

VOLUME 10

Base Coverages - Country Cover 3

COVER 3 - OVERVIEW

WHAT IS IT GOOD AGAINST?

- **Protects against the deep throws**
- **Allows a secondary defender to come down and defend the run. 8 in the box against conventional TE and two back sets**
- **Sets two curl/flat defenders to FORCE the edge on perimeter. Very good against the perimeter runs**
- **4 underneath defenders to defend 6 zones. Only seat routes can attack an automatic voided zone (5 shorter routes)**
- **MIDDLE OF THE FIELD IS PROTECTED DEEP**

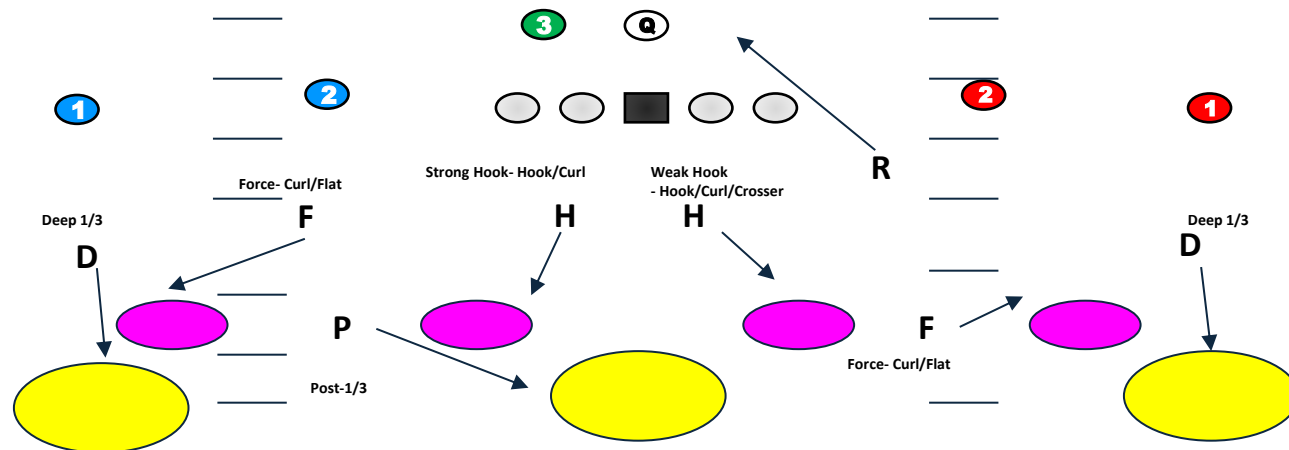
WHAT IS ITS WEAKNESS?

- **Horizontal Stretch concepts can put underneath defenders in conflict (Flat/Curl, Sail Routes)**
- **The Seams are vulnerable! We must deny free entry with our curl/flat players or weak hook defenders.**
- **Completions will be automatic when the flats are attacked immediately.**

WHERE ARE OUR ADJUSTMENTS?

- **Cover 4 is a direct play to fix the vulnerabilities of Cover 3. In all of our Cover 4 concepts, we will match verticals and gather flat control of the offense.**
- **Match coverages allow us to keep the positives of Cover 3 but man-match the seam routes with the Curl-Flat Defenders (SCIF).**

COVER 3 (3 Deep 4 Under)



BASE PRINCIPLES

3 Deep - 4 Under Zones provide protection over the top on deep passing concepts. With 3 deep defenders, we are short two underneath zones, so according to route distribution, you may push a zone wider depending on the call and the offensive play.

Force Defenders are responsible for setting the perimeter edge of the defense and playing a Curl to Flat area.

Hook Defenders are typically box players who are in run/pass conflict and will play hook to curl to crosser responsibilities vs pass.

The Post Defender is responsible for the middle 1/3 deep portion of the field. He has NO run responsibility.

Like the Post Defender, the Deep 1/3 Defenders have no run responsibility.

*In all of these calls we should have 2 force players, 2 hook players, 2 deep 1/3 players, and a post defender.

BASE CALLS IN THIS CONCEPT

- "Green" – Strong Sky Rotation
- "Gold" – Weak Sky Rotation
- "Grey" – Strong Sky Rotation
(FS & J flip jobs from Black)
- "Black" – Strong Buzz Rotation
- "Blue" – Weak Buzz Rotation
- "Rock" – Strong Cloud Rotation
- "Roll" – Weak Cloud Rotation

BASE TAGS IN THIS CONCEPT

"Sky" Rotation- Safety down to C/F zone. Backers playing Hook zones.
Ex: Gold, Green

"Buzz" will insert a safety into a Hook zone and a backer into a force curl zone.
Ex: Blue, Black

"Rock" will rotate strong to the free safety into a deep 1/3 and the corner will play the flat/curl area.

"Roll" will rotate weak to the dog safety into a deep 1/3 and the corner will play the flat/curl area.

3 x 1 Checks

By Base Rules, Cover 3 concepts play against 3x1 and there is no need to check. Gameplan could change this.

Mable - Man the backside with the corner and weak curl/flat player

Zebra - Flood the coverage to the strong side with distribution automatically to the Strong Flat, Strong Curl, and Strong Hook.

Bunch/Stack Checks

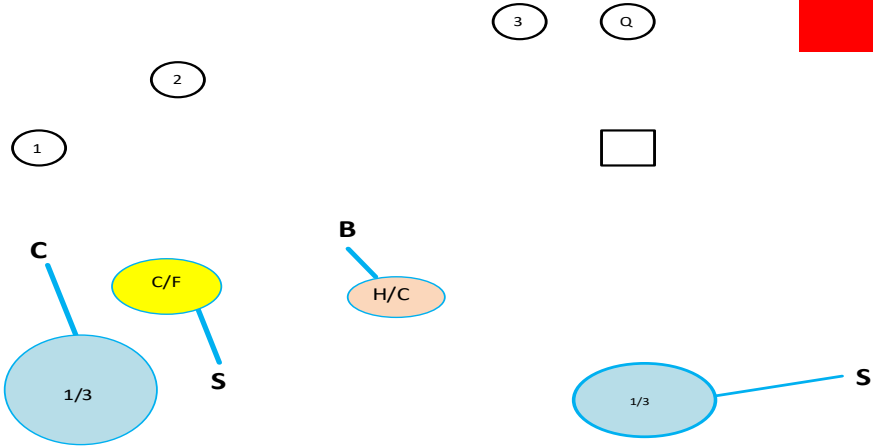
Area play the call. 3 deep is sound against most things

"Disco"- "Rock" or "Roll" to a bunch set with hook defender pressed on bunch and a hard corner outside.

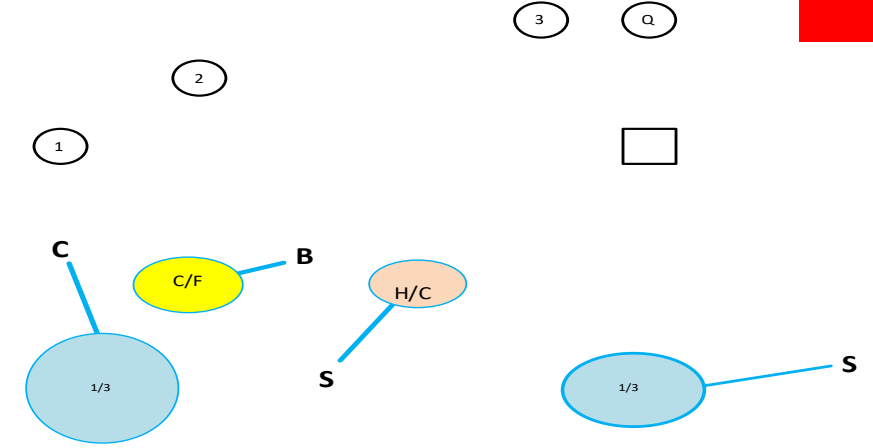
3 deep version of our "cloud" check



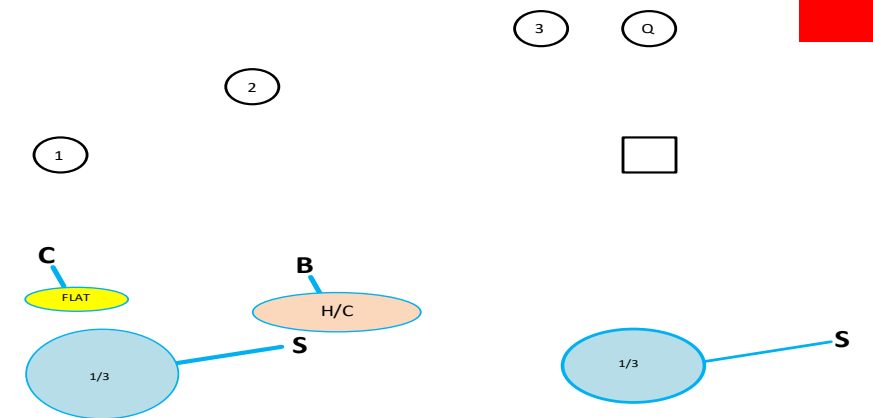
COVER 3 ROTATIONS



SKY ROTATION- SAFETY inserts into the curl/flat zone OUTSIDE of the BACKER (SKY FORCE) .



BUZZ ROTATION- SAFETY inserts into the HOOK/CURL zone INSIDE OF THE BACKER. (BACKER FORCE)



CLOUD ROTATION- SAFETY overlaps into the Deep 1/3 zone while the Corner will trap the flat. Backer will play the Hook/Curl. (CLOUD FORCE)

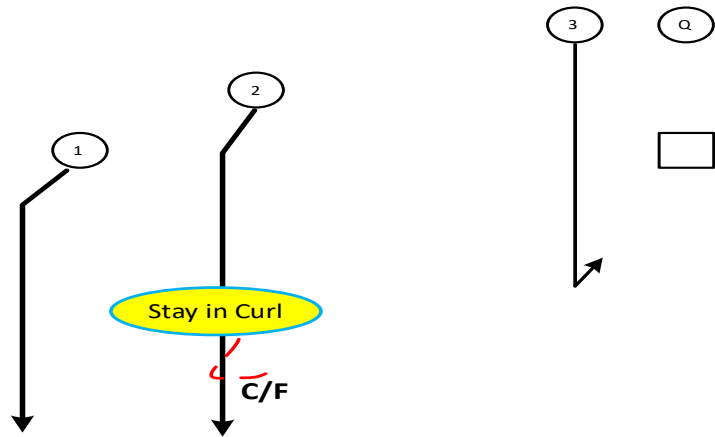


Cover 3 Basics

- **3 Deep 4 Underneath Defenders**
- **Sky Rotation - Safety in Force/Curl-Flat**
- **Buzz Rotation - Backer in Force/ Safety in Hook**
- **Cloud Rotation - Corner in Force/ Corner Support**

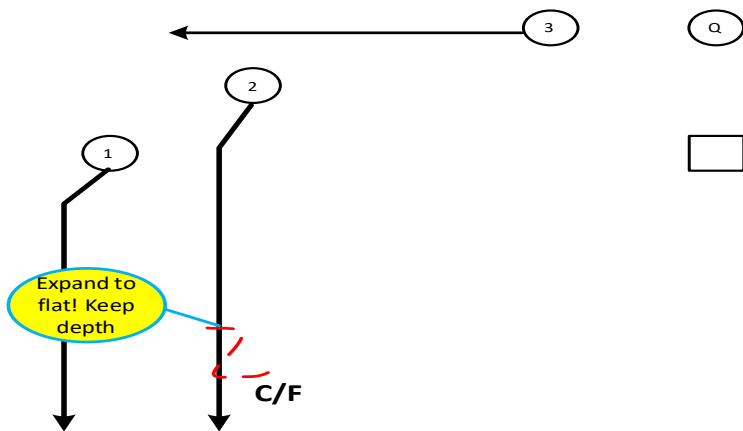
CURL FLAT TECHNIQUES

2 in the Curl/ 3 Blocks or Hook



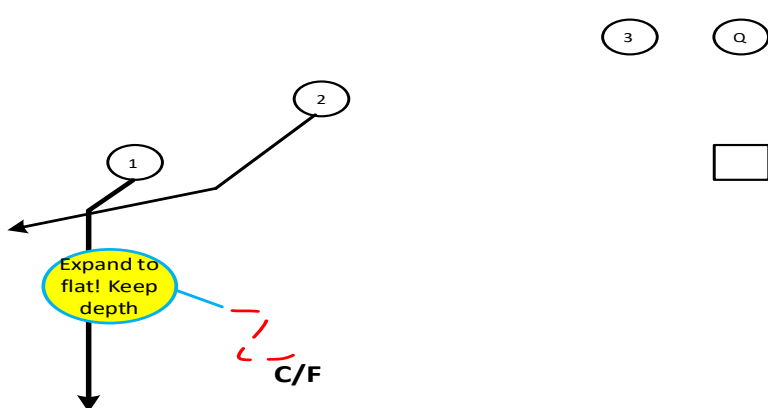
1. Key #2 to #3
2. Wall the Curl with #2 in it.
3. Eyes to 3. No expansion.
- HOLD CURL
4. Vision and Break of QB

2 in the Curl/ 3 Expands



1. Key #2 to #3
2. Wall the Curl with #2 in it.
3. Eyes to 3. No expansion.
- HOLD CURL
4. Vision and Break of QB

2 in the flat



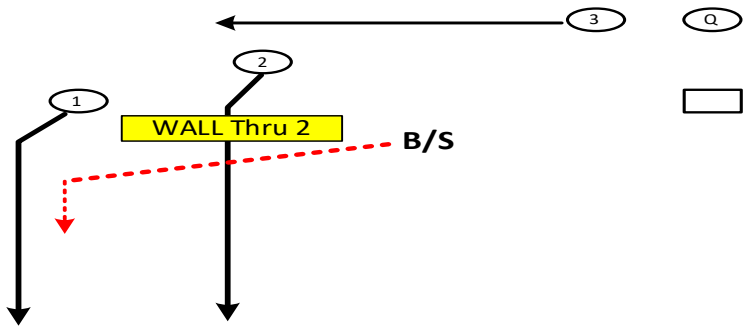
1. Key #2 to #3
2. EXPAND WITH WIDTH OF #2 in Flat. Keep Depth and match the Wheel!
3. Vision and Break of QB



Curl - Flat Coaching Reminders

- **We are a pattern “relate” team in Country 3. Read it 2 to 3. Train Eyes to Bounce between visuals in routes AND the QB.**
- **Reroute to protect seams on detached slot receivers .**
- **Understand core concepts that put you in conflict. Someone going in, someone going out! 2 goes in look for crossers!**
- **Stay out of the No Cover Zone. Match Horizontal Routes with Width....not Depth. “WIDTH OF THE FLAT, DEPTH OF THE CURL.”**
- **Zones expand as pocket expands to you.**

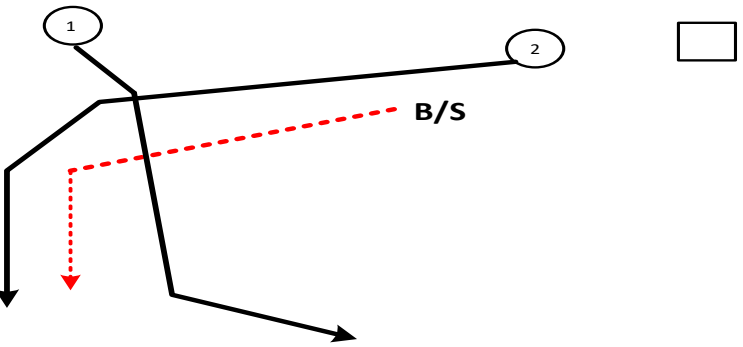
BUZZ SIFT TECHNIQUES



2 REMOVED- Wall on Way to Flat

1. Get Run/Pass Key. Pre Snap tells you 2 Removed so protect SEAM of 2 with aggressive Wall

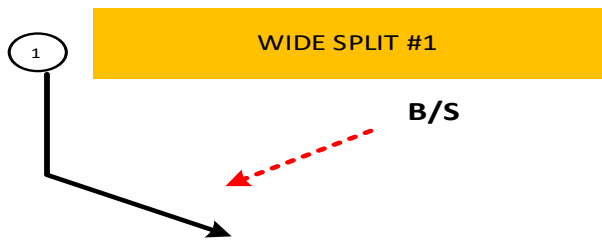
2. Work through 2 to flat. Once you get to numbers (or divider if ball in MOF), SIFT. Carry any Wheel/Rail Route



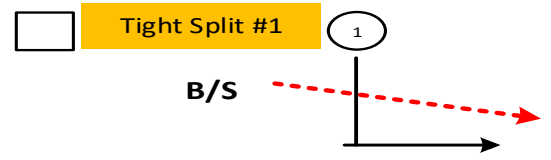
2 in the Core- Match Flat w/ Depth Undercut 1 if 2 stays in or in seam

1. Get Run/ Pass Key. Pre Snap w/#2 inside of you. Work to flat. If 2 is Flat, match him. Carry Wheel

Reading the #1 Split



Buzz Sift Player Can Take Steeper Angle on #1 to Undercut IN-Breaking Routes when Single Receiver has a WIDE SPLIT



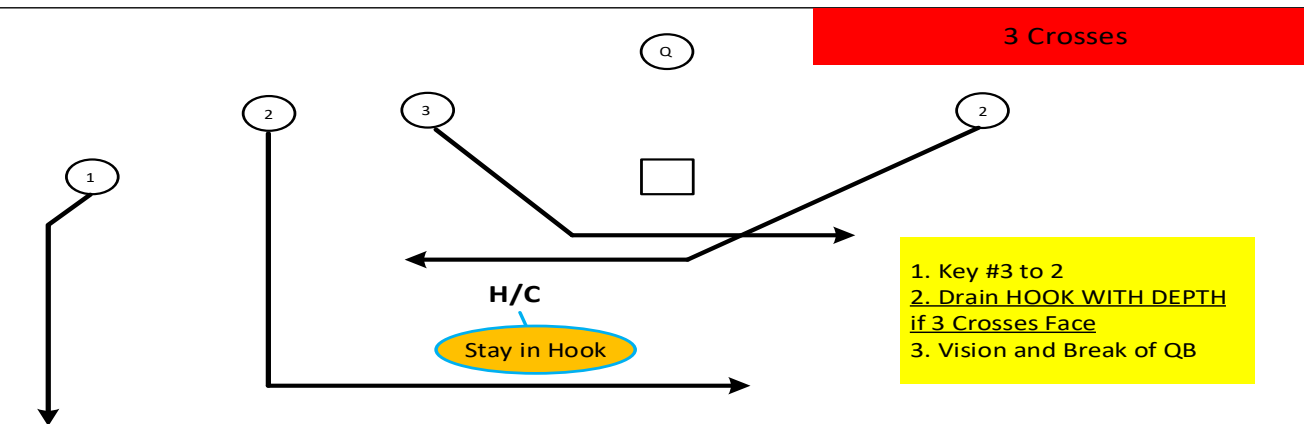
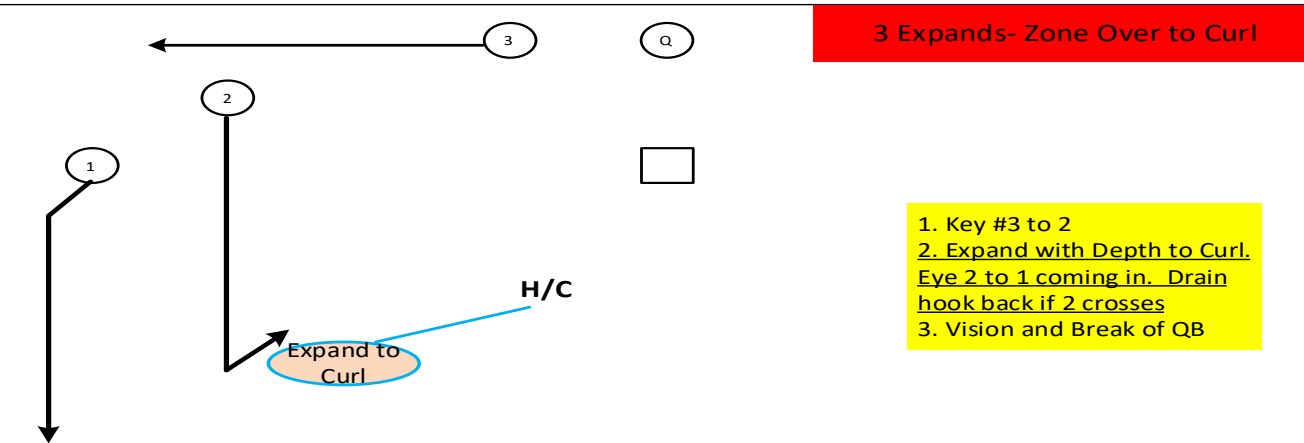
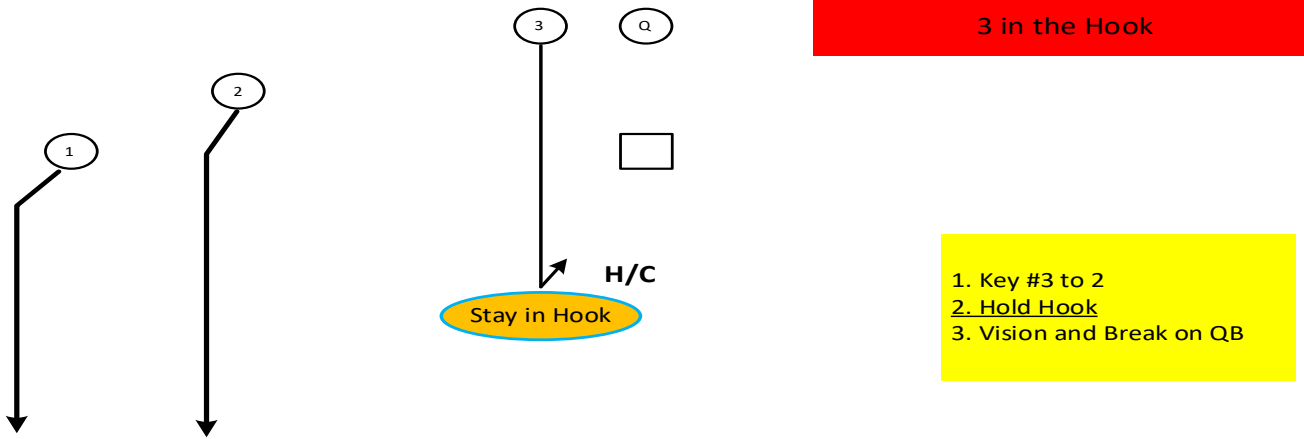
Buss Sift Player should take a flatter Angle on #1 to Undercut OUT-Breaking Routes when Receiver has a Tight Split



Buzz Sift Technique

- **Buzz Sift techniques are used by the Bandit in strong rotation Cover 3 calls when #2 is attached to the formation. They are also used by multiple positions in certain non-traditional Cover 2's for flat defenders.**
- **Buzz Sift techniques are varied by the width of the formation or the split of #1 in single width calls. (Explained with pictures on the side.)**
- **After buzzing to the flat, the defender will flip hips parallel to sideline a short-sift with eyes back on the QB. Should be a natural midpoint between a receiver in the flat and a downfield eligible.**

STRONG HOOK TECHNIQUES



Strong Hook Techniques

- We are a pattern “relate” team in Country 3. Read it 3 to 2 in Hook. Train Eyes to Bounce between visuals in routes AND the QB.
- In Hooks, be intentional of not chasing underneath crossers. Pass them off. Someone low....expect high digs behind your head.
- When #3 is out of the core, we could be in run/pass conflict. Apex rules apply based on back/mesh. Alignment should be competitive on sticks and quick hitches.

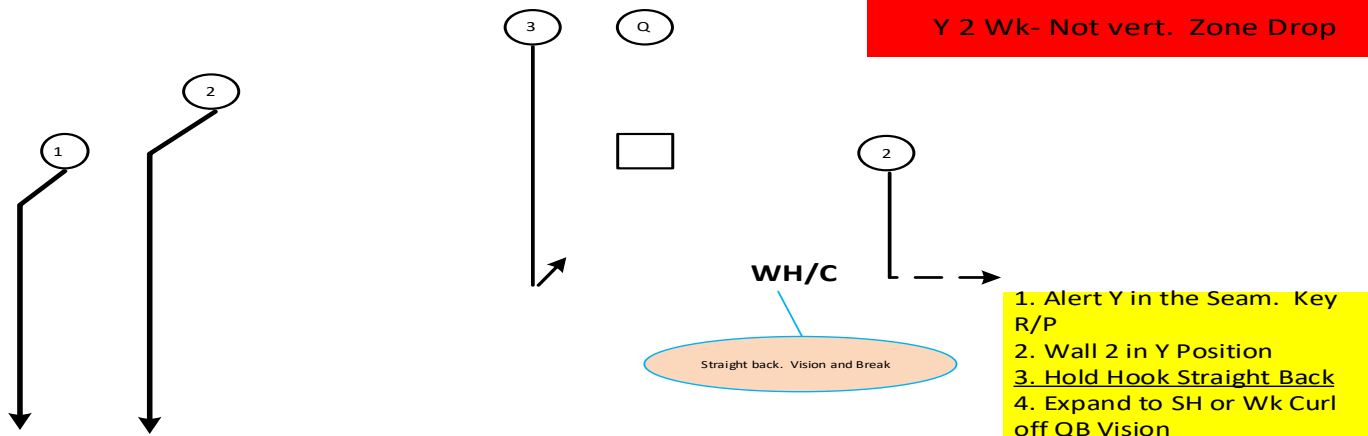
WEAK HOOK TECHNIQUES



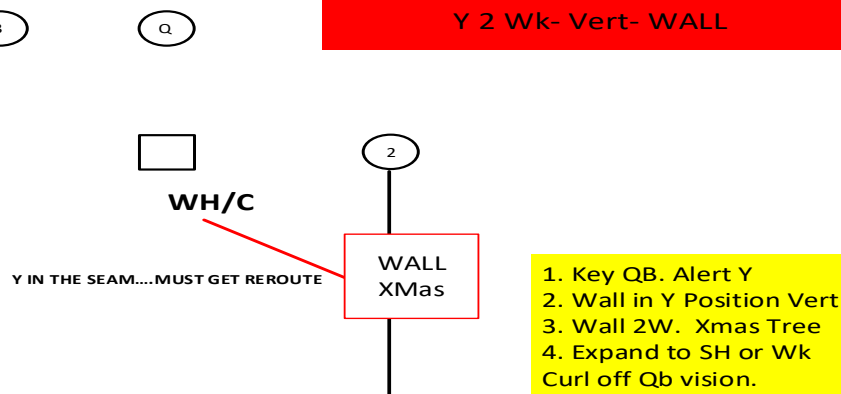
Weak Hook Techniques

- **Weak Hook/ 3 Up Defenders** are responsible for rerouting the seam of an attached #2 or protecting the backside seam from a "3 Up" route.
- **Read 2x2 sets** from #3 in backfield to #2. In 3x1 away from you, post to take a picture. **Protect the high lane of the weak seam route.**
- **Key Point...**when we reroute #2, we do not expand through unless #3 is coming through. **Drop straight back.**

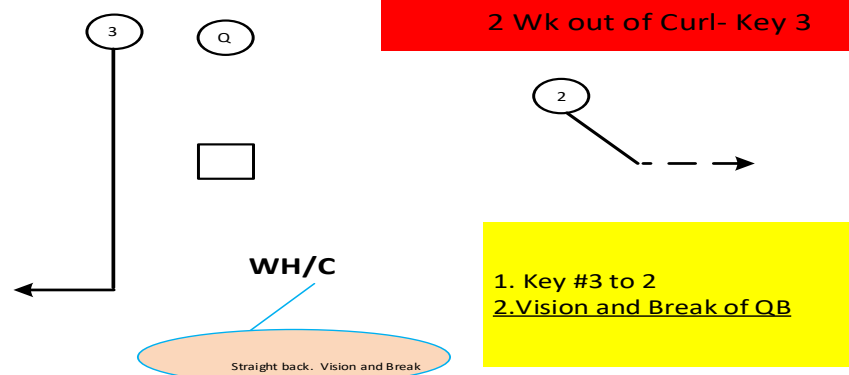
Y 2 Wk- Not vert. Zone Drop



Y 2 Wk- Vert- WALL



2 Wk out of Curl- Key 3



3 UP TECHNIQUES



3 Up Techniques

3 AWAY- Melt off the Push 3 Player

1. Key # 3. If 3 is away then P3 player should match him. MELT to the middle off the string of the 3T player.
2. Be Ready to TAKE BACK Crossers

3 AWAY with a new 3

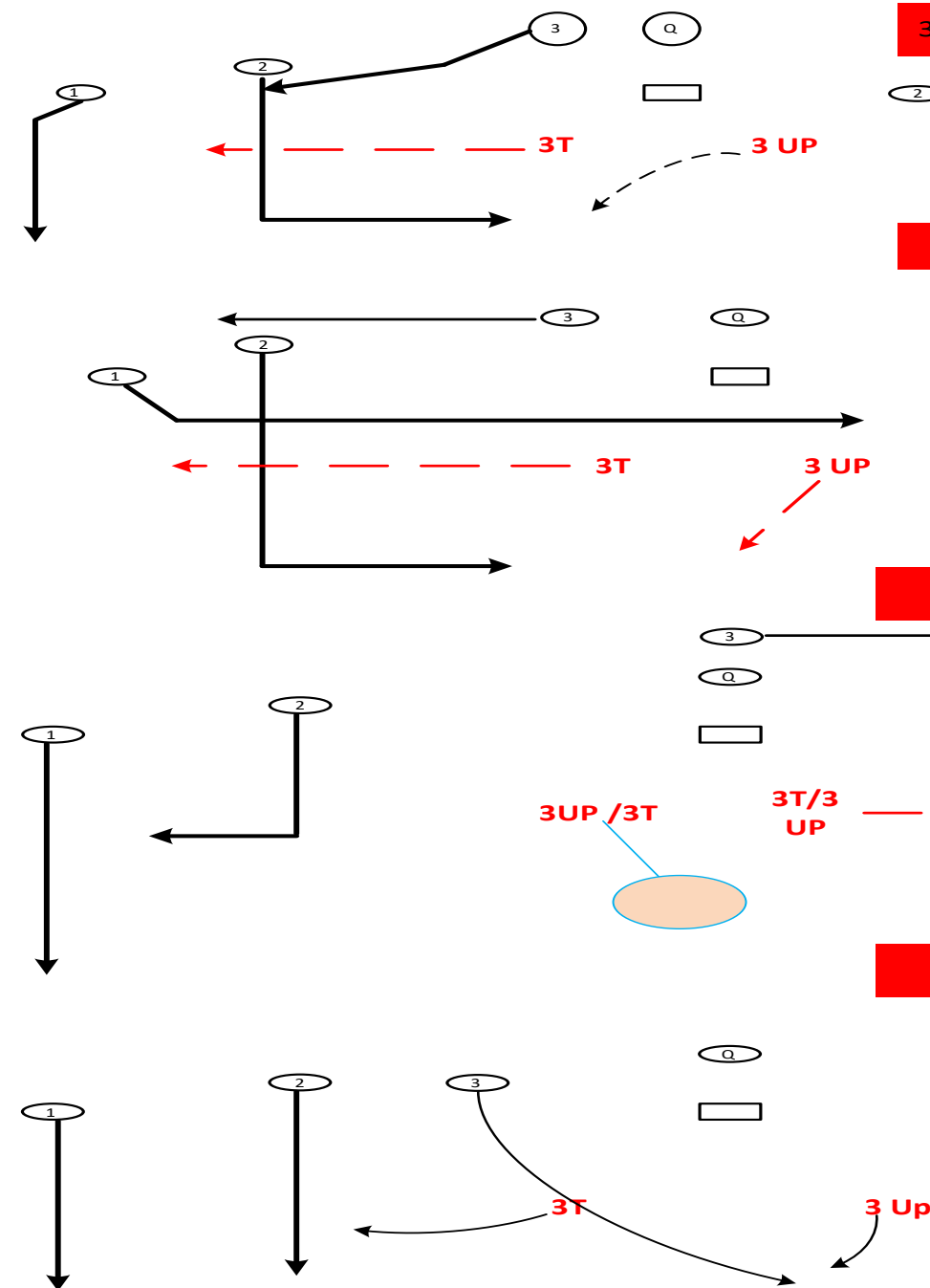
1. Key #3. IF 3 is away then the 3 Thru player will match him. Melt off the p3 player and look for crosser.
2. Match the crosser (new 3)

3 HOME or In Pistol

1. #3 is HOME. So the P3/3 UP distribution is not predetermined.
2. Release of 3 determines job. If 3 releases weak then SH player becomes p3 and p3 becomes string hook

3 UP- Match

1. Key #3. Will match up and carry high all the way to Hash and Beyond! If He's Low DRAIN it back to hash

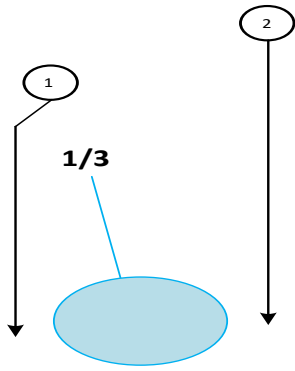


- In both Country Cover 3 and Match Cover 3, we use a “3 Up” Technique to protect the weak seam away from Trips.
- This allows us to man the back side of Trips on any 3x1 set if needed (Mable).
- 3 Up is used in both 3x1 and 2x2 sets. Must be voided in empty. Weak Hook technique overrides it.
- Helps against C3 stressers like 4 verts and Y-Cross (Weak Flood) .

Deep 1/3 Techniques

3 Q

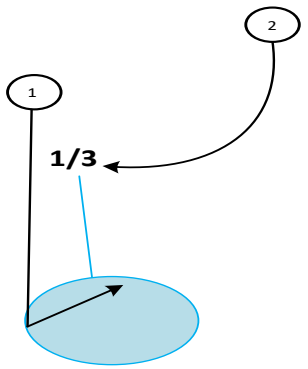
2 Vertical Threats



1. Key #2 to #1
2. Midpoint both verts
3. Deep as the deepest
4. Vision and Break off QB

3 Q

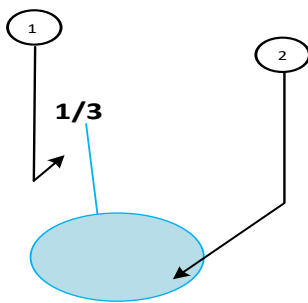
2 in the flat / 1 vertical



1. Key #2 to #1
2. #2 disappears, lean to #1.
3. Top the curl
4. Vision and Break off QB

3 Q

1 disappears, 2 vertical



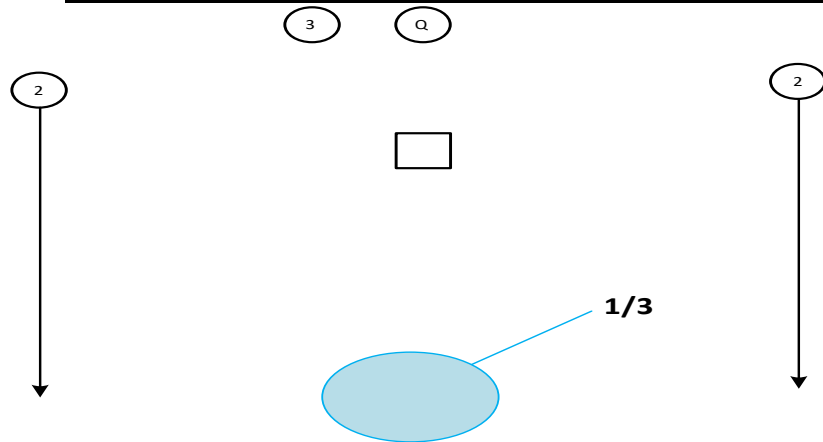
1. Key #2 to #1
2. #1 disappears, lean to #2
- KEEP OUTSIDE LEVERAGE
3. Vision and Break off QB



Deep 1/3 Techniques

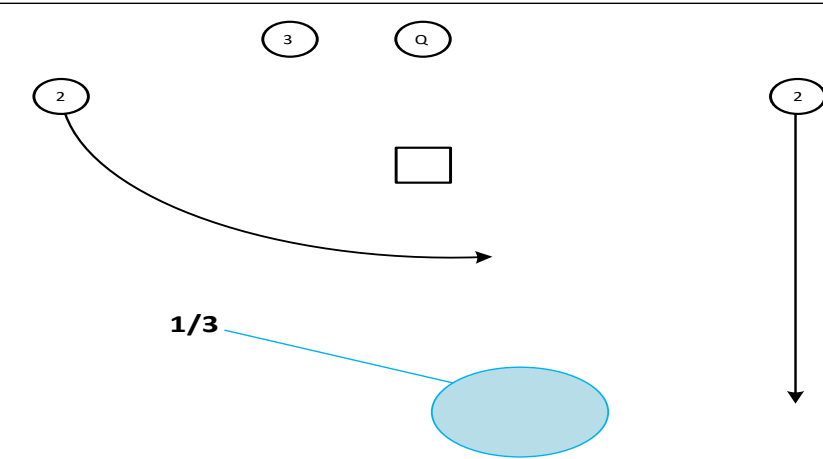
- **Traditional “Deep as the Deepest” rules.**
- **Key #2 to #1. Midpoint rules apply. Lean to #2 if ball is on opposite hash.**
- **Don’t oversqueeze to where #2 can leverage you back to the sideline!**
- **Always open toward the QB! Must be able to peripherally see receivers and QB.**

POST SAFETY TECHNIQUE



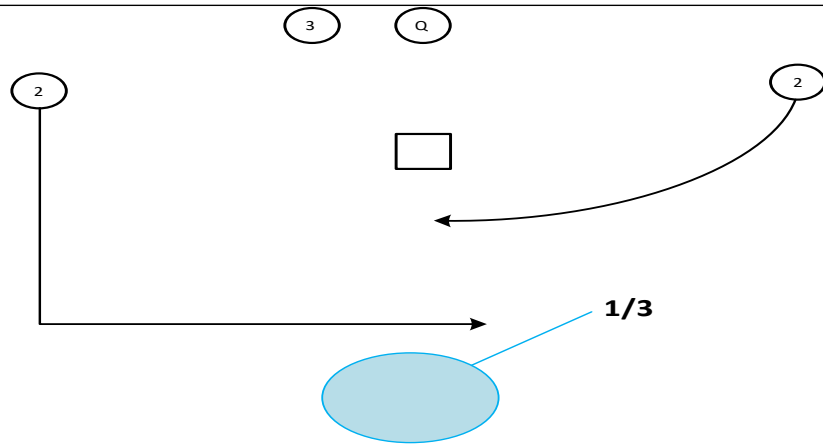
2 Vertical Threats

- 1. Spin to MOF
- 2. MOF IS MOF!!
- 3. Deep as the deepest
- 4. Vision and Break off QB
- 5. Play everything top-down!



1 vertical threat

- 1. Spin to MOF
- 2. MOF IS MOF!!
- 3. Read QB shoulders, not EYES
- 4. Vision and Break off QB
- 5. Play everything top-down!



No Verticals

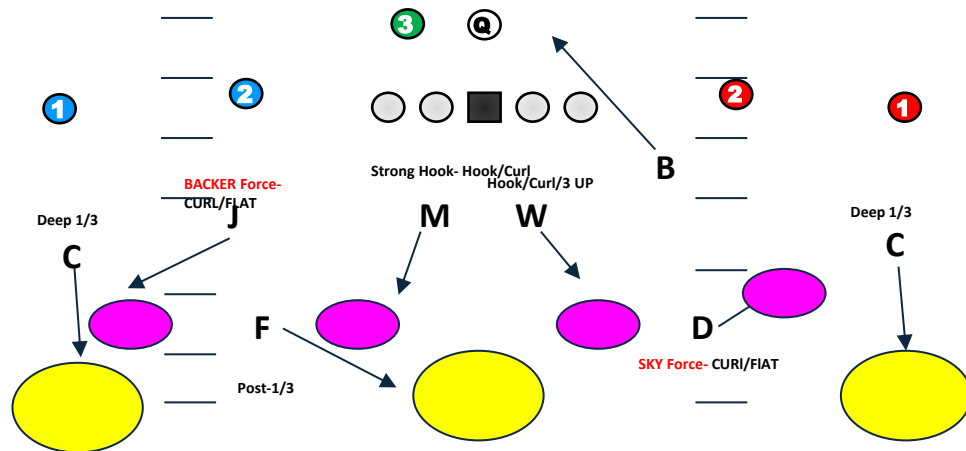
- 1. Spin to MOF
- 2. MOF IS MOF!!
- 3. Read QB shoulders, not EYES
- 4. Vision and Break off QB
- 5. Play everything top-down!



Post 1/3 Techniques

- **We are a middle-of-the-team team...not a middle-of-the-formation team.**
- **Our first steps are a Shuffle Technique. By using this, we feel like we can gain an extra hat to the alley away from rotation. However, the post defender **MUST** be right if he triggers on run! Pass first and second!**
- **Players have preference to go from a shuffle to a pedal OR go from shuffle to cross-over run.**

GOLD



BASE PRINCIPLES

GOLD is a standard 3 deep/4 under rotation with WEAK rotation. In this defense, the DOG safety and JOKER are CURL/FLAT Defenders with perimeter run force.

Force Defenders are responsible for setting the perimeter edge of the defense and playing a Curl to Flat area. They will read the route distribution of #2. If #2 is vertical, he will reroute the seam and hold the curl; if he expands to the flat, he will expand with the width of the flat and the depth of the curl.

Hook to Curl Defenders are responsible for reading the distribution of the #3 receiver. If #3 is in the HOOK he will stay in the HOOK; if he expands, he will zone over to the curl.

A Hook Defender that is away from #3 is also the 3 up player. This person will ROBOT 3 if he declares himself vertical in the MOF ZONE.

The Post Defender is responsible for the middle 1/3 deep portion of the field. He has NO run responsibility.

Like the Post Defender, the Deep 1/3 Defenders have no run responsibility

*In All of these calls we should have 2 force players, 2 hook players, 2 deep 1/3 players, and a post defender

BASE CALLS IN THIS CONCEPT

'Gold' - Weak Rotation

BASE TAGS IN THIS CONCEPT

"Roll" in NUB will rotate weak to the dog safety into a deep 1/3 and the corner will cloud the weak flat.

3 x 1 Checks

By Base Rules, Cover 3 concepts play against 3x1 and there is no need to check. Gameplan could change this.

Flood - Man the backside with the corner and weak curl/flat player

Zebra - Flood the coverage to the strong side with distribution automatically to the Strong Flat, Strong Curl, and Strong Hook.

Bunch/Stack Checks

AREA - play the call. 3 deep is sound against most things

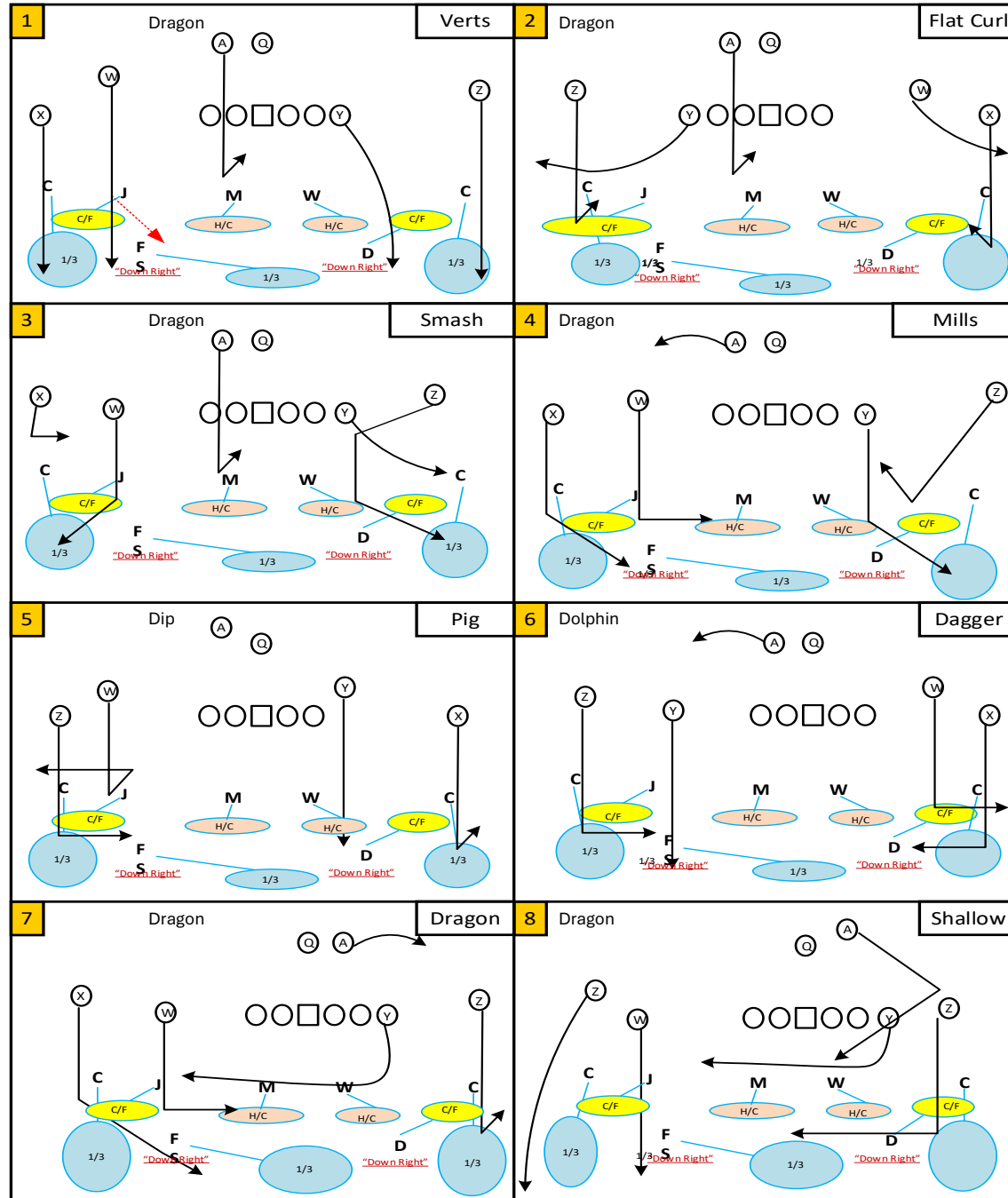
"Disco"- "Rock" or "Roll" to a bunch set with hook defender pressed on bunch and a hard corner outside.

3 deep version of our "cloud" check.

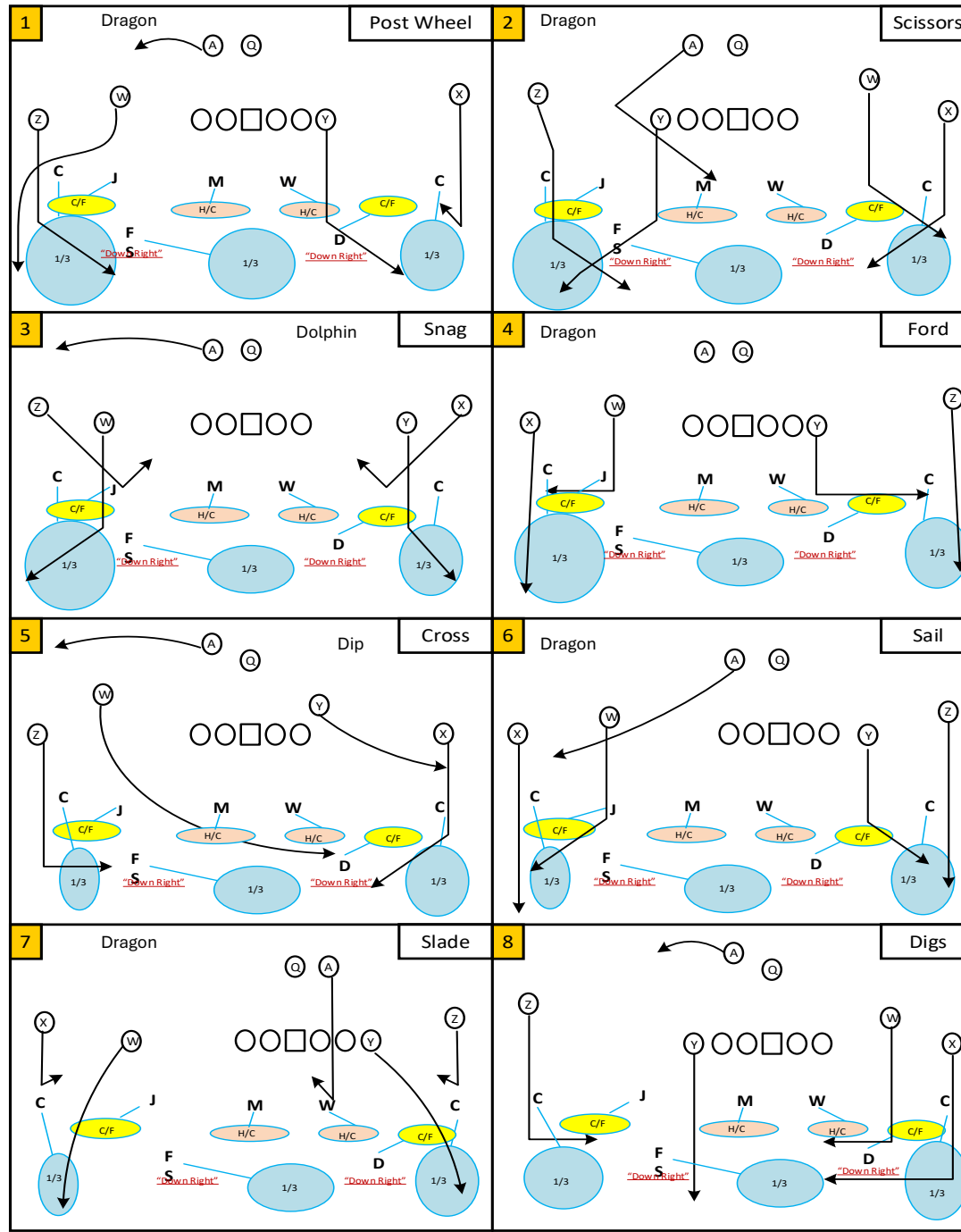
Gold

- **Weak Sky Rotation**
- **Can be played with any traditional Bandit Reduction or 4-down front.**
- **The base 2x2 check in "Trojan" Coverage (3 Deep Check System Call)**

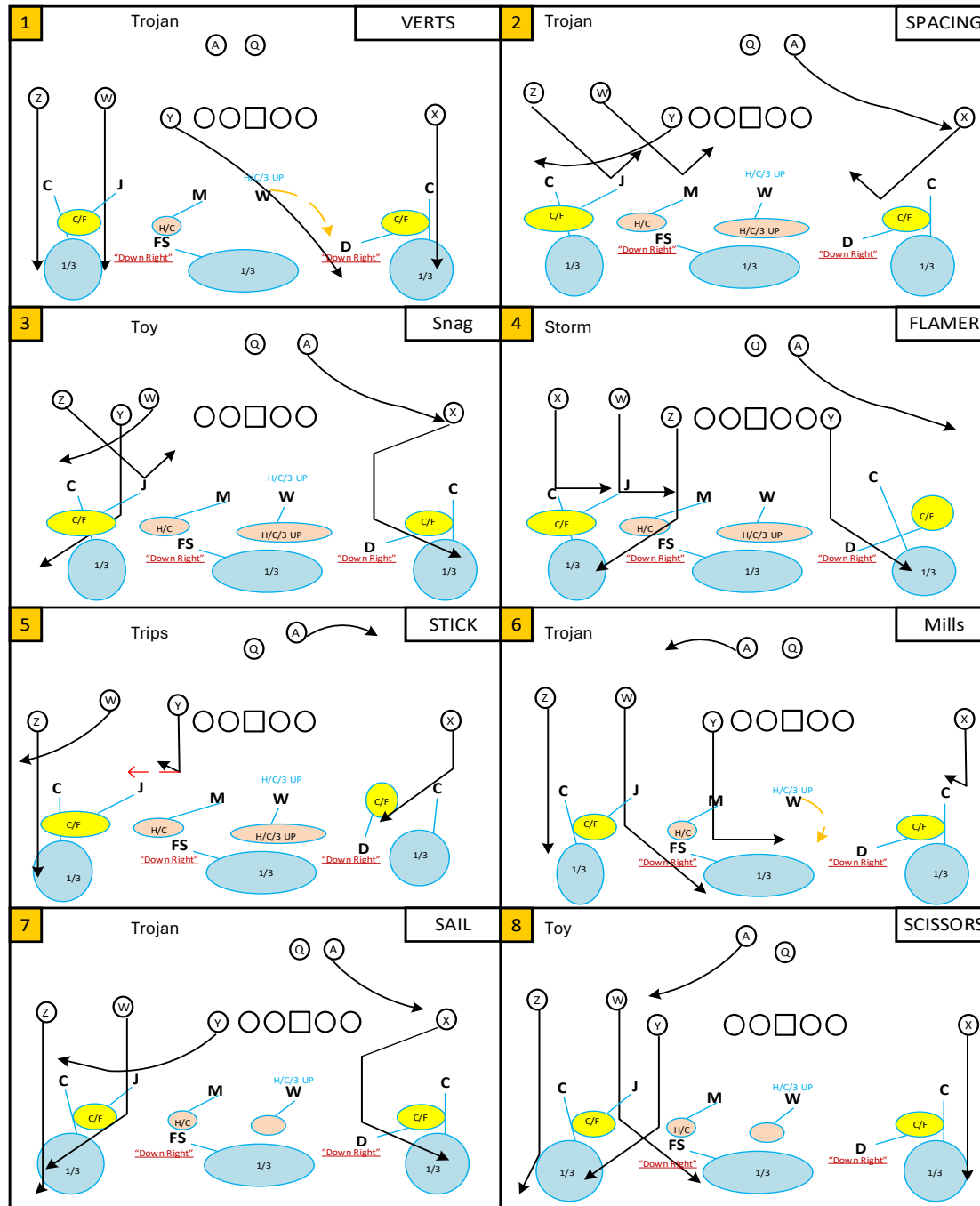
GOLD



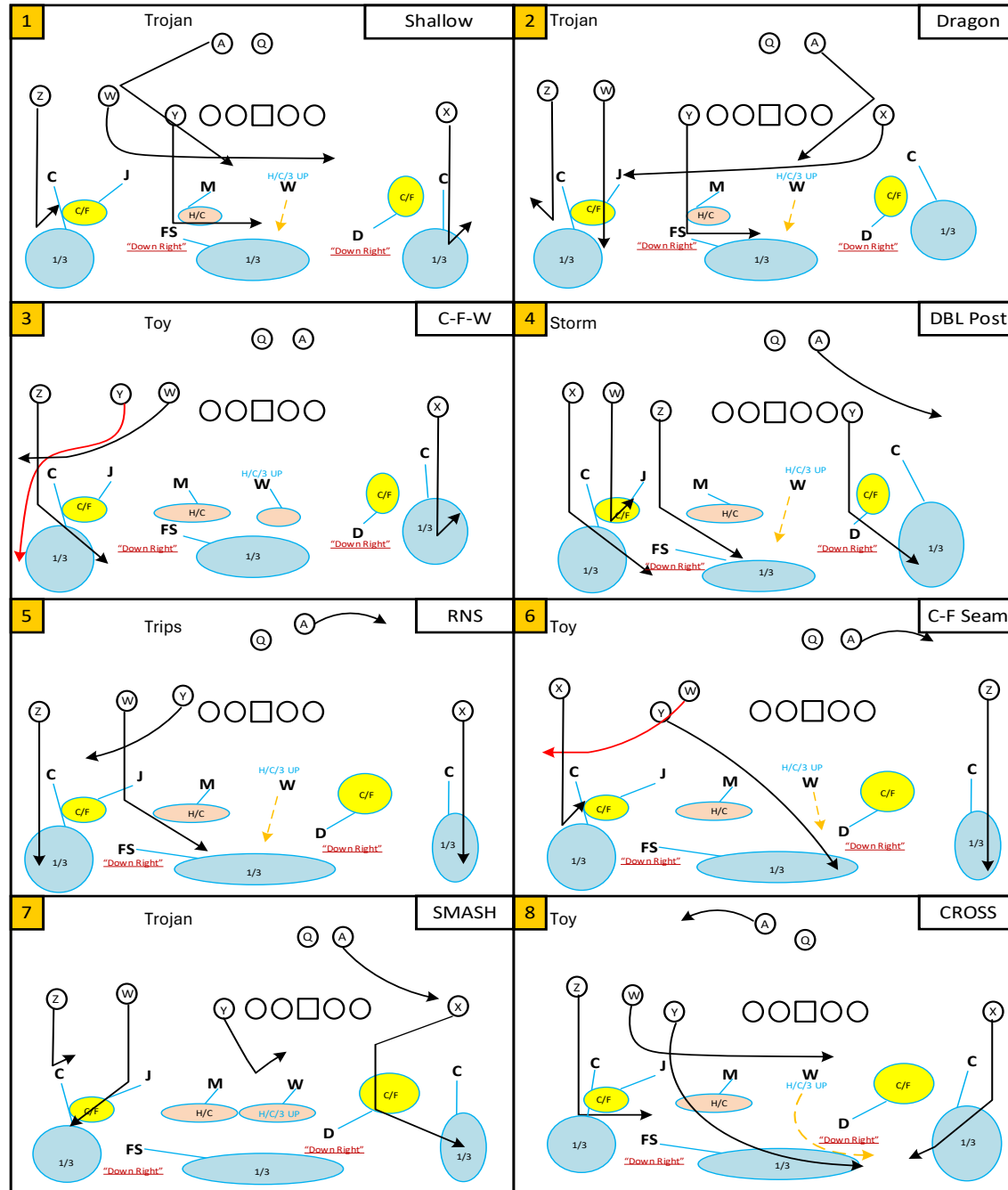
GOLD



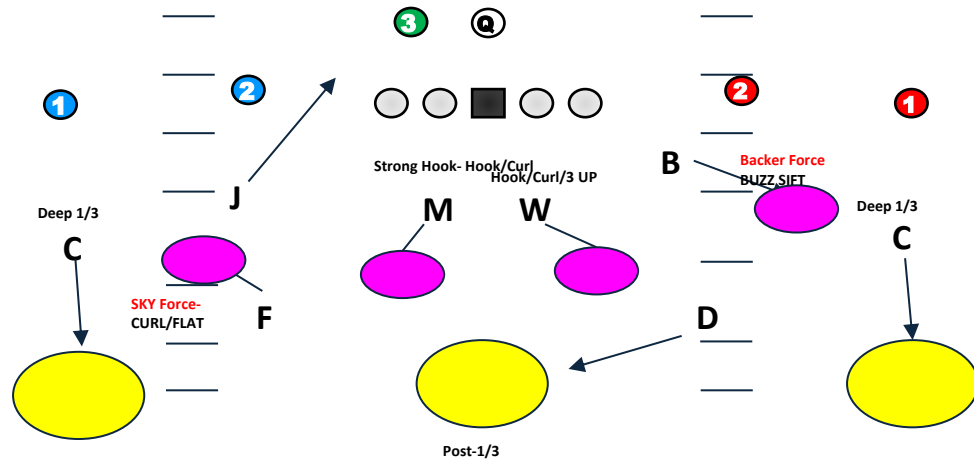
GOLD



GOLD



GREEN



BASE PRINCIPLES

GREEN is a standard 3 deep/4 under rotation with STRONG rotation. In this defense, the FREE safety and BANDIT are CURL/FLAT Defenders with perimeter run force.

Force Defenders are responsible for setting the perimeter edge of the defense and playing a Curl to Flat area. They will read the route distribution of #2. If #2 is vertical, he will reroute the seam and hold the curl; if he expands to the flat, he will expand with the width of the flat and the depth of the curl.

Hook to Curl Defenders are responsible for reading the distribution of the #3 receiver. If #3 is in the HOOK he will stay in the HOOK; if he expands, he will zone over to the curl.

A Hook defender that is away from #3 is also the 3 up player. This person will ROBOT 3 if he declares himself vertical in the MOF ZONE.

The Post Defender is responsible for the middle 1/3 deep portion of the field. He has NO run responsibility.

Like the Post Defender, the Deep 1/3 Defenders have no run responsibility.

*In All of these calls we should have 2 force players, 2 hook players, 2 deep 1/3 players, and a post defender.

BASE CALLS IN THIS CONCEPT

'Green' – STRONG Rotation

BASE TAGS IN THIS CONCEPT

3 x 1 Checks

By Base Rules, Cover 3 concepts play against 3x1 and there is no need to check. Gameplan could change this.

Flood - Man the backside with the corner and weak curl/flat player

Zebra - Flood the coverage to the strong side with distribution automatically to the Strong Flat, Strong Curl, and Strong Hook.

Bunch/Stack Checks

AREA - play the call. 3 deep is sound against most things

"Disco"- "Rock" or "Roll" to a bunch set with hook defender pressed on bunch and a hard corner outside.

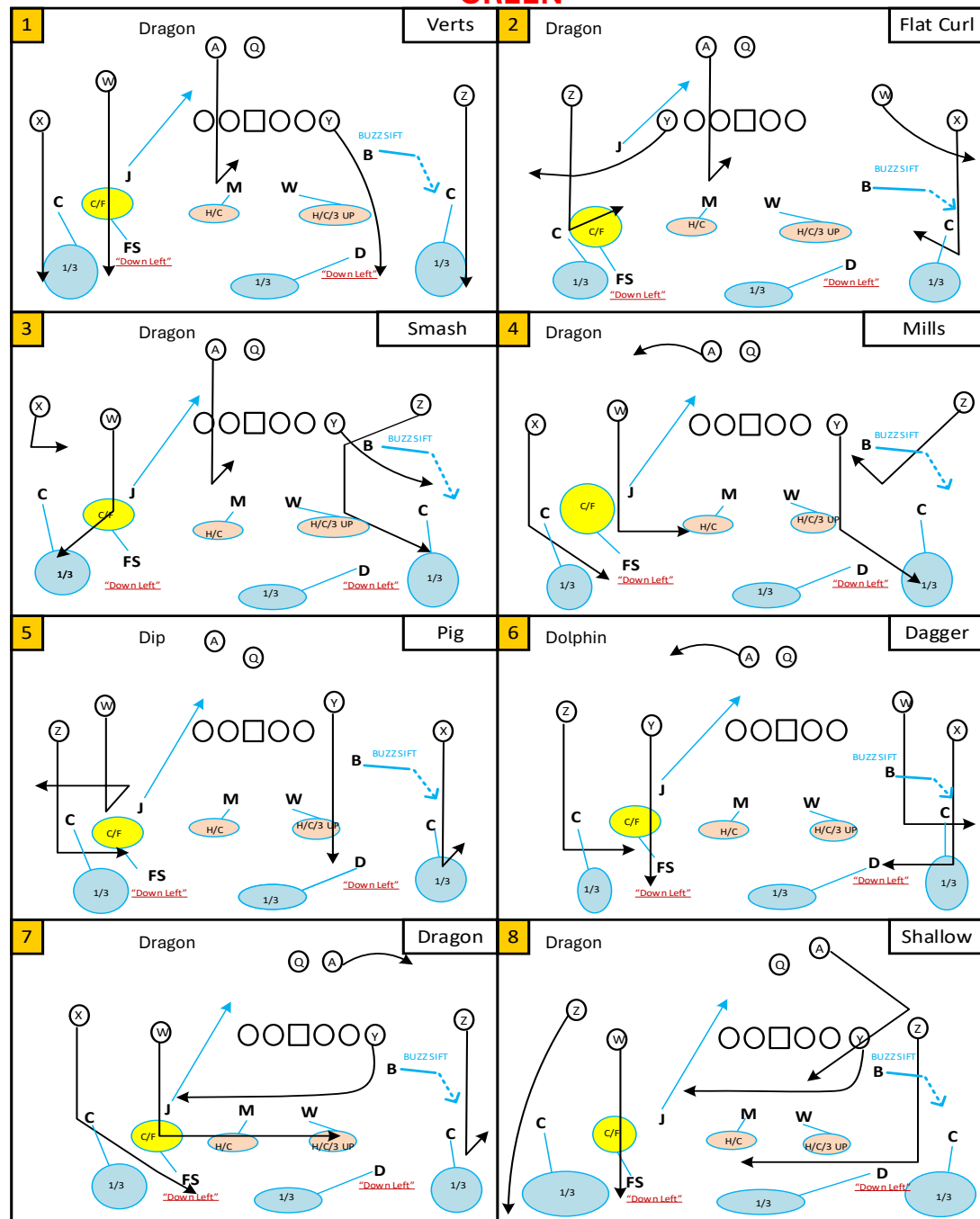
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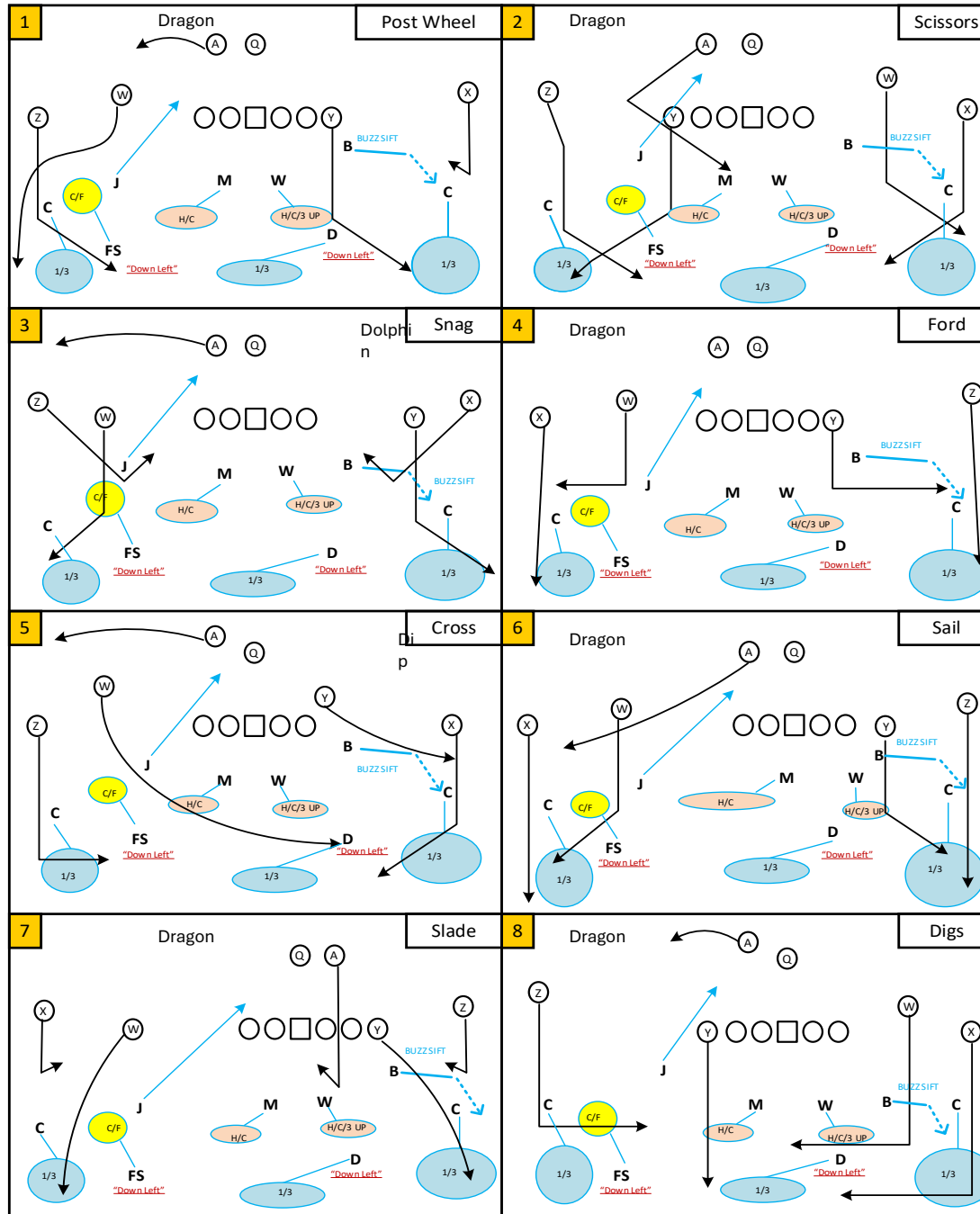
Green

- **Strong Sky Rotation**
- **Can be played with any Joker reduction**
- **FS can help in fit if #2 is in the core of the formation.**

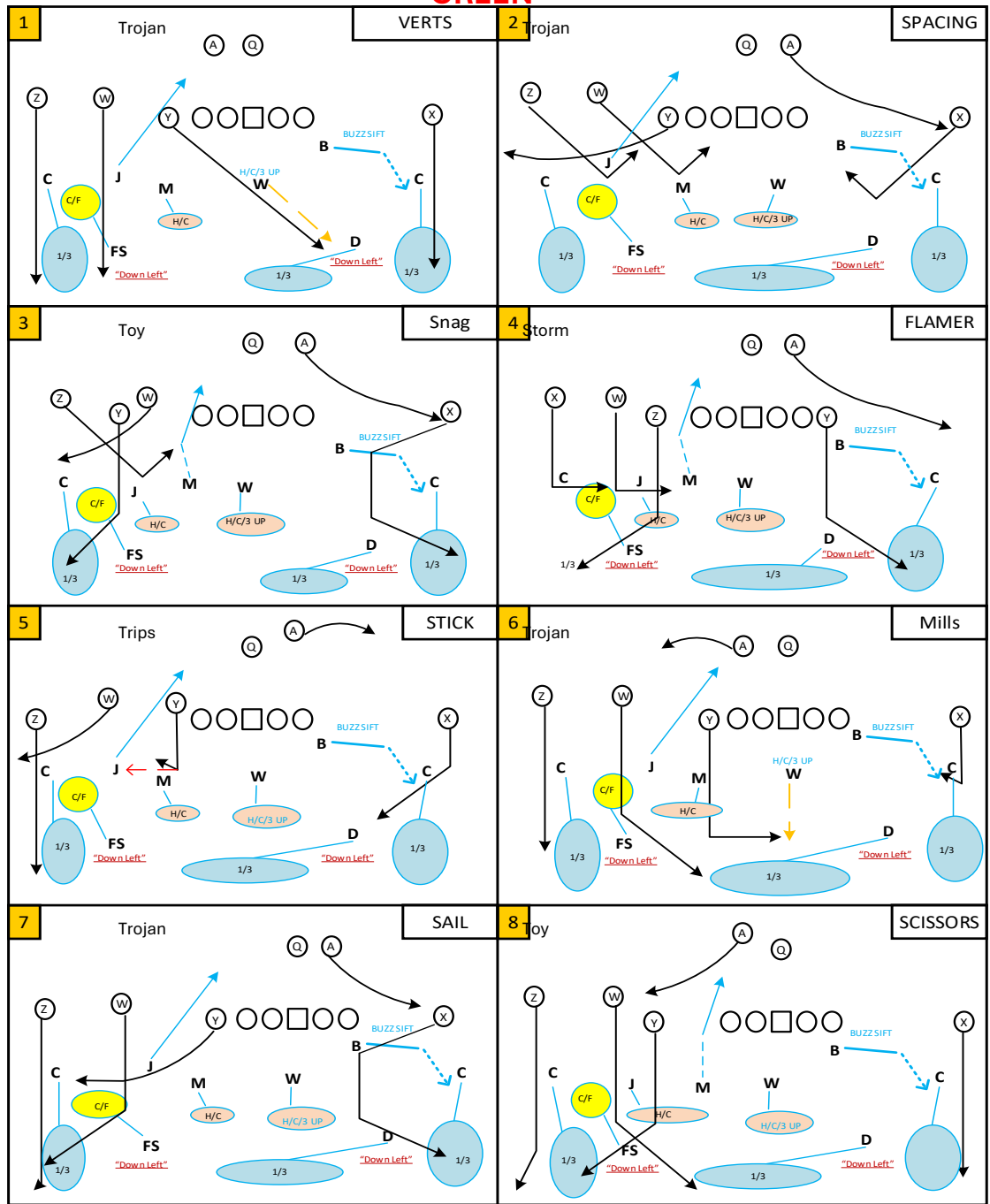
GREEN



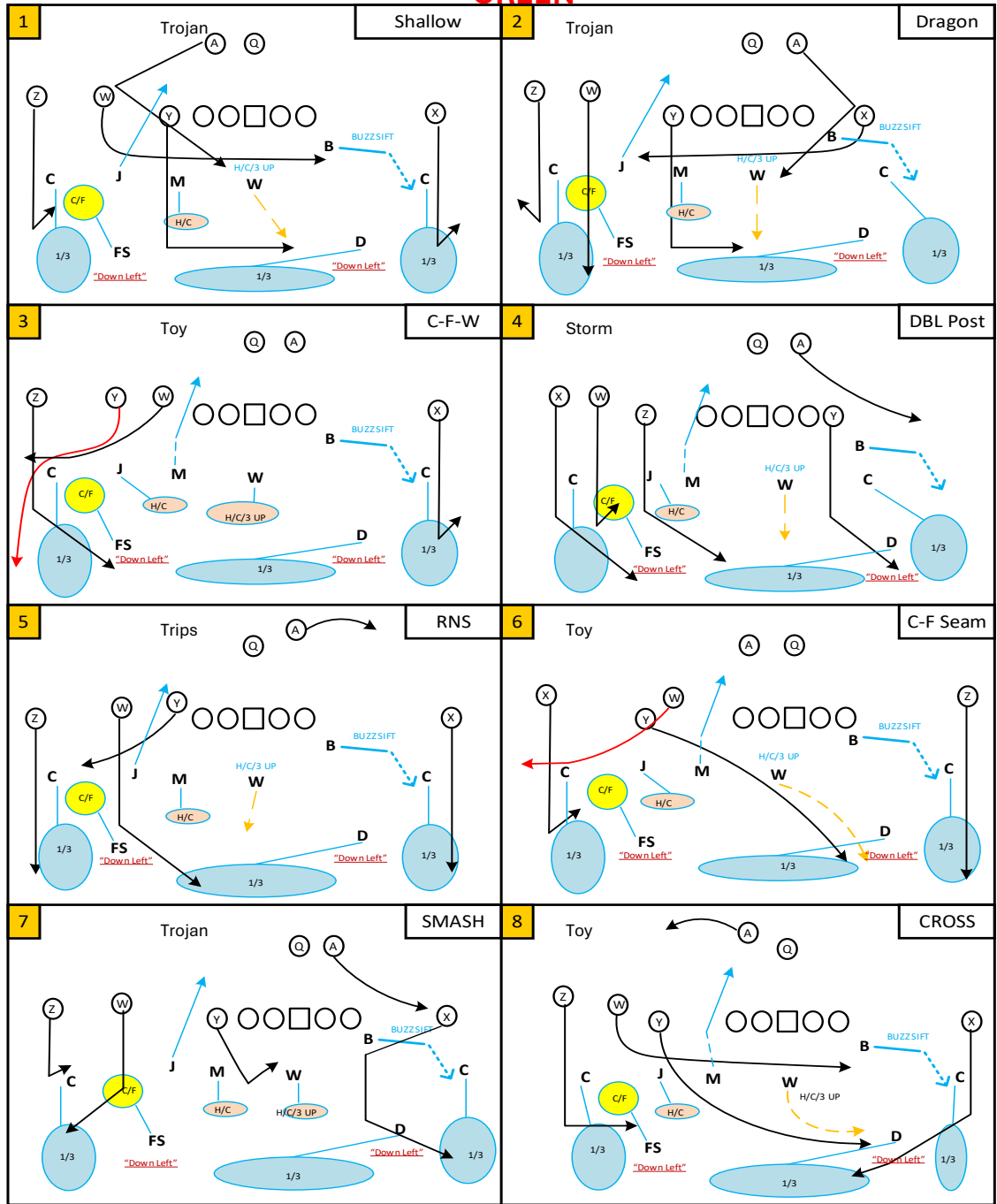
GREEN



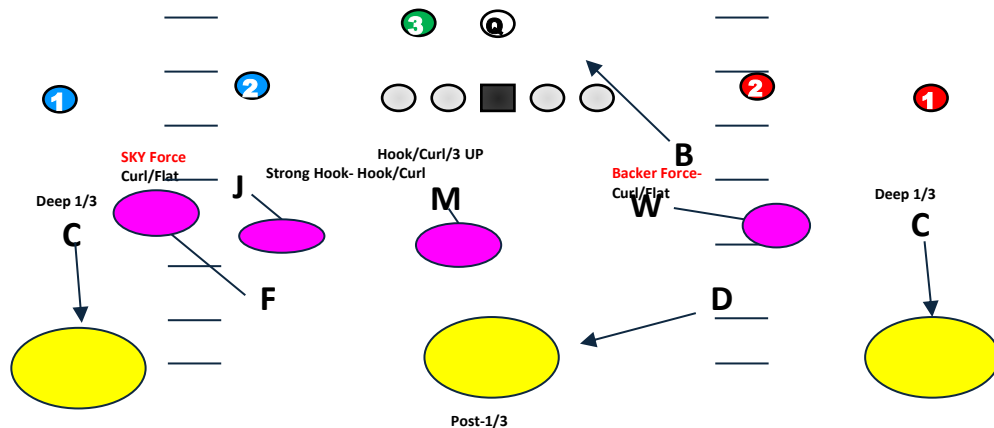
GREEN



GREEN



GREY



BASE PRINCIPLES

Grey is a standard 3 deep/4 under rotation with STRONG SKY ROTATION. In this defense, the FREE safety will INSERT INTO THE HOOK/CURL ZONE inside of the JOKER playing the Curl/Flat zone.

Force Defenders are responsible for setting the perimeter edge of the defense and playing a Curl to Flat area. They will read the route distribution of #2. If #2 is vertical, he will reroute the seam and hold the curl; if he expands to the flat, he will expand with the width of the flat and the depth of the curl.

Hook to Curl Defenders are responsible for reading the distribution of the #3 receiver. If #3 is in the HOOK, he will stay in the HOOK; if he expands, he will zone over to the curl.

A Hook Defender that is away from #3 is also the 3 up player. This person will ROBOT 3 if he declares himself vertical in the MOF ZONE.

The Post Defender is responsible for the middle 1/3 deep portion of the field. He has NO run responsibility.

Like the Post Defender, the Deep 1/3 Defenders have no run responsibility.

*In All of these calls we should have 2 force players, 2 hook players, 2 deep 1/3 players, and a post defender.

BASE CALLS IN THIS CONCEPT

'Grey' - Strong SKY Rotation

BASE TAGS IN THIS CONCEPT

3 x 1 Checks

By Base Rules, Cover 3 concepts play against 3x1 and there is no need to check. Gameplan could change this.

Flood - Man the backside with the corner and weak curl/flat player

Zebra - Flood the coverage to the strong side with distribution automatically to the Strong Flat, Strong Curl, and Strong Hook.

Bunch/Stack Checks

AREA - play the call. 3 deep is sound against most things

"Disco" - "Rock" or "Roll" to a bunch set with hook defender pressed on bunch and a hard corner outside.

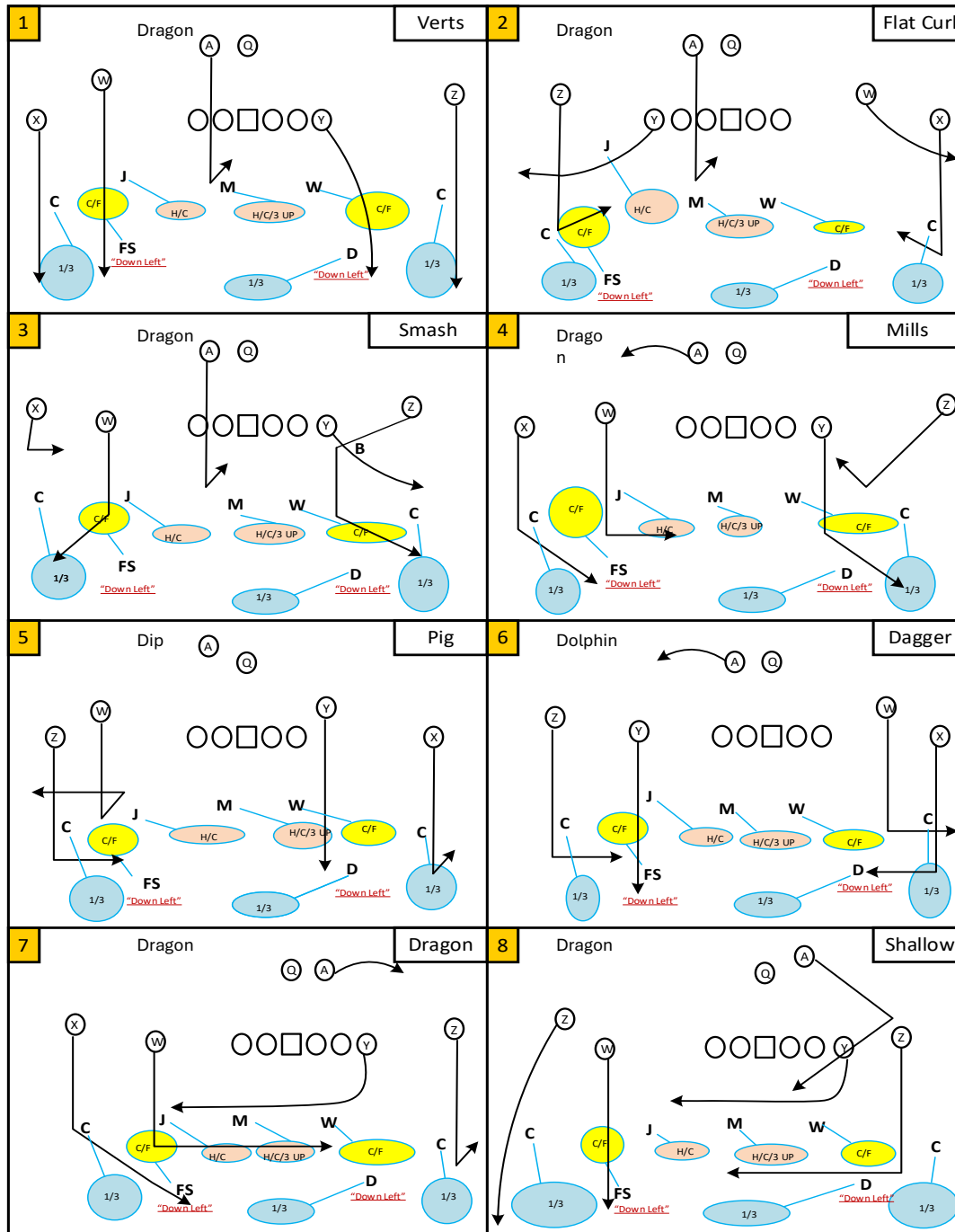
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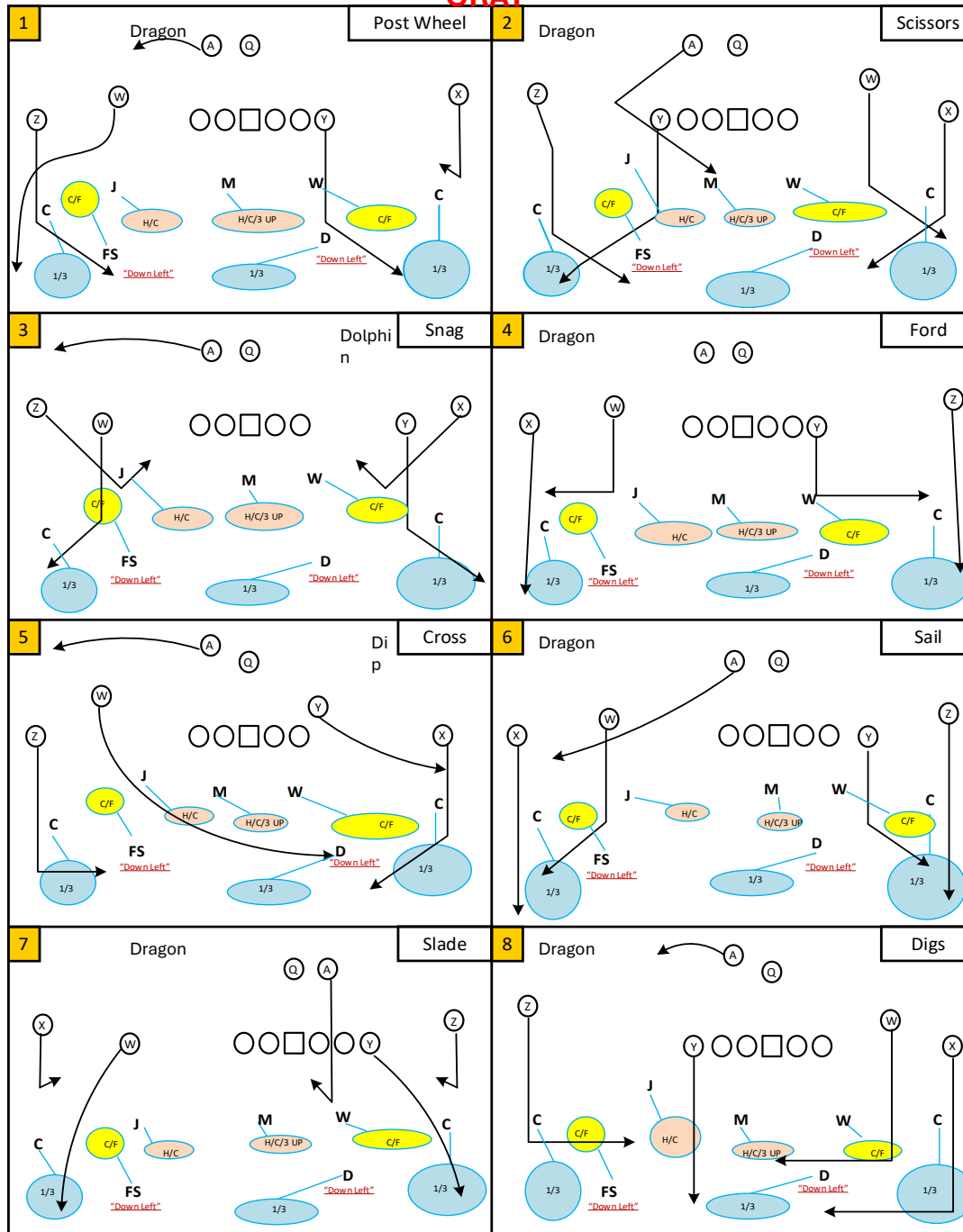
Grey

- **Strong Sky Rotation**
- **Played primarily as a check to "Trey" Width formation. Helps getting a heavier body (J) into the core as a D gap defender.**

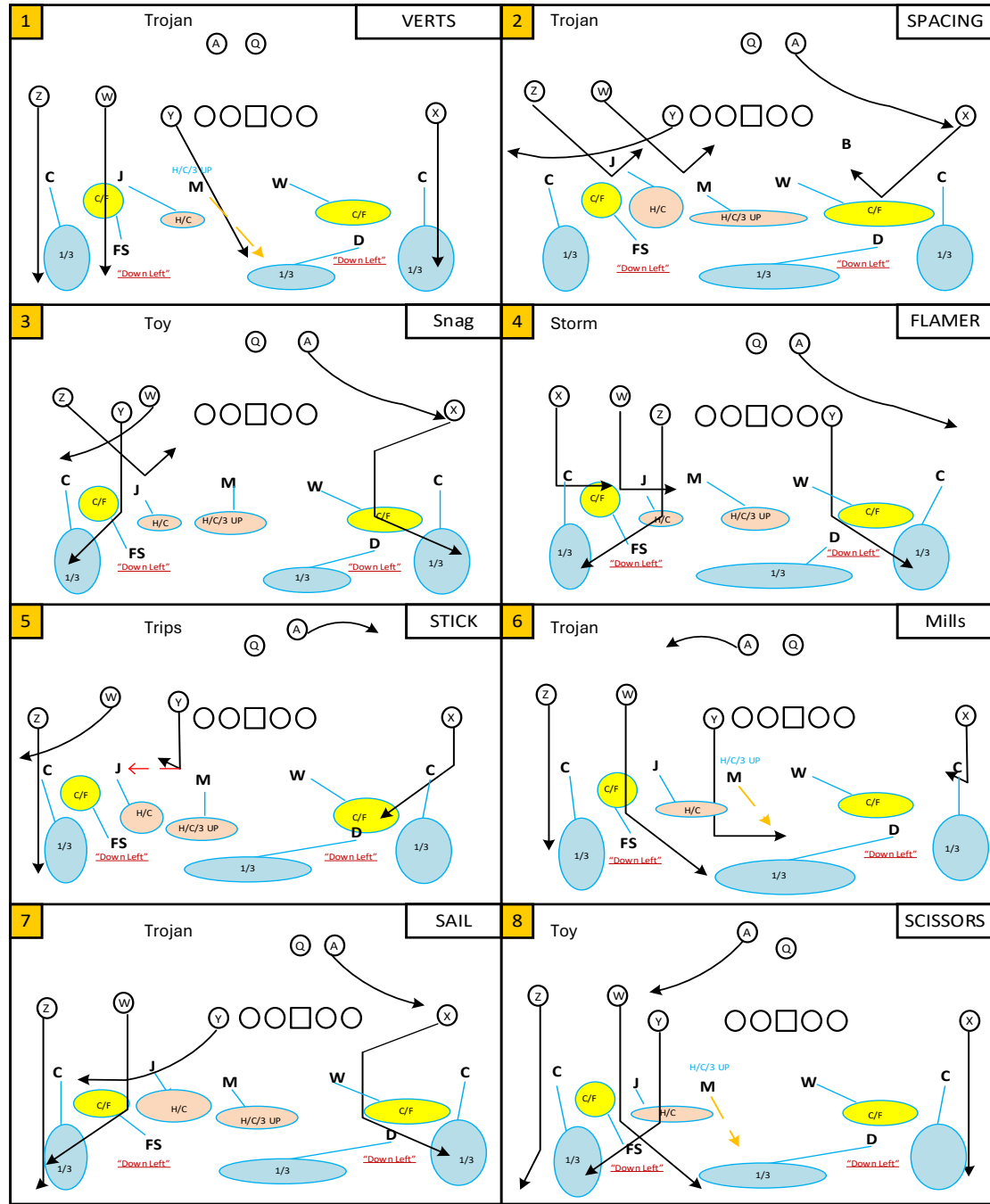
GRAY

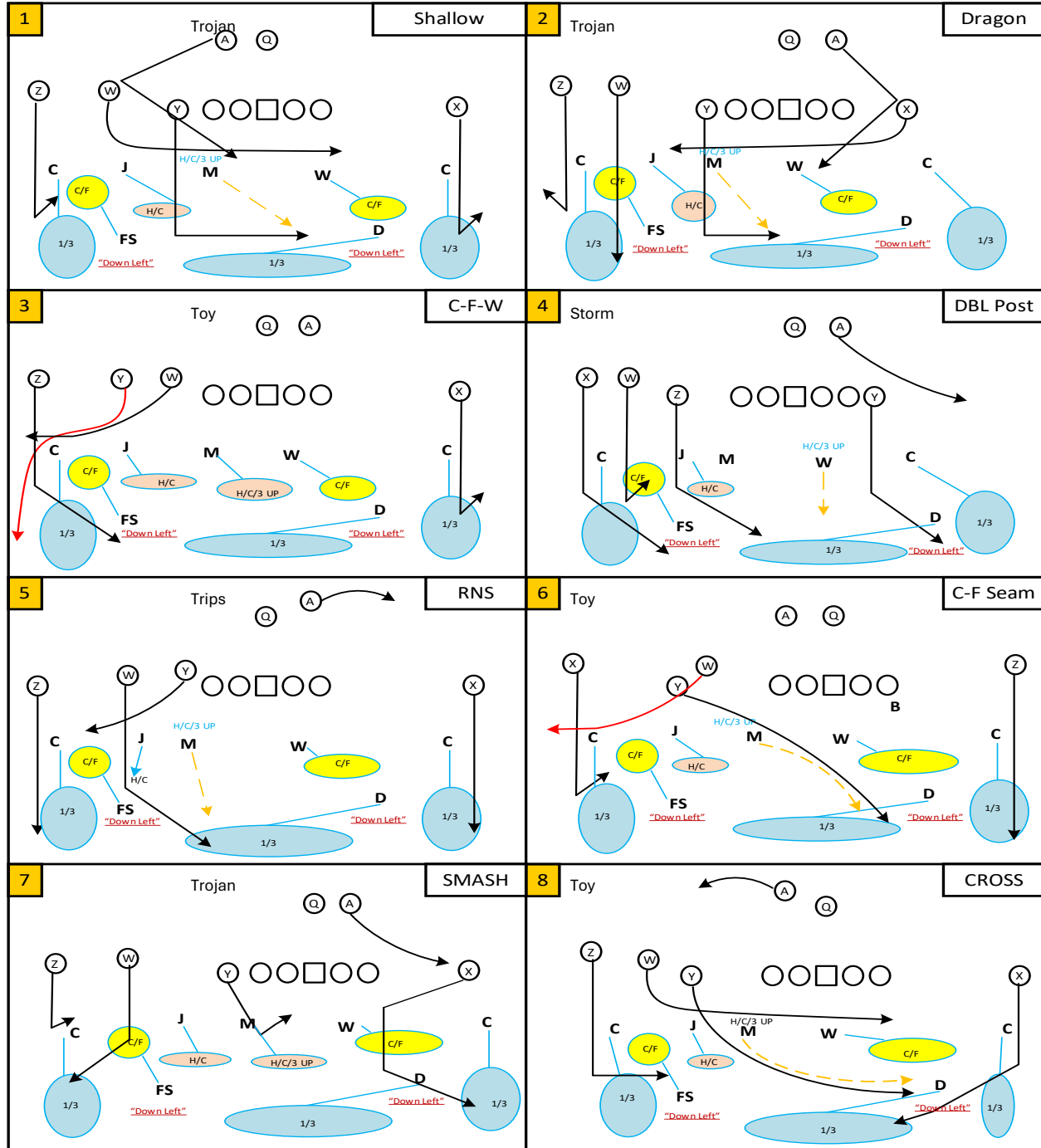


GRAY

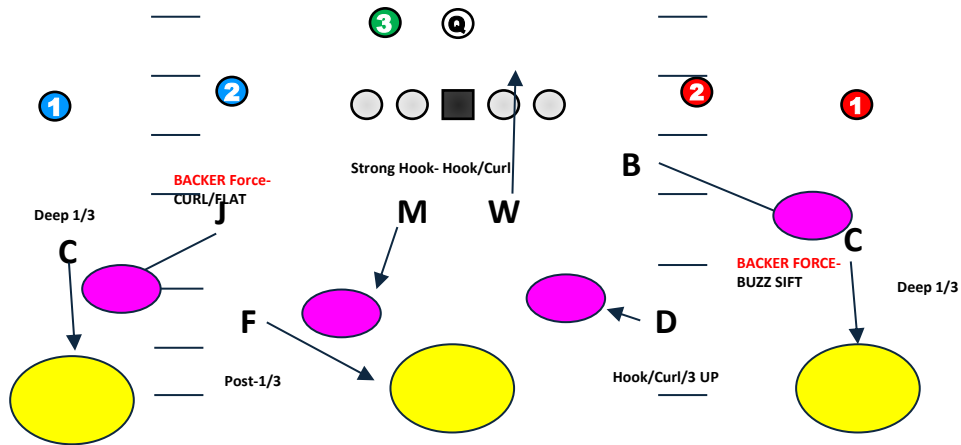


GRAY





BLUE



Blue

BASE PRINCIPLES

BLUE is a standard 3 deep/4 under rotation with WEAK BUZZ rotation. In this defense, the BANDIT and JOKER are CURL/FLAT Defenders with perimeter run force while the DOG will insert into the WEAK HOOK/3 UP position.

Force Defenders are responsible for setting the perimeter edge of the defense and playing a Curl to Flat area. They will read the route distribution of #2. If #2 is vertical, he will reroute the seam and hold the curl; if he expands to the flat, he will expand with the width of the flat and the depth of the curl.

Hook to Curl Defenders are responsible for reading the distribution of the #3 receiver. If #3 is in the HOOK, he will stay in the HOOK; if he expands he will zone over to the curl.

A Hook Defender that is away from #3 is also the 3 up player. This person will ROBOT 3 if he declares himself vertical in the MOF ZONE.

The Post Defender is responsible for the middle 1/3 deep portion of the field. He has NO run responsibility.

Like the Post Defender, the Deep 1/3 Defenders have no run responsibility.

*In All of these calls we should have 2 force players, 2 hook players, 2 deep 1/3 players, and a post defender.

BASE CALLS IN THIS CONCEPT

'Blue' - Weak Buzz Rotation

BASE TAGS IN THIS CONCEPT

3 x 1 Checks

By Base Rules, Cover 3 concepts play against 3x1 and there is no need to check. Gameplan could change this.

Flood - Man the backside with the corner and weak curl/flat player

Zebra - Flood the coverage to the strong side with distribution automatically to the Strong Flat, Strong Curl, and Strong Hook.

Bunch/Stack Checks

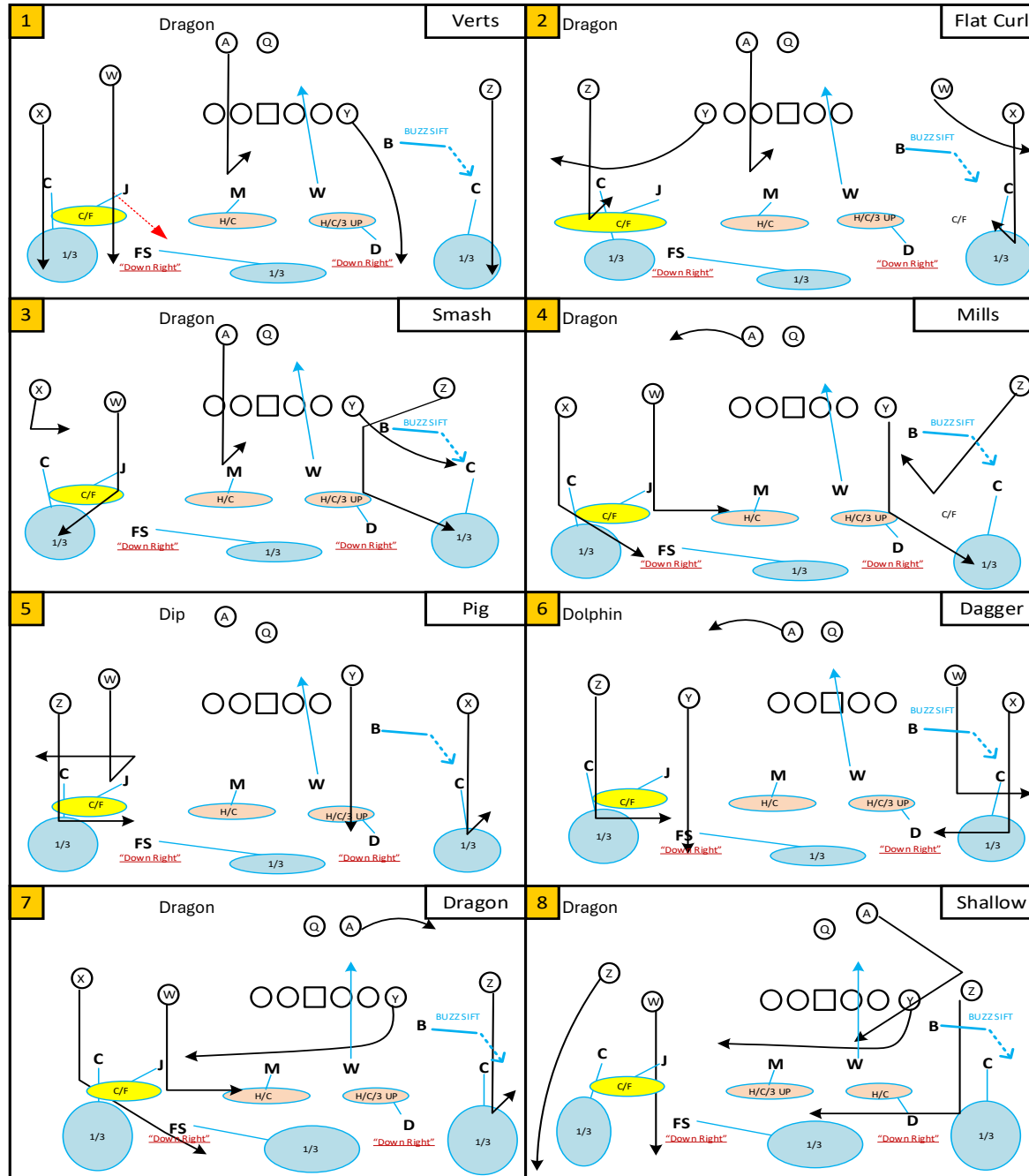
AREA - play the call. 3 deep is sound against most things

"Disco"- "Rock" or "Roll" to a bunch set with hook defender pressed on bunch and a hard corner outside.

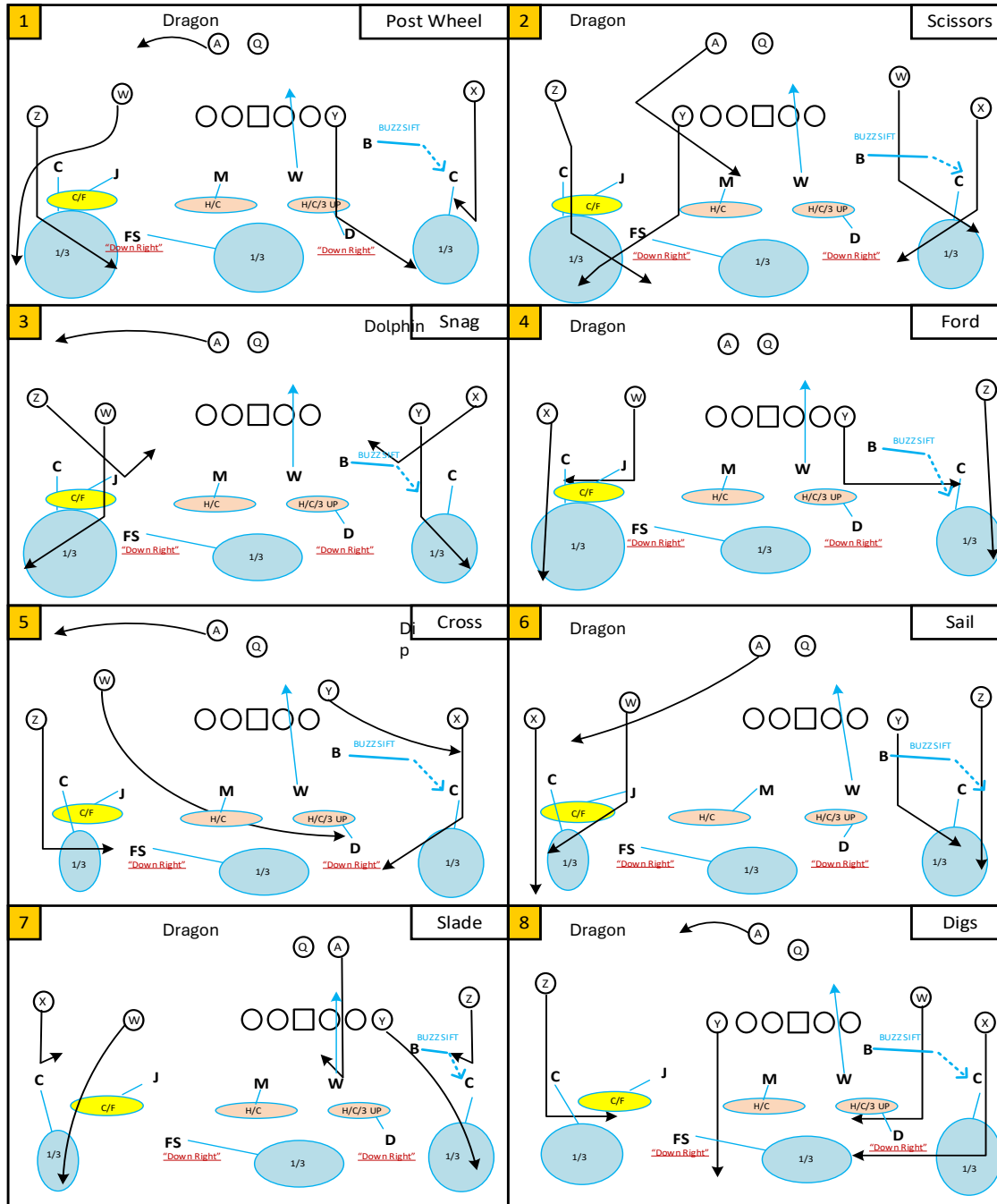
3 deep version of our "cloud" check

- **Weak Buzz Rotation**
- **Played with either Will or Bandit reduction. The player not coming is the Weak Curl/Flat Player.**
- **Added benefit is the Buzz safety being the "3UP" player. Matches speed with speed.**
- **Provides immediate linebacker overlap to interior plugger.**

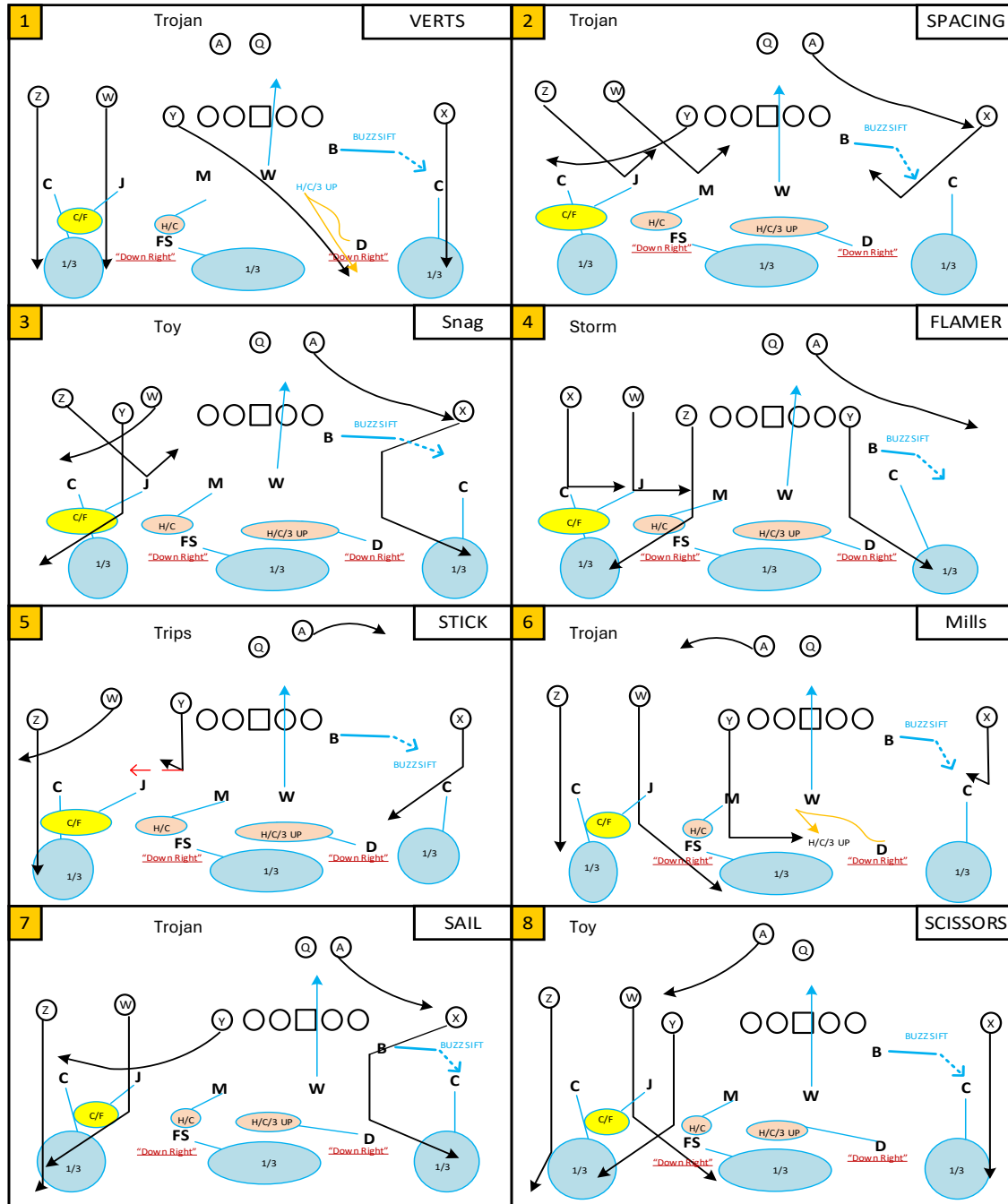
BLUE



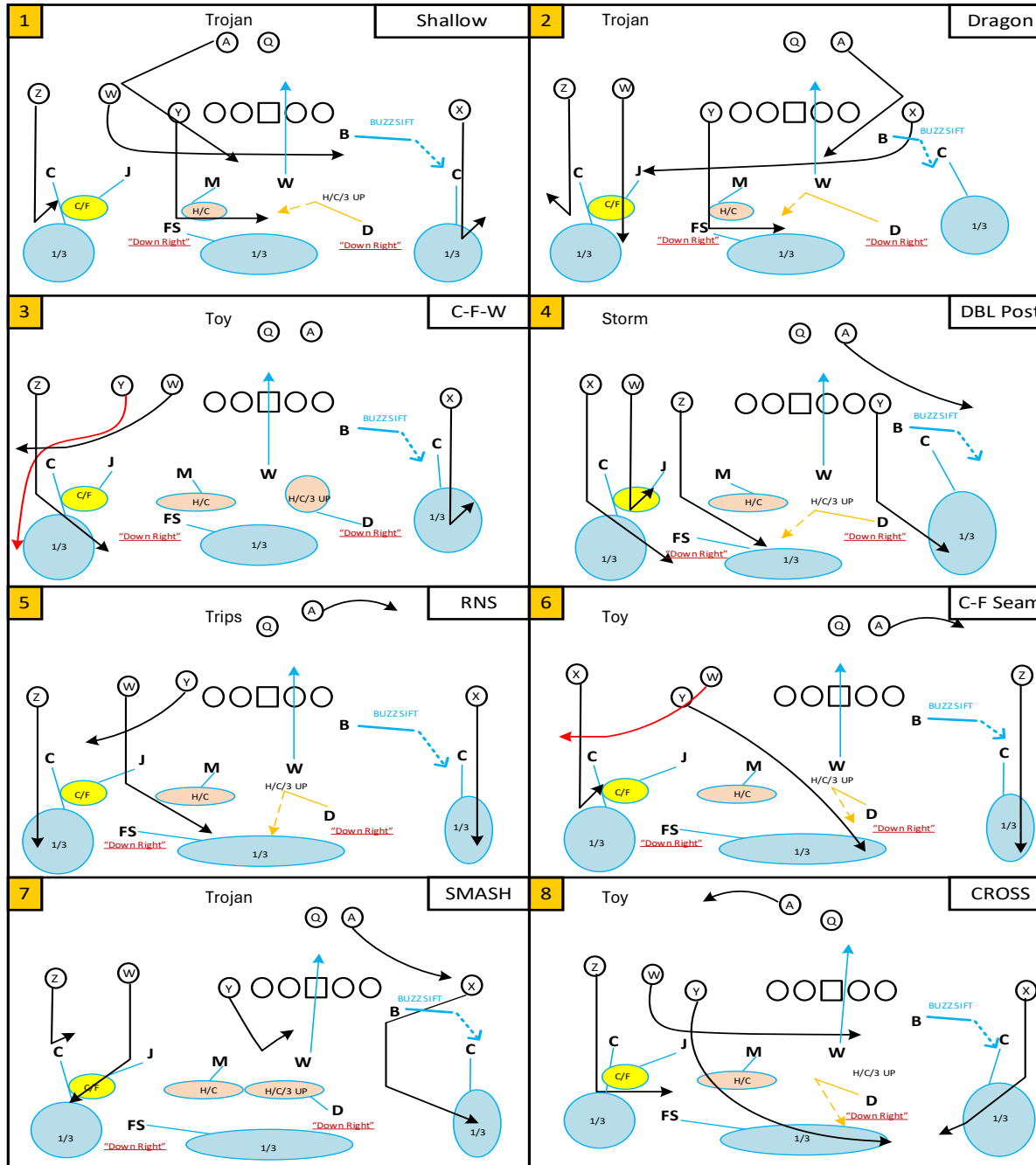
BLUE



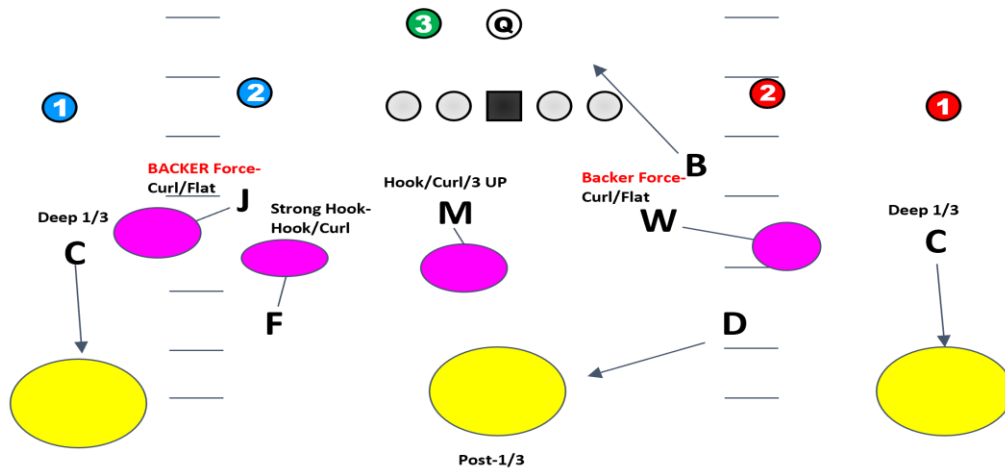
BLUE



BLUE



BLACK



BASE PRINCIPLES

BLACK is a standard 3 deep/4 under rotation with STRONG BUZZ ROTATION rotation. In this defense the FREE safety will INSERT INTO THE HOOK/CURL ZONE inside of the JOKER playing the Curl/flat zone.

Force Defenders are responsible for setting the perimeter edge of the defense and playing a Curl to Flat area. They will read the route distribution of #2. If #2 is vertical he will reroute the seam and hold the curl, if he expands to the flat he will expand with the width of the flat and the depth of the curl.

Hook to Curl Defenders are responsible for reading the distribution of the #3 receiver. If number 3 is in the HOOK he will stay in the HOOK, if he expands he will zone over to the curl.

A Hook defender that is away from number 3 is also the 3 up player. This person will ROBOT 3 if he declares himself vertical in the MOF ZONE.

The Post defender is responsible for the middle 1/3 deep portion of the field. He has NO run responsibility

Like the post defender, the Deep 1/3 defenders have no run responsibility

*In All of these calls we should have 2 force players, 2 hook players, 2 deep 1/3 players, and a post defender

BASE CALLS IN THIS CONCEPT

Black- Strong Buzz Rotation

BASE TAGS IN THIS CONCEPT

3 x 1 Checks

By base rules, Cover 3 concepts play against 3x1 and there is no need to check. Gameplan could change this.

Flood- Man the backside with the corner and weak curl/flat player

Zebra- Flood the coverage to the strong side with distribution automatically to the Strong Flat, Strong Curl, and Strong Hook.

Bunch/Stack Checks

'AREA' - play the call. 3 deep is sound against most things

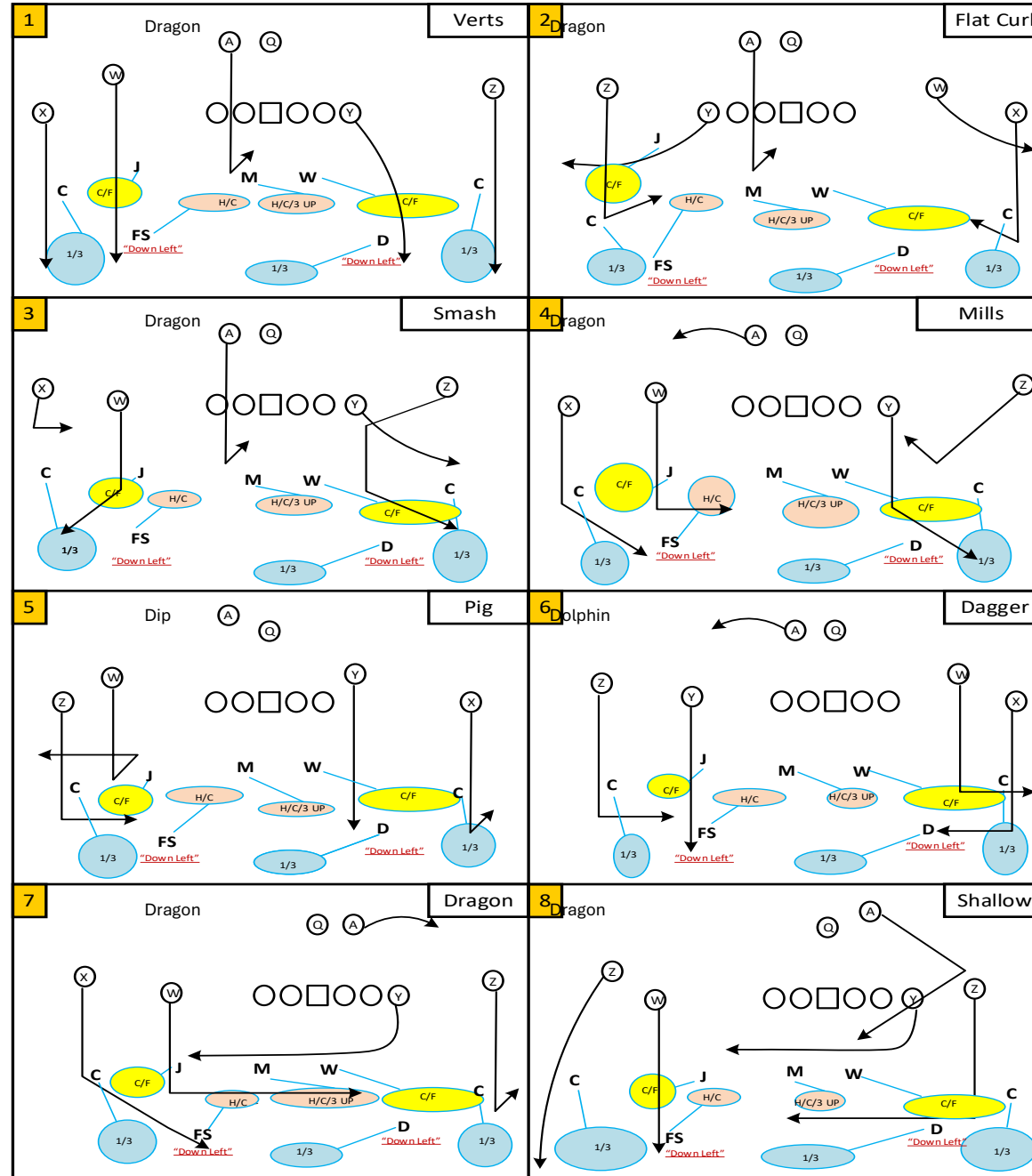
'Disco' - "Rock" or "Roll" to a bunch set with hook defender pressed on bunch and a hard corner outside. 3 deep version of our "cloud" check



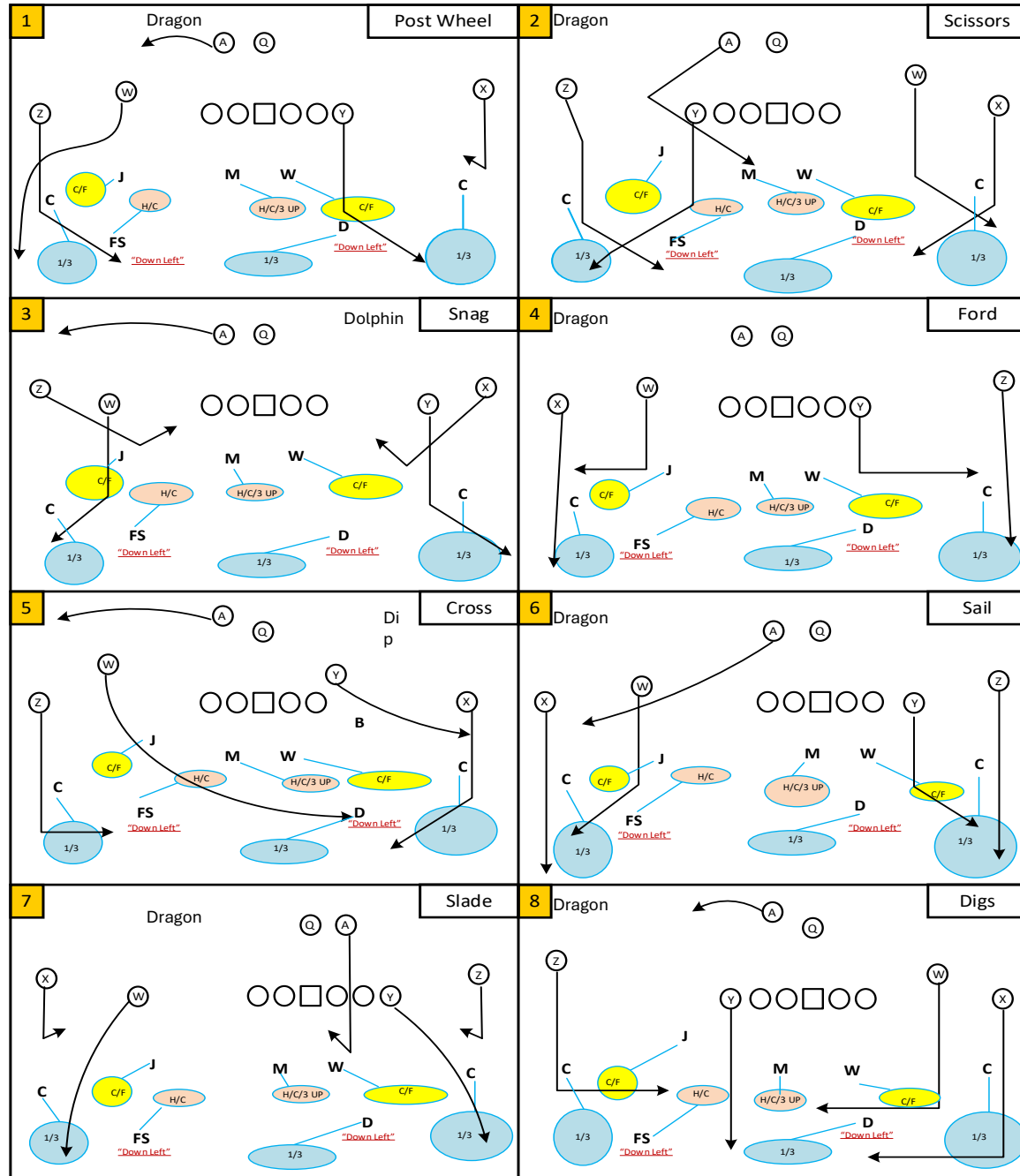
Black

- **Strong Buzz Rotation**
- **Played with our "Trojan" check system to Triple Width formations. Helps with 3 man strong-flood concepts**
- **Good call to get immediate safety support if you are getting a lot of strong side isolation schemes (Dart, Lead, ect).**

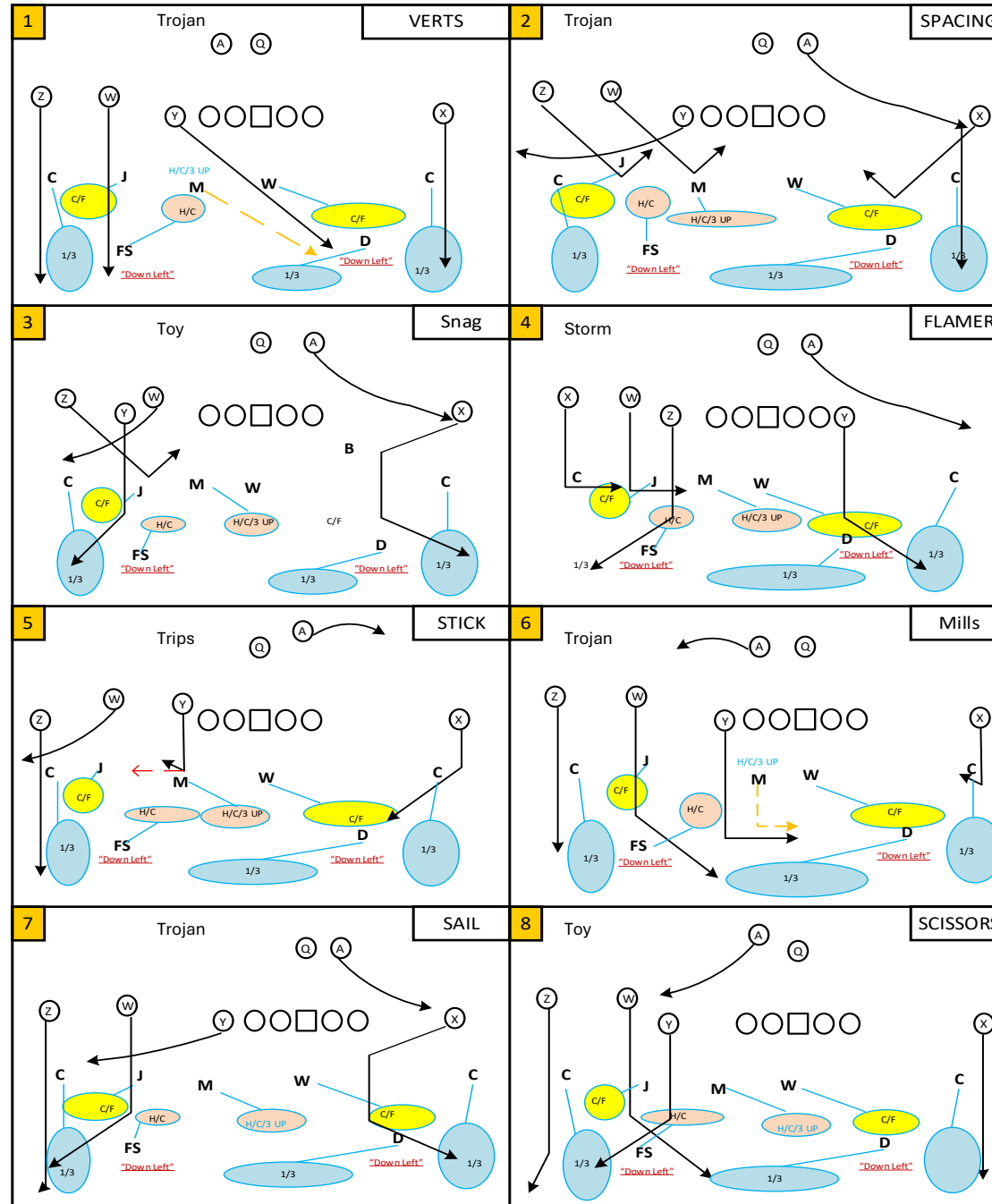
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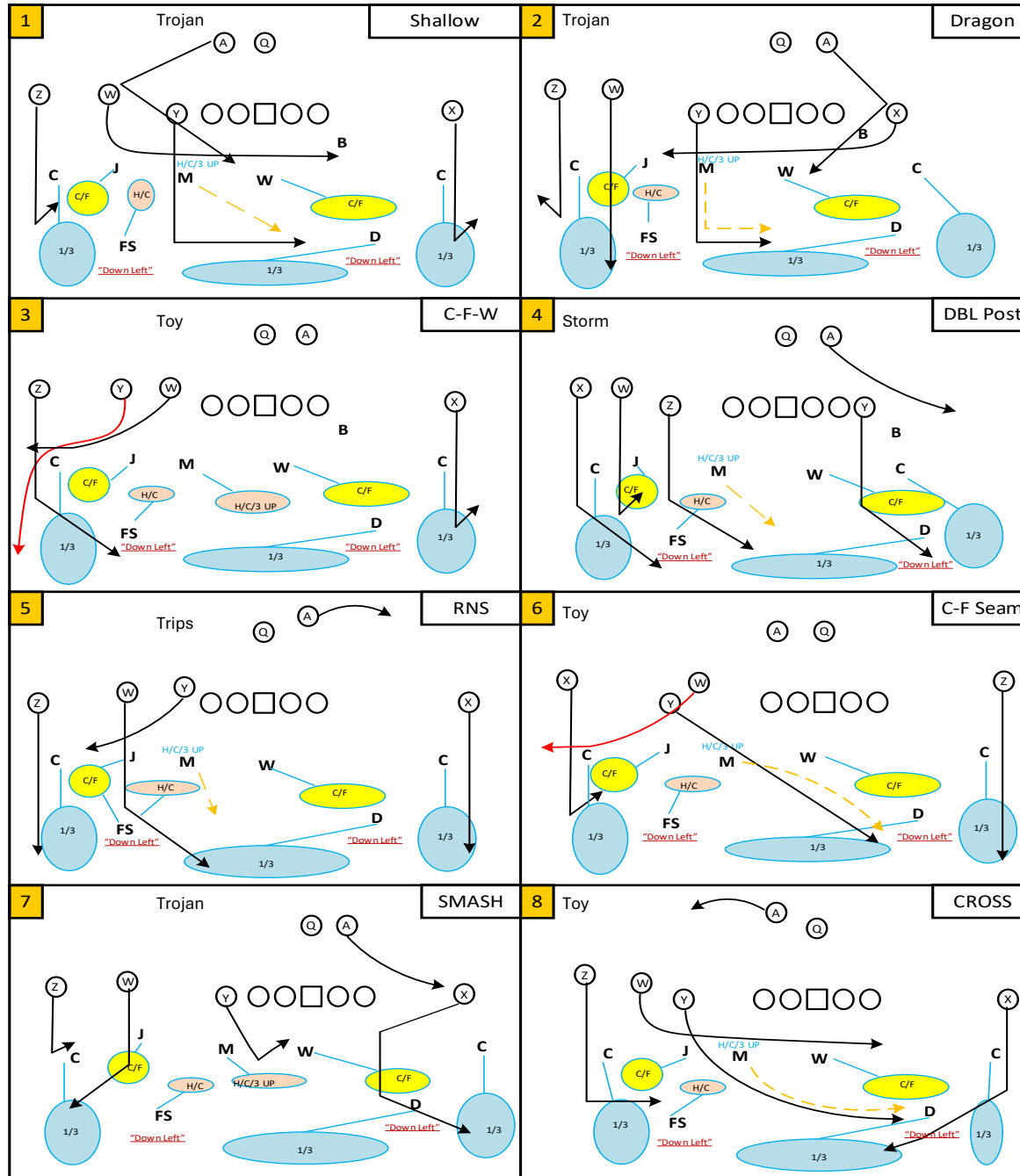
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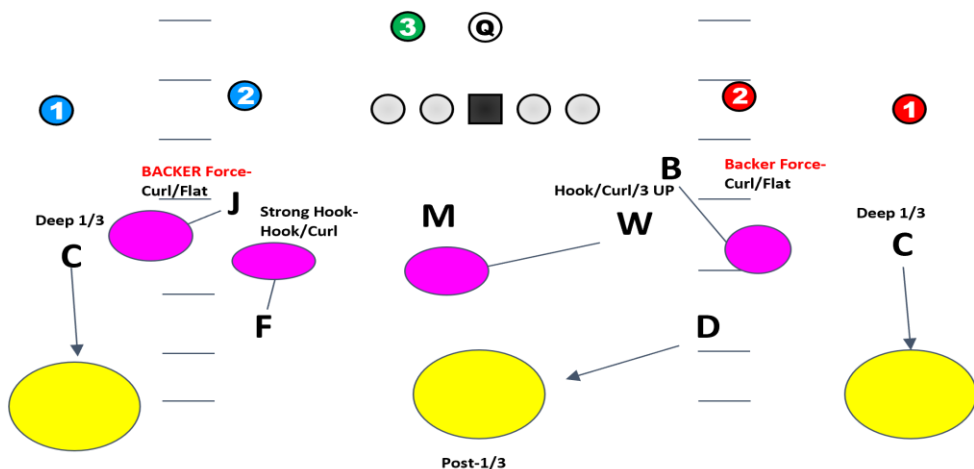
BLACK



BLACK



BROWN



BASE PRINCIPLES

BROWN is a standard 3 deep/4 under rotation with STRONG **BUZZ** ROTATION rotation. In this defense the FREE safety will INSERT INTO THE HOOK/CURL ZONE inside of the JOKER playing the Curl/flat zone.

Force Defenders are responsible for setting the perimeter edge of the defense and playing a Curl to Flat area. They will read the route distribution of #2. If #2 is vertical he will reroute the seam and hold the curl, if he expands to the flat he will expand with the width of the flat and the depth of the curl.

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A Hook defender that is away from number 3 is also the 3 up player. This person will ROBOT 3 if he declares himself vertical in the MOF ZONE.

The Post defender is responsible for the middle 1/3 deep portion of the field. He has NO run responsibility

Like the post defender, the Deep 1/3 defenders have no run responsibility

*In All of these calls we should have 2 force players, 2 hook players, 2 deep 1/3 players, and a post defender

BASE CALLS IN THIS CONCEPT

BROWN - Strong Buzz Rotation

BASE TAGS IN THIS CONCEPT

3 x 1 Checks

By base rules, Cover 3 concepts play against 3x1 and there is no need to check. Gameplan could change this.

Flood- Man the backside with the corner and weak curl/flat player

Zebra- Flood the coverage to the strong side with distribution automatically to the Strong Flat, Strong Curl, and Strong Hook.

Bunch/Stack Checks

'AREA' - play the call. 3 deep is sound against most things

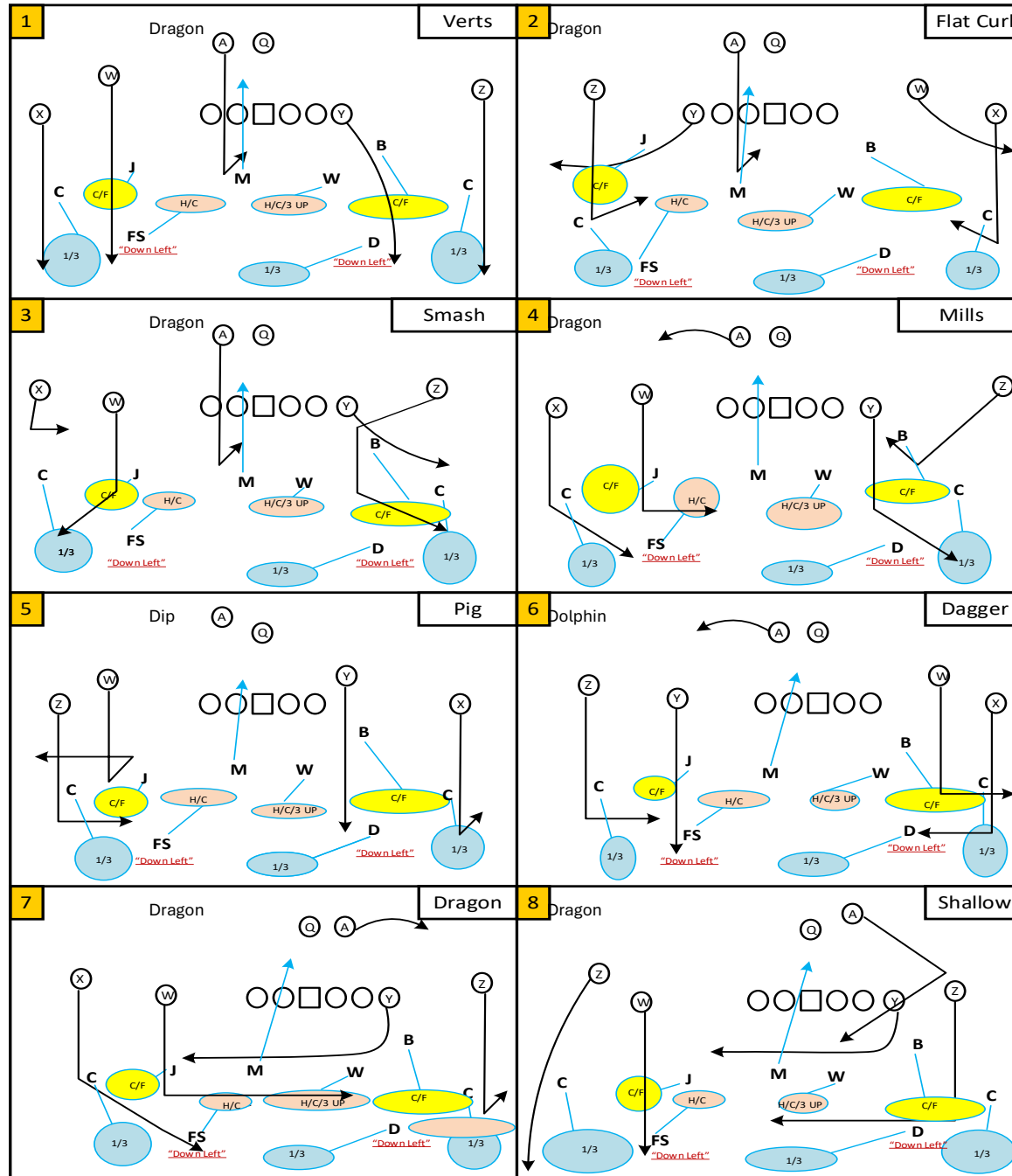
'Disco'- "Rock" or "Roll" to a bunch set with hook defender pressed on bunch and a hard corner outside. 3 deep version of our "cloud" check



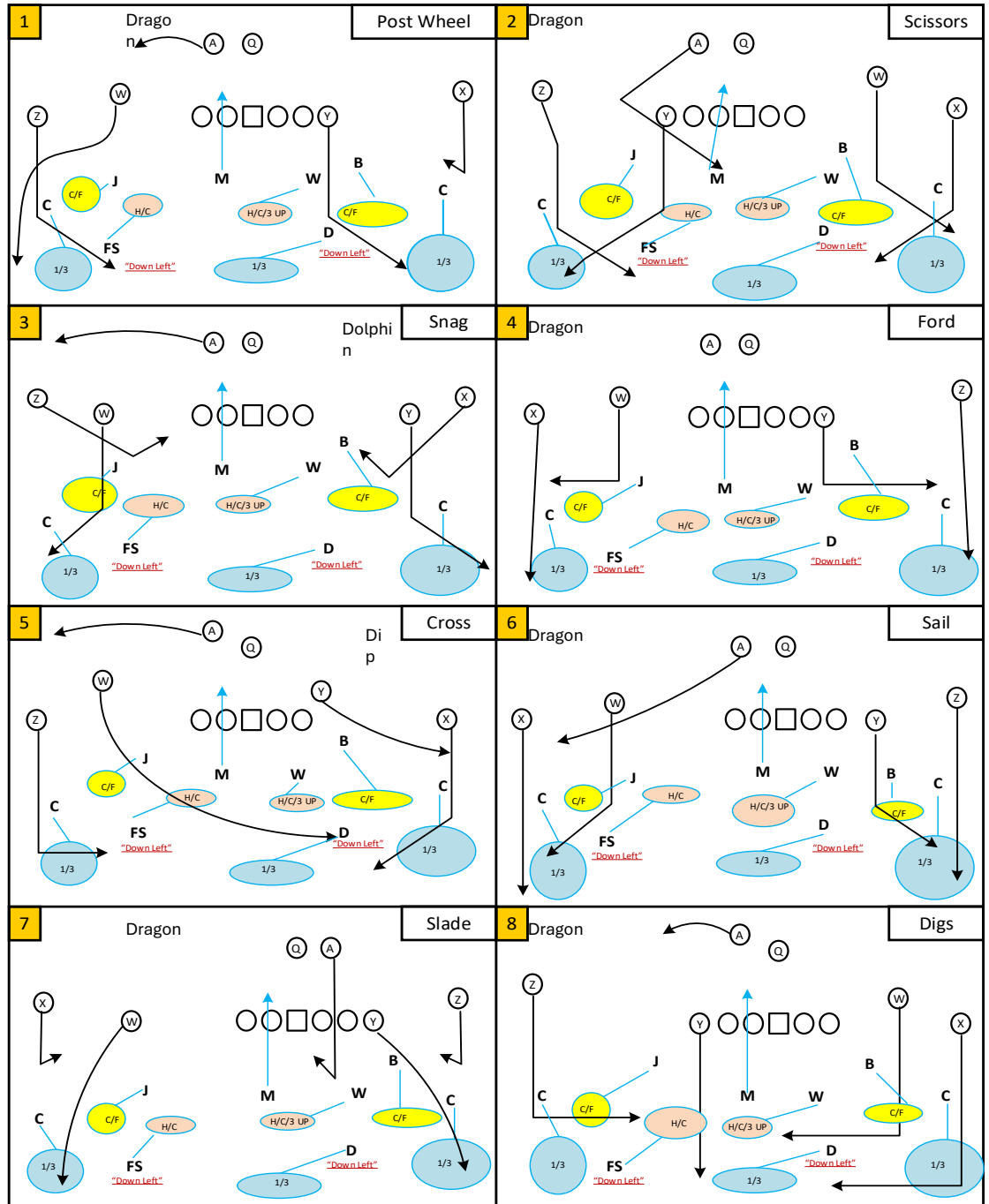
Brown

- **Strong Buzz Rotation**
- **Played with Max/Mow fronts (Mike Reduction).**
- **Good call to get immediate safety support if you are getting a lot of strong side isolation schemes (Dart, Lead, ect).**
- **Provides immediate safety overlap behind plugging inside backer**

BROWN



BROWN



BROWN

