

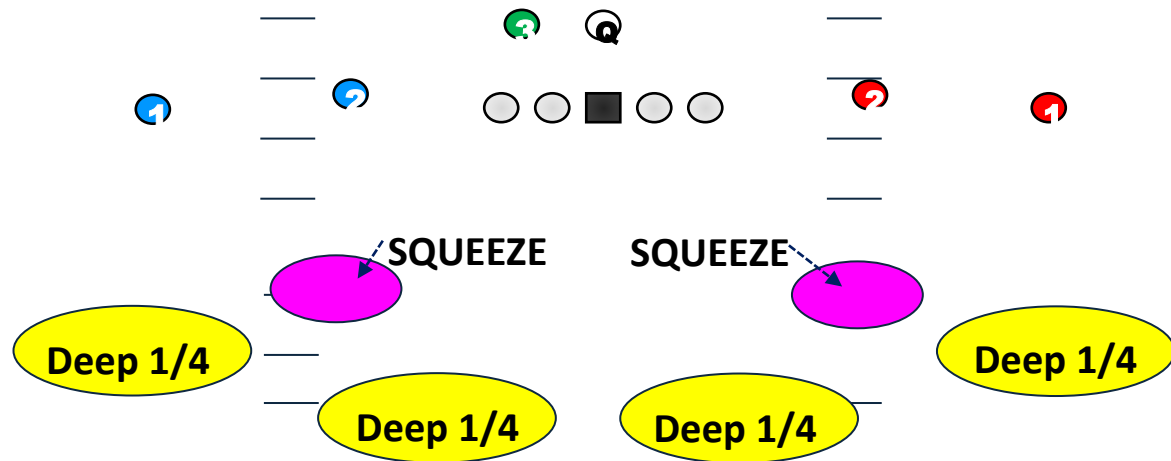
Volume 17

NHL PRESSURES - 4 Deep/ 2 Under (Squeeze Pressures)

Benefits and Stressors of 4 Deep-2 Under Squeeze Pressures

- **Natural benefits of Cover 4. All verticals are matched.**
- **Good overlap from Safeties when #2 or #3 is in the core.**
- **Higher capability for flat-control with Squeeze technique players or Palms corners. Sink check (covered further) also alleviates Flat stress. We also blitz peel the back.**
- **Possesses all the benefits of other 5-man patterns - Can create five 1 on 1's or get linebackers on a back easily.**
- **Because we are gapped out in the run game AND matching all underneath and vertical routes, these are great calls in opener downs AND third and medium.**
- **The Squeeze technique can put our team in some disadvantageous matchups. With our Bandit personnel, it limits these to where he is in the pattern almost exclusively. We do have him in Squeeze when we are in Dime personnel often.**
- **Natural Cover 4 problems exist in concepts like Mills/ Dbl Post**
- **When ILBs are in Squeeze and #2 is out of the core, it is hard to hold disguises.**
- **Squeeze 3 players (explained in detail later) always have to takeback unders.**

NHL (COVER 4 PRESSURE)



BASE PRINCIPLES

4 Deep / 2 Under

Squeeze Defenders are responsible for the underneath route distribution of #2 and #3. **They must deny all low entry into the middle of the field.** They can expand with 2 or 3 as long as it's not a bubble.

The Squeeze 3 Player must DRAIN all low crosser back to the other side of the formation.

Quarters Defenders are playing outside MOD out of a Shuffle Technique. They only trigger when #2 BUBBLES to the Flat. All other flat distributions will be played QUARTERS on #1. Top-Down Defense.

3 x 1 Checks

POACH IS THE 3 x 1 CHECK AVAILABLE IN THESE CALLS

"Sink" is also a Redzone specific OR Triple Width Check. Soft squat corner. Plays like 8 POACH.

Bunch/Stack Checks

PLAY THE CALL. BUNCHES WILL BE PLAYED AS A BOX AND A POACH



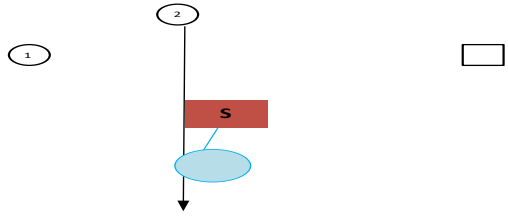
NHL SQUEEZE PRESSURE COACHING POINTS

- **In Squeeze Pressures, we are performance-align players. Listen to "Squeeze" or "Palms" calls from Free Safety.**
- **The Back is NOT in the progression! FTB unless PEEL.**
- **In Palms, typical progression underneath > Wall, Curl, 3 Pickup**
- **In Squeeze, WALL, MATCH, SQUEEZE**
 - **Wall the Vert ...you are capped by Safety**
 - **Match the Flat (No Vert)**
 - **Squeeze the Shallow (Drain back to hook). Top Slants**
- **When no #2 to my side, I become a Squeeze #3 player away from me. Performance align but make sure you are in position to TAKE BACK all routes back across the field.**
- **Poach Safeties may feel threatened quicker with no W3 player. When in doubt, take it!**
- **Corners trigger on Bubble in Palms AND Squeeze.**

SQUEEZE #2 Technique

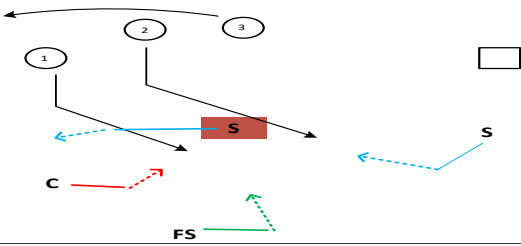
3 Q

#2 Vertical



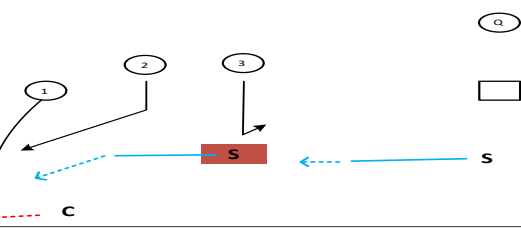
DENY ENTRY UNDERNEATH AND INSIDE. WALL AND VISION AND BREAK OFF 2

3 x 1 Set Expand with 2 or 3 Flat-



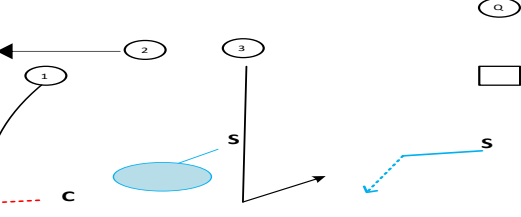
In a 3 x 1 Set Be Ready to Deny Entry of #2 AND Expand with 2 or 3 Flat (Stil No Expansion on Bubbles of # 2

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3 x 1 ALL VERT (WALL= ZONE)

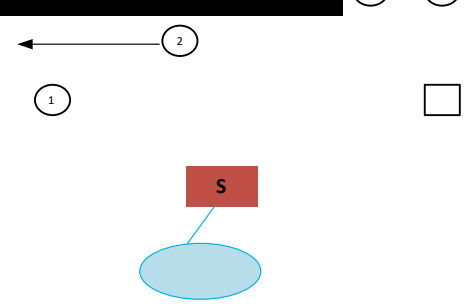


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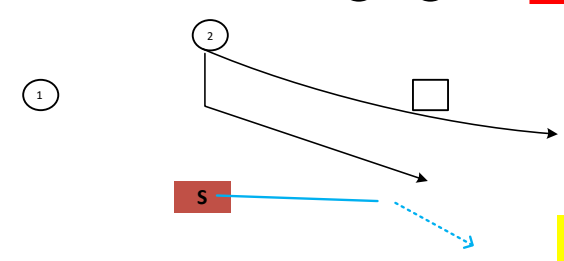
3 Q

#2 Bubbles



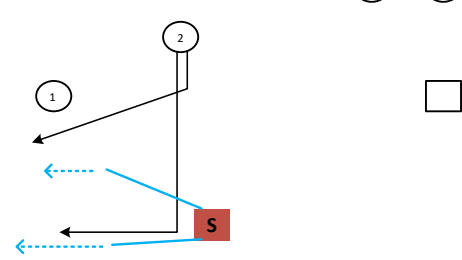
Corner has flat Control on Bubble. Take Eyes To One/ Zone Hook Area

#2 Shallow

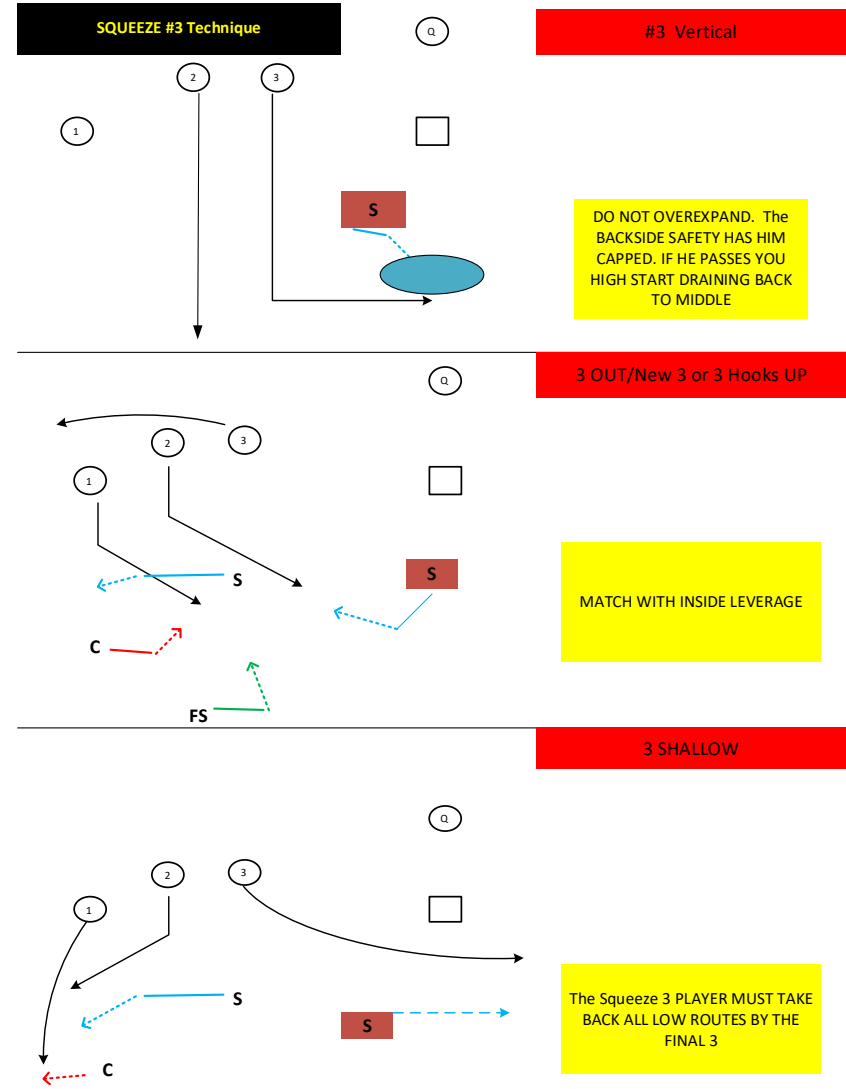


High Drain Back to MOF HOOK. Look for Crosser From Other Side

#2 Out or Flat



WALL TO EXPAND



1/4 SAFETY

vs #2 VERT

EVERYTHING IS VISION & BREAK OFF QB, BUT STILL NEED TO SEE #2.

ALIGN AT 12yds SCOOCH TECH.

vs #2 OUT

#2 OUT SNAP EYES TO #1. #1 IS NOW YOURS!

TREAT BUBBLE LIKE HOW WE DO IN PALMS

KEY 2 TO QB.

vs #2 IN

TURN BUTT TO POST. QUARTER IT OFF. READ QB. EXPECT DIG FROM ACROSS THE FIELD.

KEY 2 TO QB.

vs #2 BLOCK

READ FORCE = MAKE THE JOKER RIGHT! DO NOT FIT IN SAME GAP AS HIM.

KEY 2 TO QB.

vs #1 SNAG

YOU HAVE A 1/4'S CORNER THAT'S HELPING OUTSIDE. VISION AND BREAK OFF QB.

KEY 2 TO QB.

1/4 CORNER

vs #1 VERT

#1 VERT = MAN TO MAN. WE TAKE SLANTS!

PLAY SCOOCH/ SHUFFLE TECH AT 7yds

KEY QB TO #1.

vs #1 IN

#1 IN = COMMUNICATE IN, QUARTER IT OFF.

KEY QB TO #1.

vs #1 HITCH

#1 HITCH, QUARTER IT OFF. READ QB.

KEY QB TO #1.

vs #1 CRACK

TOP SLANTS!

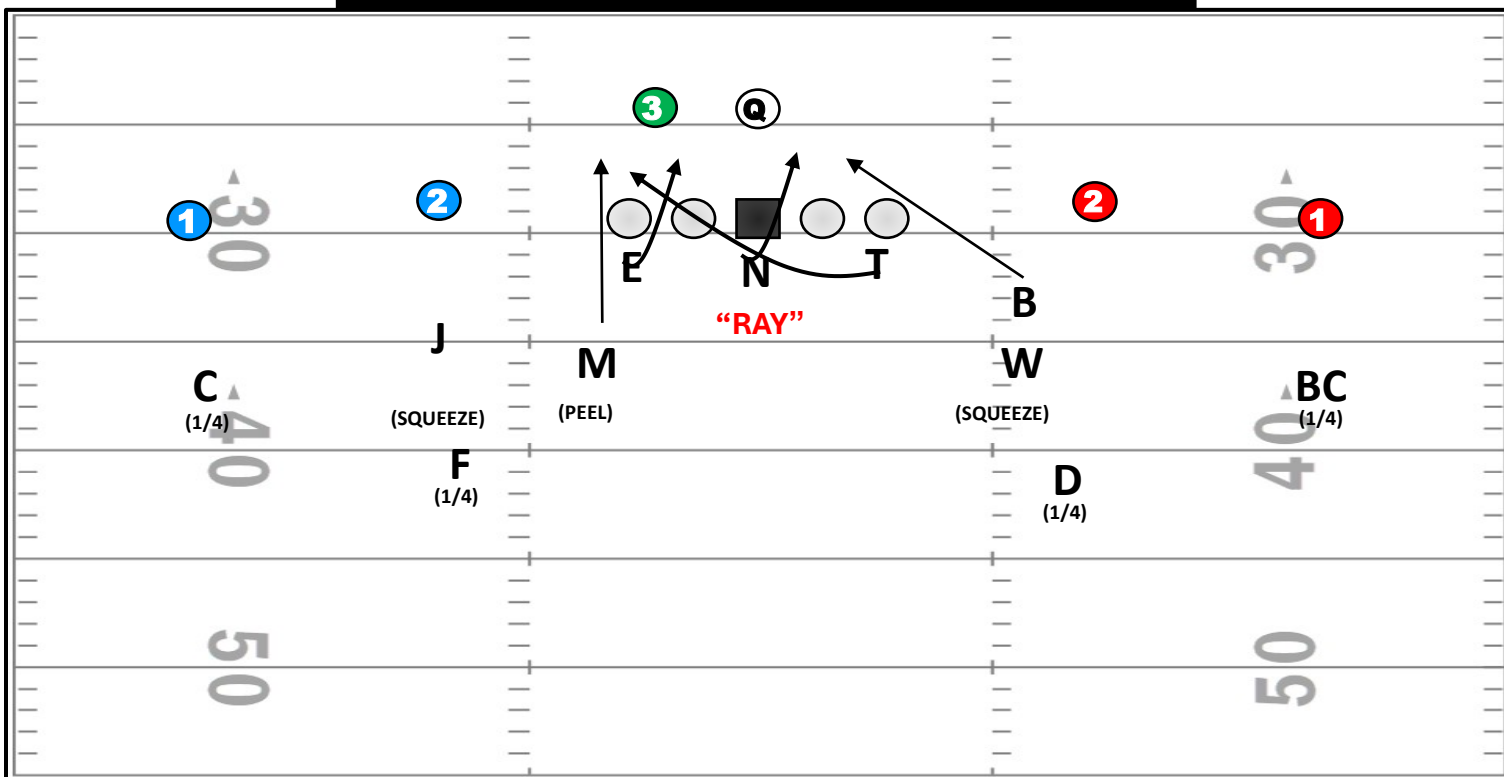
KEY QB TO #1.

vs #2 BUBBLES

#2 BUBBLES, TRIGGLE IMMEDIATELY JUST LIKE IN PALMS.

KEY QB TO #1.

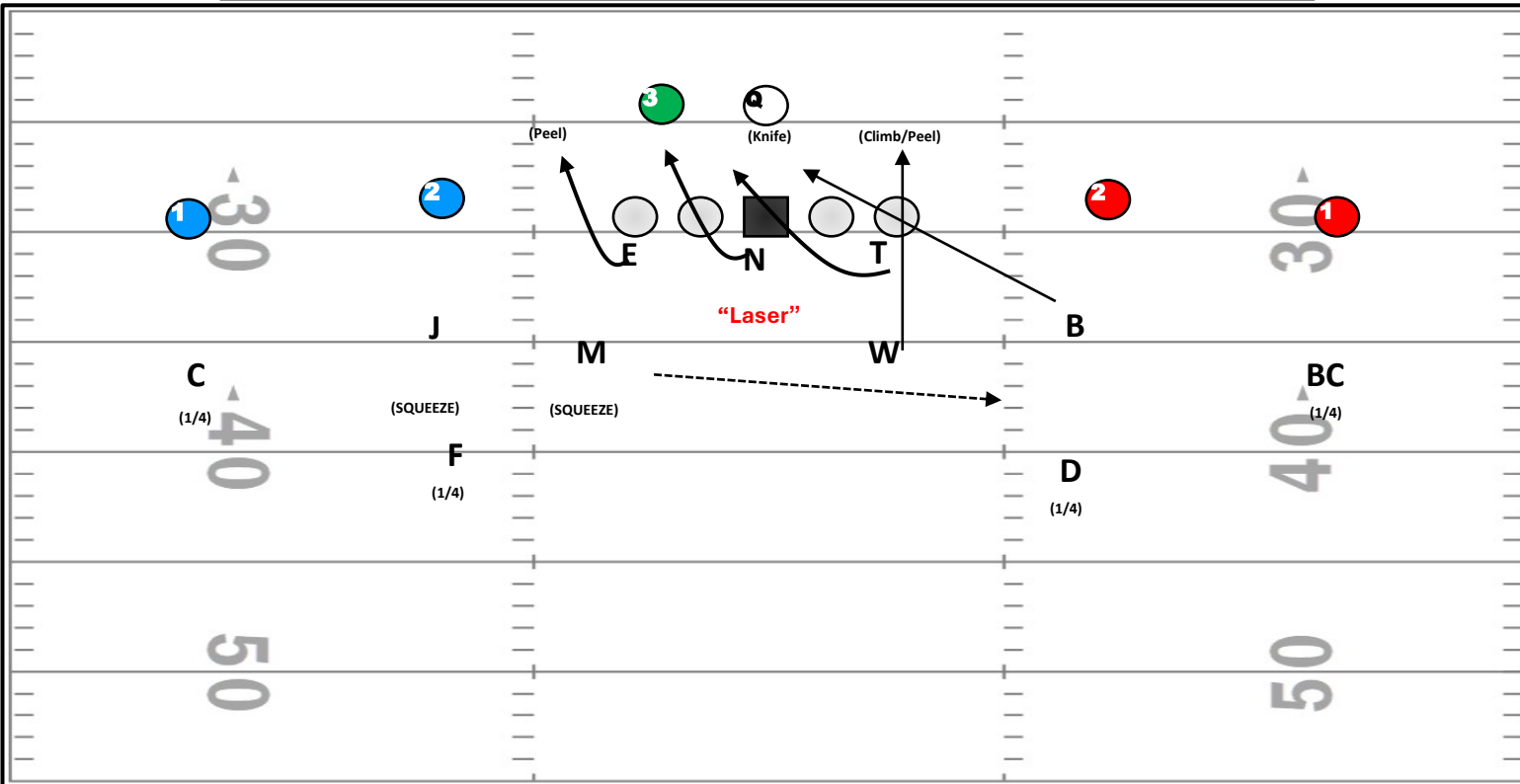
AVALANCHE



Avalanche Overview

- **Denver Path....Double Edge Pressure. Joker off strong edge in single width. “Swap” call with Mike if Dbl Width or more.**
- **Automatic “Ray/Lou” AWAY from Back in Avalanche. We understand, we can be a gap short in the core. Junk the front!**
- **Good 12p Flanker Width Answer. Natural run stunt, with M/W giving overlap with #2 in the core of the formation.**

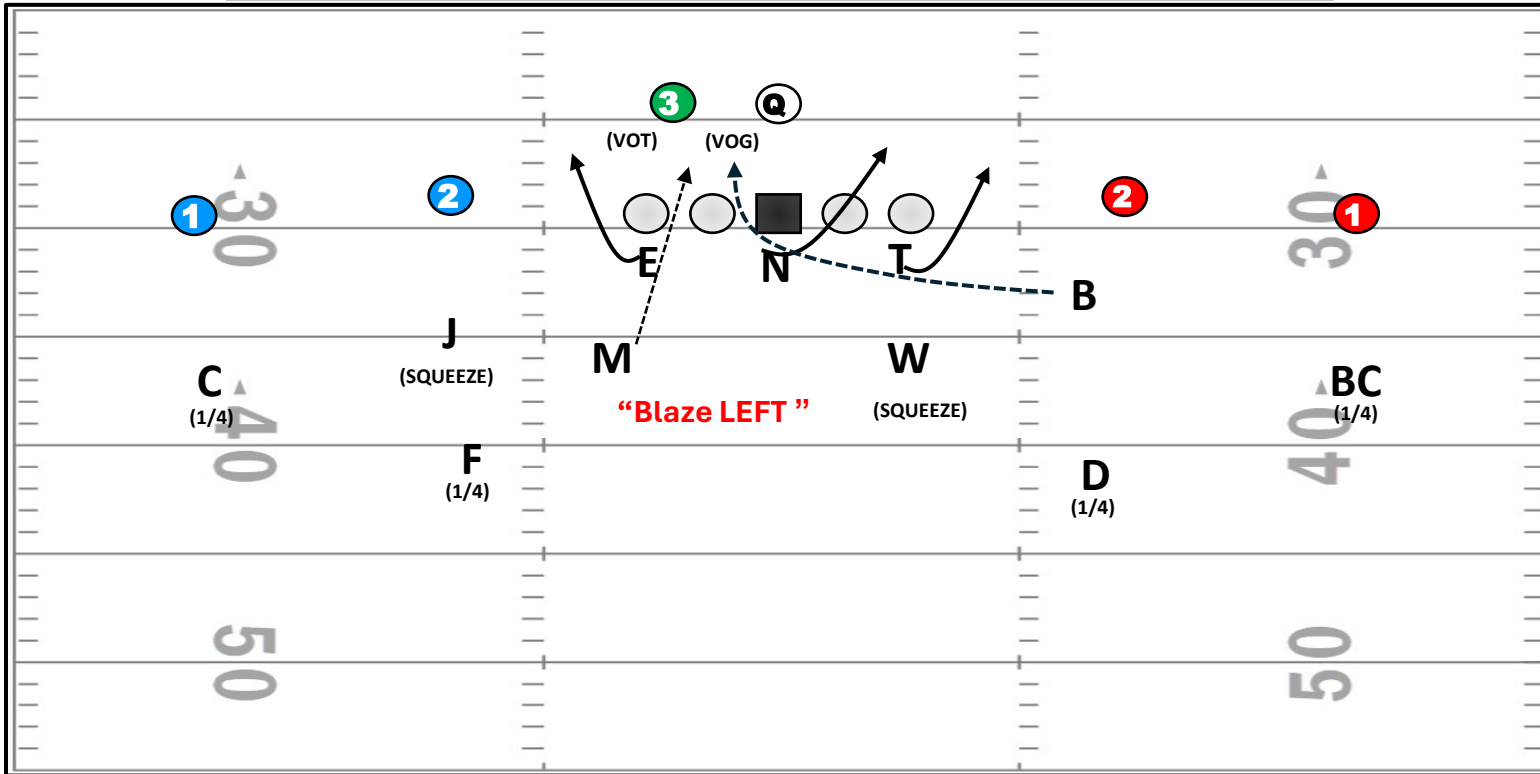
CAPITALS



Capitals Overview

- **Like Bomb, but coverage math can change with Dog always in coverage.**
- **Washington “Switch” path. Lots of carry over.**
- **Tough when we get Double Width to the boundary (See above). Gameplan often dictates we check out of this into “Weak Commander”. NFL version of same path....3 Under, 3 Deep.**

LEAFS



Leafs Overview

- **Toronto Path > We have only played this as an NHL.**
- **Natural build off of Weak Reduction (Bash, Bandit) disguise**
- **Creates natural run stunts with front movement AND the benefits of the Philly path in pass. We should get one of the second level players on the Back.**

