

# **VOLUME 3**

## ***Foundational Terminology***

**Chapter 1- Defensive Staff Expectations**

**Chapter 2- Field Dimensions and Field Zones**

**Chapter 3- Field Landmarks/ Divider Rules**

**Chapter 4- Gaps and DL/LB Alignments**

**Chapter 5- Blackout Counting System**

**Chapter 6- Calling Rules and Shells**

**Chapter 7- Force Rules**

**Chapter 8- Apex Alignments and Code Words**

**Chapter 9- Motion Adjustments**

- **Defensive Staff Expectations and Guidelines**

- **1. Purpose Beyond Football**

Be the father or coach some of these young men did not have. Most of us can develop young men. While it may sound cliché, our purpose is simple: to make Jesus known through our words and actions at AU and to treat our players as what they are—someone else's child. You will become a better coach the day you have children of your own. We coach because we love football and competition, but what sustains you in this profession is purpose beyond the game—the responsibility to mentor

- **2. Loyalty and Trust**

Loyalty to each other and to our players is paramount. Our foundation must be built on trust and genuine care. If you have an issue with another coach, handle it face to face. The same applies to players. Be over-communicative. Address issues directly and in the proper way. Understand the chain of command and know what should be handled publicly versus behind closed doors.

- **3. Team Success Above All**

College football is hard. There will be ups and downs, and the reality is that every Saturday we are all coaching for our jobs. Ultimately, we keep our jobs because the team we coach **wins**. Success is not measured by how a position group or unit performs individually. We win—or lose—together. Our best chance to succeed is through unity.

- **4. Collaboration and Buy-In**

You are expected to share and promote your ideas. I want to hear them and will adapt some of them. Ideas will be discussed, and then a decision will be made. Final decisions on scheme and personnel rest with the coordinator. If your idea is not chosen, do not develop a sour attitude. Any hint of division will be noticed by players and staff, and it reflects poorly on you—not the room.

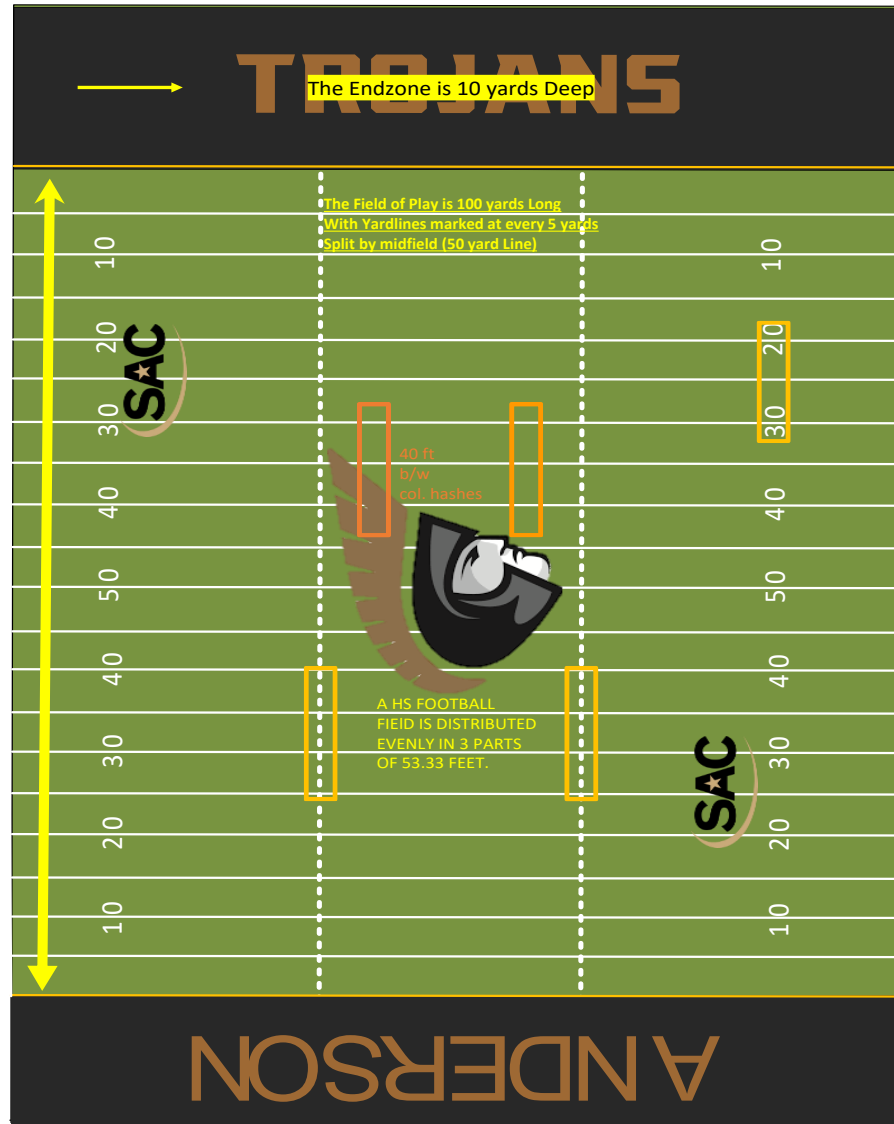
- **5. Recruiting and Development**

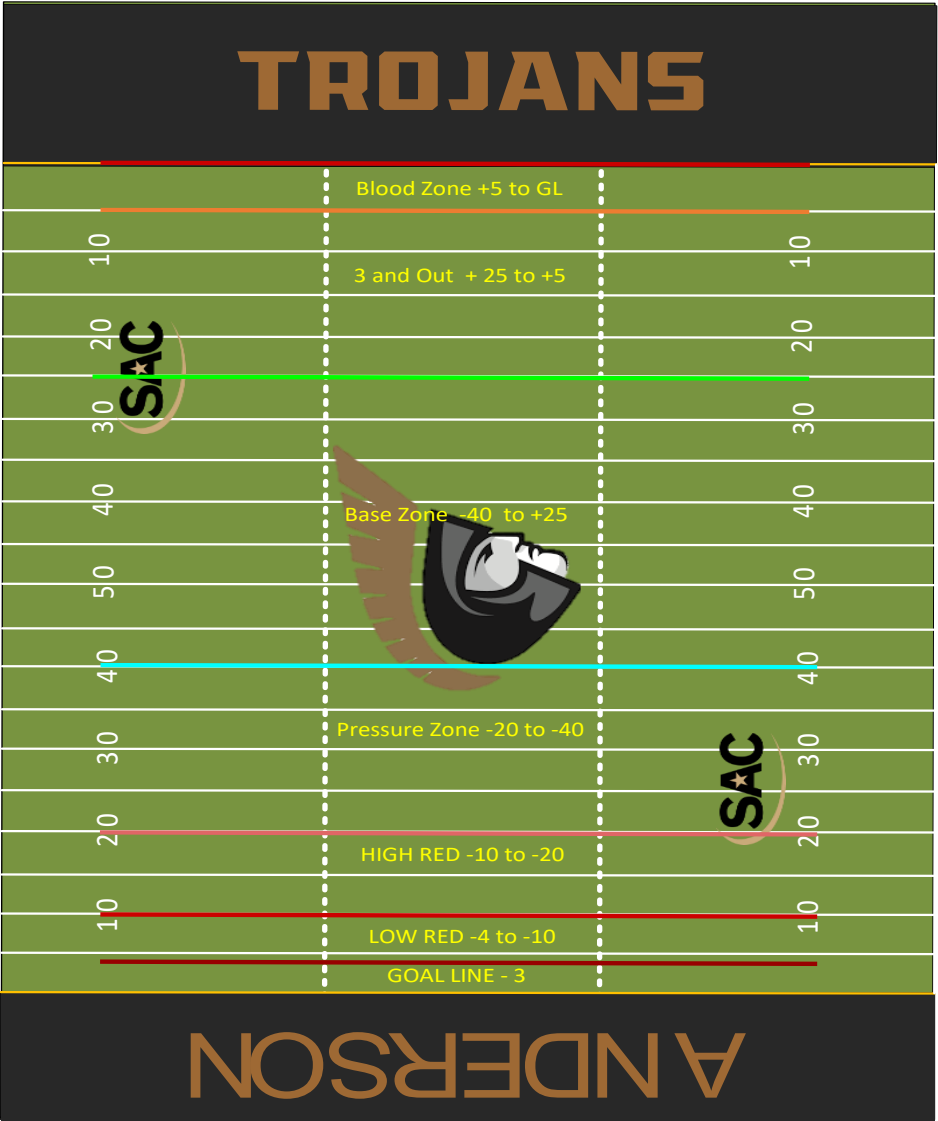
Recruiting is the lifeblood of this unit and this program. None of us are good enough coaches to consistently win with bad players. **Recruit. Recruit. Recruit.** And then develop. You are responsible first for your position group and then for your recruiting area. While the coordinator and head coach reserve final approval, if you believe in a player, we will usually recruit him. Have a thorough evaluation process—character, academics, and athletic ability—to ensure he can not only play at Anderson University, but also graduate from Anderson University.

- **6. Lifelong Learning**

Be a lifelong learner. We are better collectively when you bring new ideas that can help your position group or the defense. Any new concepts must be discussed with the coordinator to ensure they fit our scheme. Do not be discouraged if something isn't used immediately—it may become valuable down the line or benefit you in your future career.







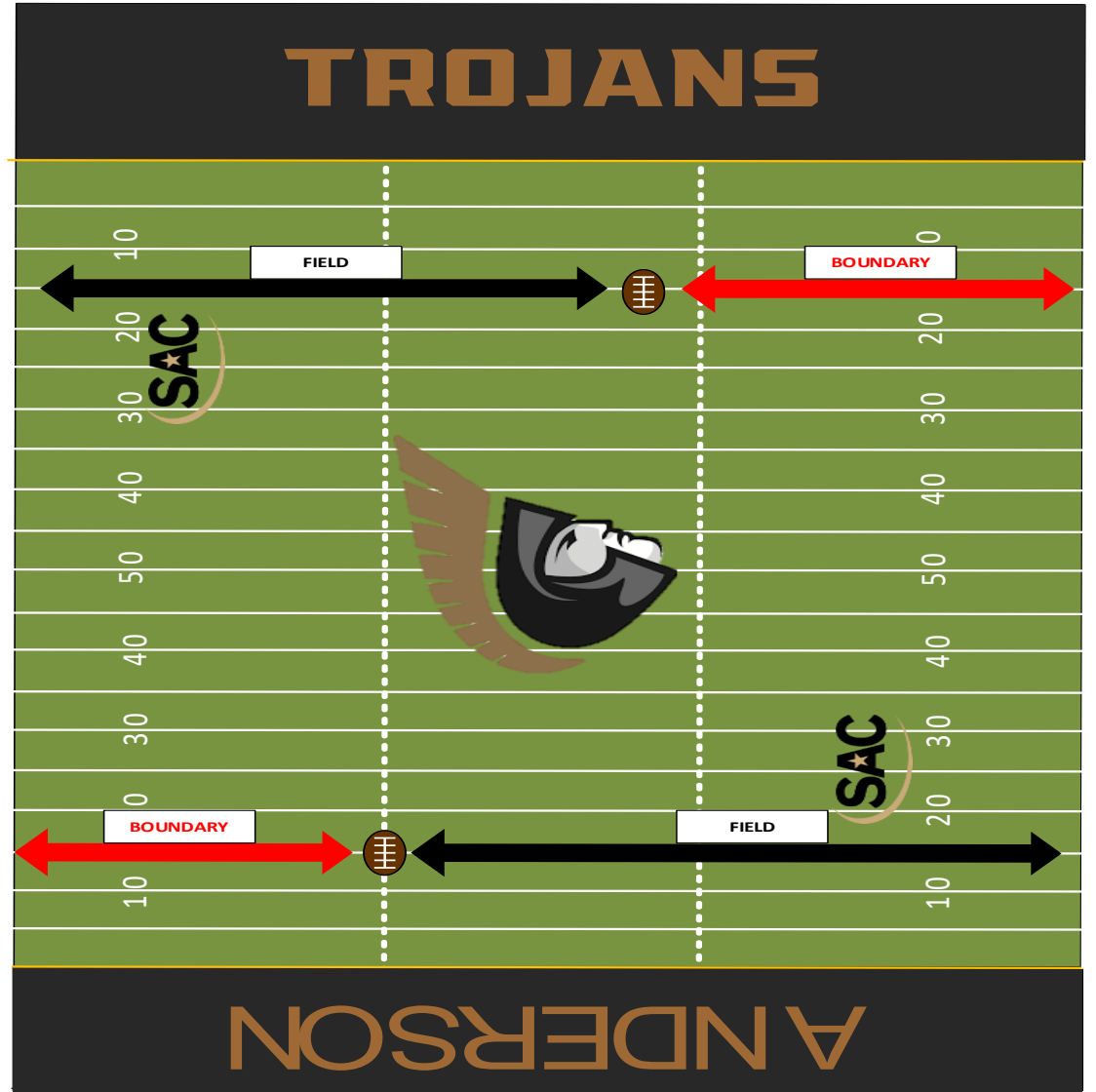


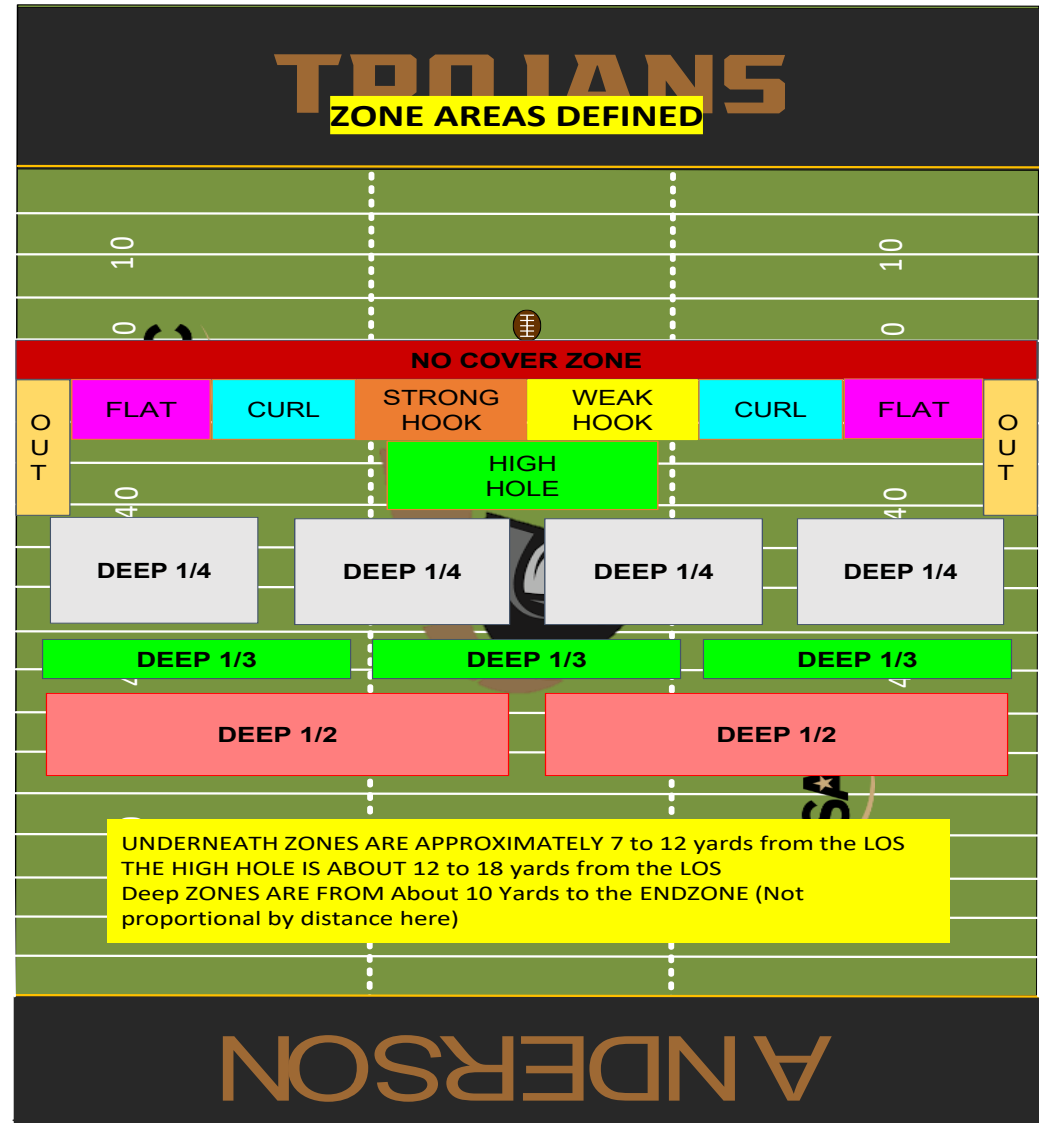
# FIELD ZONES



<p>Blood Zone (+5 to GL) * Turnover = Score!</p> <ol style="list-style-type: none"><li>1) Force Mistakes</li><li>2) Expect 1 Pass (Deep Ball)</li><li>3) STRIP!</li></ol>
<p>3 and Out Zone (+25 to +5)</p> <ol style="list-style-type: none"><li>1) 3 and Out = Great field position for Offense</li><li>2) Turnover= Already in scoring position</li><li>3) Possession Downs</li></ol>
<p>Base Zone (+25 to -40)</p> <ol style="list-style-type: none"><li>1) Each side of the ball has entire playbook</li><li>2) Swarm, Pursuit, and Contain.</li><li>3) Expect Anything</li></ol>
<p>Pressure Zone (-40 to -20)</p> <ol style="list-style-type: none"><li>1) They are in or nearing scoring territory</li><li>2) Make something happen! TFL, SACK, TO!</li><li>3) ATTACK</li><li>4) CLOSER IN COVER! No easy throws</li></ol>
<p>High Red (-20 to -10)</p> <ol style="list-style-type: none"><li>1) Expect their best players to get ball in best plays</li><li>2) Clear identity! 3 or less points here!</li><li>3) Only competitors welcome</li></ol>
<p>Low Red (-10 to -3)</p> <ol style="list-style-type: none"><li>1) Gut check time! Must make a play</li><li>2) High lane throws available for offense</li><li>3) COMPETE vs RUN and Pass</li></ol>
<p>GOAL LINE (-3 to Endzone)</p> <ol style="list-style-type: none"><li>1) MEN ONLY- Strictly a heart matter now!</li><li>2) DON'T BE THE WEAK LINK</li><li>3) THEY DON'T RUN THE FOOTBALL IN</li><li>4) TAKE IT PERSONAL</li></ol>





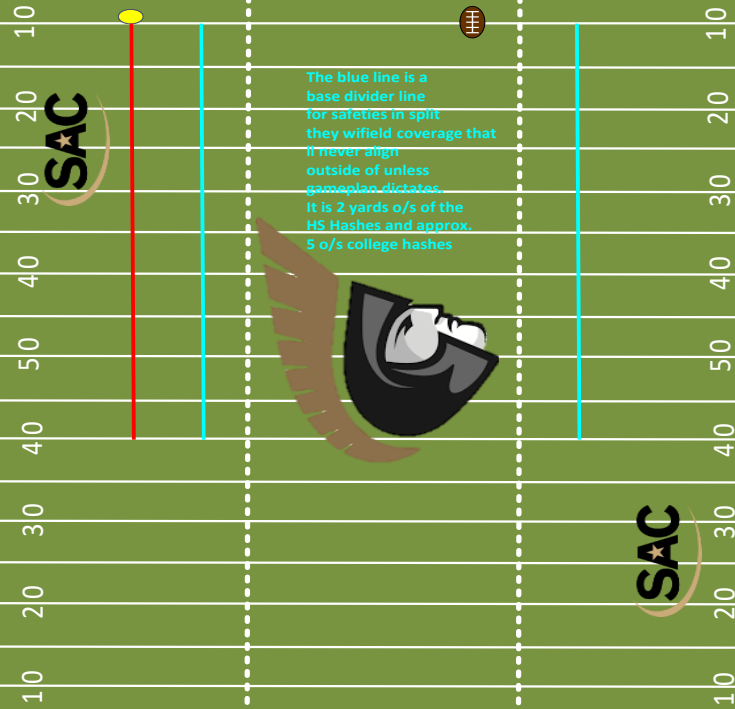




# TROJANS

## BASE DIVIDER RULES WITH BALL ON FAR HASH

A base split is connected to the Red line when the ball is on the far hash.  
 Anyone not in this approximate area 4-6 yards from the top of the #'s has a condensed or expanded split.



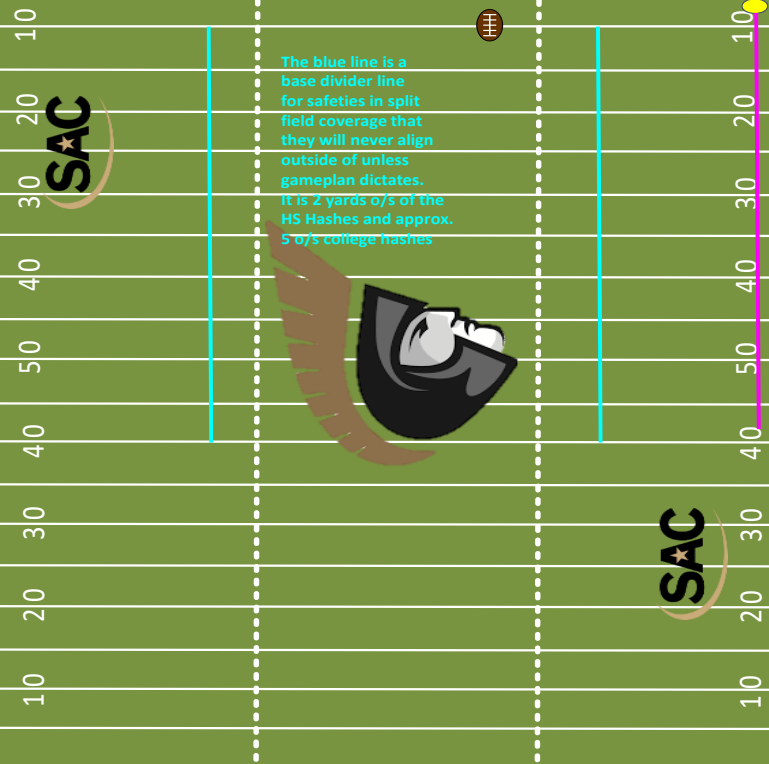
ANDERSON



# TROJANS

## BASE DIVIDER RULES WITH BALL ON NEAR HASH

A base split is connected to the Bottom of the Numbers with the ball on the near hash (o/s) the upright. A person below or above this line has an expanded or tight split and leverage will be dictated according to call and divider rule.



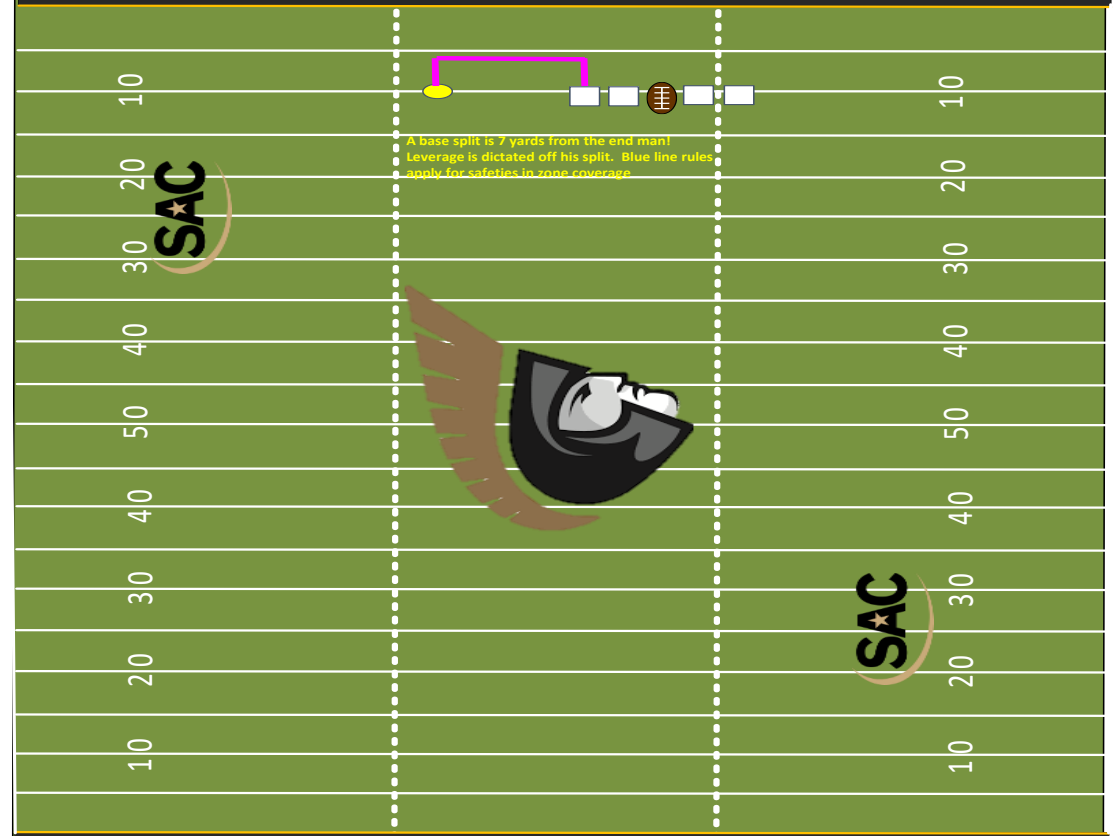
The blue line is a base divider line for safeties in split field coverage that they will never align outside of unless gameplan dictates. It is 2 yards o/s of the HS Hashes and approx. 5 o/s college hashes.

ANDERSON



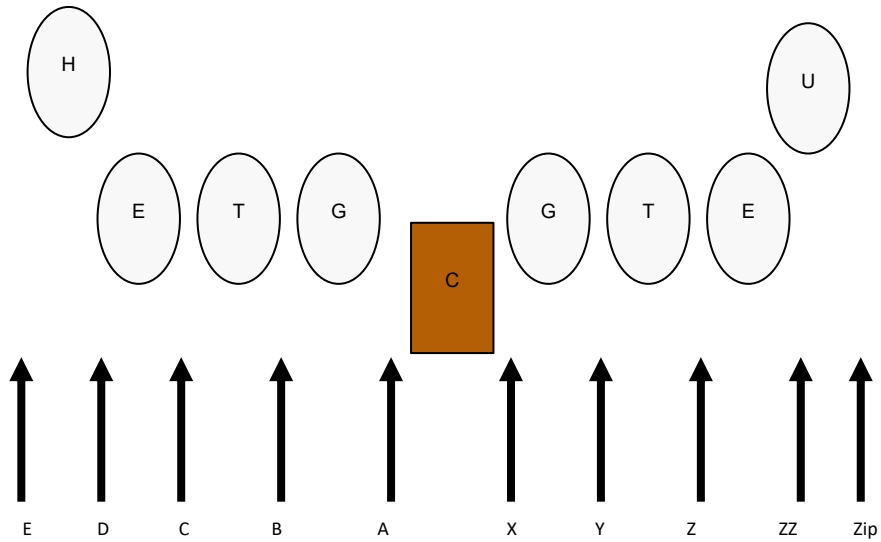
# TROJANS

BASE DIVIDER RULES WITH Slot Receivers



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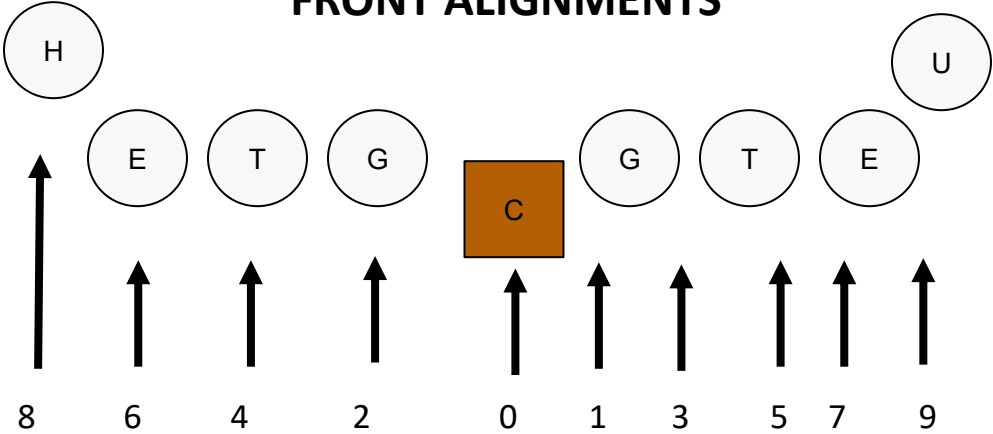
## GAPS DEFINED



We define gaps as playside and backside. Playside Gaps are labeled A-E while backside gaps are labeled X to Zip



# 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

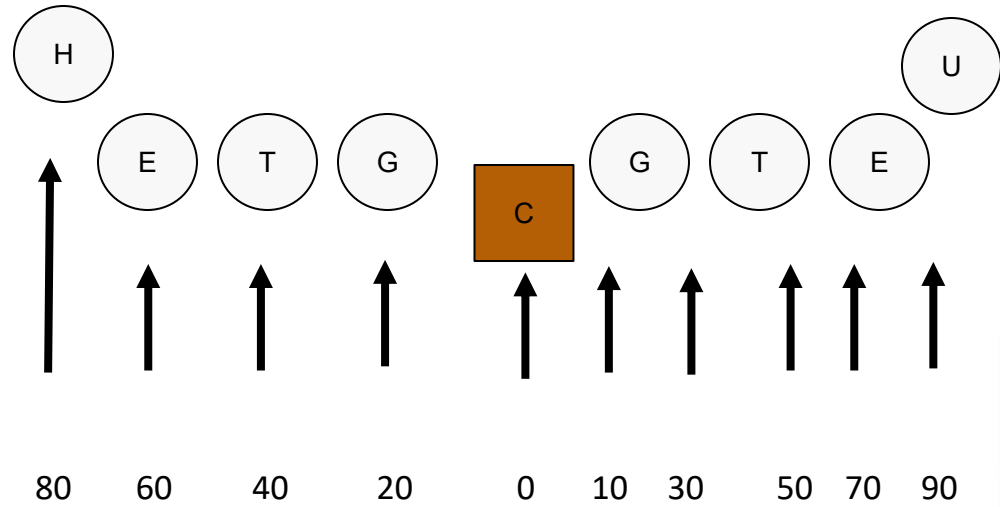
Adding "i" as in "2i" means you will slide slightly inside the head up alignment.

\*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



## SECOND LEVEL INTERIOR ALIGNMENTS



All Interior Linebacker alignments correspond with the same technique

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

00= Center  
 20= Guard  
 40= Tackle  
 60= Tight End  
 80= Wing

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

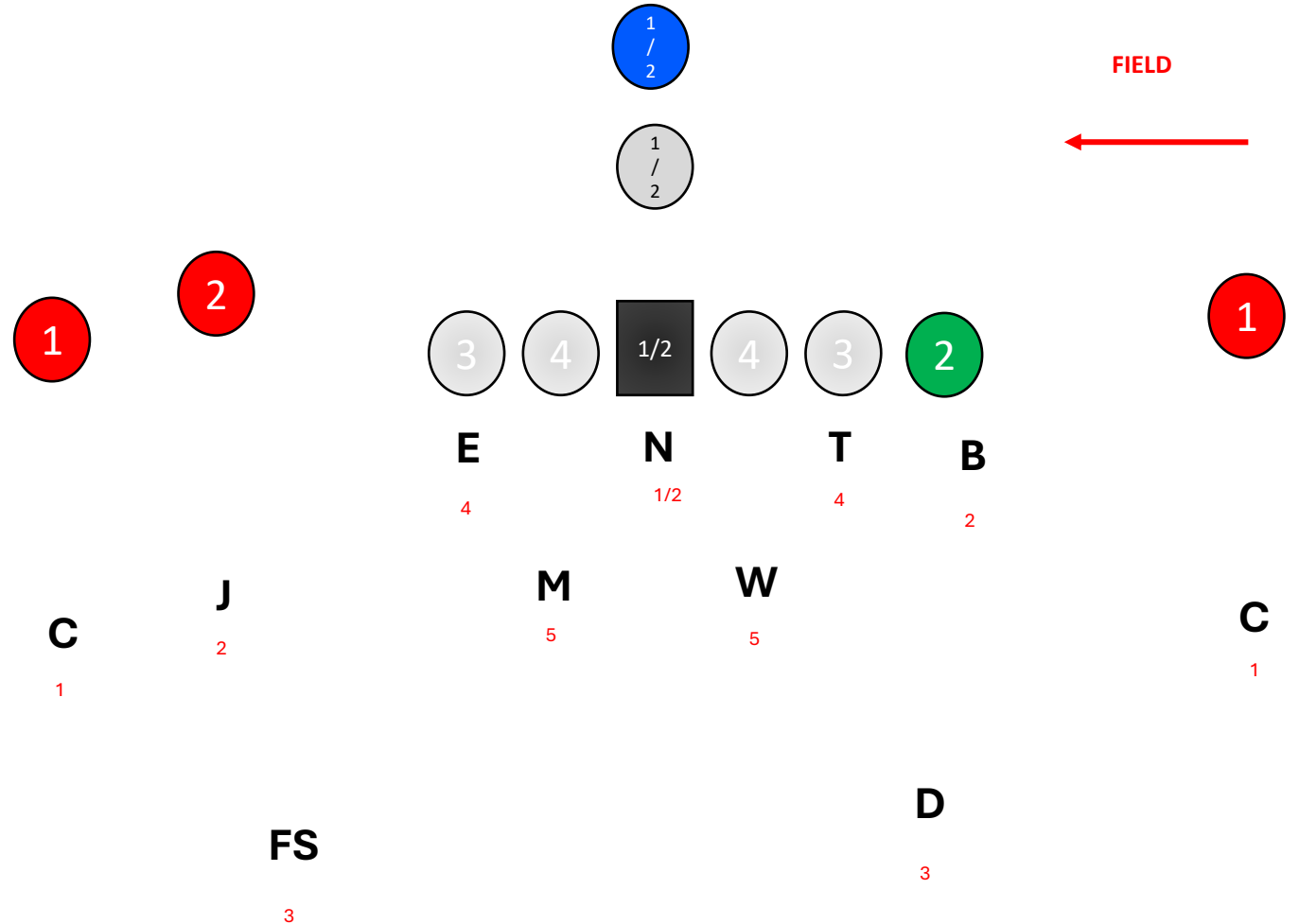
10= Center  
 30= O/S Shade of Guard  
 50= O/S Shade of Tackle  
 70= I/S Shade of Tight End  
 90 = O/S Shade of Tight End  
 Wing Adjust= I/S Shade of Wing



# BLACKOUT COUNTING SYSTEM

- When it comes down to it, football is a numbers/angles/ and leverage game. Until they allow us to play with **12** on the field, the defensive staff must even out numbers against the offense.
- Our counting system is defined by  $\frac{1}{2}$  of the formation (each side of the ball). Offensive players and defensive players aligned even with the football (ex: Nose / Center/ QB) are  $\frac{1}{2}$  a man while men on each side of the ball are worth **1**.
- We try to always consider “math-changing” players such as a dominant X. Defensively, if my **1** cannot match their **1**, then we must rob Peter to pay Paul sometimes!
- Offenses change the math in various ways. Shifts, Motions, Unbalanced sets, and QB Run
- Defensive Adjustments to Even the formation (T. B. S.)
  - Travel (Secondary)
  - Bump (Backers) to BOSS/ BOW
  - Spin (Rotate Down with Secondary)
  - Super Rotate
  - “NOC” The Front
  - “Screw” The Second Level

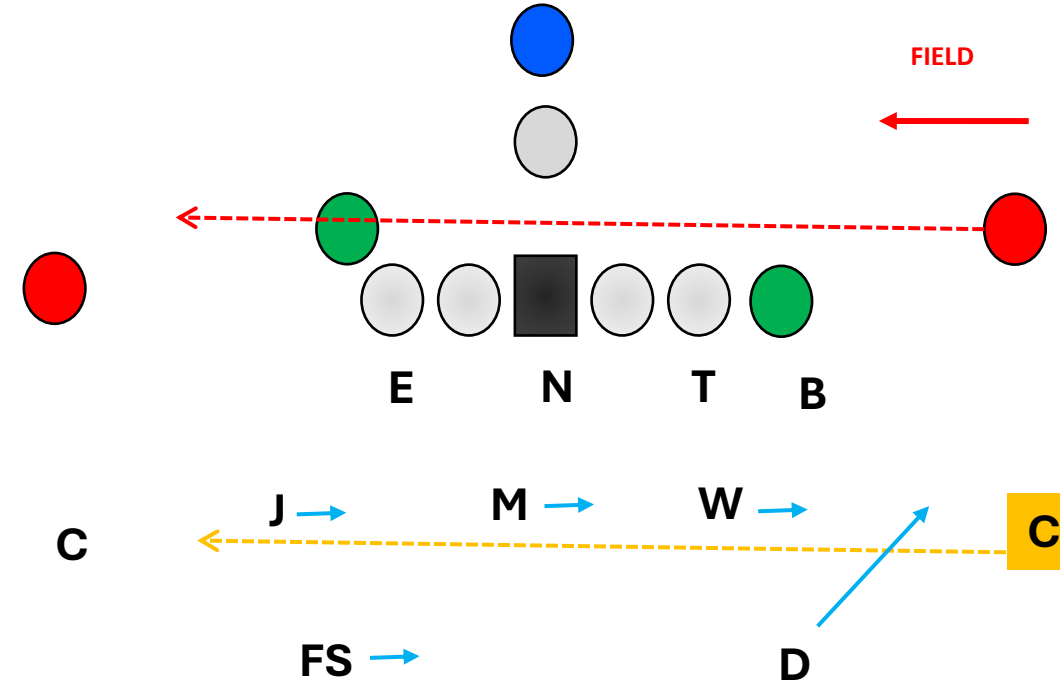
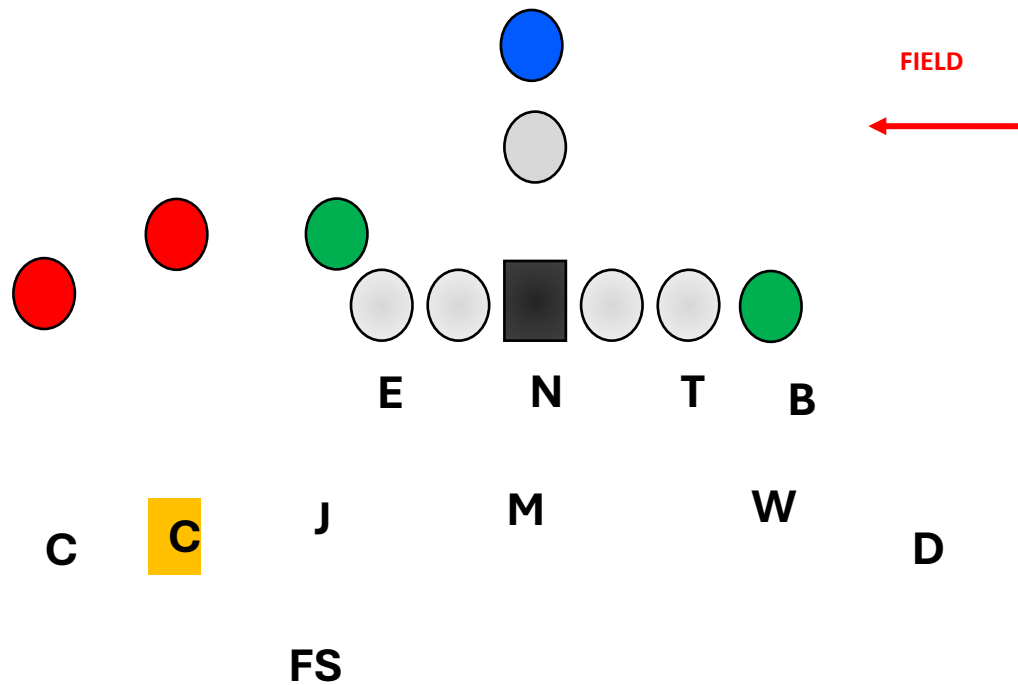
## Dragon Formation 2x 2Offense = 5.5 Field/5.5 Bdry x2)



# Match Changing Adjustments- TRAVEL

\*Travel Typically Occurs in Man or Man Match Coverages  
 \* It forces defenders across the field to adjust

“TRAVEL, TRAVEL”  
 Over Communicate in MAN!!!



Both Instances = 6.5 vs 6.5 to Field/  
 4.5 to 4.5 in Boundary

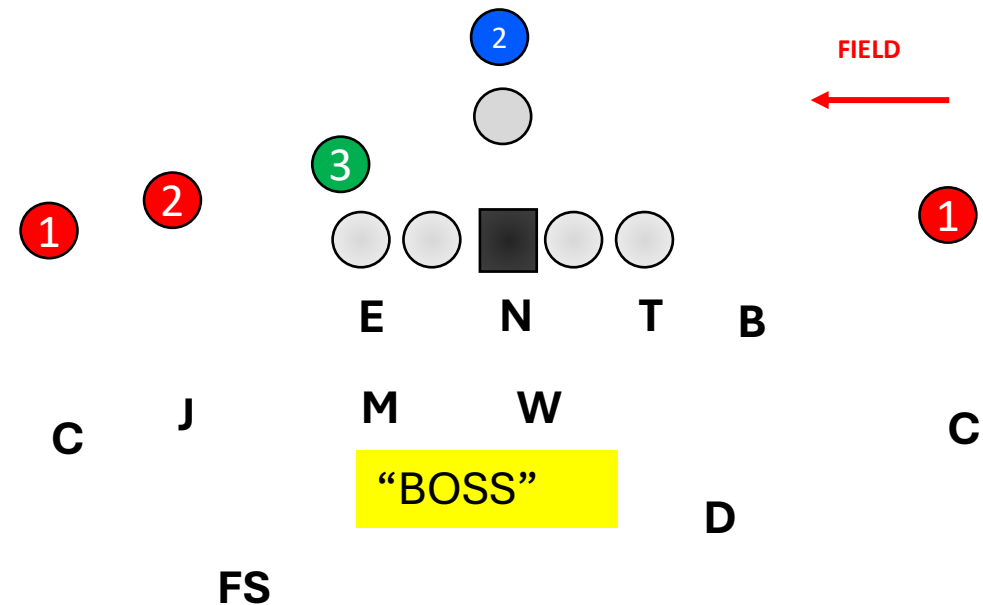
# Match Changing Adjustments- BUMIP

\*Bump occurs in Split Safety Defense Primarily.

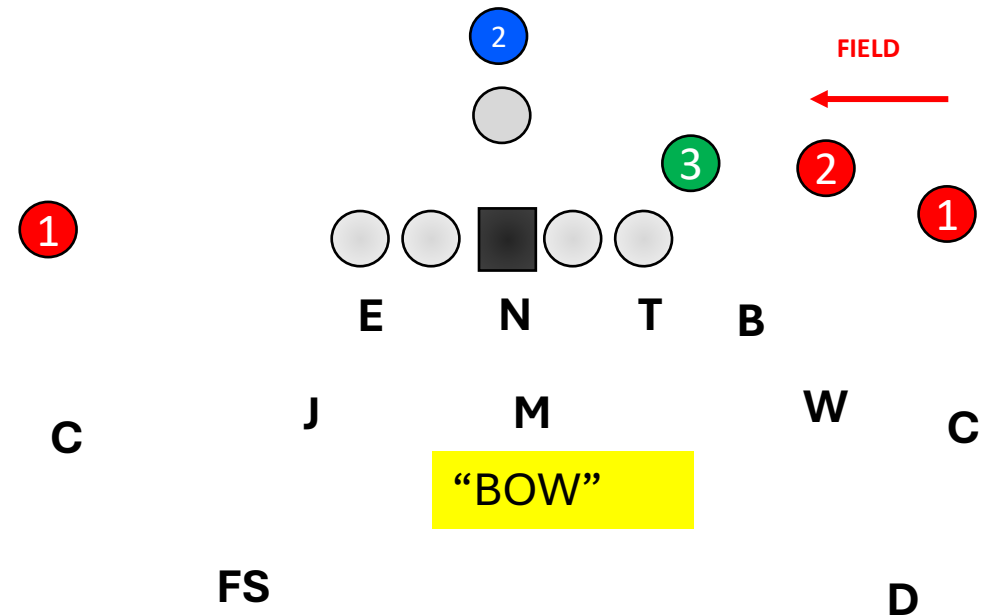
- We will move Backers to BOSS (Backers over Strong) or BOW (Backers over Weak)

BASE ALIGNMENT RULES-

Mike aligns shading 3 Str/ Will aligns shading 2 Weak  
Note- The Back is Including in this base count



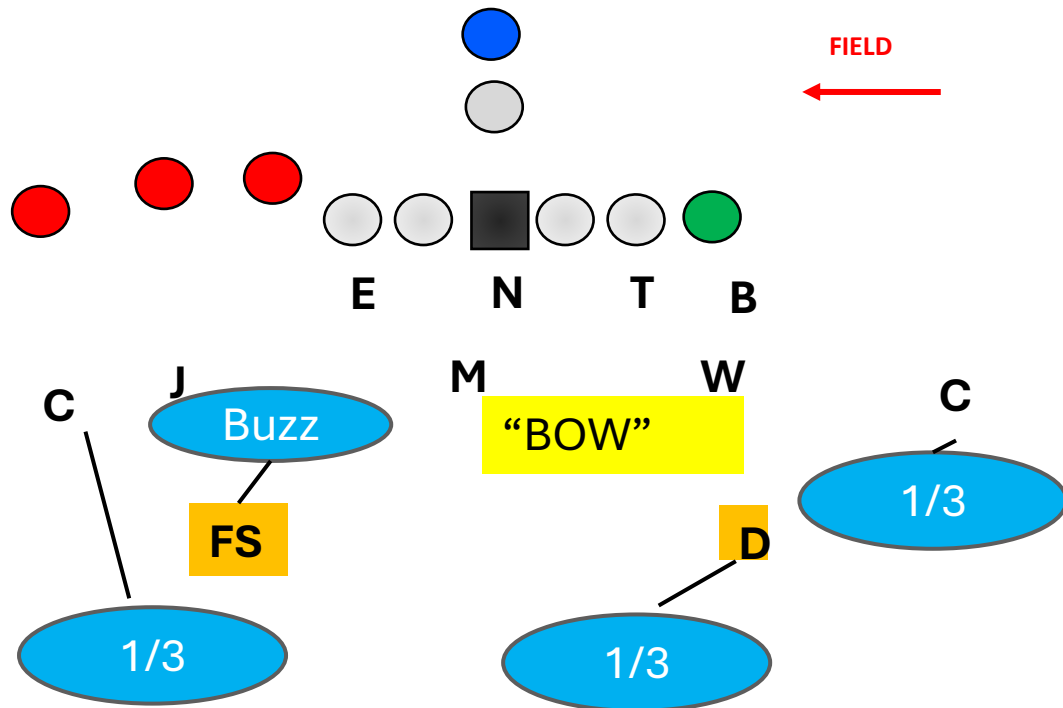
Slightly outnumbered to field 6.5 to 6 to field. Able to play 3 over 2 and 2 over 1 in secondary.



BOW alignments occur in FSL AND Strong Rotated Post Safety Defenses

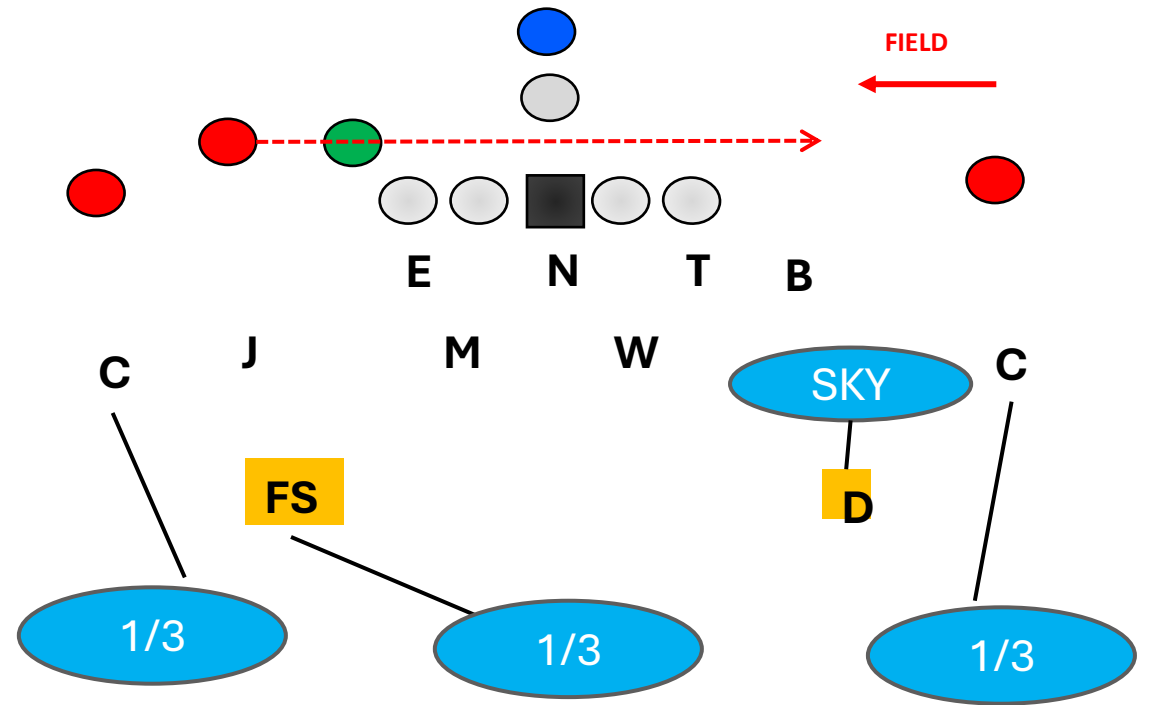
# Match Changing Adjustments- SPIN

\*Spin occurs when we are in a Post- Safety ZONE Defense WITHOUT pre-determined rotation. (C3 CK SYSTEM, Match) . We are evening the Math with Safeties



Creating a 1/2 a man with a Post Safety. Outmanning them to strong side. A hat short to the Boundary! Note: Junk the Front or set front to short side!

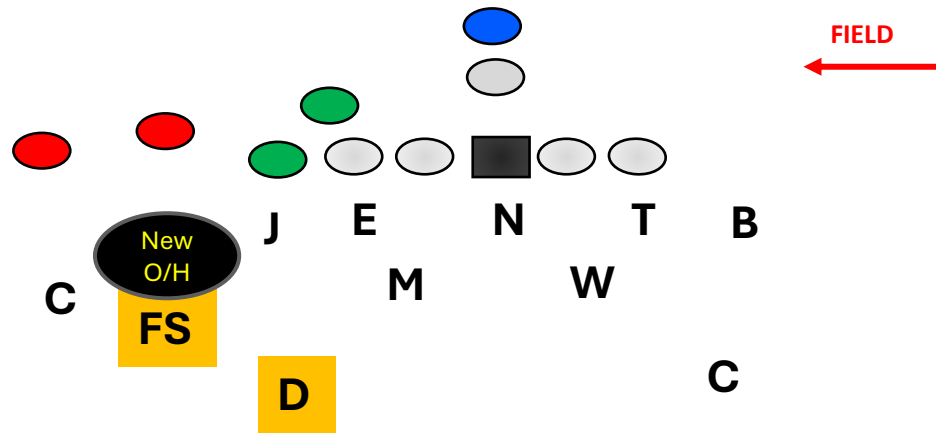
\*In our C3 Check System, Rotations are based on the Formation at the Snap. 2x2 and 2x1 formations we go weak. 3x1 we will rotate strong.



On 2 x 2 sets, we should have them outnumbered to the Boundary. With one of our men going to the post we are losing a 1/2 man to the field. Suggestion: Junk the front with a longstick stunt?!

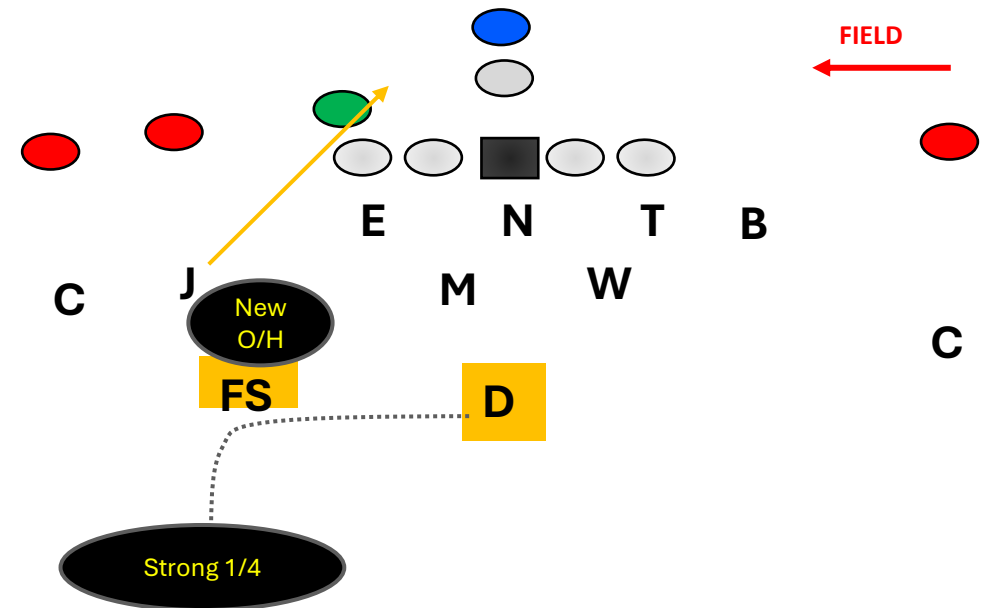
# Match Changing Adjustments- SUPER ROTATE

\* Super Rotation is a great split field safety adjustment to unbalanced sets.



Super Rotating allows you to maintain Quarters integrity to dbl width sets while also getting the rotating safety in indicator key when the offense creates more gaps!  
 \* It also allows corner to maintain b/s coverage on RB which keeps backers playing out of conflict

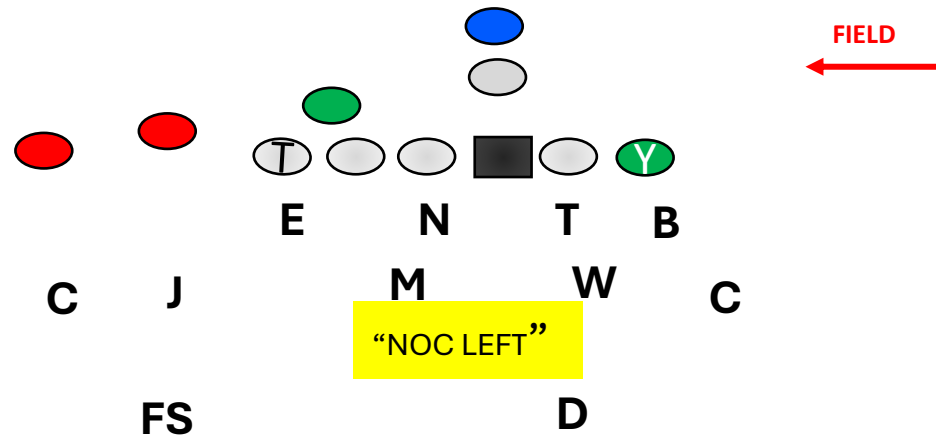
Super Rotation is also an adjustment for us in our C4 Weapons Pressures when we are bringing the Joker. This makes your O/H the Free Safety!



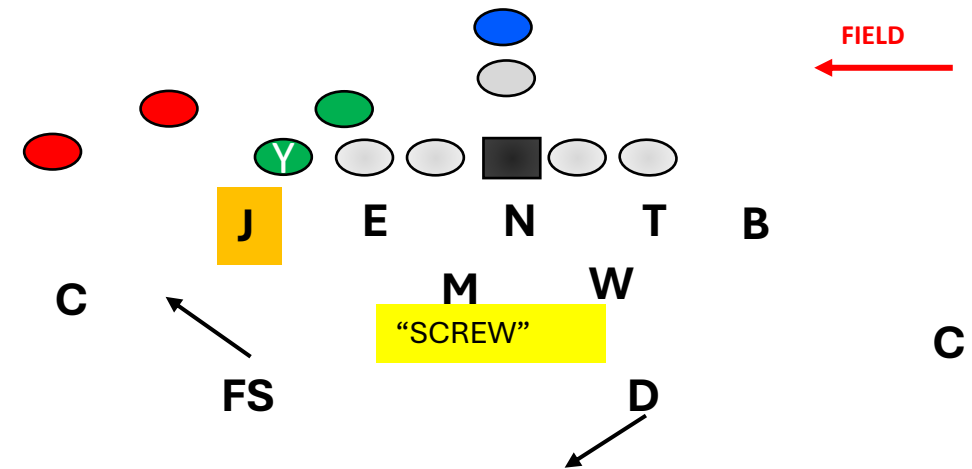
Suspectable to Weakside Run! Stunting back AWAY from the Pressure will help you! Box the ball back to the HEAT

# Match Changing Adjustments- NOC AND SCREW

\*4 or 5 MAN SURFACE ADJUSTMENT- "NOC" THE FRONT



4 or 5 MAN SURFACE ADJUSTMENT- "SCREW" THE O/H. (SPIN AUTOMATIC)



"NOC" means "New Center". We like these to Tover Sets when in Split-Safety Coverage but can be ran with anything on the backend. The nose is no long a ½ a man. We will treat the Frontside Guard as the center and everyone adjusts off of the call accordingly.

"SCREW" down the Overhang if you he can hold up to heavier 4-man surfaces or Tover sets! Screw gives us more body presence in the D gap area. We are in "SPIN" rotation when in a Screw Adjustment. (Not great in C4...puts you in MEG (explained later))

# Calling Rules

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- Getting the defense set in the proper alignment is essential for the success of our unit. In our defense, the MIKE must be the leader of the front 7 and get the defense set. The Joker, Mike, and Will have to know where to go in each specific call.
- **Field Based Defense:** In these defenses, the Joker sets the entire defense as his call will determine who goes where. In Field based defenses, the Joker leads a traveling party of Field Corner, Free safety, Mike, End, Nose while the other 5 defenders go away from the call (Bandit, Tackle, Will, Dog, and Boundary Corner)

**\*In Field Based Defenses** the Joker will line up to the wide side of the field in most instances unless gameplan dictates otherwise. We will have instances where we tell the Joker to line up to the passing strength if we get a team that does a lot of FSL (passing strength to the boundary)

- **Formation based Defense:** In these defenses, they are specific to setting the front or the coverage based to the offense's strength. This strength can be defined by it Run strength (Ex: set to a TE) or it passing strength (Ex; set to the side with more eligible receivers). These are often game plan specific calls that vary from week to week





# • PRE-SNAP SHELLS

## THE OYSTER SHELL

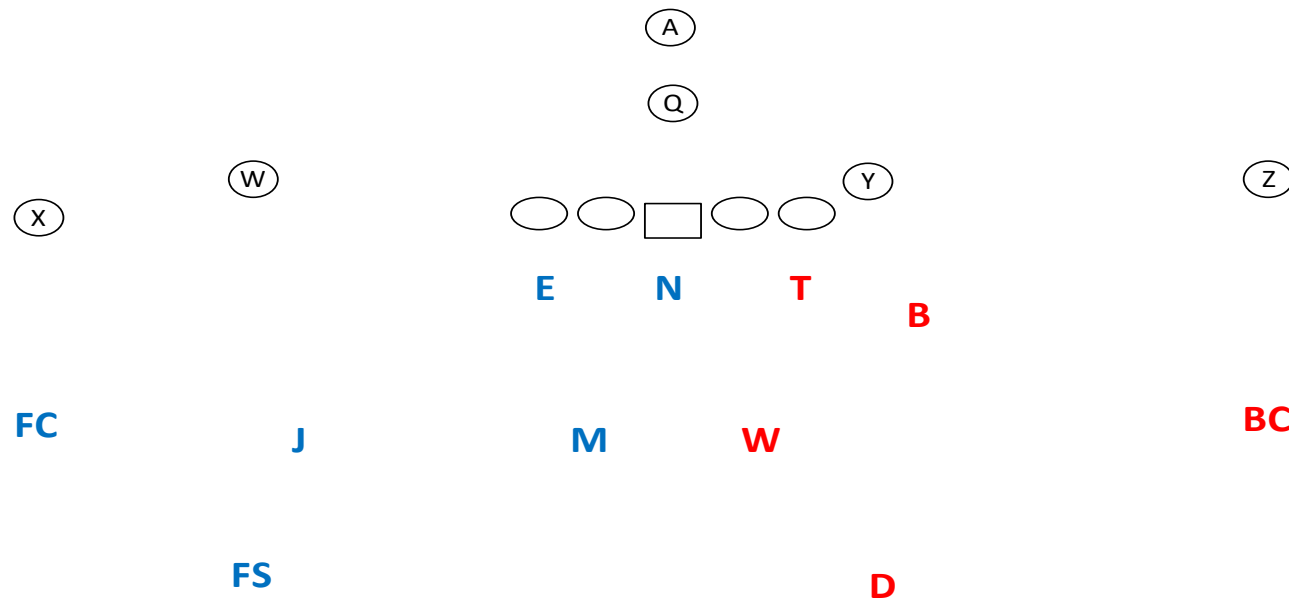
We want most of our calls to look like our BASE Defense (TITE 4 MOD)

\* In all **Field Base Defenses**, we want to set our primary 6 FIELD DEFENDERS TO THE PASSING STRENGTH OF THE FORMATION. These six men travel together based on the JOKER call. "JOKER RIGHT" or "JOKER LEFT".

\* The Six Field Defenders are the Field Corner, the Free Safety, the Joker, the Mike backer, the End, and the Nose.

\* The Fiver Boundary Defenders are the Boundary Corner, the Dog safety, the Bandit, the Will backer, and the Tackle.

\* EVERYTHING WE INSTALL IN THE NEXT FEW WEEKS WILL BE FIELD BASED DEFENSES!





THE CLAM SHELL (CLOSED MIDDLE OF FIELD)

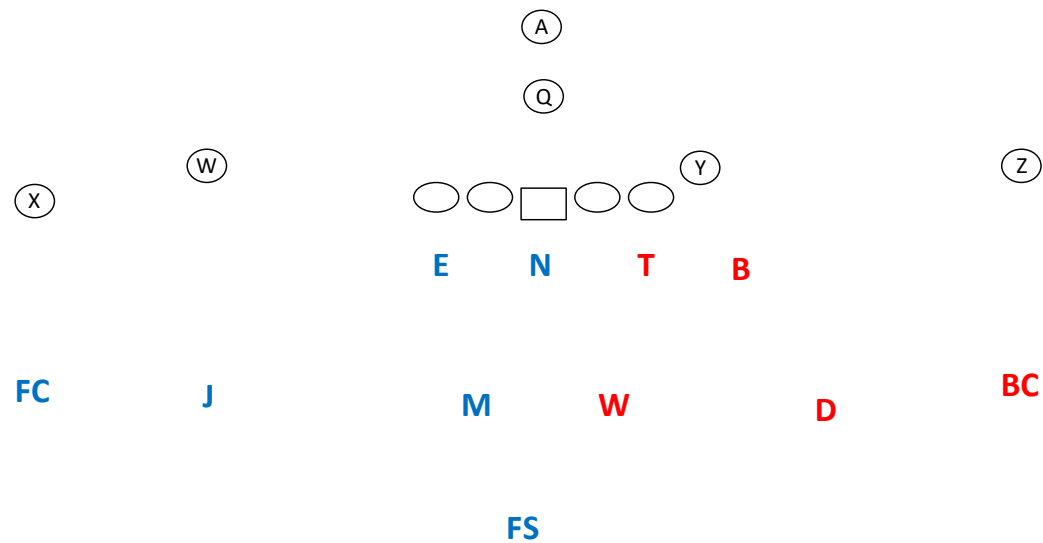
We want the majority of the calls in this to look like a POST- SNAP VERSION OF BANDIT (or Bash) GOLD. We can play all of our OYSTER SHELL BASE Calls out of this shell as well. You just got to get on your horse and get out of the disguise quicker!!!

\* In all **Field Base Defenses**, we want to set our primary 6 FIELD DEFENDERS TO THE PASSING STRENGTH OF THE FORMATION. These six men travel together based on the JOKER call. "JOKER RIGHT" or "JOKER LEFT".

\* The Six Field Defenders are the Field Corner, the Free Safety, the Joker, the Mike backer, the End, and the Nose.

\* The Fiver Boundary Defenders are the Boundary Corner, the Dog safety, the Bandit, the Will backer, and the Tackle.

\* EVERYTHING WE INSTALL IN THE NEXT FEW WEEKS WILL BE FIELD BASED DEFENSES!



THE CRAB SHELL (CLOSED MIDDLE OF FIELD)

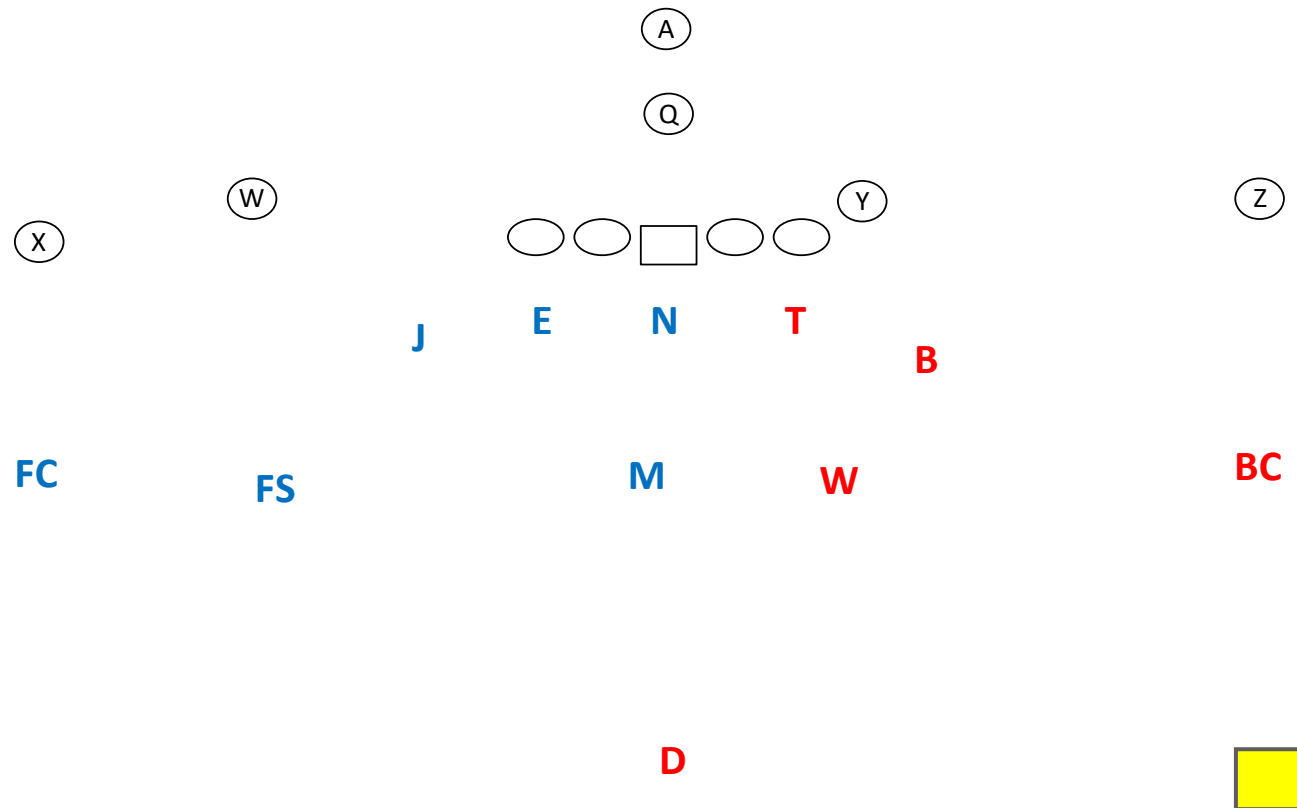
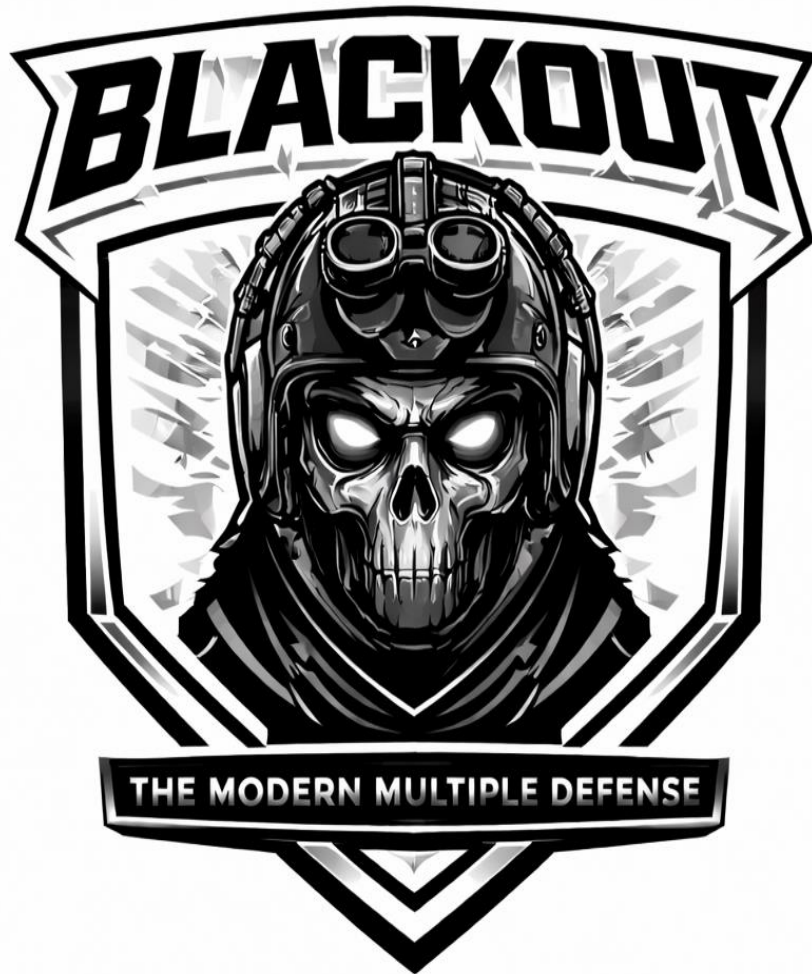
We want the majority of the calls in this to look like a POST- SNAP VERSION OF JOKER (or Jam) GREEN. We can play all of our OYSTER SHELL BASE Calls out of this shell as well. You just got to get on your horse and get out of the disguise quicker!!!

\* In all **Field Base Defenses**, we want to set our primary 6 FIELD DEFENDERS TO THE PASSING STRENGTH OF THE FORMATION. These six men travel together based on the JOKER call. "JOKER RIGHT" or "JOKER LEFT".

\* The Six Field Defenders are the Field Corner, the Free Safety, the Joker, the Mike backer, the End, and the Nose.

\* The Five Boundary Defenders are the Boundary Corner, the Dog safety, the Bandit, the Will backer, and the Tackle.

\* EVERYTHING WE INSTALL IN THE NEXT FEW WEEKS WILL BE FIELD BASED DEFENSES!



# FORCE CALLS

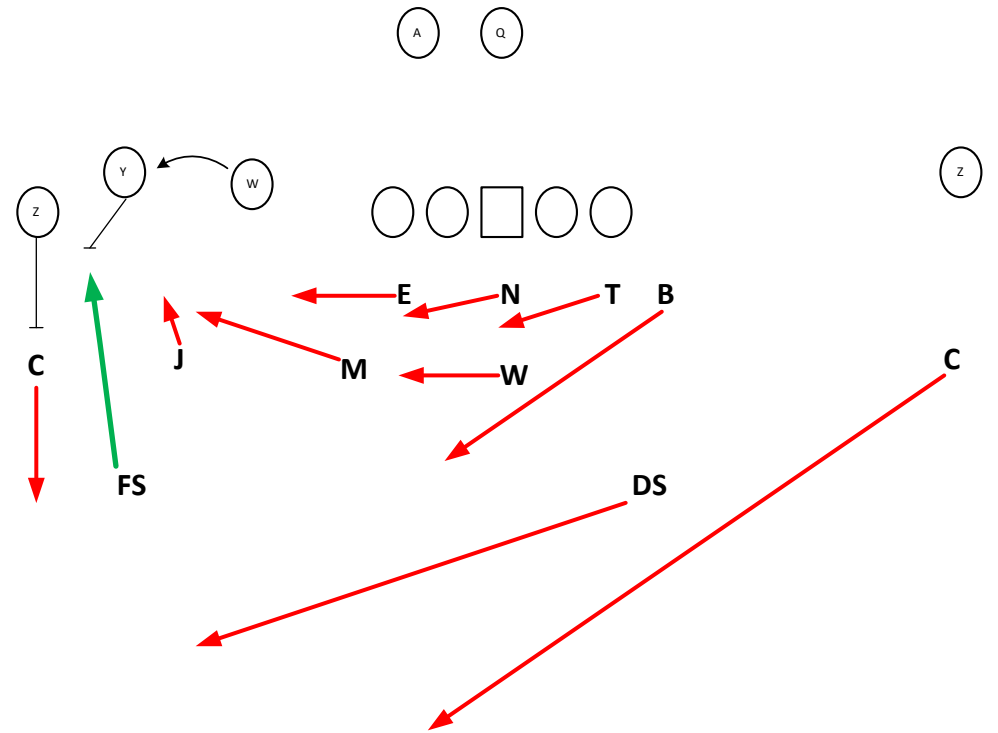
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- The term “Force” in our defense is the player responsible for perimeter leverage
- on the defense. This player is responsible for turning all plays back inside to pursuit on plays such as sweeps and bubbles. They are the lid on the defense and most often responsible for pass zones such as the flat or are a Curl to Flat defender in zone match principles.
- **SKY**- “SKY” denotes that the SAFETY on that side is responsible for Force. Most often used in single high defenses, the “down safety” will often make a RIP or LIZ call to denote he is the force player to his side of the field.
- **BACKER**- “Backer” denotes that the Apex player on that side is responsible for Force. The perimeter APEX defender must take on all blocks with his outside arm free where the safety gets a clear read to fit inside of him. Often used in “Buzz” coverages like Black and Blue, and our Match coverages.
- **READ**- “Read” denotes that there is not a predetermined Force player to that side but rather the Safety is responsible for making the APEX player correct. If the Apex player turns the ball back in, the safety will fit inside of him like “Backer Force” but if the Apex player shoots inside or is pinned down by a player outside of him, the play will convert to “Sky” force.
- **CLOUD**- “Cloud” denotes that the predetermined Force player is the corner to that side. Often used in Cover 2 variations as well as our Rock and Roll Cover 3.



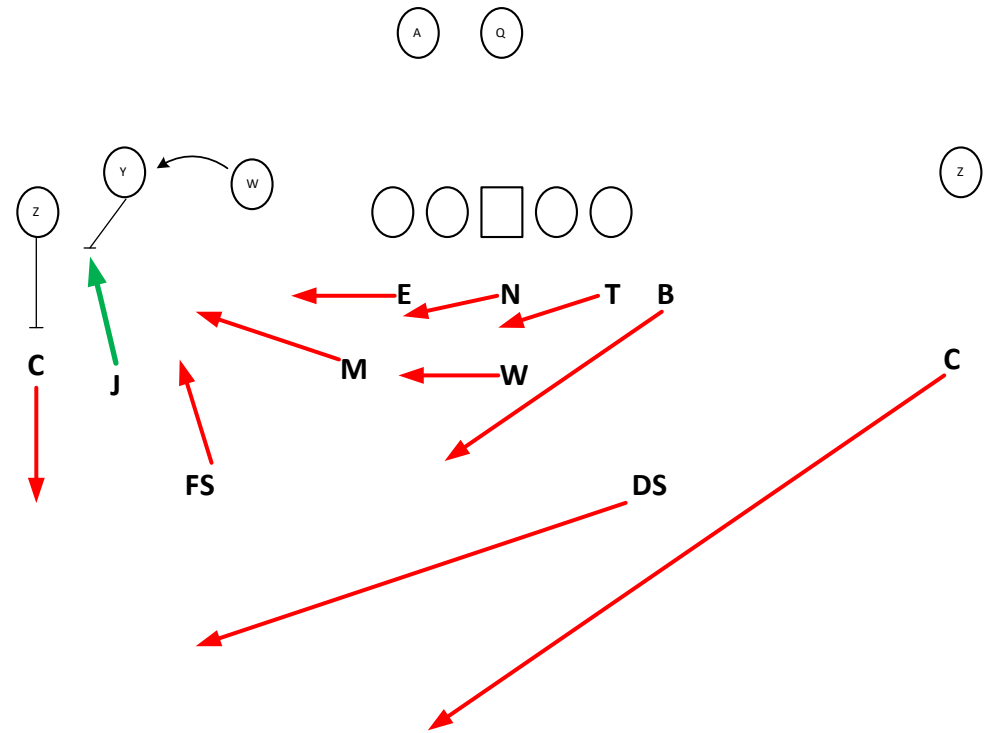
# SKY FORCE

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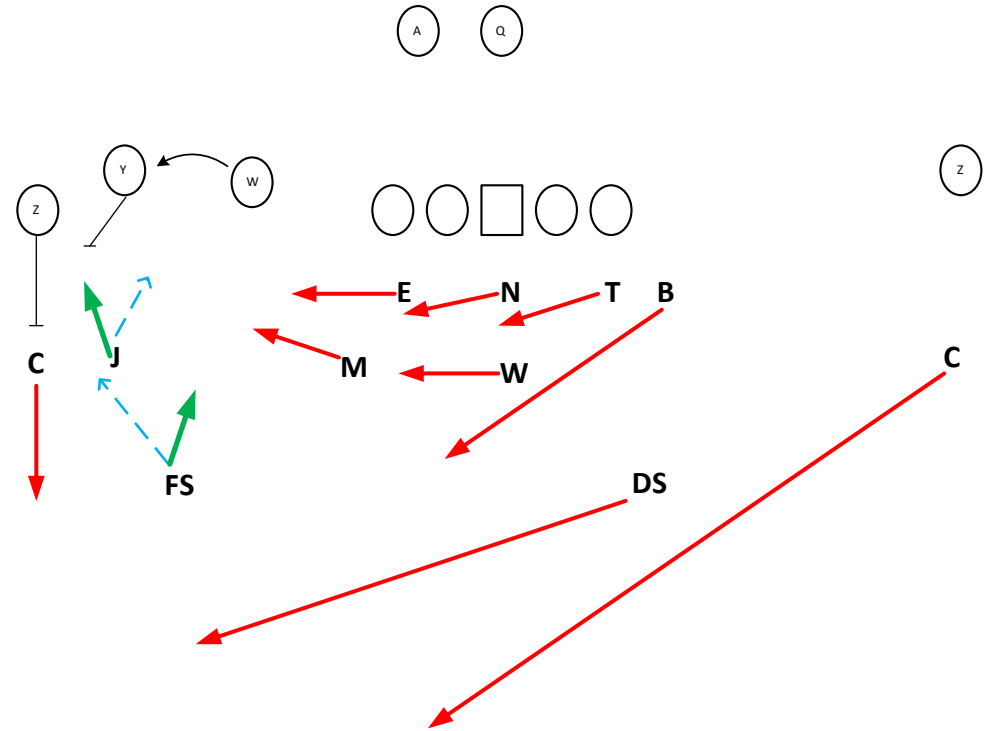
# BACKER FORCE

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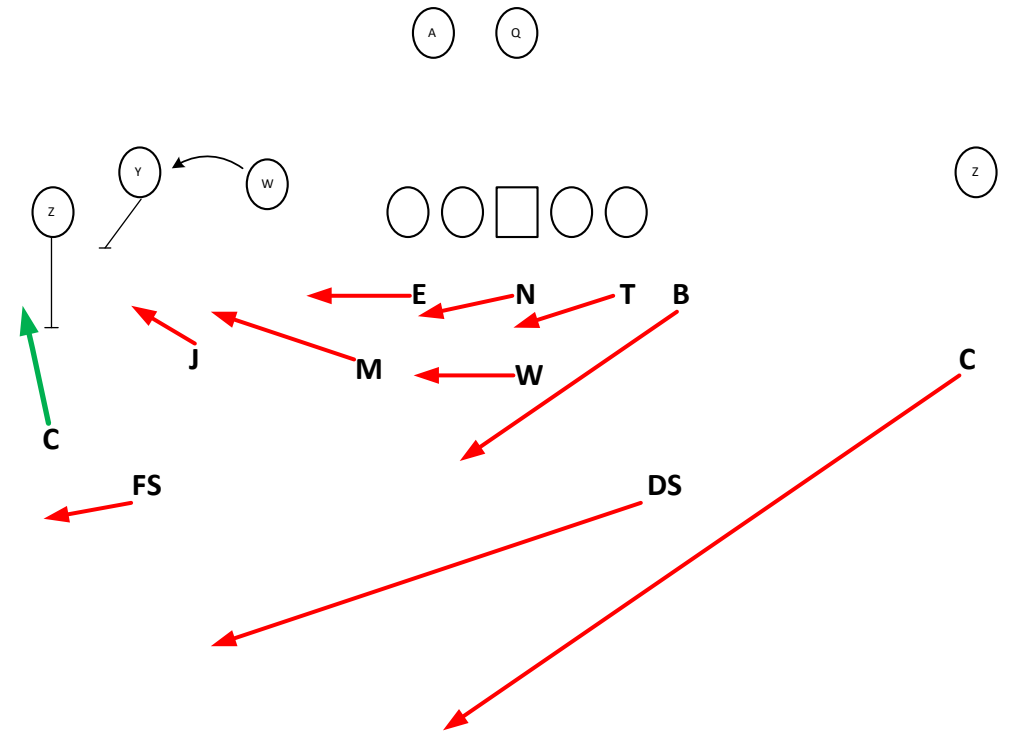


# READ FORCE

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# CLOUD FORCE





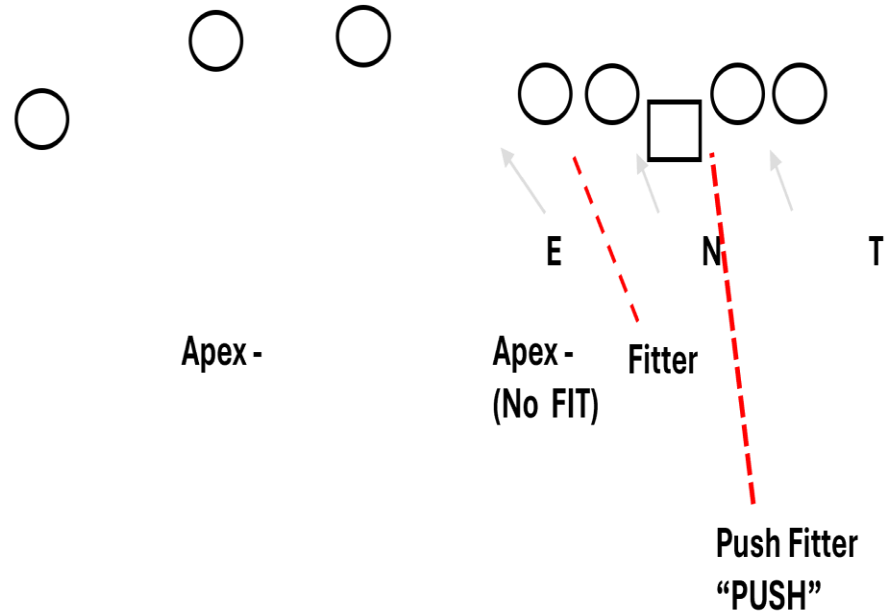
# APEX ALIGNMENTS/ CODE WORDS

## 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.

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# APEX ALIGNMENTS/ CODE WORDS

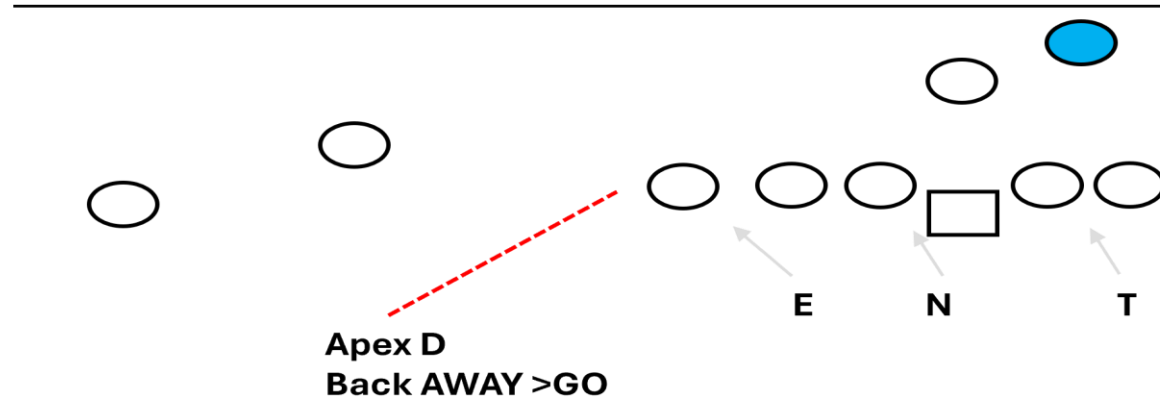
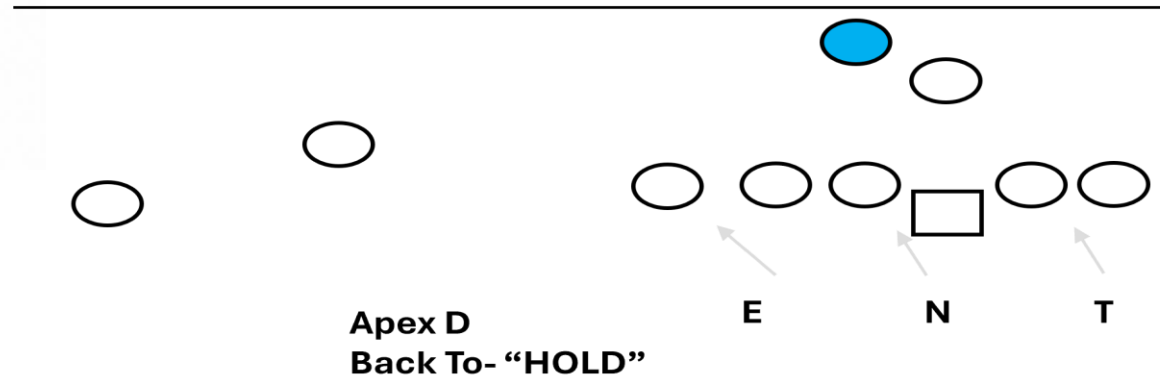
## Apex D

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!

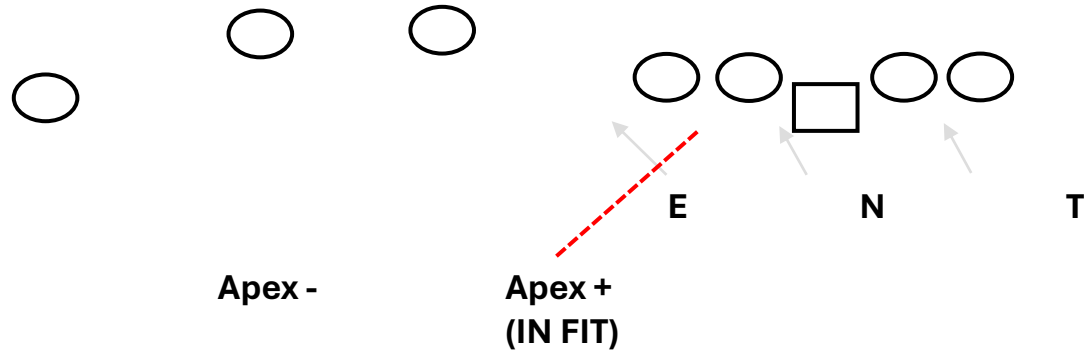




# APEX ALIGNMENTS/ CODE WORDS

## 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



## Handling Motions

- Motions are a common way for the offense to do three things
  - 1) Offenses use motions to out leverage the defense
  - 2) Offenses use motions to outnumber the defense
  - 3) Offenses use motions to force the defense to communicate
- Defenses must be able to handle motion in the modern game

At AU we can handle MOTIONS IN Four DIFFERENT WAYS and its as simple as T. B. S. (S)! .....like the TV channel!



**T- We can “Travel’ with the motion man.** Simplest way to handle it. Your man goes , you go with him.

\* This will not be common for us as its primarily a motion adjustment we use in man to man.

**B- We can “Bump” the Linebackers.** If the offenses trades passing strength of the formation, we will push each second level defender back with the motion.

\* Occurs most commonly in split field coverages (2, 4, 6, 8)

**S- We can “Spin the Safeties”.** If the offenses changes its passing strength the safeties will change their rotation and responsibilities.

\* Perfect for all Cover 3 rotations.

\* Maintains the integrity of the box for the DL and ILB

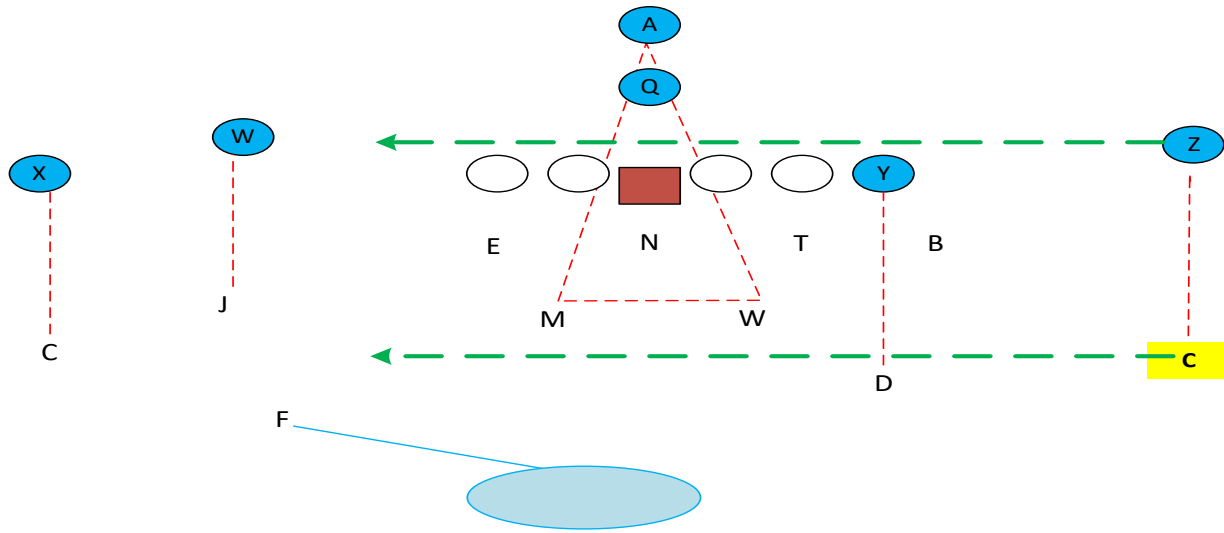
\* Do NOT Spin when motion occurs toward a down safety

**S- In sub package situations (Nickel and Dime) we can SUPER ROTATE the Safeties.** In this circumstance we are playing a split field coverage And we have three true safeties on the field.

\*Think of this a 3 points of a triangle moving with the motion. Low point to high point, high point to another high point, high point to low point.



# TRAVEL



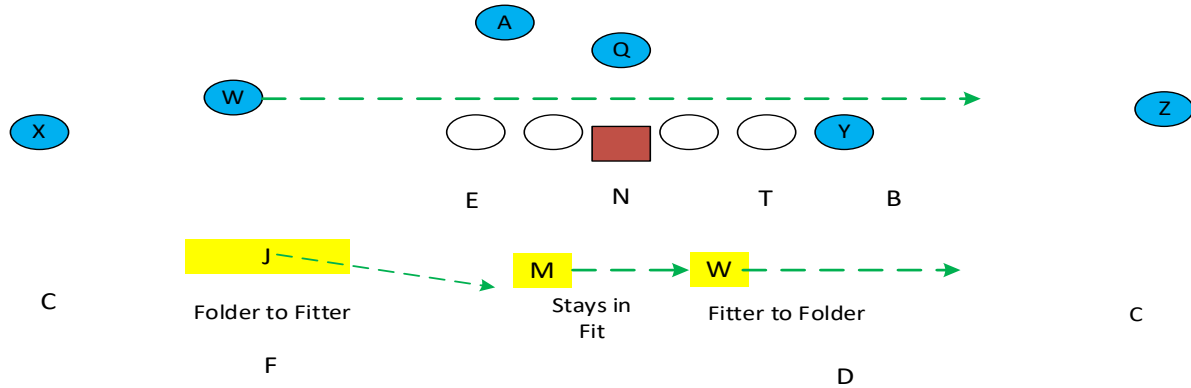
\* Primarily used only in man coverages.

\* All Man Coverages the base Motion check is to Spin when the motion involves the receiver.

\* In Man Coverage calls when the back leaves the backfield, the Banjo player (often the ILB) will go travel with him to the outside



# BUMP



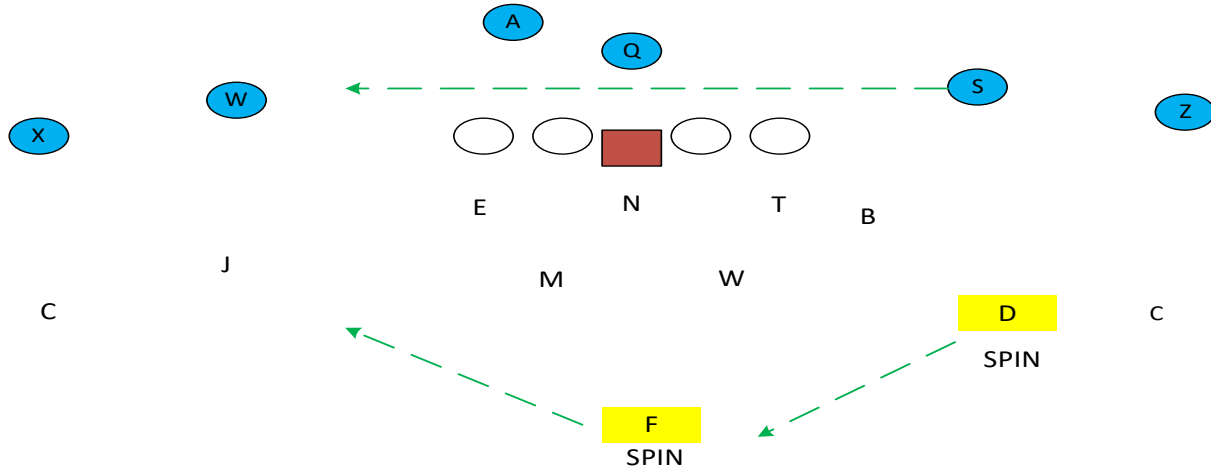
\* Base motion check in all Split Field Coverages in our defense (2, 4, 6, 8)

\* This adjustment maintains the integrity of the coverage called but the three primary underneath defenders (often the LB's) have responsibility shifts as a result in the run fit and coverage element of the called.

\* Coverage adjustments must still be made if formation goes from 2 x 2 to 3 x 1 or 3 x 1 to 2 x 2.



## SPIN (When Motion Occurs TO THE POST SAFETY)

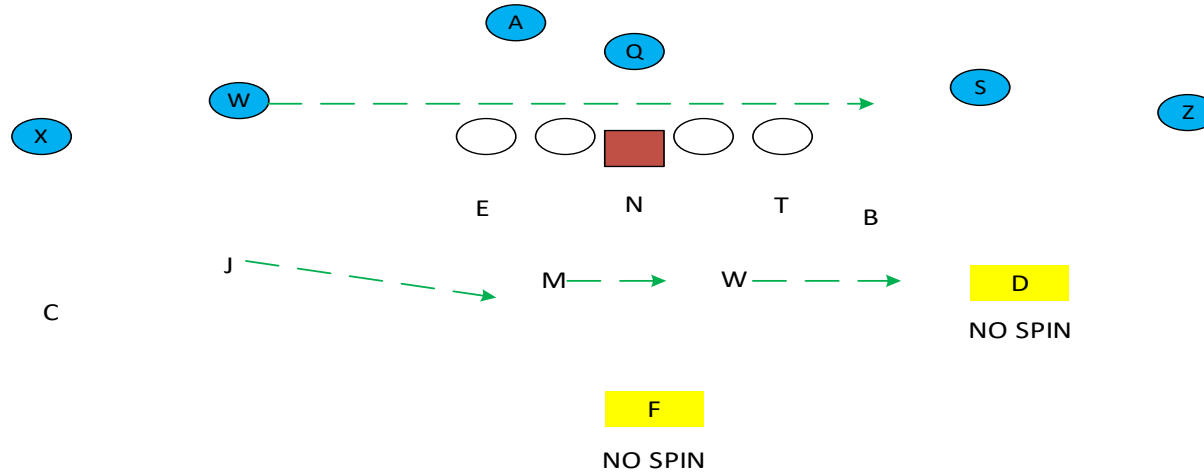


\* NO SPIN Adjustments needed when Country Cover 3 coverages are called (Colors; Green, Gold, Blue, Black, Gray, ect)

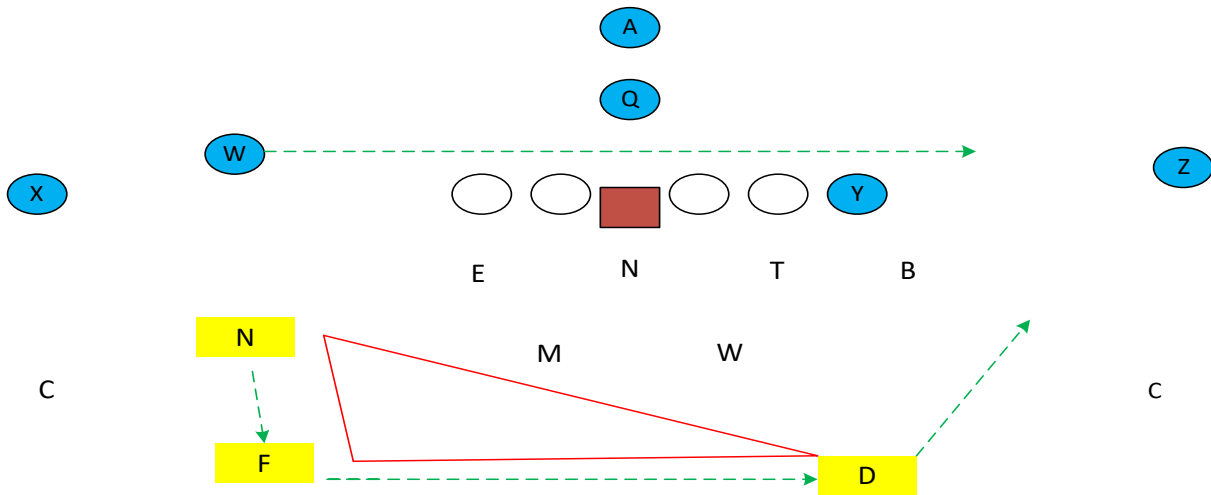
\* Spin adjustments are needed when COVER 3 check systems are in place. Calls such as "Weak" or "Trojan" are base Cover 3 calls that are determined by offensive formation. Motion creates and offensive formation change thus SPIN rules apply.

\*Spin adjustments ARE NOT NEEDED when motion occurs to a safety already down! See Picture below

## WHEN NOT TO SPIN( BUMP) - Motion Occurs TO THE DOWN SAFETY



# SUPER ROTATE



\* SUPER ROTATION can occur when in sub package and our Joker linebacker is replaced with a Nickel.

\* The 3 over 2 component of Split Field Coverage can be maintained with all three safeties by moving the triangle. The low point moves to a high point. One high point moves to the other high point. And the high point to the motion side becomes a low point.

\* Super rotations occur from 2 x 2 to 3 x 1. Also when 2 x 1 changes strengths.

\* Motions from 3 x 1 to 2 x 2 do not require Super rotations! Backers should bump back to a conventional alignment.

