

Volume 16

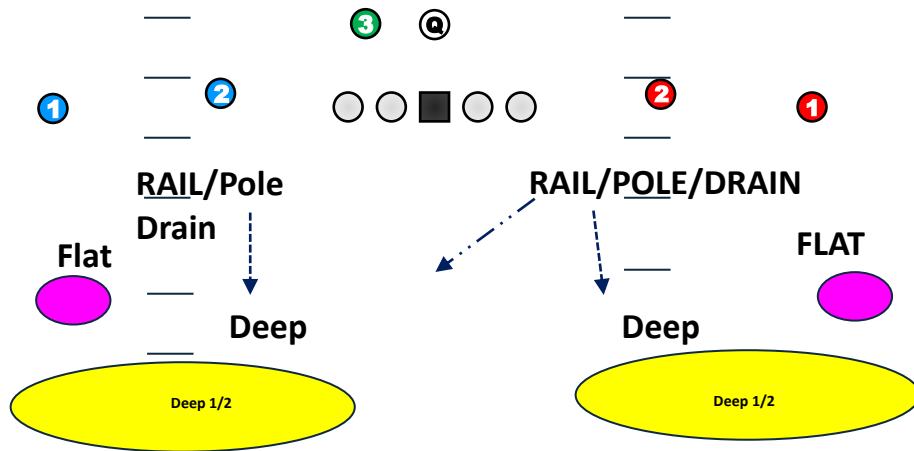
NBA Pressures - 2 Deep 4 Under (TRAP Pressures)

Benefits and Stressors of 2 Deep - 4 Under Trap Pressures

Reminder: The pressure paths seen in this volume were discussed at length in Volume 14

- **Provide immediate flat control of the defense. Fixes the natural vulnerabilities that occur in our NFL Firezones (3x3).**
- **Pivotal to have RPO answers in the modern game. Trap pressures stress teams that tag perimeter answers to inside run game. Harder to execute Bubbles, Flares, and Now Screens against Trap corners.**
- **Five of our top paths can be ran in both NFL and NBA. Two different pictures for Quarterbacks**
- **Rail Techniques are often performed by Big Skill players (LBs). They are naturally isolated in more space than traditional defenses. Often, their key is outside the core of the formation. Overlap on interior run is not ideal.**
- **3x1 is a natural stressor. Staff must decide whether to lock the single side or keep it as a ½ technique for the corner or safety. When locked, the Bandit is often put in a 1 on 1 with a superior athlete.**
- **The back is not part of the coverage progression unless he is running to a Trap or Flat Defender. If he gets through the OL on a middle route, the defense is in TROUBLE. We are hoping the protections require the back to stay in.**

NBA (DEUCE FIREZONE)- TRAP COVERAGE



BASE PRINCIPLES

2 Deep- 4 Under Zones provide protection on underneath and intermediate passing routes. In our pattern match Cover 2 systems, we will match vertical routes of slot receivers to protect the deep middle with the ½ defenders being vulnerable to multiple vertical routes through the deep zone.

Flat Defenders are responsible for horizontal breaking routes and setting a perimeter force on the defense. In Trap, they are HEAVY FORCE ON PERIMETER RUNS and Screens. On Banger concepts, they are pass first FUNNELL Players

Rail Defenders are PASS FIRST DEFENDERS who receive their R/P key from the #2 Receiver to their side. They are to carry all seam routes on the RAIL (Inside Trail and Christmas Tree underneath with the understanding that they have help over the top outside). They cannot break the rail until AFTER 10 yards. ZONE THE HASH if man disappears in or out. Fit run if key blocks (Indicator Key)

The Rail/Pole/Drain Defender is responsible for ID'ing 2W/3 Str. On 2 Weak, he plays Rail! On 3 Strong, it's a Pole / Drain technique. If 3 strong pulls him weak...Zone hash

½ Defenders play the Deep ½ and key everything 2 to 1 in traditional Cover 2 techniques. They play Post Man Technique on #1 in TRAP COVER 2 Concepts.

BASE TAGS IN THIS CONCEPT

“Trap” Heavy Perimeter force from Corners or Bandits. Playing Run or Perimeter screen FIRST. ½ Defenders play post man on #1.

“Banger”- Funnel technique on #1. Carry #2 on wheel route. Think PASS first. Deep ½ defenders play traditional BLUE 22 Technique!

“Palms”- Our basic read 2 concept from Cover 4.

“Spin”- Rotational Cover 2 with Corner in an inverted ½ backside with backside ½ running to Blue 22! Two hard defenders on key side of coverage

3 x 1 Checks

Basic rule is no 3x1 check. Pole runner carries 3 vert in 3x1. But we can play ALL Cover 4 3x1 checks.

Bunch/Stack Checks

‘Cloud’- Automatic zone Cover 2 check. Play TRIANGLE over the Bunch.

‘Sink’ Automatic Palms over the top of Bunch

Empty Checks

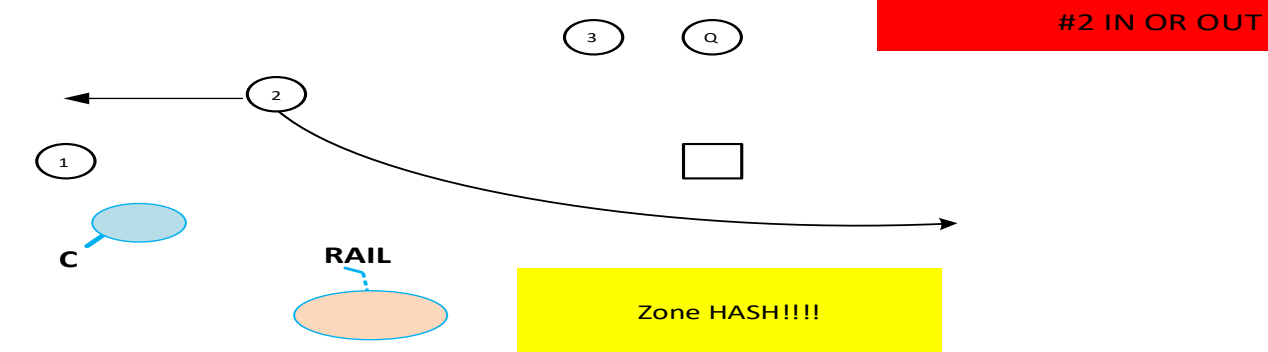
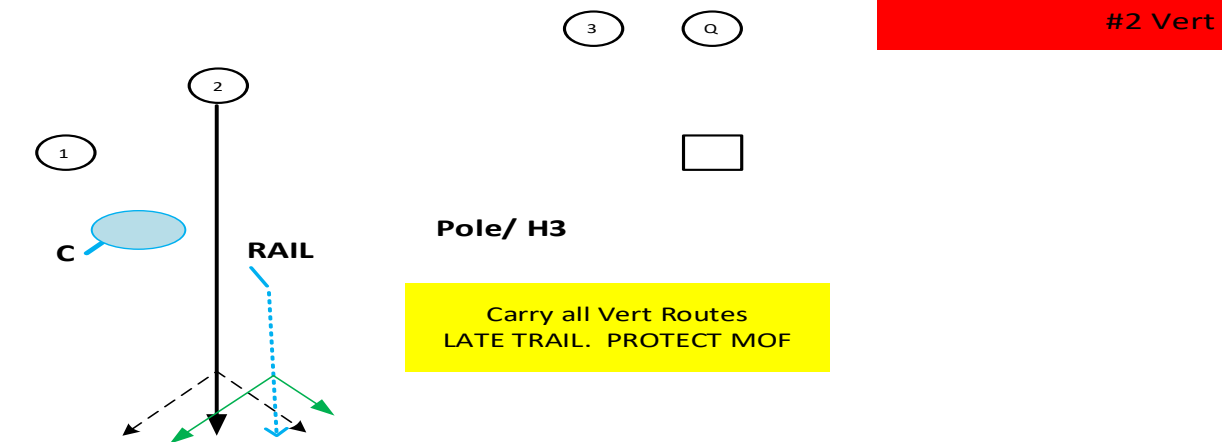
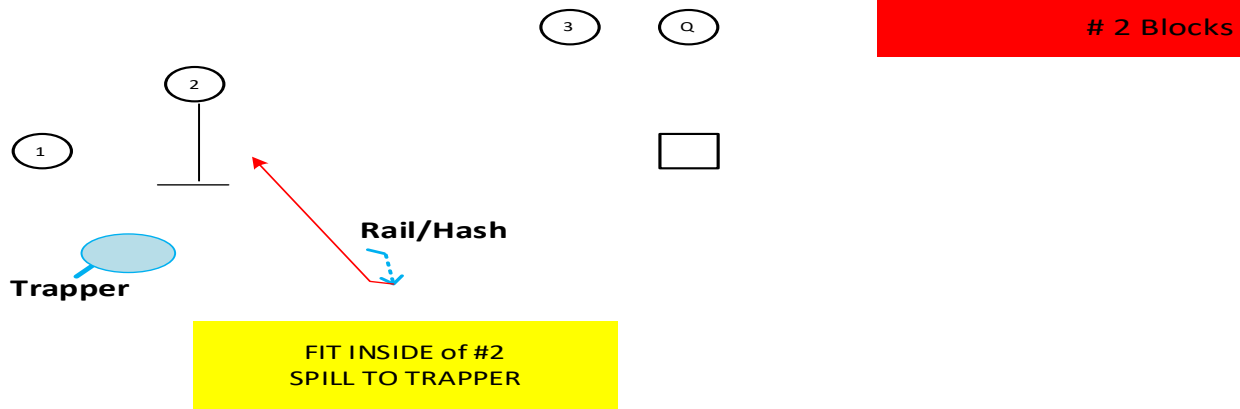
Check to Cover 3 Pressure



NBA Trap Pressure Coaching Points

- **The defense is losing overlap. Rail players have eyes on their key and get R/P key from him.**
- **PERFORMANCE ALIGN. Do not stay static. Recognize your man early as RPD players. Relate to them. Get out of the box to help alleviate RPO stress.**
- **Rail Players carry verts. “I can trail in the rail.” Undercut digs and top slants.**
- **Trap Corners....Align 1 x 7. Think inside flat and not a funnel flat. Can spill any block. Number 1 job is to stop perimeter runs and screens. Sink if no flat threat to help midpoint sail and corner concepts.**
- **½ players ...landmark dividers. To the field, blue line (HS hash marks)! To the boundary, divider line. You have vertical help in the seams from Rail players.**
- **Must check out of in EMPTY! No one for three on the vertical. We check to the corresponding NFL pressure.**
- **Gameplan on what we want to do on the backside of 3x1.**

Rail, Pole, Drain Technique



RPD Coaching Points

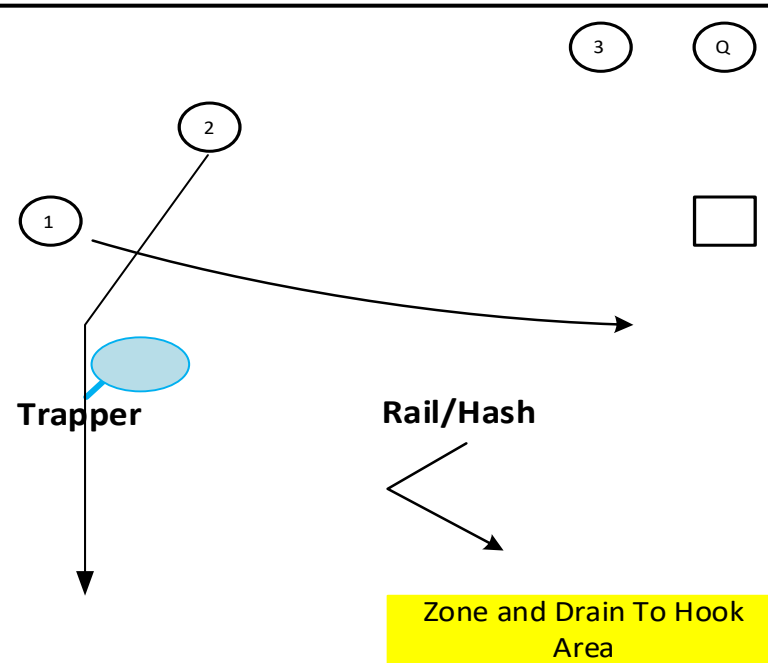
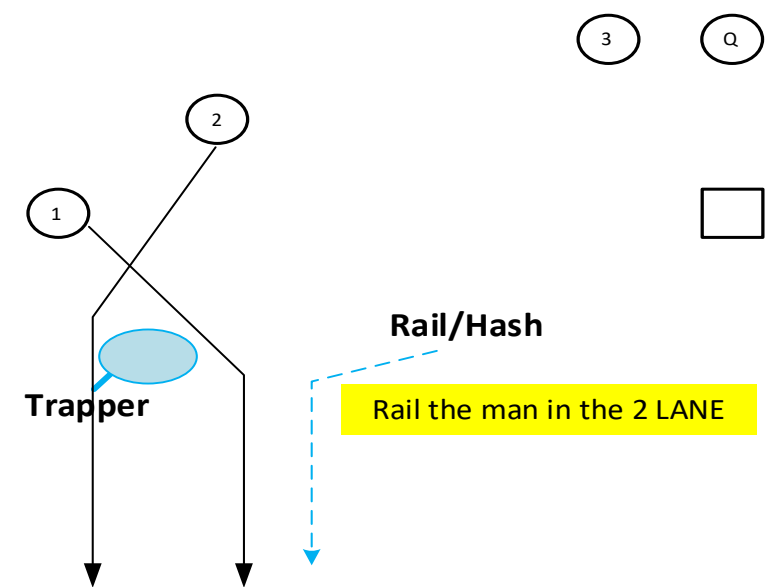
- **RPD defenders are the middle defenders not in the 5-man pressure.**
- **We have help from a ½ defender deep and outside of us (Cover 2)**
- **RPD stands for the progression of RAIL, POLE, DRAIN**
- **THE BACK IS NOT IN OUR PROGRESSION**
- **We are in Rail technique in 2Wk or 2Str progression**
- **In Rail, we are getting our initial R/P key from #2.**
- **Rail means we carry the seams. “I can trail in the rail”. IxI on the receivers inside hip/underneath. Undercut digs and seams.**
- **Zone off inside or outside breaking routes with vision on Q. (We will top slants)**

Rail, Pole, Drain Technique

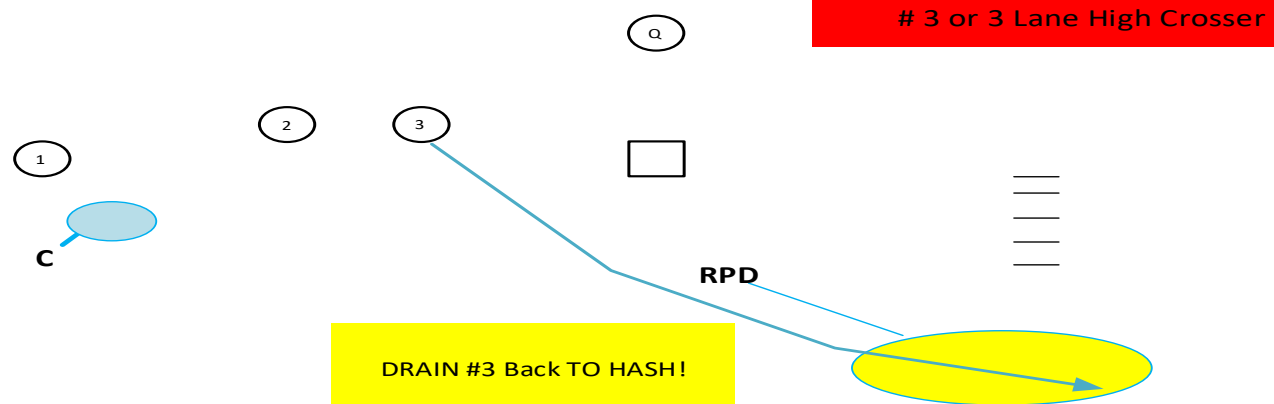
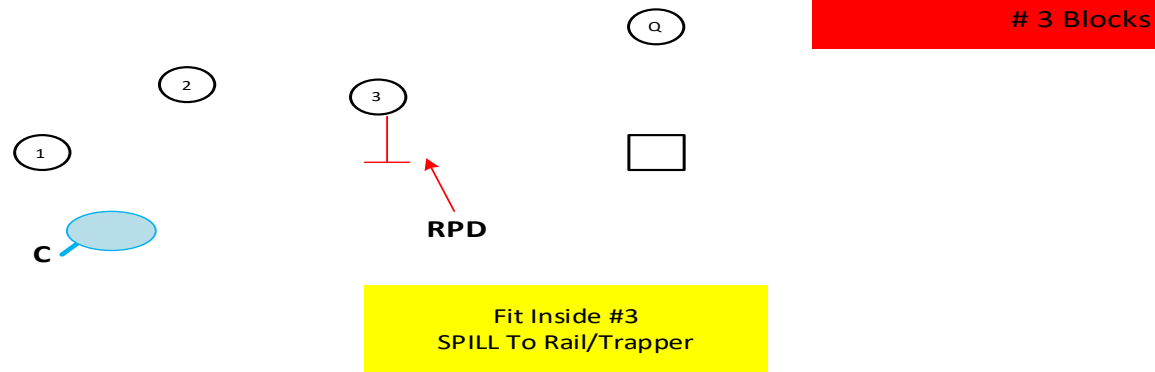
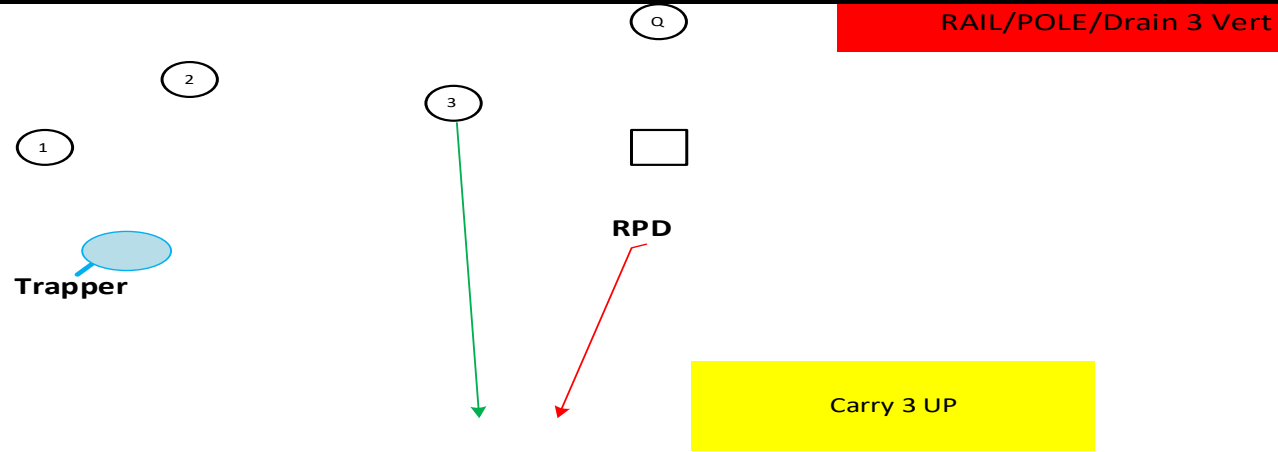


RPD Coaching Points, cont'd

- It is important to understand we are also riling a zone and not just the initial #2.
- On switch verts , we should see #1 through our peripheral. If he attacks the seam, **RAIL** the new #2.
- In Picture 2, we see #1 underneath. Once again, our peripheral should see this. If #2 attacks either outside or in the seam, we can now “snap off” with zone eyes. With only one deep receiver in either the #1 or #2 lane, the ½ player will lean heavily to them.



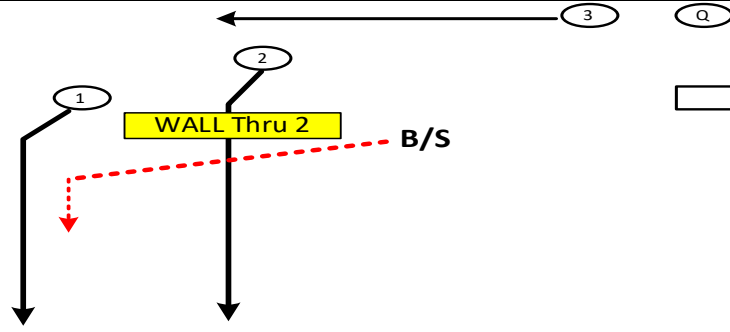
Rail, Pole, Drain Technique



RPD Coaching Points, cont'd

- **The second progression is the Pole/Drain Technique.**
- **With no #2 to our side, we are now keying #3 opposite. We get our R/P key from him.**
- **If #3 is in the core (sniffer or TE), we are in the fit. If he blocks, fit INSIDE OF HIM.**
- **Pole is the technique to carry #3 down the MOF. PROTECT THE 3 LANE.**
- **If #3 crosses the field high or low, we will “drain” it with depth all the way back to opposite hash. Make QB elevate high crosser routes. Pass low crossers off to trap corner or buzz sifter.**

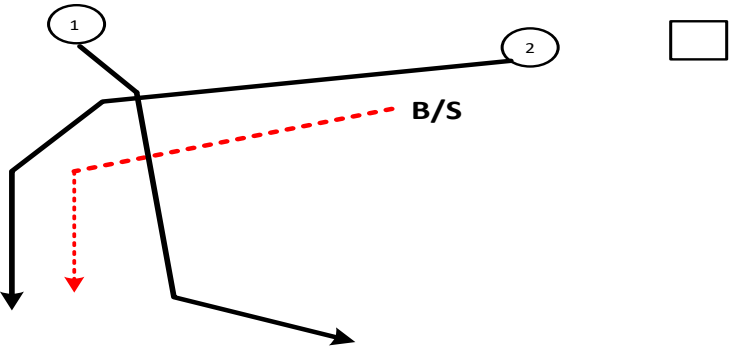
Buzz Sift Technique



2 REMOVED- Wall on Way to Flat

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

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

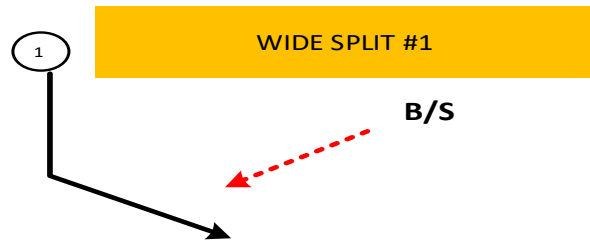


2 in the Core- Match Flat w/ Depth Undercut 1 if 2 stays in or in seam

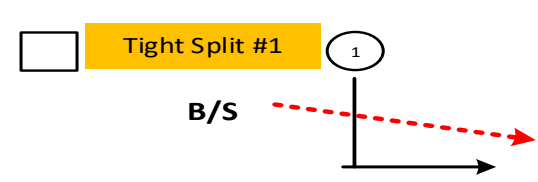
1. Get Run/ Pass Key. Pre Snap w/#2 inside of you. Work to flat. If 2 is Flat, match him. Carry Wheel



Reading the #1 Split



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



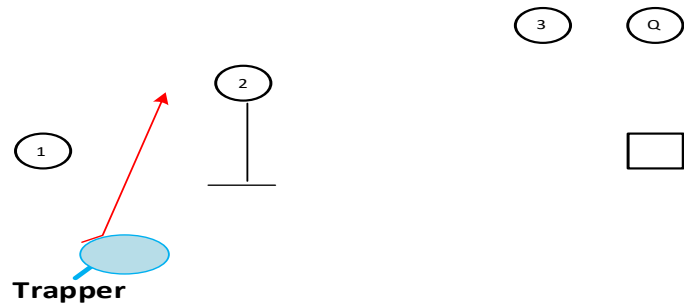
Buss Sift Player should take a flatter Angle on #1 to Undercut OUT-Breaking Routes when Receiver has a Tight Split



Buzz Sift Coaching Points

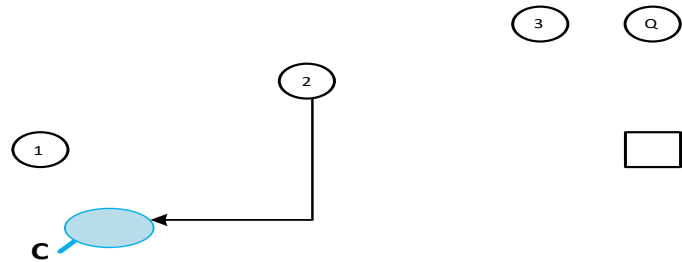
- **Buzz Sift techniques are used by the flat defender AWAY from NBA pressures.**
- **Buzz Sift players are FORCE in NBAs**
- **Buzz Sift Techniques are varied by the width of the formation or the split of #1 in single width calls. (Explained with pictures on the side.)**
- **After buzzing to the flat, the defender will flip hips parallel to sideline and short-sift with eyes back on the QB. Should be a natural midpoint between a receiver in the flat and a downfield eligible.**

Trap Technique



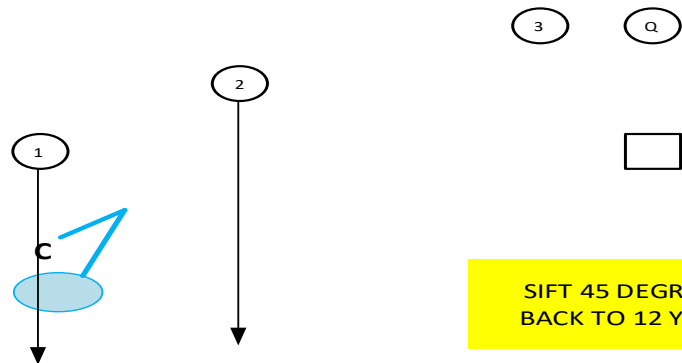
2 Blocks

TRIGGER NOW!!
FIT INSIDE of #1



#2 OUT

MATCH #2 OUT.
HE IS YOURS IF HE GOES OUT & UP



NOBODY OUT

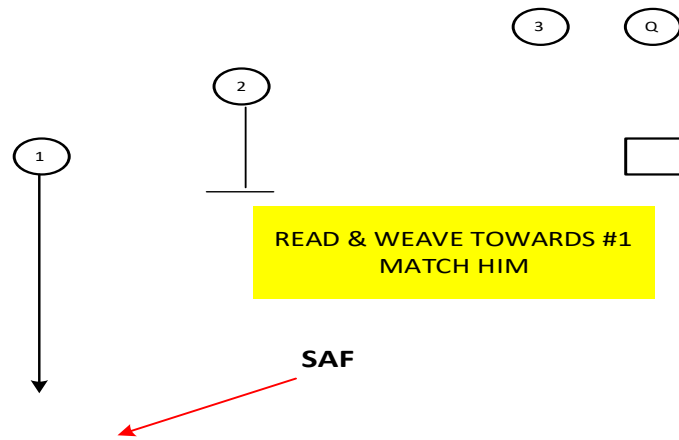
SIFT 45 DEGREES OUT &
BACK TO 12 YARDS DEEP



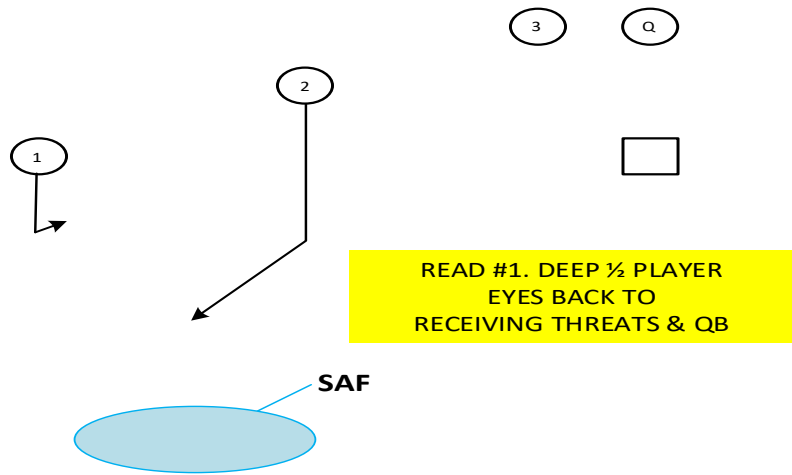
Trap Coaching Points

- **KEY EMOL**
- **1 x 7 alignment**
- **Think inside flat rather than a traditional flat-funnel technique.**
- **If low hat, fit run aggressively. Can fit inside of #1. Take shot and spill.**
- **If high hat, sink with depth and width to help midpoint sail and smash concepts.**

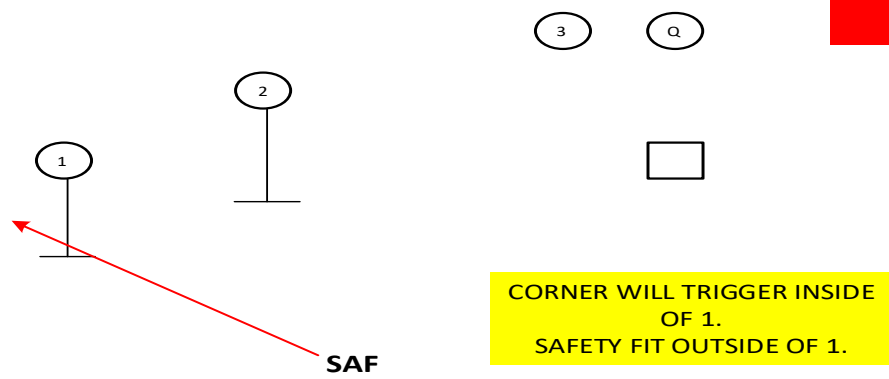
½ Defender Technique (Post- Man)



#1 is Vertical



#1 NOT VERTICAL



#1 & #2 BLOCK



½ Field Technique Coaching Points

- **With trap coverage, we are in ½ Field Technique. Read 1 to 2. (Some people will play Post- Man Technique....coaching preference). We choose not to help stress on rail defenders.**
- **Initial Alignment 12 yards off in split safety width.**
- **If #1 is vert, he is yours. PROTECT THE POST. Rally to hole shot.**
- **If #1 is not vert, transition to deep ½ technique. Deep as the deepest to landmark.**
- **If to the field, landmark is the BLUE LINE (HS Hash).**
- **If to the boundary, landmark is divider.**
- **Run....EXPECT CRACK REPLACE outside of trapper or sifter.**