

### **Top 3 Keys to Defense:**

- 1) Great Tackling
- 2) Proper Pursuit (“Smart Swarm”)
- 3) Gap Responsibility/Integrity

### **Main Plays to Stop in Youth Football**

- 1) Sweep
- 2) Off-tackle
- 3) Boot/Counter/Reverse
- 4) Half-back or PA Pass
- 5) Wedge (SW/DW teams)

### **Defense Fronts**

5-3:

- ✓ Base Defense
- ✓ Coverage: Cover 3

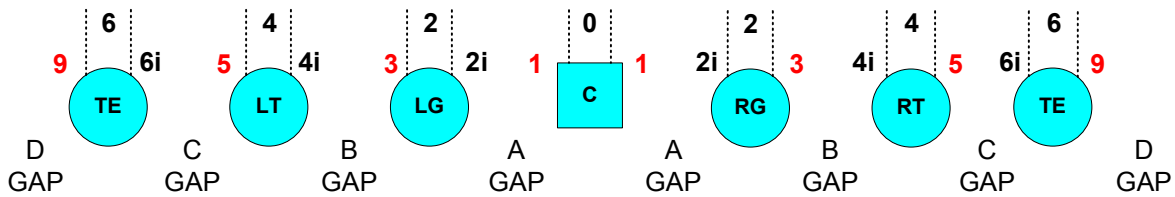
5-2-4:

- ✓ Pass defense (3<sup>rd</sup>/4<sup>th</sup> and long) or vs. spread formations
- ✓ Coverage's: Cover 2, cover 3 sky, or cover 3 cloud

5-4-2

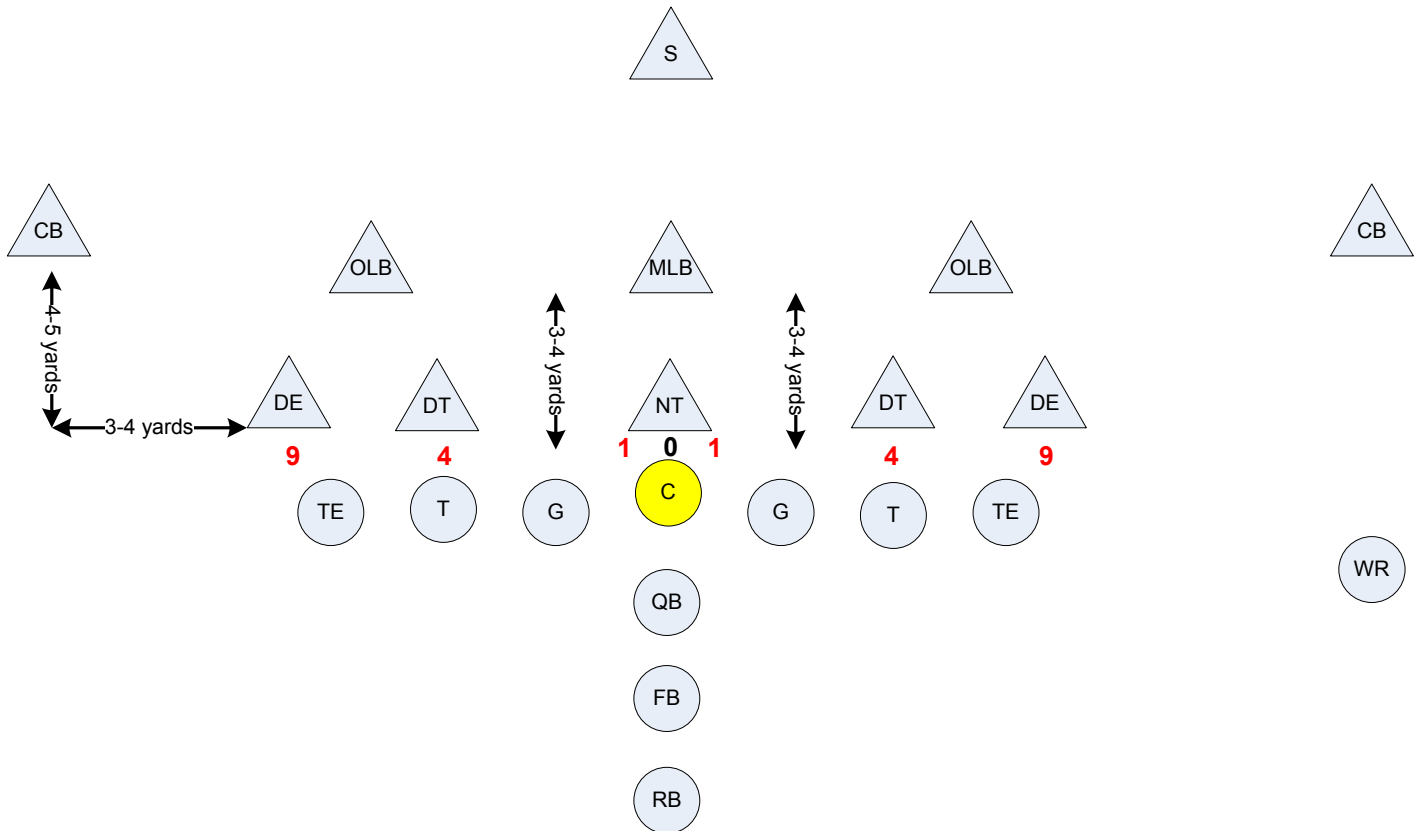
- ✓ Goal Line or short yardage defense
- ✓ Coverage: Man

# DEFENSIVE ALIGNMENT (GAPS OR "TECHNIQUE")



Linebackers add a '0' to the end

## 5-3-3 Base Defense vs. Balanced (Double Tight)



### Base Alignment:

NG: Head up on Center (0 Tech) or shade (1 Tech)

DT: Head up Tackle (4 Tech) Alternate: 3 or 5 Tech

DE: Outside Shoulder of TE (9 Tech)

OLB: C Gap, 3-4 yards from LOS

MLB: Stack NT, 3-4 yards from LOS

CB: 3x5 or wide as WR

S: 9-11 yards

### Primary Run Gap Responsibility:

A Gap: NT

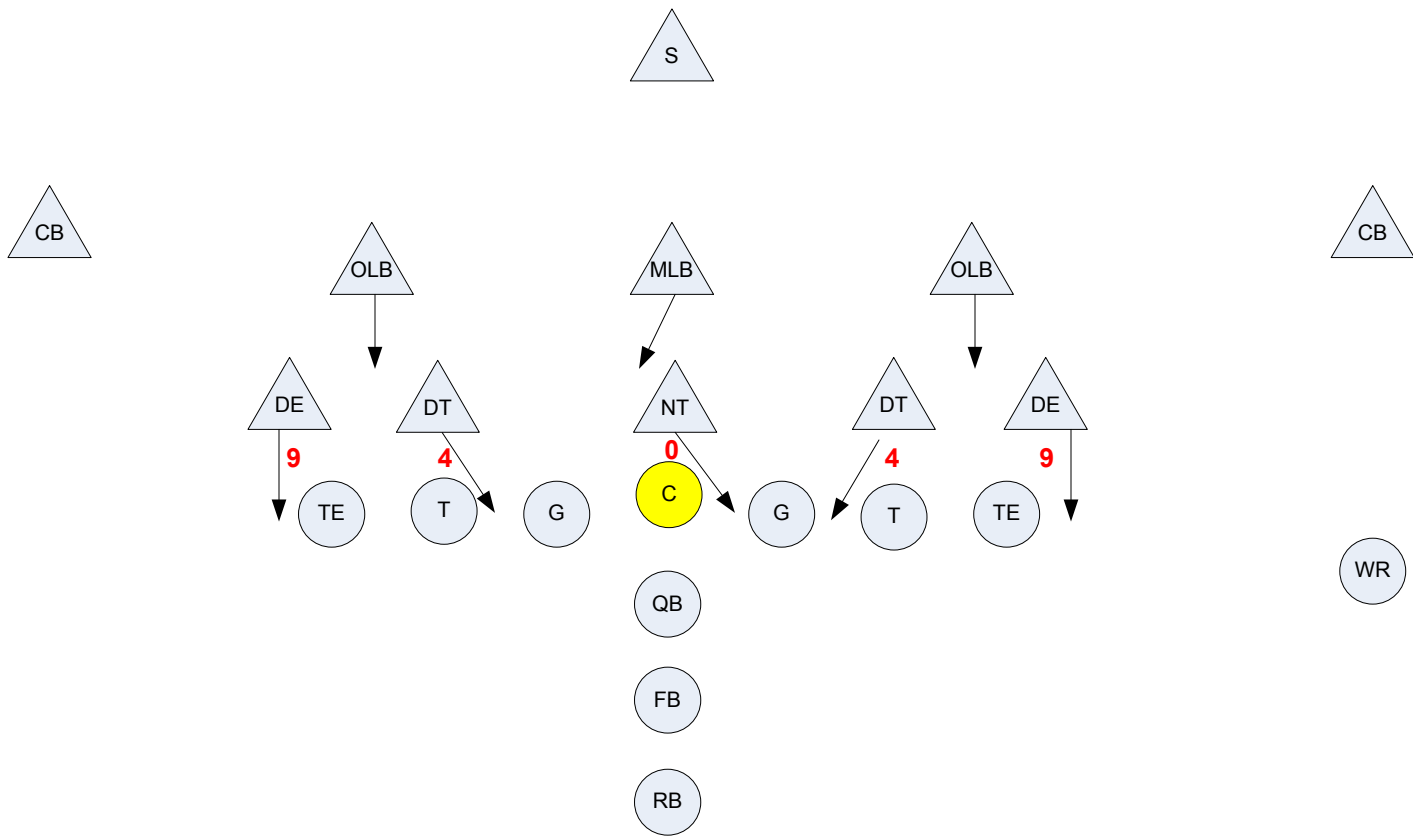
B Gap: DTs

A Gap MLB

C Gap: OLBs

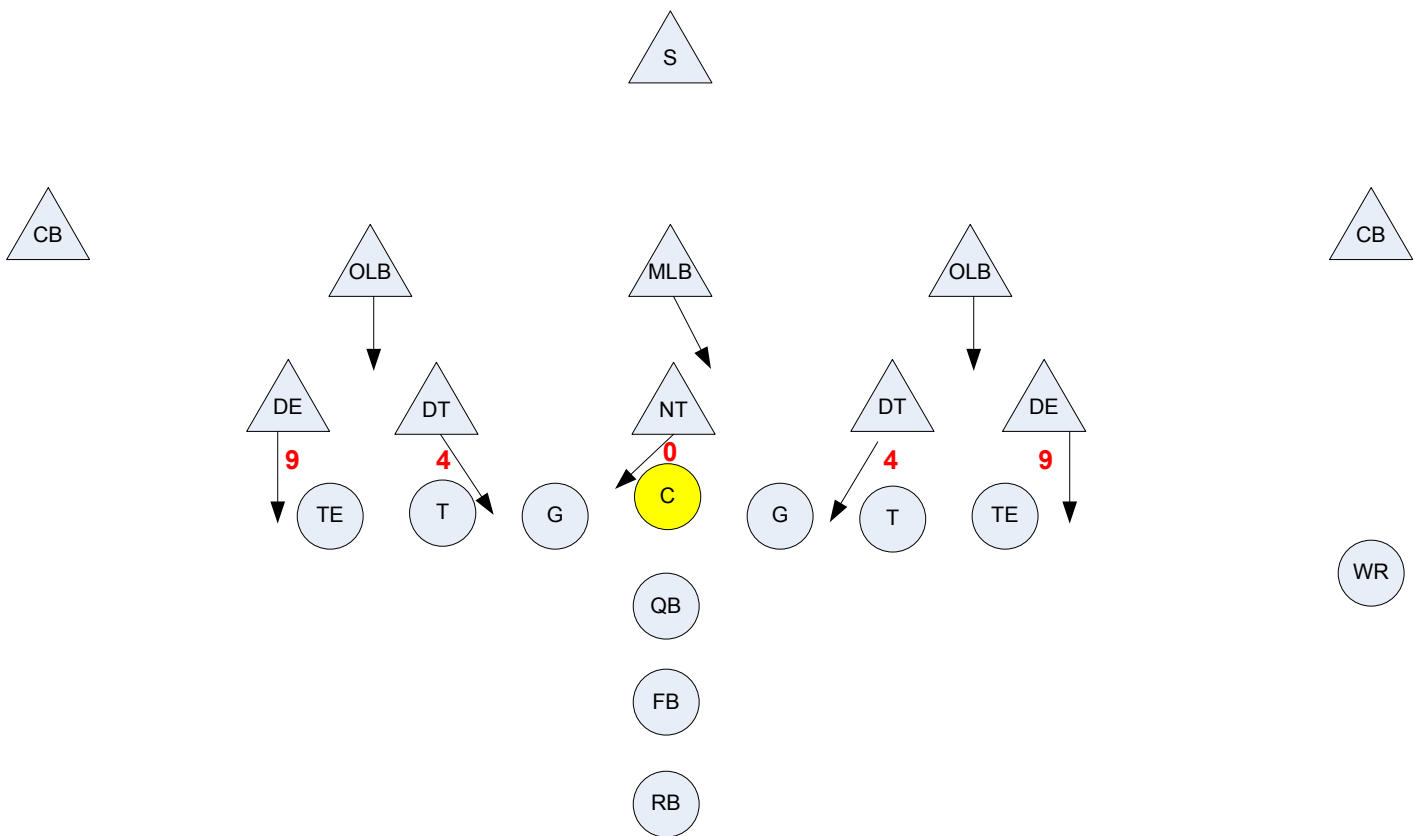
D Gap/Force: DE and CB

# Base Left Gap Responsibilities

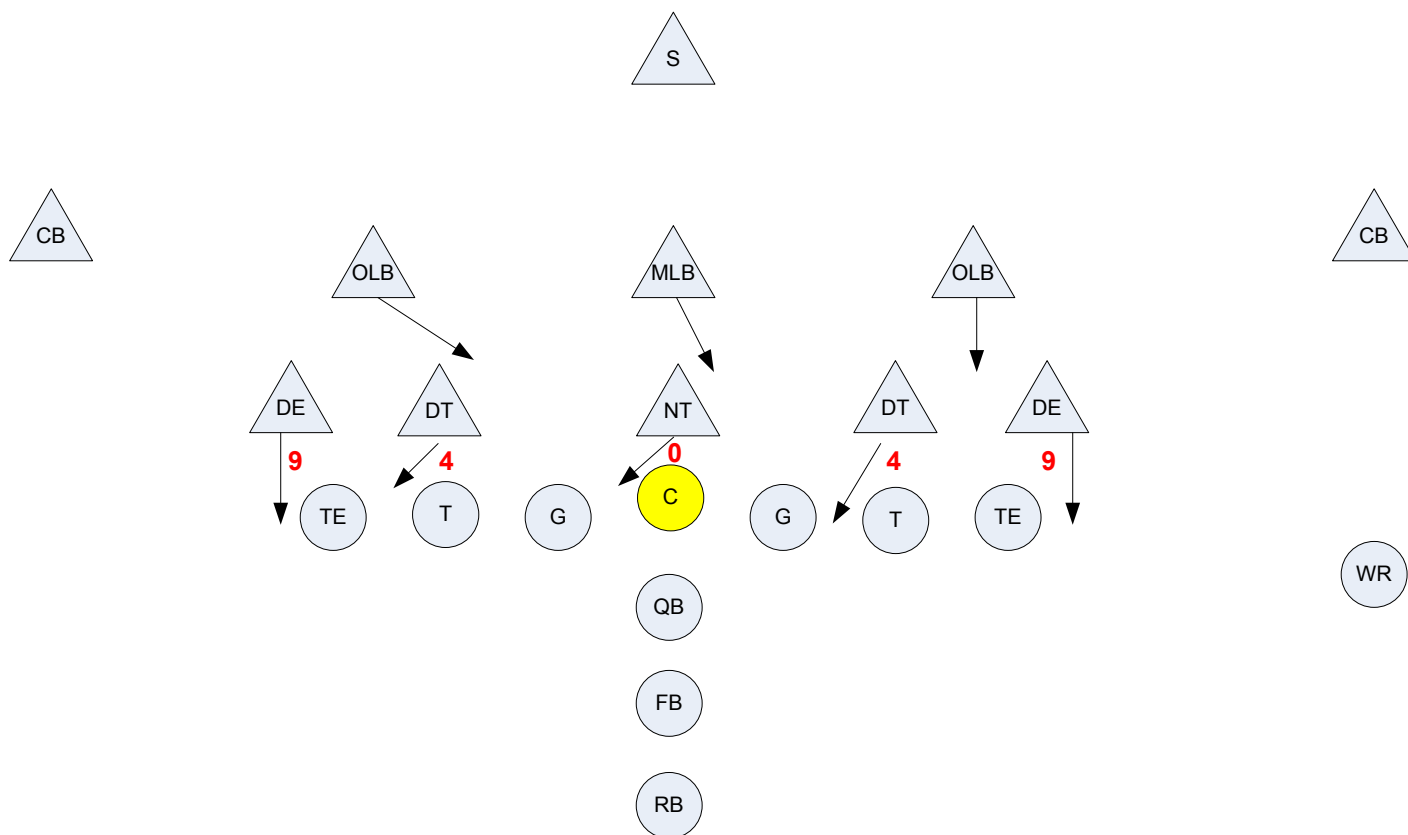


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# Base Right Gap Responsibilities

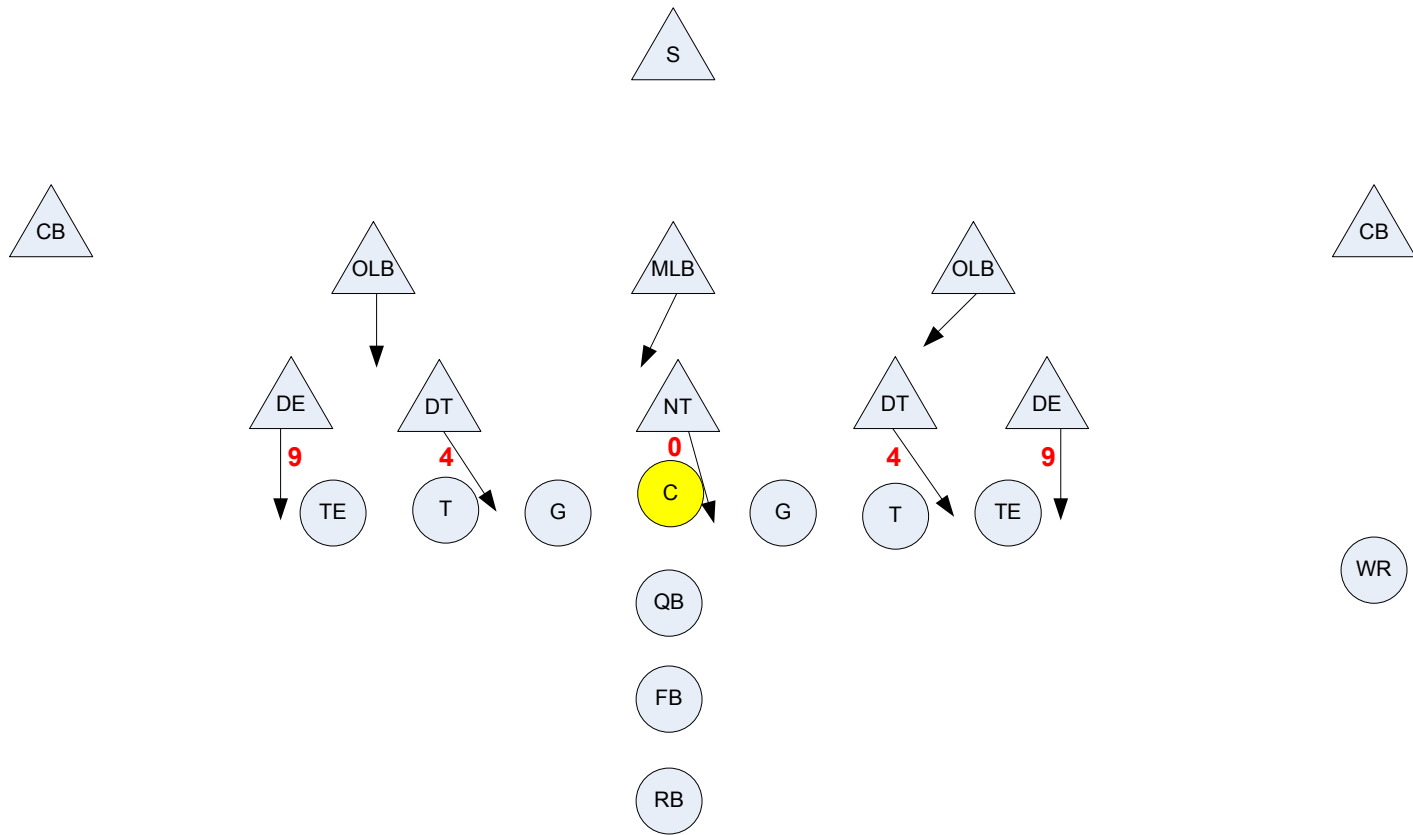


# Slant Right Gap Responsibilities

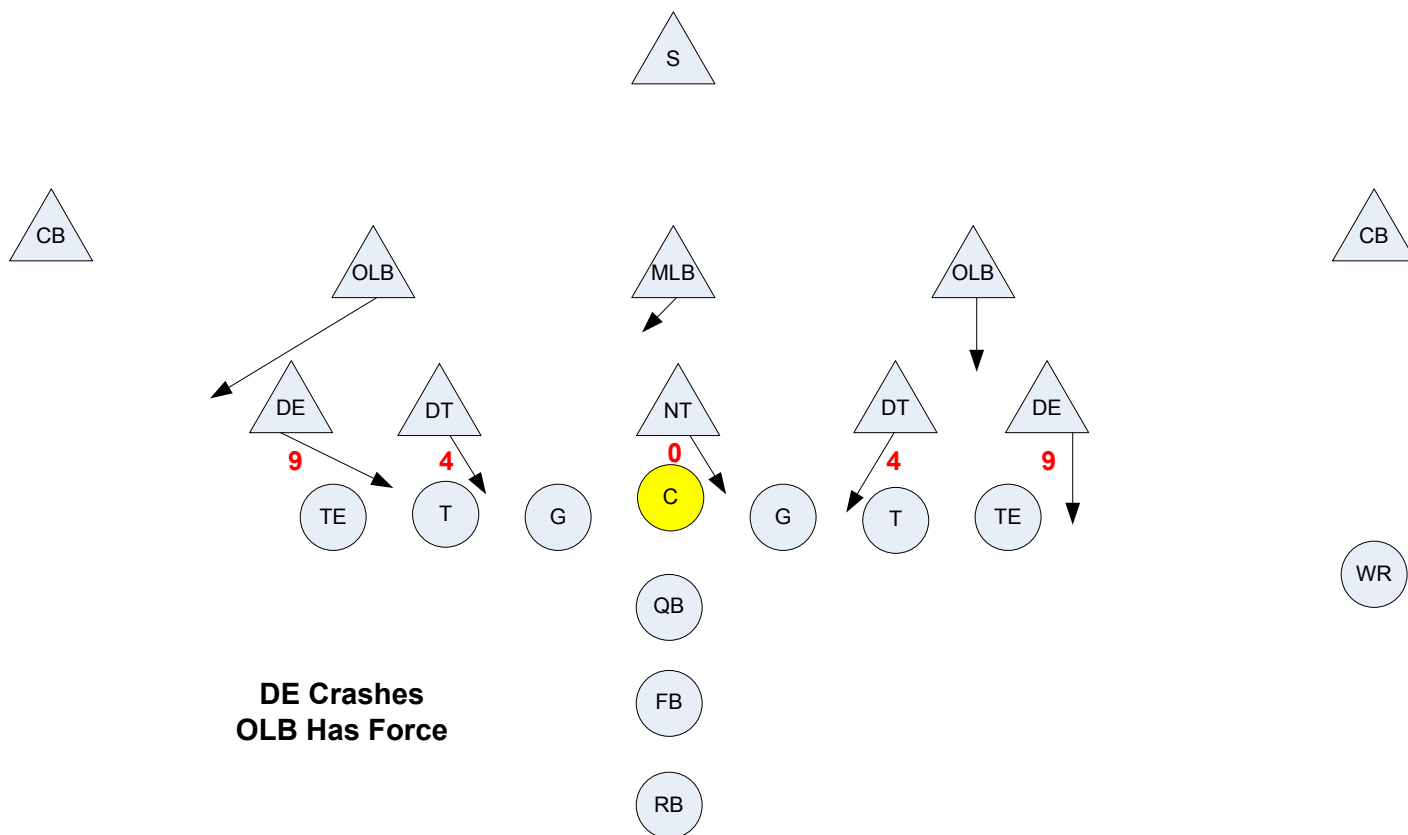


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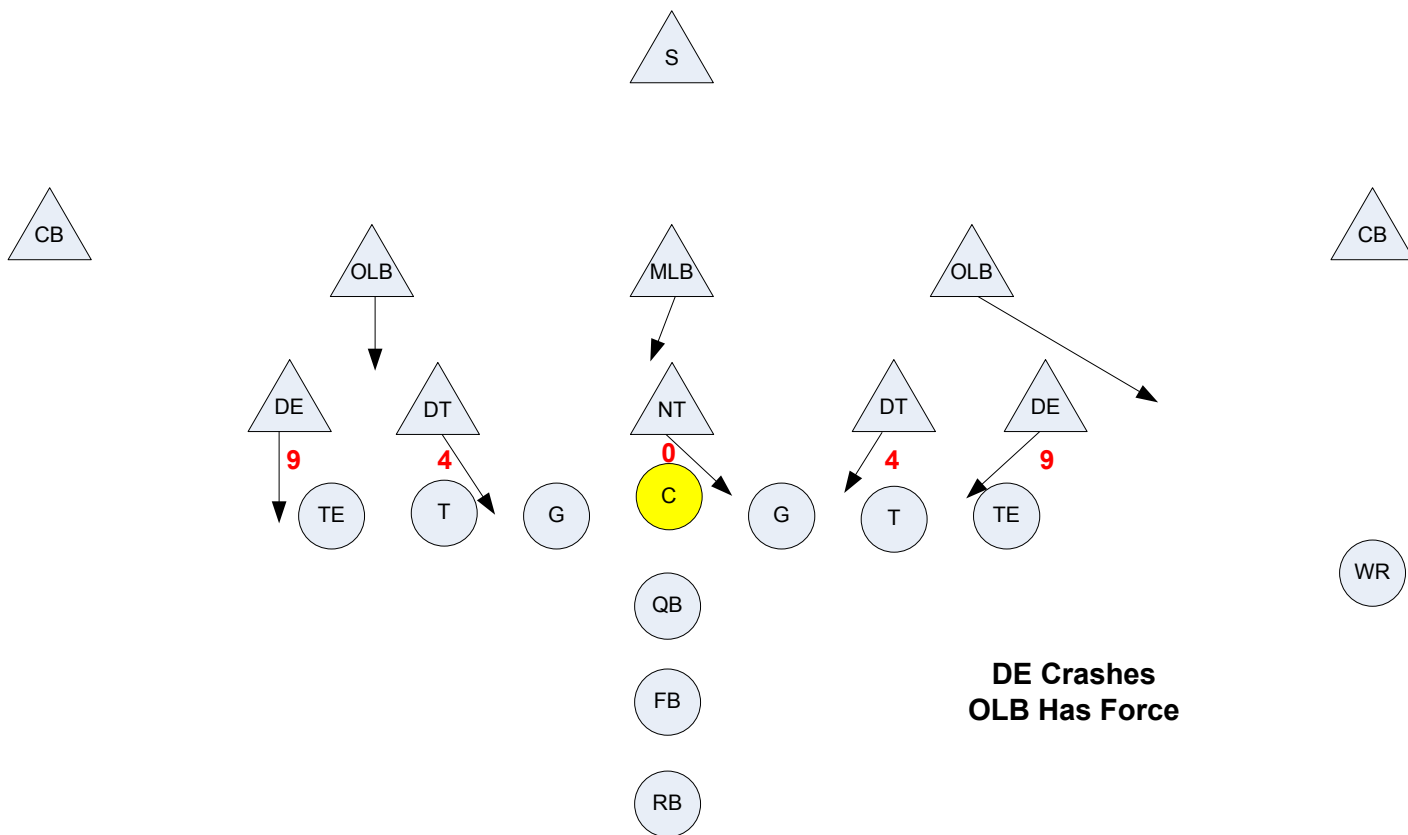
# Slant Left Gap Responsibilities



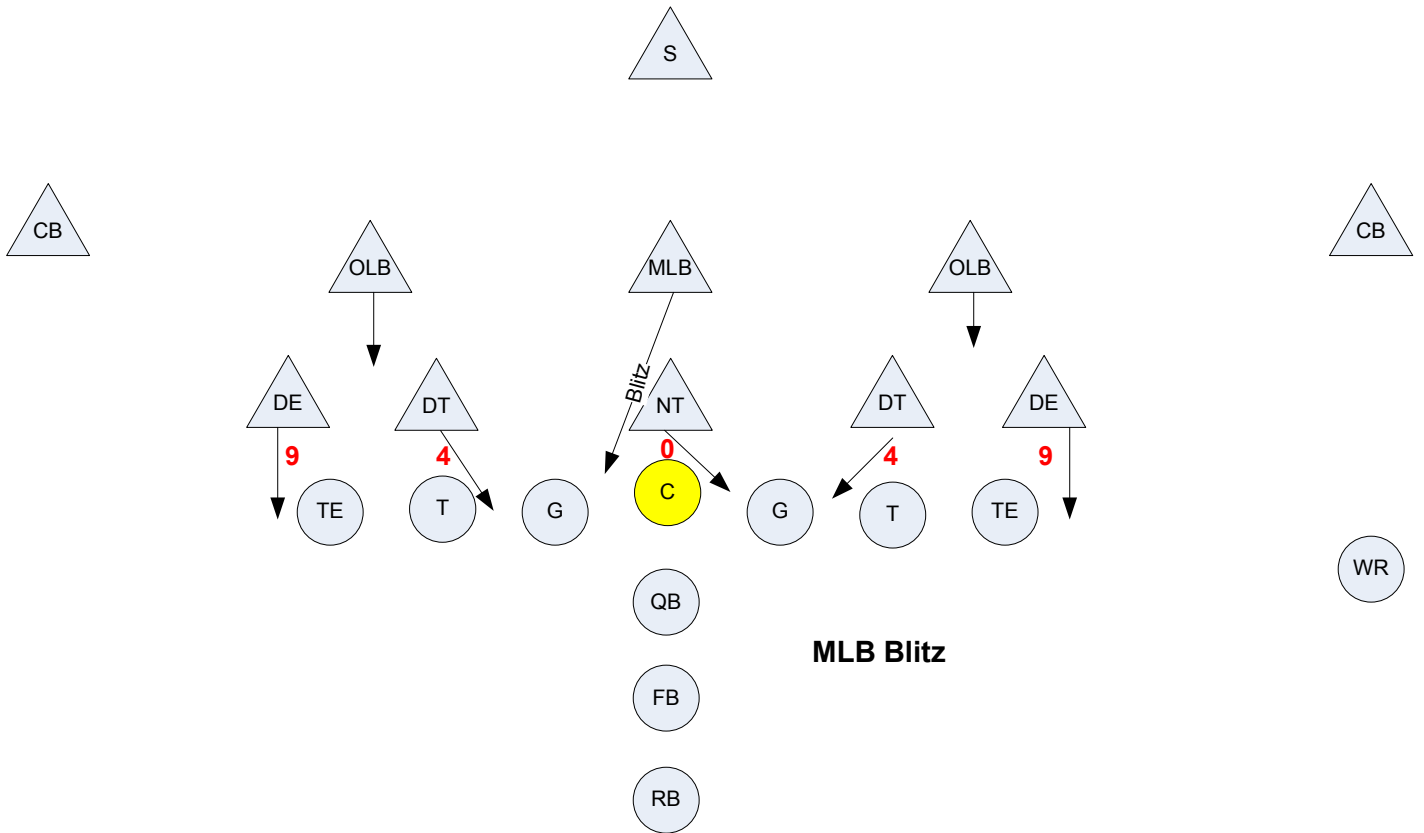
# "X" Right Gap Responsibilities



# "X" Left Gap Responsibilities



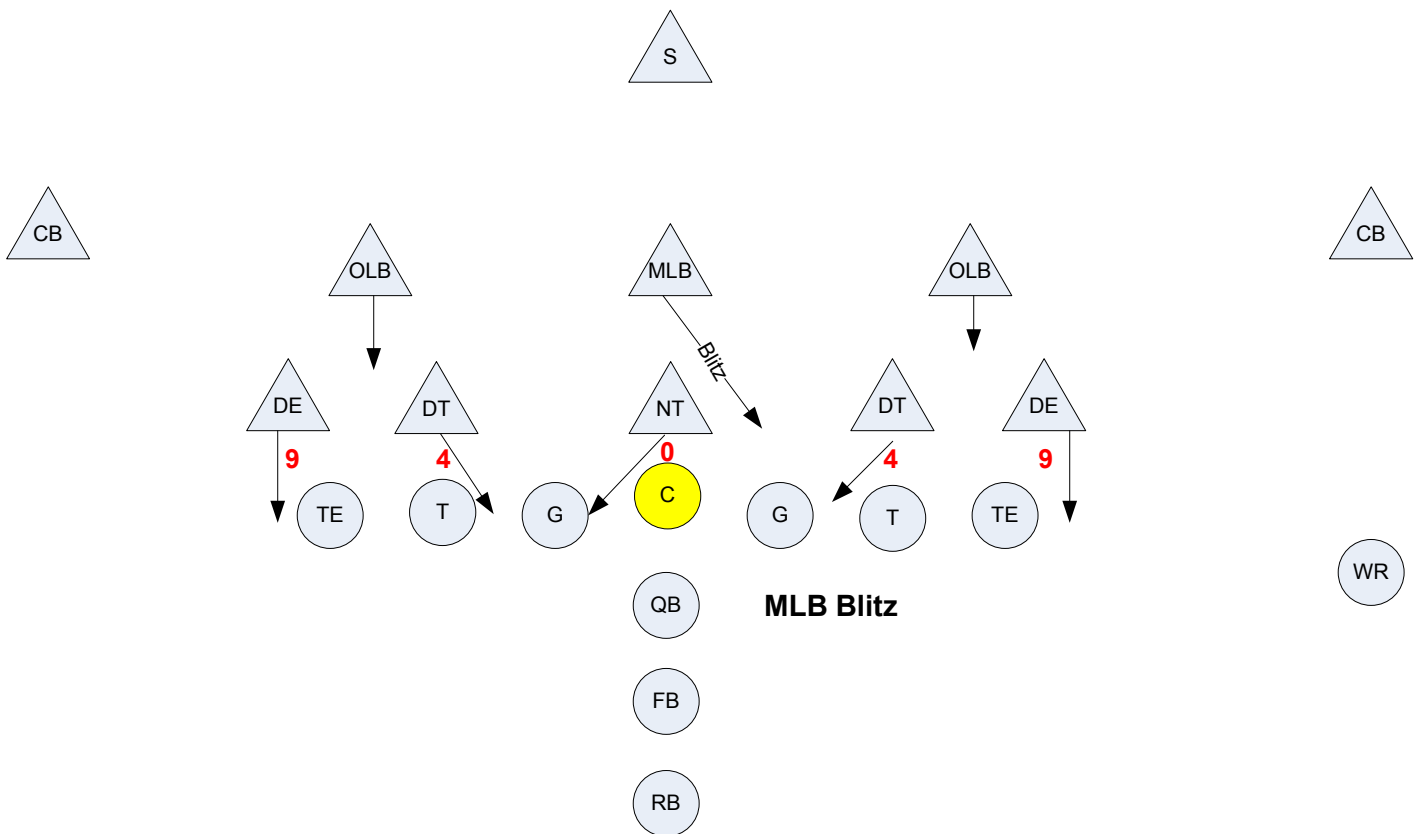
# Twist Left



MLB Blitz

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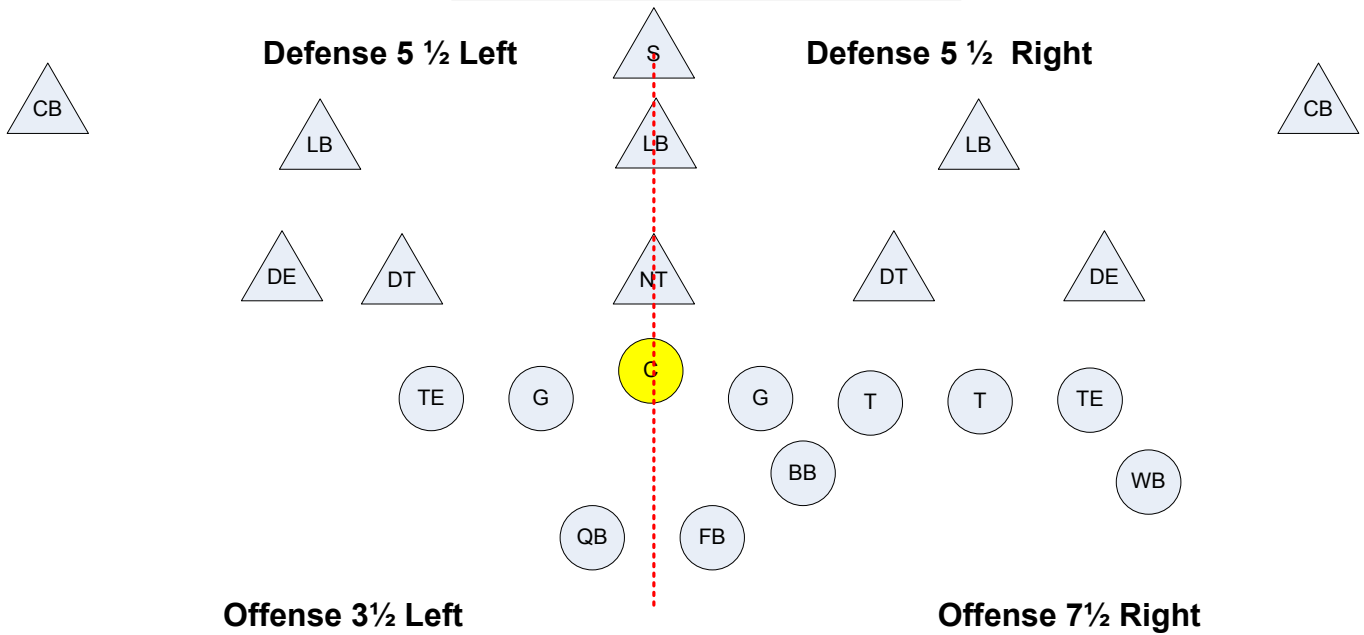
# Twist Right



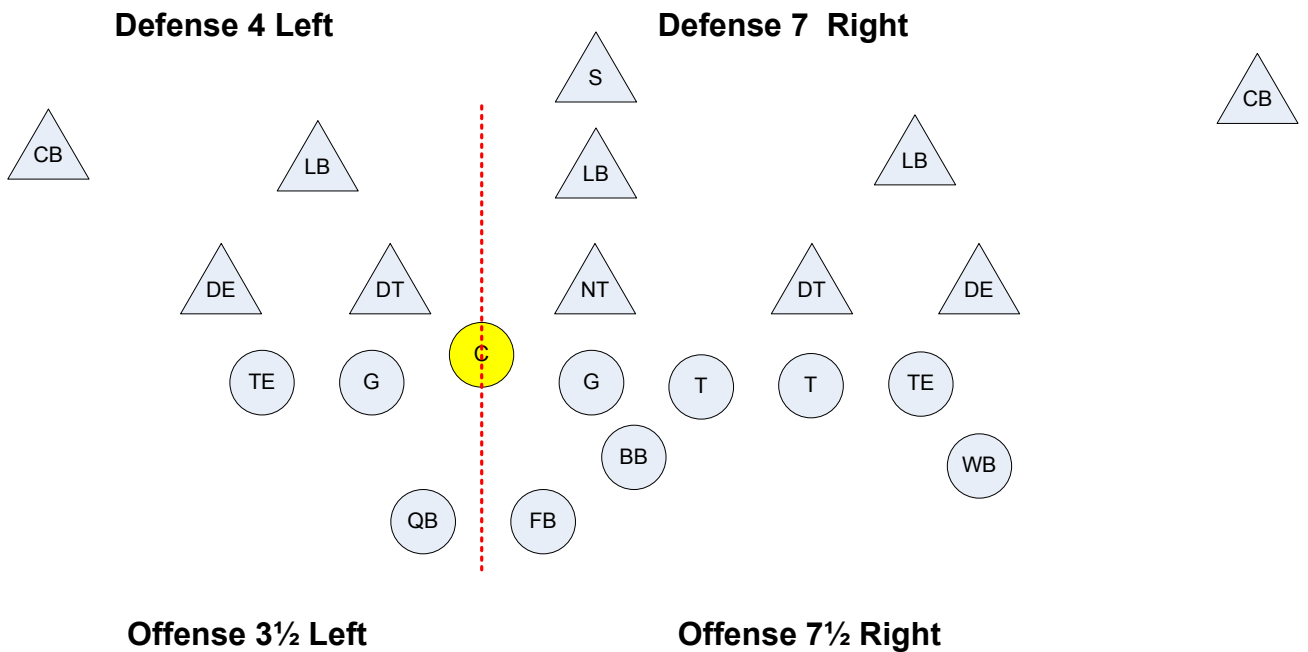
MLB Blitz

# Aligning Defense vs. Unbalanced

## No Shift to Unbalanced Look



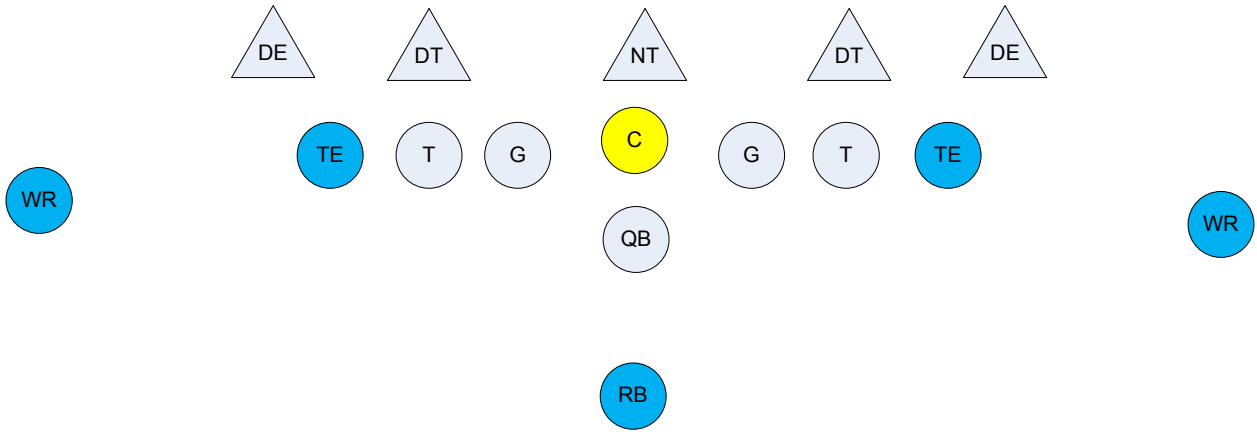
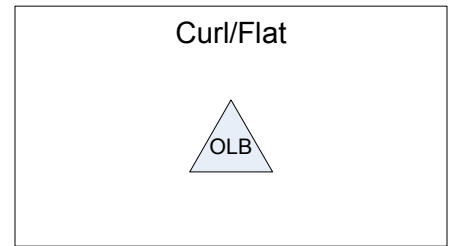
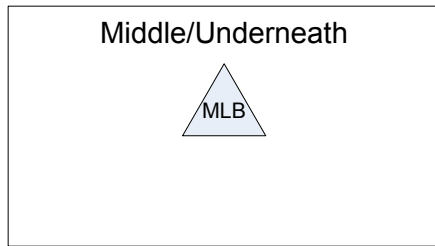
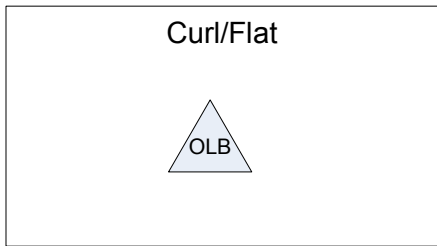
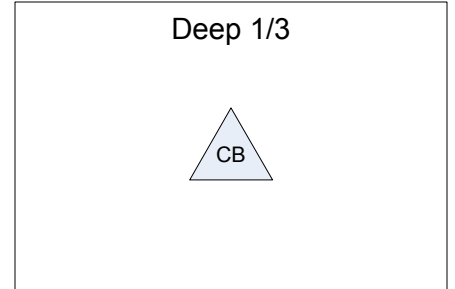
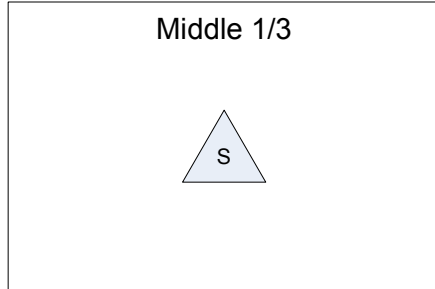
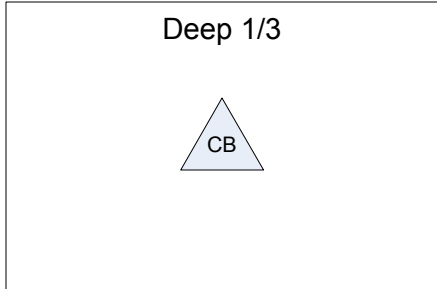
## Shift to Unbalanced Look



### Aligning the Defense to an unbalanced formation:

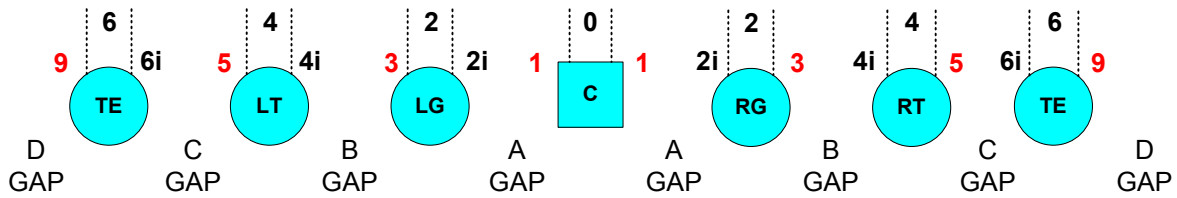
- 1) Draw Line through the Center
- 2) Count number of people to left/right of line (on the line is 1/2 right and left)
- 3) Count number of defender on the right and left of the line
- 4) Difference on either side should be no more than +/- 1 defender (ideally +/- 1/2)

# Cover 3



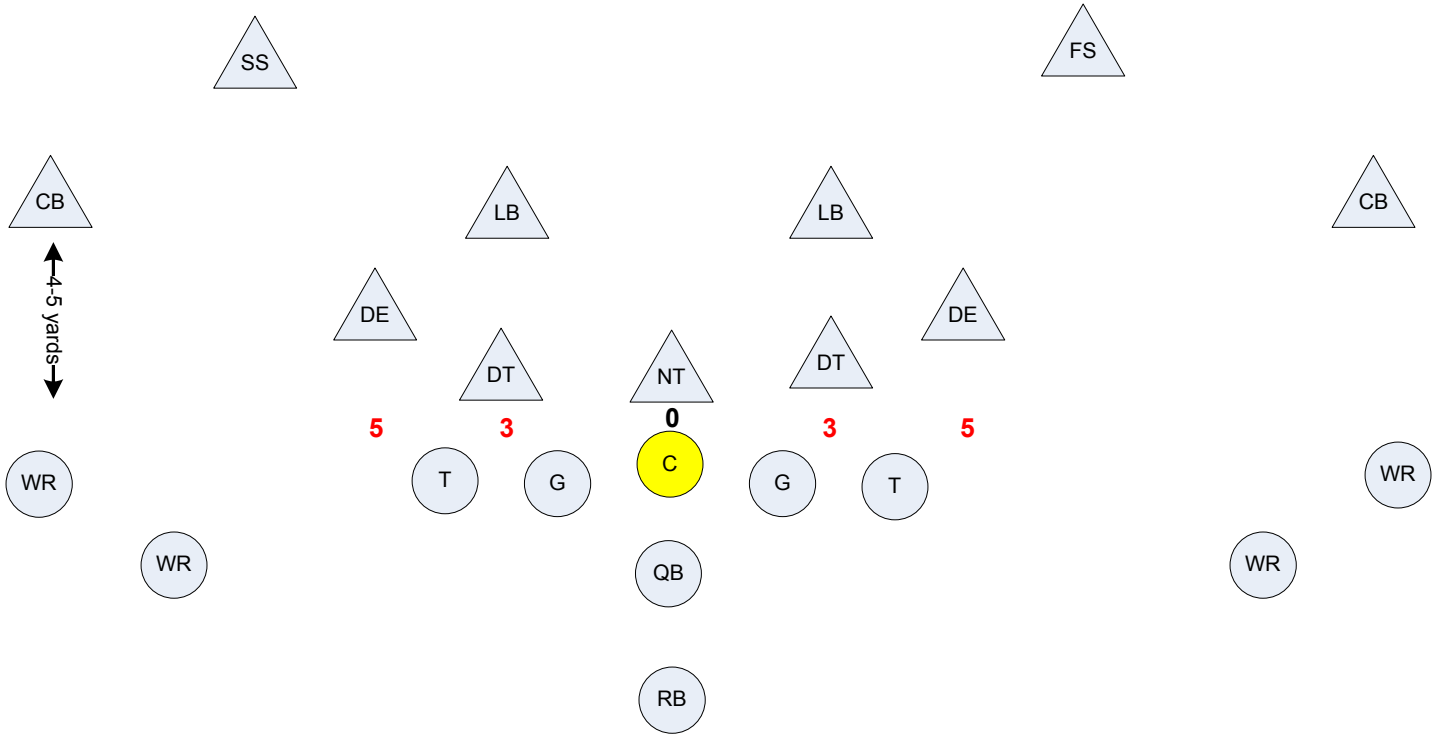


# DEFENSIVE ALIGNMENT (GAPS OR "TECHNIQUE")



Linebackers add a '0' to the end

## 5-2-4 Base Defense vs. 2x2



### Base Alignment:

NG: Head up on Center (0 Tech) Alternate: shade (1 Tech)

DT: B Gap (3 Tech)

DE: Outside Shoulder of end man, slightly off the ball

LB: Stack DT, 3-4 yards from LOS

CB: Widest WR 5 yards

SS/FS: 11 yards, split distance between inside WR and T

### Primary Run Gap Responsibility:

A Gaps: NT

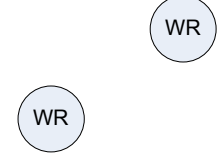
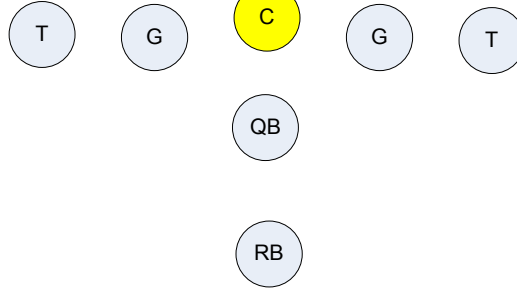
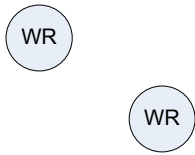
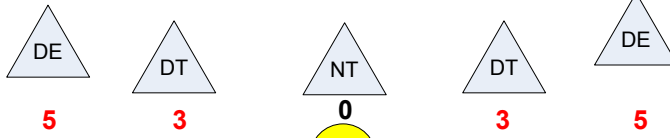
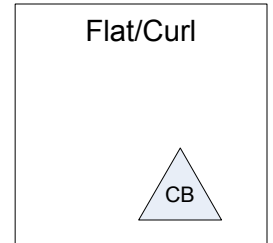
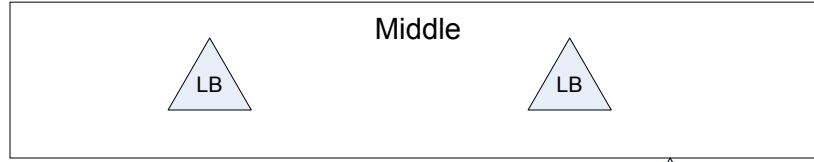
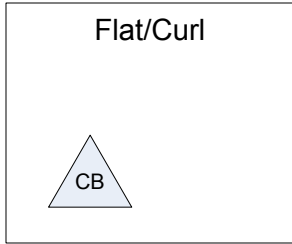
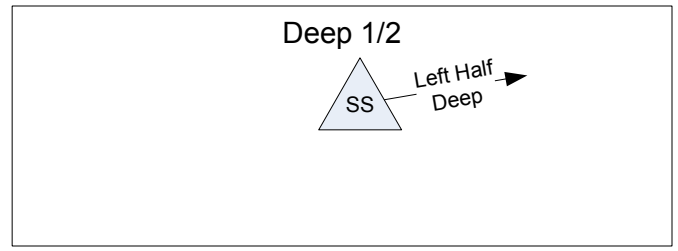
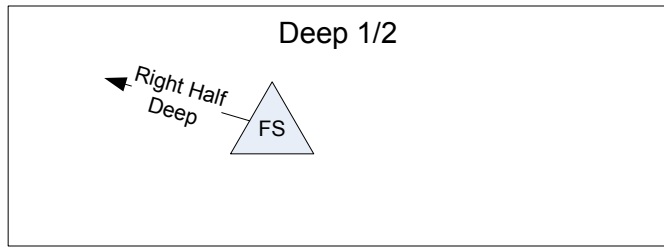
B Gap: DTs

C Gap: OLBs

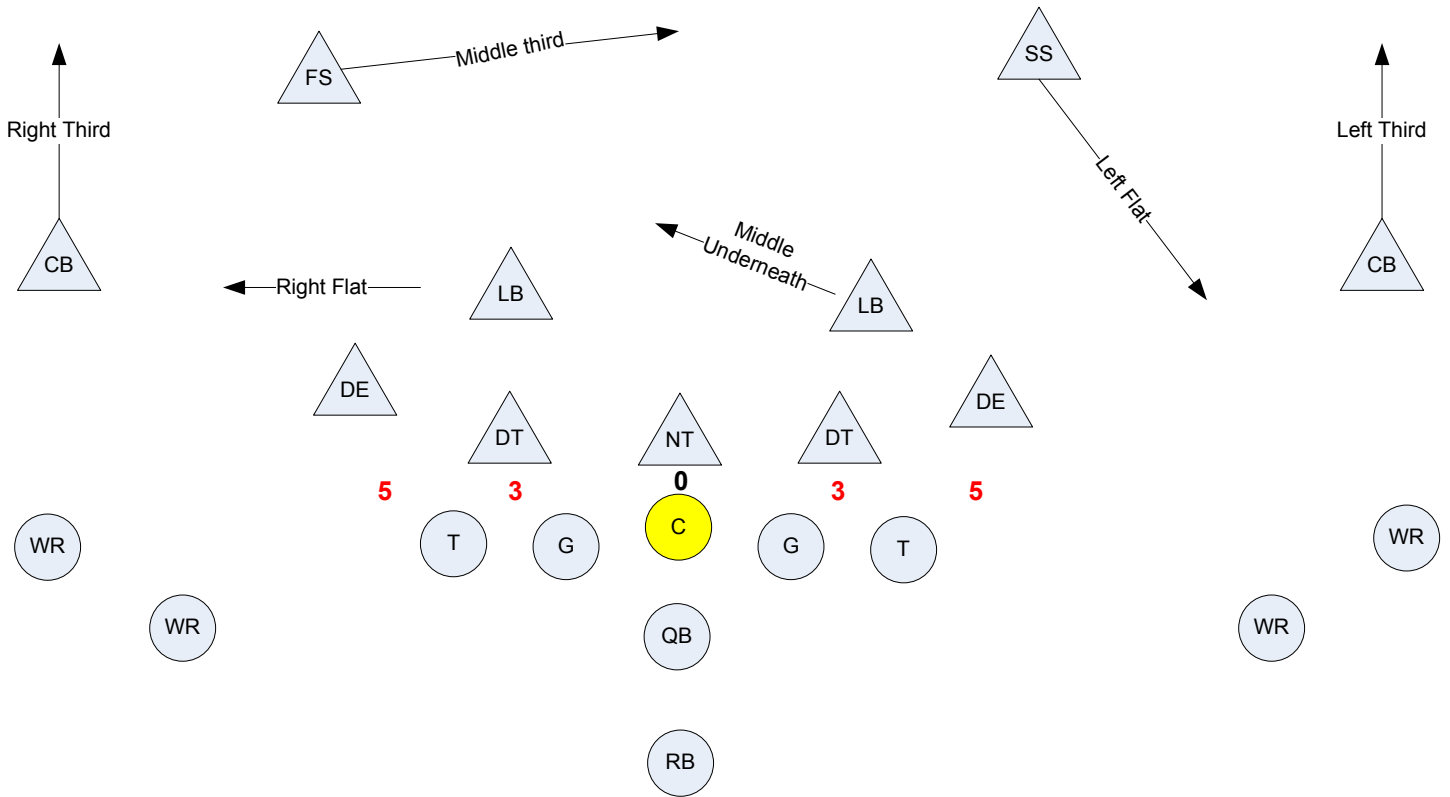
Straight Line to QB: DE

Alleys: FS/SS

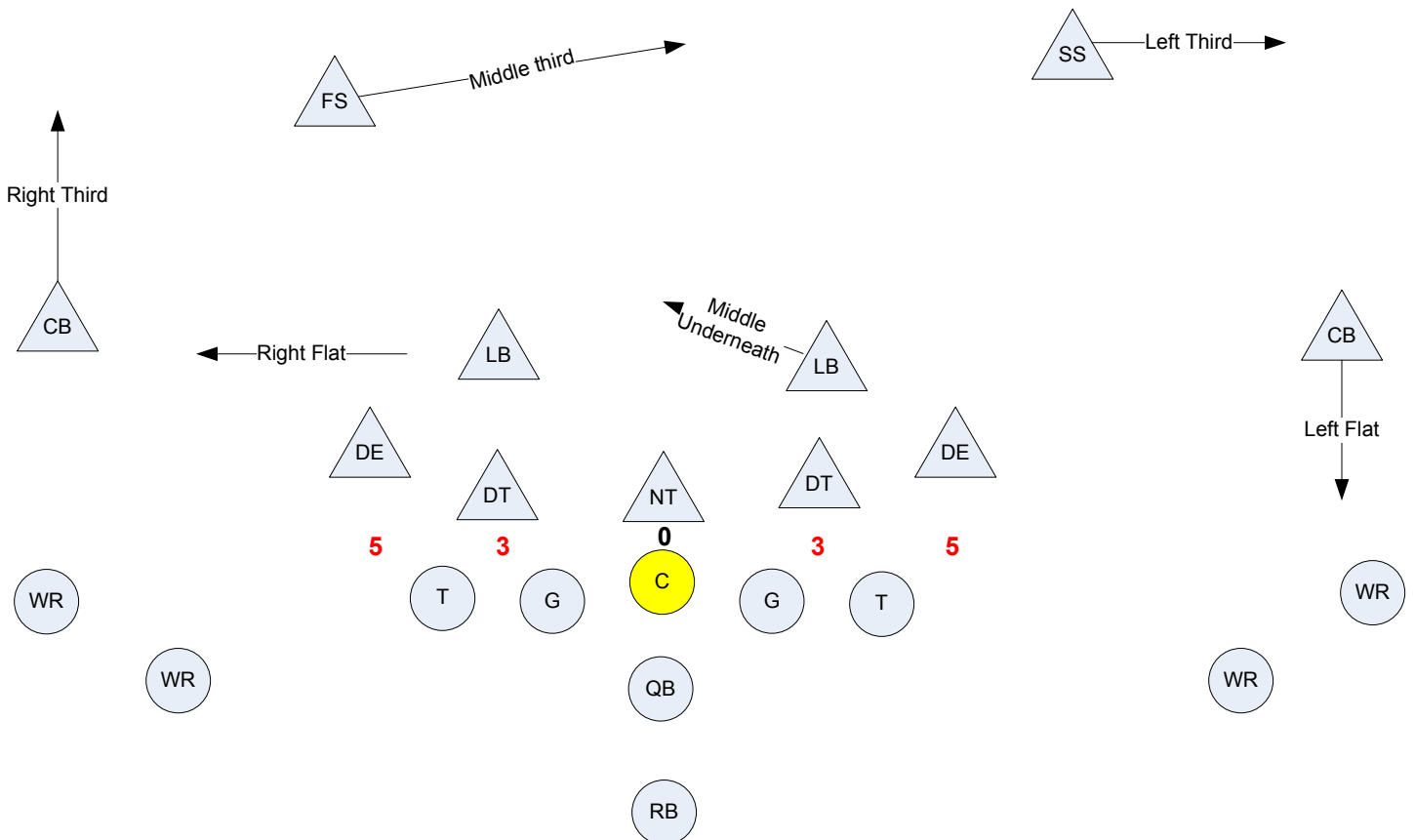
# Cover 2



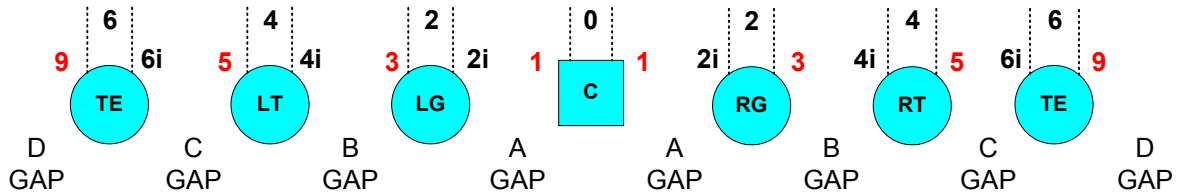
# Cover 3 "Sky"



# Cover 3 "Cloud"

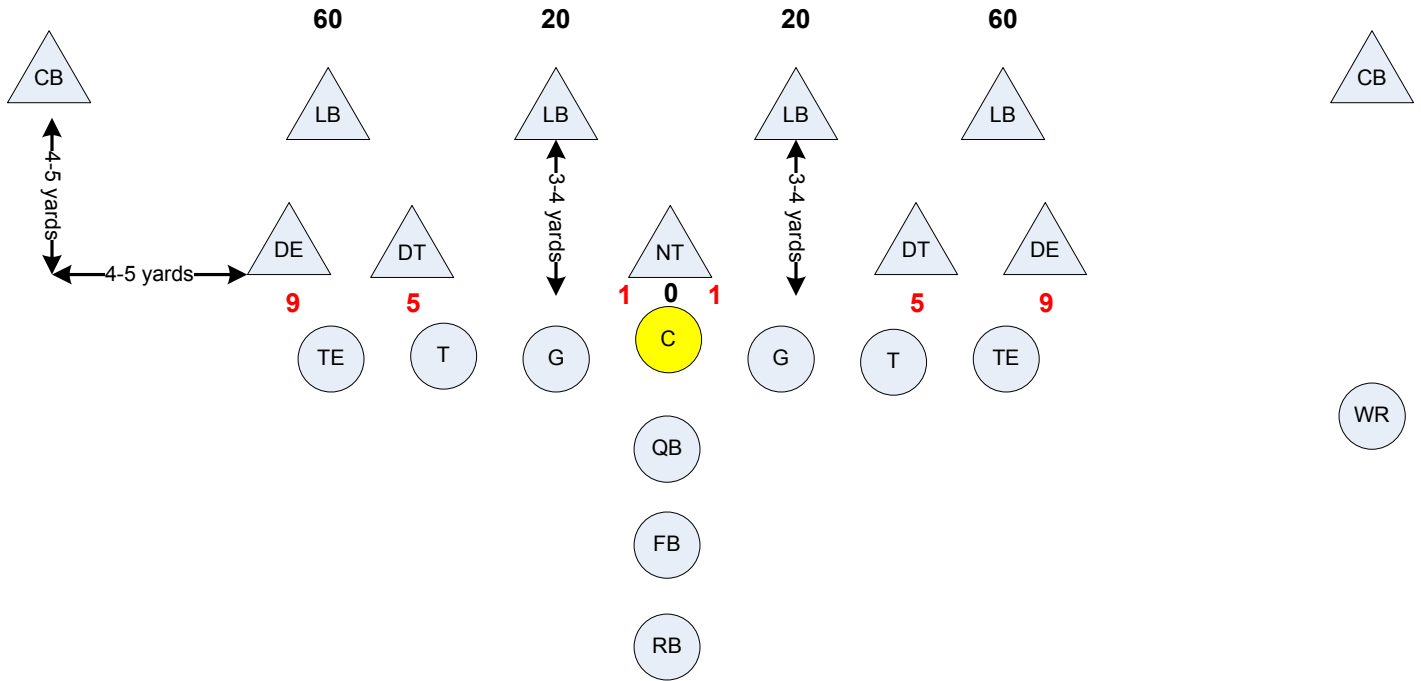


# DEFENSIVE ALIGNMENT (GAPS OR "TECHNIQUE")



Linebackers add a '0' to the end

## 5-4-2 Goal Line Defense vs. Balanced (Double Tight)



### Base Alignment:

NG: Head up on Center (0 Tech) Alternate: shade to strong or wide side (1 Tech)

DT: C Gap/Off- tackle (5 Tech)

DE: Outside Shoulder of TE (9 Tech)

OLB: Head up on TE (60 Tech), 3-4 yards from LOS

ILB: Head up on G (20 Tech), 3-4 yards from LOS

CB: Lined up head up on widest man (WR) or outside (5 x 5)

### Primary Run Gap Responsibility:

A Gaps: NT

C Gap: DTs

A,B, & C: ILBs

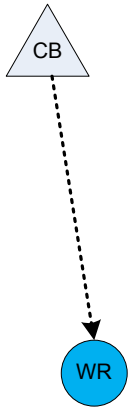
C&D Gap: OLBs

D Gap: DE and CB

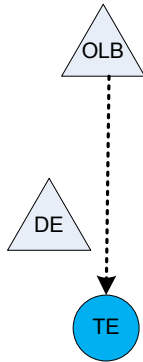
# Man Coverage

## Vs. Pro Set

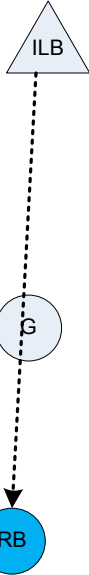
CB man to man on #1  
(farthest outside eligible receiver)



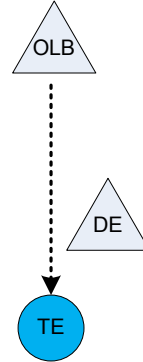
OLB man to man on #2



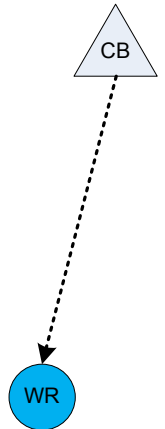
ILB man to man on RBs



OLB man to man on #2



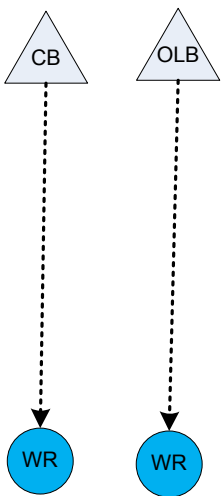
CB man to man on #1  
(farthest outside eligible receiver)



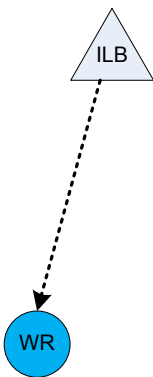
## Vs. Trips

OLB man to man on #2

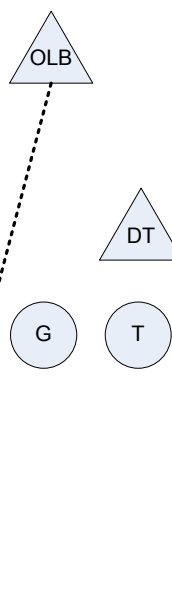
CB man to man on #1



ILB man to man on #3



OLB man to man on RB



CB man to man on #1  
(farthest outside eligible receiver)



# 5-4-2 PURSUIT DRILL- SWEEP RIGHT

**BACKSIDE CB**  
 ANGLE TO CENTER WITH  
 EYES IN BACKFIELD  
 WATCH FOR BOOT,  
 COUNTER, REVERSE



**BACKSIDE LB**  
 ANGLE TO CENTER WITH  
 EYES IN BACKFIELD  
 WATCH FOR BOOT,  
 COUNTER, REVERSE &  
 CUTBACK



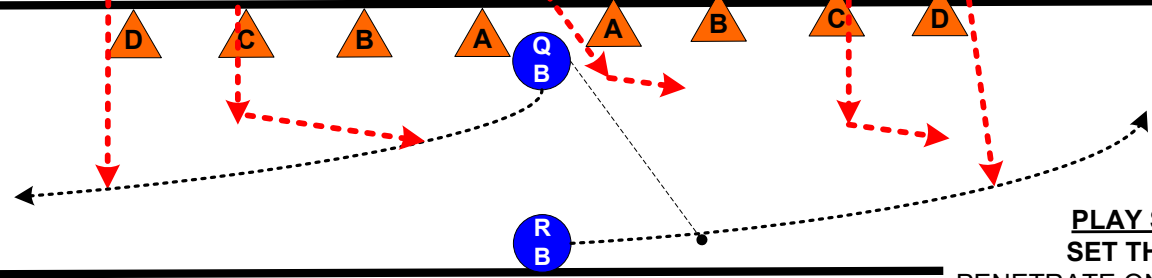
**PLAY SIDE LBs**  
 ATTACK DOWNHILL  
 STAY ON INSIDE HIP OF RB  
 PRESS THE HIP



**PLAY SIDE CB**  
 ATTACK OUTSIDE-IN  
 TWO STEP READ DROP CHECK  
 FOR PASS THEN ATTACK RUN



**BACKSIDE DE**  
 WATCH FOR BOOT,  
 COUNTER REVERSE



**DT & NT**  
 PENETRATE 1 YARD THROUGH GAP  
 FIND THE BALL AND PURSUE

**PLAY SIDE DE**  
 SET THE EDGE  
 PENETRATE ON STRAIGHT LINE  
 DEEP AS DEEPEST BACK  
 ADJUST DEPTH FOR OFF  
 TACKLE

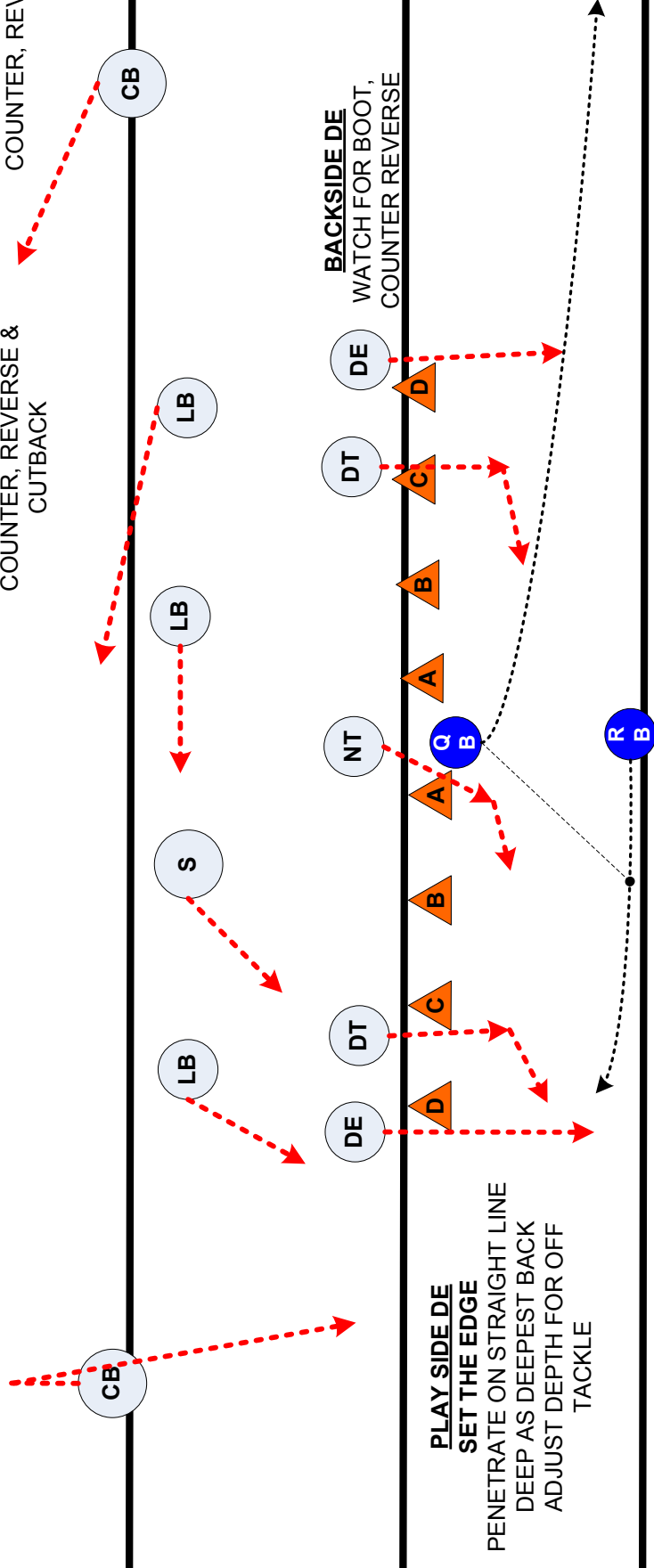
# 5-4-2 PURSUIT DRILL- SWEEP LEFT

**PLAY SIDE CB**  
 ATTACK OUTSIDE-IN  
 TWO STEP READ DROP TO CHECK  
 FOR PASS THEN ATTACK RUN

**PLAY SIDE LBs**  
 ATTACK DOWNHILL  
 STAY ON INSIDE HIP OF RB  
 PRESS THE HIP

**BACKSIDE LB**  
 ANGLE TO CENTER WITH  
 EYES IN BACKFIELD  
 WATCH FOR BOOT,  
 COUNTER, REVERSE &  
 CUTBACK

**BACKSIDE CB**  
 ANGLE TO CENTER WITH  
 EYES IN BACKFIELD  
 WATCH FOR BOOT,  
 COUNTER, REVERSE



**PLAY SIDE DE**  
**SET THE EDGE**  
 PENETRATE ON STRAIGHT LINE  
 DEEP AS DEEPEST BACK  
 ADJUST DEPTH FOR OFF  
 TACKLE

**BACKSIDE DE**  
 WATCH FOR BOOT,  
 COUNTER REVERSE

**DT & NT**  
 PENETRATE 1 YARD THROUGH GAP  
 FIND THE BALL AND PURSUE