



Volume 14

Base 5-Man Pressure Paths

How we organize 5-Man Pressure

City	Football Team (3 under/3 Deep)	Basketball Team (4 Under/2 Deep Trap Cover)
Philadelphia		
Washington		
Seattle		
Charlotte		
Milwaukee		

- Note: we have a dozen more paths that are exclusive to a certain coverage. As you will see in later volumes, we implement both Man-Free pressures (Baseball Teams) and Cover 4 Squeeze Pressures (Hockey Teams). These five paths discussed in this volume are used primarily in 3 under 3 deep and Cover 2 Trap Pressures. Distributed evenly in the 2024 and 2025 seasons. Coverage explanations of these paths will be in Volume 15 and 16, respectively.**

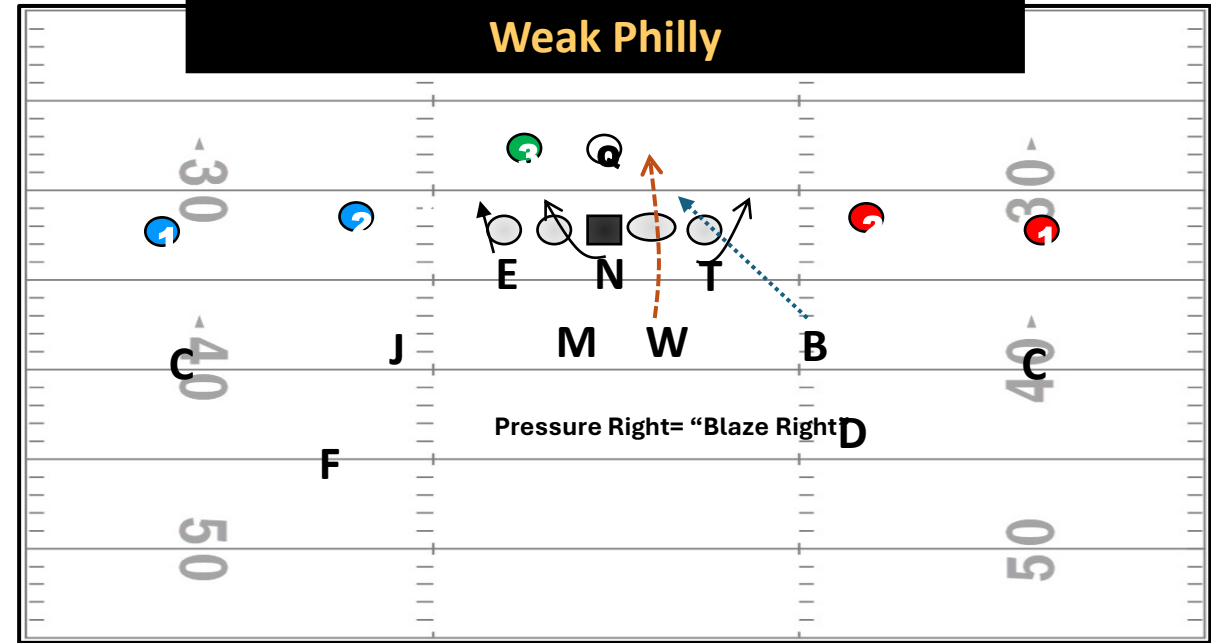
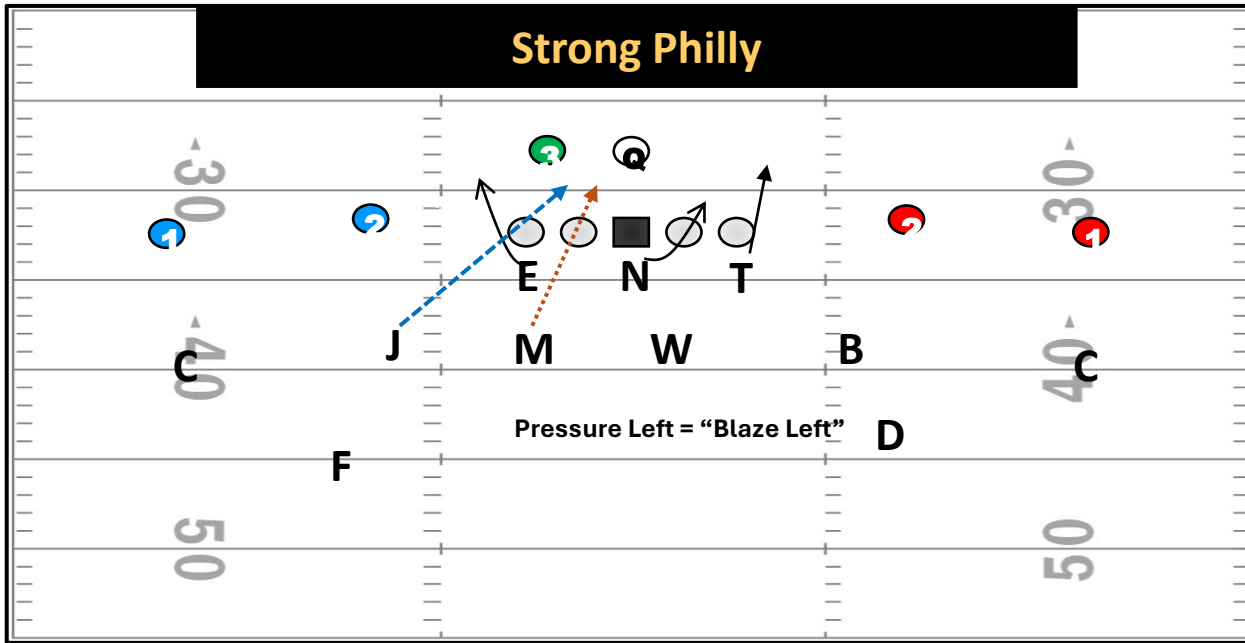
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Pressure Calling Rules

- All cities' pressures are field-based alignments
- Strong - Pressure from Field
- Weak - Pressure from Boundary
- Back - Pressure to the Back
- Far - Pressure away from the Back
- Open - Pressure away from TE
- Y - Pressure to the TE

<p>11 GFR DIP</p> <p>"ROCKET"</p>	<p>11 GFR DIP</p> <p>"LASER"</p>	<p>11 GFR DIP</p> <p>"ROCKET"</p>
<p>1. STRONG</p>	<p>2. WEAK</p>	<p>3. BACK</p>
<p>11 GFR DIP</p> <p>"LASER"</p>	<p>11 GFR DIP</p> <p>"ROCKET"</p>	<p>11 GNR DIP</p> <p>"LASER"</p>
<p>4. FAR</p>	<p>5. OPEN</p>	<p>6. Y</p>

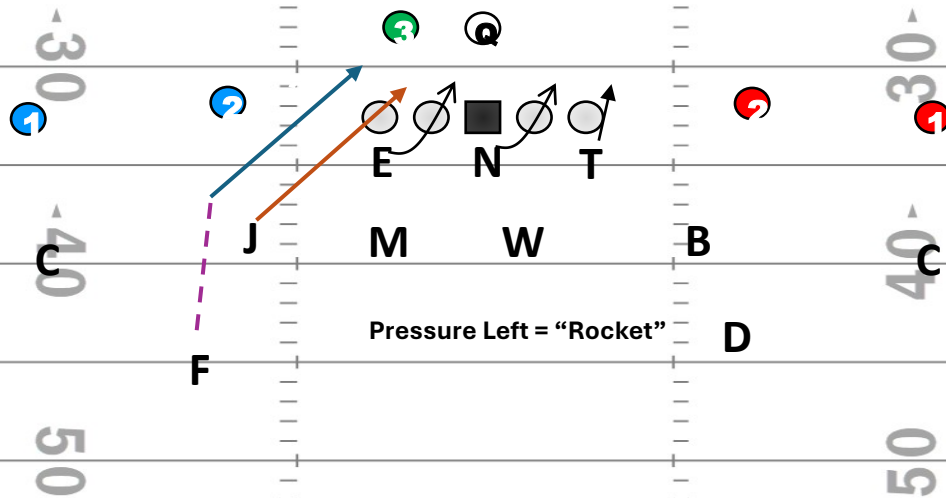


Philly Path

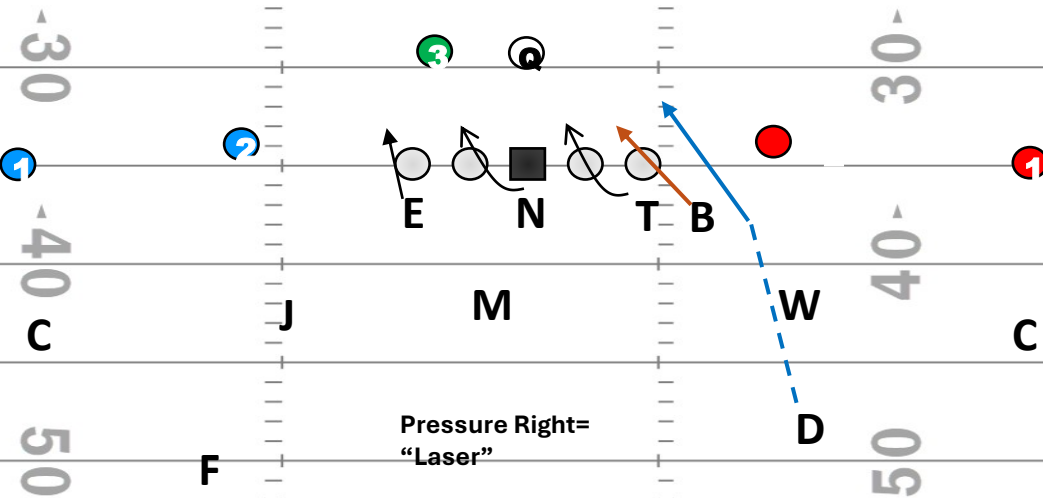
- **Mike will deliver “Blaze Lt/Rt” call to denote pressure side. E/T in COP High to Low! Box! Nose in Long Stick AWAY from pressure.**
- **We make an Automatic “Swap” call to Triple Width formations. OLB will leave the rush. ILB closest to him becomes VOT and ILB who was initially not in the rush VOG.**
- **VOT- Rush on inside-pad of OT. If back steps up to block you in B-Gap, Fit Outside. If flow is away....Knife down LOS. End/ Tackle is Contain**
- **VOG- Rush on inside-pad of OG. If he slides to control A- Gap, you may take air TIGHT in the B gap.**
- **NFL= Eagle NBA= Sixer**



Strong Seattle



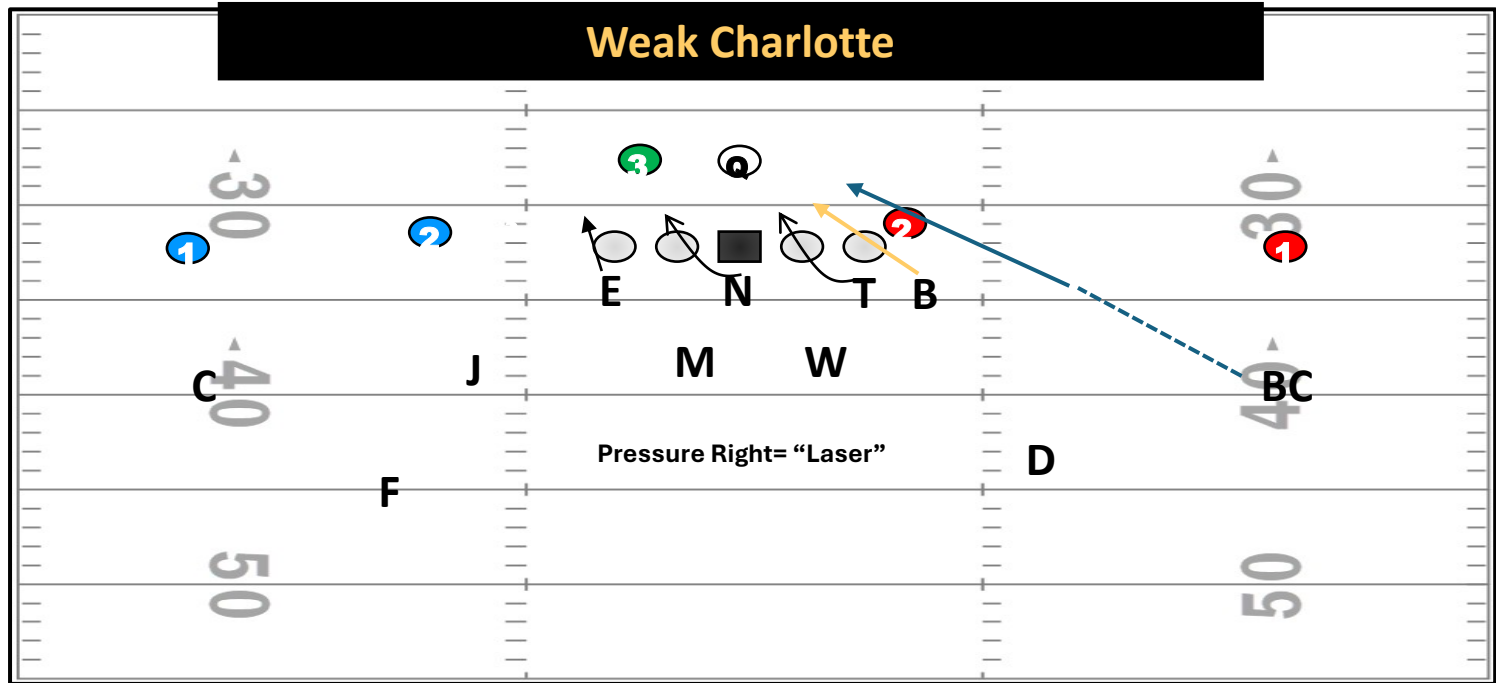
Weak Seattle



Seattle Path

- **Mike delivers a Rocket/Laser call to denote long-stick movement for DL.**
- **Played primarily in 2 Trap (Sonic). Will run to condensed sets or 12P in 33 Cover (Seahawk).**
- **OLB is Knife Rush. C Jam B control. If Reach or Base, cross face to B gap. If flow away, chase down LOS. Dive Player.**
- **Safety is High Rush. Throttle to 3 or 4 man surface. Play mesh high to low.**
- **Note: Seattle Blitz often causes ILBs to leave core of formation. Blitz must take care of interior gaps.**



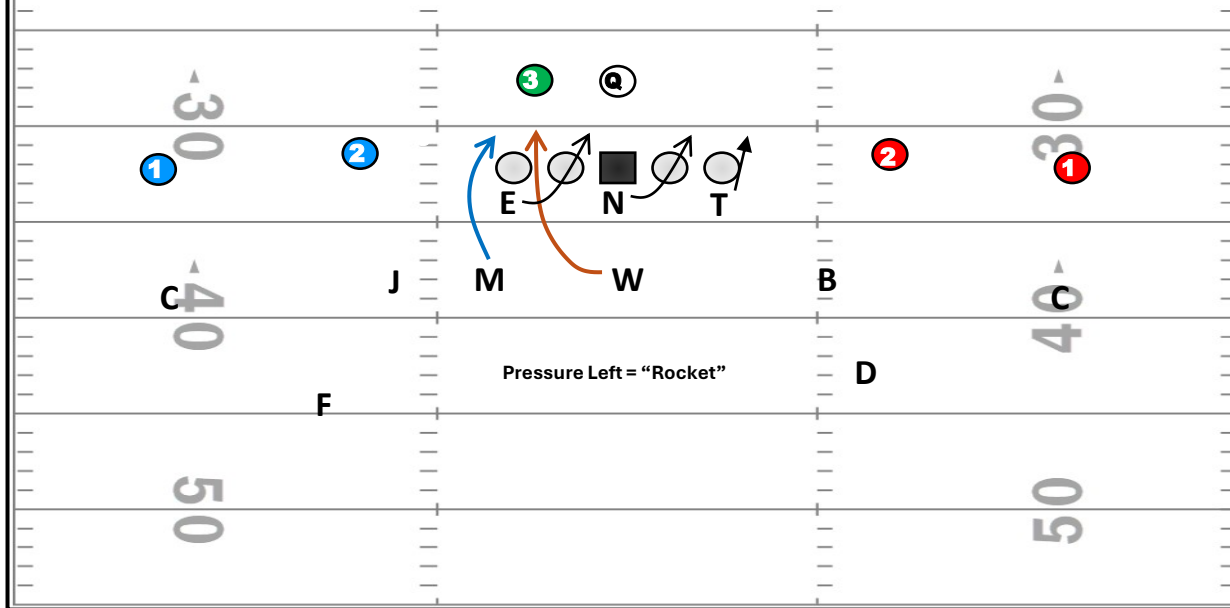


Charlotte Path

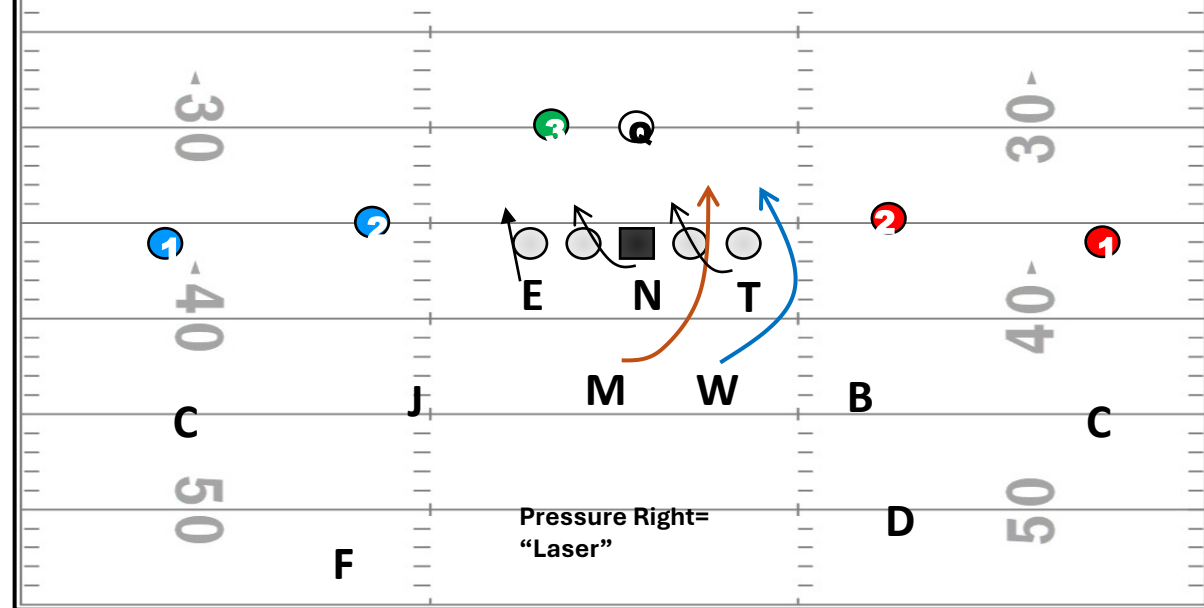
- **Ran from weak side of the field. Have called from field against condensed!**
- **Rocket/Laser call from Mike away from pressure.**
- **OLB has same rules as Seattle. KNIFE!**
- **Boundary Corner is HIGH RUSH. Throttle against 3 or 4 man surface. Play mesh high to low.**
- **We DO NOT check out on Double Width to Boundary. BRING IT!**



Strong Milwaukee



Weak Milwaukee



Milwaukee Path

- **Mike delivers a Rocket/Laser call to denote long-stick movement for DL.**
- **ILB TO THE CALL is High Rush. Use throttle technique to 3-man surface.**
- **ILB AWAY FROM CALL is off of the tail of the long stick. Knife responsibility if slide is at him. B gap.**
- **Packer (NFL). Buck (NBA). Many NFLs will auto-check Packer to Triple Width.**

