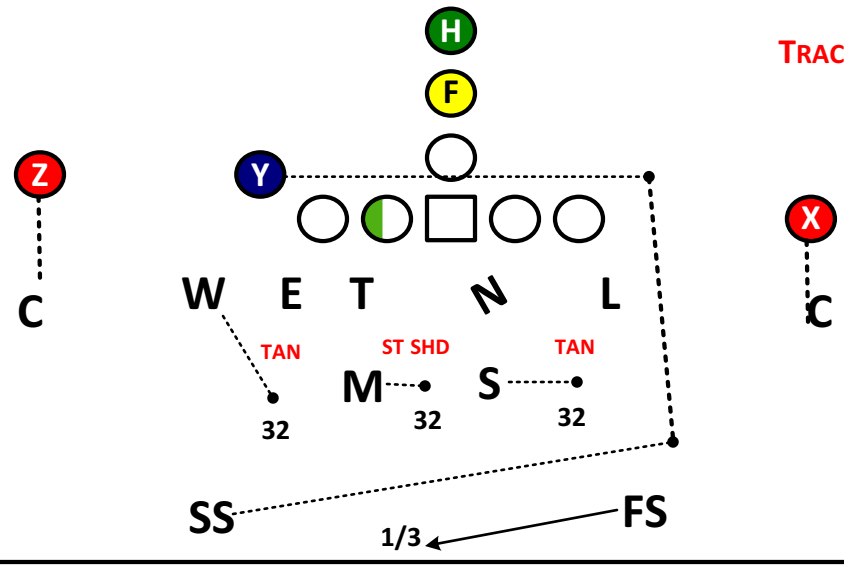
2. Z MO I Pro



3. Y MO I Pro Y Off

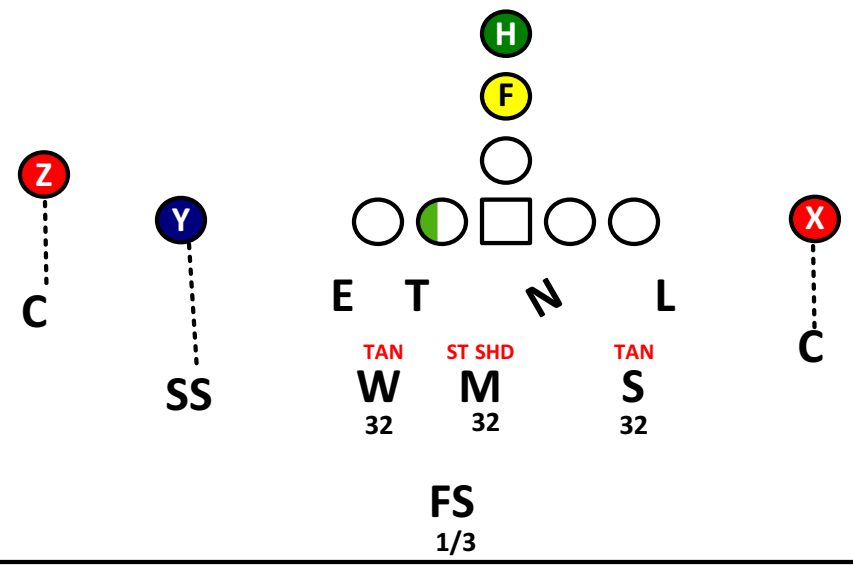
Check Tokyo Switch

Track



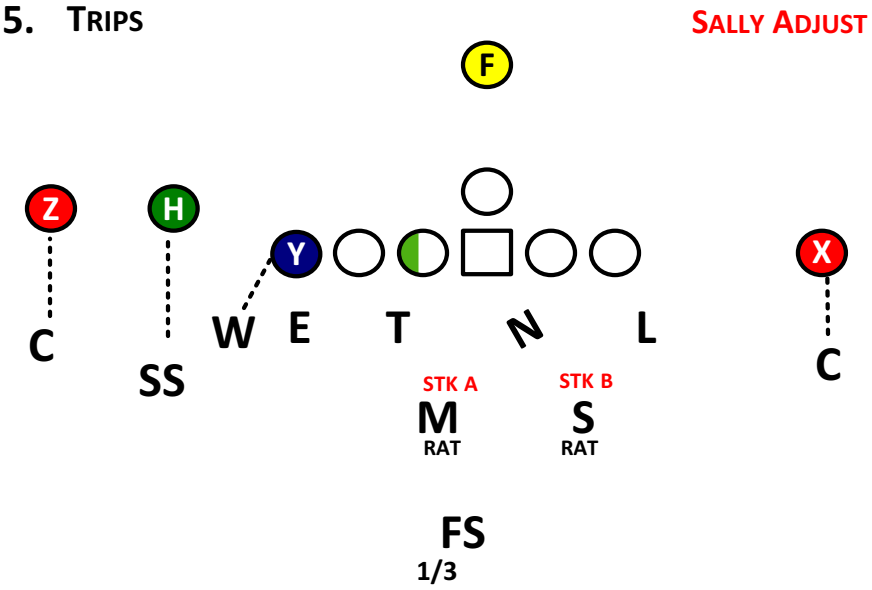
4. I Pro Y Open

Check Switch



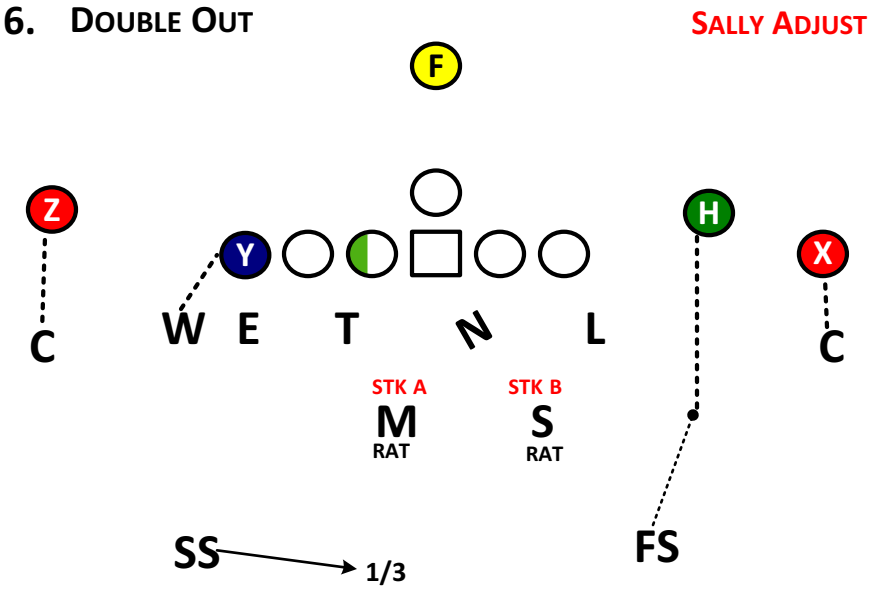
5. Trips

Sally Adjust



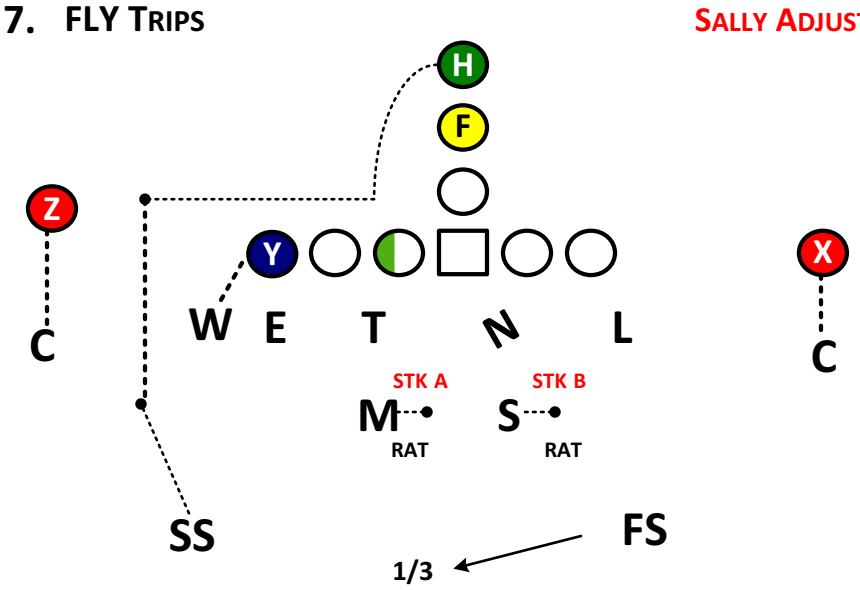
6. Double Out

Sally Adjust



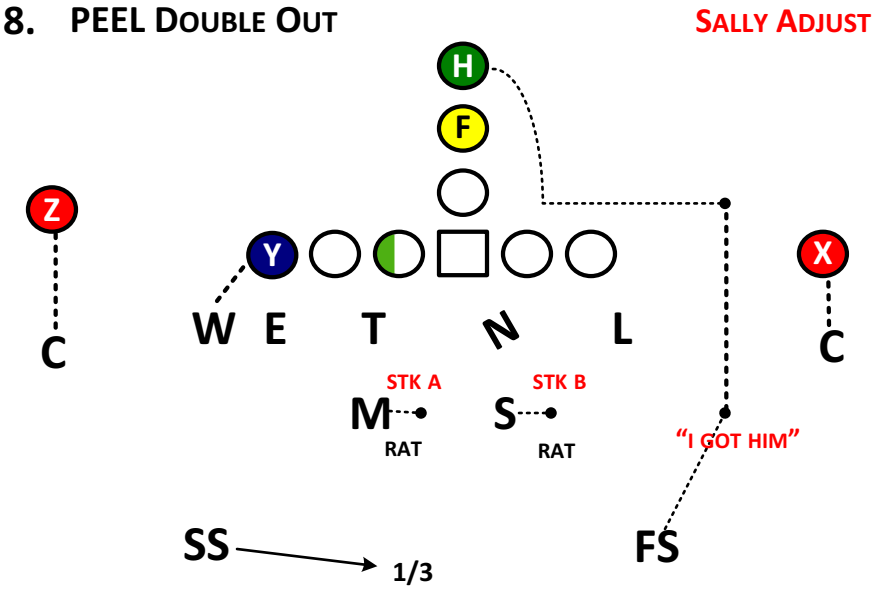
7. FLY Trips

Sally Adjust



8. PEEL Double Out

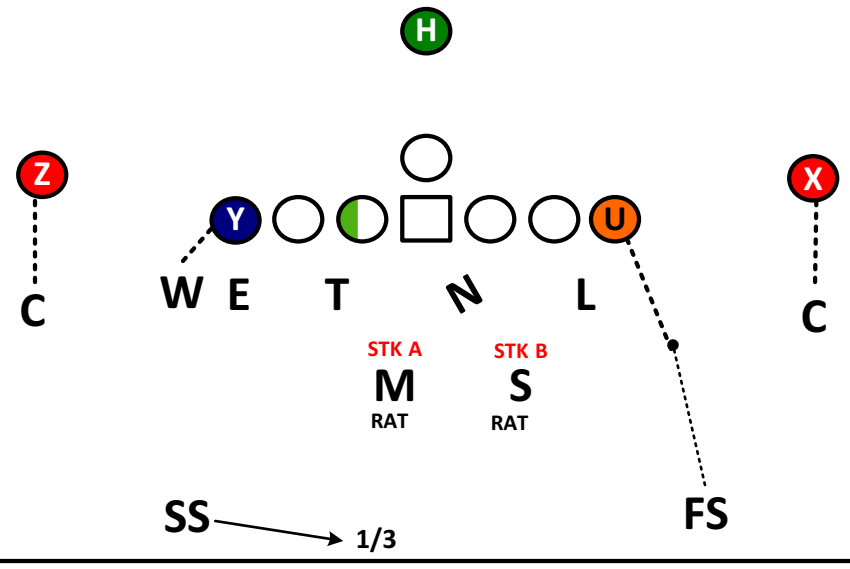
Sally Adjust



Load 1 Flex (Load China)

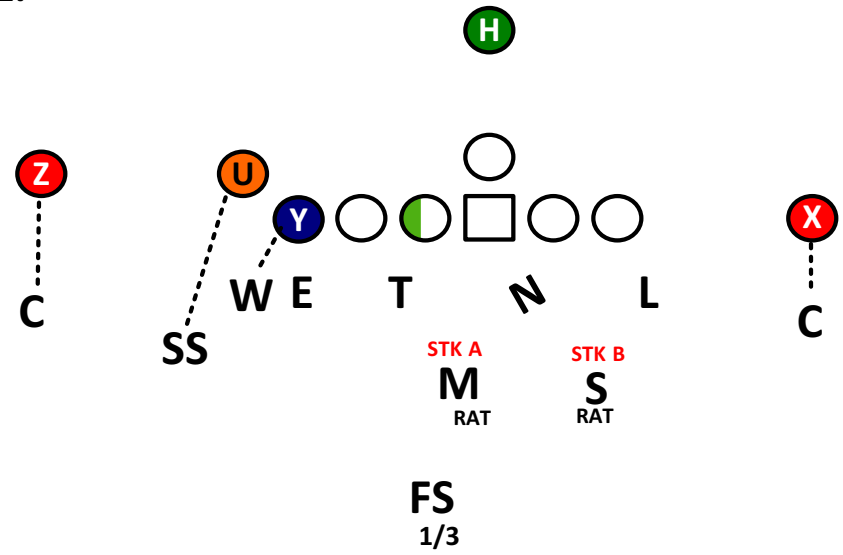
1. Solo

Sally Adjust



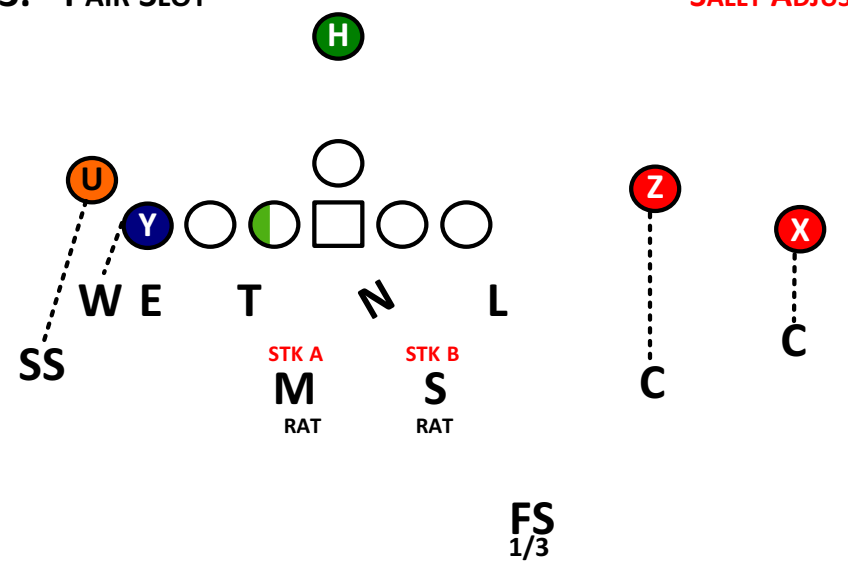
2. Pair Trips

Sally Adjust



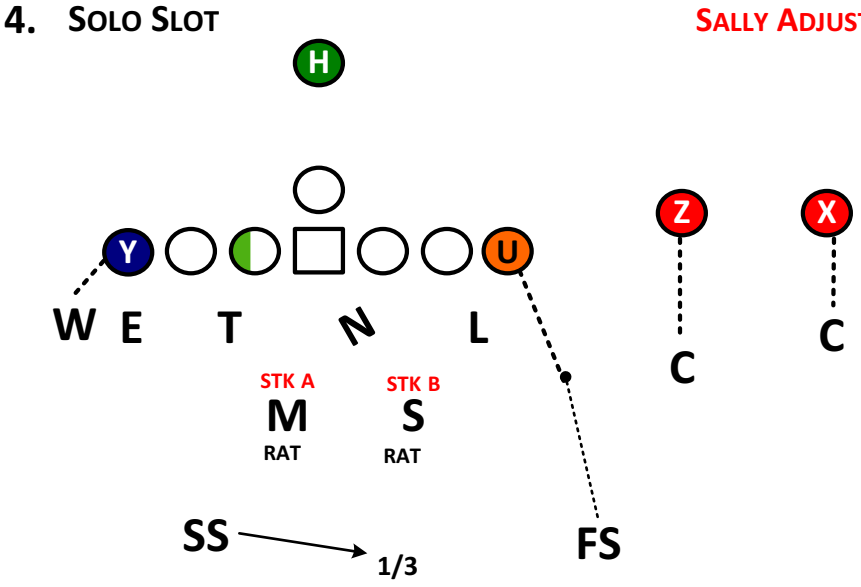
3. Pair Slot

Sally Adjust



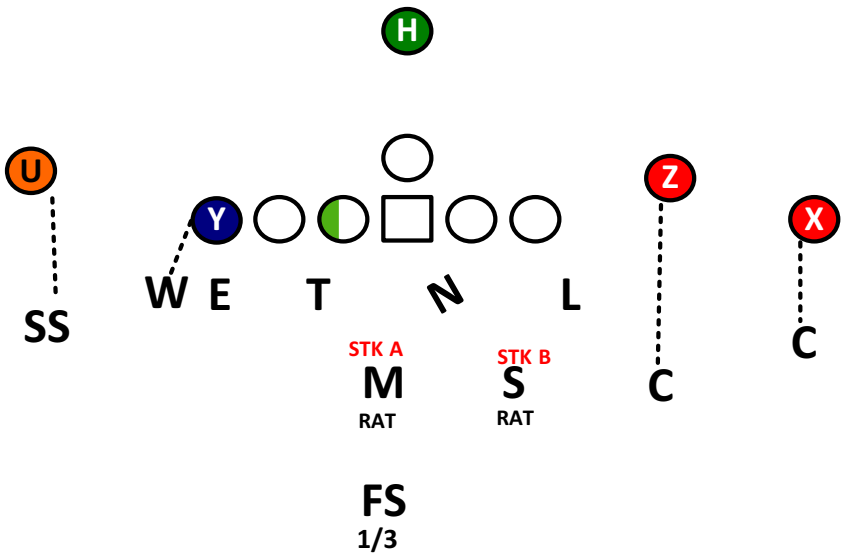
4. Solo Slot

Sally Adjust



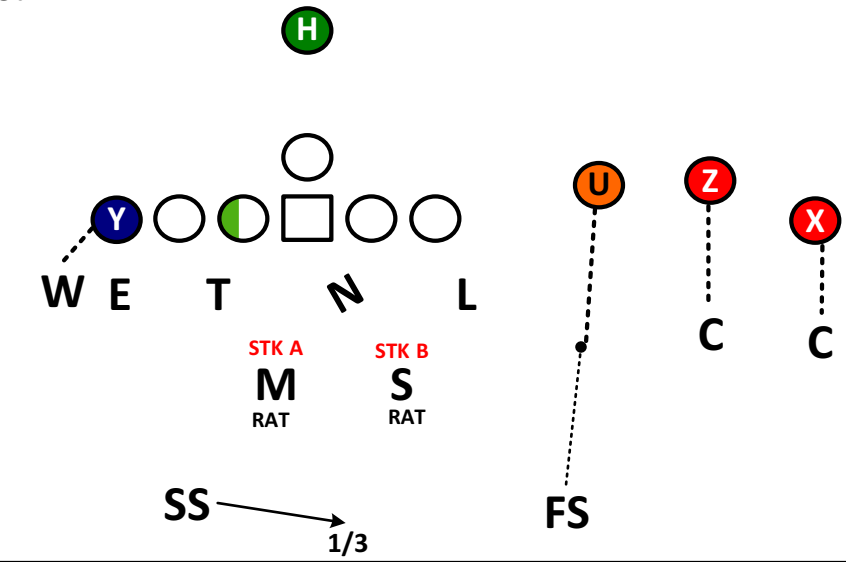
5. Slot Double Out

Sally Adjust



6. Seattle

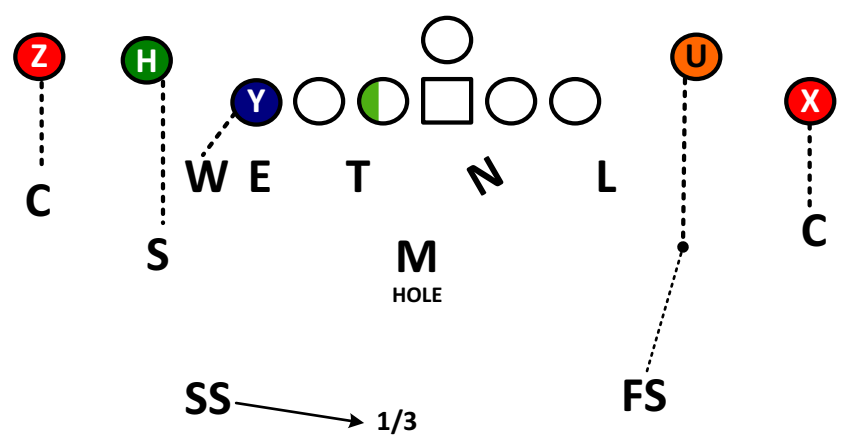
Sally Adjust



7. Empty

Sally Adjust

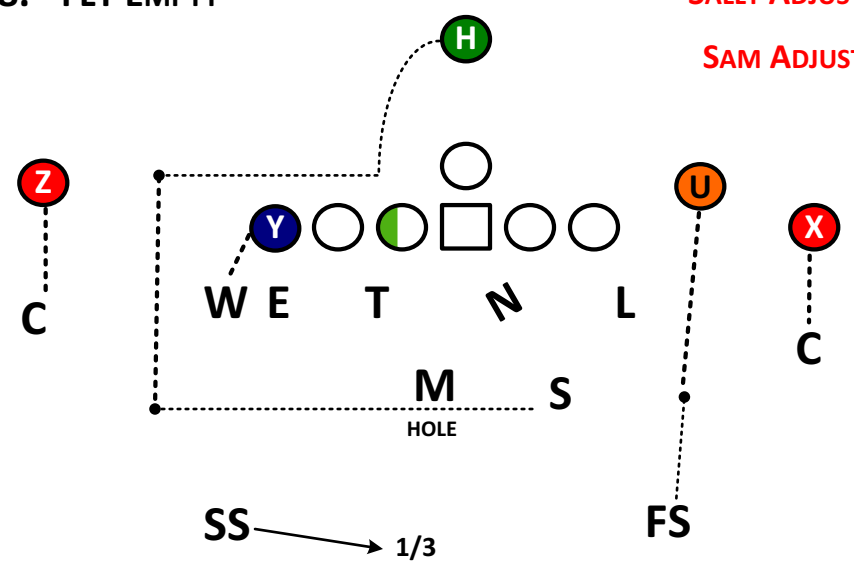
Sam Adjust



8. FLY Empty

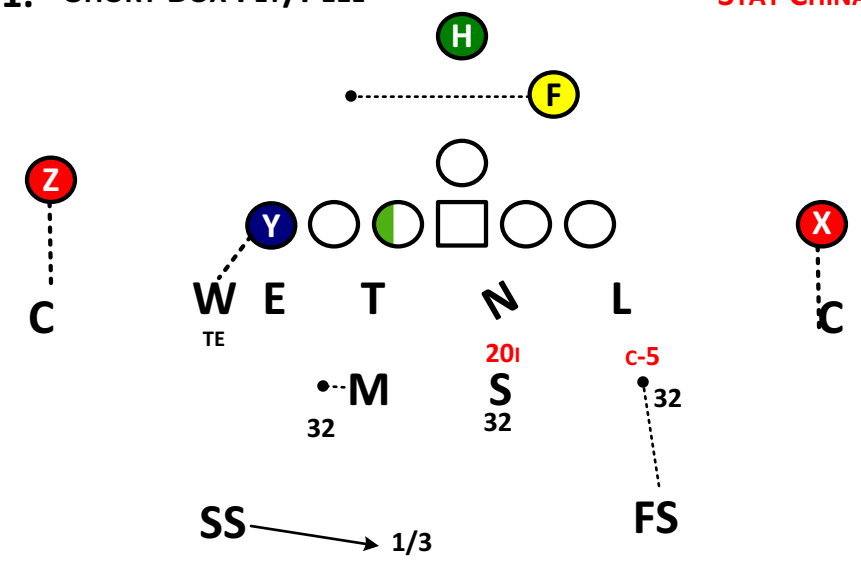
Sally Adjust

Sam Adjust



Load 1 Flex (Load China)

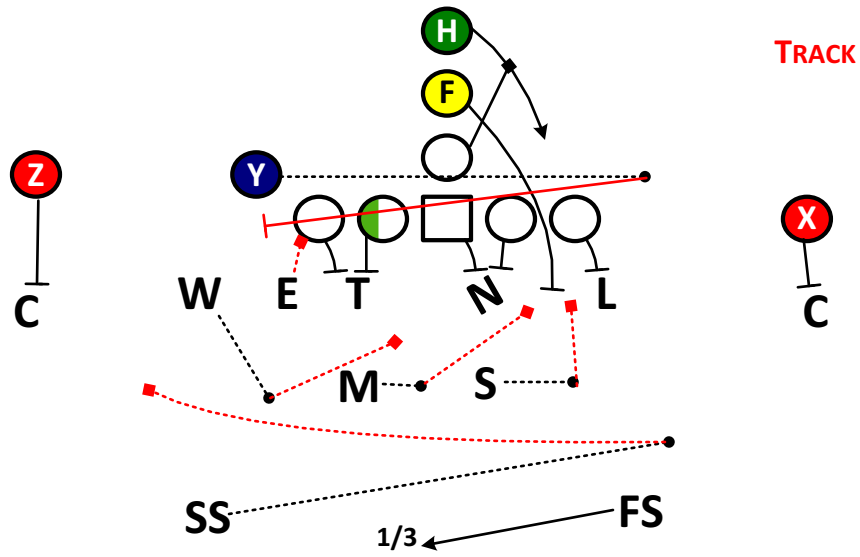
1. Short Box Fly/Peel — Stay China



2.

3. Y MO I Pro Y Off — Check Tokyo Switch

Track



4.

5.

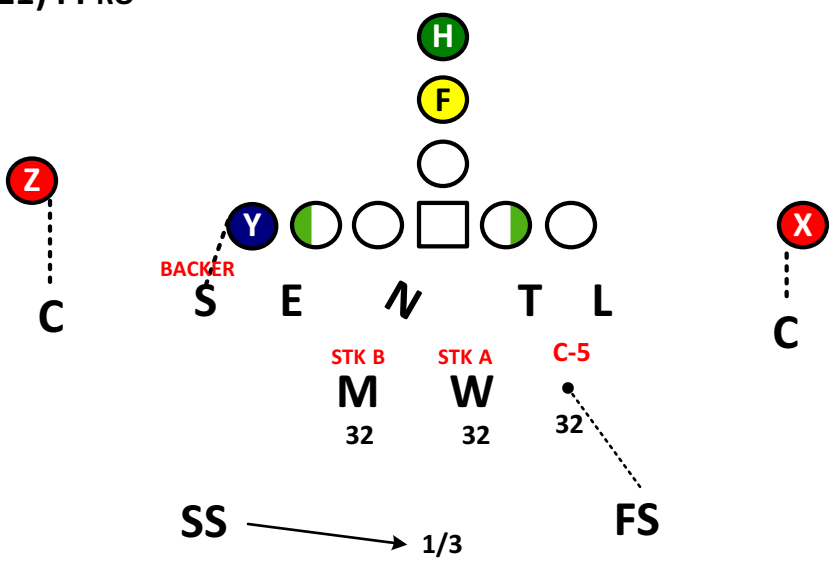
6.

7.

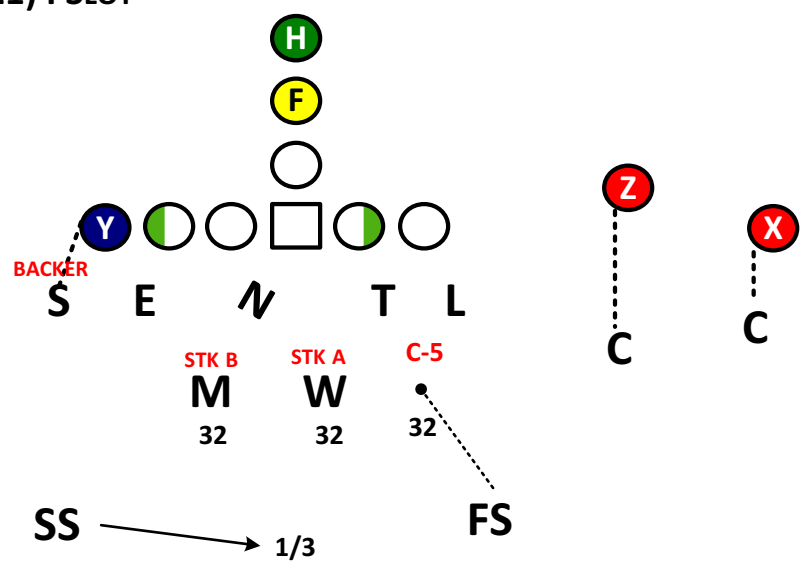
8.

Under 1 Flex (China)

(21) I Pro



(21) I Slot



Essence:

1. China is an 8 man in the box Under Family defense with Flex side rotation.
2. This is a man to man defense with a middle 1/3 and a low hole defender (Plugger).

Coaching Points:

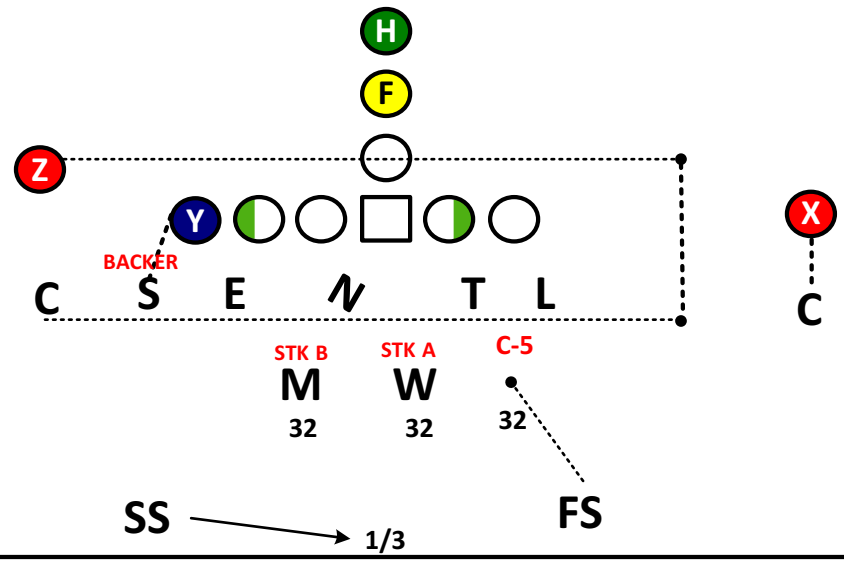
1. Solid call to the "Y".
2. "Liz" and "Rip" calls used by the FS.
3. Vs. 2 Back Y Slide: Treat like 4 on 3
   Vs. 1 Back Cut: Fall Back
4. Safeties Show A 2 Deep Tacoma Shell Pre Snap.
5. 2 Back Y Off/Y Motion: Check Switch
6. Vs. 1 Back: Leo Pup Technique

Adjustments:

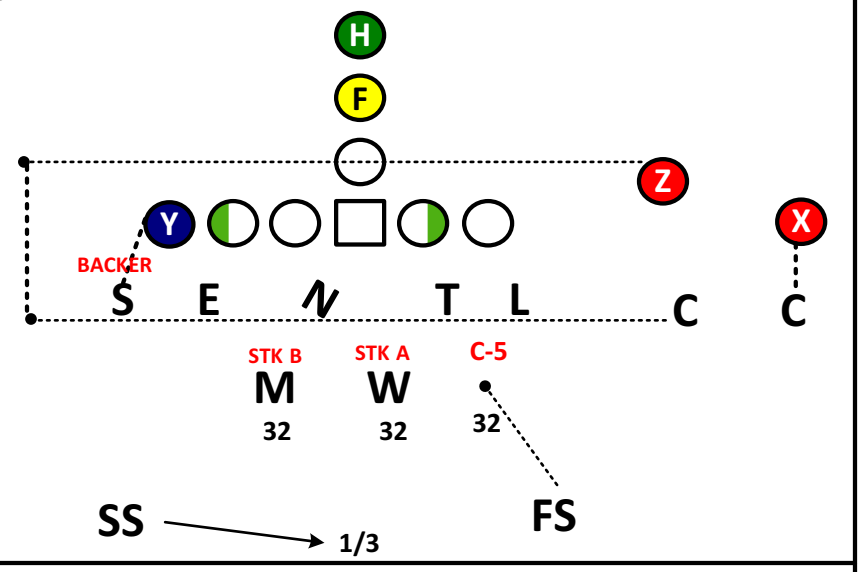
1. Vs. 2 Back Y Motion: Check Switch.
2. Special Rules Apply:
   - Vs. Fly/Peel Motion: Bump
   - Aligned 1 Back: Check Special
   - Vs. Box Fly Motion: Bump
   - Vs. Box Peel Motion: Bump
3. Vs. 1 Back Y Motion: Bump (LBs adjust) "Yukon" (3 LBs have the Back and Y)
4. Empty Rules (Check Special):
   - Will: First back my side, no back my side, First back other side
   - Safety: Cover #2 Strong (Match up)

UNDER 1 FLEX (CHINA)

1. Z MO I SLOT



2. Z MO I PRO

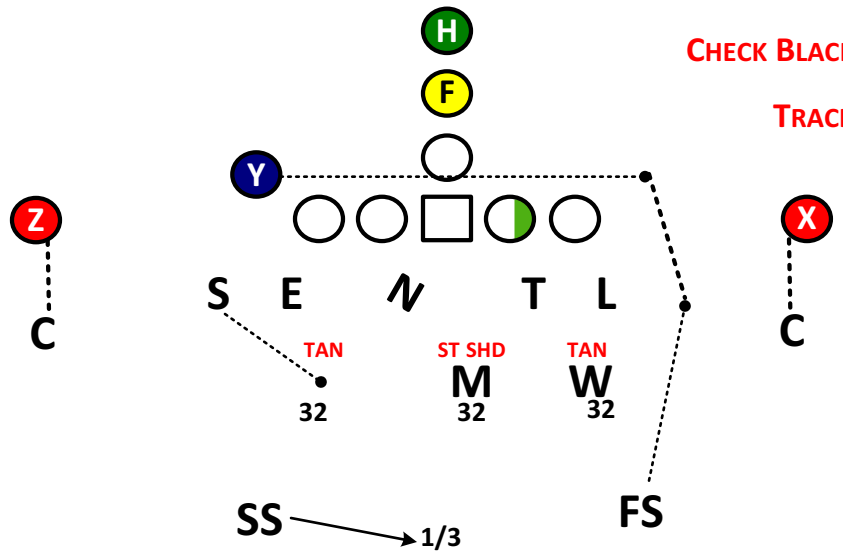


3. Y MO I PRO Y OFF

CHECK SWITCH

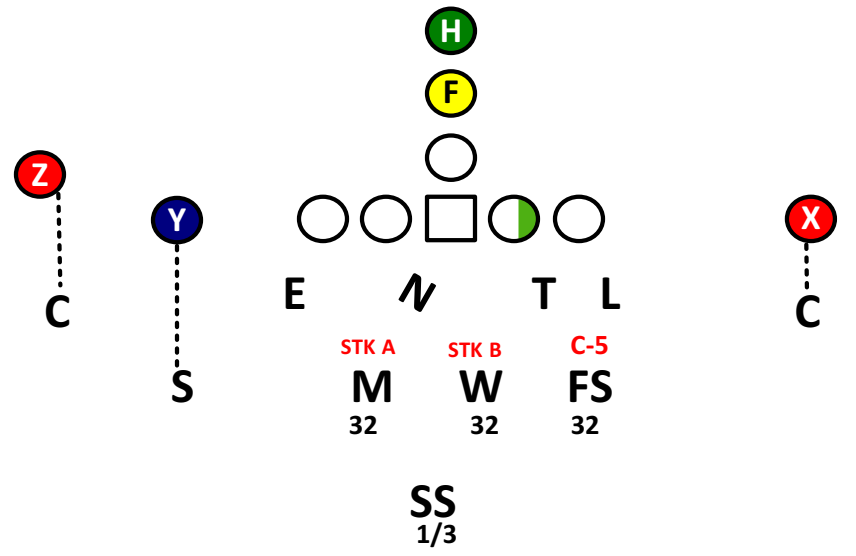
CHECK BLACK

TRACK



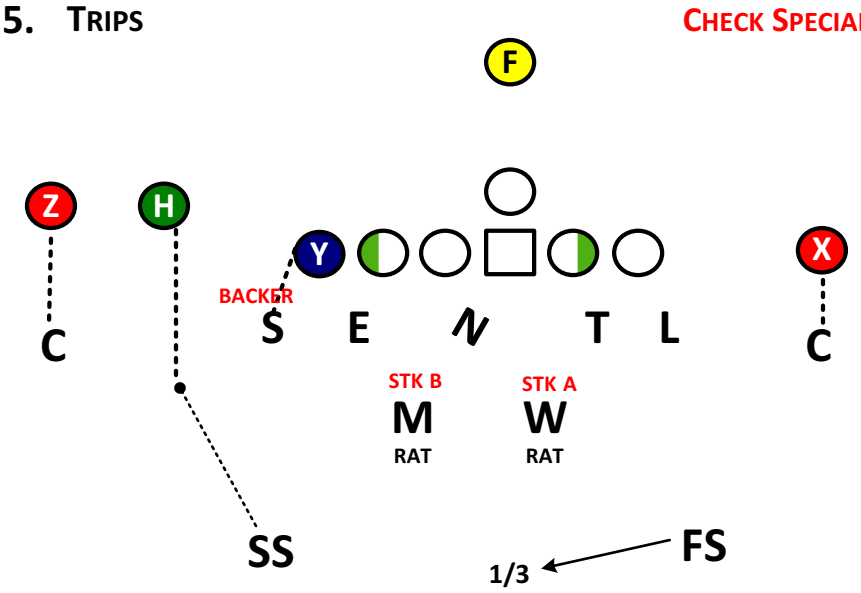
4. I PRO Y OPEN

SAM STAY ON 'Y'



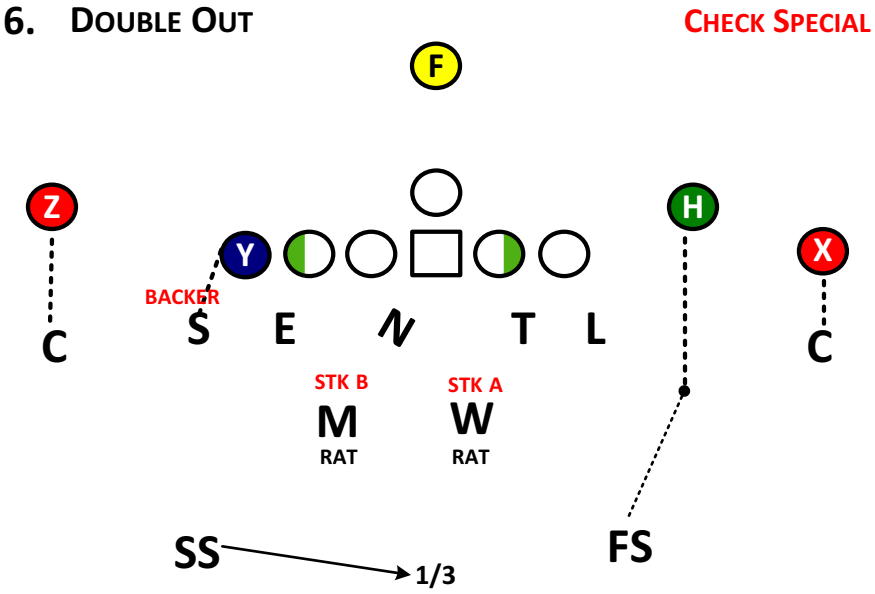
5. TRIPS

CHECK SPECIAL



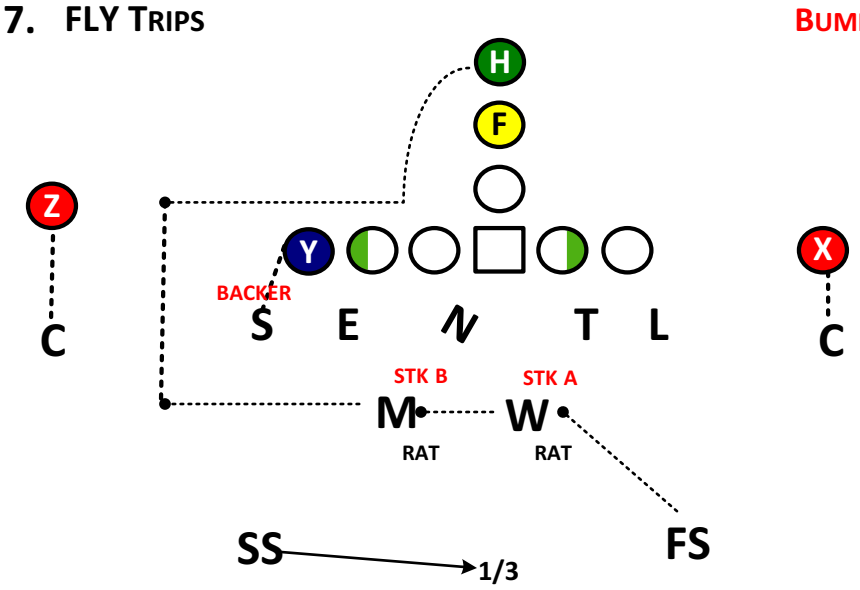
6. DOUBLE OUT

CHECK SPECIAL



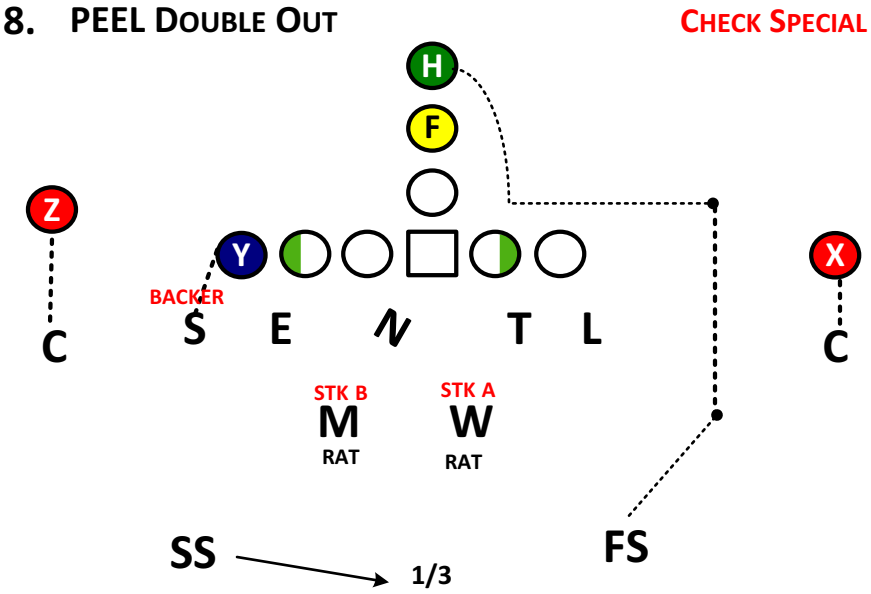
7. FLY TRIPS

BUMP



8. PEEL DOUBLE OUT

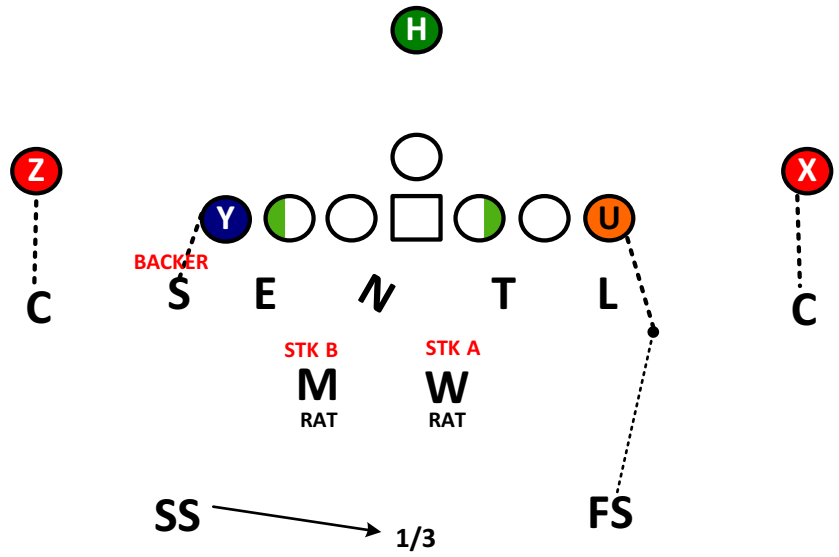
CHECK SPECIAL



UNDER 1 FLEX (CHINA)

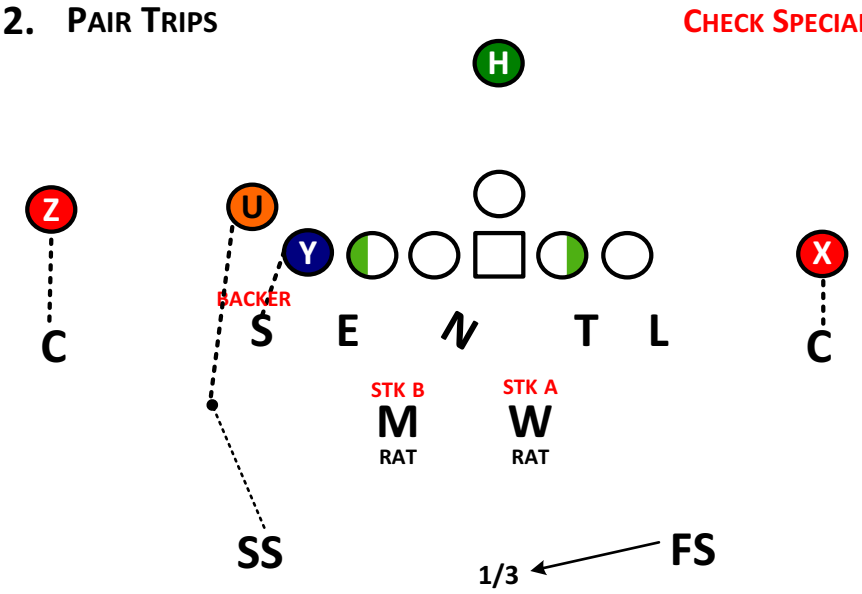
1. SOLO

CHECK SPECIAL



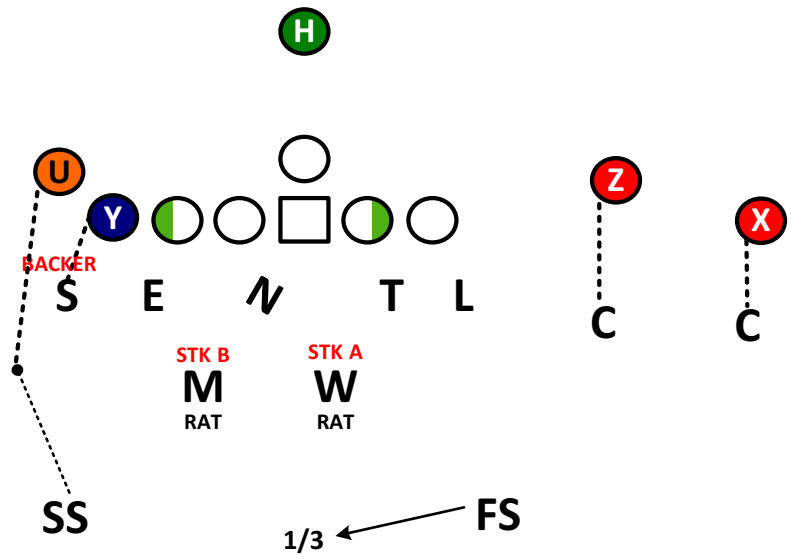
2. PAIR TRIPS

CHECK SPECIAL



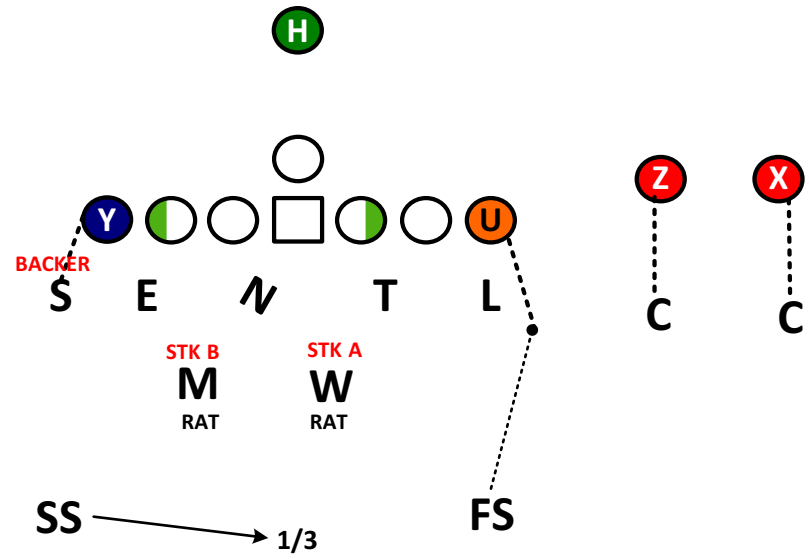
3. PAIR SLOT

CHECK SPECIAL



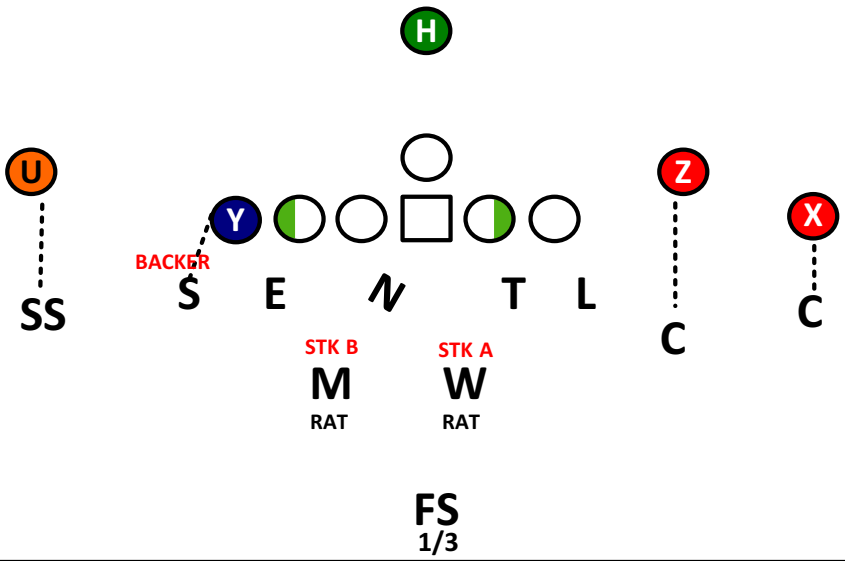
4. SOLO SLOT

CHECK SPECIAL



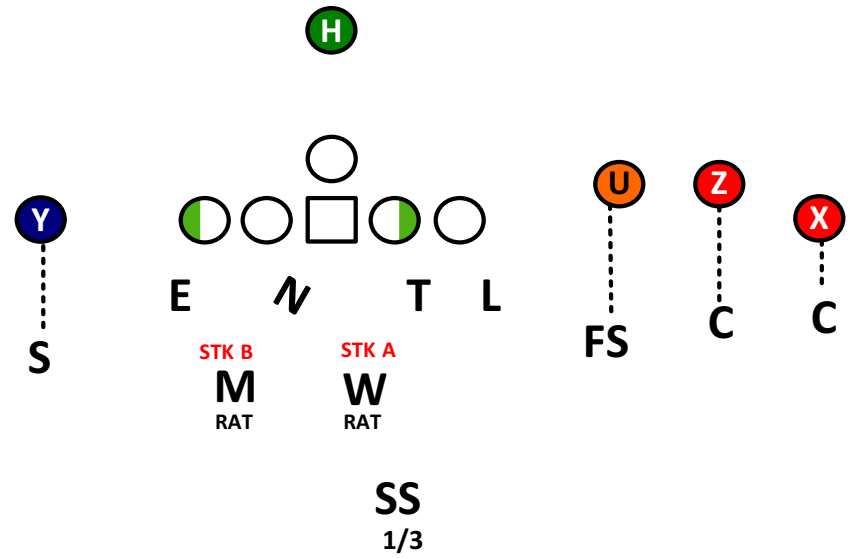
5. SLOT DOUBLE OUT

CHECK SPECIAL



6. SEATTLE

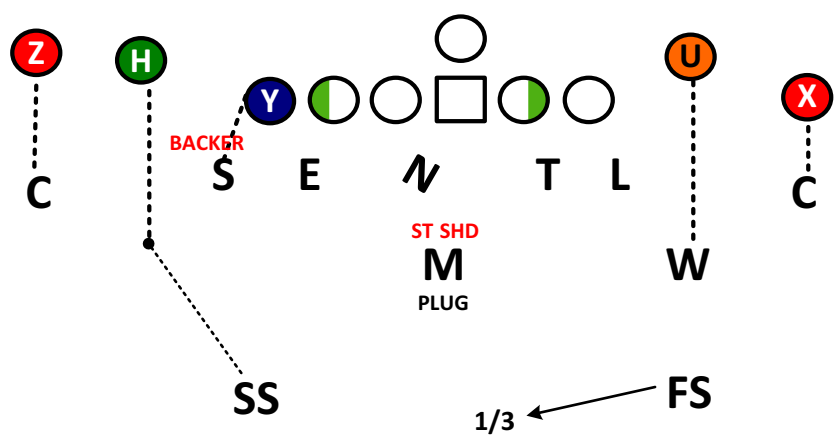
CHECK SPECIAL



7. EMPTY

CHECK SPECIAL

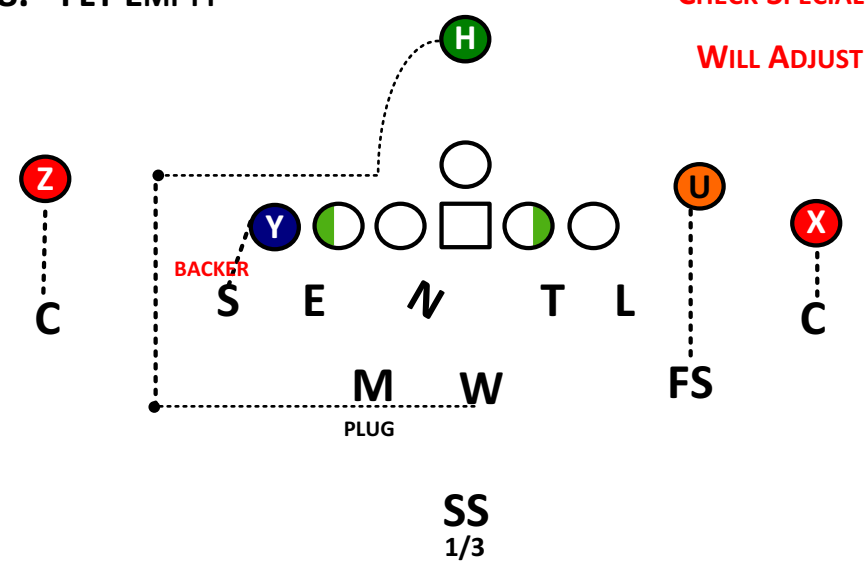
WILL ADJUST

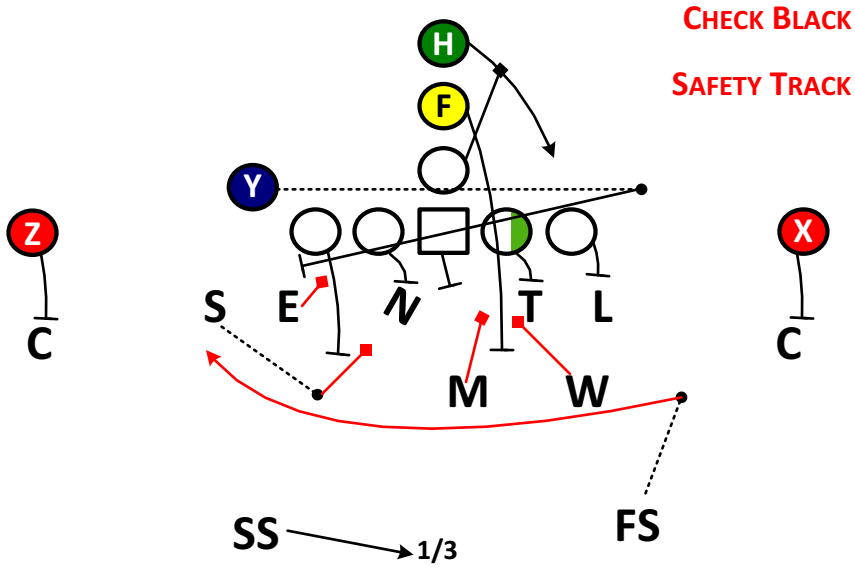


8. FLY EMPTY

CHECK SPECIAL

WILL ADJUST



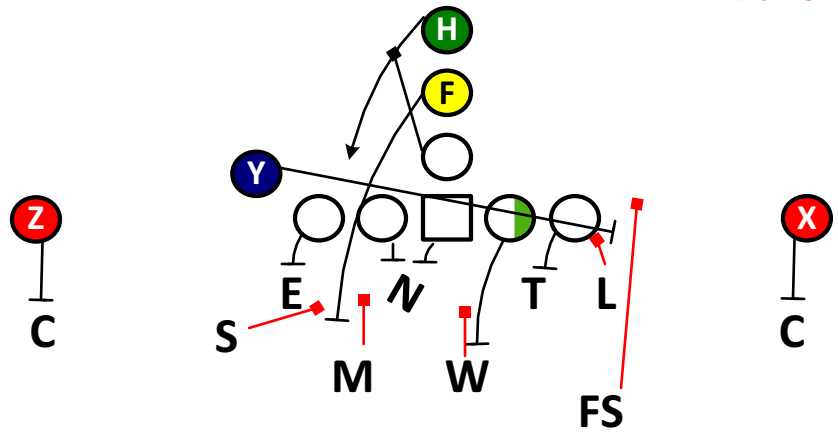


CHECK BLACK

SAFETY TRACK

Y SLIDE

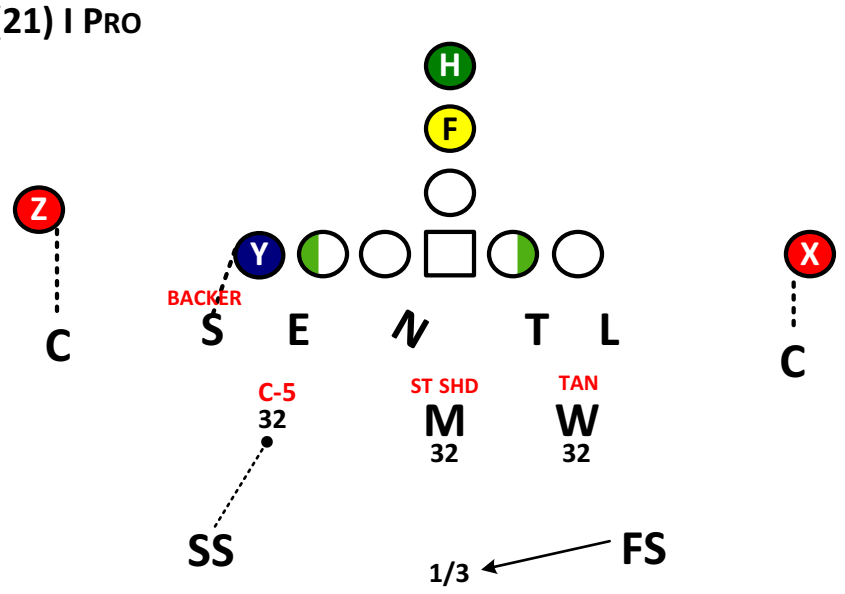
4 ON 3



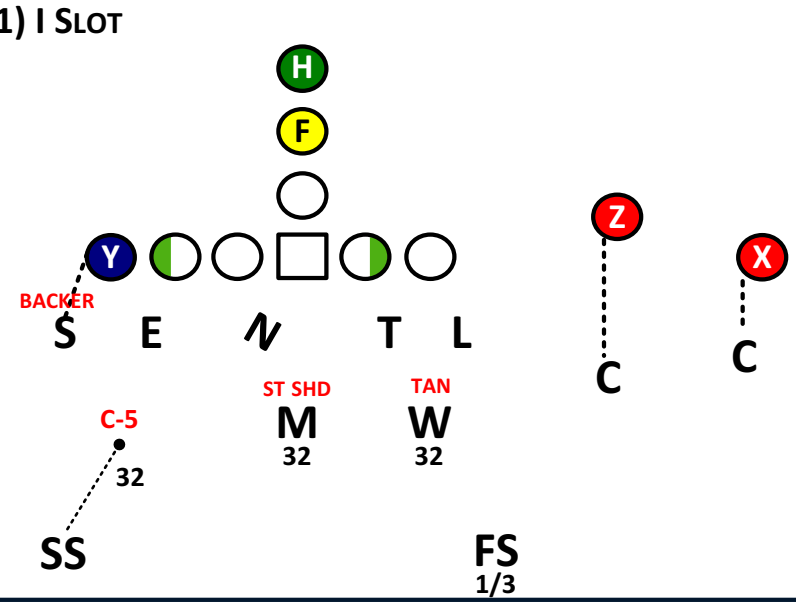
SS

Under 1 Solid (Tokyo)

(21) I Pro



(21) I Slot



Essence:

1. Tokyo is an 8 man in the box Under Family defense with Solid side rotation.
2. This is a man to man defense with a middle 1/3 and a low hole defender (Plugger).

Coaching Points:

1. Solid call to the "Y".
2. "Liz" and "Rip" calls used by the SS.
3. Vs. 2 Back Y Slide: Safety Track.
   Vs. 1 Back Cut: Fall Back
4. Safeties Show A 2 Deep Tacoma Shell Pre Snap.
5. 2 Back Y Off/Y Open: Check Switch
6. Vs. 1 Back: Leo Pup Technique

Adjustments:

1. Vs. 2 Back Y Motion: Check Switch. Safety Track (Check Back)
2. Special Rules Apply:
   - Vs. Fly/Peel Motion: Bump ("I Got Him")
   - Aligned 1 Back: Check Special
   - Vs. Box Fly Motion: Bump
   - Vs. Box Peel Motion: Track
3. Vs. 1 Back Y Motion: Bump (LBs adjust) "Yukon" (3 LBs have the Back and Y)
4. Empty Rules (Check Special):
   - Will: First back my side, no back my side, First back other side
   - Safety: Cover #2 Strong (Match up)
5. Vs. Bunch Trips: Possible Stab 'N' Deuce.
6. Vs. Stacks: Man On Principle.

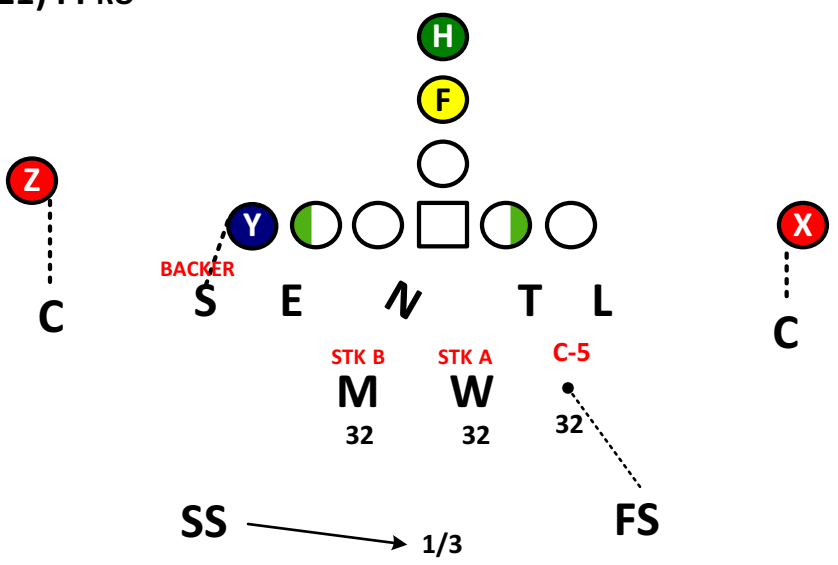
MAN COVERAGES

ADJUSTMENTS

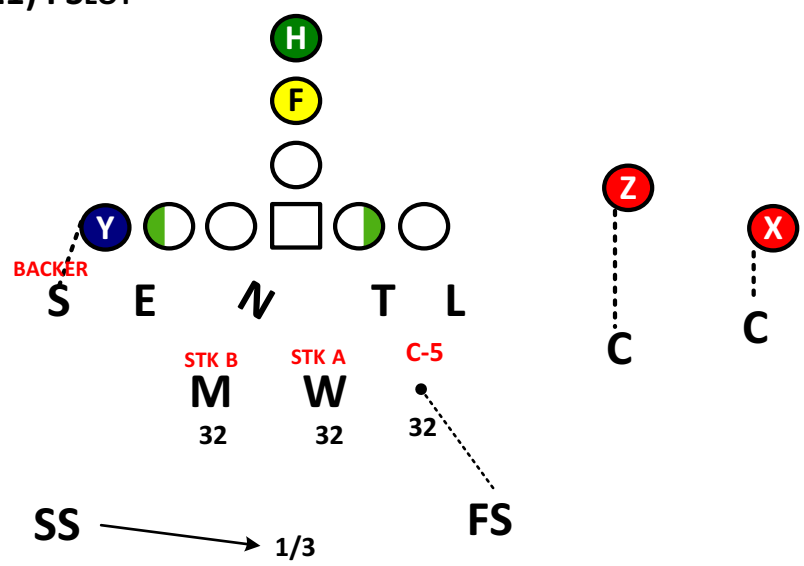
- UNDER 1 FLEX (CHINA) 
- UNDER 1 FLEX (CHINA) 
- W/CHEAT STONE 1 Y BUMP (OTA 2)

Under 1 Flex (China)

(21) I Pro



(21) I Slot



Essence:

1. China is an 8 man in the box Under Family defense with Flex side rotation.
2. This is a man to man defense with a middle 1/3 and a low hole defender (Plugger).

Coaching Points:

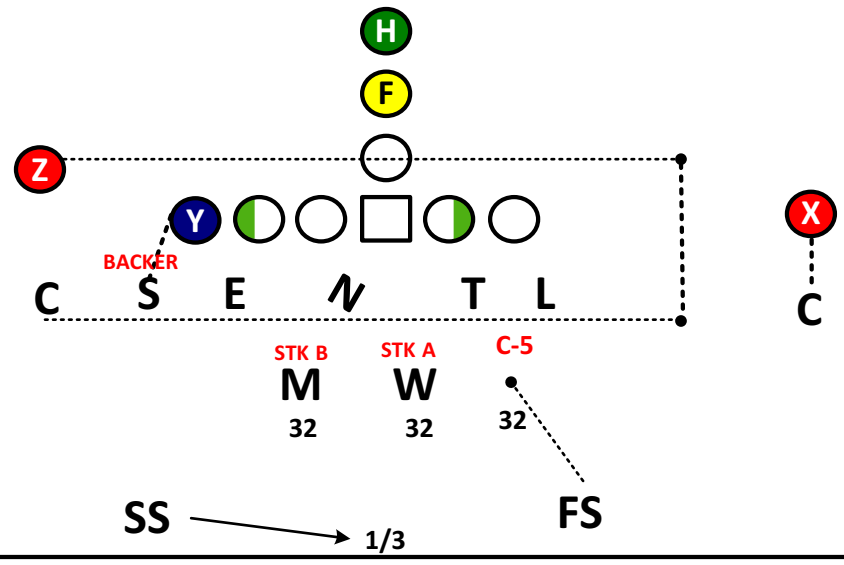
1. Solid call to the "Y".
2. "Liz" and "Rip" calls used by the FS.
3. Vs. 2 Back Y Slide: Treat like 4 on 3
   Vs. 1 Back Cut: Fall Back
4. Safeties Show A 2 Deep Tacoma Shell Pre Snap.
5. 2 Back Y Off/Y Motion: Check Switch
6. Vs. 1 Back: Leo Pup Technique

Adjustments:

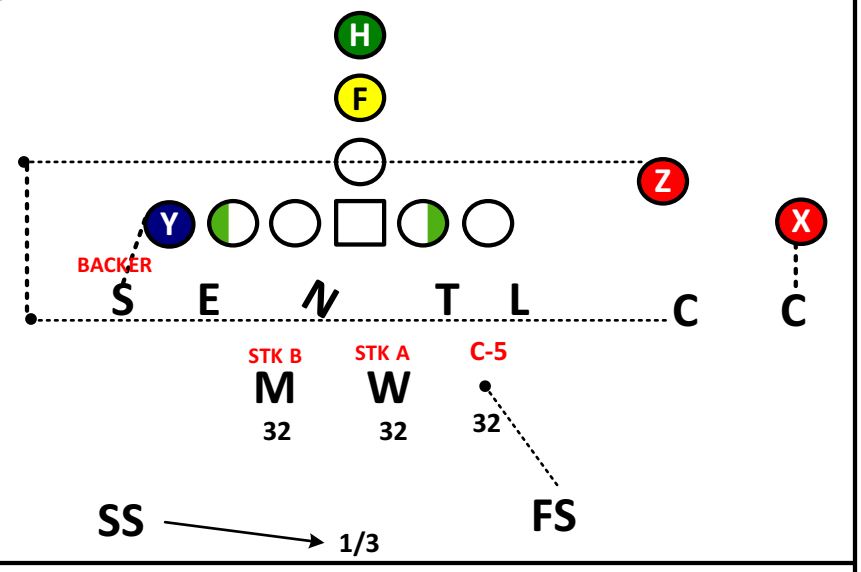
1. Vs. 2 Back Y Motion: Check Switch.
2. Special Rules Apply:
   - Vs. Fly/Peel Motion: Bump
   - Aligned 1 Back: Check Special
   - Vs. Box Fly Motion: Bump
   - Vs. Box Peel Motion: Bump
3. Vs. 1 Back Y Motion: Bump (LBs adjust) "Yukon" (3 LBs have the Back and Y)
4. Empty Rules (Check Special):
   - Will: First back my side, no back my side, First back other side
   - Safety: Cover #2 Strong (Match up)

UNDER 1 FLEX (CHINA)

1. Z MO I SLOT



2. Z MO I PRO

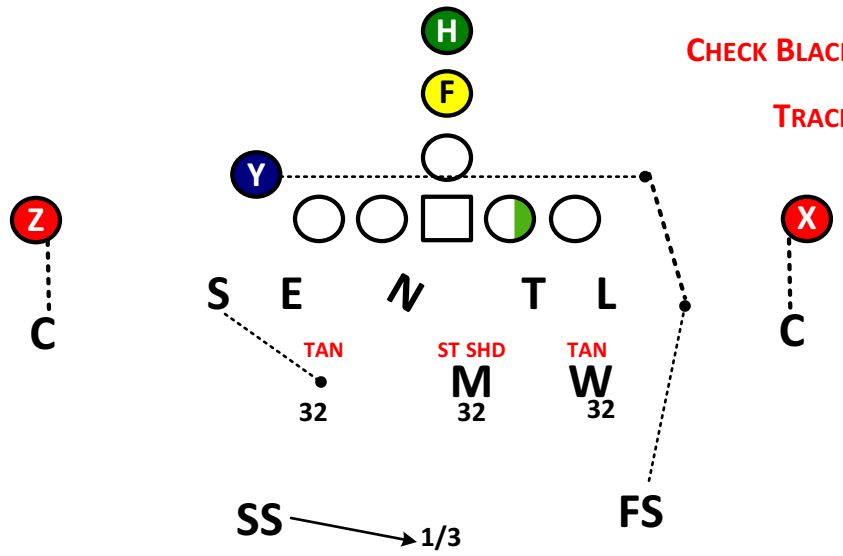


3. Y MO I PRO Y OFF

CHECK SWITCH

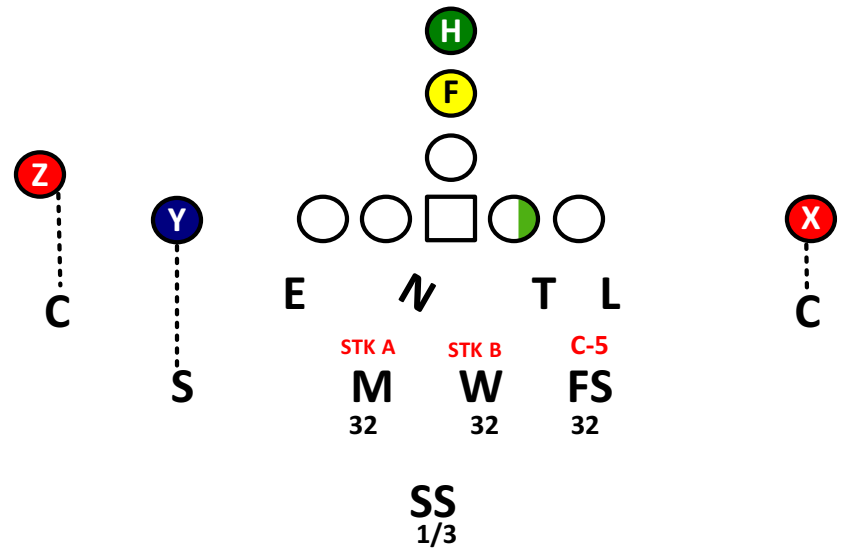
CHECK BLACK

TRACK



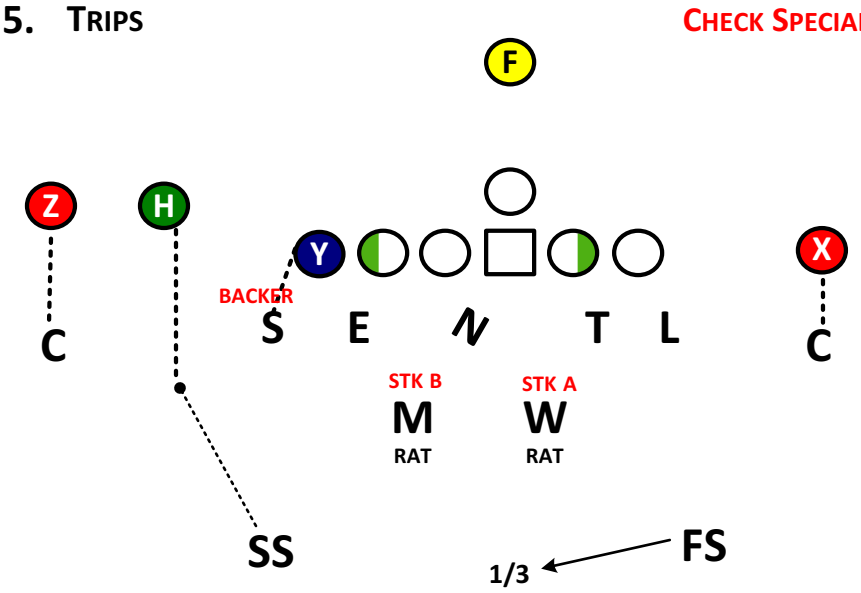
4. I PRO Y OPEN

SAM STAY ON 'Y'



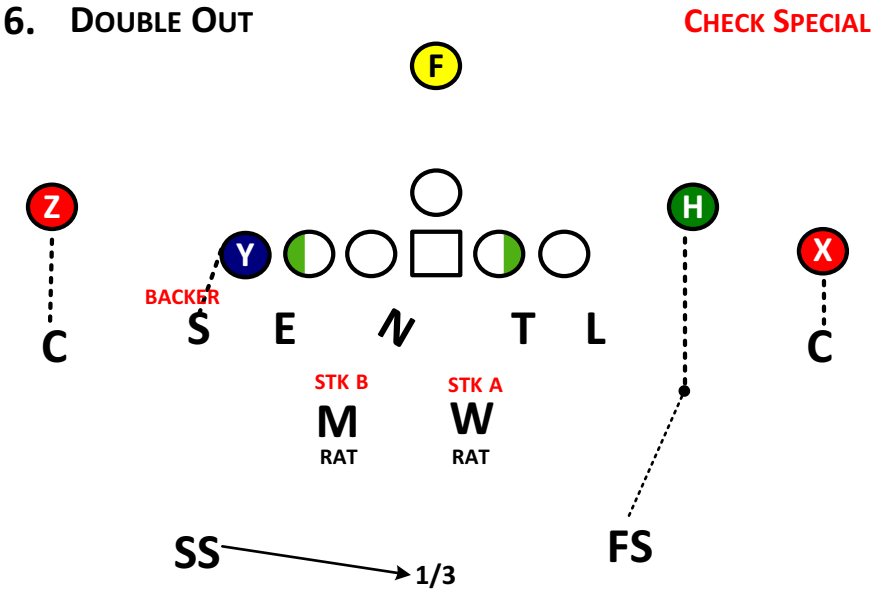
5. TRIPS

CHECK SPECIAL



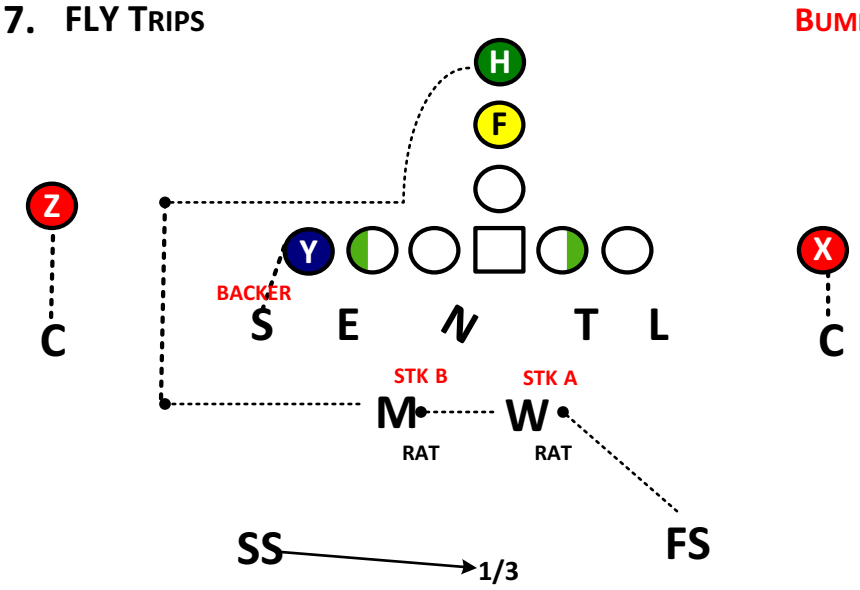
6. DOUBLE OUT

CHECK SPECIAL



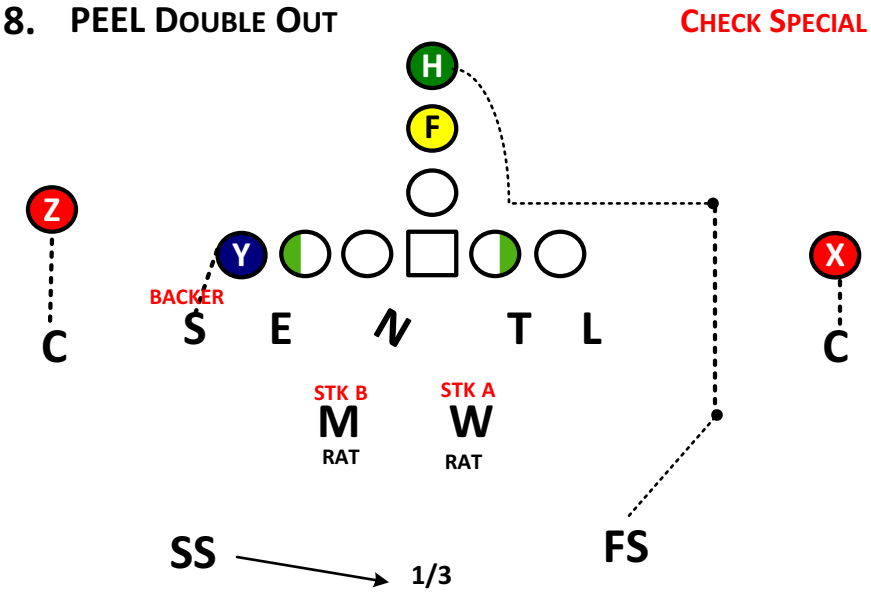
7. FLY TRIPS

BUMP



8. PEEL DOUBLE OUT

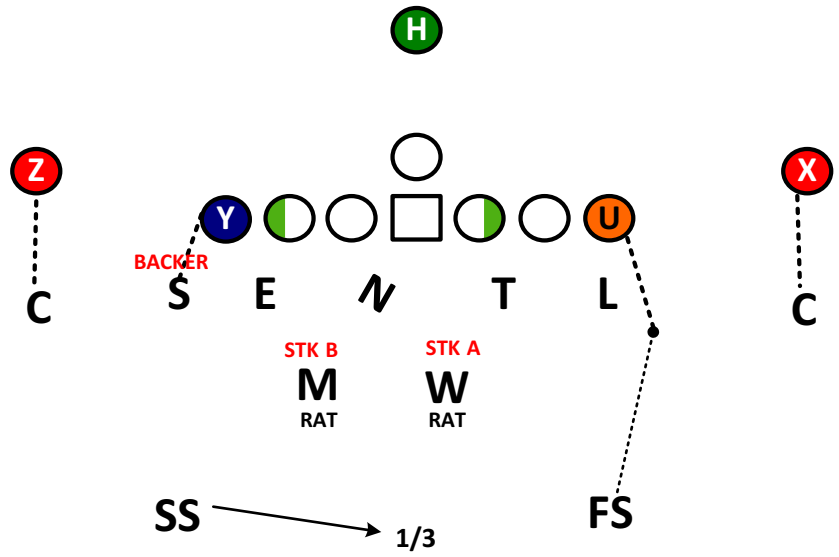
CHECK SPECIAL



UNDER 1 FLEX (CHINA)

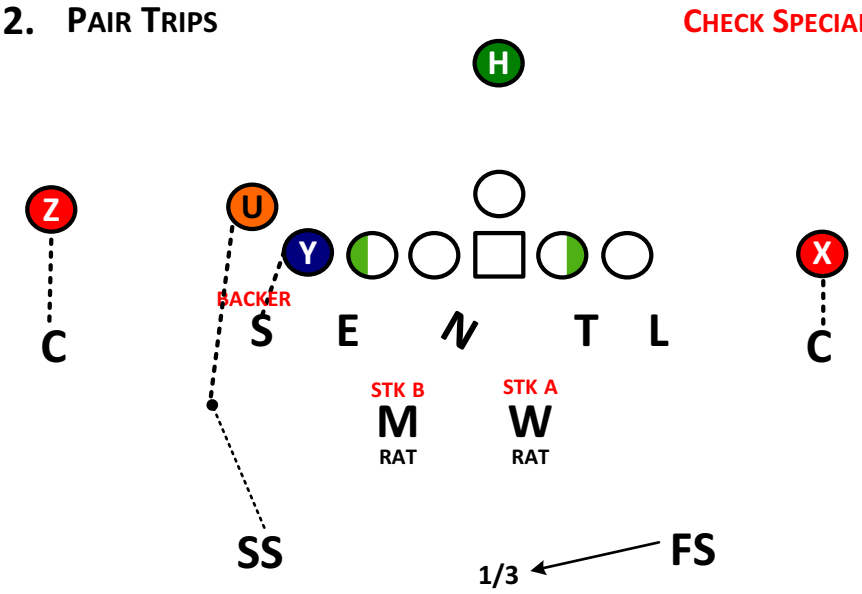
1. SOLO

CHECK SPECIAL



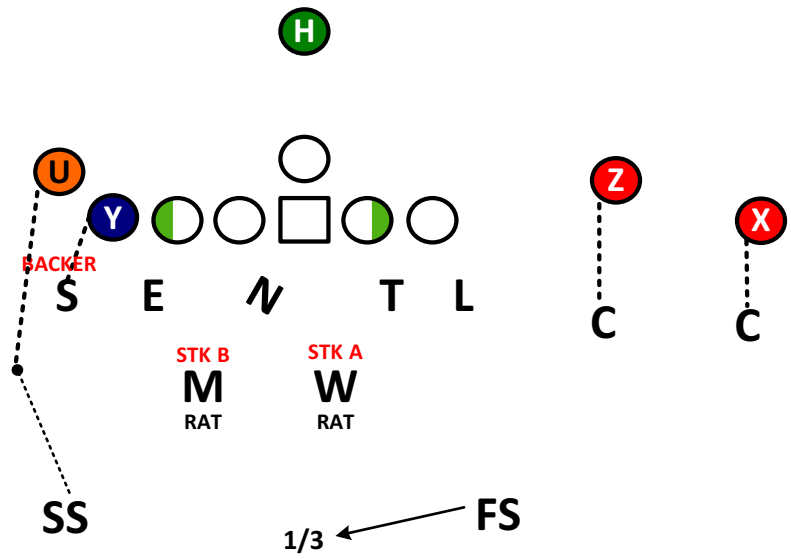
2. PAIR TRIPS

CHECK SPECIAL



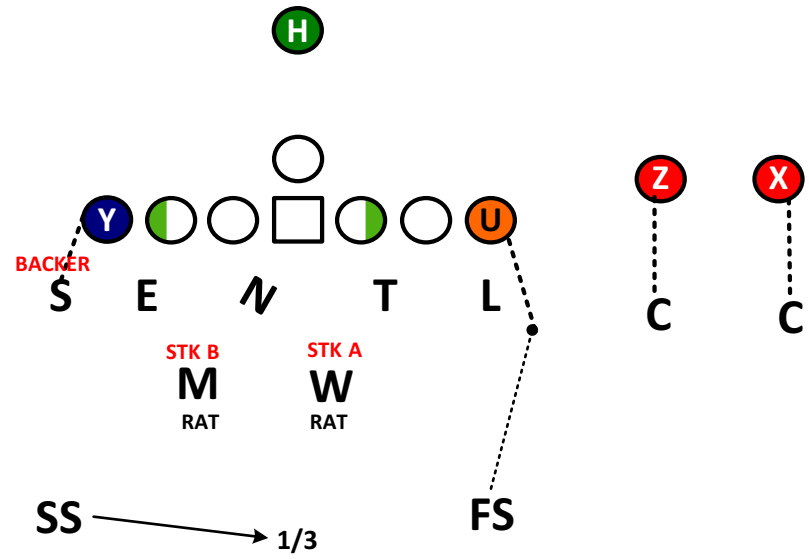
3. PAIR SLOT

CHECK SPECIAL



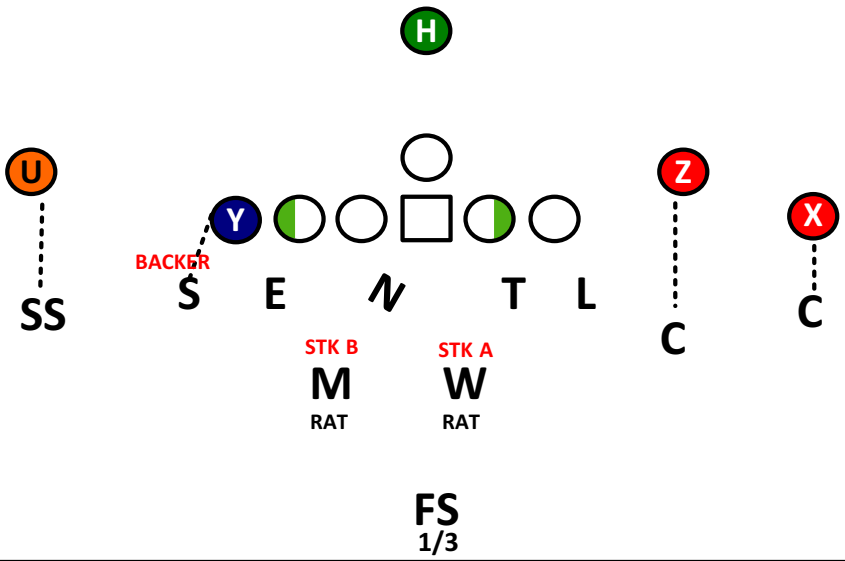
4. SOLO SLOT

CHECK SPECIAL



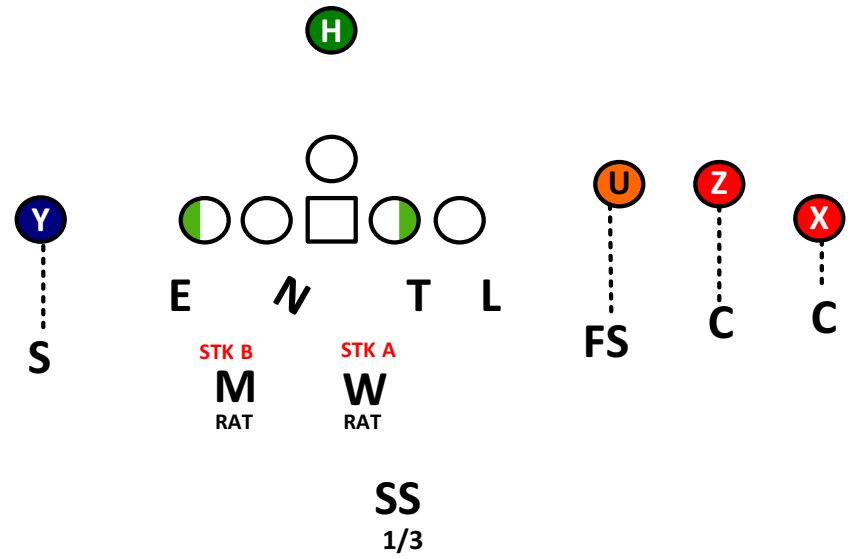
5. SLOT DOUBLE OUT

CHECK SPECIAL



6. SEATTLE

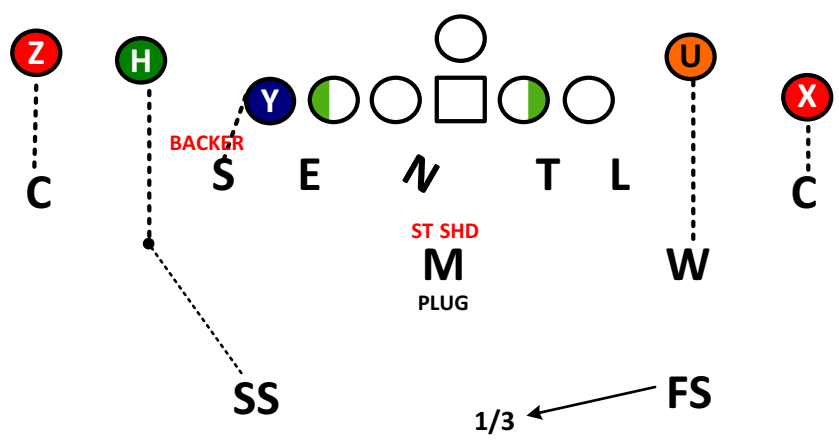
CHECK SPECIAL



7. EMPTY

CHECK SPECIAL

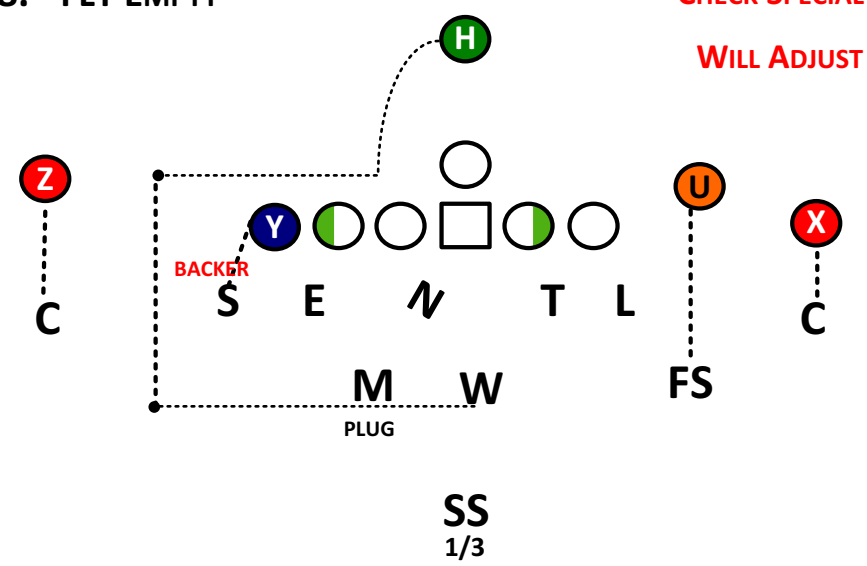
WILL ADJUST

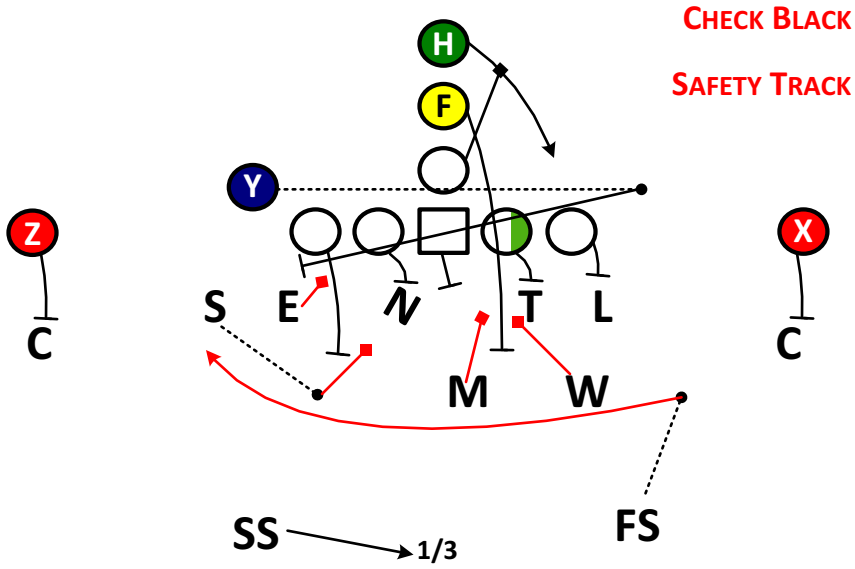


8. FLY EMPTY

CHECK SPECIAL

WILL ADJUST



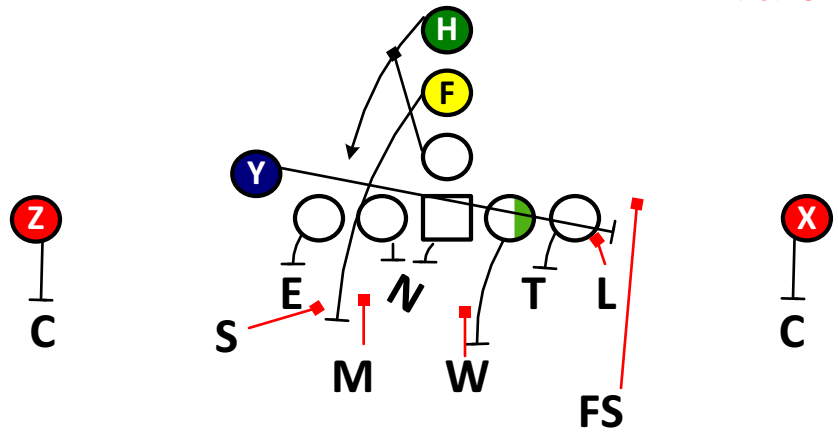


CHECK BLACK

SAFETY TRACK

Y SLIDE

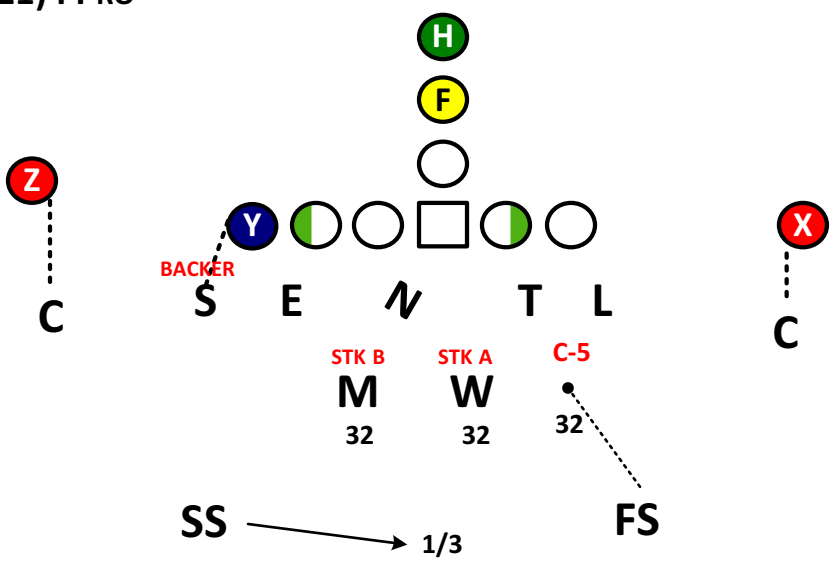
4 ON 3



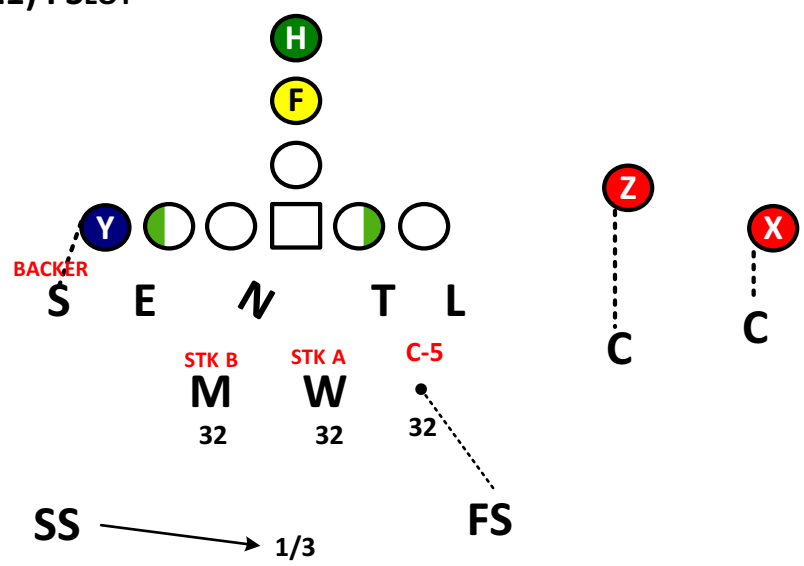
SS

Under 1 Flex (China)

(21) I Pro



(21) I Slot



Essence:

1. China is an 8 man in the box Under Family defense with Flex side rotation.
2. This is a man to man defense with a middle 1/3 and a low hole defender (Plugger).

Coaching Points:

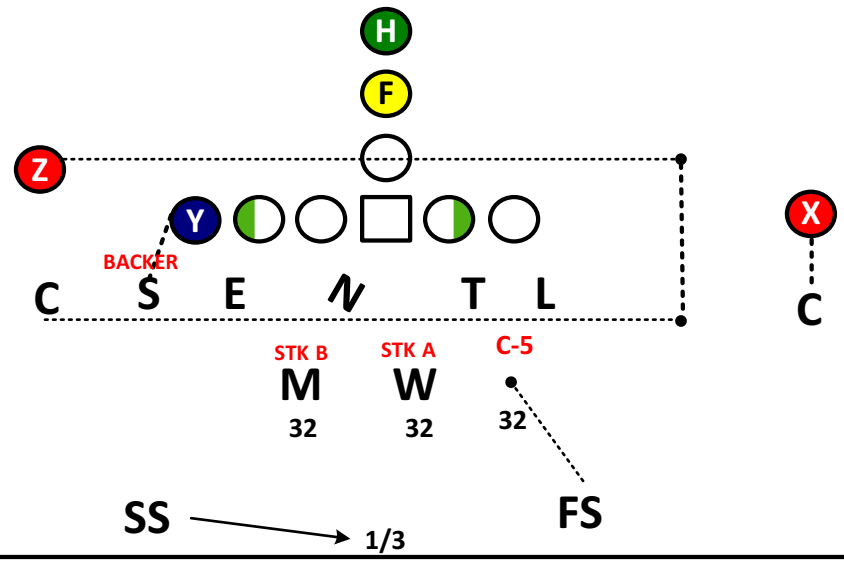
1. Solid call to the "Y".
2. "Liz" and "Rip" calls used by the FS.
3. Vs. 2 Back Y Slide: Treat like 4 on 3
   Vs. 1 Back Cut: Fall Back
4. Safeties Show A 2 Deep Tacoma Shell Pre Snap.
5. 2 Back Y Off/Y Motion: Check Switch
6. Vs. 1 Back: Leo Pup Technique

Adjustments:

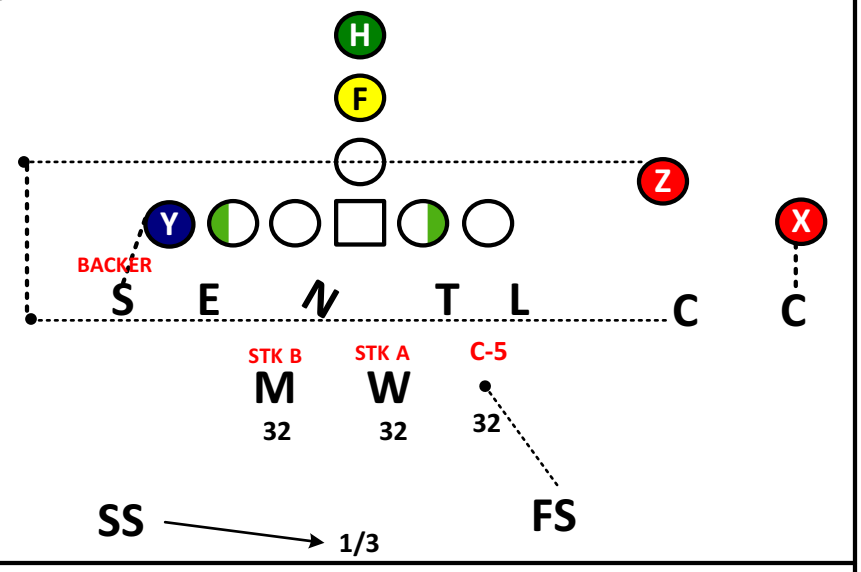
1. Vs. 2 Back Y Motion: Check Switch.
2. Special Rules Apply:
   - Vs. Fly/Peel Motion: Bump
   - Aligned 1 Back: Check Special
   - Vs. Box Fly Motion: Bump
   - Vs. Box Peel Motion: Bump
3. Vs. 1 Back Y Motion: Bump (LBs adjust) "Yukon" (3 LBs have the Back and Y)
4. Empty Rules (Check Special):
   - Will: First back my side, no back my side, First back other side
   - Safety: Cover #2 Strong (Match up)

UNDER 1 FLEX (CHINA)

1. Z MO I SLOT



2. Z MO I PRO

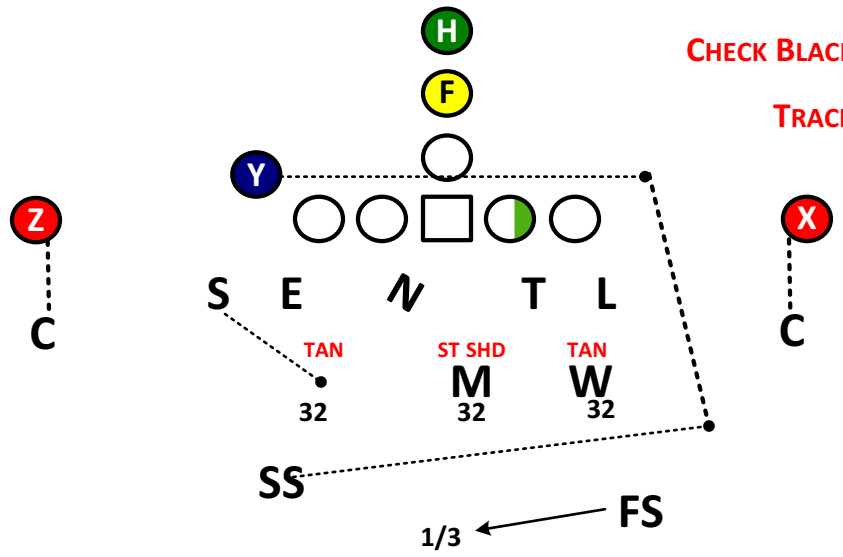


3. Y MO I PRO Y OFF

CHECK SWITCH

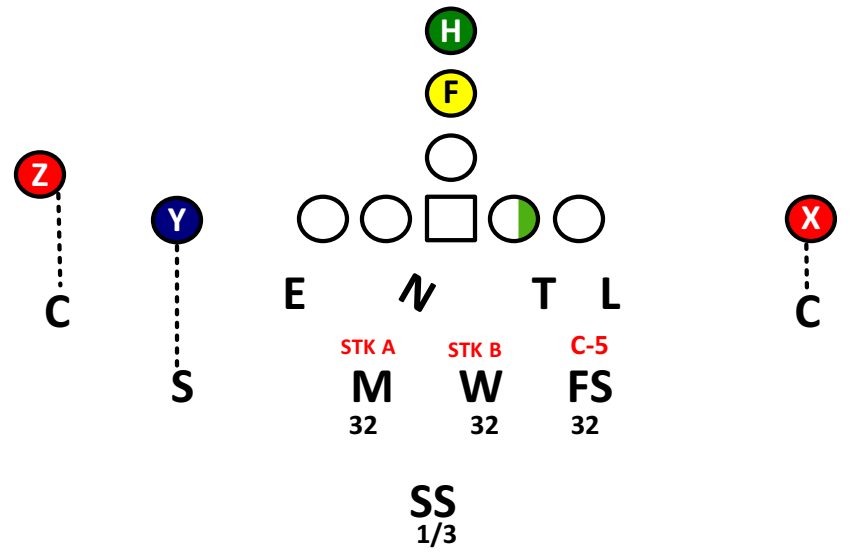
CHECK BLACK

TRACK



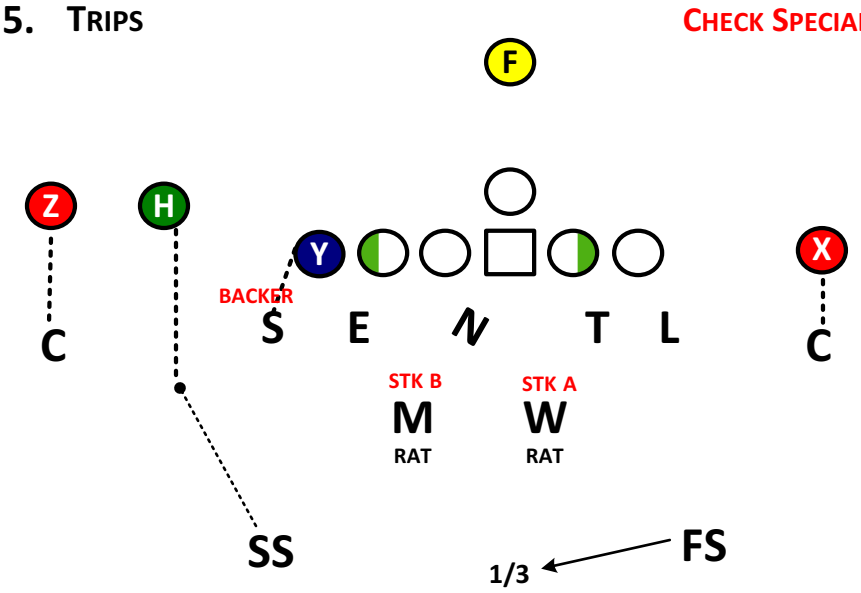
4. I PRO Y OPEN

SAM STAY ON 'Y'



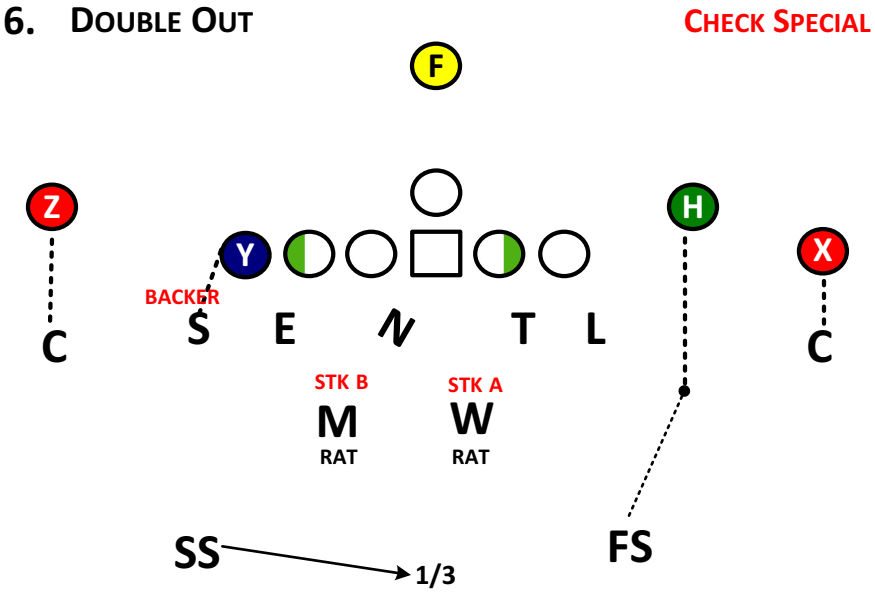
5. TRIPS

CHECK SPECIAL



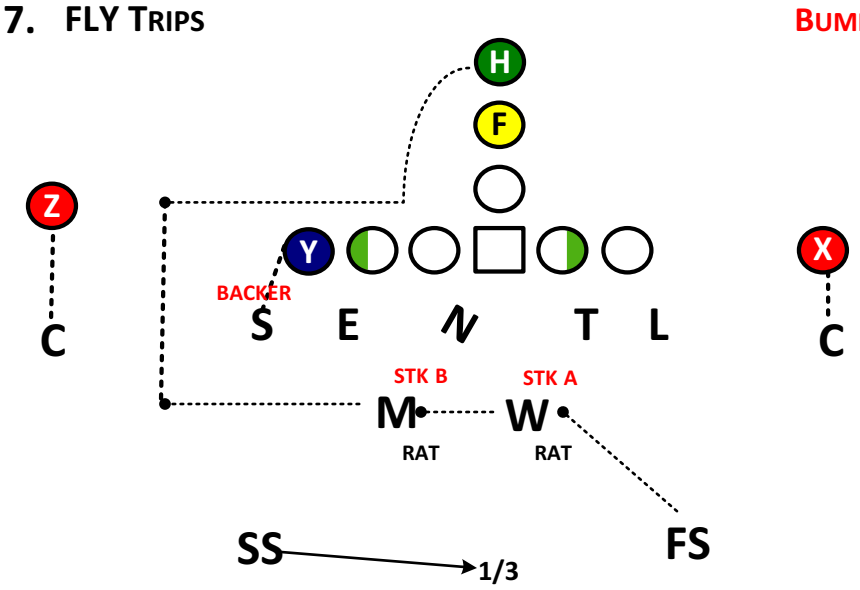
6. DOUBLE OUT

CHECK SPECIAL



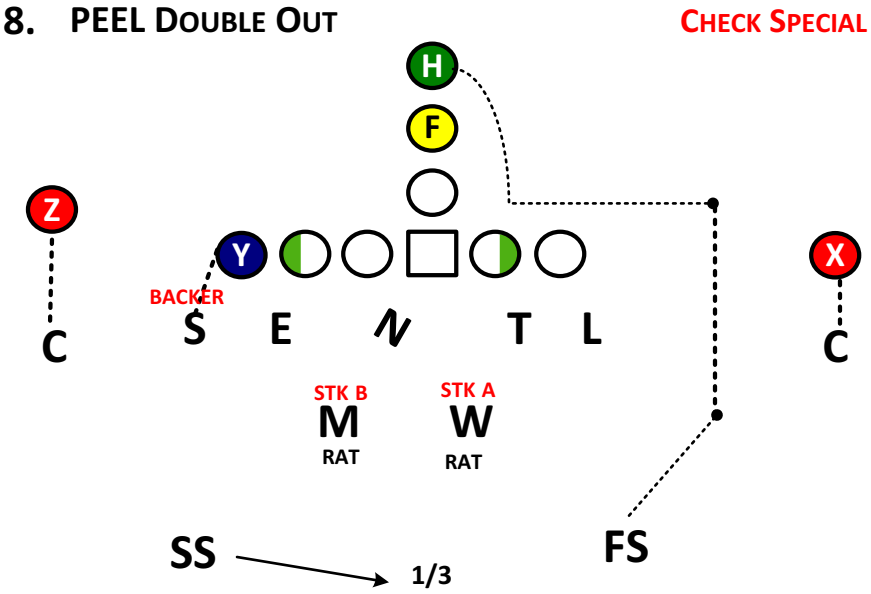
7. FLY TRIPS

BUMP



8. PEEL DOUBLE OUT

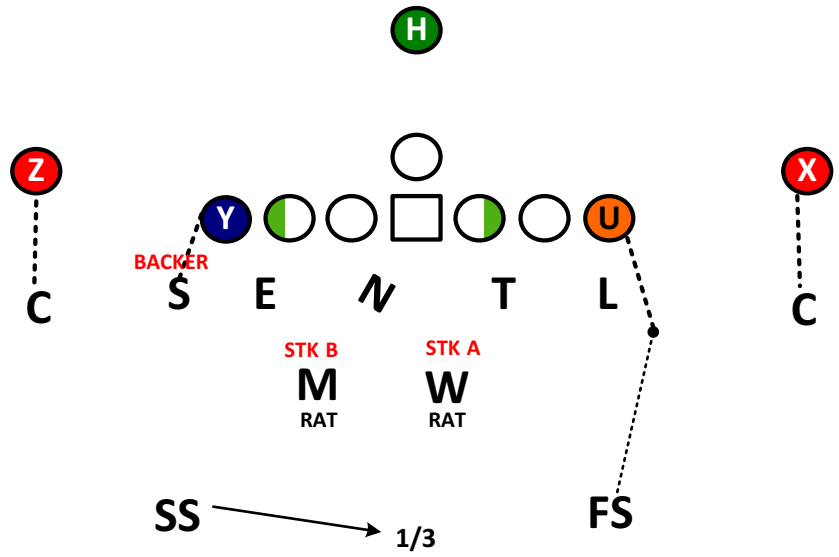
CHECK SPECIAL



UNDER 1 FLEX (CHINA)

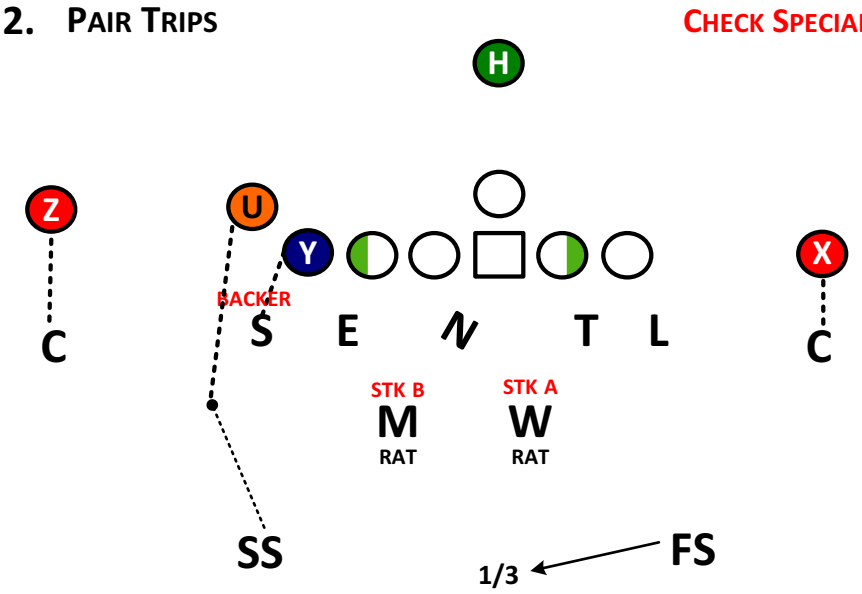
1. SOLO

CHECK SPECIAL



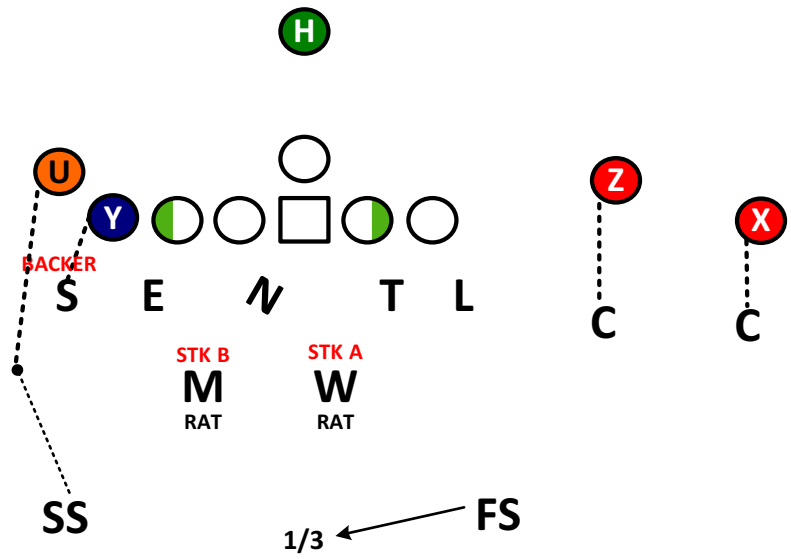
2. PAIR TRIPS

CHECK SPECIAL



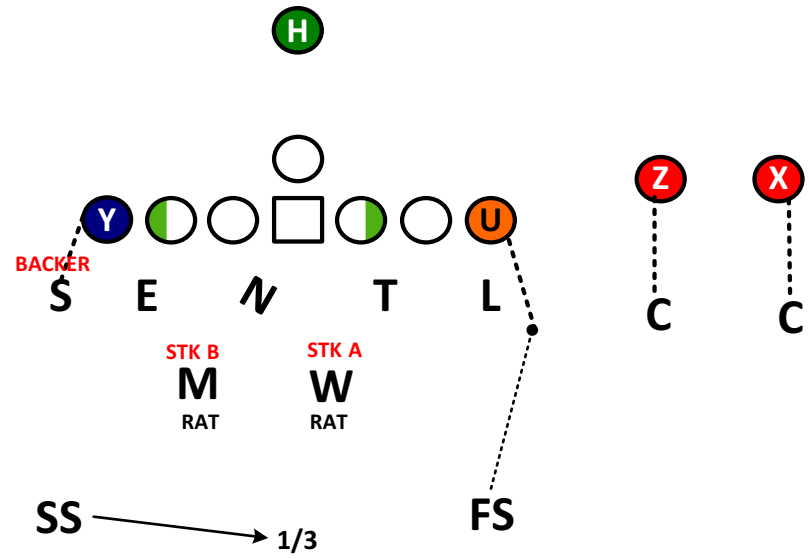
3. PAIR SLOT

CHECK SPECIAL



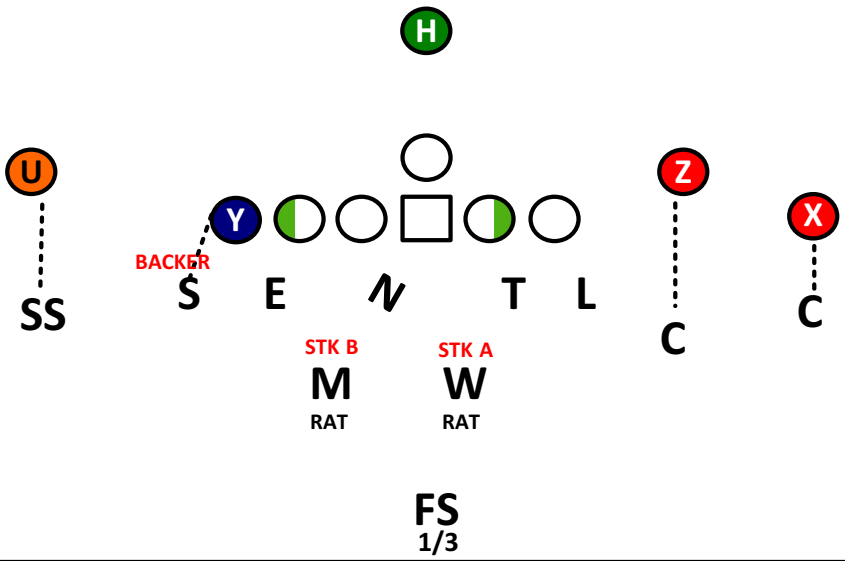
4. SOLO SLOT

CHECK SPECIAL



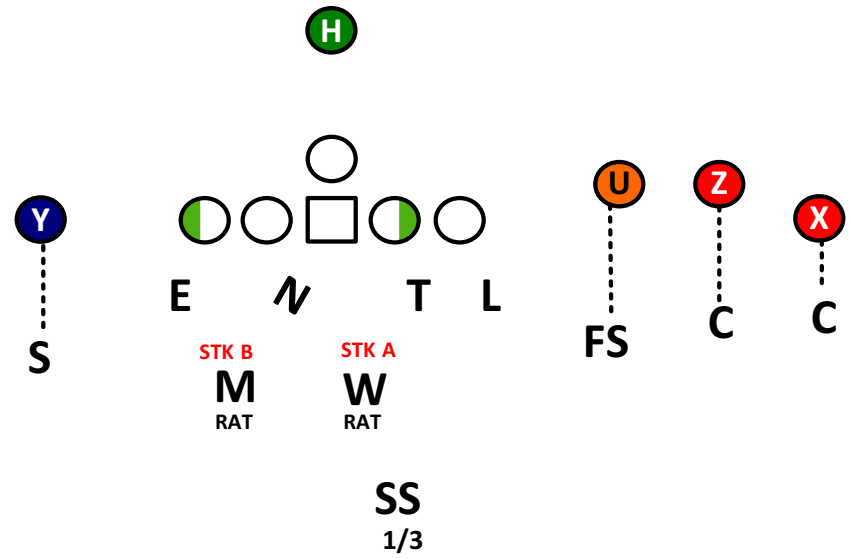
5. SLOT DOUBLE OUT

CHECK SPECIAL



6. SEATTLE

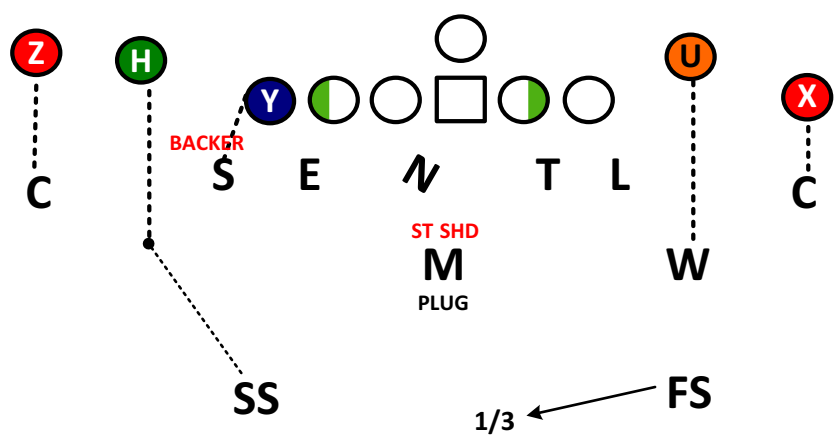
CHECK SPECIAL



7. EMPTY

CHECK SPECIAL

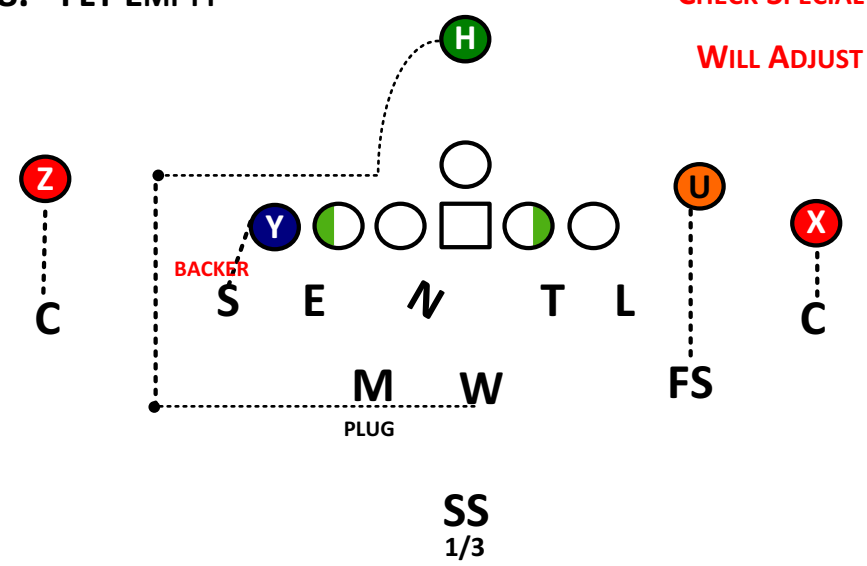
WILL ADJUST

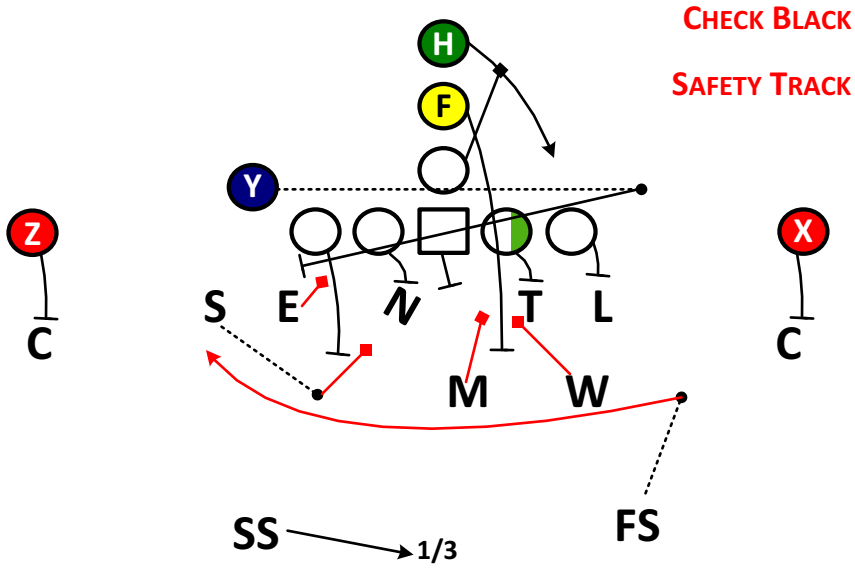


8. FLY EMPTY

CHECK SPECIAL

WILL ADJUST



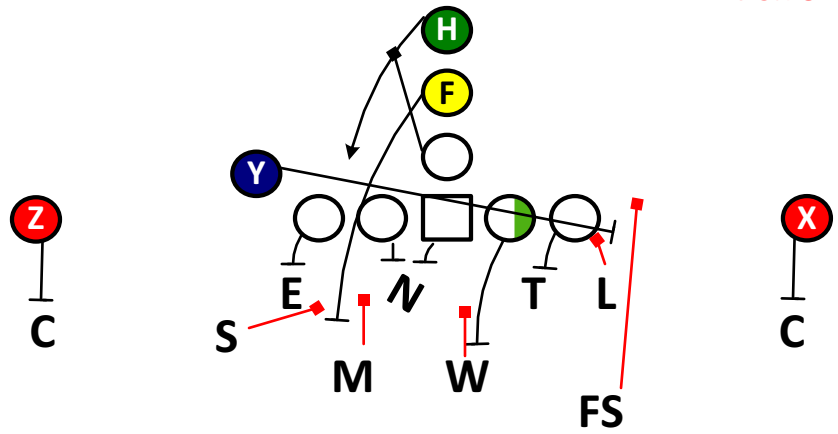


CHECK BLACK

SAFETY TRACK

Y SLIDE

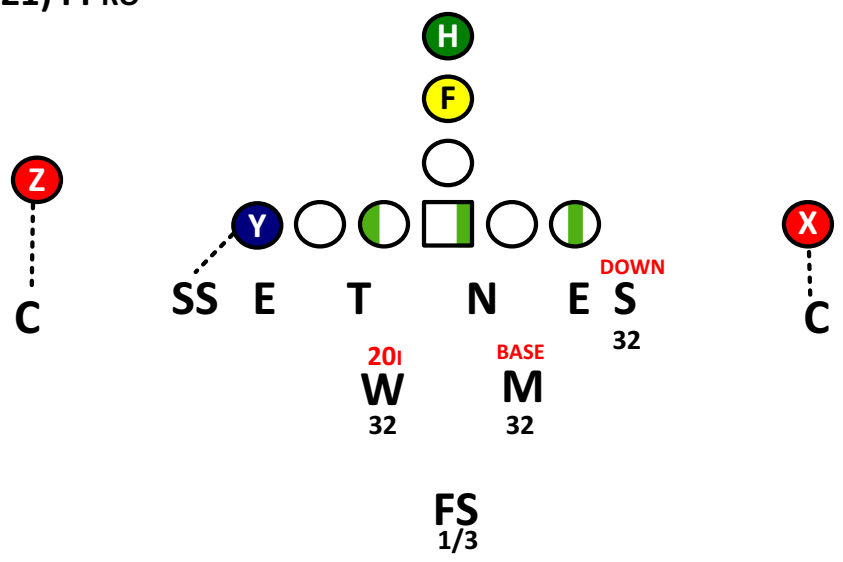
4 ON 3



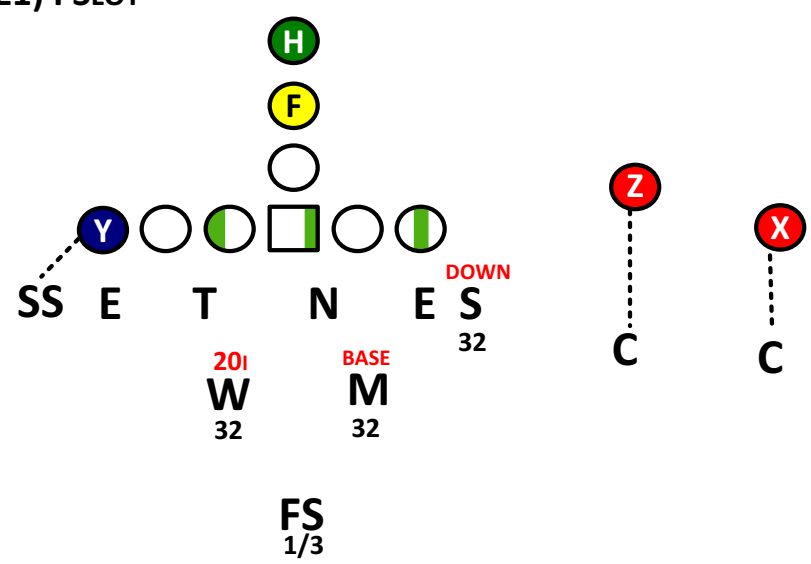
SS

W/ Cheat Stone 1 Y Bump

(21) I Pro



(21) I Slot



Essence:

1. W/ Cheat Stone 1 Y Bump is a Base Over Man Free defense.
2. Safety down to the solid side

Coaching Points:

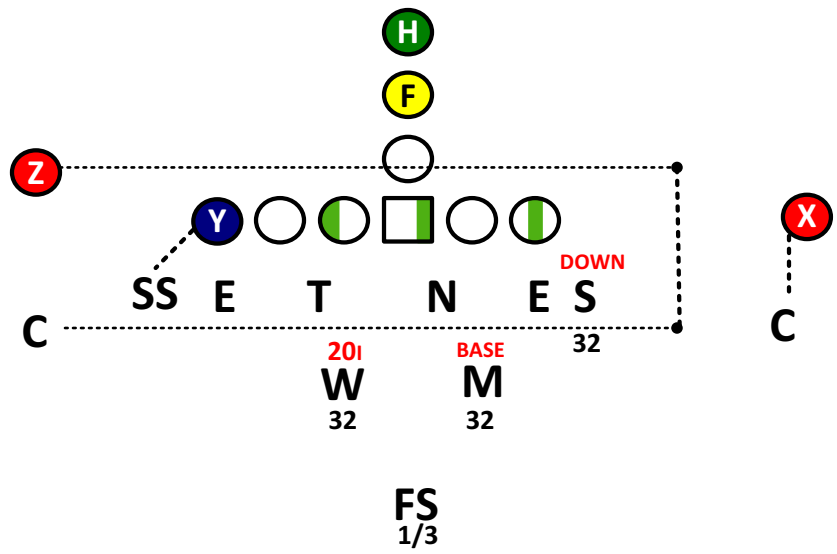
1. Solid call to the "Y"
2. SS: Man TE
3. LBs: 3 on 2 the backs

Adjustments:

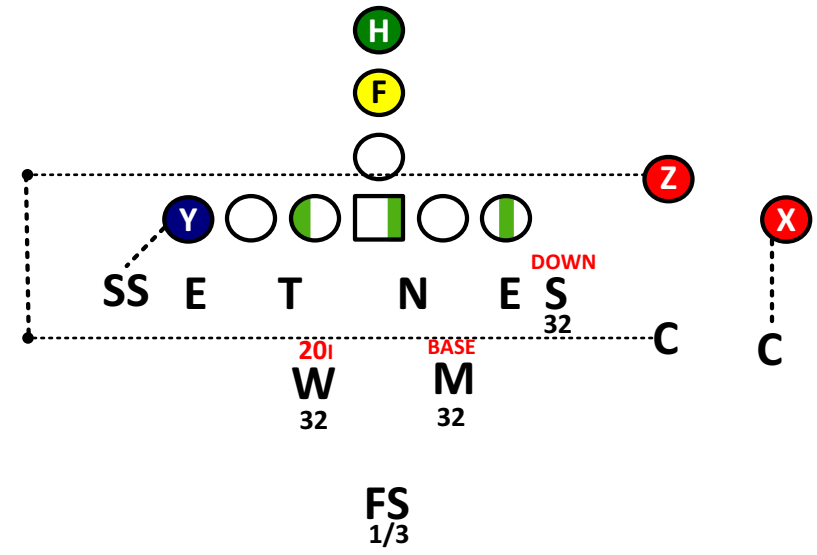
1. Vs. Y Motion: Safeties Track
2. Bump Rules apply to aligned or motion to 1 back:
   - Vs. Peel Motion: Sam Adjust
   - Vs. Fly Motion: Safety Adjust
3. Sam Alignments:
   - Down: Cheat (Exception is Trips)
   - Backer: Cheat
   - Wide: Mug Easy
4. Vs. Trips: Check Fist
5. Vs. I Far, X Nasty: Check Mug Easy. Sam play from a Hip alignment.

W/ Cheat Stone 1 Y Bump

1. Z MO I Slot

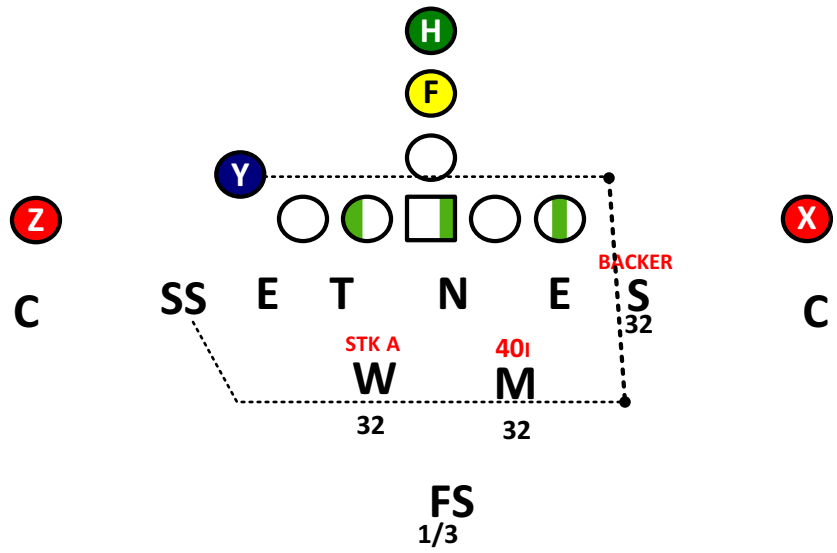


2. Z MO I Pro

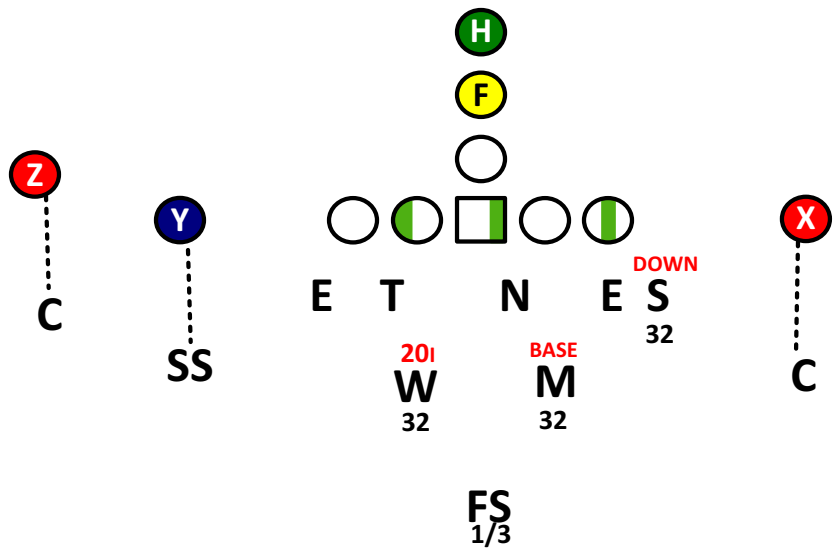


3. Y MO I Pro Y Off

Track



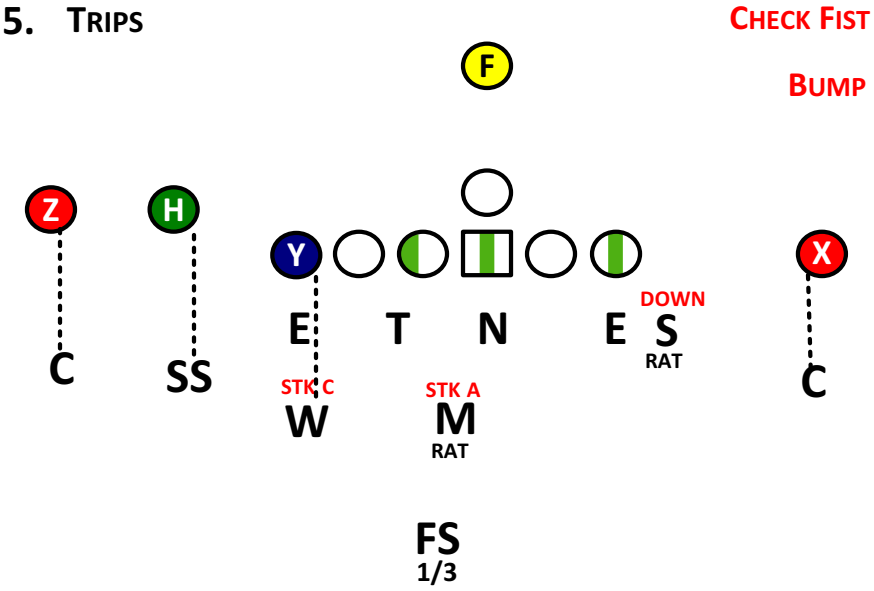
4. I Pro Y Open



5. Trips

Check Fist

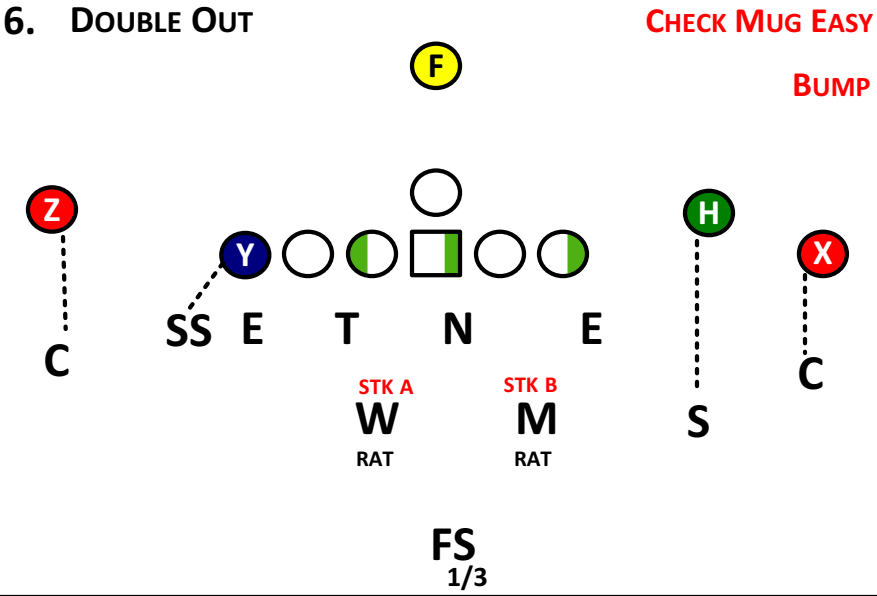
Bump



6. Double Out

Check Mug Easy

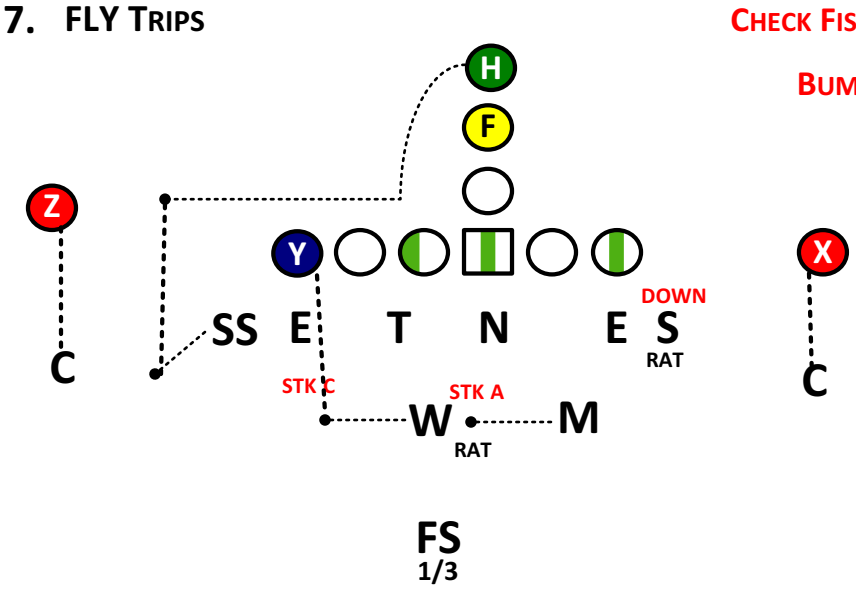
Bump



7. FLY Trips

Check Fist

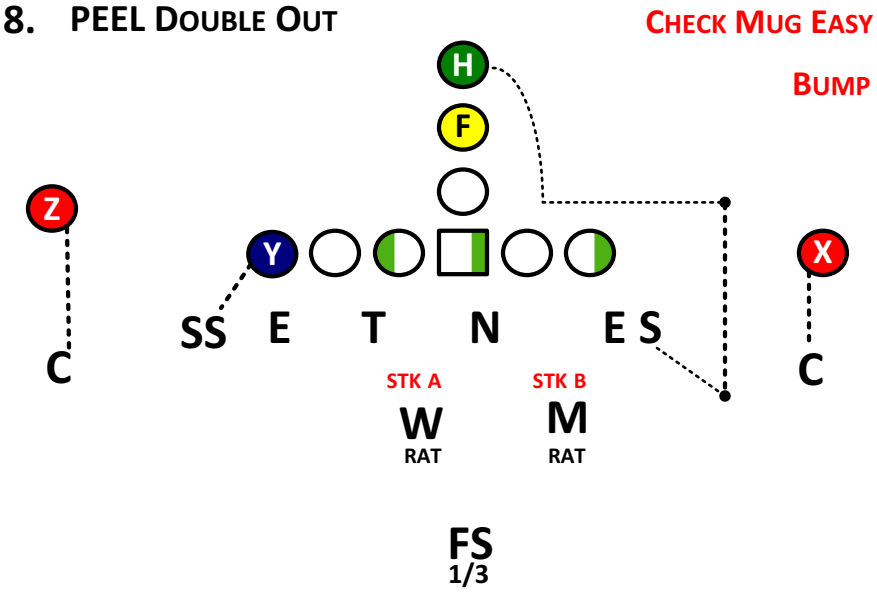
Bump



8. PEEL Double Out

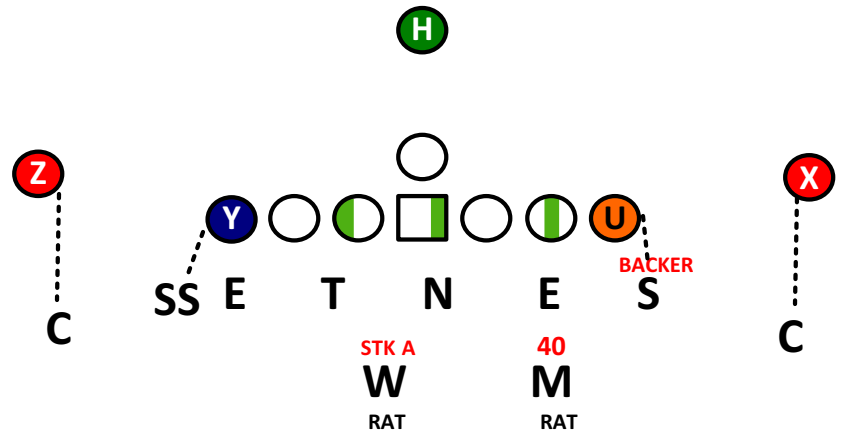
Check Mug Easy

Bump



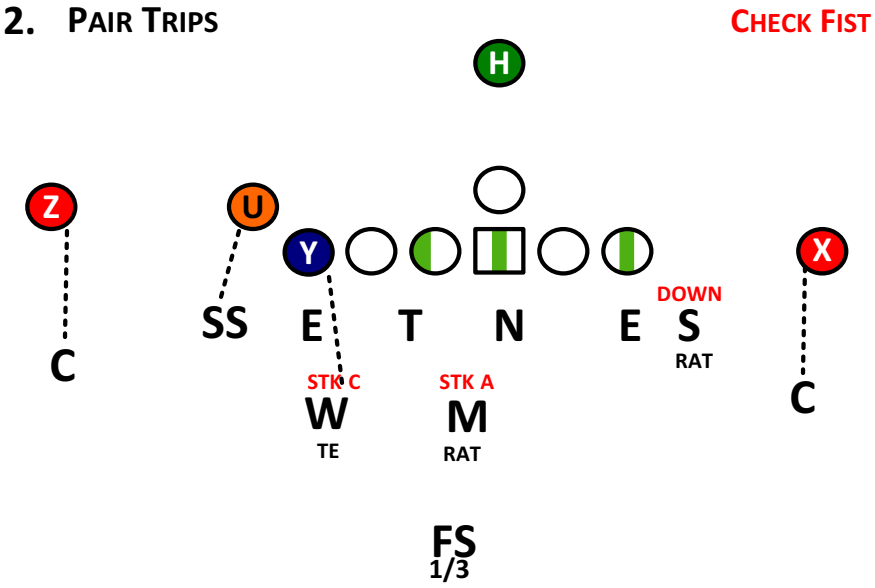
W/ Cheat Stone 1 Y Bump

1. Solo

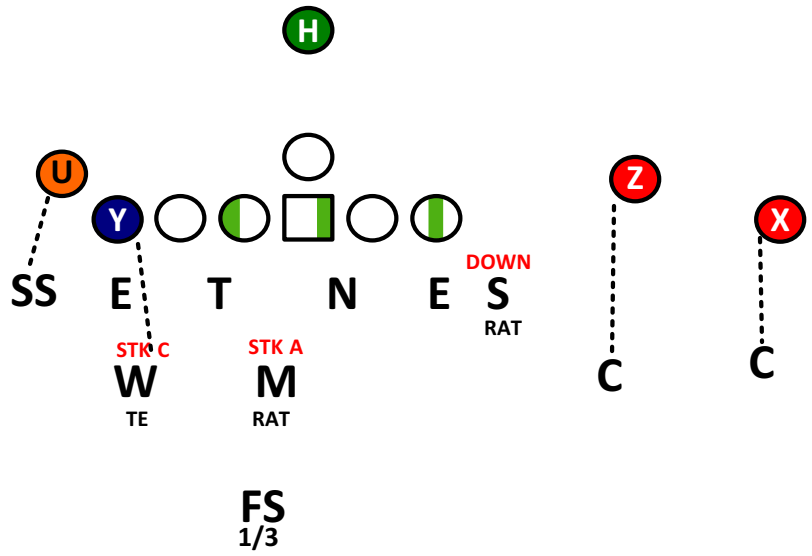


2. Pair Trips

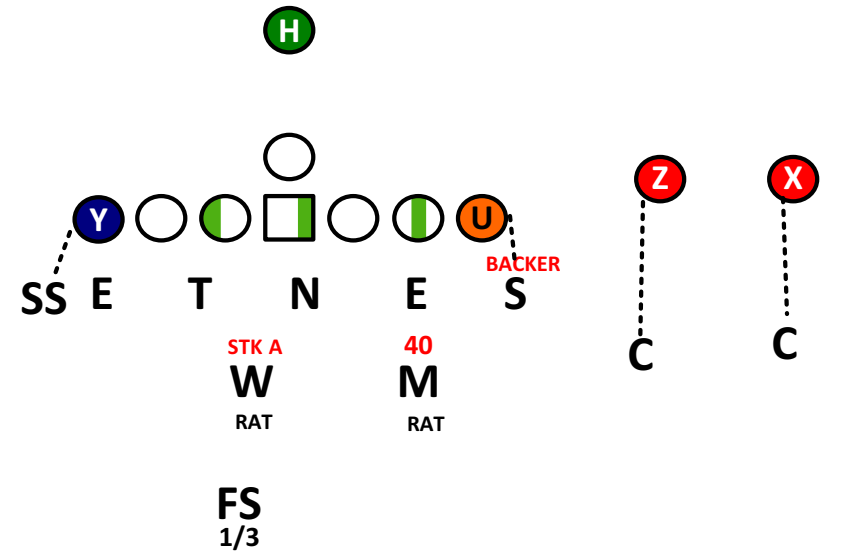
Check Fist



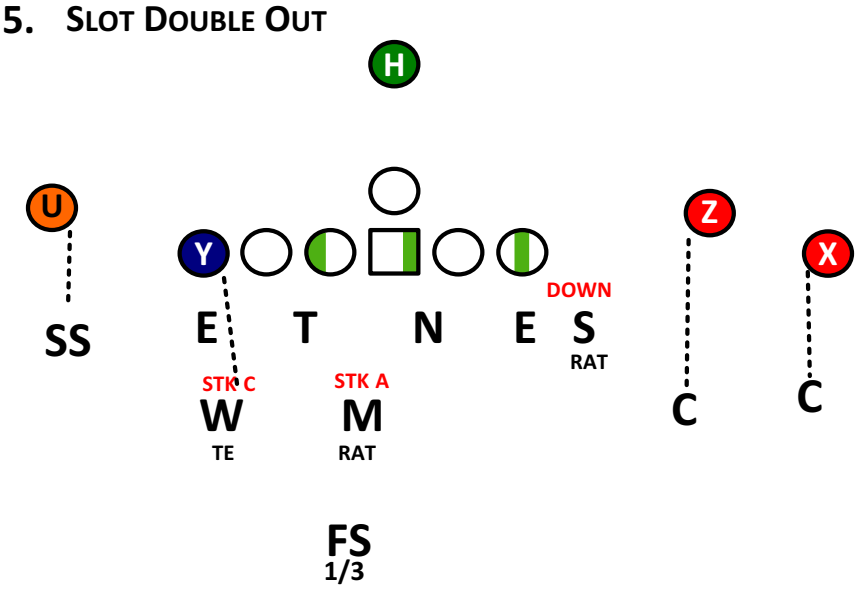
3. Pair Slot



4. Solo Slot

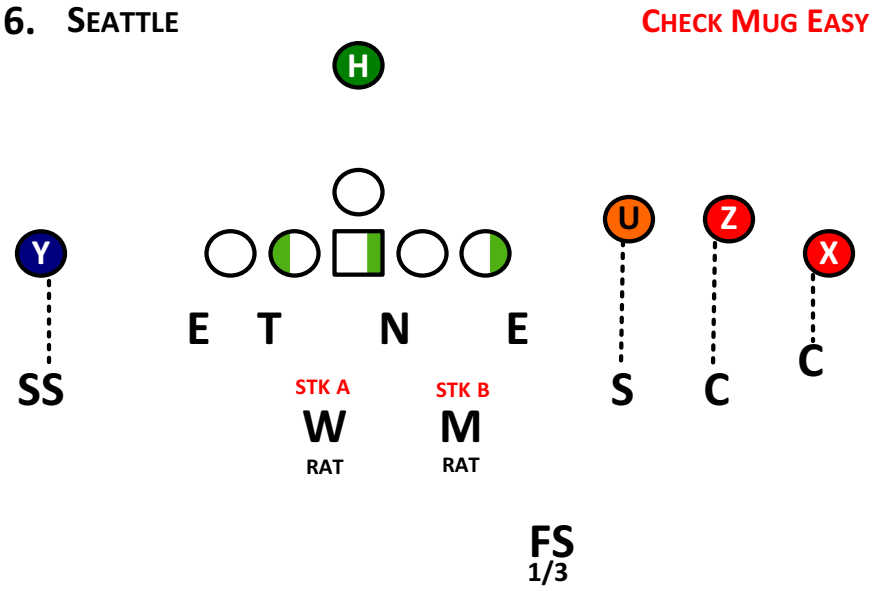


5. Slot Double Out



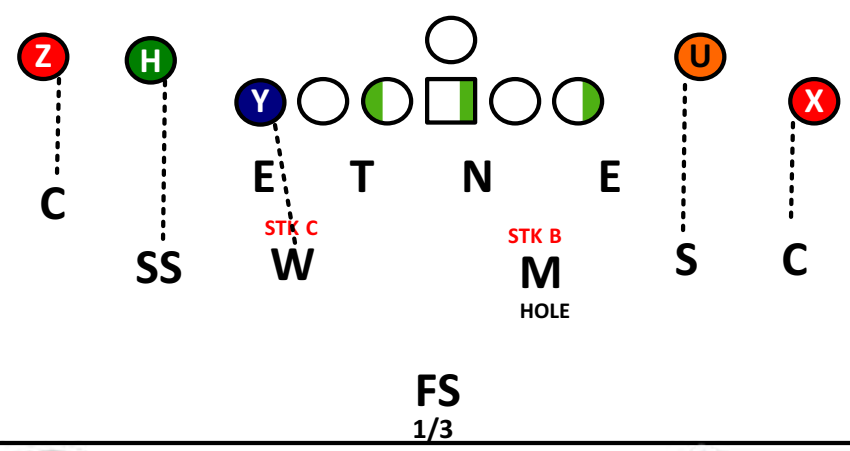
6. Seattle

Check Mug Easy



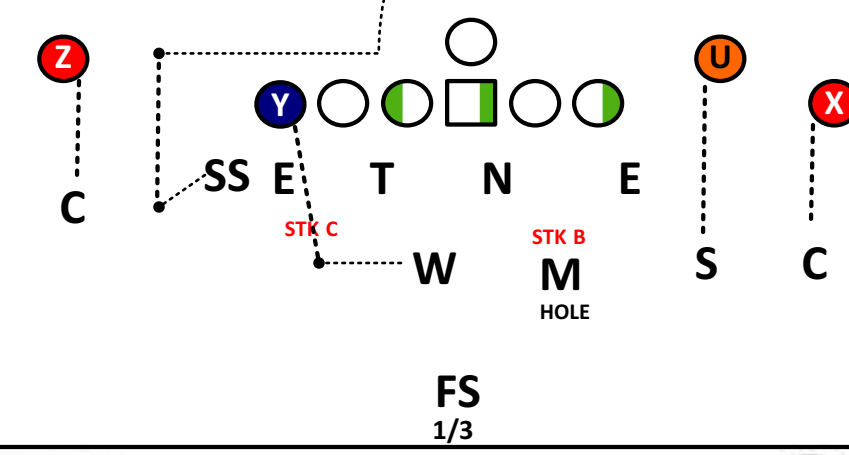
7. Empty

Check Mug Easy



8. Fly Empty

Check Mug Easy



ZONE COVERAGES

SEATTLE
SEAHAWKS 2013

ZONE COVERAGES

- W/CHEAT STONE BERKLEY RENO
- DEUCE STONE BOSTON
- OVER ZONE Y (BOSTON)
- W/CHEAT STONE BOSTON BLUE
- DEUCE COMPTON BLUE
- UNDER ZONE X (FRISCO)
- DEUCE L.A.
- HEAVY L.A.
- OVER 2 (L.A.)
- OVER 2 (L.A. RENO)
- TUFF BUZZ ZONE (MESA BLUE)

SEATTLE
SEAHAWKS 2013

ZONE COVERAGES

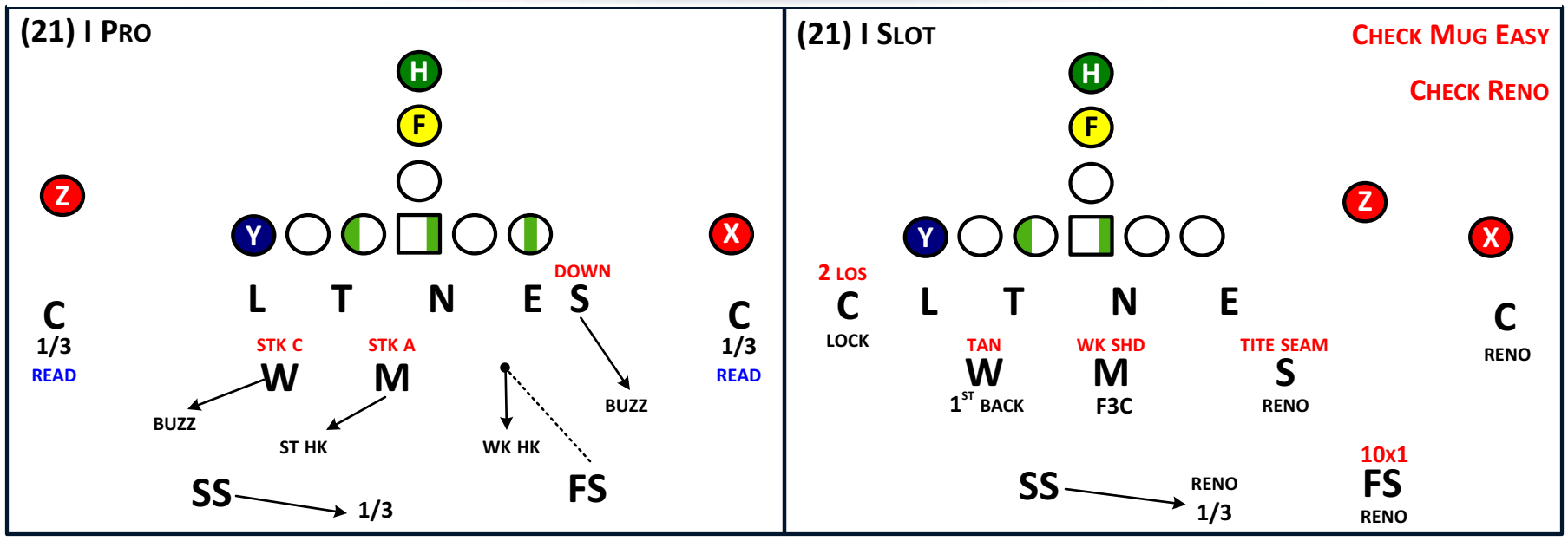
- TUFF BUZZ ZONE (MESA PALMS)
- W/ STEM DEUCE OAKLAND
- OV ZONE FLEX (OAKLAND)
- WALK DEUCE OAKLAND
- W/PIRATE LOAD OAKLAND
- DEUCE OAKLAND CLOUD
- OVER 4 PALMS (PANTHER)
- RENO (SLOT ADJUSTMENT)
- ROCK 6 (ROCK SEATTLE)
- ROCK 6 (HARD ROCK SEATTLE)
- OVER 4 (TAMPA)

SEATTLE
SEAHAWKS 2013

ZONE COVERAGES

- TUFF BUZZ FLEX (TUCSON PALMS)
- ROCK YAKIMA
- ROCK 3 BUSTER (ROCK YUMA)

W/ Cheat Stone Berkley Reno



Essence:

1. W/ Cheat Stone Berkley is an 8 man Base Over Front Family Defense.
2. The coverage is a 3 Deep, 4 Under defense with flex side rotation.

Coaching Points:

1. Solid call to the "Y"
2. Vs. Pro: FS Rita / Linda to the Flex Side
3. Corners defend their deep 1/3 using Read Principles
   - Vs Trips: Strong Side Corner Midpoint
4. Sam: Down Alignment (Buzz)
5. Free Safety: Weak Hook

Adjustments:

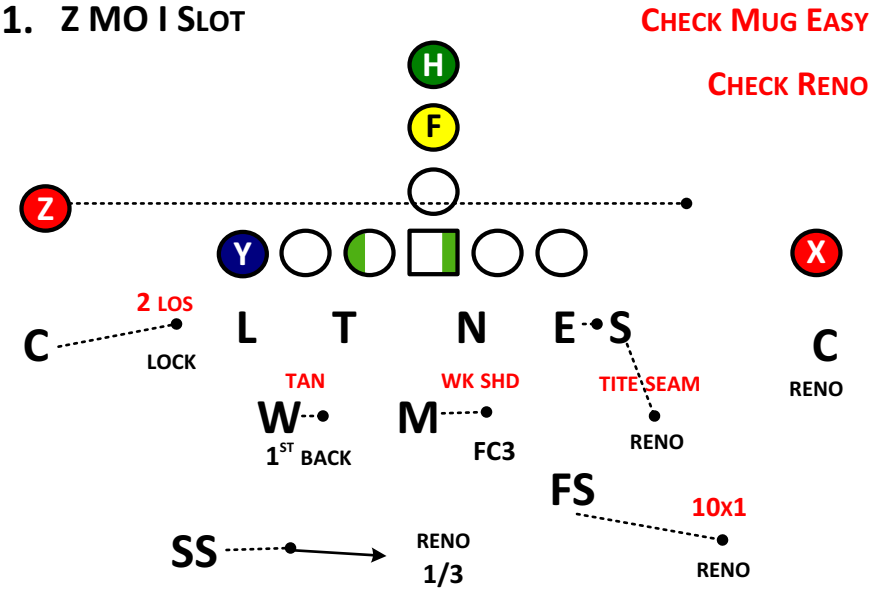
1. Vs. 2 Back Y Motion: Check Sammy (Rita / Linda), Check Mug Easy
2. Vs. all 1 back sets: Play It
3. Vs. Single Width Slot family: Check Reno (Mug Easy)
4. Vs. any #2 aligned to Flex Side (Pro Family): Lou/Roger, Check Mug Easy

W/ Cheat Stone Berkley Reno

1. Z MO I Slot

Check Mug Easy

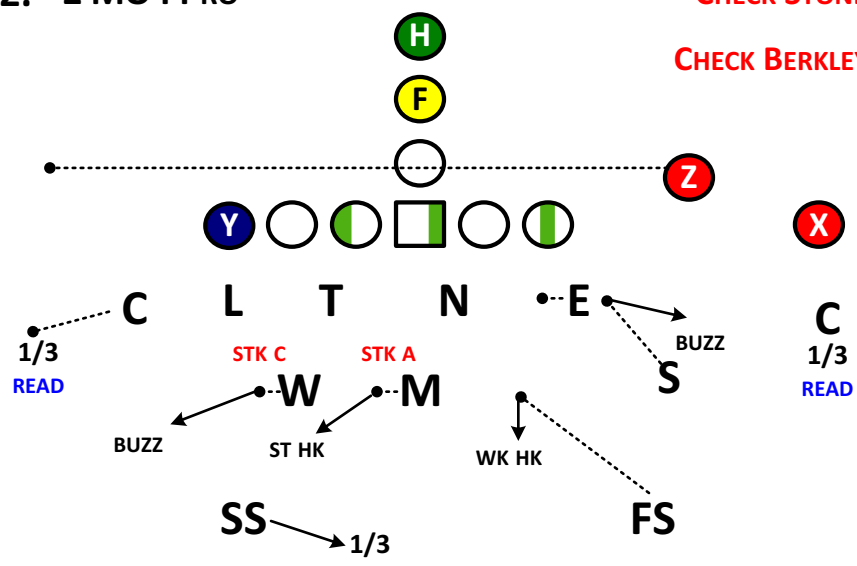
Check Reno



2. Z MO I Pro

Check Stone

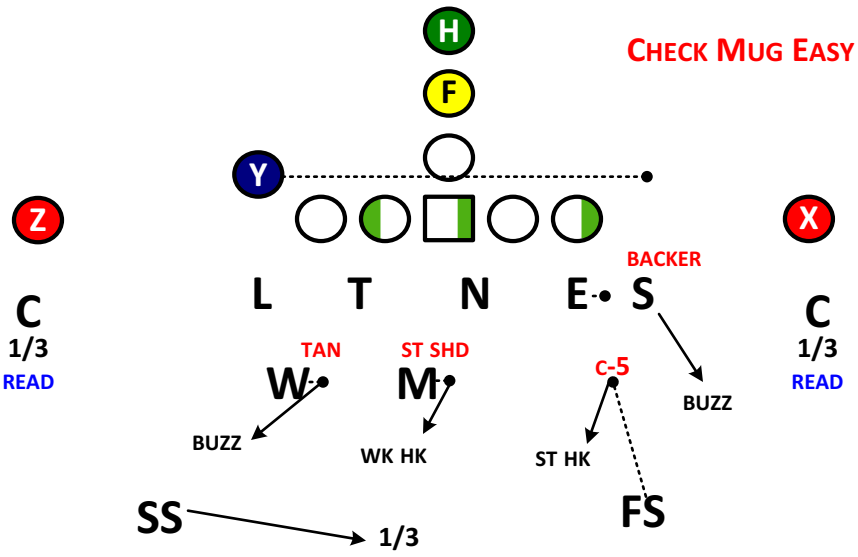
Check Berkley



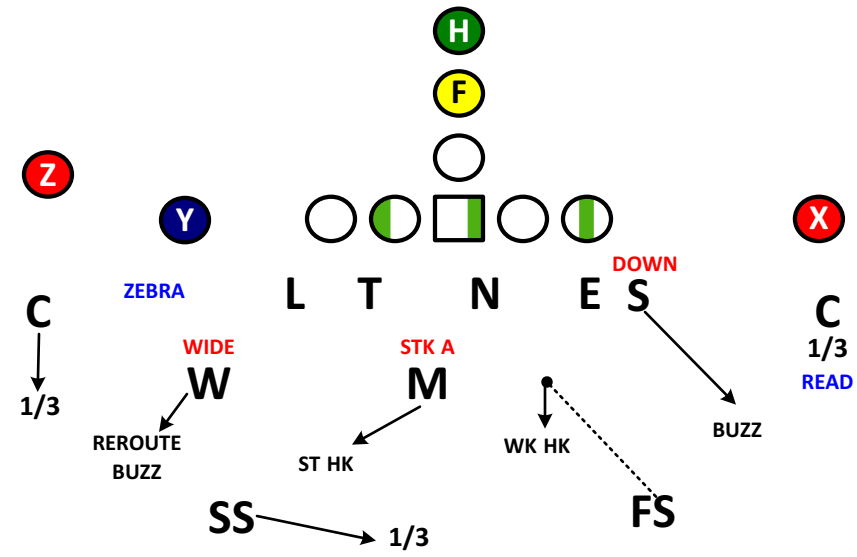
3. Y MO I Pro Y Off

Check Sammy

Check Mug Easy

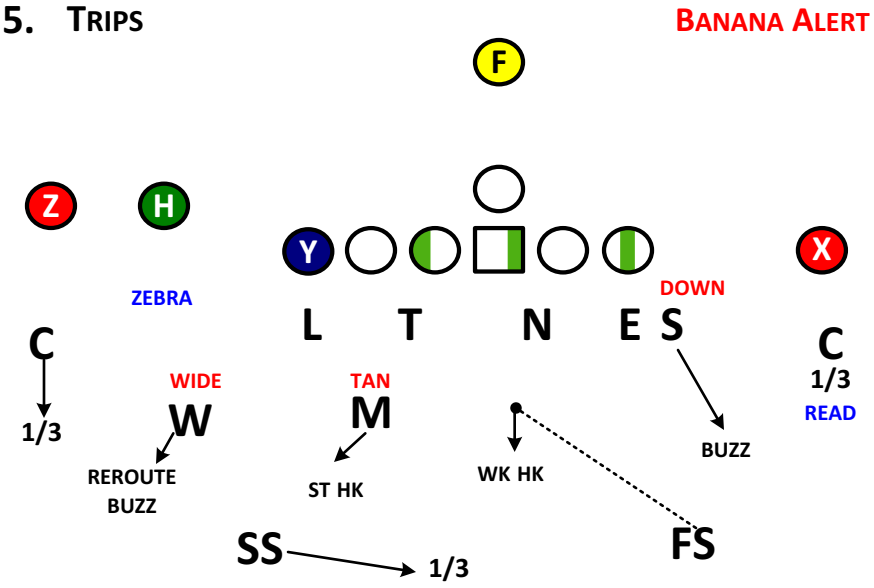


4. I Pro Y Open



5. Trips

Banana Alert

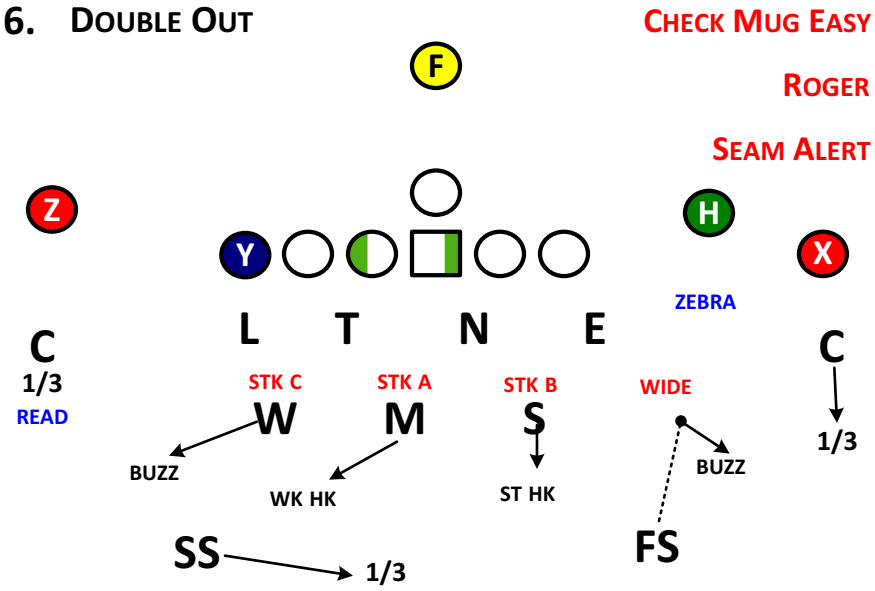


6. Double Out

Check Mug Easy

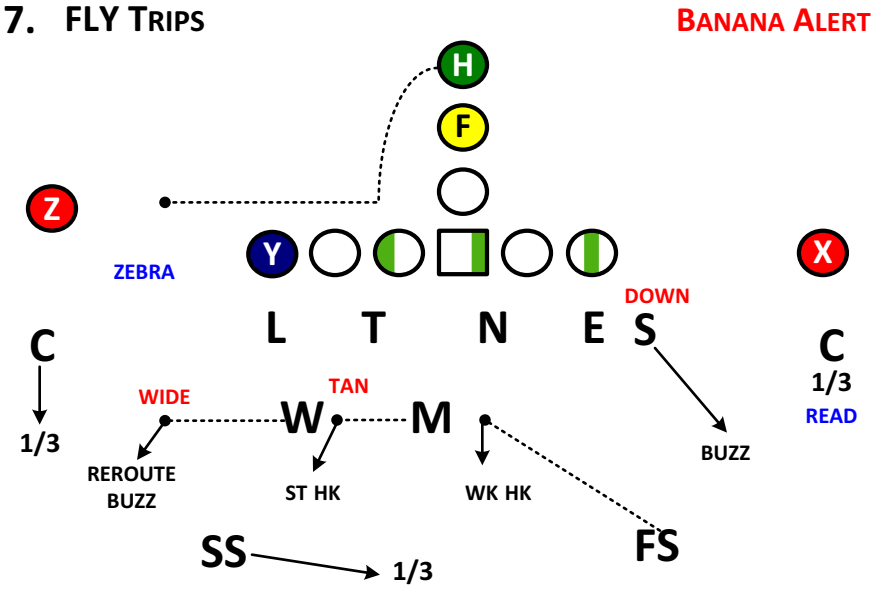
Roger

Seam Alert



7. FLY Trips

Banana Alert

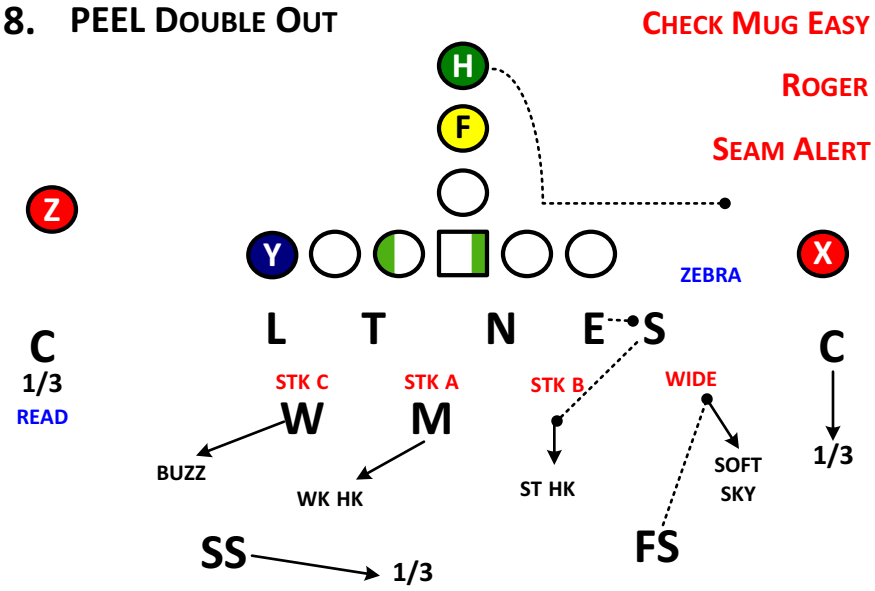


8. PEEL Double Out

Check Mug Easy

Roger

Seam Alert



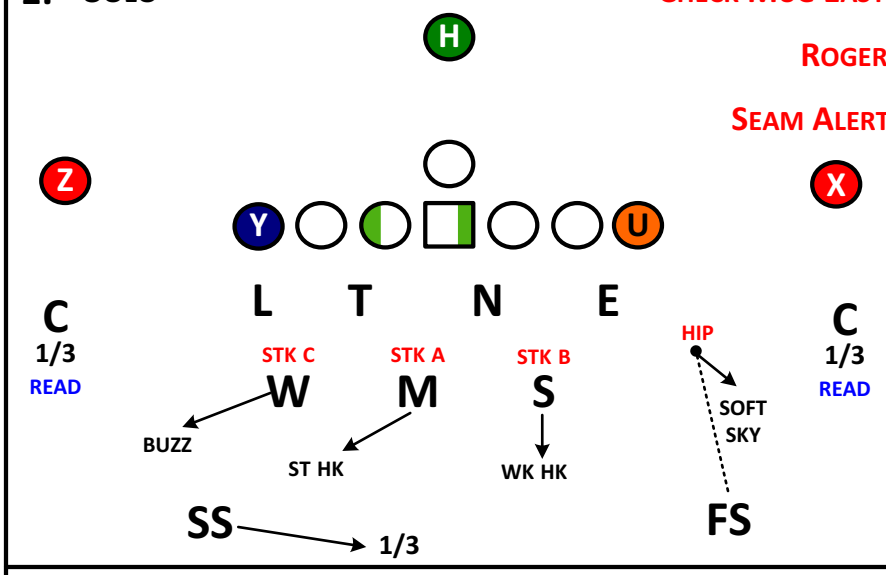
W/ Cheat Stone Berkley Reno

1. Solo

Check Mug Easy

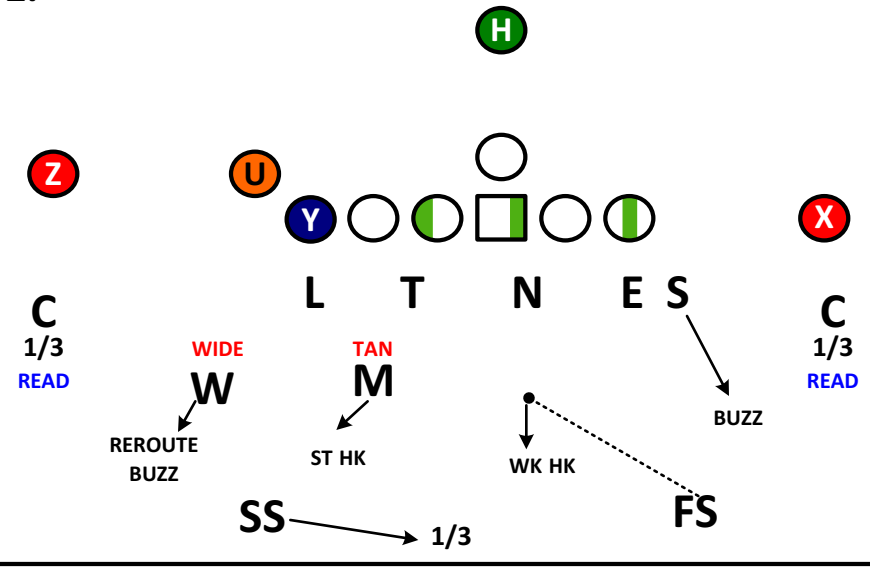
Roger

Seam Alert



2. Pair Trips

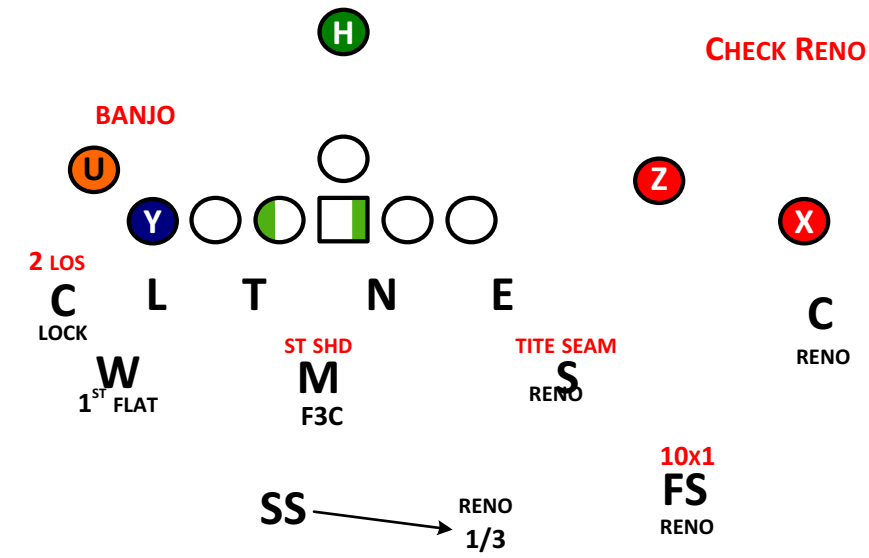
Banana Alert



3. Pair Slot

Check Mug Easy

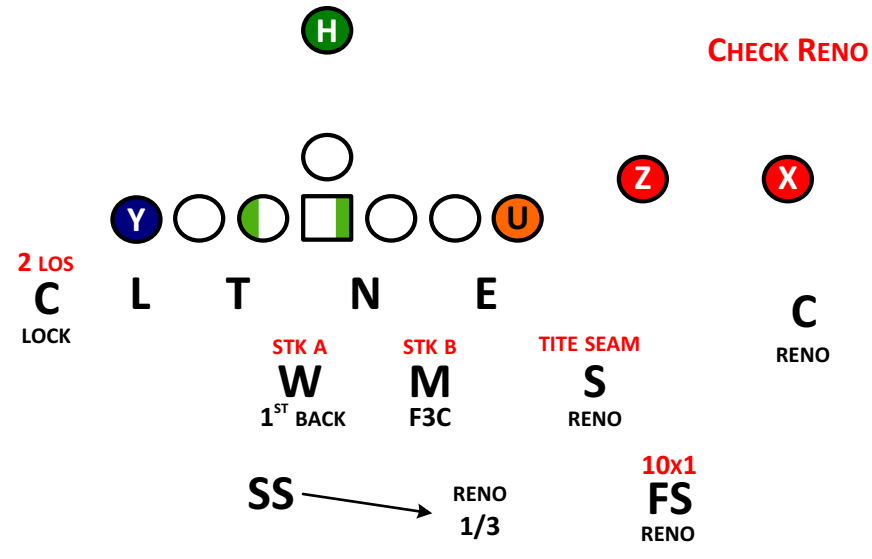
Check Reno



4. Solo Slot

Check Mug Easy

Check Reno

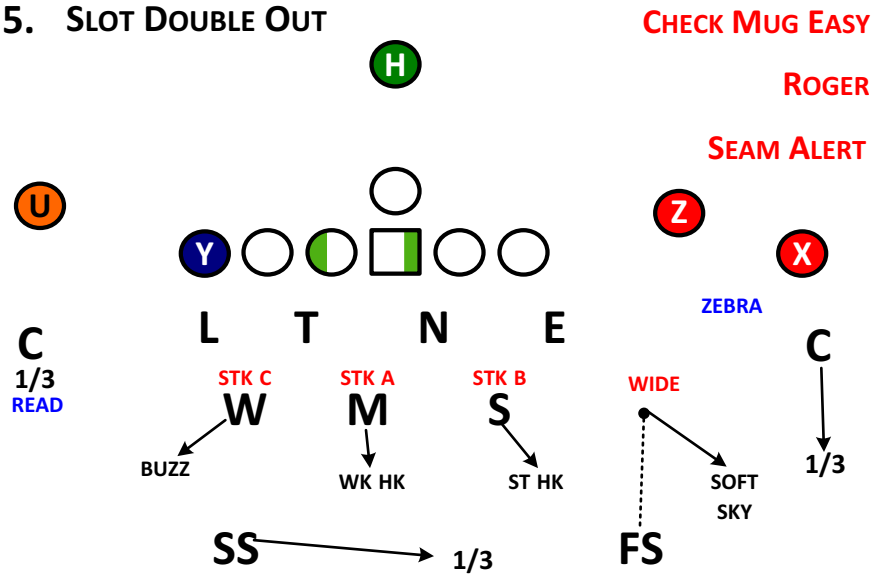


5. Slot Double Out

Check Mug Easy

Roger

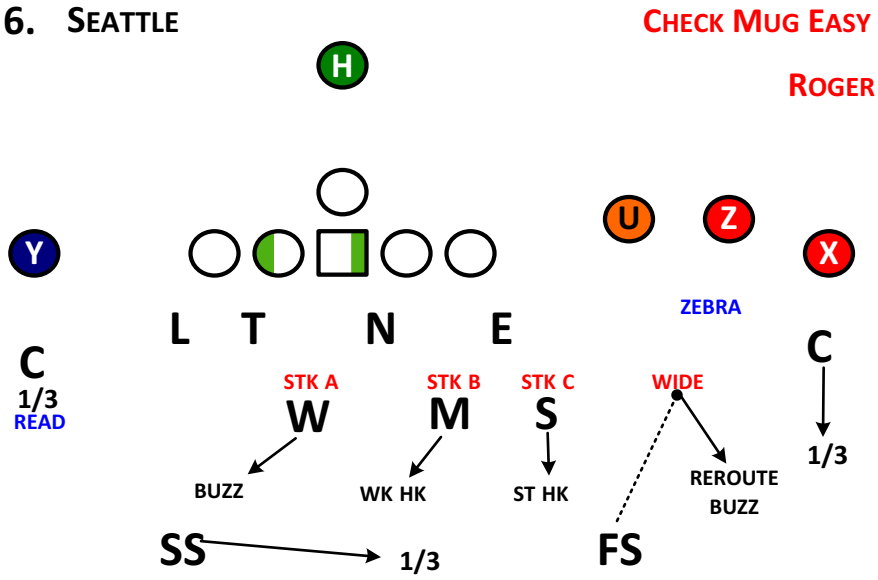
Seam Alert



6. Seattle

Check Mug Easy

Roger

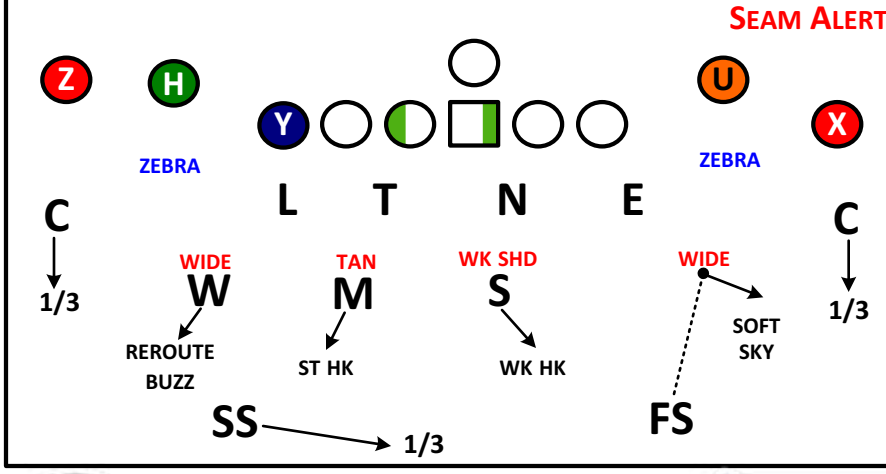


7. Empty

Check Mug Easy

Roger

Seam Alert

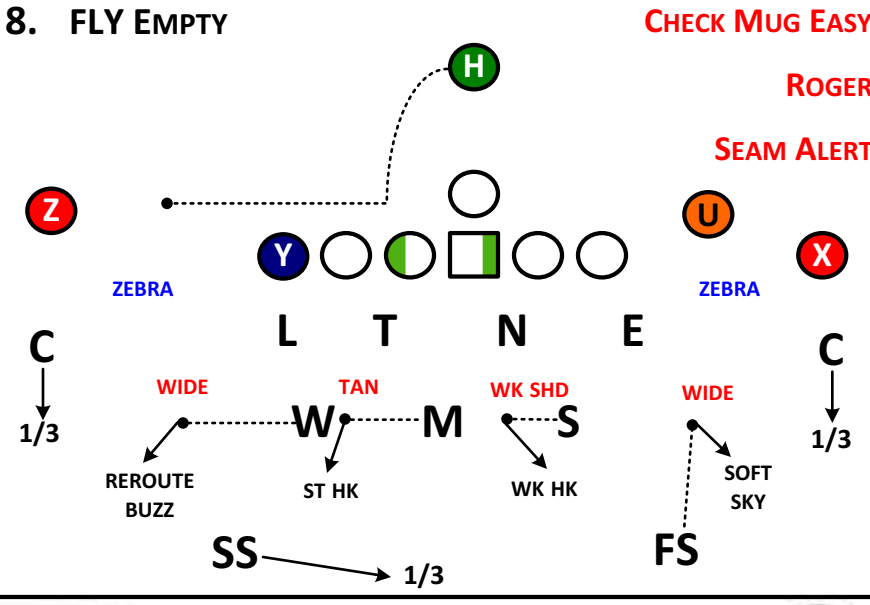


8. FLY Empty

Check Mug Easy

Roger

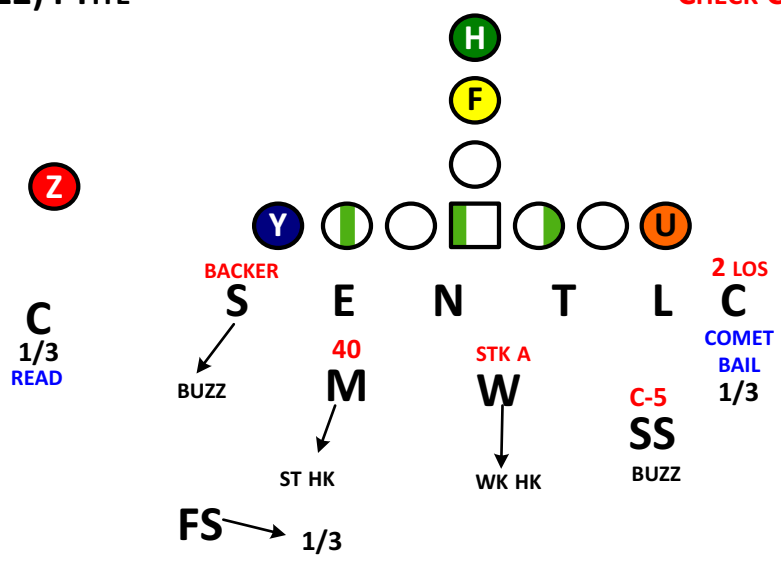
Seam Alert



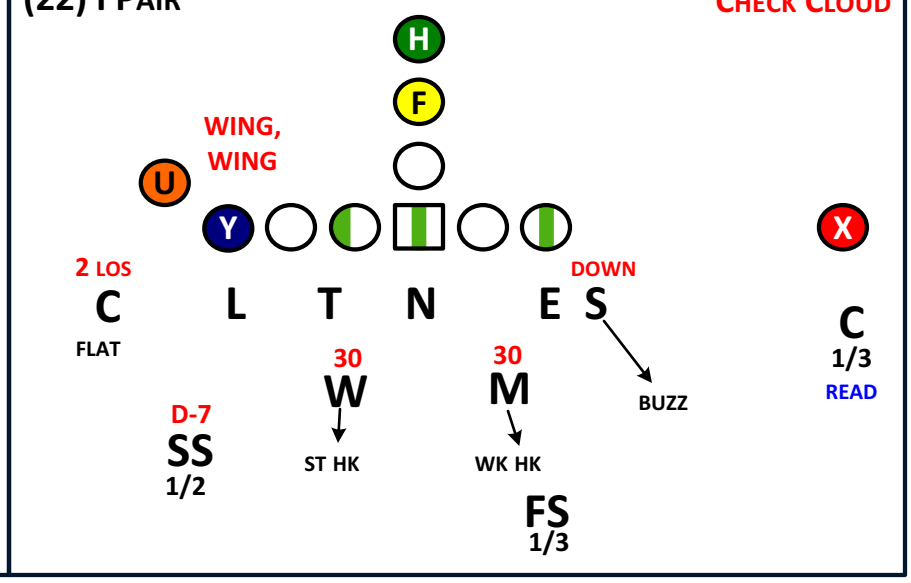
1.	**2.**
3.	**4.**
5.	**6.**
7.	**8.**

Deuce Stone Boston

(22) I Tite — Check Cheat



(22) I Pair — Check Cloud



Essence:

1. Deuce Stone Boston Blue is a Base Over Family 4 Under 3 Deep defense.

Coaching Points:

1. Close call away from the WR
2. Will: Align in a 30 vs. Pro. Stack A vs. Slot. Hook
3. Mike: Align in a 30 vs. Pro. 40 vs. Slot. Hook
4. Strong Safety: Buzz to the Solid Side

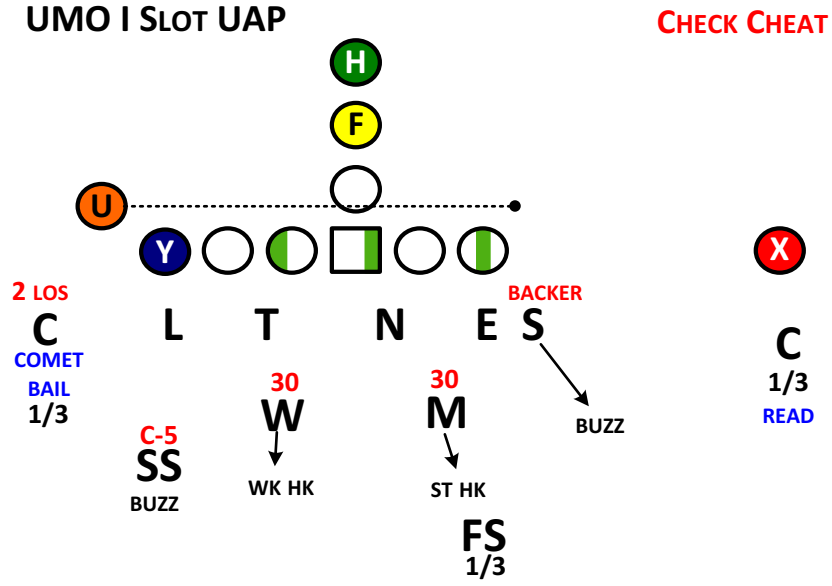
Adjustments:

1. Vs. True Pair (Trey, BTR): Check Cloud. Wing, Wing
2. Vs. UMO to Slot UIP: Safety play C-5 Technique. End stays in 4B. Check Cheat
3. Vs. UMO to Displaced Slot: Check Mug Easy
4. Vs. Bone Looks: Check Mug Easy
5. Vs. Aligned or Motion to 1 Back: Check Middle, Middle

Deuce Stone Boston

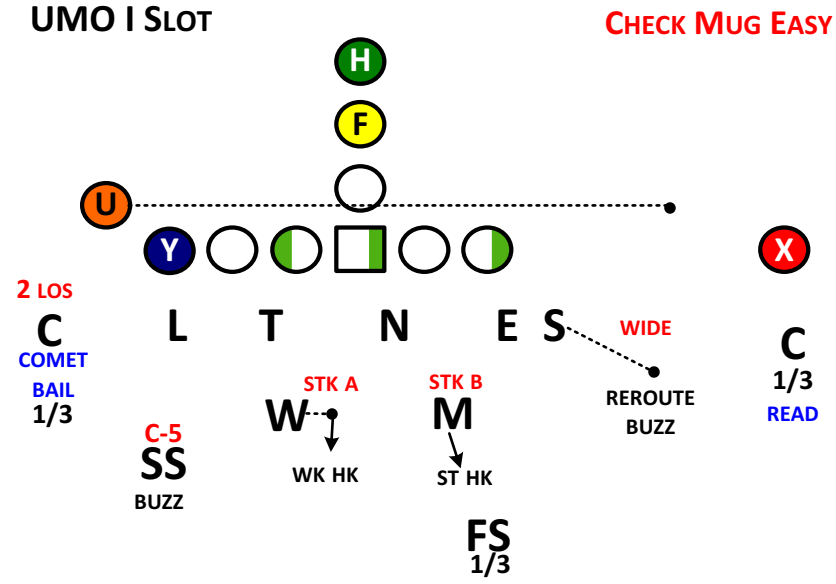
1. UMO I Slot UAP

Check Cheat

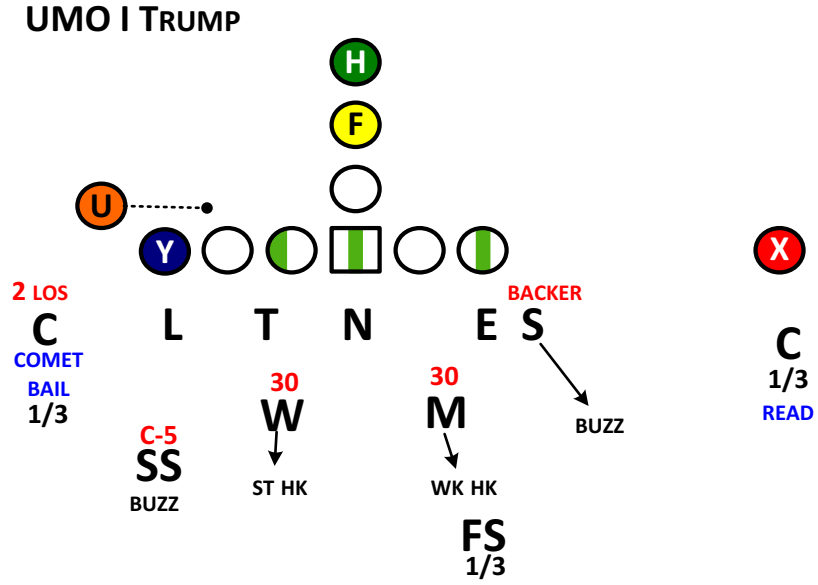


2. UMO I Slot

Check Mug Easy



3. UMO I Trump

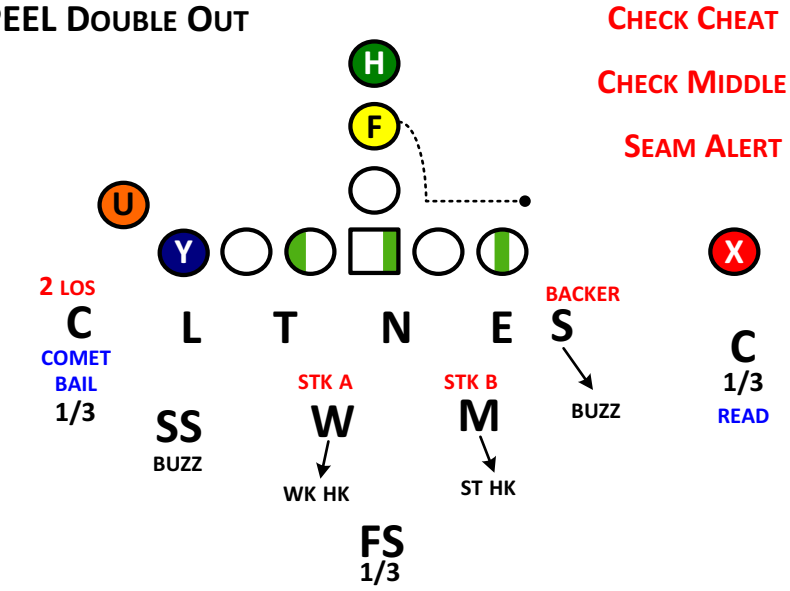


4. PEEL Double Out

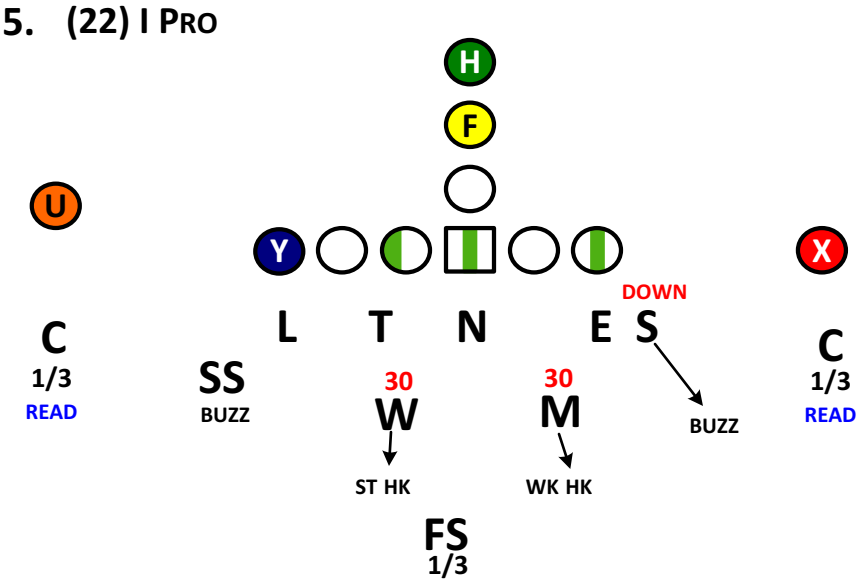
Check Cheat

Check Middle

Seam Alert

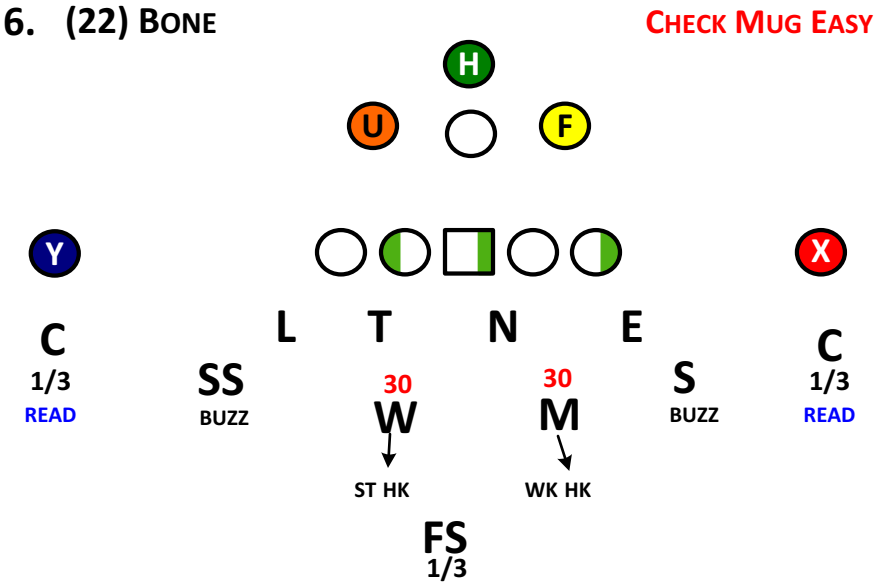


5. (22) I Pro



6. (22) Bone

Check Mug Easy

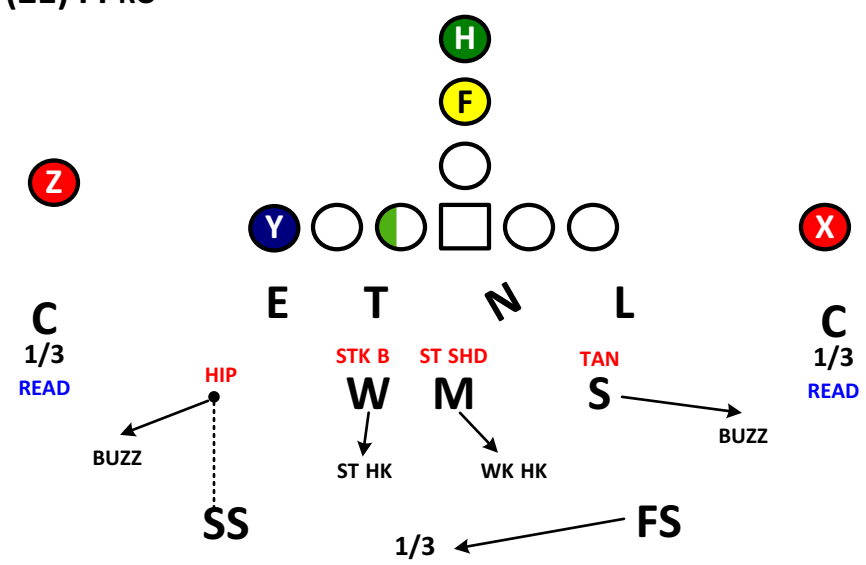


7.

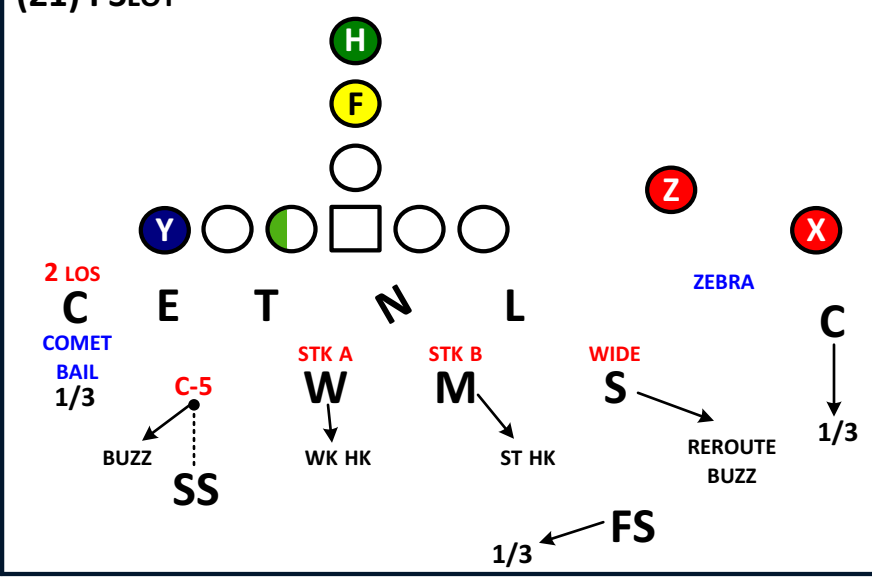
8.

Over Zone Y (Boston)

(21) I Pro



(21) I Slot



Essence:

1. Boston is an 8 man Over Front Defense.
2. The coverage is a 3 Deep, 4 Under defense with solid side rotation.
3. 21 Personnel call.

Coaching Points:

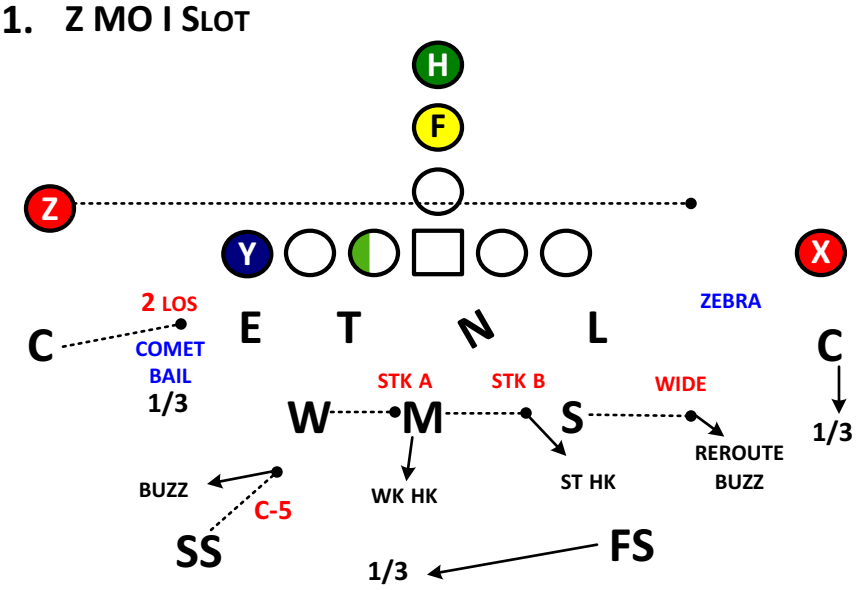
1. Solid call to the "Y"
2. S/S communicates "Lou or Roger"
3. Safeties show a 2 deep (Over 2 / L.A.) pre-snap look
4. Corners defend their deep 1/3 using Read Principles
   - Vs. Trips: Strong Corner midpoint
5. Vs. 2x2 sets. Seam Alert, Safeties Soft Sky (Alert Flat/Flat)

Adjustments:

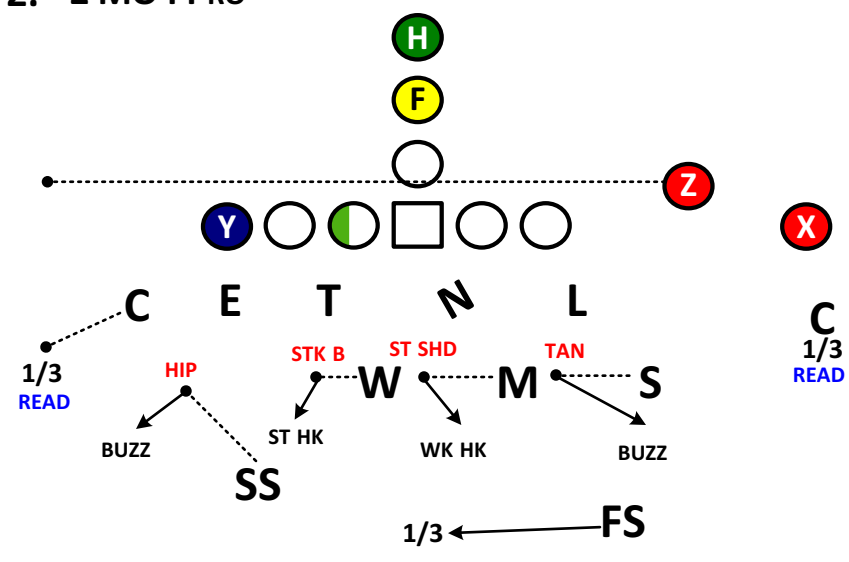
1. Vs. Slot: Nub side corner comet bail, LB Stack alignment
2. Vs. Y Motion, Y Shift: Check Pirate, Check Frisco, Stack Alignment
3. Stunts: Pirate, Pig (Ex: With a Pirate Boston)

Over Zone Y (Boston)

1. Z MO I Slot



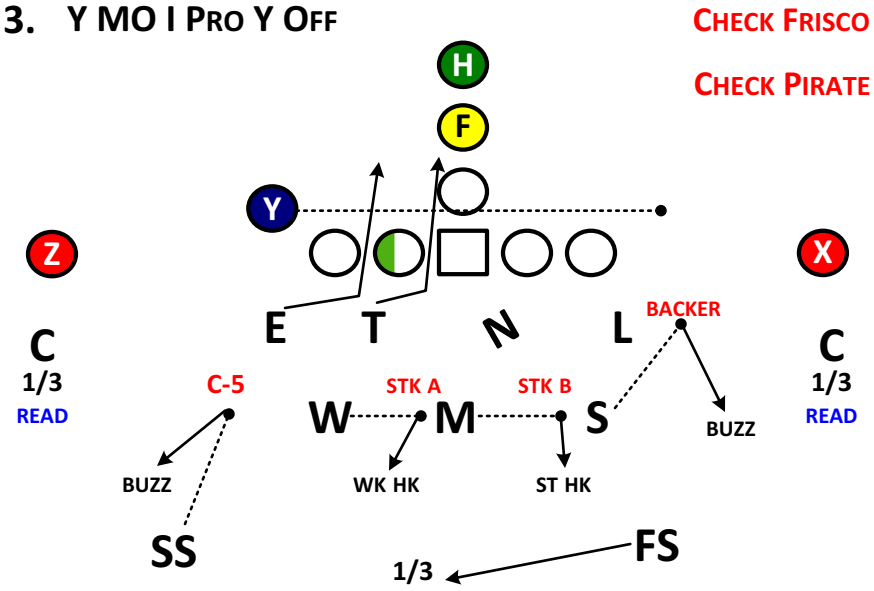
2. Z MO I Pro



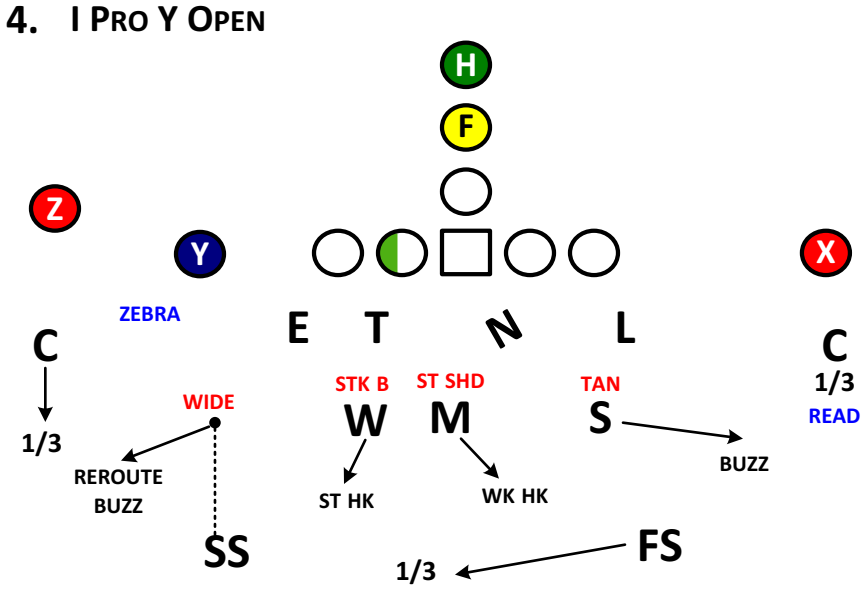
3. Y MO I Pro Y Off

Check Frisco

Check Pirate

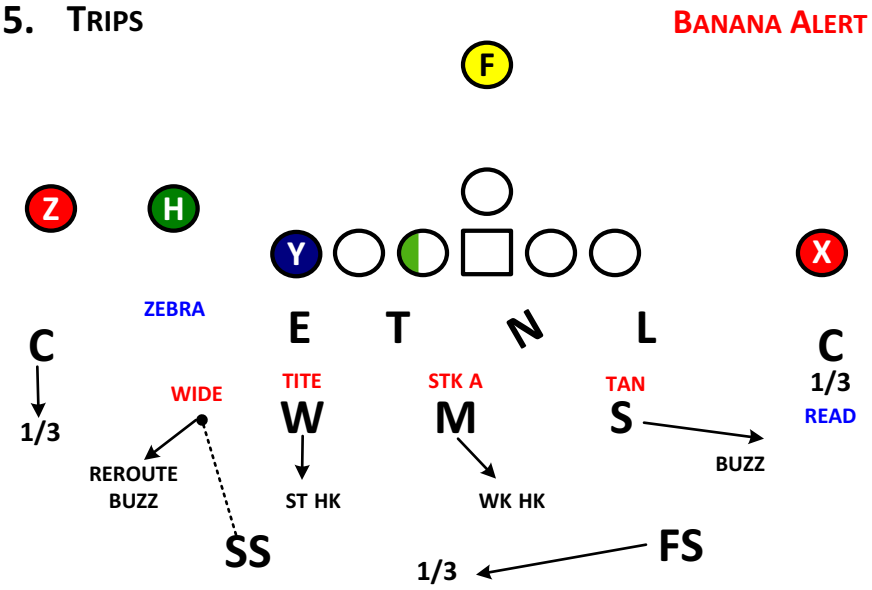


4. I Pro Y Open



5. Trips

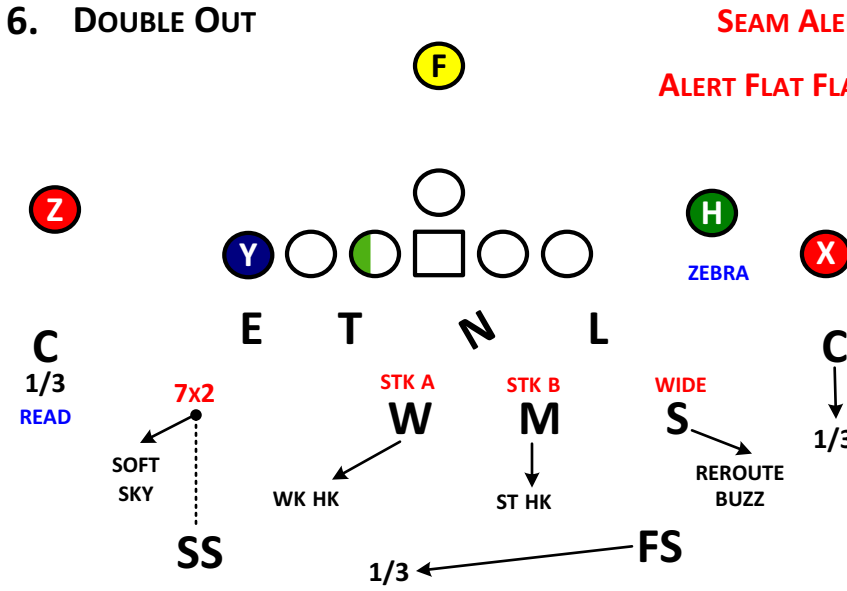
Banana Alert



6. Double Out

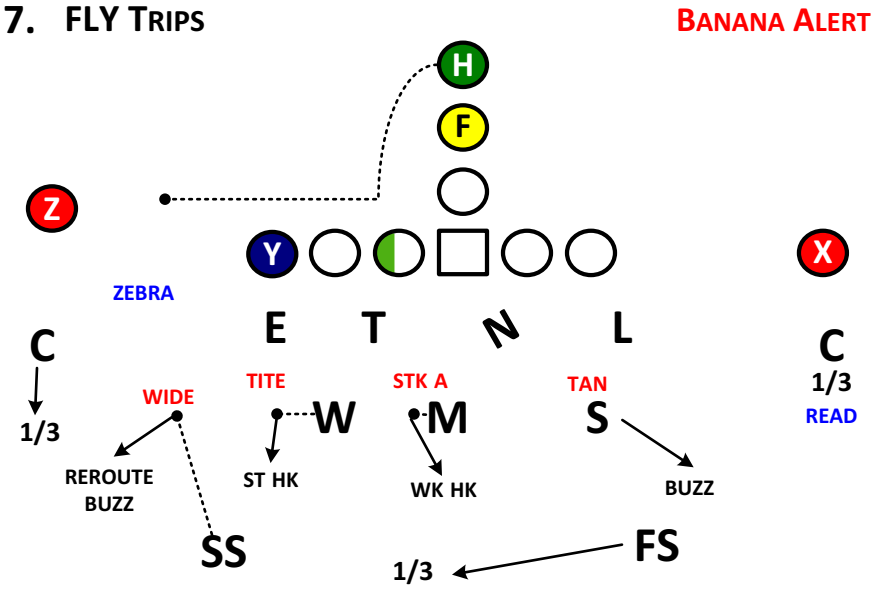
Seam Alert

Alert Flat Flat



7. FLY Trips

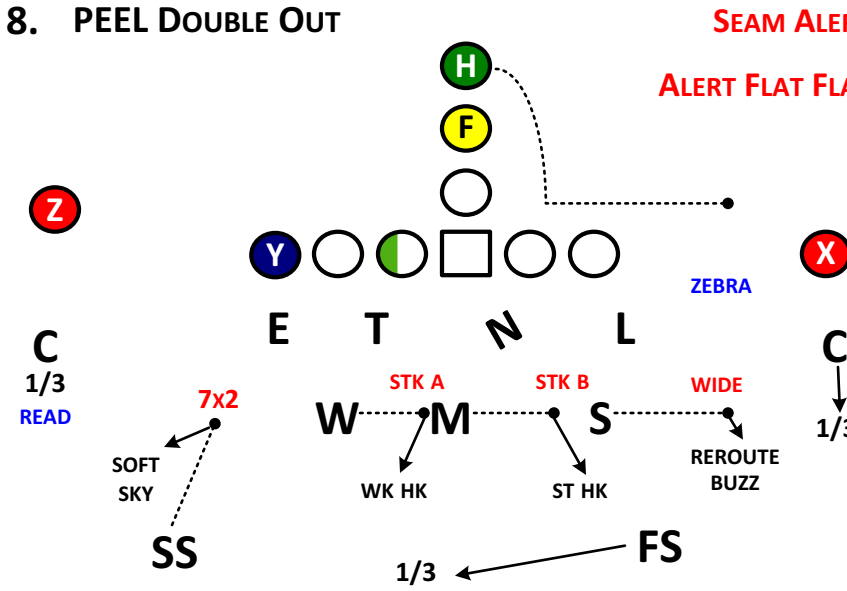
Banana Alert



8. PEEL Double Out

Seam Alert

Alert Flat Flat

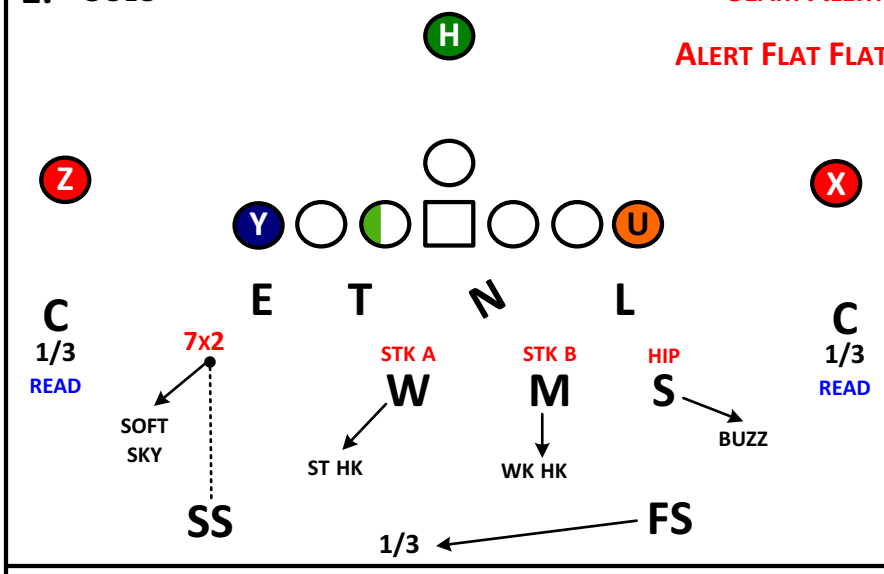


Over Zone Y (Boston)

1. Solo

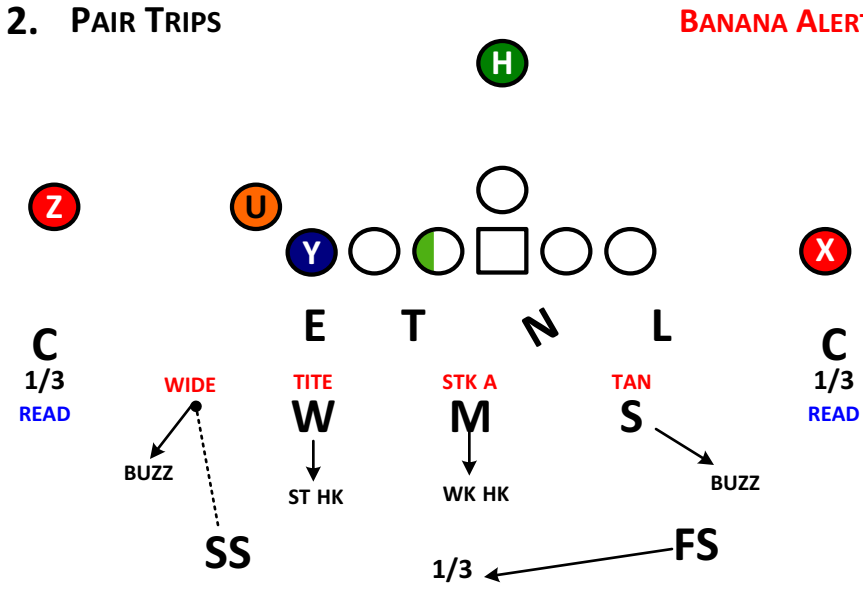
Seam Alert

Alert Flat Flat



2. Pair Trips

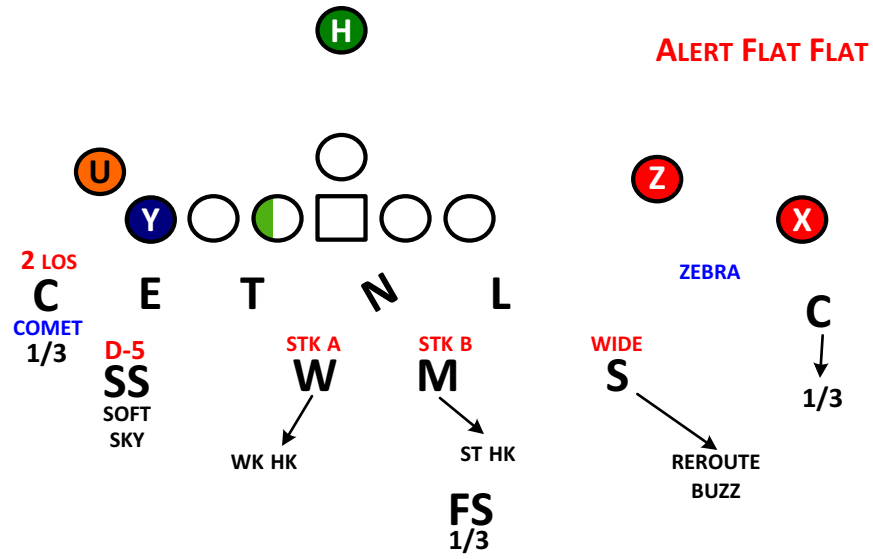
Banana Alert



3. Pair Slot

Seam Alert

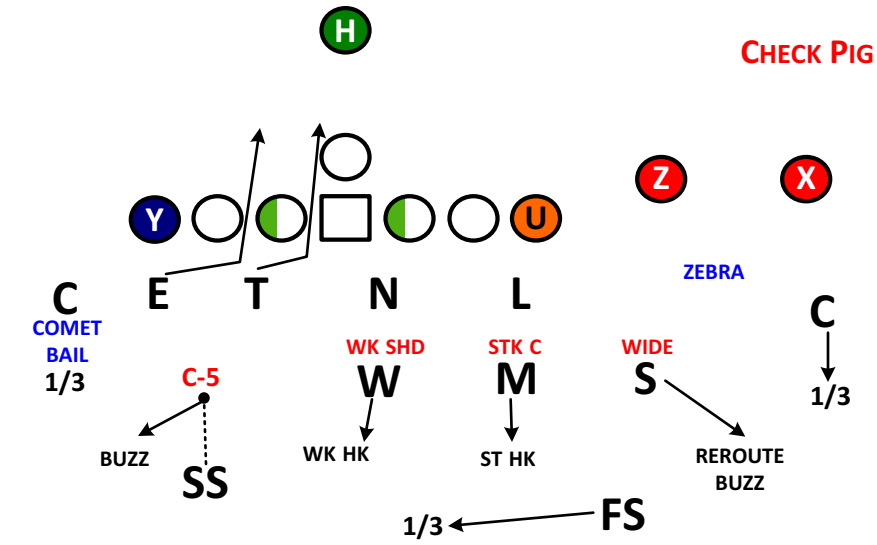
Alert Flat Flat



4. Solo Slot

Banana Alert

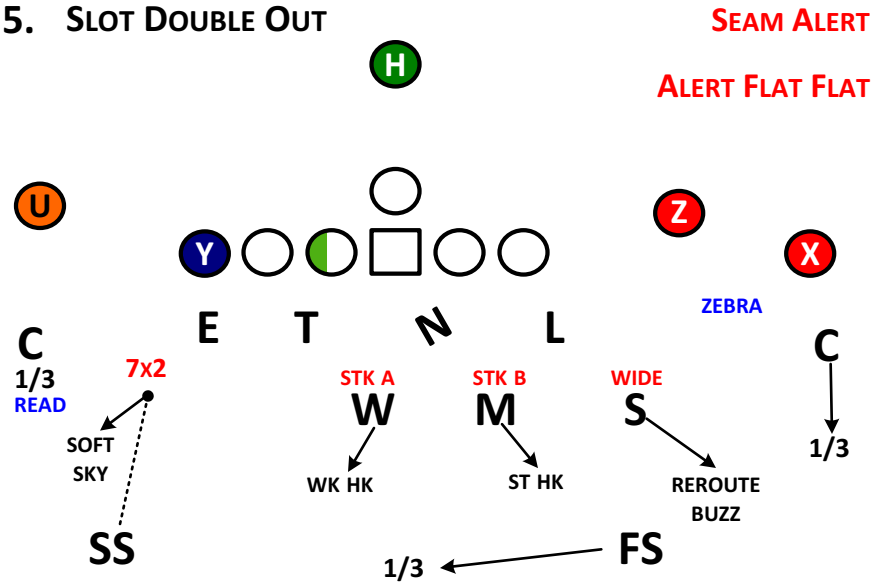
Check Pig



5. Slot Double Out

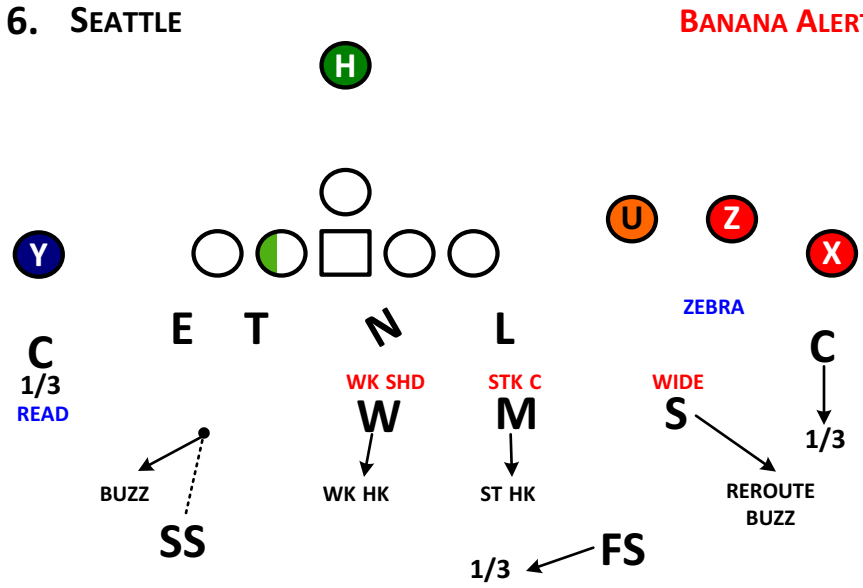
Seam Alert

Alert Flat Flat



6. Seattle

Banana Alert

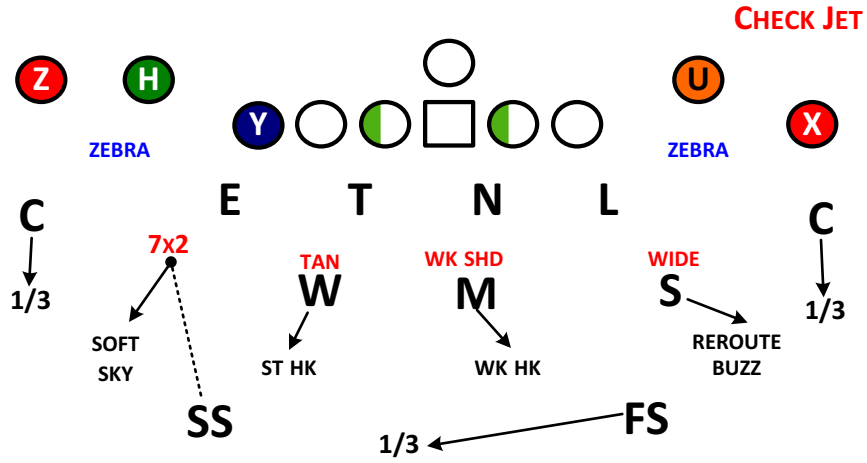


7. Empty

Seam Alert

Alert Flat Flat

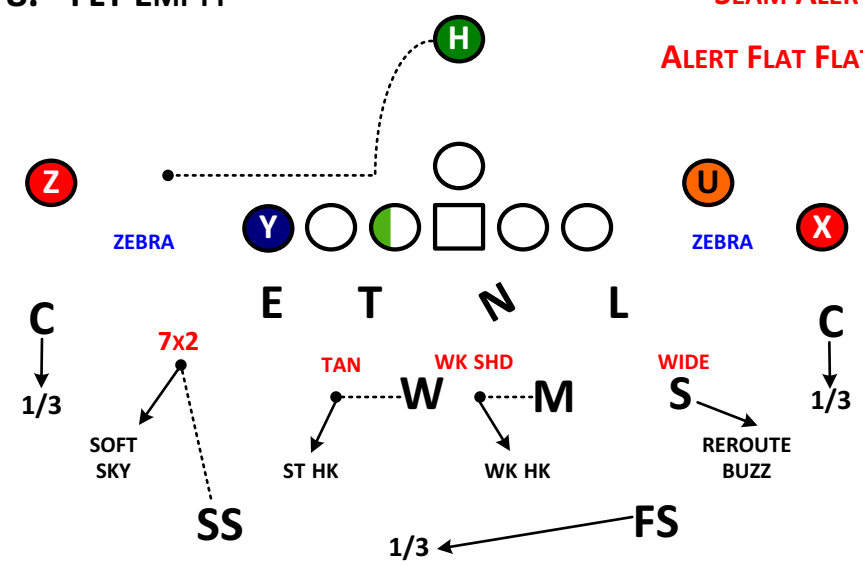
Check Jet



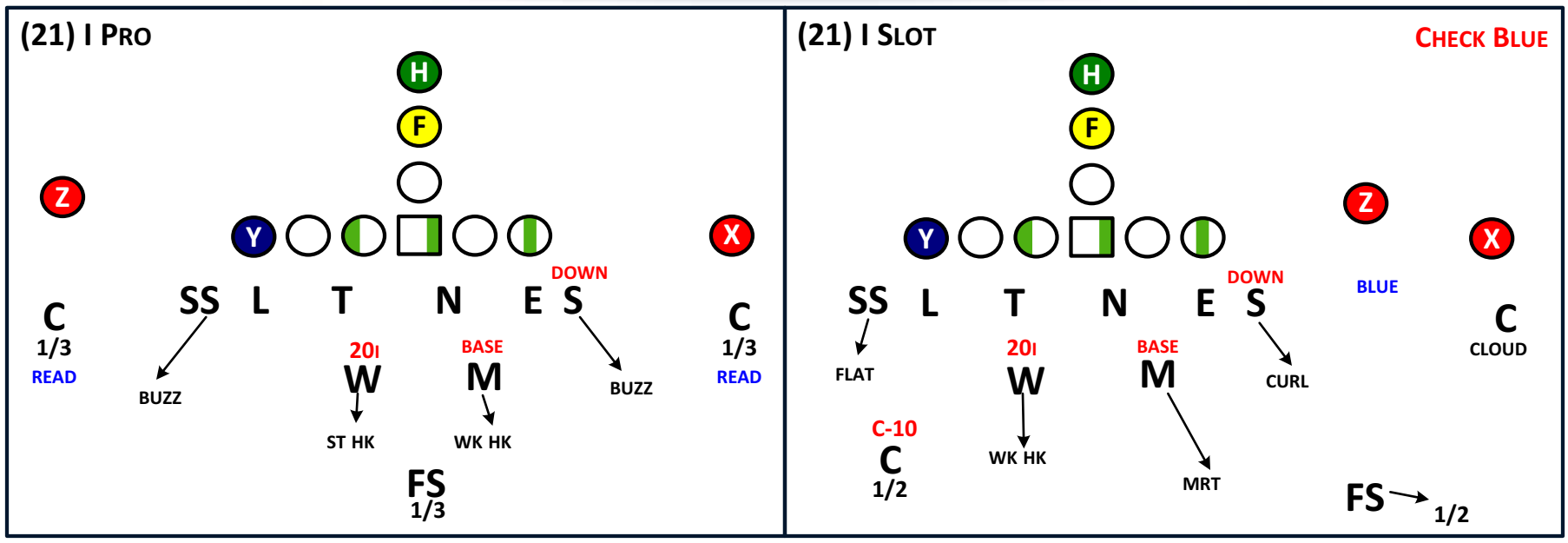
8. Fly Empty

Seam Alert

Alert Flat Flat



W/ Cheat Stone Boston Blue



Essence:

1. W/ Cheat Stone Boston Blue is a Base Over Family 4 Under 3 Deep defense.
2. Safety down to the solid side

Coaching Points:

1. Solid call to the "Y"
2. Vs. Slot, Nub side Corner play ½ (C-10)
3. Strong Safety and Sam in "Tuff" alignments
4. Will and Mike cheat to FB

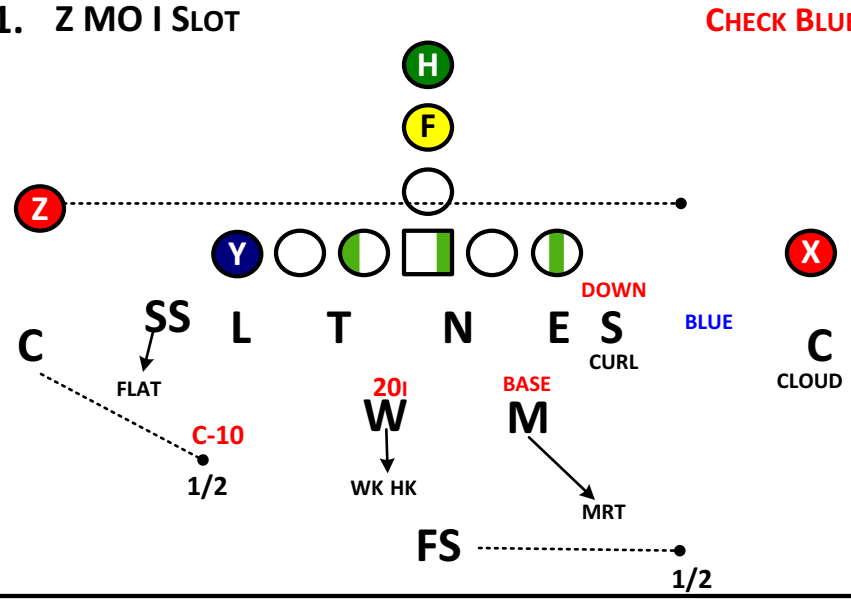
Adjustments:

1. Vs. All Slot single width family formations (Pair Slot): Ck Blue
2. Vs. Y Motion: Check Rock Rock Frisco
3. Vs. 2x2: Seam Alert
4. Sam Alignments:
   - Backer – Cheat
   - Down – Cheat
   - Wide – Check Mug Easy (1 and Loose 5 Technique)
5. Seattle Trips: Check Pirate

W/ Cheat Stone Boston Blue

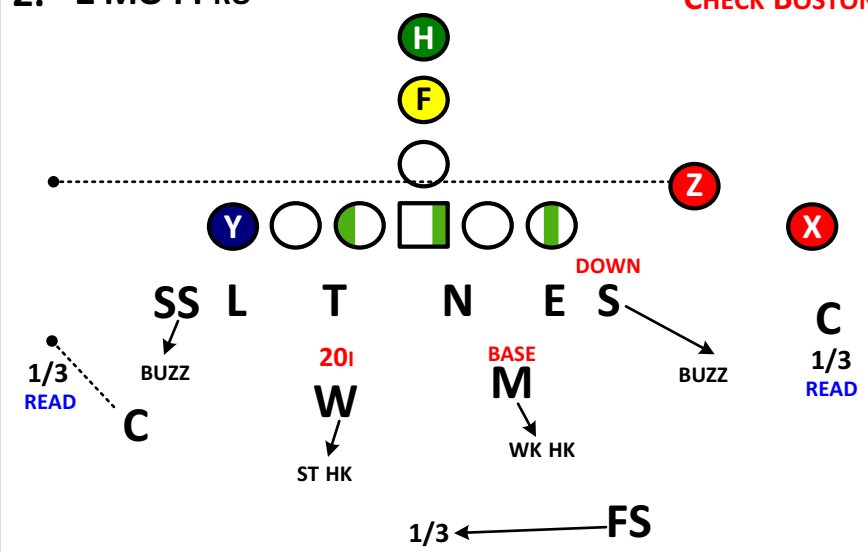
1. Z MO I Slot

Check Blue



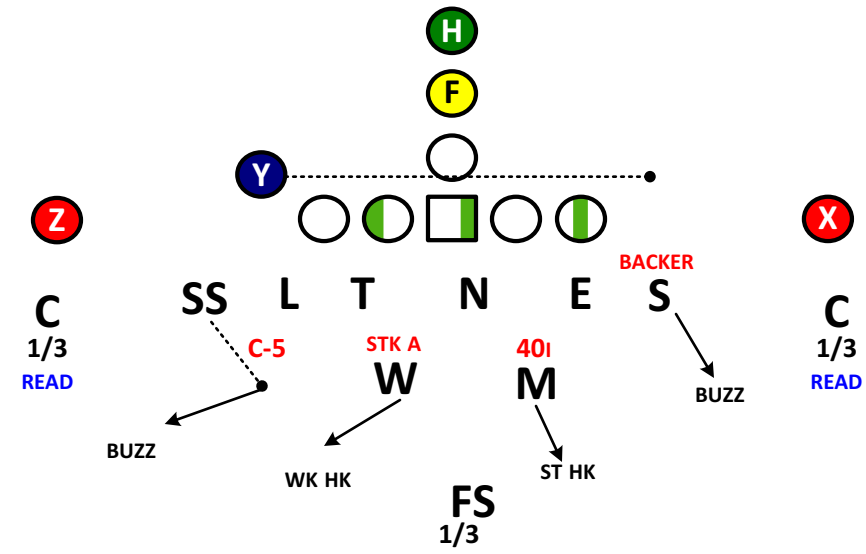
2. Z MO I Pro

Check Boston

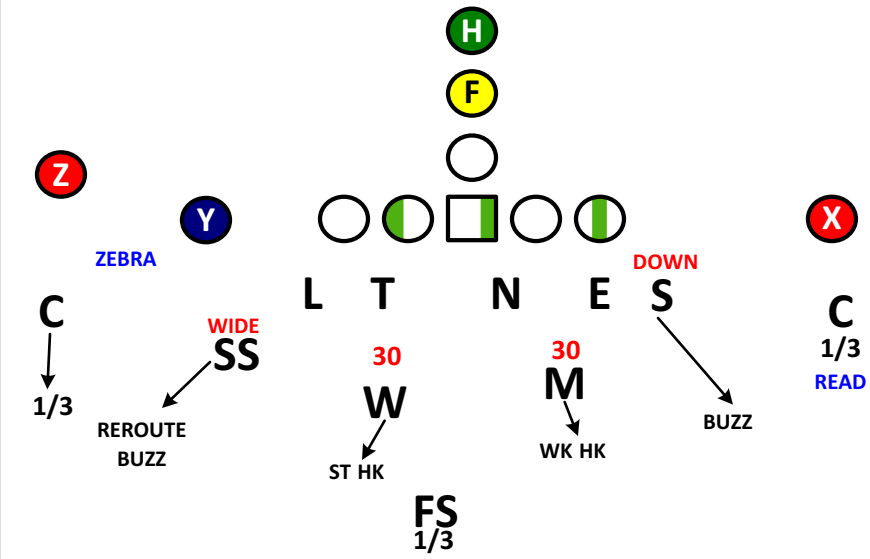


3. Y MO I Pro Y Off

Check Rock Frisco

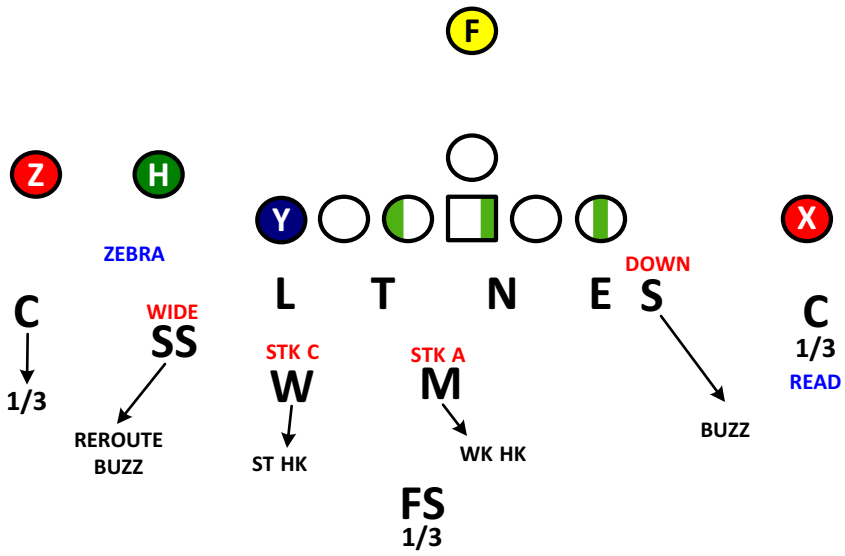


4. I Pro Y Open



5. Trips

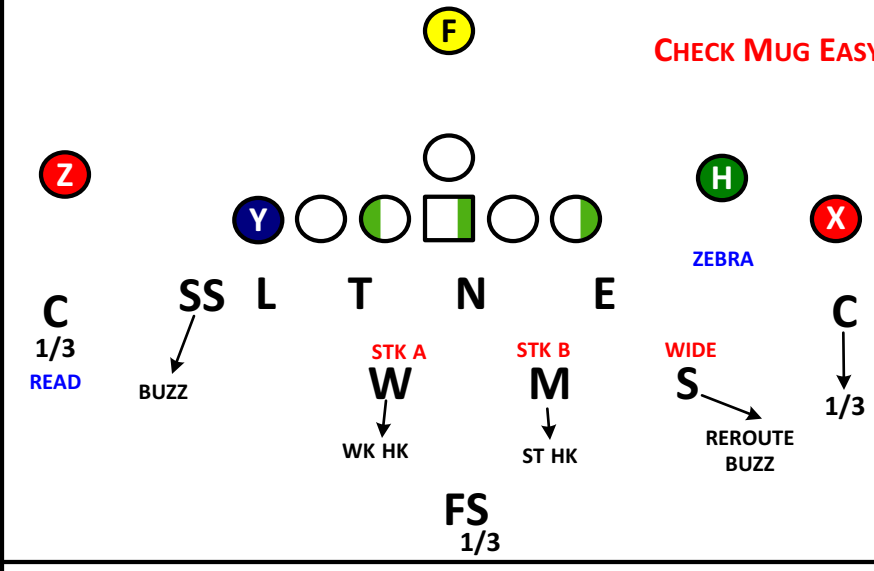
Banana Alert



6. Double Out

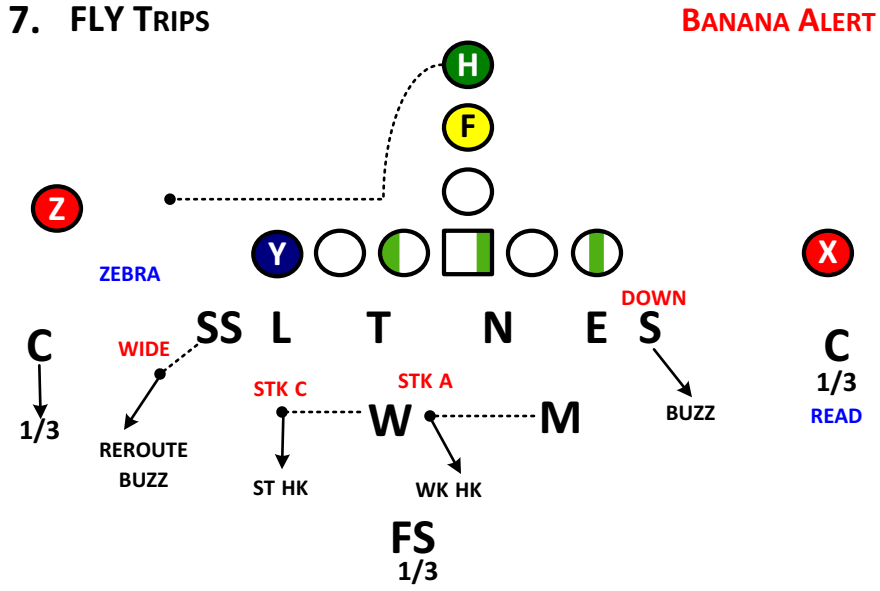
Seam Alert

Check Mug Easy



7. FLY Trips

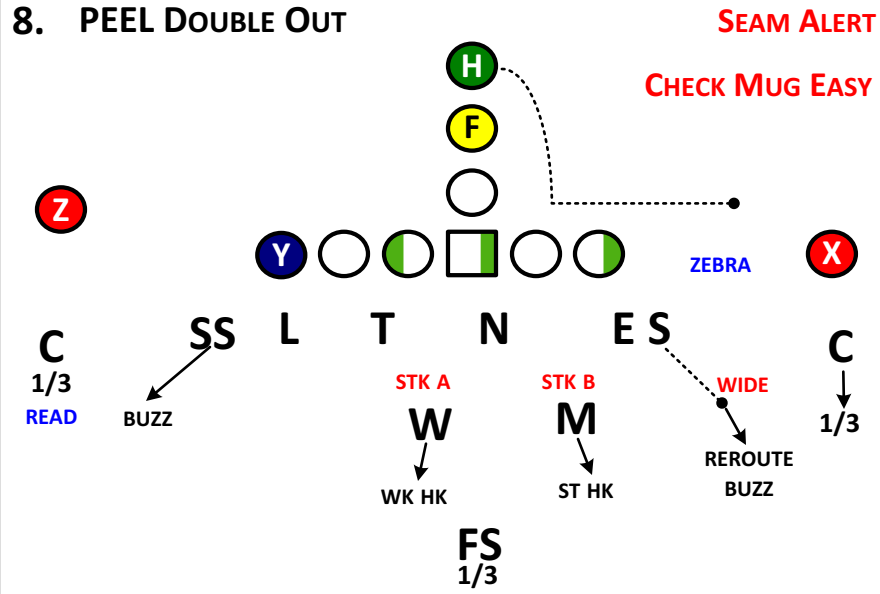
Banana Alert



8. PEEL Double Out

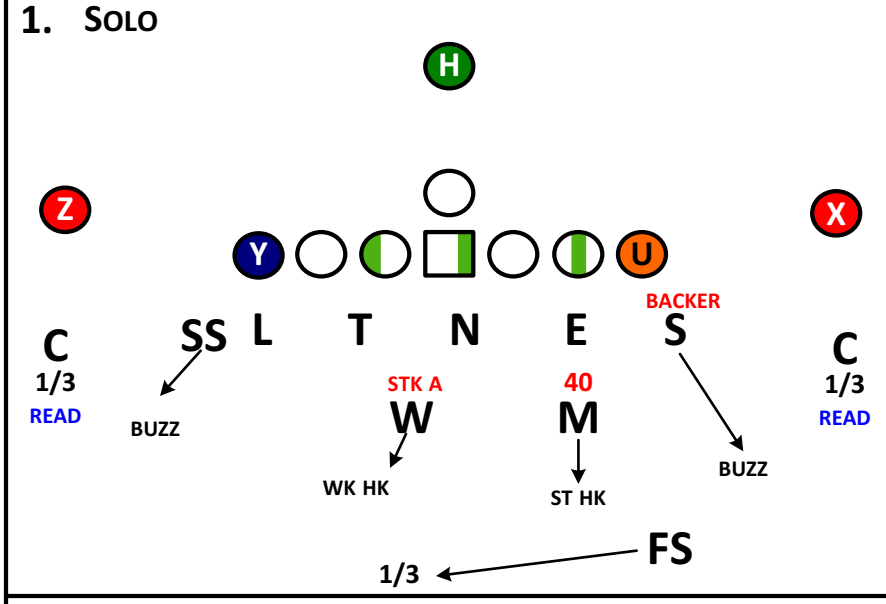
Seam Alert

Check Mug Easy



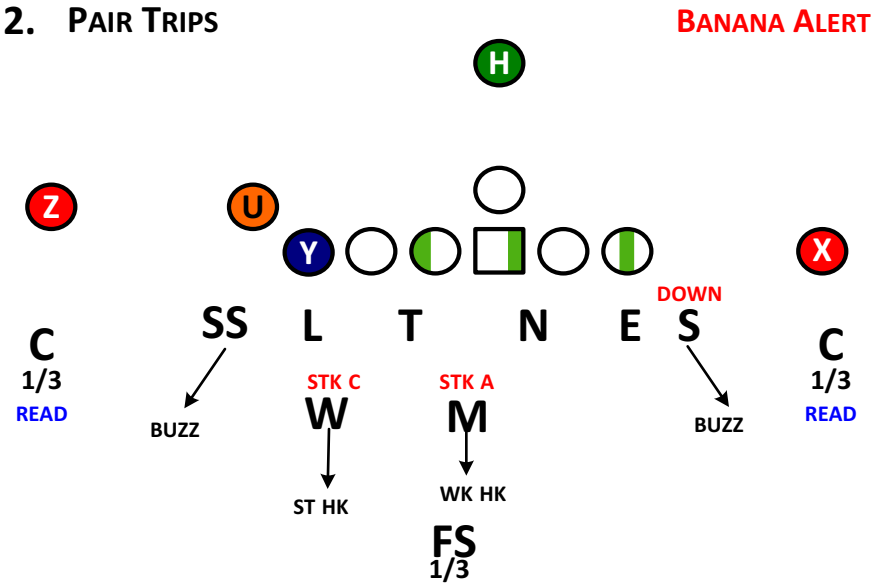
W/ Cheat Stone Boston Blue

1. Solo



2. Pair Trips

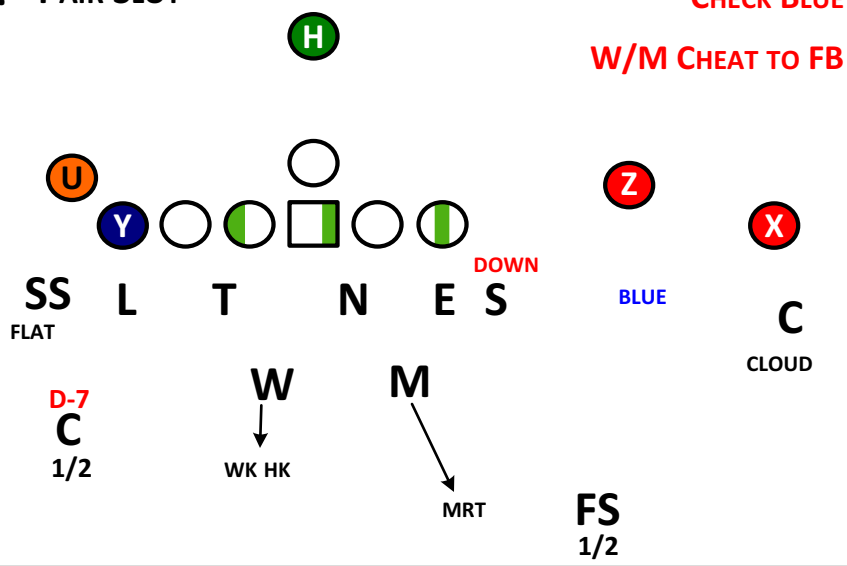
Banana Alert



3. Pair Slot

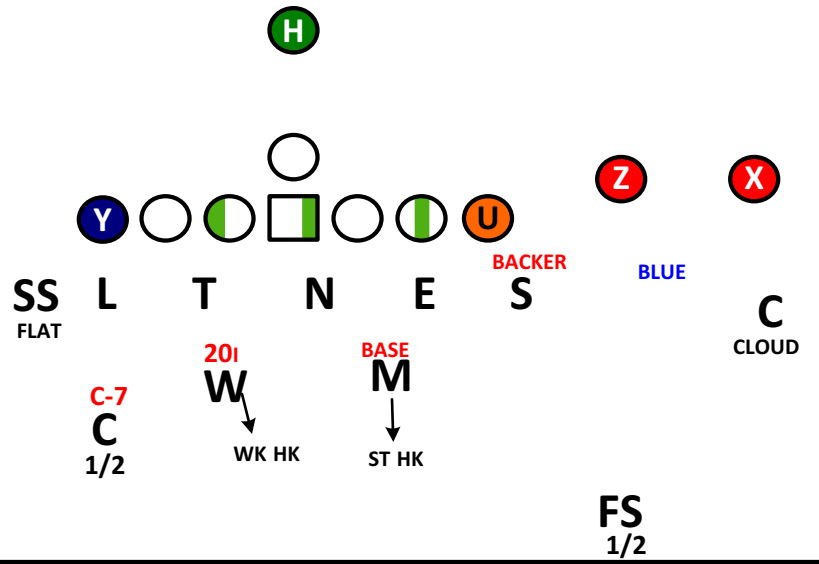
Check Blue

W/M Cheat to FB



4. Solo Slot

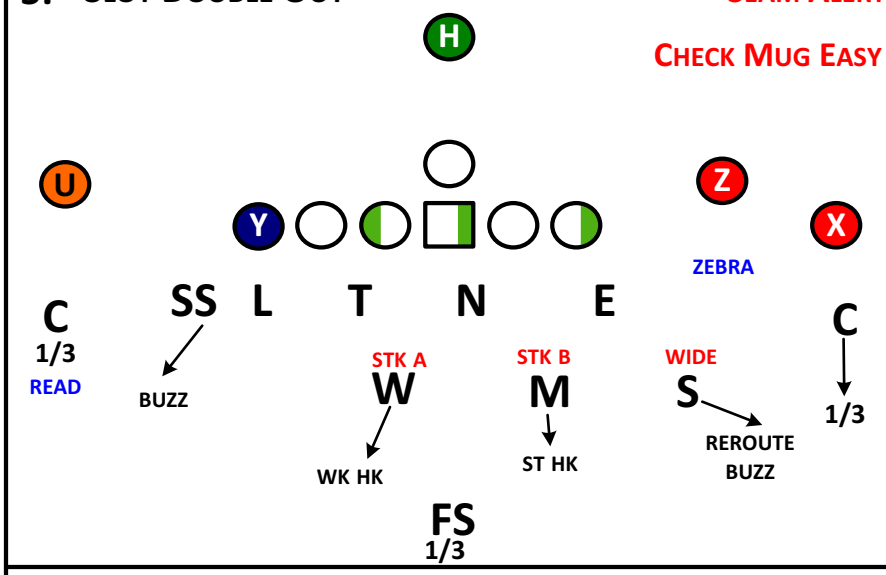
Check Blue



5. Slot Double Out

Seam Alert

Check Mug Easy

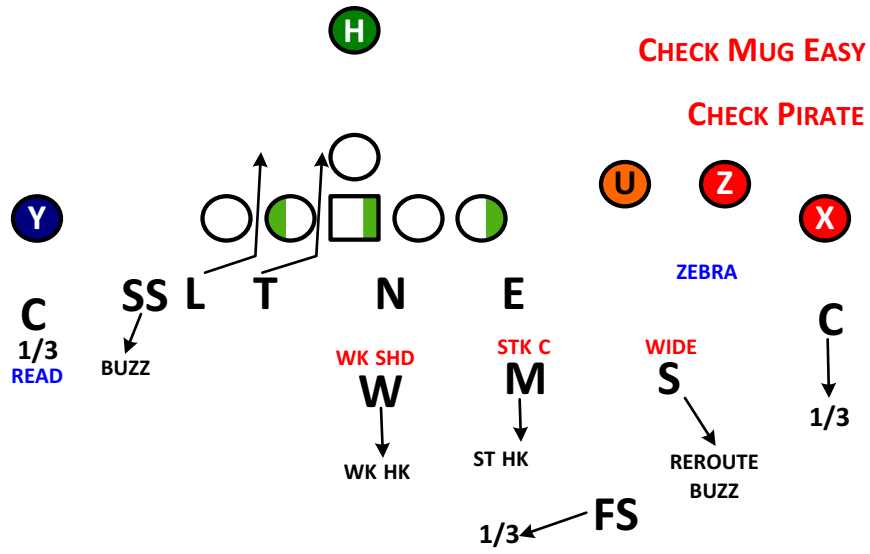


6. Seattle

Banana Alert

Check Mug Easy

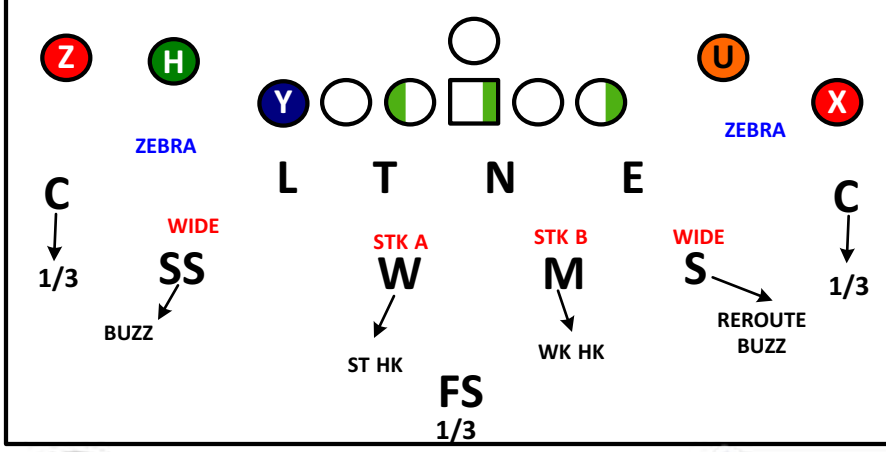
Check Pirate



7. Empty

Seam Alert

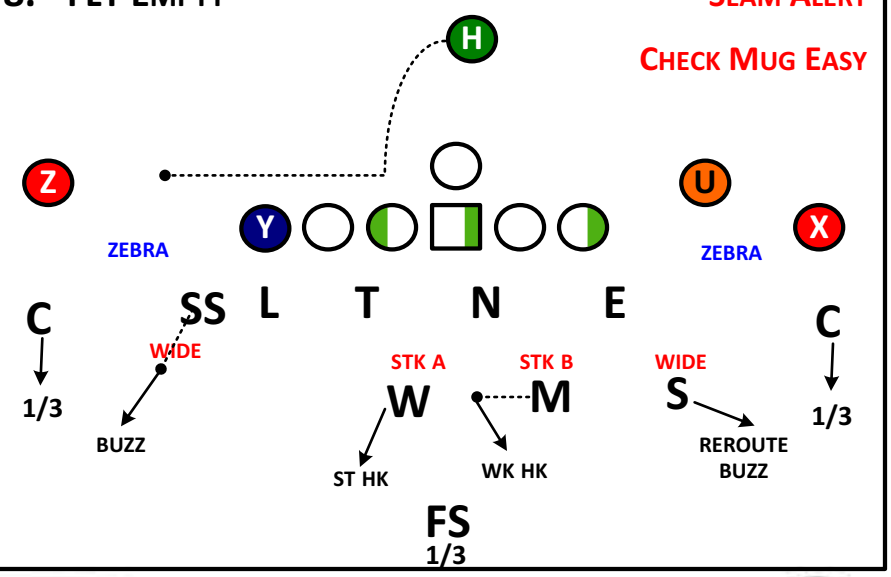
Check Mug Easy



8. Fly Empty

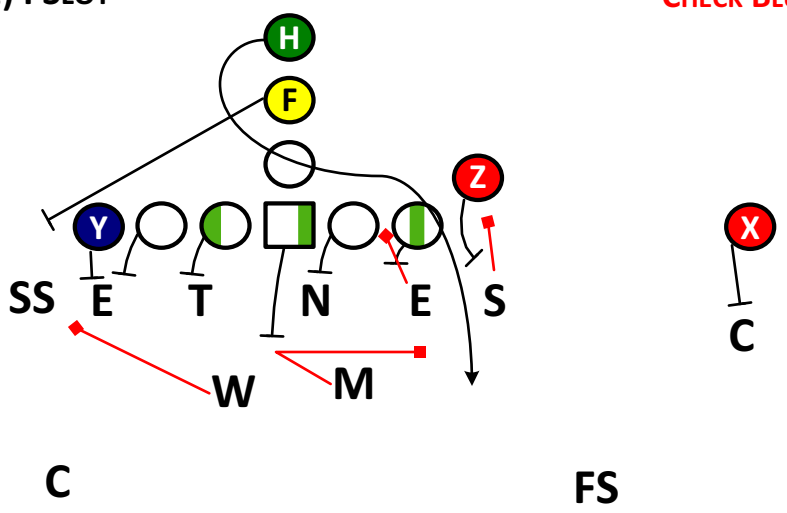
Seam Alert

Check Mug Easy



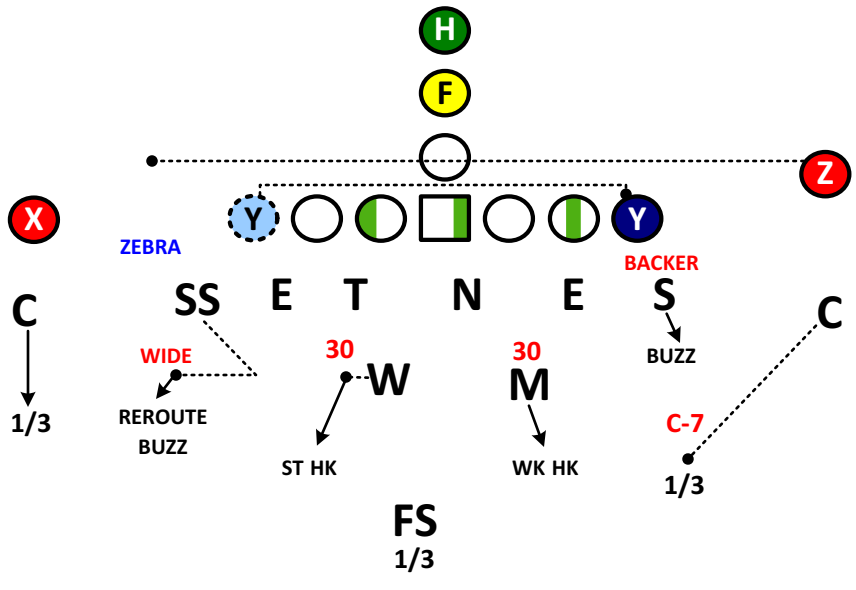
(21) I Slot

Check Blue



Stone Boston Blue

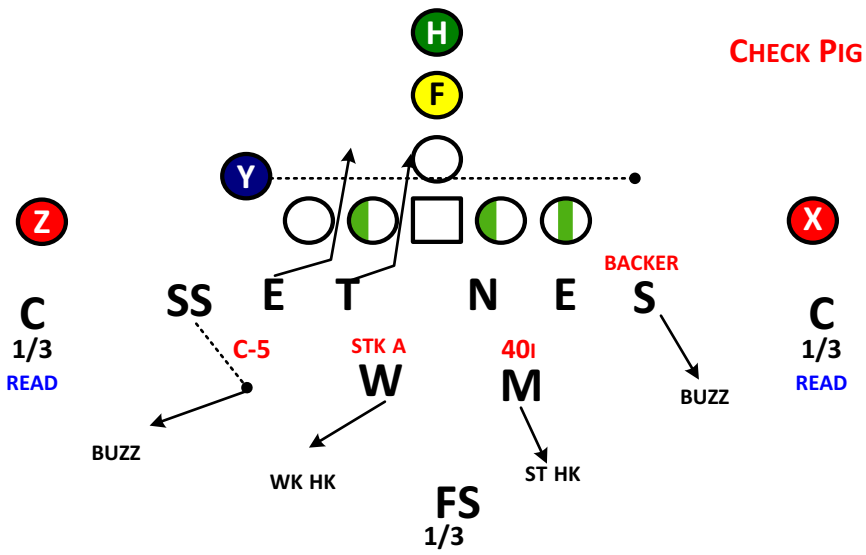
Check Rock Frisco



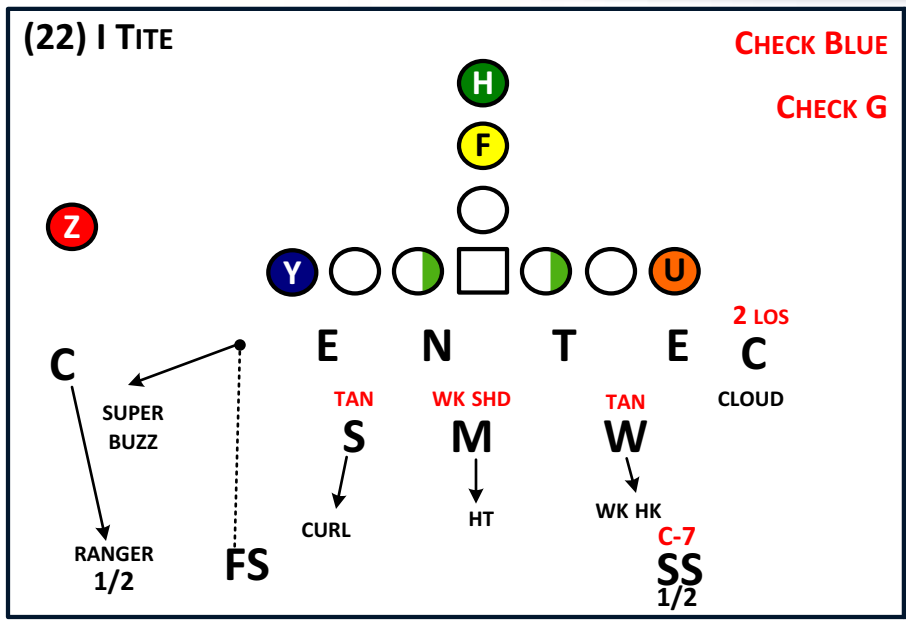
Y MO I Pro Y Off

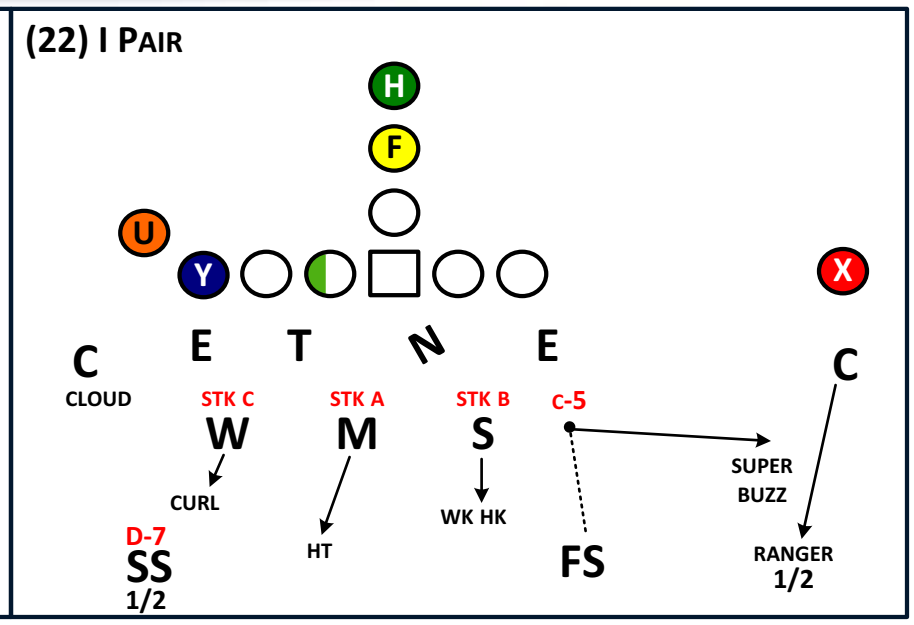
Check Rock Frisco

Check Pig



Deuce Compton Blue





Essence:

1. Deuce Compton is an 8 man over front defense vs. 22 personnel.
2. We will stay in a cloud principal for the entire down.

Coaching Points:

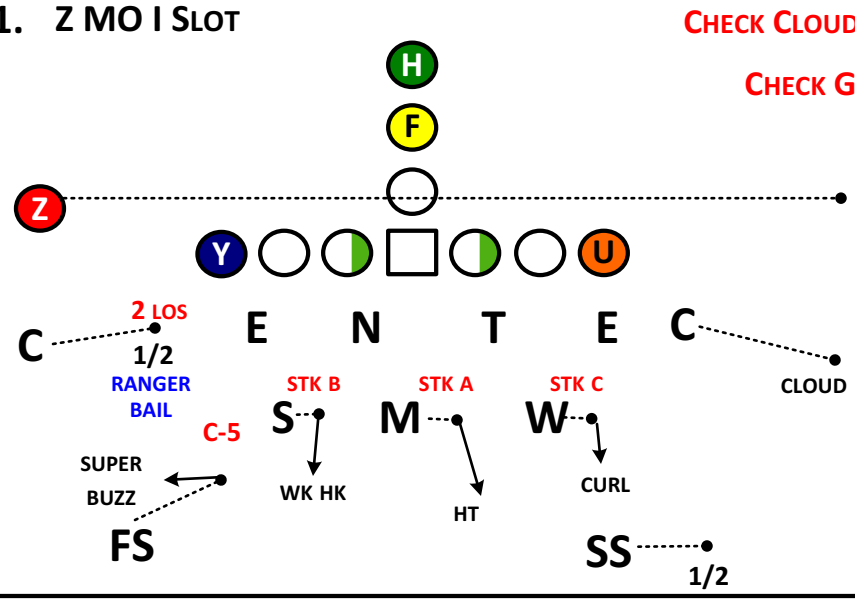
1. Close call away from the WR:
   - U: With two tight ends on the LOS
   - Y: With one tight end on the LOS

Adjustments:

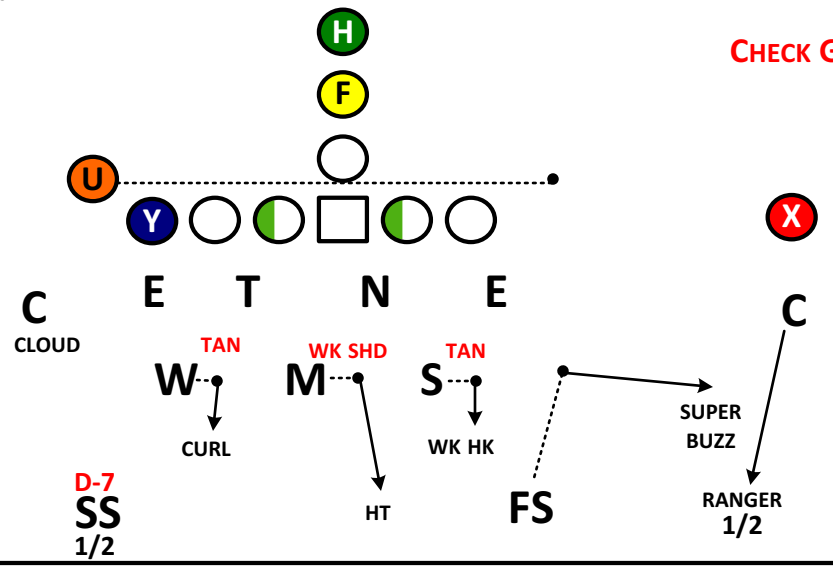
1. Pro Family: Follow Normal Oakland Cloud Rules
   - LBs: Alert Flow Rules
2. Slot Family: Play Blue, Check G

DEUCE COMPTON BLUE

1. Z MO I SLOT — CHECK CLOUD / CHECK G



2. U MO I SLOT UIP — STAY BLUE / CHECK G



3.

4.

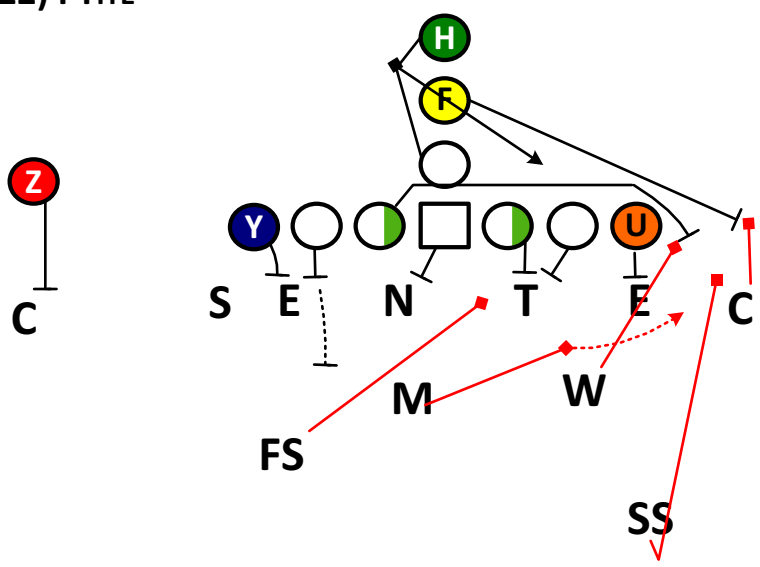
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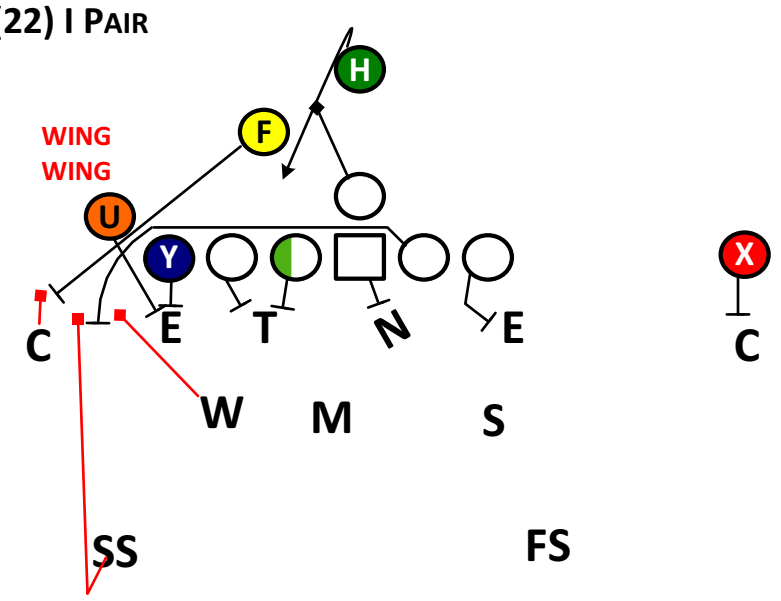
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8.

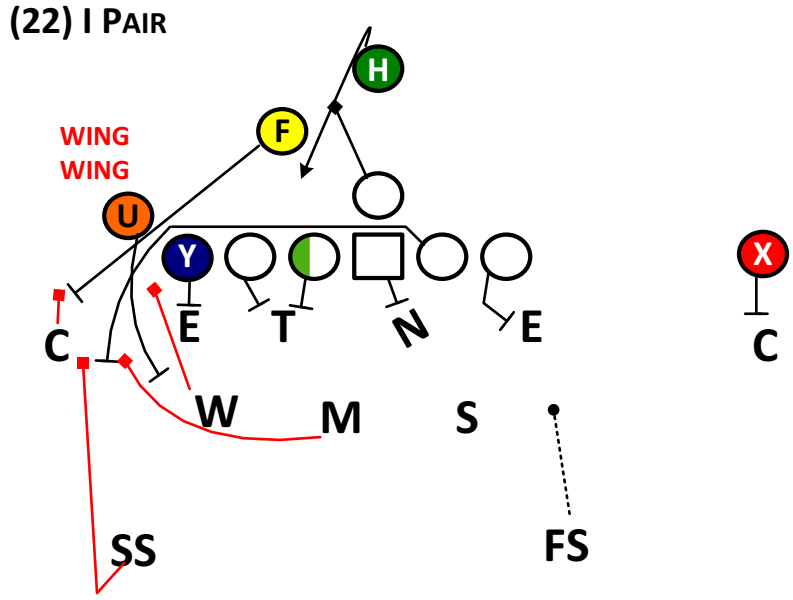
(22) I TITE



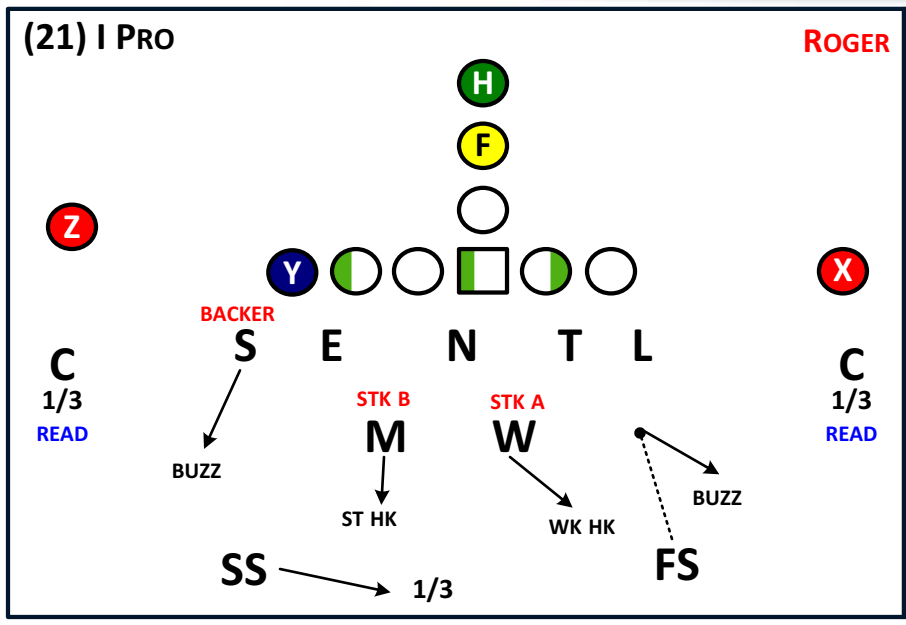
(22) I PAIR

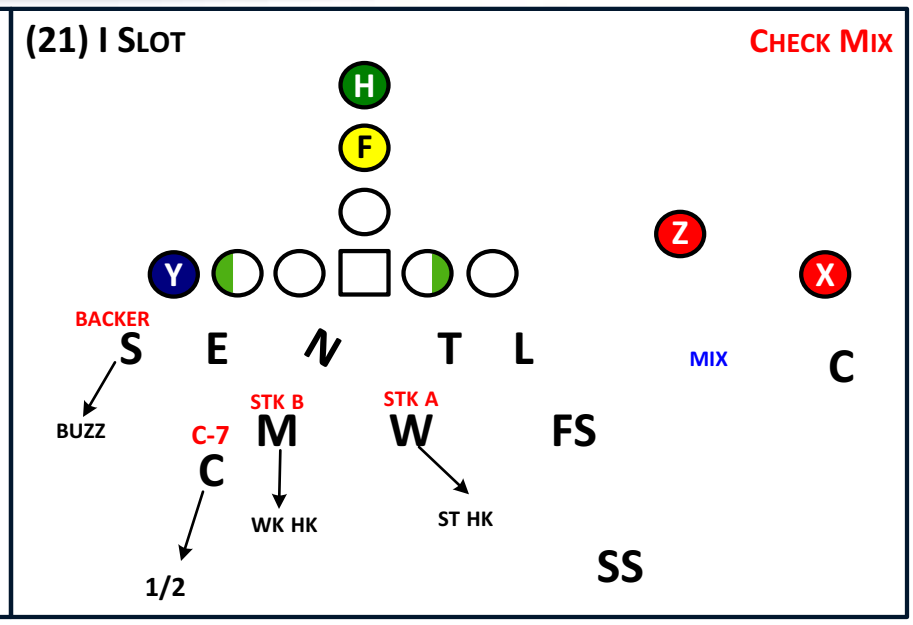


(22) I PAIR



Under Zone X (Frisco)





Essence:

1. Frisco is an 8 man Under Family Defense.
2. LBs have the ability to call line stunts & alignments based on formations.

Coaching Points:

1. Solid Call to "Y"
2. Mike: Align in a Stack B (Turnback)
3. Will: Align in Stack A (Spill)
4. Safety Rotation away from the Solid Call (Roger/Lou)

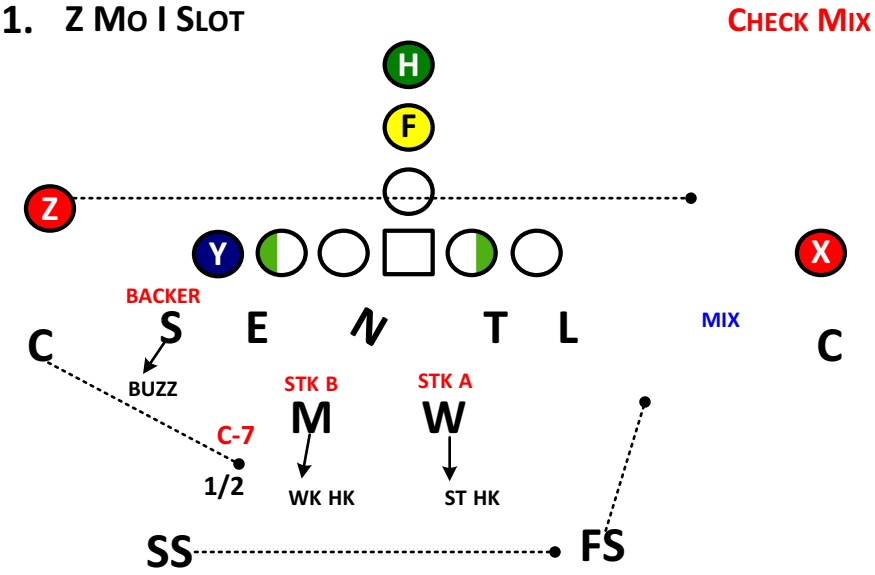
Adjustments:

1. Vs. Y Motion Or Y Shift: Check Boston
2. Vs. Single Width Slot family (Including Triples): Check Mix
3. Vs. 2x2 formations: Seam Alert (FS Soft Sky)
4. Vs. Y Motion (If Pirate/Pig): Check Ice
5. Possible Stunts: Pig, Pirate

Under Zone X (Frisco)

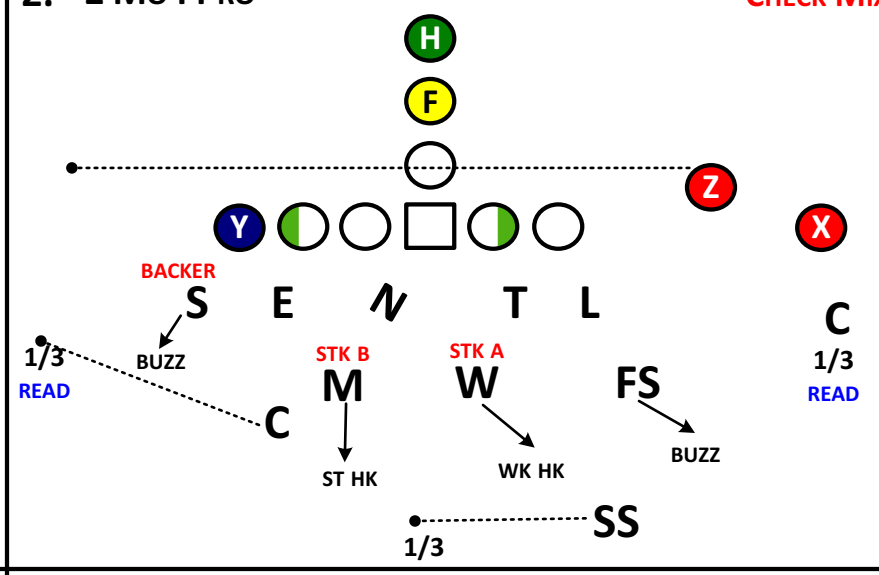
1. Z Mo I Slot

Check Mix



2. Z Mo I Pro

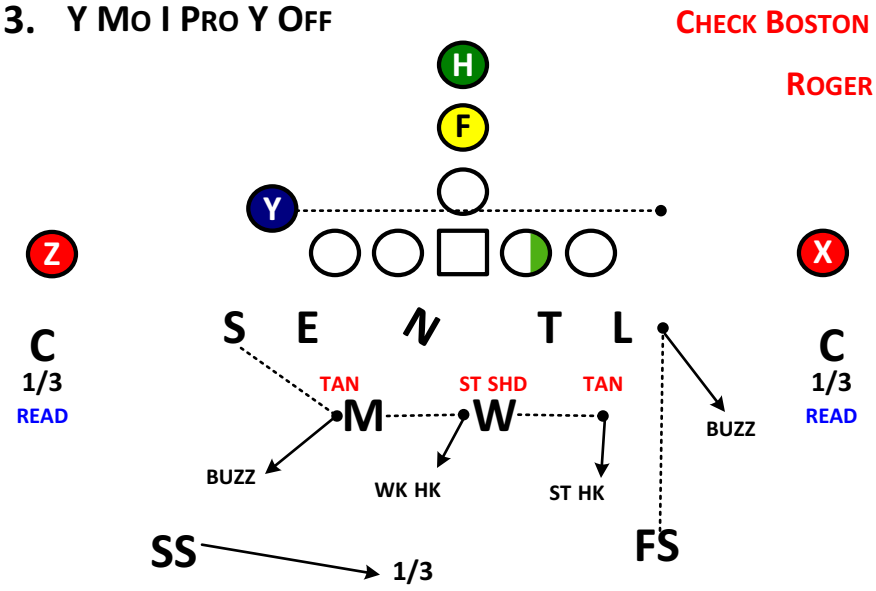
Check Mix



3. Y Mo I Pro Y Off

Check Boston

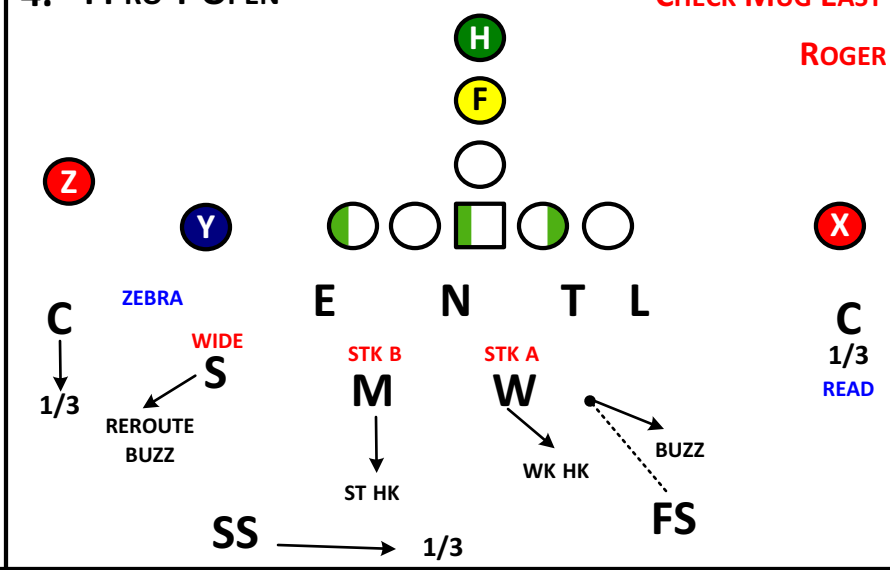
Roger



4. I Pro Y Open

Check Mug Easy

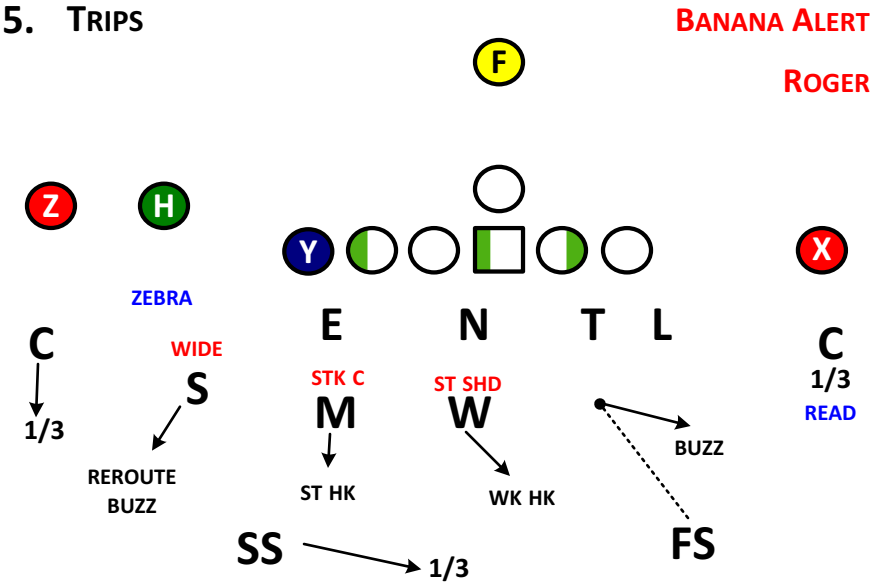
Roger



5. Trips

Banana Alert

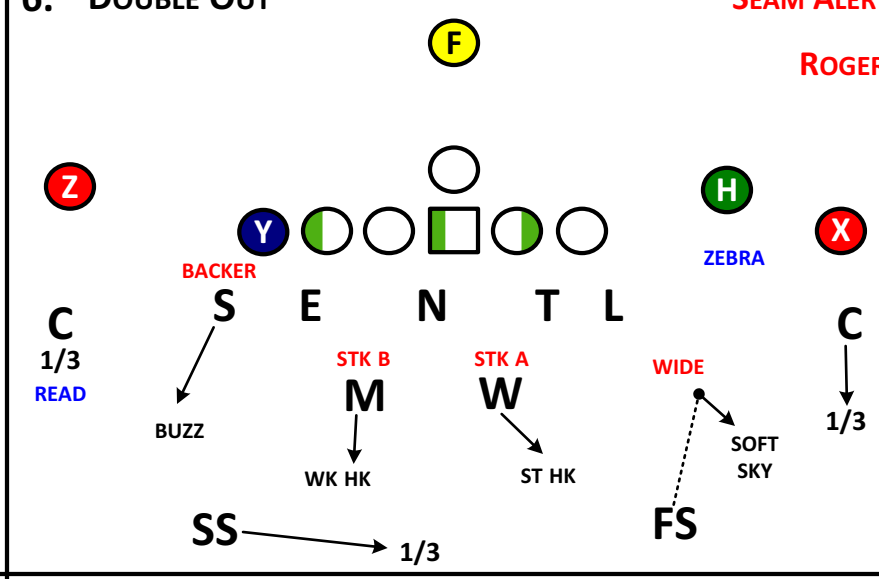
Roger



6. Double Out

Seam Alert

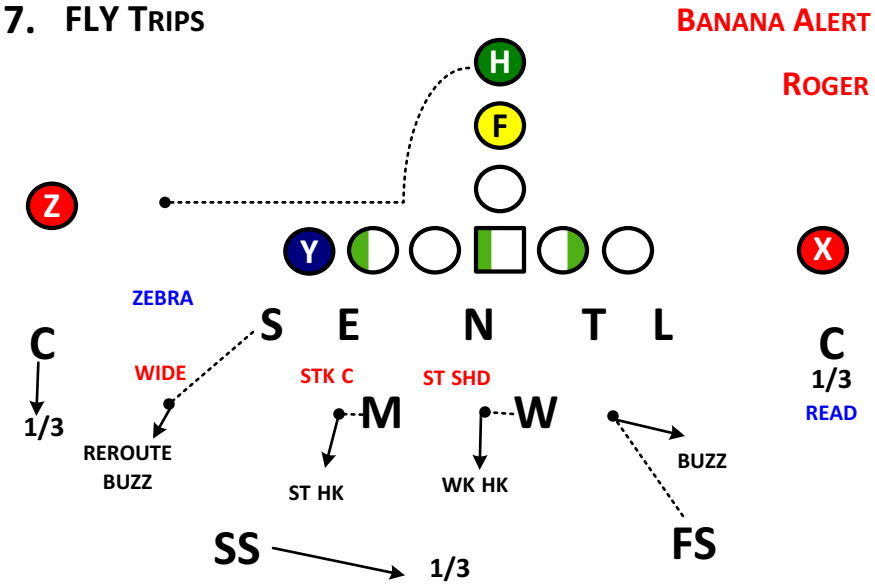
Roger



7. FLY Trips

Banana Alert

Roger

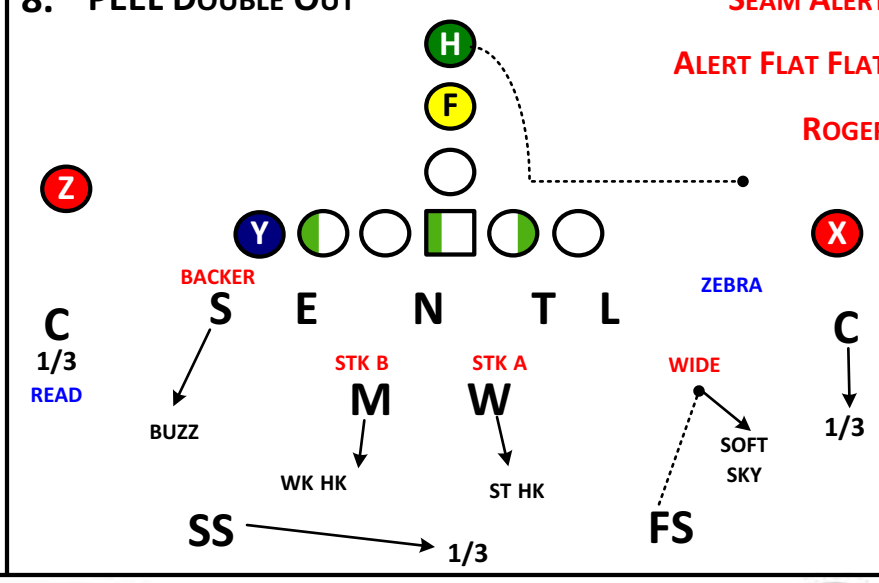


8. PEEL Double Out

Seam Alert

Alert Flat Flat

Roger



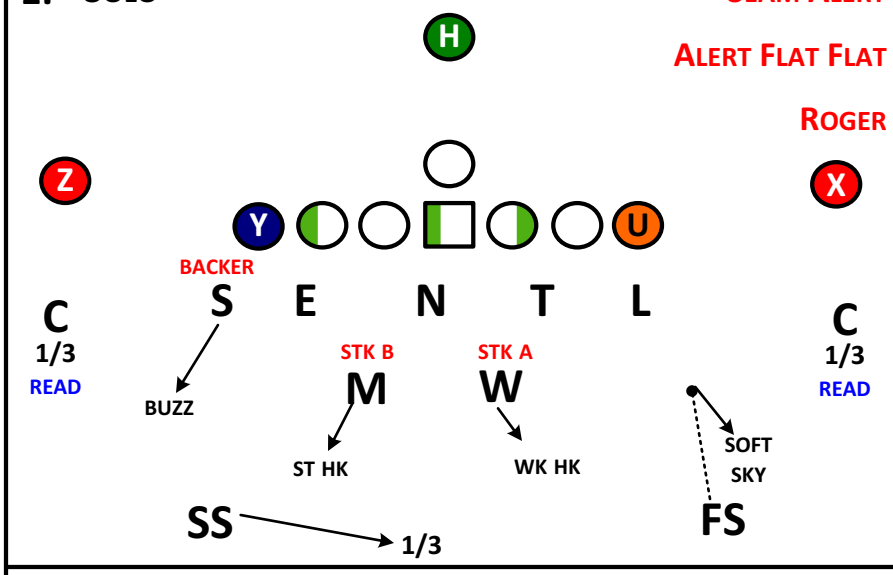
Under Zone X (Frisco)

1. Solo

Seam Alert

Alert Flat Flat

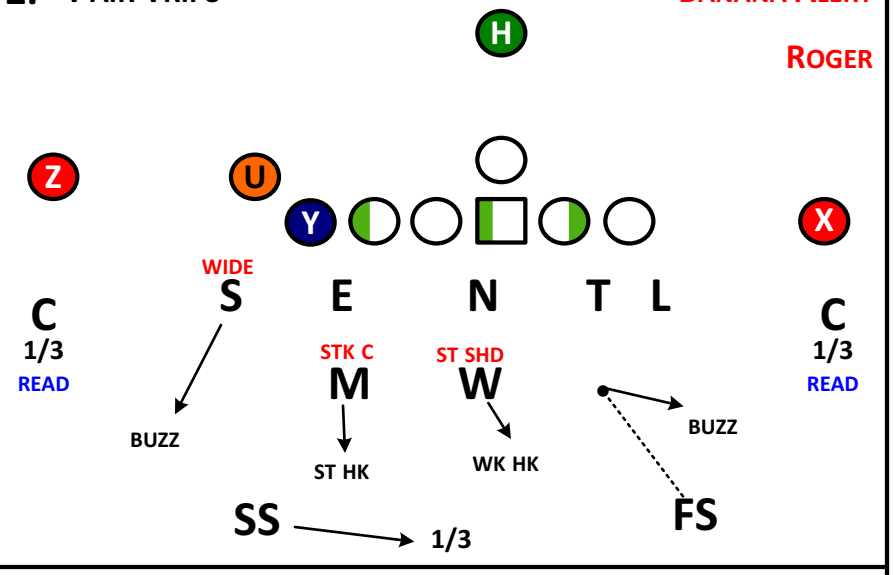
Roger



2. Pair Trips

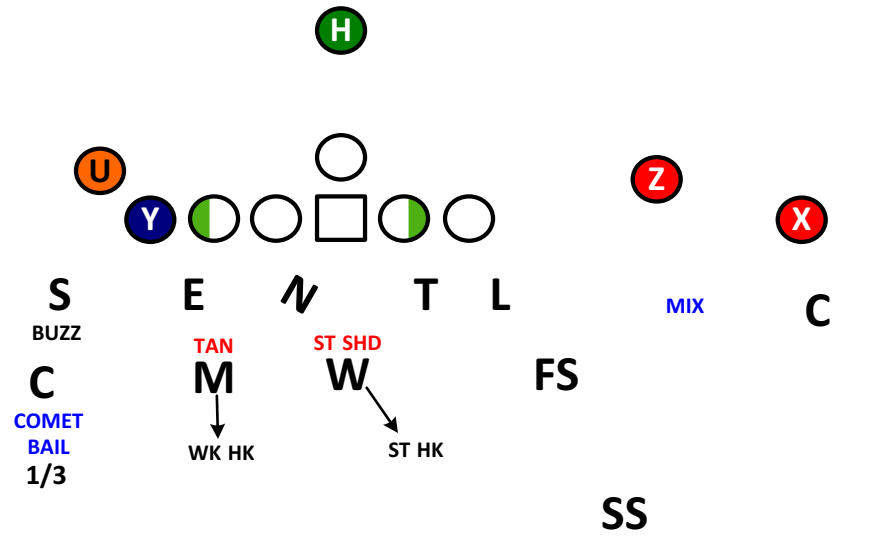
Banana Alert

Roger



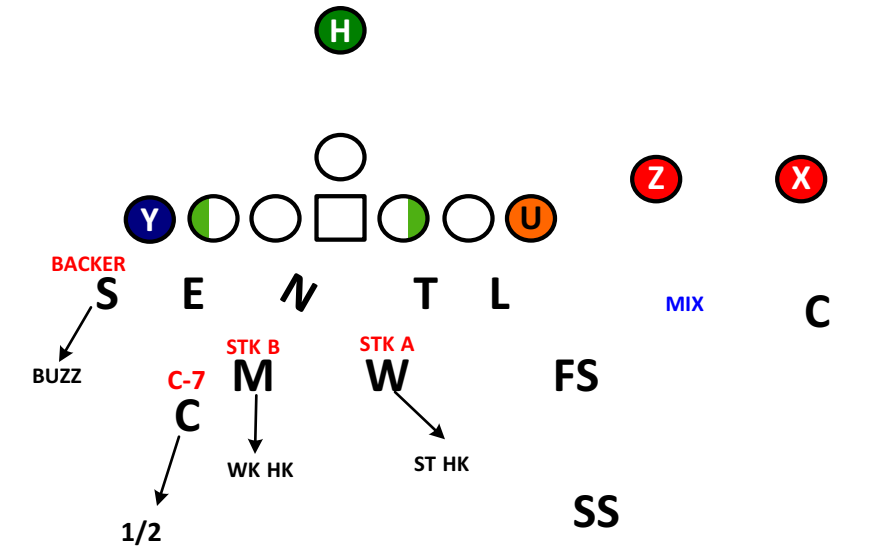
3. Pair Slot

Check Mix



4. Solo Slot

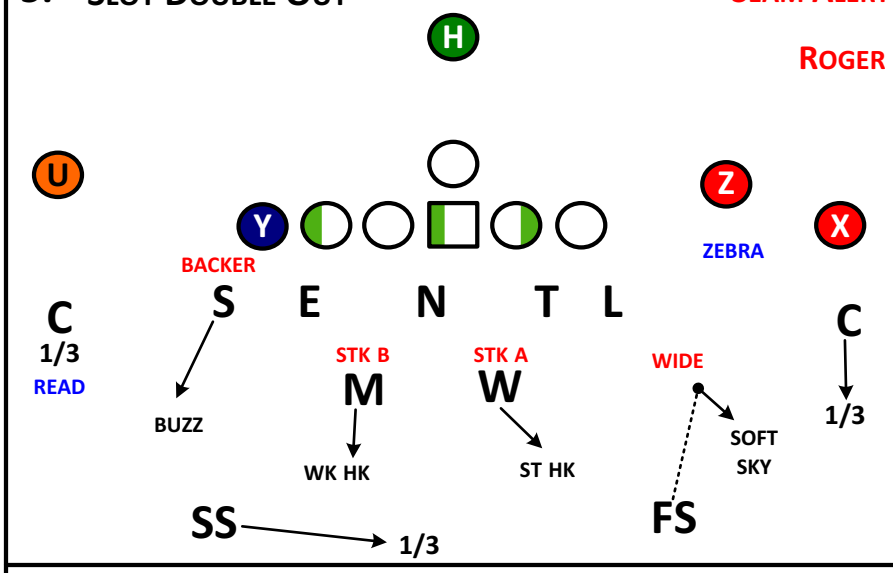
Check Mix



5. Slot Double Out

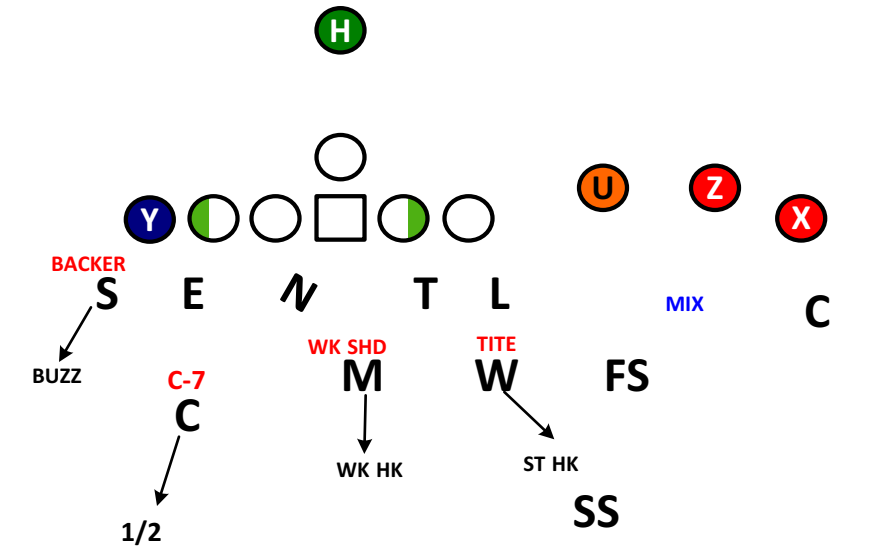
Seam Alert

Roger



6. Seattle

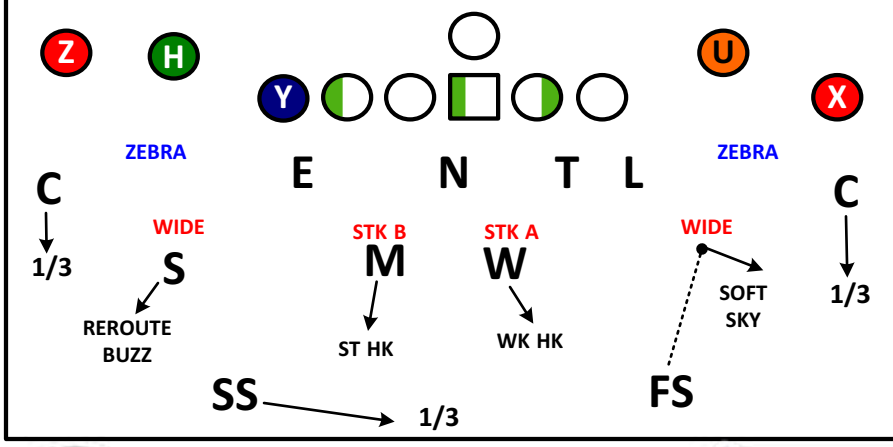
Check Mix



7. Empty

Seam Alert

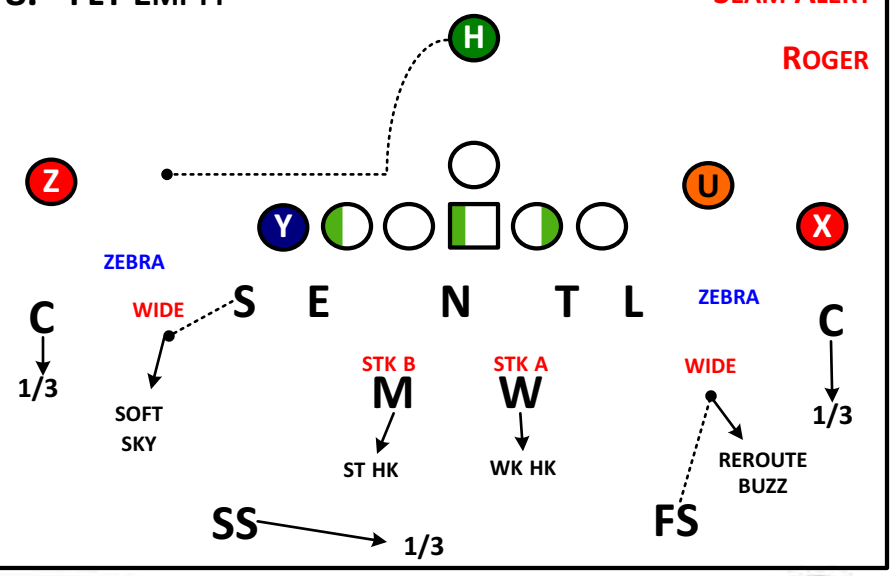
Roger



8. FLY Empty

Seam Alert

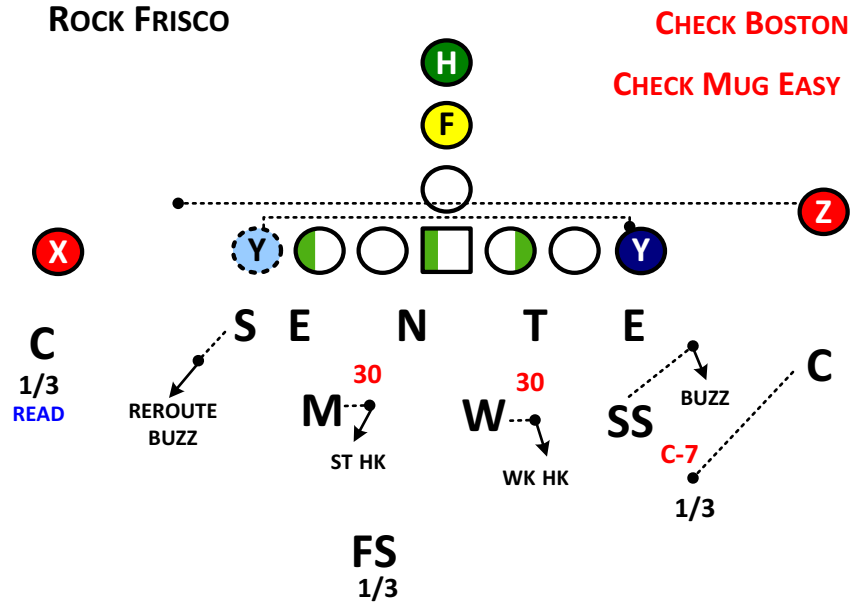
Roger



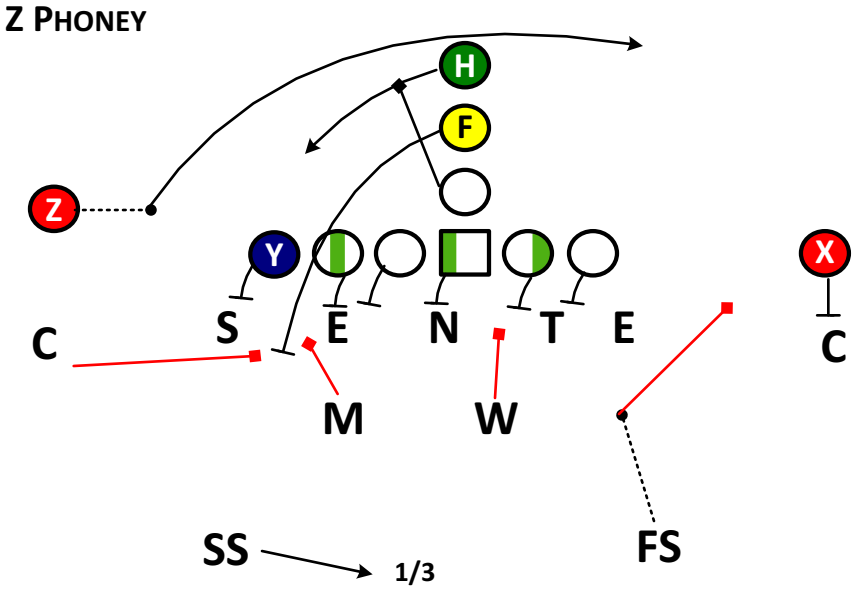
ROCK FRISCO

CHECK BOSTON

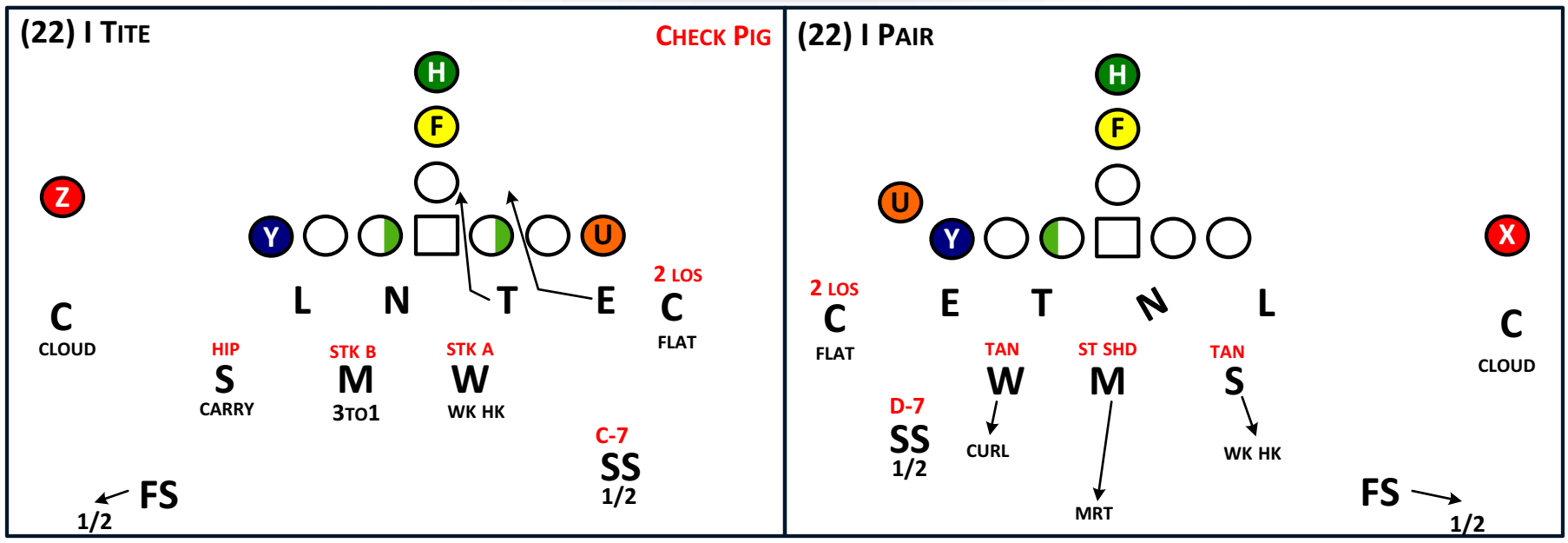
CHECK MUG EASY



Z PHONEY



DEUCE L.A.



ESSENCE:

1. DEUCE L.A. IS A 7 MAN OVER FAMILY FRONT DEFENSE VS. 22 PERSONNEL.

COACHING POINTS:

1. CLOSE CALL AWAY FROM THE WR:
   - U: WITH TWO TIGHT ENDS ON THE LOS
   - Y: WITH ONE TIGHT END ON THE LOS
2. CORNERS CAN USE A VARIETY OF CLOUD TECHNIQUES SUCH AS BAIL SQUAT AND CATCH TECHNIQUE
3. SAM CARRY VS 2 BACK SLOT
4. WITH A PIRATE STUNT CALLED, CORNERS USE SLAM TECHNIQUE
5. NO SLAM TECHNIQUE VS 2 DISPLACED

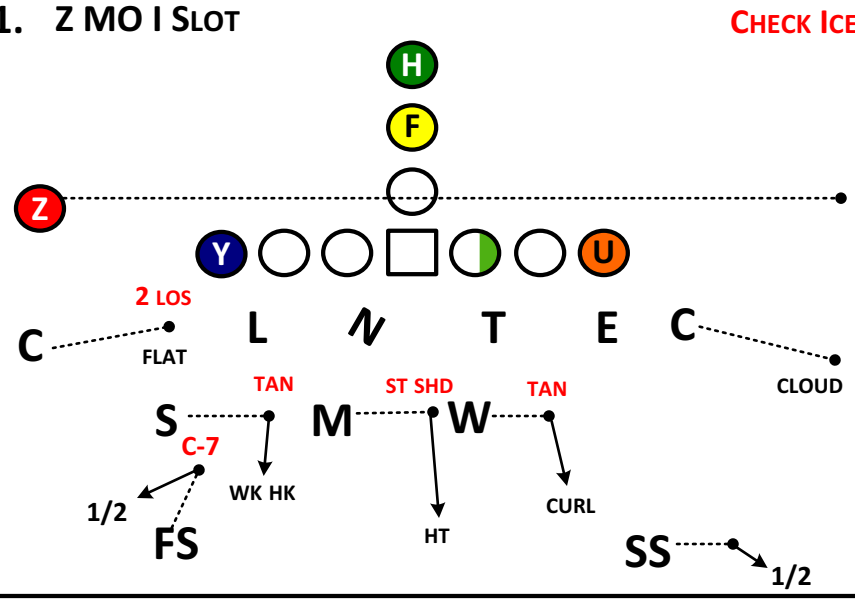
ADJUSTMENTS:

1. VS. TITE FORMATIONS: CLOSE TO THE "U" AND TREAT AS A SLOT FORMATION AND CHECK PIRATE (SAM CARRY).
2. VS. PAIR FORMATIONS: CLOSE TO THE "Y" AND TREAT AS A PRO FORMATION.

DEUCE L.A.

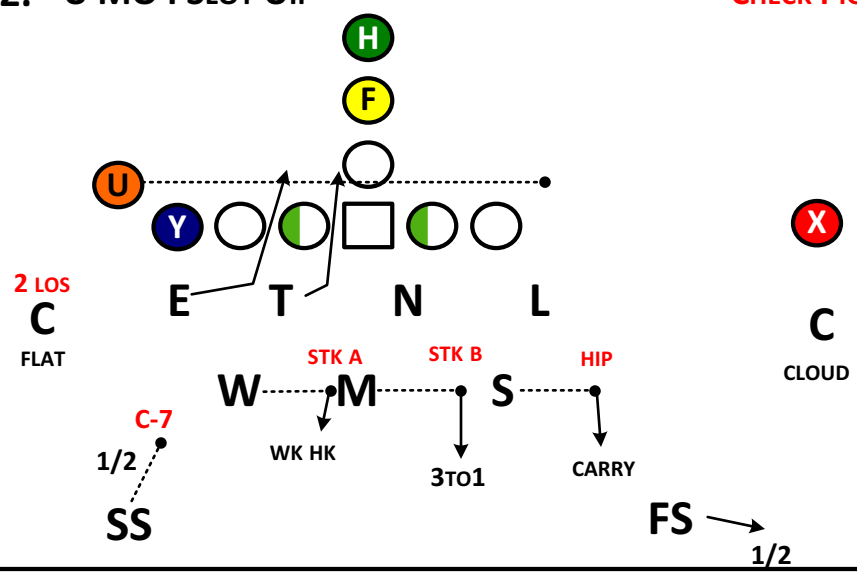
1. Z MO I SLOT

CHECK ICE

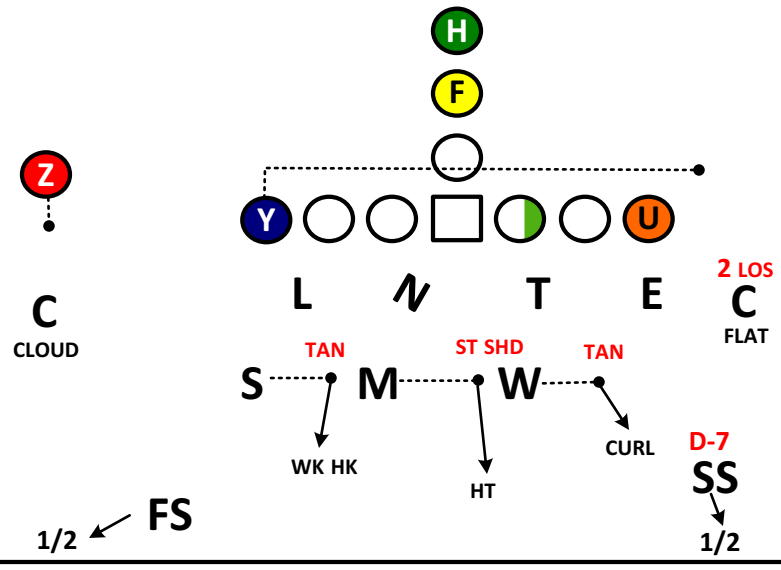


2. U MO I SLOT UIP

CHECK PIG

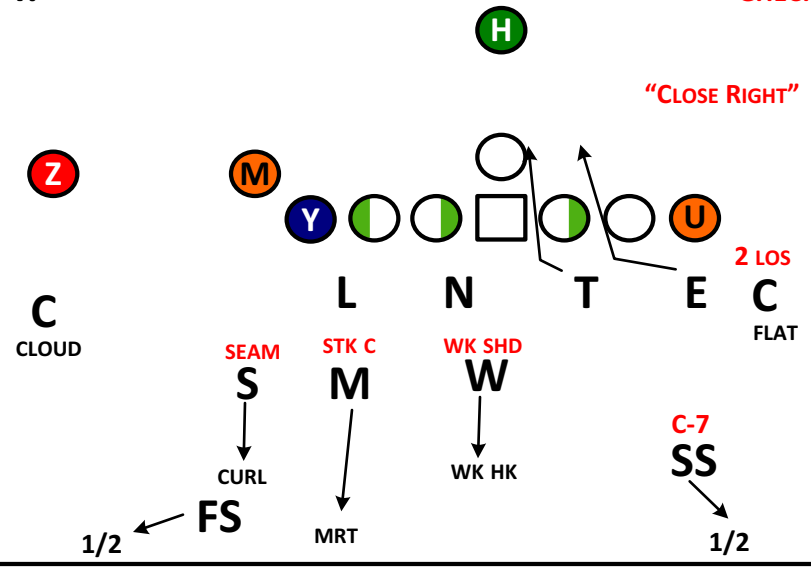


3. Y MO I PAIR



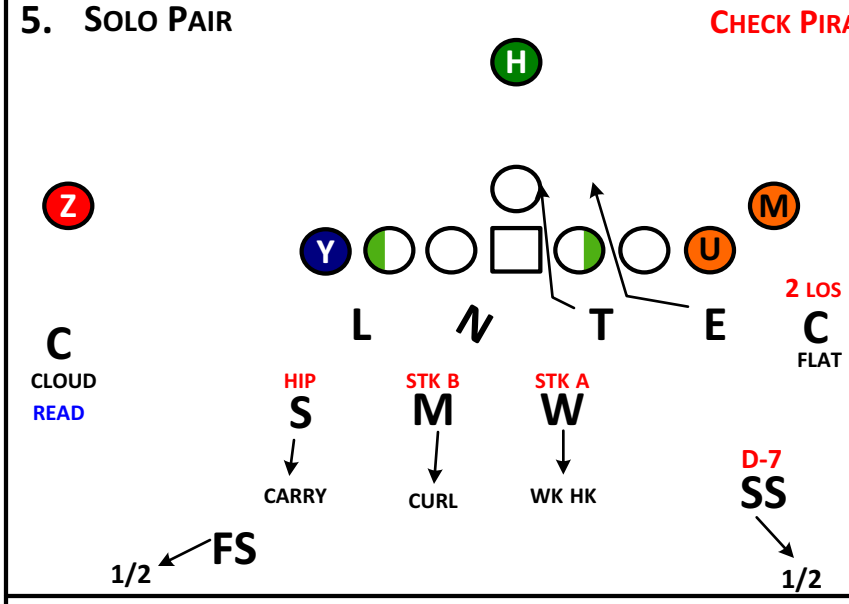
4. SOLO PAIR TRIPS

CHECK PIG



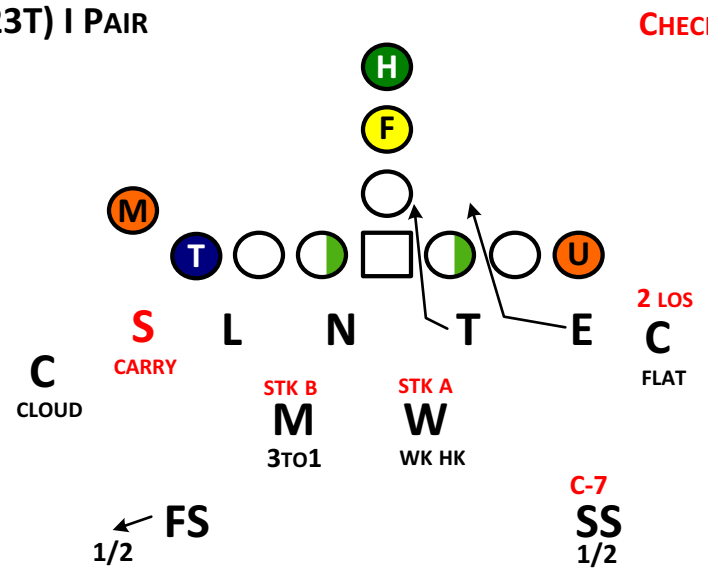
5. SOLO PAIR

CHECK PIRATE



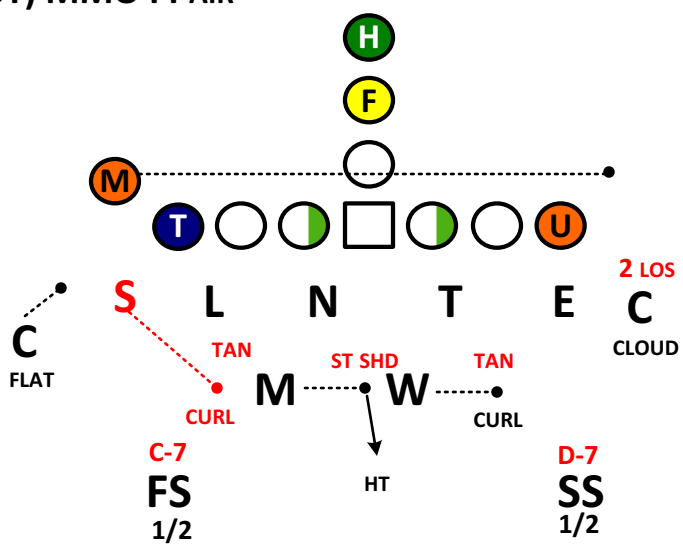
6. (23T) I PAIR

CHECK PIG



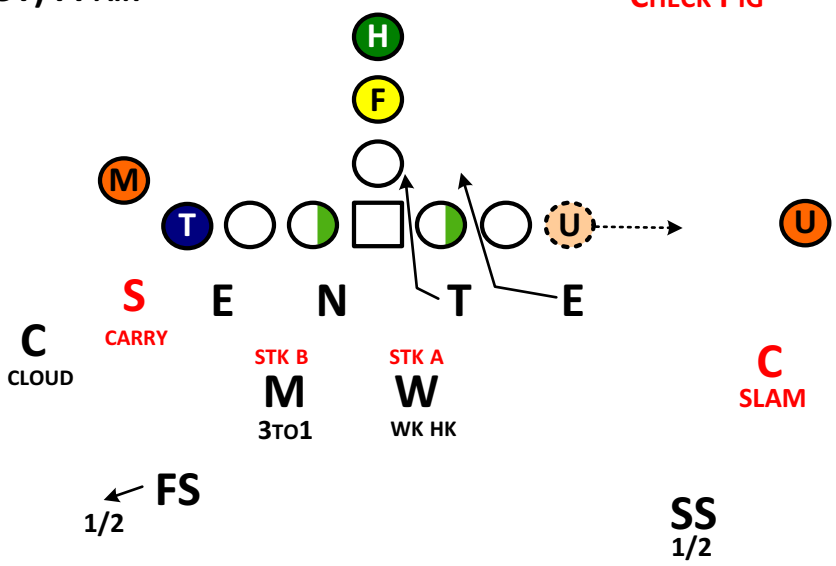
7. (23T) MMO I PAIR

ICE



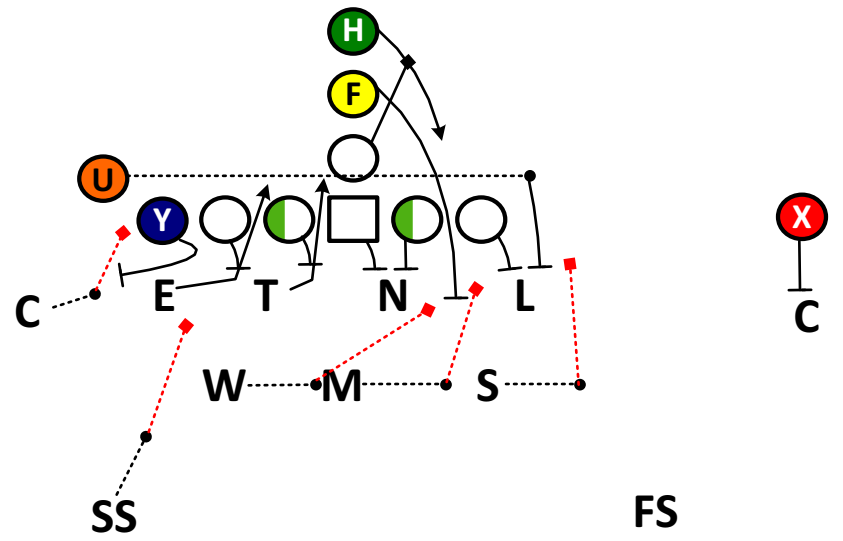
8.

(23T) I Pair



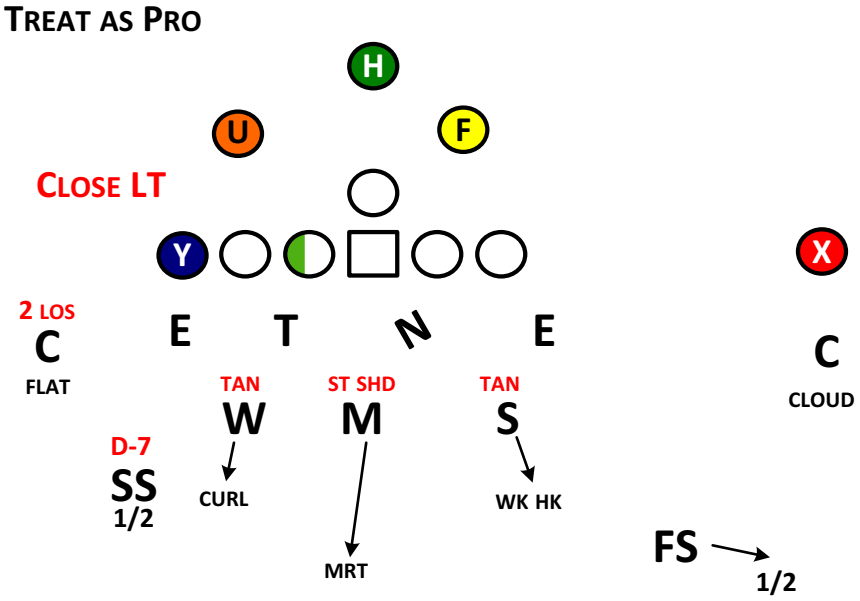
Check Pig

U MO I Slot Uip

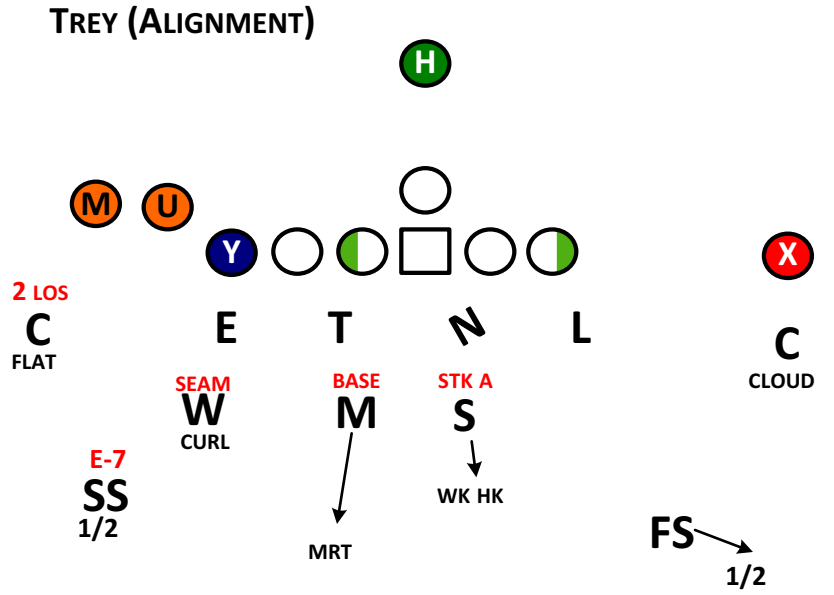


Check Pig

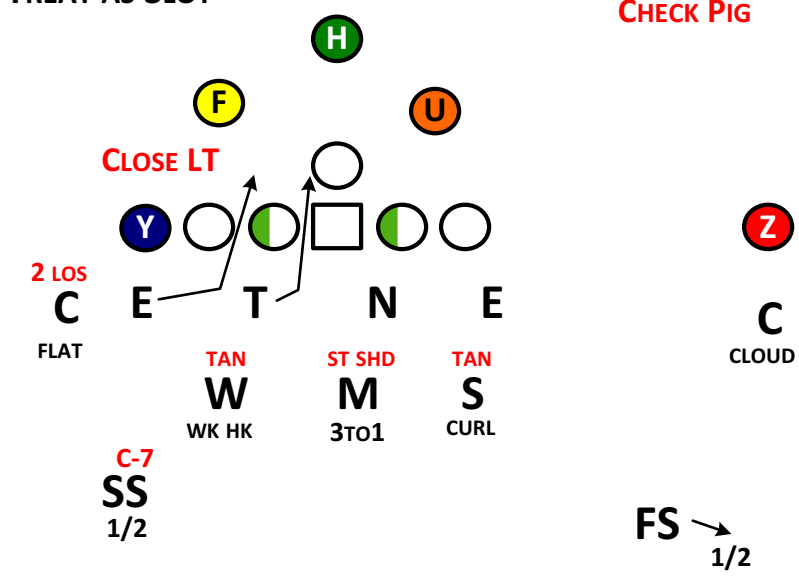
Treat as Pro



Trey (Alignment)

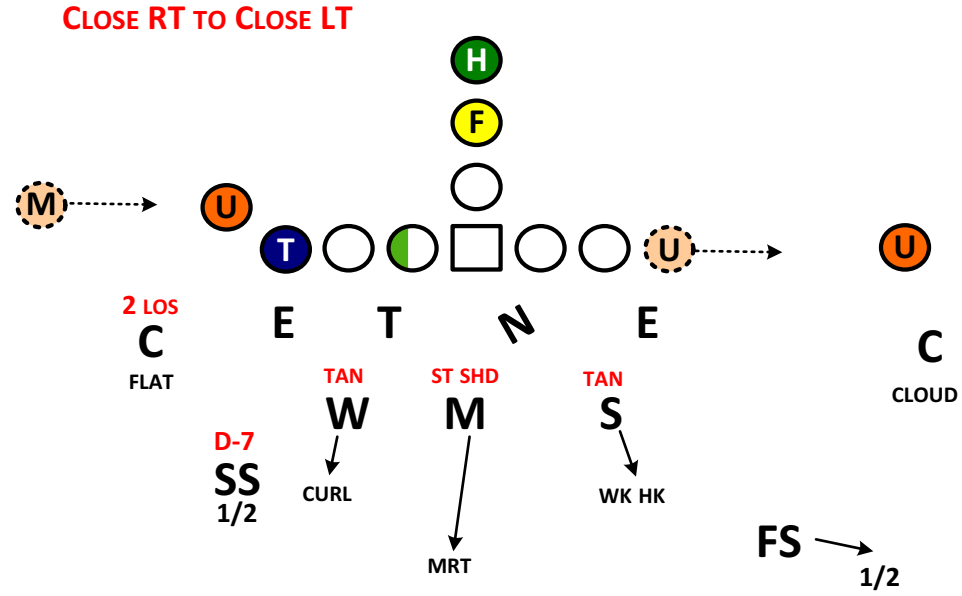


Treat as Slot

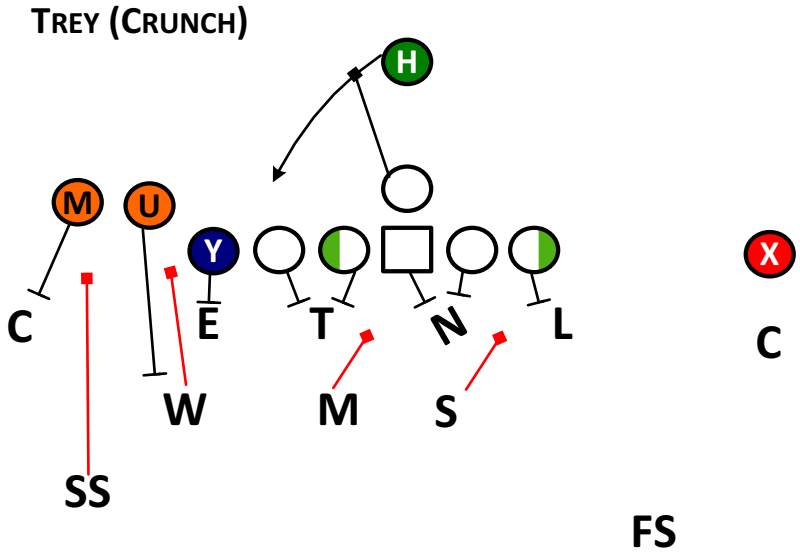


Check Pig

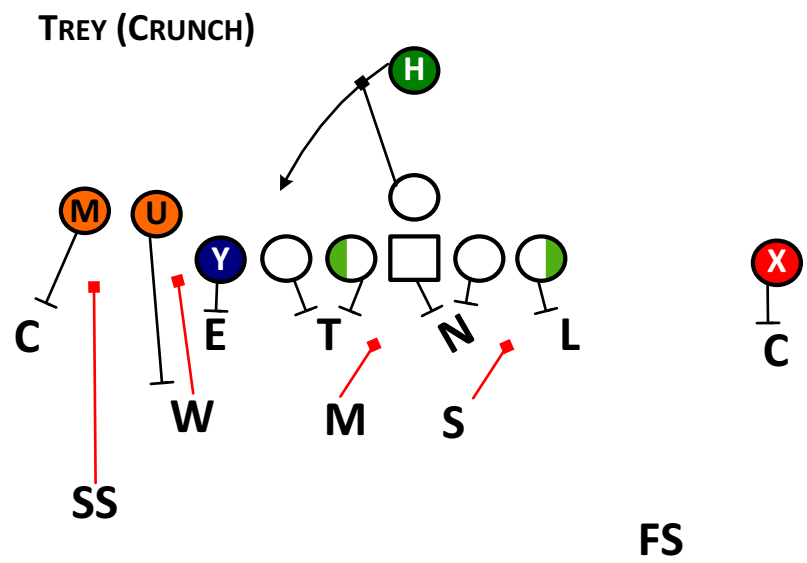
Close RT to Close LT



TREY (CRUNCH)

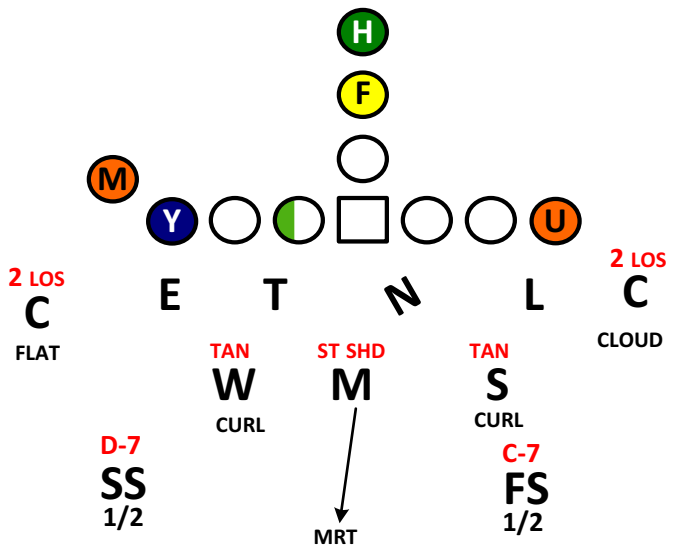


TREY (CRUNCH)



HEAVY L.A.

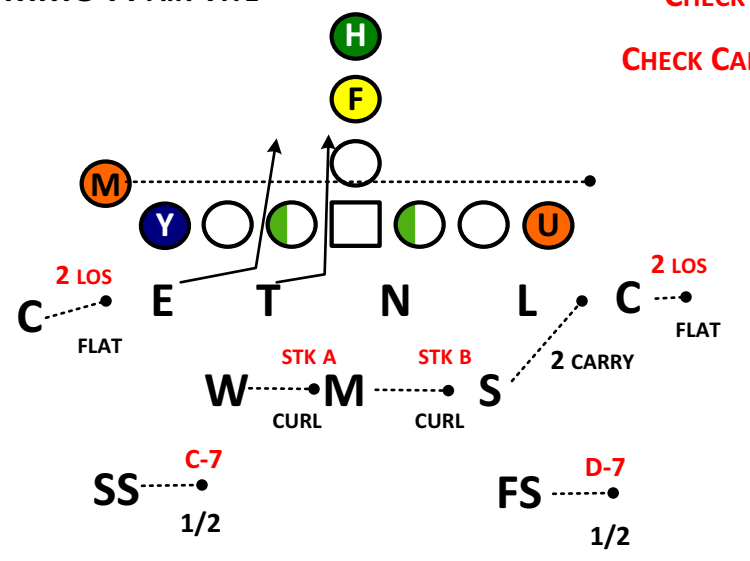
(23) I PAIR TITE



(23) MMO I PAIR TITE

CHECK PIG

CHECK CARRY



ESSENCE:

1. HEAVY L.A. IS A 7 MAN OVER FAMILY FRONT DEFENSE VS. 23 PERSONNEL.

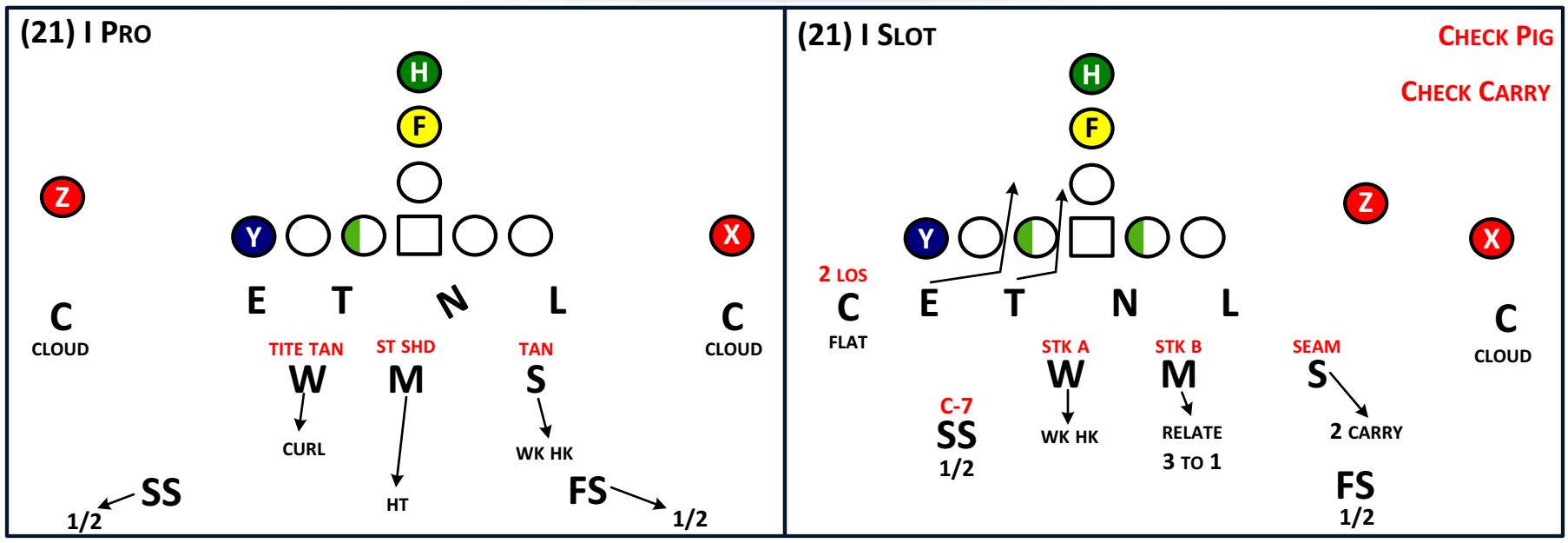
COACHING POINTS:

1. CLOSE CALL TO THE PAIR.
2. CORNERS CAN USE A VARIETY OF CLOUD TECHNIQUES SUCH AS BAIL SQUAT AND CATCH TECHNIQUE
3. FOLLOW NORMAL L.A. RULES

ADJUSTMENTS:

1. TREAT THE 'M' LIKE THE 'Z' RECEIVER:
   VS. M MOTION, CHECK PIG AND 2 CARRY (LBS ALIGN IN STACK A & STACK B)

OVER 2 (L.A.)



ESSENCE:

1. OVER 2 (L.A.) IS A 7 MAN OVER FRONT DEFENSE.
2. CORNERS ARE CLOUDED ON THE #1 RECEIVERS.
3. LBS ARE RESPONSIBLE FOR SEAM ROUTES.

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. CORNERS CAN USE A VARIETY OF CLOUD TECHNIQUES SUCH AS BAIL SQUAT AND CATCH TECHNIQUE
3. VS. 2 BACK PRO, LBS RUN THRU BASED ON FLOW, FLOOD AND SPLIT RULES
4. SAM CARRY VS 2 BACK SLOT
5. WITH A PIRATE STUNT CALLED, SOLID CORNER USE SLAM TECHNIQUE
6. NO SLAM TECHNIQUE VS 2 DISPLACED
7. MIKE LB, WHEN NOT THE RUN THRU PLAYER:
   - ACTION TO CARRY PLAYER: 3 TO 1
   - ACTION AWAY: RELATE TO 3

ADJUSTMENTS:

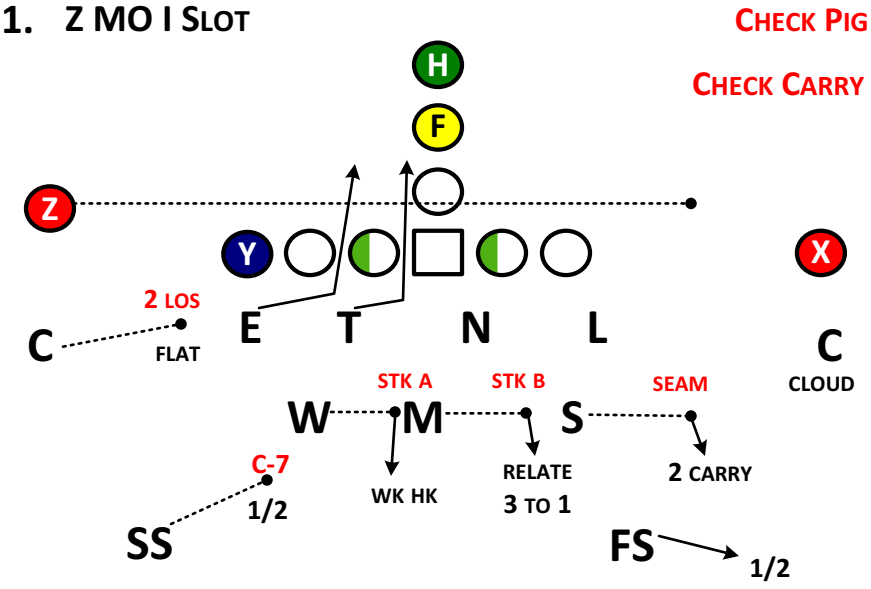
1. VS. 2 BACK SLOT: LBS STACK ALIGNMENT, UTILIZE THE C-7 SS & CHECK PIG.
2. VS. Y MOTION: CHECK CARRY AND PIRATE (SLAM TECHNIQUE)
   - LBS: STACK A/STACK B
3. VS. Y OPEN: CHECK PIRATE
4. VS. NUB SIDE TE:
   - CHECK PIG
5. VS. EMPTY: CHECK DROP
6. FRONTS: EVEN AND JET (EX: EVEN L.A.)
7. STUNTS: PIRATE, PIG, COAST (EX: WITH A PIRATE L.A.)
8. FRONT VARIATION: GET

OVER 2 (L.A.)

1. Z MO I SLOT

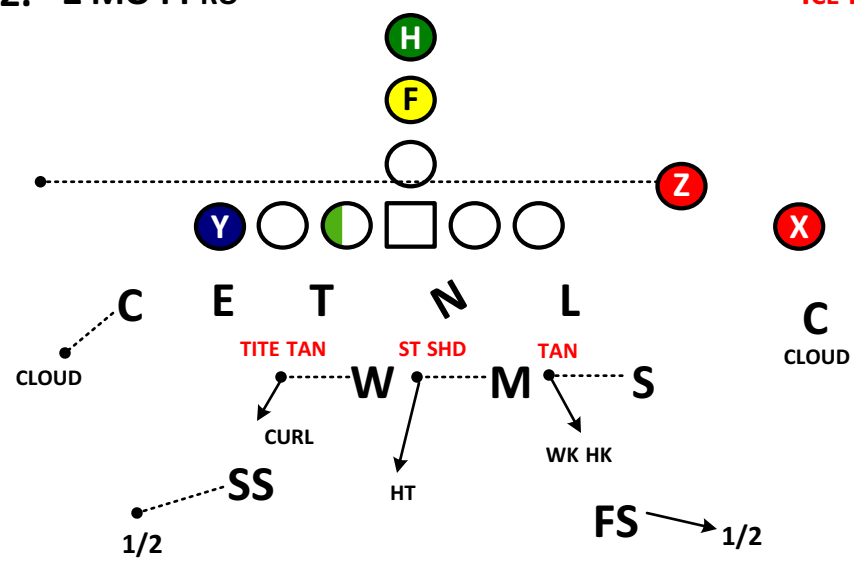
CHECK PIG

CHECK CARRY



2. Z MO I PRO

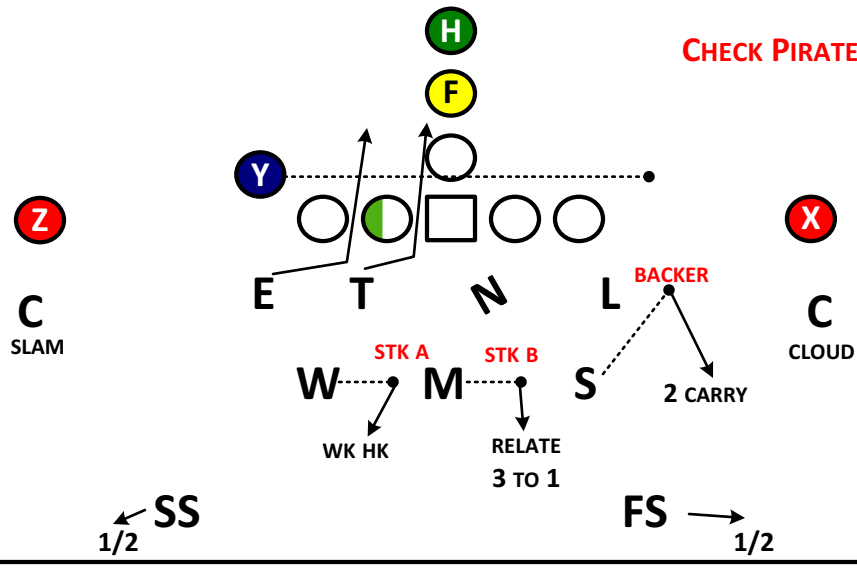
ICE IT



3. Y MO I PRO Y OFF

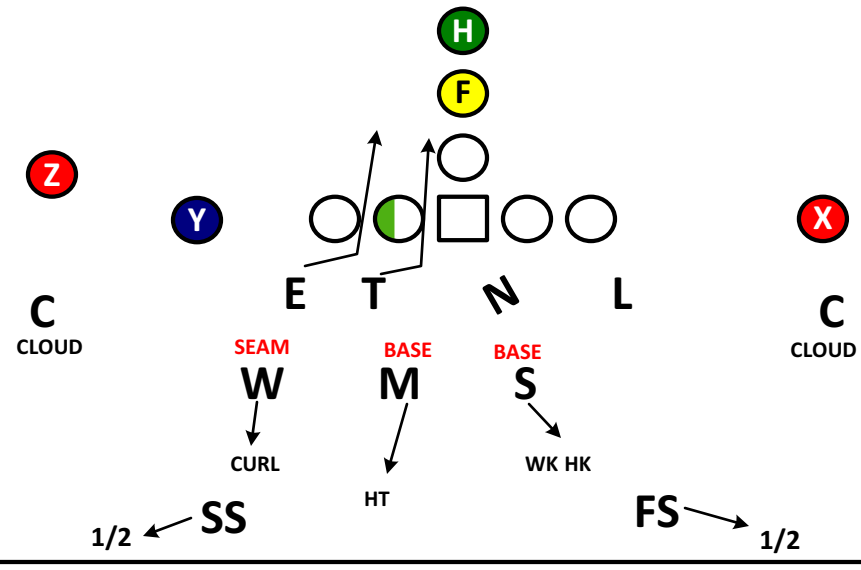
CHECK CARRY

CHECK PIRATE



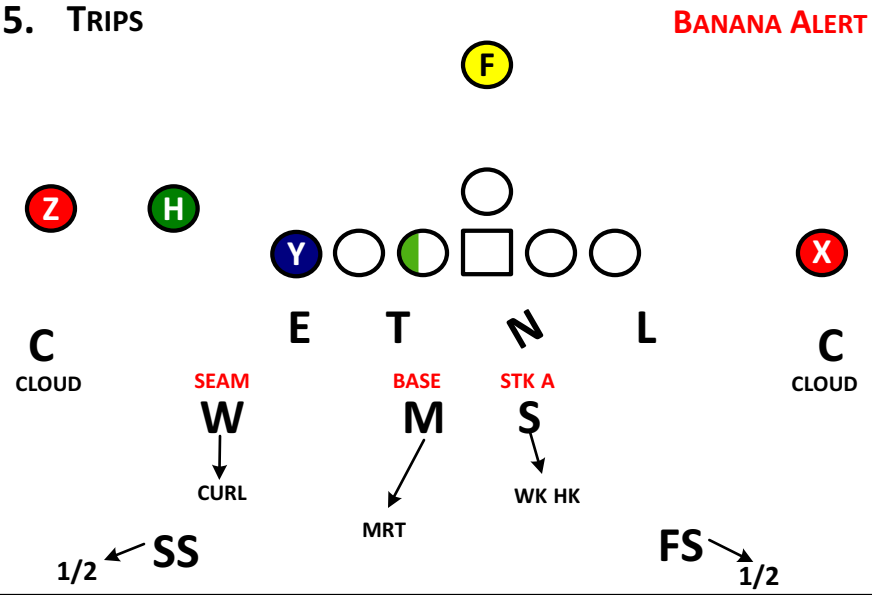
4. I PRO Y OPEN

CHECK PIRATE

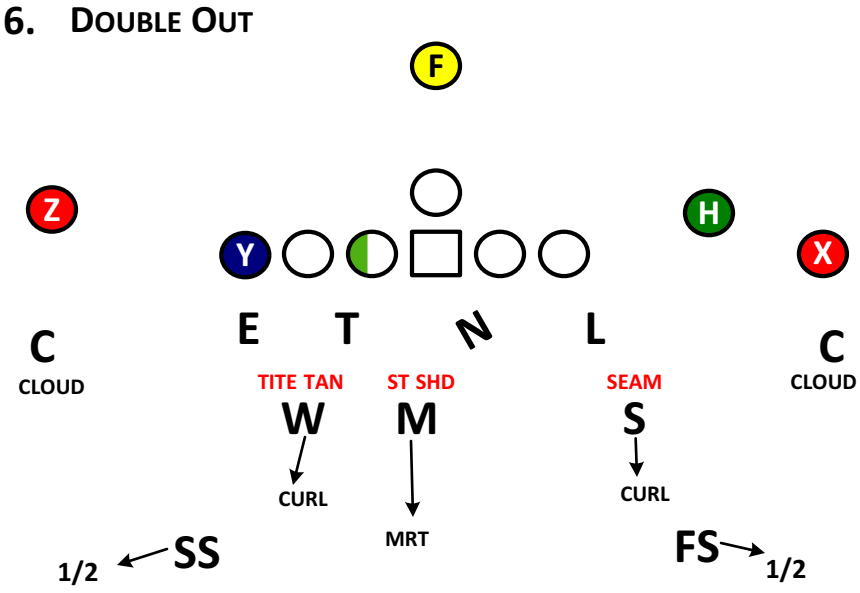


5. TRIPS

BANANA ALERT

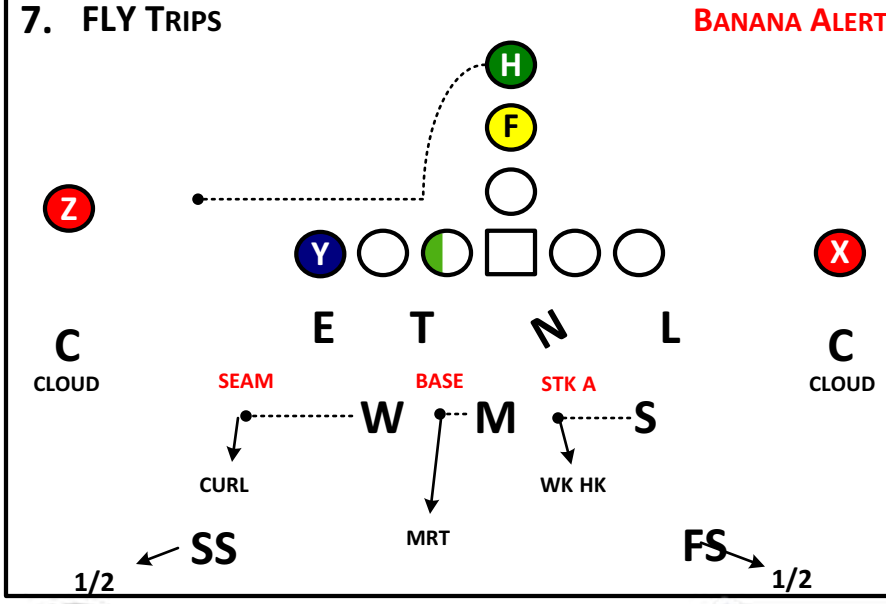


6. DOUBLE OUT

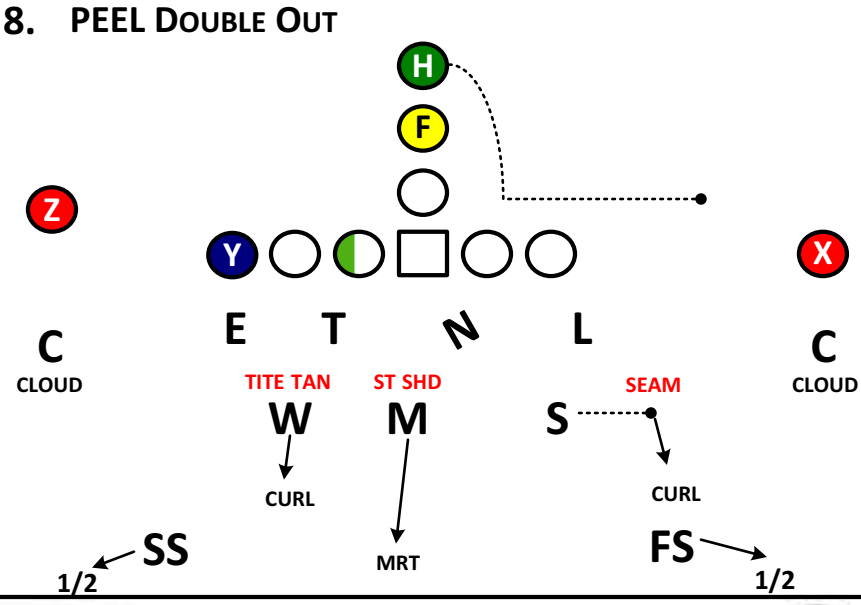


7. FLY TRIPS

BANANA ALERT



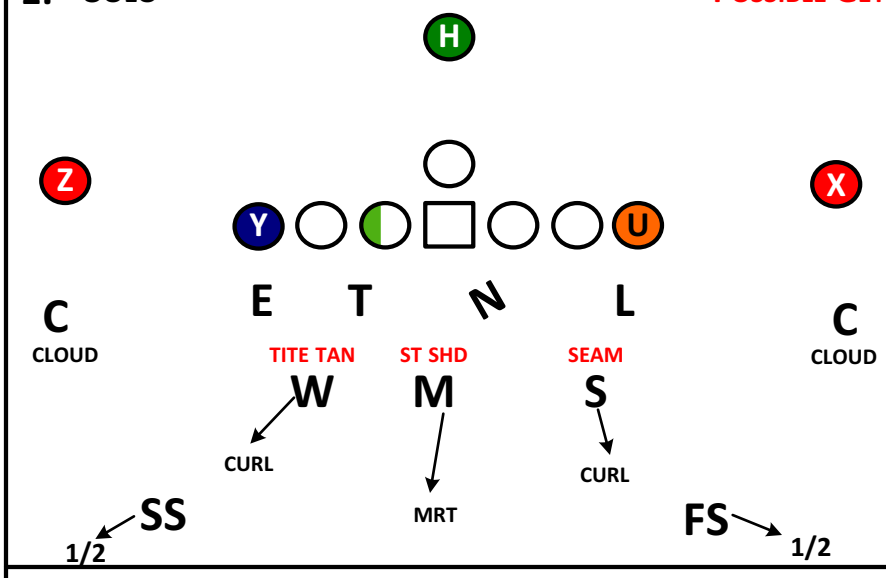
8. PEEL DOUBLE OUT



OVER 2 (L.A.)

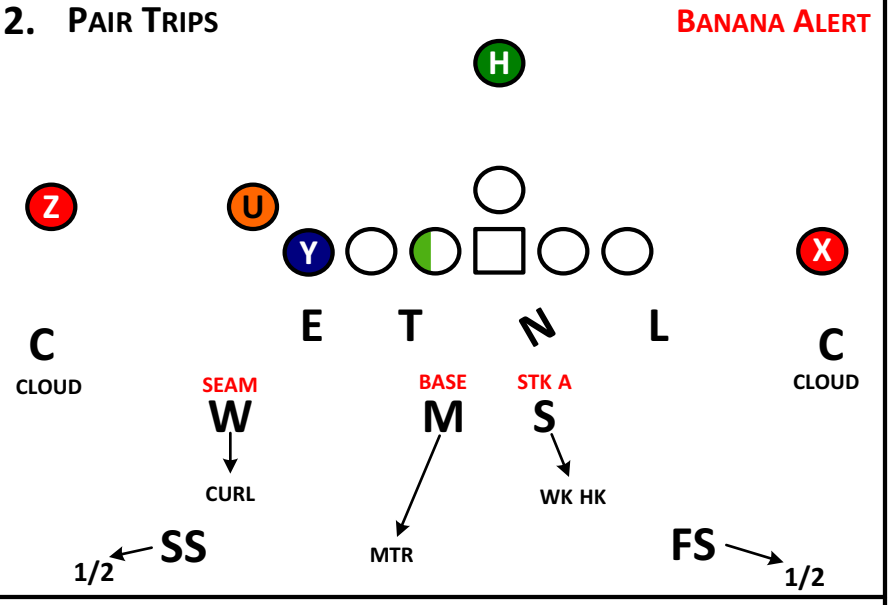
1. SOLO

POSSIBLE GET

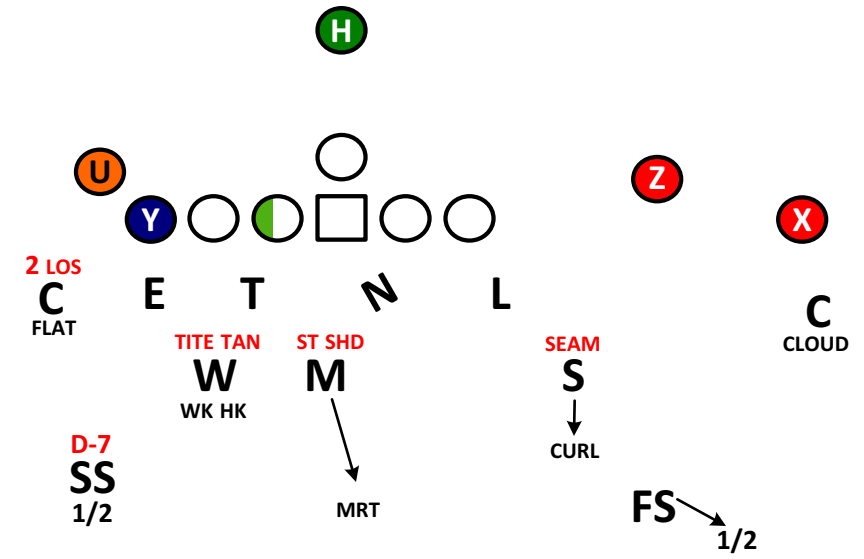


2. PAIR TRIPS

BANANA ALERT



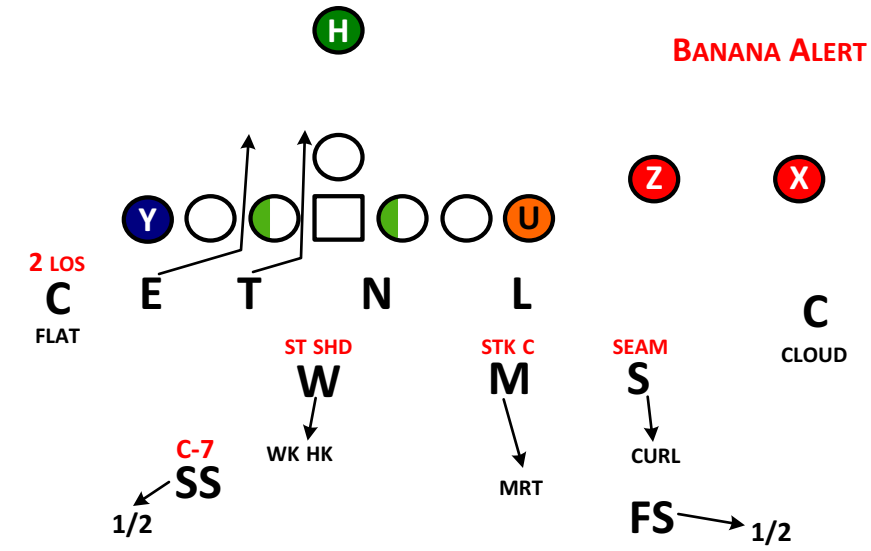
3. PAIR SLOT



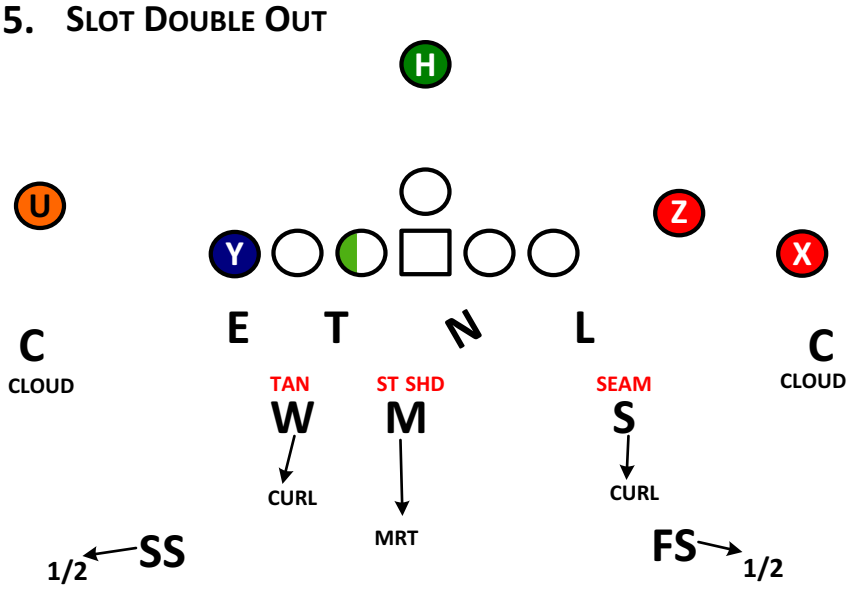
4. SOLO SLOT

CHECK PIG

BANANA ALERT

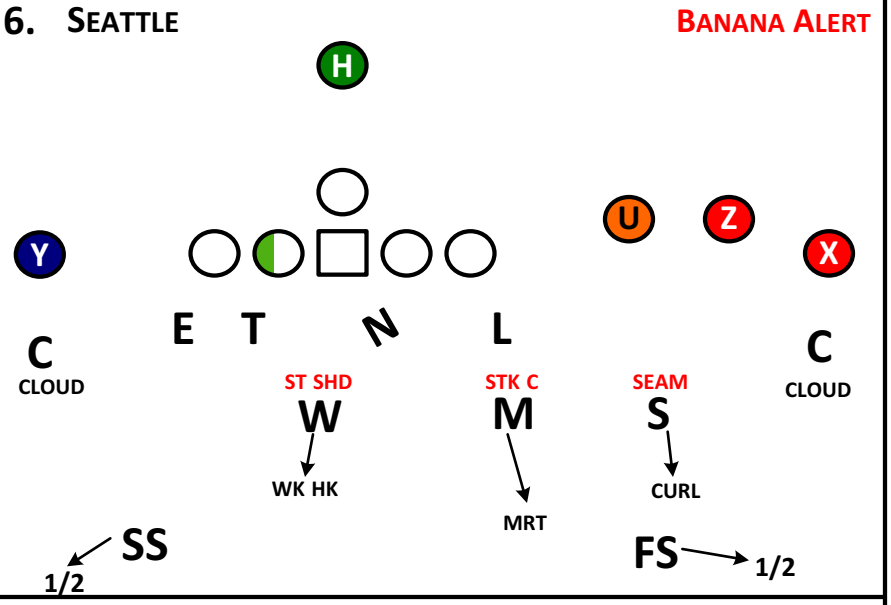


5. SLOT DOUBLE OUT



6. SEATTLE

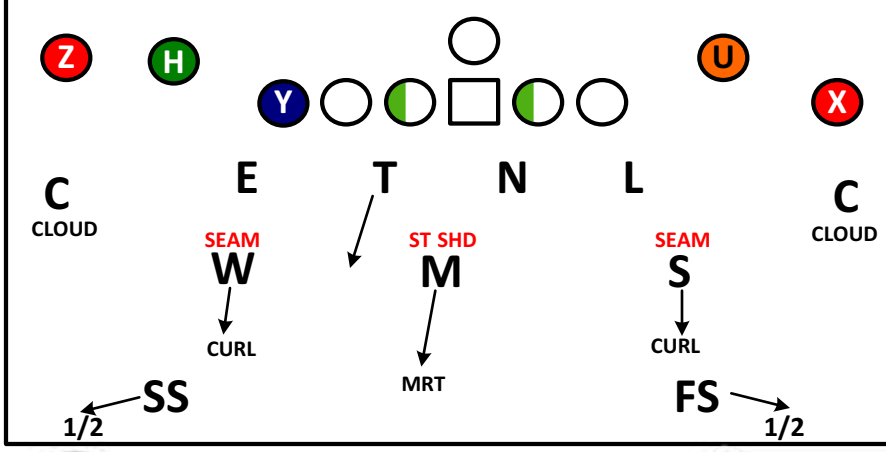
BANANA ALERT



7. EMPTY

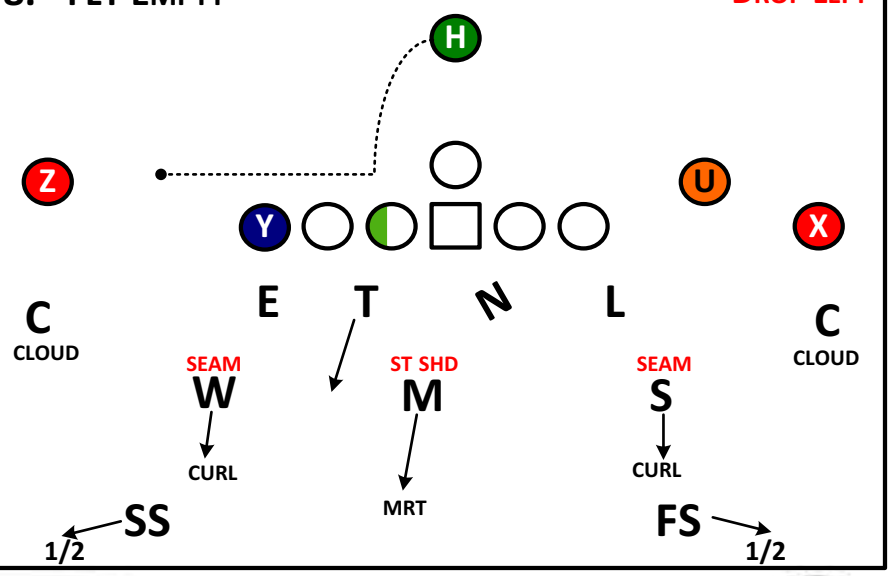
DROP LEFT

CHECK JET

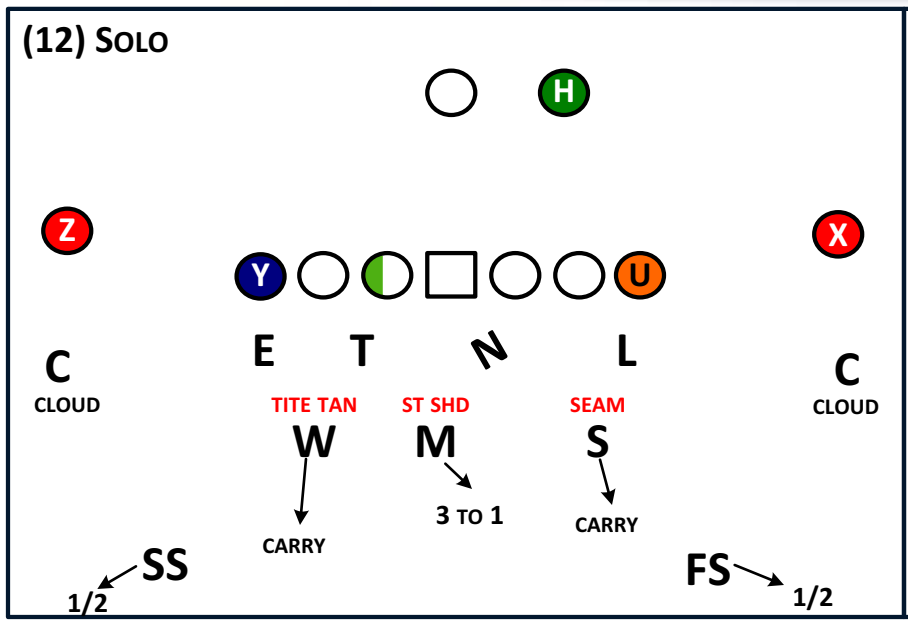


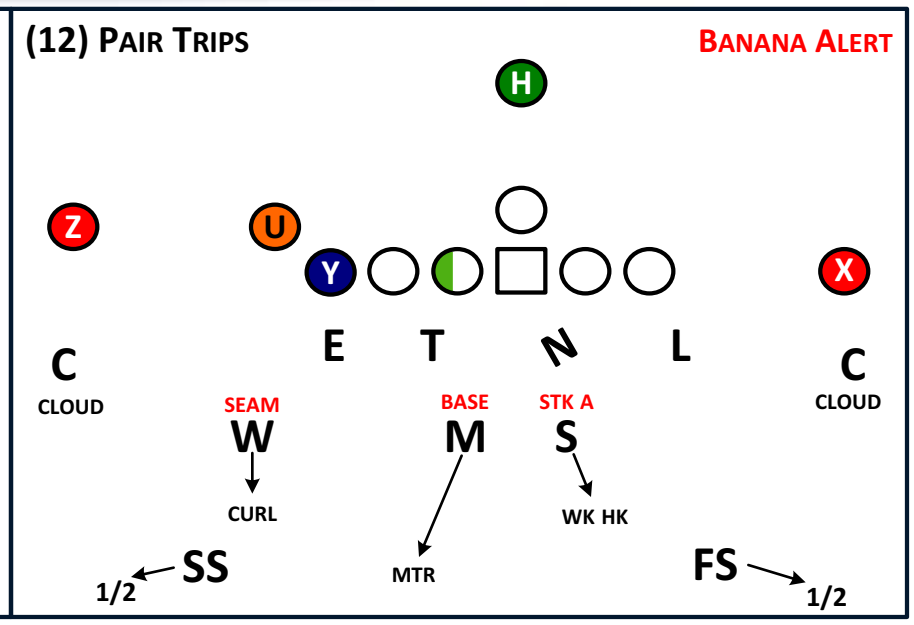
8. FLY EMPTY

DROP LEFT



OVER 2 (L.A. RENO)





ESSENCE:

1. OVER 2 (L.A.) IS A 7 MAN OVER FRONT DEFENSE.
2. CORNERS ARE CLOUDED ON THE #1 RECEIVERS. LBS ARE RESPONSIBLE FOR SEAM ROUTES

COACHING POINTS:

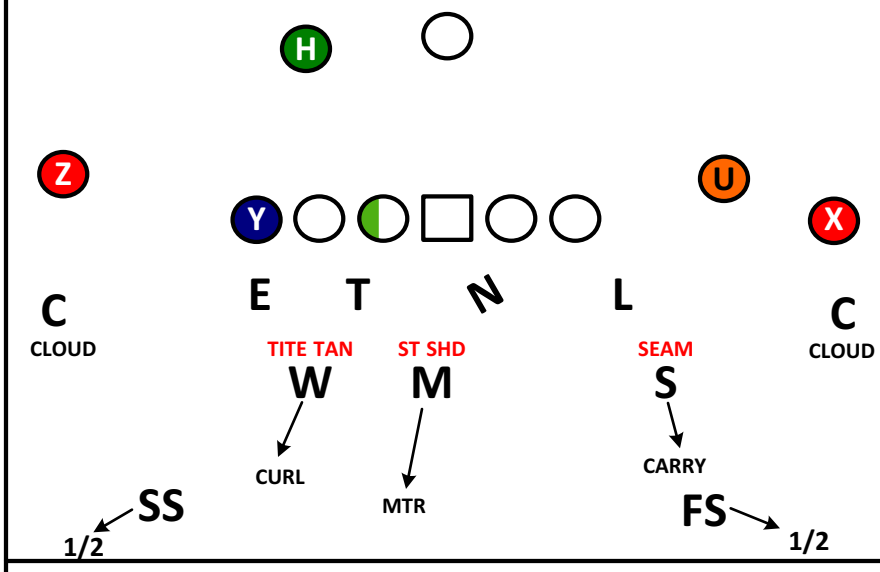
1. SOLID CALL TO THE "Y"
2. CORNERS CAN USE A VARIETY OF CLOUD TECHNIQUES SUCH AS BAIL SQUAT AND CATCH TECHNIQUE
3. SAM BACKER:
   - VS. 2X2 SETS: CARRY #2
4. MIKE BACKER:
   - VS. 2X2 NEAR: CARRY THE 'Y'
   - VS. 2X2 FAR: 3 TO 1
5. WILL BACKER:
   - VS. 2X2 NEAR: CURL
   - VS. 2X2 FAR: CARRY THE 'Y'

ADJUSTMENTS:

1. VS. 3X1 PRO FAMILY FORMATIONS: PLAY L.A. (MIKE MIDDLE RUN THRU)
2. VS. 2X2 PRO FAMILY FORMATIONS: PLAY L.A. (FOLLOW 2 BACK HOOK AND THRU RULES)
3. VS. SLOT FAMILY FORMATIONS: CHECK RENO (CORNER FOLLOW JACK RULES ON #82)
4. VS. EMPTY: PLAY L.A. (MIKE MIDDLE RUN THRU)

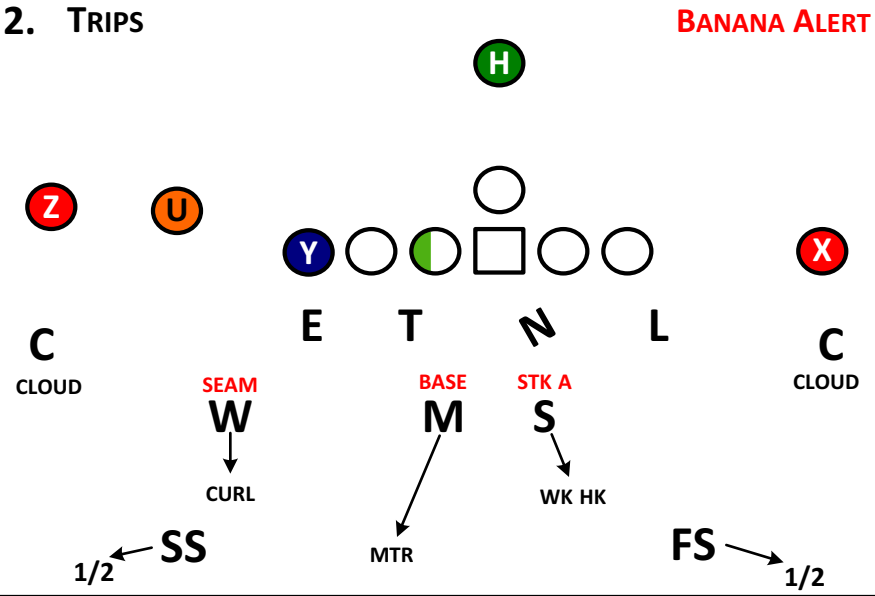
OVER 2 (L.A.)

1. DOUBLE OUT

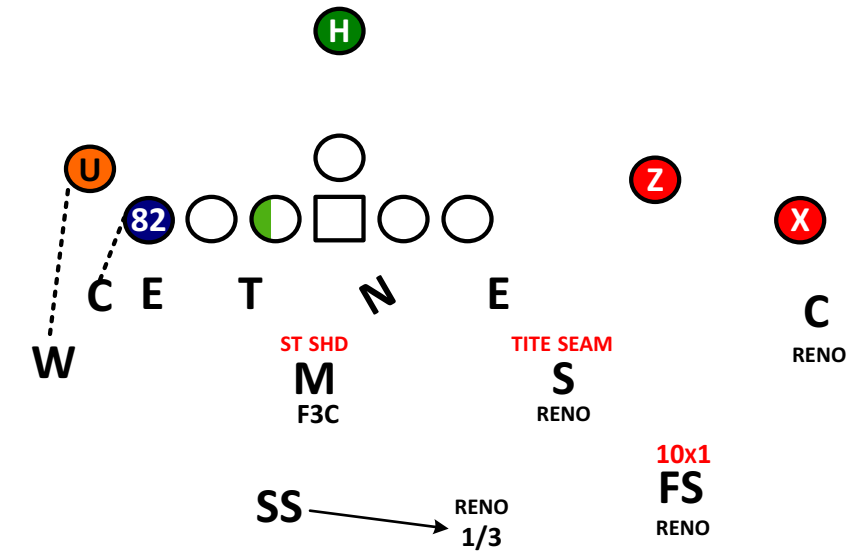


2. TRIPS

BANANA ALERT

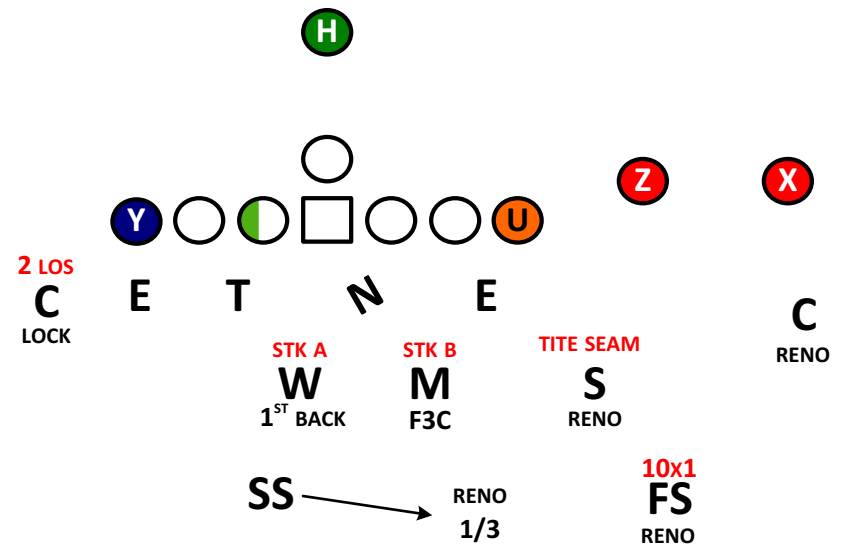


3. PAIR SLOT

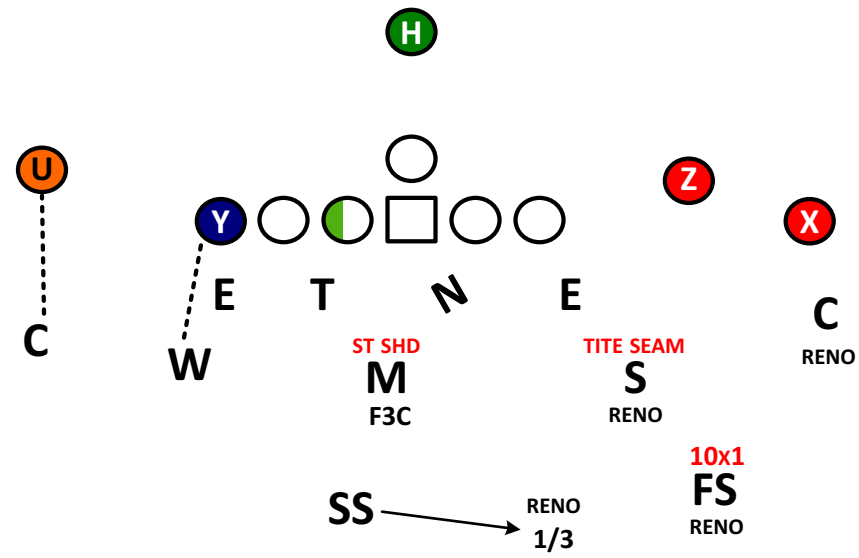


4. SOLO SLOT

BANANA ALERT

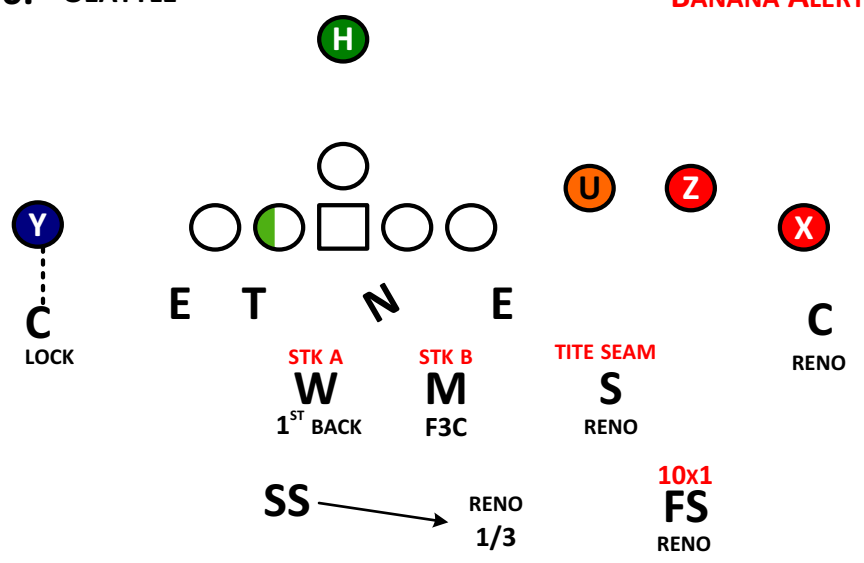


5. SLOT DOUBLE OUT



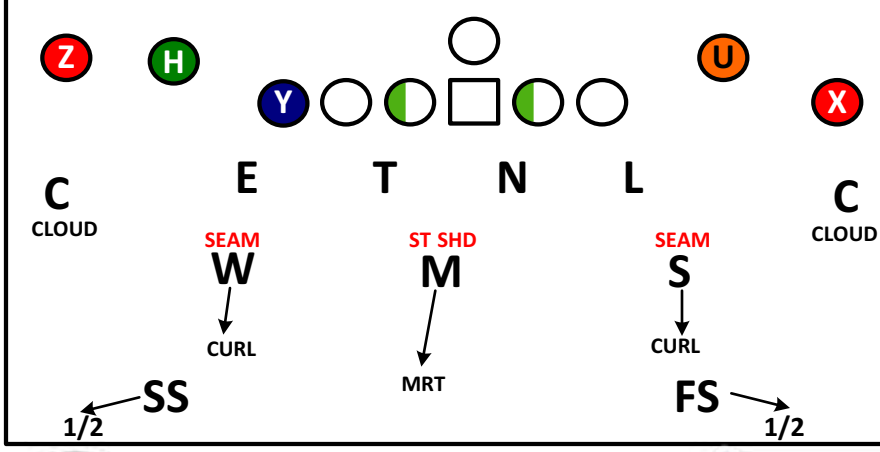
6. SEATTLE

BANANA ALERT

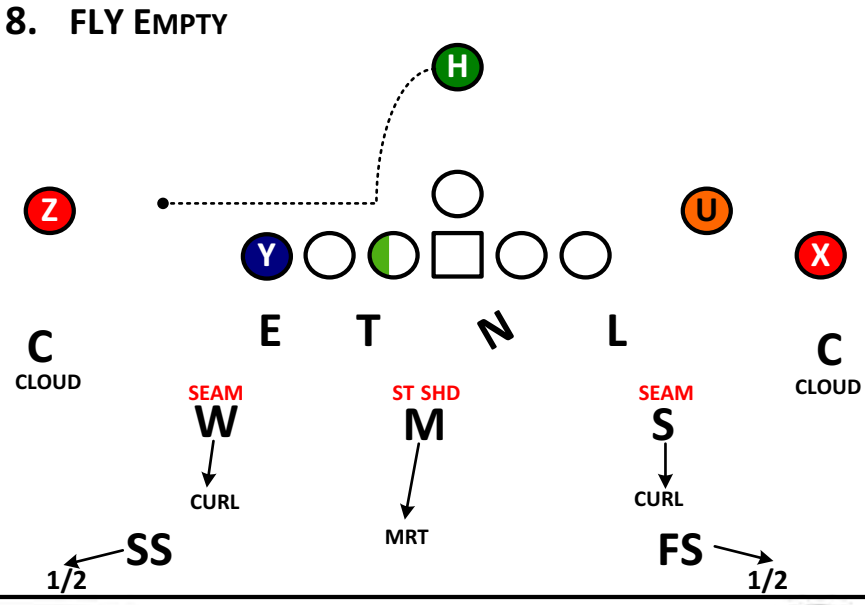


7. EMPTY

CHECK JET



8. FLY EMPTY

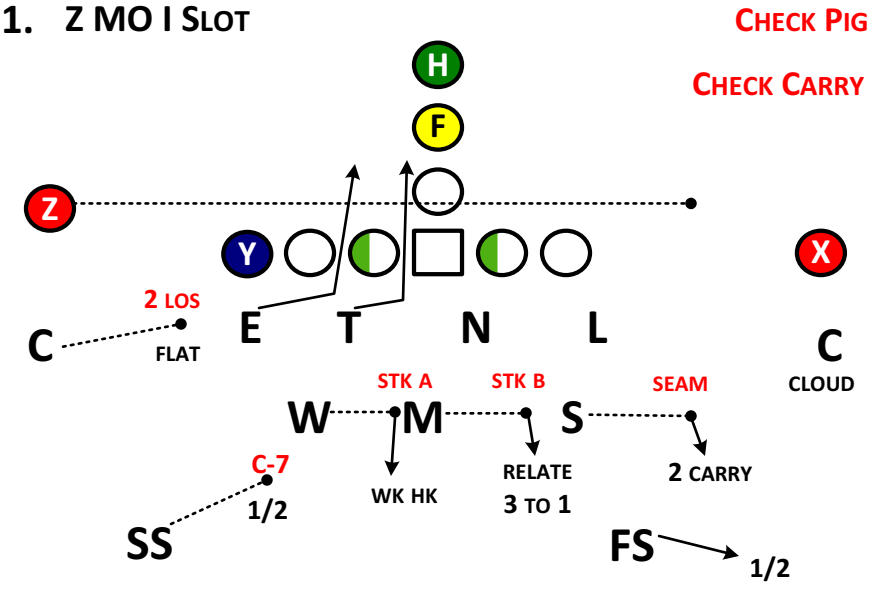


OVER 2 (L.A.)

1. Z MO I SLOT

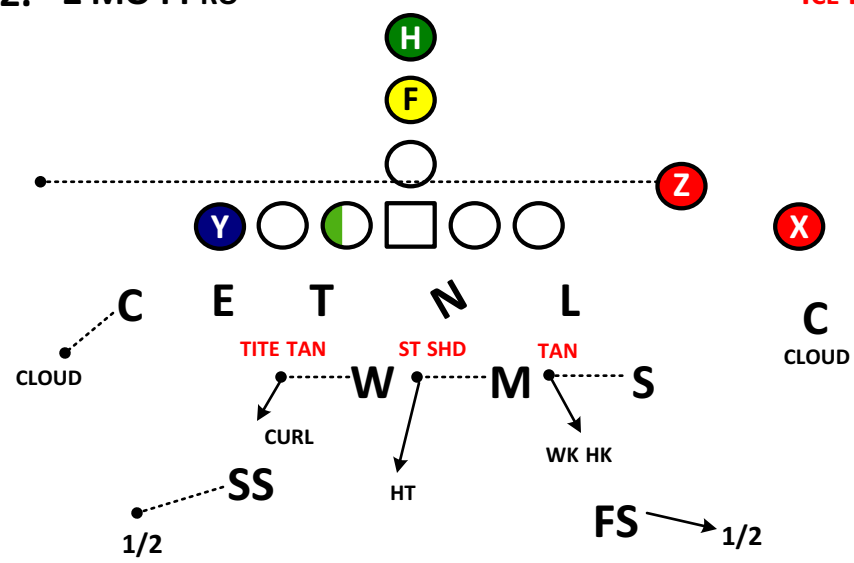
CHECK PIG

CHECK CARRY



2. Z MO I PRO

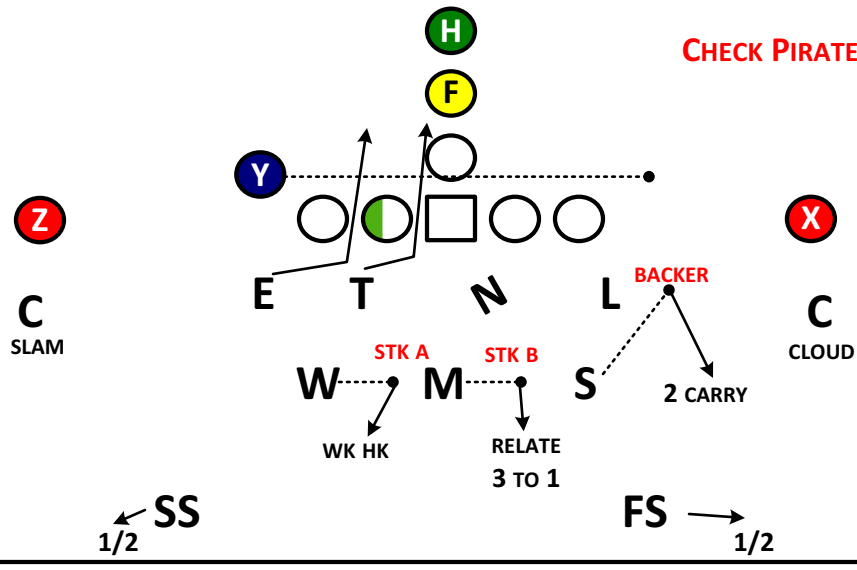
ICE IT



3. Y MO I PRO Y OFF

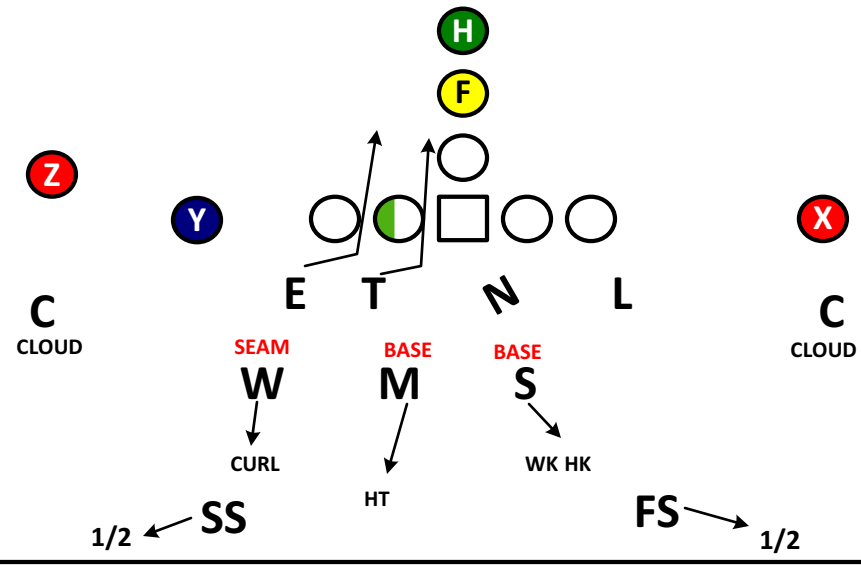
CHECK CARRY

CHECK PIRATE



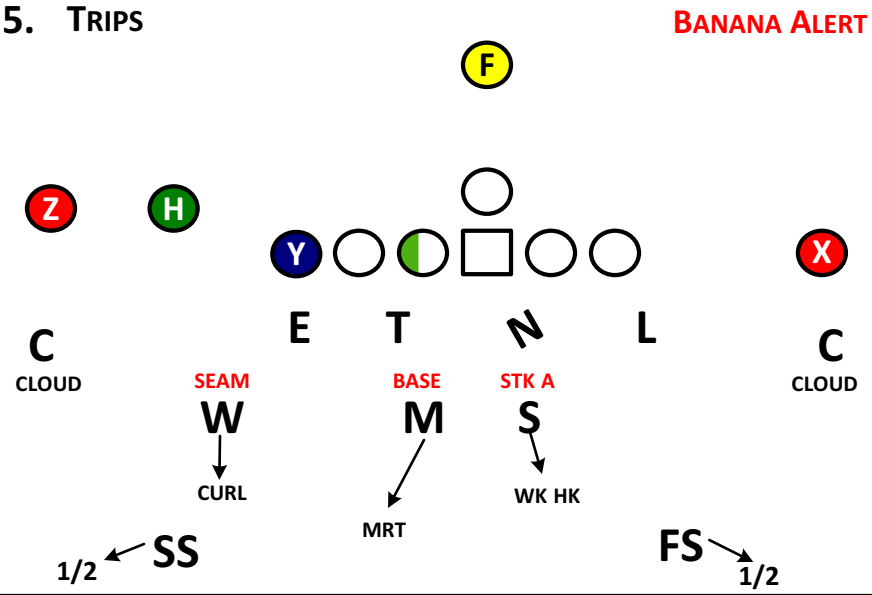
4. I PRO Y OPEN

CHECK PIRATE

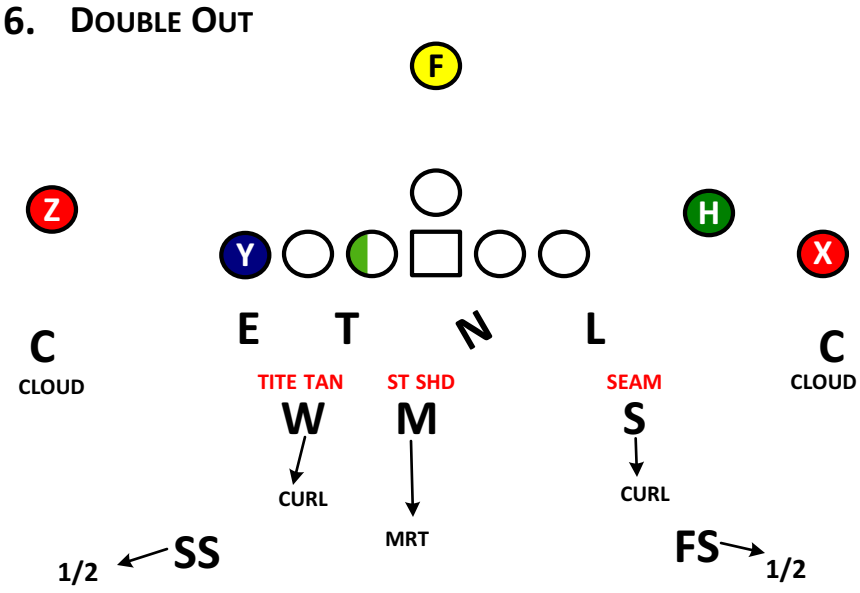


5. TRIPS

BANANA ALERT

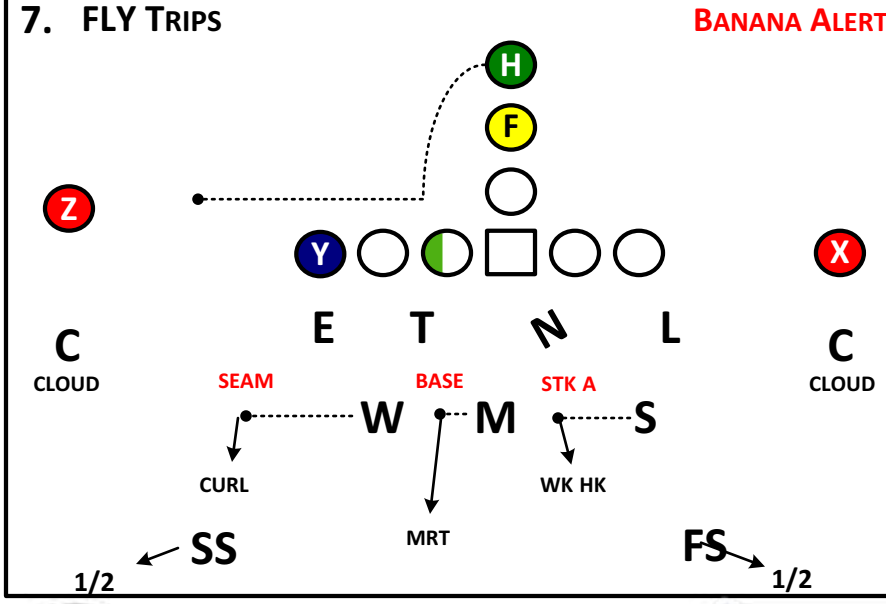


6. DOUBLE OUT

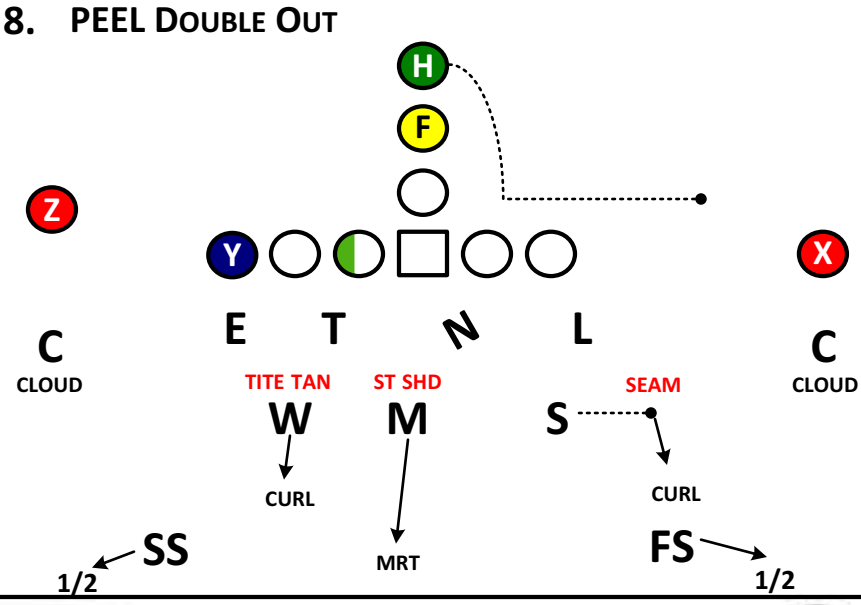


7. FLY TRIPS

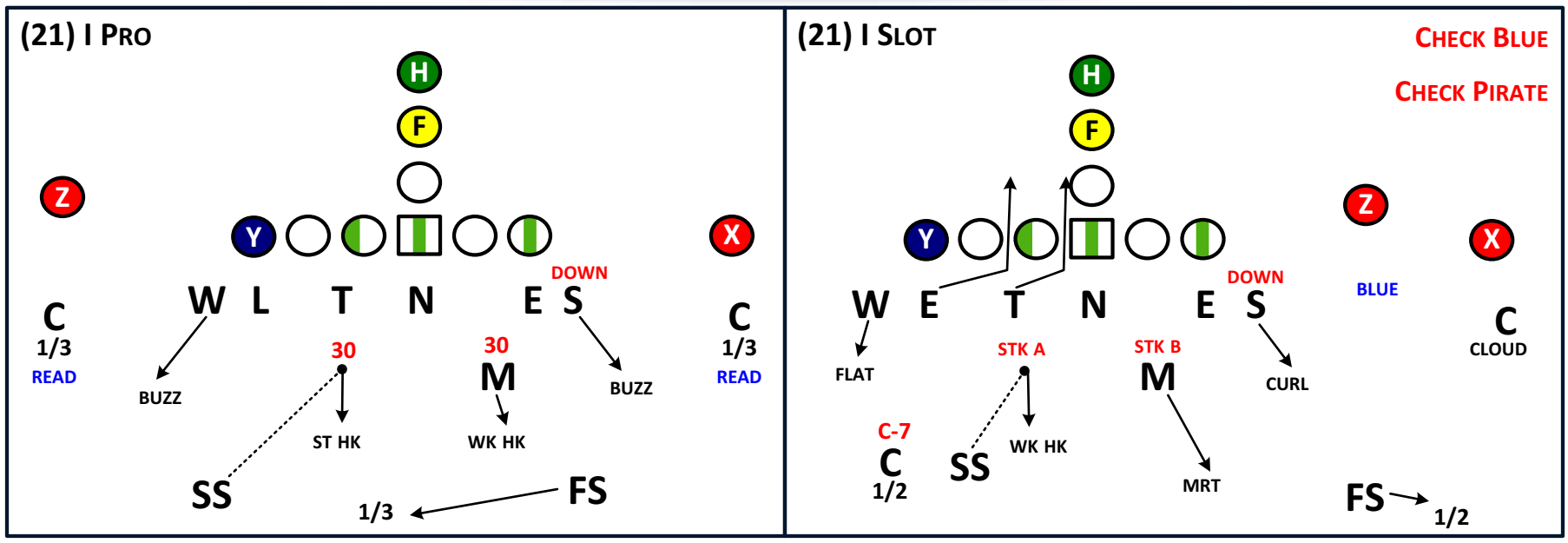
BANANA ALERT



8. PEEL DOUBLE OUT



Tuff Buzz Zone (Mesa Blue)



Essence:

1. Mesa Blue is a Base Over Family 3 Deep 4 under defense.
2. Safety buzz down to the solid side
3. Requires an active safety and aggressive buzz coverage by the Sam & Will LBs

Coaching Points:

1. Solid call to the "Y"
2. Safeties communicate Rita/Linda call.
3. Vs. Slot, Nub side Corner play ½
4. Will and Sam in "Tuff" alignments

Adjustments:

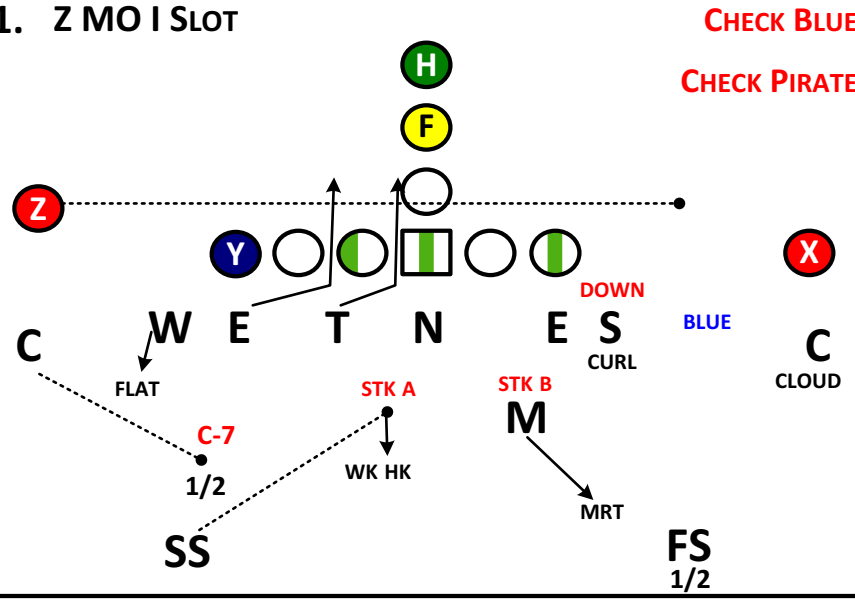
1. Vs. All Slot single width family formations (Pair Slot): Ck Blue
2. Vs. Y Motion: Safeties Track the 'Y'
   - Check Rock Yuma
3. Vs. 2x2: Seam Alert
4. Sam Alignments:
   - Wide – Check Mug Easy (1 and Loose 5 Technique)
   - Down – Check Fist
   - Backer – Check Cheat
5. Seattle Trips and Slot Y Open: Check Pirate
6. J-Lo Rules Apply
7. Front Variation: Cheat

Tuff Buzz Zone (Mesa Blue)

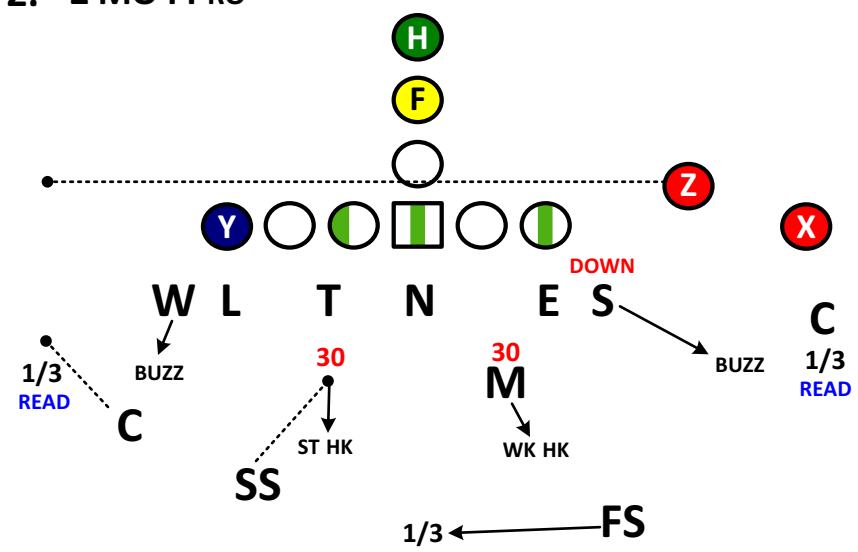
1. Z MO I Slot

Check Blue

Check Pirate



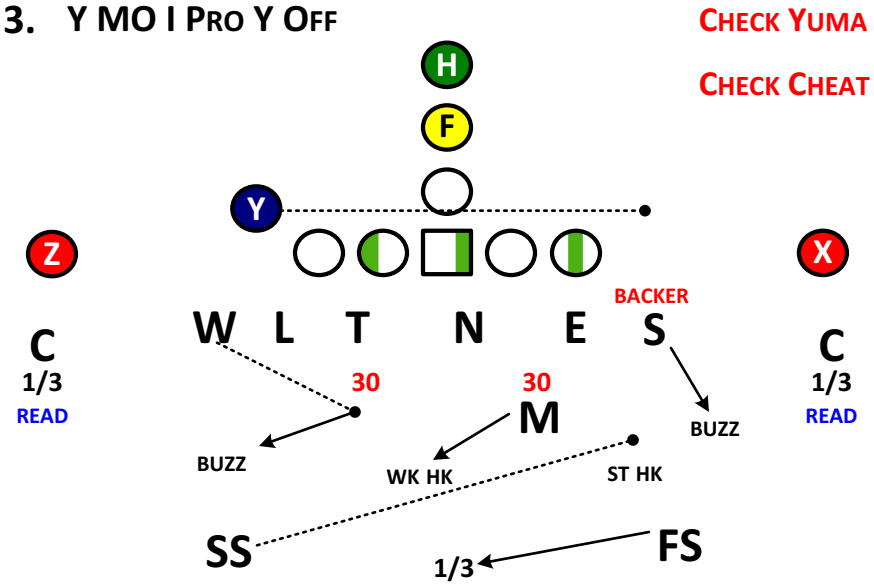
2. Z MO I Pro



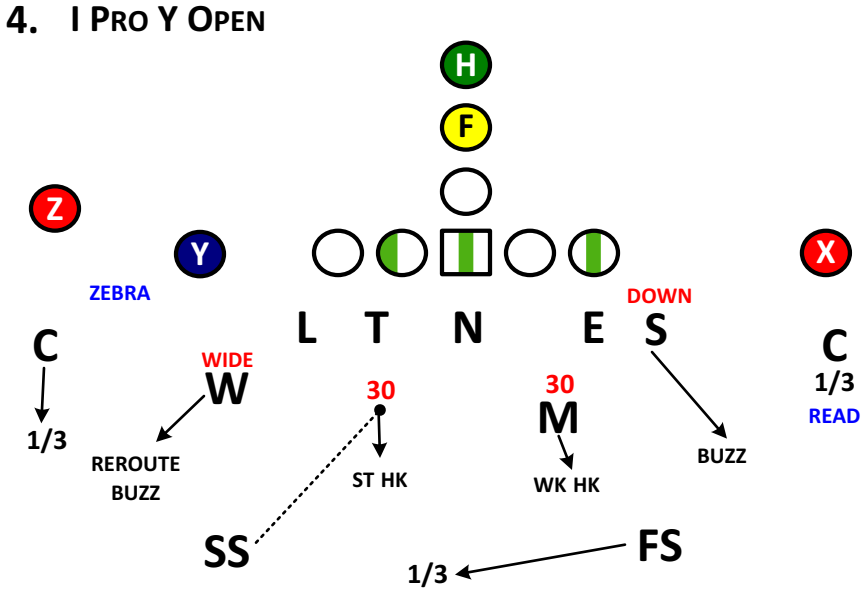
3. Y MO I Pro Y Off

Check Yuma

Check Cheat

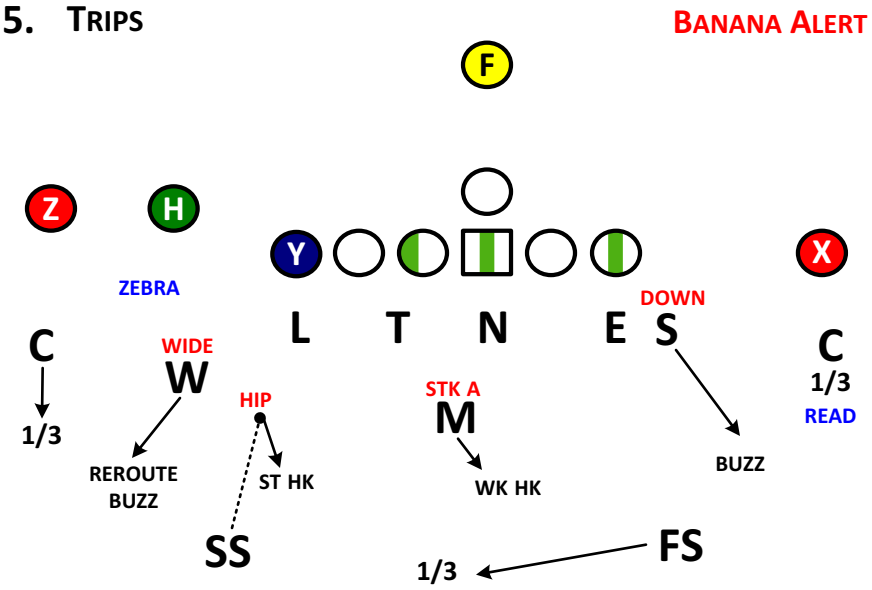


4. I Pro Y Open



5. Trips

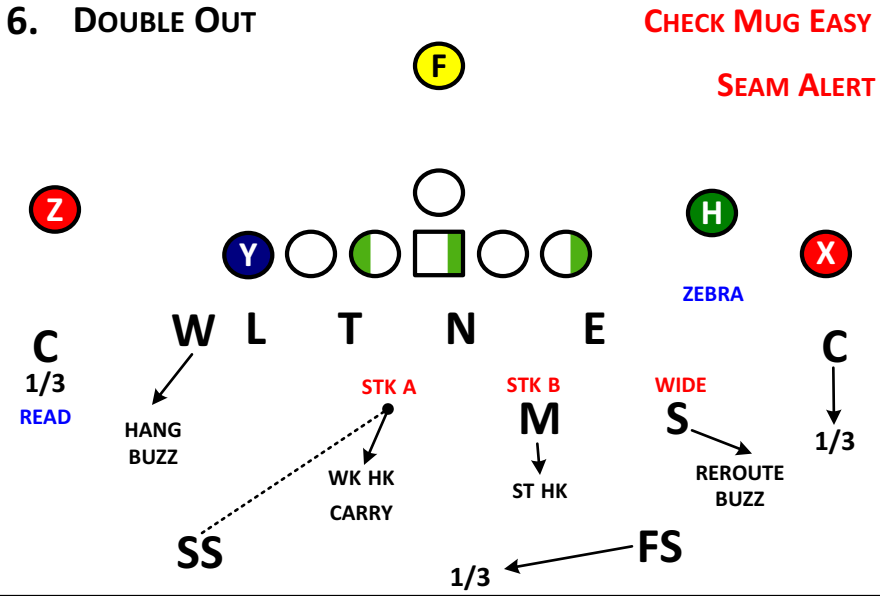
Banana Alert



6. Double Out

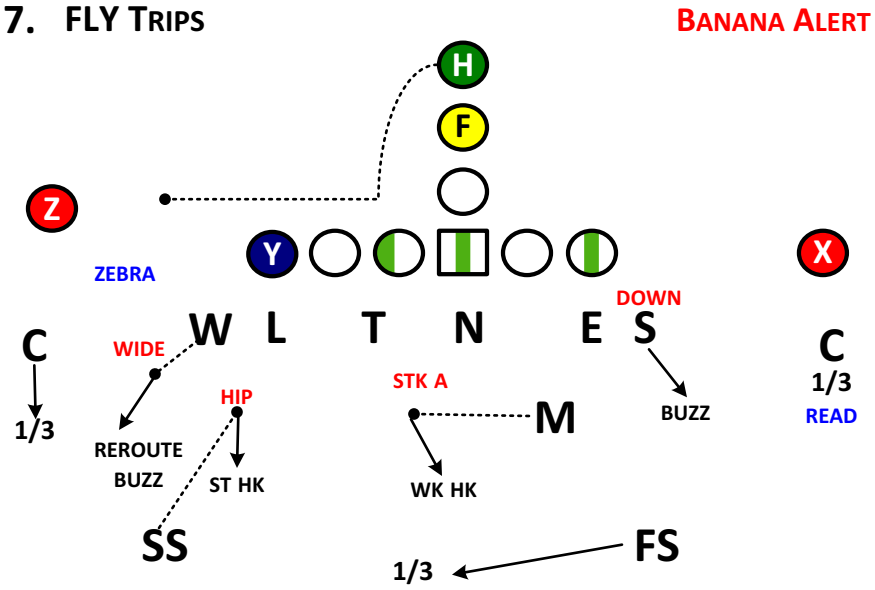
Check Mug Easy

Seam Alert



7. FLY Trips

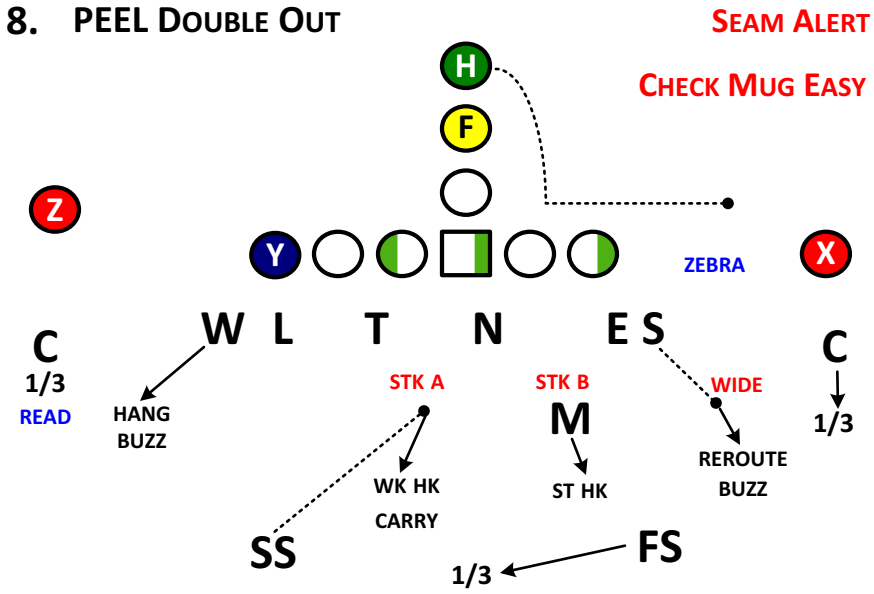
Banana Alert



8. PEEL Double Out

Seam Alert

Check Mug Easy

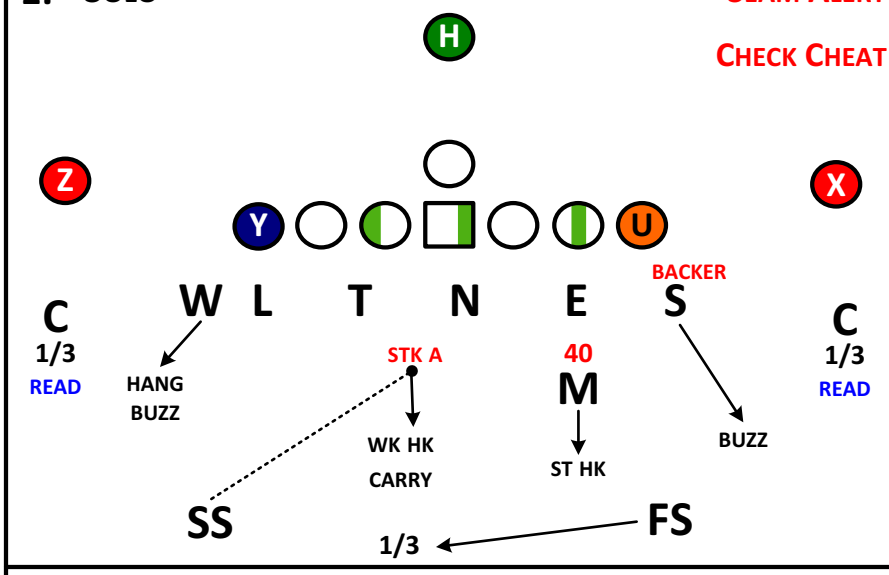


Tuff Buzz Zone (Mesa Blue)

1. Solo

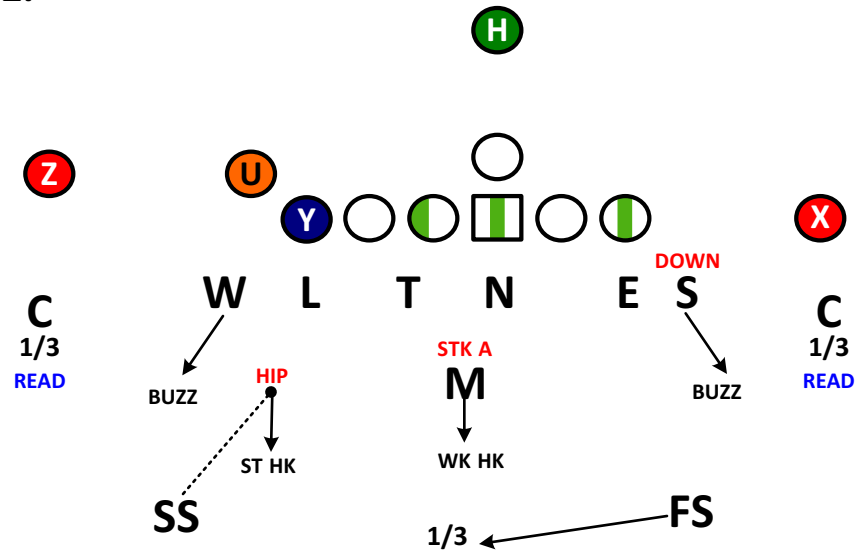
Seam Alert

Check Cheat



2. Pair Trips

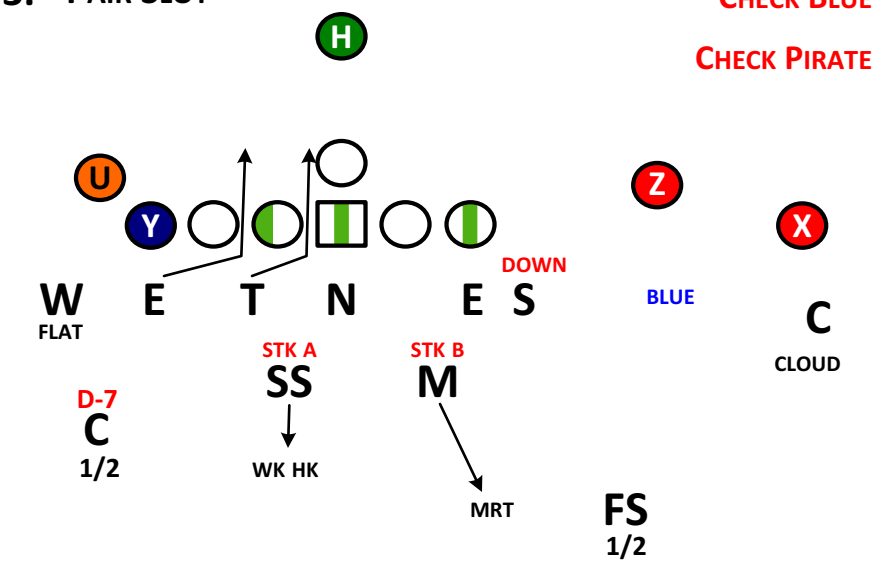
Banana Alert



3. Pair Slot

Check Blue

Check Pirate

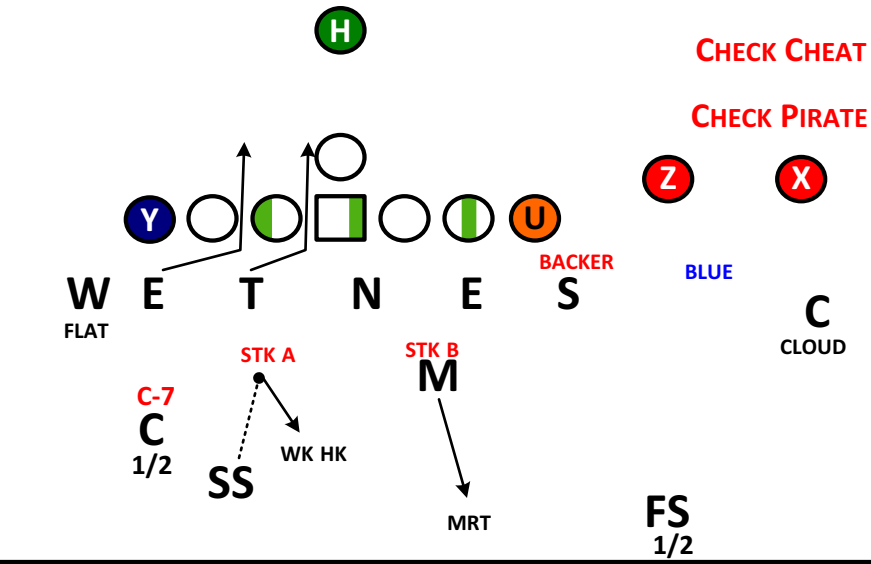


4. Solo Slot

Check Blue

Check Cheat

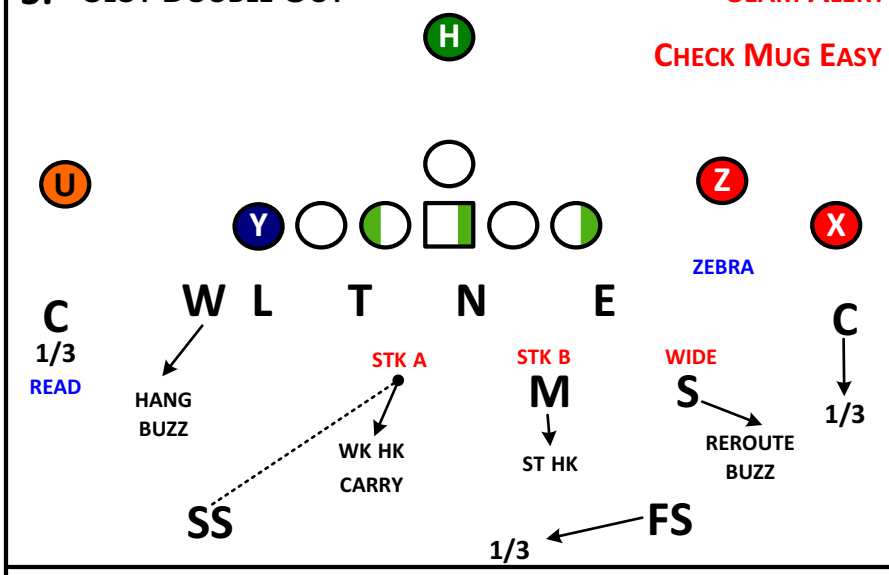
Check Pirate



5. Slot Double Out

Seam Alert

Check Mug Easy

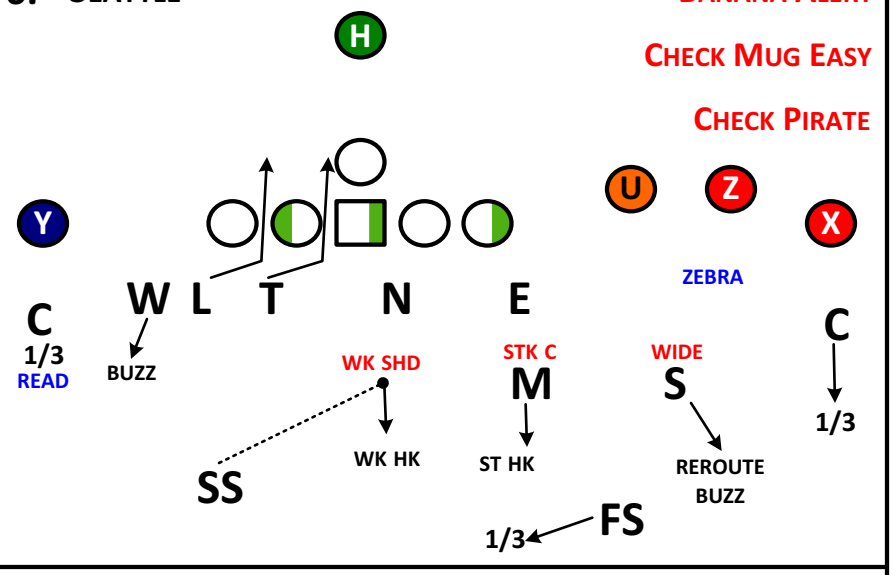


6. Seattle

Banana Alert

Check Mug Easy

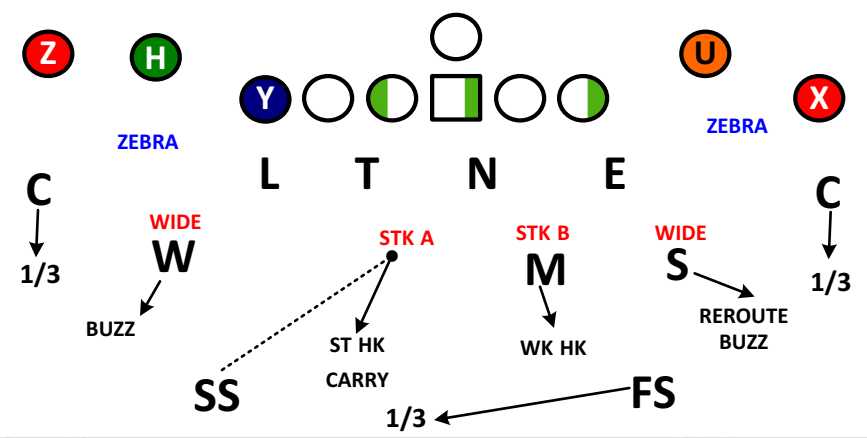
Check Pirate



7. Empty

Seam Alert

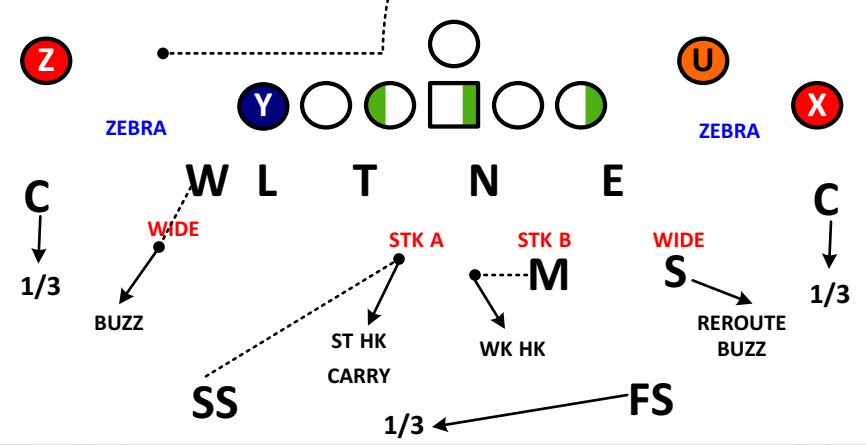
Check Mug Easy



8. Fly Empty

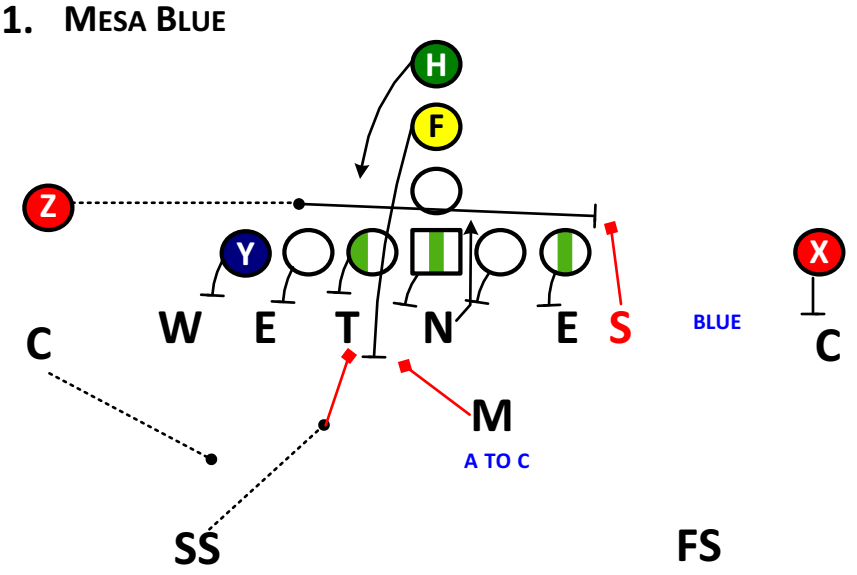
Seam Alert

Check Mug Easy

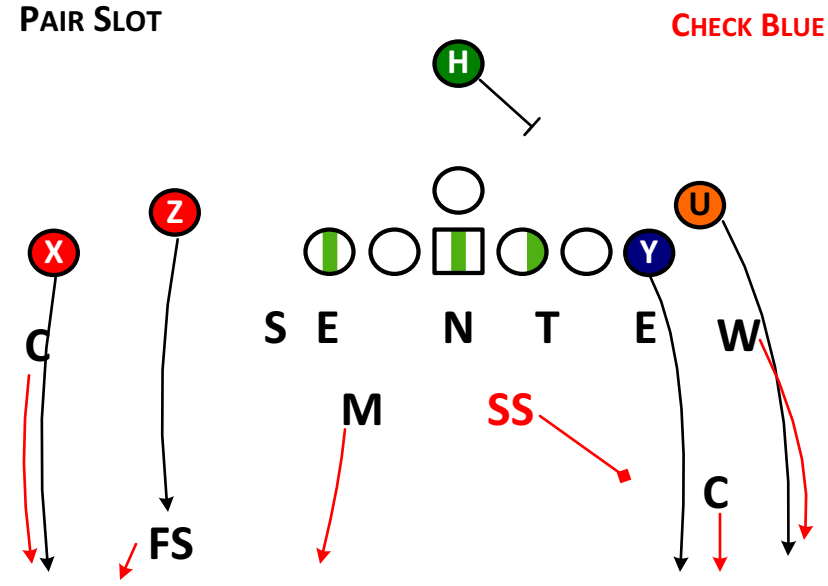


Tuff Buzz Zone (Mesa Blue)

1. Mesa Blue



2. Pair Slot — Check Blue



3.

4.

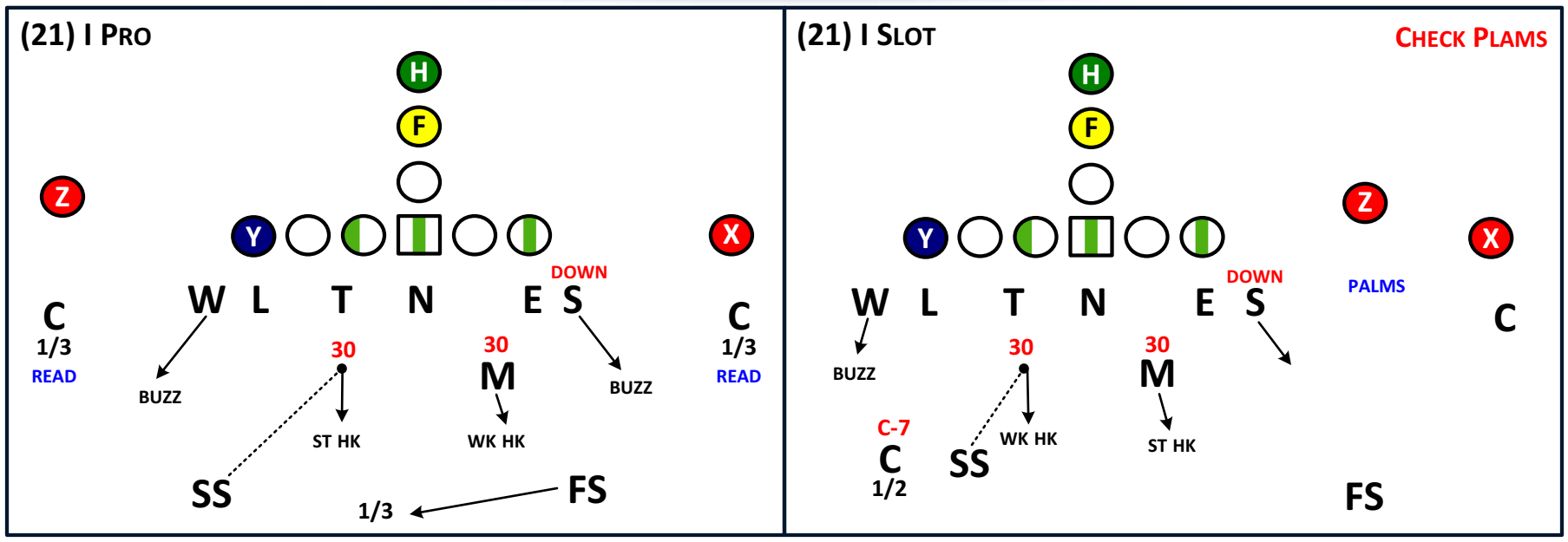
5.

6.

7.

8.

Tuff Buzz Zone (Mesa Palms)



Essence:

1. Mesa Palms is a Base Over Family 3 Deep 4 under defense.
2. Safety buzz down to the solid side
3. Requires an active safety and aggressive buzz coverage by the Sam & Will LBs

Coaching Points:

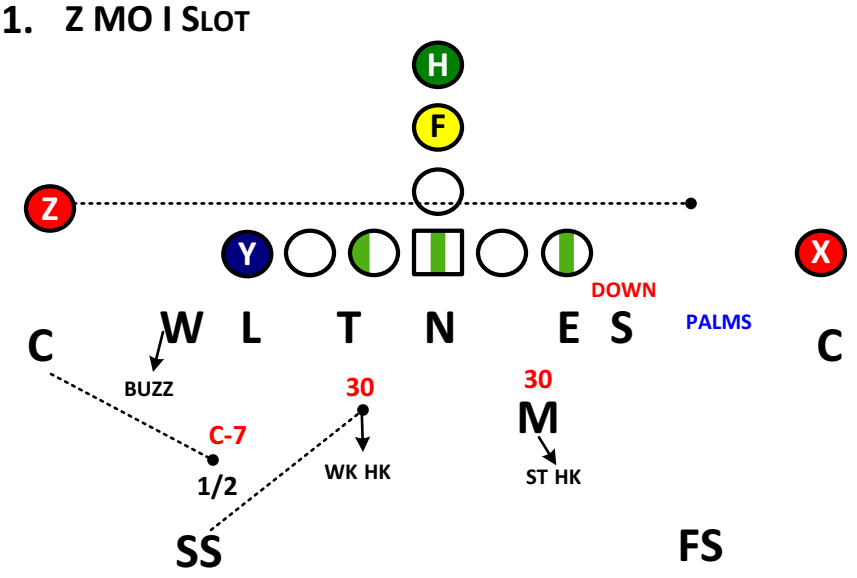
1. Solid call to the "Y"
2. Safeties communicate Rita/Linda call.
3. Vs. Slot, Nub side Corner play ½
4. Will and Sam in "Tuff" alignments

Adjustments:

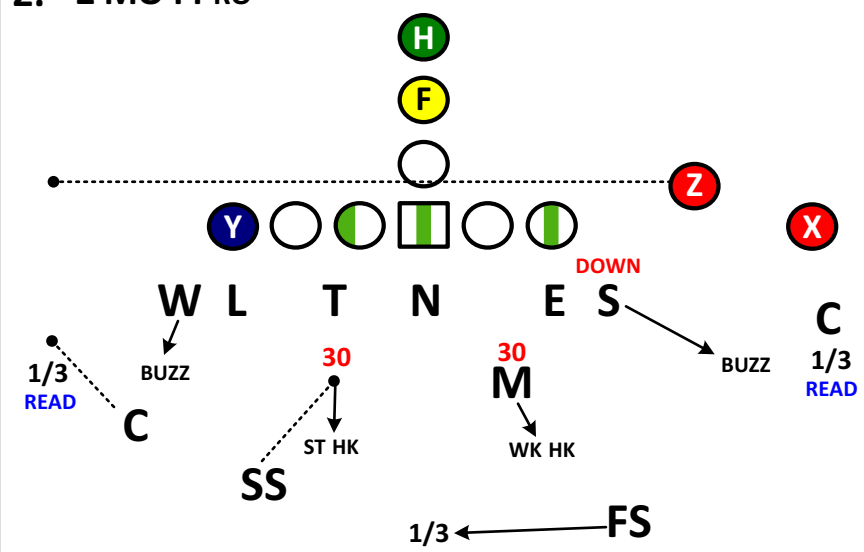
1. Vs. All Slot single width family formations (Pair Slot): Ck Palms
2. Vs. Y Motion: Safeties Track the 'Y'
   - Check Rock Yuma
3. Vs. 2x2: Seam Alert
4. Sam Alignments:
   - Wide – Check Mug Easy (1 and Loose 5 Technique)
   - Down – Check Fist
   - Backer – Check Cheat
5. Seattle Trips and Slot Y Open: Check Pirate
6. J-Lo Rules Apply
7. Front Variation: Cheat
8. Game Plan: Possible Whopper Alert vs. Single Width Slot Family Formations.

Tuff Buzz Zone (Mesa Palms)

1. Z MO I Slot



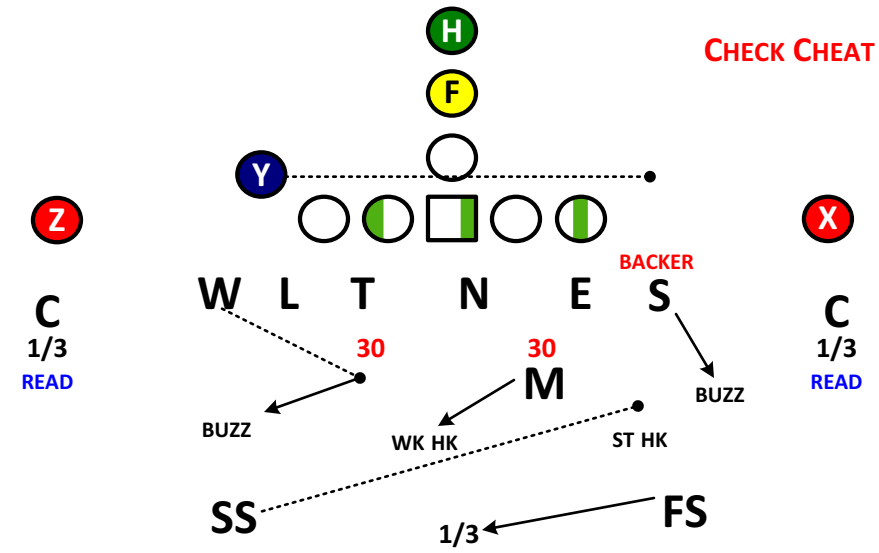
2. Z MO I Pro



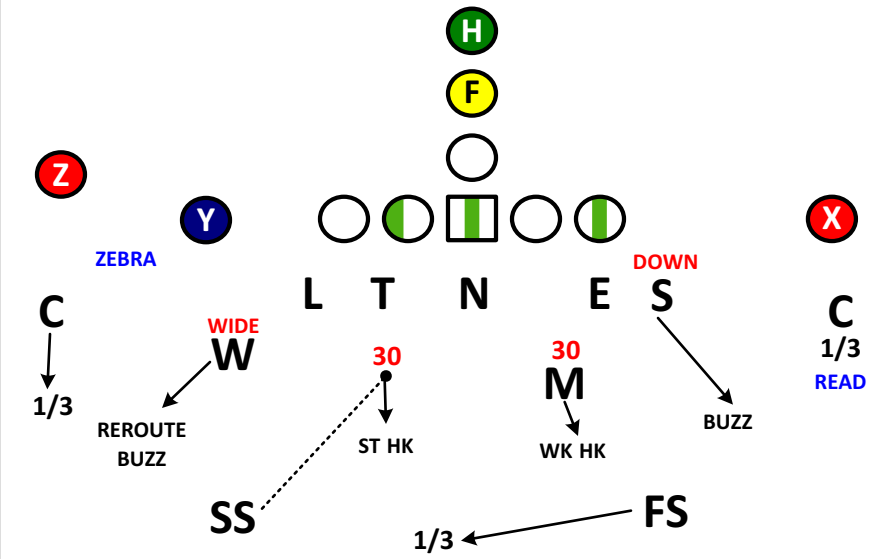
3. Y MO I Pro Y Off

Check Yuma

Check Cheat

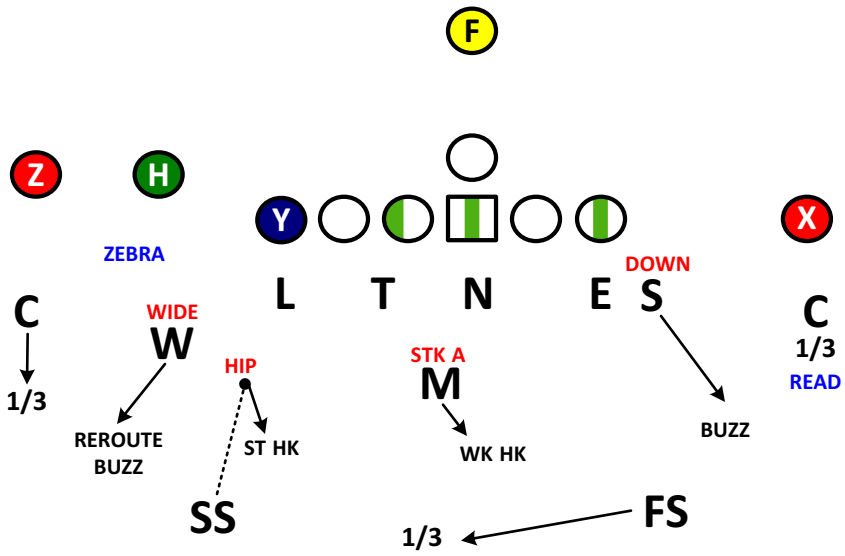


4. I Pro Y Open



5. Trips

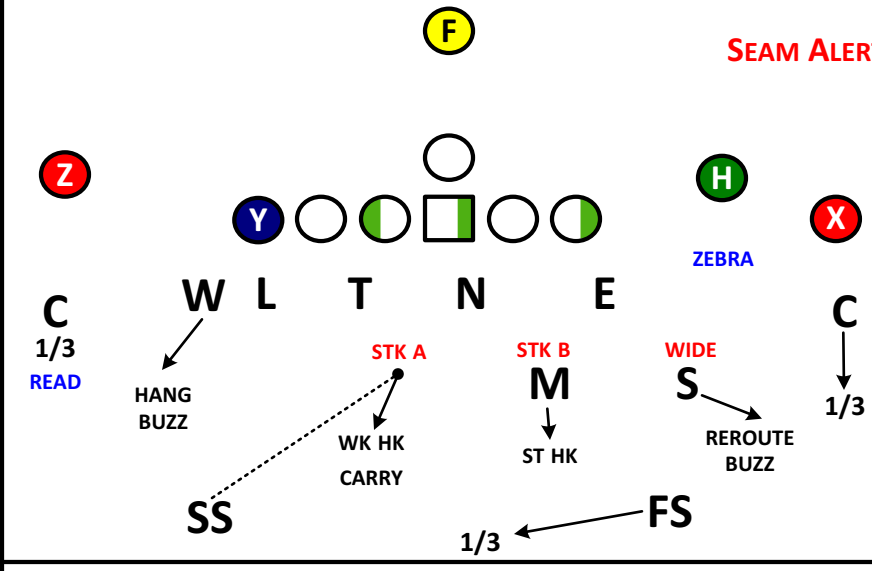
Banana Alert



6. Double Out

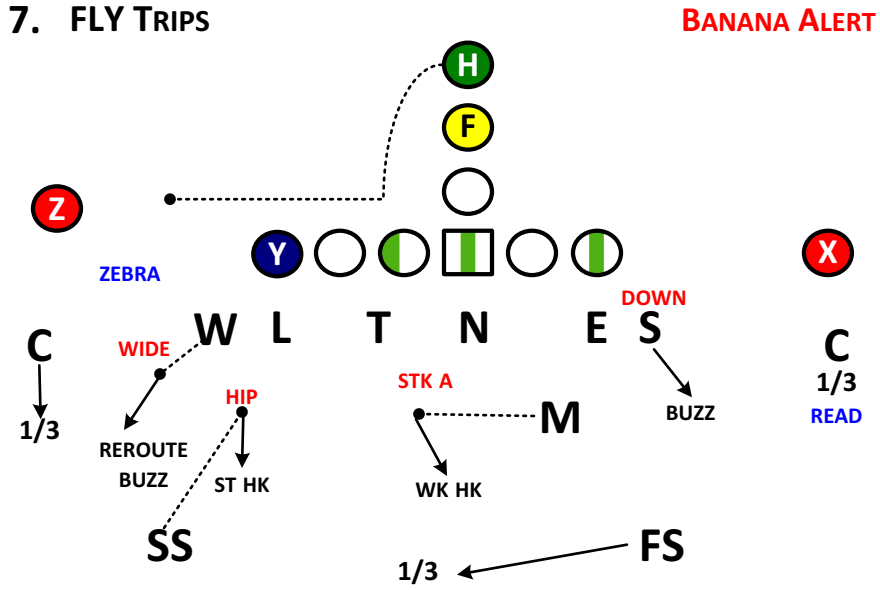
Check Mug Easy

Seam Alert



7. FLY Trips

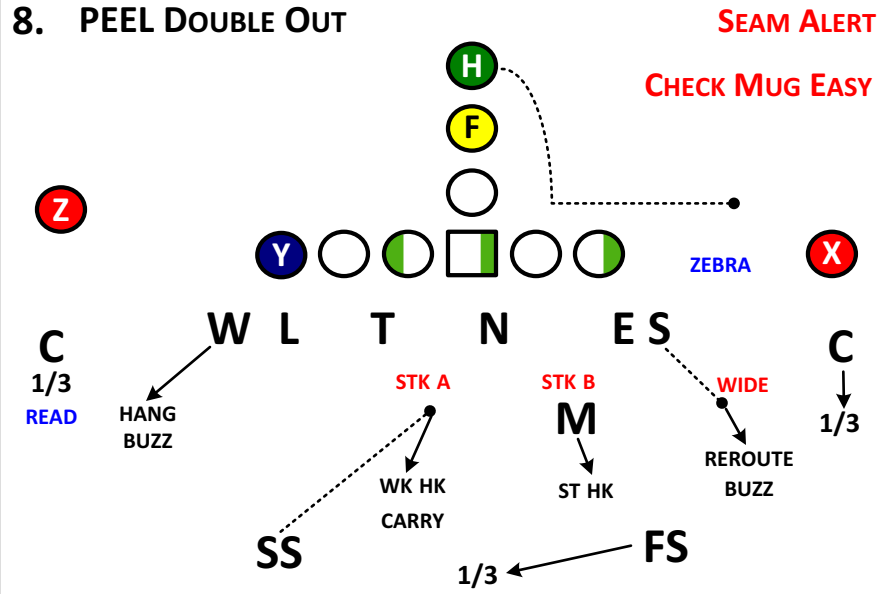
Banana Alert



8. PEEL Double Out

Seam Alert

Check Mug Easy

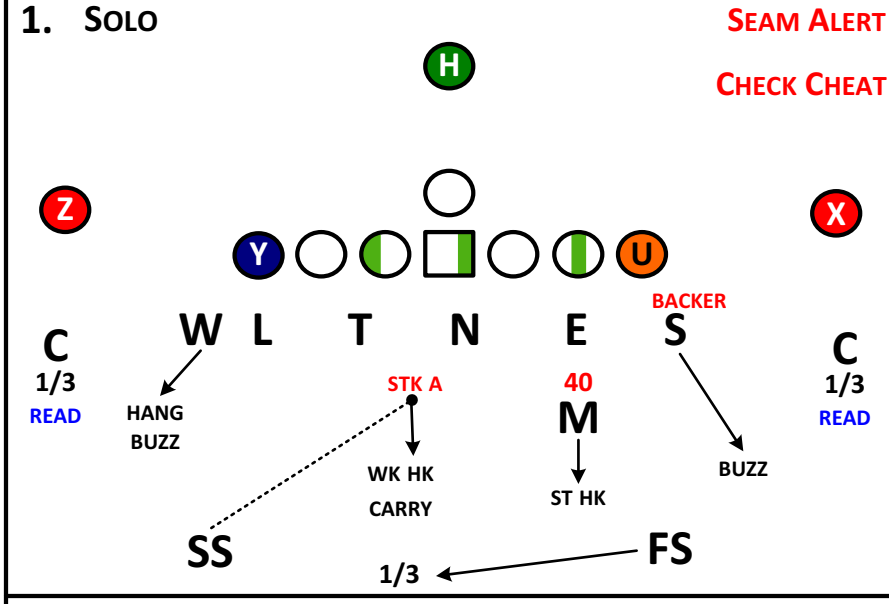


Tuff Buzz Zone (Mesa Palms)

1. Solo

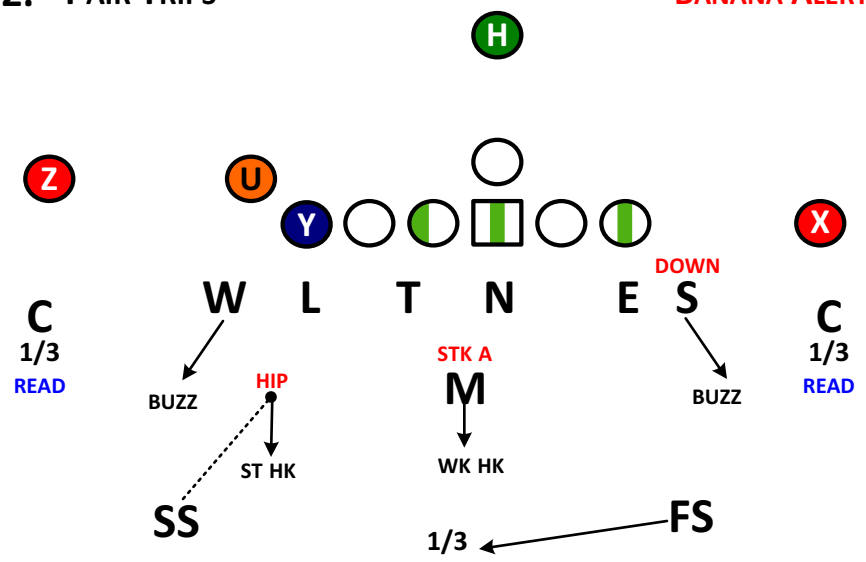
Seam Alert

Check Cheat



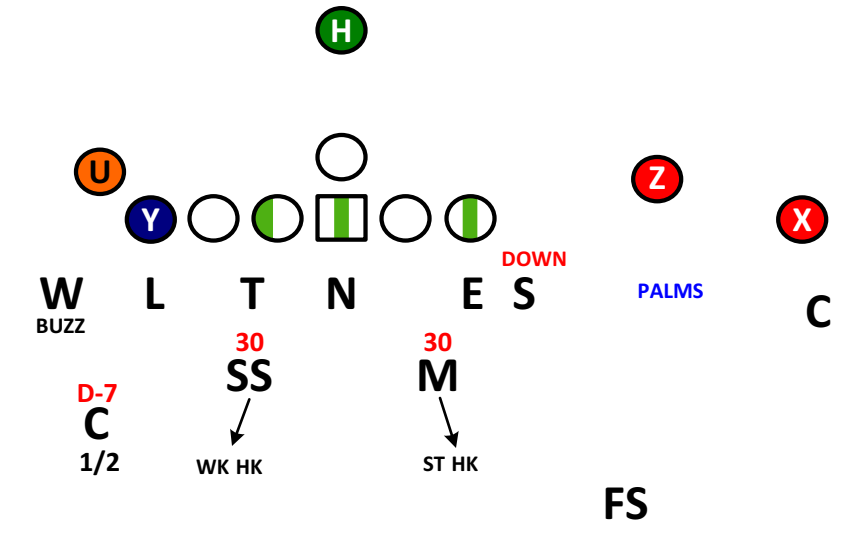
2. Pair Trips

Banana Alert



3. Pair Slot

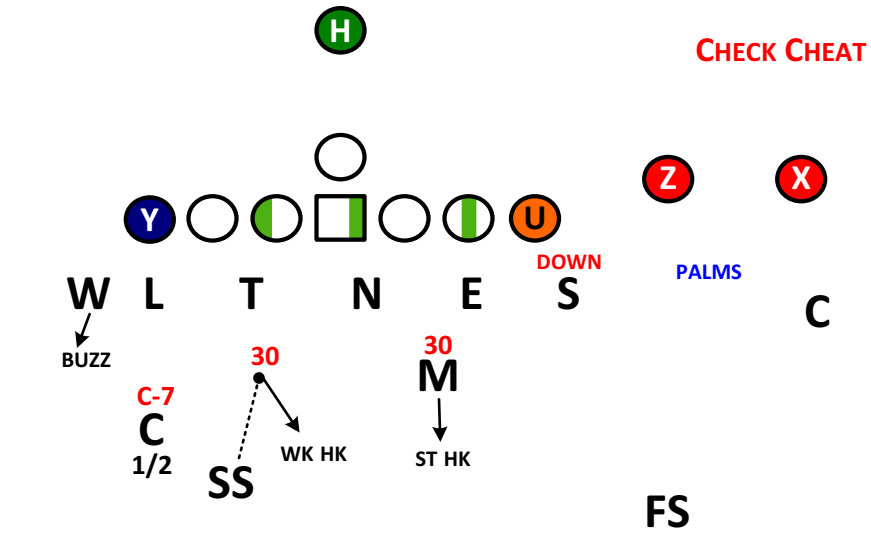
Check Palms



4. Solo Slot

Check Palms

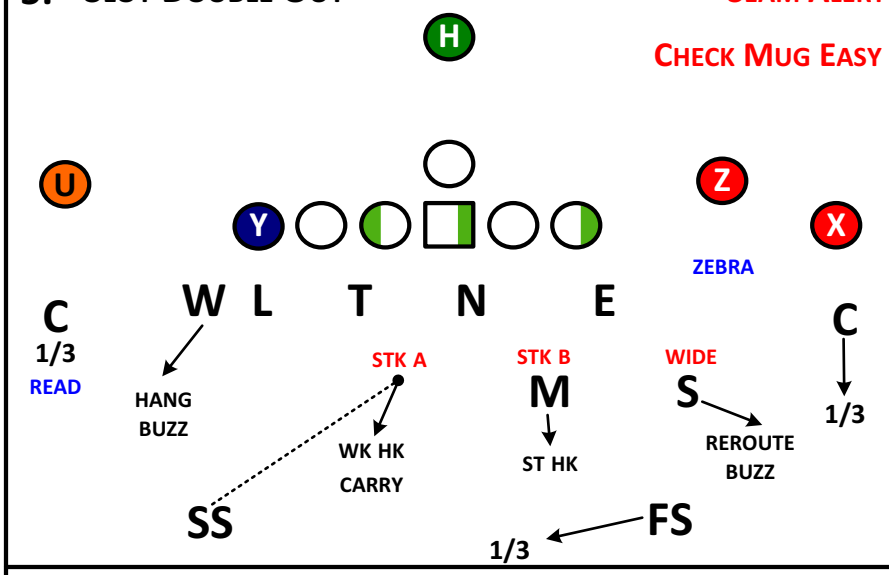
Check Cheat



5. Slot Double Out

Seam Alert

Check Mug Easy

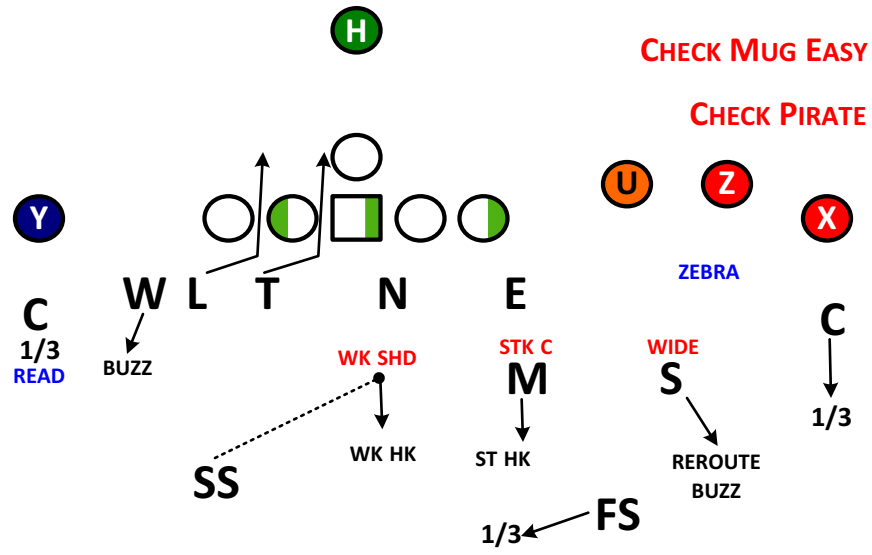


6. Seattle

Banana Alert

Check Mug Easy

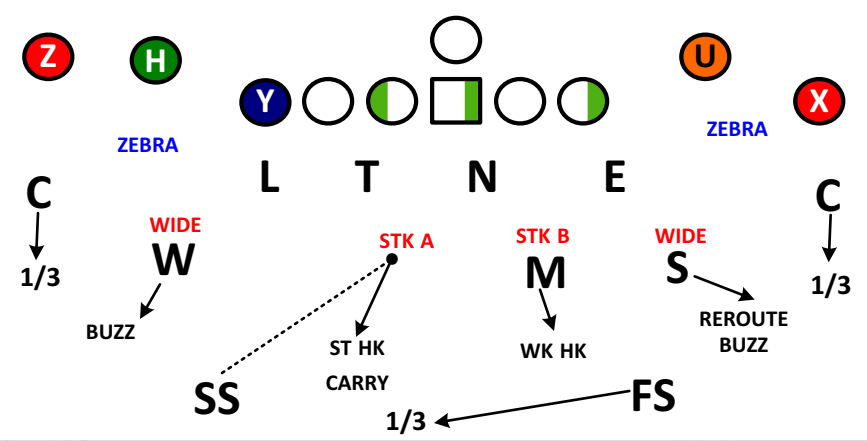
Check Pirate



7. Empty

Seam Alert

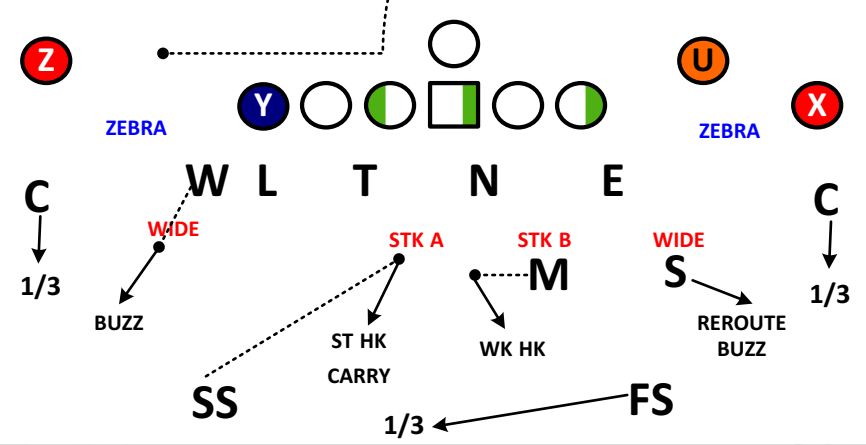
Check Mug Easy



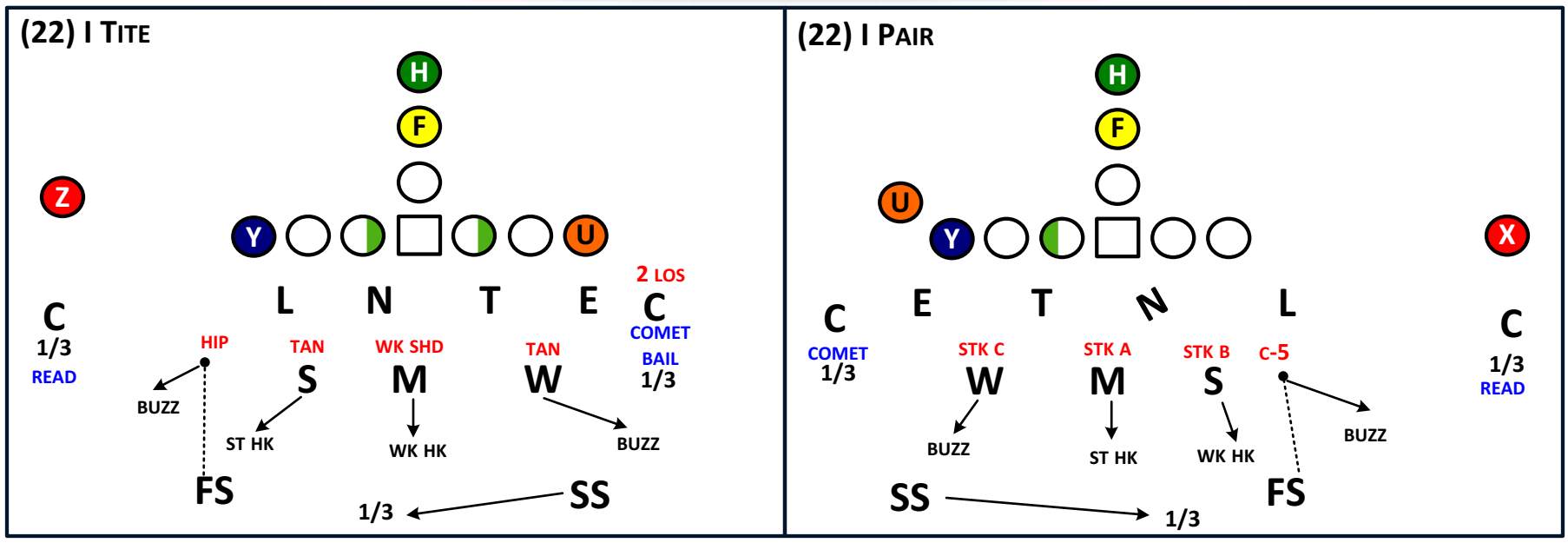
8. Fly Empty

Seam Alert

Check Mug Easy



Stem Deuce Oakland



Essence:

1. Deuce Oakland is an 8 man over family front defense vs. 22 personnel.

Coaching Points:

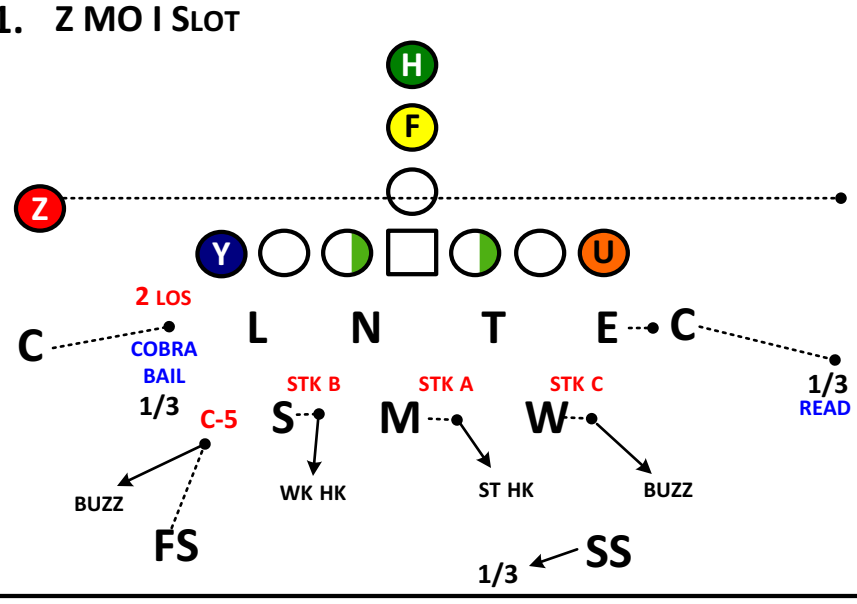
1. Close call away from the WR:
   - U: With two tight ends on the LOS
   - Y: With one tight end on the LOS
2. Safeties show a 2 deep (Over 2 / L.A.) pre-snap look
3. Corners defend their deep 1/3 using Read Principles
4. Seam Alert, Safeties Soft Sky (Alert Flat/Flat)
5. SS travels with the close Call.

Adjustments:

1. Vs. all 1 back sets: Play It
2. Vs. 2x2 formations: Seam Alert

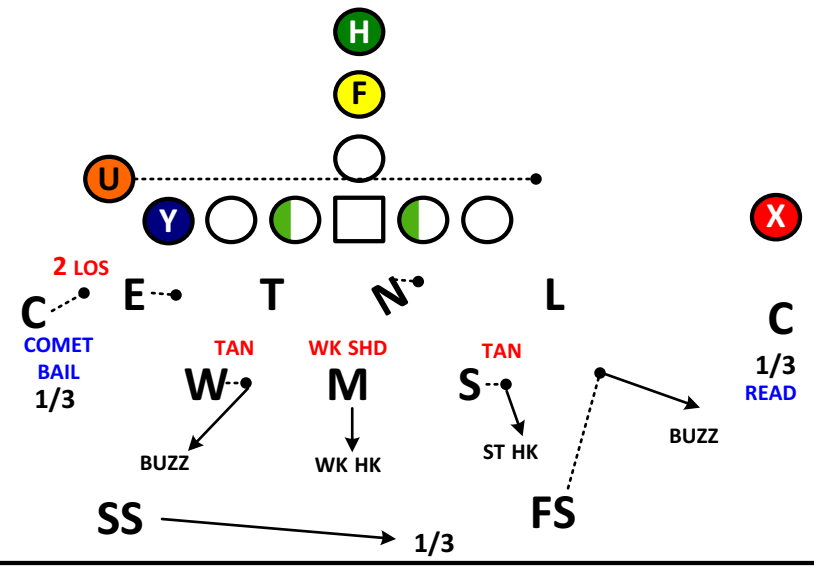
Stem Deuce Oakland

1. Z MO I Slot

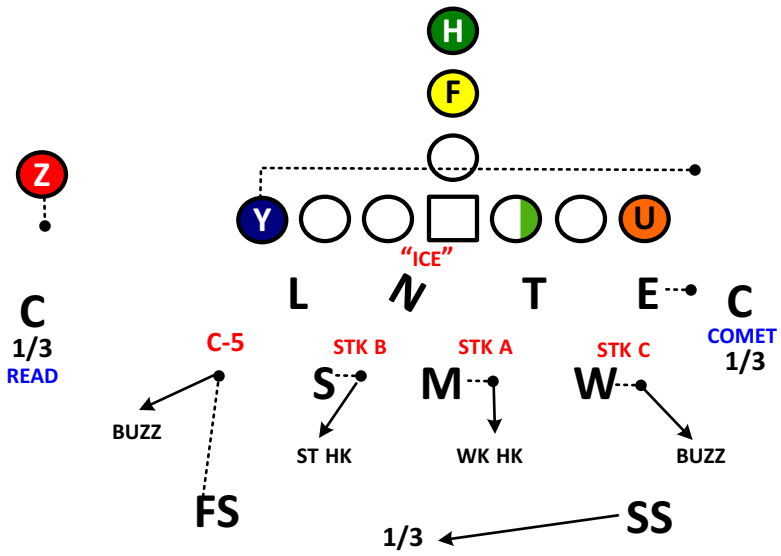


2. U MO I Slot Uip

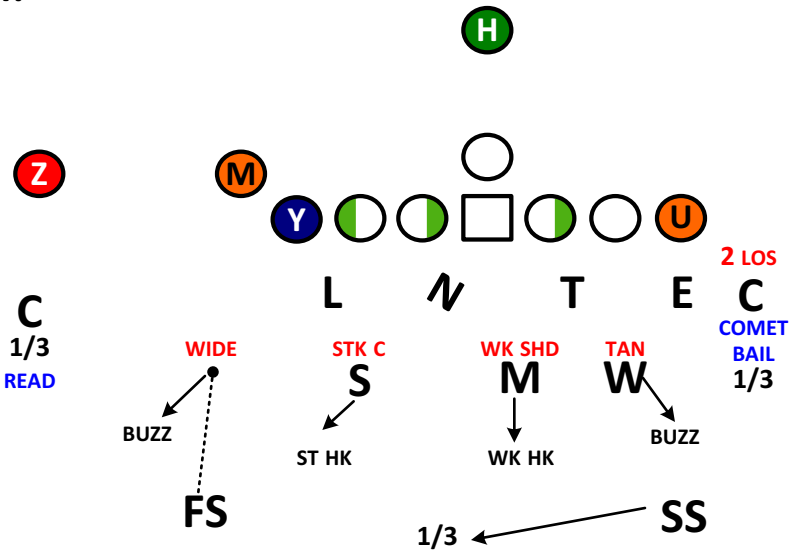
CHECK G



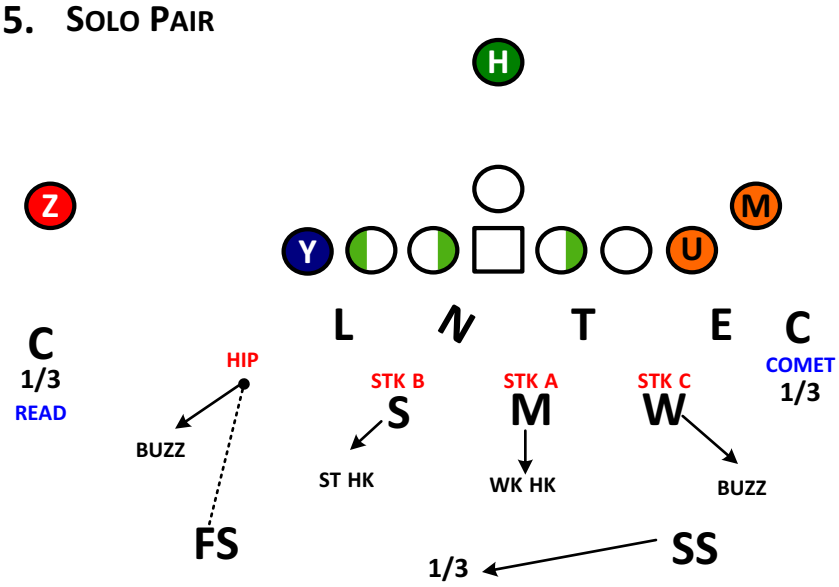
3. Y MO I Pair



4. Solo Pair Trips



5. Solo Pair

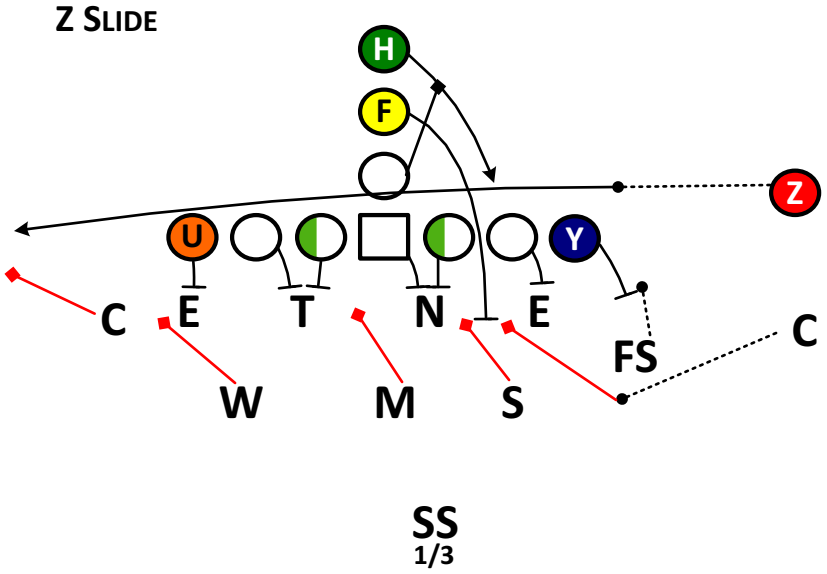


6.

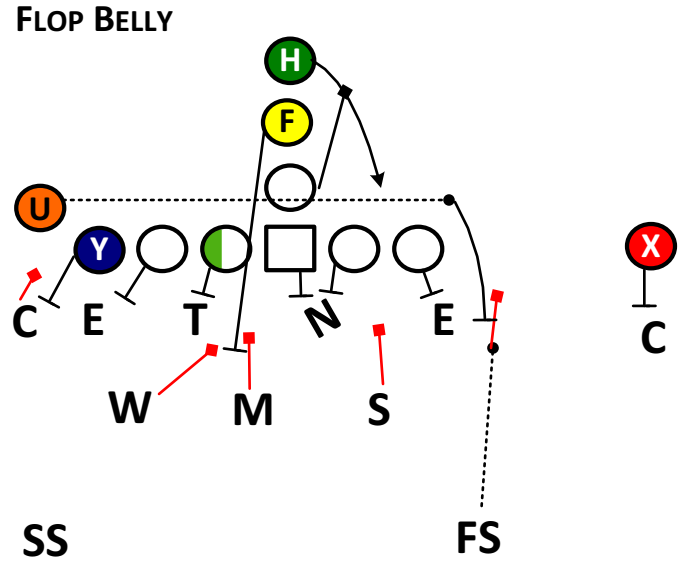
7.

8.

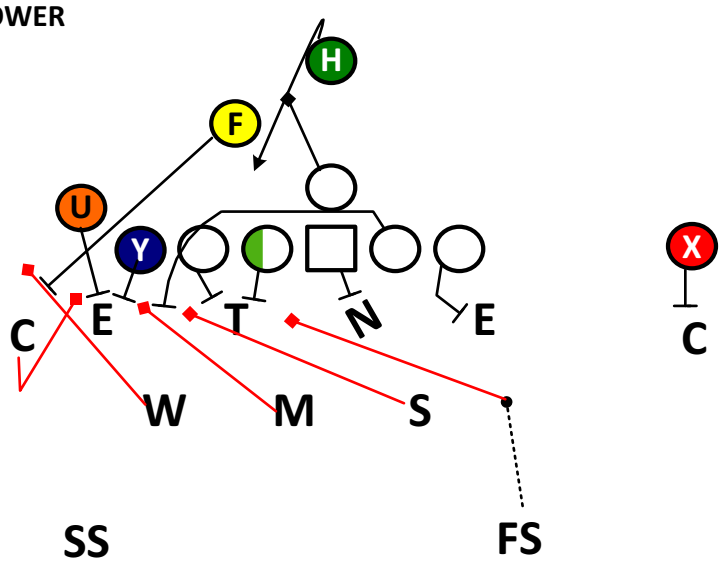
Z Slide



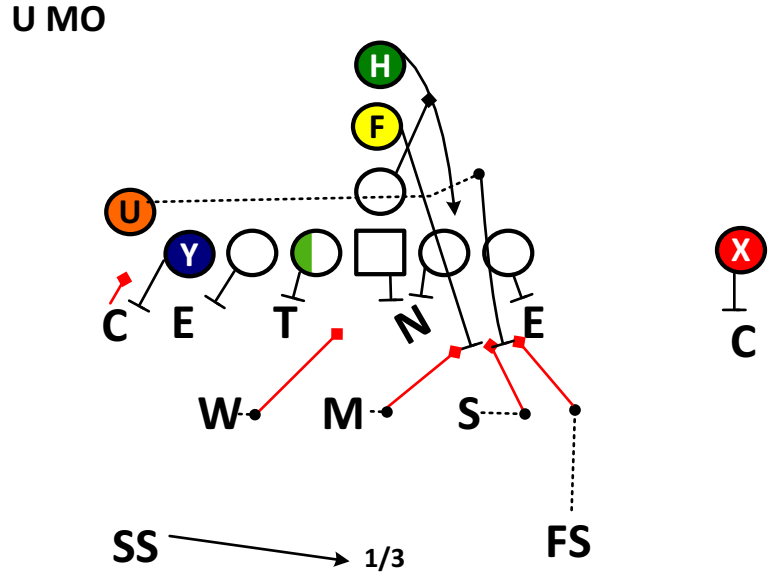
Flop Belly



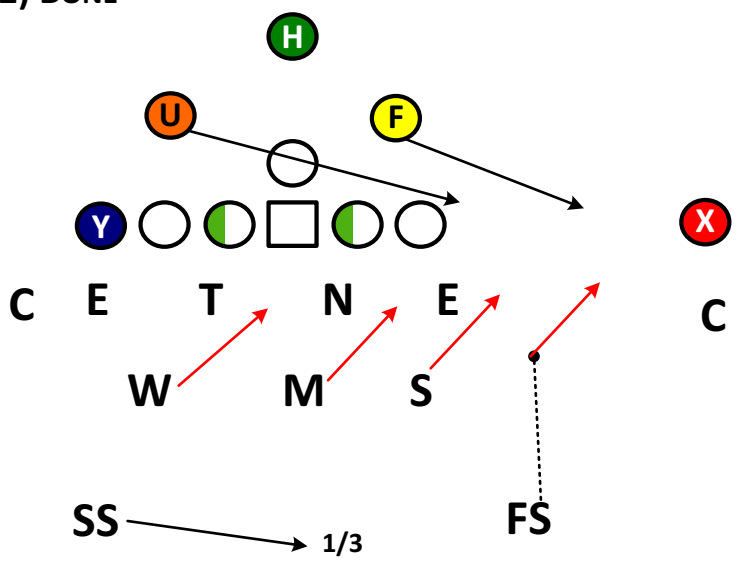
Power



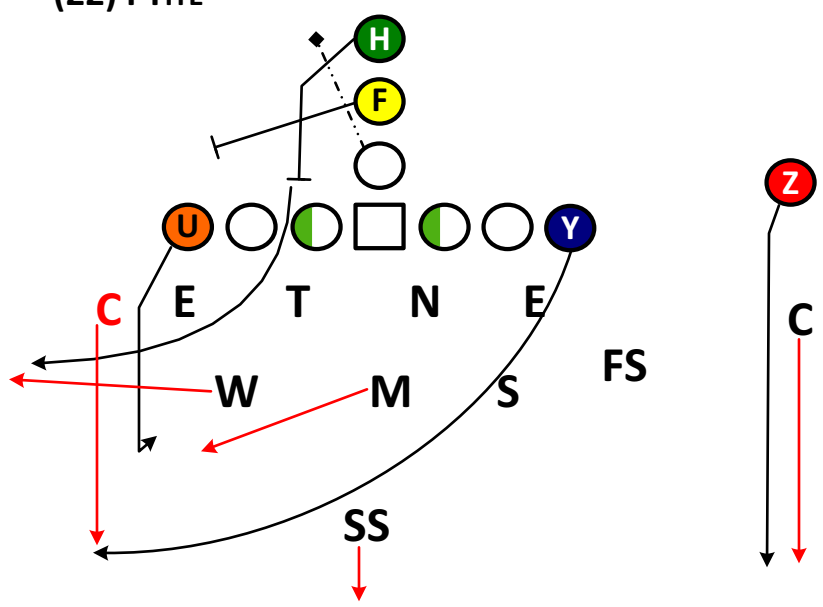
U MO



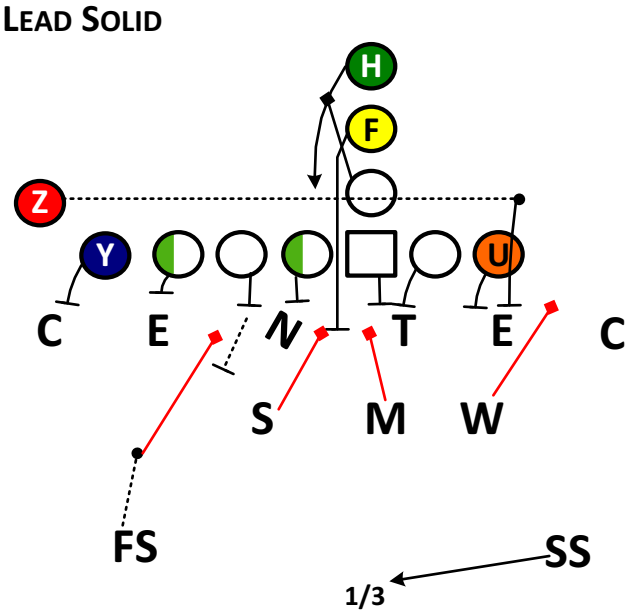
(22) Bone



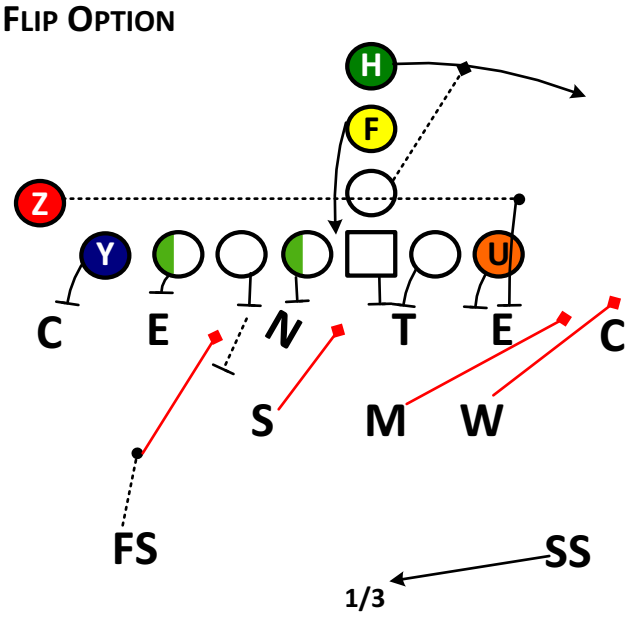
(22) I Tite



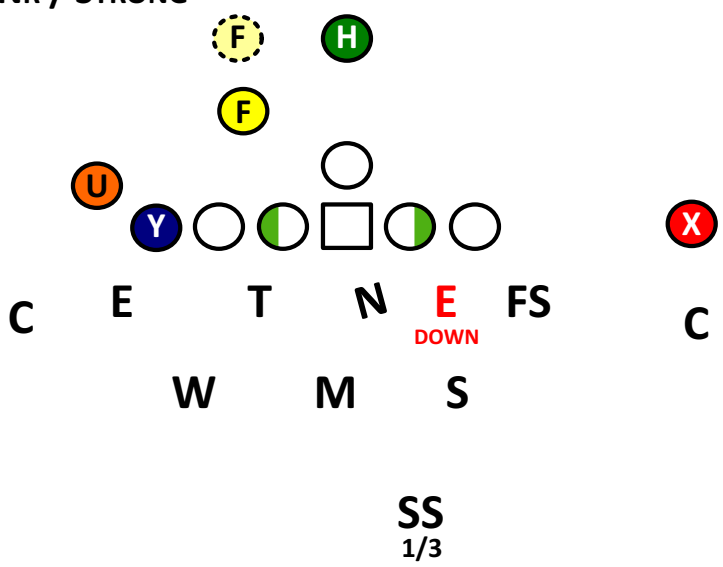
Lead Solid



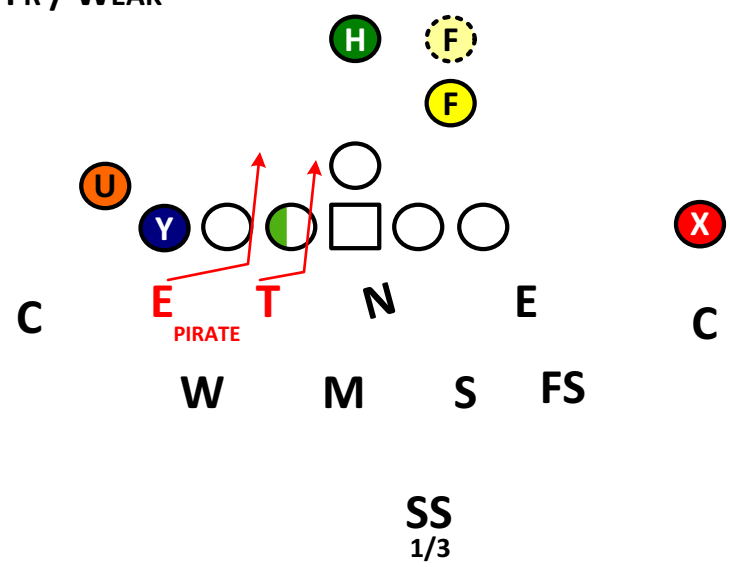
Flip Option



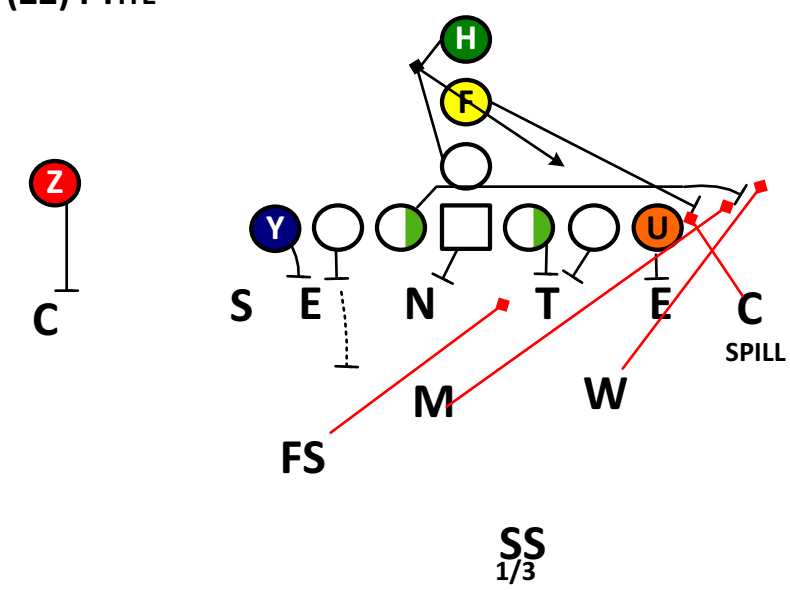
I NR / STRONG



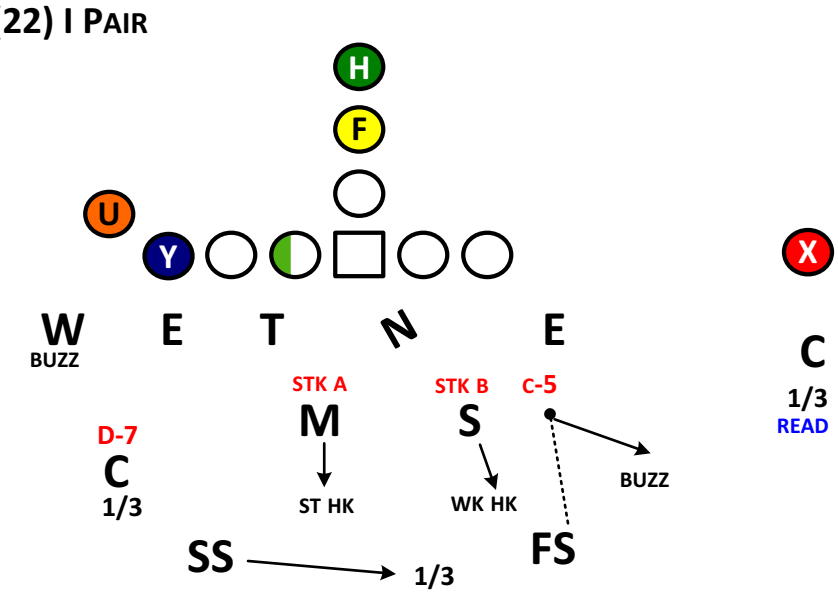
I FR / WEAK



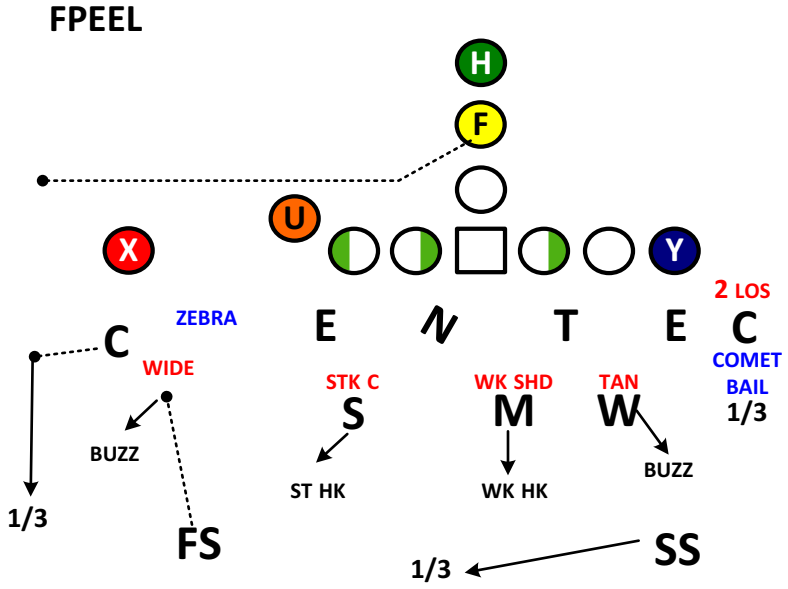
(22) I TITE



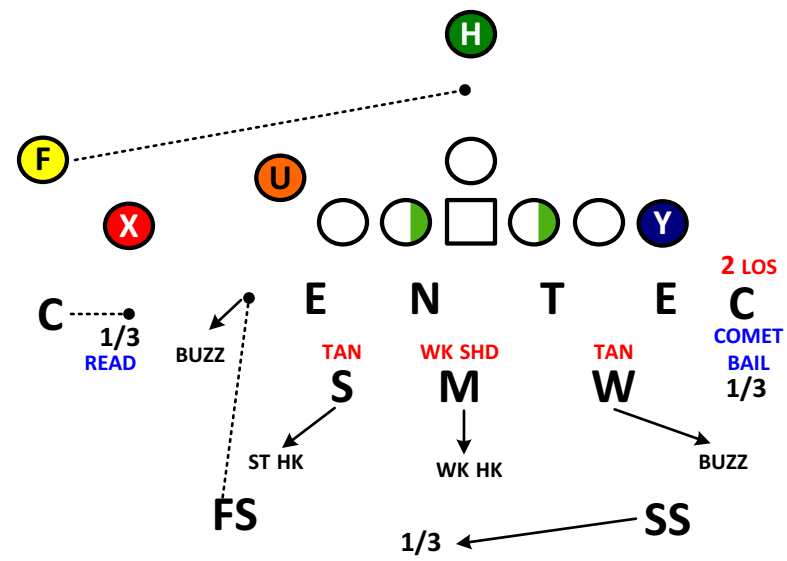
(22) I PAIR



FPEEL

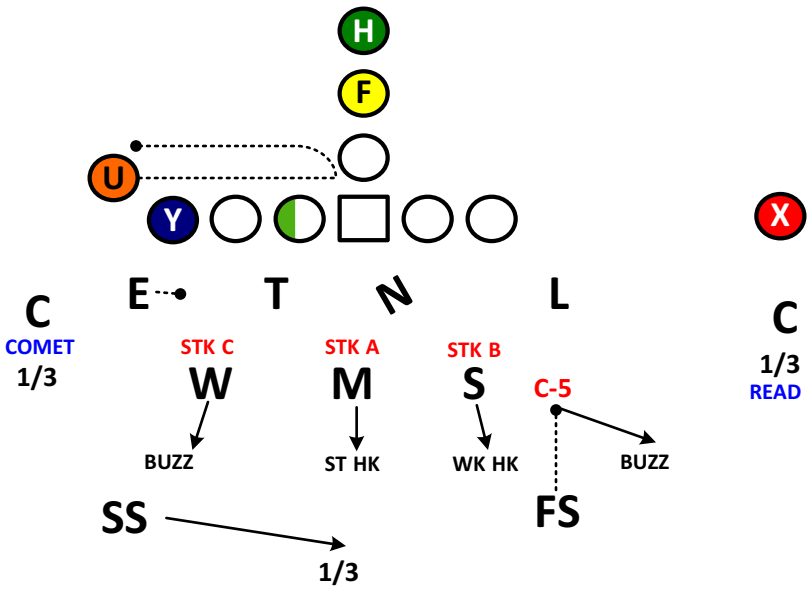


BOX PEEL

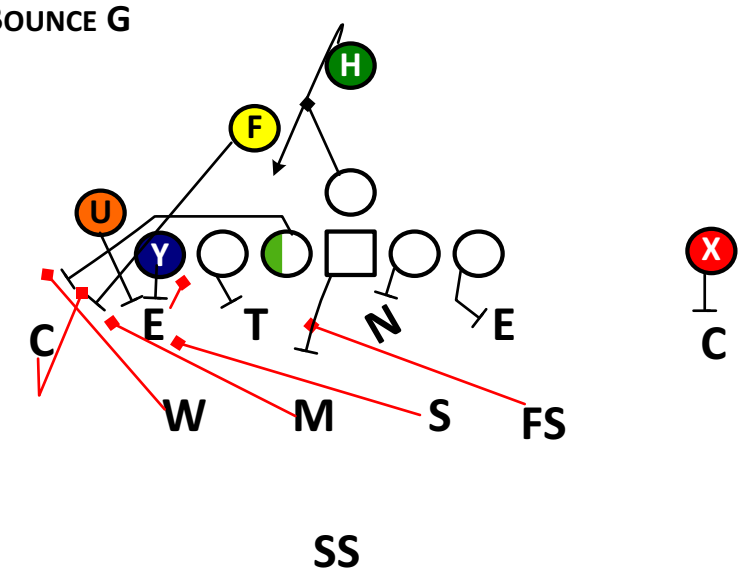


U Counter I Pair

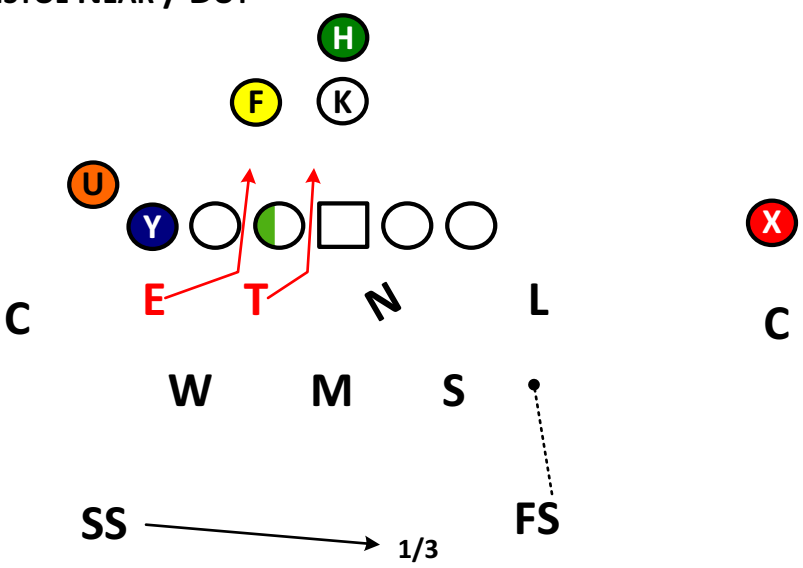
STAY IN 6 TECH



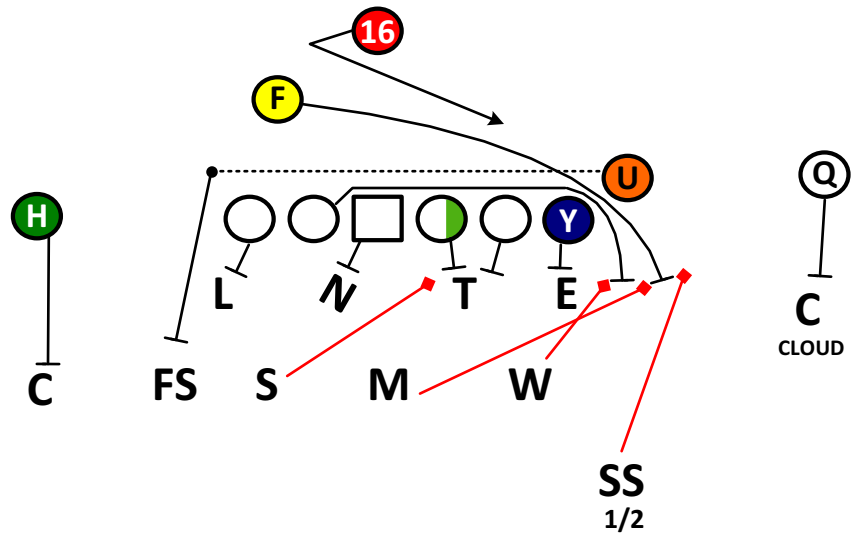
Bounce G



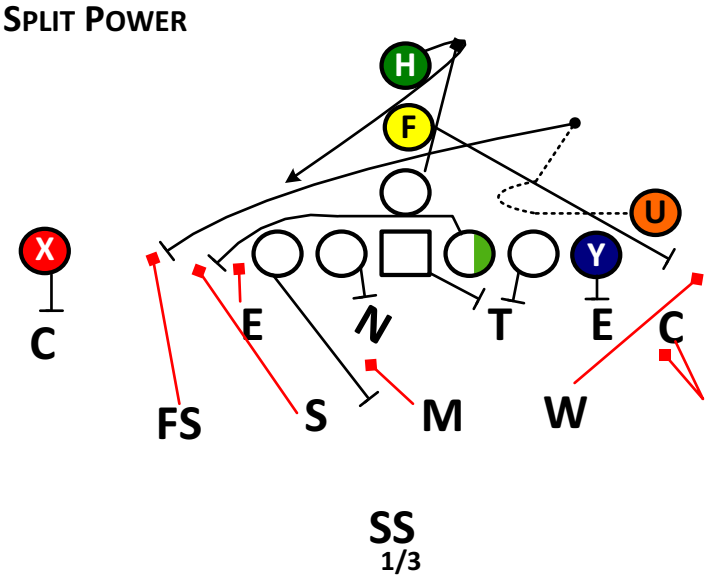
Pistol Near / Dot



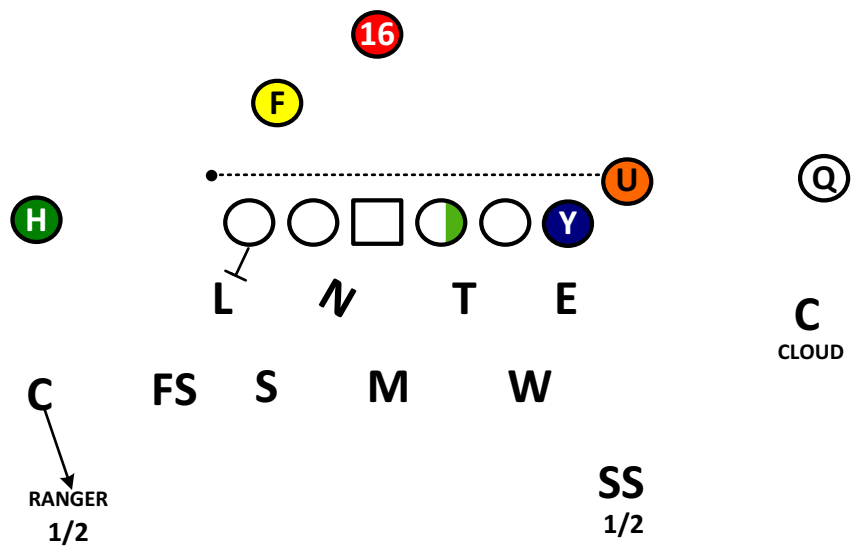
Wildcat



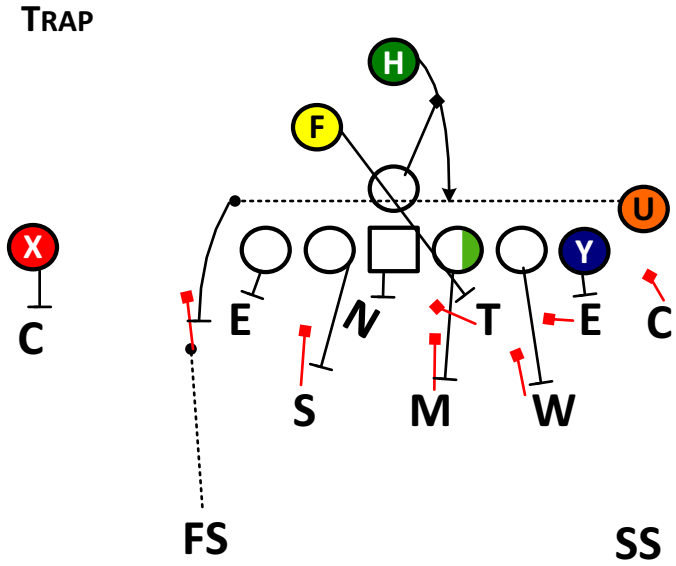
Split Power



Wildcat

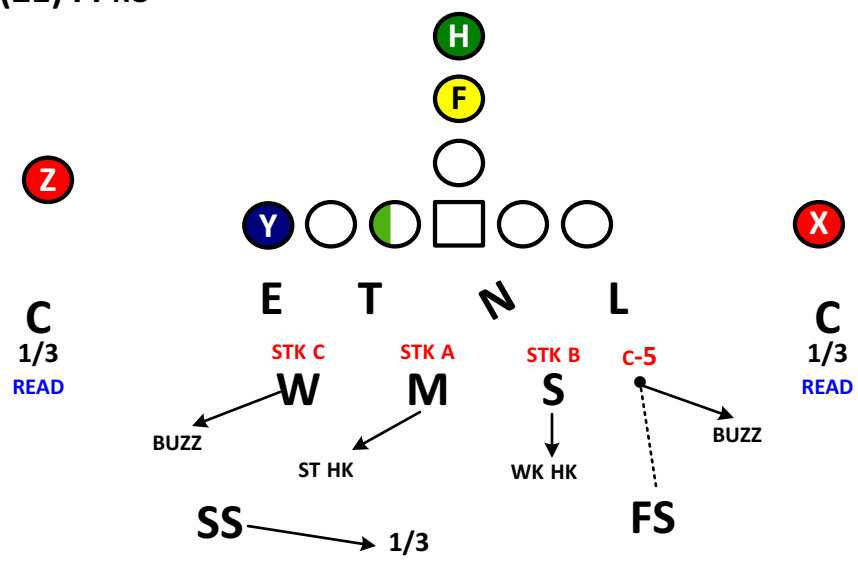


TRAP

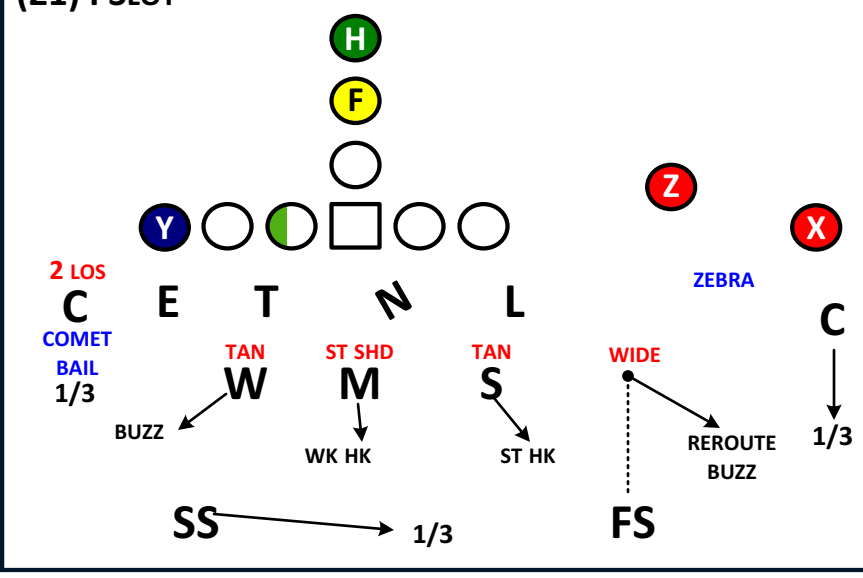


Over Zone Flex (Oakland)

(21) I Pro



(21) I Slot



Essence:

1. Oakland is an 8 man Over Family Defense.
2. The coverage is a 3 Deep, 4 Under defense with flex side rotation.

Coaching Points:

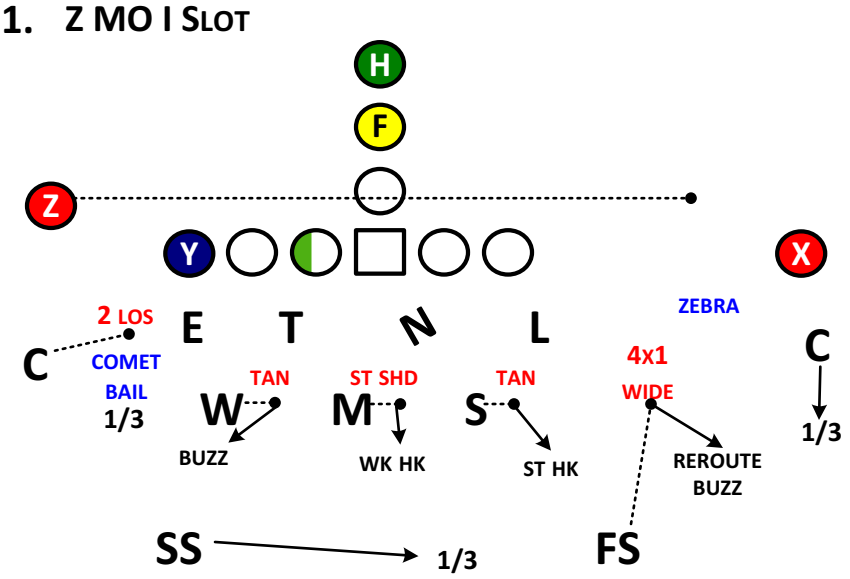
1. Solid call to the "Y"
2. Safeties show a 2 deep (Over 2 / L.A.) pre-snap look
3. Roger / Lou away from the Solid Call.
4. Corners defend their deep 1/3 using Read Principles
5. Seam Alert, Safeties Soft Sky (Alert Flat/Flat)

Adjustments:

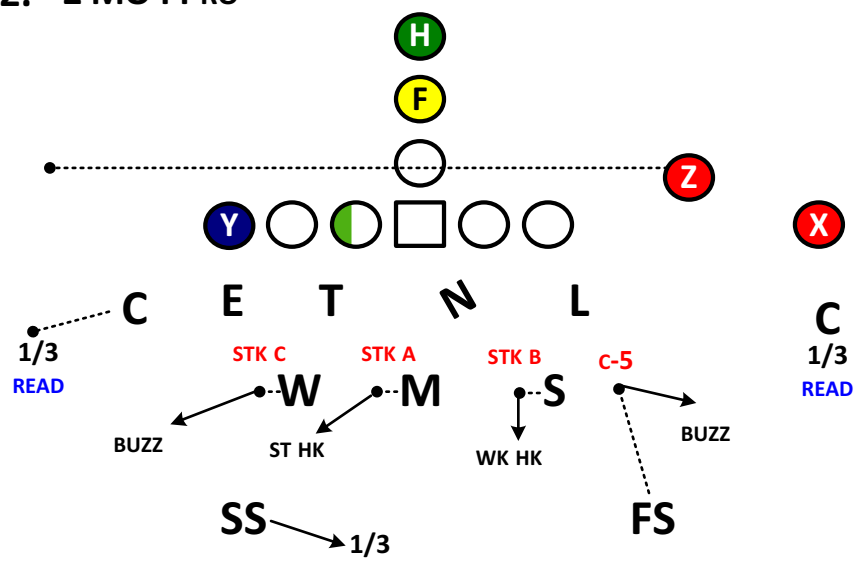
1. Vs. 2 Back Y Motion: Check Sammy (Rita / Linda)
   Vs. 1 Back Y Motion: Stay Roger / Lou
2. Vs. all 1 back sets: Play It
3. Vs. 2x2 formations: Seam Alert (FS Soft Sky)
4. Vs. Single Width Slot family, Possible Reno Check added to call
5. Possible Fronts Variations: Walk and Stem (Ex: Walk Oakland)
6. Possible Stunts: Ram, Spike, Rub (Ex: With a Ram Oakland)

Over Zone Flex (Oakland)

1. Z MO I Slot



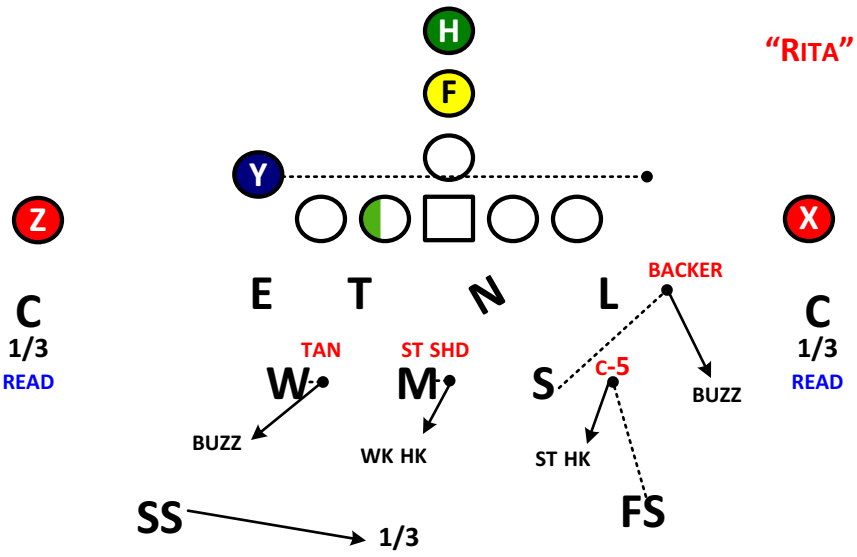
2. Z MO I Pro



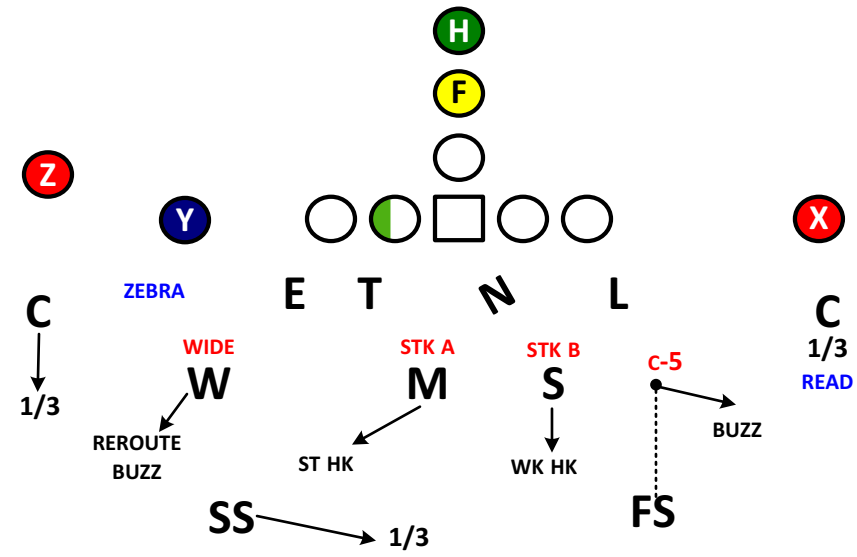
3. Y MO I Pro Y Off

CHECK SAMMY

"RITA"

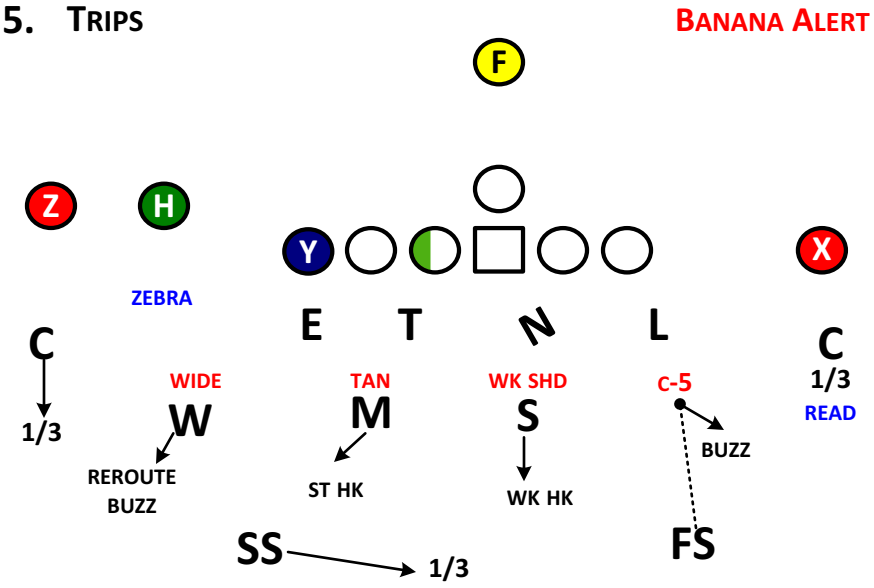


4. I Pro Y Open



5. Trips

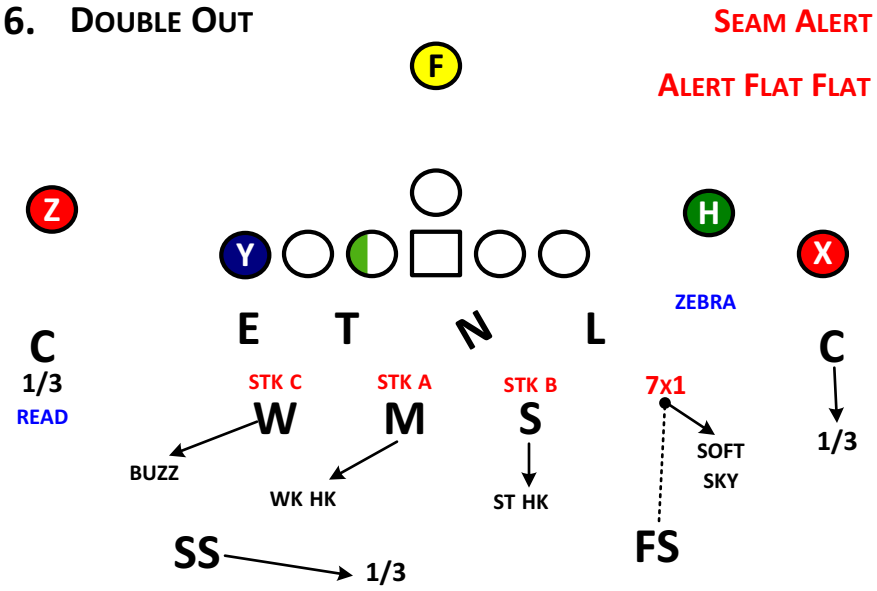
BANANA ALERT



6. Double Out

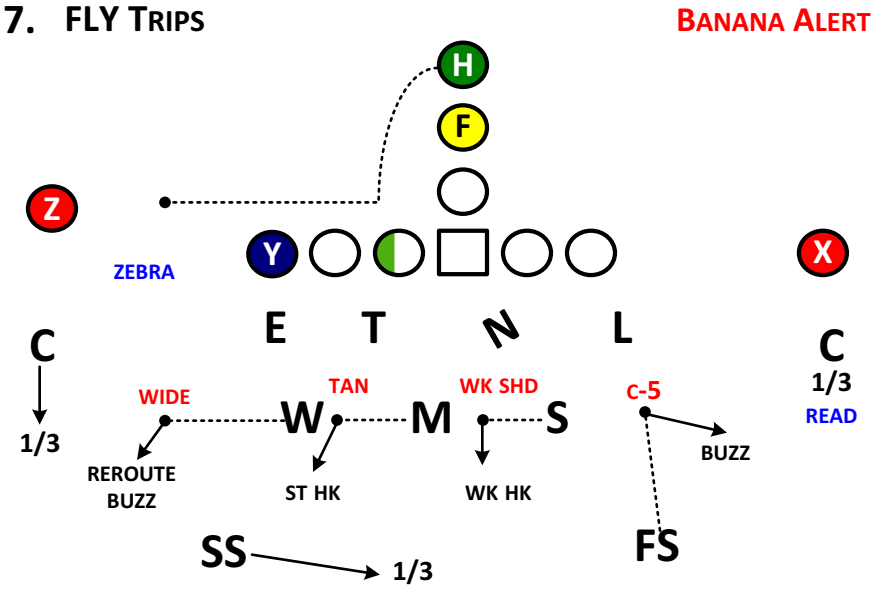
SEAM ALERT

ALERT FLAT FLAT



7. FLY Trips

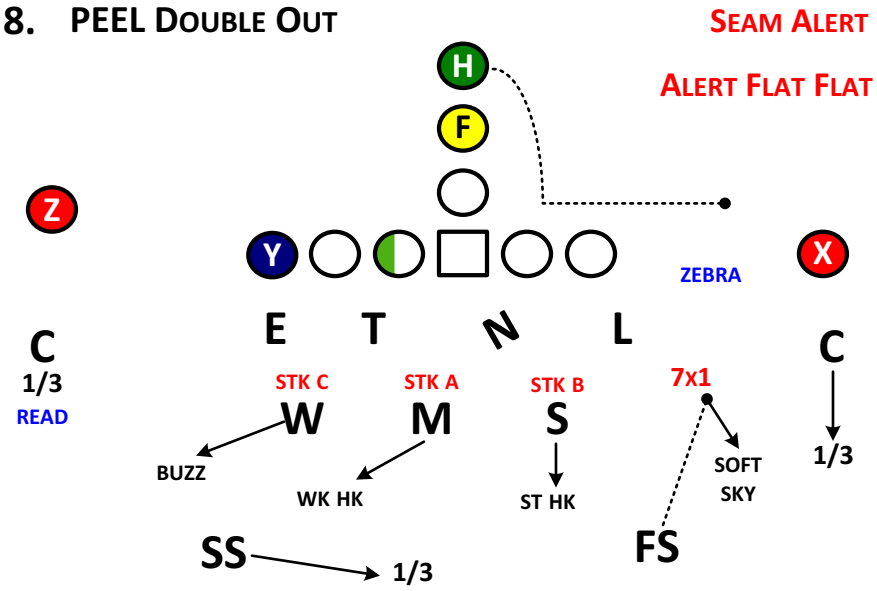
BANANA ALERT



8. PEEL Double Out

SEAM ALERT

ALERT FLAT FLAT

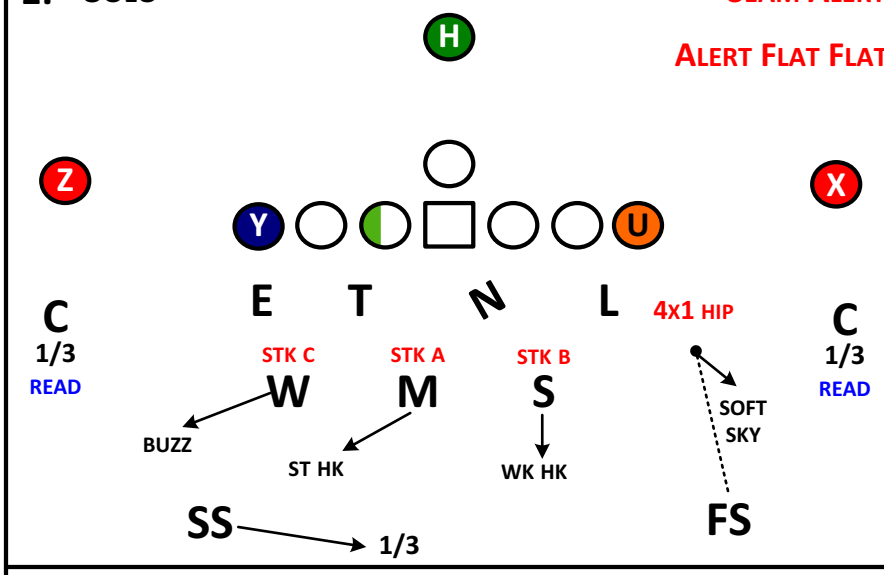


Over Zone Flex (Oakland)

1. Solo

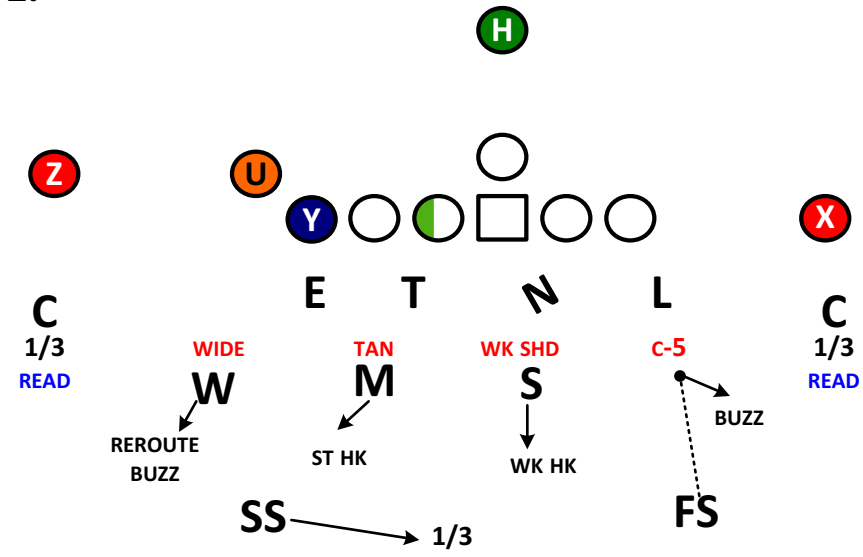
Seam Alert

Alert Flat Flat



2. Pair Trips

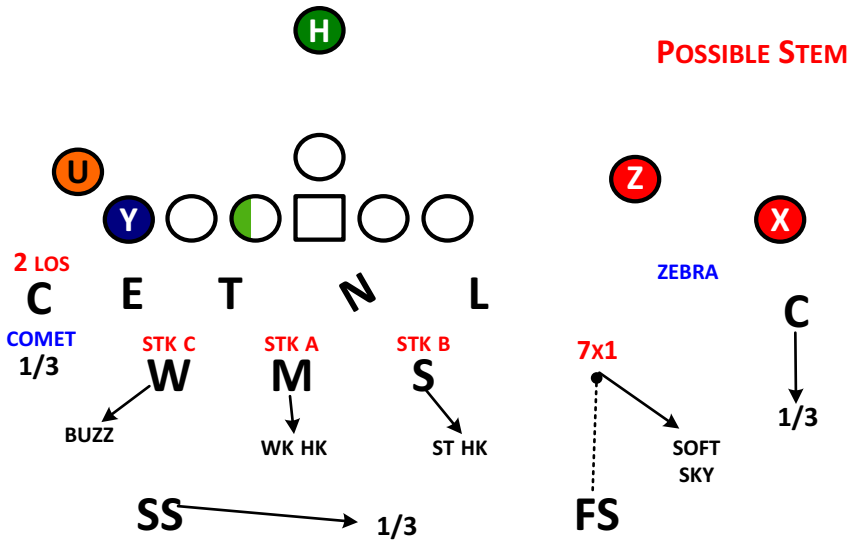
Banana Alert



3. Pair Slot

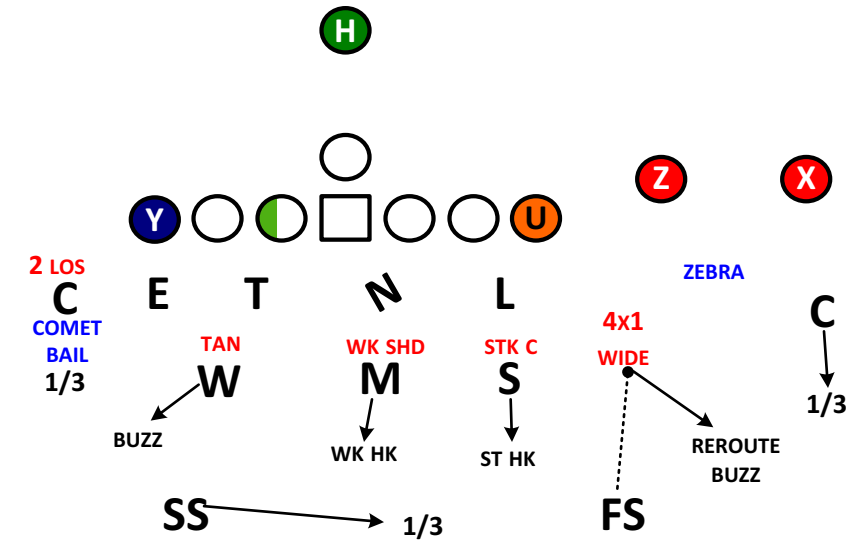
Seam Alert

Possible Stem



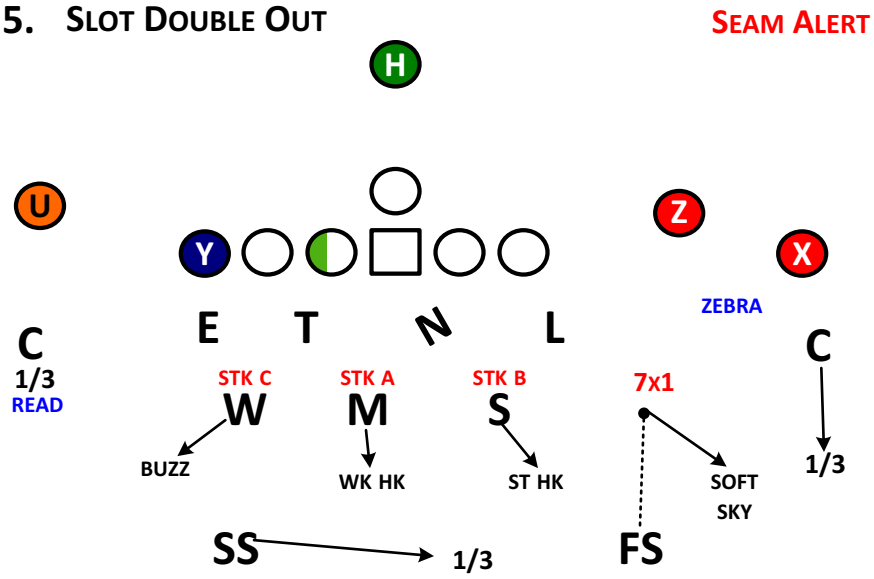
4. Solo Slot

Banana Alert



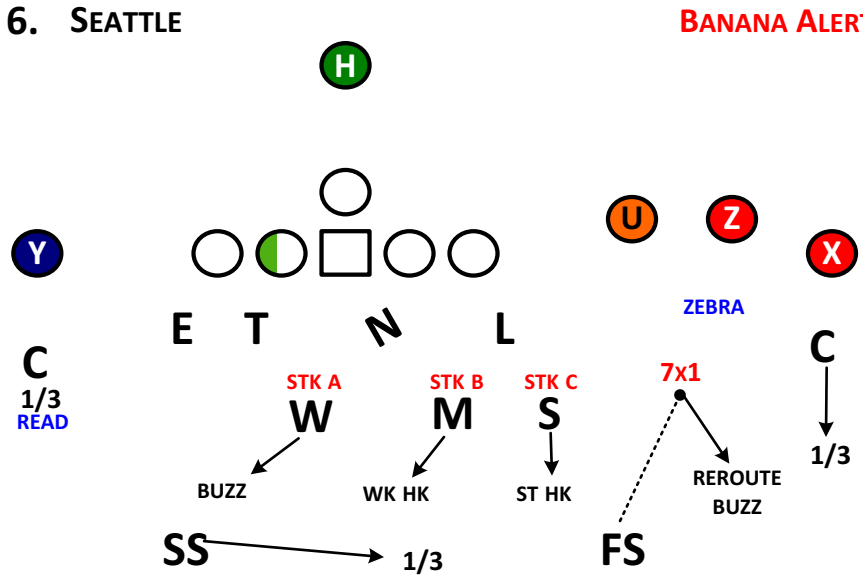
5. Slot Double Out

Seam Alert



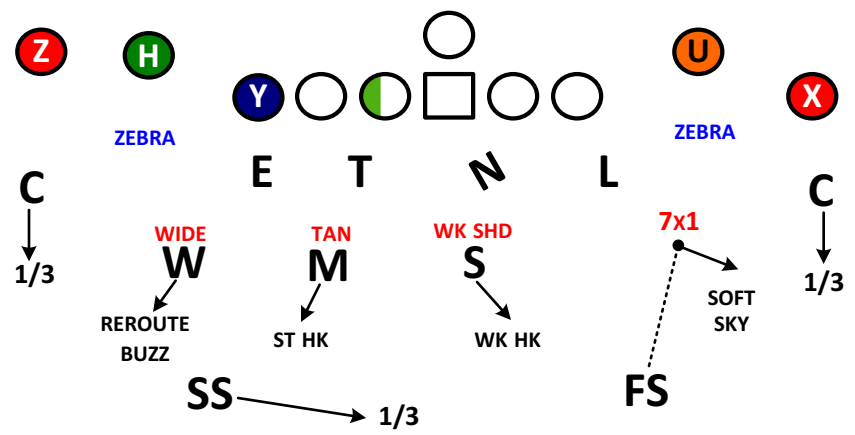
6. Seattle

Banana Alert



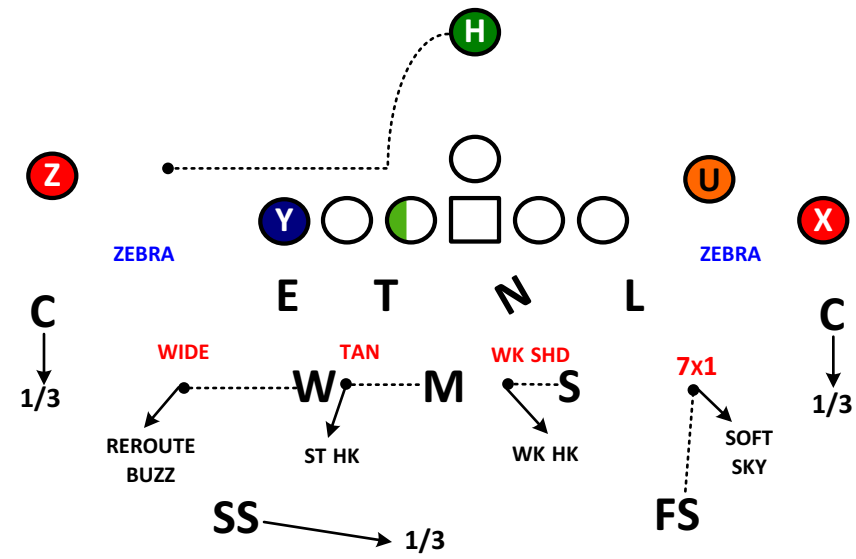
7. Empty

Seam Alert



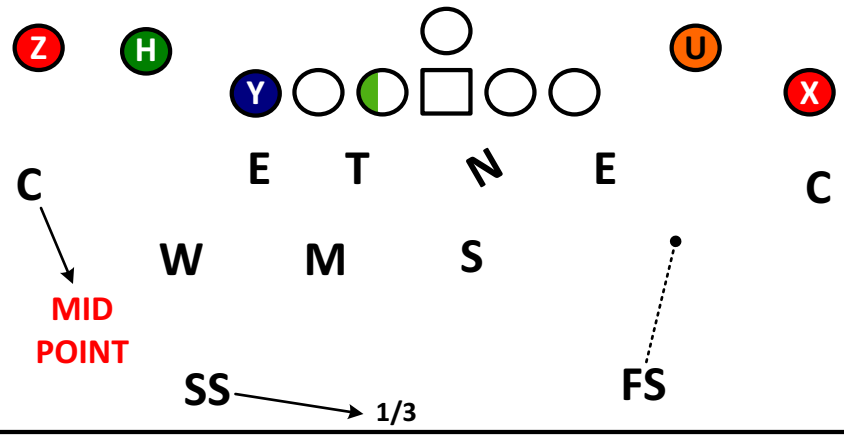
8. Fly Empty

Seam Alert

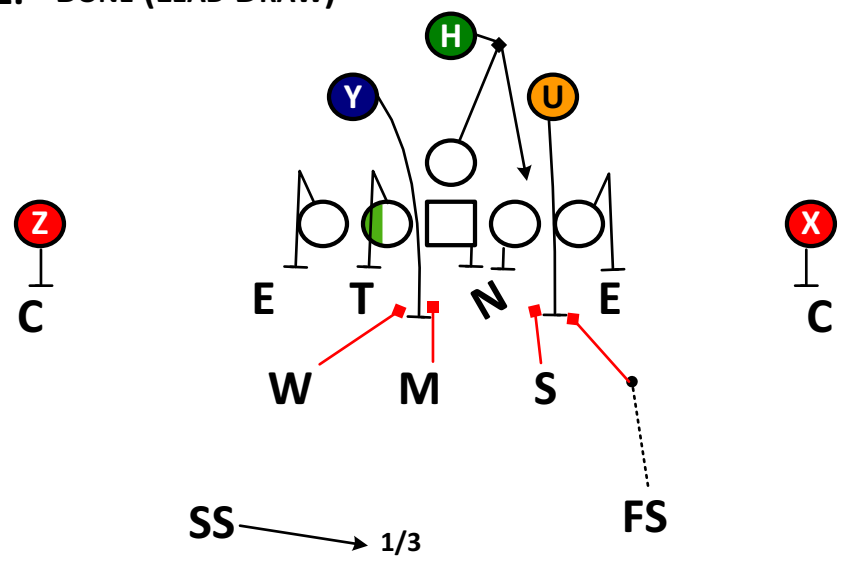


Over Zone Flex (Oakland)

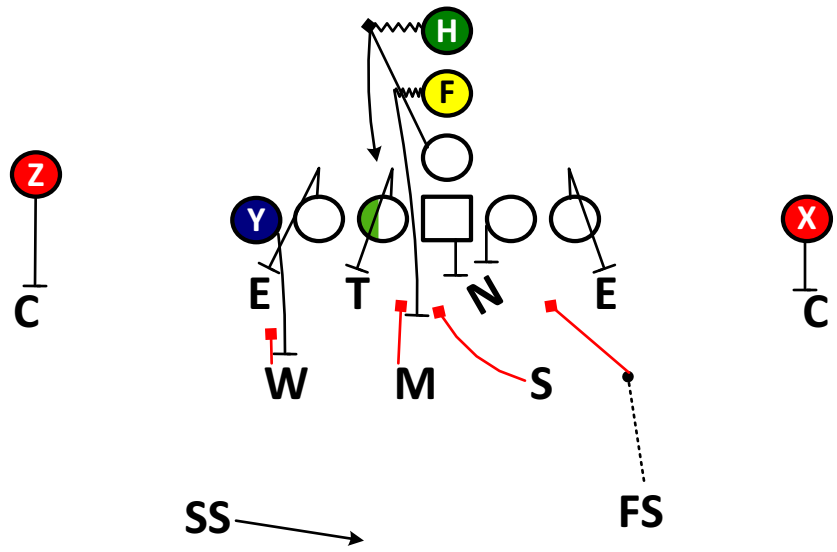
1. Empty



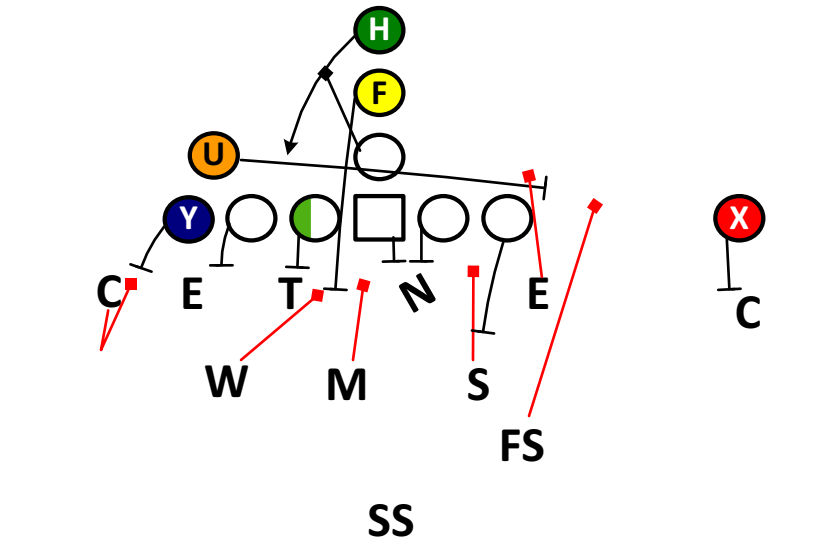
2. Bone (Lead Draw)



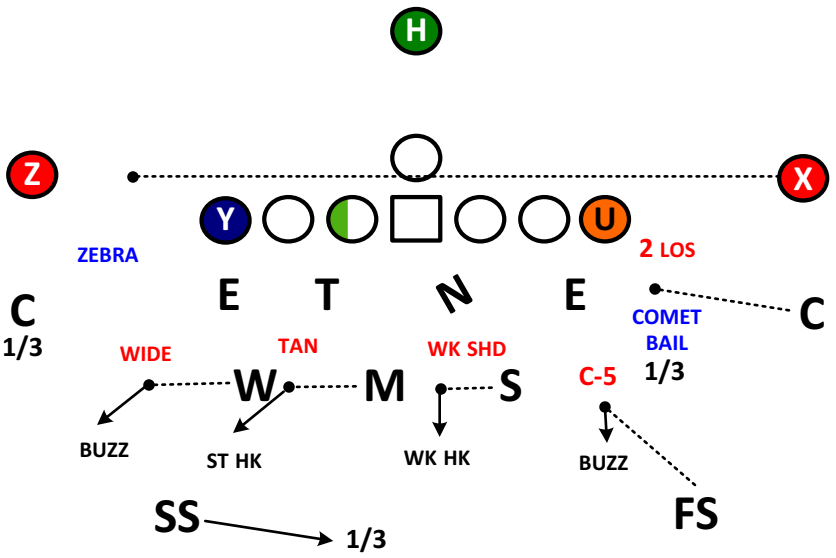
3. Pump Lead Draw



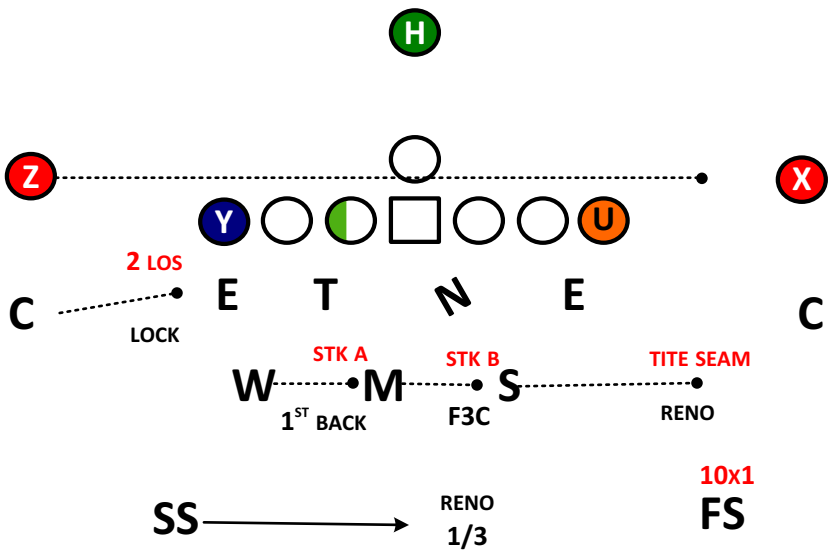
4. U in the Core



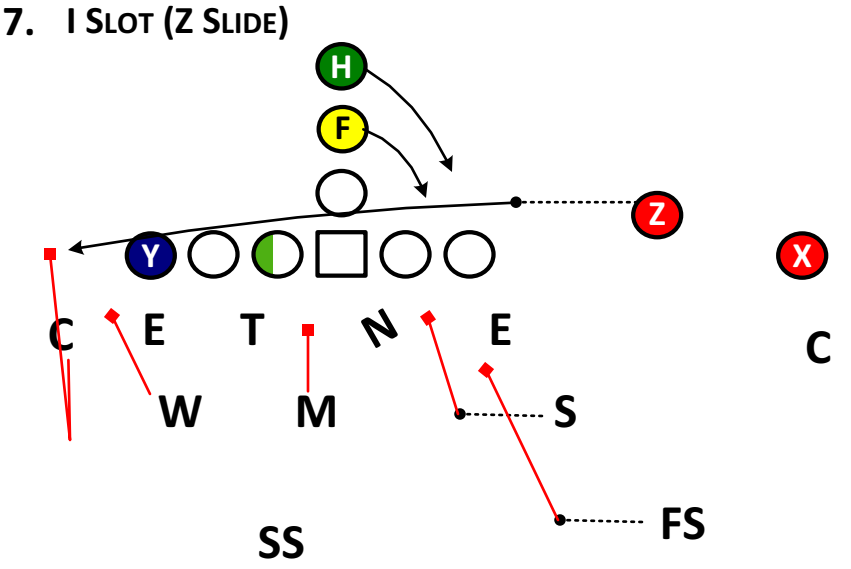
5. X MO to Trips



6. Z MO to Triples

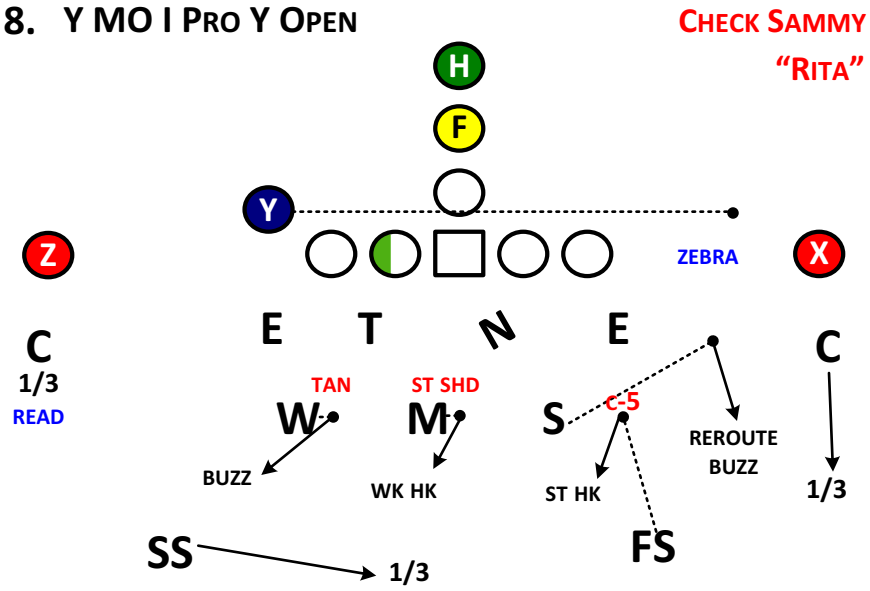


7. I Slot (Z Slide)



8. Y MO I Pro Y Open

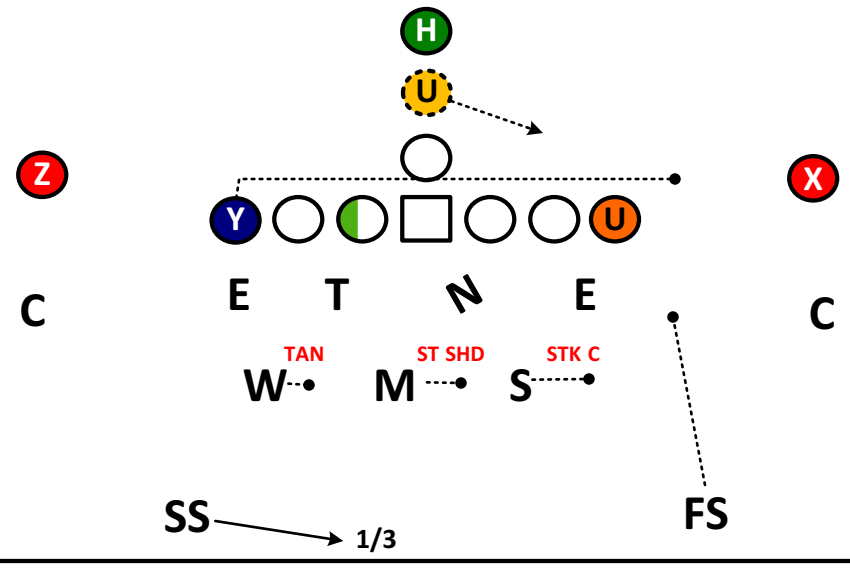
Check Sammy
"Rita"



Over Zone Flex (Oakland)

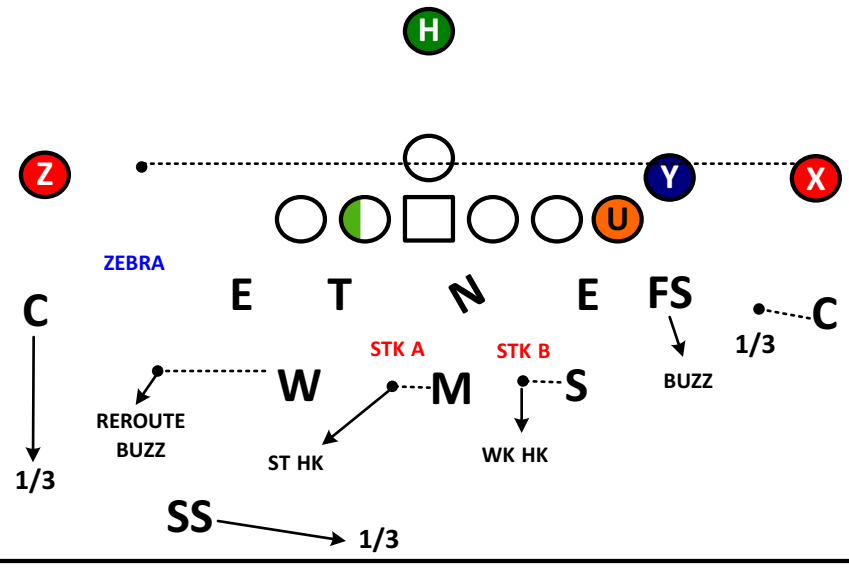
1. Cardinal Motion

Stay Roger

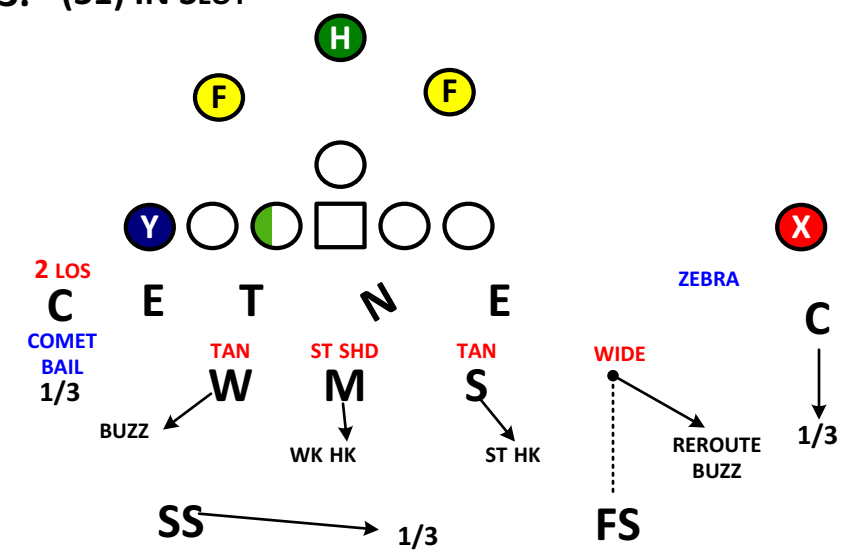


2. X Motion

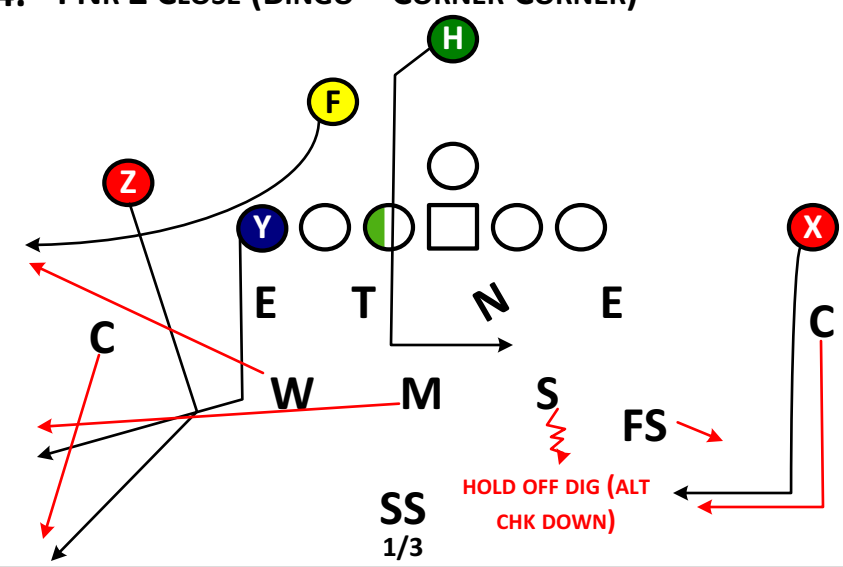
Stay Roger



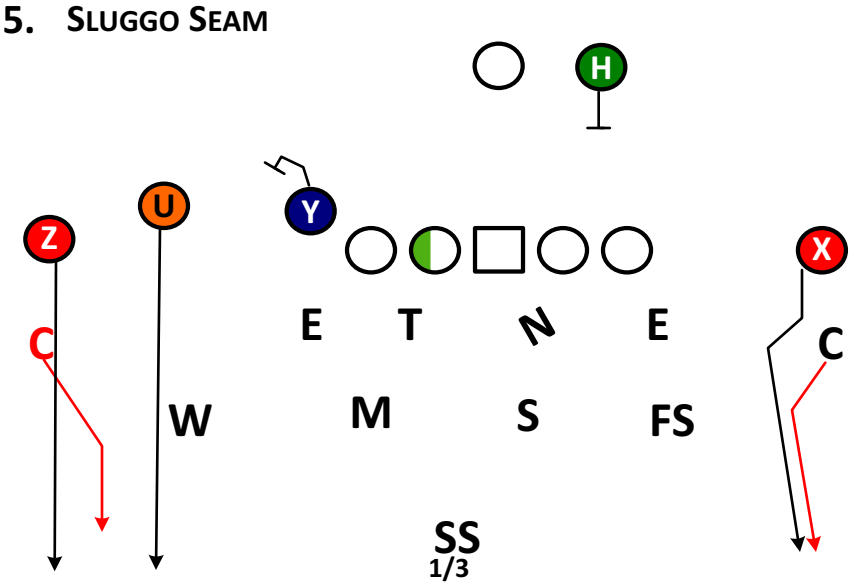
3. (31) IN Slot



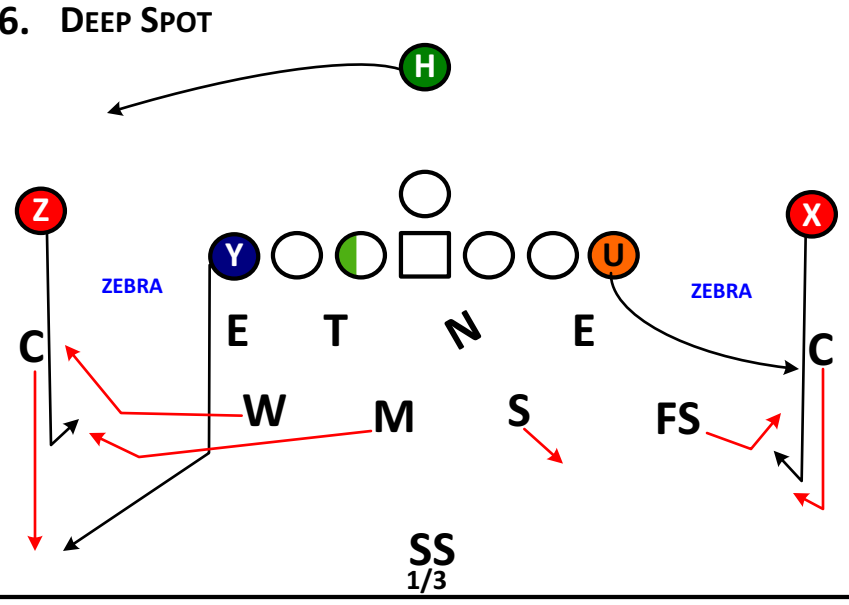
4. I Nr Z Close (Bingo – Corner Corner)



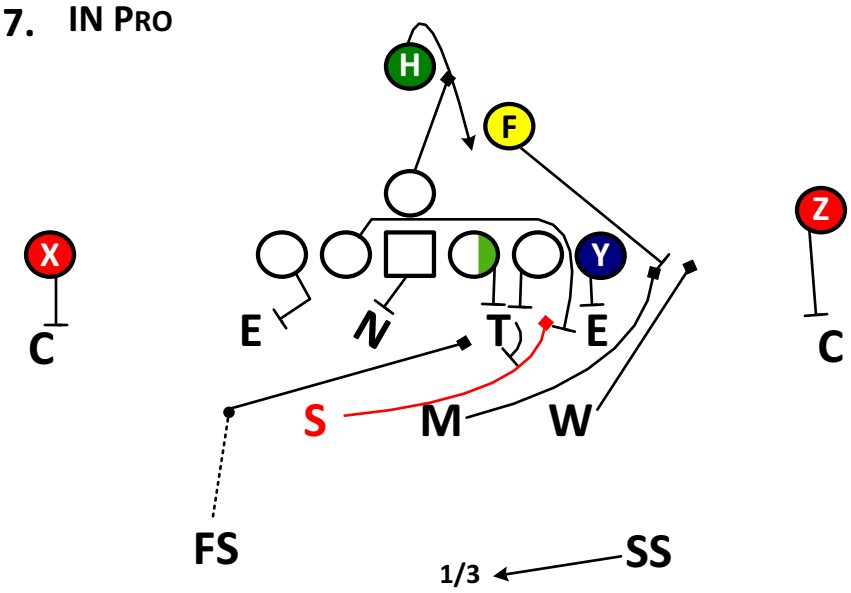
5. Sluggo Seam



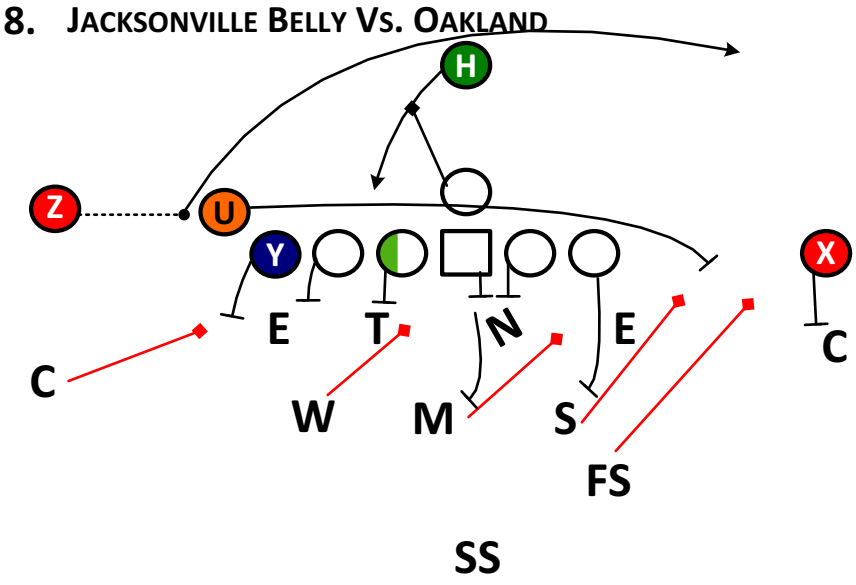
6. Deep Spot



7. IN Pro

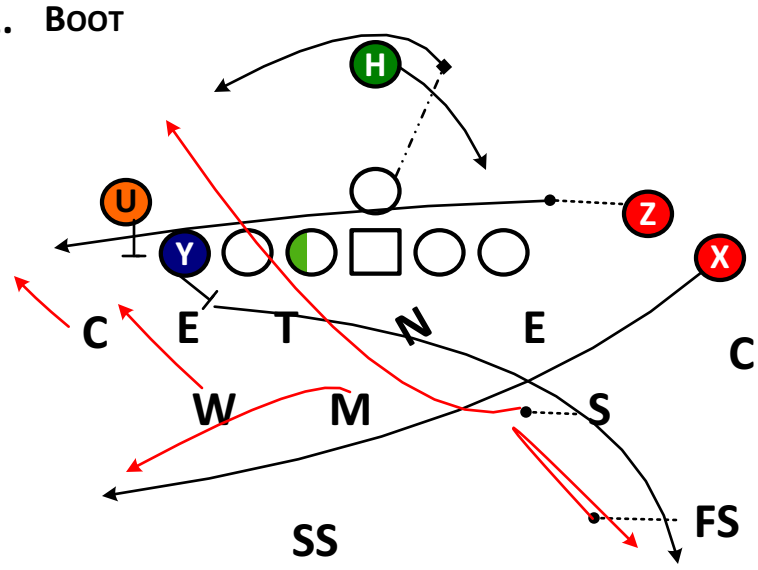


8. Jacksonville Belly Vs. Oakland

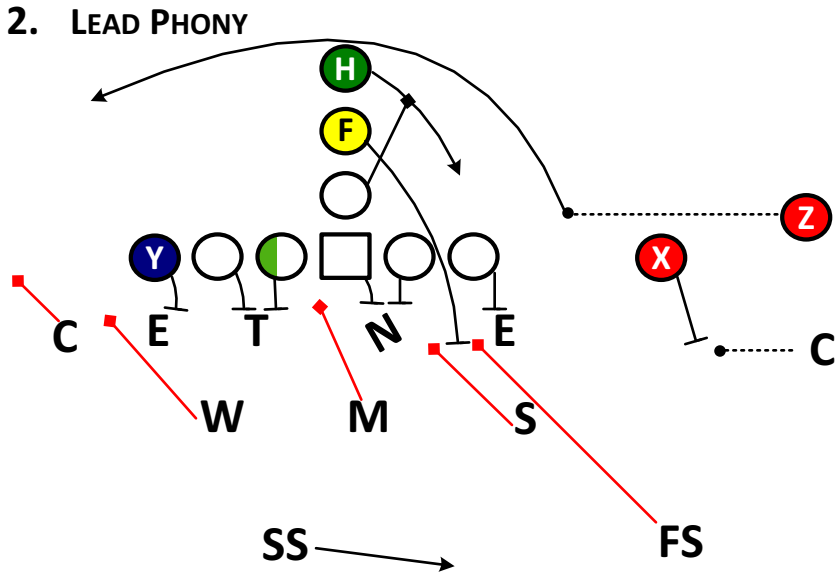


Over Zone Flex (Oakland)

1. Boot



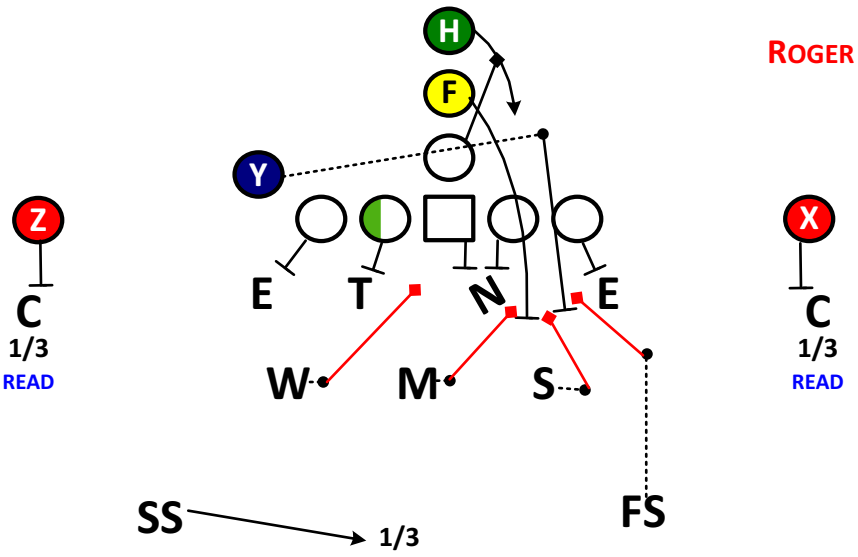
2. Lead Phony



3. Y MO

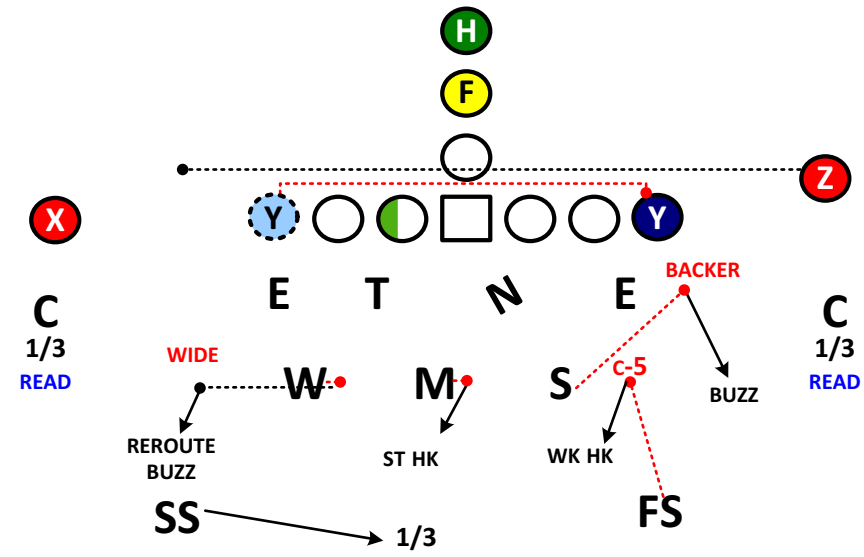
Slide Alignments

Roger

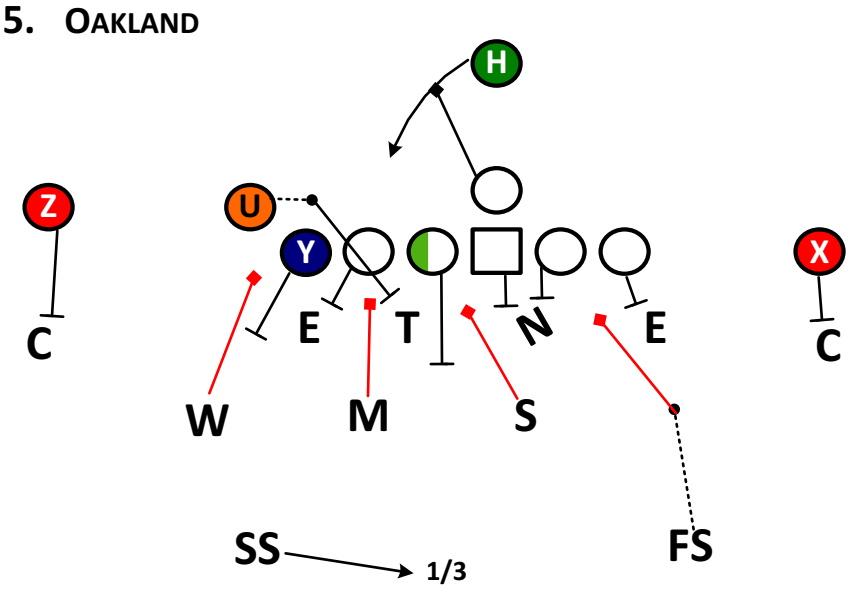


4. Oakland Reno

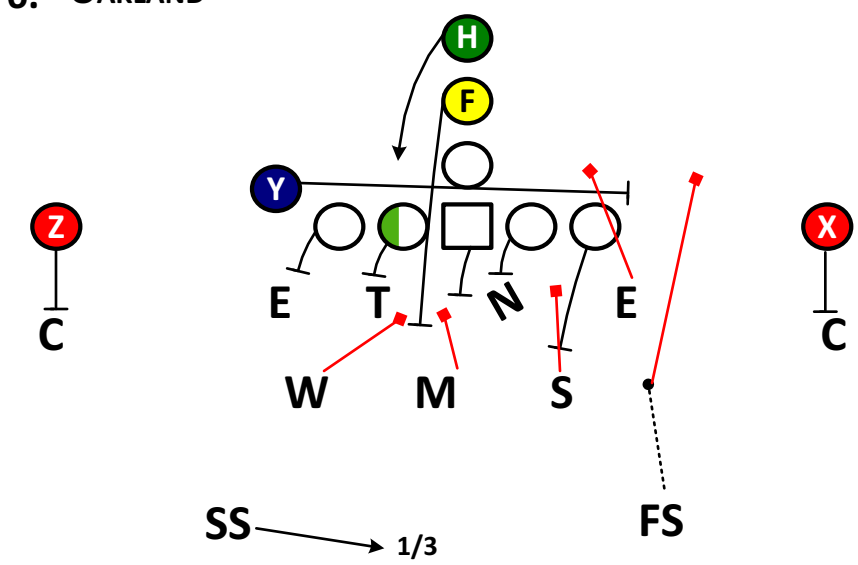
Check Sammy



5. Oakland

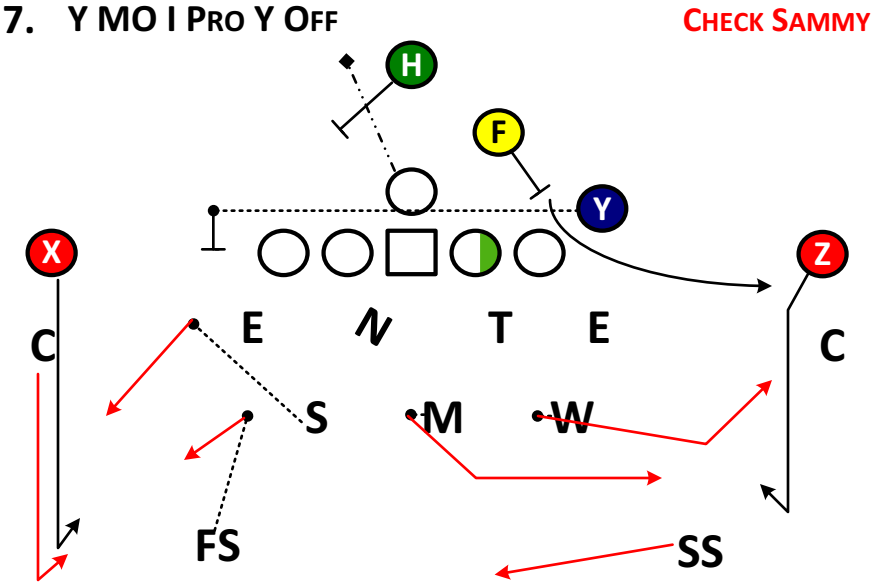


6. Oakland

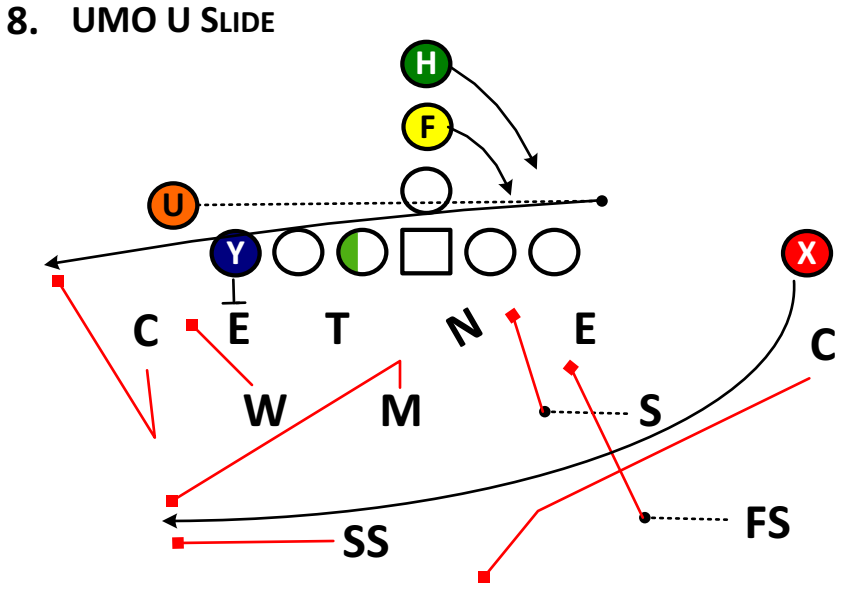


7. Y MO I Pro Y Off

Check Sammy

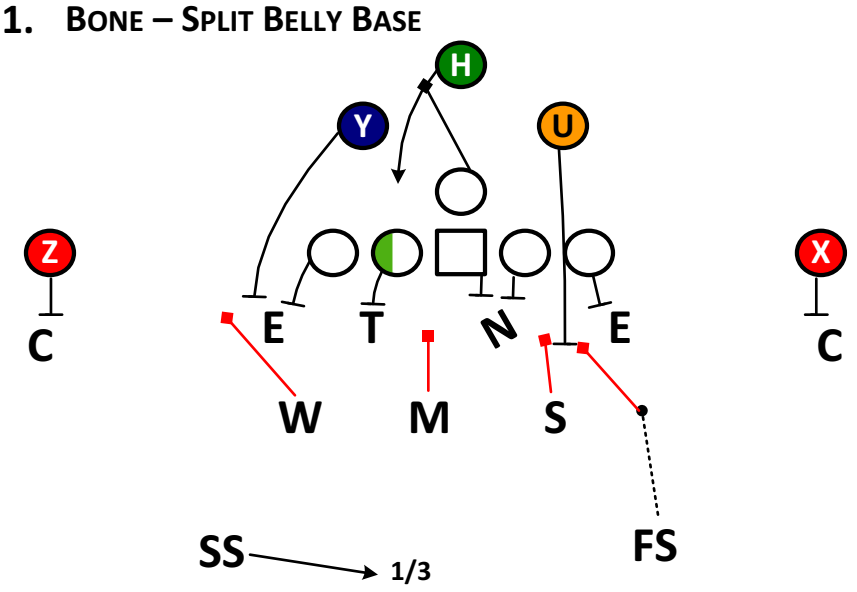


8. UMO U Slide



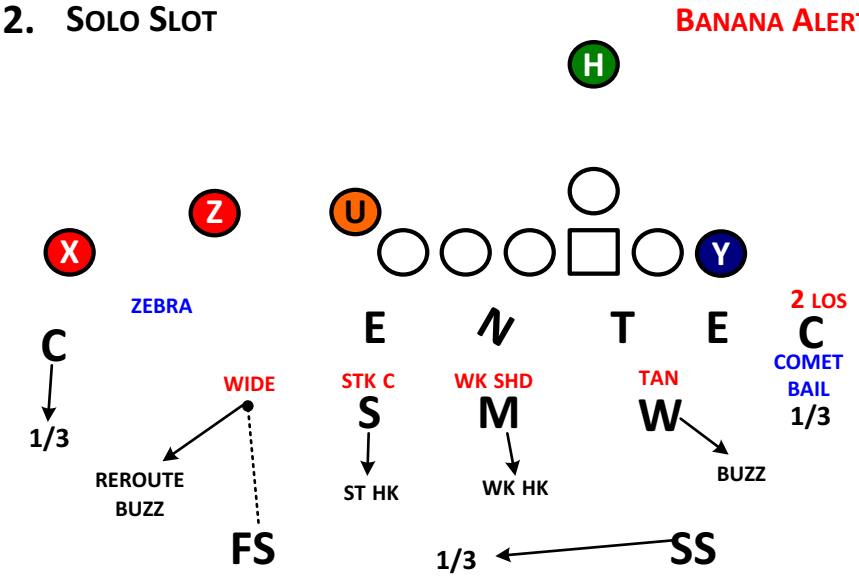
Over Zone Flex (Oakland)

1. Bone – Split Belly Base



2. Solo Slot

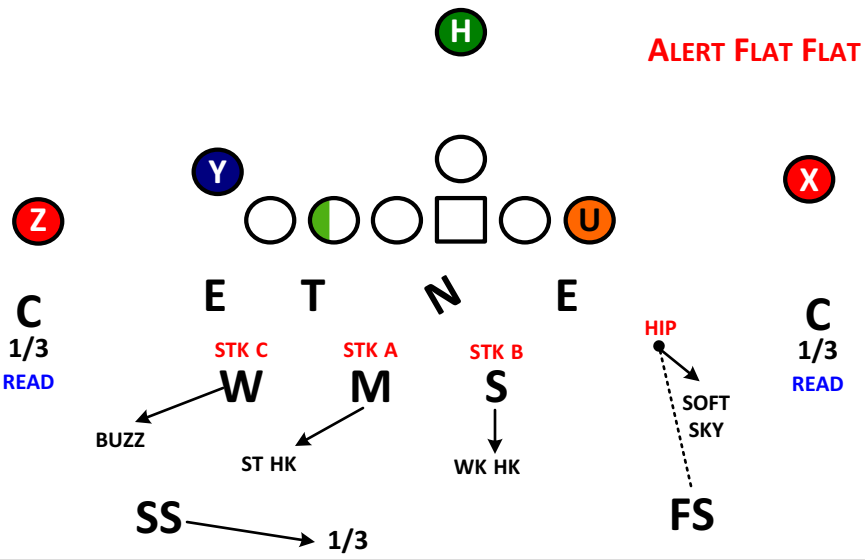
Banana Alert



3. Unbalanced

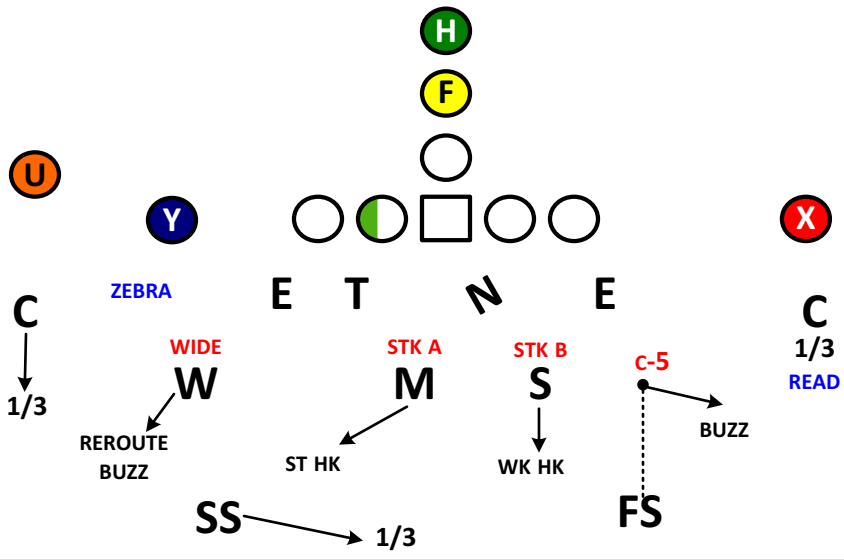
Seam Alert

Alert Flat Flat



4. 3 Displaced from Core

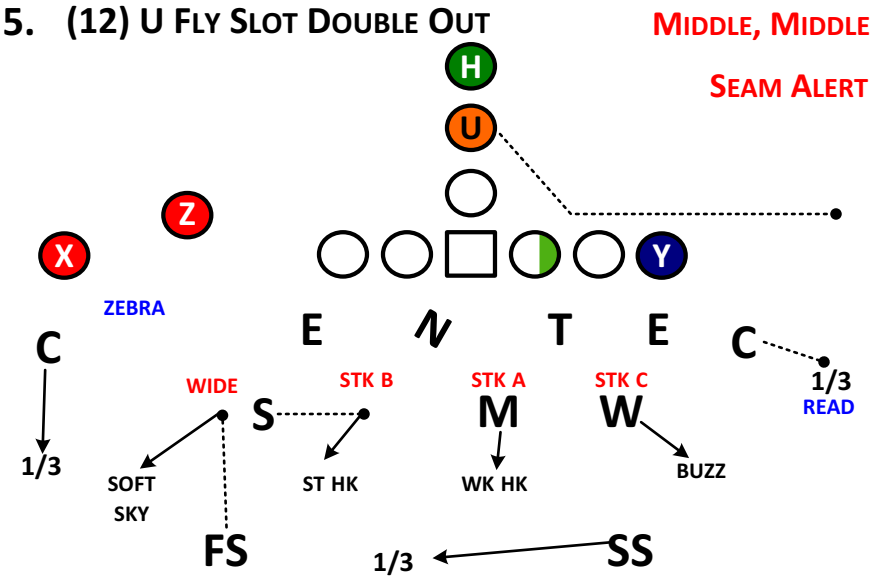
Check Oakland



5. (12) U Fly Slot Double Out

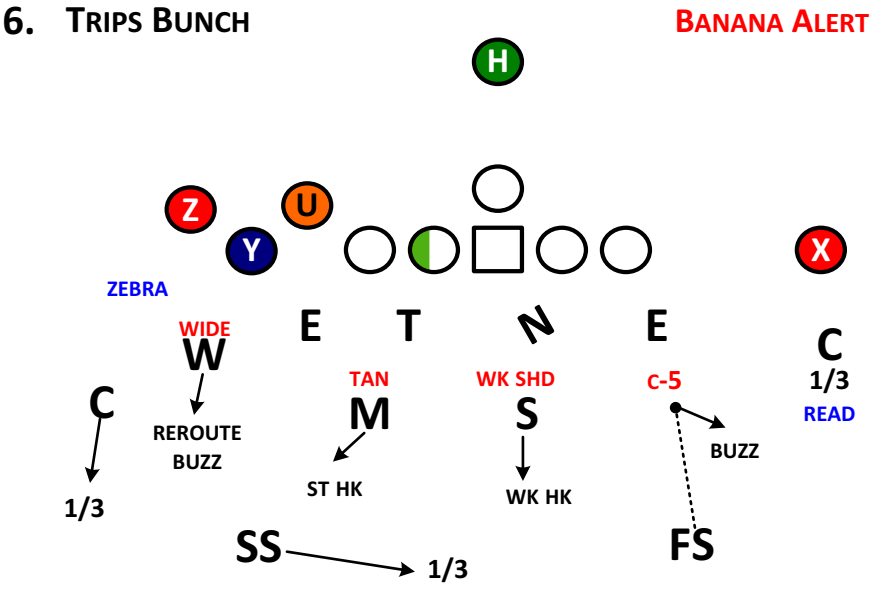
Middle, Middle

Seam Alert



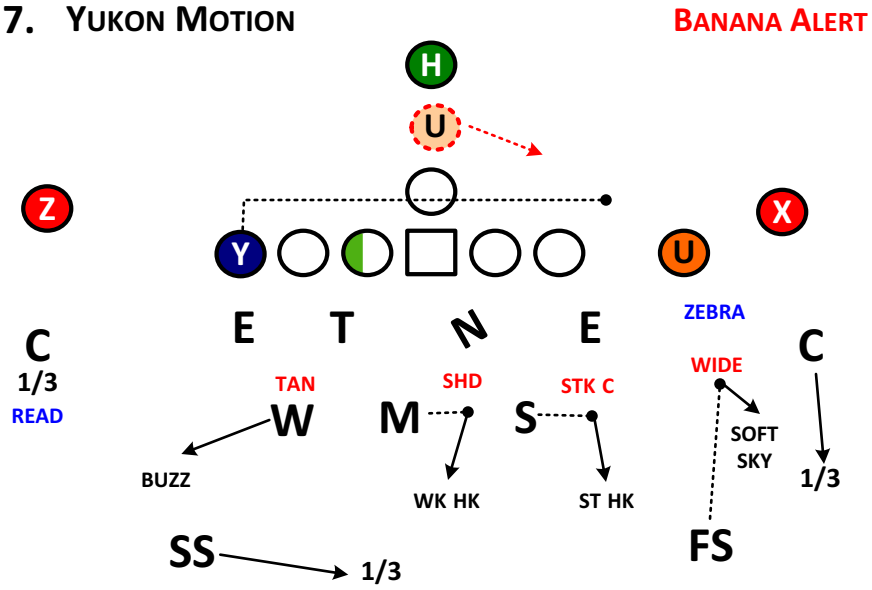
6. Trips Bunch

Banana Alert



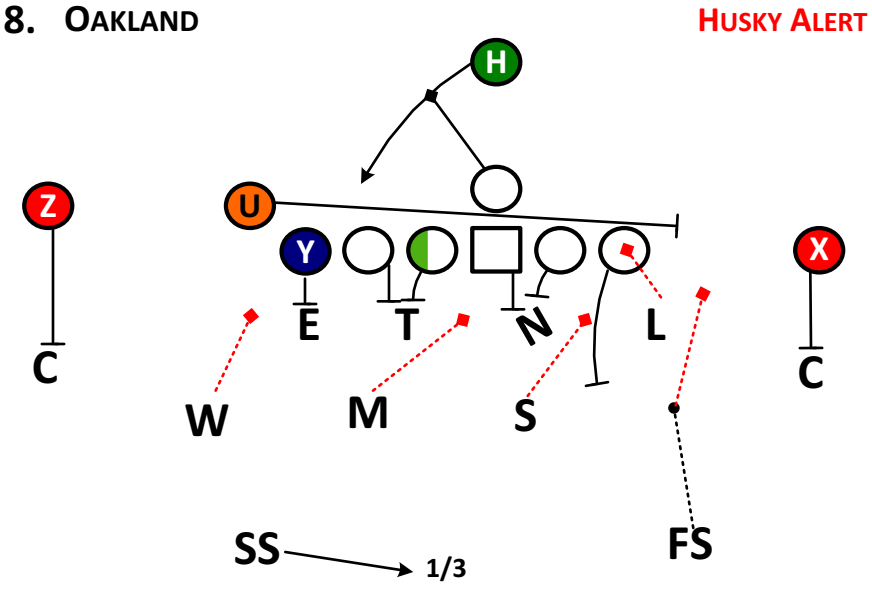
7. Yukon Motion

Banana Alert



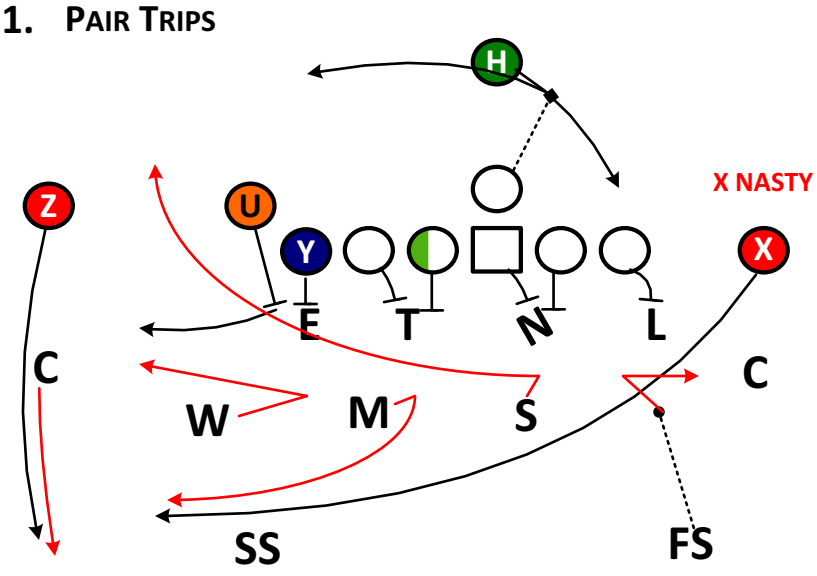
8. Oakland

Husky Alert

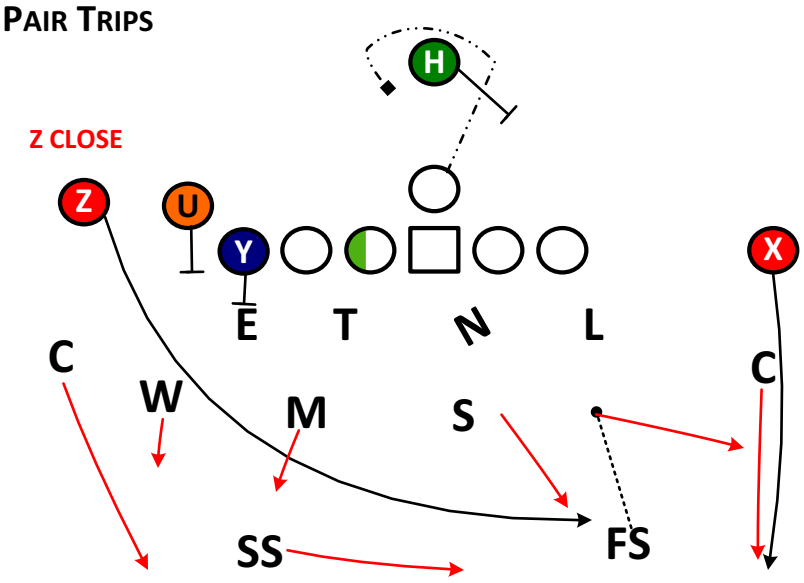


Over Zone Flex (Oakland)

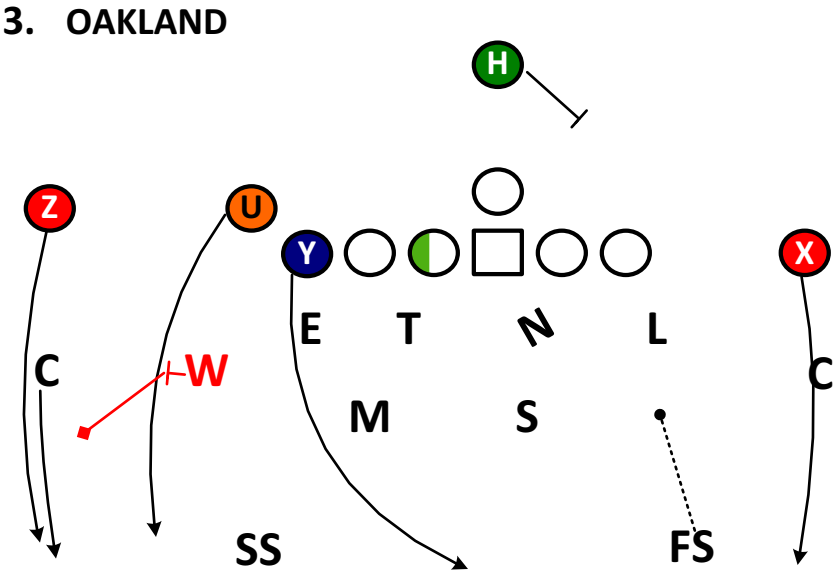
1. Pair Trips



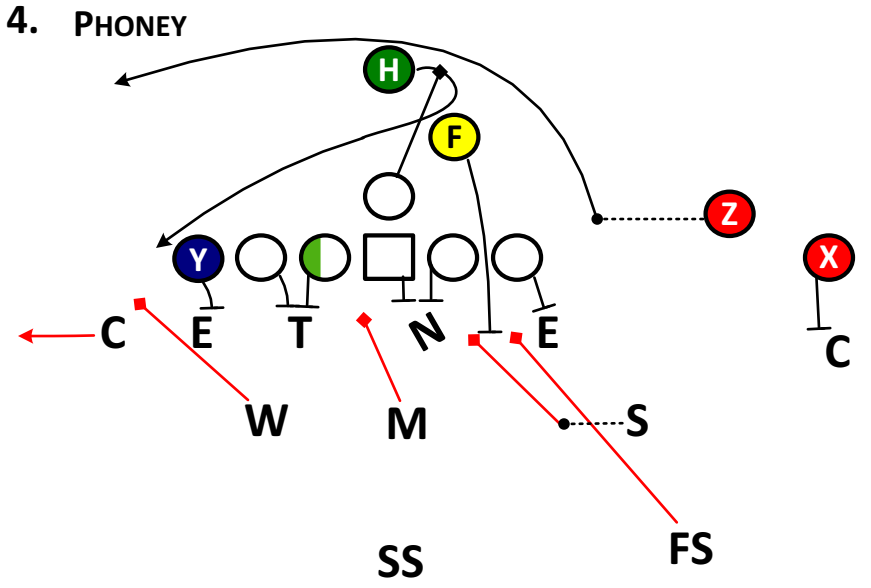
2. Pair Trips



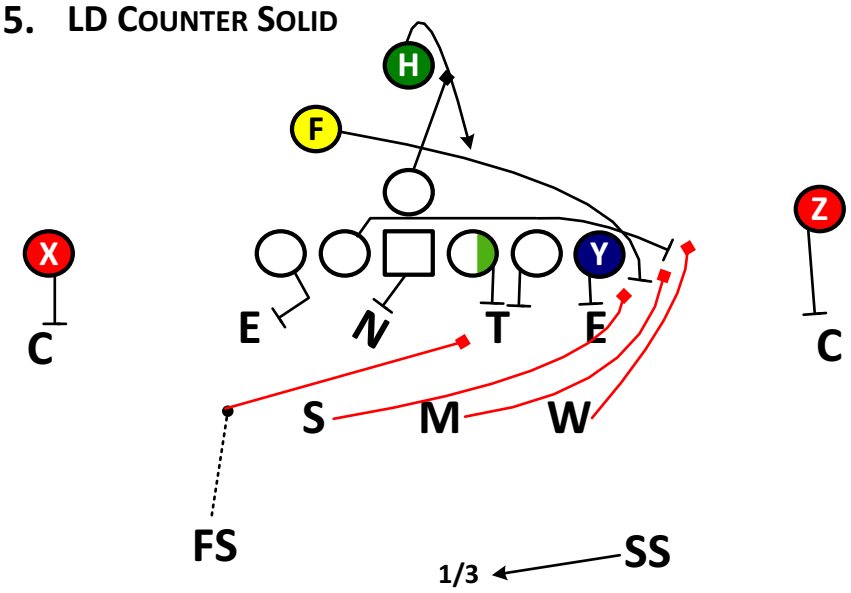
3. OAKLAND



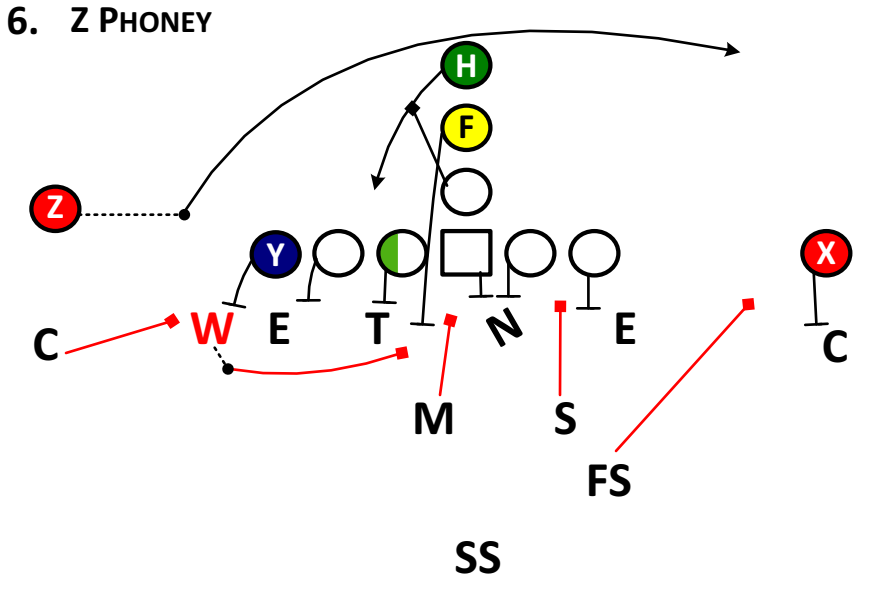
4. Phoney



5. LD Counter Solid

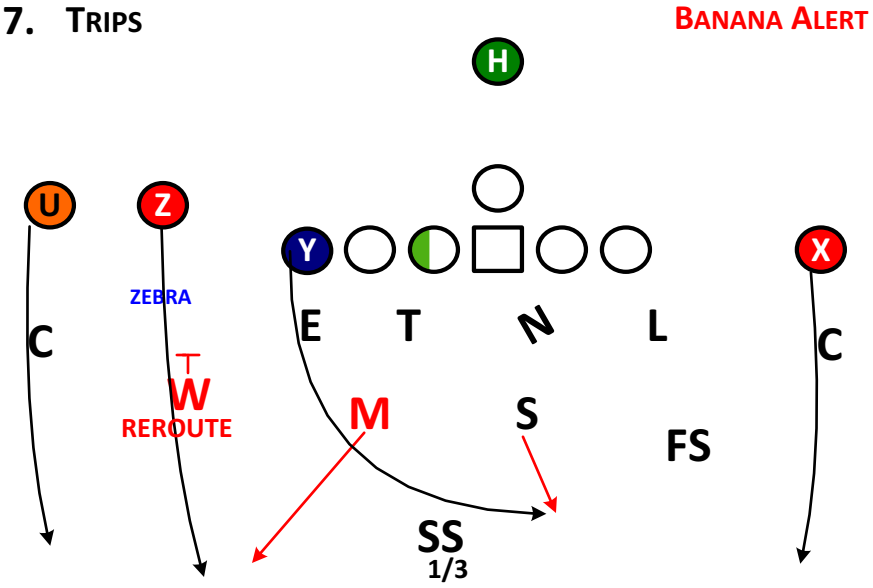


6. Z Phoney



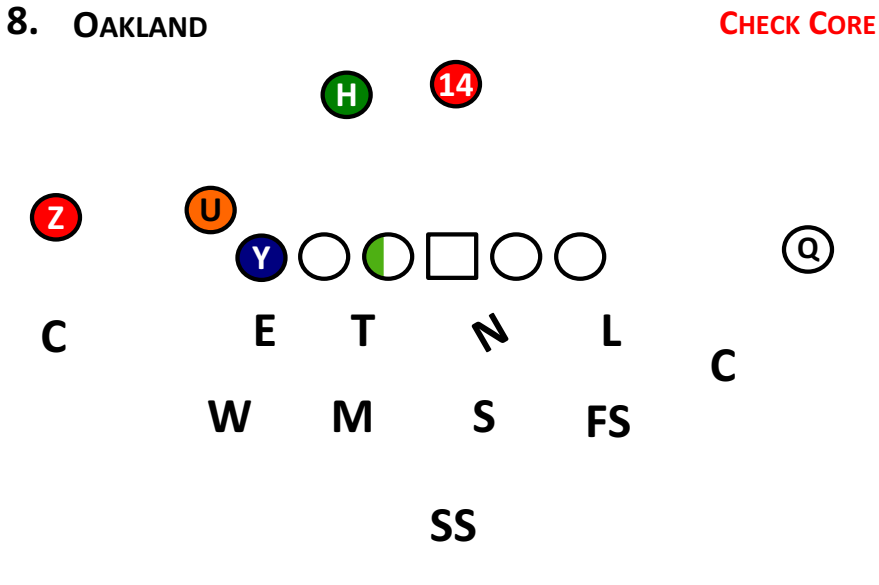
7. Trips

Banana Alert



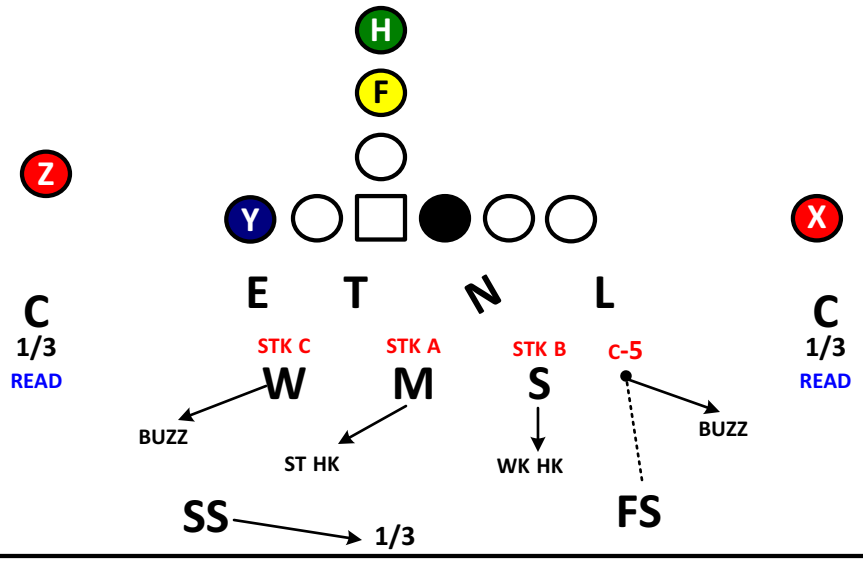
8. Oakland

Check Core



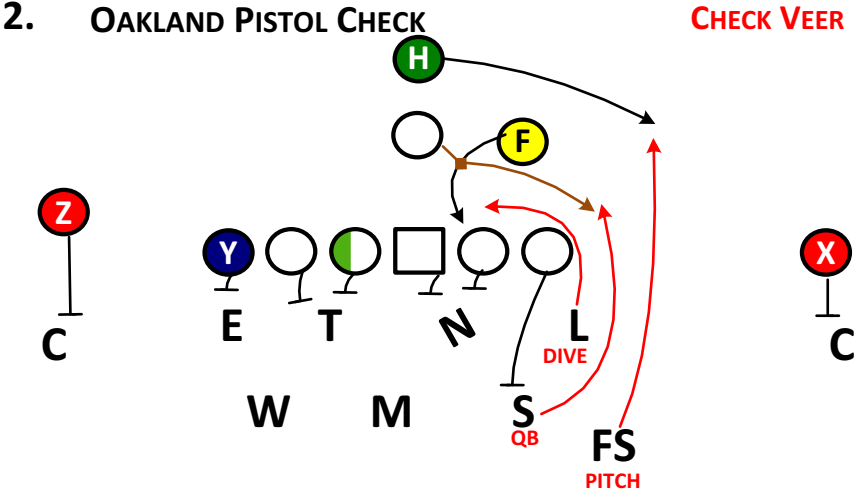
Over Zone Flex (Oakland)

1. I Pro Unbalanced



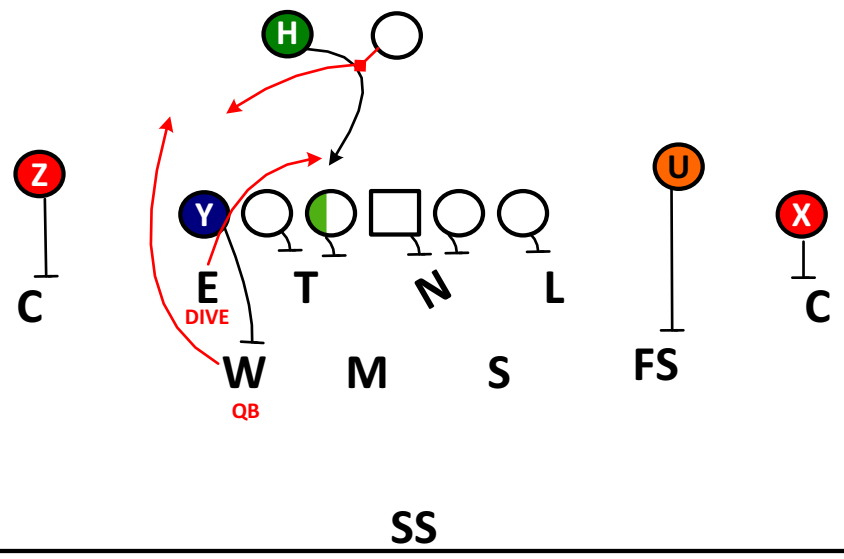
2. Oakland Pistol Check

Check Veer



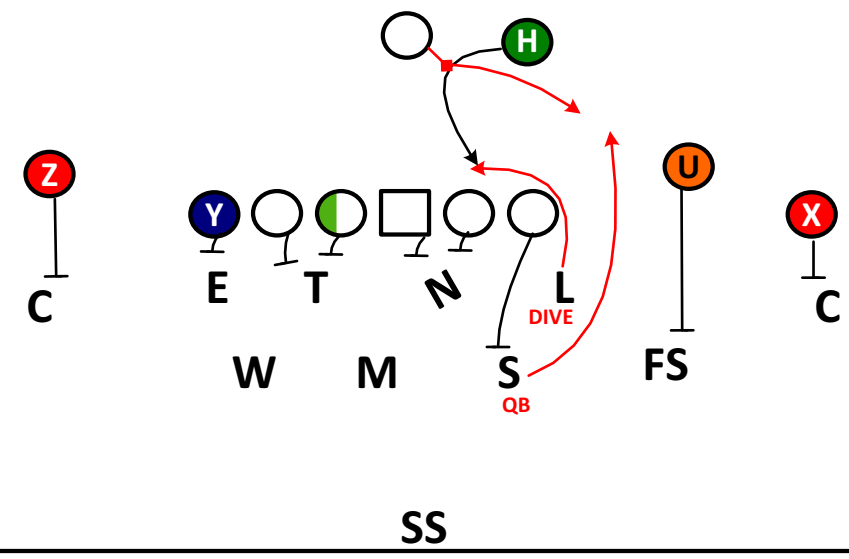
3. Oakland

Check Aggie



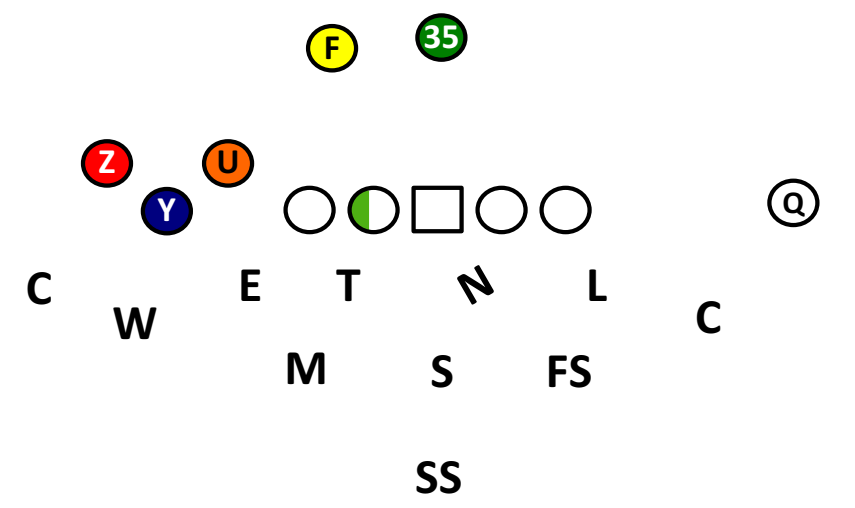
4. Oakland

Check Veer

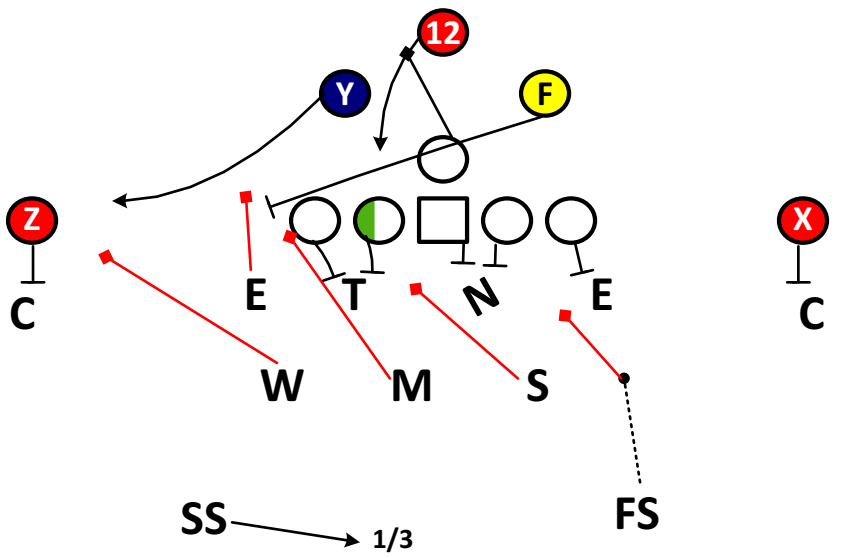


5. Oakland

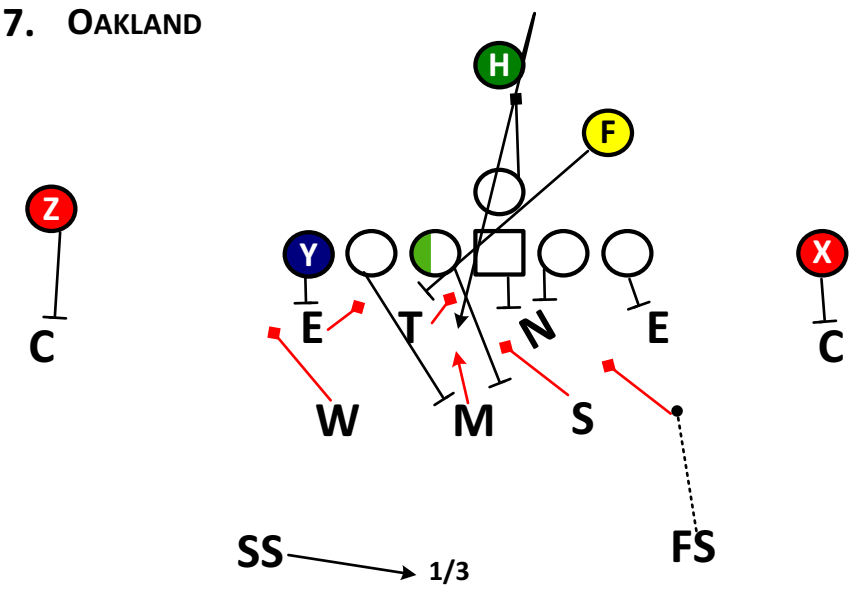
Check Core



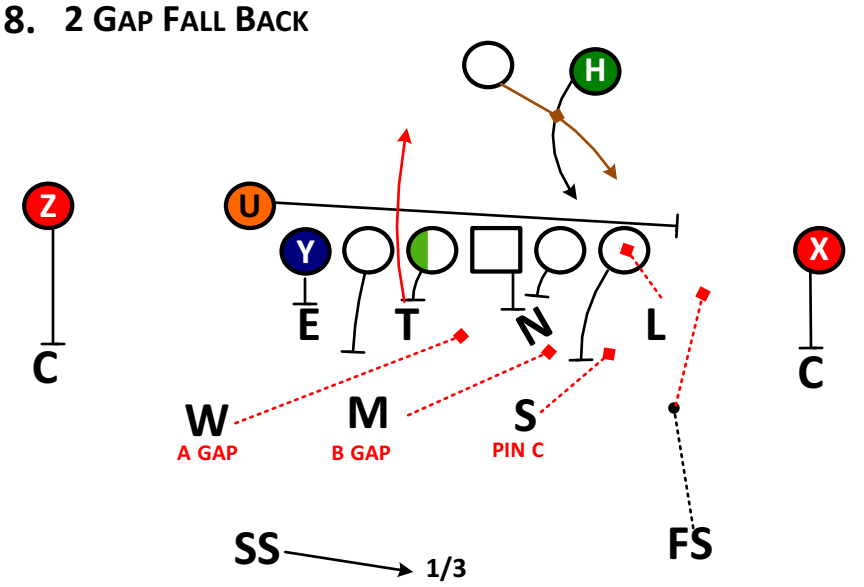
6. Oakland



7. Oakland

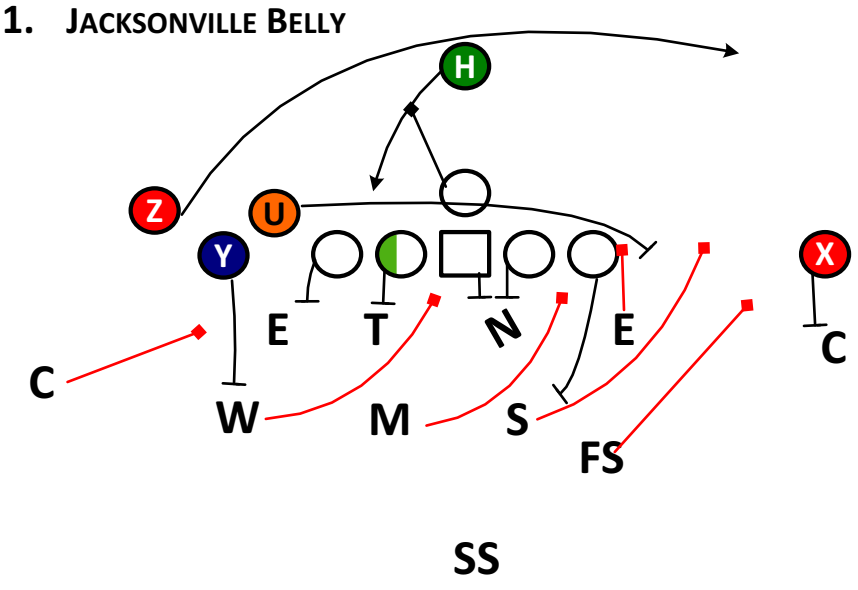


8. 2 Gap Fall Back

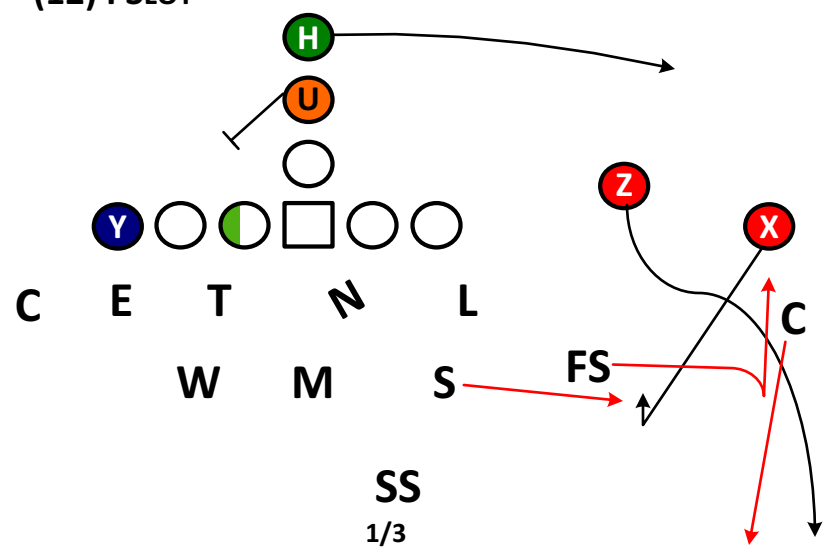


Over Zone Flex (Oakland)

1. Jacksonville Belly



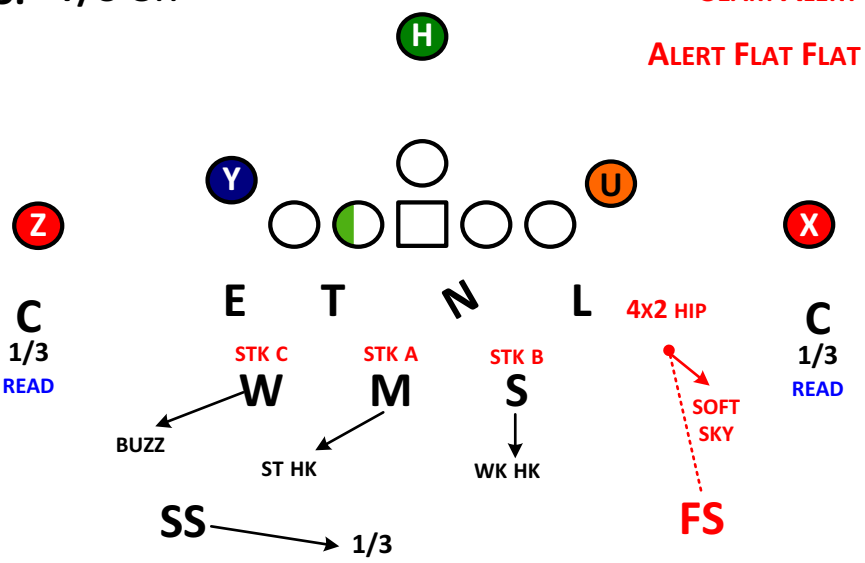
2. (12) I Slot



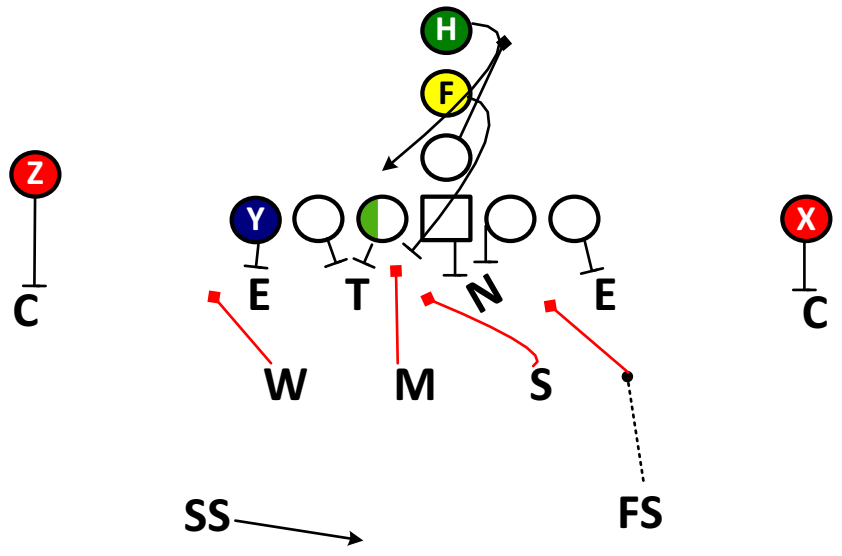
3. Y/U Off

Seam Alert

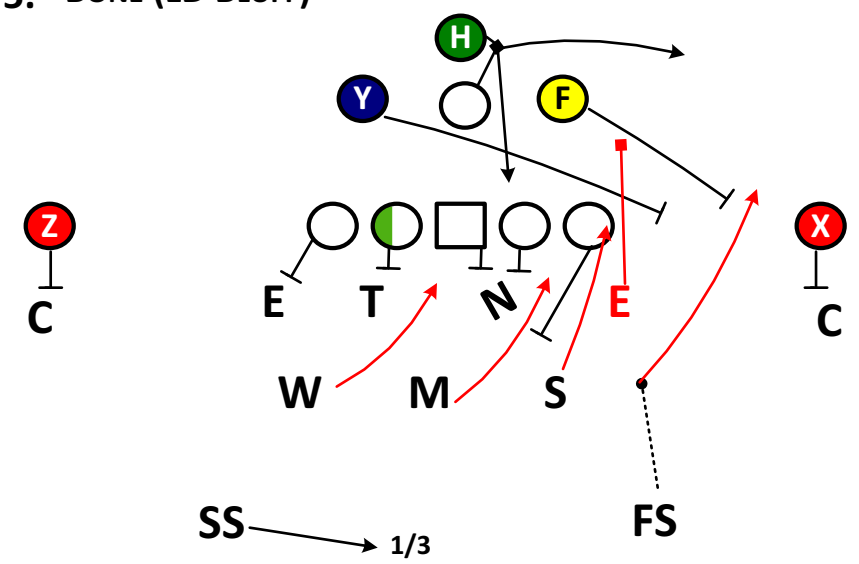
Alert Flat Flat



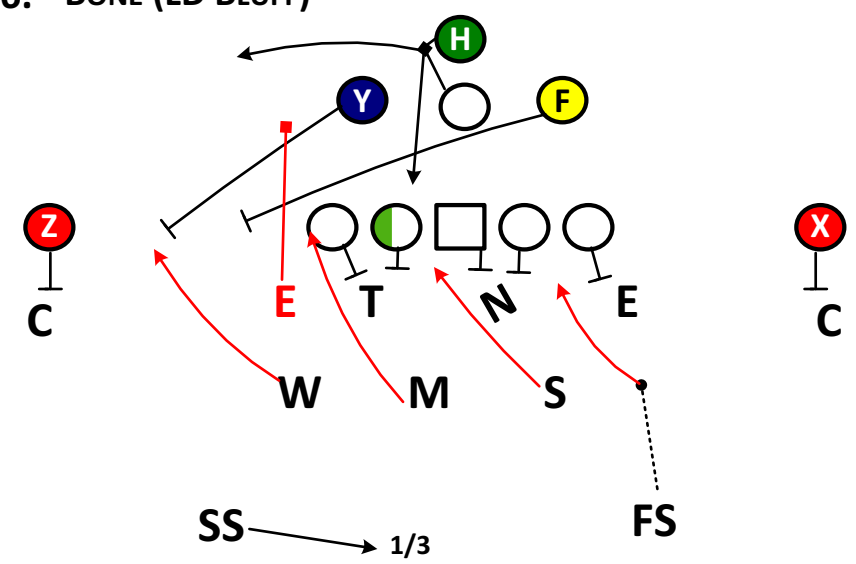
4. Bend vs. Oakland



5. Bone (LD Bluff)

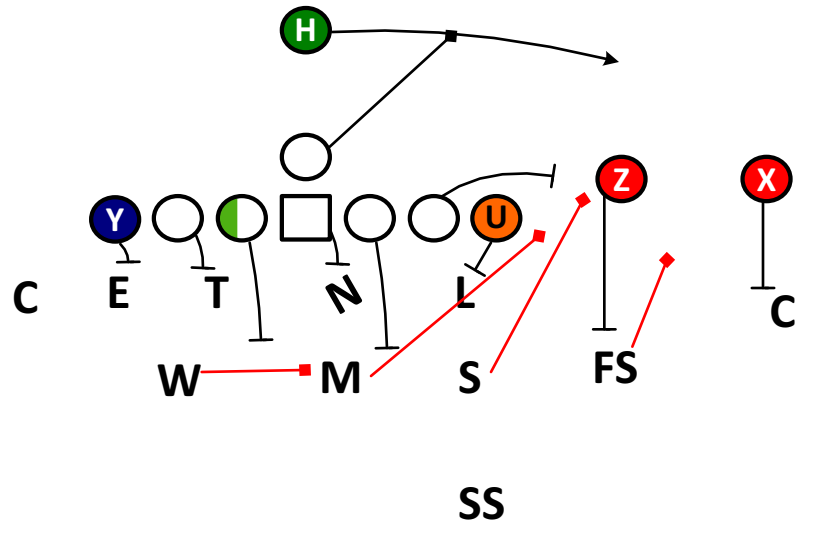


6. Bone (LD Bluff)



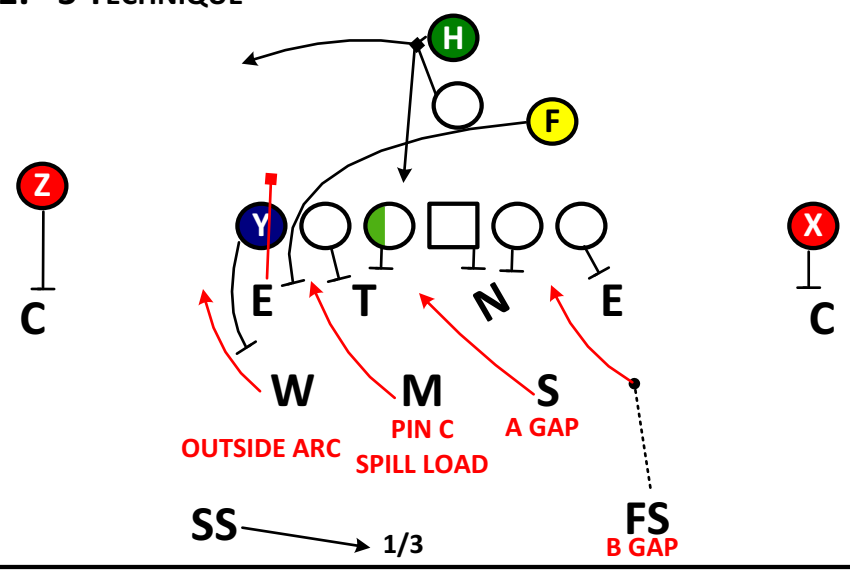
7.

8. Bounce vs. Oakland

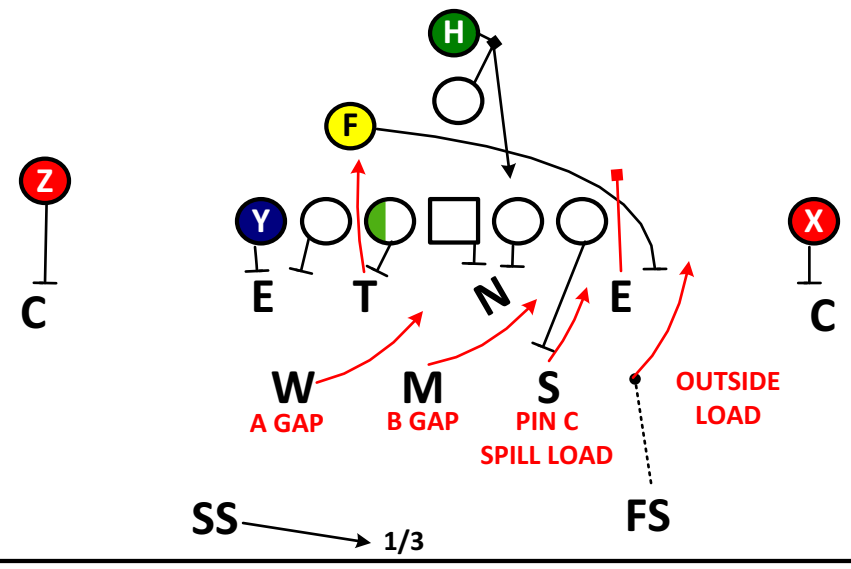


Over Zone Flex (Oakland)

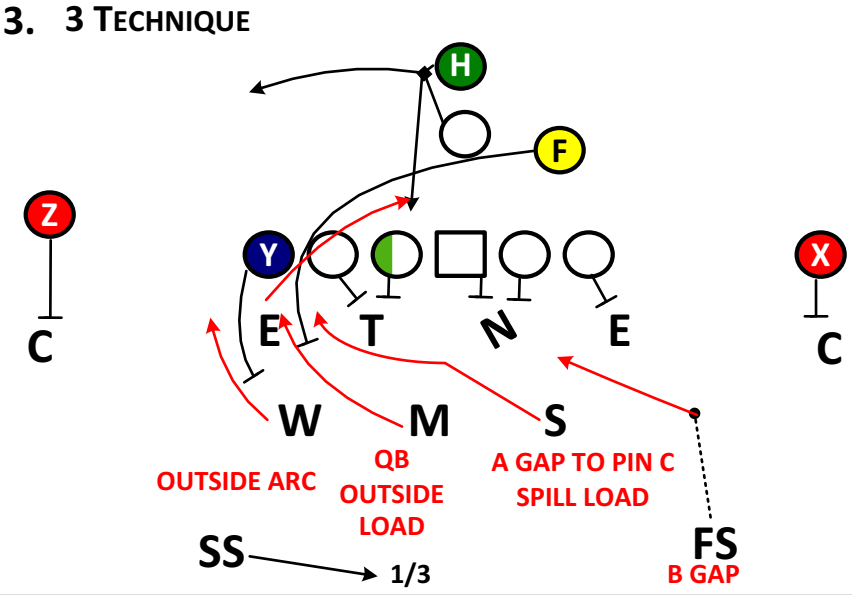
1. 3 Technique



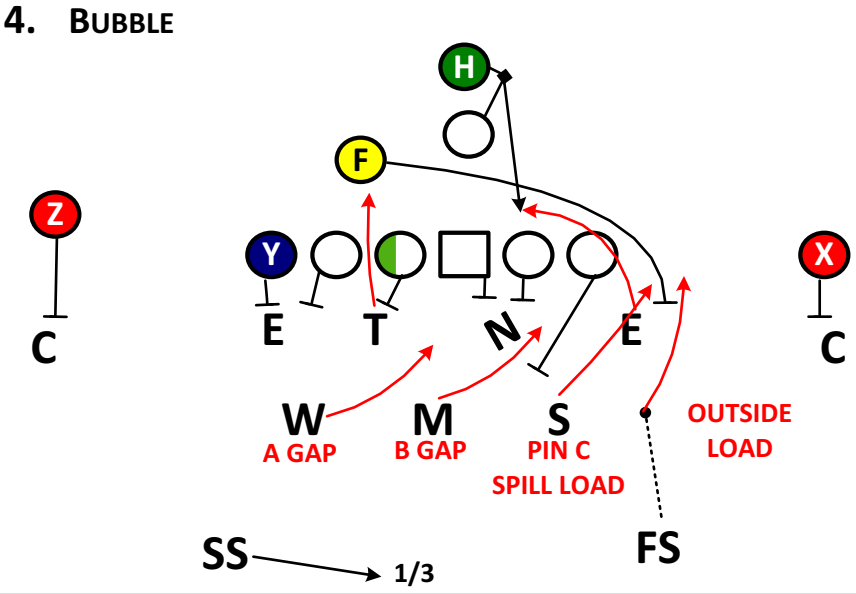
2. Bubble



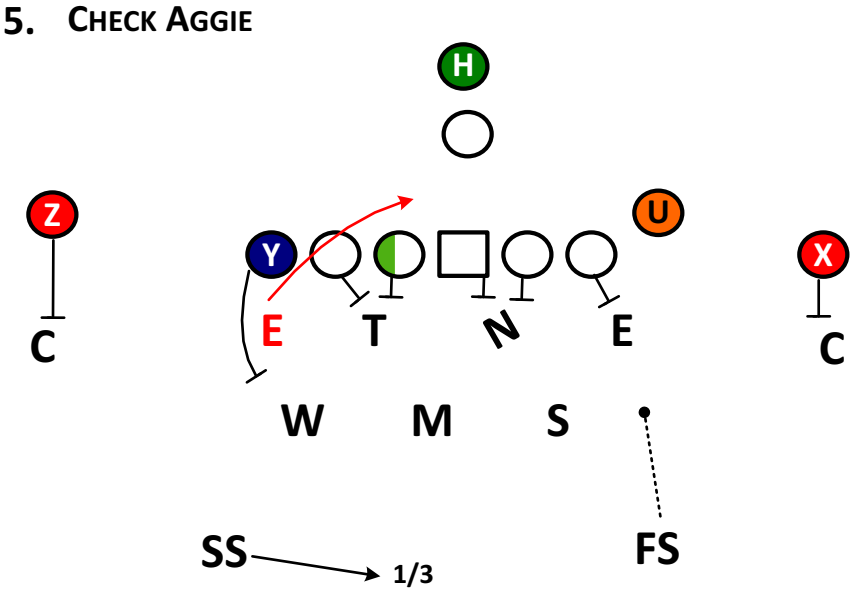
3. 3 Technique



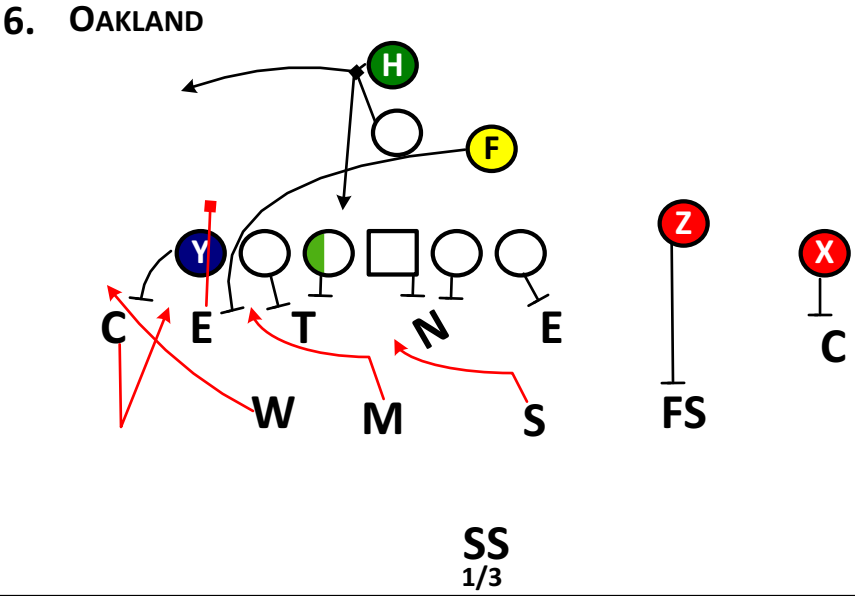
4. Bubble



5. Check Aggie

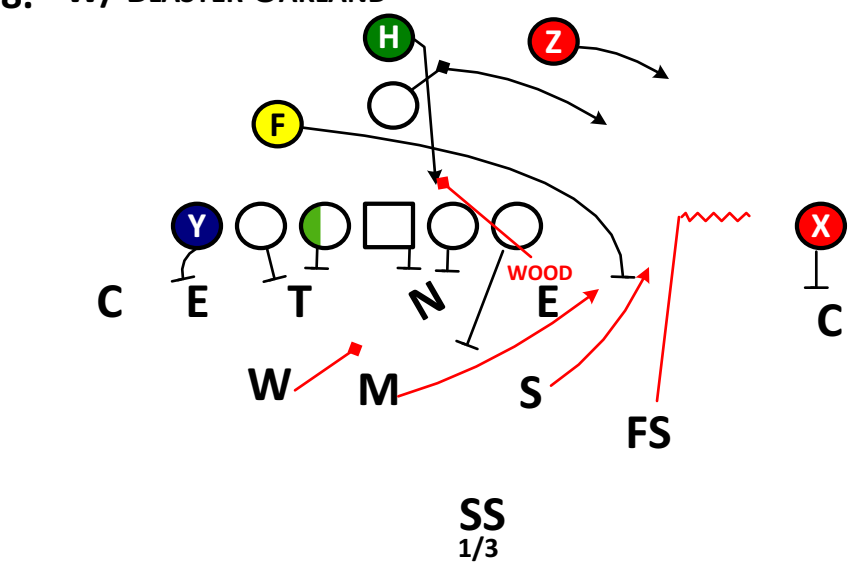


6. Oakland

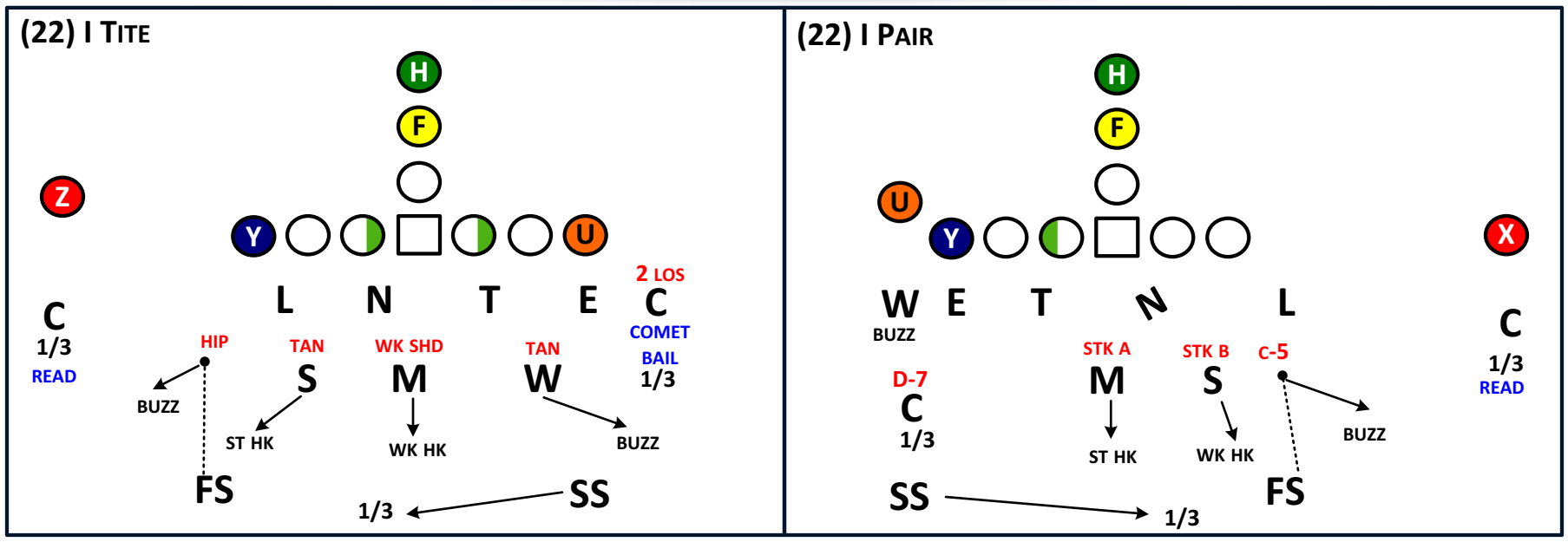


7.

8. W/ Blaster Oakland



Walk Deuce Oakland



Essence:

1. Walk Deuce Oakland is an 8 man over family front defense vs. 22 personnel.

Coaching Points:

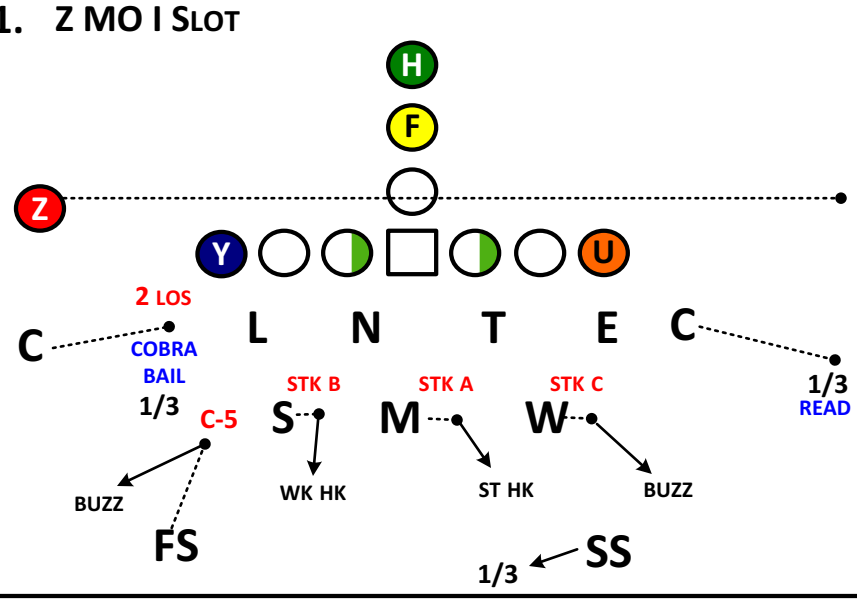
1. Close call away from the WR:
   - U: With two tight ends on the LOS
   - Y: With one tight end on the LOS
2. Safeties show a 2 deep (Over 2 / L.A.) pre-snap look
3. Corners defend their deep 1/3 using Read Principles
4. Seam Alert, Safeties Soft Sky (Alert Flat/Flat)
5. SS travels with the close Call.
6. Will: Align in a Walk vs. Pair Sets

Adjustments:

1. Vs. all 1 back sets: Play It
2. Vs. 2x2 formations: Seam Alert

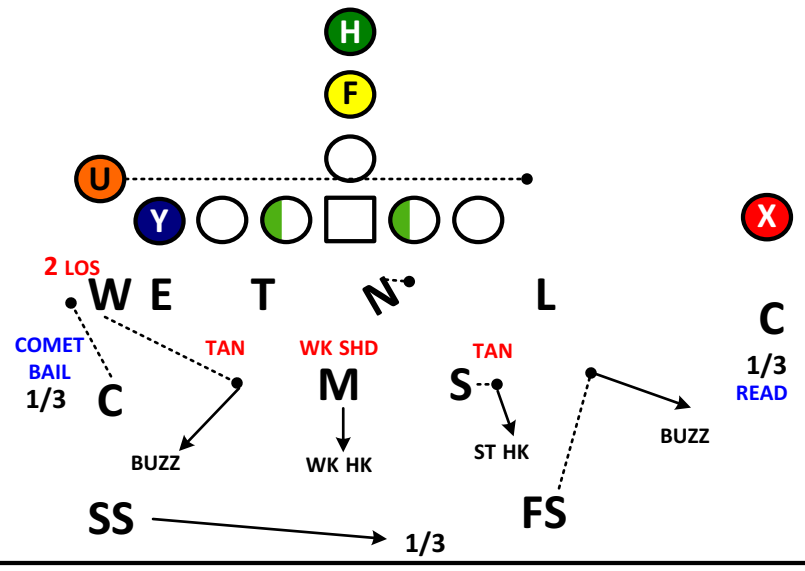
WALK DEUCE OAKLAND

1. Z MO I SLOT

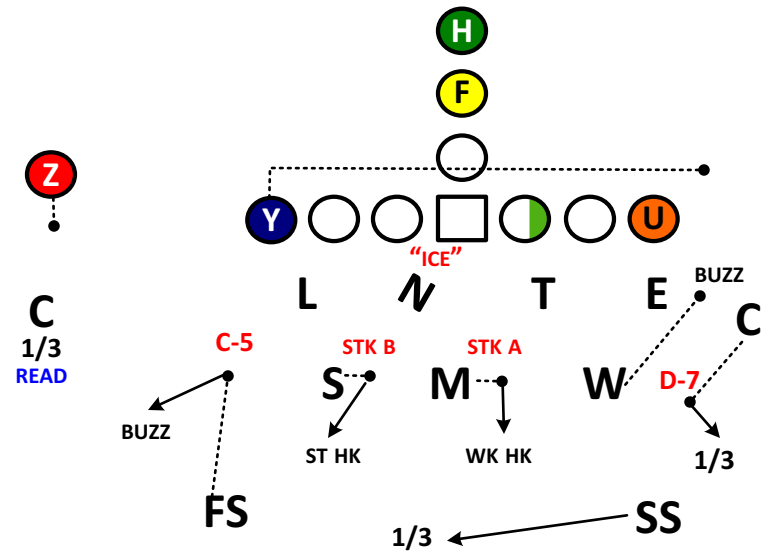


2. U MO I SLOT UIP

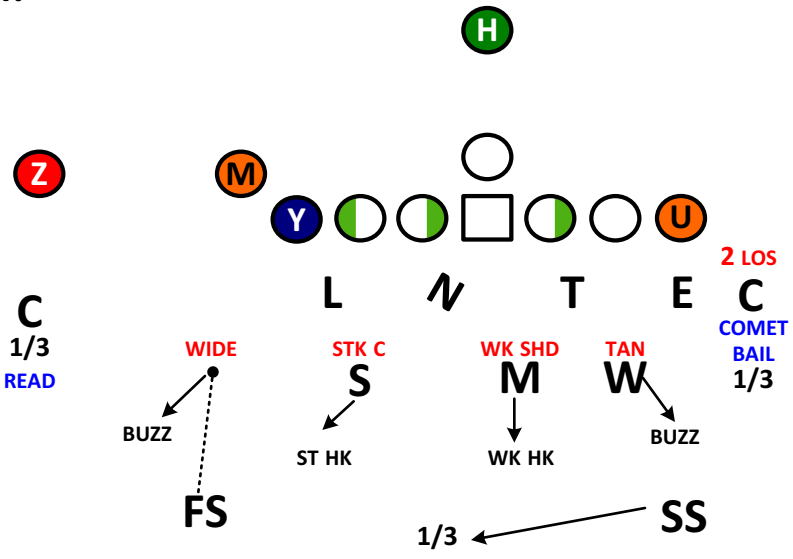
CHECK G



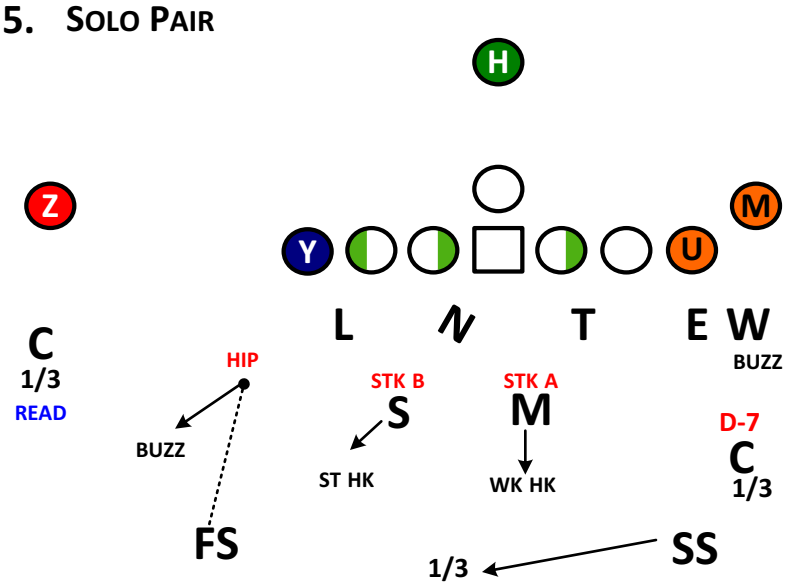
3. Y MO I PAIR



4. SOLO PAIR TRIPS



5. SOLO PAIR

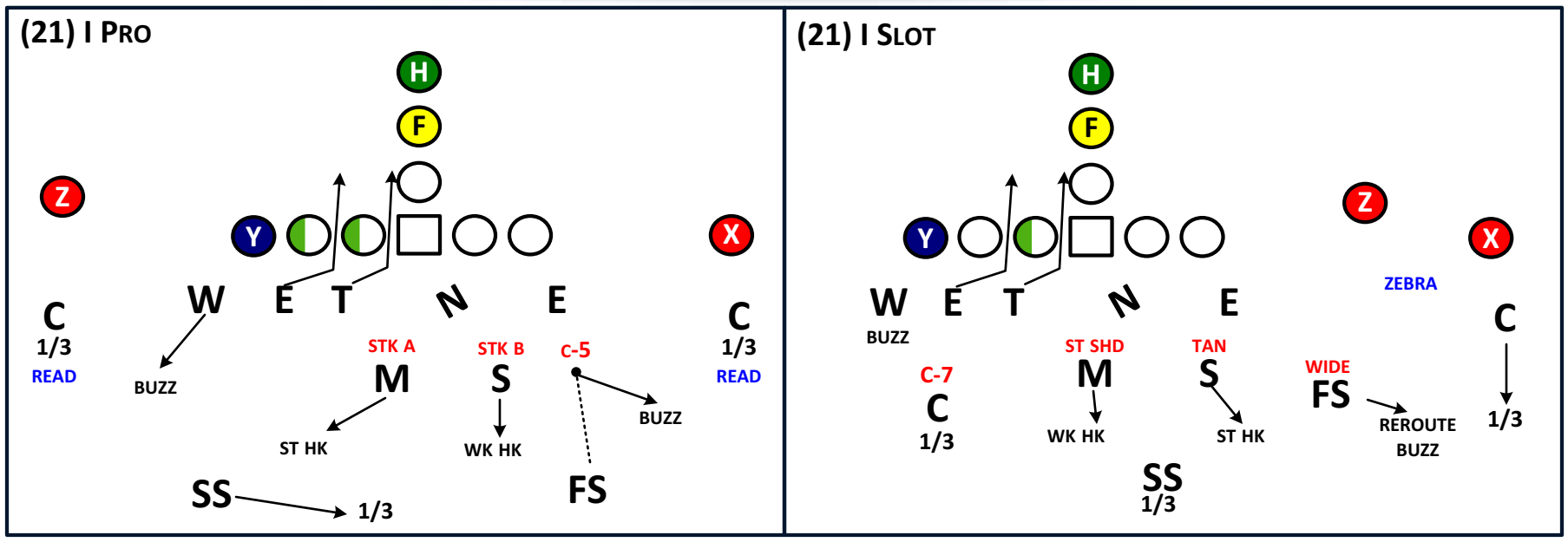


6.

7.

8.

W/Pirate Load Oakland



Essence:

1. Oakland is an 8 man Over Front Defense with the Will in a Load Alignment.
2. The coverage is a 3 Deep, 4 Under defense with flex side rotation.

Coaching Points:

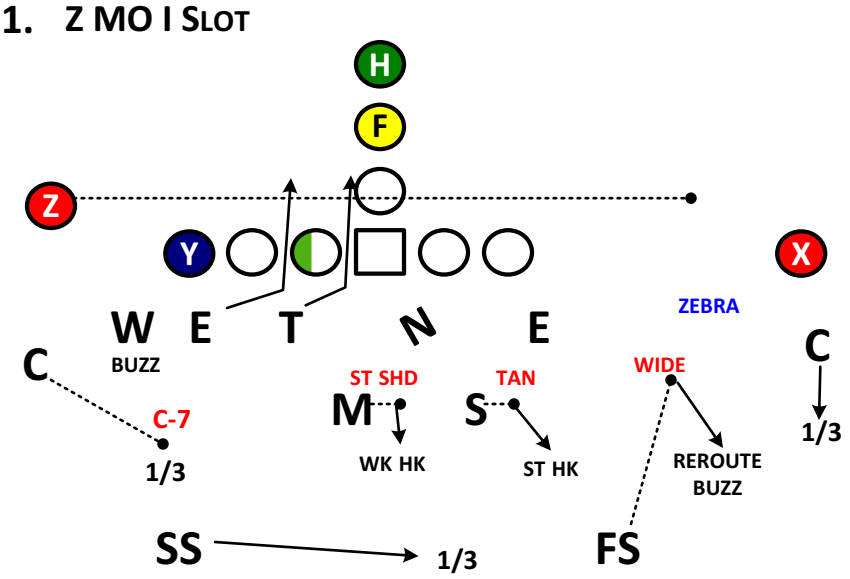
1. Solid call to the "Y"
2. Safeties show a 2 deep (Over 2 / L.A.) pre-snap look
3. Roger / Lou to the Flex Side
4. Corners defend their deep 1/3 using Read Principles
5. Seam Alert, Safeties Soft Sky (Alert Flat/Flat)
6. Will align in a Load.
7. Automatic Pirate for the D-Line

Adjustments:

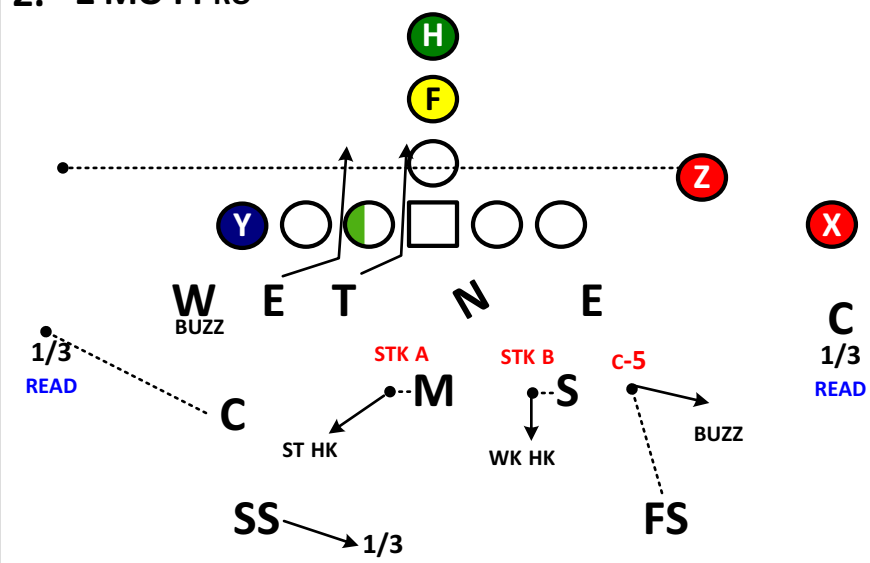
1. Vs. 2 Back Y Motion: Ice the Pirate, Check Sammy (Rita / Linda)
2. Vs. all 1 back sets: Play It
3. Vs. 2x2 formations: Seam Alert
4. Vs. Single Width Slot family, Possible Reno Check

W/Pirate Load Oakland

1. Z MO I Slot



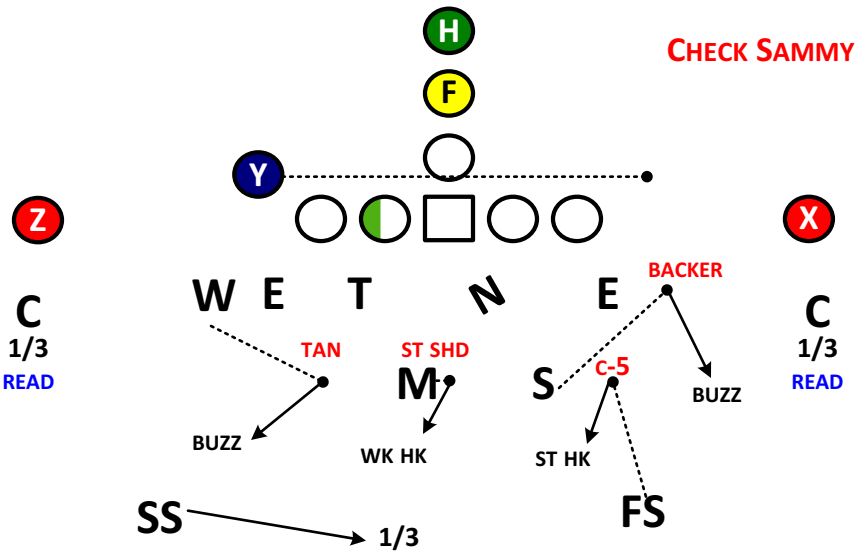
2. Z MO I Pro



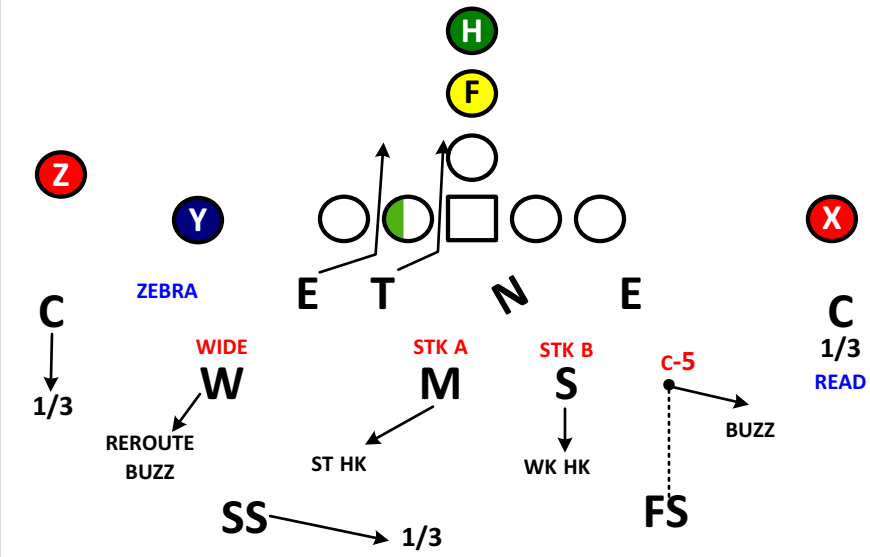
3. Y MO I Pro Y Off

Ice Ice

Check Sammy

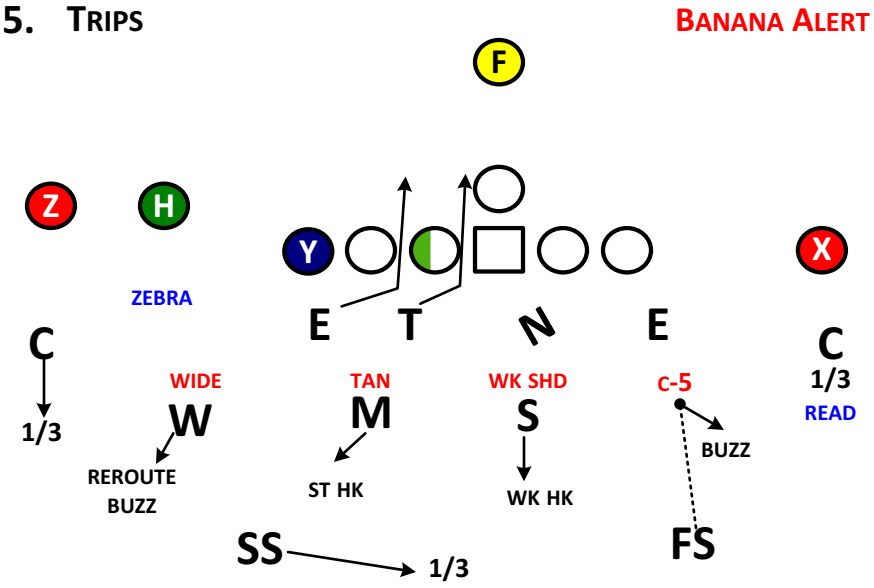


4. I Pro Y Open



5. Trips

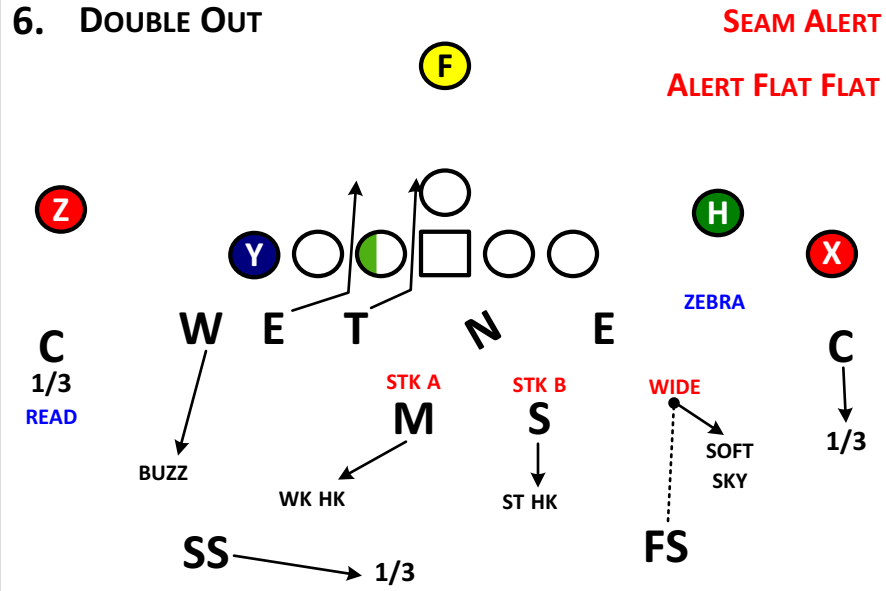
Banana Alert



6. Double Out

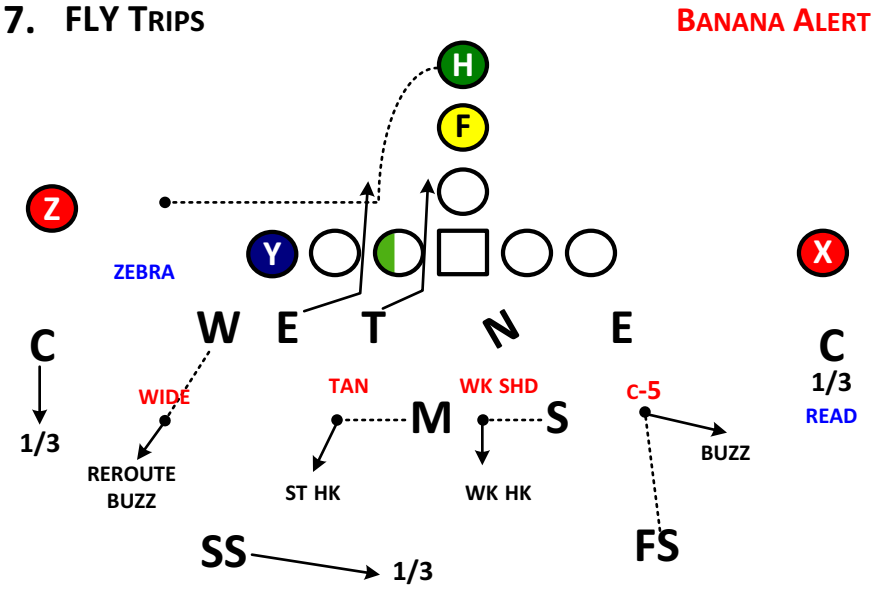
Seam Alert

Alert Flat Flat



7. FLY Trips

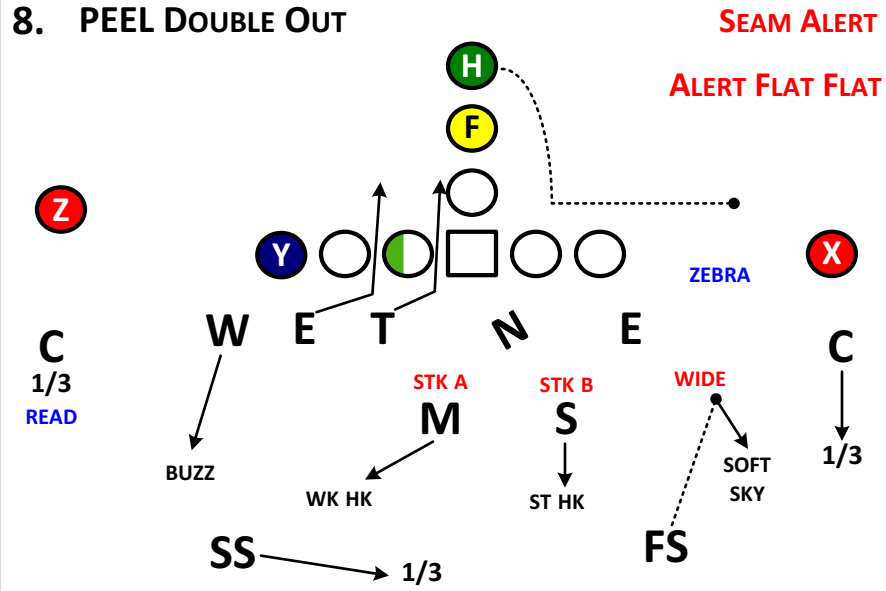
Banana Alert



8. PEEL Double Out

Seam Alert

Alert Flat Flat

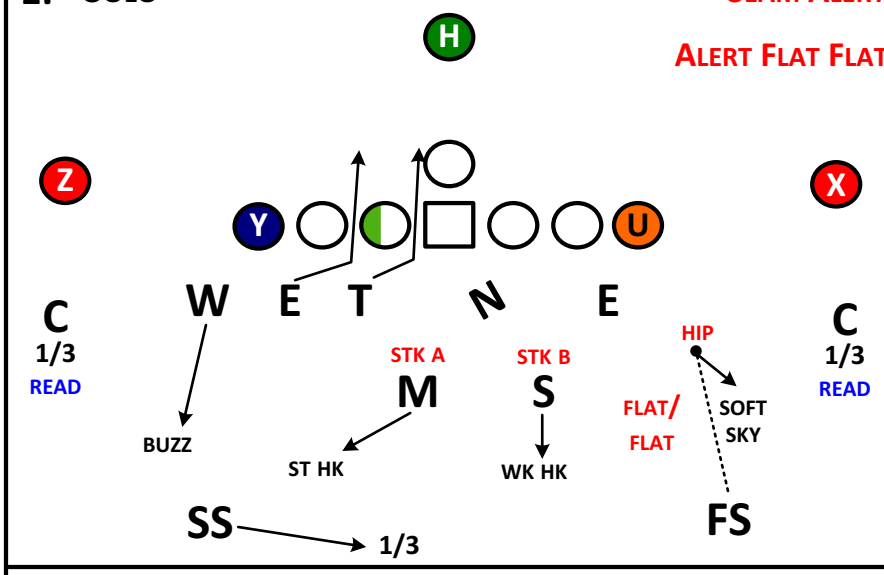


W/Pirate Load Oakland

1. Solo

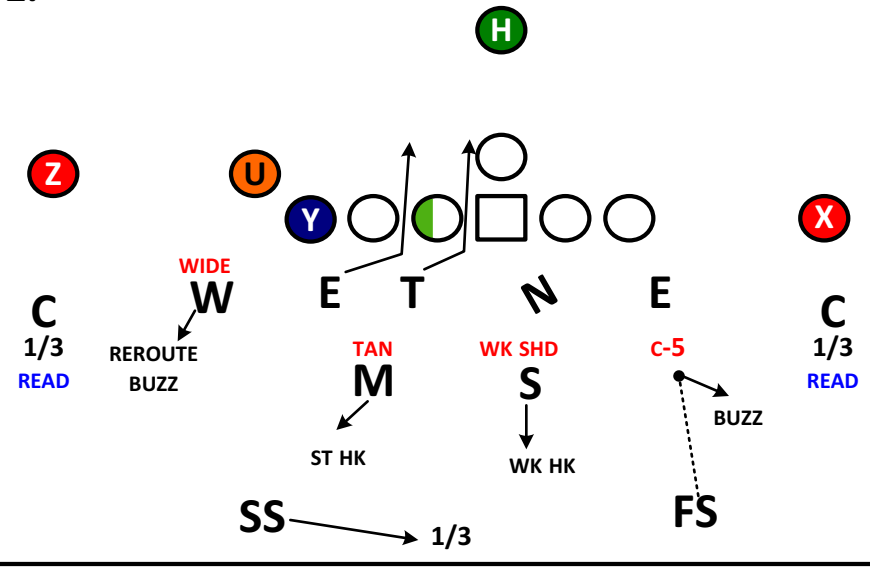
Seam Alert

Alert Flat Flat



2. Pair Trips

Banana Alert

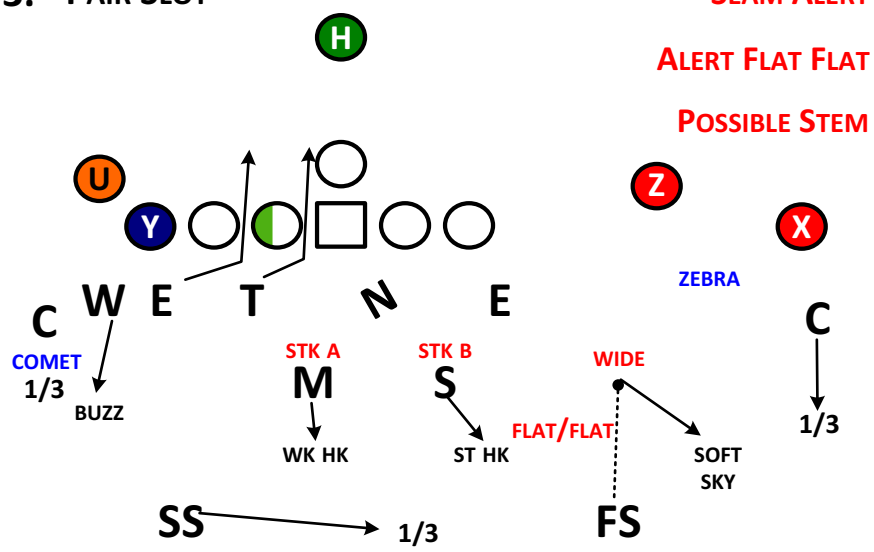


3. Pair Slot

Seam Alert

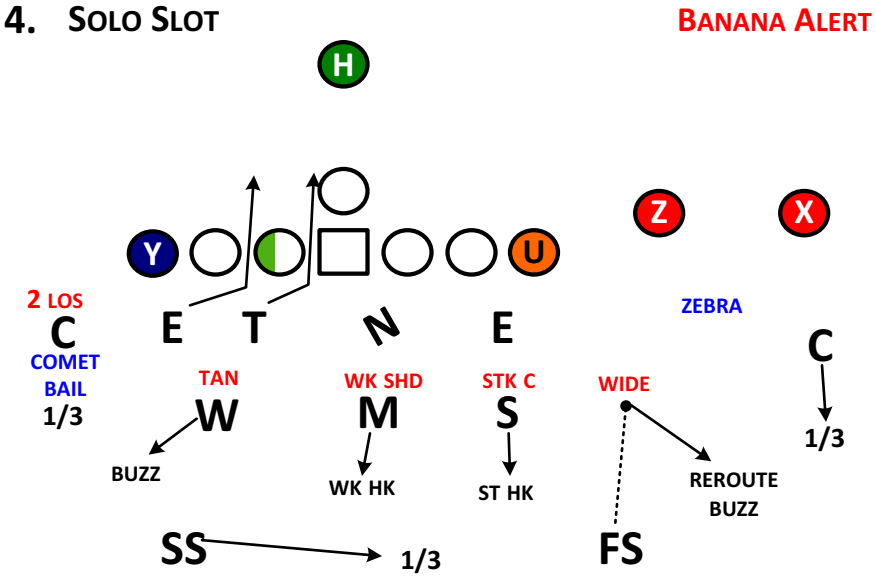
Alert Flat Flat

Possible Stem



4. Solo Slot

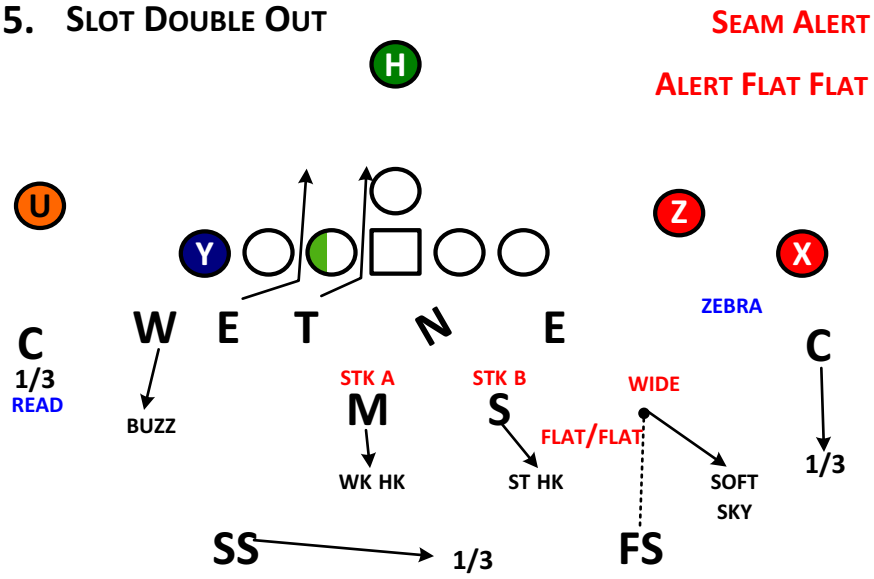
Banana Alert



5. Slot Double Out

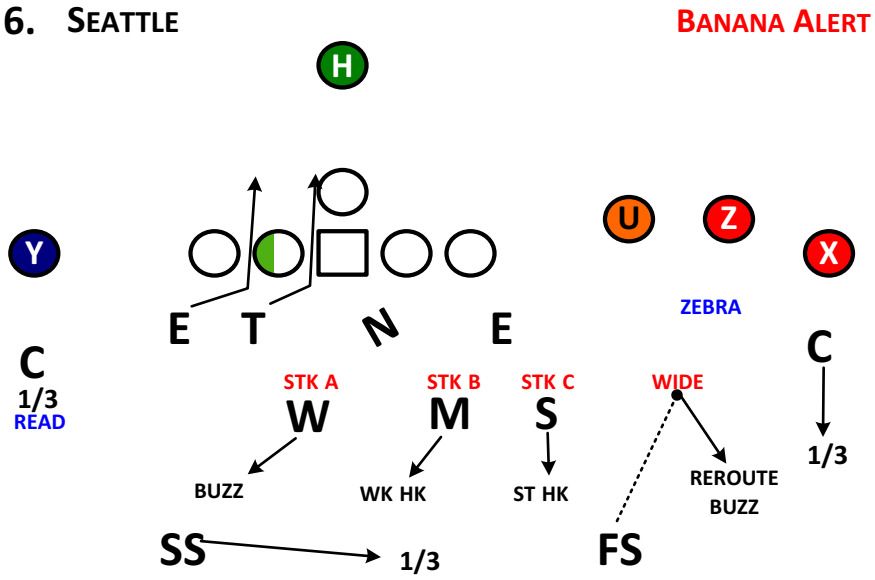
Seam Alert

Alert Flat Flat



6. Seattle

Banana Alert

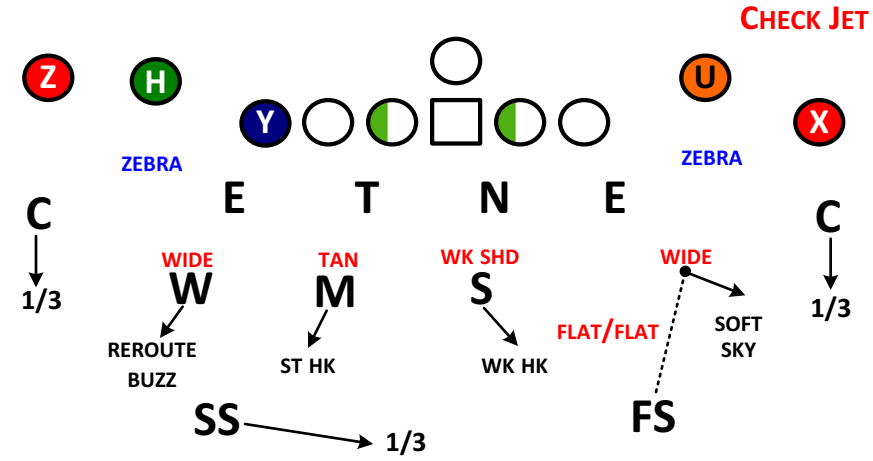


7. Empty

Seam Alert

Ice, Ice

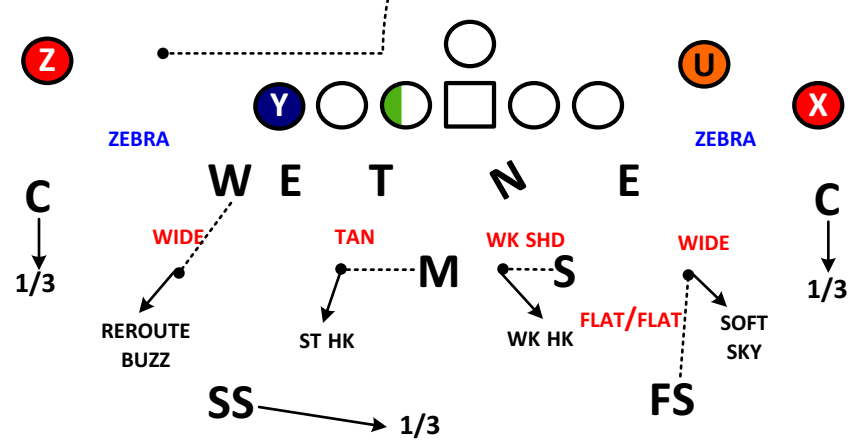
Check Jet



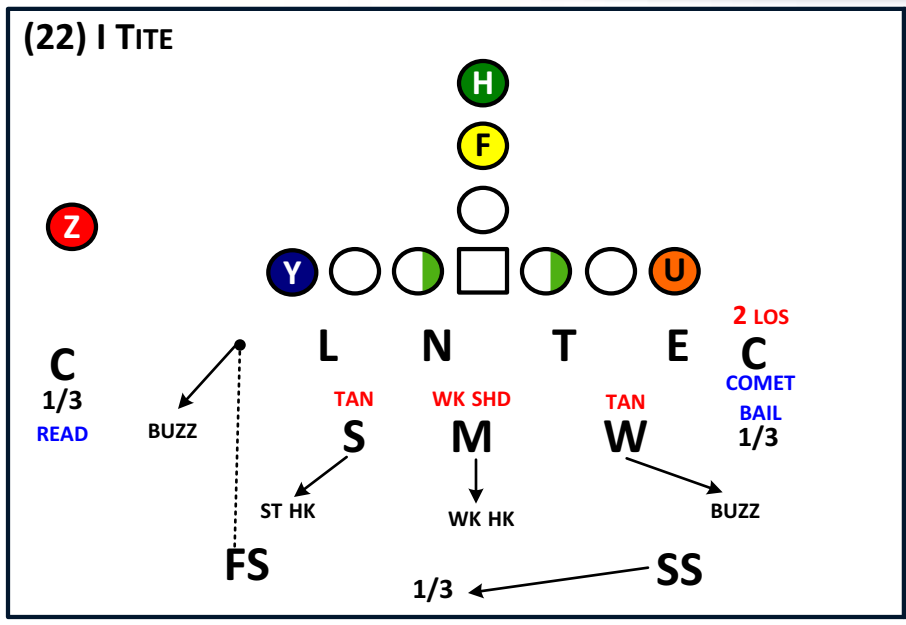
8. Fly Empty

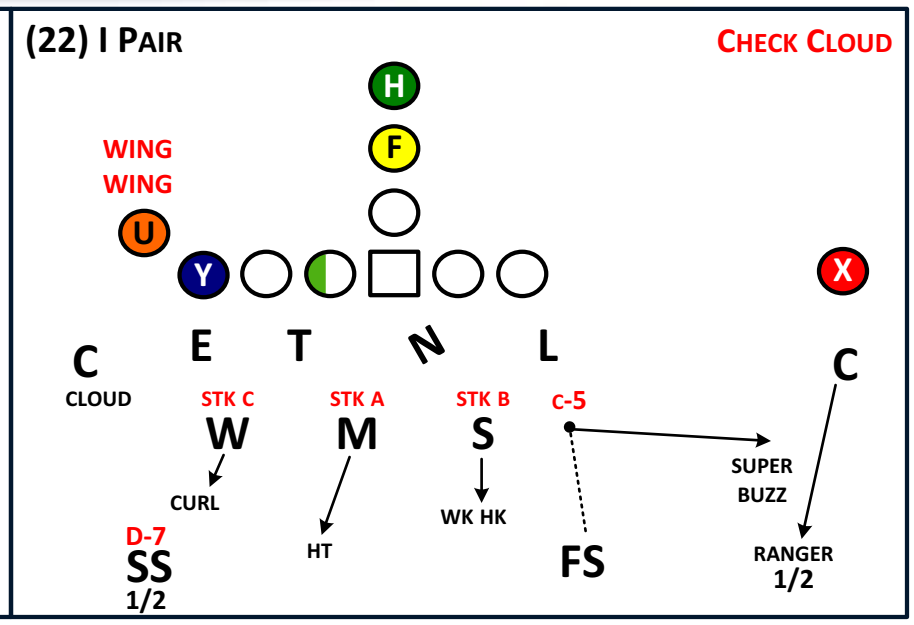
Seam Alert

Ice, Ice



Deuce Oakland Cloud





Essence:

1. Deuce Oakland Cloud is an 8 man over front defense vs. 22 personnel.
2. The Defense is set to the "U" if Y & U are on the LOS
3. The coverage is 3 deep 4 under with flex side rotation.

Coaching Points:

1. Solid call to the "U" if Y & U are on the LOS
2. This is a final look defense
3. Wing Wing vs. Pair:
   - FB kick out Corner: Will Spill FB
   - U kick out Corner: Will Turn back FB

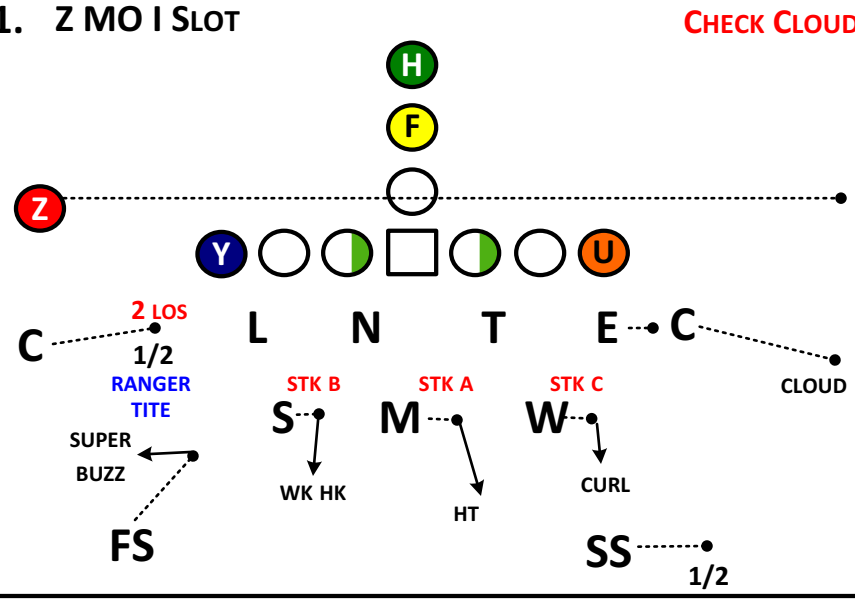
Adjustments:

1. Vs. 2 Back Pro Family: Play Cloud/Ranger
   - Run: Oakland Fits
   - Pass: LA rules for LBs
   - Vs. anything else: Play Oakland

Deuce Oakland Cloud

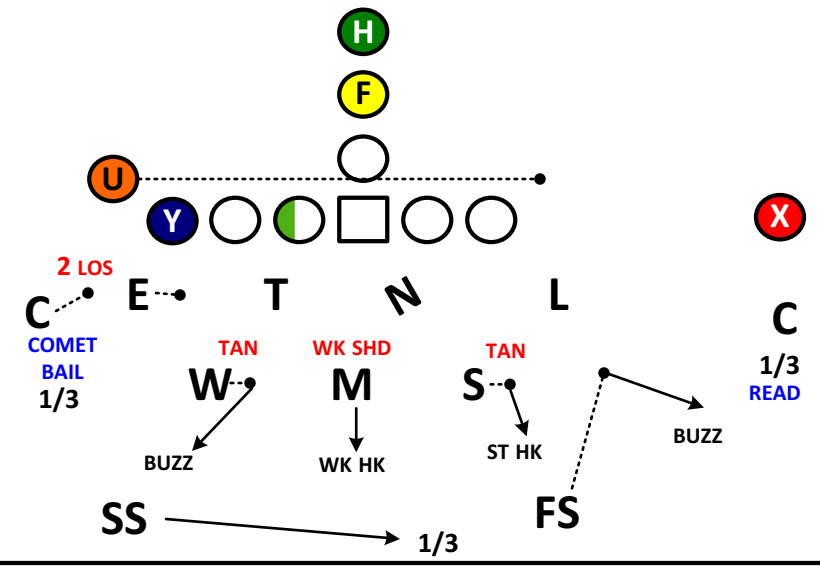
1. Z MO I Slot

Check Cloud



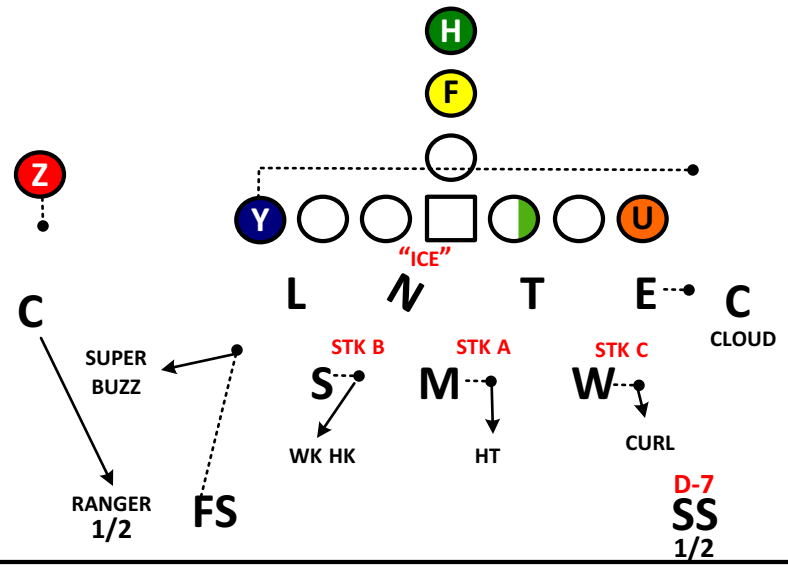
2. U MO I Slot Uip

Check Oakland

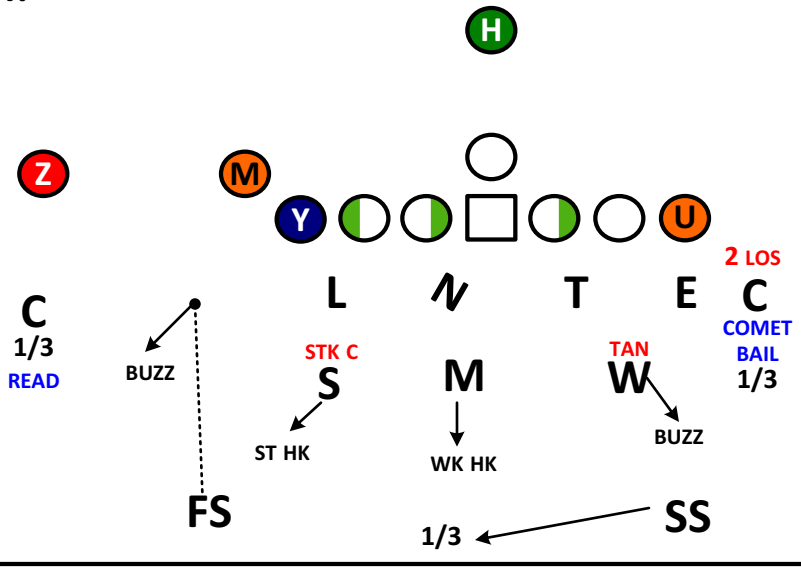


3. Y MO I Pair

Check Cloud

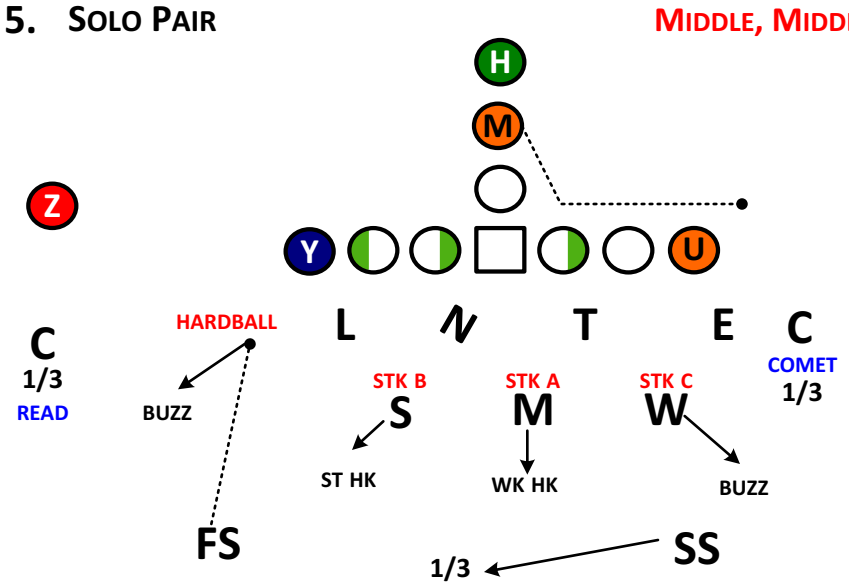


4. Solo Pair Trips



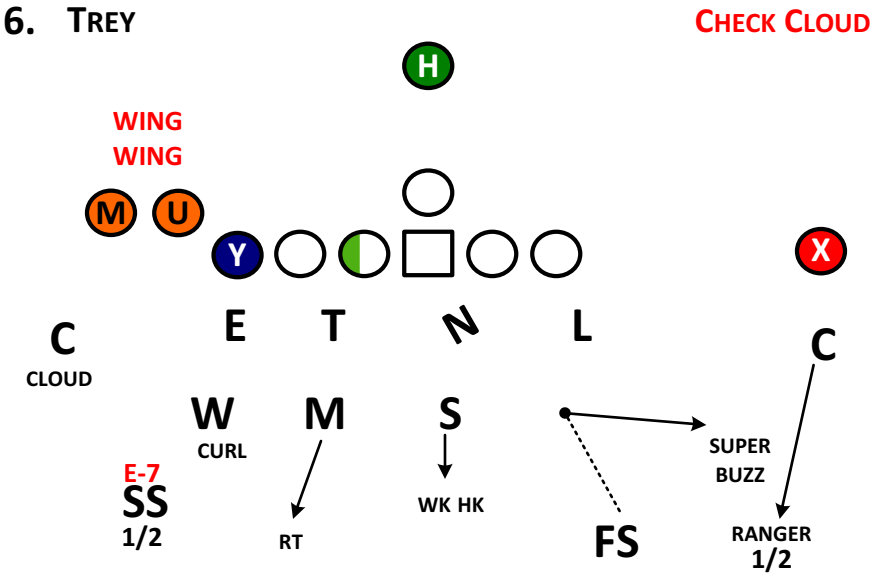
5. Solo Pair

Middle, Middle



6. Trey

Check Cloud

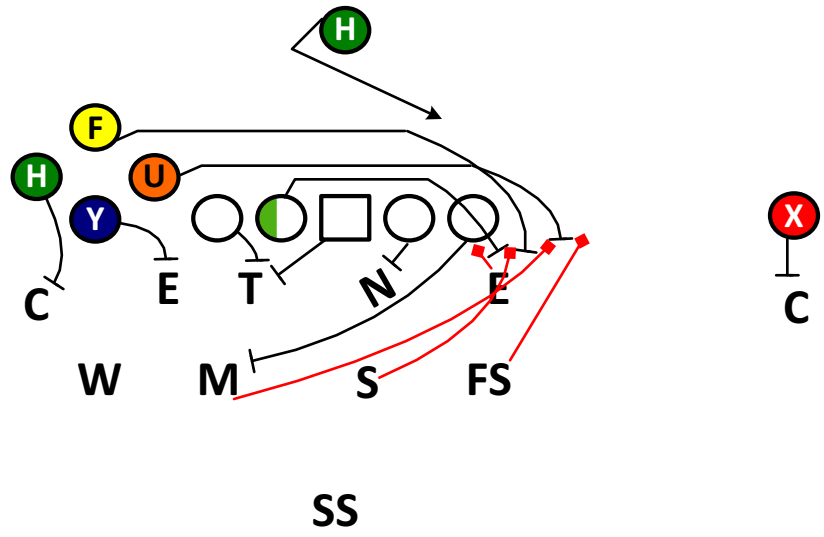


7.

8.

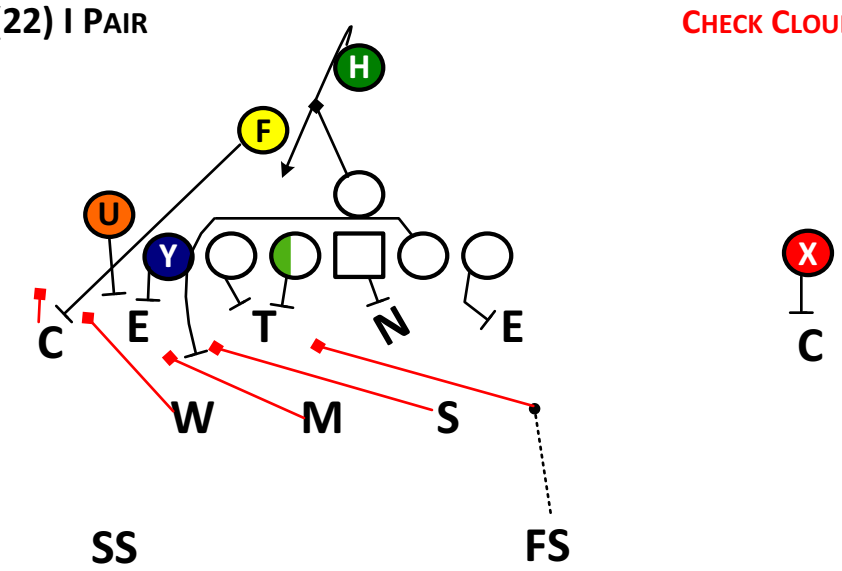
WILDCAT

DU OAKLAND CLOUD



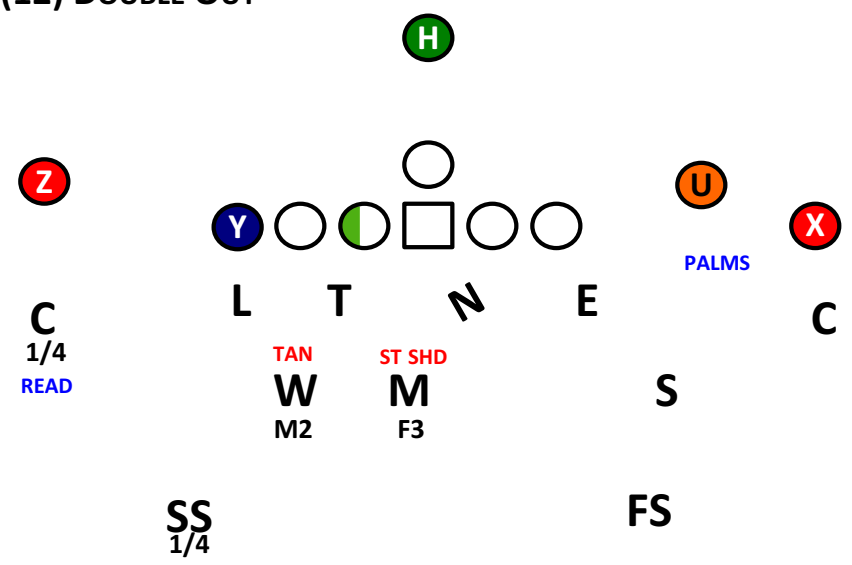
(22) I PAIR

CHECK CLOUD

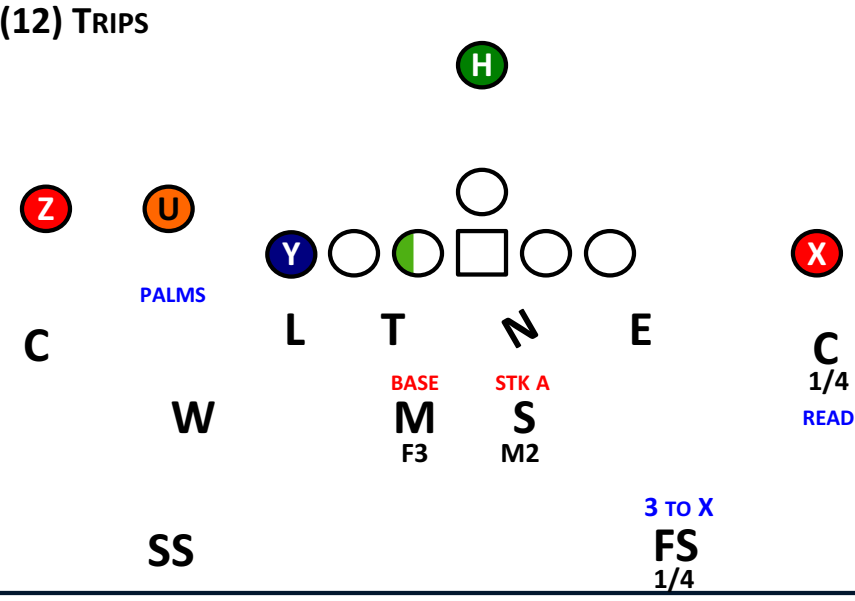


Over 4 Palms (Panther)

(12) Double Out



(12) Trips



Essence:

1. Panther is an Over Family front 4 deep 3 under defense.

Coaching Points:

1. Solid call to the "Y"
2. Final 3: Mike plays with depth over #3. Push call alert to Match 2 Player to push to new #2.
3. Match 2 Defenders:
   - Squeeze to #2 until #3 crosses your face
   - With #3 away, stay inside #2
   - Zebra calls with #2 displaced
4. Corners play Read Principles

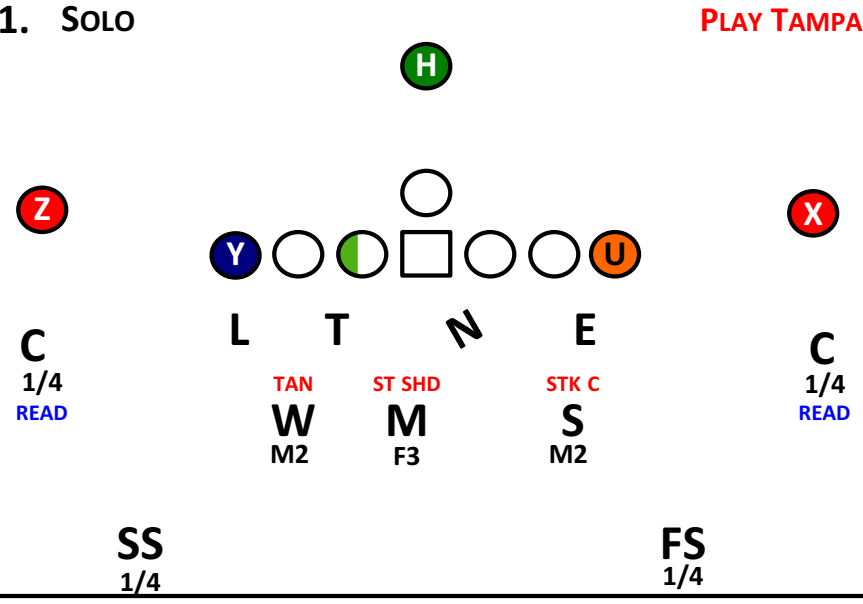
Adjustments:

1. Vs. TE / Flanker: Play 4
2. Vs. 2 Displaced: Check Palms
3. Vs. Triples: Check Palms. Check Pirate. Backside Safety play 3 to 'Y'
4. Vs. Empty: Check Easy to the 3 man Side.
5. Vs. Trips Bunch & Cluster Sets: Possible Box Check
6. Vs. Z Close & X Nasty: Possible Clamp
7. Vs. Deadside TE: Corner Lock

Over 4 Palms (Panther)

1. Solo

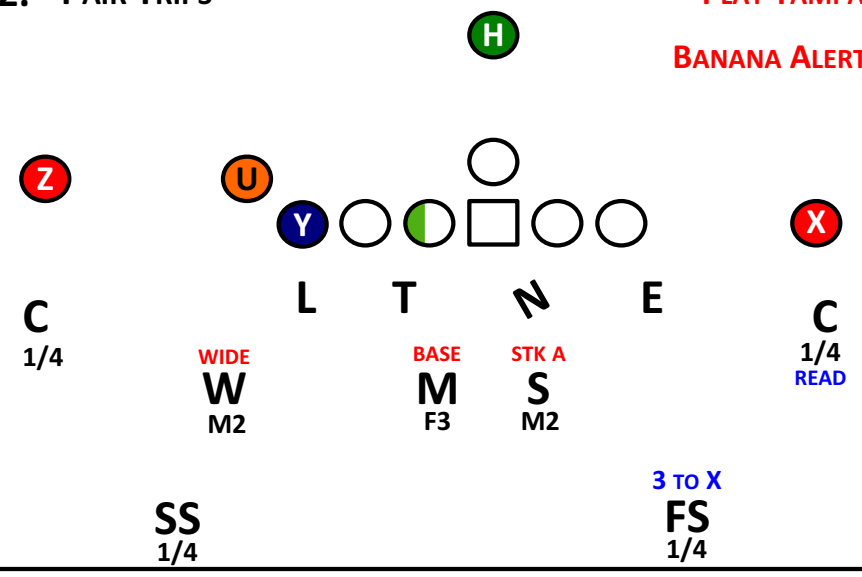
Play Tampa



2. Pair Trips

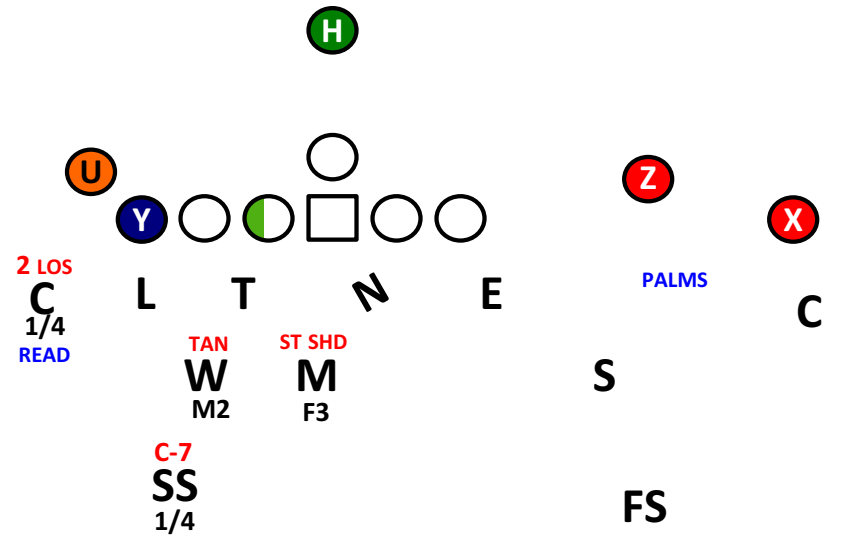
Play Tampa

Banana Alert



3. Pair Slot

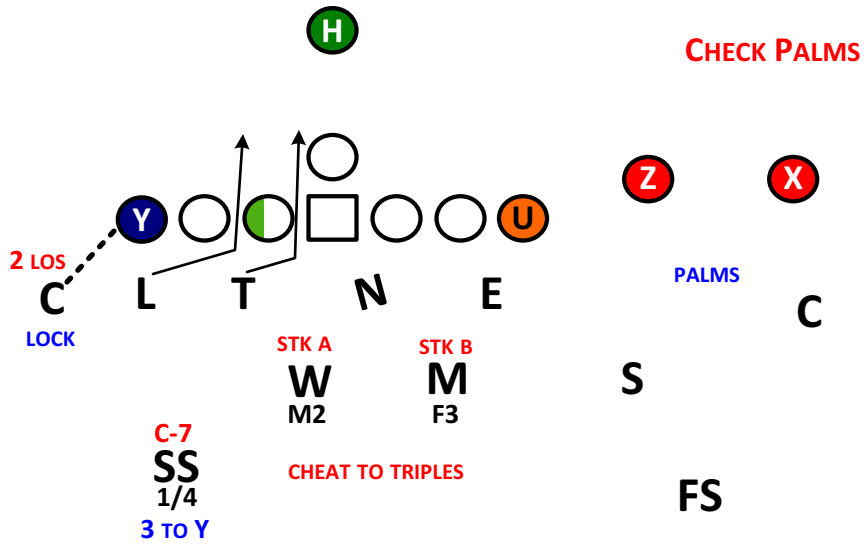
Check Palms



4. Solo Slot

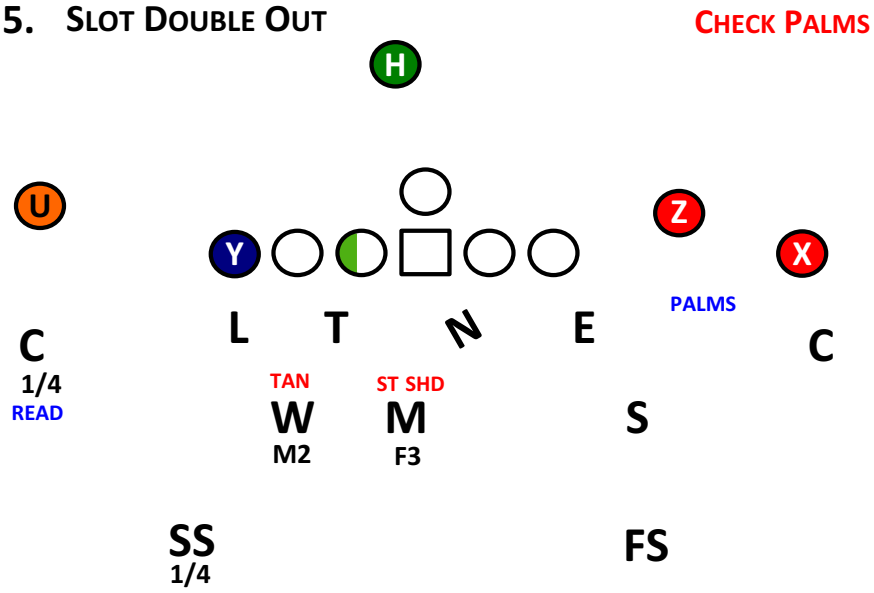
Check Pirate

Check Palms



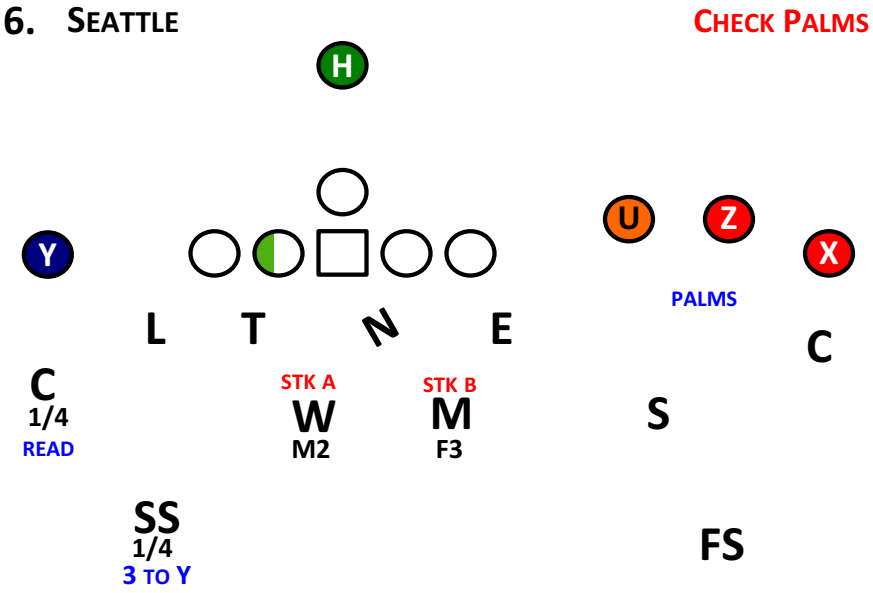
5. Slot Double Out

Check Palms



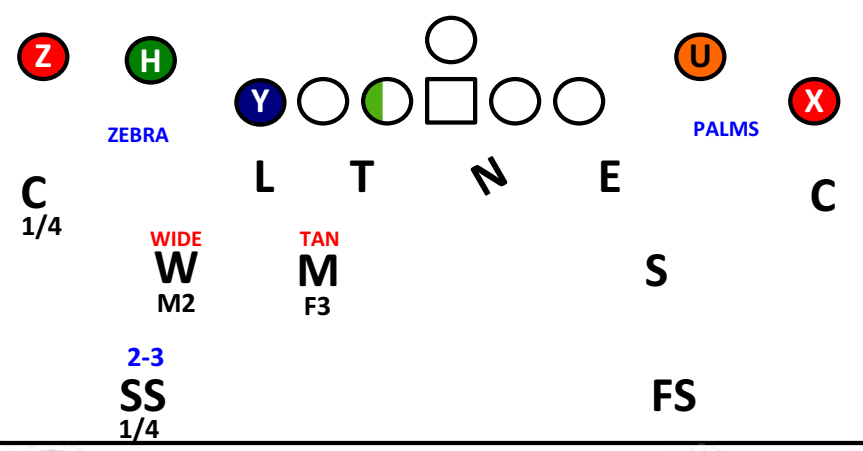
6. Seattle

Check Palms



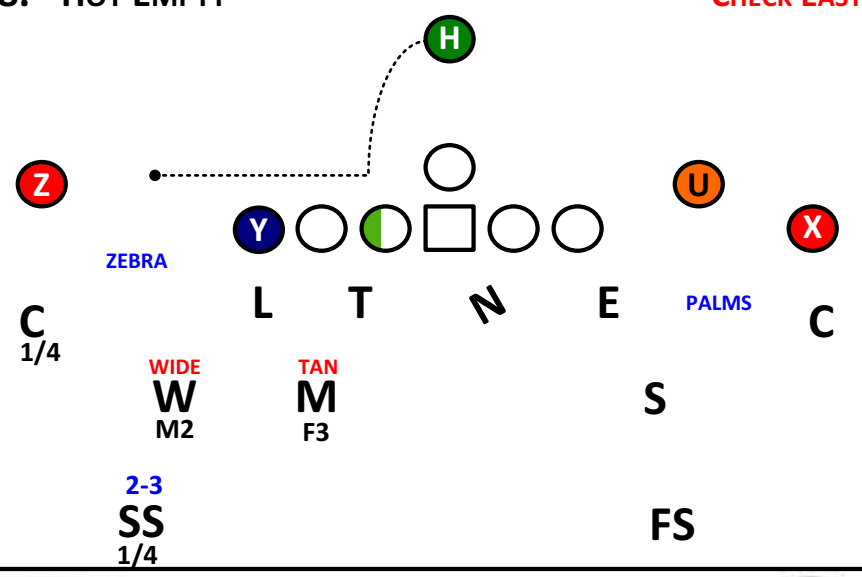
7. Empty

Check Easy



8. Hoy Empty

Check Easy

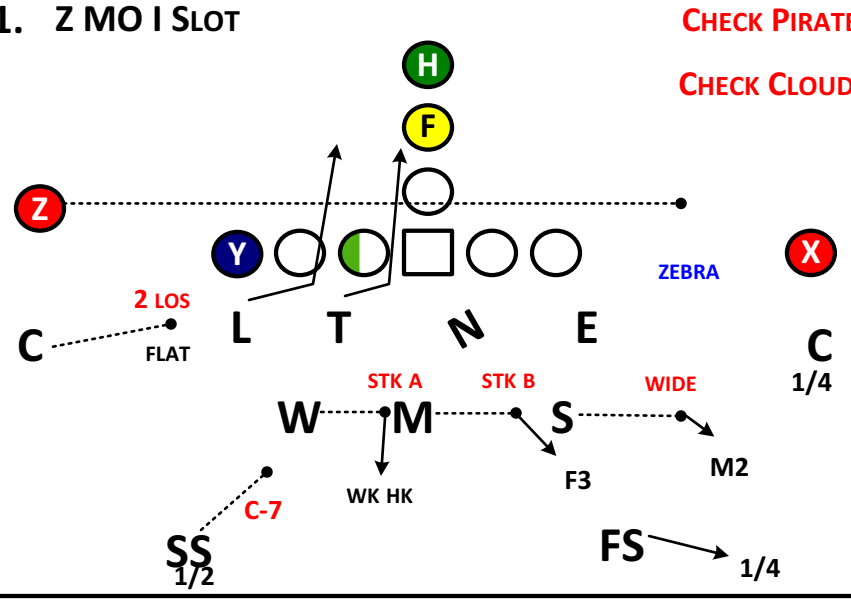


Over 4 (Tampa)

1. Z MO I Slot

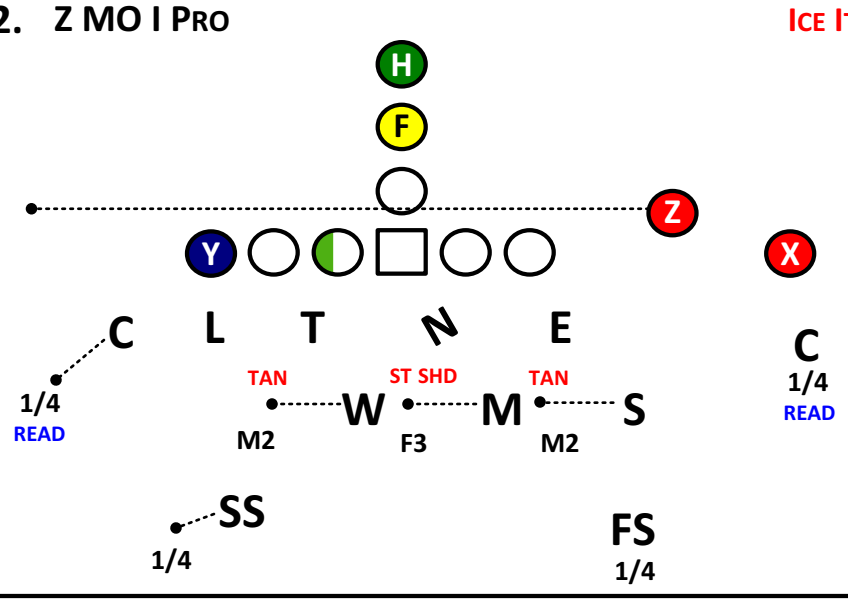
Check Pirate

Check Cloud



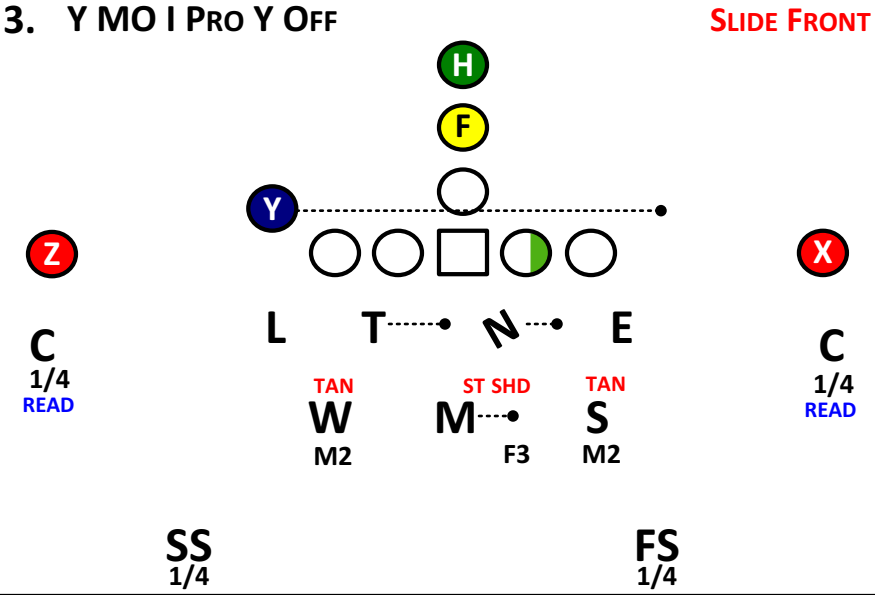
2. Z MO I Pro

Ice It



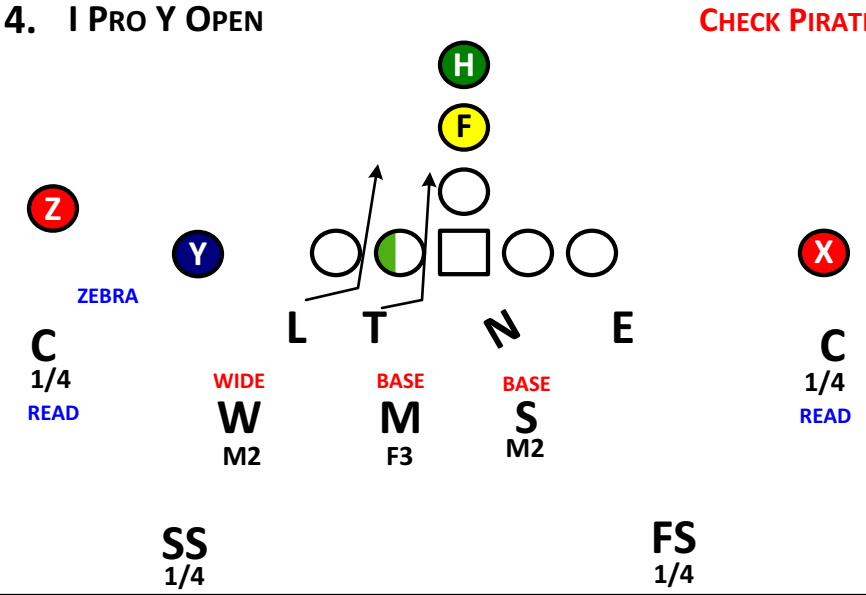
3. Y MO I Pro Y Off

Slide Front

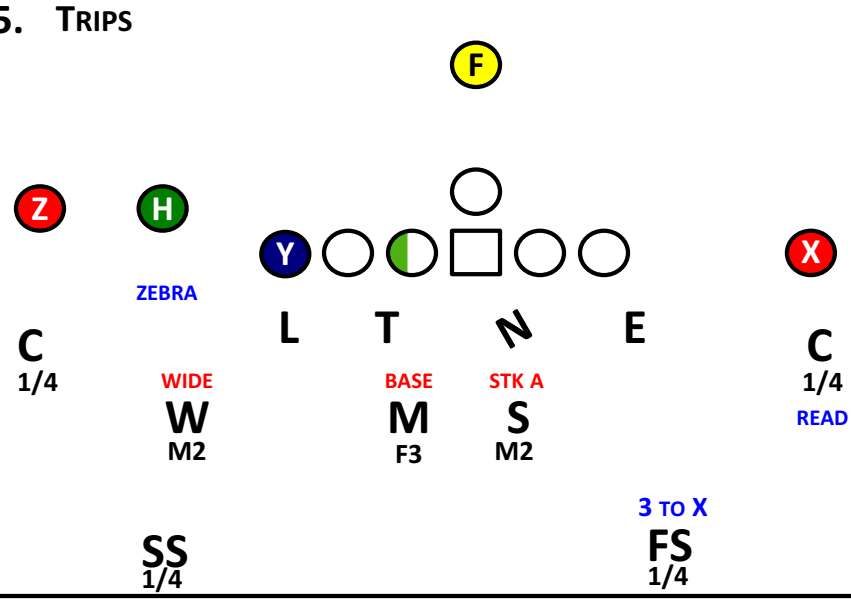


4. I Pro Y Open

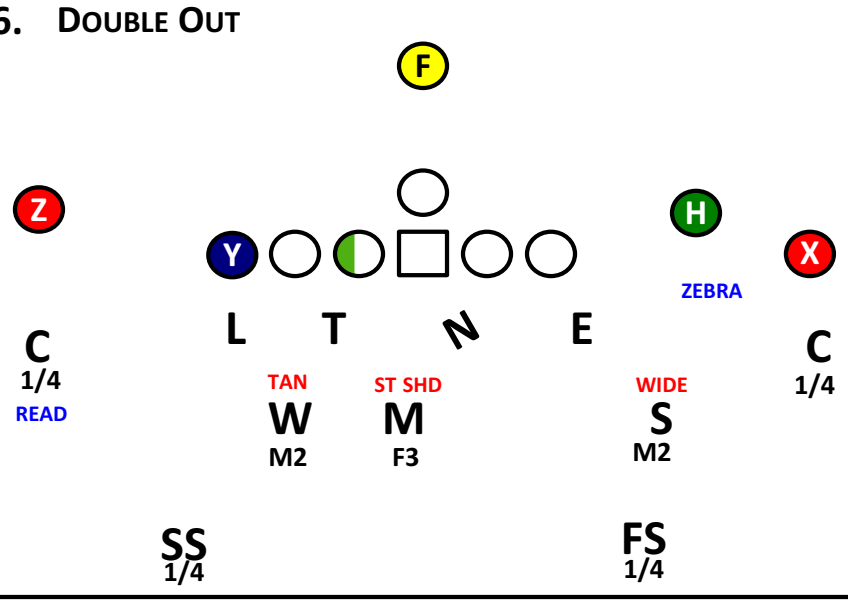
Check Pirate



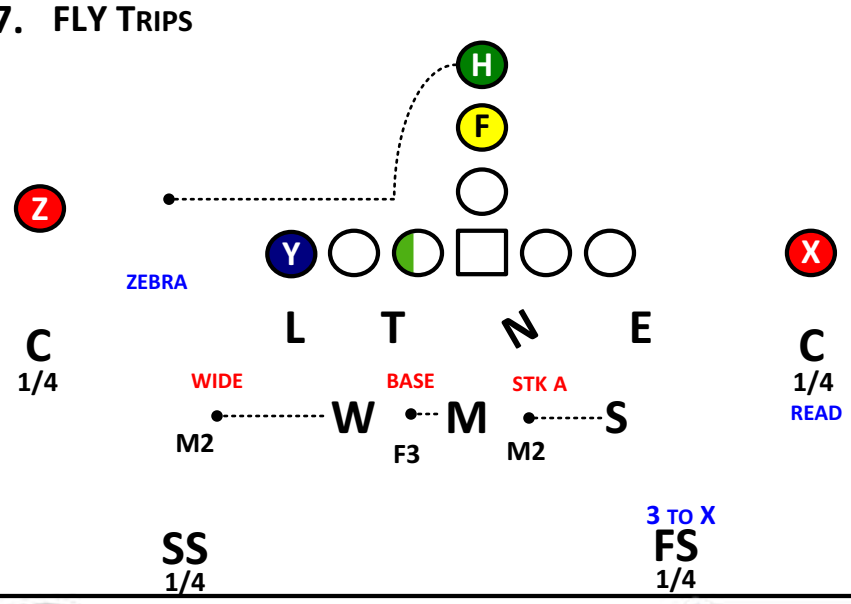
5. Trips



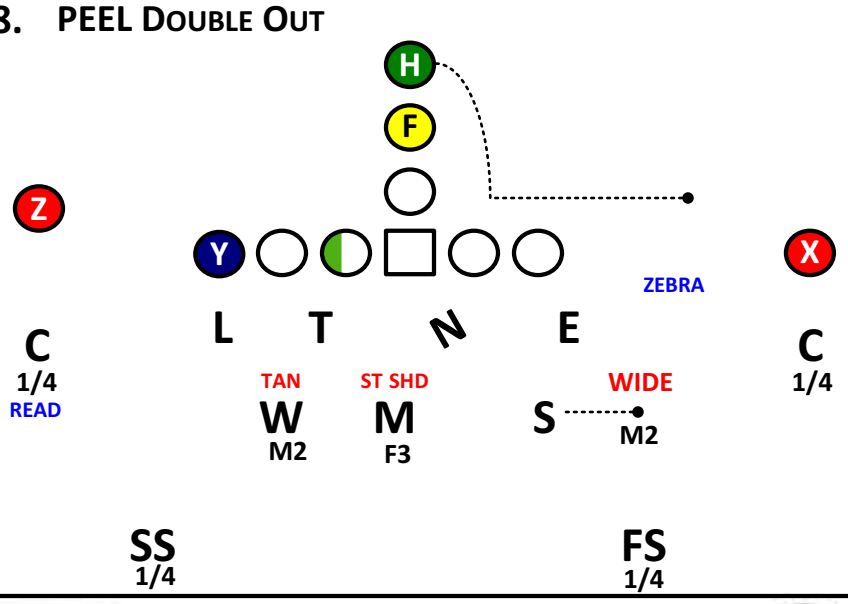
6. Double Out



7. FLY Trips

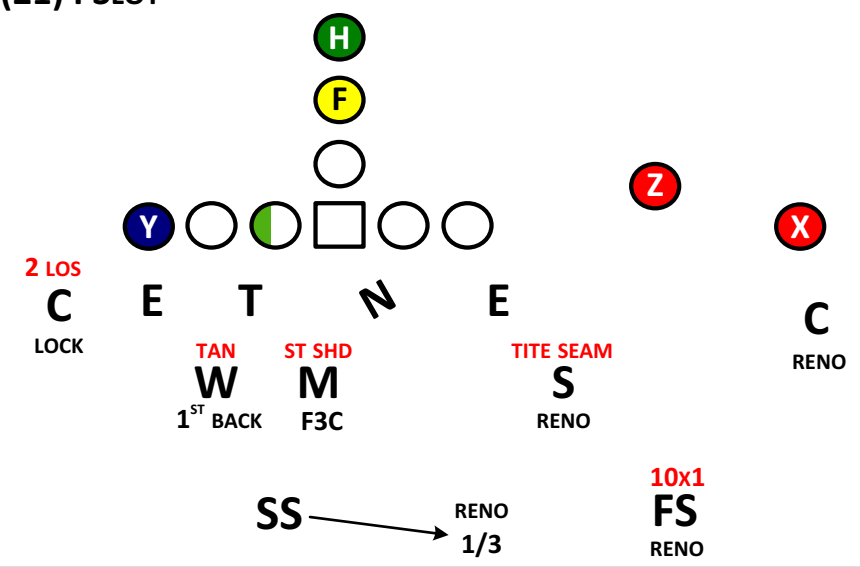


8. PEEL Double Out

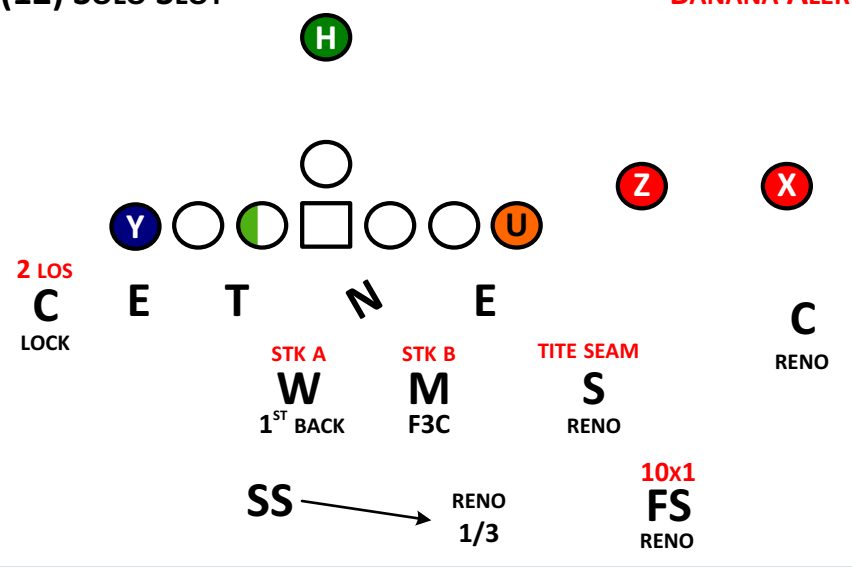


RENO

(21) I SLOT



(12) SOLO SLOT — BANANA ALERT



ESSENCE:

1. FINAL LOOK DEFENSE.
2. PLAYED VS. ALL ALIGNED OR MOTION TO SLOT FAMILY FORMATIONS.
3. DESIGNED TO DEFEND THE VERTICAL SLOT PASSING GAME.

COACHING POINTS:

1. LBS IN SLIDE ALIGNMENTS.
2. STRONG SAFETY RENO MIDDLE 1/3 (DEEP OVER TO MIDDLE).
3. NUB CORNER: LOCK NUB SIDE TE.
4. STRONG CORNER: LOCK #1 (PALMS READ)
5. MIKE LB PLAY FINAL 3 AND CARRY.
   BANANA ALERT
6. WILL LB RELATE TO BACKFIELD ACTION:
   FLOW, SPLIT & FLOP: MAN 1ST TO THE FLAT.
   FLOOD: ZONE OFF TO SLOT SIDE TO NEW #2.
7. FS: 10X1 HIGH AND OUTSIDE ON #2 UNTIL PASSED OFF TO STRONG SAFETY.
   VS. STACK RELEASE, STEM TO OUTSIDE LEVERAGE ON #2.
8. VS. ALL BOOTS: FREE SAFETY PLAY LIKE SPEED.

ADJUSTMENTS:

1. STACKS: CHECK STACK RENO (POSSIBLE CLOUD)
2. STACK RENO:
   RENO CB PLAYS RENO BUT DOES NOT CHASE IN-BREAKING ROUTES BY #1
   SAM PLAYS IN-BREAKING OF #1. VS. 1 & 2 VERTICAL CHASE #3 TO THE FLAT.
3. IF CLOUD:
   VS. 1 & 2 VERTICAL SAM PUSH WITH #3 TO THE FLAT.
4. VS. PAIR SLOT: WILL AND CORNER BANJO
5. VS. ZIP MOTION: FS CHECK SPEED ALIGN AT 7YDS (FOR BOOT/CRACK REPLACE) & SS — MIDDLE 1/3
6. VS. FLY MOTION TO DOUBLE WIDTH SLOT FORMATIONS: STAY RENO
7. VS. ALIGNED DOUBLE WIDTH SLOT FORMATIONS: PLAY THE INITIAL CALL
   VS. BOX FLY/PEEL, FIN OR UIN MOTION: CHECK RENO

Reno

Will Backer (Tan):

- Vs. Flow and Split Action: Man 1st back solid (Man Side)
- Vs. Flood Action: Look up 1st crosser (Zone Side)
- Vs. Pair/Trump Sets: Check Banjo (In & Out with Corner)
- Vs. Triples: Stack A

Mike Backer (Strong Shade):

- Final 3 Carry
- Vs. Flow: Man Up check down by #3 (Man Side)
- Vs. Flood and Split Action: Relate to #3 (Zone Side)
- Vs. #3 Vertical: Carry High and Inside
- Vs. Triples: Stack B

Sam Backer (Tite Seam):

- Reno Drop
- Vs. Flood and Split Action: Curl Drop unless #3 goes to the flat. (Exclude Y)
- Vs. Flow Action: Curl Drop and Wall off any crossers.
- Vs. Stacks (Flood and Split): Disregard #3 to flat unless #1 & #2 go vertical.
- Vs. Stacks (Flow): Own 1st in Breaking Route.

Free Safety (10x1 Outside #2):

- High and Outside on #2 unless:
  - #2 Deep Over: Double #1 High to Low
  - #2 Breaks Out 5 yards or less: Top of #1 with outside leverage.
  - Vs. Zips: Check Speed. Align 7x1 outside #2 and own #2
  - Vs. Pivot Outs: Check Speed and Own #2
- Vs. Stacks: Check Stack and play High and outside #2 unless
  - Any receiver in the stack breaks out or in drastically. Top of #1 inside
  - Any deep over routes out of the Stack: Double #1 High to Low
  - Vs. Any quick switches: Relate to new #2.

Strong Safety (10x Solid Guard):

- Reno Middle – Over to Middle 1/3.
- Alerts: Vs. 2x2 Slot Formations: Think more Middle 1/3
  - Vs. Triples Sets: Be conscious of #3.

Nubside Corner (2 x LOS):

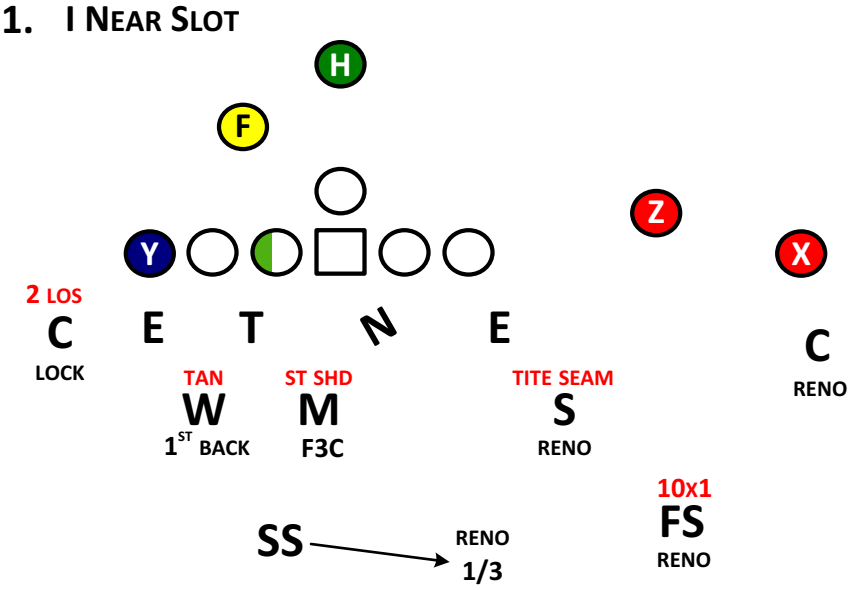
- Lock the "Y"
- Spill kickout blocks / turnback front side pullers
- Vs. Pair and Trump: Check Banjo (in & Out with Will)

Reno Corner (Press):

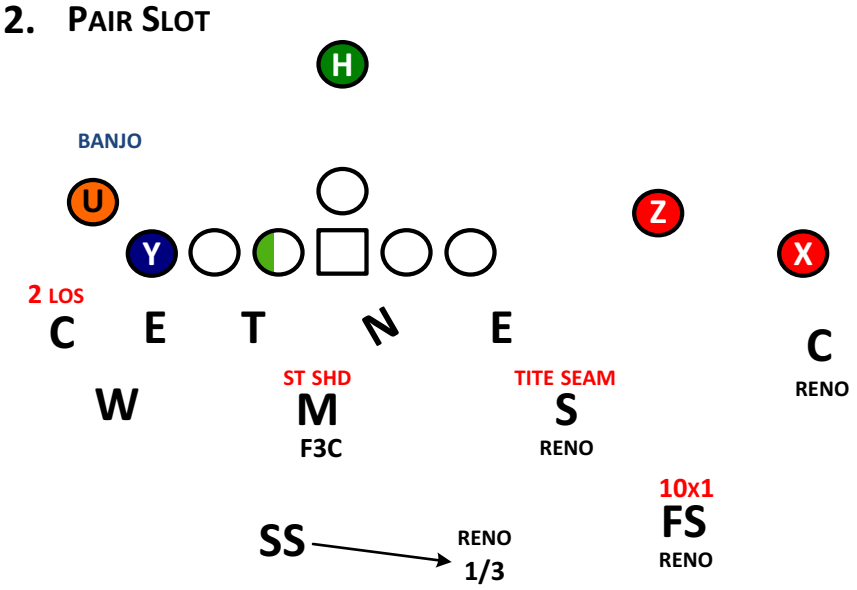
- Own #1 with outside leverage Unless:
  - #2 Breaks out 5 yards or less: Flat (Reno Palms Read)
- Vs. Stacks: Check Stack, Align 7x1 and own #1 unless:
  - Any receivers in the stack breaks out or in drastically: Flat
  - Vs. Any quick Switches: Own new #1.

RENO

1. I NEAR SLOT

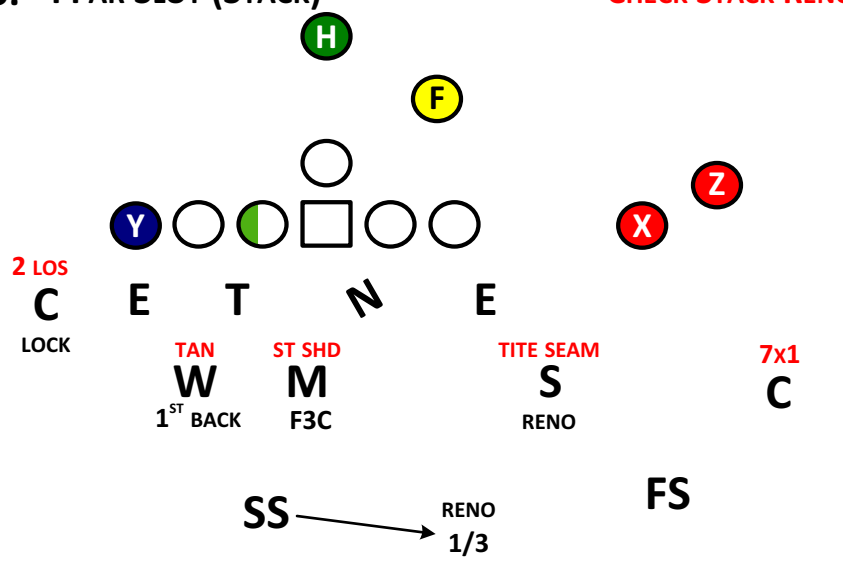


2. PAIR SLOT

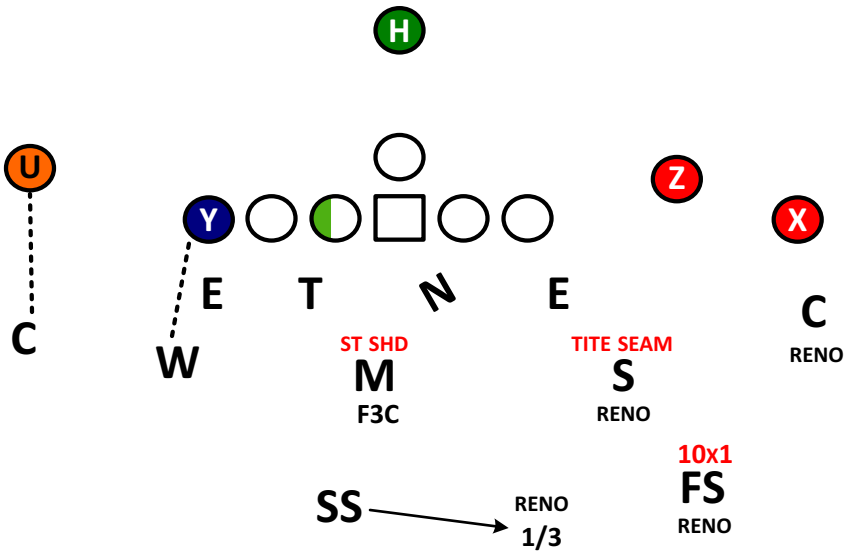


3. I FAR SLOT (STACK)

CHECK STACK RENO

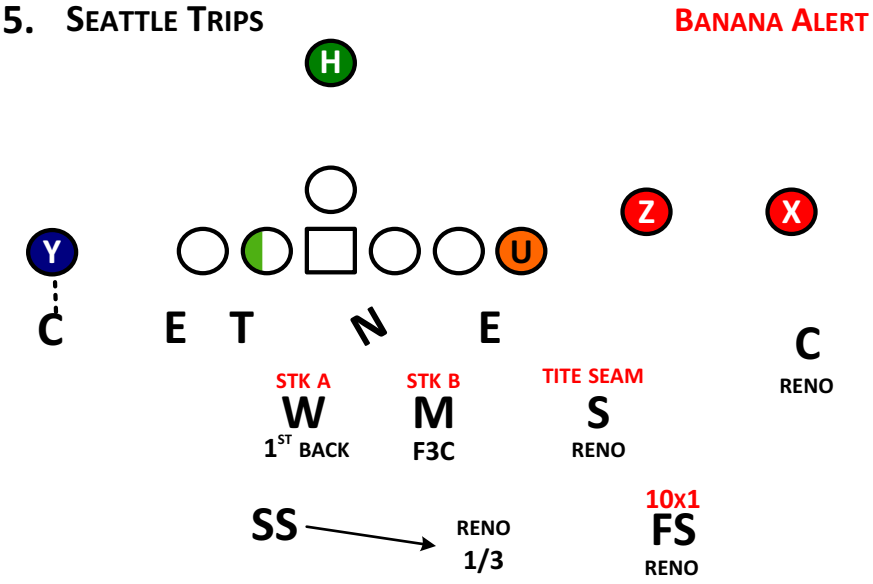


4. SLOT DOUBLE OUT



5. SEATTLE TRIPS

BANANA ALERT



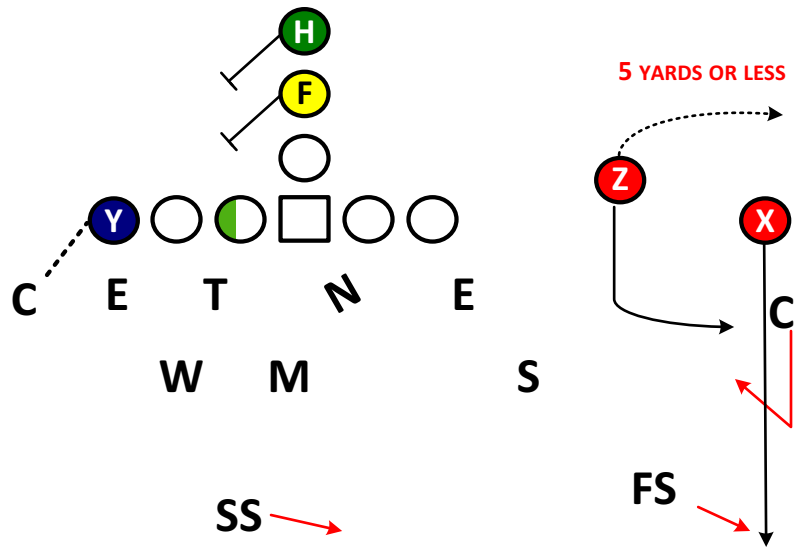
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7.

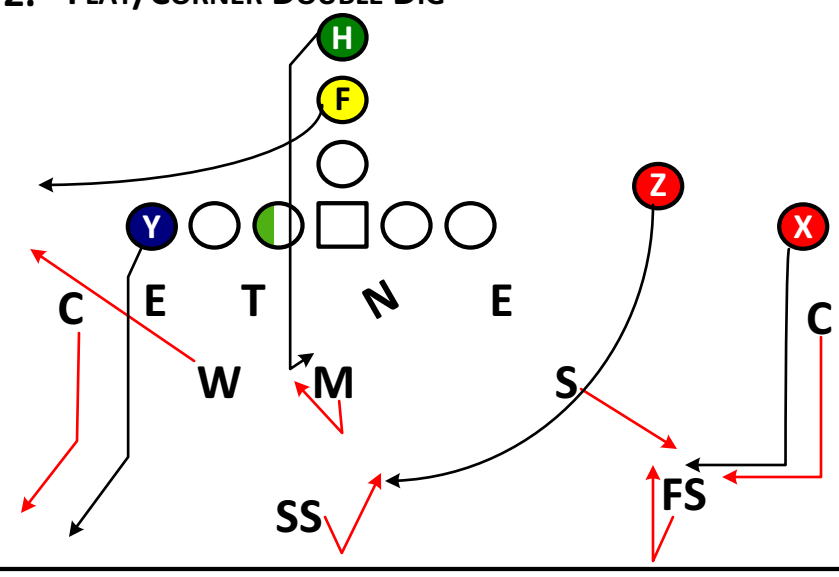
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RENO

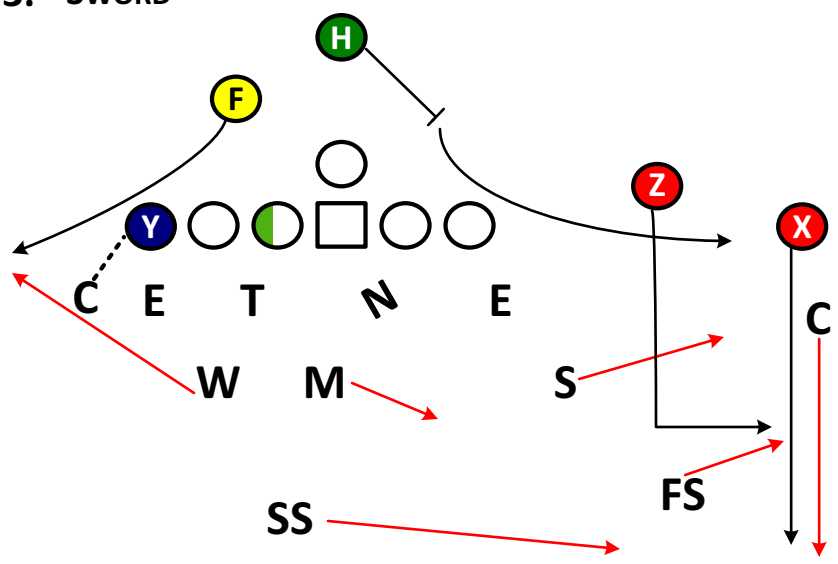
1. BUBBLE



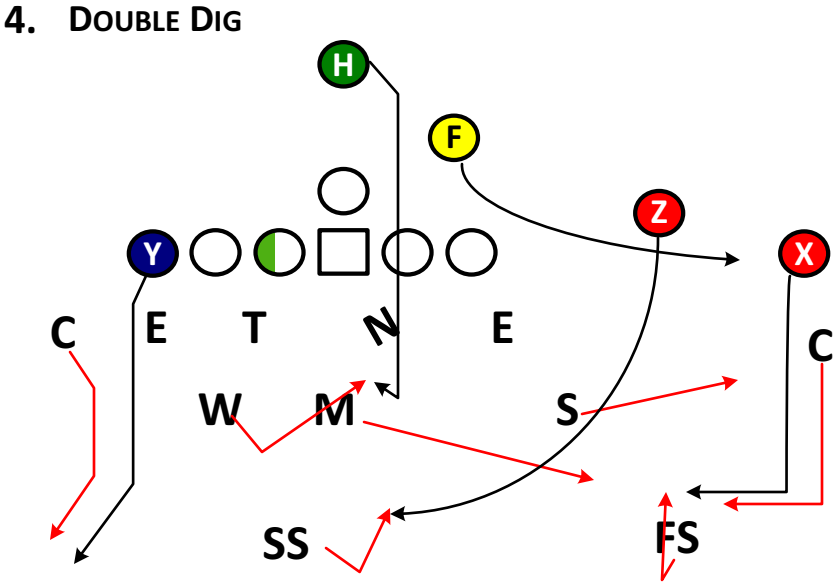
2. FLAT/CORNER DOUBLE DIG



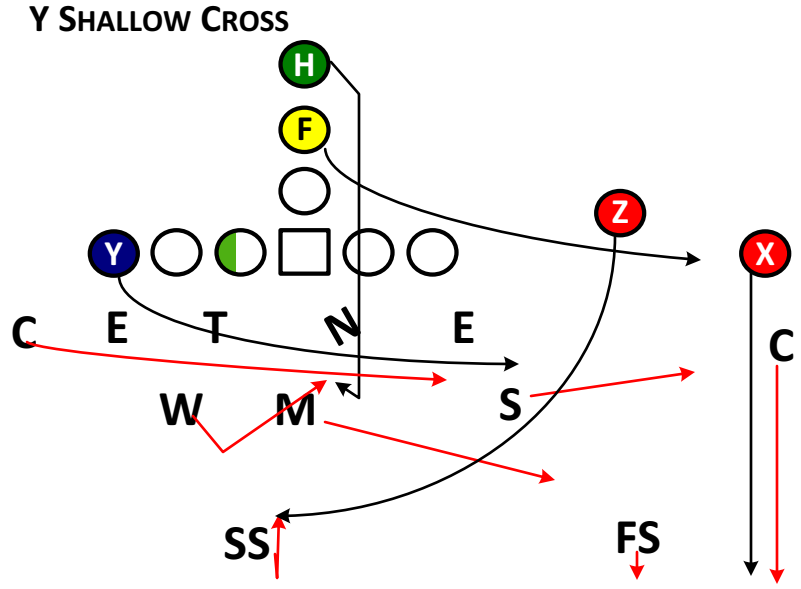
3. SWORD



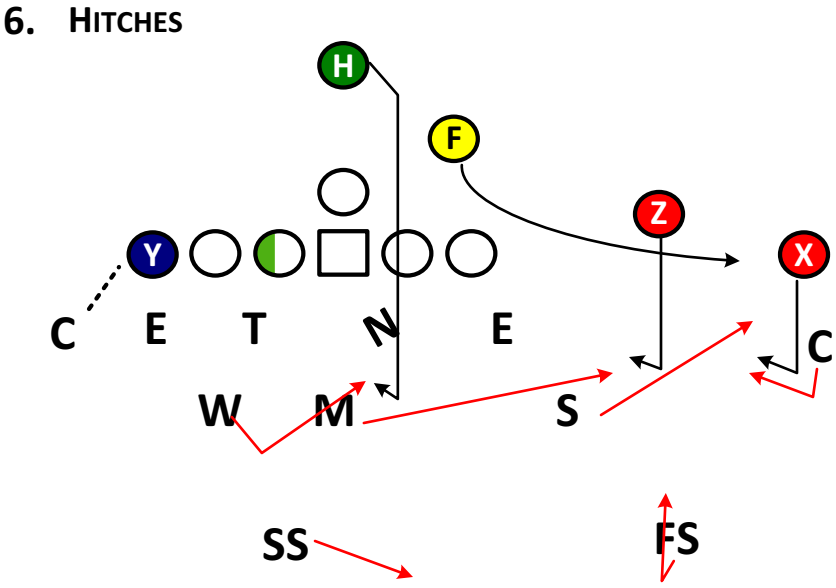
4. DOUBLE DIG



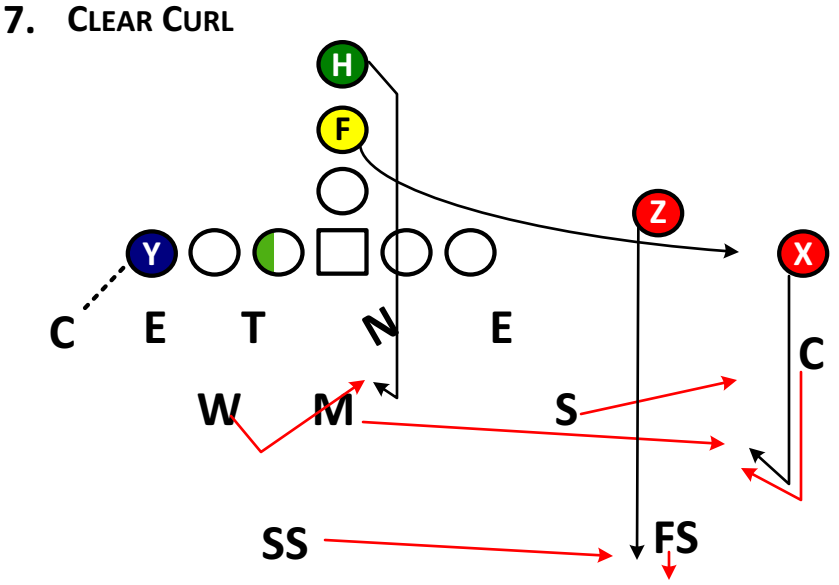
5. Y SHALLOW CROSS



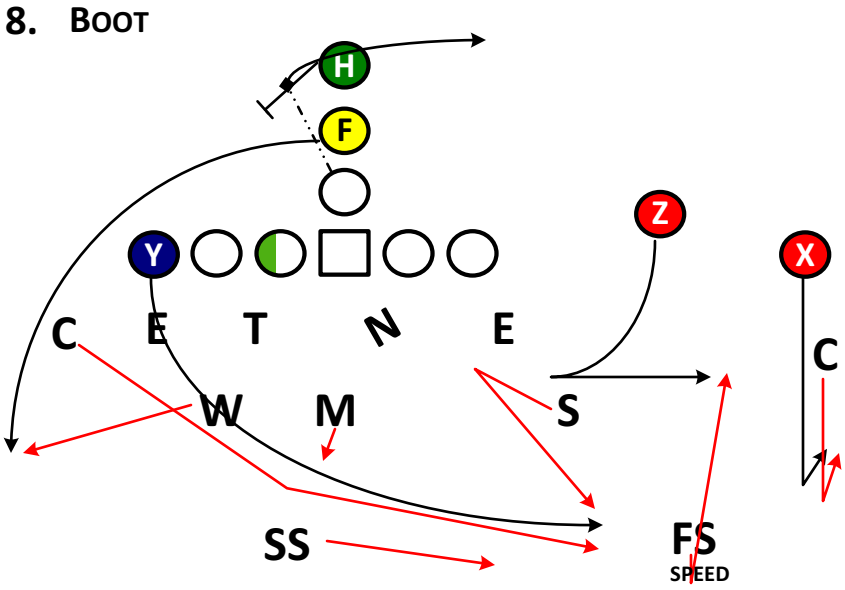
6. HITCHES



7. CLEAR CURL

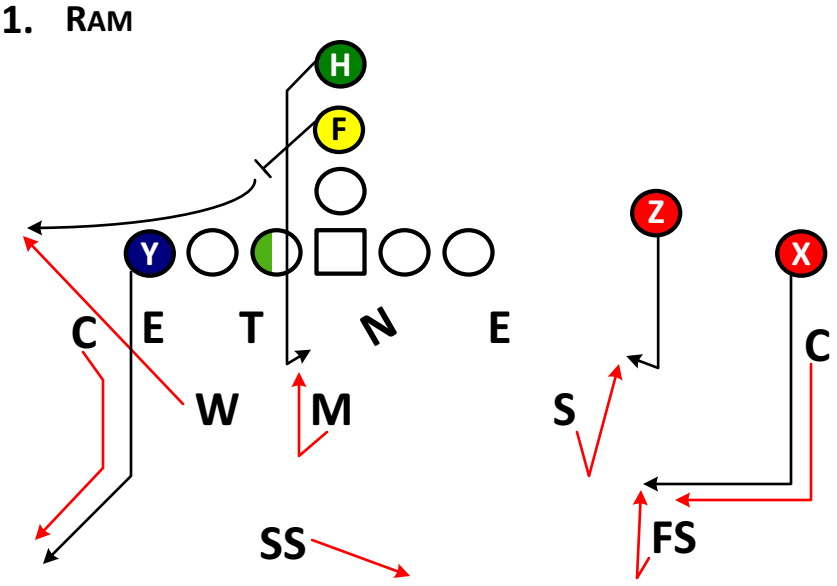


8. BOOT

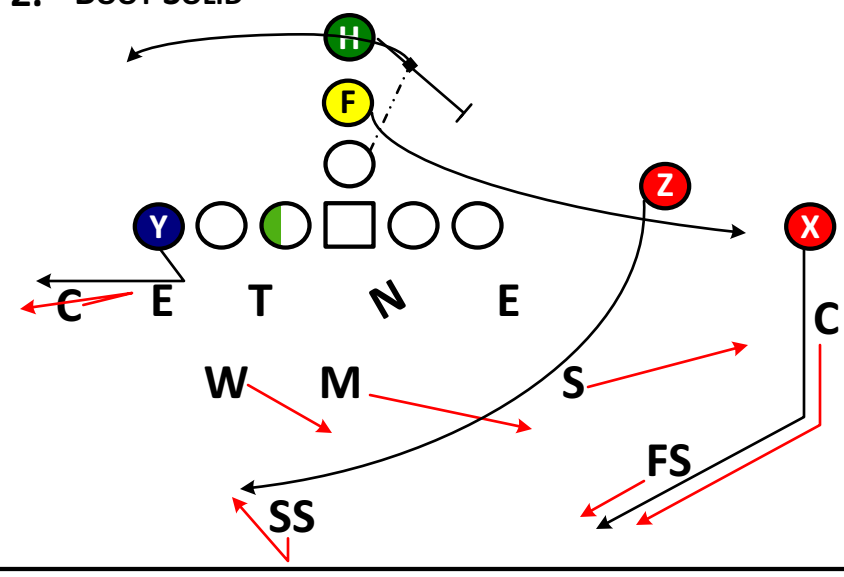


RENO

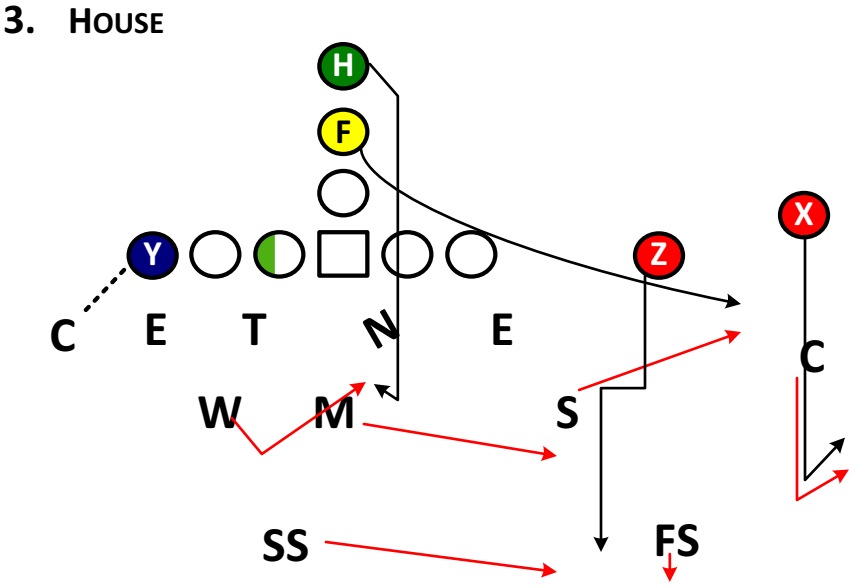
1. RAM



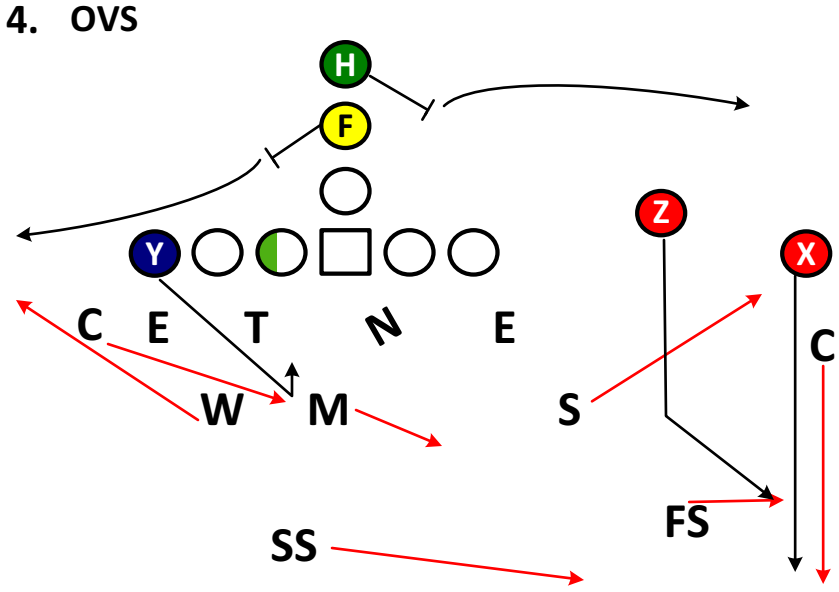
2. BOOT SOLID



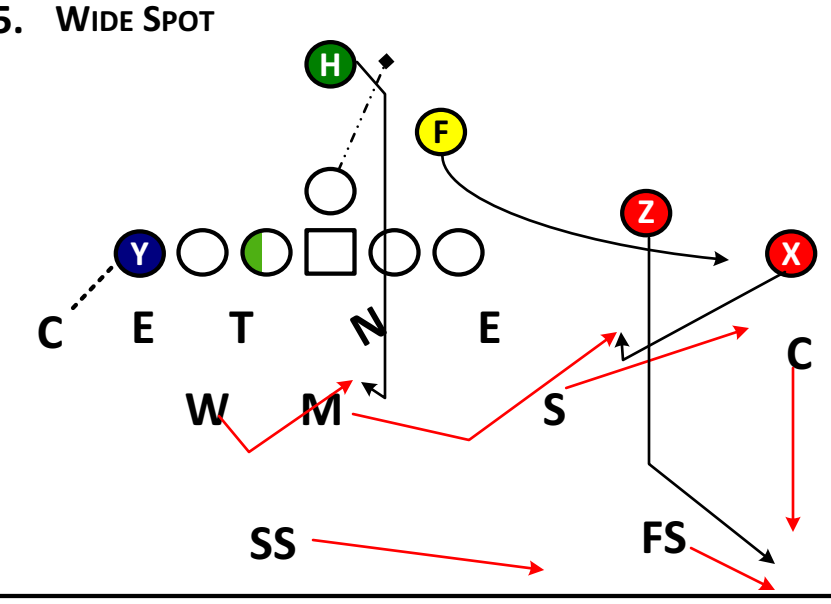
3. HOUSE



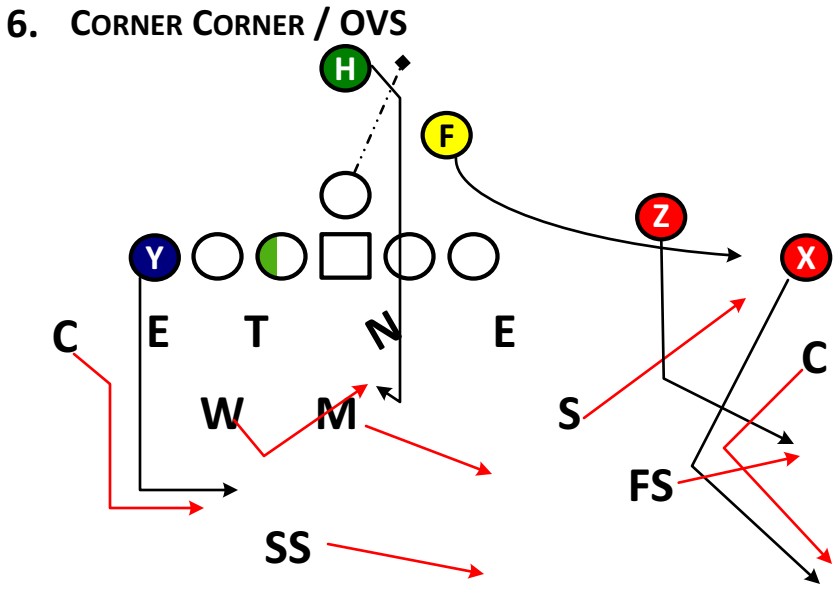
4. OVS



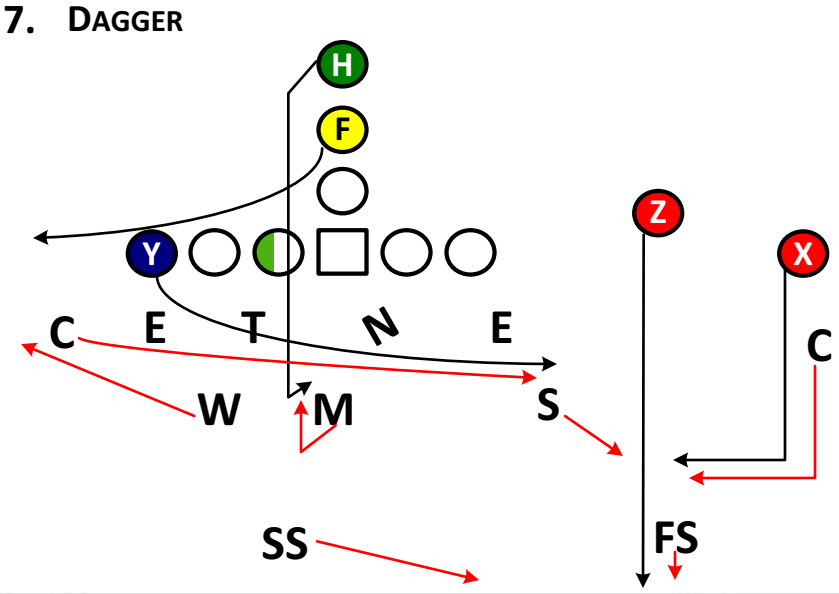
5. WIDE SPOT



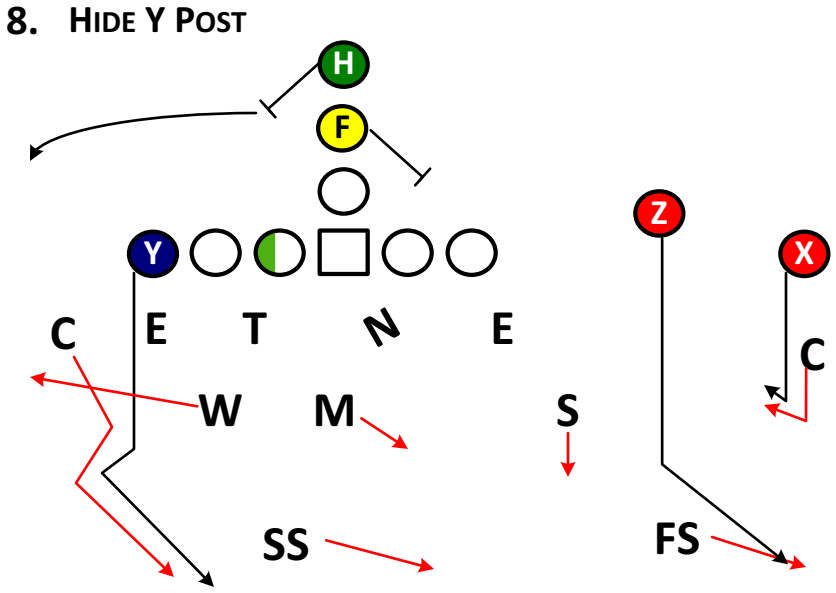
6. CORNER CORNER / OVS



7. DAGGER

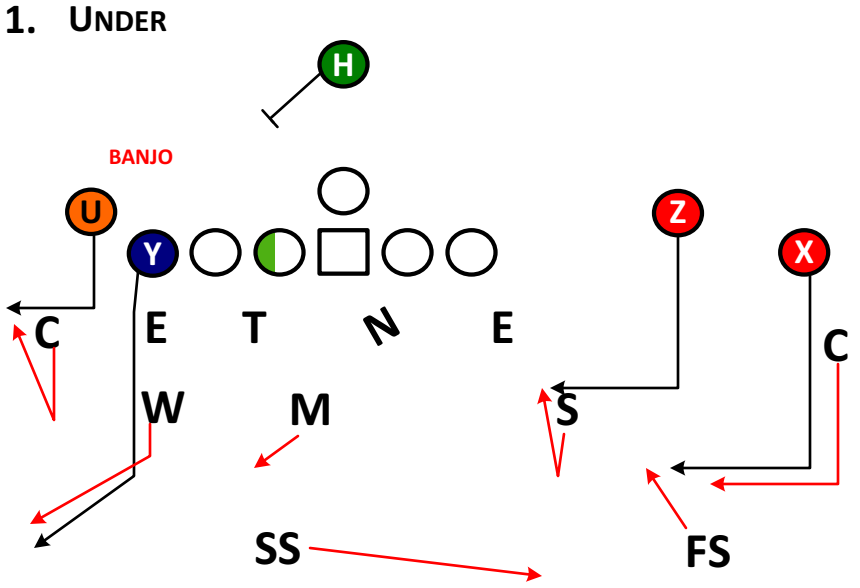


8. HIDE Y POST

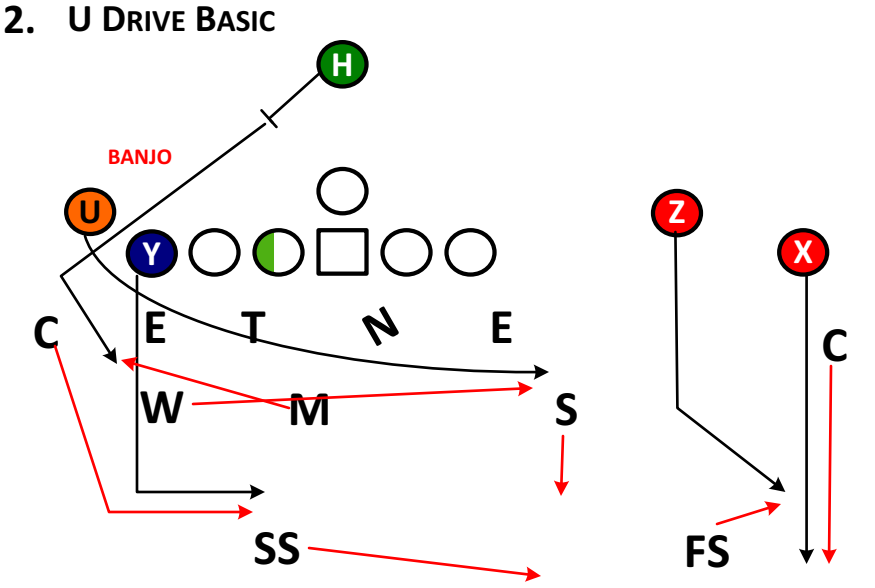


RENO

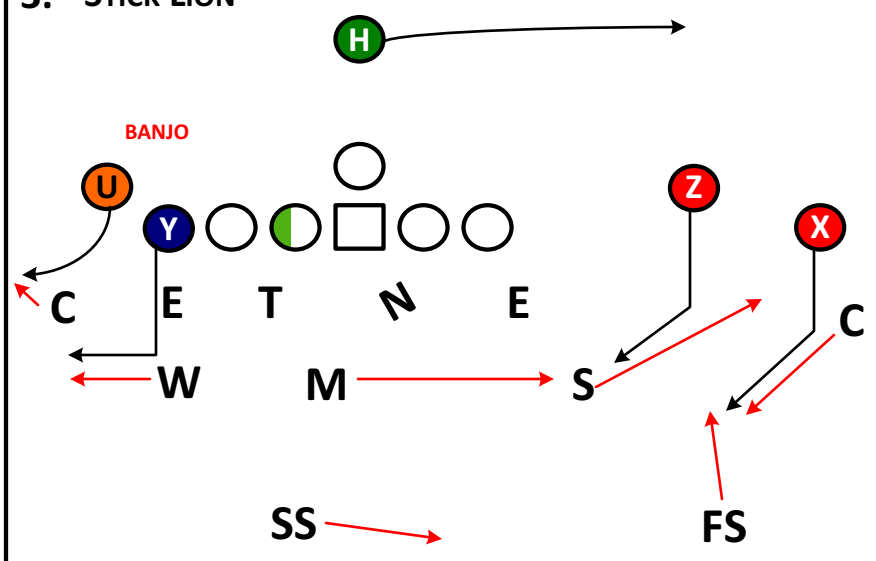
1. UNDER



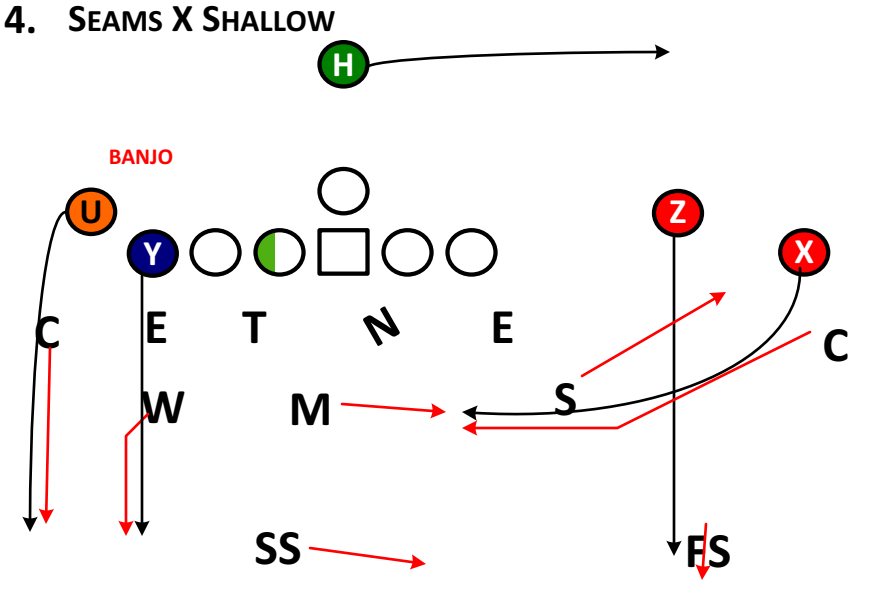
2. U DRIVE BASIC



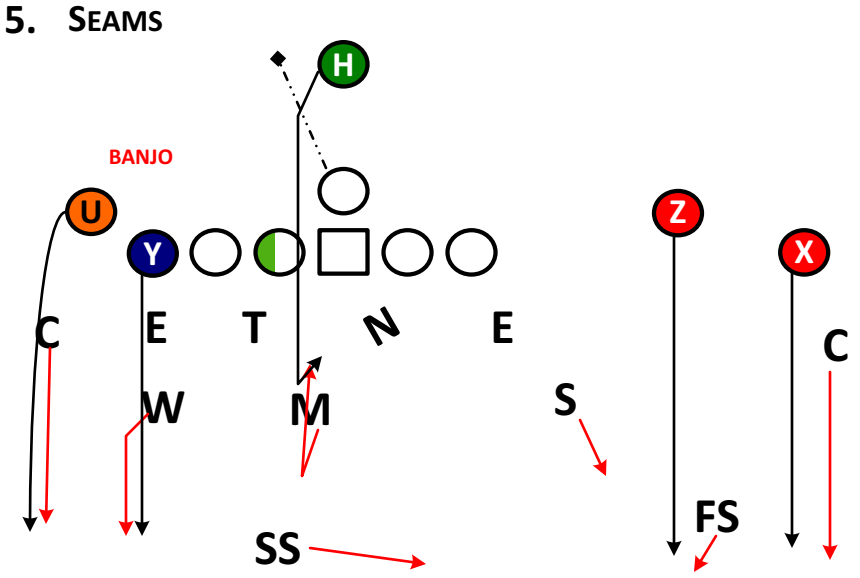
3. STICK LION



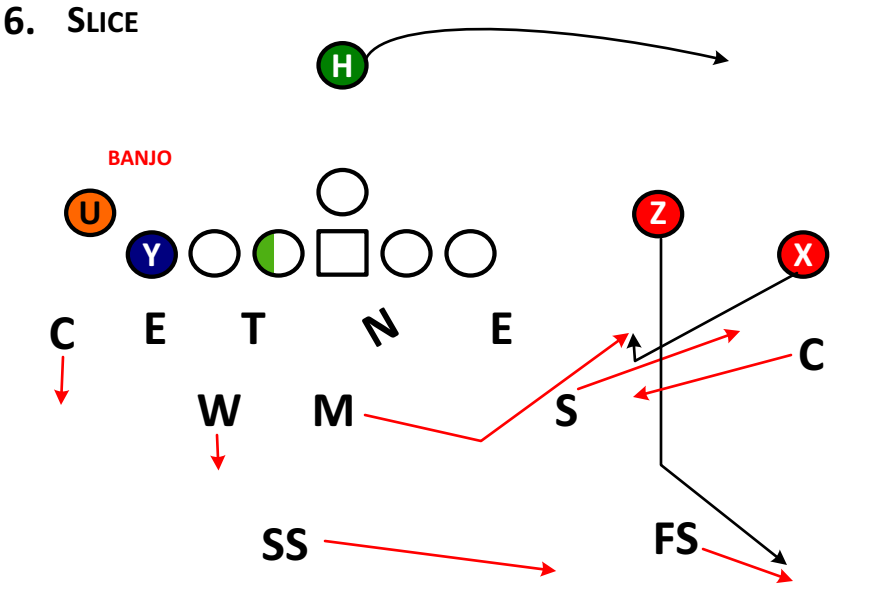
4. SEAMS X SHALLOW



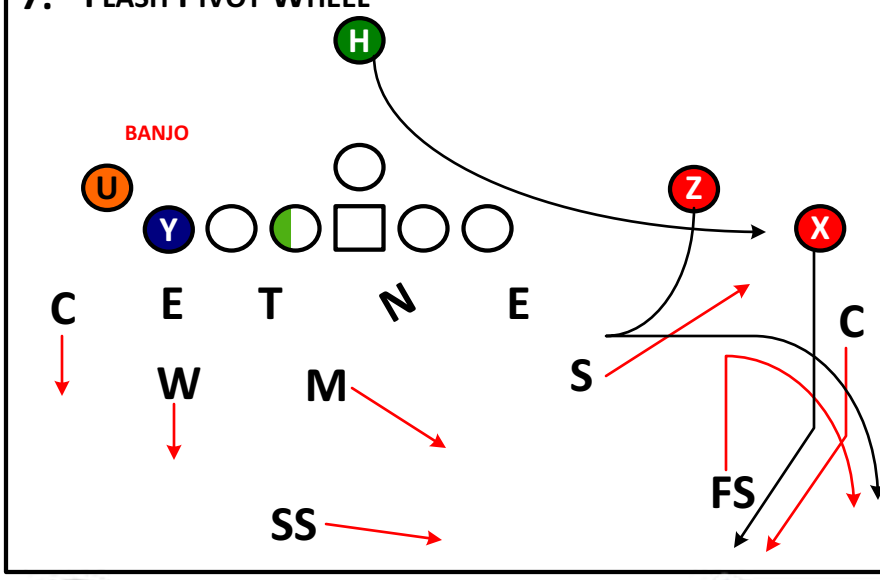
5. SEAMS



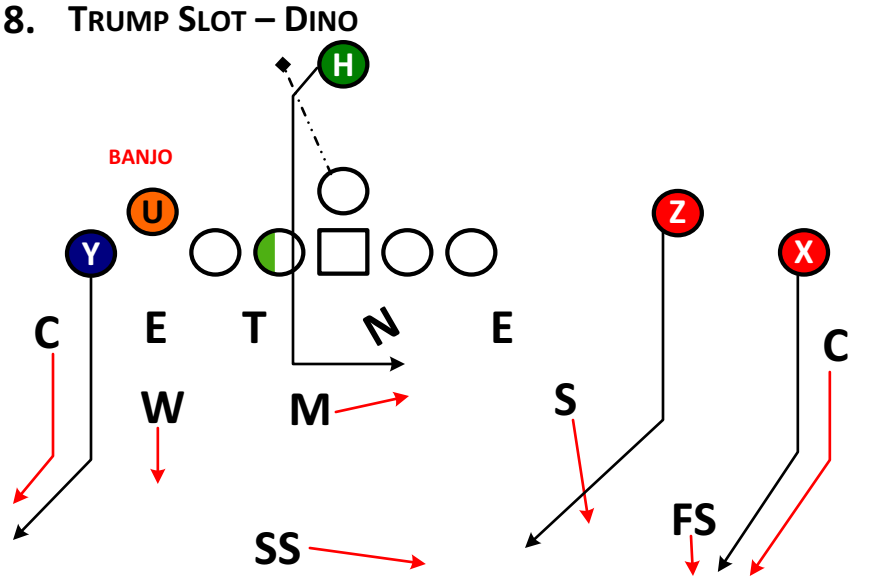
6. SLICE



7. FLASH PIVOT WHEEL

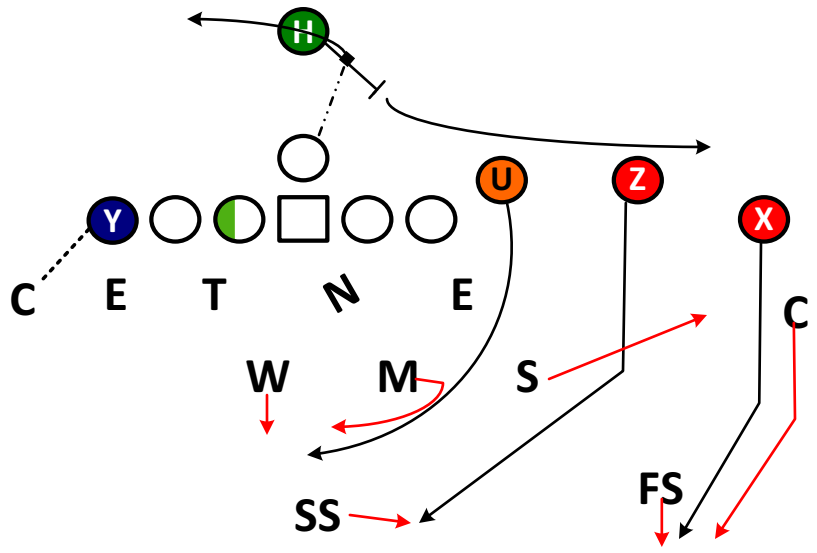


8. TRUMP SLOT – DINO

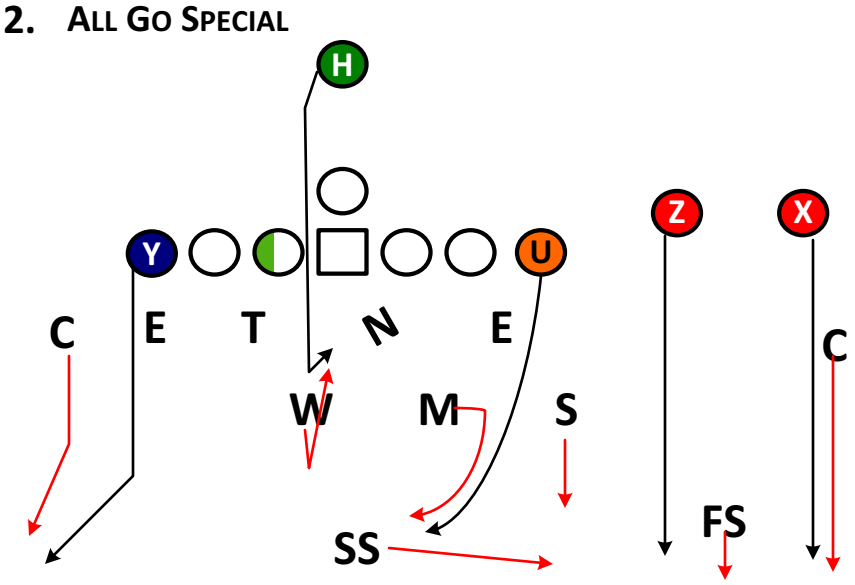


RENO

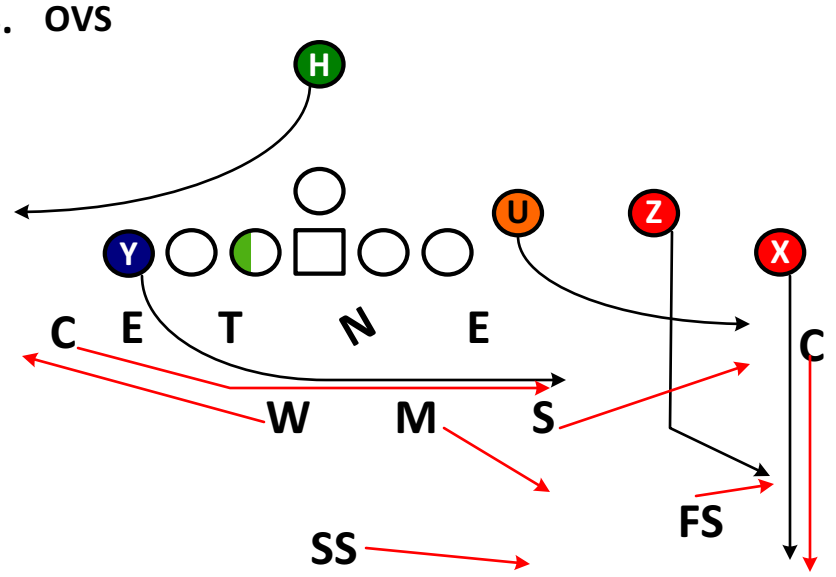
1. BOOT – TRINO



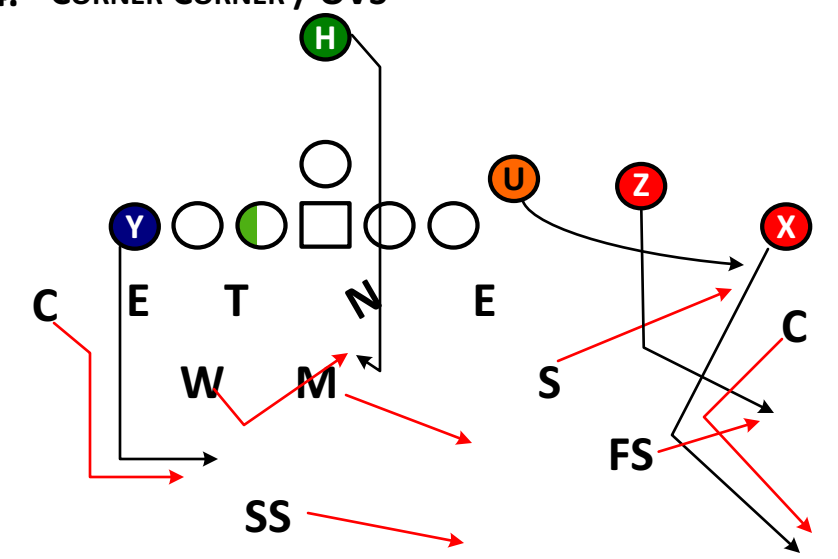
2. ALL GO SPECIAL



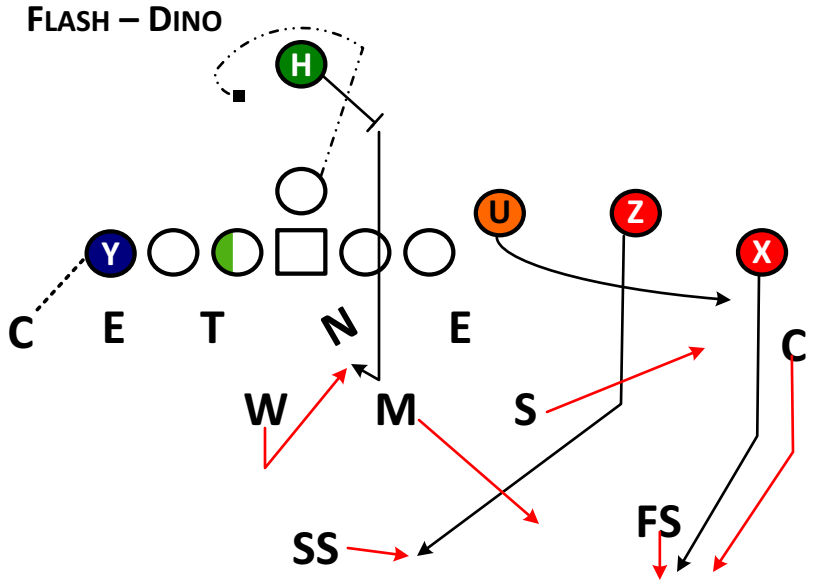
3. OVS



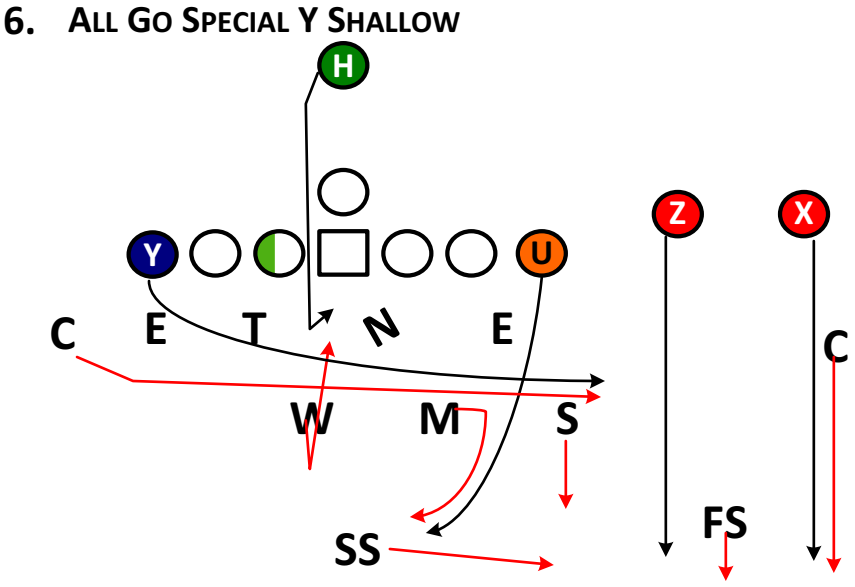
4. CORNER CORNER / OVS



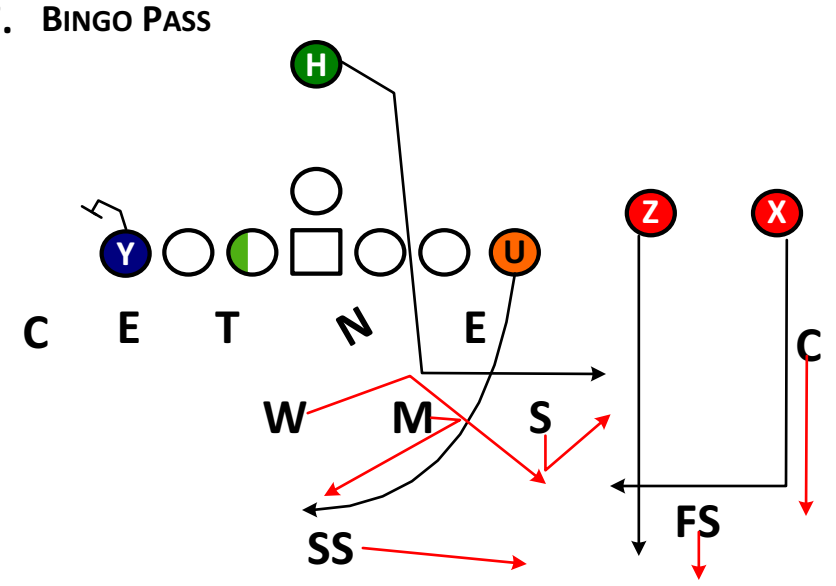
5. FLASH – DINO



6. ALL GO SPECIAL Y SHALLOW



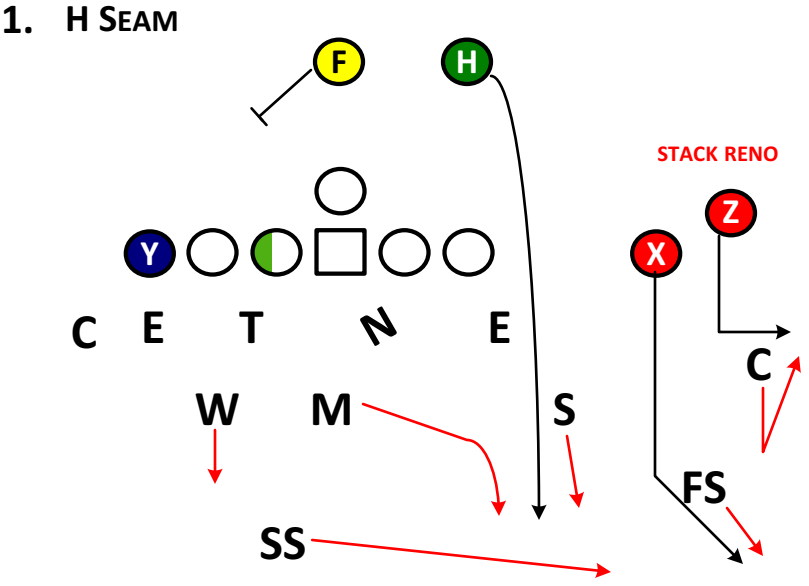
7. BINGO PASS



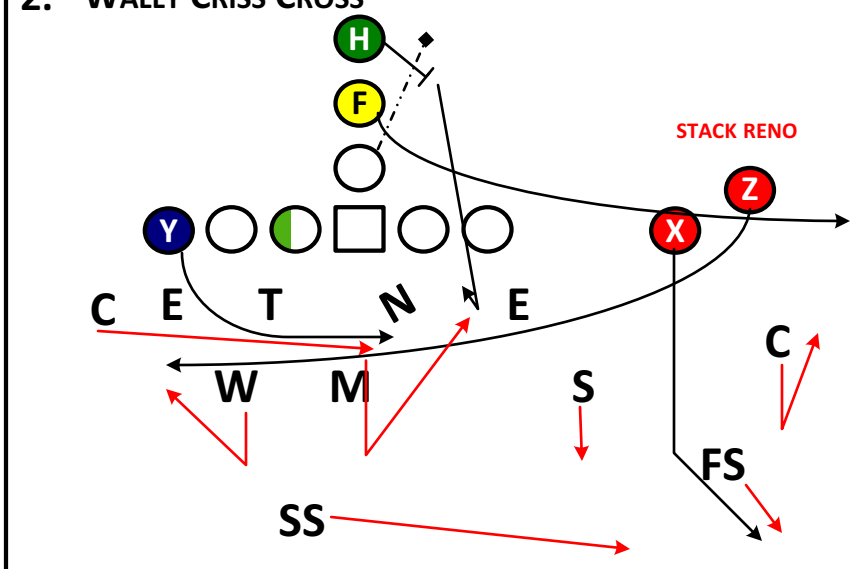
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RENO

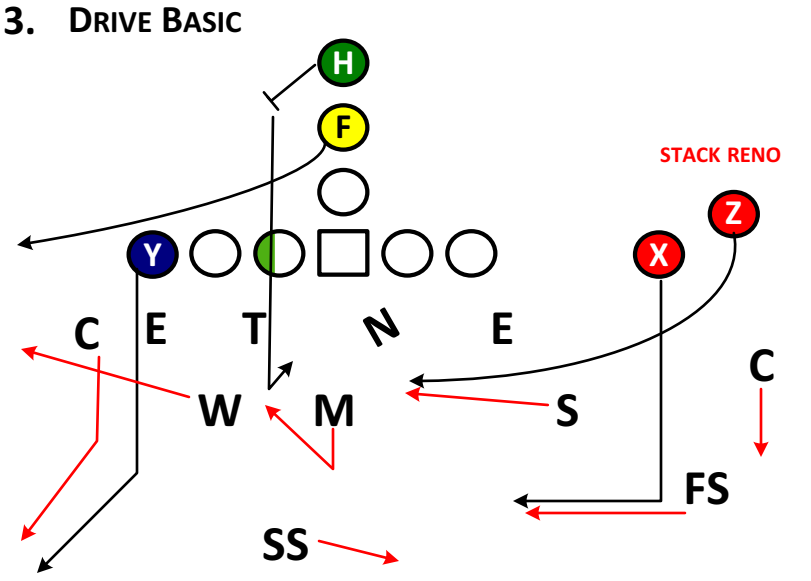
1. H SEAM



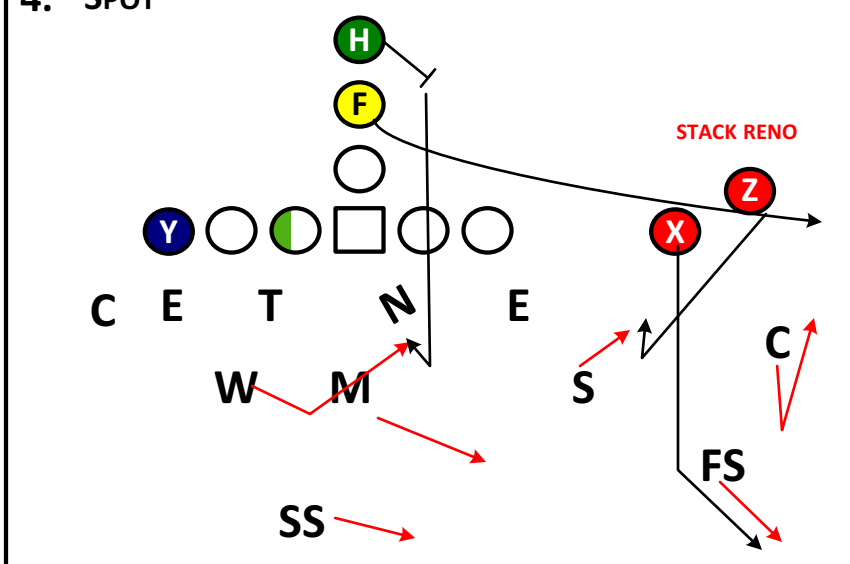
2. WALLY CRISS CROSS



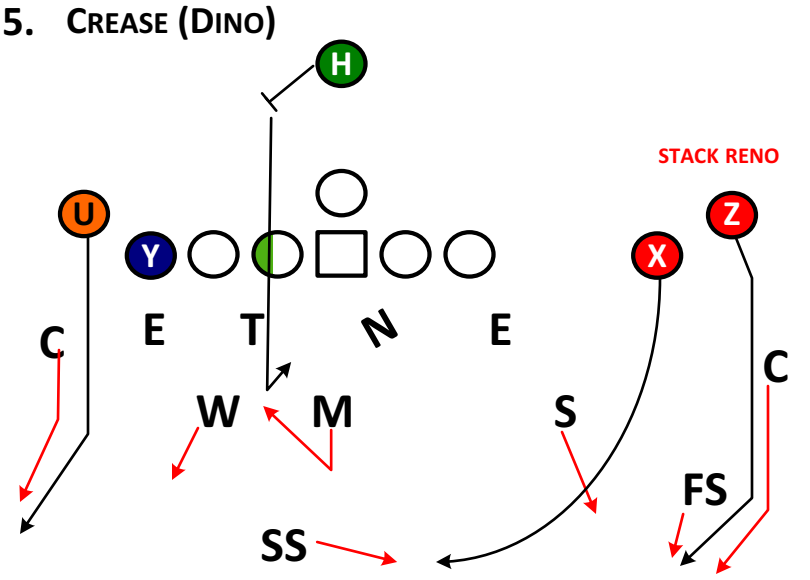
3. DRIVE BASIC



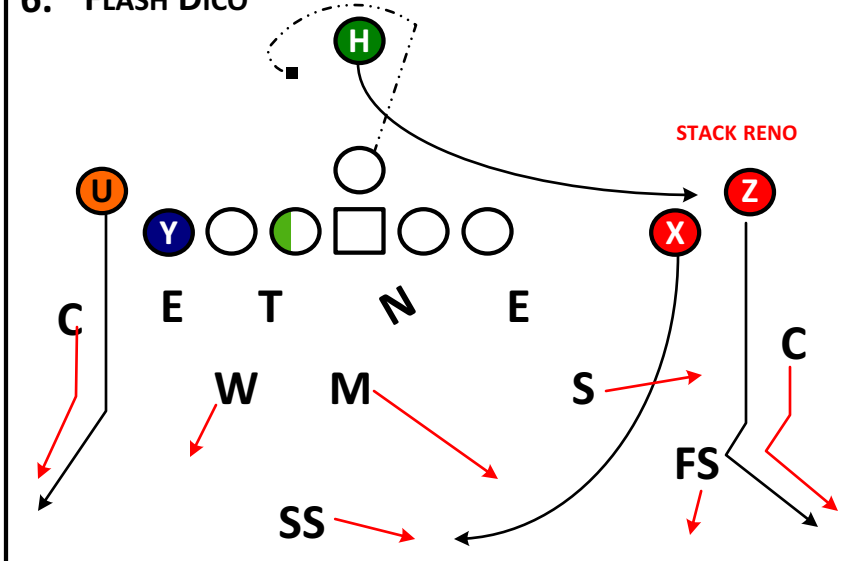
4. SPOT



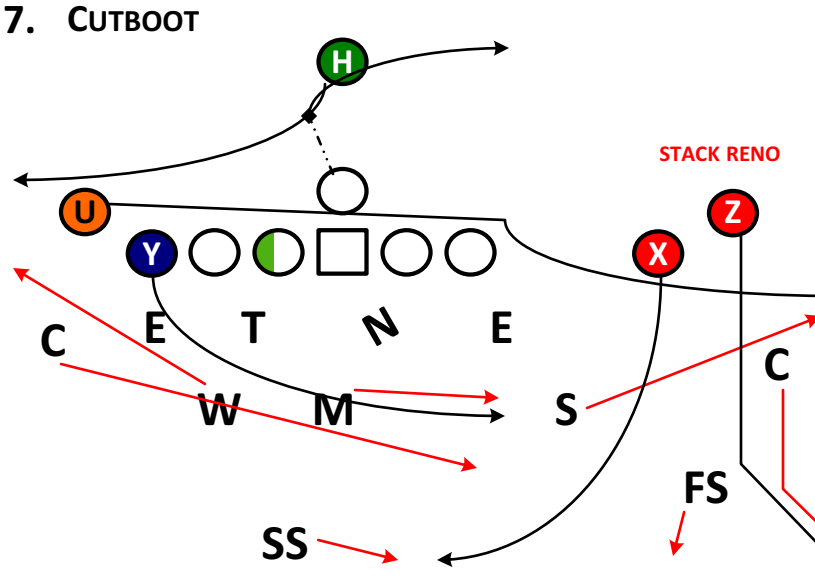
5. CREASE (DINO)



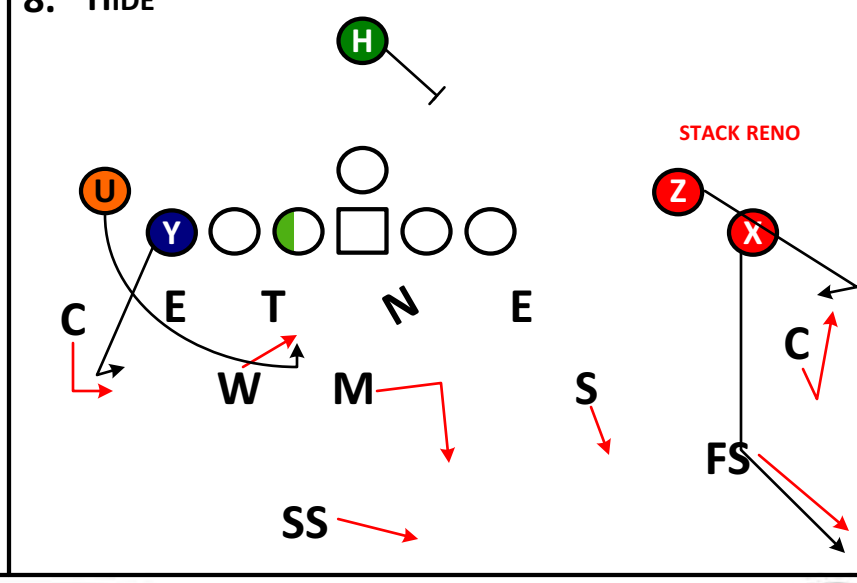
6. FLASH DICO



7. CUTBOOT

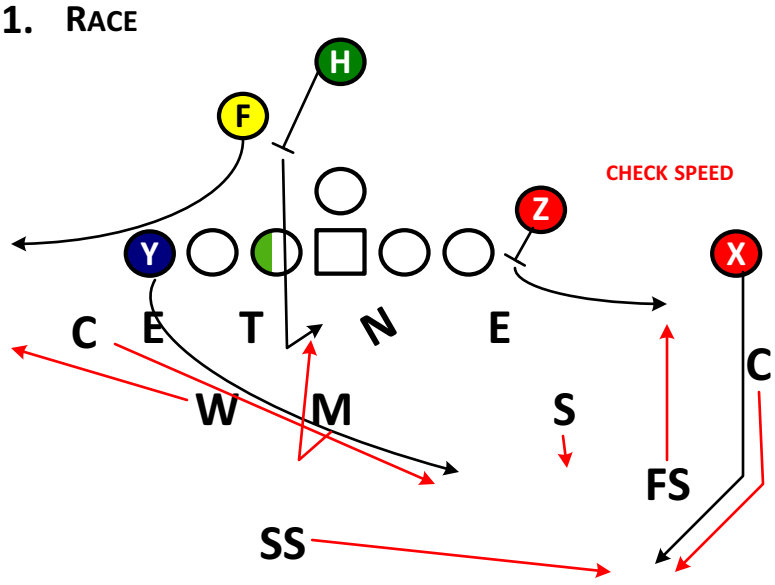


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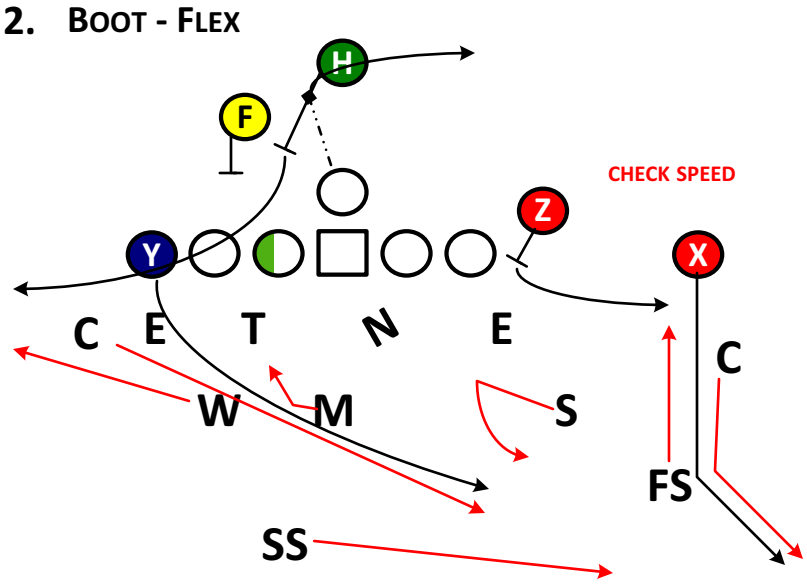


RENO

1. RACE



2. BOOT - FLEX



3.

4.

5.

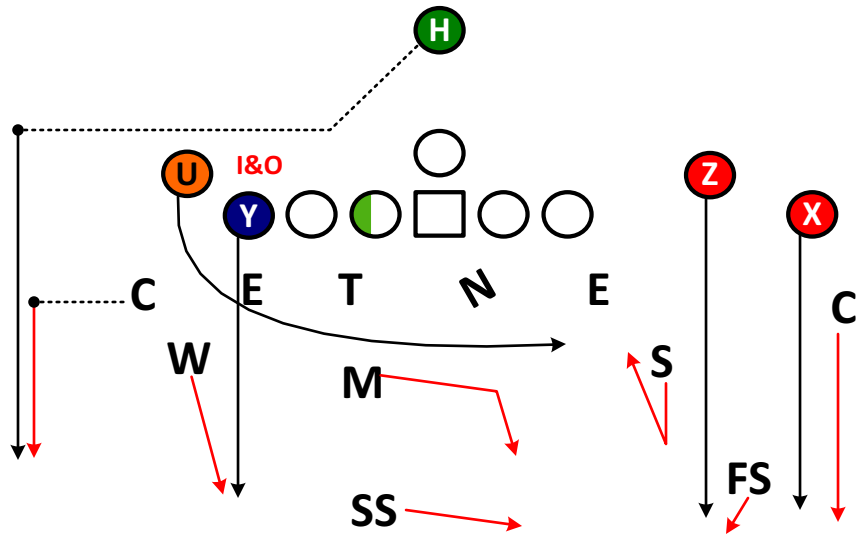
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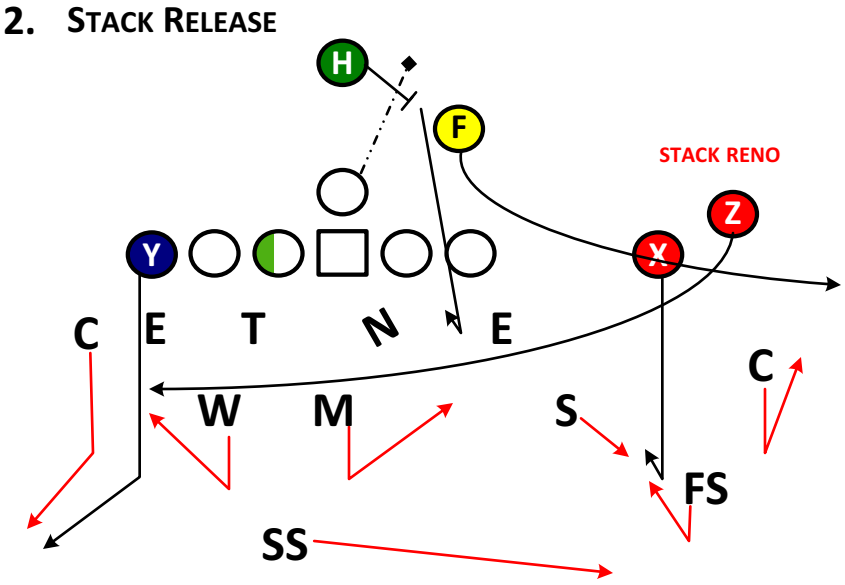
8.

RENO

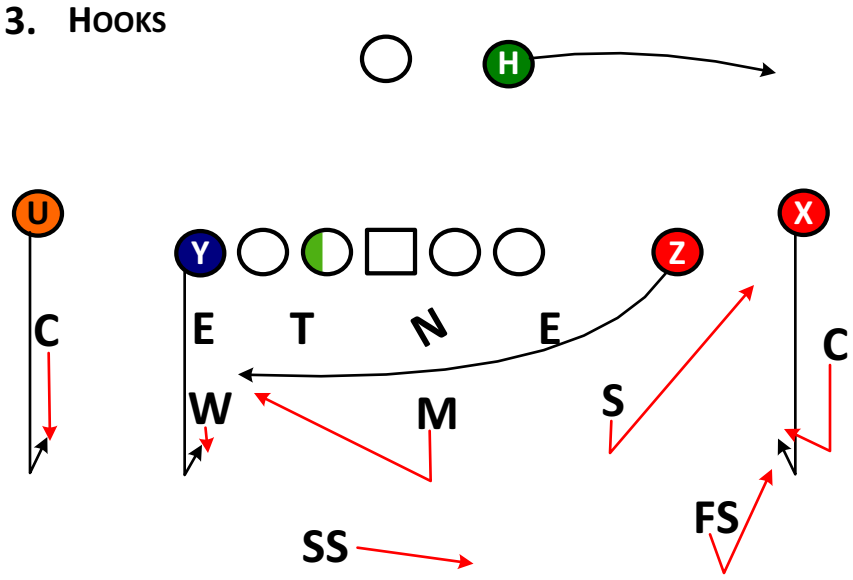
1. MOTION TO EMPTY



2. STACK RELEASE



3. HOOKS



4.

5.

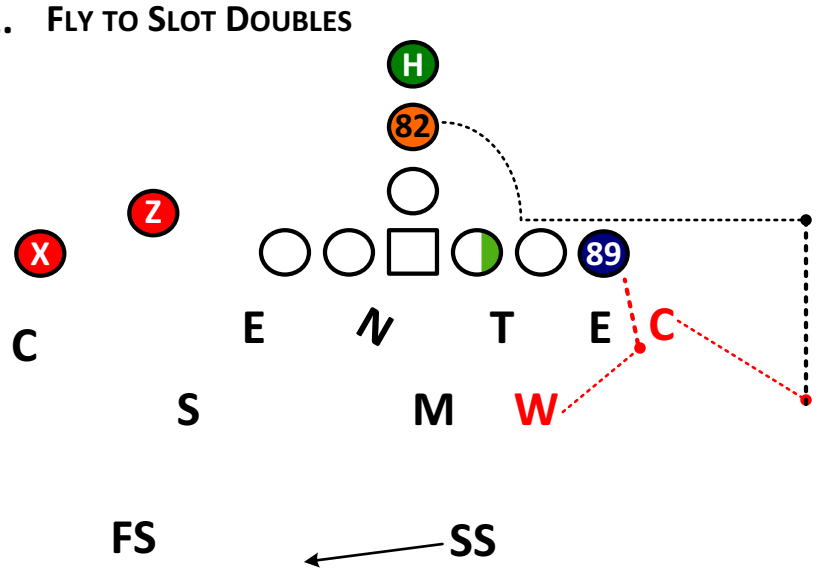
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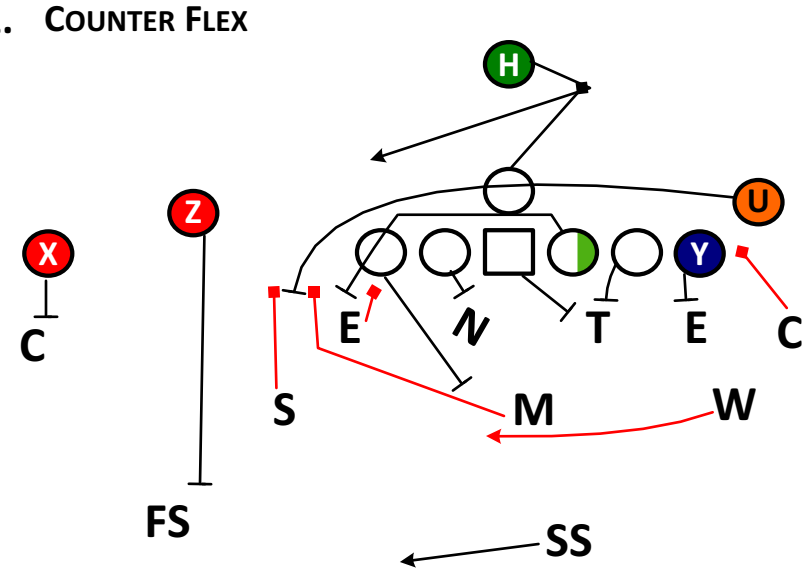
8.

RENO

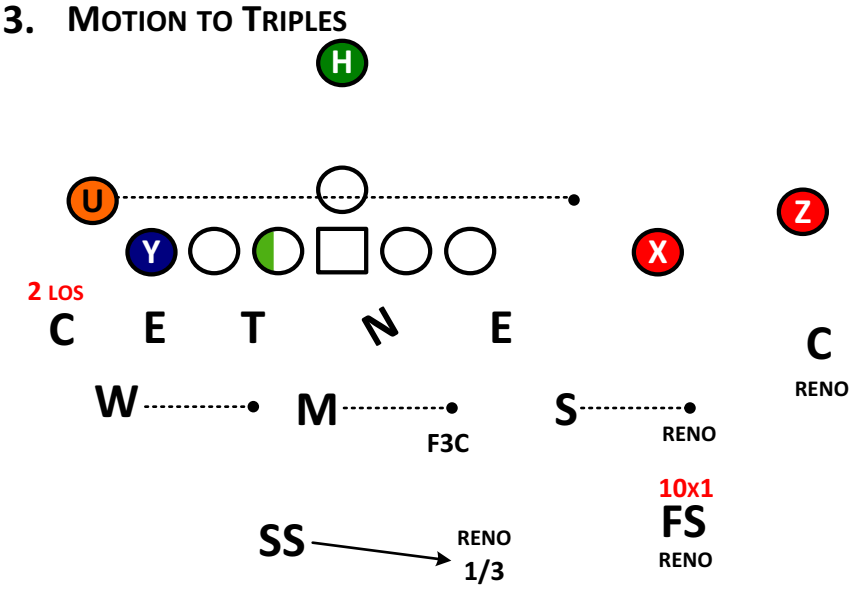
1. FLY TO SLOT DOUBLES



2. COUNTER FLEX



3. MOTION TO TRIPLES



4.

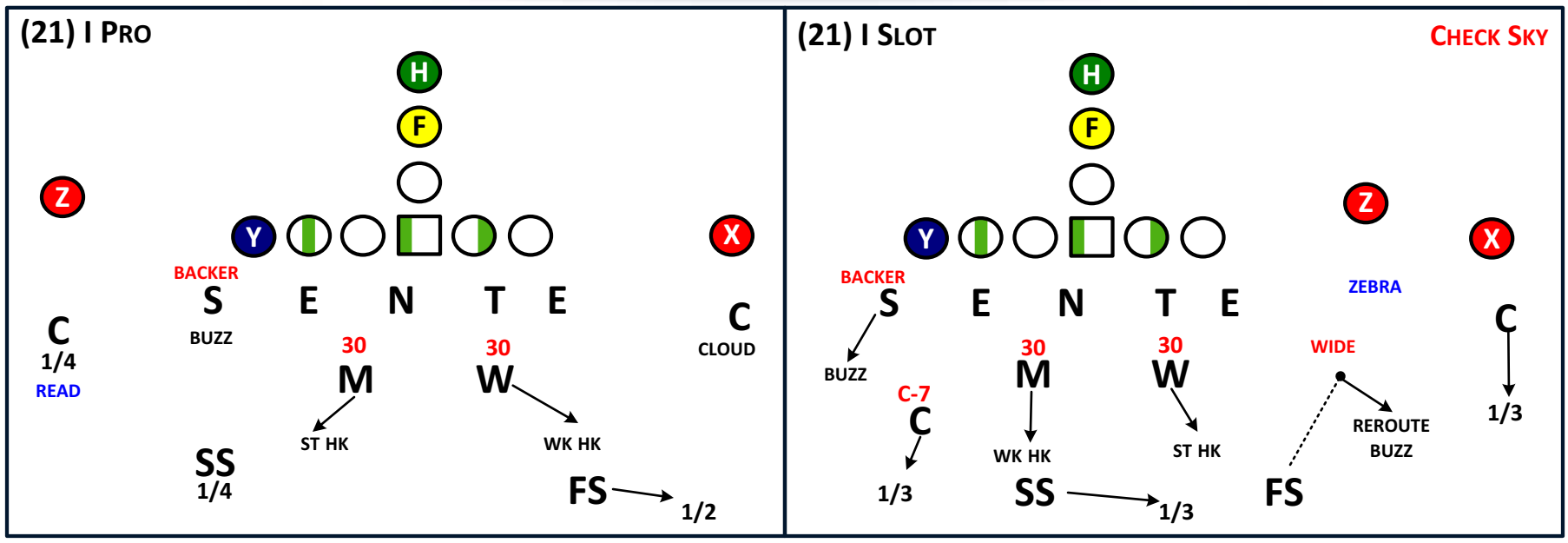
5.

6.

7.

8.

Rock 6 (Rock Seattle)



Essence:

1. Rock Seattle is a Base Under Front Family quarter, quarter, half Defense.

Coaching Points:

1. Solid Call to "Y"
2. Sam Alignments:
   - Backer – Check Cheat
   - Wide – Check Mug Easy (1 and Loose 5 Technique)
   - Down – Check Fist
3. Pro: Yuma Run Fits
   - Solid CB off and inside
   - SS play like 4 lock

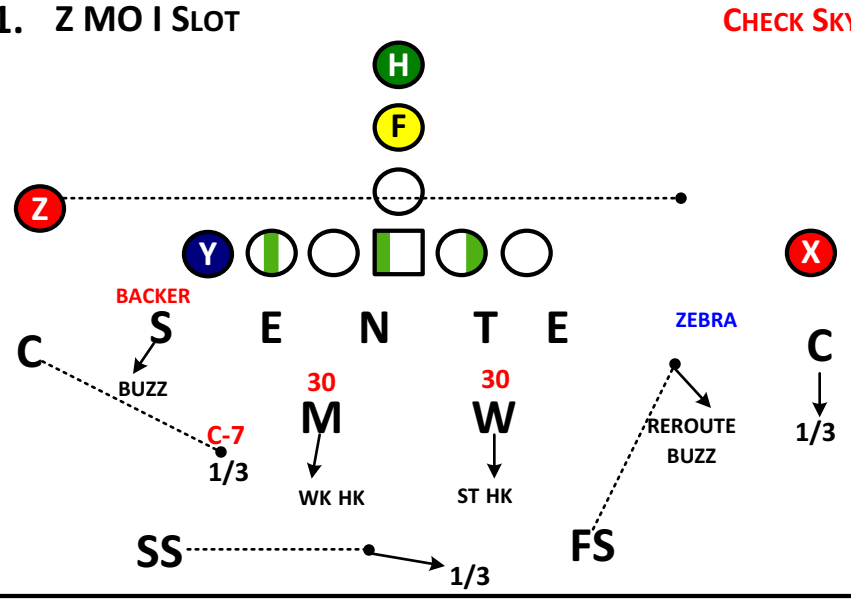
Adjustments:

1. Vs. Pro Family Formations: Cover 6
2. Vs. Y Motion / Y Shift: Check Sky
3. Vs. 2 Back Y Open and Trips: Check Palms
4. Vs. Single width Slot Family Formations: Check Sky
5. Backside of 3x1: Possible Whoo, Whoo!
6. Vs. Empty: Cover 6, Check Go

Rock 6 (Rock Seattle)

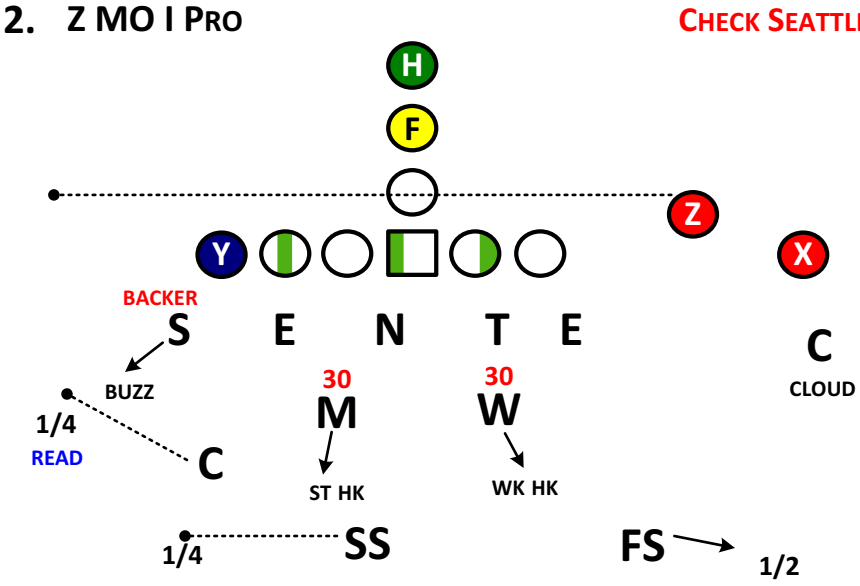
1. Z MO I Slot

Check Sky



2. Z MO I Pro

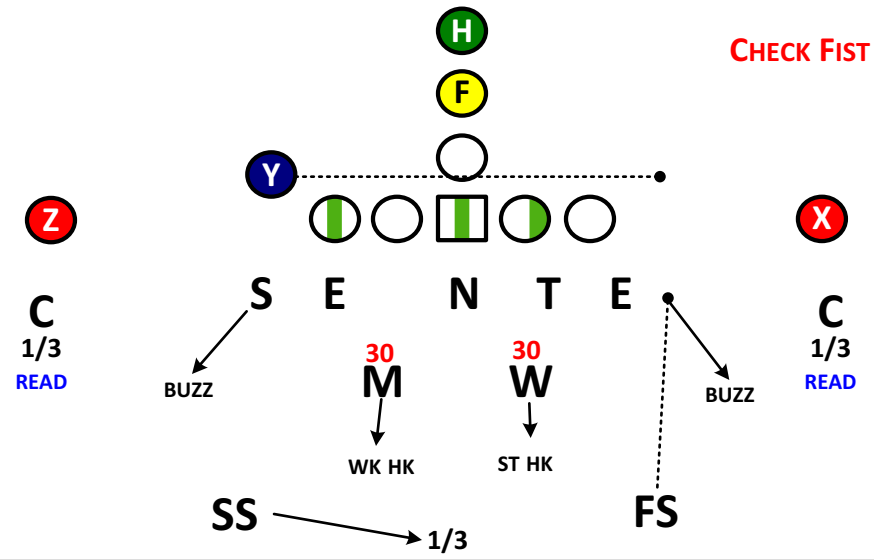
Check Seattle



3. Y MO I Pro Y Off

Check Sky

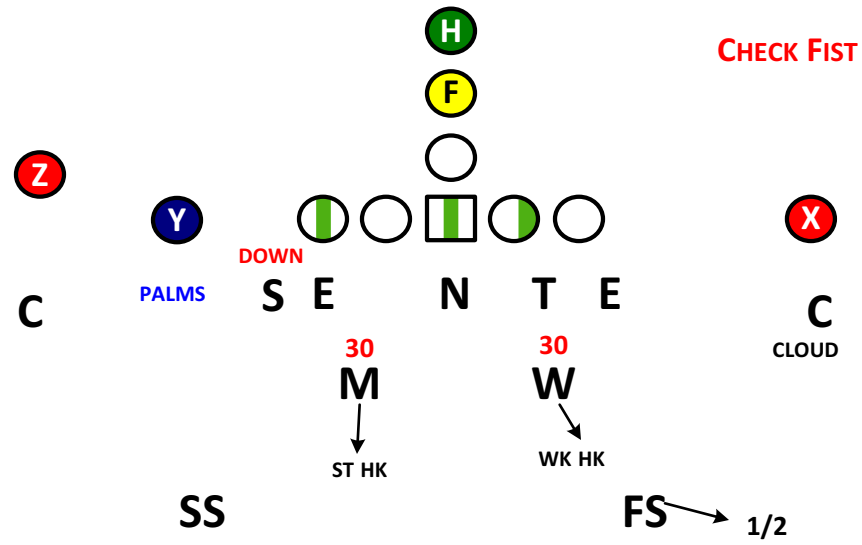
Check Fist



4. I Pro Y Open

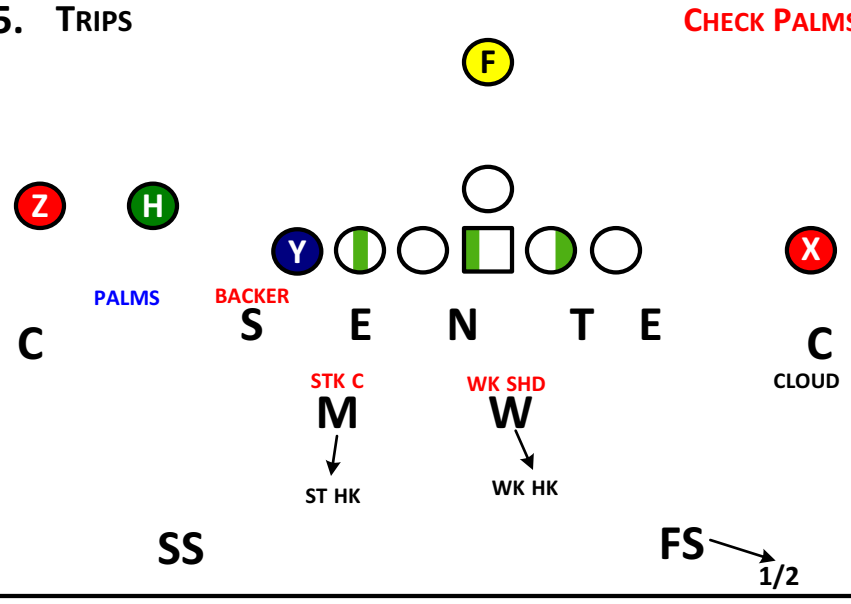
Check Palms

Check Fist

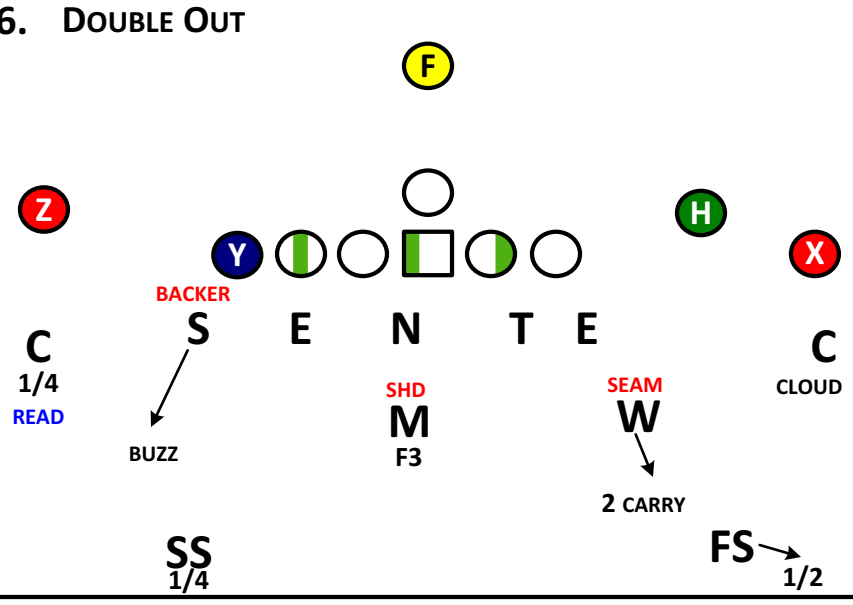


5. Trips

Check Palms

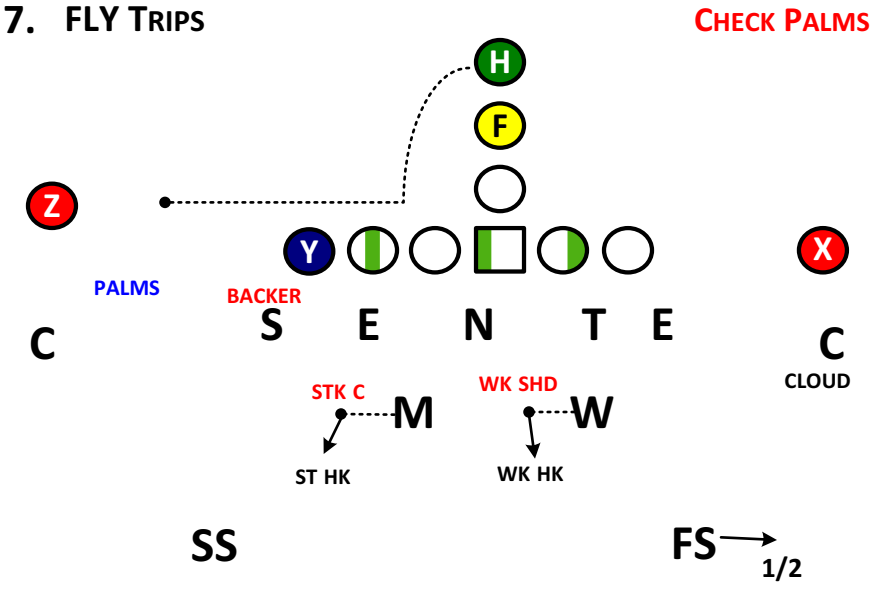


6. Double Out

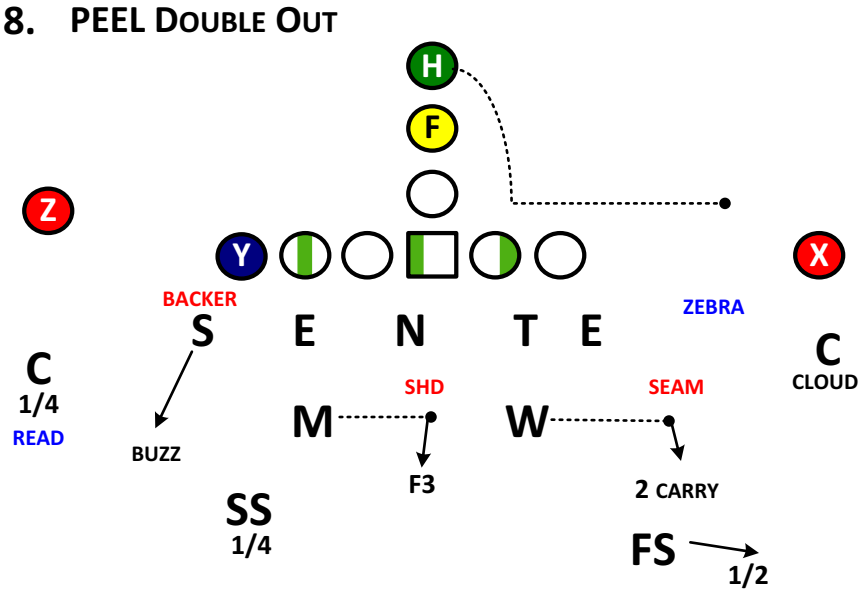


7. FLY Trips

Check Palms



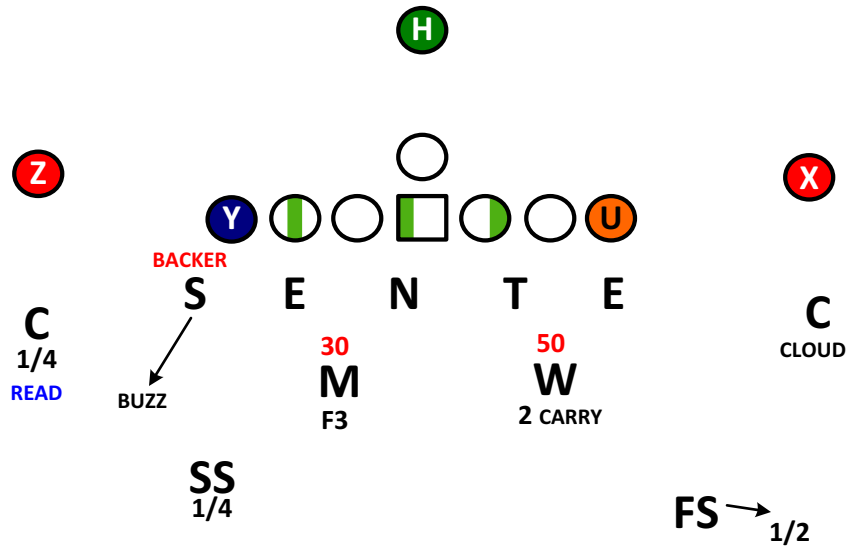
8. PEEL Double Out



Rock 6 (Rock Seattle)

1. Solo

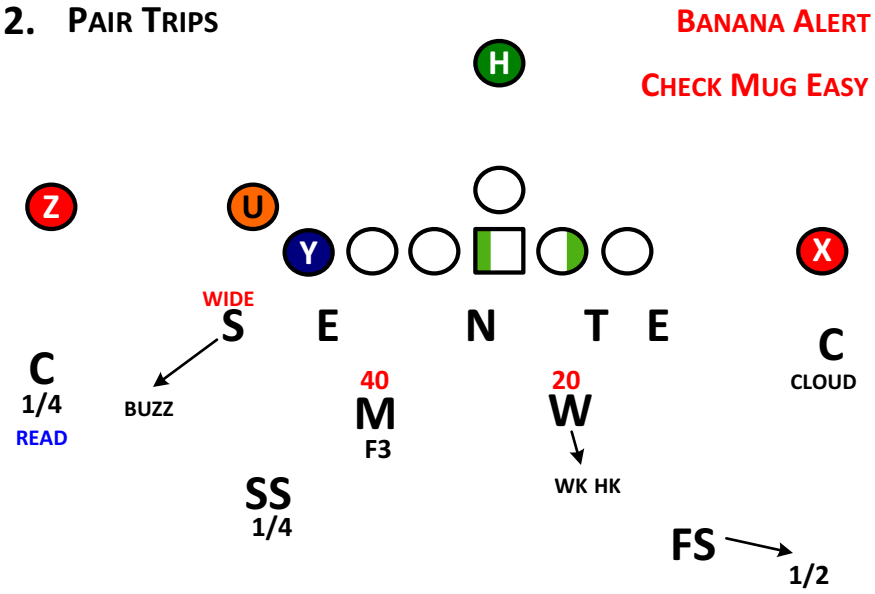
Seam Alert



2. Pair Trips

Banana Alert

Check Mug Easy

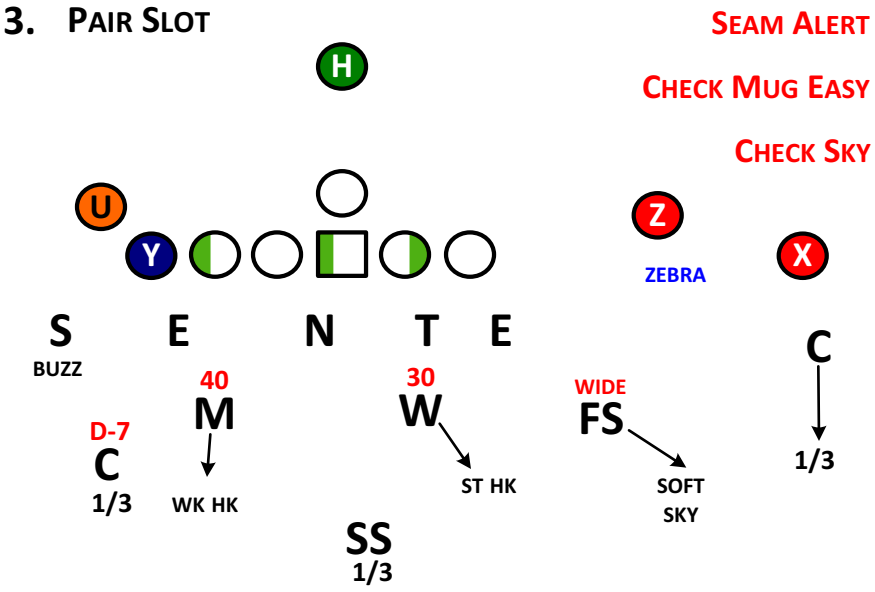


3. Pair Slot

Seam Alert

Check Mug Easy

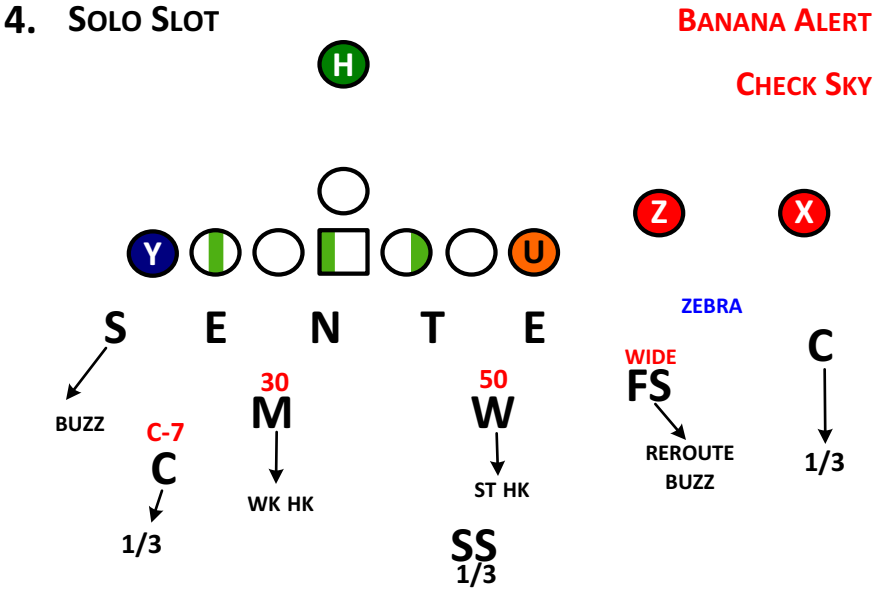
Check Sky



4. Solo Slot

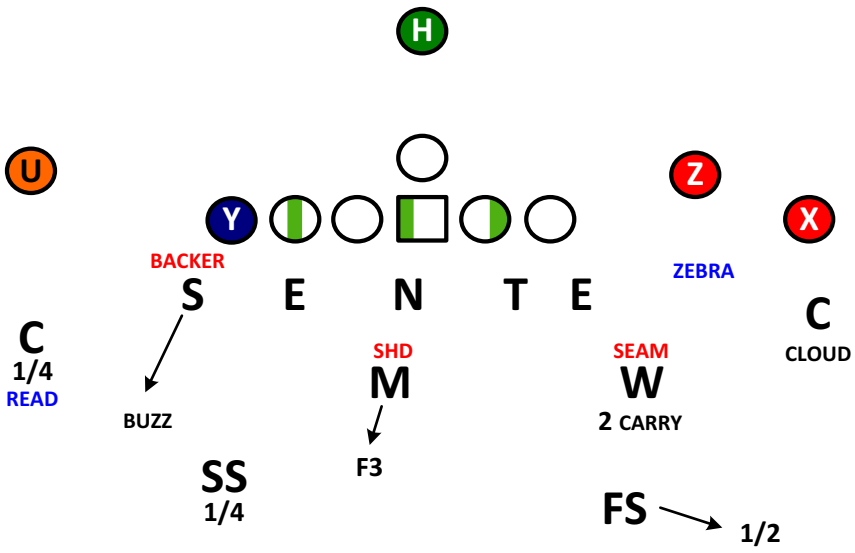
Banana Alert

Check Sky



5. Slot Double Out

Seam Alert

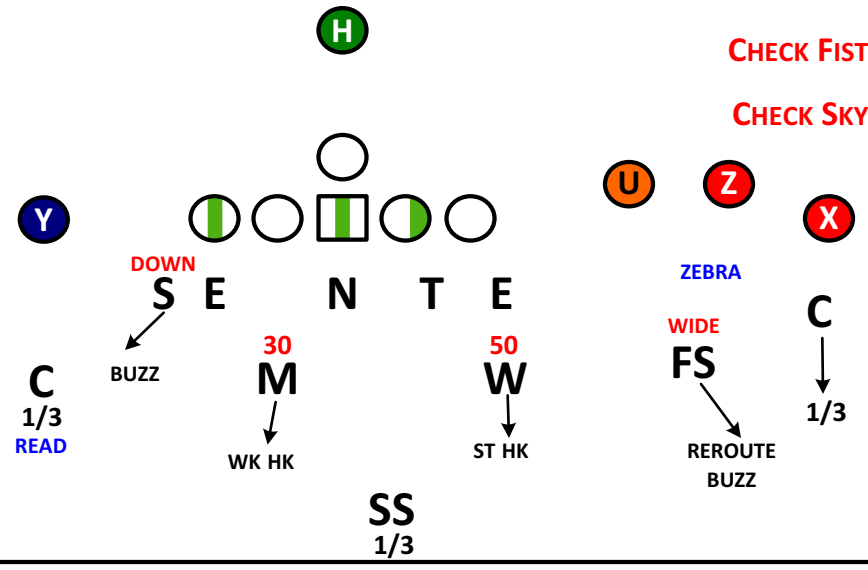


6. Seattle

Banana Alert

Check Fist

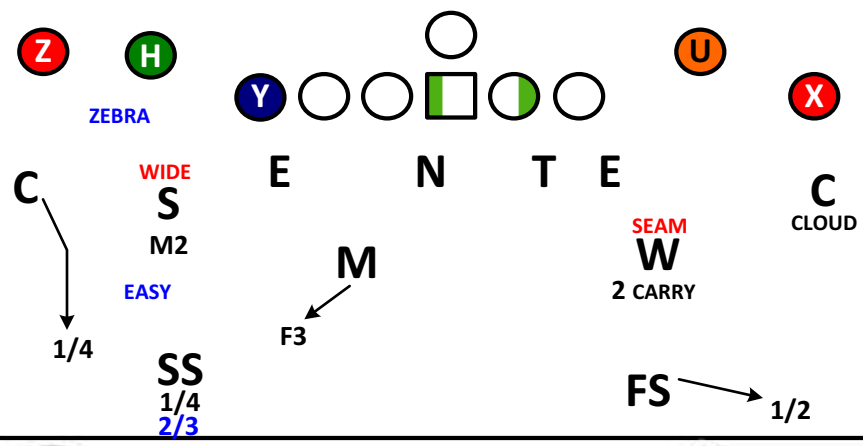
Check Sky



7. Empty

Check Easy

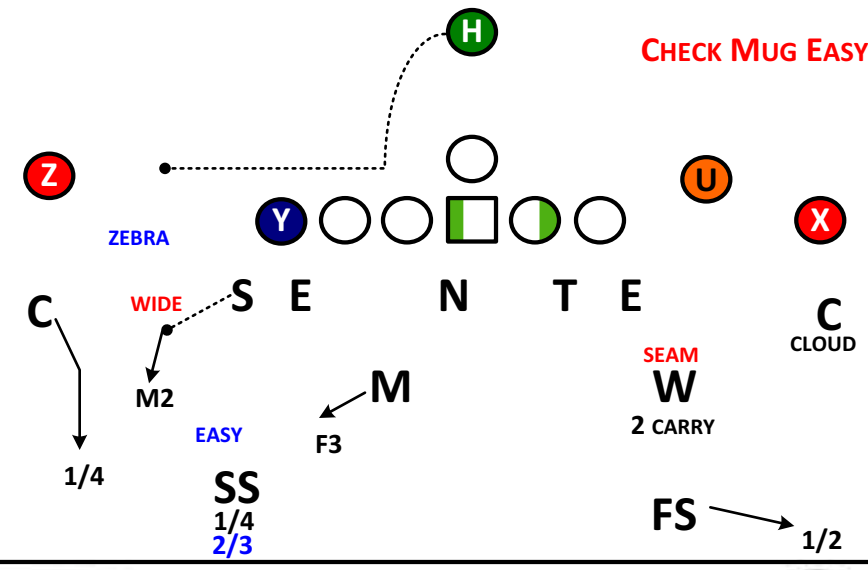
Check Mug Easy



8. Fly Empty

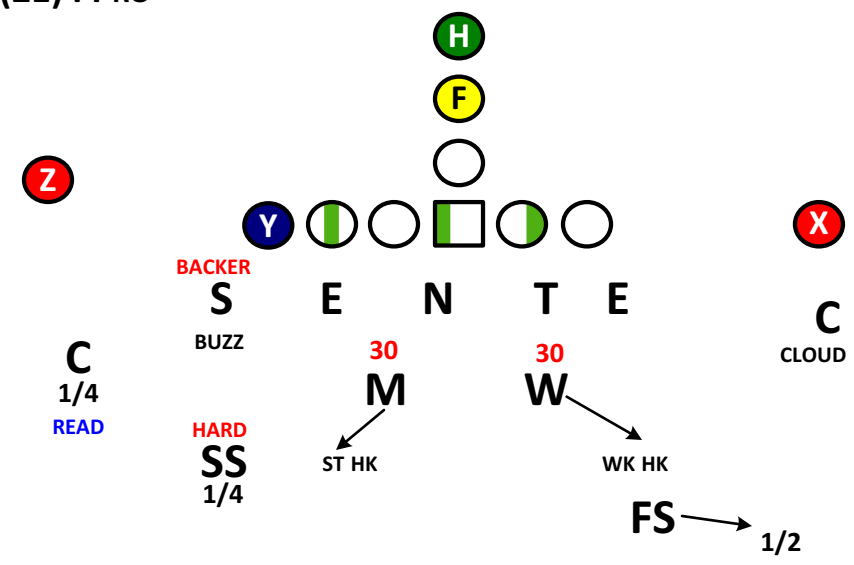
Check Easy

Check Mug Easy

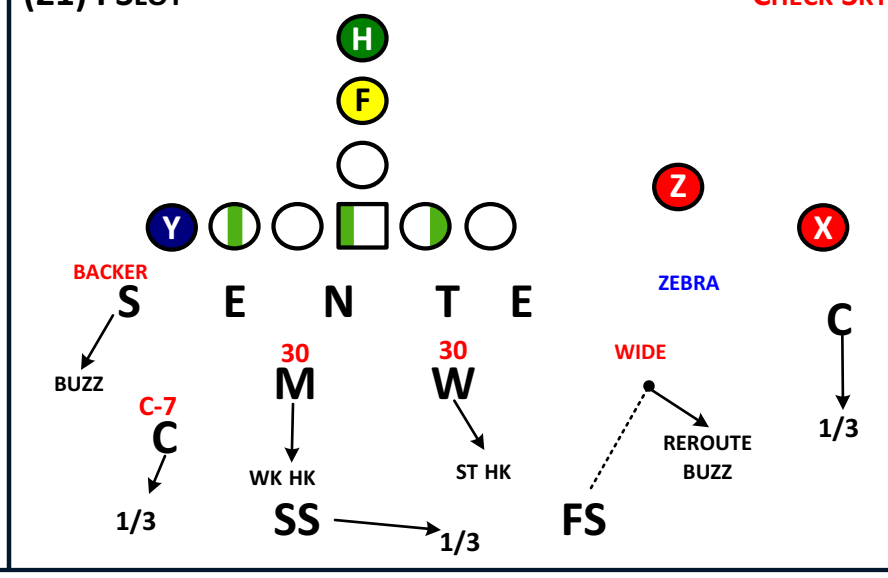


Rock 6 (Rock Seattle)

(21) I Pro



(21) I Slot — Check Sky



Essence:

1. Rock Seattle is a Base Under Front Family quarter, quarter, half Defense.

Coaching Points:

1. Solid Call to "Y"
2. Sam Alignments:
   - Backer – Check Cheat
   - Wide – Check Mug Easy (1 and Loose 5 Technique)
   - Down – Check Fist
3. Pro: Yuma Run Fits
   - Solid CB off and inside
   - SS play like 4 lock

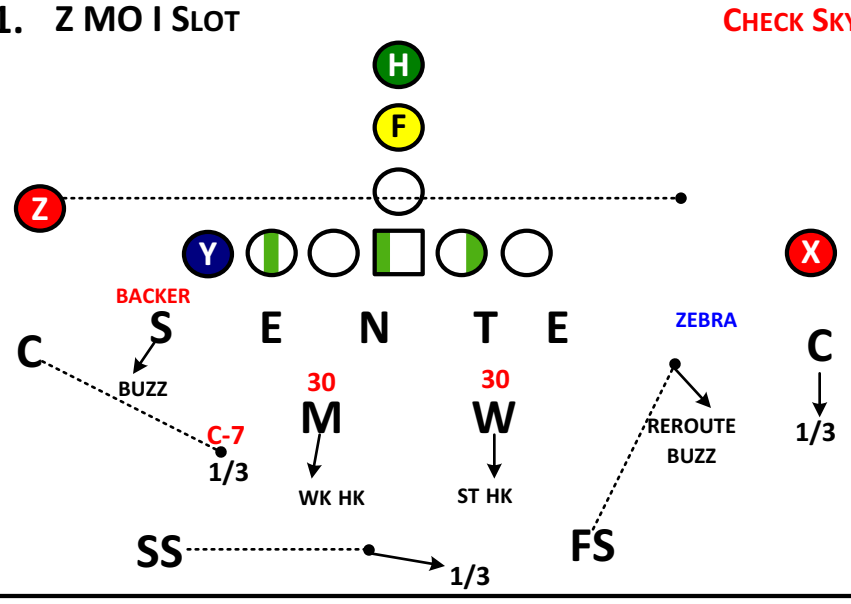
Adjustments:

1. Vs. Pro Family Formations: Cover 6
2. Vs. Y Motion / Y Shift: Check Sky
3. Vs. 2 Back Y Open and Trips: Check Palms
4. Vs. Single width Slot Family Formations: Check Sky
5. Backside of 3x1: Possible Whoo, Whoo!
6. Vs. Empty: Cover 6, Check Go

Rock 6 (Rock Seattle)

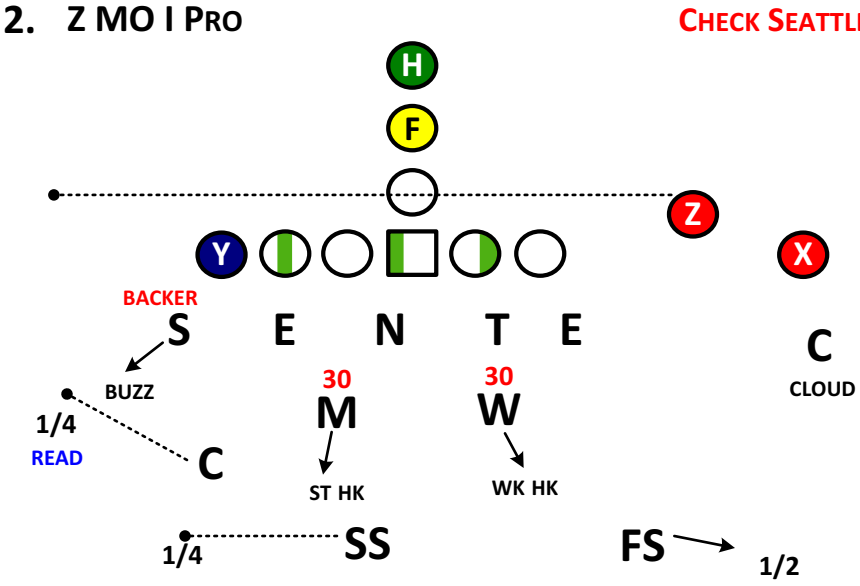
1. Z MO I Slot

Check Sky



2. Z MO I Pro

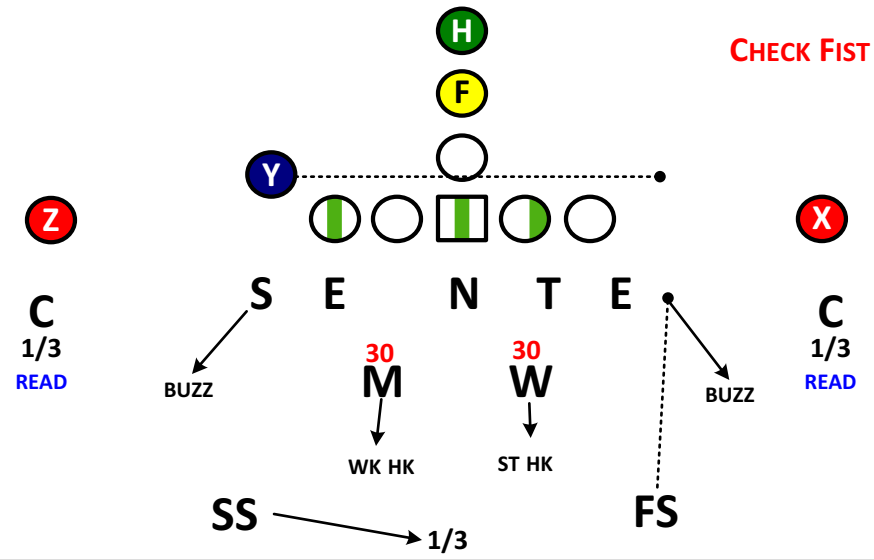
Check Seattle



3. Y MO I Pro Y Off

Check Sky

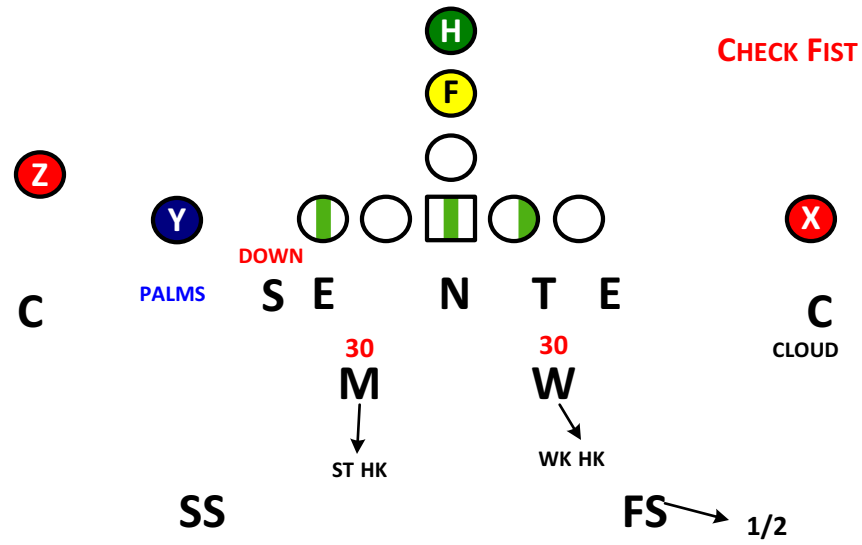
Check Fist



4. I Pro Y Open

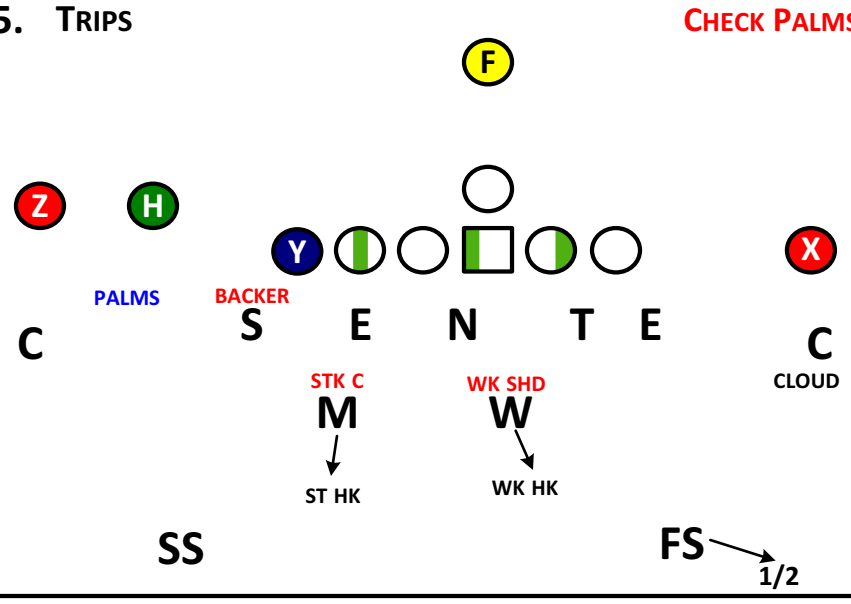
Check Palms

Check Fist

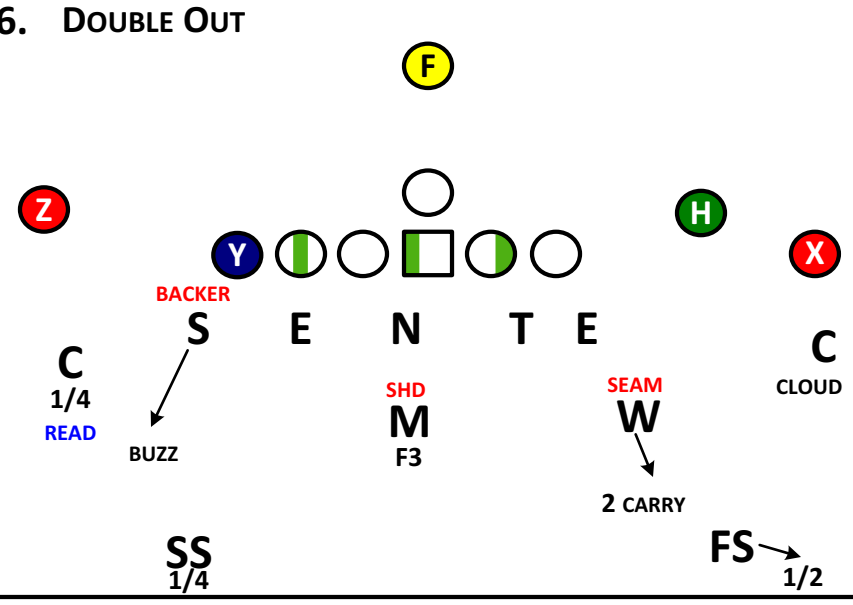


5. Trips

Check Palms

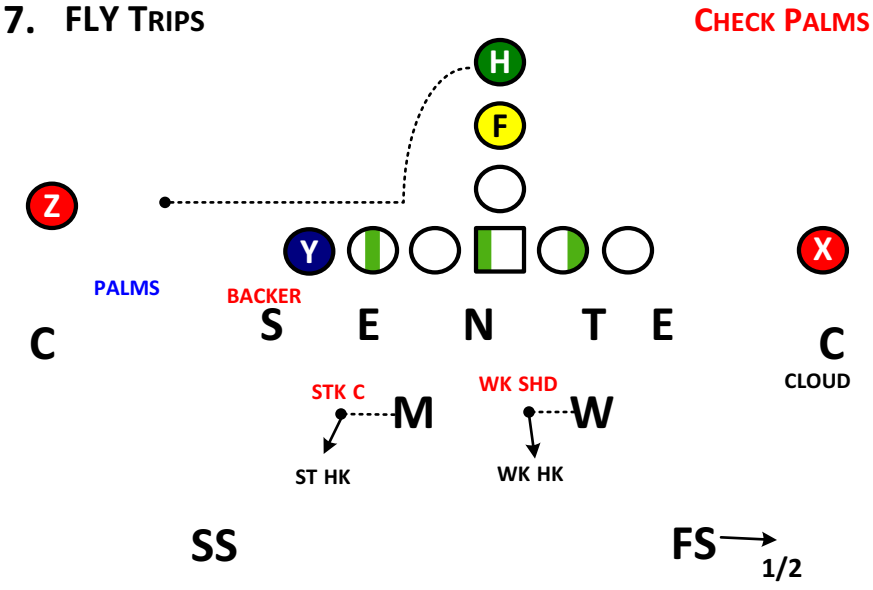


6. Double Out

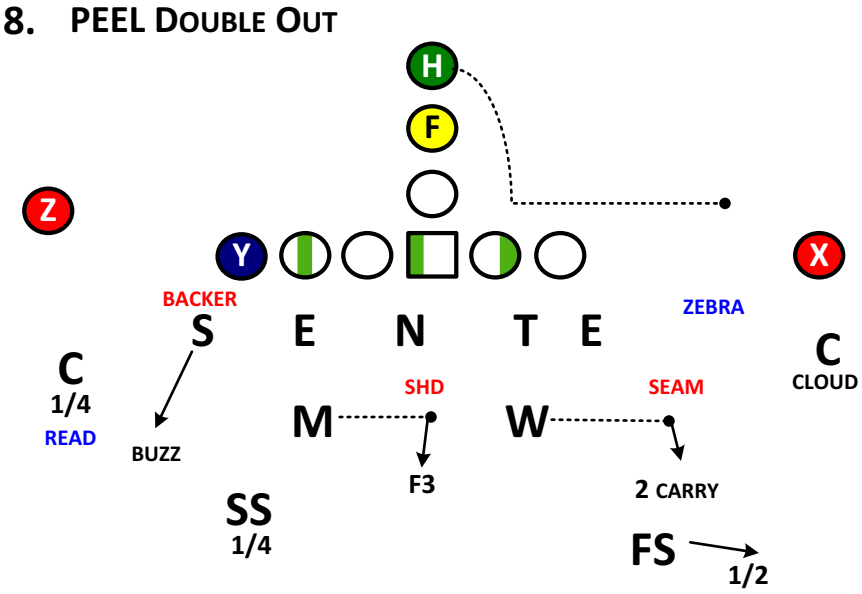


7. FLY Trips

Check Palms



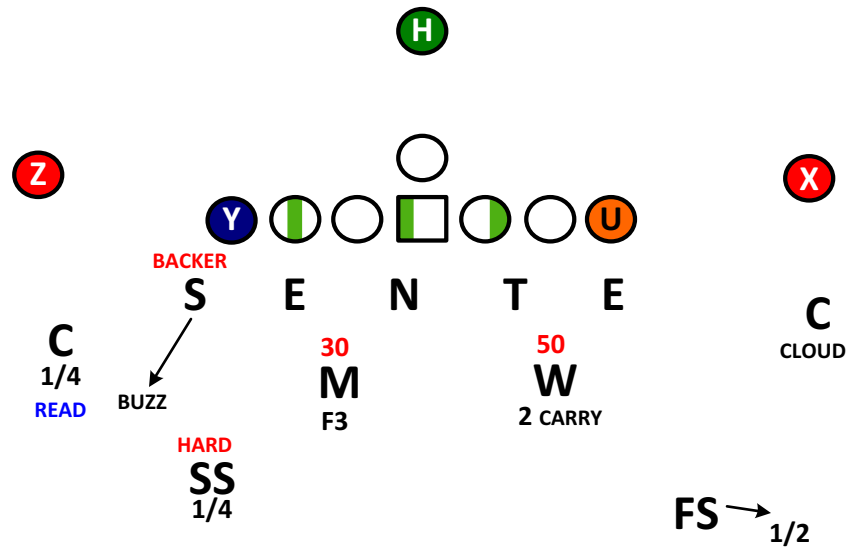
8. PEEL Double Out



Rock 6 (Rock Seattle)

1. Solo

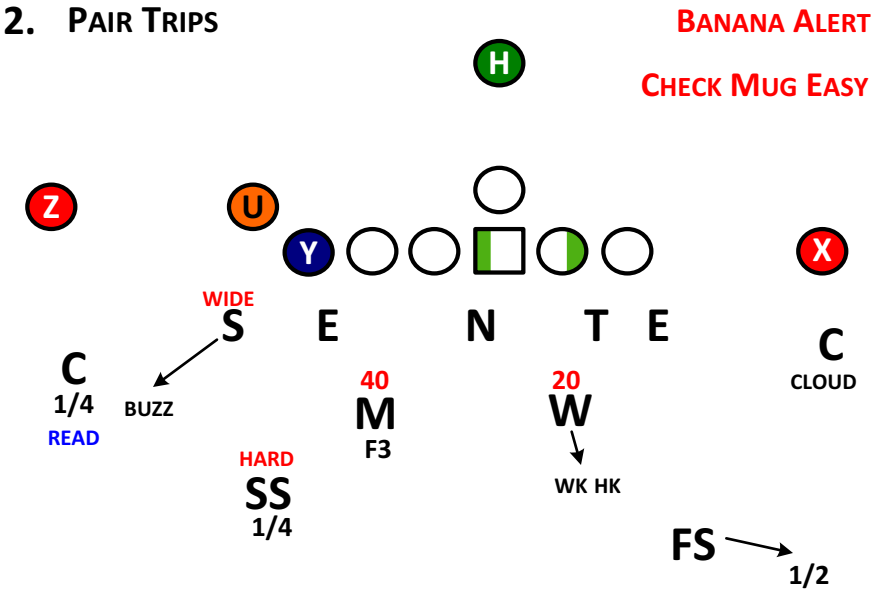
Seam Alert



2. Pair Trips

Banana Alert

Check Mug Easy

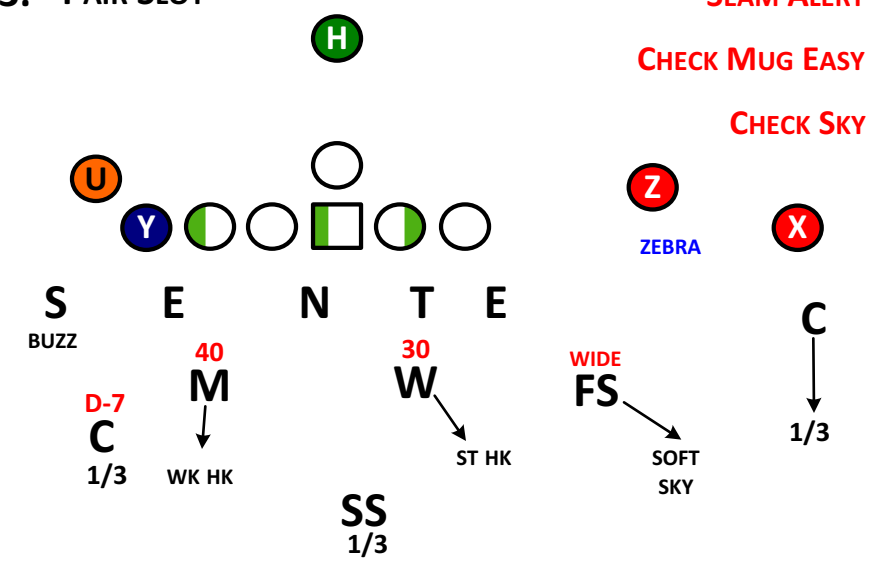


3. Pair Slot

Seam Alert

Check Mug Easy

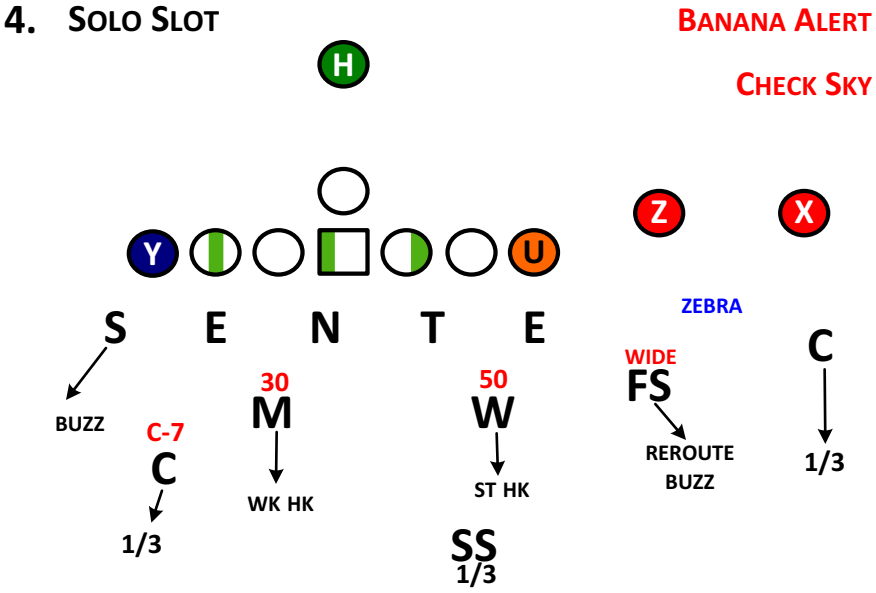
Check Sky



4. Solo Slot

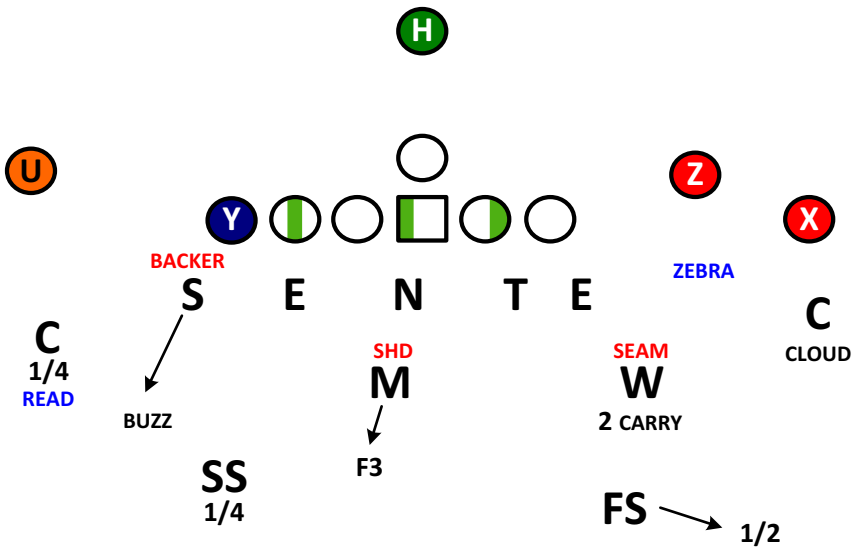
Banana Alert

Check Sky



5. Slot Double Out

Seam Alert

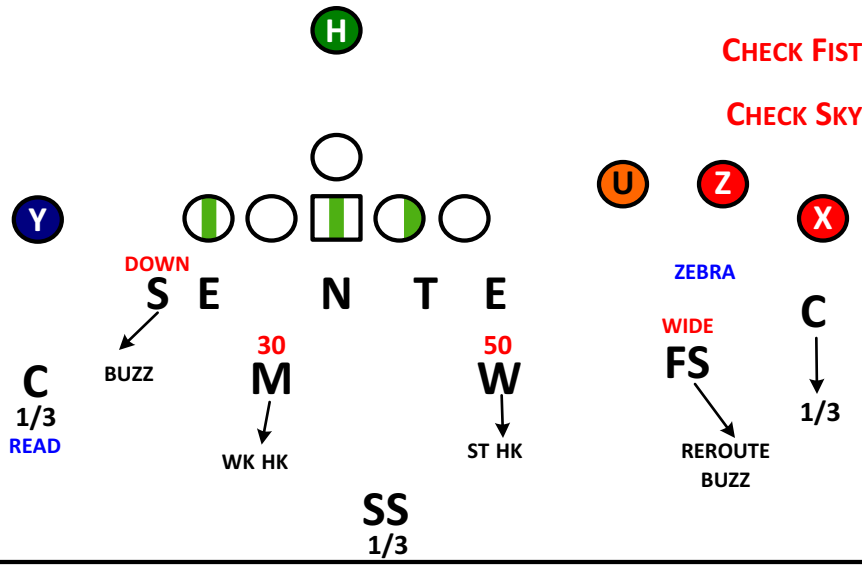


6. Seattle

Banana Alert

Check Fist

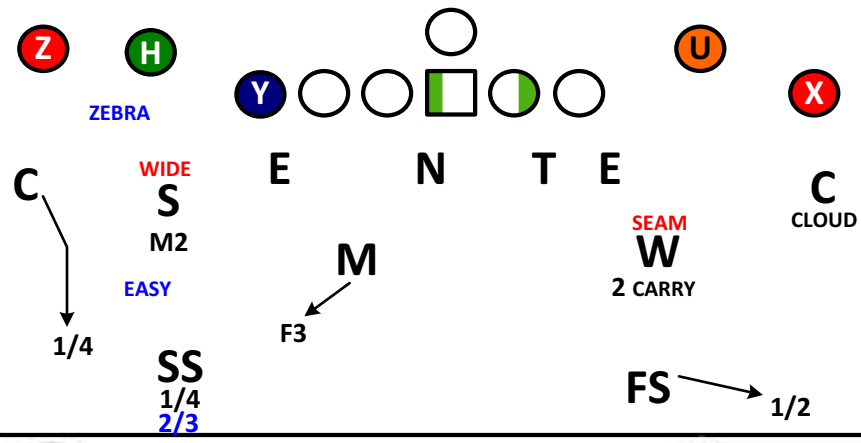
Check Sky



7. Empty

Check Easy

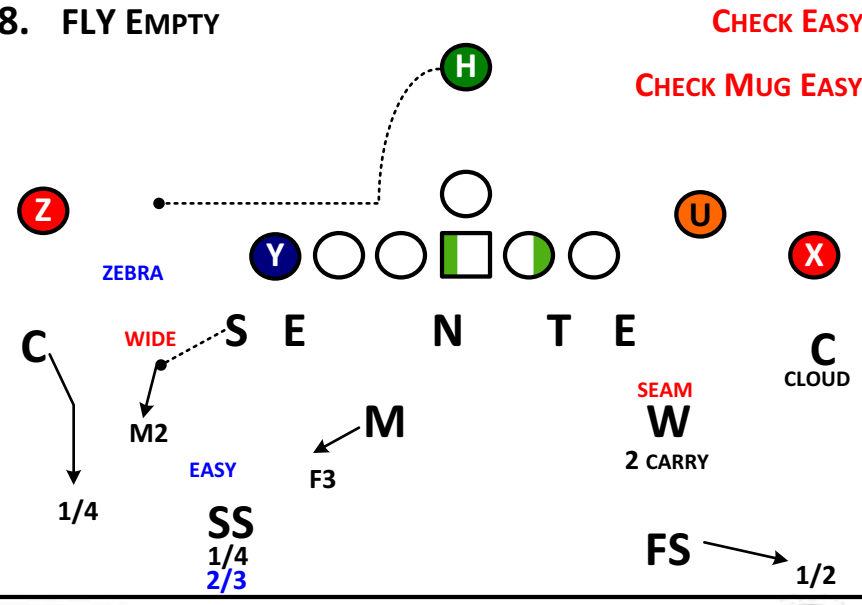
Check Mug Easy



8. Fly Empty

Check Easy

Check Mug Easy

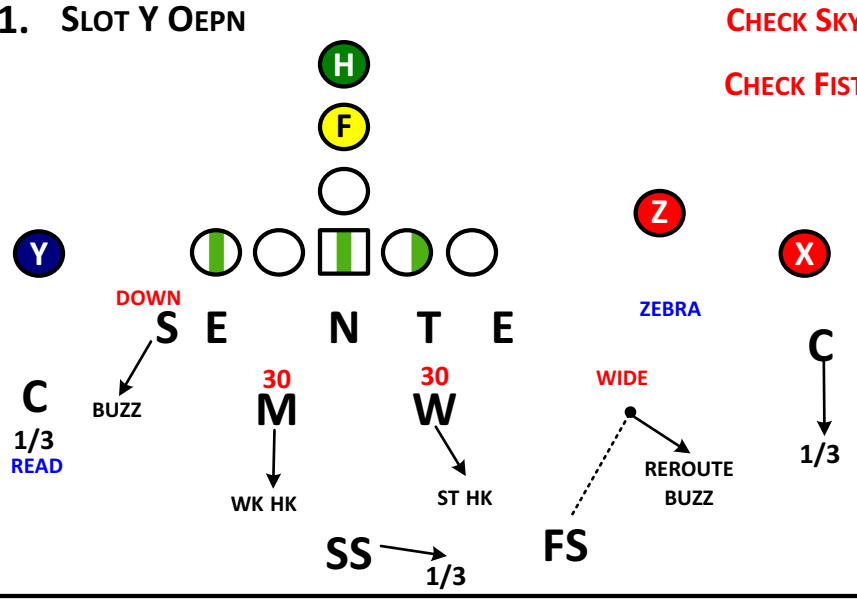


NOTES

1. SLOT Y OEPN

CHECK SKY

CHECK FIST

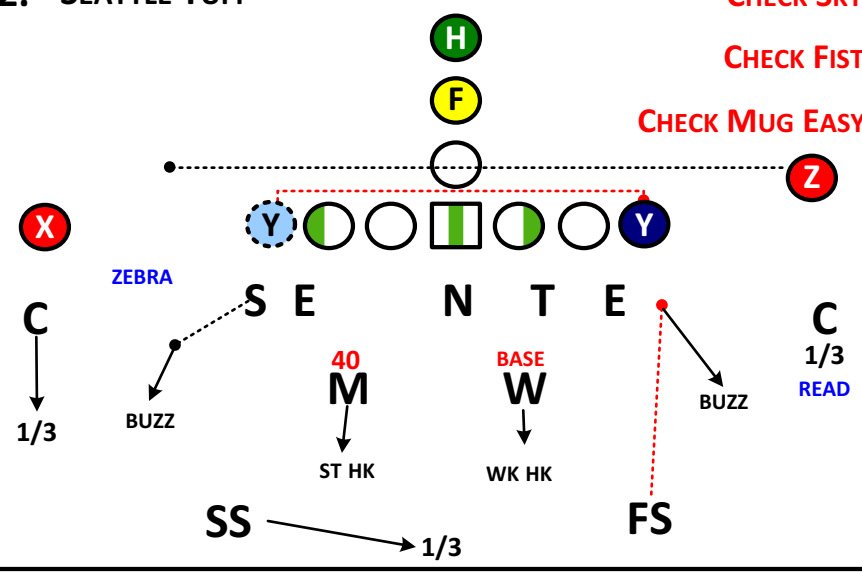


2. SEATTLE TUFF

CHECK SKY

CHECK FIST

CHECK MUG EASY



3.

4.

5.

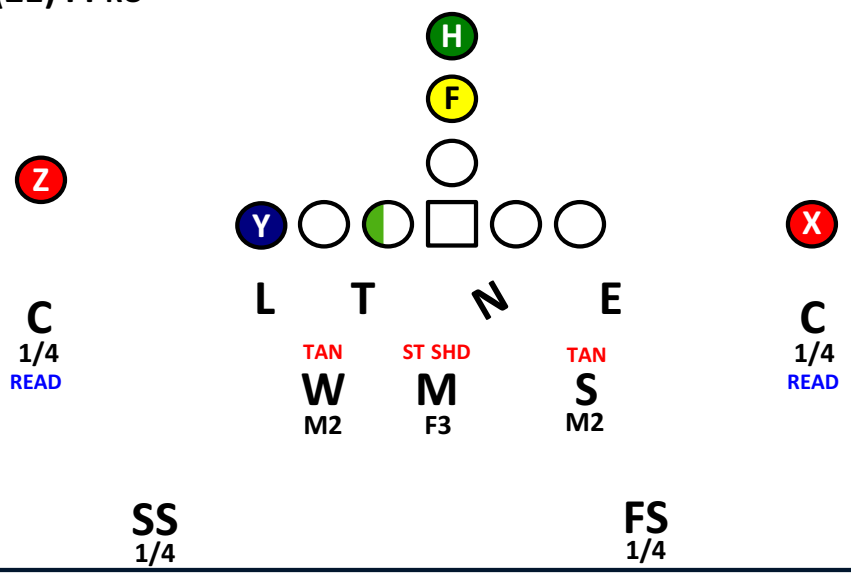
6.

7.

8.

Over 4 (Tampa)

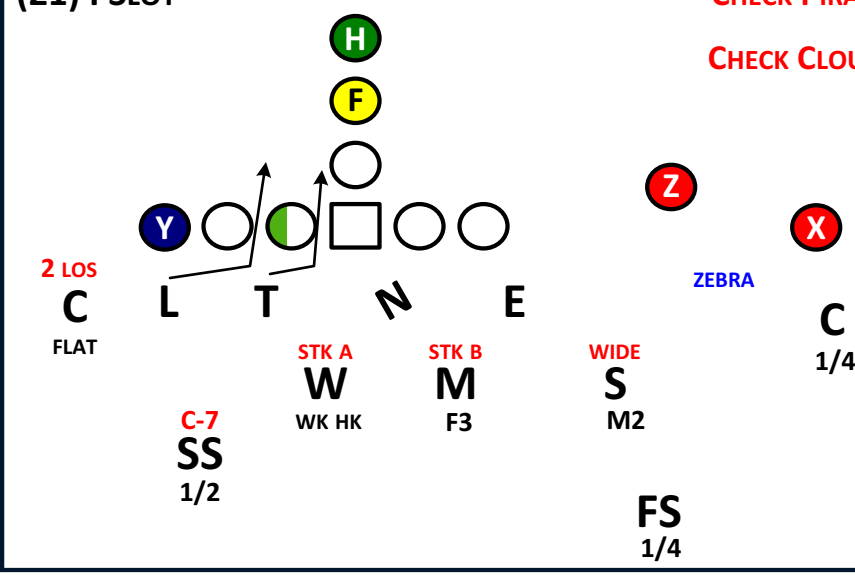
(21) I Pro



(21) I Slot

Check Pirate

Check Cloud



Essence:

1. Tampa is An Under Family front 4 deep 3 under defense.
2. Aggressive match up coverage played by LBs with multiple checks.

Coaching Points:

1. Solid call to the "Y"
2. Final 3: Mike plays with depth over #3. Push call alert to Match 2 Player to push to new #2.
3. Match 2 Defenders:
   - Squeeze to #2 until #3 crosses your face
   - With #3 away, stay inside #2
   - Zebra calls with #2 displaced
4. Corners play Read Principles

Adjustments:

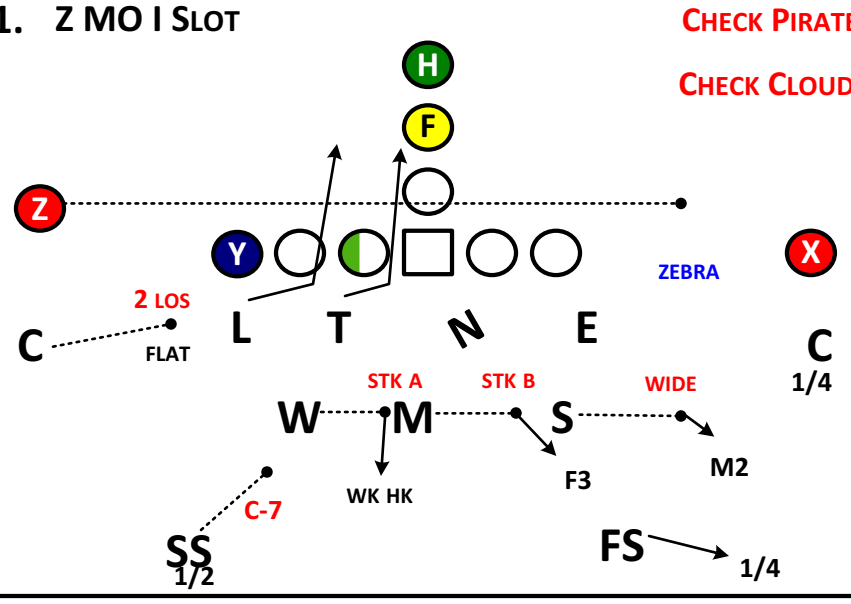
1. Vs. Nubside TE: Check Cloud
   - 2 Back: Cloud and Pirate
   - 1 Back: Cloud and Pig
2. Vs. 3 man bunch sets: Check Box
3. Vs. X Nasty alignments: Check Clamp
4. Vs. Stack Slot sets: Check See It
5. Vs. Closet: Zone It
6. Vs. Cluster: Check Box
7. Vs. 2 Back Y Motion: Slide Front
8. Vs. Empty: Check Easy

Over 4 (Tampa)

1. Z MO I Slot

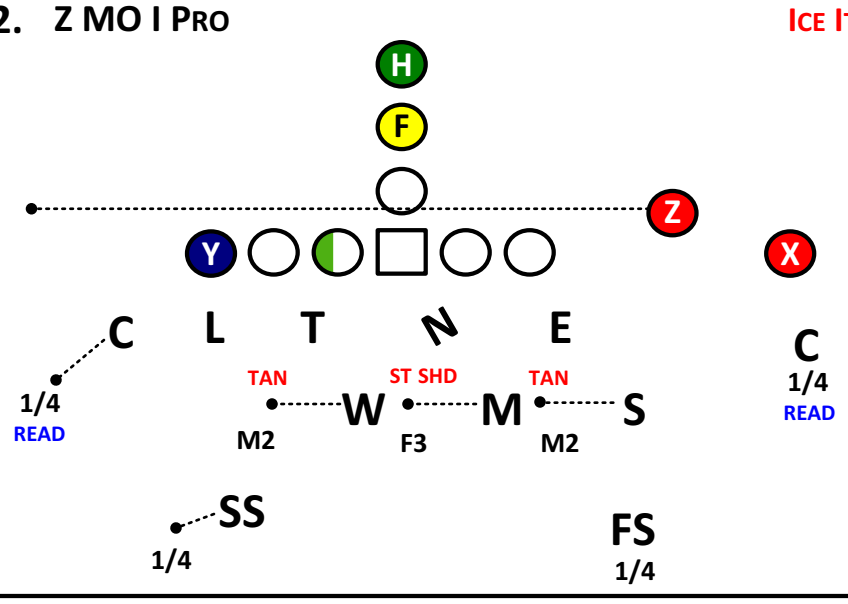
Check Pirate

Check Cloud



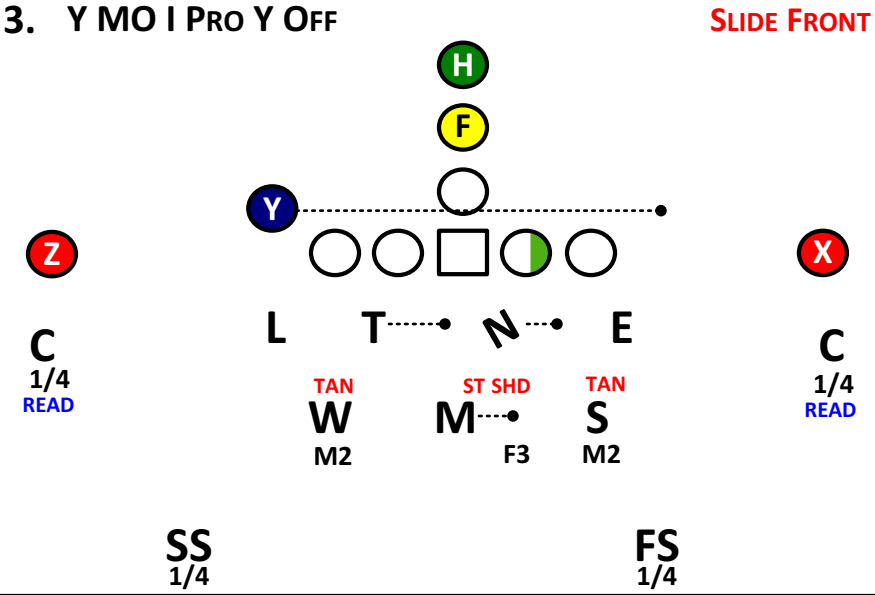
2. Z MO I Pro

Ice It



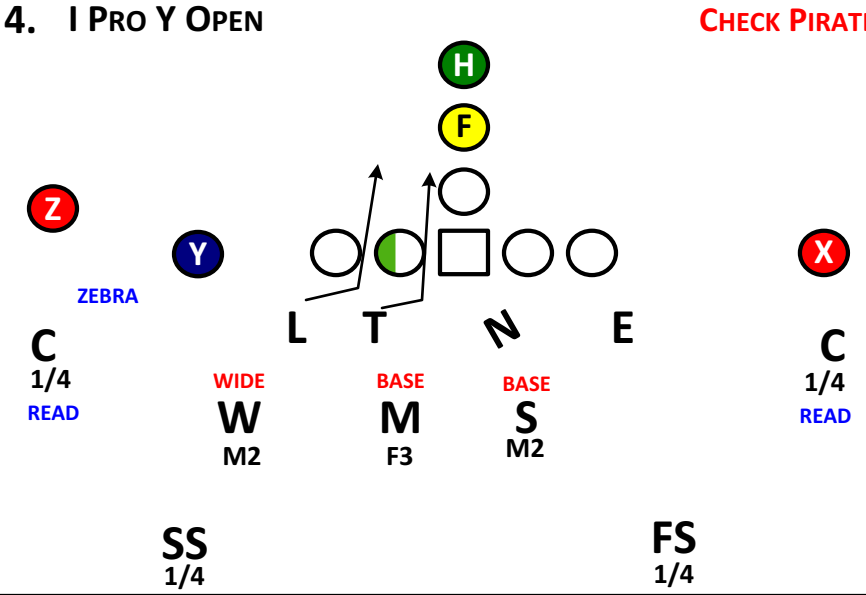
3. Y MO I Pro Y Off

Slide Front

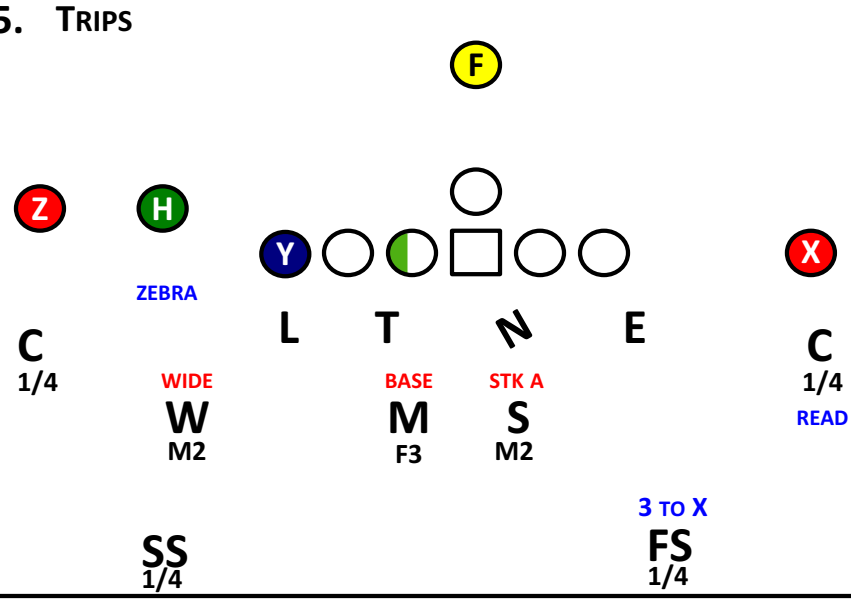


4. I Pro Y Open

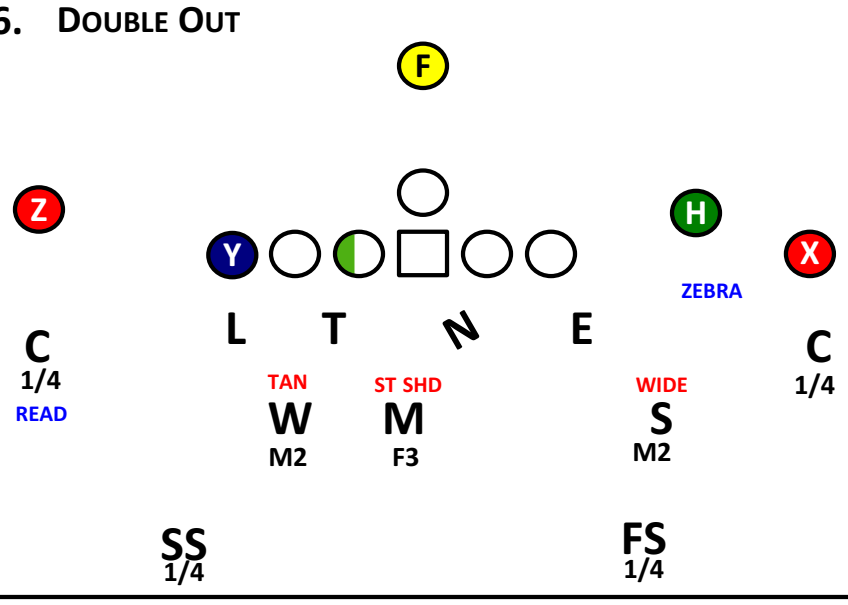
Check Pirate



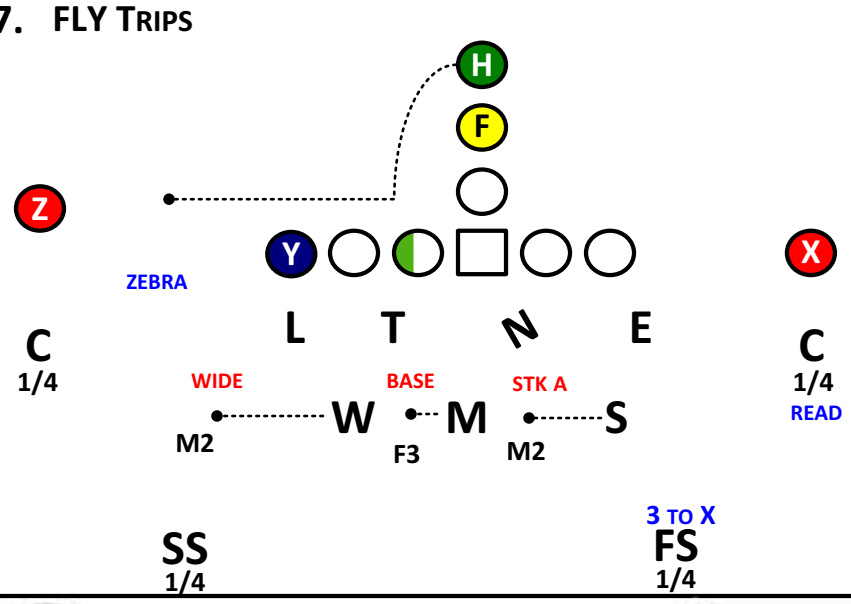
5. Trips



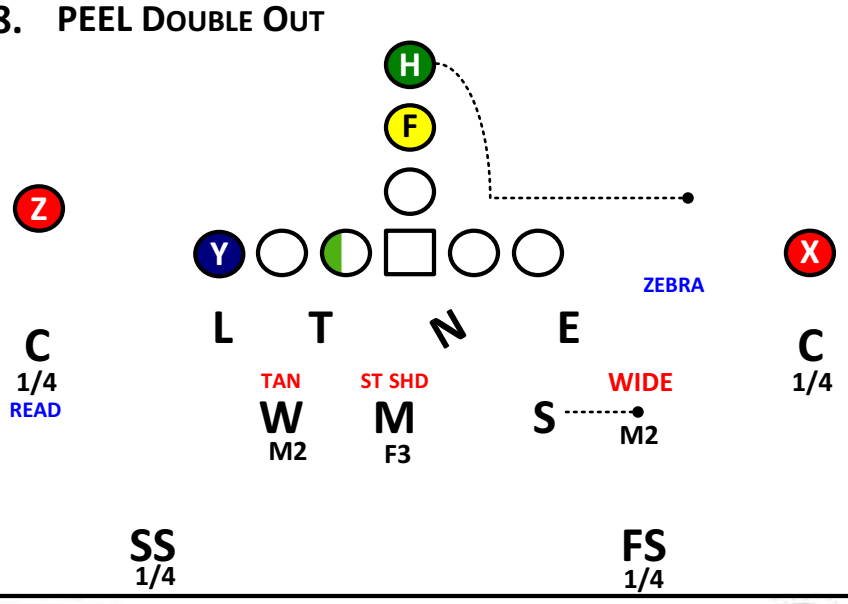
6. Double Out



7. FLY Trips



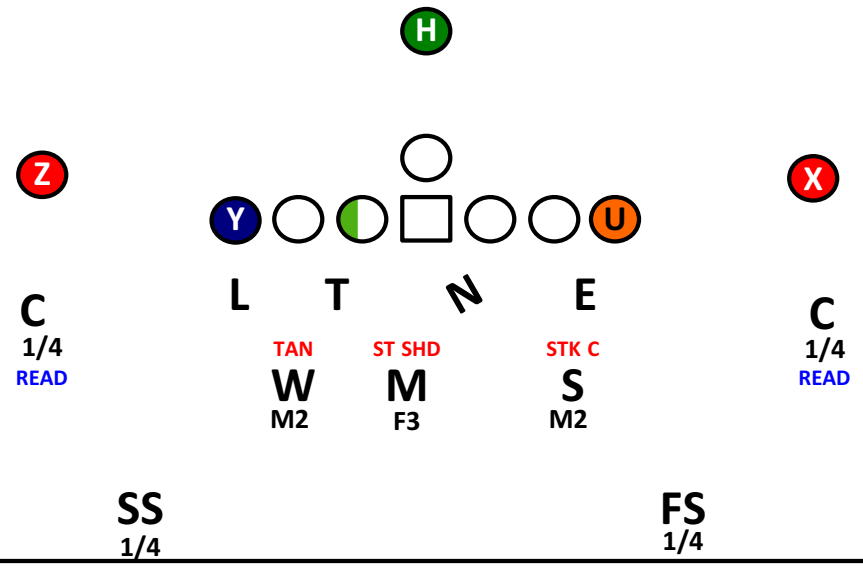
8. PEEL Double Out



OVER 4 (TAMPA)

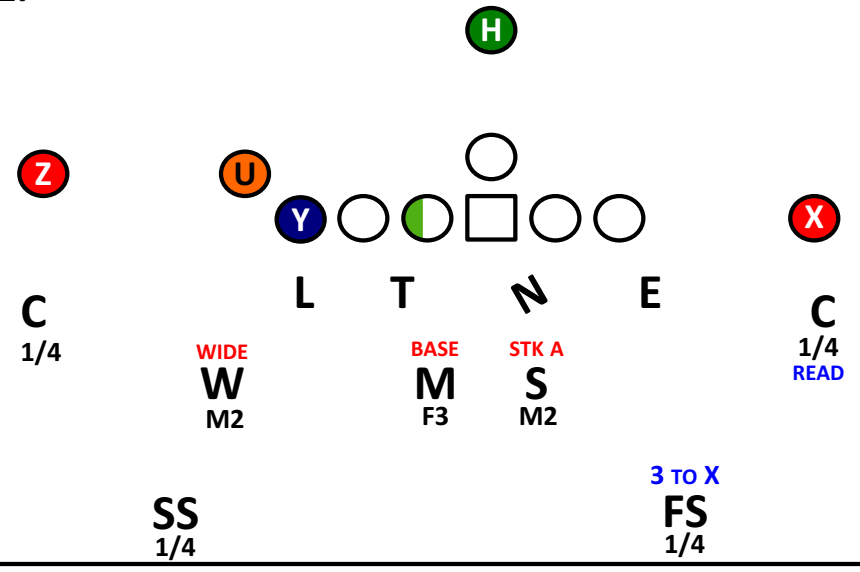
1. SOLO

CHECK GET



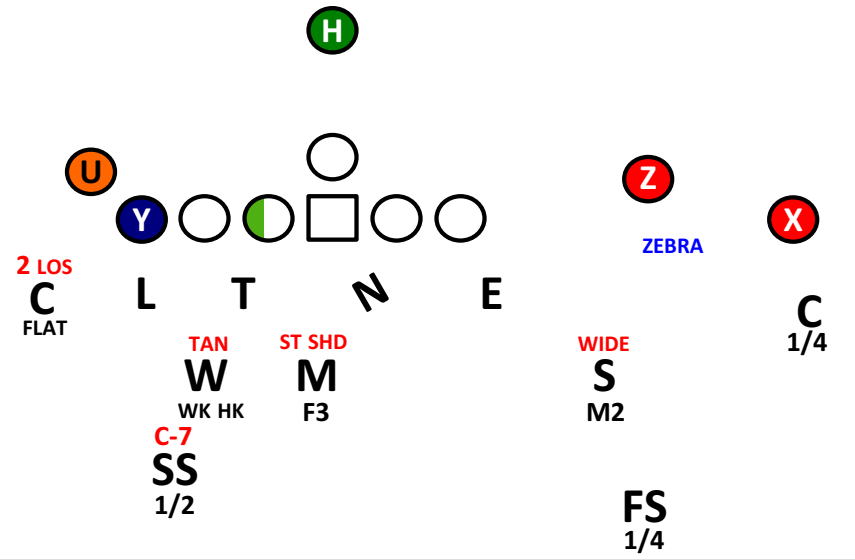
2. PAIR TRIPS

BANANA ALERT



3. PAIR SLOT

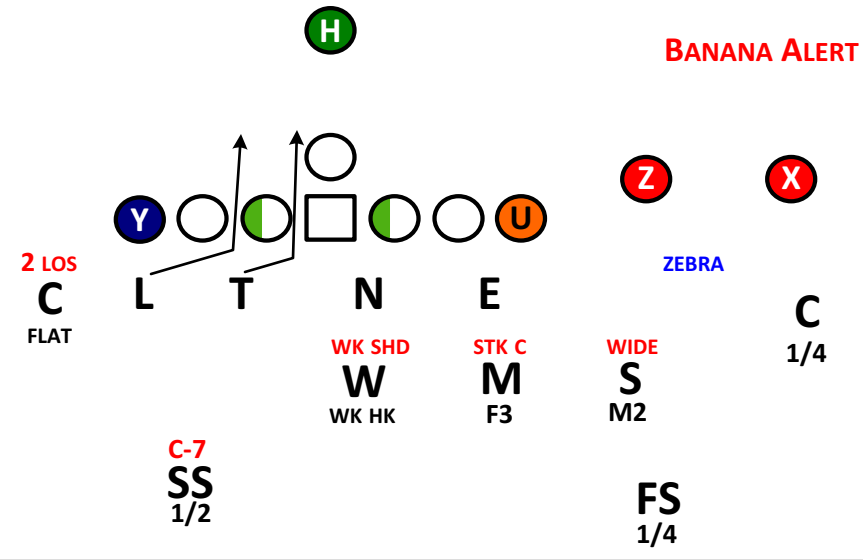
CHECK CLOUD



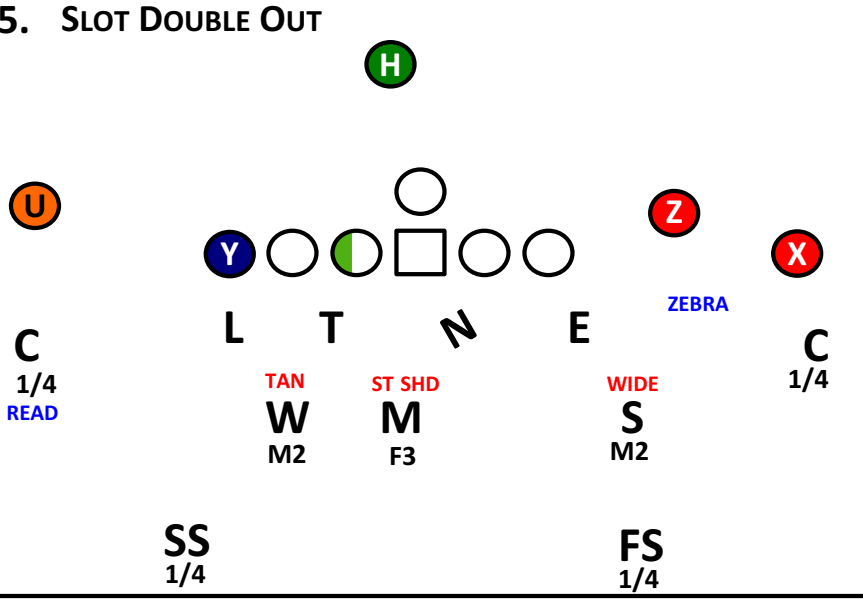
4. SOLO SLOT

CHECK PIG

BANANA ALERT



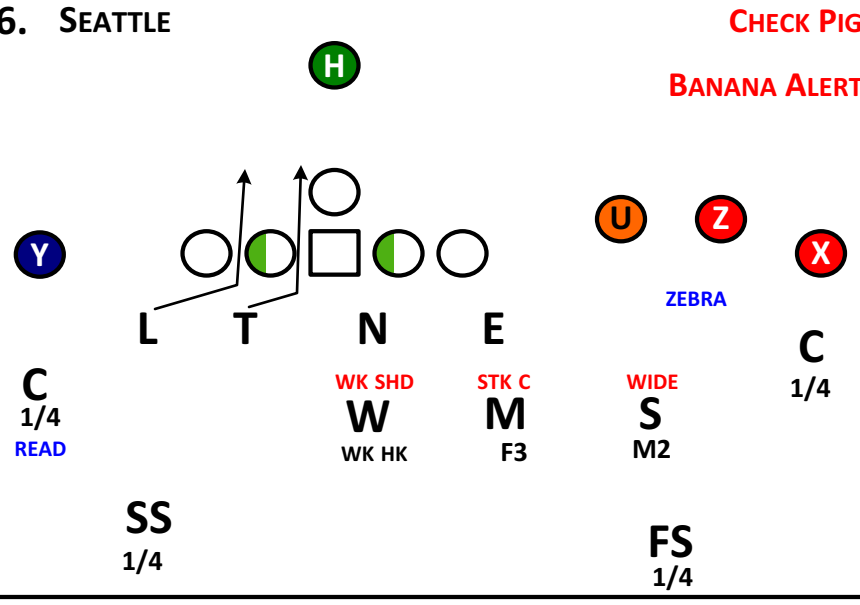
5. SLOT DOUBLE OUT



6. SEATTLE

CHECK PIG

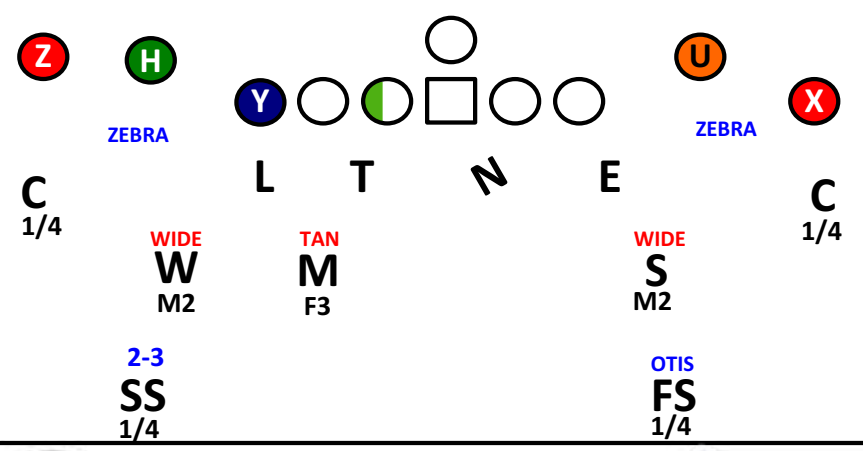
BANANA ALERT



7. EMPTY

CHECK JET

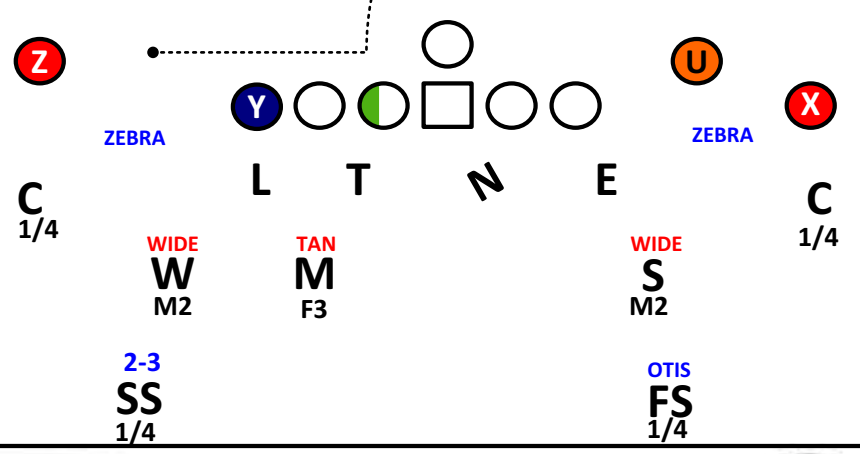
CHECK EASY



8. HOY EMPTY

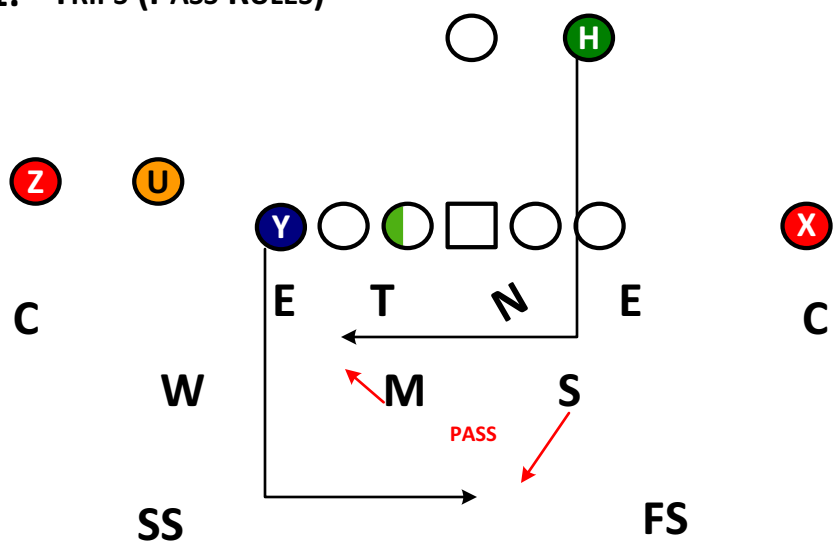
CHECK JET

CHECK EASY



OVER 4 (TAMPA)

1. TRIPS (PASS RULES)



2.

3.

4.

5.

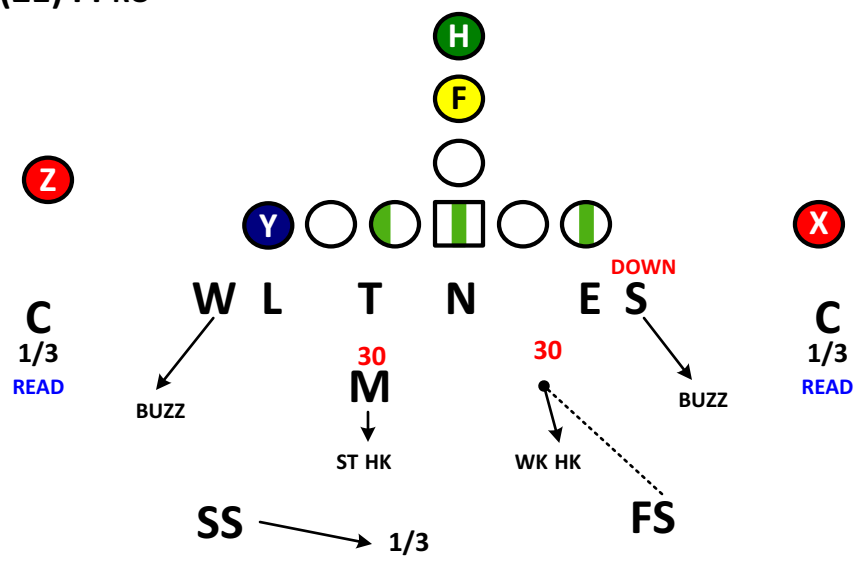
6.

7.

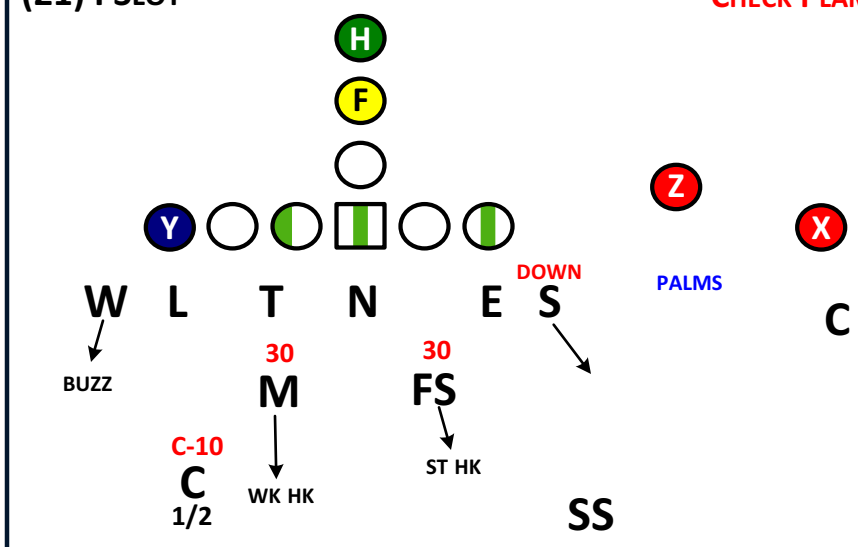
8.

Tuff Buzz Flex (Tucson Palms)

(21) I Pro



(21) I Slot — **Check Plams**



Essence:

1. Tucson Palms is a Base Over Family 4 under 3 Deep defense.
2. Requires an active safety and aggressive buzz coverage by the Sam & Will LBs

Coaching Points:

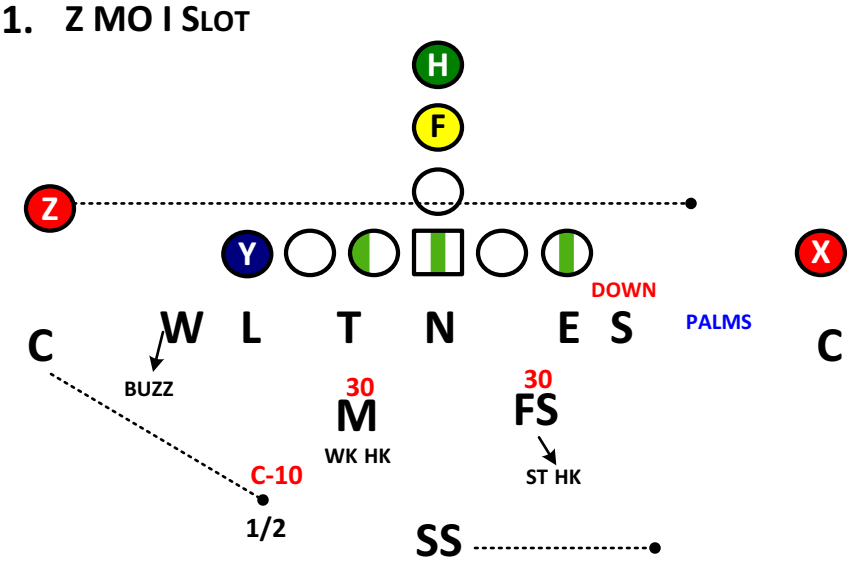
1. Solid call to the "Y"
2. Safeties communicate Rita/Linda call to the Flex side.
3. Vs. Slot, Nub side Corner play ½
4. Will and Sam in "Tuff" alignments
5. Strong side corner Midpoint Vs. Trips
6. Possible "Creep" added to call: Start in Over front and move to Tucson.

Adjustments:

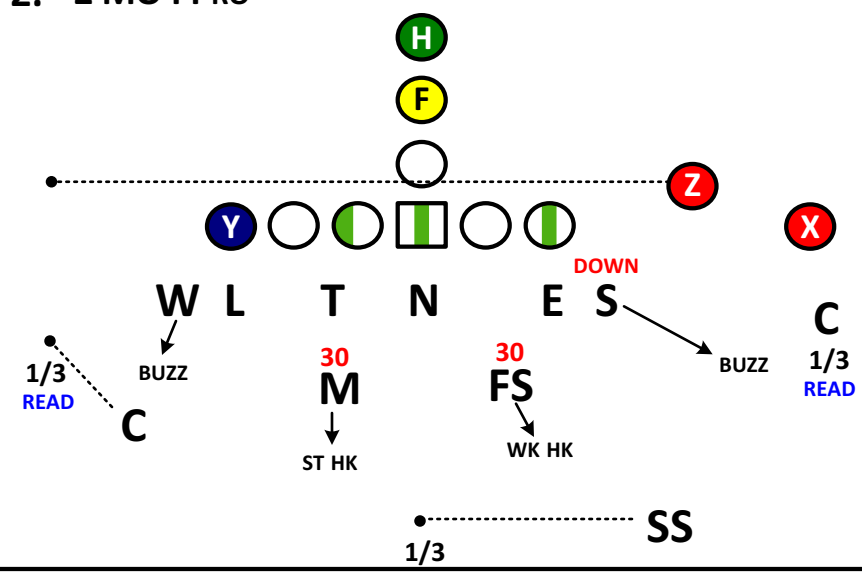
1. Vs. All Slot single width family formations (Pair Slot): Ck Palms
2. Vs. Y Motion: Check Rock Yuma
3. Vs. 2x2: Seam Alert
4. Vs. Aligned or Motion to a 2x2 set with #2 displaced:
   Check Mug Easy and Roger/Lou
5. Sam Alignments:
   Wide – Check Mug Easy (1 and Loose 5 Technique)
   Down – Check Fist
   Backer – Check Cheat
6. Seattle Trips: Check Pirate
7. J-Lo Rules: Spread: Rita/Linda to Boundary (Tank to 3 Tech, Rub to Bubble)
   Empty: Rita/Linda to 2 Man Side

Tuff Buzz Flex (Tucson Palms)

1. Z MO I Slot



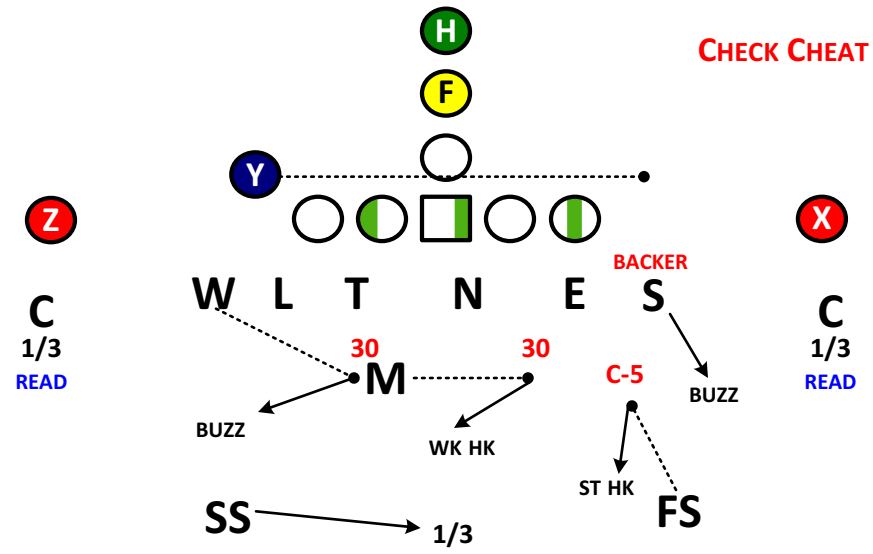
2. Z MO I Pro



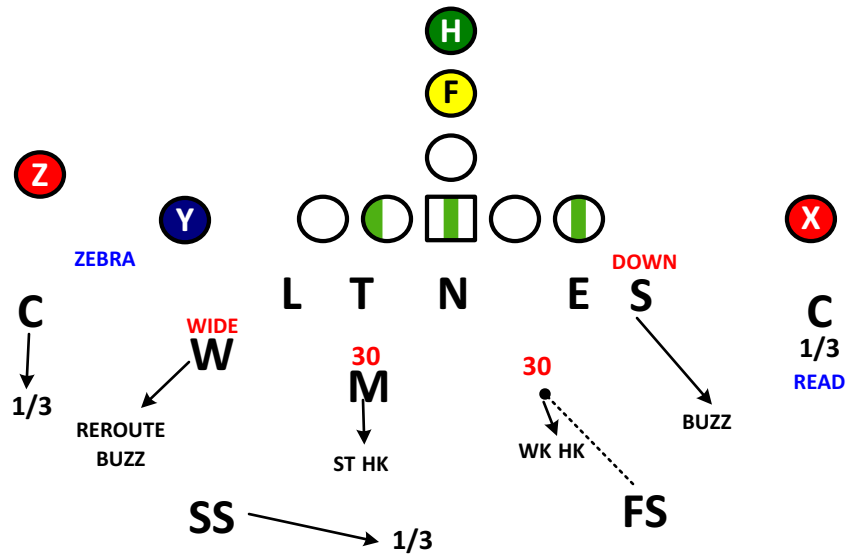
3. Y MO I Pro Y Off

Check Yuma

Check Cheat

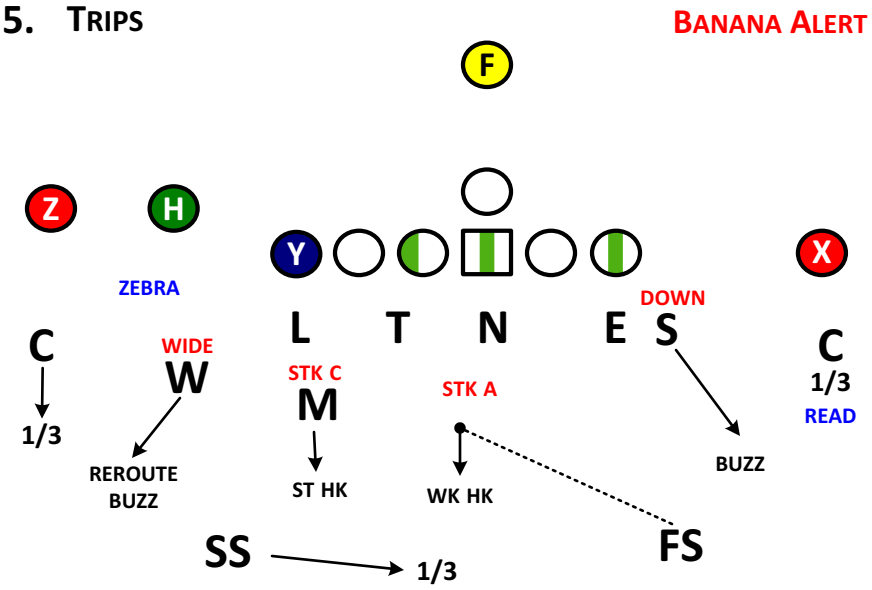


4. I Pro Y Open



5. Trips

Banana Alert

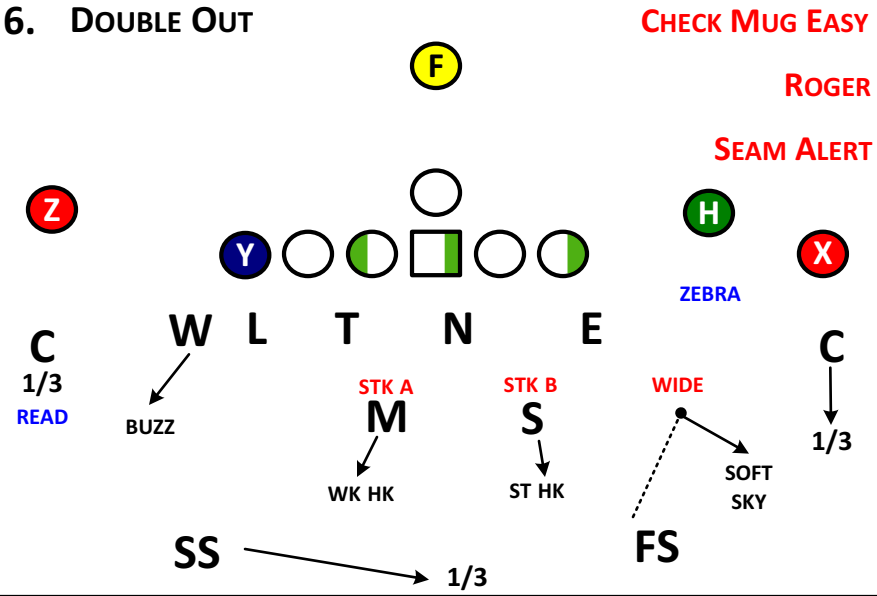


6. Double Out

Check Mug Easy

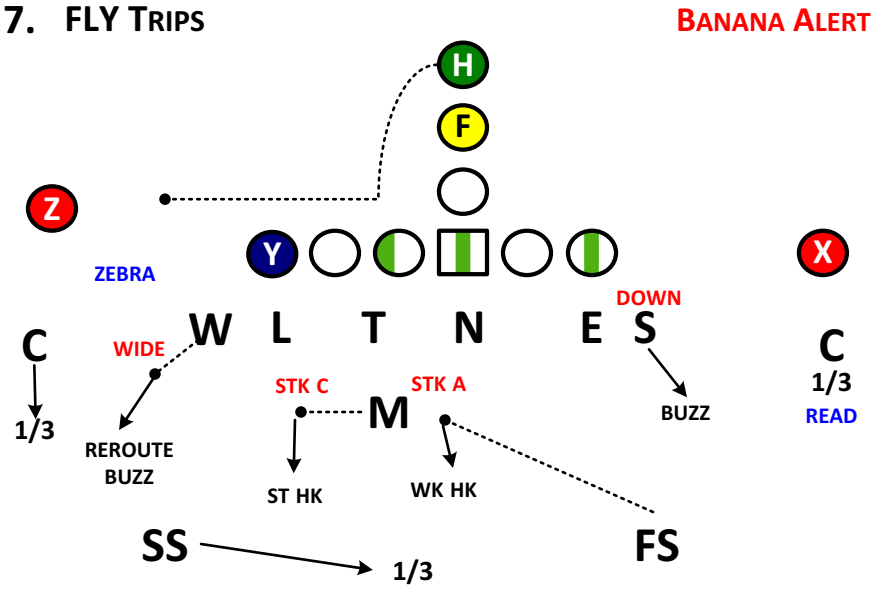
Roger

Seam Alert



7. FLY Trips

Banana Alert

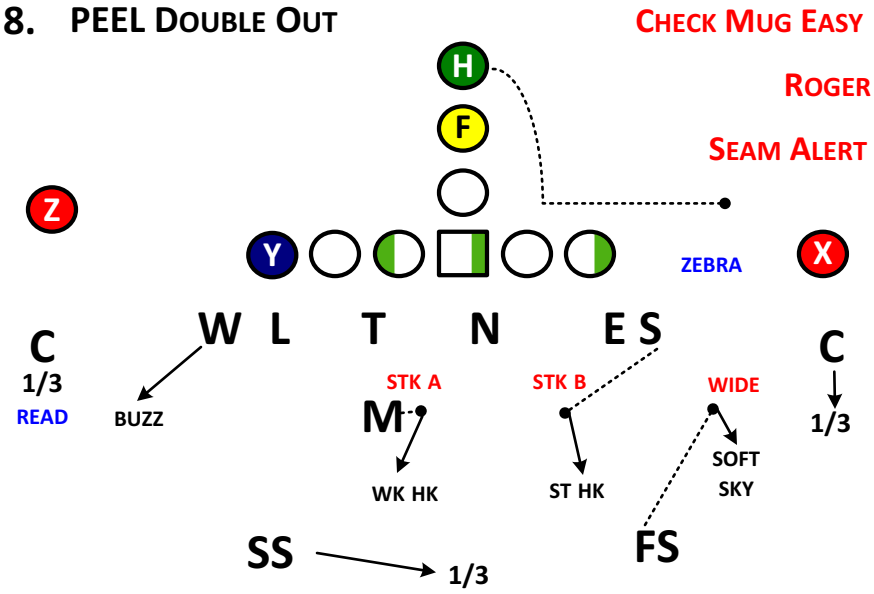


8. PEEL Double Out

Check Mug Easy

Roger

Seam Alert

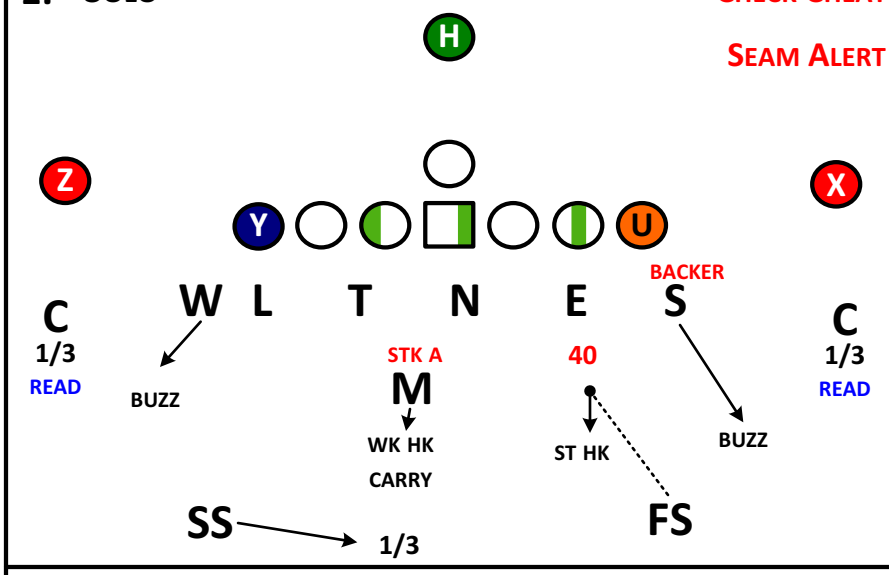


Tuff Buzz Flex (Tucson Palms)

1. Solo

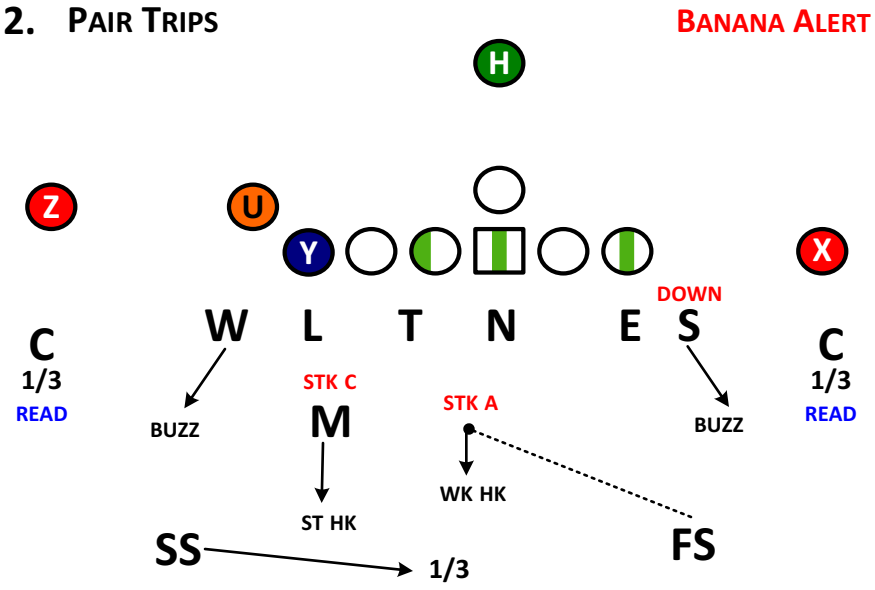
Check Cheat

Seam Alert



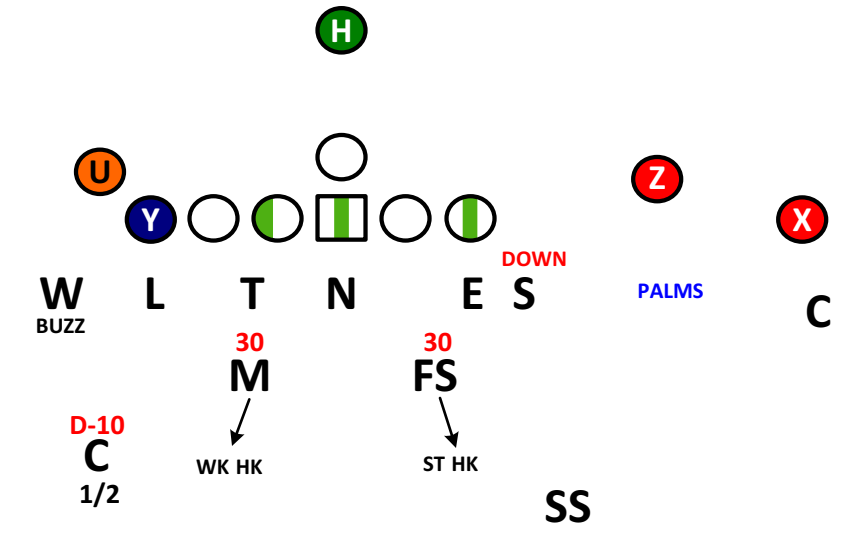
2. Pair Trips

Banana Alert



3. Pair Slot

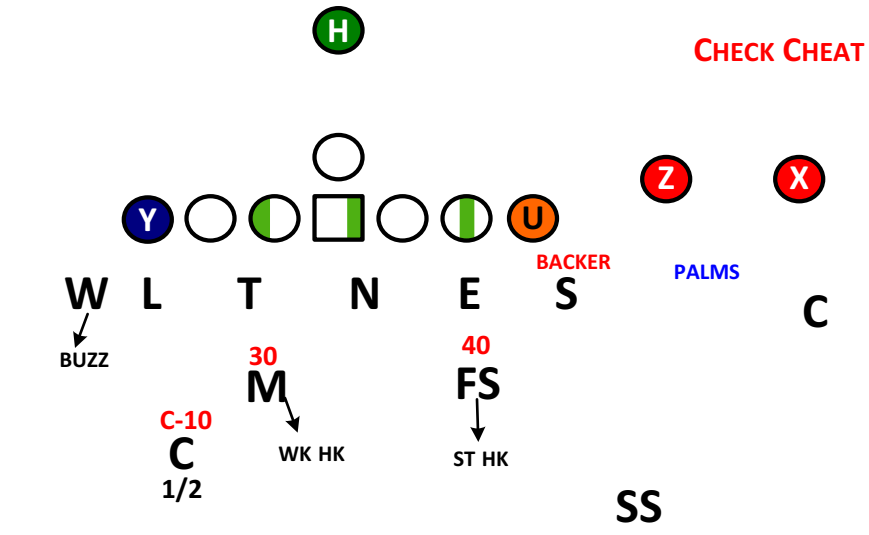
Check Palms



4. Solo Slot

Check Palms

Check Cheat

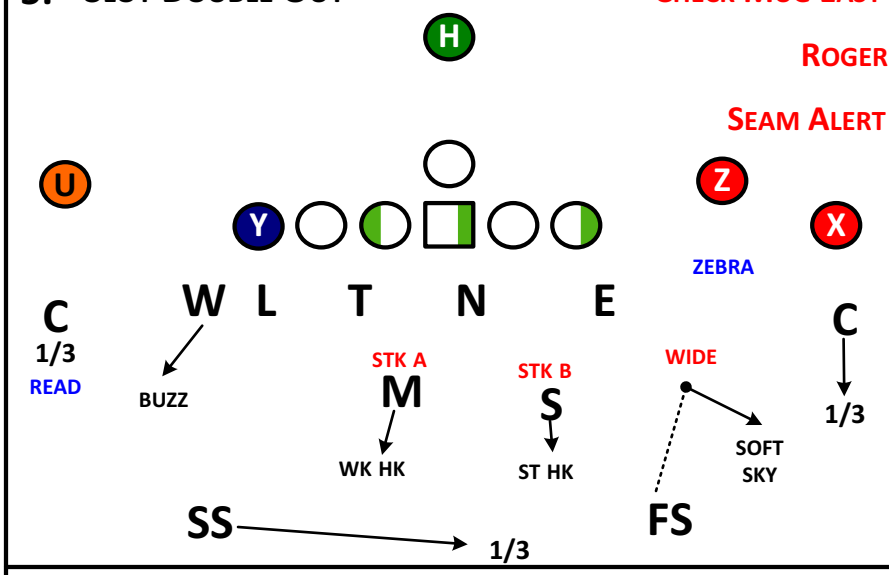


5. Slot Double Out

Check Mug Easy

Roger

Seam Alert

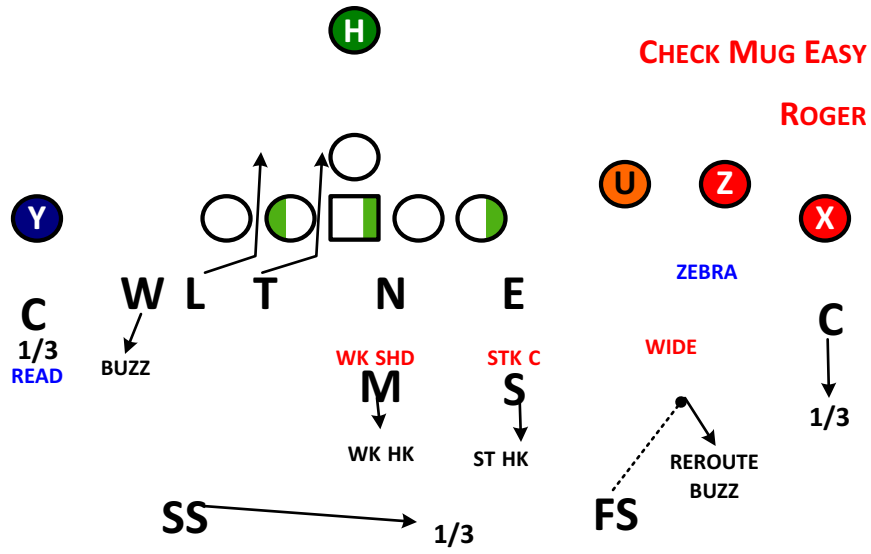


6. Seattle

Check Pirate

Check Mug Easy

Roger

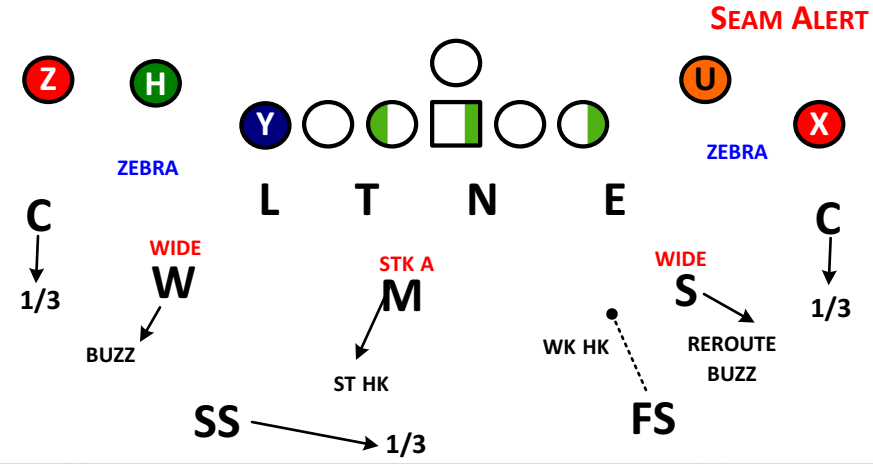


7. Empty

Check Mug Easy

J-Lo (Rita)

Seam Alert

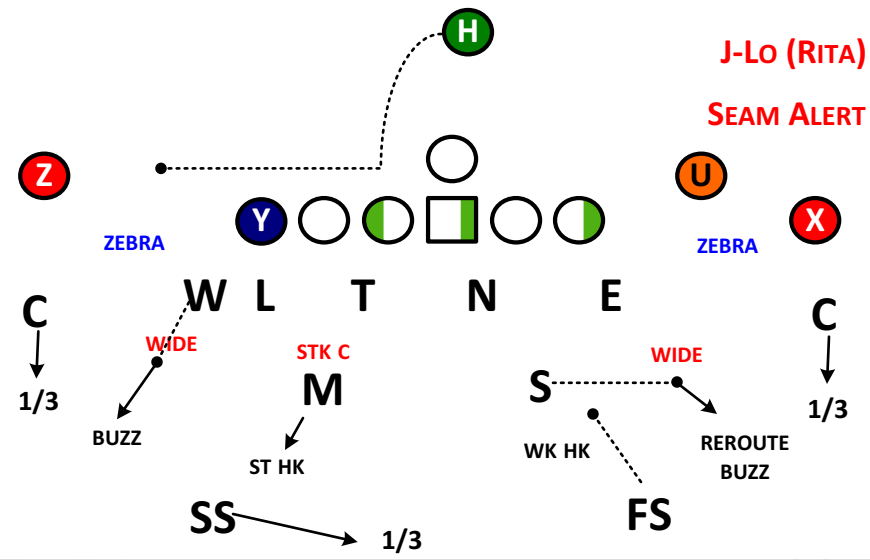


8. FLY Empty

Check Mug Easy

J-Lo (Rita)

Seam Alert

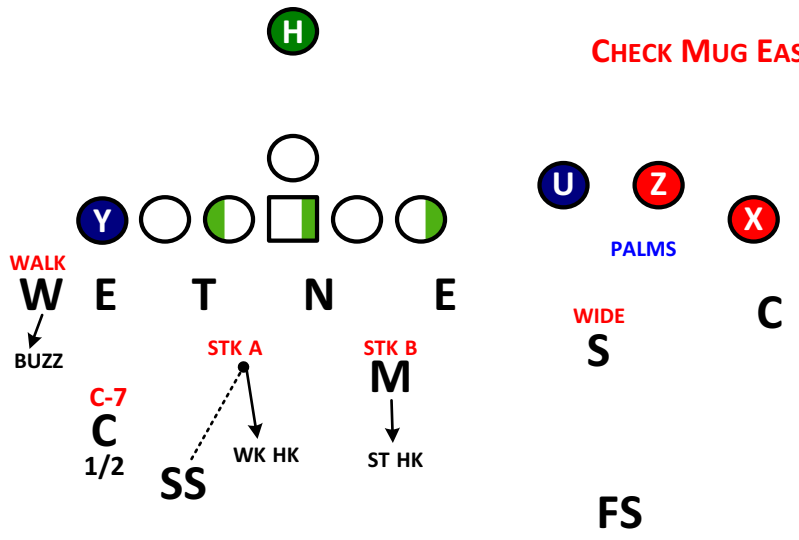


Tucson Palms

1. Trips Slot

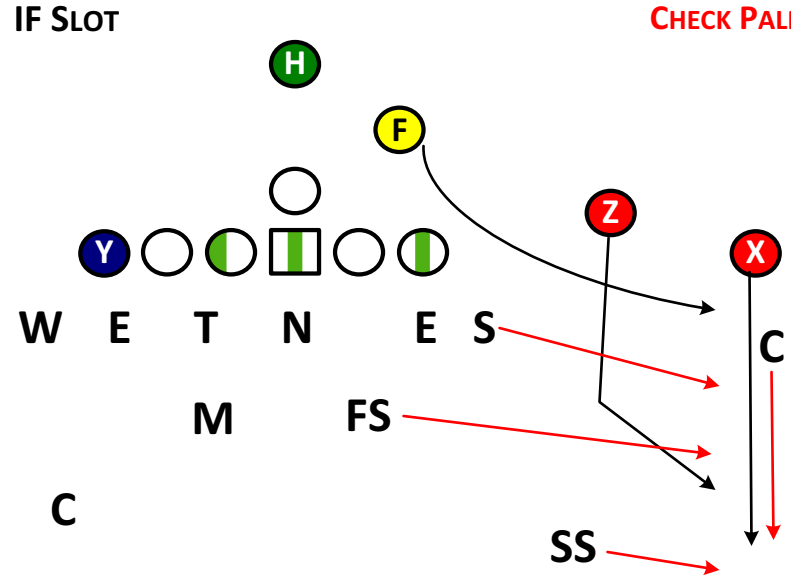
Check Palms

Check Mug Easy

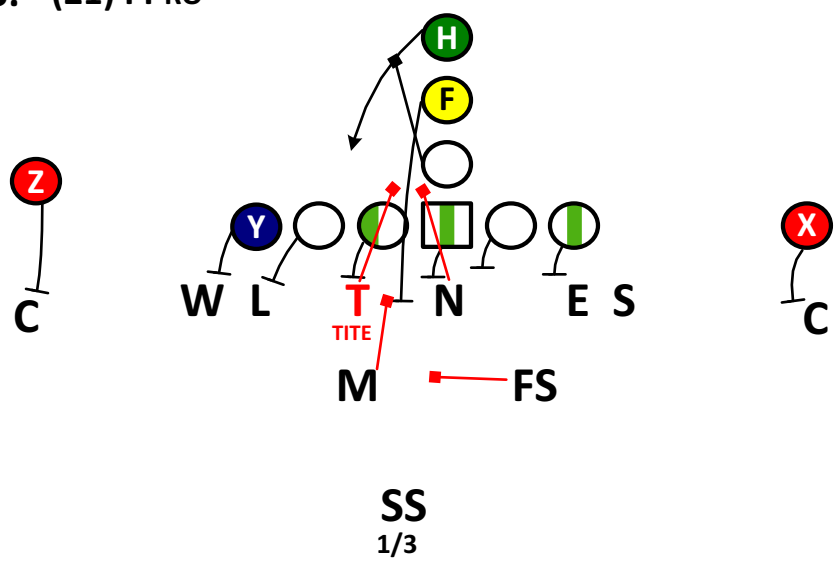


2. IF Slot

Check Palms



3. (21) I Pro



4.

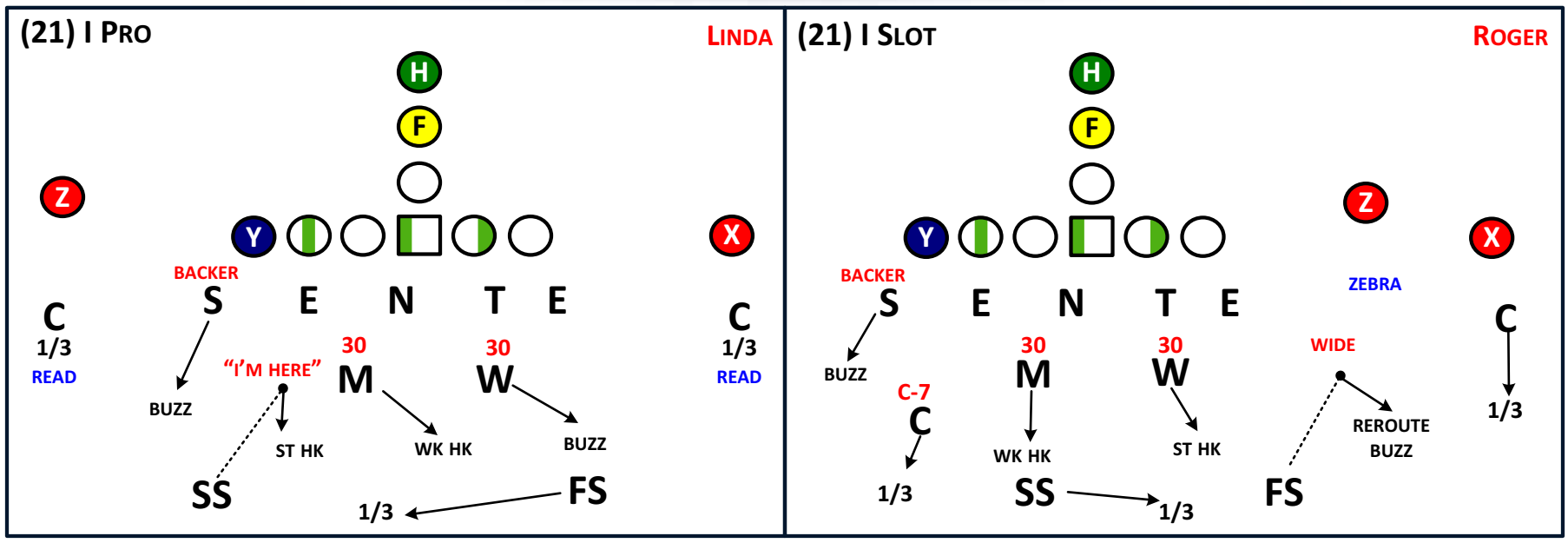
5.

6.

7.

8.

Rock Yakima



Essence:

1. Base Under front with the Safeties adjusting to the formation.
2. Corners remain left and right.

Coaching Points:

1. Solid Call to "Y"
2. Mike LB align in a 40 (Turnback) vs all 1 back formations unless:
   Safety (I'm Here): 30 (Spill)
4. Safeties could be:
   2 Back Pro Family (Including Pair Trips): Rita/Linda
   1 Back Pro Family & Slot: Roger/Lou
   Vs. Aligned Empty: Roger/Lou to passing strength (3 Receiver Side)
5. On all Fist & Rock alignment, Nose cross face vs Guard pull weak

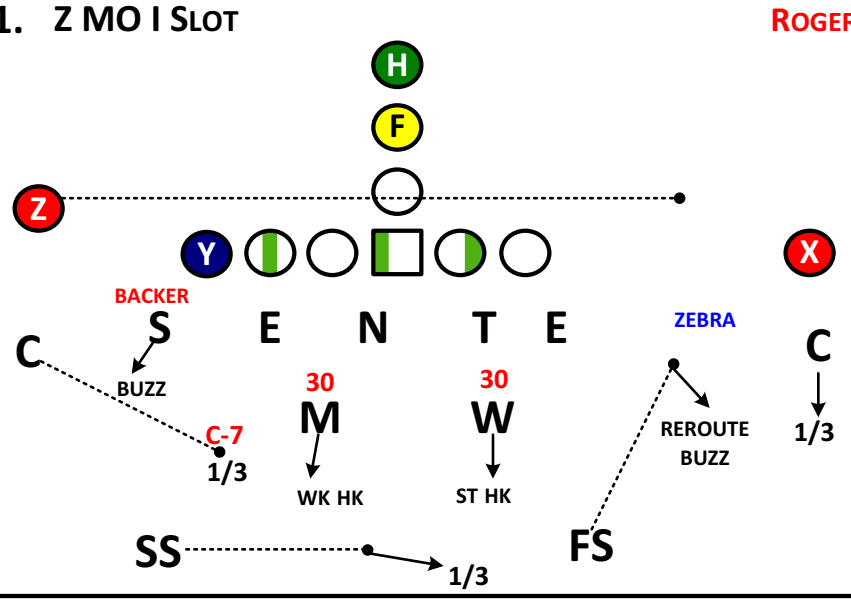
Adjustments:

1. Vs. 2 Back Pro formations: Rita / Linda
2. Vs. Slot formations: Roger / Lou
3. Vs. 1 Back pro sets: Roger/Lou to passing strength
4. Vs Y Mo: SS Track, check mesa

Rock Yakima

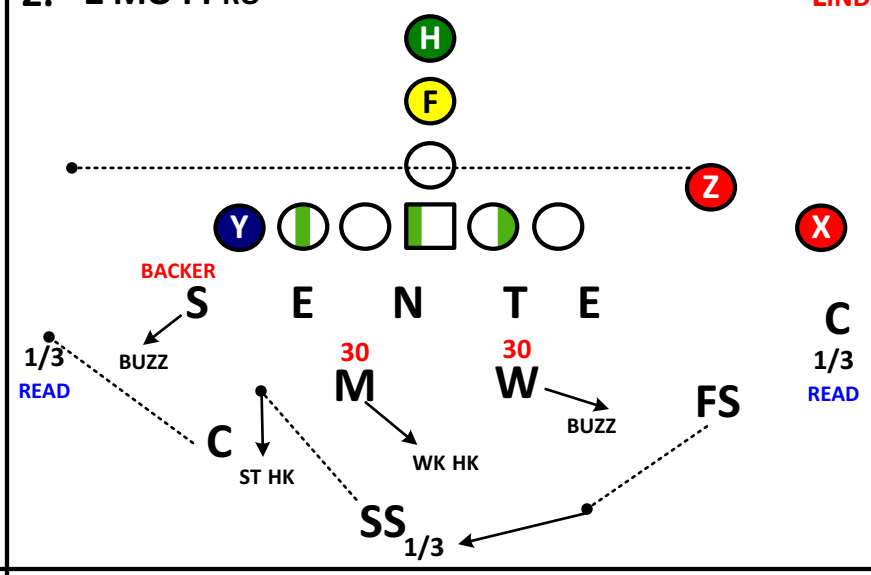
1. Z MO I Slot

Roger



2. Z MO I Pro

Linda

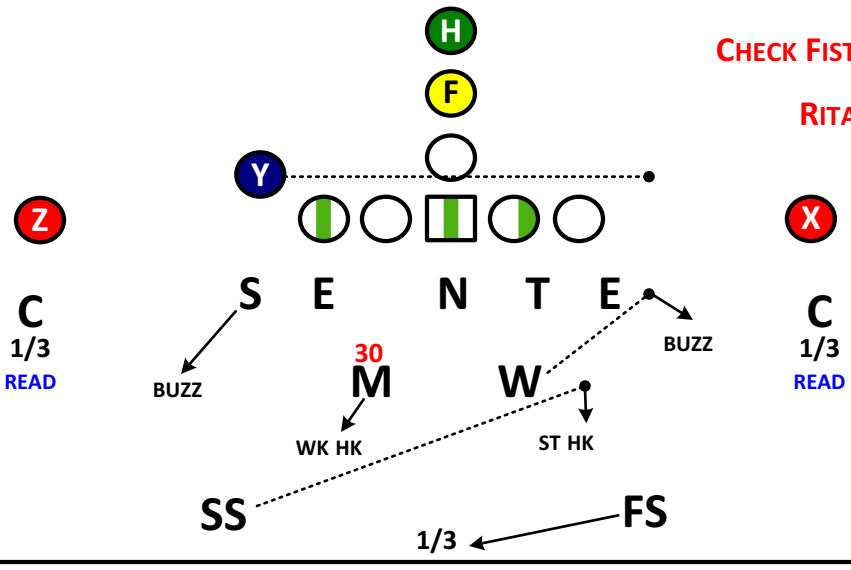


3. Y MO I Pro Y Off

Check Mesa

Check Fist

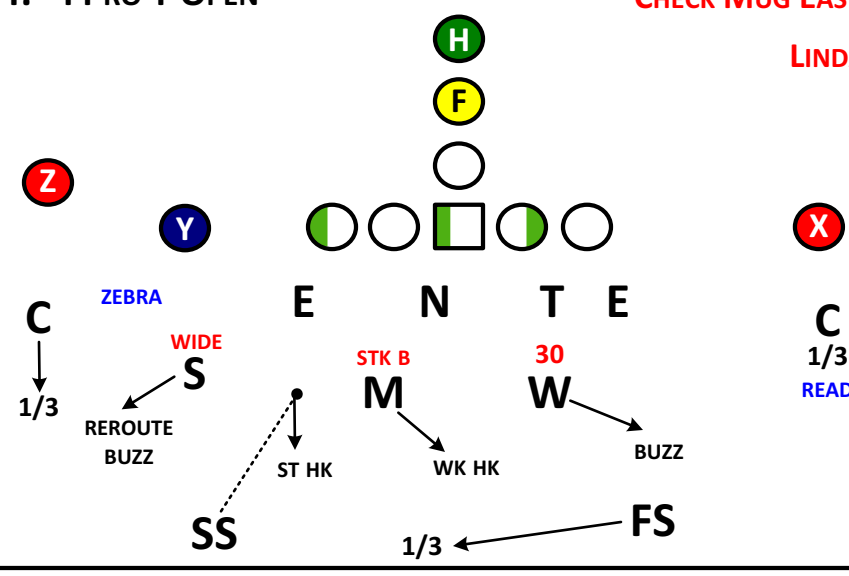
Rita



4. I Pro Y Open

Check Mug Easy

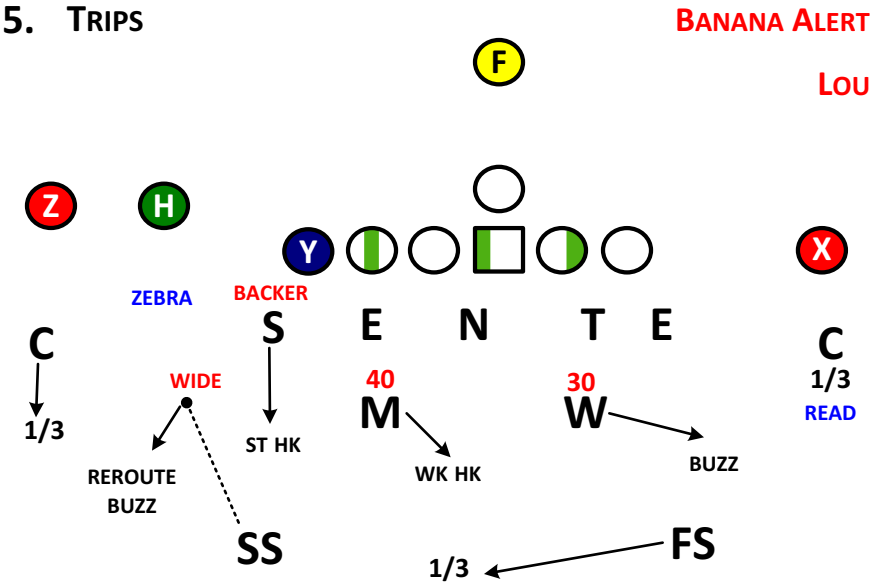
Linda



5. Trips

Banana Alert

Lou

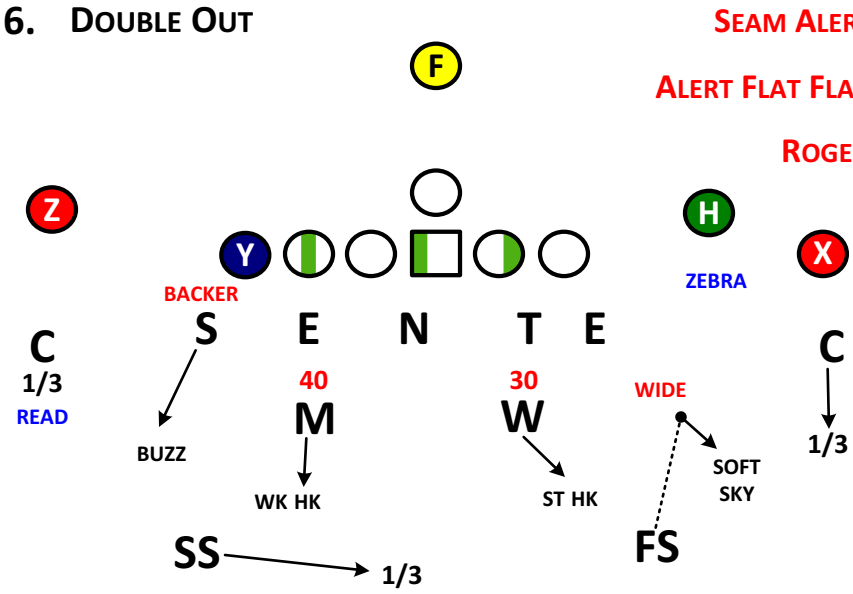


6. Double Out

Seam Alert

Alert Flat Flat

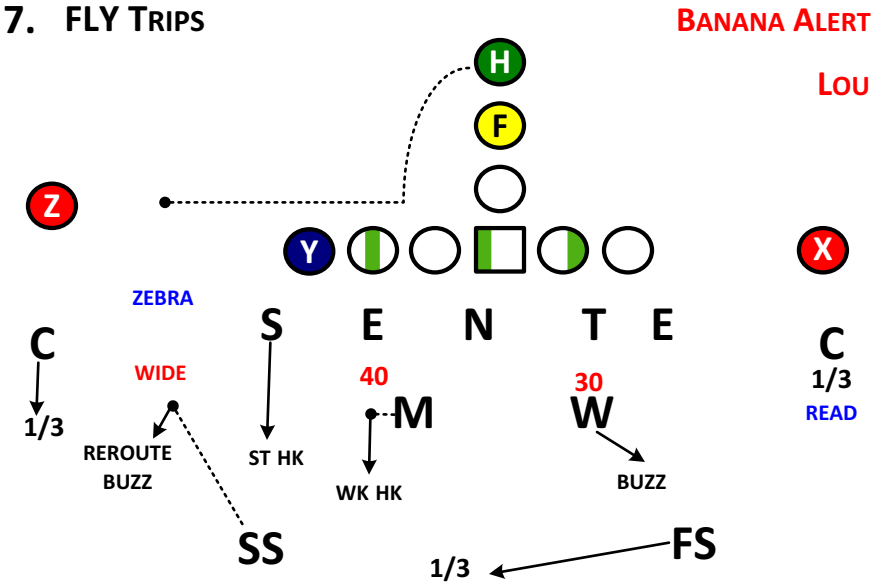
Roger



7. FLY Trips

Banana Alert

Lou

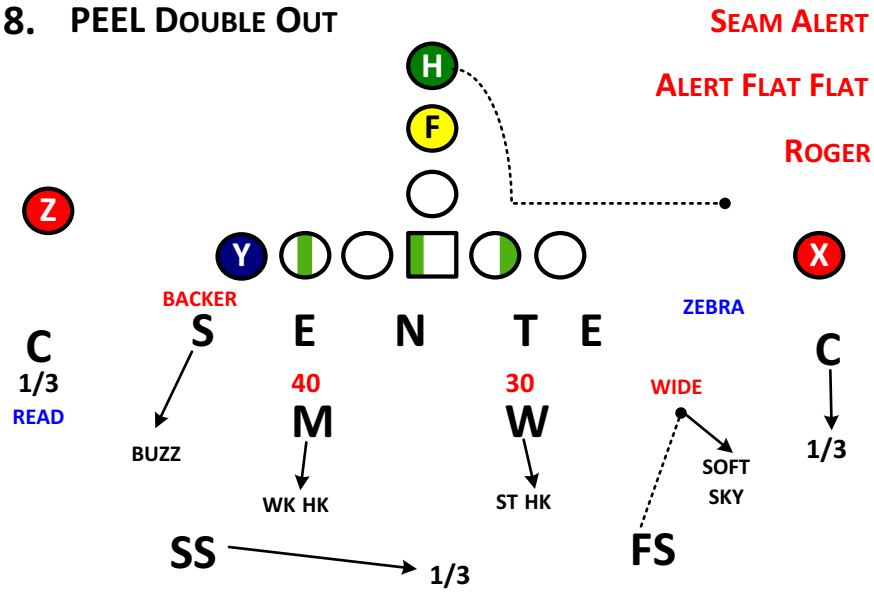


8. PEEL Double Out

Seam Alert

Alert Flat Flat

Roger



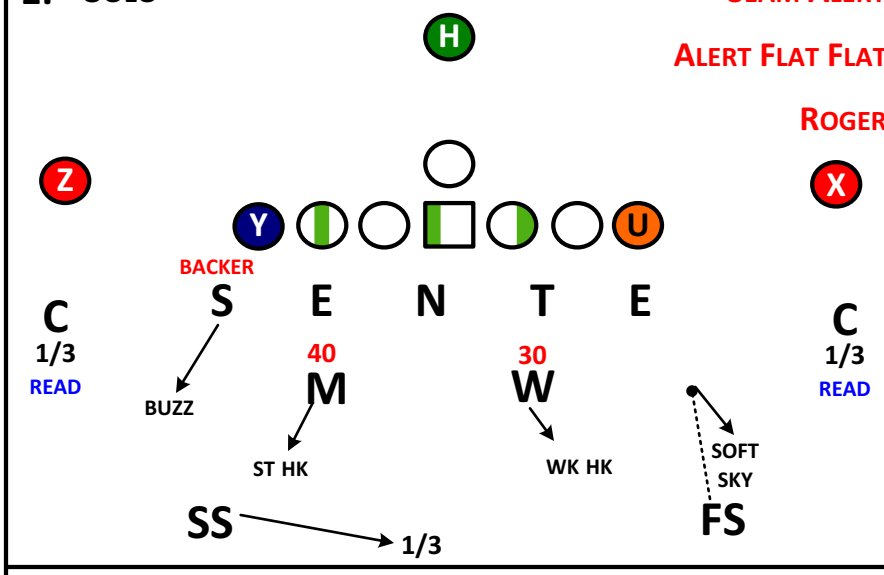
Rock Yakima

1. Solo

Seam Alert

Alert Flat Flat

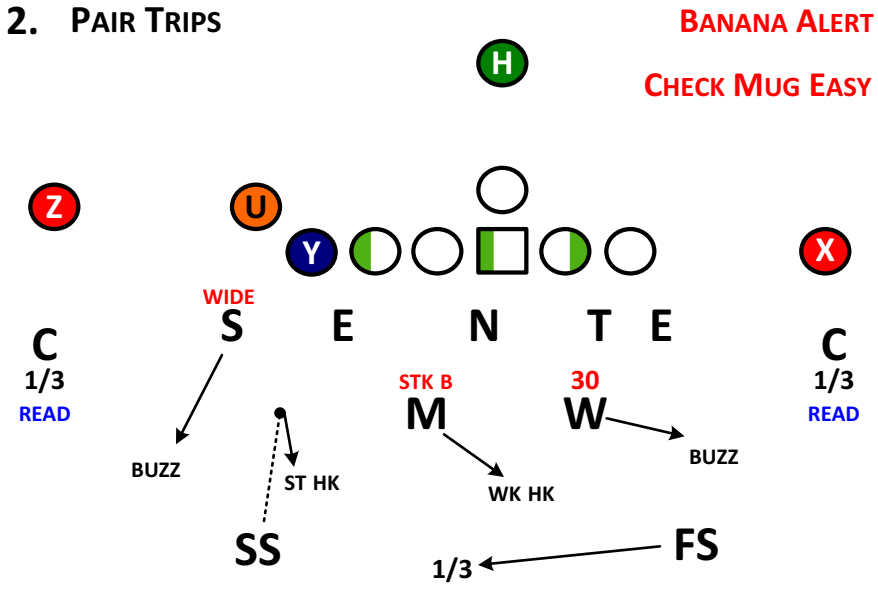
Roger



2. Pair Trips

Banana Alert

Check Mug Easy

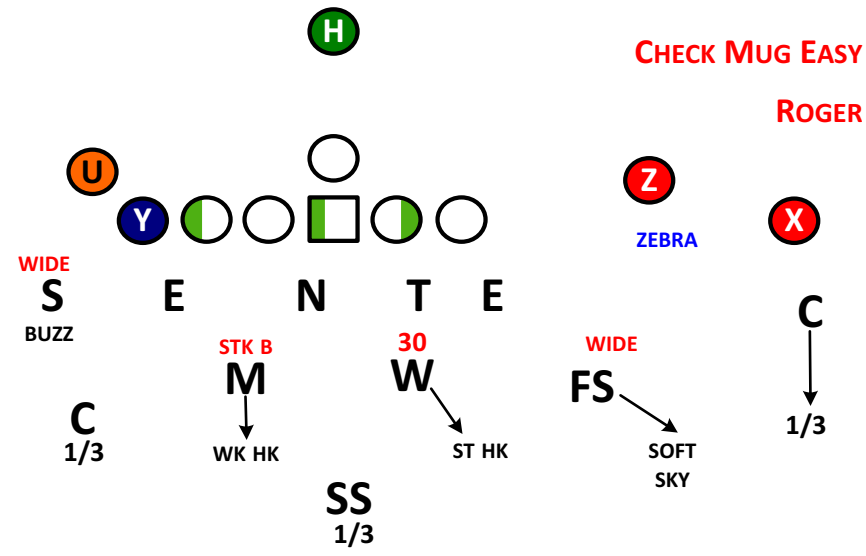


3. Pair Slot

Seam Alert

Check Mug Easy

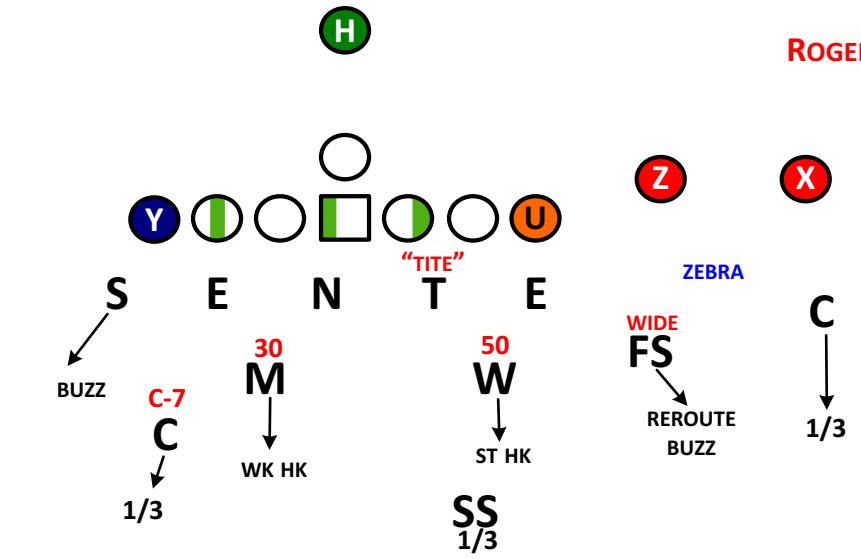
Roger



4. Solo Slot

Banana Alert

Roger

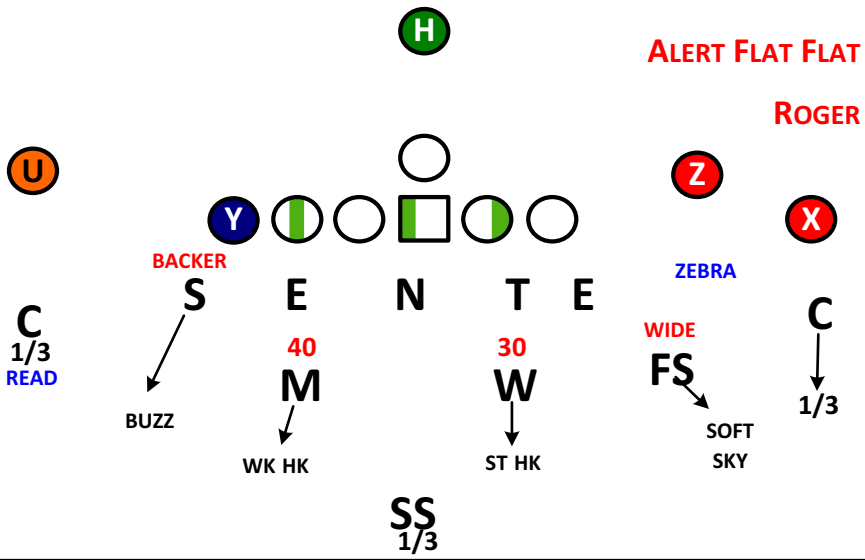


5. Slot Double Out

Seam Alert

Alert Flat Flat

Roger

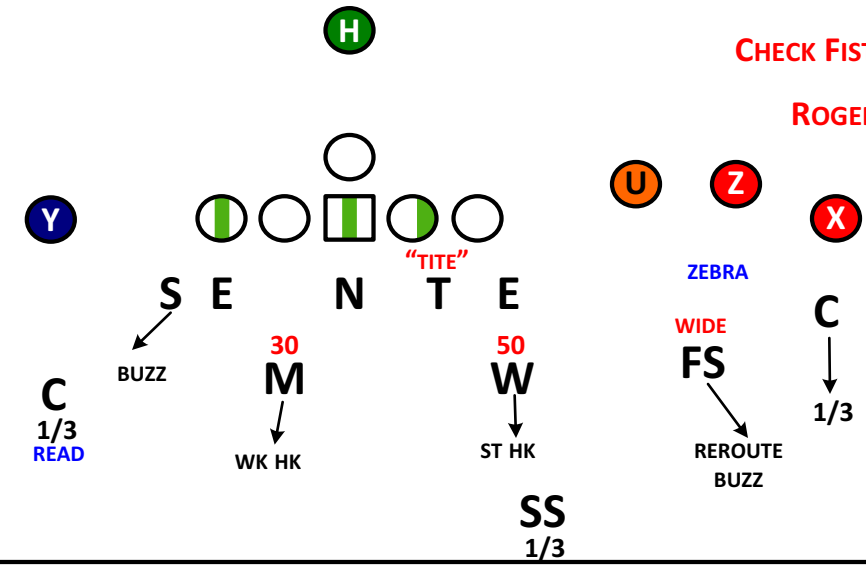


6. Seattle

Banana Alert

Check Fist

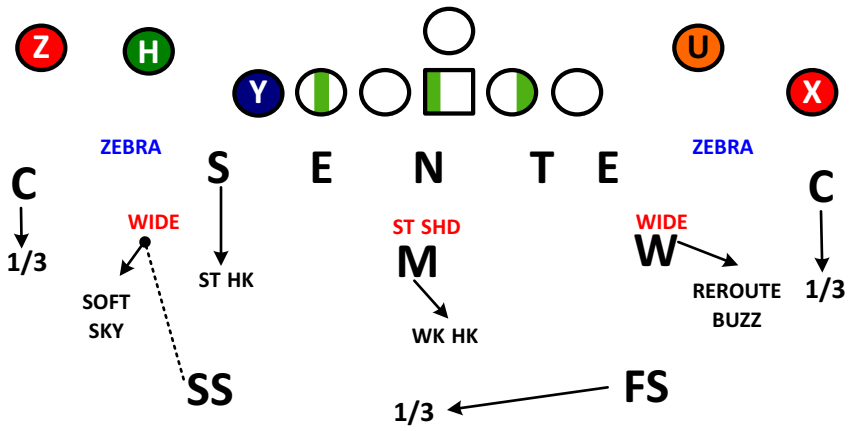
Roger



7. Empty

Seam Alert

Lou to Passing Strength

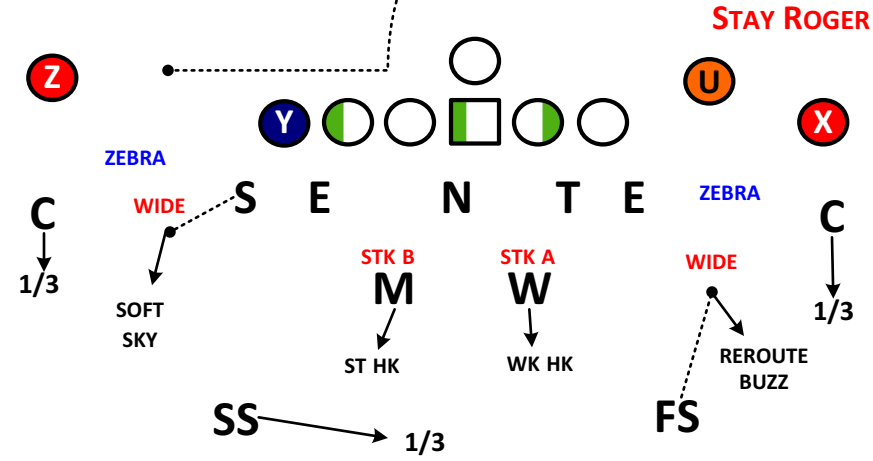


8. FLY Empty

Seam Alert

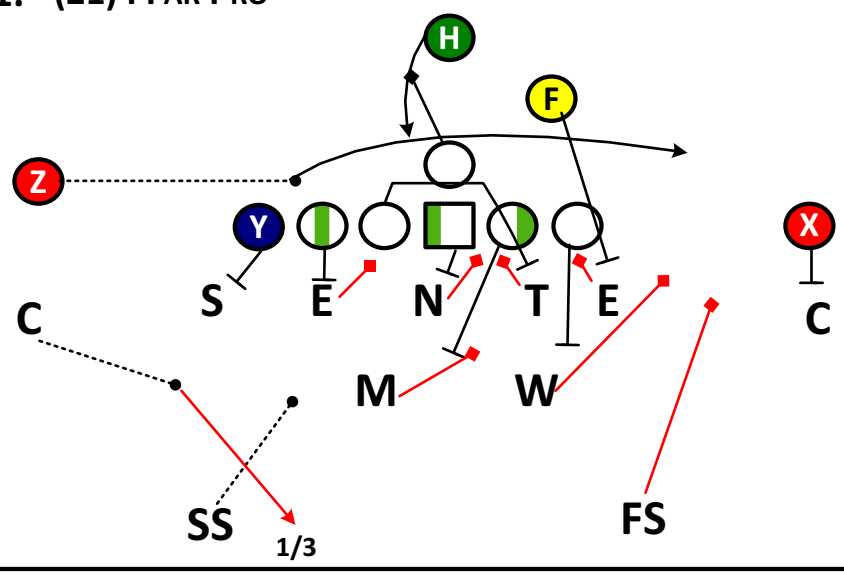
Check Mug Easy

Stay Roger

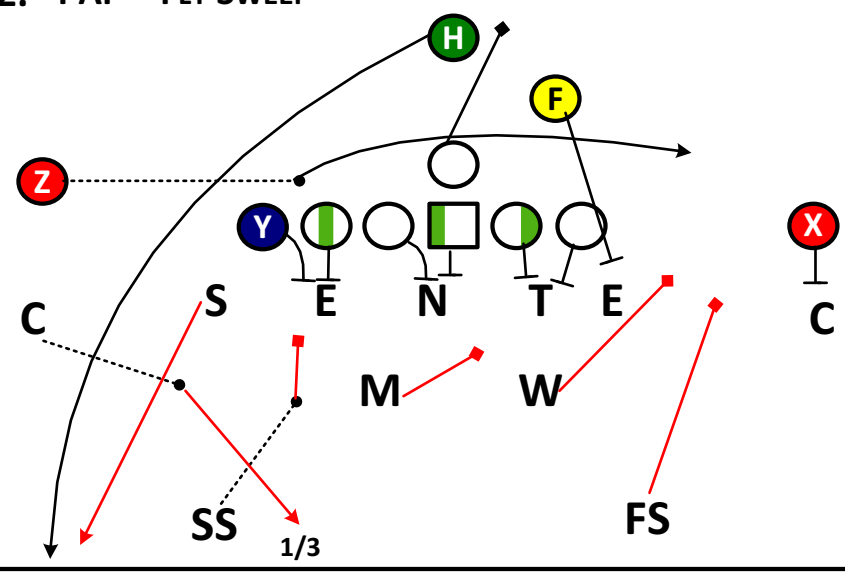


Rock Yakima

1. (21) I Far Pro



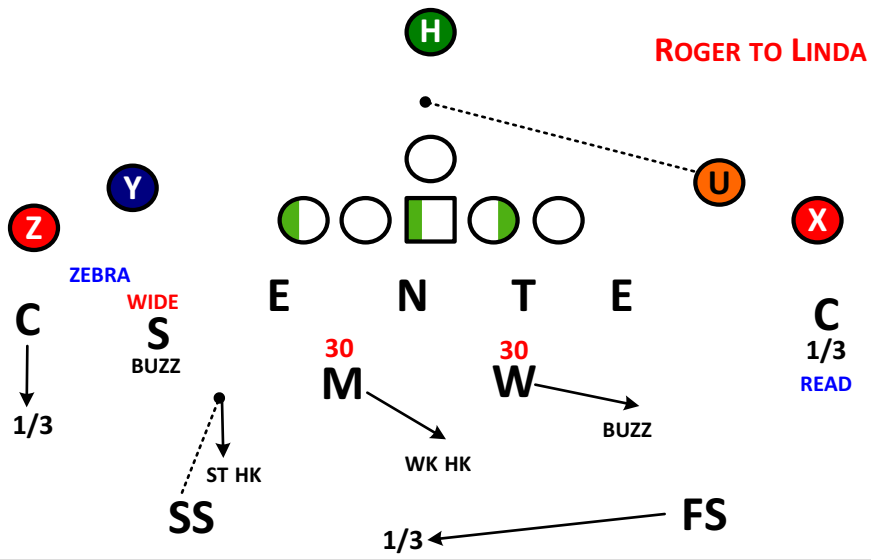
2. PAP – Fly Sweep



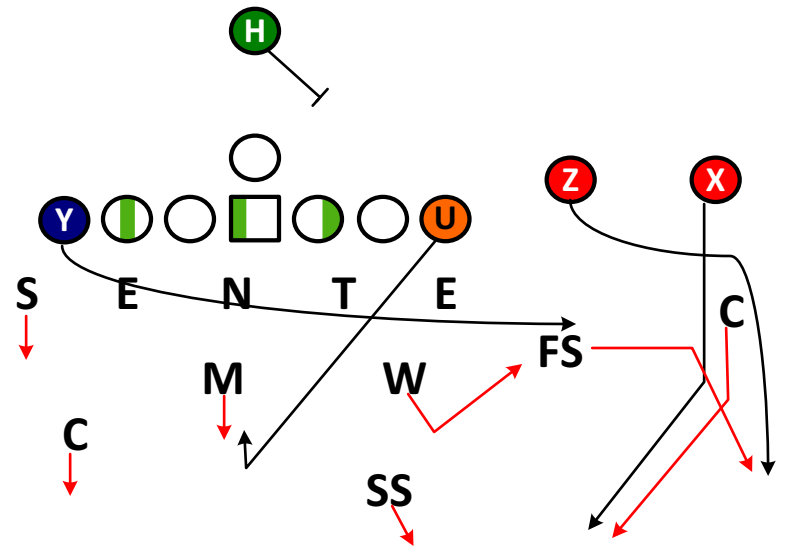
3. Box Motion

Check Mug Easy

Roger to Linda



4. Solo Slot



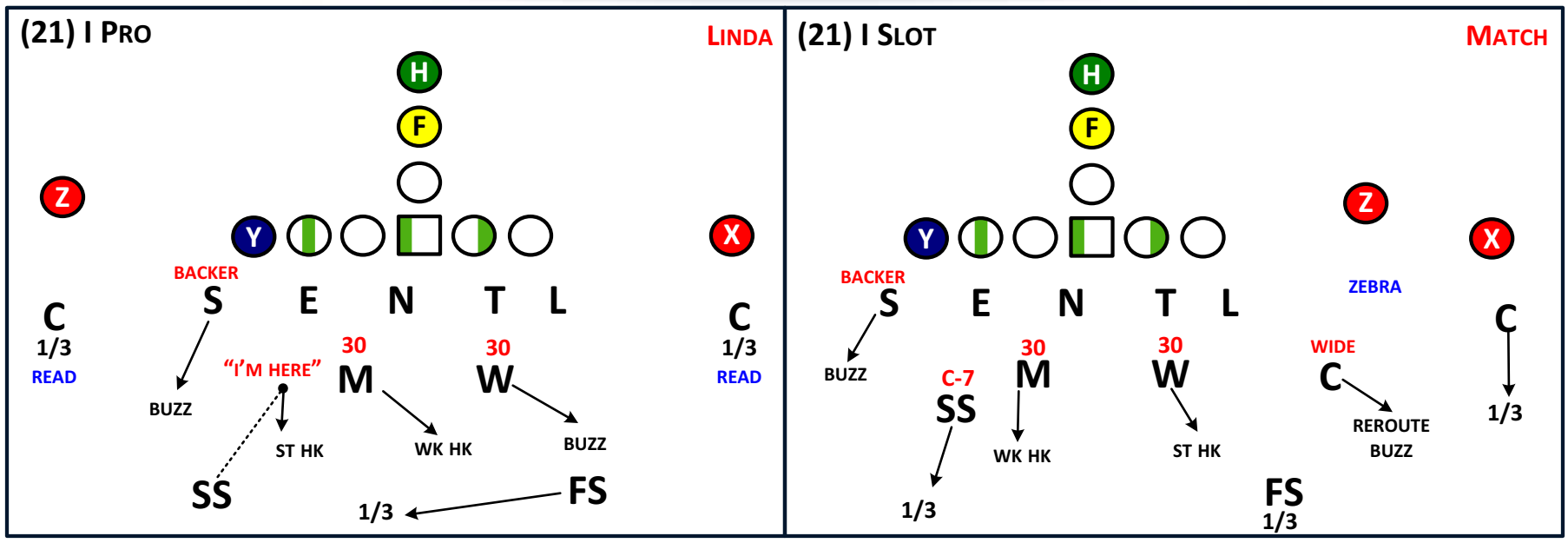
5.

6.

7.

8.

Rock 3 Buster (Rock Yuma)



Essence:

1. Rock 3 Buster is an 8 man Base Under Family Defense.
2. LBs have the ability to call line stunts & alignments based on formations.
3. Corners Match Up with the Z and X Receivers. Safeties in Run Fit.

Coaching Points:

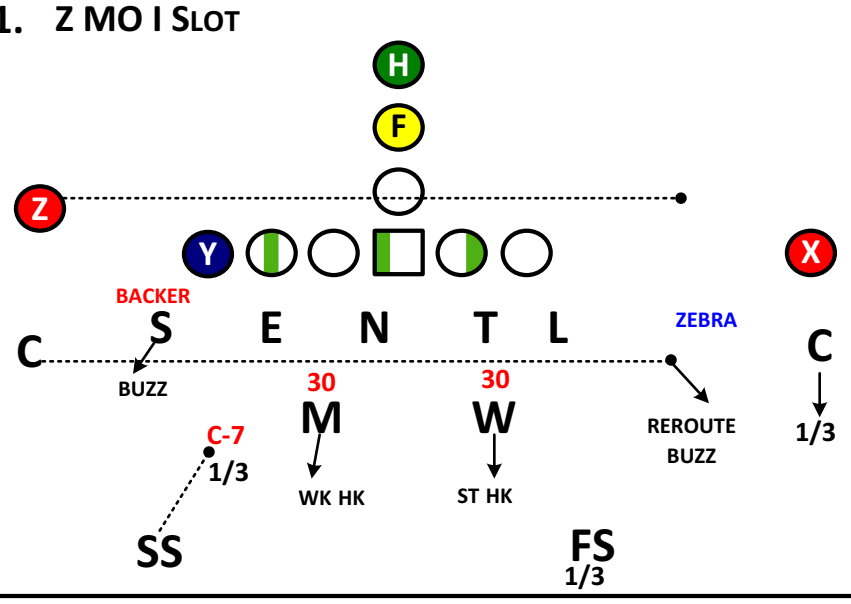
1. Solid Call to "Y"
2. Corner travels vs all Slot Family formations. SS play 1/3
3. Vs all 1 back formations unless:
   - Mike: 40
   - Safety (I'm Here): 30 (Spill)
4. Safeties could be:
   - 2 Back Pro Family (Including Pair Trips): Rita/Linda
   - 1 Back Pro Family: Roger/Lou to the 'U/F'
   - Slot Family: 1/3's
   - Vs. Aligned Empty: Roger/Lou to passing strength (3 Receiver Side)
5. On all Fist & Cheat alignment, Nose cross face vs Guard pull weak (Swag)

Adjustments:

1. Vs. 1 Back Sets: Safeties Roger/Lou to "F/U" in the set unless playing 1/3.
2. Vs. Y Motion Or Y Shift: Check Mesa and Check Fist. Safeties Track
3. Vs. Box Fly/Peel Motion To 2 Back Pro: SS is back into Rita/Linda.
4. Sam Alignments:
   - Backer – Check Cheat
   - Wide – Check Mug Easy (1 and Loose 5 Technique)
   - Down – Check Fist
5. Empty Rules:
   - Aligned: Roger/Lou to passing strength (3 Receiver Side)
   - Motion to Sam: Stay Roger/Lou and check mug easy
6. Game Plan:
   - Possible adjustment to 2 Back X open: Roger/Lou and Check

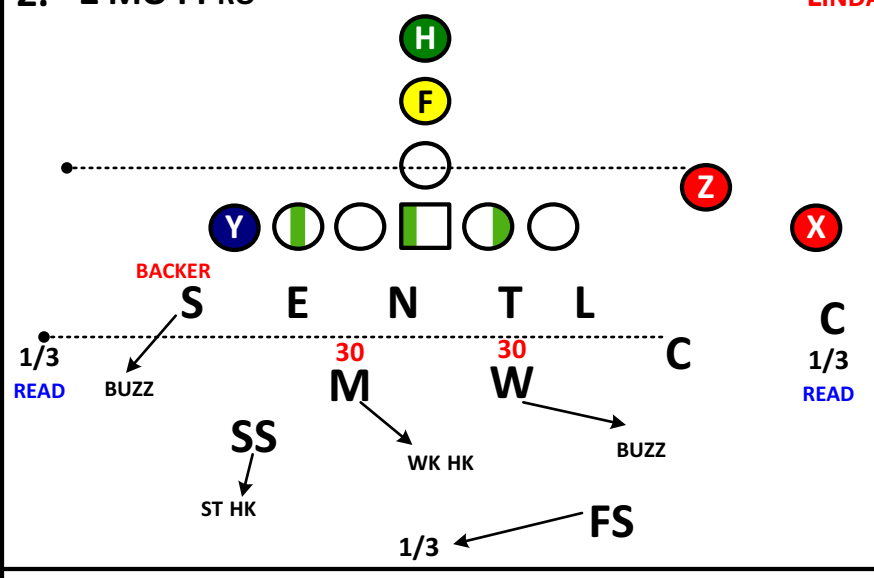
Rock 3 Buster (Rock Yuma)

1. Z MO I Slot



2. Z MO I Pro

LINDA

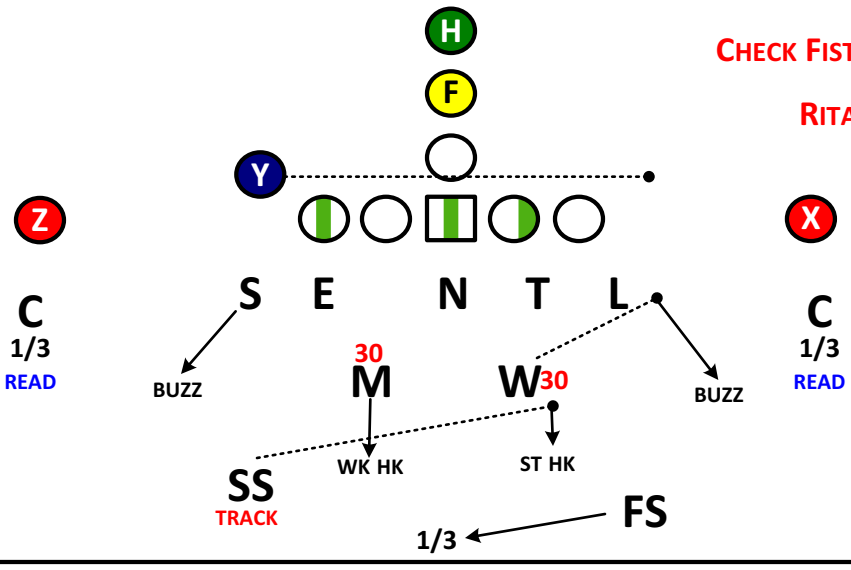


3. Y MO I Pro Y Off

CHECK MESA

CHECK FIST

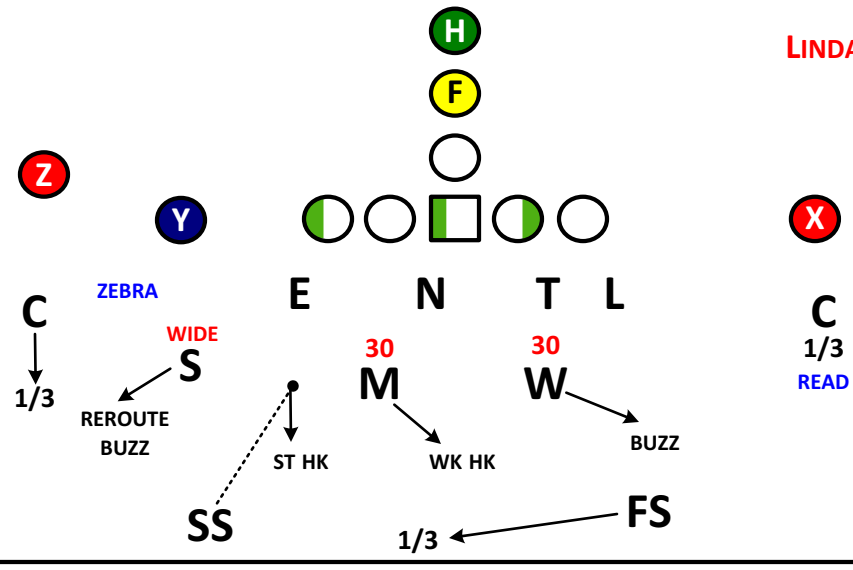
RITA



4. I Pro Y Open

CHECK MUG EASY

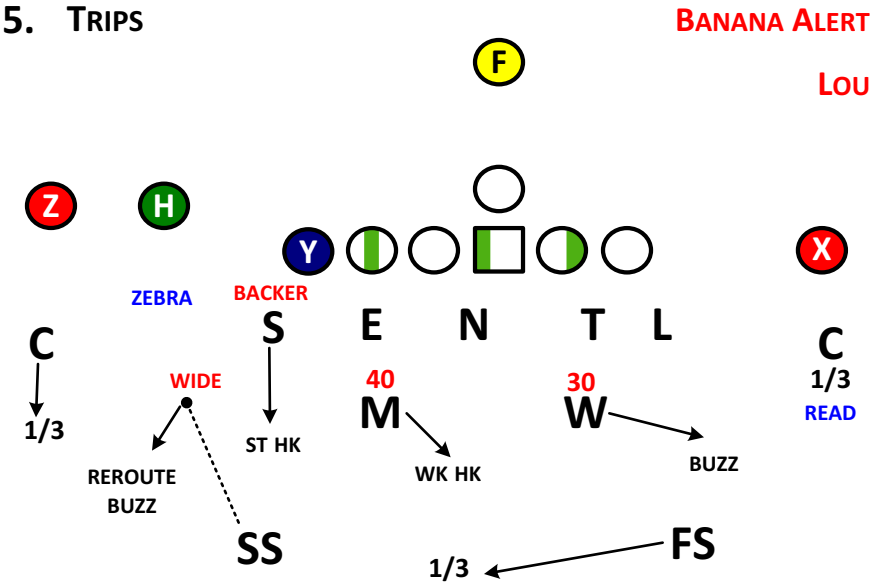
LINDA



5. Trips

BANANA ALERT

LOU

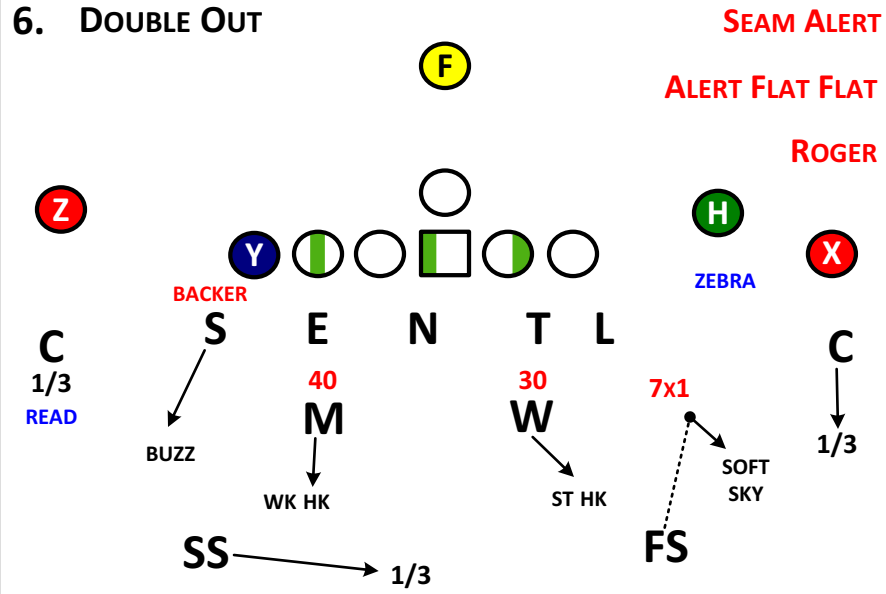


6. Double Out

SEAM ALERT

ALERT FLAT FLAT

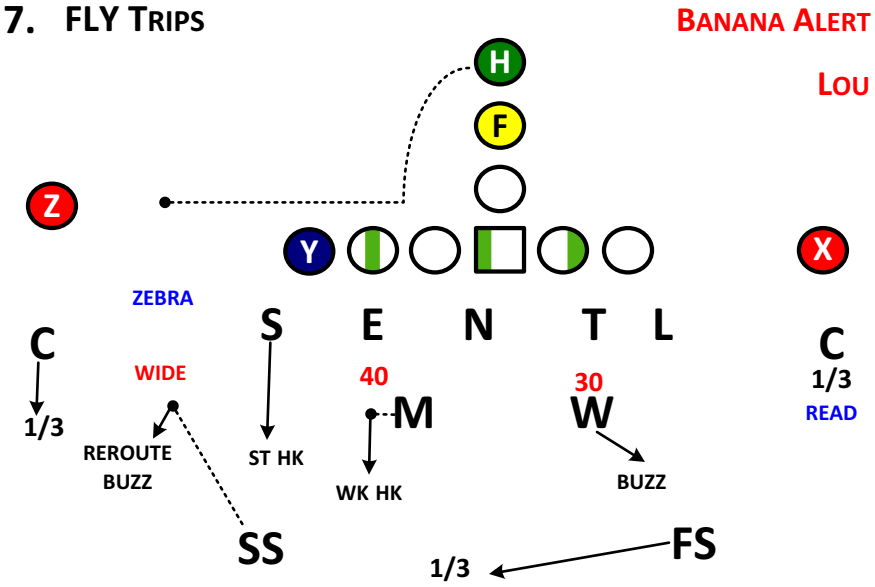
ROGER



7. FLY Trips

BANANA ALERT

LOU

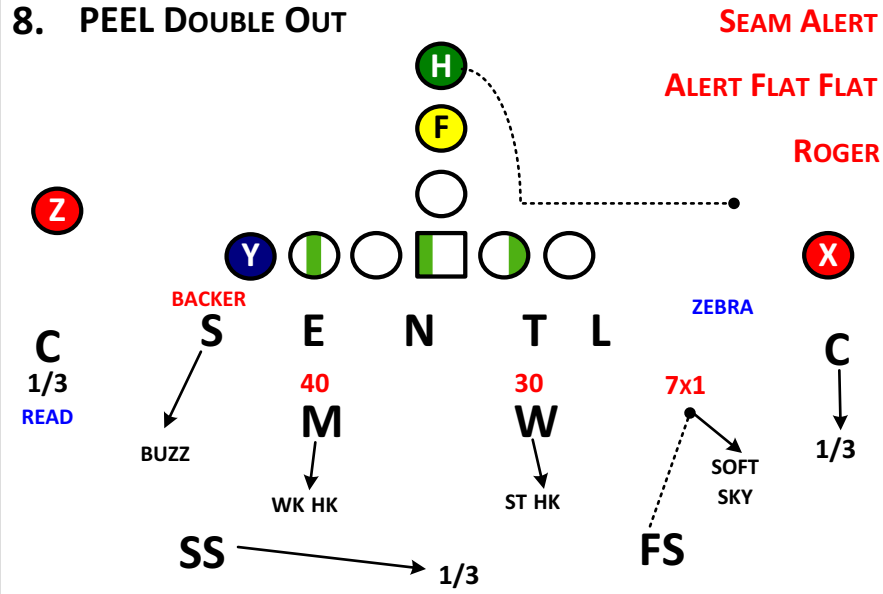


8. PEEL Double Out

SEAM ALERT

ALERT FLAT FLAT

ROGER



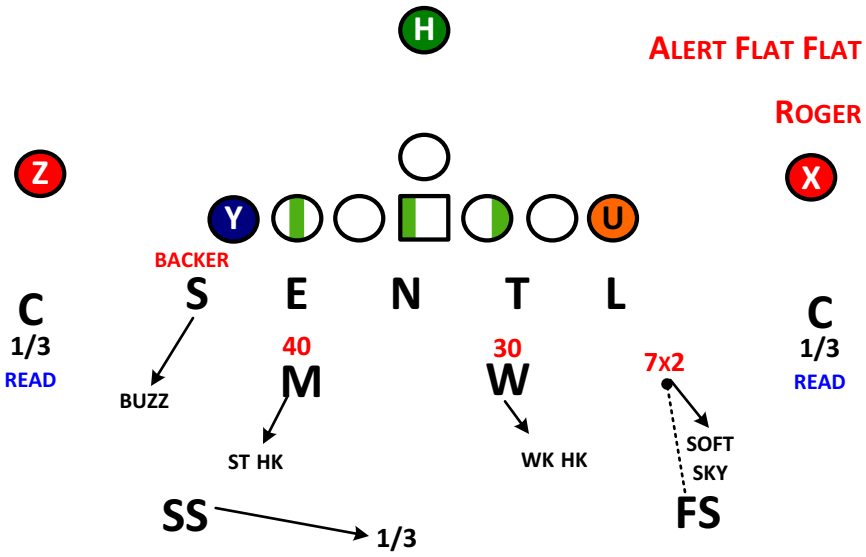
Rock 3 Buster (Rock Yuma)

1. Solo

Seam Alert

Alert Flat Flat

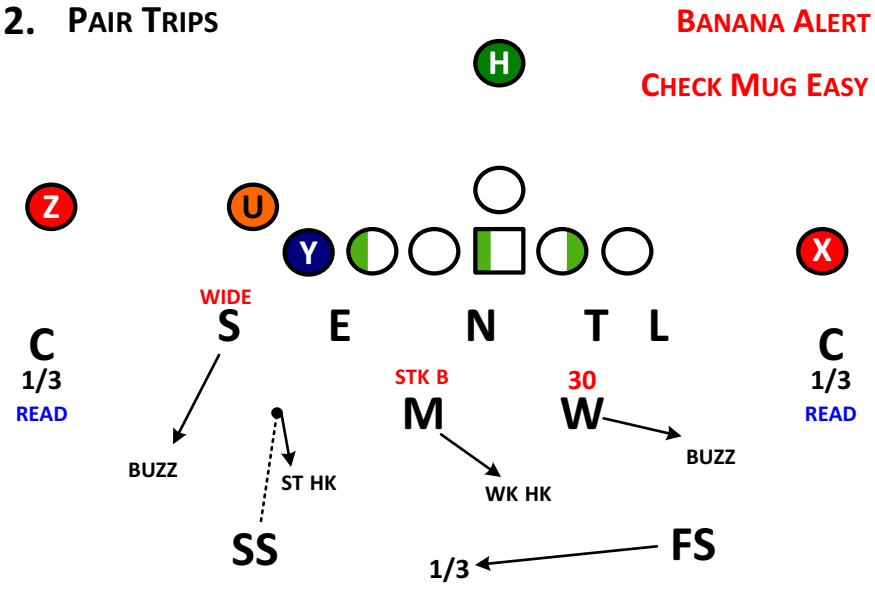
Roger



2. Pair Trips

Banana Alert

Check Mug Easy

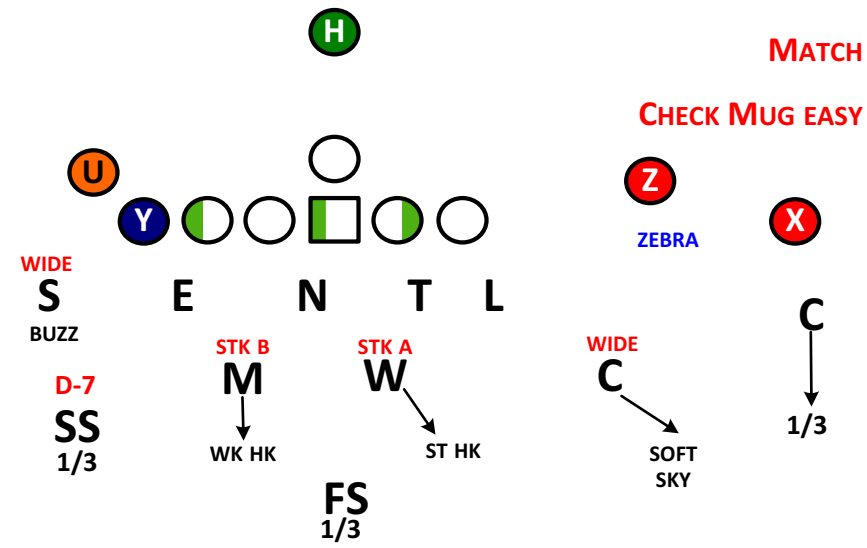


3. Pair Slot

Seam Alert

Match

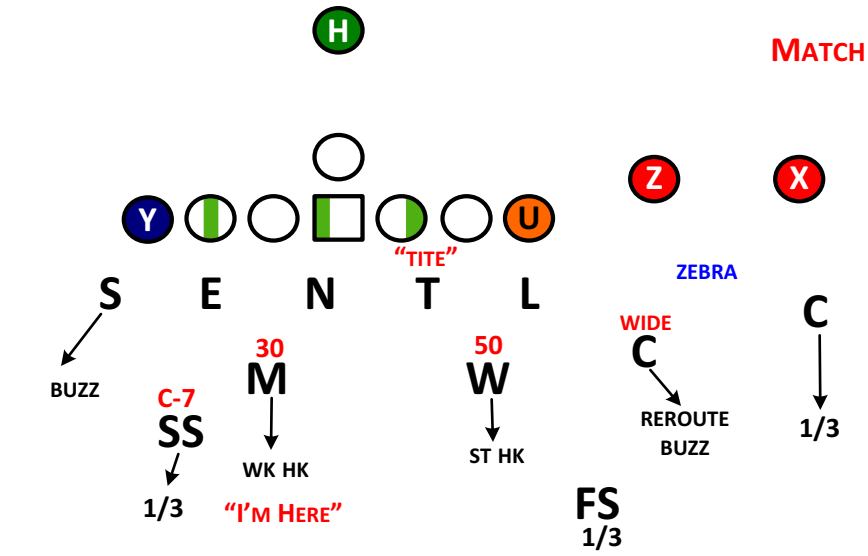
Check Mug easy



4. Solo Slot

Banana Alert

Match

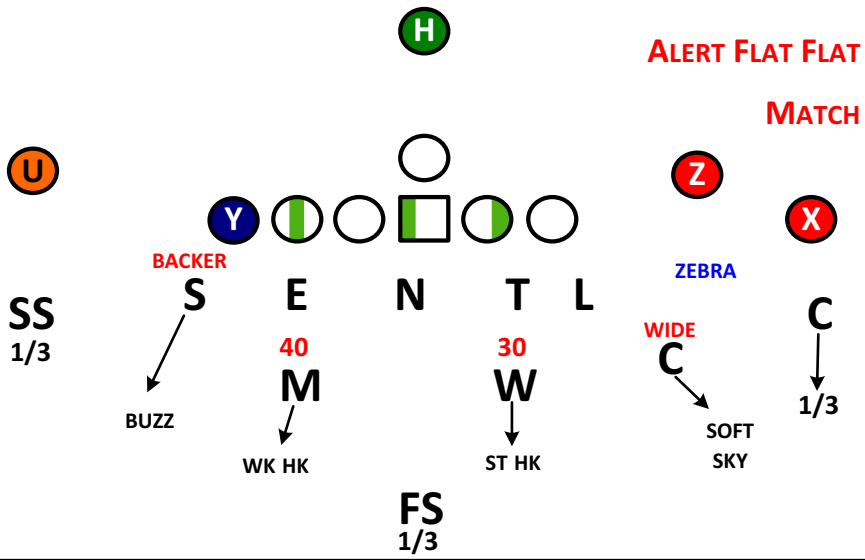


5. Slot Double Out

Seam Alert

Alert Flat Flat

Match

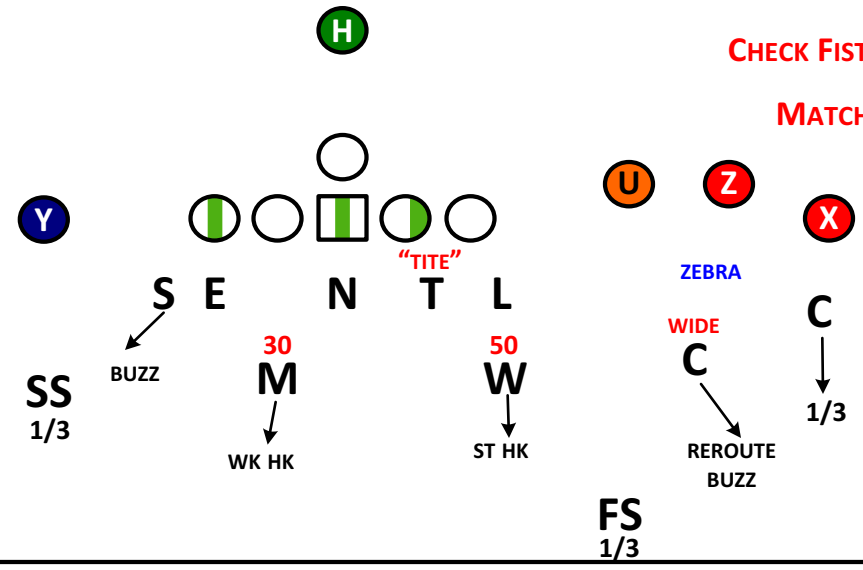


6. Seattle

Banana Alert

Check Fist

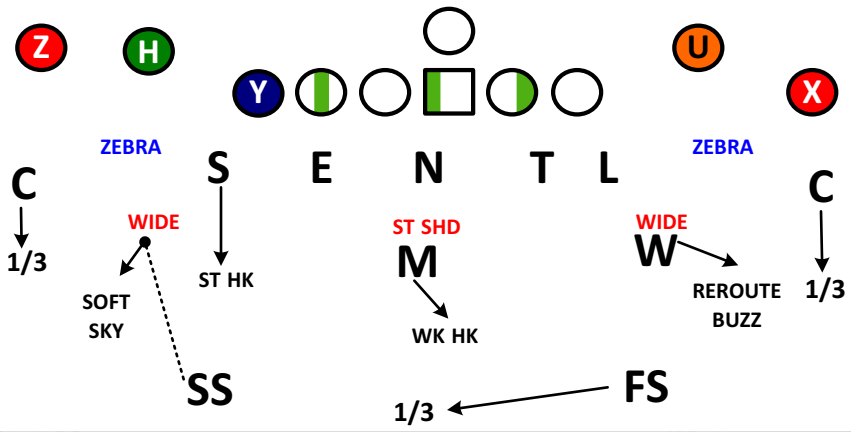
Match



7. Empty

Seam Alert

Lou to Passing Strength

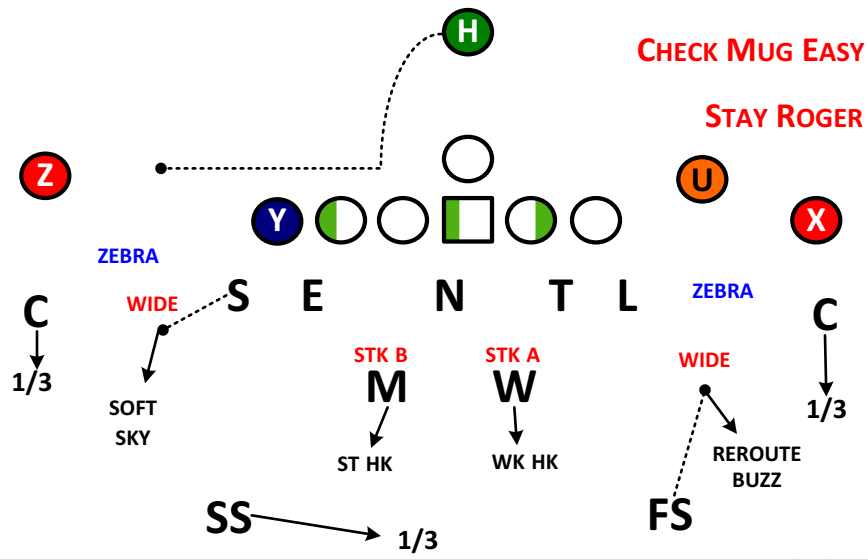


8. FLY Empty

Seam Alert

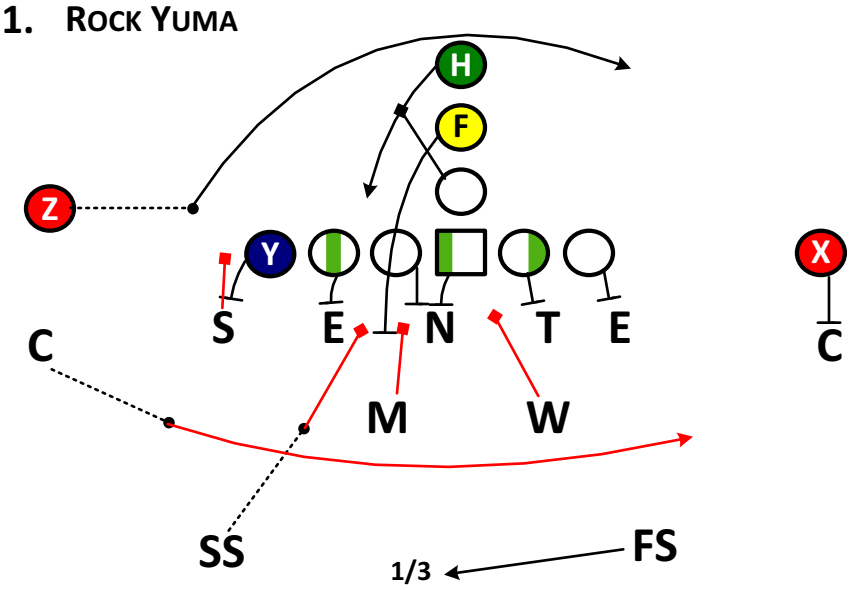
Check Mug Easy

Stay Roger



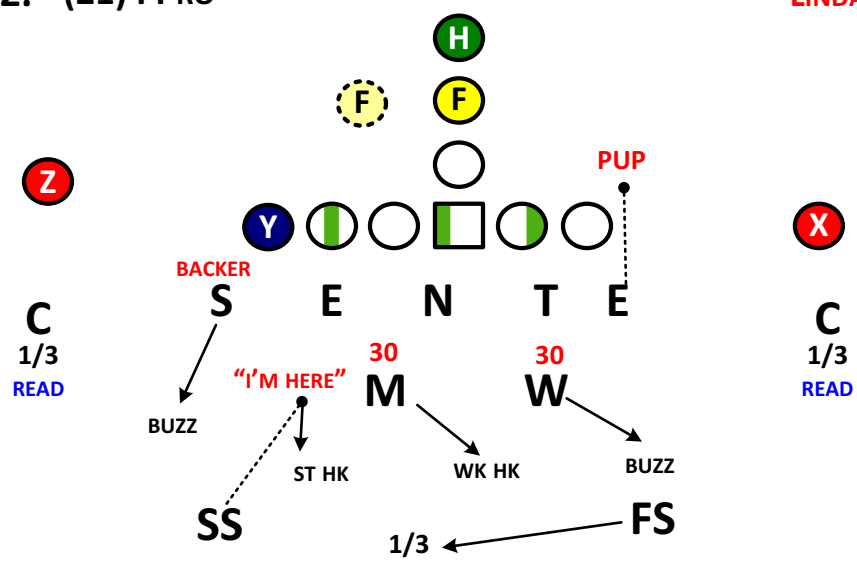
Base Under 3 Buster (Rock Yuma)

1. Rock Yuma

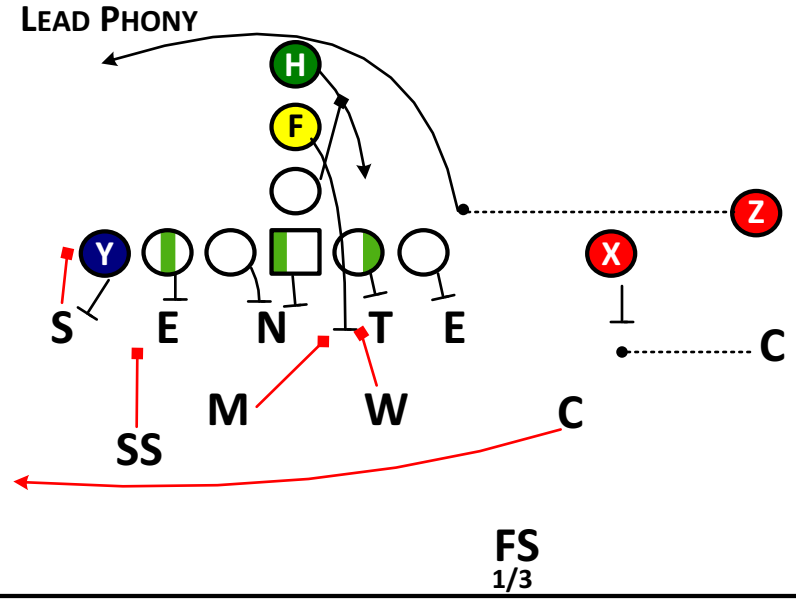


2. (21) I Pro

Linda

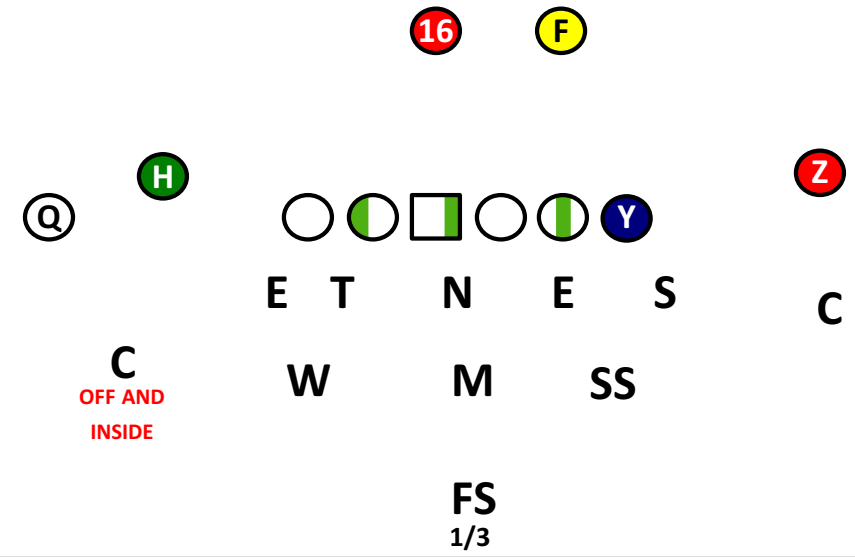


3. Lead Phony



4. Rock Yuma

Defend the Core

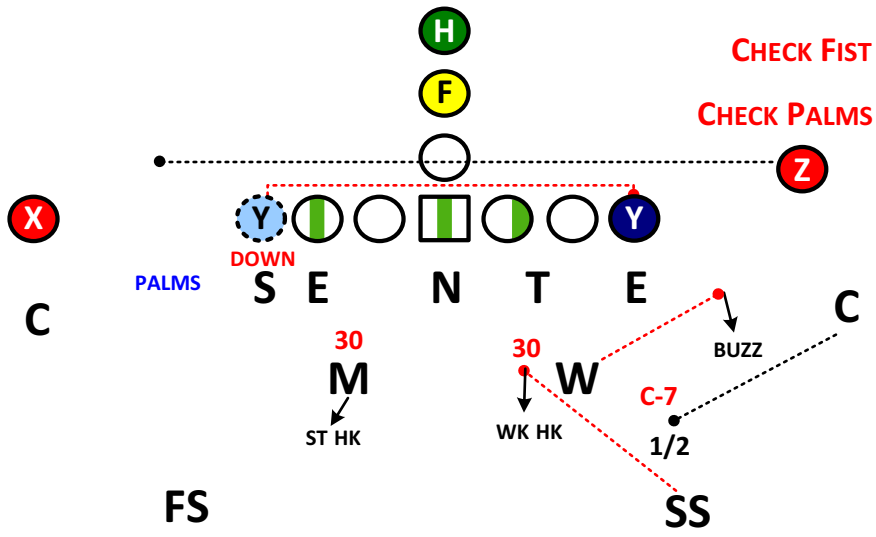


5. Rock Yuma

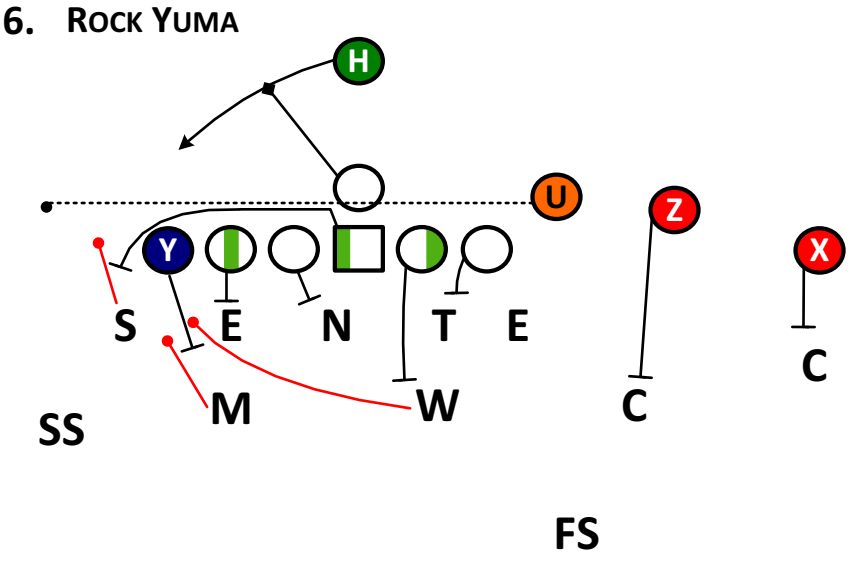
Check Mesa

Check Fist

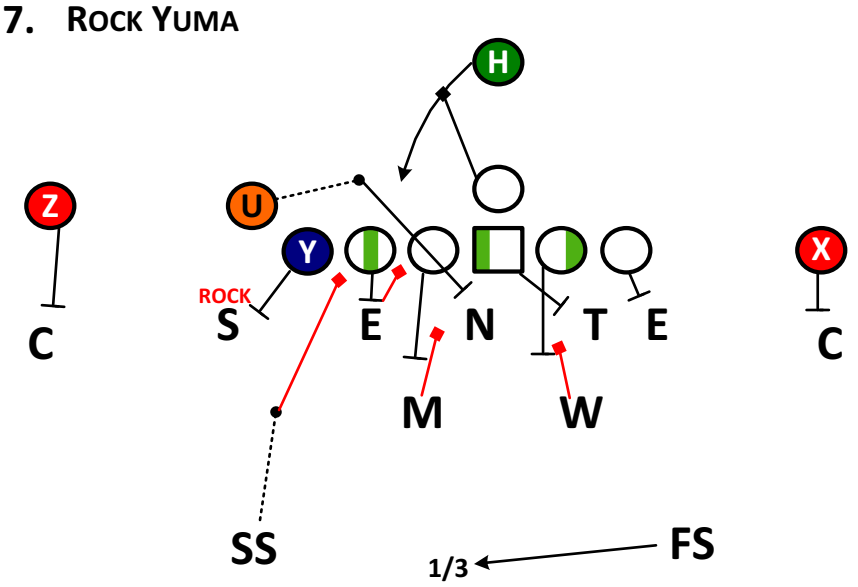
Check Palms



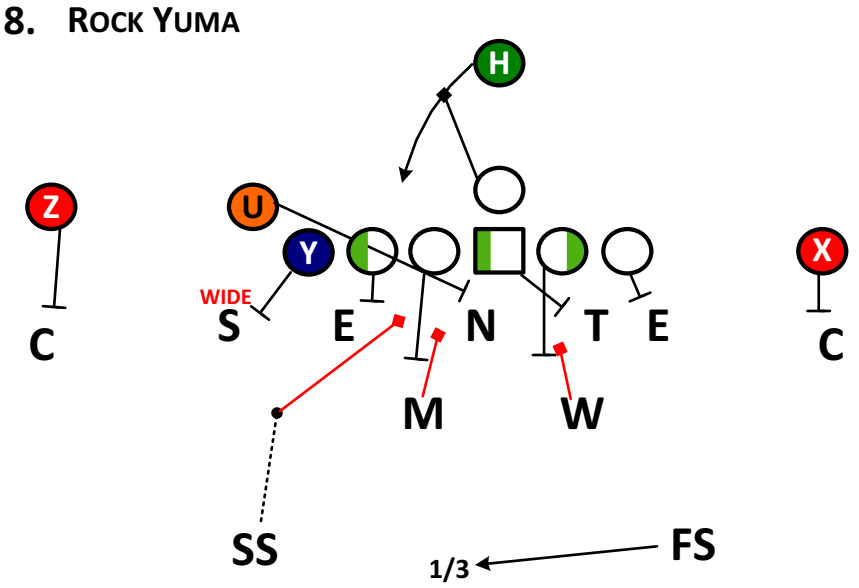
6. Rock Yuma



7. Rock Yuma



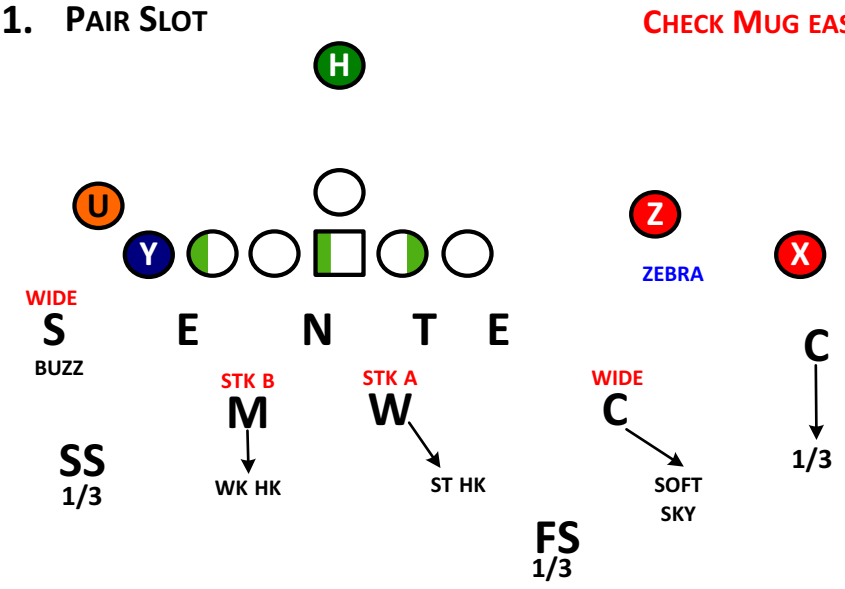
8. Rock Yuma



Base Under 3 Buster (Rock Yuma)

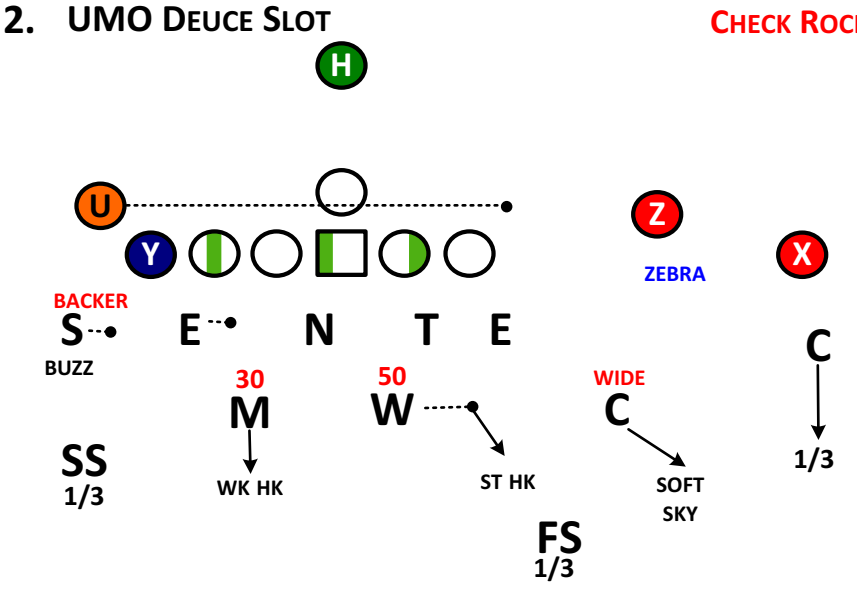
1. Pair Slot

Check Mug easy



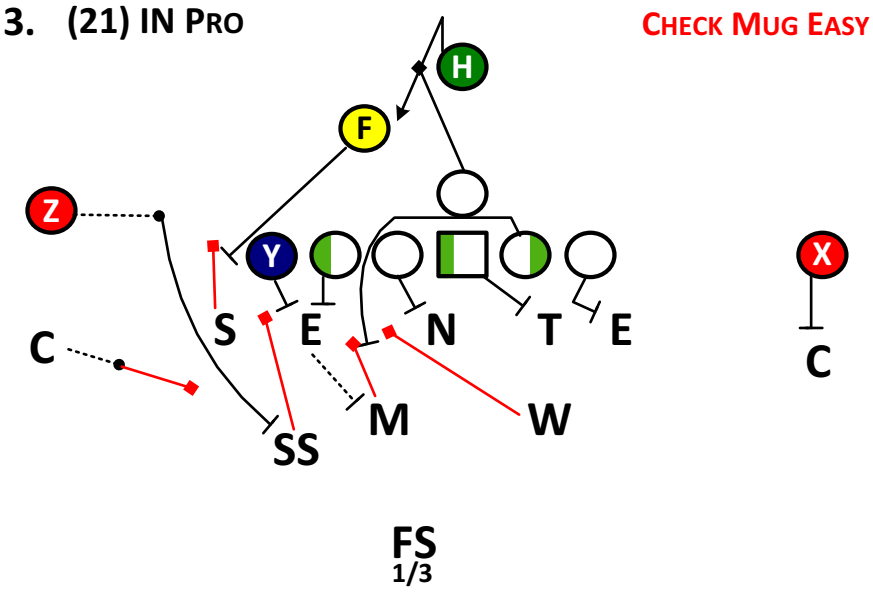
2. UMO Deuce Slot

Check Rock



3. (21) IN Pro

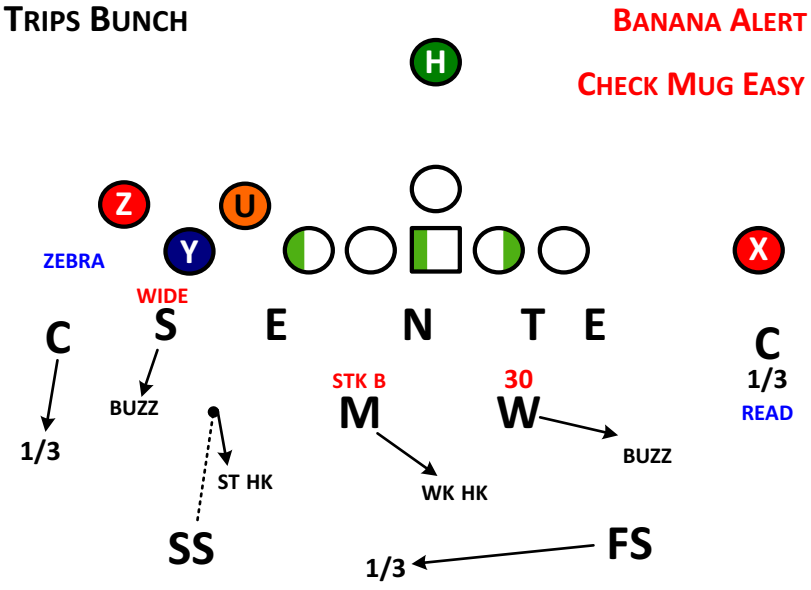
Check Mug Easy



4. Trips Bunch

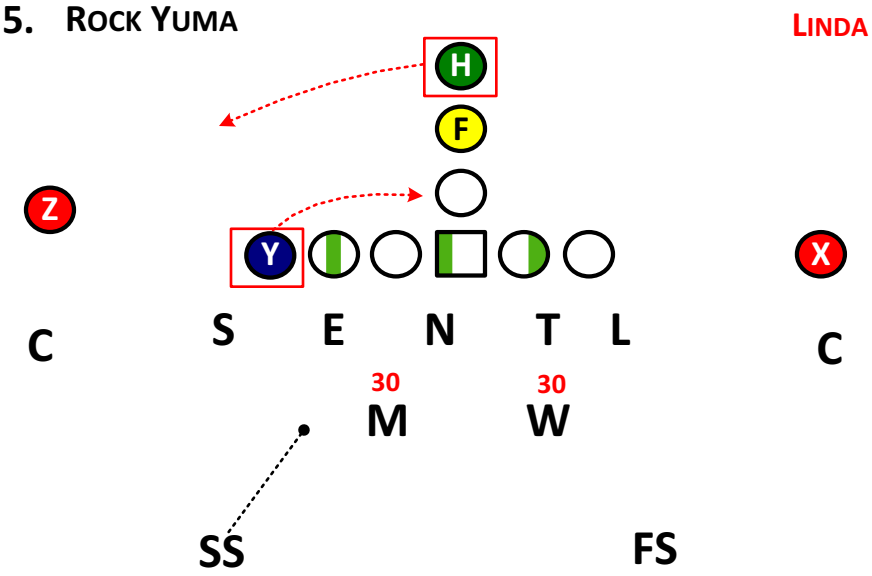
Banana Alert

Check Mug Easy



5. Rock Yuma

Linda

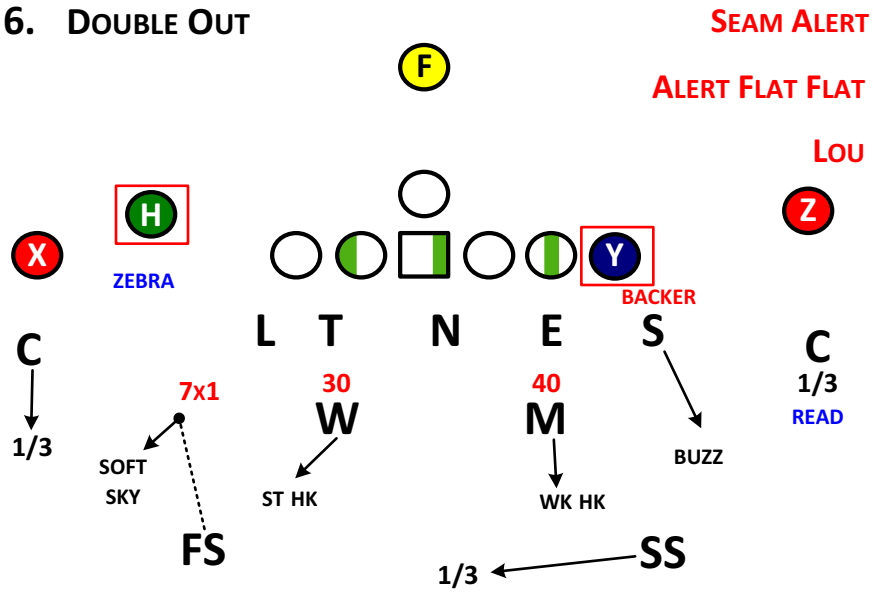


6. Double Out

Seam Alert

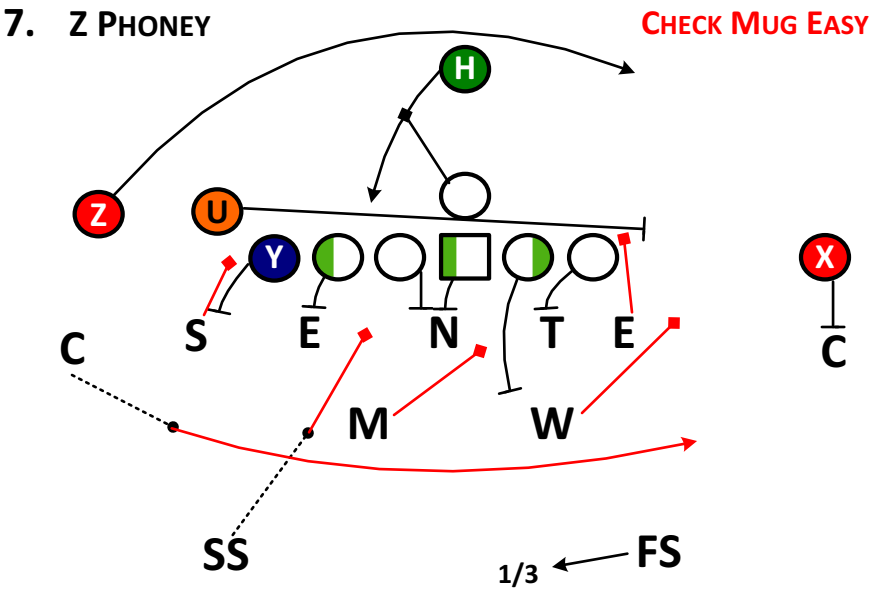
Alert Flat Flat

Lou



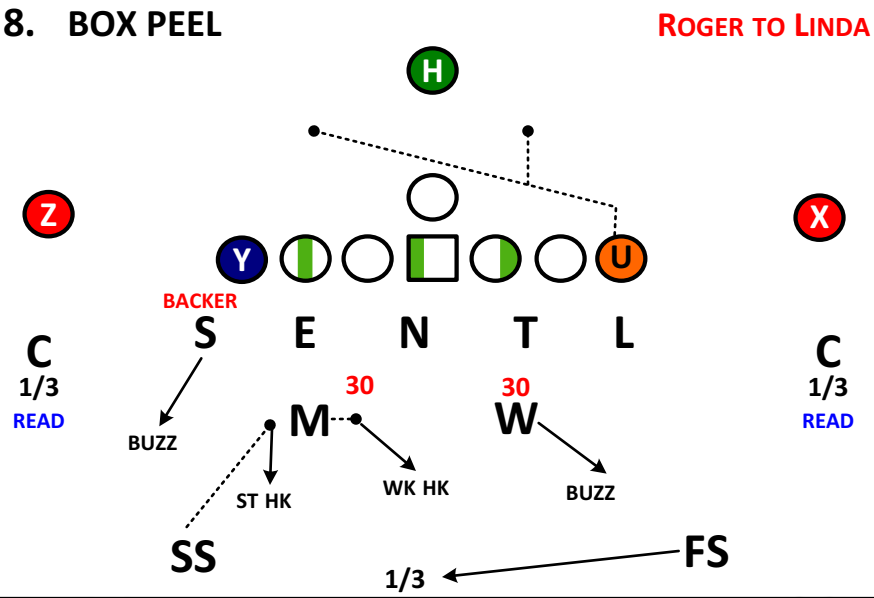
7. Z Phoney

Check Mug Easy



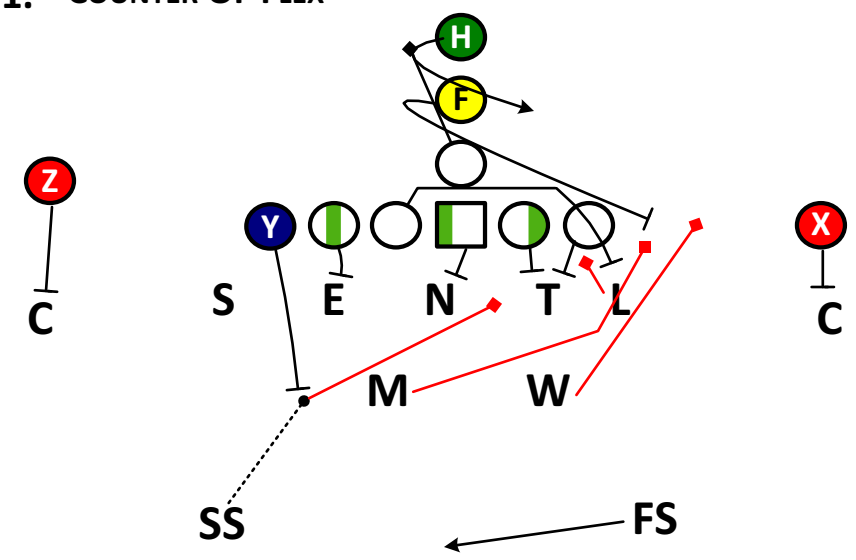
8. BOX PEEL

Roger to Linda

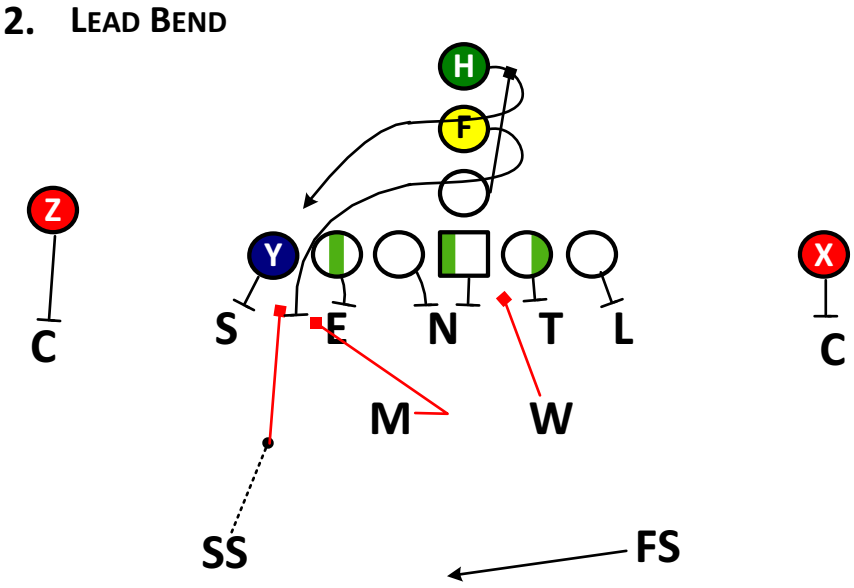


Base Under 3 Buster (Rock Yuma)

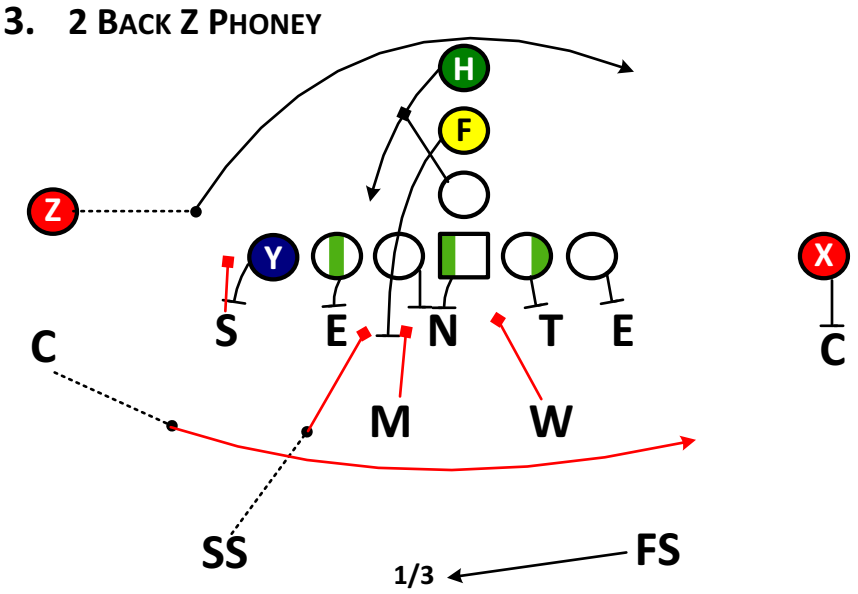
1. Counter OF Flex



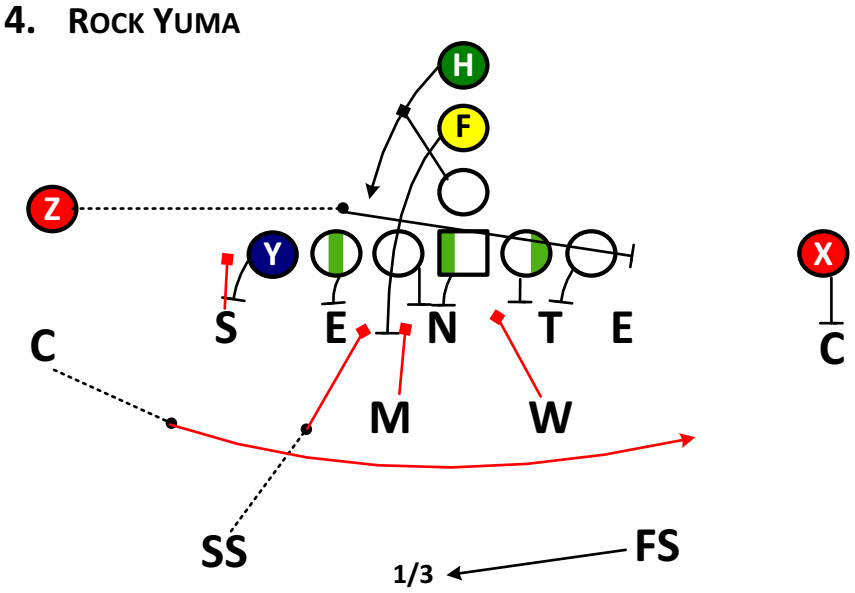
2. Lead Bend



3. 2 Back Z Phoney



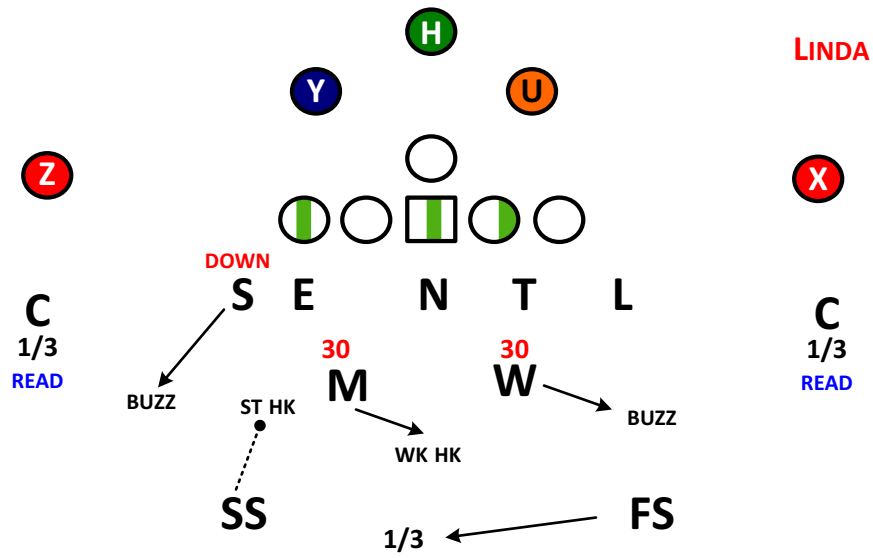
4. Rock Yuma



5. Bone

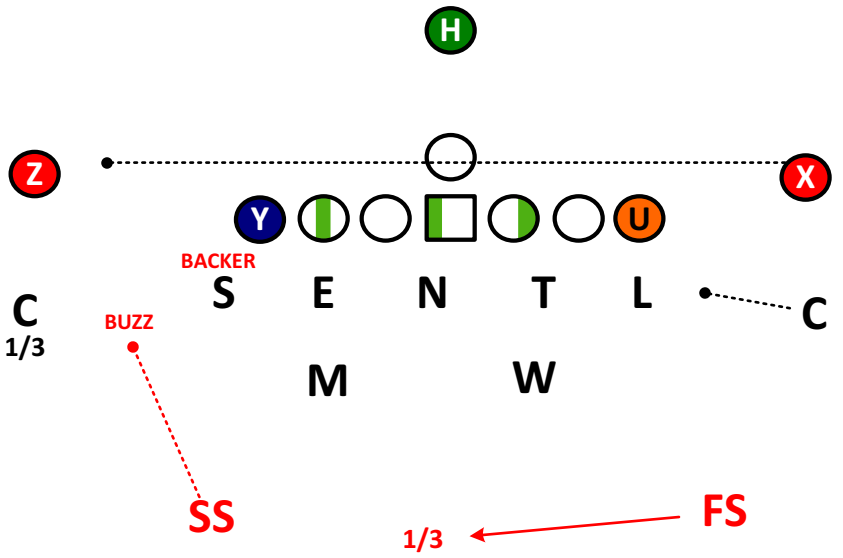
Check Fist

Linda

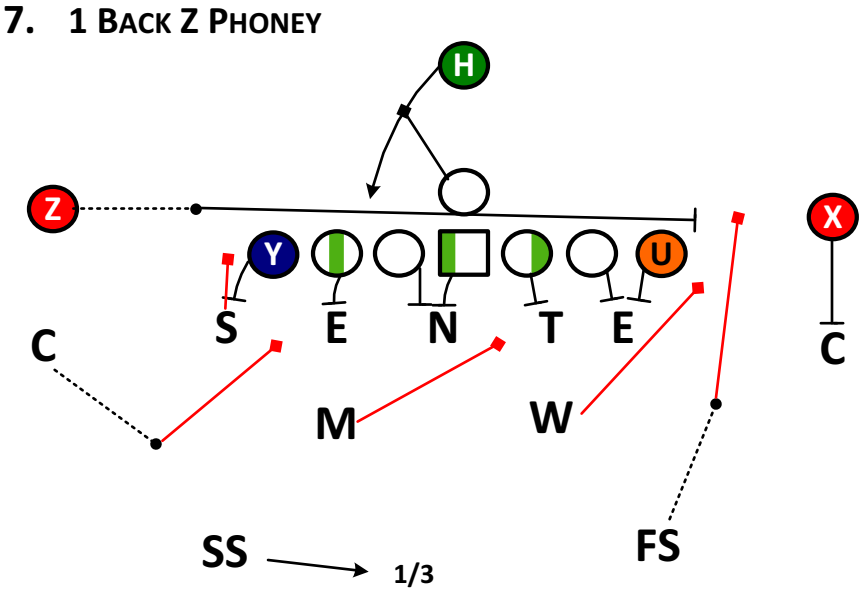


6. X Motion

Lou

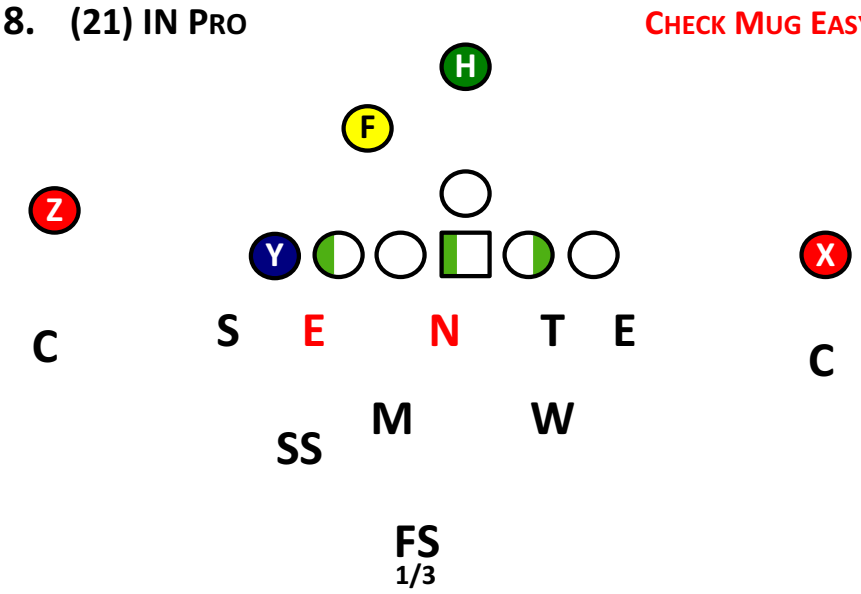


7. 1 Back Z Phoney



8. (21) IN Pro

Check Mug Easy

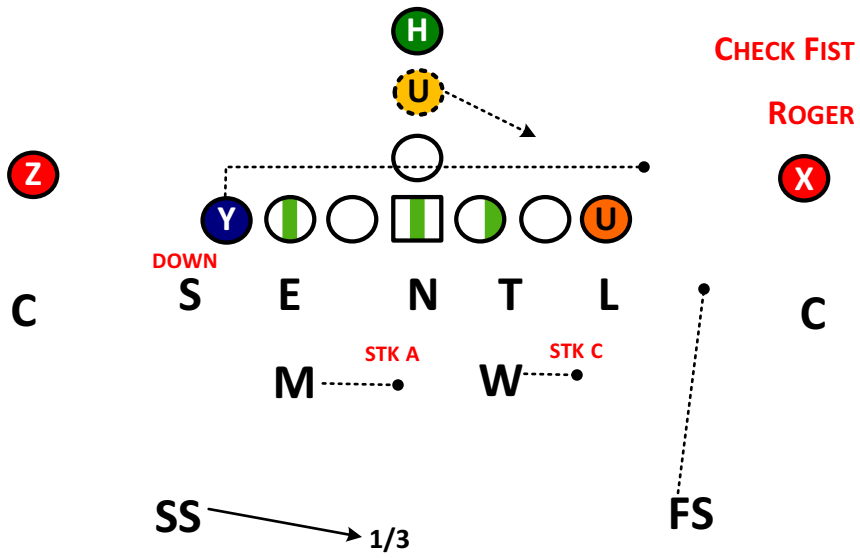


Cardinal Motion

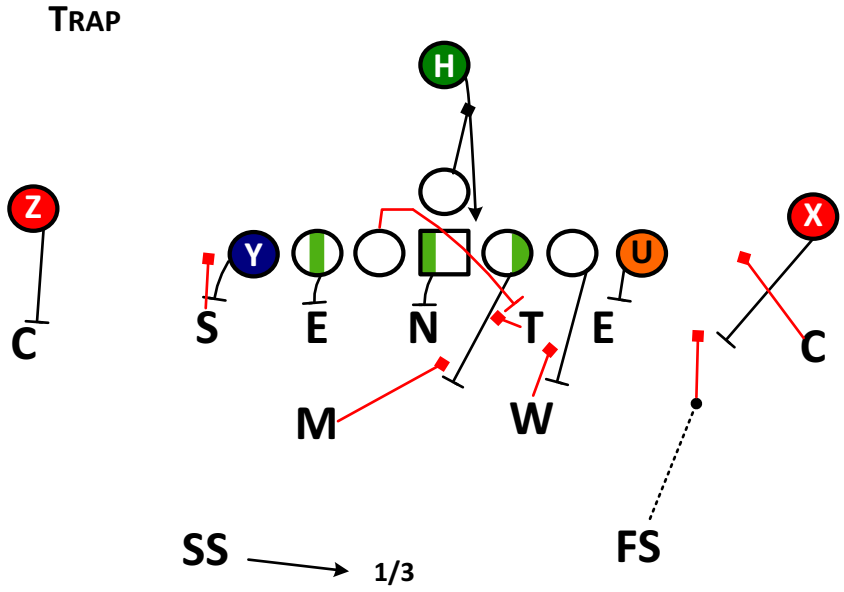
Check Stone Boston

Check Fist

Roger

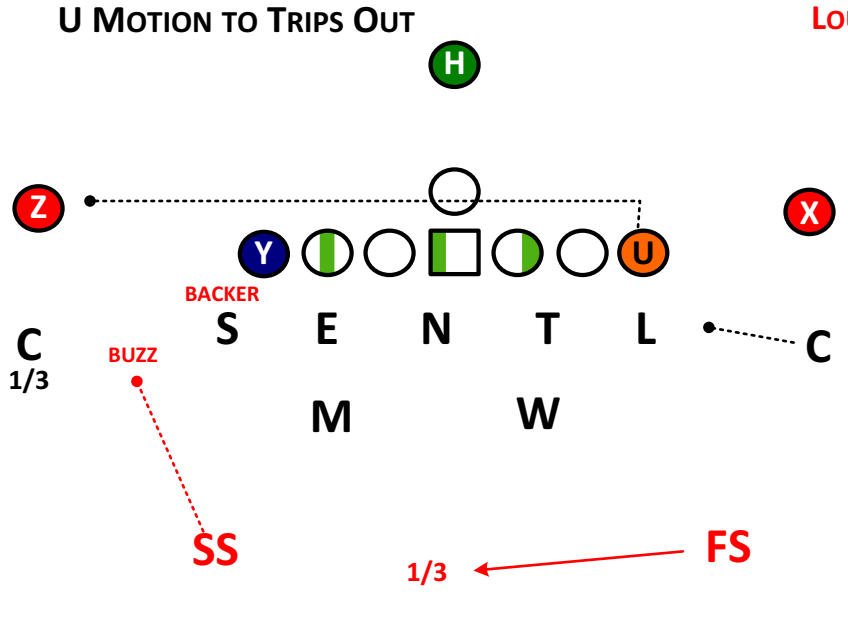


Trap



U Motion to Trips Out

Lou

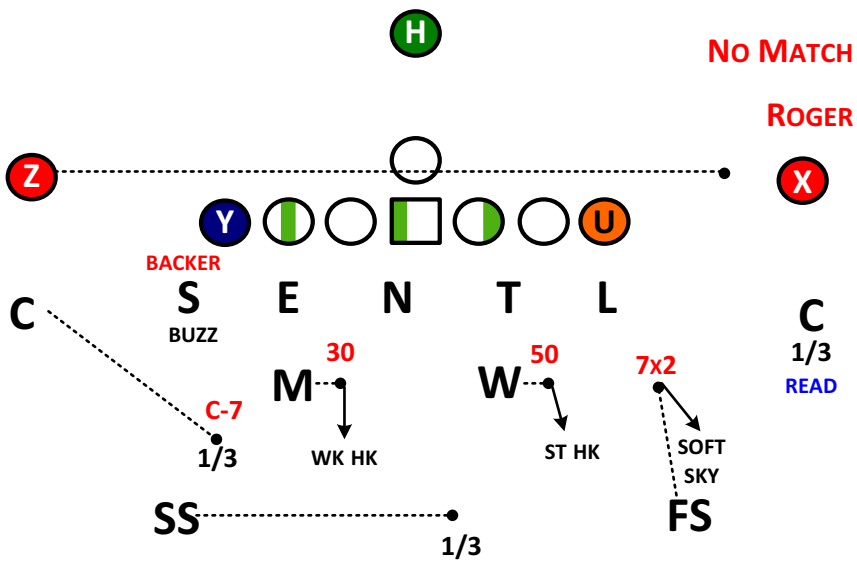


ZMO Triples

Banana Alert

No Match

Roger



SEATTLE SEAHAWKS 2013

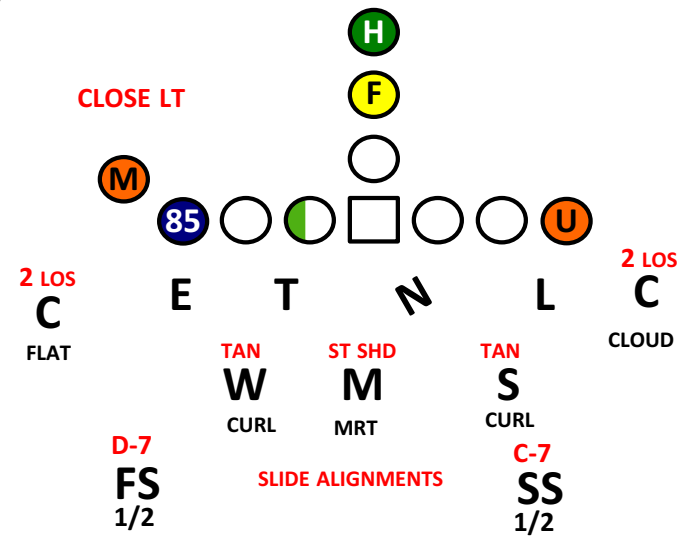
ZONE COVERAGES

ADJUSTMENTS

- HEAVY L.A.
- TUFF BUZZ ZONE (MESA BLUE)
- TUFF BUZZ ZONE (MESA PALMS)
- OVER 4 PALMS (PANTHER)
- OVER 4 PALMS (PANTHER)
- ROCK YAKIMA

HEAVY L.A.

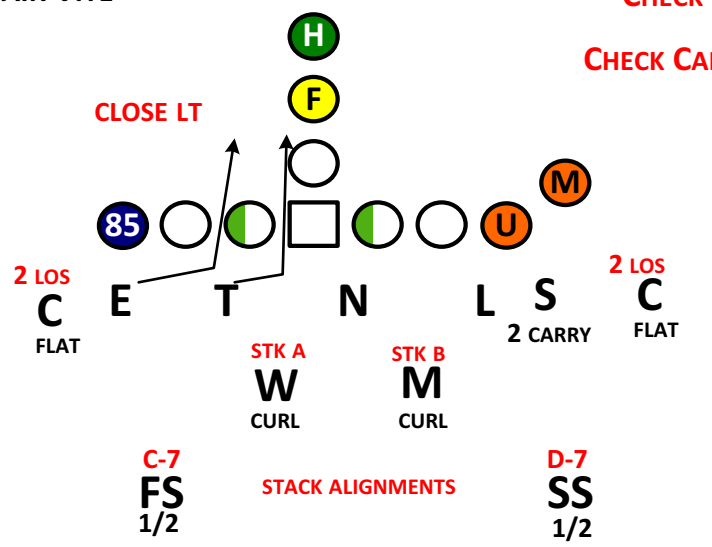
(23) I PAIR TITE



(23) I PAIR TITE

CHECK PIG

CHECK CARRY



ESSENCE:

1. HEAVY L.A. IS A 7 MAN OVER FAMILY FRONT DEFENSE VS. 23 PERSONNEL.

COACHING POINTS:

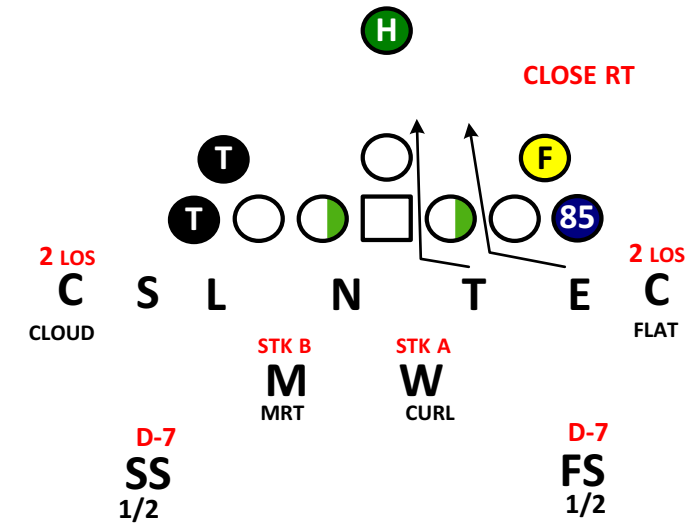
1. CLOSE CALL TO #85.
2. WING, WING RULES APPLY
3. PIG TO THE DEADSIDE OF #85
4. LBS FOLLOW SLIDE AND STACK ALIGNMENT RULES
5. STRONG SAFETY ALIGN AWAY FROM #85
6. FREE SAFETY ALIGN TO #85
7. ALERT QB KEEP TO #85
8. ALERT UNBALANCED (KICK LT/RT CALLS)

ADJUSTMENTS:

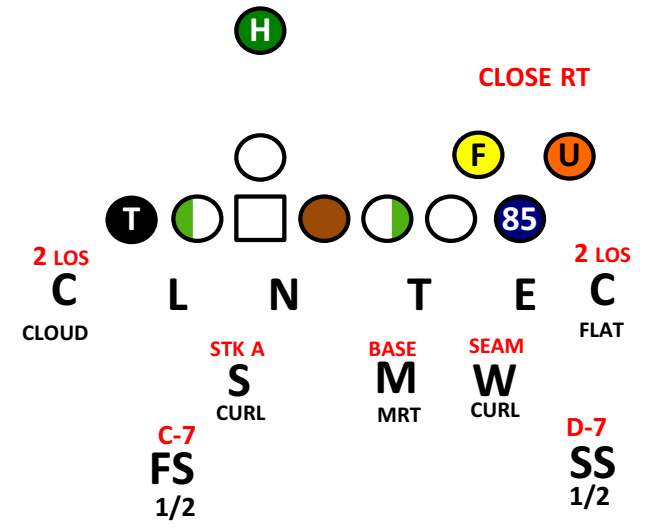
HEAVY L.A.

1. DOUBLE WING

CHECK PIG



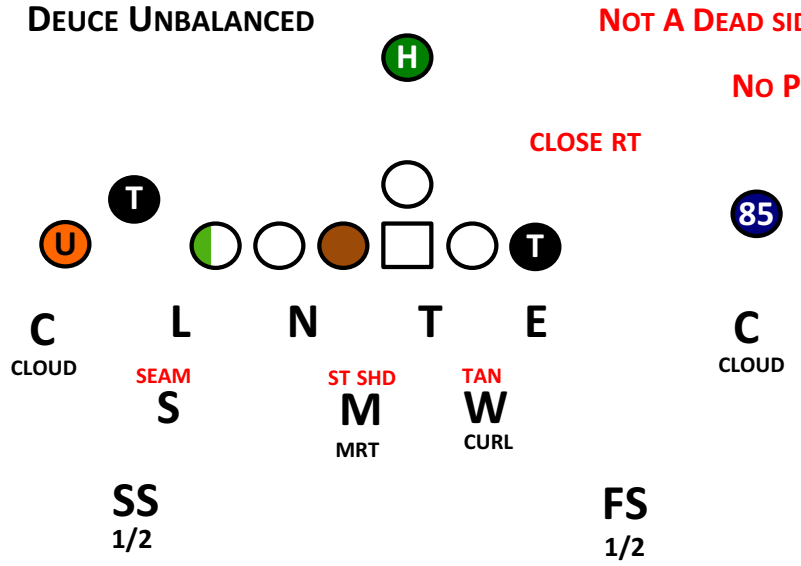
2. UNBALANCED



3. DEUCE UNBALANCED

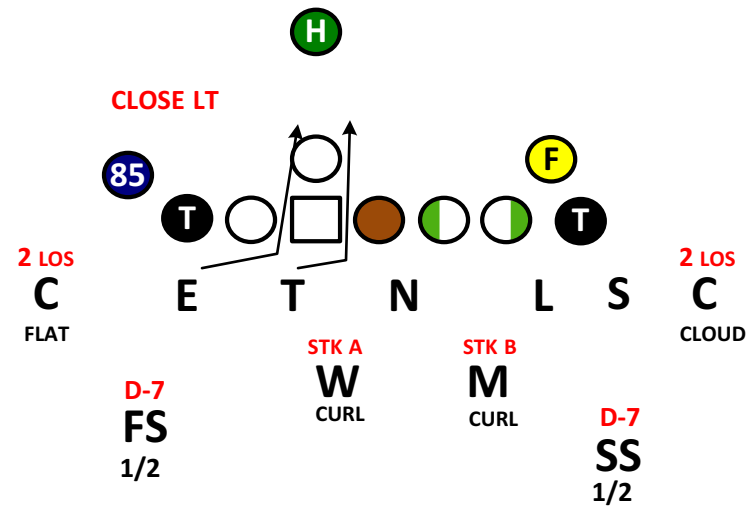
NOT A DEAD SIDE

NO PIG



4. DOUBLE WING UNBALANCED

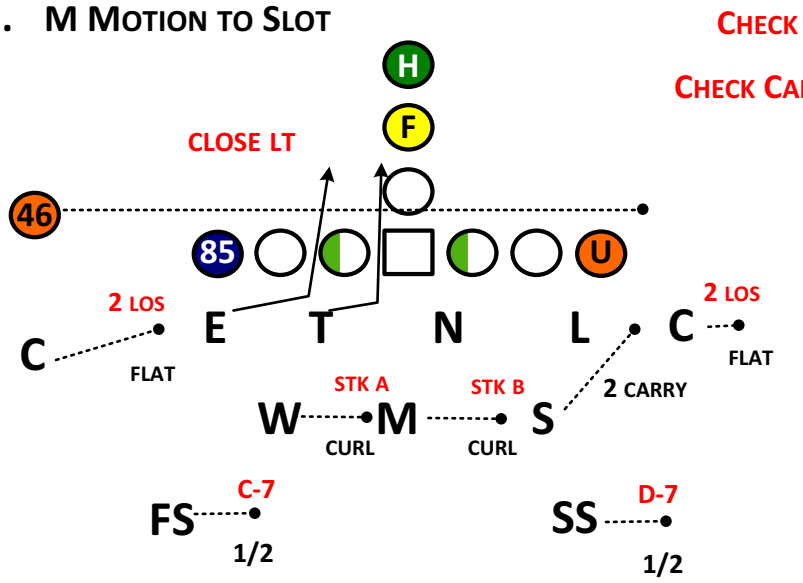
CHECK PIG



5. M MOTION TO SLOT

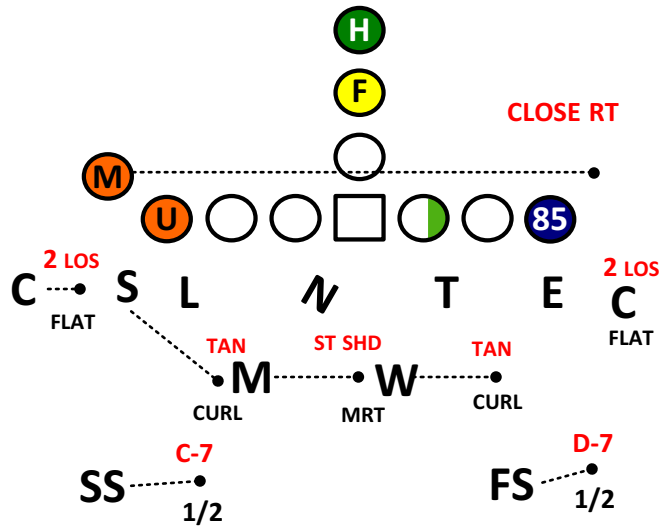
CHECK PIG

CHECK CARRY



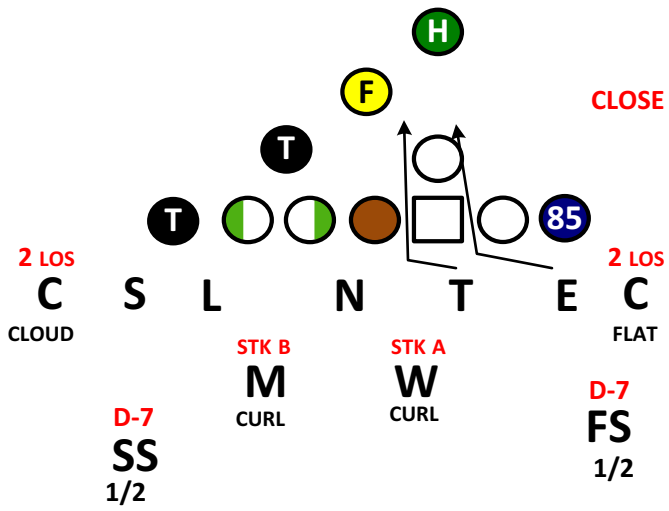
6. M MOTION TO PAIR

ICE ICE



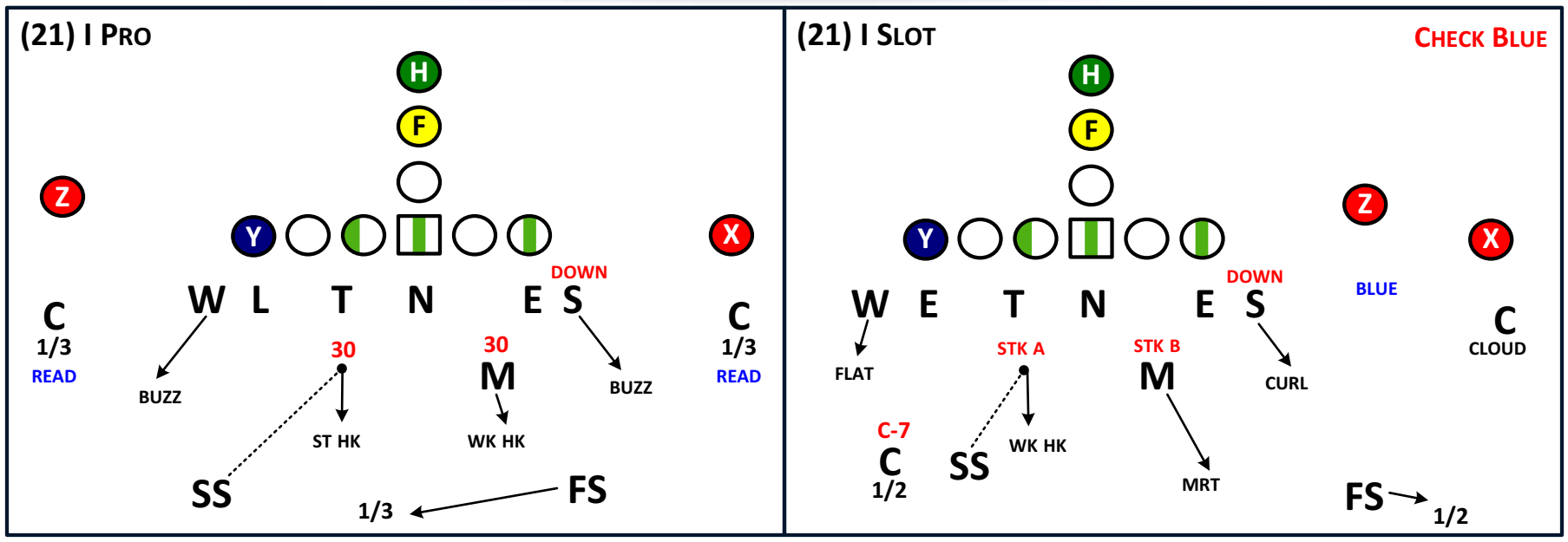
7. I NEAR UNBALANCED

CHECK PIG



8.

Tuff Buzz Zone (Mesa Blue)



Essence:

1. Mesa Blue is a Base Over Family 3 Deep 4 under defense.
2. Safety buzz down to the solid side
3. Requires an active safety and aggressive buzz coverage by the Sam & Will LBs

Coaching Points:

1. Solid call to the "Y"
2. Safeties communicate Rita/Linda call.
3. Vs. Slot, Nub side Corner play ½
4. Will and Sam in "Tuff" alignments

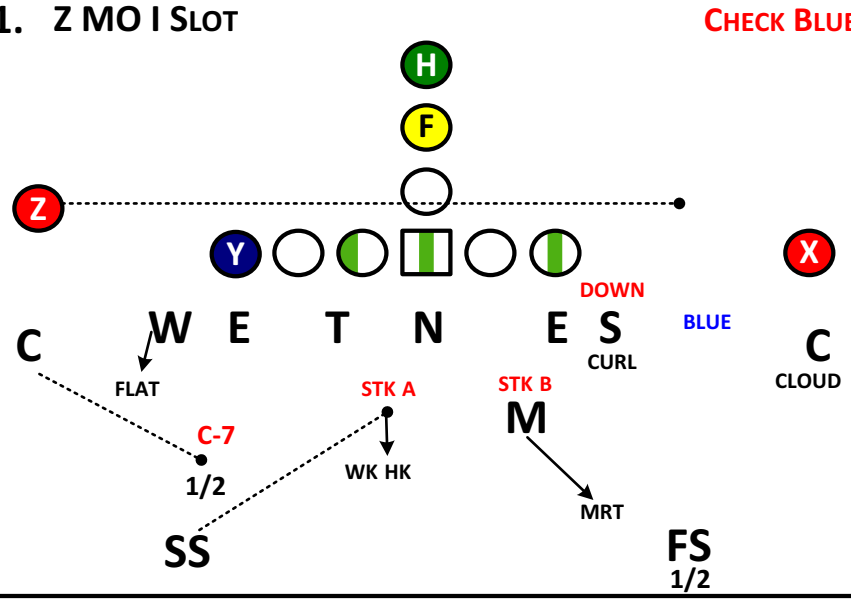
Adjustments:

1. Vs. All Slot single width family formations (Pair Slot): Ck Blue
2. Vs. Y Motion: Safeties Track the 'Y'
   - Check Rock Yuma
3. Vs. 2x2: Seam Alert
4. Sam Alignments:
   - Wide – Check Mug Easy (1 and Loose 5 Technique)
   - Down – Check Fist
   - Backer – Check Cheat
5. Seattle Trips and Slot Y Open: Check Pirate
6. J-Lo Rules Apply
7. Front Variation: Cheat

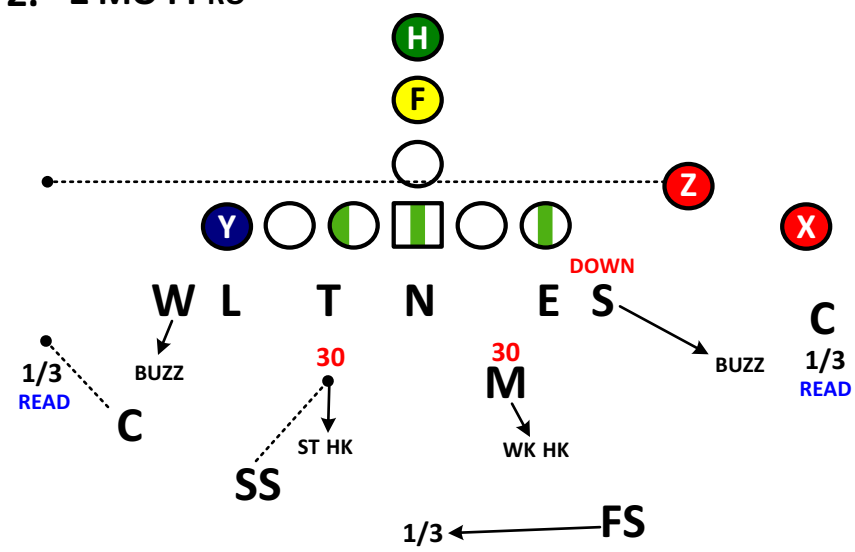
Tuff Buzz Zone (Mesa Blue)

1. Z MO I Slot

Check Blue



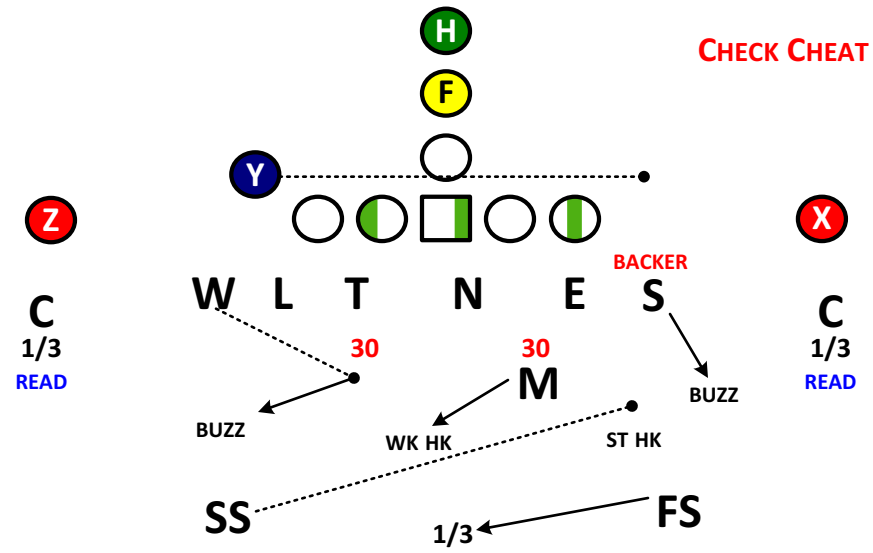
2. Z MO I Pro



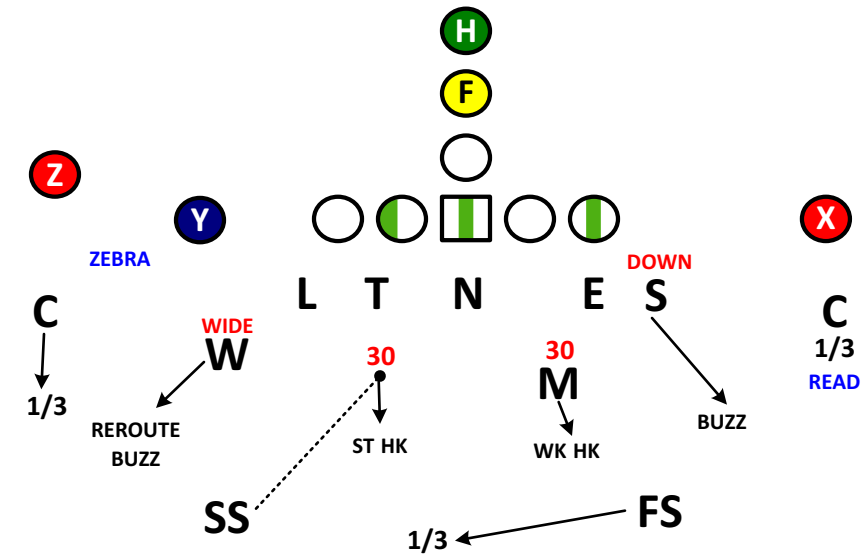
3. Y MO I Pro Y Off

Check Yuma

Check Cheat

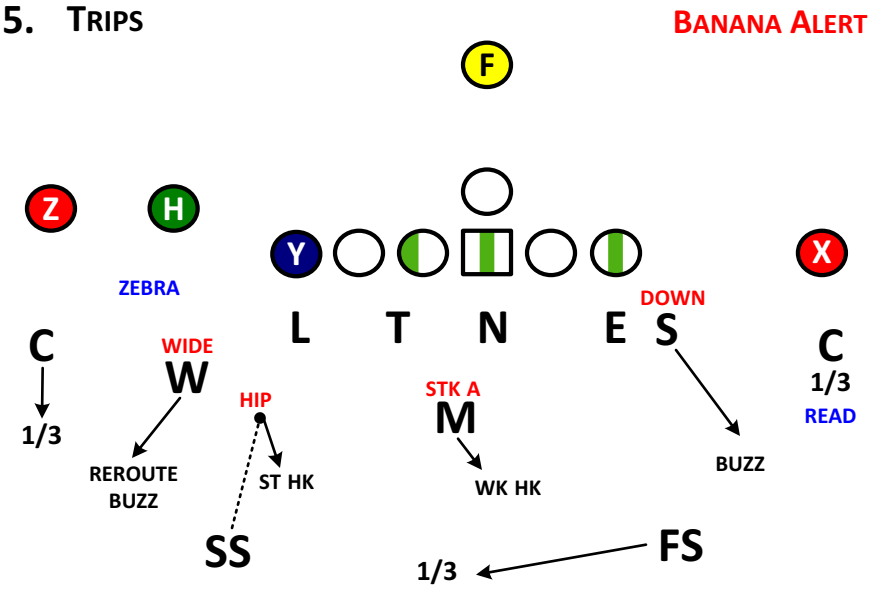


4. I Pro Y Open



5. Trips

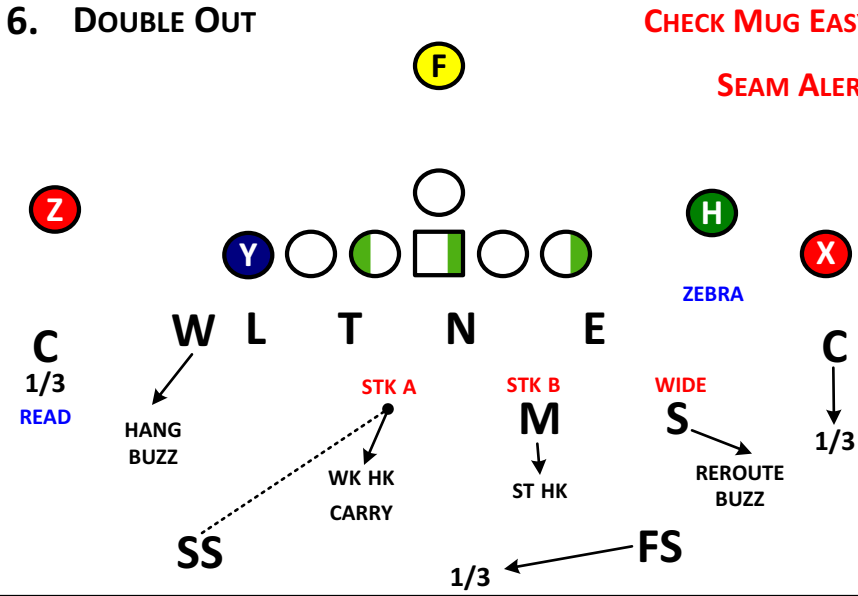
Banana Alert



6. Double Out

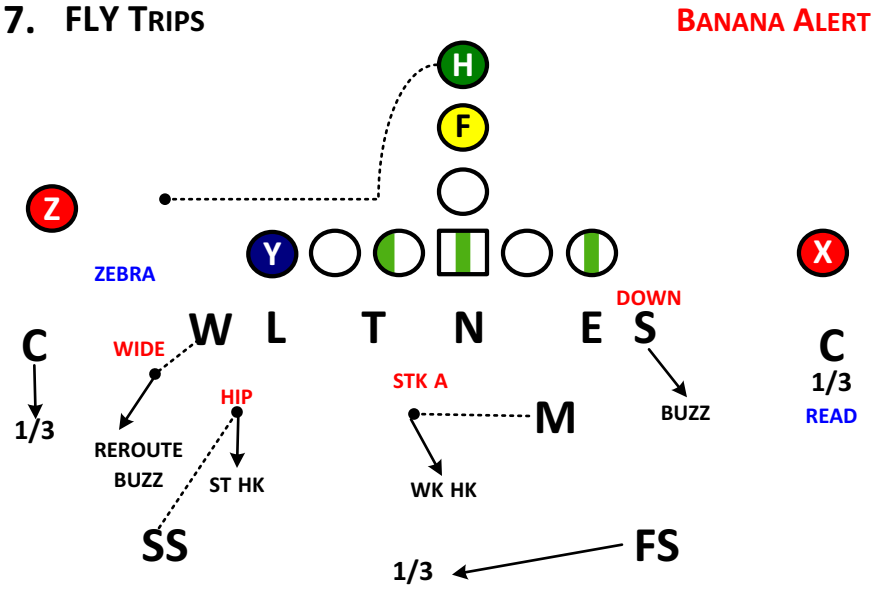
Check Mug Easy

Seam Alert



7. FLY Trips

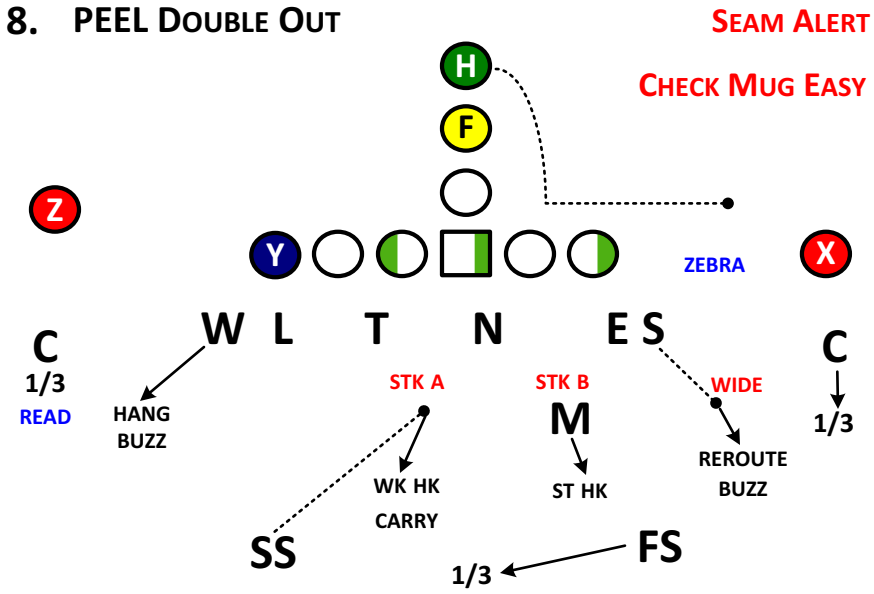
Banana Alert



8. PEEL Double Out

Seam Alert

Check Mug Easy

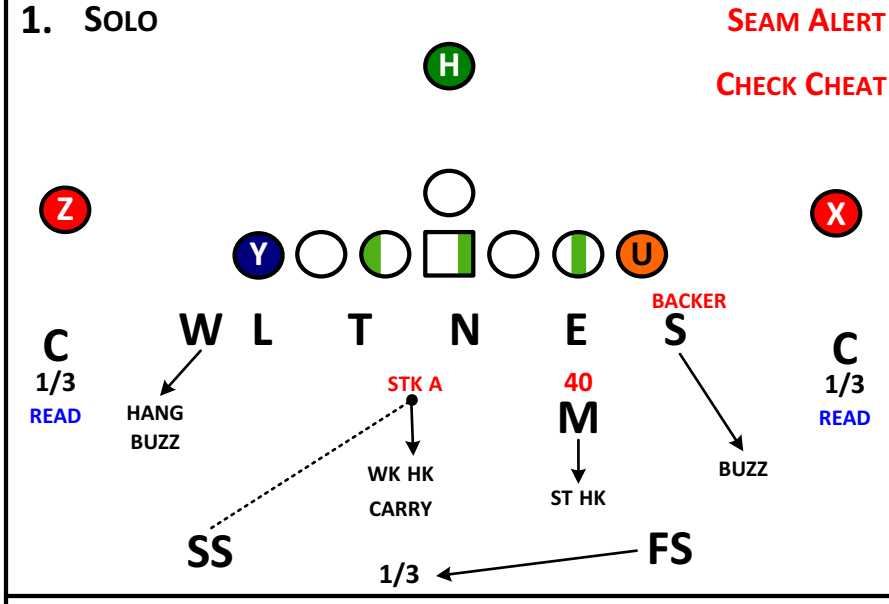


Tuff Buzz Zone (Mesa Blue)

1. Solo

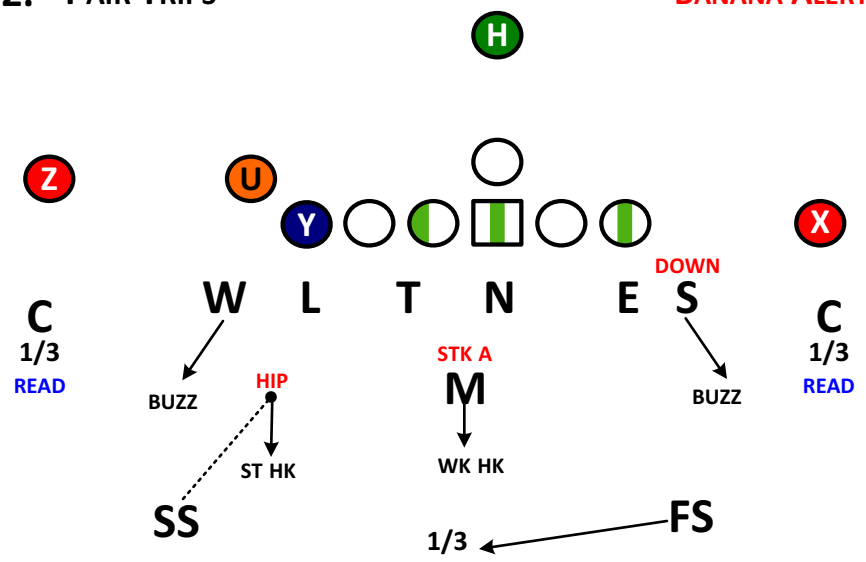
Seam Alert

Check Cheat



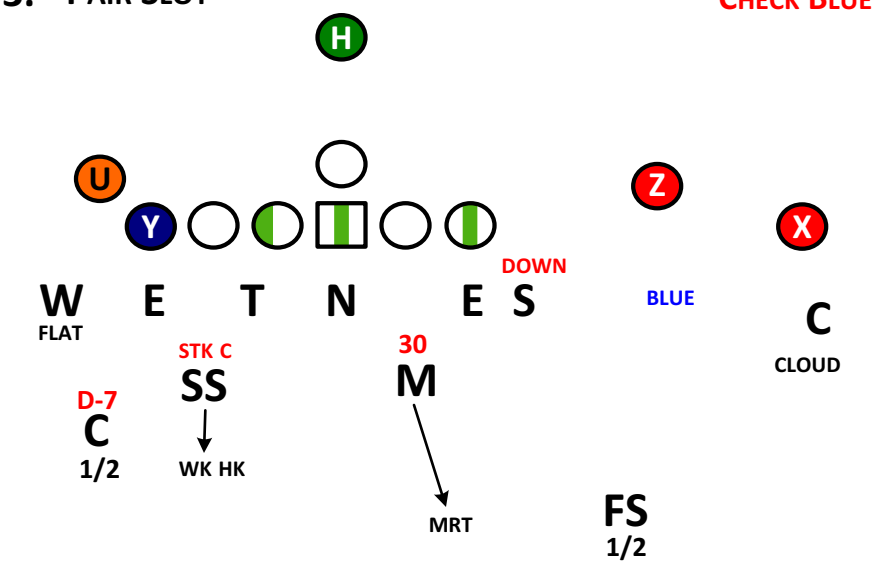
2. Pair Trips

Banana Alert



3. Pair Slot

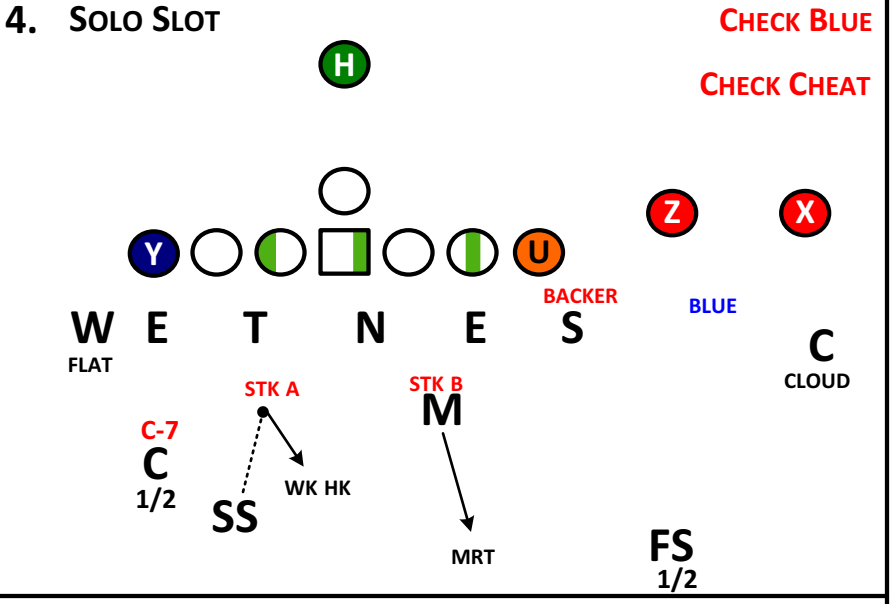
Check Blue



4. Solo Slot

Check Blue

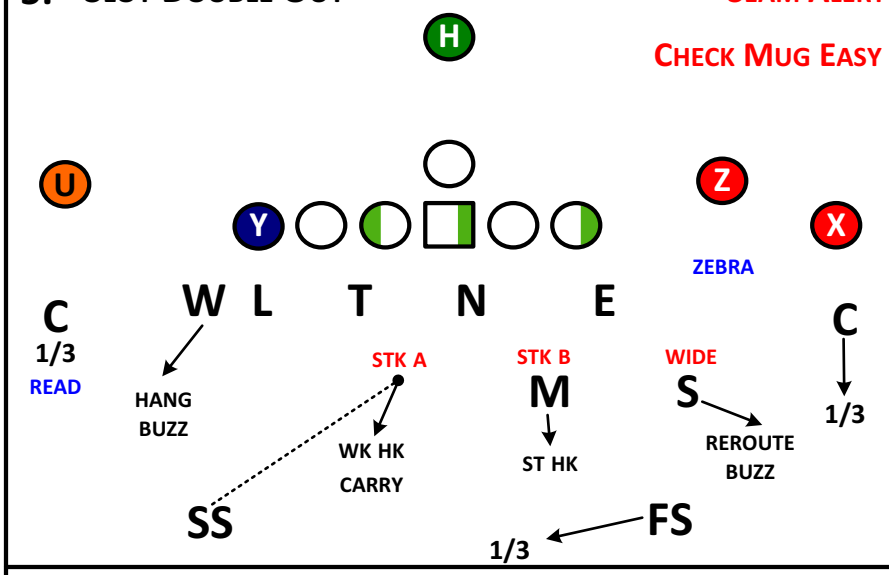
Check Cheat



5. Slot Double Out

Seam Alert

Check Mug Easy

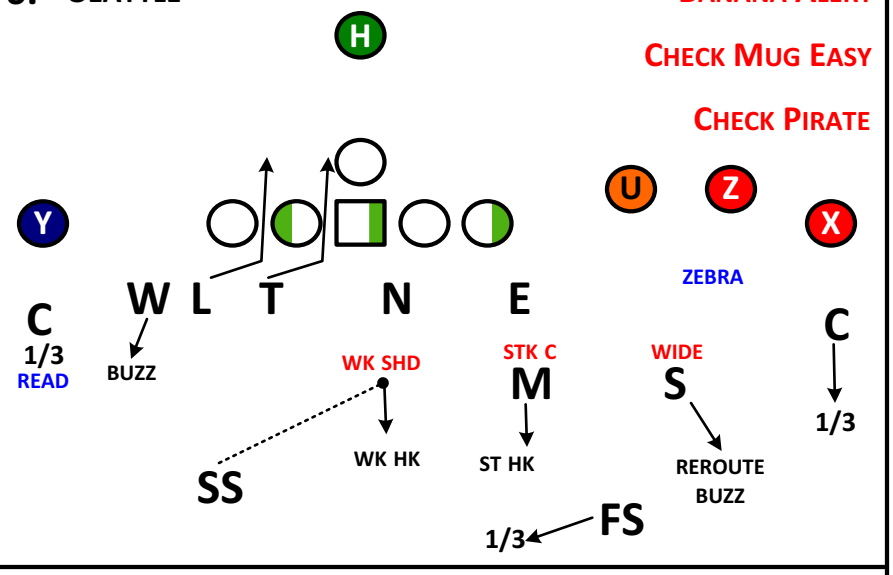


6. Seattle

Banana Alert

Check Mug Easy

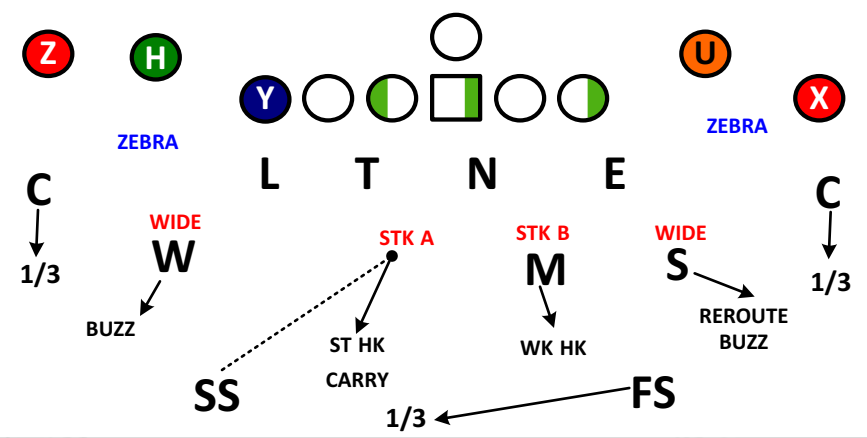
Check Pirate



7. Empty

Seam Alert

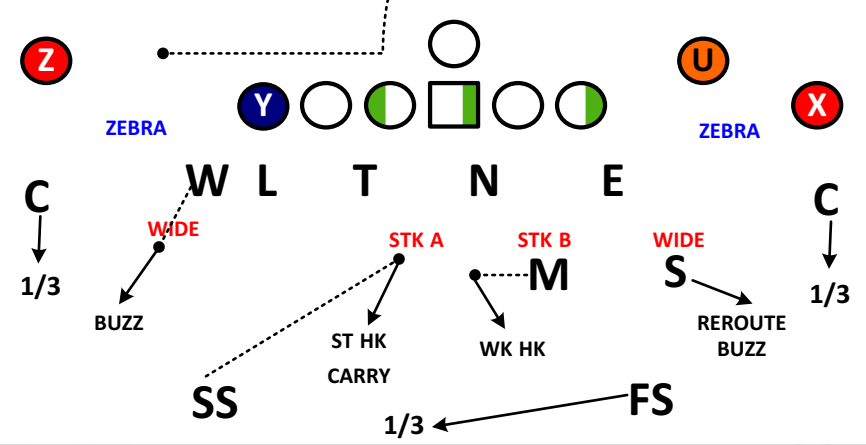
Check Mug Easy



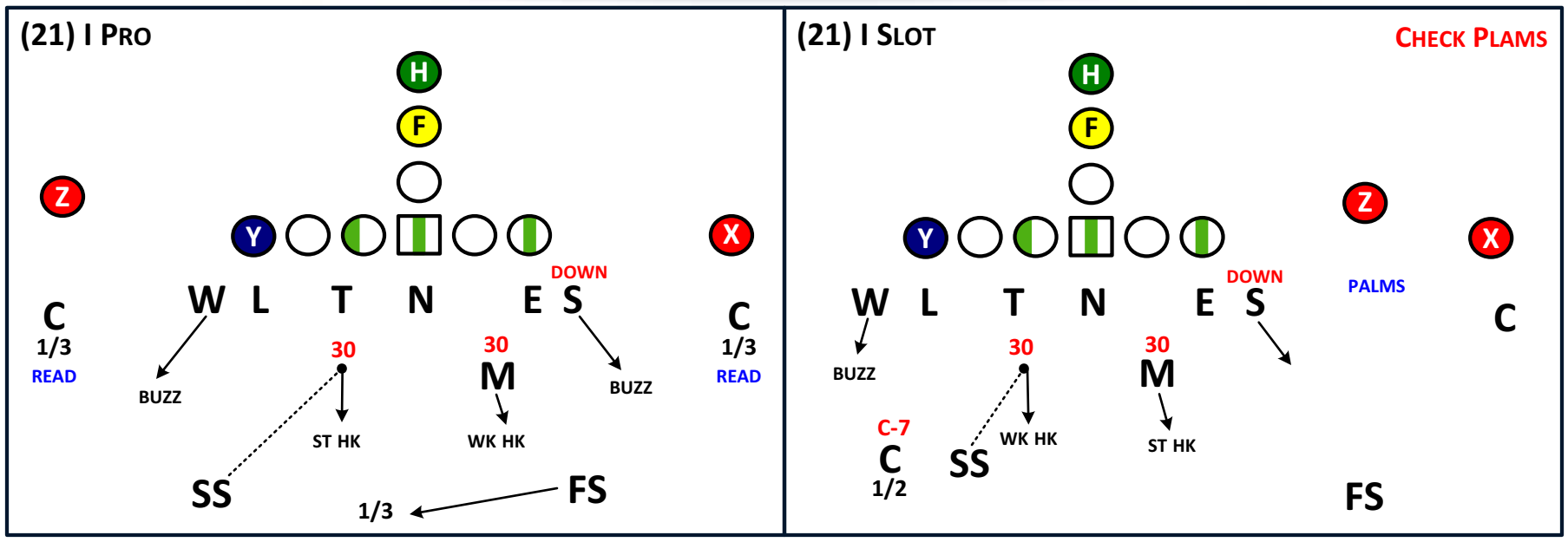
8. Fly Empty

Seam Alert

Check Mug Easy



Tuff Buzz Zone (Mesa Palms)



Essence:

1. Mesa Palms is a Base Over Family 3 Deep 4 under defense.
2. Safety buzz down to the solid side
3. Requires an active safety and aggressive buzz coverage by the Sam & Will LBs

Coaching Points:

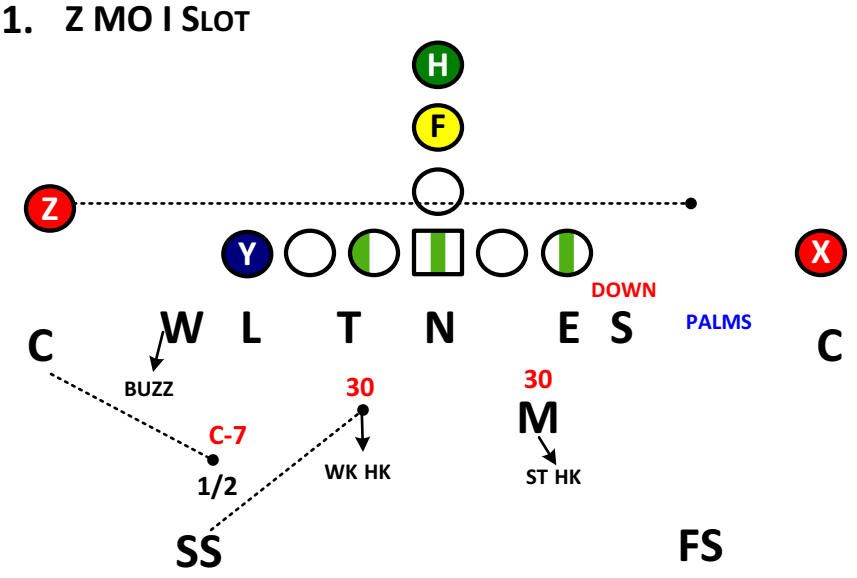
1. Solid call to the "Y"
2. Safeties communicate Rita/Linda call.
3. Vs. Slot, Nub side Corner play ½
4. Will and Sam in "Tuff" alignments

Adjustments:

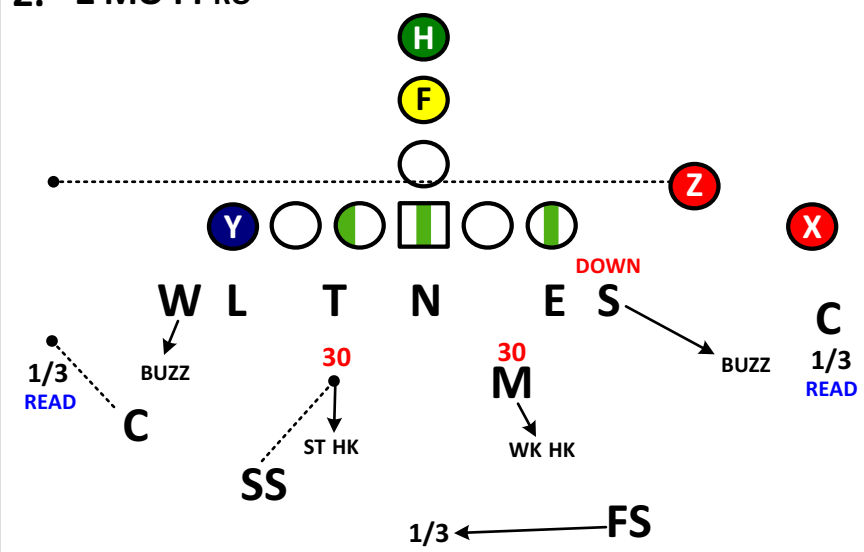
1. Vs. All Slot single width family formations (Pair Slot): Ck Palms
2. Vs. Y Motion: Safeties Track the 'Y'
   - Check Rock Yuma
3. Vs. 2x2: Seam Alert
4. Sam Alignments:
   - Wide – Check Mug Easy (1 and Loose 5 Technique)
   - Down – Check Fist
   - Backer – Check Cheat
5. Seattle Trips and Slot Y Open: Check Pirate. Check Mug Easy. Check Middle
6. J-Lo Rules Apply
7. Front Variation: Cheat
8. Game Plan: Possible Whopper Alert vs. Single Width Slot Family Formations.

Tuff Buzz Zone (Mesa Palms)

1. Z MO I Slot



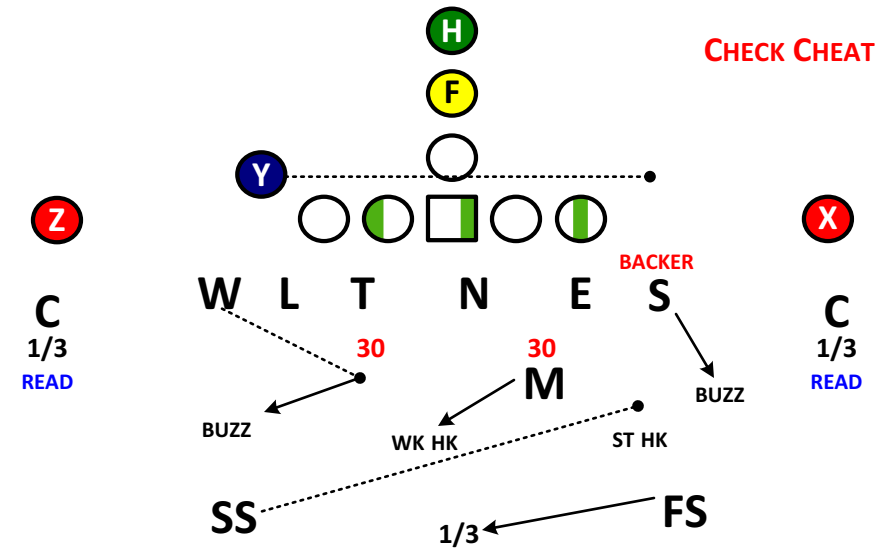
2. Z MO I Pro



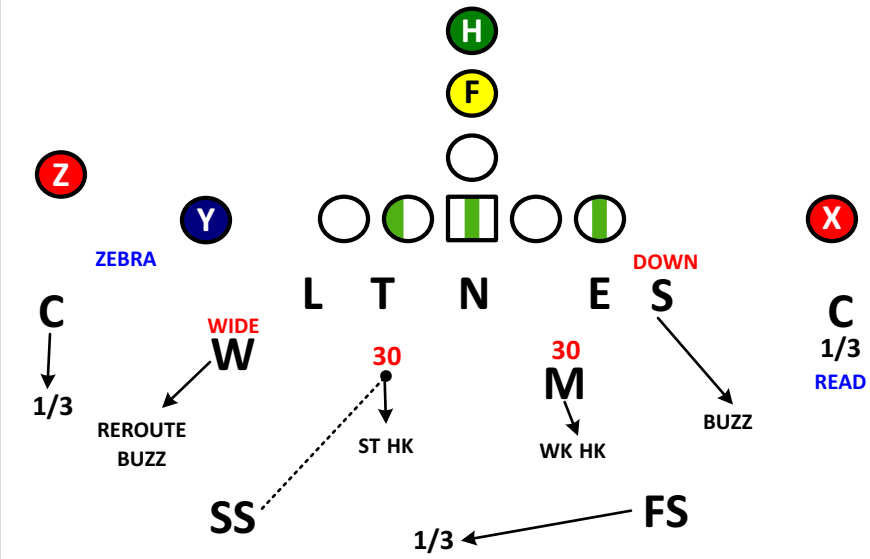
3. Y MO I Pro Y Off

Check Yuma

Check Cheat

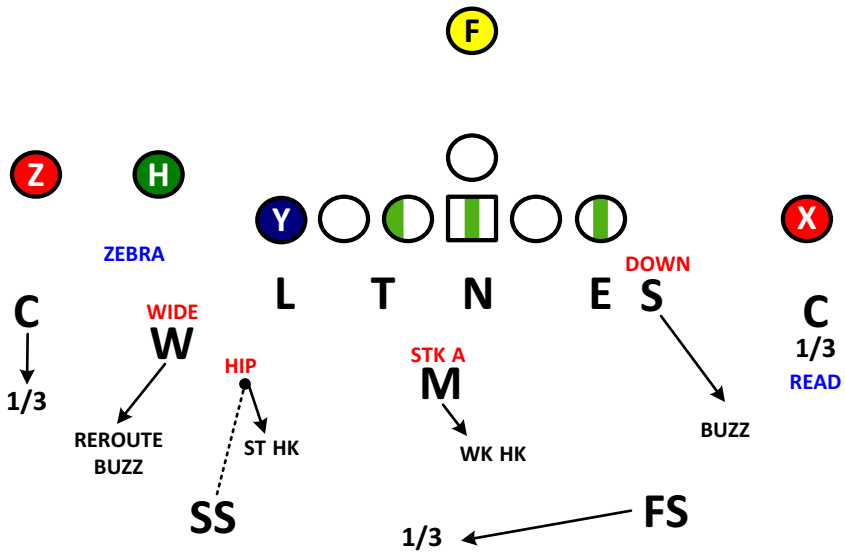


4. I Pro Y Open



5. Trips

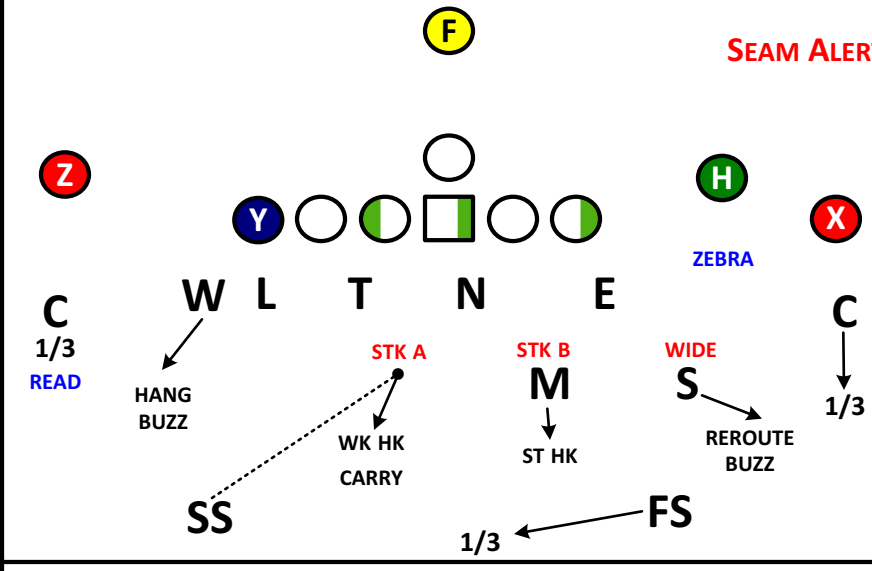
Banana Alert



6. Double Out

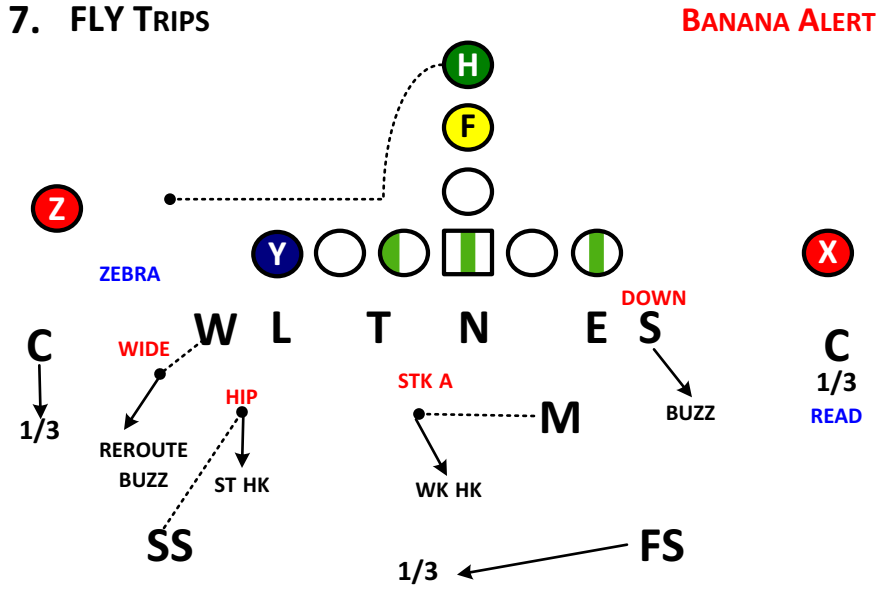
Check Mug Easy

Seam Alert



7. FLY Trips

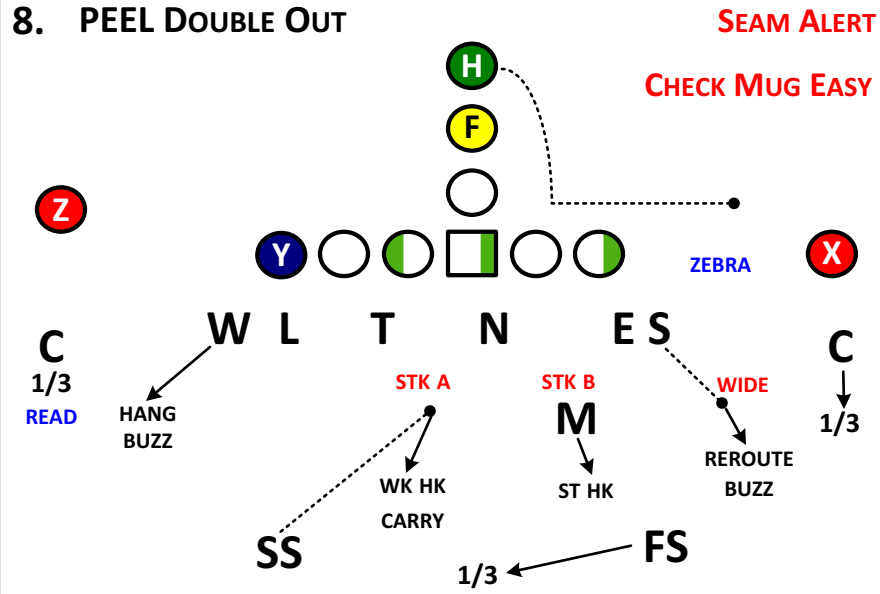
Banana Alert



8. PEEL Double Out

Seam Alert

Check Mug Easy

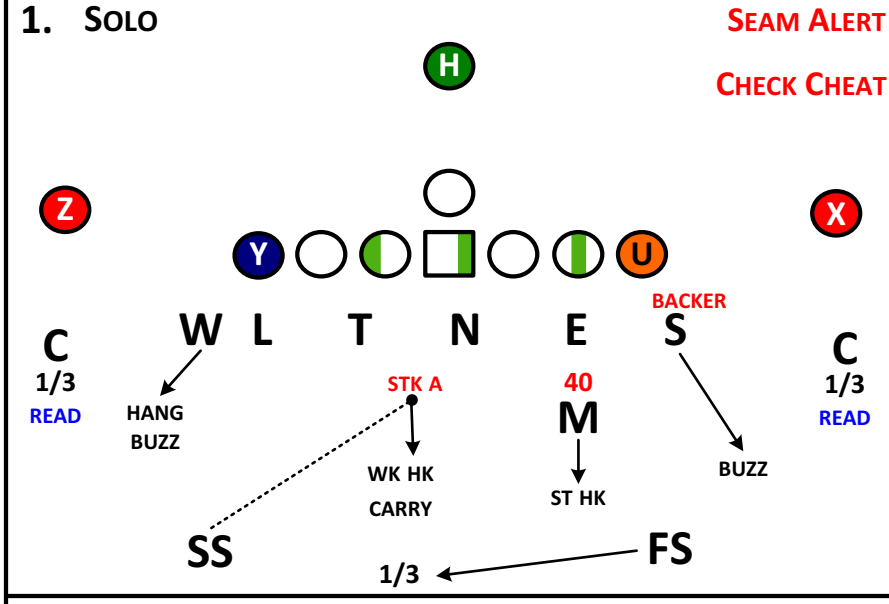


Tuff Buzz Zone (Mesa Palms)

1. Solo

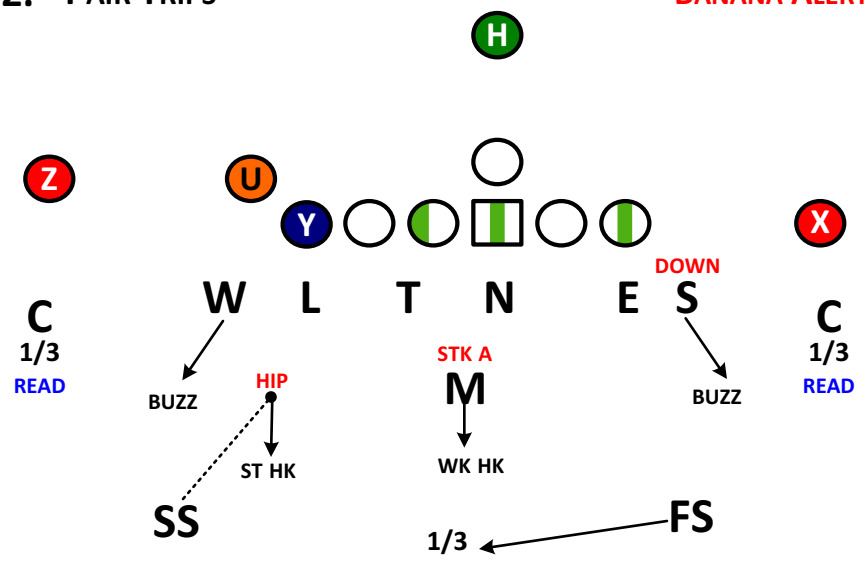
Seam Alert

Check Cheat



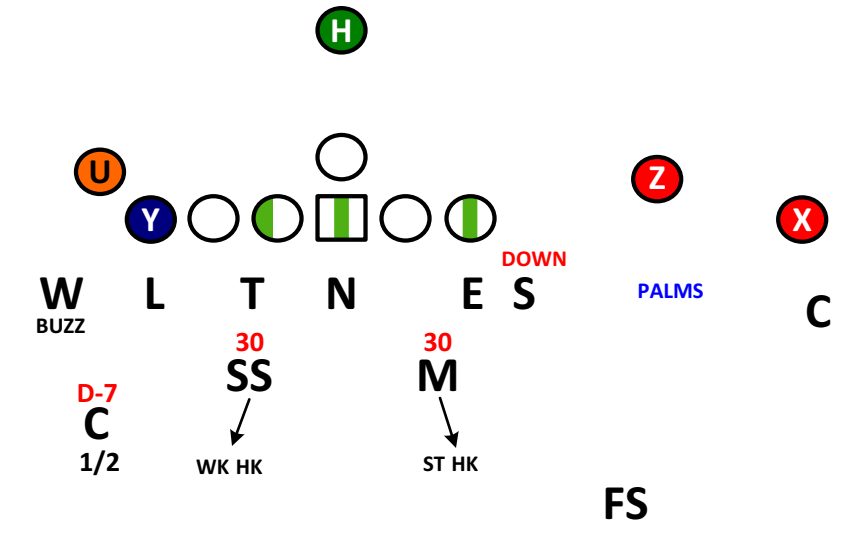
2. Pair Trips

Banana Alert



3. Pair Slot

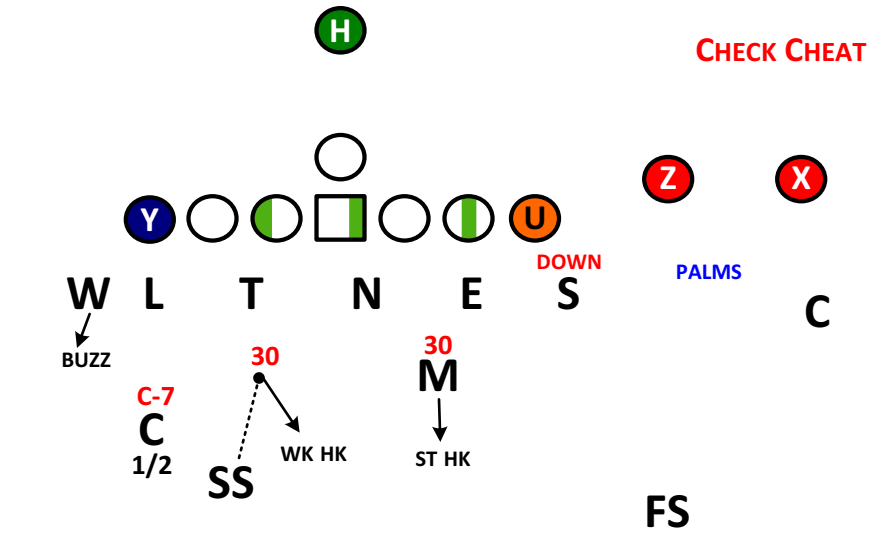
Check Palms



4. Solo Slot

Check Palms

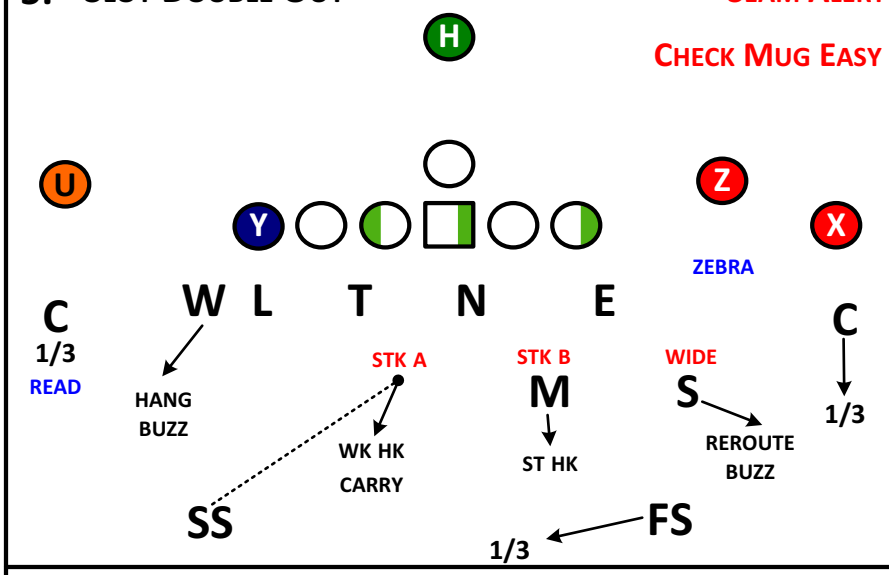
Check Cheat



5. Slot Double Out

Seam Alert

Check Mug Easy

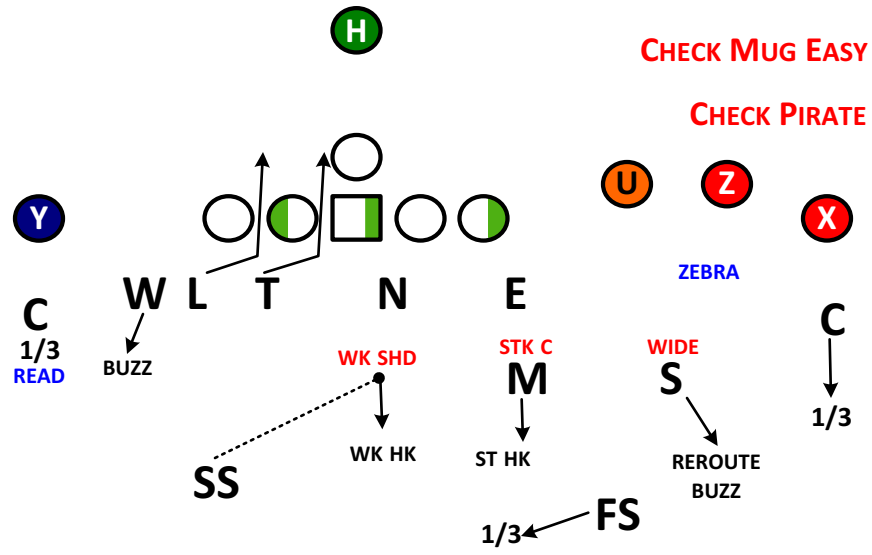


6. Seattle

Banana Alert

Check Mug Easy

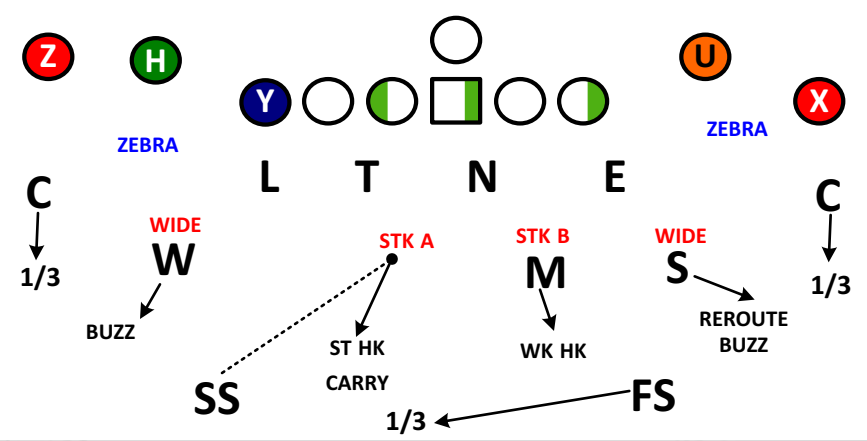
Check Pirate



7. Empty

Seam Alert

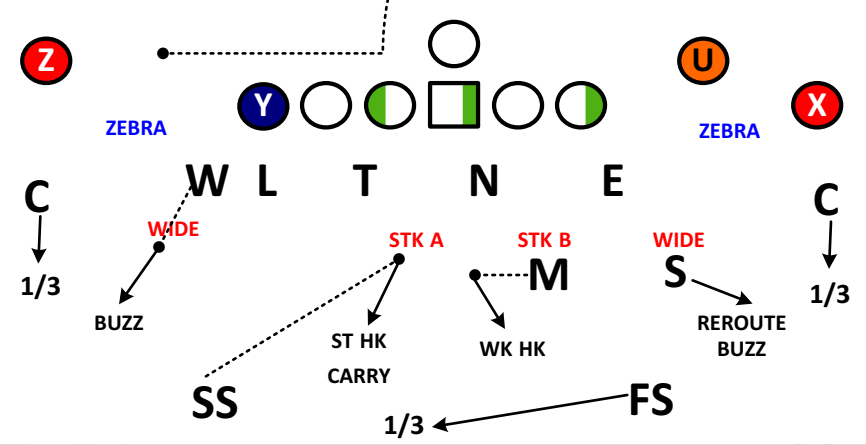
Check Mug Easy



8. Fly Empty

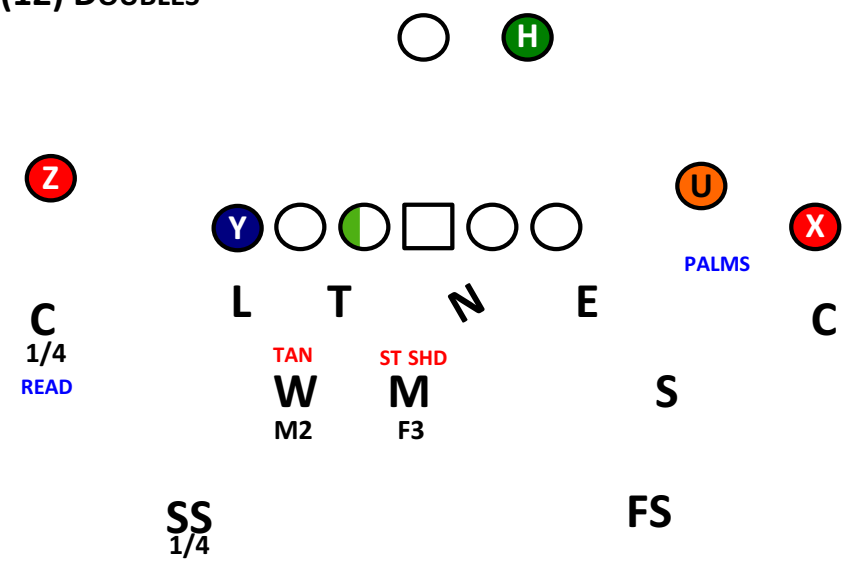
Seam Alert

Check Mug Easy

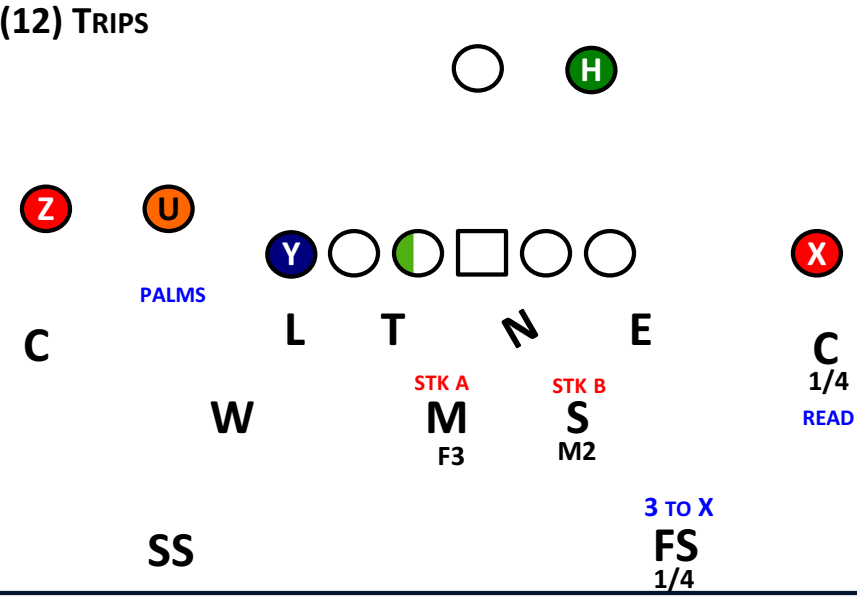


Over 4 Palms (Panther)

(12) Doubles



(12) Trips



Essence:

1. Panther is an Over Family front 4 deep 3 under defense.

Coaching Points:

1. Solid call to the "Y"
2. Final 3: Mike plays with depth over #3. Push call alert to Match 2 Player to push to new #2.
3. Match 2 Defenders:
   - Squeeze to #2 until #3 crosses your face
   - With #3 away, stay inside #2
   - Zebra calls with #2 displaced
4. Corners play Read Principles

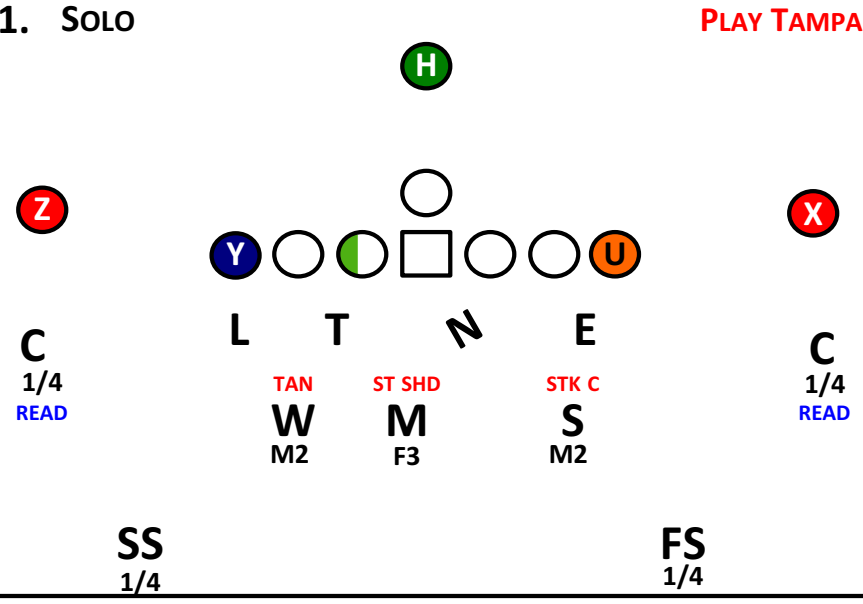
Adjustments:

1. Vs. TE / Flanker: Play 4
2. Vs. 2 Displaced: Check Palms
3. Vs. Triples: Check Palms. Check Pirate. Backside Safety play 3 to 'Y'
4. Vs. Empty: Check Easy to the 3 man Side.
5. Vs. Trips Bunch & Cluster Sets: Possible Box Check
6. Vs. Z Close & X Nasty: Possible Clamp
7. Vs. Deadside TE: Corner Lock

Over 4 Palms (Panther)

1. Solo

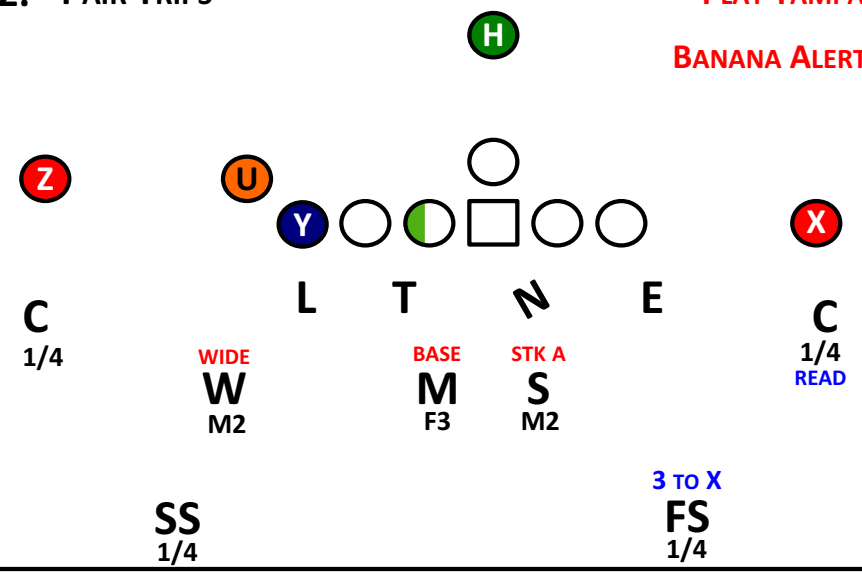
Play Tampa



2. Pair Trips

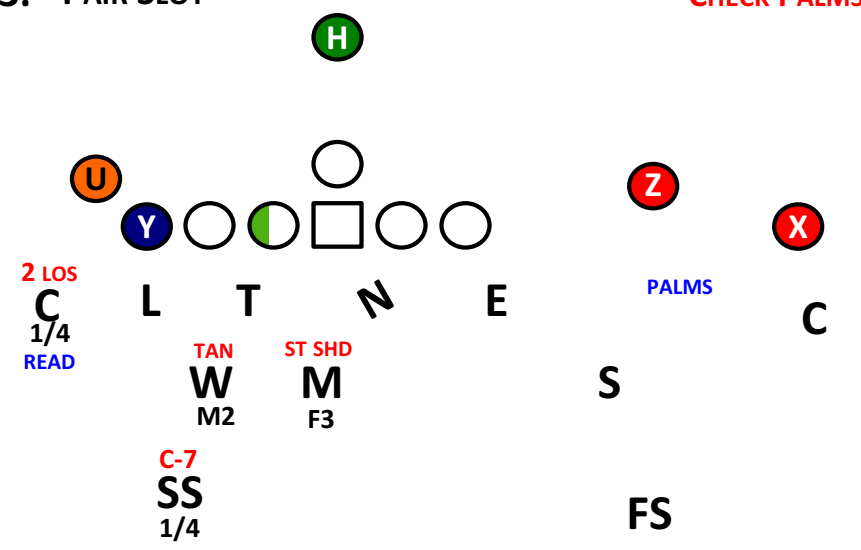
Play Tampa

Banana Alert



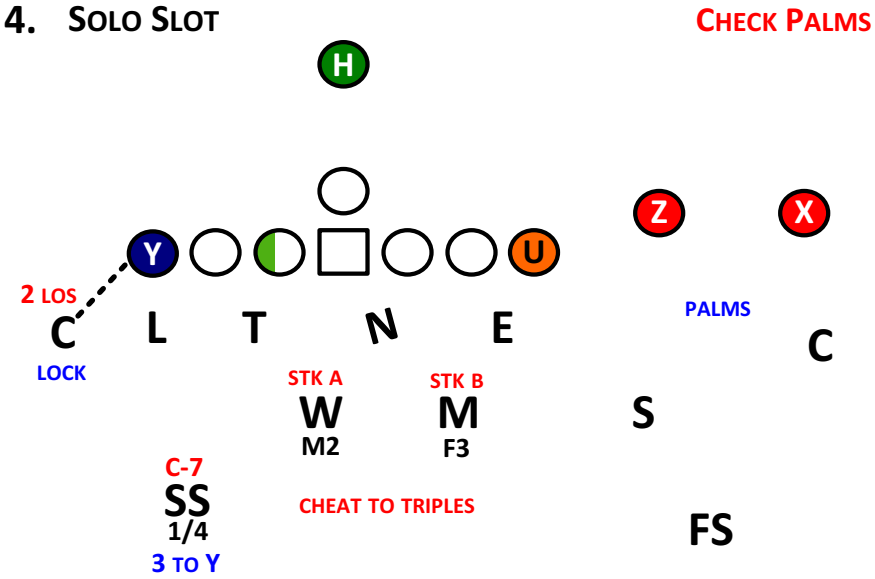
3. Pair Slot

Check Palms



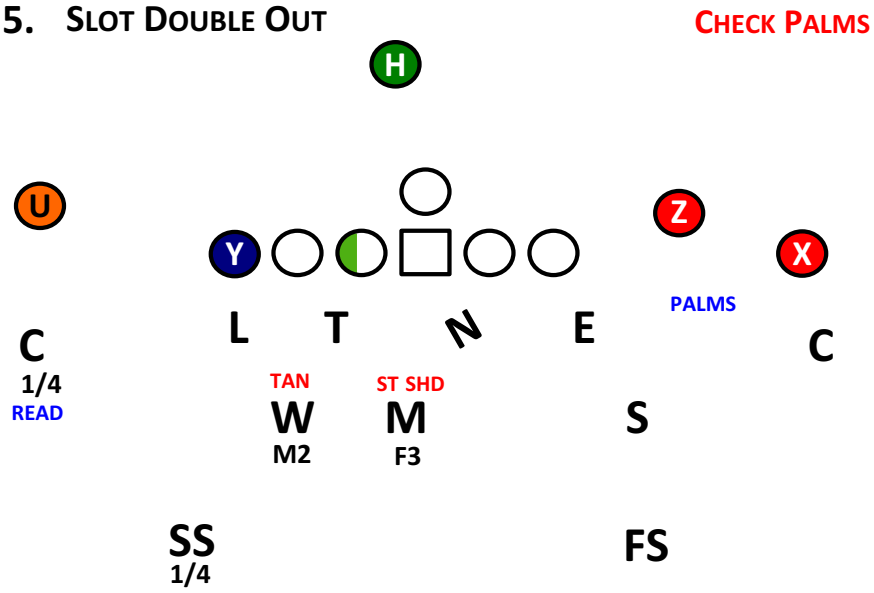
4. Solo Slot

Check Palms



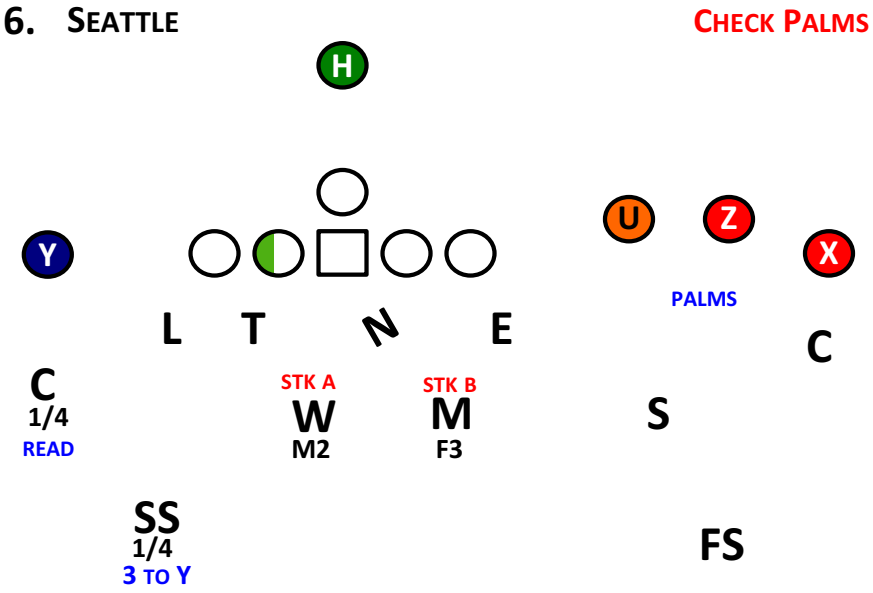
5. Slot Double Out

Check Palms



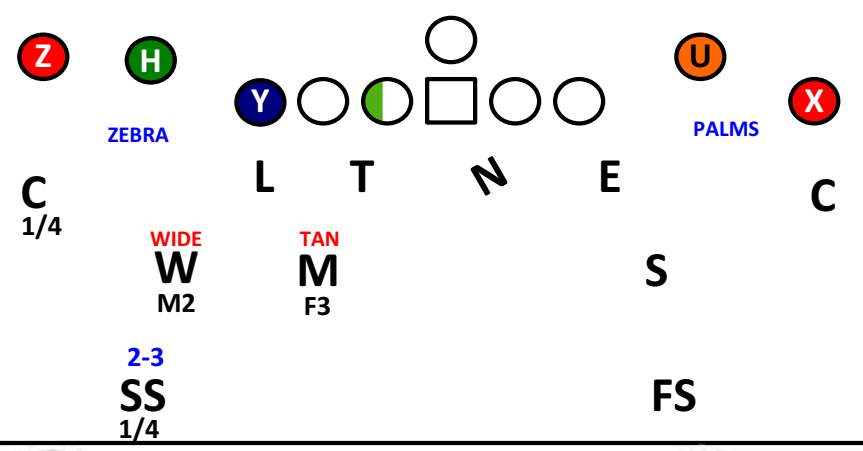
6. Seattle

Check Palms



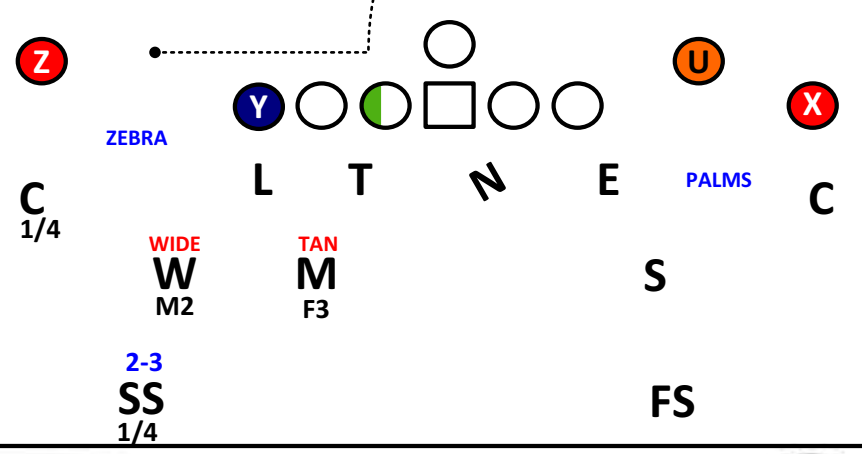
7. Empty

Check Easy



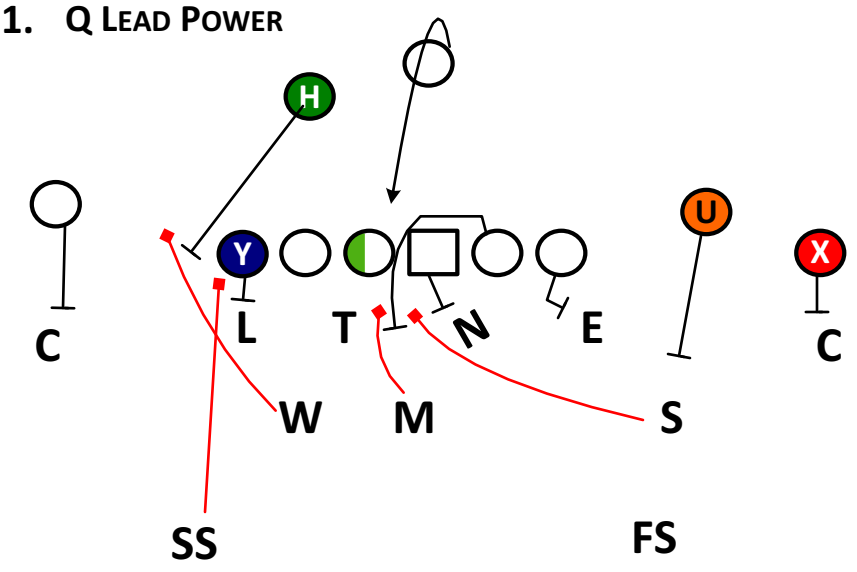
8. Hoy Empty

Check Easy

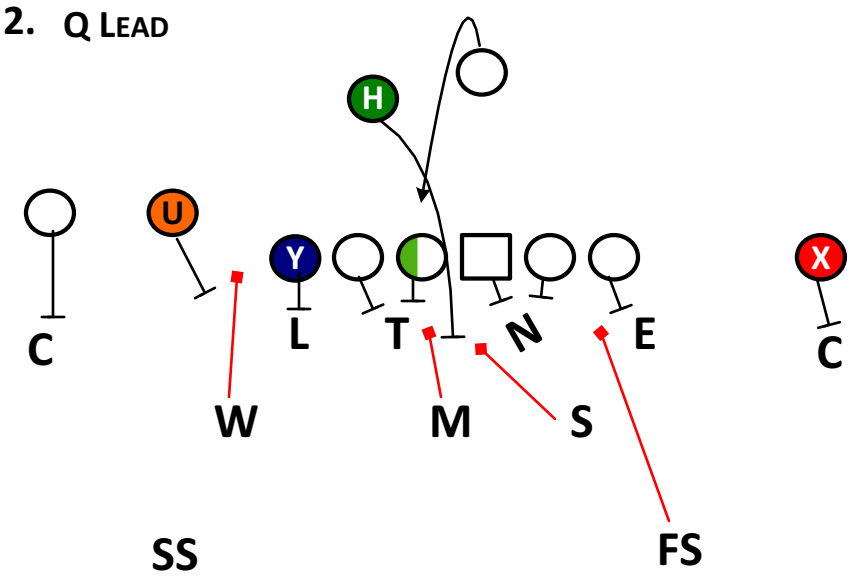


OVER 4 (TAMPA)

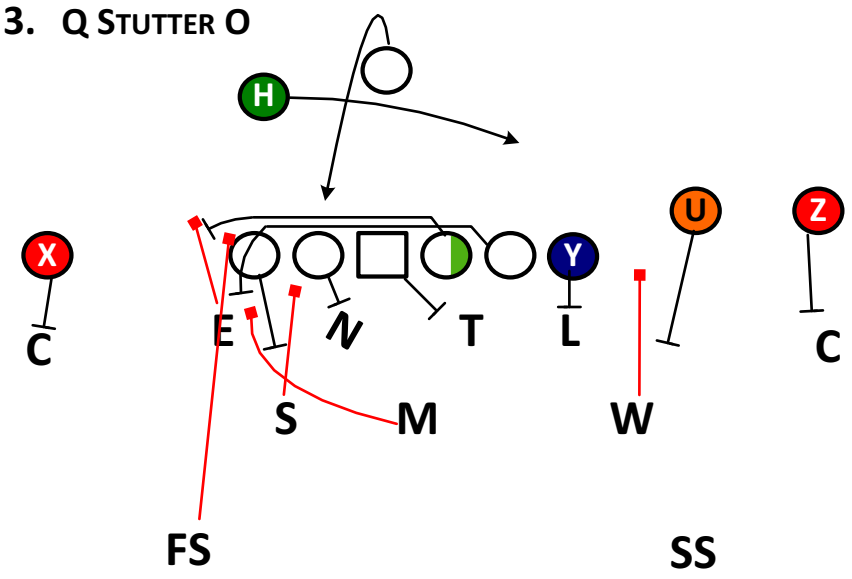
1. Q LEAD POWER



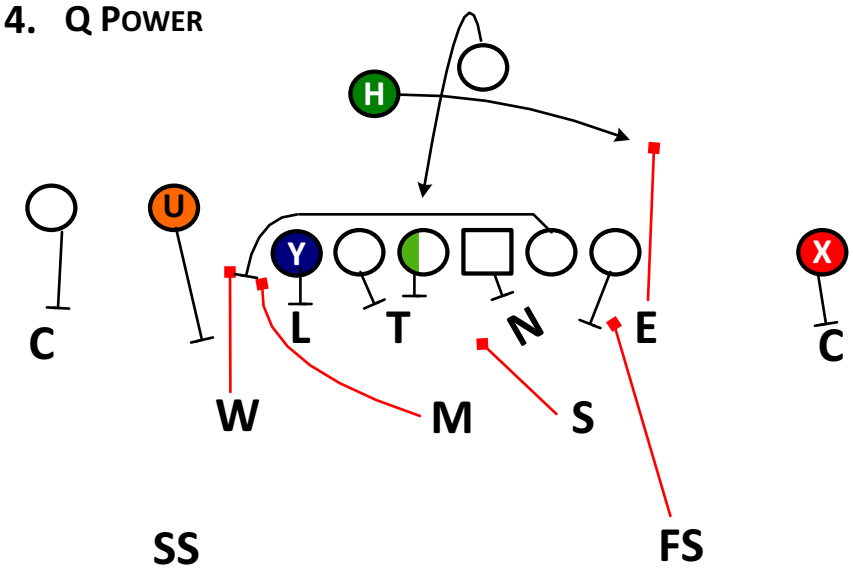
2. Q LEAD



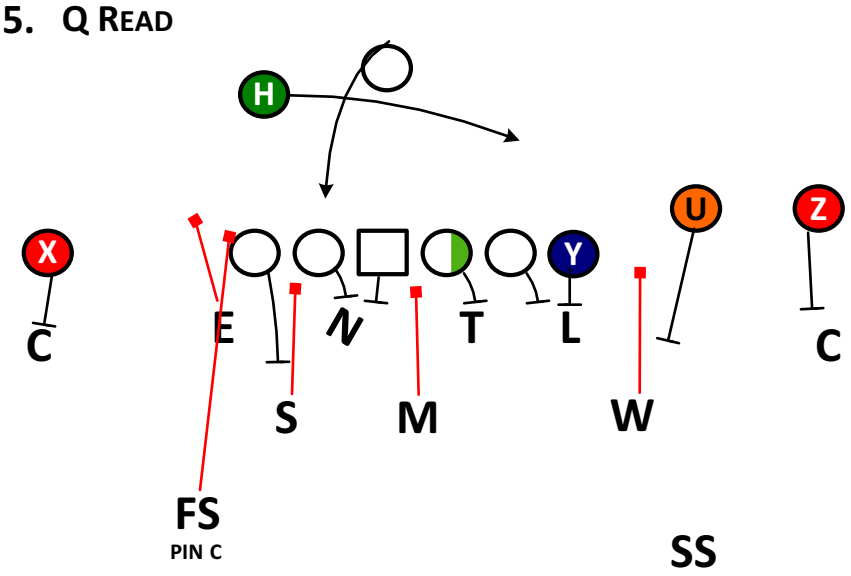
3. Q STUTTER O



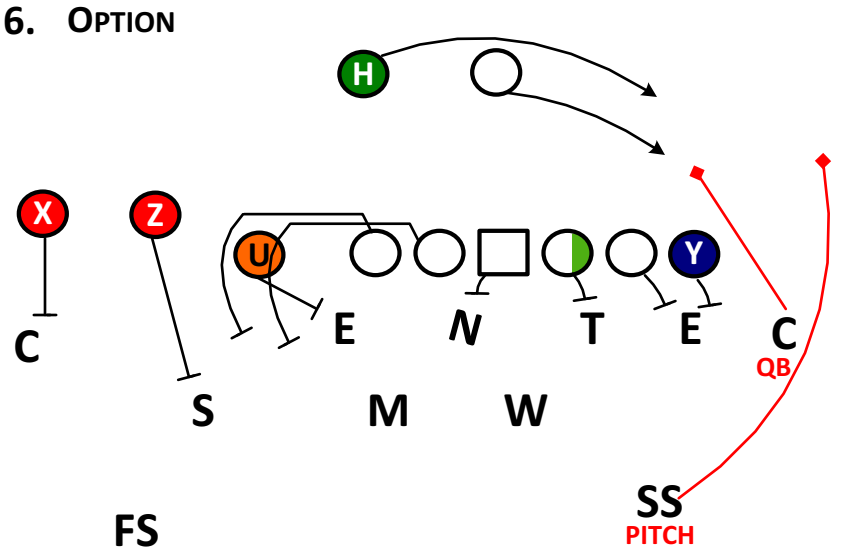
4. Q POWER



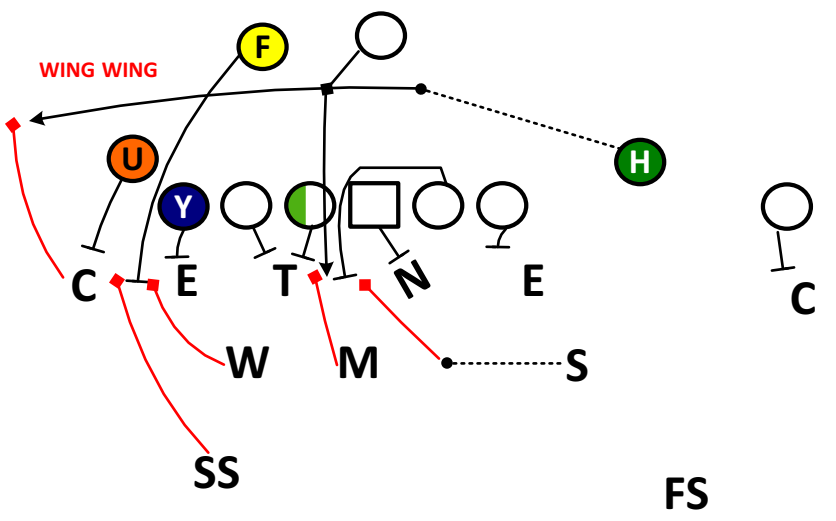
5. Q READ



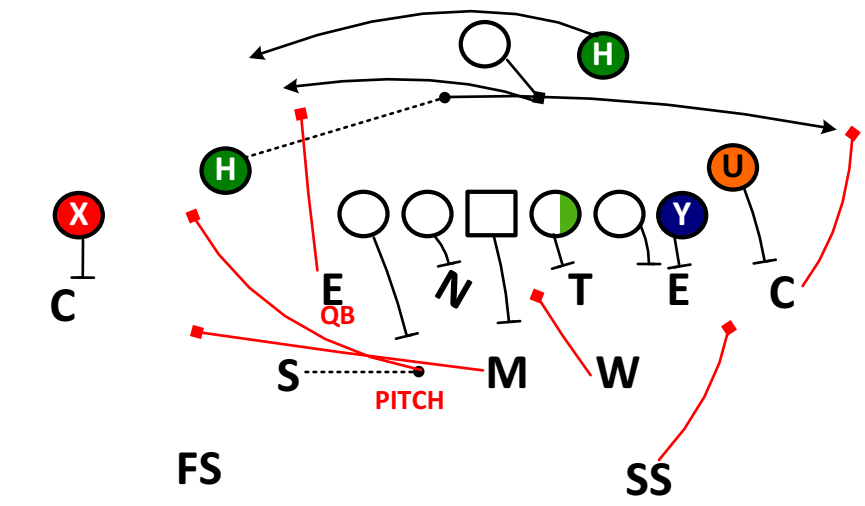
6. OPTION



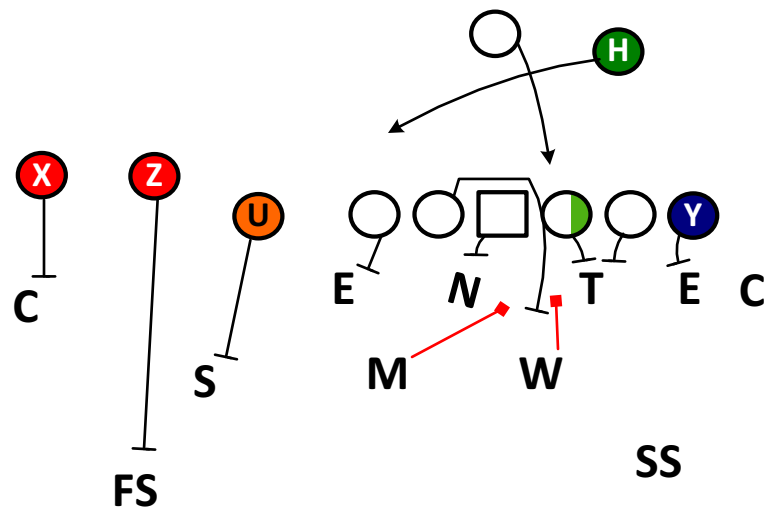
7. WILDCAT (QB POWER)



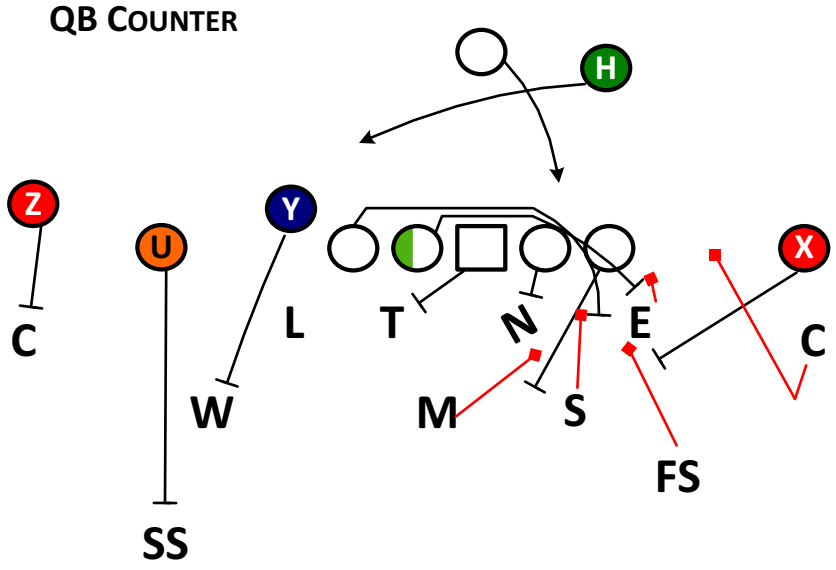
8. WILDCAT (QB OPTION)



QB Tite Power

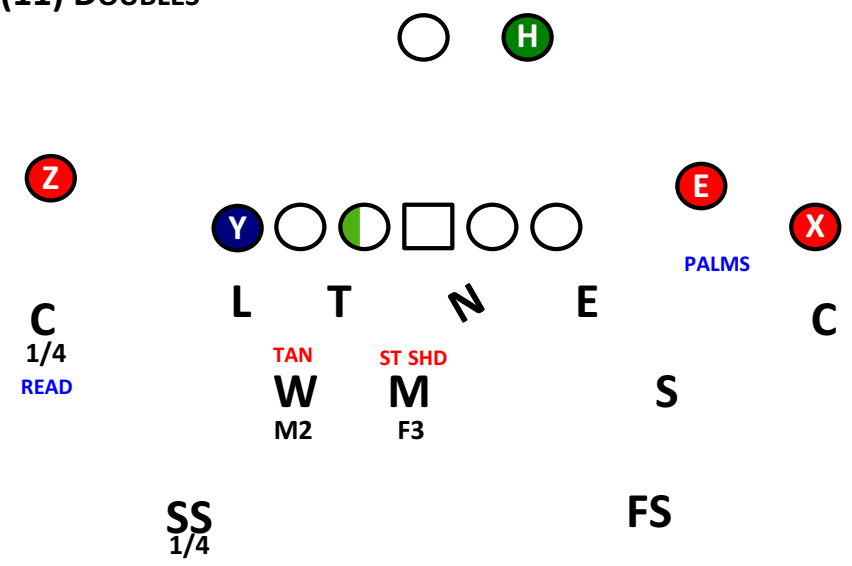


QB Counter

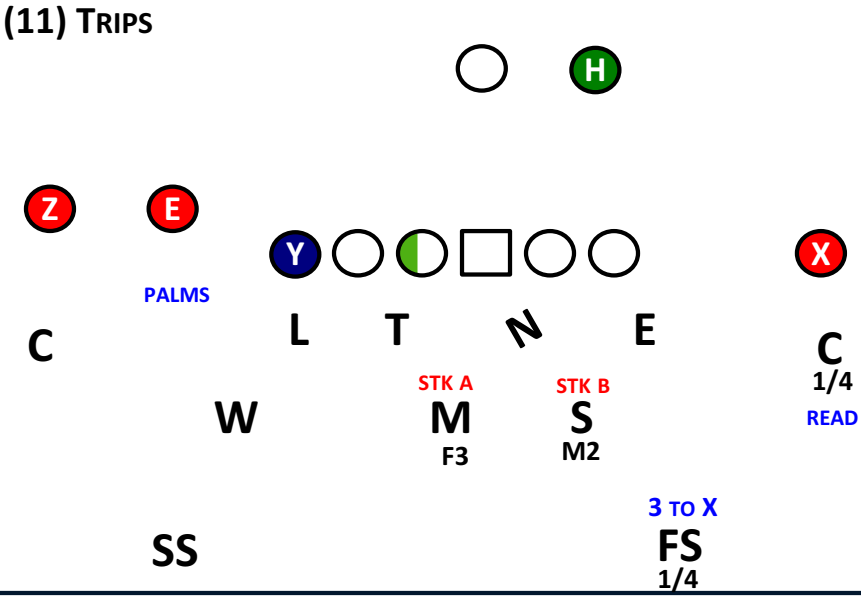


Over 4 Palms (Panther)

(11) Doubles



(11) Trips



Essence:

1. Panther is an Over Family front 4 deep 3 under defense.

Coaching Points:

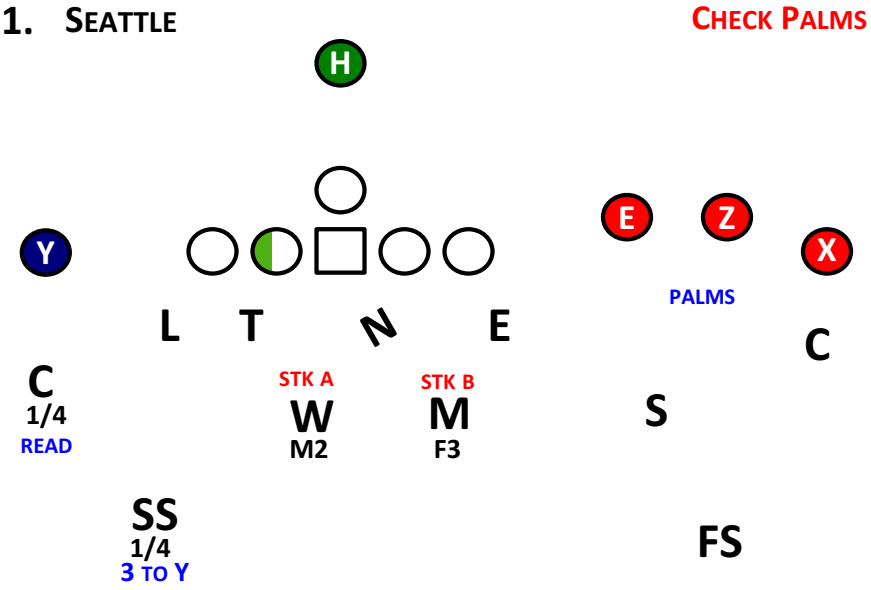
1. Solid call to the "Y"
2. Final 3: Mike plays with depth over #3. Push call alert to Match 2 Player to push to new #2.
3. Match 2 Defenders:
   - Squeeze to #2 until #3 crosses your face
   - With #3 away, stay inside #2
   - Zebra calls with #2 displaced
4. Corners play Read Principles

Adjustments:

1. Vs. TE / Flanker: Play 4
2. Vs. 2 Displaced: Check Palms
3. Vs. Triples: Check Palms. Check Pirate. Backside Safety play 3 to 'Y'
4. Vs. Empty: Check Easy to the 3 man Side.
5. Vs. Trips Bunch & Cluster Sets: Possible Box Check
6. Vs. Z Close & X Nasty: Possible Clamp
7. Vs. Deadside TE: Corner Lock

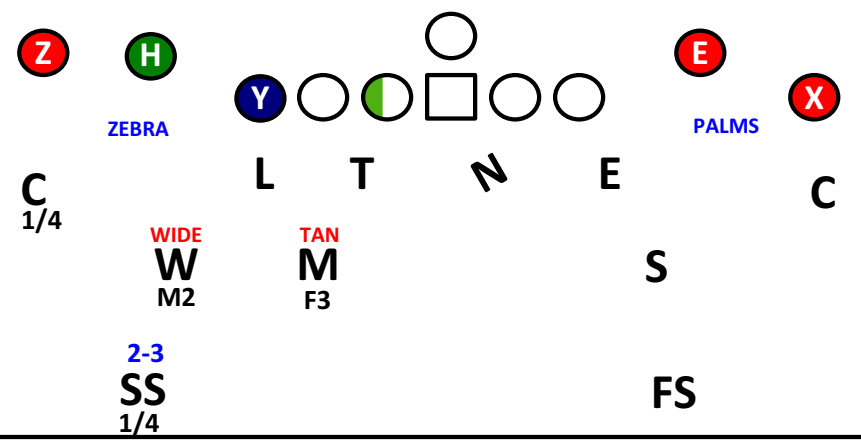
OVER 4 PALMS (PANTHER)

1. SEATTLE — CHECK PALMS

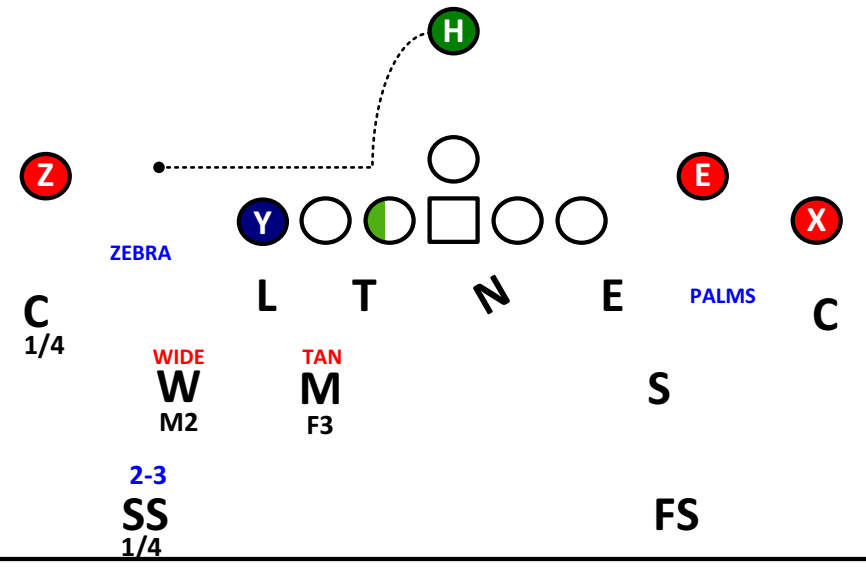


2.

3. EMPTY — CHECK EASY



4. HOY EMPTY — CHECK EASY



5.

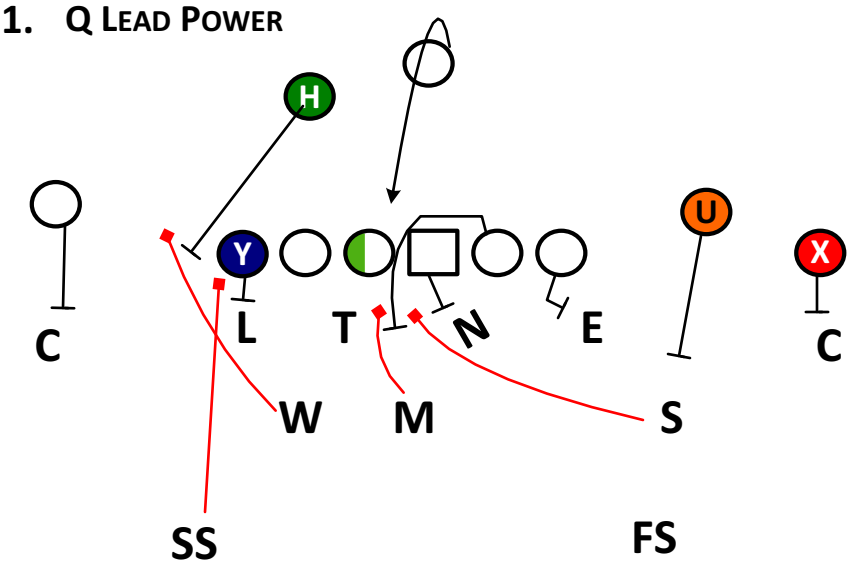
6.

7.

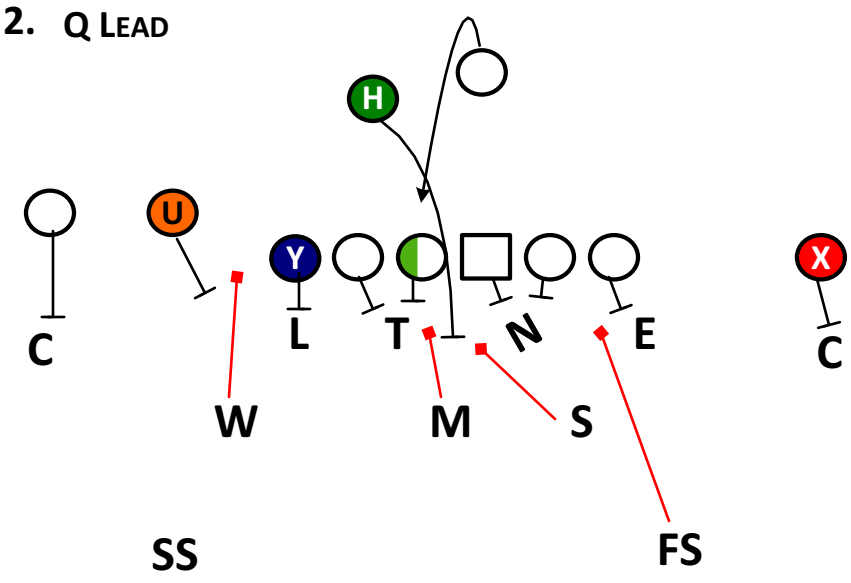
8.

OVER 4 (TAMPA)

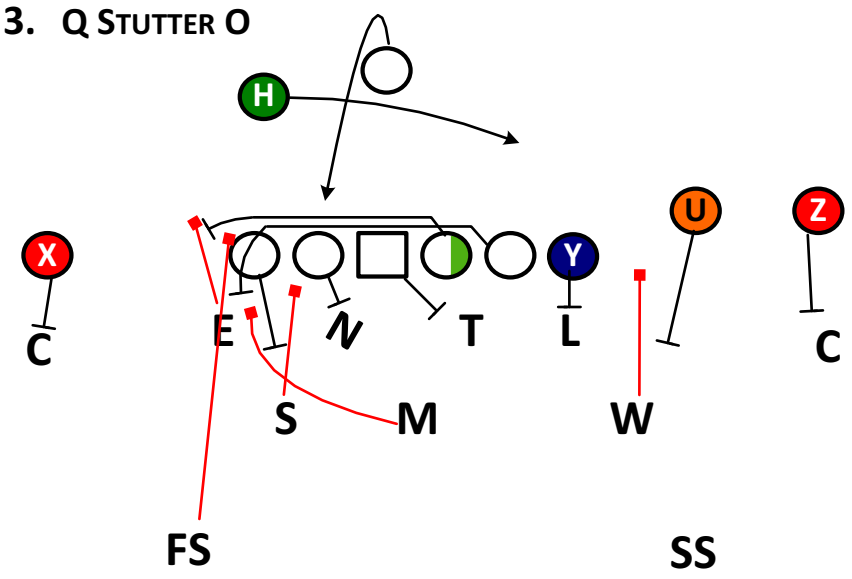
1. Q LEAD POWER



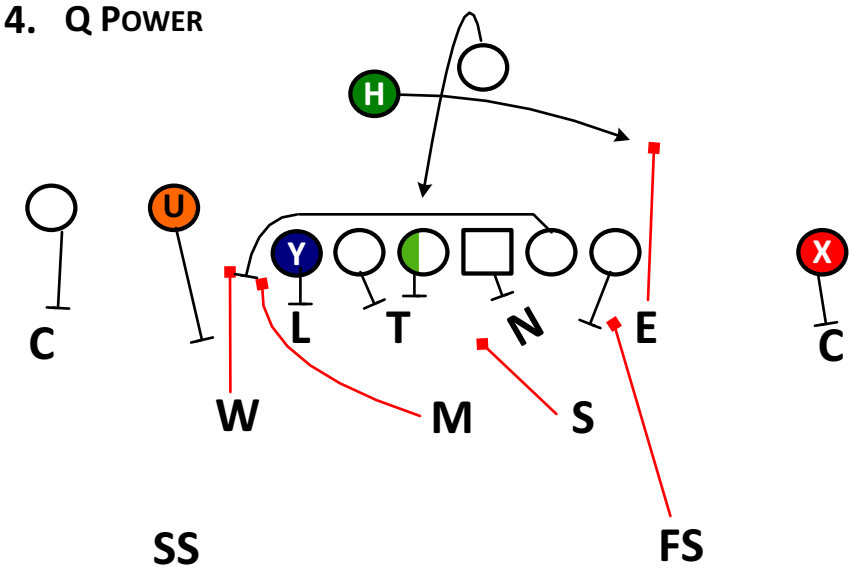
2. Q LEAD



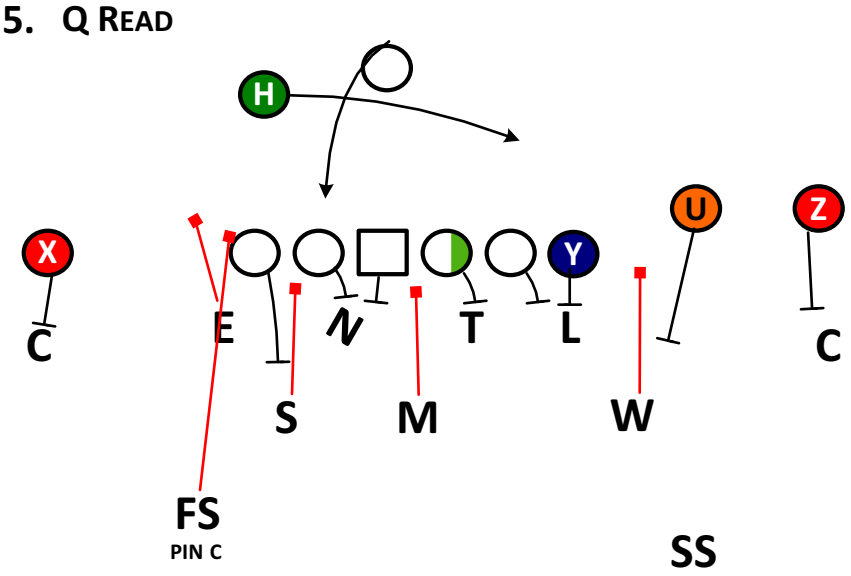
3. Q STUTTER O



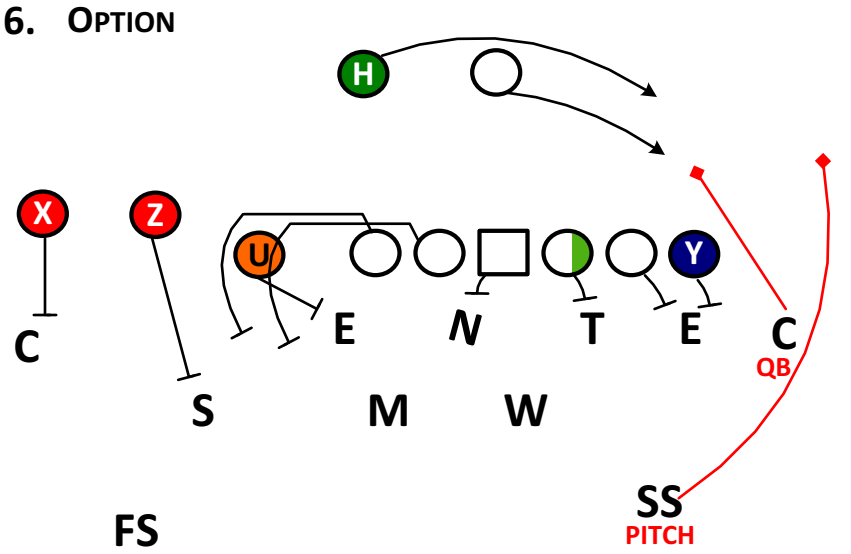
4. Q POWER



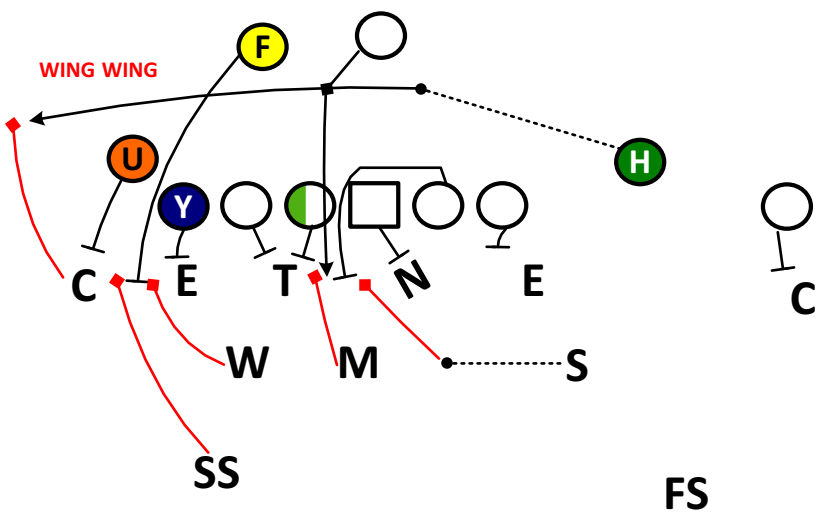
5. Q READ



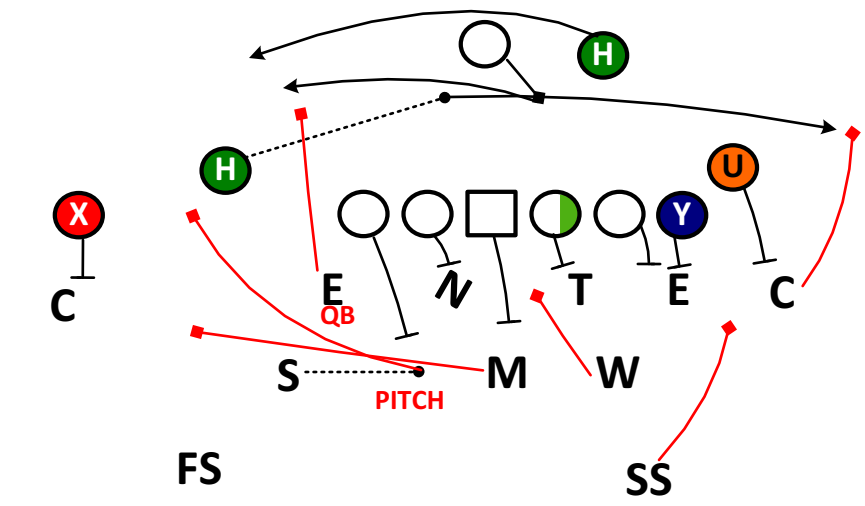
6. OPTION



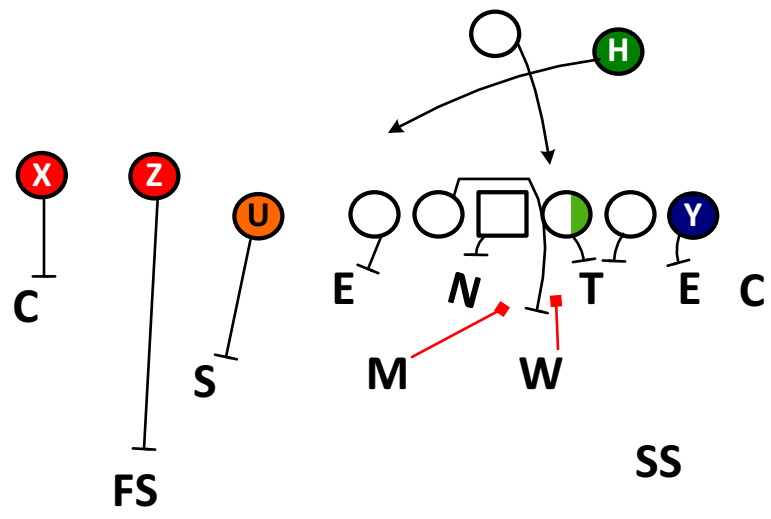
7. WILDCAT (QB POWER)



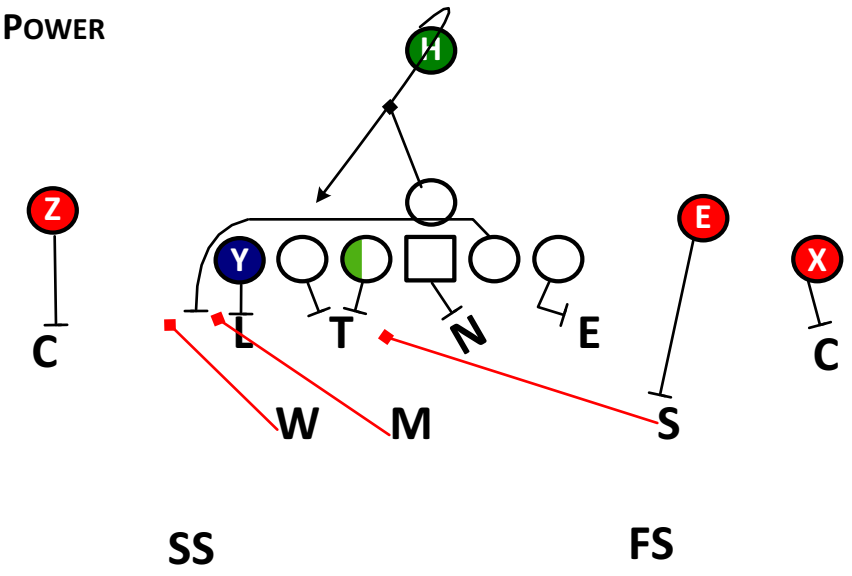
8. WILDCAT (QB OPTION)



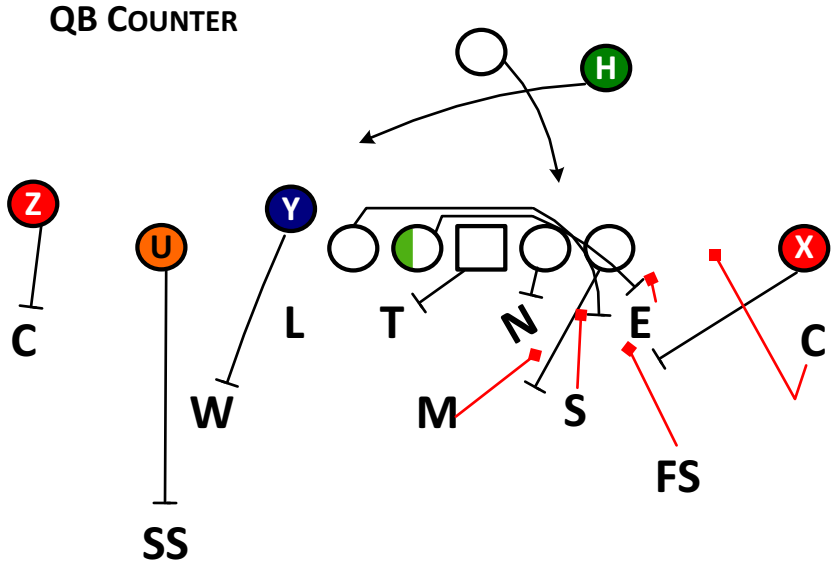
QB Tite Power



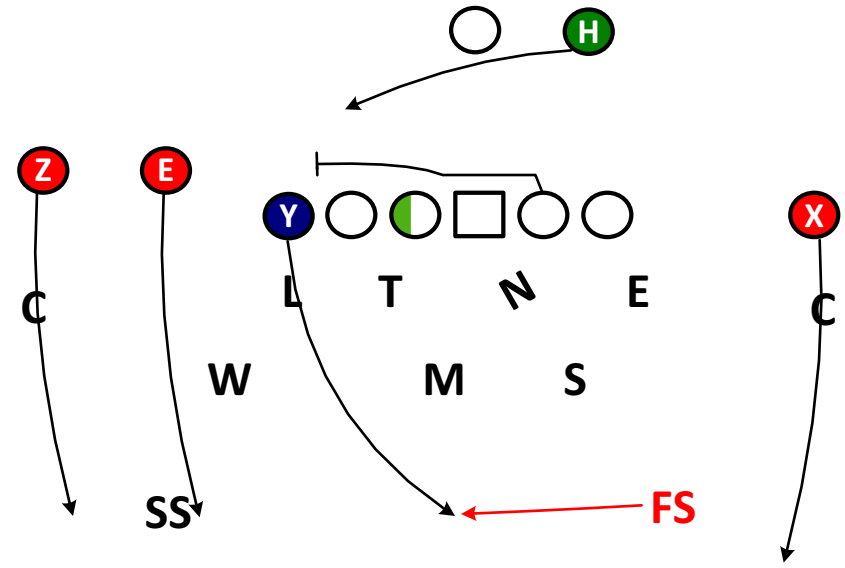
Power



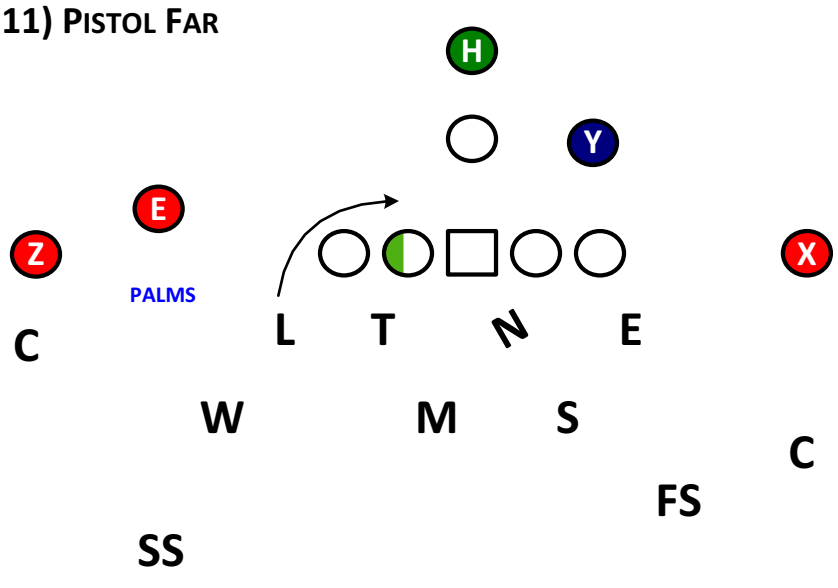
QB Counter



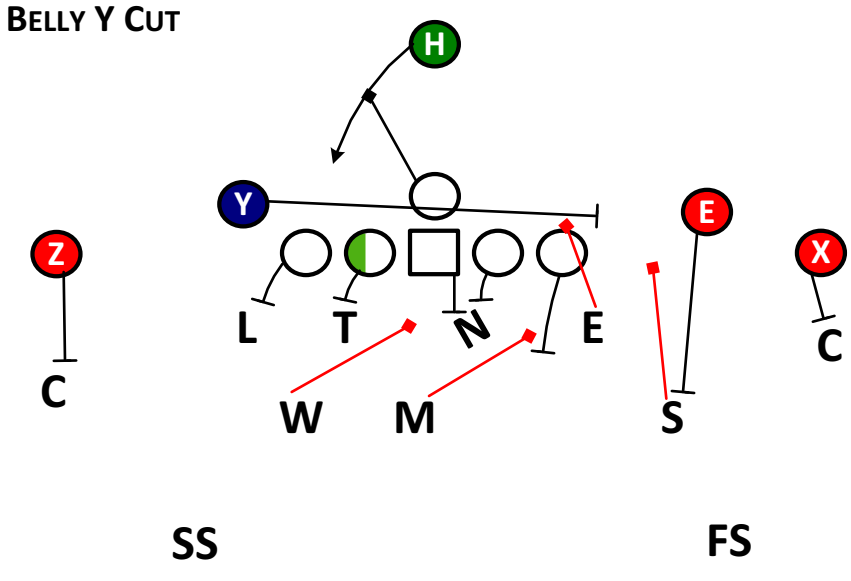
Power Pass



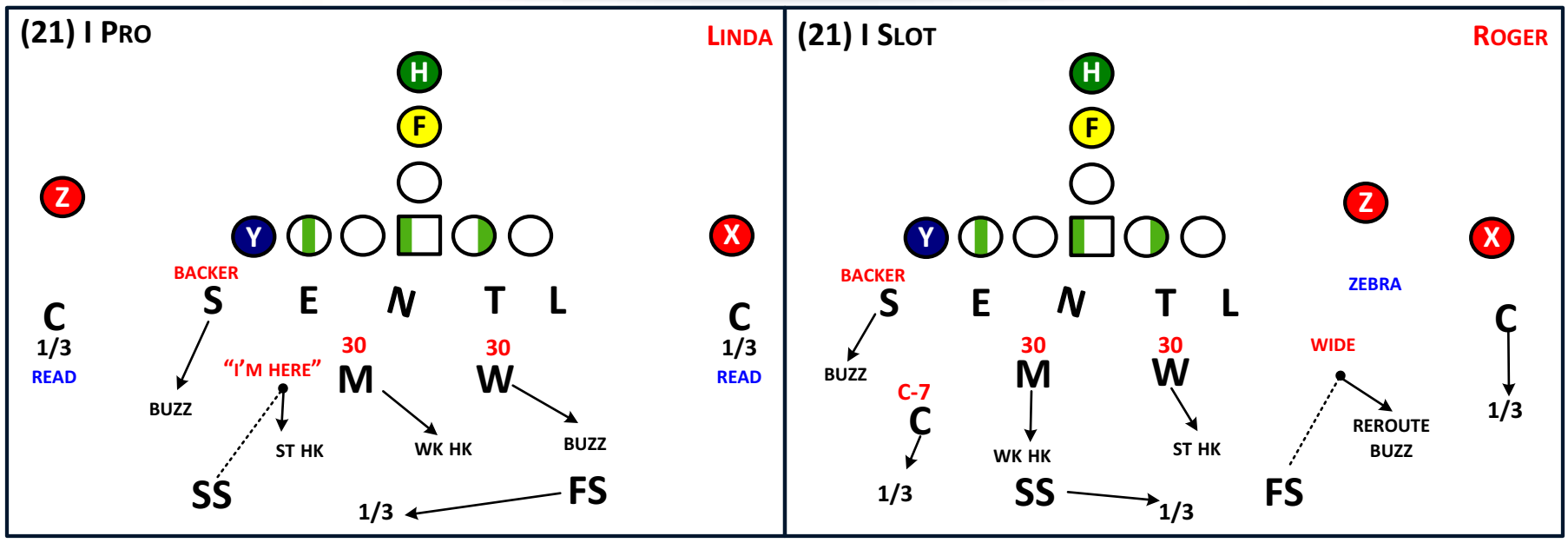
(11) Pistol Far



Belly Y Cut



Rock Yakima



Essence:

1. Base Under front with the Safeties adjusting to the formation.
2. Corners remain left and right.

Coaching Points:

1. Solid Call to "Y"
2. Safeties could be:
   - 2 Back Pro Family (Including Pair Trips): Rita/Linda
   - 1 Back Pro Family: Roger/Lou to the 'U/F'

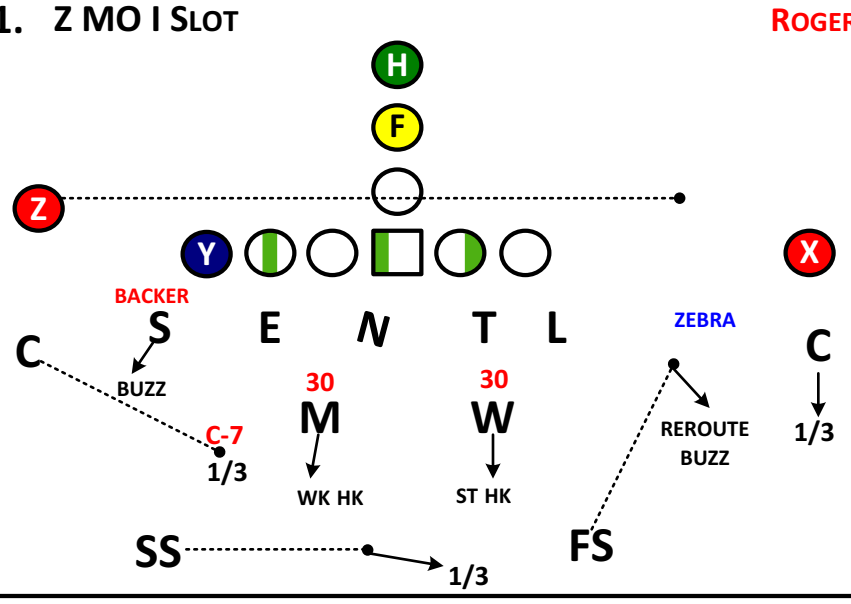
Adjustments:

1. Vs. 2 Back Pro formations: Rita / Linda
2. Vs. Slot formations: Roger / Lou
3. Vs. 1 Back pro sets: Roger/Lou to passing strength
4. Vs. Y Motion Or Y Shift: Check Mesa and Check Fist. Safeties Track
5. Sam Alignments:
   - Backer – Check Cheat
   - Wide – Check Mug Easy (1 and Loose 5 Technique)
   - Down – Check Fist

Rock Yakima

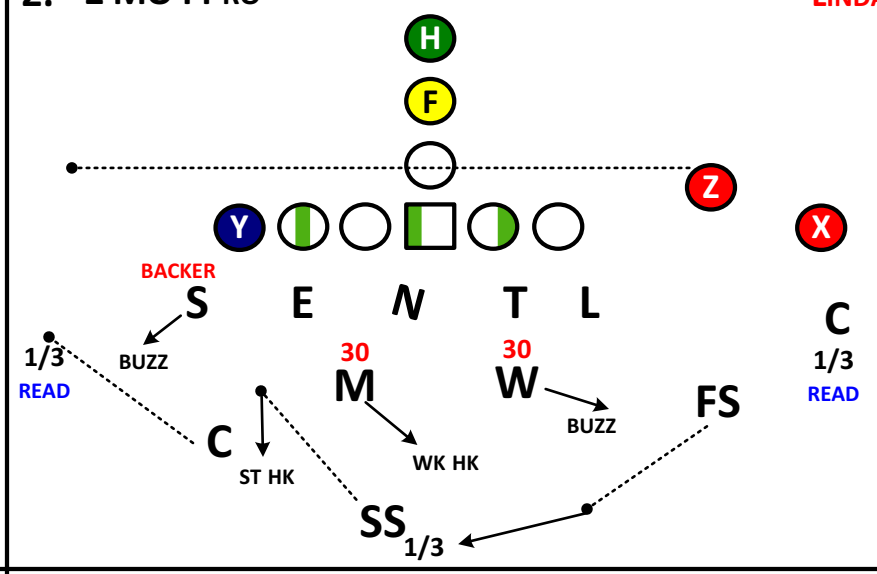
1. Z MO I Slot

ROGER



2. Z MO I Pro

LINDA

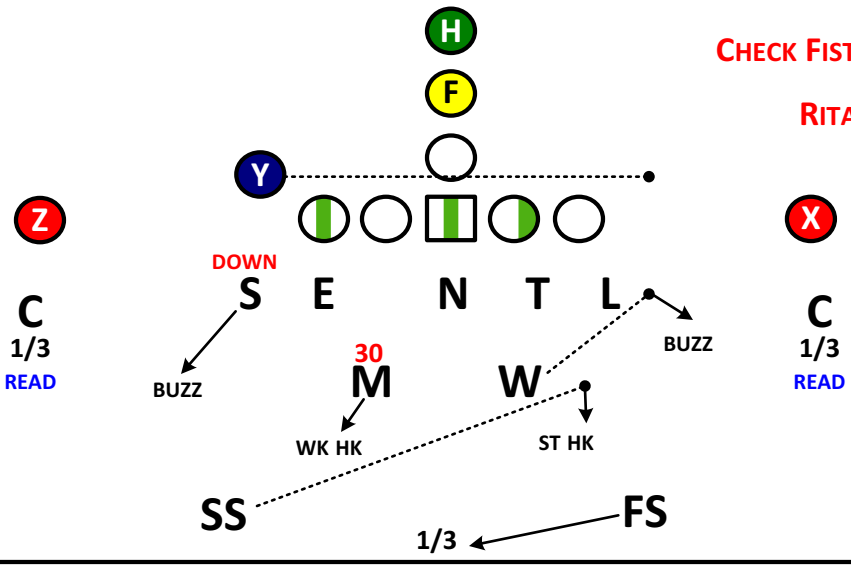


3. Y MO I Pro Y Off

CHECK MESA

CHECK FIST

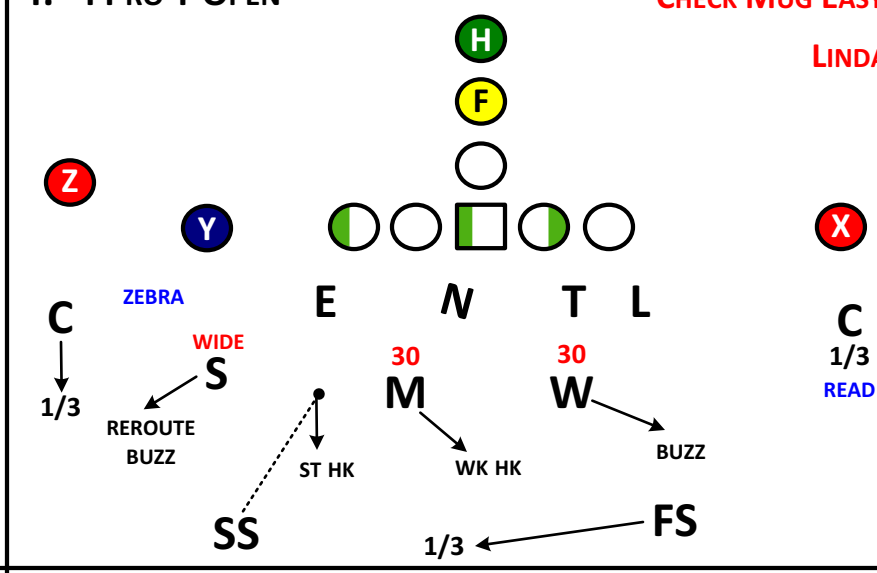
RITA



4. I Pro Y Open

CHECK MUG EASY

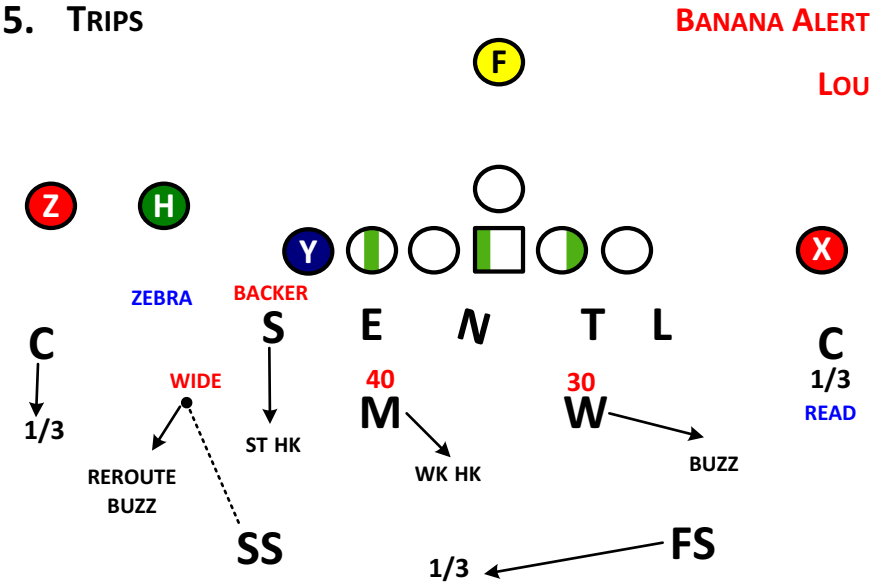
LINDA



5. Trips

BANANA ALERT

LOU

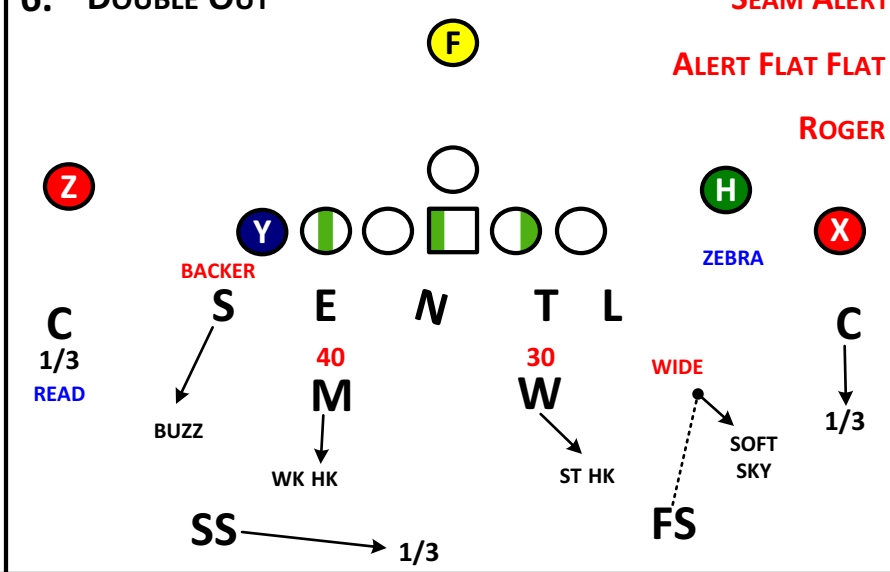


6. Double Out

SEAM ALERT

ALERT FLAT FLAT

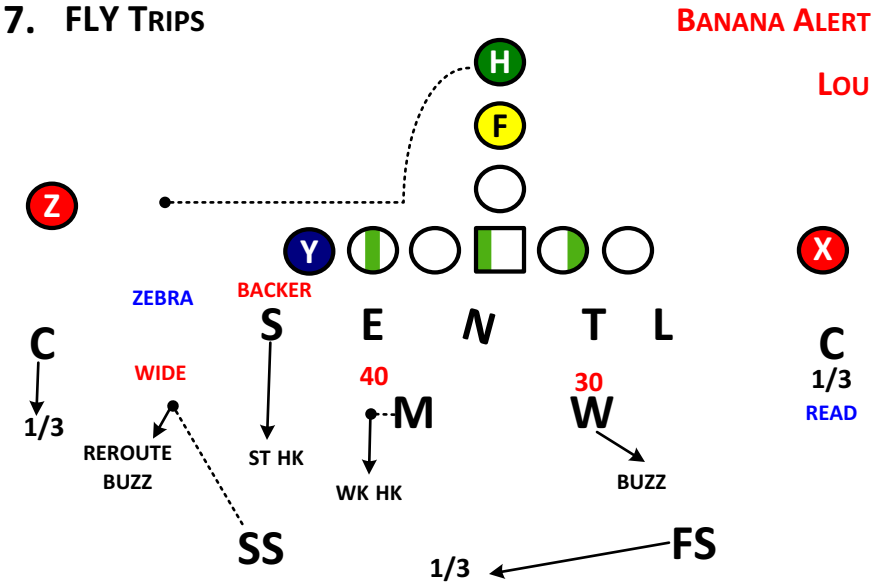
ROGER



7. FLY Trips

BANANA ALERT

LOU

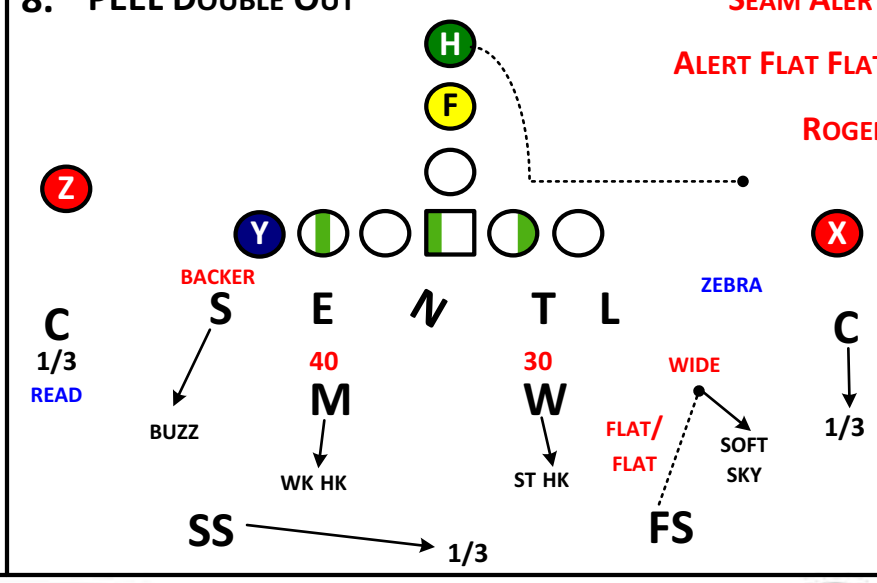


8. PEEL Double Out

SEAM ALERT

ALERT FLAT FLAT

ROGER



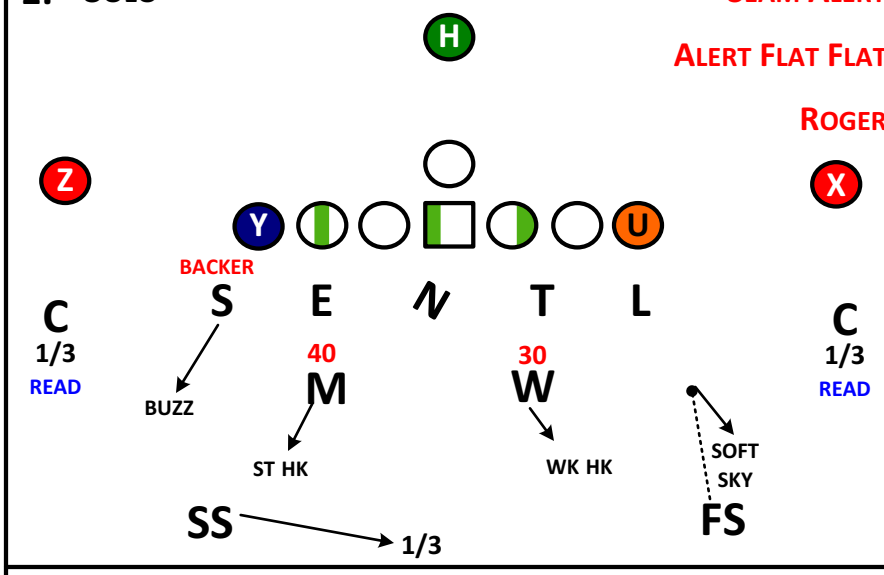
Rock Yakima

1. Solo

Seam Alert

Alert Flat Flat

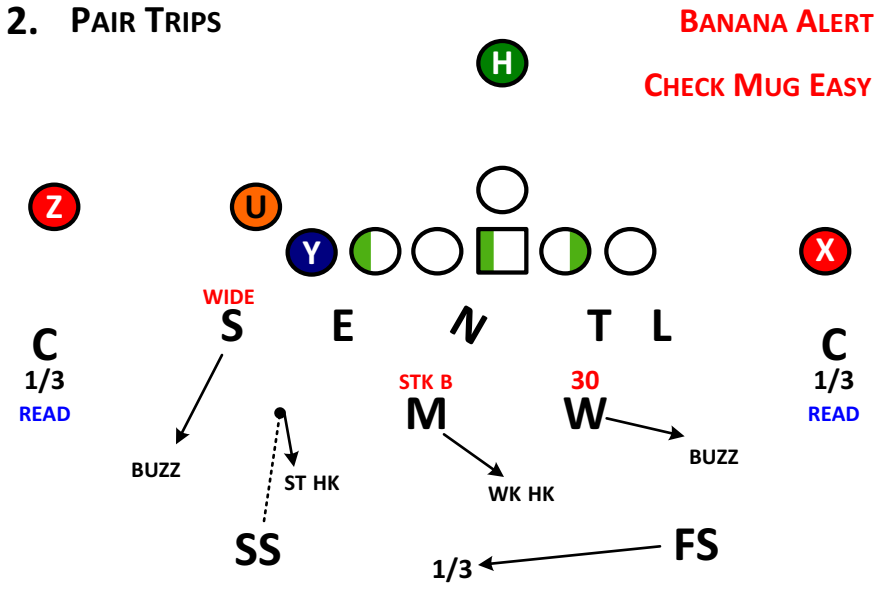
Roger



2. Pair Trips

Banana Alert

Check Mug Easy

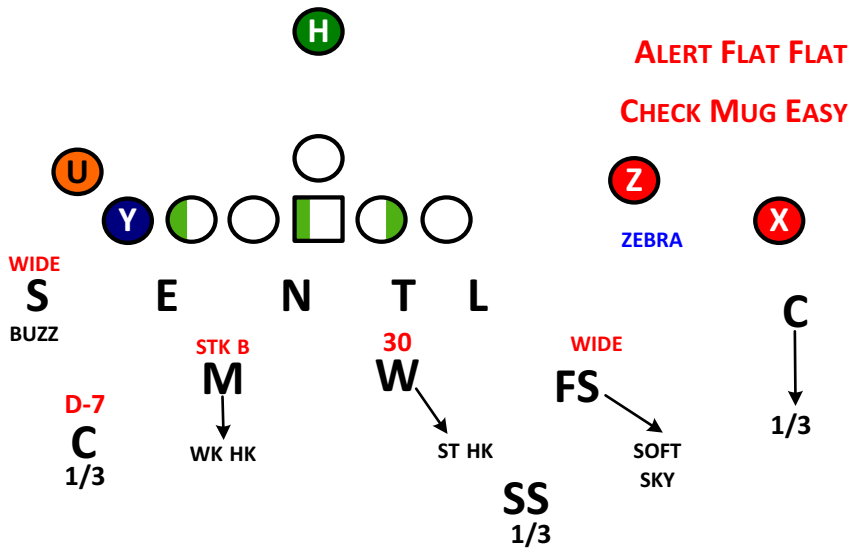


3. Pair Slot

Seam Alert

Alert Flat Flat

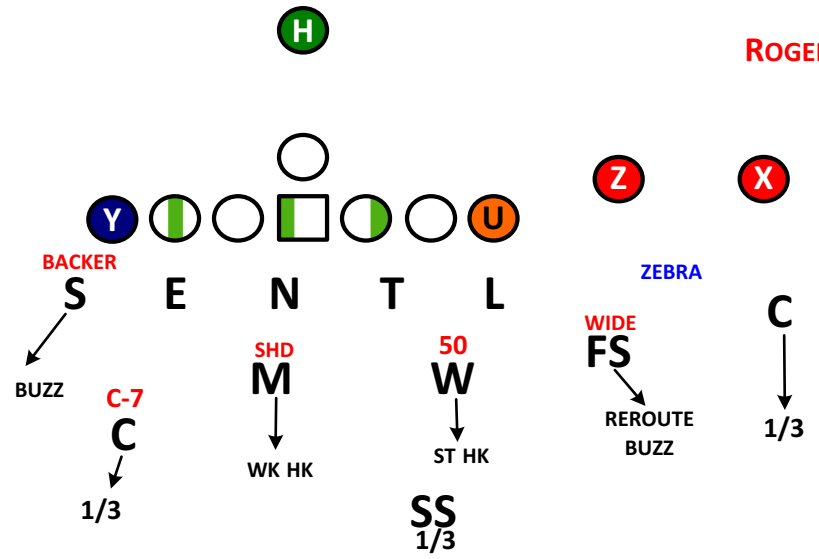
Check Mug Easy



4. Solo Slot

Banana Alert

Roger

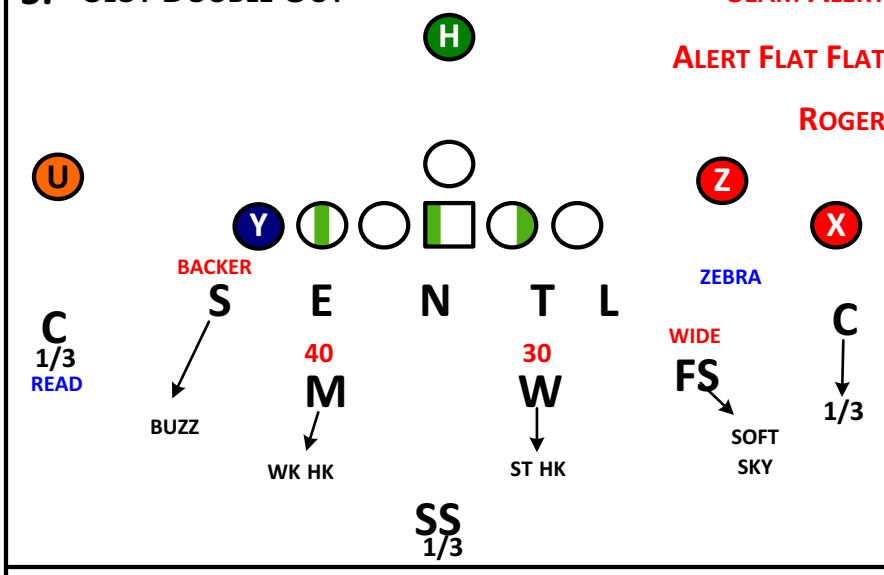


5. Slot Double Out

Seam Alert

Alert Flat Flat

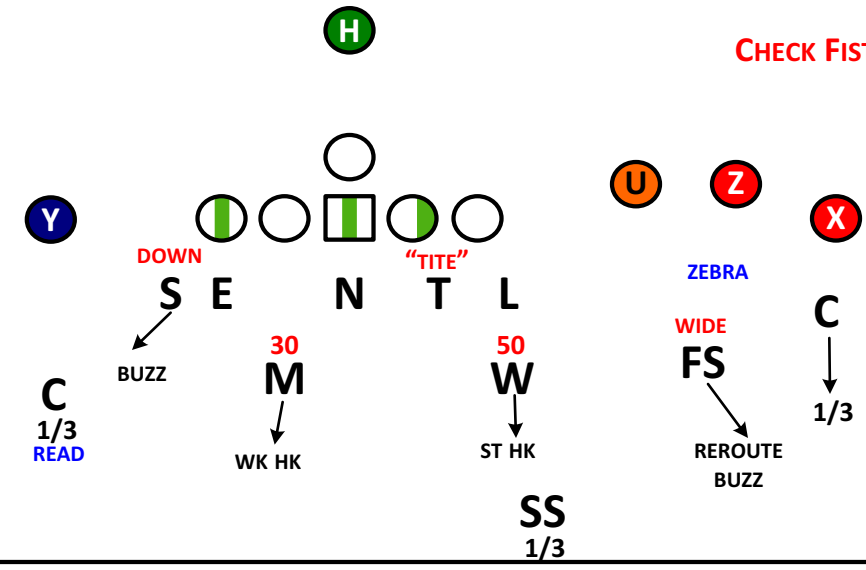
Roger



6. Seattle

Banana Alert

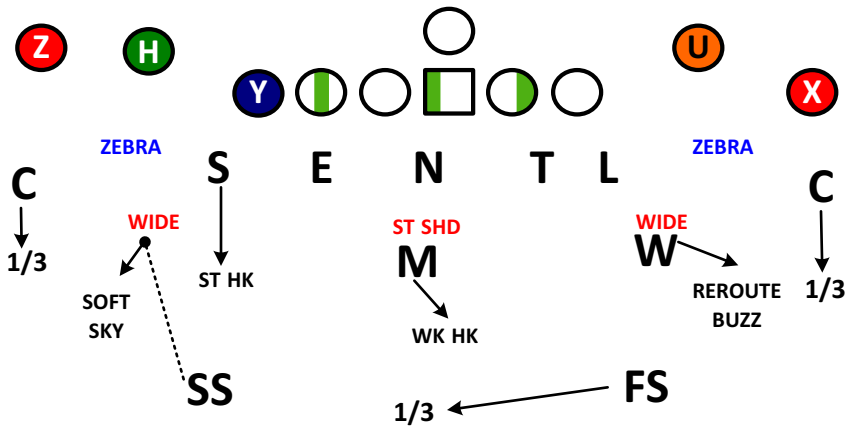
Check Fist



7. Empty

Seam Alert

Lou to Passing Strength

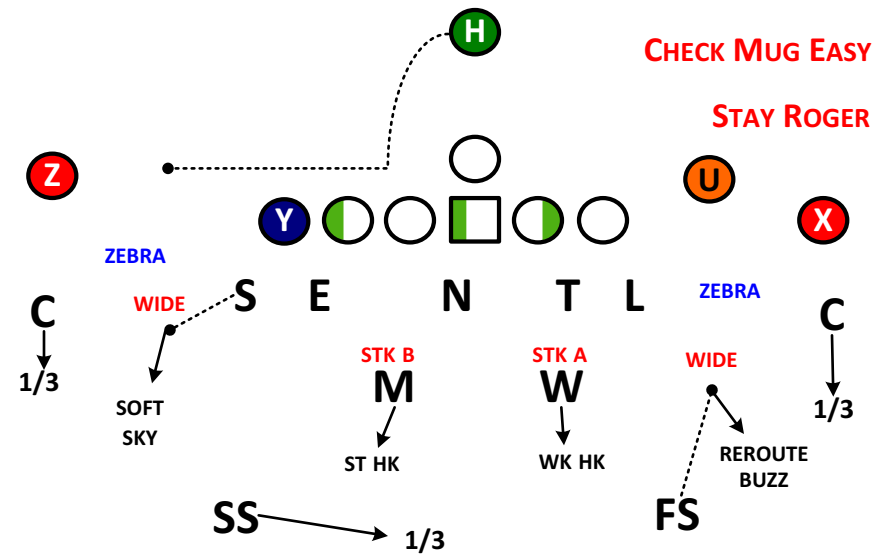


8. FLY Empty

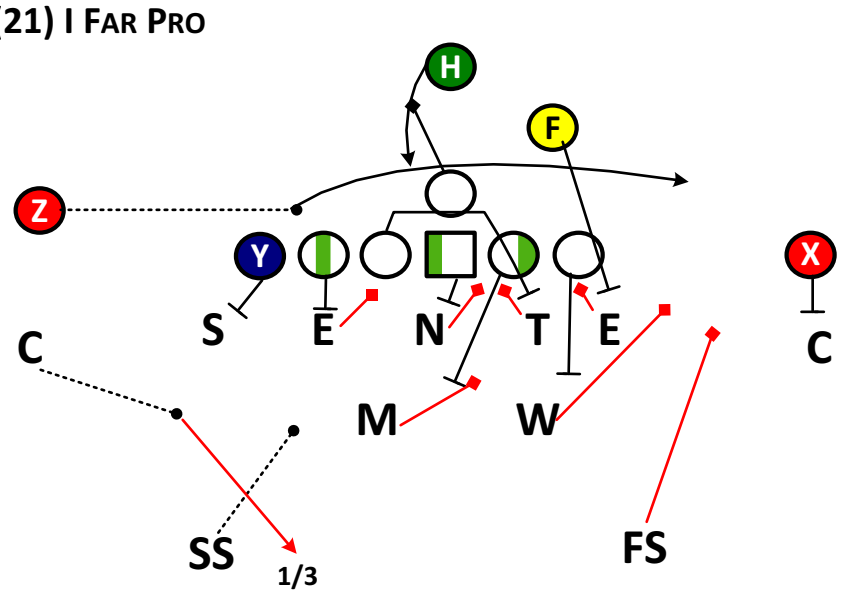
Seam Alert

Check Mug Easy

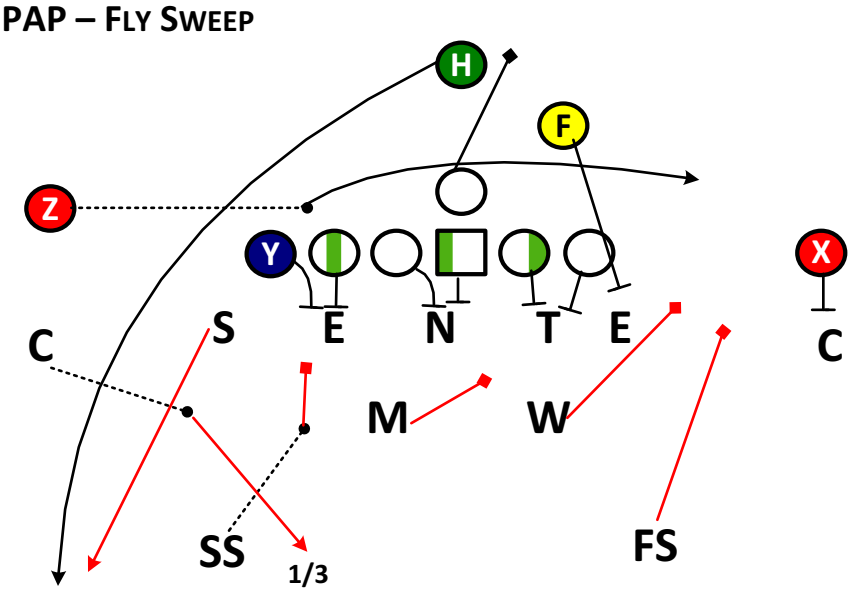
Stay Roger



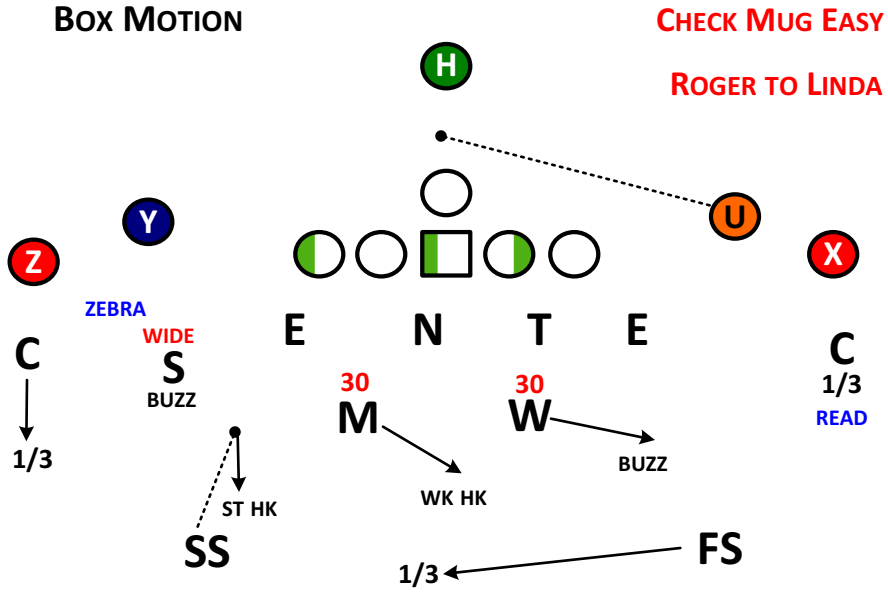
(21) I Far Pro



PAP – Fly Sweep



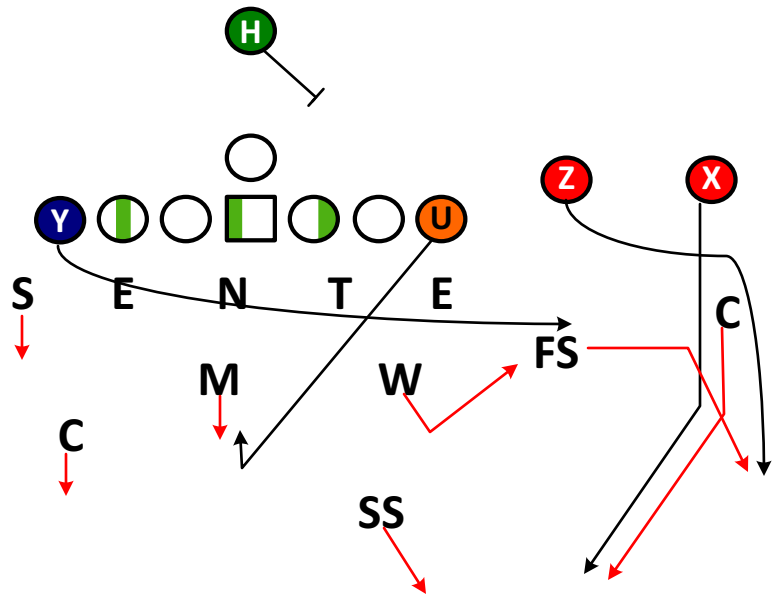
Box Motion



Check Mug Easy

Roger to Linda

Solo Slot



MAN PRESURES

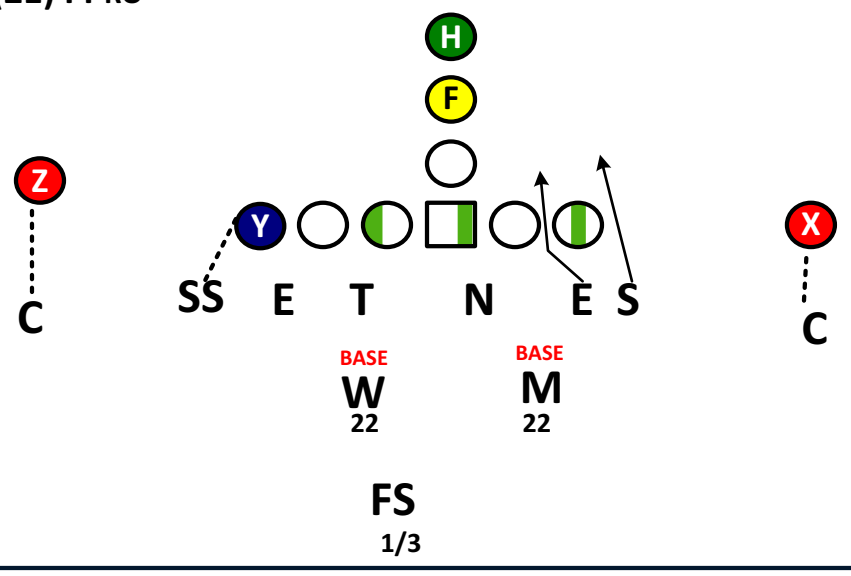
SEATTLE
SEAHAWKS 2013

MAN PRESSURES

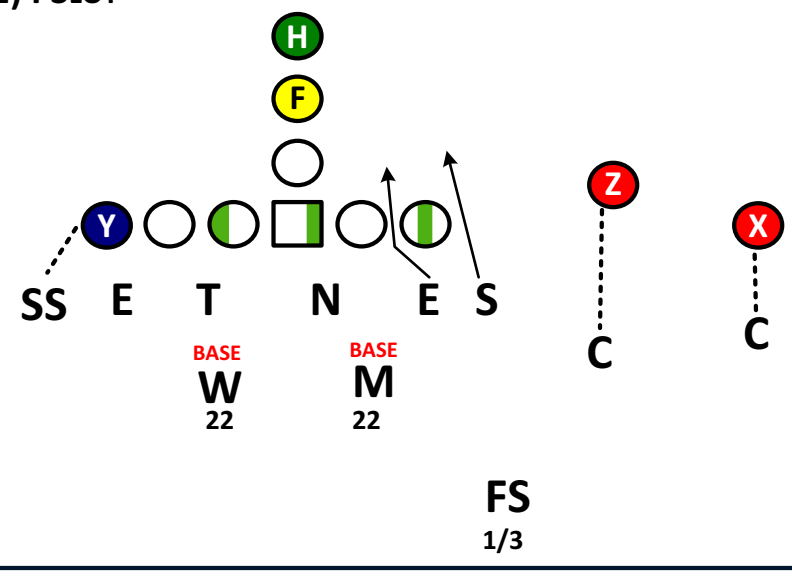
- CHESTER SAM 1 Y BUMP
- UNDER FOX 1
- TUFF SAM 1 SALLY
- TUFF SAM 1 SPECIAL
- UNDER SAM 1 Y BUMP
- ROCK SMACK 1 JACK
- ROCK SMACK 1 Y SALLY
- ROCK SMACK 1 Y SPECIAL
- OVER TURBO 1 JACK
- UNDER WILL 1 TRACK

Chester Sam 1 Y Bump

(21) I Pro



(21) I Slot



Essence:

1. Chester Sam 1 Sally is a 5 Man pressure out of our Cheat Stone look.

Coaching Points:

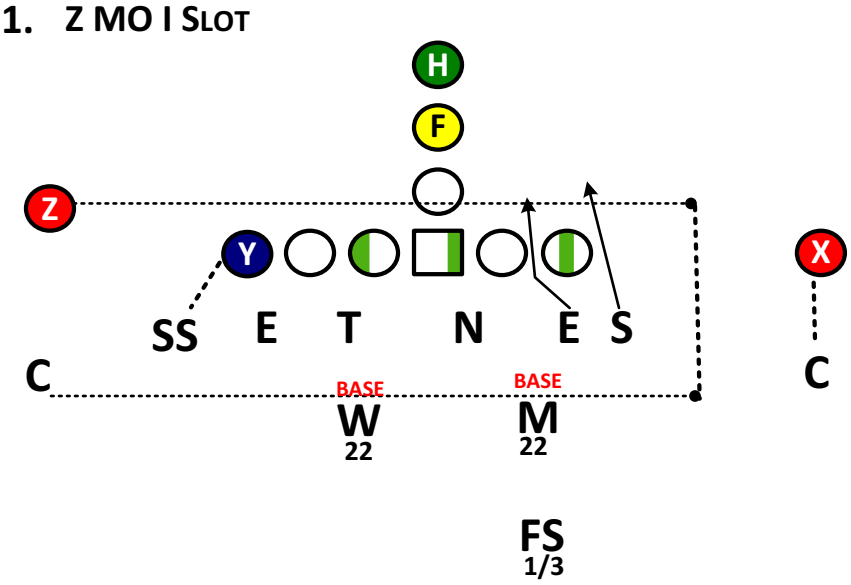
1. Solid Call to the Y
2. Sam: Contain Blitzer
3. Strong Safety: Man to Man on Y (Forever)
4. Will & Mike: 2 on 2 the Backs (Base Alignments)

Adjustments:

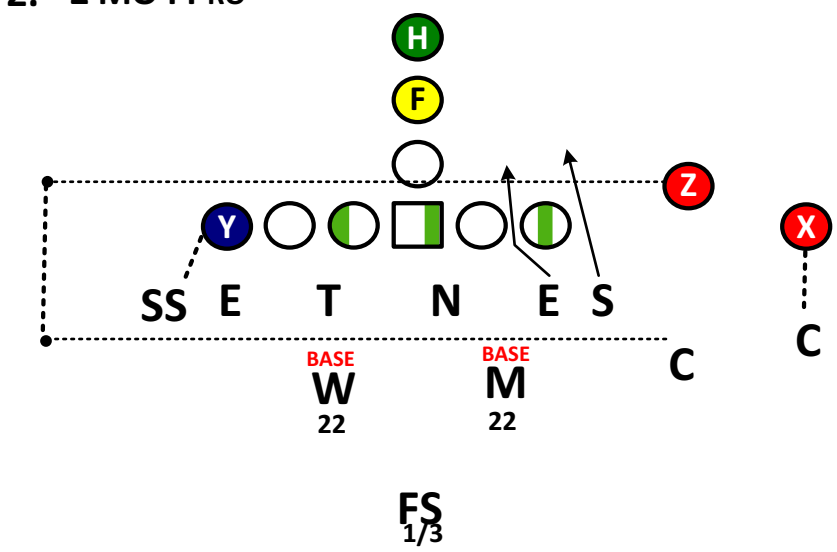
1. Fly/Peel Motion: Mike and Will Bump
2. Vs. Aligned 1 Back sets: Mike and Will Bump
3. 2 Back Y Motion: Rock and Roll
4. Vs. Empty: Mike and Will adjust

Chester Sam 1 Y Bump

1. Z MO I Slot

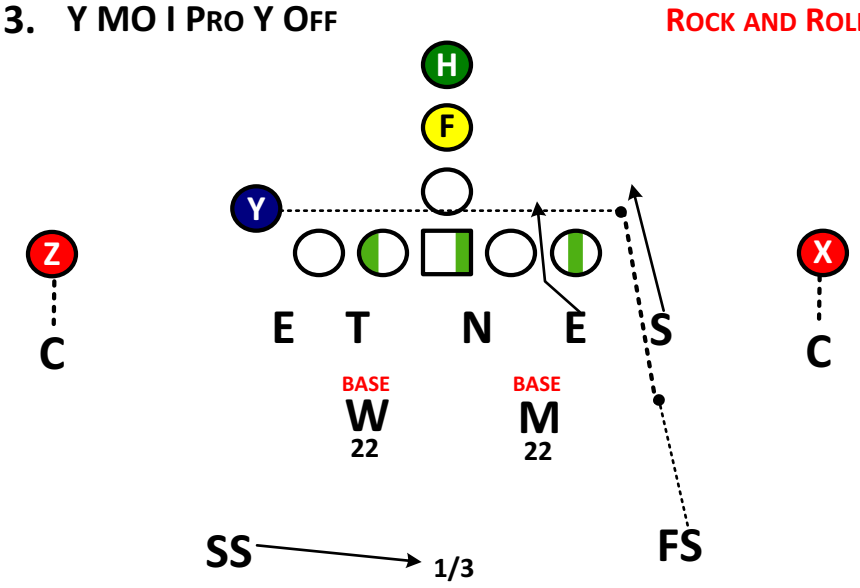


2. Z MO I Pro

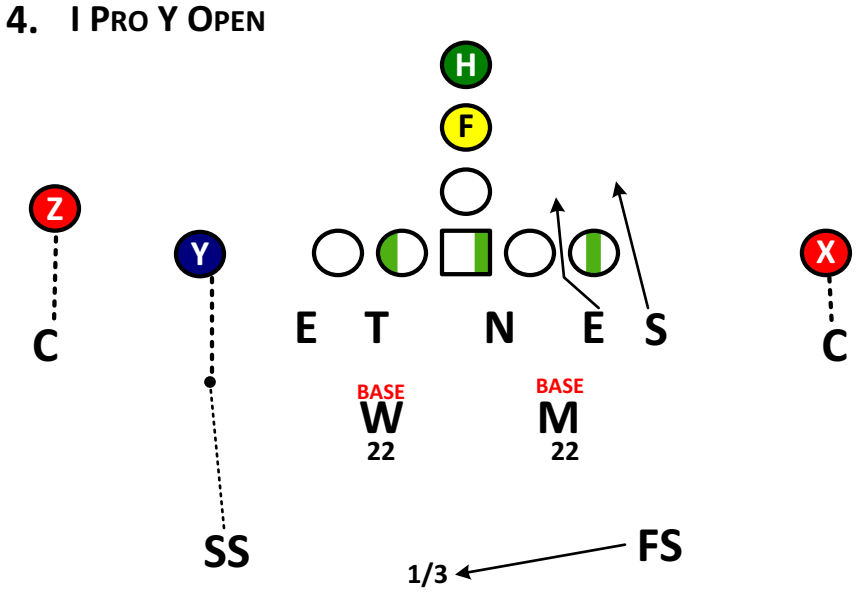


3. Y MO I Pro Y Off

Rock and Roll

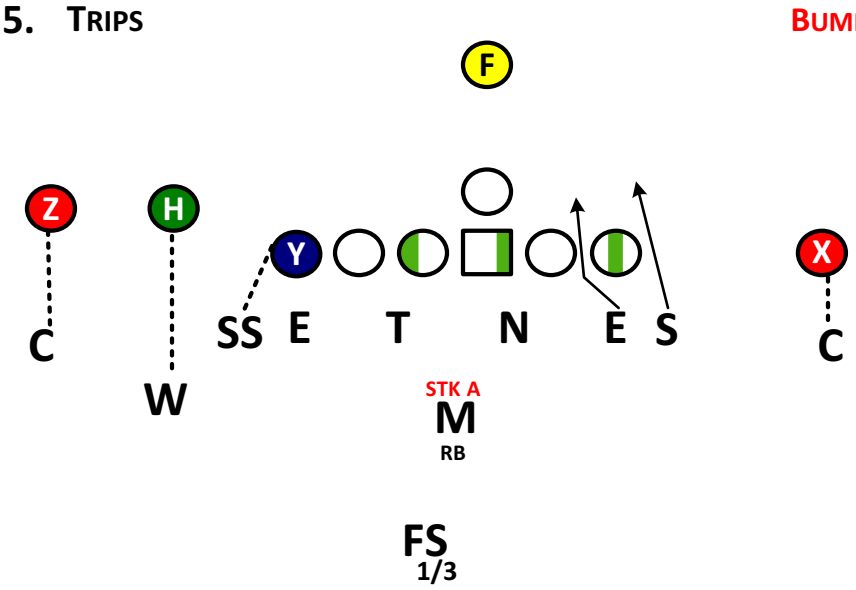


4. I Pro Y Open



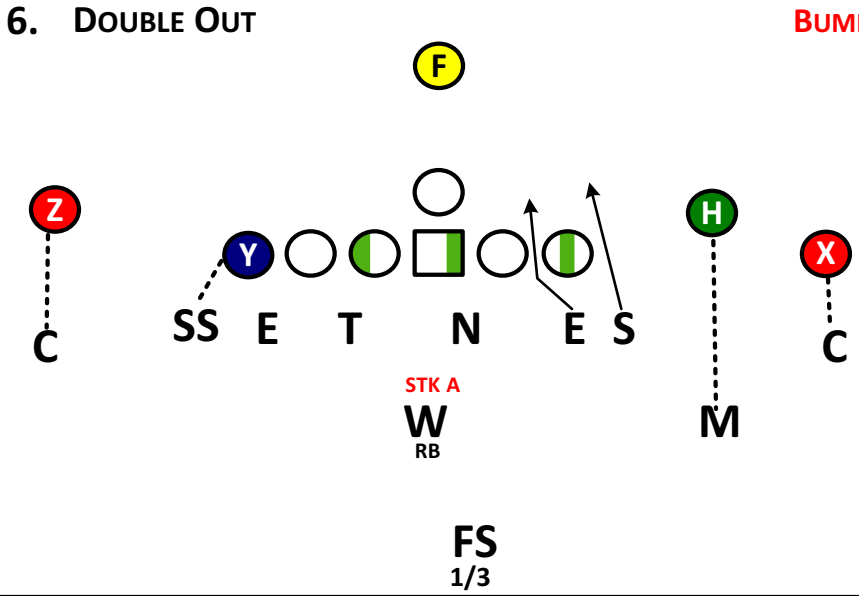
5. Trips

Bump



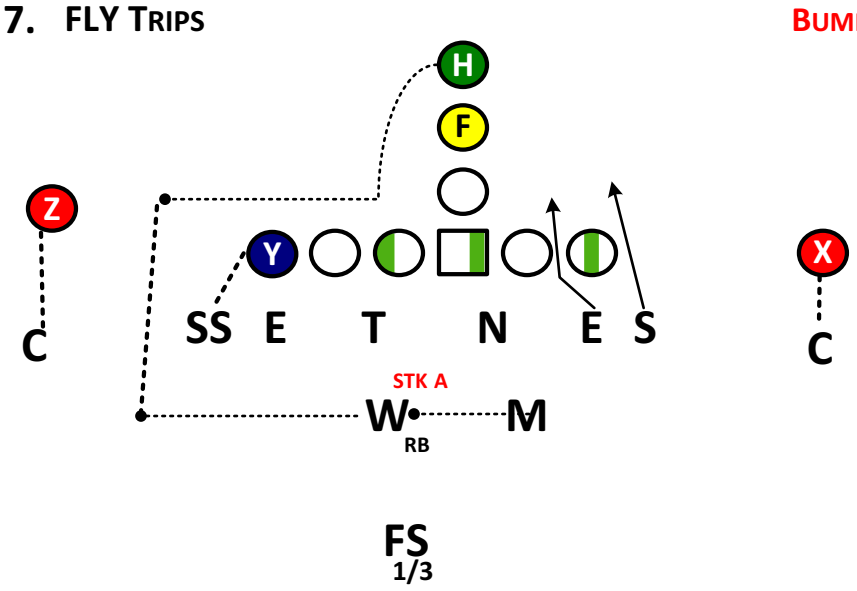
6. Double Out

Bump



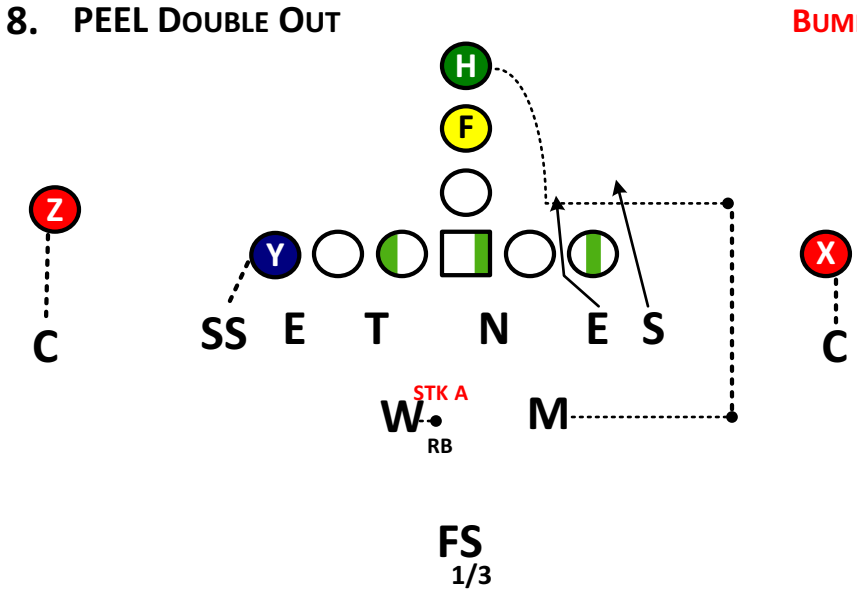
7. FLY Trips

Bump



8. PEEL Double Out

Bump

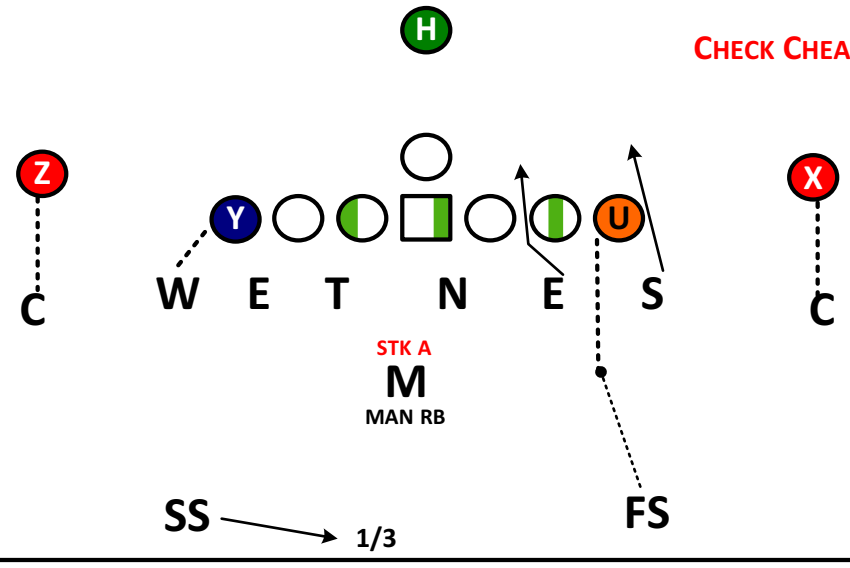


Chester Sam 1 Y Bump

1. Solo

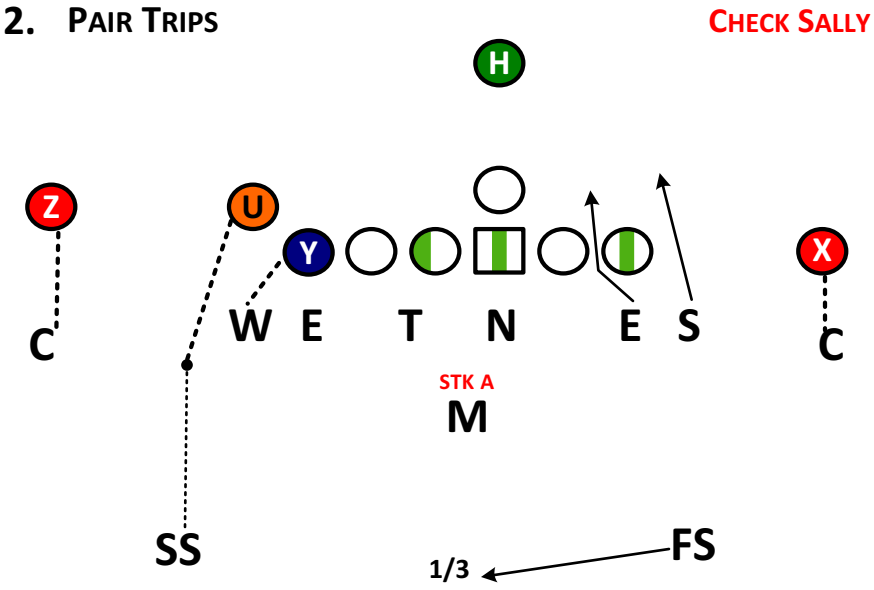
Check Sally

Check Cheat



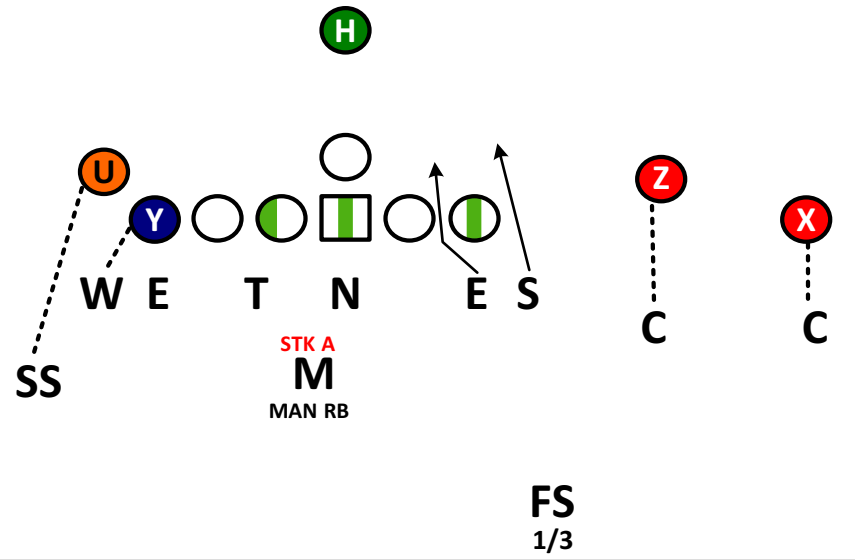
2. Pair Trips

Check Sally



3. Pair Slot

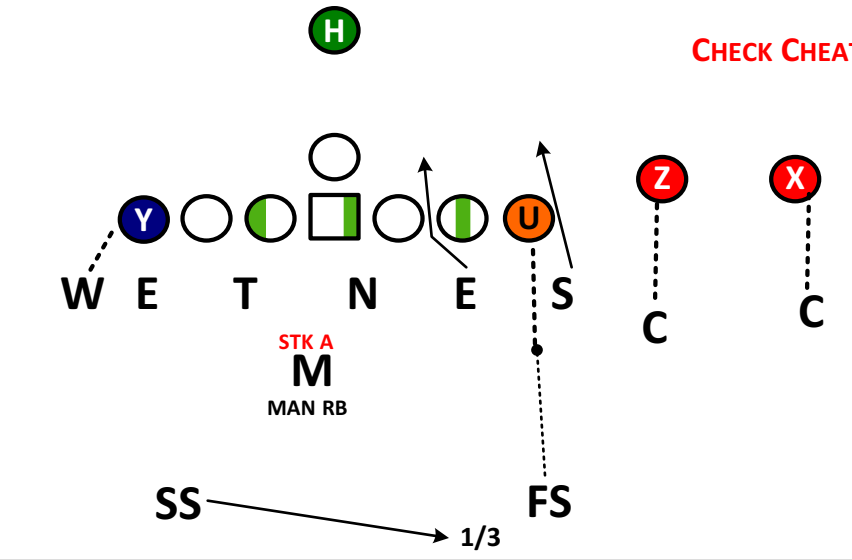
Check Sally



4. Solo Slot

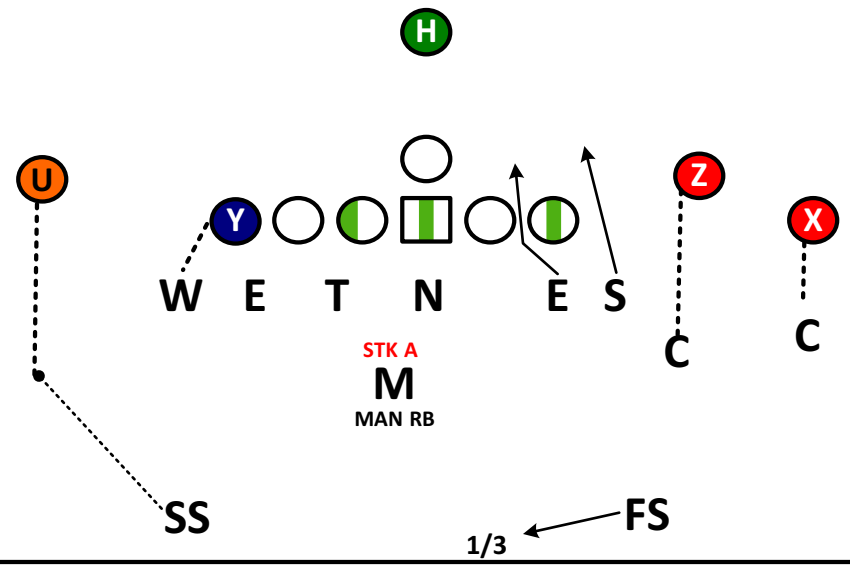
Check Sally

Check Cheat



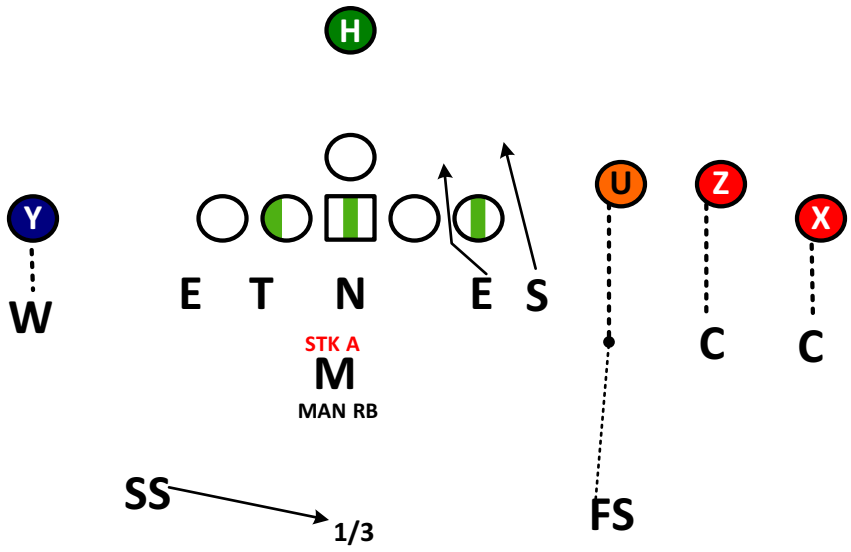
5. Slot Double Out

Check Sally



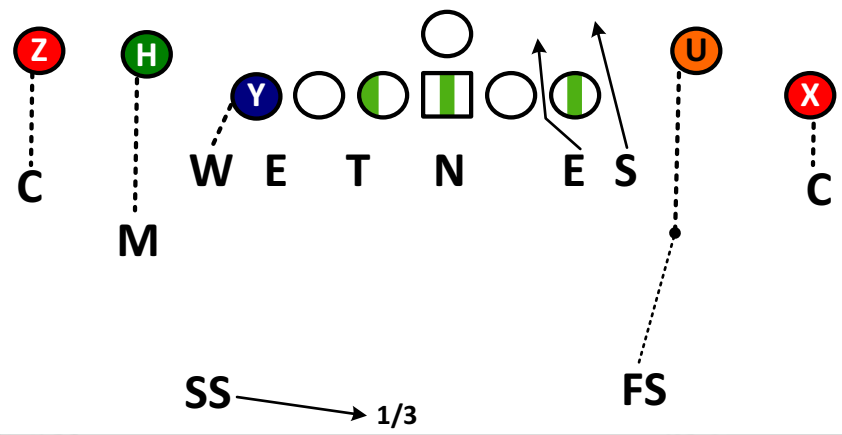
6. Seattle

Check Sally



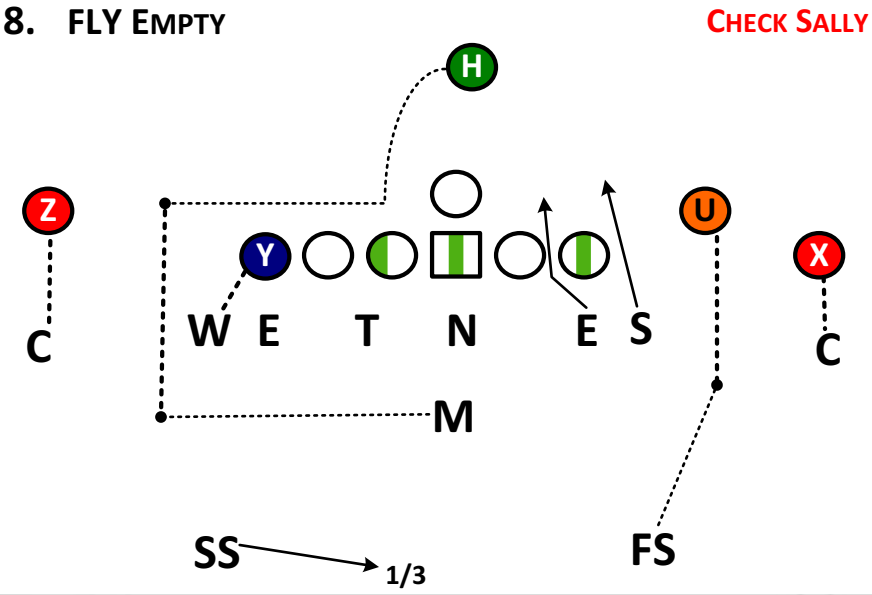
7. Empty

Check Sally



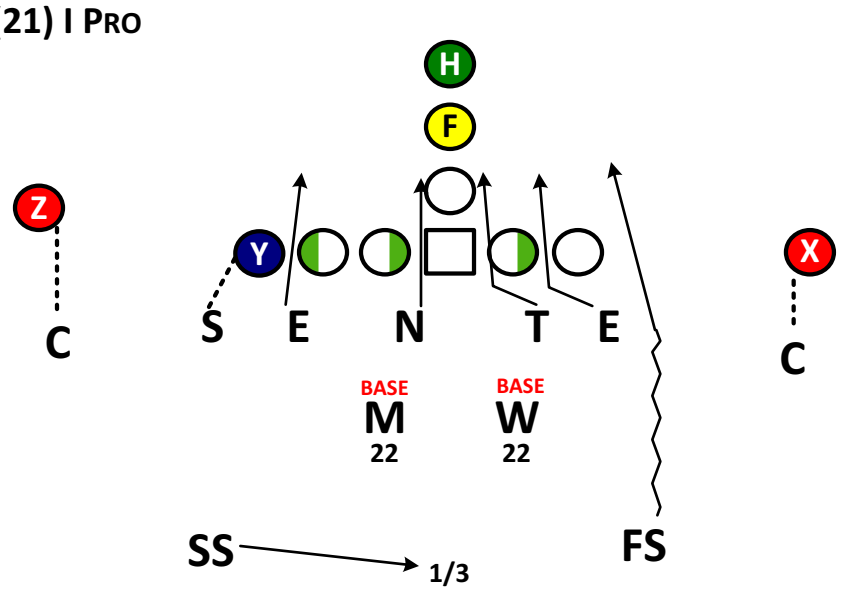
8. FLY Empty

Check Sally



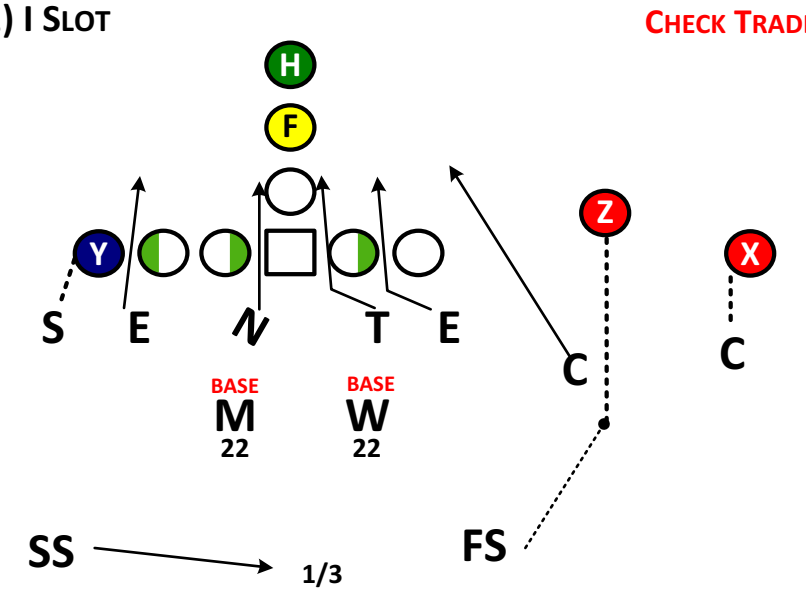
UNDER G FOX 1 BUMP

(21) I PRO



(21) I SLOT

CHECK TRADE



ESSENCE:

1. 5 MAN UNDER 1 PRESSURE WITH THE FREE SAFETY RUSHING OFF THE FLEX SIDE EDGE.

COACHING POINTS:

1. SOLID CALL TO THE "Y".
2. MIKE AND WILL: 22 THE BACKS.

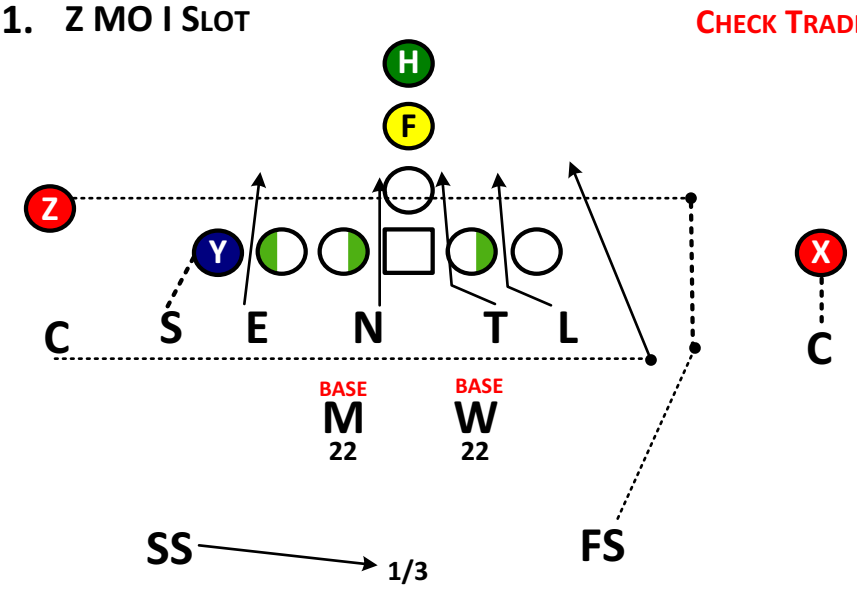
ADJUSTMENTS:

1. VS. PRO X NASTY: CHECK TRADE.
2. VS. ALIGNED OR MOTION TO SLOT: CHECK TRADE.
3. VS. 2 BACK Y SHIFT: BUMP.
4. VS. ALIGNED OR MOTIONED TO 1 BACK SETS: BUMP.

UNDER G FOX 1 BUMP

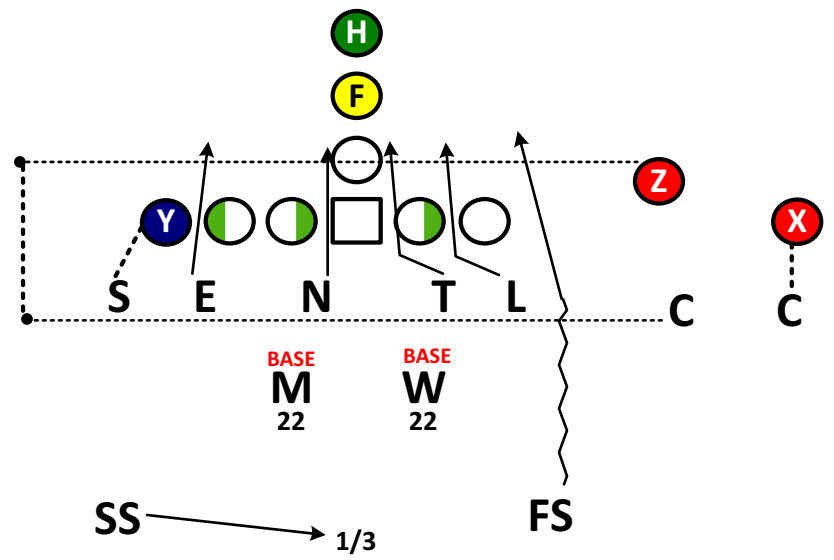
1. Z MO I SLOT

CHECK TRADE



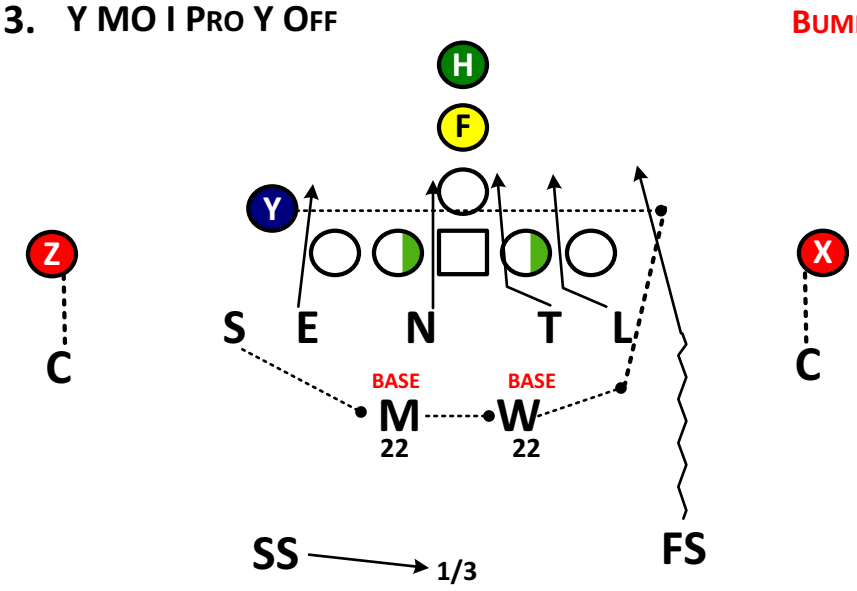
2. Z MO I PRO

CHECK FELIX

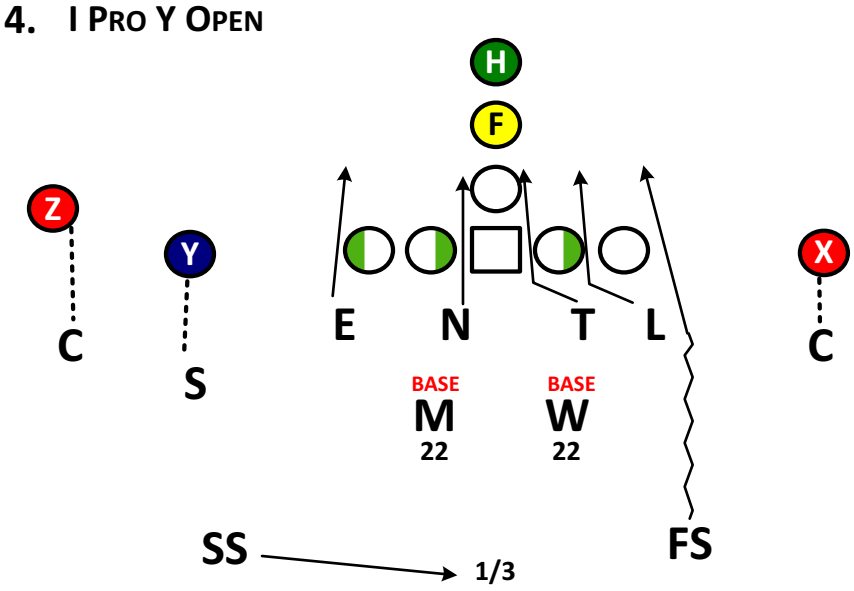


3. Y MO I PRO Y OFF

BUMP

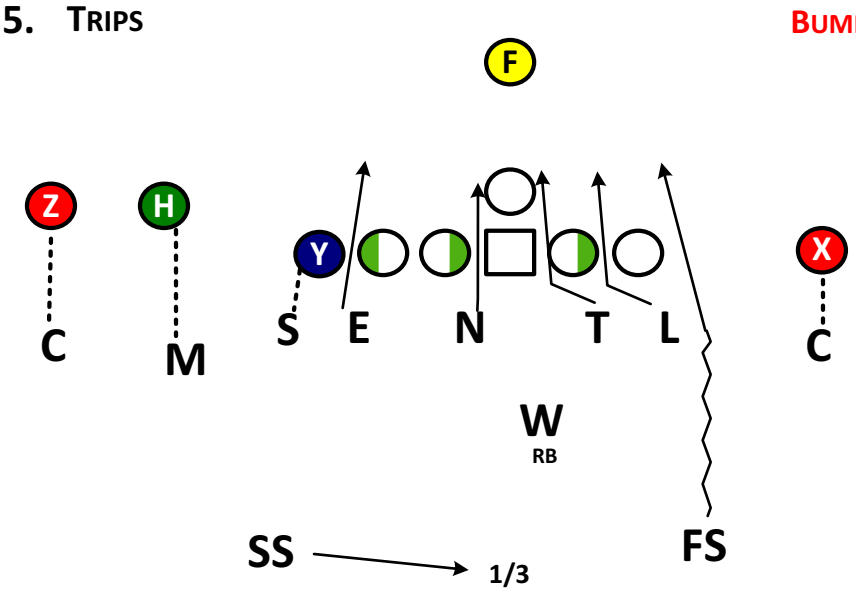


4. I PRO Y OPEN



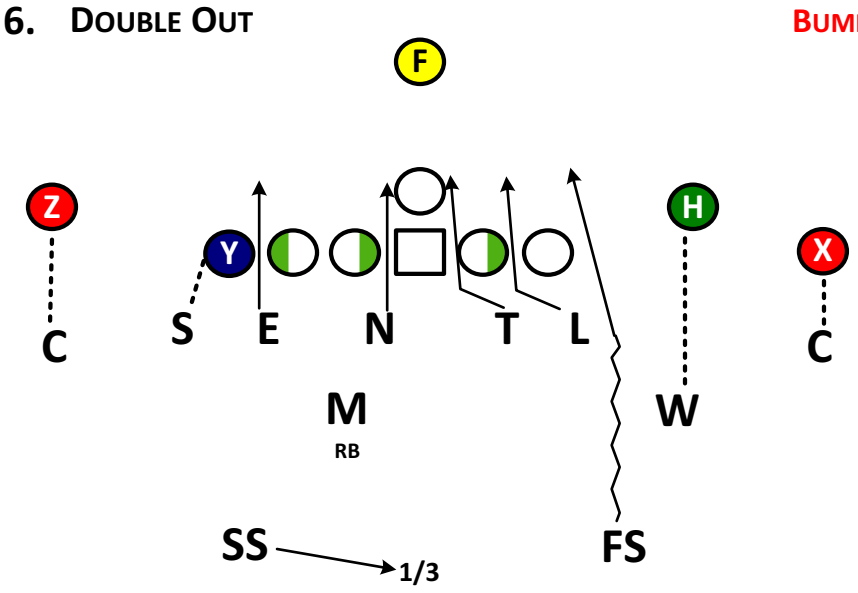
5. TRIPS

BUMP



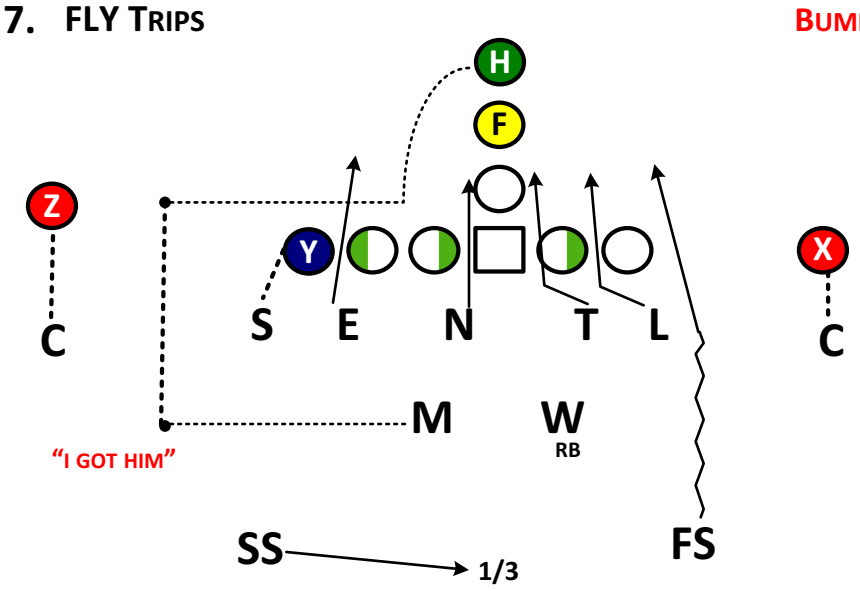
6. DOUBLE OUT

BUMP



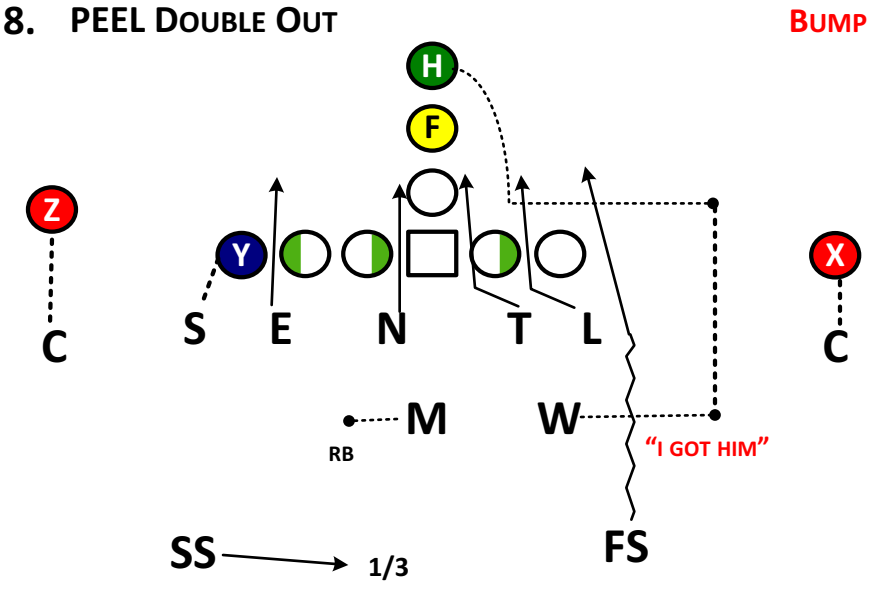
7. FLY TRIPS

BUMP



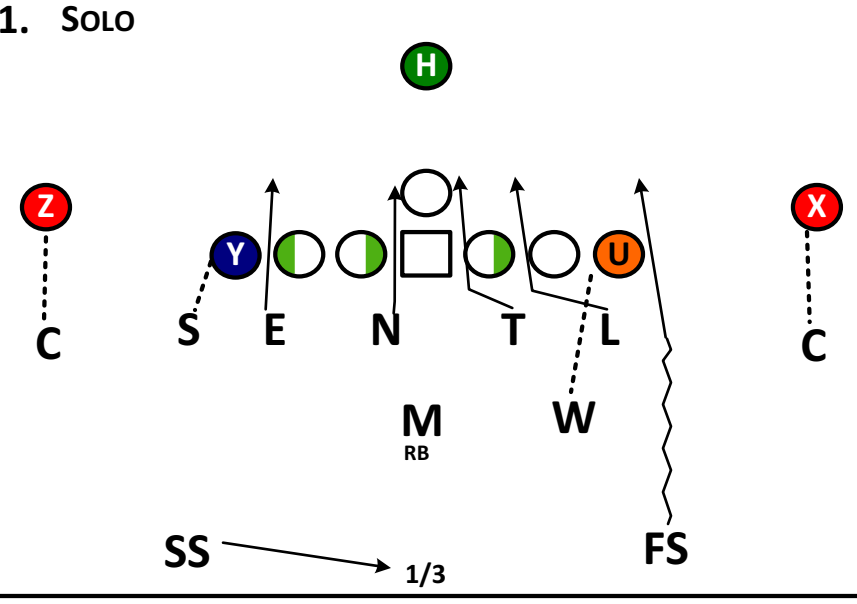
8. PEEL DOUBLE OUT

BUMP

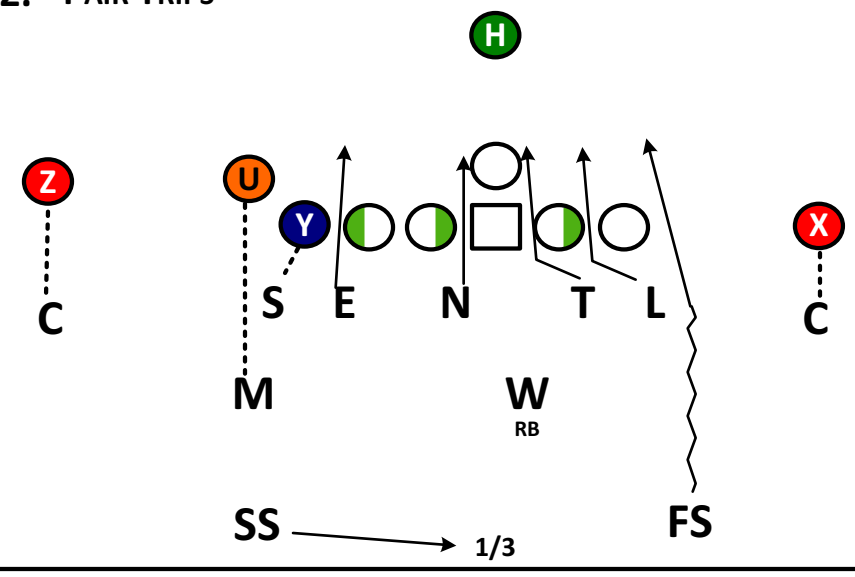


Under G Fox 1 Bump

1. Solo

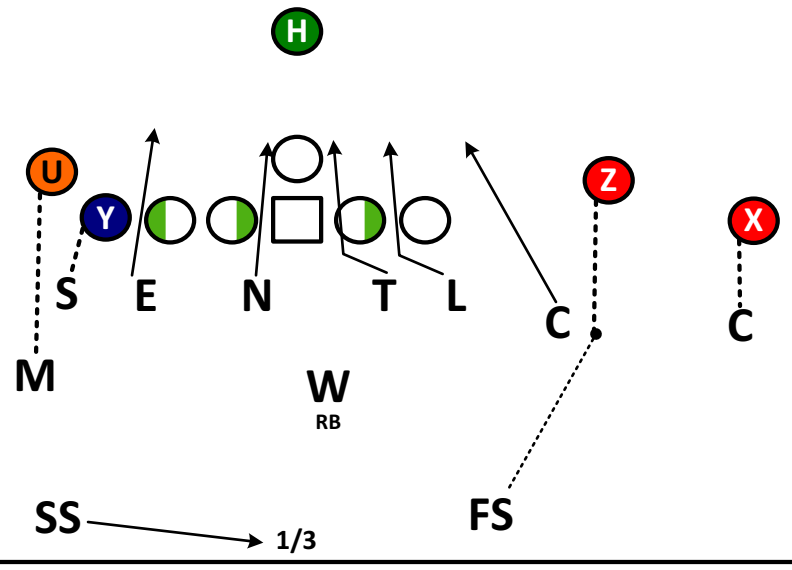


2. Pair Trips



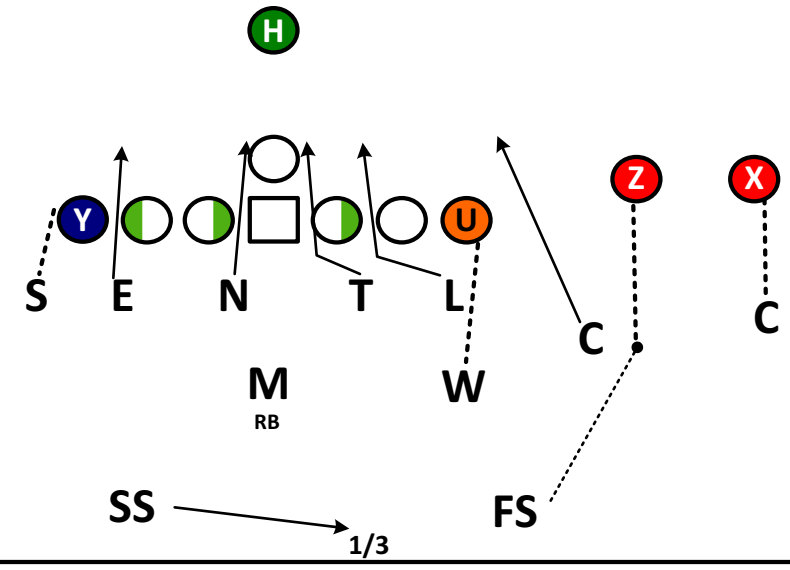
3. Pair Slot

Check Trade



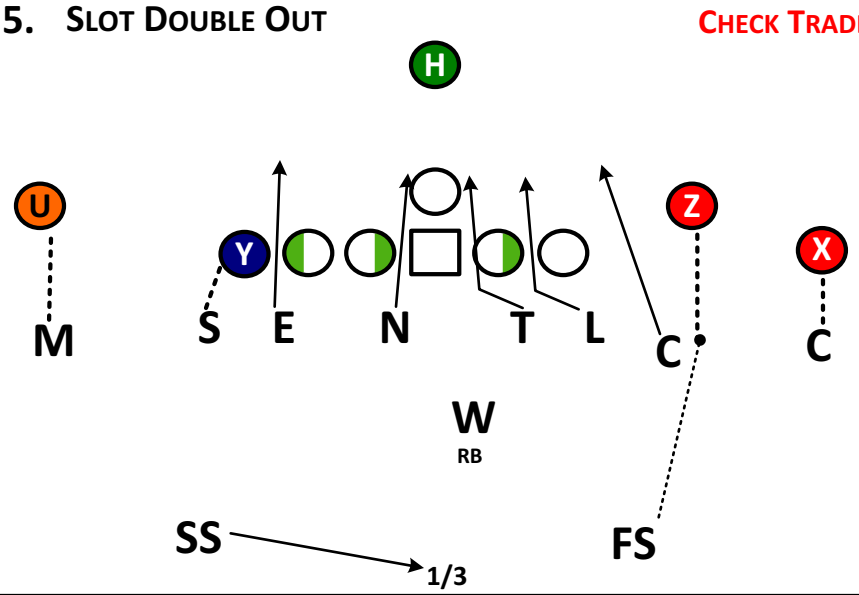
4. Solo Slot

Check Trade

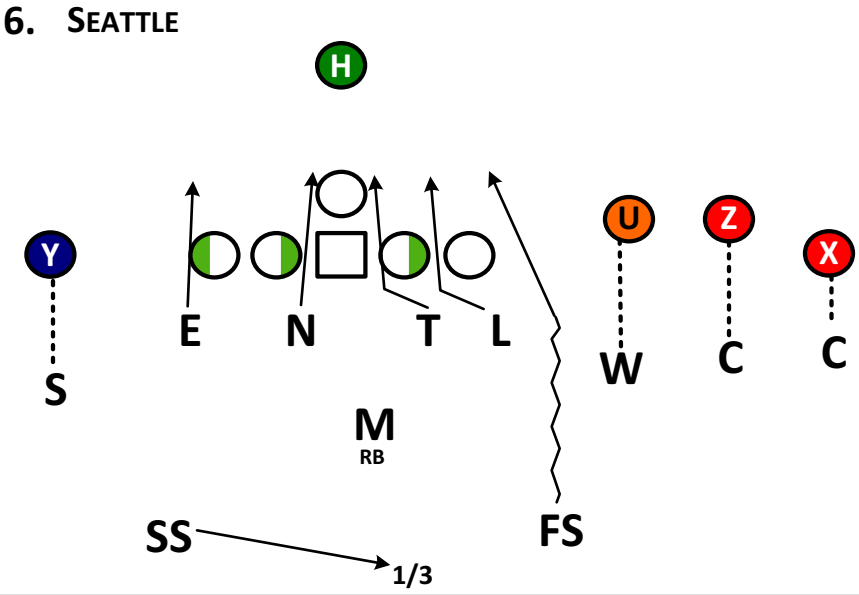


5. Slot Double Out

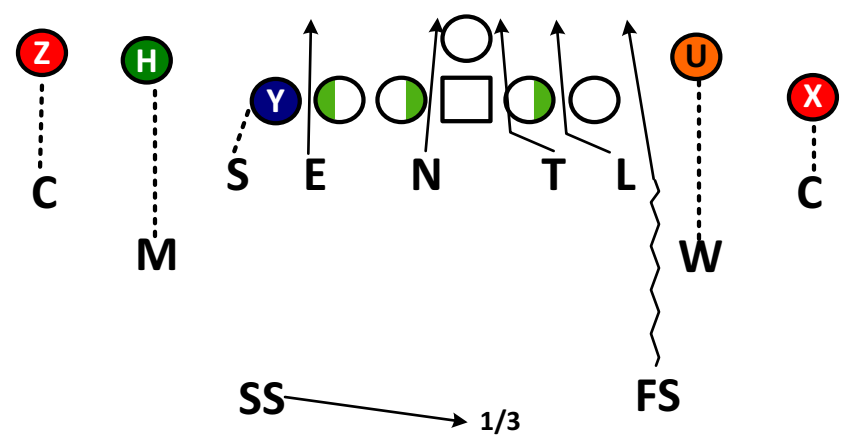
Check Trade



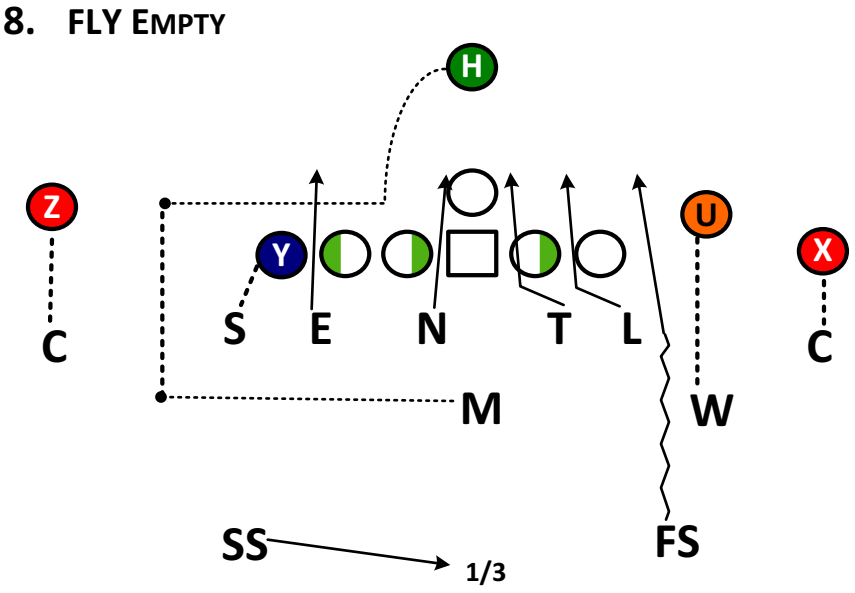
6. Seattle



7. Empty



8. Fly Empty

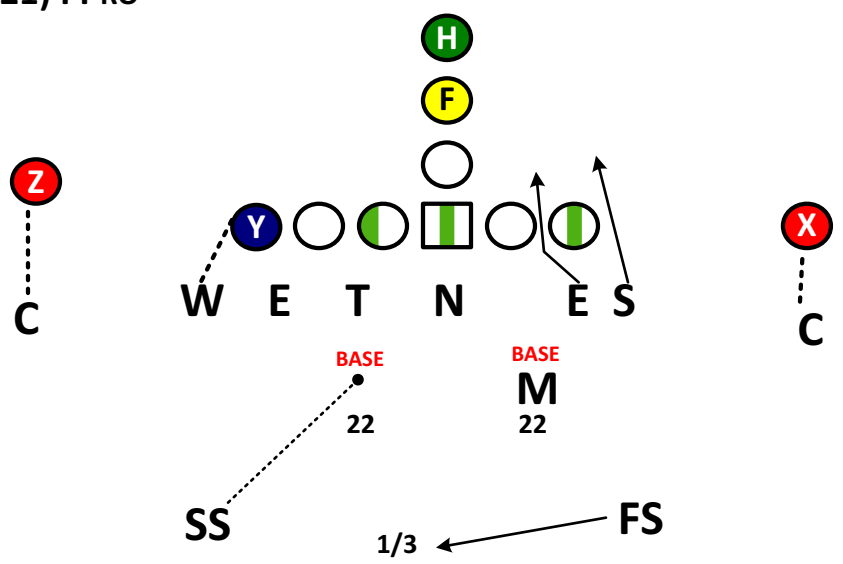


UNDER G FELIX 1 BUMP

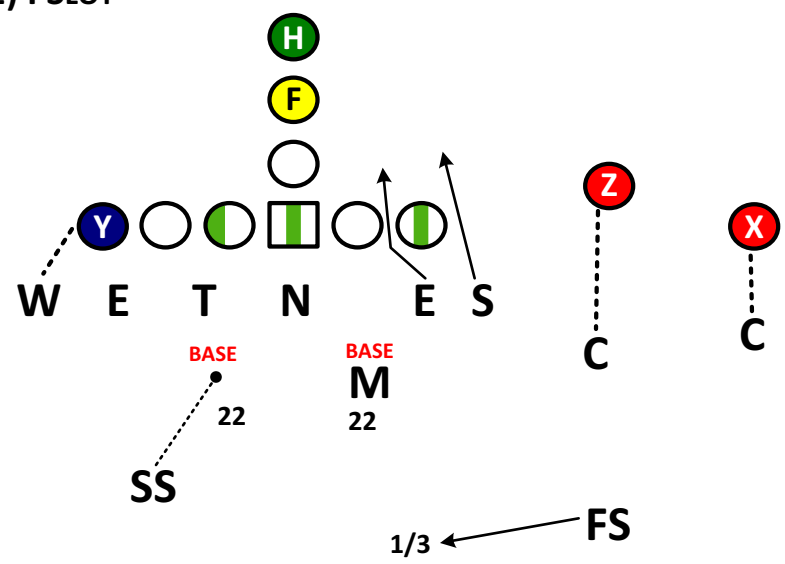
1.	**2.**
3.	**4.**
5.	**6.**
7.	**8.**

Tuff Sam 1 Sally

(21) I Pro



(21) I Slot



Essence:

1. Tuff Sam 1 Sally is a 5 Man pressure out of our Tuff look.

Coaching Points:

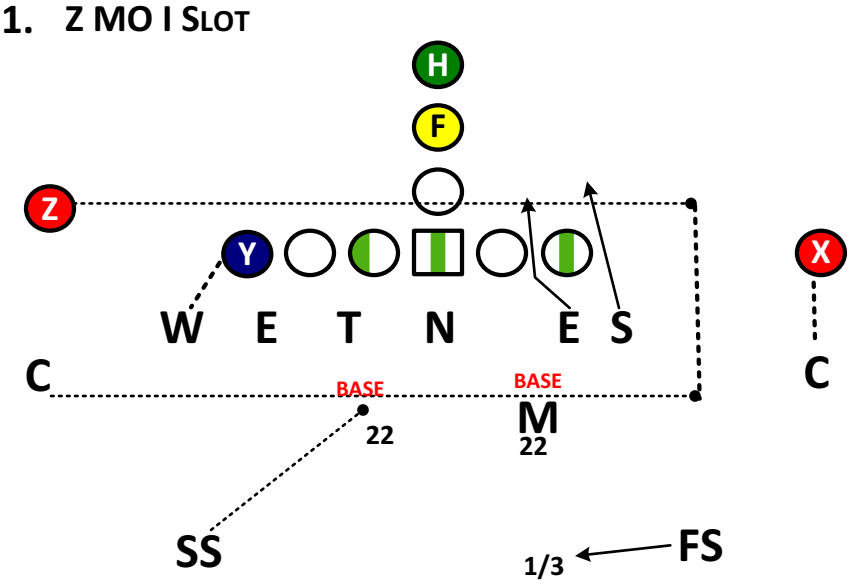
1. Solid Call to the Y
2. Sam: Contain Blitzer
3. Will: Man to Man on Y
4. SS & Mike: 2 on 2 the Backs

Adjustments:

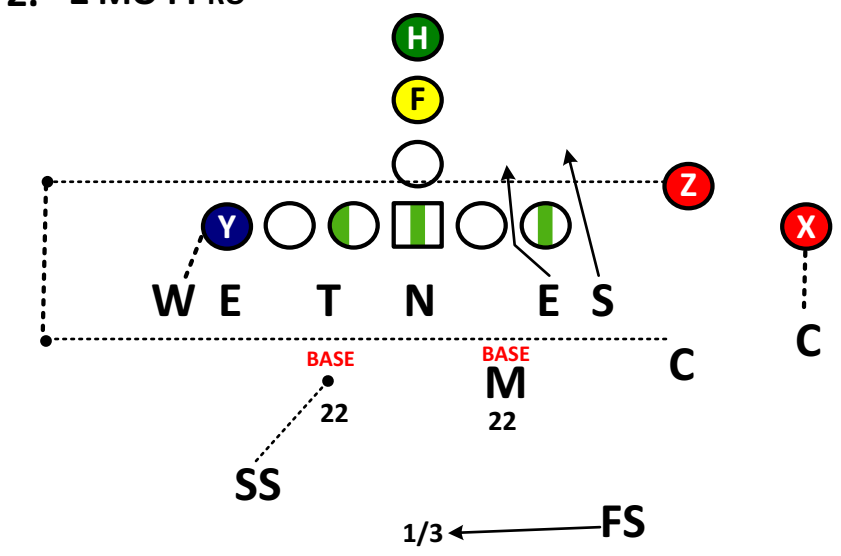
1. Fly/Peel Motion: Check Sally
2. Vs. Aligned 1 Back sets: Check Special
3. 2 Back Y Motion: Check Switch (Rock Smack 1 Y Sally)
4. Vs. 2 Back Y Open: Check Switch
5. Vs. Empty: Check Special, Mike Adjust

TUFF SAM 1 SALLY

1. Z MO I SLOT



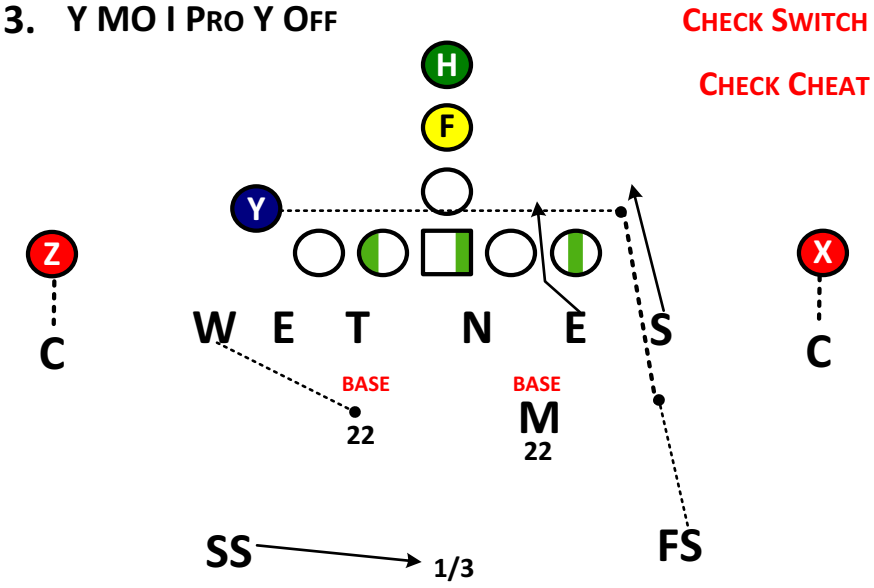
2. Z MO I PRO



3. Y MO I PRO Y OFF

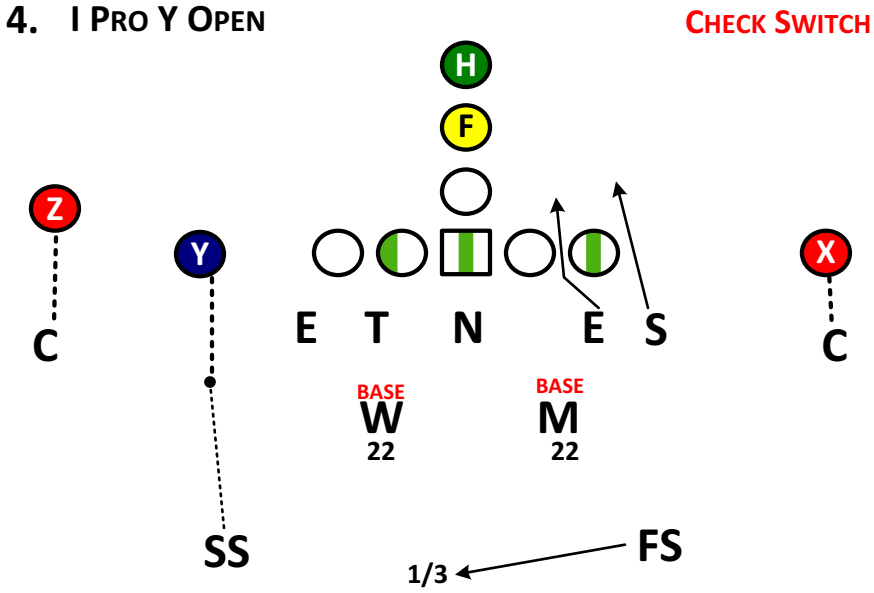
CHECK SWITCH

CHECK CHEAT



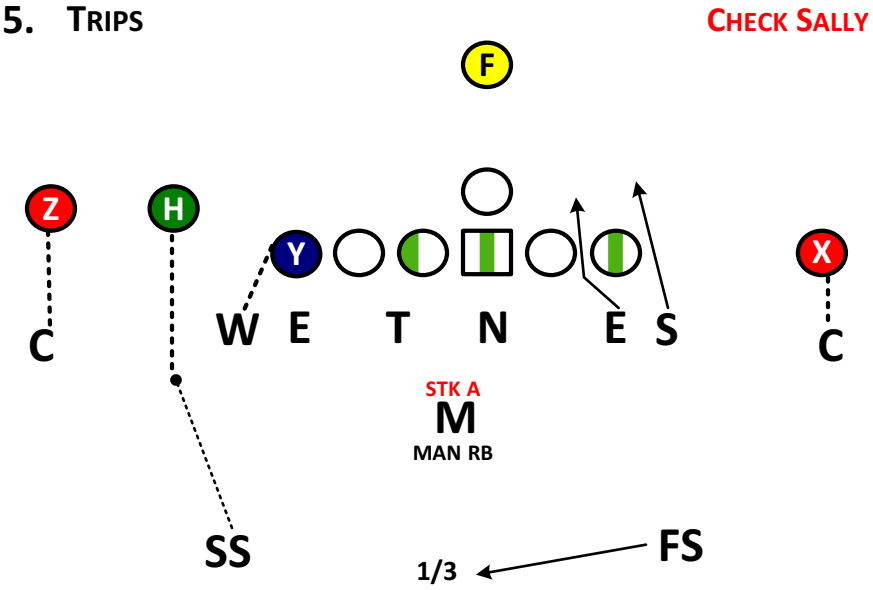
4. I PRO Y OPEN

CHECK SWITCH



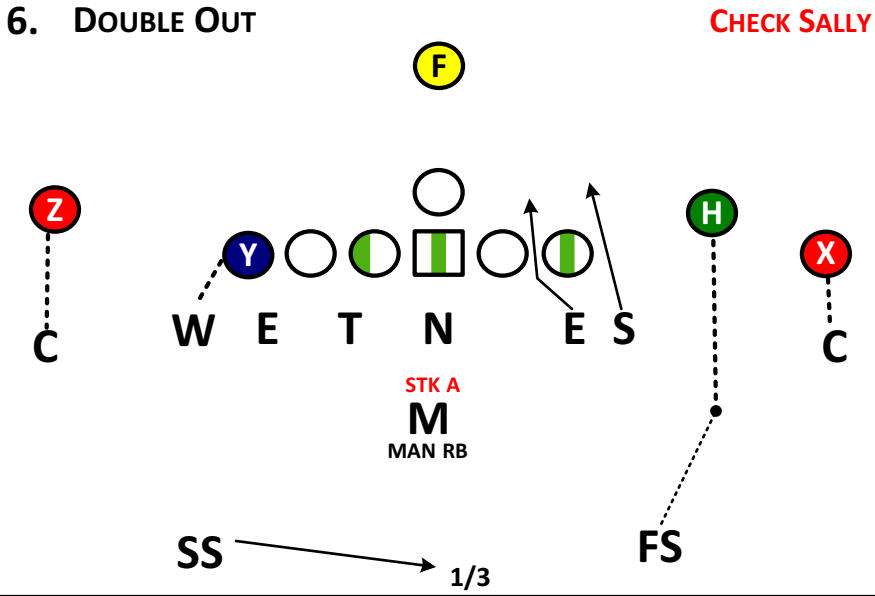
5. TRIPS

CHECK SALLY



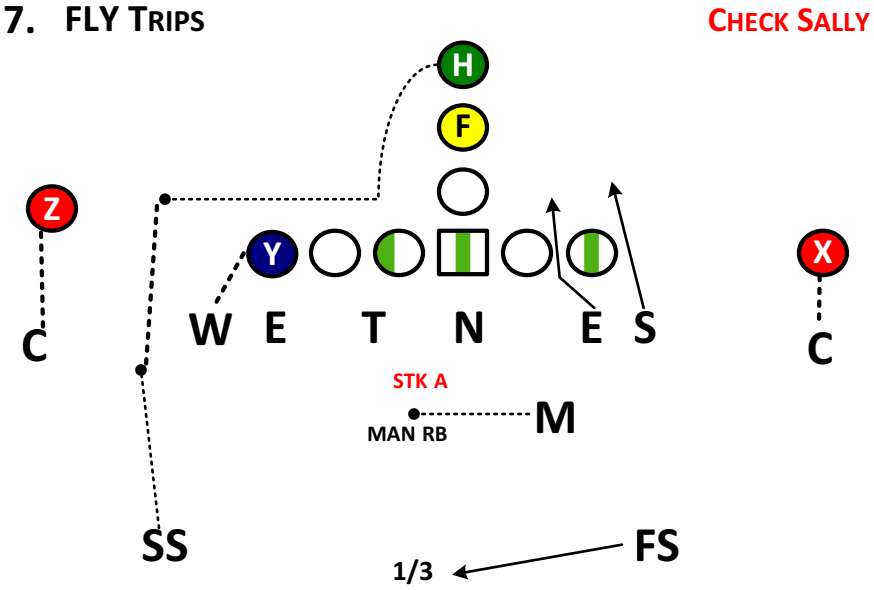
6. DOUBLE OUT

CHECK SALLY



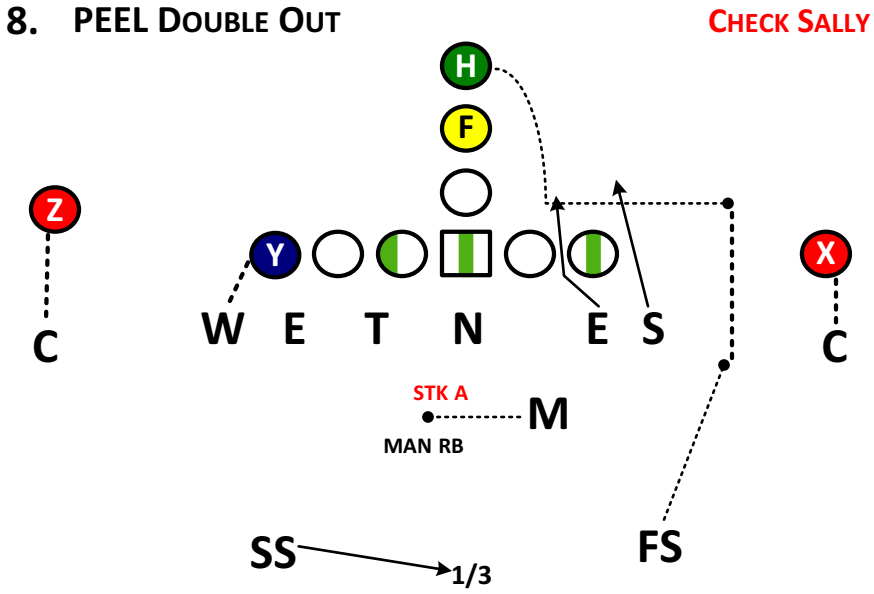
7. FLY TRIPS

CHECK SALLY



8. PEEL DOUBLE OUT

CHECK SALLY

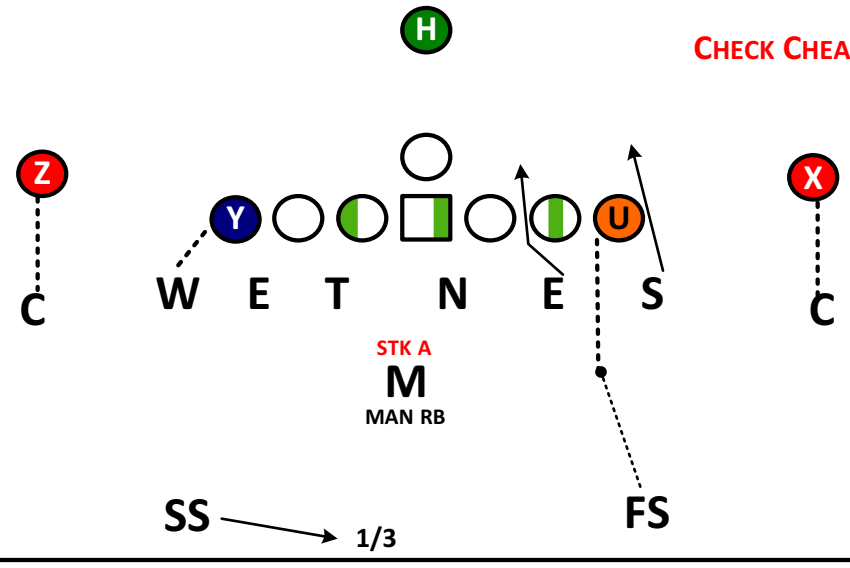


Tuff Sam 1 Sally

1. Solo

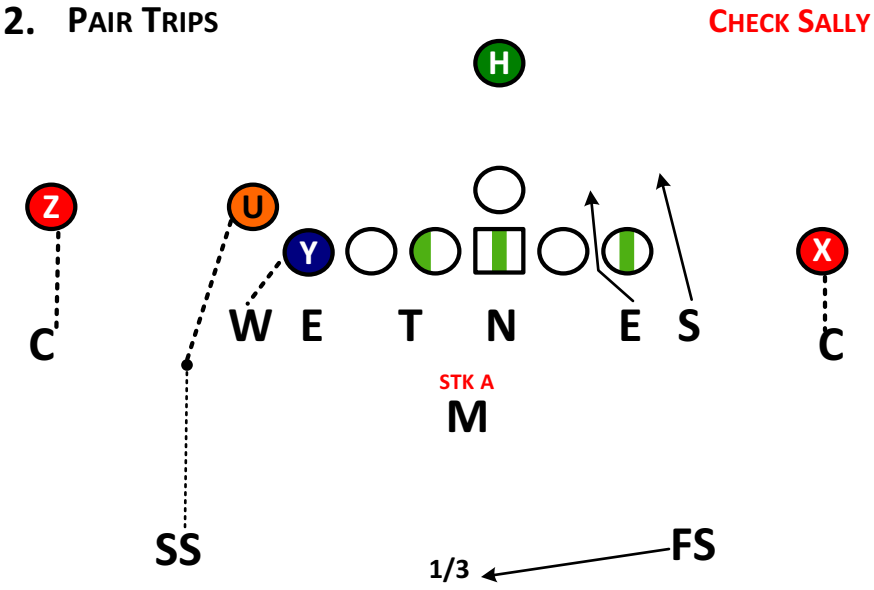
Check Sally

Check Cheat



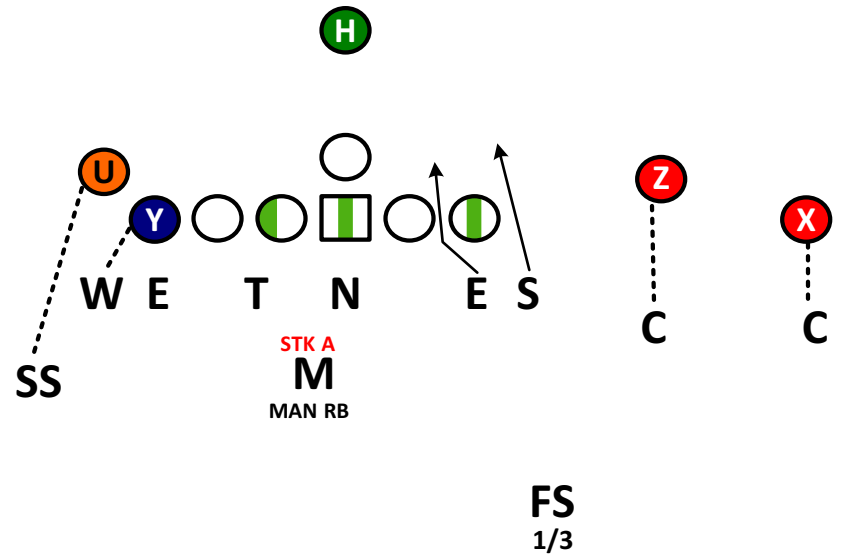
2. Pair Trips

Check Sally



3. Pair Slot

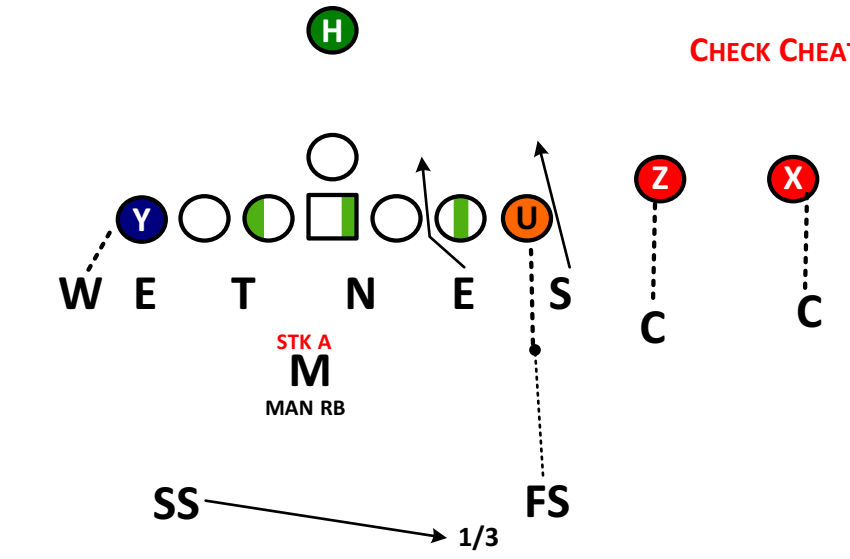
Check Sally



4. Solo Slot

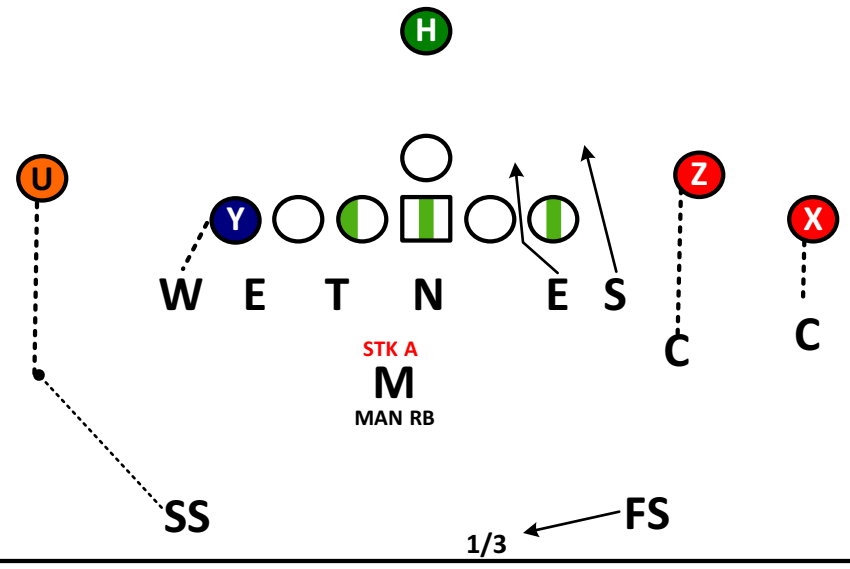
Check Sally

Check Cheat



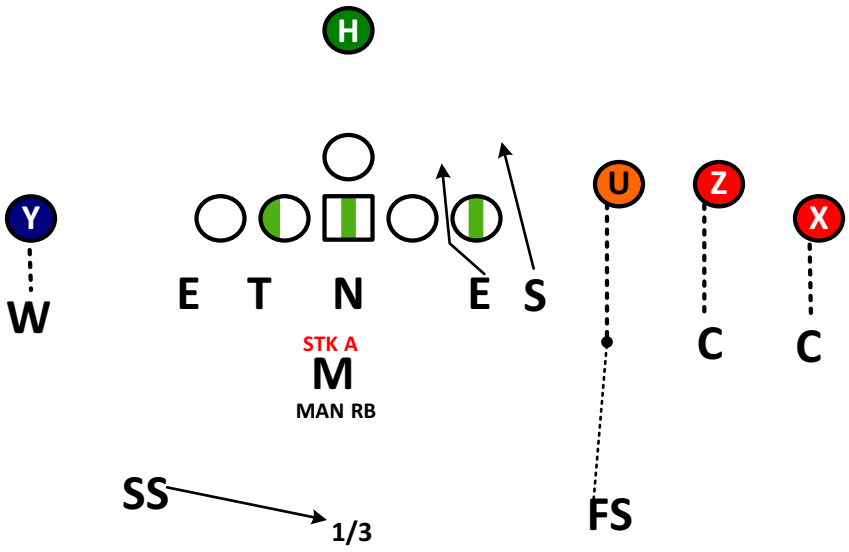
5. Slot Double Out

Check Sally



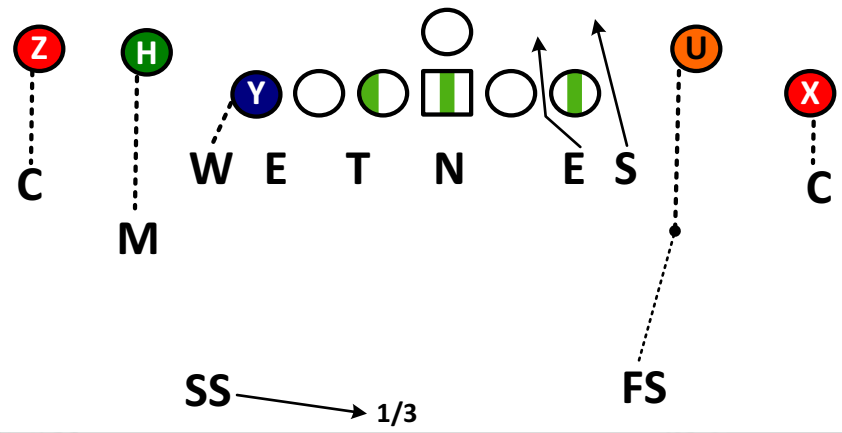
6. Seattle

Check Sally



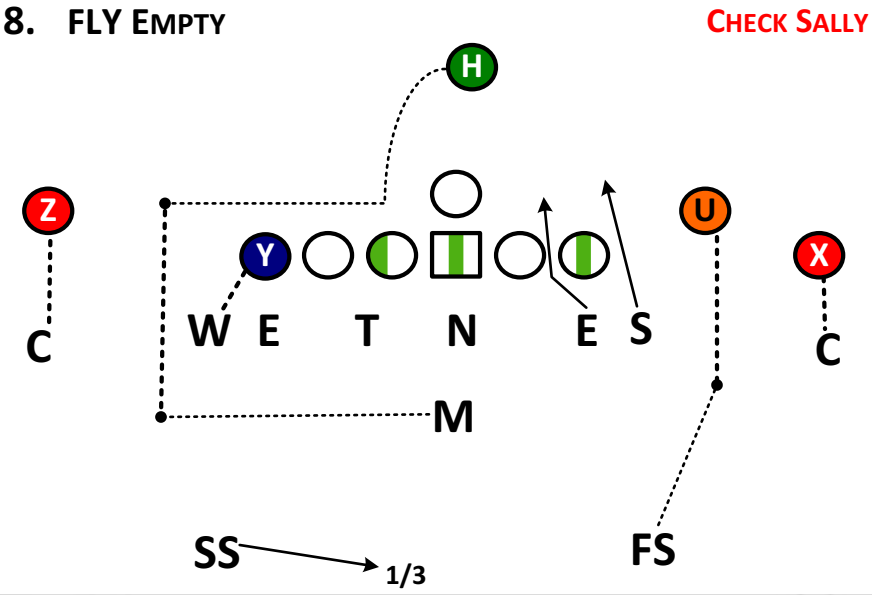
7. Empty

Check Sally



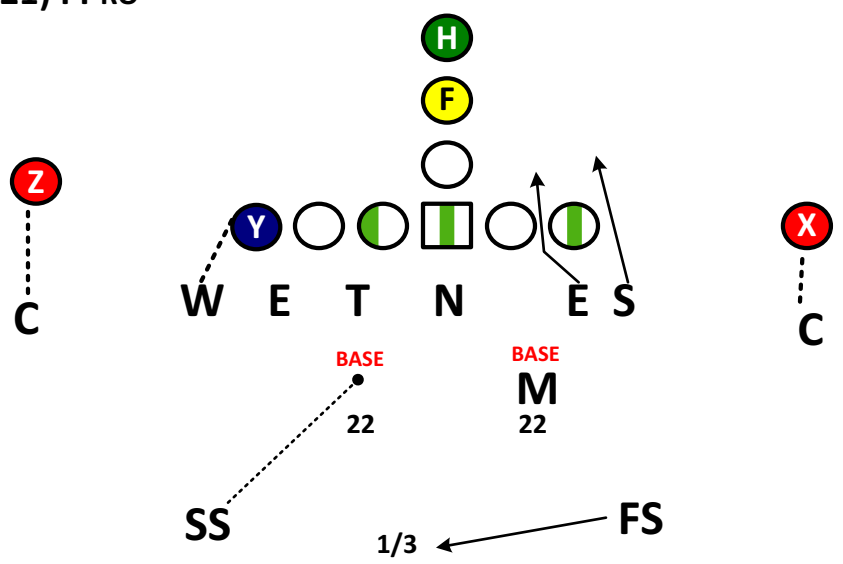
8. FLY Empty

Check Sally

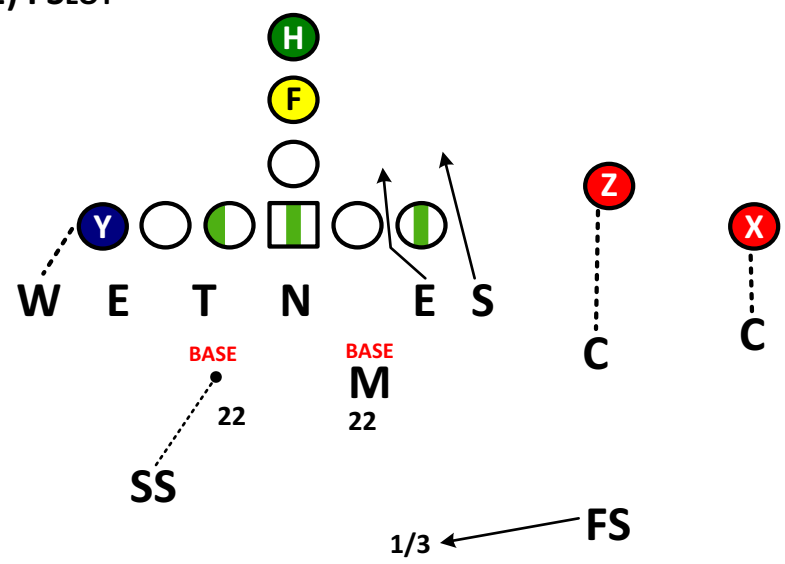


Tuff Sam 1 Special

(21) I Pro



(21) I Slot



Essence:

1. Tuff Sam 1 Sally is a 5 Man pressure out of our Tuff look.

Coaching Points:

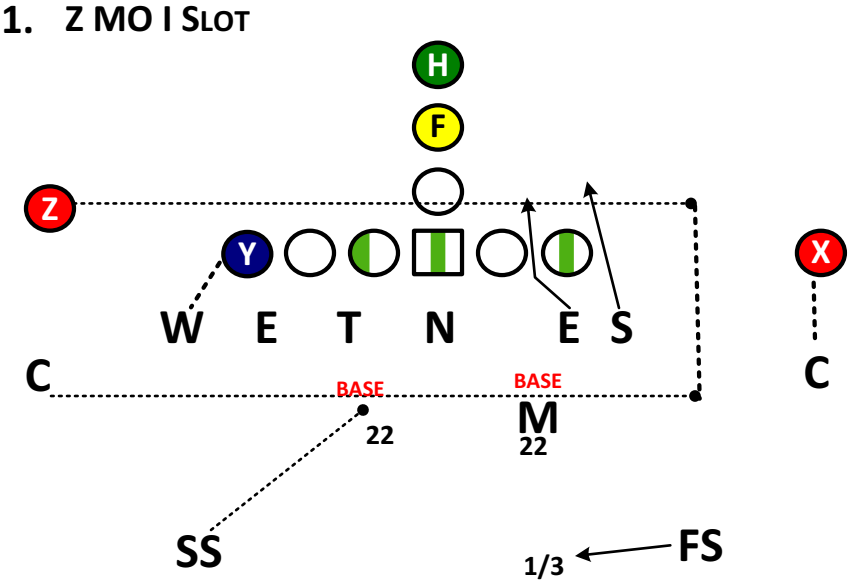
1. Solid Call to the Y
2. Sam: Contain Blitzer
3. Will: Man to Man on Y
4. SS & Mike: 2 on 2 the Backs

Adjustments:

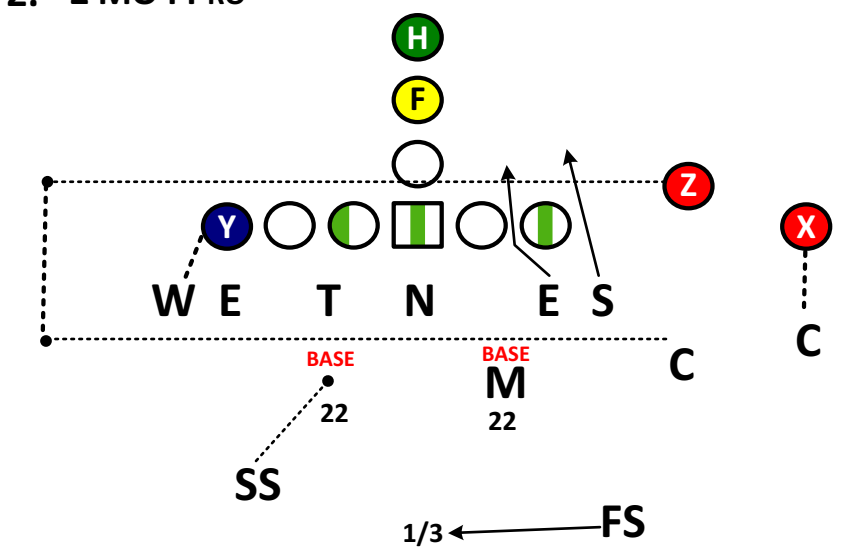
1. Fly/Peel Motion: Special Rules Apply
2. Vs. Aligned 1 Back sets: Check Special
3. 2 Back Y Motion: Check Switch (Rock Smack 1 Y Sally)
4. Vs. 2 Back Y Open: Check Switch
5. Vs. Empty: Check Special, Mike Adjust

Tuff Sam 1 Special

1. Z MO I Slot



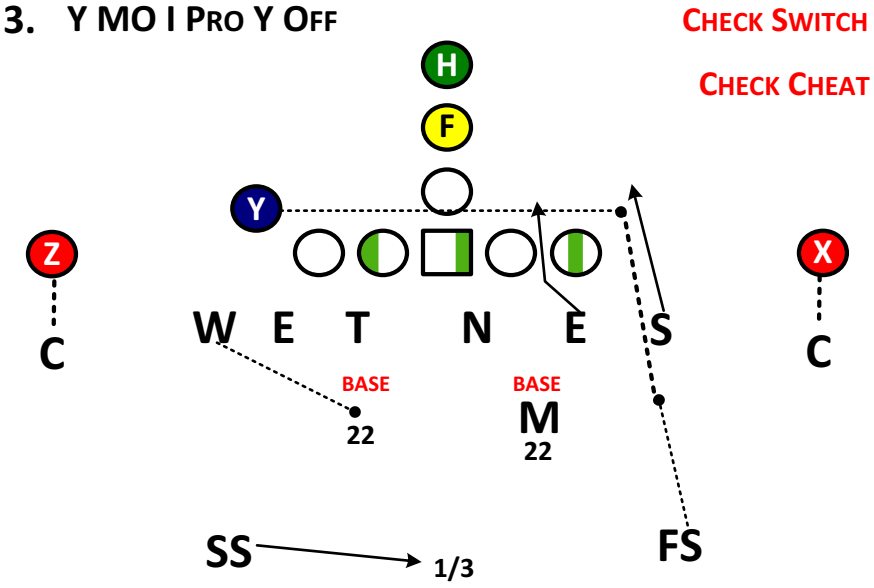
2. Z MO I Pro



3. Y MO I Pro Y Off

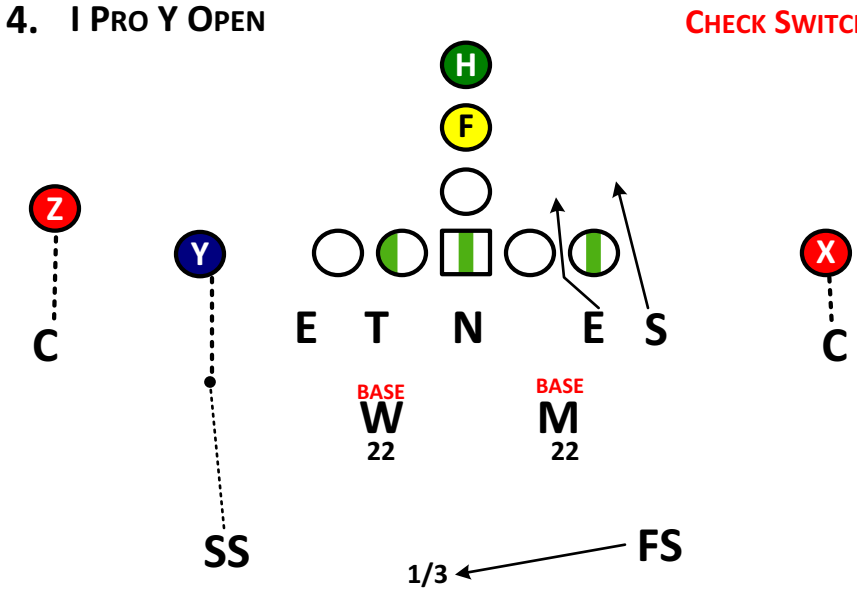
Check Switch

Check Cheat



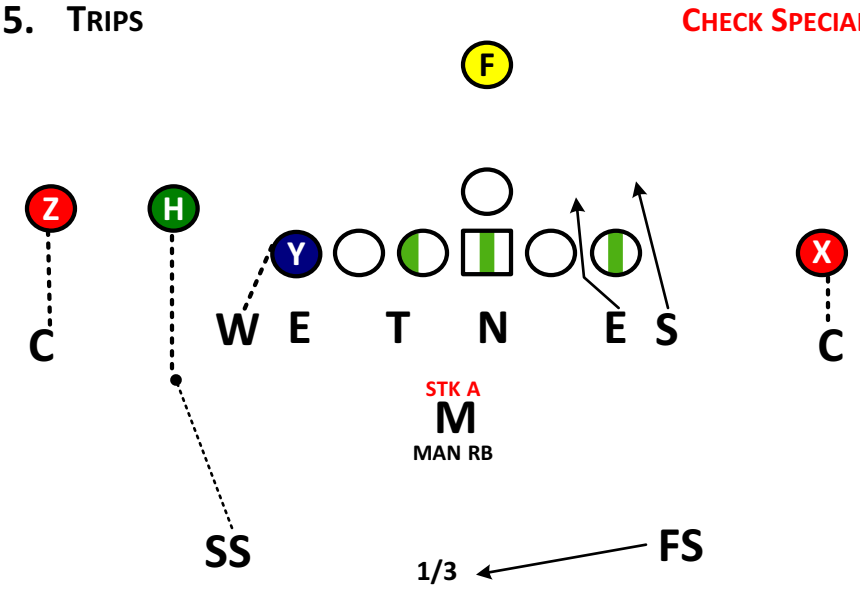
4. I Pro Y Open

Check Switch



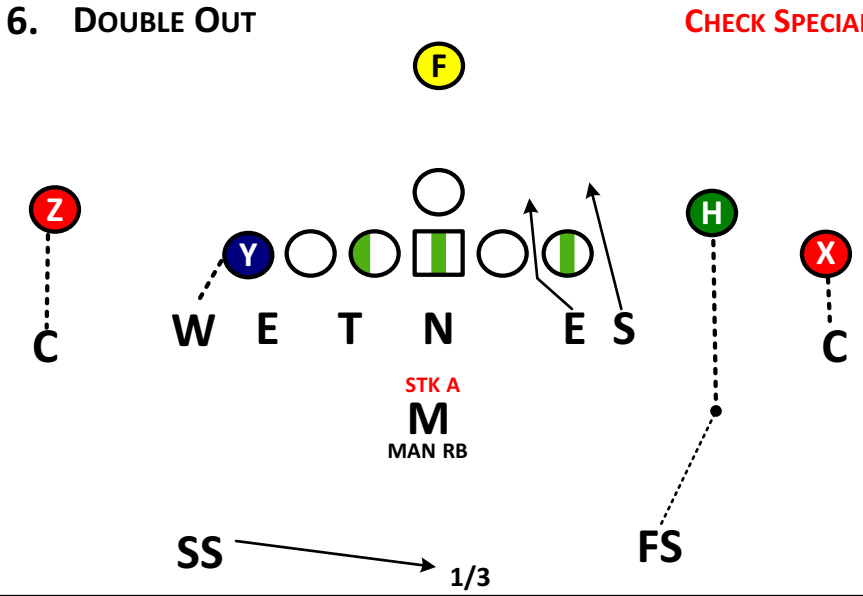
5. Trips

Check Special



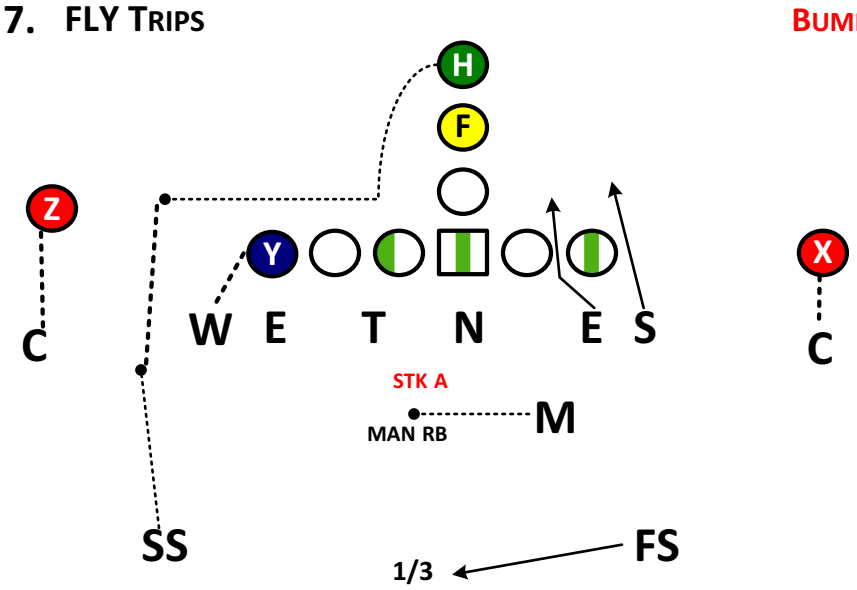
6. Double Out

Check Special



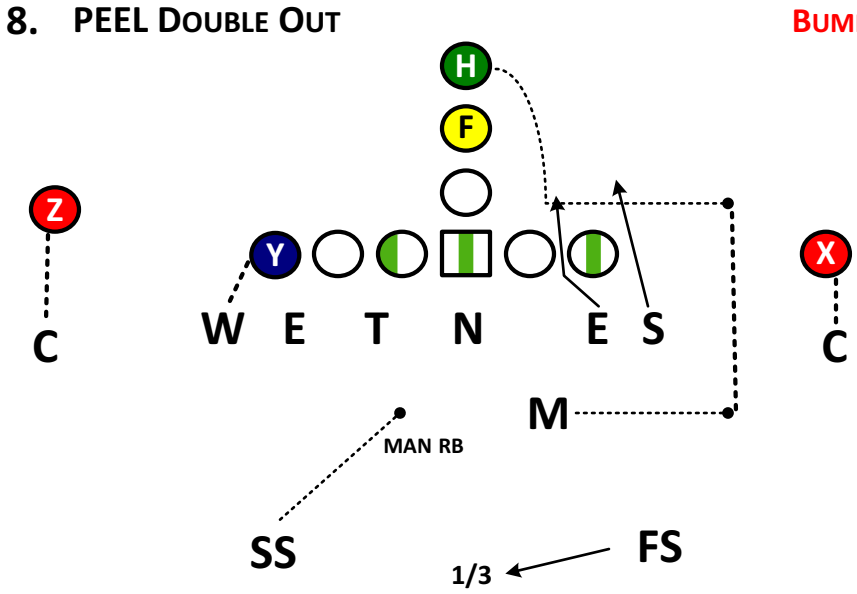
7. FLY Trips

Bump



8. PEEL Double Out

Bump

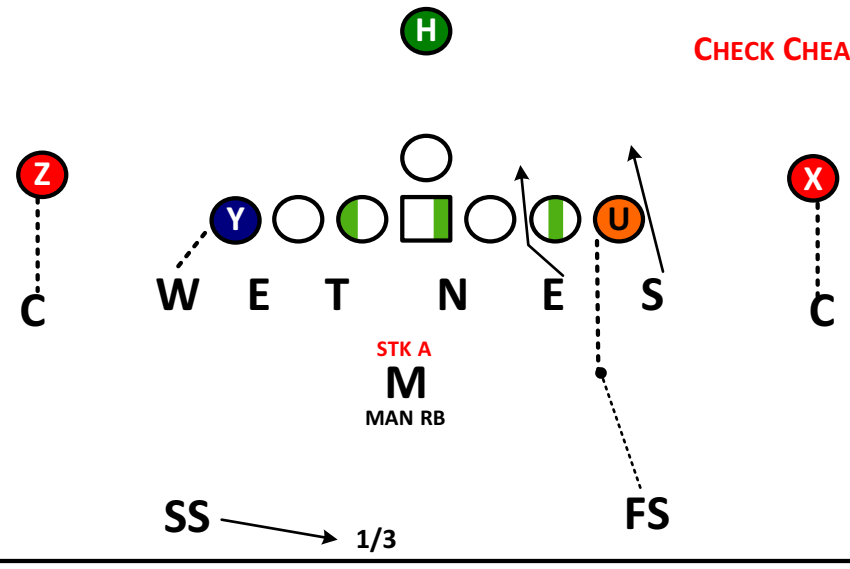


Tuff Sam 1 Special

1. Solo

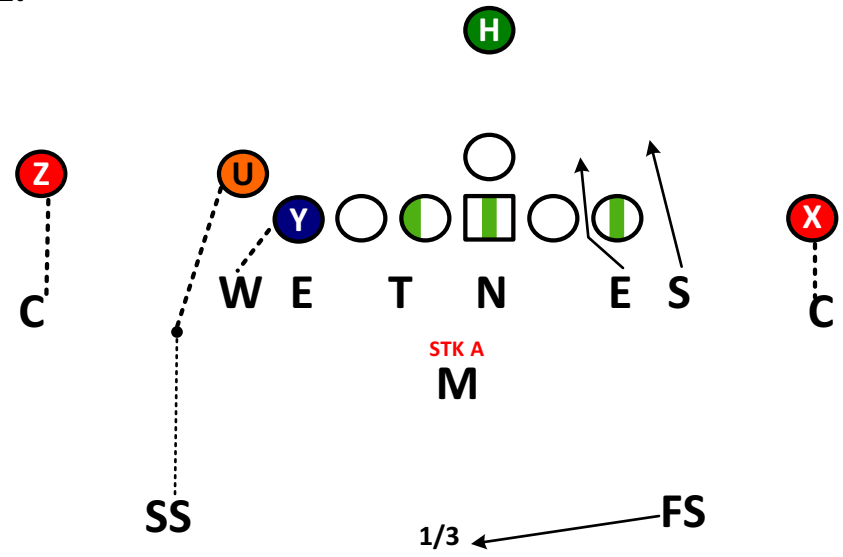
Check Special

Check Cheat



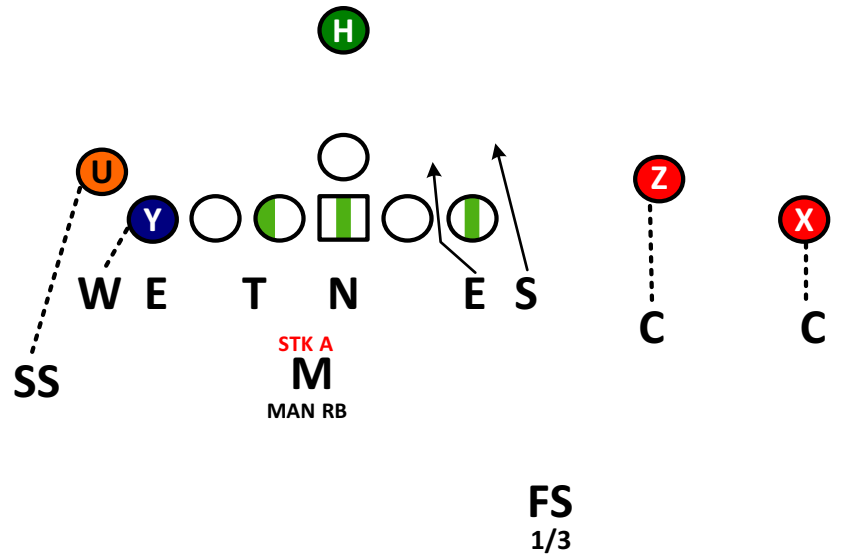
2. Pair Trips

Check Special



3. Pair Slot

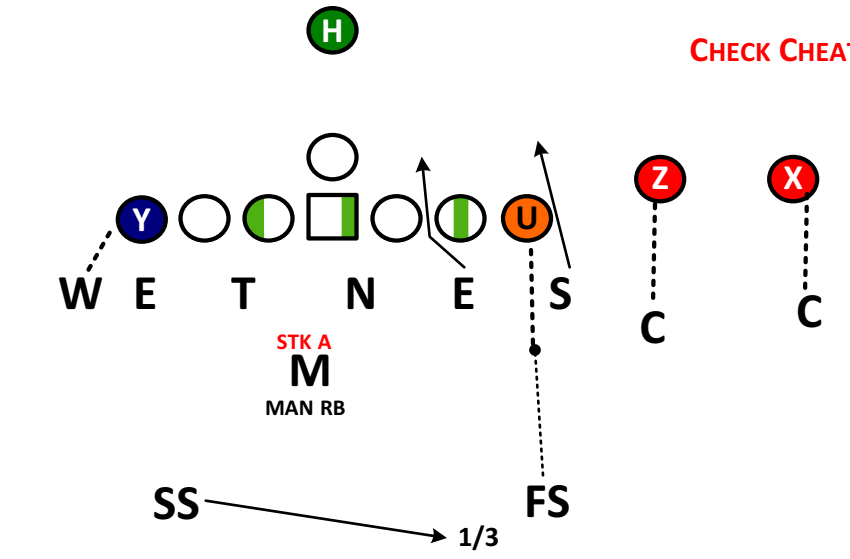
Check Special



4. Solo Slot

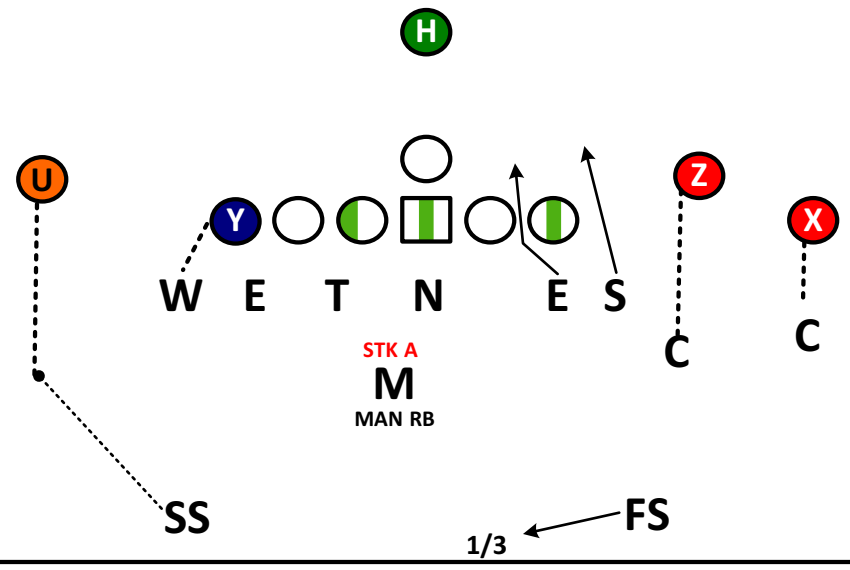
Check Special

Check Cheat



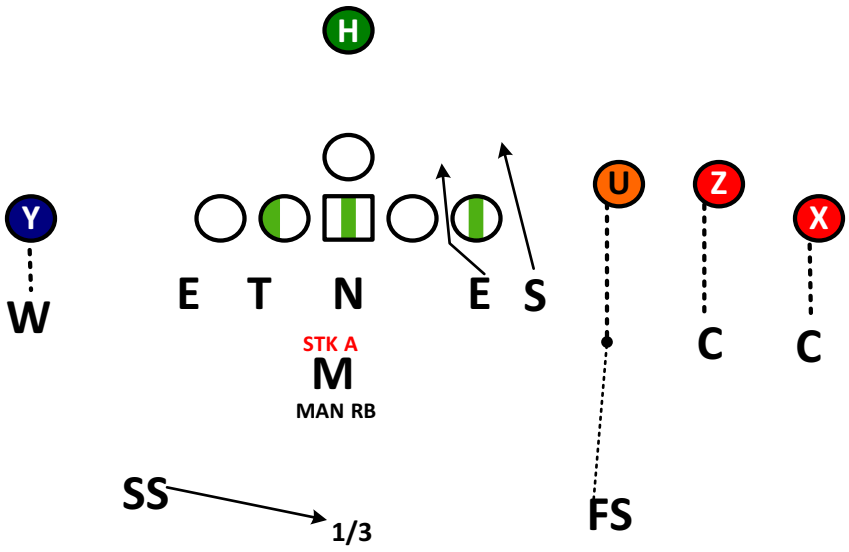
5. Slot Double Out

Check Special



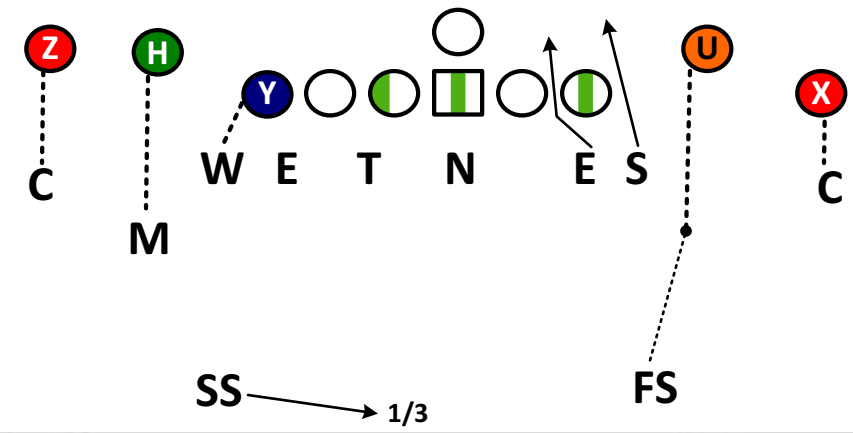
6. Seattle

Check Special



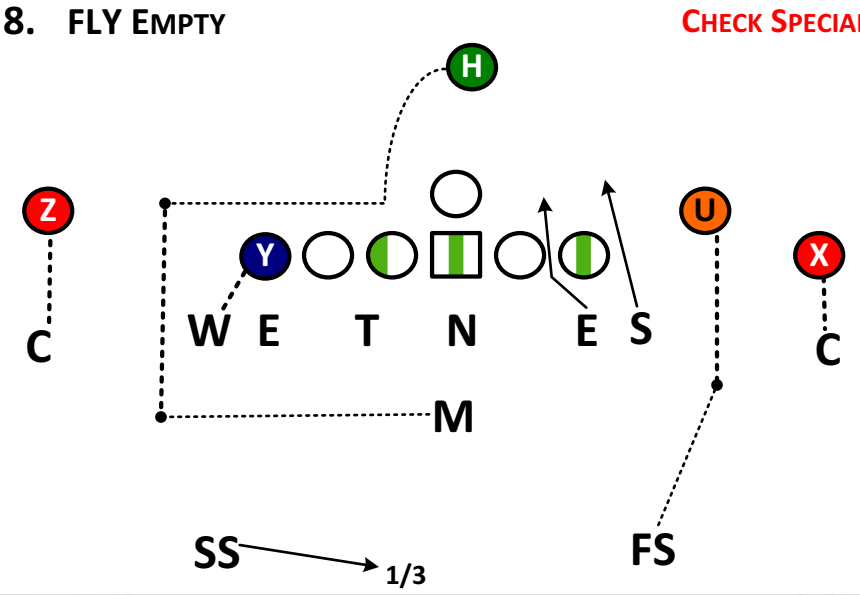
7. Empty

Check Special



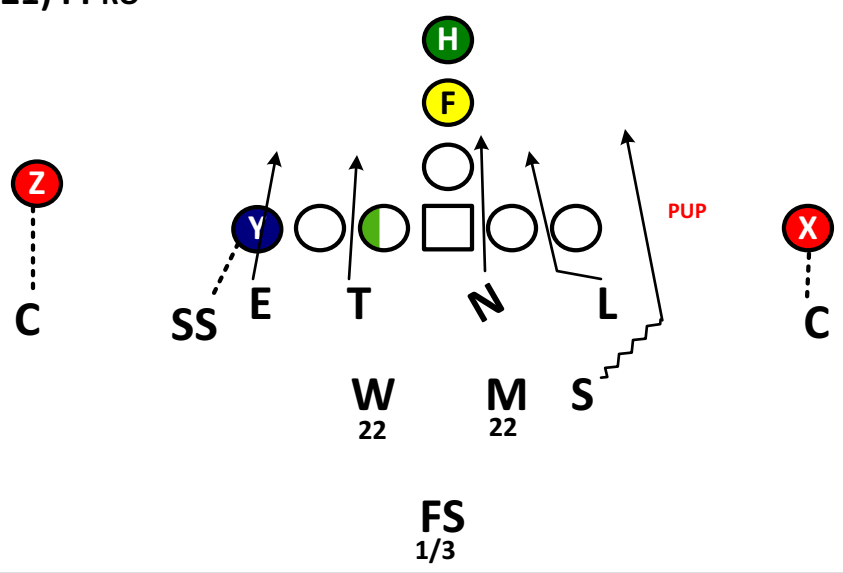
8. FLY Empty

Check Special

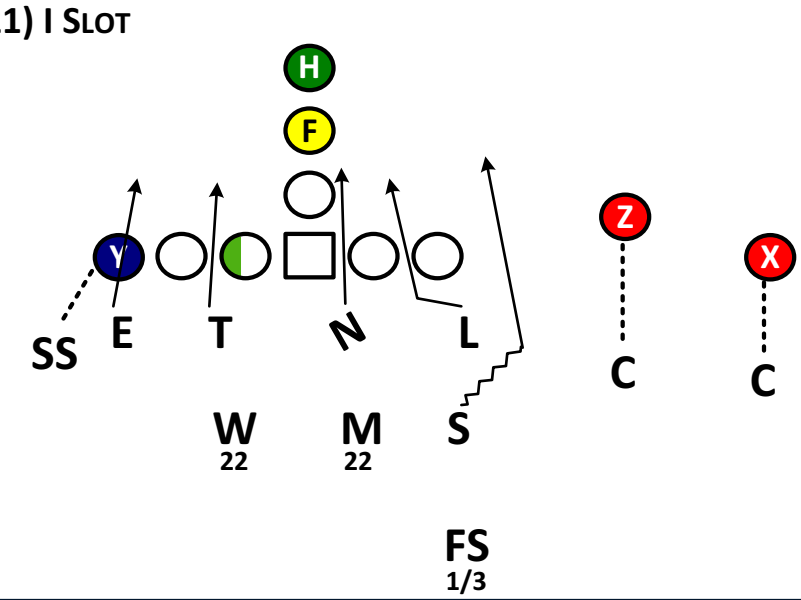


OVER SAM 1 Y

(21) I PRO



(21) I SLOT



ESSENCE:

1. THIS IS A 5 MAN PRESSURE OUT OF AN OVER FRONT.
2. SAM RUSH CONTAINS THE FLEX SIDE

COACHING POINTS:

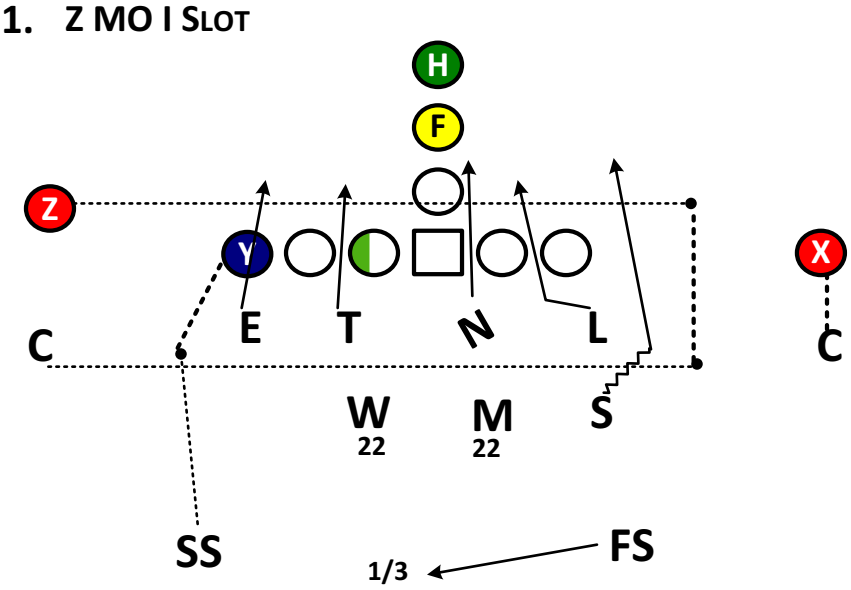
1. SOLID CALL TO THE "Y"
2. **SAM PUP TECHNIQUE: "PIN THE HIP AND UP"**

ADJUSTMENTS:

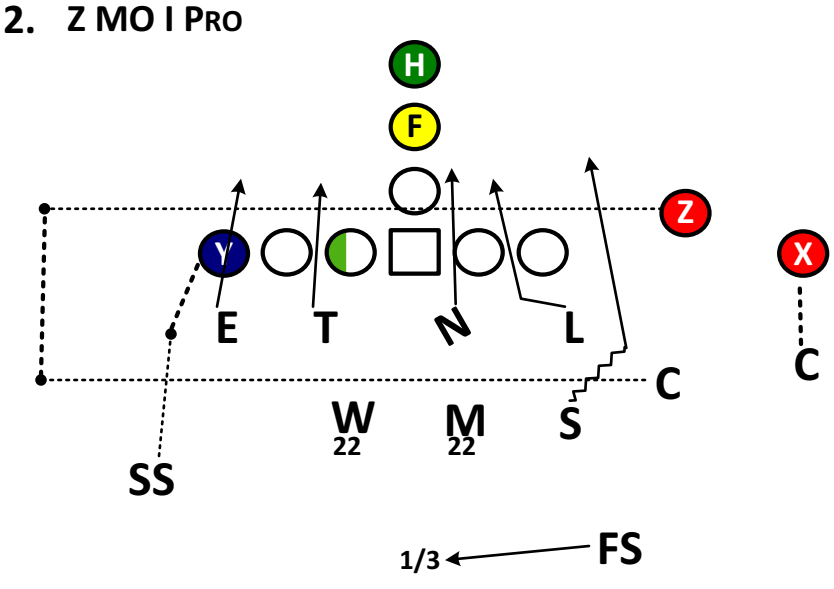
1. ALIGNED 1 BACK: CHECK SPECIAL
2. **VS. FLY/PEEL MOTION: BUMP ("I GOT HIM")**
3. **VS. 2 BACK Y MOTION: TRACK – SAM CLIMB**
4. **VS. 1 BACK Y MOTION: BUMP (LBS ADJUST) "YUKON"**
5. **VS. BOX FLY/PEEL: SS TRACK WITH 'RIP OR LIZ" CALL**
6. **VS. EMPTY: MIKE TAKES THE RB**

OVER SAM 1 Y

1. Z MO I SLOT

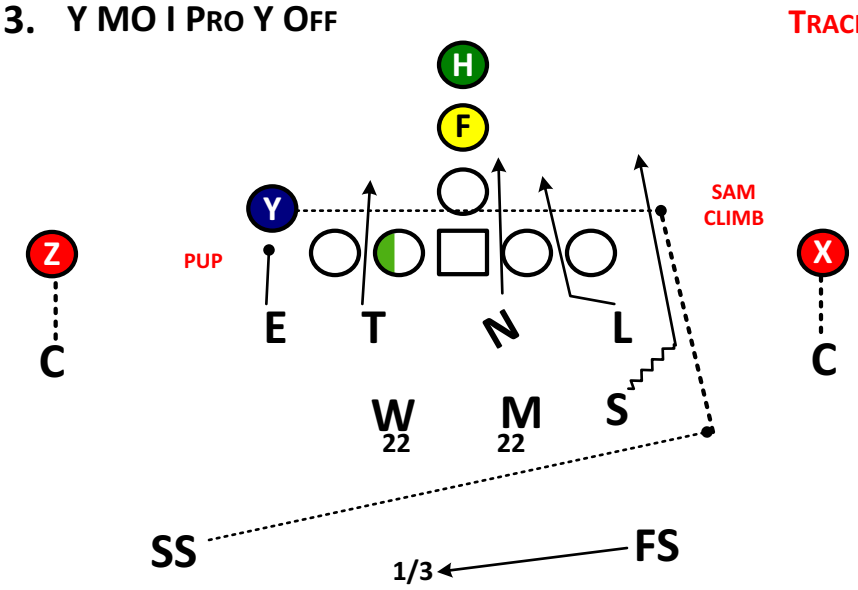


2. Z MO I PRO

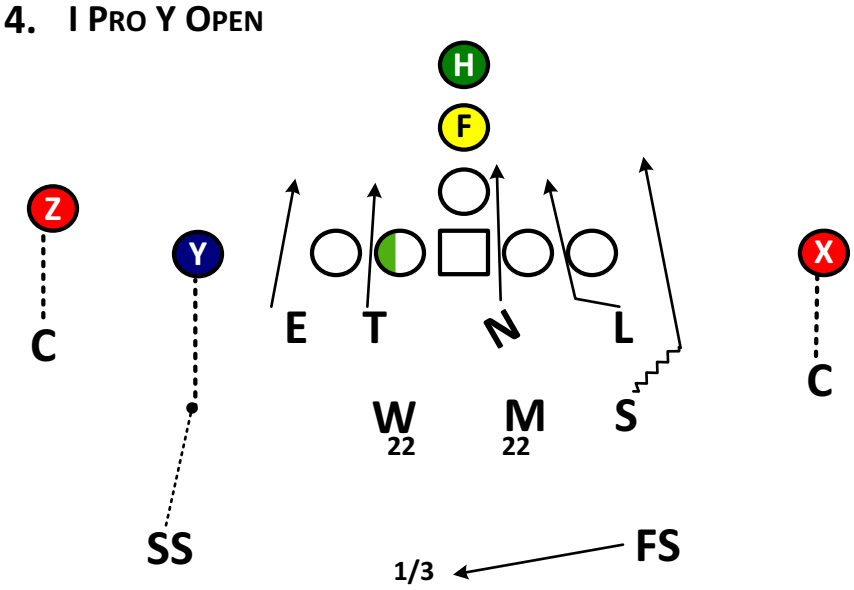


3. Y MO I PRO Y OFF

TRACK

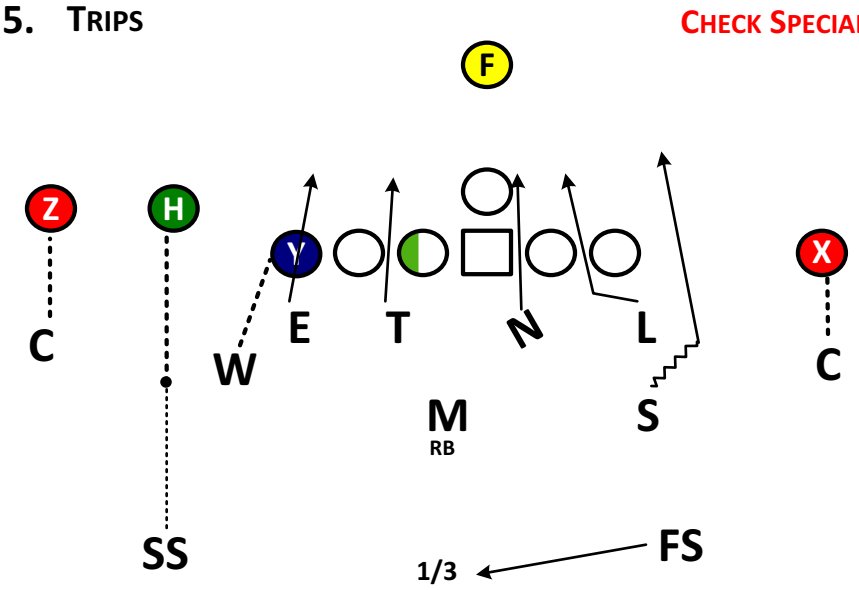


4. I PRO Y OPEN



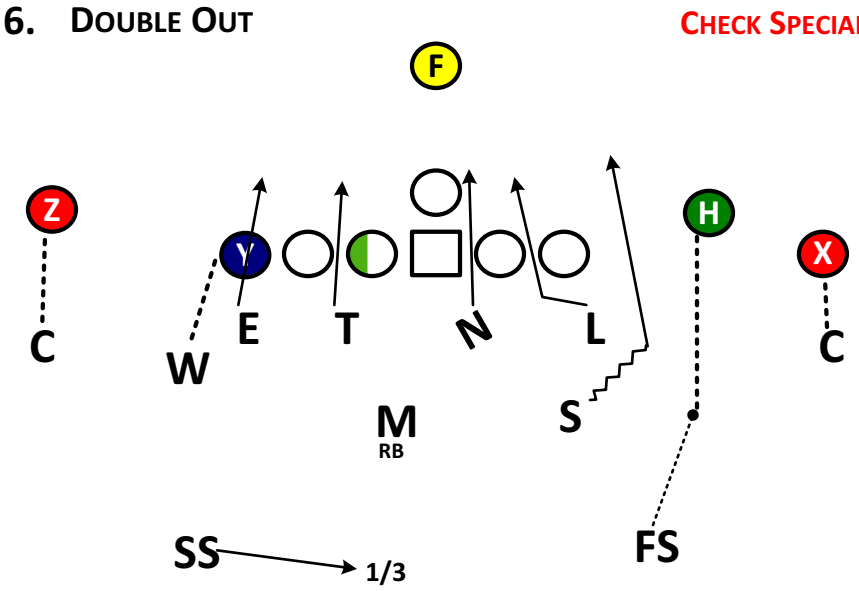
5. TRIPS

CHECK SPECIAL



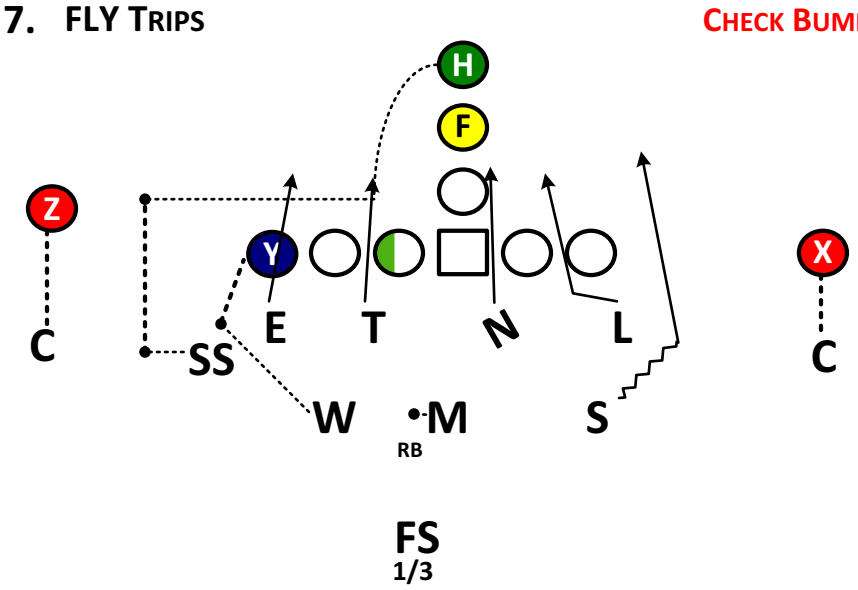
6. DOUBLE OUT

CHECK SPECIAL



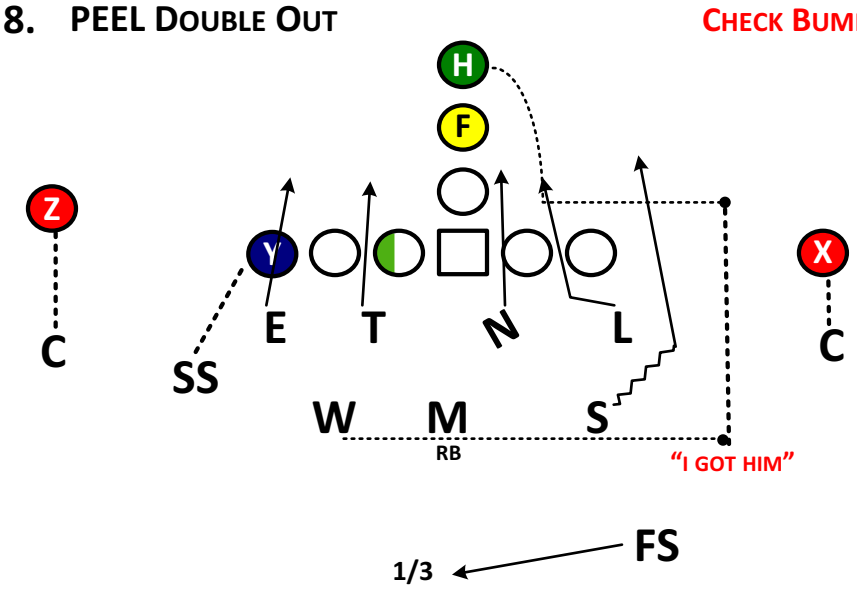
7. FLY TRIPS

CHECK BUMP



8. PEEL DOUBLE OUT

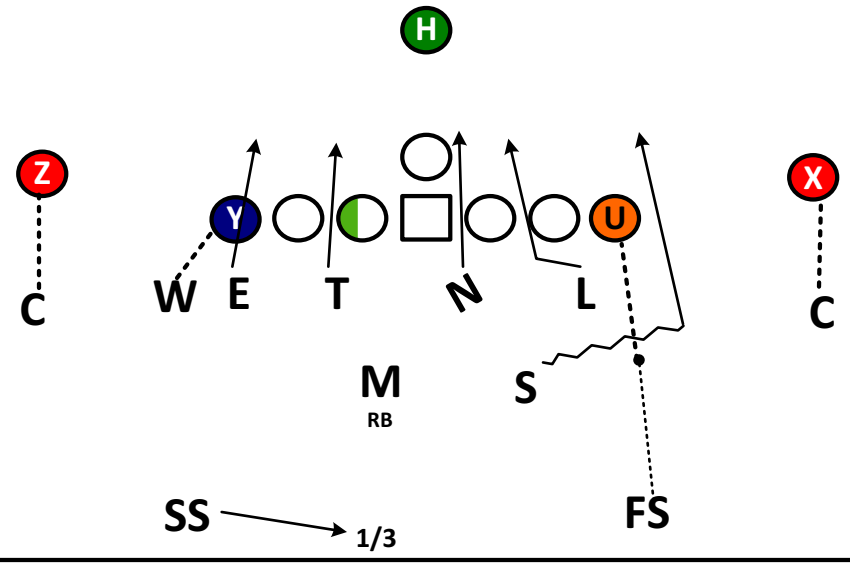
CHECK BUMP



Over Sam 1 Y

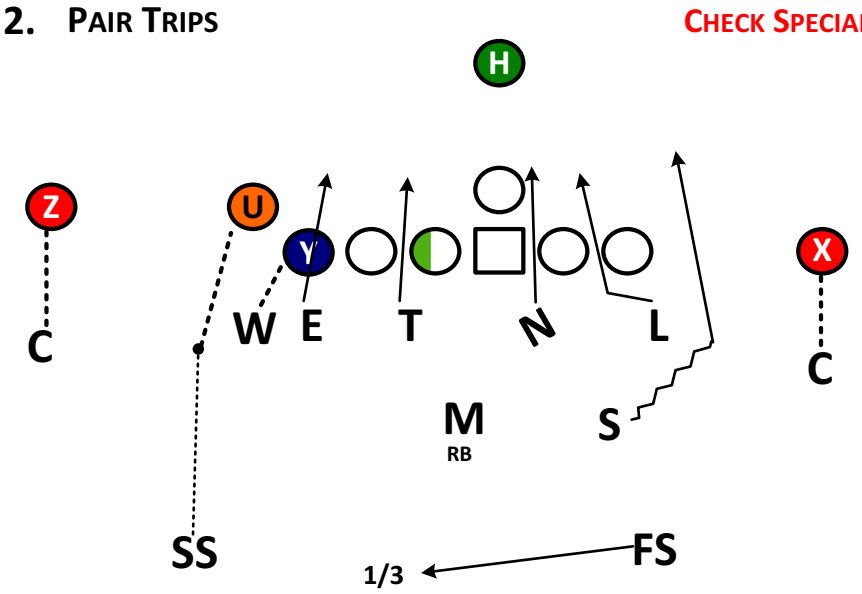
1. Solo

Check Special



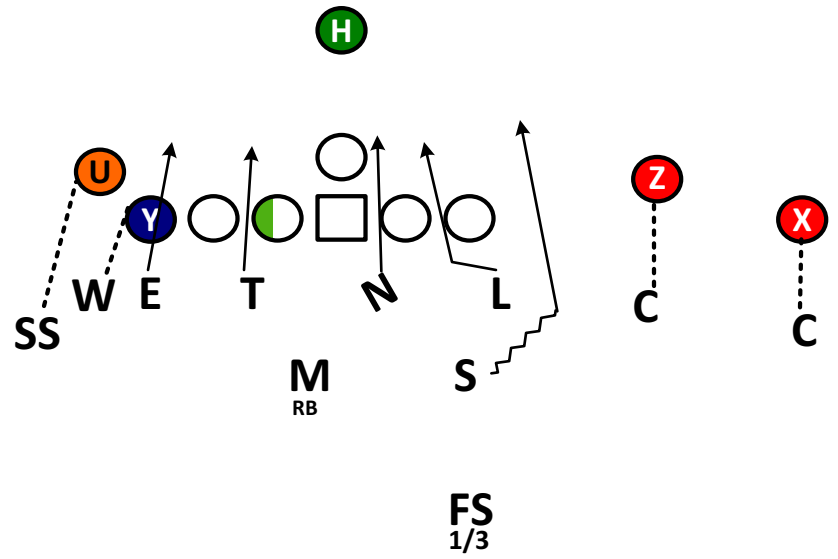
2. Pair Trips

Check Special



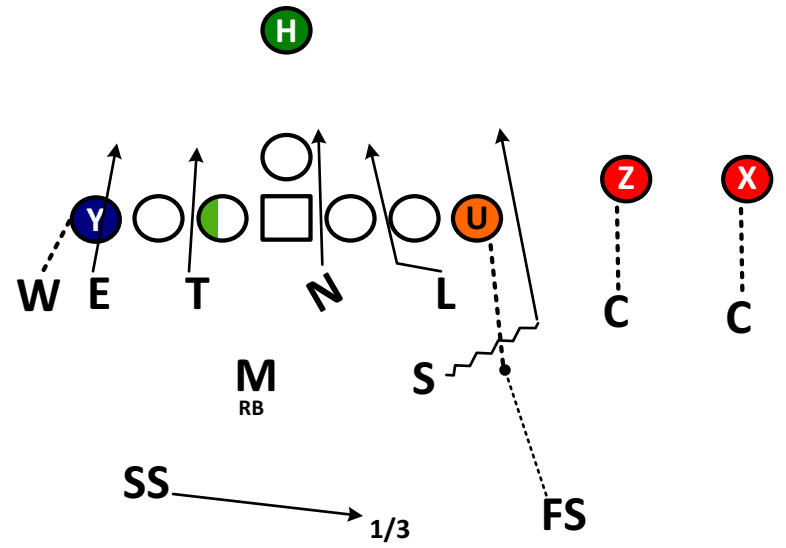
3. Pair Slot

Check Special



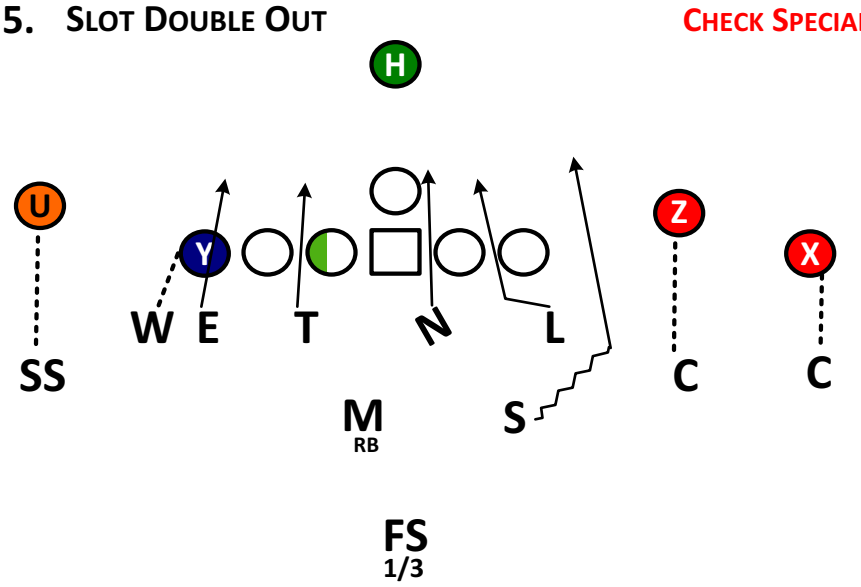
4. Solo Slot

Check Special



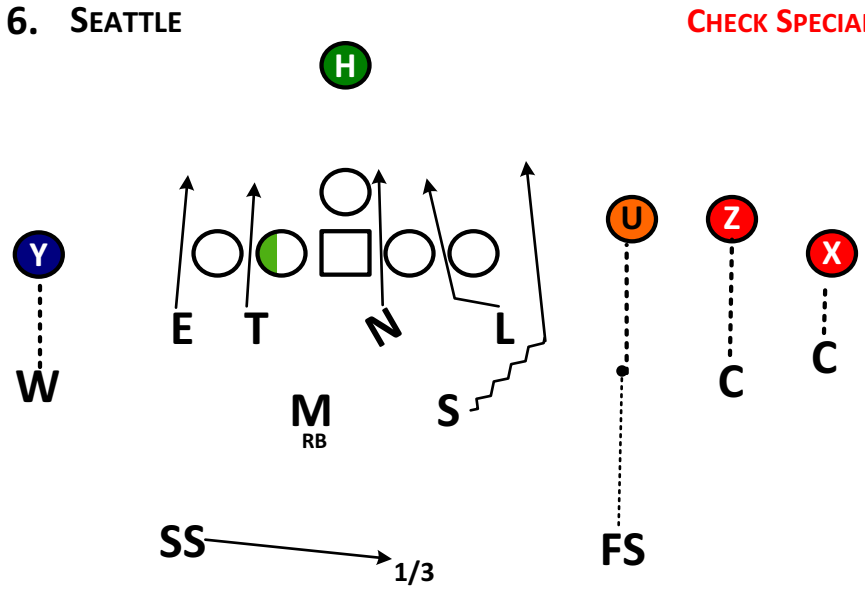
5. Slot Double Out

Check Special



6. Seattle

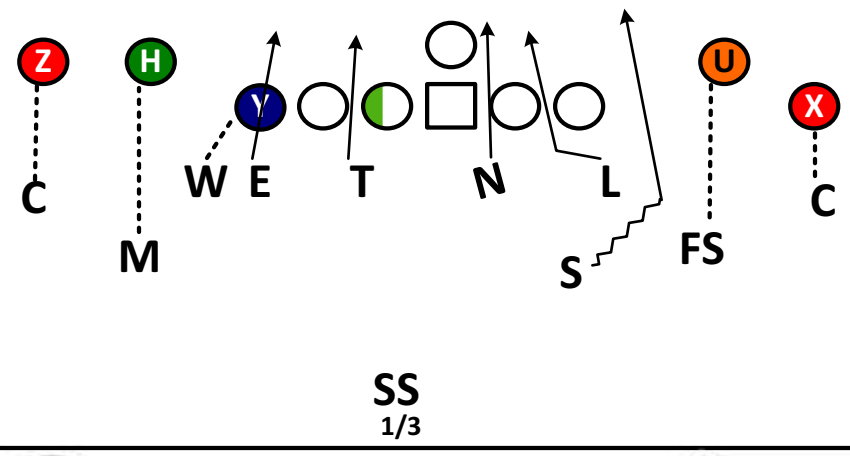
Check Special



7. Empty

Check Special

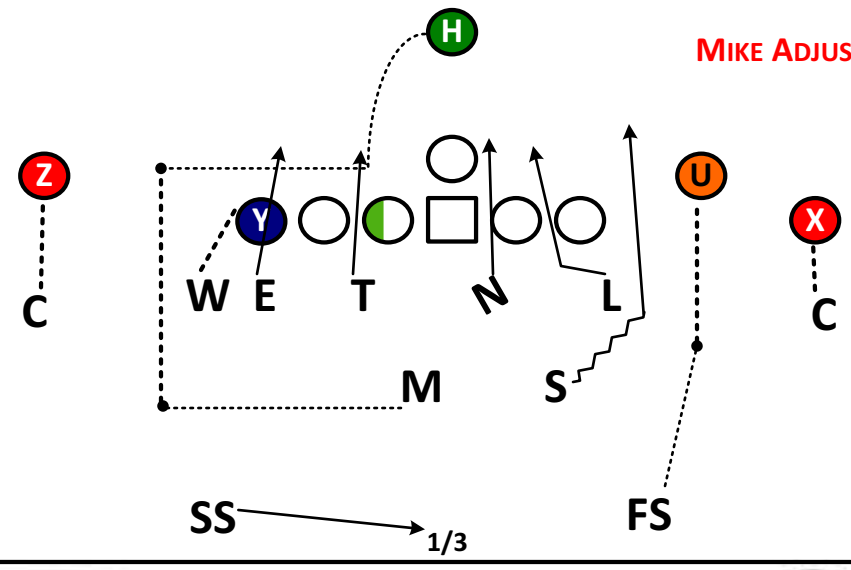
Mike Adjust



8. Fly Empty

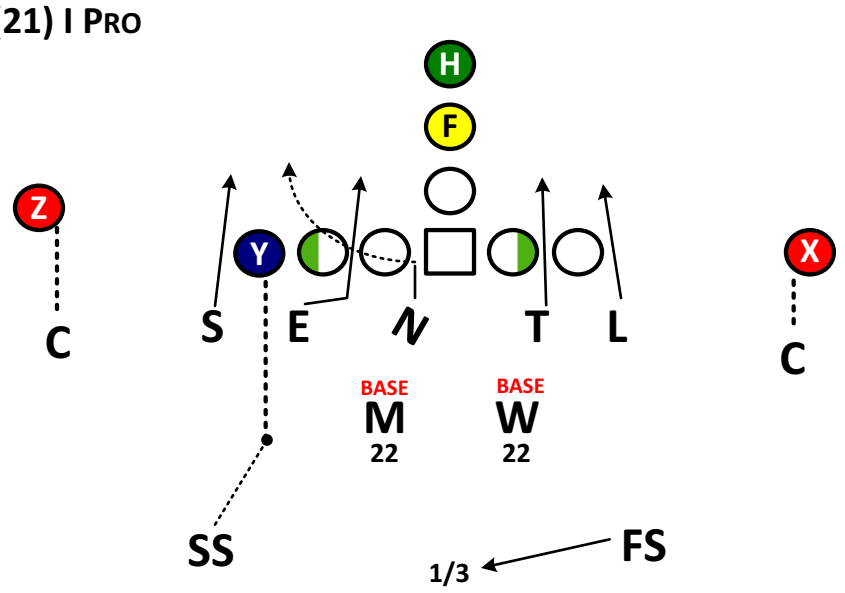
Check Special

Mike Adjust

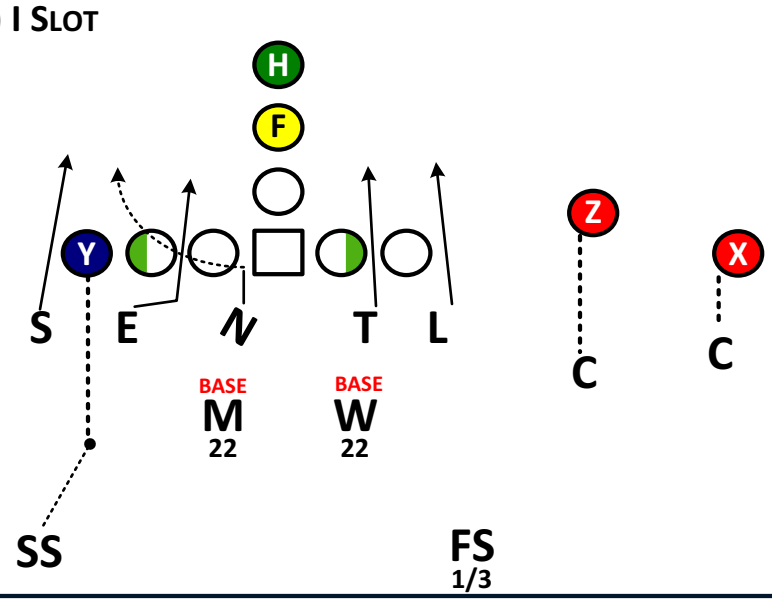


Under Sam 1 Y Bump

(21) I Pro



(21) I Slot



Essence:

1. 5 Man under 1 Y pressure with the Sam rushing off the solid side edge.

Coaching Points:

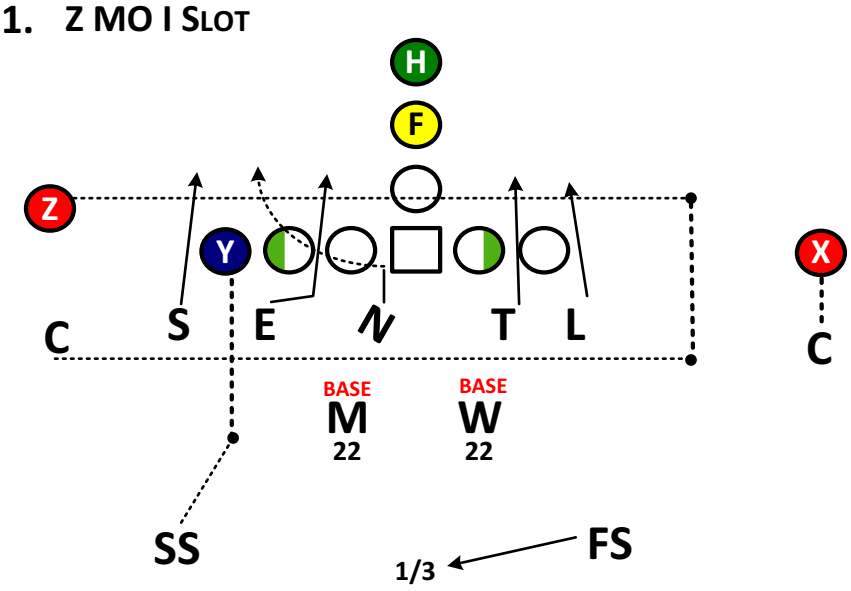
1. Solid call to the "Y".
2. Sam rushes off the solid side edge
3. SS has the Y man to man
4. Mike and Will 22 the backs
5. Can be called with a loop call
6. Nose wrap on Pass

Adjustments:

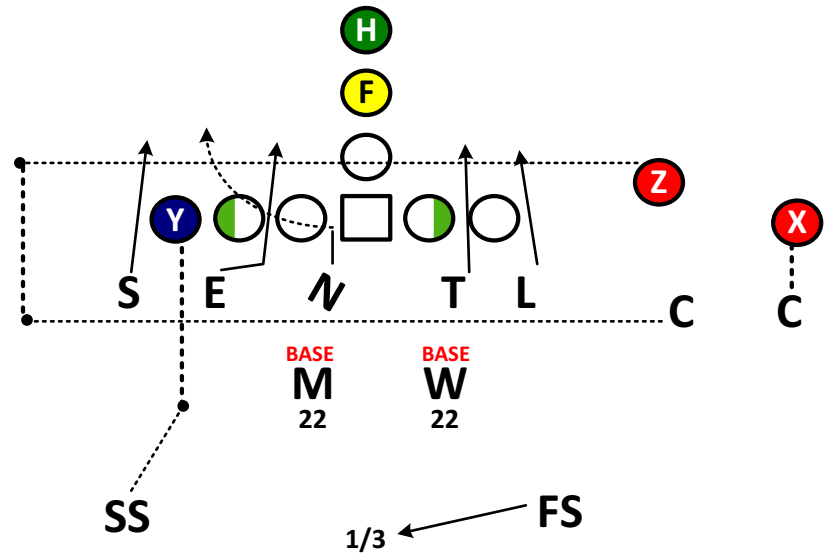
1. 2 back Y motion: Safeties track the Y. Mike and Will 22 the Backs.
2. Bump Rules Apply:
   - Vs. Fly/Peel Motion: Bump ("I Got Him")
   - Aligned 1 Back: Bump
   - Vs. Box Fly/Peel: Bump
3. Empty Rules (Check Bump):
   - Will: First back my side, no back my side, First back other side
   - Safety: Cover #2 Strong (Match up)

Under Sam 1 Y Bump

1. Z MO I Slot

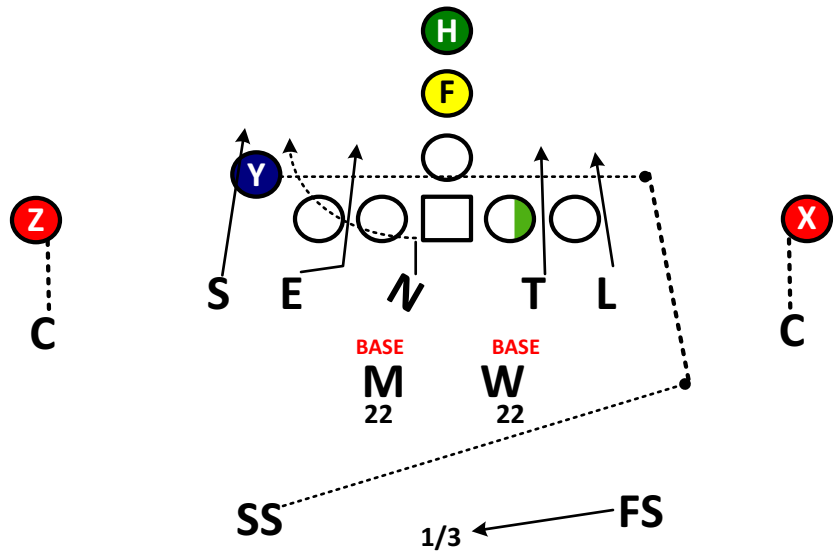


2. Z MO I Pro

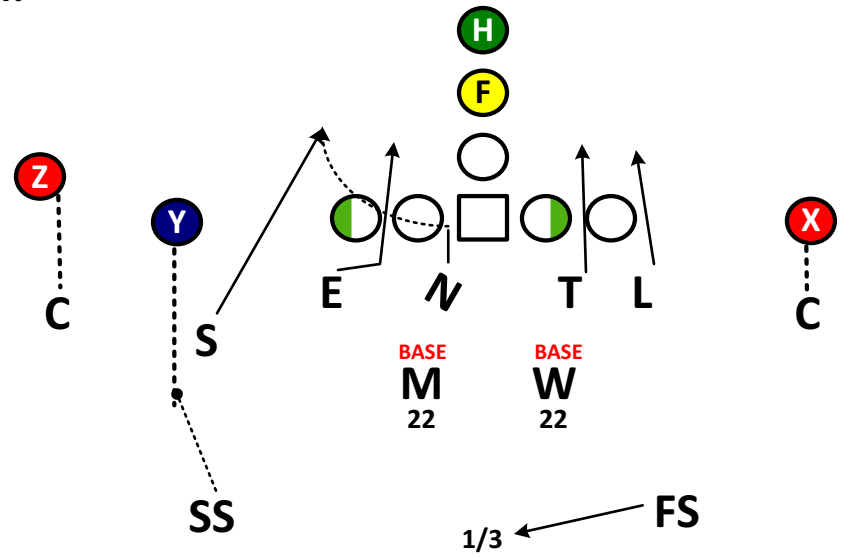


3. Y MO I Pro Y Off

Track

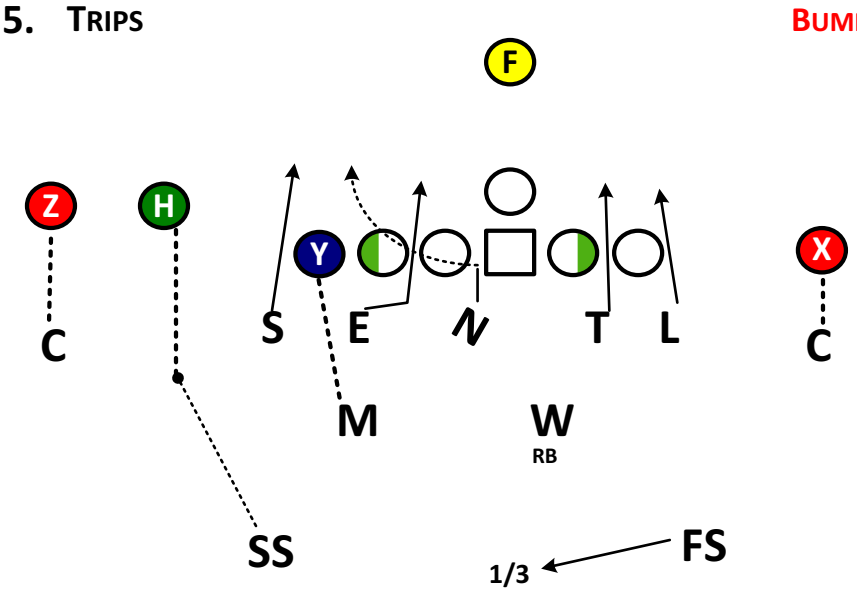


4. I Pro Y Open



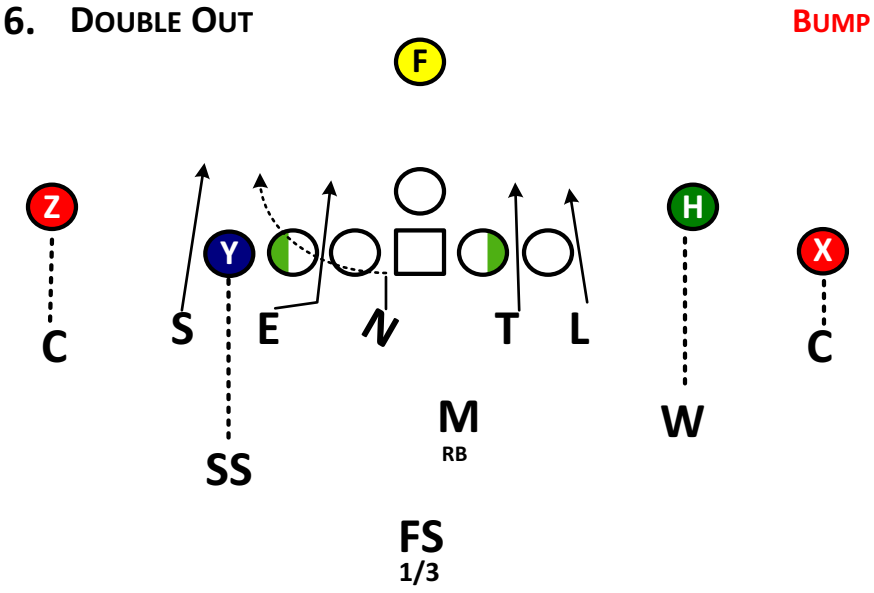
5. Trips

Bump



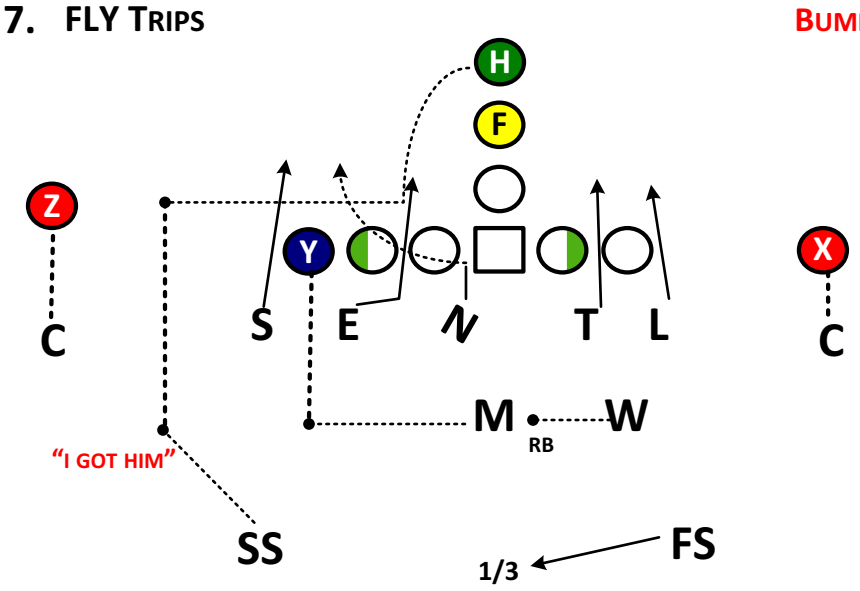
6. Double Out

Bump



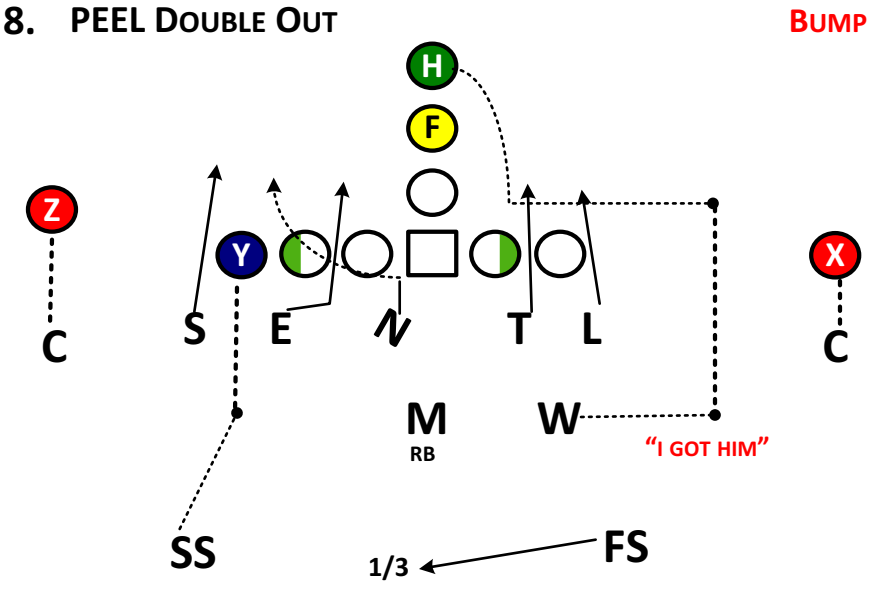
7. FLY Trips

Bump



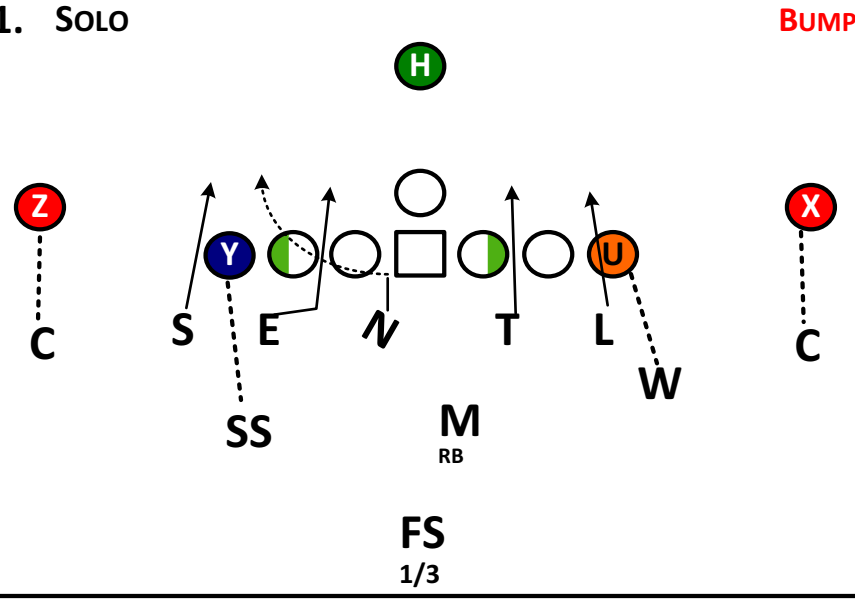
8. PEEL Double Out

Bump

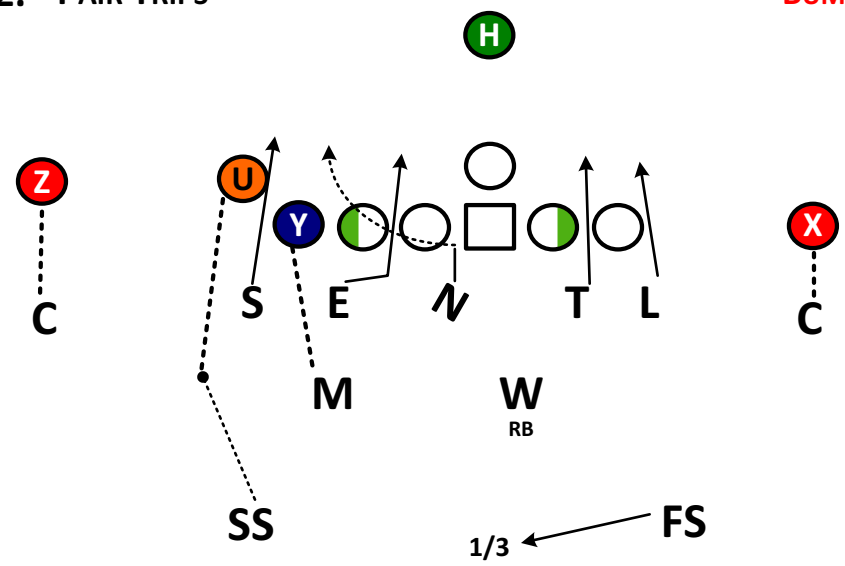


Under Sam 1 Y Bump

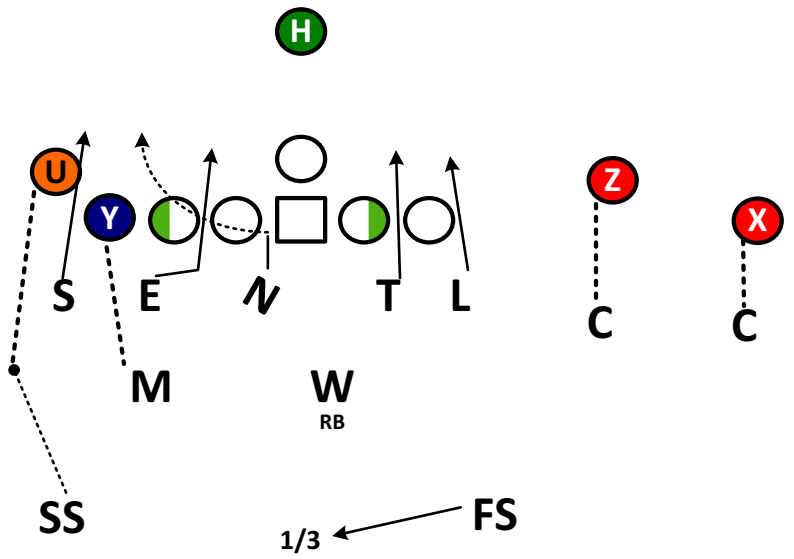
1. Solo — Bump



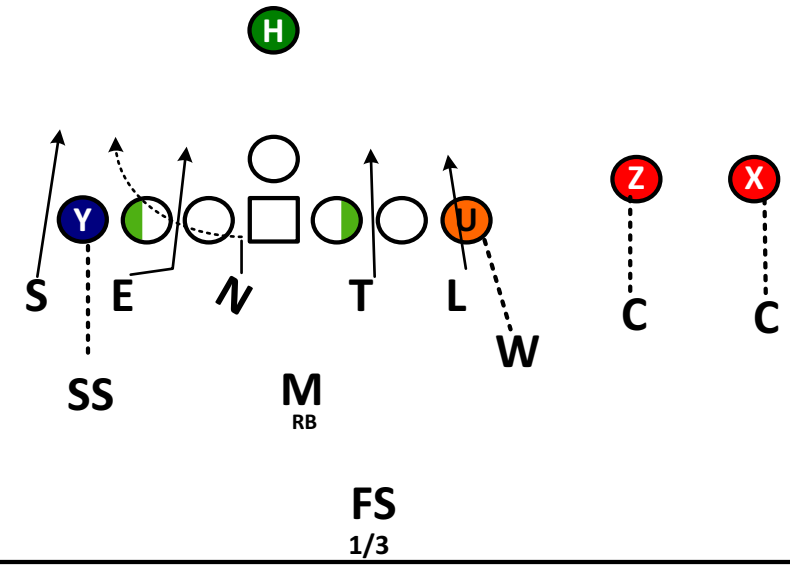
2. Pair Trips — Bump



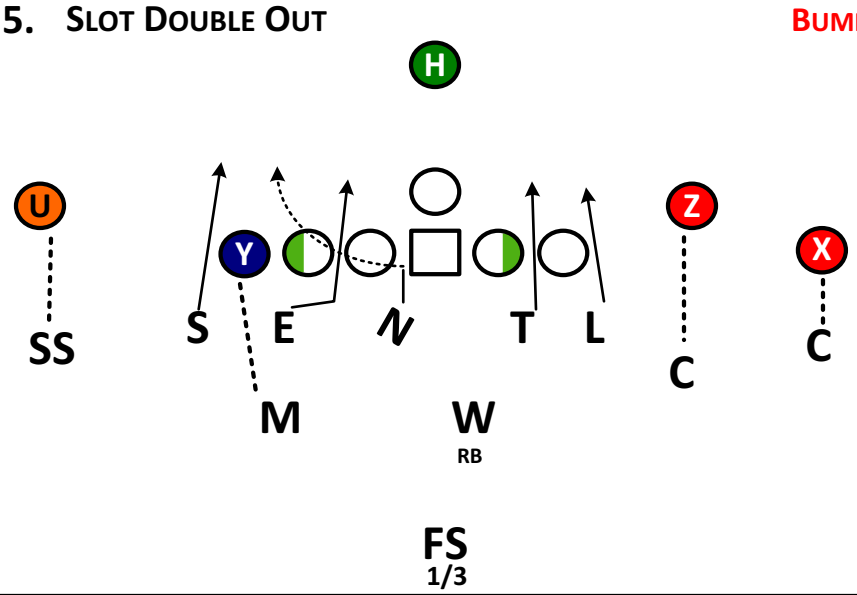
3. Pair Slot — Bump



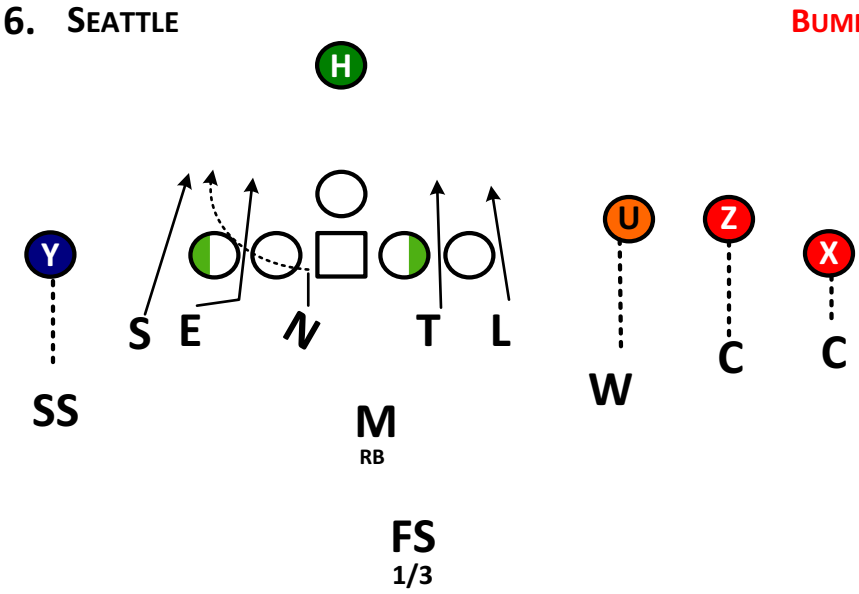
4. Solo Slot — Bump



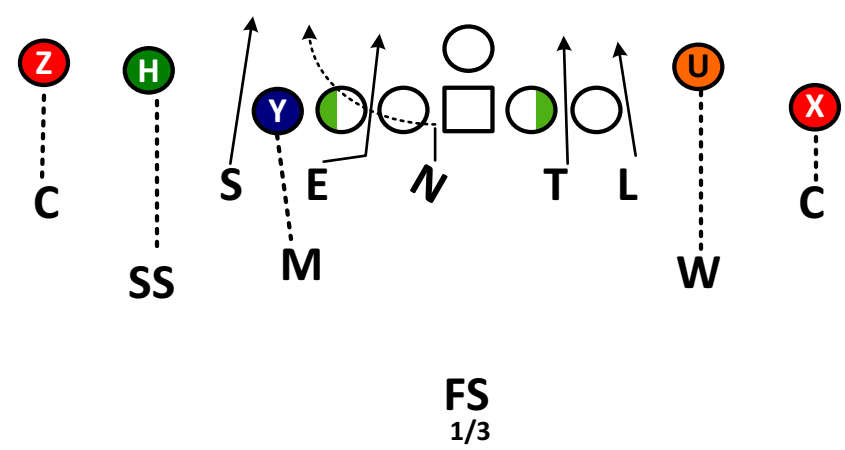
5. Slot Double Out — Bump



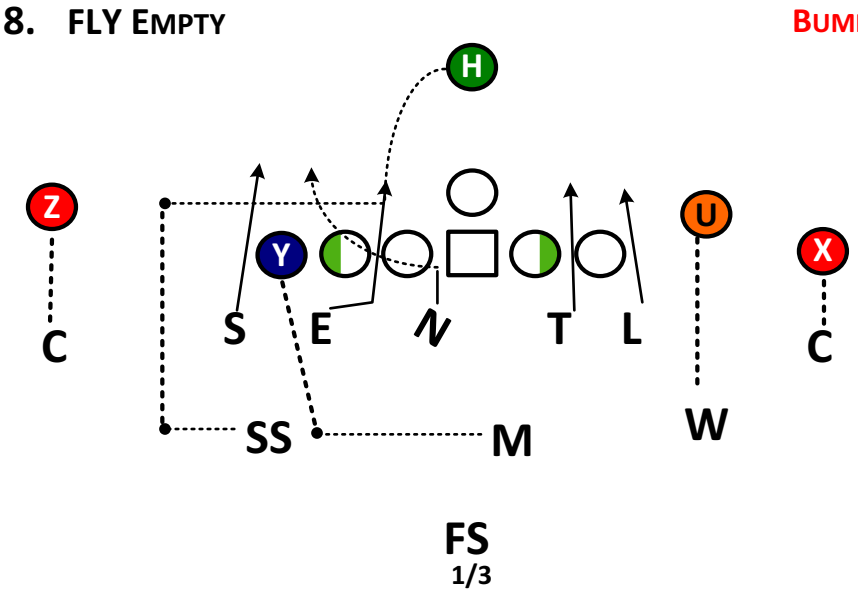
6. Seattle — Bump



7. Empty — Bump

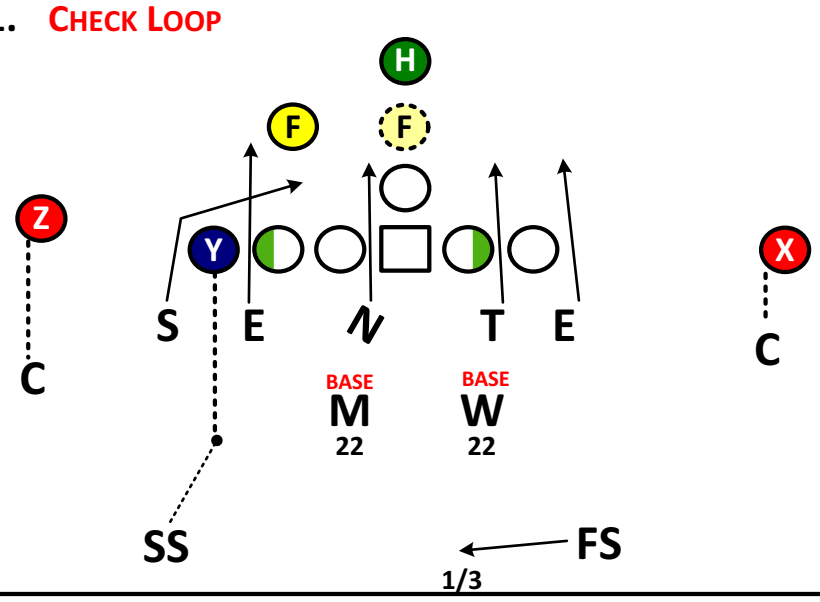


8. Fly Empty — Bump



UNDER SAM 1 Y BUMP

1. CHECK LOOP



2.

3.

4.

5.

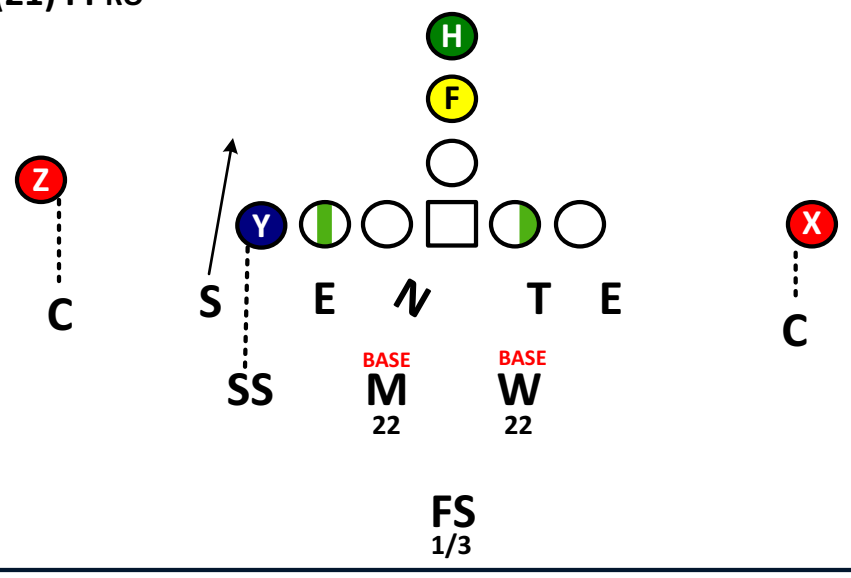
6.

7.

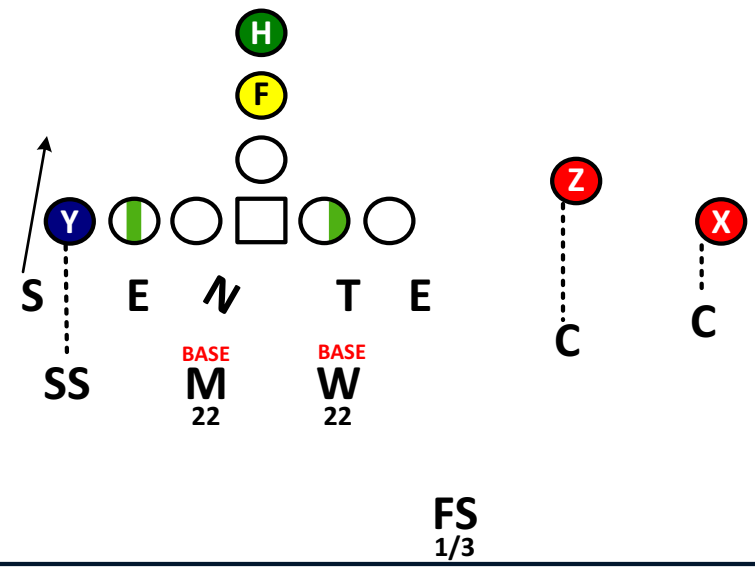
8.

Rock Smack 1 Jack

(21) I Pro



(21) I Slot



Essence:

1. Rock Smack 1 Jack is a Base Under Family 5 Man pressure with the Sam rushing off the solid side edge.

Coaching Points:

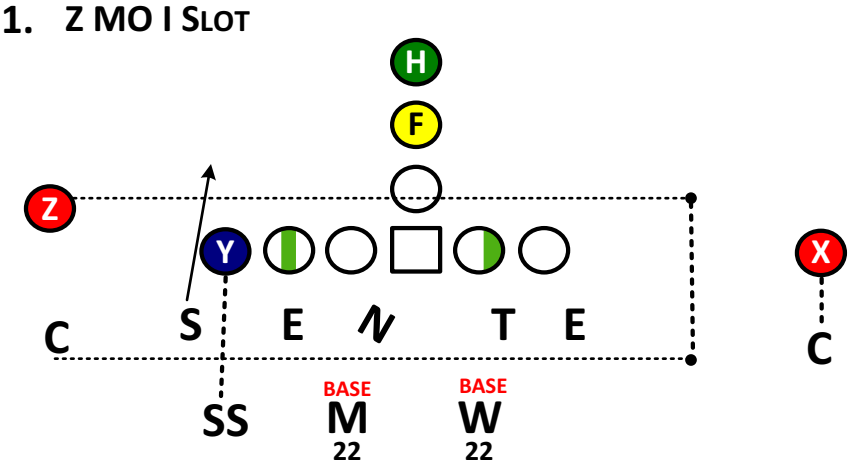
1. Solid call to the "Y".
2. Sam: PUP technique
3. SS: Man to Man on #88
4. Mike and Will 22 the backs

Adjustments:

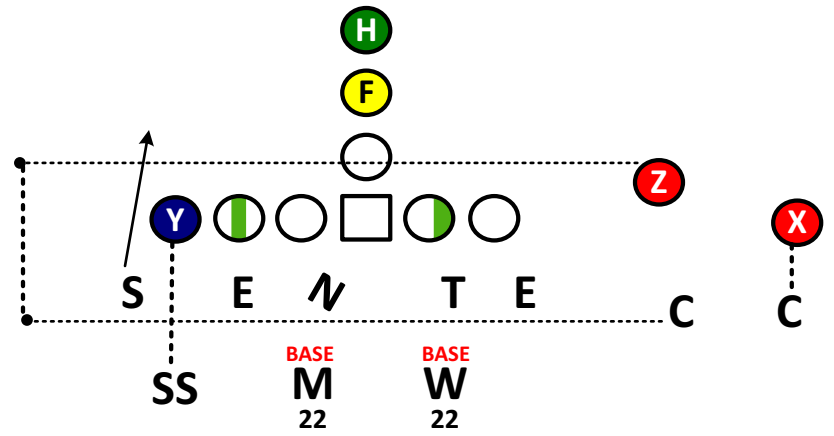
1. 2 back Y motion: Safety track the Y. Mike and Will 22 the Backs.
2. Jack Rules apply.
   - SS: Man on #88
   - Mike & Will: Adjust
3. Empty: Mike & Will Adjust

Rock Smack 1 Jack

1. Z MO I Slot



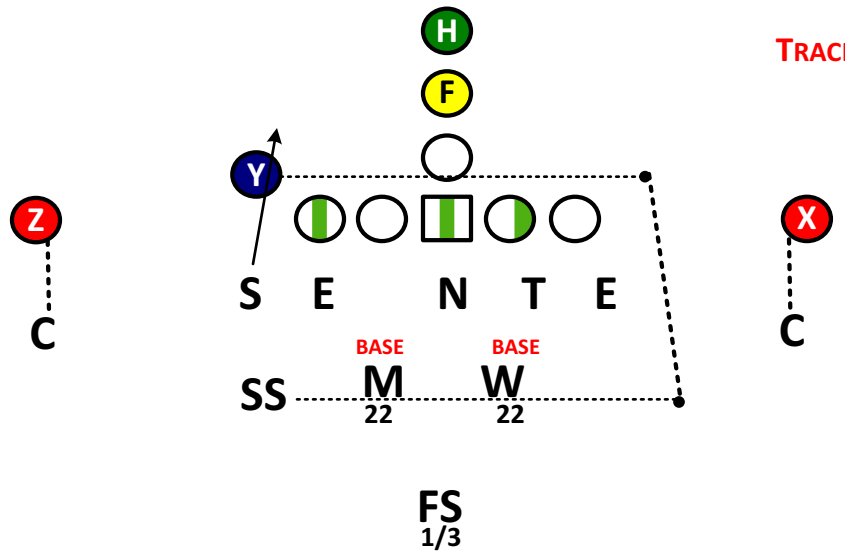
2. Z MO I Pro



3. Y MO I Pro Y Off

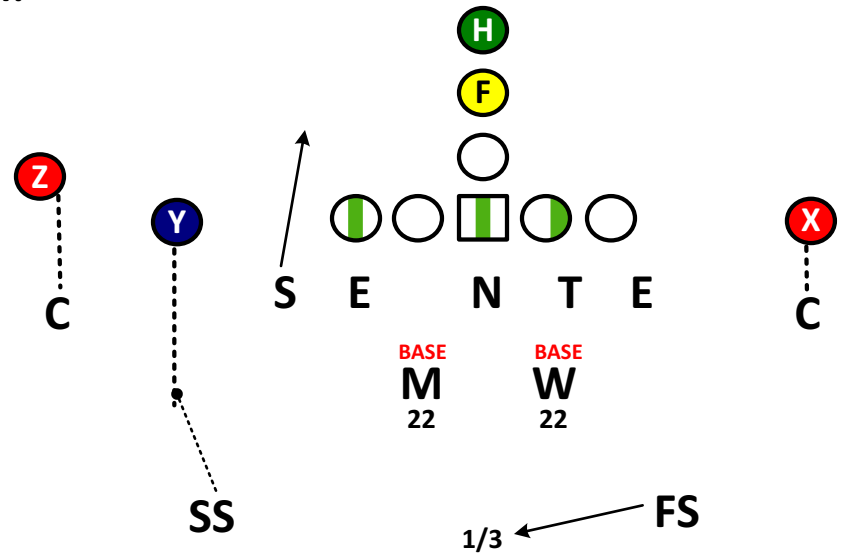
Check Fist

Track



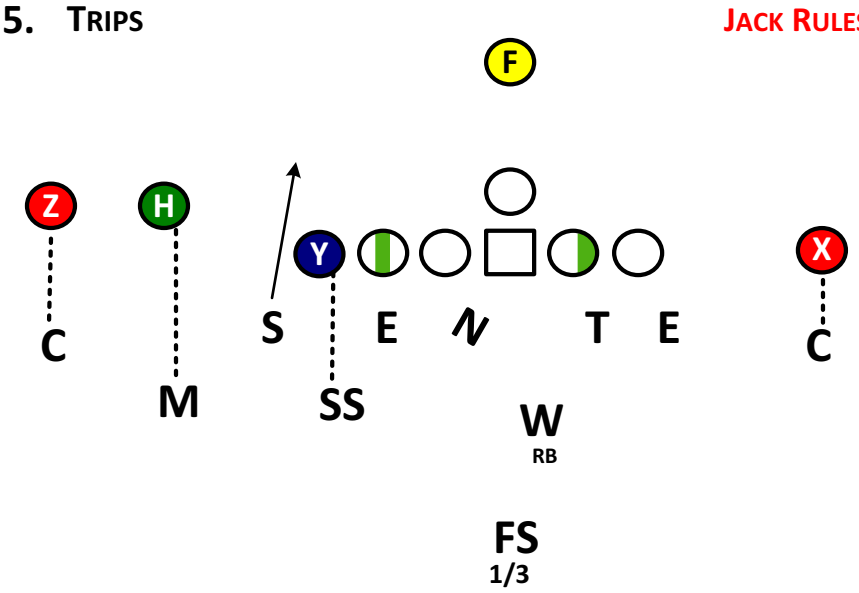
4. I Pro Y Open

Check Fist



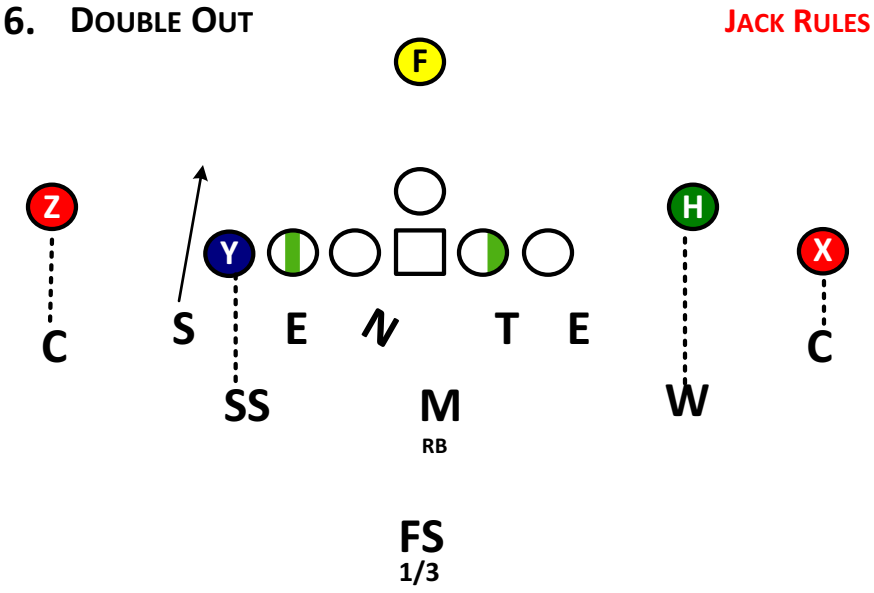
5. Trips

Jack Rules



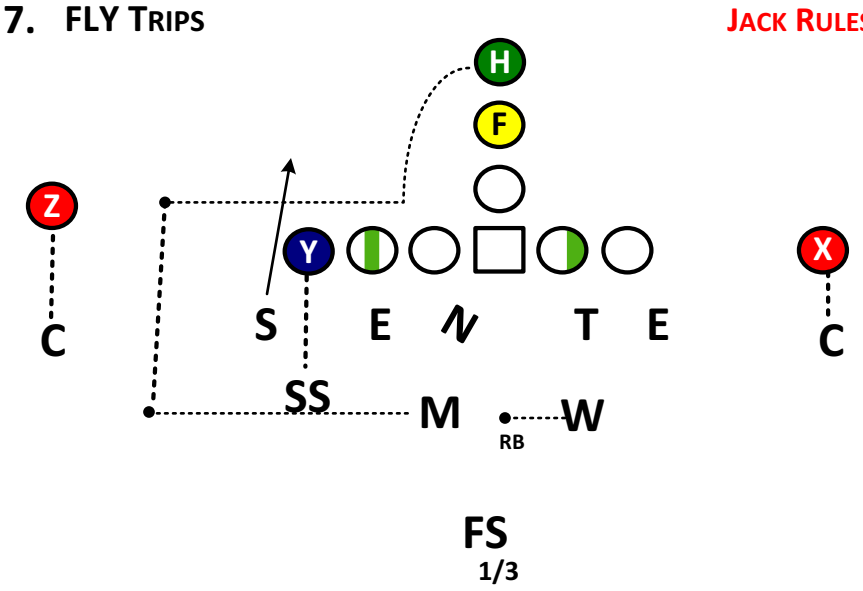
6. Double Out

Jack Rules



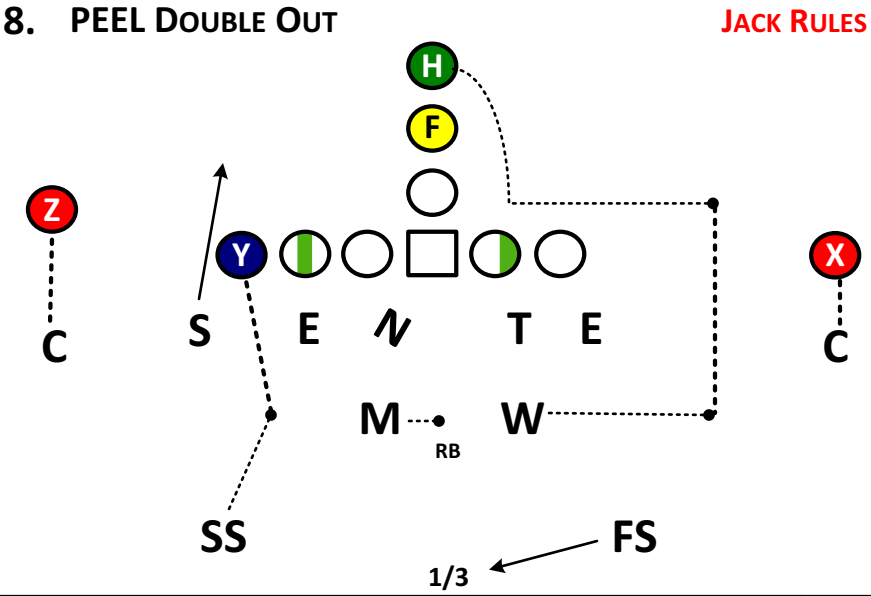
7. FLY Trips

Jack Rules



8. PEEL Double Out

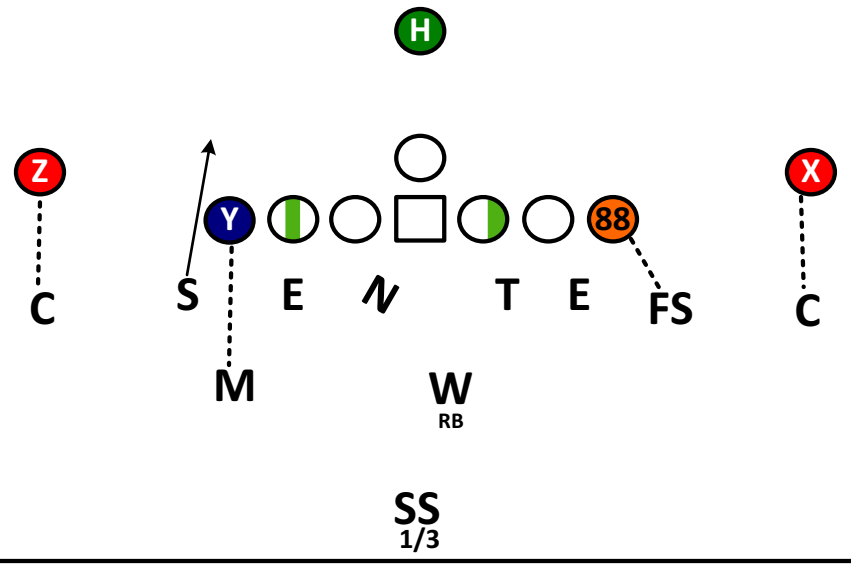
Jack Rules



Rock Smack 1 Jack

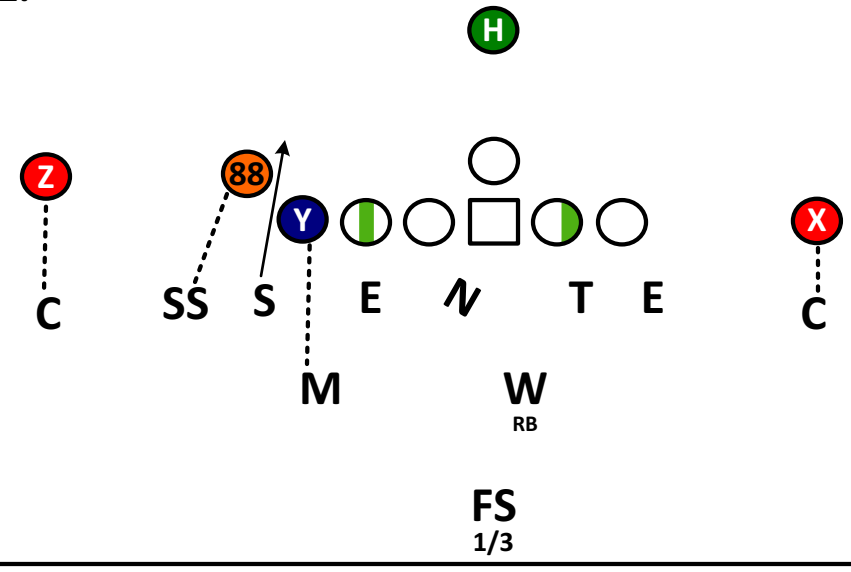
1. Solo

Jack Rules



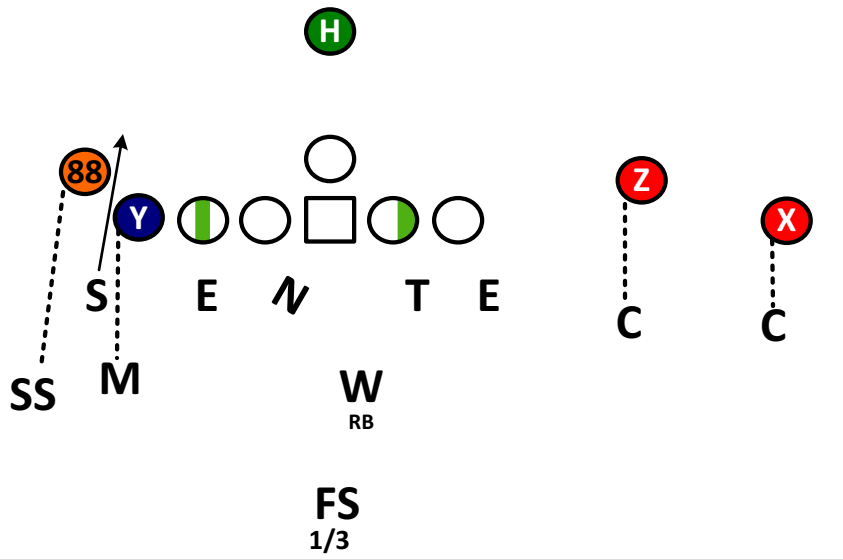
2. Pair Trips

Jack Rules



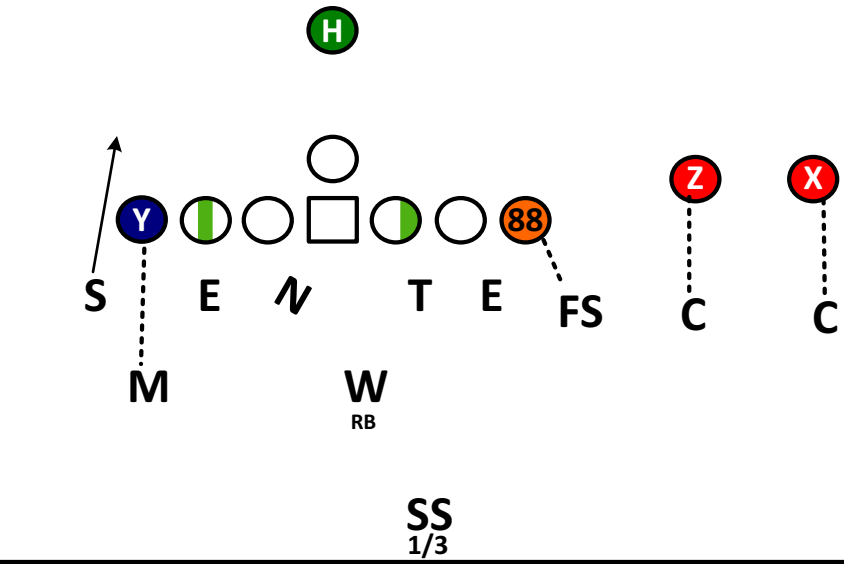
3. Pair Slot

Jack Rules



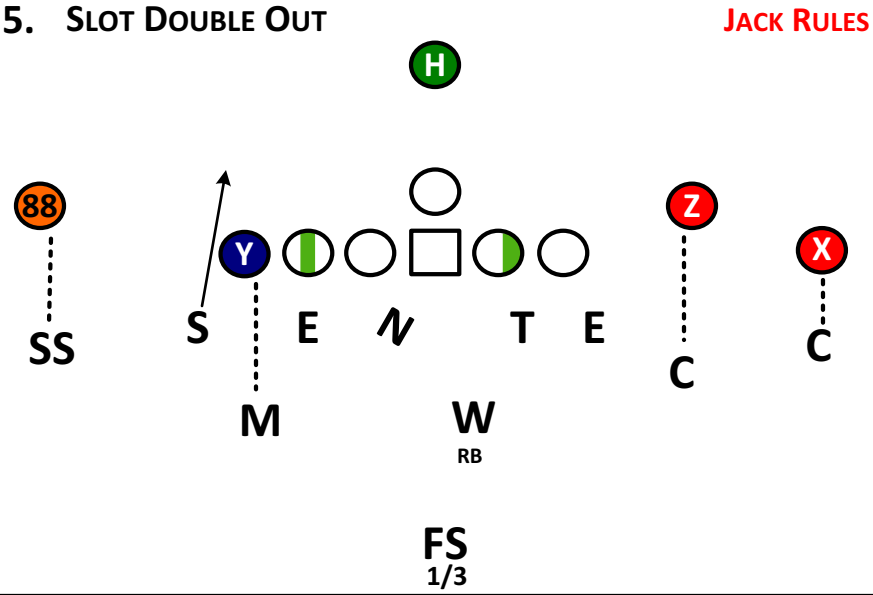
4. Solo Slot

Jack Rules



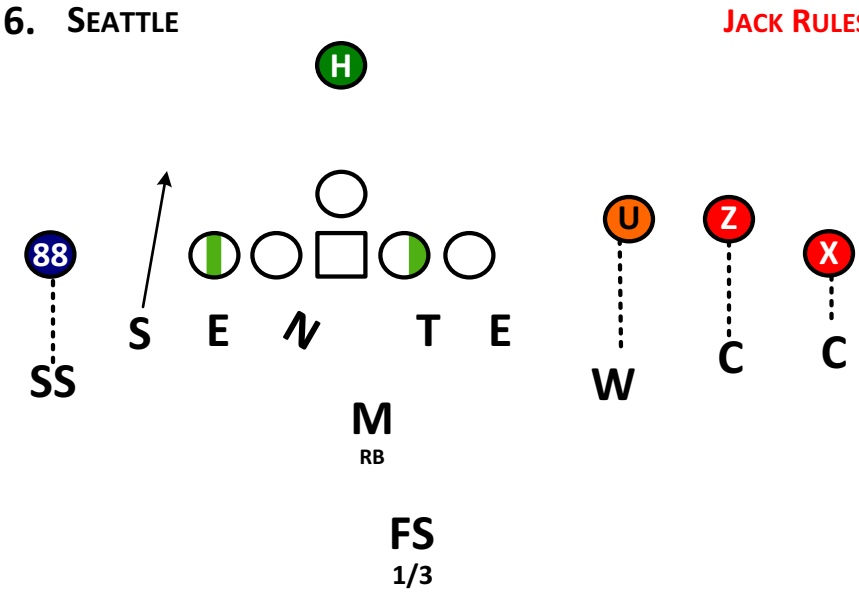
5. Slot Double Out

Jack Rules



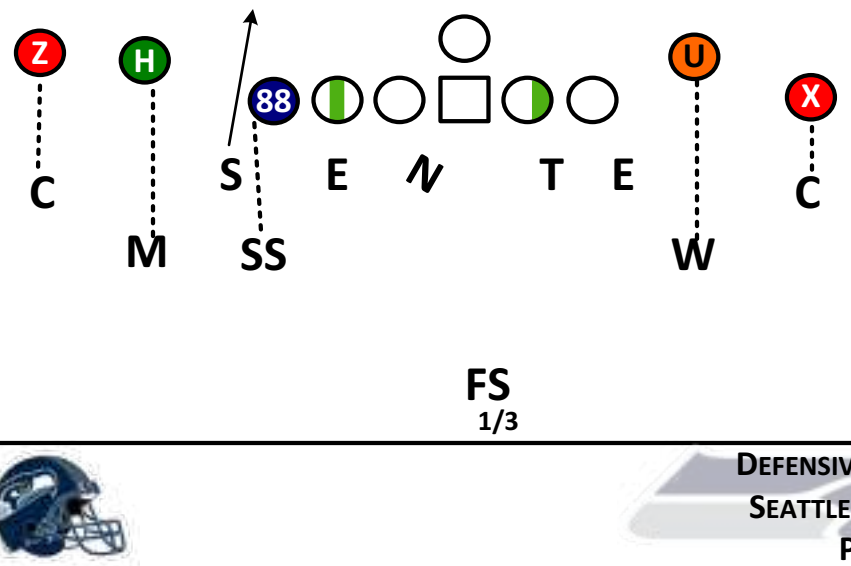
6. Seattle

Jack Rules



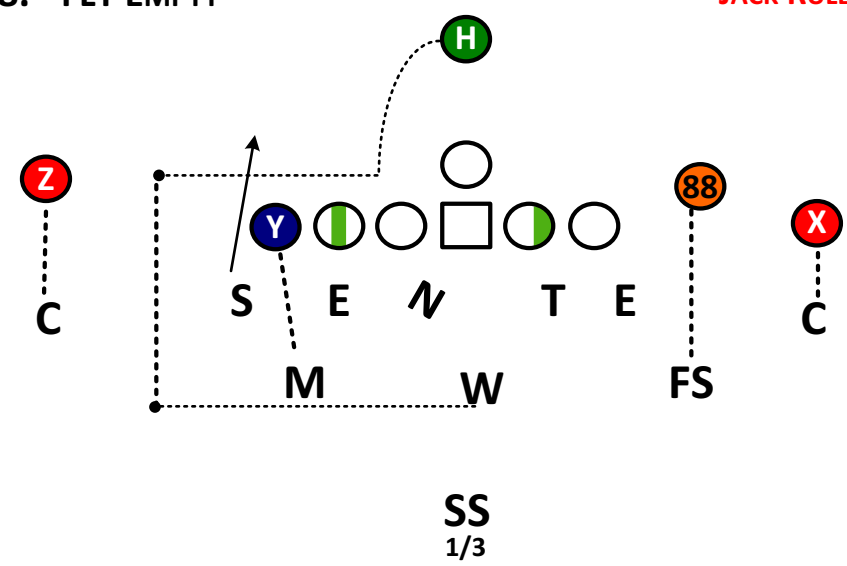
7. Empty

Jack Rules



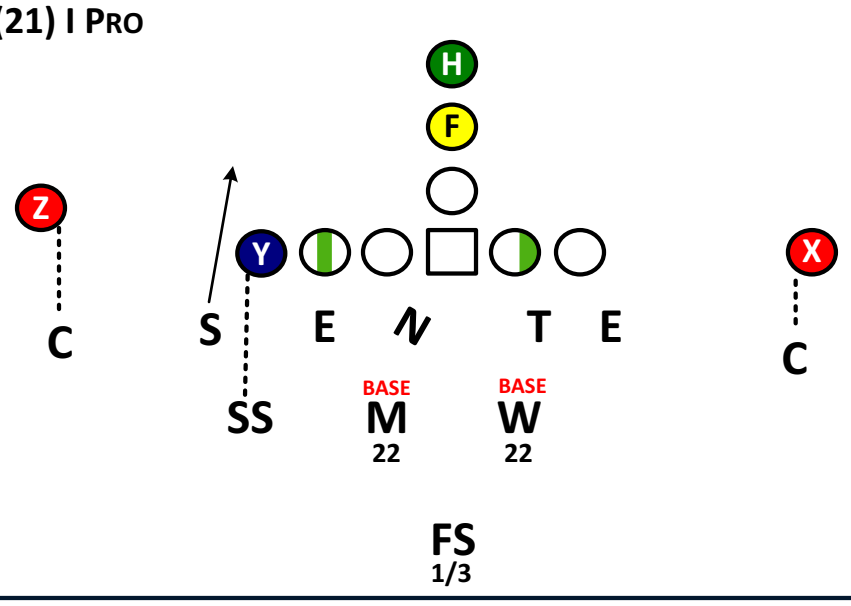
8. FLY Empty

Jack Rules

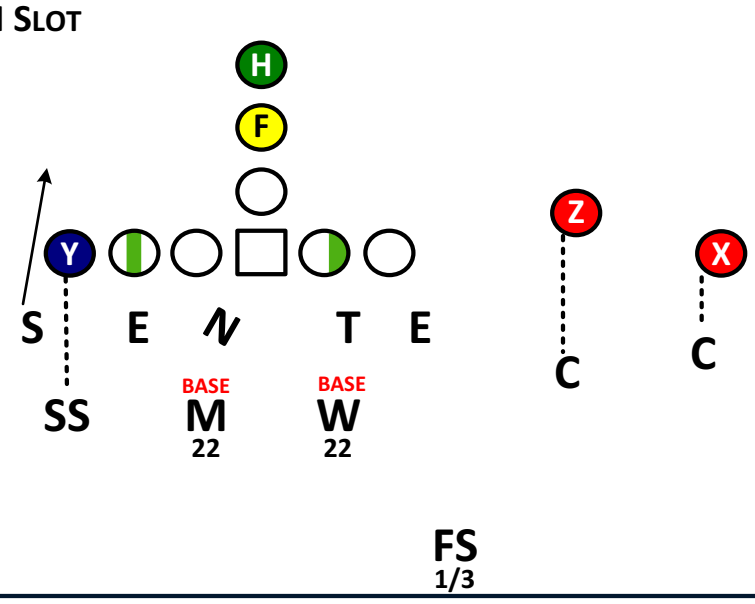


Rock Smack 1 Y Sally

(21) I Pro



(21) I Slot



Essence:

1. Rock Smack 1Y Sally is a Base Under Family 5 Man pressure with the Sam rushing off the solid side edge.

Coaching Points:

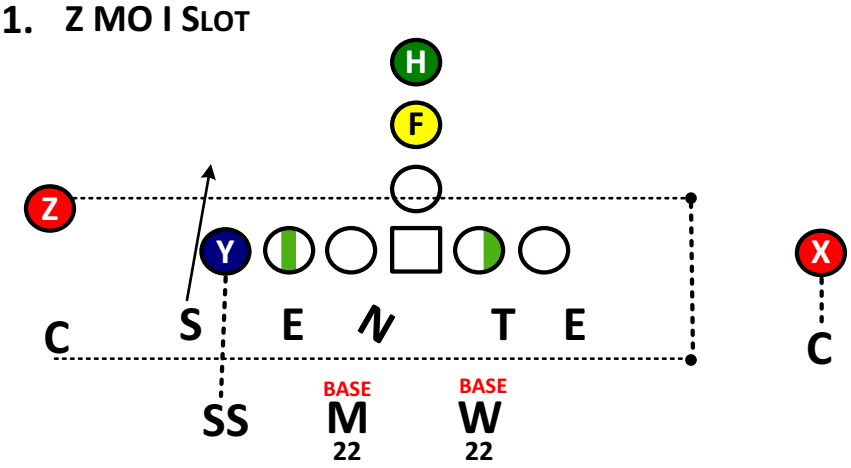
1. Solid call to the "Y".
2. Sam: PUP technique
3. SS: Man to Man on Y
4. Mike and Will 22 the backs

Adjustments:

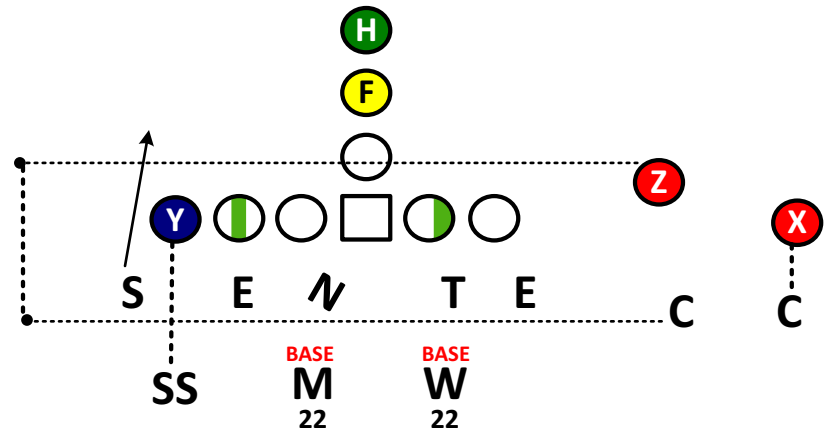
1. 2 back Y motion: Safety track the Y. Mike and Will 22 the Backs.
2. Sally Rules apply.
   - Vs. Fly/Peel Motion: Sally Adjust
   - Aligned One Back: Sally Adjust
   - Vs. Box Fly/Peel Motion: Track
3. Empty: Will Adjust

Rock Smack 1 Y Sally

1. Z MO I Slot



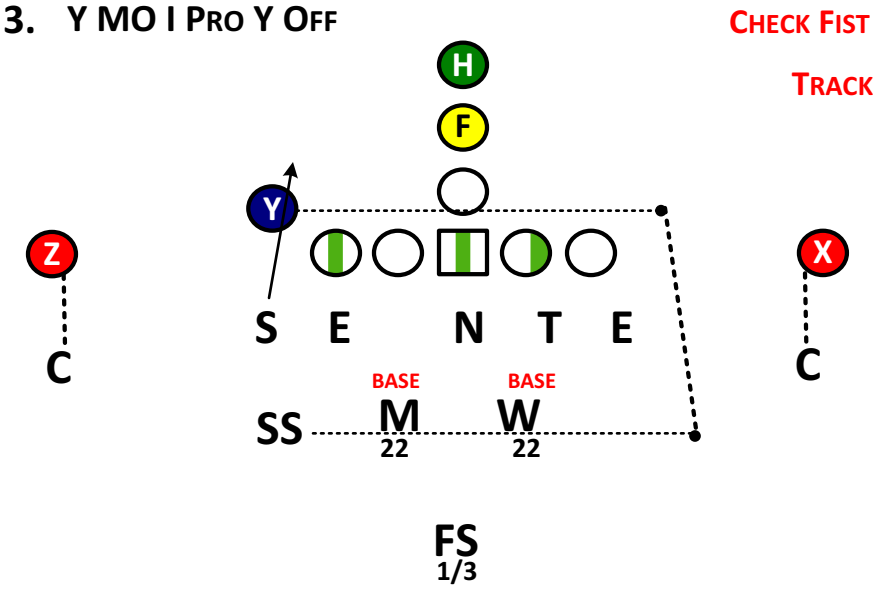
2. Z MO I Pro



3. Y MO I Pro Y Off

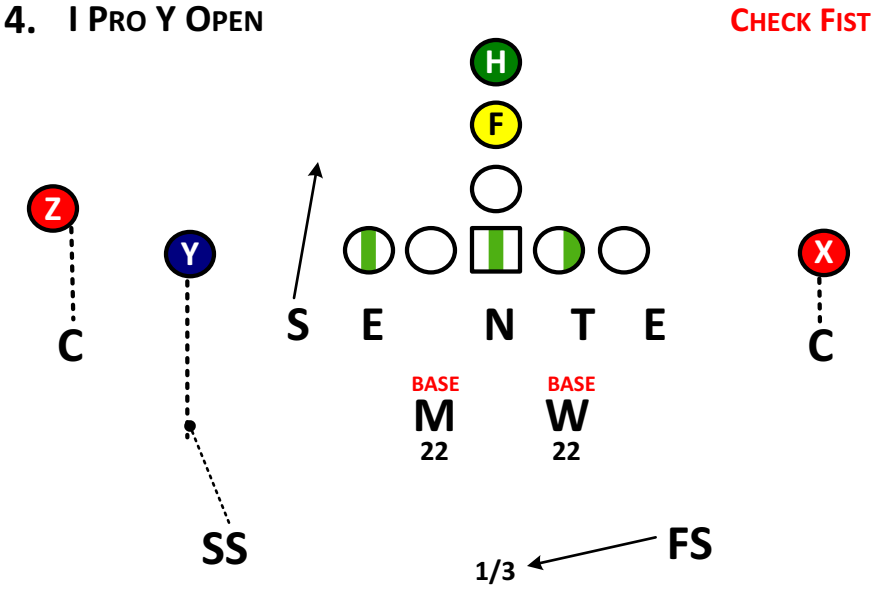
Check Fist

Track



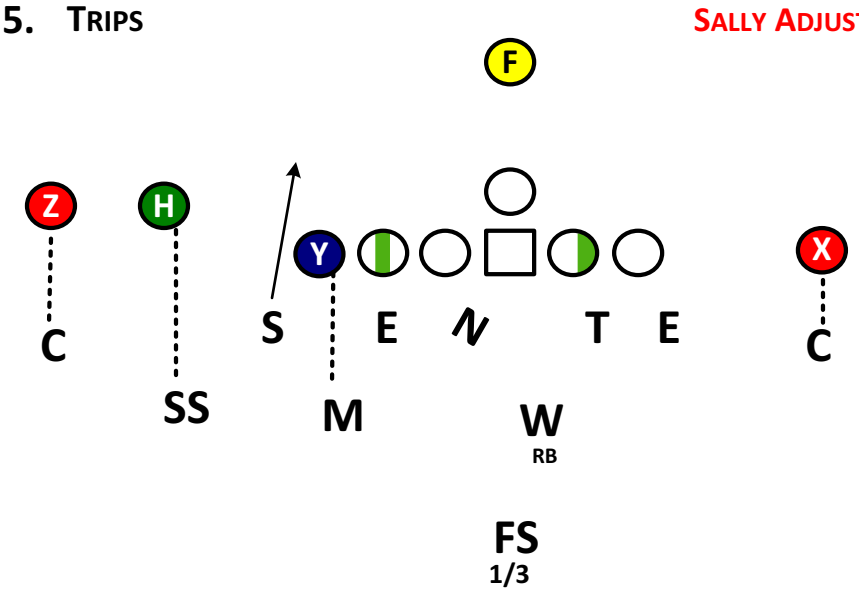
4. I Pro Y Open

Check Fist



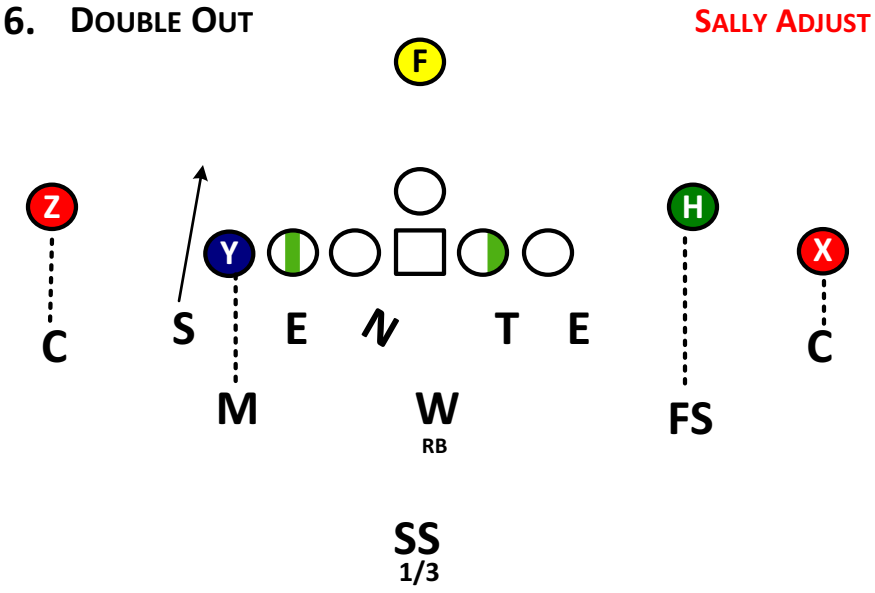
5. Trips

Sally Adjust



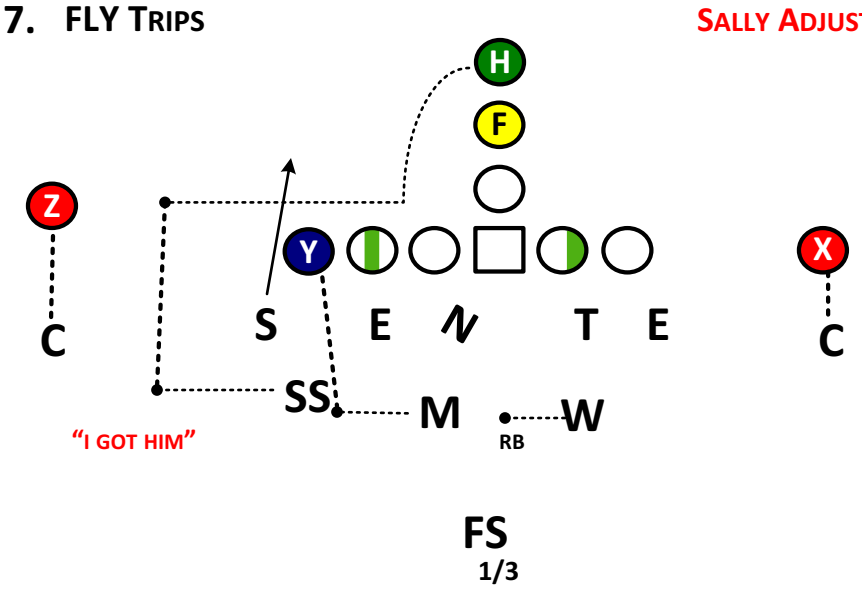
6. Double Out

Sally Adjust



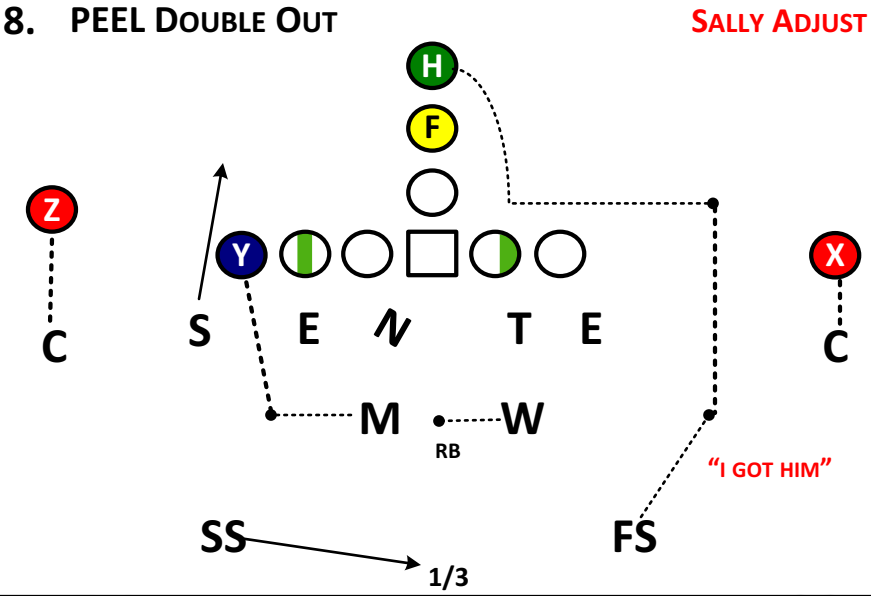
7. FLY Trips

Sally Adjust



8. PEEL Double Out

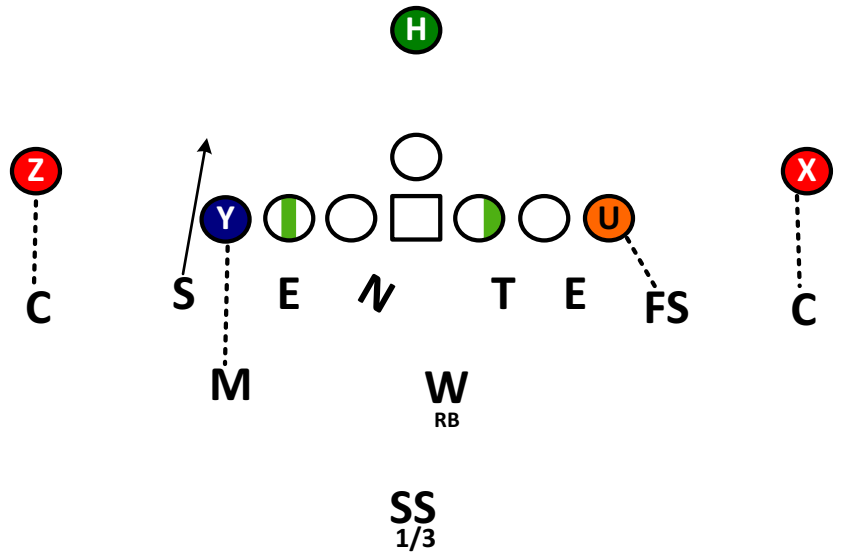
Sally Adjust



Rock Smack 1 Y Sally

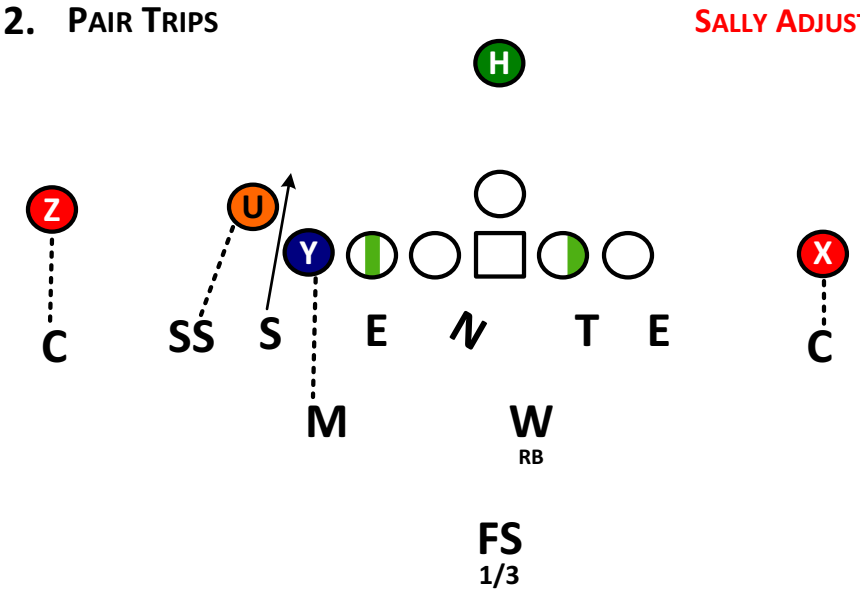
1. Solo

Sally Adjust



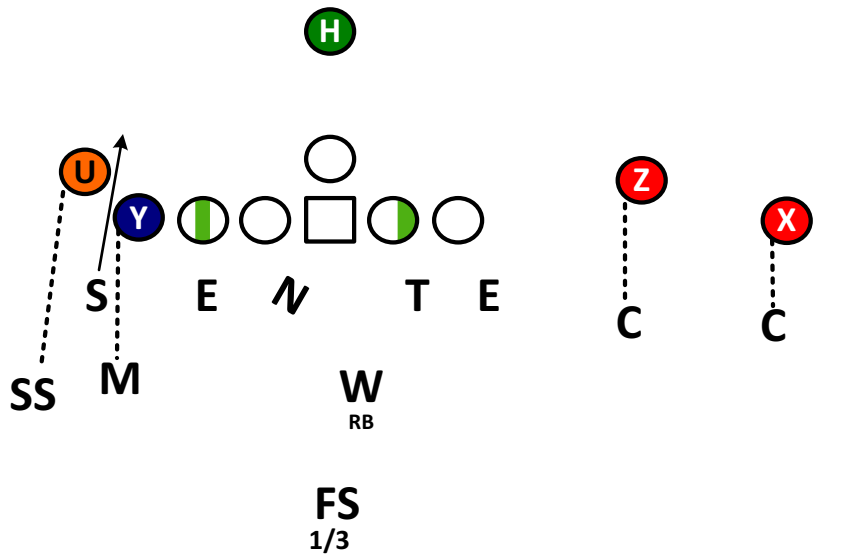
2. Pair Trips

Sally Adjust



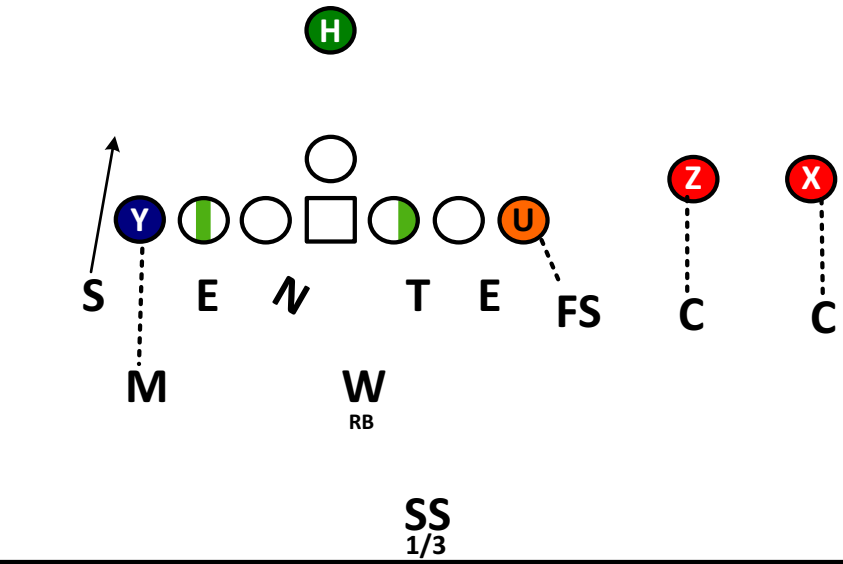
3. Pair Slot

Sally Adjust



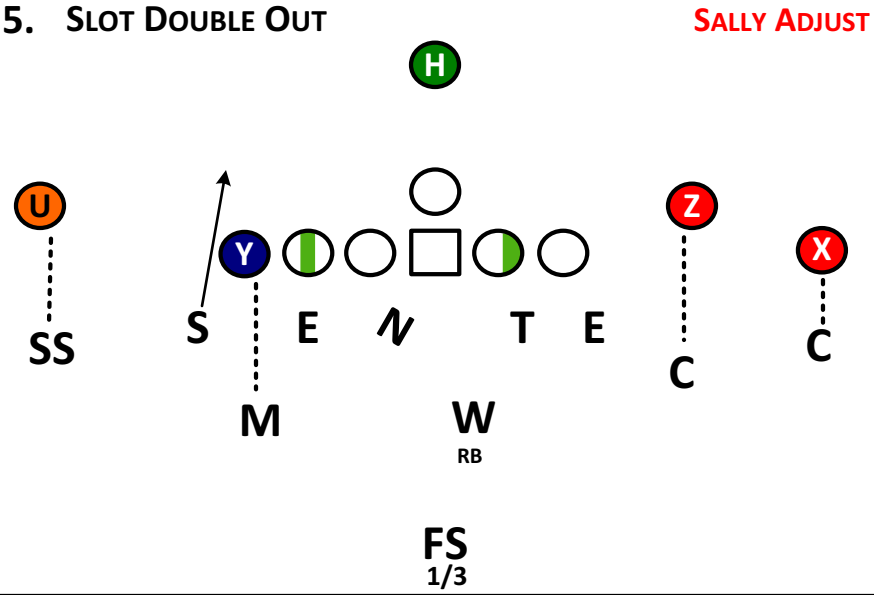
4. Solo Slot

Sally Adjust



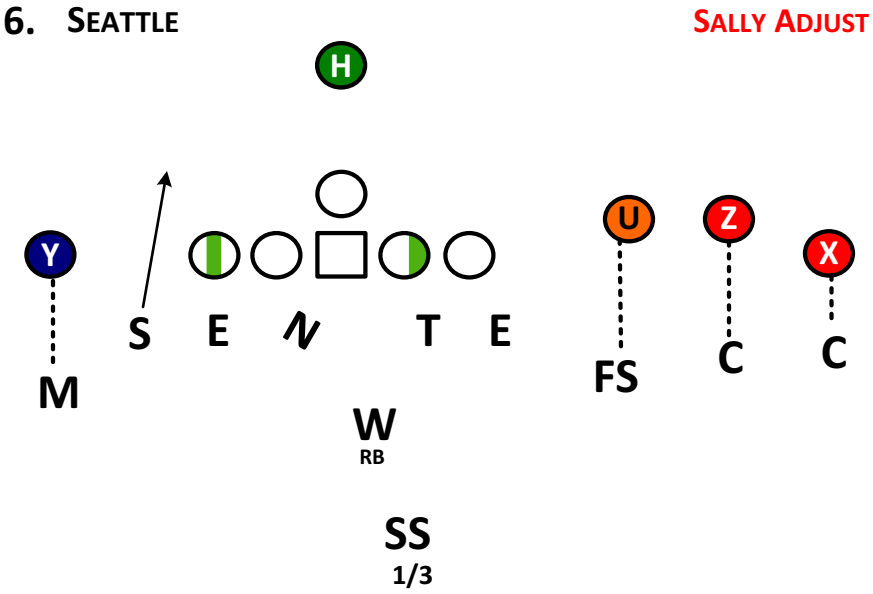
5. Slot Double Out

Sally Adjust



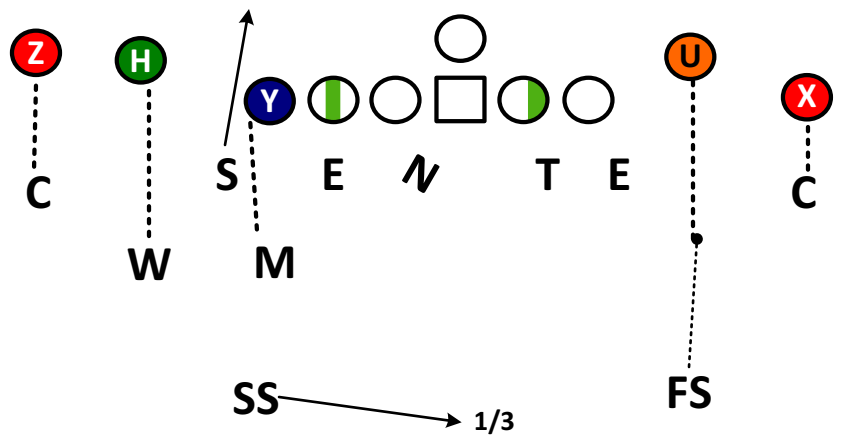
6. Seattle

Sally Adjust



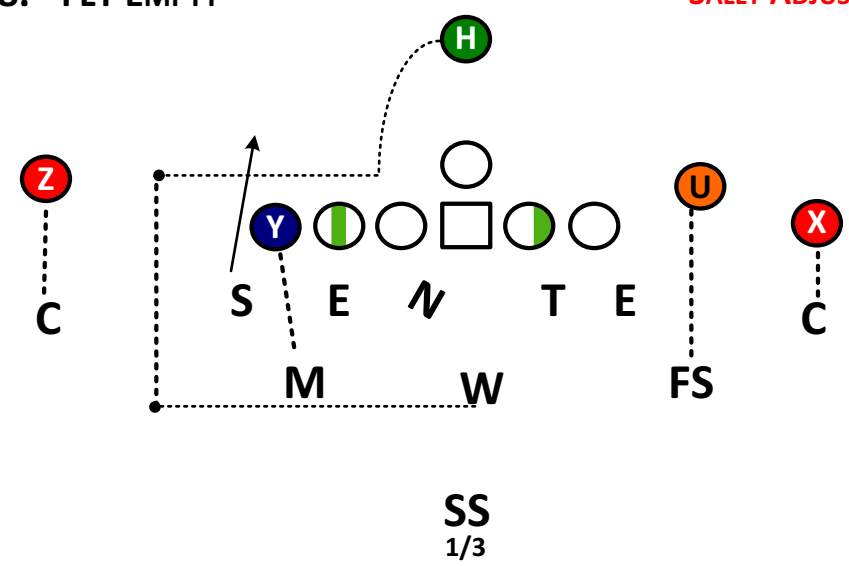
7. Empty

Sally Adjust



8. FLY Empty

Sally Adjust

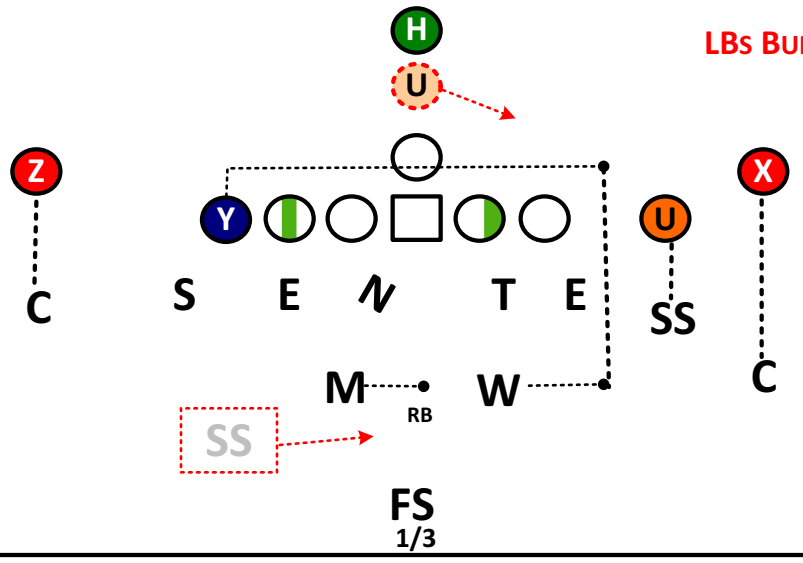


Rock Smack 1 Y

1. Yukon Motion

Check Special

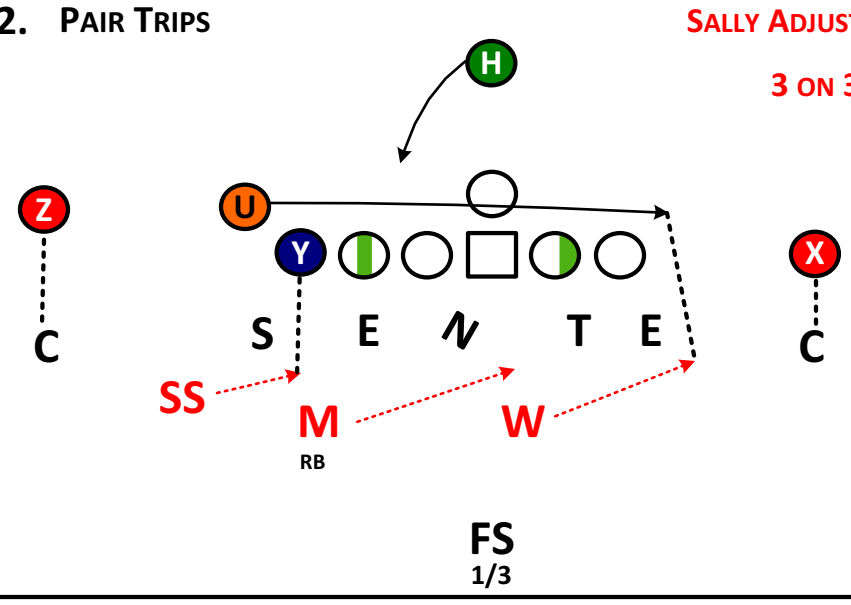
LBs Bump



2. Pair Trips

Sally Adjust

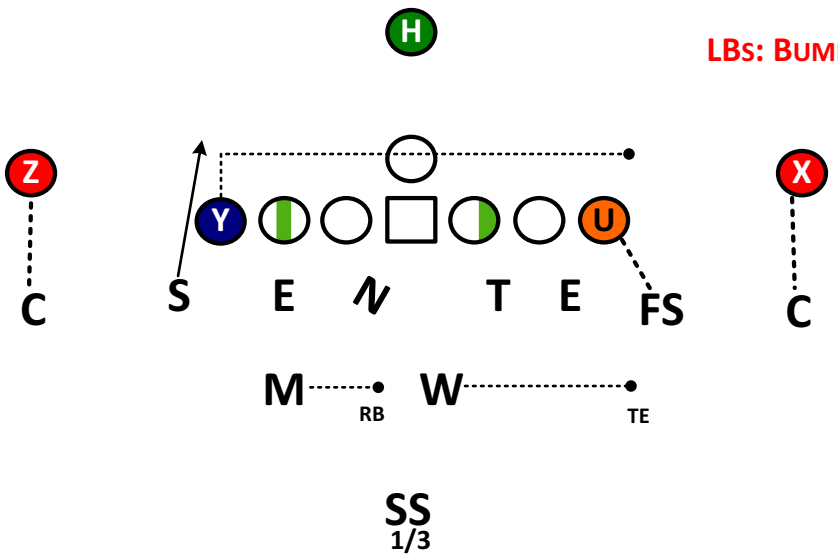
3 on 3



3. Y MO

Sally Adjust

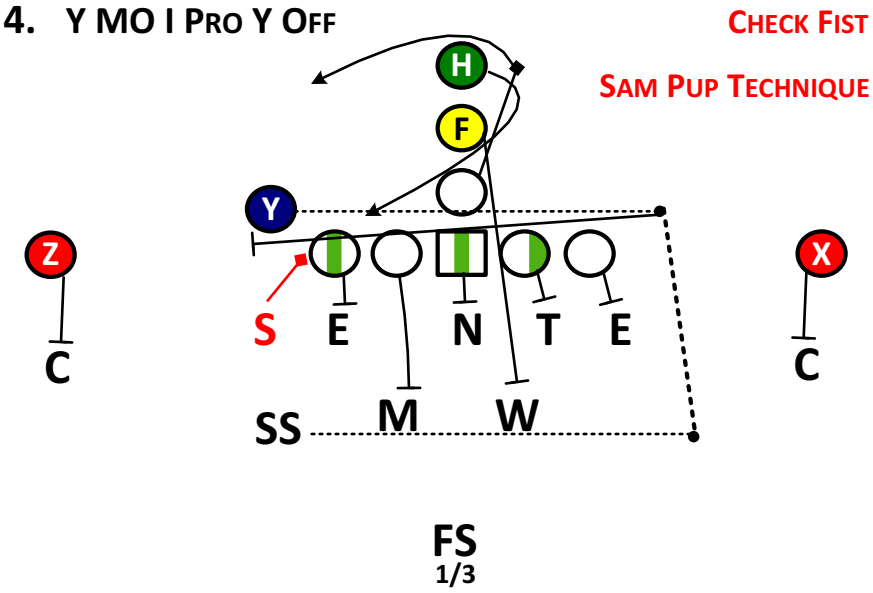
LBs: Bump



4. Y MO I Pro Y Off

Check Fist

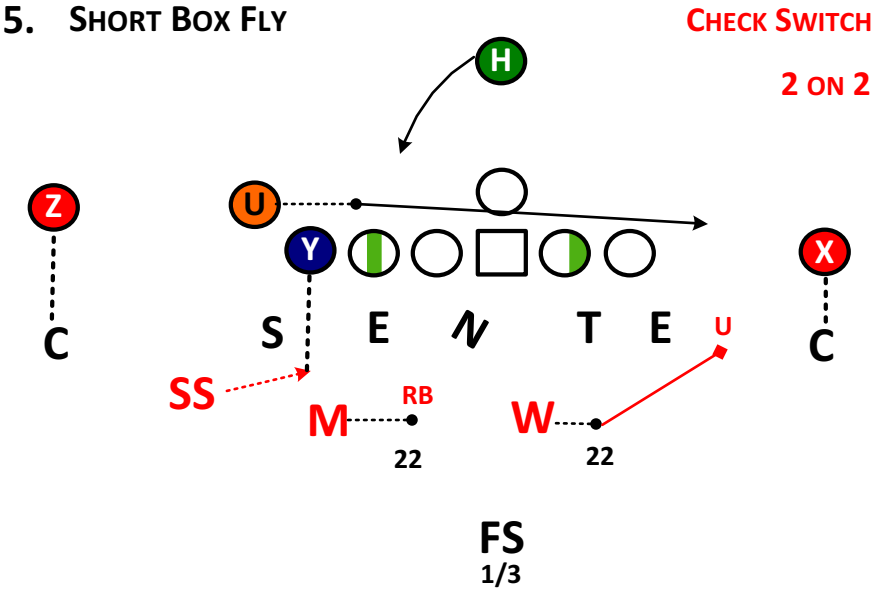
Sam Pup Technique



5. Short Box Fly

Check Switch

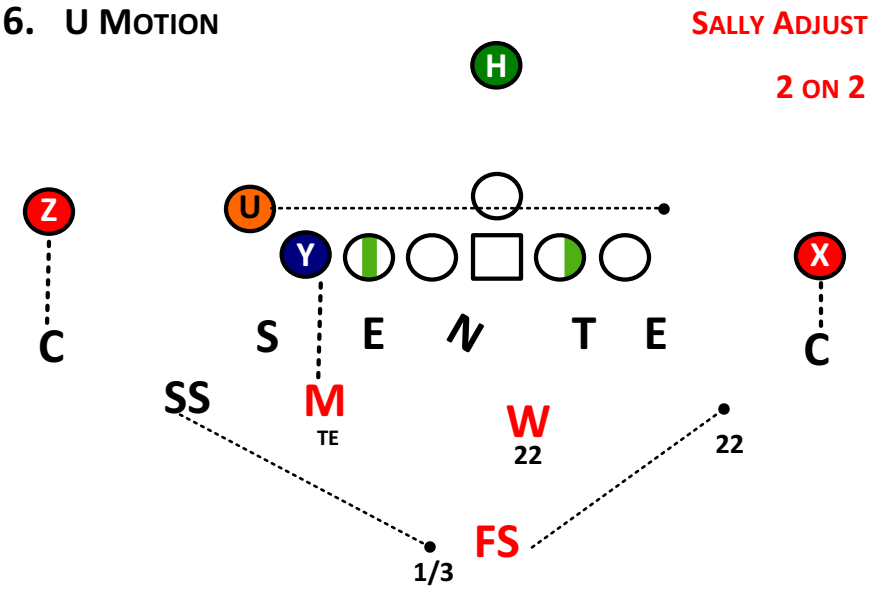
2 on 2



6. U Motion

Sally Adjust

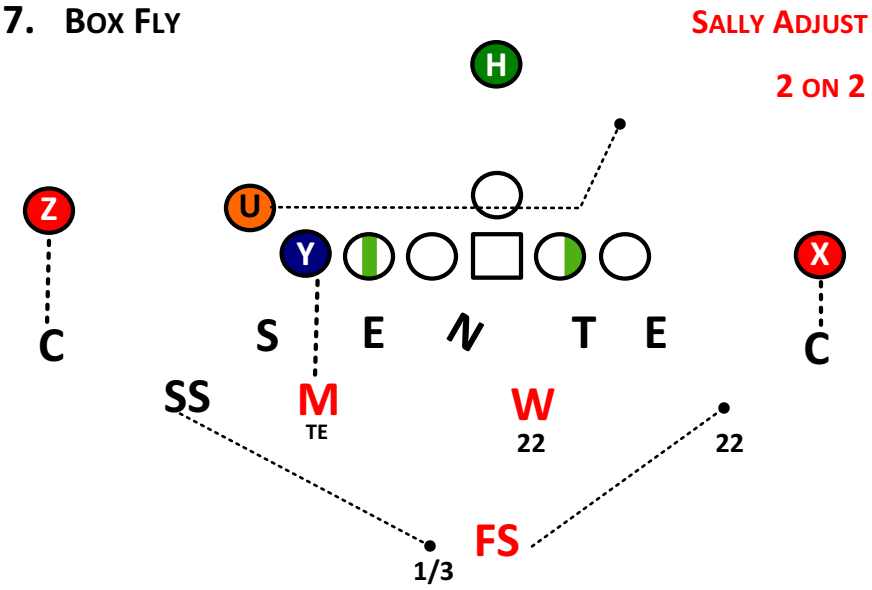
2 on 2



7. Box Fly

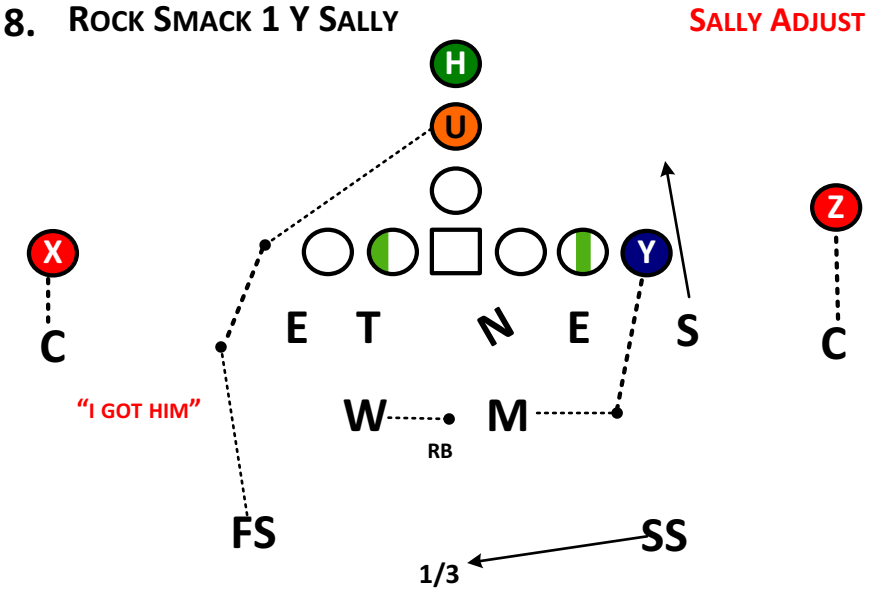
Sally Adjust

2 on 2



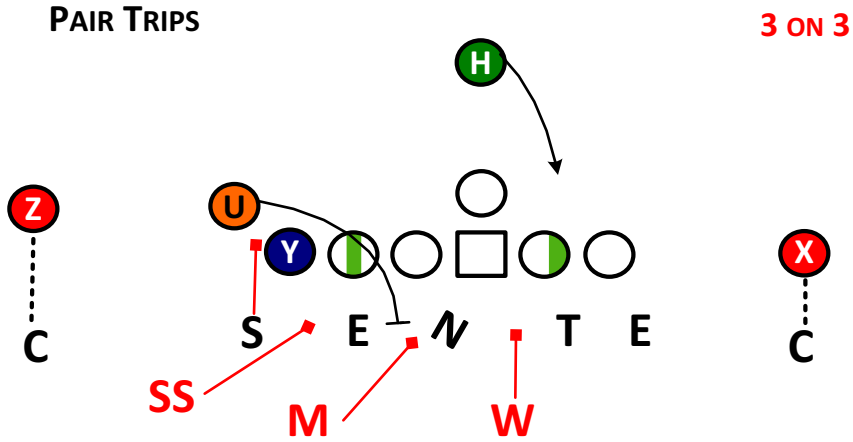
8. Rock Smack 1 Y Sally

Sally Adjust



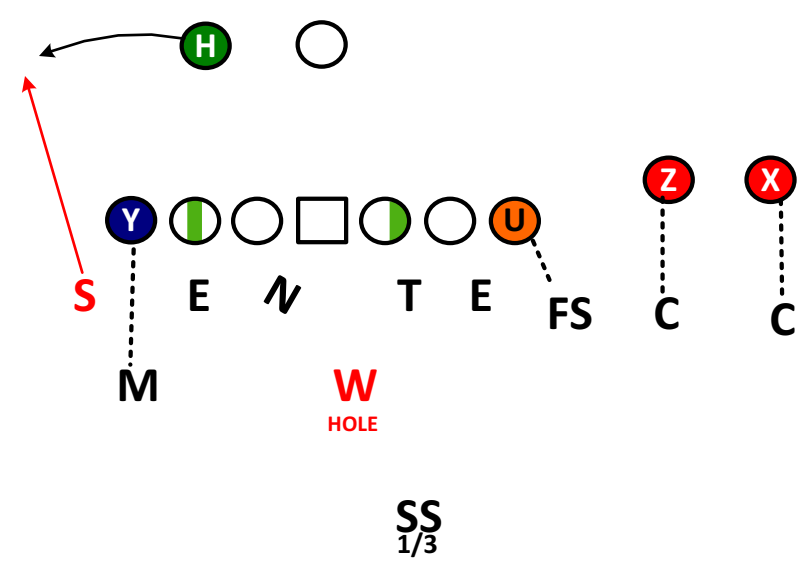
PAIR TRIPS

3 ON 3



FS
1/3

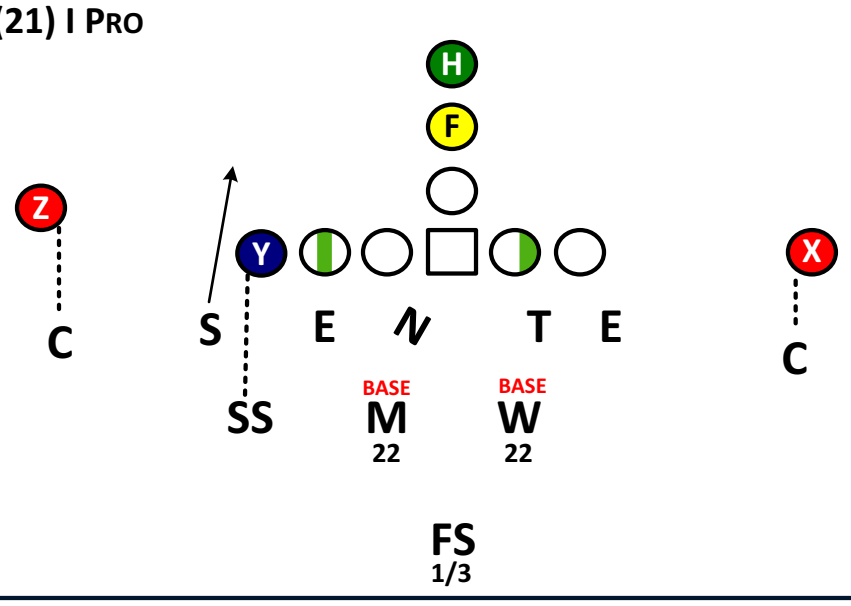
BUSH SCREEN



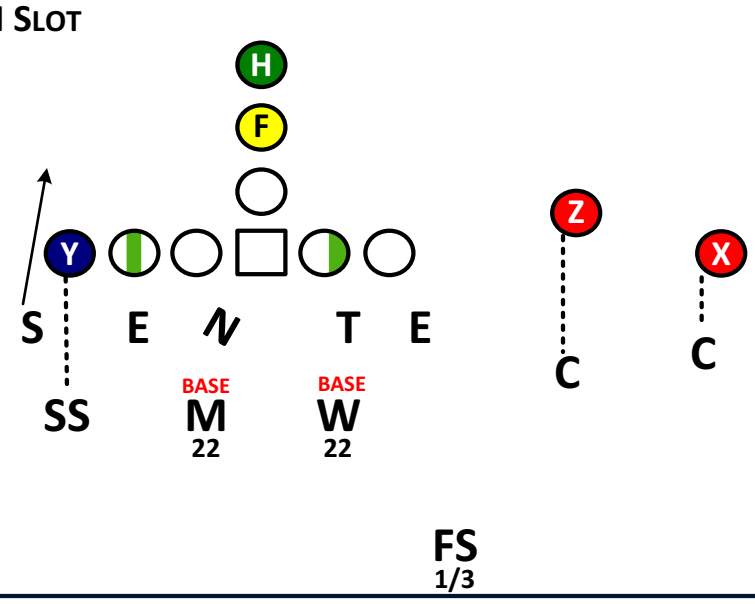
SS
1/3

Rock Smack 1 Y Special

(21) I Pro



(21) I Slot



Essence:

1. Rock Smack 1Y Sally is a Base Under Family 5 Man pressure with the Sam rushing off the solid side edge.

Coaching Points:

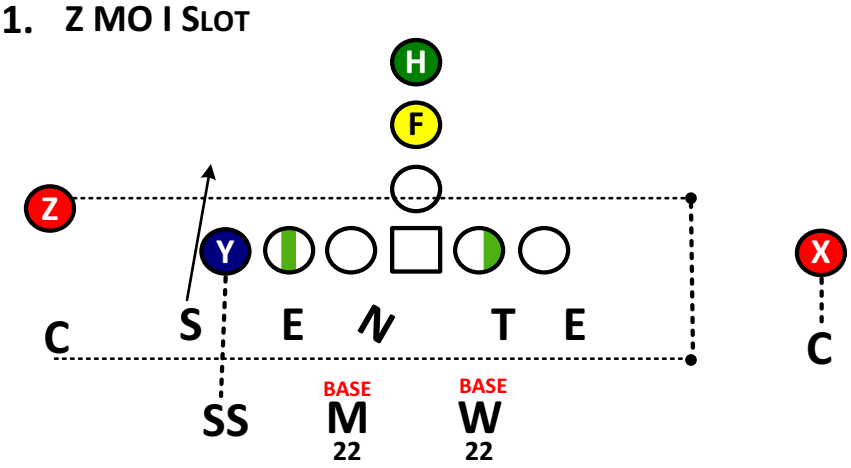
1. Solid call to the "Y".
2. Sam: PUP technique
3. SS: Man to Man on Y
4. Mike and Will 22 the backs

Adjustments:

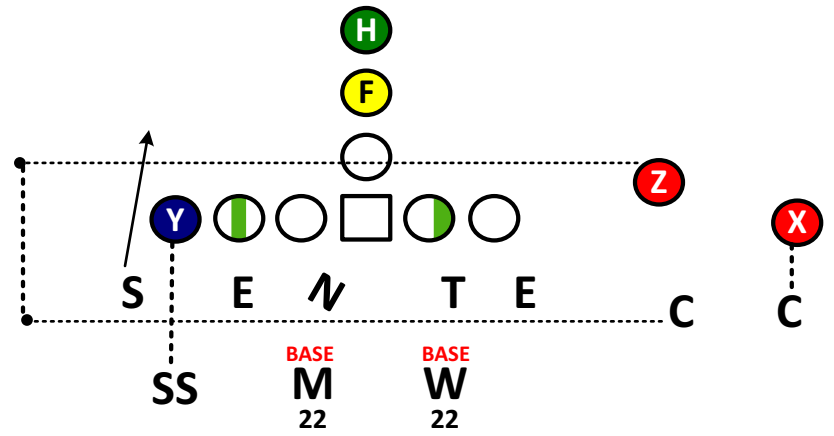
1. 2 back Y motion: Safety track the Y. Mike and Will 22 the Backs.
2. Special Rules apply.
   - Vs. Fly/Peel Motion: Bump
   - Aligned One Back: Sally Adjust
3. Empty: Will Adjust

Rock Smack 1 Y Special

1. Z MO I Slot



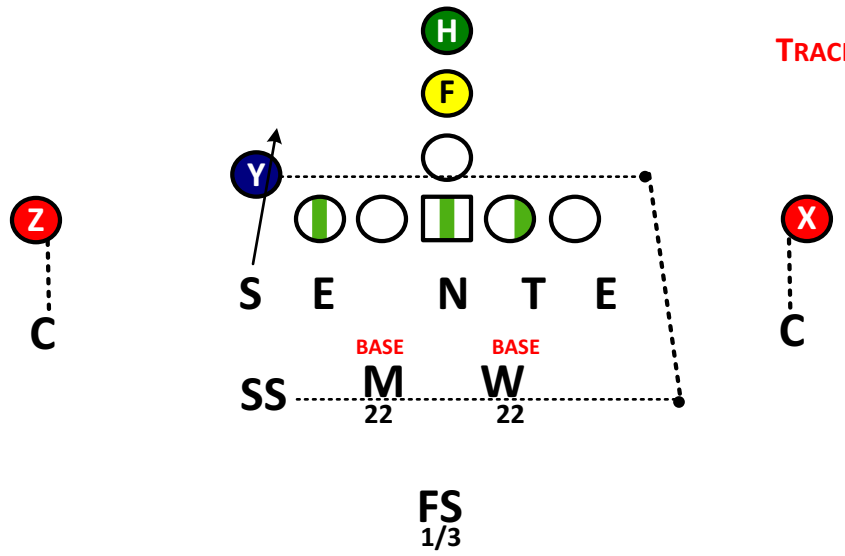
2. Z MO I Pro



3. Y MO I Pro Y Off

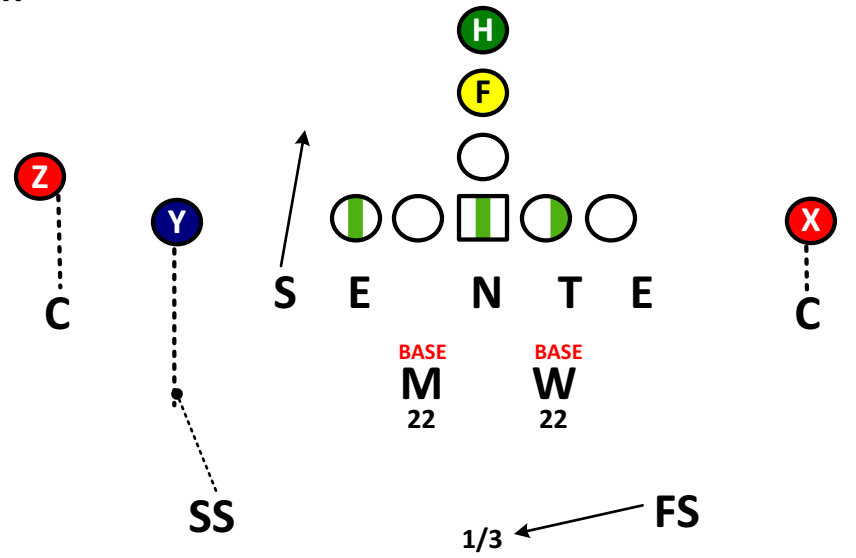
Check Fist

Track



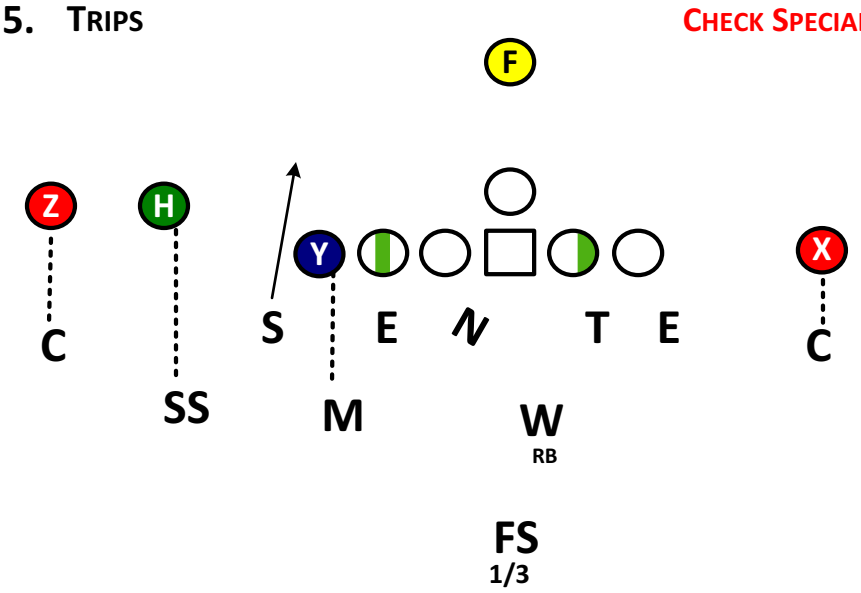
4. I Pro Y Open

Check Fist



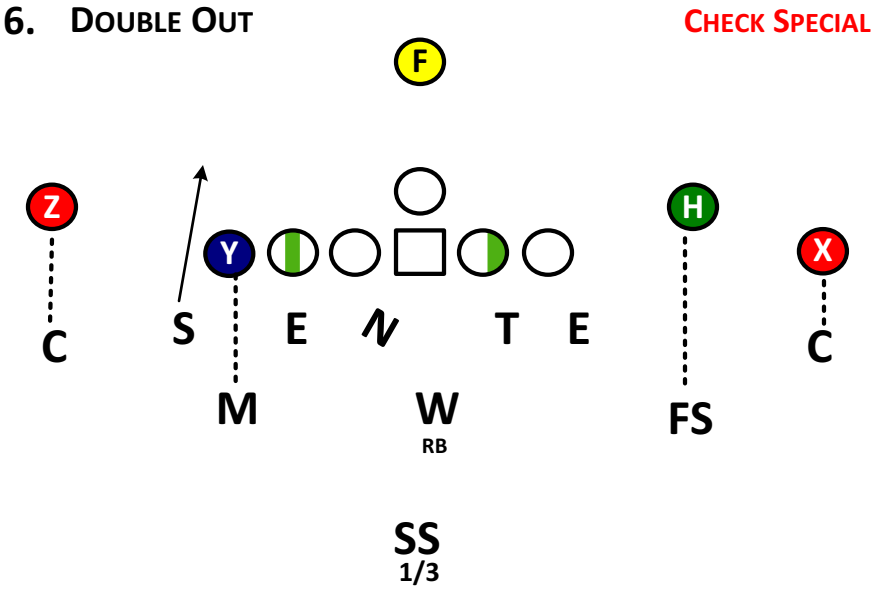
5. Trips

Check Special



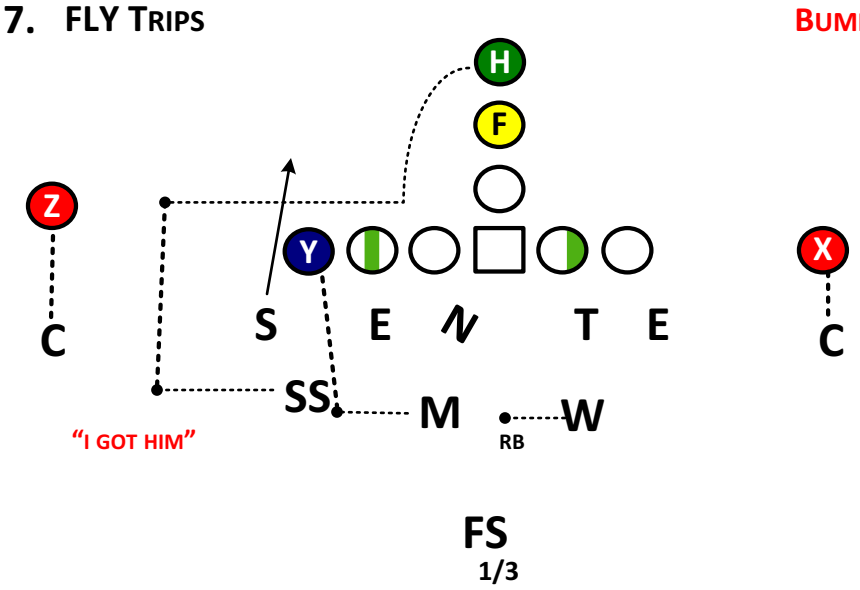
6. Double Out

Check Special



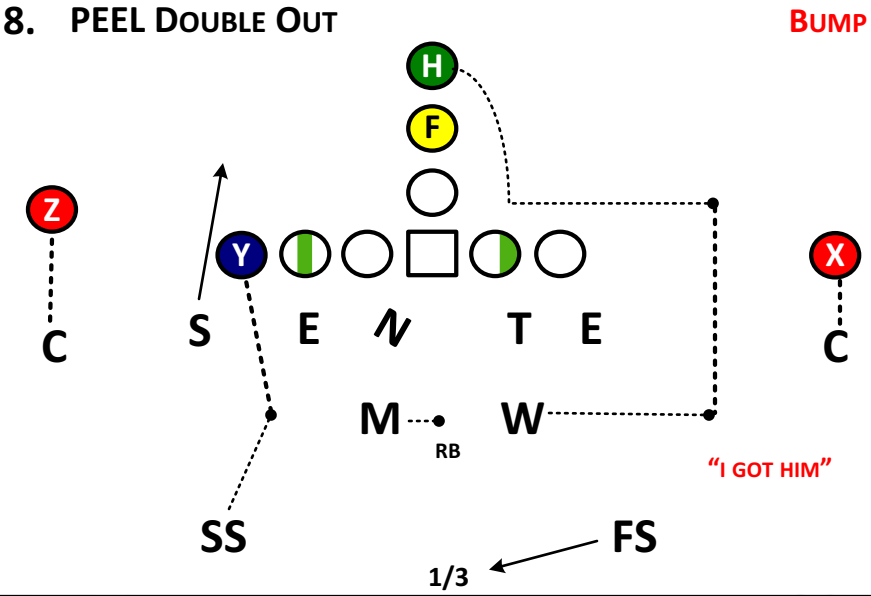
7. FLY Trips

Bump



8. PEEL Double Out

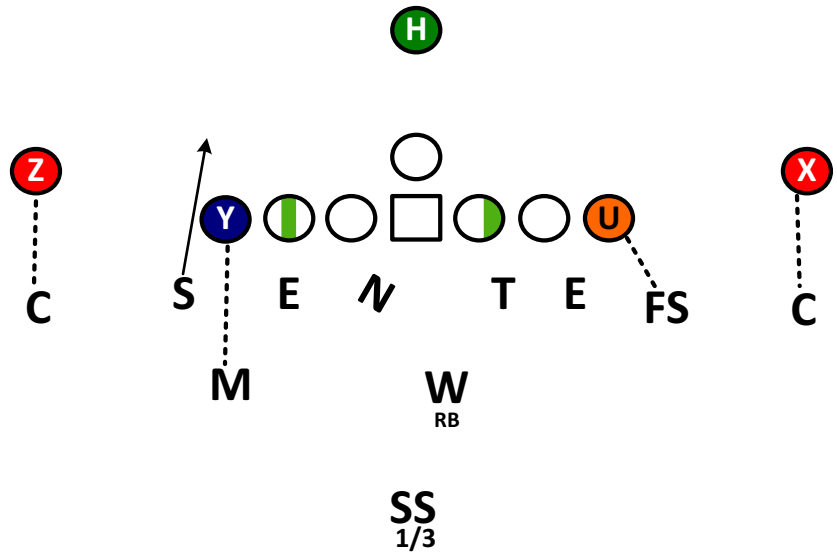
Bump



Rock Smack 1 Y Special

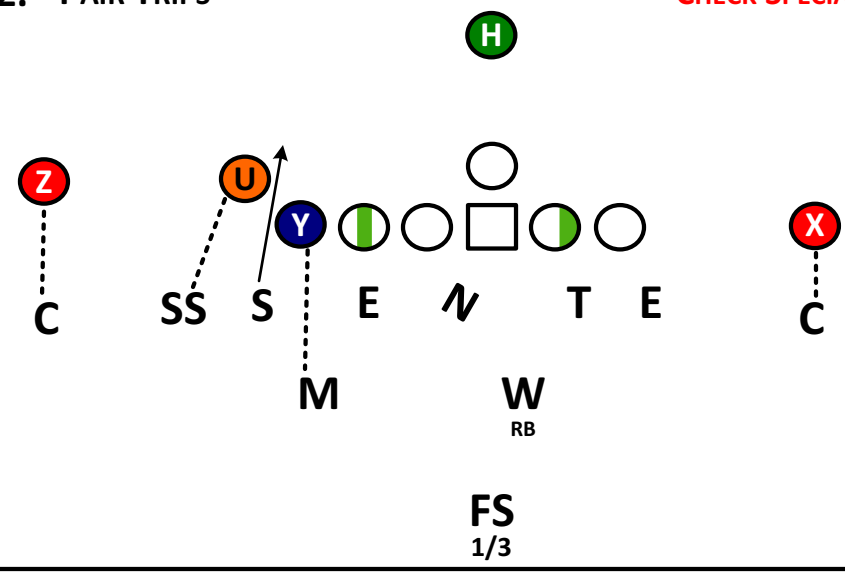
1. Solo

Check Special



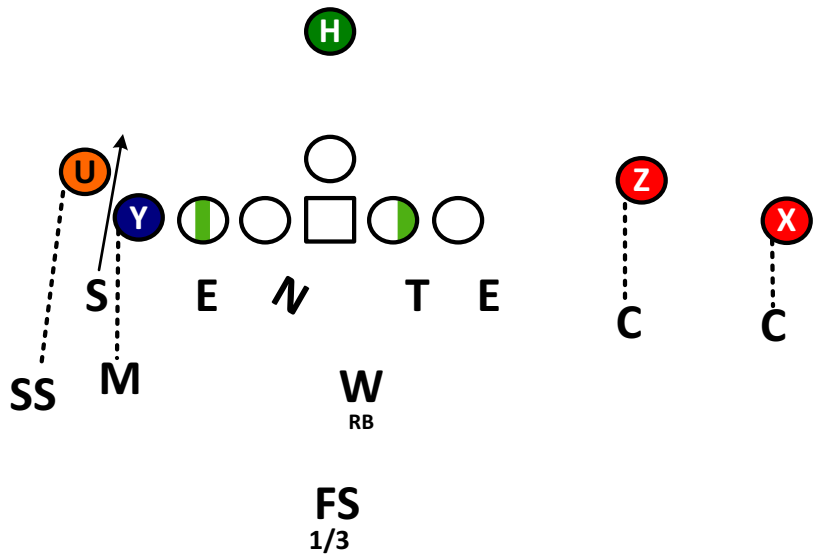
2. Pair Trips

Check Special



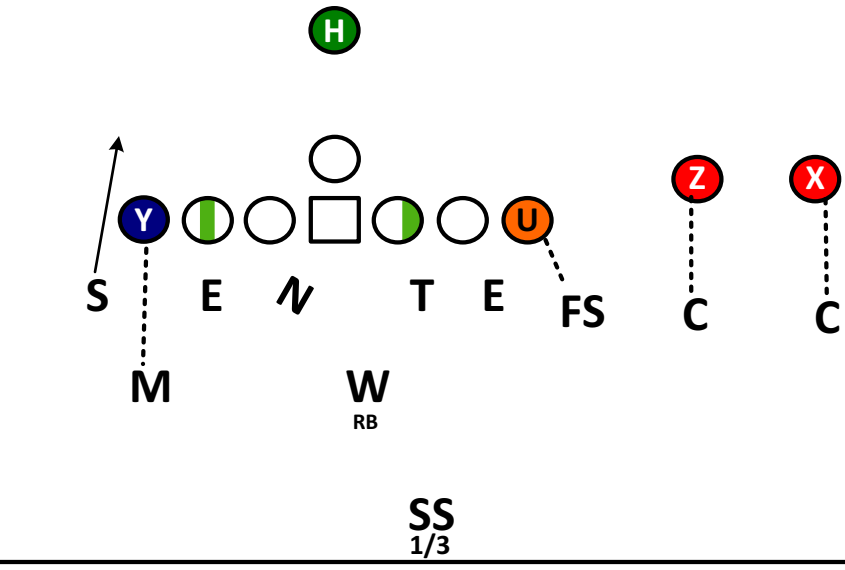
3. Pair Slot

Check Special



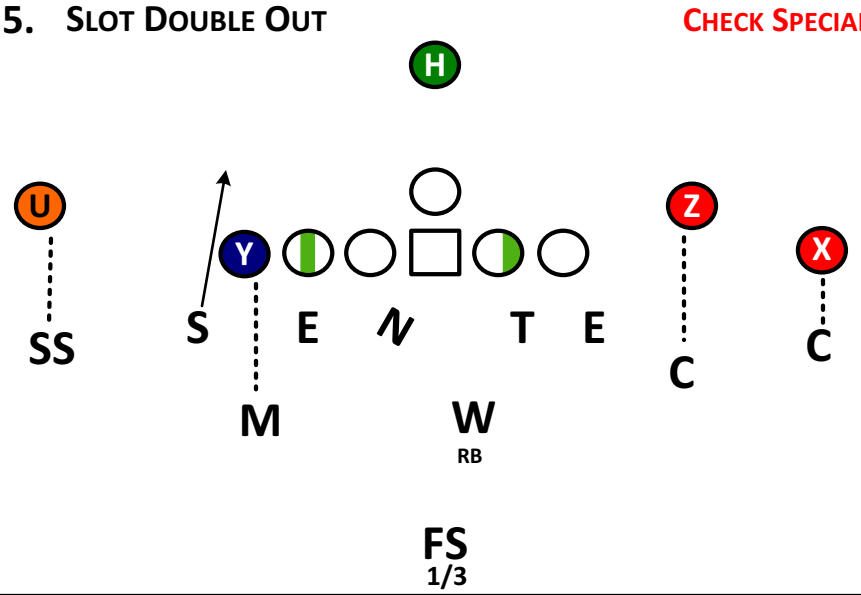
4. Solo Slot

Check Special



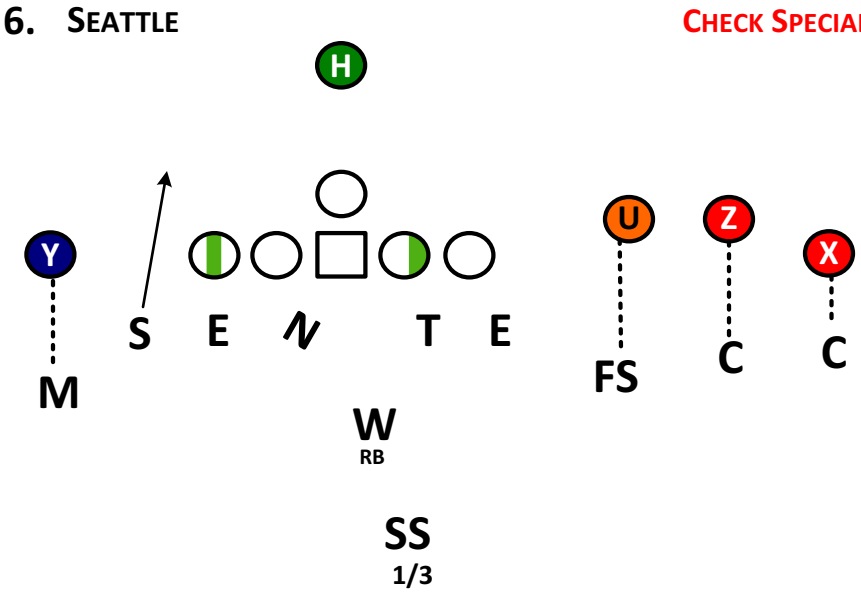
5. Slot Double Out

Check Special



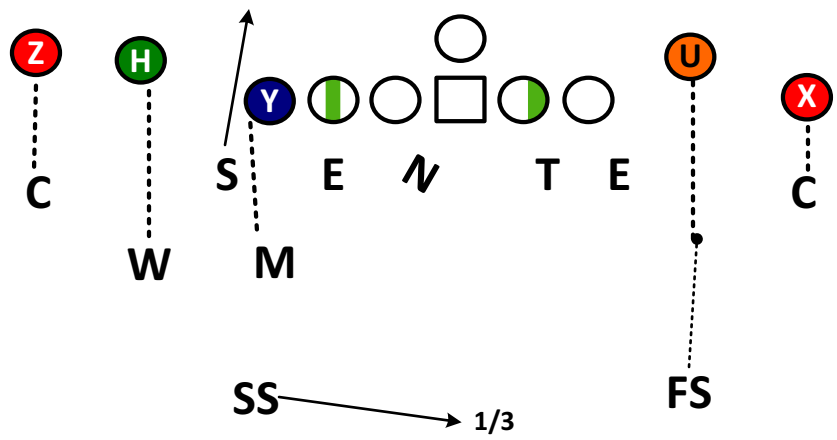
6. Seattle

Check Special



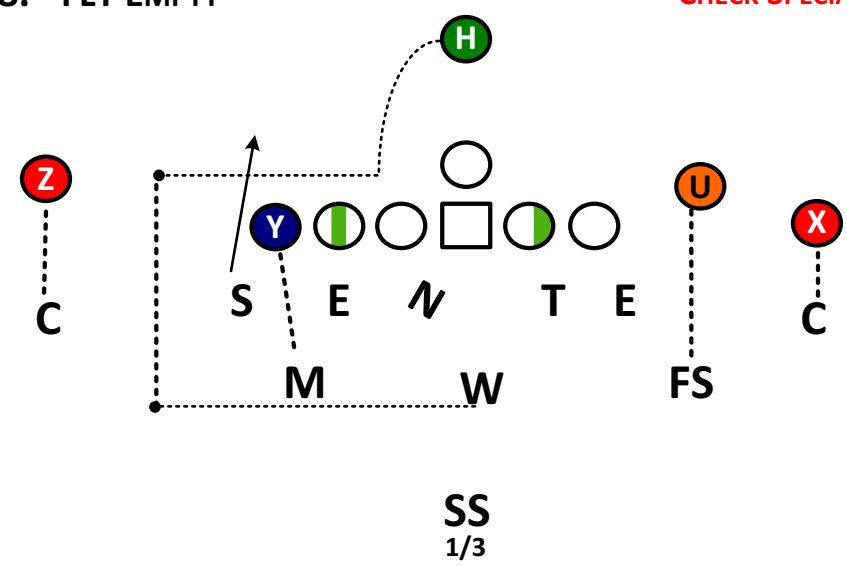
7. Empty

Check Special



8. FLY Empty

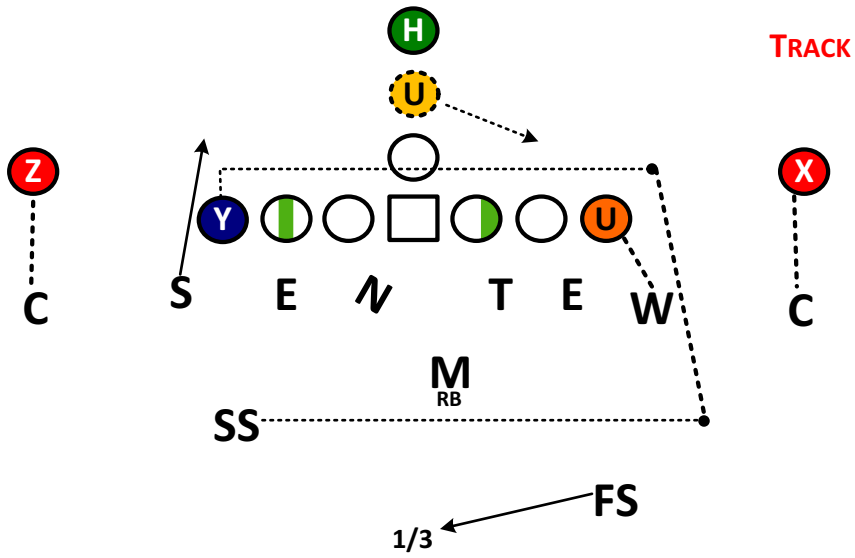
Check Special



CARDINAL MOTION

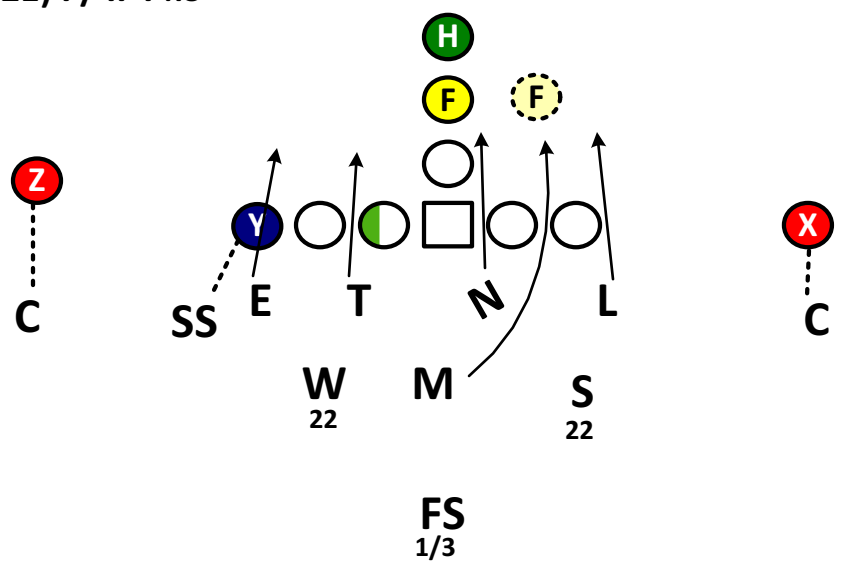
BUMP

TRACK

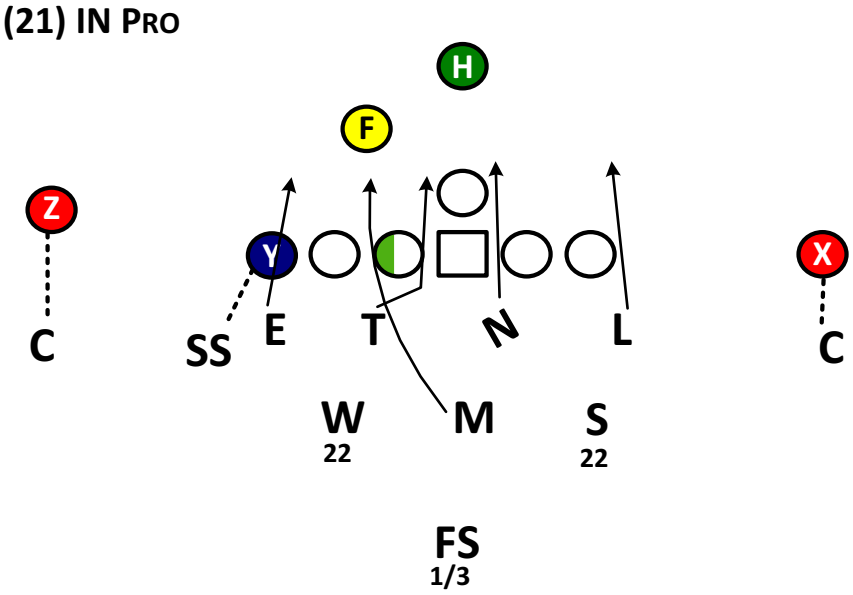


Over Turbo 1 Jack

(21) I / IF Pro



(21) IN Pro



Essence:

1. This is a 5 Man pressure out of an over front.

Coaching Points:

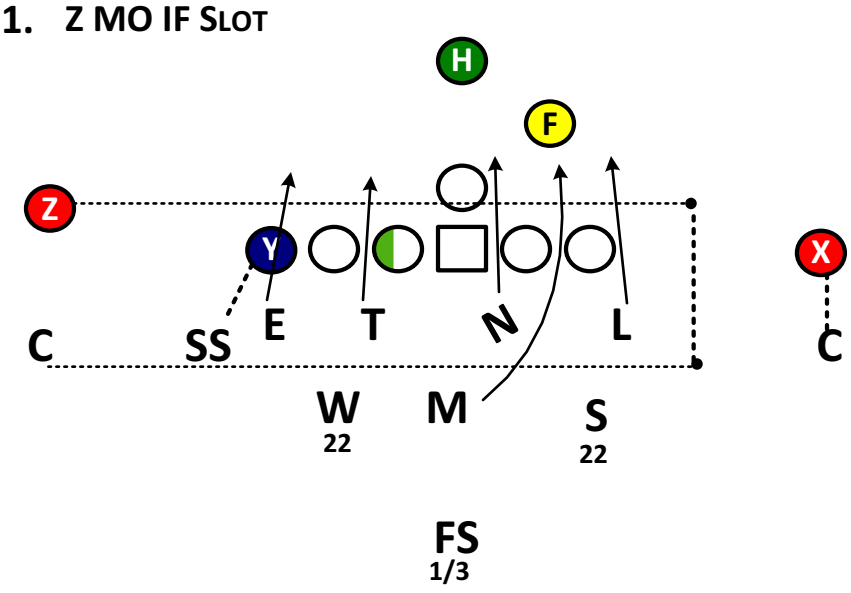
1. Solid call to the "Y." Turbo RT/LT to the Tilt of the Back
2. Mike: Str Shade. Blitz B Gap to the side of the Tilt.
   I Backs: Flex
   Vs. 12 Personnel: Treat the "U' like the 'F'.
   If 'Y' & 'U' are opposite, Blitz B Gap away from #88
3. Sam: 22 the Backs. Tan Alignment.
4. Will: 22 the Backs: Tan Alignment.
5. SS: Man #88

Adjustments:

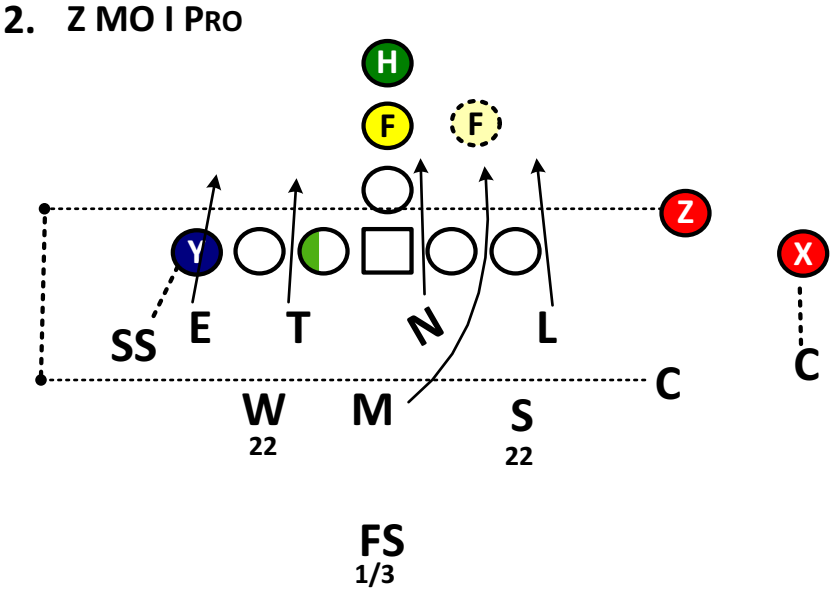
1. Aligned 1 Back: SS Man #88. Sam and Will Adjust (Jack Rules)
2. Vs. 2 Back Y Motion: Track
3. Vs. Aligned or Motion to Empty: Sam and Will Adjust

Over Turbo 1 Jack

1. Z MO IF Slot

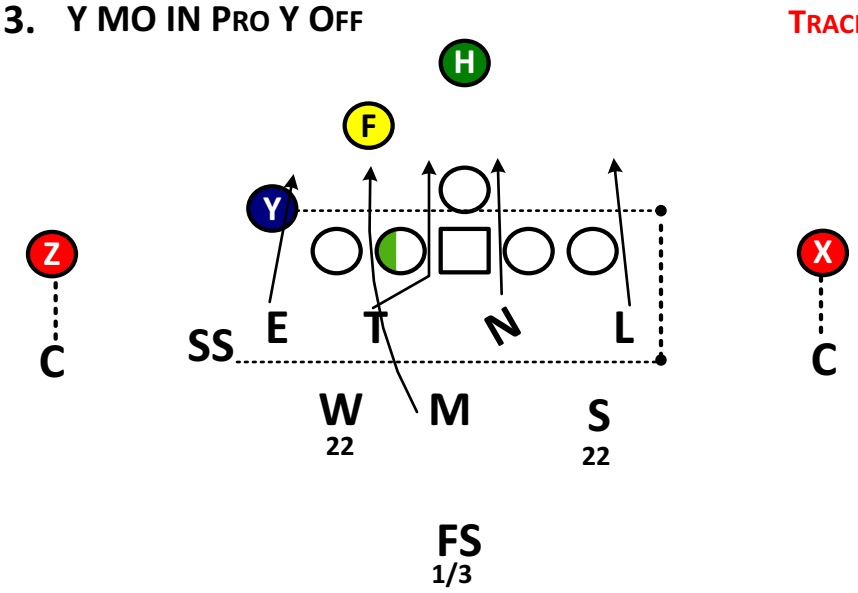


2. Z MO I Pro

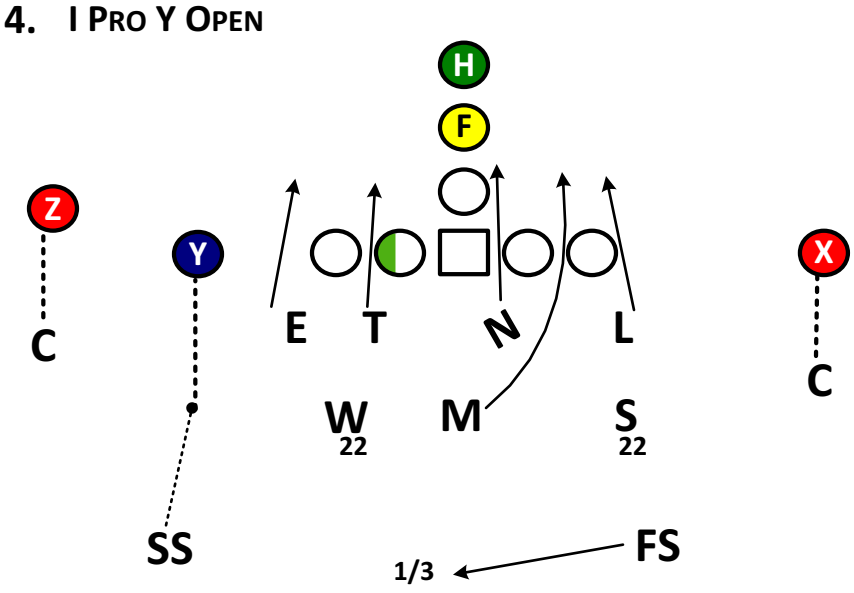


3. Y MO IN Pro Y Off

Track

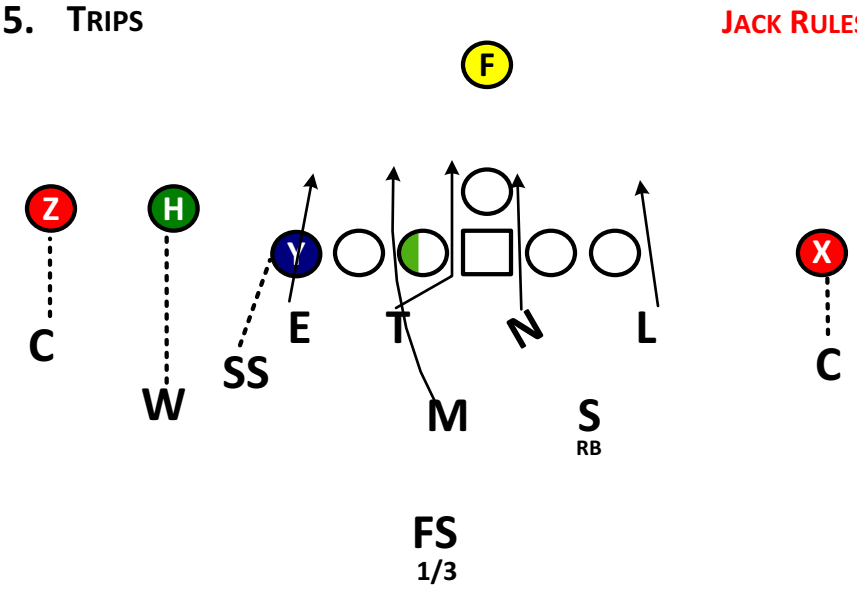


4. I Pro Y Open



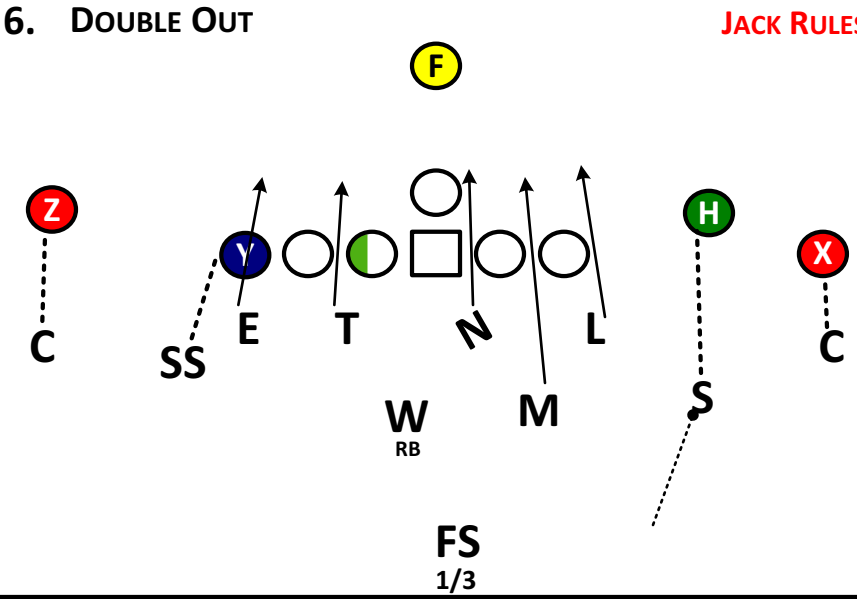
5. Trips

Jack Rules



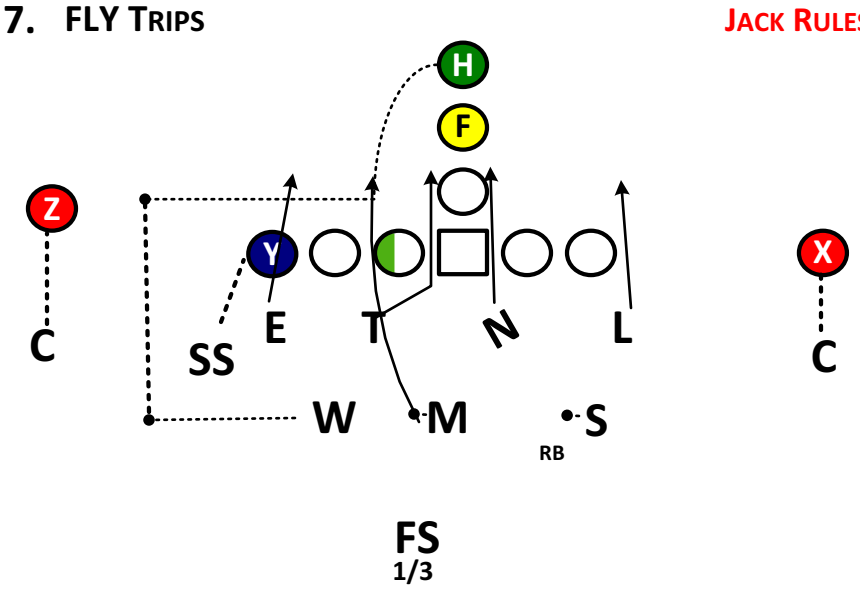
6. Double Out

Jack Rules



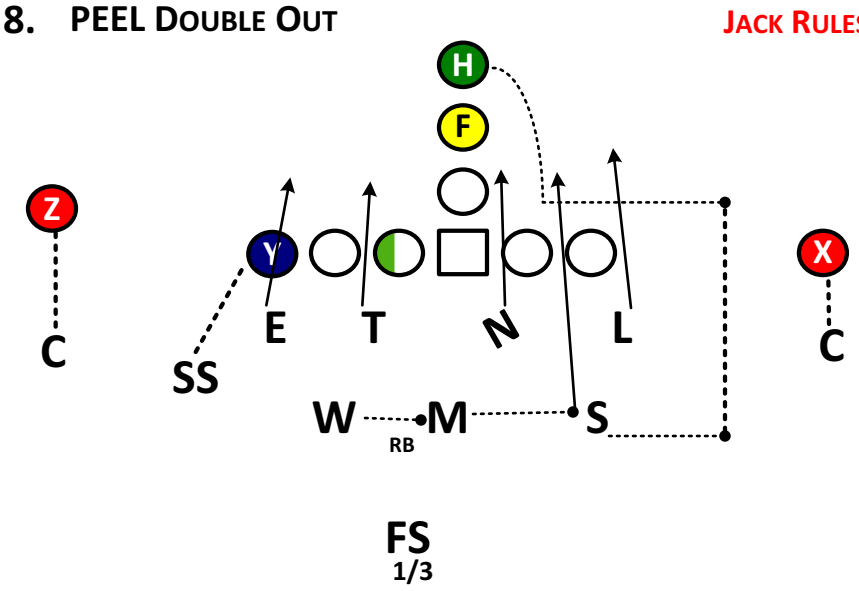
7. FLY Trips

Jack Rules



8. PEEL Double Out

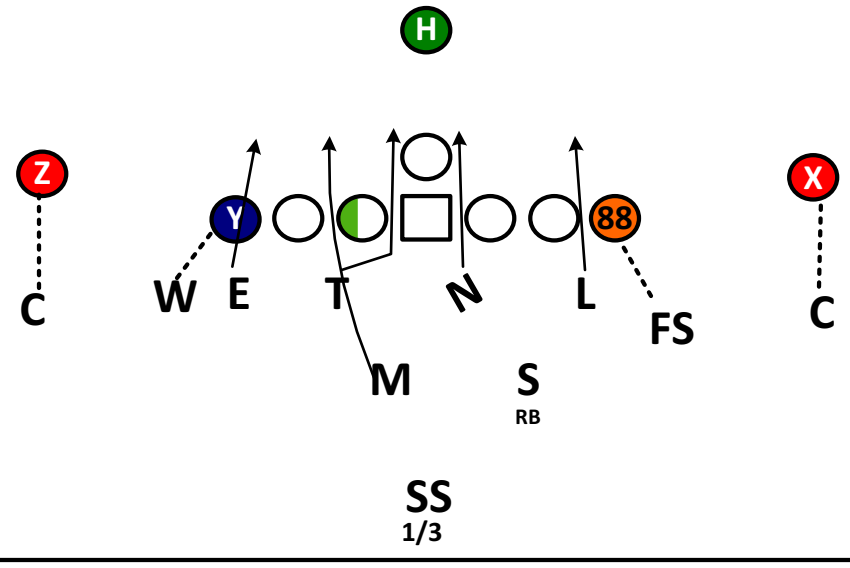
Jack Rules



Over Turbo 1 Jack

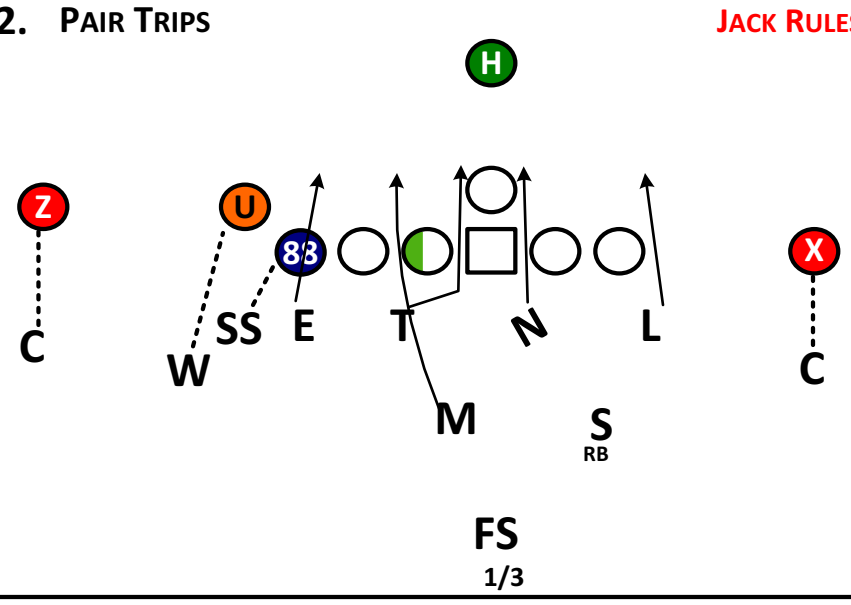
1. Solo

Jack Rules



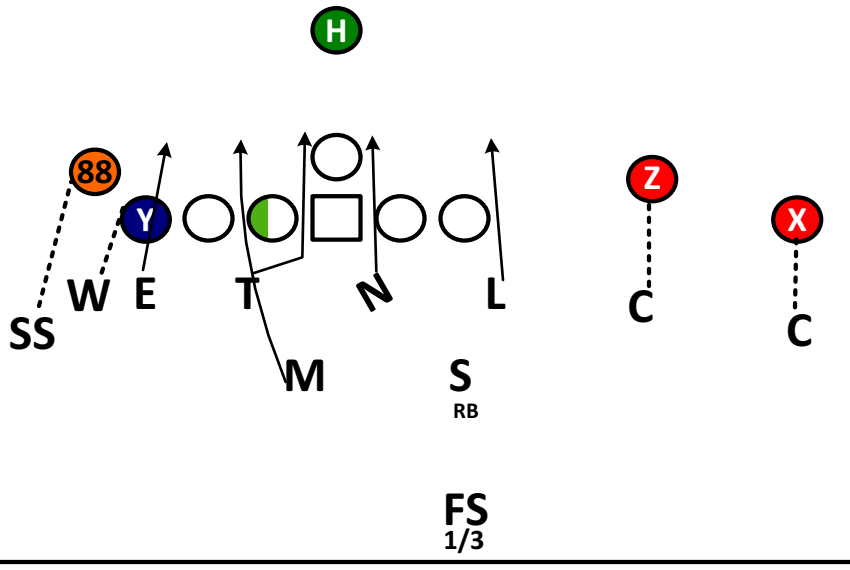
2. Pair Trips

Jack Rules



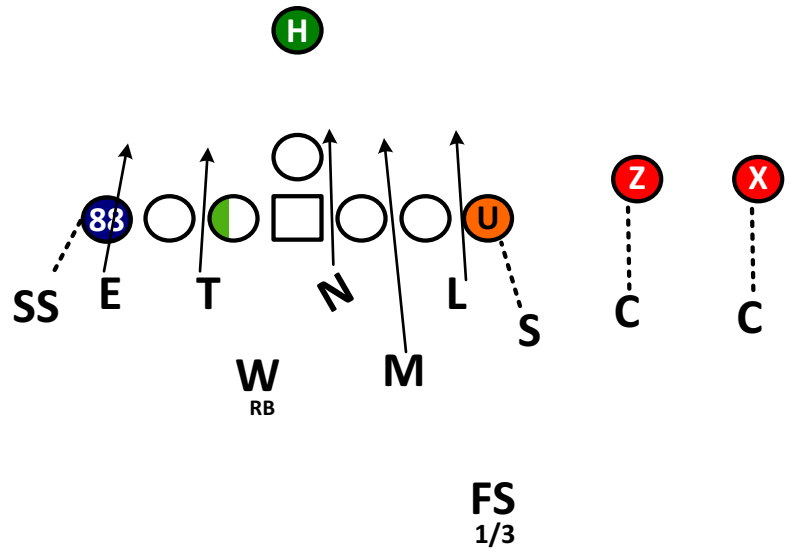
3. Pair Slot

Jack Rules



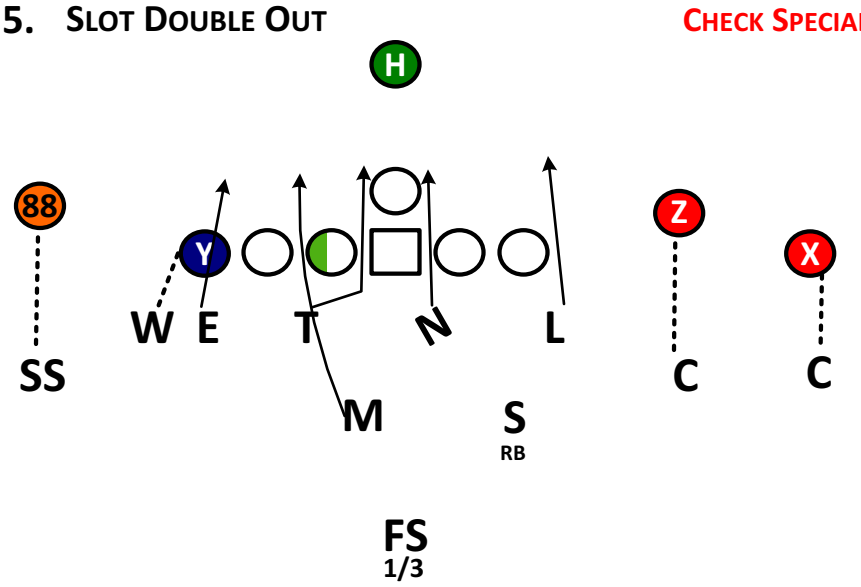
4. Solo Slot

Check Special



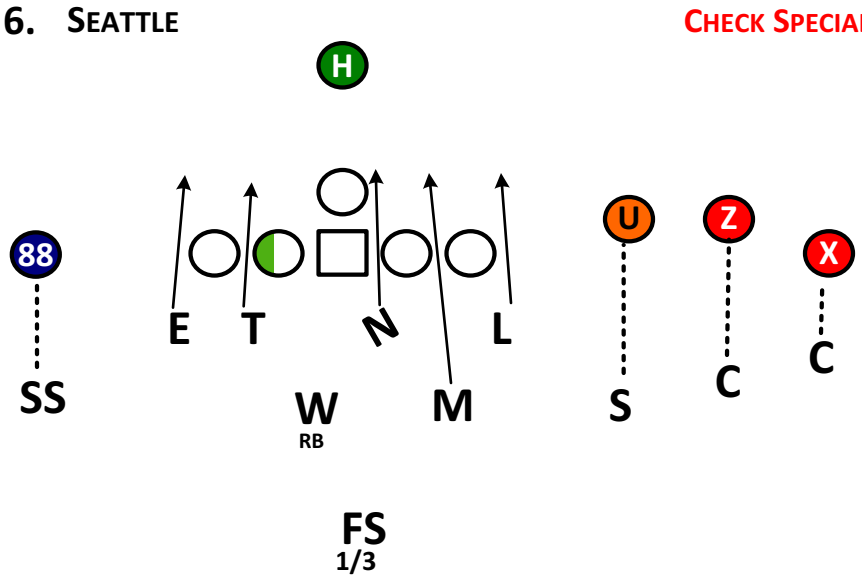
5. Slot Double Out

Check Special



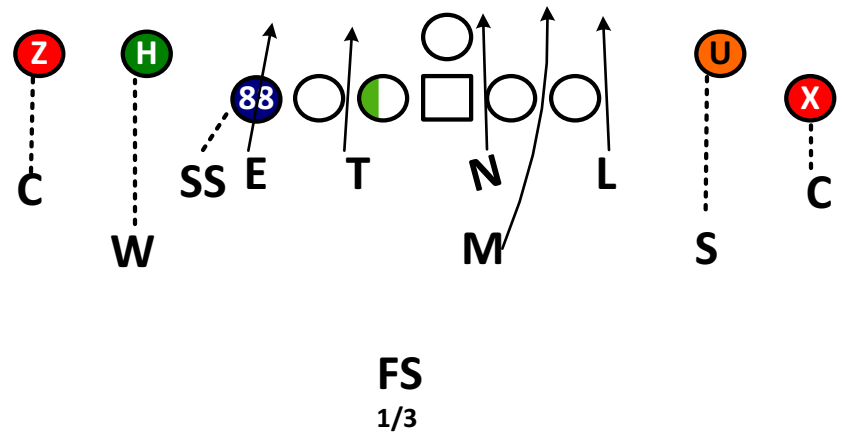
6. Seattle

Check Special



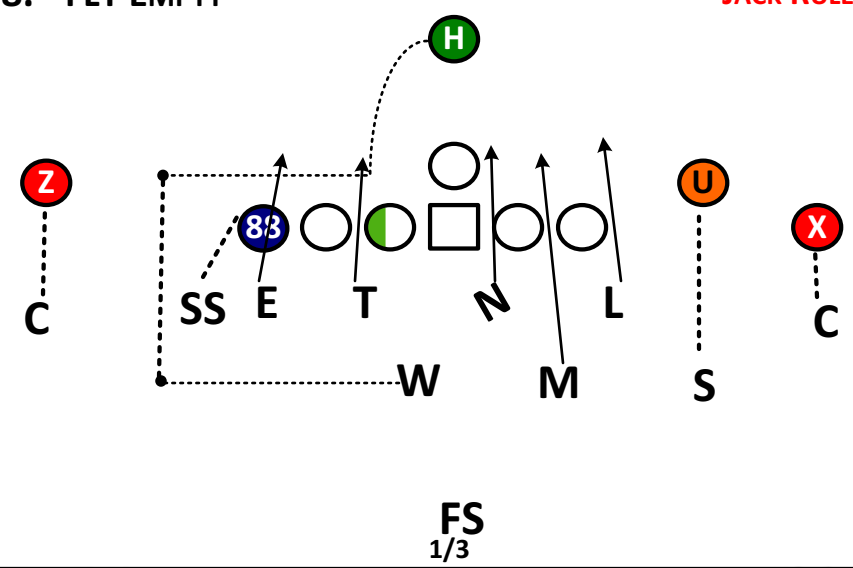
7. Empty

Jack Rules



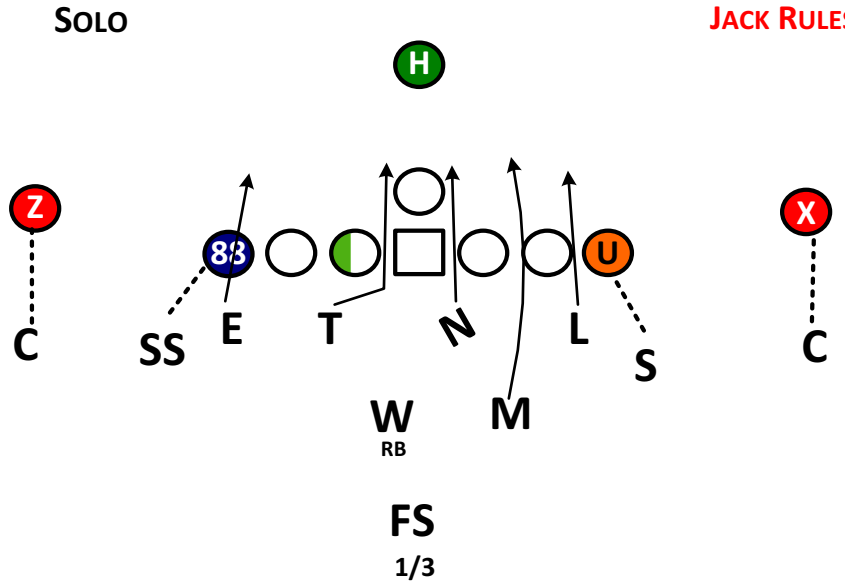
8. FLY Empty

Jack Rules



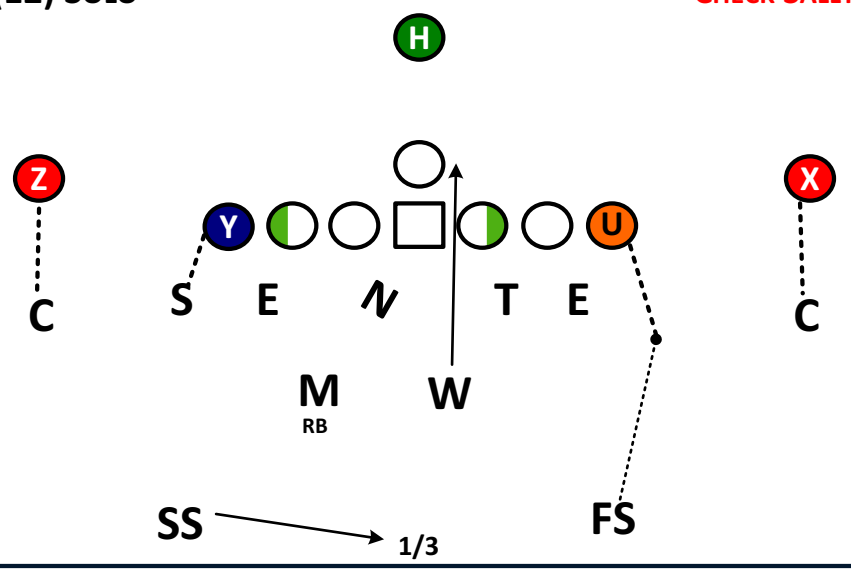
SOLO

JACK RULES

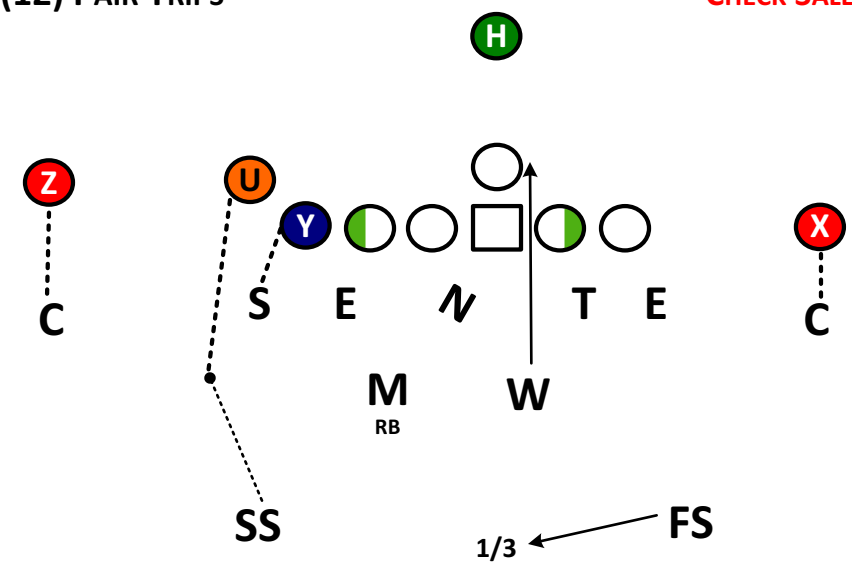


Under Will 1 Track

(12) Solo — Check Sally



(12) Pair Trips — Check Sally



Essence:

1. 5 Man under 1 pressure with the Will rushing the flex side A Gap.

Coaching Points:

1. Solid call to the "Y".
2. Will rushes the Flex side A Gap
3. Sam has the Y man to man
4. Mike: Man RB
5. Safeties: Sally Adjust
6. Leo End: Leo Technique

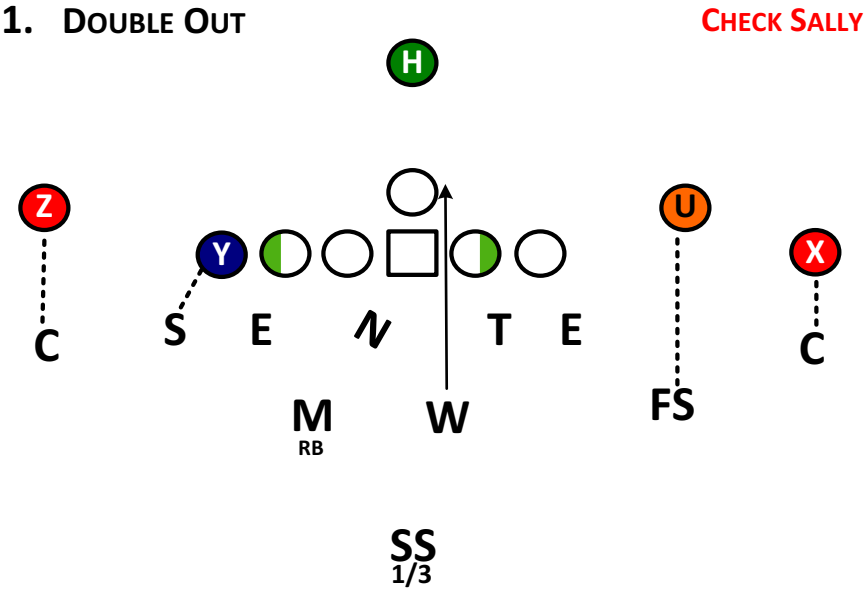
Adjustments:

1. Vs. 2 Back: Mike and Strong Safety 22 the backs
2. Vs. 2 back Y motion: Check Switch
3. Vs. Belly U Cut: Safety Track

Under Will 1 Track

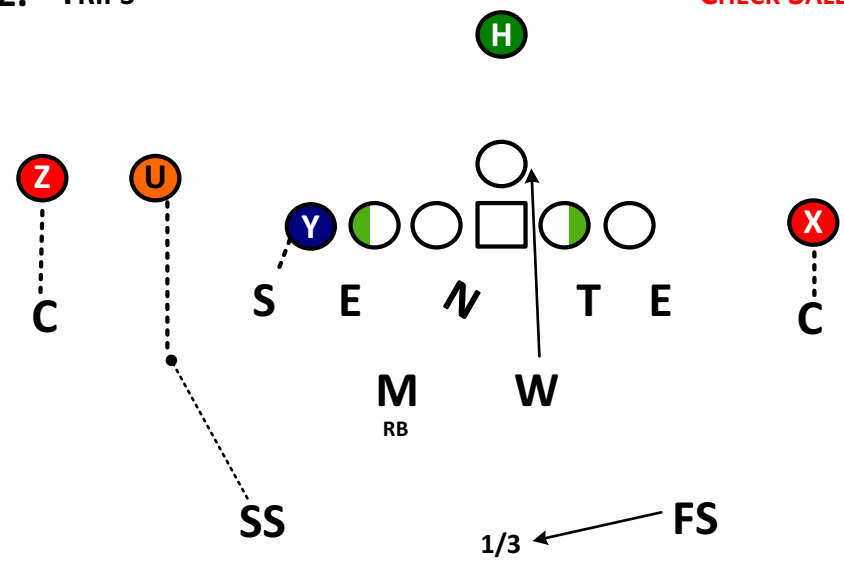
1. Double Out

Check Sally



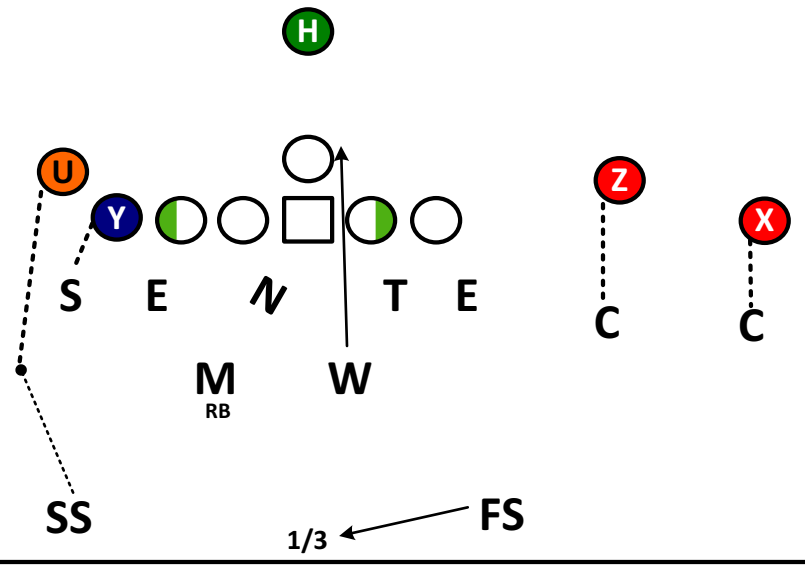
2. Trips

Check Sally



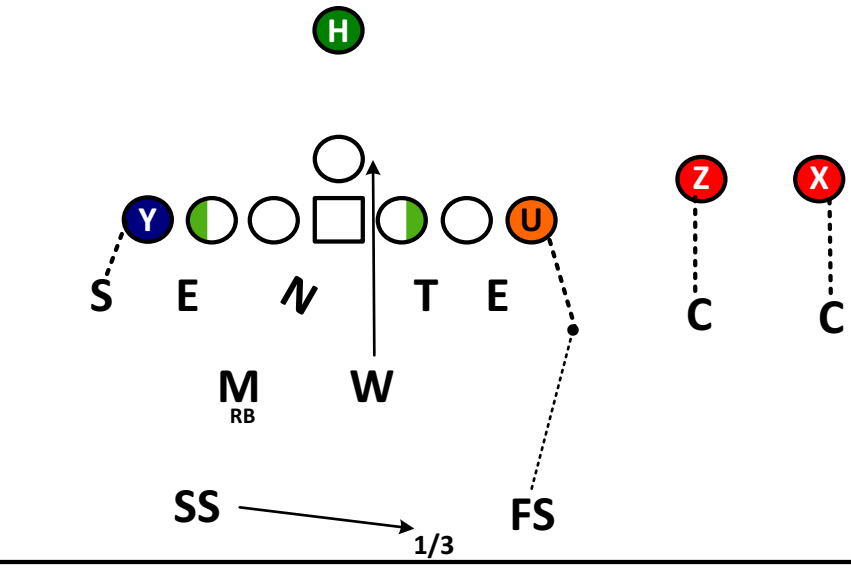
3. Pair Slot

Check Sally



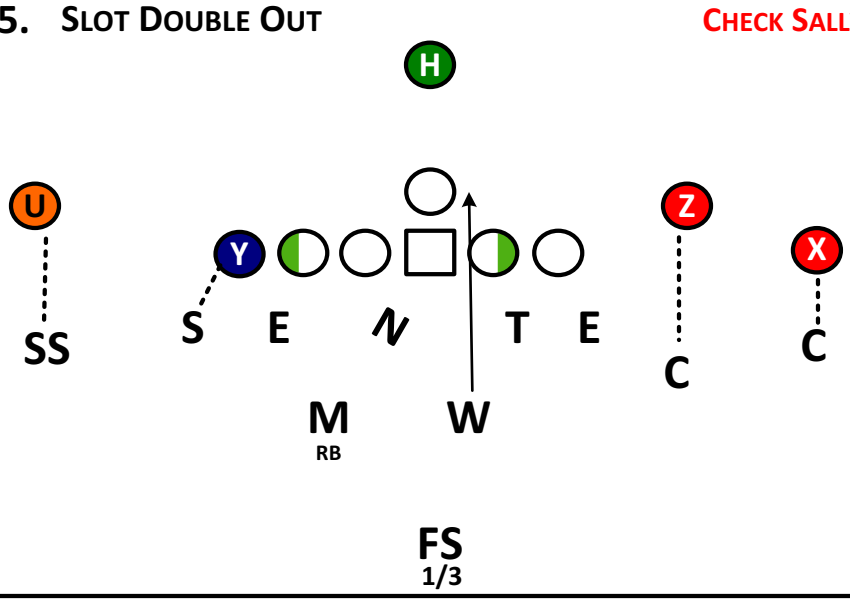
4. Solo Slot

Check Sally



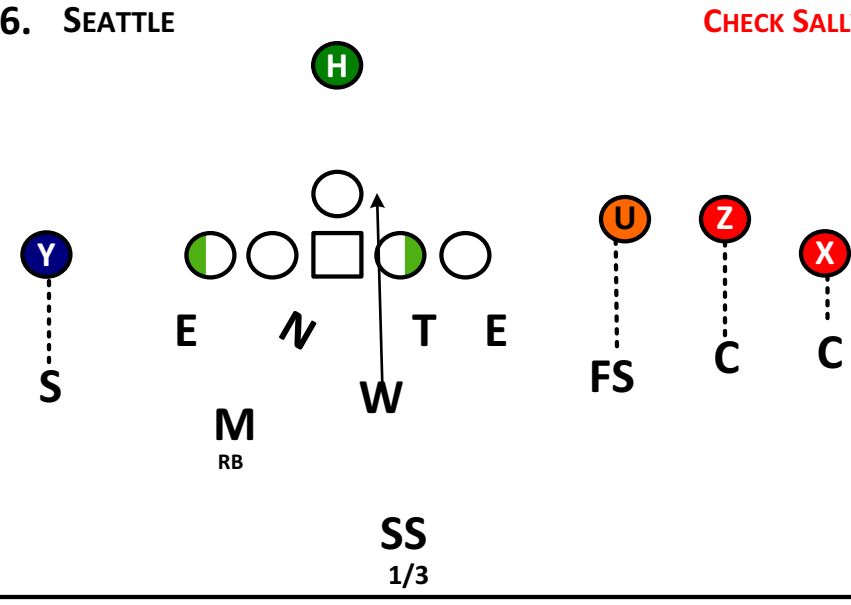
5. Slot Double Out

Check Sally



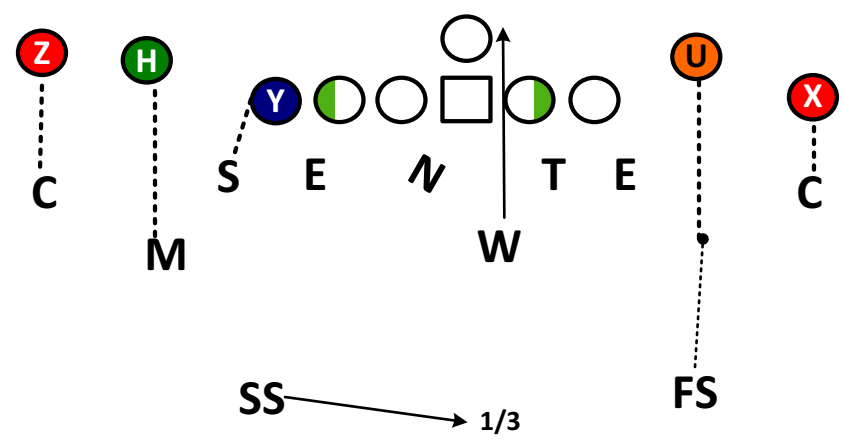
6. Seattle

Check Sally



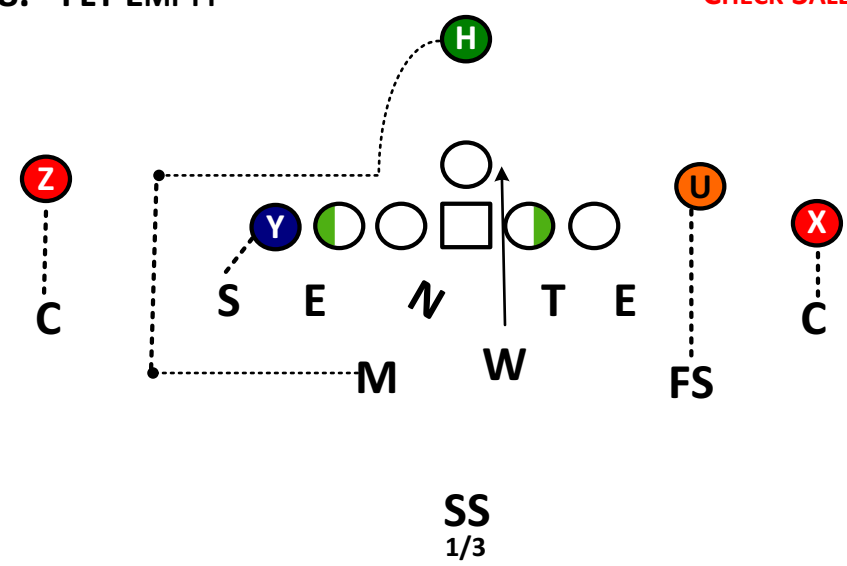
7. Empty

Check Sally



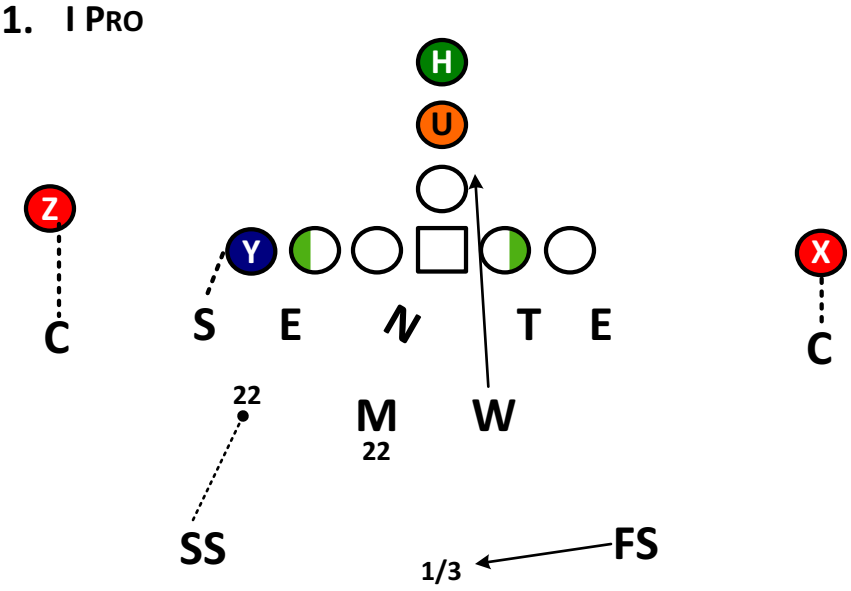
8. Fly Empty

Check Sally

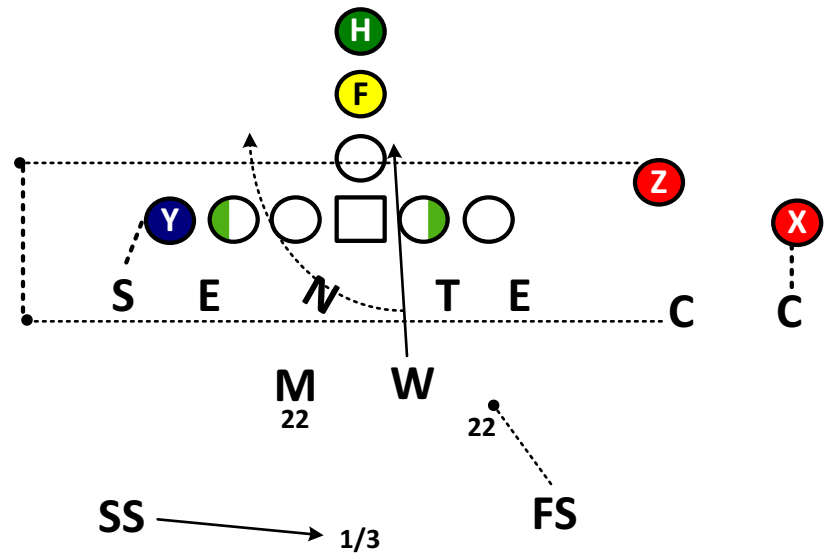


Under Will 1 Sally

1. I Pro

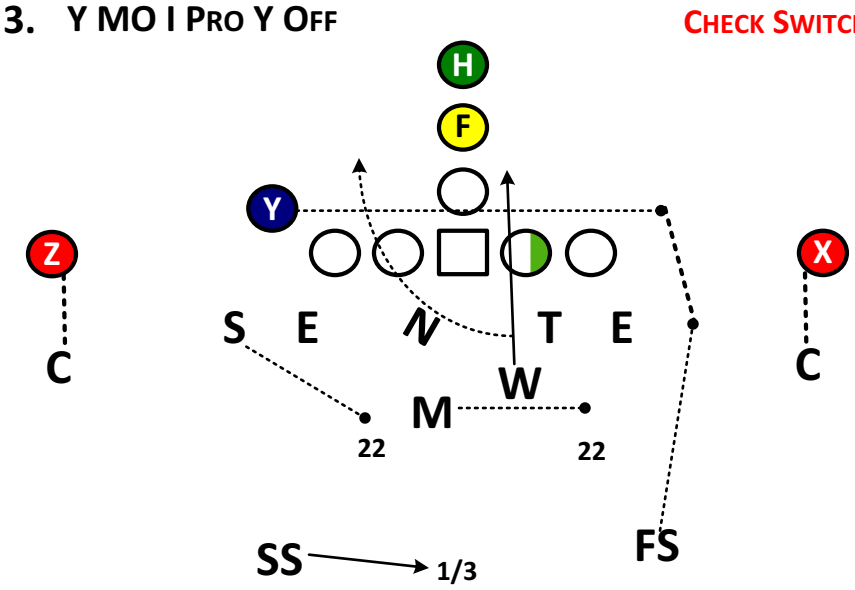


2. Z MO I Pro



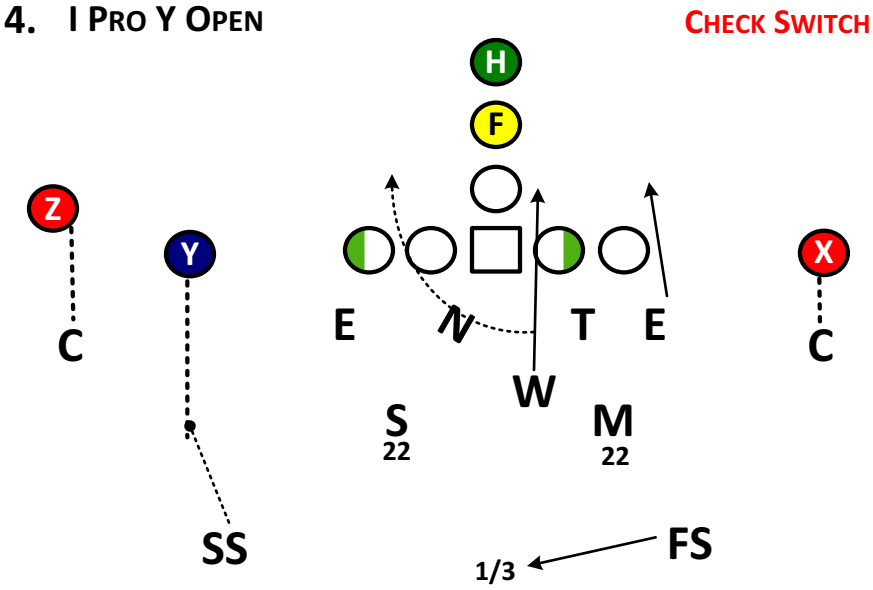
3. Y MO I Pro Y Off

Check Switch



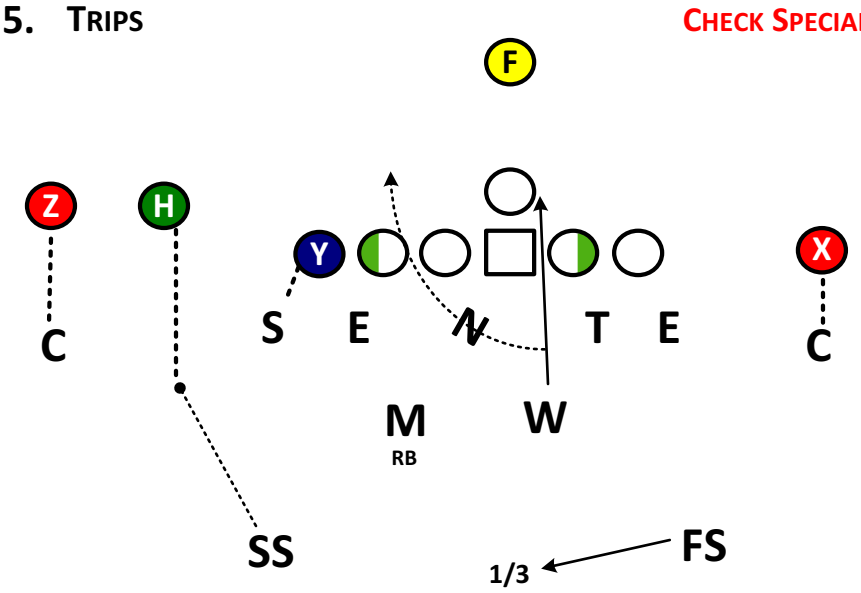
4. I Pro Y Open

Check Switch



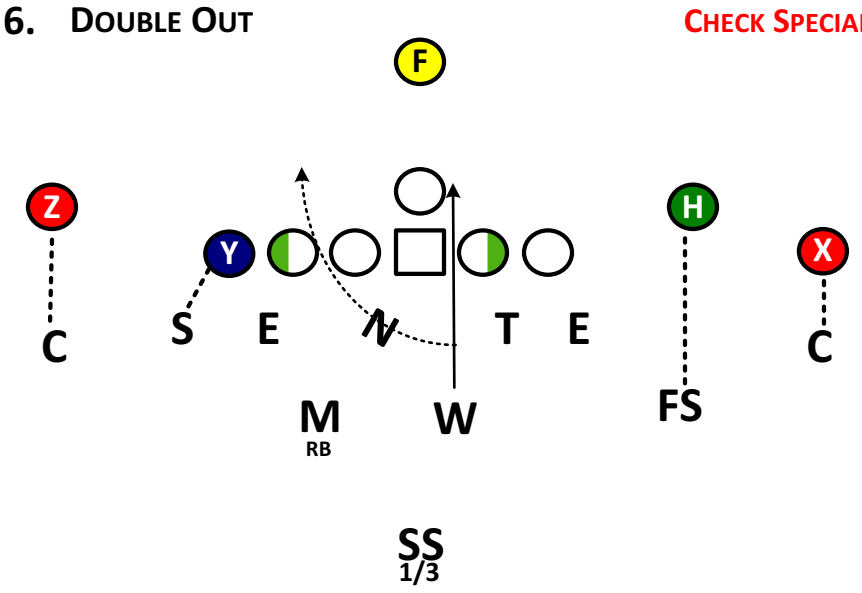
5. Trips

Check Special



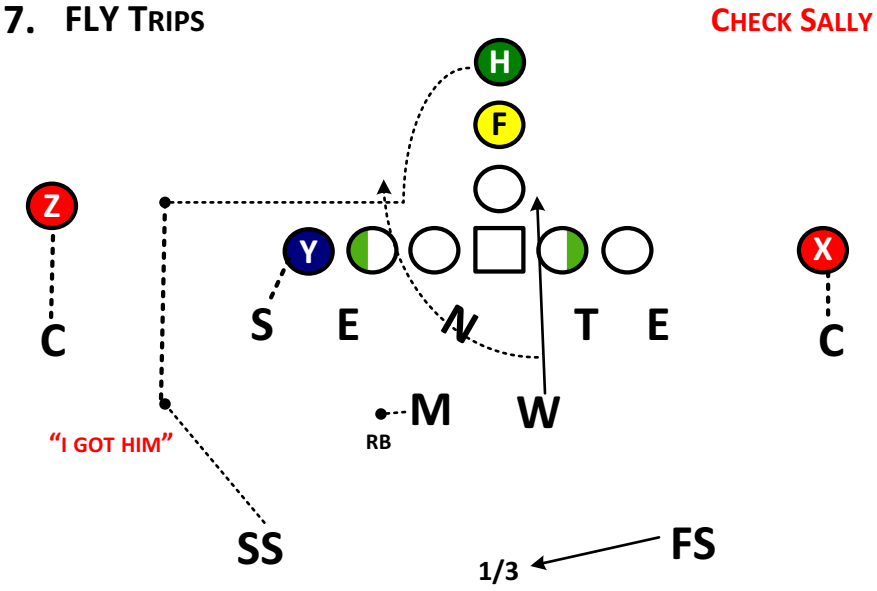
6. Double Out

Check Special



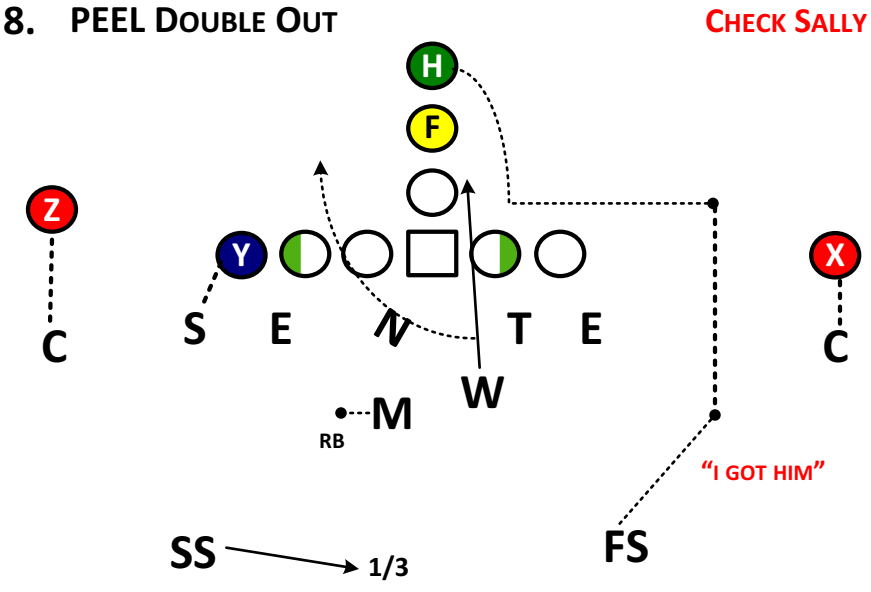
7. FLY Trips

Check Sally



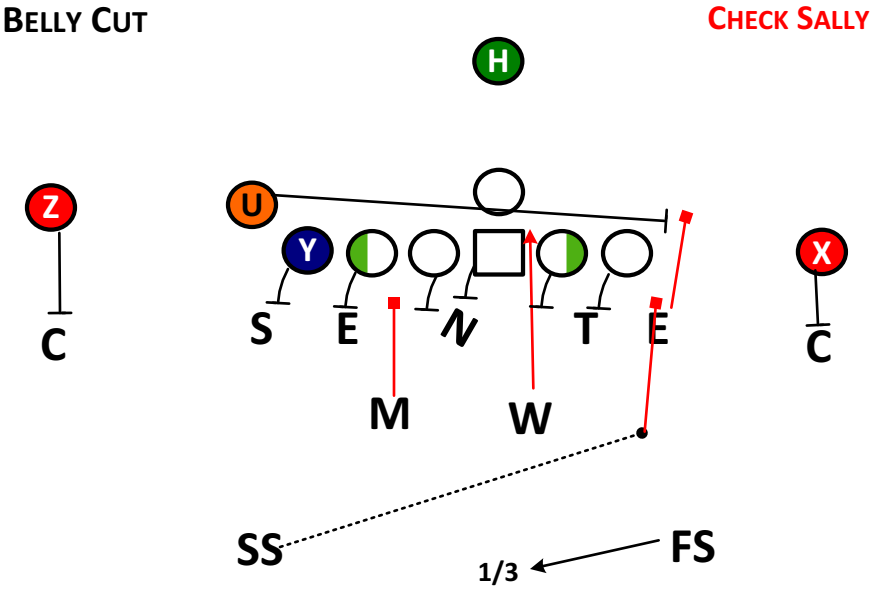
8. PEEL Double Out

Check Sally



BELLY CUT

CHECK SALLY

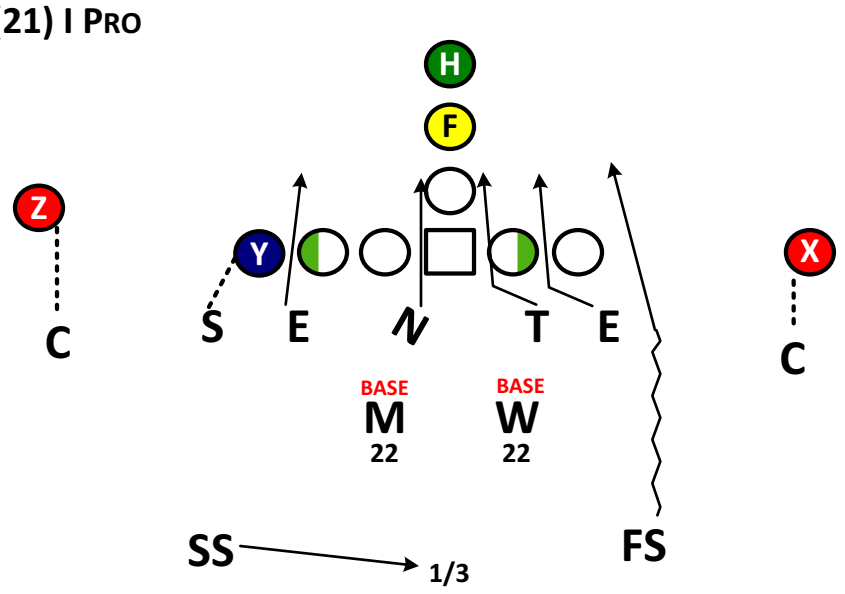


ADJUSTMENTS

- UNDER FOX 1 

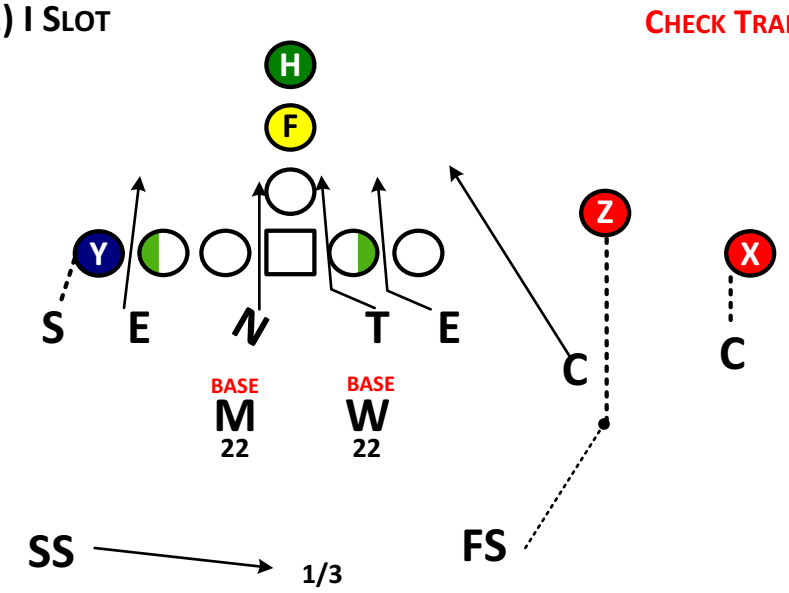
Under Fox 1

(21) I Pro



(21) I Slot

Check Trade



Essence:

1. 5 Man under 1 pressure with the Free Safety rushing off the flex side edge.

Coaching Points:

1. Solid call to the "Y".
2. Mike and Will: 22 the backs.
3. Free Safety: Blitz Contain
4. Sam: Man TE

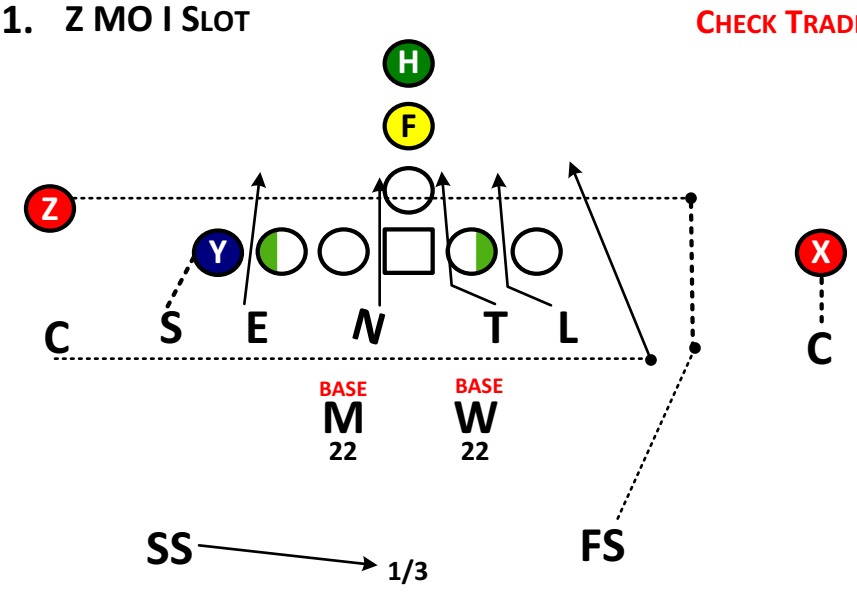
Adjustments:

1. Vs. Pro X Nasty: Check Trade.
2. Vs. 2 Back Y Motion: LBs Bump
3. Vs. Aligned or Motion to Slot: Check trade.
4. Vs. Aligned or Motion to 1 Back: Check Switch. Sally Adjust

UNDER FOX 1

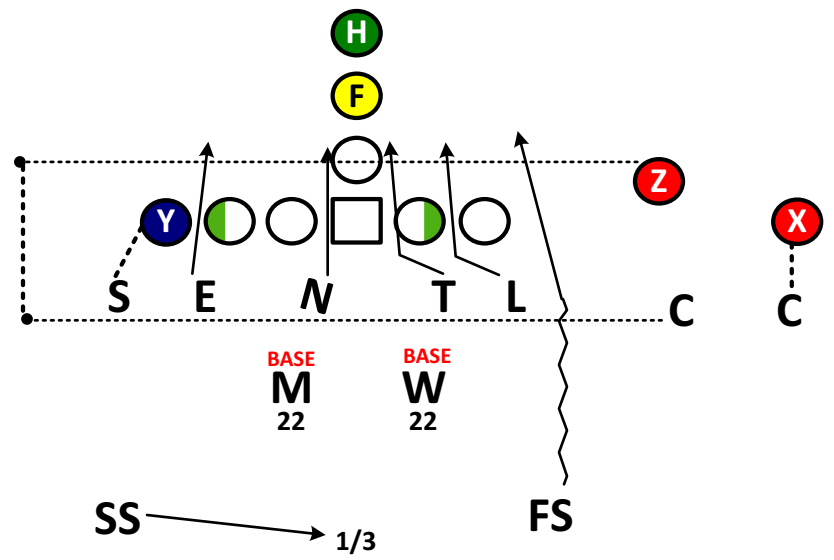
1. Z MO I SLOT

CHECK TRADE



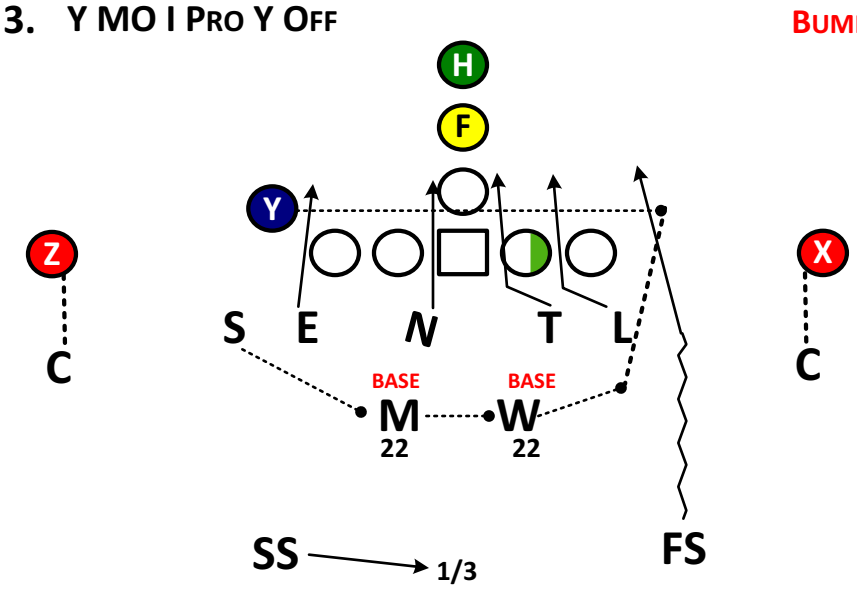
2. Z MO I PRO

CHECK FELIX

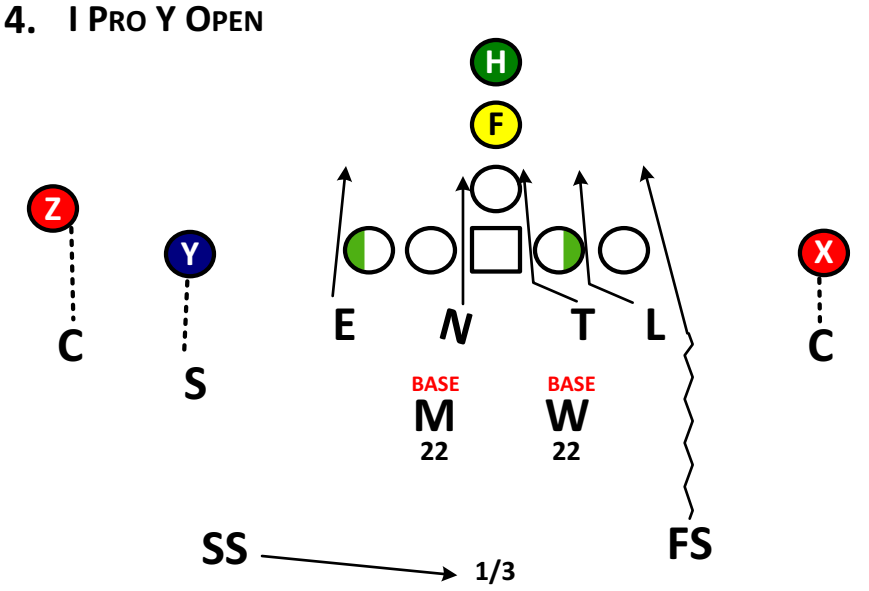


3. Y MO I PRO Y OFF

BUMP



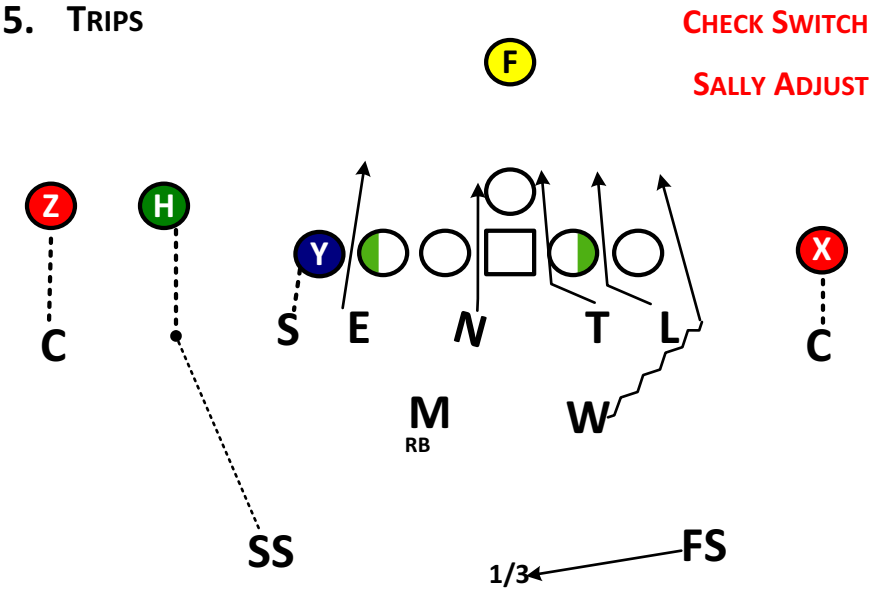
4. I PRO Y OPEN



5. TRIPS

CHECK SWITCH

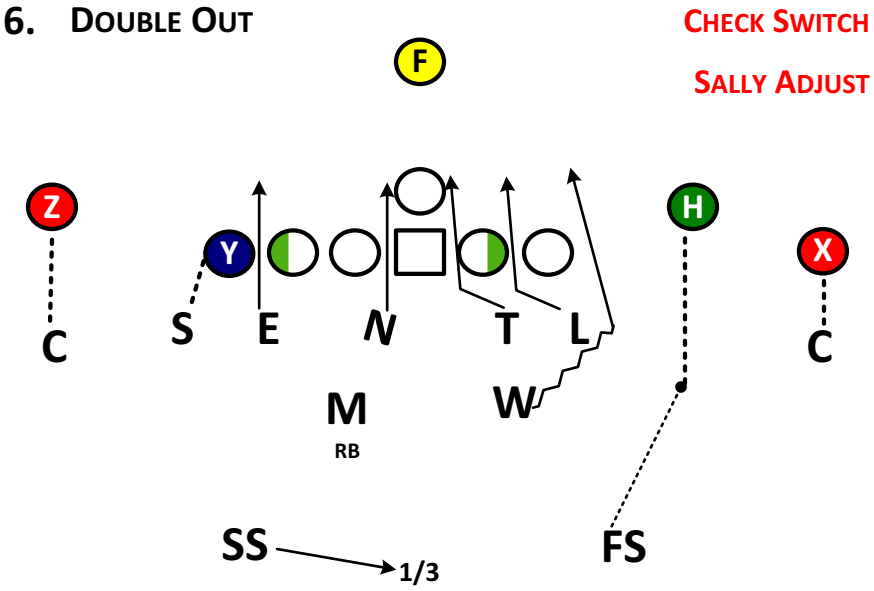
SALLY ADJUST



6. DOUBLE OUT

CHECK SWITCH

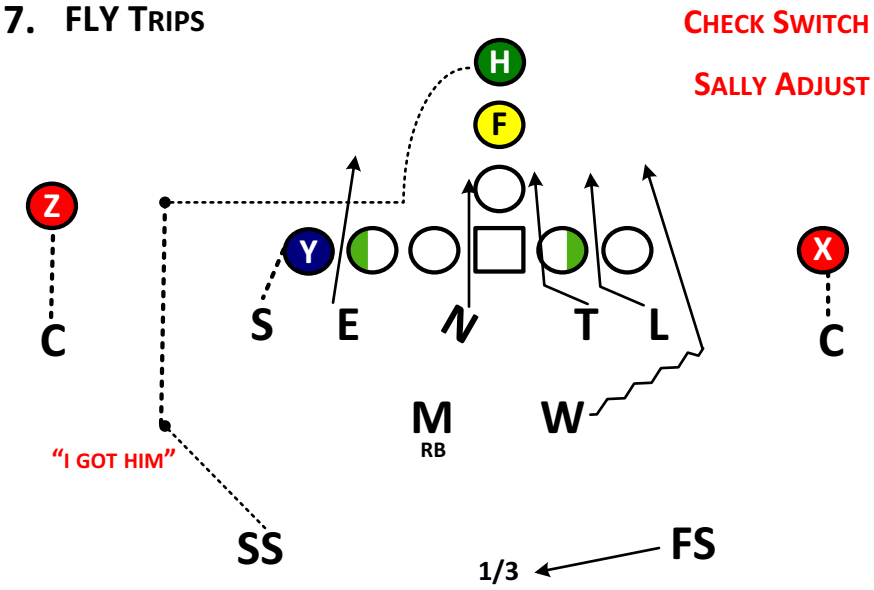
SALLY ADJUST



7. FLY TRIPS

CHECK SWITCH

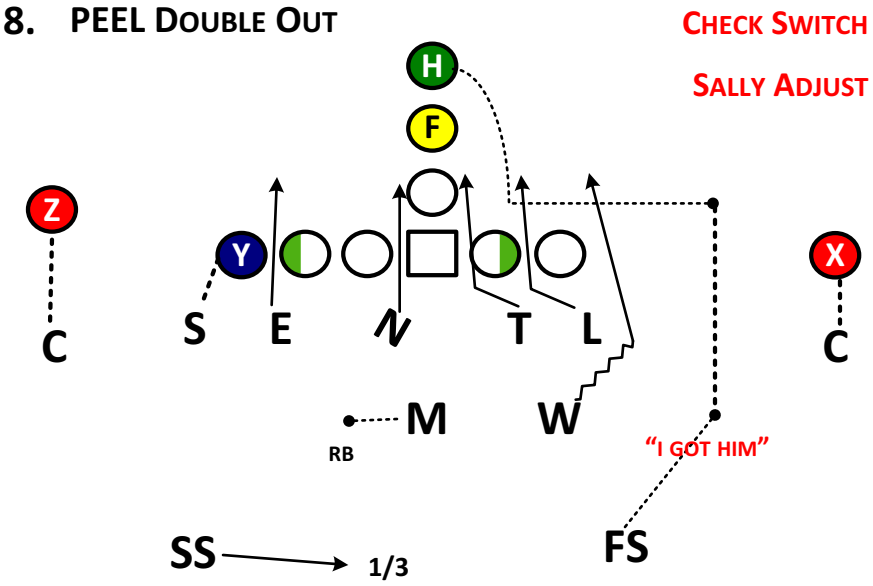
SALLY ADJUST



8. PEEL DOUBLE OUT

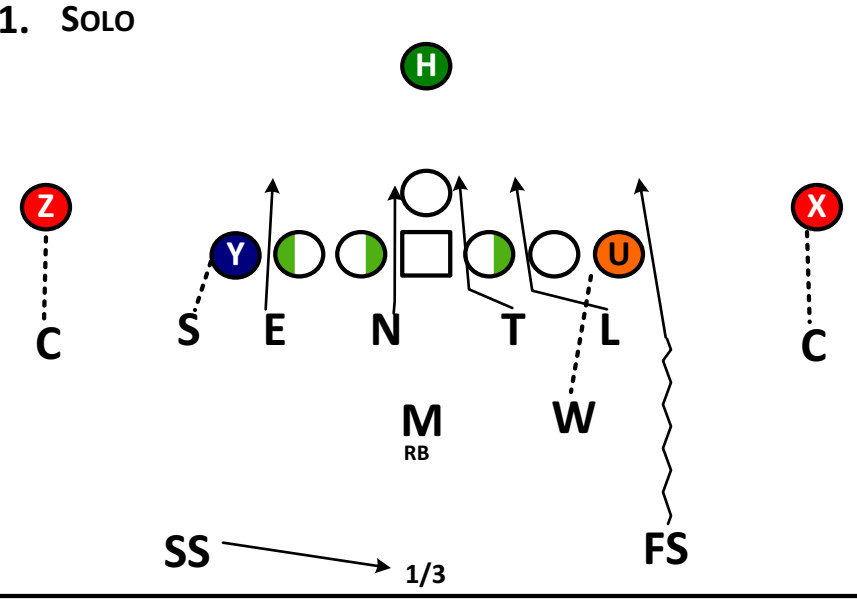
CHECK SWITCH

SALLY ADJUST

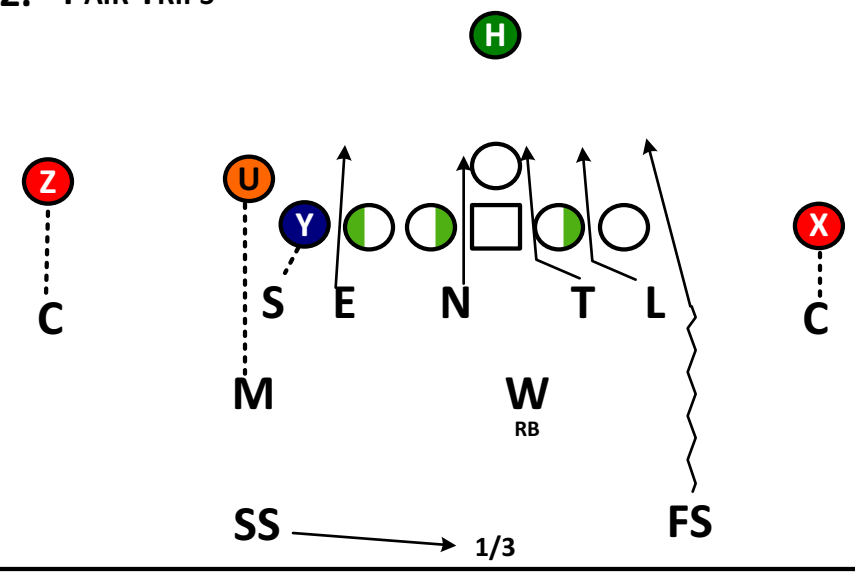


Under G Fox 1 Bump

1. Solo

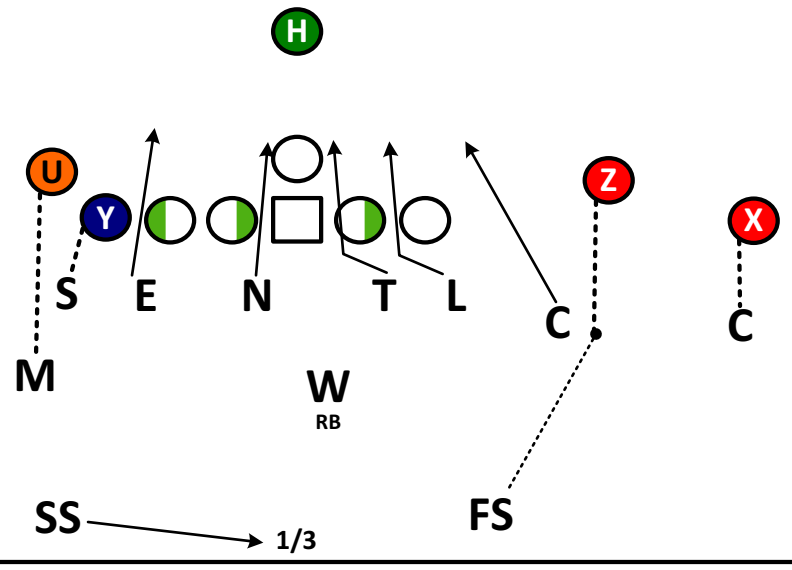


2. Pair Trips



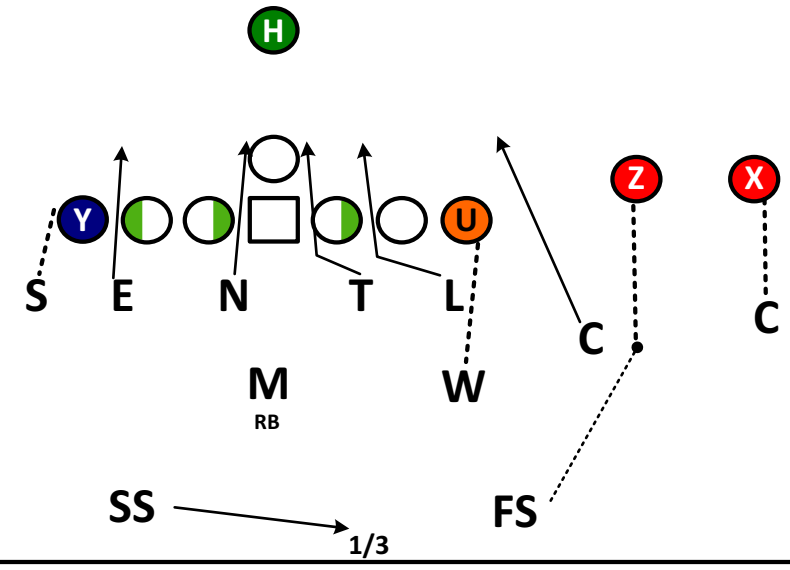
3. Pair Slot

Check Trade



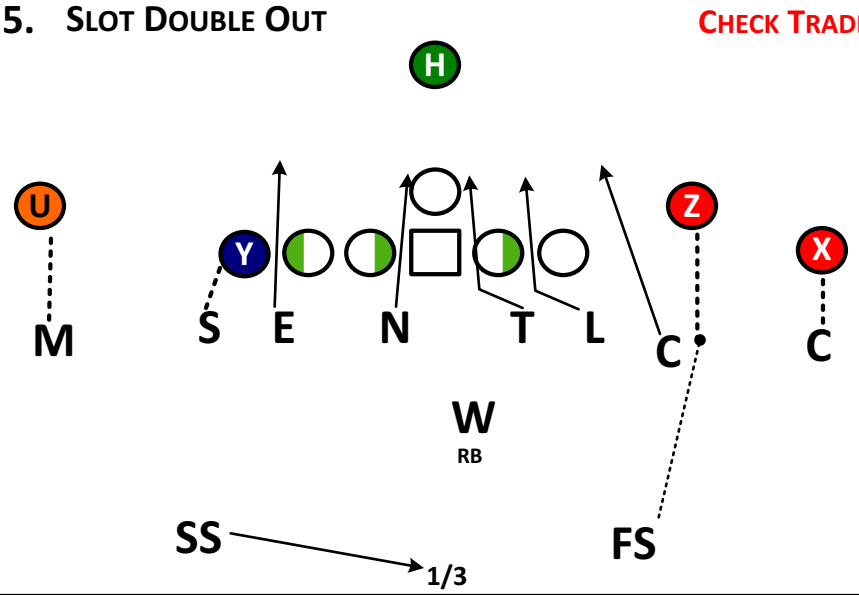
4. Solo Slot

Check Trade

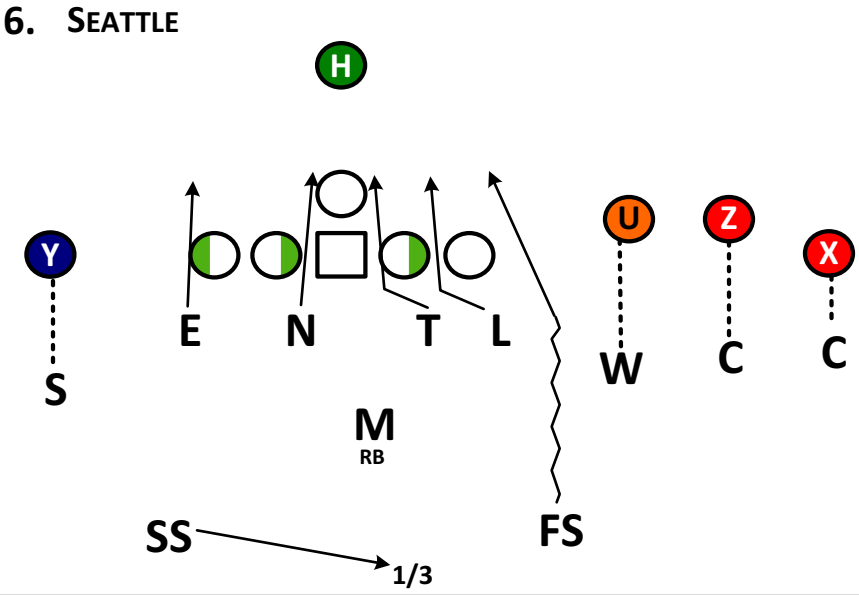


5. Slot Double Out

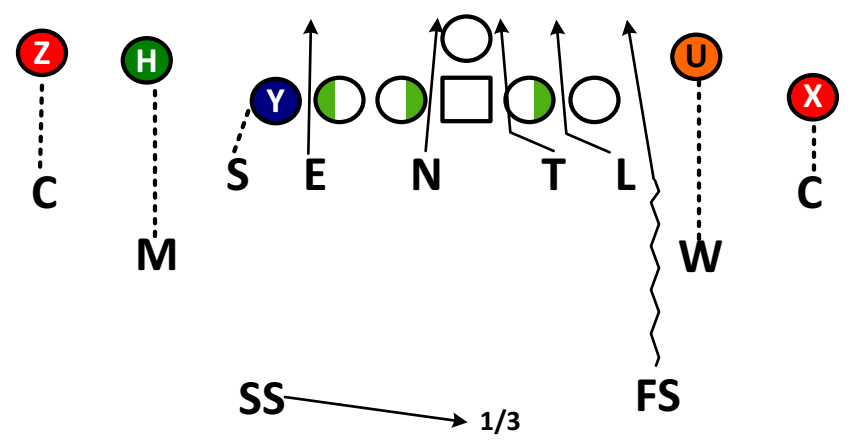
Check Trade



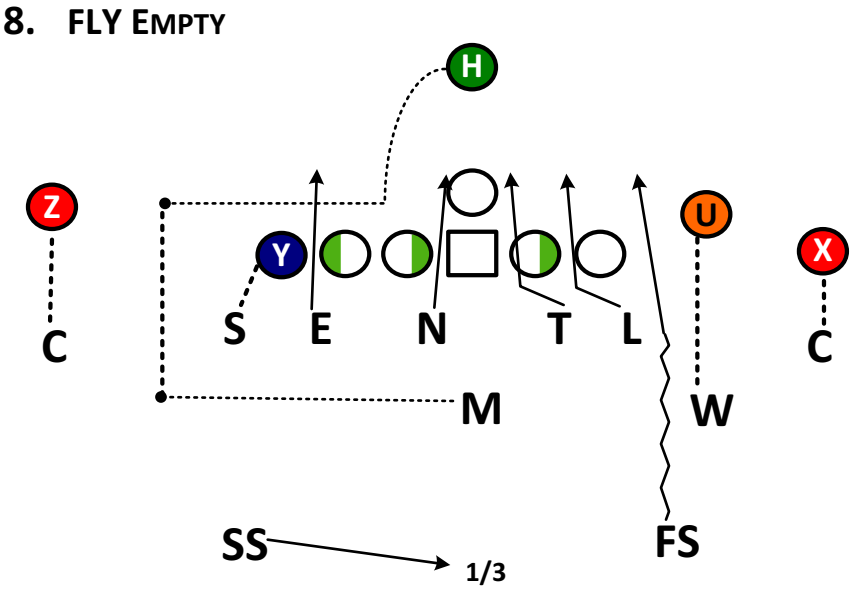
6. Seattle



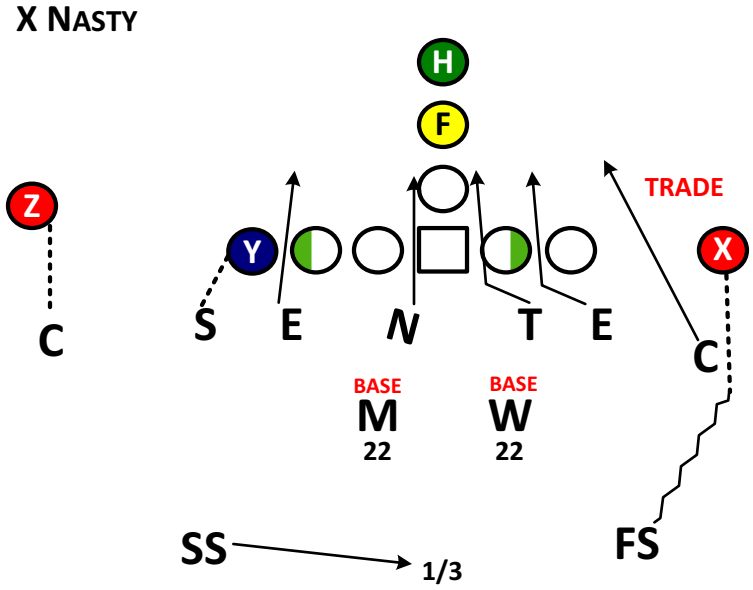
7. Empty



8. Fly Empty



X NASTY





SEATTLE SEAHAWKS

DEFENSE

2013



RUSH ZONES



SEATTLE
SEAHAWKS 2013

RUSH ZONES

- UNDER BASH RANGER 3 PALMS
- W/STEM OV BLAST 3 MIX
- W/STEM OV BLAST 3 SEAM
- OVER CAT 3 PALMS
- LT/RT CRASH 3 PALMS
- JAM FLASH 3 SEAM
- FLASH 3 SEAM
- FLASH GO 3 SEAM
- ROCK FOX 3 PALMS
- UNDER PIG FELIX 3 PALMS
- JAM FREEZE 3 SEAM

SEATTLE
SEAHAWKS 2013

RUSH ZONES

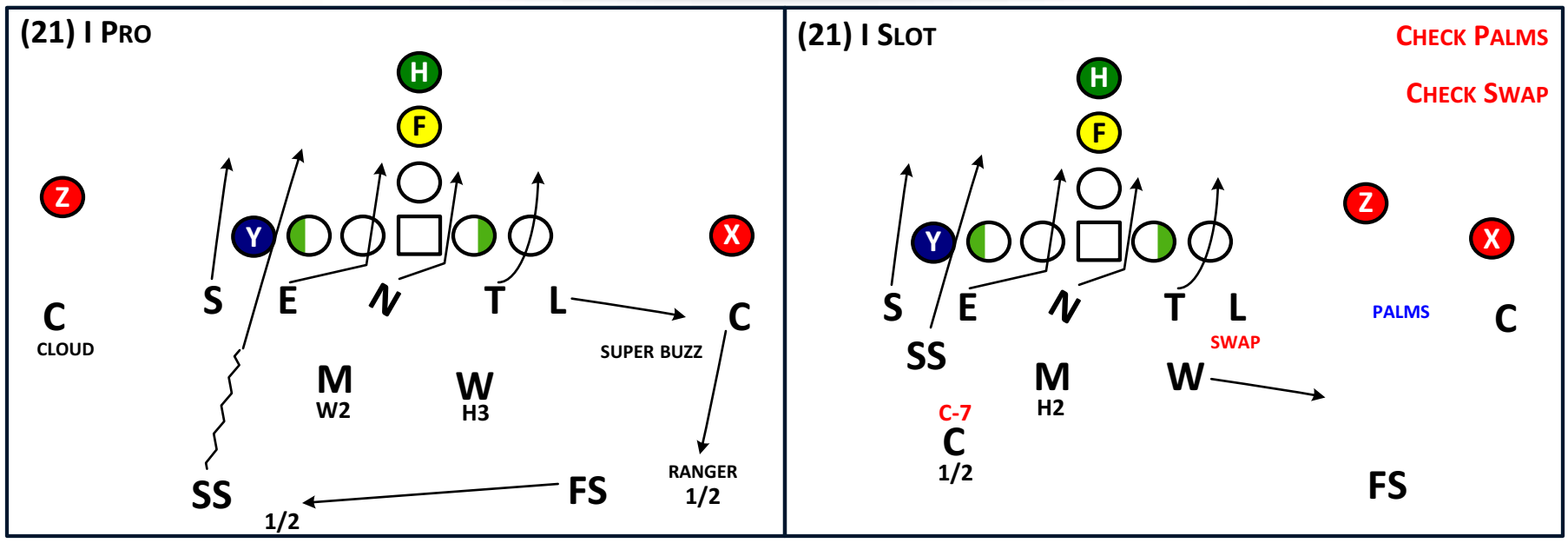
- OVER FREEZE 3 SEAM
- STRONG GUT CROSS 3 BUZZ
- (BASE) STRONG MOB 3 SEAM
- LOAD SABER RANGER 3 PALMS
- OVER G SHOCK 3 PALMS
- STRONG SLASHER RANGER 3 PALMS
- STRONG SMASH SKY ZONE
- STRONG SNAKE 3 SEAM
- OVER SPEAR 3 SEAM
- STRONG STALKER RANGER 3 PALMS
- LOAD WHIP SKY ZONE

SEATTLE
SEAHAWKS 2013

RUSH ZONES

- TUFF WHOPPER 3 PALMS
- BOW WILL SLANT 3 SEAM
- Z FLASH 3 SEAM

UNDER BASH RANGER 3 PALMS



ESSENCE:

1. UNDER BASH RANGER 3 PALMS IS A 5 MAN ZONE PRESSURE SET TO THE 'Y'

COACHING POINTS:

1. SOLID CALL TO THE 'Y"
2. SAM: BLITZ CONTAIN
3. STRONG SAFETY: BLITZ B GAP (KEY GUARD PULL)

ADJUSTMENTS:

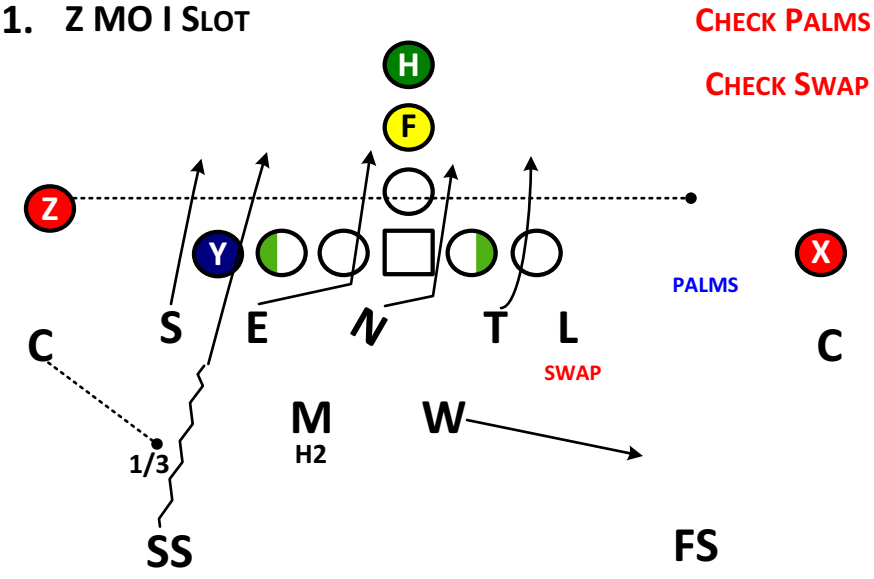
1. VS. ANY Y MOTION: CHECK 3 SEAM
2. VS. 3 IN THE CORE: TREAT LIKE NEAR/FAR BACKS
   - EX: PAIR SLOT = I NEAR SLOT (PALMS), PAIR TRIPS = I NEAR PRO (RANGER)
   - SOLO SLOT = I FAR SLOT (RANGER), SOLO = I FAR PRO (RANGER)
3. VS. ALIGNED OR MOTION TO 1 BACK (3 DISPLACED FROM CORE): CHECK 3 SEAM
4. VS. 2 DISPLACED TO THE SOLID SIDE: CHECK SWITCH AND 3 SEAM
5. VS. EMPTY: CHECK SWITCH AND 3 SEAM
6. VS. PRO TO SLOT: CHECK PALMS (CHECK SWAP)
7. VS. SLOT TO PRO: CHECK RANGER
8. VS. ALIGNED OR MOTION TO SINGLE WIDTH SLOT: CHECK PALMS

Under Bash Ranger 3 Palms

1. Z MO I Slot

Check Palms

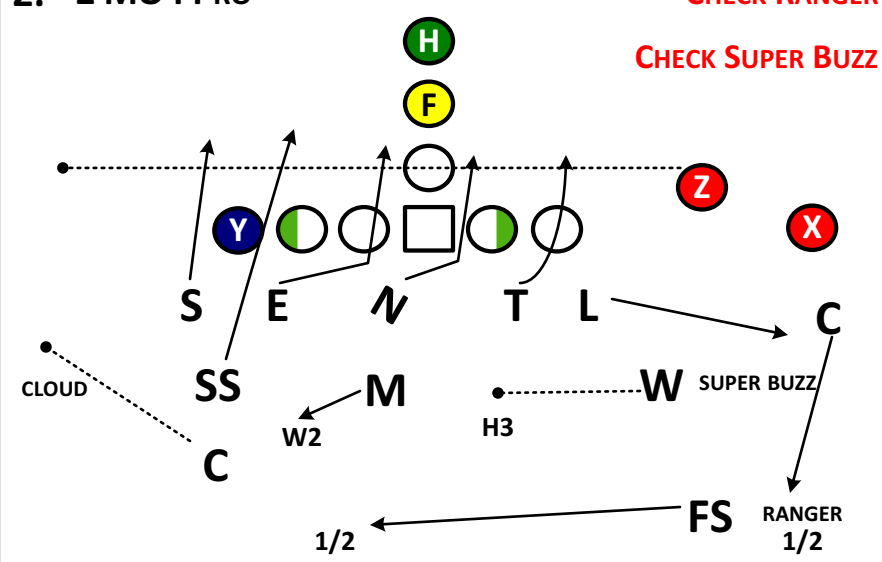
Check Swap



2. Z MO I Pro

Check Ranger

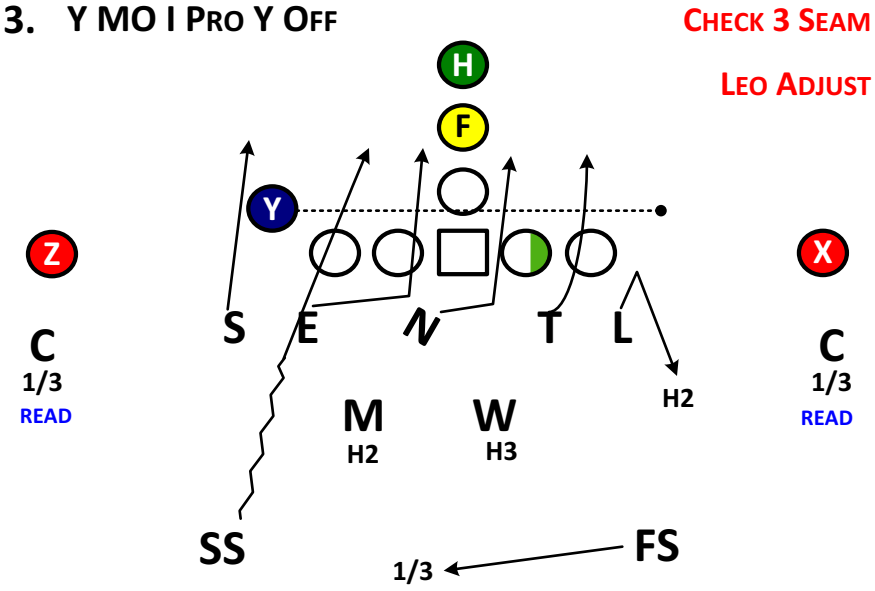
Check Super Buzz



3. Y MO I Pro Y Off

Check 3 Seam

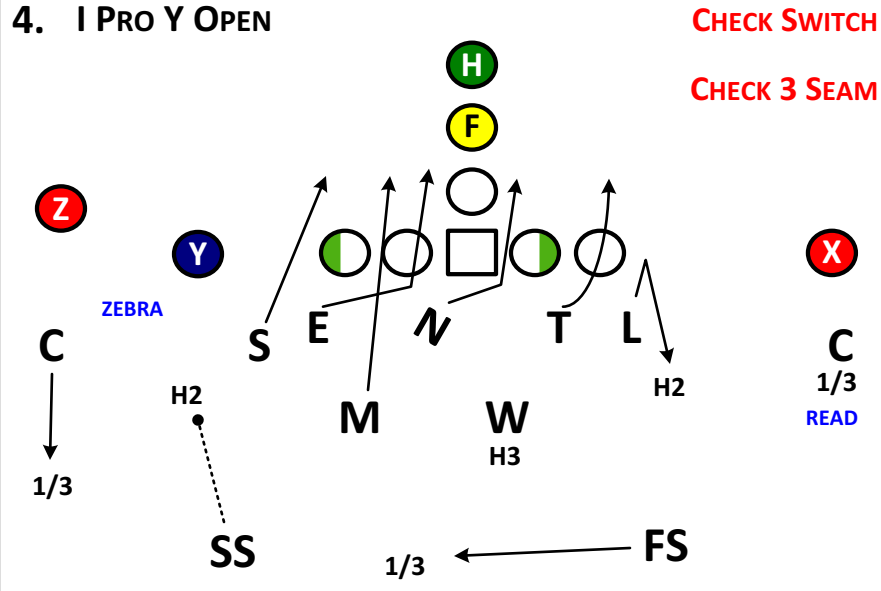
Leo Adjust



4. I Pro Y Open

Check Switch

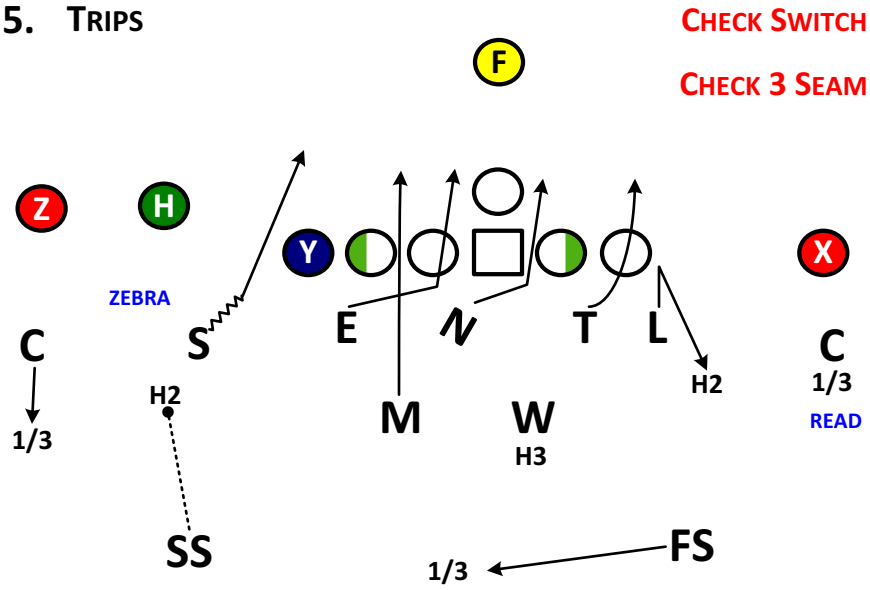
Check 3 Seam



5. Trips

Check Switch

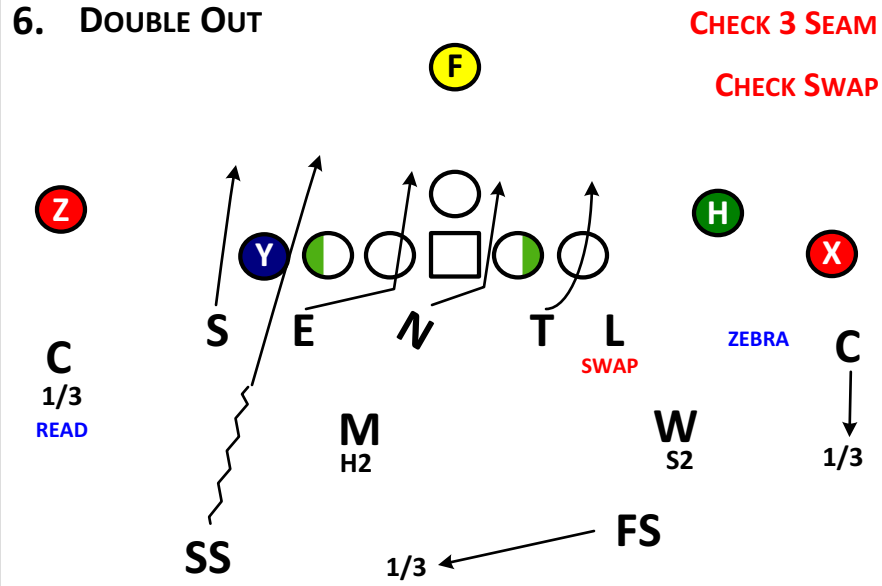
Check 3 Seam



6. Double Out

Check 3 Seam

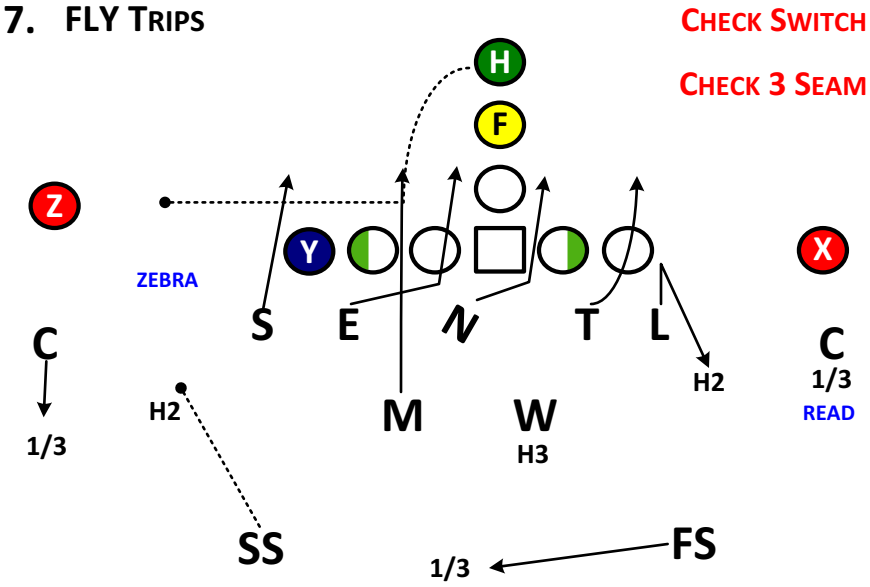
Check Swap



7. FLY Trips

Check Switch

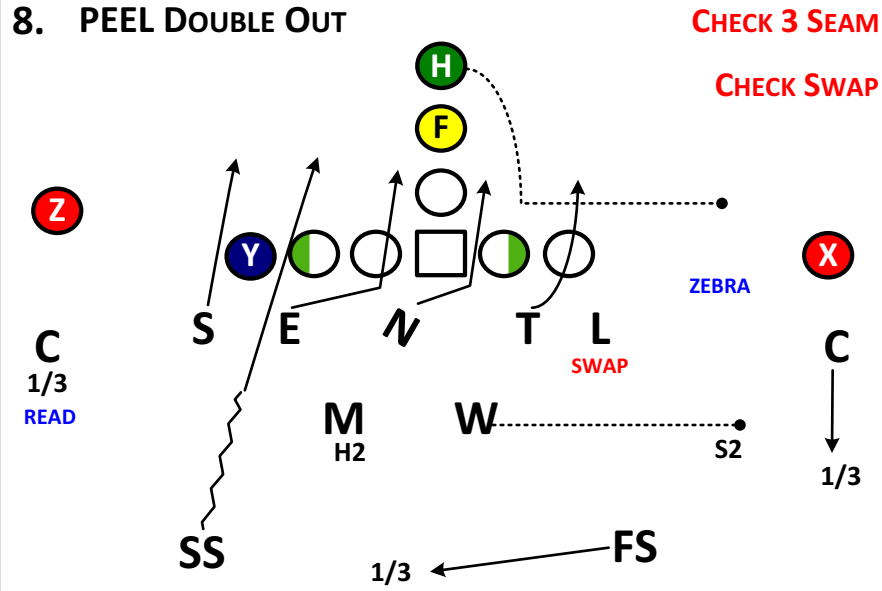
Check 3 Seam



8. PEEL Double Out

Check 3 Seam

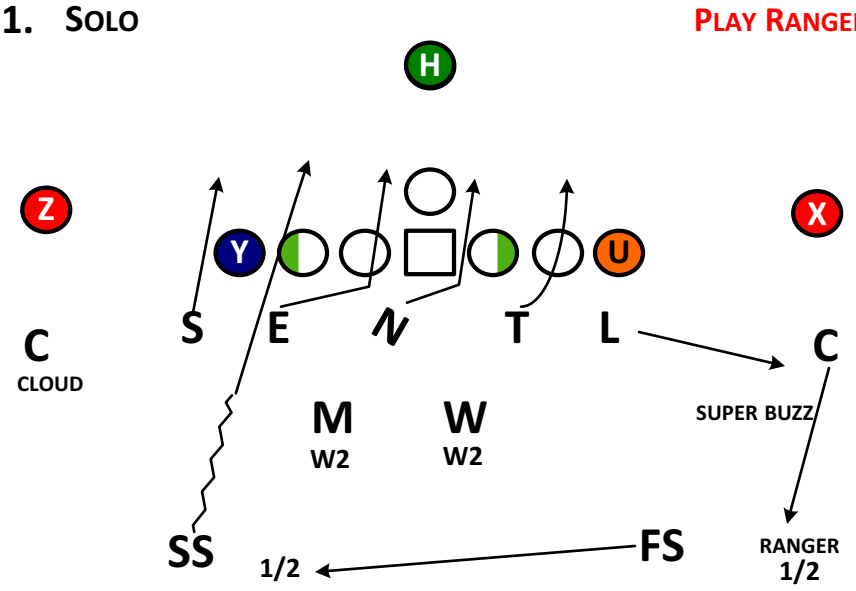
Check Swap



Under Bash Ranger 3 Palms

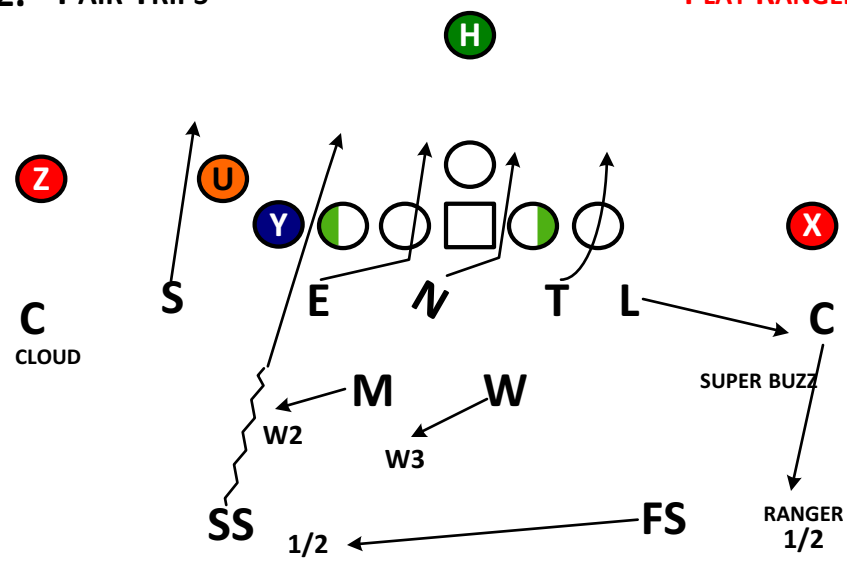
1. Solo

Play Ranger



2. Pair Trips

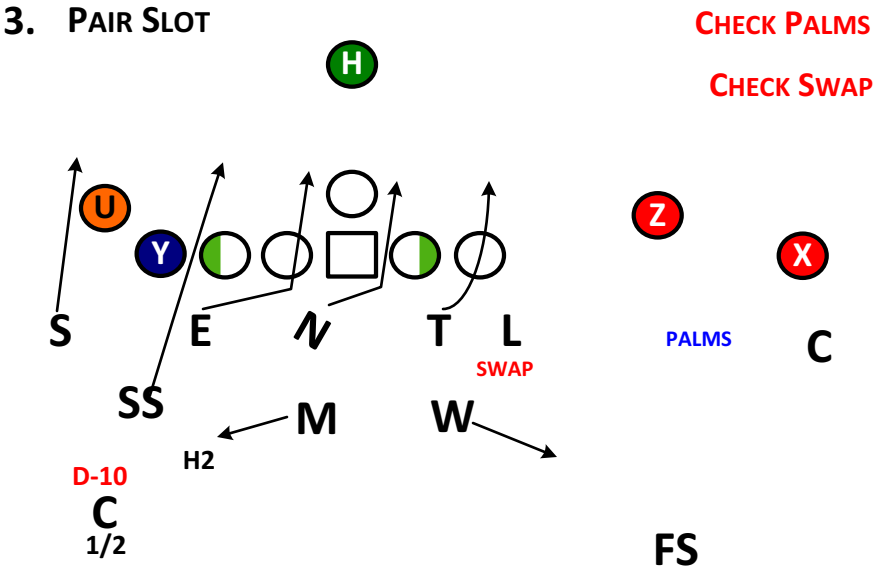
Play Ranger



3. Pair Slot

Check Palms

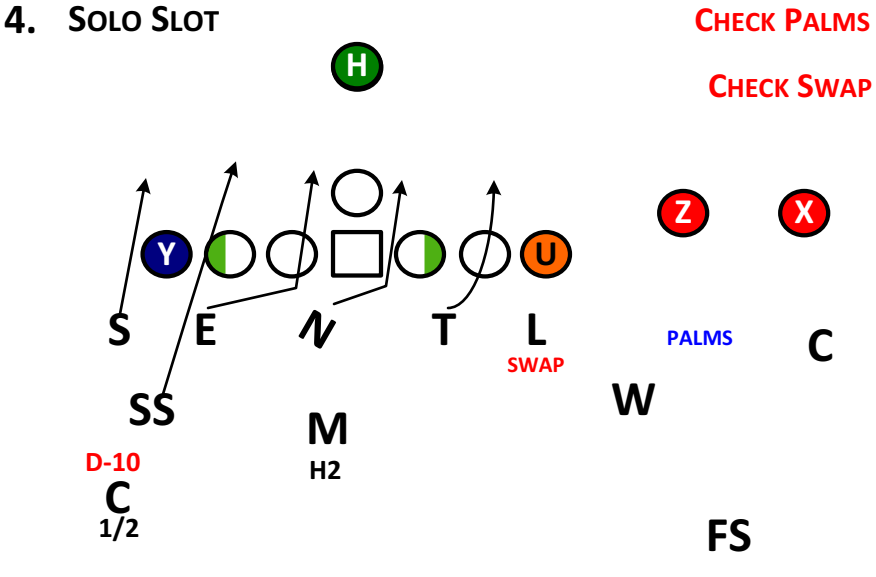
Check Swap



4. Solo Slot

Check Palms

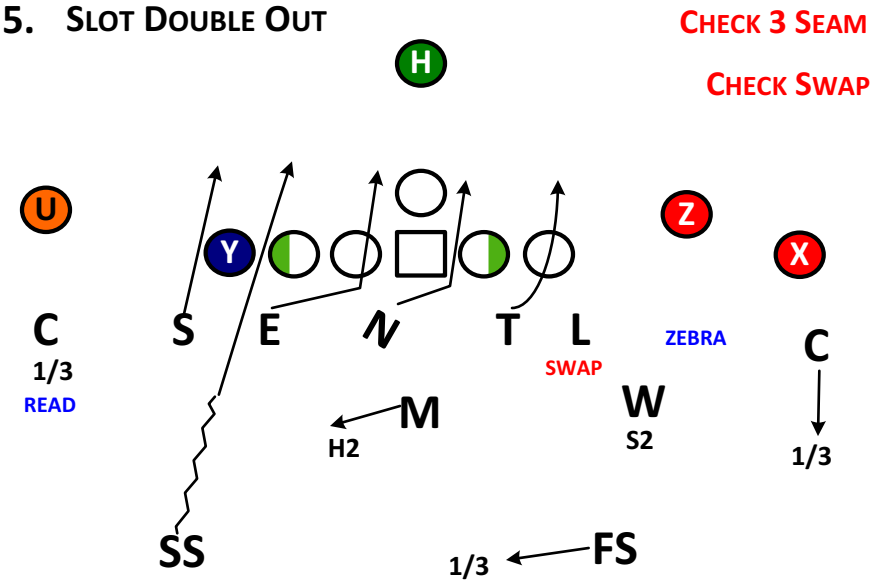
Check Swap



5. Slot Double Out

Check 3 Seam

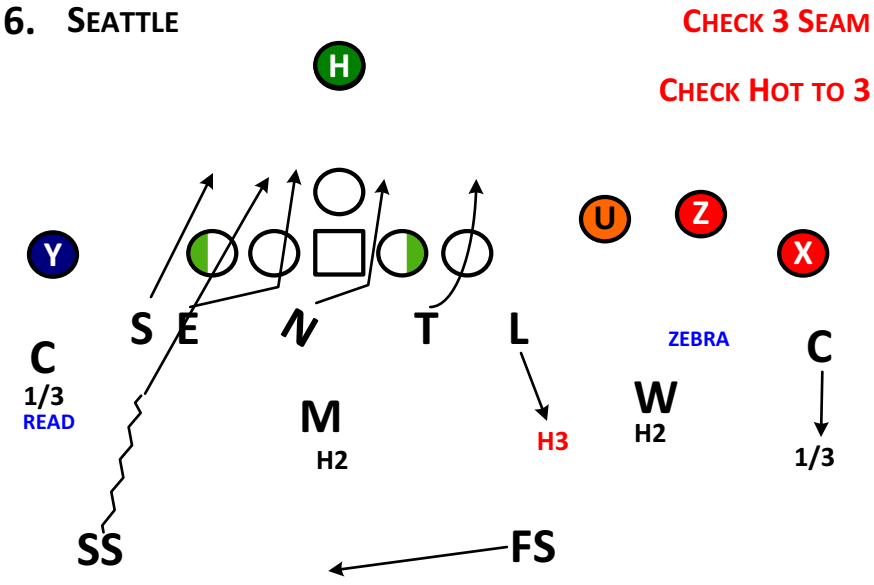
Check Swap



6. Seattle

Check 3 Seam

Check Hot to 3

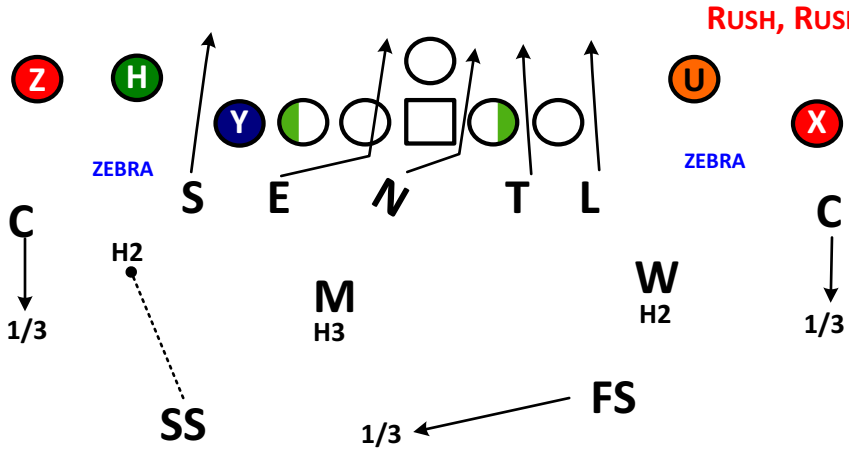


7. Empty

Check Switch

Check Mike No Go

Rush, Rush

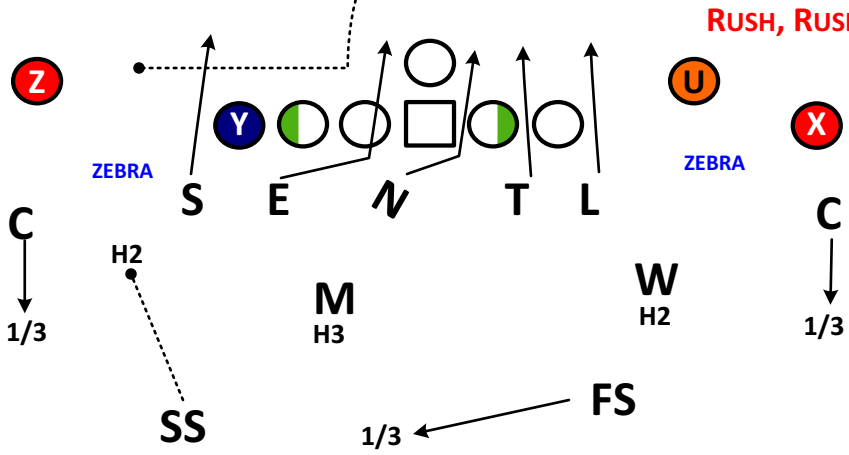


8. FLY Empty

Check Switch

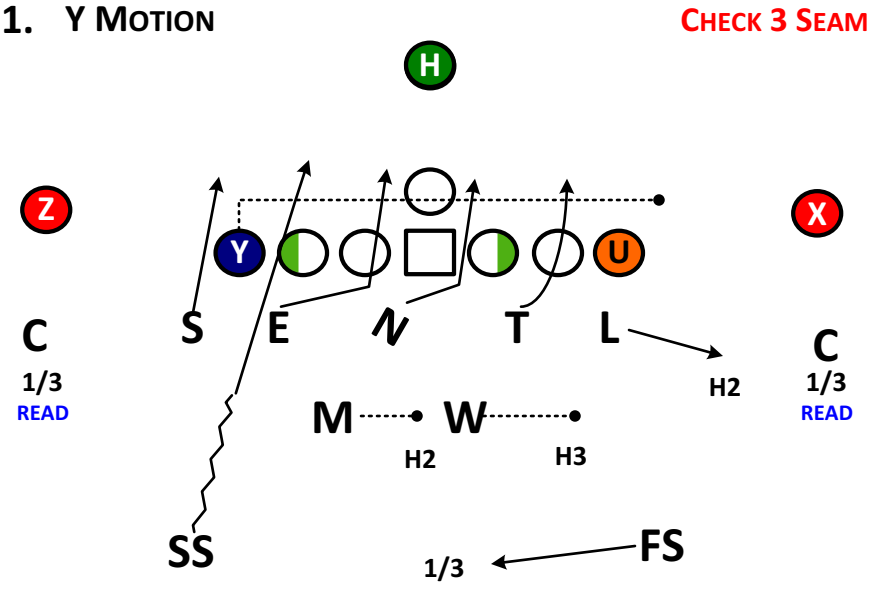
Check Mike No Go

Rush, Rush

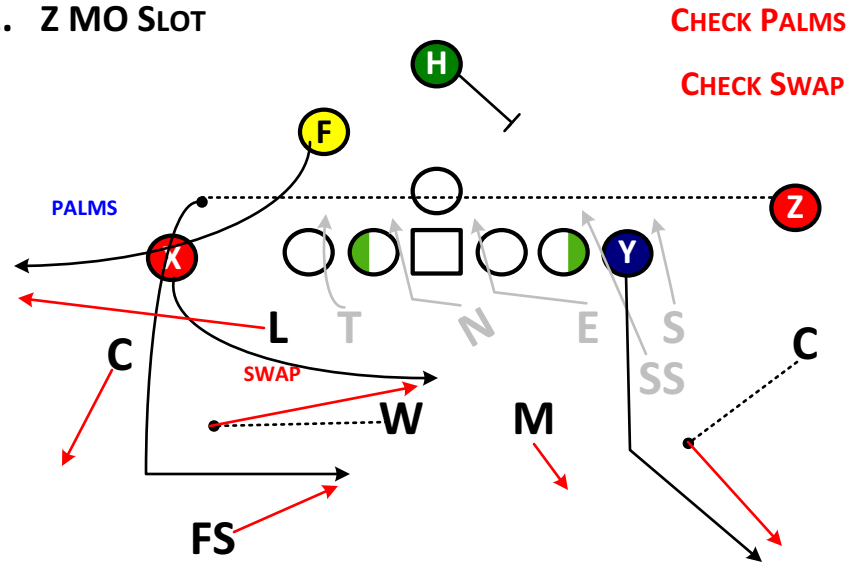


UNDER BASH RANGER 3 PALMS

1. Y MOTION — CHECK 3 SEAM



2. Z MO SLOT — CHECK PALMS / CHECK SWAP



3.

4.

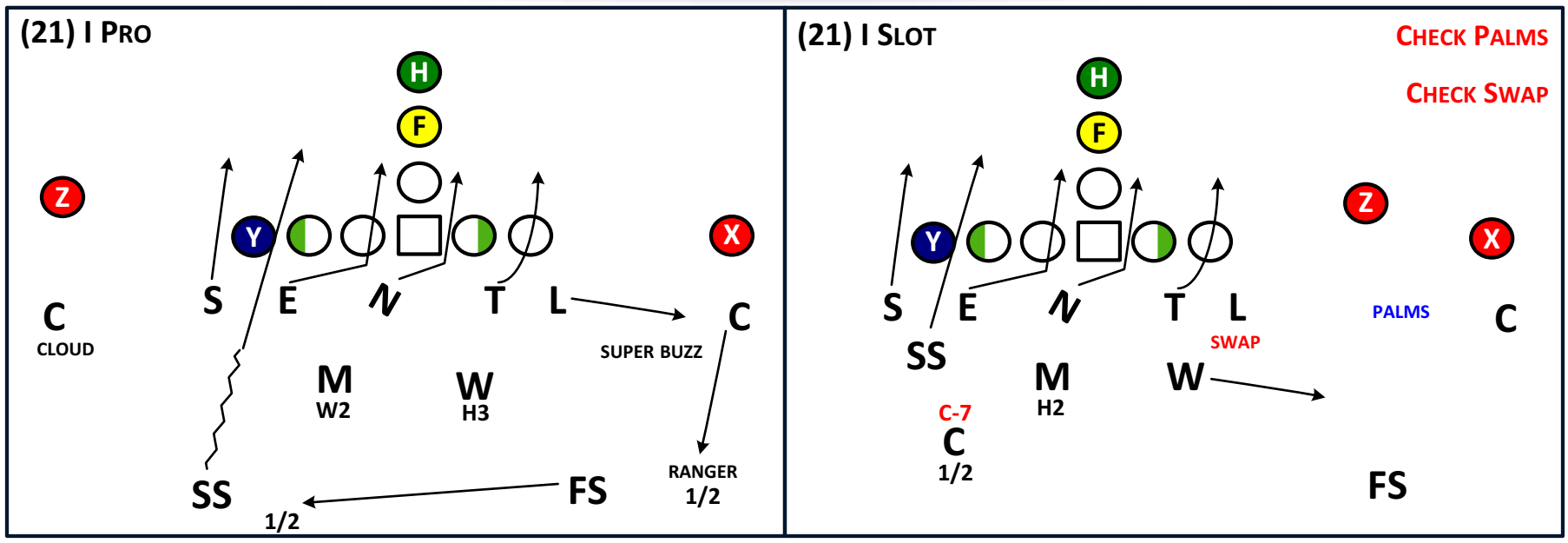
5.

6.

7.

8.

UNDER BASH RANGER 3 PALMS



ESSENCE:

1. UNDER BASH RANGER 3 PALMS IS A 5 MAN ZONE PRESSURE SET TO THE 'Y'

COACHING POINTS:

1. SOLID CALL TO THE 'Y"
2. SAM: BLITZ CONTAIN
3. STRONG SAFETY: BLITZ B GAP (KEY GUARD PULL)

ADJUSTMENTS:

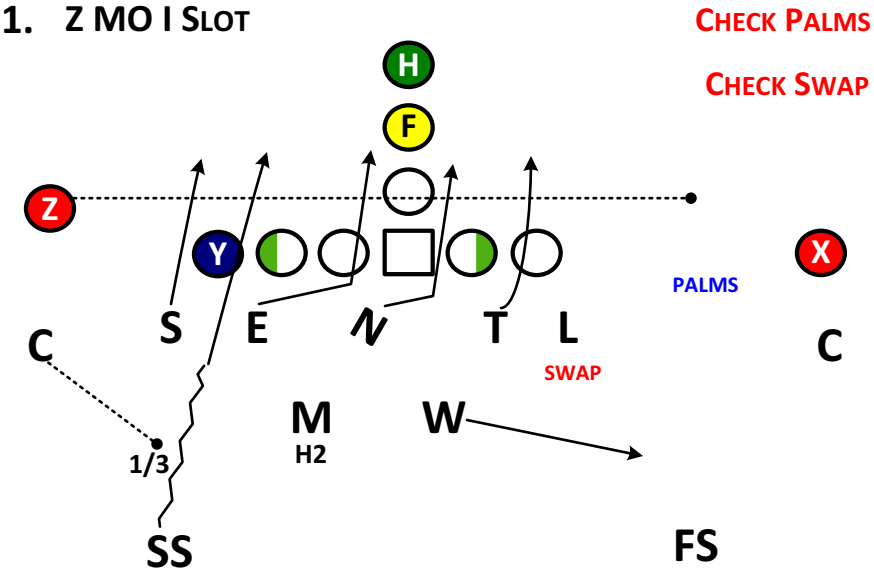
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   - SOLO SLOT = I FAR SLOT (RANGER), SOLO = I FAR PRO (RANGER)
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5. VS. EMPTY: CHECK SWITCH AND 3 SEAM
6. VS. PRO TO SLOT: CHECK PALMS (CHECK SWAP)
7. VS. SLOT TO PRO: CHECK RANGER
8. VS. ALIGNED OR MOTION TO SINGLE WIDTH SLOT: CHECK PALMS

Under Bash Ranger 3 Palms

1. Z MO I Slot

Check Palms

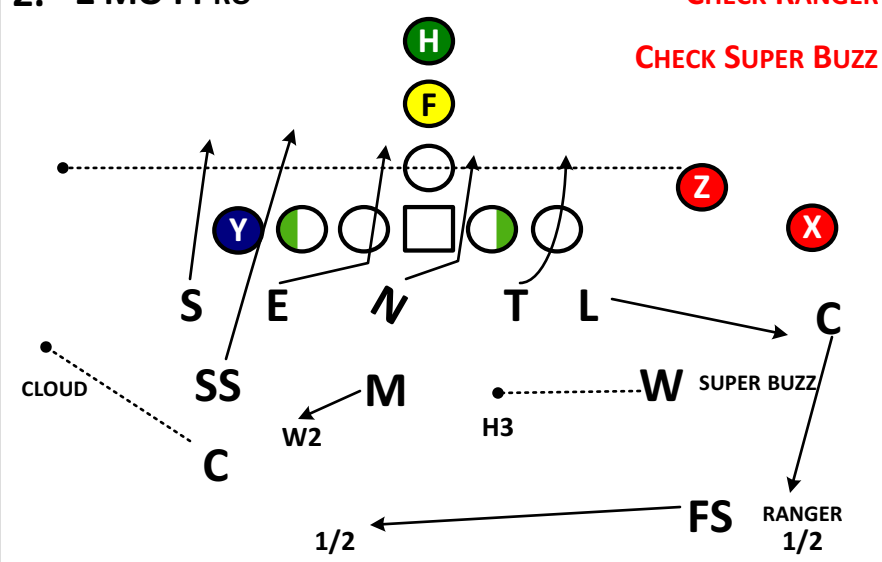
Check Swap



2. Z MO I Pro

Check Ranger

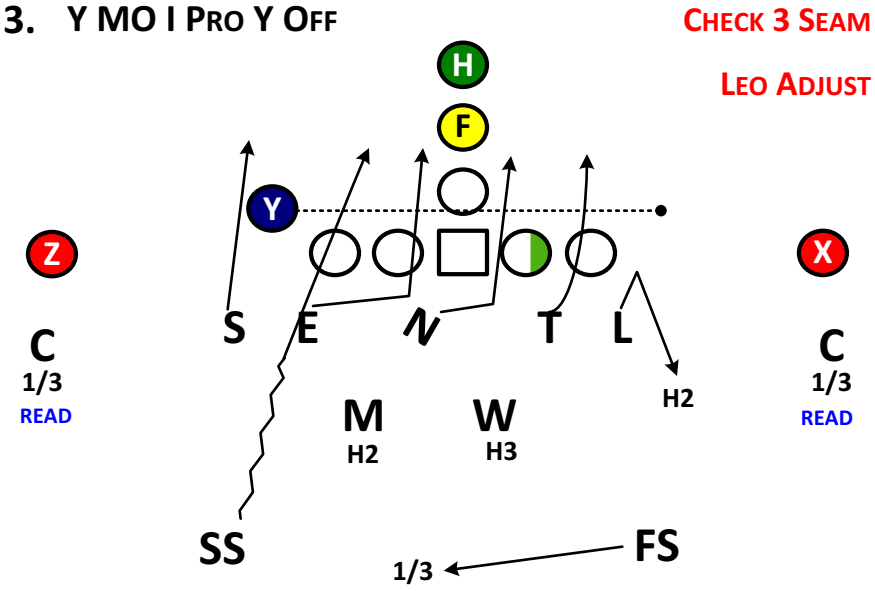
Check Super Buzz



3. Y MO I Pro Y Off

Check 3 Seam

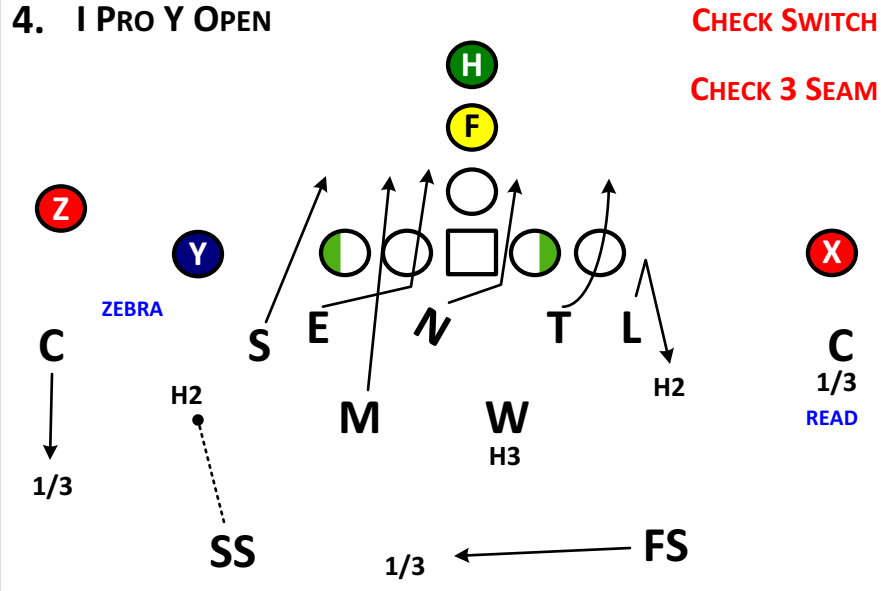
Leo Adjust



4. I Pro Y Open

Check Switch

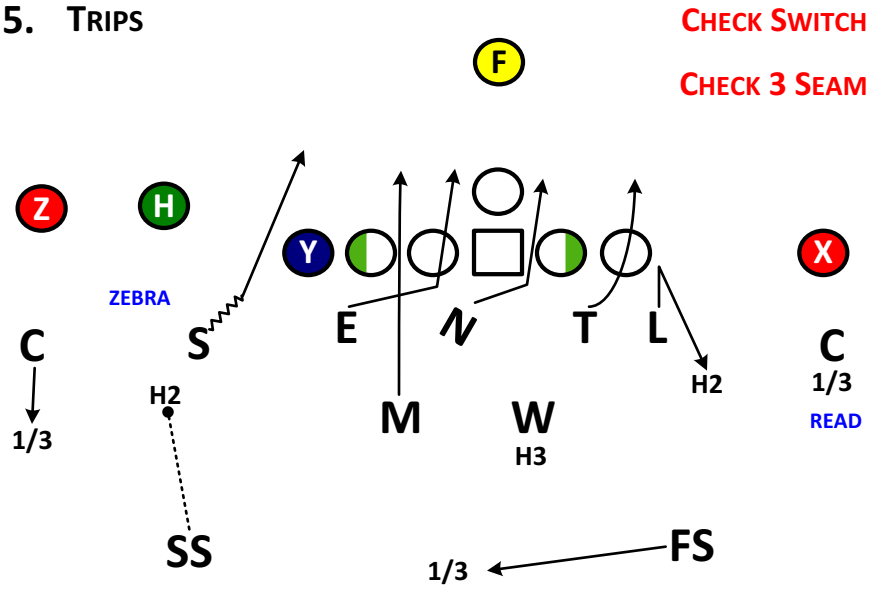
Check 3 Seam



5. Trips

Check Switch

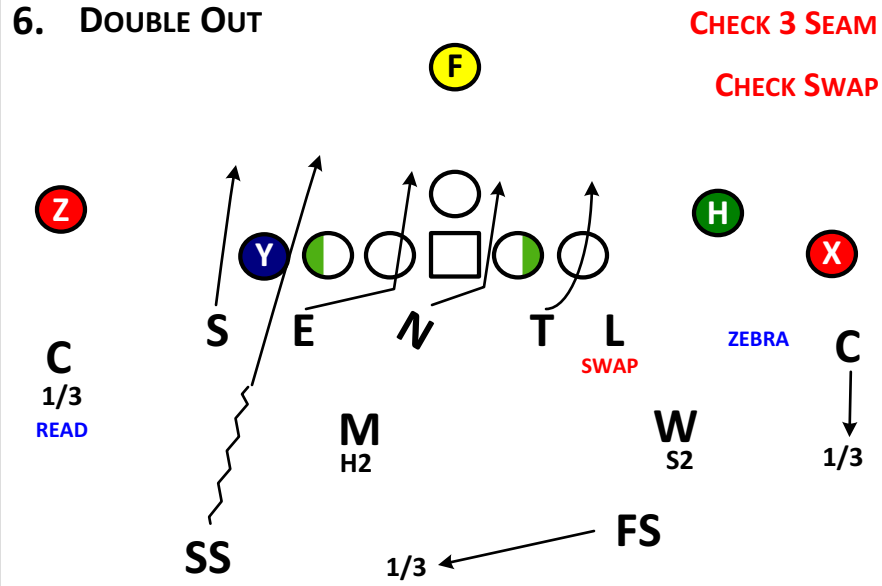
Check 3 Seam



6. Double Out

Check 3 Seam

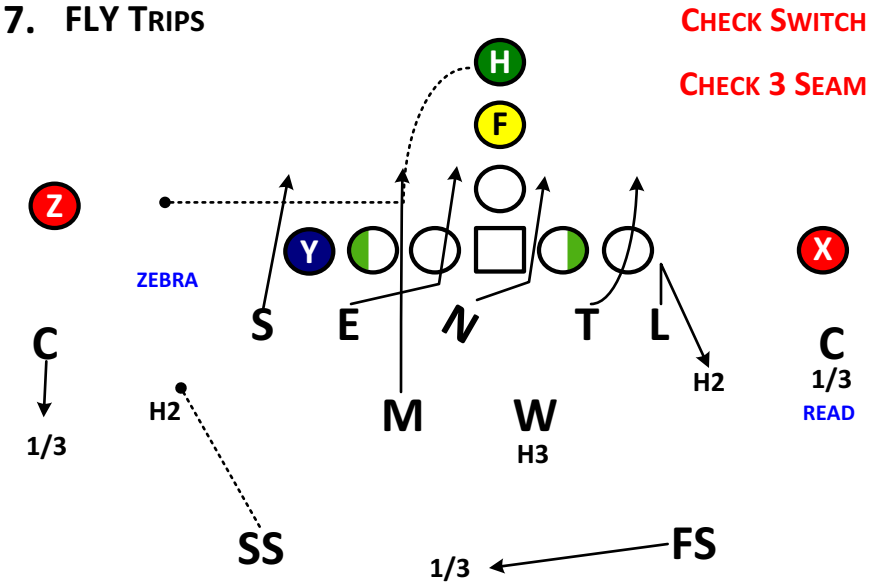
Check Swap



7. FLY Trips

Check Switch

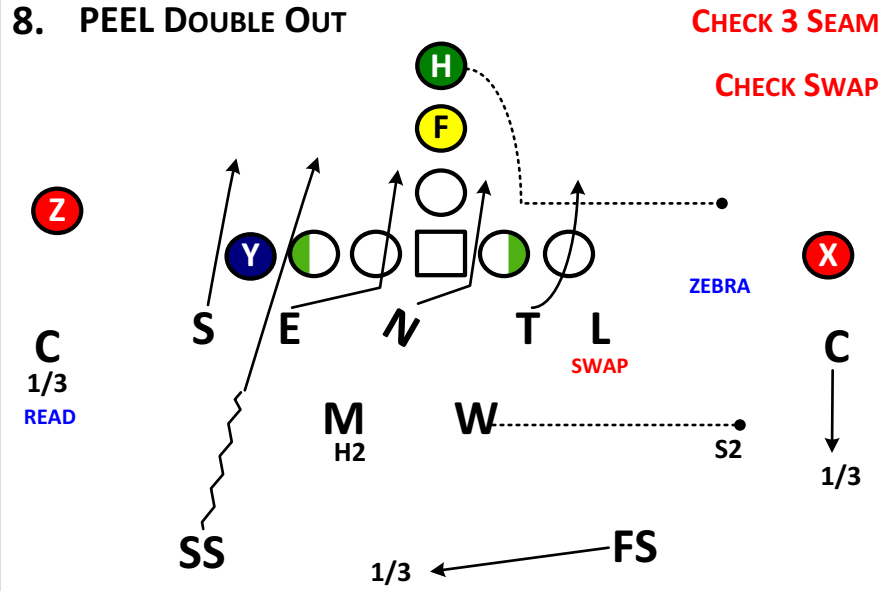
Check 3 Seam



8. PEEL Double Out

Check 3 Seam

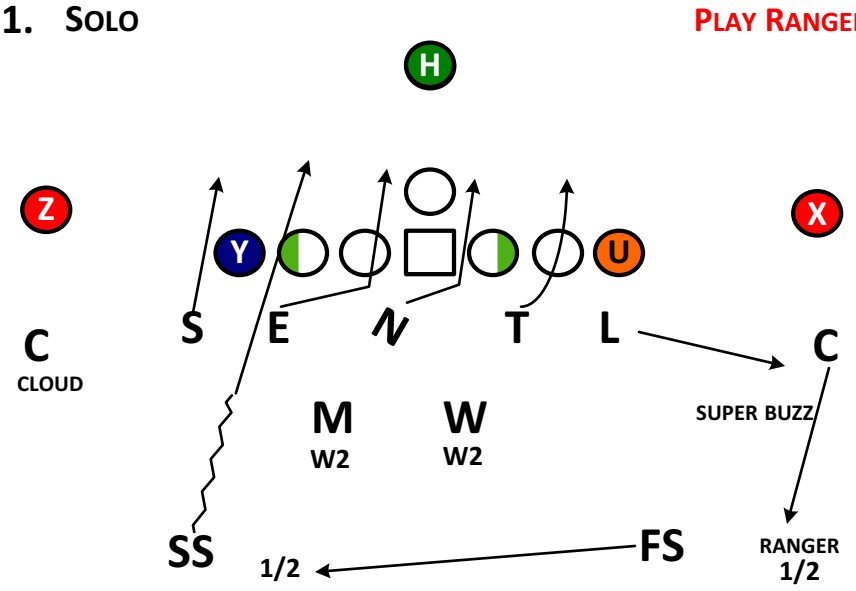
Check Swap



Under Bash Ranger 3 Palms

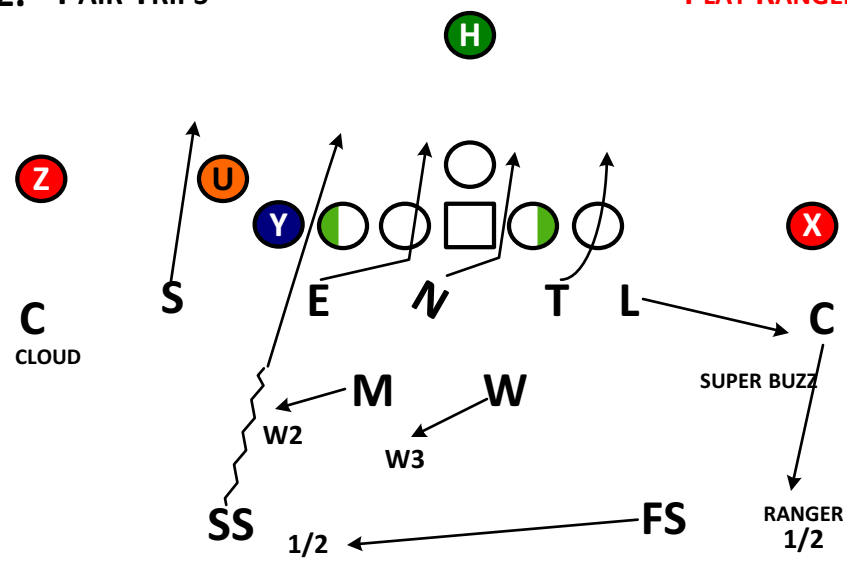
1. Solo

Play Ranger



2. Pair Trips

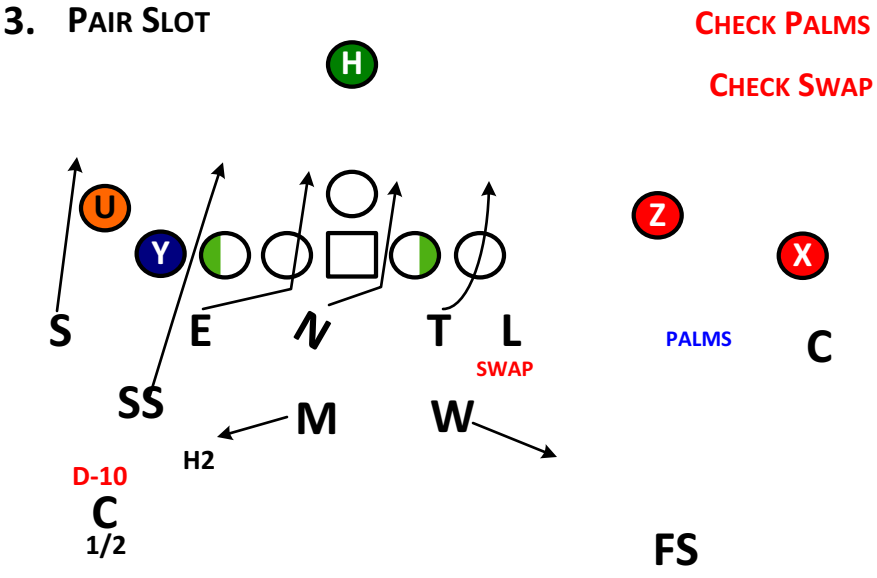
Play Ranger



3. Pair Slot

Check Palms

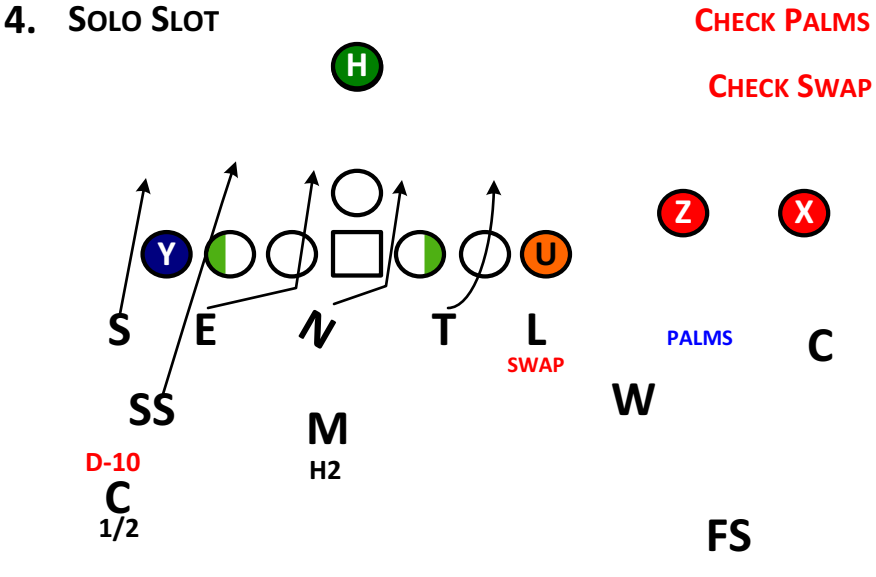
Check Swap



4. Solo Slot

Check Palms

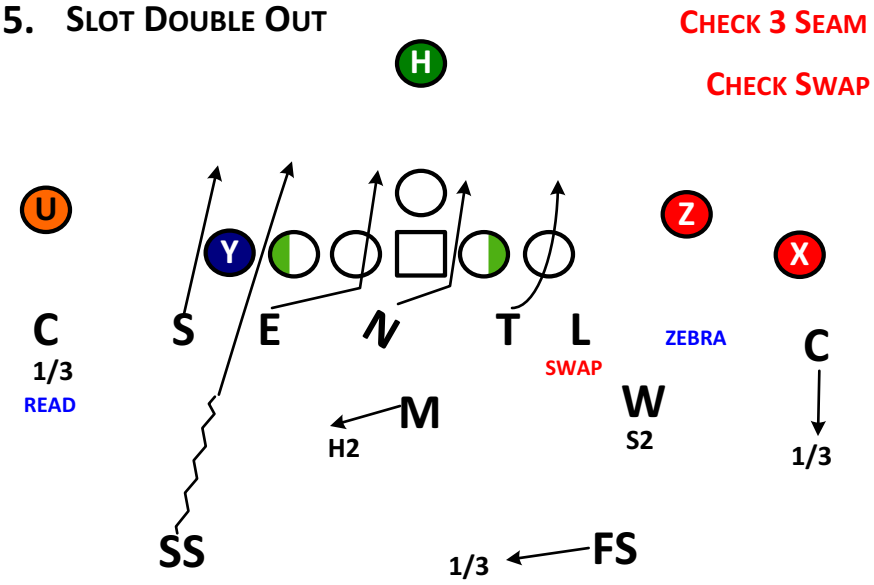
Check Swap



5. Slot Double Out

Check 3 Seam

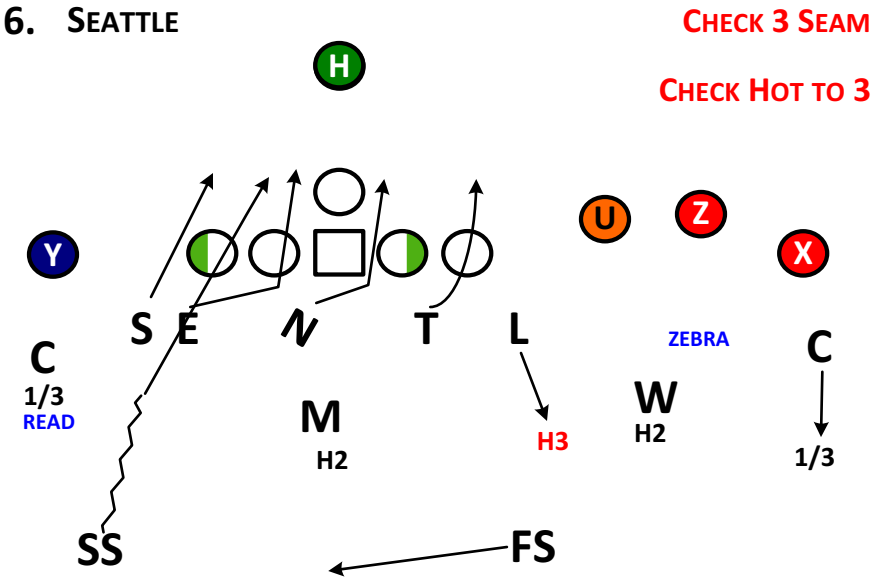
Check Swap



6. Seattle

Check 3 Seam

Check Hot to 3

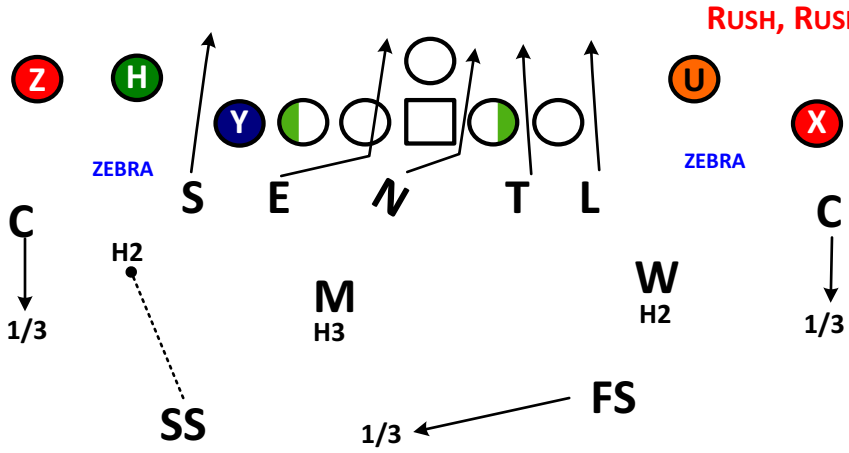


7. Empty

Check Switch

Check Mike No Go

Rush, Rush

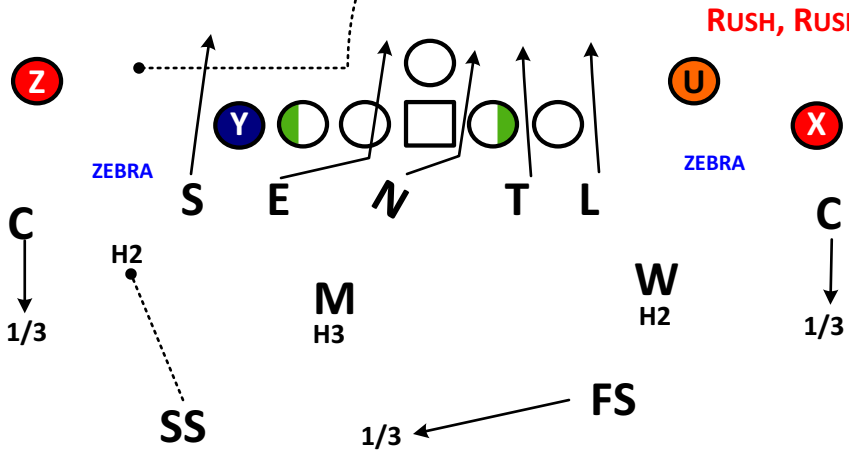


8. FLY Empty

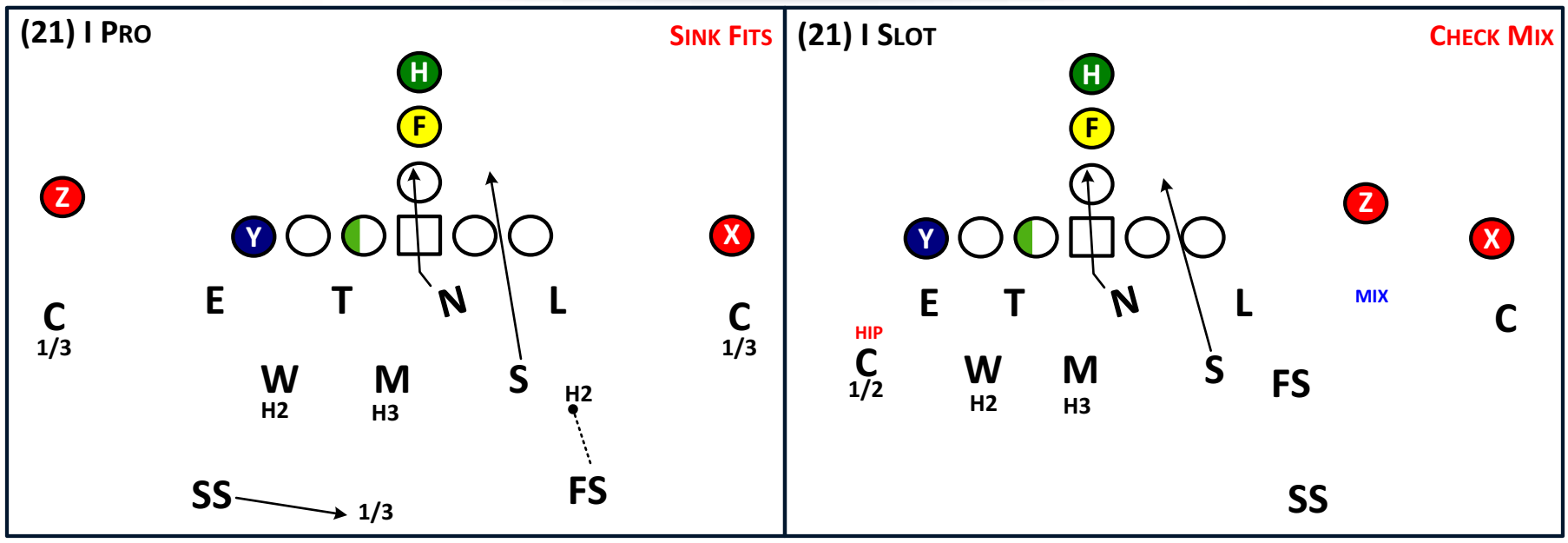
Check Switch

Check Mike No Go

Rush, Rush



W/ Stem Over Blast 3 Mix



Essence:

1. W/ Stem Over Blast 3 Mix is an Over Family Front zone pressure.

Coaching Points:

1. Solid call to the "Y"
2. Sam Blitz the Flex Side B Gap
3. 2 Back Fits: Pro = Sink Fits. 2 Back Y Motion = Slide Fits
4. Nose: Play Blast Technique (Back to Vicki) / Swag
5. Free Safety fit off #2
6. End: Align in an Outside 9 technique if there is any player outside and off the ball

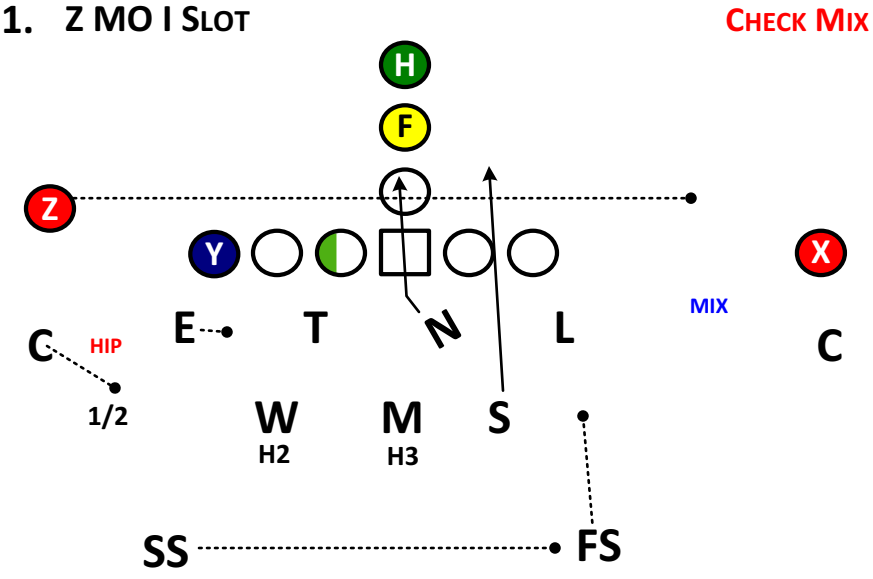
Adjustments:

1. Vs. Aligned or Motion to Single Width Slot Family formations: Check Mix
2. Any 3 away from the Solid Call: Mike Adjust

W/ Stem Over Blast 3 Mix

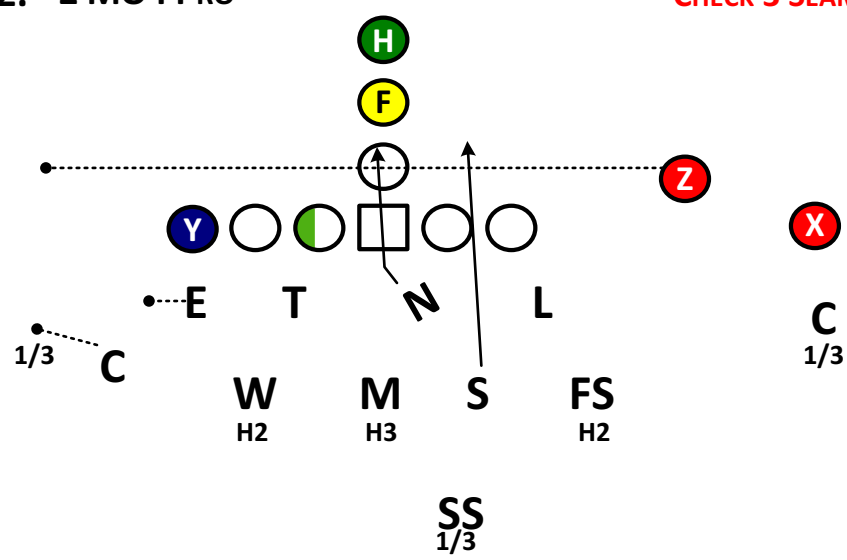
1. Z MO I Slot

Check Mix

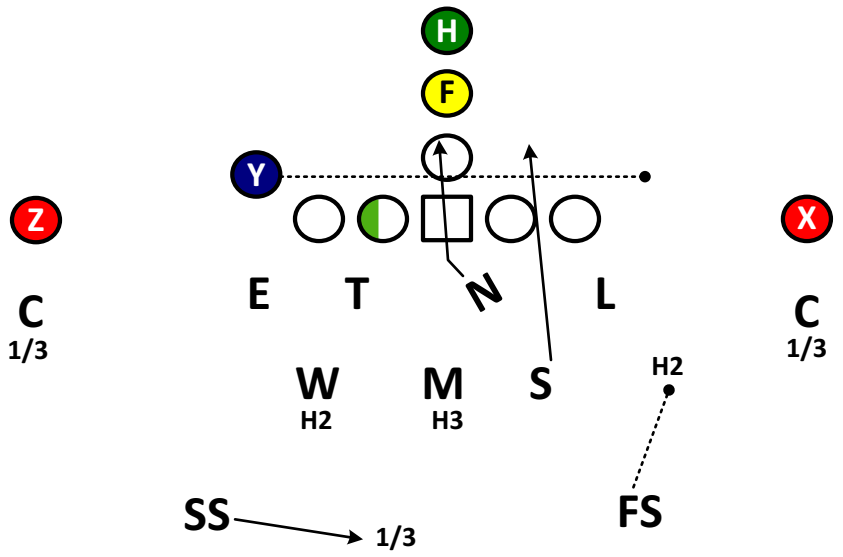


2. Z MO I Pro

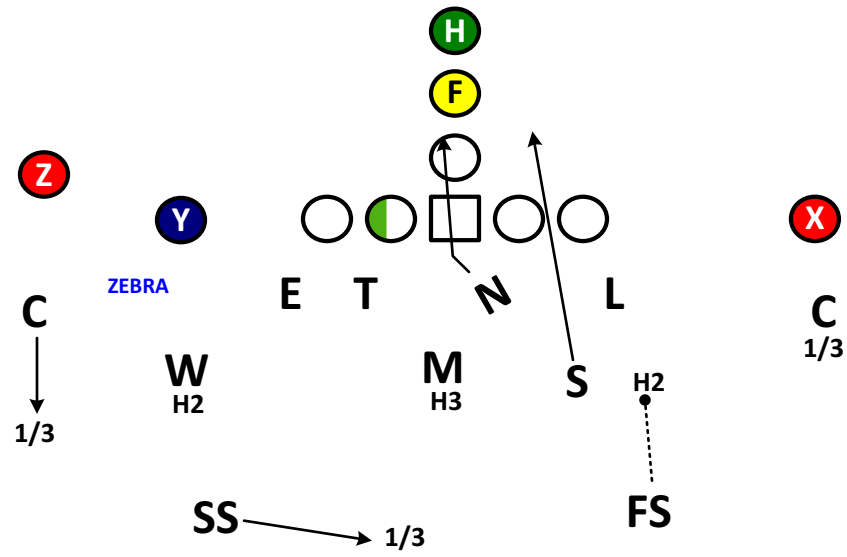
Check 3 Seam



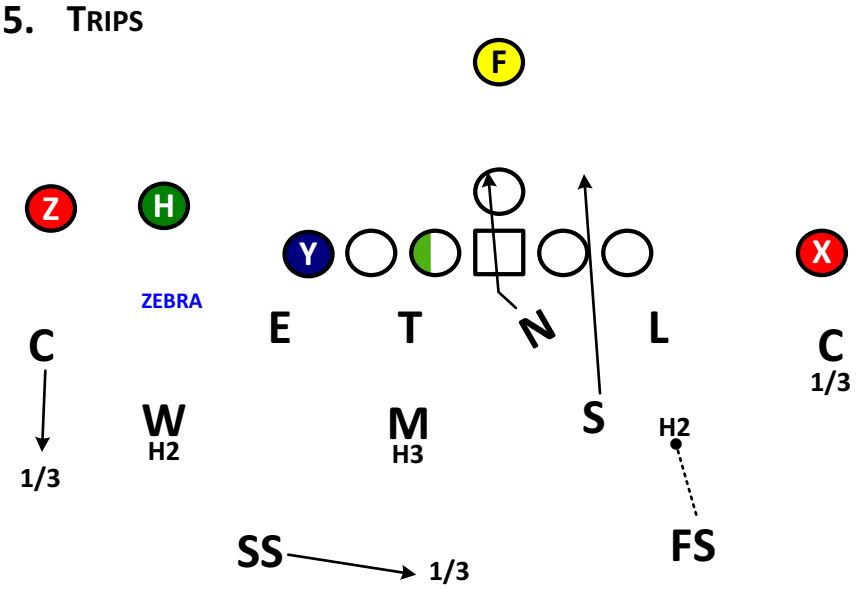
3. Y MO I Pro Y Off



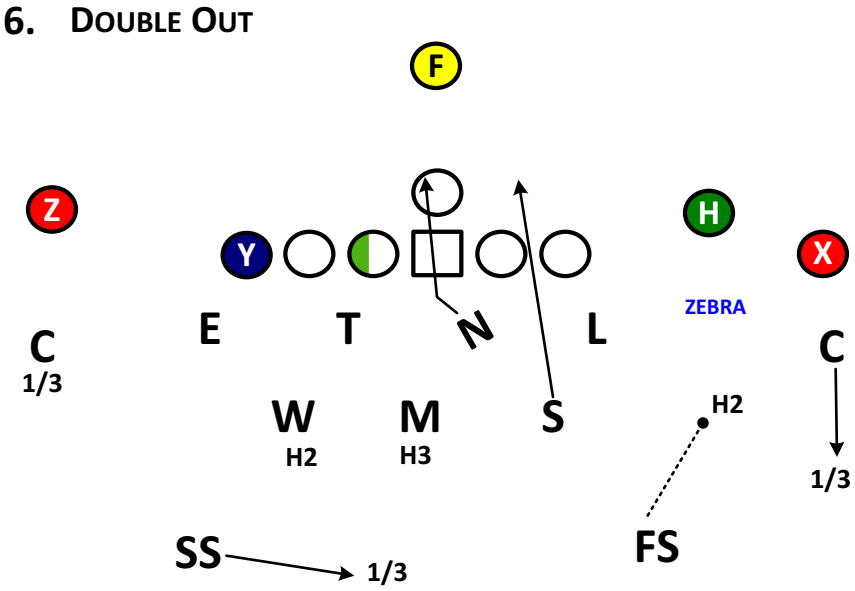
4. I Pro Y Open



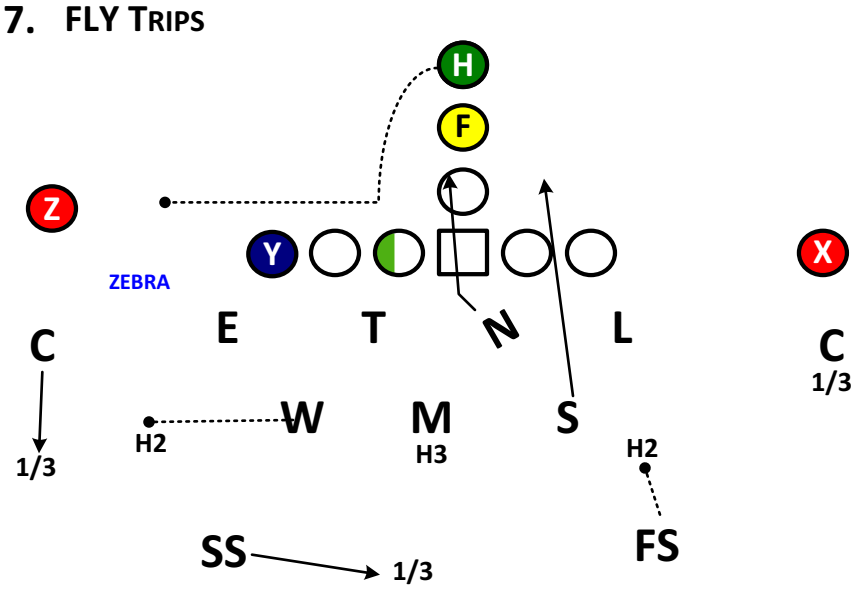
5. Trips



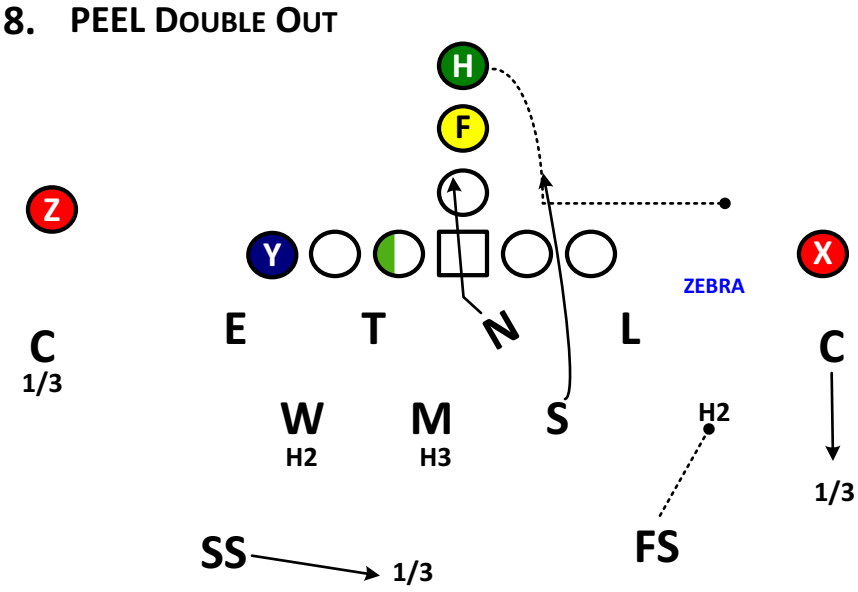
6. Double Out



7. FLY Trips

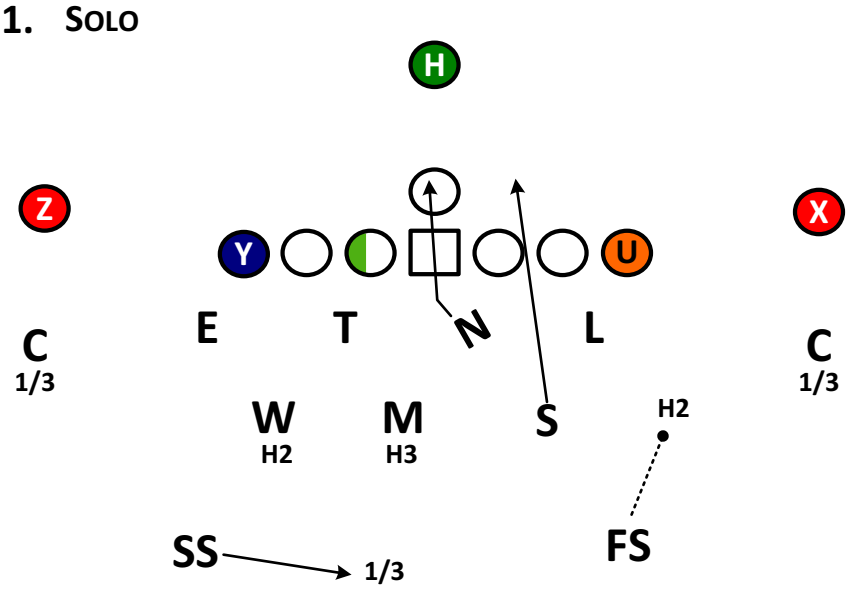


8. PEEL Double Out

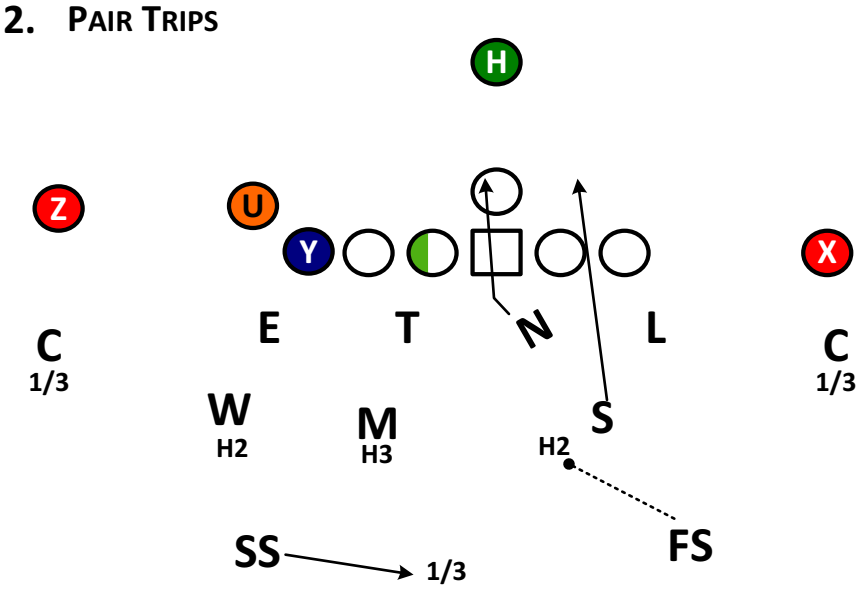


W/ Stem Over Blast 3 Mix

1. Solo

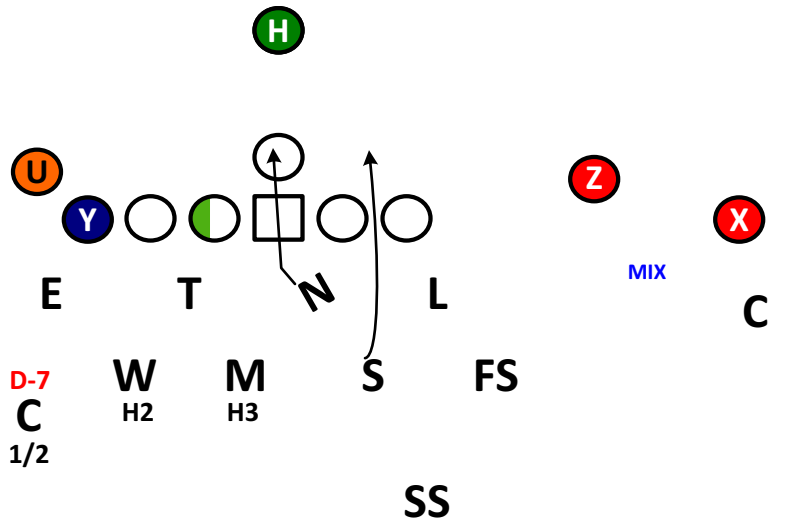


2. Pair Trips



3. Pair Slot

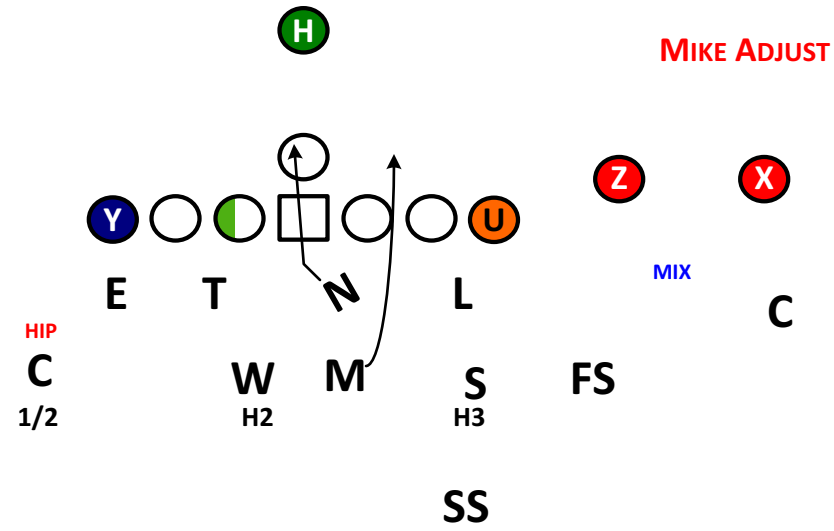
Check Mix



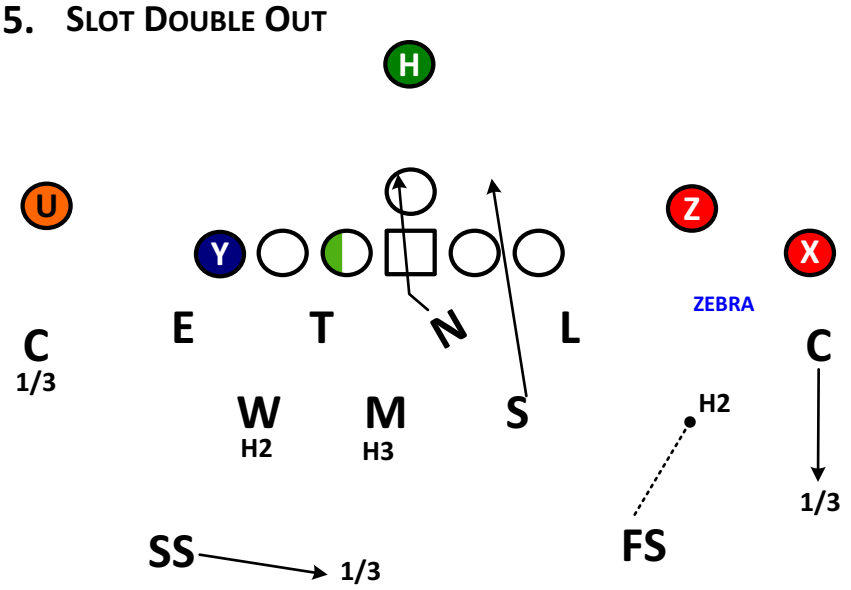
4. Solo Slot

Check Mix

Mike Adjust

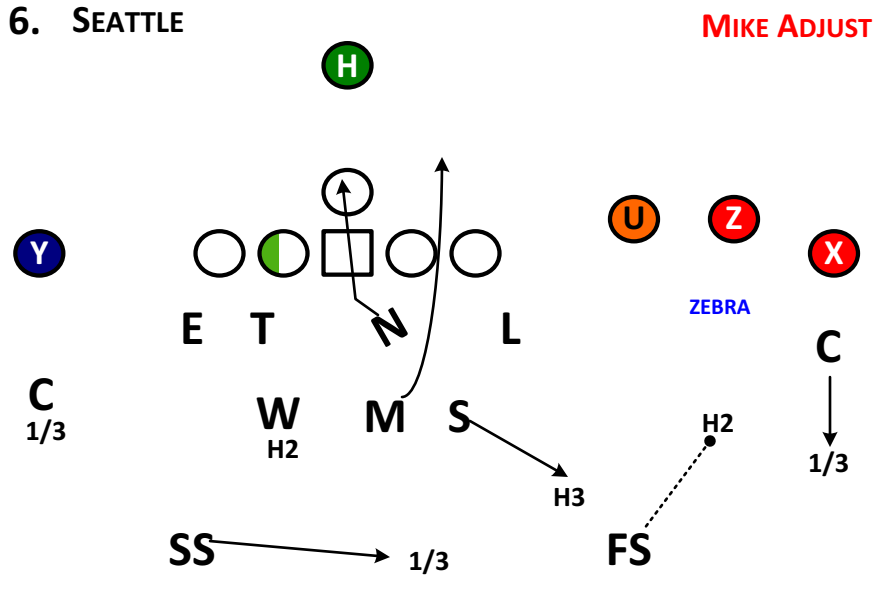


5. Slot Double Out

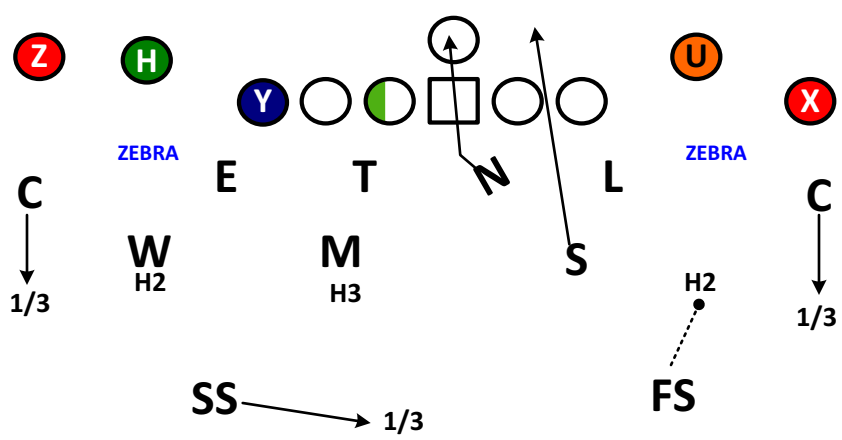


6. Seattle

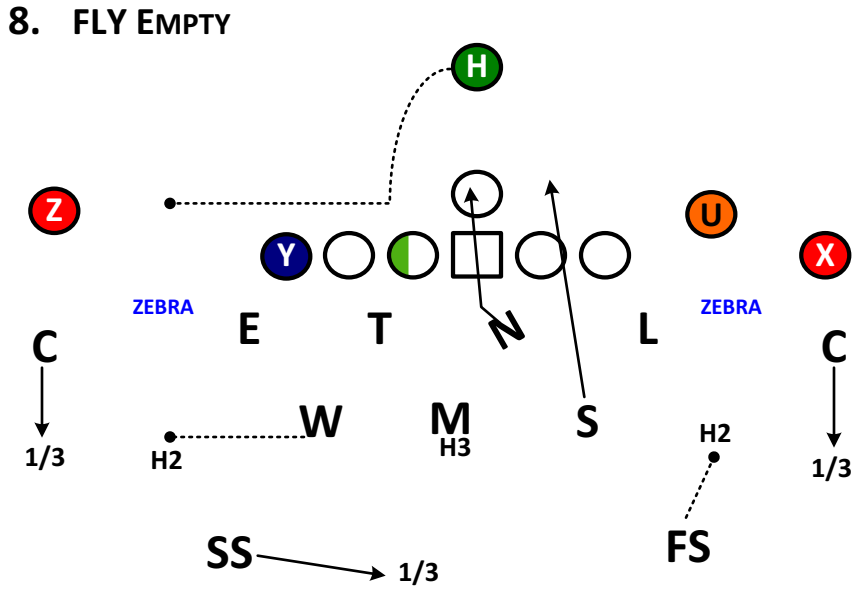
Mike Adjust



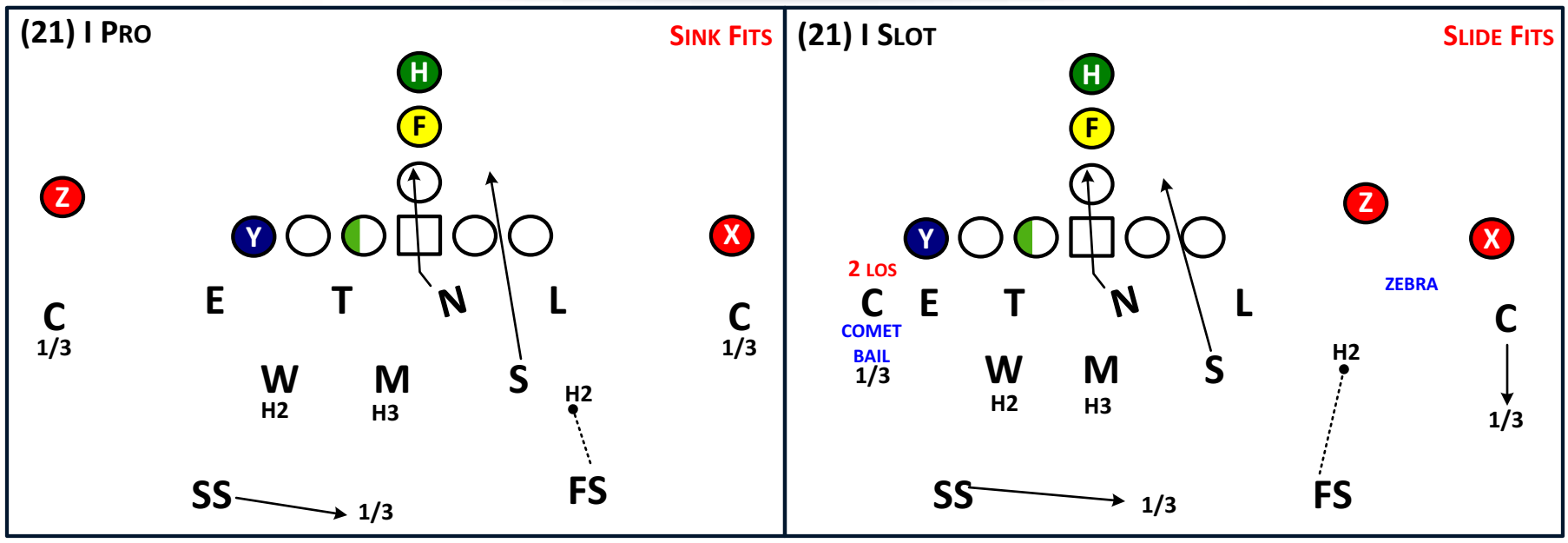
7. Empty



8. Fly Empty



W/ Stem Over Blast 3 Seam



Essence:

1. 5 Man 3 Deep 3 Under zone pressure

Coaching Points:

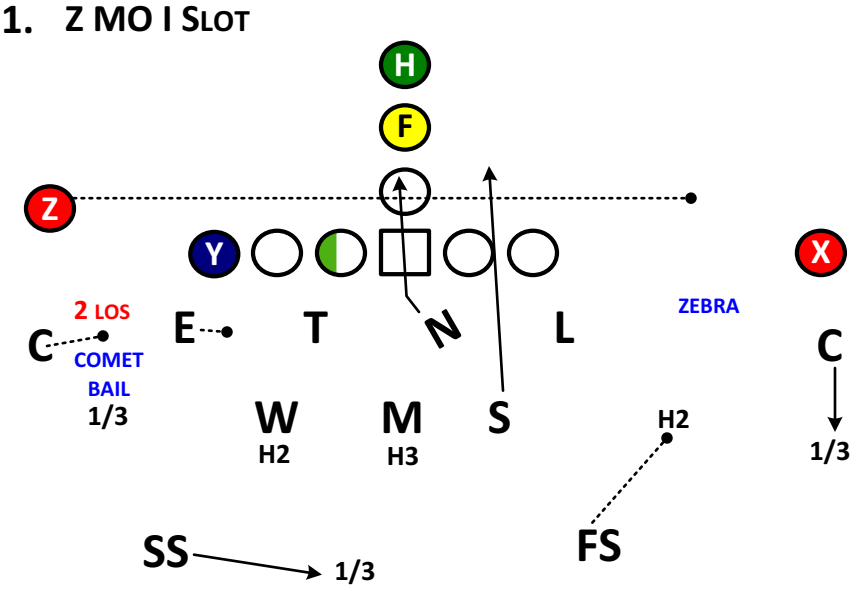
1. Solid call to the "Y"
2. Sam Blitz the Flex Side B Gap
3. 2 Back Fits: Pro = Sink Fits. Slot & 2 Back Y Motion = Slide Fits
4. Nose: Play Blast Technique (Back to Vicki) / Swag
5. Free Safety fit off #2
6. End: Align in an Outside 9 technique if there is any player outside and off the ball

Adjustments:

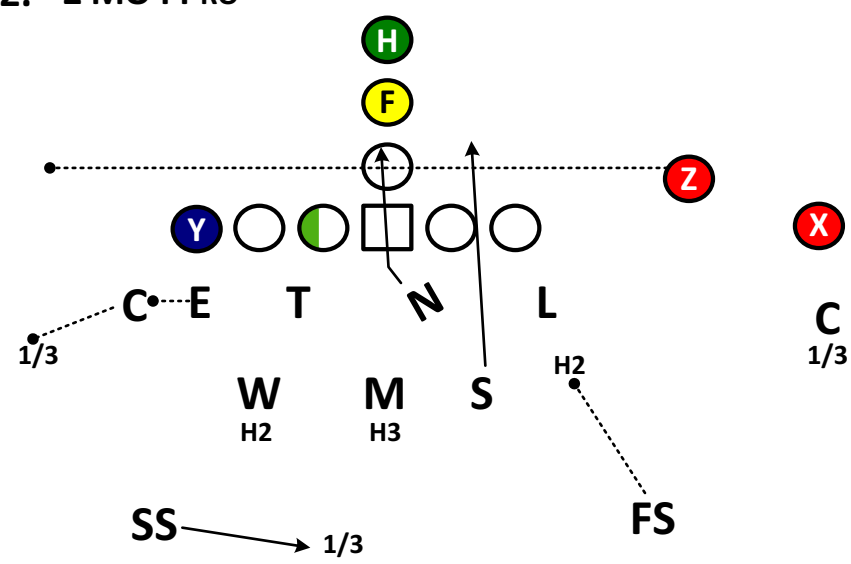
1. Any 3 away from the Solid Call: Mike Adjust

W/ Stem Over Blast 3 Seam

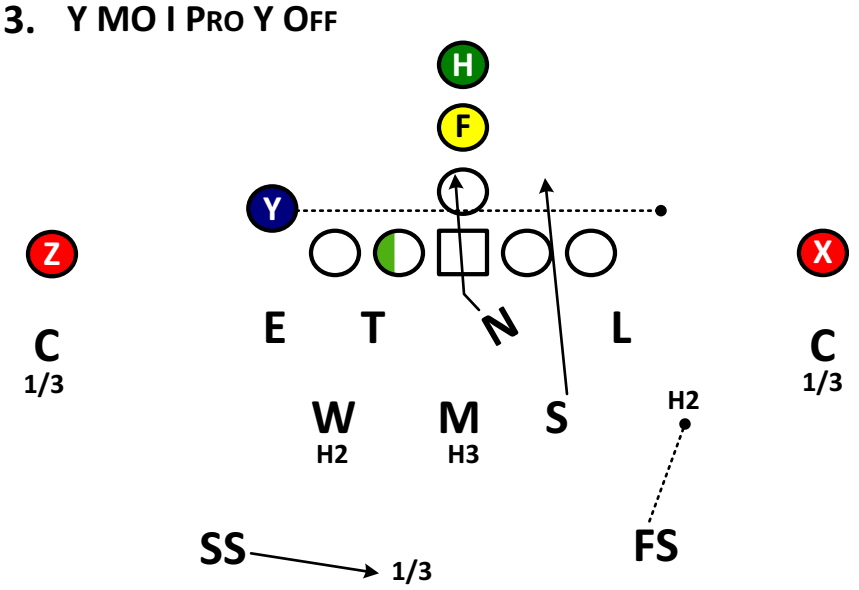
1. Z MO I Slot



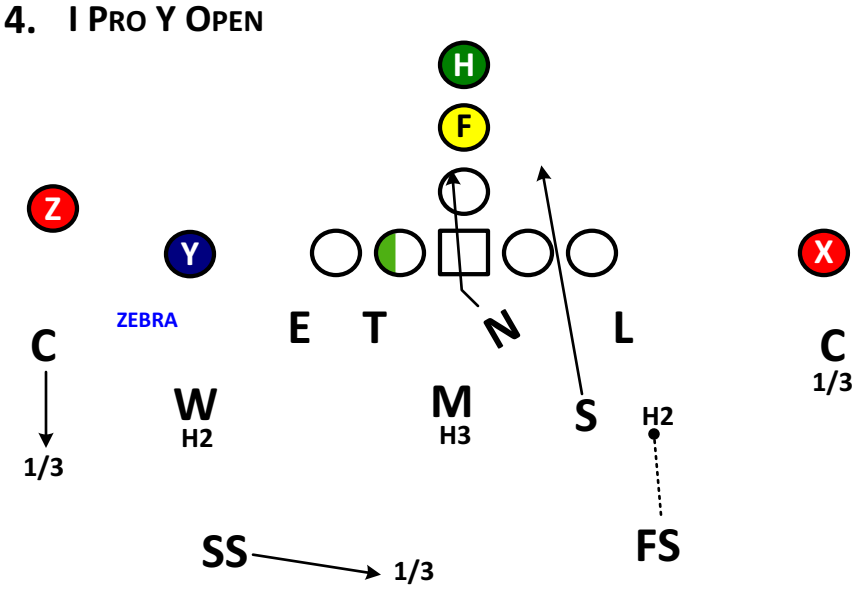
2. Z MO I Pro



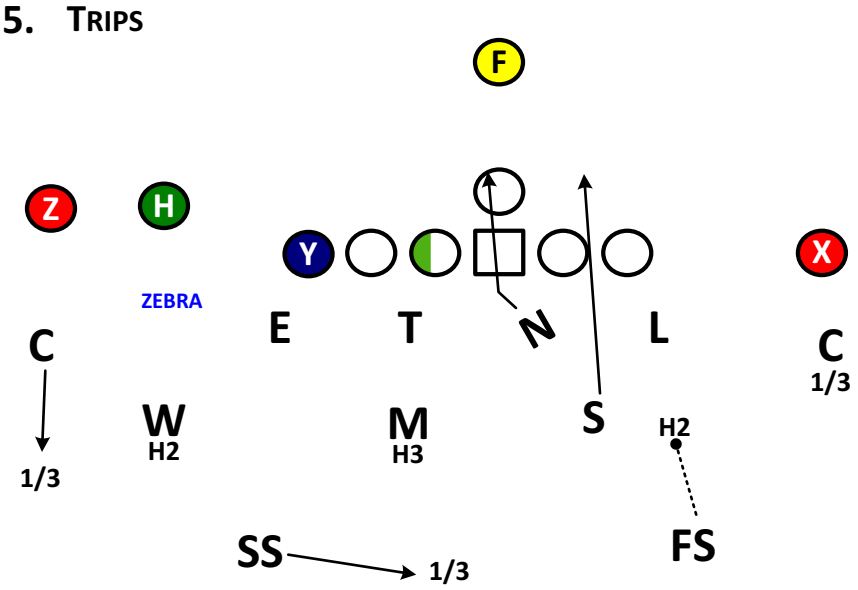
3. Y MO I Pro Y Off



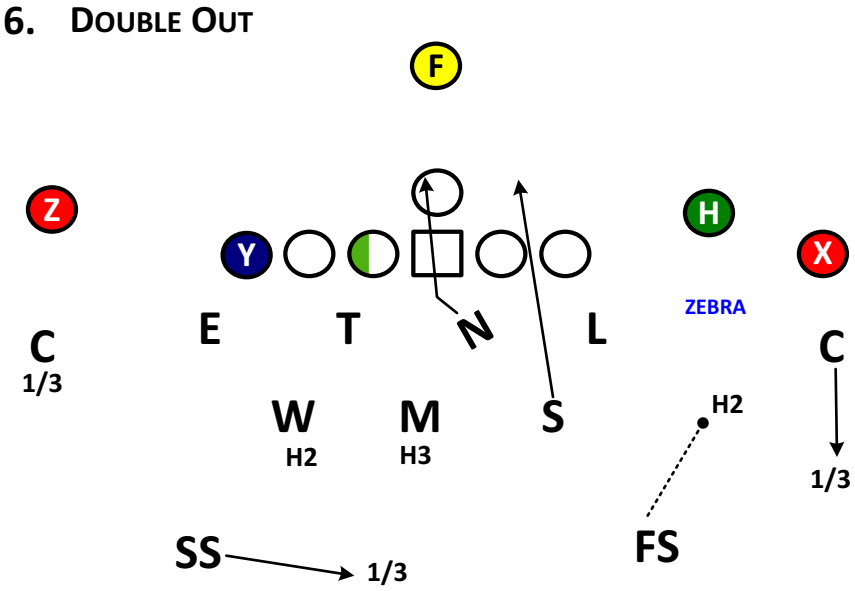
4. I Pro Y Open



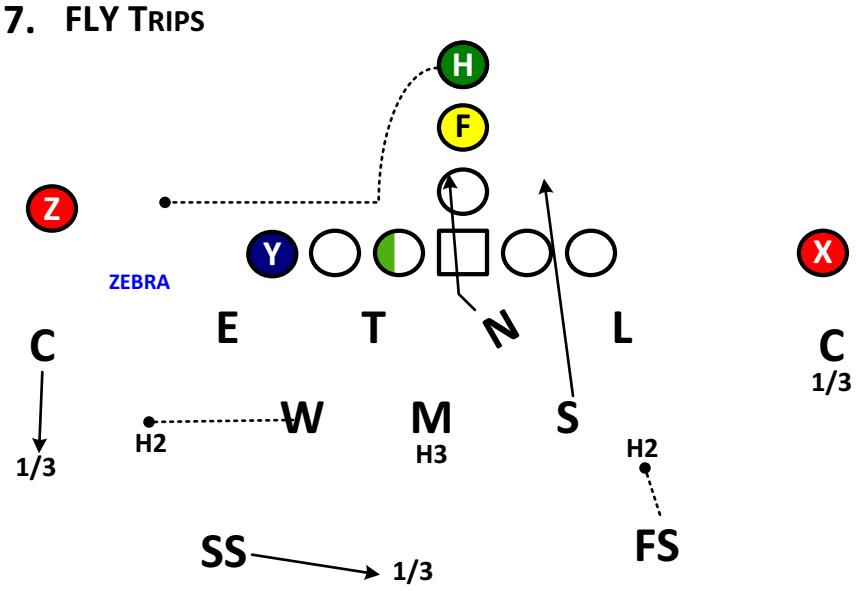
5. Trips



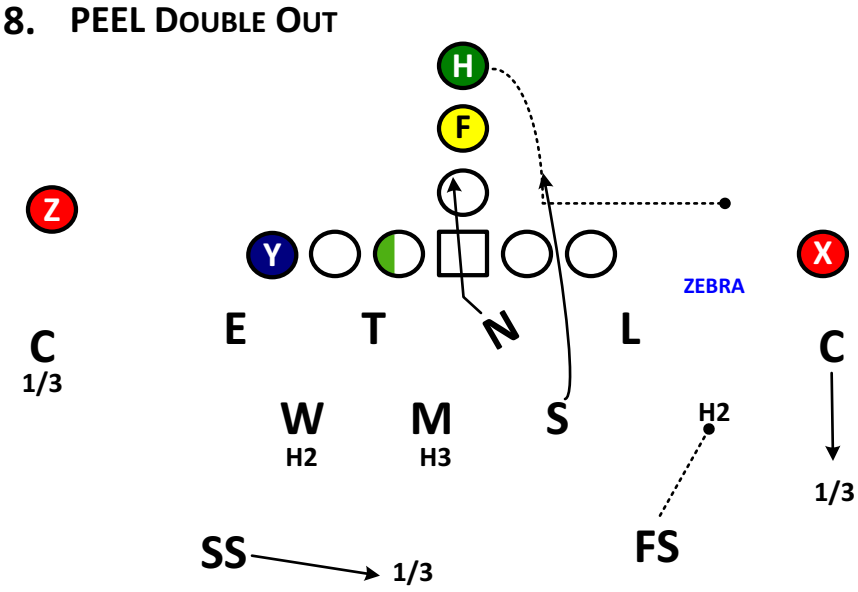
6. Double Out



7. FLY Trips

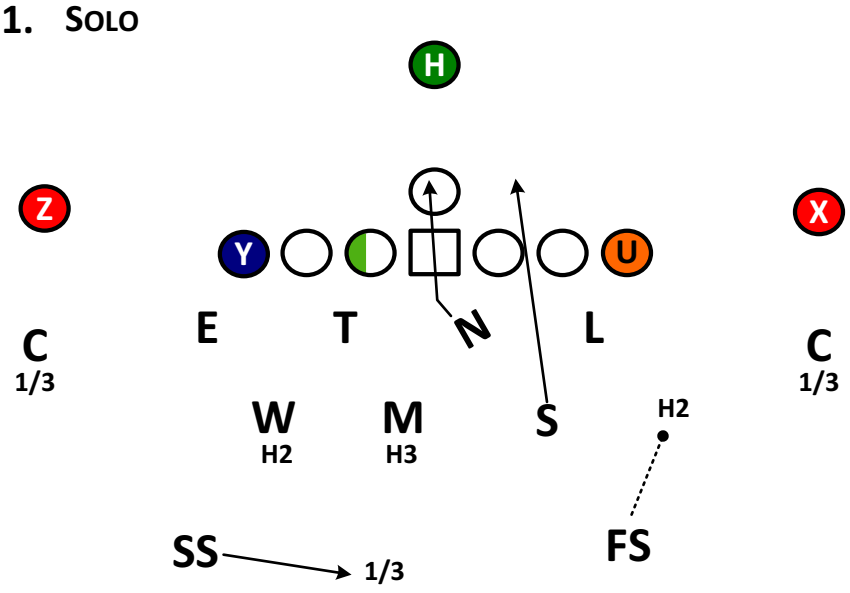


8. PEEL Double Out

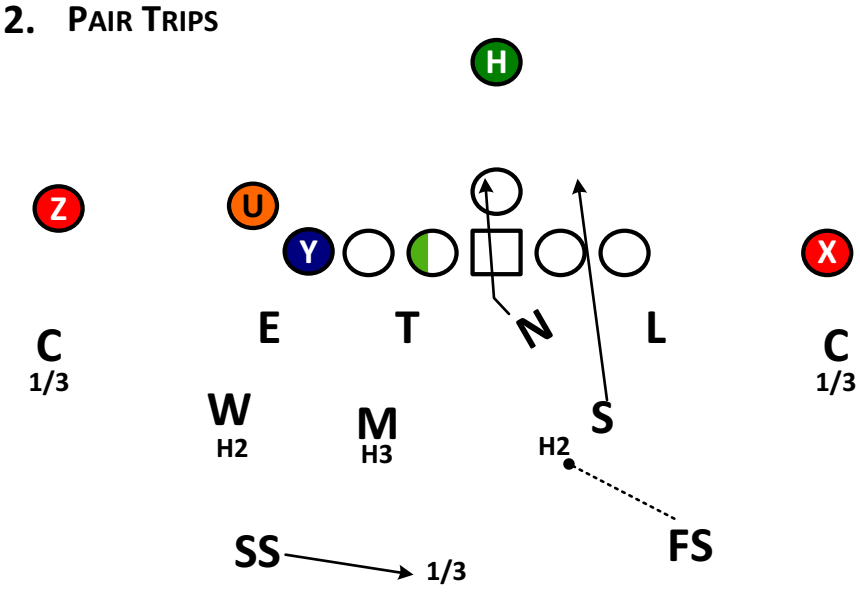


W/ Stem Over Blast 3 Seam

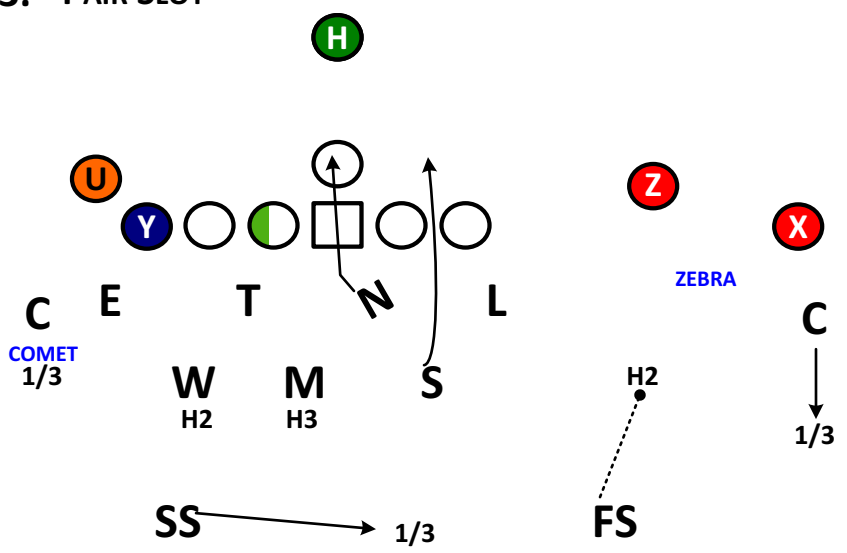
1. Solo



2. Pair Trips

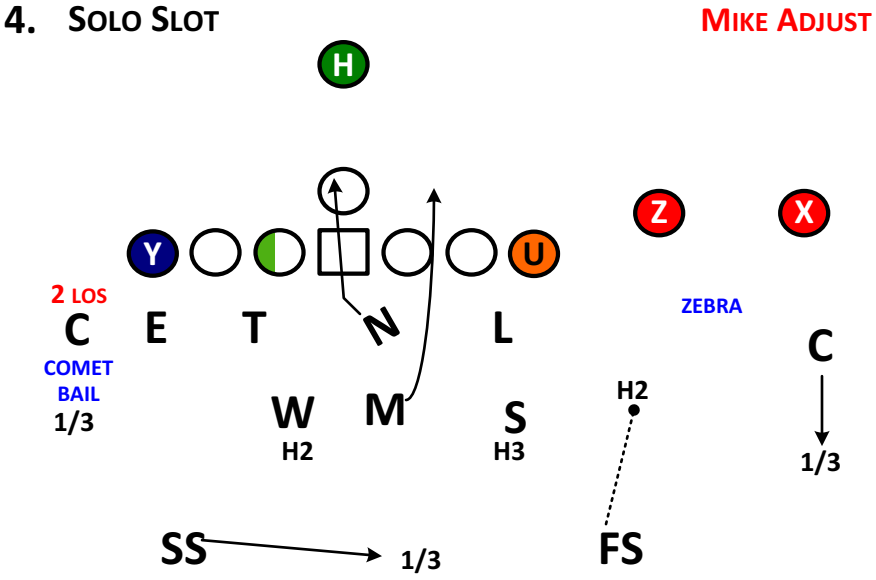


3. Pair Slot

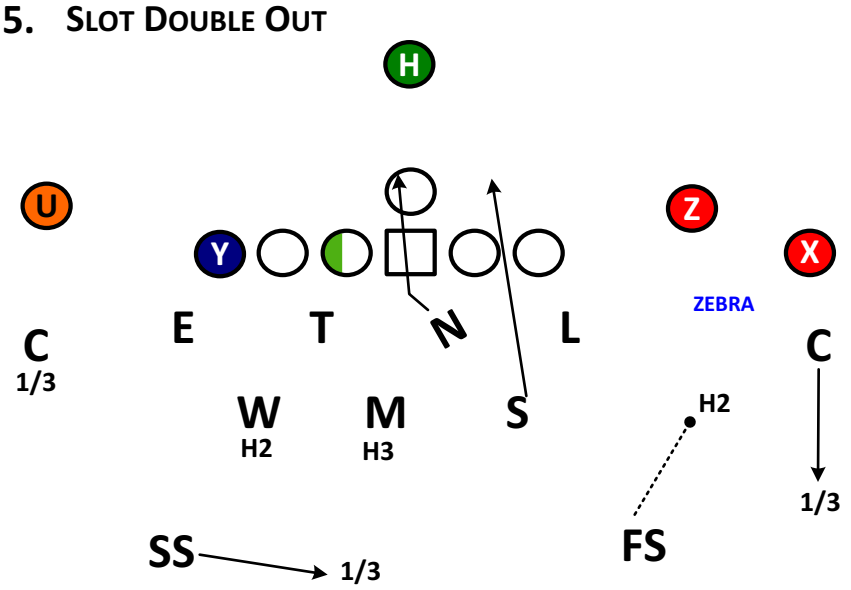


4. Solo Slot

MIKE ADJUST

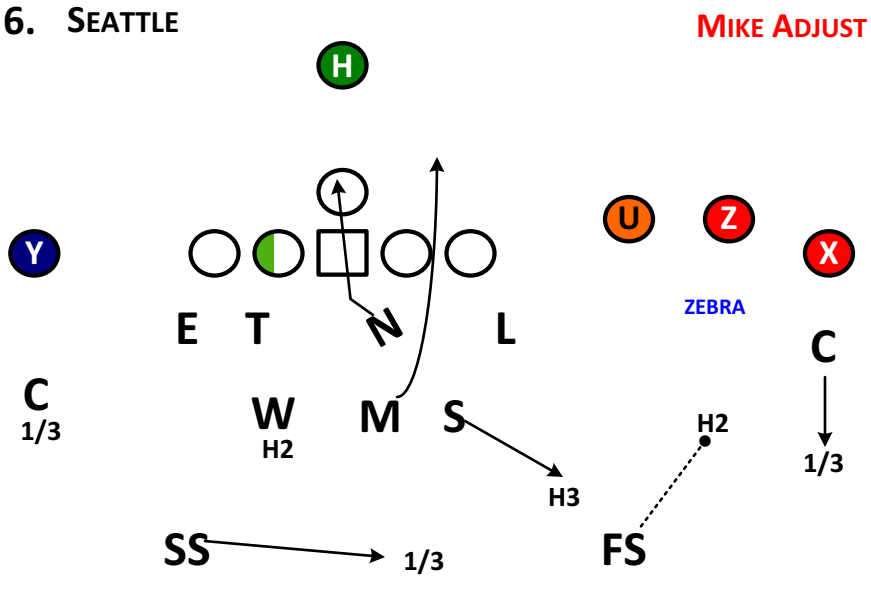


5. Slot Double Out

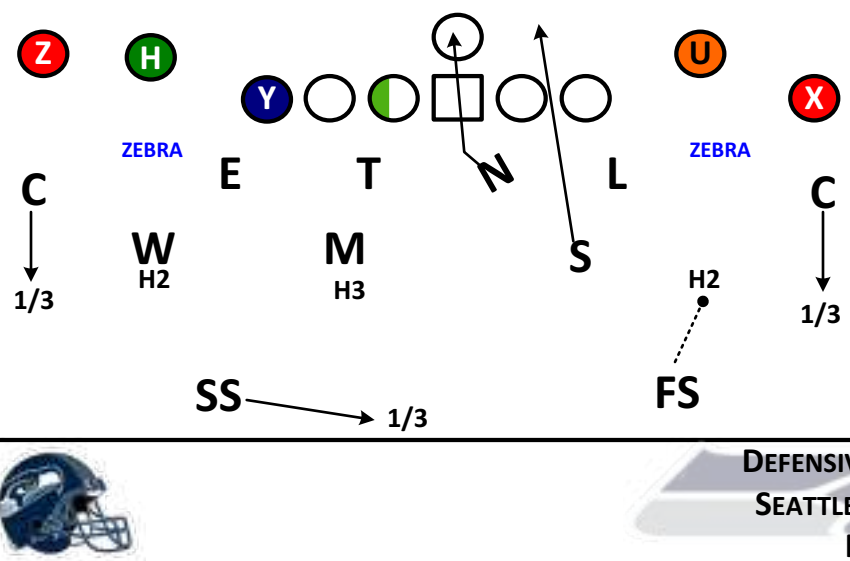


6. Seattle

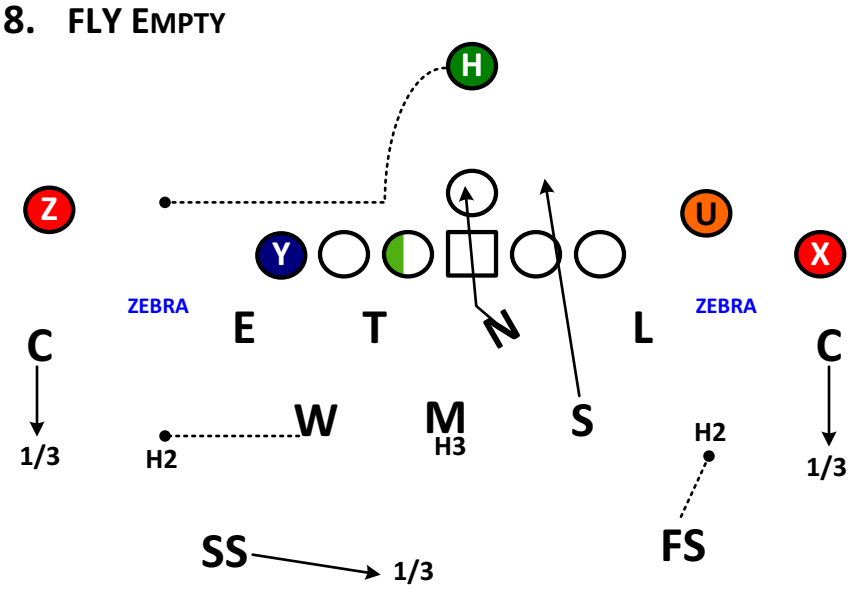
MIKE ADJUST



7. Empty

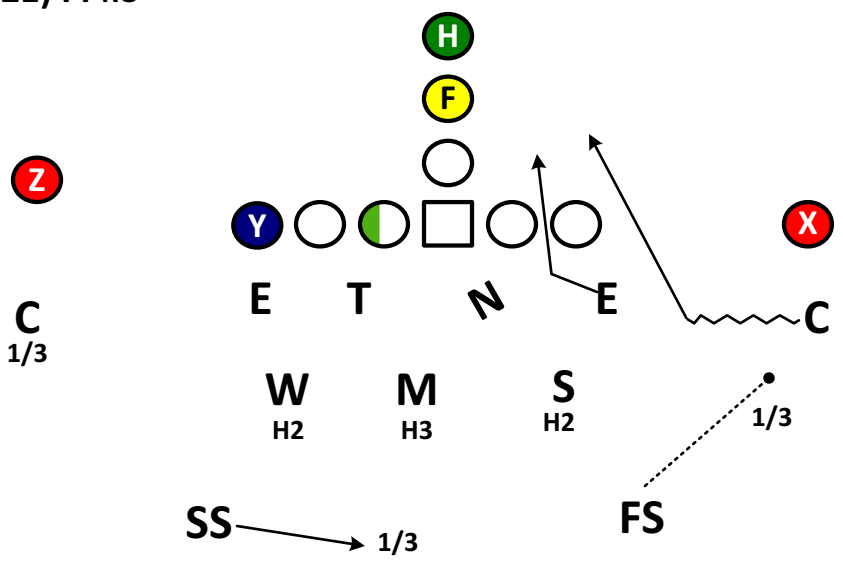


8. Fly Empty



Over Cat 3 Palms

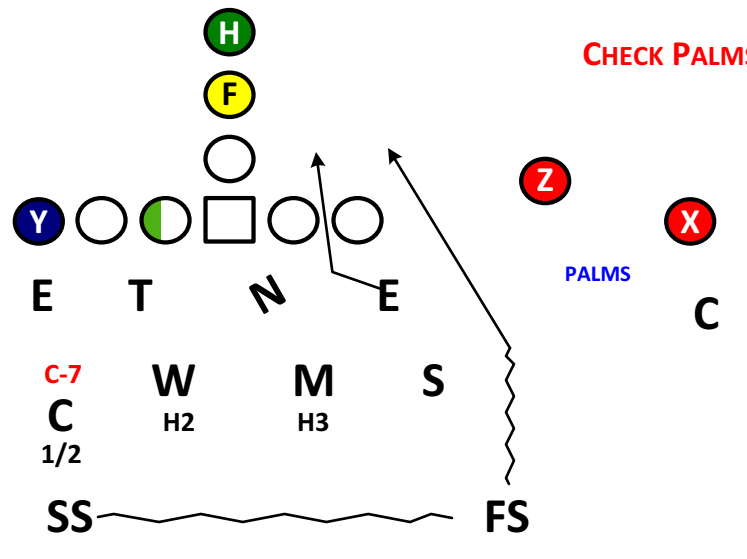
(21) I Pro



(21) I Slot

Check Trade

Check Palms



Essence:

1. Over Cat 3 Palms is an Over Family Front 5 Man zone pressure.
2. It is always run to the Flex side.

Coaching Points:

1. Solid call to the "Y"
2. Flex Side corner: Blitz Contain. Vs. 2 aligned Flex, 1/3
3. Flex Side End: Ram
4. Will: Hot to 2
5. Mike: Hot to 3
6. Sam: Hot to 2
7. Free Safety: Outside 1/3. Vs. 2 aligned Flex, Blitz Contain
8. Nose: Swag Technique

Adjustments:

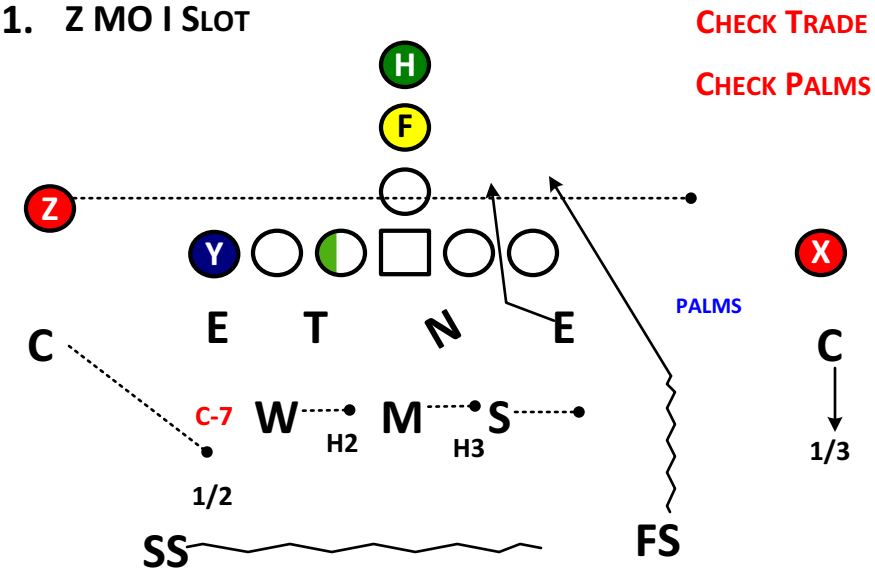
1. Vs. any 2 aligned to the Flex side: Check Trade
2. Vs. Motion or Aligned Slot: Check Palms
3. Vs. 2 Back Y Motion: Check Trade

Over Cat 3 Palms

1. Z MO I Slot

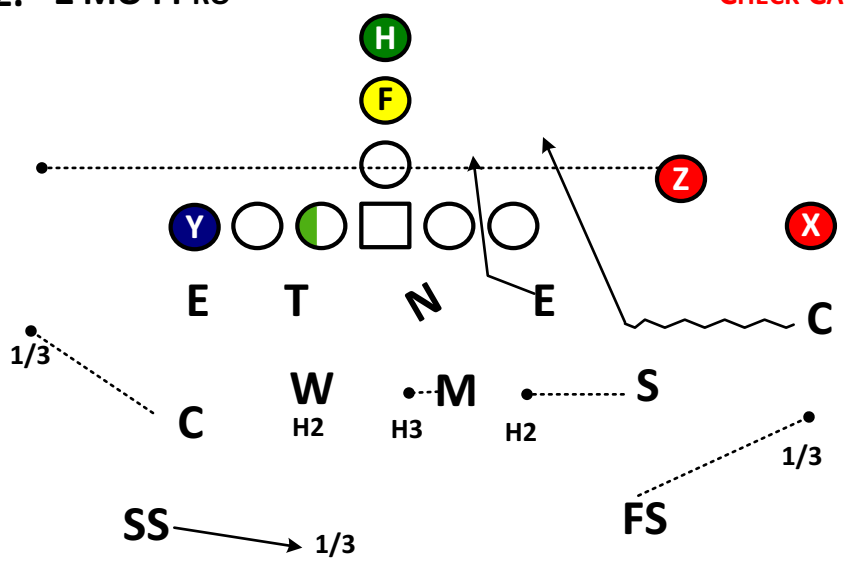
Check Trade

Check Palms



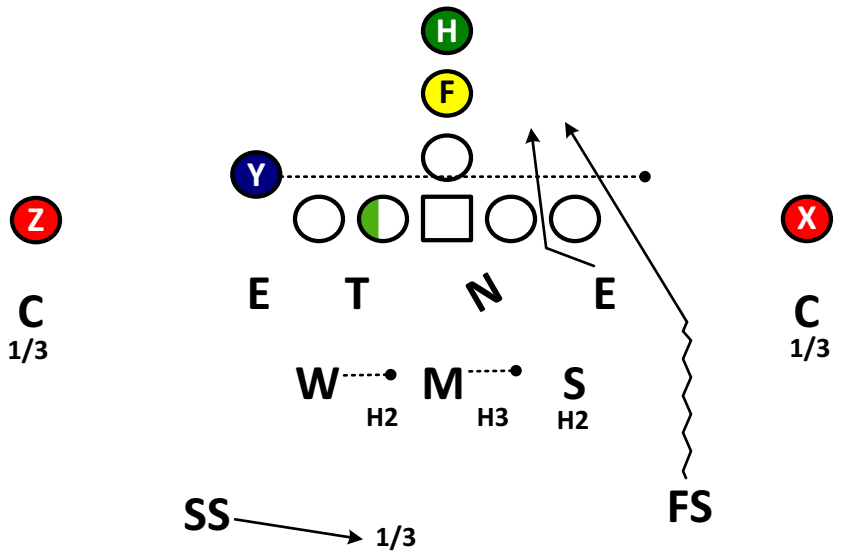
2. Z MO I Pro

Check Cat

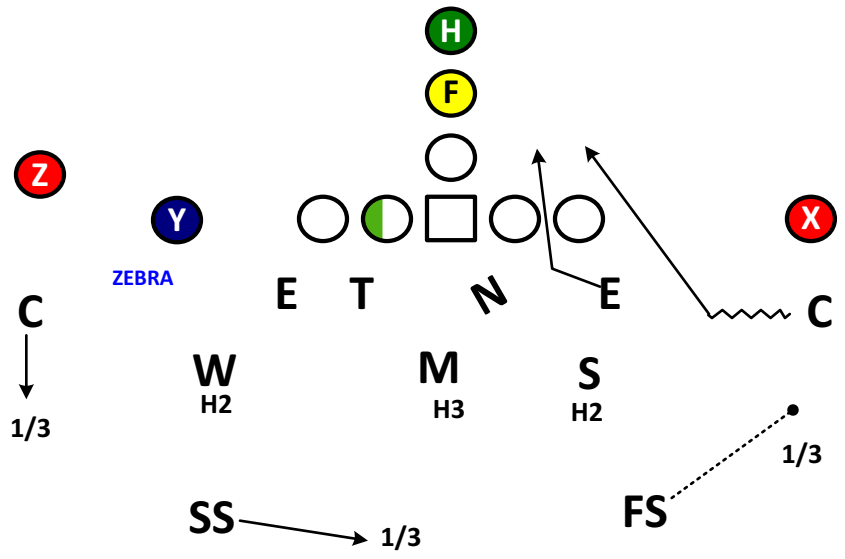


3. Y MO I Pro Y Off

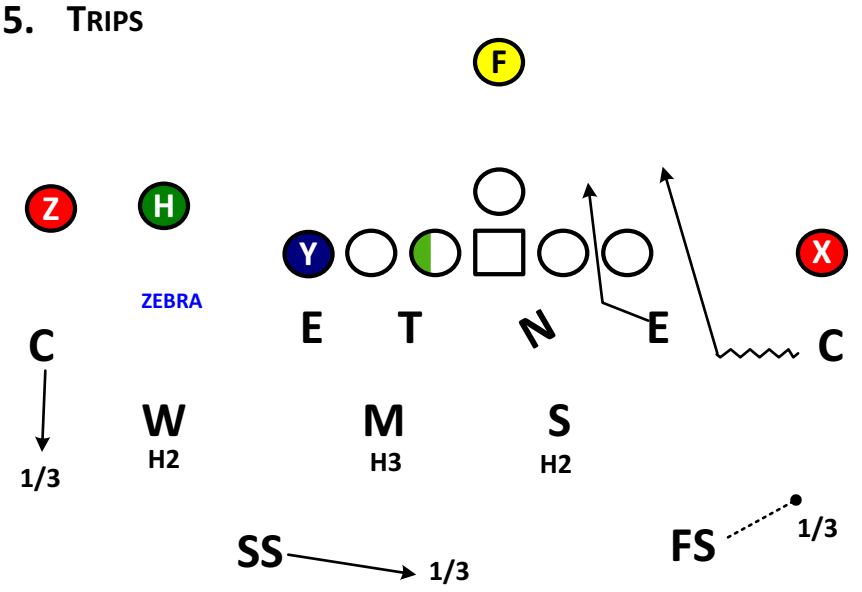
Check Trade



4. I Pro Y Open

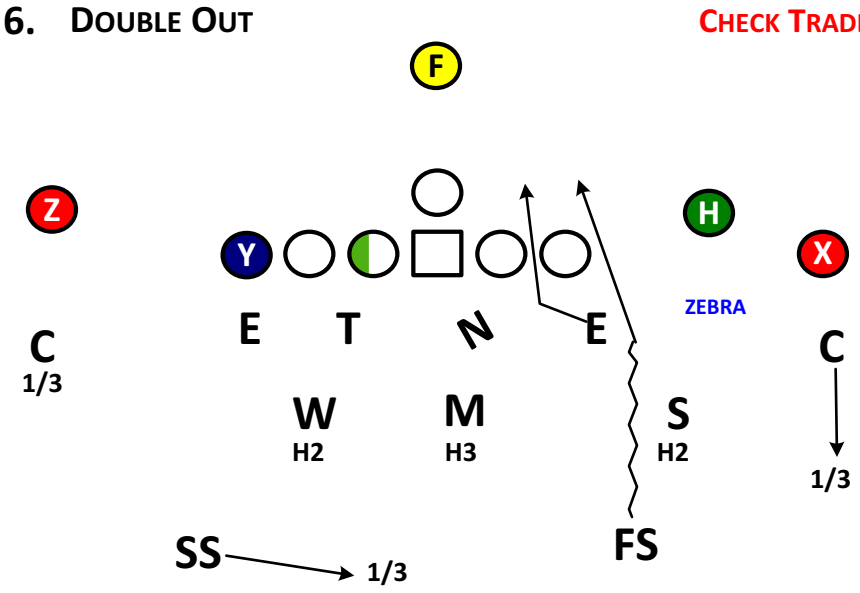


5. Trips

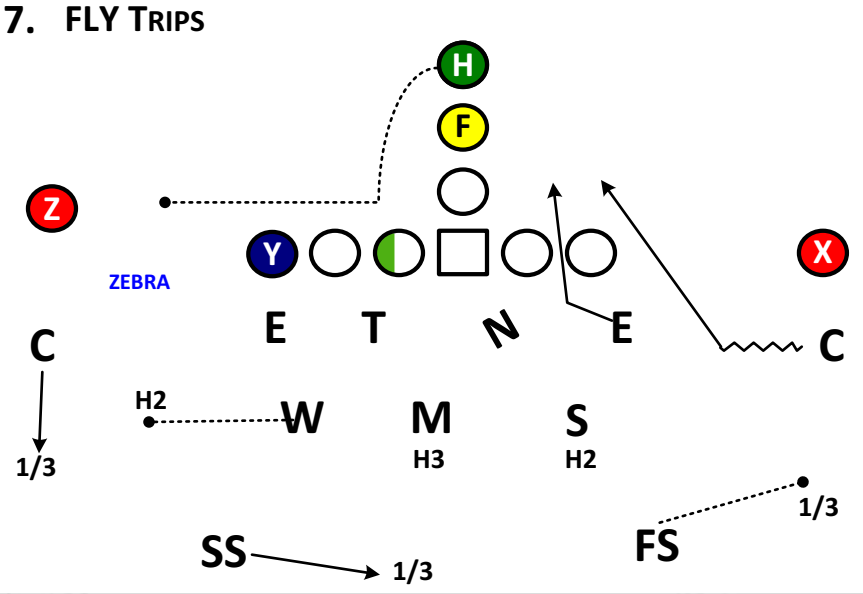


6. Double Out

Check Trade

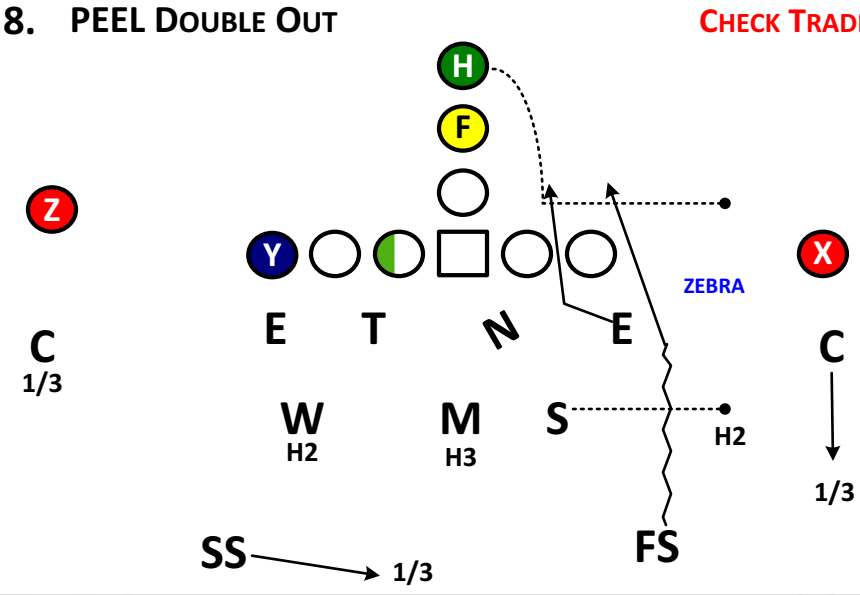


7. FLY Trips



8. PEEL Double Out

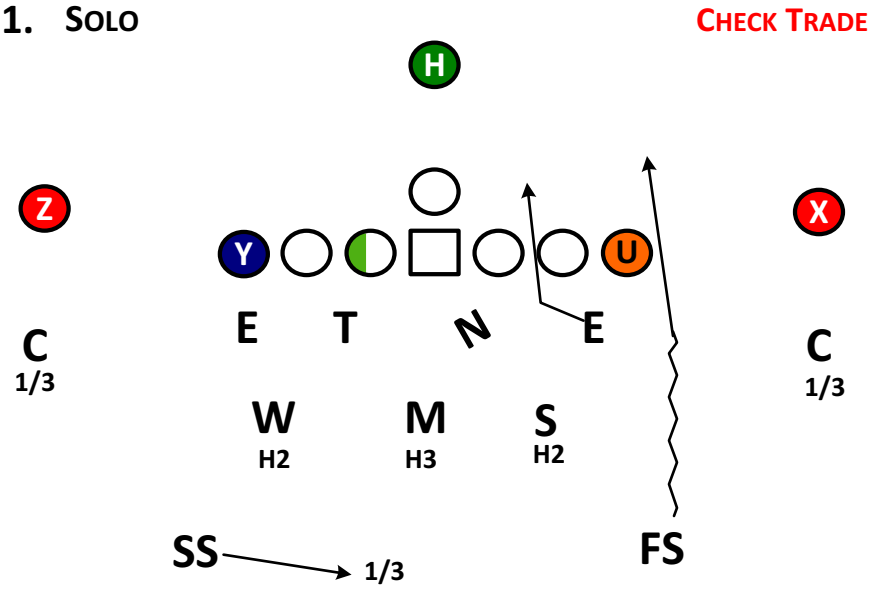
Check Trade



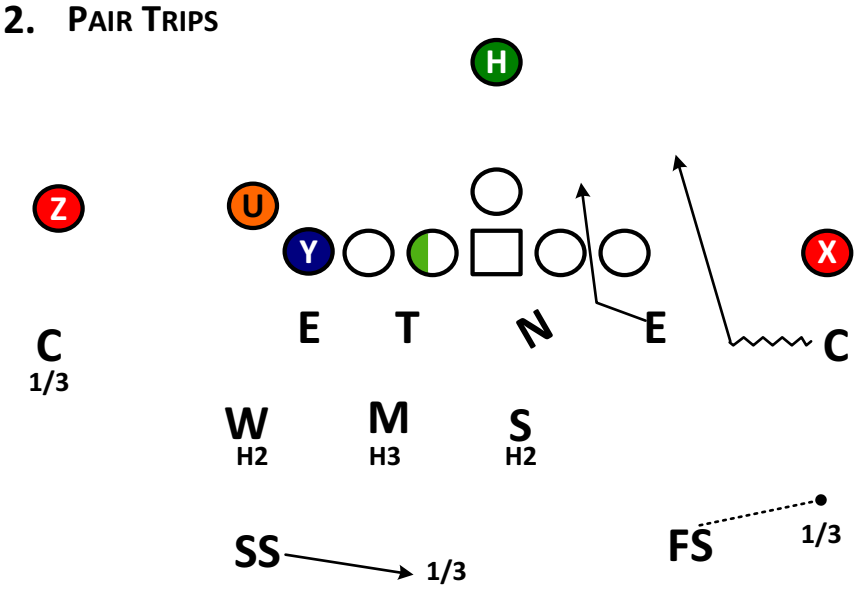
Over Cat 3 Palms

1. Solo

Check Trade



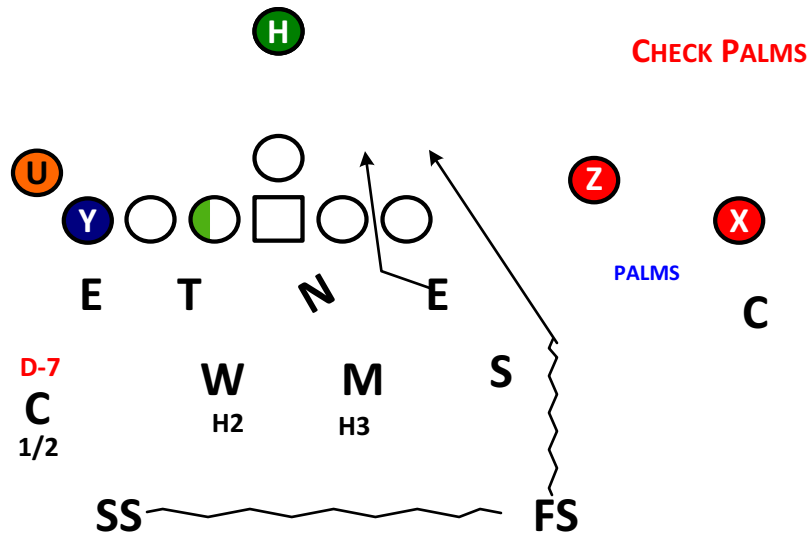
2. Pair Trips



3. Pair Slot

Check Trade

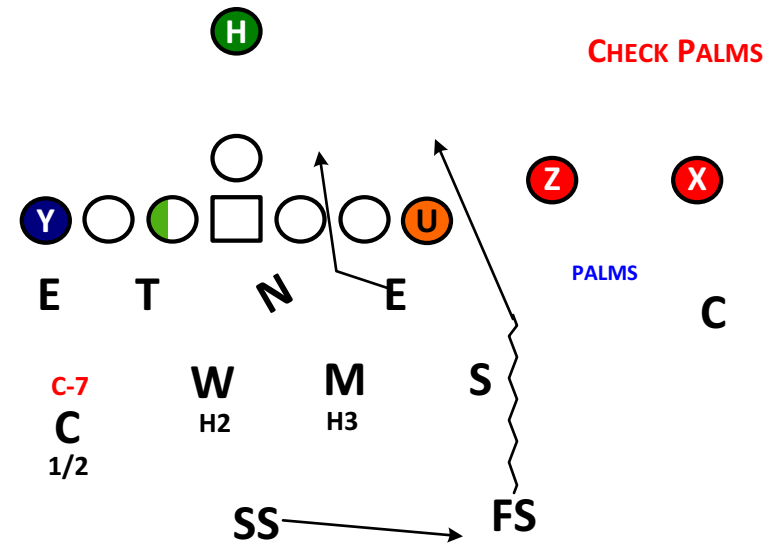
Check Palms



4. Solo Slot

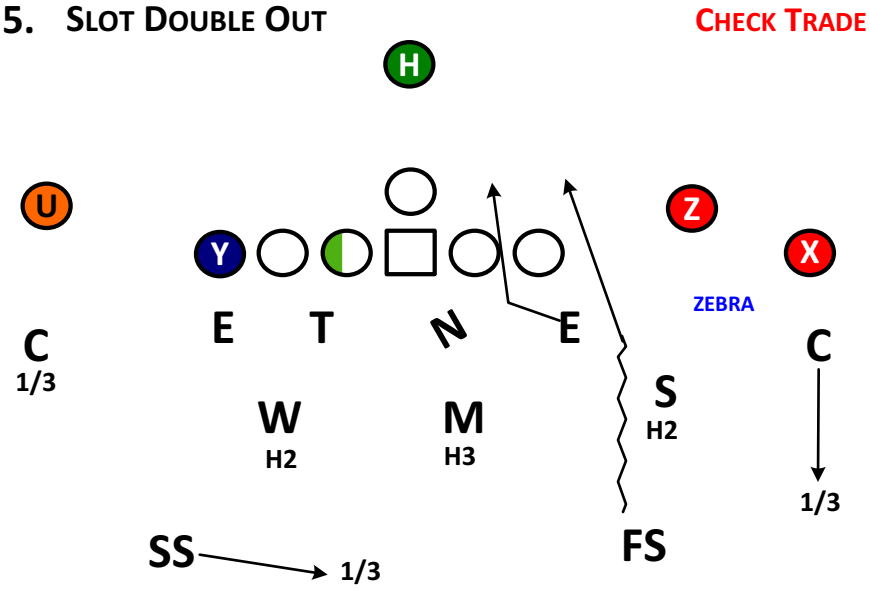
Check Trade

Check Palms



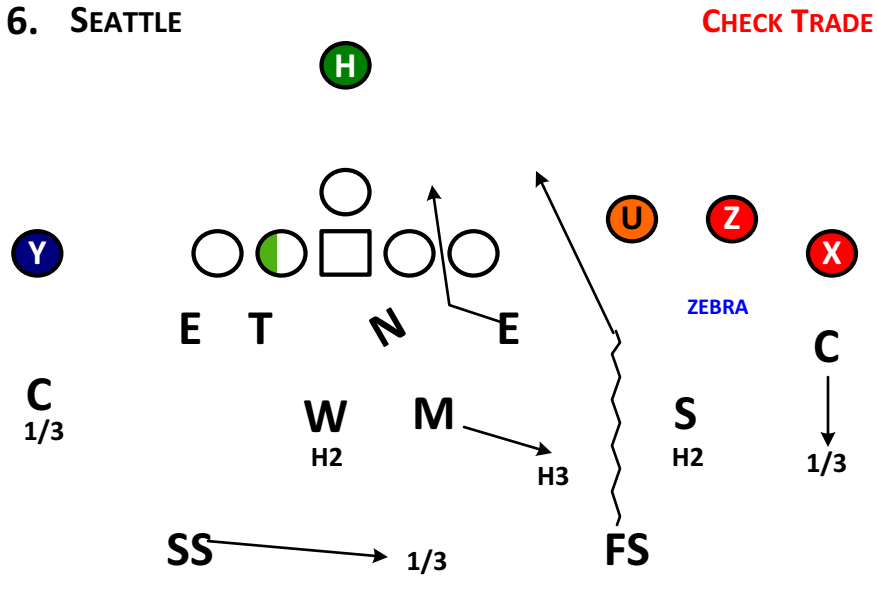
5. Slot Double Out

Check Trade



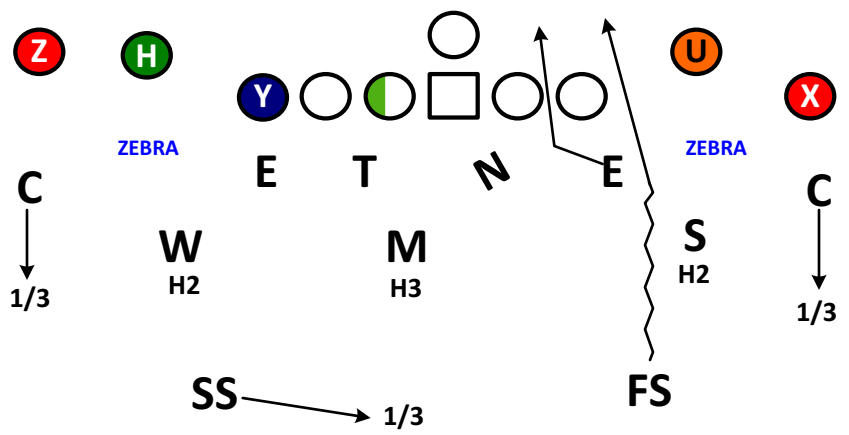
6. Seattle

Check Trade



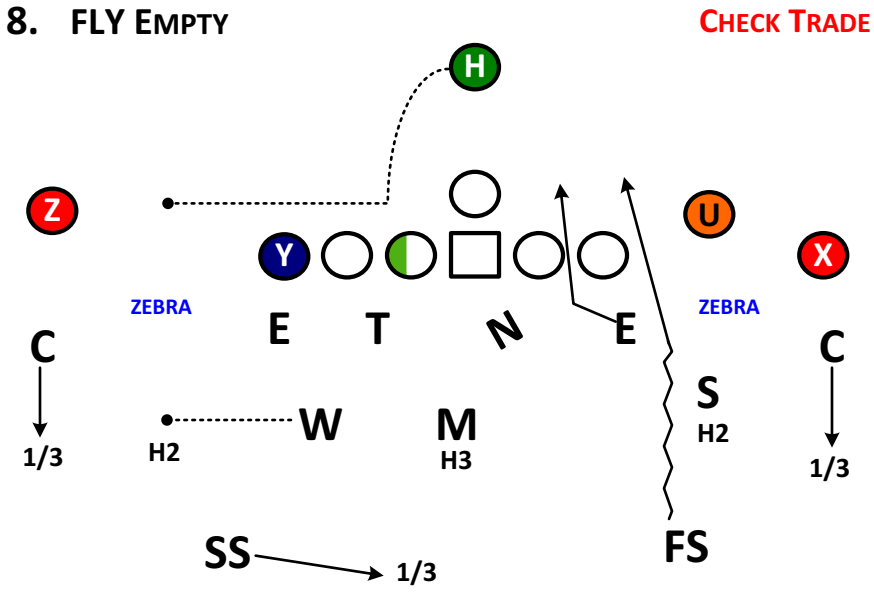
7. Empty

Check Trade

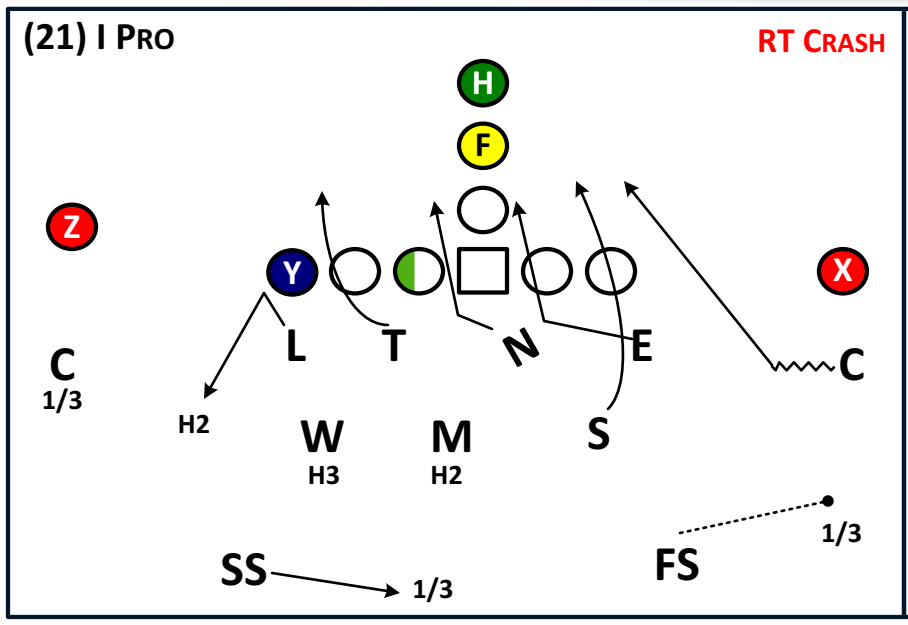


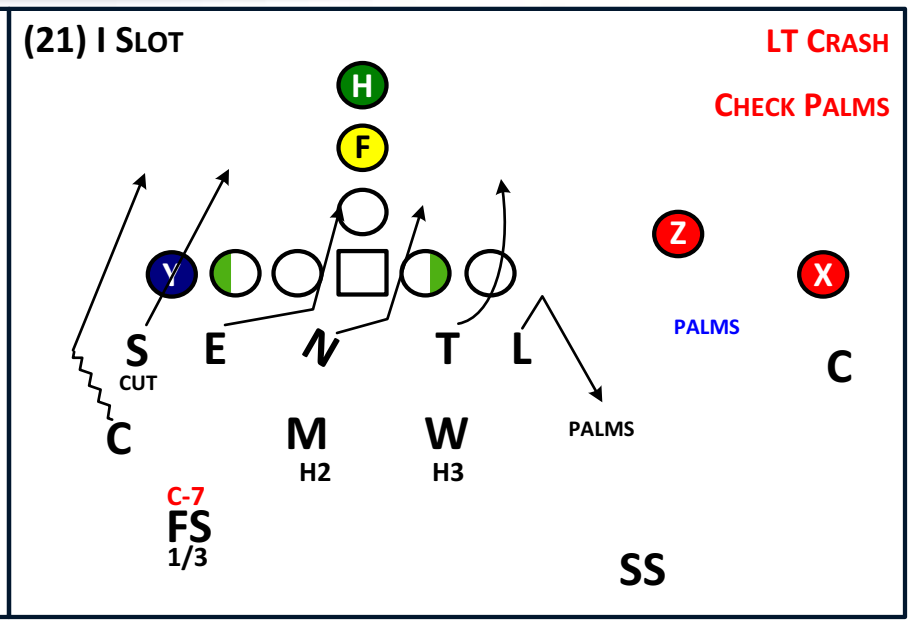
8. FLY Empty

Check Trade



LT/RT Crash 3 Palms





Essence:

1. 5 Man 3 Deep 3 Under zone pressure
2. The line slants away from the close call

Coaching Points:

1. Closed call to the RT/LT (Based on Call)
2. Sam Backer:
   - Vs. D Area Player to Close Call align in a Backer and Cut Blitz.
   - Vs. NO D Area Player to Close Call align off the ball and Blitz.
3. Corner Blitz Contain

Adjustments:

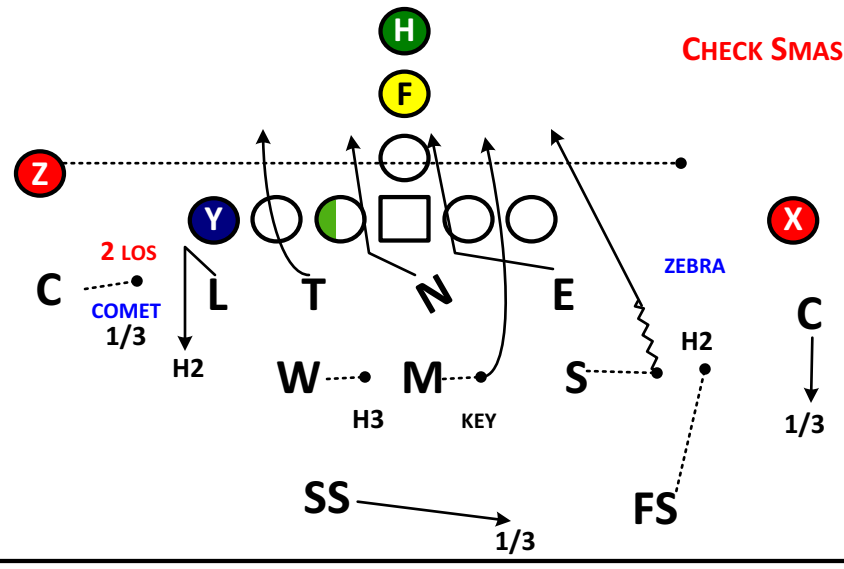
1. Vs. 2 Back Slot formations (Including Pair Slot): Check Palms
2. Vs. 1 Back sets with #2 displaced away from close call: Check Swap.
3. Vs. 2 Displaced to the Close call: Check Smash

LT/RT Crash 3 Palms

1. Z MO I Slot

RT Crash

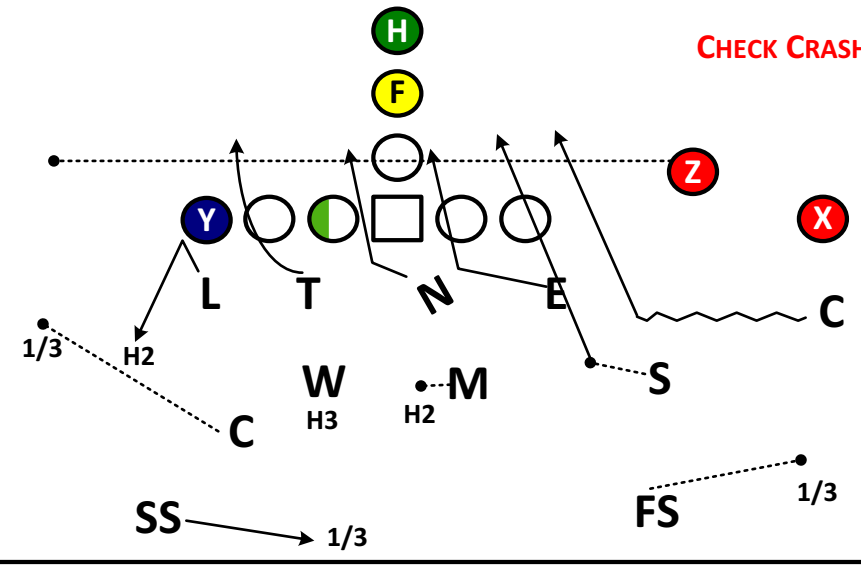
Check Smash



2. Z MO I Pro

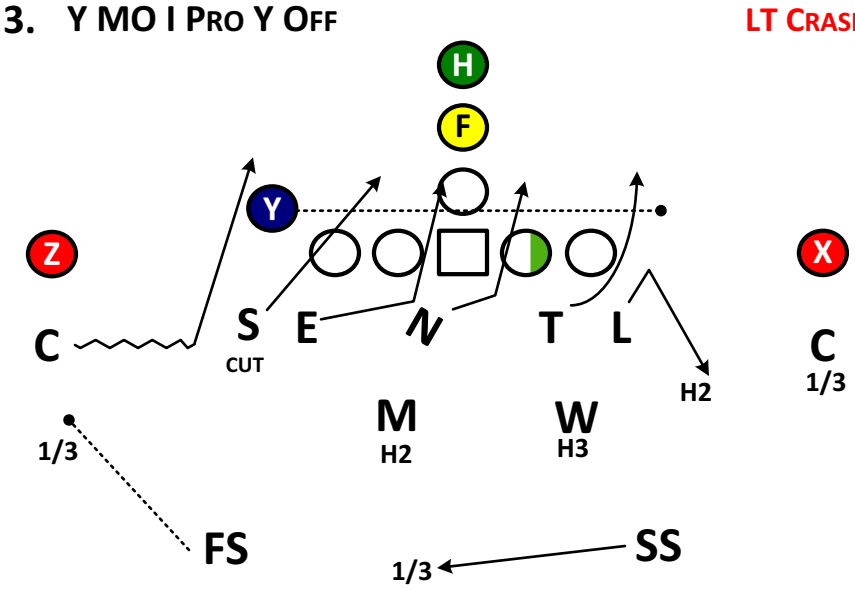
RT Crash

Check Crash



3. Y MO I Pro Y Off

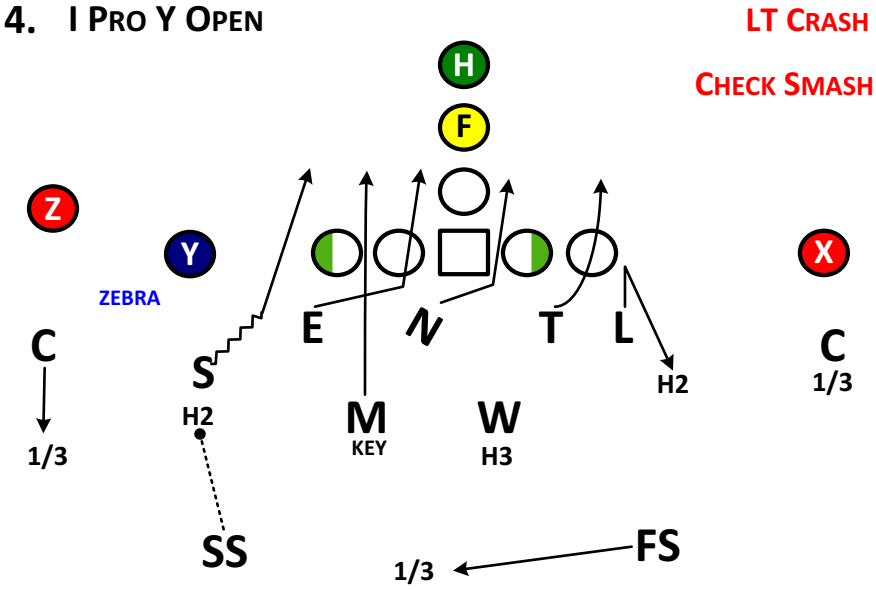
LT Crash



4. I Pro Y Open

LT Crash

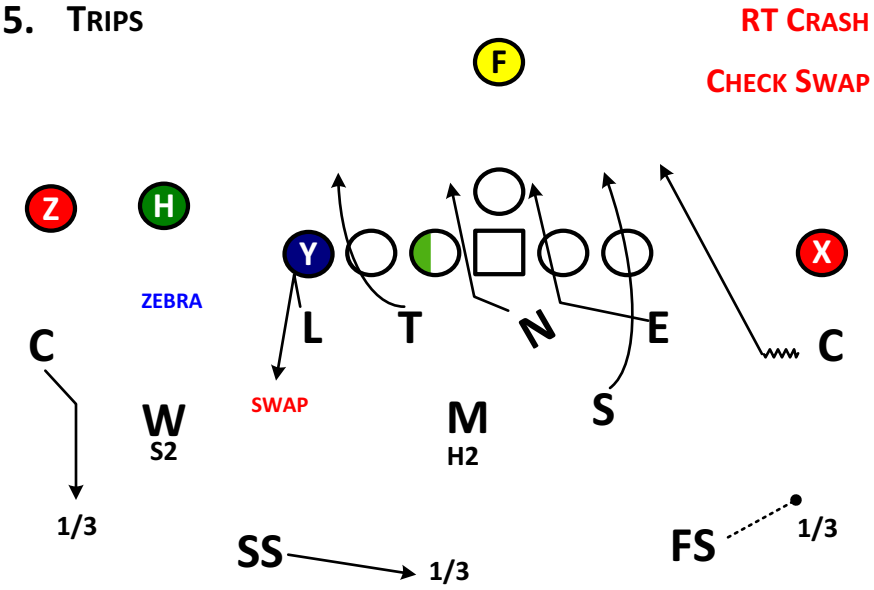
Check Smash



5. Trips

RT Crash

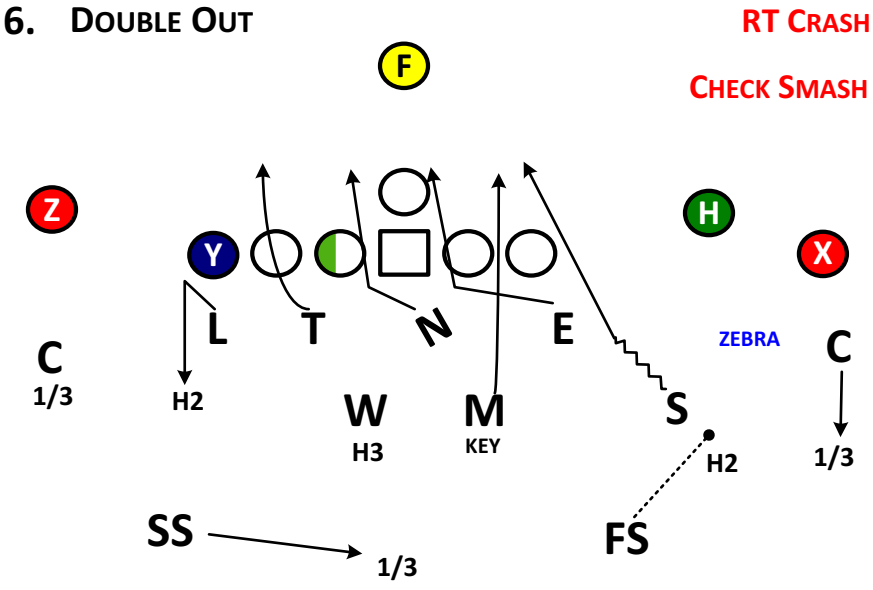
Check Swap



6. Double Out

RT Crash

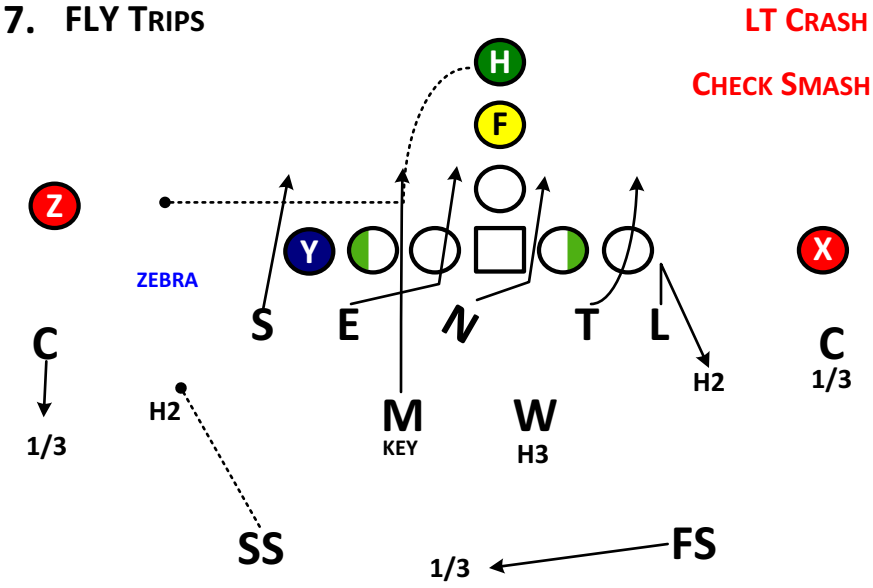
Check Smash



7. FLY Trips

LT Crash

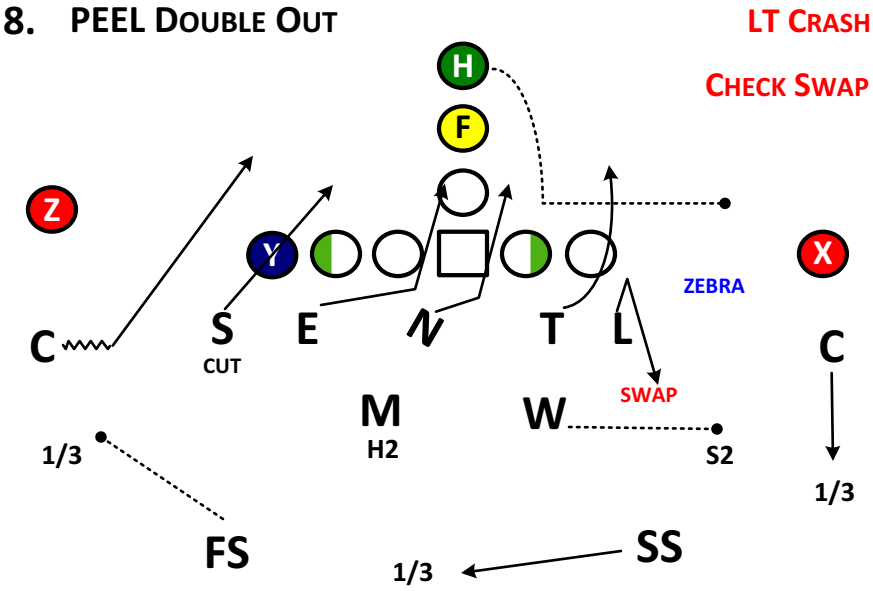
Check Smash



8. PEEL Double Out

LT Crash

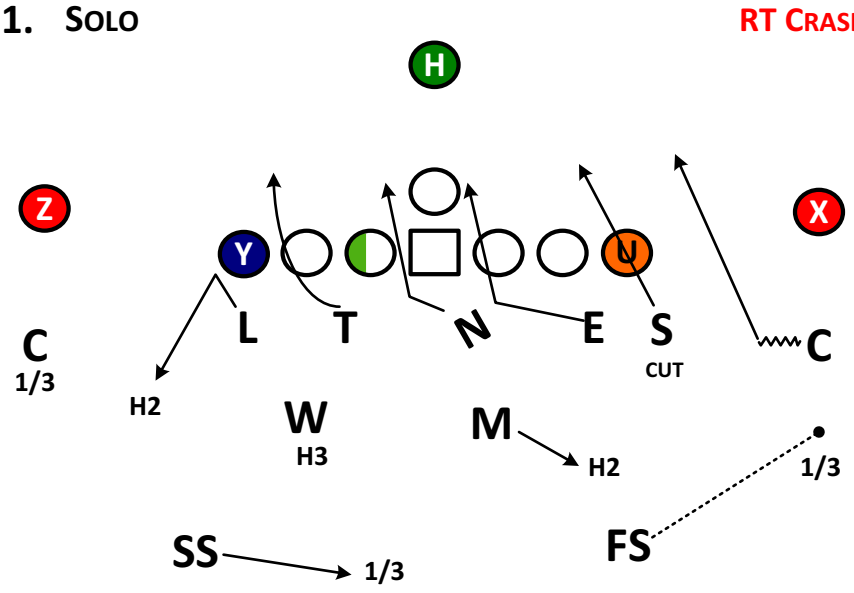
Check Swap



LT/RT Crash 3 Palms

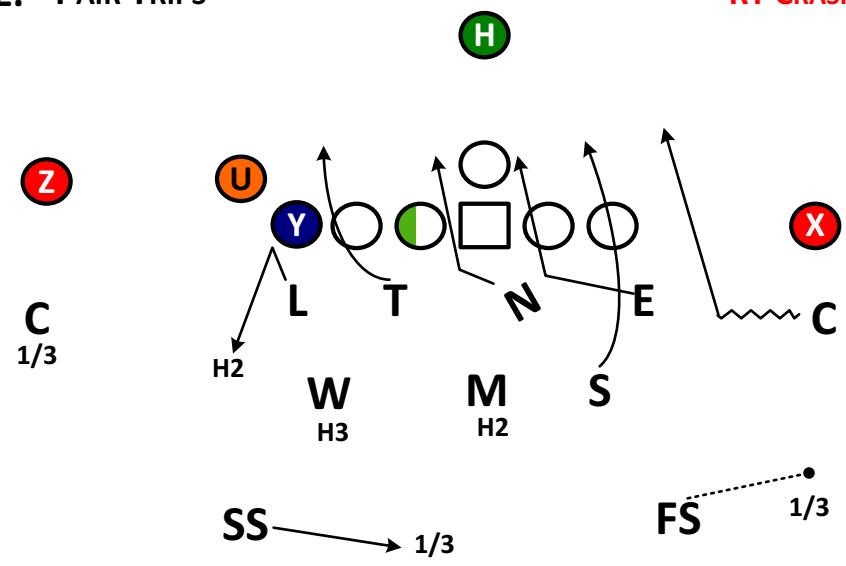
1. Solo

RT Crash



2. Pair Trips

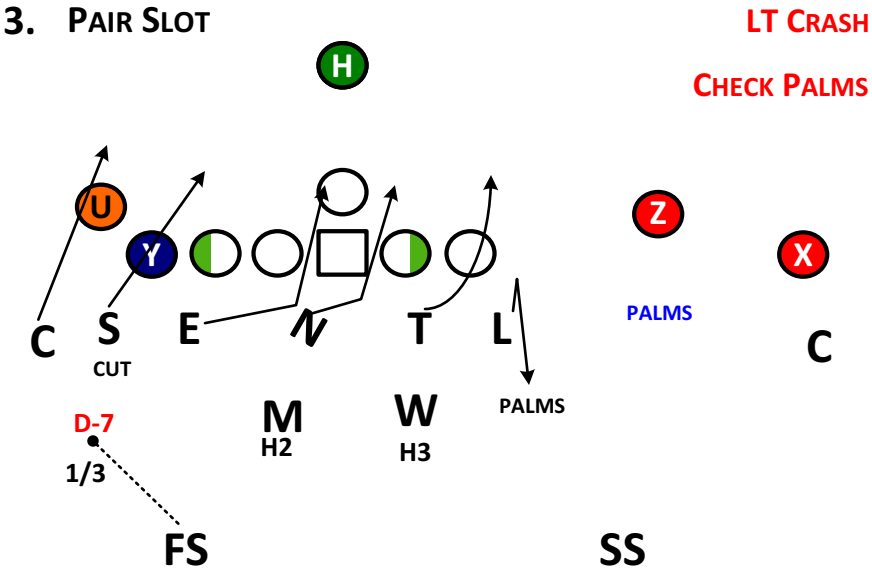
RT Crash



3. Pair Slot

LT Crash

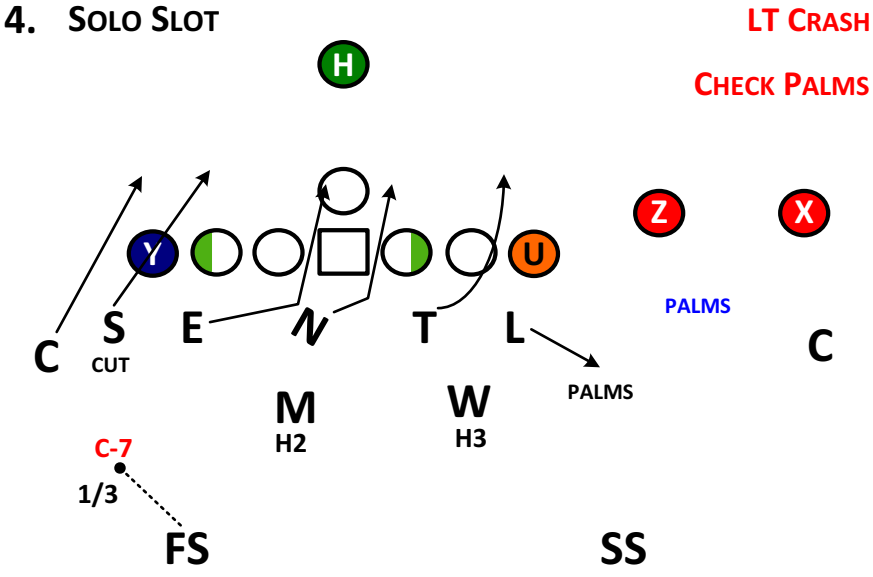
Check Palms



4. Solo Slot

LT Crash

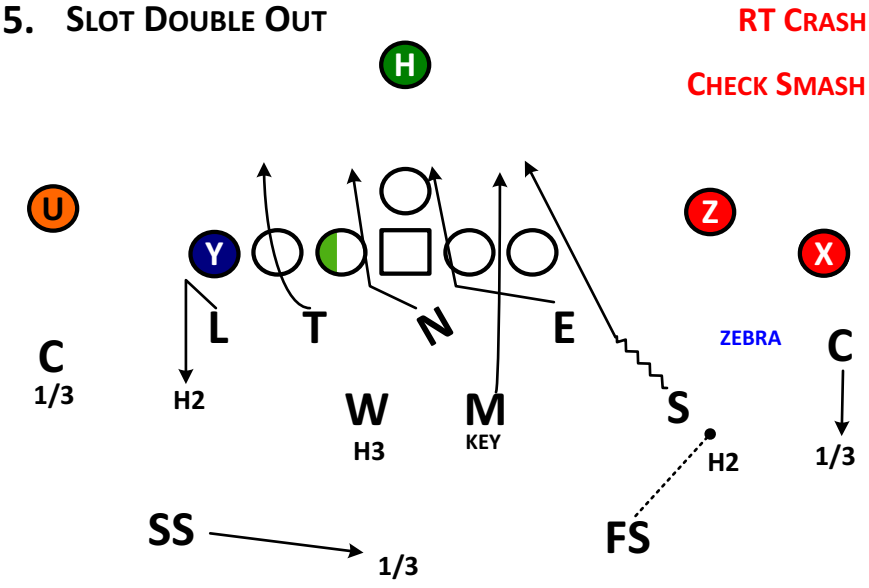
Check Palms



5. Slot Double Out

RT Crash

Check Smash

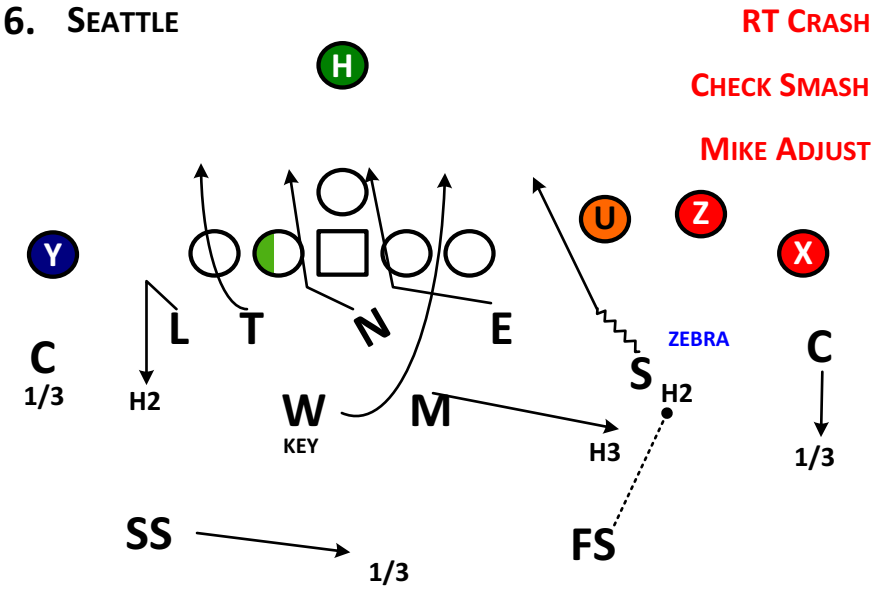


6. Seattle

RT Crash

Check Smash

Mike Adjust

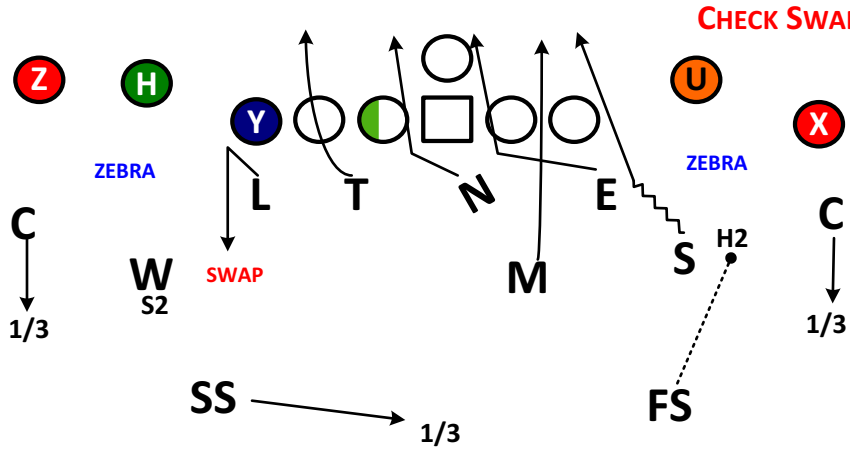


7. Empty

RT Crash

Check Smash

Check Swap

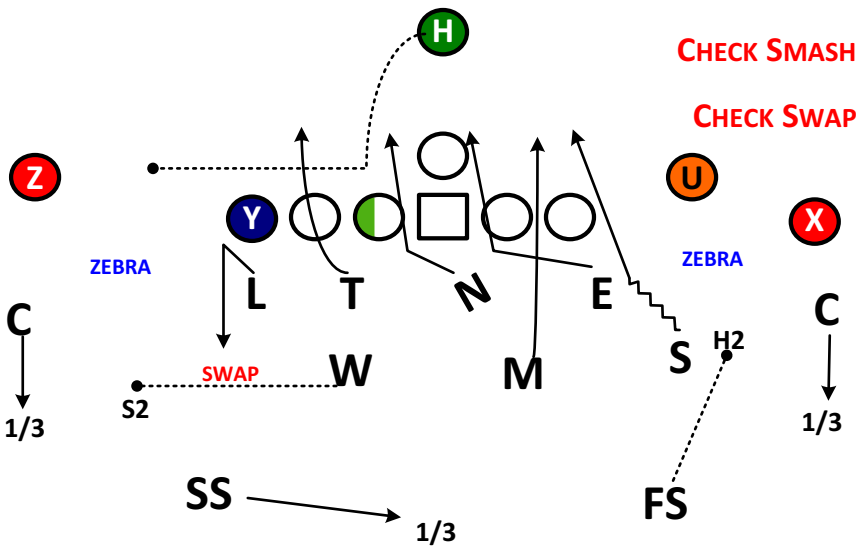


8. Fly Empty

RT Crash

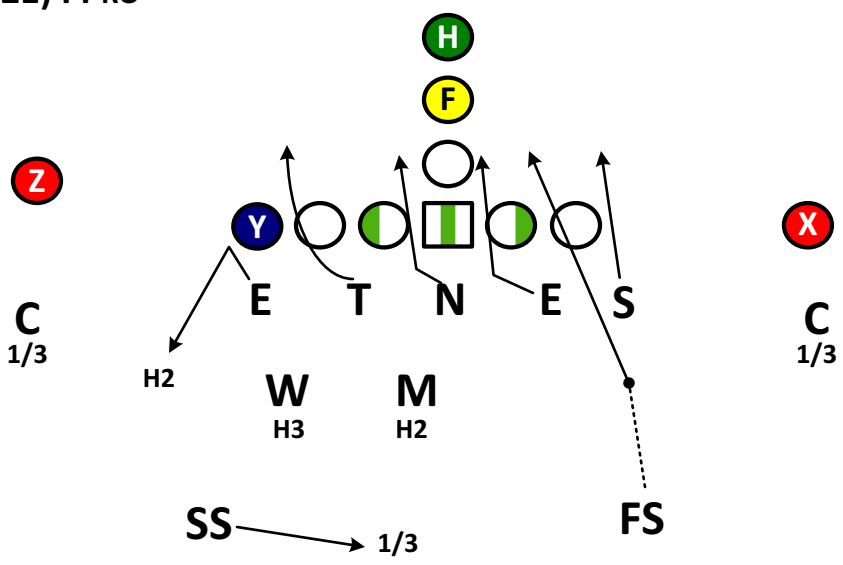
Check Smash

Check Swap



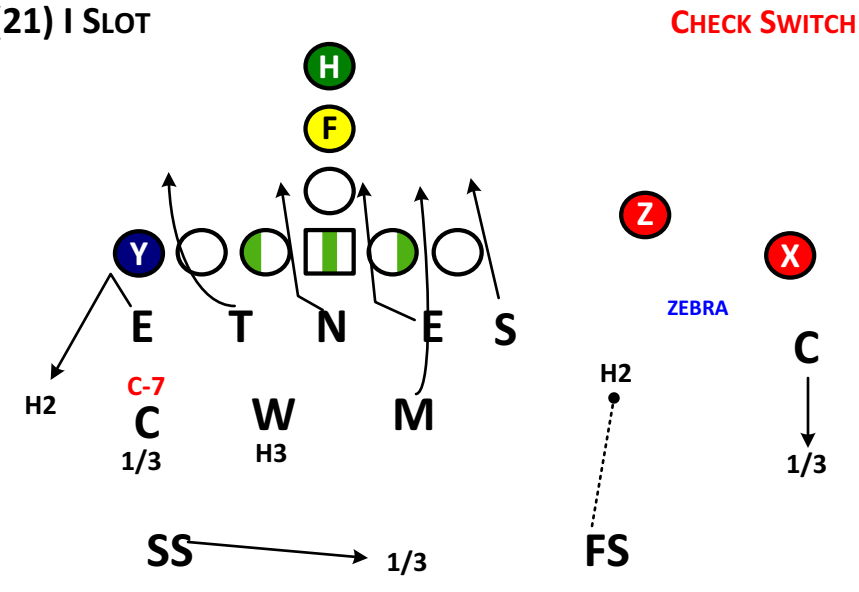
Jam Flash 3 Seam

(21) I Pro



(21) I Slot

Check Switch



Essence:

1. 5 Man 3 Deep 3 Under zone pressure
2. The line slants to the solid side

Coaching Points:

1. Closed call away from the "Y"
2. Sam Blitz Read the OT
   - Vs. Down Block: Knife (Chase Flat w/ run away)
   - Vs. High hat or Reach: Rush Contain
3. Will LB: If your guy blocks, Add on
4. FS is a creep Blitzer (Read out on Guard Pull)
5. DL Align in a Jam front. (Move to it)

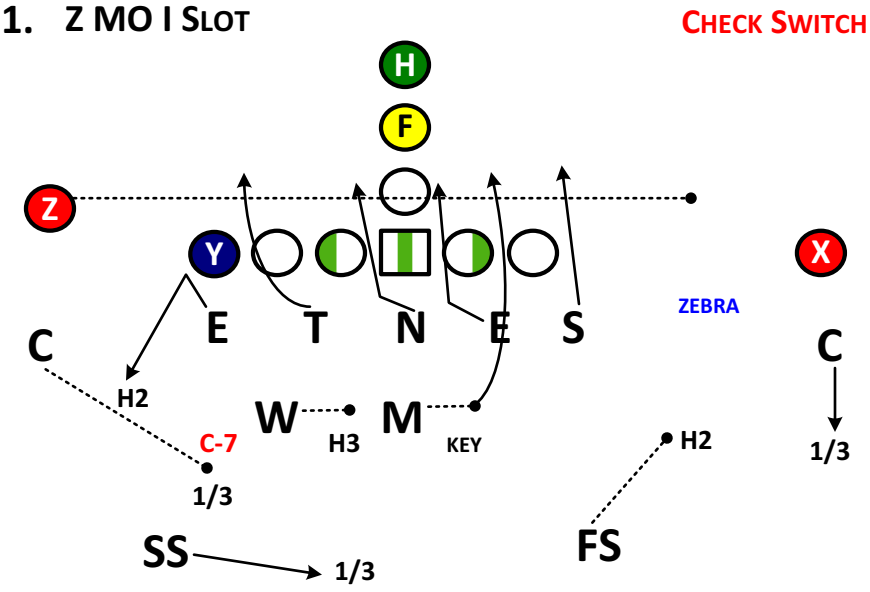
Adjustments:

1. Vs. any 2 displaced to the flex side: Check Switch (Mike Key Blitz)
2. Vs. any 2 displaced away from the Closed call: Check Swap
3. Any #3 displaced to the solid side: Check hot to 3

Jam Flash 3 Seam

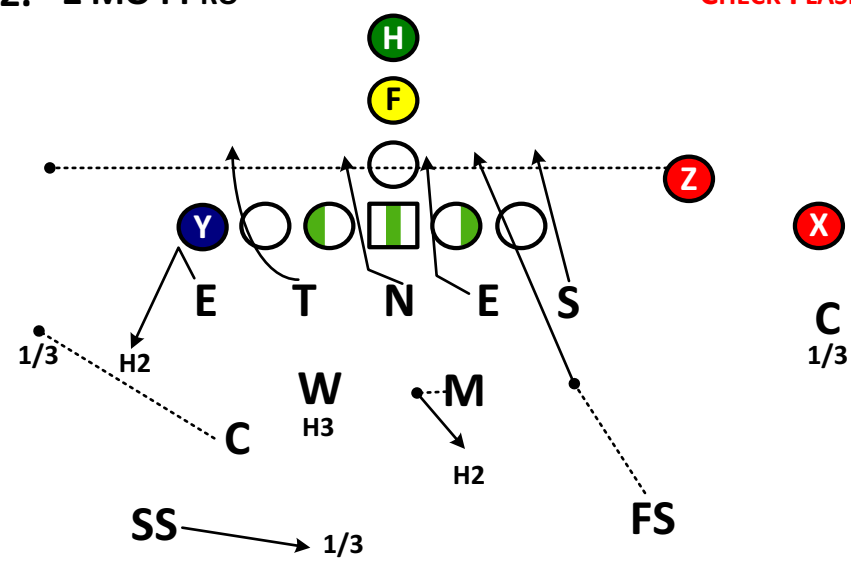
1. Z MO I Slot

Check Switch

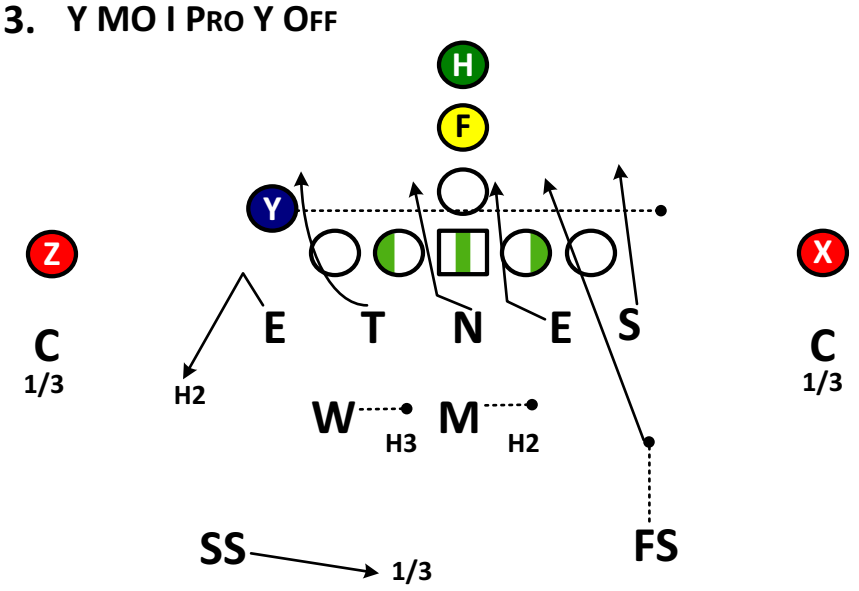


2. Z MO I Pro

Check Flash

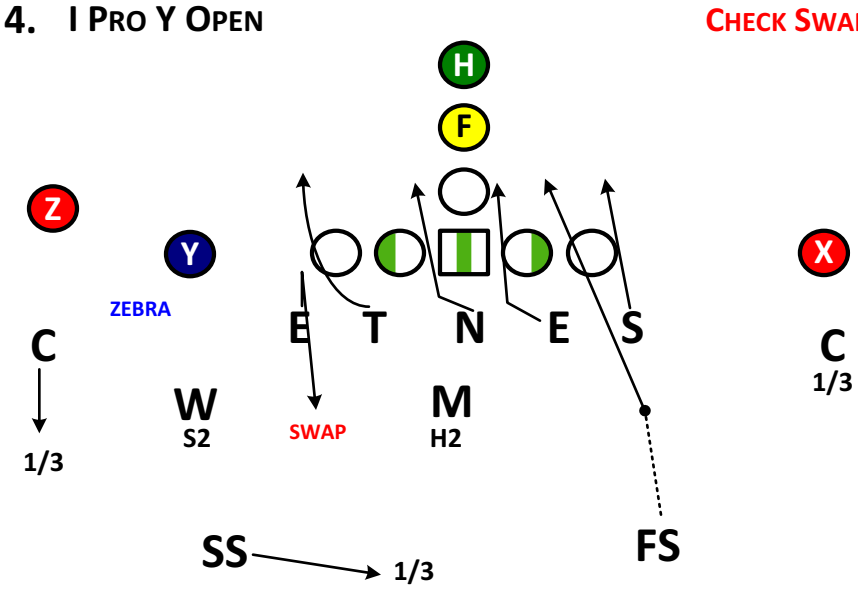


3. Y MO I Pro Y Off



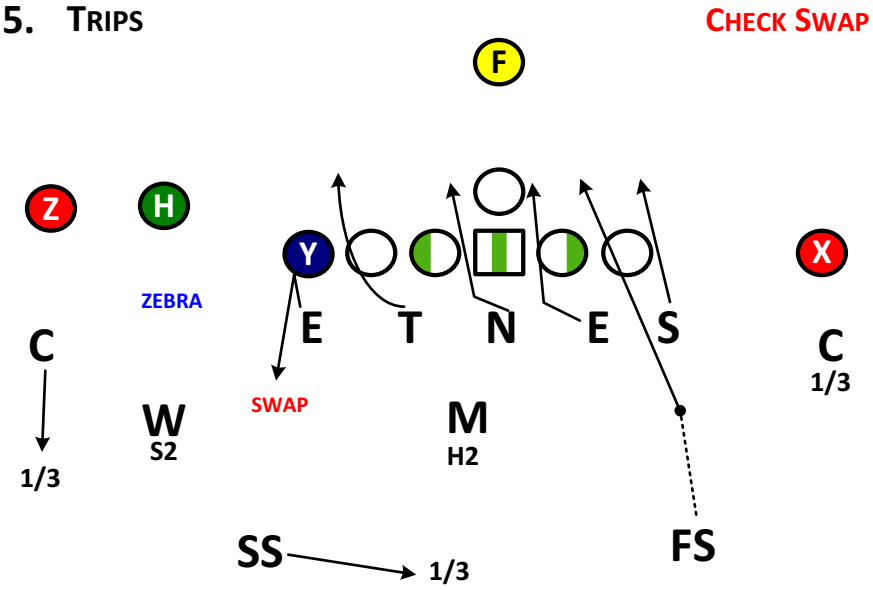
4. I Pro Y Open

Check Swap



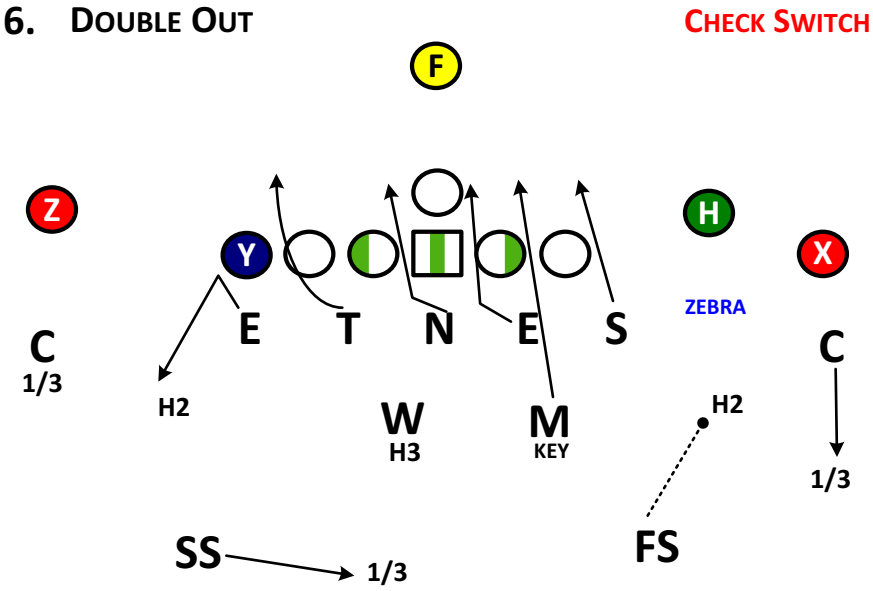
5. Trips

Check Swap



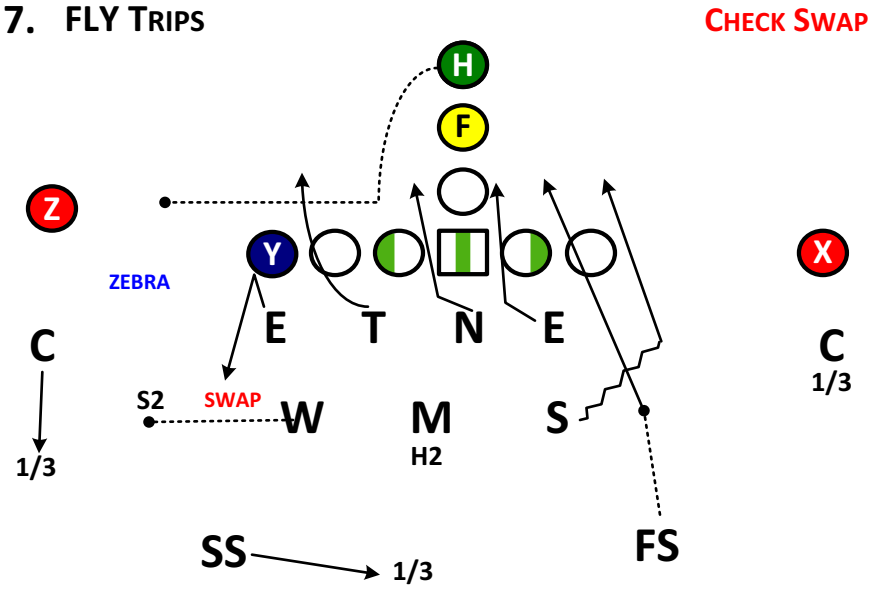
6. Double Out

Check Switch



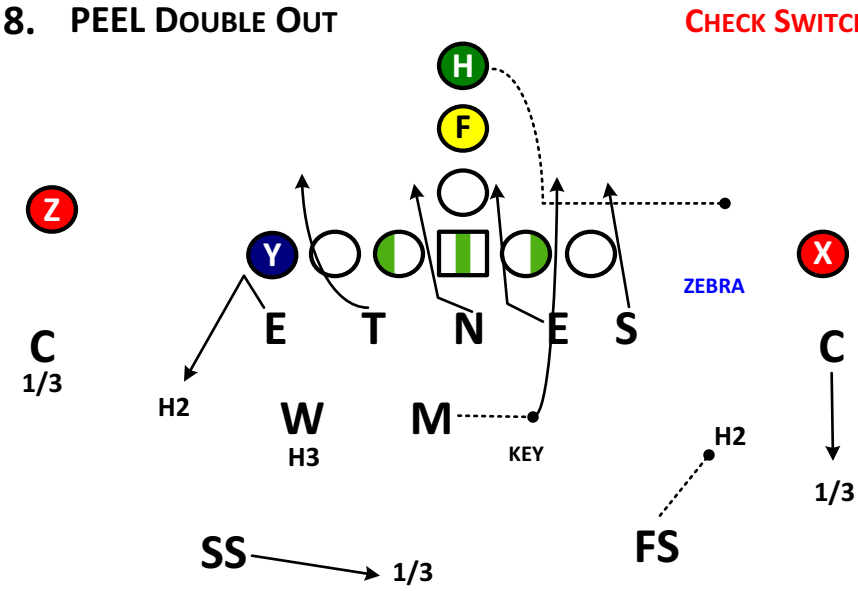
7. FLY Trips

Check Swap



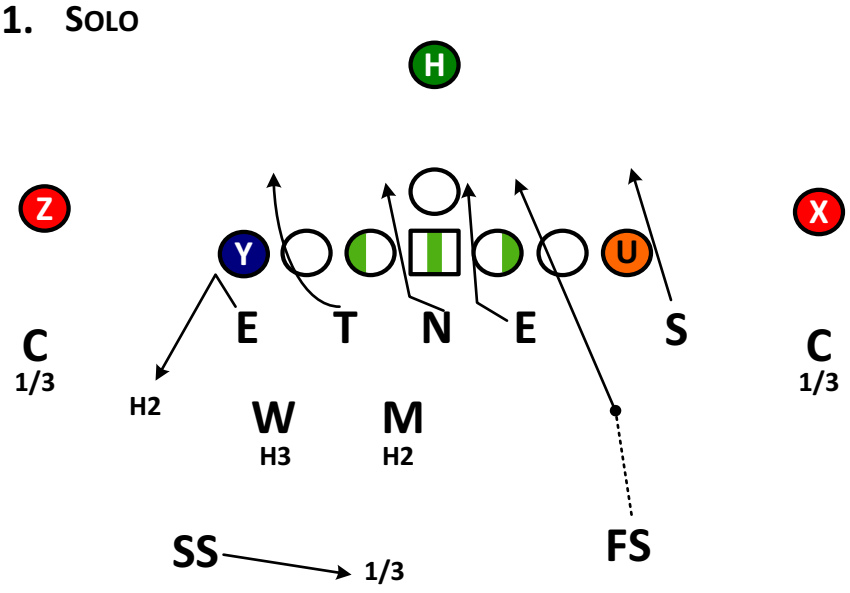
8. PEEL Double Out

Check Switch



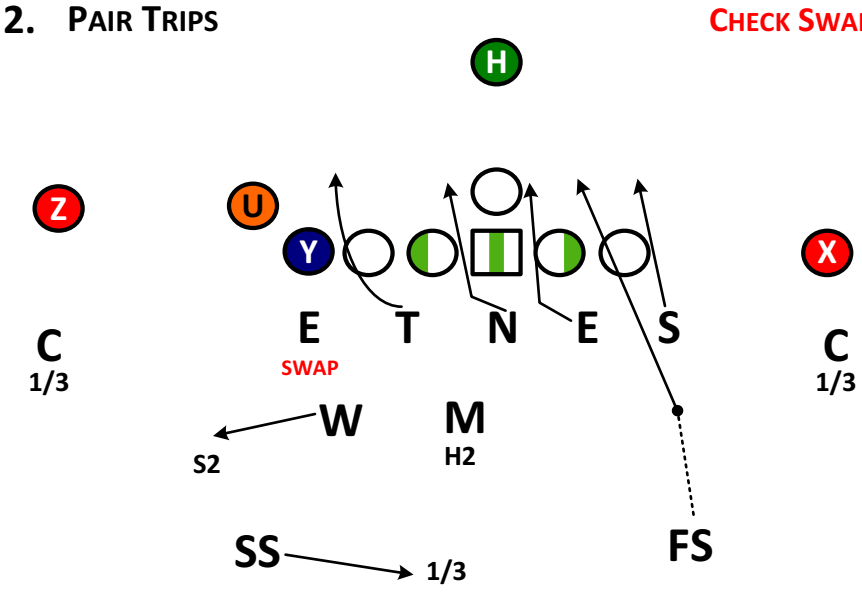
Jam Flash 3 Seam

1. Solo



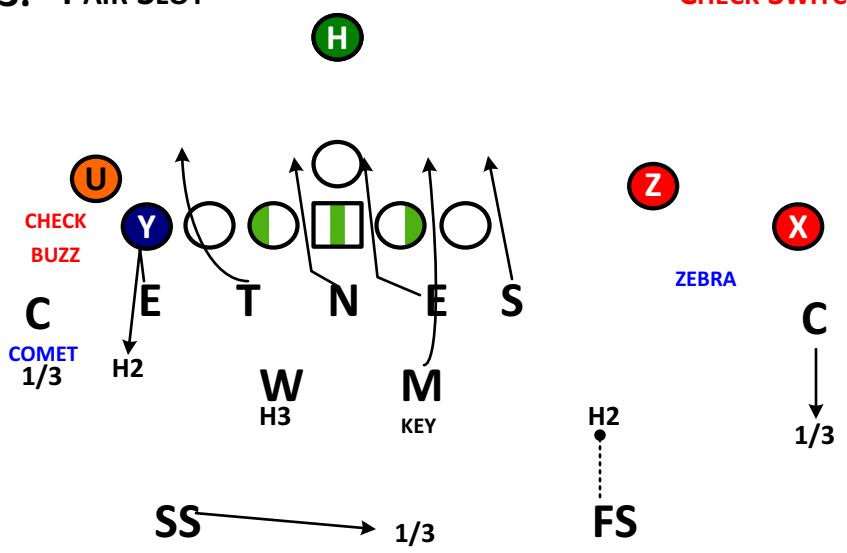
2. Pair Trips

Check Swap



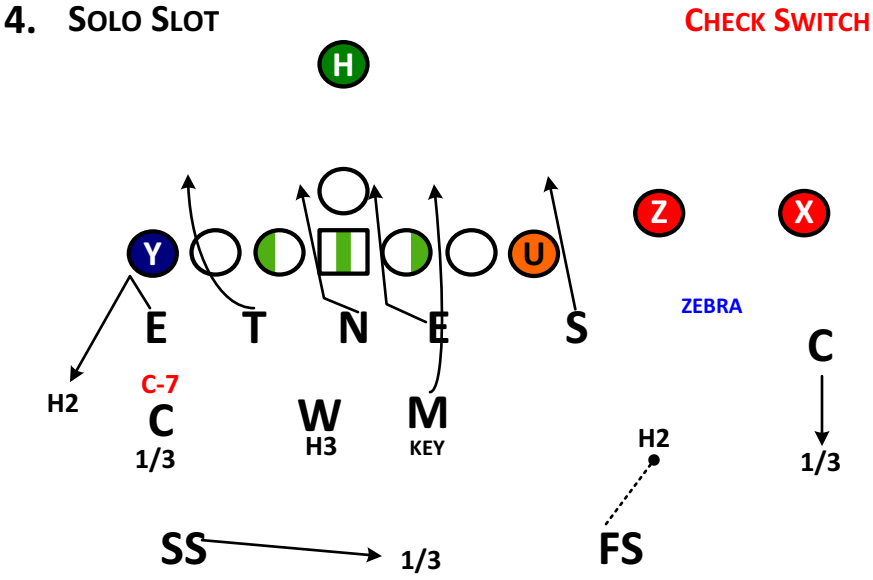
3. Pair Slot

Check Switch



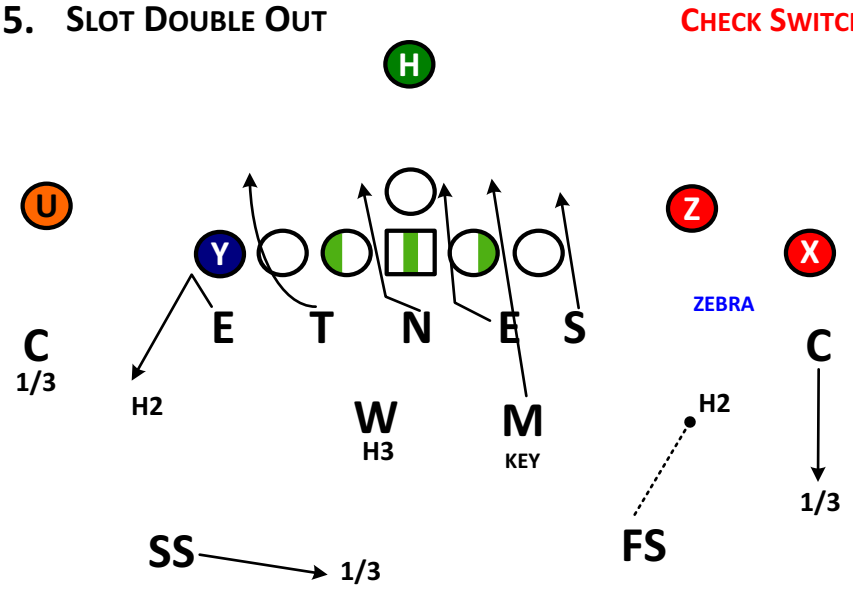
4. Solo Slot

Check Switch



5. Slot Double Out

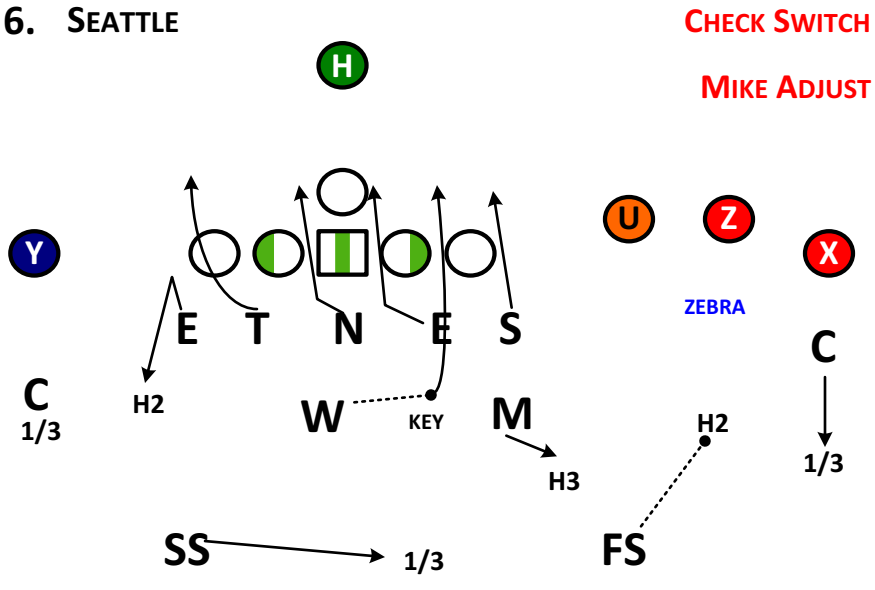
Check Switch



6. Seattle

Check Switch

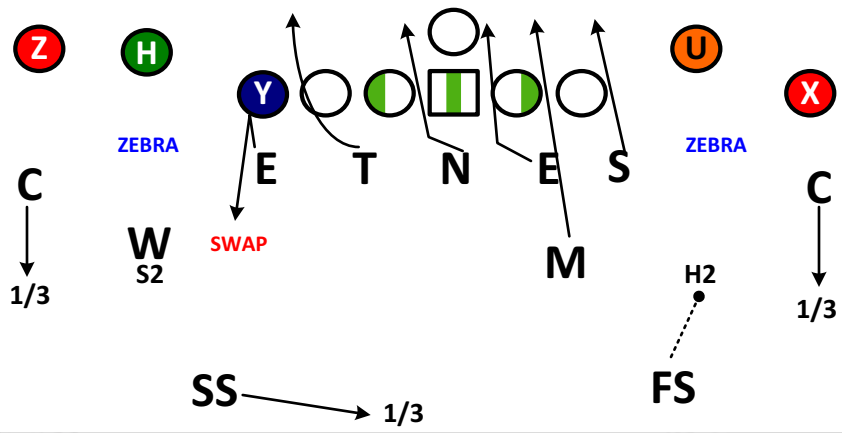
Mike Adjust



7. Empty

Check Switch

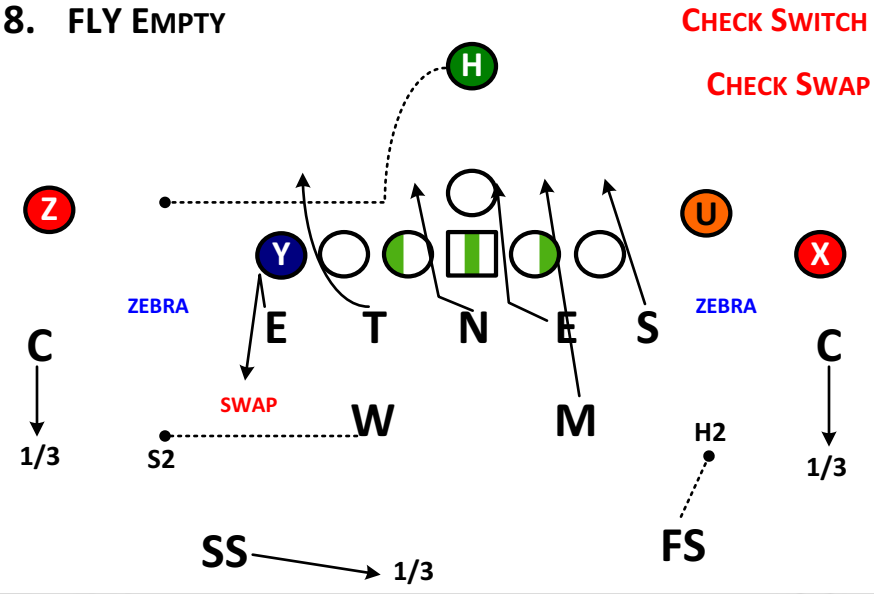
Check Swap

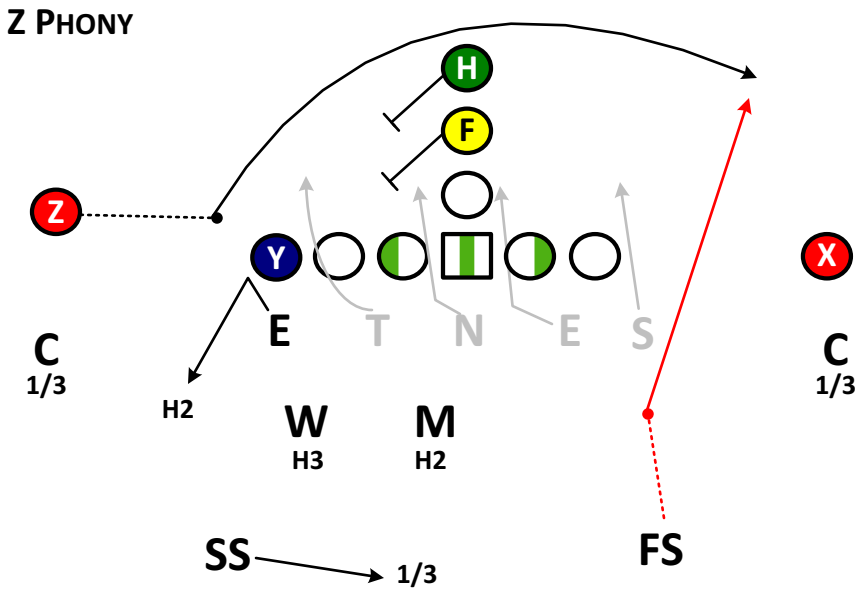


8. Fly Empty

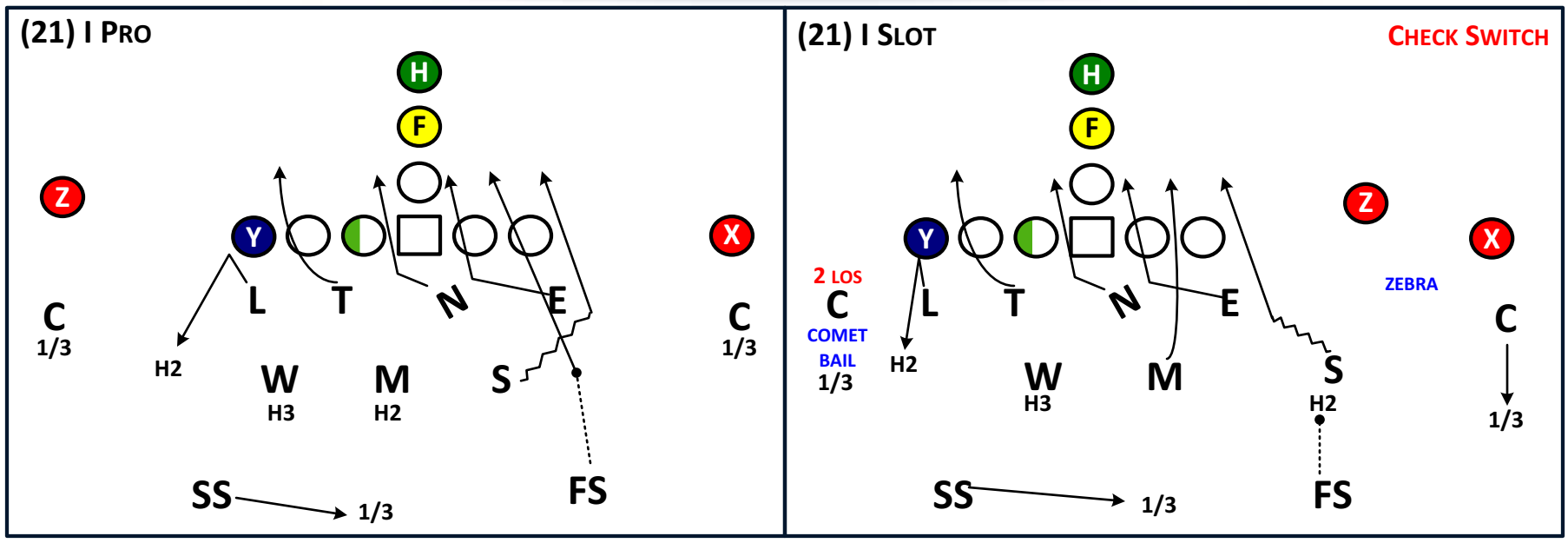
Check Switch

Check Swap




Z PHONY
H
F
Z
Y
X
E
T
N
E
S
C
1/3
H2
W
H3
M
H2
C
1/3
SS
1/3
FS

Flash 3 Seam



Essence:

1. 3 Deep 3 Under Rush Zone where we will rush 4 defenders
2. The Line will align using Under Family Front Rules

Coaching Points:

1. Closed call away from the "Y"
2. Sam Blitz Read the OT
   - Vs. Down Block: Knife (Chase Flat w/ run away)
   - Vs. High hat or Reach: Rush Contain
3. FS is a creep Blitzer (Read out on Guard Pull)
4. 2 Back Pro, Will as a Hot to 3 defender vs. Flood Action: Alert Flood Pass with Y Vertical. Give End (Hot to 2) Body Help.
5. Hot to 3 (Will): Your Drop involves Strong and Weak Hook Issues.

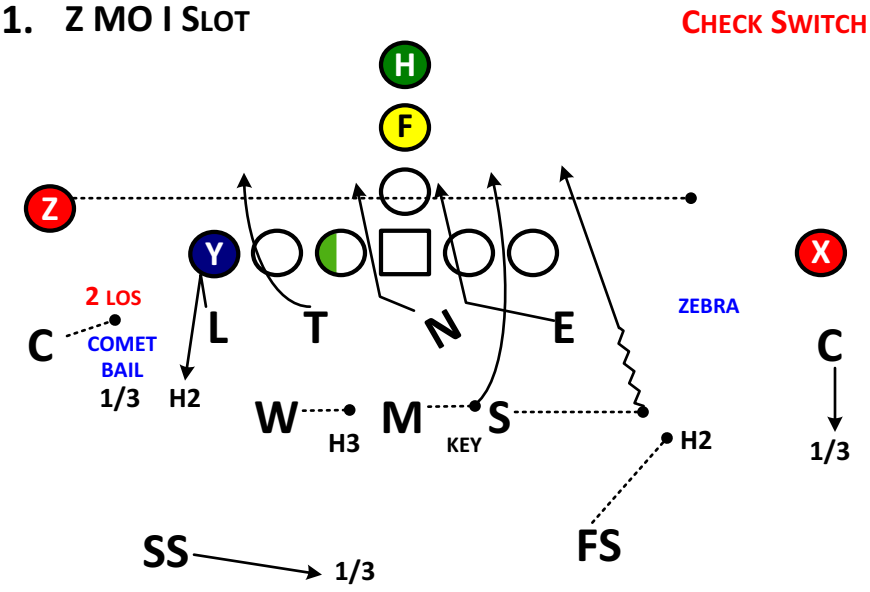
Adjustments:

1. Vs. any 2 displaced to the closed call: Check Switch (Mike Key Blitz)
2. Vs. any 2 displaced away from the Closed call: Check Swap
3. Any #3 displaced away from the closed call: Check hot to 3
4. Any #3 displaced to the closed call (Triples): Mike Adjust. Will Blitz
5. Vs. 2 Back Y Motion: Check Slasher principle (Sam cut technique on OT)
6. Vs. 2 Back Slot (Zip Motion): Check Slasher

Flash 3 Seam

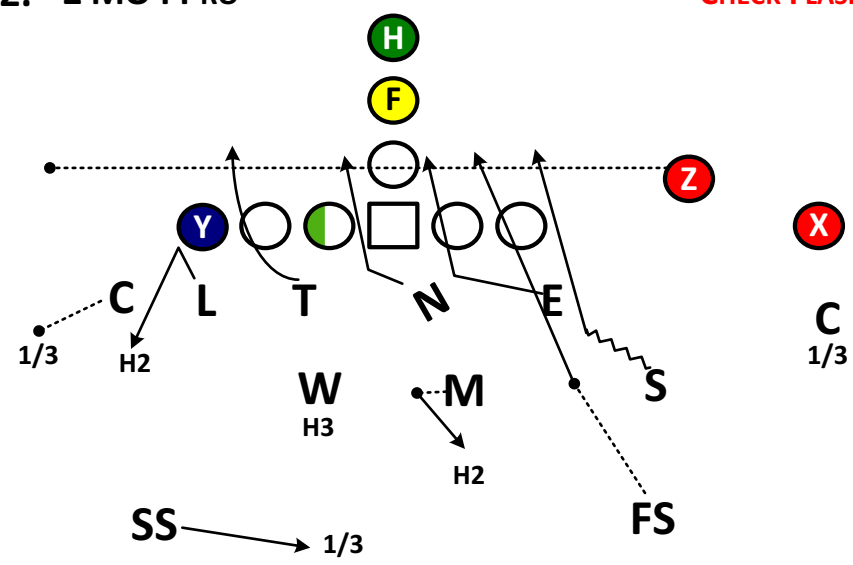
1. Z MO I Slot

Check Switch



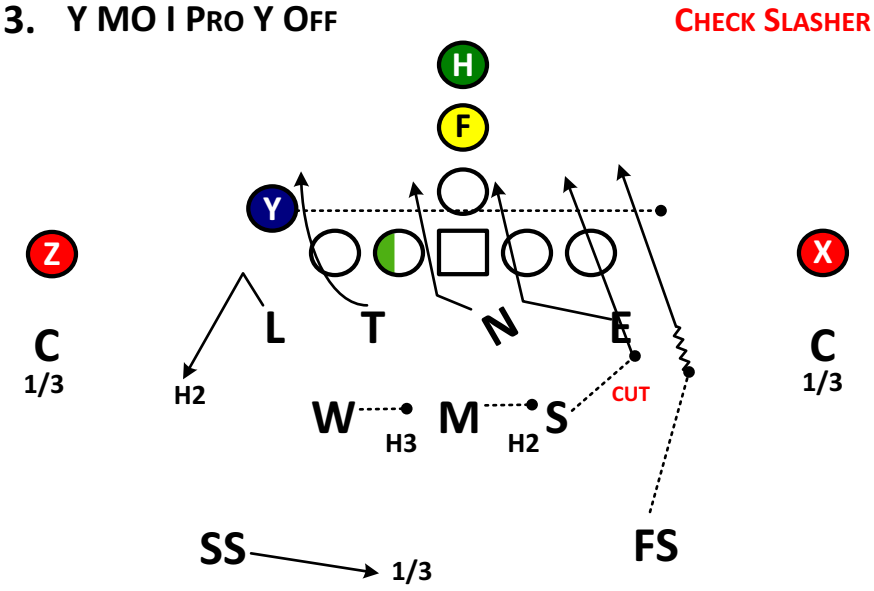
2. Z MO I Pro

Check Flash



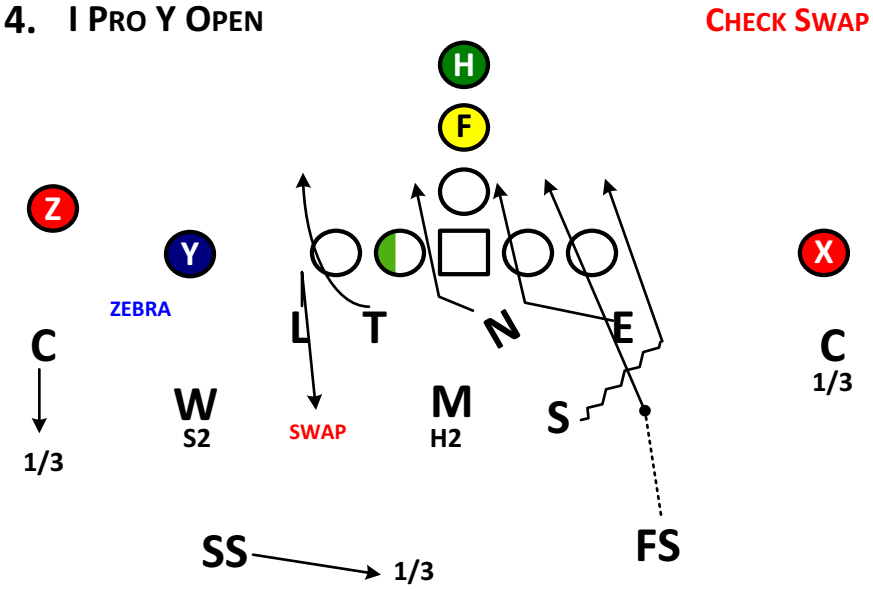
3. Y MO I Pro Y Off

Check Slasher



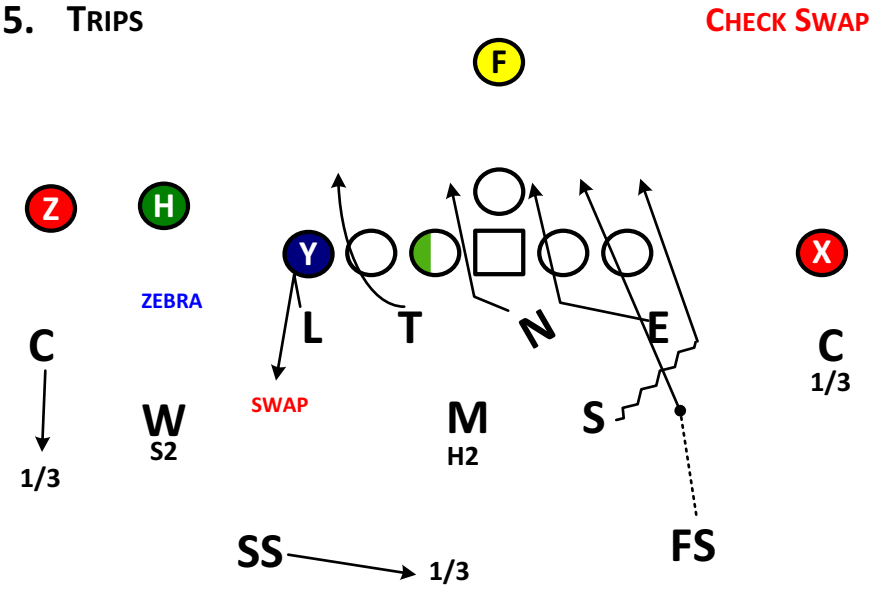
4. I Pro Y Open

Check Swap



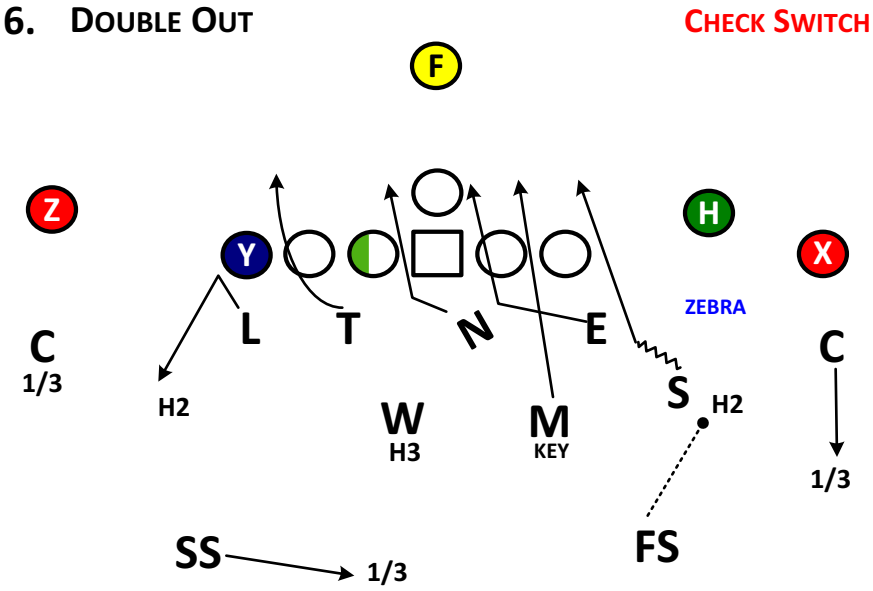
5. Trips

Check Swap



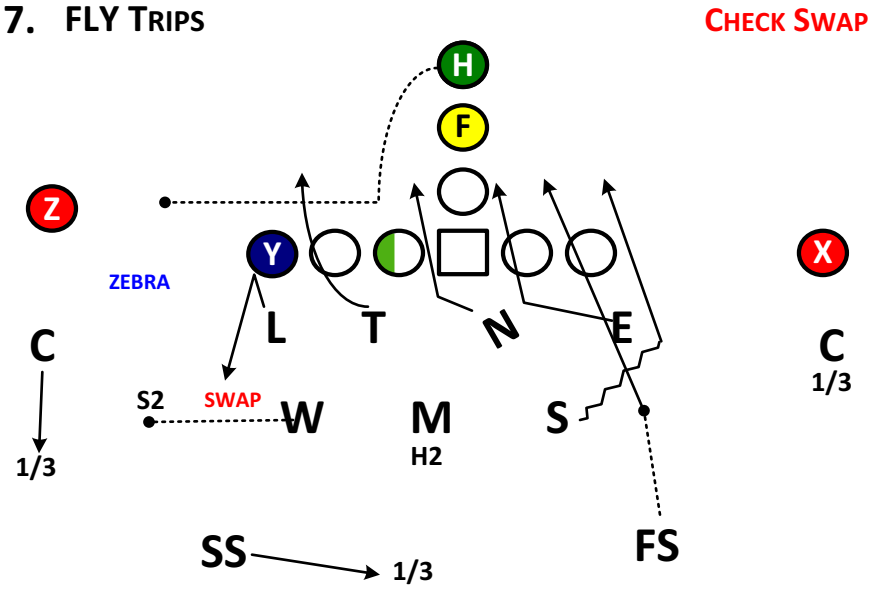
6. Double Out

Check Switch



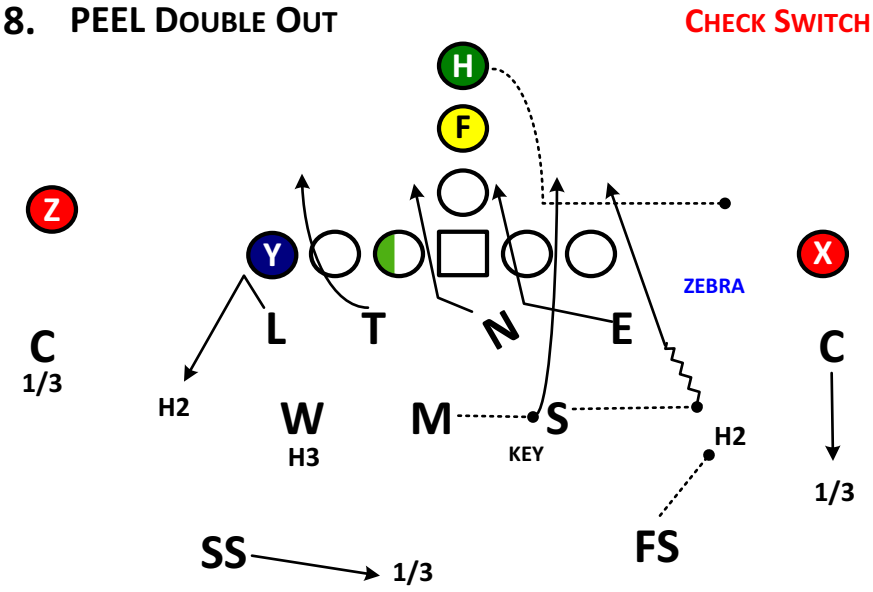
7. FLY Trips

Check Swap



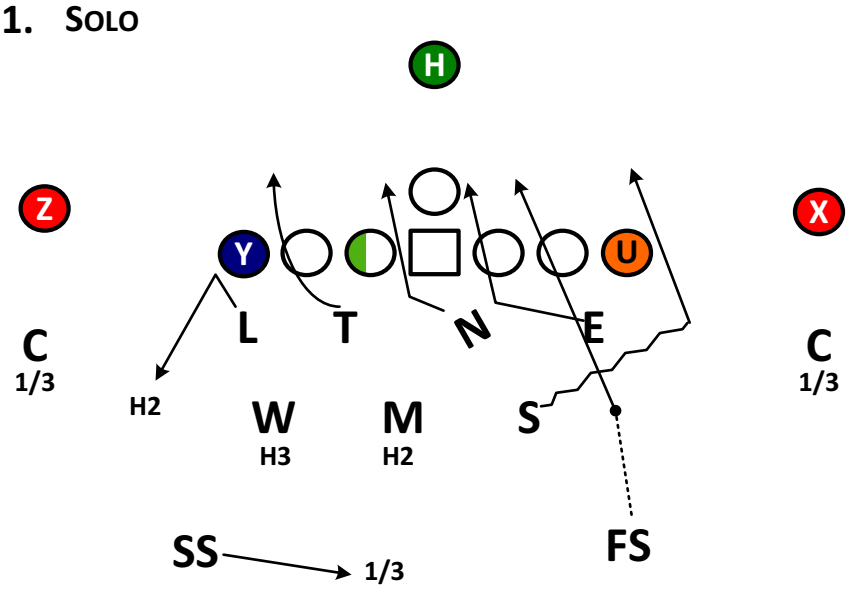
8. PEEL Double Out

Check Switch

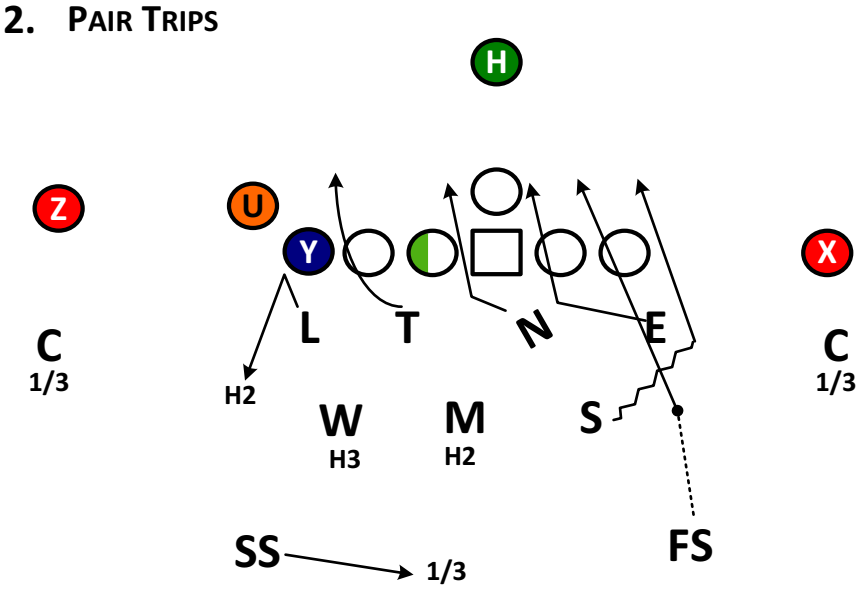


Flash 3 Seam

1. Solo

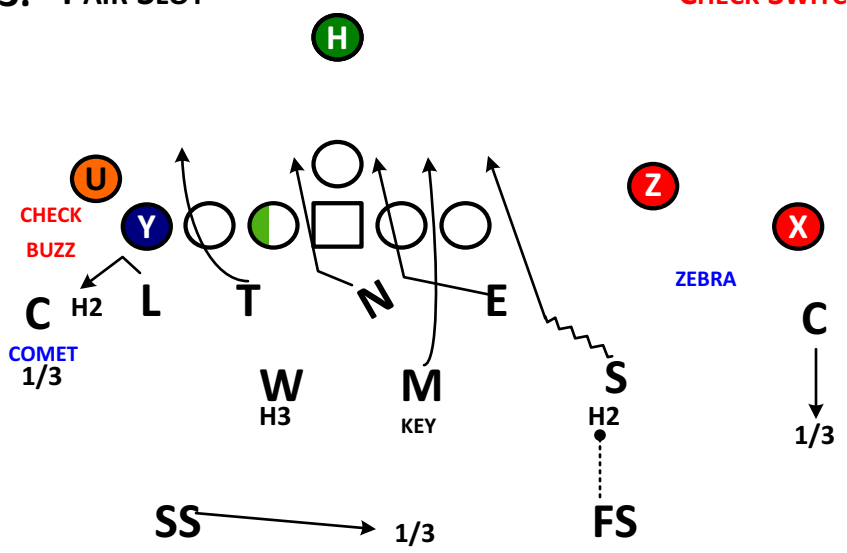


2. Pair Trips



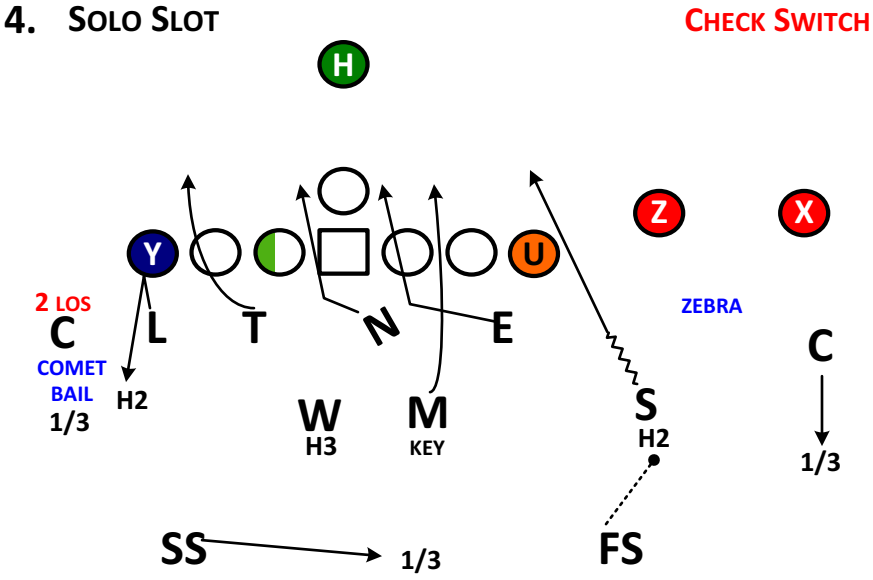
3. Pair Slot

Check Switch



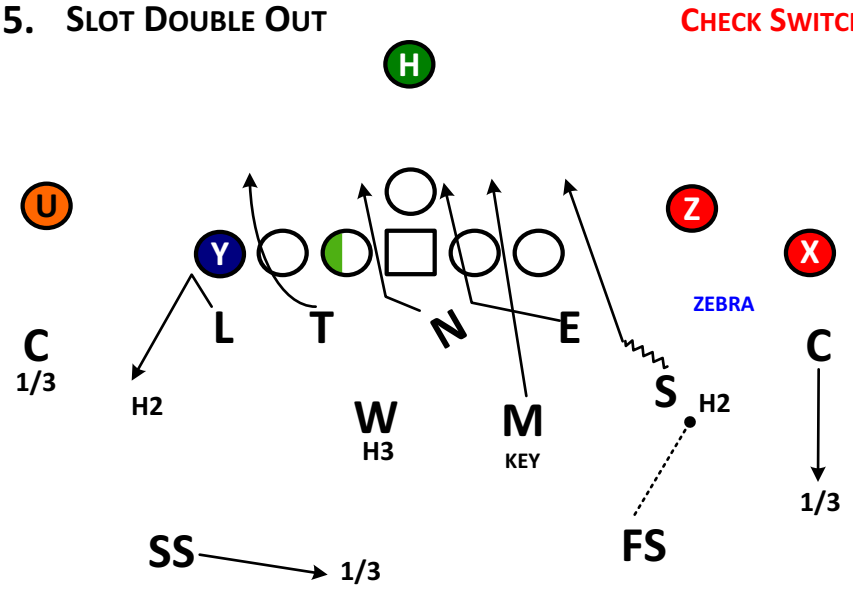
4. Solo Slot

Check Switch



5. Slot Double Out

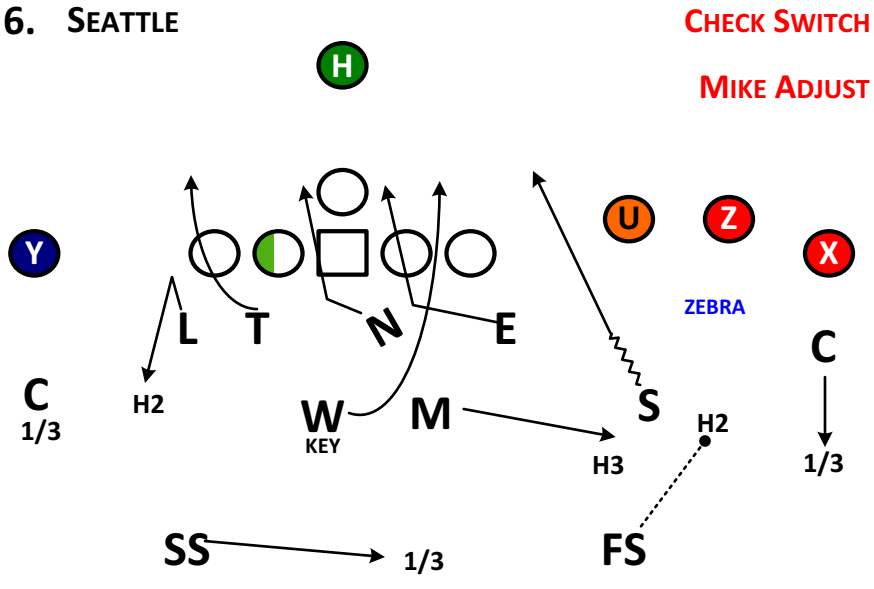
Check Switch



6. Seattle

Check Switch

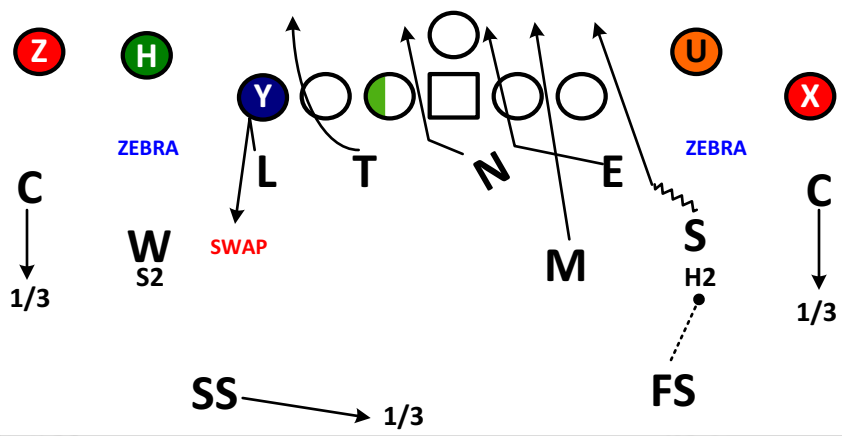
Mike Adjust



7. Empty

Check Switch

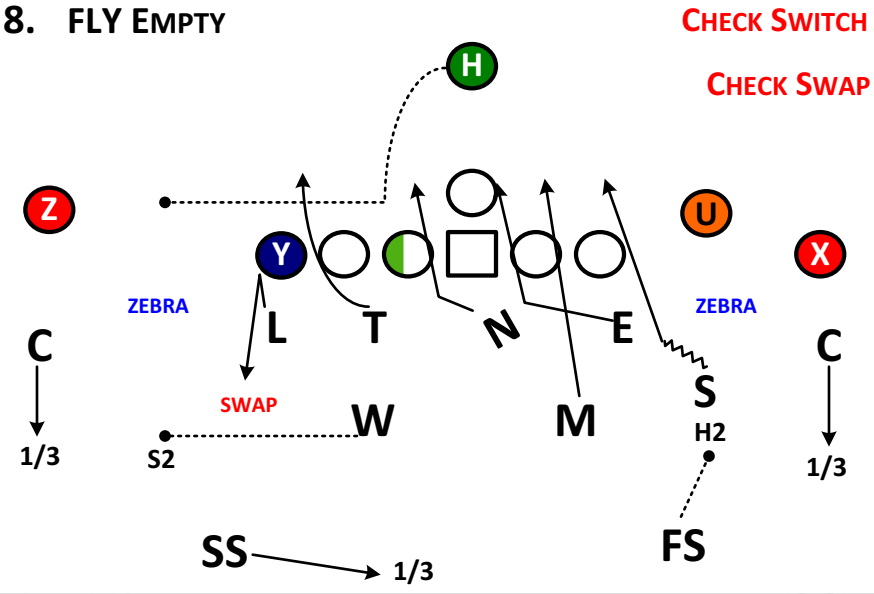
Check Swap



8. FLY Empty

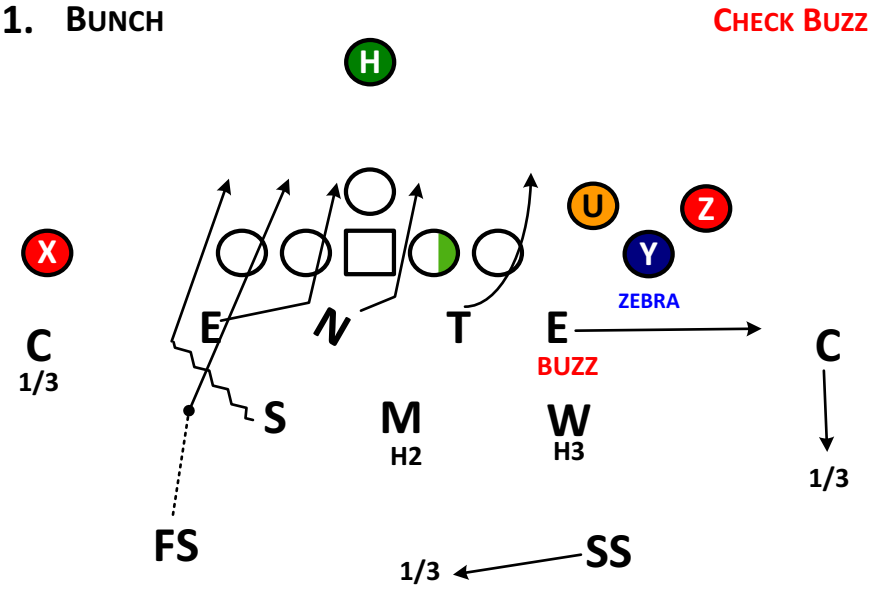
Check Switch

Check Swap

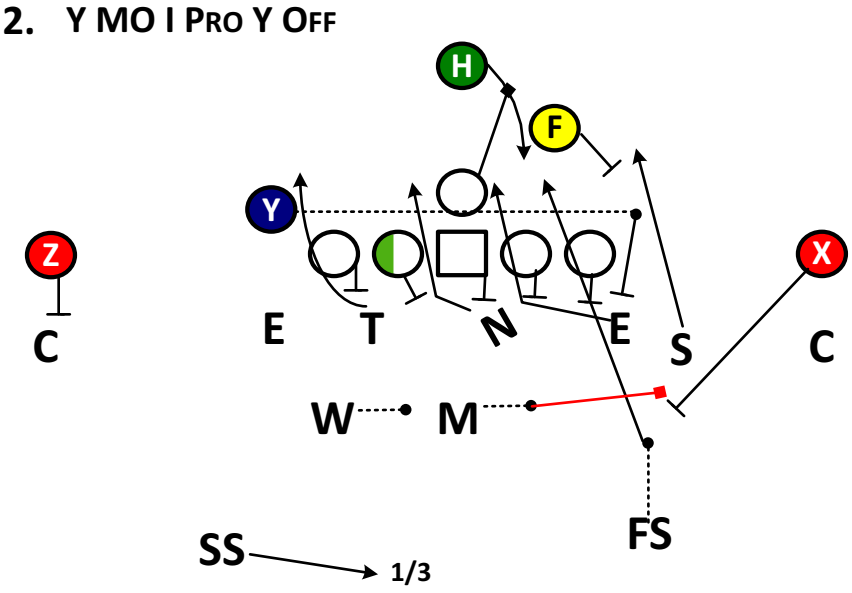


Flash 3 Seam

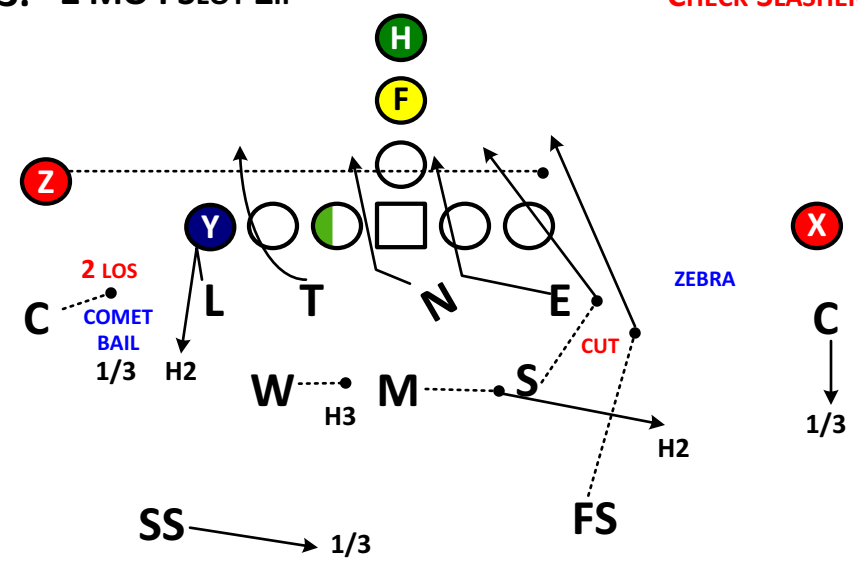
1. Bunch — Check Buzz



2. Y MO I Pro Y Off



3. Z MO I Slot Zip — Check Slasher



4.

5.

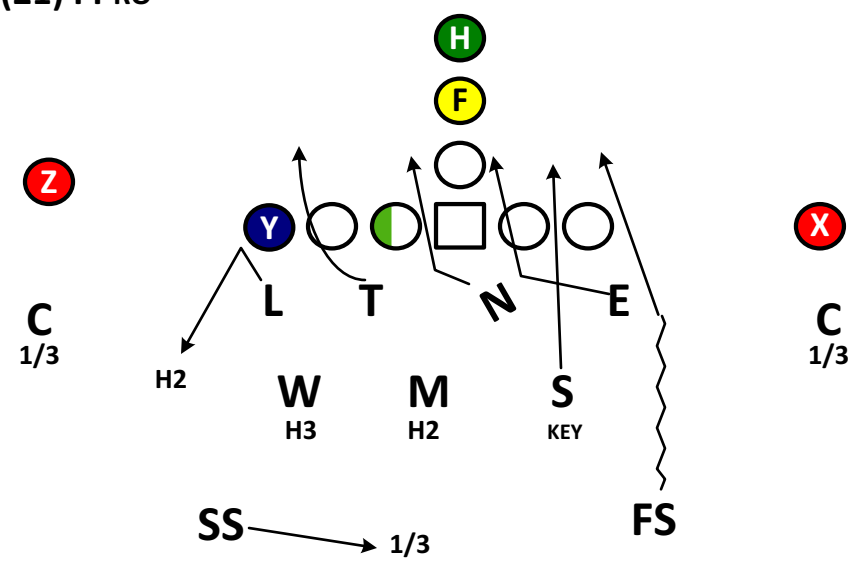
6.

7.

8.

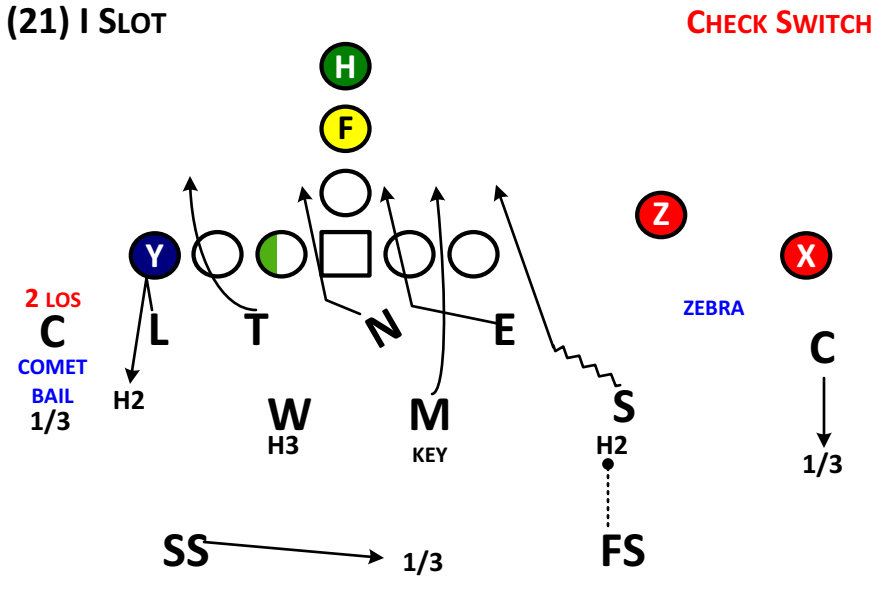
W/ Go Flash 3 Seam

(21) I Pro



(21) I Slot

Check Switch



Essence:

1. W/ Go Flash 3 Seam is an Under Family front rush zone defense.
2. The Line will align using Under Family Front Rules

Coaching Points:

1. Closed call away from the "Y"
2. Sam: Blitz B Gap (Key Read)
3. Free Safety: Contain Blitz
4. 2 Back Pro, Will as a Hot to 3 defender vs. Flood Action:
   Alert Flood Pass with Y Vertical. Give End (Hot to 2) Body Help.
5. Hot to 3 (Will): Your Drop involves Strong and Weak Hook Issues.

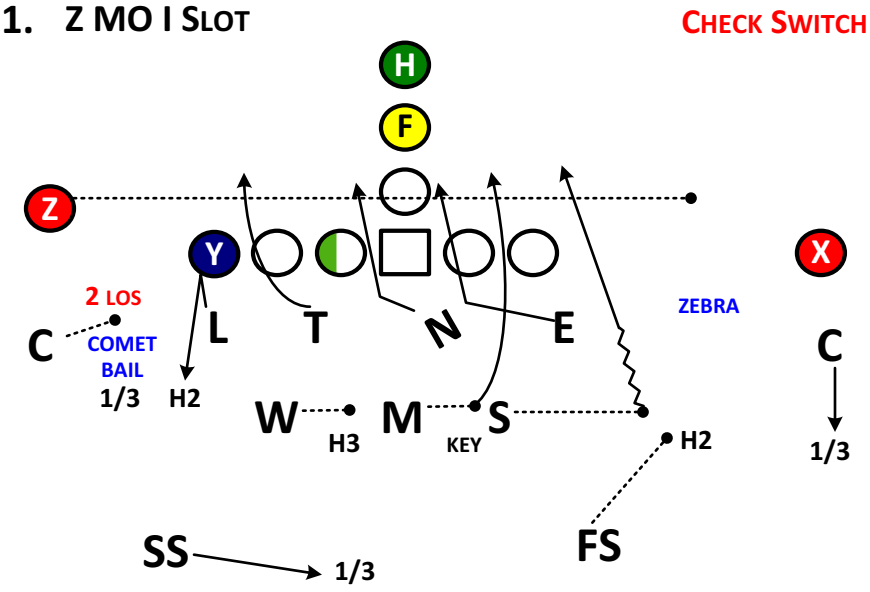
Adjustments:

1. Vs. any 2 displaced to the closed call: Check Switch (Mike Key Blitz)
2. Vs. any 2 displaced away from the Closed call: Check Swap
3. Any #3 displaced away from the closed call: Check hot to 3
4. Any #3 displaced to the closed call (Triples): Mike Adjust. Will Blitz
5. Vs. 2 Back Y Motion: Check Slasher principle (Sam cut technique on OT)
6. Vs. X Nasty: Possible Trade (Corner Contain Blitz)

W/ Go Flash 3 Seam

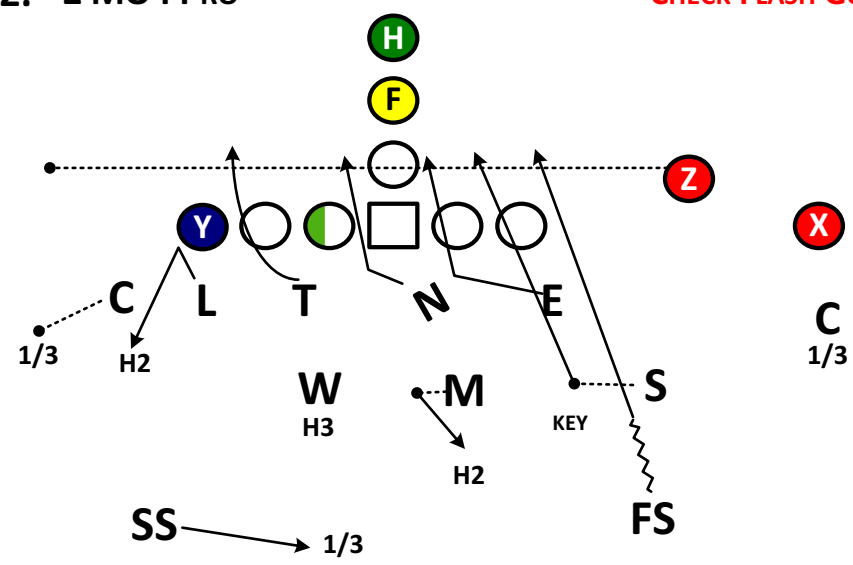
1. Z MO I Slot

Check Switch



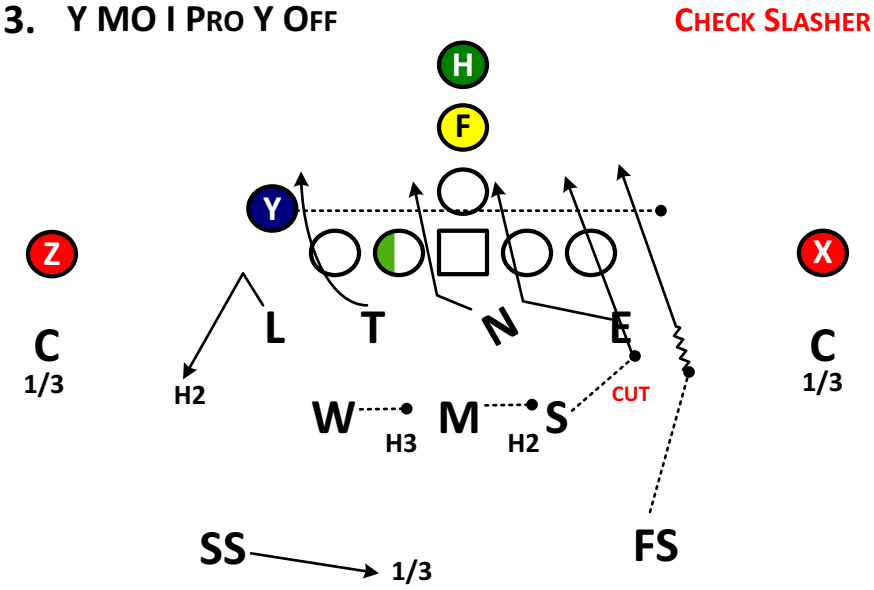
2. Z MO I Pro

Check Flash Go



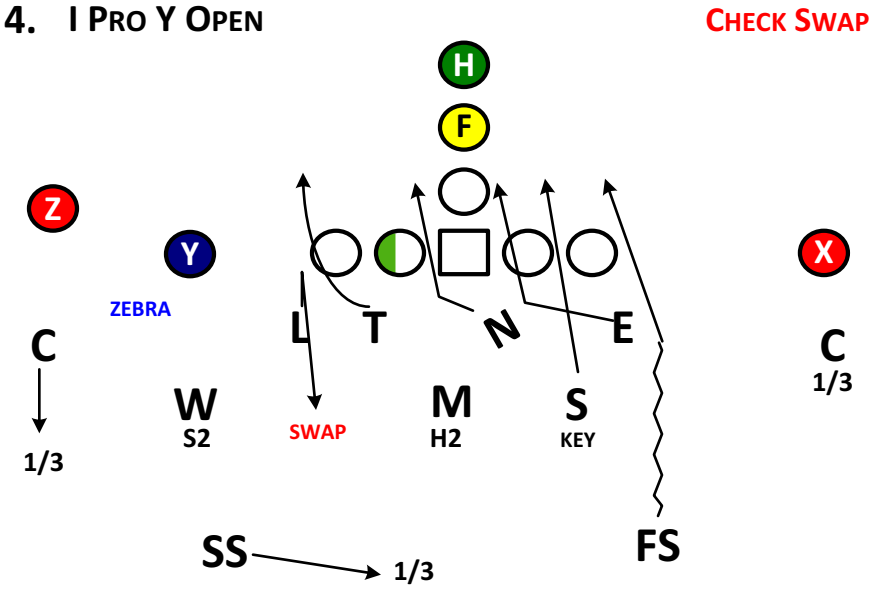
3. Y MO I Pro Y Off

Check Slasher



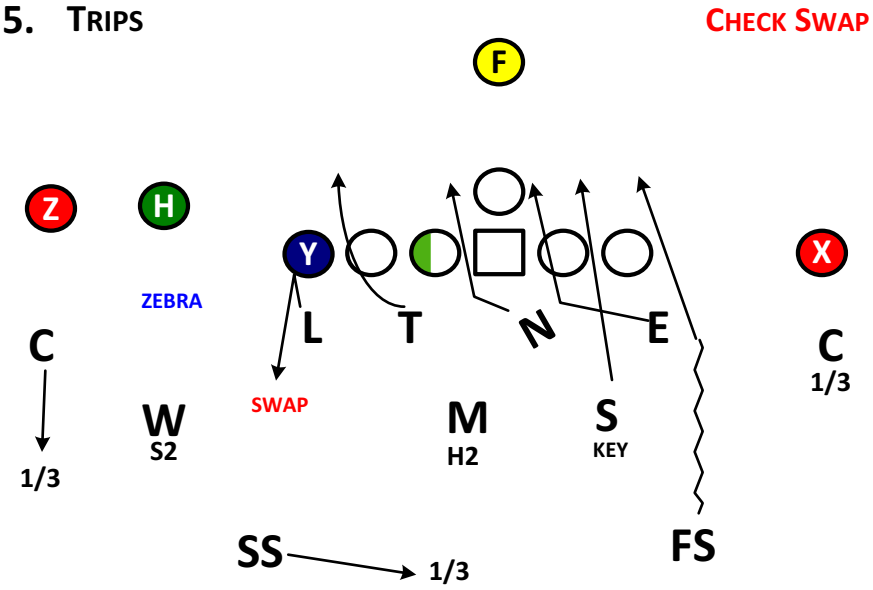
4. I Pro Y Open

Check Swap



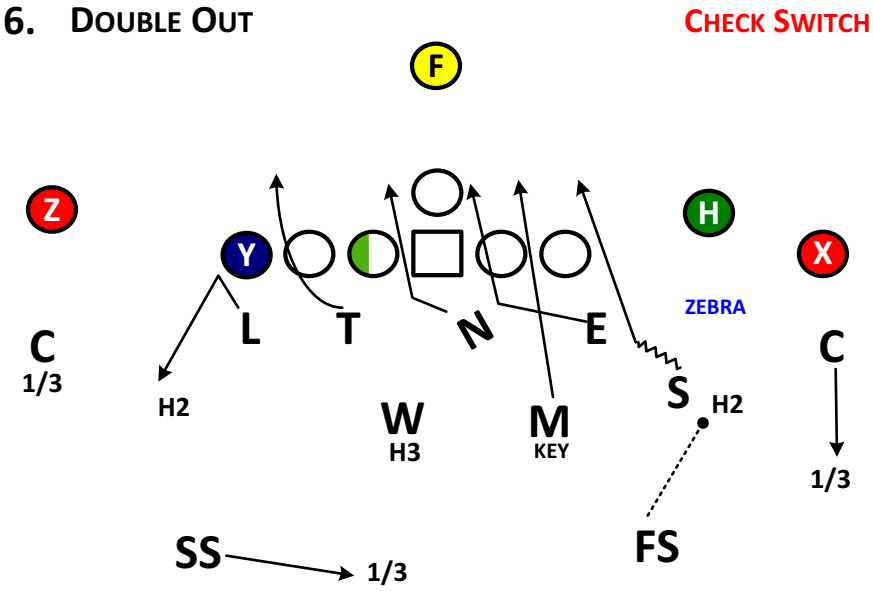
5. Trips

Check Swap



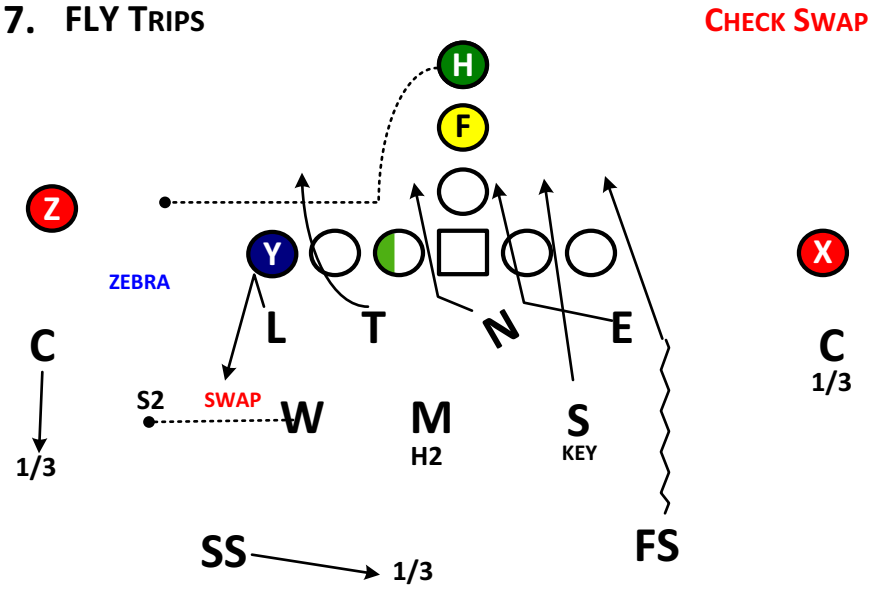
6. Double Out

Check Switch



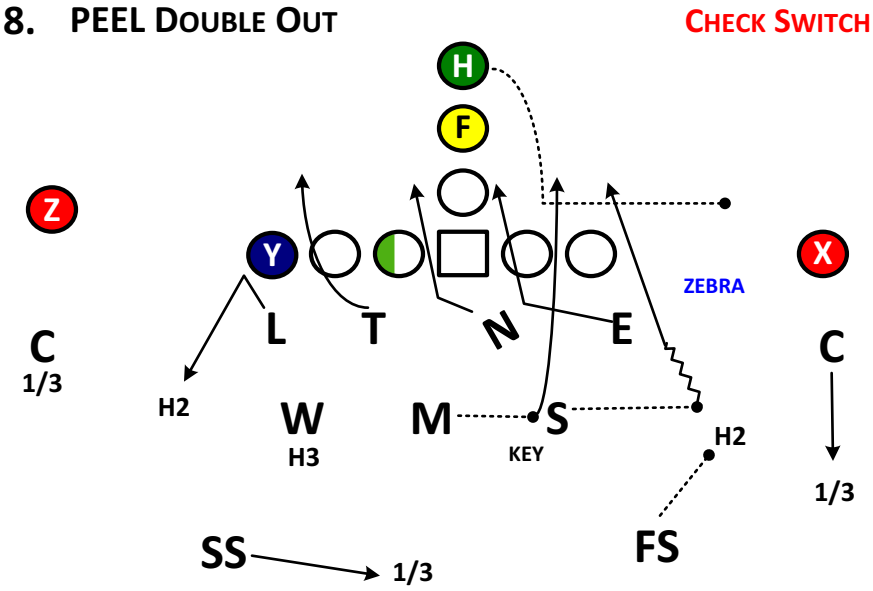
7. FLY Trips

Check Swap



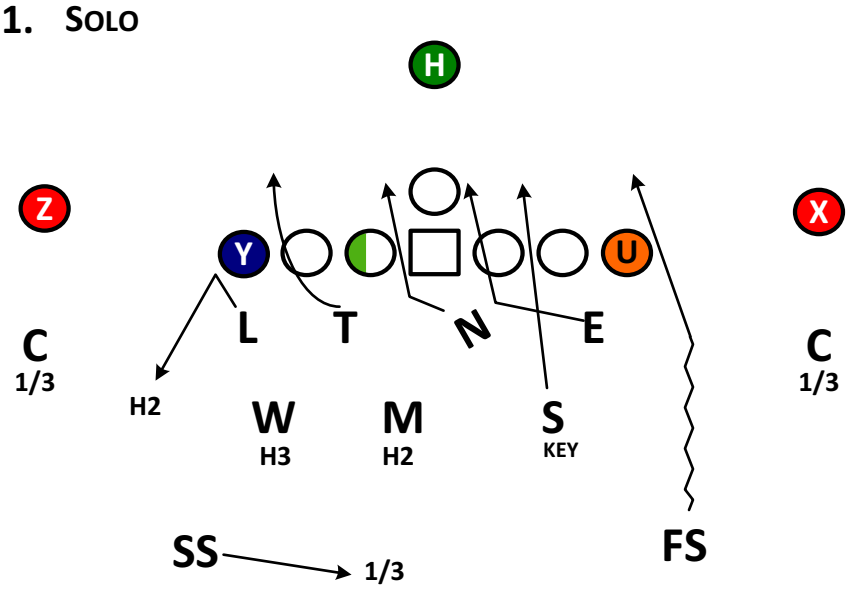
8. PEEL Double Out

Check Switch

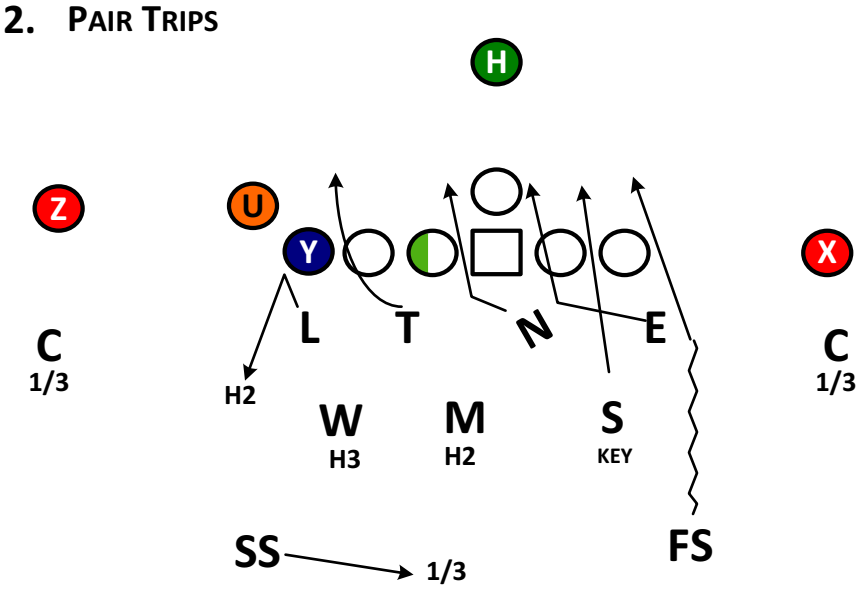


W/ Go Flash 3 Seam

1. Solo

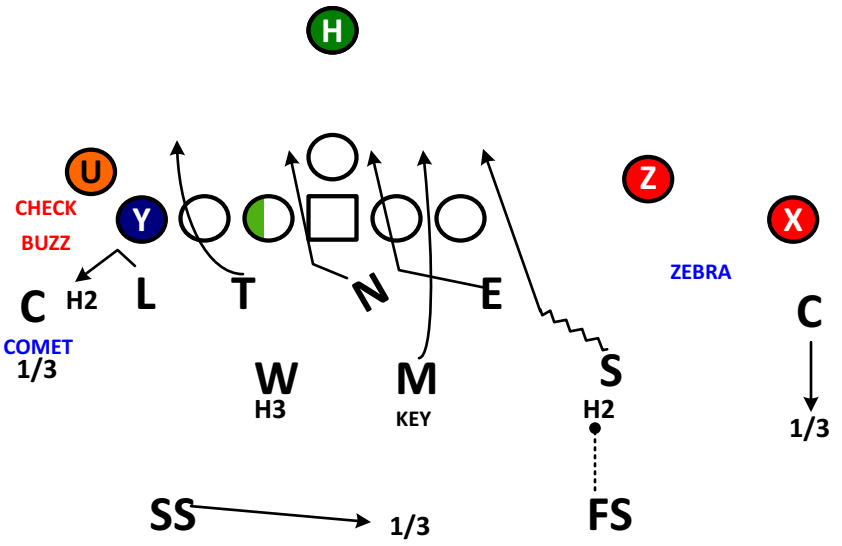


2. Pair Trips



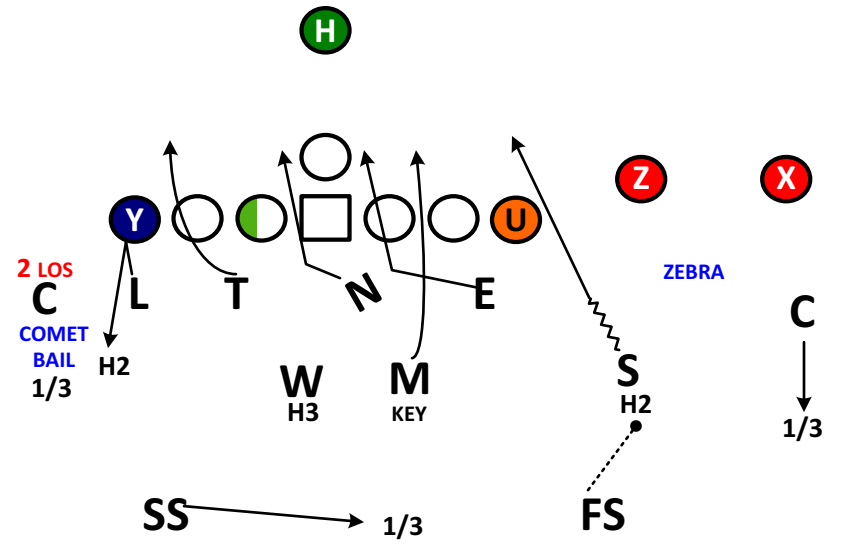
3. Pair Slot

Check Switch



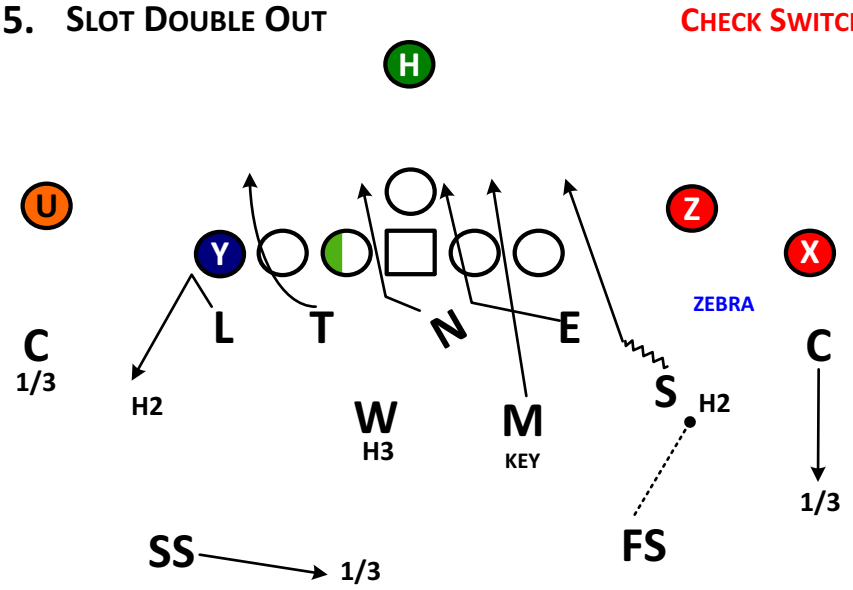
4. Solo Slot

Check Switch



5. Slot Double Out

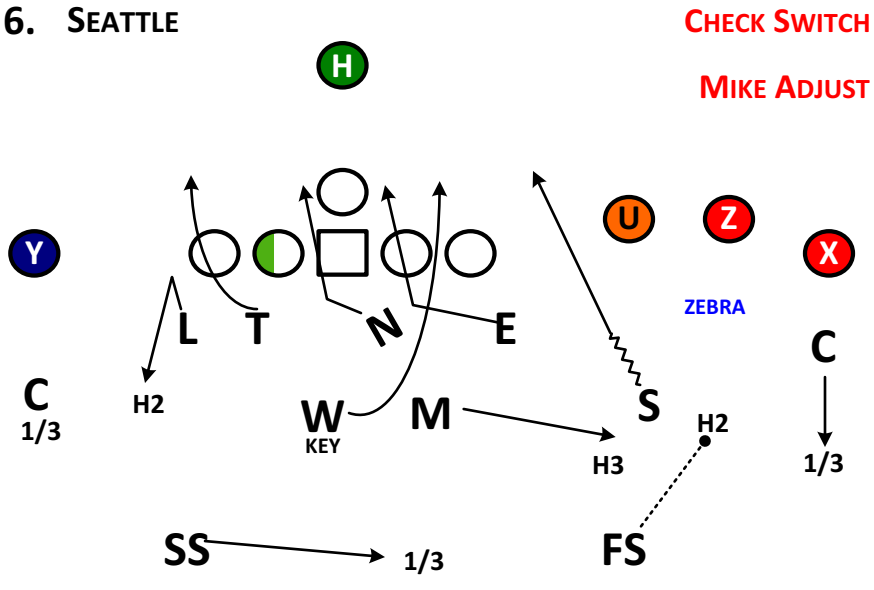
Check Switch



6. Seattle

Check Switch

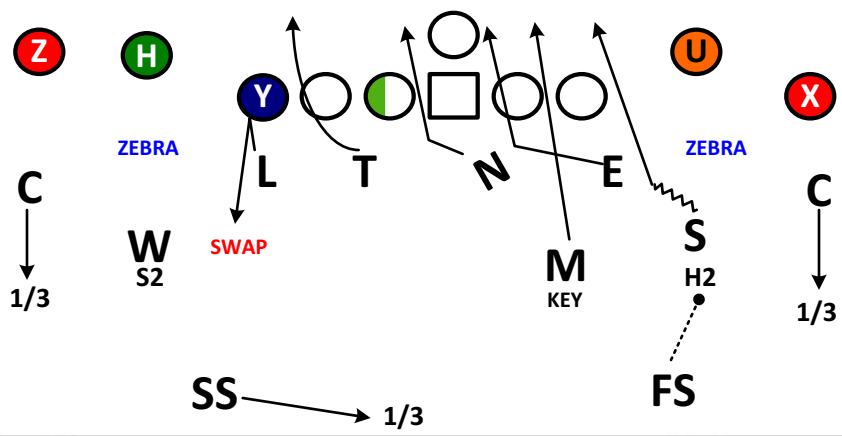
Mike Adjust



7. Empty

Check Switch

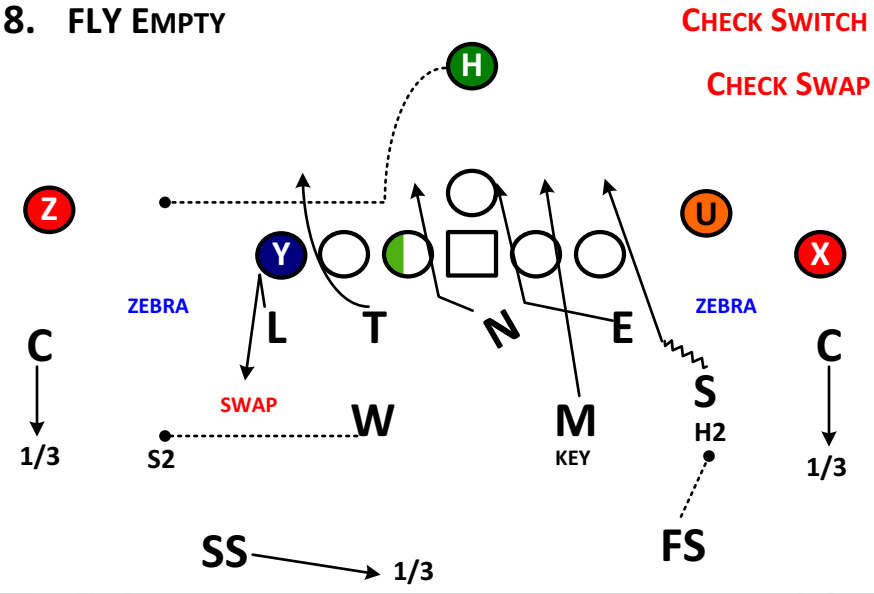
Check Swap



8. FLY Empty

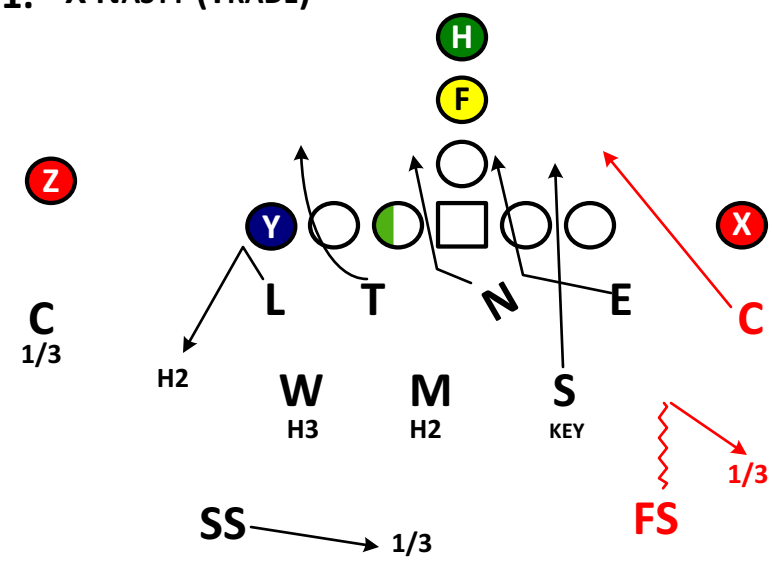
Check Switch

Check Swap



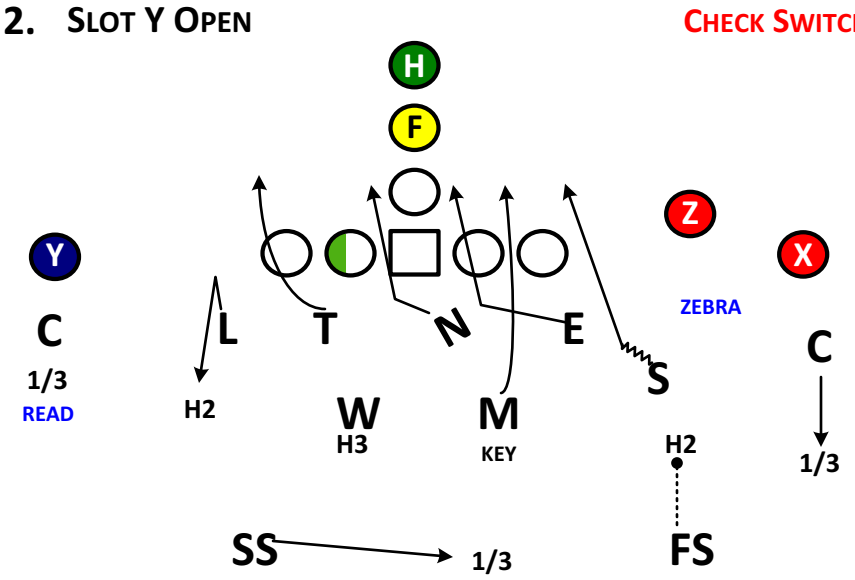
Flash Go 3 Seam

1. X Nasty (Trade)

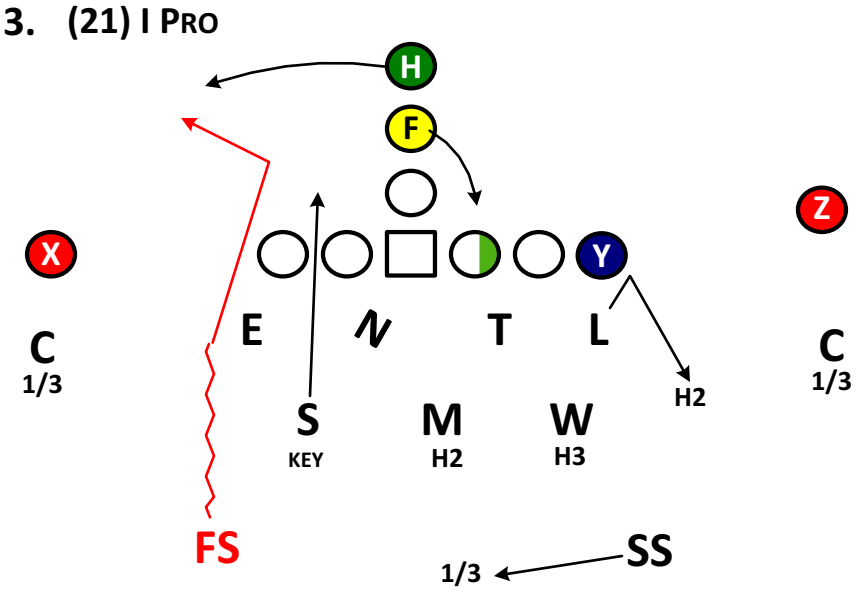


2. Slot Y Open

Check Switch

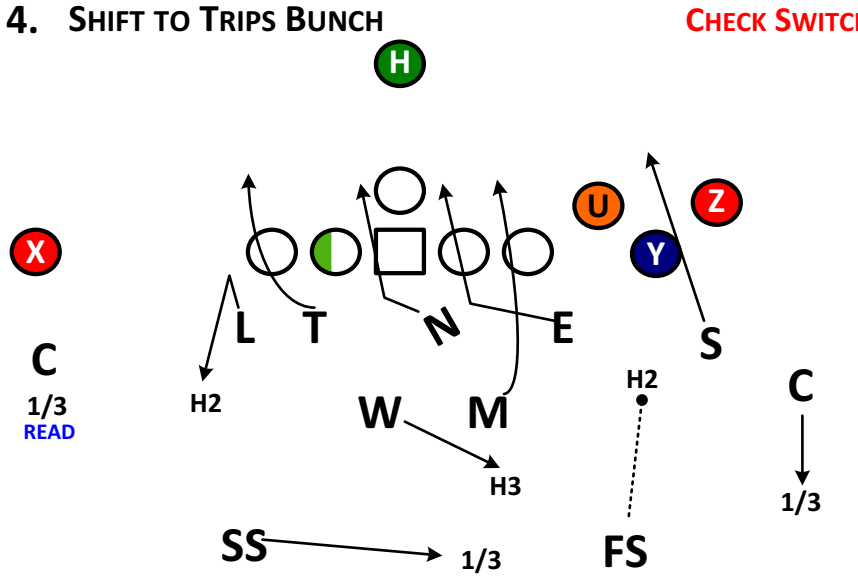


3. (21) I Pro



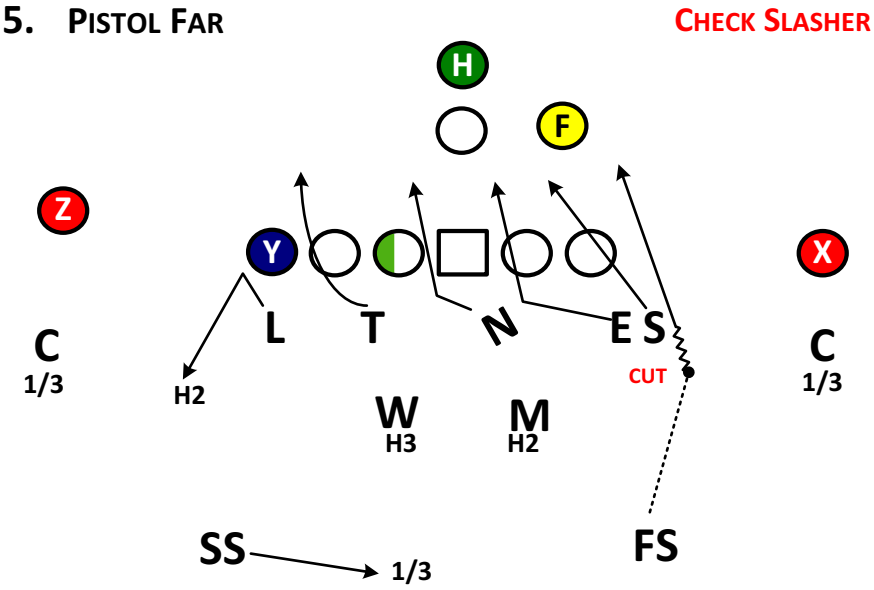
4. Shift to Trips Bunch

Check Switch



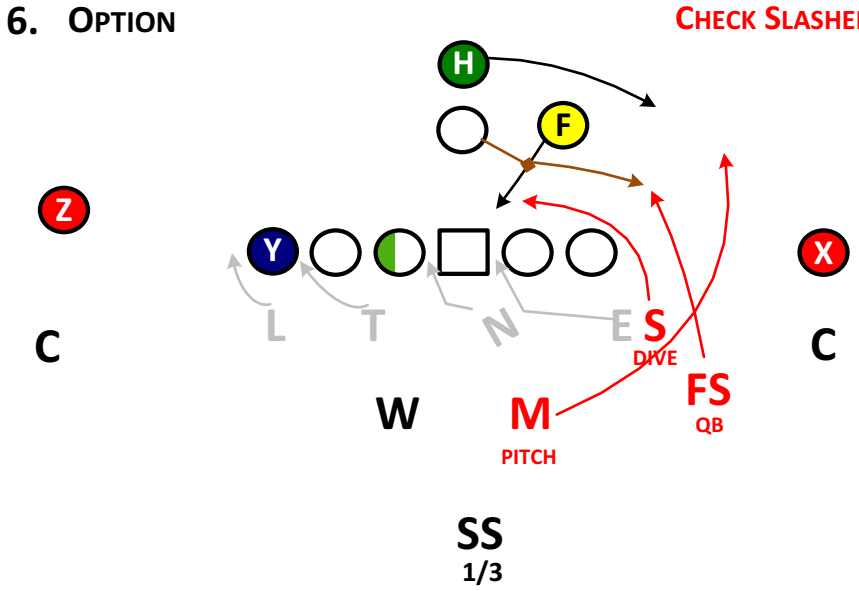
5. Pistol Far

Check Slasher



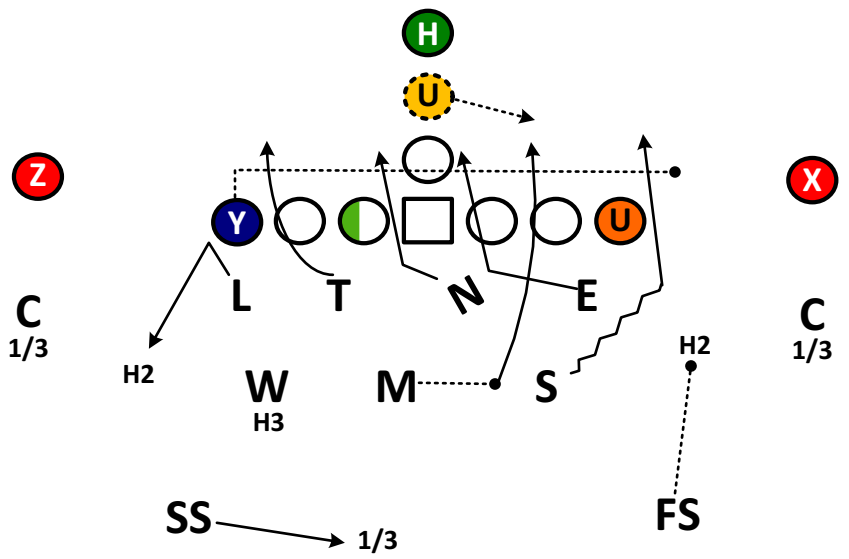
6. Option

Check Slasher



7. Cardinal Motion

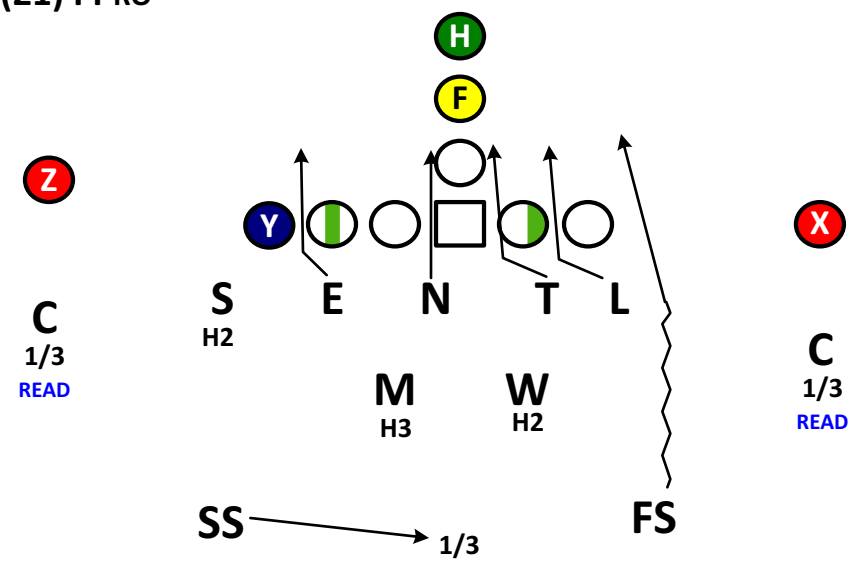
Check Switch



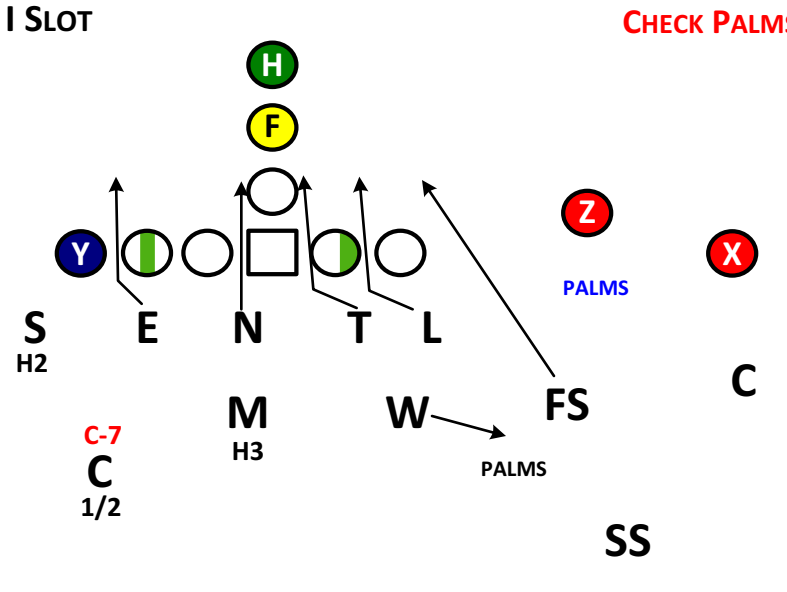
8.

Rock Fox 3 Palms

(21) I Pro



(21) I Slot — Check Palms



Essence:

1. 5 Man Rush Zone with the Free Safety rushing off the flex side edge.

Coaching Points:

1. Solid call to the "Y".
2. Mike: Hot to 3
3. Will: Hot to 2
4. Sam: Hot to 2
5. Free Safety: Contain Blitz

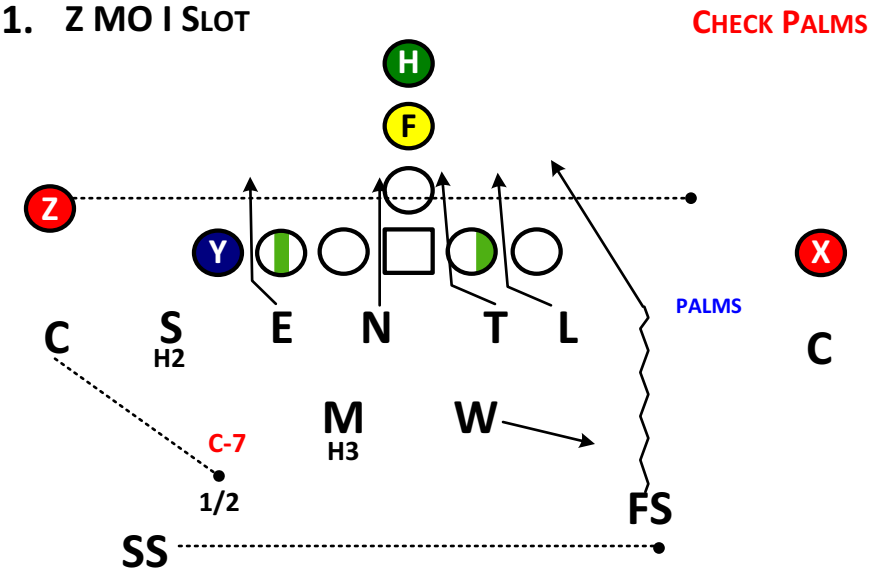
Adjustments:

1. Vs. Pro X Nasty: Check Trade.
2. Vs. Double Width sets AND 2 Displaced to the Flex Side: Check Switch
3. Vs. Aligned or Motion to Empty: Check Switch
4. Vs. Single Width Slot Family Formations: Check Palms
5. Vs. 2 Back Y Motion: Ice the Stunt.

Rock Fox 3 Palms

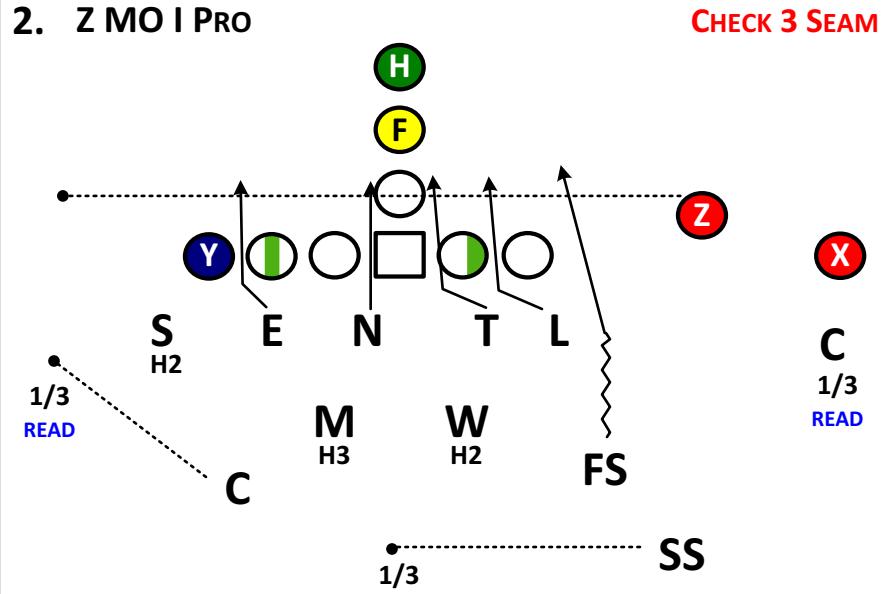
1. Z MO I Slot

Check Palms



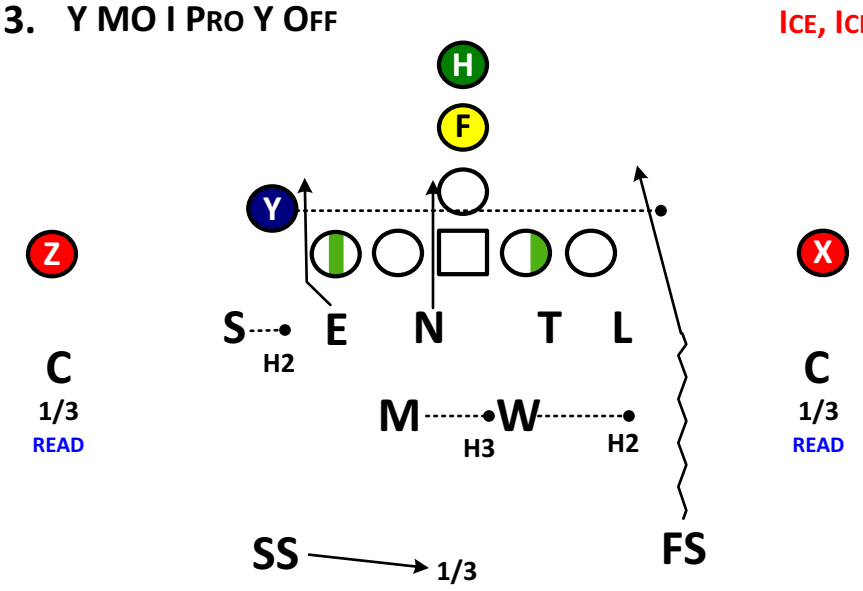
2. Z MO I Pro

Check 3 Seam

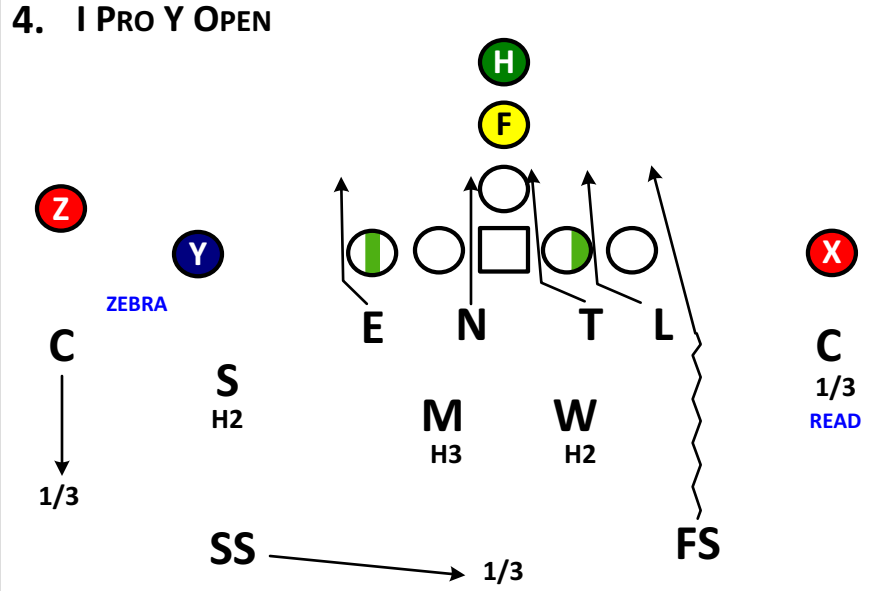


3. Y MO I Pro Y Off

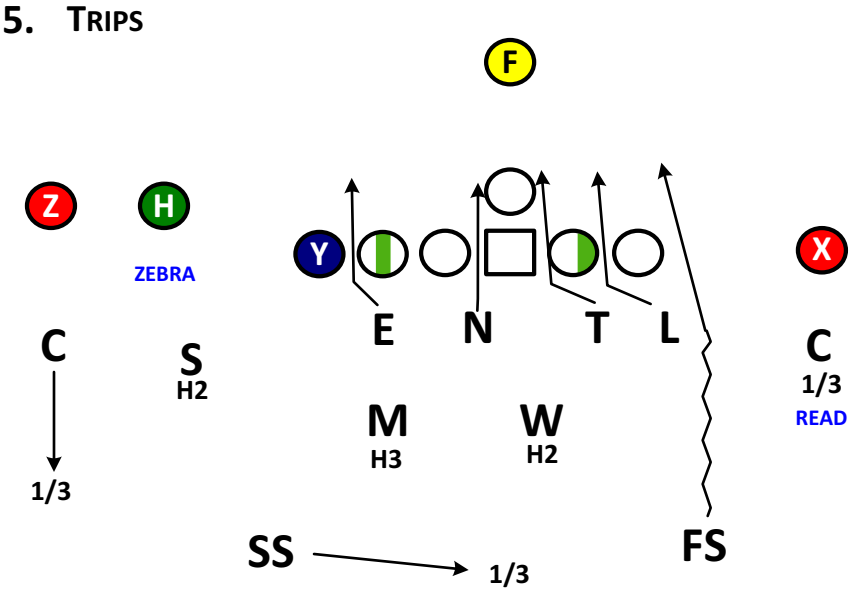
Ice, Ice



4. I Pro Y Open

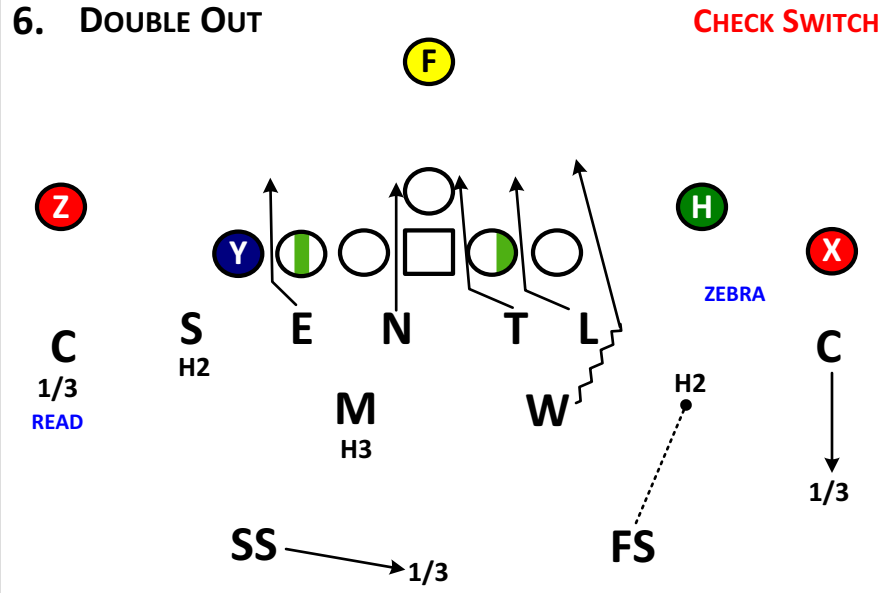


5. Trips

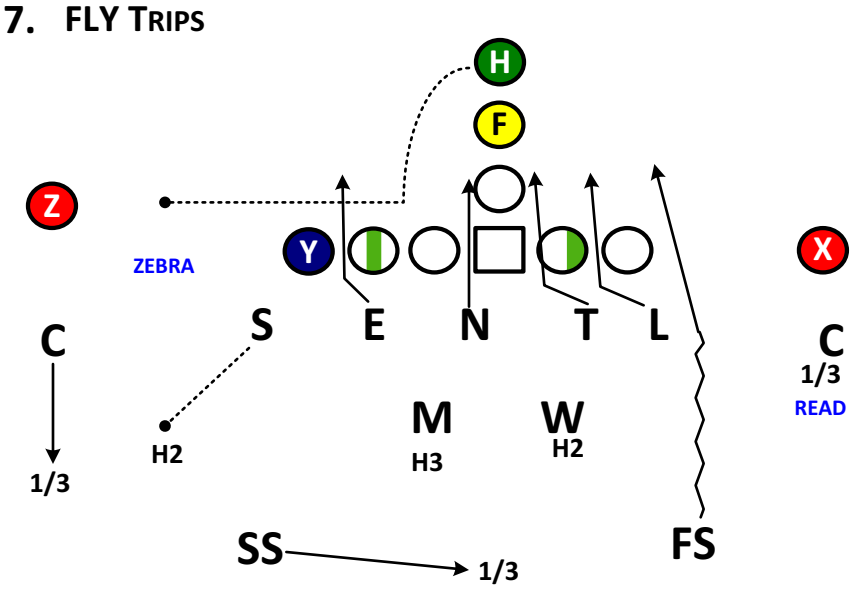


6. Double Out

Check Switch

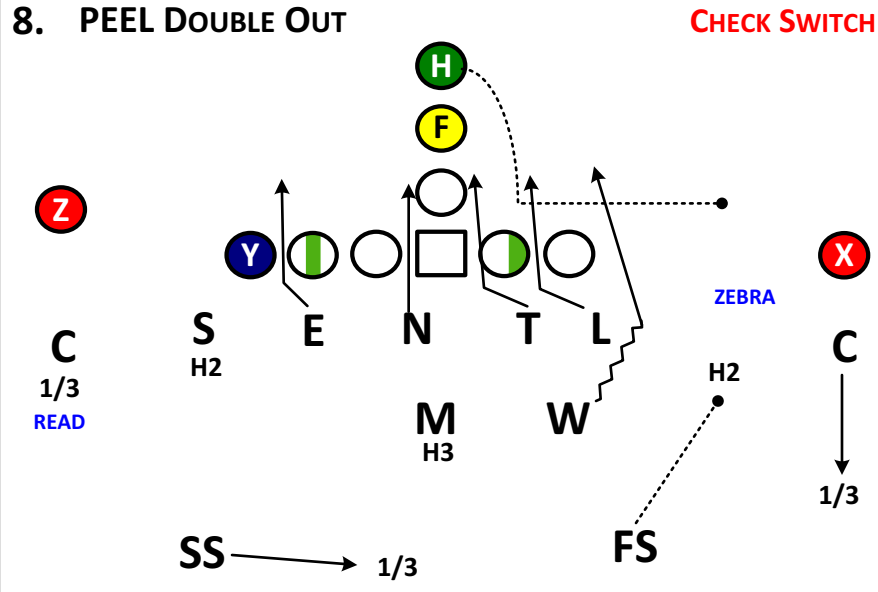


7. FLY Trips



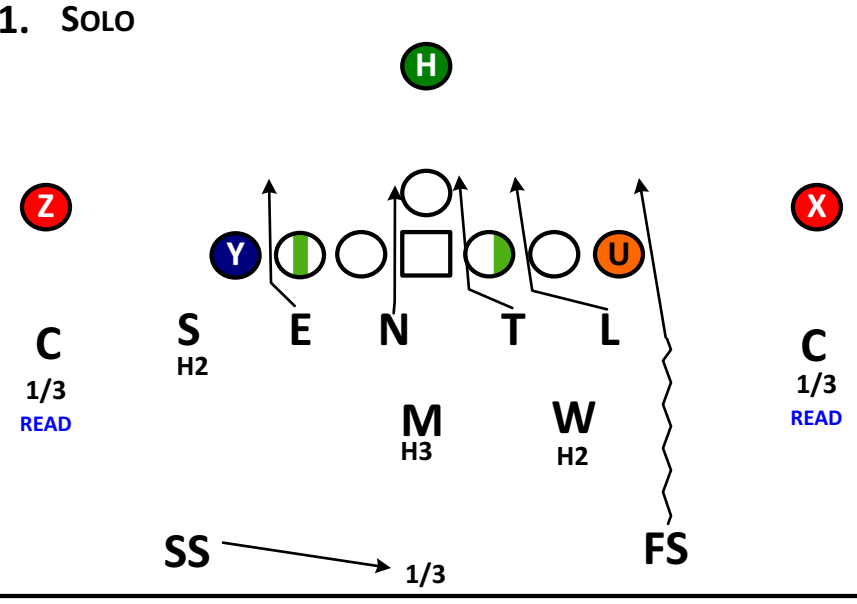
8. PEEL Double Out

Check Switch

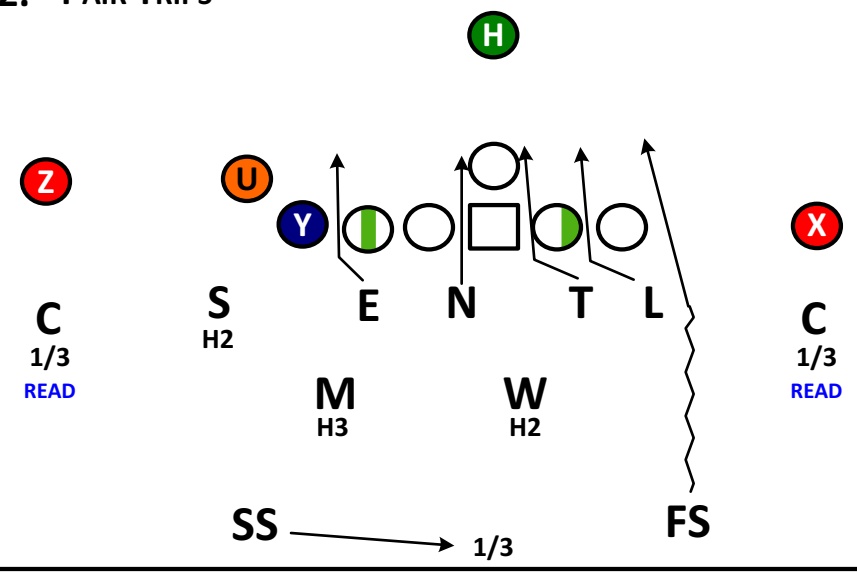


Rock Fox 3 Palms

1. Solo

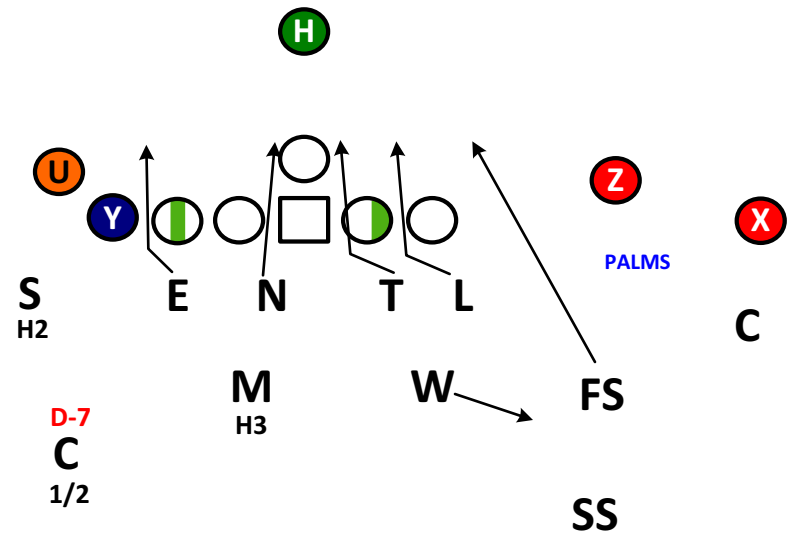


2. Pair Trips



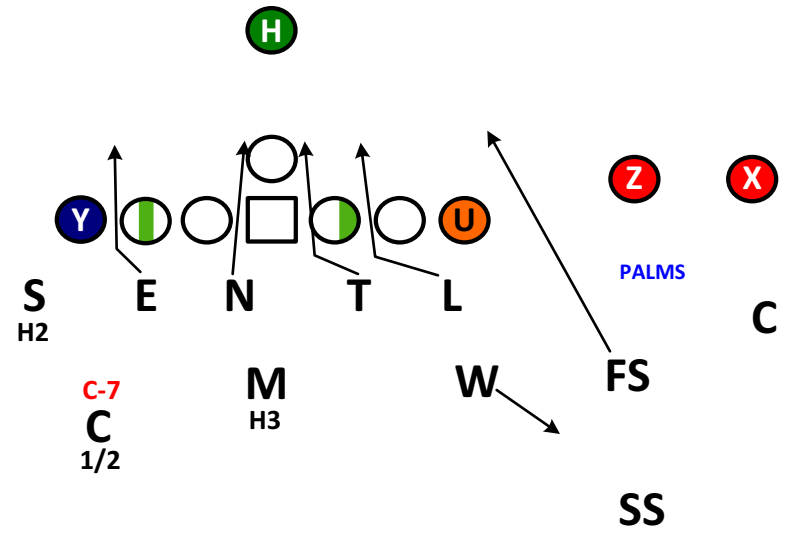
3. Pair Slot

Check Palms



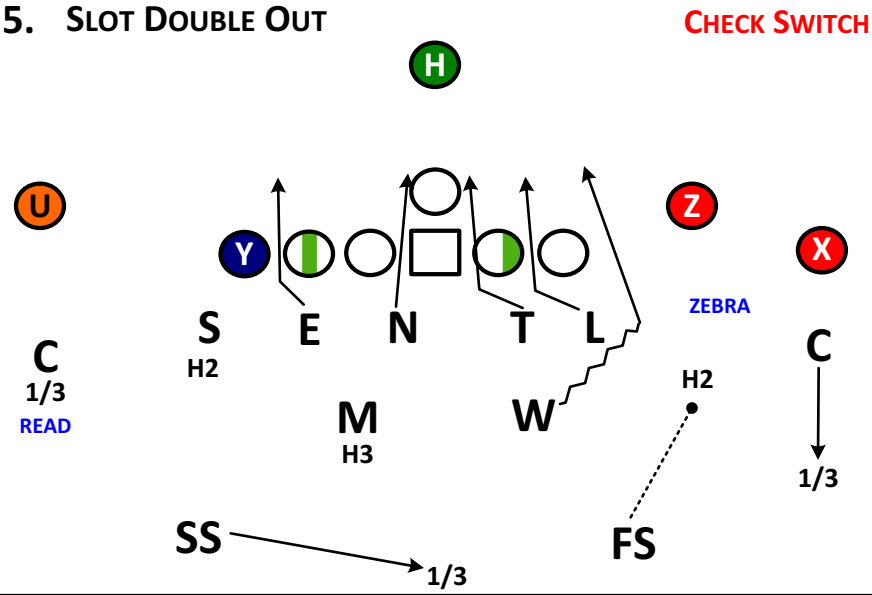
4. Solo Slot

Check Palms



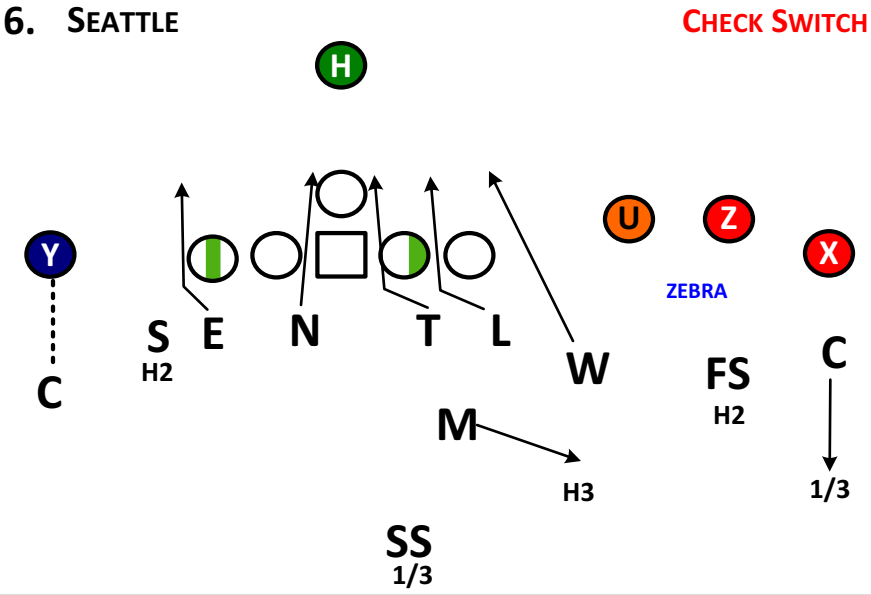
5. Slot Double Out

Check Switch



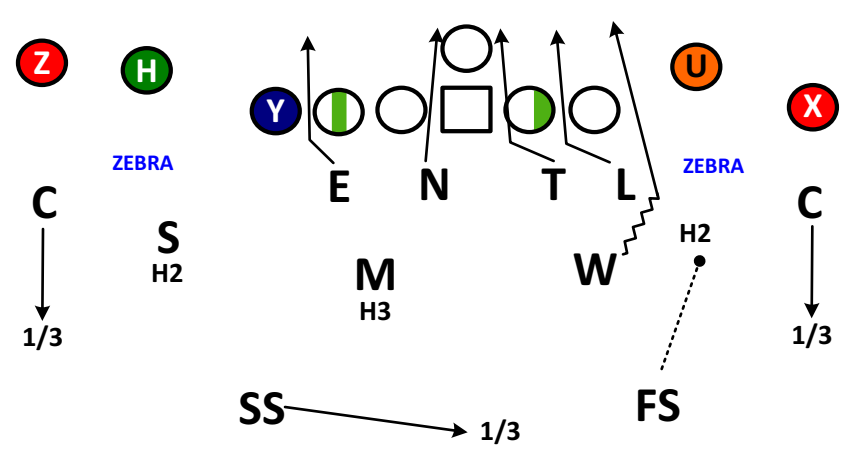
6. Seattle

Check Switch



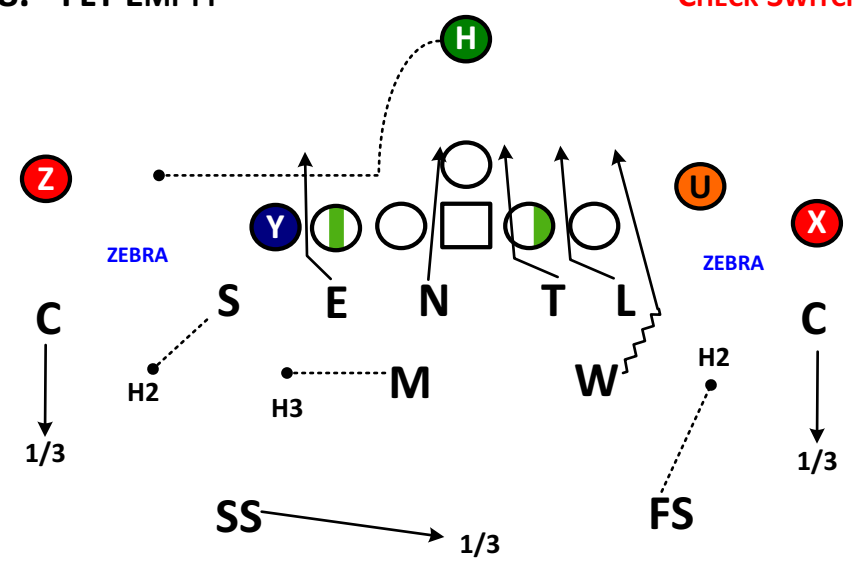
7. Empty

Check Switch

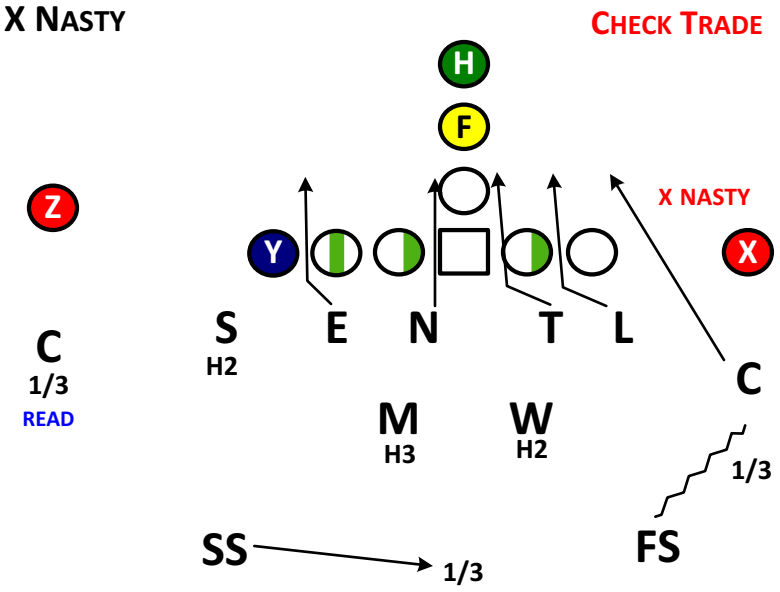


8. Fly Empty

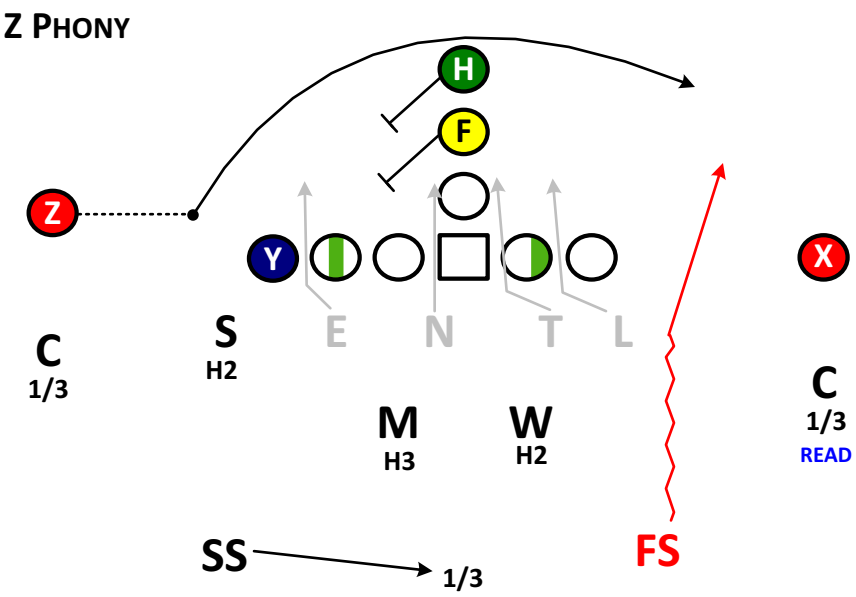
Check Switch



X NASTY

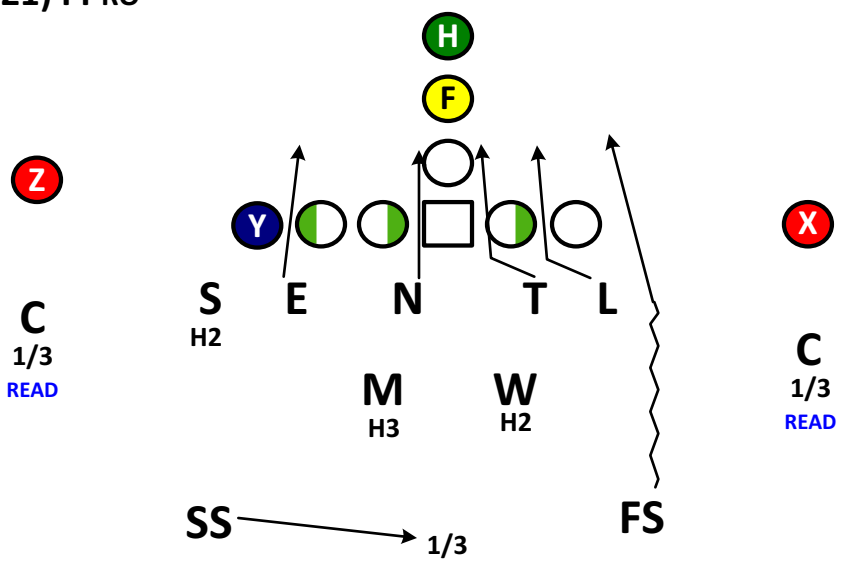


Z PHONY

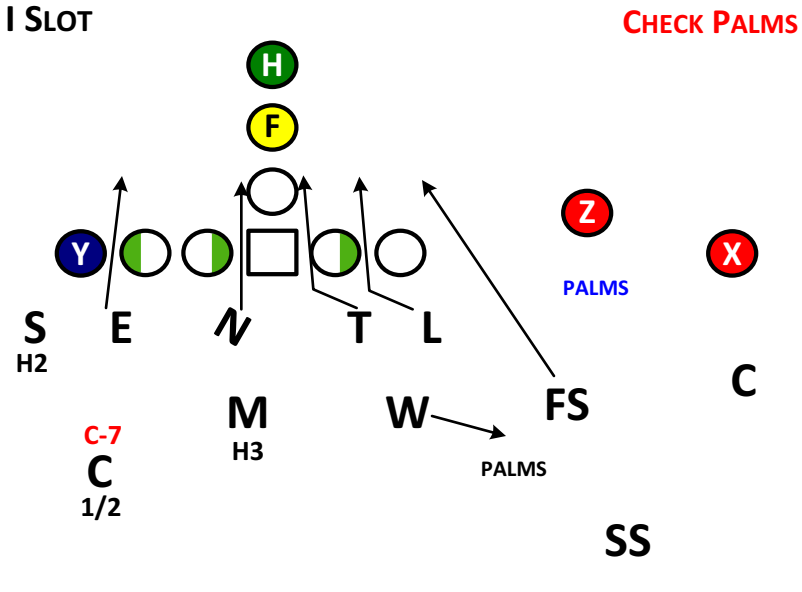


Under Pig Felix 3 Palms

(21) I Pro



(21) I Slot — Check Palms



Essence:

1. 5 Man Rush Zone with the Free Safety rushing off the flex side edge.

Coaching Points:

1. Solid call to the "Y".
2. Mike: Hot to 3
3. Will: Hot to 2
4. Sam: Hot to 2
5. Free Safety: Contain Blitz

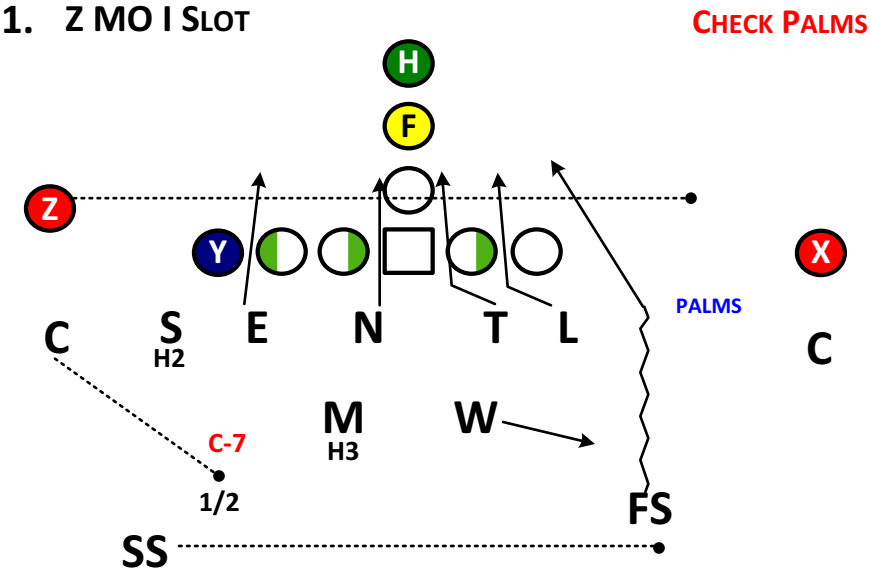
Adjustments:

1. Vs. Pro X Nasty: Check Trade.
2. Vs. Double Width sets AND 2 Displaced to the Flex Side: Check Switch
3. Vs. Aligned or Motion to Empty: Check Switch
4. Vs. Single Width Slot Family Formations: Check Palms

Under Pig Felix 3 Palms

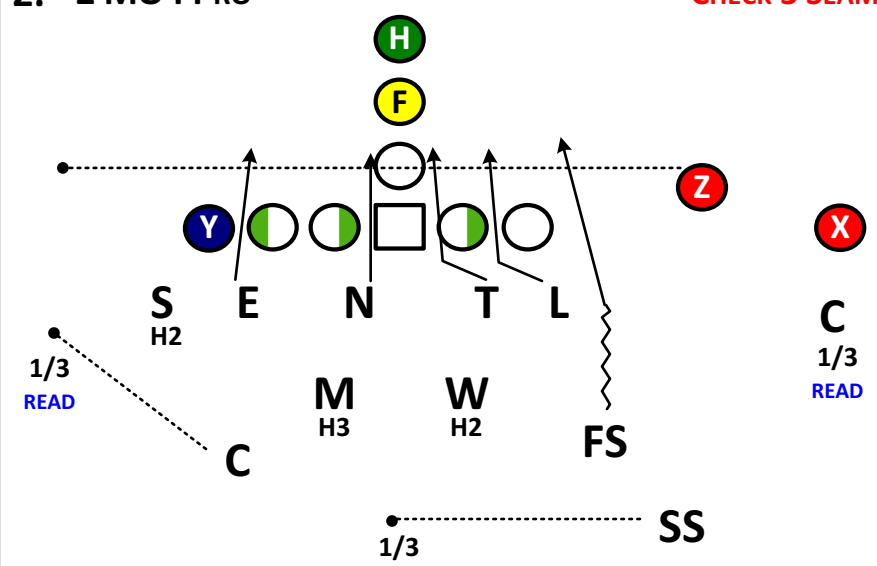
1. Z MO I Slot

Check Palms

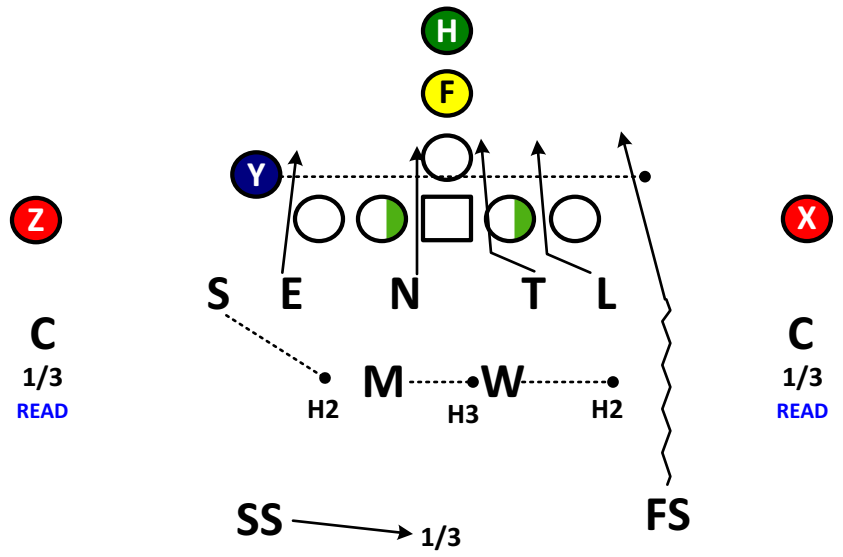


2. Z MO I Pro

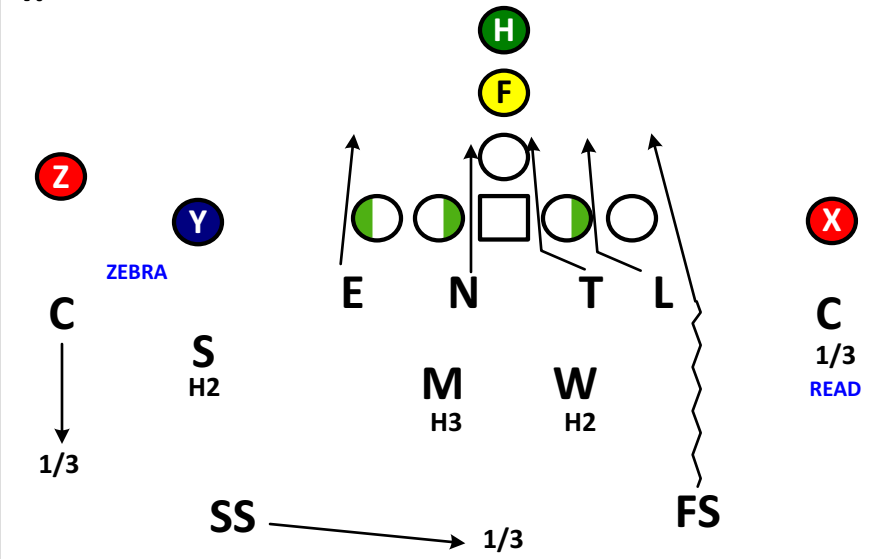
Check 3 Seam



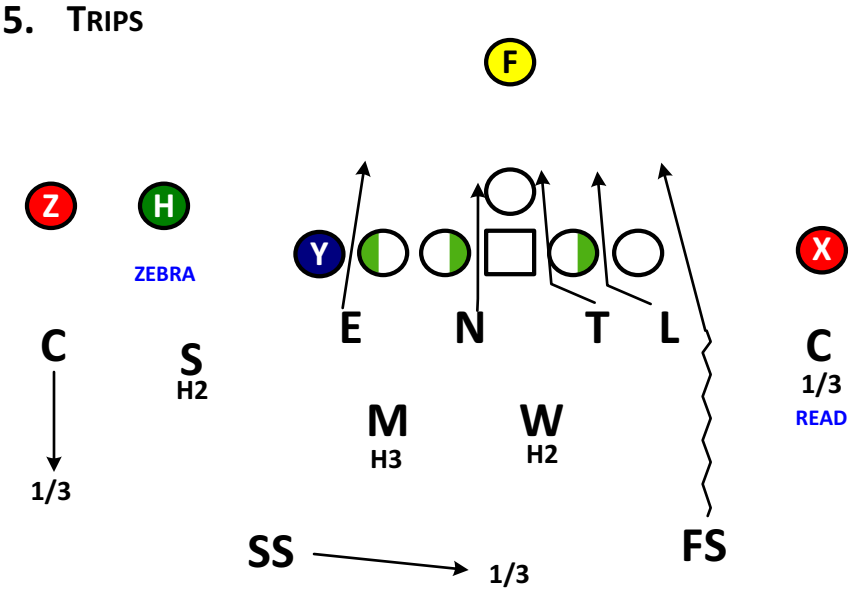
3. Y MO I Pro Y Off



4. I Pro Y Open

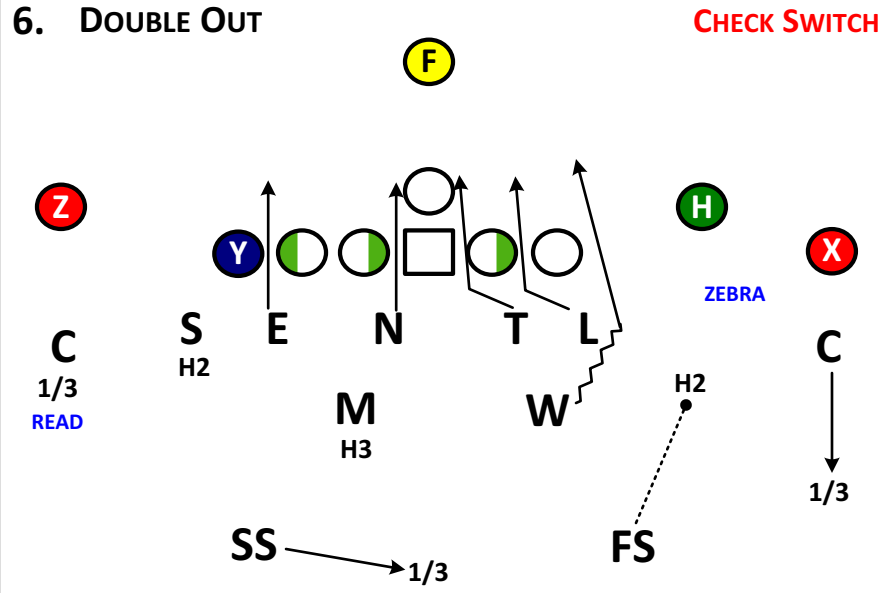


5. Trips

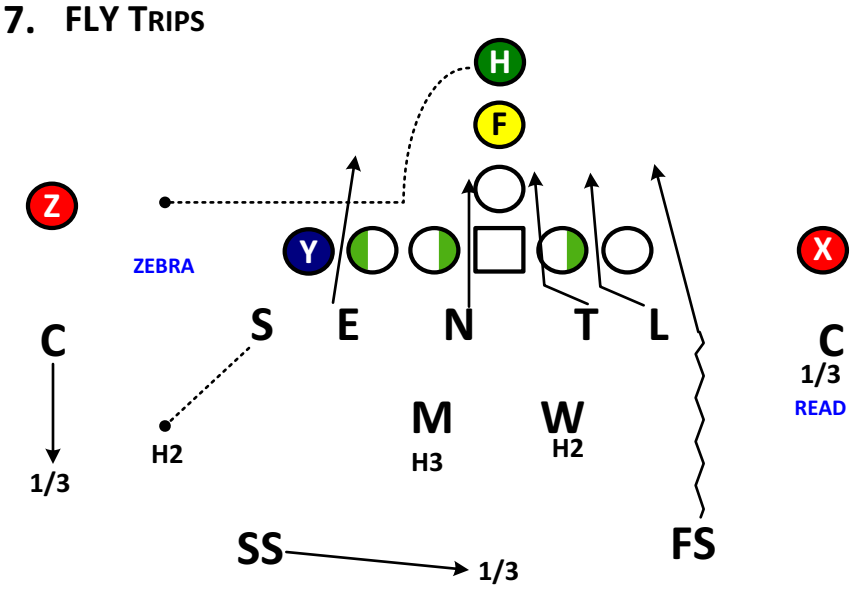


6. Double Out

Check Switch

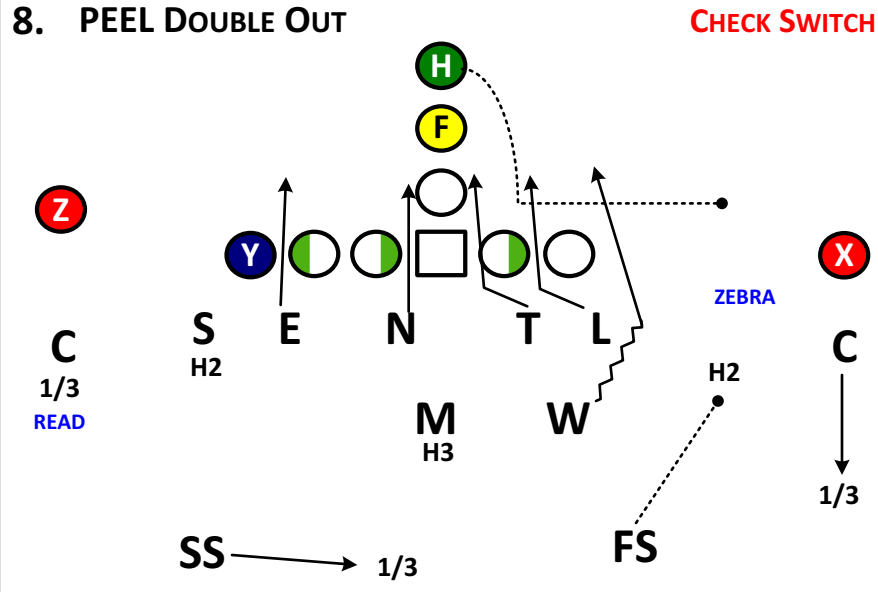


7. FLY Trips



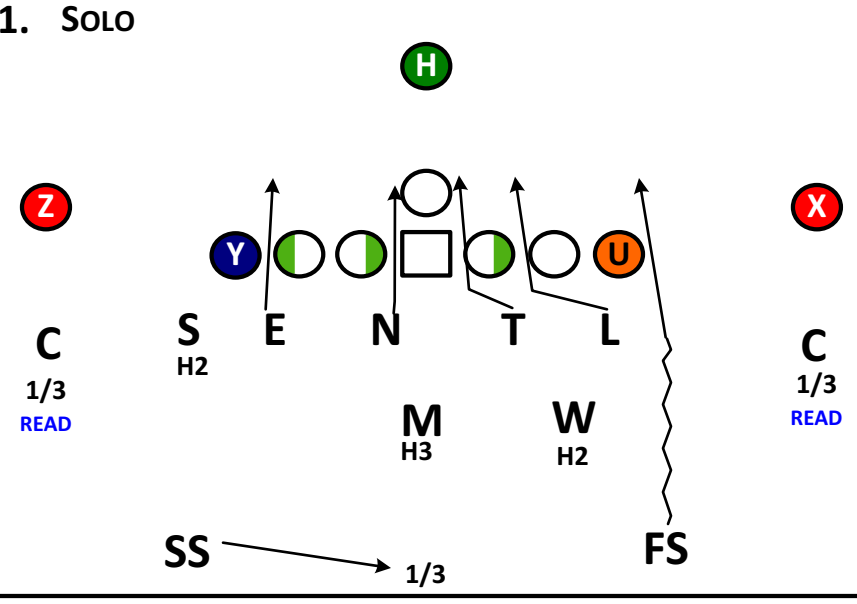
8. PEEL Double Out

Check Switch

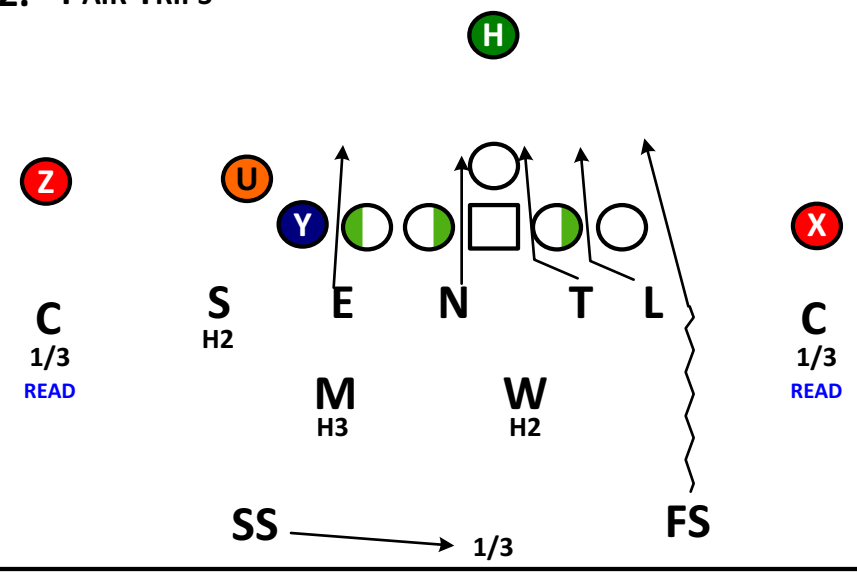


Under Pig Felix 3 Palms

1. Solo

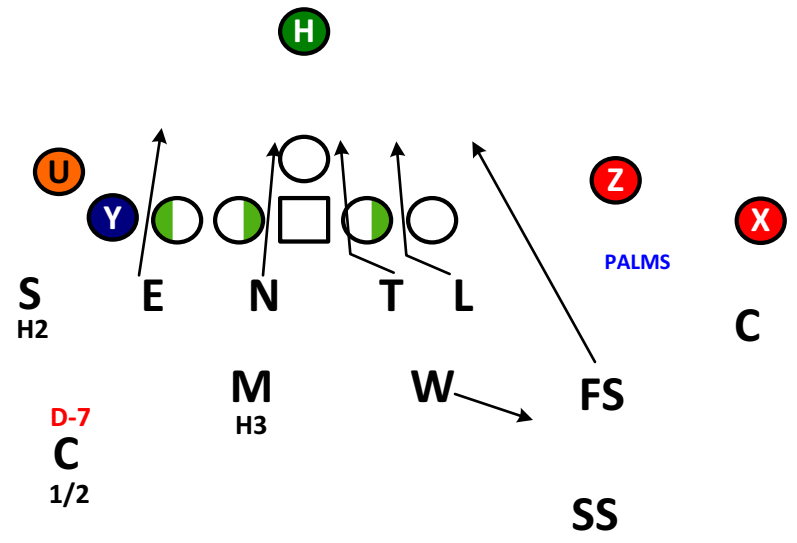


2. Pair Trips



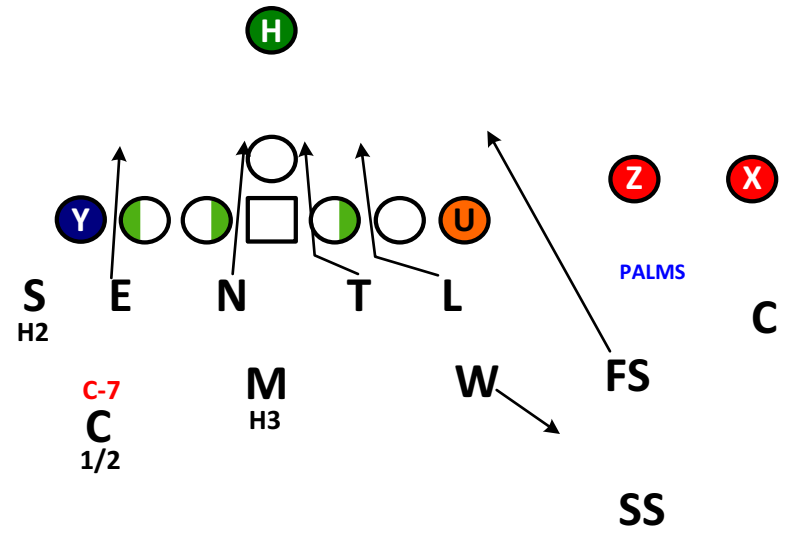
3. Pair Slot

Check Palms



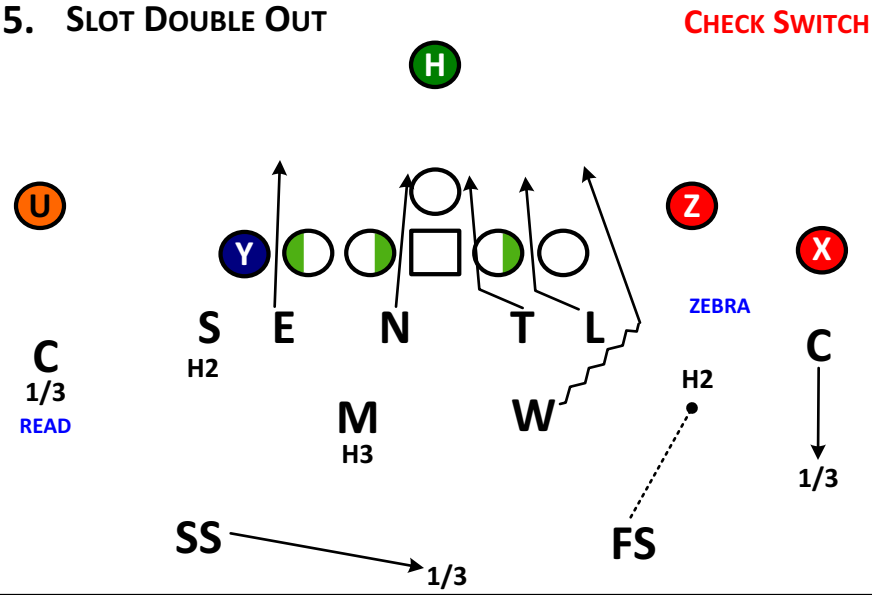
4. Solo Slot

Check Palms



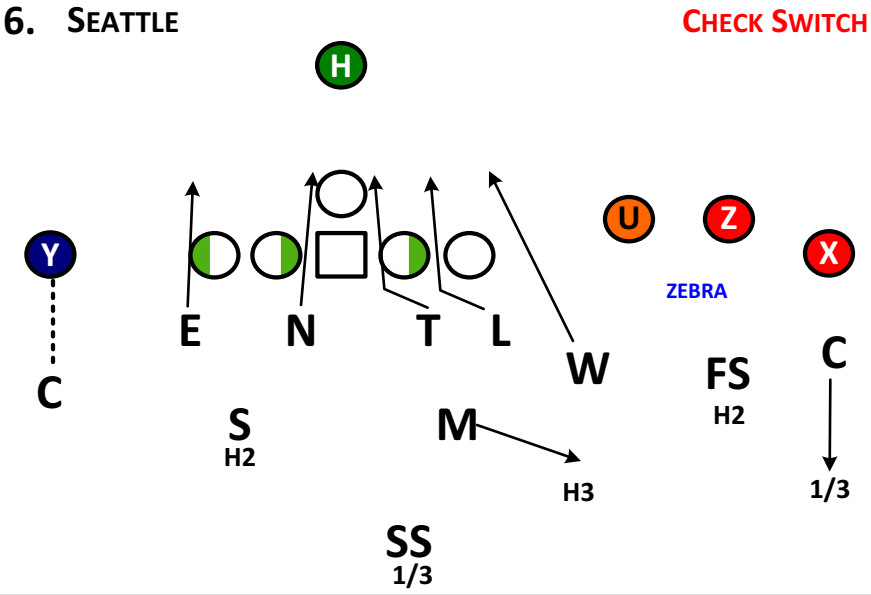
5. Slot Double Out

Check Switch



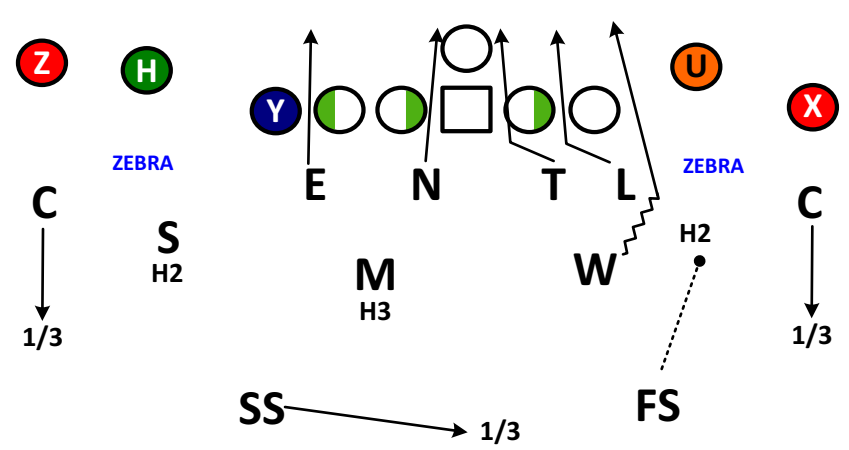
6. Seattle

Check Switch



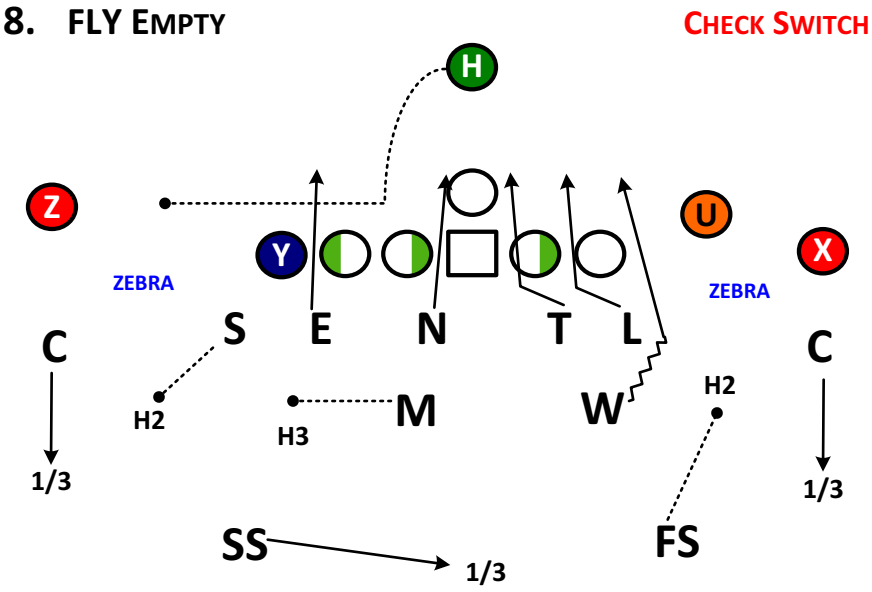
7. Empty

Check Switch

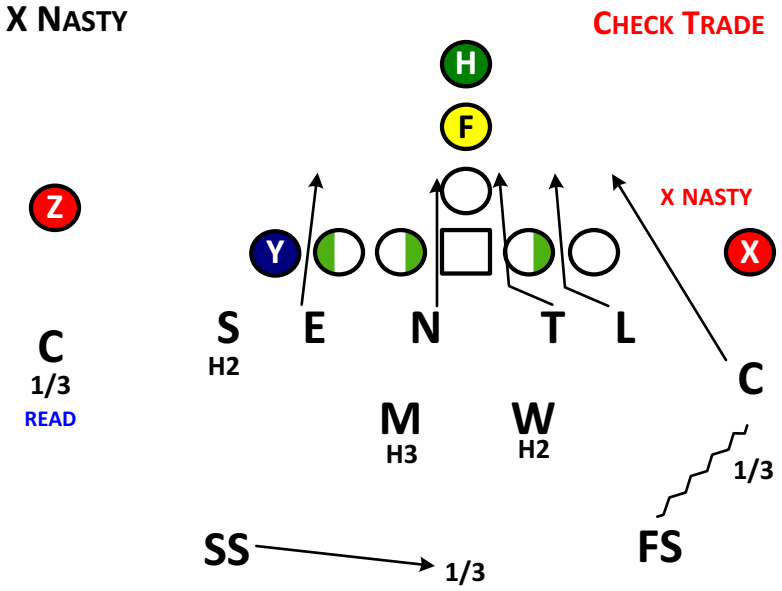


8. Fly Empty

Check Switch

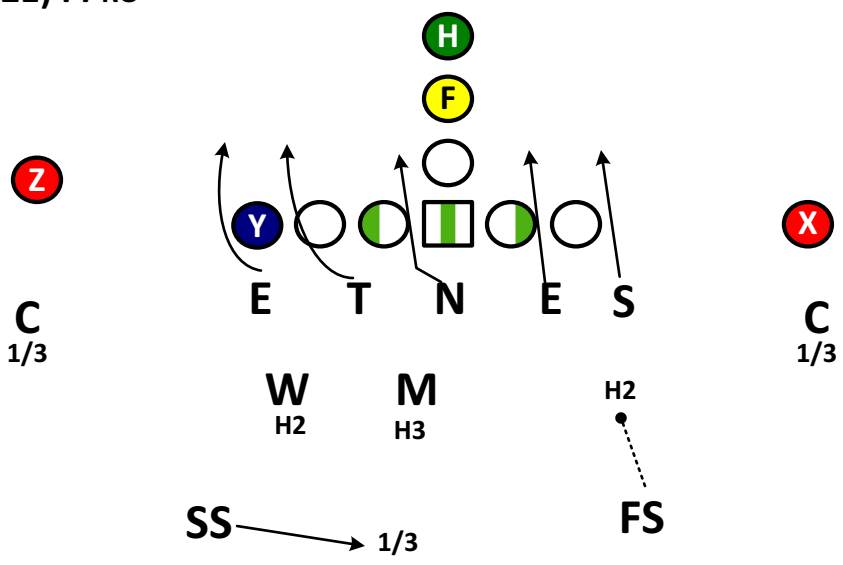


X NASTY **CHECK TRADE**

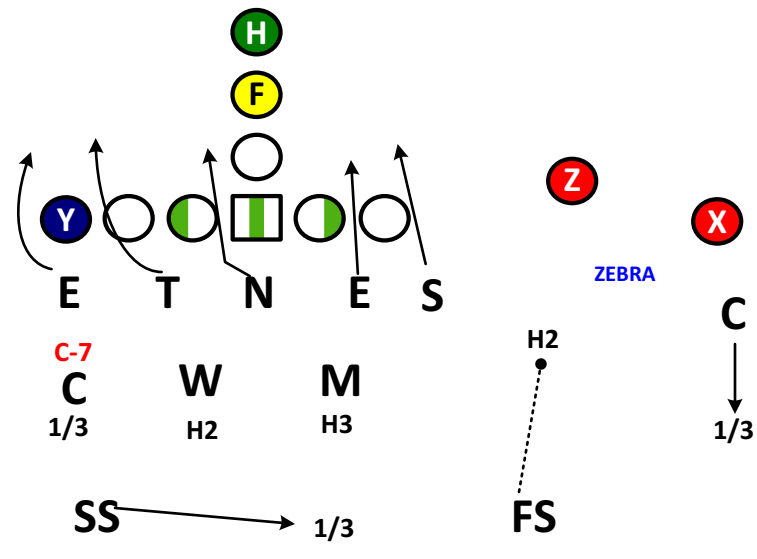


Jam Freeze 3 Seam

(21) I Pro



(21) I Slot



Essence:

1. 5 Man 3 Deep 3 Under zone pressure
2. The line slants to the solid side

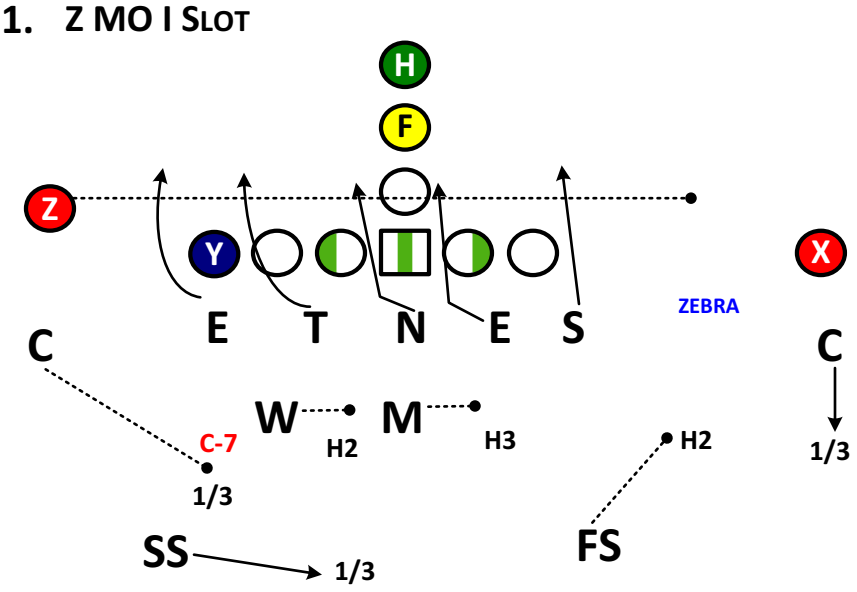
Coaching Points:

1. Closed call away from the "Y"
2. Sam: Contain Blitz
3. Will LB: Hot 2
4. Mike: Hot 3
5. Free Safety: Hot 2

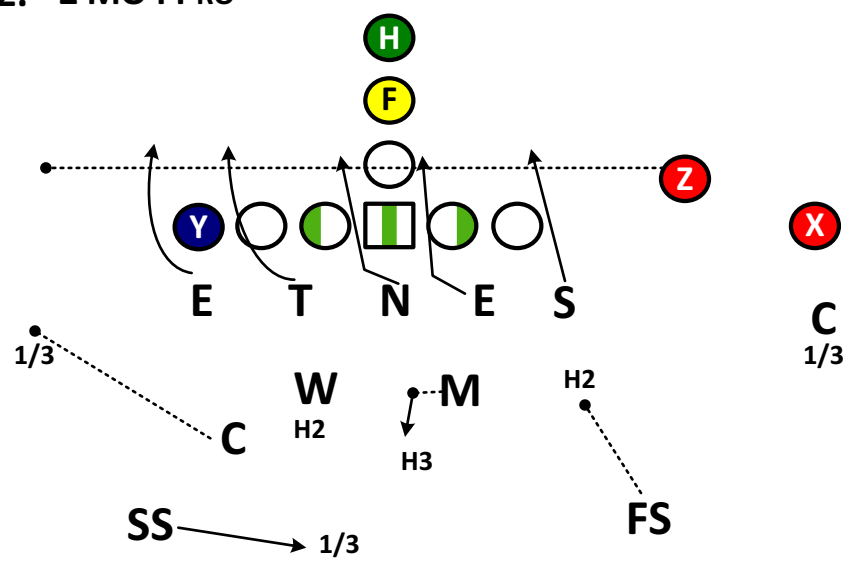
Adjustments:

Jam Freeze 3 Seam

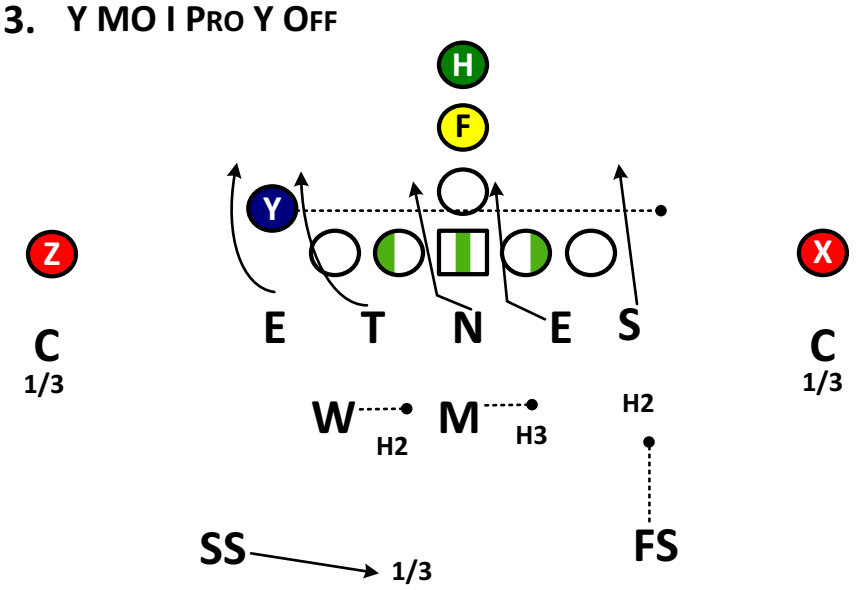
1. Z MO I Slot



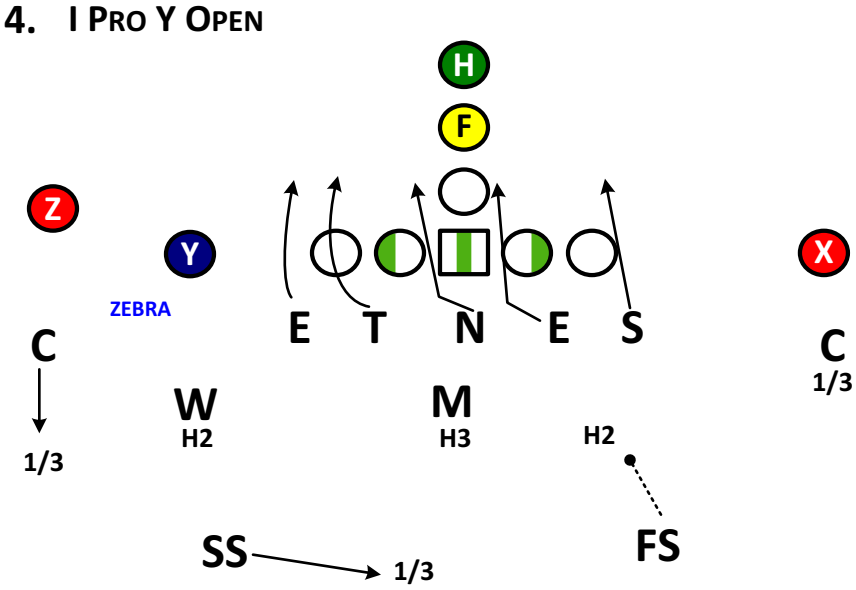
2. Z MO I Pro



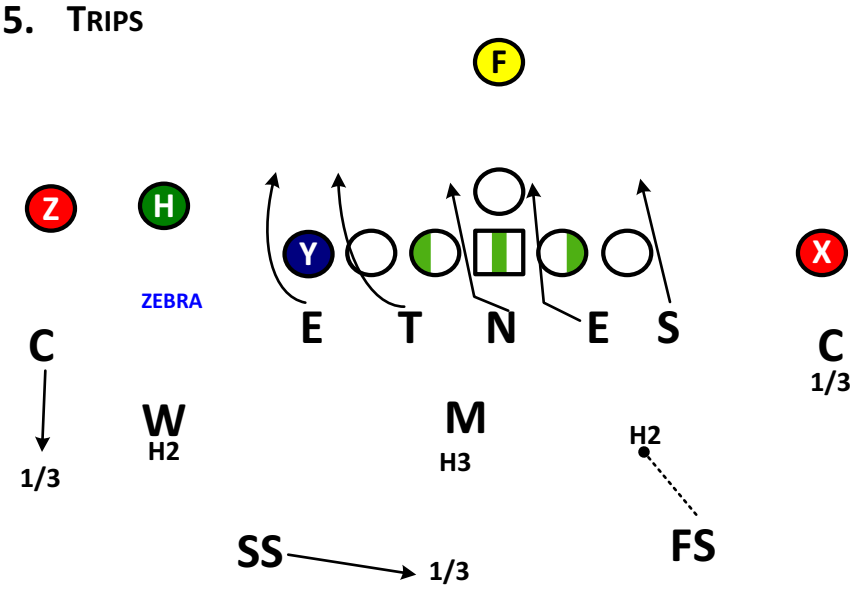
3. Y MO I Pro Y Off



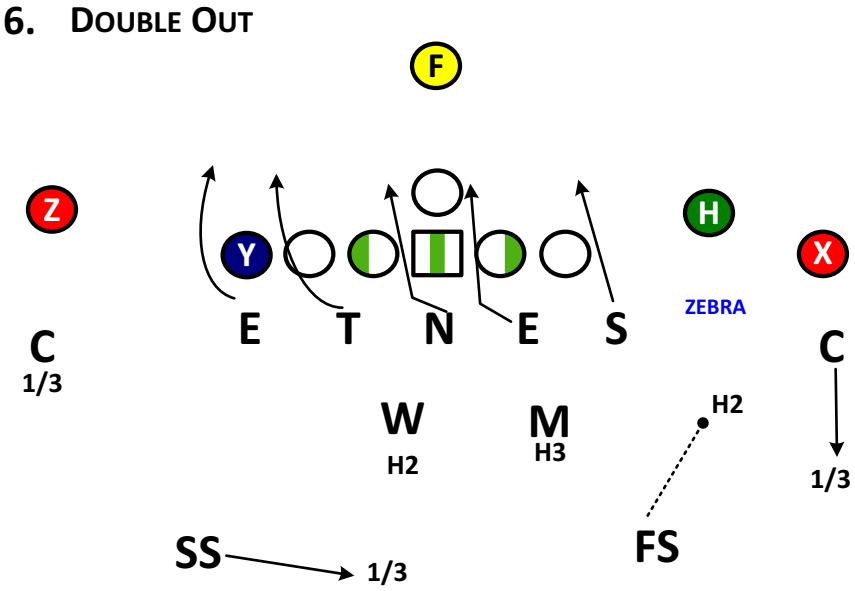
4. I Pro Y Open



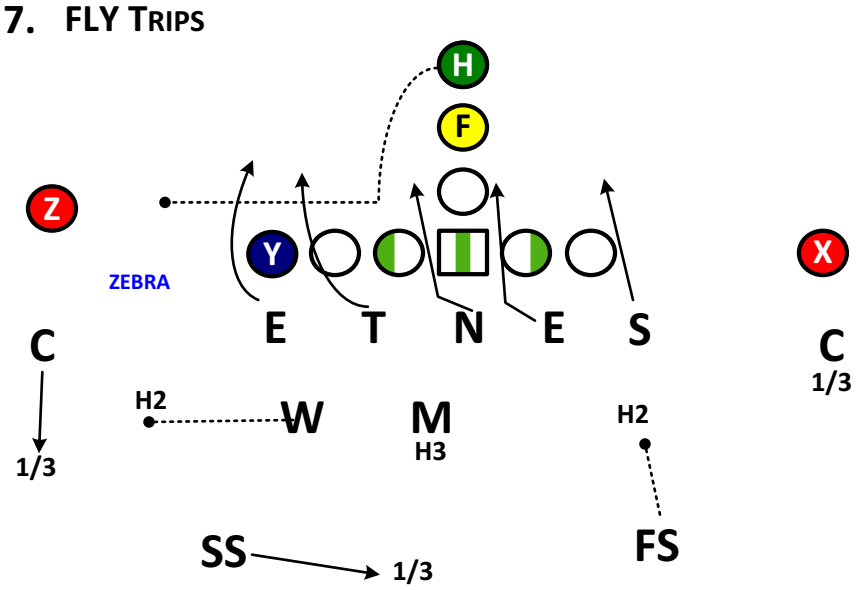
5. Trips



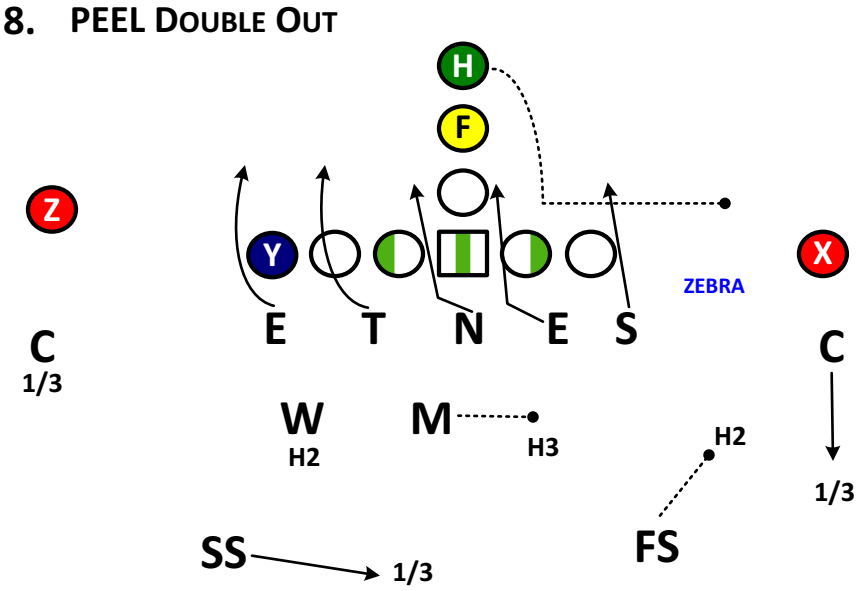
6. Double Out



7. FLY Trips

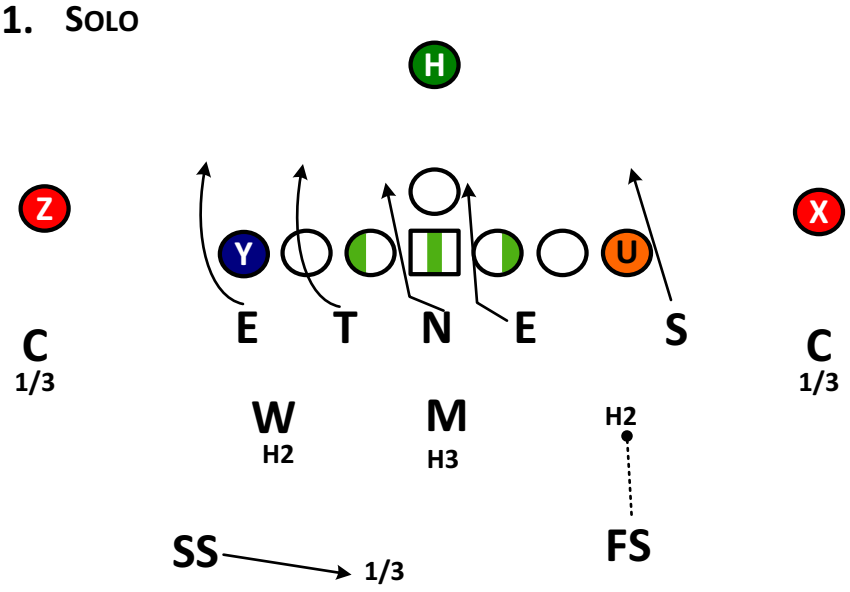


8. PEEL Double Out

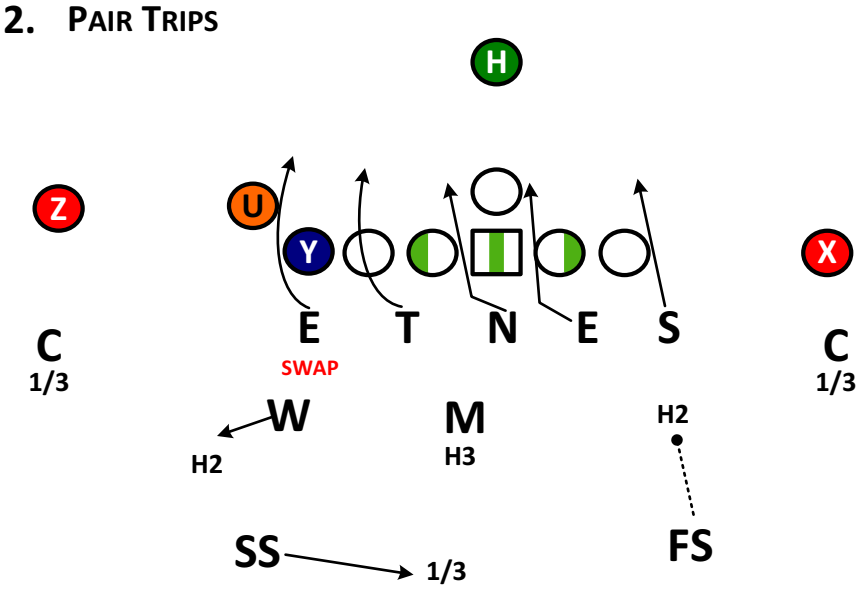


Jam Freeze 3 Seam

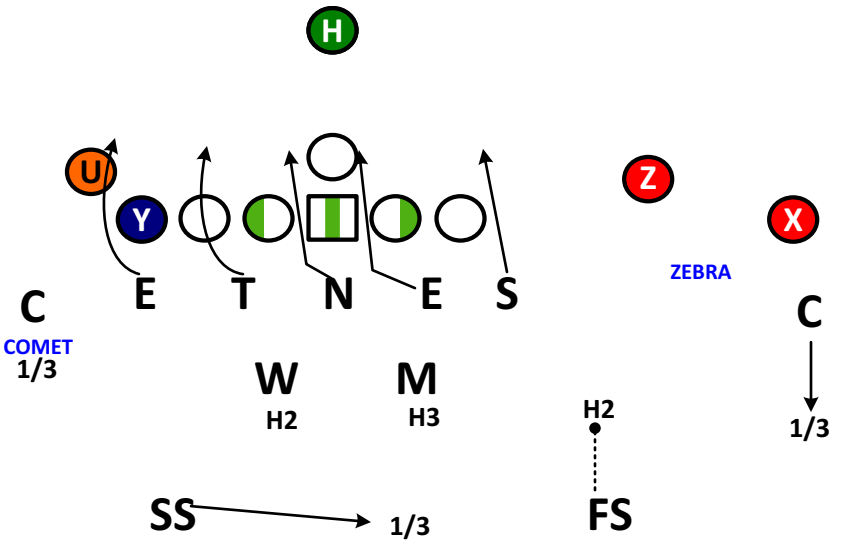
1. Solo



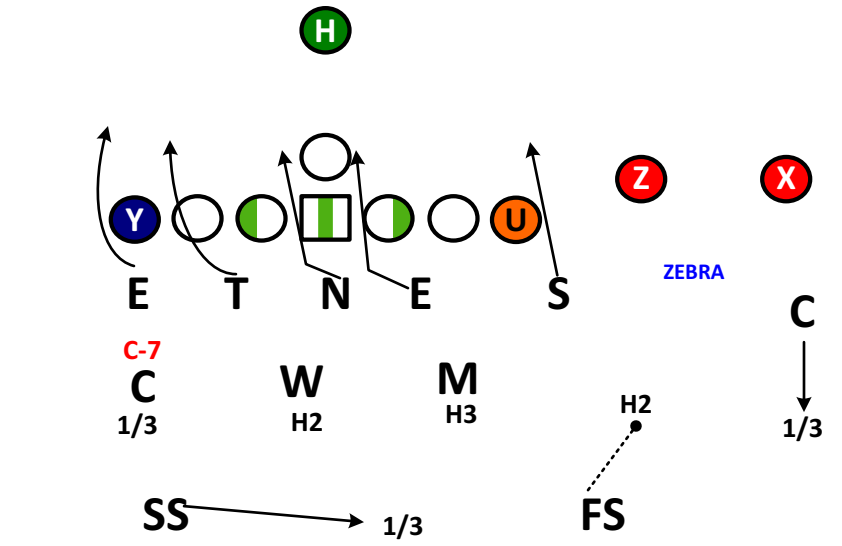
2. Pair Trips



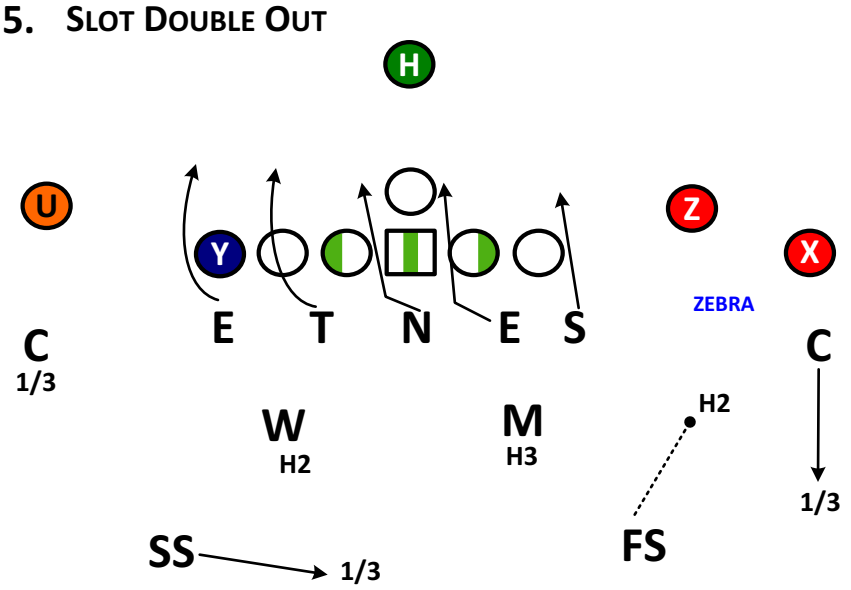
3. Pair Slot



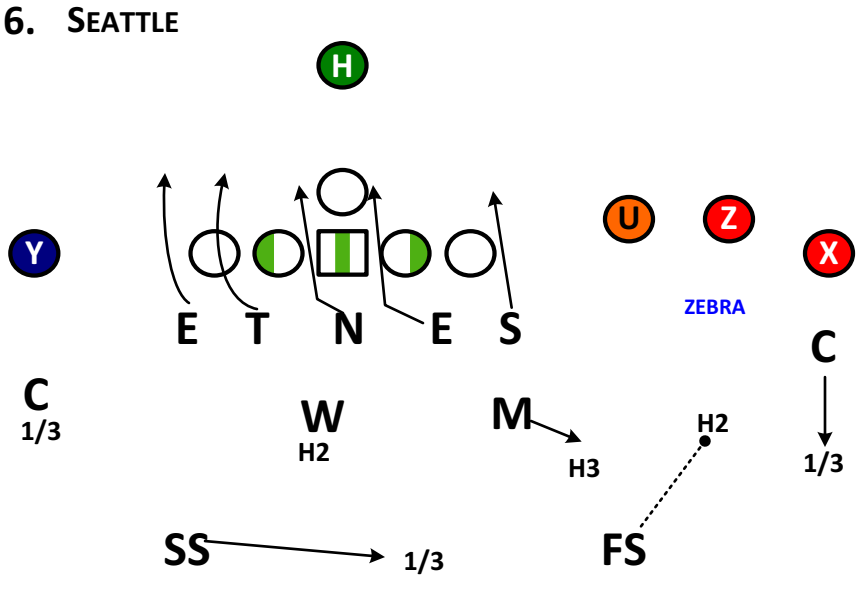
4. Solo Slot



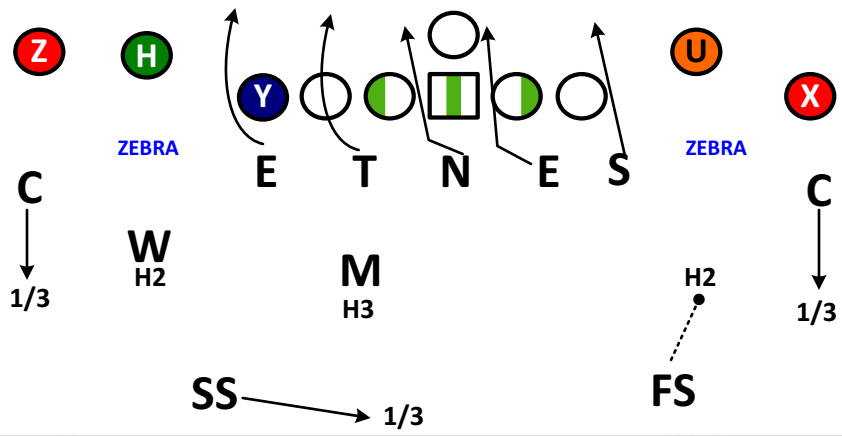
5. Slot Double Out



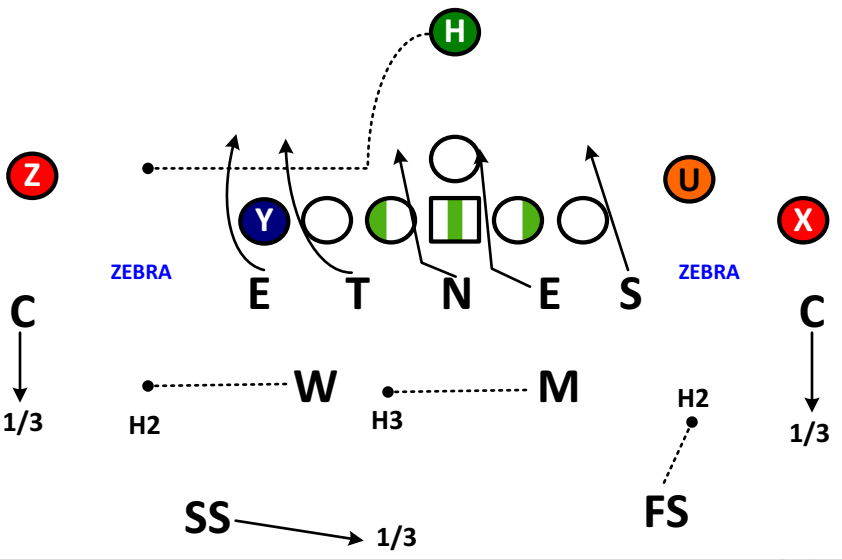
6. Seattle



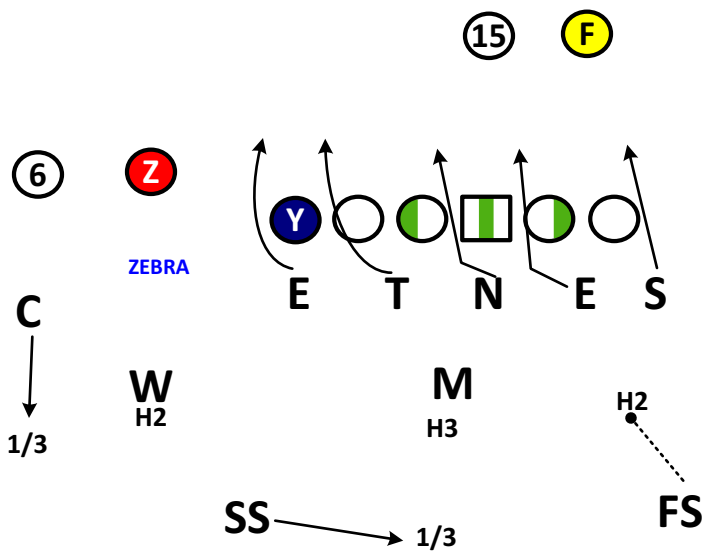
7. Empty



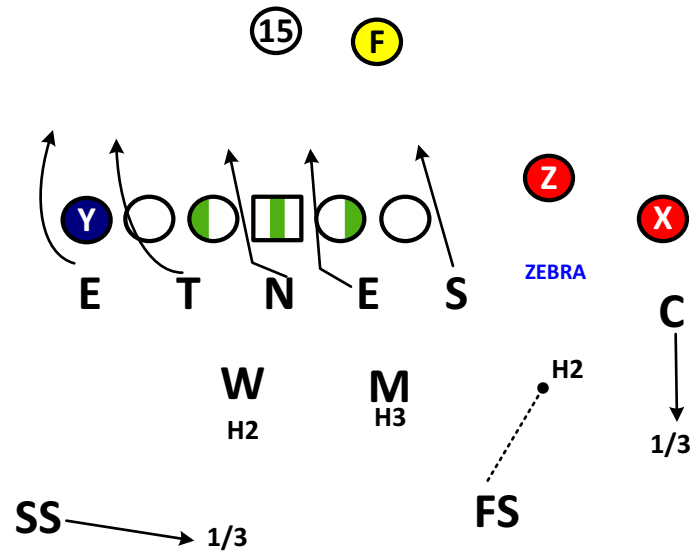
8. Fly Empty



TRIPS

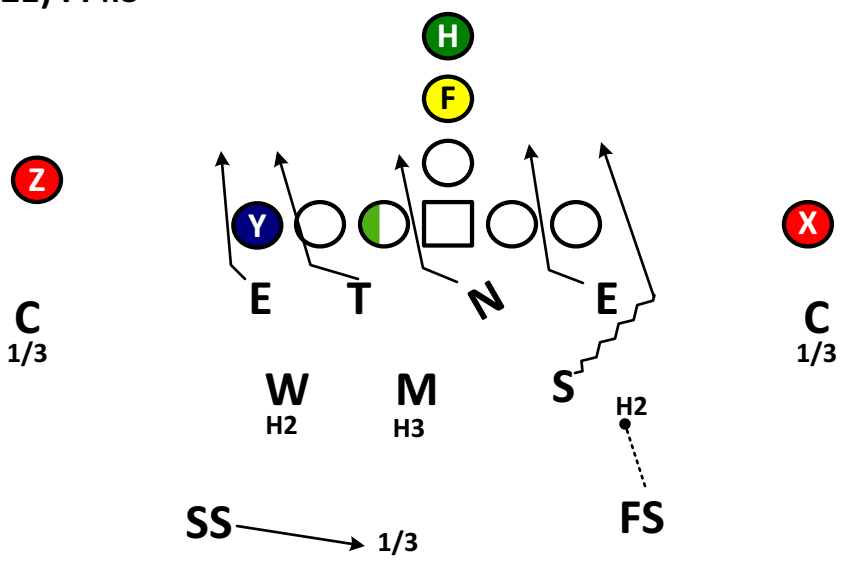


DOUBLE OUT

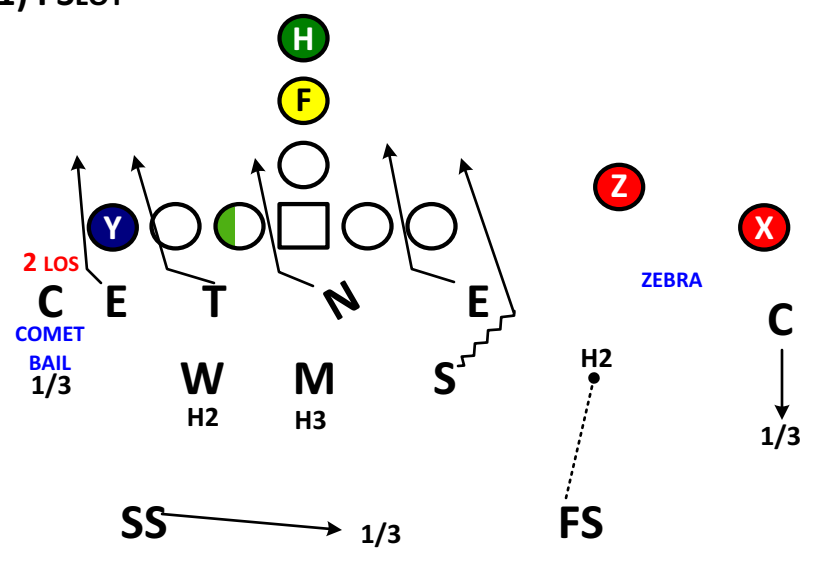


Over Freeze 3 Seam

(21) I Pro



(21) I Slot



Essence:

1. 5 Man 3 Deep 3 Under zone pressure out of our Over Family.

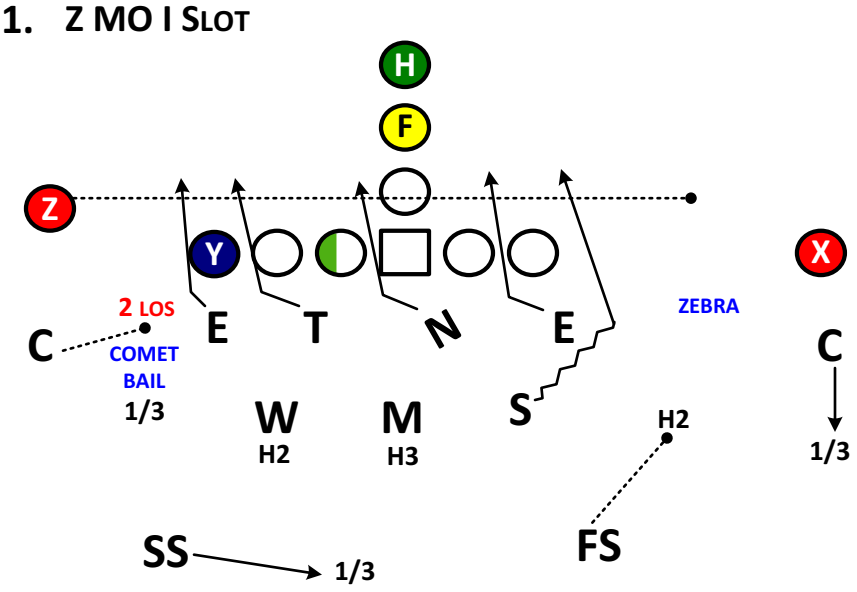
Coaching Points:

1. Solid call to the "Y"
2. Sam Blitz off the Edge
   - Dot: Chase
   - Gun: Contain
3. D-Line: Run an Ash Stunt

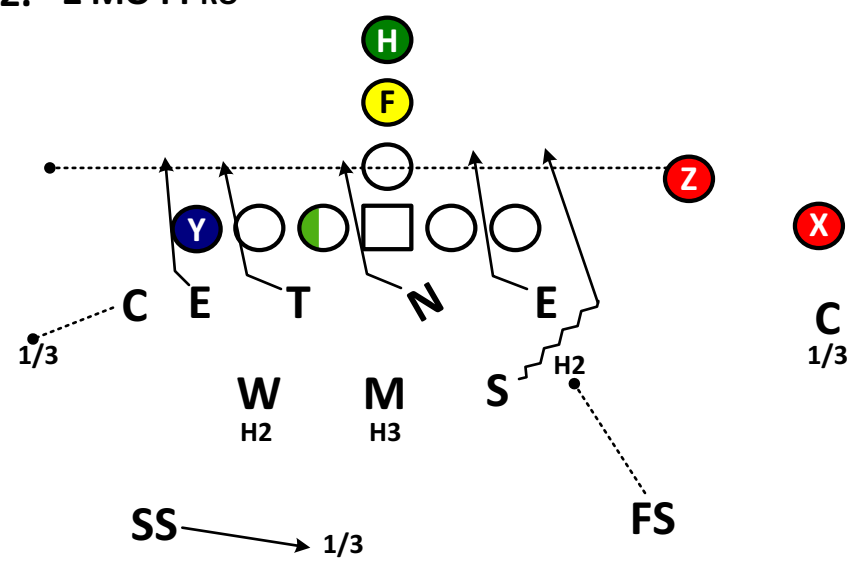
Adjustments:

Over Freeze 3 Seam

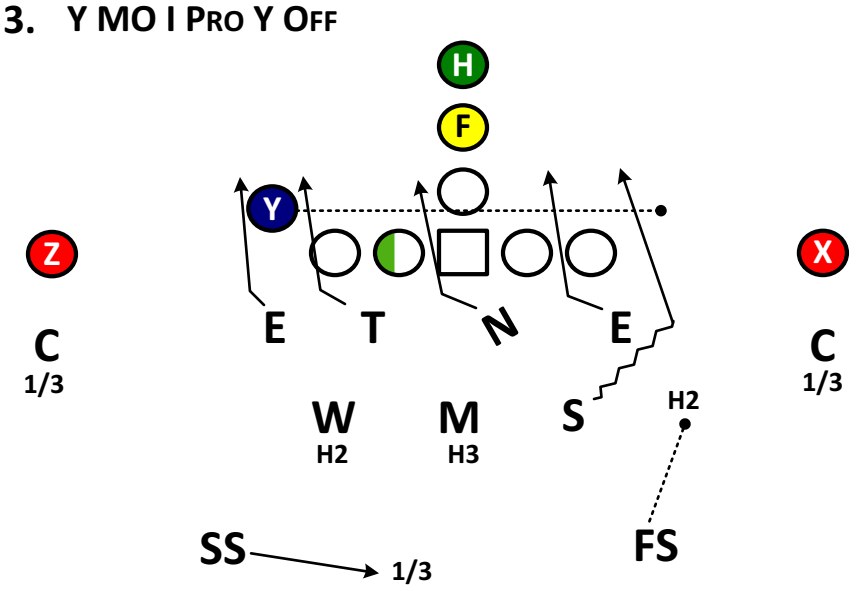
1. Z MO I Slot



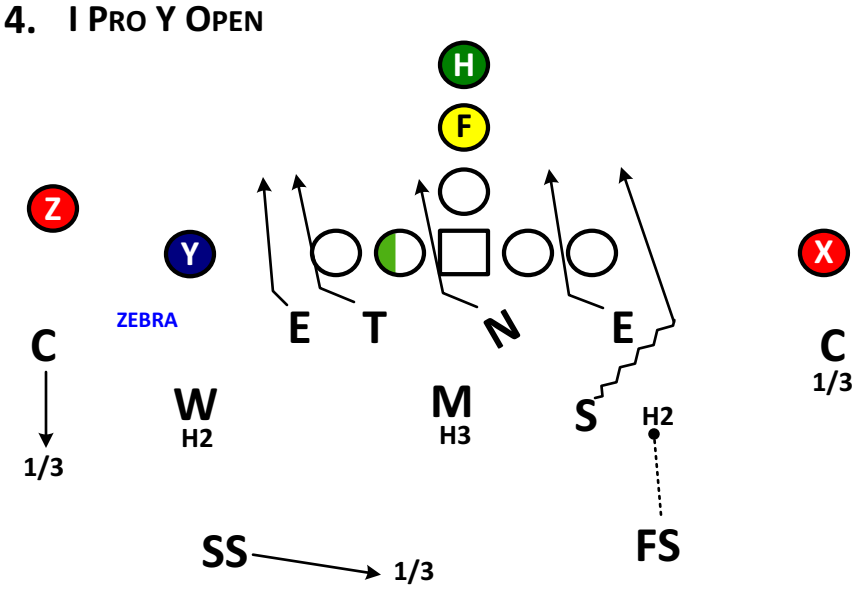
2. Z MO I Pro



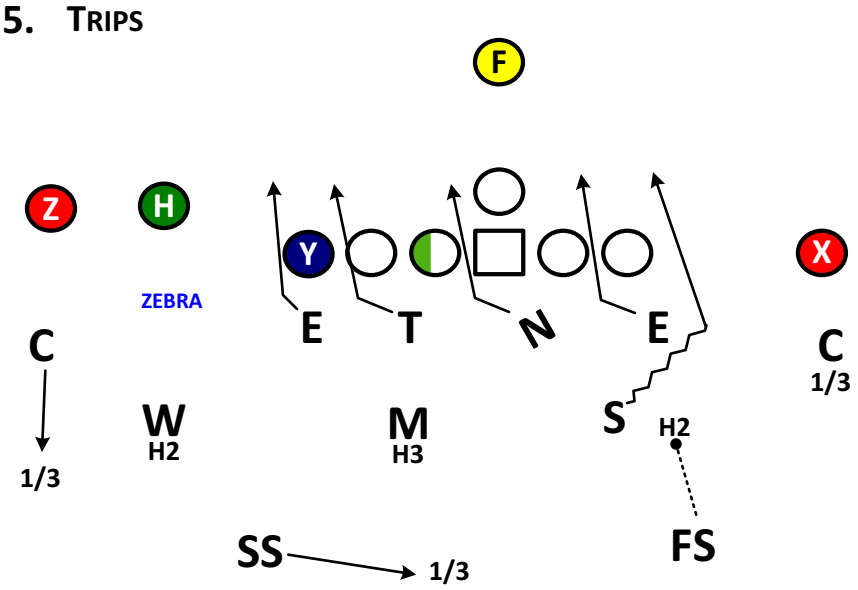
3. Y MO I Pro Y Off



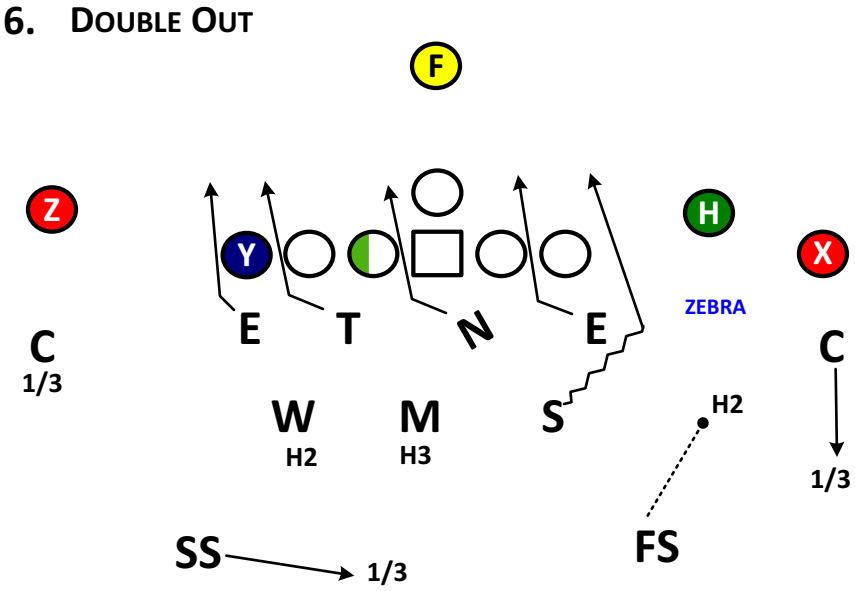
4. I Pro Y Open



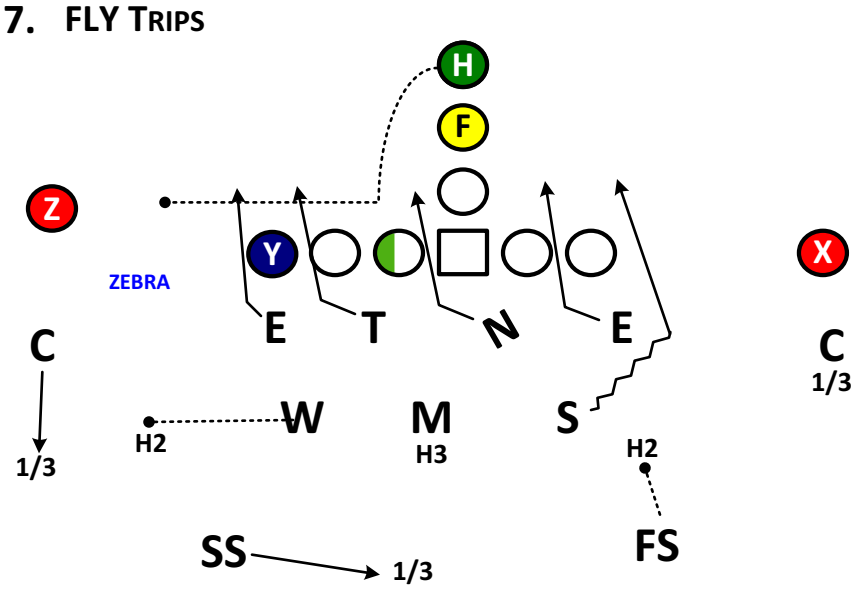
5. Trips



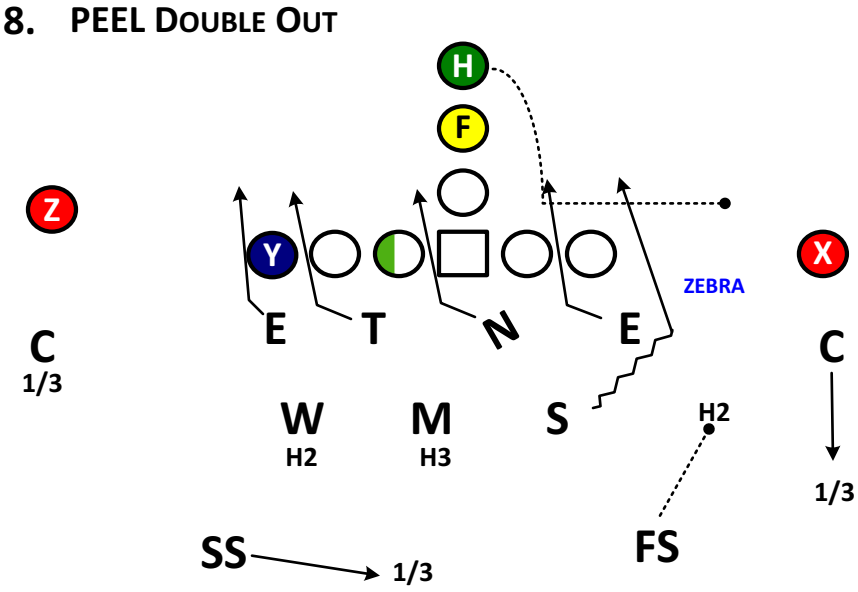
6. Double Out



7. FLY Trips

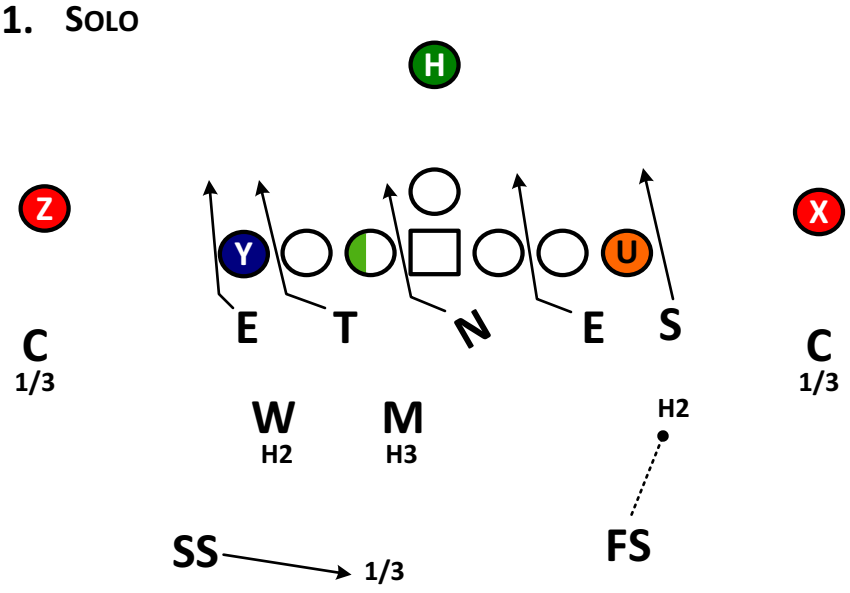


8. PEEL Double Out

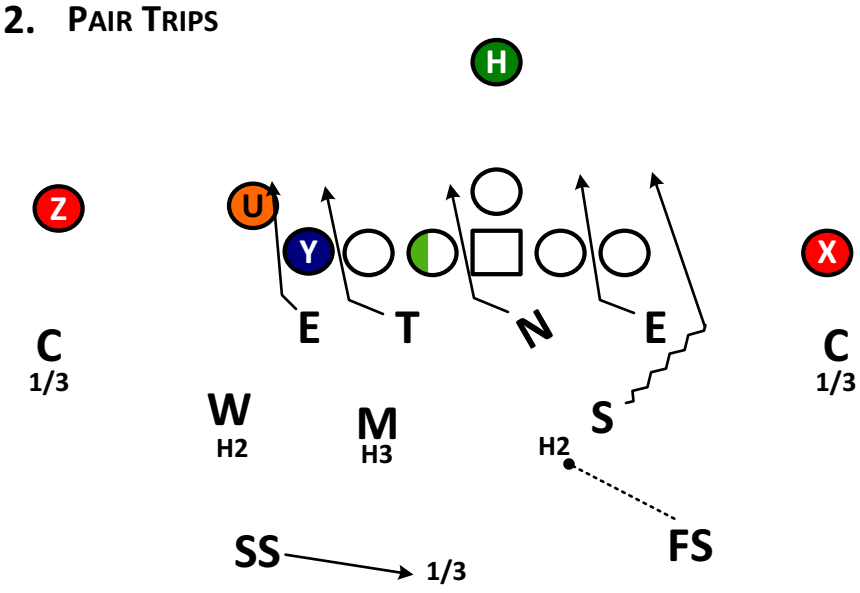


Over Freeze 3 Seam

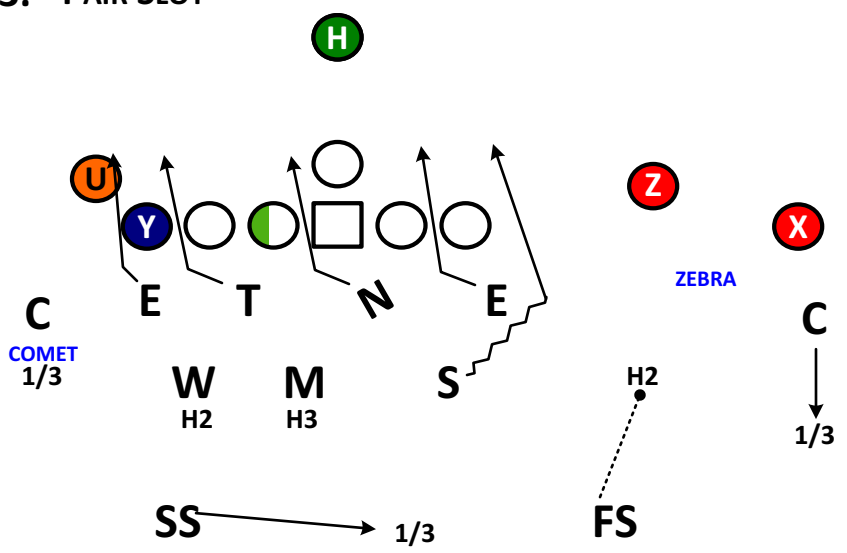
1. Solo



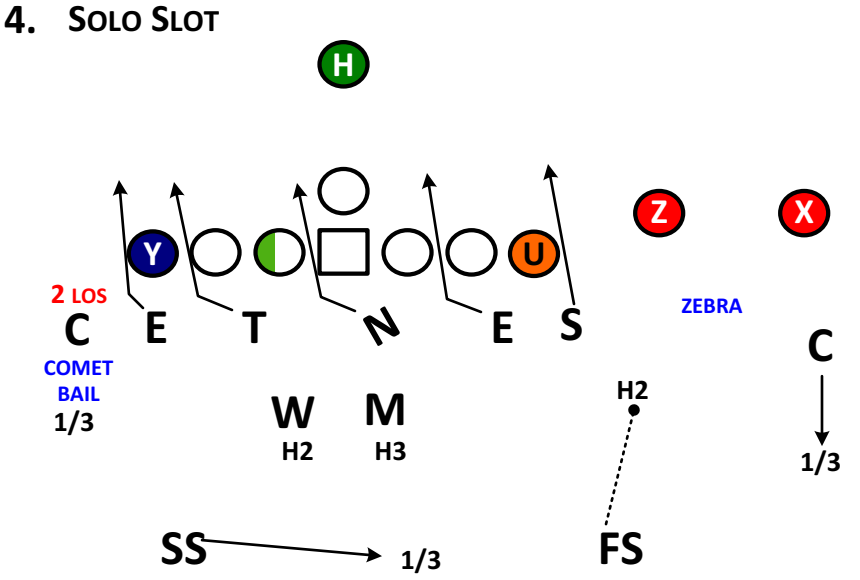
2. Pair Trips



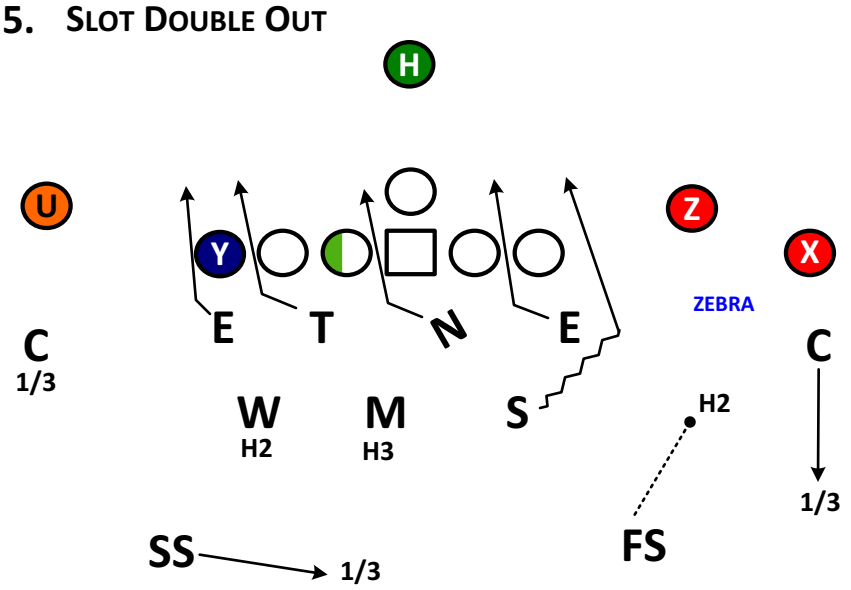
3. Pair Slot



4. Solo Slot

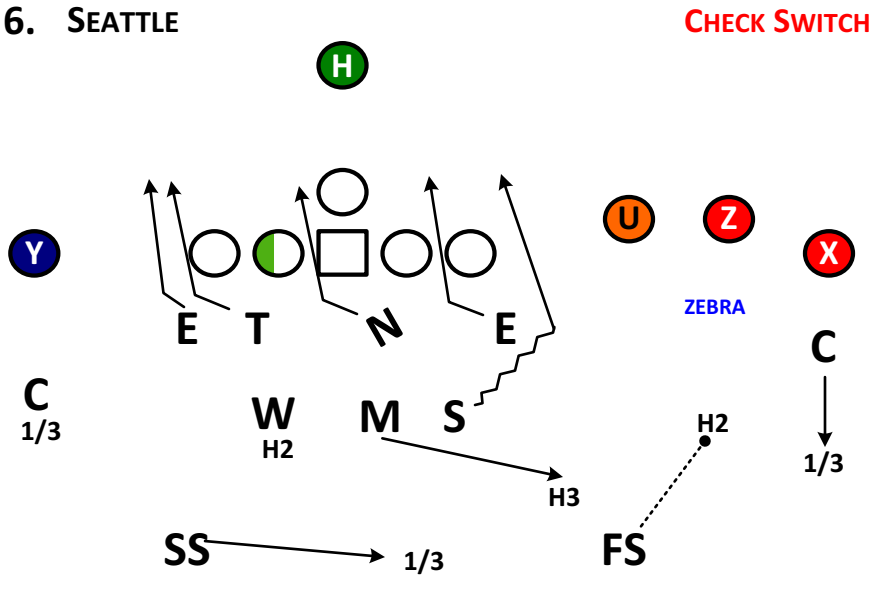


5. Slot Double Out

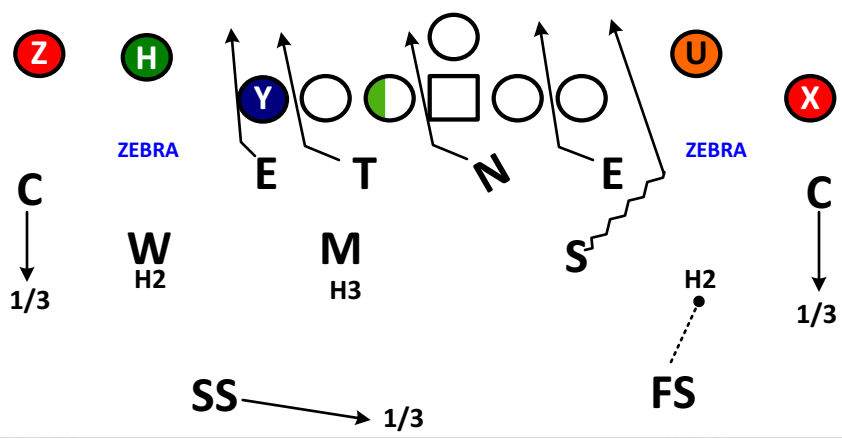


6. Seattle

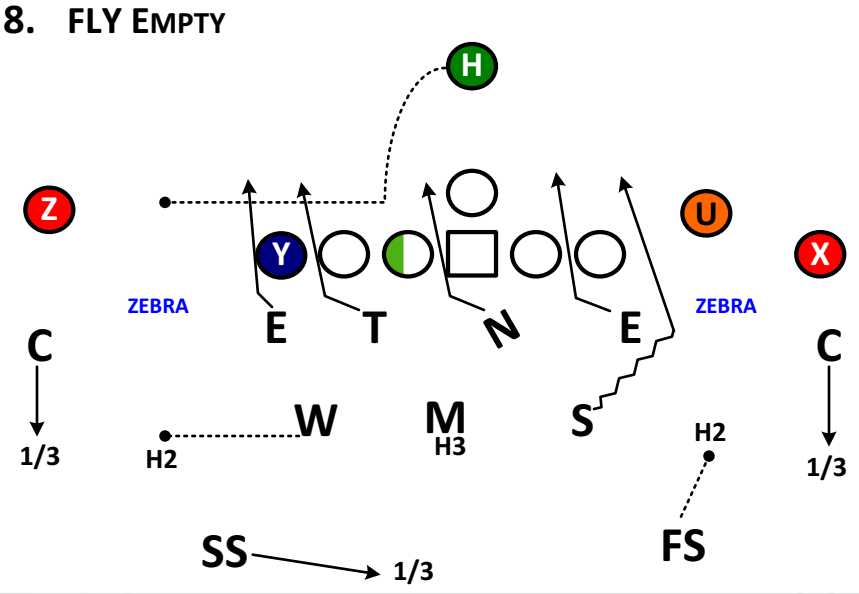
Check Switch



7. Empty

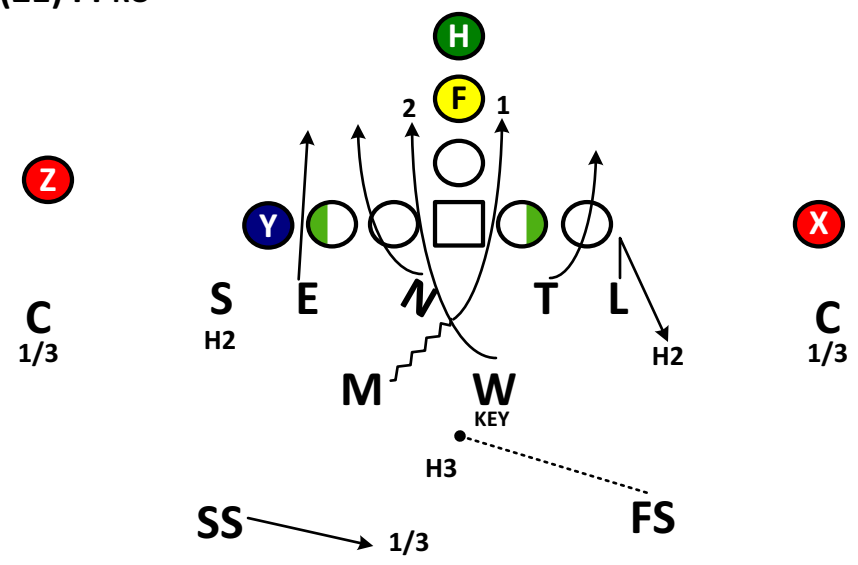


8. FLY Empty

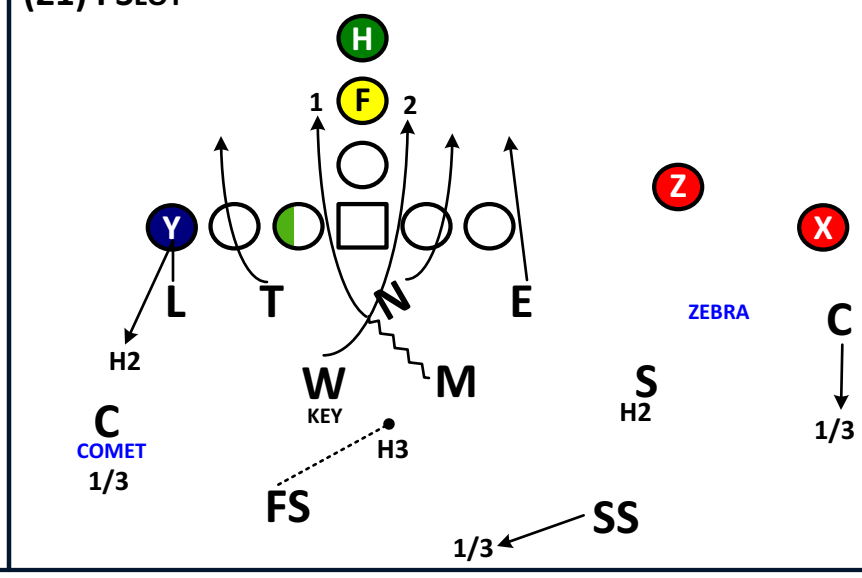


Strong Gut Cross 3 Buzz

(21) I Pro



(21) I Slot



Essence:

1. Strong Gut Cross 3 Buzz is an Under Family Front Zone pressure.

Coaching Points:

1. Close Call to the Passing Strength
   - 2 Receiver Side
   - Balanced 2x2 formations to the left or to the offset
   - Empty: To the 2 man side
2. Mike blitzes the weak A Gap
3. Will Key Blitzes the strong A Gap (Second)
4. Free Safety is the hot to 3 defender
5. Vs. Trips: SS is the hot to 3 defender
6. Strong Safety travel with the closed call.

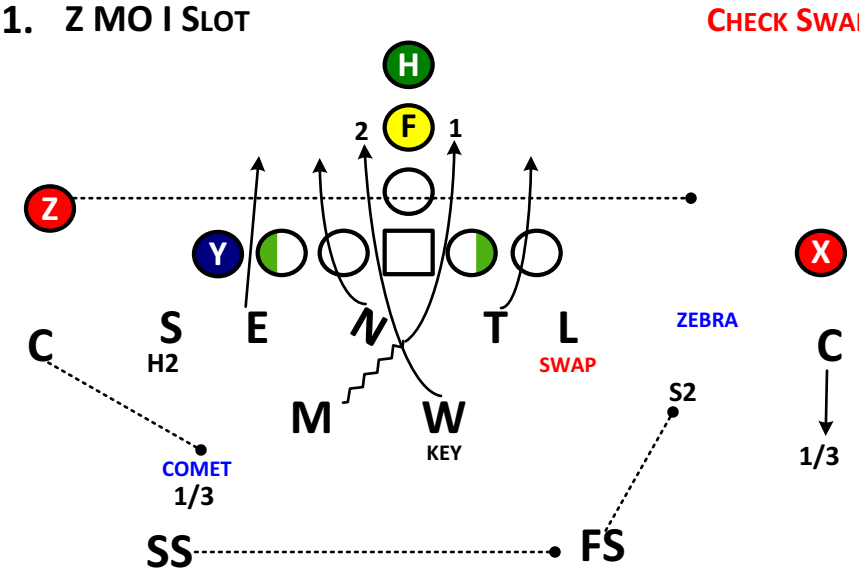
Adjustments:

1. Vs. #2 displaced away from the closed call: Check Swap
2. Vs. #3 displaced away from the closed call: Check hot to 3
3. Vs. 2x2 Formations: Seam Alert
4. Possible Game Plan:
   - Do not cross LBs in blitz

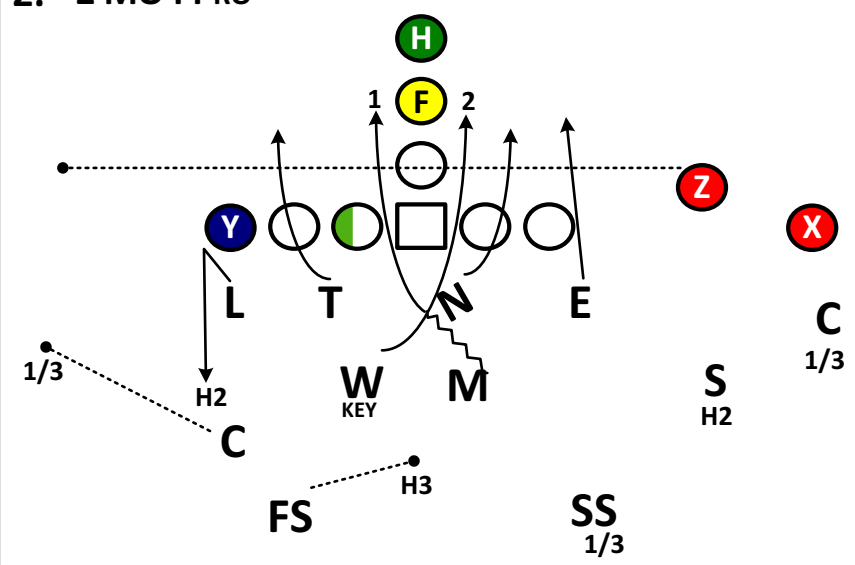
Strong Gut Cross 3 Buzz

1. Z MO I Slot

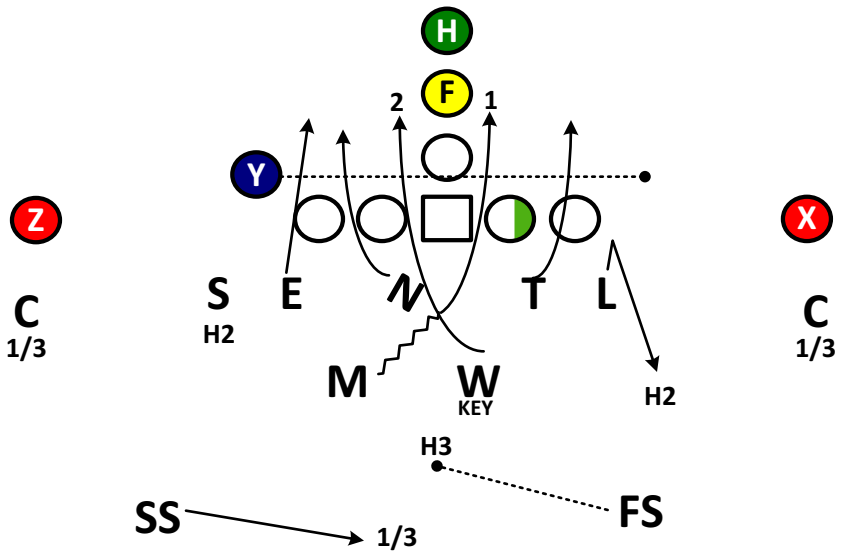
Check Swap



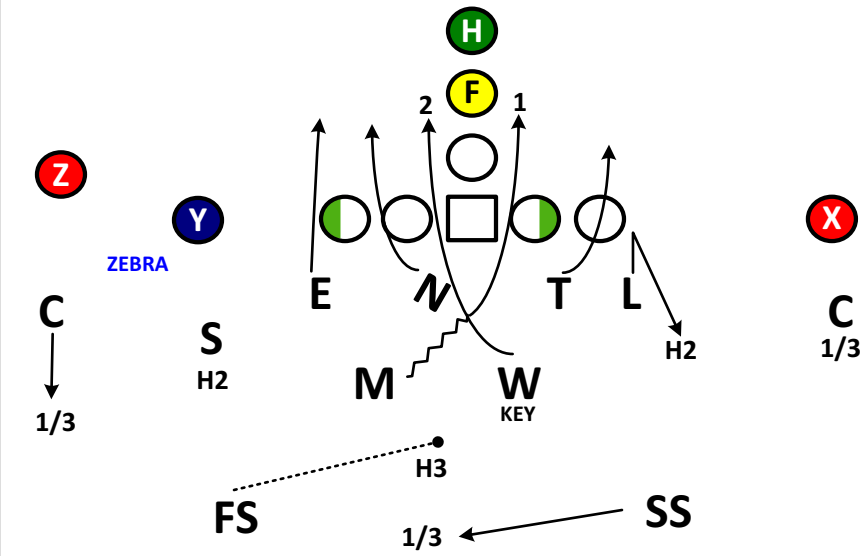
2. Z MO I Pro



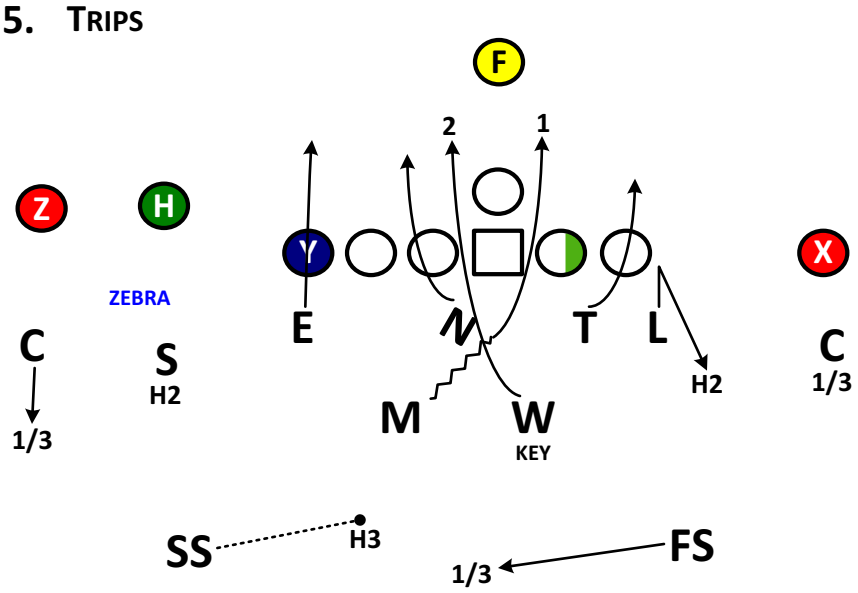
3. Y MO I Pro Y Off



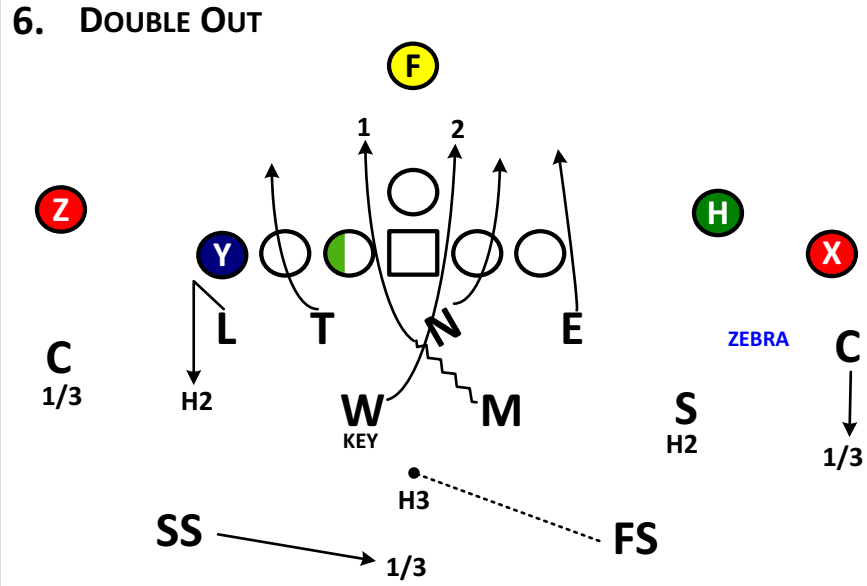
4. I Pro Y Open



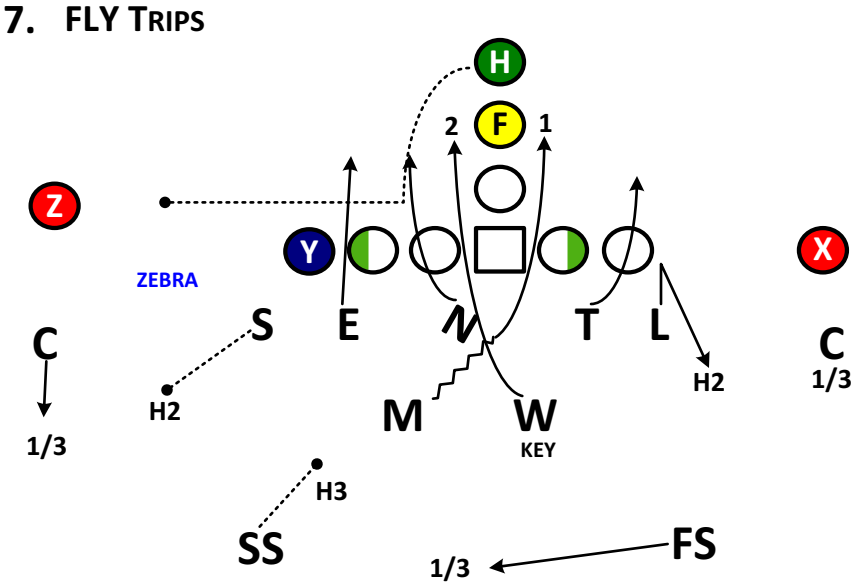
5. Trips



6. Double Out

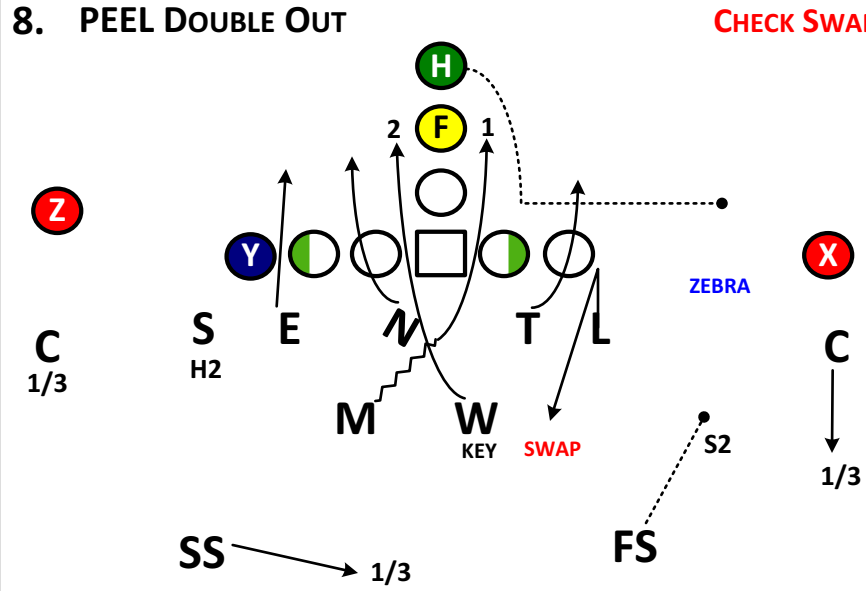


7. FLY Trips



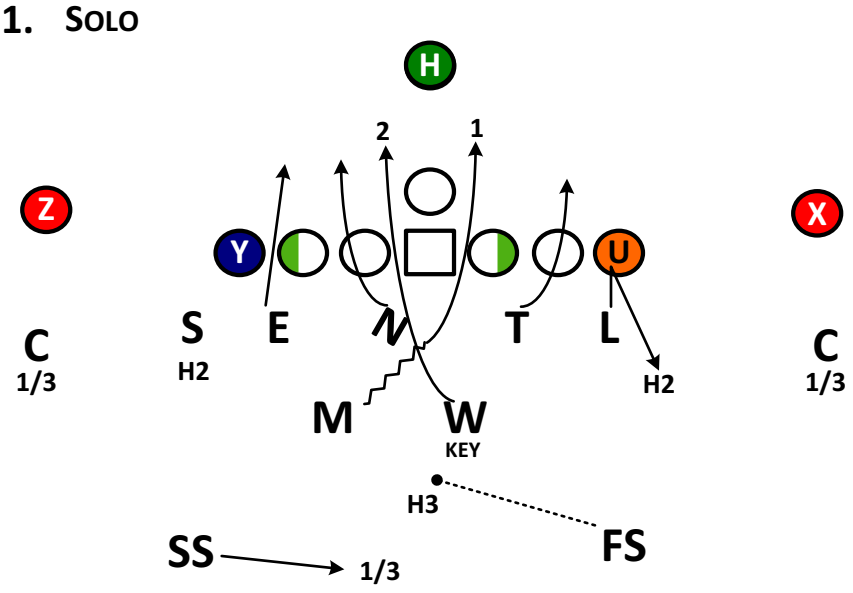
8. PEEL Double Out

Check Swap

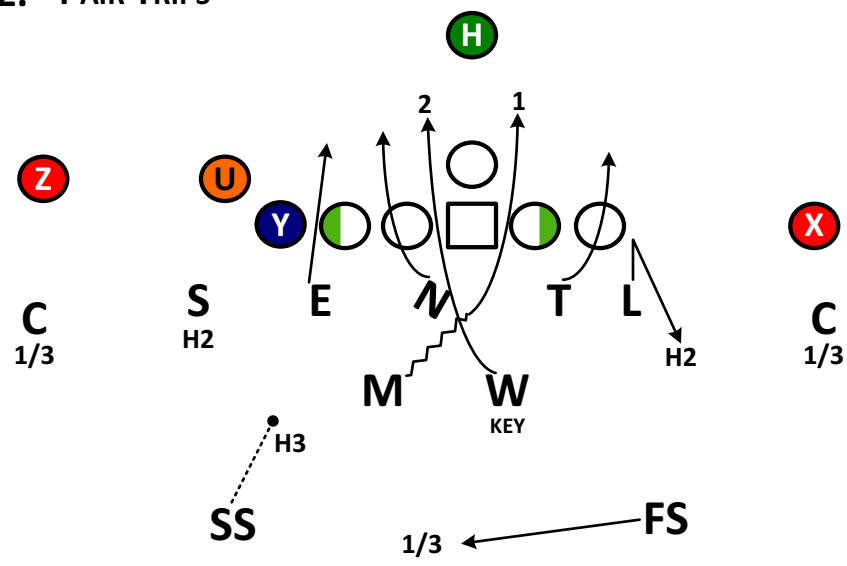


Strong Gut Cross 3 Buzz

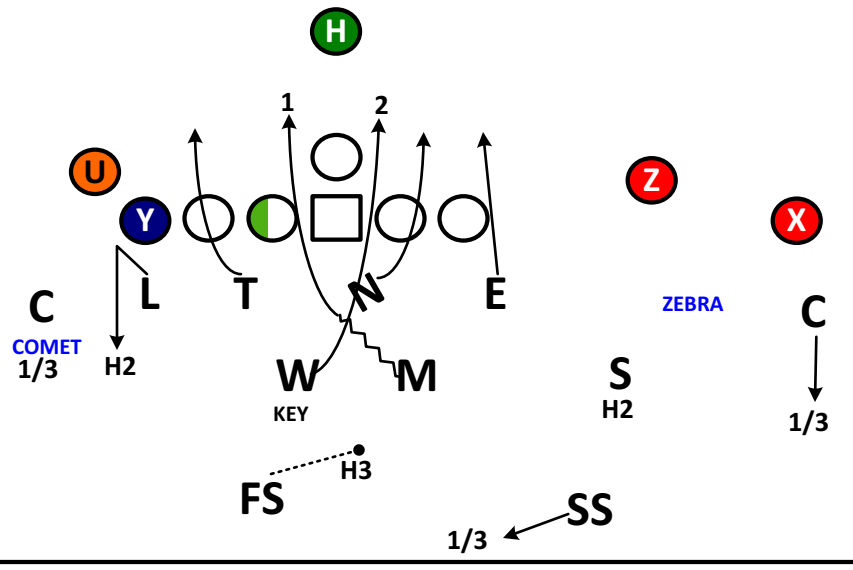
1. Solo



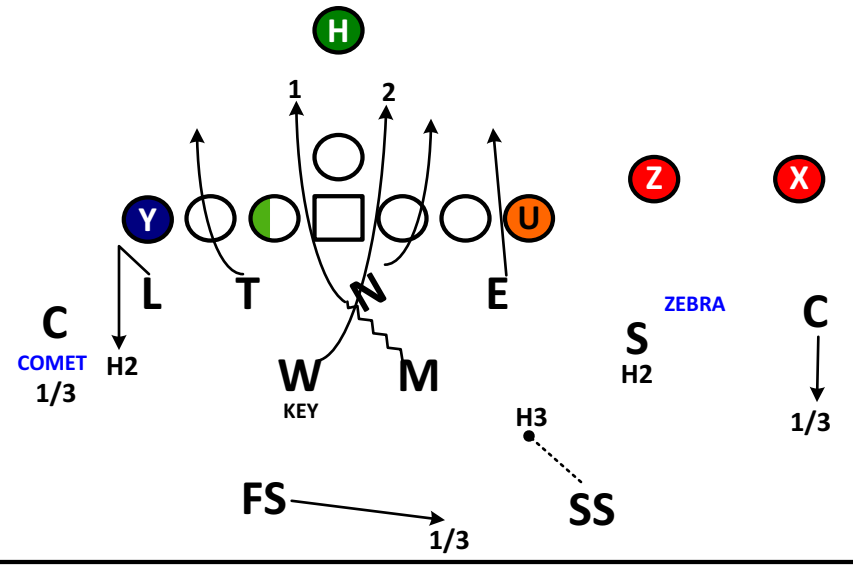
2. Pair Trips



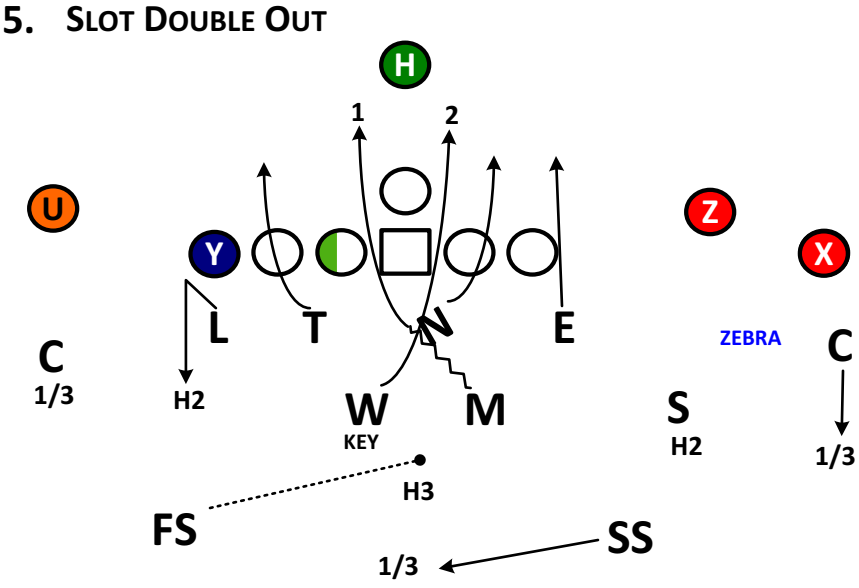
3. Pair Slot



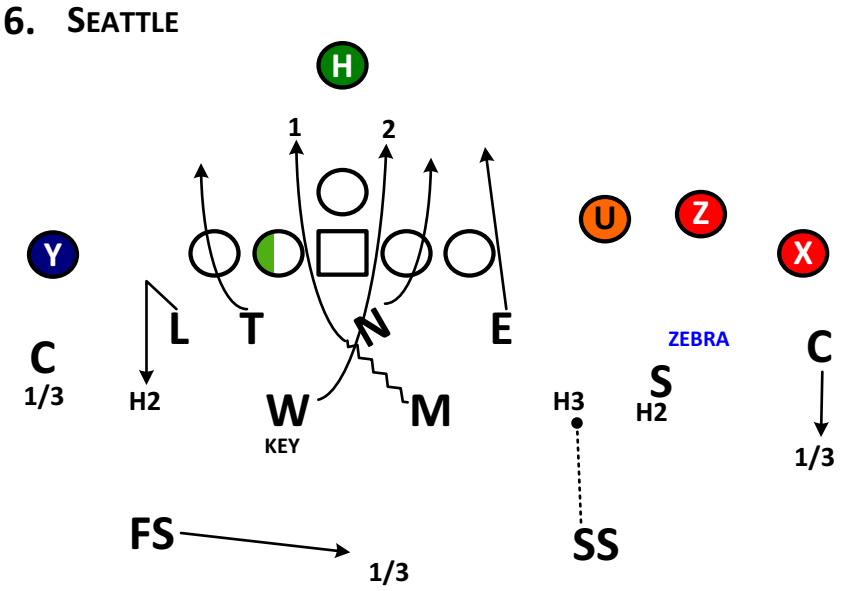
4. Solo Slot



5. Slot Double Out

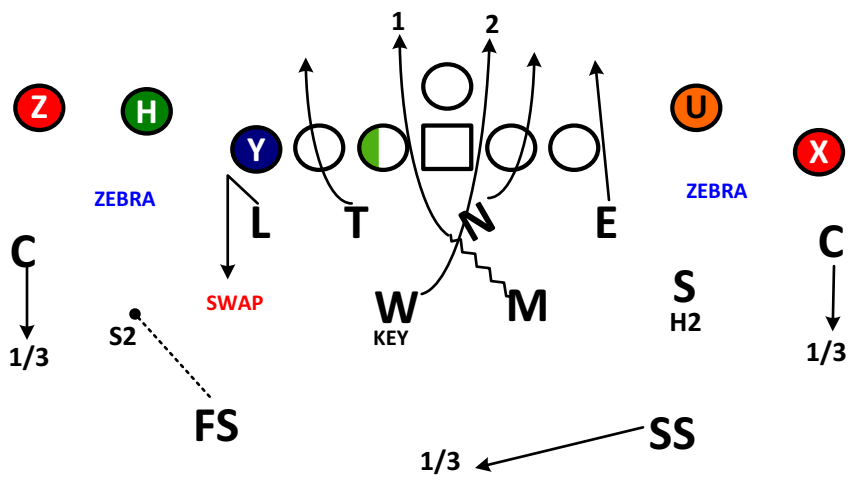


6. Seattle



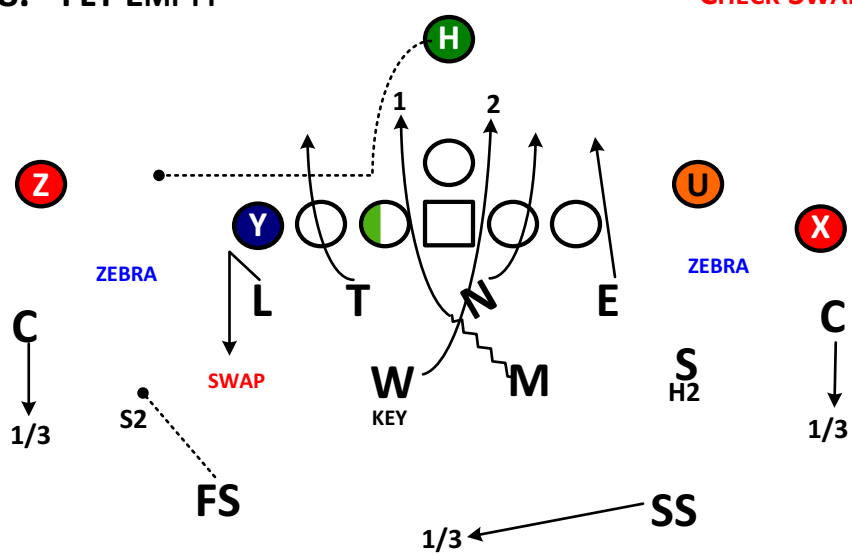
7. Empty

CHECK SWAP



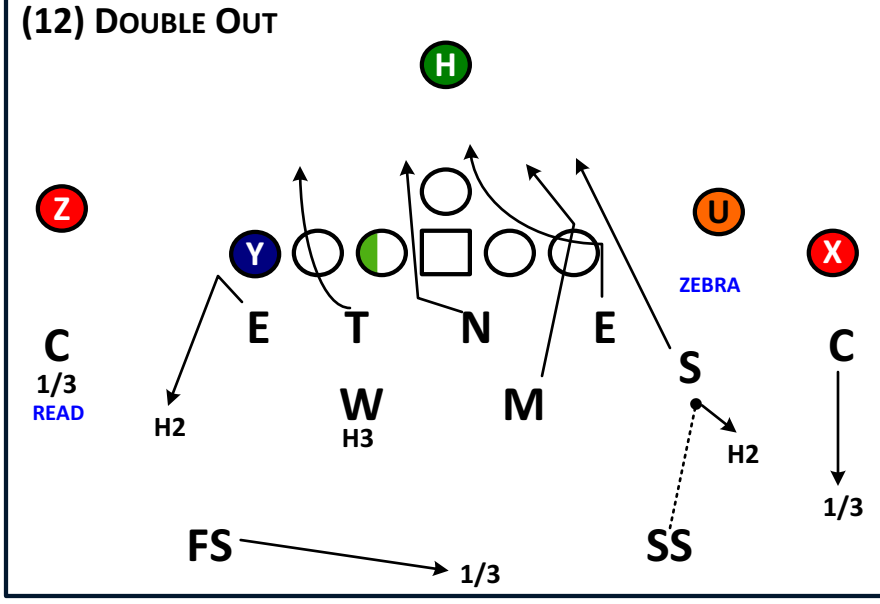
8. Fly Empty

CHECK SWAP

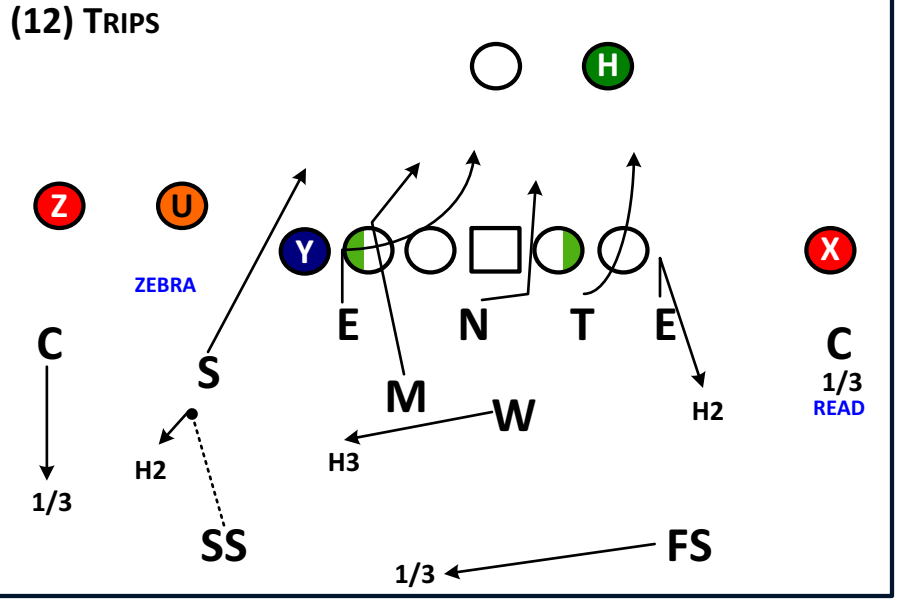


(Base) Strong Mob 3 Seam

(12) Double Out



(12) Trips



Essence:

1. Strong Mob 3 Seam is a 5 Man 3 Deep 3 Under Zone Pressure

Coaching Points:

1. Closed call to the Passing Strength (Bubble Set to the Closed Call):
   Empty: To the 2 Receiver Side.
2. Mike: Run an Ice Stunt
3. Sam: Chase Contain Blitzer
4. Closed Call End: Ice Stunt

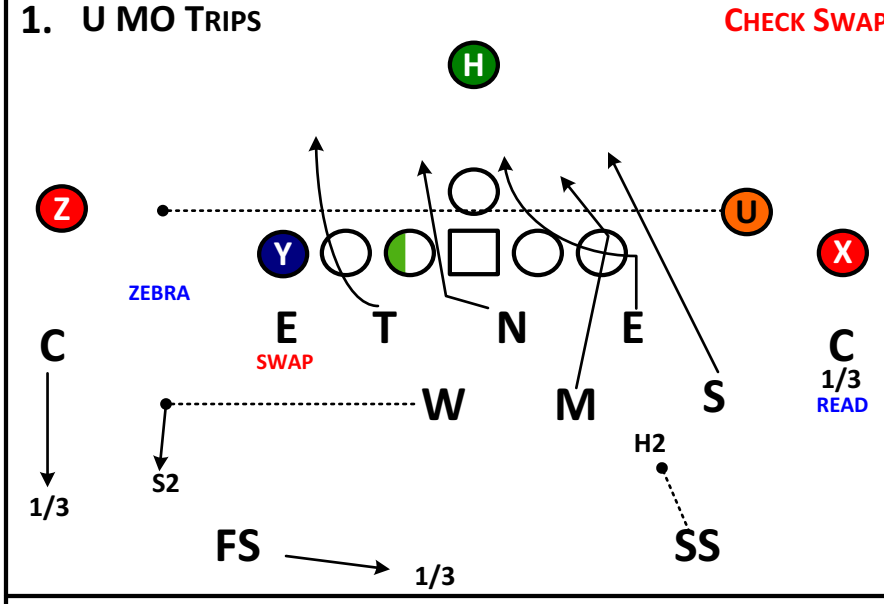
Adjustments:

1. Vs. 2 Displaced away from the Strong Call: Will Adjust. Check Swap
2. Vs. #3 Displaced: Mike Adjust
3. Vs. Change of Strength Motion: Will Adjust. Check Swap
4. Vs. Motion to Empty, 3 to the side of the Closed Call: Mike No Go. End Rush

(Base) Strong Mob 3 Seam

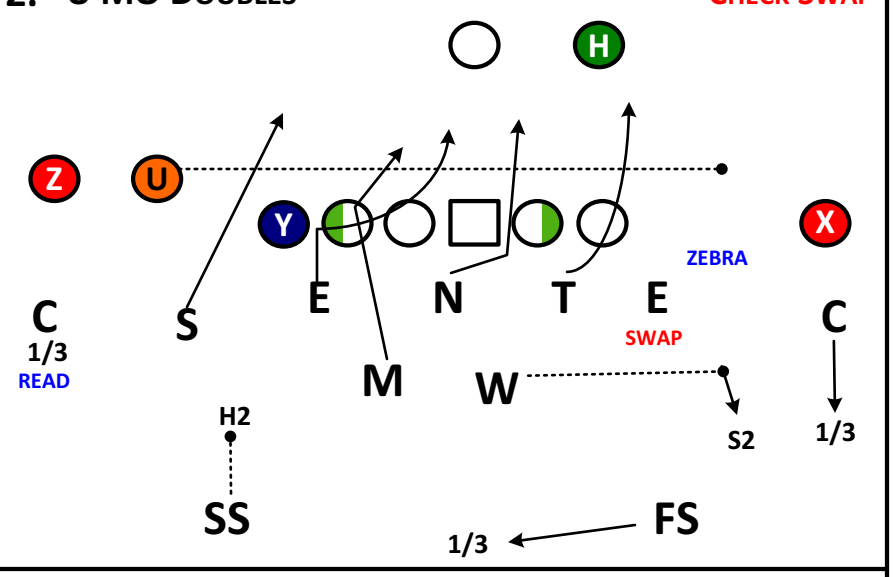
1. U MO Trips

Check Swap

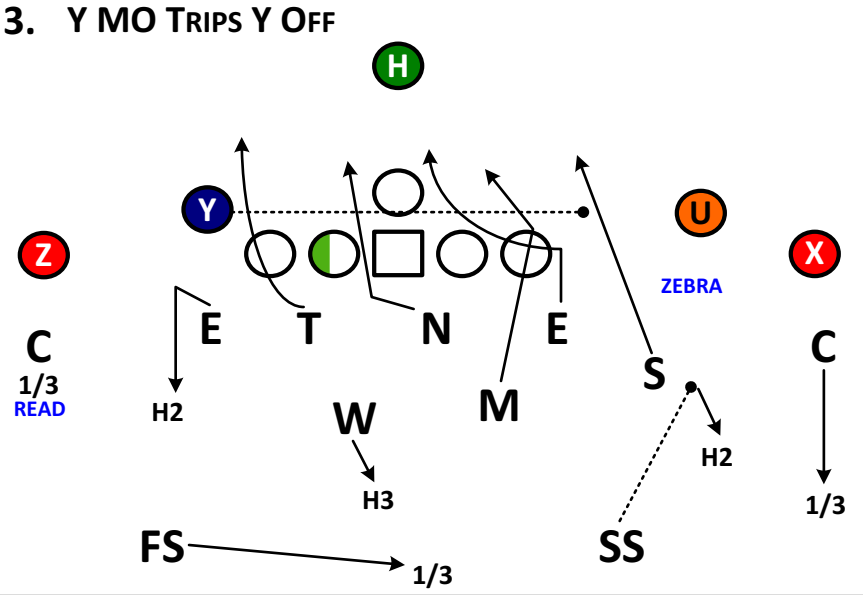


2. U MO Doubles

Check Swap

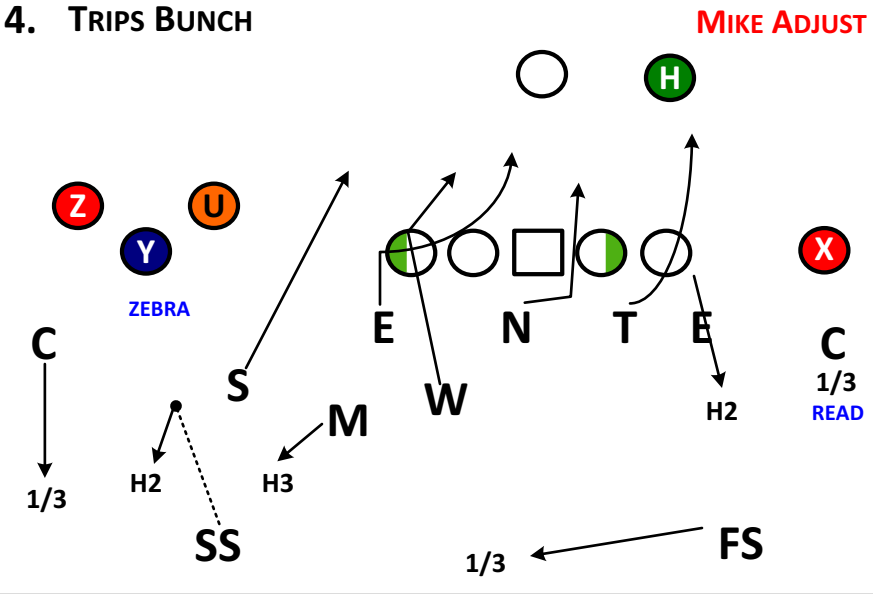


3. Y MO Trips Y Off



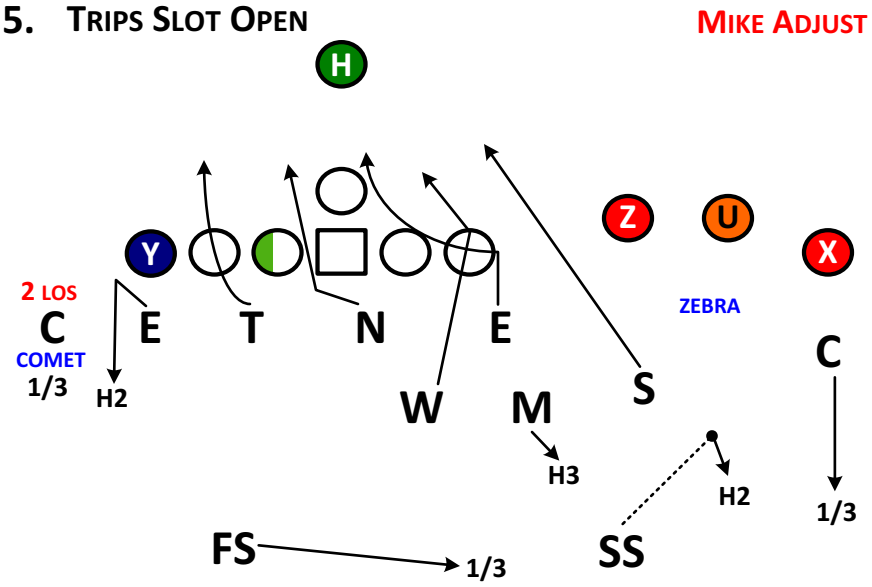
4. Trips Bunch

Mike Adjust



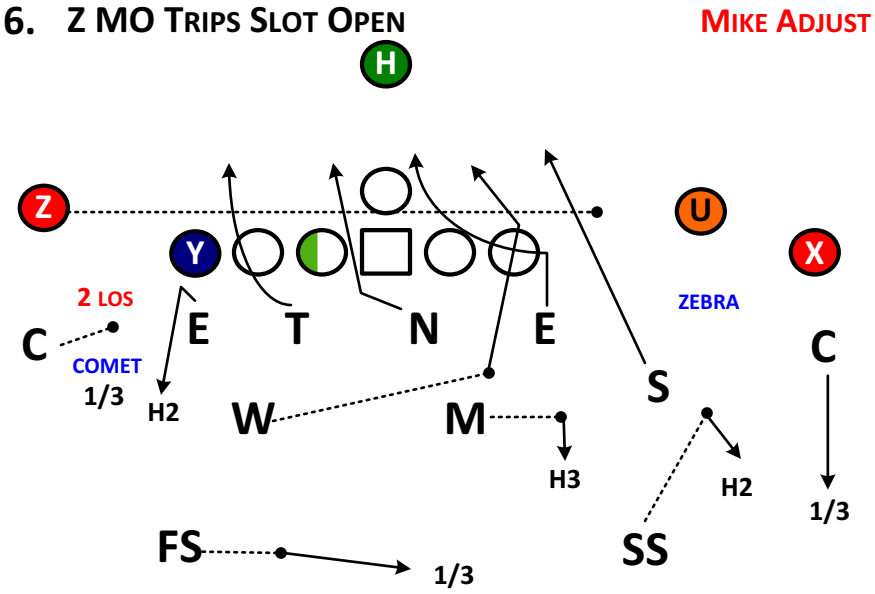
5. Trips Slot Open

Mike Adjust

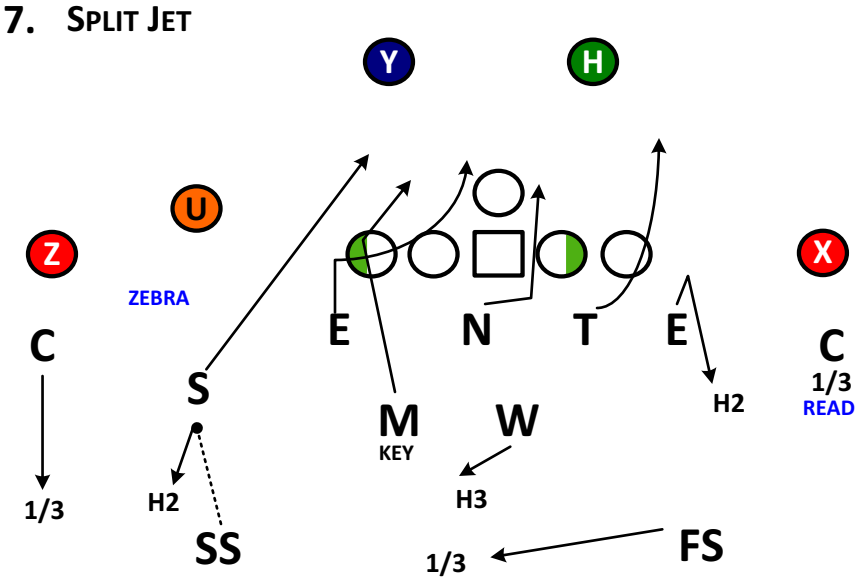


6. Z MO Trips Slot Open

Mike Adjust

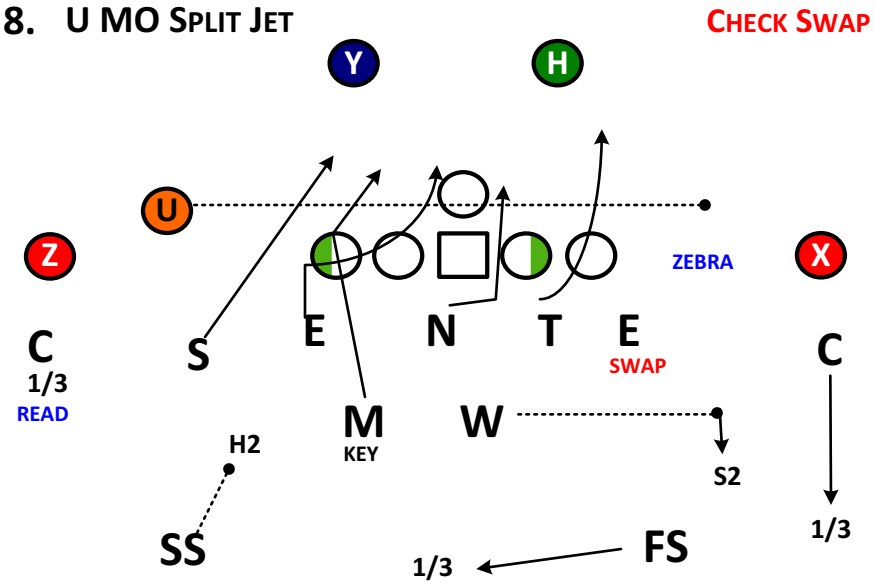


7. Split Jet



8. U MO Split Jet

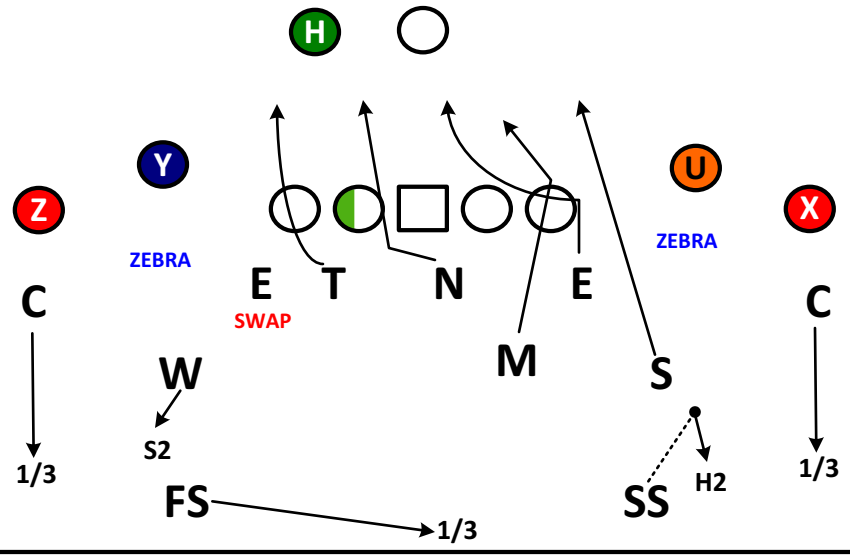
Check Swap



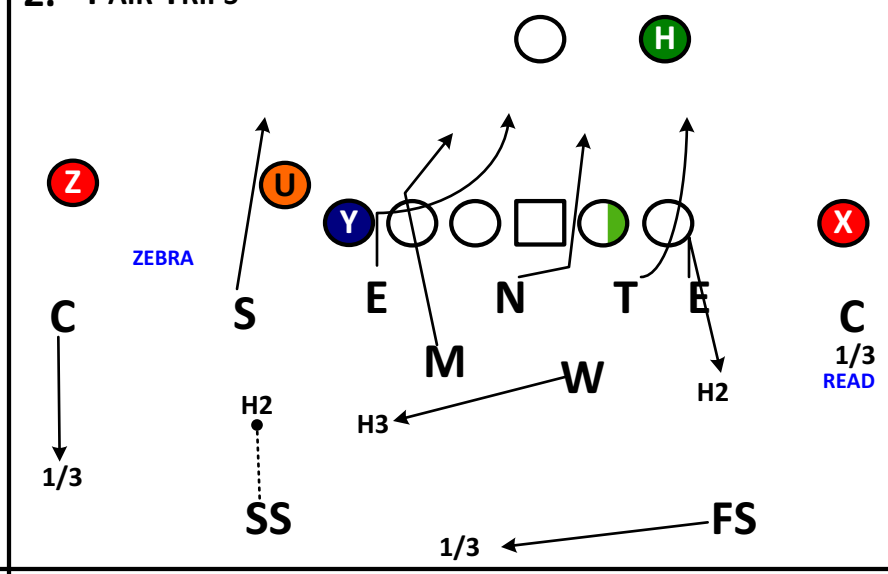
(Base) Strong Mob 3 Seam

1. Spread

Check Swap

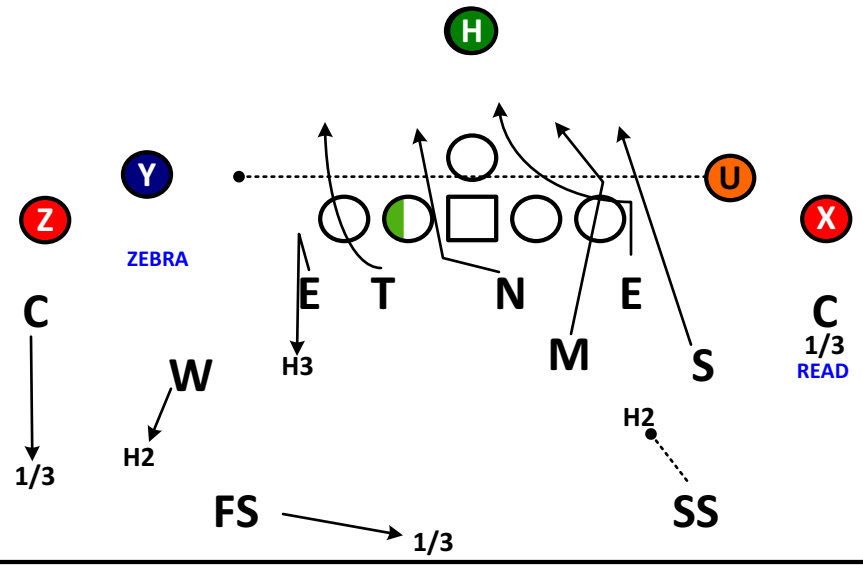


2. Pair Trips



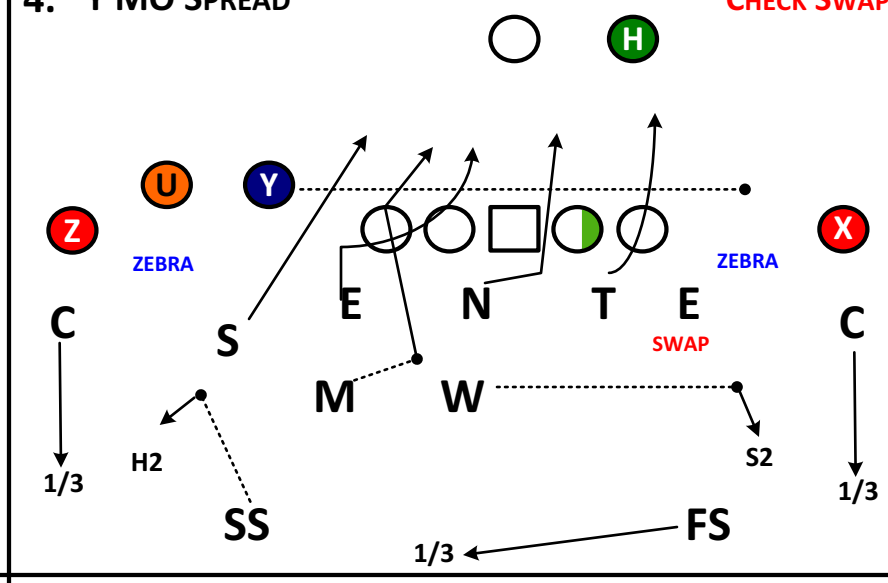
3. U MO Trips Open

Check Hot to 3



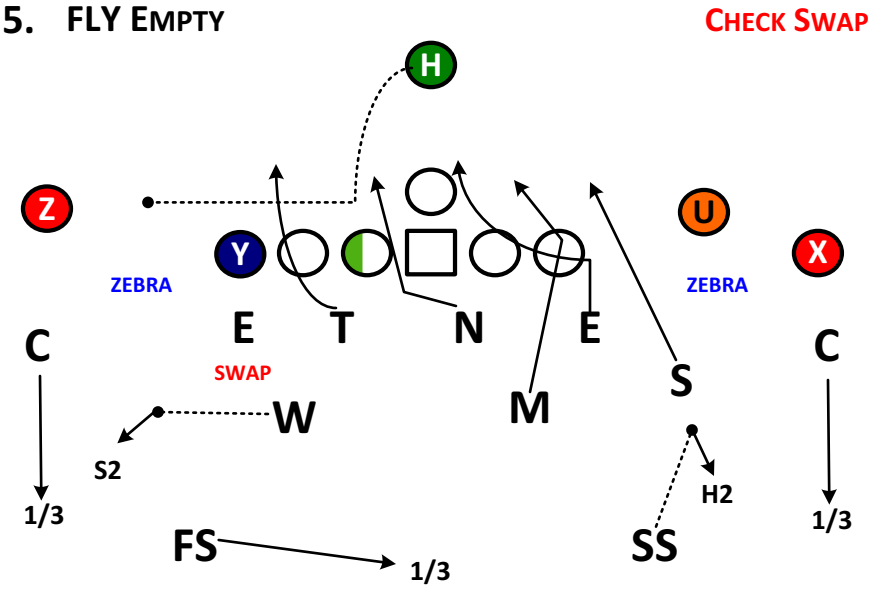
4. Y MO Spread

Check Swap



5. FLY Empty

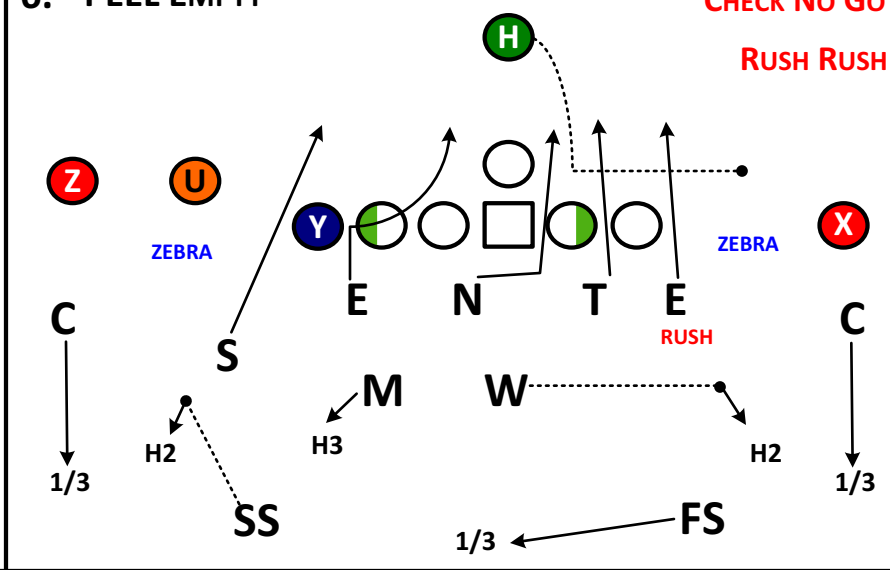
Check Swap



6. PEEL Empty

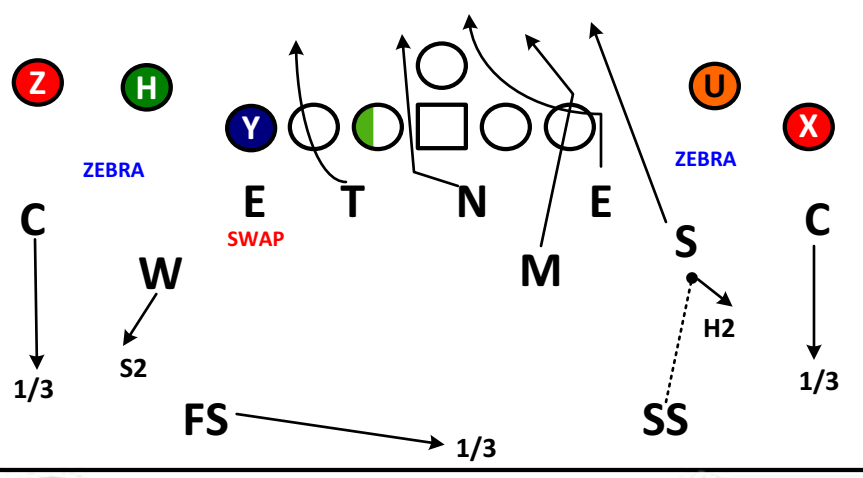
Check No Go

Rush Rush

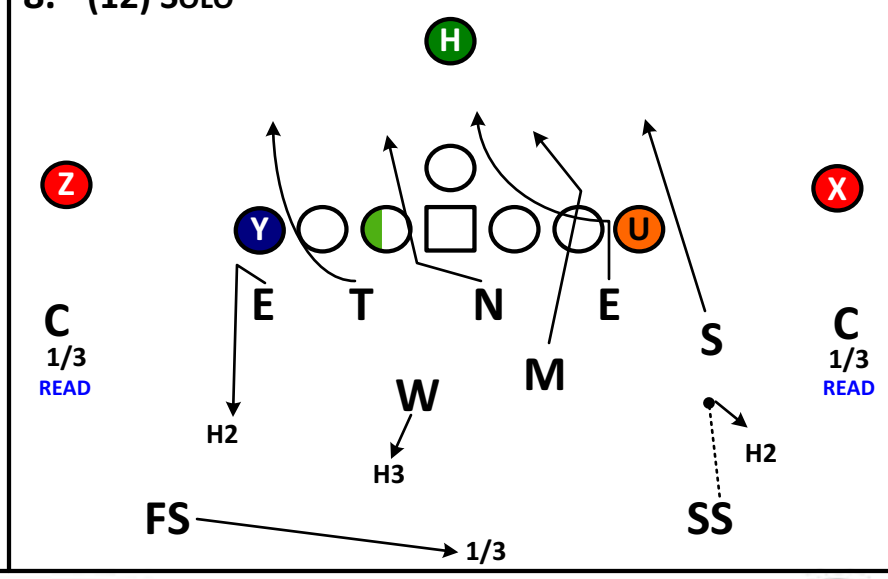


7. Empty

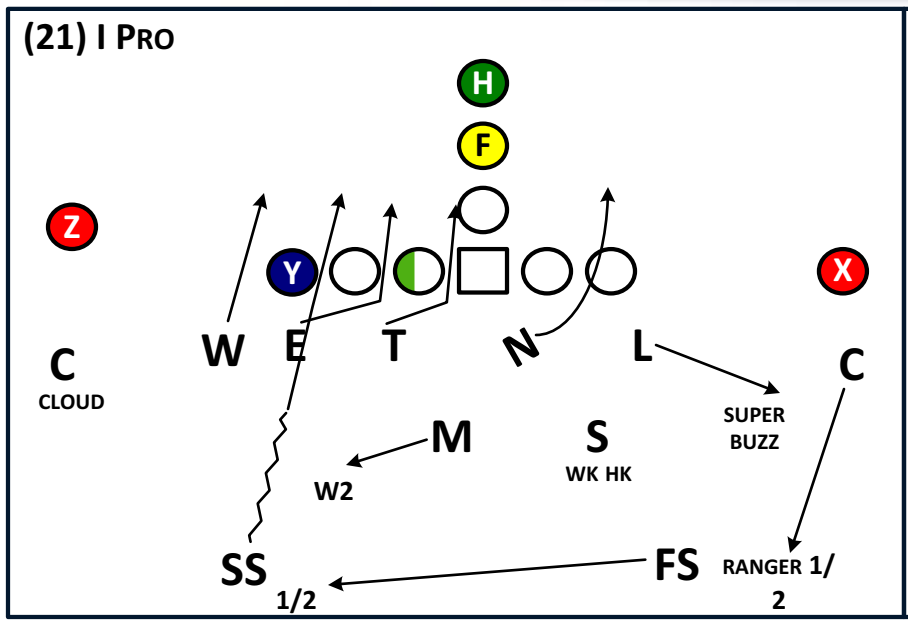
Check Swap

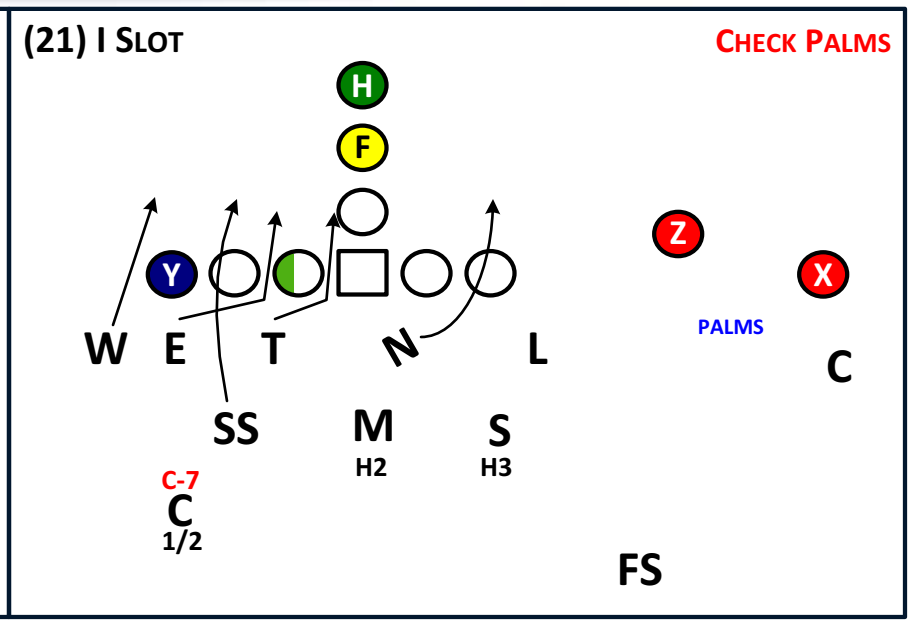


8. (12) Solo



Load Saber Ranger 3 Palms





Essence:

1. Load Saber Ranger 3 Palms is a 5 Man 3 Deep 3 Under zone pressure.

Coaching Points:

1. Solid call to the "Y"
2. Strong Safety: Contain Blitzer
3. Will: Blitz C Gap

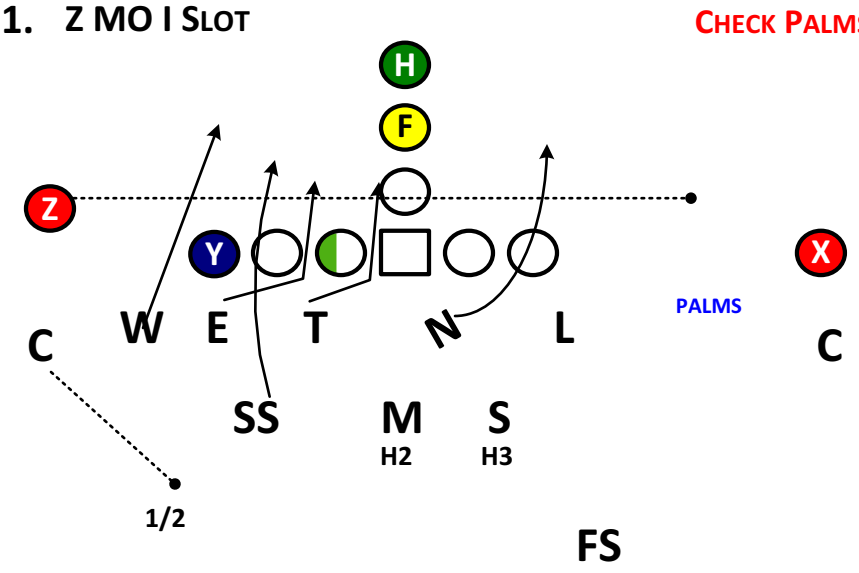
Adjustments:

1. Vs. Pro Family Formations: Ranger
2. Vs. 2 Back Slot: Check Palms
3. Vs. 1 Back Sets: Check 3 Seam
4. Vs. Y Motion: Check 3 Seam
5. Vs. Any 2 displaced to the Solid Side: Check Switch
6. Vs. Empty: Check Switch, Mike No Go, End Rush

Load Saber Ranger 3 Palms

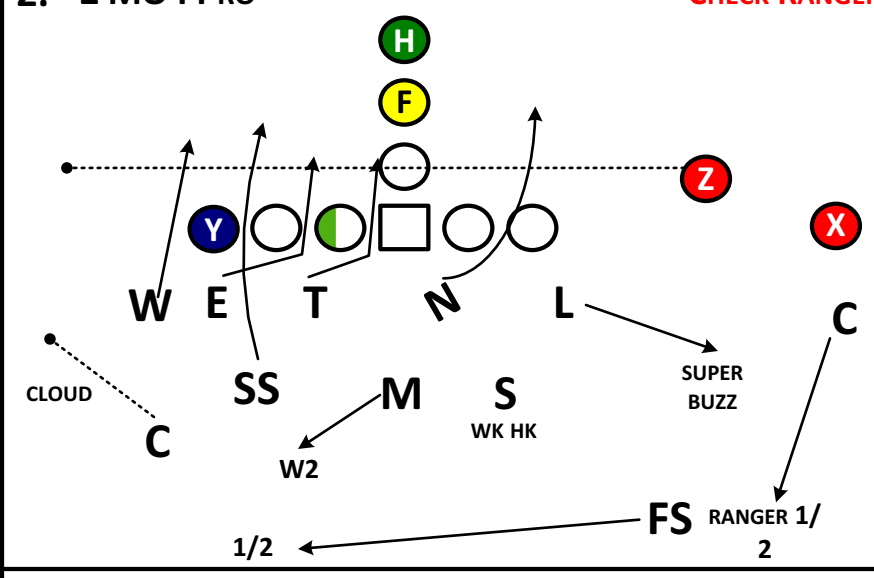
1. Z MO I Slot

Check Palms



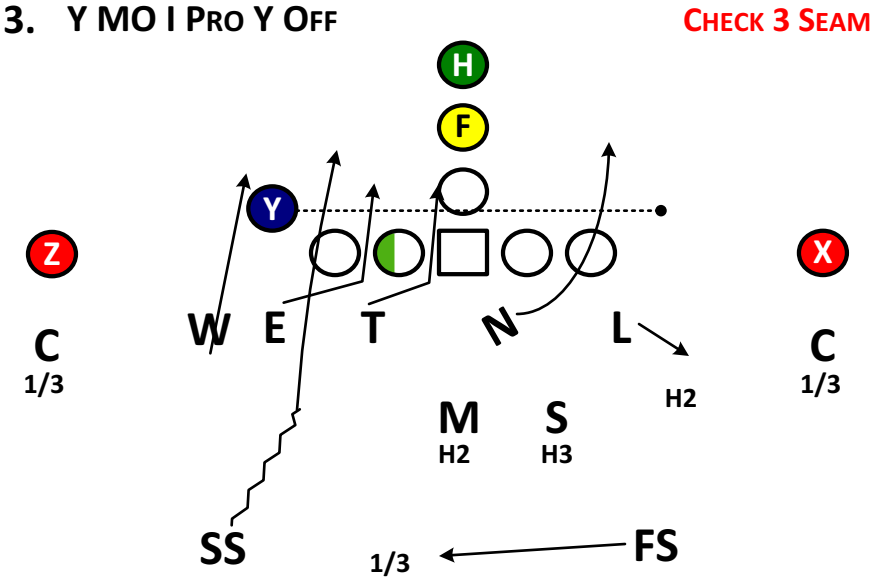
2. Z MO I Pro

Check Ranger

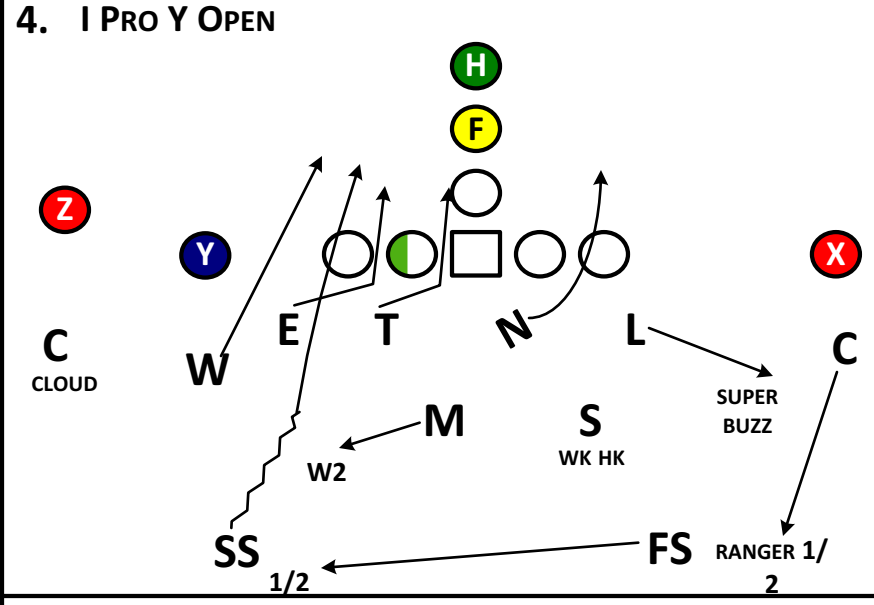


3. Y MO I Pro Y Off

Check 3 Seam



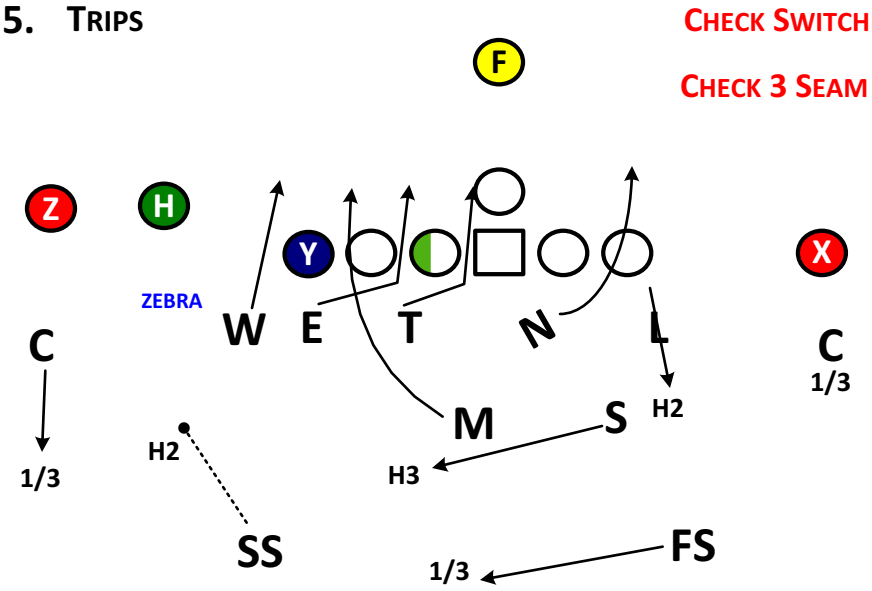
4. I Pro Y Open



5. Trips

Check Switch

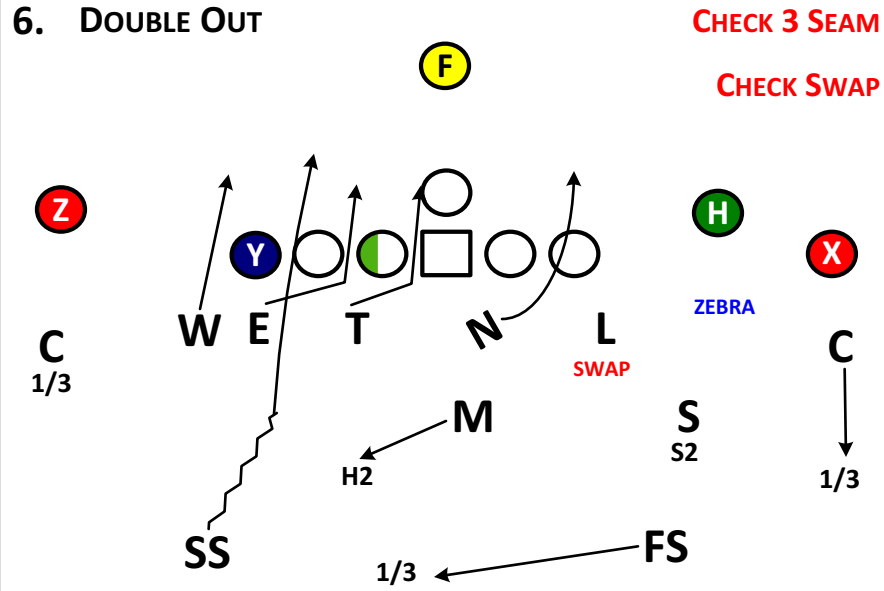
Check 3 Seam



6. Double Out

Check 3 Seam

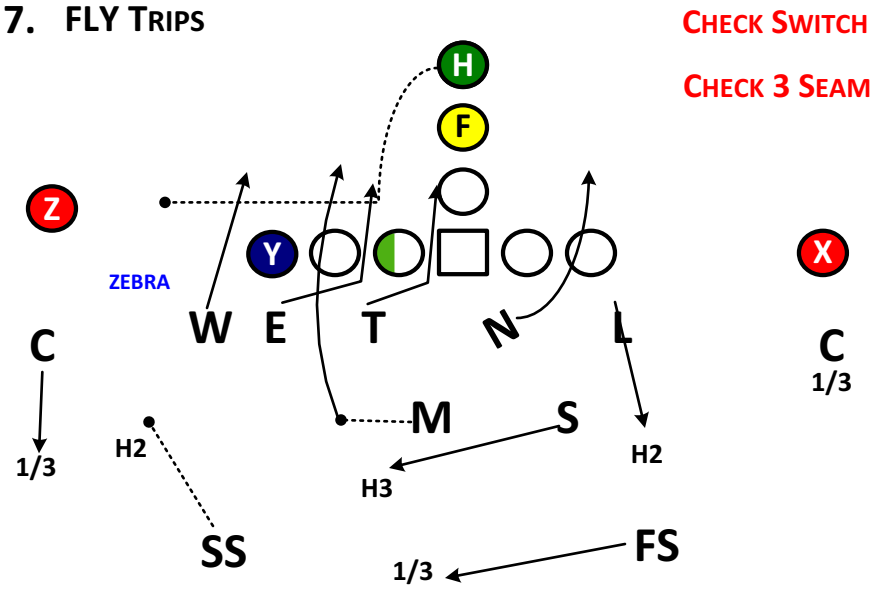
Check Swap



7. FLY Trips

Check Switch

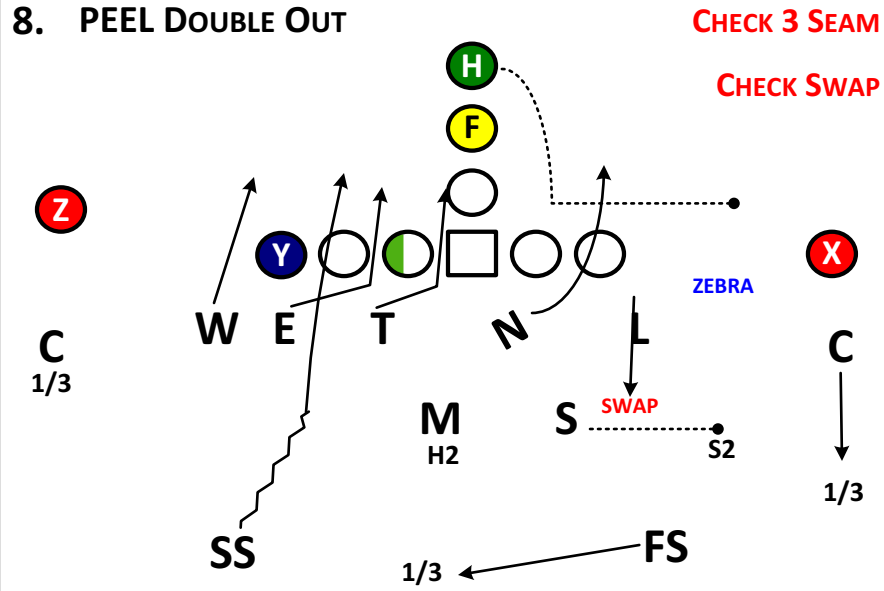
Check 3 Seam



8. PEEL Double Out

Check 3 Seam

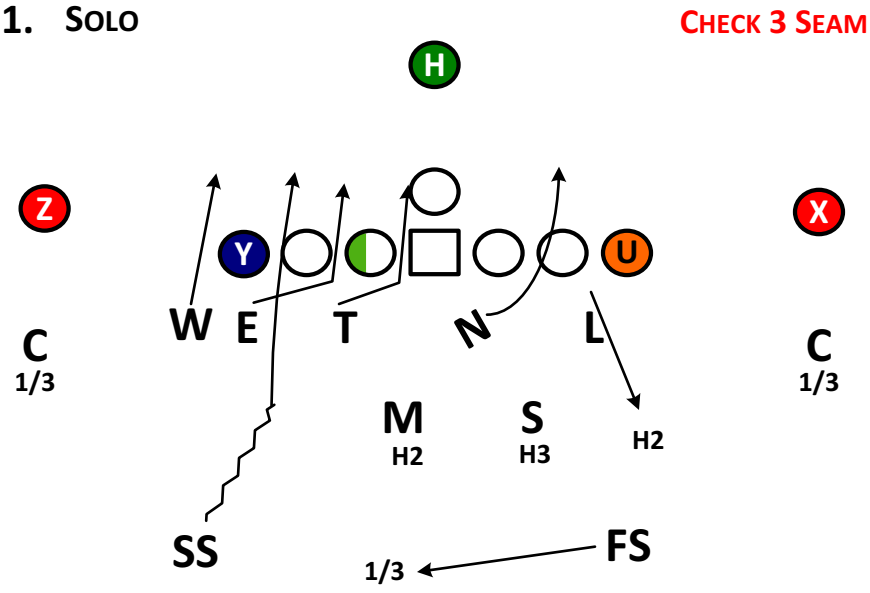
Check Swap



Load Saber Ranger 3 Palms

1. Solo

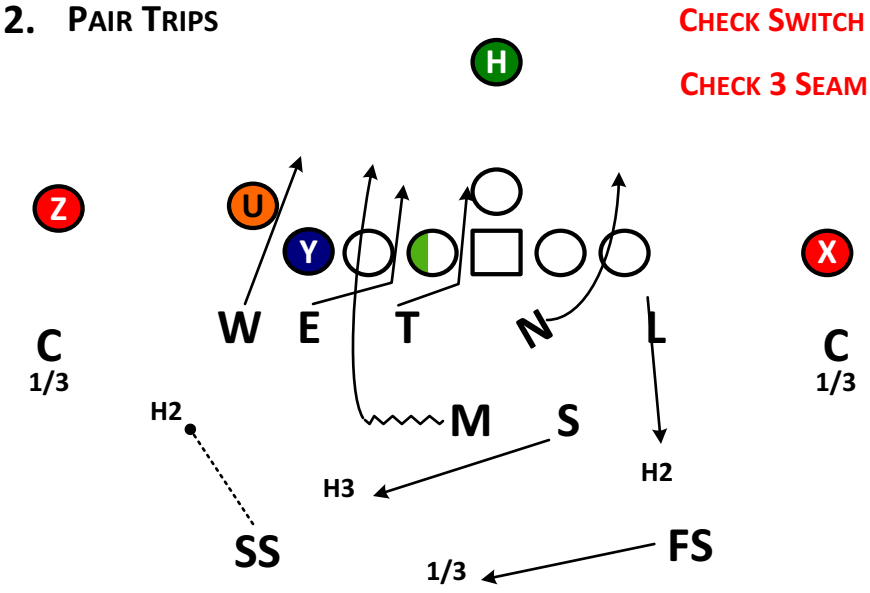
Check 3 Seam



2. Pair Trips

Check Switch

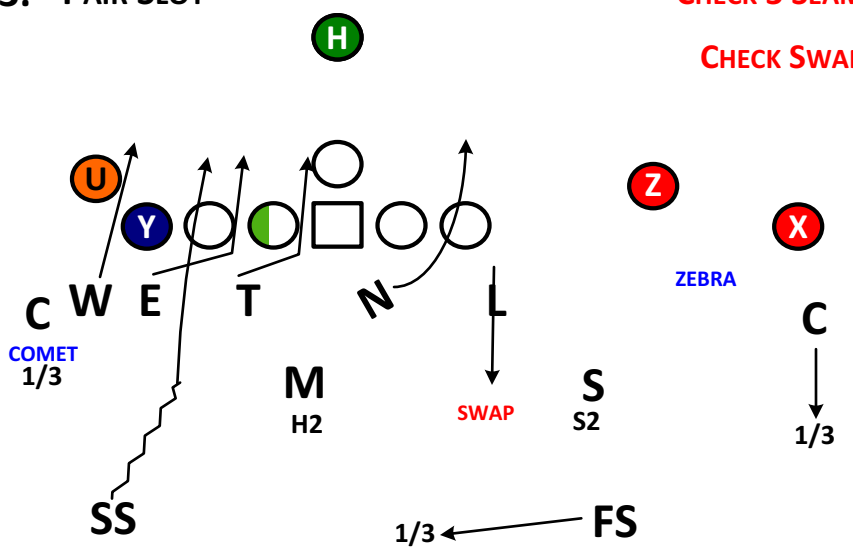
Check 3 Seam



3. Pair Slot

Check 3 Seam

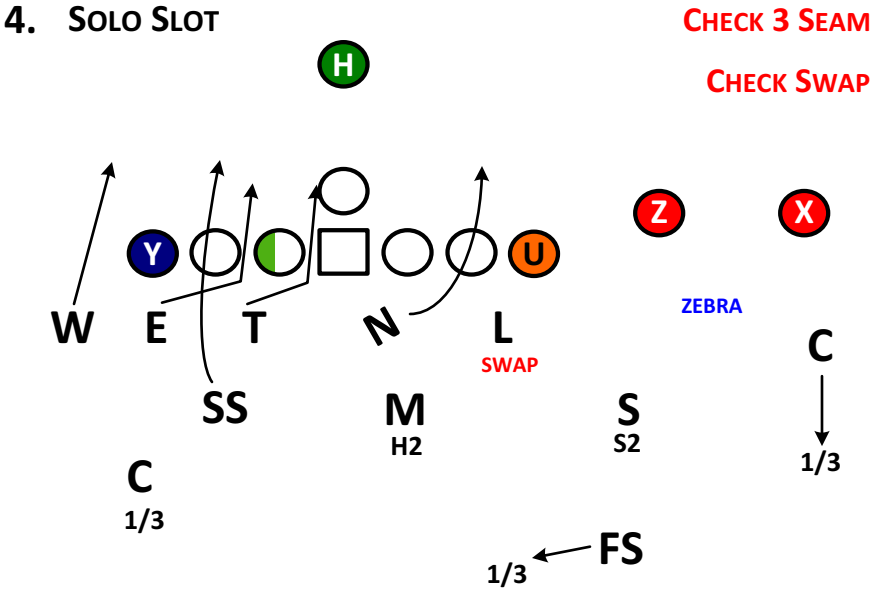
Check Swap



4. Solo Slot

Check 3 Seam

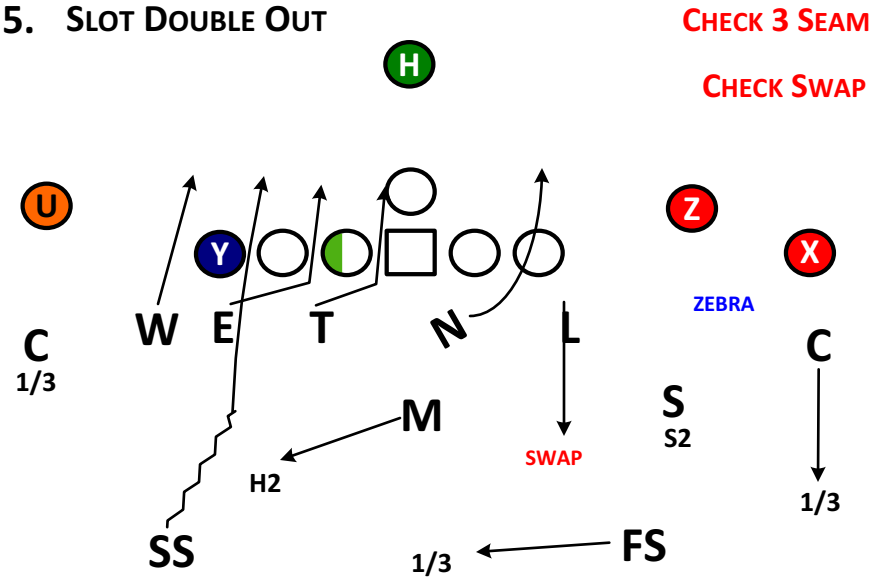
Check Swap



5. Slot Double Out

Check 3 Seam

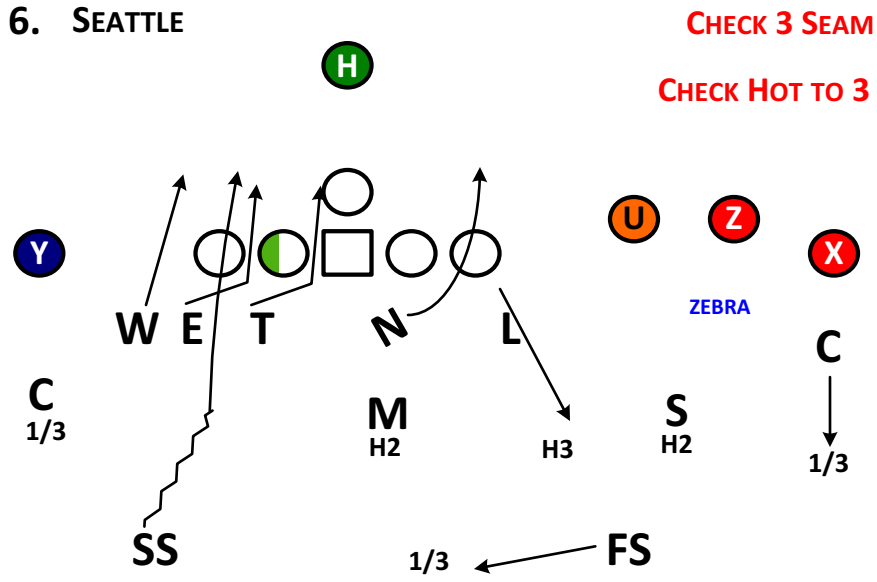
Check Swap



6. Seattle

Check 3 Seam

Check Hot to 3

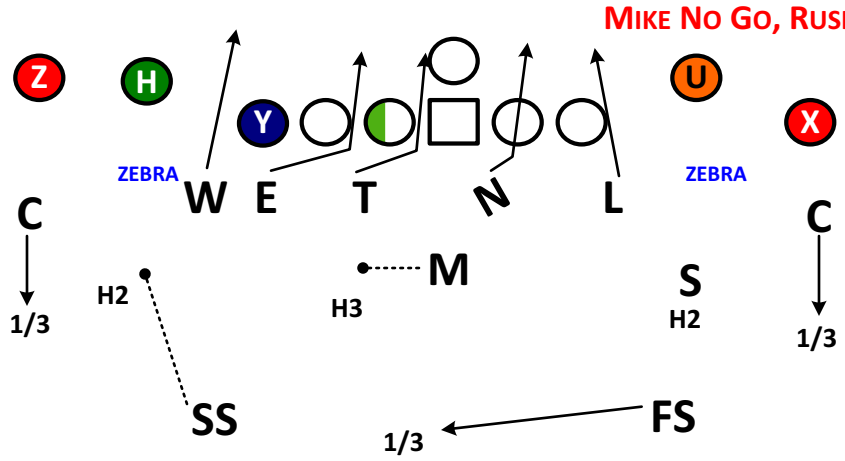


7. Empty

Check Switch

Check 3 Seam

Mike No Go, Rush

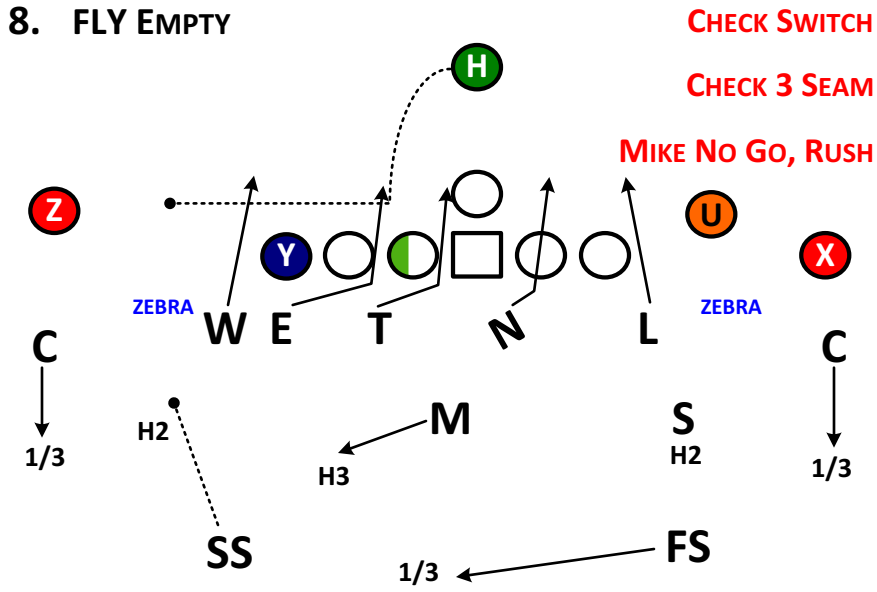


8. Fly Empty

Check Switch

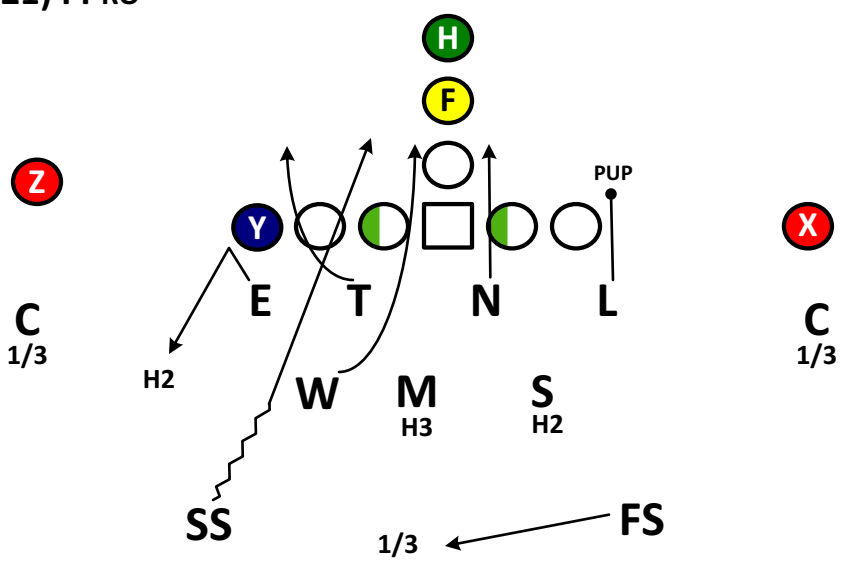
Check 3 Seam

Mike No Go, Rush



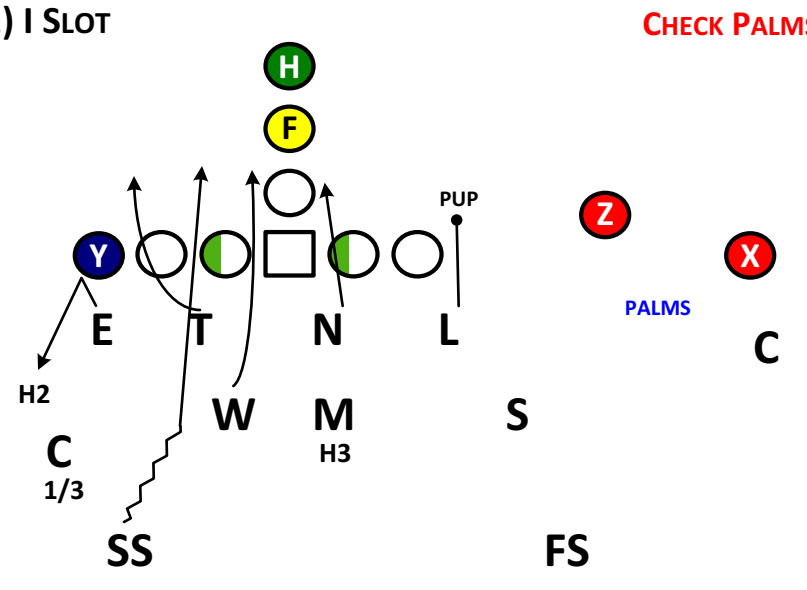
Over G Shock 3 Palms

(21) I Pro



(21) I Slot

Check Palms



Essence:

1. 5 Man 3 Deep 3 seam zone pressure
2. The line slants to the solid side

Coaching Points:

1. Solid call to the "Y"
2. Will is an A Gap Blitzer
3. DE away from Solid Call: PUP Technique

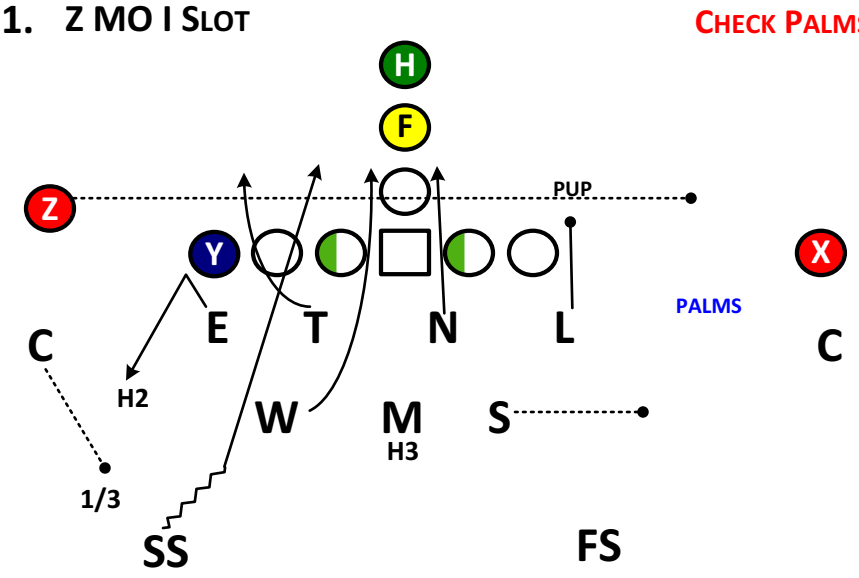
Adjustments:

1. Vs. any 2 displaced to the solid side: Check Switch
2. Vs. Aligned or Motion to Single Width Slot: Check Palms

Over G Shock 3 Palms

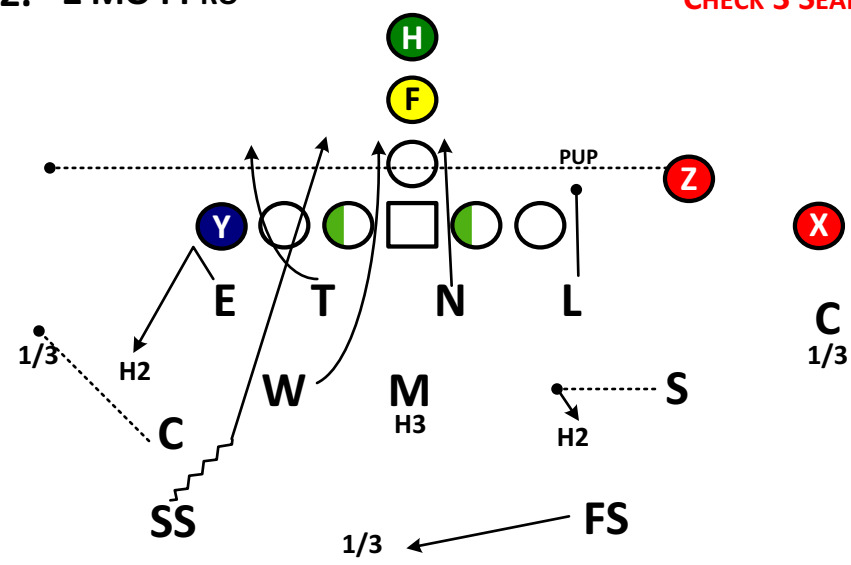
1. Z MO I Slot

Check Palms

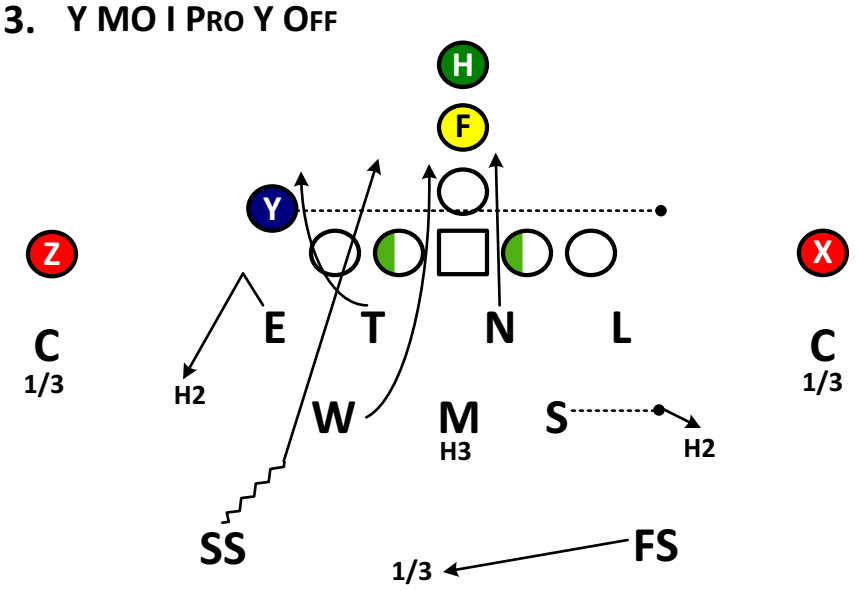


2. Z MO I Pro

Check 3 Seam



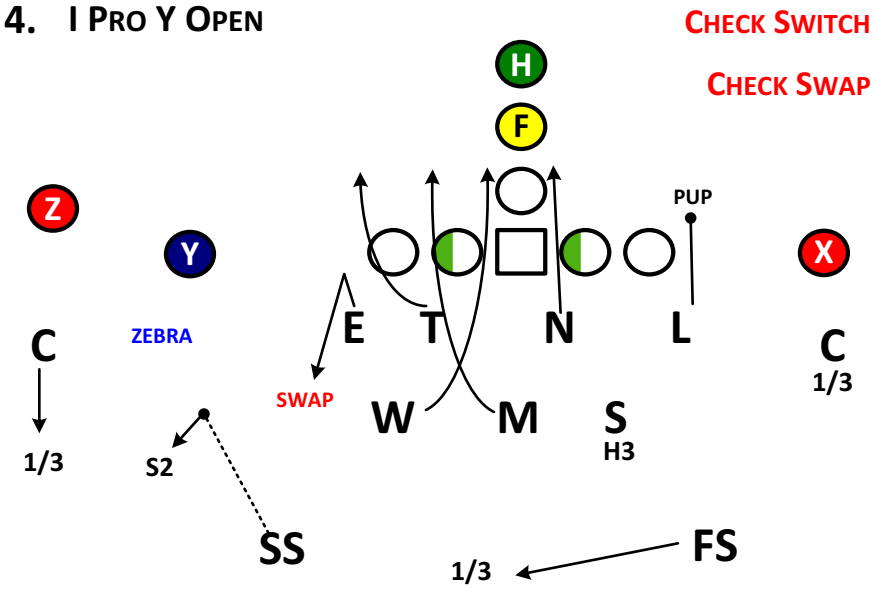
3. Y MO I Pro Y Off



4. I Pro Y Open

Check Switch

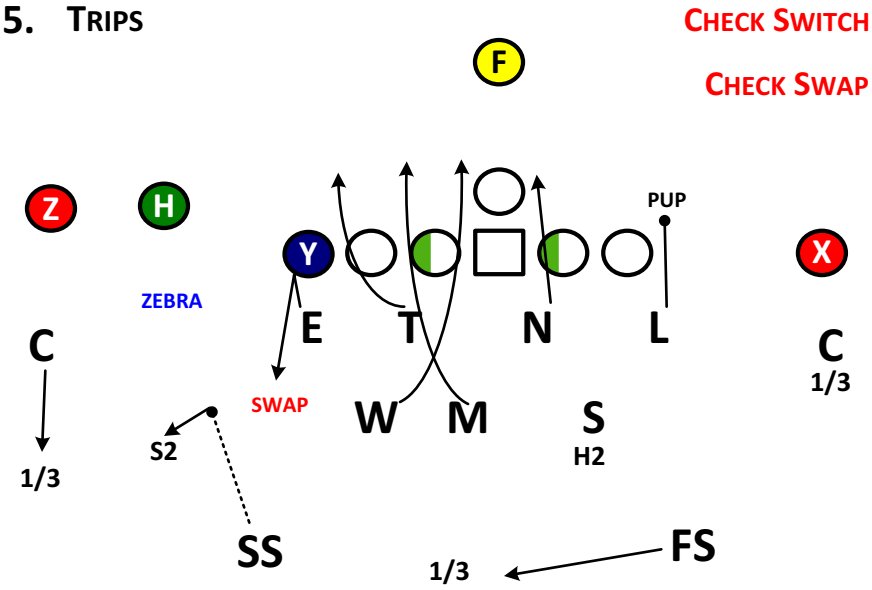
Check Swap



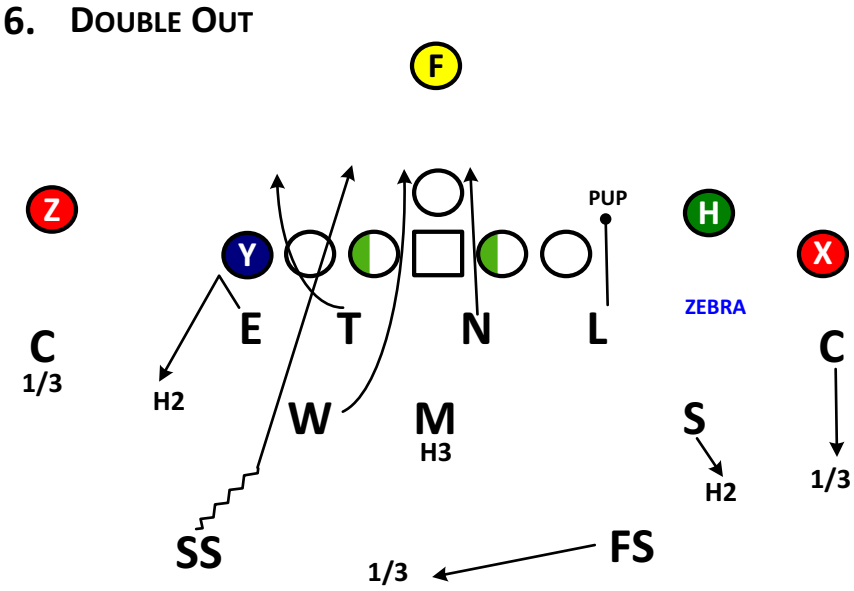
5. Trips

Check Switch

Check Swap



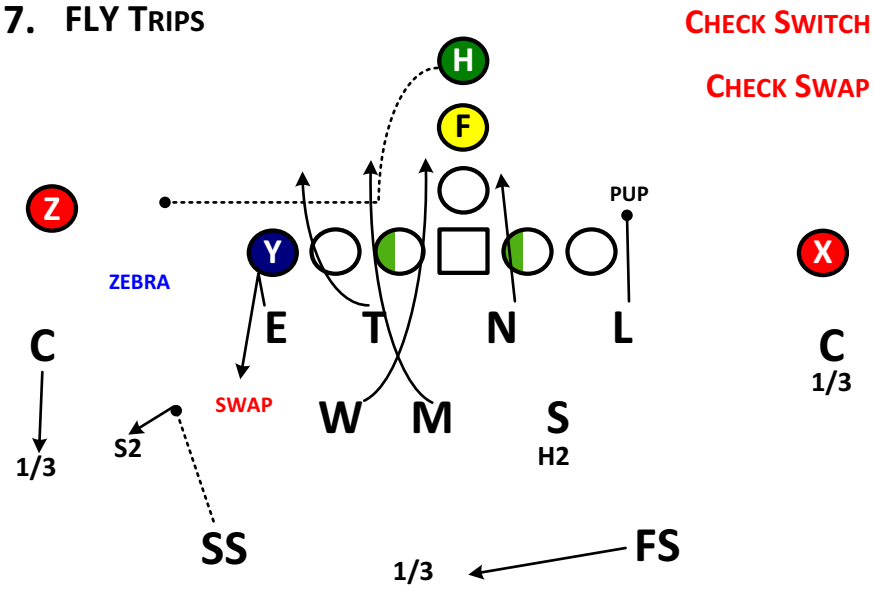
6. Double Out



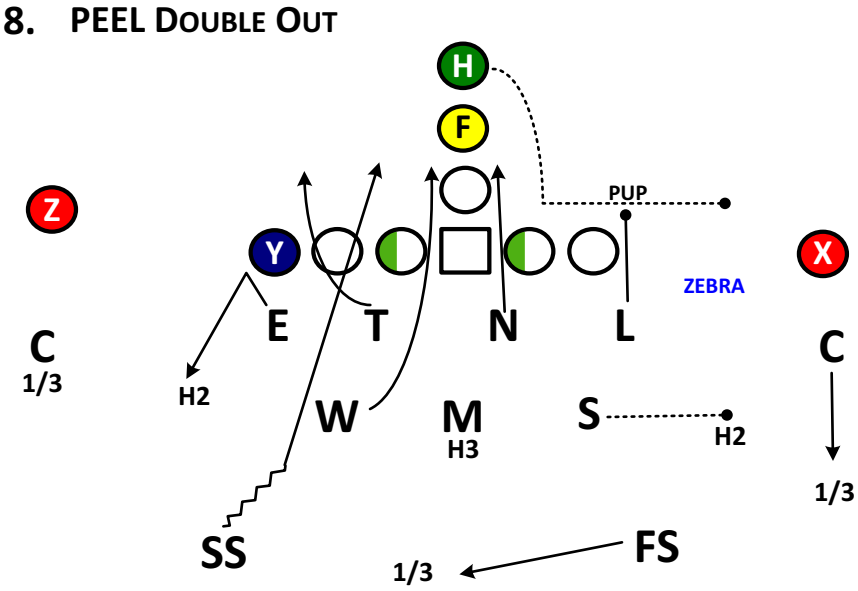
7. FLY Trips

Check Switch

Check Swap

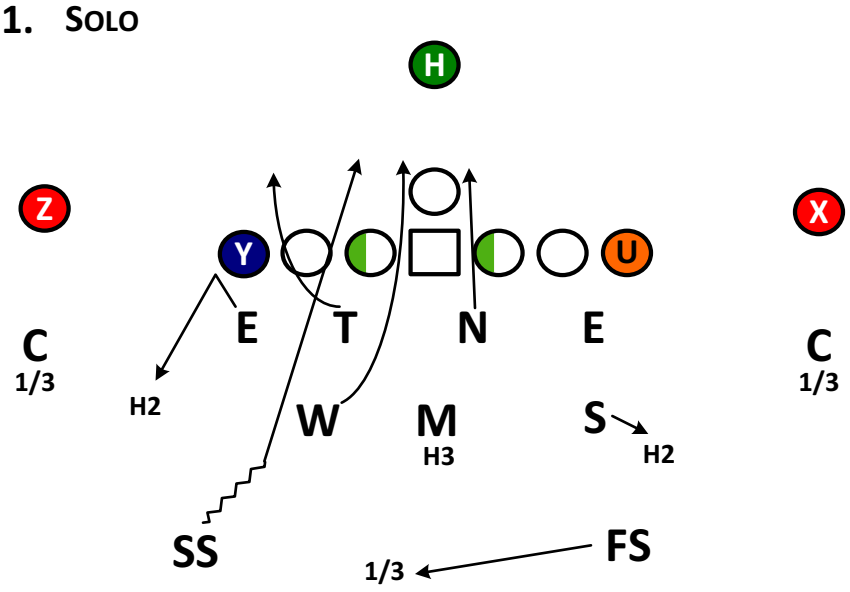


8. PEEL Double Out

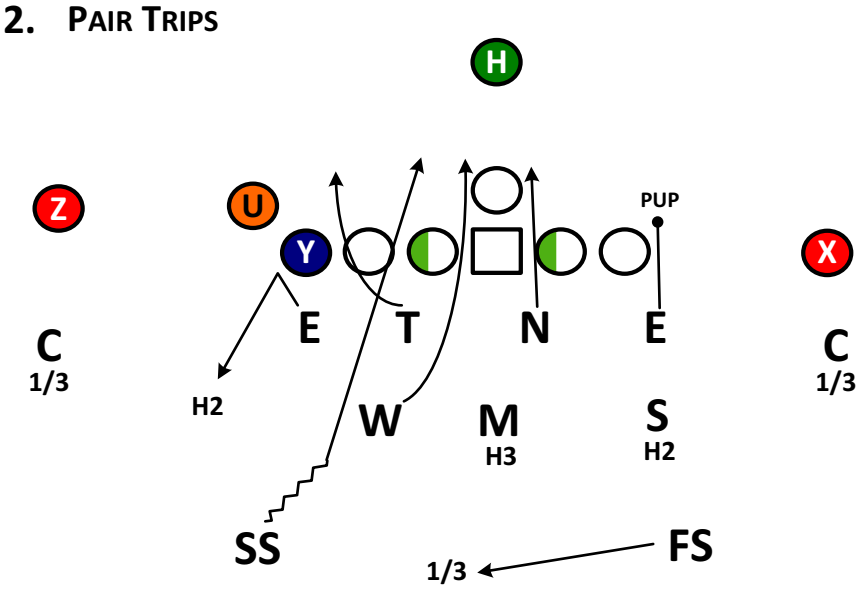


Over G Shock 3 Palms

1. Solo

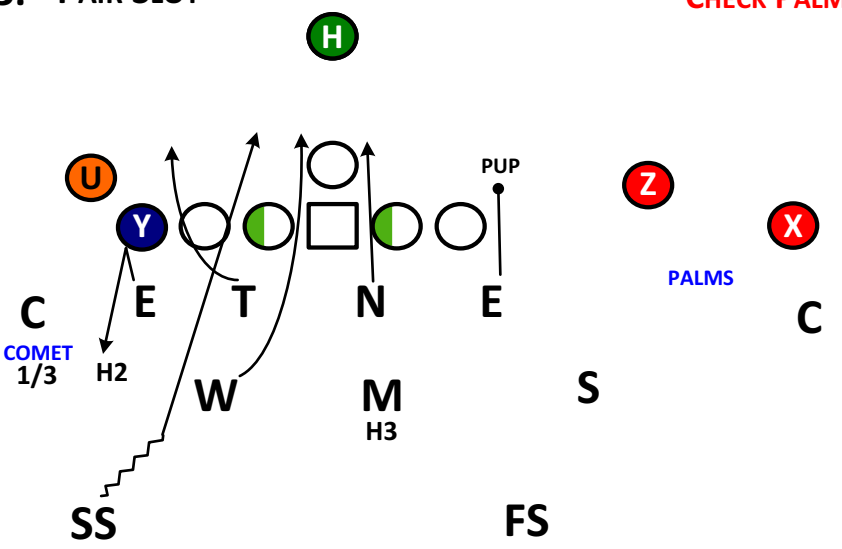


2. Pair Trips



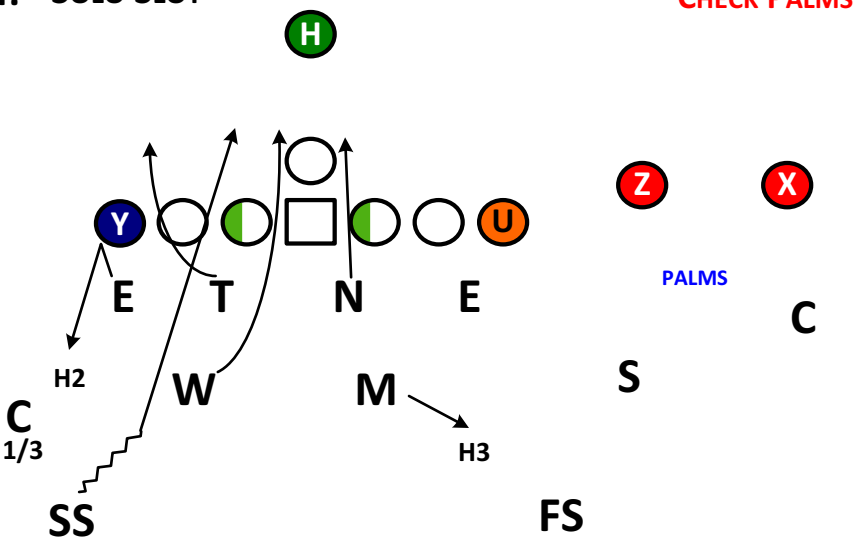
3. Pair Slot

Check Palms

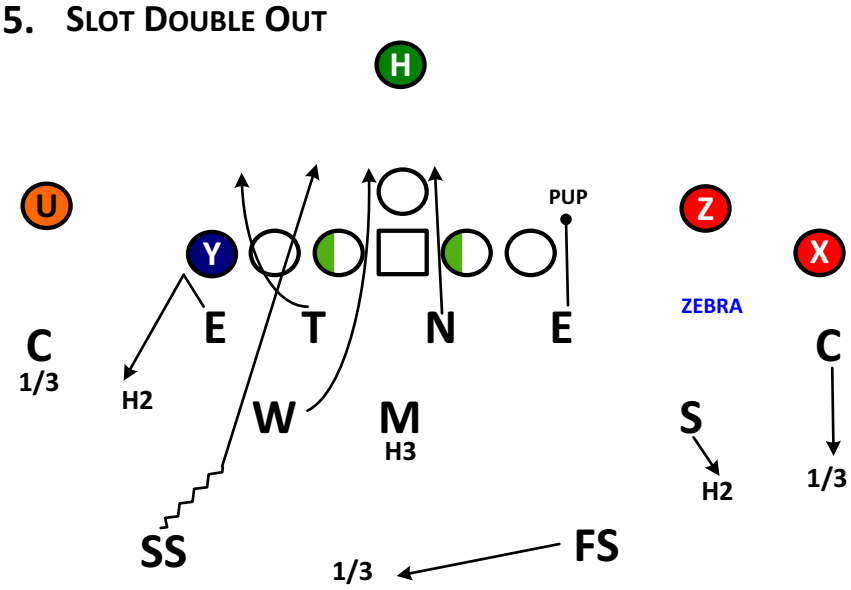


4. Solo Slot

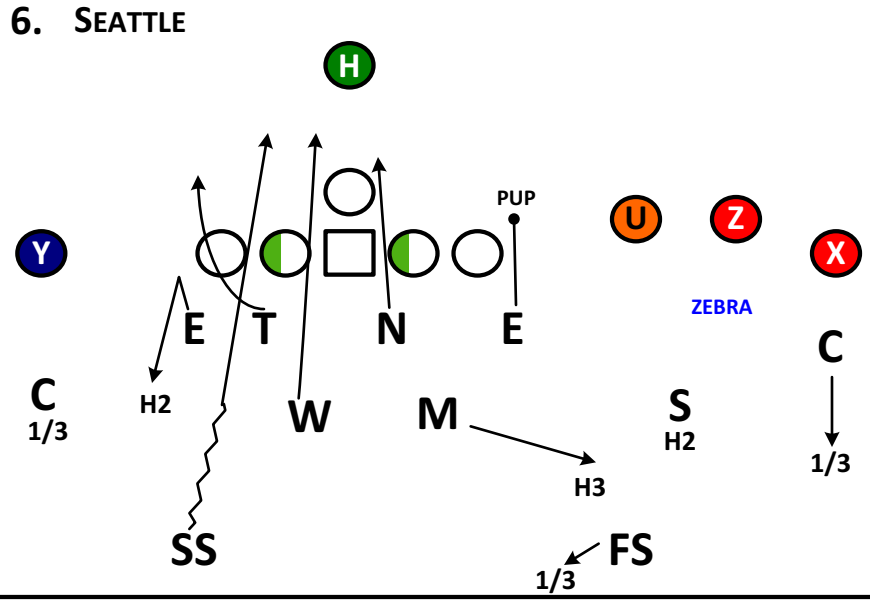
Check Palms



5. Slot Double Out



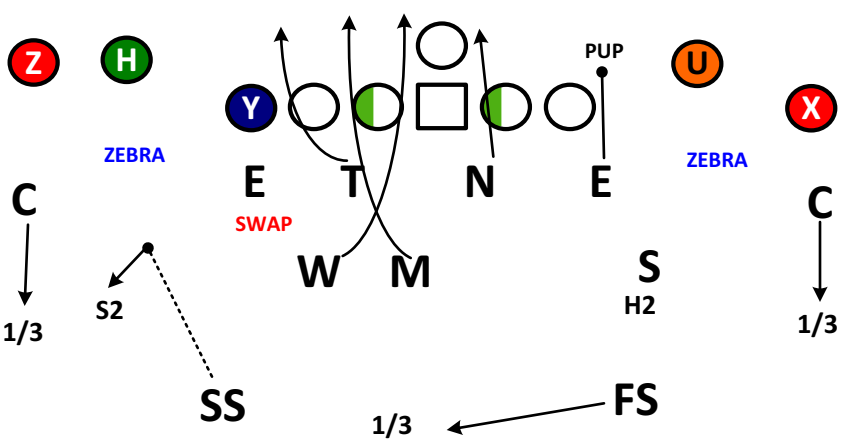
6. Seattle



7. Empty

Check Switch

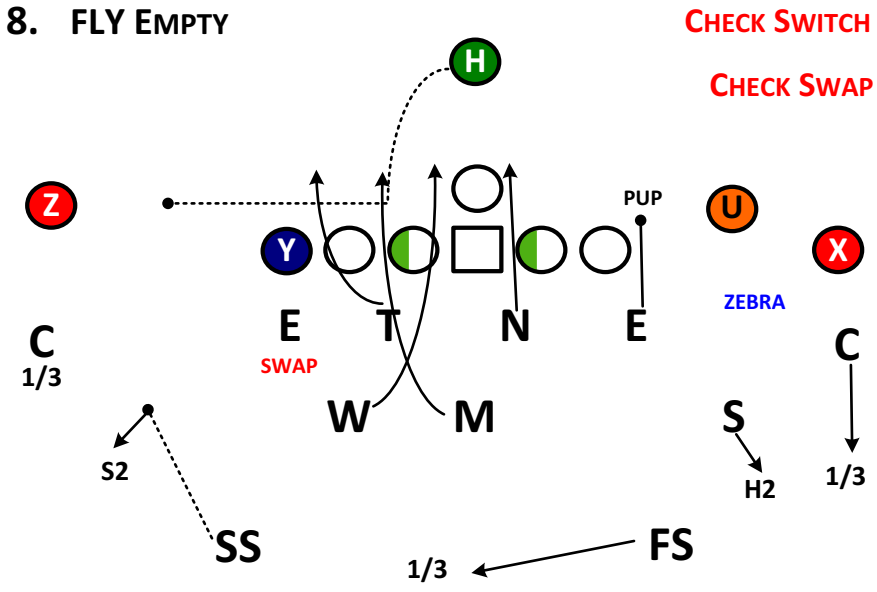
Check Swap



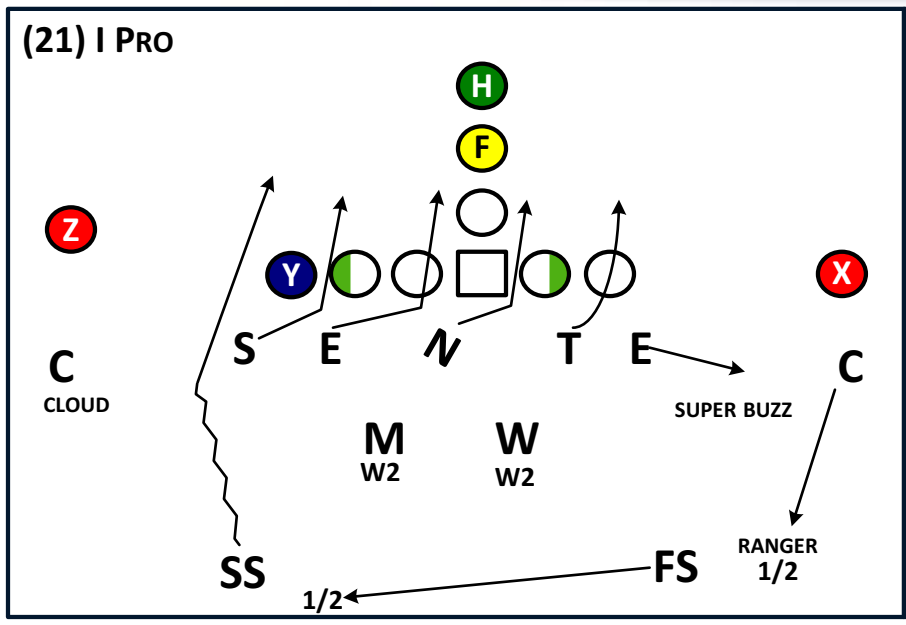
8. Fly Empty

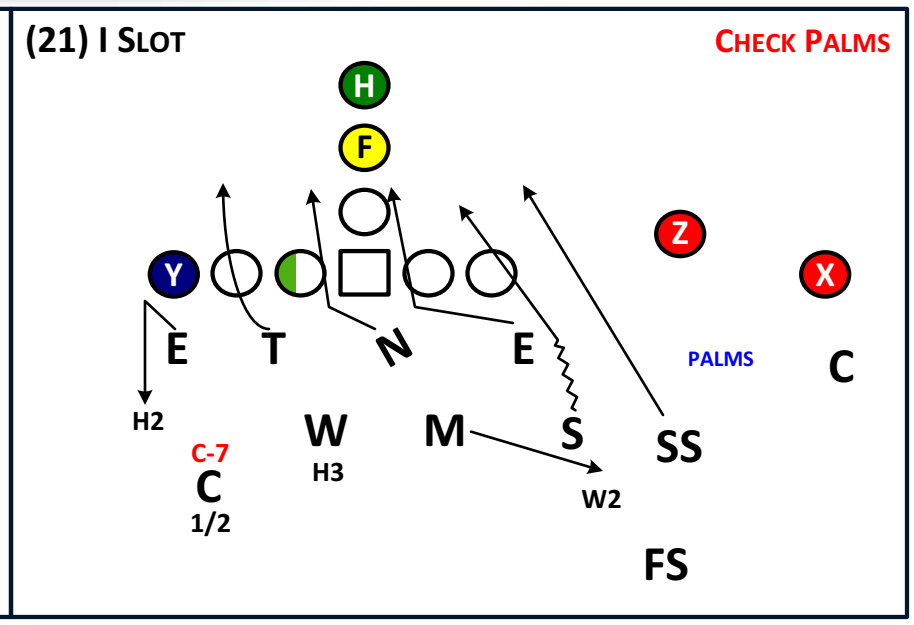
Check Switch

Check Swap



Strong Slasher Ranger 3 Palms





Essence:

1. Strong Slasher Ranger 3 Palms is an Under Family 5 Man zone pressure.
2. The defensive line slants away from passing strength
3. Sam and SS blitz to the side of the passing strength

Coaching Points:

1. Close Call to the Passing Strength
   - 2 Receiver Side
   - Balanced 2x2 formations to the left or to the offset
   - Empty: To the 2 man side
2. This pressure involves the SS and Sam
3. Sam is the cut blitzer
4. SS Blitz Contain

Adjustments:

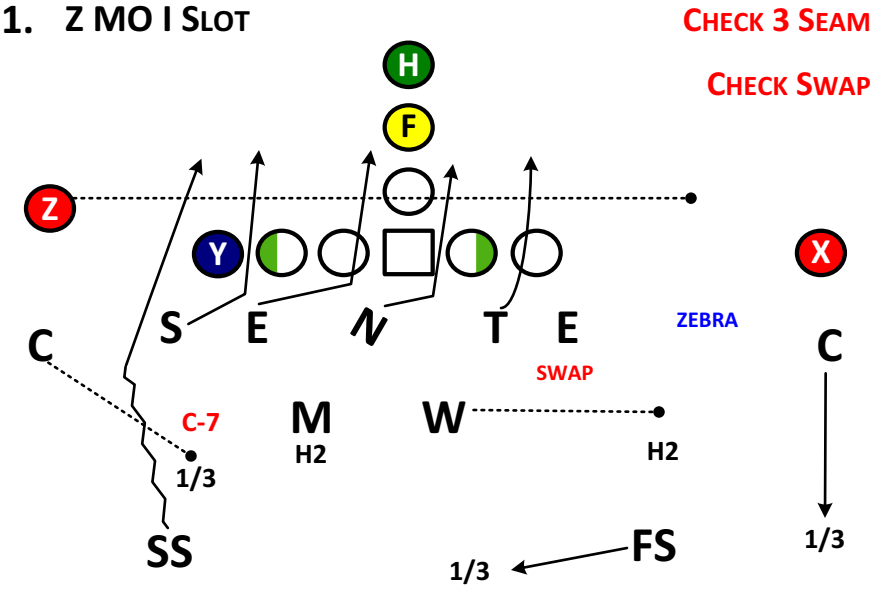
1. Vs. Aligned Single width slot: Check Palms
2. Vs. Change of Strength Motion: Check 3 Seam.
3. Vs. Aligned or Motion to Empty: Check 3 Seam. Safety No Go
4. Vs. Seattle: Check Smash

Strong Slasher Ranger 3 Palms

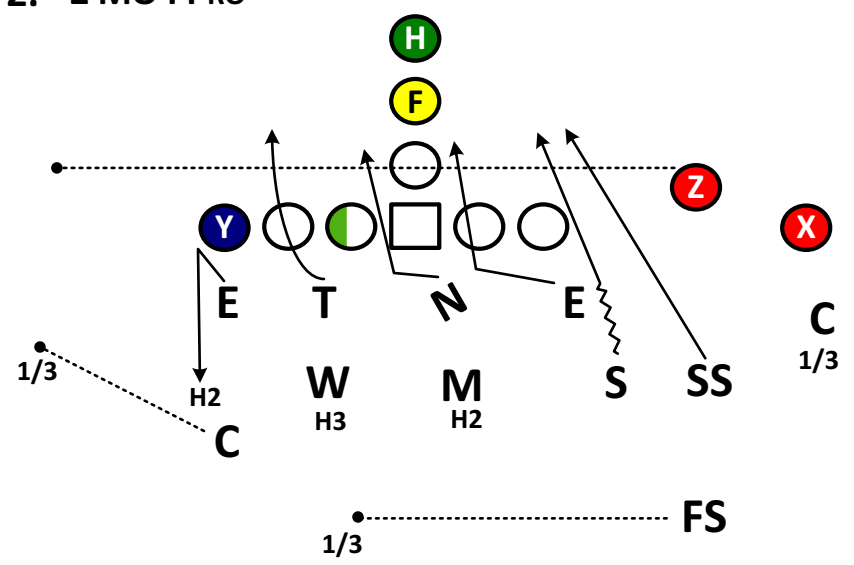
1. Z MO I Slot

Check 3 Seam

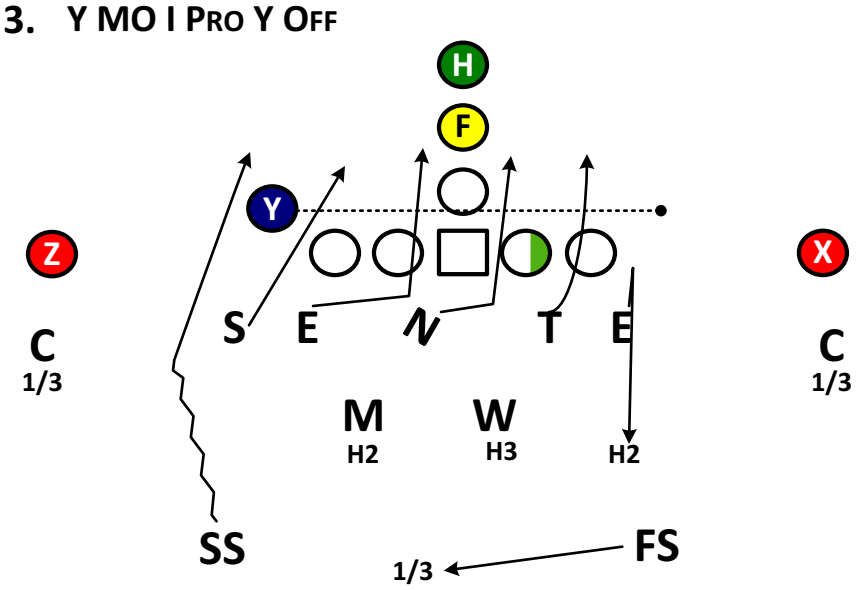
Check Swap



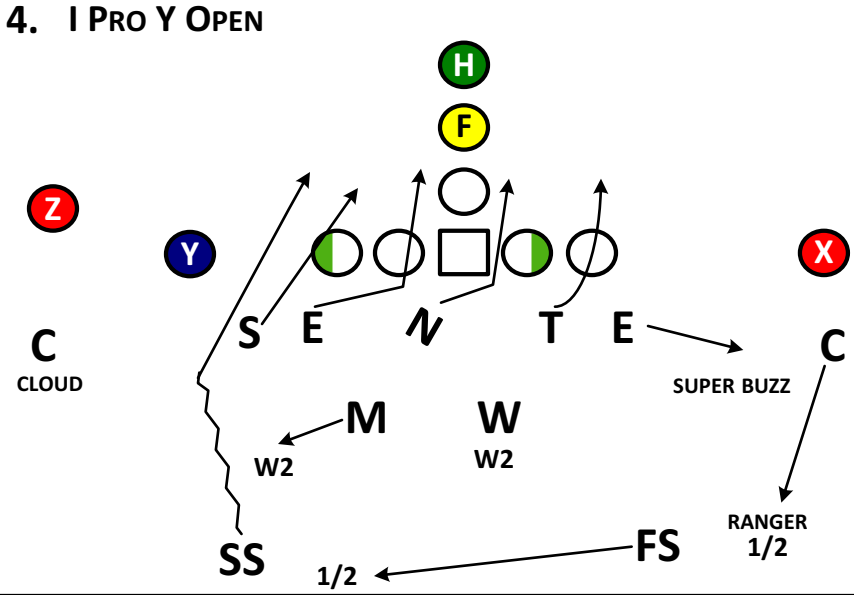
2. Z MO I Pro



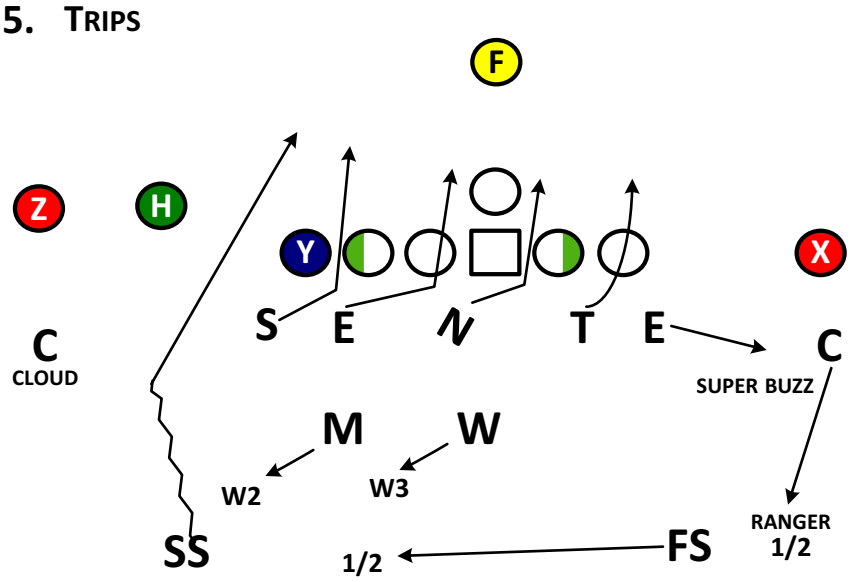
3. Y MO I Pro Y Off



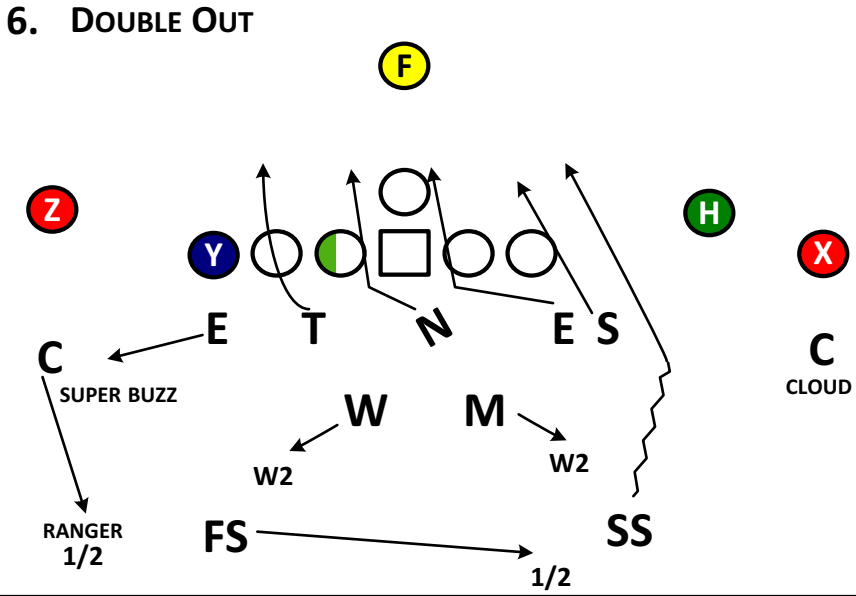
4. I Pro Y Open



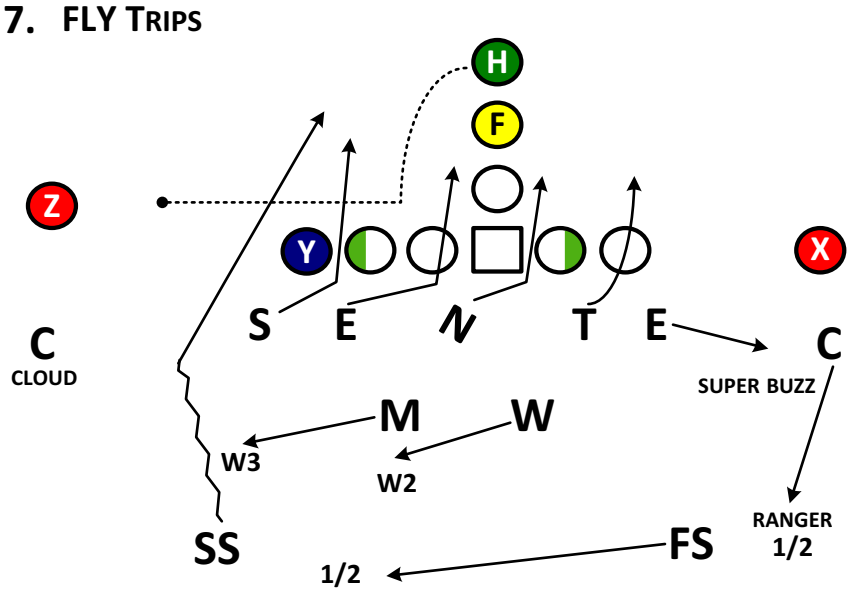
5. Trips



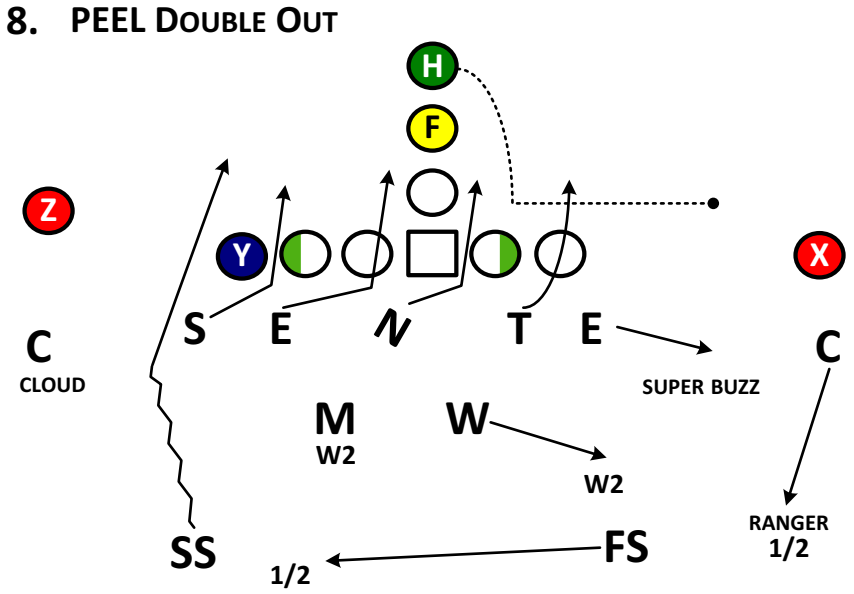
6. Double Out



7. FLY Trips

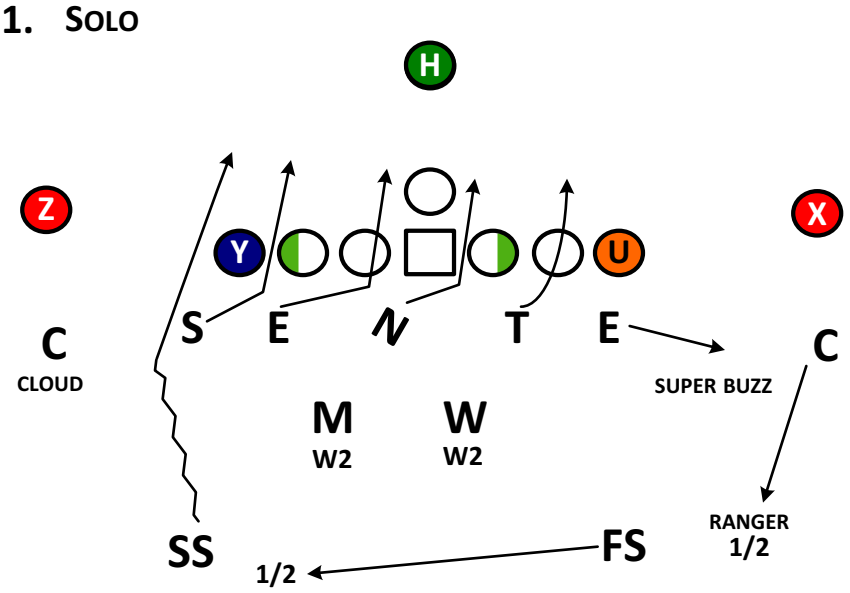


8. PEEL Double Out

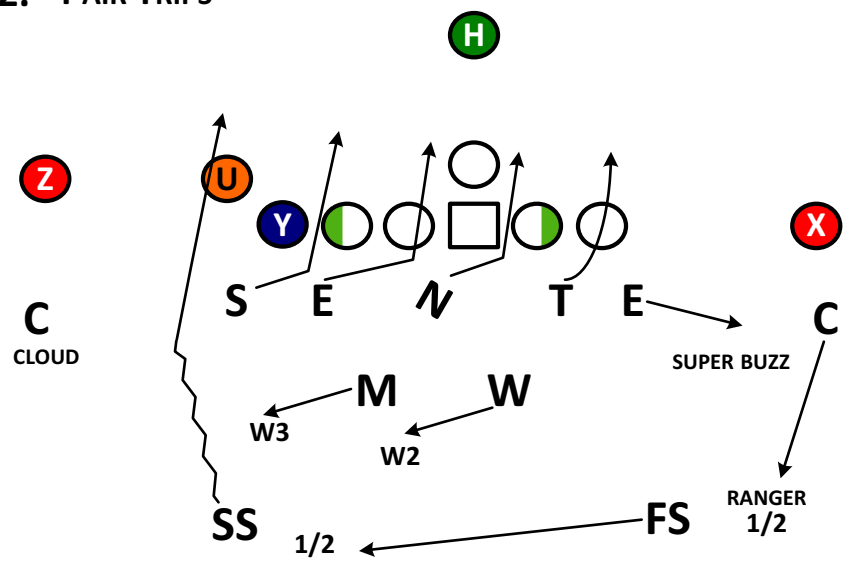


Strong Slasher Ranger 3 Palms

1. Solo



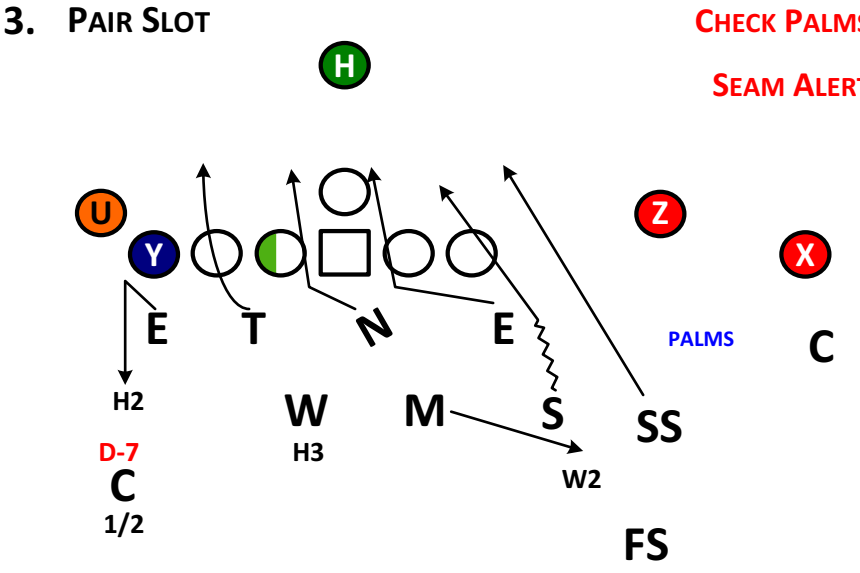
2. Pair Trips



3. Pair Slot

Check Palms

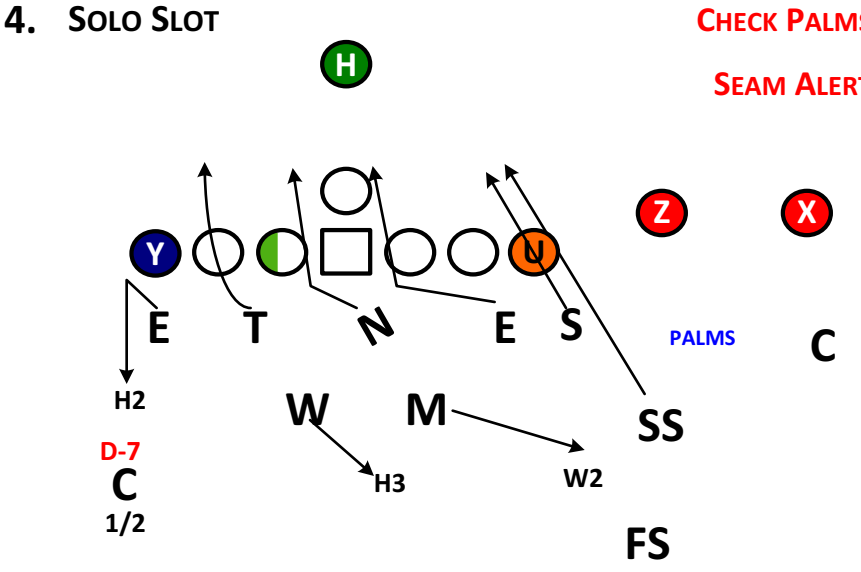
Seam Alert



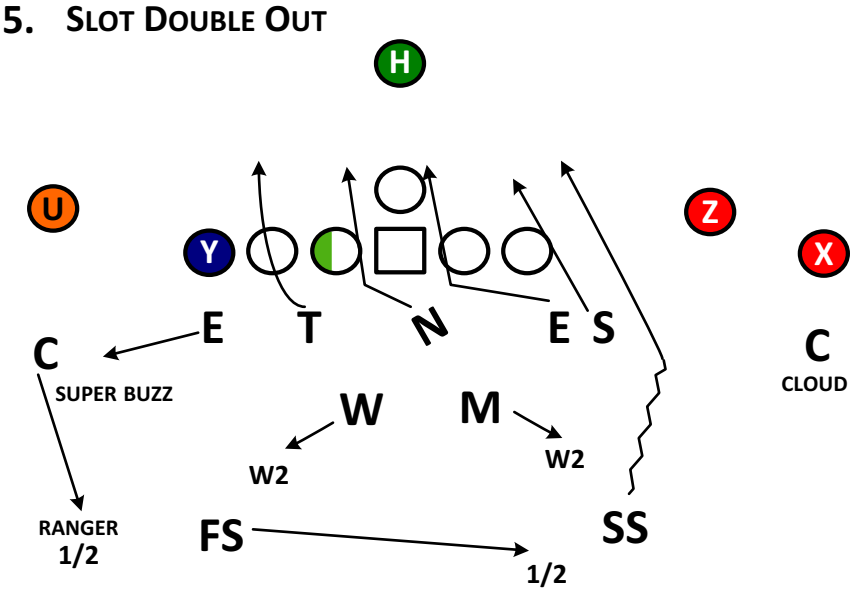
4. Solo Slot

Check Palms

Seam Alert



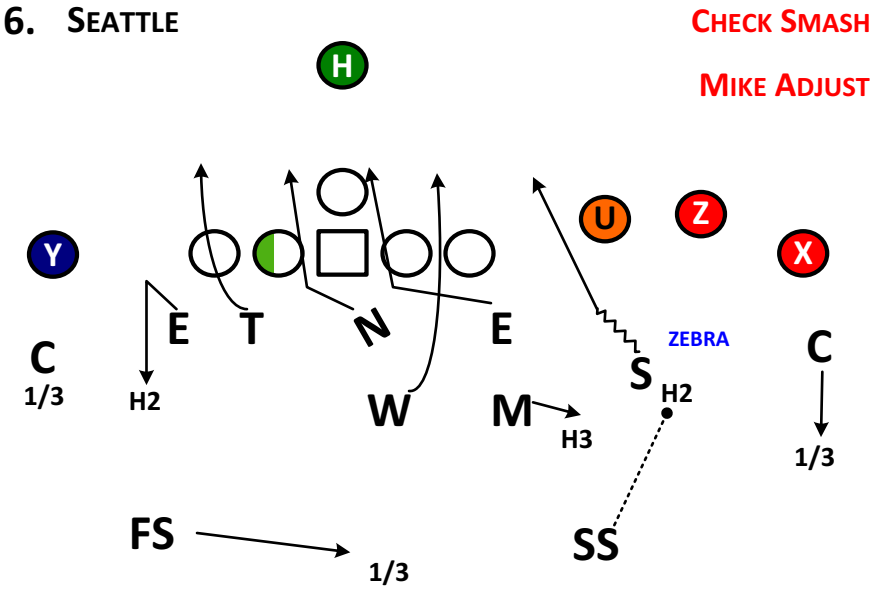
5. Slot Double Out



6. Seattle

Check Smash

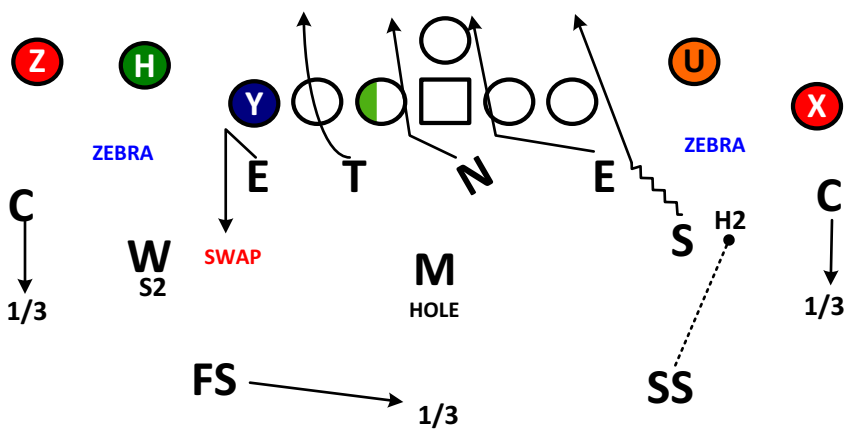
Mike Adjust



7. Empty

Check 3 Seam

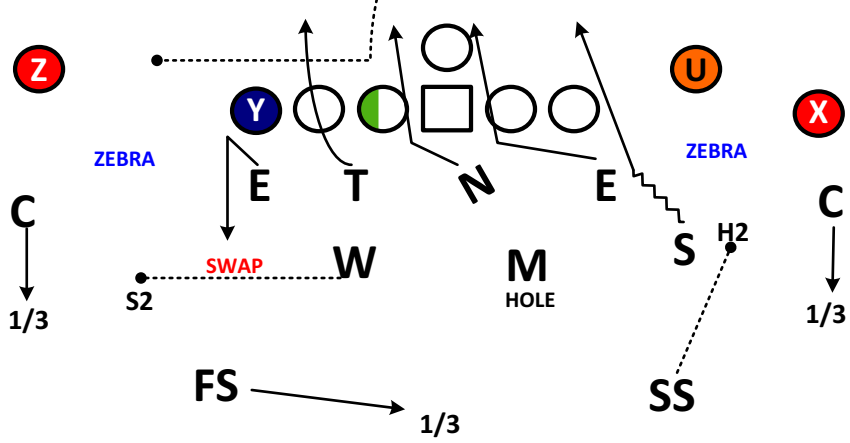
Safety No Go



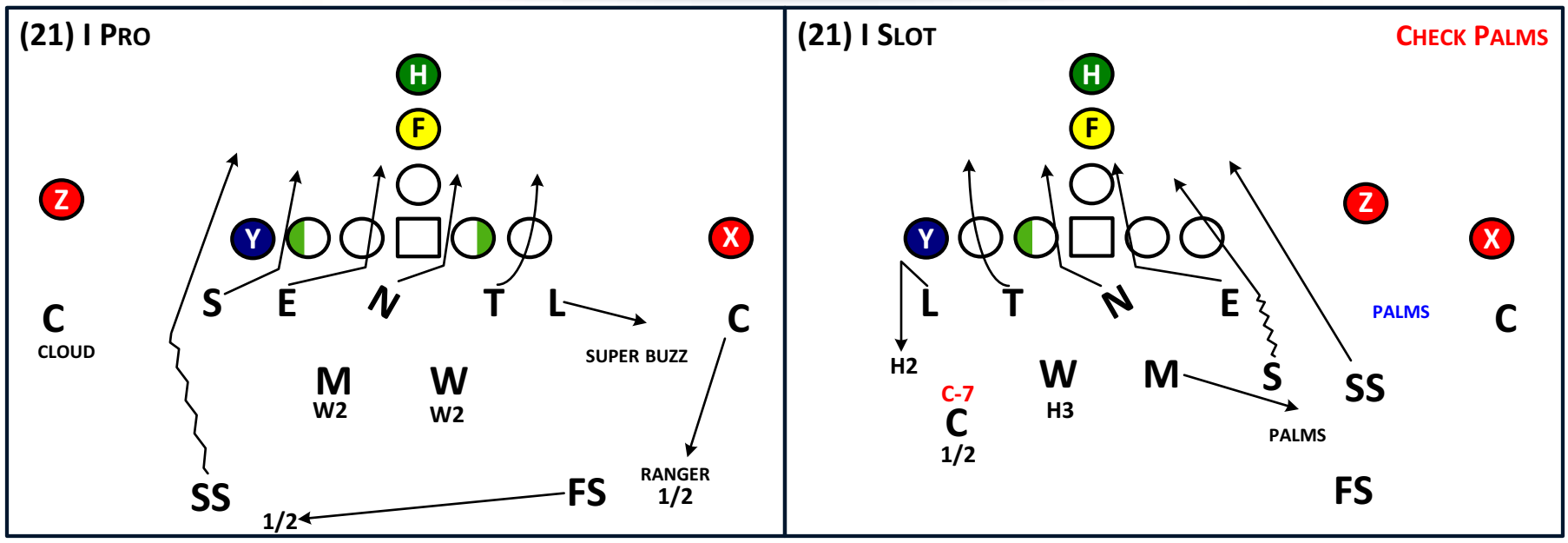
8. Fly Empty

Check 3 Seam

Safety No Go



Strong Slasher Ranger 3 Palms



Essence:

1. Strong Slasher Ranger 3 Palms is an Under Family 5 Man zone pressure.
2. The defensive line slants away from passing strength
3. Sam and SS blitz to the side of the passing strength

Coaching Points:

1. Close Call to the Passing Strength
   - 2 Receiver Side
   - Balanced 2x2 formations to the left or to the offset
   - Empty: To the 2 man side
2. This pressure involves the SS and Sam
3. Sam is the cut blitzer
4. SS Blitz Contain

Adjustments:

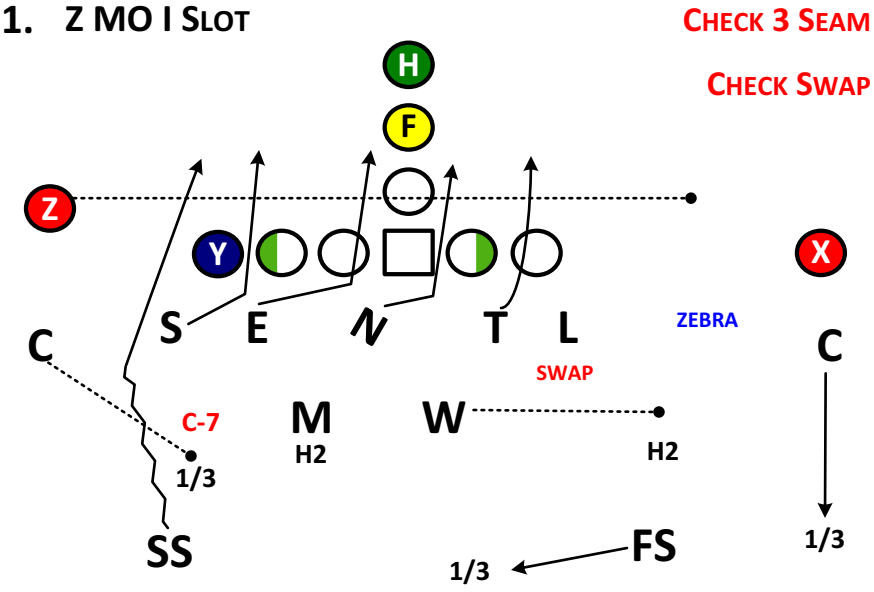
1. Vs. Aligned Single width slot: Check Palms
2. Vs. Change of Strength Motion: Check 3 Seam.
3. Vs. Aligned or Motion to One Back and Empty: Check Smash
   - Vs. #2 Displaced away from closed call: Check Swap
   - Vs. #3 Displaced to the closed call: Mike Adjust. Will Key Blitz.

Strong Slasher Ranger 3 Palms

1. Z MO I Slot

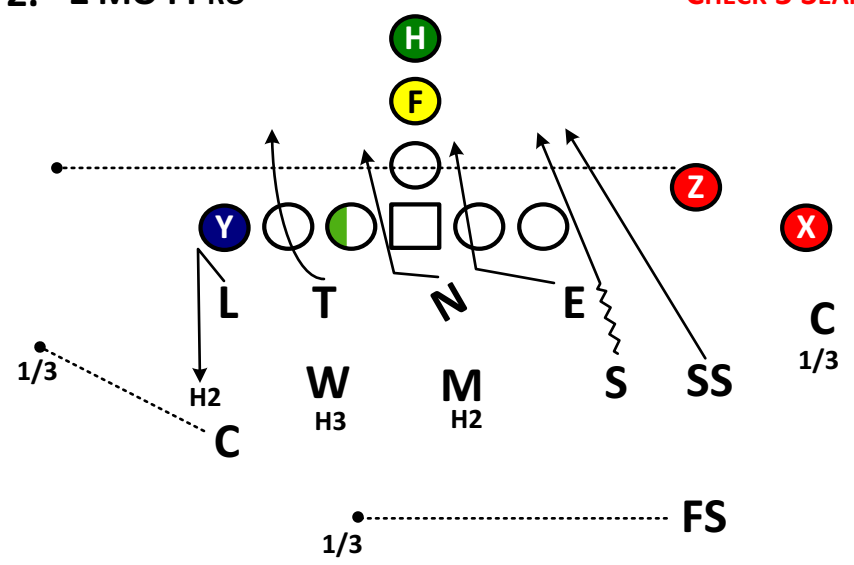
Check 3 Seam

Check Swap



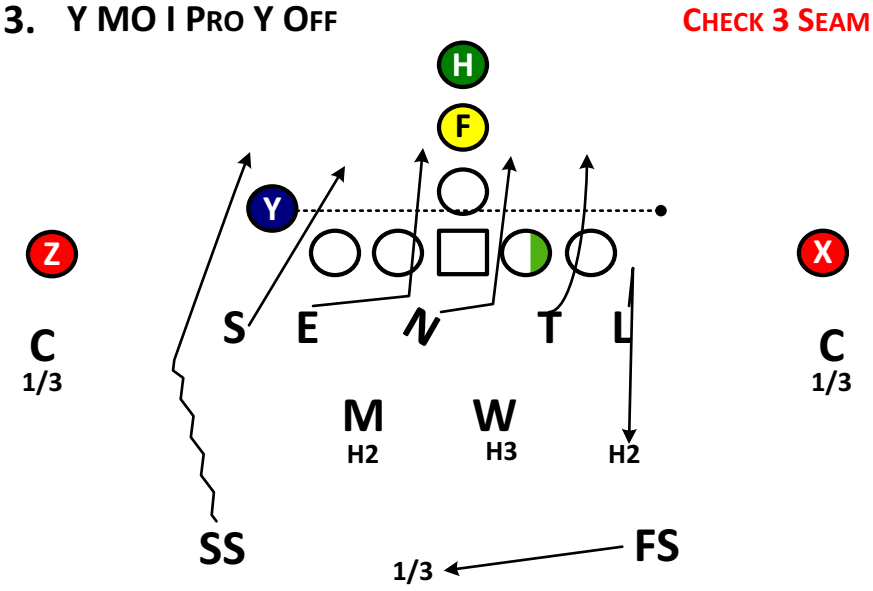
2. Z MO I Pro

Check 3 Seam



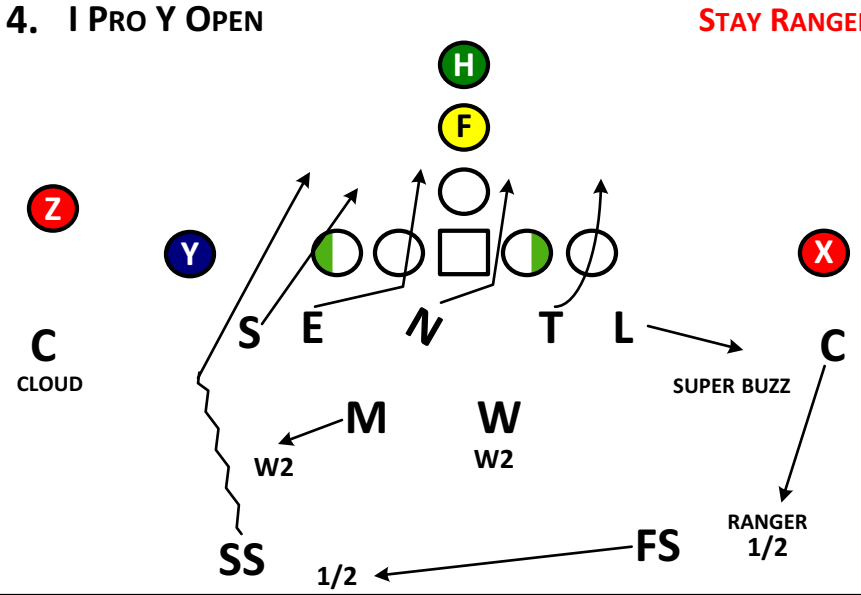
3. Y MO I Pro Y Off

Check 3 Seam



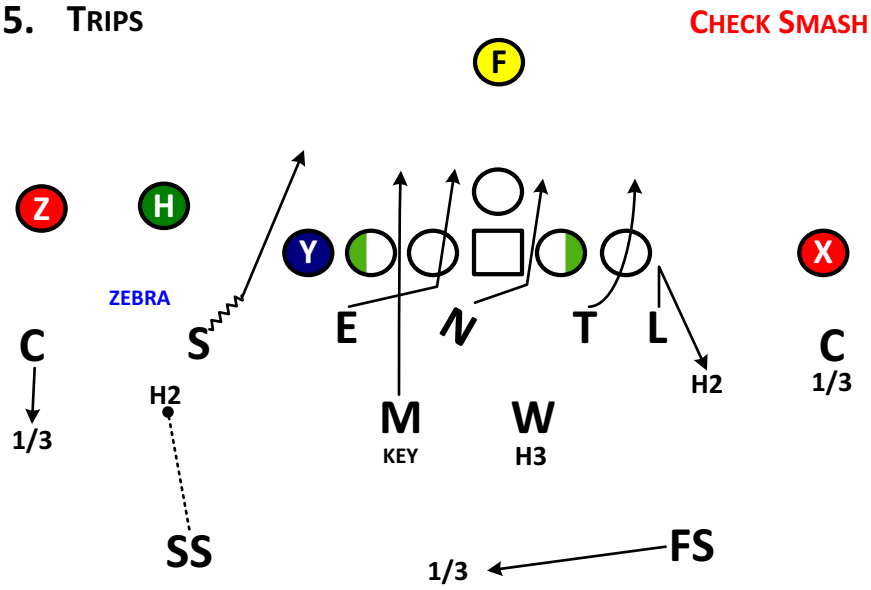
4. I Pro Y Open

Stay Ranger



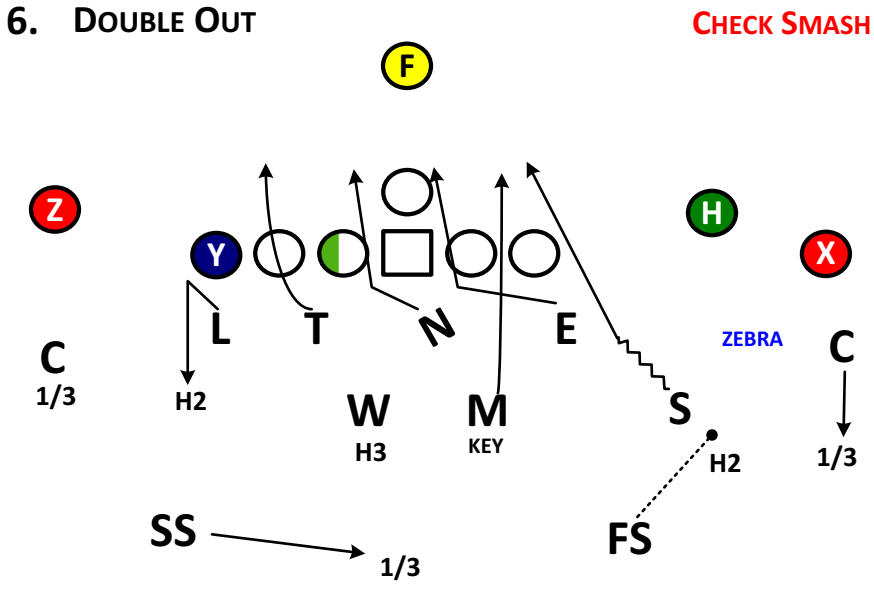
5. Trips

Check Smash



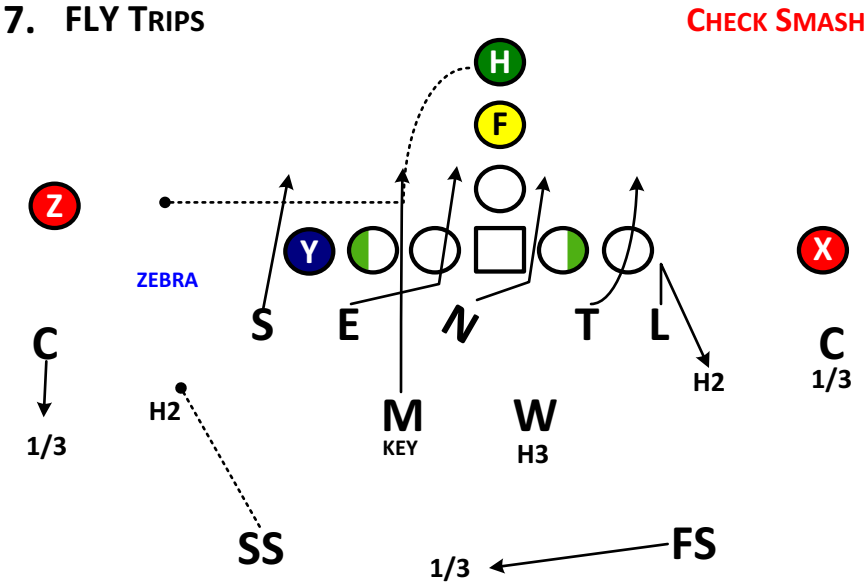
6. Double Out

Check Smash



7. FLY Trips

Check Smash

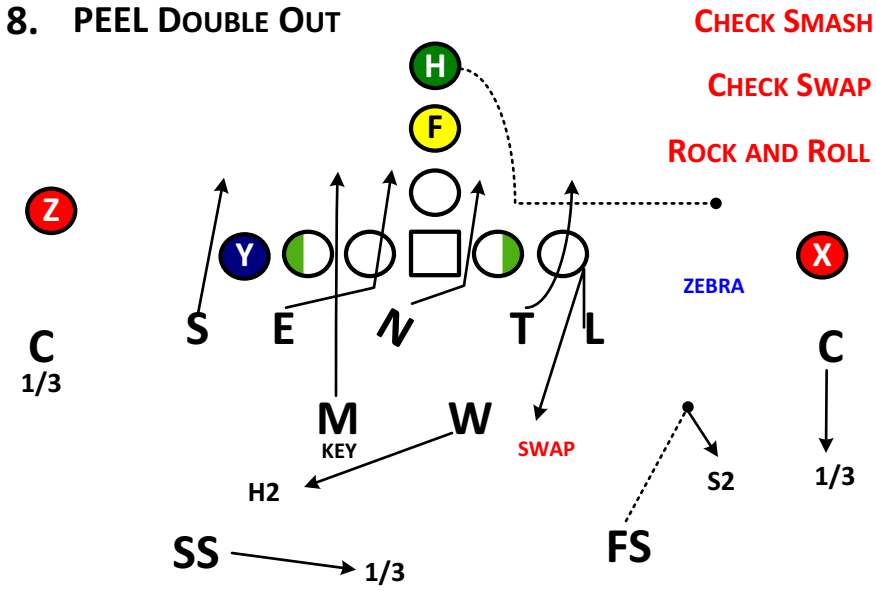


8. PEEL Double Out

Check Smash

Check Swap

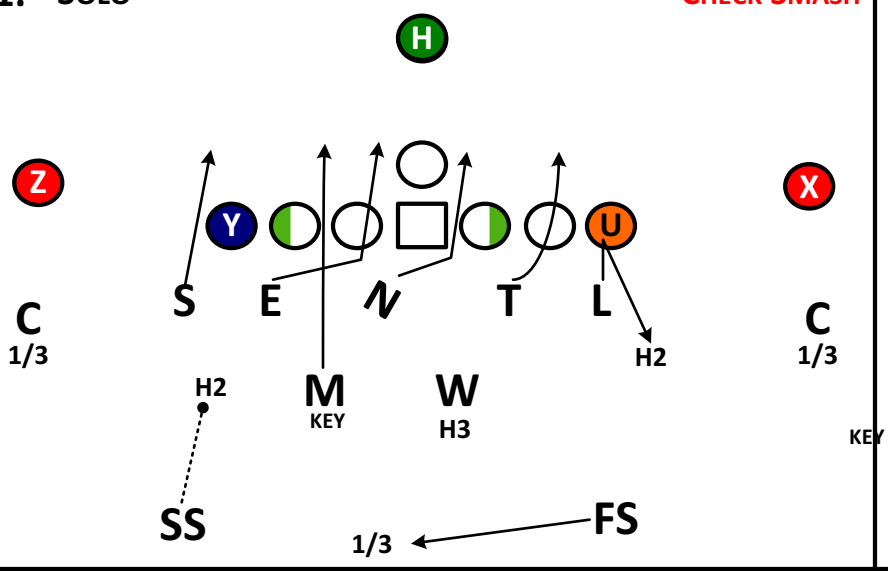
Rock and Roll



Strong Slasher Ranger 3 Palms

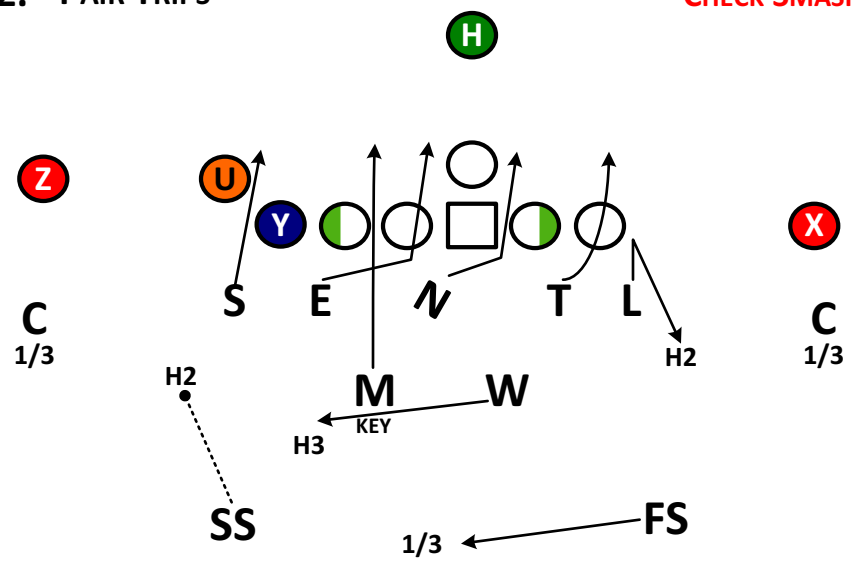
1. Solo

Check Smash



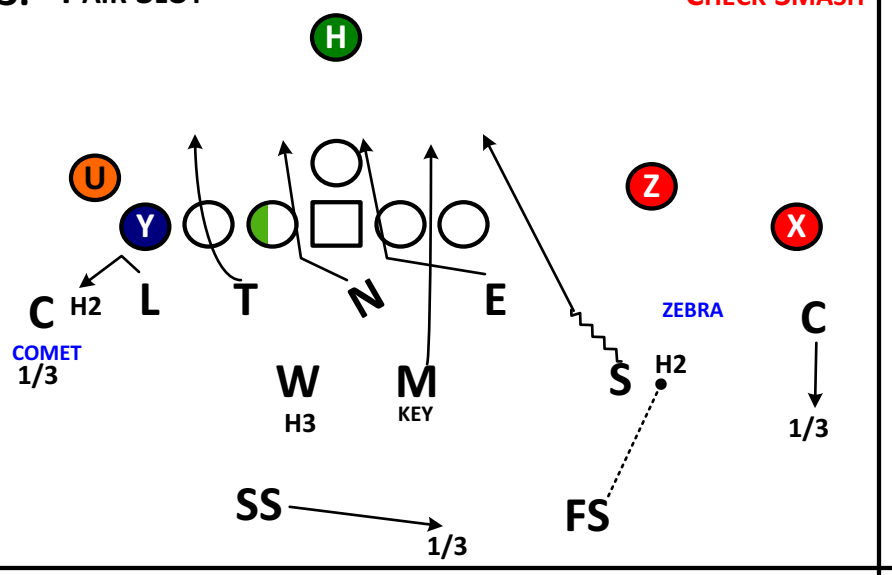
2. Pair Trips

Check Smash



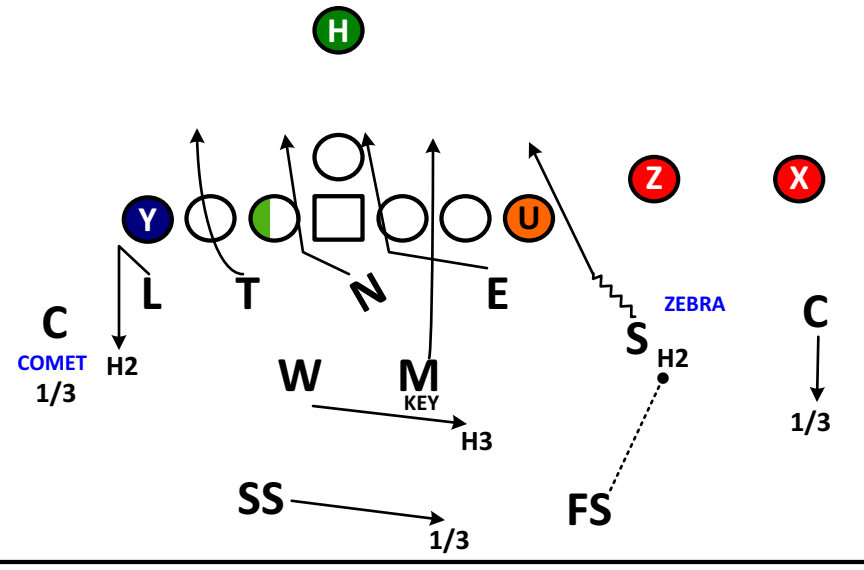
3. Pair Slot

Check Smash



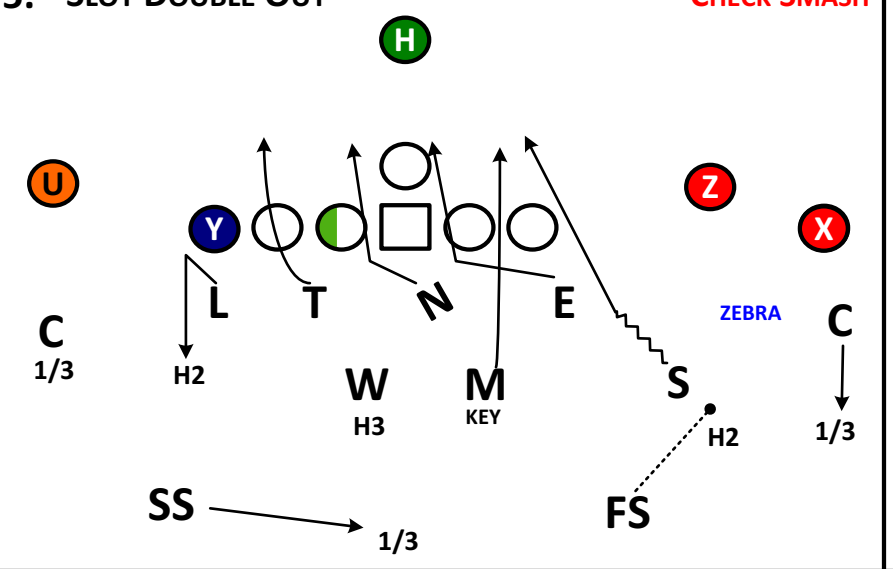
4. Solo Slot

Check Smash



5. Slot Double Out

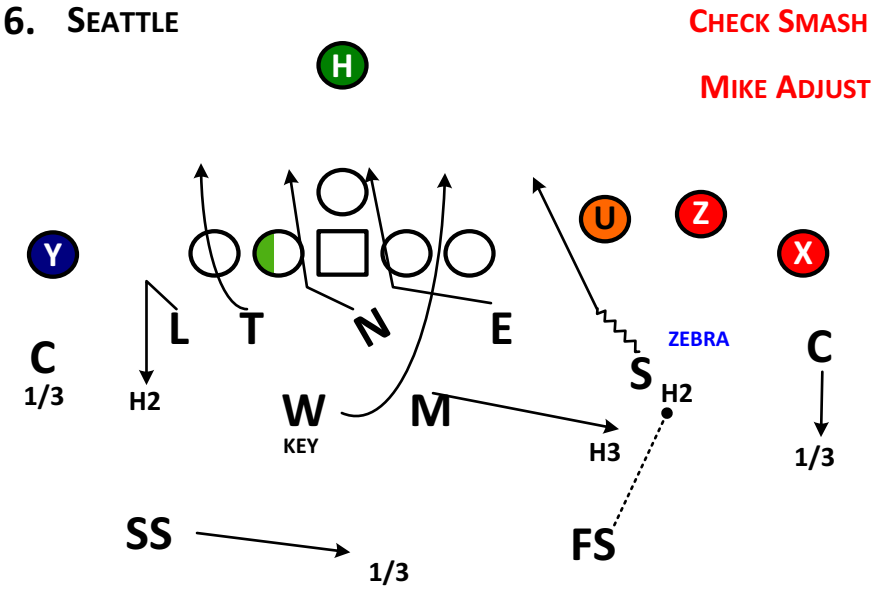
Check Smash



6. Seattle

Check Smash

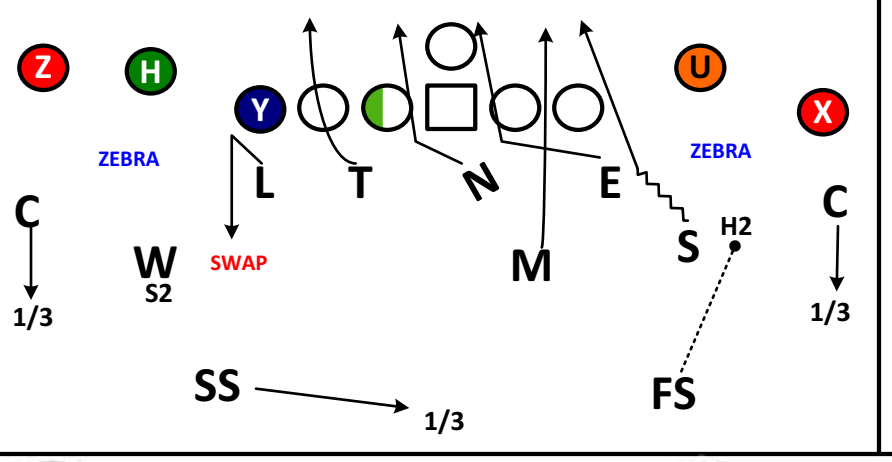
Mike Adjust



7. Empty

Check Smash

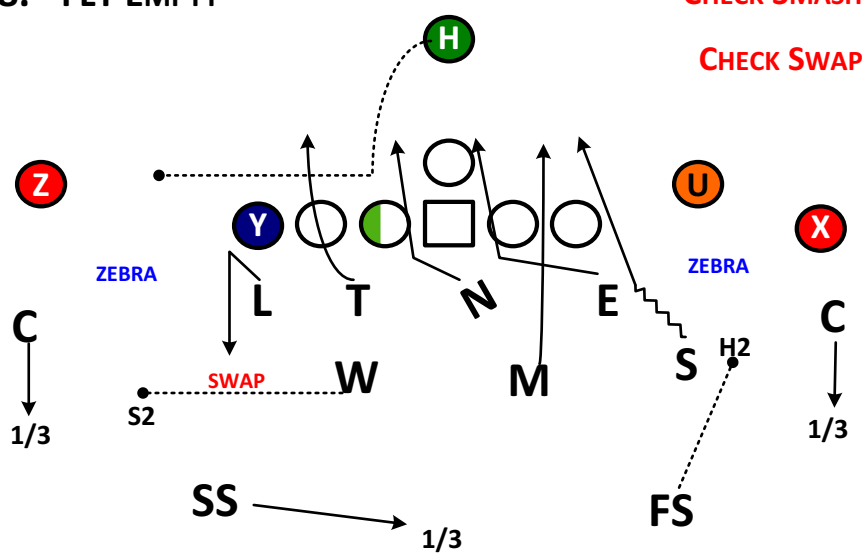
Check Swap



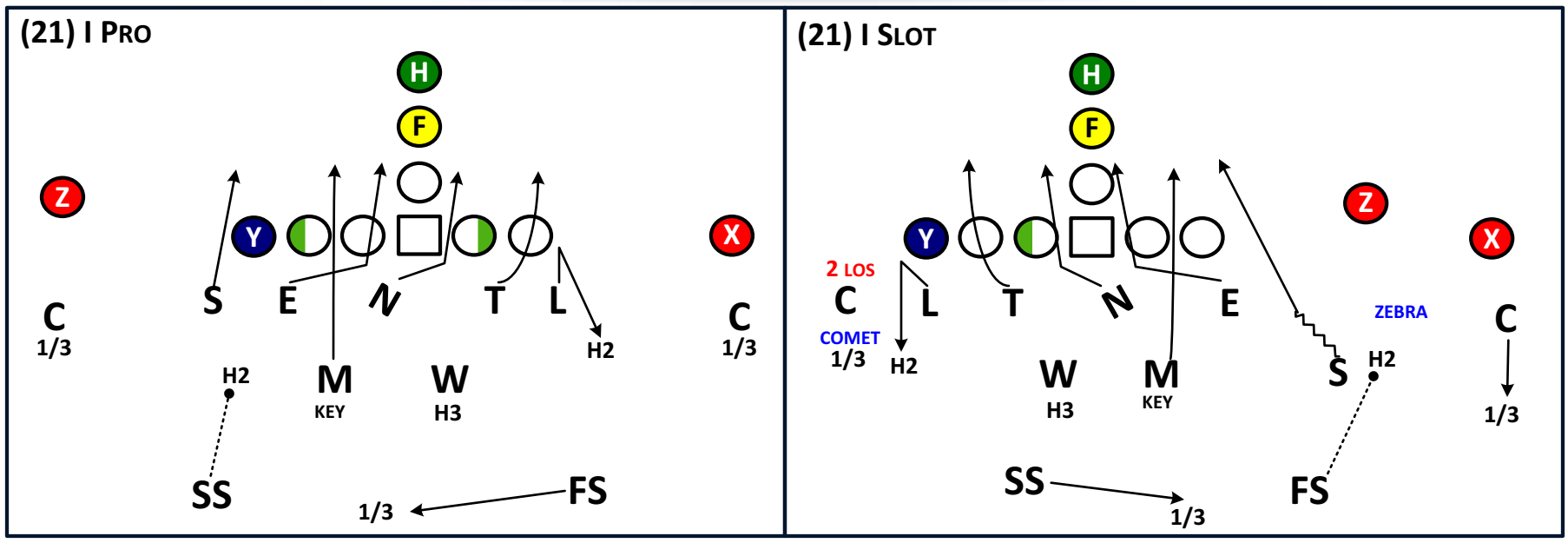
8. Fly Empty

Check Smash

Check Swap



Strong Smash Sky Zone



Essence:

1. 3 Deep 3 Under Rush Zone where we will rush 4 defenders
2. The Defensive Line will align using Under Family Front Rules
3. The Defensive Line slants away from passing strength
4. SS will sky down hot to 2 to the side of the passing strength

Coaching Points:

1. Close Call to the Passing Strength
   - 2 Receiver Side
   - Balanced 2x2 formations to the left or to the offset
   - Empty: To the 2 man side
2. This pressure involves the Mike and Sam, no switch call
3. Mike Key Blitz
4. Sam chase contain Blitzer
5. Vs. Zip, Sam contain rush. SS plays C Gap

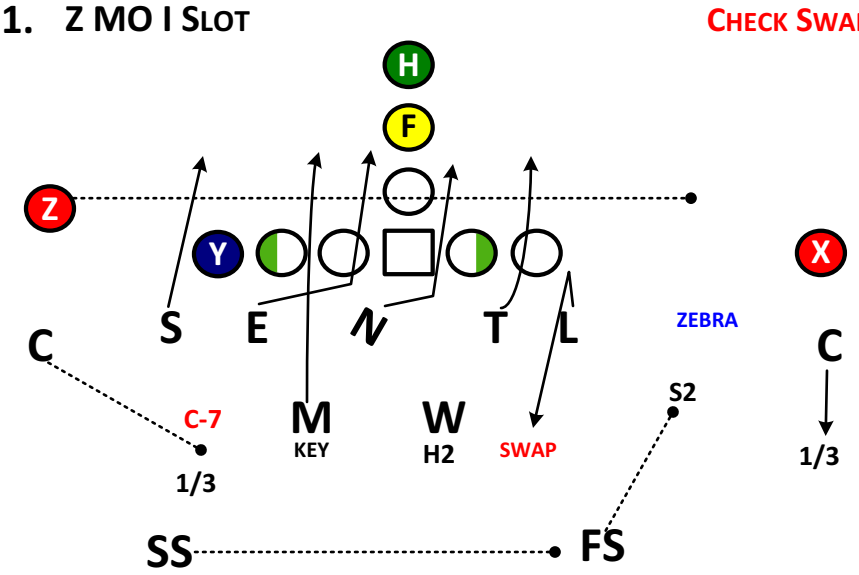
Adjustments:

1. Vs. #2 displaced away from the closed call: Check Swap
2. Vs. #3 displaced away from the closed call: Check hot to 3
3. Vs. Change of strength motion: Check swap (Rock and roll)
   - with 3 displaced: Check hot to 3
4. Vs. #3 Displaced: Mike Adjust
5. Vs. Motion to Empty: Will Check Swap, Mike Adjust (No Rush) & Relate to 3 to Closed Call End Rush

Strong Smash Sky Zone

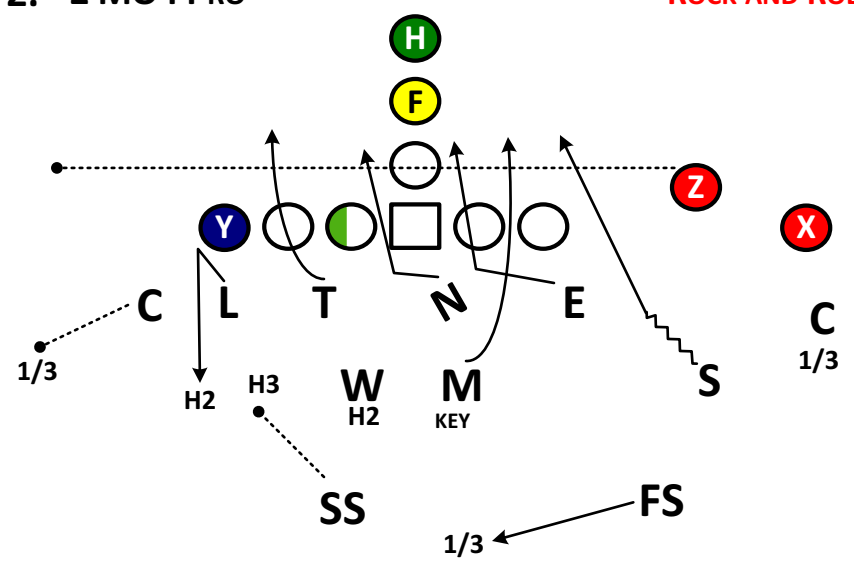
1. Z MO I Slot

Check Swap



2. Z MO I Pro

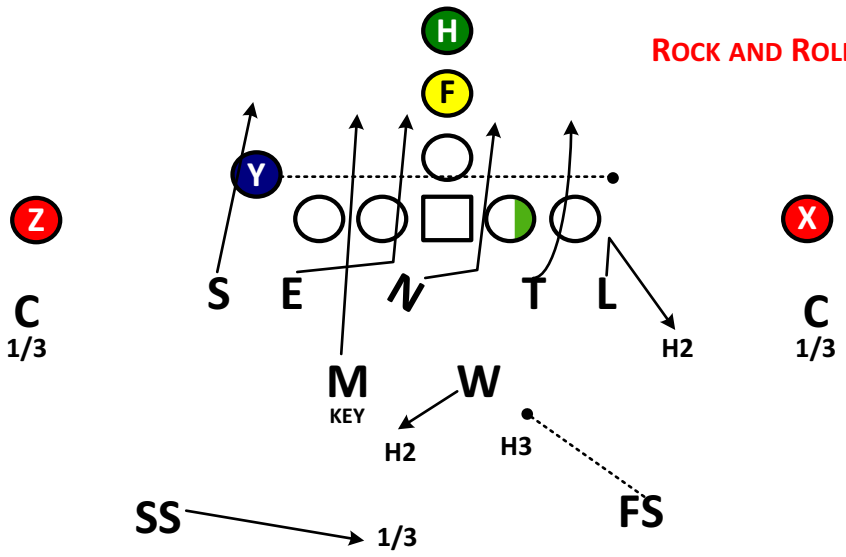
Rock and Roll



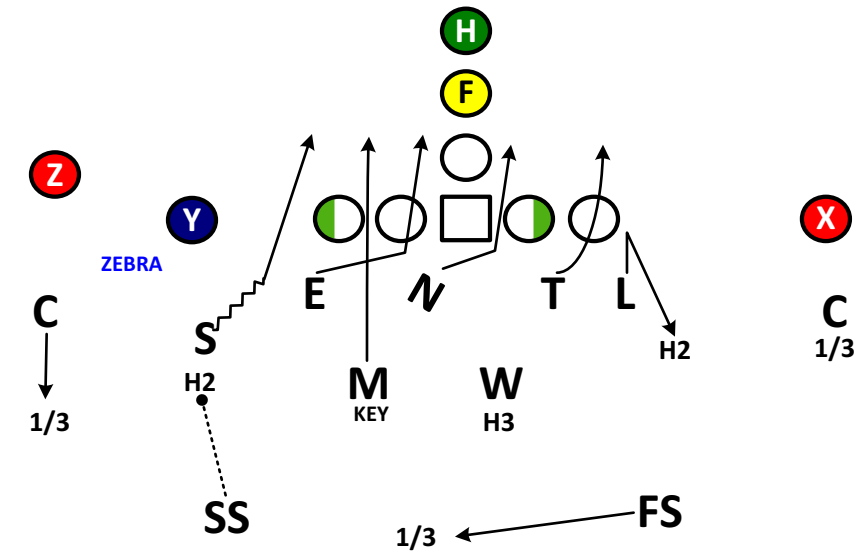
3. Y MO I Pro Y Off

Stay Hot to 2

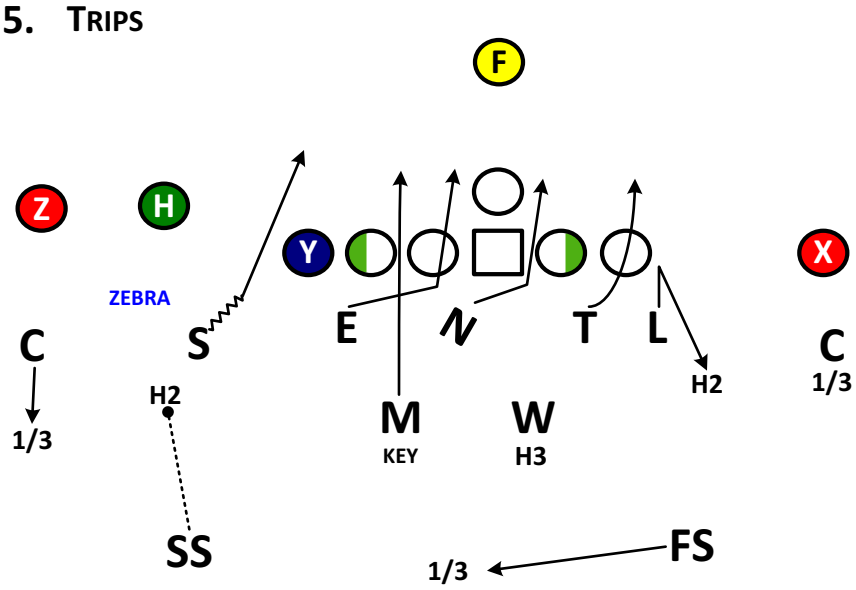
Rock and Roll



4. I Pro Y Open

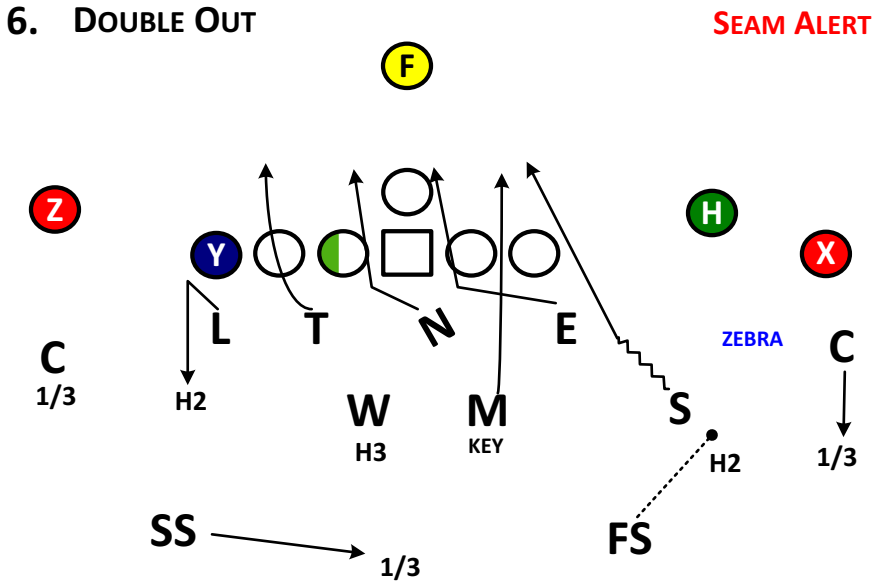


5. Trips

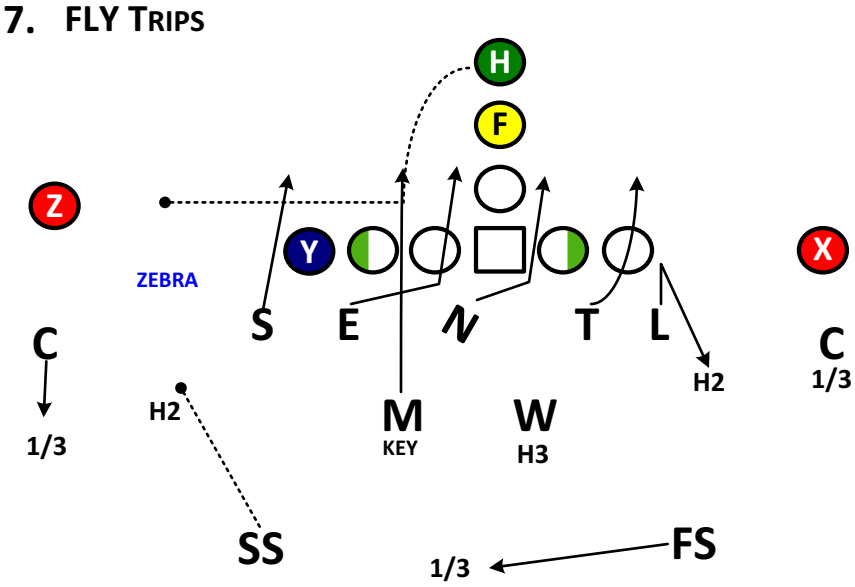


6. Double Out

Seam Alert



7. FLY Trips

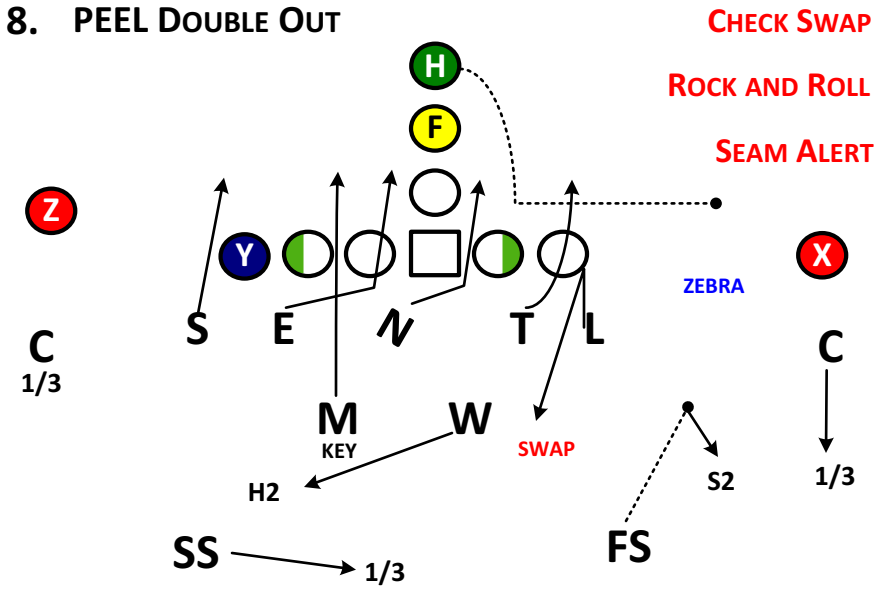


8. PEEL Double Out

Check Swap

Rock and Roll

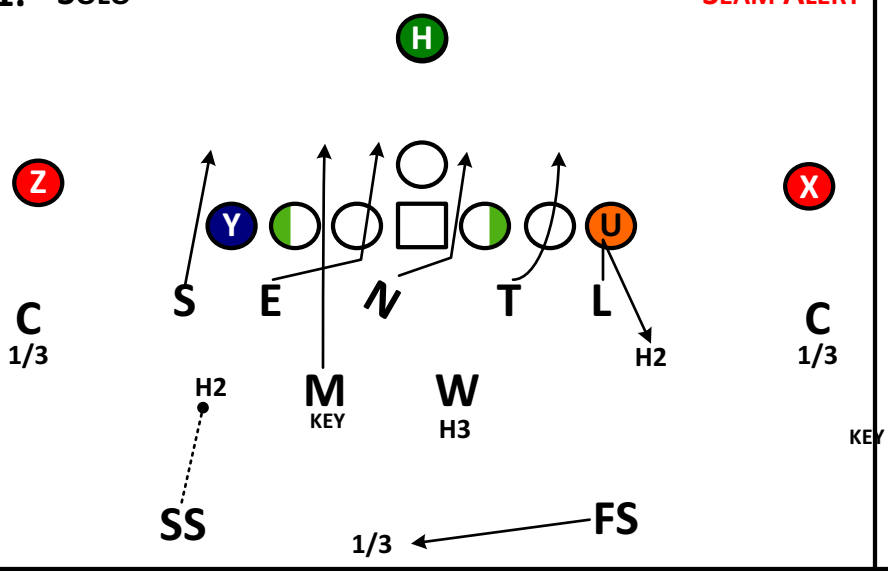
Seam Alert



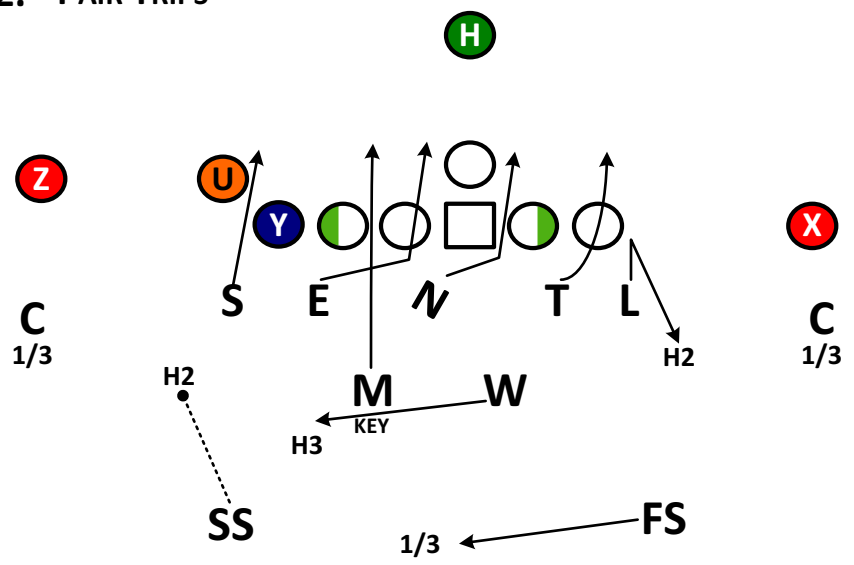
Strong Smash Sky Zone

1. Solo

Seam Alert

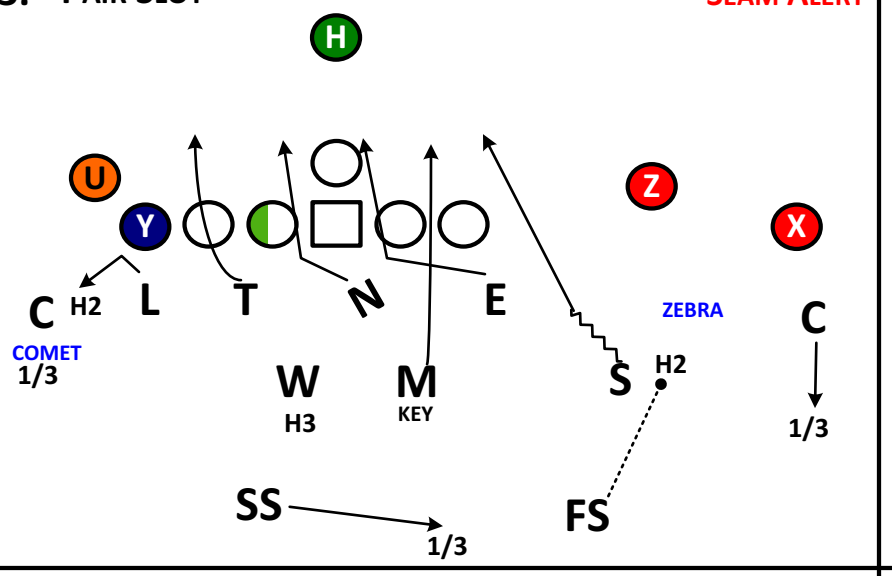


2. Pair Trips

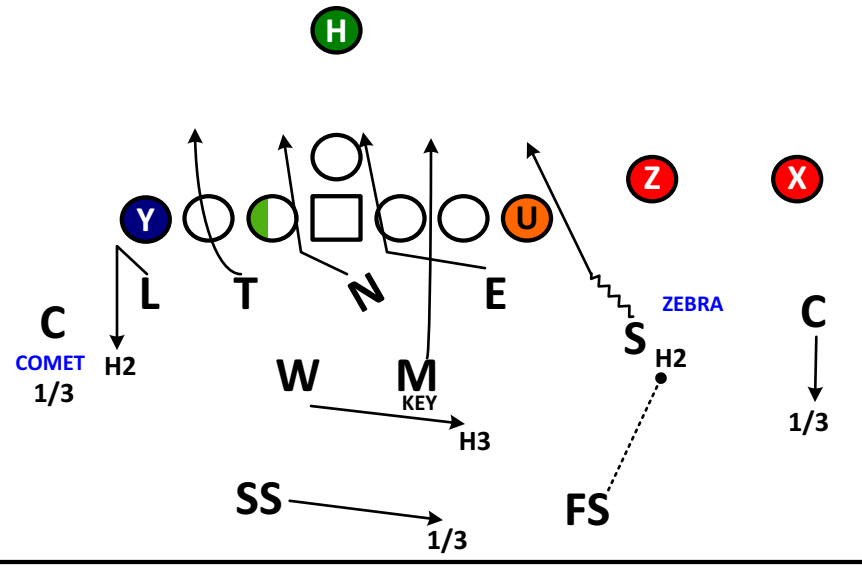


3. Pair Slot

Seam Alert

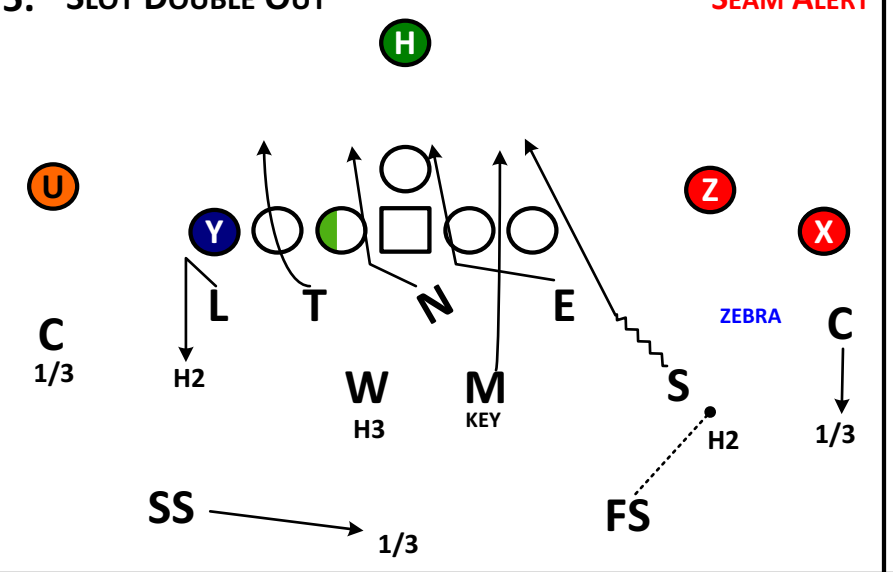


4. Solo Slot



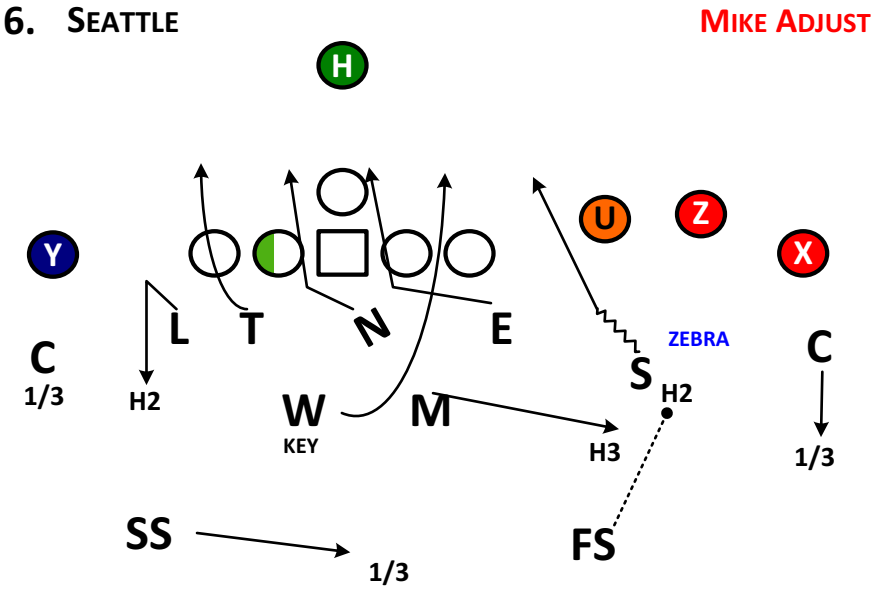
5. Slot Double Out

Seam Alert



6. Seattle

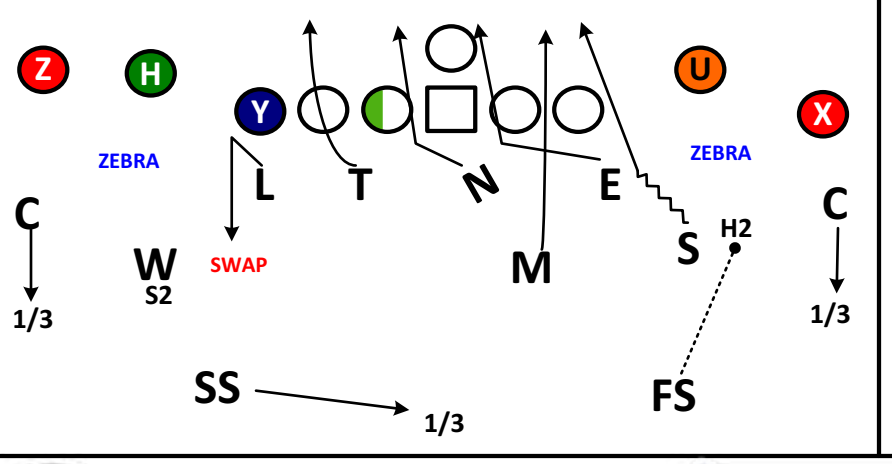
Mike Adjust



7. Empty

Check Swap

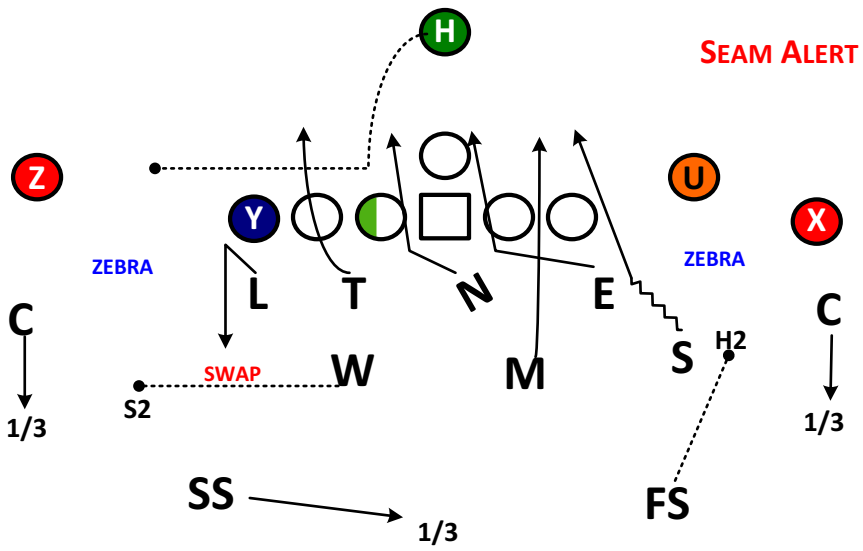
Seam Alert



8. Fly Empty

Check Swap

Seam Alert

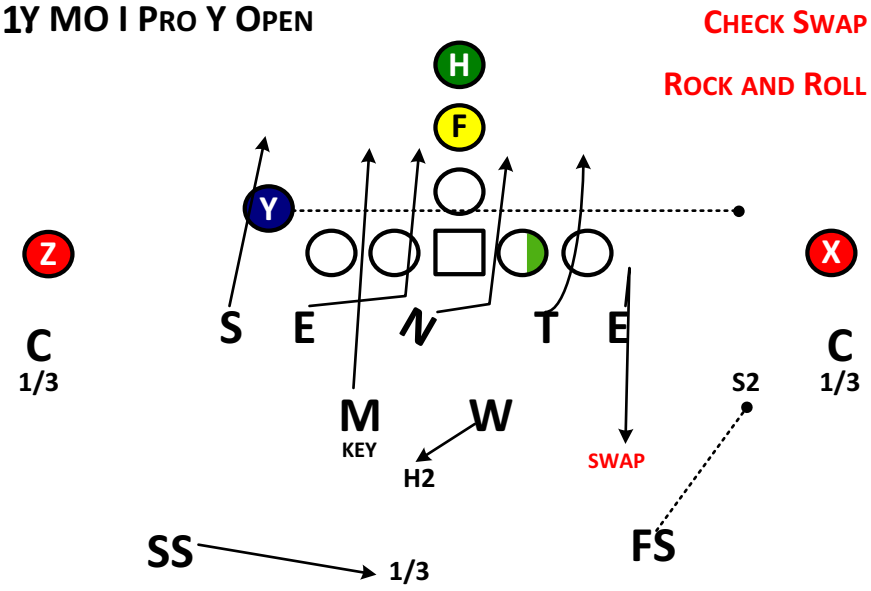


Strong Smash Sky Zone

1Y MO I Pro Y Open

Check Swap

Rock and Roll



2.

3.

4.

5.

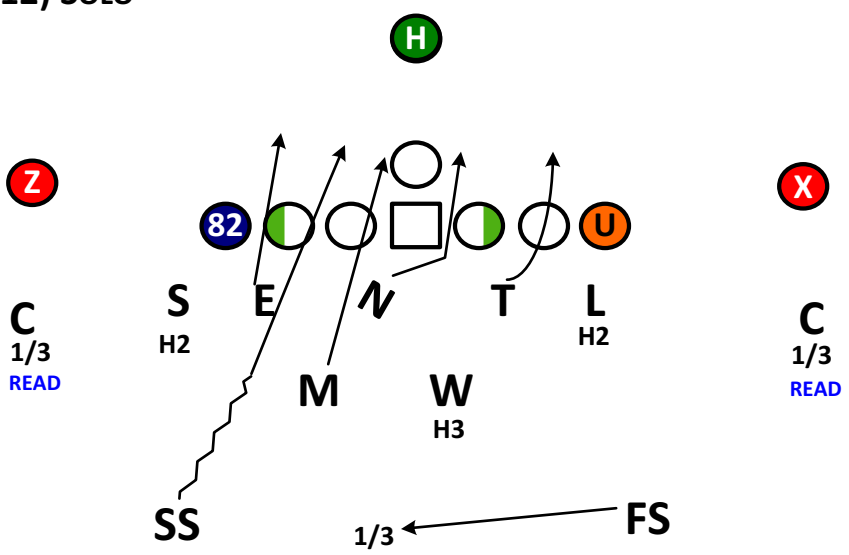
6.

7.

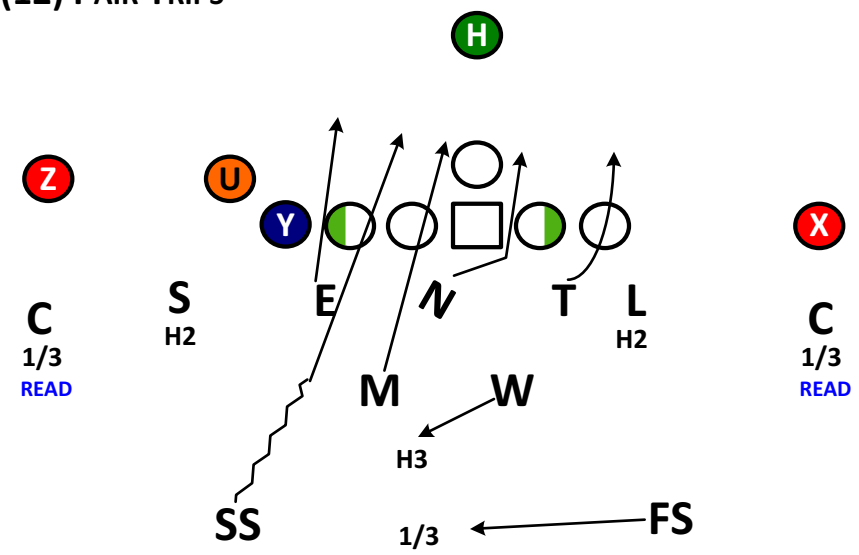
8.

Strong Snake 3 Seam

(12) Solo



(12) Pair Trips



Essence:

1. Strong Snake 3 Seam is a 5 Man zone pressure set to the Passing Strength

Coaching Points:

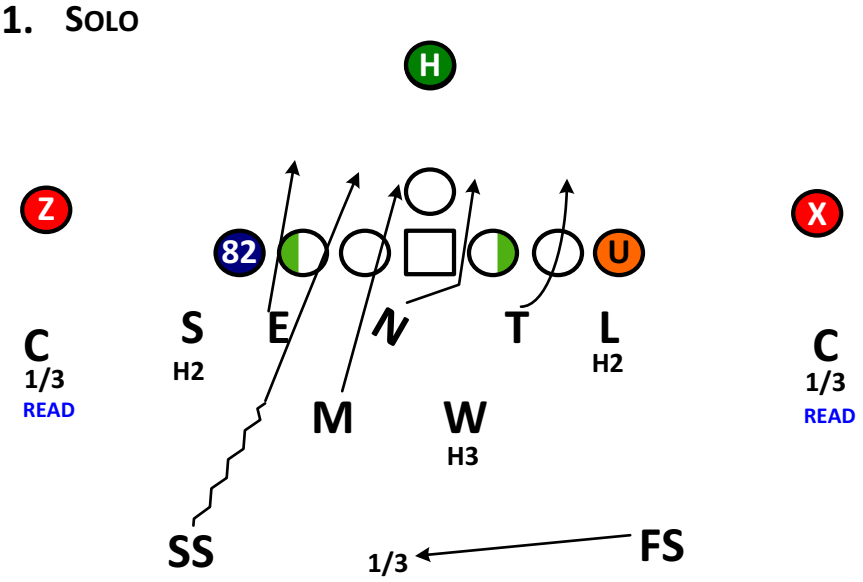
1. Close Call to Passing Strength
   - Empty: 2 Man Side
2. Sam: Hot to 2
3. Mike: Blitz A Gap
4. Strong Safety: Blitz B Gap

Adjustments:

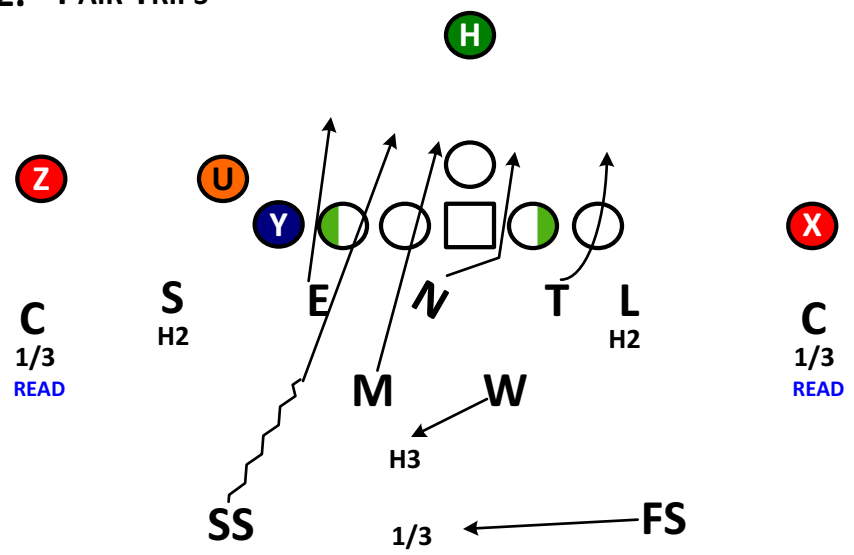
1. Vs. Gun Sets: Mike and Strong Safety Cross
2. Vs. 2 Displaced Away from Closed Call: Check Swap
3. Vs. Seattle Trips: Mike Adjust
4. Vs. Empty and 3 receivers to the Pressure Side: Mike No Go. End Rush

Strong Snake 3 Seam

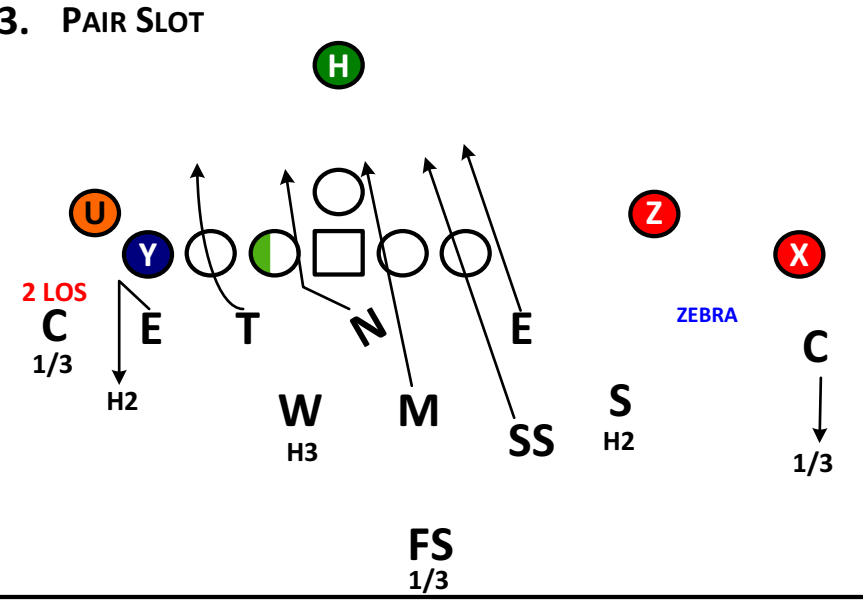
1. Solo



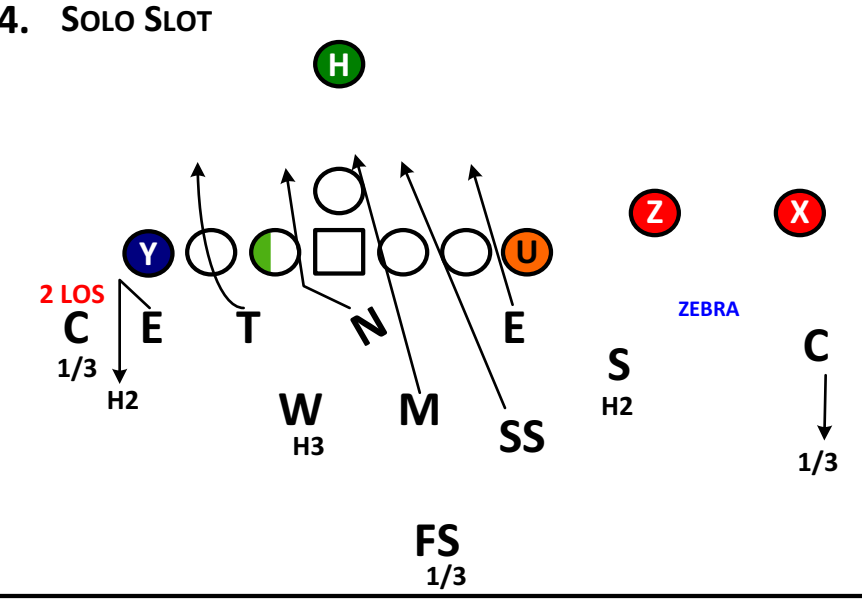
2. Pair Trips



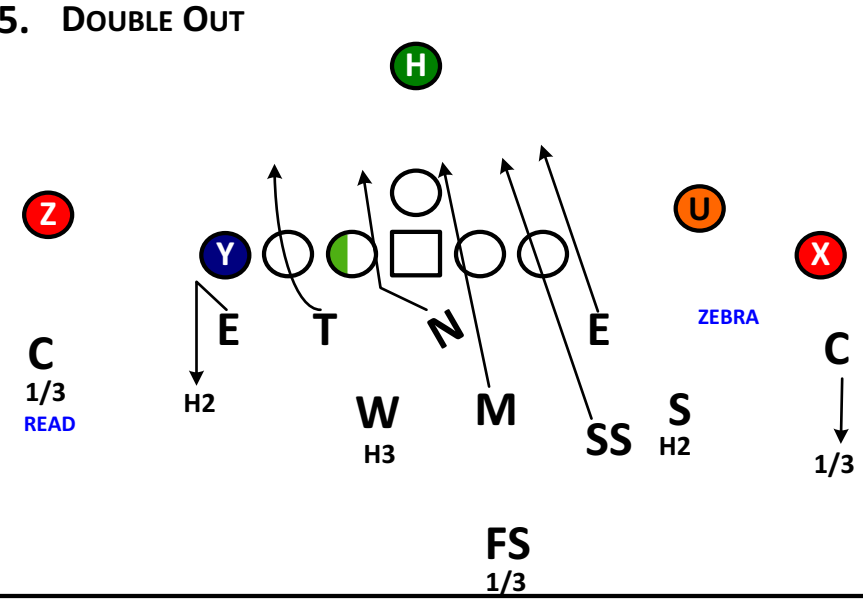
3. Pair Slot



4. Solo Slot

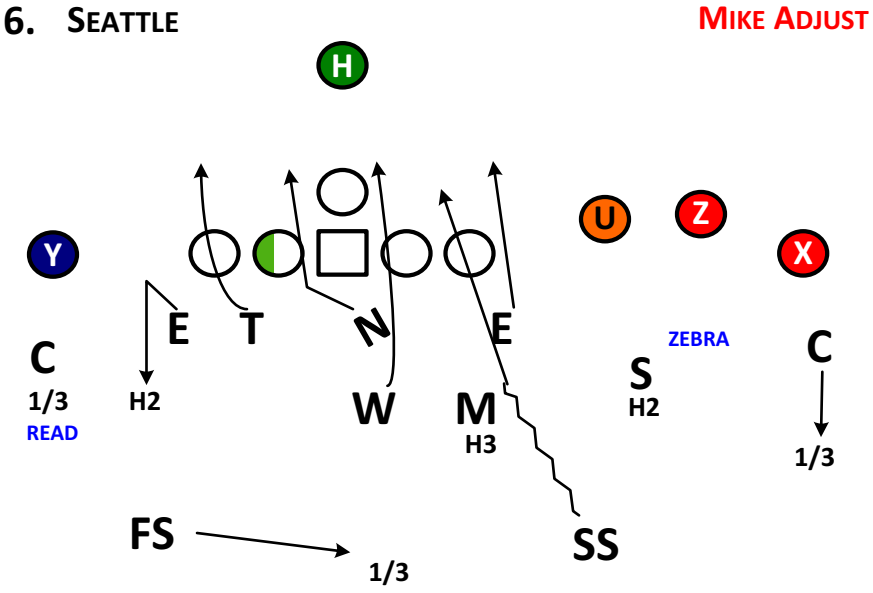


5. Double Out



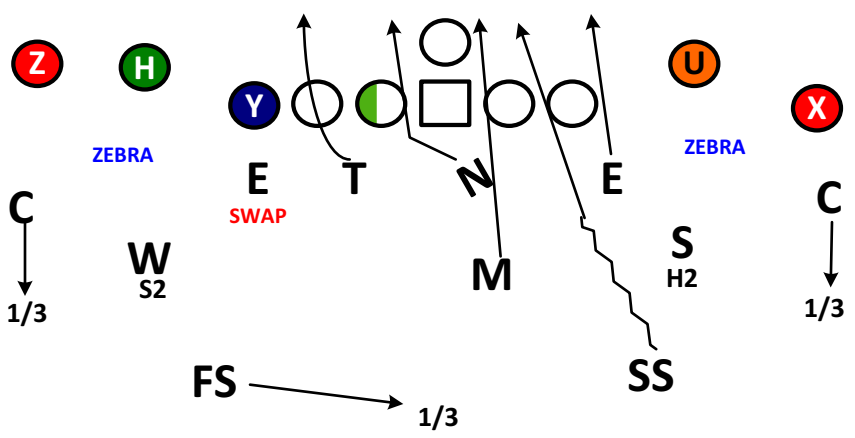
6. Seattle

Mike Adjust



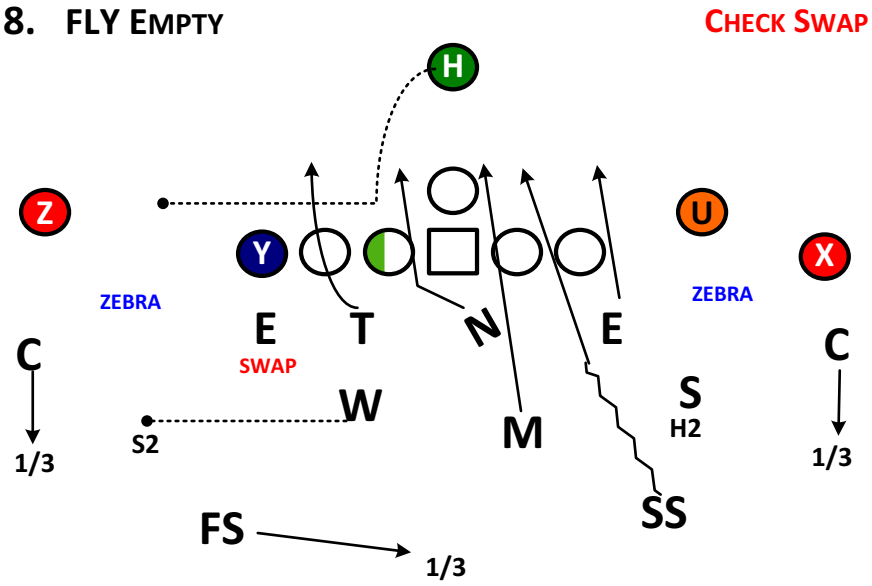
7. Empty

Check Swap



8. Fly Empty

Check Swap

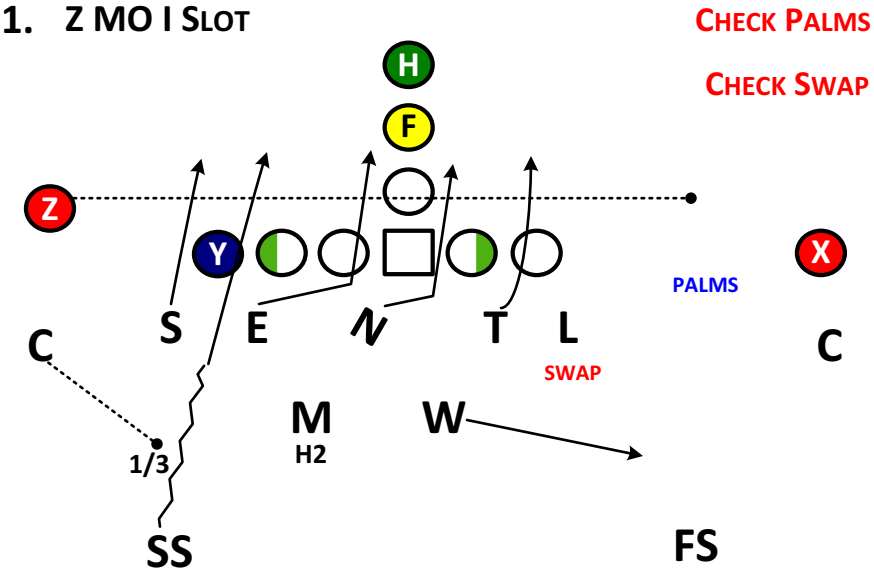


Under Bash Ranger 3 Palms

1. Z MO I Slot

Check Palms

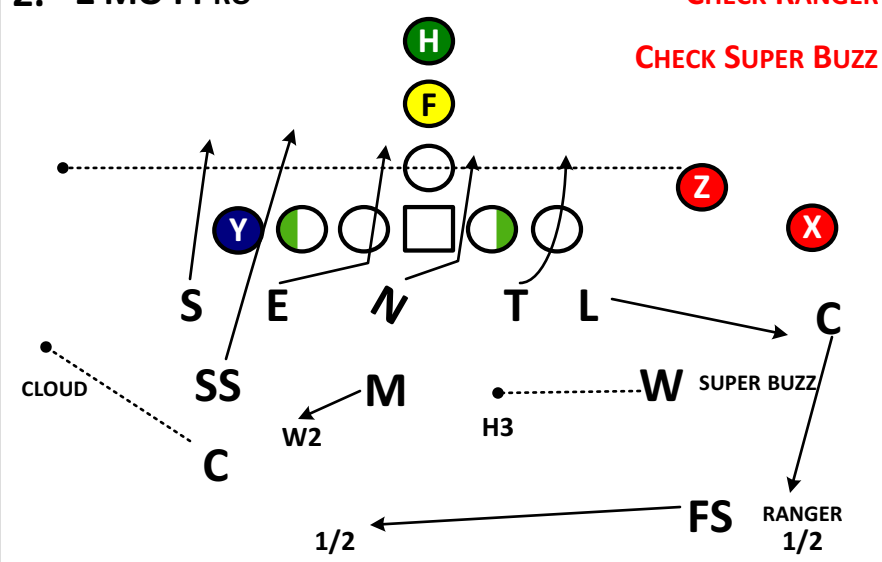
Check Swap



2. Z MO I Pro

Check Ranger

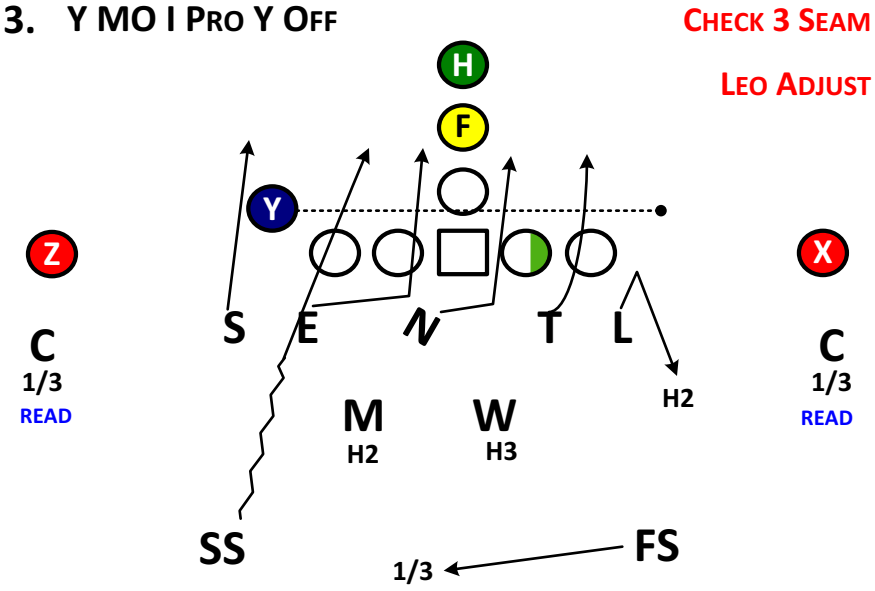
Check Super Buzz



3. Y MO I Pro Y Off

Check 3 Seam

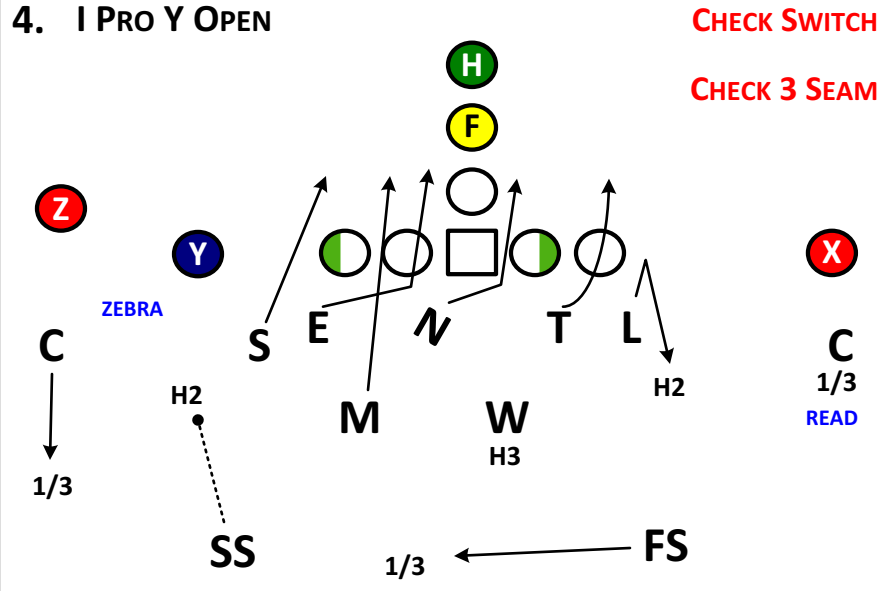
Leo Adjust



4. I Pro Y Open

Check Switch

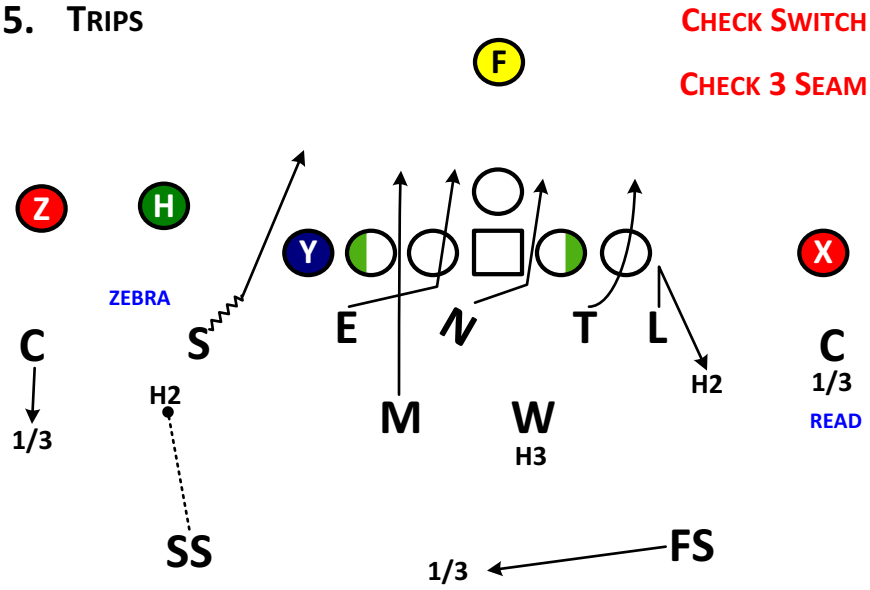
Check 3 Seam



5. Trips

Check Switch

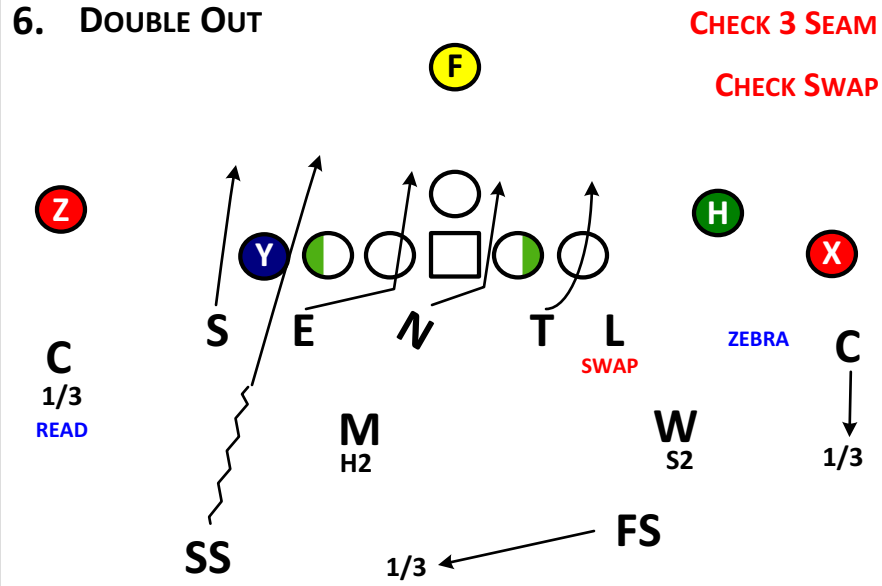
Check 3 Seam



6. Double Out

Check 3 Seam

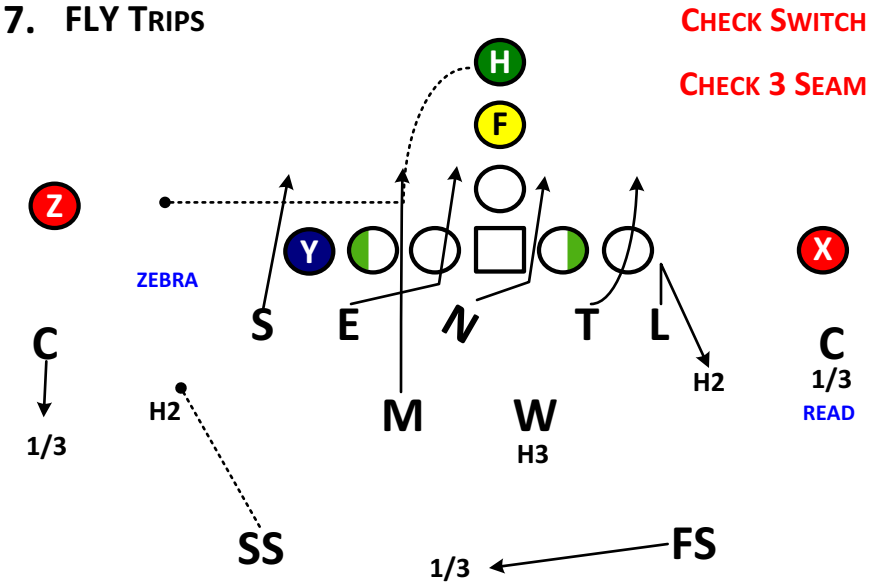
Check Swap



7. FLY Trips

Check Switch

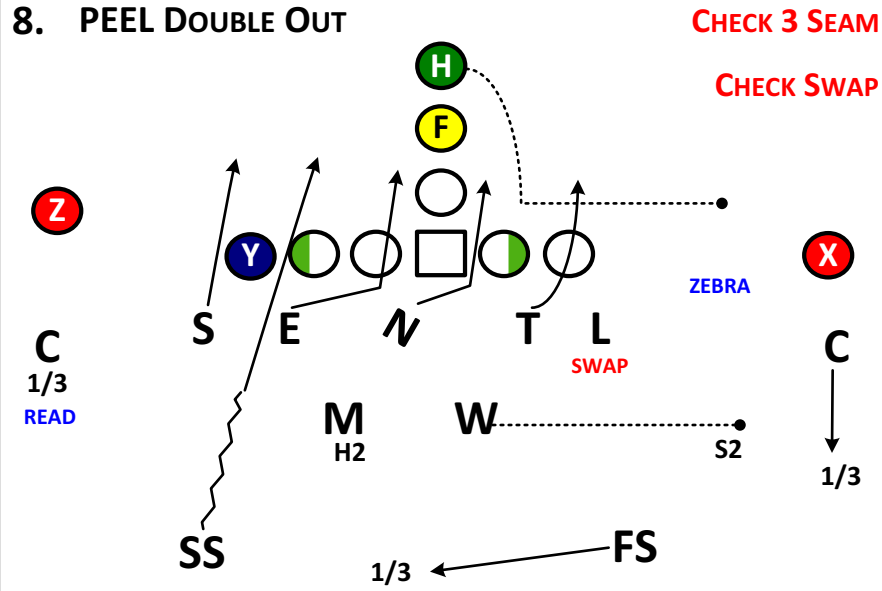
Check 3 Seam

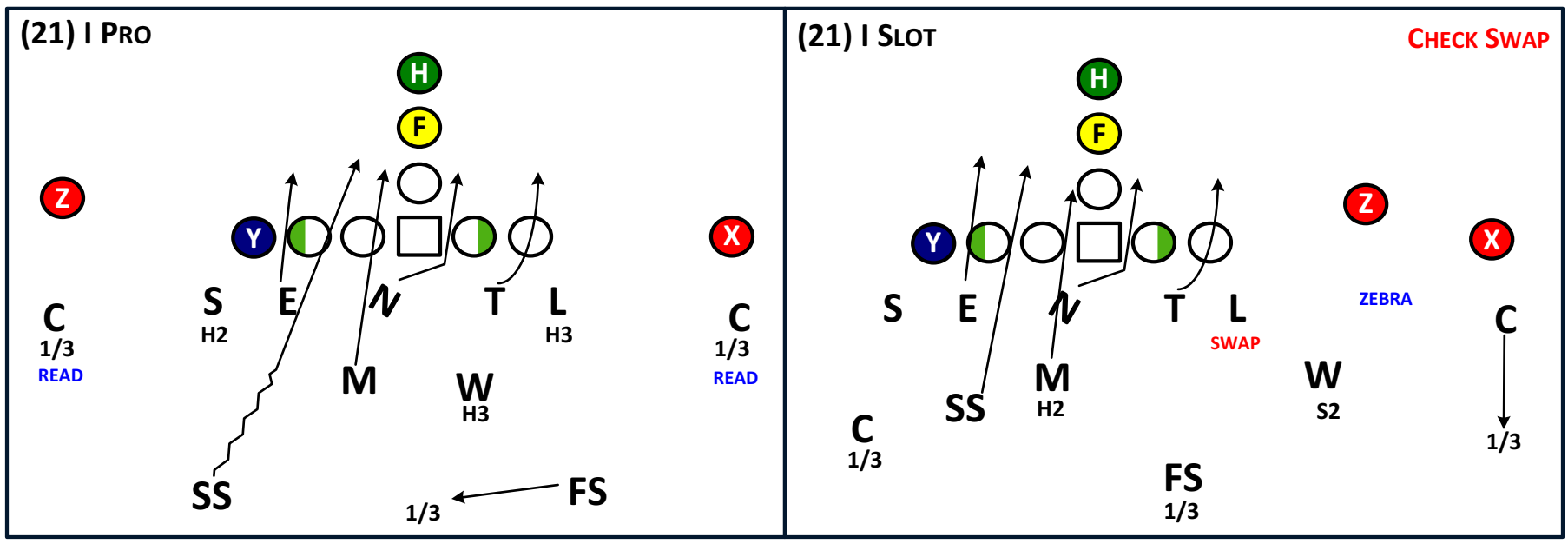


8. PEEL Double Out

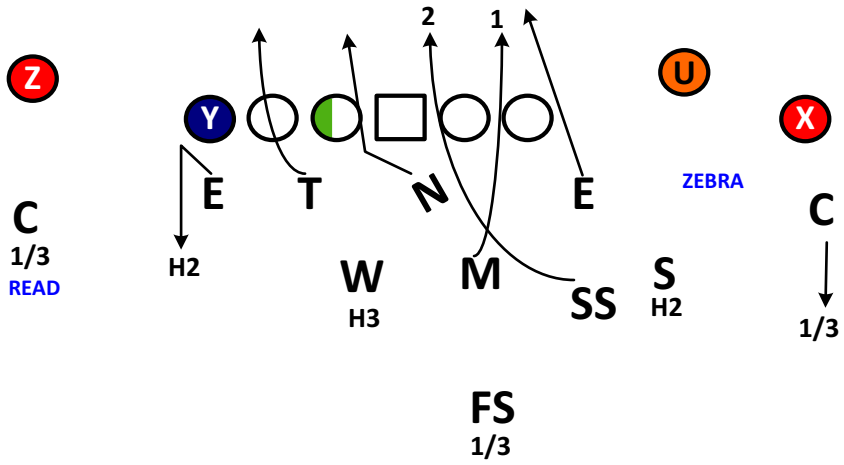
Check 3 Seam

Check Swap



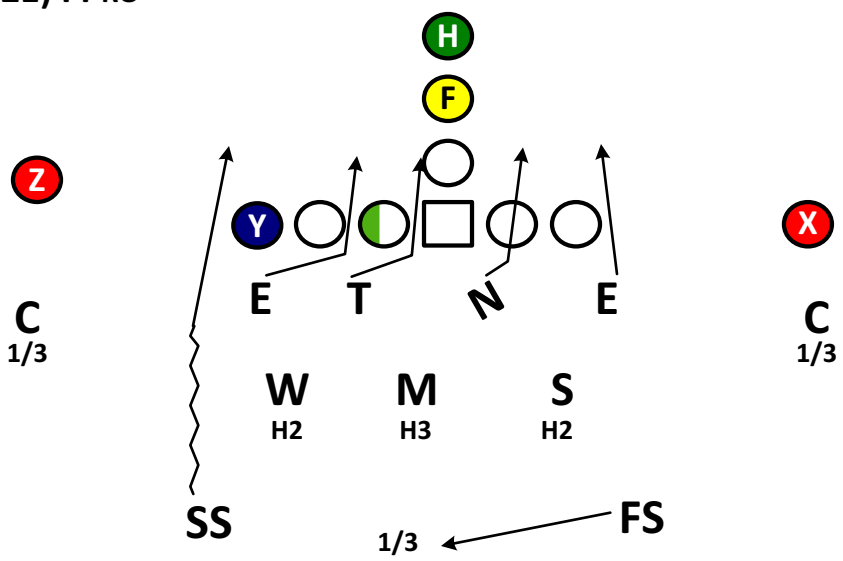


GUN SETS: CROSS

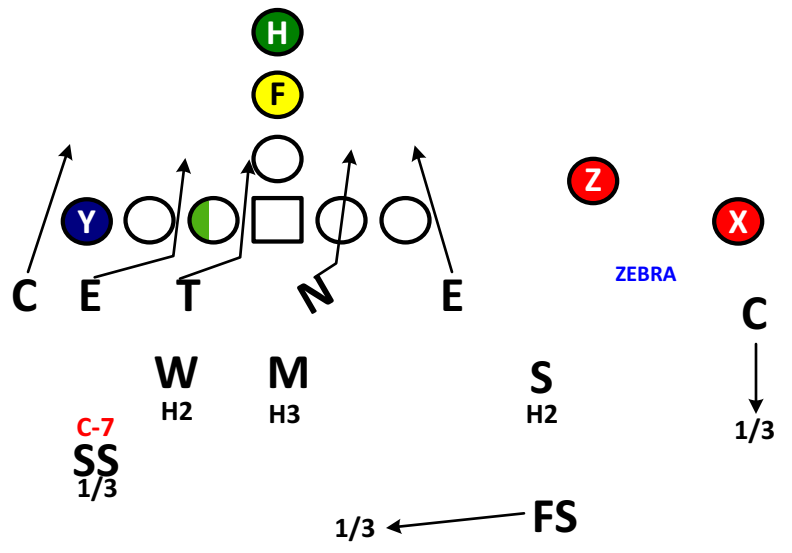


Over Spear 3 Seam

(21) I Pro



(21) I Slot — Check Trade



Essence:

1. Over Spear 3 Seam is an Over Family Front Rush Zone.

Coaching Points:

1. Solid call to the "Y"
2. Strong Safety is a Contain Blitzer
3. D-Line: Tony Movement

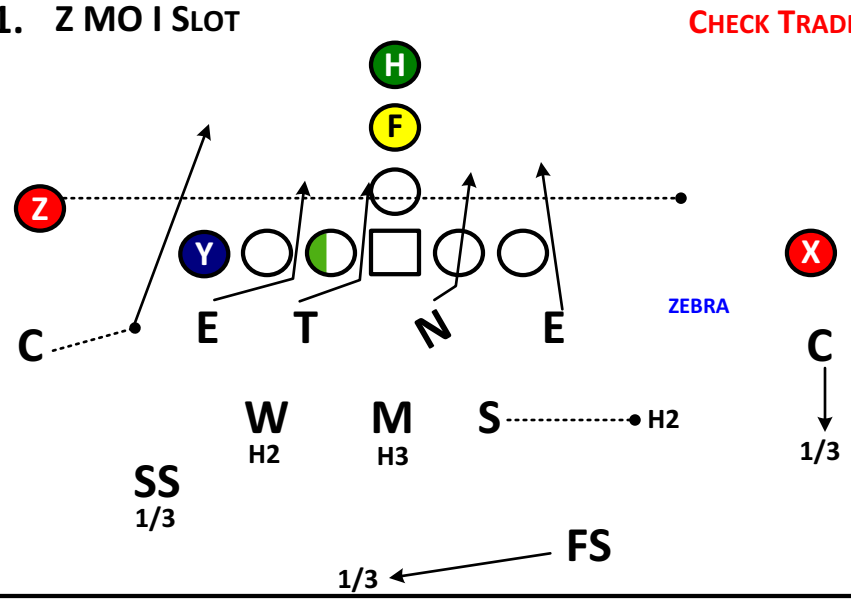
Adjustments:

1. Vs. nubside sets: Check Trade
2. Vs. any 2 displaced to the solid side: Check Switch

Over Spear 3 Seam

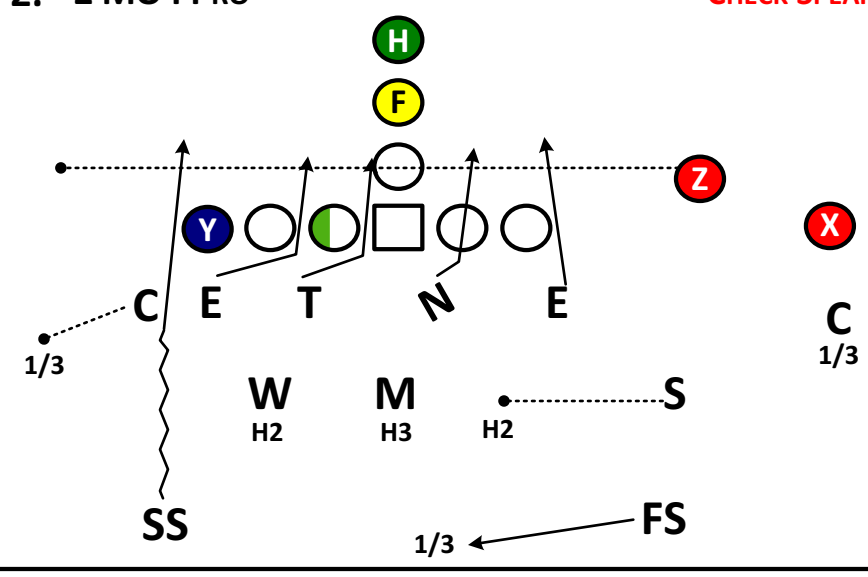
1. Z MO I Slot

Check Trade

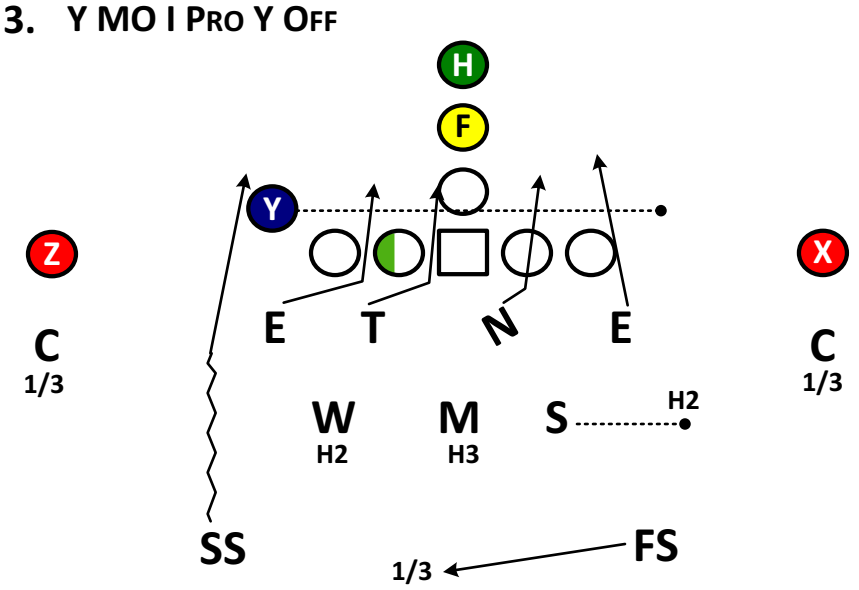


2. Z MO I Pro

Check Spear

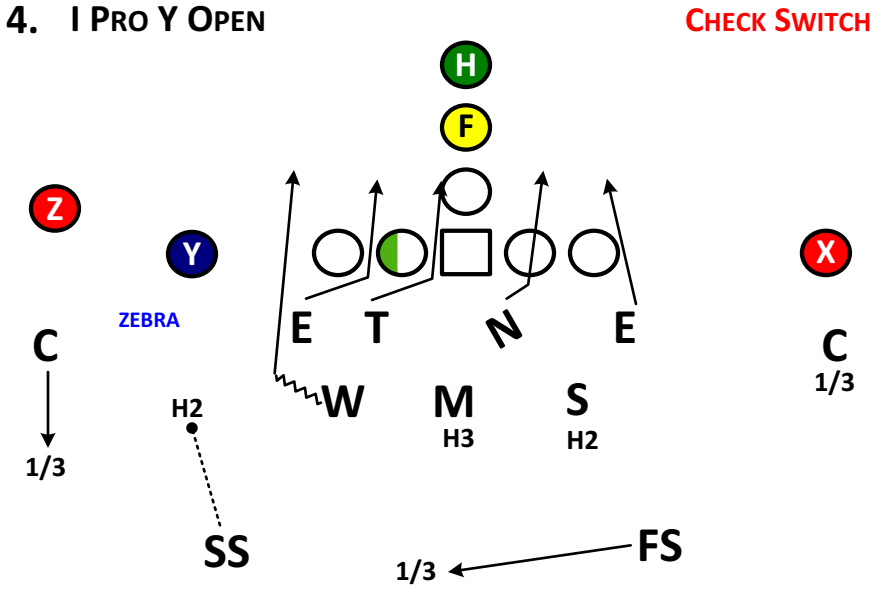


3. Y MO I Pro Y Off



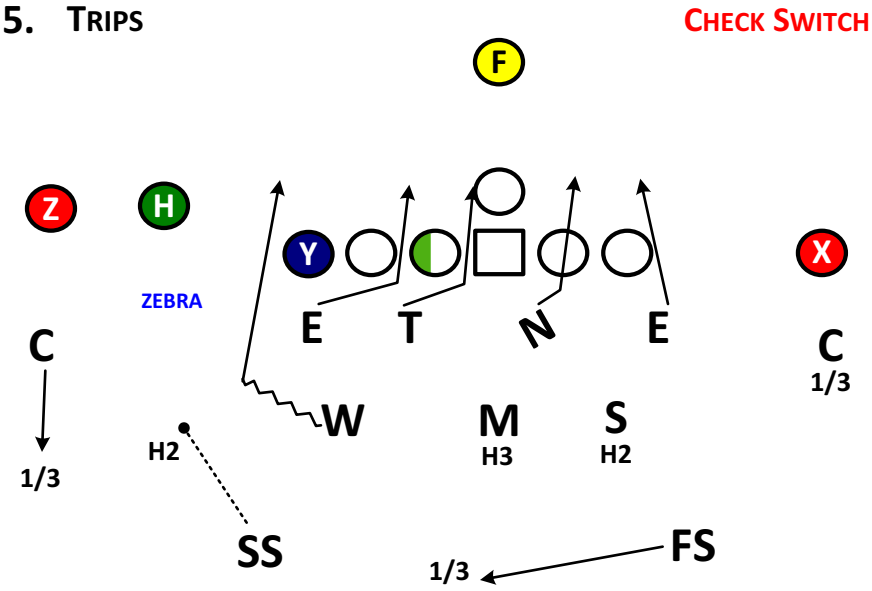
4. I Pro Y Open

Check Switch

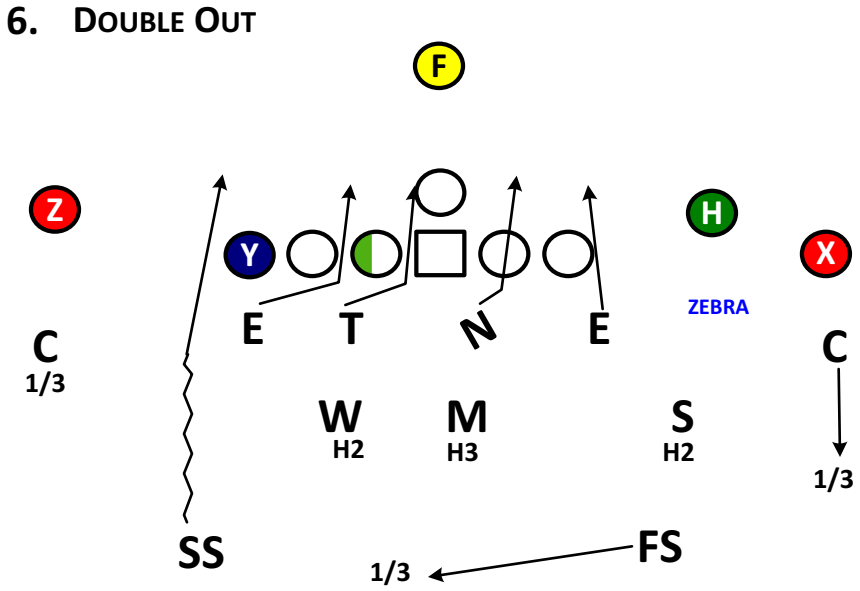


5. Trips

Check Switch

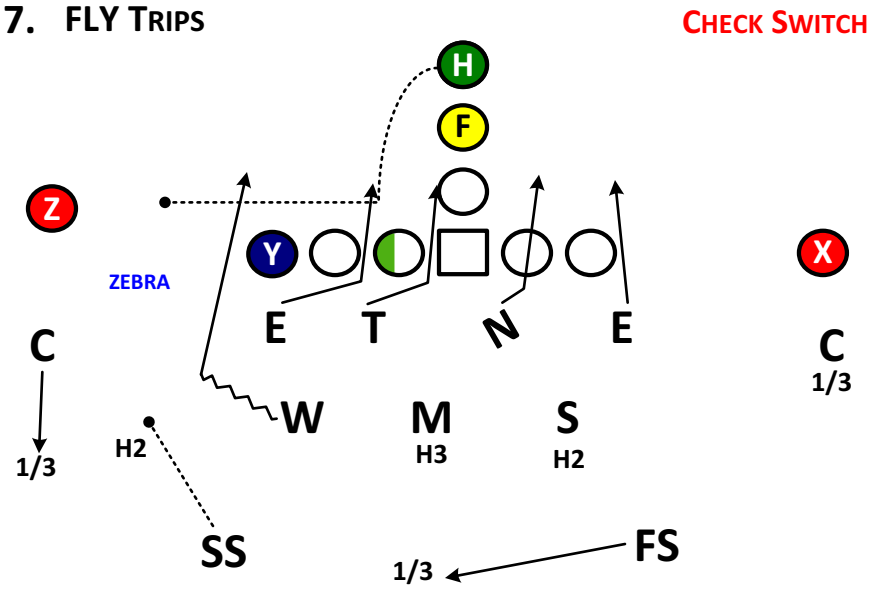


6. Double Out

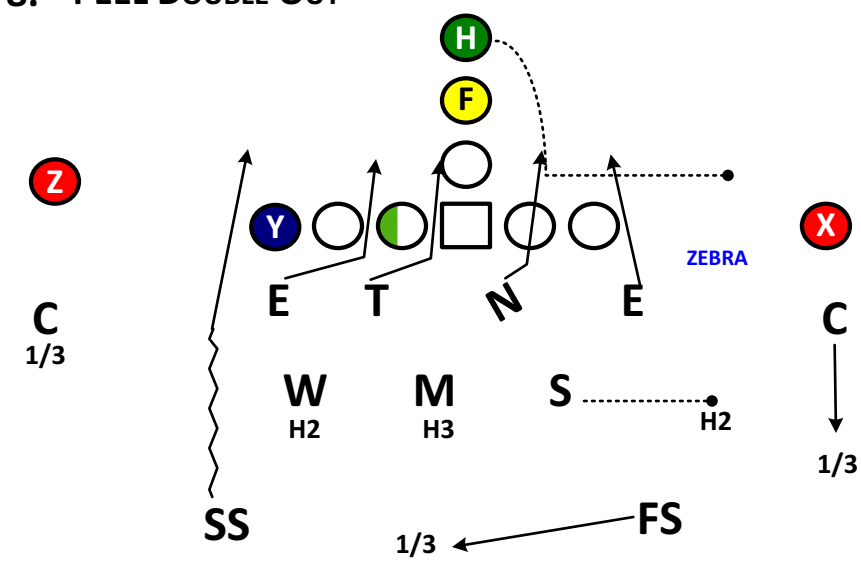


7. FLY Trips

Check Switch

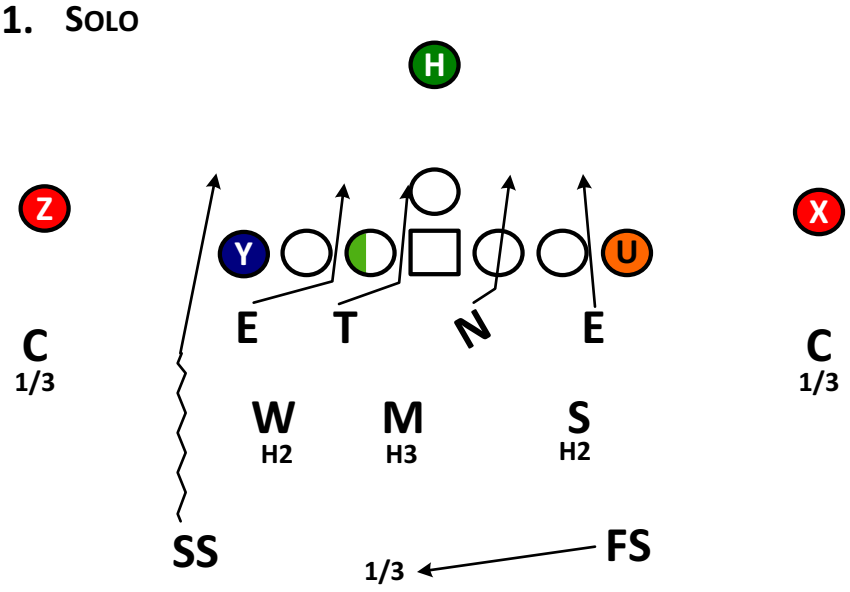


8. PEEL Double Out

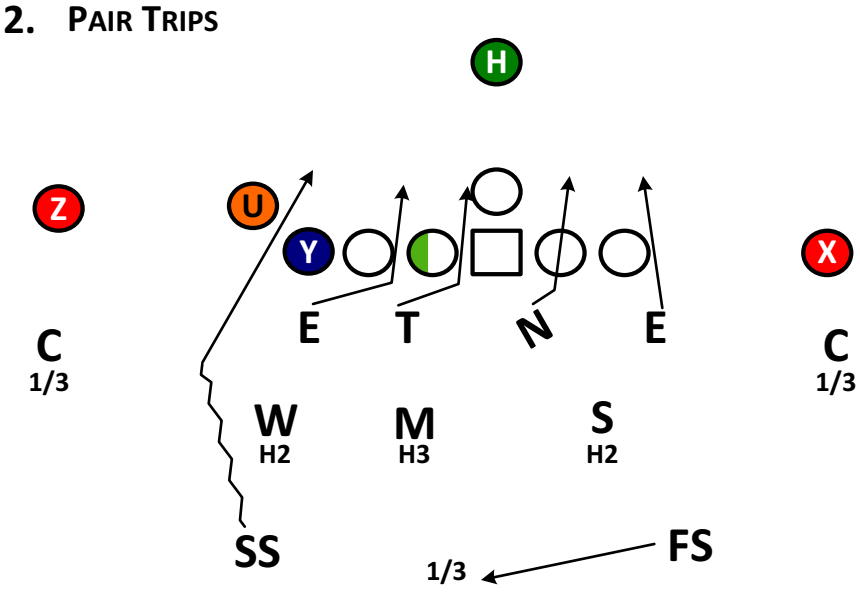


Over Spear 3 Seam

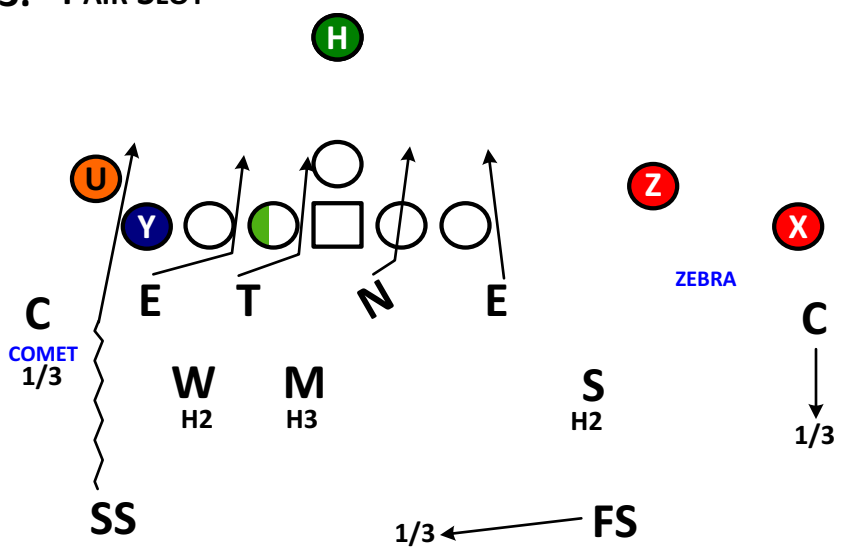
1. Solo



2. Pair Trips

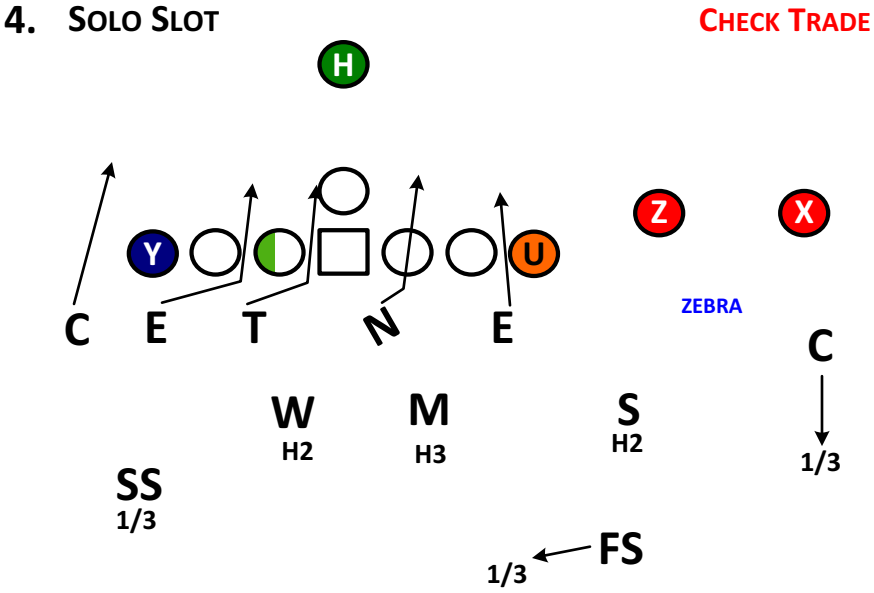


3. Pair Slot

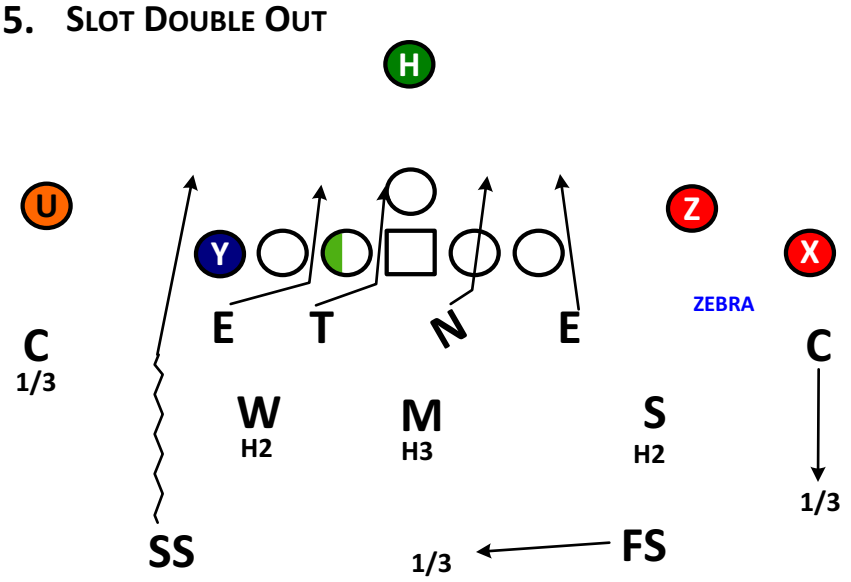


4. Solo Slot

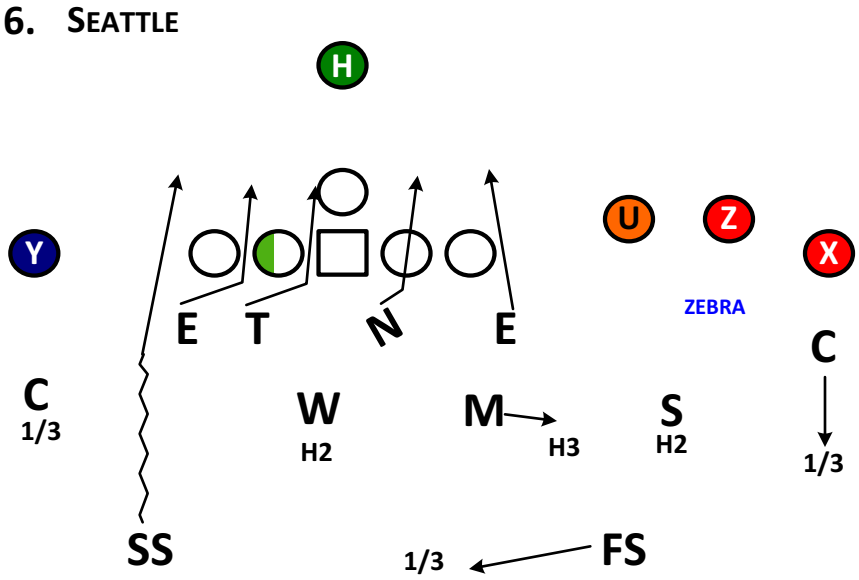
CHECK TRADE



5. Slot Double Out

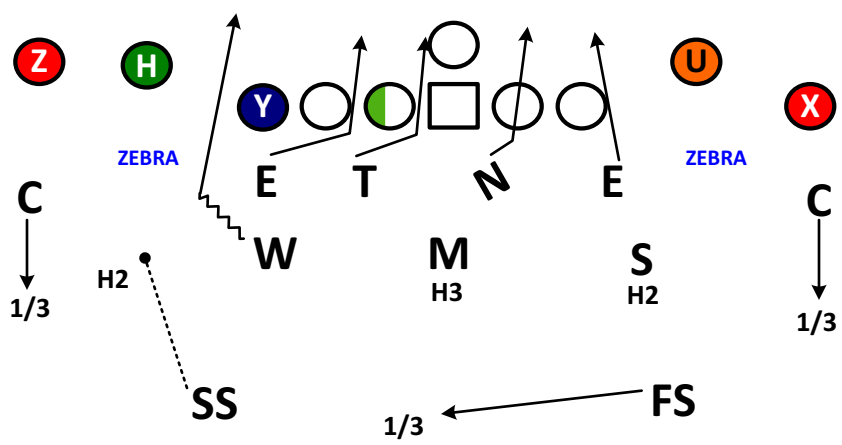


6. Seattle



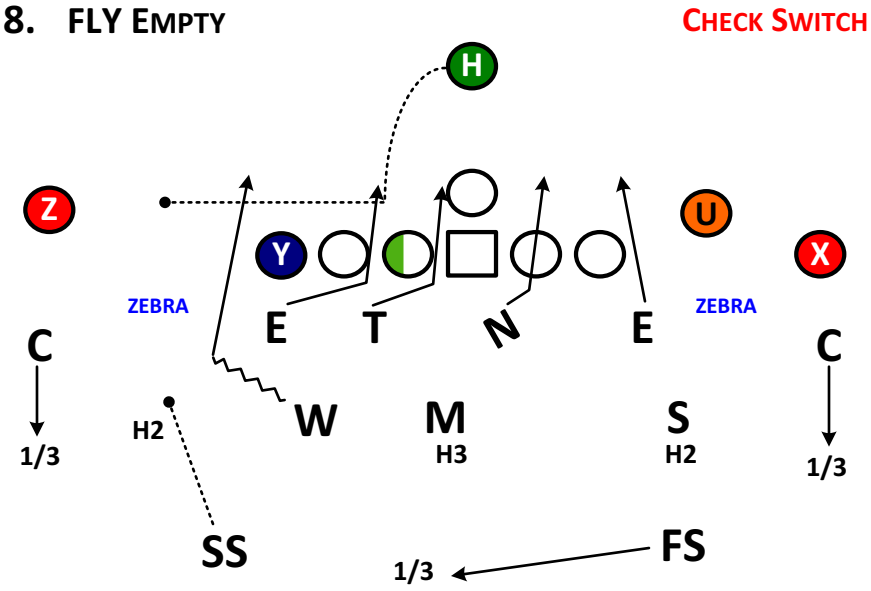
7. Empty

CHECK SWITCH

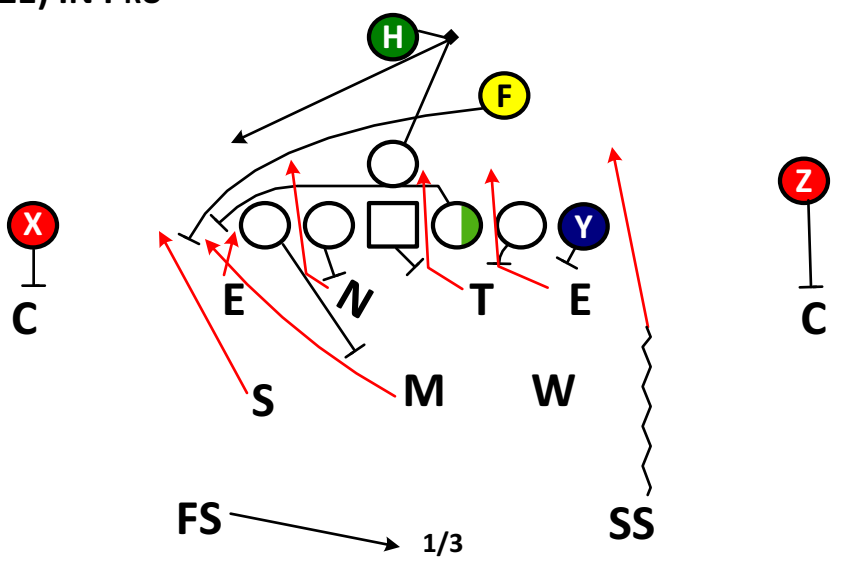


8. FLY Empty

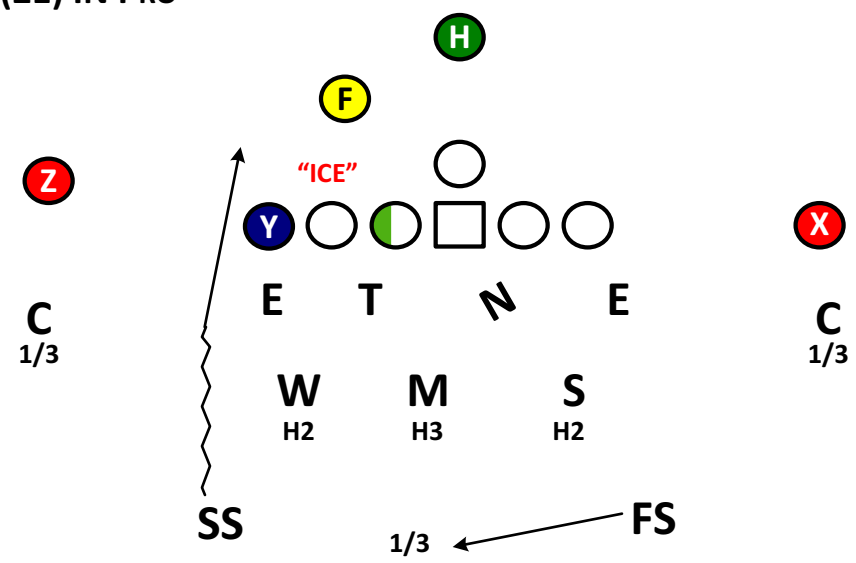
CHECK SWITCH



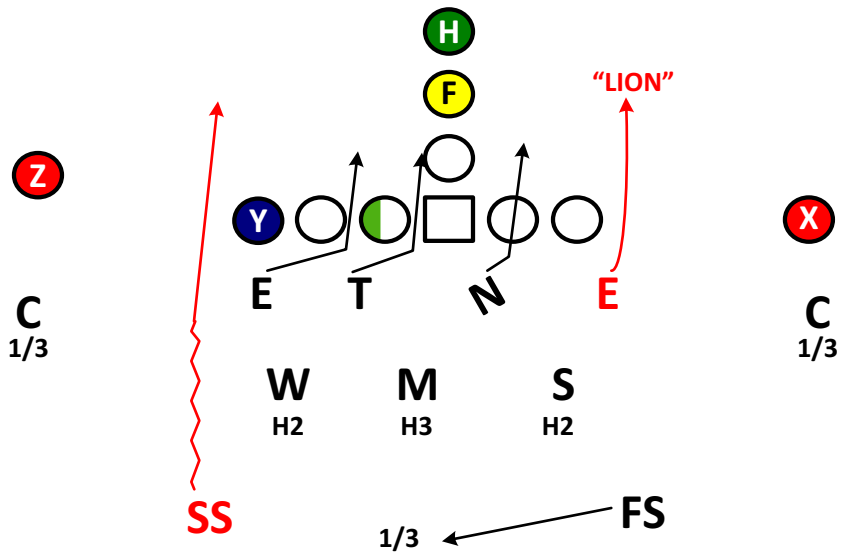
(21) IN PRO



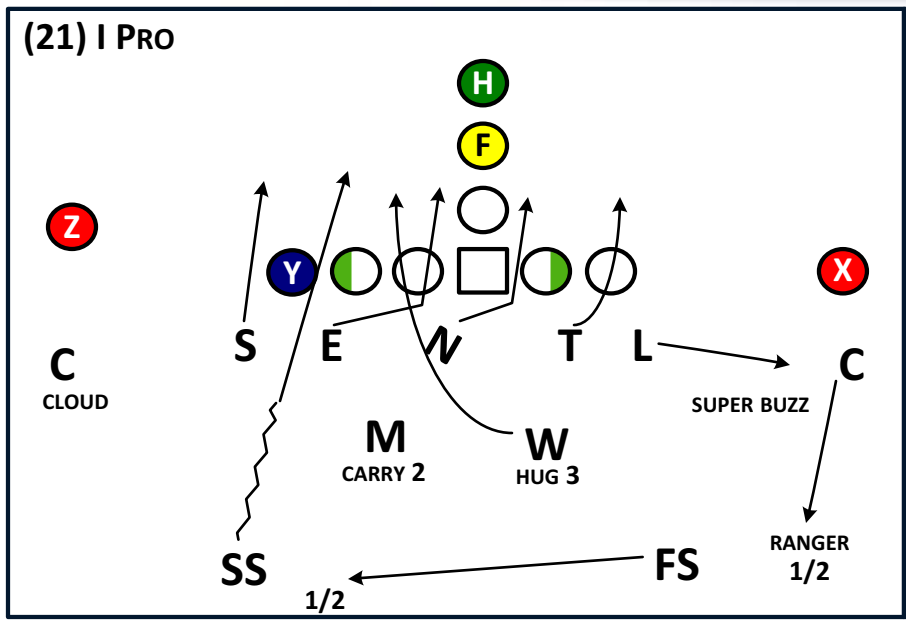
(21) IN PRO

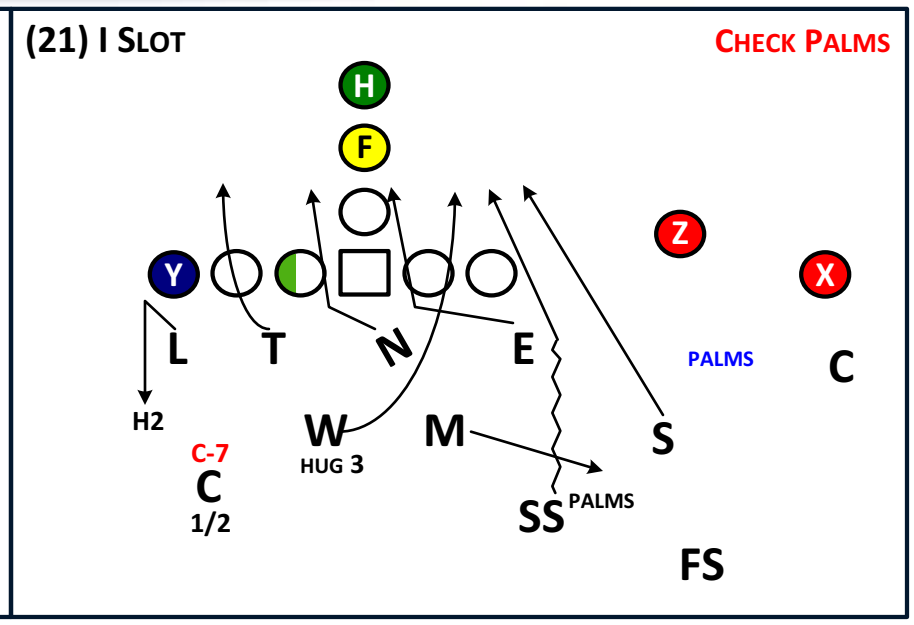


WITH A GO



Strong Stalker Ranger 3 Palms





Essence:

1. 5 Man 3 Deep under zone pressure set to the passing strength
2. This is an Initial Look Defense.

Coaching Points:

1. Close Call to the Passing Strength
   - 2 Receiver Side
   - Balanced 2x2 formations to the left or to the offset
   - Empty: To the 2 man side
2. Sam: Blitz Contain
3. Strong Safety: Blitz B Gap
4. We can play the following coverages
   - 2 Back Pro: Ranger / Carry
   - Aligned 2 Back Slot: Palms
   - Aligned One Back: 3 Seam

Adjustments:

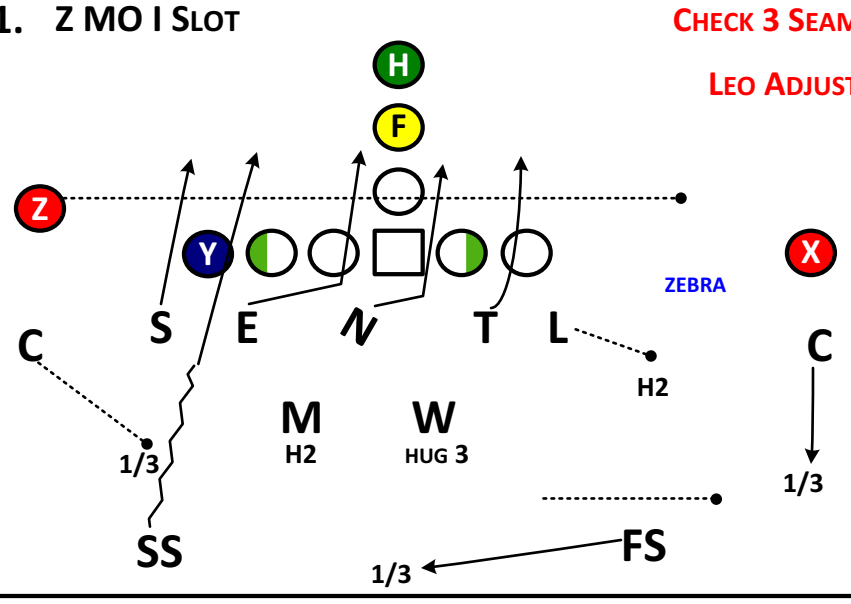
1. Vs. 2 Back Y or Z motion: Check 3 Seam
2. Vs. Aligned or Motion (Fly/Peel) to one back: Check Switch, Check 3 Seam
3. Vs. Empty: Check Switch, 3 Seam and close to the 2 man side.
4. Vs. Pro to Slot: Check 3 Seam (Leo Adjust)
5. Vs. Slot to Pro: Check 3 Seam
6. Vs. Aligned Single Width Slot: Check Palms

Strong Stalker Ranger 3 Palms

1. Z MO I Slot

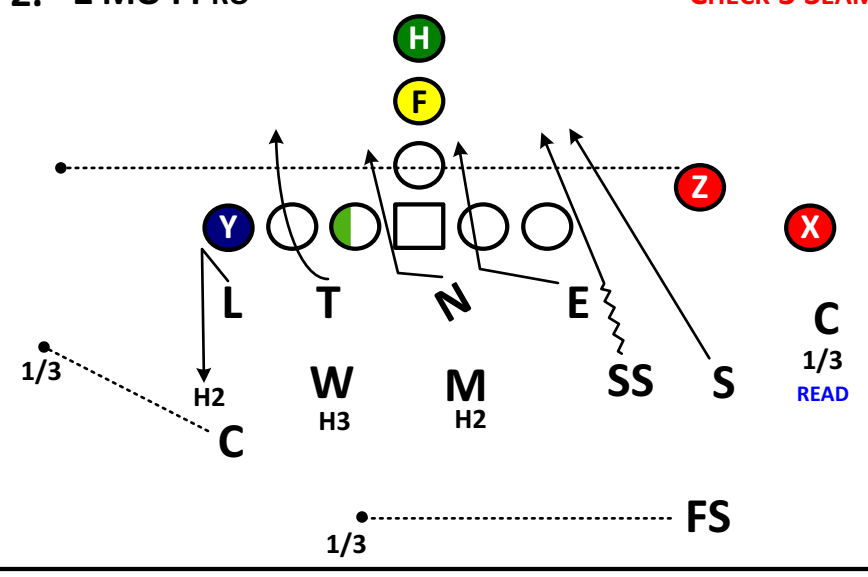
Check 3 Seam

Leo Adjust



2. Z MO I Pro

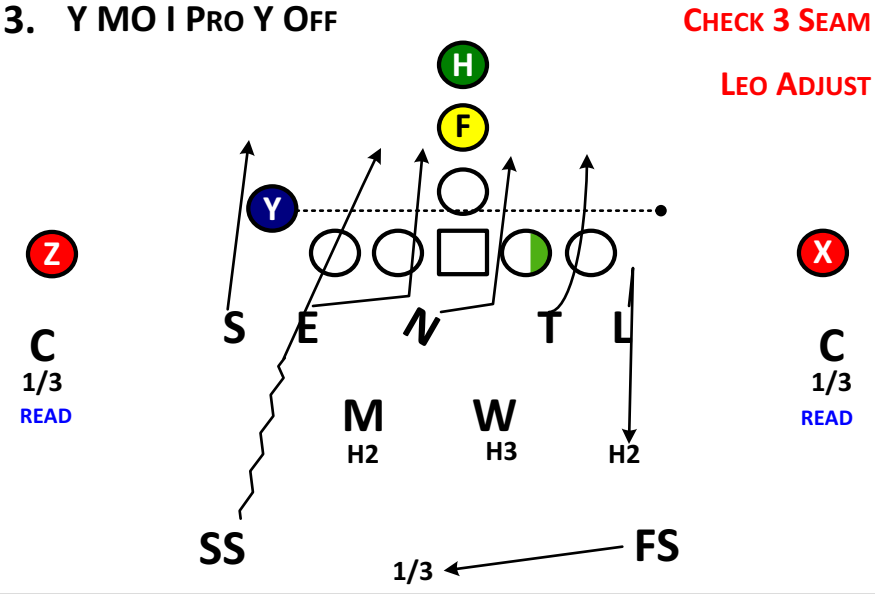
Check 3 Seam



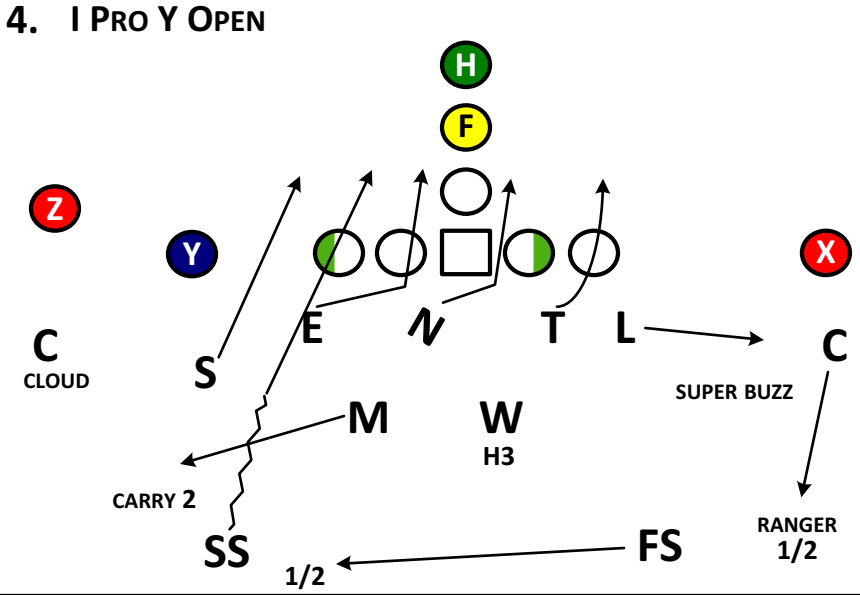
3. Y MO I Pro Y Off

Check 3 Seam

Leo Adjust



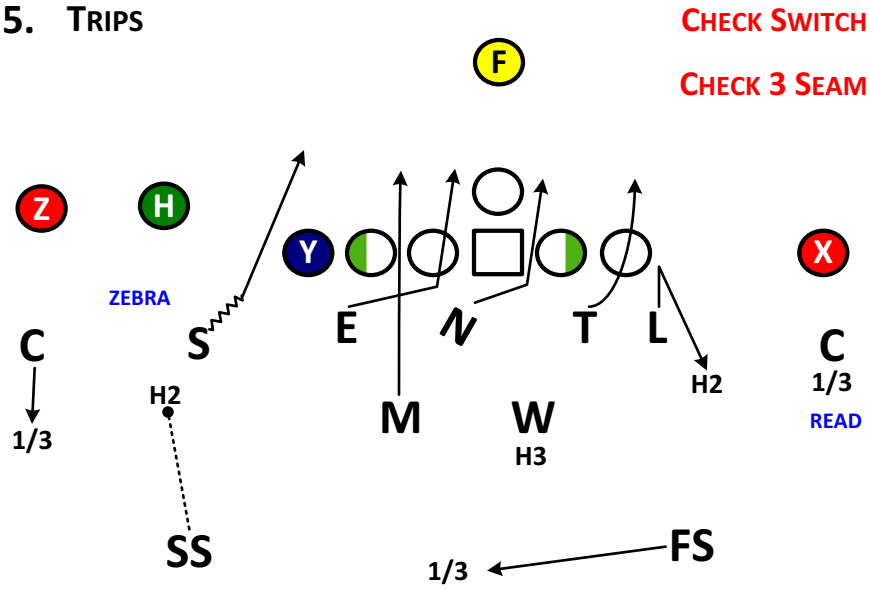
4. I Pro Y Open



5. Trips

Check Switch

Check 3 Seam

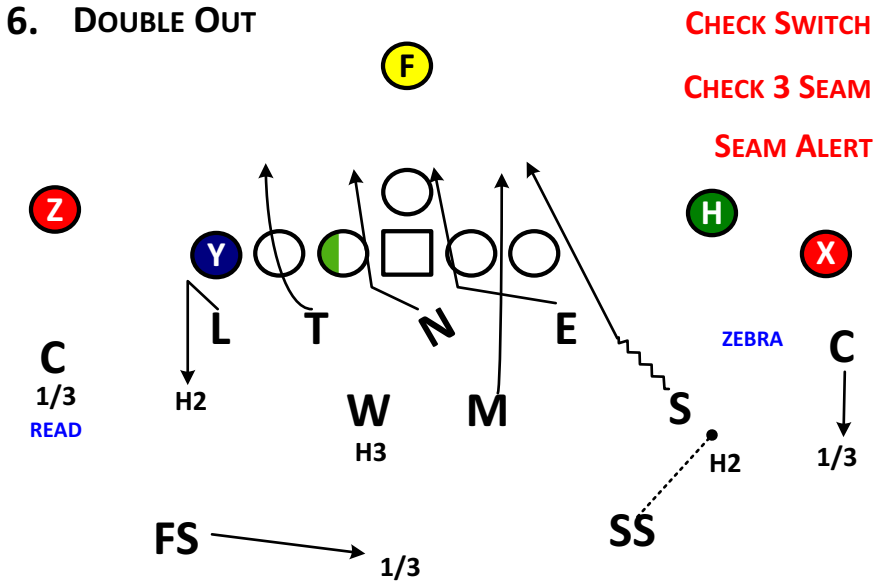


6. Double Out

Check Switch

Check 3 Seam

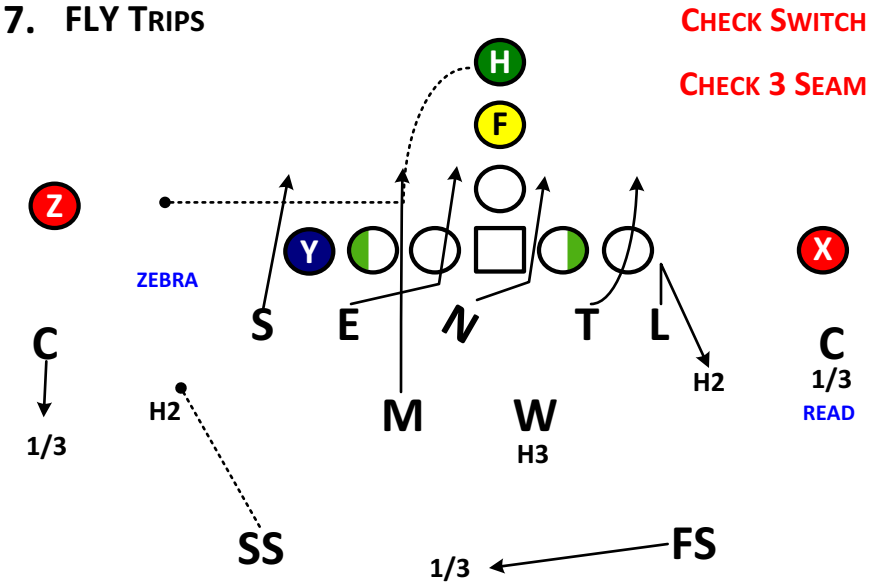
Seam Alert



7. FLY Trips

Check Switch

Check 3 Seam

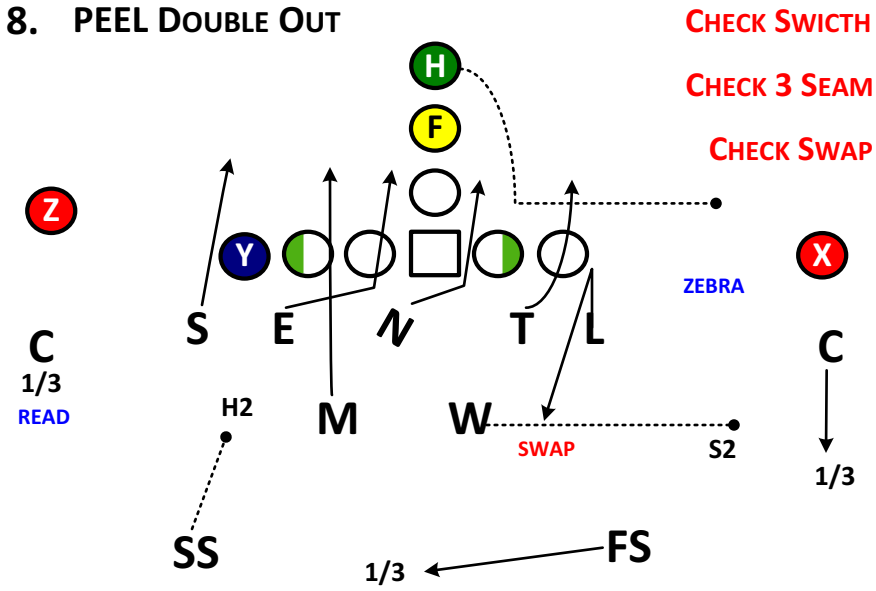


8. PEEL Double Out

Check Swicth

Check 3 Seam

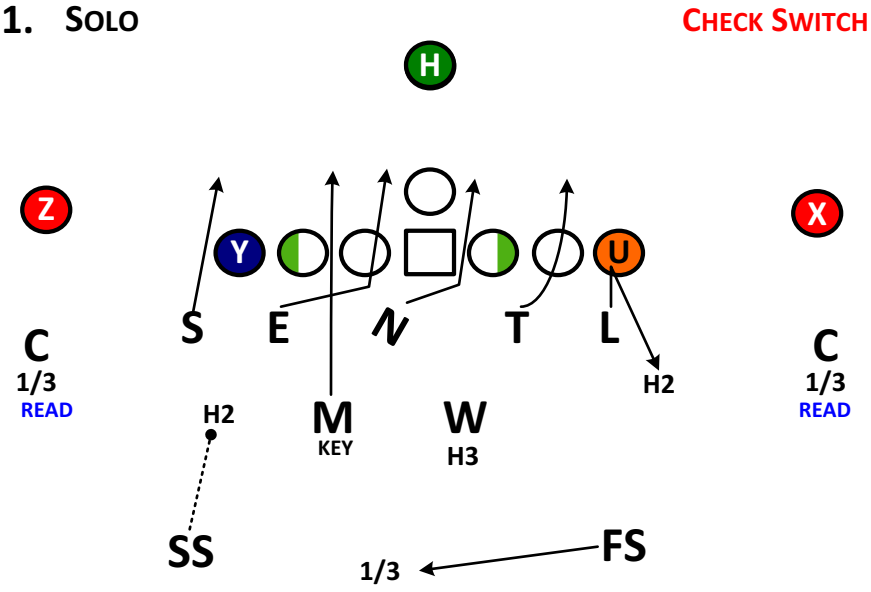
Check Swap



Strong Slasher Ranger 3 Palms

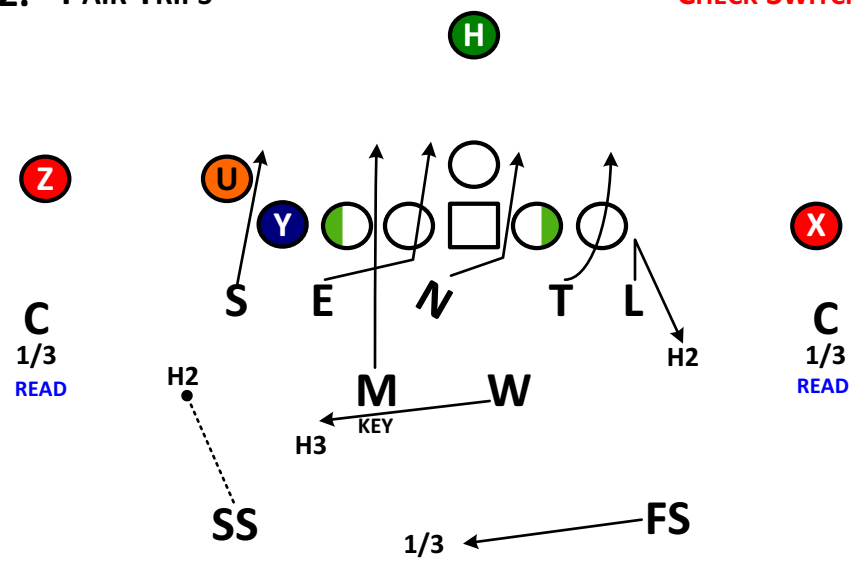
1. Solo

Check Switch



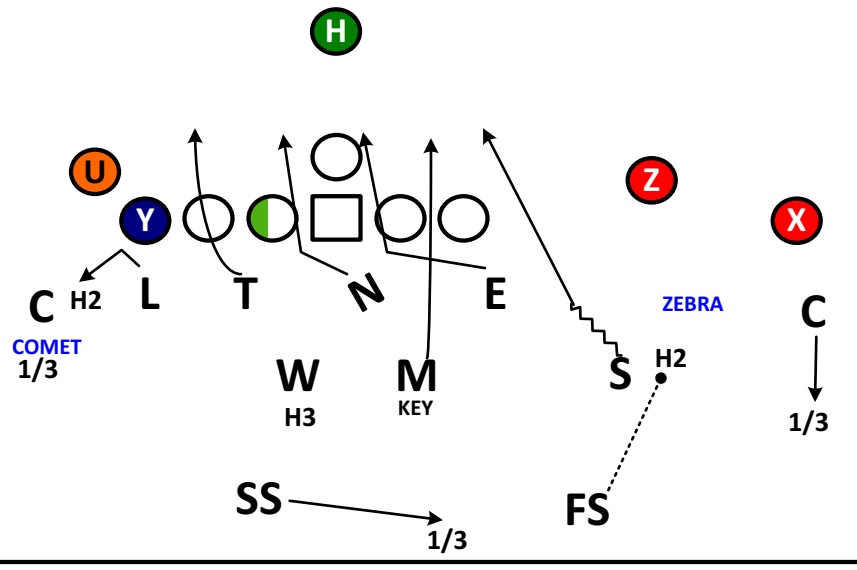
2. Pair Trips

Check Switch



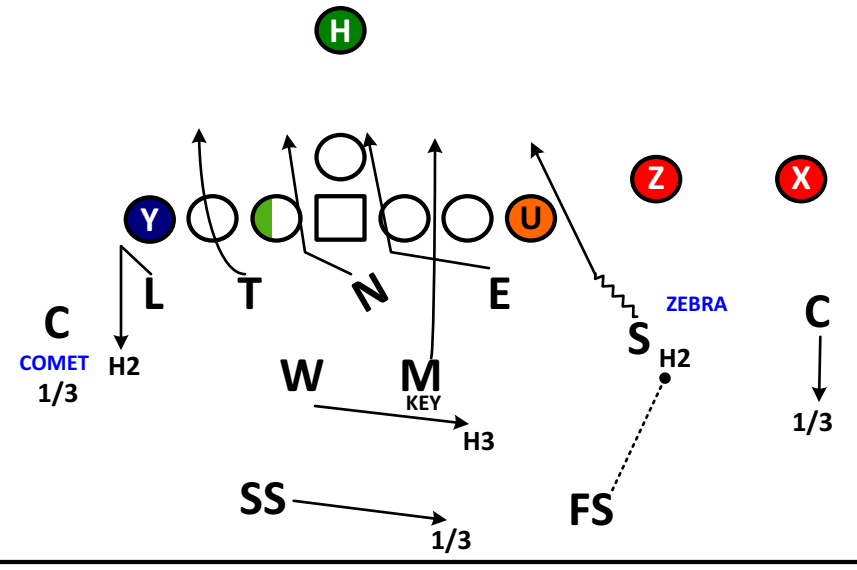
3. Pair Slot

Check Switch



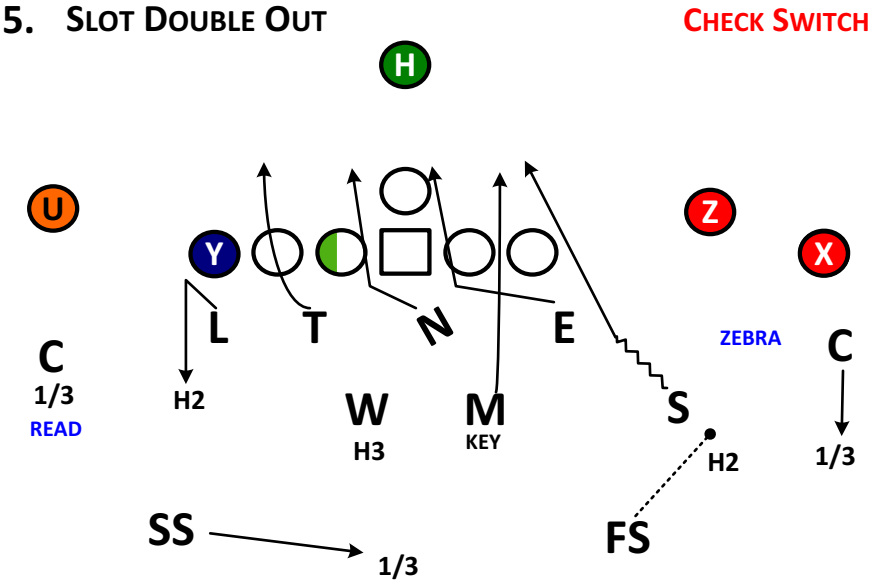
4. Solo Slot

Check Switch



5. Slot Double Out

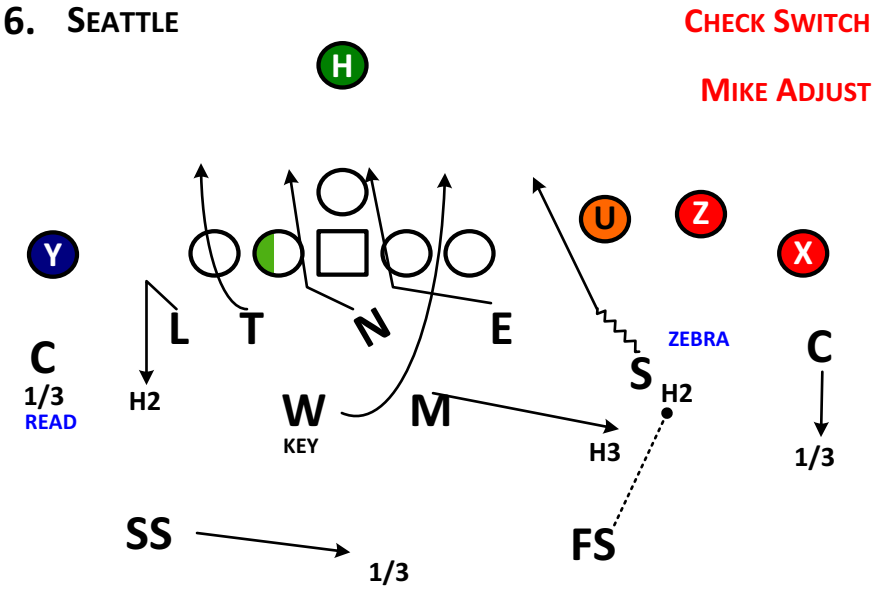
Check Switch



6. Seattle

Check Switch

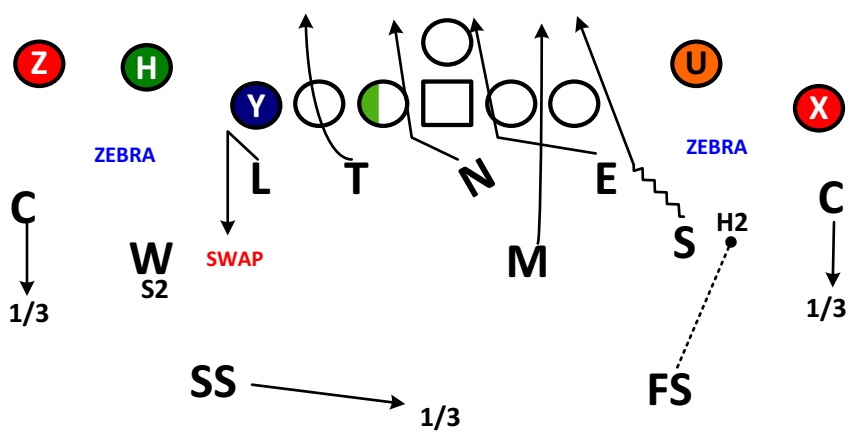
Mike Adjust



7. Empty

Check Switch

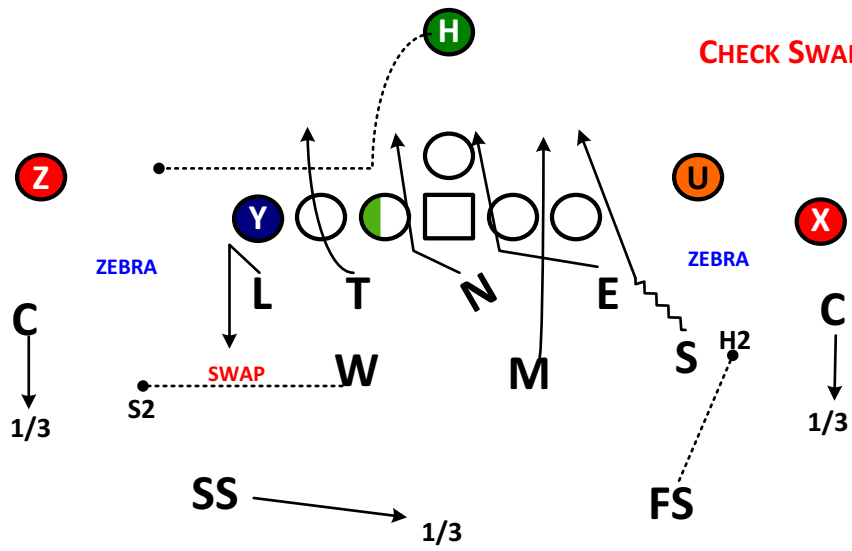
Check Swap



8. Fly Empty

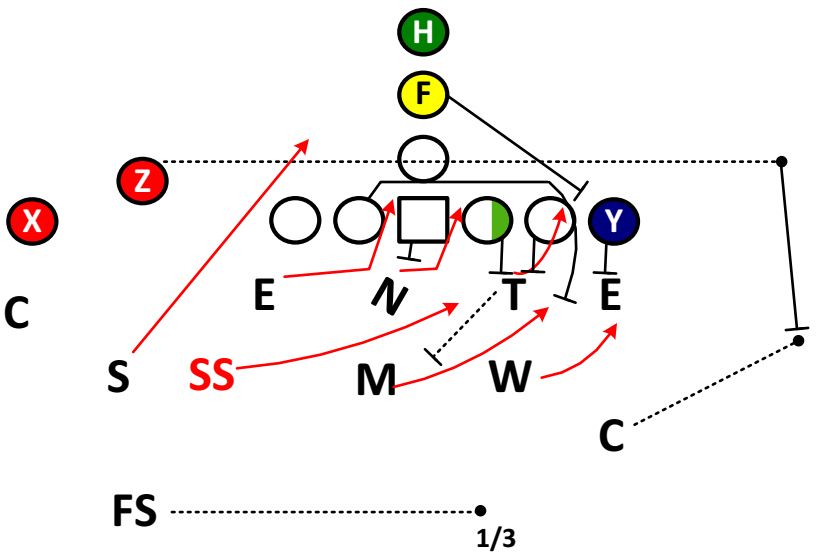
Check Switch

Check Swap



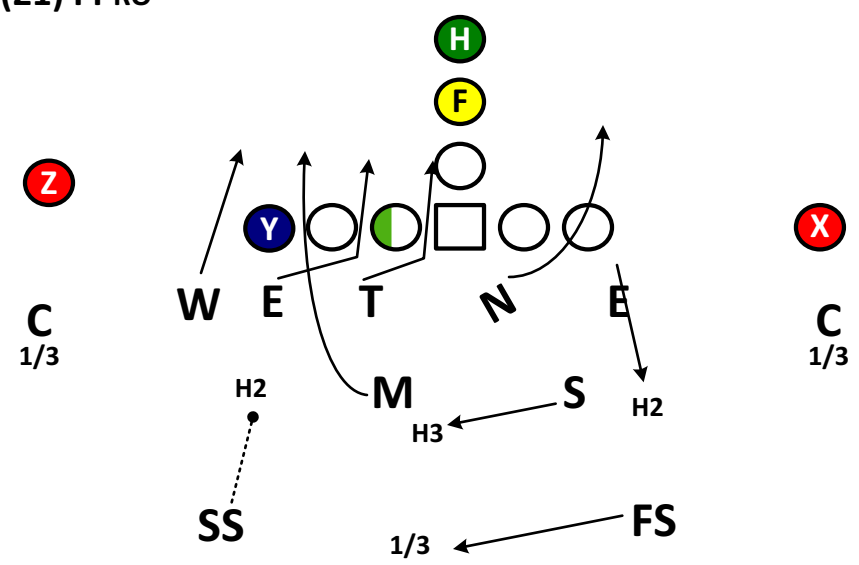
Z MO I PRO

CHECK 3 SEAM



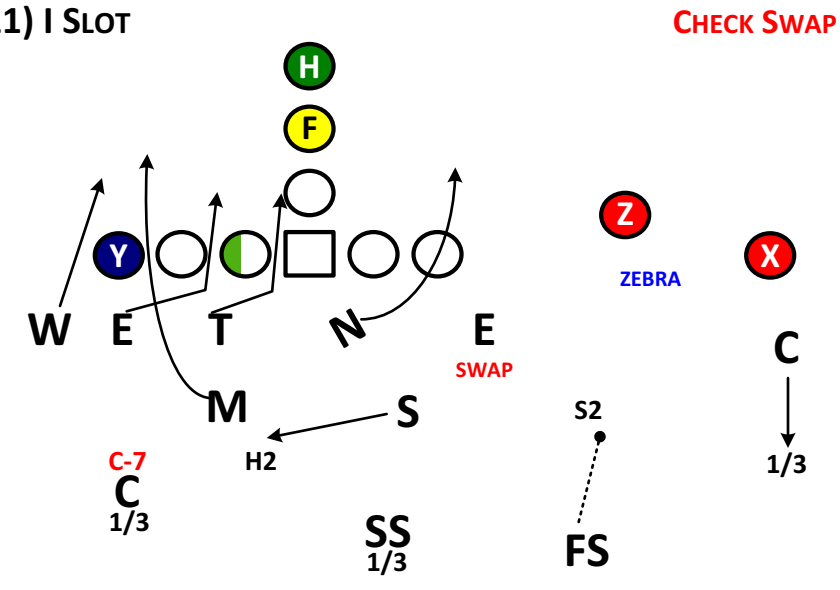
Load Whip Sky Zone

(21) I Pro



(21) I Slot

Check Swap



Essence:

1. 5 Man 3 Deep 3 Under zone pressure with Sky Zone coverage

Coaching Points:

1. Solid call to the "Y"
2. Will: Contain Blitz
3. Mike: Blitz Cap Solid

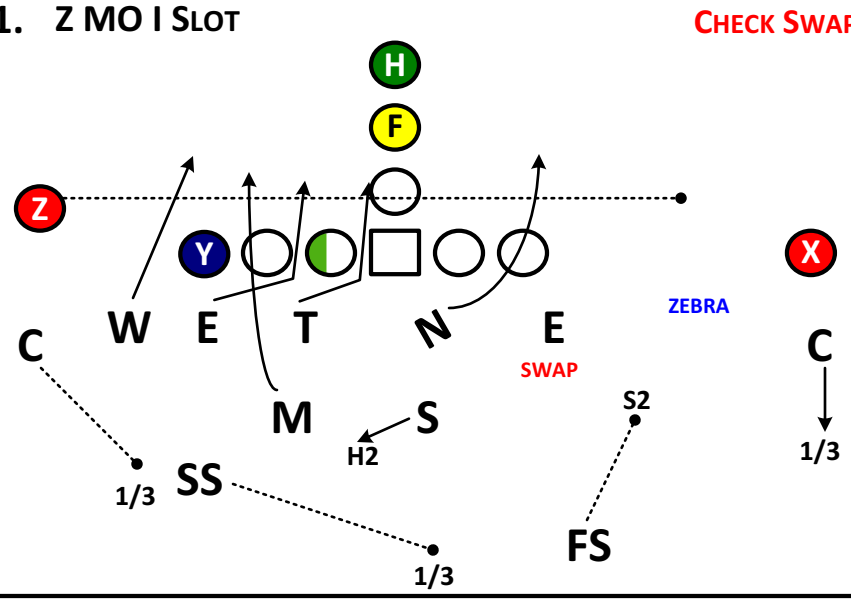
Adjustments:

1. Vs. Change of Strength Motion: Safeties Rock and Roll
2. Vs. 2 Displaced away from solid call: Check Swap
3. Vs. Empty (3 to the Solid side): Mike No Go. End Rush

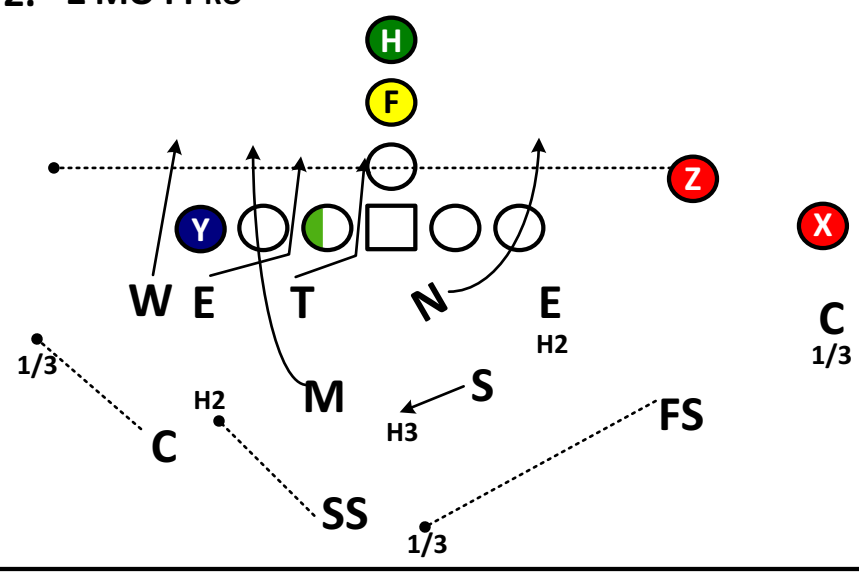
Load Whip Sky Zone

1. Z MO I Slot

Check Swap

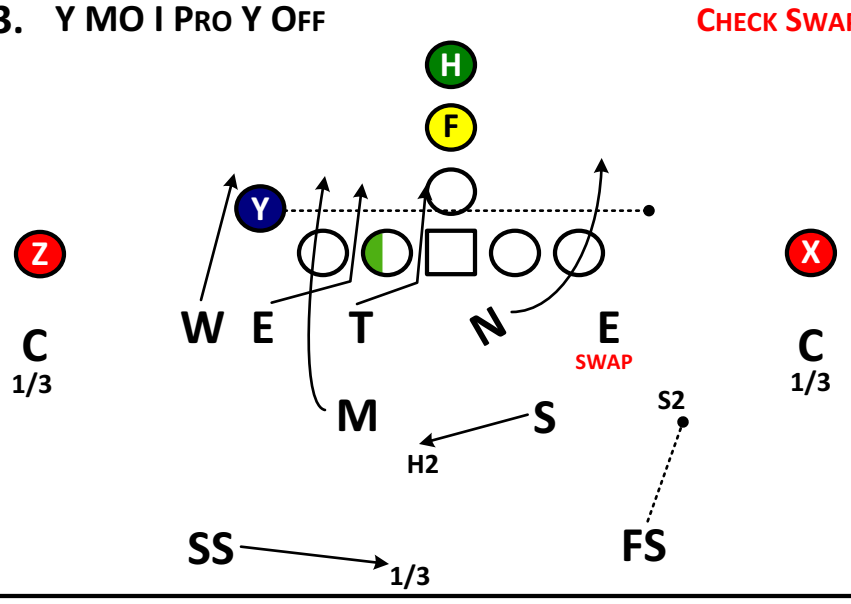


2. Z MO I Pro

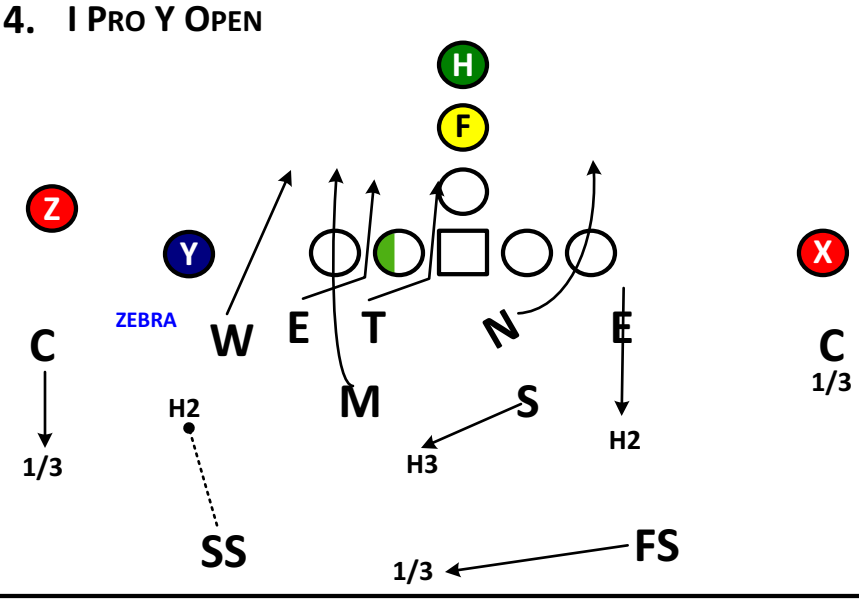


3. Y MO I Pro Y Off

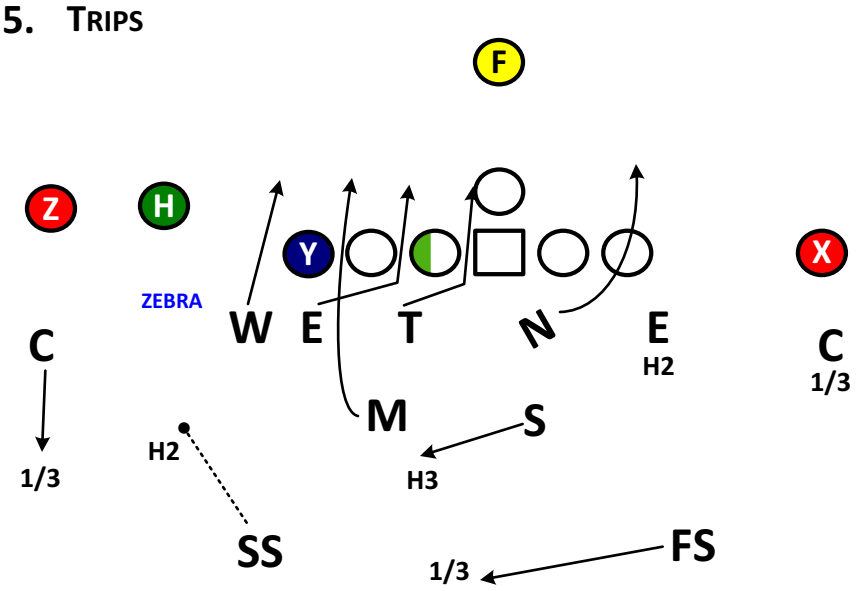
Check Swap



4. I Pro Y Open

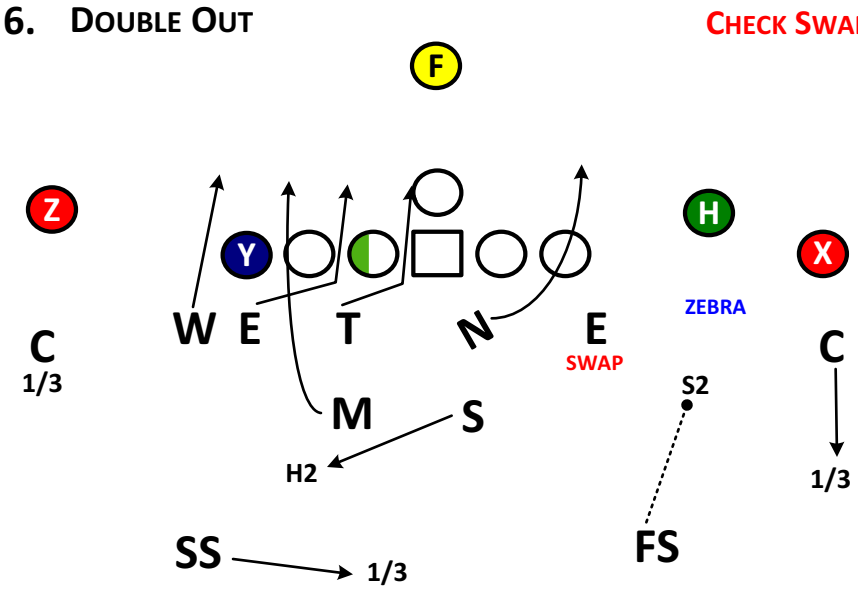


5. Trips

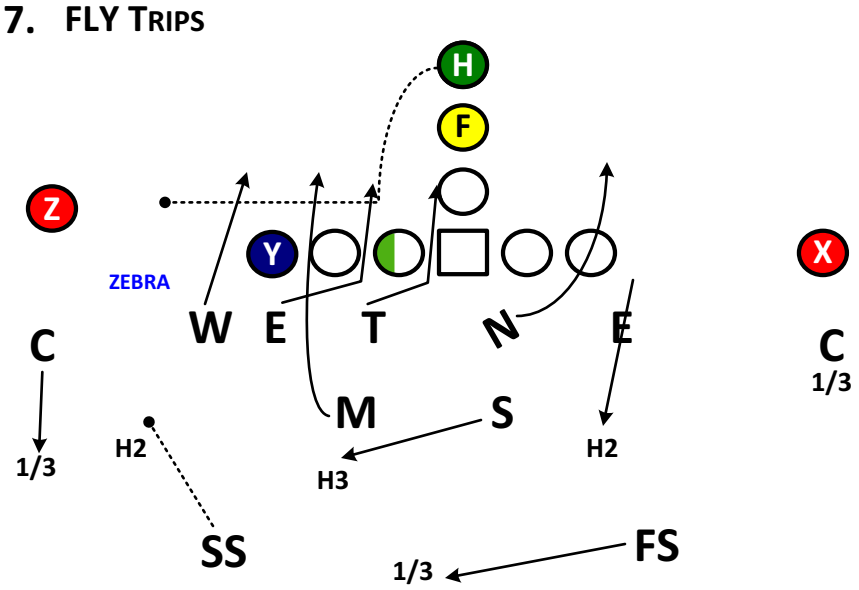


6. Double Out

Check Swap

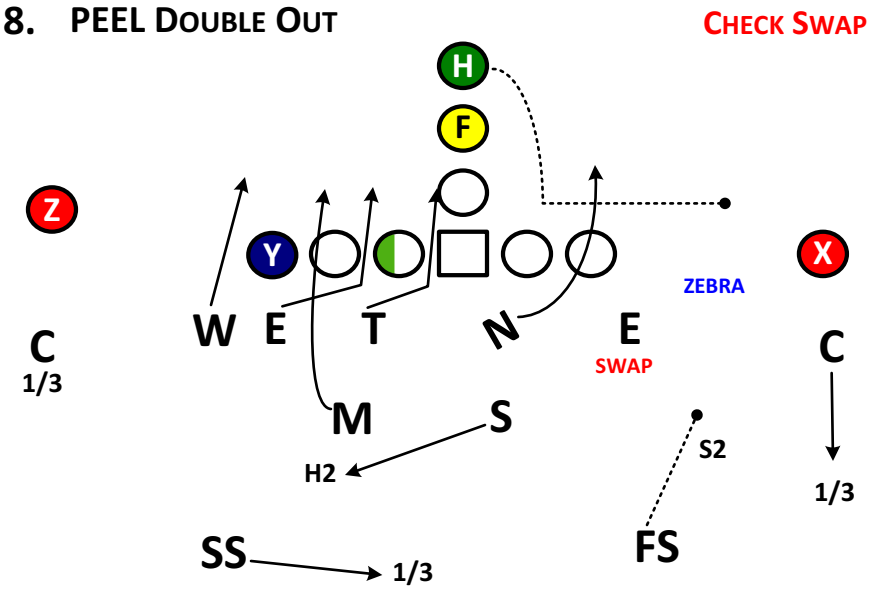


7. FLY Trips



8. PEEL Double Out

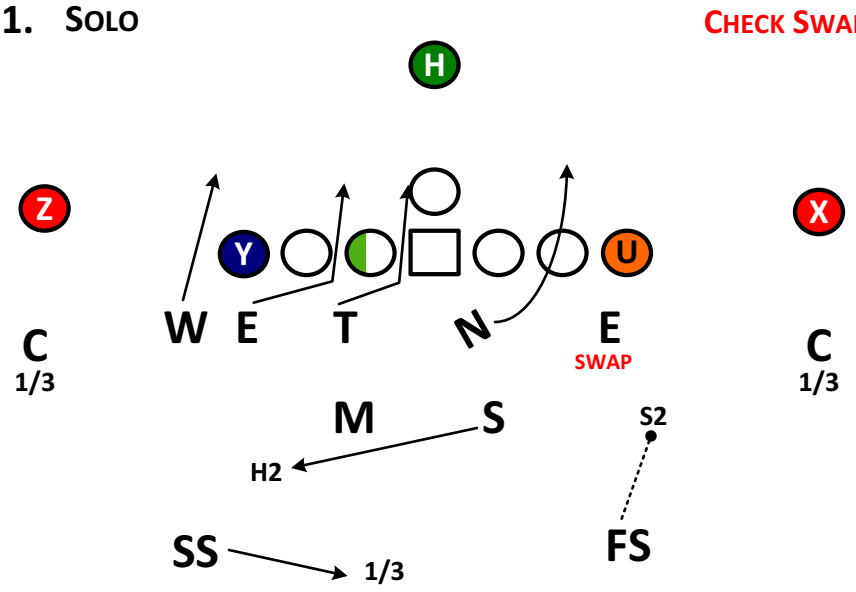
Check Swap



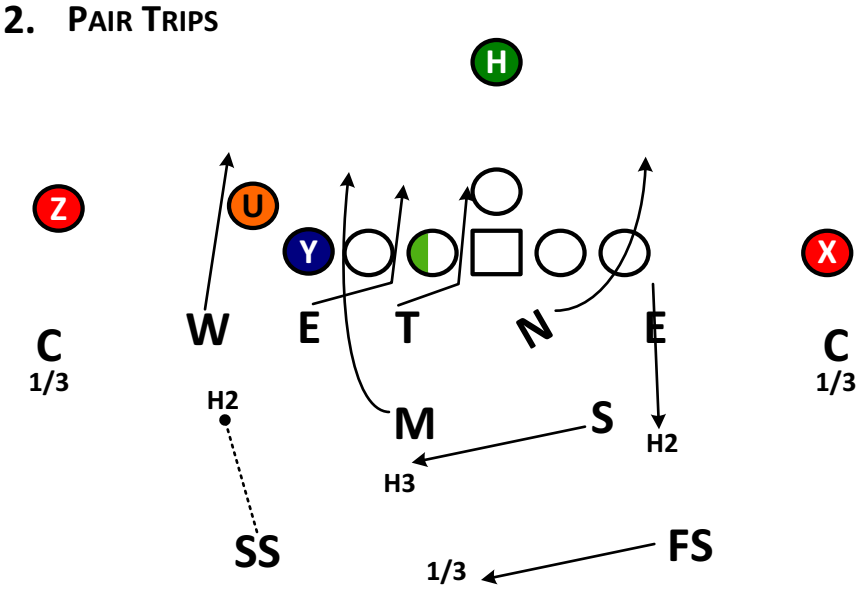
Load Whip Sky Zone

1. Solo

Check Swap

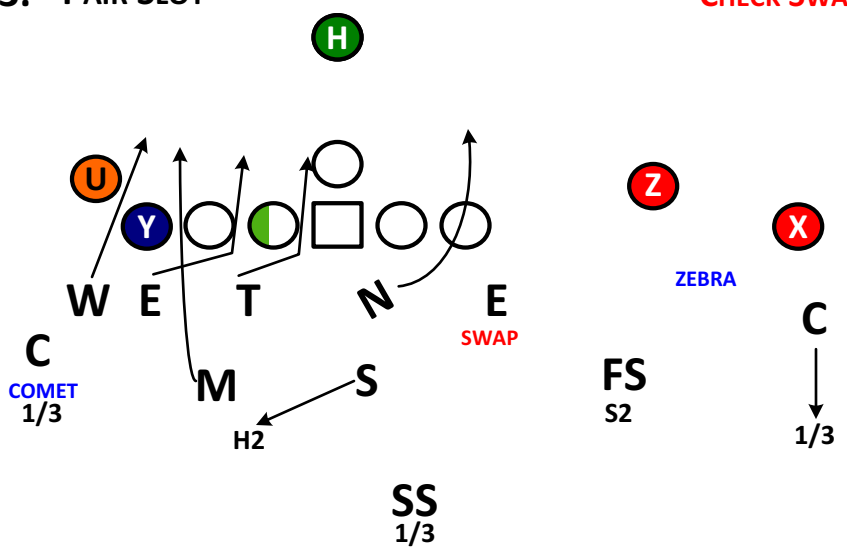


2. Pair Trips



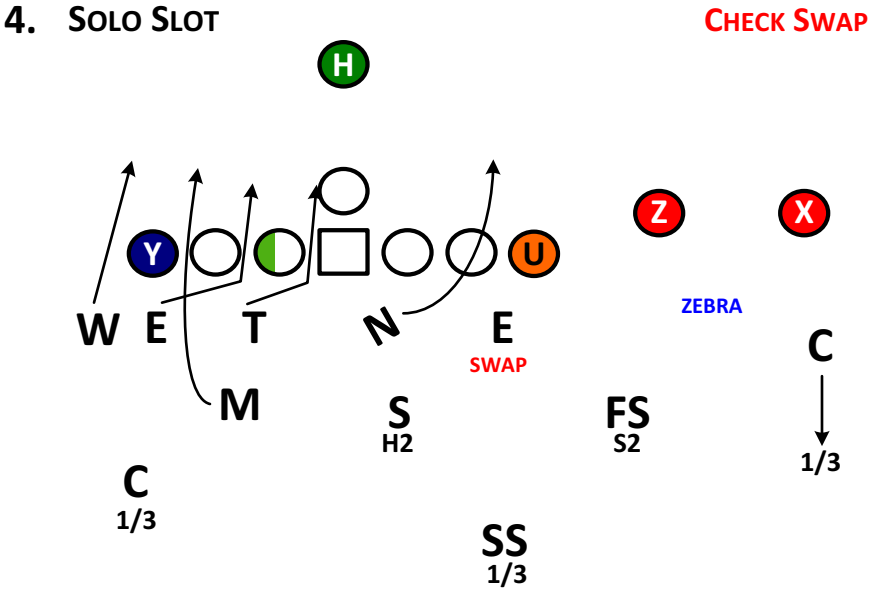
3. Pair Slot

Check Swap



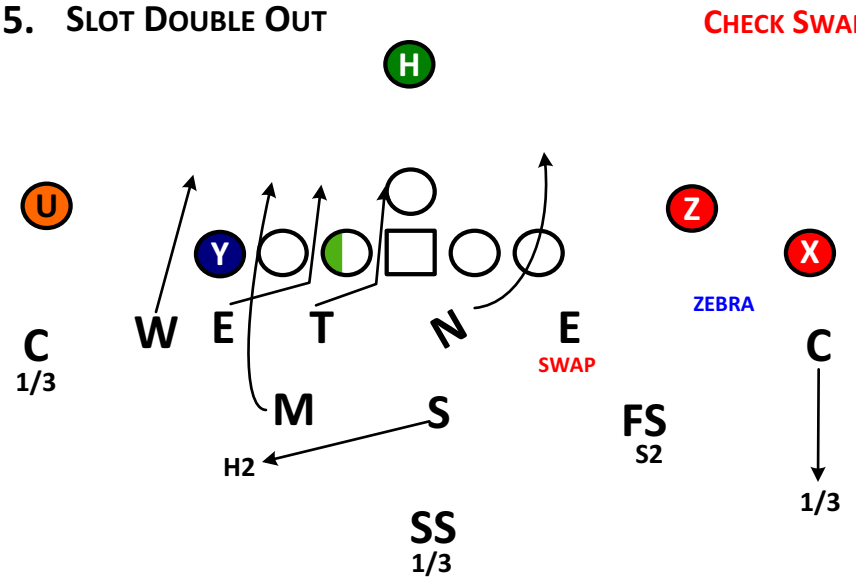
4. Solo Slot

Check Swap



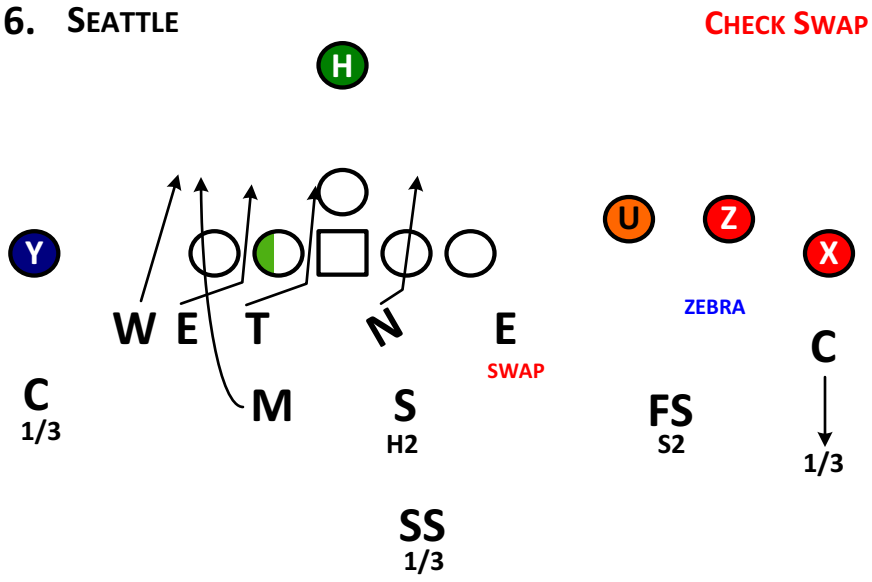
5. Slot Double Out

Check Swap



6. Seattle

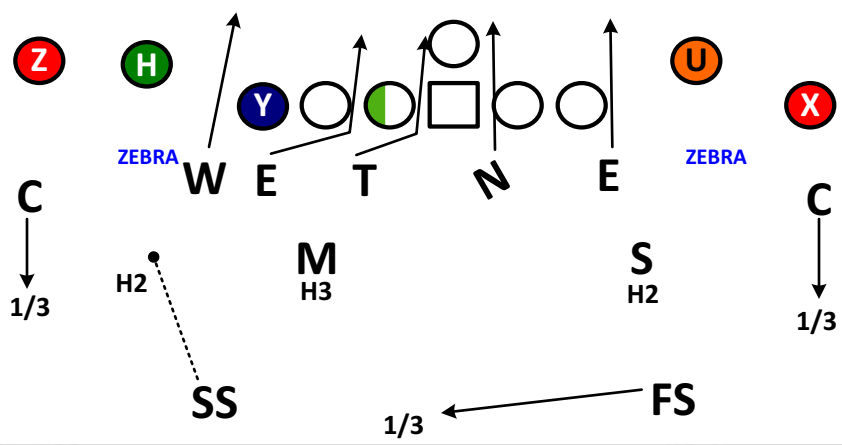
Check Swap



7. Empty

Mike No Go

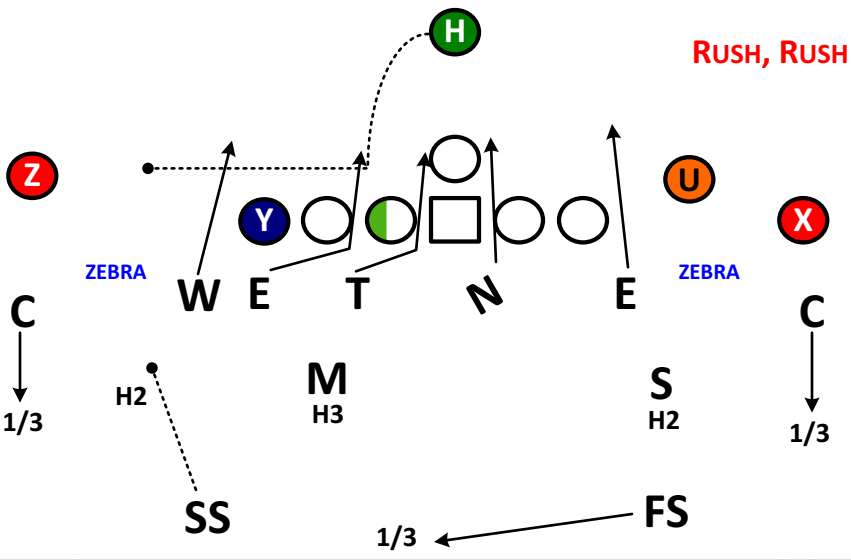
Rush, Rush



8. Fly Empty

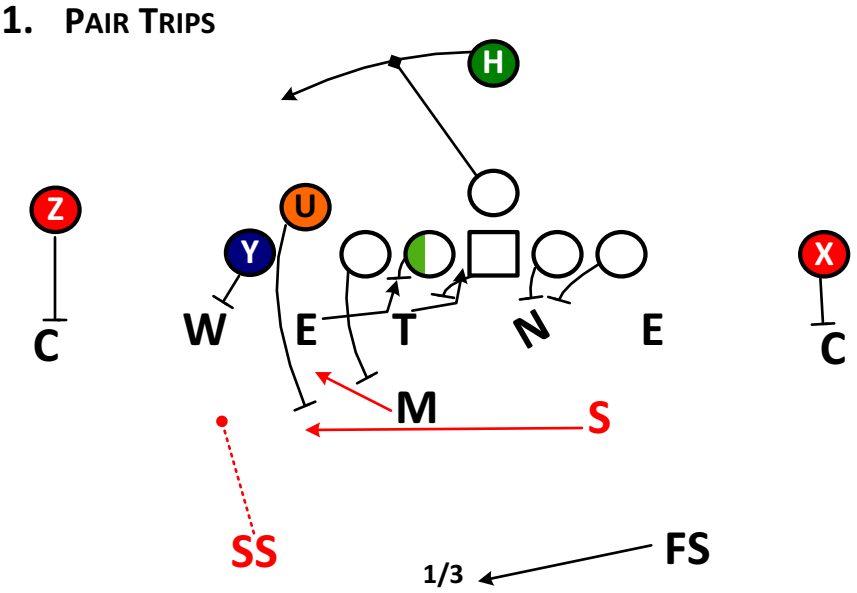
Mike No Go

Rush, Rush

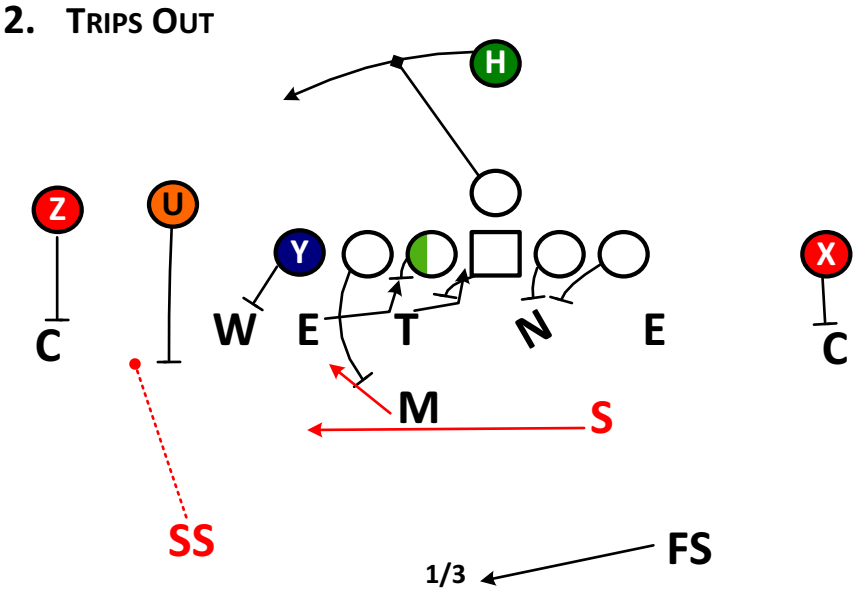


Load Whip Sky Zone

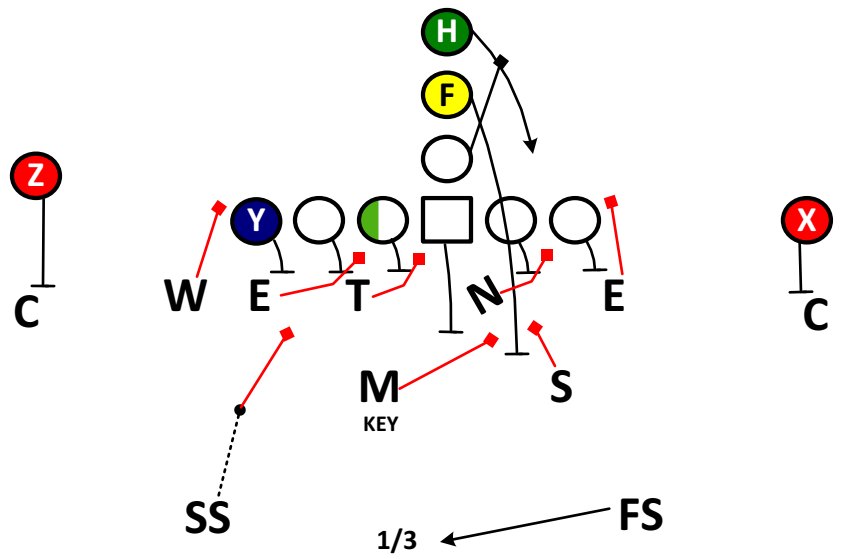
1. Pair Trips



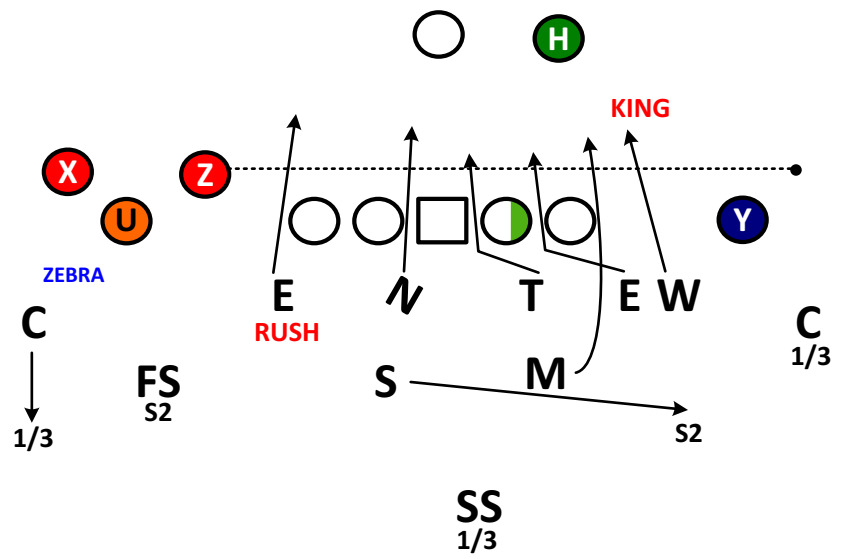
2. Trips Out



3. Lead Flex



4. Gun Near Closet



5.

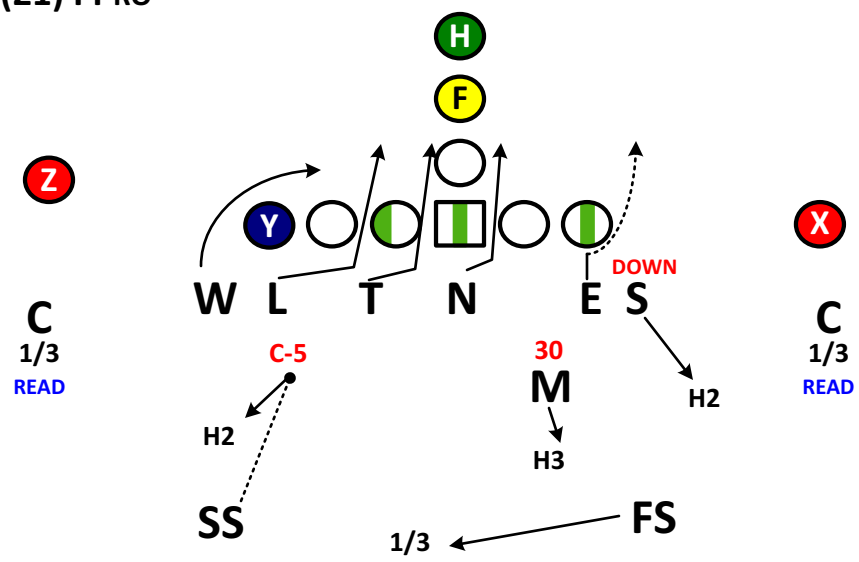
6.

7.

8.

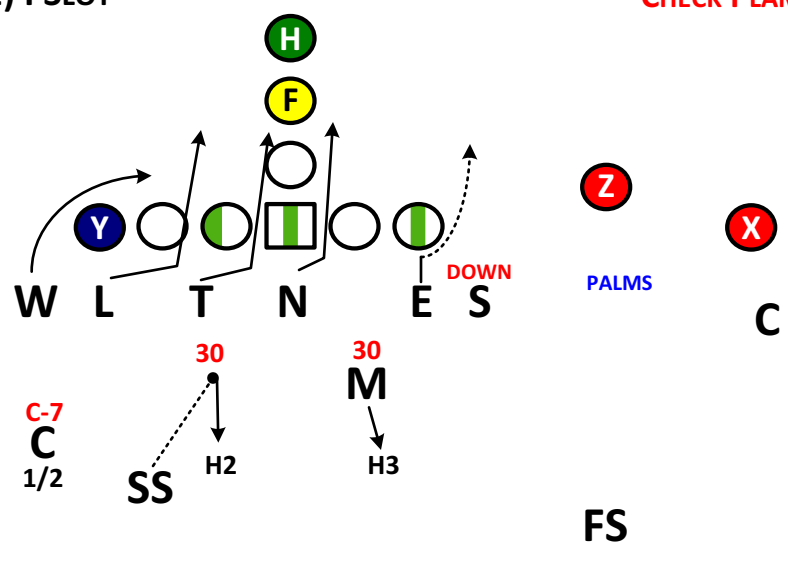
Tuff Whopper 3 Palms

(21) I Pro



(21) I Slot

Check Plams



Essence:

1. Tuff Whopper 3 Palms is a Base Over Family 5 man Zone Pressure.

Coaching Points:

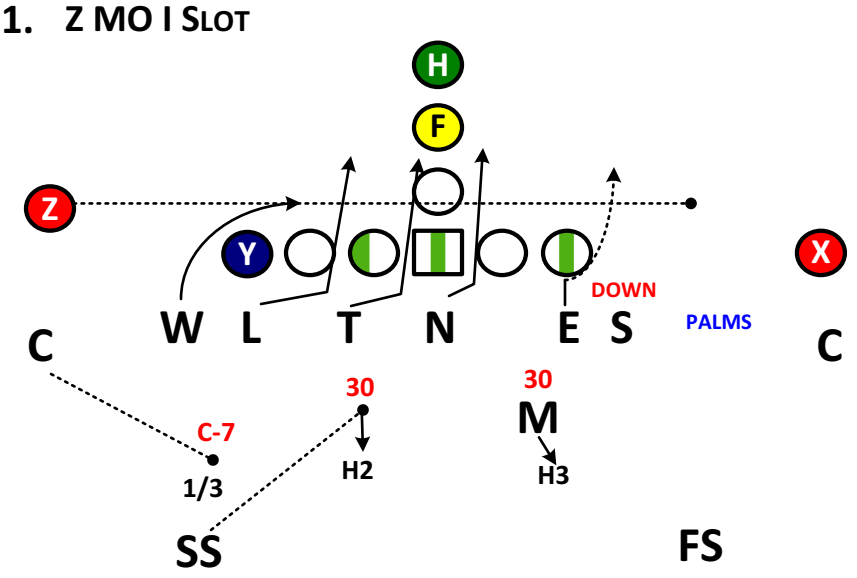
1. Solid call to the "Y"
2. Will: Blitz <u>flat off</u> the edge. Spill FB with play at you.
3. D-Line: Slant movement.

Adjustments:

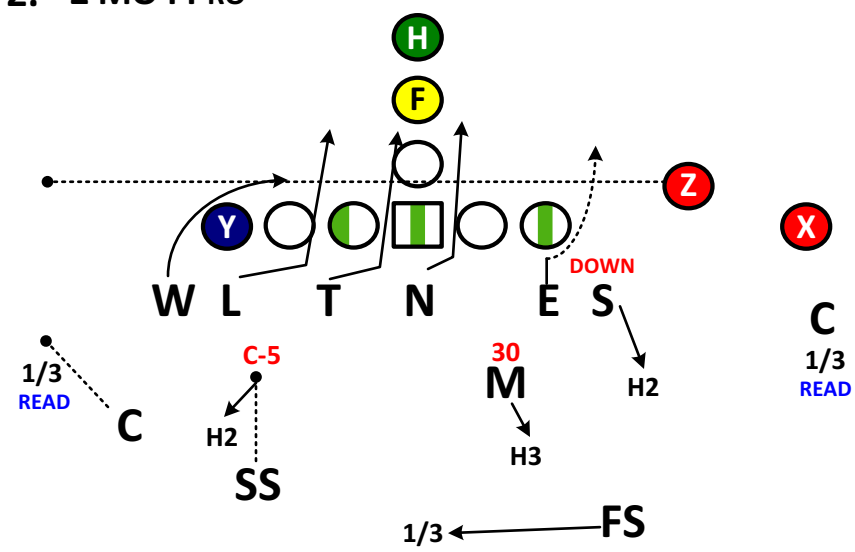
1. Vs. Pro Family formations: Play 3 Seam
2. Vs. All Slot single width family formations (Pair Slot): Ck Palms

Tuff Whopper 3 Palms

1. Z MO I Slot

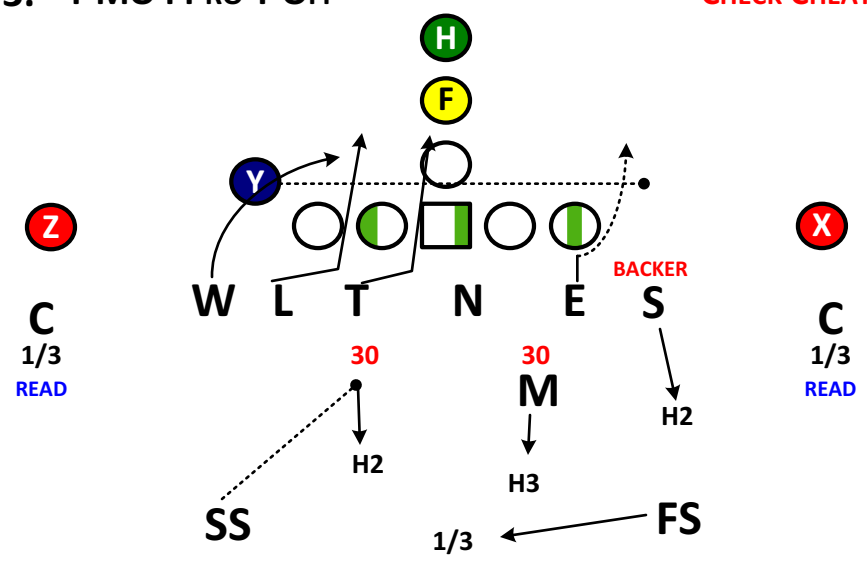


2. Z MO I Pro

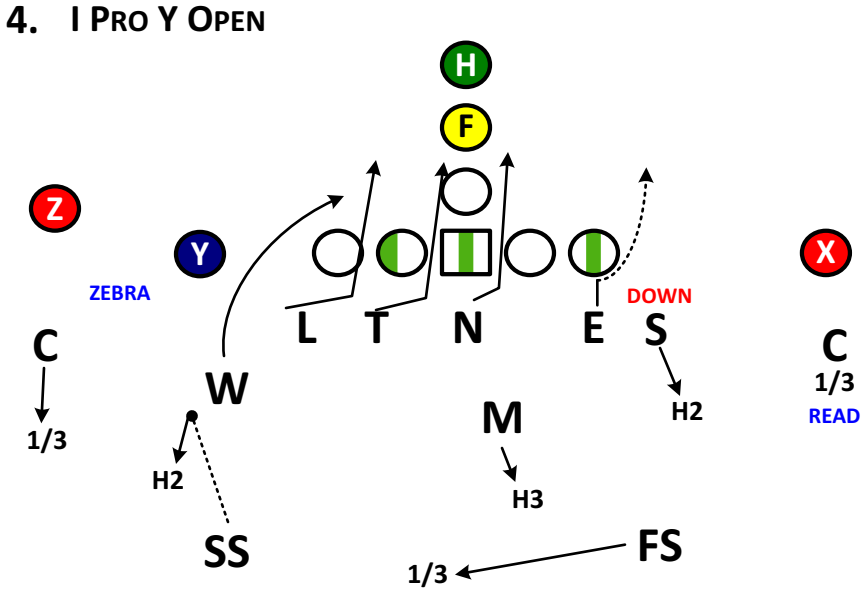


3. Y MO I Pro Y Off

CHECK CHEAT

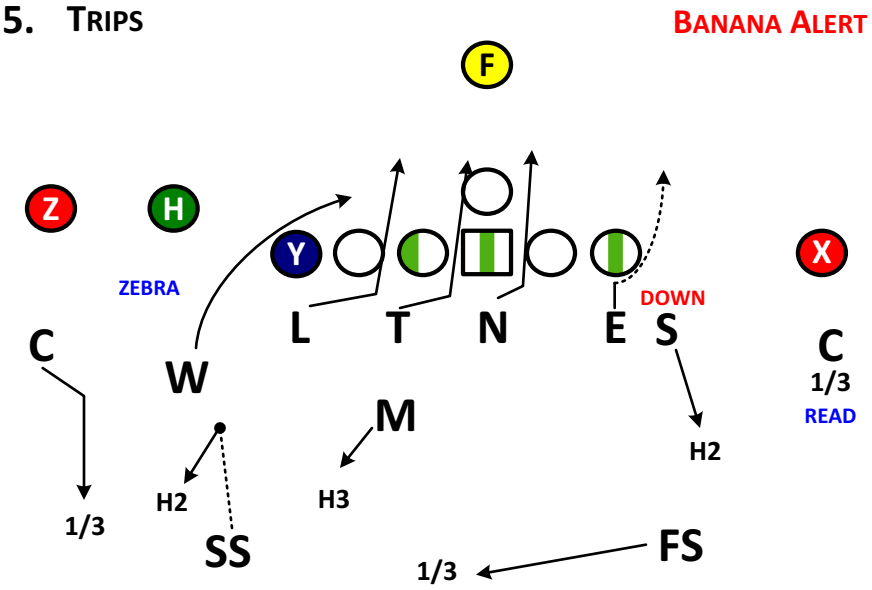


4. I Pro Y Open



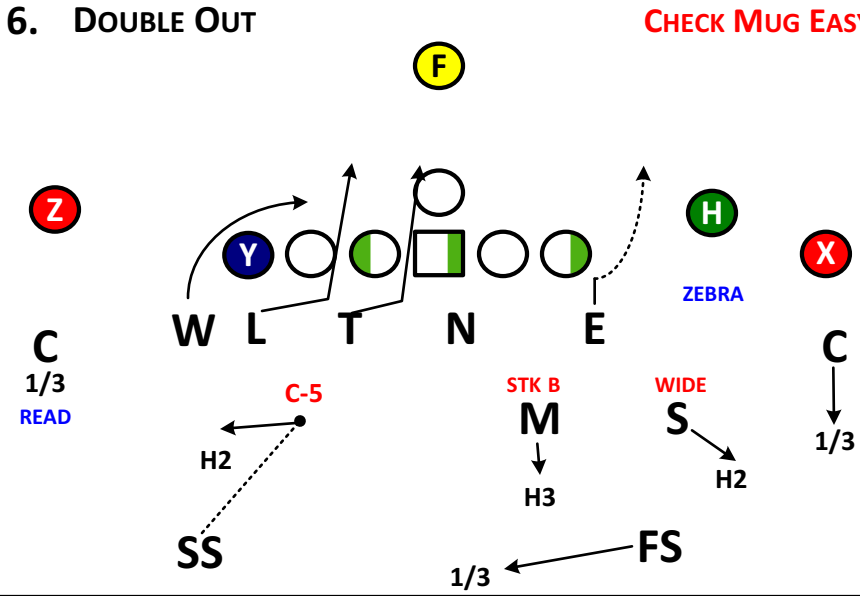
5. Trips

BANANA ALERT



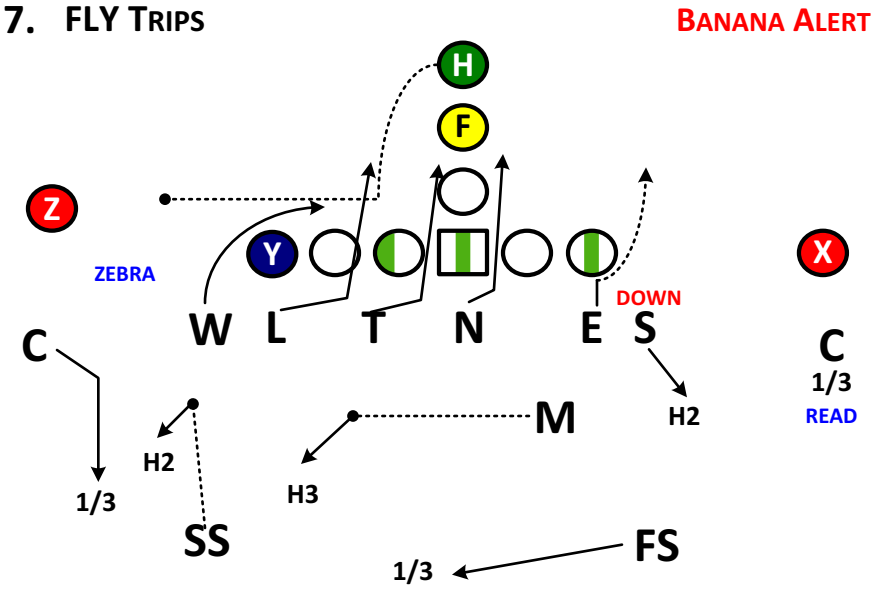
6. Double Out

CHECK MUG EASY



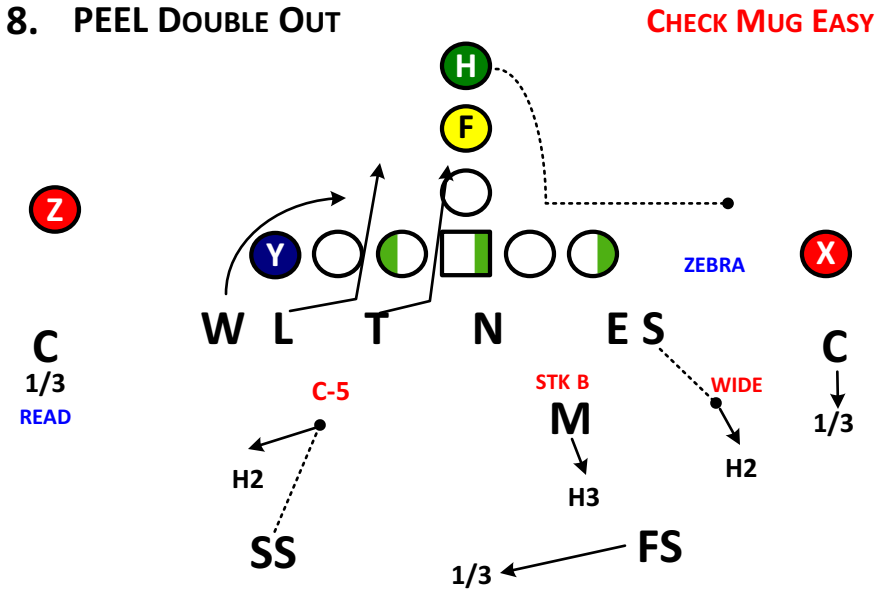
7. FLY Trips

BANANA ALERT



8. PEEL Double Out

CHECK MUG EASY

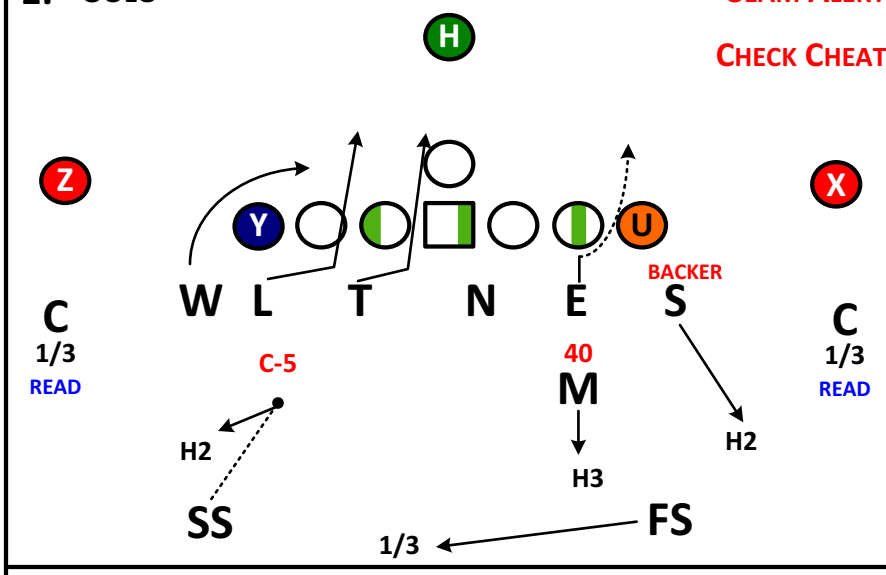


Tuff Whopper 3 Palms

1. Solo

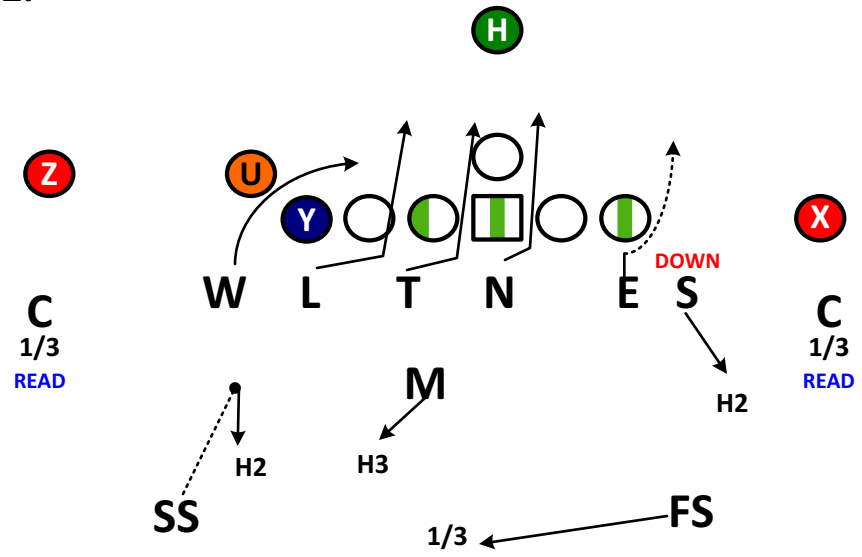
Seam Alert

Check Cheat



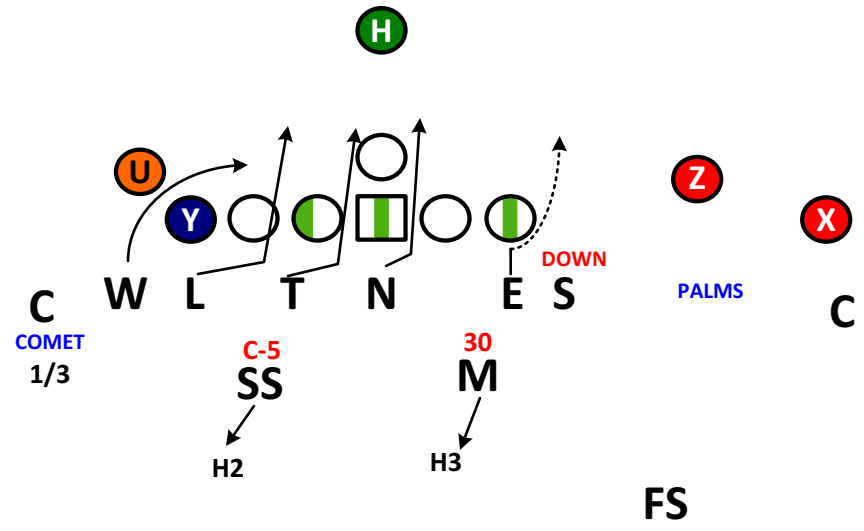
2. Pair Trips

Banana Alert



3. Pair Slot

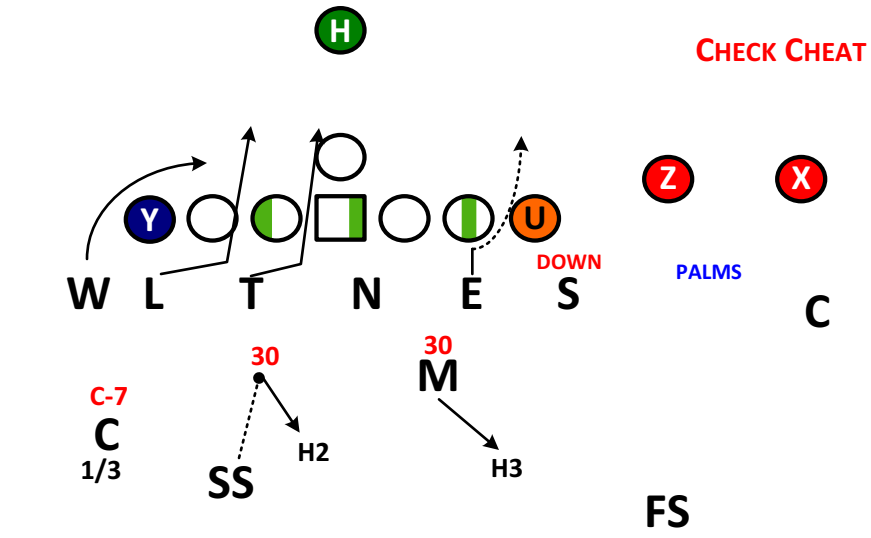
Check Palms



4. Solo Slot

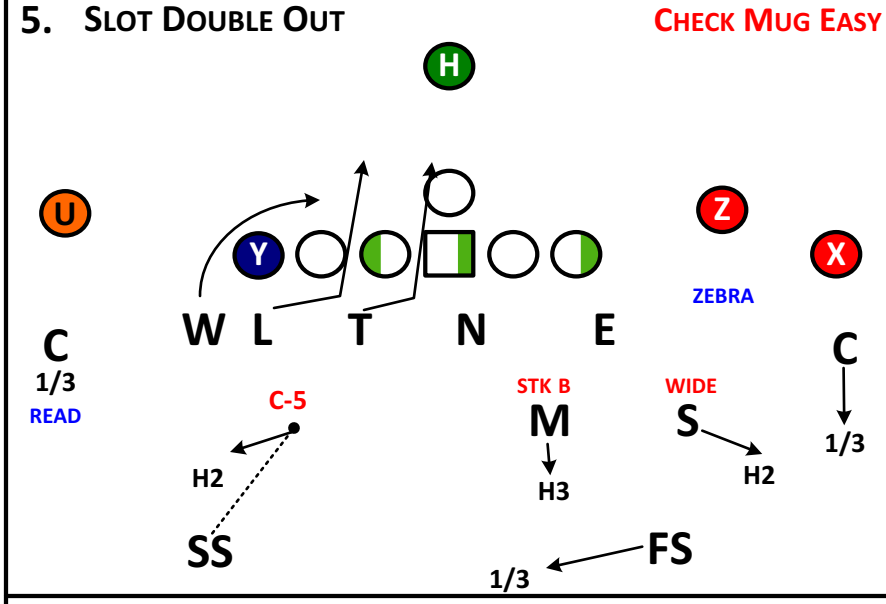
Check Palms

Check Cheat



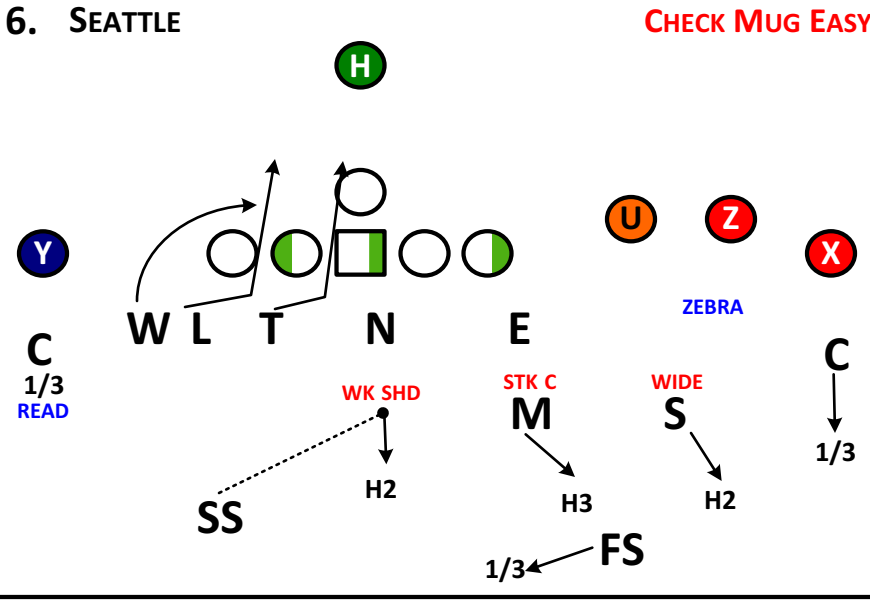
5. Slot Double Out

Check Mug Easy



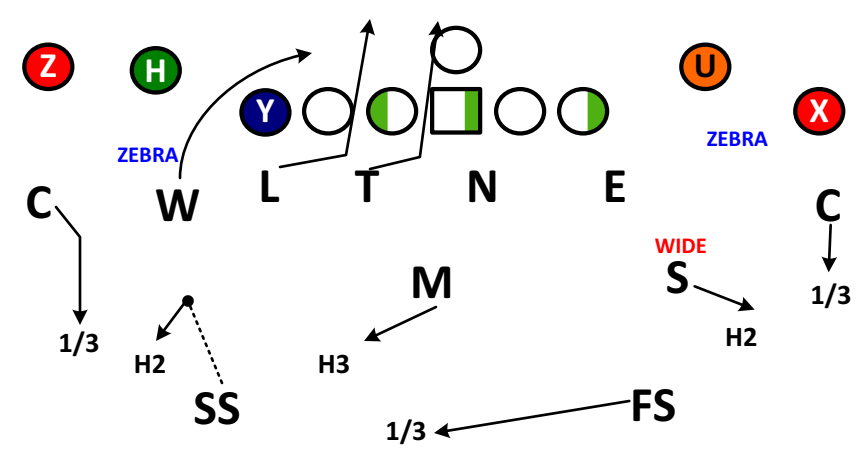
6. Seattle

Check Mug Easy



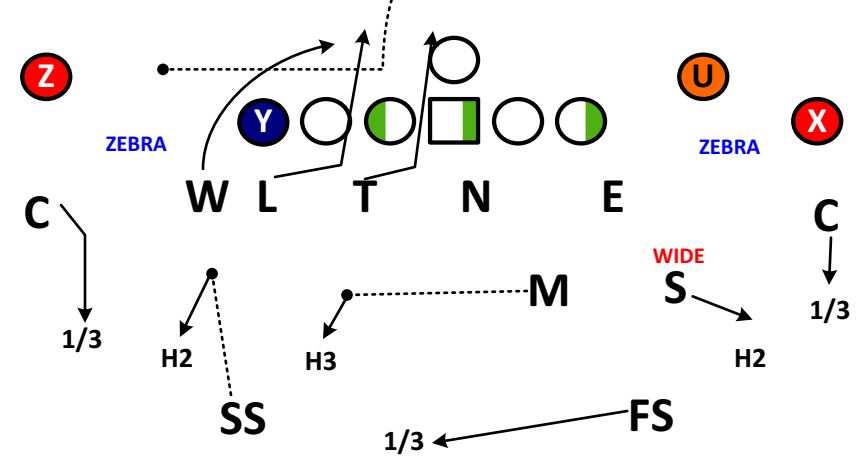
7. Empty

Check Mug Easy



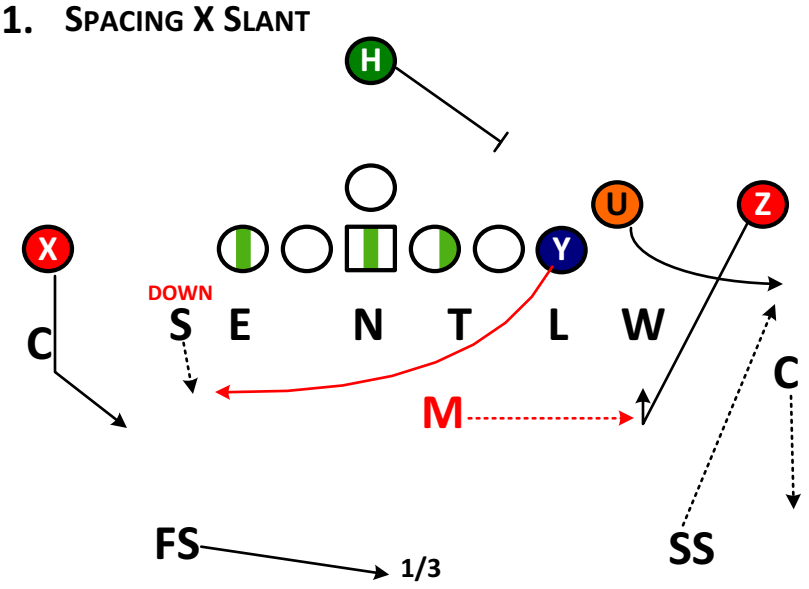
8. Fly Empty

Check Mug Easy



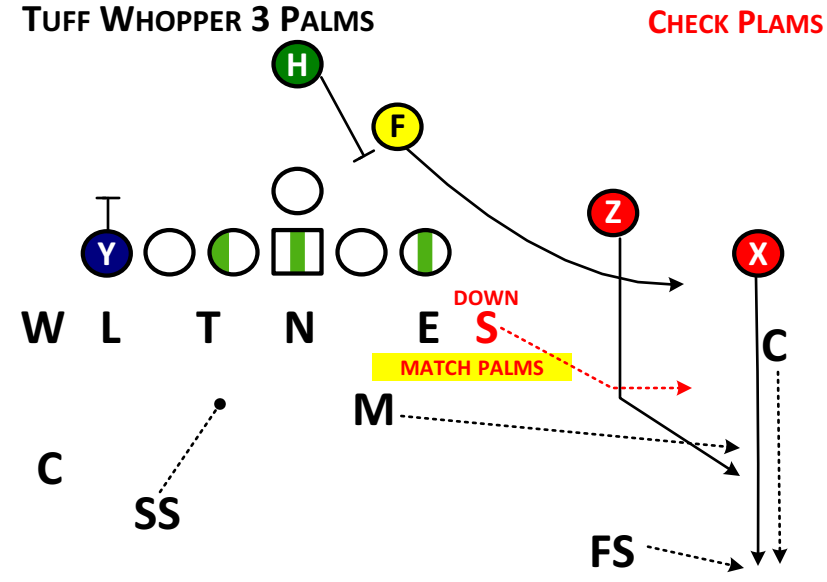
Tuff Whopper 3 Palms

1. Spacing X Slant

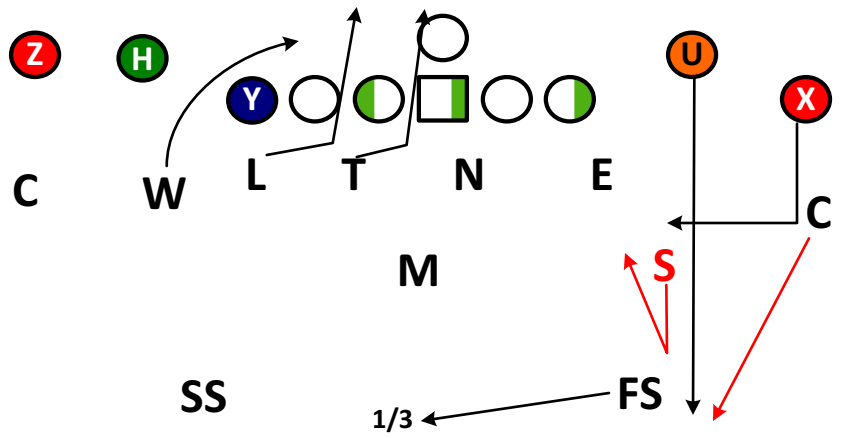


2. Tuff Whopper 3 Palms

Check Plams

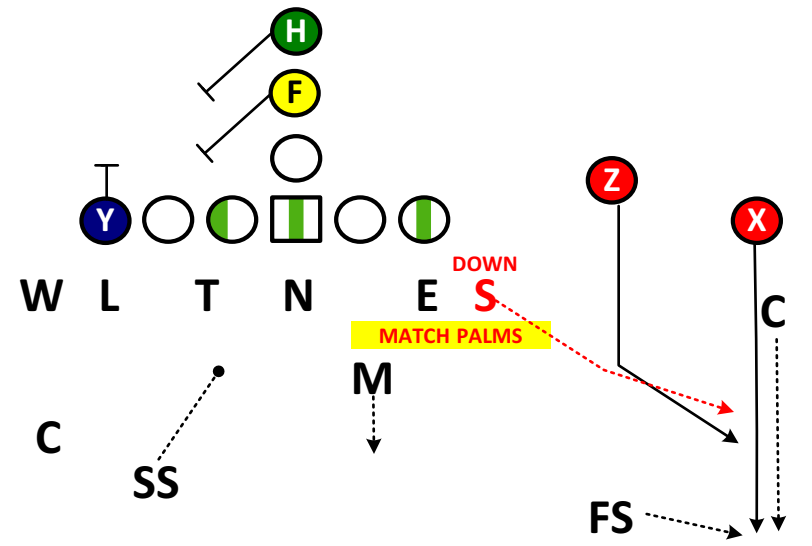


3. Tuff Whopper 3 Palms

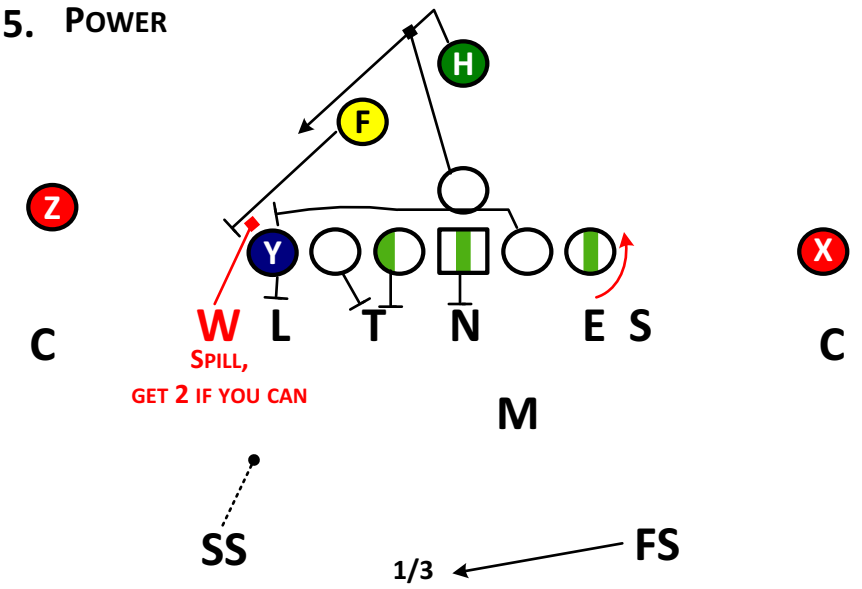


4. Tuff Whopper 3 Palms

Check Plams



5. Power

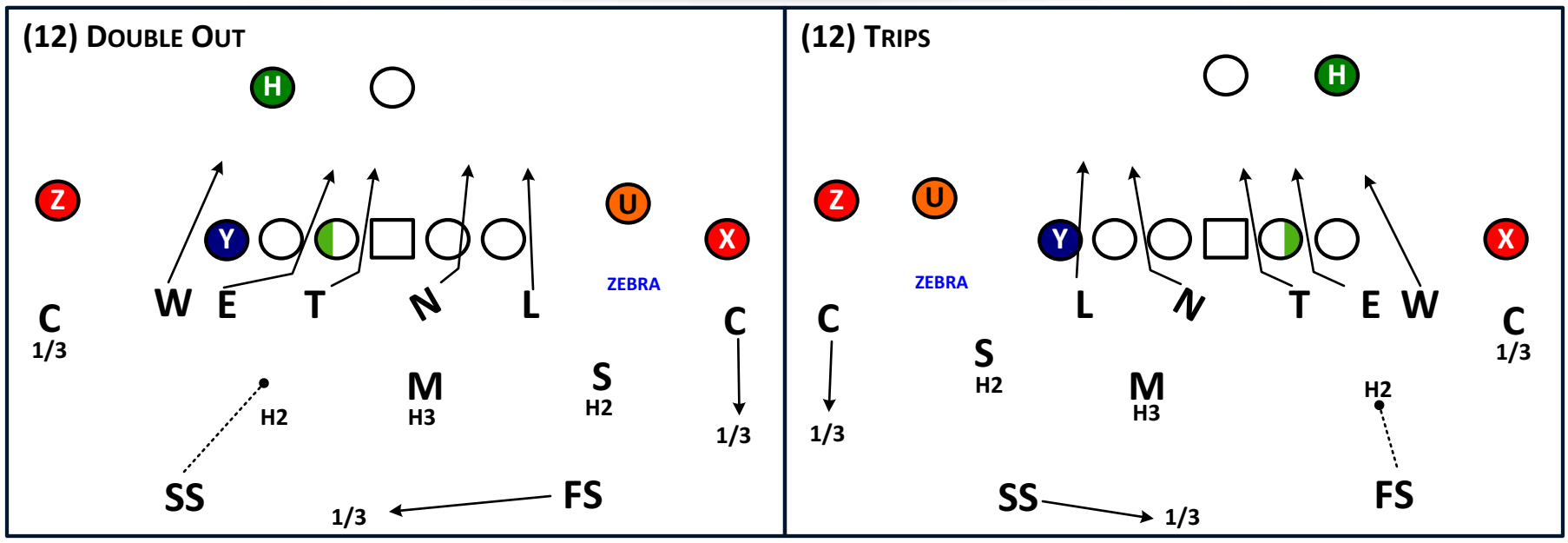


6.

7.

8.

Bow Will Slant 3 Seam



Essence:

1. 5 Man 3 Deep 3 Under zone pressure

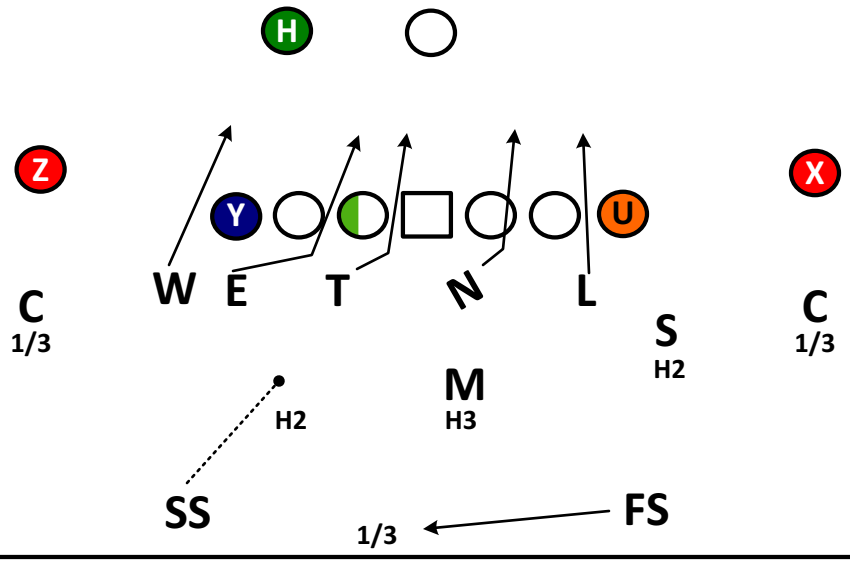
Coaching Points:

1. Closed Call to the Back.
   Dot & Empty: To the 'Y'
2. Will: Contain Blitz to the Side of the Back. Play the QB on Read Play
3. Sam: Hot to 2
4. Mike: Hot to 3
5. Safeties: To the Back, Hot to 2
6. D-Line: Slant

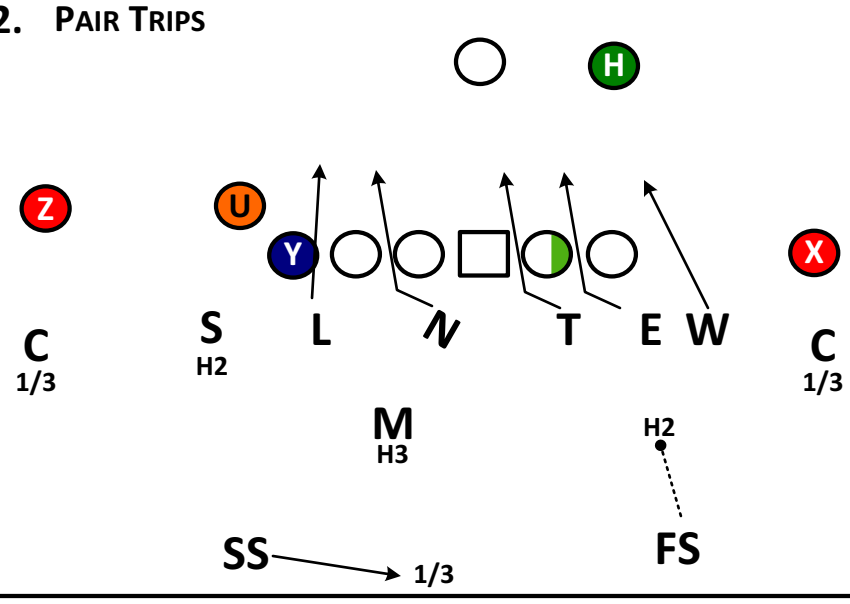
Adjustments:

Bow Will Slant 3 Seam

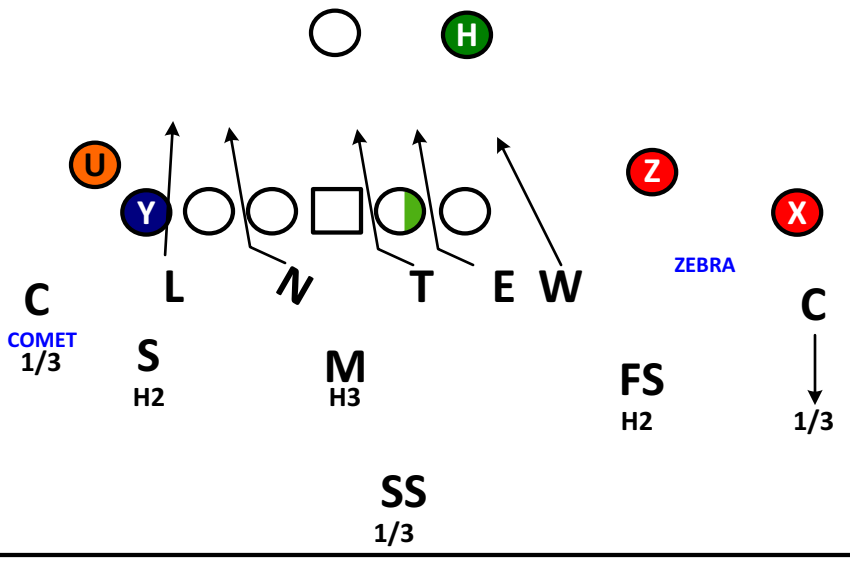
1. Solo



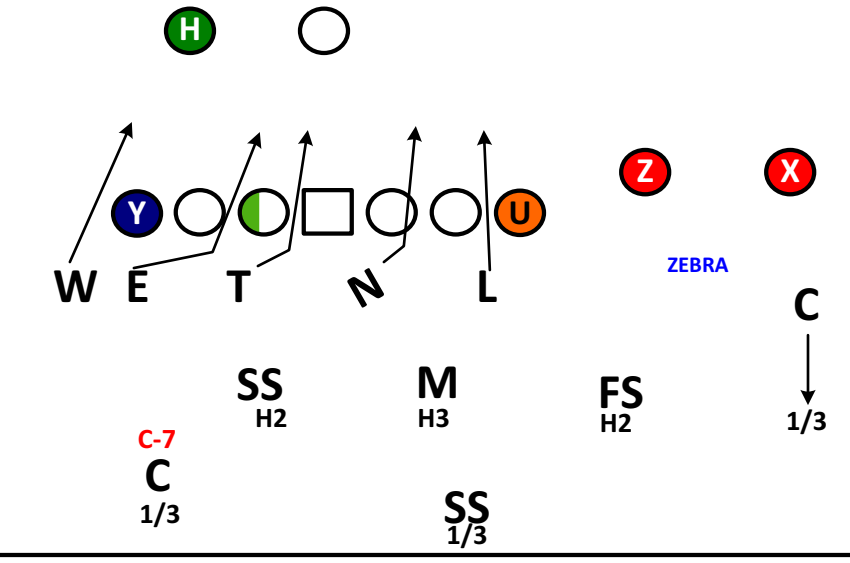
2. Pair Trips



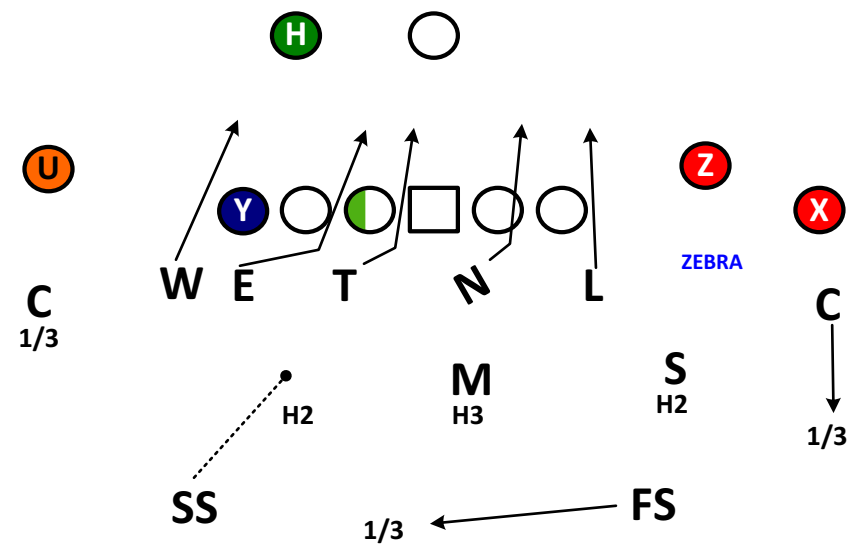
3. Pair Slot



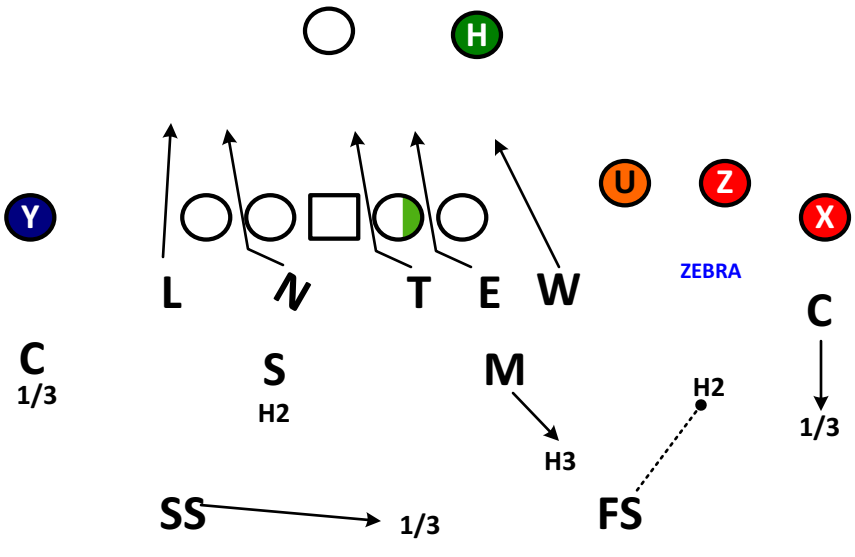
4. Solo Slot



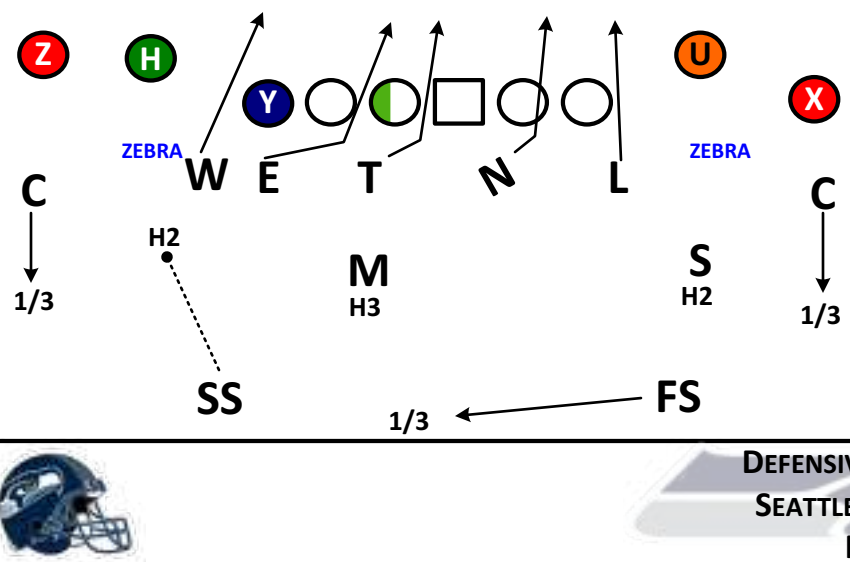
5. Slot Double Out



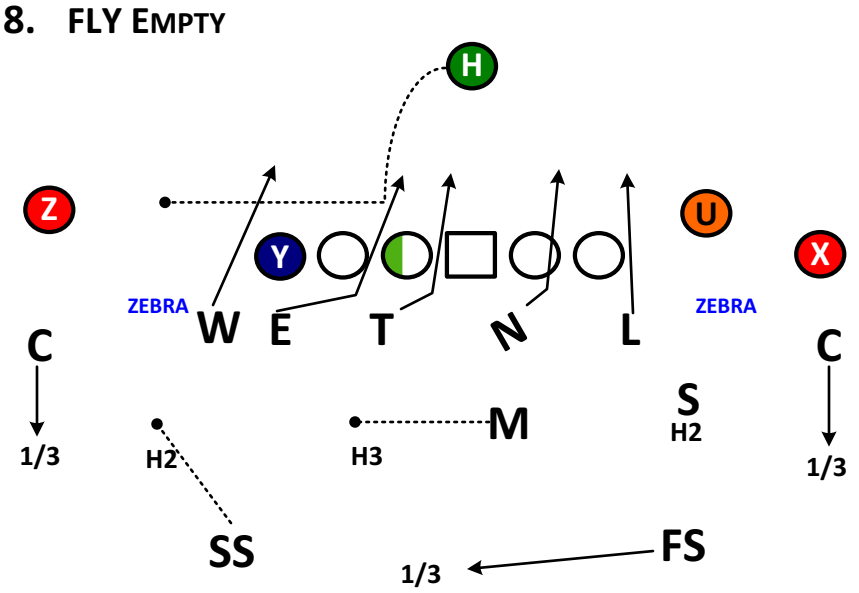
6. Seattle



7. Empty

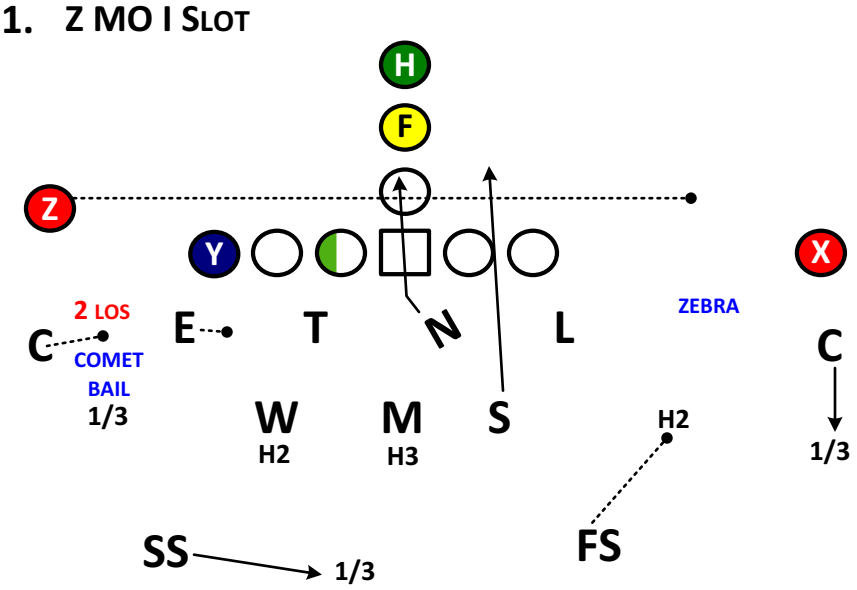


8. Fly Empty

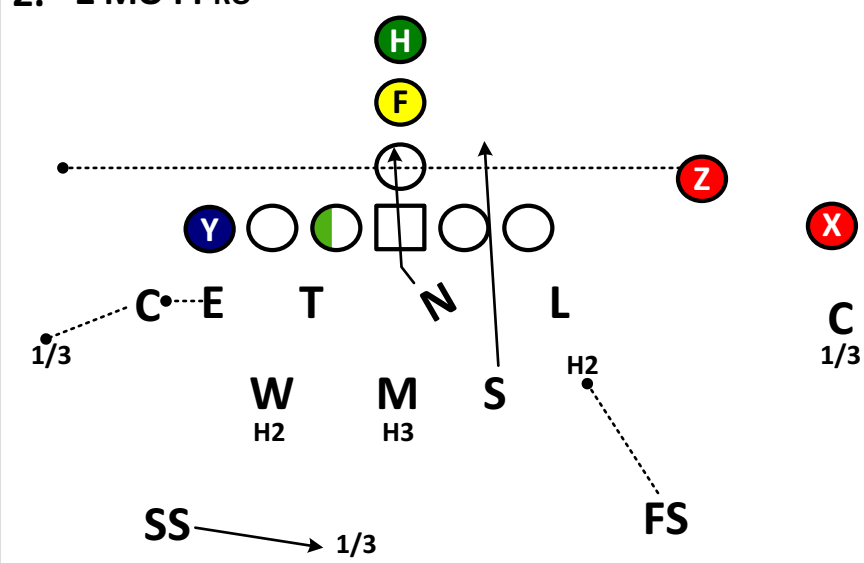


Bow Will Slant 3 Seam

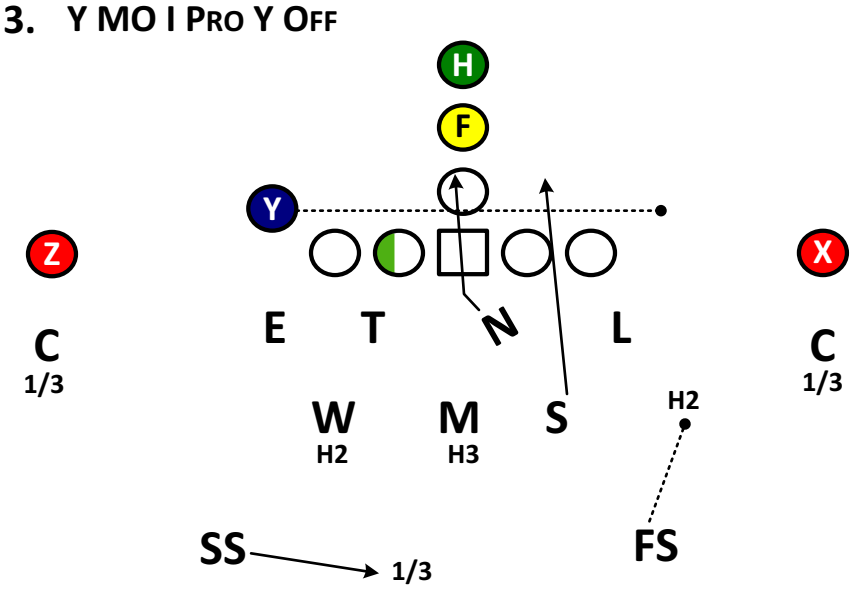
1. Z MO I Slot



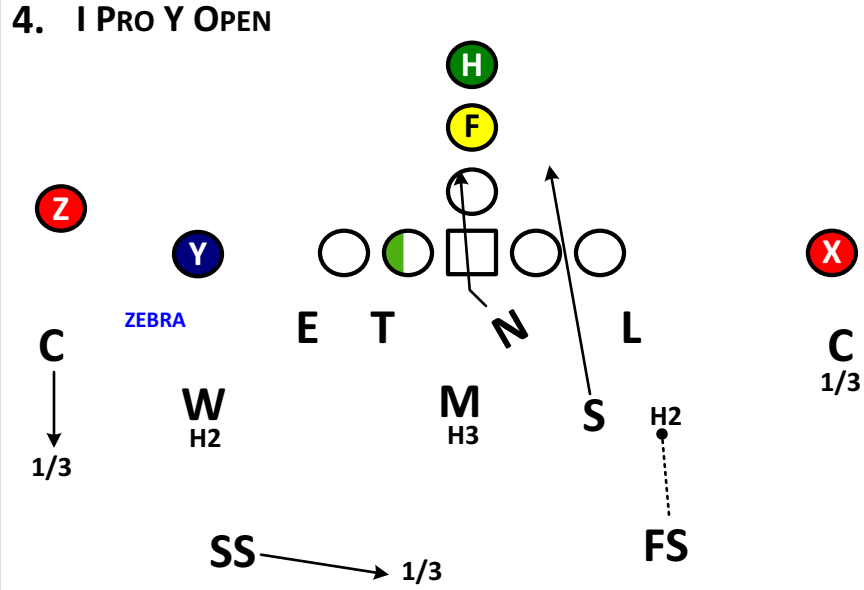
2. Z MO I Pro



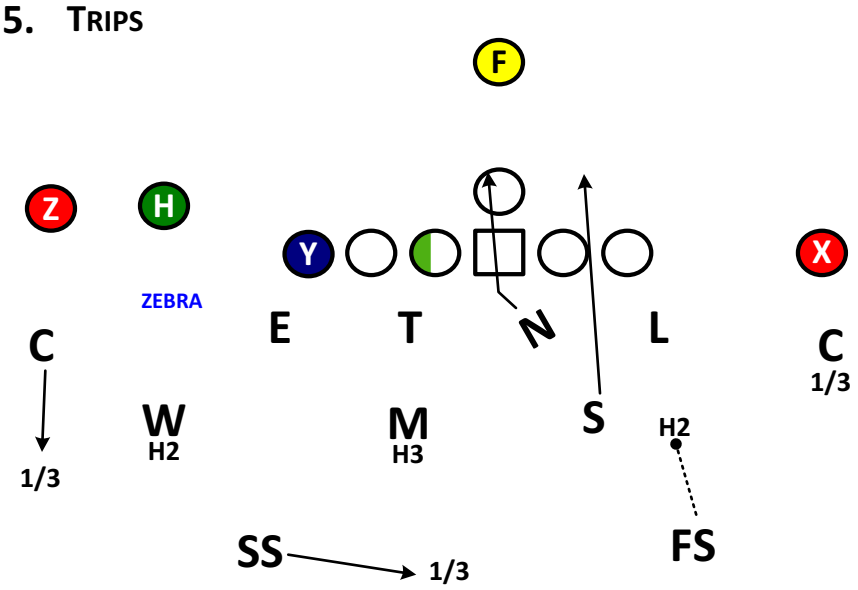
3. Y MO I Pro Y Off



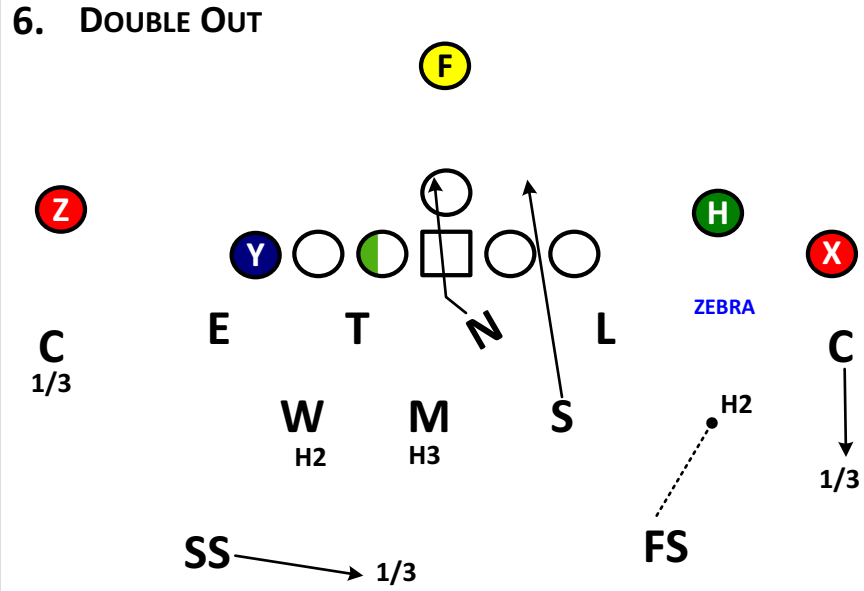
4. I Pro Y Open



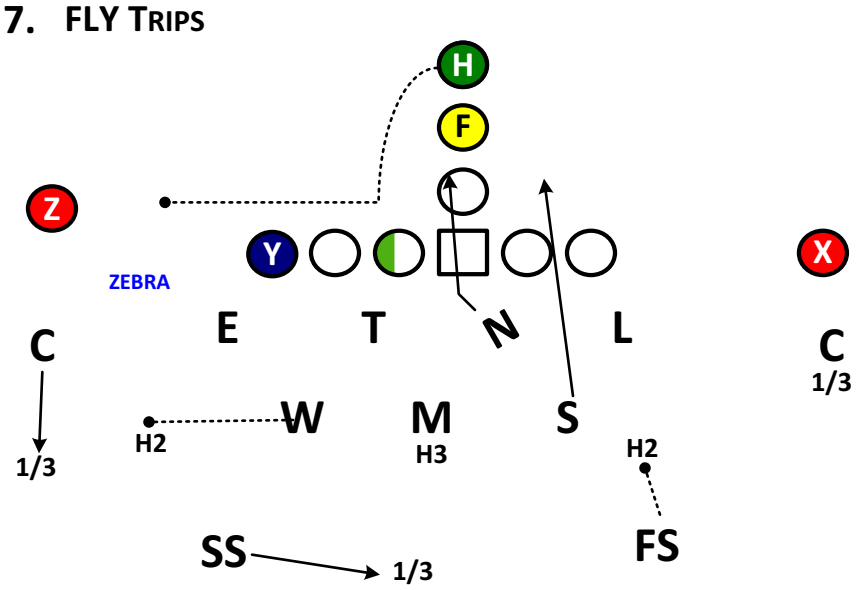
5. Trips



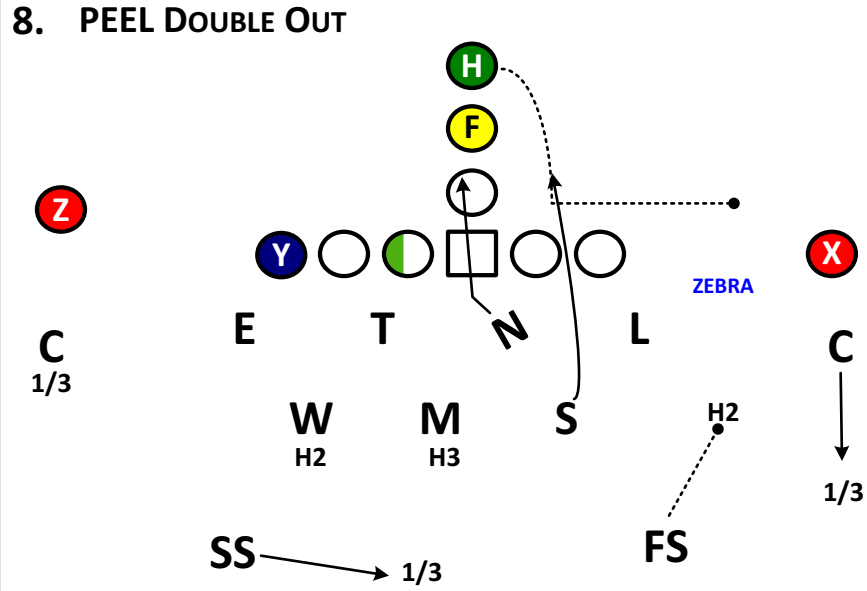
6. Double Out



7. FLY Trips



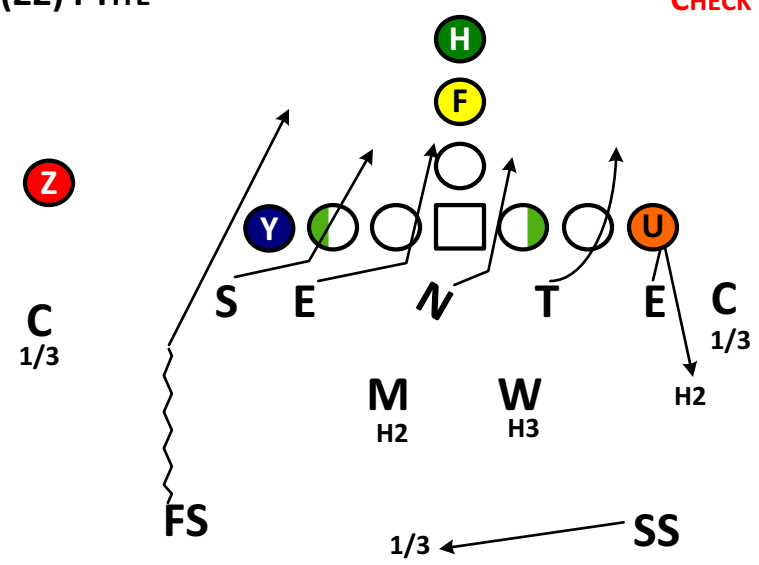
8. PEEL Double Out



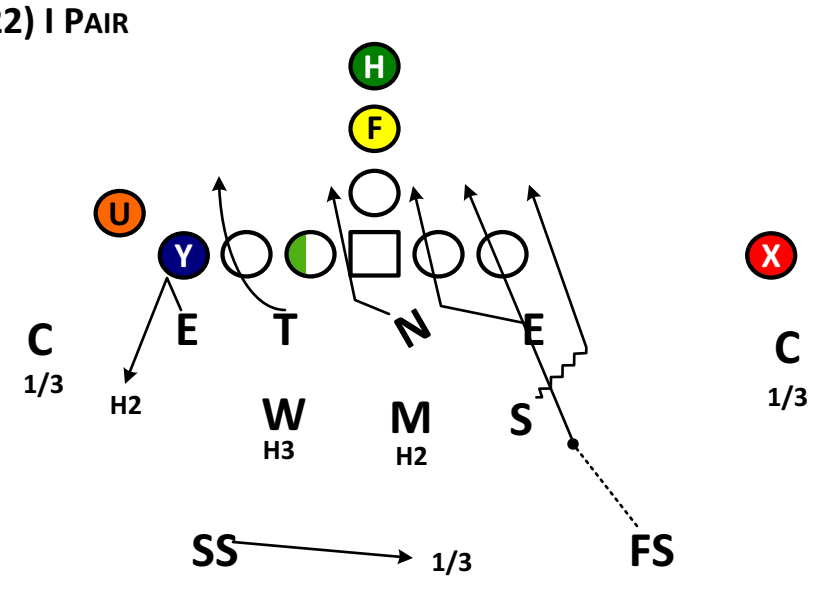
Z Flash 3 Seam

(22) I Tite

Check Slasher



(22) I Pair



Essence:

1. 5 Man 3 Deep 3 Under zone pressure
2. The line slants away from the single receiver.

Coaching Points:

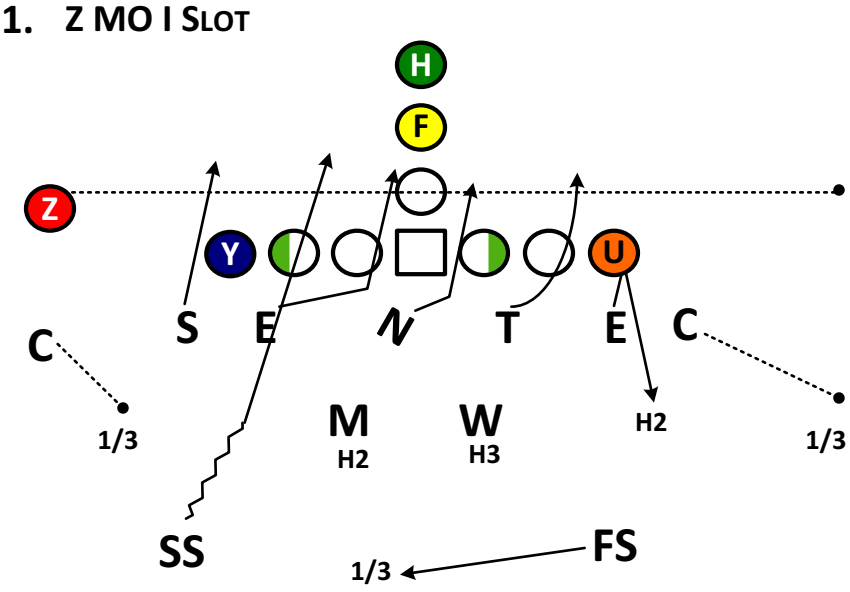
1. Closed call to the WR.
2. Sam is a Contain Blitzer
3. FS is a Creep Blitzer

Adjustments:

1. Vs. any 2 to the close side: Check Slasher
2. Vs. 2 displaced to the close side: Check Switch
3. Vs. any 2 displaced away from the close side: Check Swap
4. Any #3 displaced away from the close side: Check hot to 3

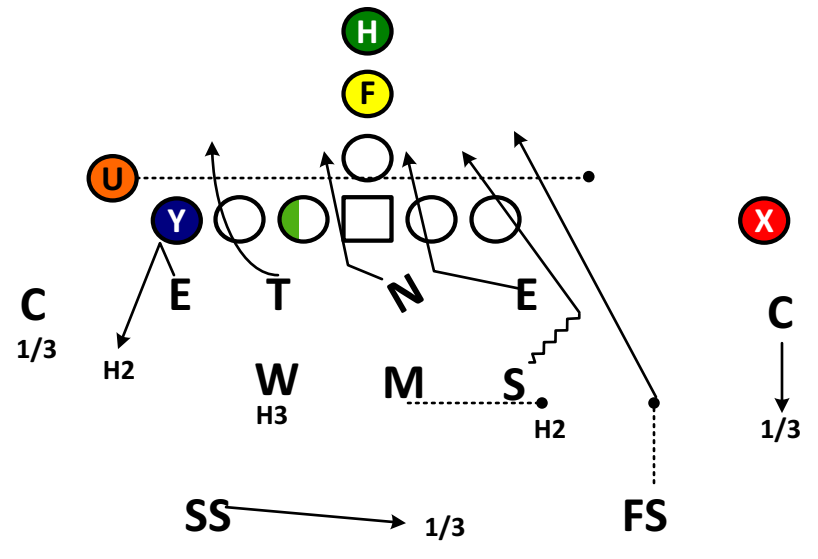
Z Flash 3 Seam

1. Z MO I Slot

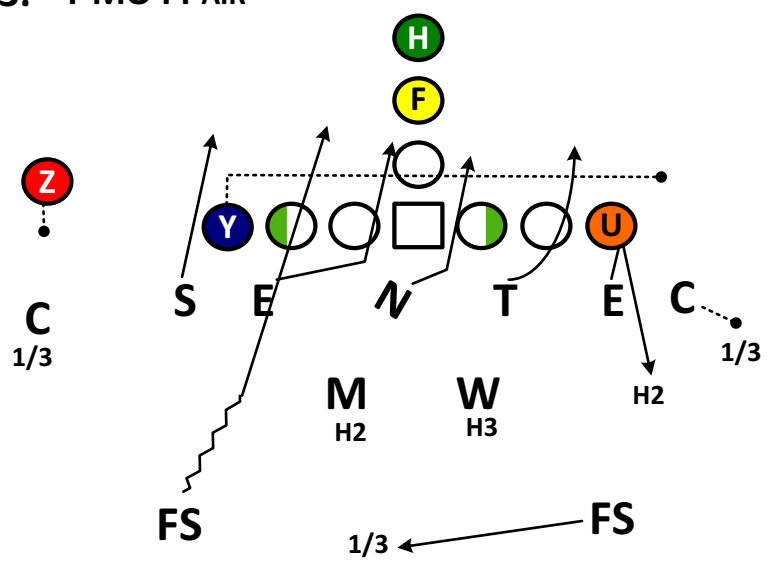


2. U MO I Slot Uip

Check Slasher

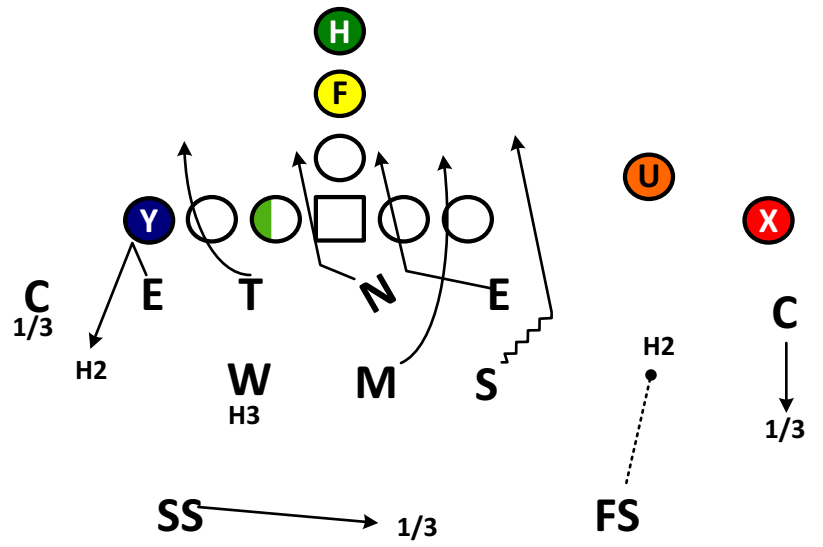


3. Y MO I Pair



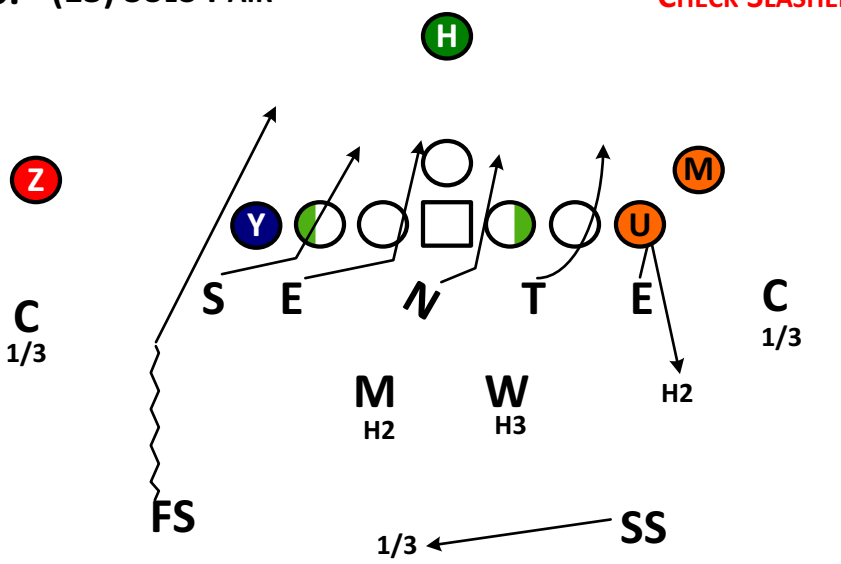
4. I Slot

Check Switch



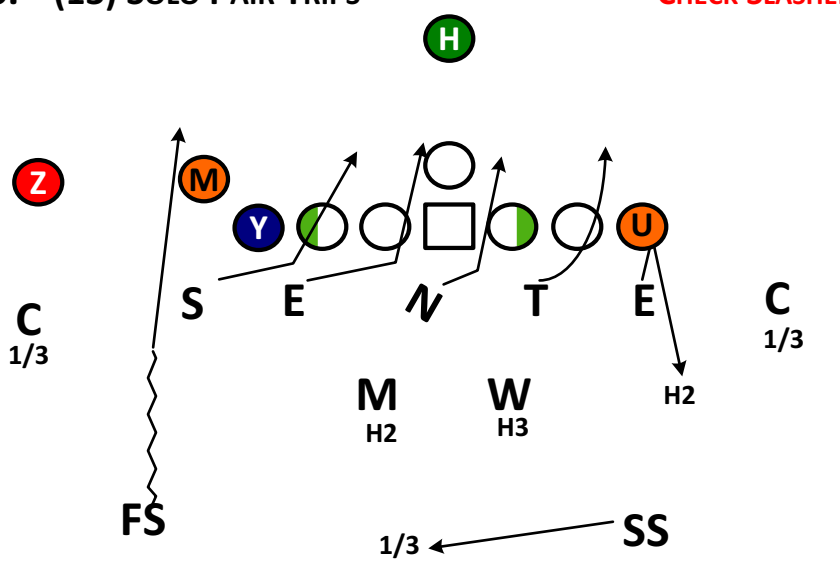
5. (13) Solo Pair

Check Slasher



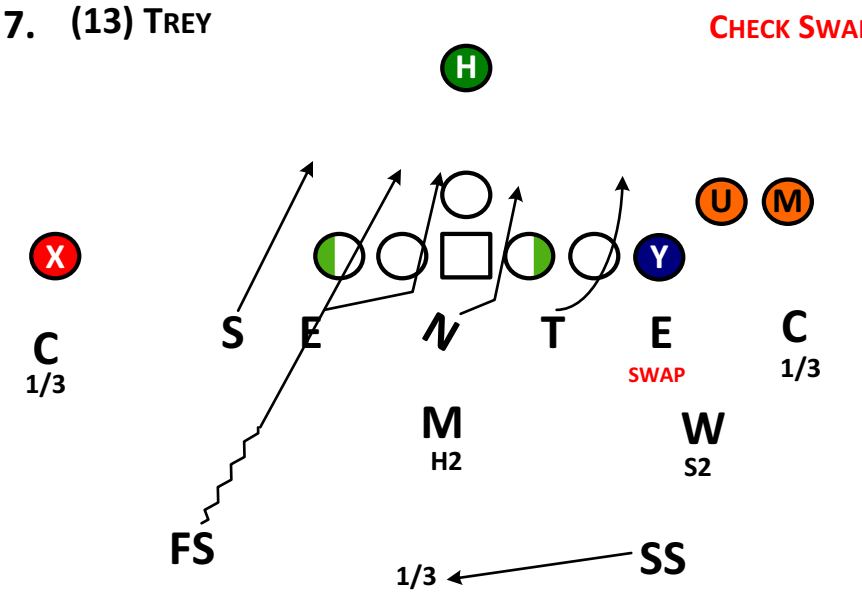
6. (13) Solo Pair Trips

Check Slasher



7. (13) Trey

Check Swap



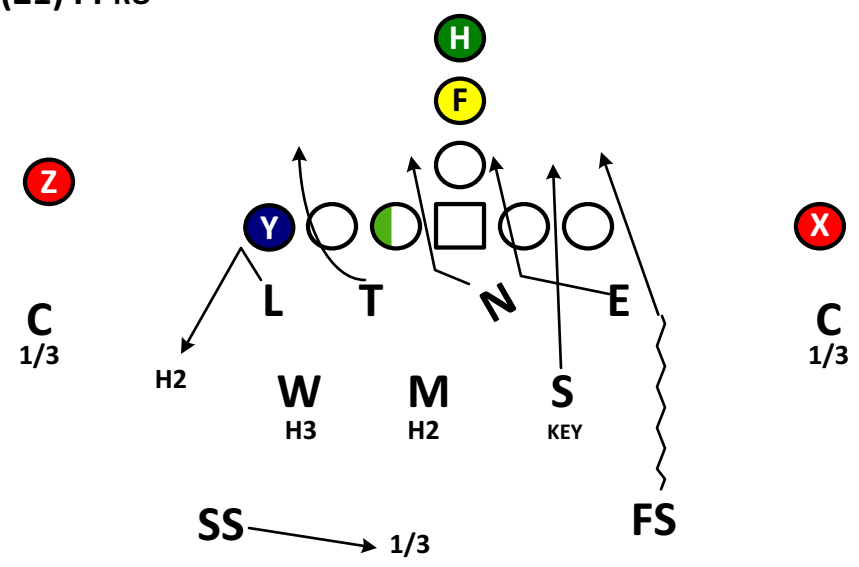
8.

ADJUSTMENTS

- FLASH GO 3 SEAM (TC)
- OVER SPEAR 3 SEAM 
- OVER SPEAR 3 SEAM 
- OVER SPEAR 3 SEAM (TC)
- LOAD WHIP SKY ZONE 
- TUFF WHOPPER 3 PALMS (OTA2)

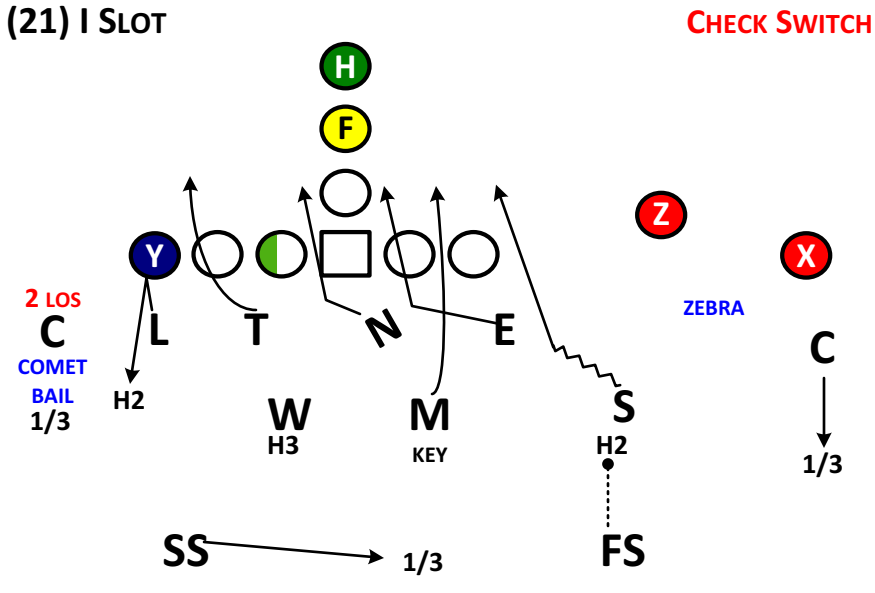
W/ Go Flash 3 Seam

(21) I Pro



(21) I Slot

Check Switch



Essence:

1. W/ Go Flash 3 Seam is an Under Family front rush zone defense.
2. The Line will align using Under Family Front Rules

Coaching Points:

1. Closed call away from the "Y"
2. Sam: Blitz B Gap (Key Read)
3. Free Safety: Contain Blitz
4. 2 Back Pro, Will as a Hot to 3 defender vs. Flood Action:
   Alert Flood Pass with Y Vertical. Give End (Hot to 2) Body Help.
5. Hot to 3 (Will): Your Drop involves Strong and Weak Hook Issues.

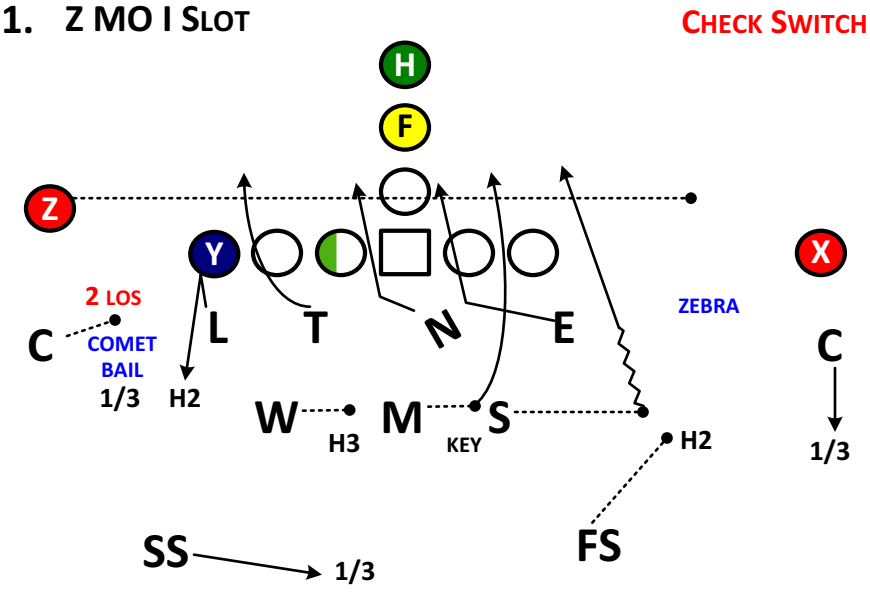
Adjustments:

1. Vs. any 2 displaced to the closed call: Check Switch (Mike Key Blitz)
2. Vs. any 2 displaced away from the Closed call: Check Swap
3. Any #3 displaced away from the closed call: Check hot to 3
4. Any #3 displaced to the closed call (Triples): Mike Adjust. Will Blitz
5. Vs. 2 Back Y Motion: Check Slasher principle (Sam cut technique on OT)
6. Vs. 2 Back Slot (Zip Motion): Check Slasher
7. Vs. X Nasty: Possible Trade (Corner Contain Blitz)

W/ Go Flash 3 Seam

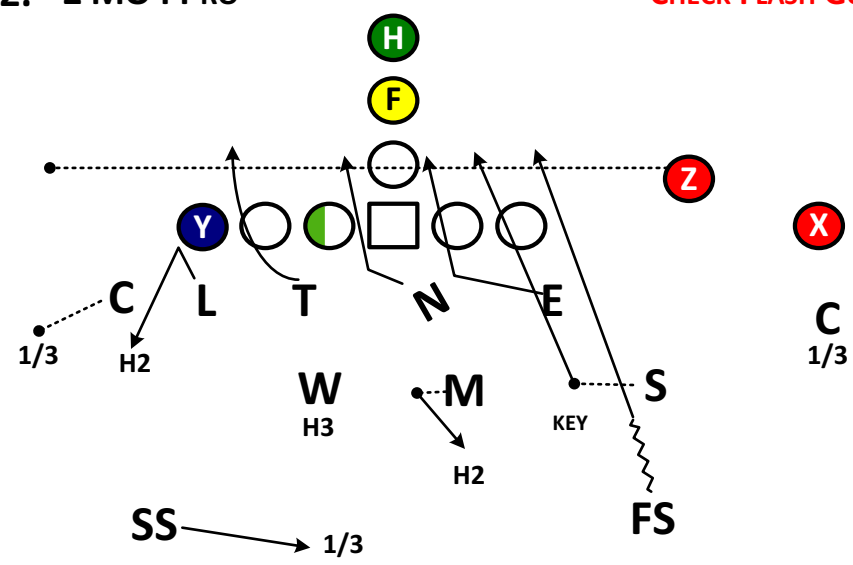
1. Z MO I Slot

Check Switch



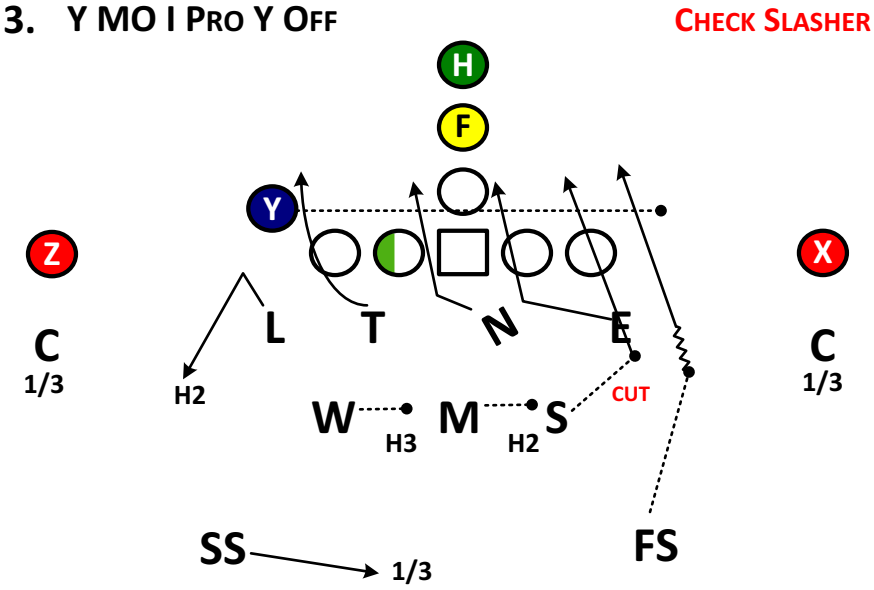
2. Z MO I Pro

Check Flash Go



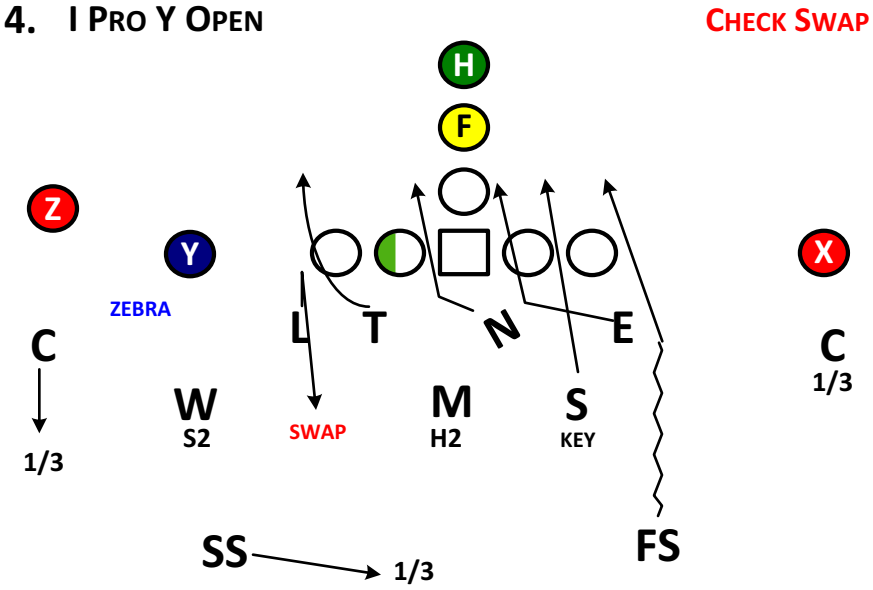
3. Y MO I Pro Y Off

Check Slasher



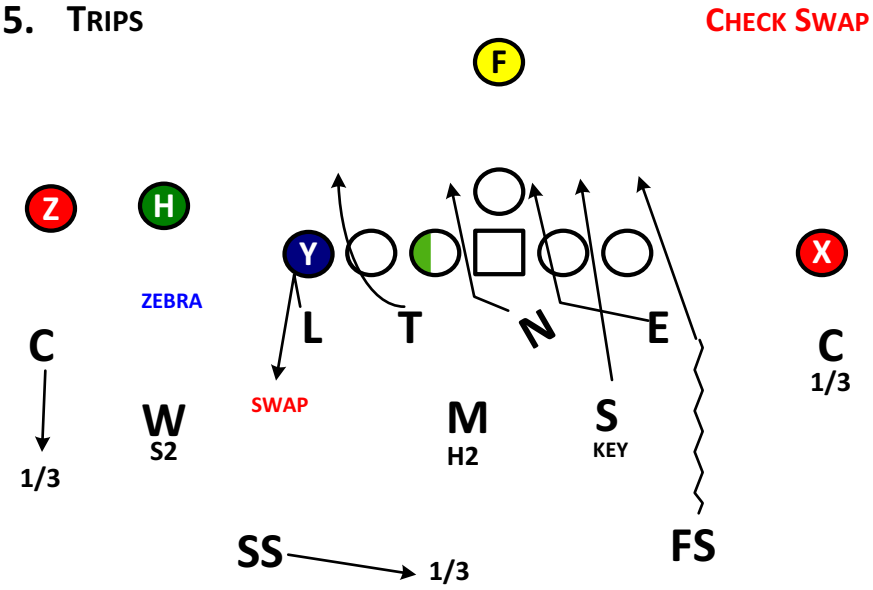
4. I Pro Y Open

Check Swap



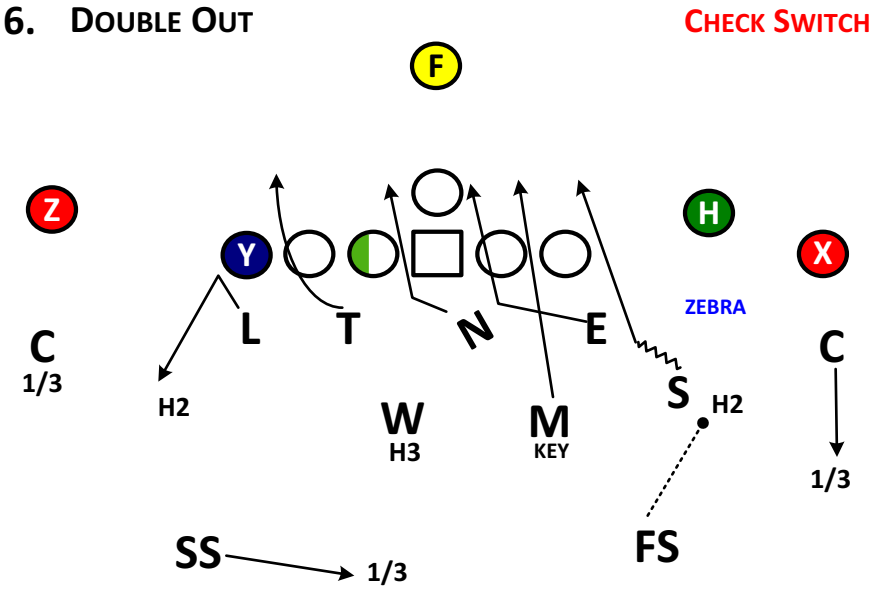
5. Trips

Check Swap



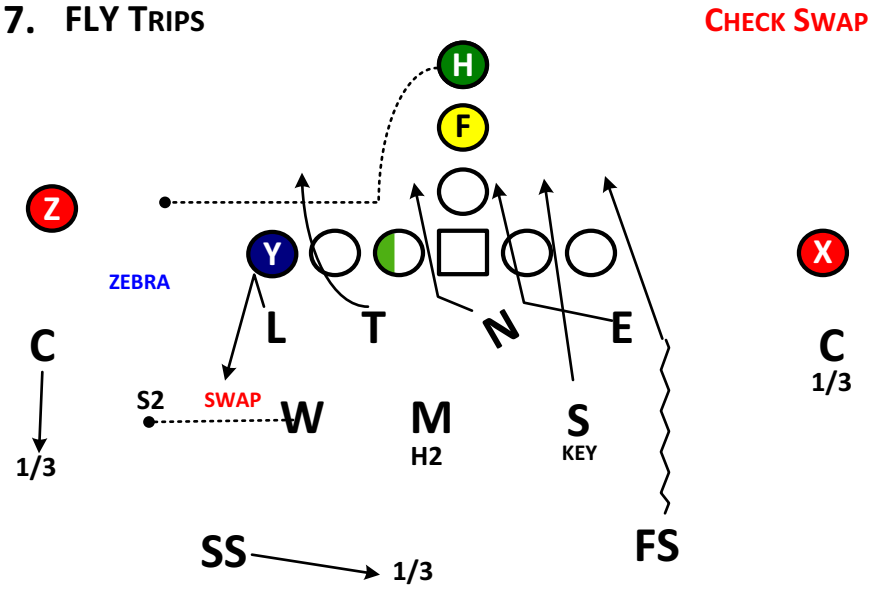
6. Double Out

Check Switch



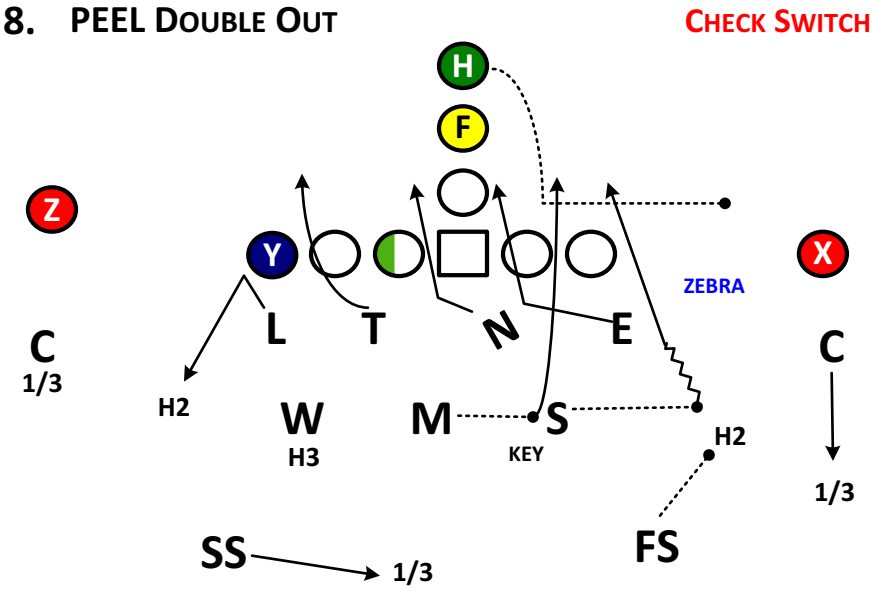
7. FLY Trips

Check Swap



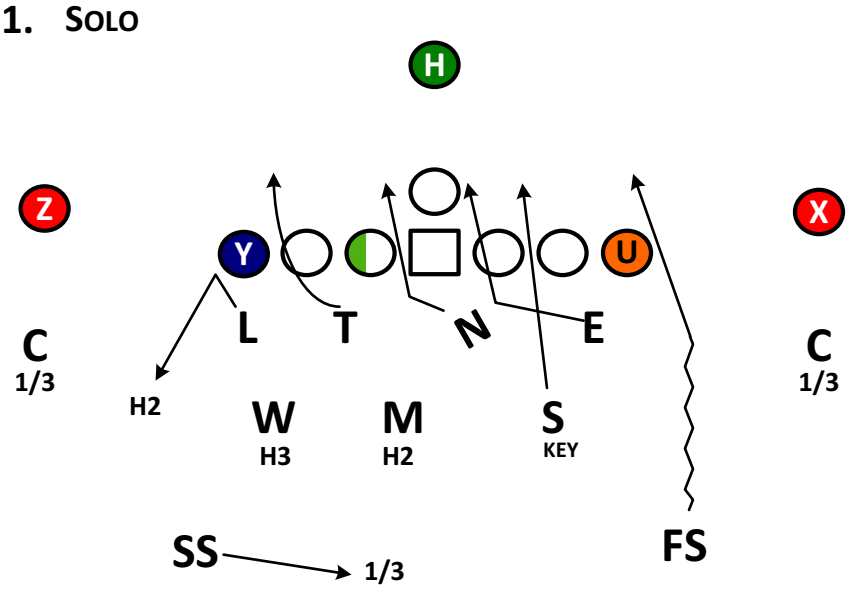
8. PEEL Double Out

Check Switch

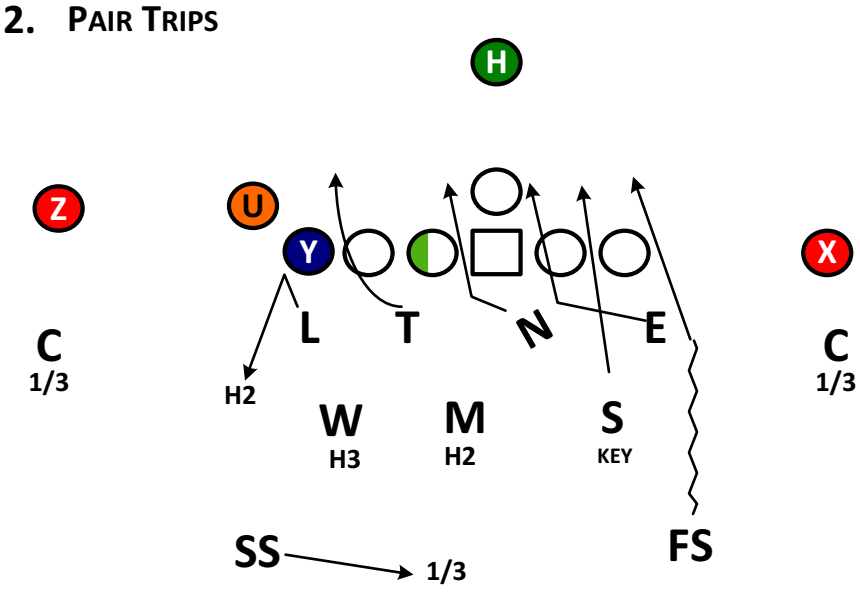


W/ Go Flash 3 Seam

1. Solo

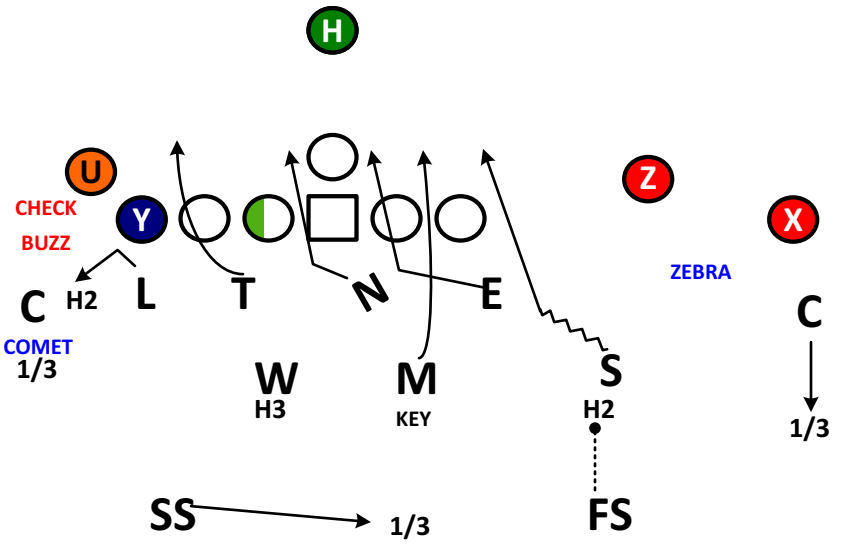


2. Pair Trips



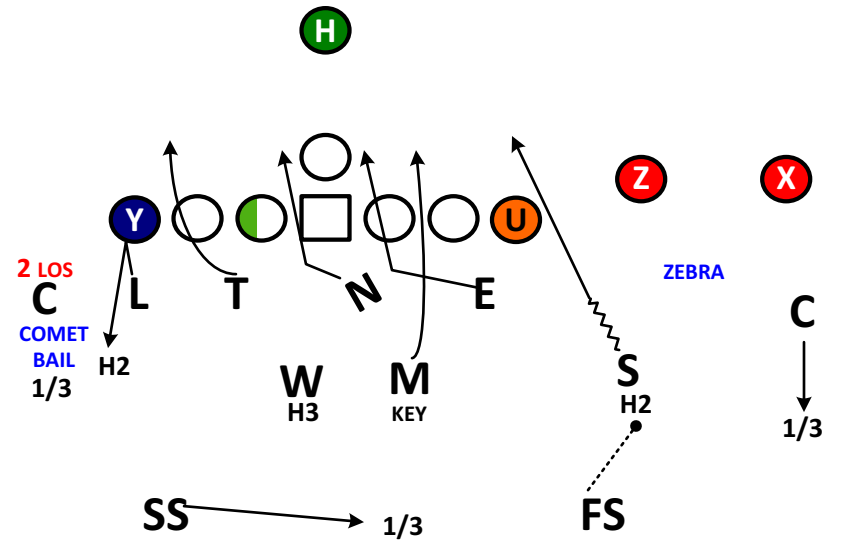
3. Pair Slot

Check Switch



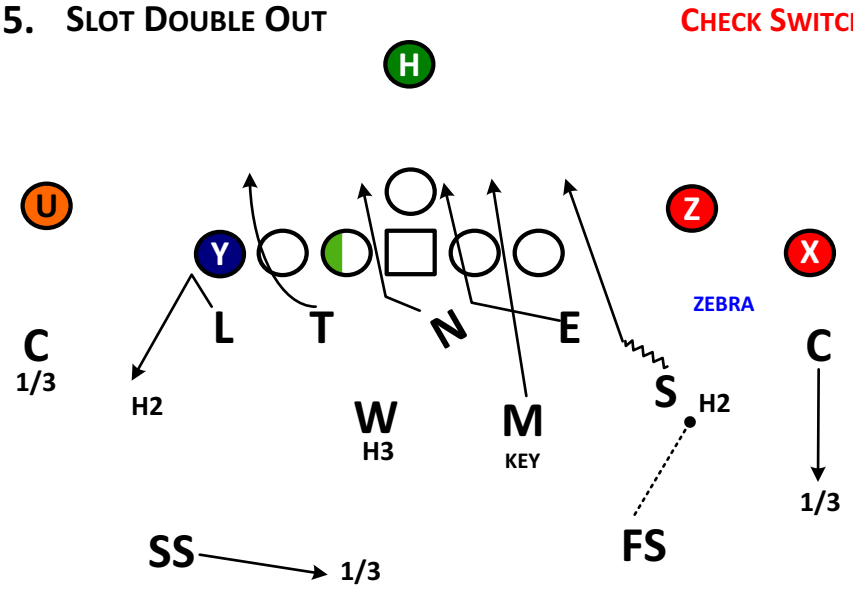
4. Solo Slot

Check Switch



5. Slot Double Out

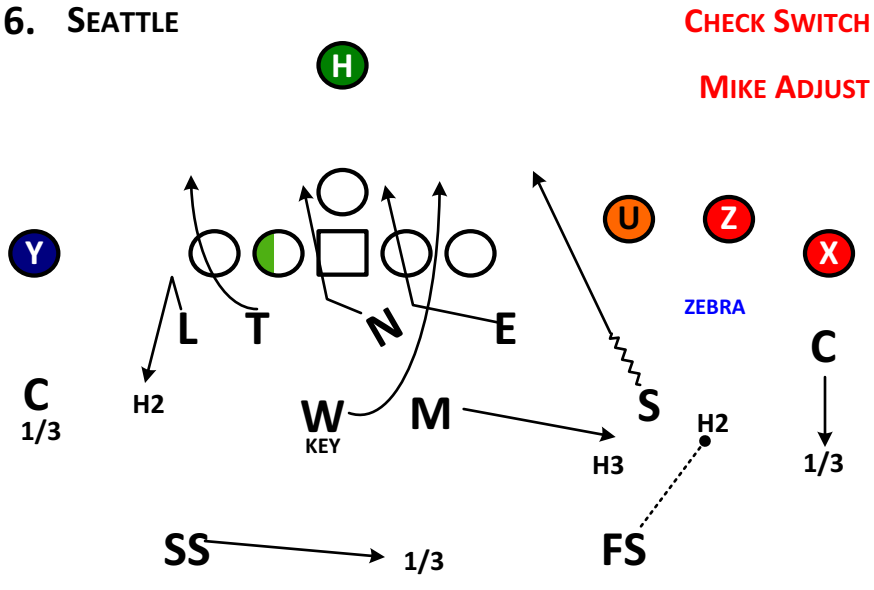
Check Switch



6. Seattle

Check Switch

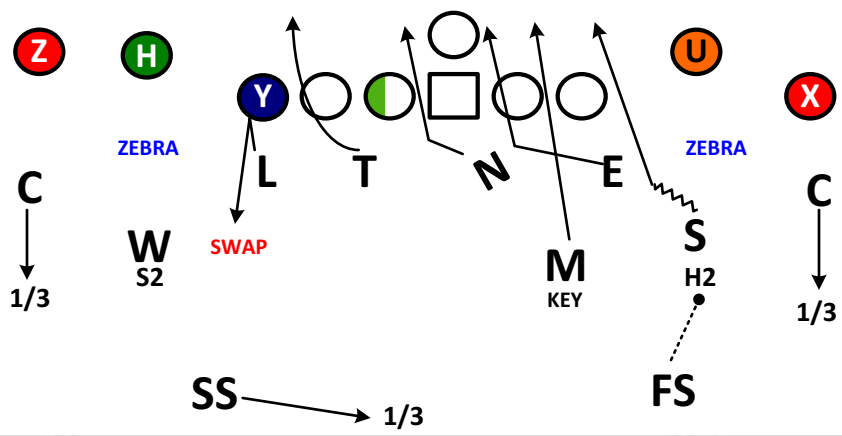
Mike Adjust



7. Empty

Check Switch

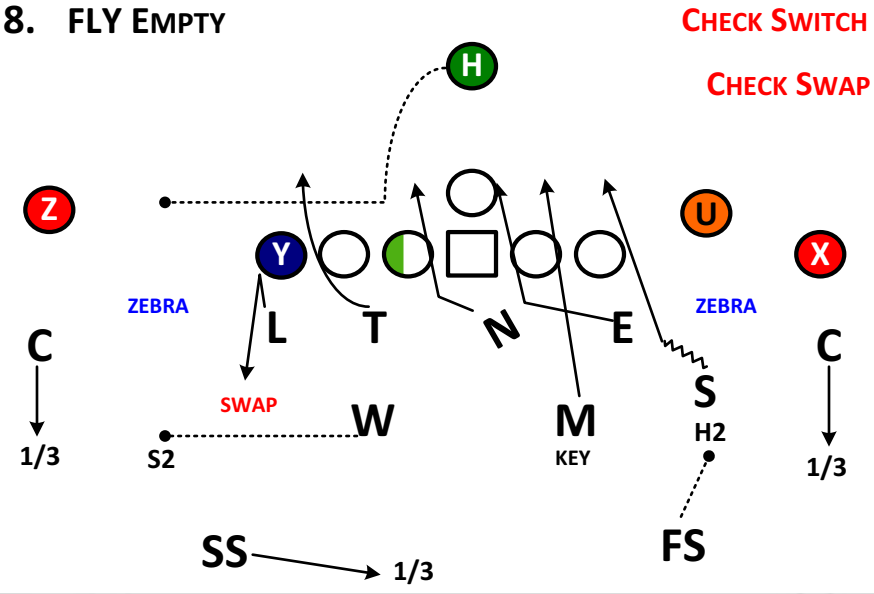
Check Swap



8. FLY Empty

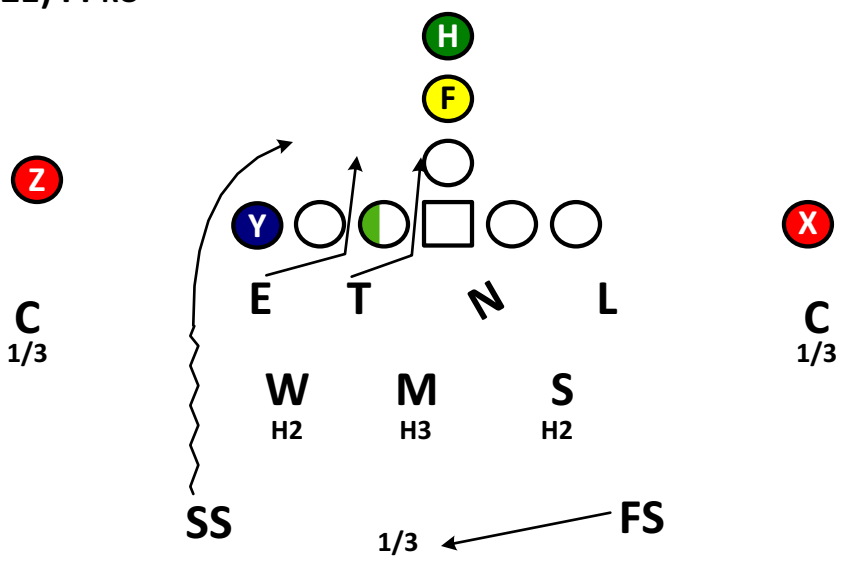
Check Switch

Check Swap

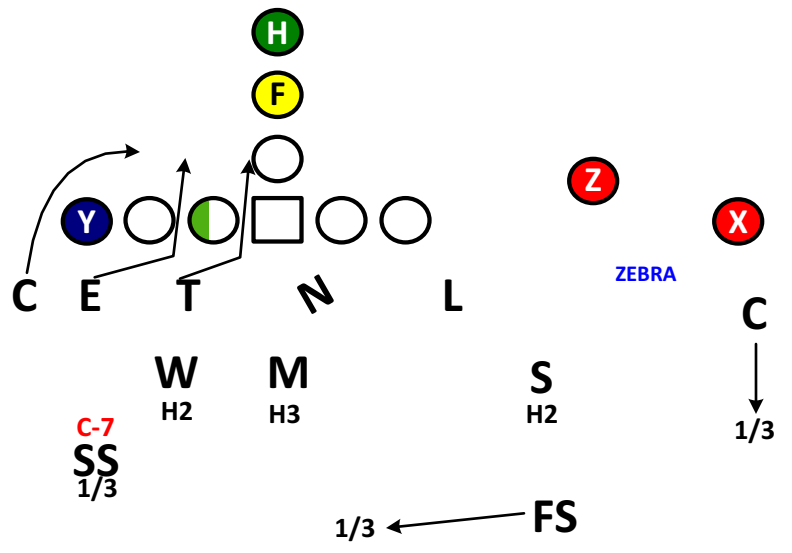


Over Spear 3 Seam

(21) I Pro



(21) I Slot — Check Trade



Essence:

1. Over Spear 3 Seam is an Over Family Front Rush Zone.

Coaching Points:

1. Solid call to the "Y"
2. Strong Safety chase flat
3. D-Line: Ted Movement

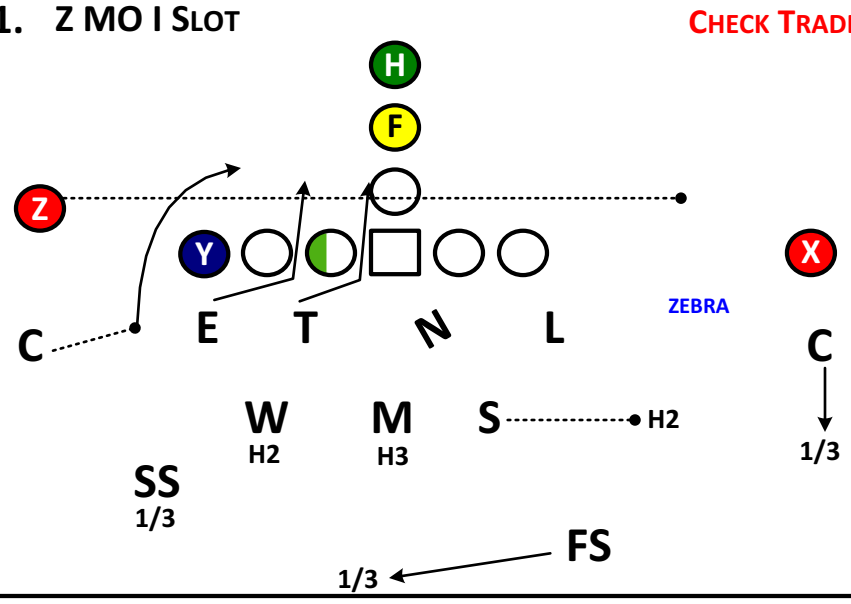
Adjustments:

1. Vs. nubside sets: Check Trade
2. Vs. any 2 displaced to the solid side: Check Switch
3. Vs. I Near and Trips: Ice Ted

Over Spear 3 Seam

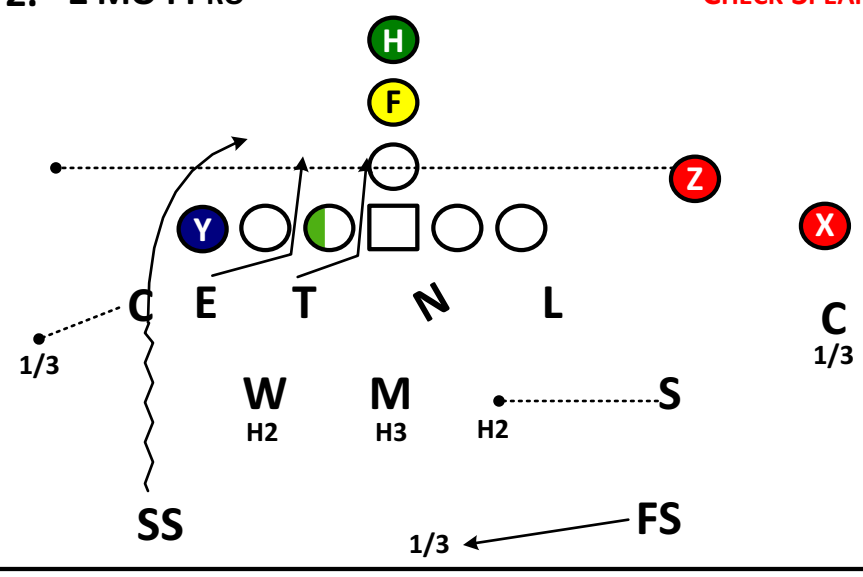
1. Z MO I Slot

Check Trade

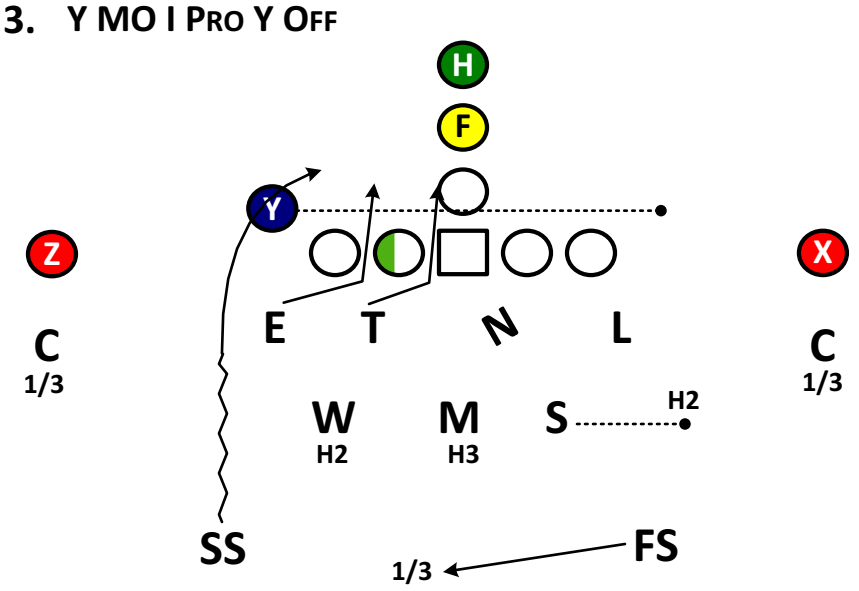


2. Z MO I Pro

Check Spear

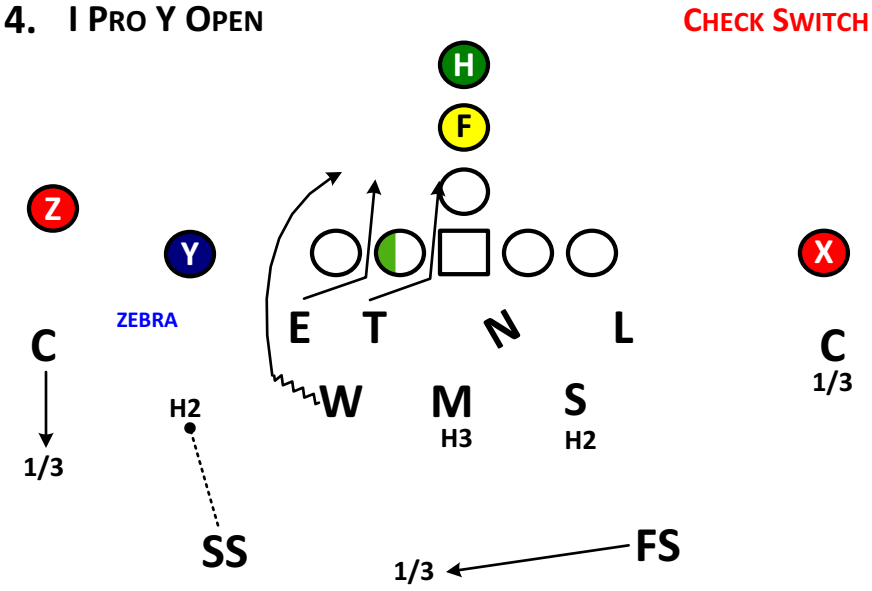


3. Y MO I Pro Y Off



4. I Pro Y Open

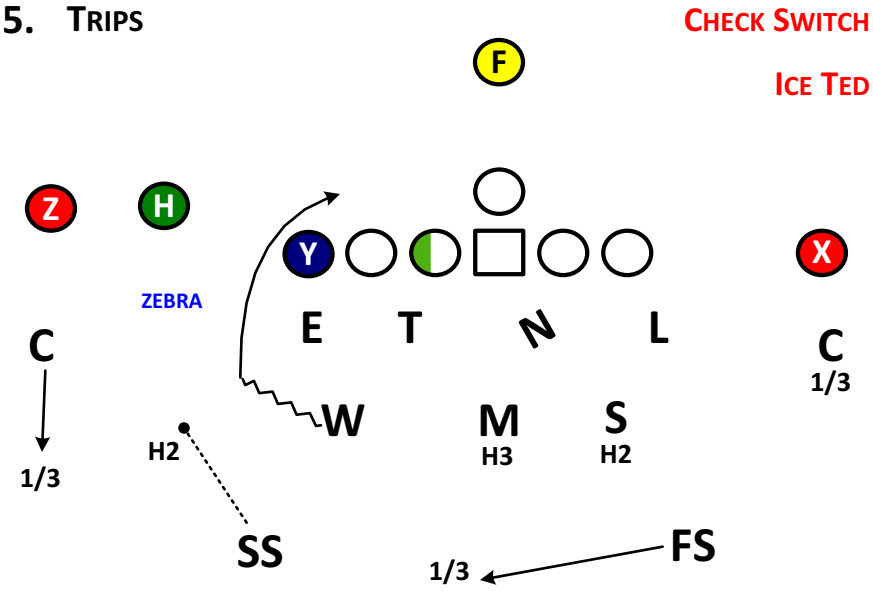
Check Switch



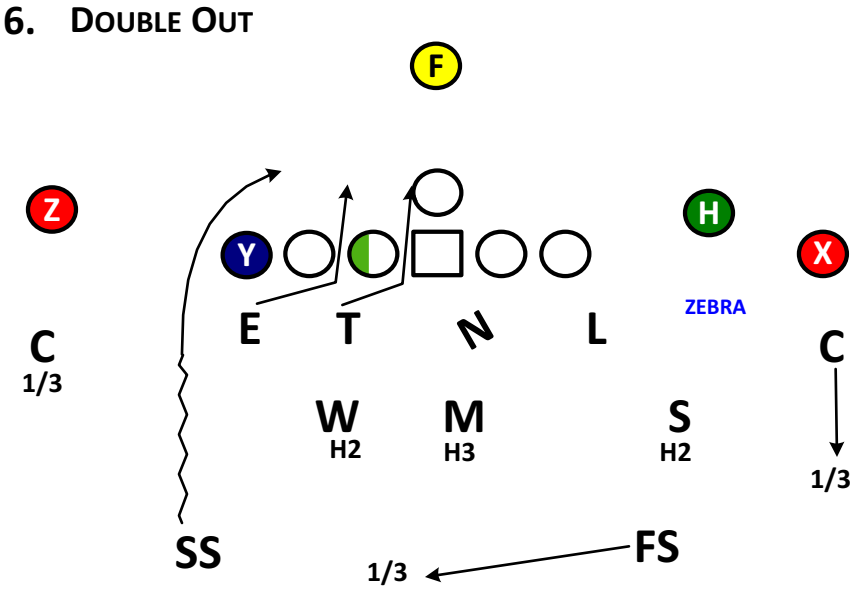
5. Trips

Check Switch

Ice Ted



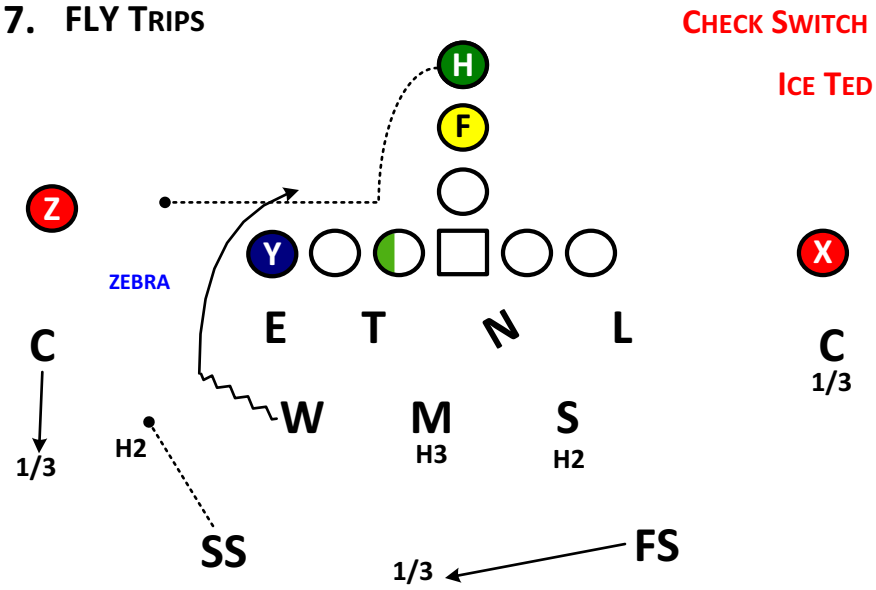
6. Double Out



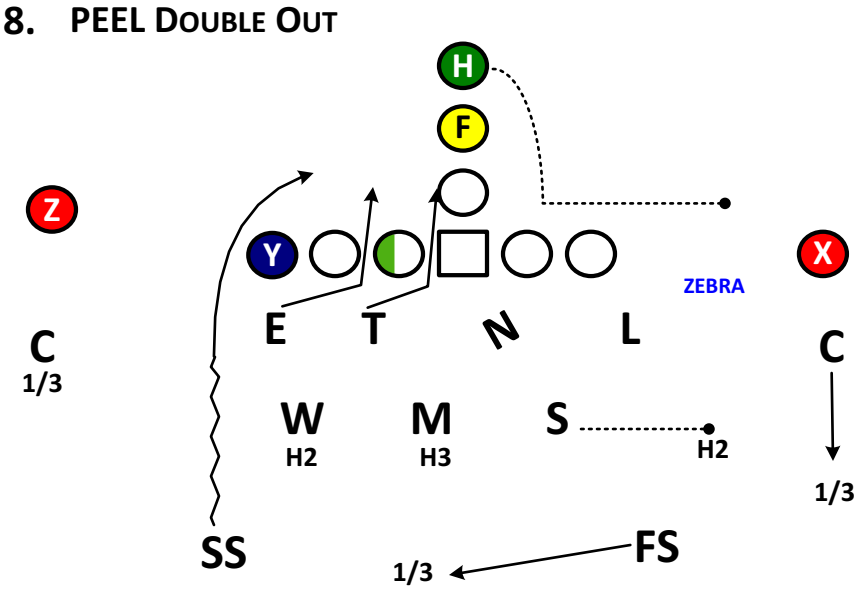
7. FLY Trips

Check Switch

Ice Ted

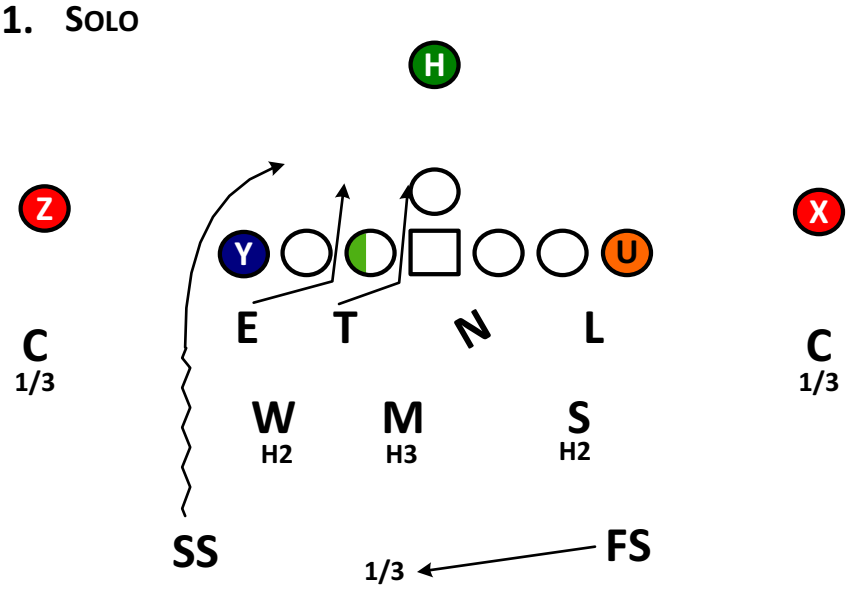


8. PEEL Double Out



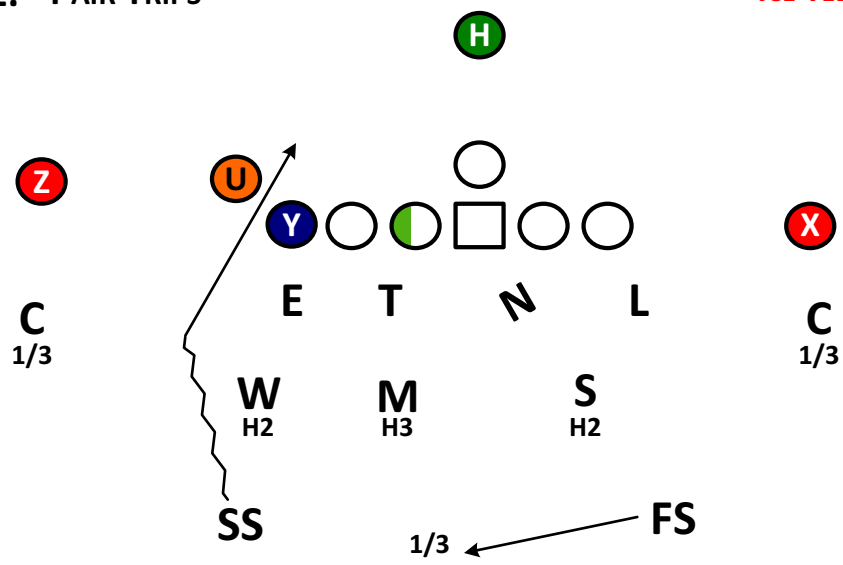
Over Spear 3 Seam

1. Solo

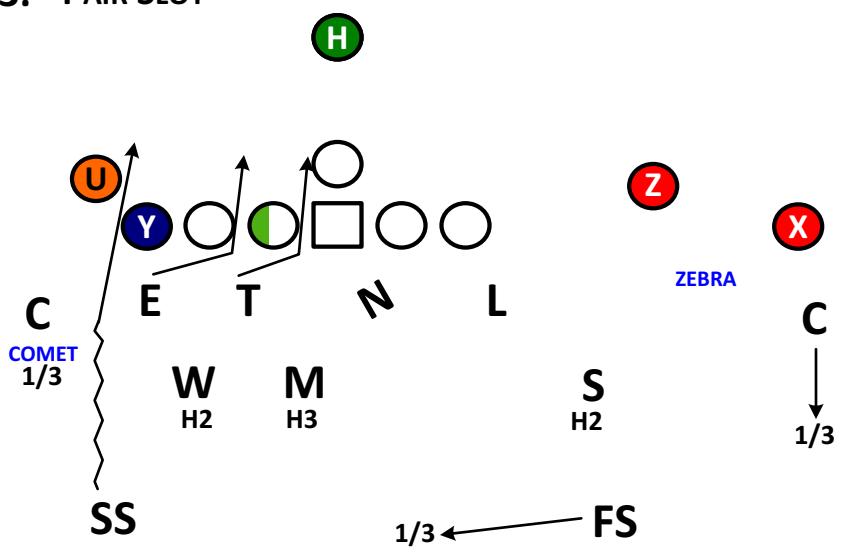


2. Pair Trips

Ice Ted

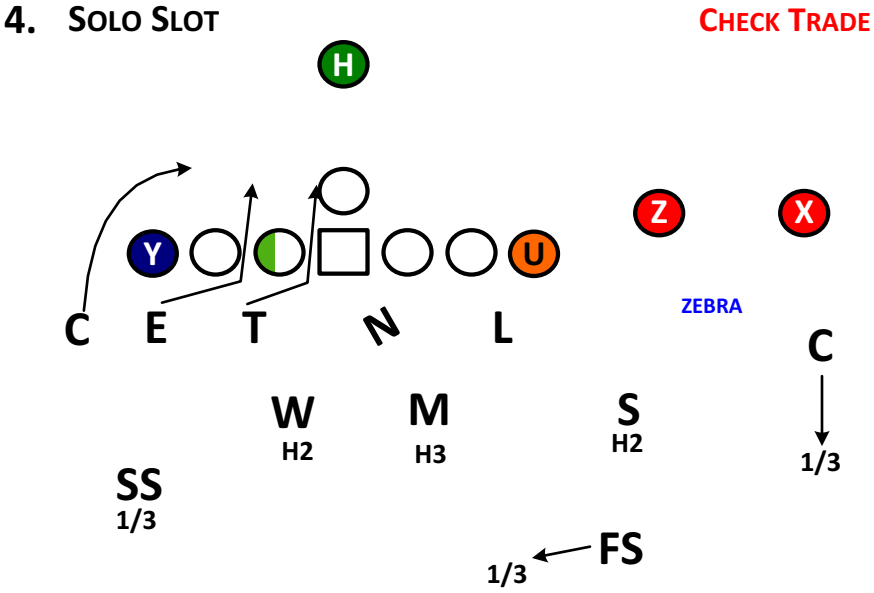


3. Pair Slot

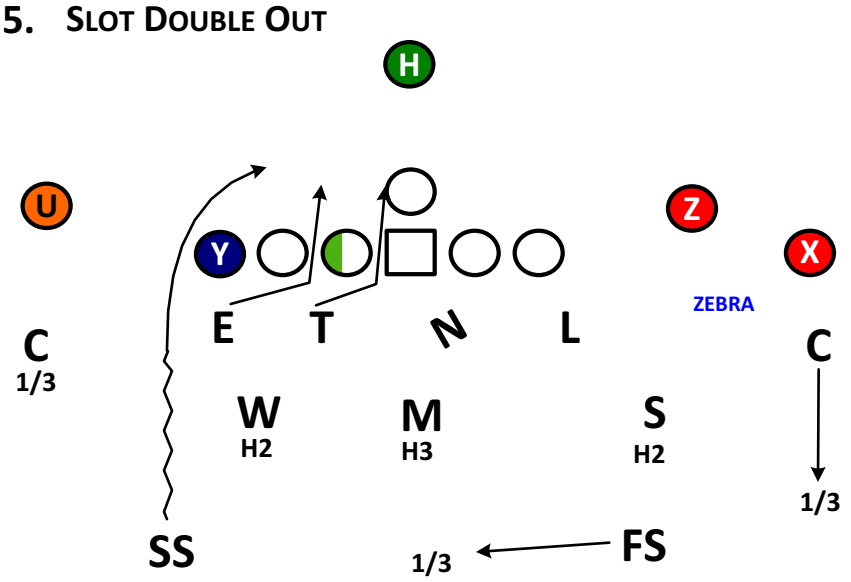


4. Solo Slot

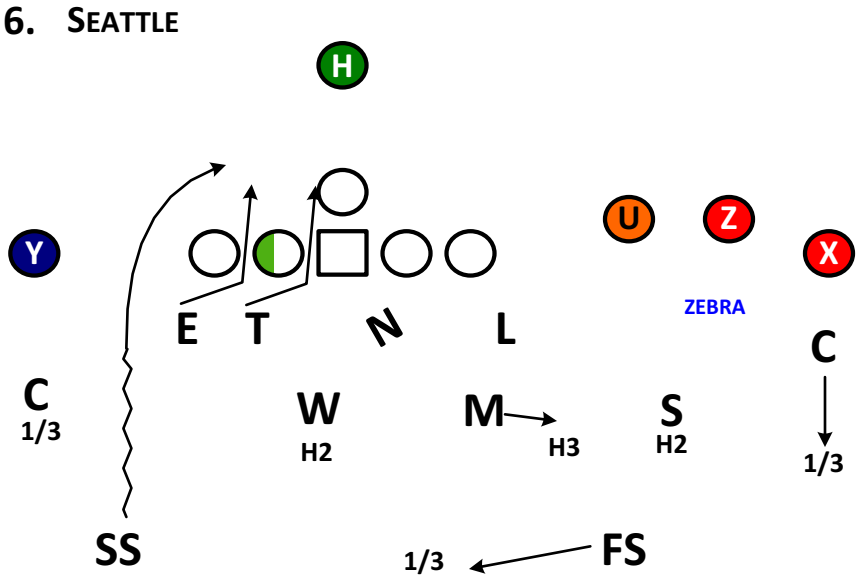
Check Trade



5. Slot Double Out

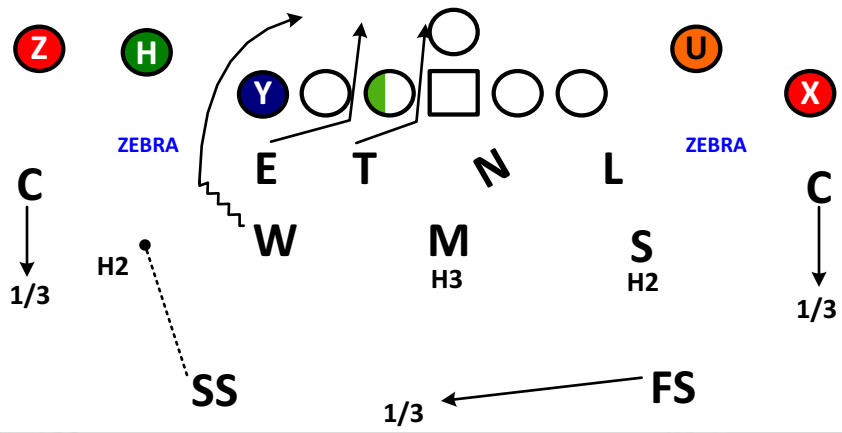


6. Seattle



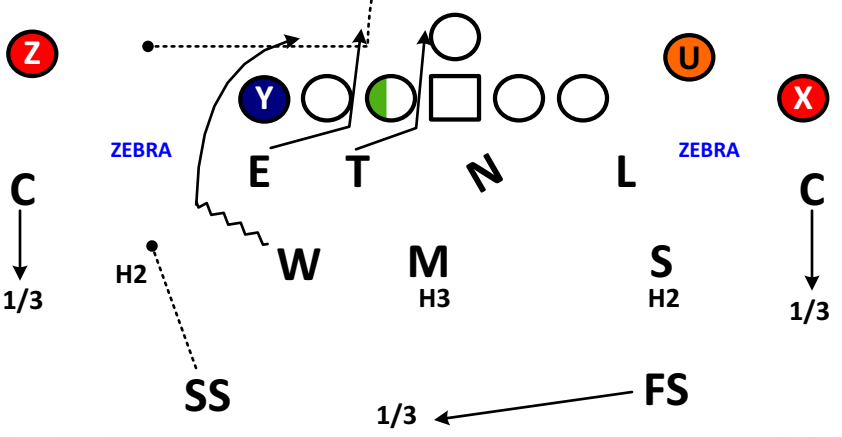
7. Empty

Check Switch

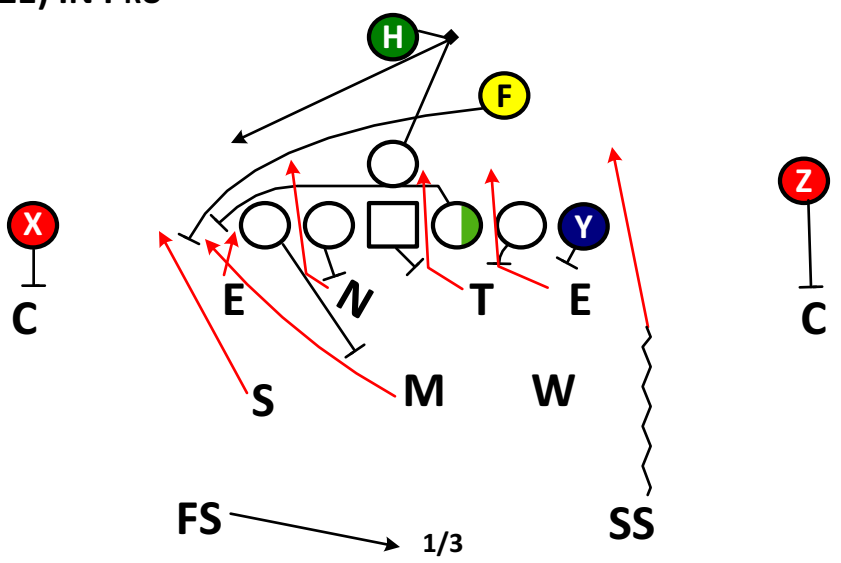


8. FLY Empty

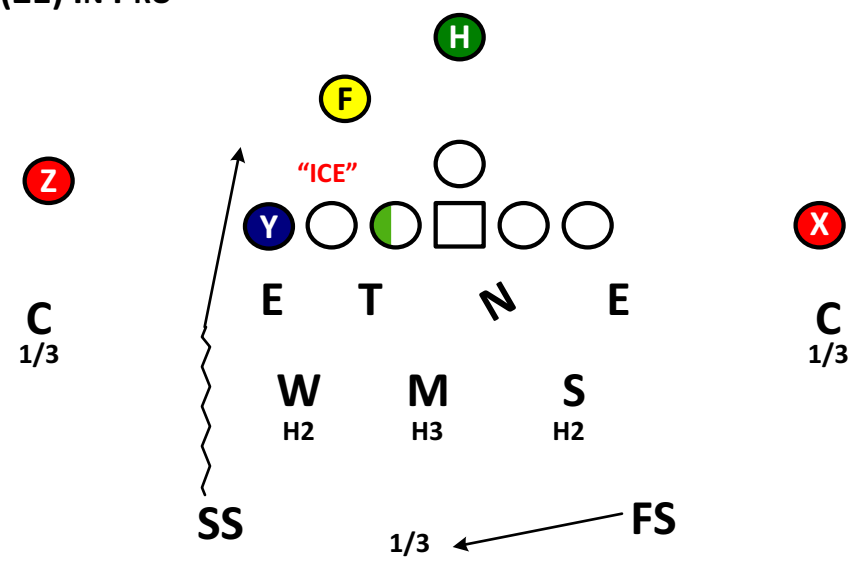
Check Switch



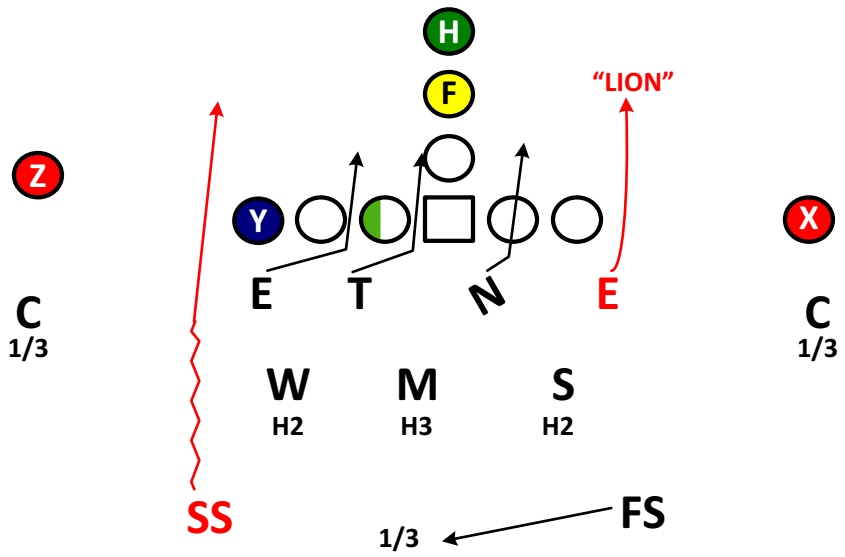
(21) IN PRO



(21) IN PRO

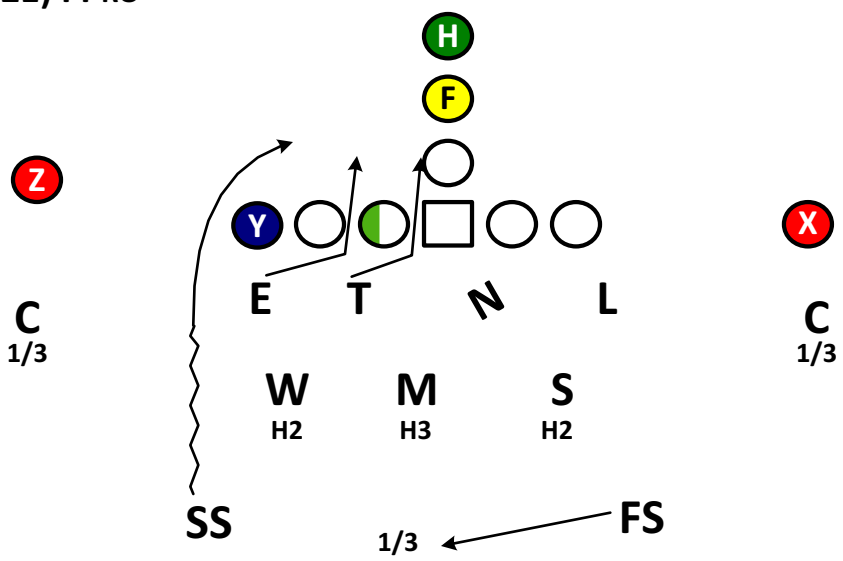


WITH A GO

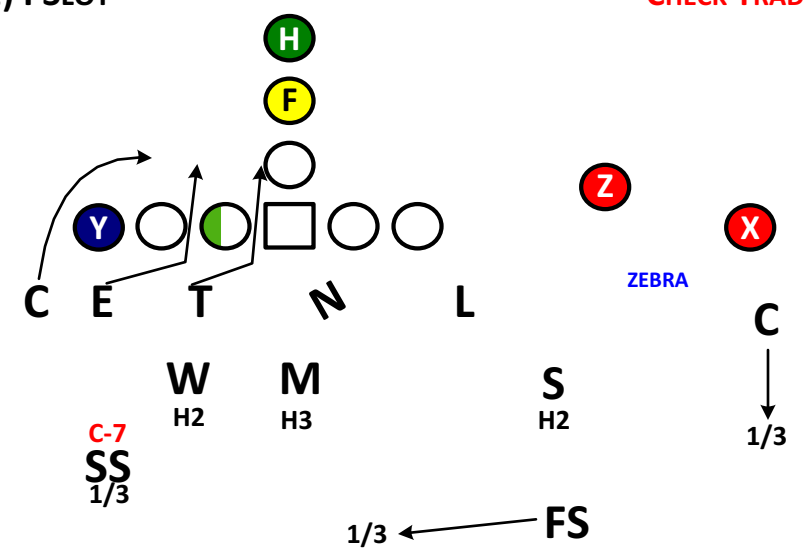


Over Spear 3 Seam

(21) I Pro



(21) I Slot — Check Trade



Essence:

1. Over Spear 3 Seam is an Over Family Front Rush Zone.

Coaching Points:

1. Solid call to the "Y"
2. Strong Safety chase flat
3. D-Line: Ted Movement

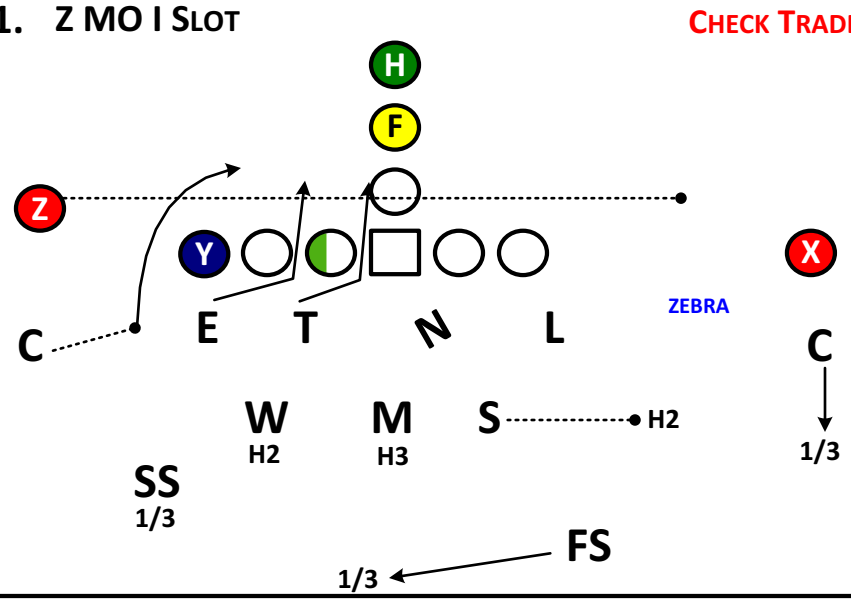
Adjustments:

1. Vs. nubside sets: Check Trade
2. Vs. any 2 displaced to the solid side: Check Switch
3. Vs. Pair & Trips Bunch: Ice Ted

Over Spear 3 Seam

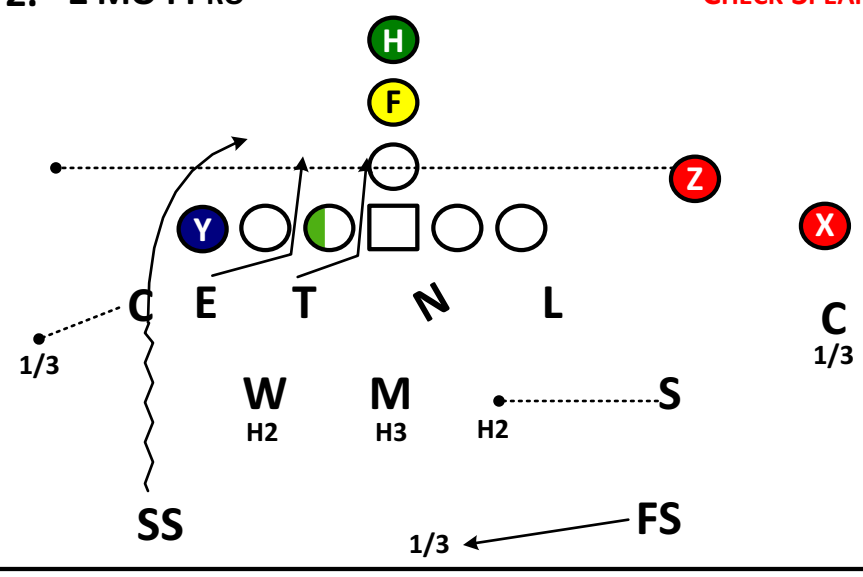
1. Z MO I Slot

Check Trade

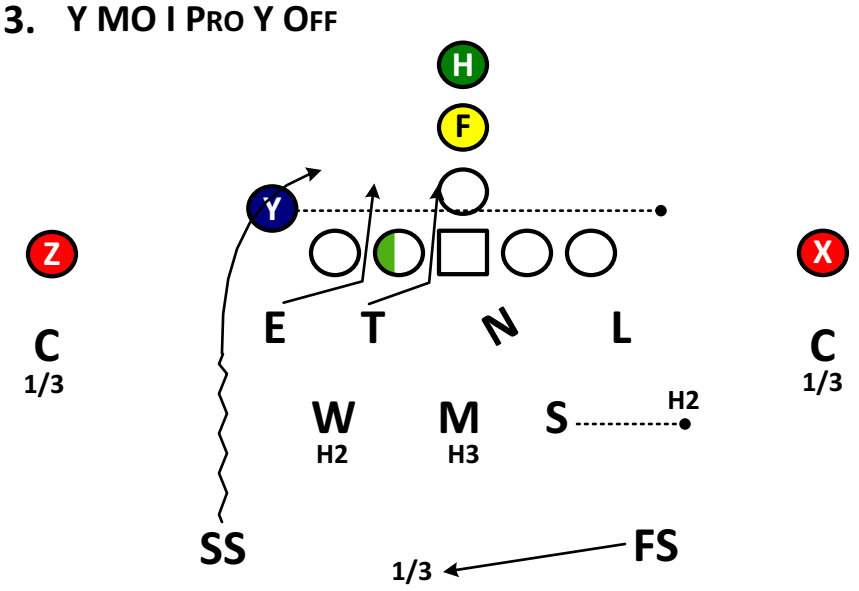


2. Z MO I Pro

Check Spear

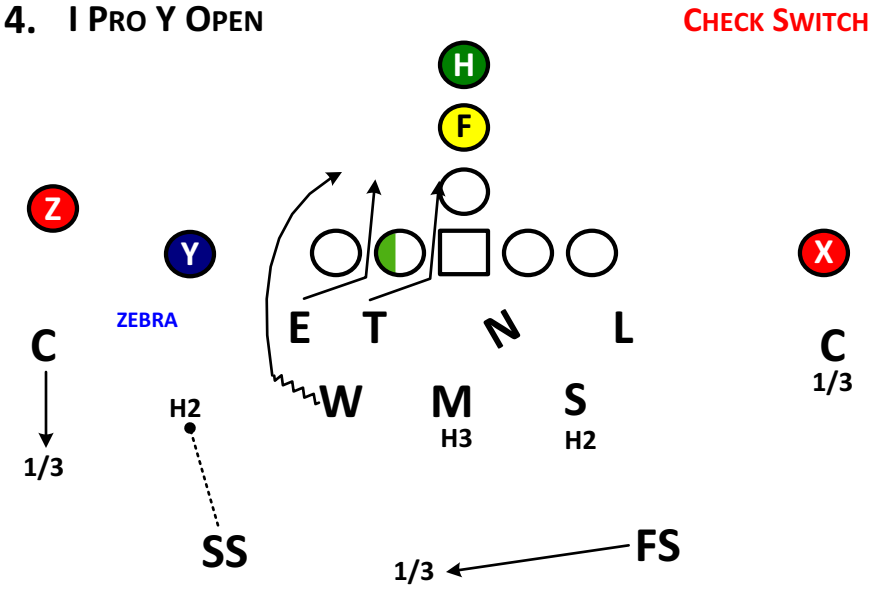


3. Y MO I Pro Y Off



4. I Pro Y Open

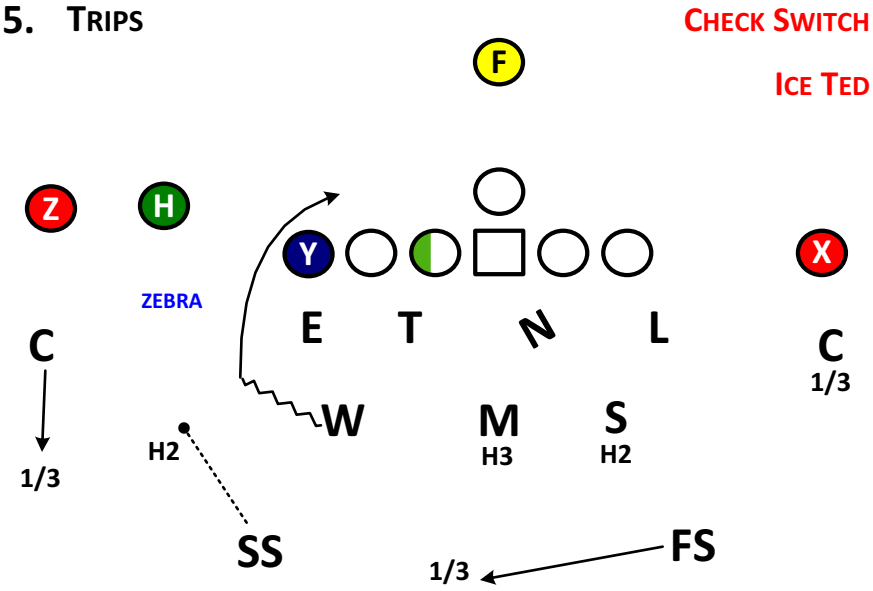
Check Switch



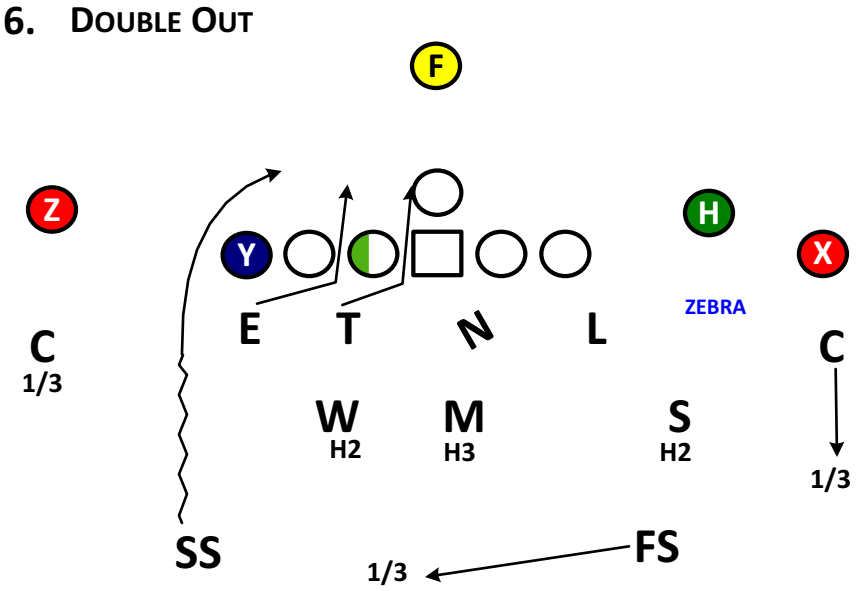
5. Trips

Check Switch

Ice Ted



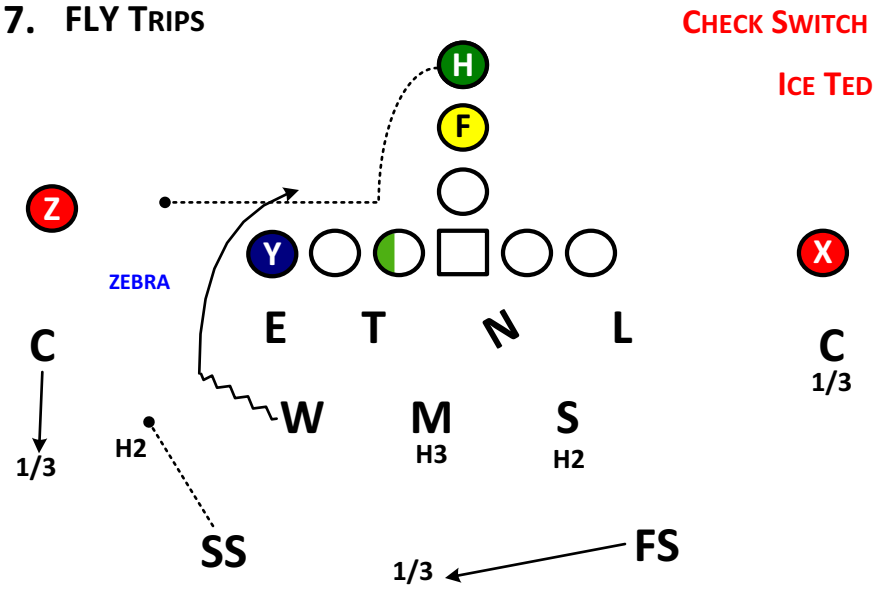
6. Double Out



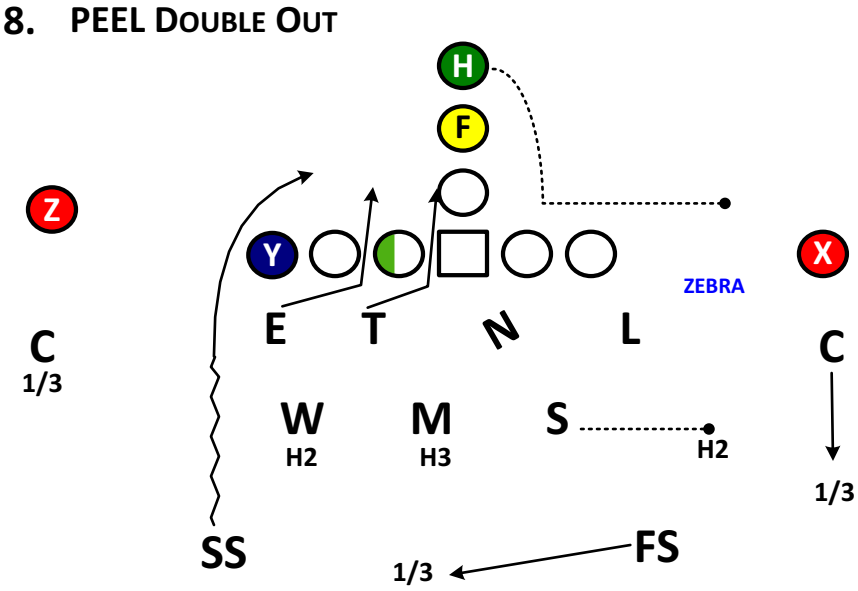
7. FLY Trips

Check Switch

Ice Ted

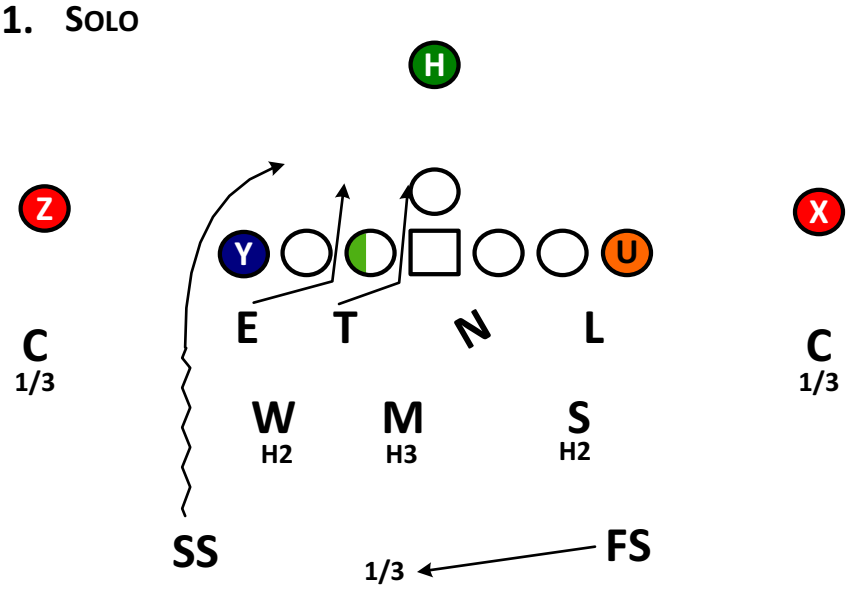


8. PEEL Double Out



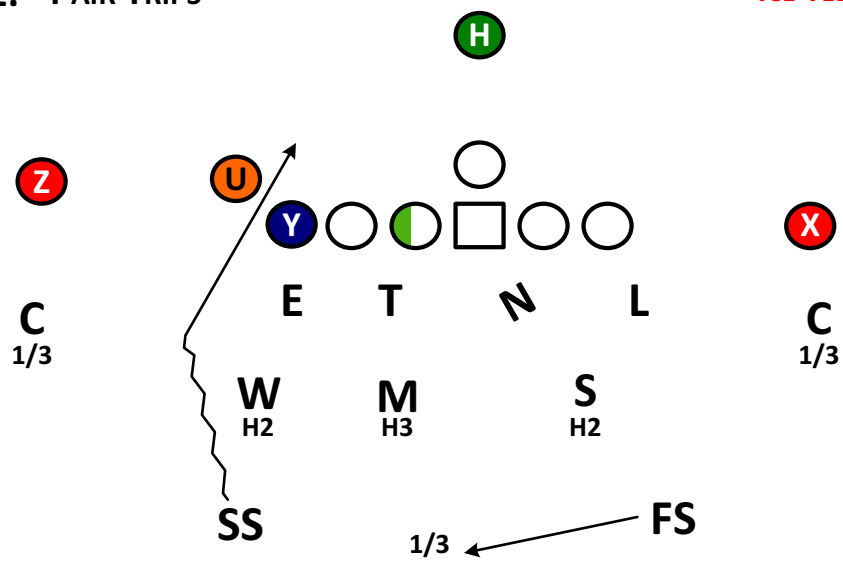
Over Spear 3 Seam

1. Solo

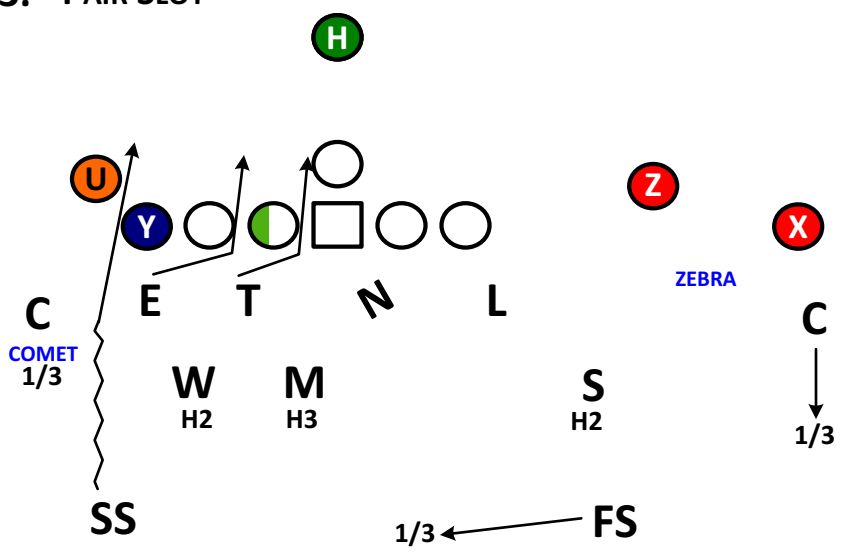


2. Pair Trips

Ice Ted

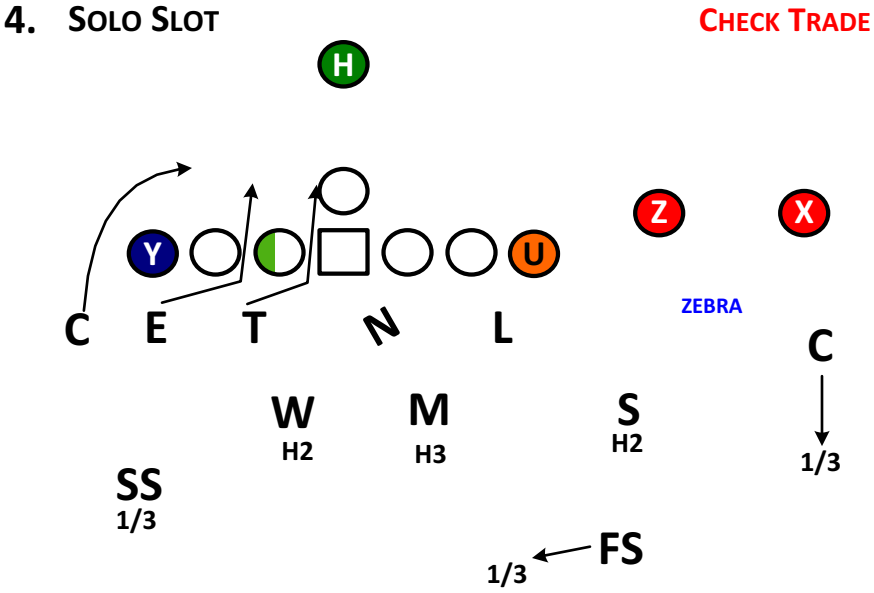


3. Pair Slot

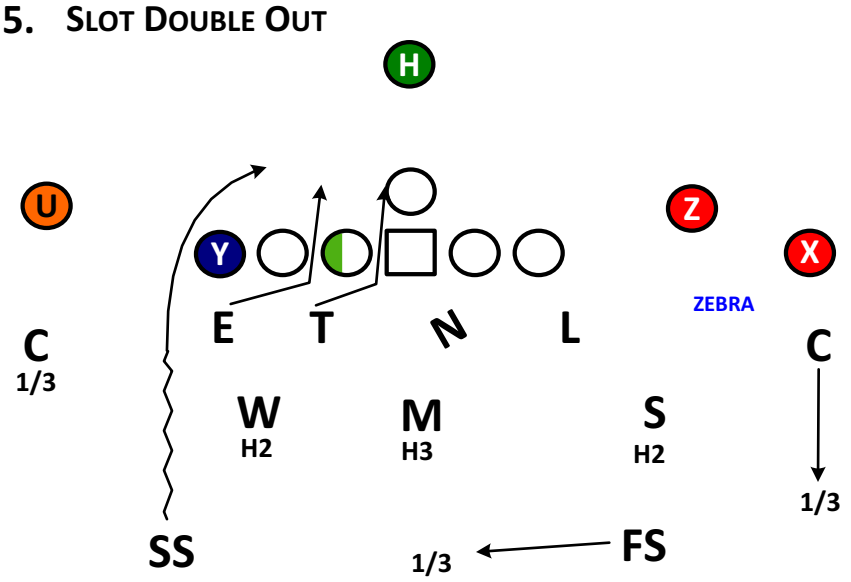


4. Solo Slot

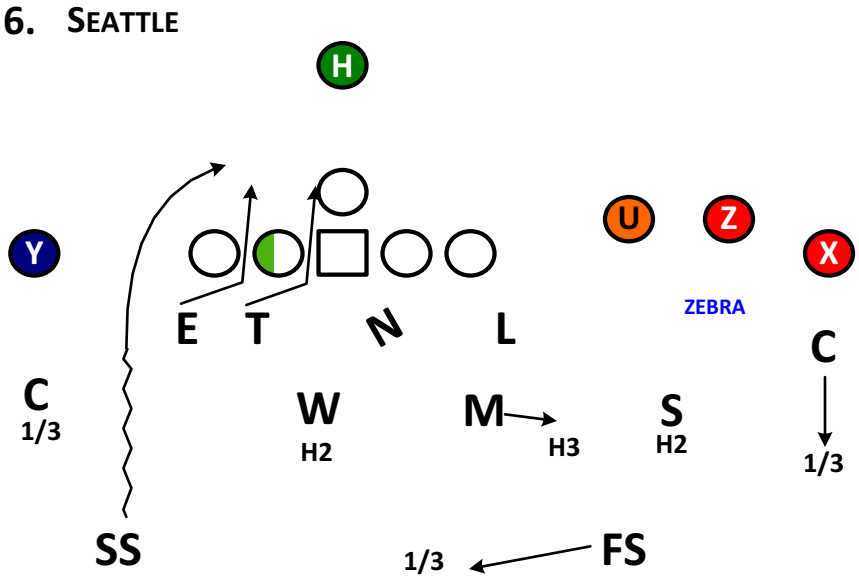
Check Trade



5. Slot Double Out

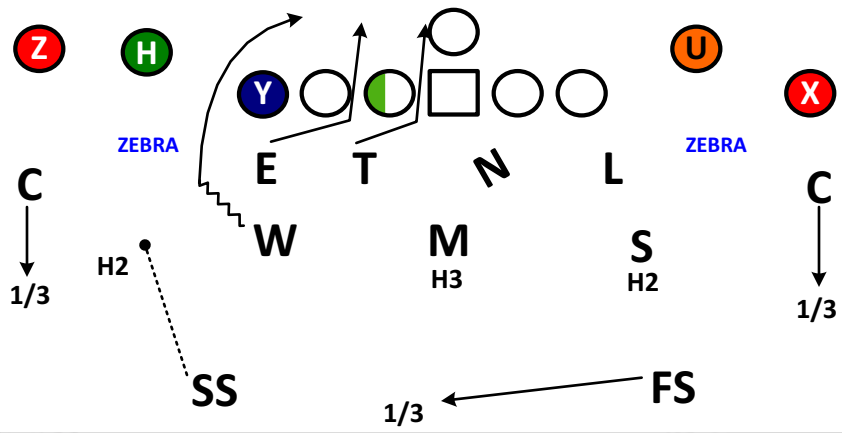


6. Seattle



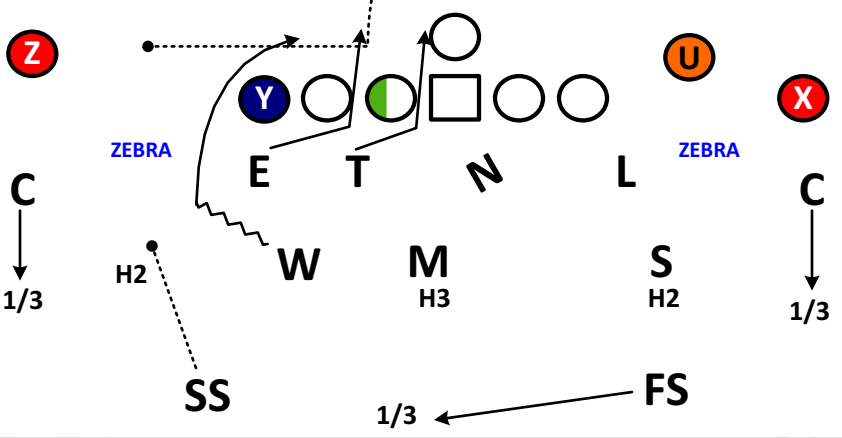
7. Empty

Check Switch

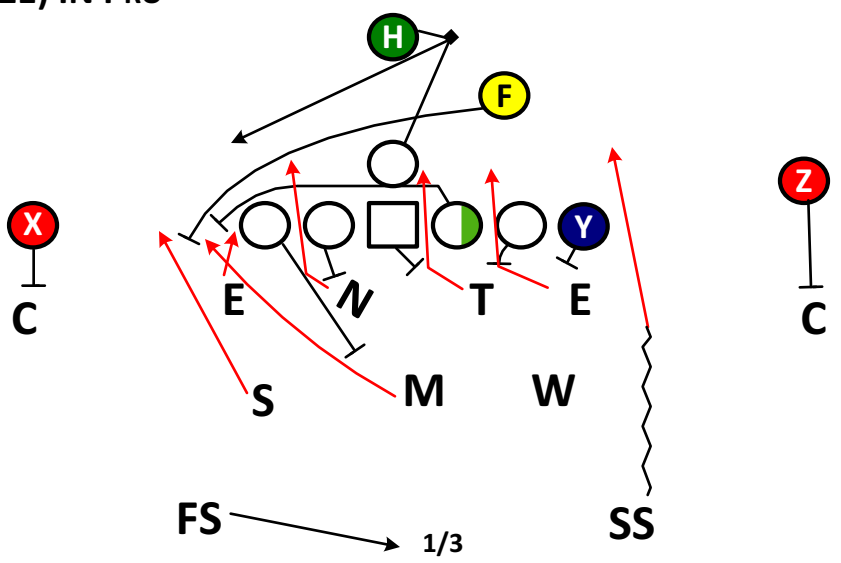


8. FLY Empty

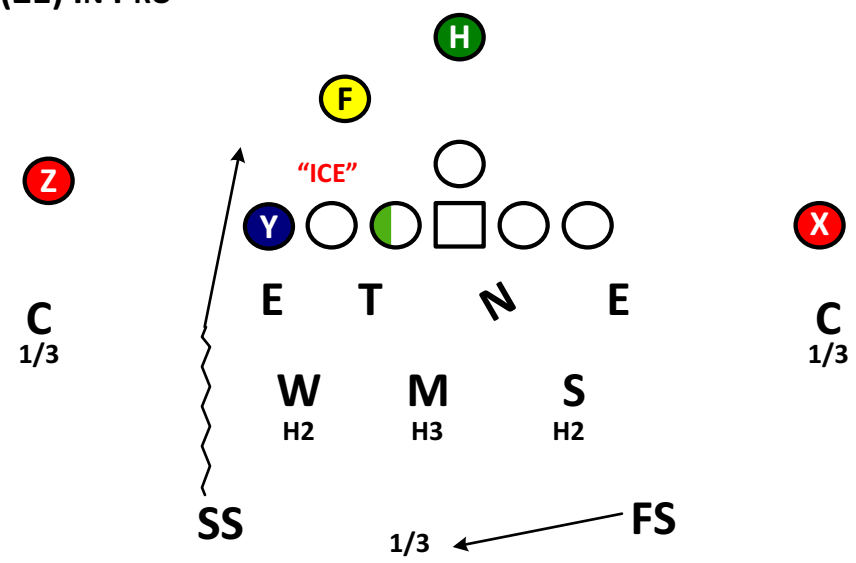
Check Switch



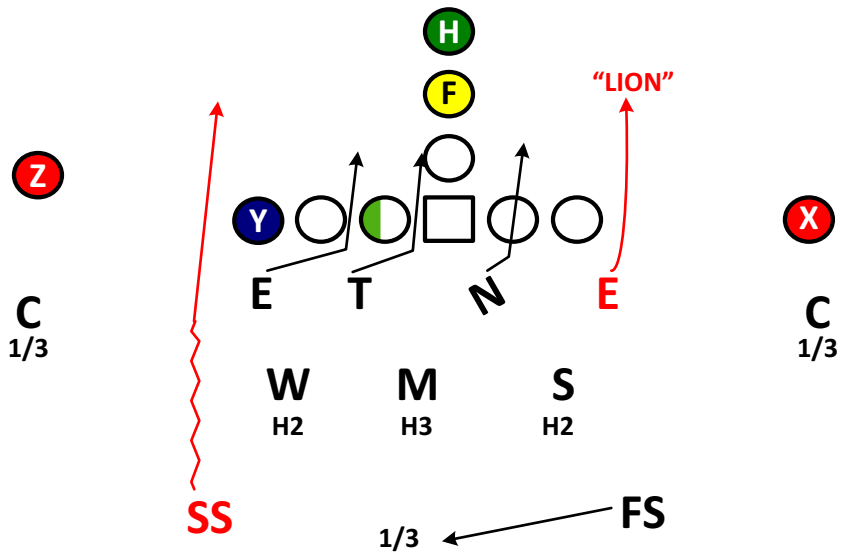
(21) IN PRO



(21) IN PRO

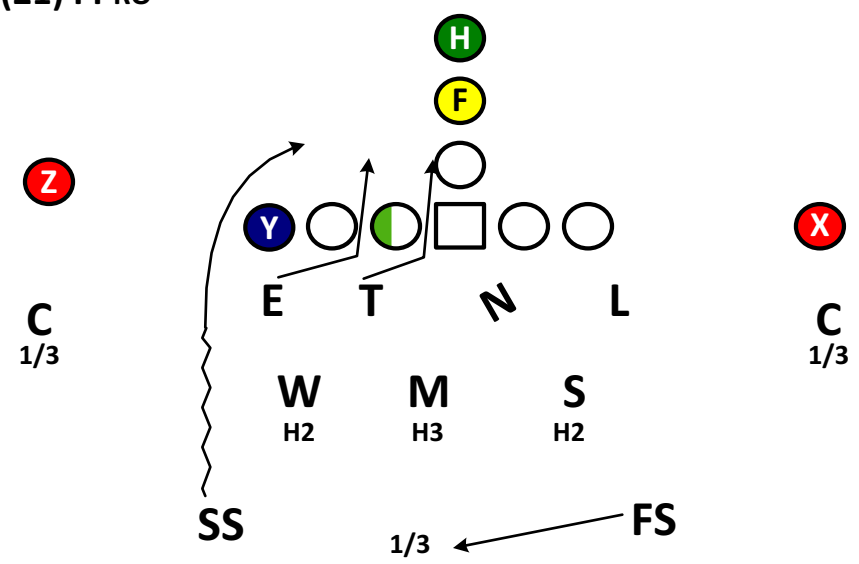


WITH A GO

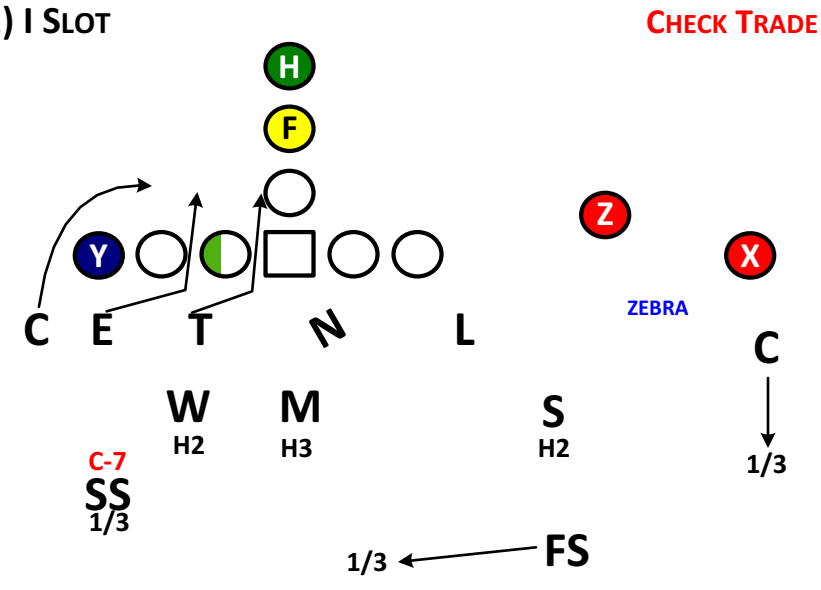


Over Spear 3 Seam

(21) I Pro



(21) I Slot — Check Trade



Essence:

1. Over Spear 3 Seam is an Over Family Front Rush Zone.

Coaching Points:

1. Solid call to the "Y"
2. Strong Safety chase flat
3. D-Line: Ted Movement

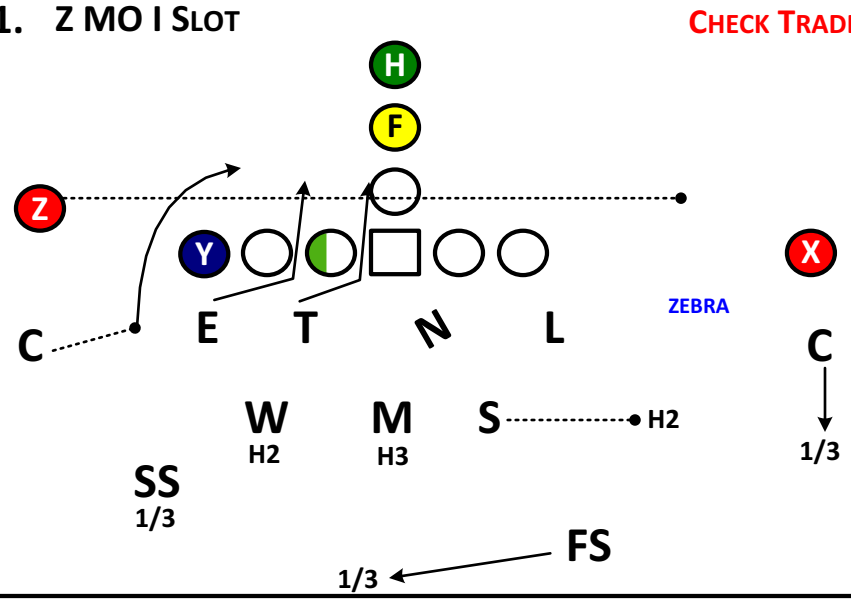
Adjustments:

1. Vs. nubside sets: Check Trade
2. Vs. any 2 displaced to the solid side: Check Switch
3. Vs. I Near and Trips: Ice Ted

Over Spear 3 Seam

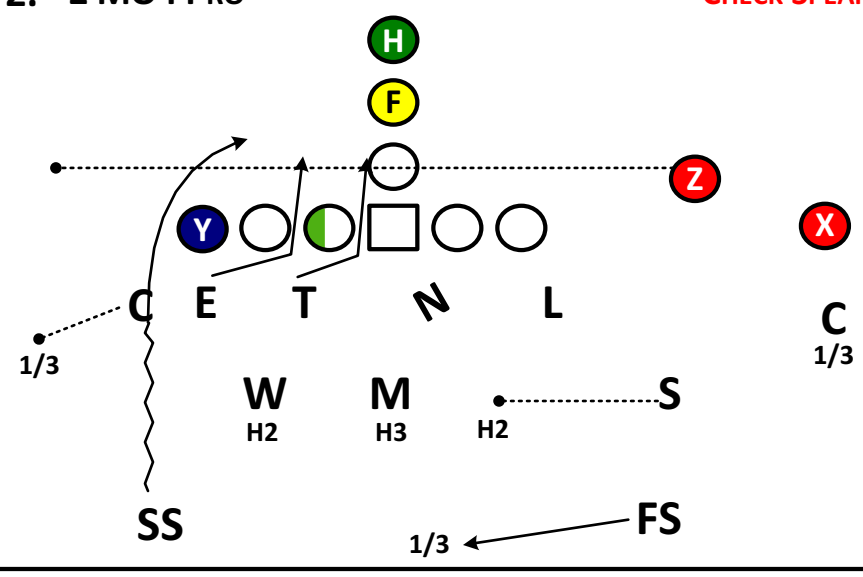
1. Z MO I Slot

Check Trade

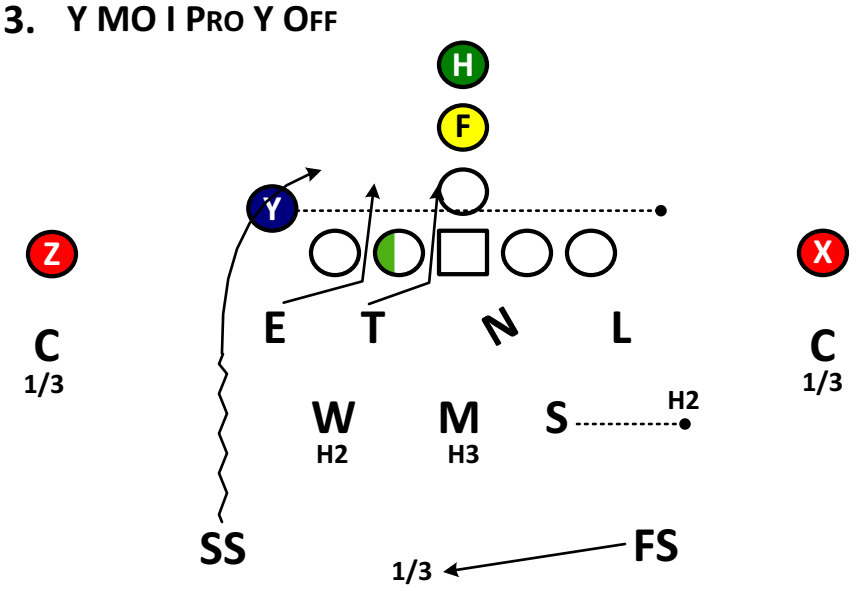


2. Z MO I Pro

Check Spear

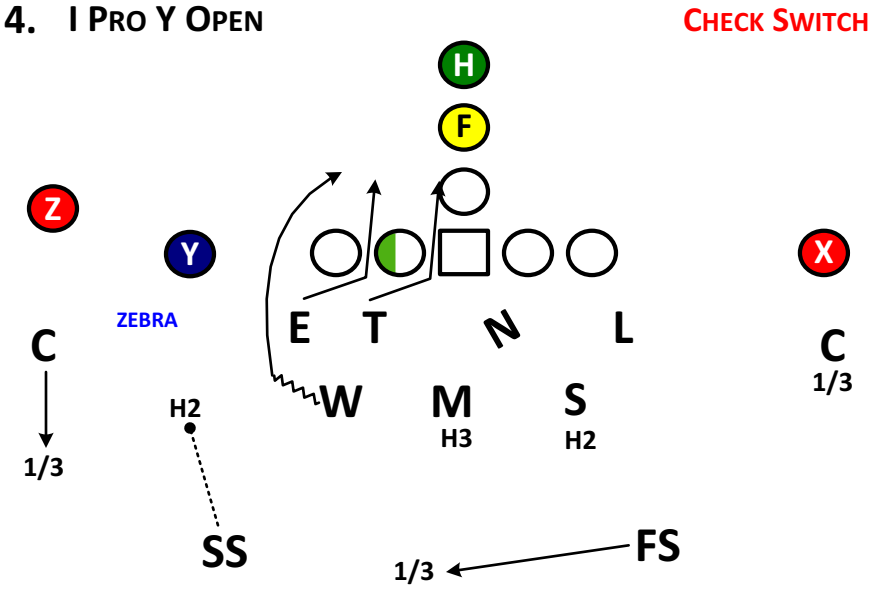


3. Y MO I Pro Y Off



4. I Pro Y Open

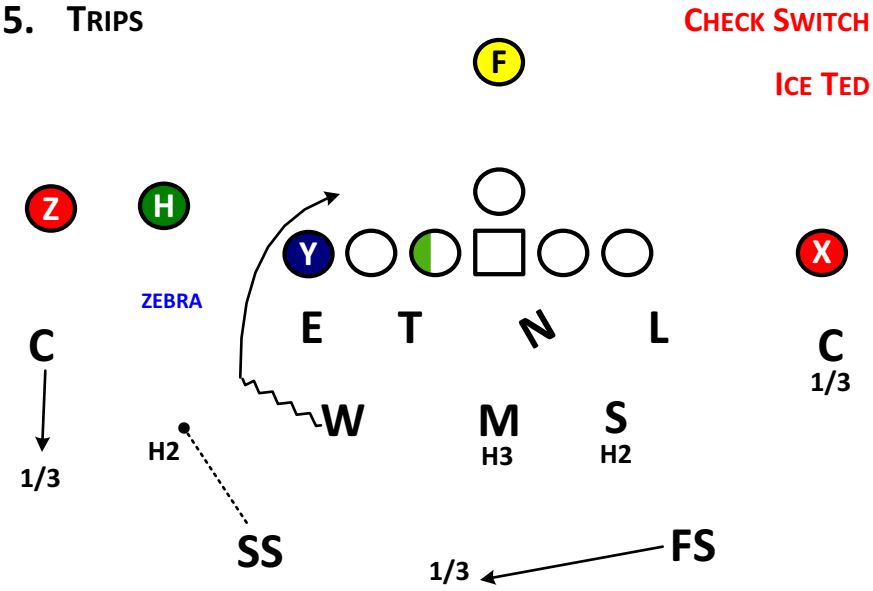
Check Switch



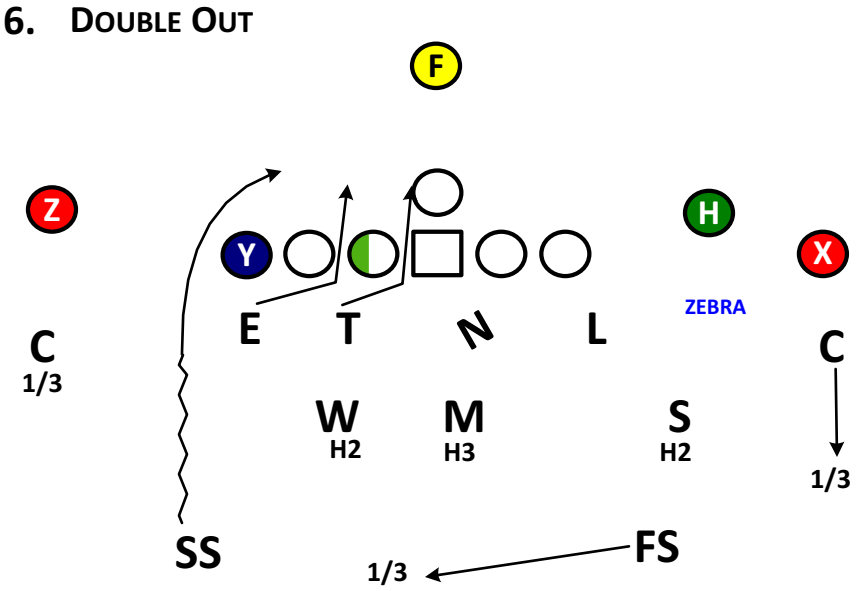
5. Trips

Check Switch

Ice Ted



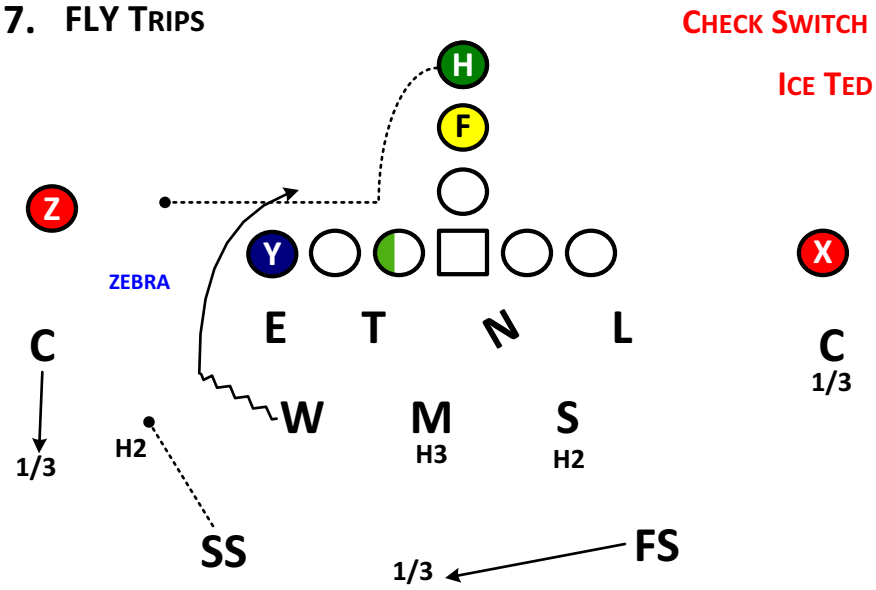
6. Double Out



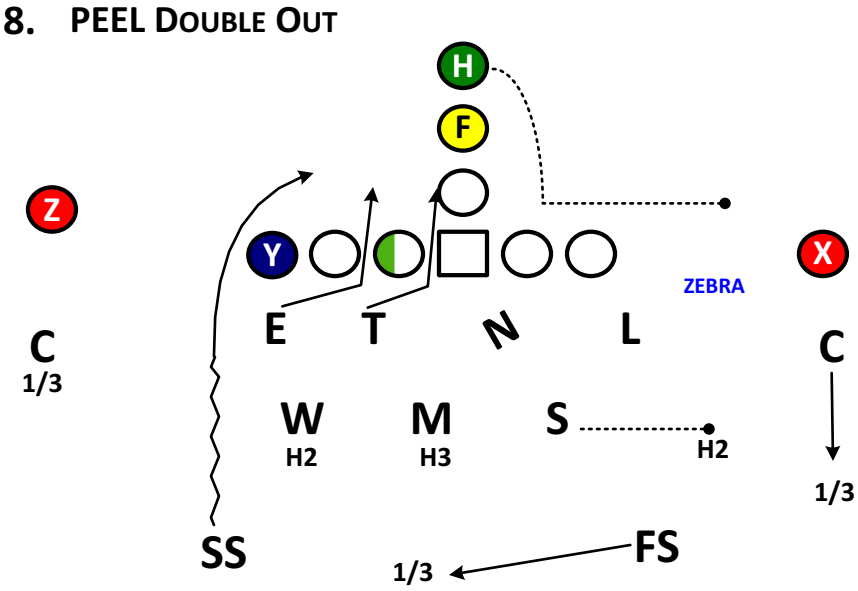
7. FLY Trips

Check Switch

Ice Ted

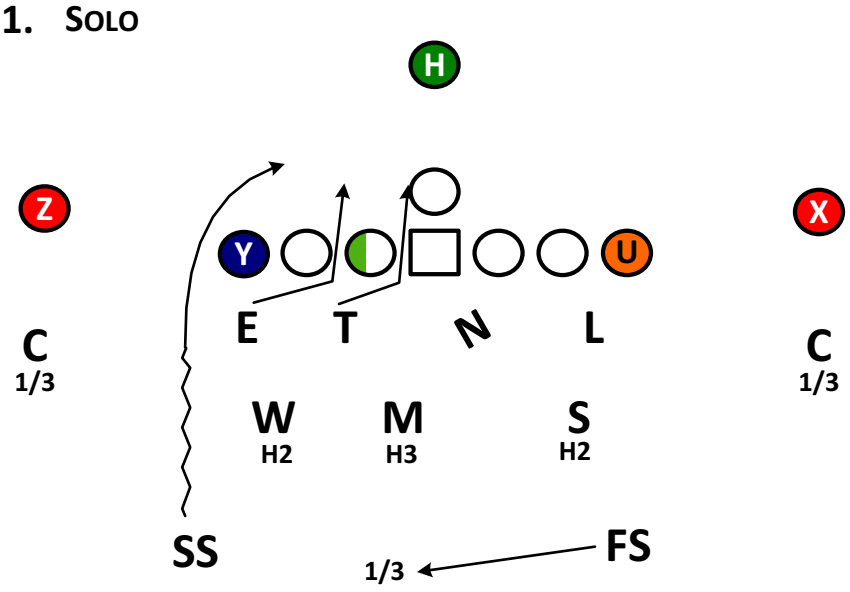


8. PEEL Double Out



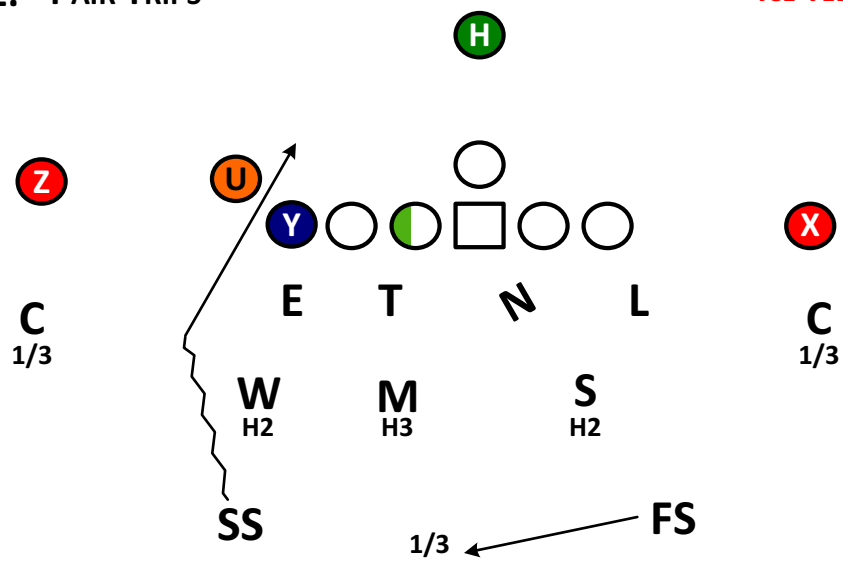
Over Spear 3 Seam

1. Solo

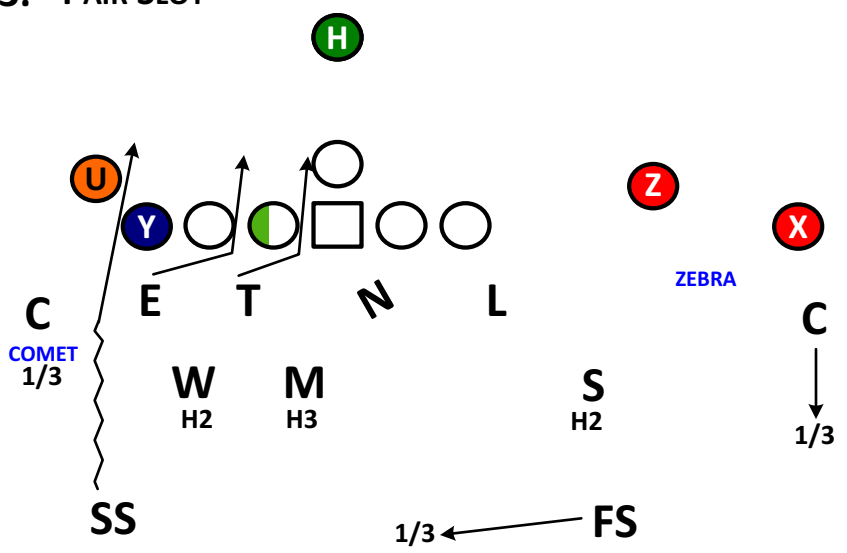


2. Pair Trips

Ice Ted

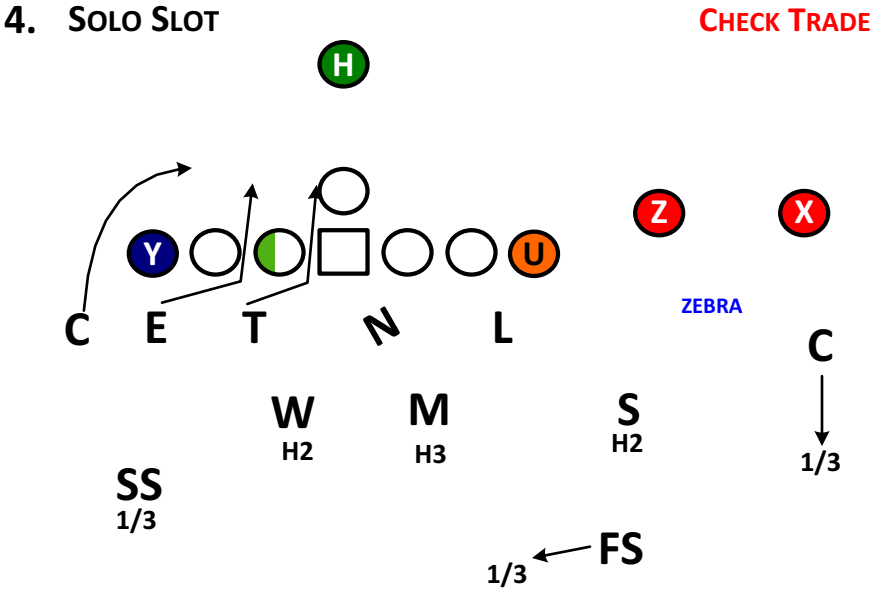


3. Pair Slot

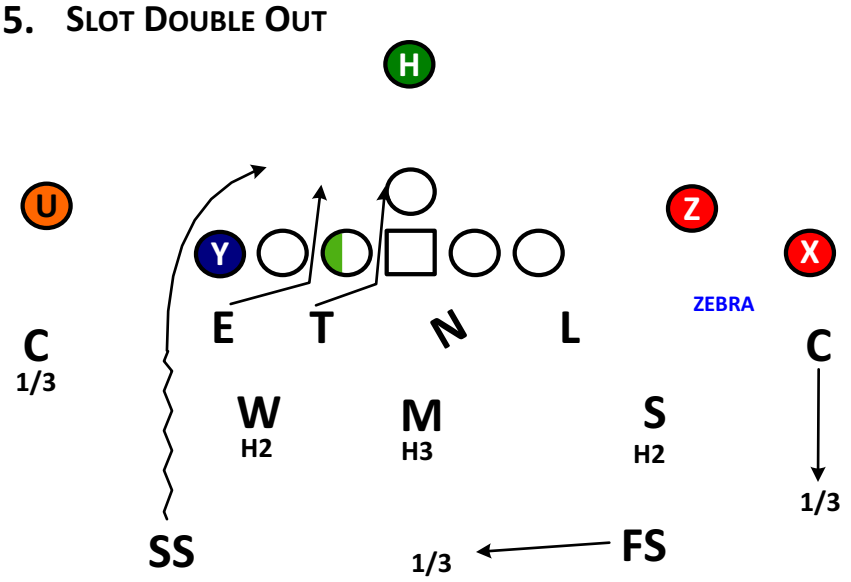


4. Solo Slot

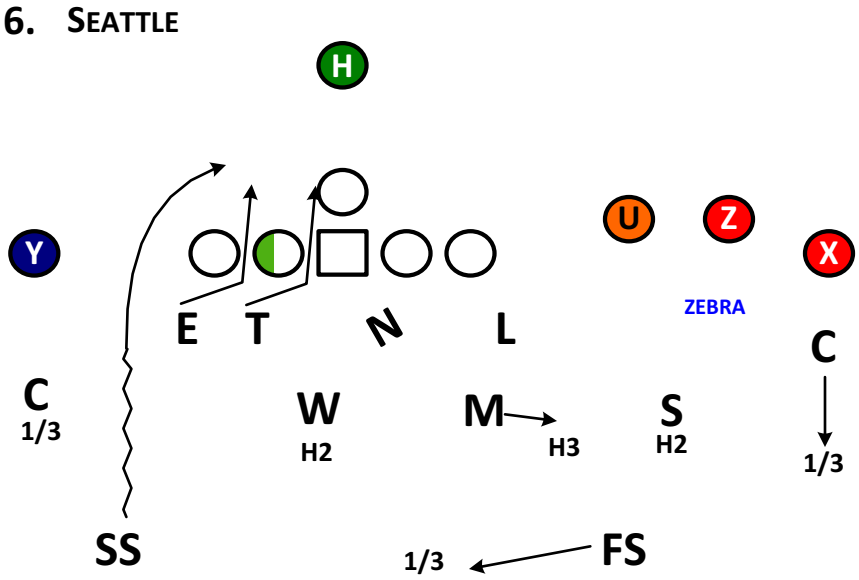
Check Trade



5. Slot Double Out

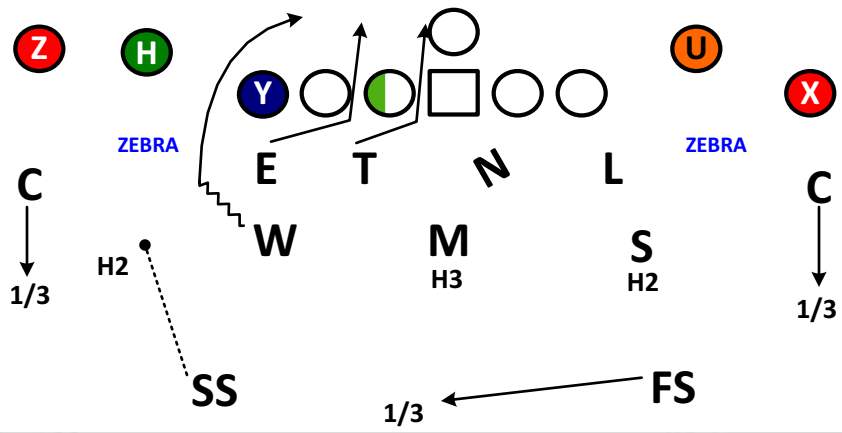


6. Seattle



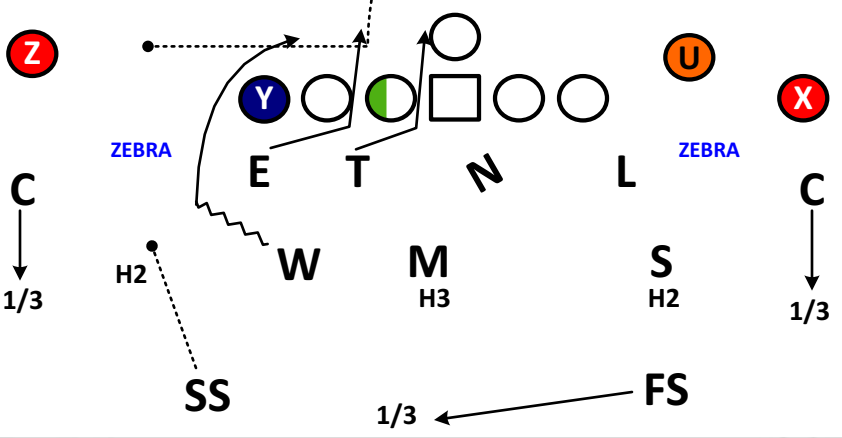
7. Empty

Check Switch

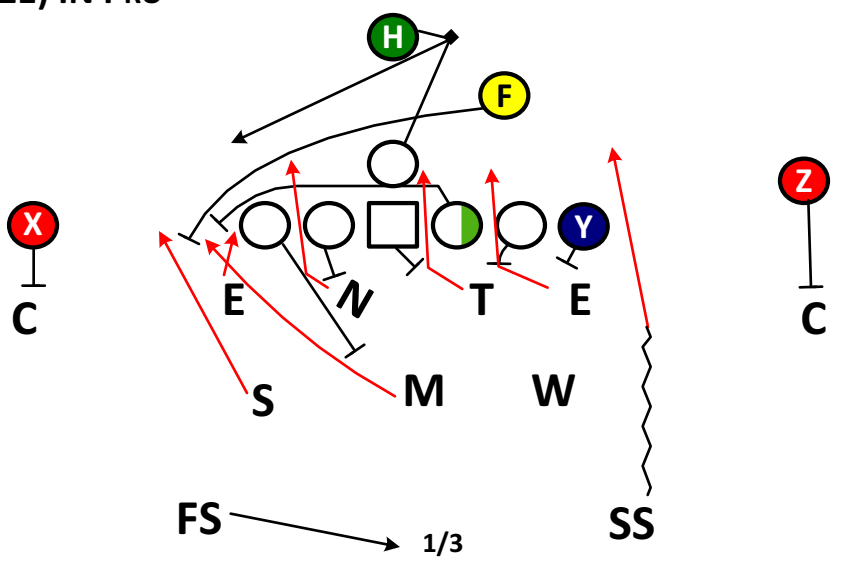


8. FLY Empty

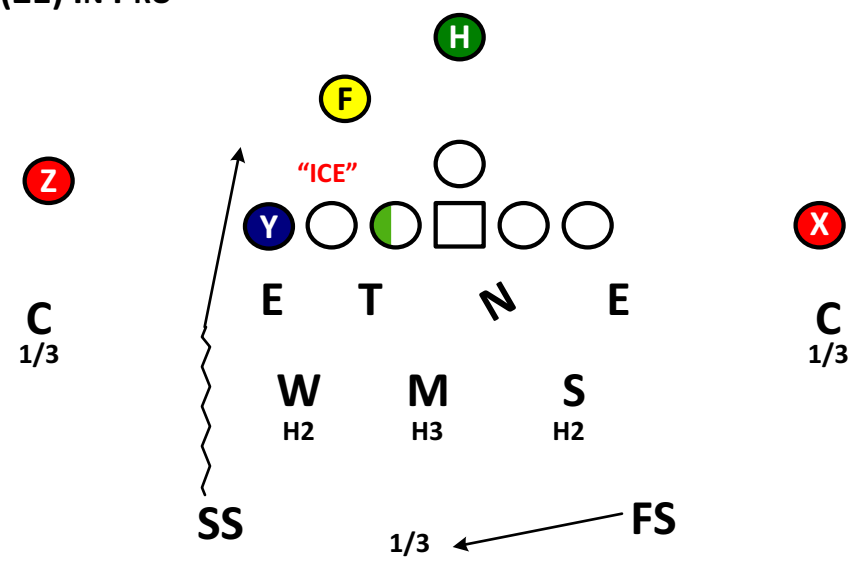
Check Switch



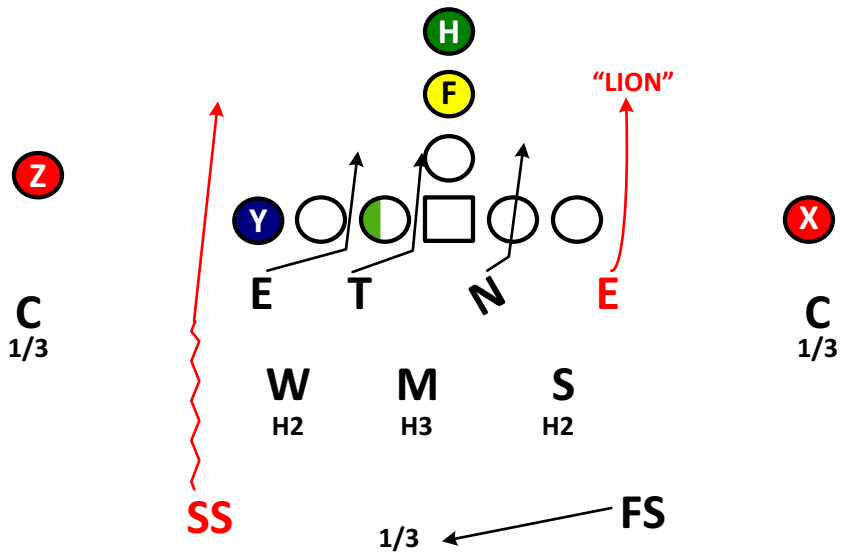
(21) IN PRO



(21) IN PRO

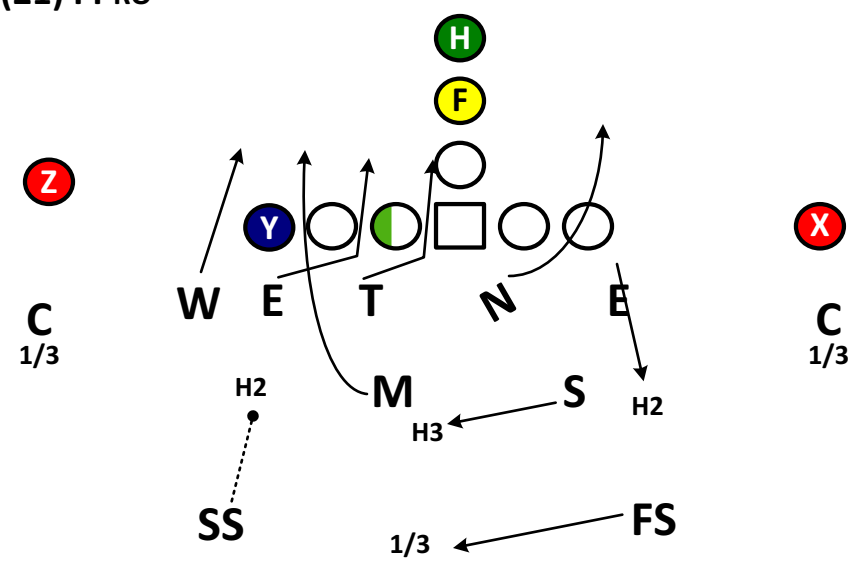


WITH A GO



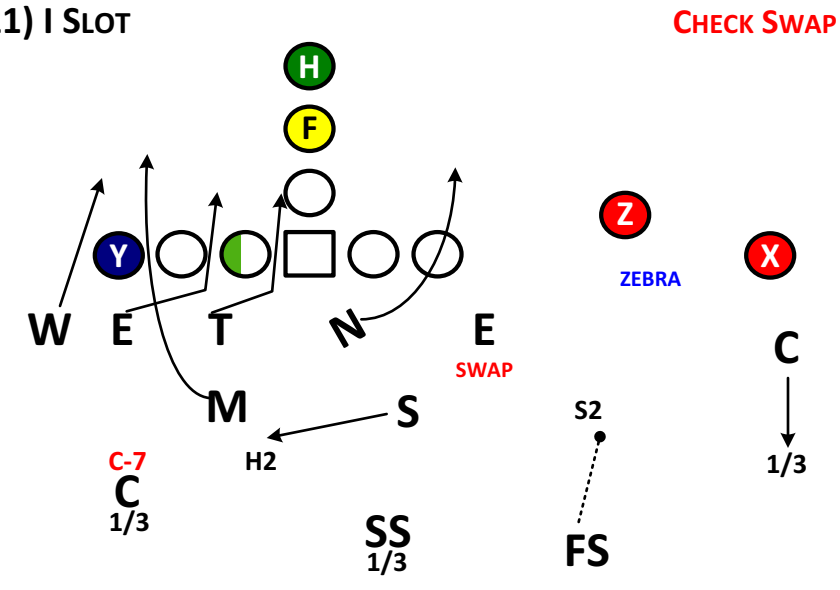
Load Whip Sky Zone

(21) I Pro



(21) I Slot

Check Swap



Essence:

1. 5 Man 3 Deep 3 Under zone pressure with Sky Zone coverage

Coaching Points:

1. Solid call to the "Y"
2. Will: Contain Blitz
3. Mike: Blitz Cap Solid

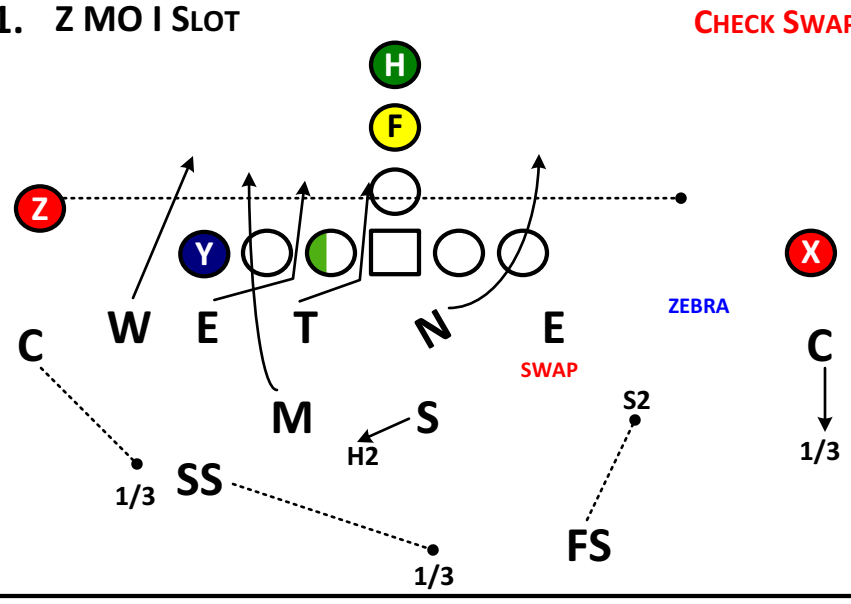
Adjustments:

1. Vs. Change of Strength Motion: Safeties Rock and Roll
2. Vs. 2 Displaced away from solid call: Check Swap
3. Vs. Empty (3 to the Solid side): Mike No Go. End Rush
4. Vs. Aligned or Motion to Triples Formations: Mike No Go. End Rush

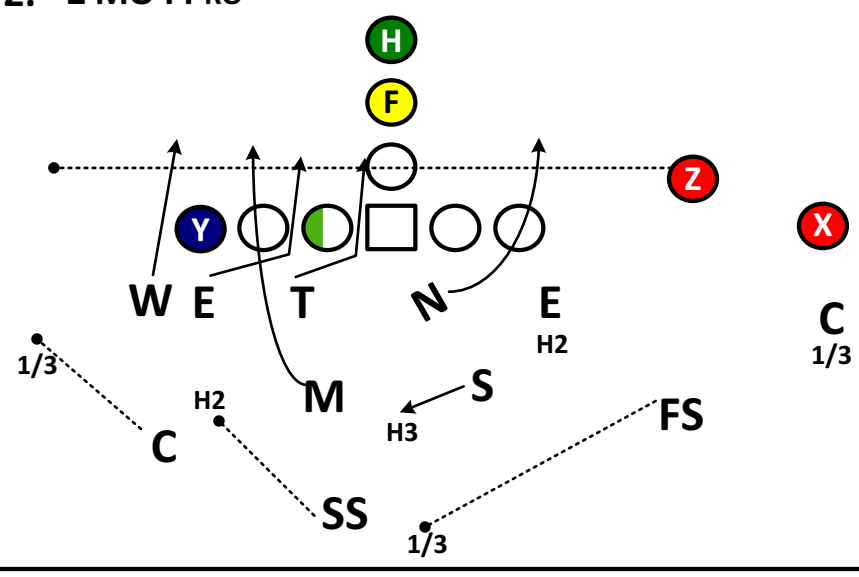
Load Whip Sky Zone

1. Z MO I Slot

Check Swap

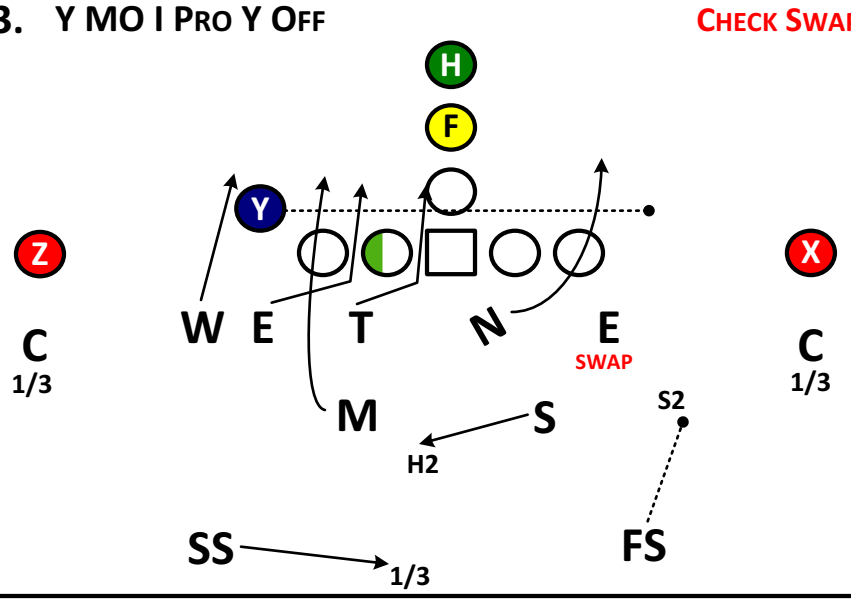


2. Z MO I Pro

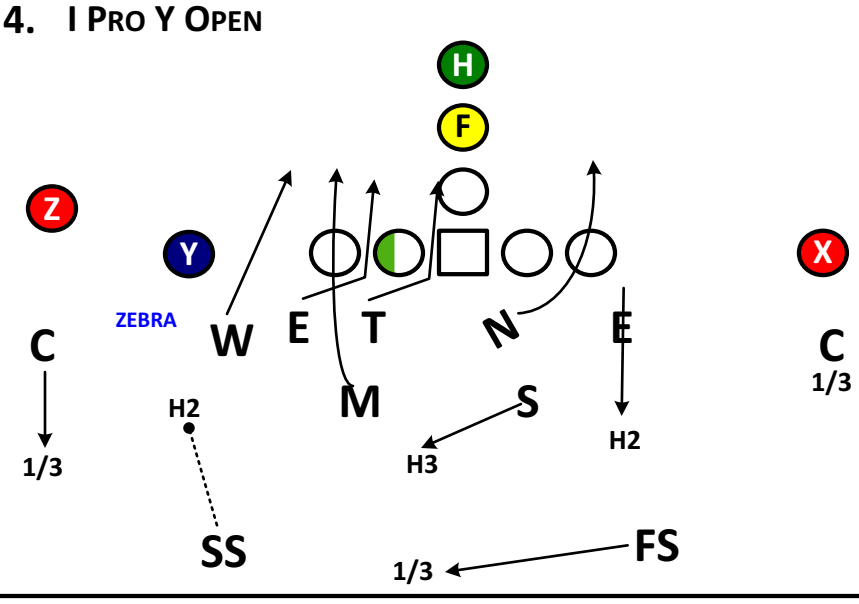


3. Y MO I Pro Y Off

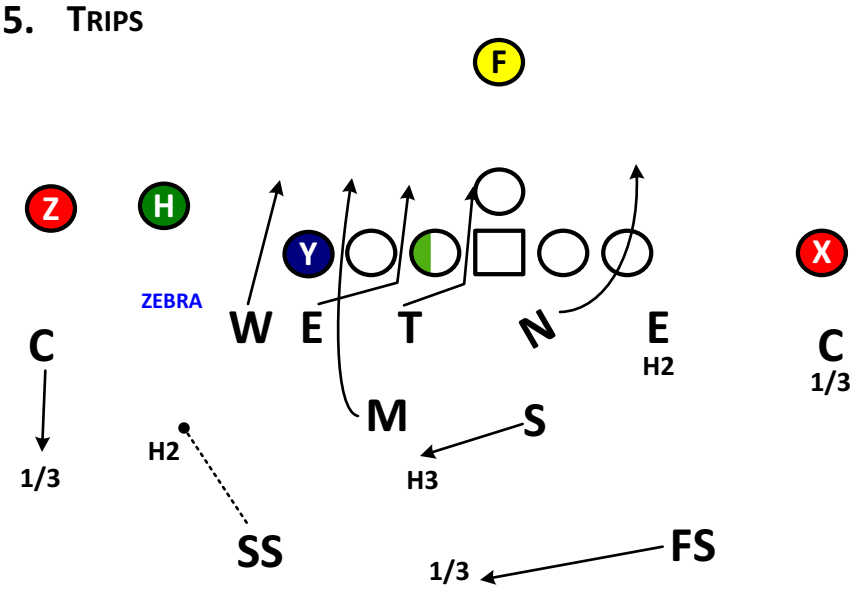
Check Swap



4. I Pro Y Open

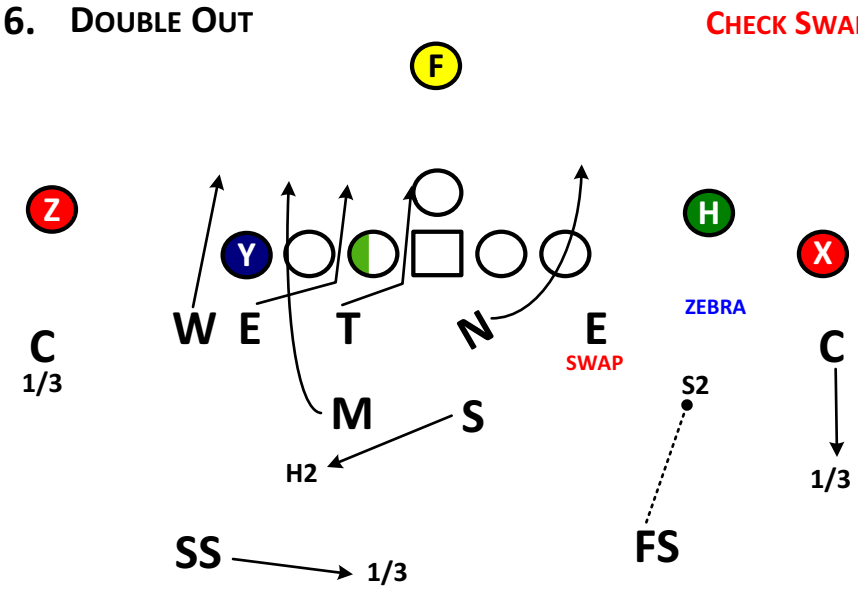


5. Trips

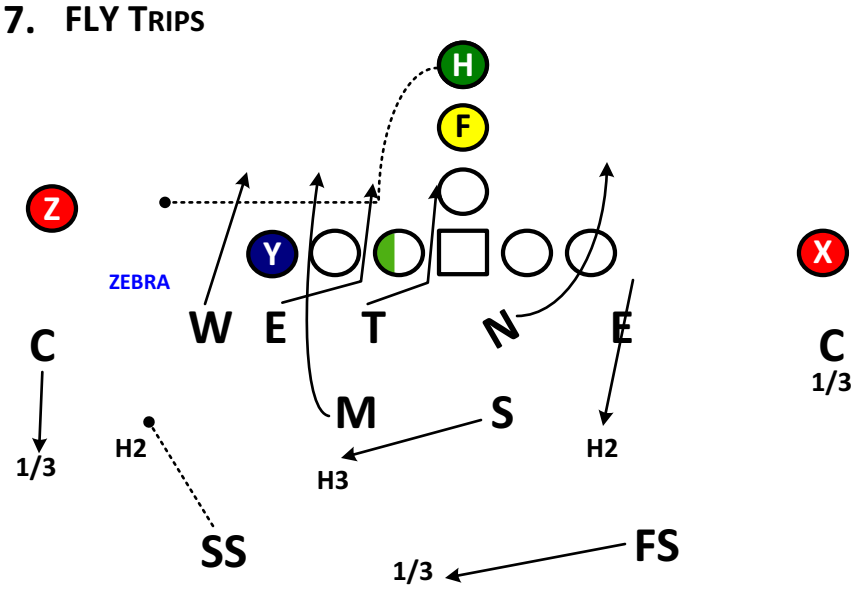


6. Double Out

Check Swap

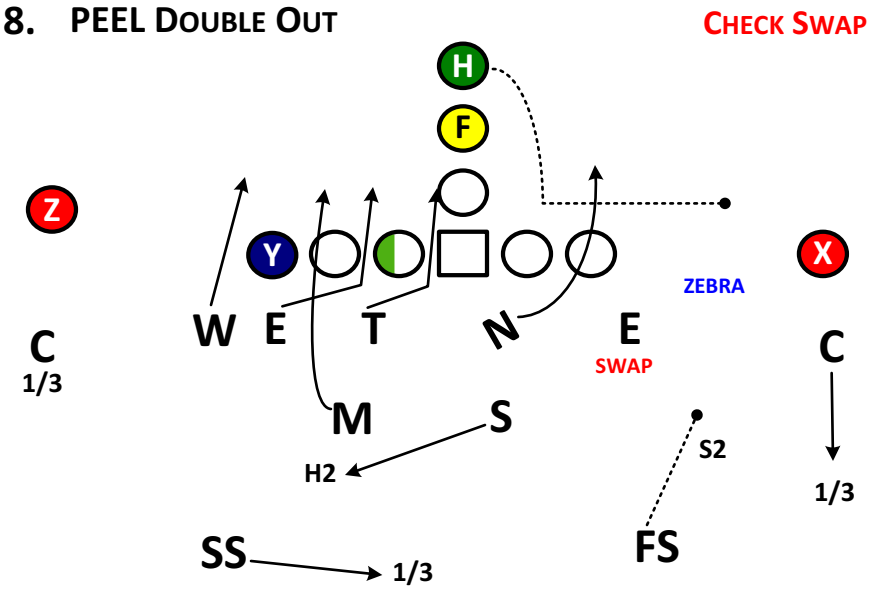


7. FLY Trips



8. PEEL Double Out

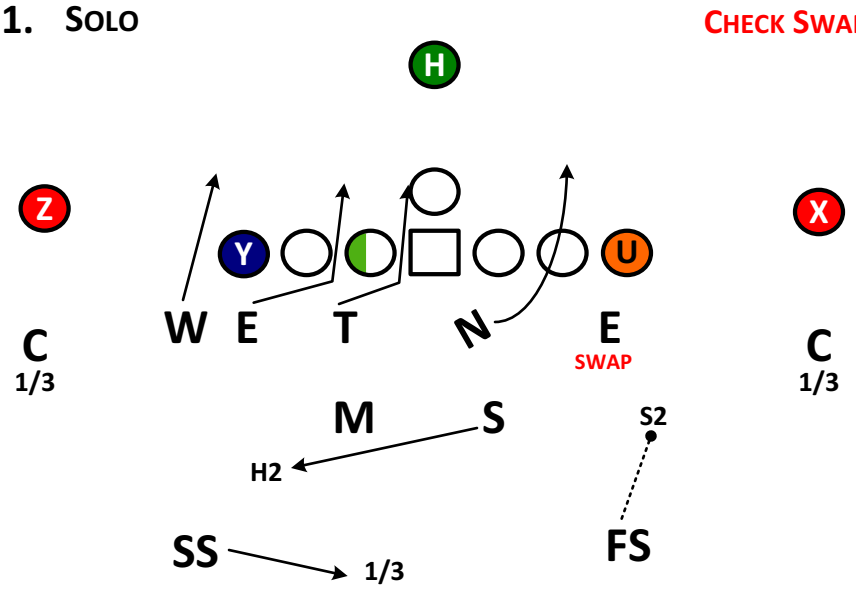
Check Swap



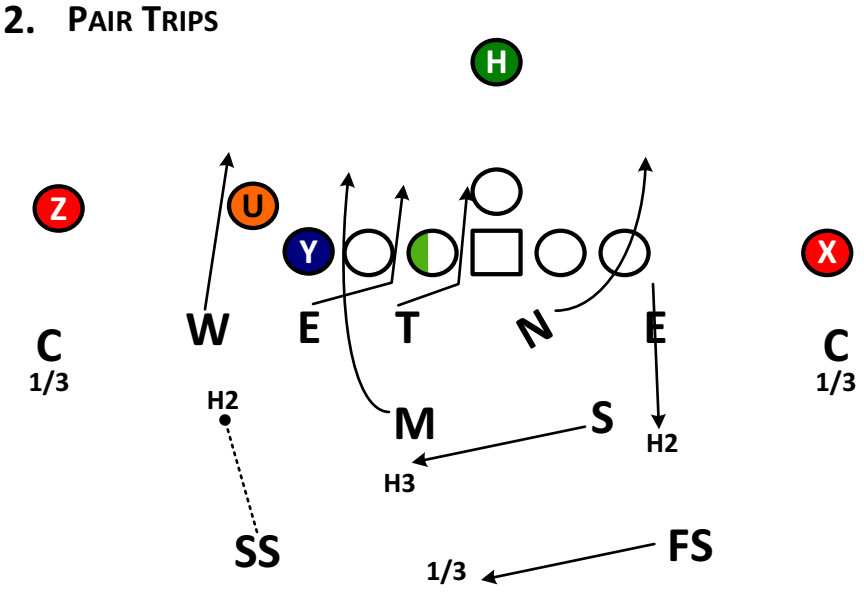
Load Whip Sky Zone

1. Solo

Check Swap

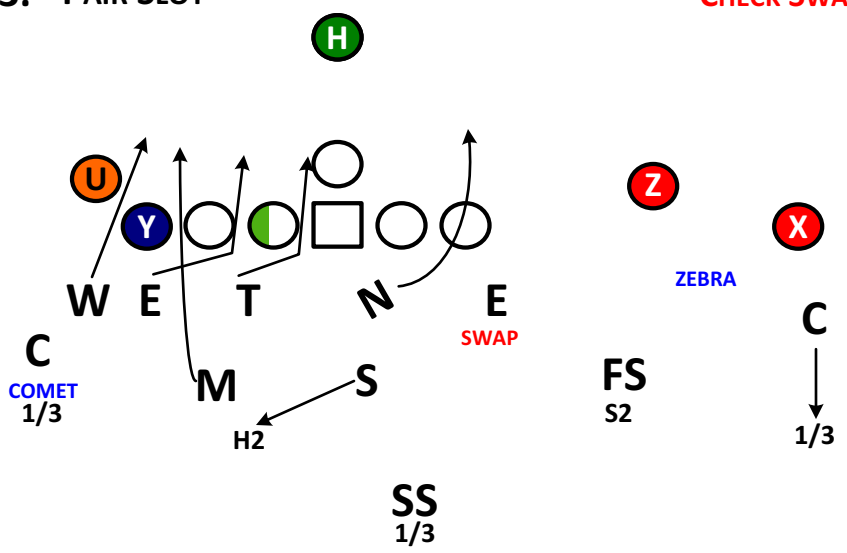


2. Pair Trips



3. Pair Slot

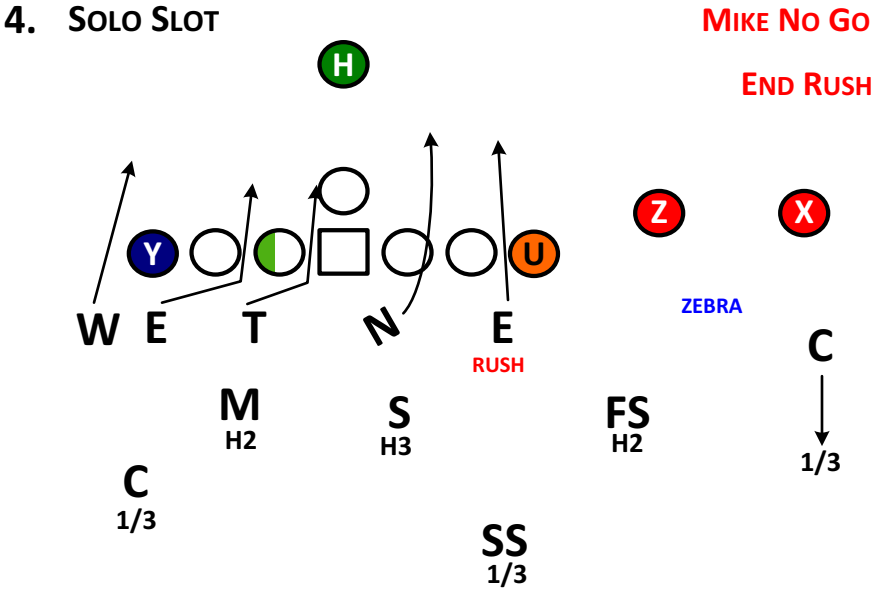
Check Swap



4. Solo Slot

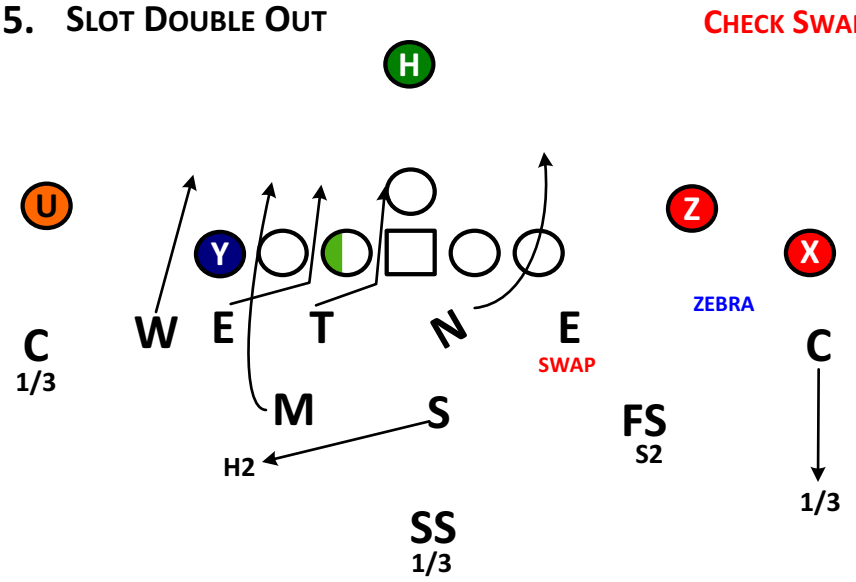
Mike No Go

End Rush



5. Slot Double Out

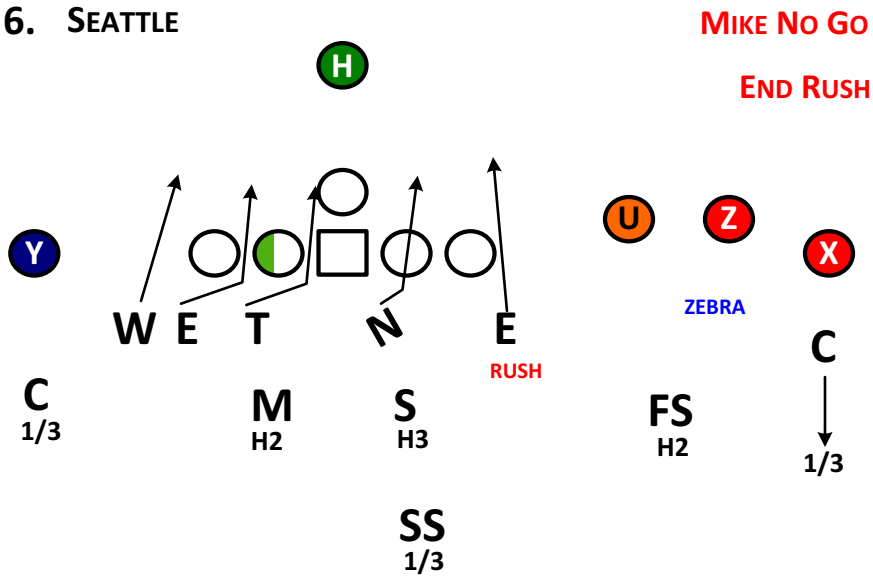
Check Swap



6. Seattle

Mike No Go

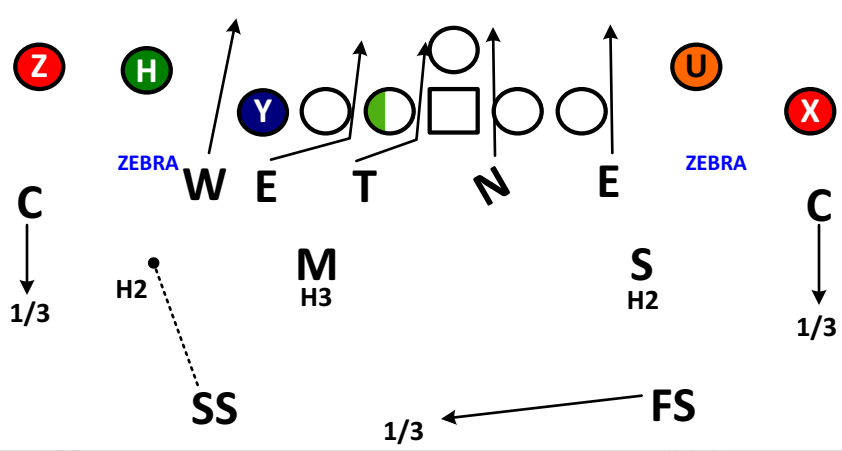
End Rush



7. Empty

Mike No Go

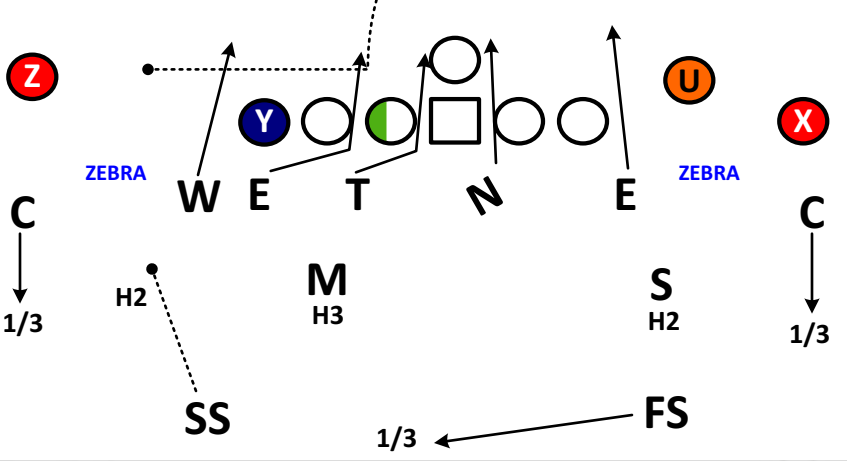
Rush, Rush



8. Fly Empty

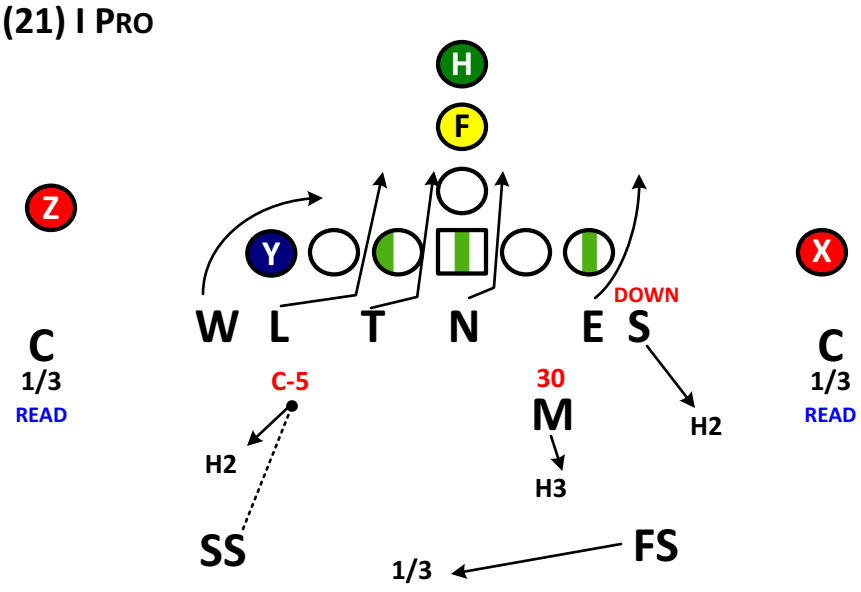
Mike No Go

Rush, Rush



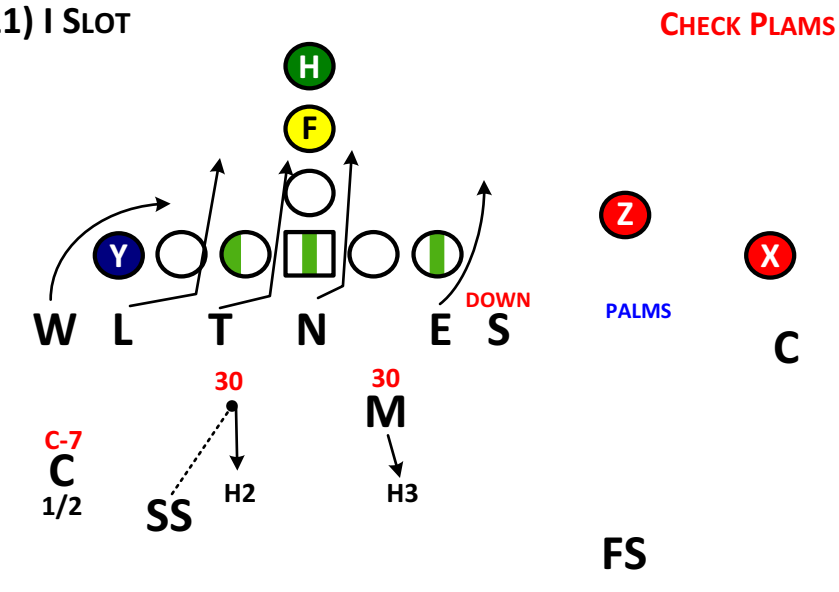
Tuff Whopper 3 Palms

(21) I Pro



(21) I Slot

Check Plams



Essence:

1. Tuff Whopper 3 Palms is a Base Over Family 5 man Zone Pressure.

Coaching Points:

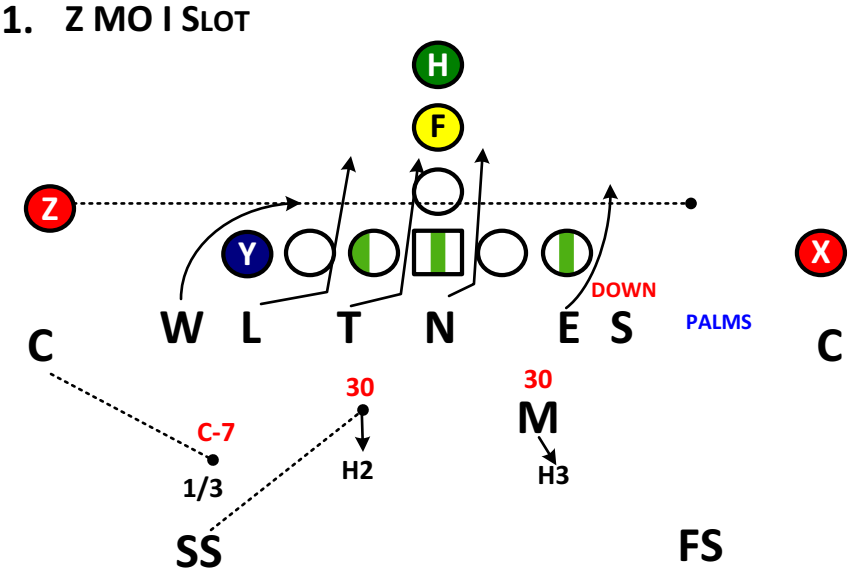
1. Solid call to the "Y"
2. Will: Blitz FLAT OFF the edge. Spill FB with play at you.
3. D-Line: Slant movement. Bubble End, Leo Technique (Boot, Reverse, Box).

Adjustments:

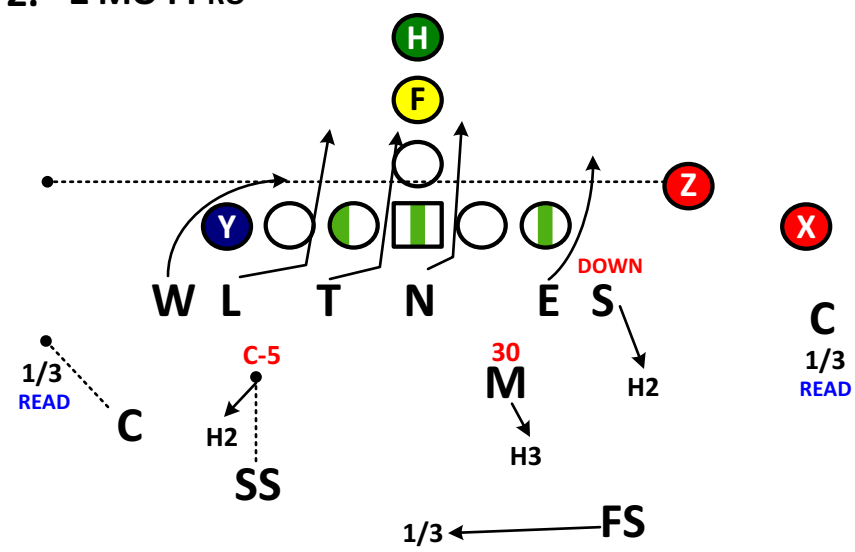
1. Vs. Pro Family formations: Play 3 Seam
2. Vs. All Slot single width family formations (Pair Slot): Ck Palms

Tuff Whopper 3 Palms

1. Z MO I Slot

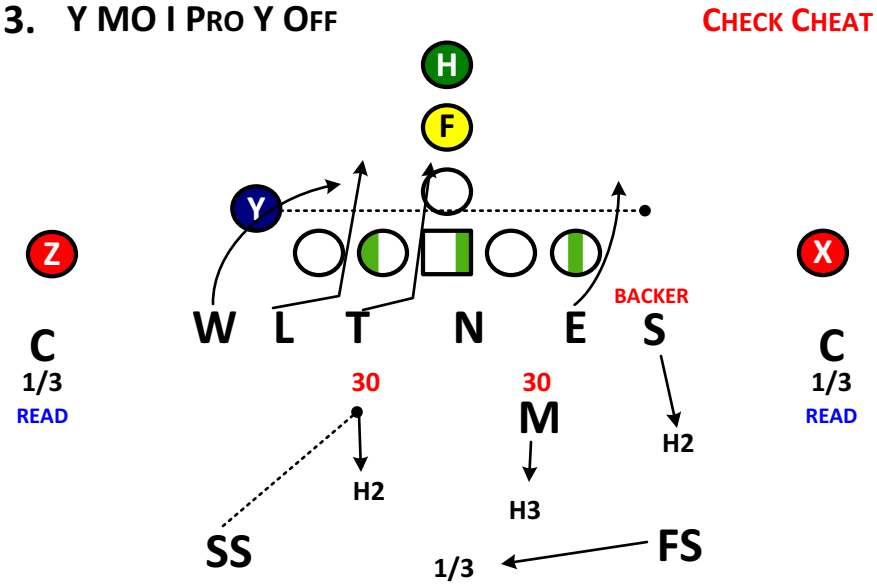


2. Z MO I Pro

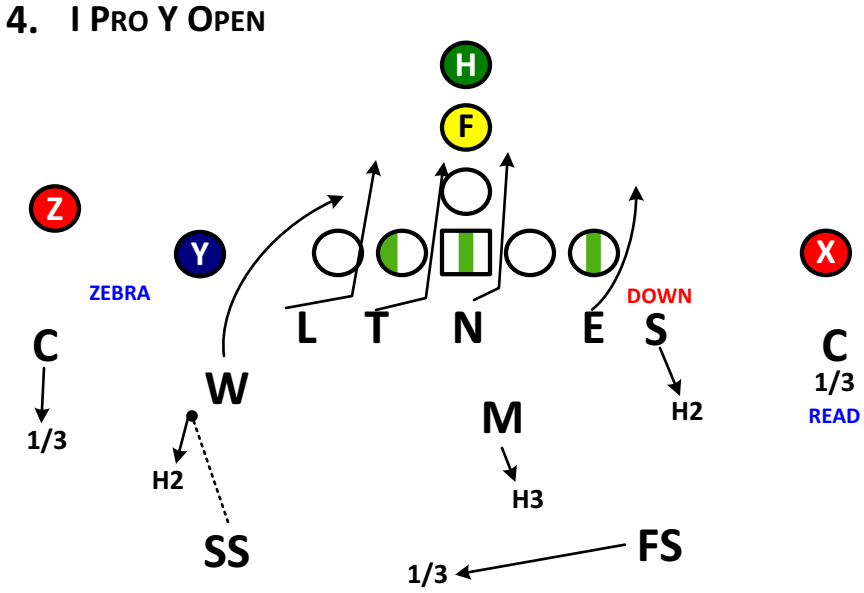


3. Y MO I Pro Y Off

CHECK CHEAT

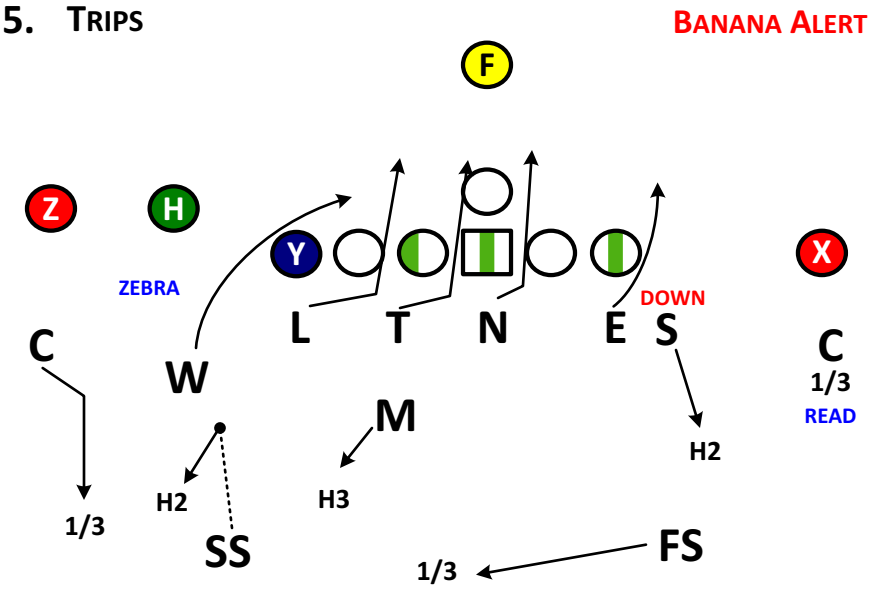


4. I Pro Y Open



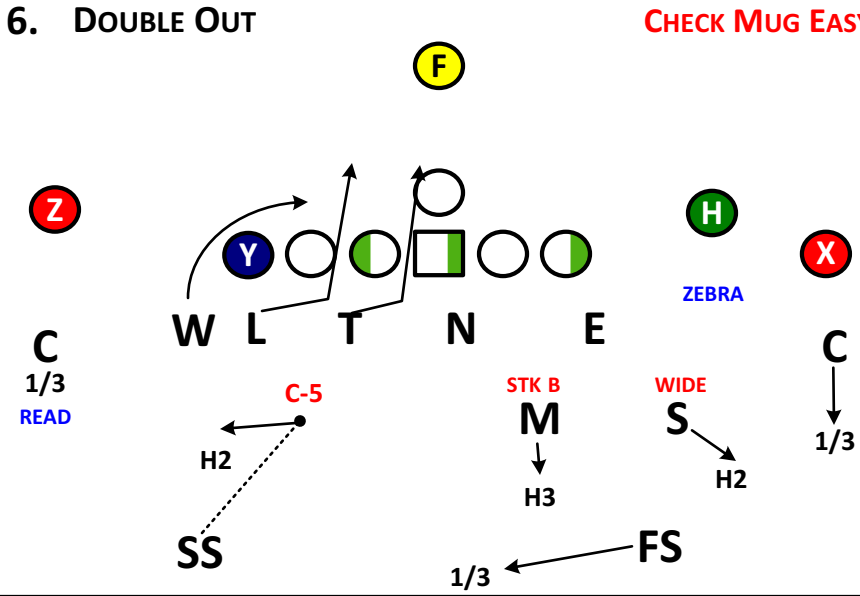
5. Trips

BANANA ALERT



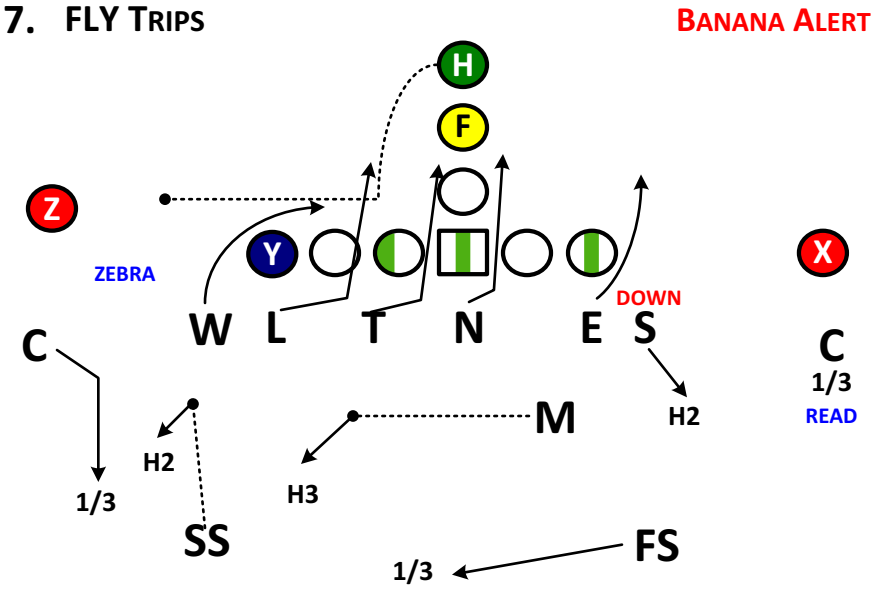
6. Double Out

CHECK MUG EASY



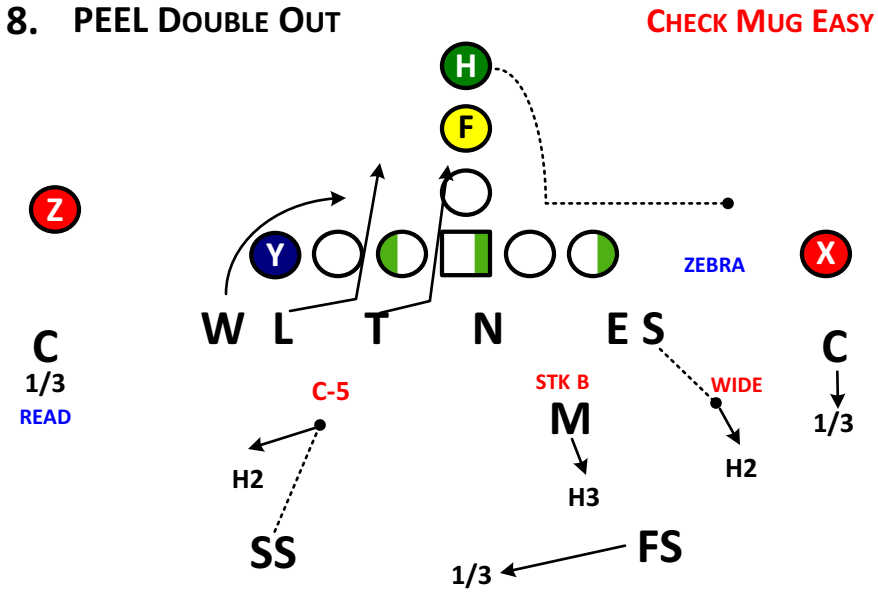
7. FLY Trips

BANANA ALERT



8. PEEL Double Out

CHECK MUG EASY

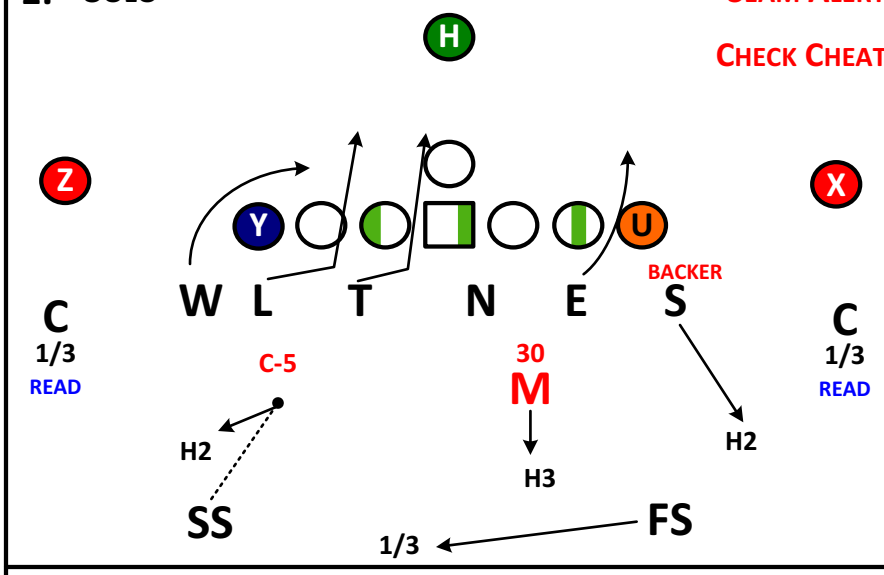


Tuff Whopper 3 Palms

1. Solo

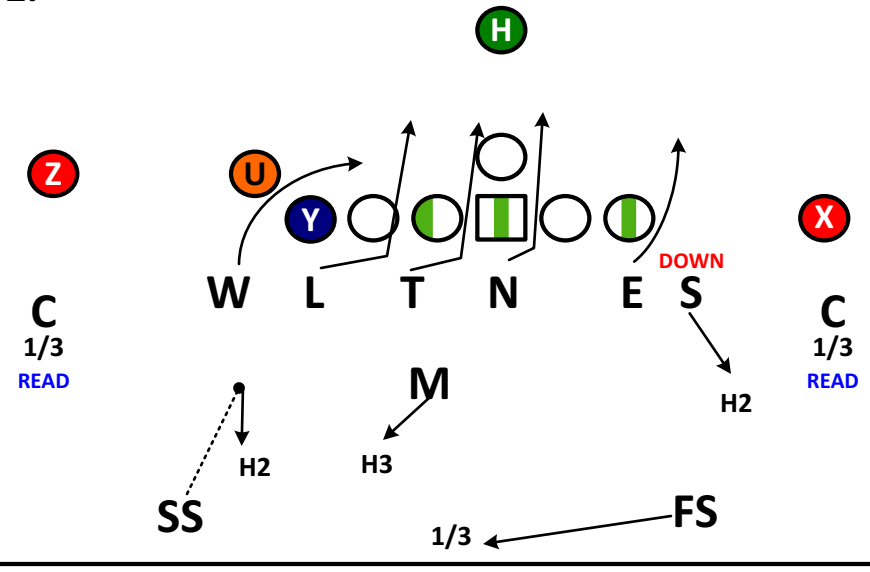
Seam Alert

Check Cheat



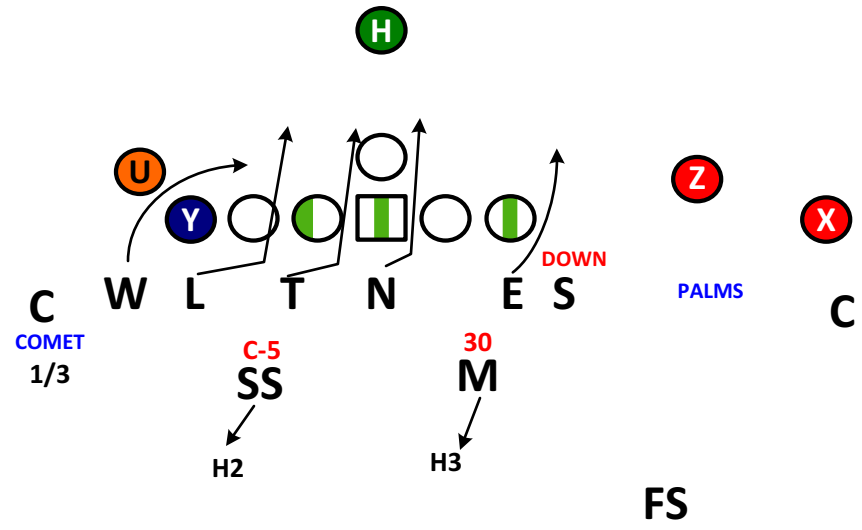
2. Pair Trips

Banana Alert



3. Pair Slot

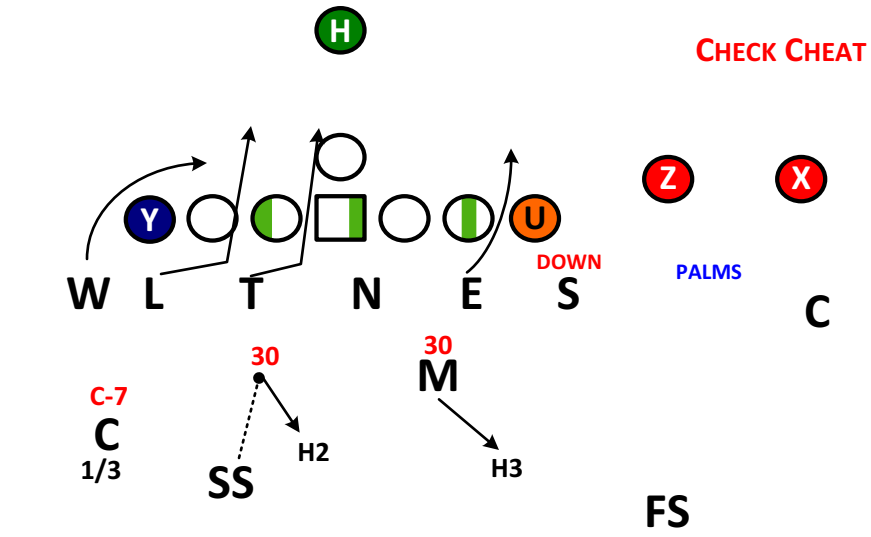
Check Palms



4. Solo Slot

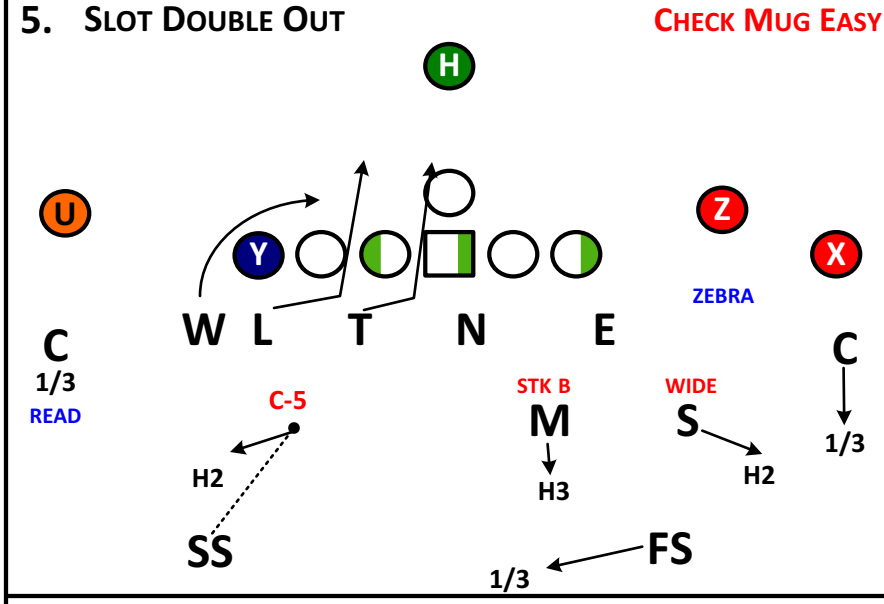
Check Palms

Check Cheat



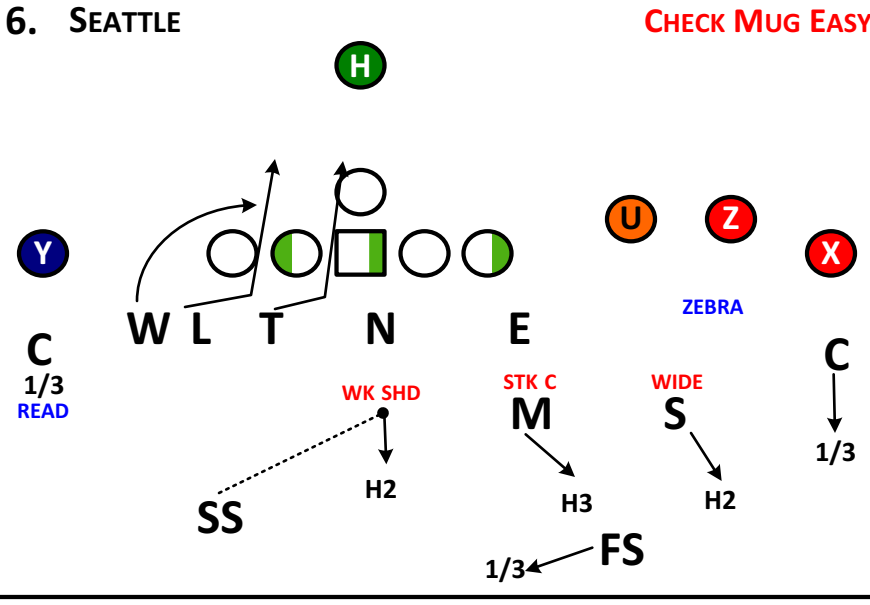
5. Slot Double Out

Check Mug Easy



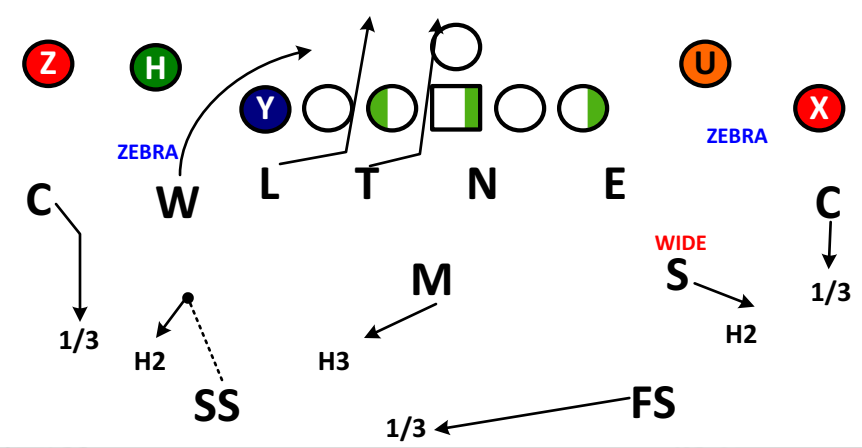
6. Seattle

Check Mug Easy



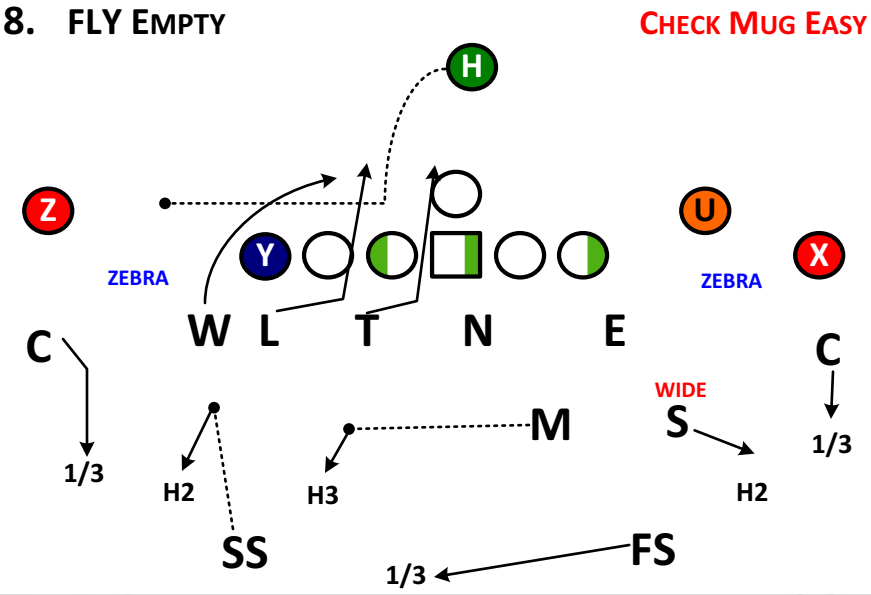
7. Empty

Check Mug Easy



8. Fly Empty

Check Mug Easy



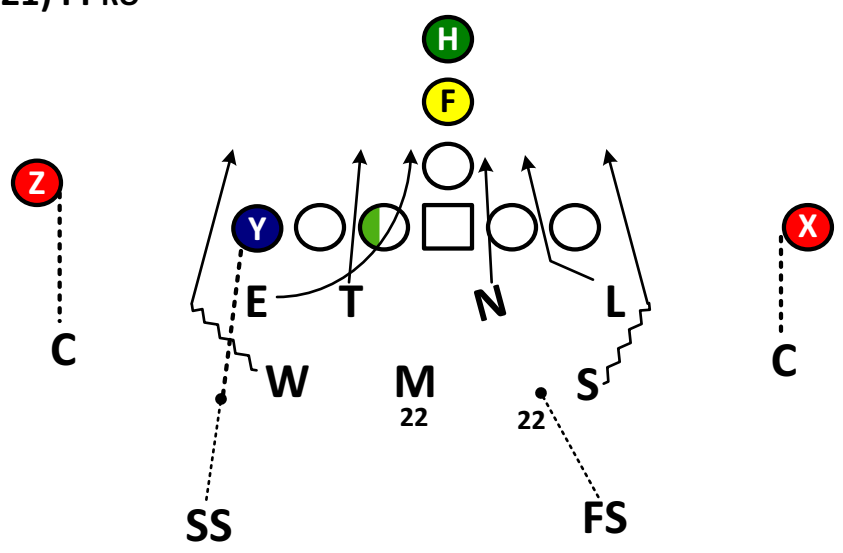
BLITZES

BLITZES

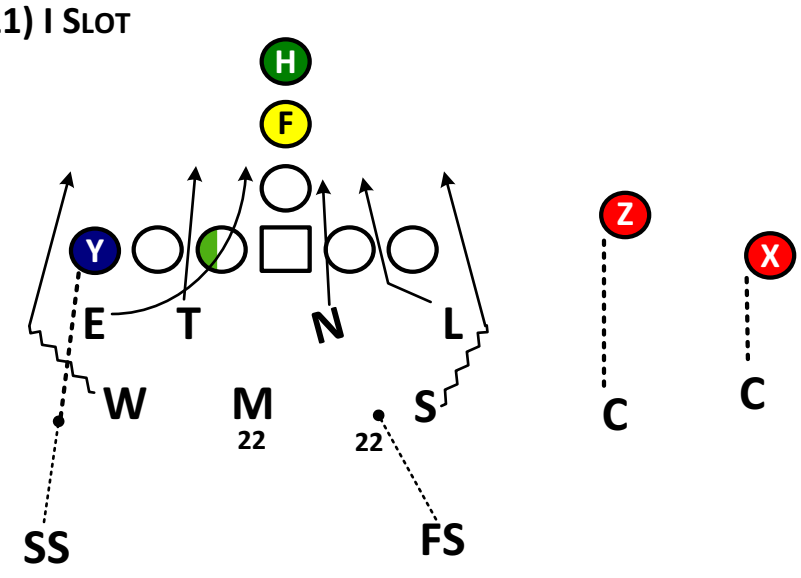
- W/COAST OVER SAW DOG 0
- W/COAST TUFF SAW DOG 0

W/ Coast Over Saw Dog 0

(21) I Pro



(21) I Slot



Essence:

1. 6 Man pressure with Blitz Coverage using an Over Front.

Coaching Points:

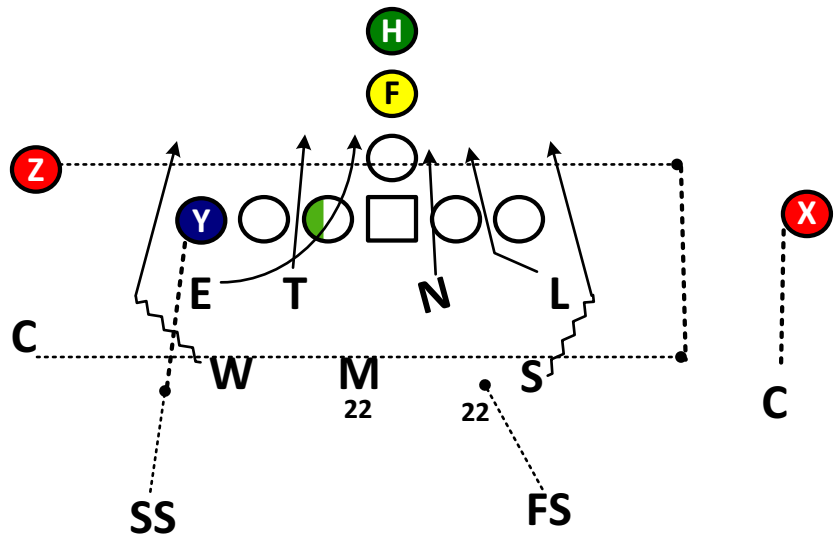
1. Solid Call to the Y
2. Sam and Will Blitz Contain
3. SS man the Y
4. Mike and FS '22' the backs. Free Safety down away from the Solid Call.
5. CB play off and inside.
6. D-Line: Coast Stunt

Adjustments:

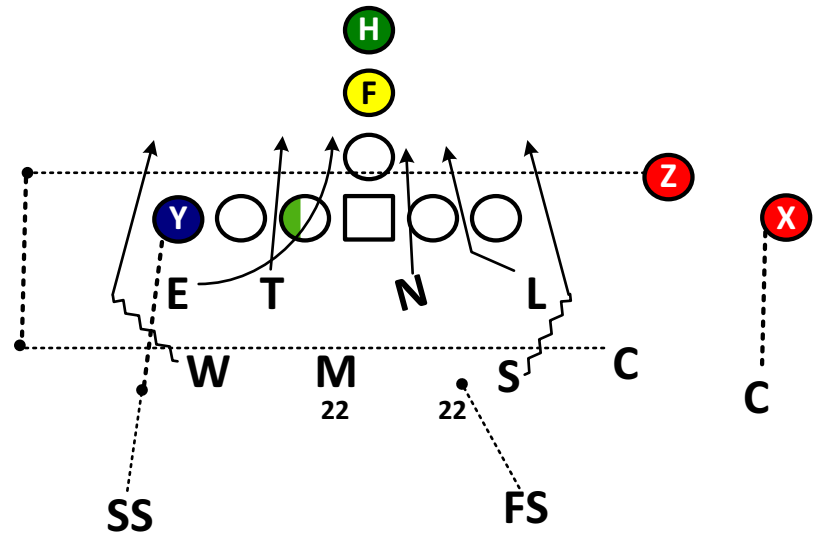
1. 1 Back Sets: Safeties Responsible for all break of formation.
2. Game Plan: Vs. Y aligned in Gravedigger stance. Possible Mugsy.

W/ Coast Over Saw Dog 0

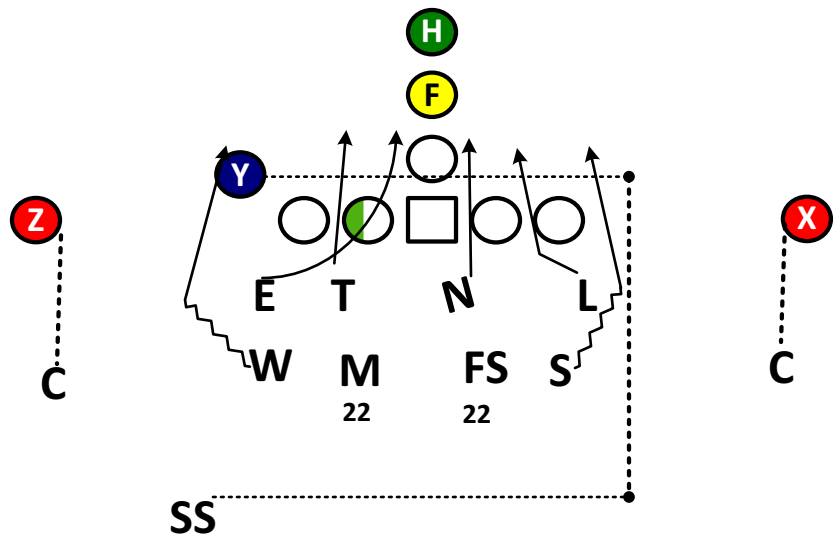
1. Z MO I Slot



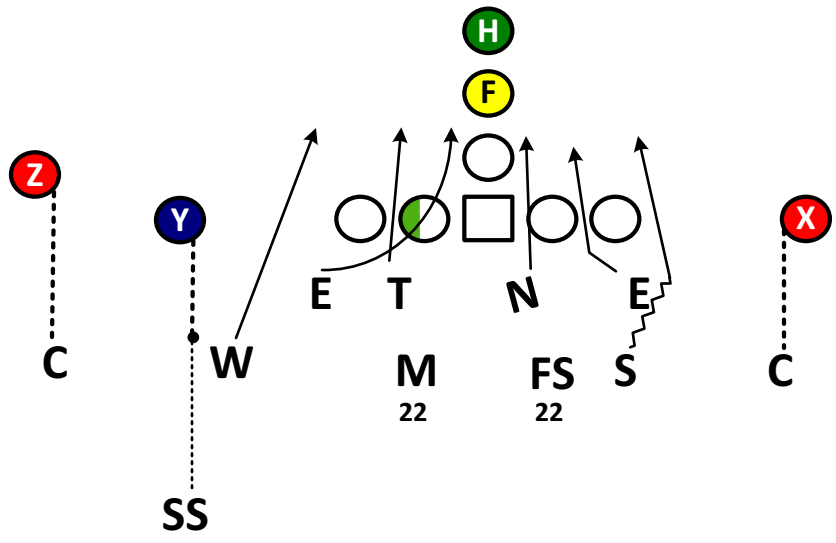
2. Z MO I Pro



3. Y MO I Pro Y Off

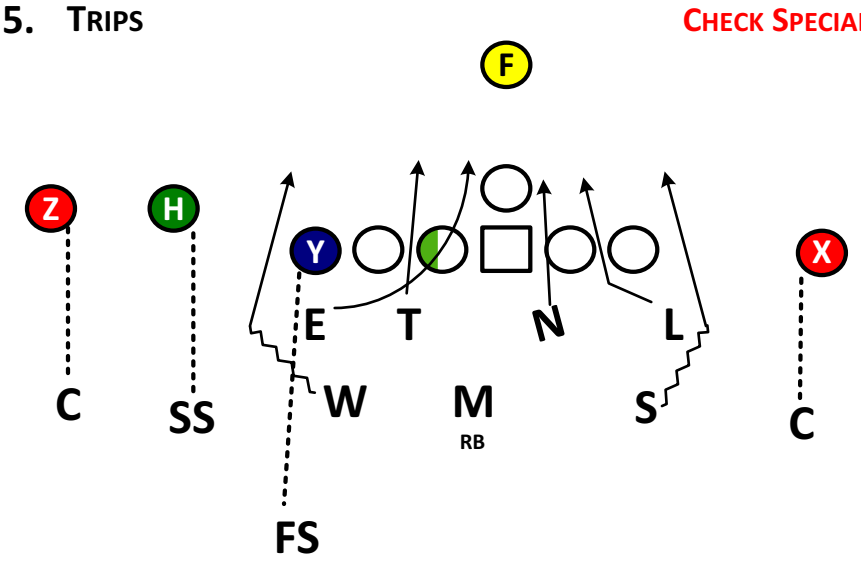


4. I Pro Y Open



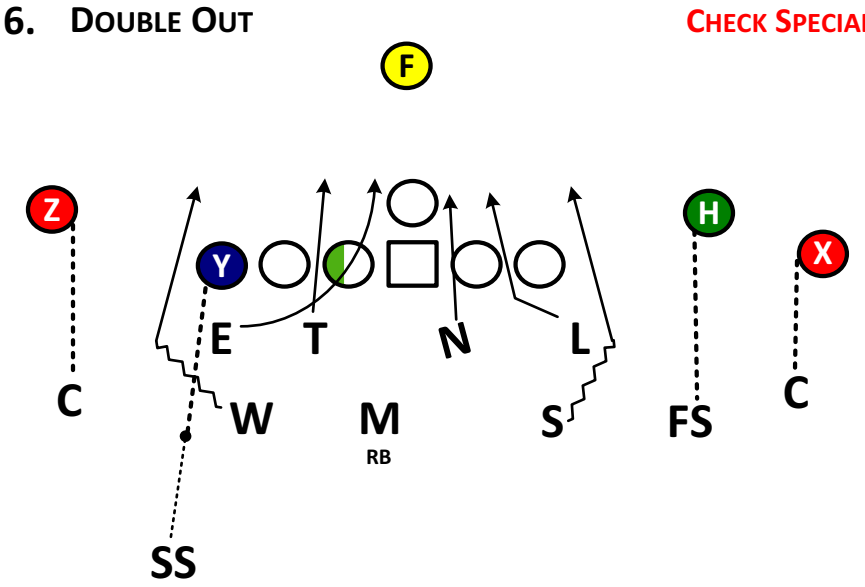
5. Trips

Check Special



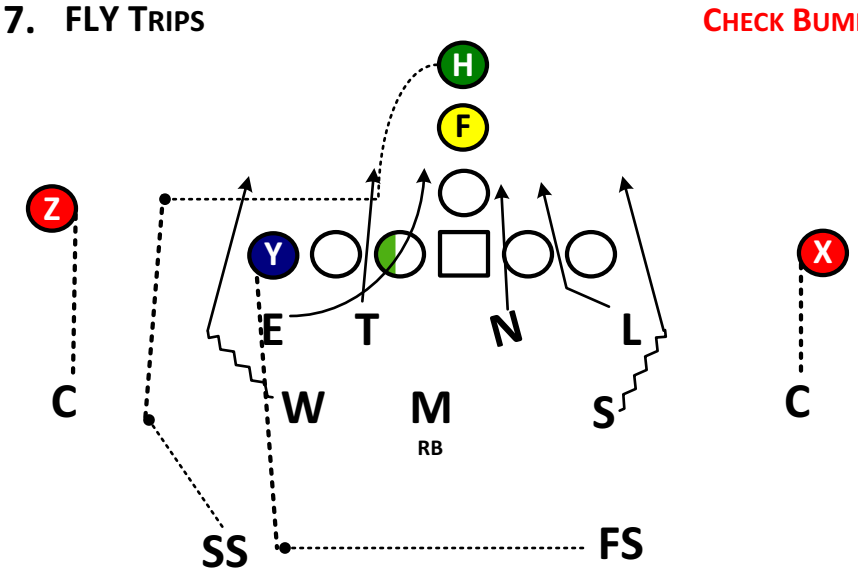
6. Double Out

Check Special



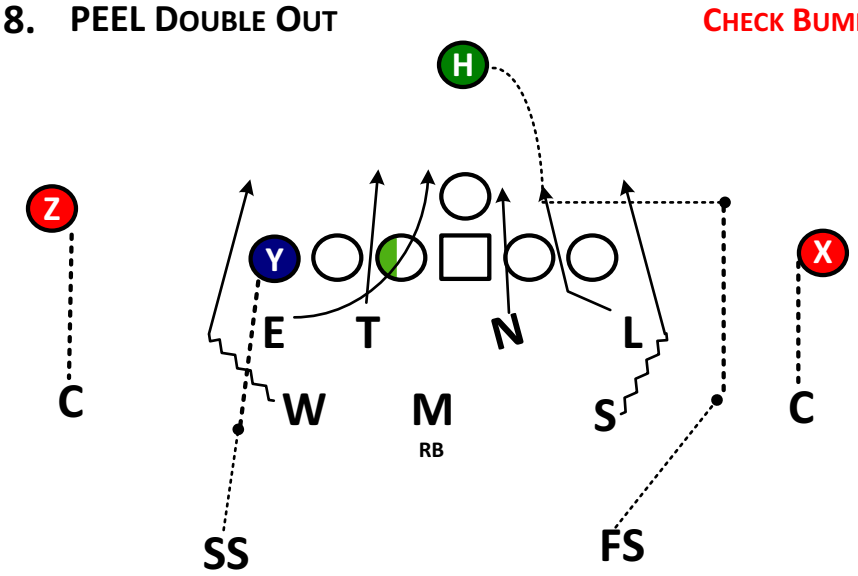
7. FLY Trips

Check Bump



8. PEEL Double Out

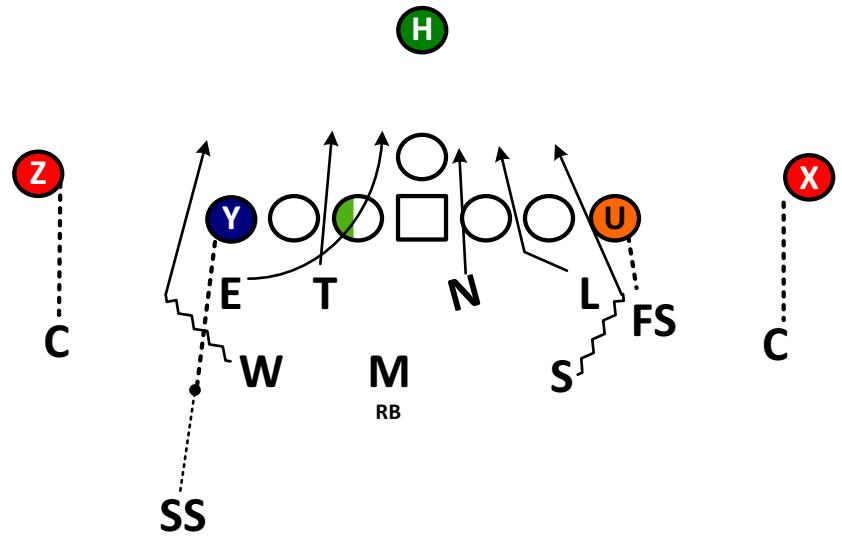
Check Bump



W/ Coast Over Saw Dog 0

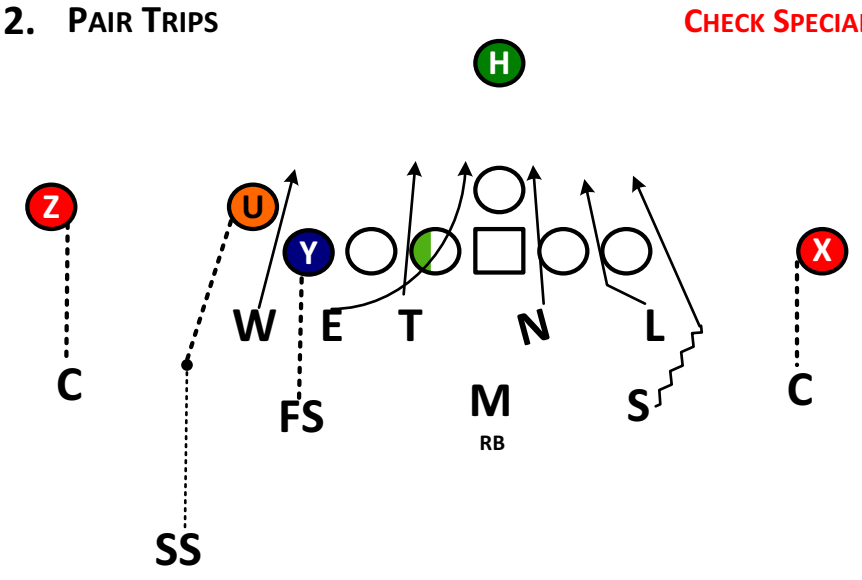
1. Solo

Check Special



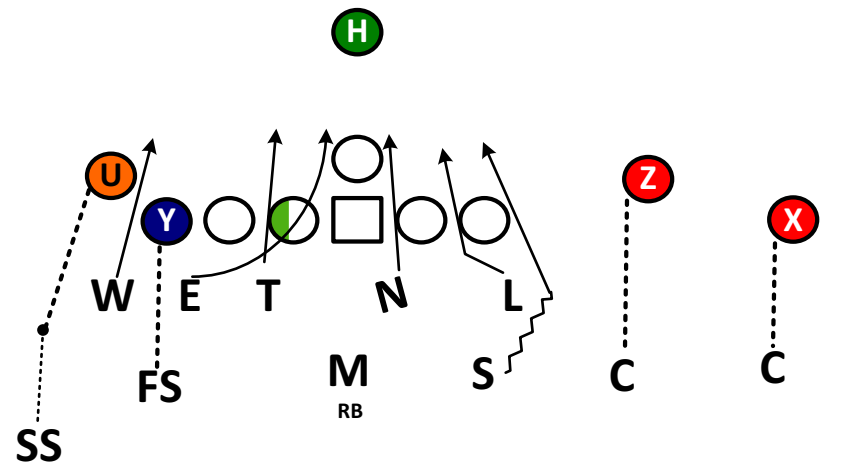
2. Pair Trips

Check Special



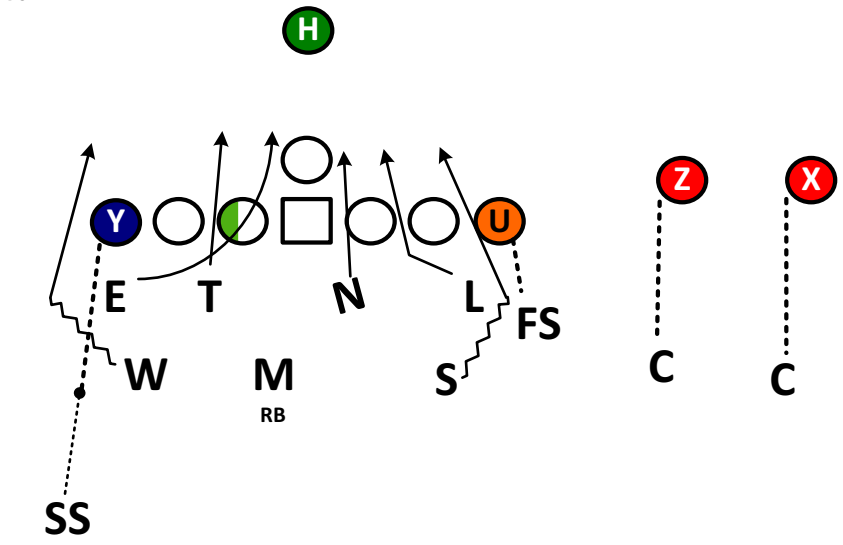
3. Pair Slot

Check Special



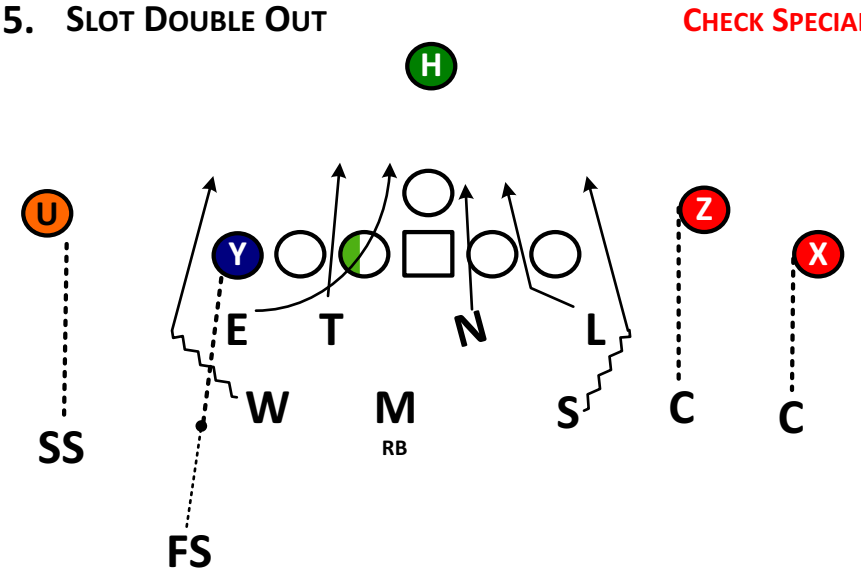
4. Solo Slot

Check Special



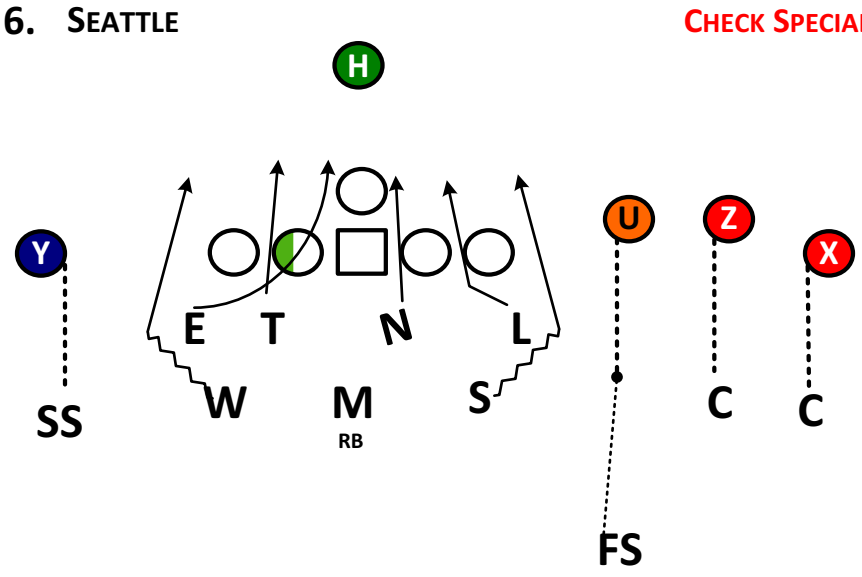
5. Slot Double Out

Check Special



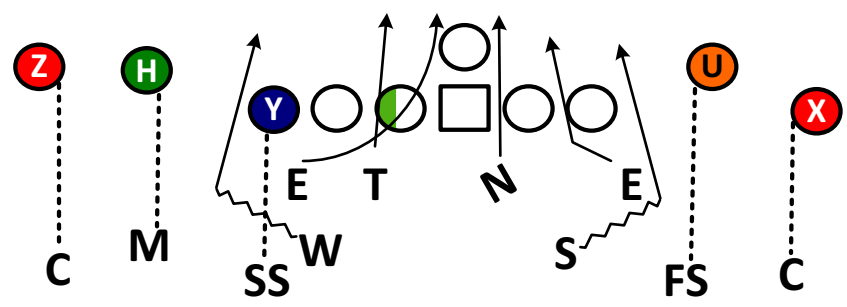
6. Seattle

Check Special



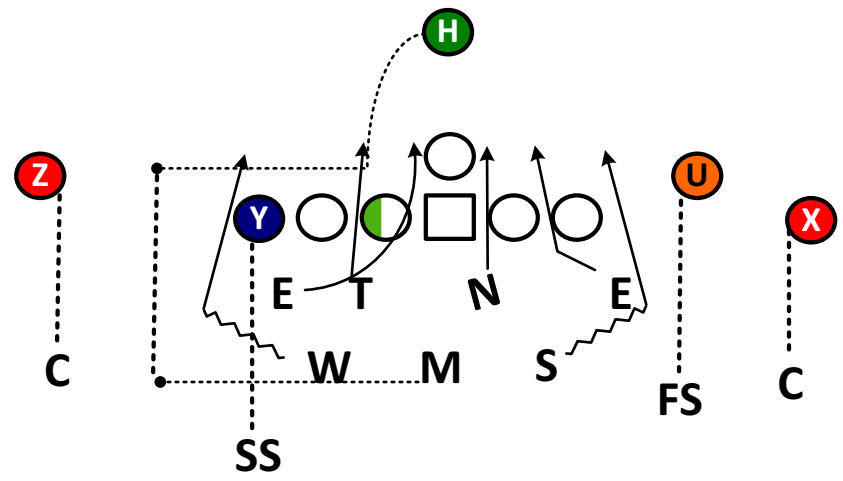
7. Empty

Check Special



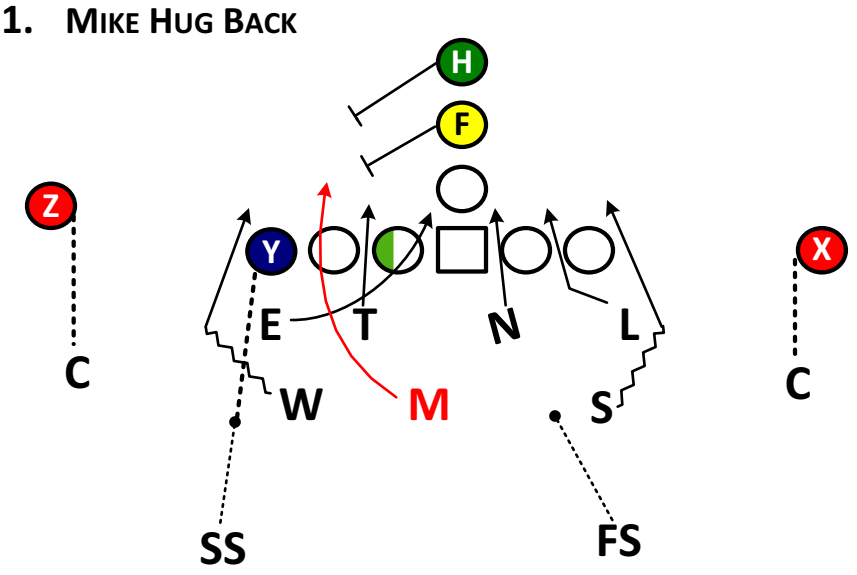
8. FLY Empty

Check Special



W/ Coast Over Saw Dog 0

1. Mike Hug Back



2.

3.

4.

5.

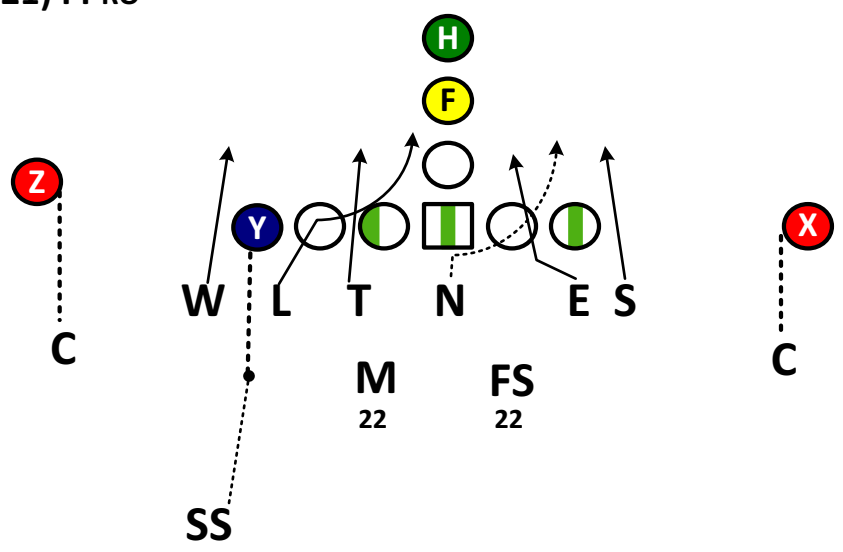
6.

7.

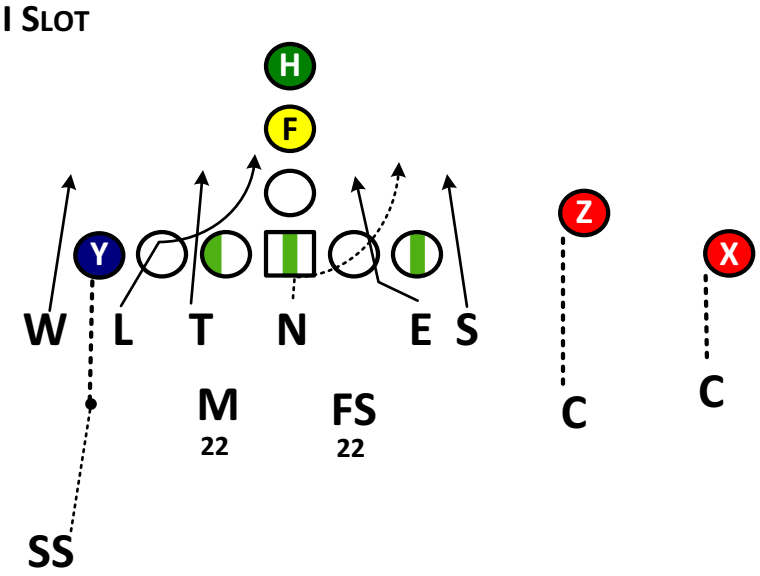
8.

W/ Coast Tuff Saw Dog 0

(21) I Pro



(21) I Slot



Essence:

1. 6 Man pressure with Blitz Coverage using a Tuff Front.

Coaching Points:

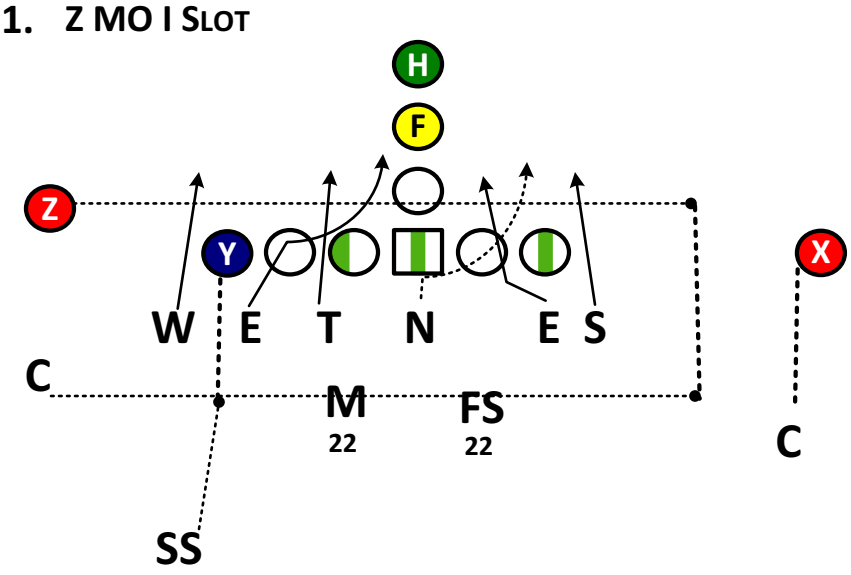
1. Solid Call to the Y
2. Sam and Will Blitz Contain
3. SS man the Y
4. Mike and FS '22' the backs.
5. CB play off and inside

Adjustments:

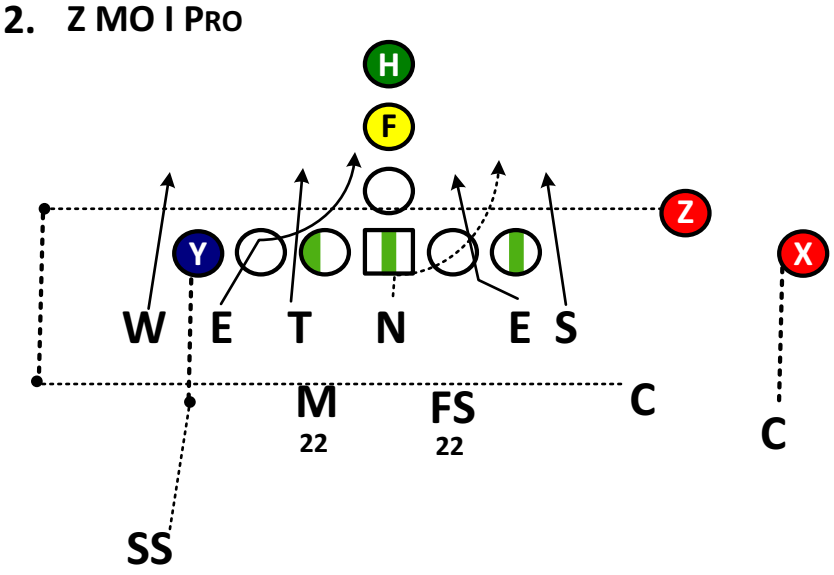
1. 1 Back Sets: Safeties Responsible for all break of formation.

W/ Coast Tuff Saw Dog 0

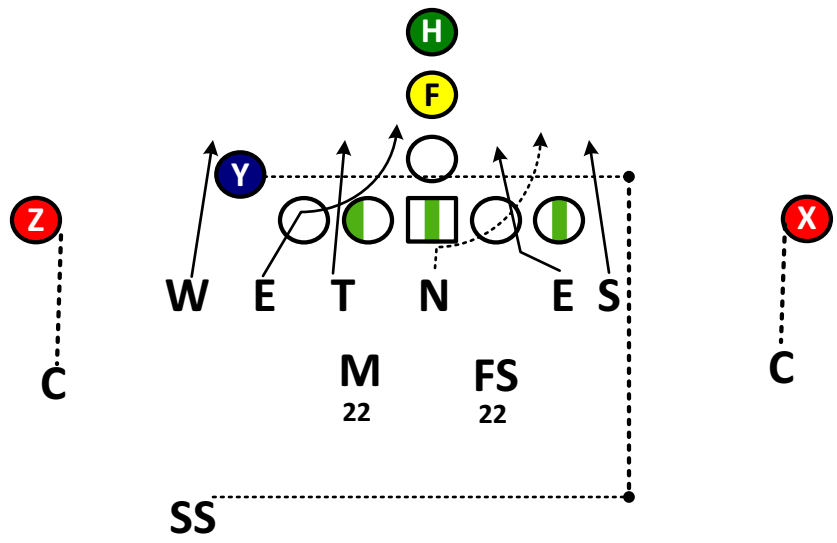
1. Z MO I Slot



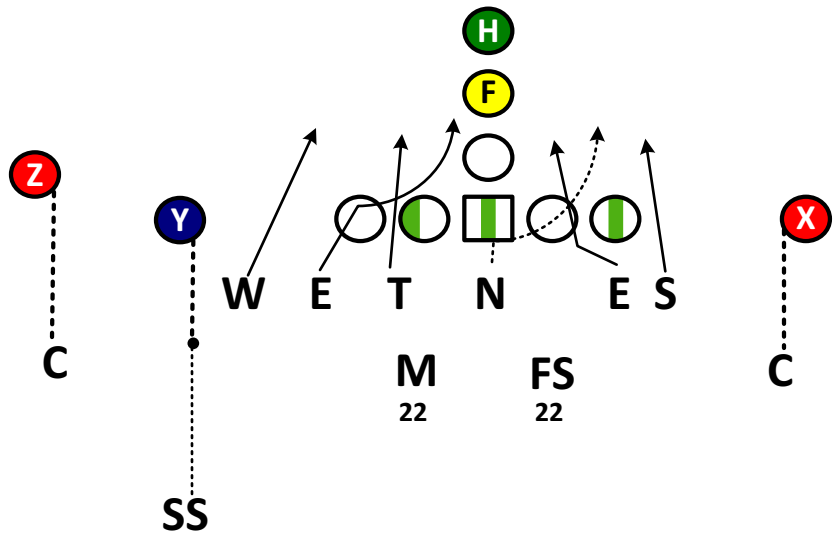
2. Z MO I Pro



3. Y MO I Pro Y Off

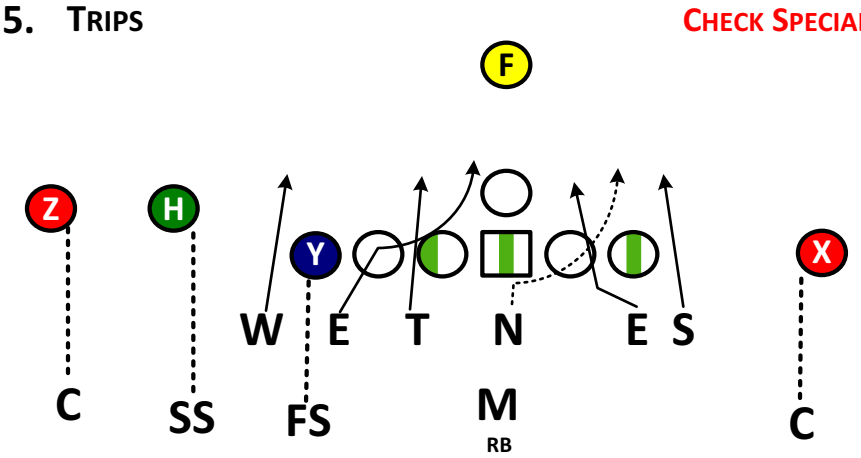


4. I Pro Y Open



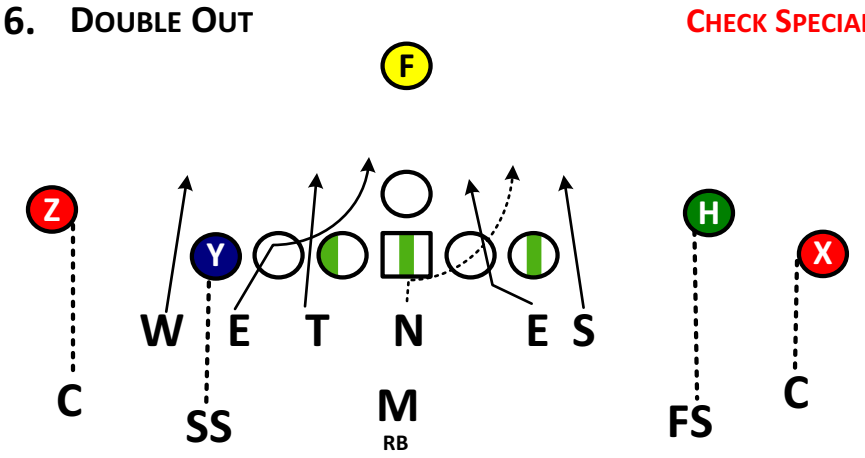
5. Trips

Check Special



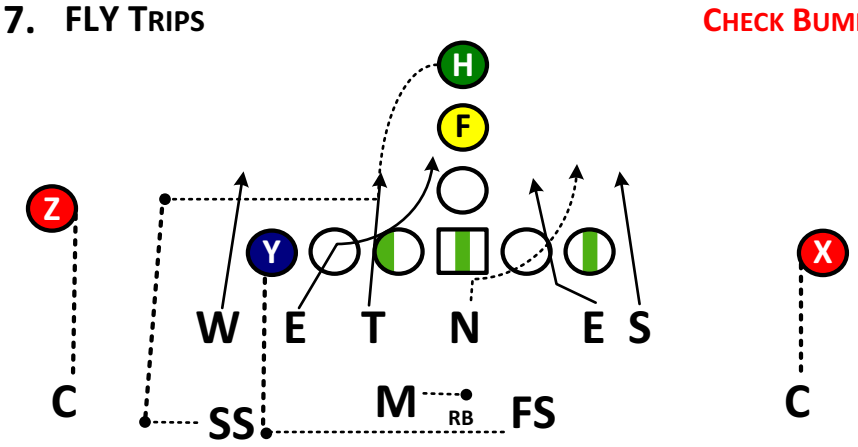
6. Double Out

Check Special



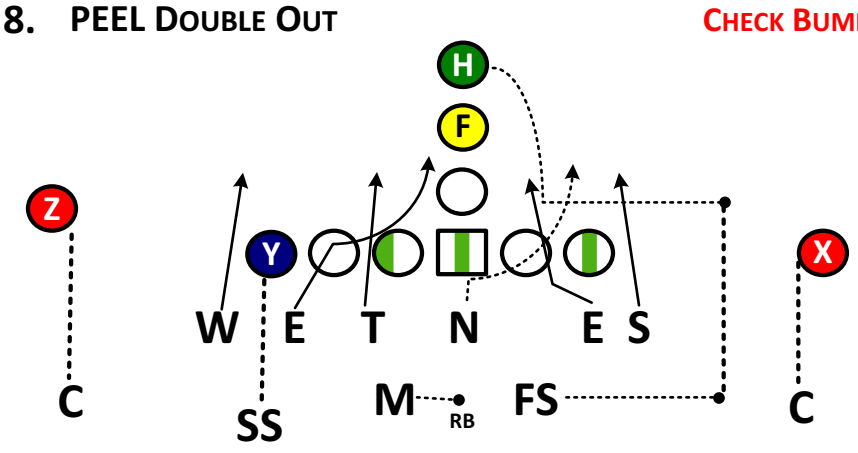
7. FLY Trips

Check Bump



8. PEEL Double Out

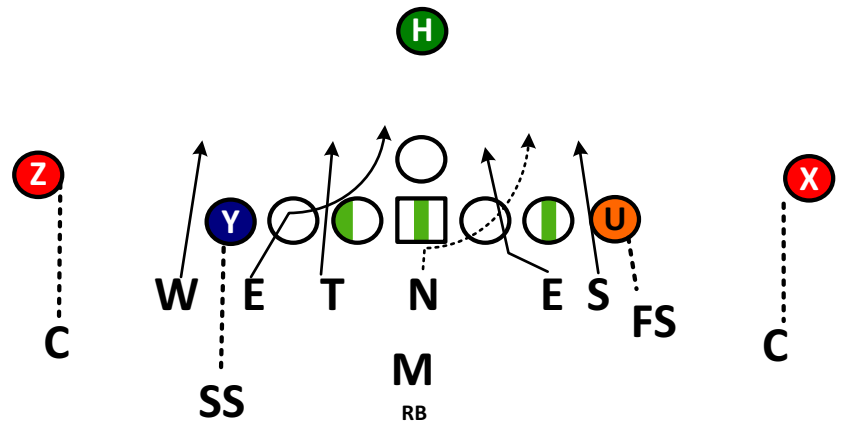
Check Bump



W/ Coast Tuff Saw Dog 0

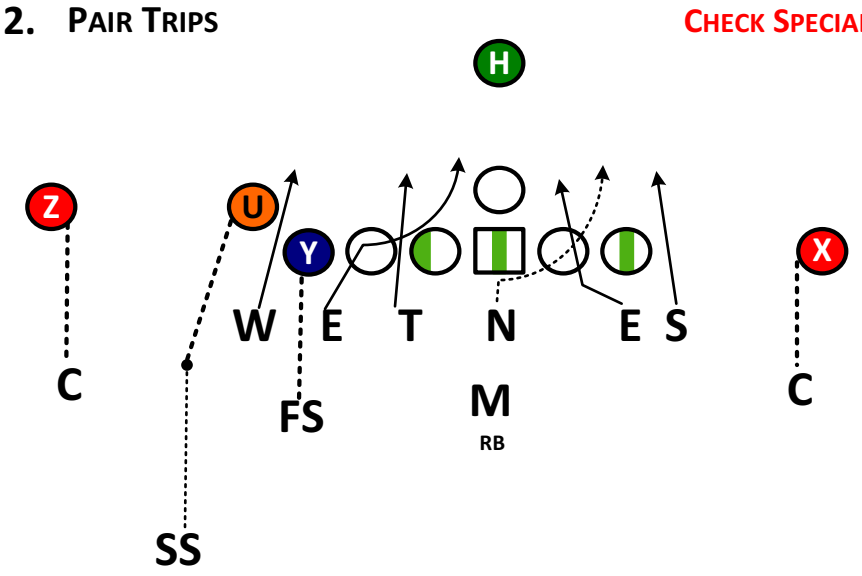
1. Solo

Check Special



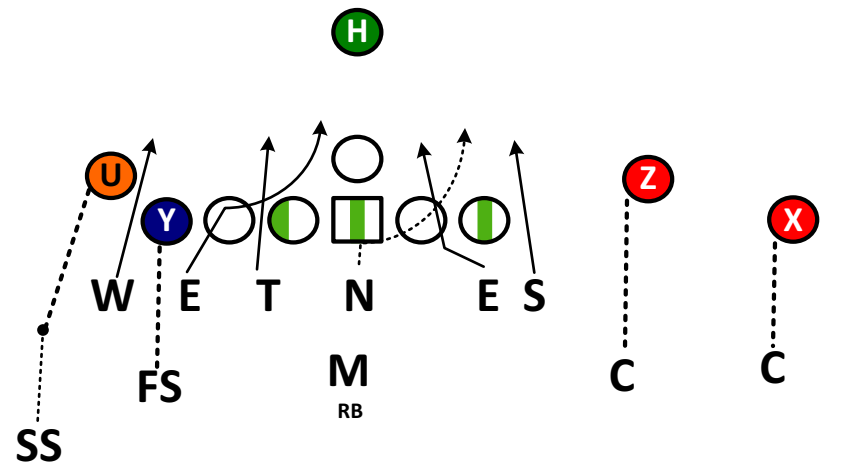
2. Pair Trips

Check Special



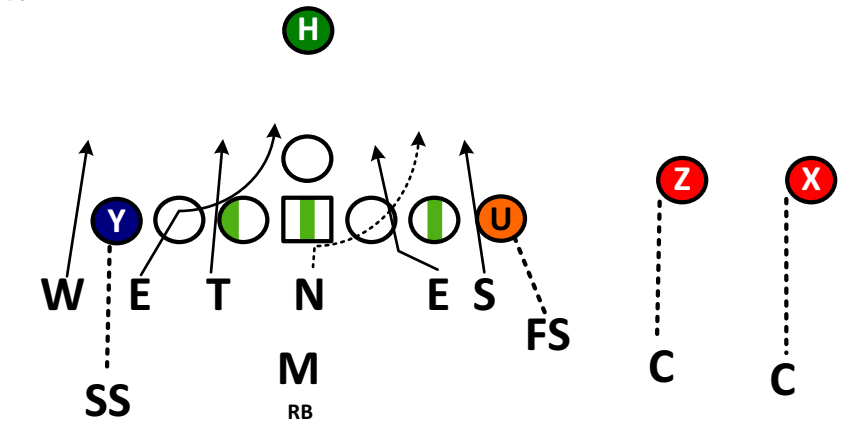
3. Pair Slot

Check Special



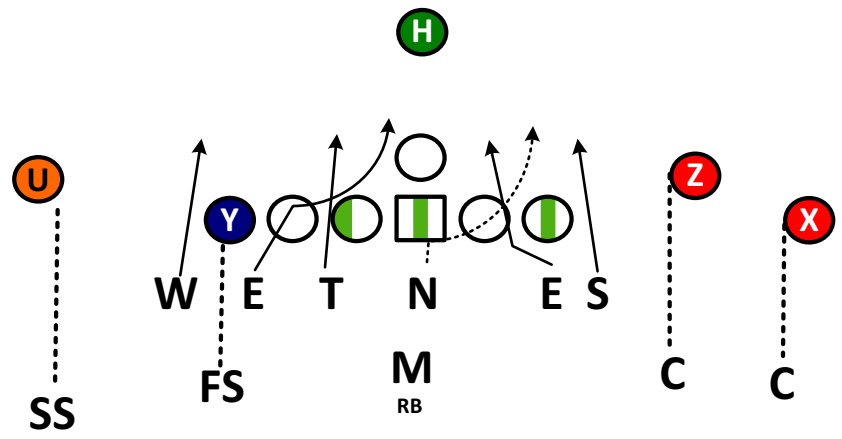
4. Solo Slot

Check Special



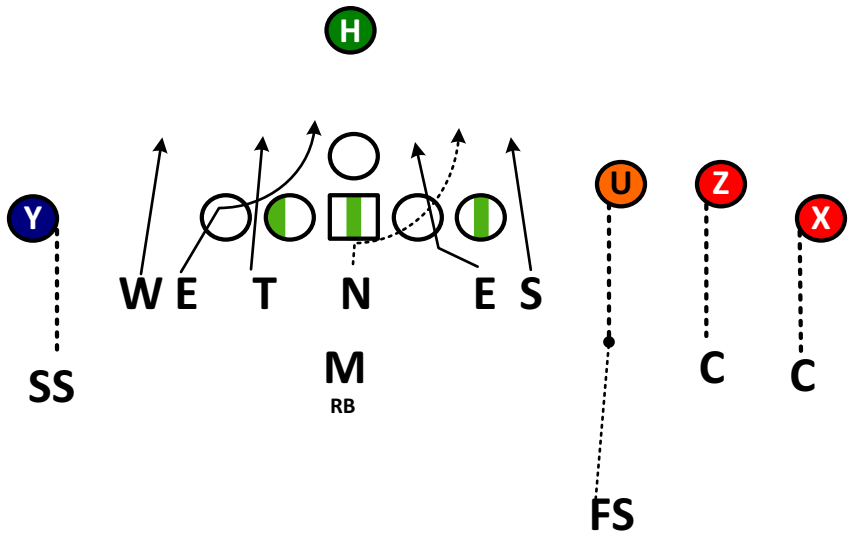
5. Slot Double Out

Check Special



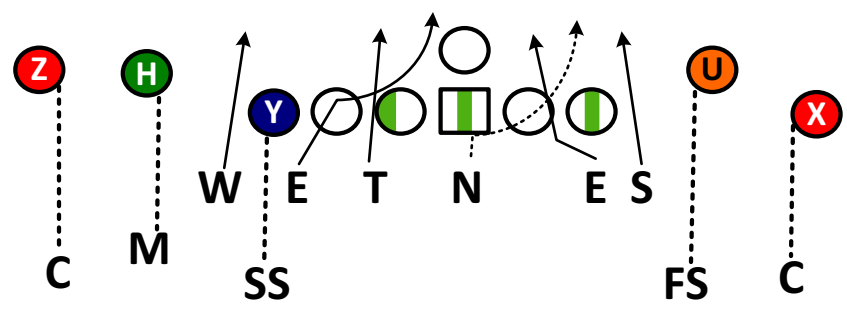
6. Seattle

Check Special



7. Empty

Check Special



8. FLY Empty

Check Special

