
8 MAN DEFENSE

Never Be Out-Schemed

**3-3 TOTAL
DEFENSIVE
INSTALLATION**

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

8 MAN DEFENSE

Introduction

Just like many of you reading this, I've been around football since before I could walk. My dad 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.**



8 MAN DEFENSE

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.

8 MAN DEFENSE

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 -

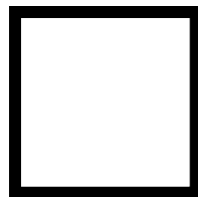
These players should be almost as athletic as the Sam & Will, they will get lots of action and opportunities.

[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.

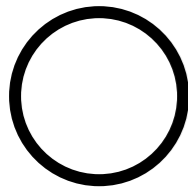
8 MAN DEFENSE

Symbol Descriptions



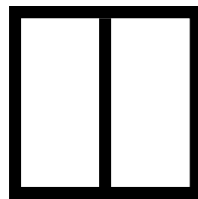
Center -

The Center, where every play starts.



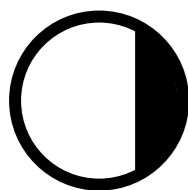
Circle -

Any other offensive player besides the Center.



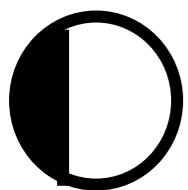
Head Up Alignment -

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.

8 MAN DEFENSE

Leverage & Depth 1/4

[C] Cornerbacks -

Versus a Tight End:

Line up 2 yards outside the TE, 5 yards off of the LOS*. This enables the Cornerback to play run and pass while giving you two points to coach them on:

A.) If the ball is run out outside leverage in case a play is run to the outside. If a play is run “off tackle” and the offense is trying to get to the sideline, the cornerback is the last line of defense. **Because he has outside contain responsibilities, he must keep his outside arm free.** This means if he attacks a blocker, he uses only his inside arm. **And when he goes to make a tackle, he attacks the outside leg of the ball carrier, playing “outside-in.”** He does this to help turn the ball carrier back into his help: pursuing linebackers, safeties, and defensive lineman.

B.) He lines up 5 yards deep because his sole responsibility (right now) is the tight end. He must be close enough to help with the run, but far enough back to help in the passing game, 5 yards is perfect for most corners. The corner must also keep his eyes on the receivers lined up to the opposite side of the field, if they cross the center and you are in a zone, they are his responsibility.

8 MAN DEFENSE

Leverage & Depth 2/4

[C] Cornerbacks -

Versus a split receiver:

On #1 Receiver's inside shoulder, 8-10 yards deep. He lines up inside because the quickest/easiest throw a quarterback can make is a slant. We take this pass away by lining up inside the receiver. We line up 8-10 yards deep (depending on the speed & offensive play of the opposing team). At this depth, we can turn and run for a deep pass, but not too far off to come up and make a tackle on a slant/hitch.

[S] Sam & [W] Will Linebackers -

If 2 Receivers are Split from the LOS:

On #2 Receiver's inside shoulder, 5 yards *from receiver* (not the LOS). He lines up inside to naturally push the receiver towards the corner if he runs a route. **This** is a tricky position, because the Sam & Will Linebackers have outside contain and cannot get "pinned" inside by the #2 receiver. **Because he has contain responsibilities, he must keep his outside arm free.** This means if he attacks a blocker, he uses only his inside arm. **And when he goes to make a tackle, he attacks the outside leg of the ball carrier, playing "outside-in."** He does this to help turn the ball carrier back into his help: pursuing linebackers, safeties, and defensive lineman.

8 MAN DEFENSE

Leverage & Depth 3/4

If Only 1 Receiver is Split from the LOS:

According to the alignment chart, 3-4 yards deep. **The Sam/Will will pursue the ball “inside-out” just the opposite as he would if he was lined up over the #2 receiver.** As outside players turn ball carriers back in, the Sam/Will should be pursuing them to make the tackle.

[M] Mike Linebacker -

According to the alignment chart, 3-4 yards deep. **The Mike will always pursue the ball “inside-out.”** As outside player turns ball carriers back in, the Mike should be pursuing them to make the tackle.

[E] Defensive Ends -

According to the alignment chart in a 3 point stance, as close to the LOS* as possible. **Each end has respective “outside contain” duties and should attack ball carriers “inside-out.”** This also means he should take on all blocks with their inside arm, keeping their outside free to make tackles. If for some crazy reason the ball carrier gets outside of the defensive end, he then turns to pursue and should now become an “inside-out” defender.

8 MAN DEFENSE

Leverage & Depth 4/4

[N] Nose Guard -

According to the alignment chart in a 3 point stance, as close to the LOS* as possible. **The Nose Guard will always pursue the ball “inside-out.”** As outside player turns ball carriers back in, the Nose Guard should be pursuing them to make the tackle.

8 MAN DEFENSE

Pre-Snap Reads & First Steps 1/5

You often hear coaches talking about “fundamentals” of the game. Blocking and tackling are two big ones. But eyes and feet are the first two pieces of this puzzle.

Each player should have a good stance that they practice day after day until it is second nature for them. Have them start off sprints in their stance, have them practice it every day, make them do it in the hallways of school, whatever it takes! **If they start off the play on the wrong foot (literally) they are going to be playing catch up until the whistle blows.**

Eyes are huge, eyes read what’s happening. **If your players know what they’re looking for and practice recognizing it, they can make quicker decisions and get to the ball faster.** What they do when they get there is on them!

Teach these three points to each player about how to start each play and they will be ready to rock and roll once the ball is snapped.

8 MAN DEFENSE

Pre-Snap Reads & First Steps 2/5

[C] Cornerbacks (against #1 receiver)-

Feet:

Slightly narrower than shoulder width. Weight should be on the balls of the feet. The inside foot should be slightly farther back than the outside foot, in the sole of the foot.

A DB's first step should be backwards with his INSIDE foot going about 6 inches back. His next step will be with his outside foot as he keeps his back flat and pumps his arms. **DB's take 3 steps backwards called "read step" that allows him time to determine if the offense is running or passing.** These steps should be slow and controlled, like the DB is walking backwards. Practice these 3 steps religiously and when it's time to come out of the backpedal, break on sharp angles, nothing should be rounded.

Eyes:

Because this is a zone defense, the corner should have his eyes looking through the offensive line to the quarterback until the ball is snapped. If linemen's heads go up, it is more than likely a passing play and eyes go back on the receiver. If the head stay down and goes forward, it is more than likely a running play. React accordingly and go make a play.

8 MAN DEFENSE

Pre-Snap Reads & First Steps 3/5

[S] Sam & [W] Will Linebackers (playing outside) AND [C] Cornerbacks playing against a Tight End-

Feet:

Slightly wider than shoulder width apart. Weight should be on the balls of the feet, steady but light. At the snap of the ball, the player should bounce his feet while reading the play. Just as a cornerback takes a “read step” this player should also move his feet.

Eyes:

Because this is a zone defense, the player should have his eyes looking through the offensive line until the ball is snapped. If linemen’s heads go up, it is more than likely a passing play and they need to get their eyes on the man in front of them. If the head stays down and goes forward, it is more than likely a running play. React accordingly and go make a play.

8 MAN DEFENSE

Pre-Snap Reads & First Steps 4/5

[S] Sam, [W] Will, & [M] Mike Linebackers (playing inside)-

Feet:

Slightly wider than shoulder width apart. Weight should be on the toes of the linebacker, almost ready to fall forward.

A linebackers first step should be towards the line of scrimmage. Not backwards, not a hop, not sideways... FORWARDS.

Eyes:

The eyes of all linebackers should be running through the guards of the play. If a guard is pulling, follow him to the ball carrier. If he's coming at me, so is the play. If he's going away from me, I need to start pursuing him to see who else is going there.

8 MAN DEFENSE

Pre-Snap Reads & First Steps 5/5

[E] Defensive Ends & [N] Nose Guard -

Feet/Hands:

Slightly wider than shoulder width apart, with the inside foot back about 12-18 inches behind the front foot. The inside hand should be down and the opposite hand should be ready to shoot forwards at the opposing blocker.

Weight should be on the toes, ready to explode as soon as the ball is snapped. The inside foot (back foot) should go forwards first, followed by the outside leg.

Eyes:

Should be focused on the man in front of him. If the man in front leaves, another is coming and the player needs to brace himself and find the oncoming blocker. If the man in front attacks him, he needs to beat him and keep the appropriate arm free to make the tackle. Always keep the offensive linemen's hands off of your jersey!

Finally, if the offensive lineman backs up, the defensive lineman should attack because this is a pass play and his job now becomes making a sack.

8 MAN DEFENSE

Never Be Out-Schemed

3-3 ALIGNMENT CHART

Offensive Setup

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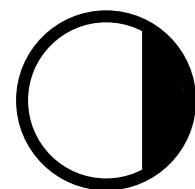
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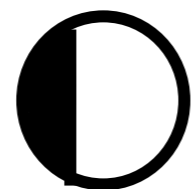
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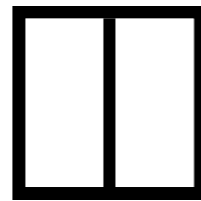
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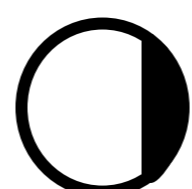
#1 Receiver



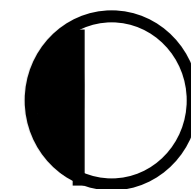
L Guard



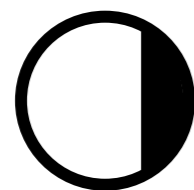
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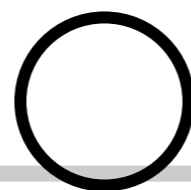
R Guard



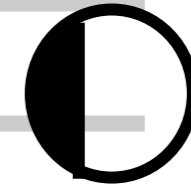
#1 Receiver



#2 Receiver



Quarterback



#2 Receiver

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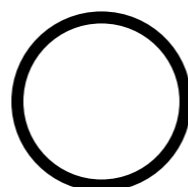
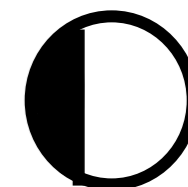
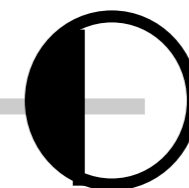
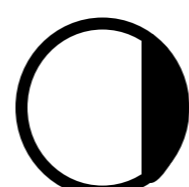
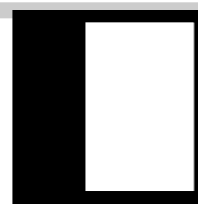
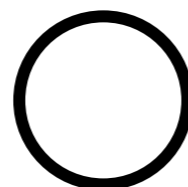
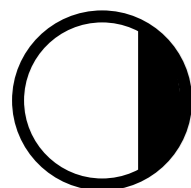
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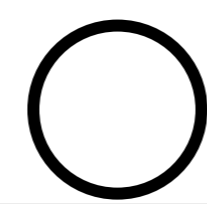
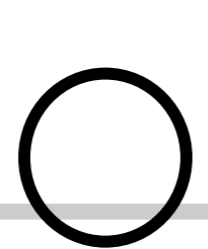
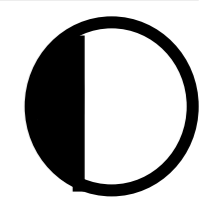
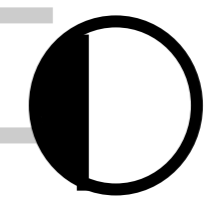
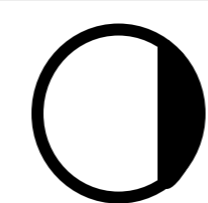
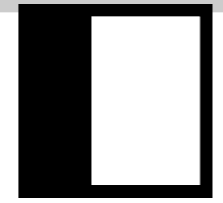
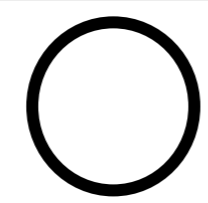
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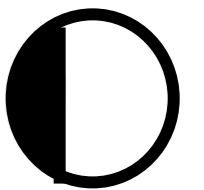
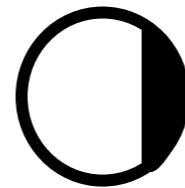
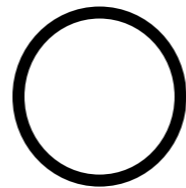
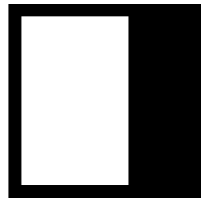
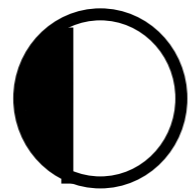
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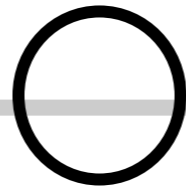
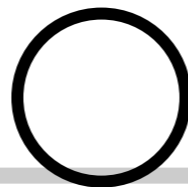
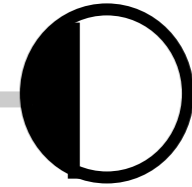
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Base vs. Overload Tight

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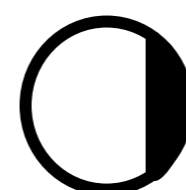
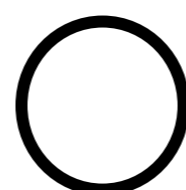
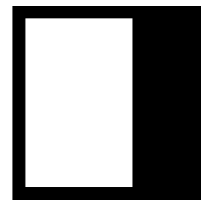
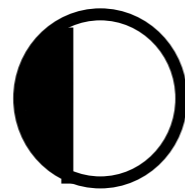
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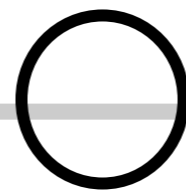
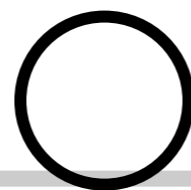
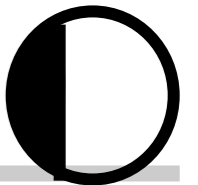
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* Eligible

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8 MAN DEFENSE

Never Be Out-Schemed

3-3 BLITZ PACKAGE

8 MAN DEFENSE

Why We Blitz

I never want to have a defense that just lines up and plays. I've been on that type of defense, and it's constricting to the players. They feel handcuffed like they have to "sit still" in their positions.

Adding a fun blitz package helps to change things up. But more importantly than that, **a good blitz package will put the offense on their heels.**

A good blitz package will make an offense have to guess where you're coming from and create timidity with each play. If a QB or RB is constantly getting hit in the backfield they begin to panic. You've got them right where you want them.

Some people will back off the throttle, some will keep on the pressure. The choice is yours and every game is different.

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.

8 MAN DEFENSE

How to Use the 8 Man Defense 3-3 Blitz Package

This blitz packages includes 10 blitzes drawn up against 3 formations each. Since many blitzes are drawn up for a specific offense, I drew up the blitzes against the offensive sets that the blitzes will work well against. (Ex: Corner Blitz from the wide side isn't effective against a passing team.)

Knowing the situation in which to blitz is critical. See the notes on each blitz!

This package is specifically designed for the 3-3 defense, but can be adjusted based on personnel and your front. When creating new blitzes for your team, be sure to get creative! A Mike Linebacker blitz through the A-gap isn't bad, but it is predictable and every offense has seen it before.

Include those "boring" blitzes in your package, but have some intricate ones as well. My defense typically game plans 3-5 blitzes for each team we play, installing a couple each week as the season progresses.

WARNING: Blitzing leaves your defense vulnerable in certain places! Know where those areas are so your non-blitzing players know where to protect.

8 MAN DEFENSE

How to Use the 8 Man Defense 3-3 Blitz Package

Naming Your Blitzes

As a Coach, it's your responsibility to name each blitz so it's memorable for the players. When game-time is here, they will have to think fast. A long or un-relatable name will not pop into their mind. Whereas a short, quick name that may have to do with the school's mascot, location, or a current event will stick like glue.

The names I've given each blitz are basic, rename them for your team. For example, a popular name for a Slant Right or Left is "RICKY" or "LUCKY."

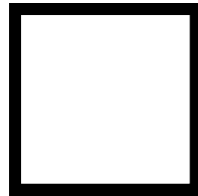
Aiming Your Players

The arrows are drawn to the quarterback if the backfield is empty and they're drawn to the "mesh point" if there is a running back in the backfield. If the running back gets the ball, he's the focal point. If he doesn't the QB is the bullseye.

Be sure your players know where they are aiming on a blitz. If they are too deep or too shallow, they will miss the play altogether.

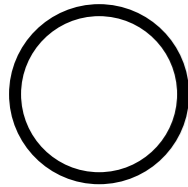
8 MAN DEFENSE

Symbol Descriptions



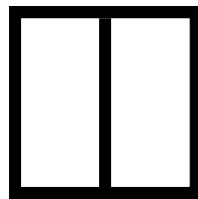
Center -

The Center, where every play starts.



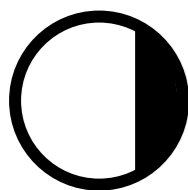
Circle -

Any other offensive player besides the Center.



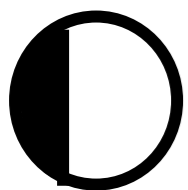
Head Up Alignment -

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.

8 MAN DEFENSE

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

Offensive Setup

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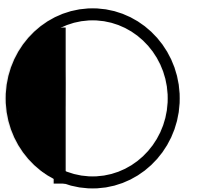
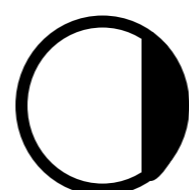
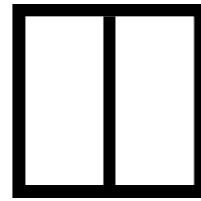
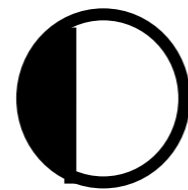
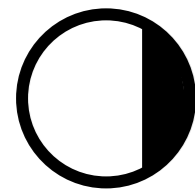
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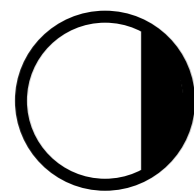
#1 Receiver

L Guard

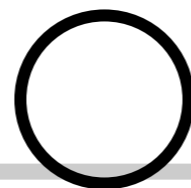
Center

R Guard

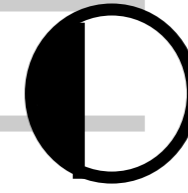
#1 Receiver



#2 Receiver



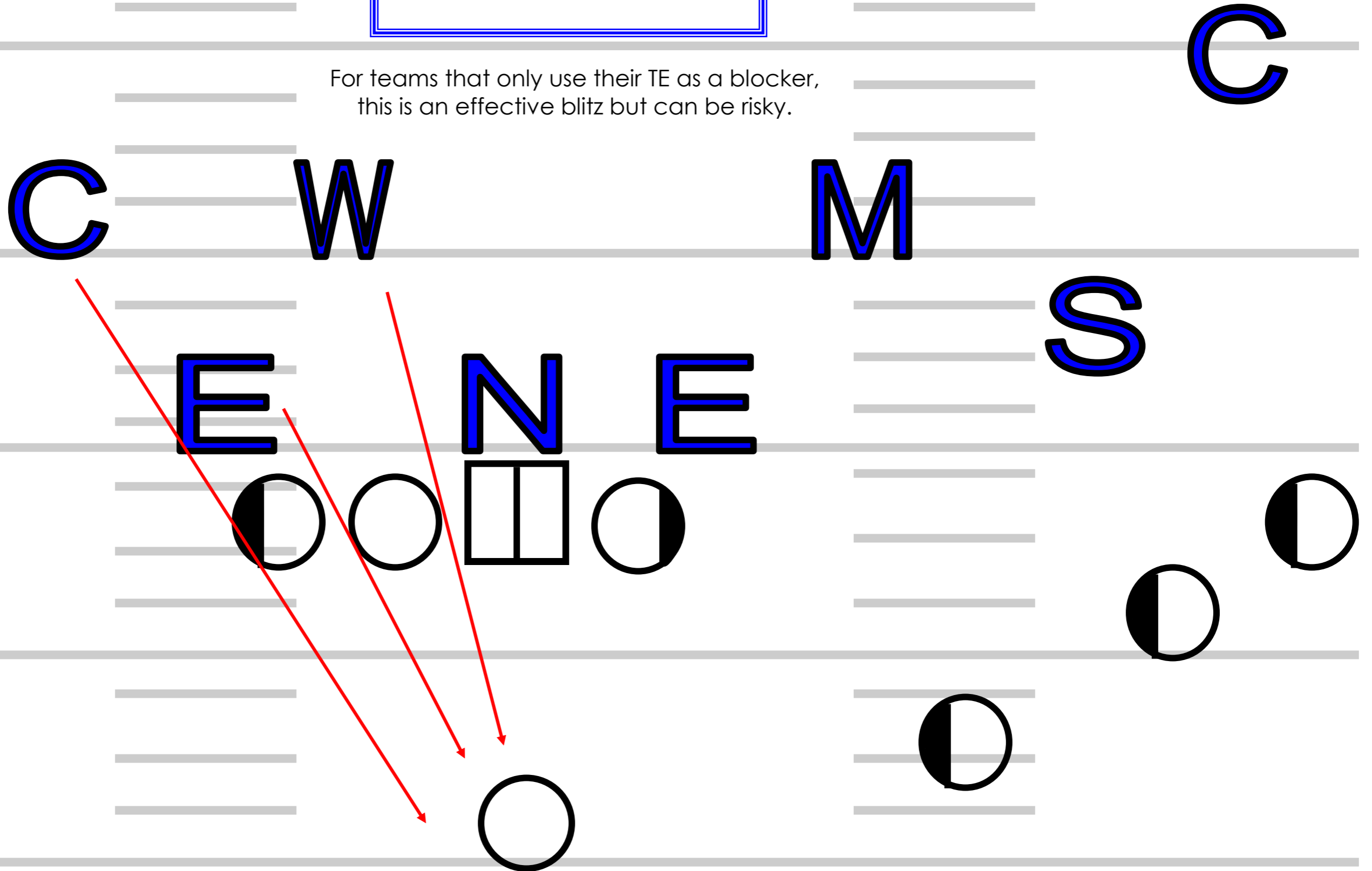
Quarterback



#2 Receiver

Corner Blitz vs. Trio

For teams that only use their TE as a blocker, this is an effective blitz but can be risky.



Corner Blitz vs. Twins

Perfect blitz for Twins set. The zone play runs right into the blitz & Mike can pick up TE.

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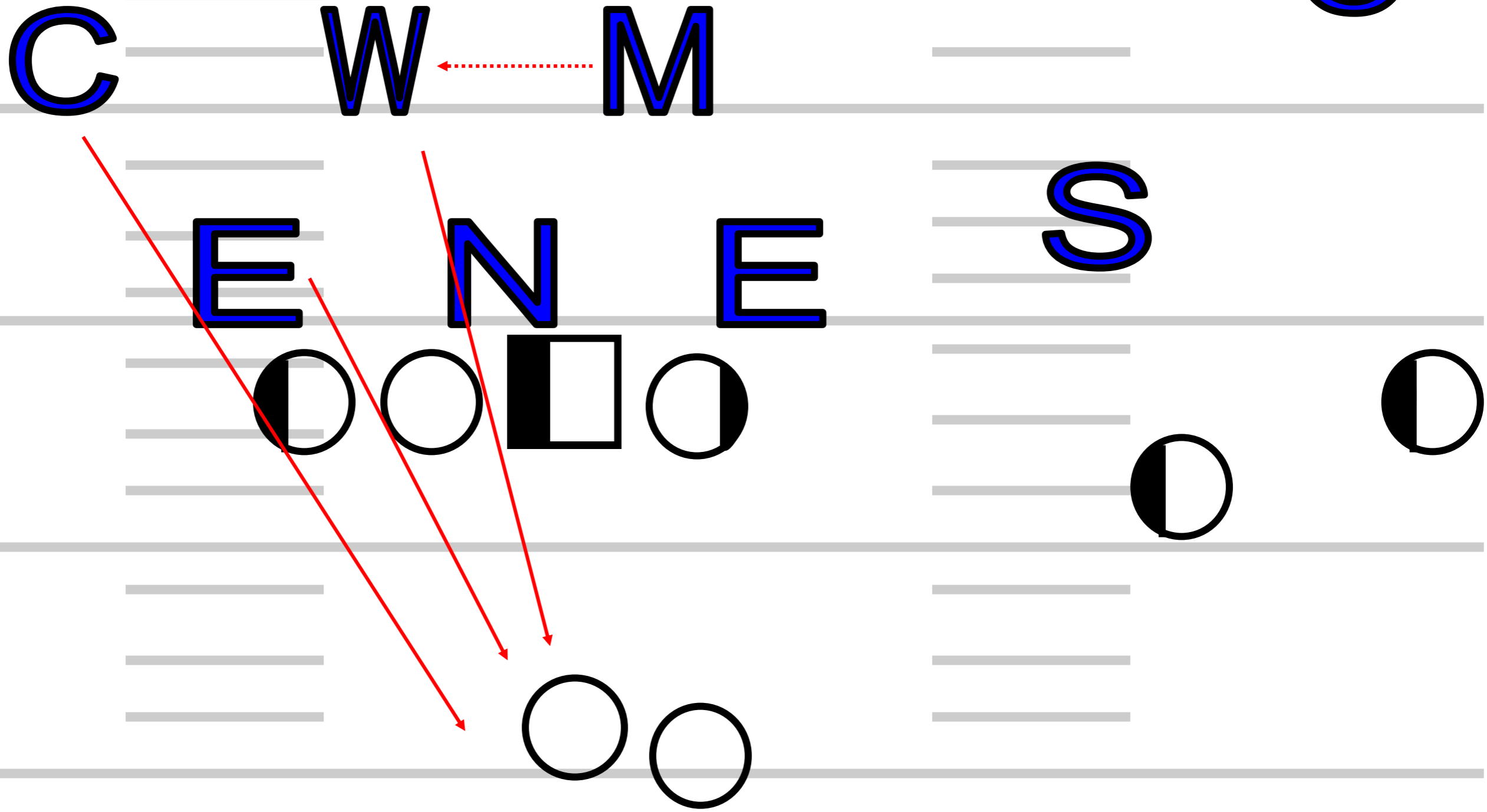
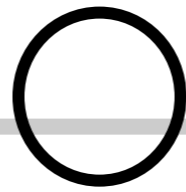
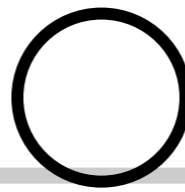
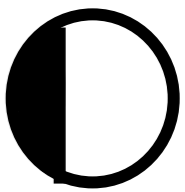
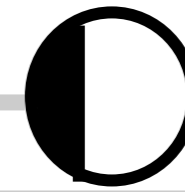
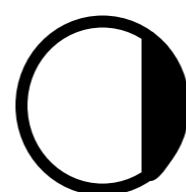
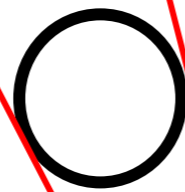
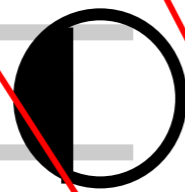
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Corner Blitz vs. Overload

Good blitz for Overload set. The zone play runs right into the blitz & Mike can pick up TE.

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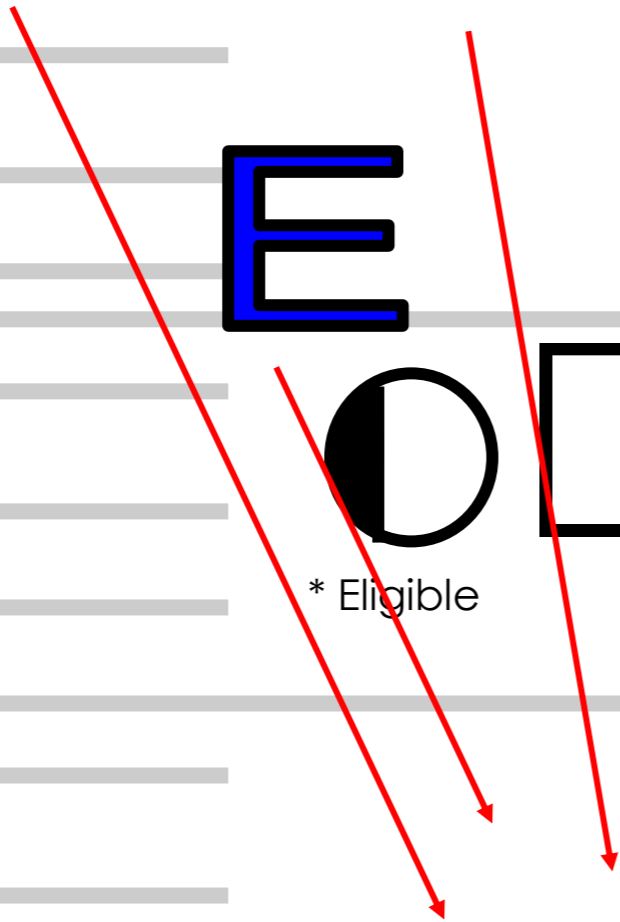
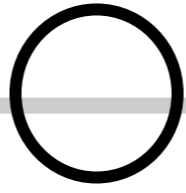
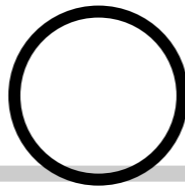
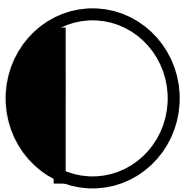
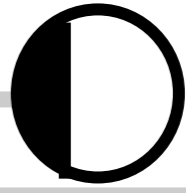
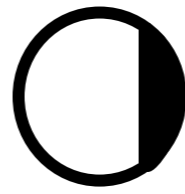
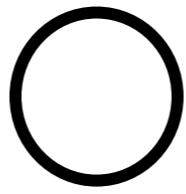
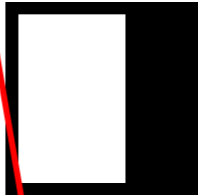
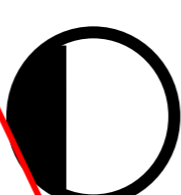
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Will Edge Blitz
vs. Doubles

Mike & Sam have to wall out the
#2 Receivers so the middle is not left open.

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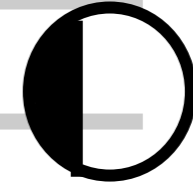
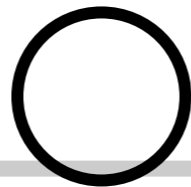
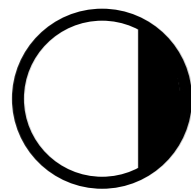
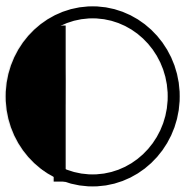
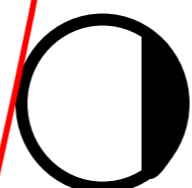
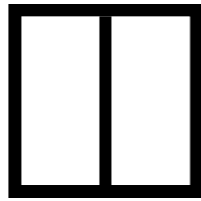
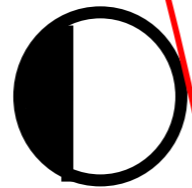
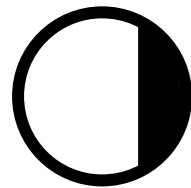
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Will Edge Blitz
vs. Overload

Sam has to wall out the #2 Receiver
so the middle is not left open.

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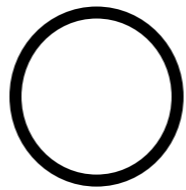
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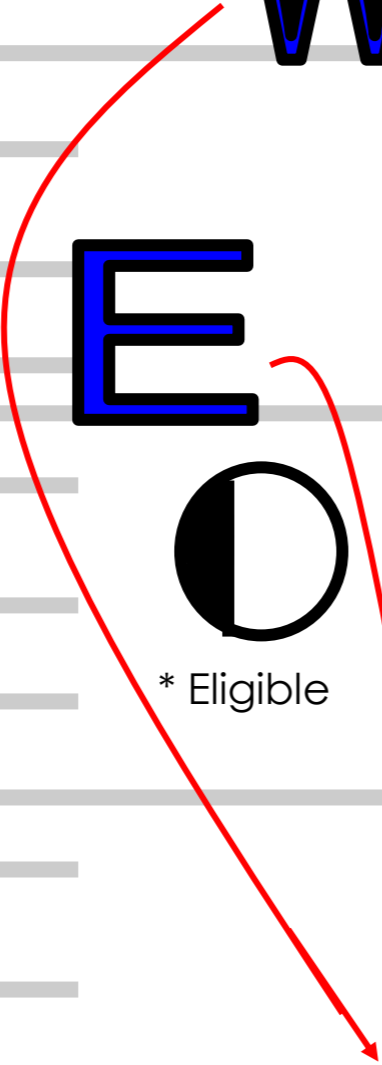
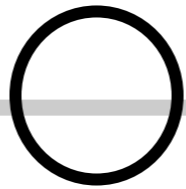
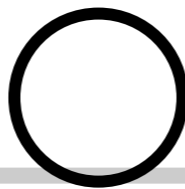
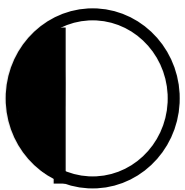
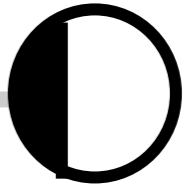
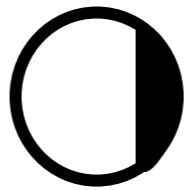
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* Eligible



* Covered



Will Edge Blitz
vs. Trey

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Right Corner is vulnerable to the slant in this blitz, he should be lined up inside.

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Sam Edge Blitz
vs. Deuce

Mike & Will need to wall #2 Receivers so they do not attack the middle of the field.

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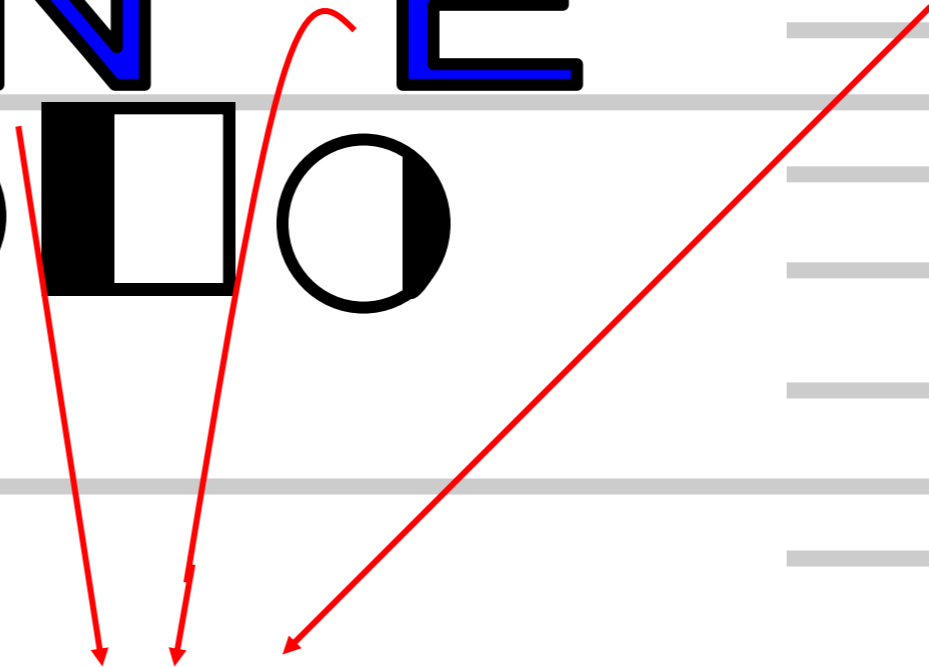
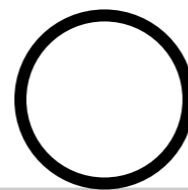
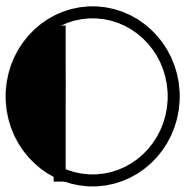
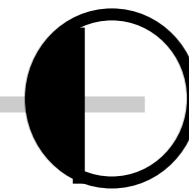
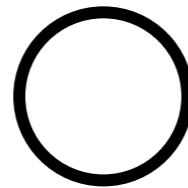
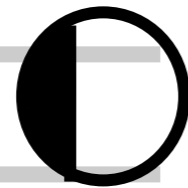
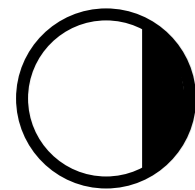


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Sam Edge Blitz vs. Twins

Mike & Will need to wall #2 Receivers so they do not attack the middle of the field.

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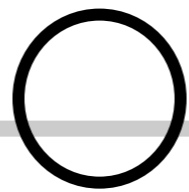
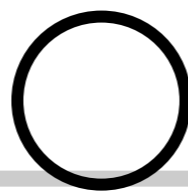
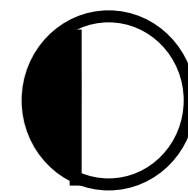
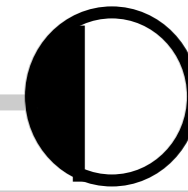
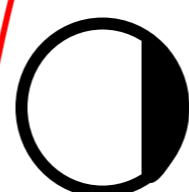
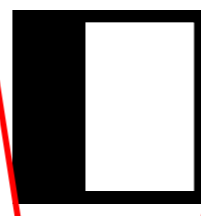
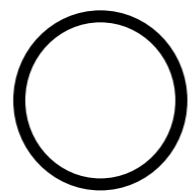
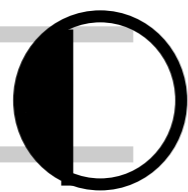
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Sam Edge Blitz vs. Flex

Mike & Corner can be vulnerable to the 2-Man Bubble Screen in this set.

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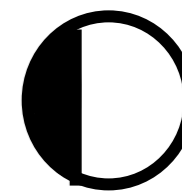
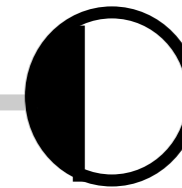
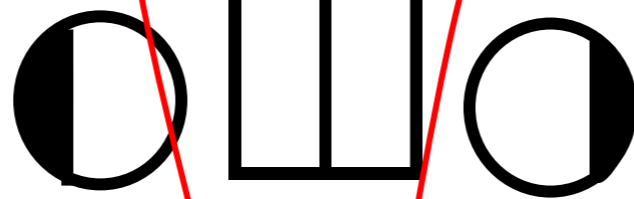
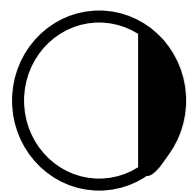
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Slant Right
vs. Doubles

Good for run-heavy teams that like
to use the QB Draw play.

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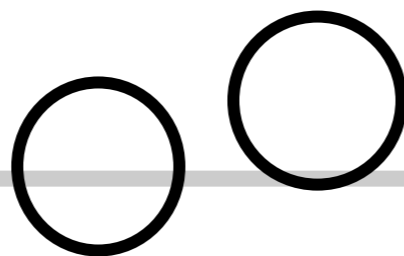
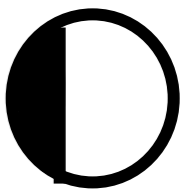
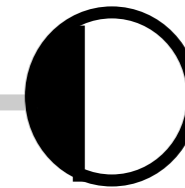
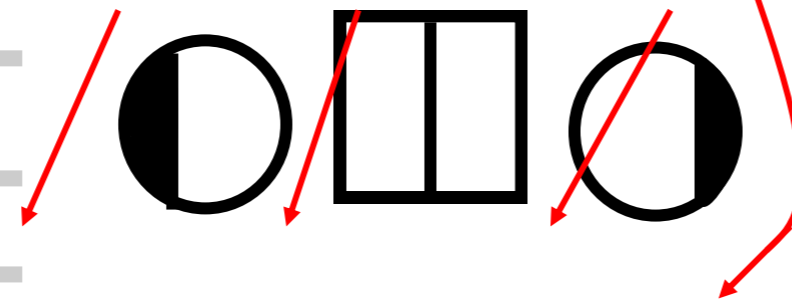
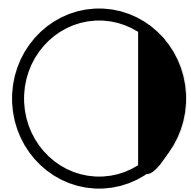
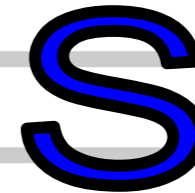
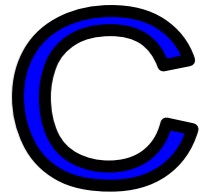
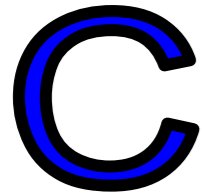
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Slant Right
vs. Flex

Good for keeping the Offensive Line on their
toes without gambling too much.



Slant Left
vs. Doubles

Good for run-heavy teams that like
to use the QB Draw play.

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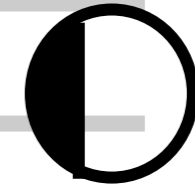
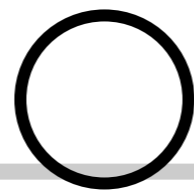
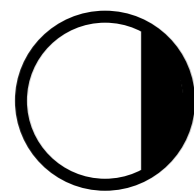
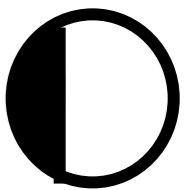
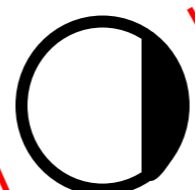
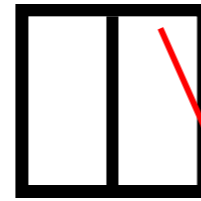
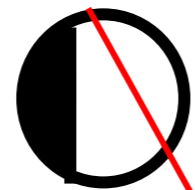
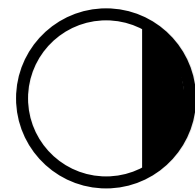
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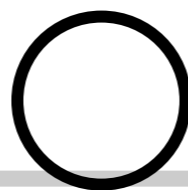
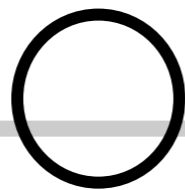
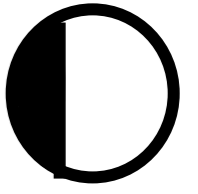
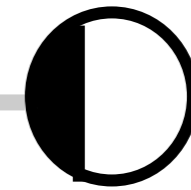
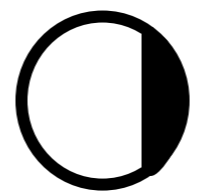
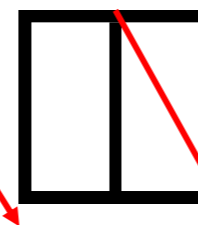
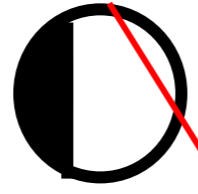
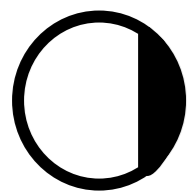
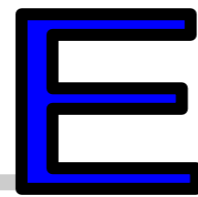
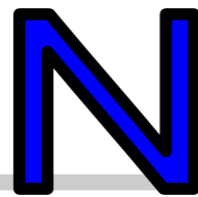
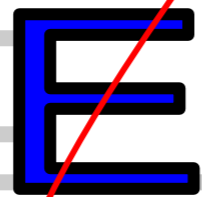
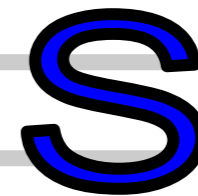
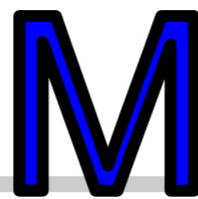
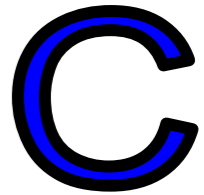
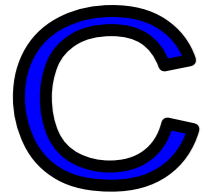
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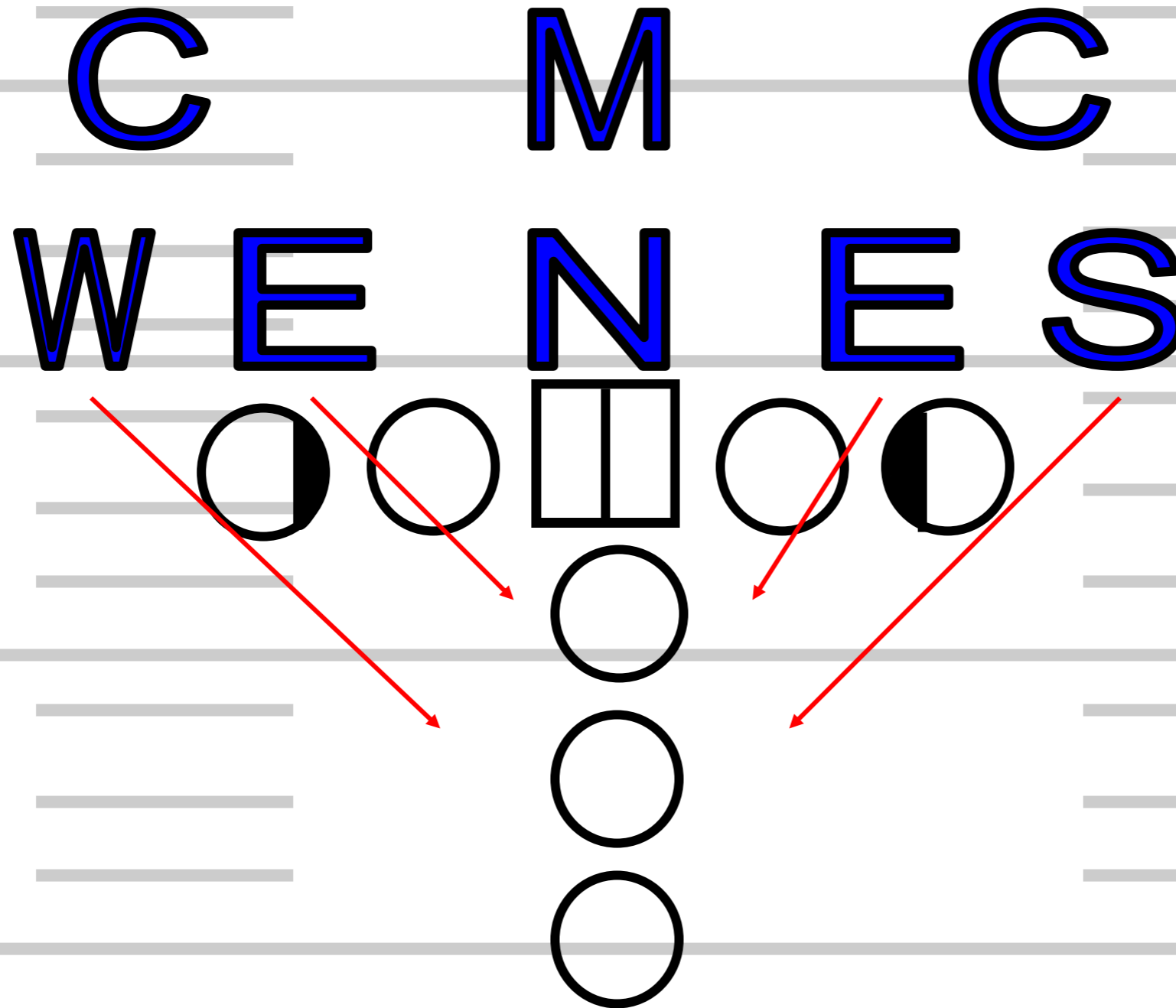
Slant Left
vs. Flex

Good for keeping the Offensive Line on their
toes without gambling too much.



Double Edge Blitz vs. Tight

Good for goal-line situations, especially teams that run option & "off-tackle" plays.



Double Edge Blitz vs. Twins

Good for teams that are run-heavy and only pass when they have to.

C

W

M

C

E

N

E

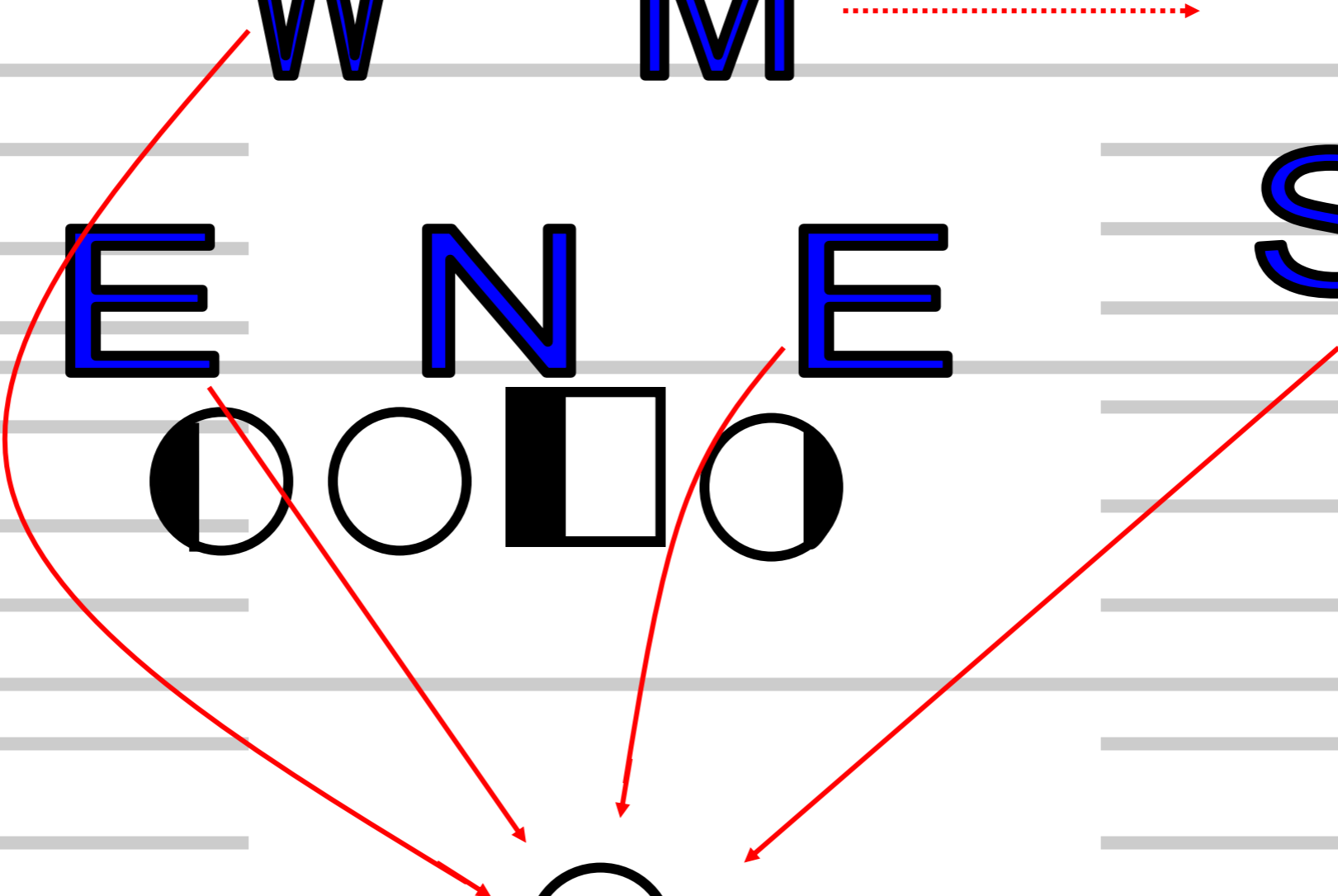
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Double Edge Blitz vs. Overload Tight

Good to bring edge pressure if your best athletes are playing Sam & Will positions.

C

W

M

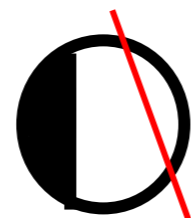
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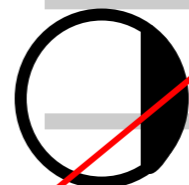
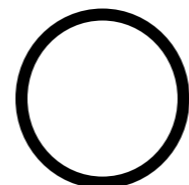
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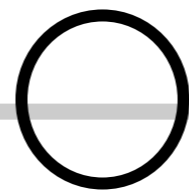
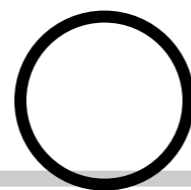
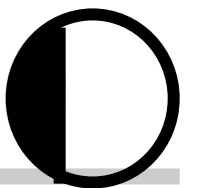
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* Eligible



* Eligible



Mike Inside Blitz
vs. Doubles

C

C

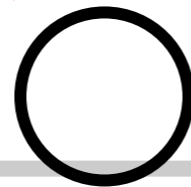
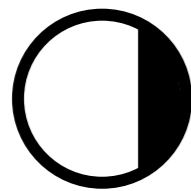
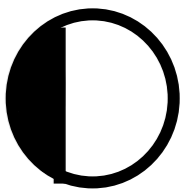
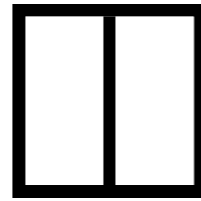
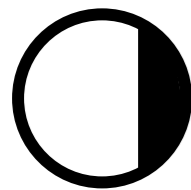
Good for teams that run the QB Draw or are a pass-heavy offense. **Middle is vulnerable.**

M

W

S

E N E



Mike Inside Blitz
vs. Flex

Sam must wall #2 Receiver to keep him from attacking the middle of the field.

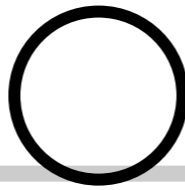
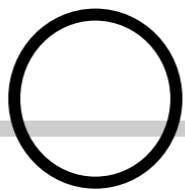
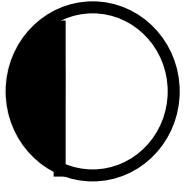
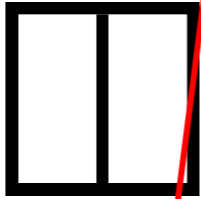
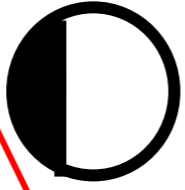
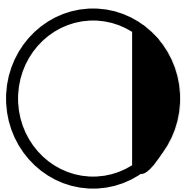
C

C

W M

E N E

S



Mike Inside Blitz
vs. Trey

C

C

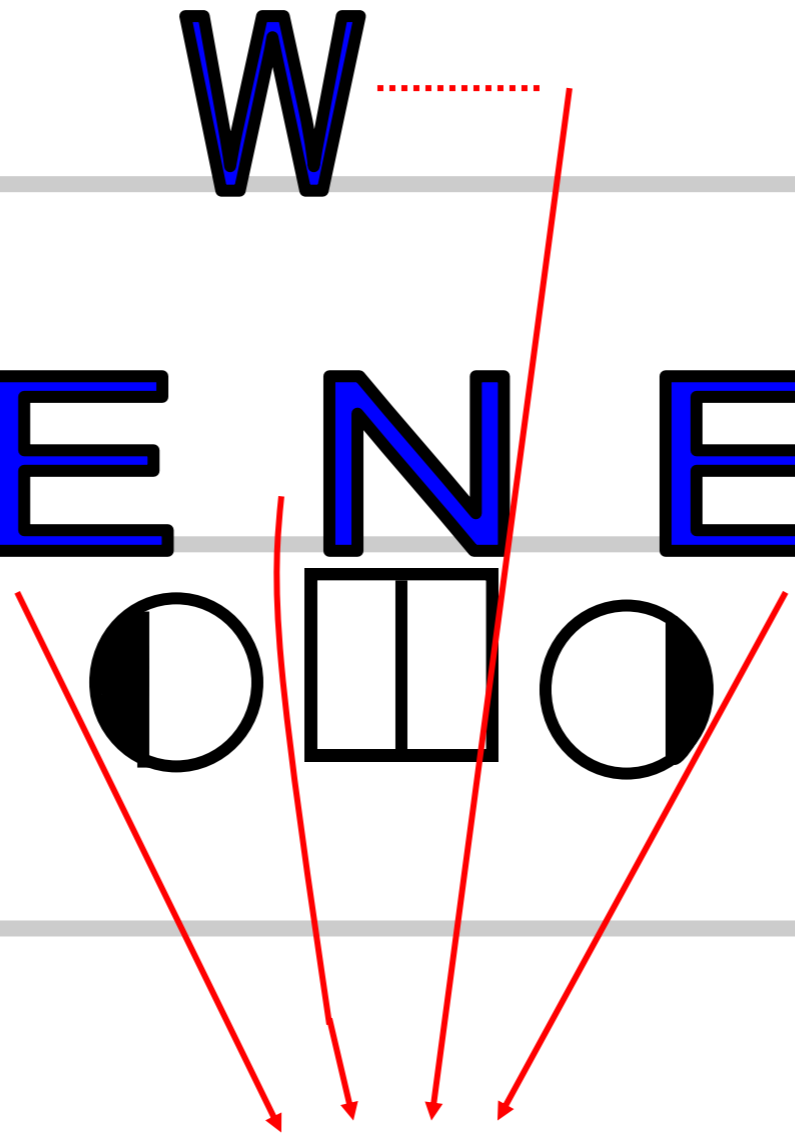
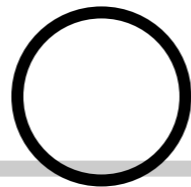
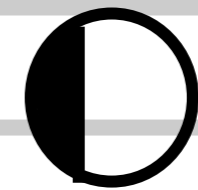
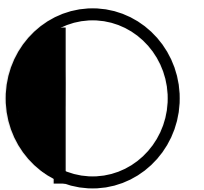
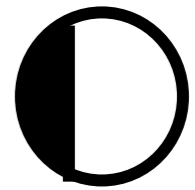
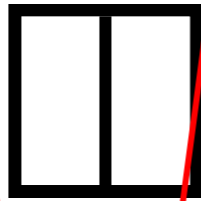
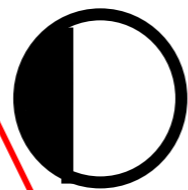
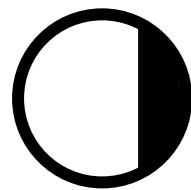
Make a SWITCH call with the Mike & Will Linebackers so M can stay over #3 Receiver.

W

M

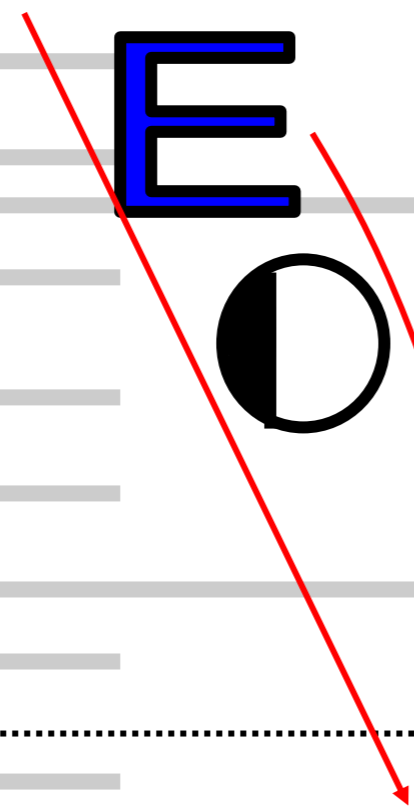
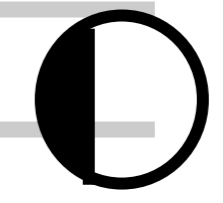
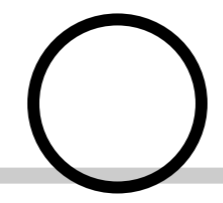
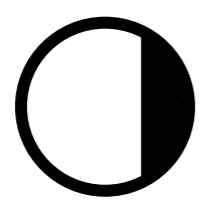
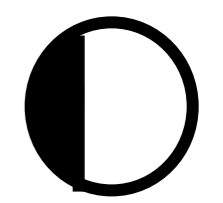
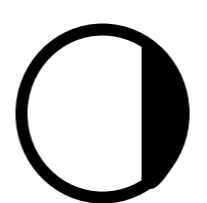
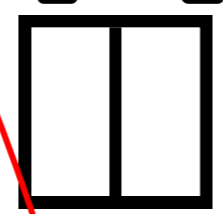
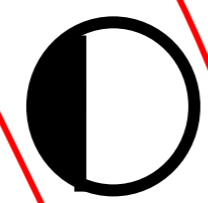
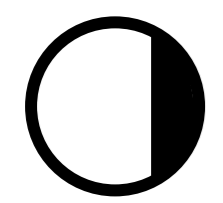
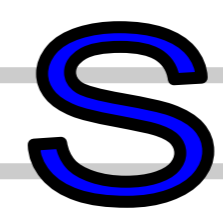
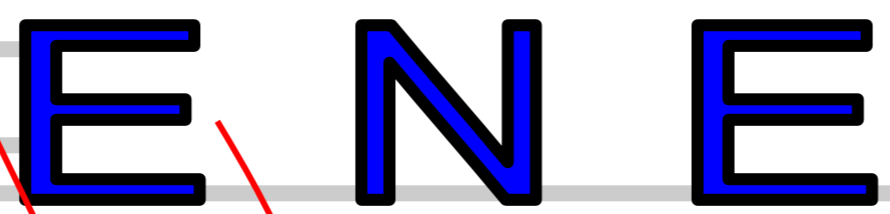
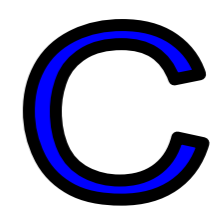
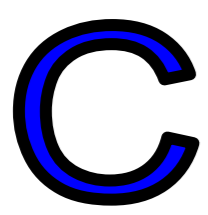
E N E

S



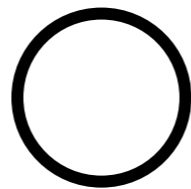
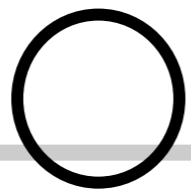
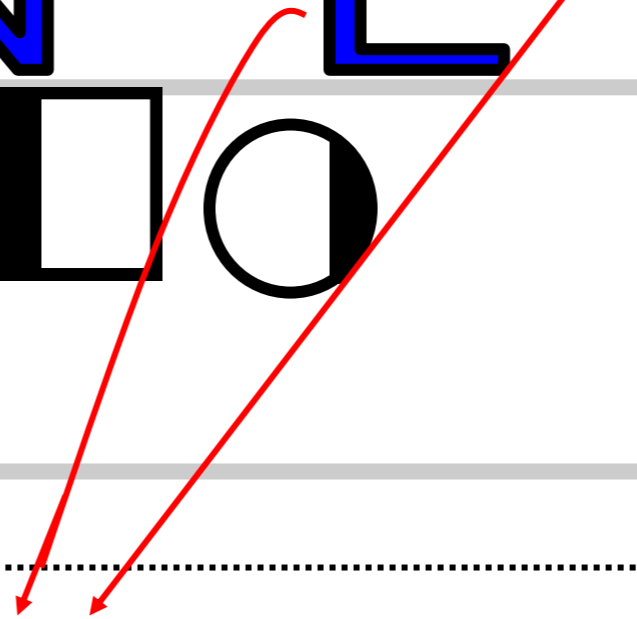
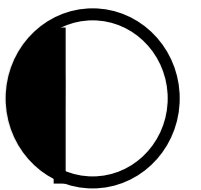
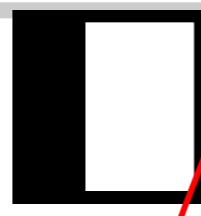
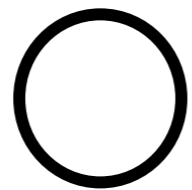
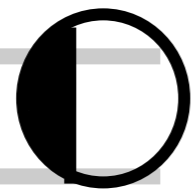
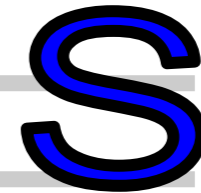
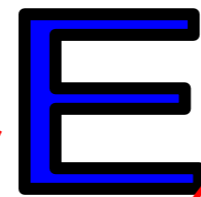
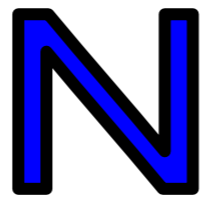
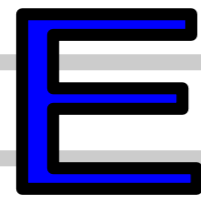
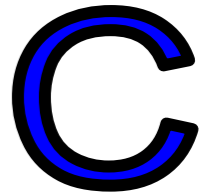
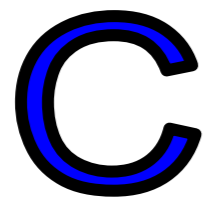
Backside Blitz vs. Doubles Motion

Designed to prevent QB draw & quick passes like the bubble screen.



Backside Blitz vs. Twins Motion

Designed to prevent QB draw, Zone, & quick passes like the bubble screen.



Twist Blitz vs. Pro

Should only be played with an athletic
Defensive End in potential passing situations.

C

C

W

M

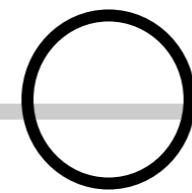
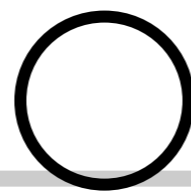
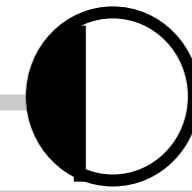
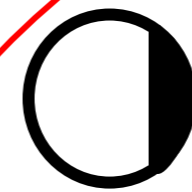
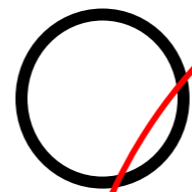
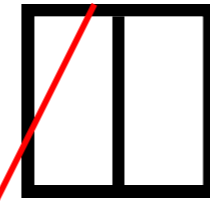
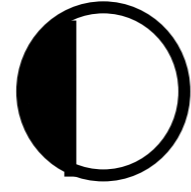
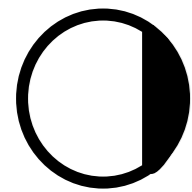
*Lets Sam
go 1st

E

N

E

S



Twist Blitz vs. Overload

Should only be played with an athletic
Defensive End in potential passing situations.

C

W

M

*Lets Sam
go 1st

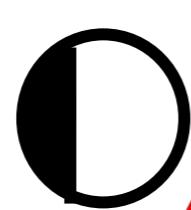
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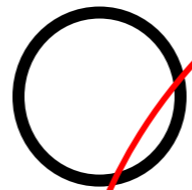
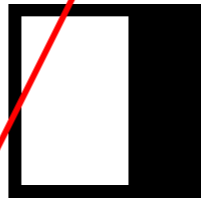
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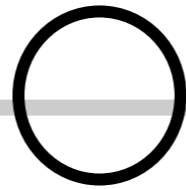
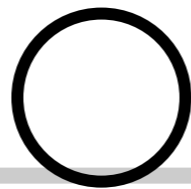
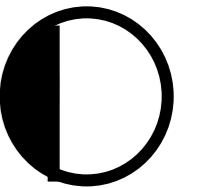
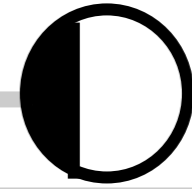
S



* Eligible



* Covered



8 MAN DEFENSE

Other Winning Packages:

1-ON-1 COACHING SESSION

8 MAN SPECIAL
TEAMS PACKAGE

4-2 ALIGNMENT CHART

4-2 BLITZ PACKAGE

4-2 TOTAL INSTALLATION

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.

