

# PURPOSE



The reason for which something is created or for which something exists.

WHY ARE YOU HERE?

WHAT'S YOUR GOAL?

WHO'S IT FOR?

ALL ABOUT  
**ME**



ALL ABOUT  
**WE**

SURVIVING THE STORMS



Confidence - The ability to perform under pressure.

3 BOUY'S



Character - It's about \_\_\_\_\_.



Consistency - It's about \_\_\_\_\_.



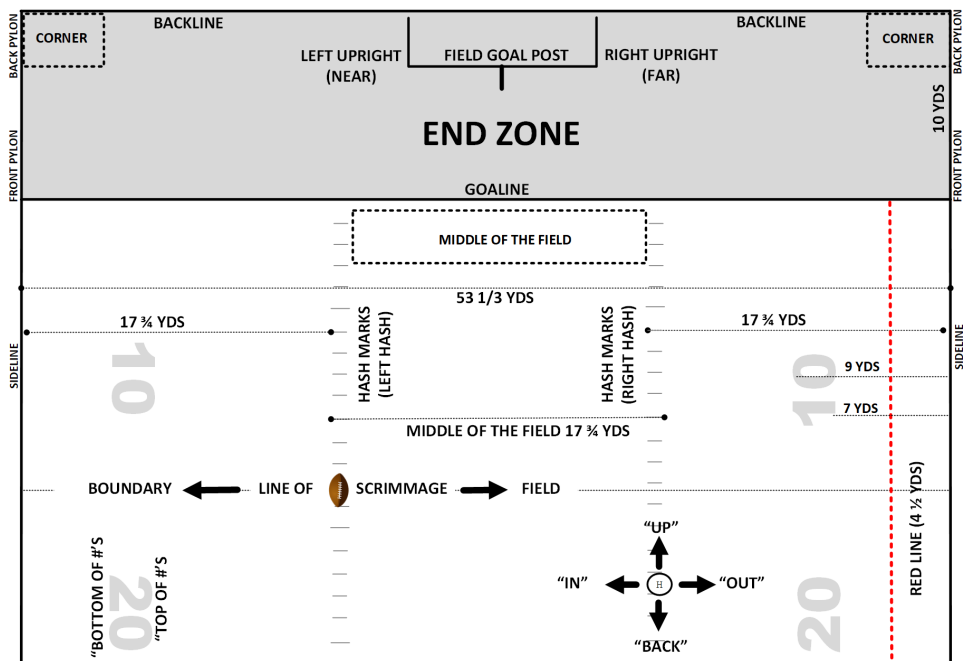
Commitment - It's about \_\_\_\_\_.



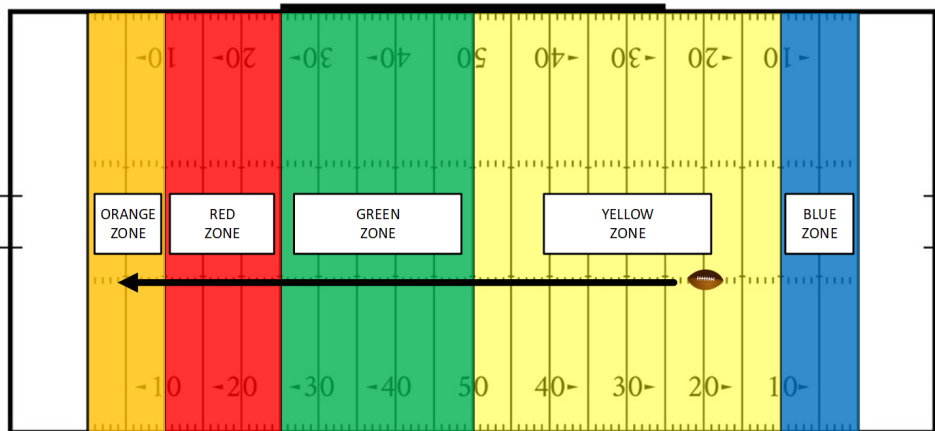
# FOUNDATION



## FIELD DIMENSIONS



## FIELD ZONES



**1** BLUE ZONE: \_\_\_\_\_

\_\_\_\_\_

**2** YELLOW ZONE: \_\_\_\_\_

\_\_\_\_\_

**3** GREEN ZONE: \_\_\_\_\_

\_\_\_\_\_

**4** RED ZONE: \_\_\_\_\_

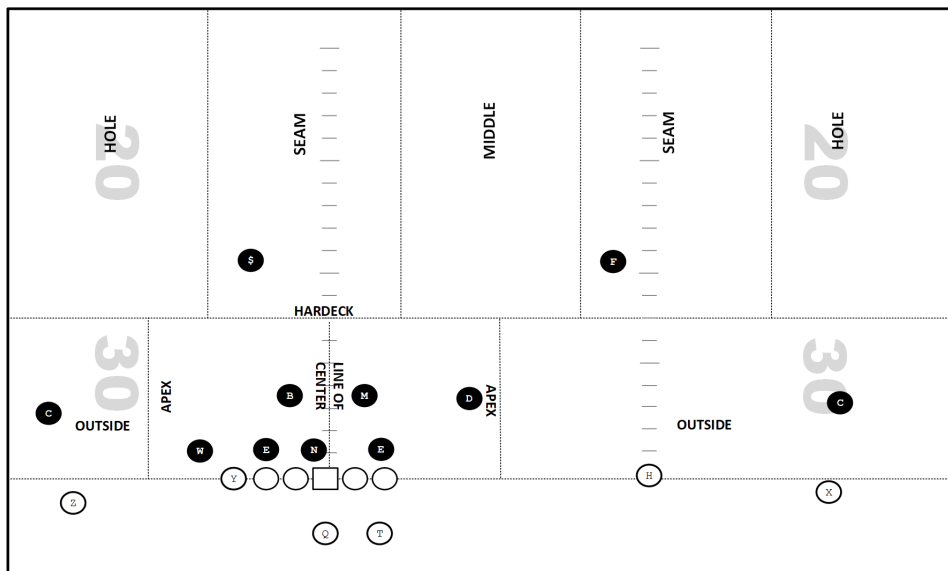
\_\_\_\_\_

**5** ORANGE ZONE: \_\_\_\_\_

\_\_\_\_\_

## H.A.L.O.

How many zones of space is presented for the defense to defend on a given down?



The H.A.L.O. tool highlights 4 key frames of reference that define space to be defended.

**1** HARDECK : \_\_\_\_\_

The vertical space above the Hardeck is divided into 5 tubes.

- ☐ HOLES: \_\_\_\_\_
- ☐ MIDDLE: \_\_\_\_\_
- ☐ SEAMS: \_\_\_\_\_

**2** APEX : \_\_\_\_\_

**3** LINE OF CENTER: \_\_\_\_\_

**4** OUTSIDE : \_\_\_\_\_

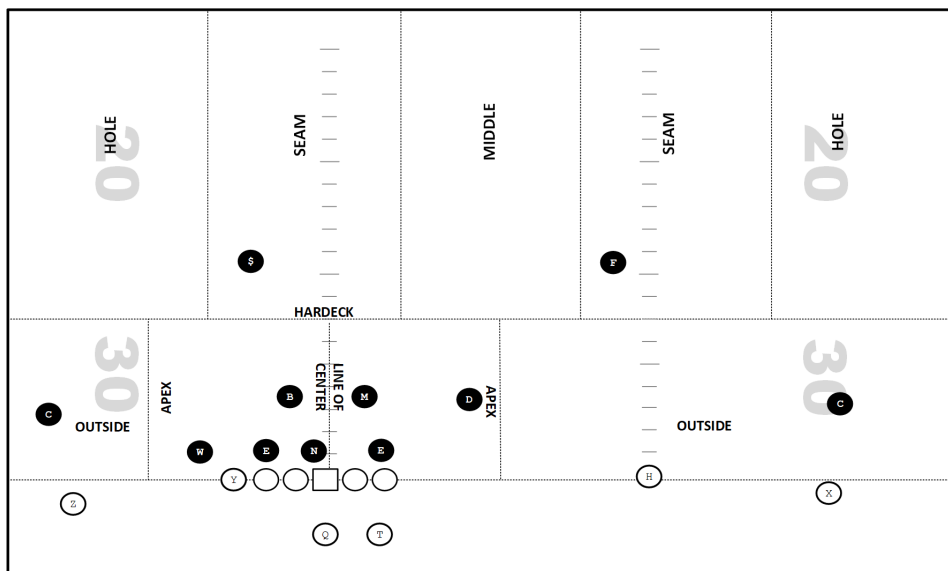
## COUNTING SPACES

In the diagram below, how many run gaps are presented in the run box?

How many WR's are in the outside space to each side of formation?

Add those spaces to the 5 vertical tube spaces about the hardeck.

RUN GAPS \_\_\_\_\_ + OUTSIDE WR THREATS \_\_\_\_\_ + 5 VERTICAL TUBES = \_\_\_\_\_



\_\_\_\_\_ TOTAL SPACES - 11 DEFENSIVE PLAYERS = \_\_\_\_\_ OPEN SPACES (BUBBLES)

## BUBBLES

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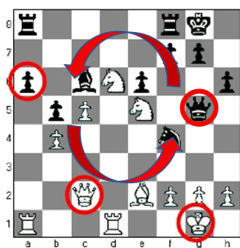
# FOUNDATION



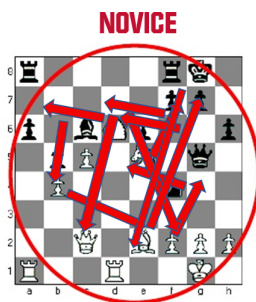
## READING H.A.L.O.

What secret do Grand Master Chess players know that novices don't?

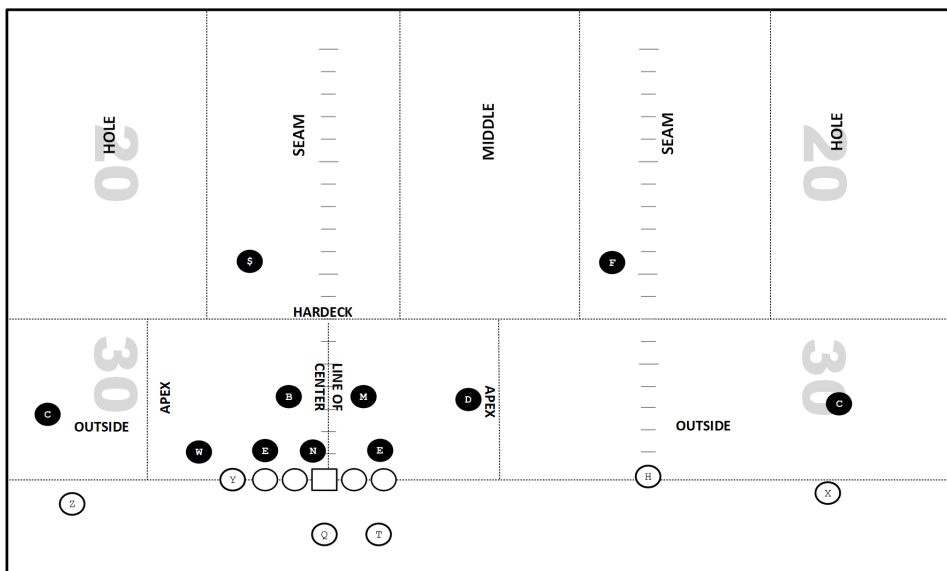
What are the key pieces on the defense to locate?



**GRAND MASTER**

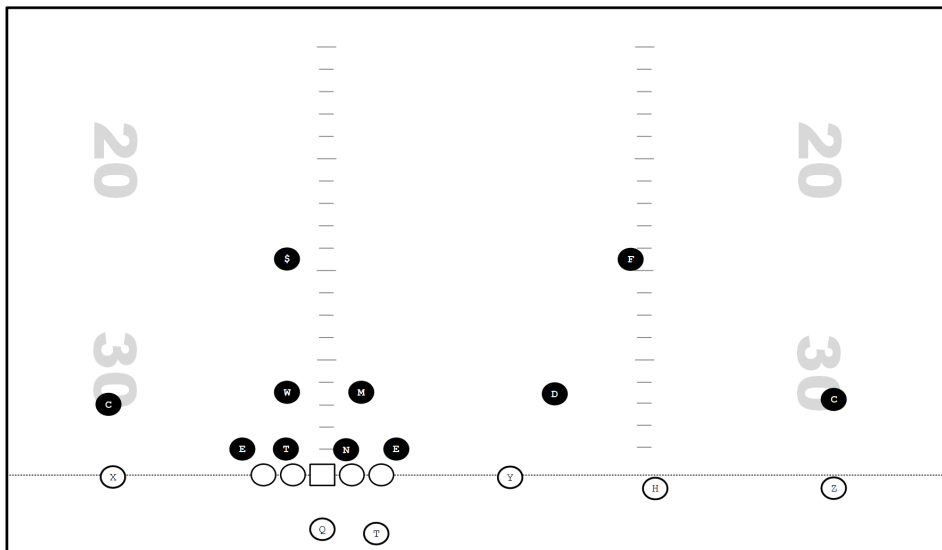


**NOVICE**



Circle the defenders that reveal the most information about defensive intent.

## H.A.L.O.



## PRACTICE DRAWING

Practice drawing the H.A.L.O. over this 3 x 1 formation & locate the BUBBLES.

- 1** Draw the Hardeck & 5 vertical tubes. Label each vertical tube.
- 2** Draw the Apex lines on each side of the formation.
- 3** Draw the Line of Center.
- 4** Label the Outside tubes on each side of the formation.
- 5** Circle the Bubbles of space in the appropriate tubes.

## PASS PLAY DIAGRAM

Draw a pass play that attacks each Bubble in the diagram above.

What route would you look at 1st, 2nd & 3rd?





## OFFENSIVE TYPE

Offenses are classified by the number of running backs & tight ends in the game.

Running backs align in the backfield to attack a defensive front.

The two main backfield families are 1 back or 2 back.

The number of tight ends dictate the personnel style of offense being played.

There are 3 primary personnel styles of offense.

1	1 BACK OFFENSE	10 PERSONNEL

2	1 BACK OFFENSE	11 PERSONNEL

3	1 BACK OFFENSE	12 PERSONNEL
		<div style="display: flex; align-items: center;"> <div style="width: 40px; height: 40px; border: 2px solid black; margin-bottom: 10px;"></div> <div style="width: 40px; height: 40px; border: 2px solid black; margin-bottom: 10px;"></div> <div style="width: 40px; height: 40px; border: 2px solid black;"></div> </div>



# OFFENSE



## OFFENSIVE TYPE CON'T

Offenses are classified by the number of running backs & tight ends in the game.  
Running backs align in the backfield to attack a defensive front.  
The two main backfield families are 1 back or 2 back.  
The number of tight ends dictate the personnel style of offense being played.  
There are 3 primary personnel styles of offense.

1	2 BACK OFFENSE	20 PERSONNEL
		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
2	2 BACK OFFENSE	21 PERSONNEL
		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3	2 BACK OFFENSE	22 PERSONNEL
		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

# DEFENSE



## DEFENSIVE TYPE

Defenses are classified by the number of linemen & linebackers in the game.

The defensive linemen align on the L.O.S. to create a front.

The two main front families in football are a 4 man front & 3 man front.

The number of linebackers in the run box dictate the style of defense being played.

There are 3 primary styles of 4 man front defenses.

1	4 MAN FRONT	4-3 DEFENSE
		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

2	4 MAN FRONT	4-2 DEFENSE
		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

3	4 MAN FRONT	4-1 DEFENSE
		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

# DEFENSE



## DEFENSIVE TYPE

Defenses are classified by the number of linemen & linebackers in the game.

The defensive linemen align on the L.O.S. to create a front.

The two main front families in football are a 4 man front & 3 man front.

The number of linebackers in the run box dictate the style of defense being played.

There are 3 primary styles of 4 man front defenses.

1	3 MAN FRONT	3-4 DEFENSE
		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

2	3 MAN FRONT	3-3 DEFENSE
		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

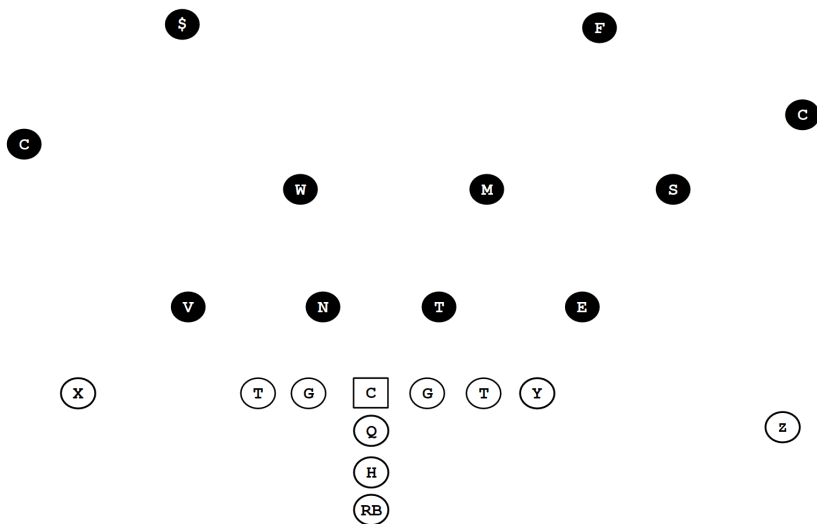
3	3 MAN FRONT	3-2 DEFENSE
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# DEFENSE

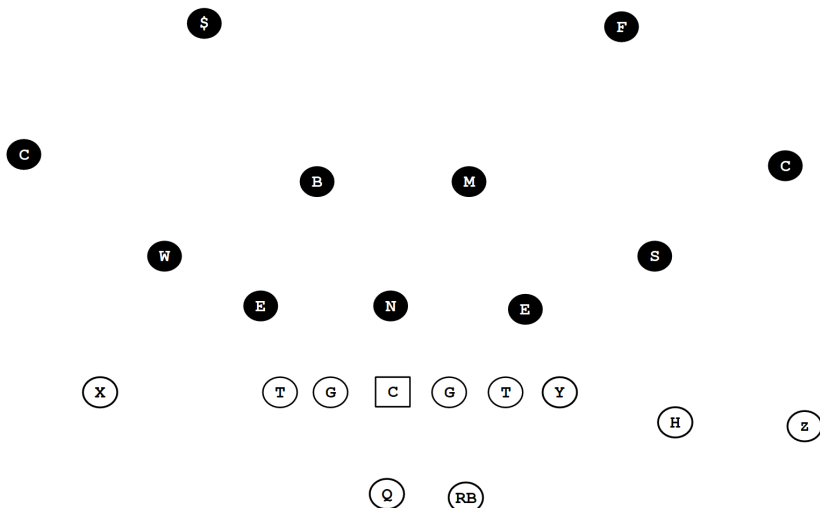


## DEFENSIVE POSITION TERMS

### 4-2 DEFENSE



### 3-4 DEFENSE



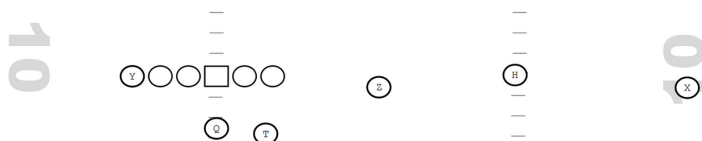
# DEFENSE



## STRENGTH DECLARATION

There are 3 ways that a defense will declare the strength of a formation. This is critical in determining where specific defenders will be located on the field.

### 1 FORMATION



What are the 3 methods that a defense can declare strength by the formation?

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

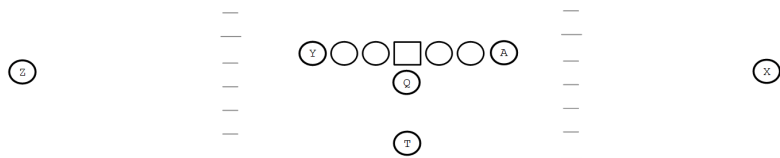
### 2 FIELD



What are 2 areas that a defense will use when declaring strength by field position?

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### 3 TENDENCY



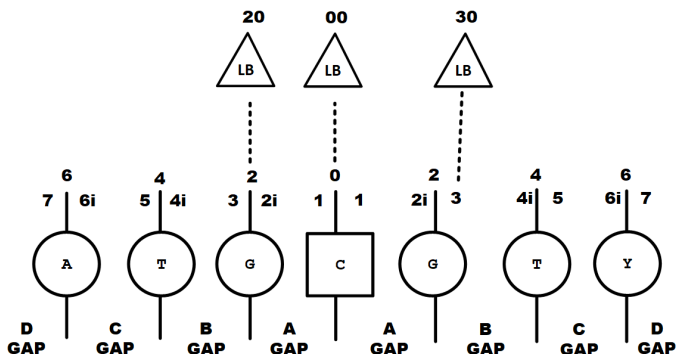
What are 2 examples of how a defense may declare strength by tendency?

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

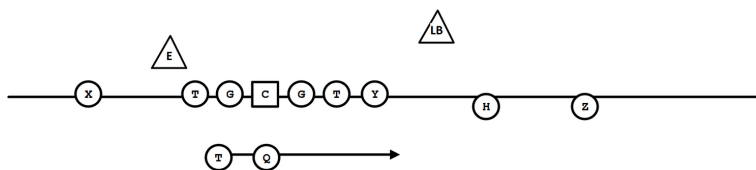
# DEFENSE



## DEFENSIVE TECHNIQUES



## GENERAL OFFENSIVE LINE TERMS



- 1 L.O.S. : \_\_\_\_\_
- 2 E.M.O.L. : \_\_\_\_\_
- 3 M.D.M. : \_\_\_\_\_
- 4 PLAYSIDE : \_\_\_\_\_
- 5 BACKSIDE : \_\_\_\_\_

# FRONTS



## 4 MAN FRONT TYPES

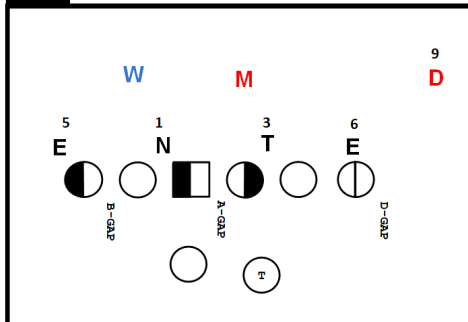
Defensive fronts are created by the alignment of defender techniques in the run box. There are 4 main alignments that a defense will use within a front family.

Defenders aligned in a run gap are "capped".

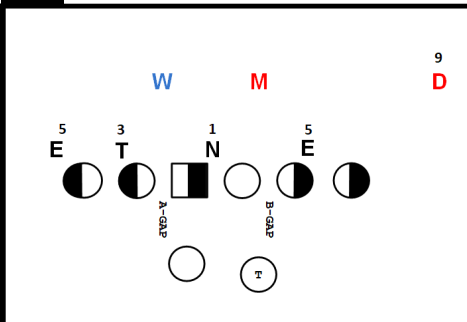
Gaps void of a defender are "uncapped" & create an **arch** entry point for the ball.

Every front has a strength and a weakness.

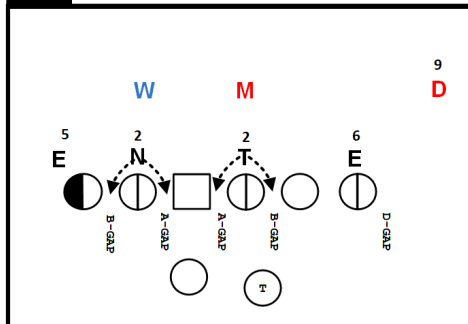
### 1 OVER FRONT



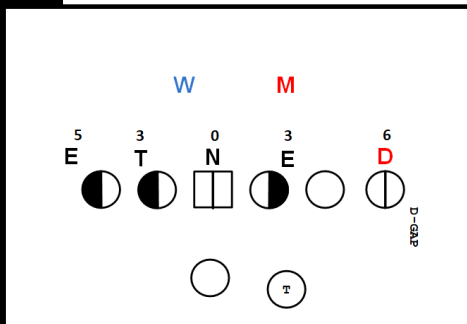
### 2 UNDER FRONT



### 3 EVEN FRONT



### 4 BEAR FRONT



# FRONTS



## 3 MAN FRONT TYPES

Defensive fronts are created by the alignment of defender techniques in the run box.

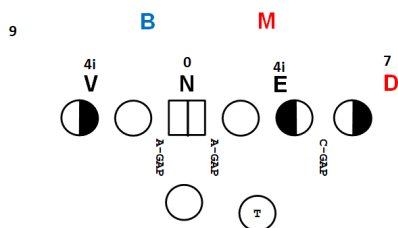
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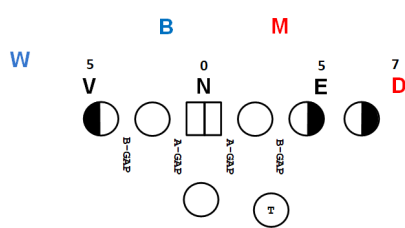
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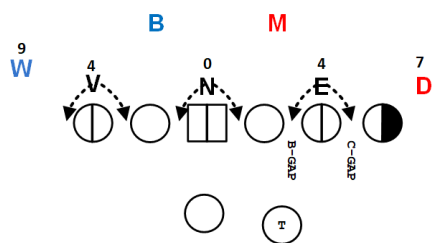
### 1 KINGS FRONT



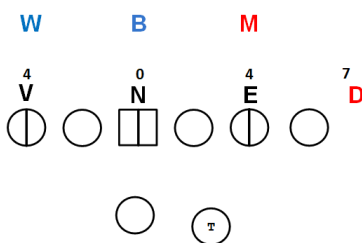
### 2 OKIE FRONT



### 3 JOKER FRONT



### 4 JOKER STACK FRONT





# COVERAGE



## BASE COVERAGE FAMILY

0

1

2

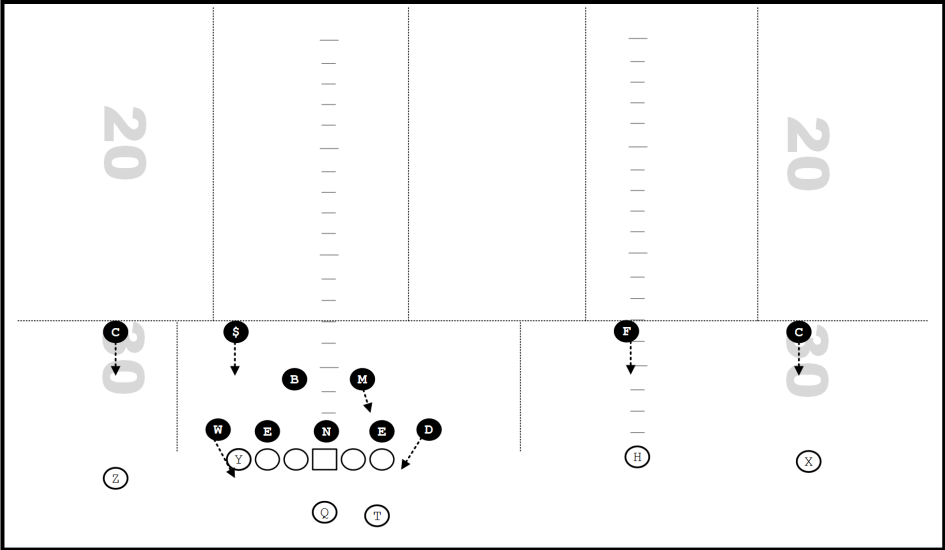
3

4

# COVERAGE

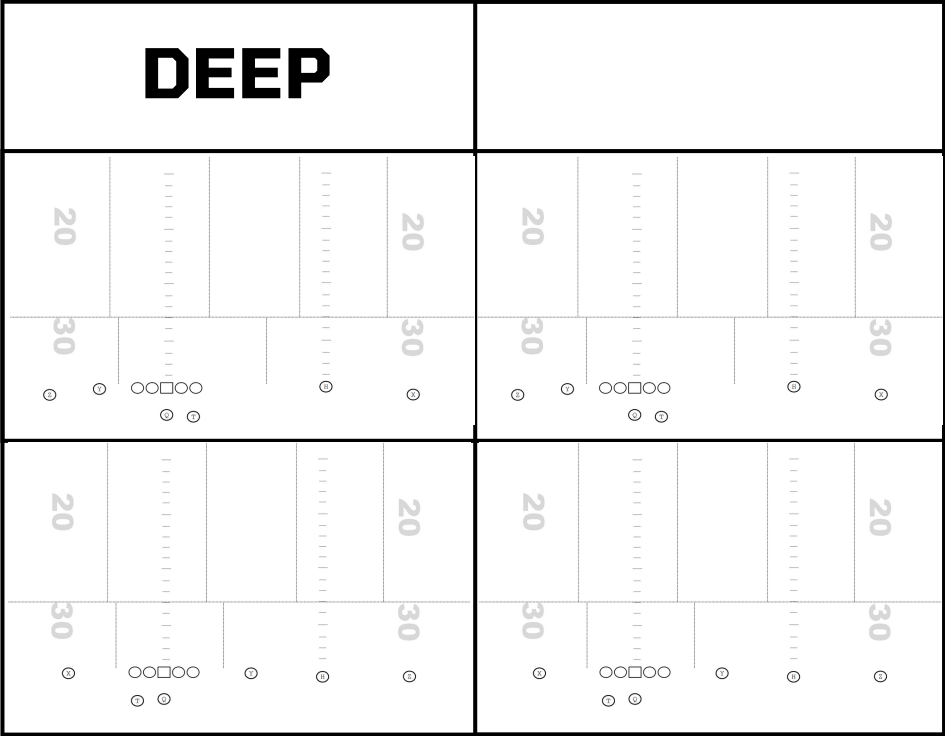


COVER 0



WEAKNESS

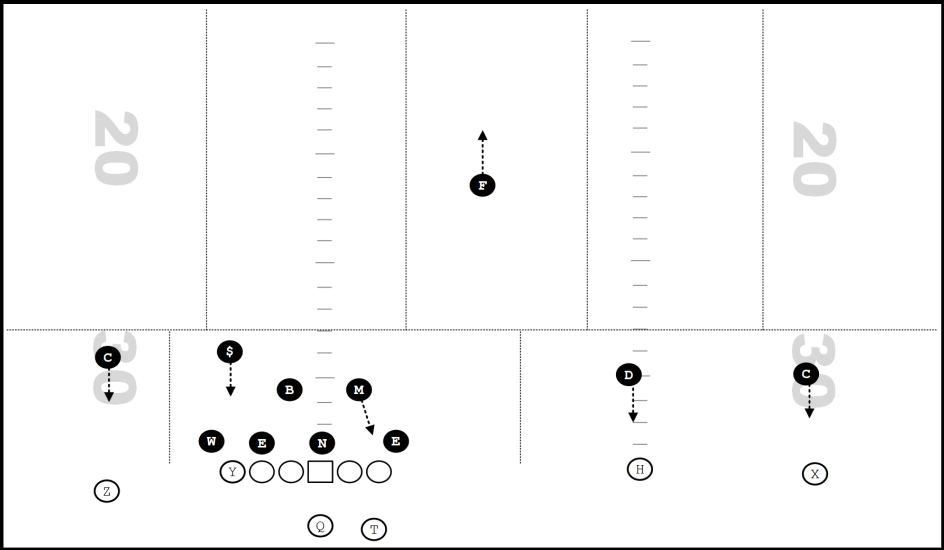
STRENGTH



# COVERAGE



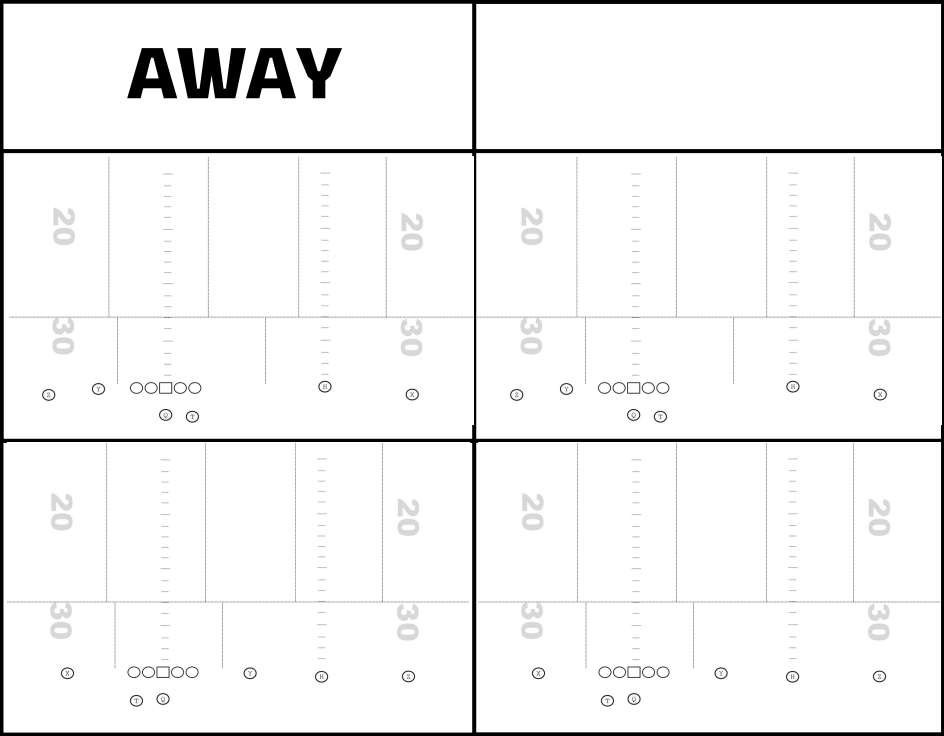
## COVER 1



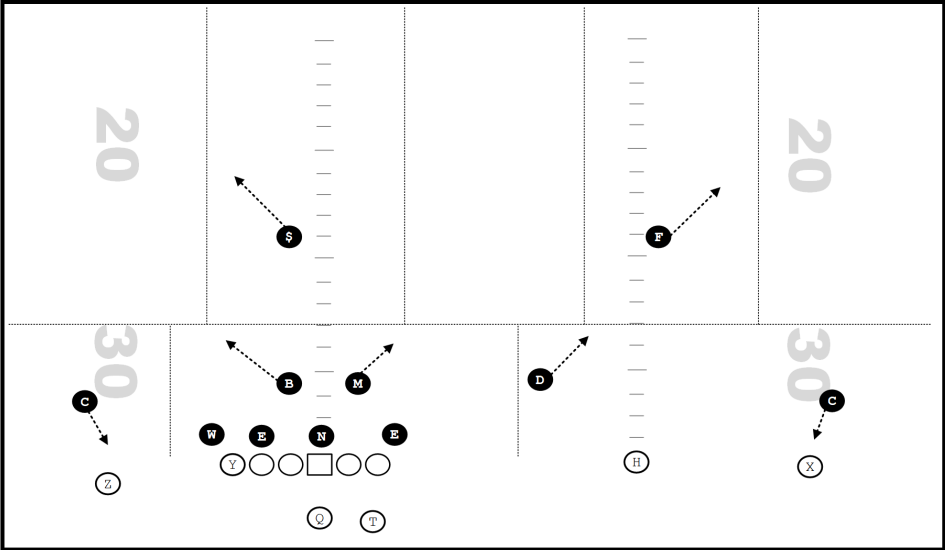
WEAKNESS

STRENGTH

# AWAY



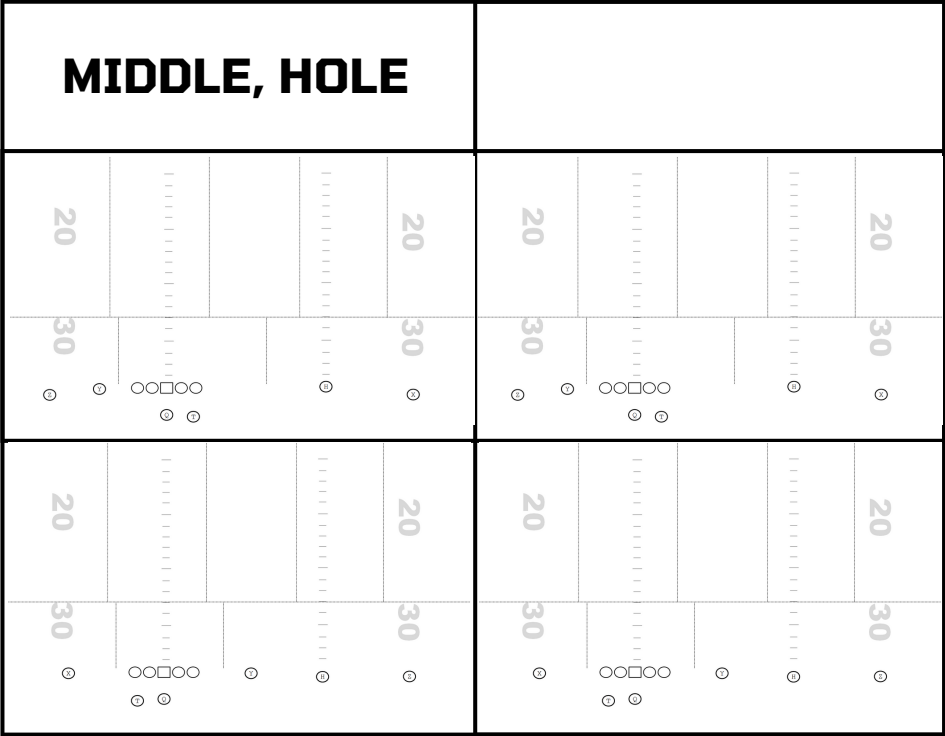
COVER 2



WEAKNESS

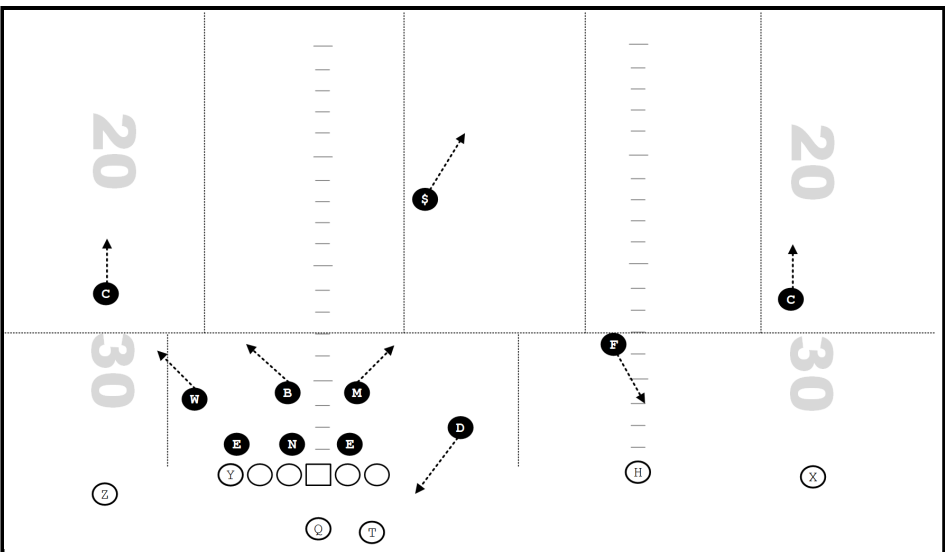
STRENGTH

MIDDLE, HOLE





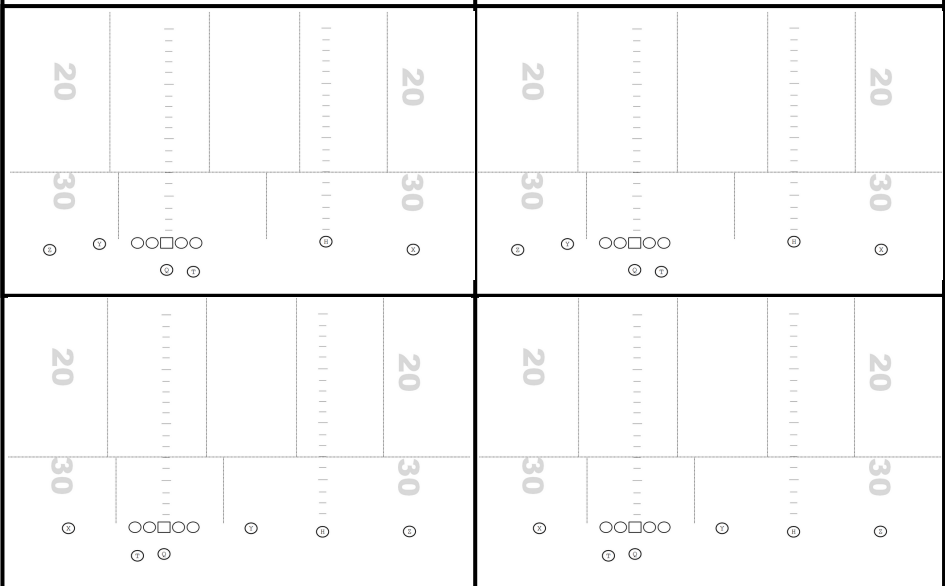
COVER 3 - SKY (FIELD)



## WEAKNESS

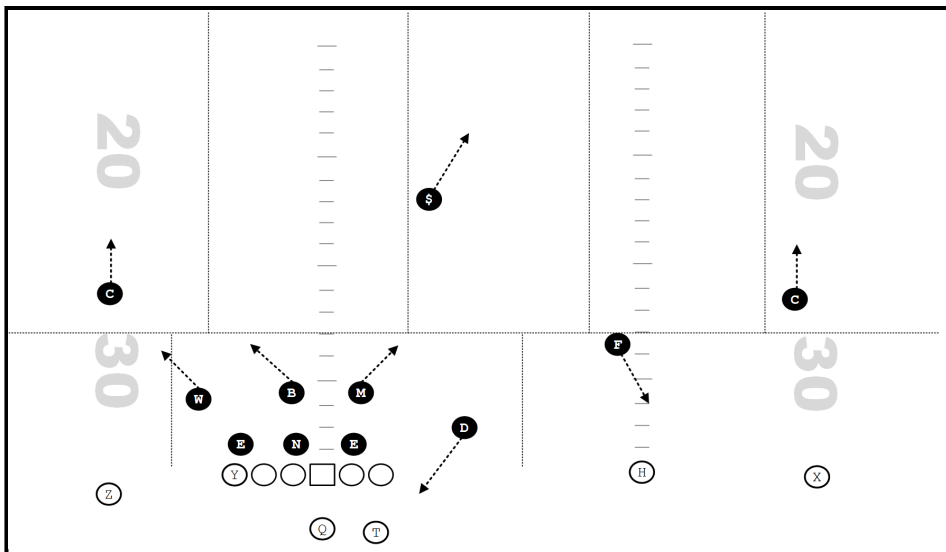
## STRENGTH

## SEAMS





COVER 3 - SKY (FIELD)



## STRENGTH

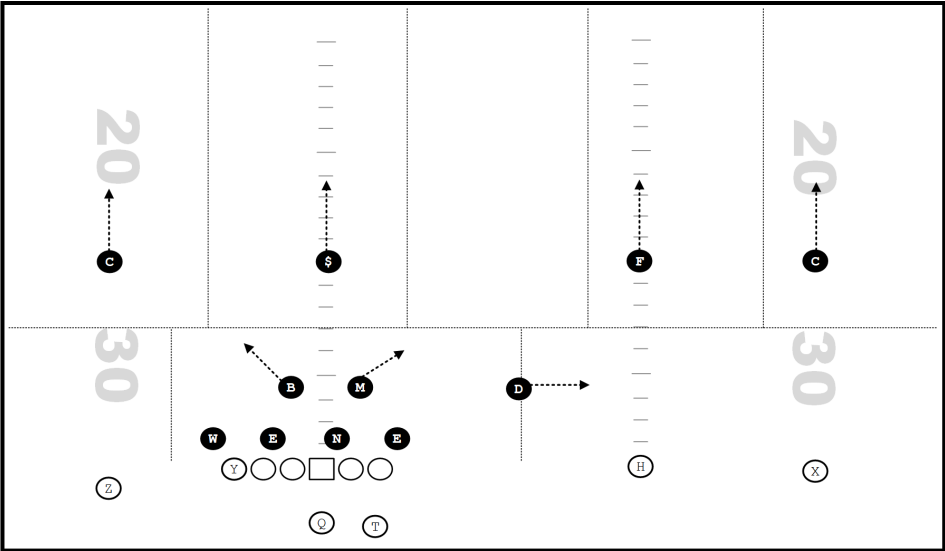
## SEAMS



# COVERAGE



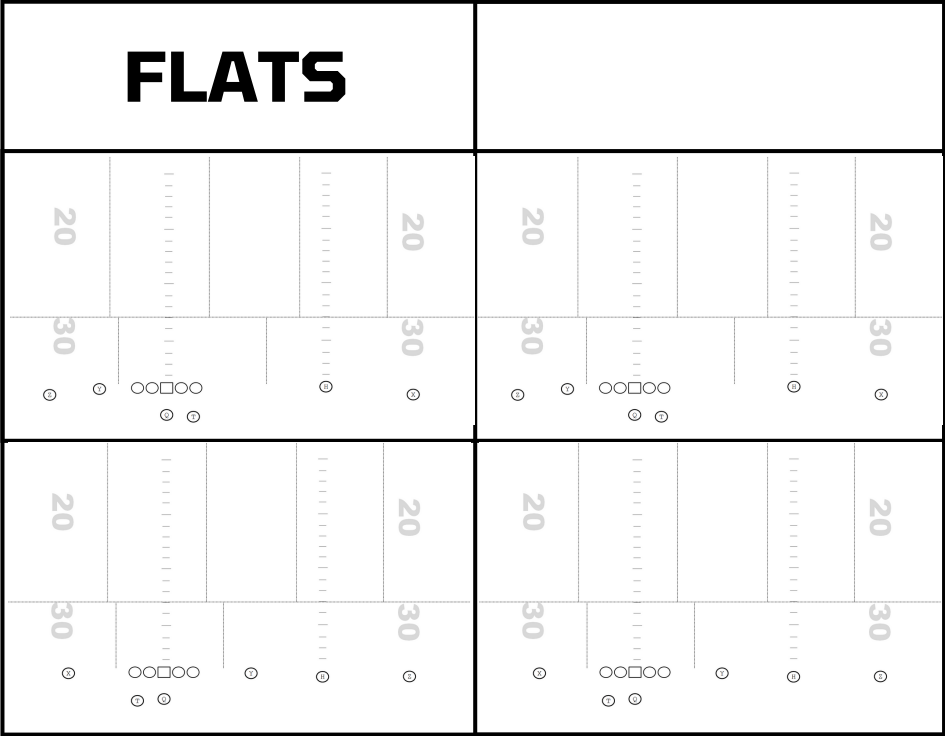
## COVER 4



WEAKNESS

STRENGTH

# FLATS



# COVERAGE



## BASE COVERAGE FAMILY TAGS

0

1

2

3

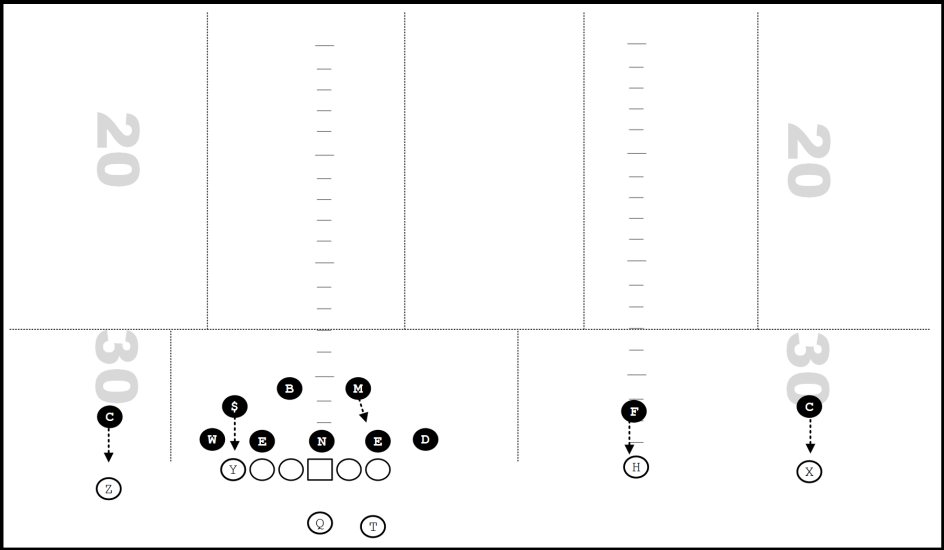
4



# COVERAGE



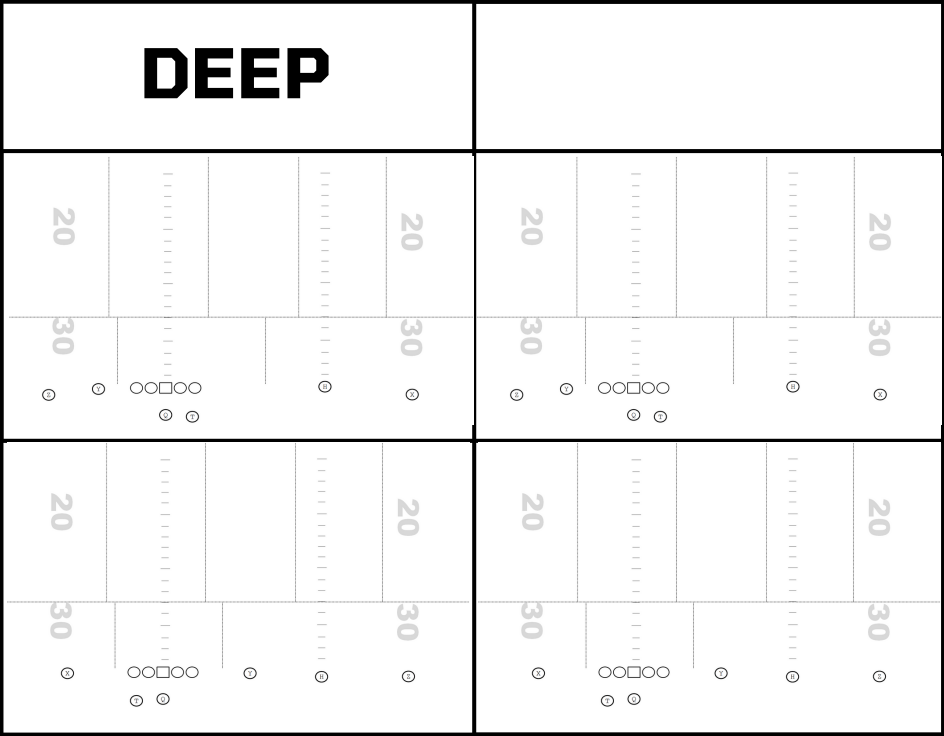
## COVER O - PRESS



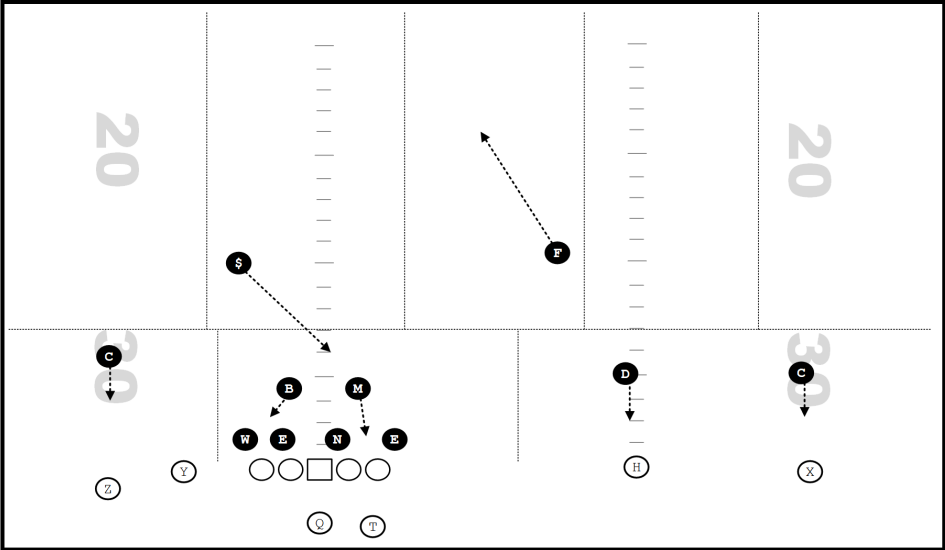
WEAKNESS

STRENGTH

# DEEP



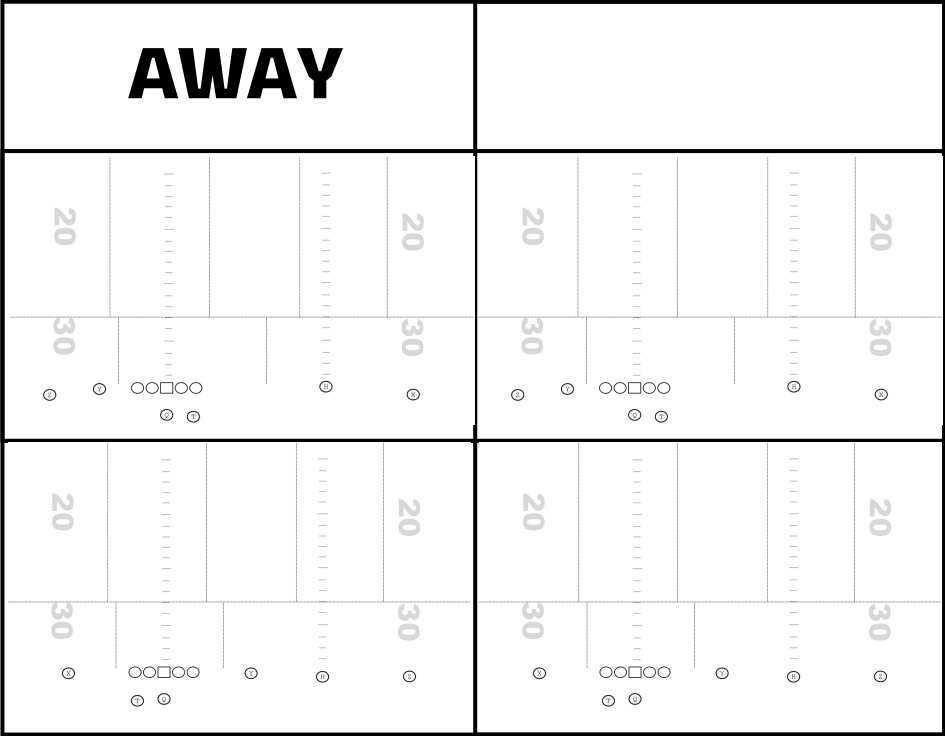
COVER 1 - ROBBER



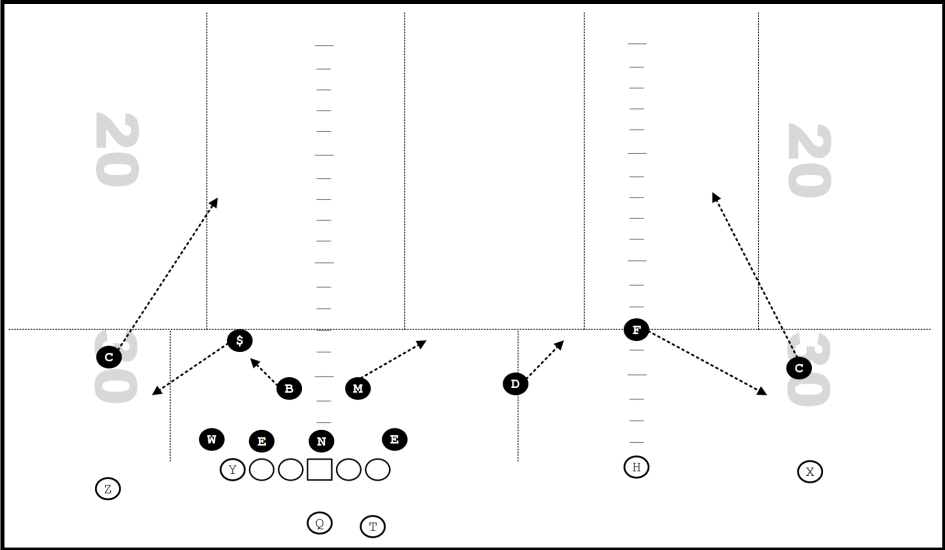
WEAKNESS

STRENGTH

AWAY



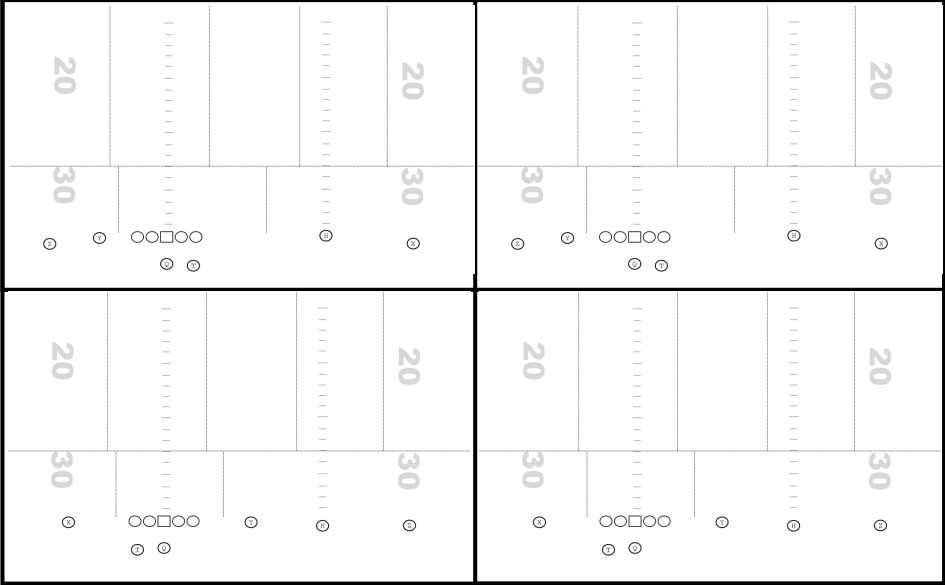
COVER 2 - INVERT



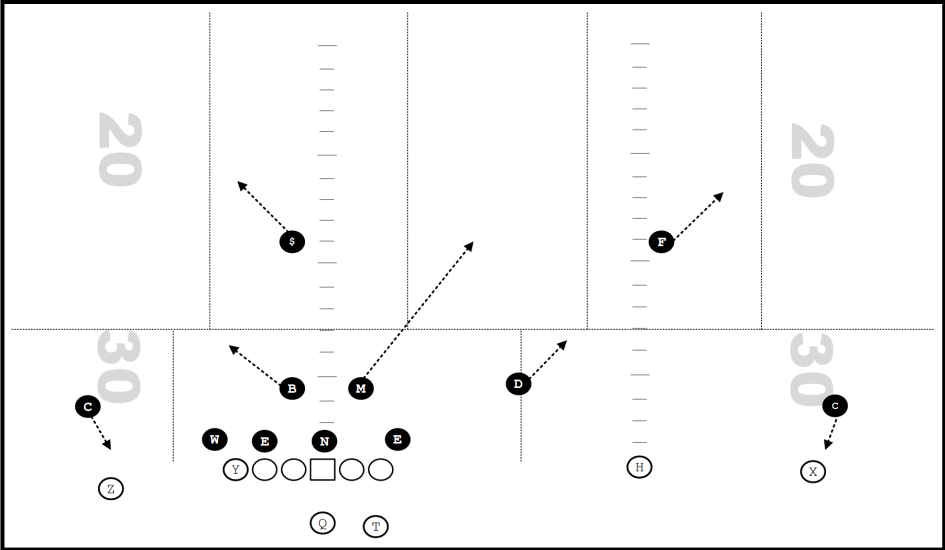
WEAKNESS

STRENGTH

MIDDLE, HOLE



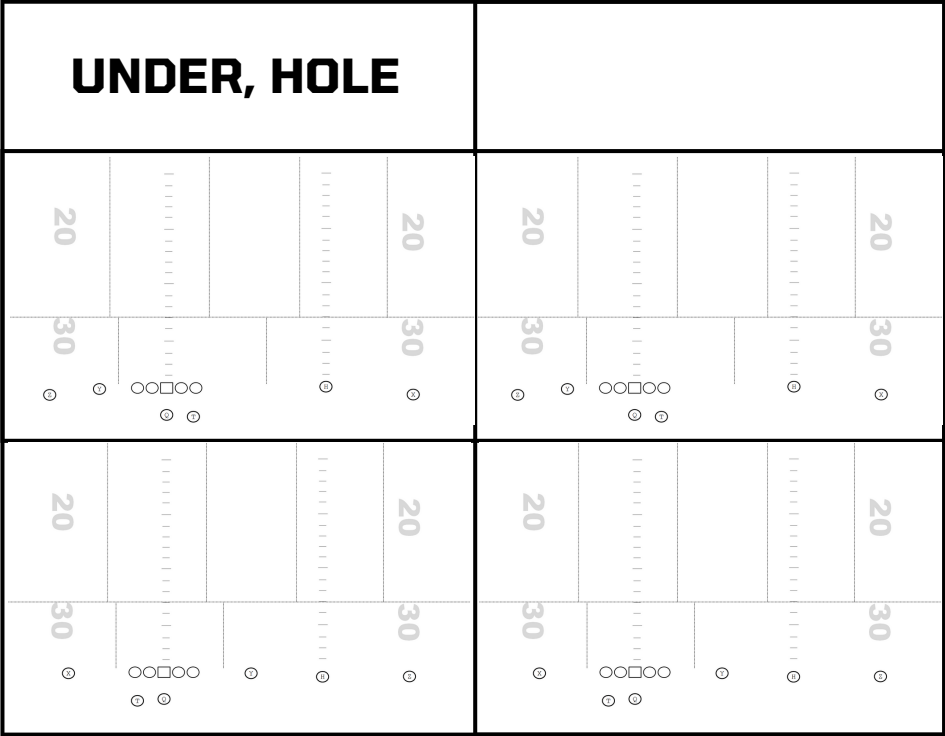
COVER 2 - TAMPA



WEAKNESS

STRENGTH

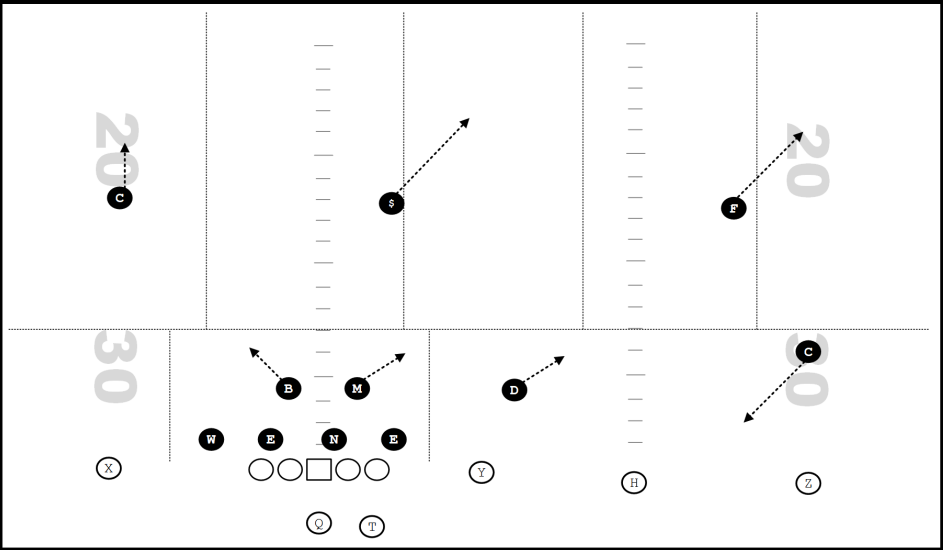
UNDER, HOLE



# COVERAGE



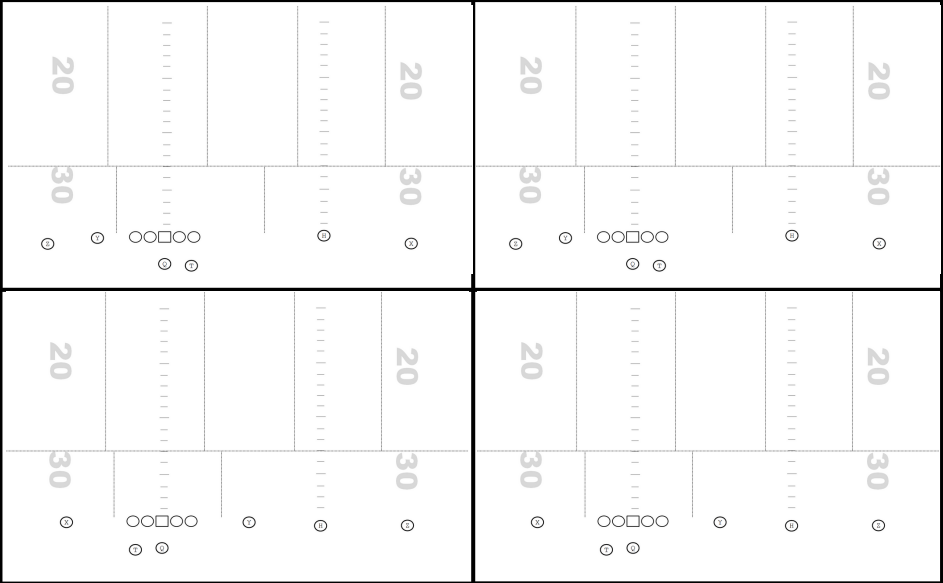
## COVER 3 - CLOUD (FIELD)



WEAKNESS

STRENGTH

# SEAMS



# COVERAGE



## COVER 3 - CLOUD (BOUNDARY)


WEAKNESS

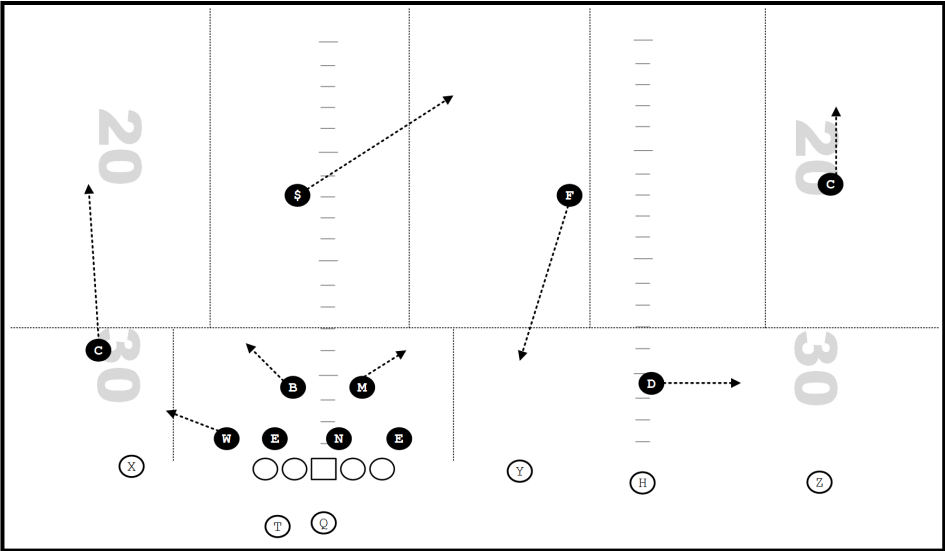
STRENGTH

<h1>SEAMS</h1>							

# COVERAGE



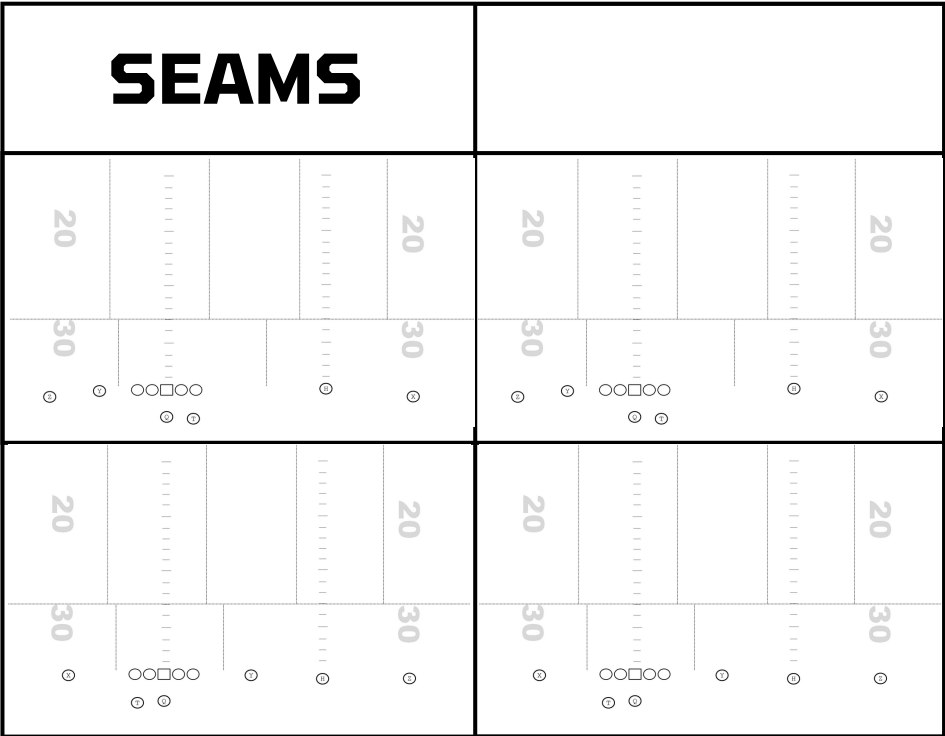
## COVER 3 - BUZZ (FIELD)



WEAKNESS

STRENGTH

# SEAMS





COVER 3 - CLAP

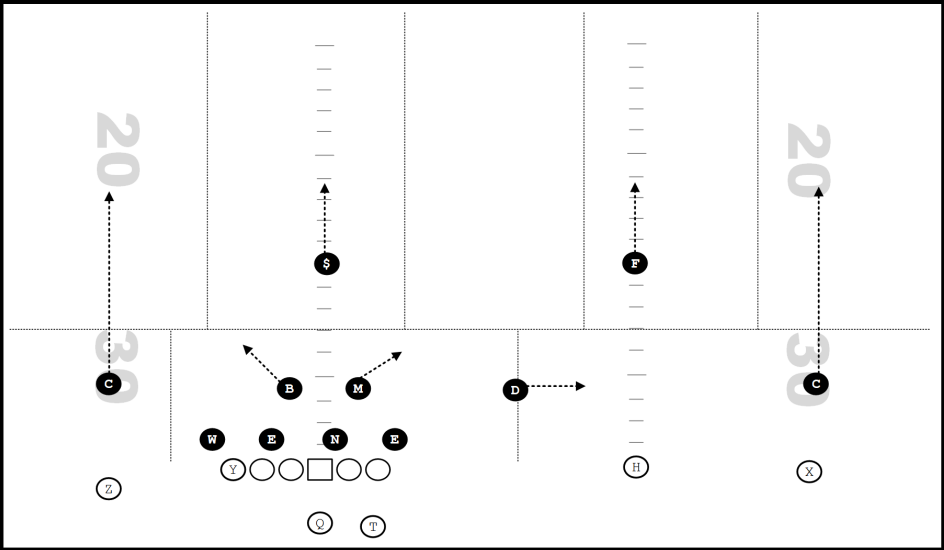
## STRENGTH

## SEAMS

20	30	
20	30	



COVER 4 - BAIL



WEAKNESS

STRENGTH

FLATS

