DEFENSE & DRILLS PLAYBOOK

NEXT LEVEL FLAG FOOTBALL

DEFENSE: CHALK TALK

DEFENSIVE POSITIONS

M- MIDDLE LINEBACKER (MIKE)

- VOICE/LEADER OF THE DEFENSE
- BEST FLAG PULLER
- CAN COVER RB MAN-TO-MAN

W- WEAKSIDE LINEBACKER (WILL)

- PLAYS OPPOSITE THE MIKE
- CAN COVER A SPEEDY SLOT/RB TYPE
- CAN DROP AS AN EXTRA SAFETY IN ZONE (SEE COVER 2)

$- SAFETY

- FASTEST PLAYER ON OUR DEFENSE
- KNOWS NOT TO GET BEAT DEEP
- HAS GREAT VISION OF THE WHOLE FIELD

LC- LEFT CORNER

- CORNER LINED UP TO THE LEFT SIDE OF THE DEFENSE
- DISCIPLINED EYES TO NOT LOOK IN THE BACKFIELD

RC- RIGHT CORNER

- CORNER LINED UP TO THE RIGHT SIDE OF THE DEFENSE
- DISCIPLINED EYES TO NOT LOOK IN BACKFIELD

DEFENSE: CHALK TALK

DEFENSIVE PASS COVERAGES

COVER 0

- MAN TO MAN PASS COVERAGE WITH AN ADDED BLITZER
- PRE-SNAP COMMUNICATION TO I.D. PLAYER WHO IS BLITZING
  - I.E.: $NOWMAN, MONSOON, WILDFIRE
    - FIRST LETTER OF DISASTER = BLITZER
- RULE: BLITZER MUST BE 7 YARDS BEHIND L.O.S.
- ON THE SNAP, $ ROTATES TO COVER THE MAN THE BLITZER WOULD HAVE IN COVER 1

COVER 1

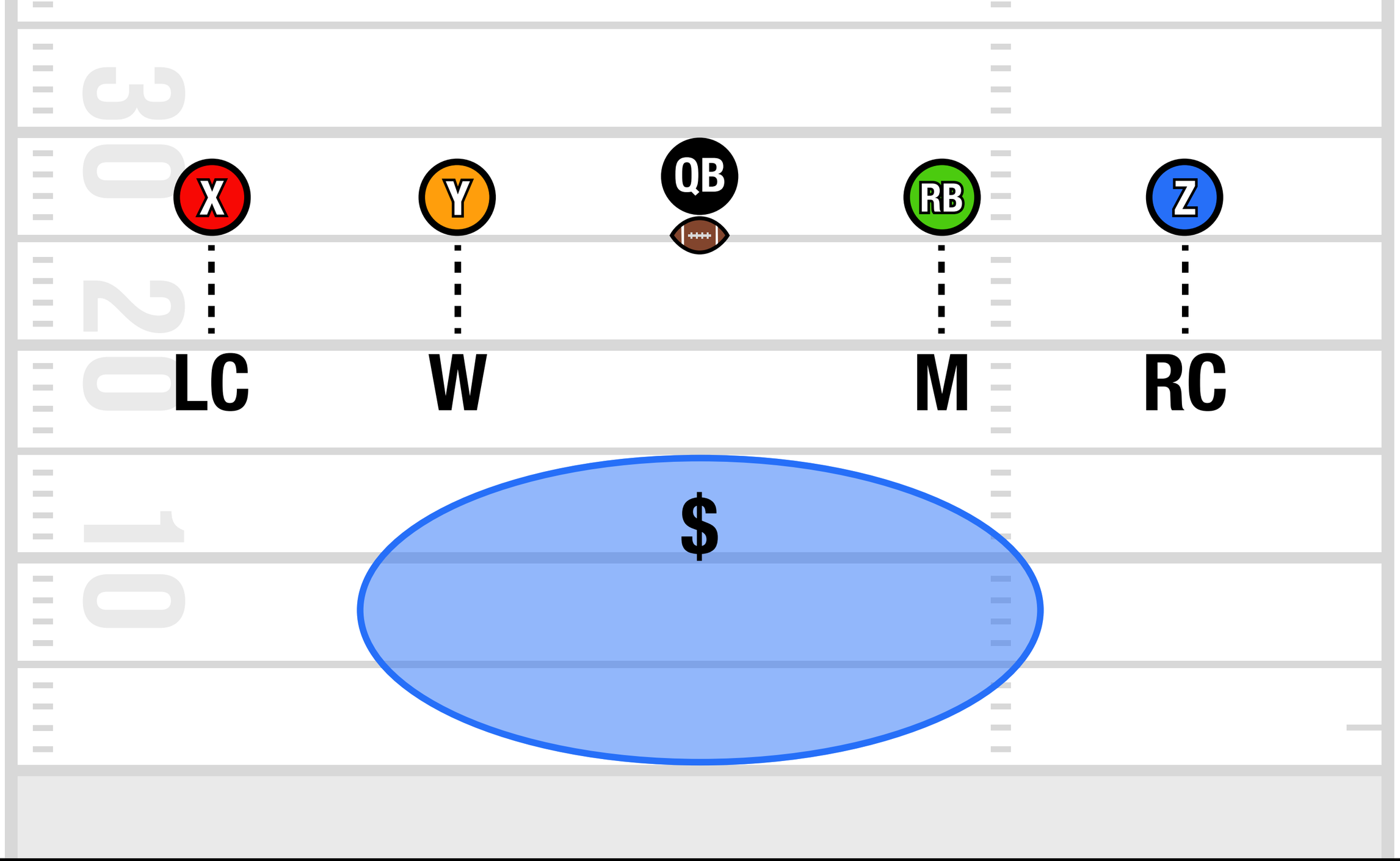
- MAN TO MAN PASS COVERAGE WITH 1 DEEP SAFETY
- IF YOUR MAN MOTIONS, YOU RUN WITH HIM
- MIKE/WILL COMMUNICATE RUN/PASS BY SHOUTING WHAT THE QB DOES
- $ CANNOT GET BEAT DEEP, HE'S THE LAST LINE OF DEFENSE

COVER 2

- ZONE PASS COVERAGE WITH 3 SHORT UNDERNEATH PLAYERS & 2 DEEP SAFETIES
- WILL LINEBACKER MOVE TO R$ OR L$ DEPENDING ON FORMATION STRENGTH
- SEE COVER 2 CARDS FOR POSITION RESPONSIBILITIES

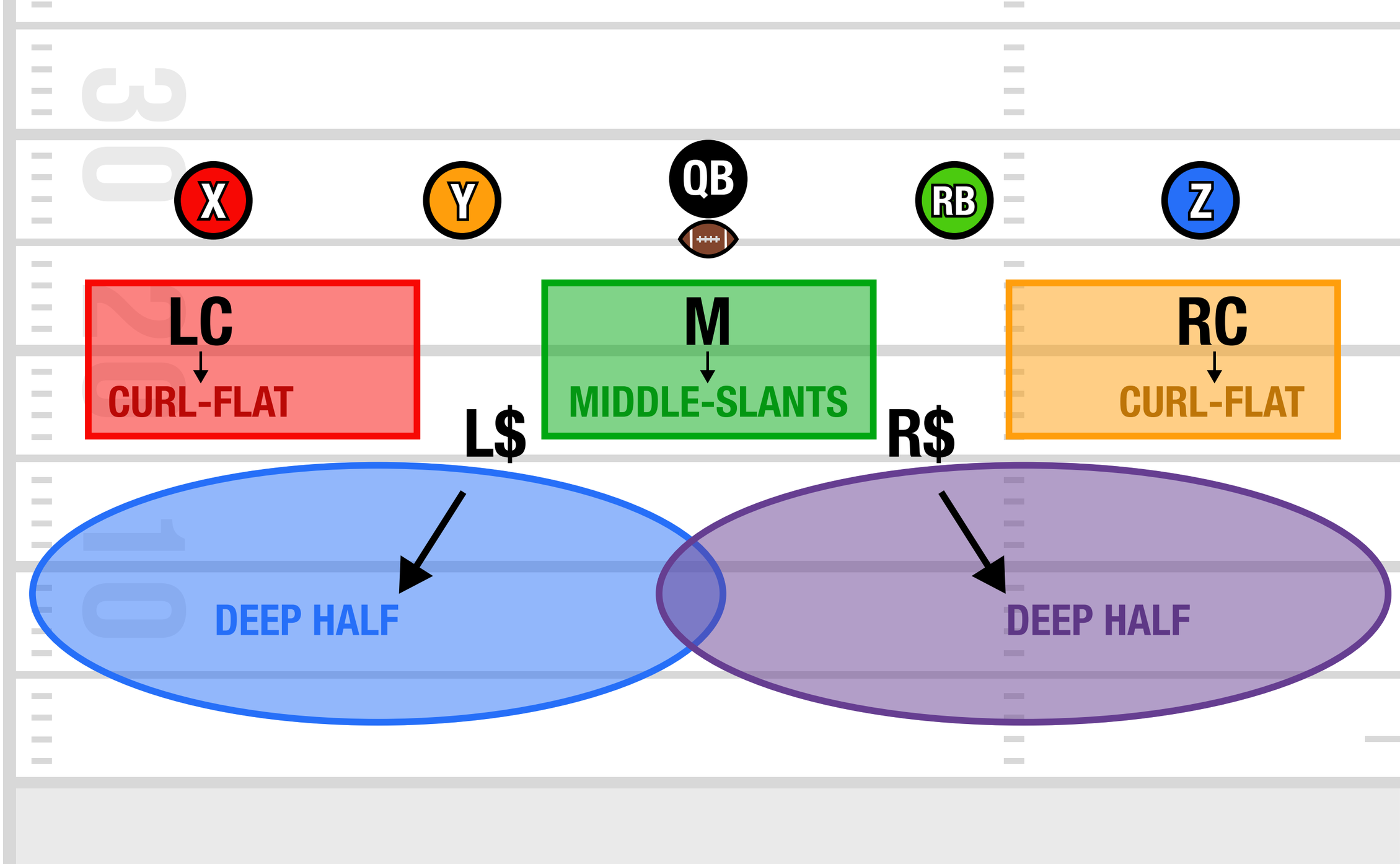
COVER 3

- ZONE PASS COVERAGE WITH 2 SHORT UNDERNEATH PLAYERS & 3 DEEP DEFENDERS
- FRONT 2 - MIKE & WILL: RESPONSIBLE FOR SWINGS, FLATS, SLANTS, ALL RUNS
- BACK 3 - LC/RC/$: RESPONSIBLE FOR DEEP THIRDS OF THE FIELD
- BEST COVERAGE FOR 3rd/4th & LONG



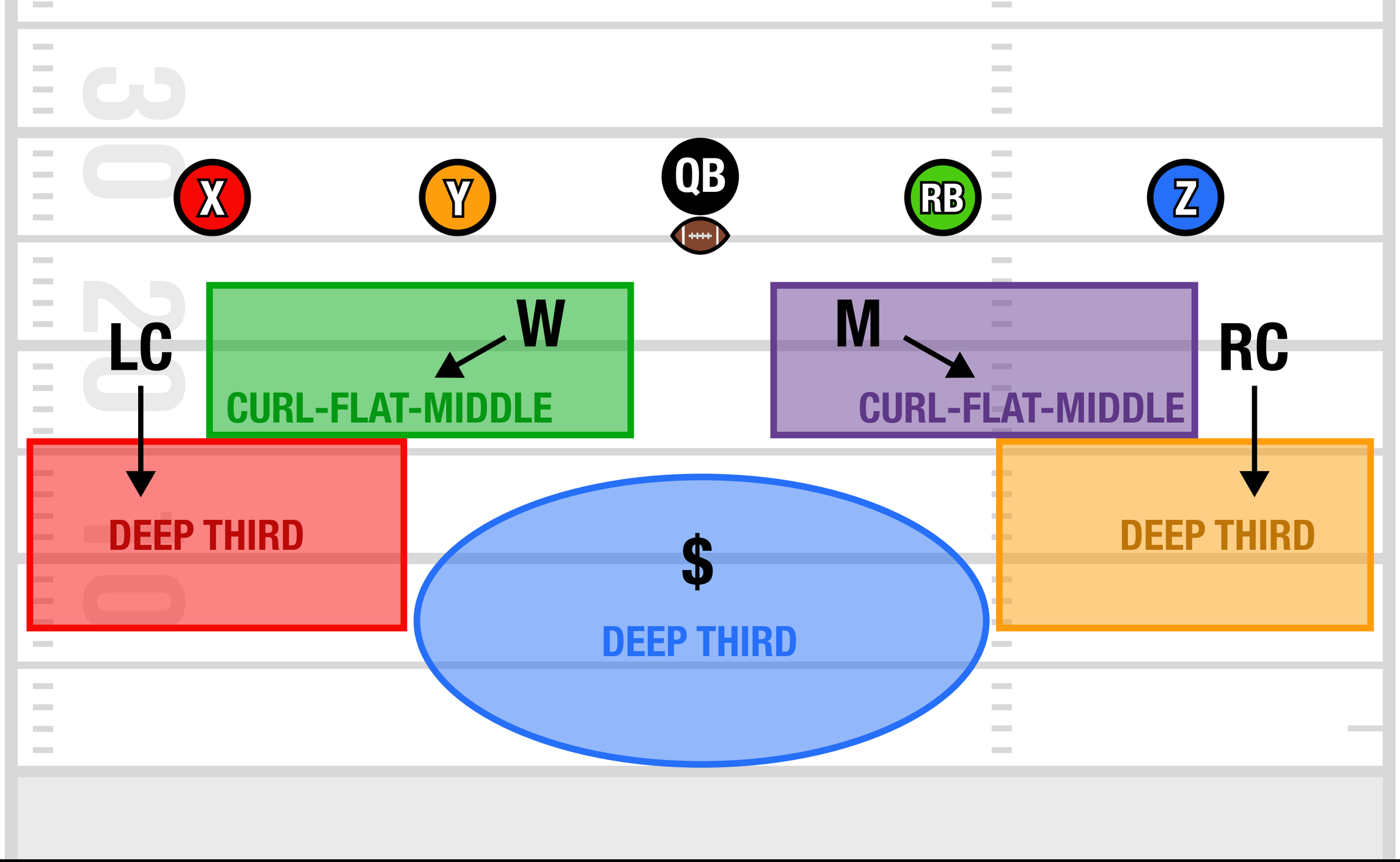
COVER 1 - MAN COVERAGE

(MAN TO MAN WITH ONE $ DEEP)

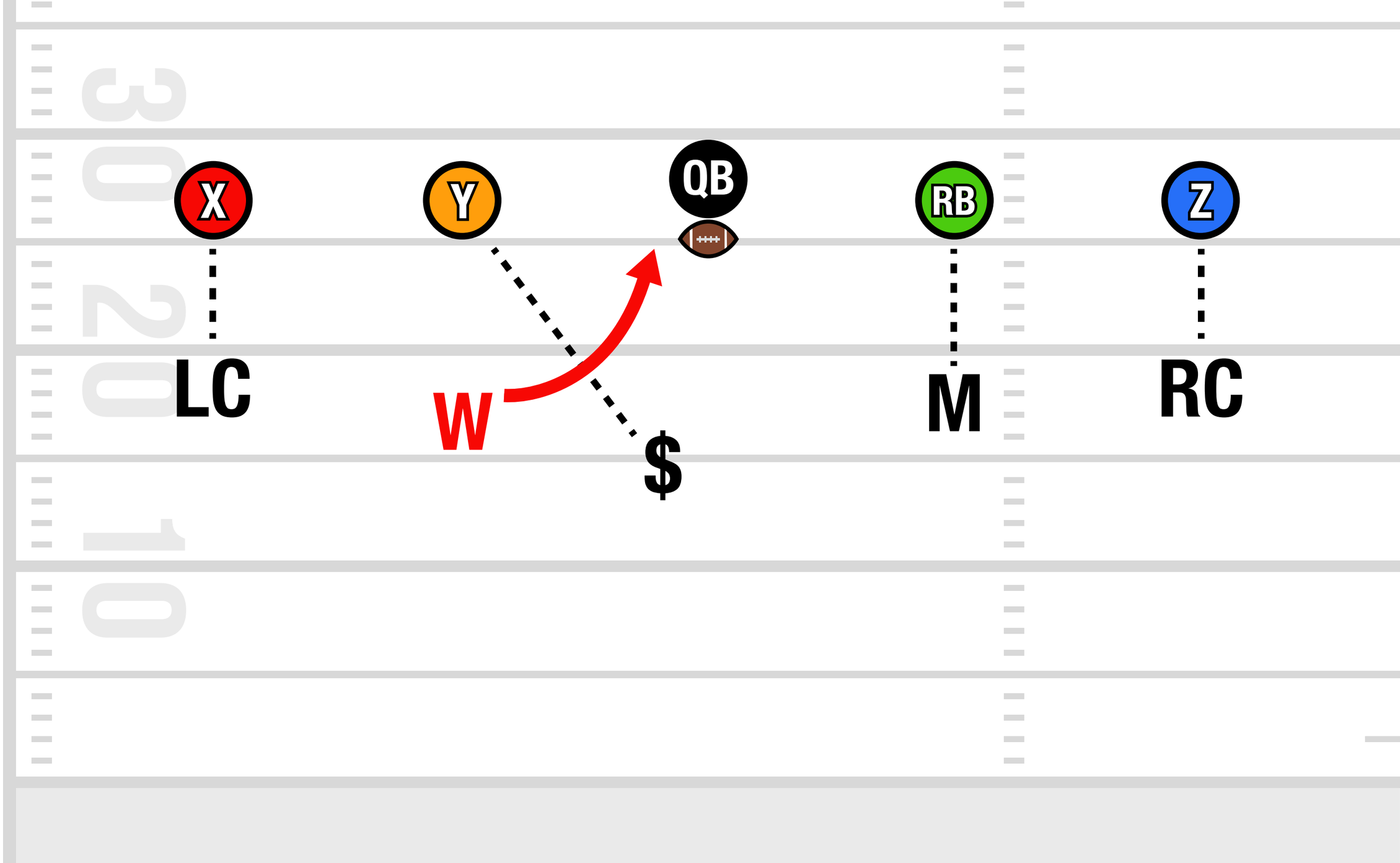


COVER 2 - ZONE COVERAGE

(2 DEEP $ & 3 SHORT DEFENDERS UNDERNEATH)

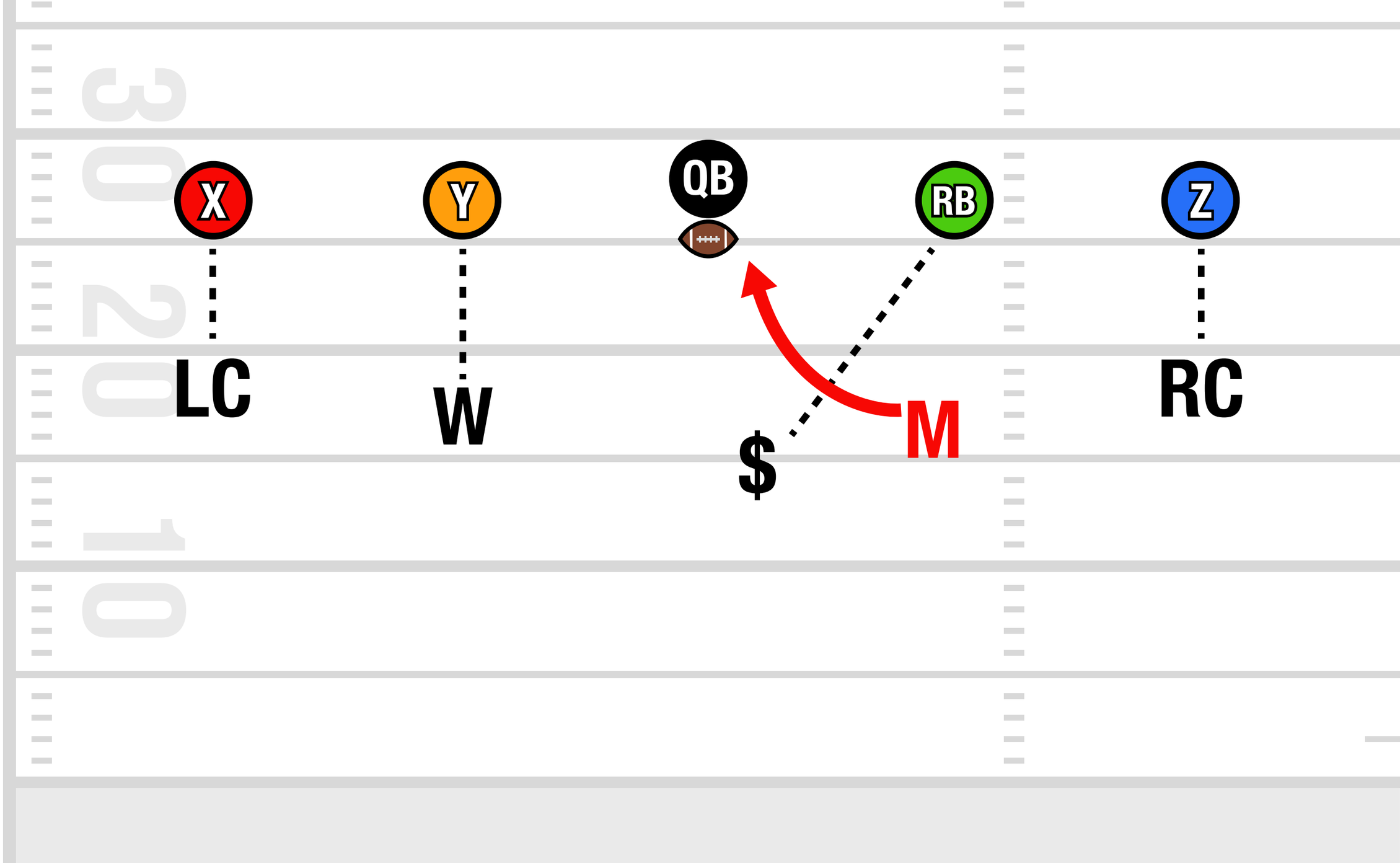


COVER 3 - ZONE COVERAGE (3 DEEP DEFENDERS & 2 SHORT DEFENDERS UNDERNEATH)



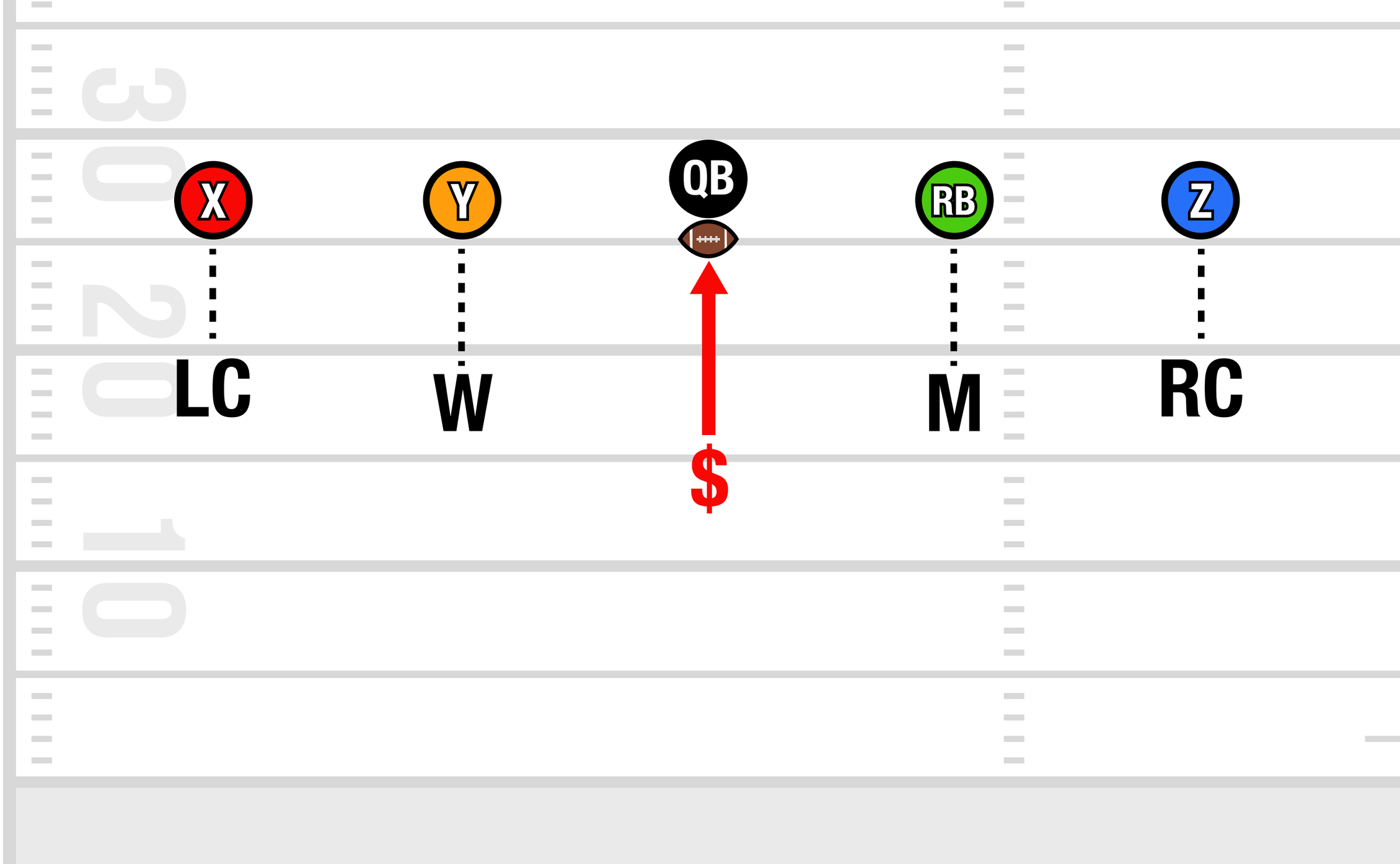
WILDFIRE - MAN COVERAGE W/ BLITZ

(MAN TO MAN WITH WILL BLITZ)



MONSOON - MAN COVERAGE W/ BLITZ

(MAN TO MAN WITH MIKE BLITZ)



$NOWMAN - MAN COVERAGE W/ BLITZ

(MAN TO MAN WITH SAFETY BLITZ)

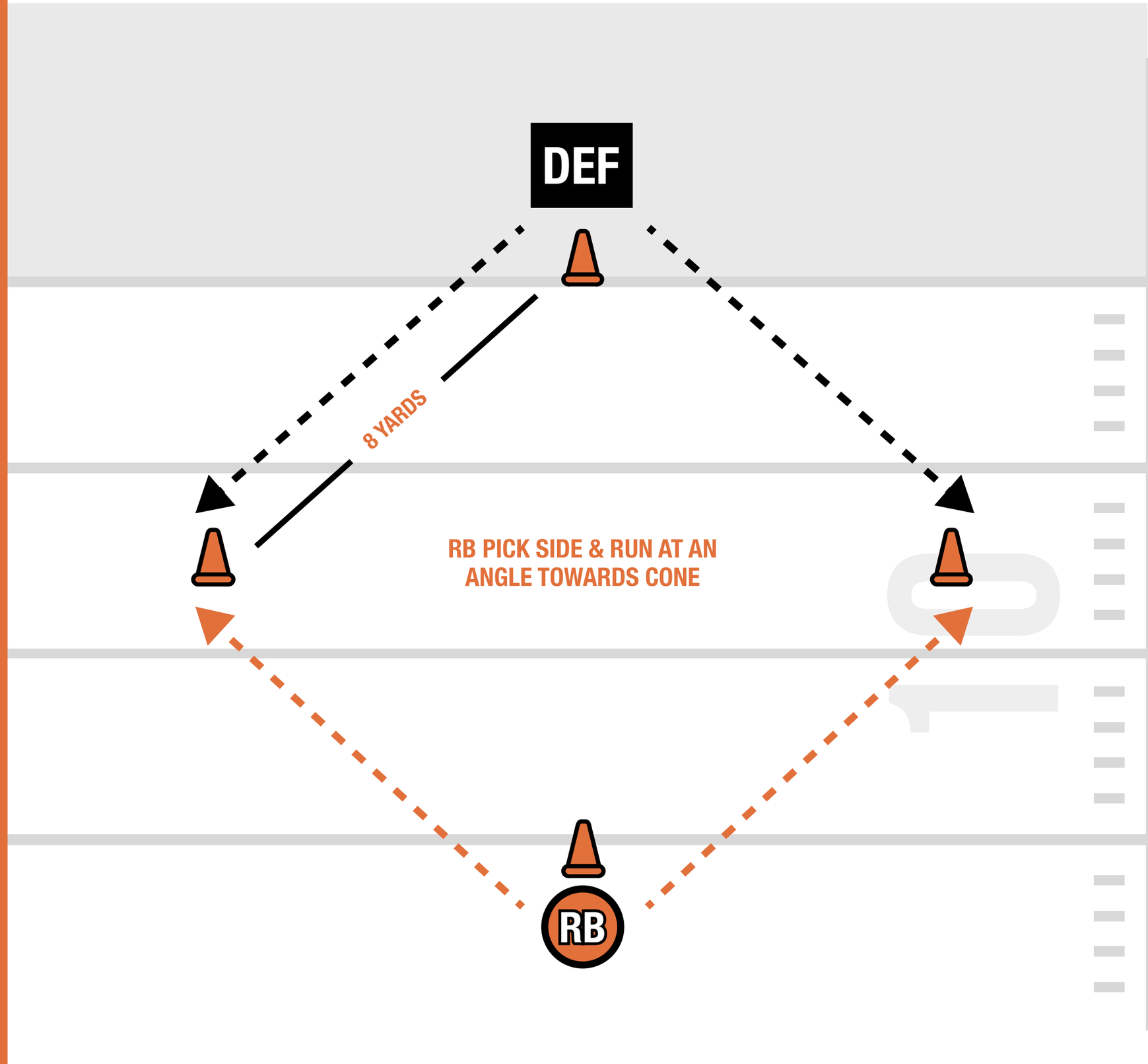
FLAG PULLING DRILLS

ANGLE FLAG PULL

DRILL EXECUTION: OFFENSE & DEFENSE GROUPS. DEFENSIVE PLAYER REACTS TO RB & TAKES AN ANGLE TO PULL FLAG.

COACHING POINT: DON'T LET THE RB CUT BACK, CLOSE THE SPACE FAST.

WATCH VIDEO

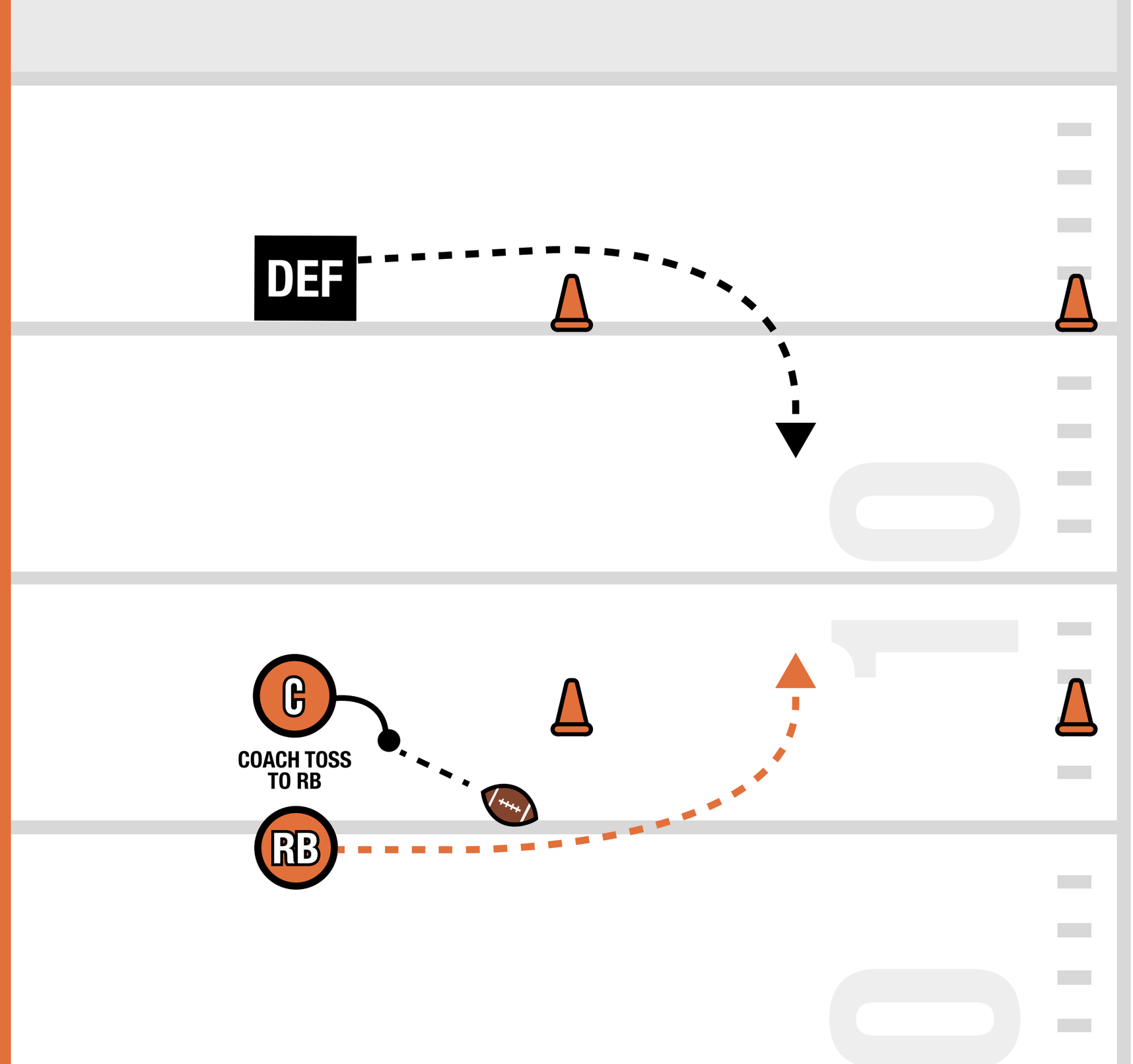


OPEN FIELD PULL

DRILL EXECUTION: 1 OFF. LINE & 1 DEF. LINE OUTSIDE FIRST CONES. COACH TOSSES RB BALL. RB ENTERS 'CHUTE', STAYING WITHIN THE BOX, MAKE DEF MISS. DEF CONTAINS RB & PULLS FLAG. ROTATE SIDES AFTER EACH REP.

KEY COACHING POINT: RB WIN WITH SPEED, ONLY MAKE 1 CUT. DEF ATTACK THE RB, TAKE THE AIR OUT.

WATCH VIDEO

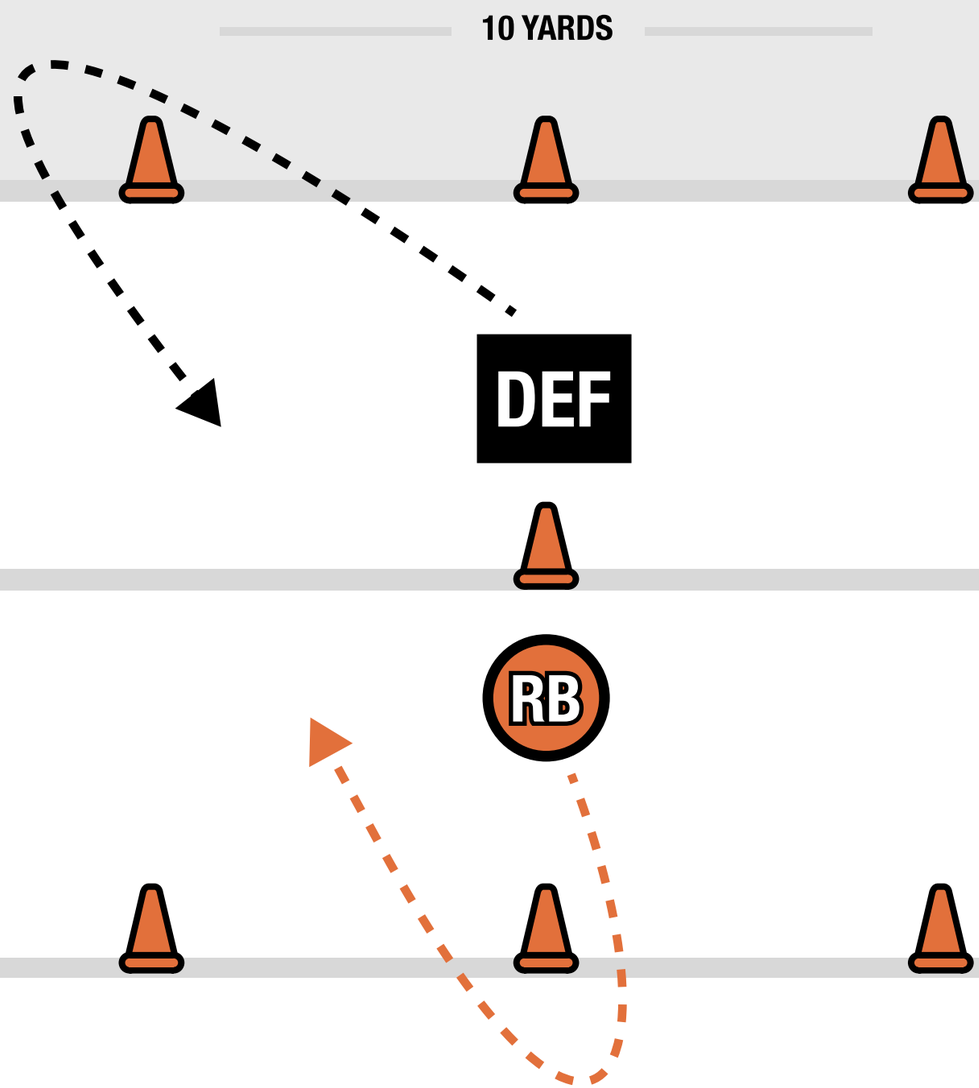


AROUND THE HORN

DRILL SETUP: 1 GROUP FOR OFFENSE & 1 GROUP FOR DEFENSE. PLAYERS START BACK TO BACK ON MIDDLE CONE.

DRILL EXECUTION: PLAYERS RUN IN OPPOSITE DIRECTIONS AROUND ONE OF THE THREE CONES. AFTER CIRCLING A CONE, STAYING WITHIN THE BOX, OFFENSE MAKES THEM MISS, DEFENSE PULLS FLAG.

WATCH VIDEO

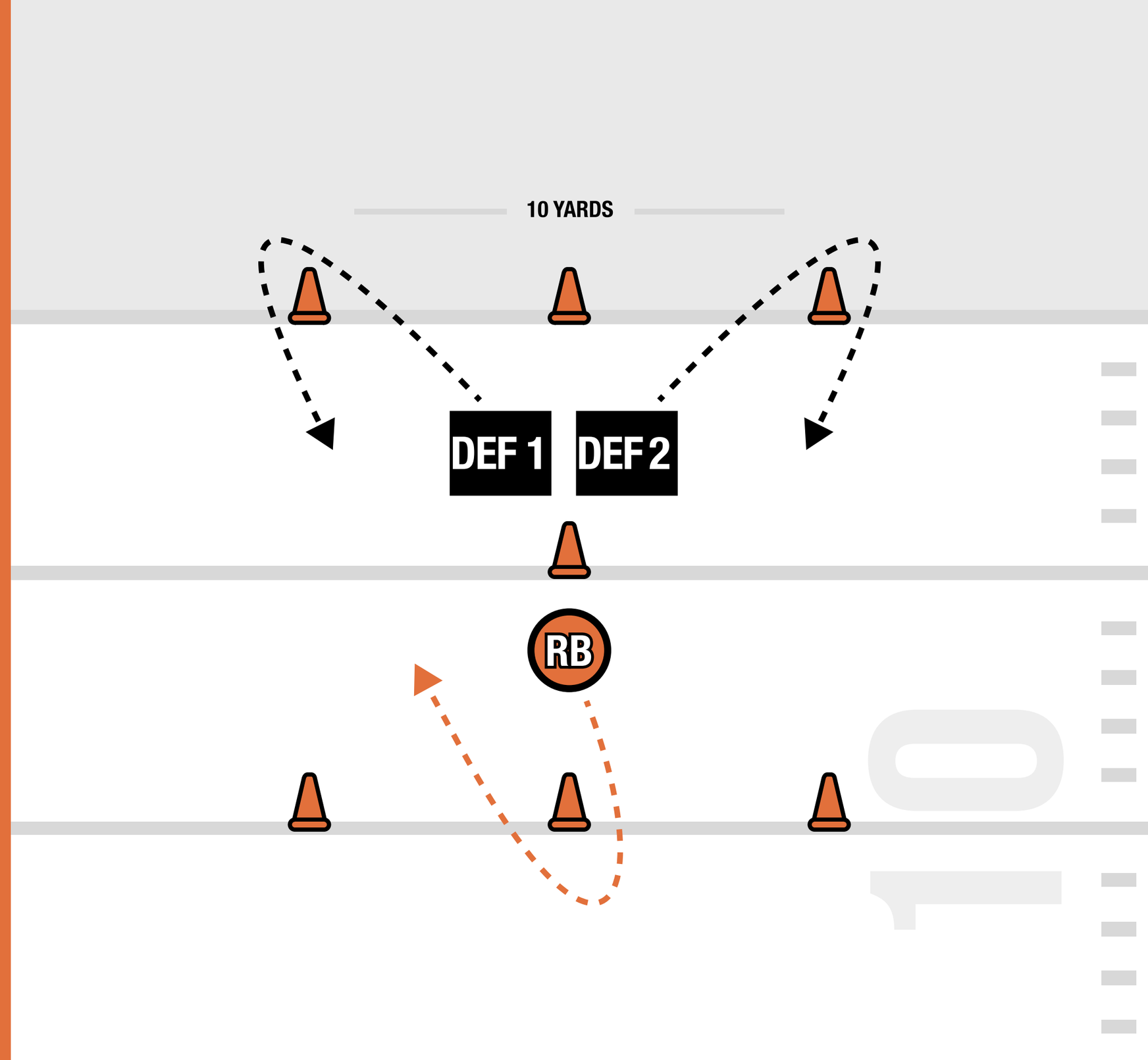


AROUND THE HORN 2-ON-1

DRILL SETUP: 1 GROUP FOR OFFENSE & 2 GROUPS FOR DEFENSE. OFFENSE & DEFENSE START BACK-TO-BACK ON THE MIDDLE CONE.

DRILL EXECUTION: PLAYERS RUN IN OPPOSITE DIRECTIONS CIRCLING ONE OF THE THREE CONES. STAYING WITHIN THE BOX, OFFENSE MAKES THEM MISS, DEFENSE WORKS TOGETHER, PULL THE FLAG.

WATCH VIDEO

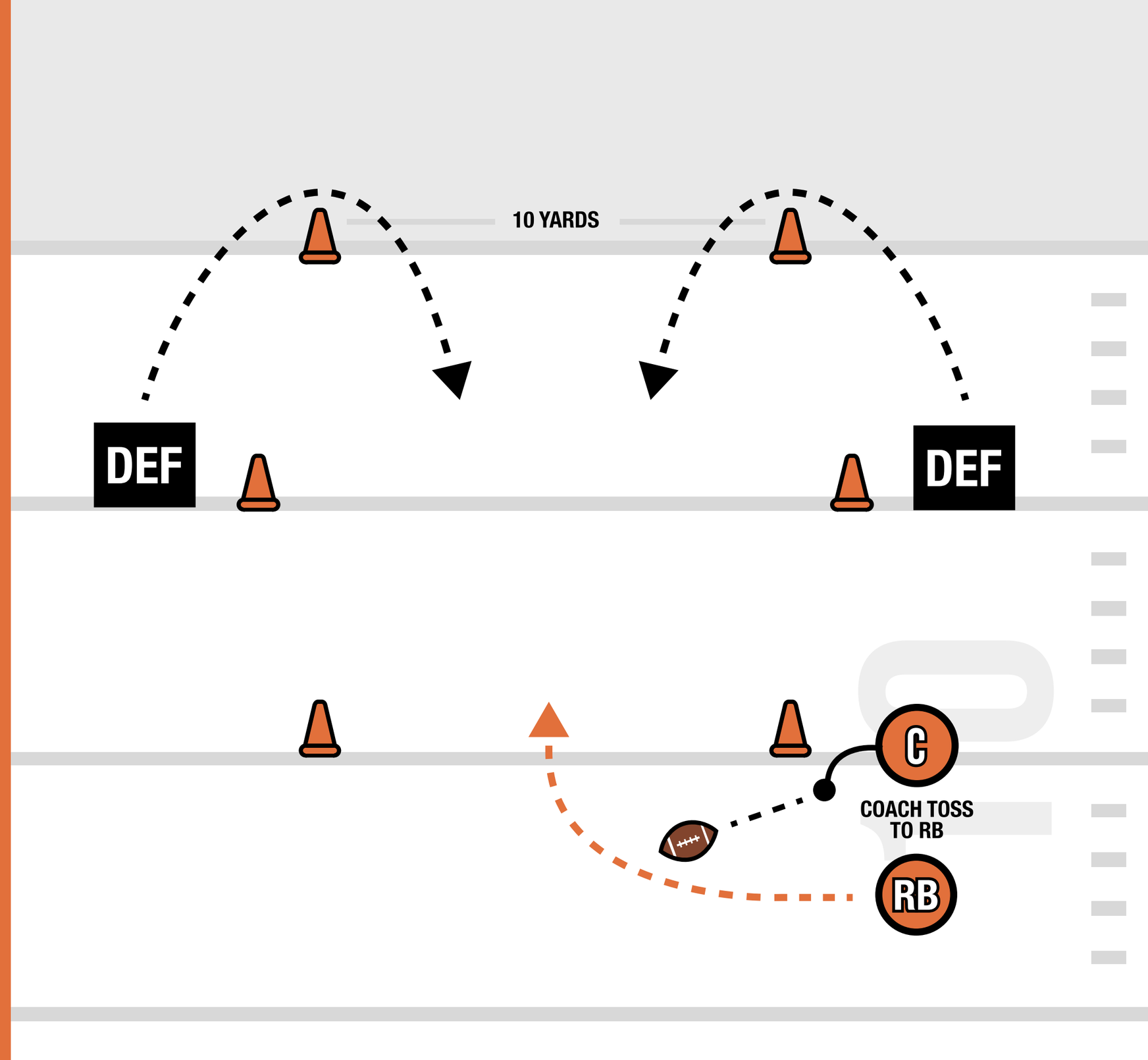


2-ON-1 FLAG PULL

DRILL EXECUTION: ONE RB LINE & TWO DEFENDER LINES. ON THE WHISTLE, DEFENDERS RUN AROUND CONES, WORK FORWARD INTO THE BOX. RB RECEIVES PITCH AND ENTERS BOX ATTEMPTING TO AVOID DEFENDERS.

COACHING POINT: DEF QUICKLY ROUND THE CONES, WORK IN TANDEM TO BOX BALL CARRIER, PULL THE FLAG.

WATCH VIDEO

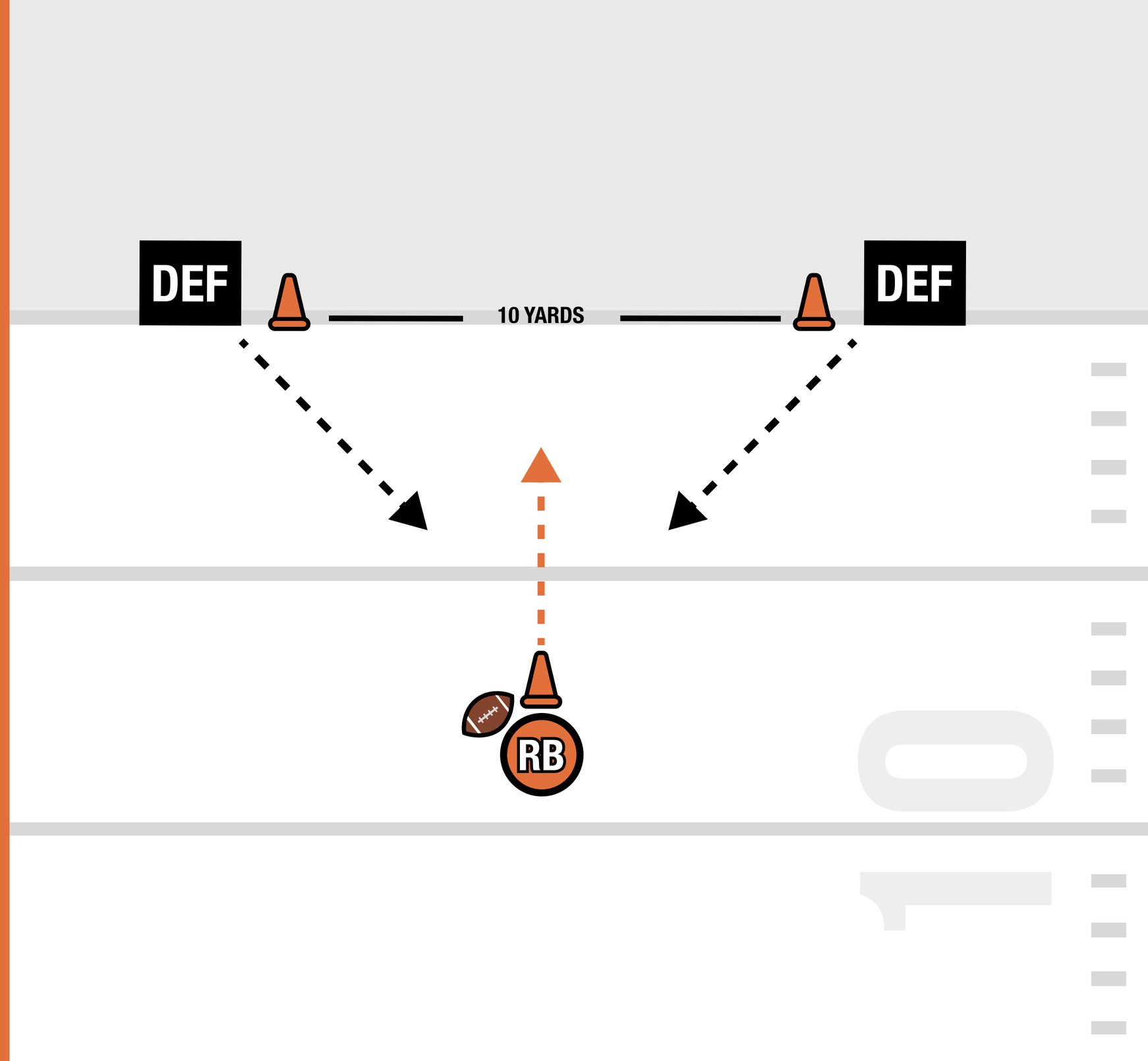


GOAL LINE STAND

DRILL EXECUTION: ONE LINE BEHIND RB. AFTER EACH REP, ROTATE RB TO LEFT DEF, LEFT DEF TO RIGHT DEF.

START DEFENDERS ON THEIR BACK, POP UP ON WHISTLE AND WORK TOGETHER. RB START ON CHEST, UP & BURST QUICK.

COACHING POINT: DEF DO NOT LET RB OUTSIDE. RB MAKE ONE CUT/MOVE & SCORE.

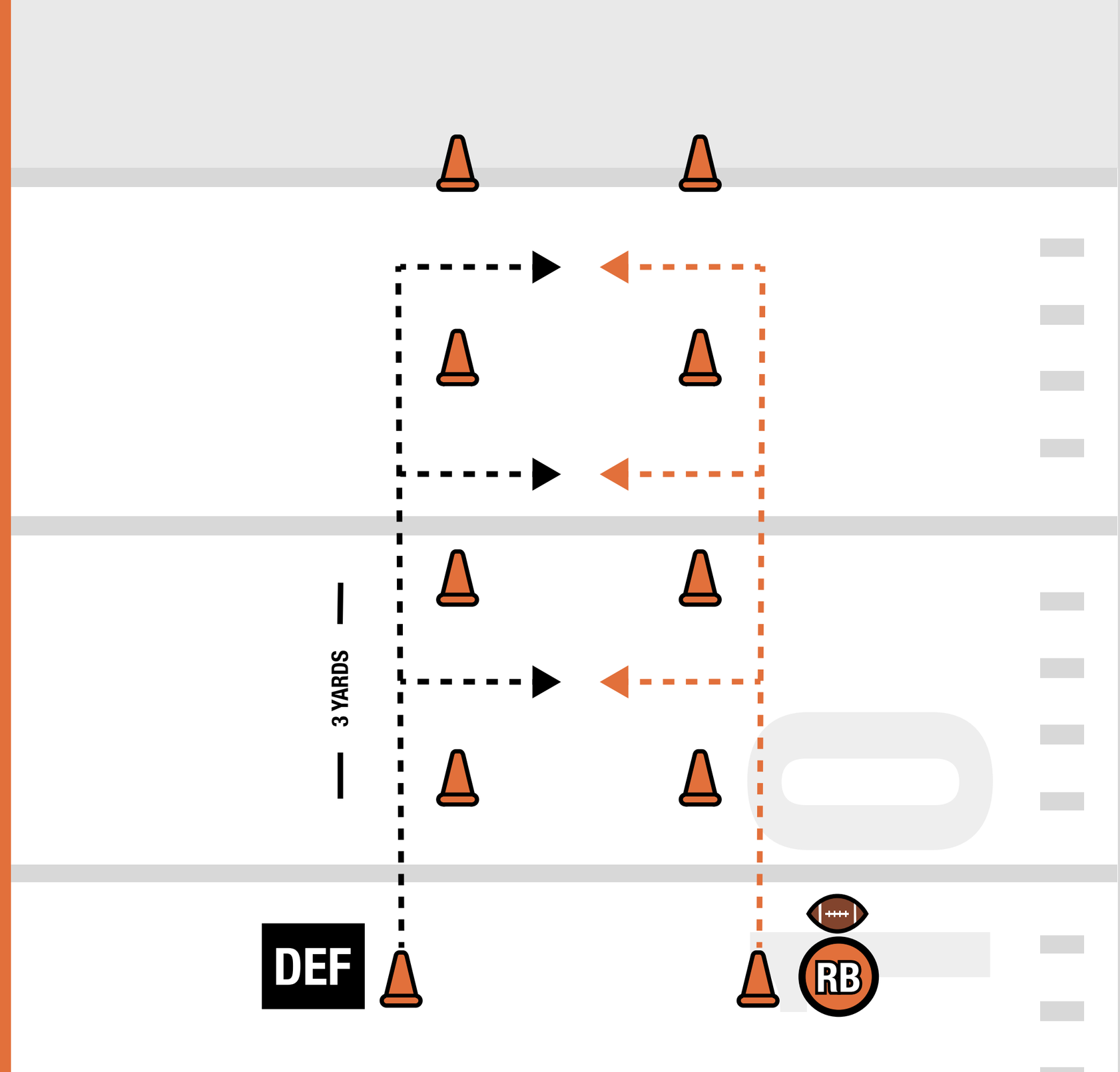


3-LANE REACTION

DRILL EXECUTION: 2 LINES - ONE OFFENSE & ONE DEFENSE. THE RB JOGS DOWN THE LINE & SELECTS 1 OF 3 LANES - MAKES CUT AND TRIES TO AVOID DEFENDER.

COACHING POINT: DEF SLOW SHUFFLE, KEEP SHOULDERS SQUARE & REACT TO THE RB. WHEN RB ENGAGES, TAKE THE AIR OUT, DO NOT WAIT. RB ONE CUT & GO.

WATCH VIDEO



OFFENSIVE DRILLS

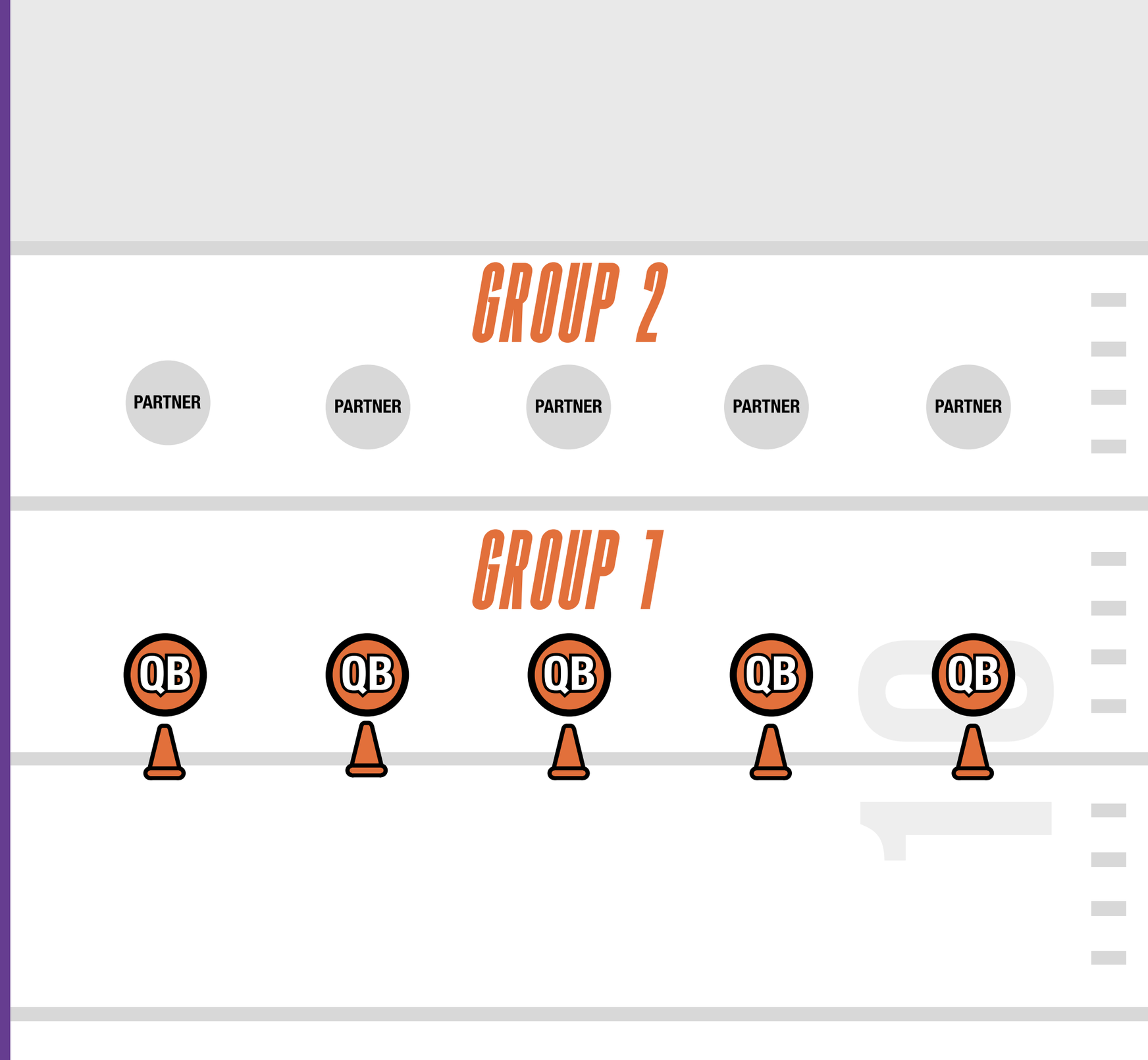
QB FOOTWORK

CADENCE: EXPLAIN CADENCE WITH TEAM: “DOWN SET GO/ HUT”. PRACTICE CADENCE BEFORE DOING DRILL.

DRILL: PARTNER UP, FIRST GROUP UP ON CONE. 5 REPS THEN ROTATE GROUPS.

- 3 STEP DROP
- 5 STEP DROP
- STRETCH RT/LT TO PARTNER
- TOSS R/L TO PARTNER
- PLAY-ACTION (FAKE HAND-OFF) ROLL OUT

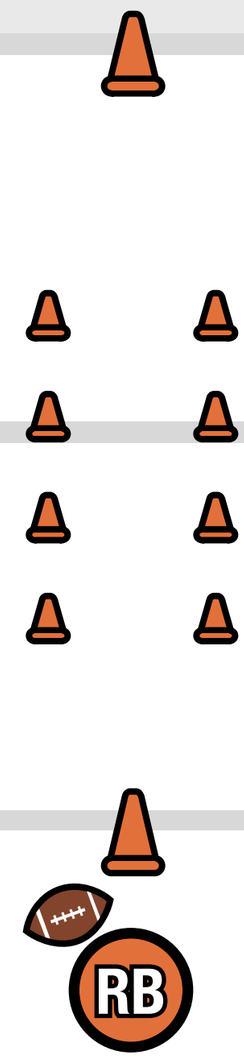
COACHING POINT: PROPER STEPS ON DROPS, EYES UP. CORRECT STEP FOR RUN PLAYS.



RB FOOTWORK

DRILL EXECUTION: 1 LINE - RB WITH BALL BEHIND THE STARTING CONE ON EITHER END WITH LINE BEHIND. ON THE WHISTLE, RB SPRINT TO BAGS (OR CONES) & PERFORM RESPECTIVE DRILL. ONCE THROUGH BAGS, SPRINT TO FINISH CONE.

COACHING POINT: STAY LOW, EYES UP, FINISH! NEXT MAN GOES WHEN FIRST IS THRU FINISH CONE.



DRILL LIST

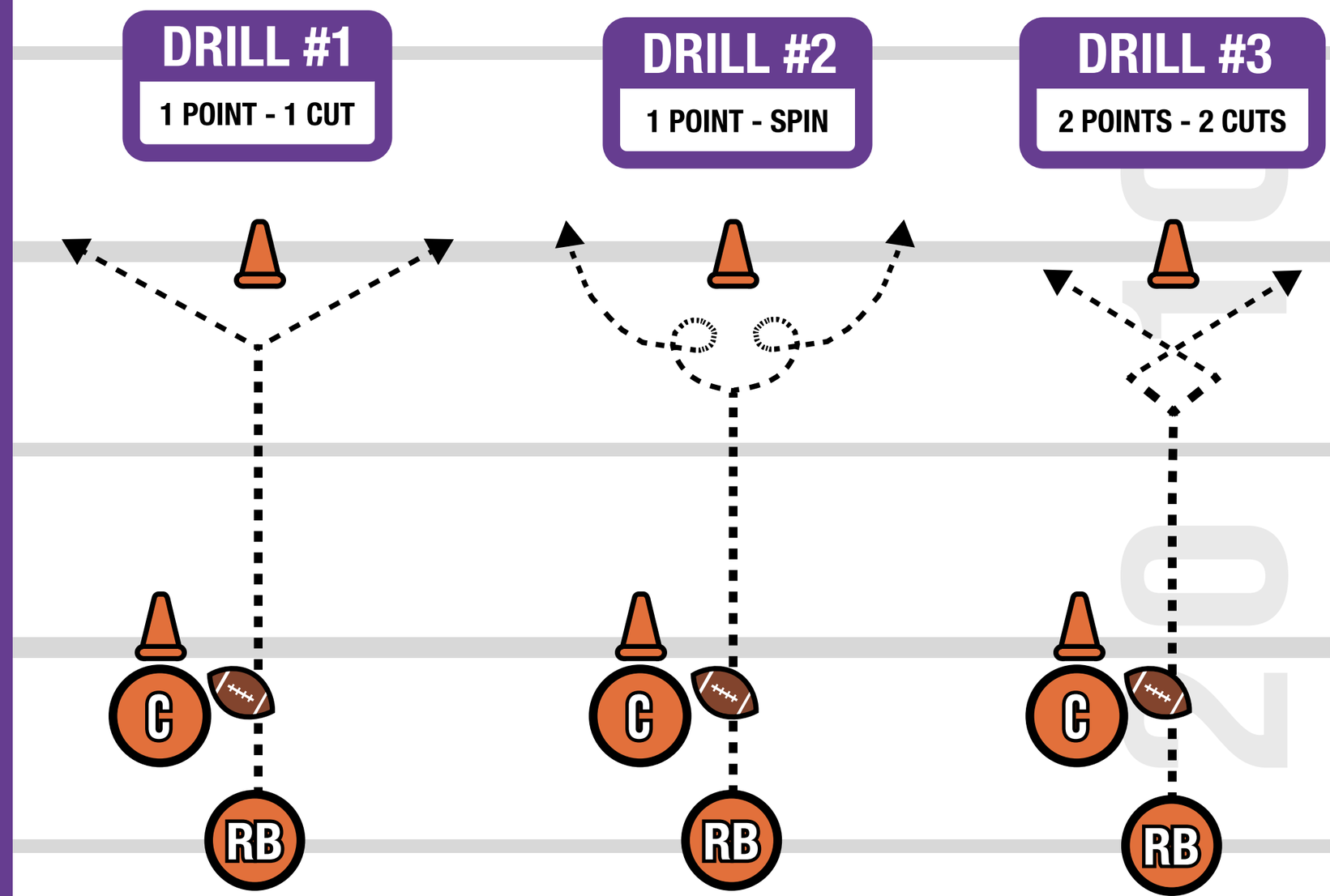
1. TWO FEET IN HOLE
2. ONE FOOT IN HOLE
3. FORWARD SHUFFLE
4. LATERAL RUN
5. SPRINT/BACKPEDAL

RB AGILITIES

DRILL EXECUTION: 1 RB UP, LINE BEHIND. ON THE WHISTLE, RB RECEIVES HANDOFF (DIVE RT/LT) FROM COACH #1, MAKE CUT/SPIN/ DOUBLE CUT OFF COACH #2 (OR A CONE). AFTER REP, BACK OF THE LINE.

COACHING POINT: PROPER ARM UP ON HANDOFF, MAKE FAST CUTS, BURST!

WATCH VIDEO

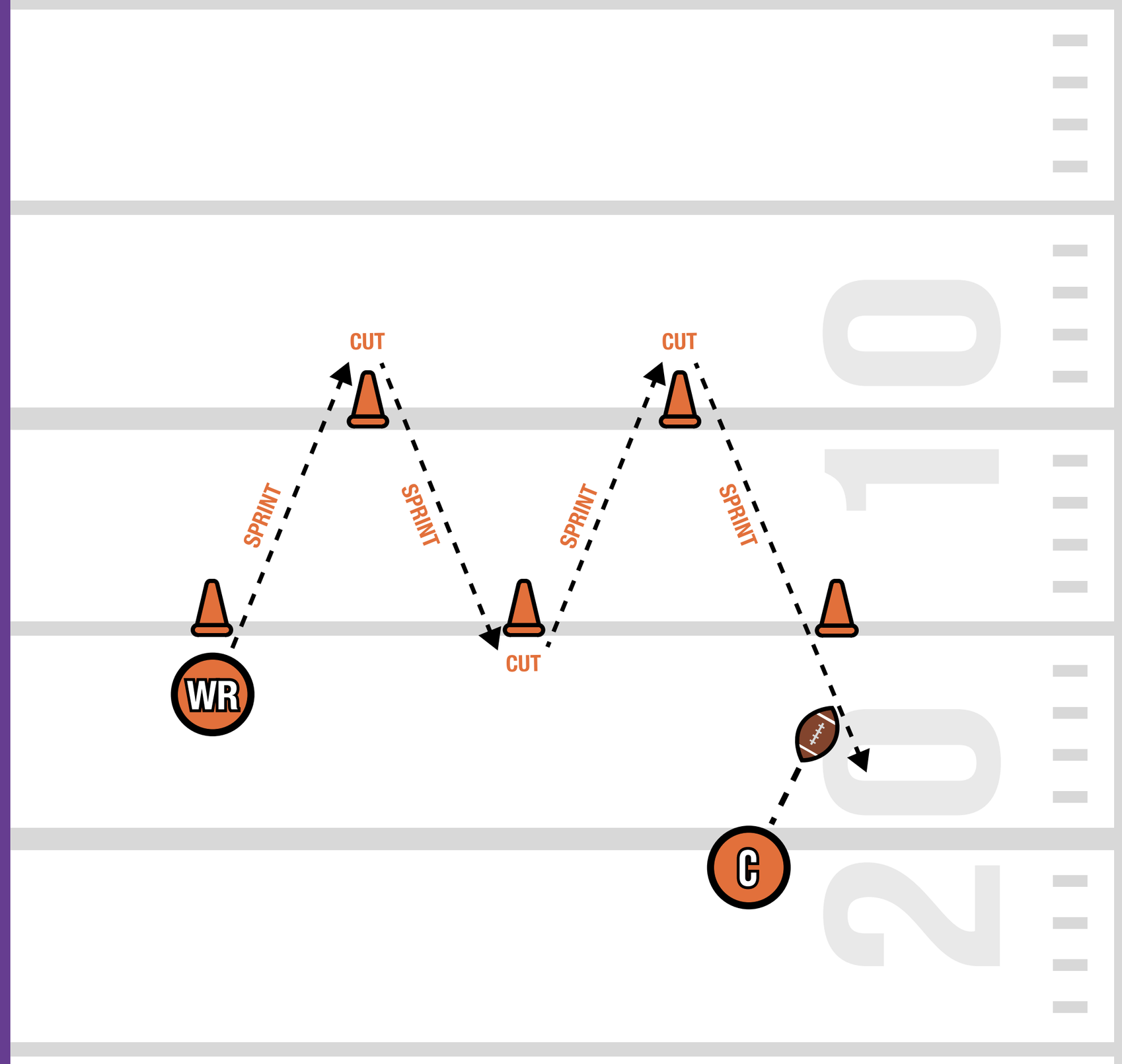


WR ANGLE CUTS

DRILL EXECUTION: 1 LINE - WR ON FIRST CONE IN GOOD WR STANCE, LINE BEHIND. WR BURSTS TO TOP CONE AND MAKE EXPLOSIVE CUT OFF OUTSIDE FOOT, REDIRECTING TO NEXT CONE. AT LAST CONE LOOK FOR BALL.

COACHING POINT: SHARP CUTS, NO WASTED MOVEMENTS, ENSURE OUTSIDE FOOT FOR CUT.

WATCH VIDEO



ROUTE TEACH

SLANT: 3 STEPS THEN SHARP 45 DEGREE ANGLE

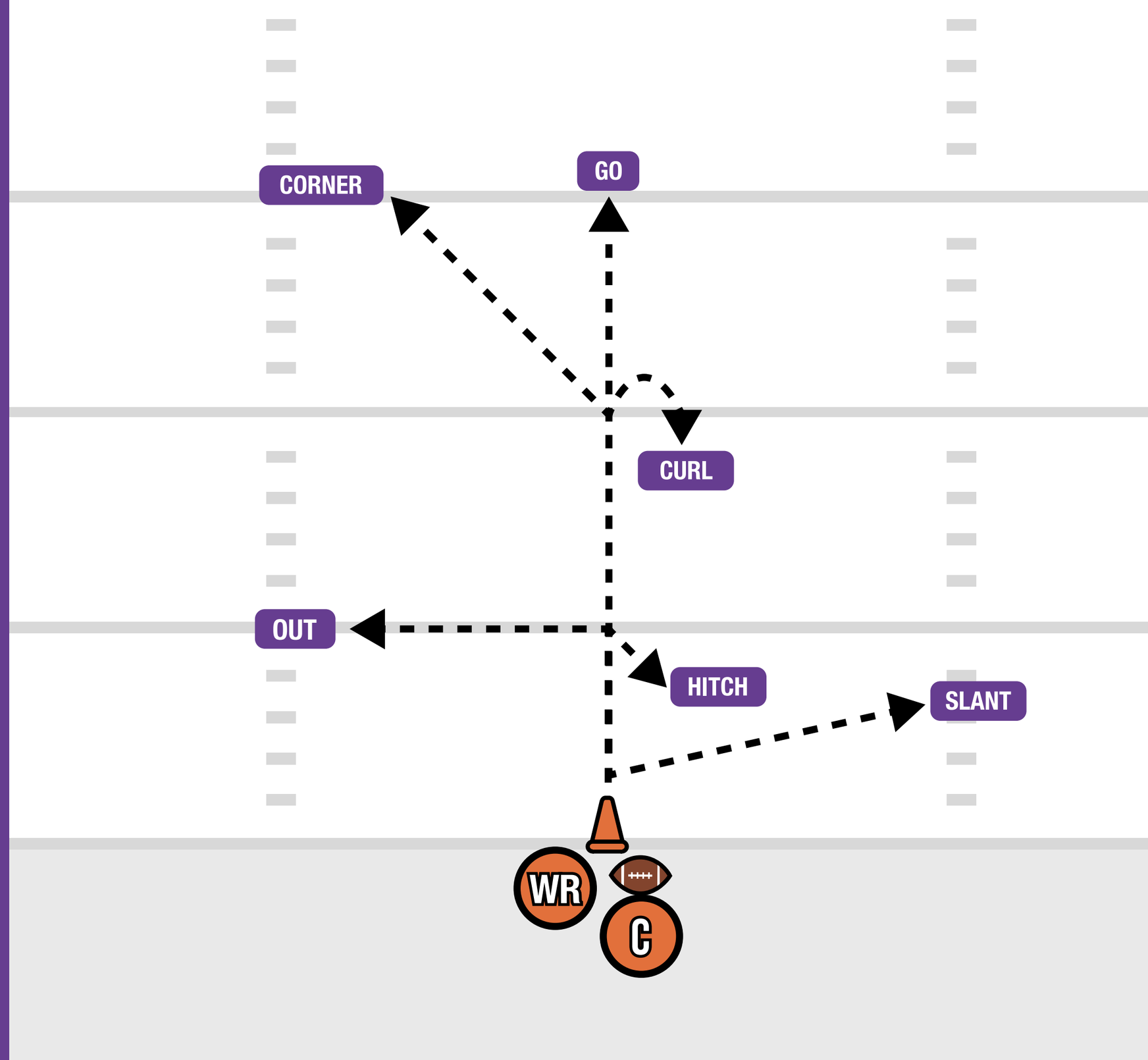
HITCH: 5 YARDS & TURN INSIDE TOWARD QB

CURL: 10 YARDS & TURN INSIDE TOWARD QB

CORNER: 10 YARDS THEN 45 DEGREE ANGLE TOWARD SIDELINE

OUT: 5 YARDS & CUT OUT TOWARDS SIDELINE

GO: RUN STRAIGHT DOWN THE FIELD, RELEASE OUTSIDE THE DEFENDER

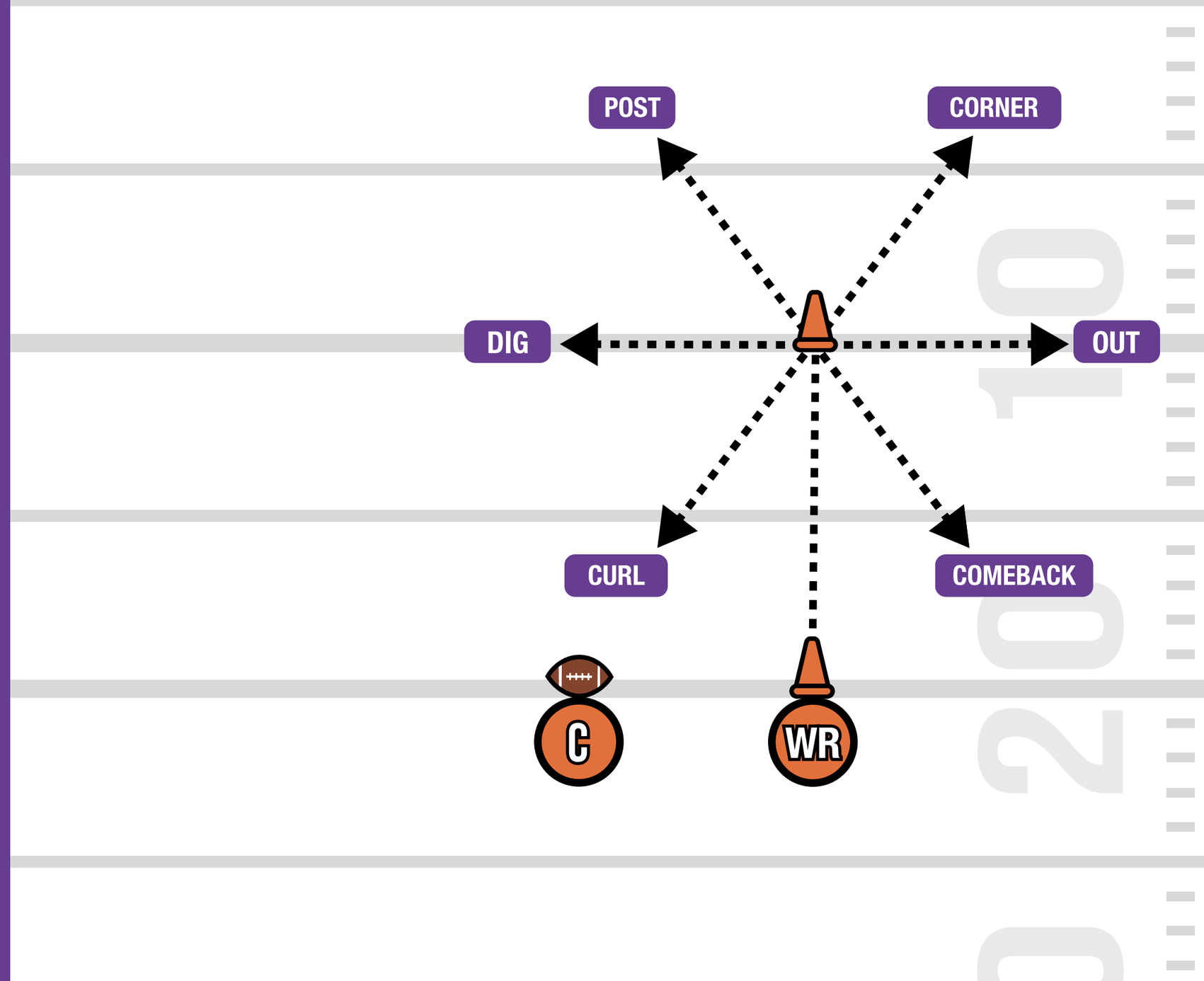


ROUTE QUIZ

DRILL EXECUTION: 1 LINE - WR ON FIRST CONE IN GOOD WR STANCE, LINE BEHIND. ON THE WHISTLE THE COACH SHOUTS A ROUTE, WR BURSTS TO TOP CONE AND MAKE CORRECT CUT FOR RESPECTIVE ROUTE. LOOK FOR BALL.

COACHING POINT: PUMP ARMS THROUGH THE CUT, WATCH BALL IN, CATCH-TUCK-BURST UP FIELD, WIN WITH SPEED.

WATCH VIDEO



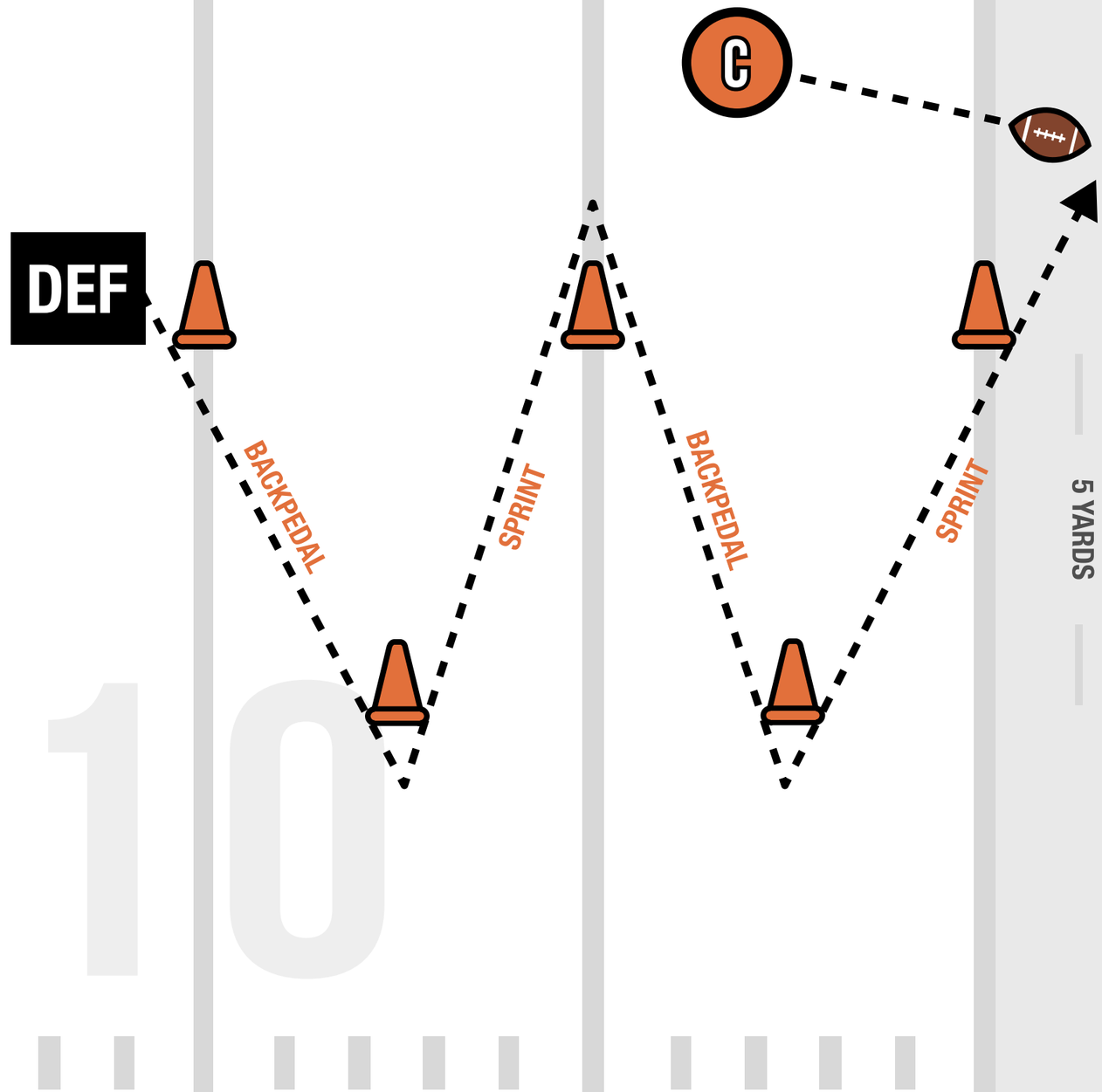
DEFENSIVE DRILLS

W DRILL

DRILL SETUP: 3 CONES ON A LINE 5 YARDS APART. 2 CONES 5 YARDS APART BEHIND CREATING A ‘W’

DRILL EXECUTION: COACH BACK PEDALS PLAYER (POINTS BACKWARDS) & BREAKS THEM (POINTS DOWN) AS THEY MAKE A ‘W’ SPRINTING & BACKPEDALING. TOSS BALL TO THE DEFENDER AS THEY FINISH. AFTER EVERYONE GOES, RUN AGAIN IN THE OTHER DIRECTION.

WATCH VIDEO

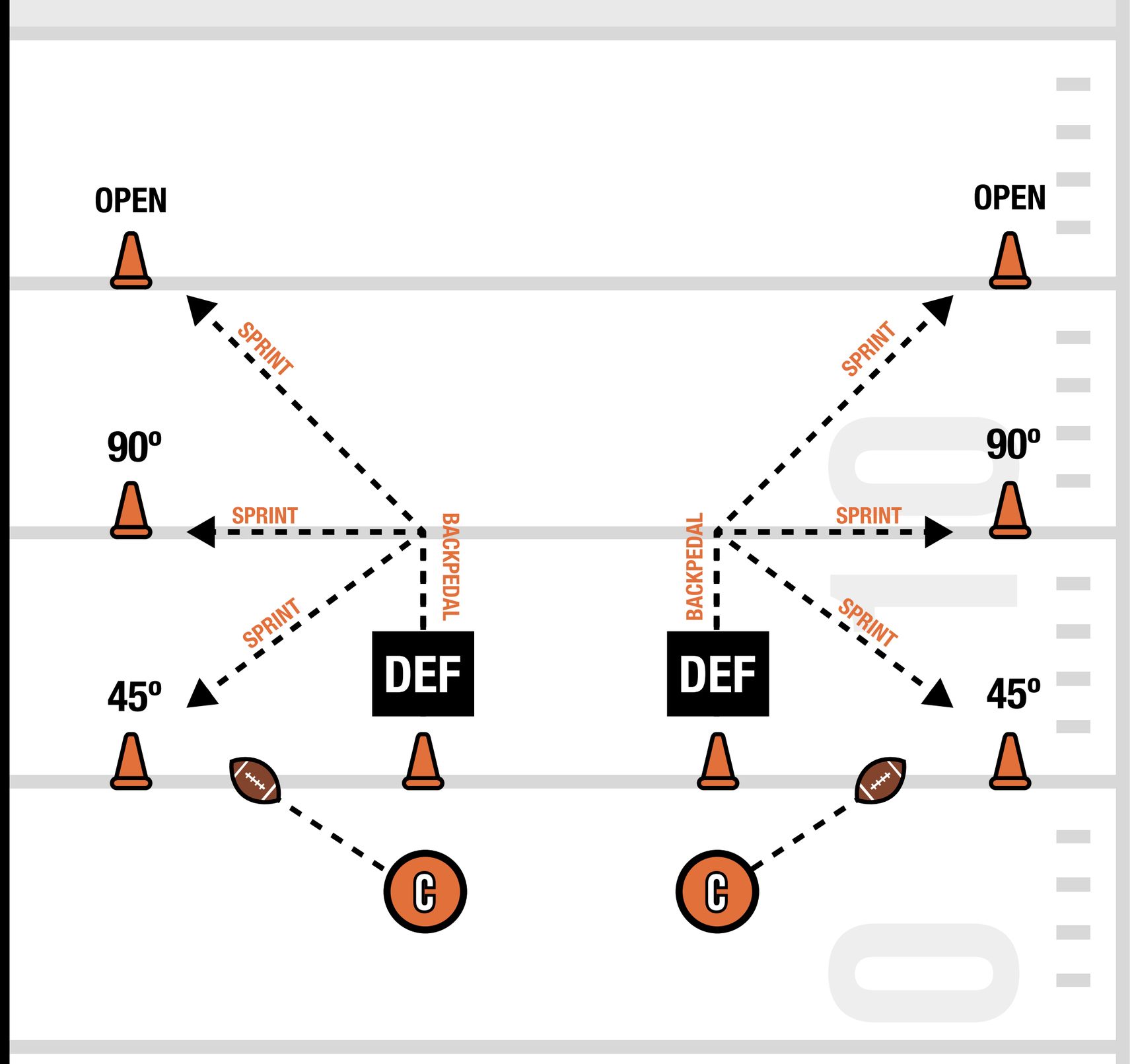


BACKPEDAL BREAKS

SETUP: TWO LINES - PLAYERS SWITCH LINES AFTER EACH REP. SET UP A START CONE AND A CONE FOR THE PLAYER TO BREAK TO (45 DEGREE, 90 DEGREE, OR OPEN ANGLE).

DRILL EXECUTION: COACH POINTS BACKWARDS, PLAYER BACKPEDALS. ON COACH'S NEXT POINT, PLAYER 'BREAKS' AND SPRINTS TO CONE THE COACH POINTED TO AND IS TOSSED A BALL.

WATCH VIDEO

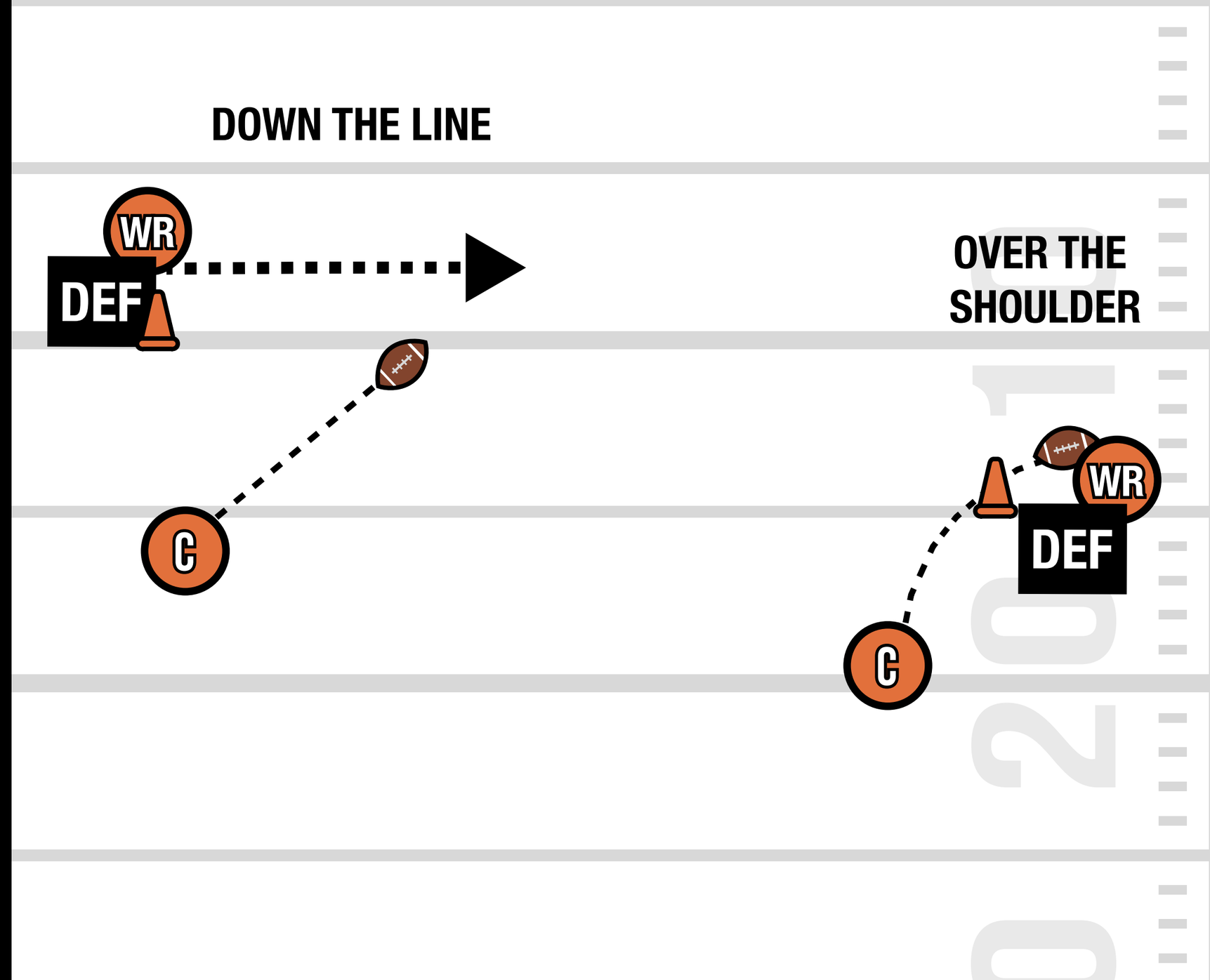


PASS BREAKUPS

DOWN THE LINE: DEF TRAILING WR FROM BEHIND, WR JOGS DOWN A LINE. COACH THROWS FIRM BALL, DEF EYES ON QB & MAN, JUMP ROUTE & BREAKUP PASS.

OVER THE SHOULDER: DEF TRAILS WR FROM BEHIND, WR STATIONARY PUMPING ARMS, COACH THROWS OVER SHOULDER BALL. DEF EYES ON WR, BREAKUP PASS WHEN WR HAND'S GO UP.

WATCH VIDEO

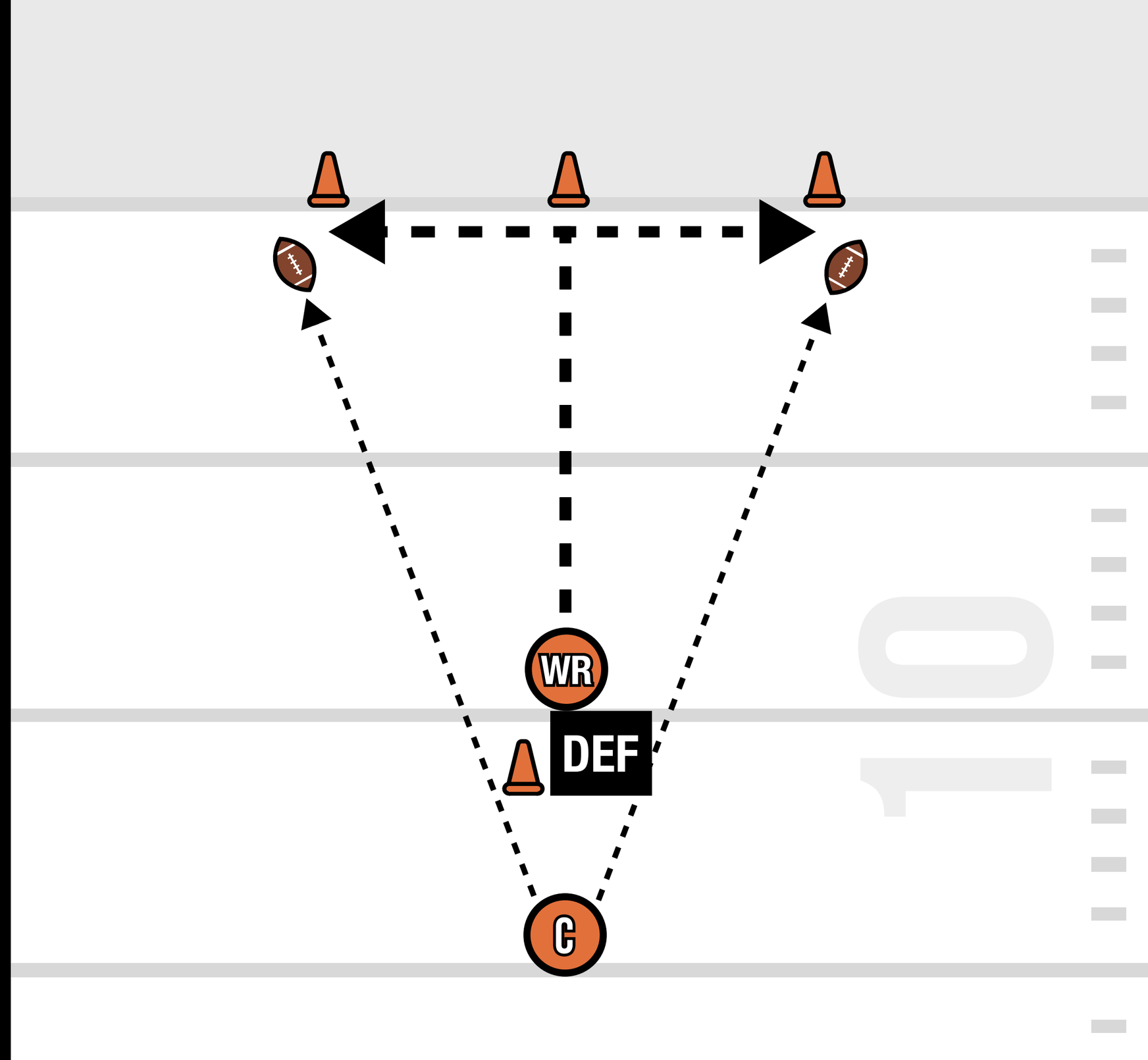


TRAIL TECHNIQUE

DRILL EXECUTION: 1 LINE - DEF TO WR, WR TO END OF LINE.WR JOGS TOWARD MIDDLE CONE, PERIODIC STUTTERS. AT MIDDLE CONE, WR GO LEFT OR RIGHT, DEF REACT & JUMP THE ROUTE.

COACHING POINT: DEF STAY ARMS DISTANCE. REACT TO WR STUTTERS. BREAK UP THE PASS.

WATCH VIDEO



#NEXTLEVELBALL