

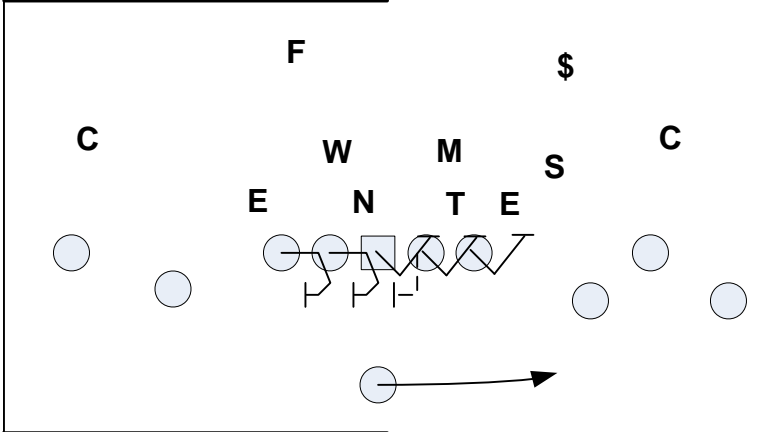


- 5-MAN SPRINT PROTECTION
- QB BREAK CONTAIN, MOVE THE POCKET PASS

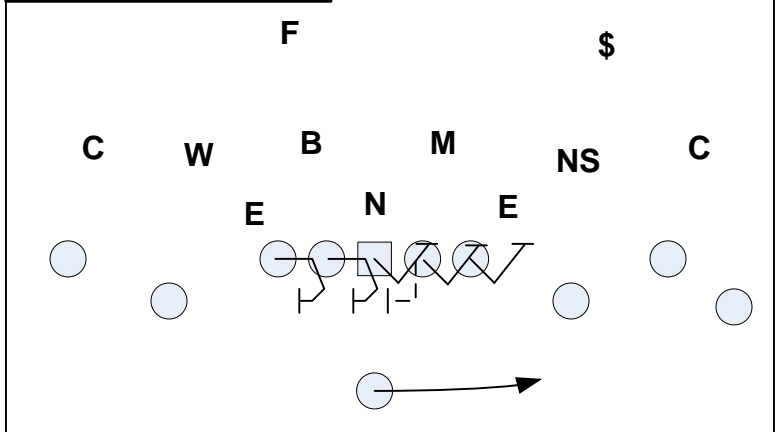
<u>POS</u>	<u>RULES/CALLS</u>	<u>TECHNIQUE</u>	<u>COACHING POINT</u>
<u>PST</u>	- REACH C GAP DEFENDER, IF NO THREAT LOOK TO HELP IN B GAP. -POSSIBLE "OUT" CALL	- HARD REACH C GAP DEFENDER TO CAPTURE THE EDGE FOR QB TO BREAK CONTAIN. - IF NO C GAP THREAT ON HARD REACH LOOK BACK TO SECURE INSIDE GAP LATE.	- DO NOT TURN BACK WITH MOVEMENT ACROSS FACE, YOU ARE PROTECTED INSIDE. - OUT TRACKS VS. RIFLE
<u>PSG</u>	- REACH B GAP DEFENDER, IF NO THREAT LOOK TO HELP IN A GAP.	- HARD REACH B GAP DEFENDER - IF NO B GAP THREAT ON HARD REACH LOOK BACK TO SECURE INSIDE GAP LATE.	- DO NOT TURN BACK WITH MOVEMENT ACROSS FACE, YOU ARE PROTECTED INSIDE. - OUT TRACKS VS. RIFLE
<u>C</u>	- REACH A GAP DEFENDER, IF NO THREAT LOOK TO HELP IN BS A GAP.	- HARD REACH A GAP DEFENDER - IF NO A GAP THREAT ON HARD REACH LOOK BACK TO SECURE BS A GAP LATE.	- DO NOT TURN BACK WITH MOVEMENT ACROSS FACE, YOU ARE PROTECTED BACKSIDE.
<u>BSG</u>	- SECURE INSIDE GAP, HINGE BACK AND BACKPEDAL TO SECURE BACKSIDE.	- SECURE INSIDE FIRST, HINGE BACK AND PROTECT BACKSIDE LATE.	- BE SURE TO CLEAR INSIDE GAP FIRST, DON'T BE IN A HURRY TO HINGE BACK. - ALERT FOR RETURN BACK TO GAP IF UNCOVERED PLAYSIDE.
<u>BST</u>	- SECURE INSIDE GAP, HINGE BACK AND BACKPEDAL TO SECURE BACKSIDE.	- SECURE INSIDE FIRST, HINGE BACK AND PROTECT BACKSIDE LATE.	- BE SURE TO CLEAR INSIDE GAP FIRST, DON'T BE IN A HURRY TO HINGE BACK. - ALERT FOR RETURN BACK TO GAP IF UNCOVERED PLAYSIDE.
<u>QB</u>	- QUICK MOVEMENT PASS USED TO CHANGE THE LAUNCH POINT OF THE QB. - UNDERSTAND THE WEAKNESS OF THE PASS PROTECTION CALL = VS 4 WEAK YOU MUST STAY ON THE MOVE!	- FRONTSIDE - OUR OBJECTIVE IS TO CAPTURE THE EDGE AND BREAK CONTAIN. - POSSIBLE PULL UP CAN OCCUR WITH POOR CUTS BY THE RB OR ULTRA-AGGRESSIVE CONTAIN RUSHERS ON PRESSURES	



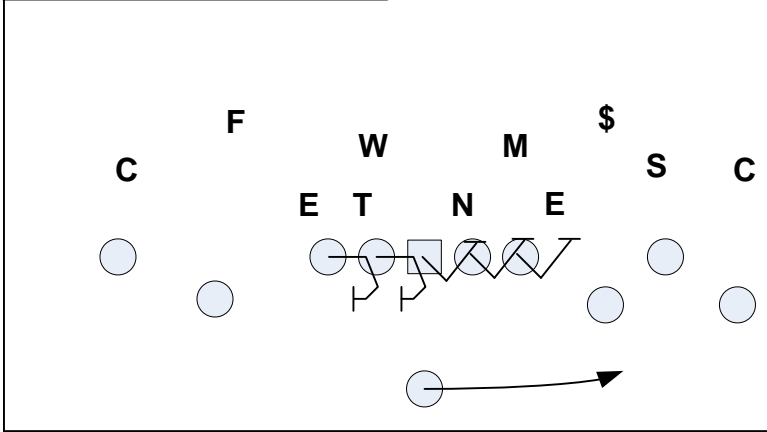
414 VS OVER



414 VS ODD



414 VS UNDER



414 VS RIFLE

