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# 8 MAN DEFENSE

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*Never Be Out-Schemed*

## **COMPLETE SPECIAL TEAMS PACKAGE**

Brought to you by:

**P**ick a **D**irection **M**arketing

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**“It’s not the will to win,  
but the will to prepare  
to win that makes a  
difference.”**

- Bear Bryant

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## Introduction

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



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## Special Teams Advantage

Although Special Teams is typically a Coach's least favorite thing to practice, it's my favorite. **Special Teams plays are opportunities to score.** Most teams do not practice their Special Teams, so they just "wing it" during a game.

**Take advantage of this fact and prepare your team to capitalize.**

This special teams package will outline where the best players on the field should be played, alignment, angles of pursuit, and even some videos on how to handle the ball.

Be sure to keep some starters on Special Teams, these schemes aren't just for backups. It's also a great idea to name a Special Teams Captain to help emphasize this section of the game's importance.

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.

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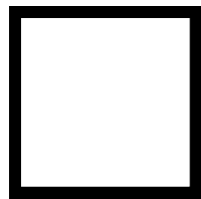
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# 8 MAN DEFENSE

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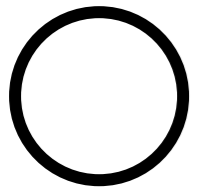
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## Symbol Descriptions



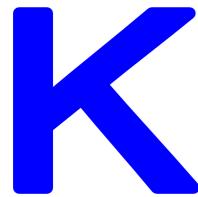
**Center -**

The Long Snapper in Punt Formation



**Circle -**

Any players on the opposing team.



**Blue K -**

The player kicking the ball.



**Orange Dot -**

Tee from which kicks are made



**Red X -**

The approximate spot the ball should land.



**Blue R -**

The player that is intended to catch the ball & return it for a TD.

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## Lanes & Contain

### **Lanes -**

In Kickoff and Punt situations, each player has a lane to fill. Since there are 8 players, there are 8 lanes. If one man is out of position, his lane is open and that is the weakest point on the field.

Teaching your players to be disciplined and staying in their lanes is crucial to the success of these particular teams.

### **Contain -**

The outside lanes on a field are typically wider than any lane. The player filling this lane needs to contain the play and keep anything from getting outside of him.

The player chosen to keep contain typically needs to be a good tackler, be very disciplined, and cannot get stuck on blocks.

If a team breaks contain, the sideline is wide open for them to get down the field.

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## Deep Kickoff Notes

### **[ C ] Contain Men -**

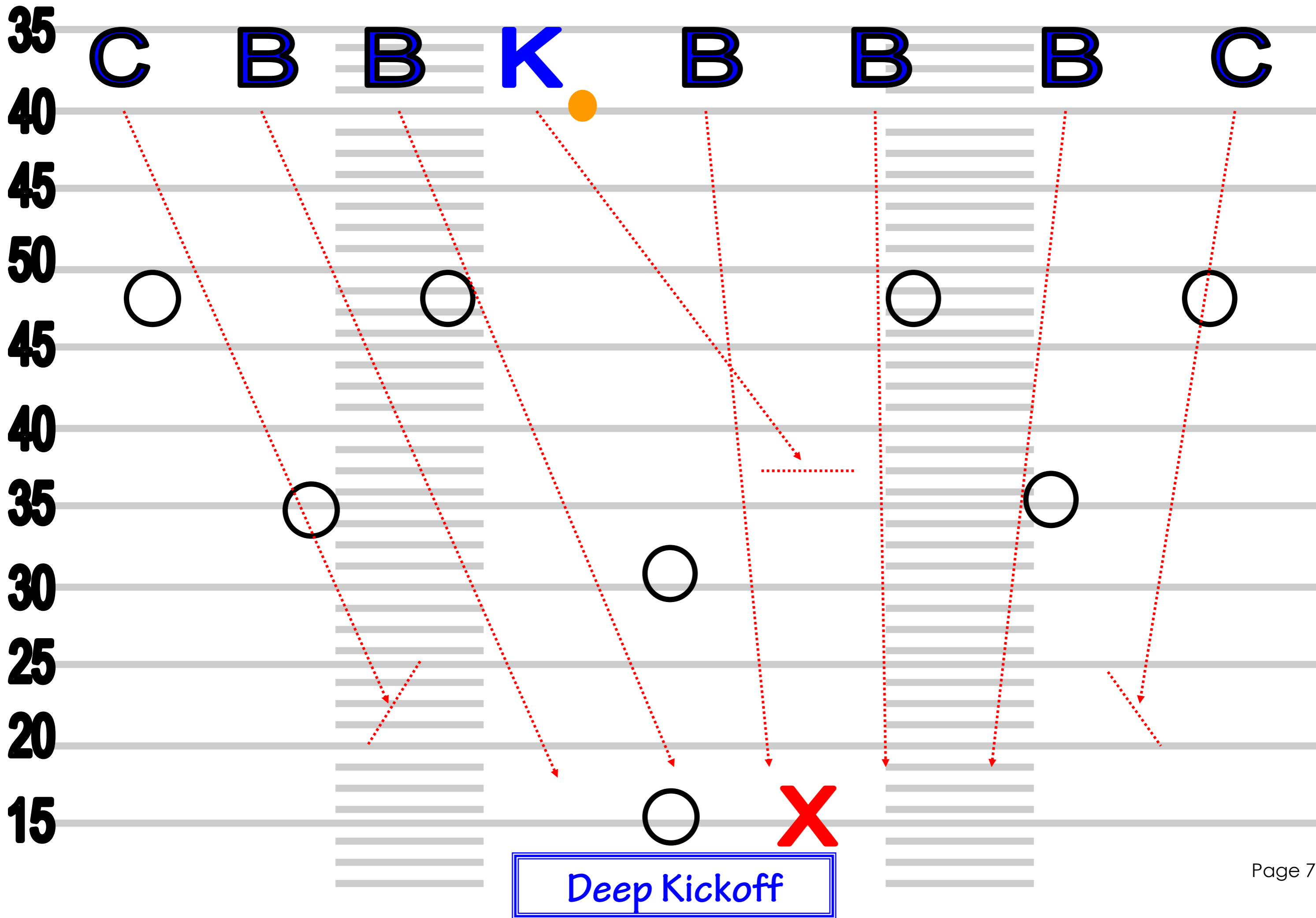
The player chosen to keep contain needs to be a good tackler, be very disciplined, and cannot get stuck on blocks. The contain man's job is to squeeze the outside line down so they offense has a smaller field to work with. **Do not let the ball carrier get to the sideline**, that is the Contain Men's single job on the field.

### **[ B ] Ball Men -**

These should be players that love to hit and make tackles. Their job is to go sprint as fast as they can to the ball, squeezing in their lanes without overlapping with each other. **They cannot get stuck on blocks.**

### **[ K ] Kicker -**

Someone with a Soccer background is helpful, but not necessary. They should practice long kicks, pooch kicks, and onside kicks every day. Having multiple players that can kick onside kicks is extremely helpful & gives your team options before each kick. After the kick the kicker is used as a safety in case the return team beats the Ball & Contain men up the field.



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## Pooch Kickoff Notes

### **[ C ] Contain Men -**

The Contain Men come from different spots in this setup, but their jobs are the same. **Do not let the ball carrier get to the sideline.**

### **[ B ] Ball Men -**

The Ball Men have about 30 yard sprint to get to the ball. Sometimes they may be able to recover the kick, other times they . **They cannot get stuck on blocks.**

### **[ K ] Kicker -**

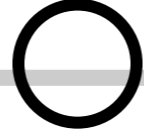
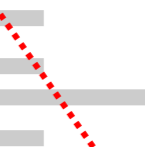
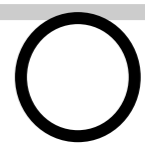
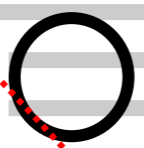
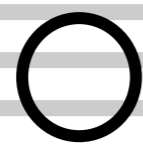
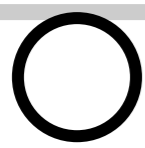
This kick needs to go high into the air, about 30 yards deep, and right over the 2nd line's heads. After the ball is kicked, he is to play as a safety.

### **When it's Used -**

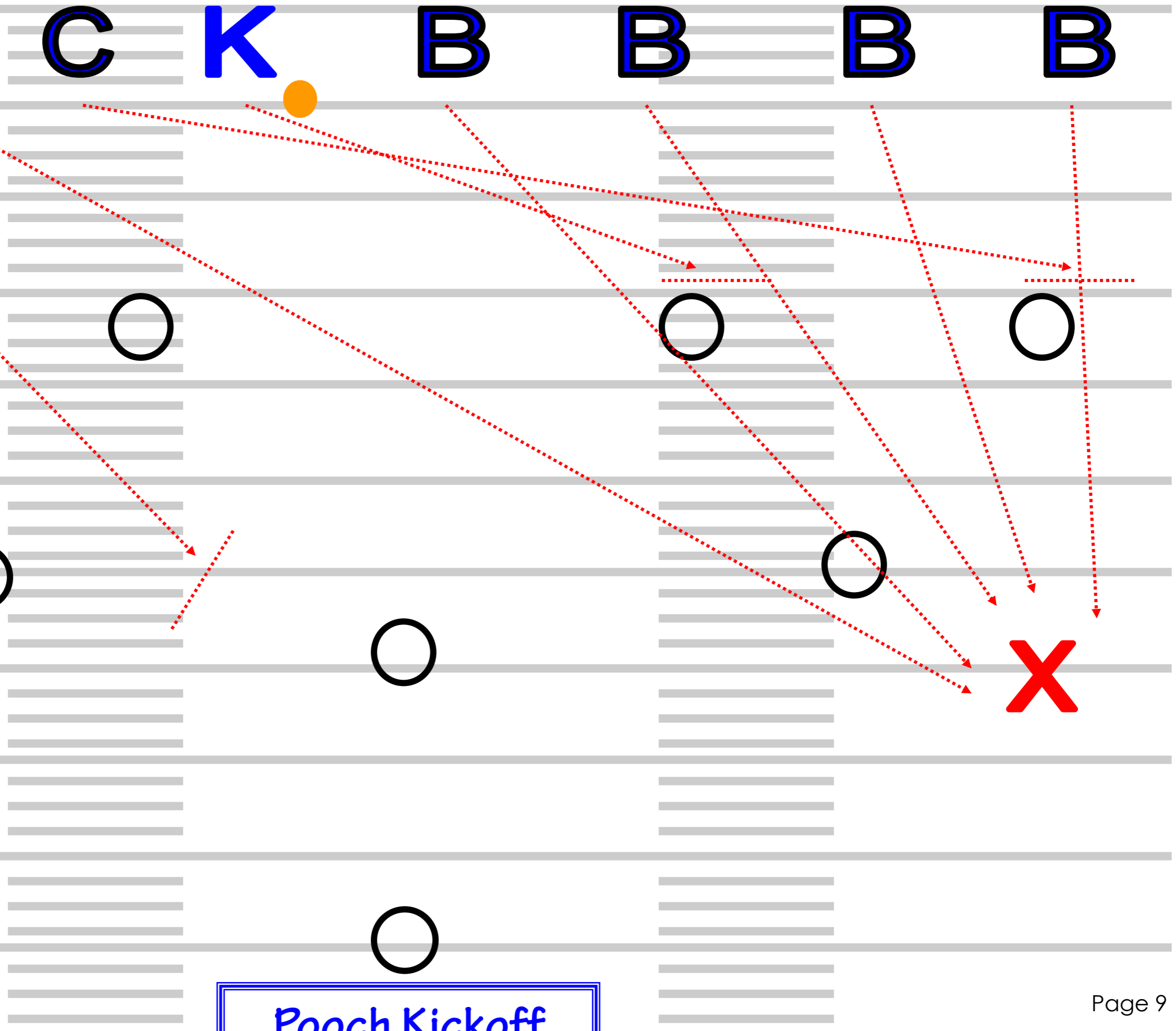
A [Pooch Kick](#) is used if the opposing team has a dangerous returner and/or an open spot on the field where the ball may land untouched. **Sometimes we can recover this, other times it's just a safer return than kicking it deep.** It can also be a very effective kick if your kicker does not have a very strong leg.

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C B C K B B B B



Pooch Kickoff



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## Onside Kickoff Notes

### **[ C ] Contain Men -**

Coming from different spots in this setup, but their jobs are the same.

### **[ B ] Ball Men -**

The Ball Men have one job: **recover the ball.**

### **[ H ] Kicker -**

The Ball Men have one job: **hit the opposing team so they can't recover the ball.**

### **[ K ] Kicker -**

This kick needs to go straight down the line, between players and should have an unpredictable bounce. The ball can be setup OFF the tee to help with this.

### **When it's Used -**

An [Onside Kick](#) is used if the opposing team has a dangerous returner and/or an open spot on the field. **This is a kick designed for us to recover.** It can also be a very effective kick if your kicker does not have a strong leg.

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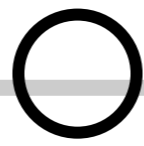
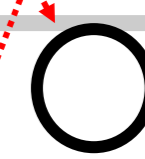
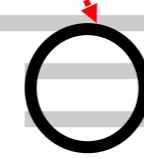
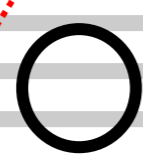
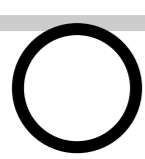
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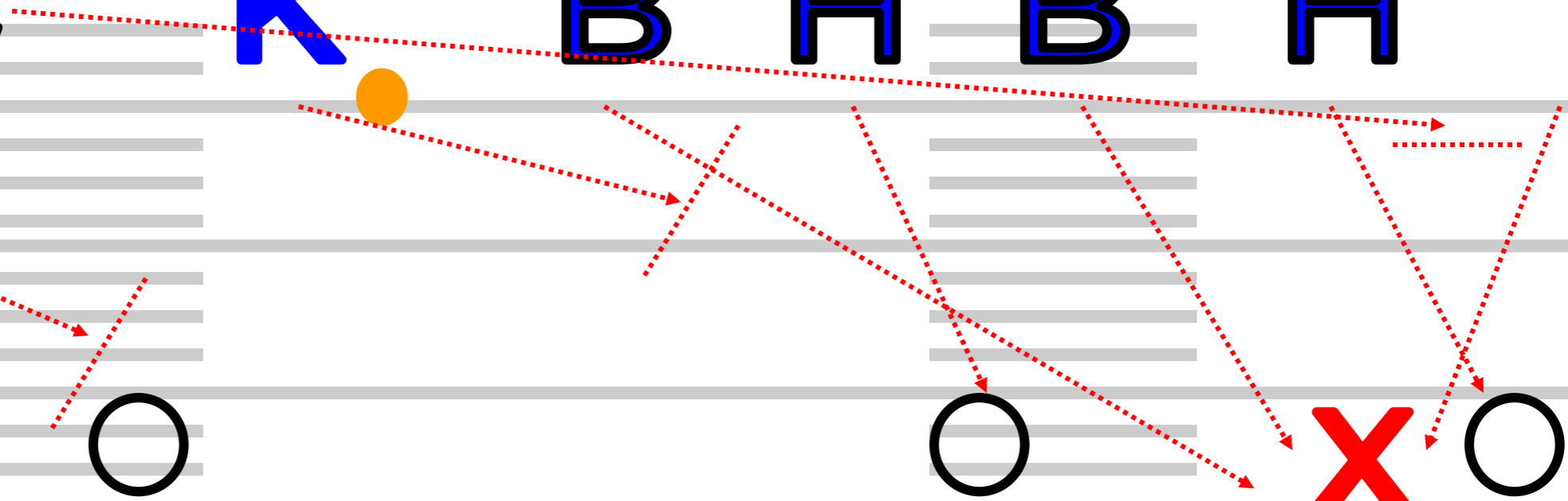
B

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B



Onside Kickoff



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## Deep Kickoff Return Notes

### **[ F ] Front Line Men -**

Should be fast & athletic with good hands in case an onside kick is used against them (Defensive Backs & Receivers). Their job is to kick the left side of the Kickoff team out, away from the return. [F1: #8, F2: #7, F3: #6, F4: #5]

### **[ B ] Back Line Men -**

Should be heavier and able to absorb a hit (Linebackers, Tight Ends, & agile Offensive Linemen). Their job is to kick the right side of the Kickoff team out, into the sideline to create a seam for the returner. [B1: #3, B2: #2, B3: #1]

### **[ R ] Return Man -**

When the ball is caught, the Return Man should yell, "GO!" so the Back Line Men know to engage their blocks and kick out. The Returners path should be between the right should of F4 & the left shoulder of B1, where the seam forms. **They cannot "dance" on this return, they have to hit the seam with aggression to break tackles.**

### **When it's Used -**

If the opposing team has a kicker that can kick it deep. This return takes time to develop, so blocks do not need to be engaged immediately.

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F1

F2

F3

F4

B1

B2

B3

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R X

Deep KOR Right

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## Wedge Kickoff Return Notes

### **[ F ] Front Line Men -**

Players should drop for 3-5 yards before attacking their designated men. Block towards the respective sideline to keep opponents from the middle of the field.

[F1: #8, F2: #7, F3: #2, F4: #1]

### **[ B ] Back Line Men -**

Players should take a path to meet 3-5 yards behind B2 in order to set up a loose wedge. Players must come together before heading up field in unison. Must wait for the Return man to yell, "GO!" before taking off. The wedge men are crucial and must take on the first opponents that appear. [B1, B2, B3: Pickup First Man]

### **[ R ] Return Man -**

When the ball is caught, the Return Man should yell, "GO!" so the Back Line Men know to push forward with the wedge. **The Return Man must be patient on this return and wait for the wedge to form.**

### **When it's Used -**

If the opposing team has a kicker that can kick it deep or anywhere down the middle of the field.

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F1

#8

F2

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B1

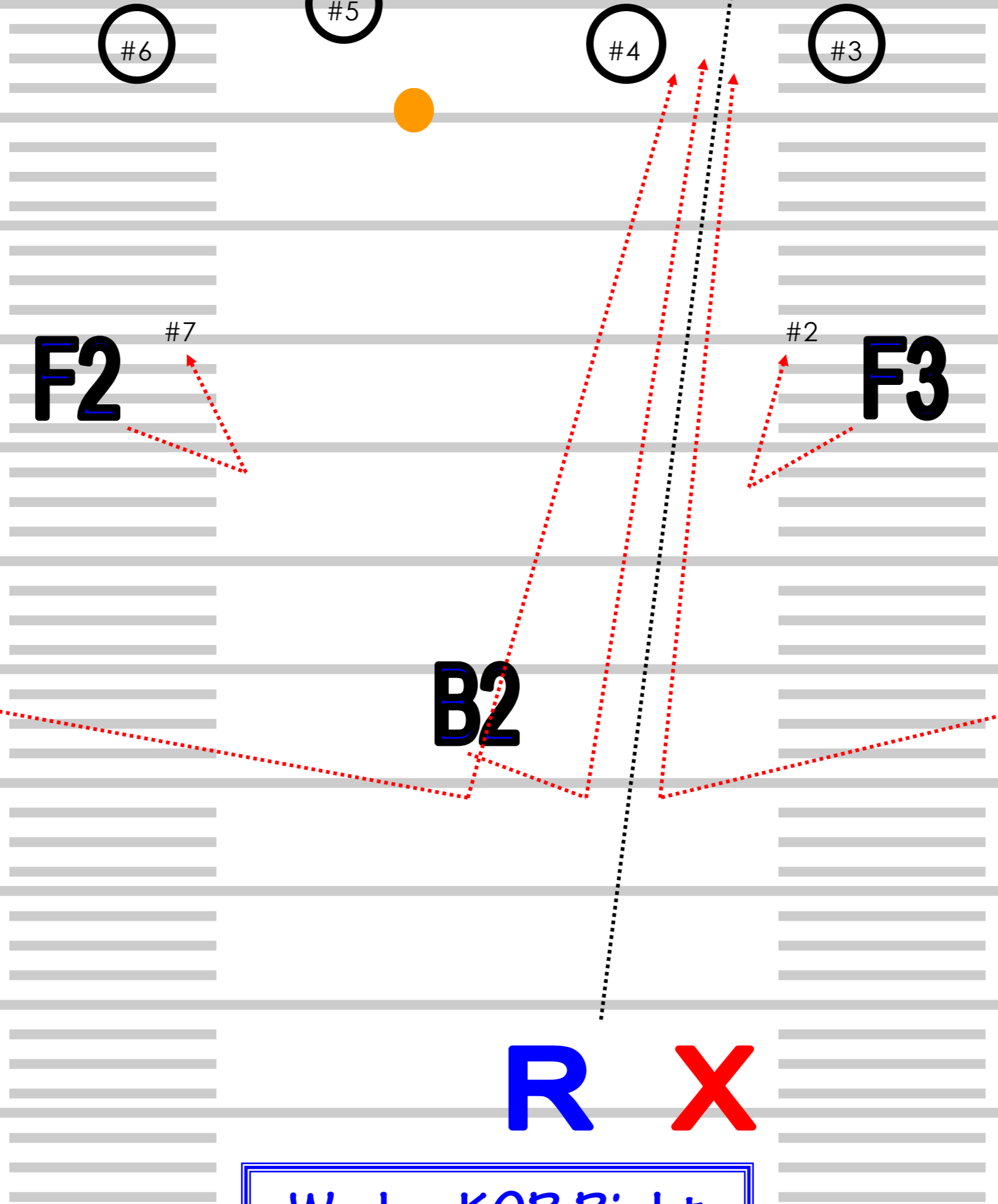
B2

B3

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Wedge KOR Right



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## Pooch Kickoff Return Notes

### **[ F ] Front Line Men -**

Should react fast to this type of kick. They need to get on their blocks fast because the ball is only in the air for a short period of time. [F1: #6, F2: #4, F3: #2, F4: #1]

### **[ B ] Back Line Men -**

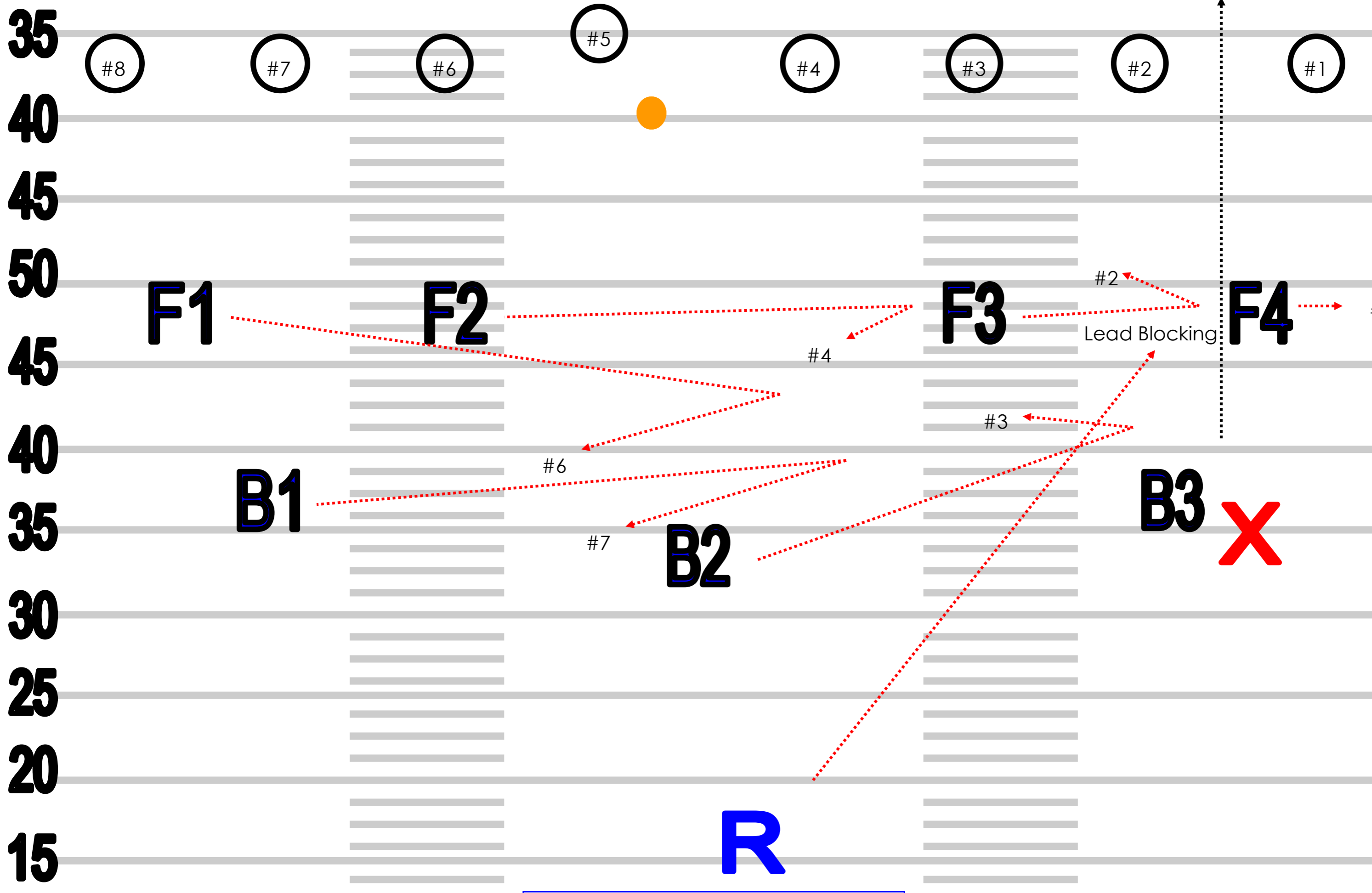
Should react fast to this kick as well, getting on their blocks ASAP. If B3 is unsure about returning the ball, he can A.) Fair catch the ball, B.) Let the Return Man catch the ball, or C.) Knock it out of bounds. If he doesn't catch the ball, he becomes lead blocker. [B1: #7, B2: #3, B3: Returning or Lead Blocking]

### **[ R ] Return Man -**

If they can get to the ball fast enough, they should catch it and return it. If not, they become the lead blocker for B3 to help open up a hole for him to run.

### **When it's Used -**

If the opposing team has a kicker that pooches the ball over the front line, but doesn't kick it deep enough to form a solid return.



Pooch KOR Right

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## Onside Kickoff Return Notes

### **[ F ] Front Line Men -**

Should react fast. They have to either A.) Fall on the kick or B.) Go “stab” the closest opposing player so they cannot recover it.

### **[ B ] Back Line Men -**

Should react fast. They have to either A.) Fall on the kick or B.) Go “stab” closest opposing player so they cannot recover it. If the ball bounces, they may have to leave their feet to catch it in mid-air.

### **[ R ] Return Man -**

Should stay deep as a “safety” in case the other team kicks it there to pin the KOR team deep in their own territory without chance of a return.

### **When it's Used -**

When it is obvious that the other team is going to use an onside kick. Some teams do this regularly in our league, others will only use this Kickoff when the situation calls for it.

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F1

F2

F3

F4



B1

B2

B3

R

Onside KOR Right

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## Tight Punt Notes

### **[ B ] Ball Men -**

1 job: get to the return man and take a shot at him, **do not break down.**

### **[ G & W ] Guards & Wings-**

Take 2 steps directly back and then block the inner-most gap. **The middle is the most dangerous spot that the opponent can attack since that's the closest point to the Punter.** If nobody is in the inner-most gap, block the outside gap. Once the ball is kicked, fan out to the proper lanes and then squeeze in on the ball carrier. **Wings are also contain men** in the Tight Punt formation.

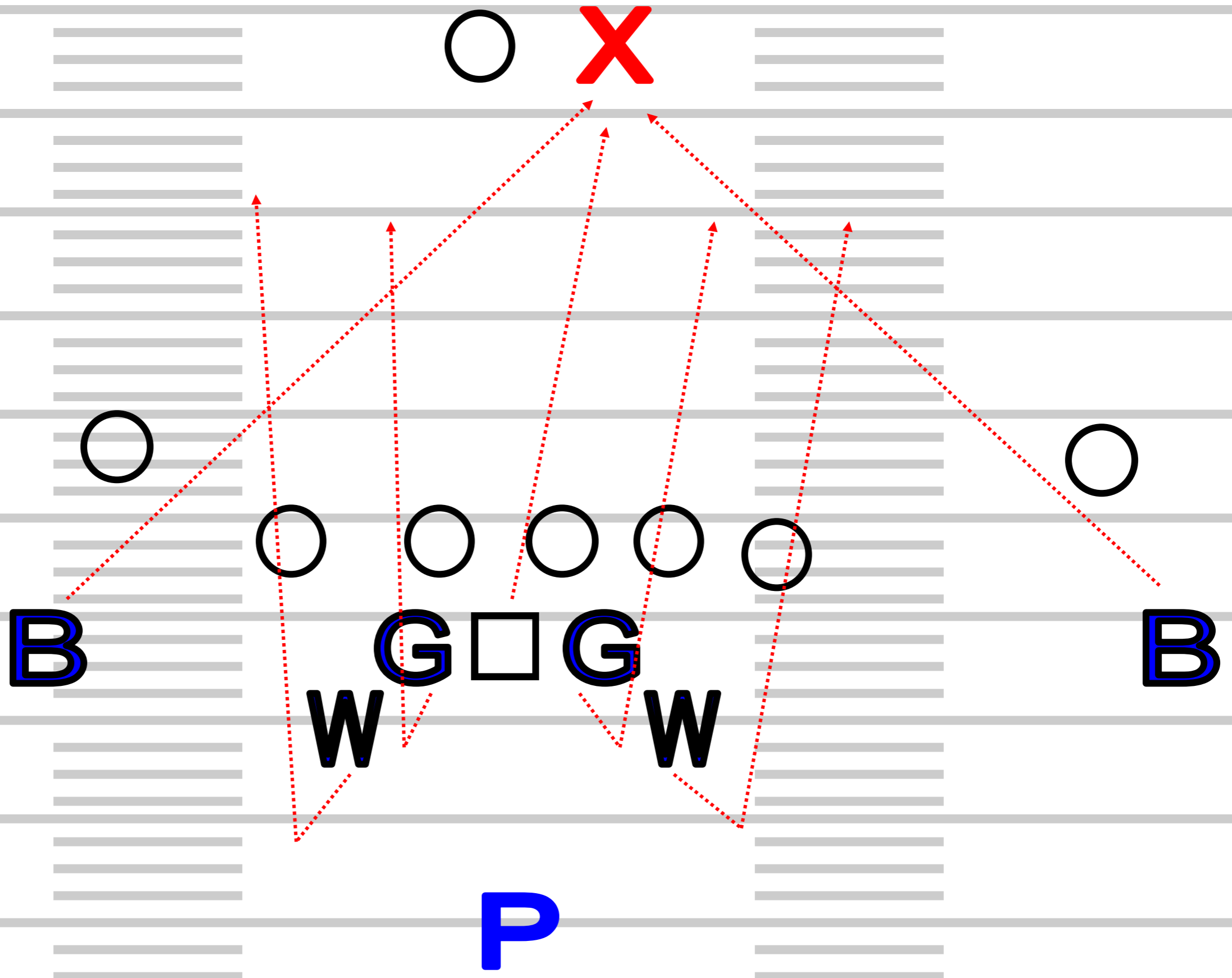
### **[ LS ] Long-Snapper -**

Snap the ball and then throw both hands to the side to help Guards block. After the ball is kicked, the Long-Snapper becomes a Ball Man.

### **[ P ] Punter -**

Should be lined up 10-14 yards deep (depending on how good your long-snapper is) and should take 1 step before punting the ball to the right or left of the return man. **Never punt directly to the return man.**

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Tight Punt

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## Loose Punt Notes

### **[ B ] Ball Men -**

The Ball Men will need to help with blocking before they leave to make the tackle. **Block the inner-most DANGEROUS man.** Point & communicate pre-snap to ensure everyone knows their job.

*LB: Directly to Ball* - If there is not an additional dangerous man, go directly to the ball without blocking. Get to the return man and take a shot at him, **do not break down.**

*RB: #2* - Then as soon as the ball is kicked, get to the return man and take a shot at him, **do not break down.**

### **[ G ] Guards -**

Should be lined up 5 yards behind the center, with their inside feet on his heels. **Block the inner-most DANGEROUS man.** Point & communicate pre-snap to ensure everyone knows their job. \*Watch out for twists by the defense! [LG: #5, RG: #4]

Once the ball is snapped, get to their lanes and keep the ball carrier between them. Converge to make the tackle.

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## Loose Punt Notes cont'd

### **[ W ] Wings-**

Should be lined up on the line of scrimmage, 3 yards from Center. **Block the inner-most dangerous man.** Point & communicate pre-snap to ensure everyone knows their job. [LW: #6, RW: #3]

Once in their lanes, the Wings become the Contain Men. keep the ball carrier between them. Converge to make the tackle.

### **[ LS ] Long-Snapper -**

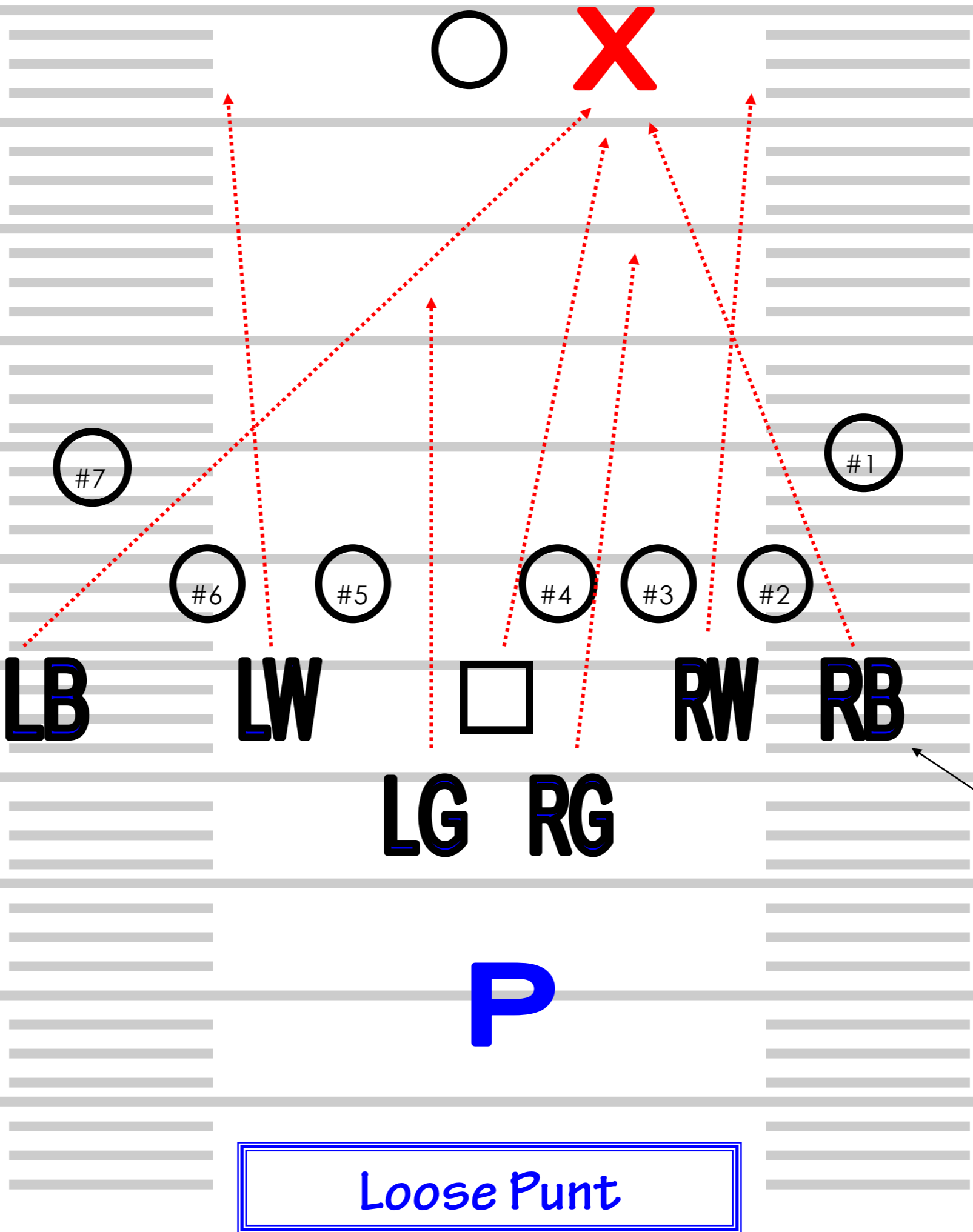
Snap the ball and then throw both hands to the side to help Guards block any late blitzers. After the ball is kicked, the Long-Snapper becomes a Ball Man.

### **[ P ] Punter -**

Should be lined up 10-14 yards deep and should take 1 step before punting the ball to the right or left of the return man. **Never punt directly to the return man.**

*TIP:* This formation can also be used as a Rugby Punt formation in which the punter sprints out to the right a few steps and kicks the ball on the run. *Blocking shifts from inner-most dangerous man to farthest right most dangerous man.*

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Loose Punt

**Note:** The RB has been brought in tight to help block the #2 man.

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## Punt Block Left Notes

### **[ C ] Corners -**

Should be lined up 8 yards off the Ball Men with inside leverage, always forcing their opponent to the sideline. Man-to-man coverage on Ball Men. [LC: #7, RC: #1]

*TIPS:* Experienced players can use a Press Technique. RC can come off the edge to help block the punt if needed.

### **[ E ] Ends -**

Should be lined up on the line of scrimmage in a 3 point stance, firing off the ball. Get to the block point & aim low.

### **[ LB ] Linebackers -**

Should be lined up on the line of scrimmage in a 3 point stance, firing off the ball. Get to the block point & aim low.

### **[ R ] Return Man -**

Should be lined up in the middle of the field. Catch the ball if at all possible. If a chance to return arises, take the ball left since that's where help will be waiting & the offensive players will not release as fast as the right side.

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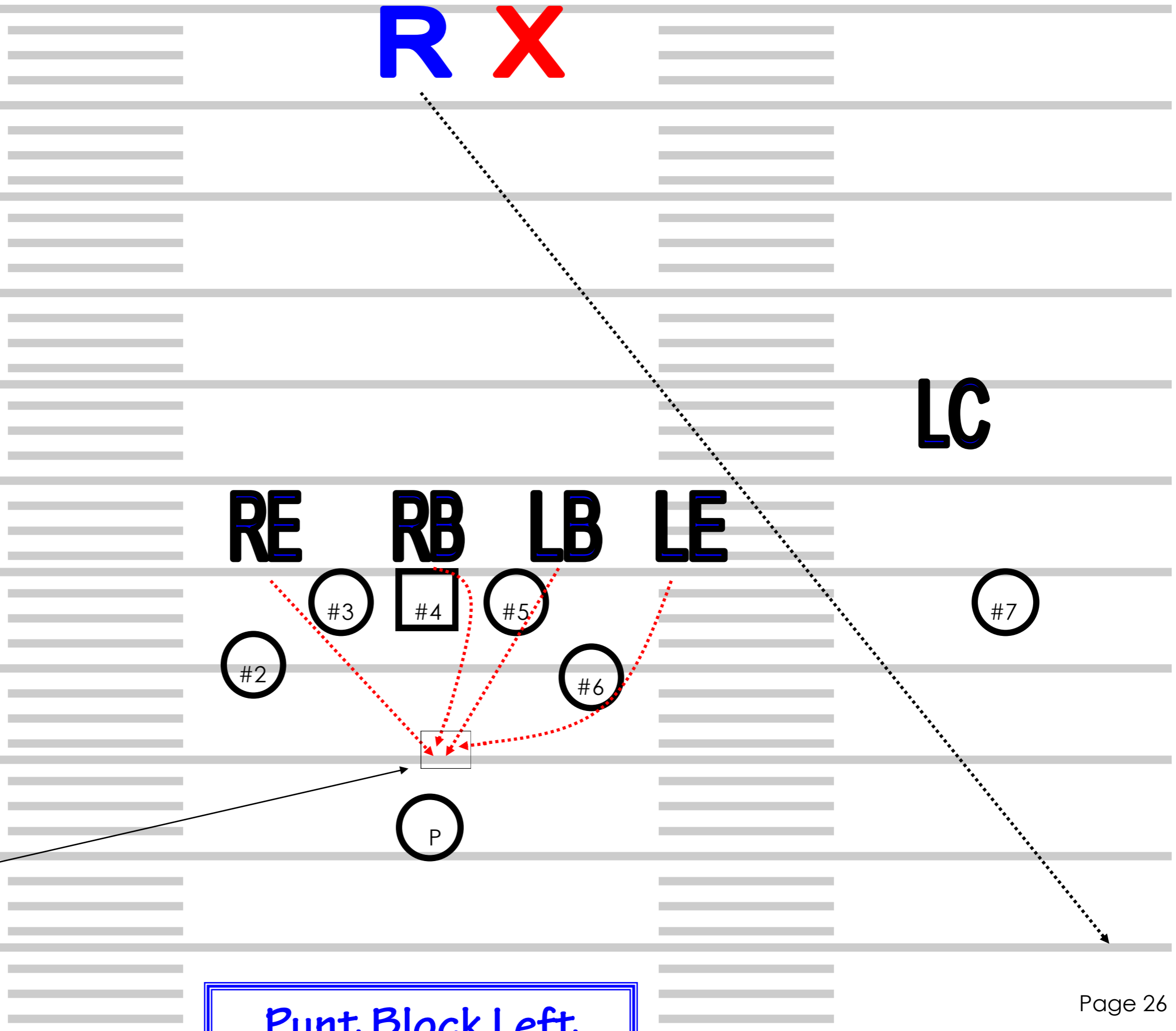
#6

#7

P

The "Block Point" is **2-3 yard in front** of the kicker on his kicking side. **Be sure players aim low**, not high, when attempting to block.

Punt Block Left



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# 8 MAN DEFENSE

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## Punt Return Right Notes

### **[ C ] Corners -**

Should be lined up 8 yards off the Ball Men with inside leverage, always forcing their opponent to the sideline. Man-to-man coverage on Ball Men. [LC: #7, RC: #1]

### **[ E ] Ends -**

Should be lined up on the line of scrimmage in a 3 point stance, firing off the ball. Take 3 steps as if they are blocking the kick, then engage the man they are blocking. **Ends must “sell” the attempted block first.** [LE: #5, RE: #2]

### **[ LB ] Linebackers -**

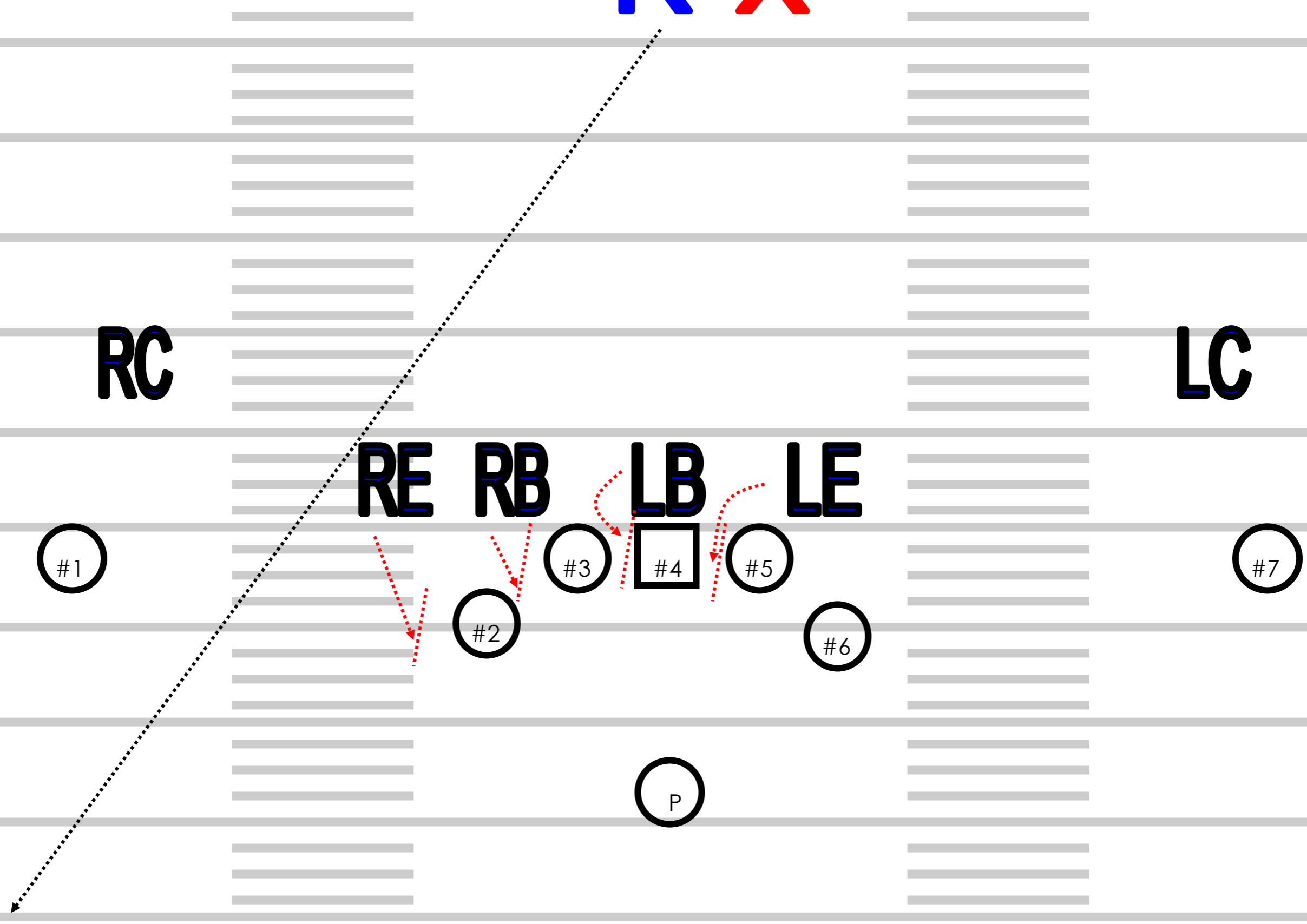
Should be lined up on the line of scrimmage in a 3 point stance, firing off the ball. Take 3 steps as if they are blocking the kick, then engage the man they are blocking. **Linebackers must “sell” the attempted block first.** [LB: #4, RB: #3]

*TIP:* Coach players to have “sticky” blocks. They must stay with their men downfield.

### **[ R ] Return Man -**

Should be lined up in the middle of the field. **Catch the ball.** The wall will be setup on the right side of the field, head towards your help.

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Punt Return Right

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[Other Packages](#)

[8 MAN BLITZ PACKAGE](#)

**HOW TO PLAY THE  
3-3 DEFENSE**

[3-3 DEFENSE ALIGNMENT  
CHART \(FREE DOWNLOAD\)](#)

**8 MAN COVERAGES**

[1-ON-1 COACHING SESSION](#)

[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.

