

Jr. Panthers



DEFENSE

(Base) Defense Alignments and Responsibilities

Defensive techniques

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766i 544i 322i 101 2i23 4i45 6i67

Gap Labels

We will use these letters when referring to gaps on defense.

A – In between the center and the guard

B – In between the guard and tackle

C – In between the tackle and tight end, if there is no tight end the C gap goes all the way to the sideline.

D – Outside the tight end extending all the way to the sideline.

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C B A A B C D

Defensive Line

Nose Guard (1 Tech.)

-Aligns in a 1 technique opposite the Cat slanted toward the ball so he can see the Center and the Guard on the opposite side of the ball.

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N

-Responsibilities are the A gap in front of him and to jam the Center so hard that he never wants to snap again!

Tackle (3 Tech.)

-Aligns in a 3 technique on the Cat side slanted so he can see the Guard in front of him and the Center.

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N T
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-Responsibility is the B gap.

End (5 Tech.)

-Aligns in a 5 technique opposite the Cat.

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T N T
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-Responsibilities are the C gap and to crash down on the outside hip of the Tackle driving him into the B gap, and to help contain ball carriers.

Anchor (7 Tech.)

-Aligns in a 7 technique outside the tackle and inside eye to the tight end if there is one on his side.



-Responsibilities are the C gap and to crash down on the outside hip of the Tackle driving him into the B gap, and to help contain ball carriers.

Line Backers

Cat

-Aligns 4 to 5 yards outside of the offensive tackle or tight end and 1 to 2 yards deep and angled towards the backfield.



-Responsibility is contain. Nothing goes between him and the sideline, he is the Force player forcing everything back inside.

Blood

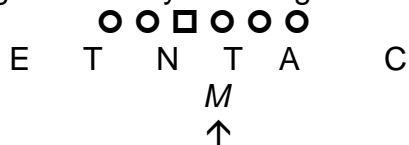
-Aligns 4 to 5 yards outside of the offensive tackle or tight end and 1 to 2 yards deep and angled towards the backfield, just like the Cat.



-Responsibility is the same as the Cat.

Mike

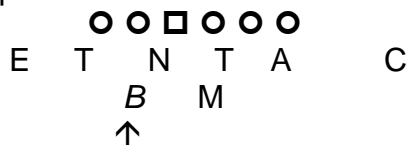
-Aligns inside eye to the guard on the Cat side 2½ to 3yards deep.



-Responsibility is the A gap in front of him.

Bear

-Aligns out side eye to the guard on the opposite side of the Cat 3 to 3½ yards deep.

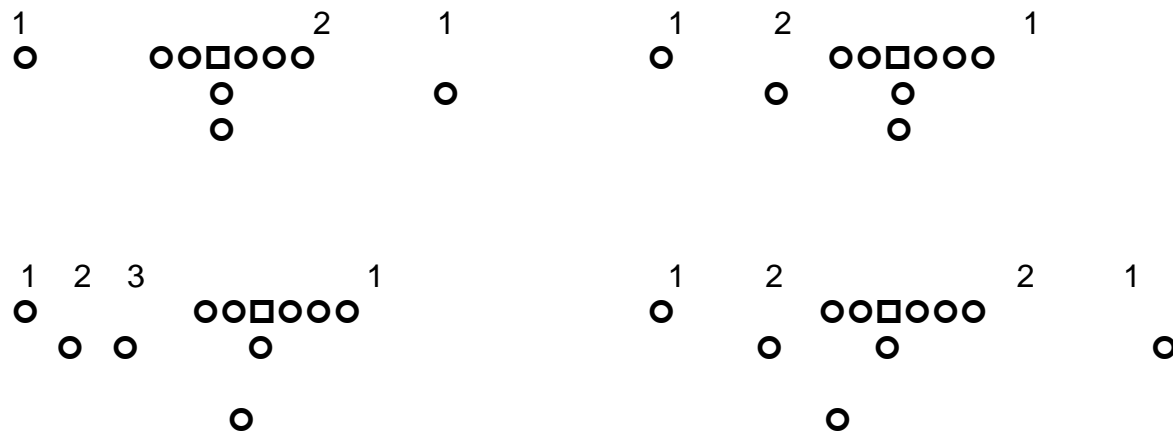


-Responsibilities are the B gap or C gap if the offensive tackle blocks down.

Secondary

Receiver Numbering System

-Receivers are numbered in from the sideline to the ball.



Cornerbacks

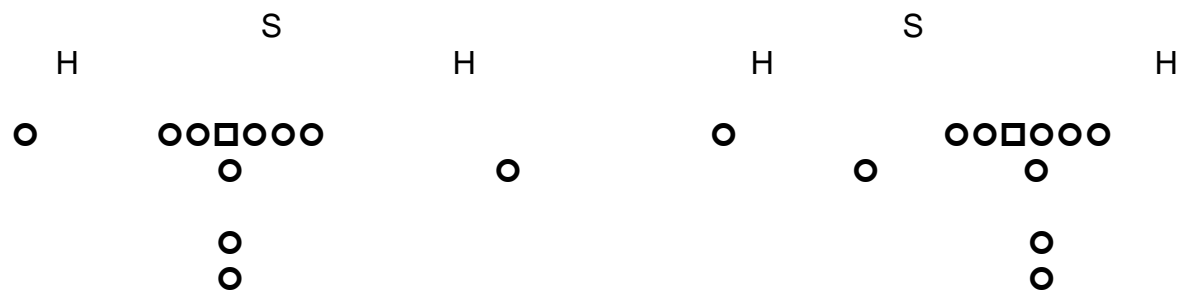
-Align in front of the number 1 receiver 5 to 7 yards deep and 2 to 3 yards inside. If the number 1 receiver is the tight end line up 3 to 4 yards outside of him and 5 to 7 yards deep.

-Responsibilities are to cover the number 1 receiver and to provide run support on the outside.

Safety

-The alignment of the Safety will depend on the coverage we are using. Most of the time he will line up no more than 8 yards deep. Line up by finding the mid point of the offense and cheat a few yards to the two receiver side.

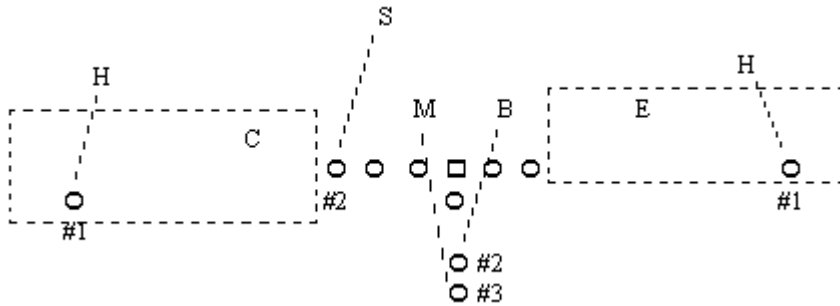
-Responsibilities are to cover the number 2 receiver and provide run support from the inside out.



Defensive Coverage Schemes

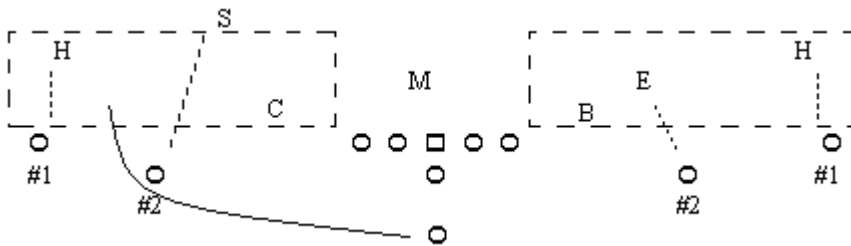
Cover 0 (Base) vs 2 backs

Cover Zero is man-to-man coverage, each cornerback will cover the number one receiver on his side of the field man-to-man. The Safety will cover the number two receiver man-to-man. The Mike and Bear linebackers will cover backs out of backfield. The Bear is responsible for the number two running back. The Mike is responsible for checking the TE for drags and the number three running back. The Cat and Blood will cover the flats, from the tackle to the sideline.



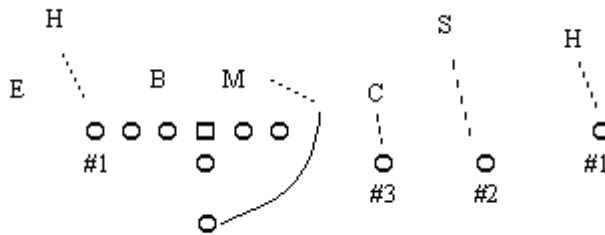
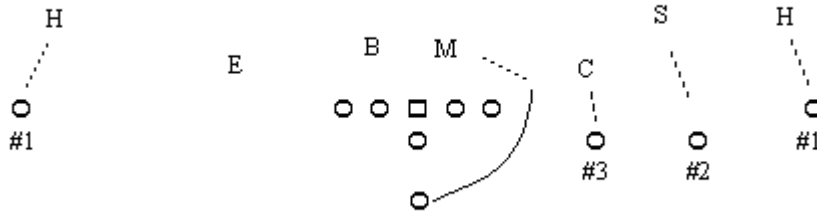
Cover 0 vs 1 Back or Doubles (Spread)

The cornerbacks are covering the number one receivers man-to-man. The Blood will cover the number two receiver man-to-man on his side of the ball. The Cat and Bear will cover the flats only if the back shows, if flow is away Blitz QB. The Mike will probably be blitzing and has no coverage responsibility against 1 Back sets. The Safety will cover the number two receiver on the strong side. Strength will be determined by the wide side of the field.



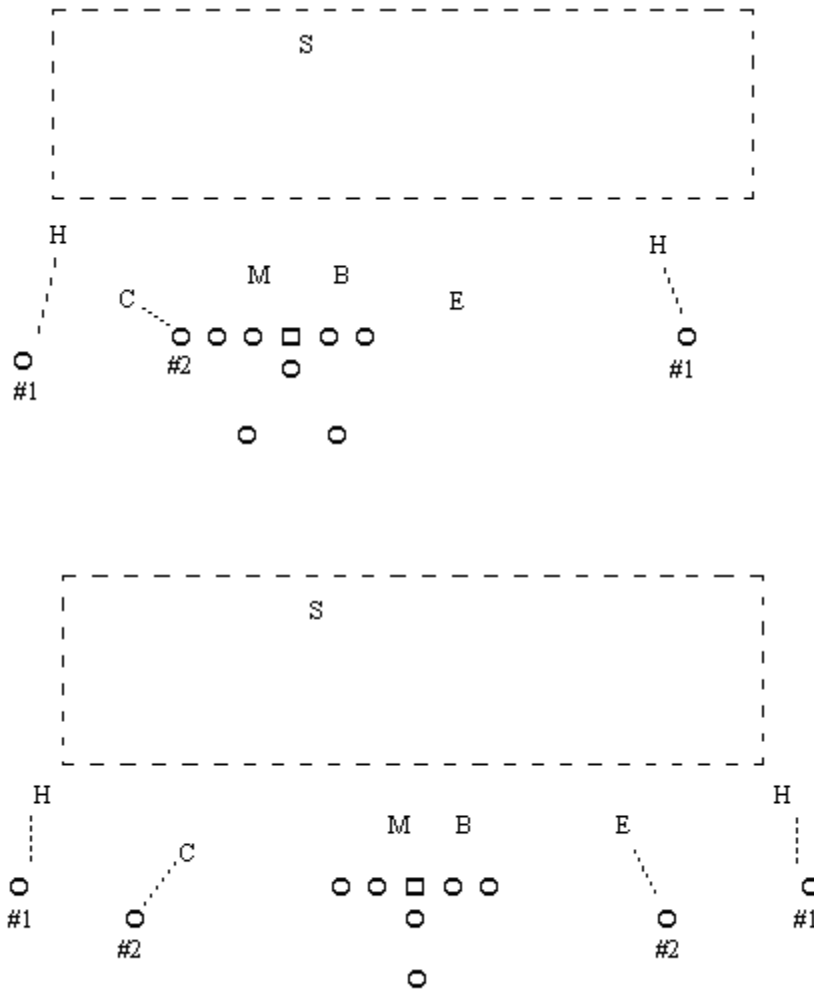
Cover 0 vs Trips

We will be using cover 0 against offensive formations with three receivers on one side of the ball. The Cornerbacks will cover the number one receiver man-to-man. The Safety will cover the number two receiver on the trips side. Linebackers will Cat away from the trips side. The Blood will cover the number three receiver man-to-man. The Cat and Bear will cover the flats only if the back shows, if flow is away Blitz QB. The Mike will probably be blitzing and has no coverage responsibility against 1 Back sets.



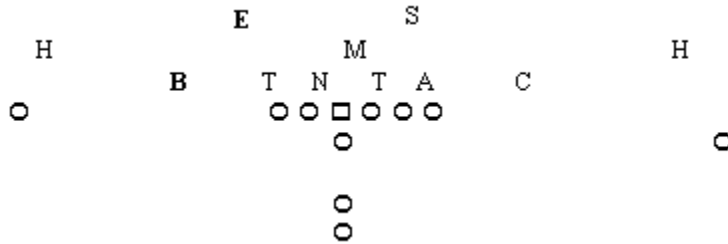
Cover 1

Cover 1 is man-to-man coverage underneath with a deep Safety zone. Cover 1 and cover 0 are the same for the Cornerbacks and the Linebackers. Cornerbacks will cover the number one receivers. The Cat and Mike are responsible for back out to their side. The Blood and Bear are responsible for back out to their side. We will use the Safety to drop back into a deep zone **or** we can use him to double cover a strong receiver.

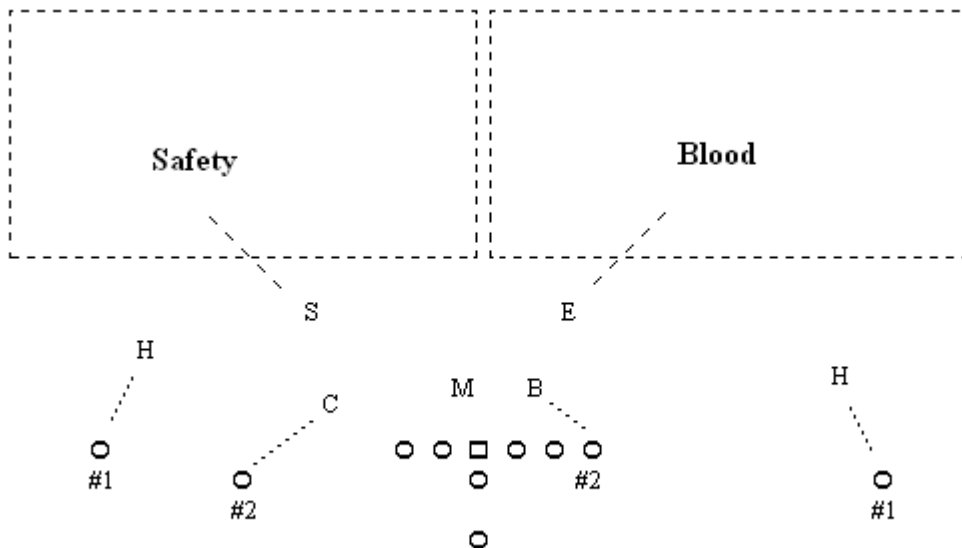


Cover 2



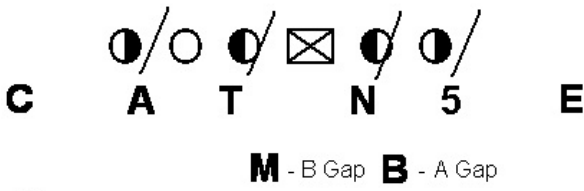


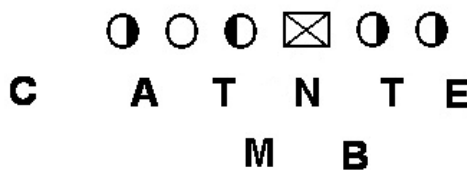
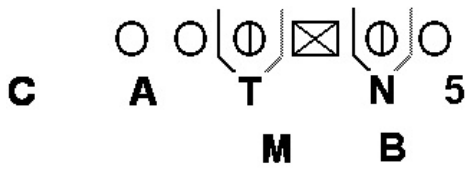
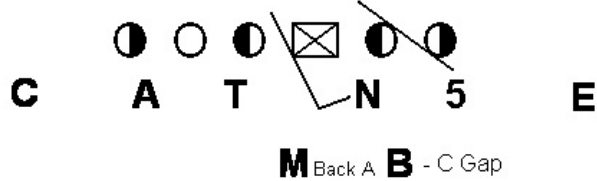
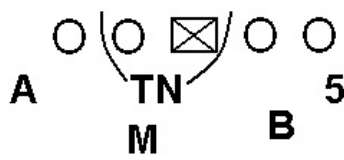
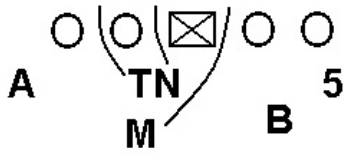
Cover 2 is the same for most players. Ideally, in Cover 2 the Bear comes out and a Panther Safety comes in. If we have to switch on the fly, the Blood will drop back and play safety and the Bear will move outside.



Our cover 2 is a 2 Deep Zone. The cornerbacks will cover the number one receivers and the Cat and Blood (Bear) will cover the number two receivers man-to-man. The Panther (Blood) and Safety cover deep halves. With two number two receivers the Mike will cover the running back coming out of the backfield on either side of the field. When there is one number two receiver the Mike will cover the running back coming out of the backfield on the side of the number two receiver, and the Cat or Bear will cover the running back out of the backfield on the side with no number two receiver.



Alignments & Stunts

| | |
|---|--|
|  <p>Wild</p> |  <p>Over</p> |
|  <p>Slant</p> |  <p>Under</p> |
|  <p>Slide</p> |  <p>Stack</p> |
|  <p>Duece - Tight / Split</p> |  <p>Pirate</p> |
|  <p>Rock</p> |  <p>Rock Slam</p> |

Blitzes

| | |
|--|--|
| <p>C A T N 5 E</p> <p>M - B Gap B</p> <p>Mike X</p> | <p>C A T N 5 E</p> <p>M - C Gap B</p> <p>MAT</p> |
| <p>C A T N 5 E</p> <p>M B</p> <p>Bear X</p> | <p>C A T N 5 E</p> <p>M B</p> <p>All Go</p> |
| <p>C A T N 5 E</p> <p>M B A Gap</p> <p>Cat Slant</p> | <p>C A T N 5 E</p> <p>M B A Gap</p> <p>Bullets</p> |
| <p>C A T N 5 E</p> <p>M B</p> <p>GO</p> | <p>C A T N 5 E</p> <p>M B</p> <p>GO - X</p> |
| <p>C A T N 5 E</p> <p>M B Blood X</p> <p>Cat X</p> | <p>C A T N 5 E</p> <p>M B</p> <p>Blood Dog</p> |

Things to Stress on Defense

- We want the ball back!
- If the ball is in the air we are receivers!
- If you can get two hands on it – catch it, one hand on it - bat it down.
- The team must communicate on the field.
- Be Aggressive. If you don't know what to do...Blitz!
- Play with great emotion and enthusiasm each time you step on the field.
- Believe that you and your teammates are the toughest group on the field.
- Out-hustle the opponent and be stronger each play as the game wears on.
- Believe you can win and EXPECT to win.
- Refuse to stay blocked, even though you'll get blocked from many angles.
- Develop a variety of techniques; have more than one way to defeat a block.
- Believe that you are going to make the tackle on every play.
- Don't use lack of physical skills as an excuse.
- Show great character. Overcome adversity, injury, and heartache.