

BLACKOUT

Volume 7

OLB Play- Bandits and Jokers

THE MODERN MULTIPLE DEFENSE

PERIMETER STANCE



**HEAD UP / FLAT
BACK / CHEST
OVER KNEES**

**SINK HIPS /
BEND KNEES /
CREATE A "V"
WITH YOUR
BODY**

**ON THE BALLS
OF YOUR FEET**



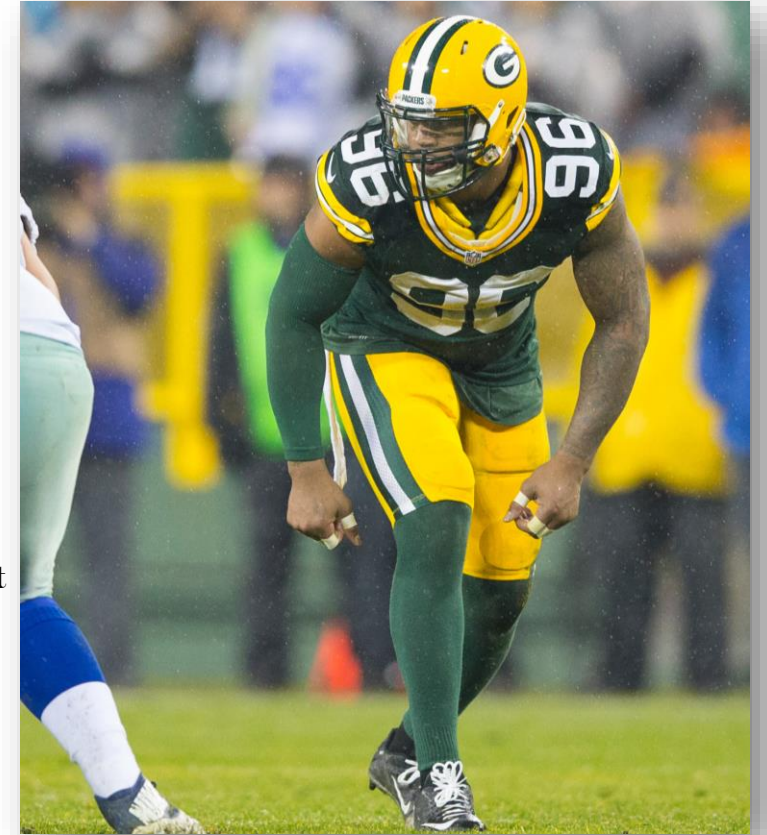
Key Step: Dependent on call and coverage. Be patient and maintain your elevation until your responsibility is clear. Slow to go BUT quick to trigger, Don't panic and start running somewhere. Be quick but don't hurry.

INTERIOR STANCE

**HEAD UP / FLAT
BACK / CHEST
OVER KNEES**

**SINK HIPS / BEND
KNEES / CREATE A
“V” WITH YOUR
BODY.**
Outside or Inside foot
up is player dependent

**ON THE BALLS OF
YOUR FEET**



**Key Step: Get second step in the ground on contact.
Read EMOL.
Be powerful on contact. Set a firm edge on the defense.
BE EXPLOSIVE in PASS RUSH. Get off the football to the
depth of the pocket.**



TEACHING PROGRESSION



- **ALIGNMENT**
 - **Stance, Depth**
- **KEY**
 - **Eyes**
- **ASSIGNMENT**
 - **Knowledge = Power, What & How**
- **EFFORT**
 - **100% Every Rep - NO EXCEPTIONS**
- **EXECUTION**
 - **Effort Without Execution = Chaos**
- **FINISH**
 - **How You Are Defined**



E.E.T.T

Eye control

Effort

Emotional intensity

Technique

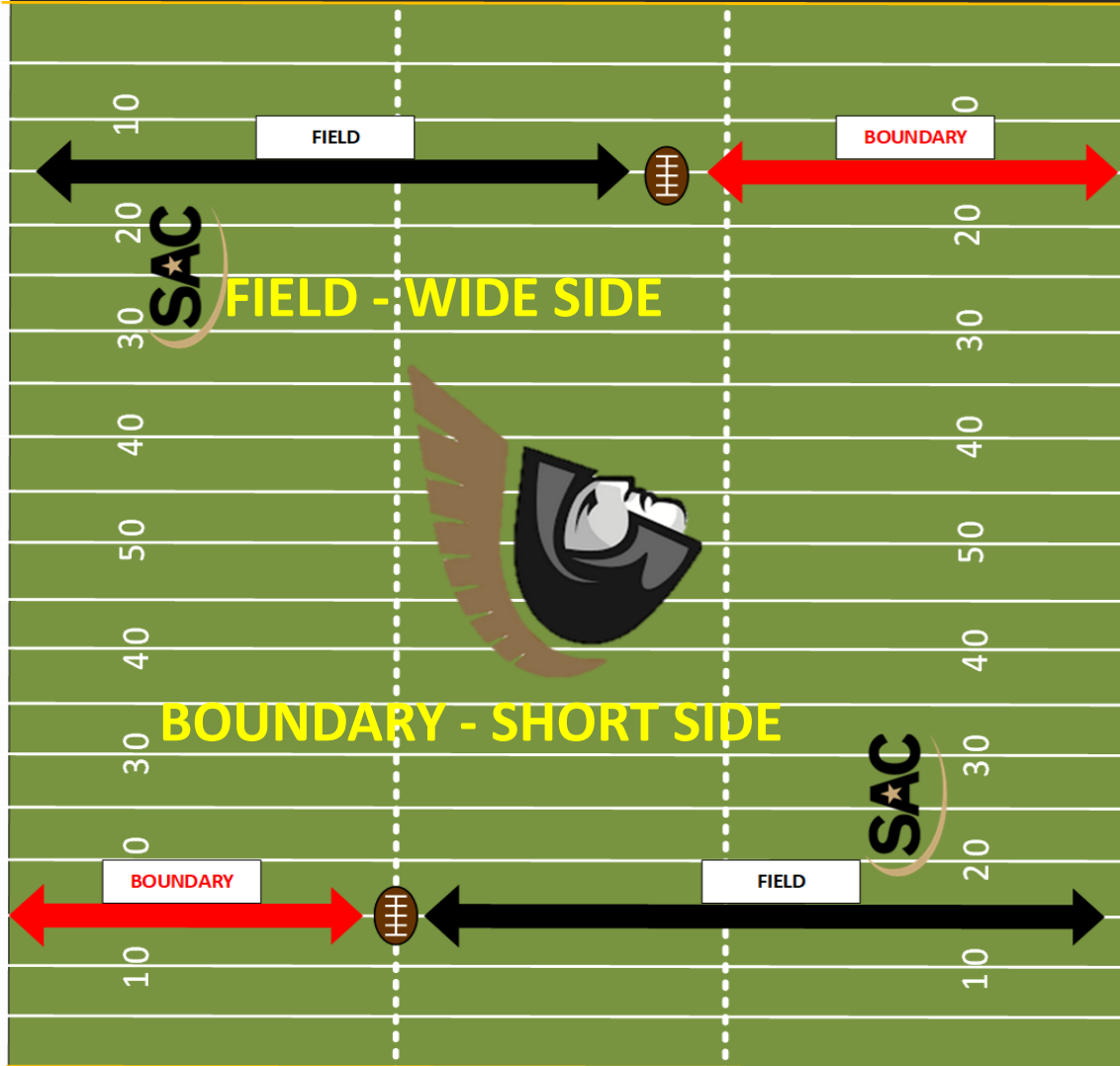
Tackling

Toughness

Takeaways

- **Eliminate mental mistakes... Get lined up, play with great eye discipline, be a master of technique and toughness (E.E.T.T)**
- **Lead the team in effort**
- **Effect the quarterback**
- **Make the plays that come to you ...take the football away**
- **Dominate the point of contact on the interior and the perimeter**

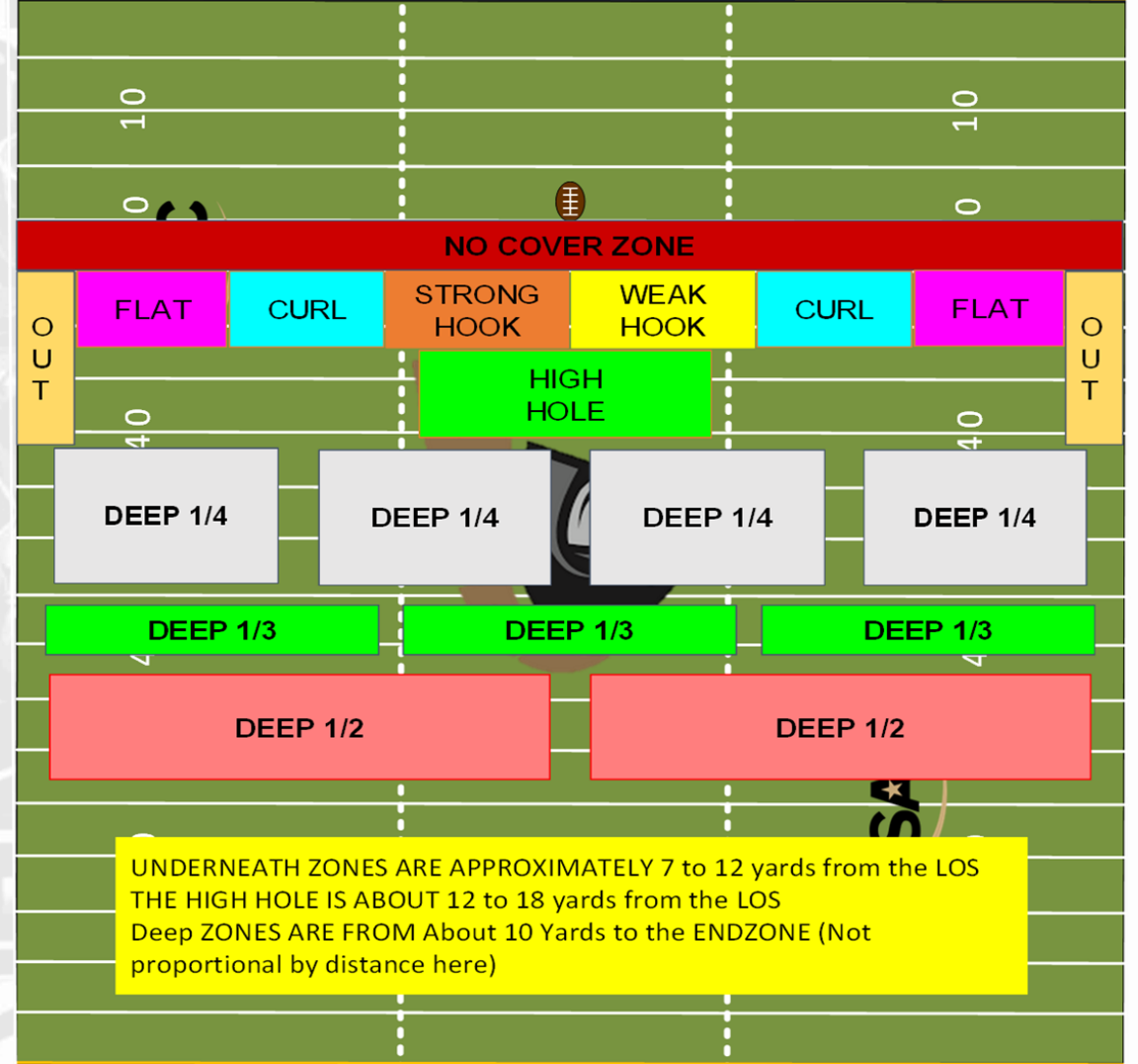
TROJANS



ANDERSON

TROJANS

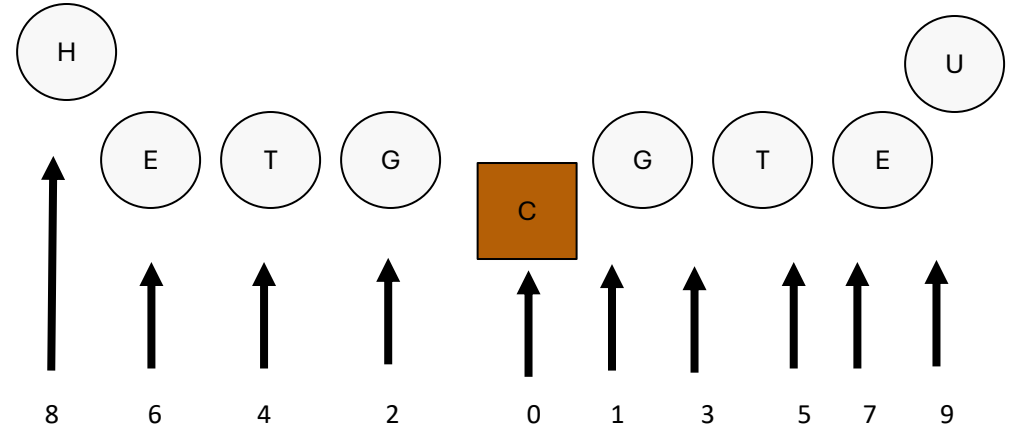
ZONE AREAS DEFINED



UNDERNEATH ZONES ARE APPROXIMATELY 7 to 12 yards from the LOS
THE HIGH HOLE IS ABOUT 12 to 18 yards from the LOS
Deep ZONES ARE FROM About 10 Yards to the ENDZONE (Not proportional by distance here)

ANDERSON

FRONT ALIGNMENTS



All Front Alignments are based on base splits of the OL

* EVEN numbers mean you are lined up HEAD UP on the corresponding OL.

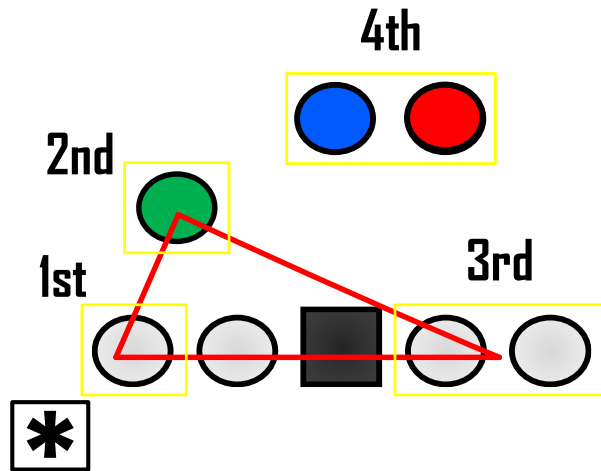
- 0= Center
- 2= Guard
- 4= Tackle
- 6= Tight End
- 8= Wing

Adding "I" as in "2i" means you will slide slightly inside the head up alignment.

*Odd numbers mean you are lined up on the Inside or Outside shade (shoulder) of the corresponding OL.

- 1= Center
- 3= O/S Shade of Guard
- 5= O/S Shade of Tackle
- 7= I/S Shade of Tight End
- 9= O/S Shade of Tight End
- Wing Adjust= I/S Shade of Wing

TRIANGLE READS



PRESNAP: FIRST READ IS THE END MAN ON THE LINE. EYES SHOULD BE ON THE OUTSIDE SHOULDER PAD. THE SHOULDER PAD WILL TELL YOU THE INTENTIONS OF THE EMOL

- SHOULDER PAD OPENS TO YOU AND LINEMAN DROPS BACK = PASS
- SHOULDER PAD OPENS TO YOU AND MOVES AT YOU = BASE BLOCK OR REACH
- OUTSIDE SHOULDER PAD CLOSES AWAY FROM YOU = DOWN BLOCK

BALL IS SNAPPED: IF THE SHOULDER GIVES A BASE OR REACH KEY, WE GET HANDS ON THE MAN. FROM THIS PICTURE, LEFT HAND WILL BE UNDER THE LEFT CHEST PAD AND RIGHT HAND IS ON TOP OF THE PAD AT THE NEAR SIDE OF THE COLLAR.

WITH HANDS ON, OUR EYES CAN THEN FIND THE NEXT KEY



• REDUCTION

KEY READS (9 Tech)

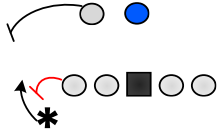
- **Read EMOL, Near Back/Puller, MESH.**
- **It can only be one of two things....Run or pass**

• KEY READS (Apex)

- **Read EMOL to MESH. Back To / Back Away**
- **Key Progression different on APEX +, -, D.**

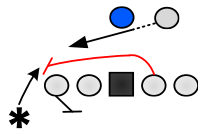
TRIANGLE READS

vs REACH



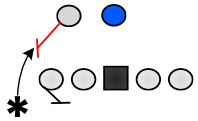
HOLD YOUR GAP, SET A FIRM EDGE, MAINTAIN LEVERAGE ON OUTSIDE SHOULDER OF THE OT

vs POWER



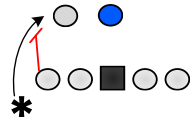
BLOCK DESTRUCTION! DENT THE PULLER AND CREATE EXTENSION BY HITTING 51% ON LEVERAGE. DON'T GET UPFIELD!

vs DOWN BLOCK w/ BACK BLOCK



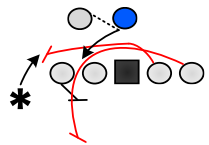
BLOCK DESTRUCTION! BLOW UP THE BACK AND ESTABLISH PRESENCE BY HITTING 51% ON LEVERAGE

vs PASS



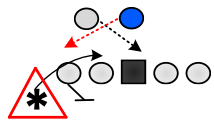
GET TO THE QB! BEAT THE OT TO THE EDGE, USE ACTIVE HANDS, AND BEND AT THE KNEE

vs COUNTER



BLOCK DESTRUCTION! DENT THE KICK BLOCK AND CREATE EXTENSION TO ESTABLISH YOUR GAP PRESENCE. DON'T GET UPFIELD!

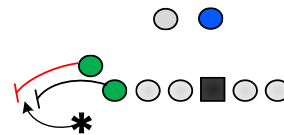
vs DOWN BLOCK



ALL KEYS ARE AWAY FROM US = MESH READ SURF TECH

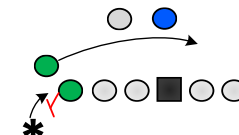
TRIANGLE READS vs WING ADJUST

vs REACH



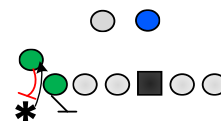
HOLD YOUR GAP, SET A FIRM EDGE, MAINTAIN LEVERAGE ON INSIDE SHOULDER OF THE WING/ OUTSIDE SHOULDER OF EMOL

BASE BLOCK, WING AWAY



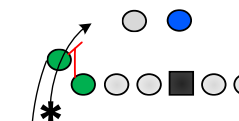
***CONTROL THE EDGE, CREATE EXTENSION ON OUTSIDE SHOULDER OF EMOL. ***

DOWN BLOCK, WING BLOCK



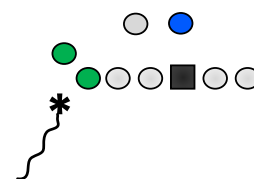
KEY INSIDE SHOULDER OF WING. IF HE TRIES TO SCOOP, WE MUST GET UNDERNEATH AND MAINTAIN THE D GAP

PASS (REDUCTION)



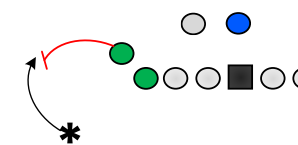
GET TO THE QB! BEAT THE EMOL TO THE EDGE, USE ACTIVE HANDS, AND BEND AT THE KNEE

PASS (COVERAGE)



PLAY COVERAGE CALLED

FORCE PLAYER



FORCE PLAYER! RESPONSIBLE FOR ALL OUTSIDE THREATS, MUST CONTROL THE EDGE. NOTHING GETS OUTSIDE OF US!



APEX ALIGNMENTS/ CODE WORDS

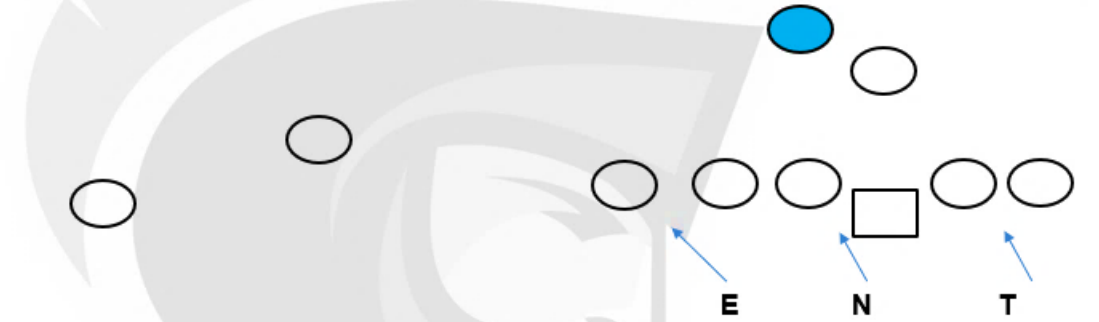
Apex D

The Alignment is outside of the box but the defender is in conflict of Run/ Pass. By base rule he is assigned the "D" Gap if there is a TE or would fit vs a "2 Back Runs" since the offense can create an extra gap in the fit.

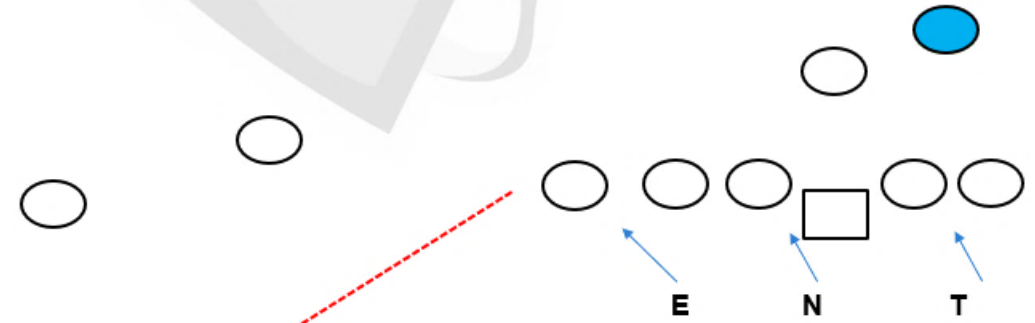
By base rule, the defender will "Hold" (pass first) or "Fold" (run first) based on the alignment of the back.

Back To = HOLD (Pass First)

Back Away= Fold (Run First)- Trigger on Run Action!



Apex D
Back To- "HOLD"

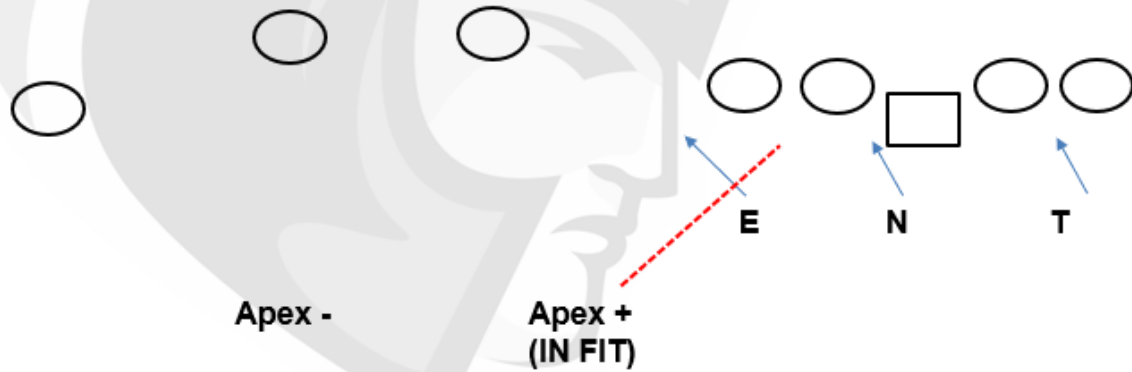


Apex D
Back Away- "Fold" on Run Action

APEX ALIGNMENTS/ CODE WORDS

Apex +

The Alignment is outside of the box but the defender is a "Run First" player responsible for an interior gap of the defense. The back has no bearing here. An APEX + player is IN THE FIT

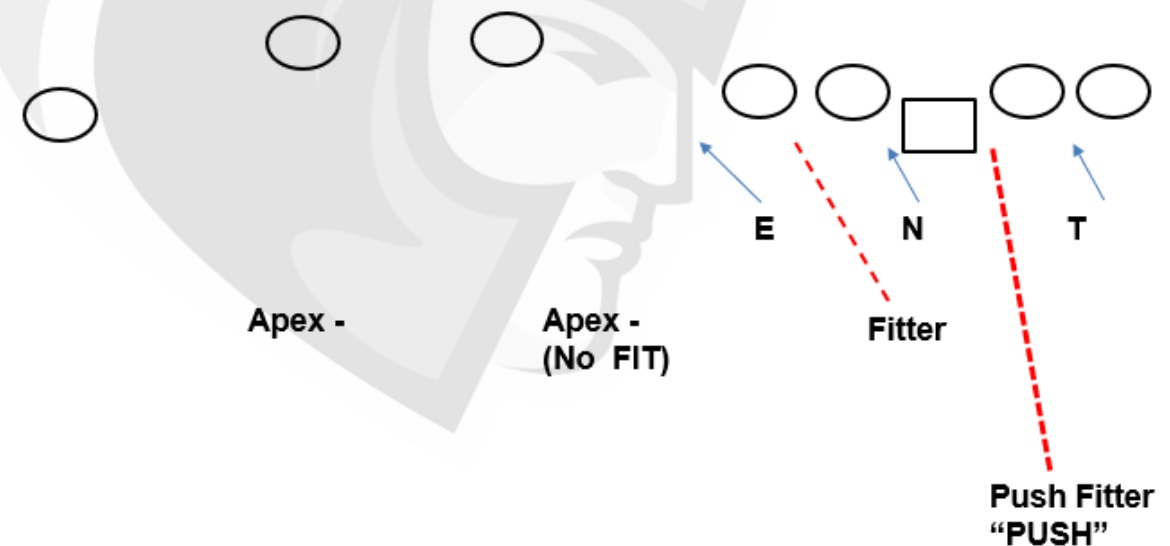


APEX ALIGNMENTS/ CODE WORDS

Apex -

The Alignment is outside of the box but the defender is a "pass first, second, third defender"! HOLD for all RPOS! Any play made on a running play is because ball bounced to you.

* The fit has most likely been "pushed" moving an initial fitter out of it with the opposite side safety coming down.

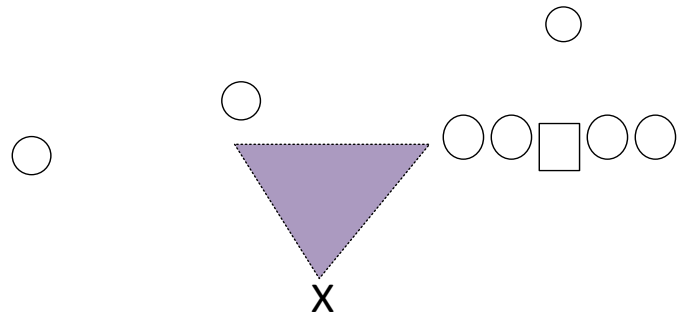


OLB ALIGNMENTS

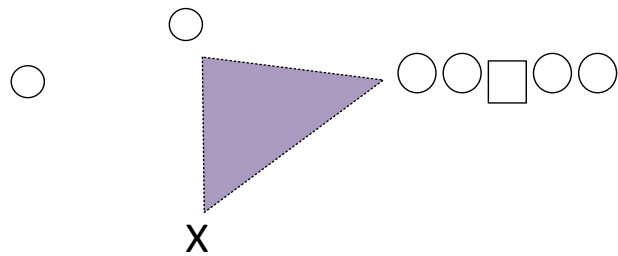


X

9 TECH
4 Feet o/s EMOL



TIT (TOES INSIDE TWO)
APEX + Align
Apex D Align if Back Away



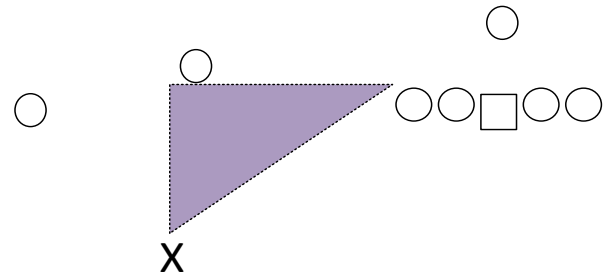
TOT (TOES ON TWO)
APEX D Align

OLB ALIGNMENTS

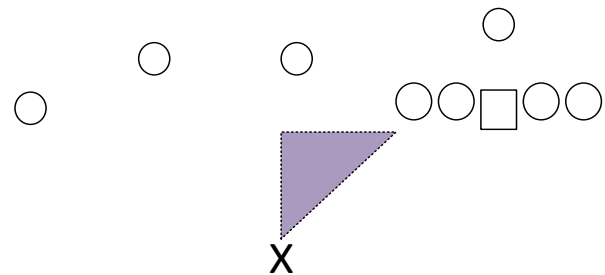


X

STACK
IN FIT / Single Width (4 x 4)

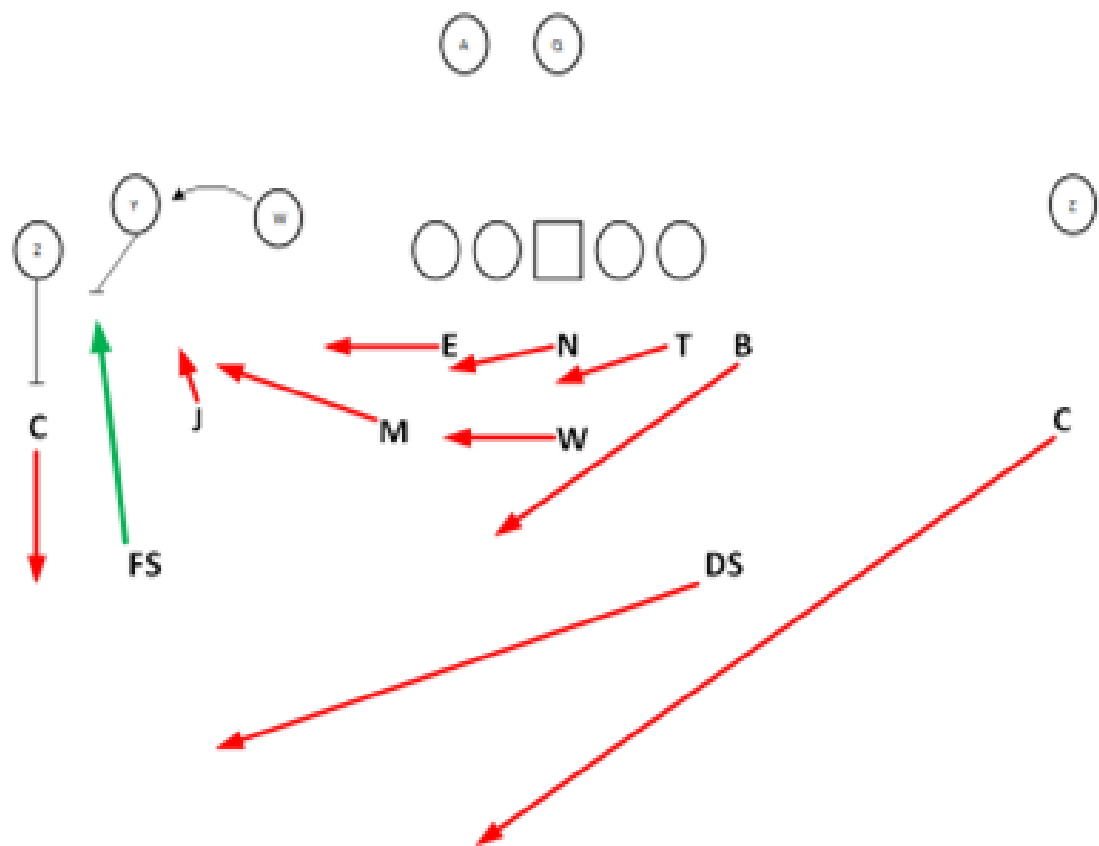


TOTO (TOES OUTSIDE 2)
APEX - Align

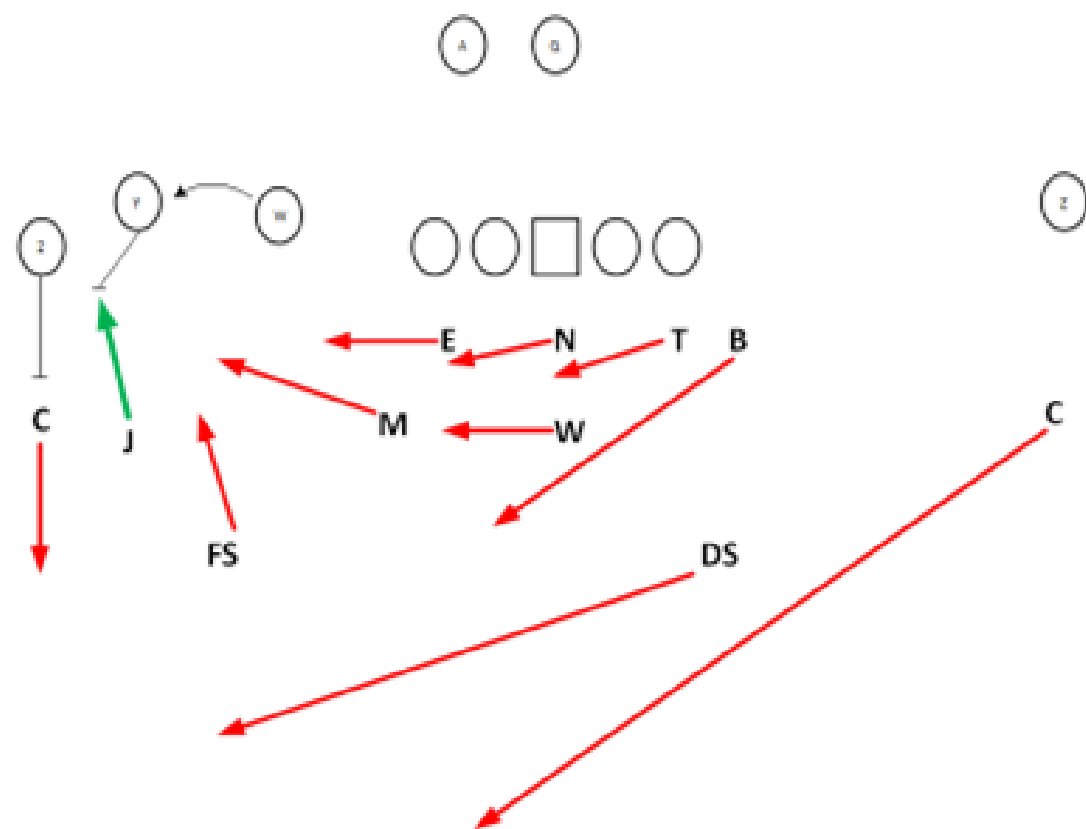


TECHNO
ECHO #3 Align

SKY FORCE



BACKER FORCE



BASIC DRILL MENU



- **Stance and First Step (first day – work hand placement, eye control, no false step, staying square and low)**
- **Shock n Shed (in fit, out of fit) / (cross face, edge contain) / (tag off, gator roll)**
- **Triangle Reads (Bandits on the line, Jokers from depth)**
- **6 pt Extension (hand shield or on sled) / (head up, left and right shades)**
- **9 Tech (resistance band)**
- **Vice Tackle (2 On 1)**
- **Sideline Tackle (1 On 1)**
- **Gap Track Tackle**
- **Coverage Specific Techniques- Buzz Sift, Tail, C-F, Squeeze, etc.**
- **Christmas Tree Reroute**
- **Play thru Hands**
- **Tip Drill**
- **Pass Rush**



CONTACT DRILLS

- **Six Point Extension**
- **Sled**
- **Tackle Specific**
 - **Open Field**
 - **Profile**
 - **Vice**
 - **Track**
 - **Gator Roll**



KEY DRILLS (EYE CONTROL)

- **Stance And Start**
- **9 Tech Reads**
- **Triangle Read**
- **Ram / Knife Stunt**
- **Wing Adjust**
- **Mesh Reads**



PASS RUSH

- **Get offs**
- **9 Tech Reads**
- **1 on 1 movements**
- **Pop- Up Circuit**
- **Karate (Hand Fighting)**
- **Tennis Ball Dip**
- **Engaged....Lean Over Pressure**

COVERAGE SPECIFIC



- **Reroute Expand**
- **Reroute Christmas Tree**
- **Curl-Flat Tech (2 To 3)**
- **Buzz Sift Technique**
- **Rail Technique**
- **Squeeze Technique**
- **1 on 1 (SCIF)**