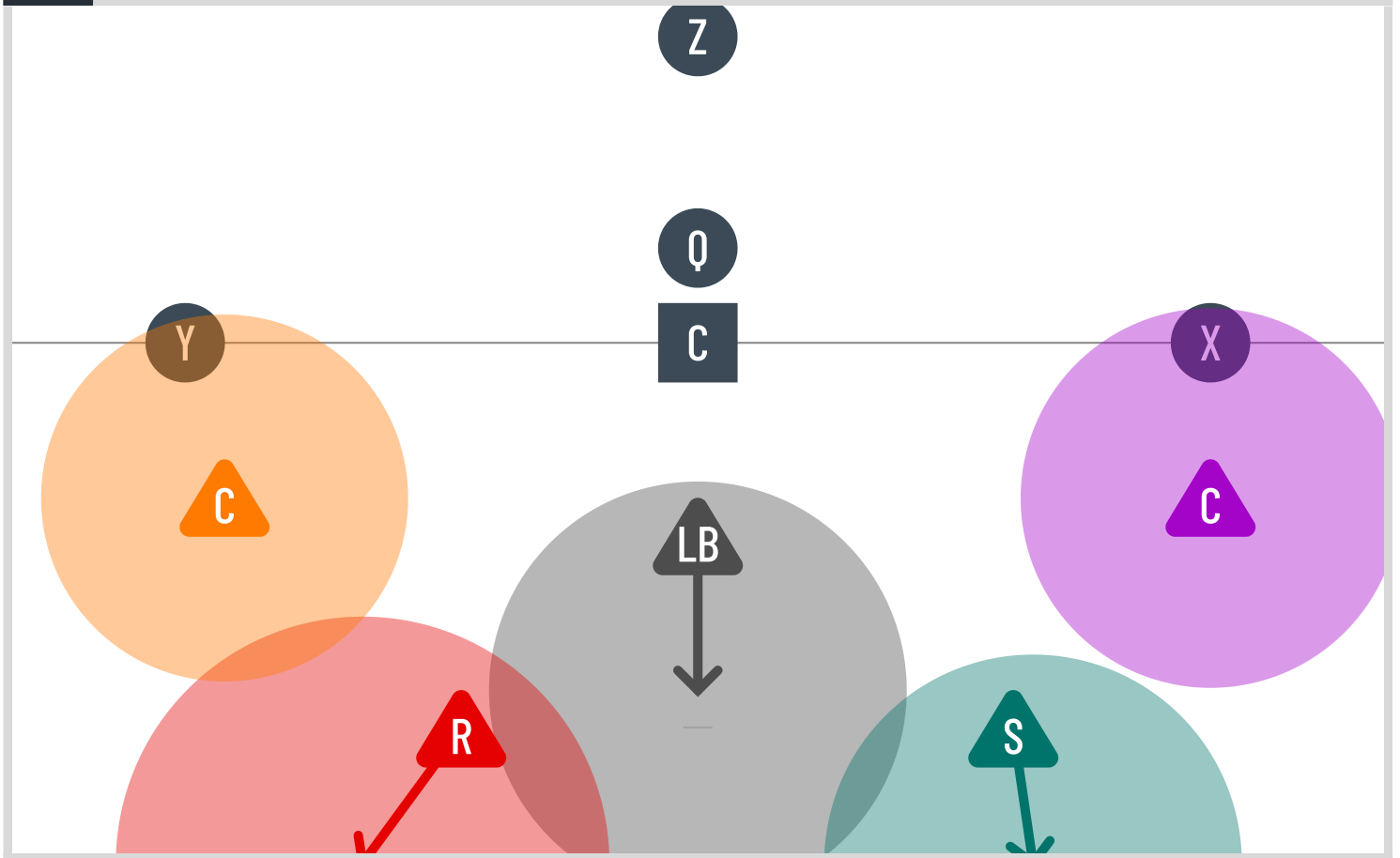

GRIDIRON GEEK


DEFENSE

CATEGORY

ALL DEFENSIVE PLAYS




This play will be good for times where the down and distance is longer. You need your linebacker to get underneath any routes going through the middle, because a good team could pick this apart if you don't get him in there.

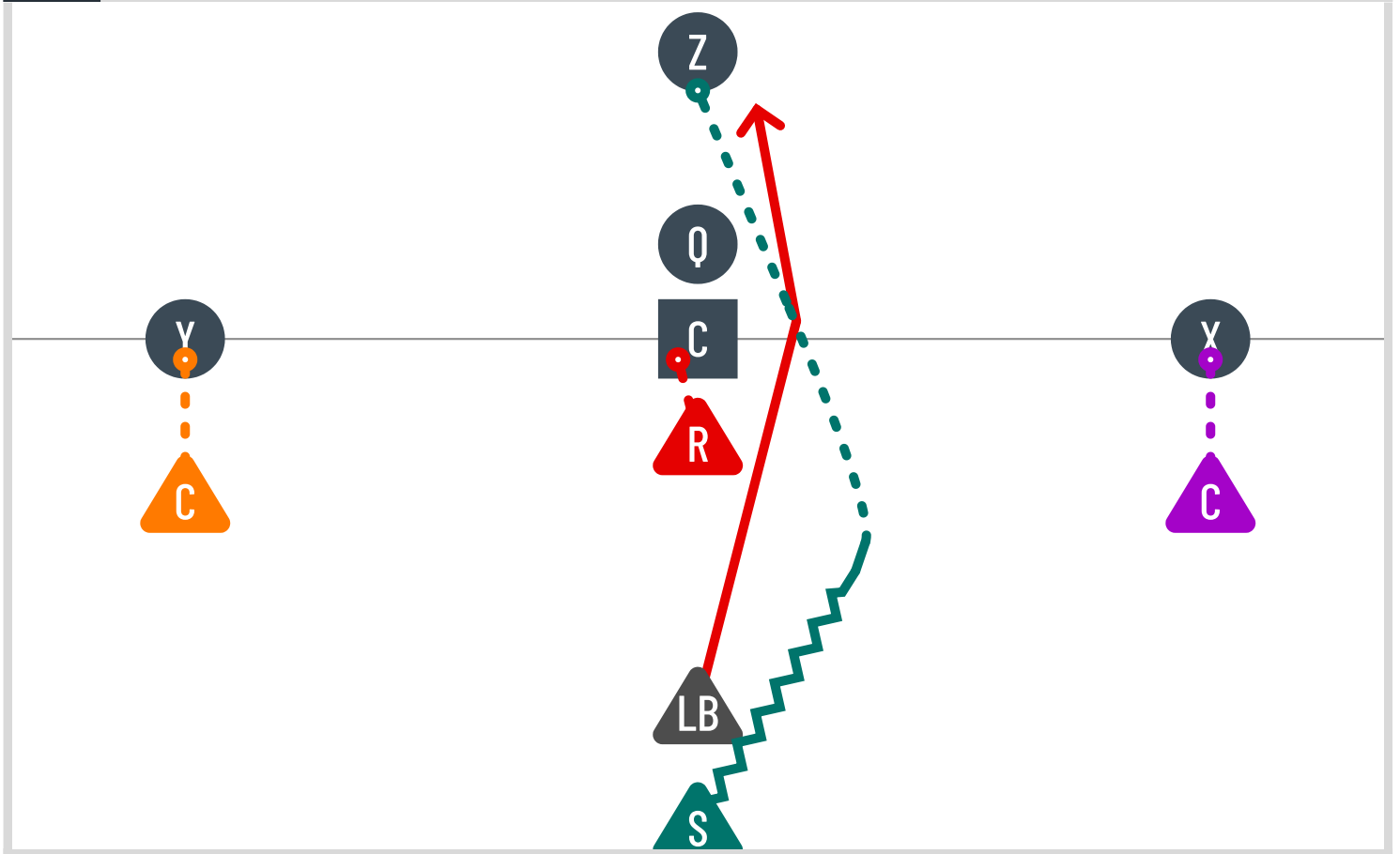
 get the deep half of the field

 flat


 flat

 deep half

 Get in the Tampa 2 zone and try and get straight between the safeties to prevent the middle working routes




Depending on your blitz rules, line up the LB blitzing where you need him. But regardless of the rules blitz the linebacker. Use this play on short yardage, or red zone plays. You can use this at any point on the field, and this could be your primary play especially if you have great athletes.

 Creep down, man up on the running back, or man up on a slot receiver if there is one instead of a RB

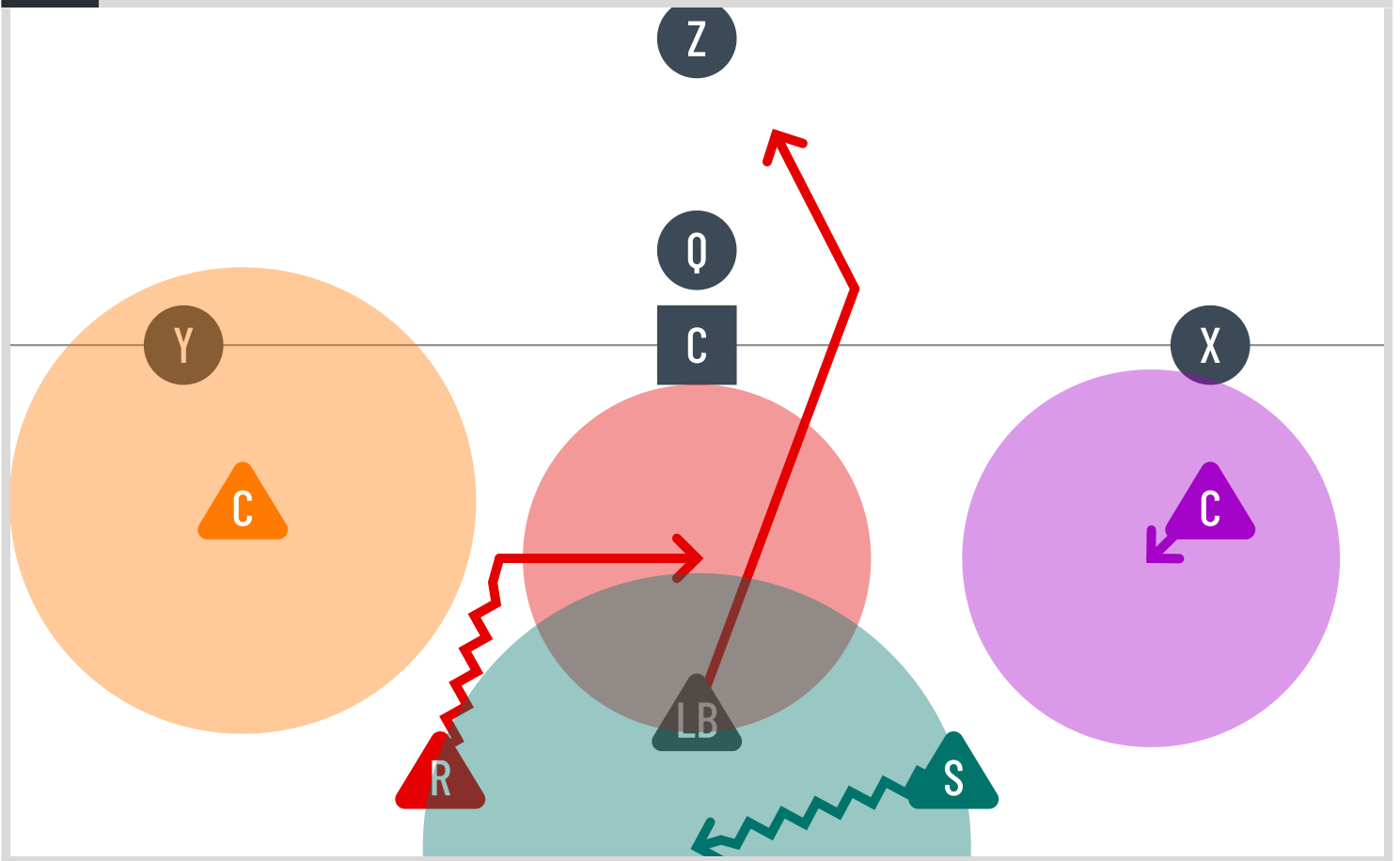
 man up on outside receiver

 man up on outside receiver


 man up the center

 blitz but don't run by a running back running the ball on the handoff, so be aware

3 Zone Blitz




On this one, you're going to run it on short yardage situations. If the QB has a good arm, avoid it, unless you have an absolute stud at safety

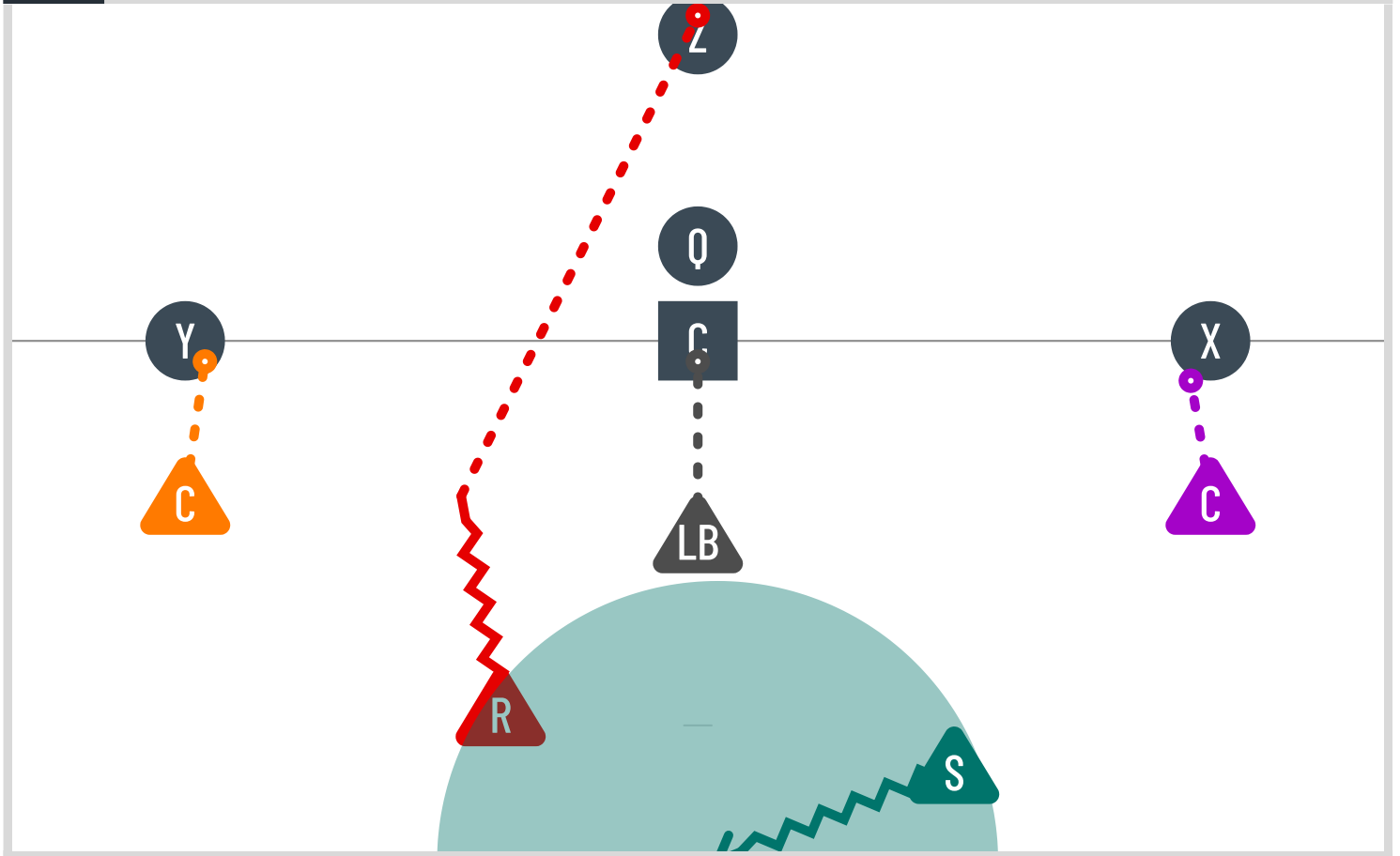
 Move into the post, you have the whole deep section

 flat

 flat

 slide down into middle zone

 blitz



This should be the base play unless you need pressure.



Cover 1



man up on outside receiver



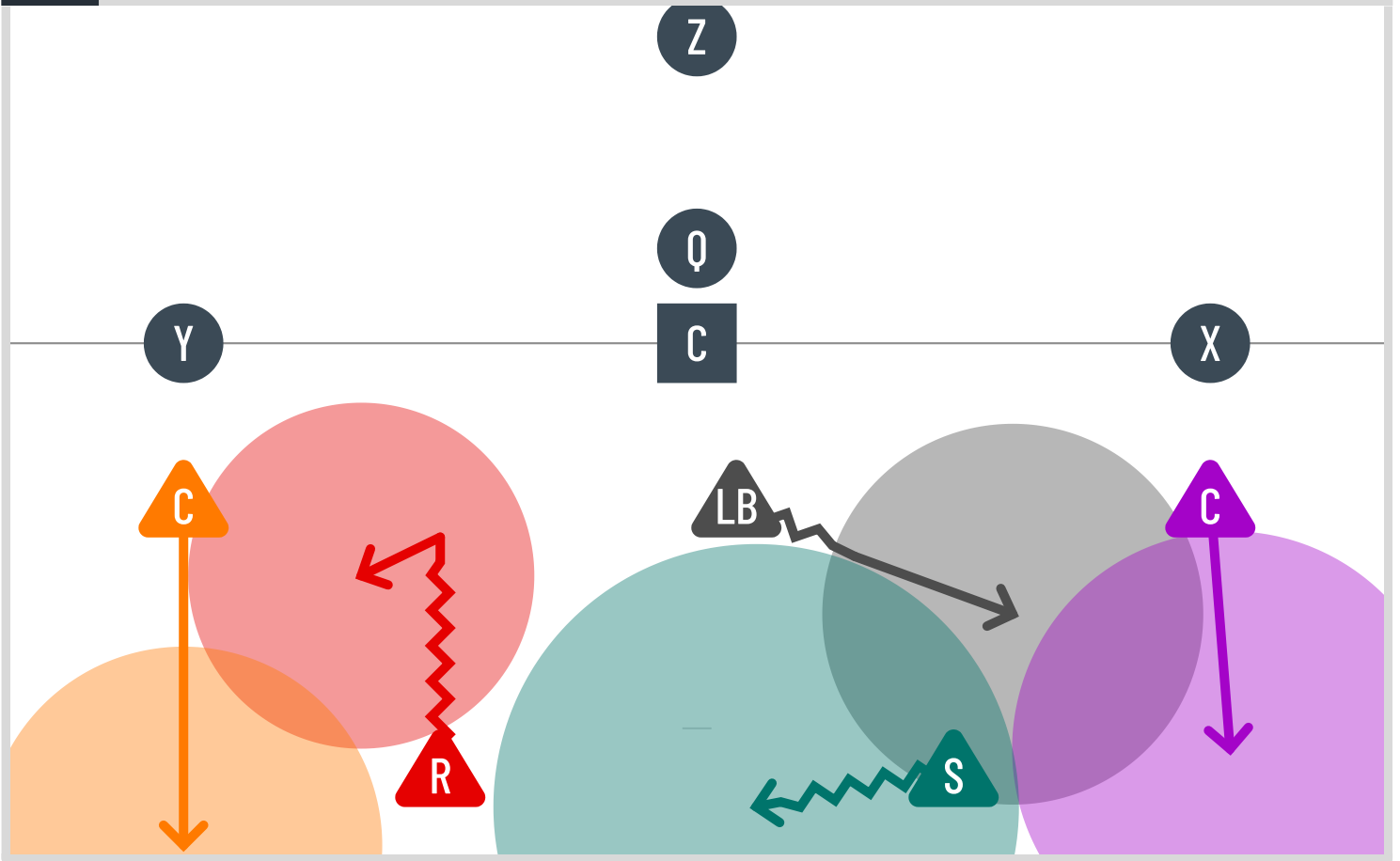
man up on outside receiver




slide down, man up on the running back. stay on a different level than the linebacker and corner so you dont run into them





man up on center





Get this on a long down and distance, unless the other team is absolutely smoking you deep and you have no other option.

 slide into the middle, get the post

 deep third

 deep third

 slide down, get the hook to curl

 hook to curl