

Volume 15

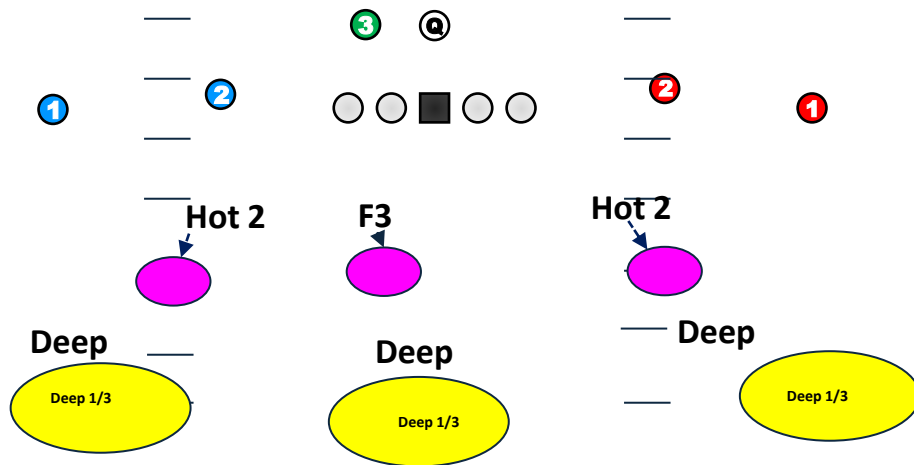
NFL Pressures- 3 Deep 3 Under

Benefits and Stressors of 3 Deep - 3 Under Firezones

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

- **SAFE PRESSURE-** Maintain deep ball integrity, while adding immediate penetrators or stunt movements to the run fit. Can help defense create negative plays without a feast or famine philosophy of 6 man, Cover 0. **Offense = BEHIND THE CHAINS**
- **When protection is diagnosed correctly, NFL Firezones create 1 on 1s across the OL and often result in a favorable blitz match-up on the RB.**
- **Cover 4 Base Teams easily rotate down in Firezone coverage and naturally move into Sky and Buzz Rotations of our colored Country Cover 3s (Green, Blue, Black, etc.) .**
- **Normal Cover 3 issues are exacerbated. Seams are even weaker with one less hook defender. Flat Hot 2 players must stay more aggressive on reroutes in seam areas; thus are often later to flat zones.**
- **Modern offenses build-in natural blitz answers not only in pass, but also with the horizontal RPO game.**

NFL (COVER 33 FIREZONE PRESSURE)



BASE PRINCIPLES

3 Under 3 Deep Pressures allow safe blitz patterns with 3 Deep behind it. We will have two HOT 2 defenders with 1 F3 defender.

HOT 2 defenders will “wall, match, deliver” #2.

Wall the Seam

Match the out (shoulders must turn to sideline)

Deliver the in-cut. **(FORCE)**

The F3 (final 3) player will play in the Middle Hook and relate to the #3. Expand to curl if he expands. **(ALLEY OPTION RULES)**

3 x 1 Checks

All Pressures Play by rule. Call contingent

Some NFLs will check out in Triple Width or Empty

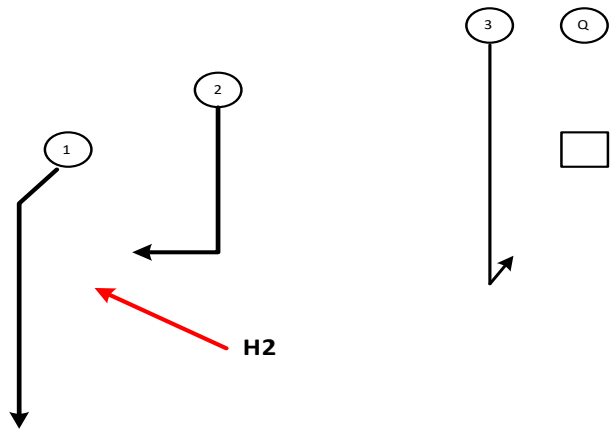
Important to remember to performance align off your key.
Ex: Hot 2....Relate to #2



NFL Firezone Coaching Points

- **You get second level overlap in Firezone Coverage. If the run creases, we should be able to get it down on the 2nd and 3rd level of the defense. Overlap!**
- **Cop rushers MUST box the ball back inside. We are not focusing on a squeeze in NFL pressures.**
- **The Back is in the route distribution formula in NFL. They are either a 2 or 3. H2 on a back must expand on flats/wheels. If #3, F3 player relates to him initially.**
- **Deep 1/3 Corners can lean more to #1 in the boundary.**
- **Deep 1/3 Corners can “Flood” all single width formations. Must communicate to H2 players. They now must carry the back out.**
- **H2 Defenders when away from #3....FOCUS ON THE REROUTE even more than normal.**
- **Ball should come out quick. We are vulnerable in flat areas, rally and tackle.**

HOT 2 Technique



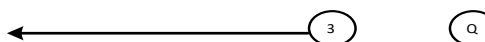
2 OUT

1. Key #2 to #3
2. Match 2 out. Expand width with depth.
3. Carry the wheel!



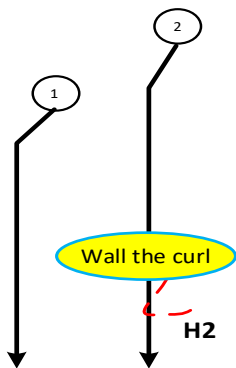
HOT 2 Coaching Points

- **Out of the fit UNLESS #2 is in the core. If #2 is in the core, your gap is OUTSIDE of him.**
- **H2 Players are FORCE players. Leverage the ball back inside. Pitch/Sweep players in option game.**
- **PASS PROGRESSION- WALL, MATCH, DELIVER**
- **Wall- Aggressively reroute the seam of #2. If #3 is away from you pre-snap you can stay on this a hair longer. If #3 is at you pre-snap, reroute thru #2 to the high-flat area underneath the comeback of #1 or a sail of #2.**
- **Match- Pattern match a flat route of #2. He is now yours. Carry the vertical. Match with DEPTH and WIDTH. (Note: Only Expand on Bubbles. Get eyes back to Q)**
- **Deliver- Pass off immediate in-breakers. Understand core offensive concepts. If someone is going in, expect a crosser or an immediate outcut by #3 (the new #2!)**



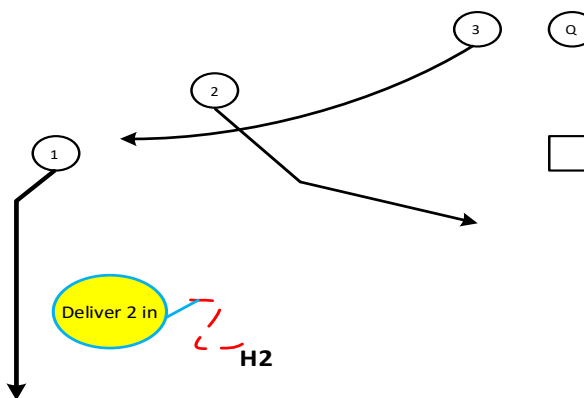
2 VERTICAL / 3 EXPANDS

1. Key #2 to #3
2. Wall the Curl with #2 in it. Inside leverage.
3. Eyes to 3. No expansion. HOLD CURL
4. Vision and Break of QB

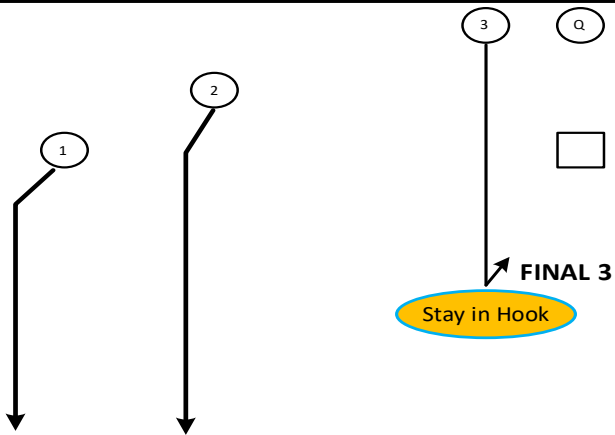


2 IN

1. Key #2 to #3
2. Deliver 2 in. "In, In, In!"
3. Expand with depth and width of #3.
4. Vision and Break of QB

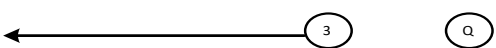


Final 3 Technique



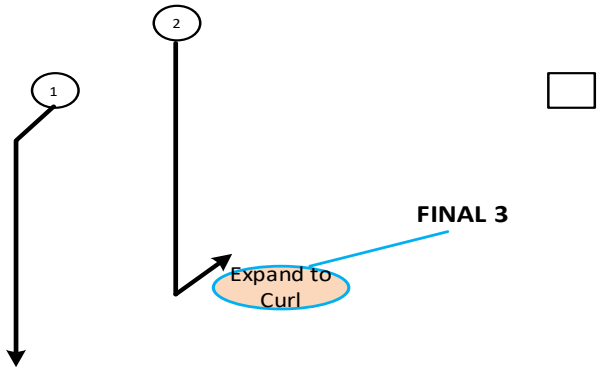
3 in the Hook

1. Key #3 to 2
2. Hold Hook
3. Vision and Break on QB



3 Expands- Zone Over to Curl

1. Key #3 to 2
2. Expand with Depth to Curl. Eye 2 to 1 coming in. Drain hook back if 2 crosses
3. Vision and Break of QB



3 Crosses

1. Key #3 to 2
2. Drain HOOK WITH DEPTH if 3 Crosses Face
3. Vision and Break of QB



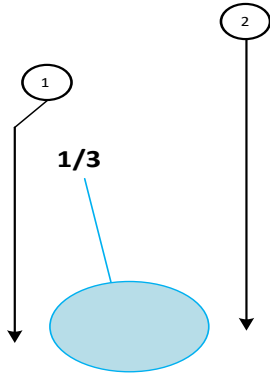
Final 3 Coaching Points

- **We are a pattern-relate player as an F3. Read it 3 to 2 in Hook. Train Eyes to Bounce between visuals in routes AND the QB.**
- **In F3, be intentional of not chasing underneath crossers. Pass them off. Someone low....expect high digs behind your head.**
- **When #3 is out of the core, we could be in run/pass conflict. Pass first players when out of fit. Pressures should take care of immediate interior gaps**
- **Alignment should be competitive on sticks and quick hitches.**
- **Depending on your preference, you can also make your F3 player a 3UP player as well. We do not....there is an expectation that pressure will get home before this becomes an issue.**

Outside 1/3 Technique

3 Q

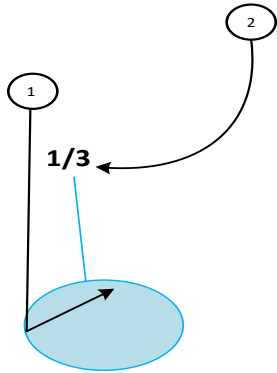
2 Vertical Threats



1. Key #2 to #1
2. Midpoint both verts
3. Deep as the deepest
4. Vision and Break off QB

3 Q

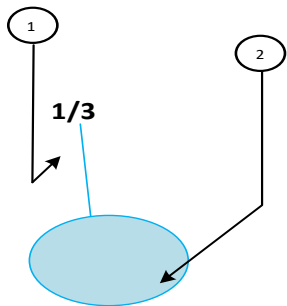
2 in the flat / 1 vertical



1. Key #2 to #1
2. #2 disappears, lean to #1.
3. Top the curl
4. Vision and Break off QB

3 Q

1 disappears, 2 vertical



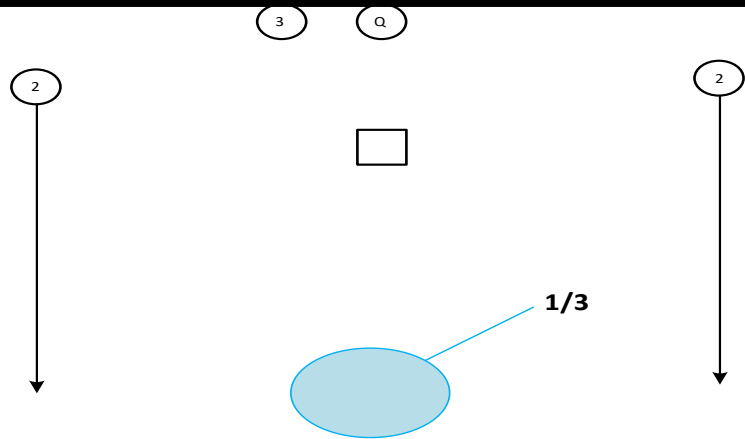
1. Key #2 to #1
2. #1 disappears, lean to #2
KEEP OUTSIDE LEVERAGE
3. Vision and Break off QB



Outside 1/3 Coaching Points

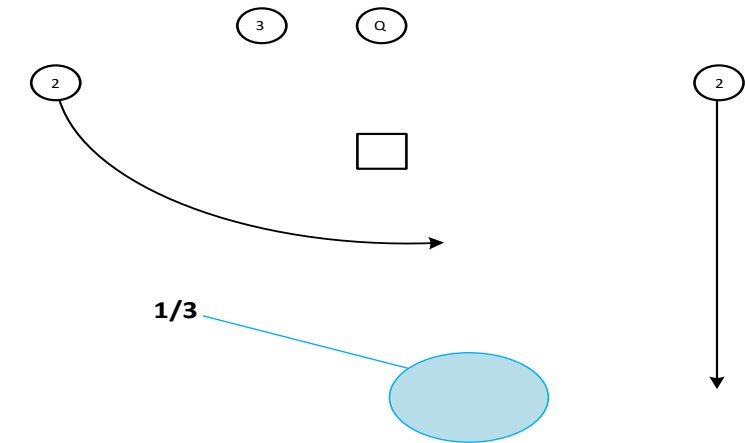
- **Firezone 1/3's and 1/3 in CC3 differ in minute ways.**
 - 1) **The ball should come out quicker**
 - 2) **If in single width, automatic "flood" calls**
 - 3) **Play tight 1/3's technique on #1 if #2 is undersplit or in curl (H2 player will expand outside of them)**
- **Normal 1/3 techniques apply when offense is in Double Width sets. Depth and divider, deep as the deepest rules. Midpoint #1 and #2 if ball in middle. Lean to #2 if ball on opposite hash.**
- **Slow down to a nub. When offense is adding to the core, they are adding gaps. We have to have 2nd and 3rd level OVERLAP.**

Post 1/3 Technique



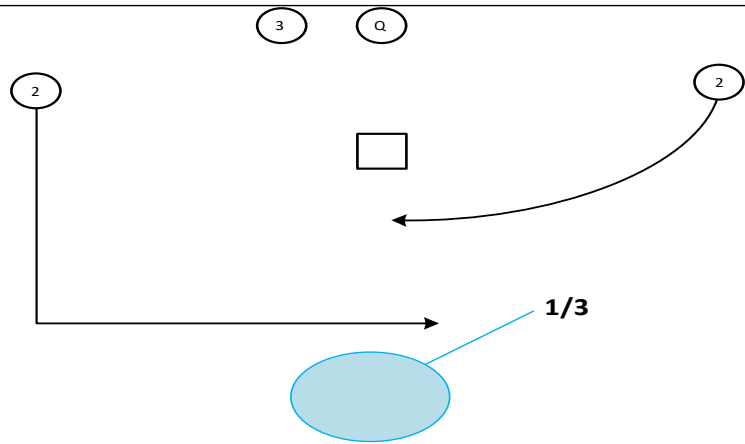
2 Vertical Threats

1. Shuffle-post tech to MOF
2. MOF IS MOF!!
3. Deep as the deepest
4. Vision and Break off QB



1 vertical threat

1. Shuffle-post tech to MOF
2. MOF IS MOF!!
3. Read QB shoulders, not EYES
4. Vision and Break off QB



No Verticals

1. Shuffle-post tech to MOF
2. MOF IS MOF!!
3. Read QB shoulders, not EYES
4. Vision and Break off QB



Post 1/3 Techniques

- **We are a middle-of-the-team team....not a middle-of-the-formation team.**
- **Our first steps are a Shuffle Technique. By using this, we feel like we can gain an extra hat to the alley away from rotation. However, the post defender **MUST** be right if he triggers on run! Pass first and second!**
- **Players have preference to go from a shuffle to a pedal OR go from shuffle to cross-over run.**