

MENTAL MECHANICS



DEFENSIVE 2 RULES:

1. The Defense must be balanced to the offense by the snap of the ball.
2. The Defense will be within inches of their post-snap responsibility by the snap of the ball.

They show their cards before the hand is played for you to read. This provides you great anticipation.

Note: Changing the snap count makes them show earlier!

PRE-SNAP READ

First Filter:	Safeties
No Middle Safety:	0, 2, 4, 6
Middle Safety:	1 or 3
Big Base:	Run Support
Skinny Feet:	Back Pedal
Inside Foot Back:	Zone
Inside Foot Up:	Man
Inside Shade:	Man
Corner Skinny Ft:	0-6 Work



3 Key Reminders:

1. Concepts are not concrete.
2. Concepts are base-lines, which make defender mistakes or veteran instincts become glaring so that you may react at high speed.
3. There are "Concept Breakers."



WR Spacing

Clear Out Routes

Routes with Automatic Outside Release

Matchup

Combo Route

Down and Distance

Play Design

Veteran Instincts

Rookie Mistakes

