



**Grand Island Sr. High Defense
NCA Presentation '17**

Mission Statement

The mission of the Grand Island Senior High football program is to develop “Champions for Life”. The Islander football program will strive to develop young men that are excellent student-athletes, excellent leaders and men of character. Our goal is to help our players develop into outstanding leaders and citizens through football. - Champions for Life.



BUILDING CHAMPIONS FOR LIFE



Do Your Best

Treat Others with Respect

Do What is Right

CODE OF EXCELLENCE

- ATTITUDE**
- EFFORT**
- DISCIPLINE**
- FUNDAMENTALS**
- TEAM UNITY**

CORE VALUES

- HONOR**
- COURAGE**
- COMMITMENT**
- LOYALTY**

LEADERSHIP

Servant Leaders & Impactful Citizens

Islander Football - Code of Excellence

HOME

Our football philosophy at GISH is very simple. Our aim is to constantly pursue and consistently achieve Excellence in five key areas. We feel that if we can be truly Excellent in these five areas, we will be a respected and winning program on a consistent basis. We will always continually strive to be a program that our school and community are proud of.

(ex cel lence (ek' se lens) , n. unusually good quality;
being better than others; superiority.)

“When Excellence Becomes The Tradition... Greatness Has No Limits”

1. ATTITUDE: No other single factor determines our success, or lack of it, more than attitude. We will strive as individuals to develop and maintain a positive attitude and we will strive as a program to establish a collective attitude of Excellence. We want our collective attitude to guide our response to adversity and our pursuit of Excellence. Attitude is everything.

2. DISCIPLINE: All consistently successful organizations pay attention to details. We will strive to be men of honor, courage, commitment and loyalty. We will stress and demand discipline on and off the field. Paying attention to details , no matter how small, will help us achieve our goals in football and in life. **SWEAT THE SMALL STUFF!**

3. EFFORT: Much emphasis is constantly placed on the Will to Win. While the Will to Win is, without a doubt very important, we feel it is but a small part of achieving Excellence. Champions in any field of endeavor possess the Will to Prepare to Win. We will do everything in our power to outwork and out prepare our opponents and will stress the importance of preparation in everything we do. There is no substitute for Effort and Toughness and we will strive to have both. **Process Before Results in Football and in Life.**

4. TEAM: Football is more unique than any other sport, in that it requires the collective effort of eleven individuals. We will always stress the Team and Program above the individual and all who Choose to be a part of us will sacrifice individual welfare for the good of the Team. It is amazing what can be accomplished when nobody cares who gets the credit. If every individual player, coach and parent takes the “M” in ME and turns it upside down, WE have a chance to be the best.

5. FUNDAMENTALS: An old football law states that The Team That Blocks and Tackles the Best Will Win! We believe in this wholeheartedly and will make every effort to become as strong and as skilled as we can in every area. If we are as fundamentally sound as we can be in blocking, tackling and ball handling, we will compete very well on a consistent basis and will have a chance to achieve Excellence.

Islander Defense



Core Principles.....

- 1. Team, Team and above all Team**
- 2. Effort**
- 3. “Physicality”**
- 4. Attention to Detail**
- 5. Tackling**
- 6. Pursuit**
- 7. Master technique by position (Eyes, Hands & Feet)**
- 8. Seamless as possible between 4-2-5 & 3-4**

Islander Defense

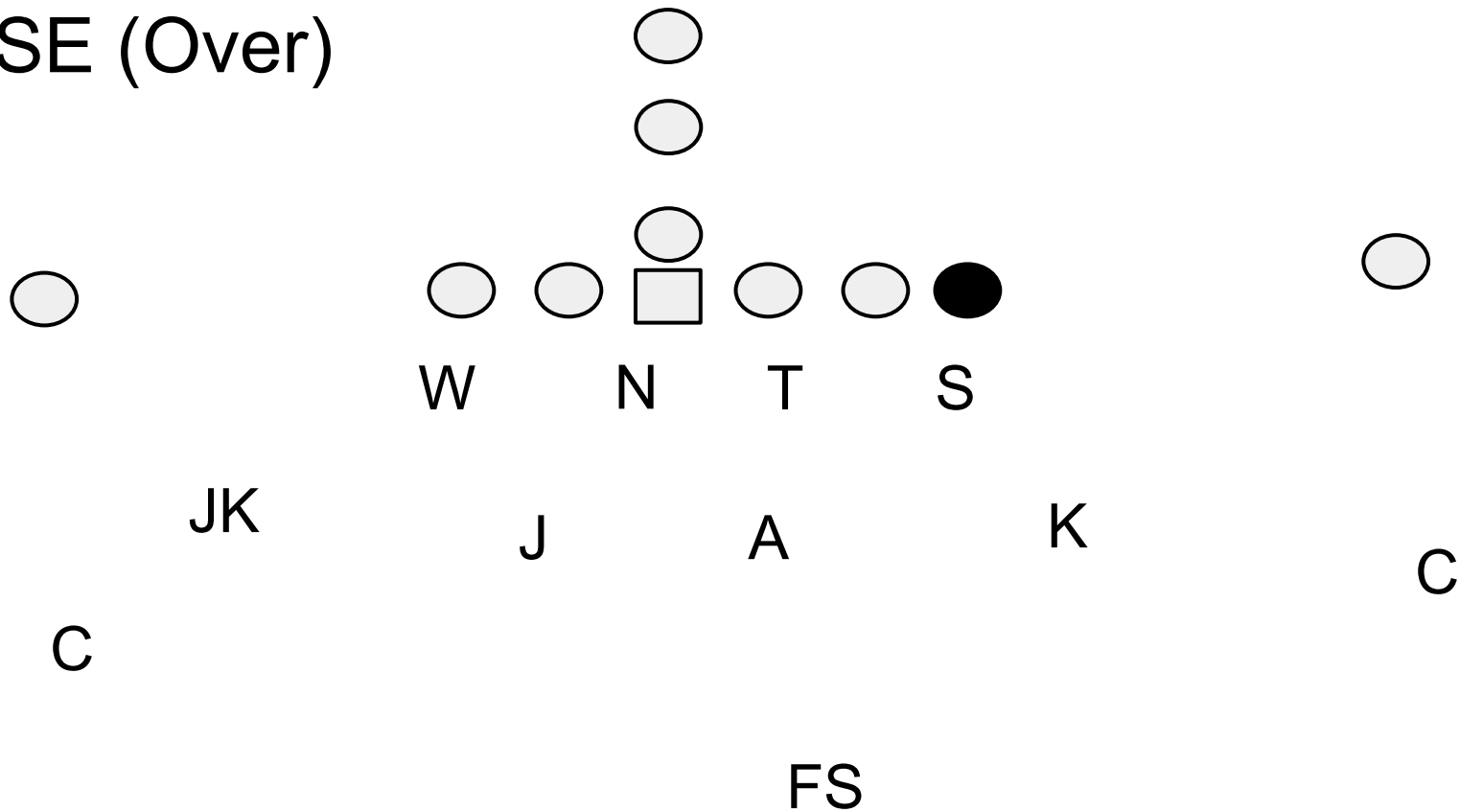


Strength Designations.....

***Run & Pass Strength are different / We call run strength**

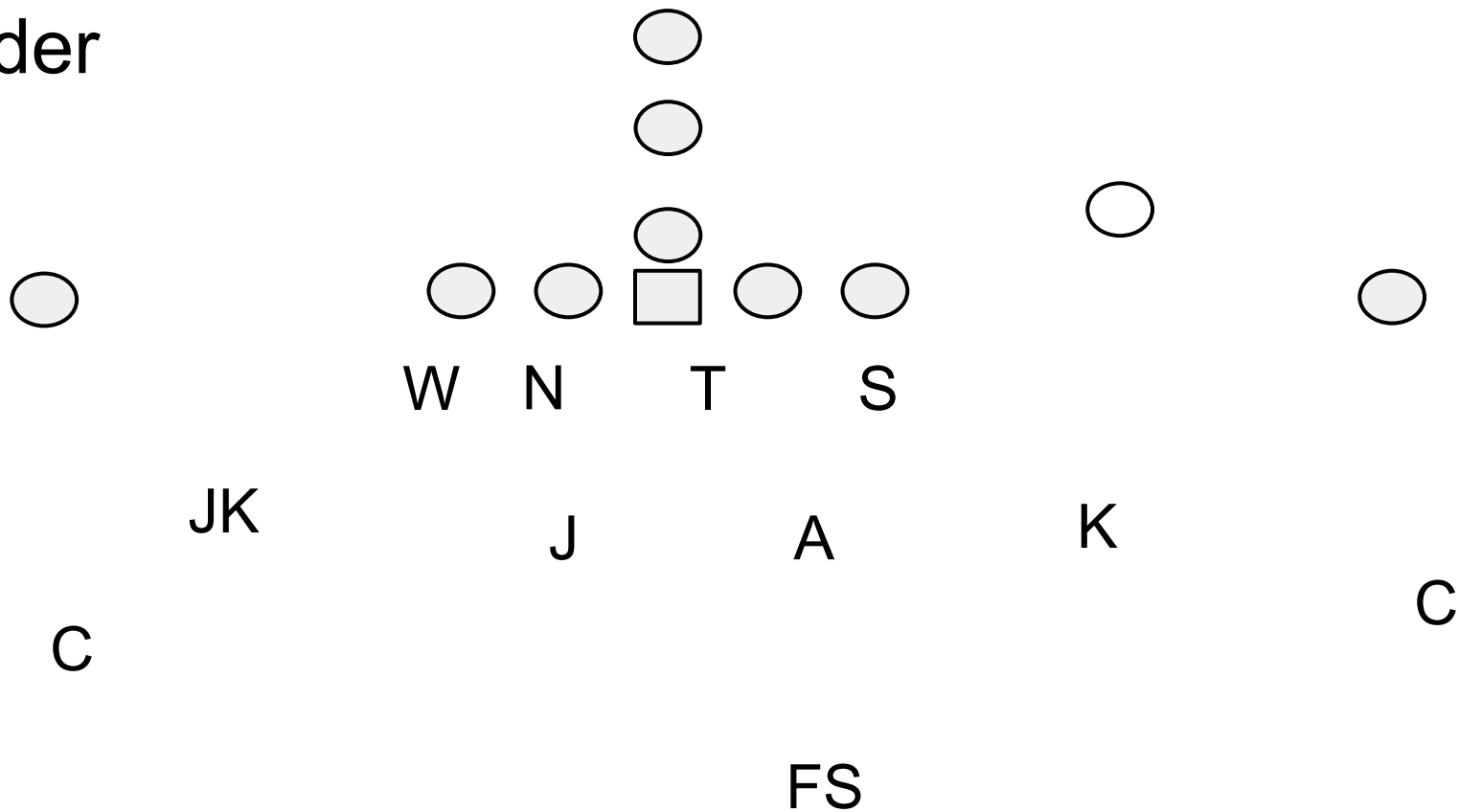
- 1. TE**
- 2. Multiple Receivers**
- 3. Field**
- 4. Left (can vary)**
- 5. Misc. (by gameplan) ex. vs. Ace calling strength to a particular TE**

4-2-5 FRONTS BASE (Over)

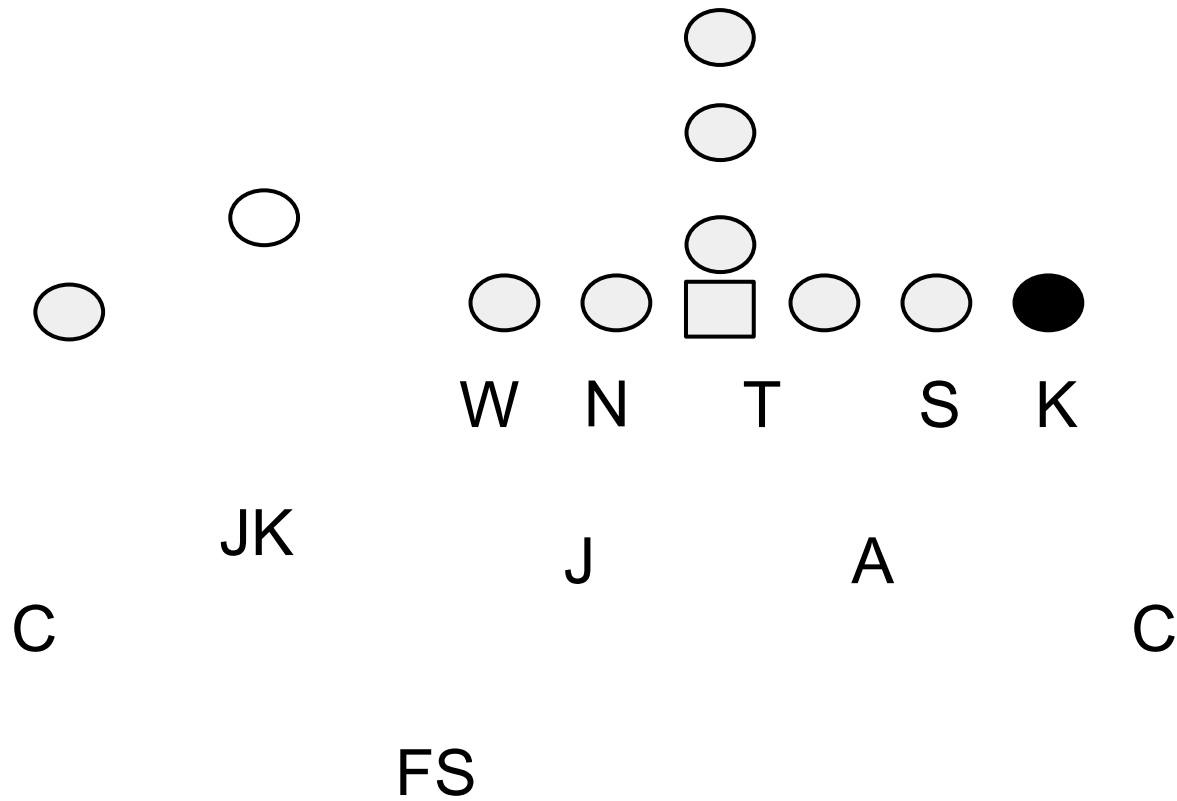


4-2-5 FRONTS

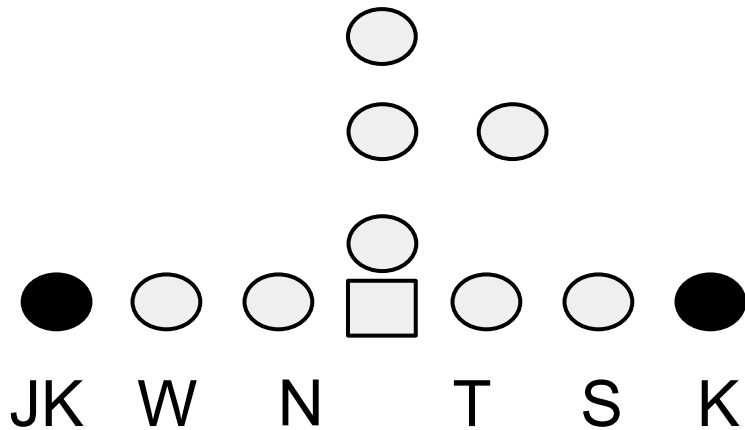
Under



4-2-5 FRONTS NASTY



4-2-5 FRONTS TUFF



C

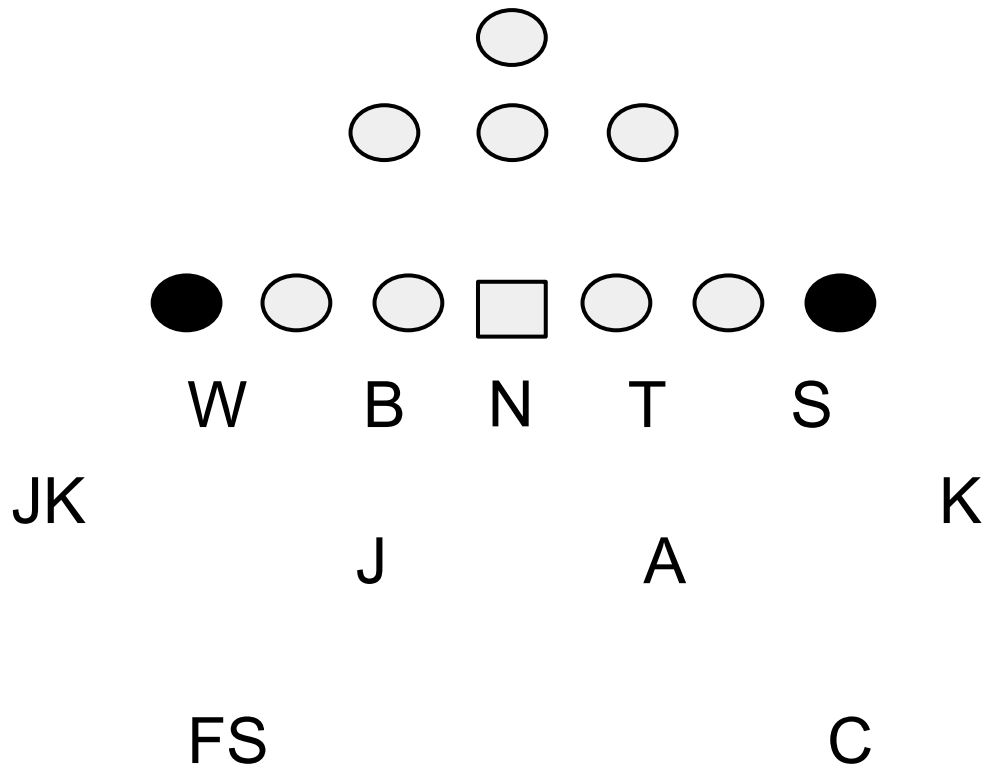
J

A

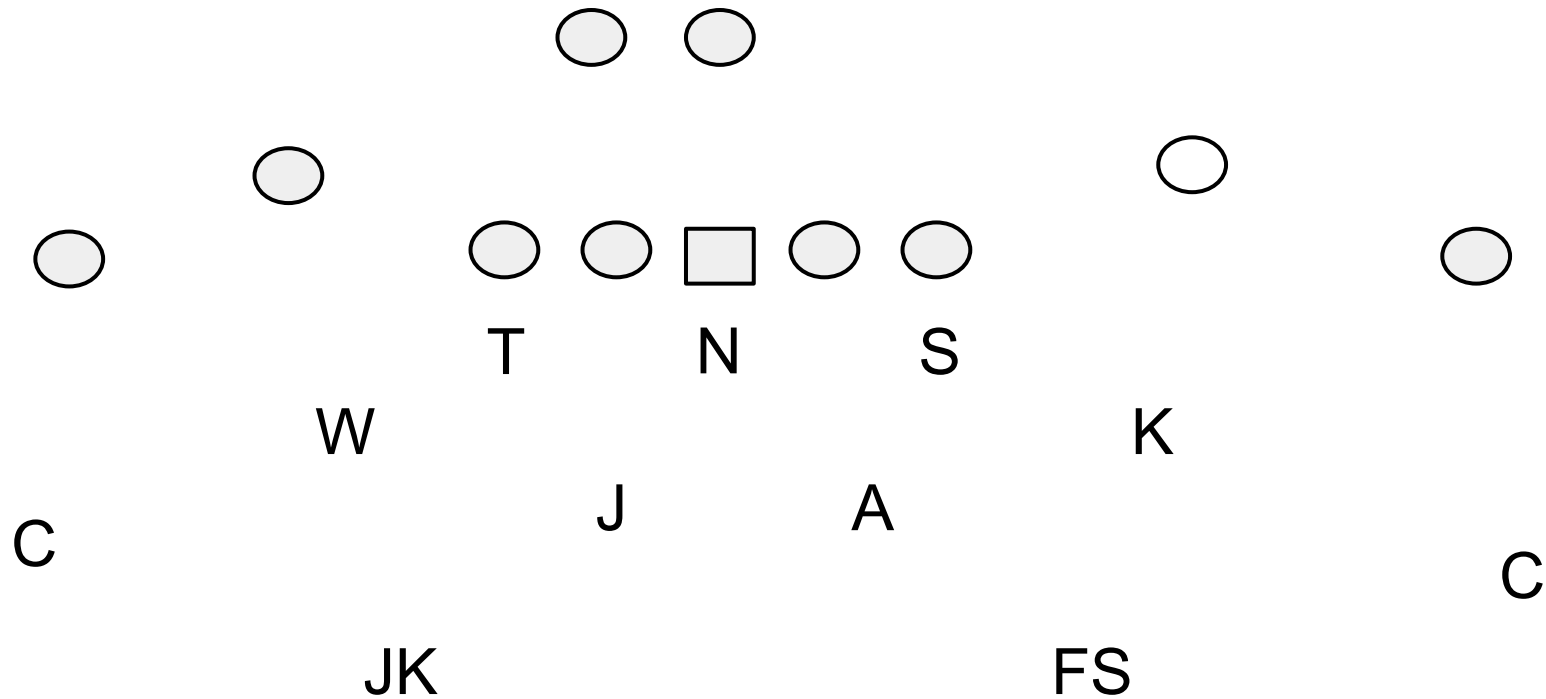
C

FS

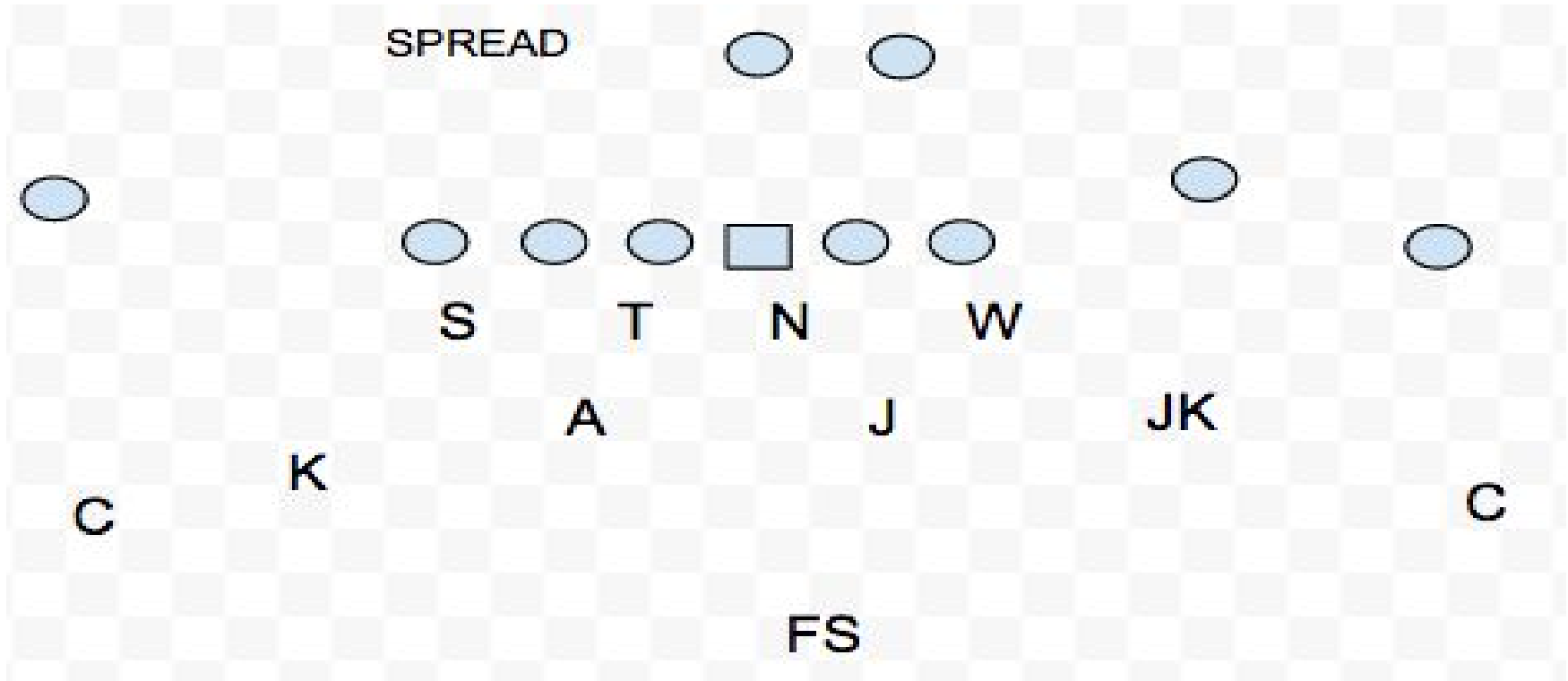
4-2-5 FRONTS BEAR



4-2-5 to 3-4 (w/ Base Personnel) "STEELERS"



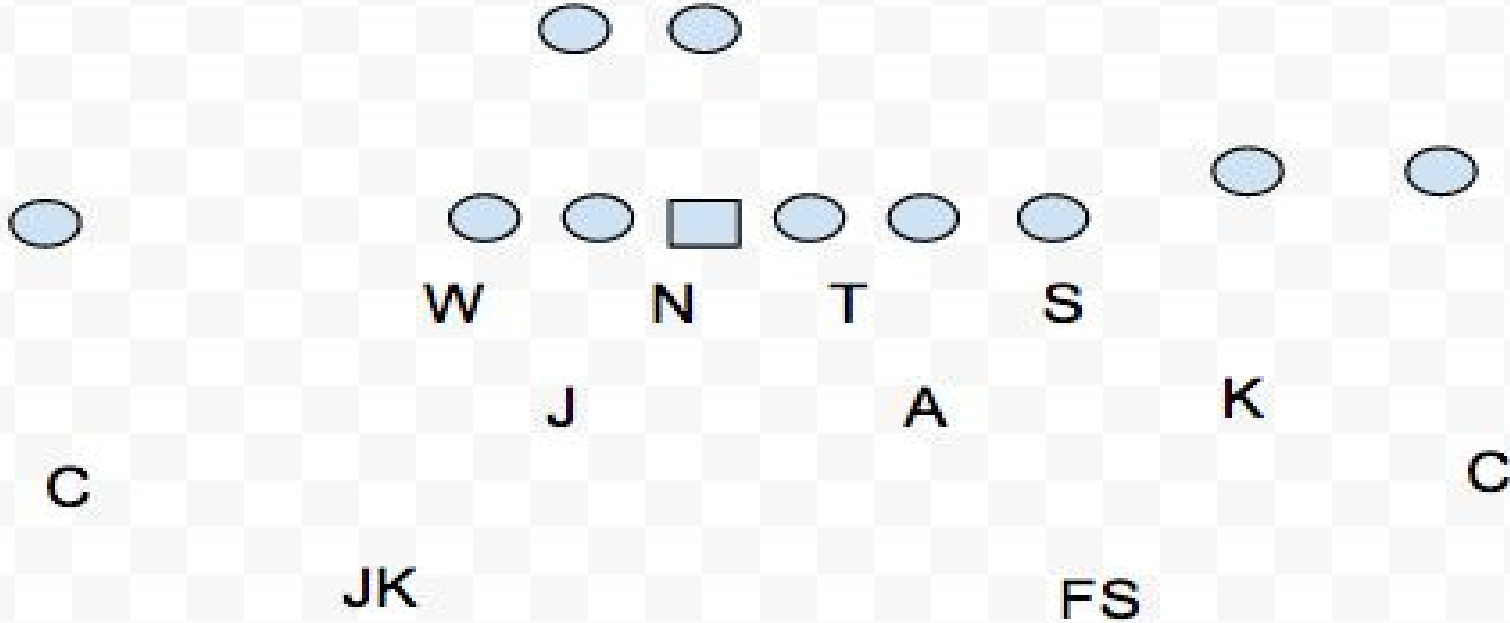
Base Alignments vs. Common Formations



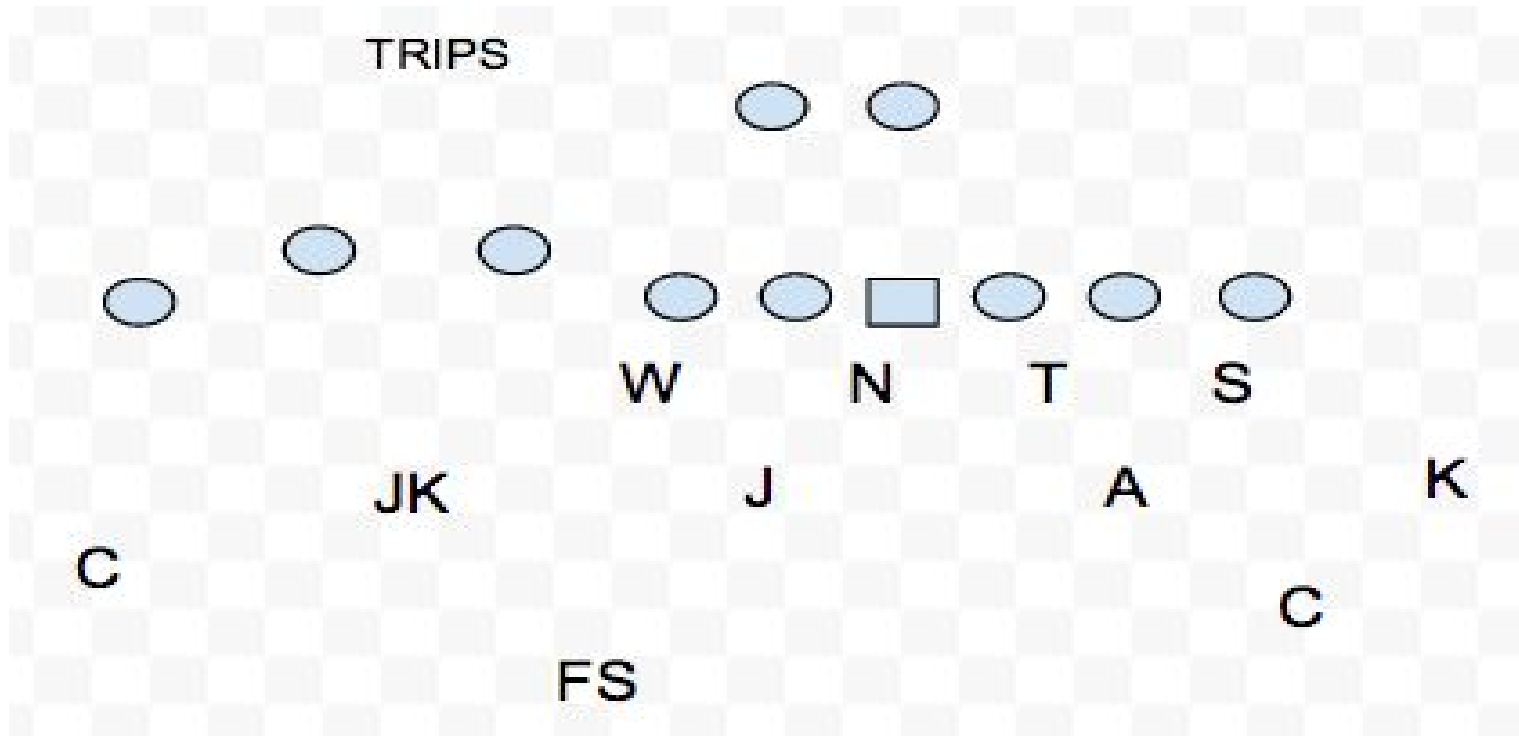
Base Alignments vs. Common Formations



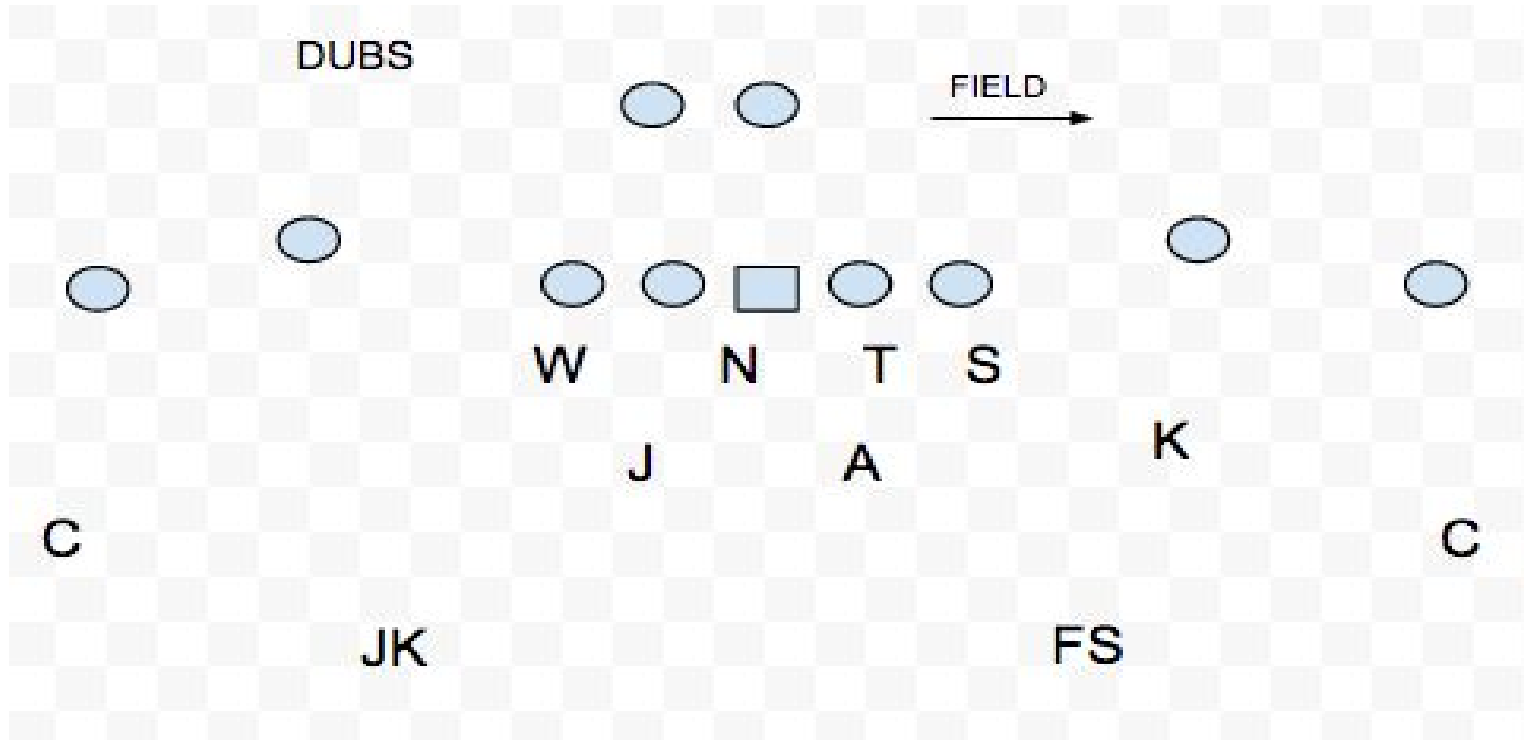
TREY OPEN



Base Alignments vs. Common Formations



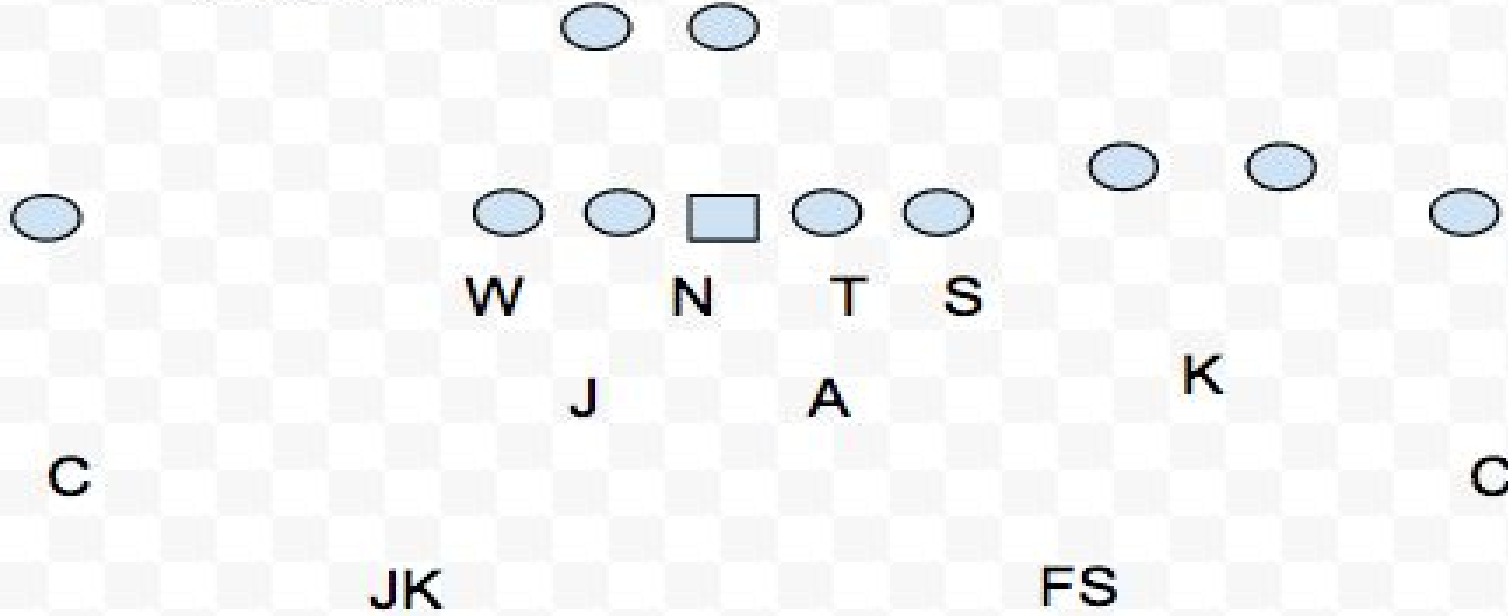
Base Alignments vs. Common Formations



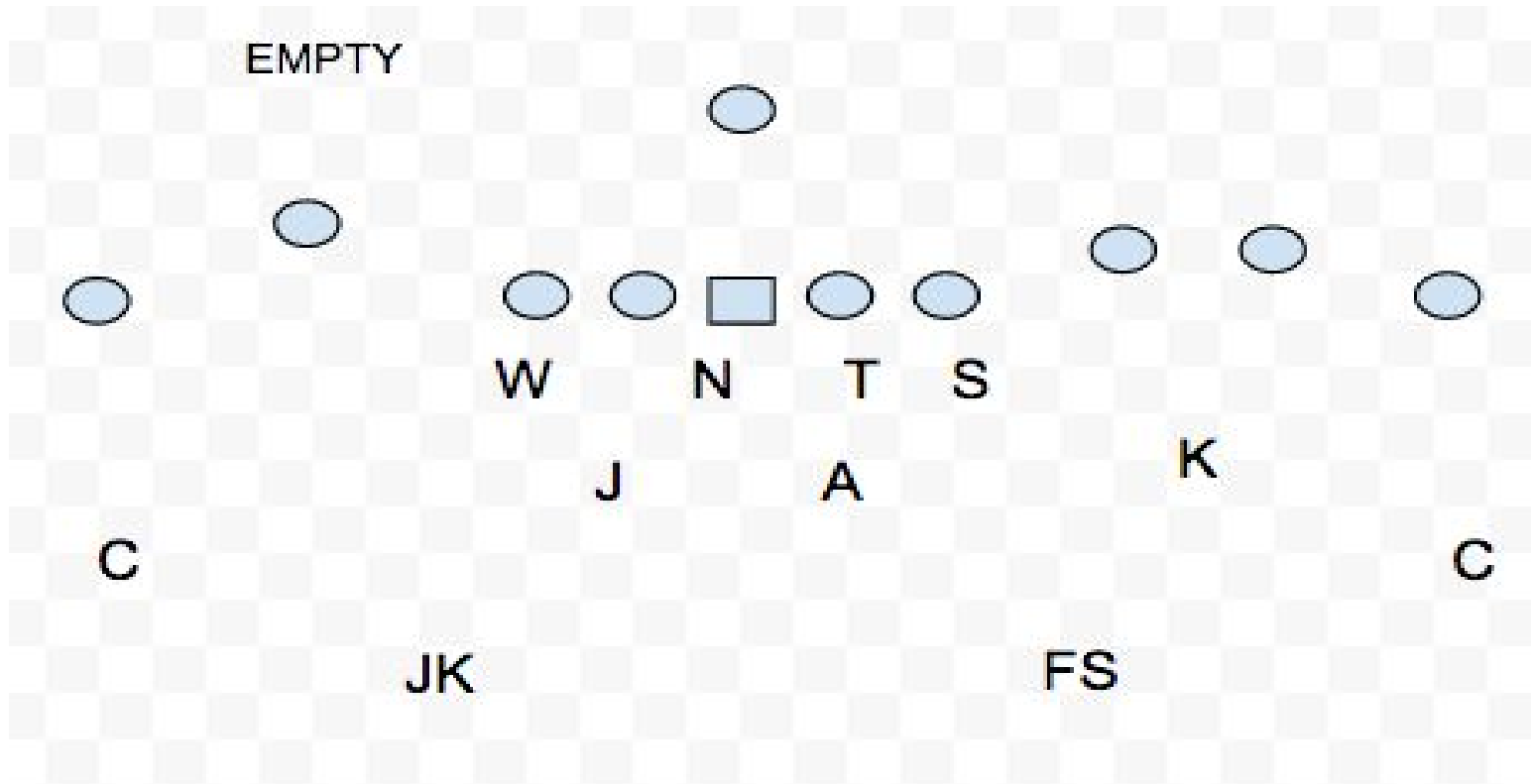
Base Alignments vs. Common Formations



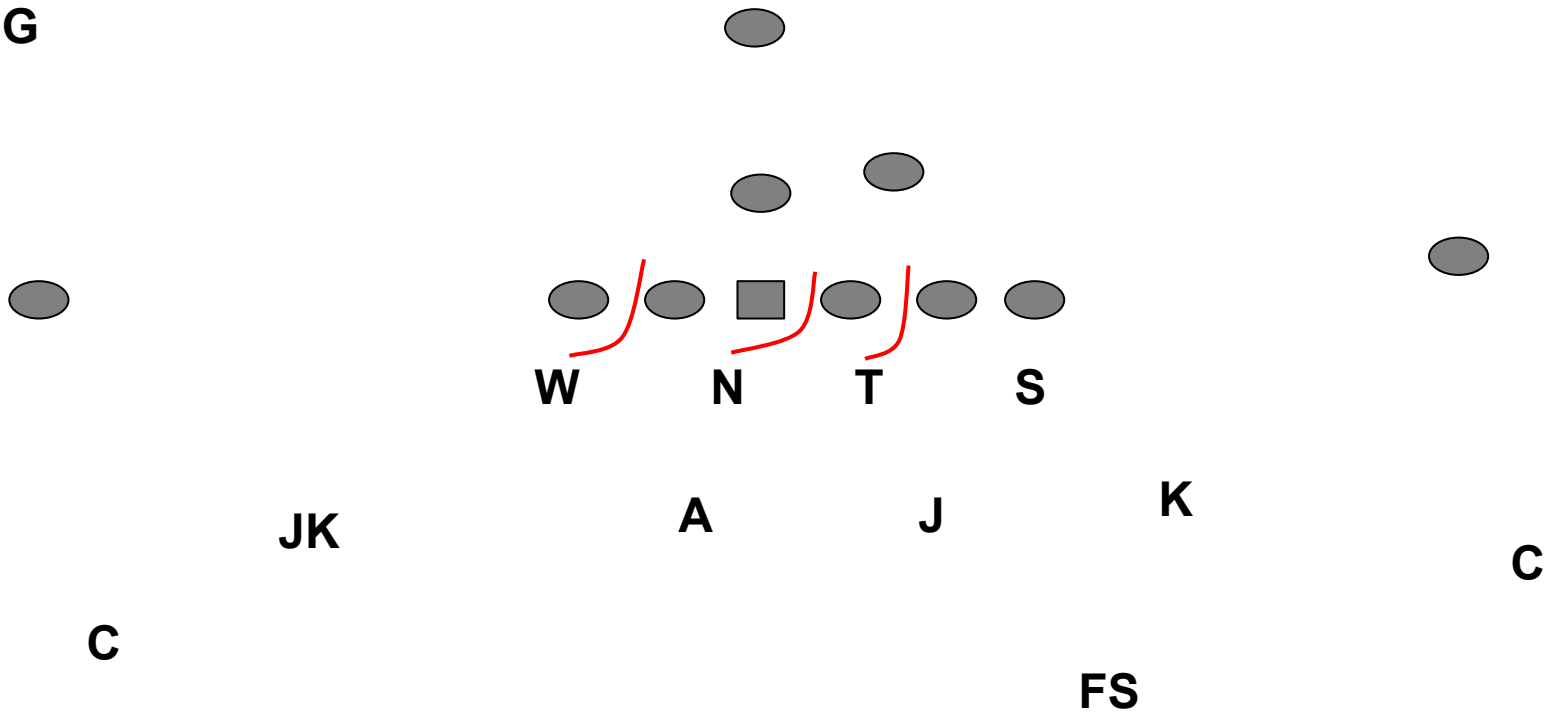
TRIPS OPEN



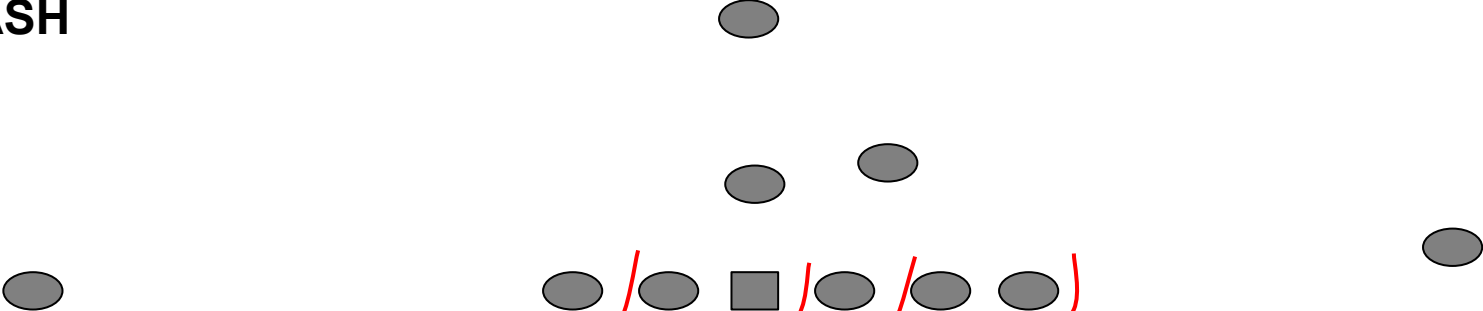
Base Alignments vs. Common Formations



4-2-5 STUNTS
SLUG



4-2-5 STUNTS
CRASH



W

N

T

S

JK

A

J

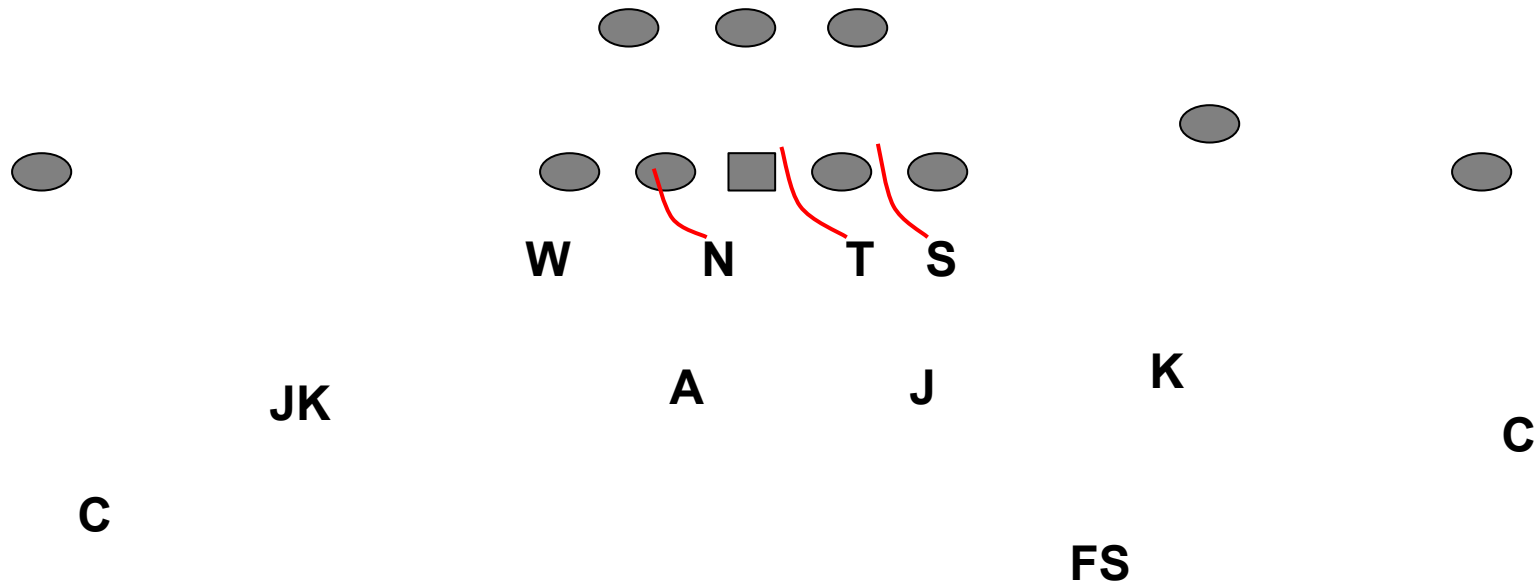
K

C

C

FS

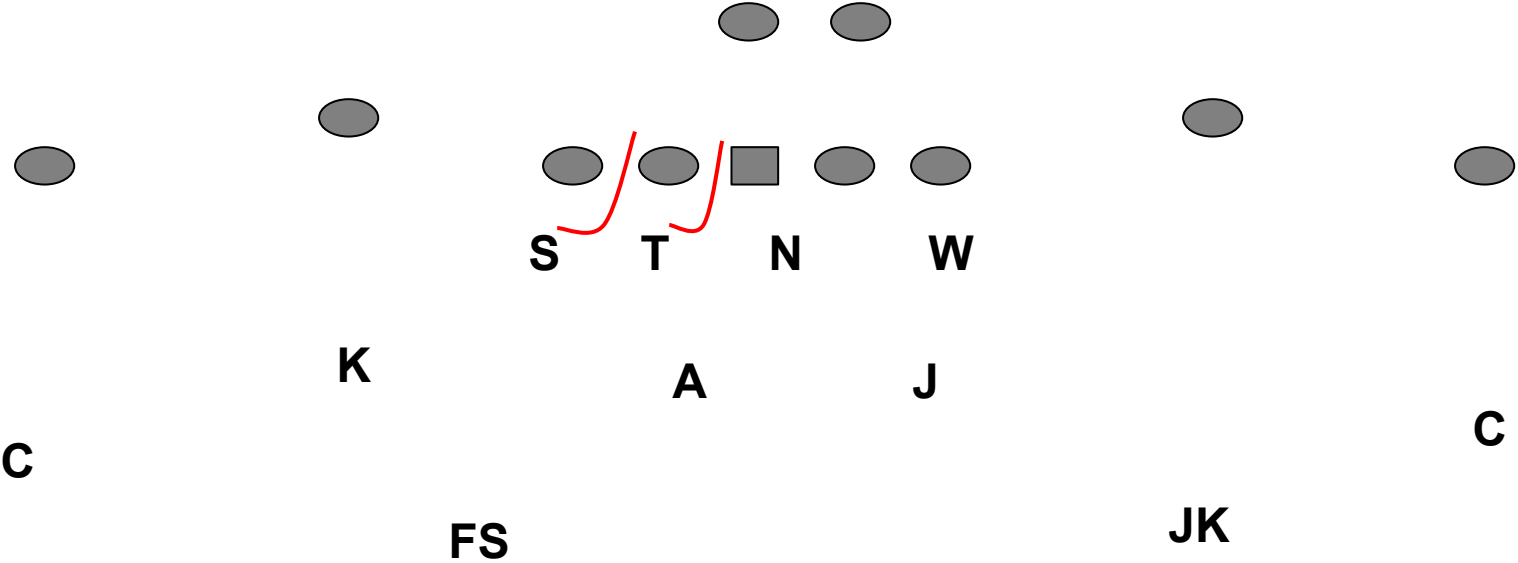
4-2-5 STUNTS
JAB



4-2-5 STUNTS

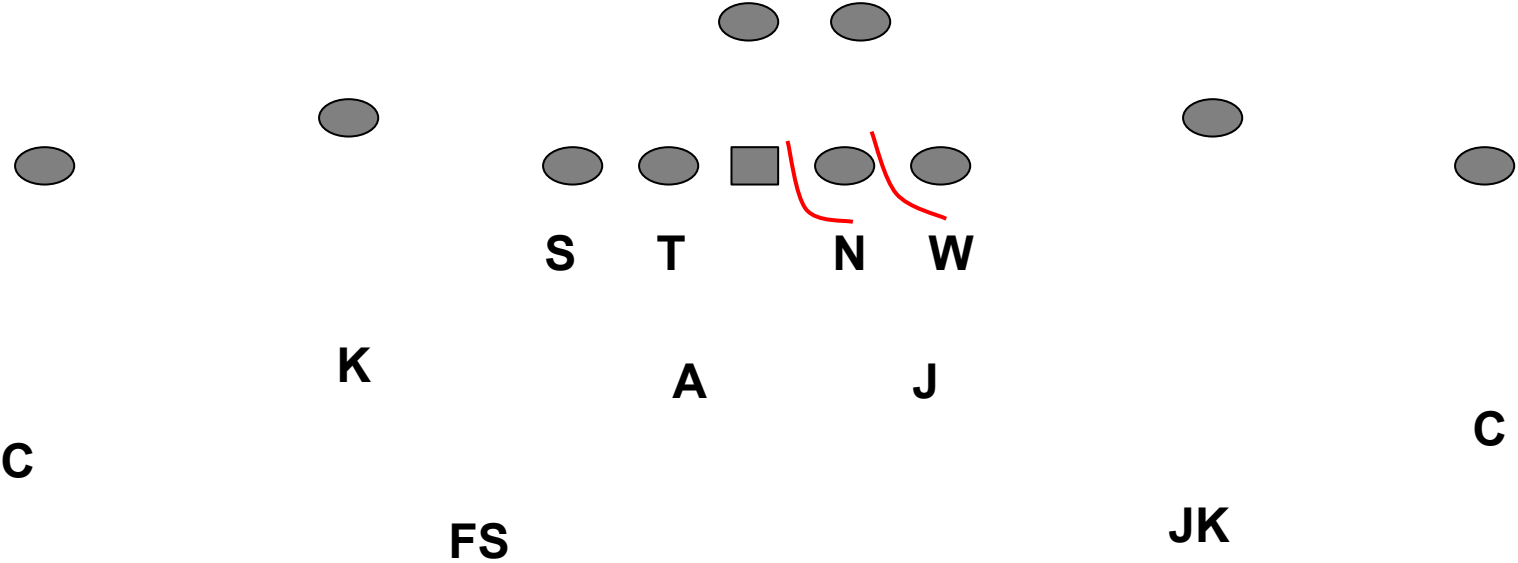
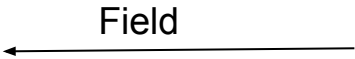
CHOKE

Field

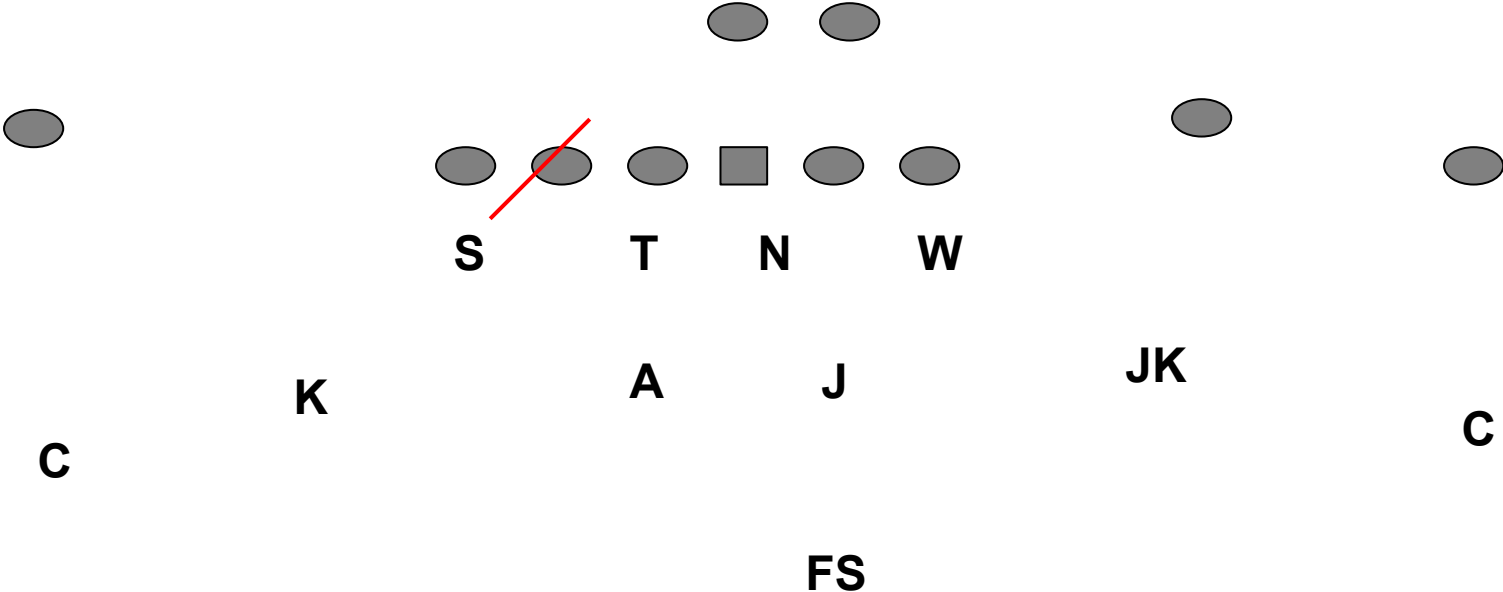


4-2-5 STUNTS

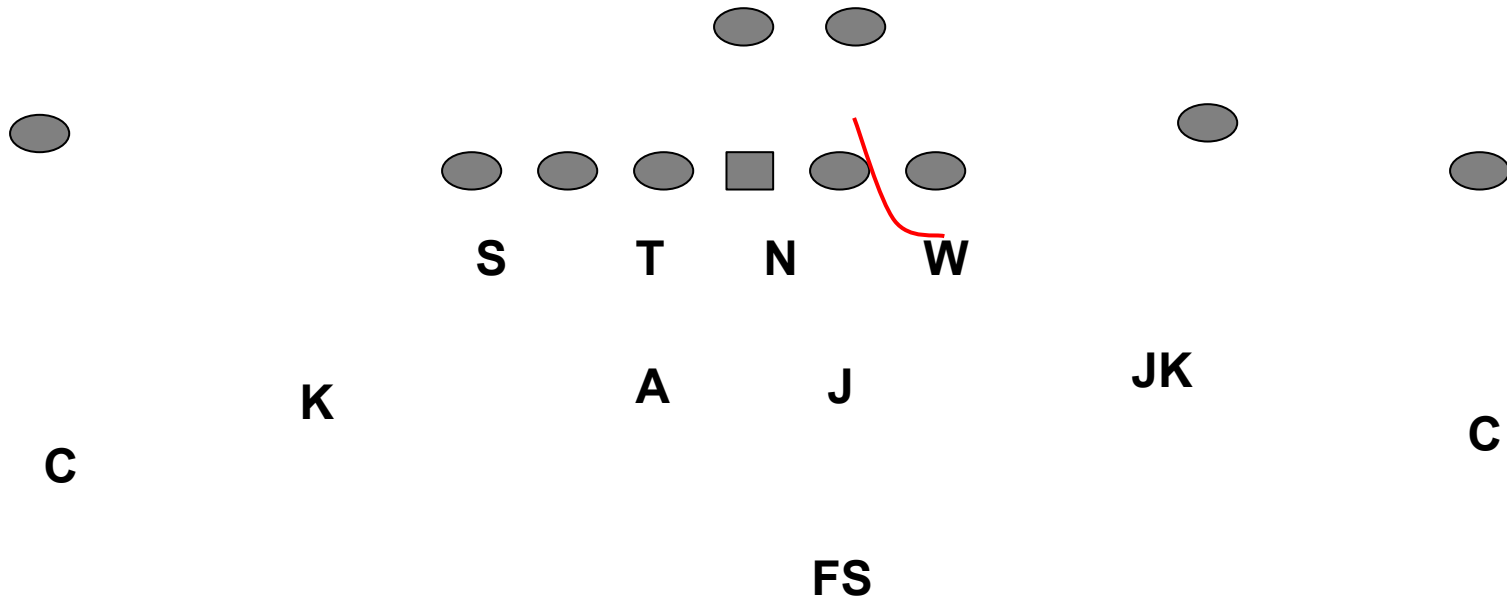
CHOP



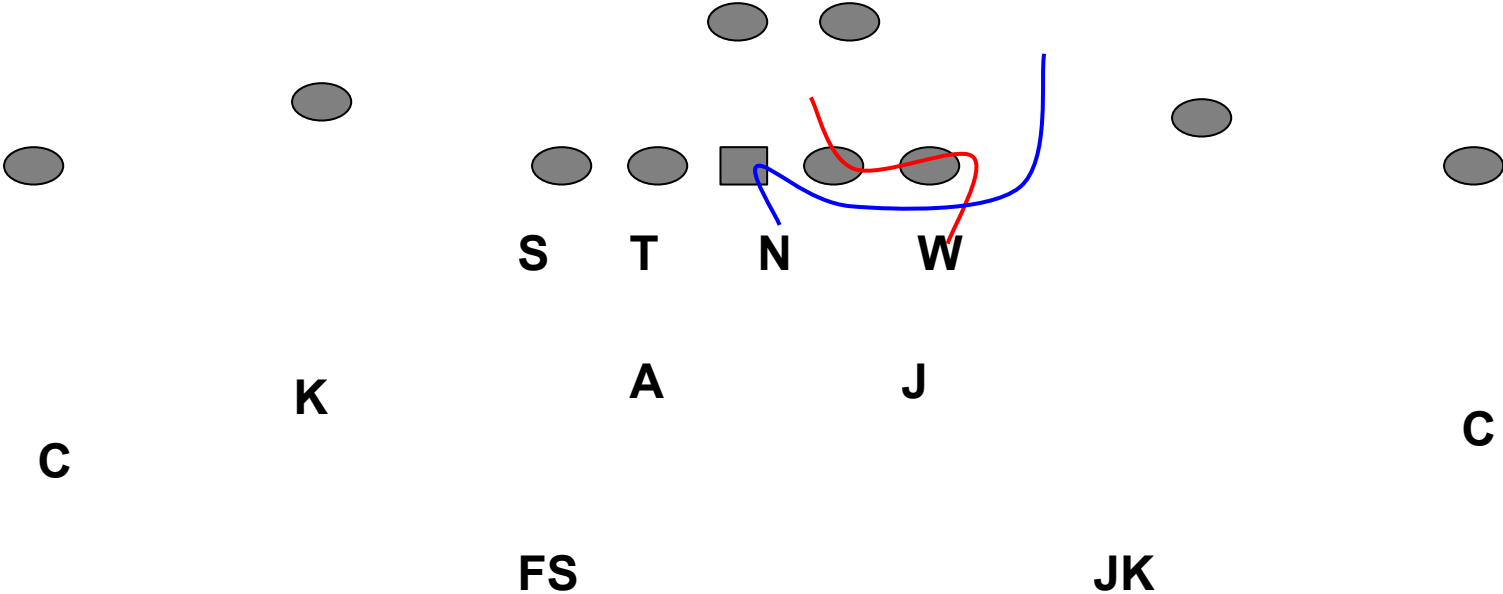
4-2-5 STUNTS
STRIKE



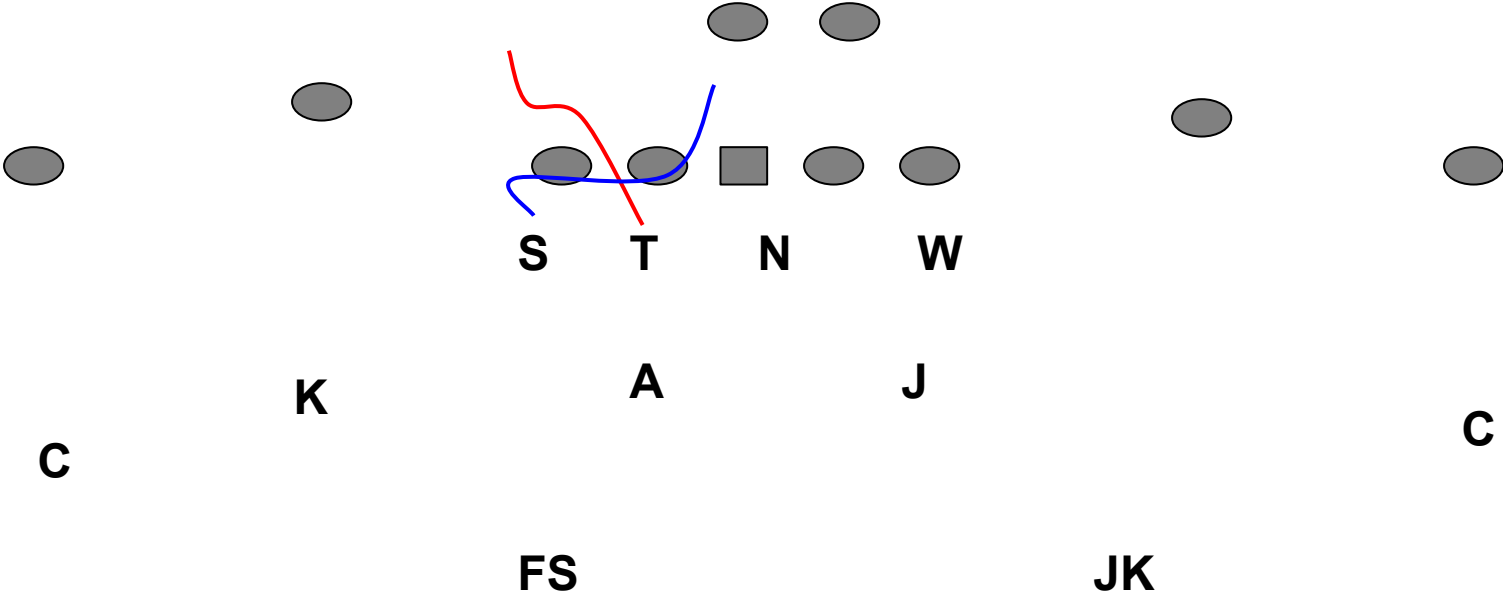
4-2-5 STUNTS
WHIP



4-2-5 STUNTS
CAGE



4-2-5 STUNTS
TEX



Islander Defense

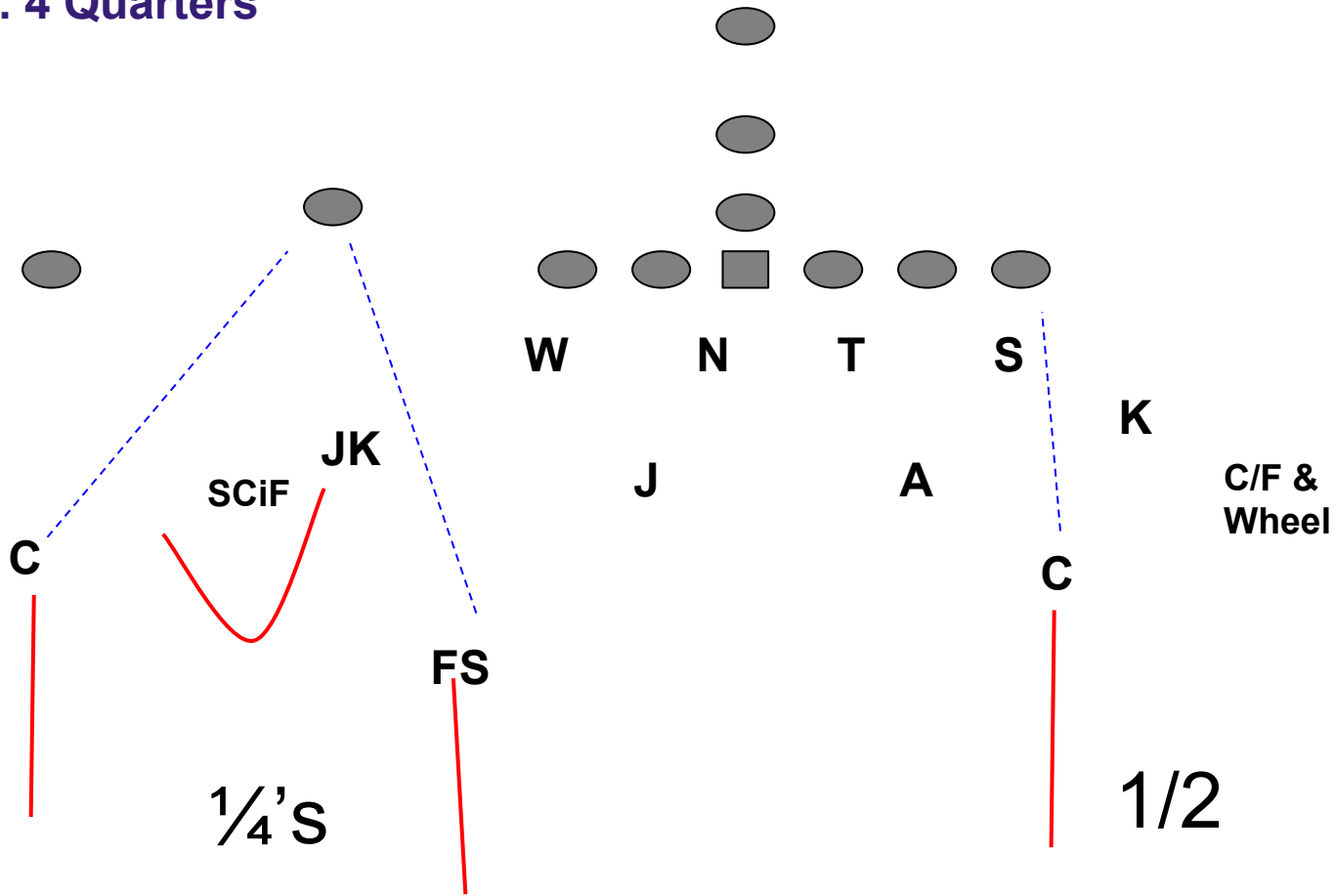


Coverages Used

1. Cov. 4 *Buckeye ($\frac{1}{4}$ $\frac{1}{4}$ - $\frac{1}{2}$)
2. Cov. 2 *Tampa (collision)
3. Cov. 3 *Islander (collision)
4. Cov. 5 *Robber
5. Cov. 1 & 0 *Bandit

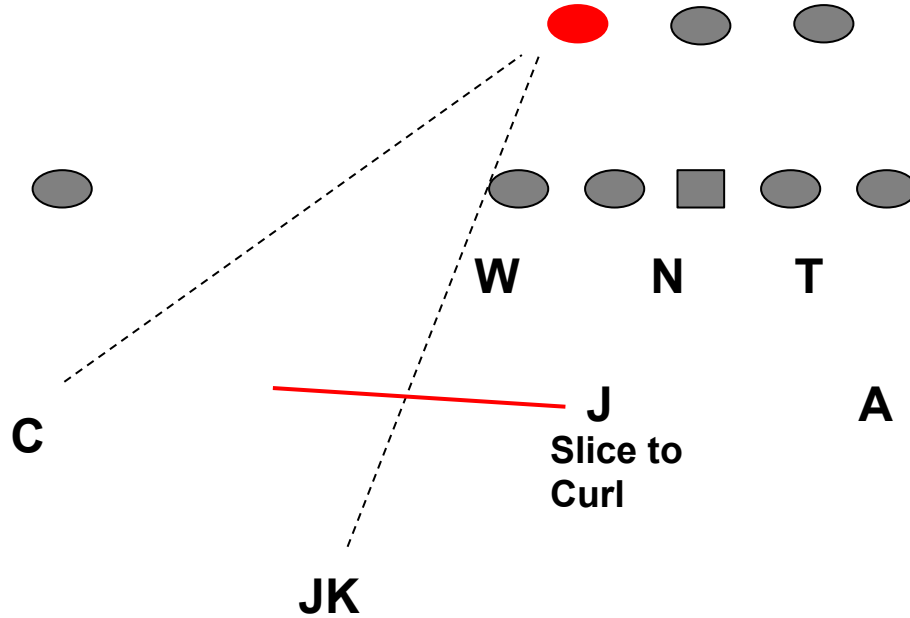
BASE COVERAGES

Cov. 4 Quarters

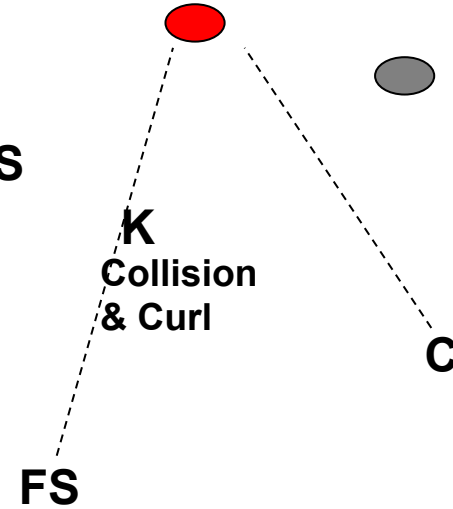


BASE COVERAGES

Cov. 2

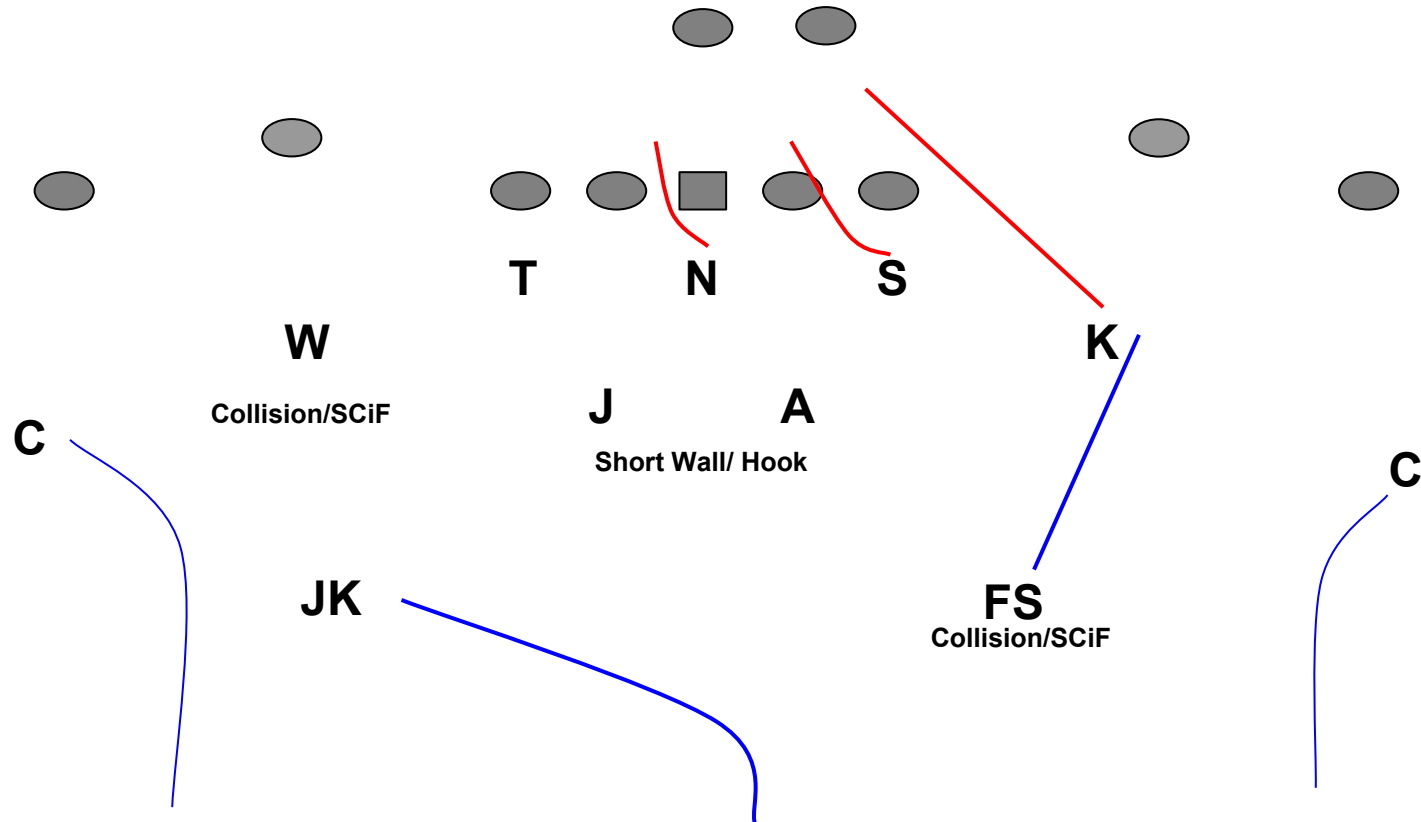


*Read #2 Rec. each side
*#2 runs an out / bubble etc. LB depth or less..... Corner picks up that route & the FS gets on top of #1 - **"2 Fast to the Flat"**
*#2 runs anything vertical (past LB depth) it becomes M/M



BASE COVERAGES

Cov. 3 - Generally only matched with zone pressures



Building Practice Plans from the Game Plan



Using your defensive game plan to build your weekly practice plans

1. “Impact” period - Tailor our pursuit drills to match our opponents
 - a. Bubble & Tunnel Pursuit
 - b. Pitch & Reverse off of it
 - c. Interception pursuit
 - d. Screen period
2. We run 2 Team Def. Periods / One is generally a Perimeter Period and one period is more of an Inside Period.
3. Front 6 / Inside Period (Tailor to that week’s opponent)
4. 5 Spokes / ½ Field Skelly
 - a. vs. Twins, Trips or Pro passing concepts of next opponent
 - b. ex. fade-out, curl-out, post-wheel, smash, verts, flood, bubble, tunnel
5. “Hook it Up” Period is our GLine period (Top 4-5 GLine Plays)

Impact period is the Defensive equivalent to Offensive TTO

Building Practice Plans from the Game Plan



Some ways we build practice plans from our games plan:

6. Preparing for No Huddle / Tempo
 - a. 2 Huddles (1 live and 1 formations @ a rapid fire tempo)
 - b. Snap Series
 - c. Work vs. our own offense for just tempo alone

7. Formation Recognition Periods used vs. teams with multiple formations, motions etc...

WED.	Def. Emphasis	Round 1	Opponent:				FAMBI!	
Time	Segment	OL/DT	TE/DE	SE/DB	OB/OLB	RB/MLB		
3:50:00	Card Reads	Card Reads Begin with DROMs	Card Reads	EDD's	Card Reads	Card Reads		
4:00:00	Roll (Coaches)	Stretch Lines						
4:05:00	DROM / Lines	Coach Honez	Coach Hirschert	Stick Ball 11:30				
4:12:00	"Impact"	Angle Pursuit	Reverse Pursuit "Work Reverses"	Redirect Pursuit	Int. Pursuit		Team Def. #1 "Perimeter"	
4:17:00	Tackling Take-Aways	By Position/ Work in a	Takeaway Element!	NO Collisions - Tech.	Angle Throttle w/ 2nd Man In		Spr Opt, Bub Opt Bubble, Jet, Sweep	
4:10:00	Spec. Teams #1 Work Pop Ups / Left Ambush	Kickoff Get offs x2	1. Hold Up 2. Ram/Lion 3. Punt Safe	*Show Punt Fakes *#6 Run or Pass	Punt vs. Twists 4x4, 5x3 BLACK & ORANGE	Pirates *New Routes		
4:25:00	Team Off.	Vs. 3-4 Thud or Bags	3rd Down Situations Special Situations				Combo Iso, Diso, Trap, Trey, Sweep Rd., Q Draw	
4:38:00	Indy Def.	Cut Blocks Sled LPW	Old Yellow Chute Sled Work vs Veer Release	EDD's / Kooz *Peso	Shock Press #2 Tight Dubs / Tuff work	Run Reads G's. Trap Pulls Trey Pulls, Iso Fits Cracks	Team Def. #2 \$ Down Period Gadgets* Reverses Q Draw, Screens	
4:50:00	Team Def. #1	Perimeter Emphasis	Spr Opt, Bub Opt, Jet	Bubble, Sweep, Reverse				
5:02:00	Combo Period	Inside Run: Iso, Diso Trap, Trey, Swp Read	Q Draw, Shovel	1/2 field Top Routes	Rev. 42, 6 and 7			
5:10:00	Spec. Teams #2	PAT/ FG Rep Back-up Snapper		*Possible Punt Ret. Rep				
5:17:00	"Hook it Up" Off. Skelly	Goal Line Run / Pass vs. CHS "Full" Pkg *Wedge, Pop, Diso, Boot, Sweep						
5:25:00	Def. Skelly	Team Skelly Possible 4-5 routes v.	7-8 Best Routes w/ Emphasis on Rush Lanes & Outside Pressures Our Offense to end.	High Tempo 5c				
5:35:00	Team Def. #2	\$ Down Def. 3 Short, Med	Long Situations	& Gadgets				
5:55:00	Team Break Theme of Wk.	Announcements ONE HEARTBEAT COMMITMENT CARD - What does 1 Heartbeat mean to you?	LUNCH PALE Competing for the cause & your Brothers enables you to tap into the power of (WE).	Seniors Any Words???				
6:00:00	W.O.W.	Specialists Work DETAILS !!	GOTTA Get Snaps &	Handle Punts				
	Th. Team Dress	2:50 Film	Comm. Cards	Group Meetings	Jerseys	LTMC		
	Code of Excellence	Attitude	Work Ethic	Discipline	Fundamentals	Team Unity		