
8 MAN DEFENSE

Never Be Out-Schemed

3-3 DEFENSIVE ALIGNMENT CHART

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Pick a **D**irection **M**arketing

8 MAN DEFENSE

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**“It’s not the
will to win, but
the will to
prepare to win
that makes a
difference.”**

- Bear Bryant

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Introduction

Just like many of you reading this, I've been around football since before I could walk. My father played football at the University of Florida and coached as high as the USFL in his career. Growing up, it's all I knew and it's all I studied.

I played Division I football at Charleston Southern University where I helped win a conference championship and was named Captain. I know the importance of preparation for success.

Today, I coach an 8-Man team in Charleston, SC and I've taken my knowledge of the game and adjusted it to the 8-Man rules. As with any team, great players are hard to win without. But we believe that we'll never be beat before the snap. Our young men will always be in the best position to make plays and we'll do our best to set them up for success through our preparation.

These manuals are designed to help you to **NEVER BE OUT-SCHEMED.**



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Why Alignment is so Important

Many outsiders believe that football is a game of pure violence and anarchy. But those of us that know the game know how intricate it can be and how much preparation goes into game-planning.

My philosophy is to start every play right. Within each play, a number of individual battles are fought between players. If a player needs to keep outside leverage, he's beat if he lines up 2 yards inside that opponent before the snap. This manual is designed to teach each and every player where to lineup in a 3-3 base defense and avoid mistakes like this.

Pay attention to the depths and leverages of each formation, they are crucial to success.

I've done my best to draw up the formations that are most popular in our league, feel free to contact me if you don't know how to line up against a formation I haven't covered.

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3-3 Position Descriptions

[C] Cornerbacks -

These should be two of the fastest players on the field. They will be asked to play deep halves of the field on a regular basis.

[S] Sam & [W] Will Linebackers -

These will be the players that make the most plays on your team. They will roam the field, they will blitz, and they will have to make lots of tackles. Be sure to pick them carefully. They don't have to be huge, but they should be athletic.

[M] Mike Linebacker -

This should be a player that LOVES contact, even if he's under-sized compared to the linemen he faces. His main responsibilities are between the guards.

[E] Defensive Ends -

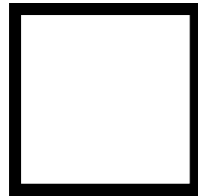
These players should be almost as athletic as the Sam & Will, they will get lots of action and opportunities.

[N] Nose Guard -

This player should be able to take up 2 gaps at all times. He should be big and strong, but he doesn't have to be the fastest.

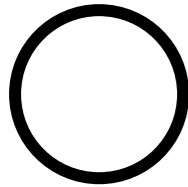
8 MAN DEFENSE

Symbol Descriptions



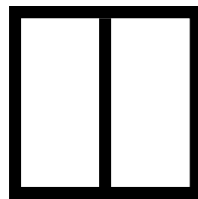
Center -

The Center, where every play starts.



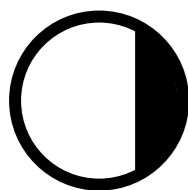
Circle -

Any other offensive player besides the Center.



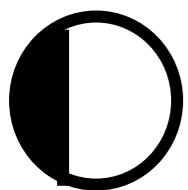
Head Up Alignment -

A straight line down the center of a player indicates that the defensive player should be lined up directly in front. This is known as “head up.”



Shaded Right -

A right shade indicates that the defensive player should be lined up to the right of the offensive player. This can be inside or outside leverage.



Shaded Left -

A left shade indicates that the defensive player should be lined up to the right of the offensive player. This can be inside or outside leverage.

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Leverage & Depth

[C] Cornerbacks -

Versus a TE: 2 yards outside the Tight End, 5 yards deep

Versus a split receiver: On #1 Receiver's inside shoulder, 8-10 yards deep

[S] Sam & [W] Will Linebackers -

Outside the Guards: On #2 Receiver's inside shoulder, 5 yards *from receiver*

Inside the Guards: According to the alignment chart, 3-4 yards deep

[M] Mike Linebacker -

According to the alignment chart, 3-4 yards deep

[E] Defensive Ends -

According to the alignment chart in a 3 point stance, as close to the LOS* as possible

[N] Nose Guard -

According to the alignment chart in a 3 point stance, as close to the LOS* as possible

See **HOW TO PLAY THE 3-3 DEFENSE** for more details on leverage & depth

Offensive Setup

C

C

M

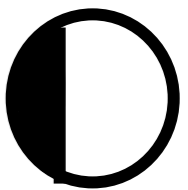
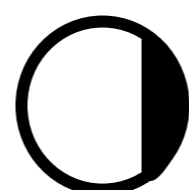
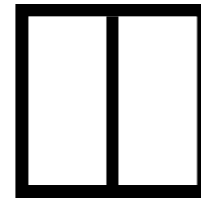
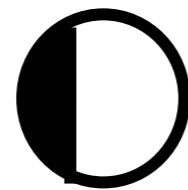
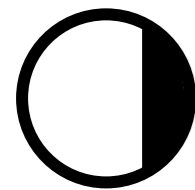
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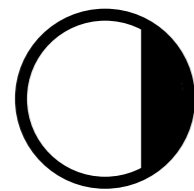
#1 Receiver

L Guard

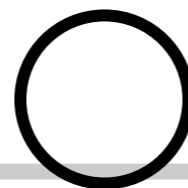
Center

R Guard

#1 Receiver



#2 Receiver



Quarterback



#2 Receiver

Base vs. Doubles

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Base vs. Deuce

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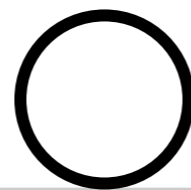
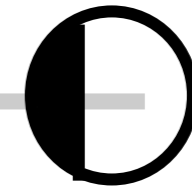
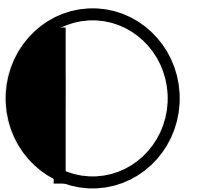
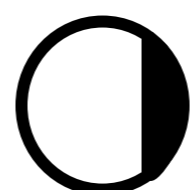
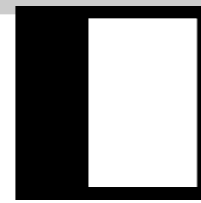
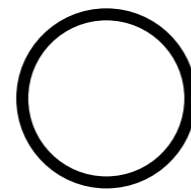
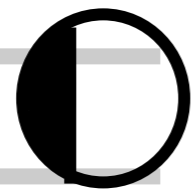
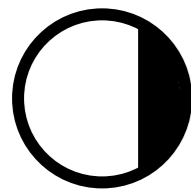
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Base vs. Trey

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Base vs. Trio

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Base vs. Twins

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Base vs. Twins

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Base vs. Flex

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Base vs. Overload

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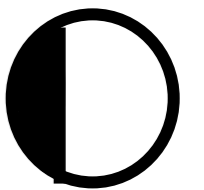
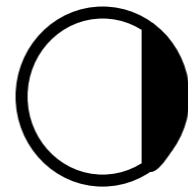
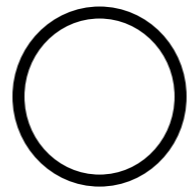
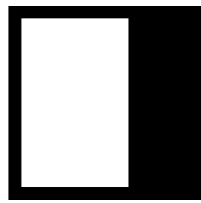
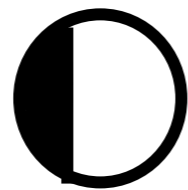
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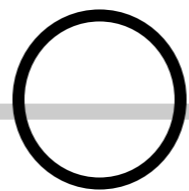
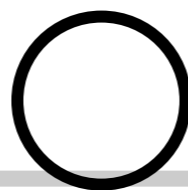
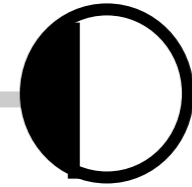
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* Eligible

* Covered



Base vs. Overload Tight

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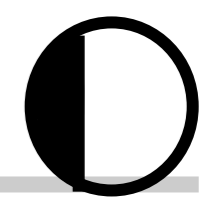
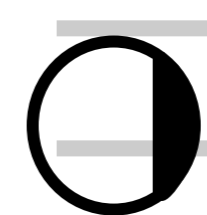
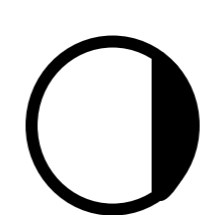
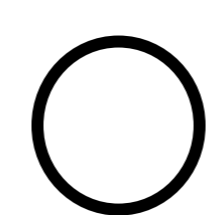
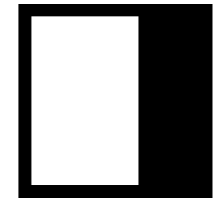
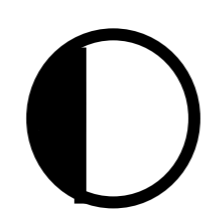
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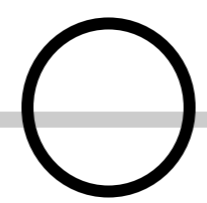
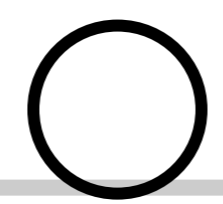
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* Eligible

* Eligible



8 MAN DEFENSE

Other Winning Packages:

3-3 BLITZ PACKAGE

3-3 TOTAL INSTALLATION

1-ON-1 COACHING SESSION

4-2 ALIGNMENT CHART

**8 MAN SPECIAL
TEAMS PACKAGE**

Contact

I am readily available by email for questions and suggestions. I always creating new products and striving to master this game.

Emails can be sent through the contact page of the website.

If you'd like a one-on-one coaching session get an in-depth walk through of the 3-3 Defense, check out my Individual Sessions.

