



# St. Paul Defense and Special Teams

St. Paul Buckaroos – St. Paul OR



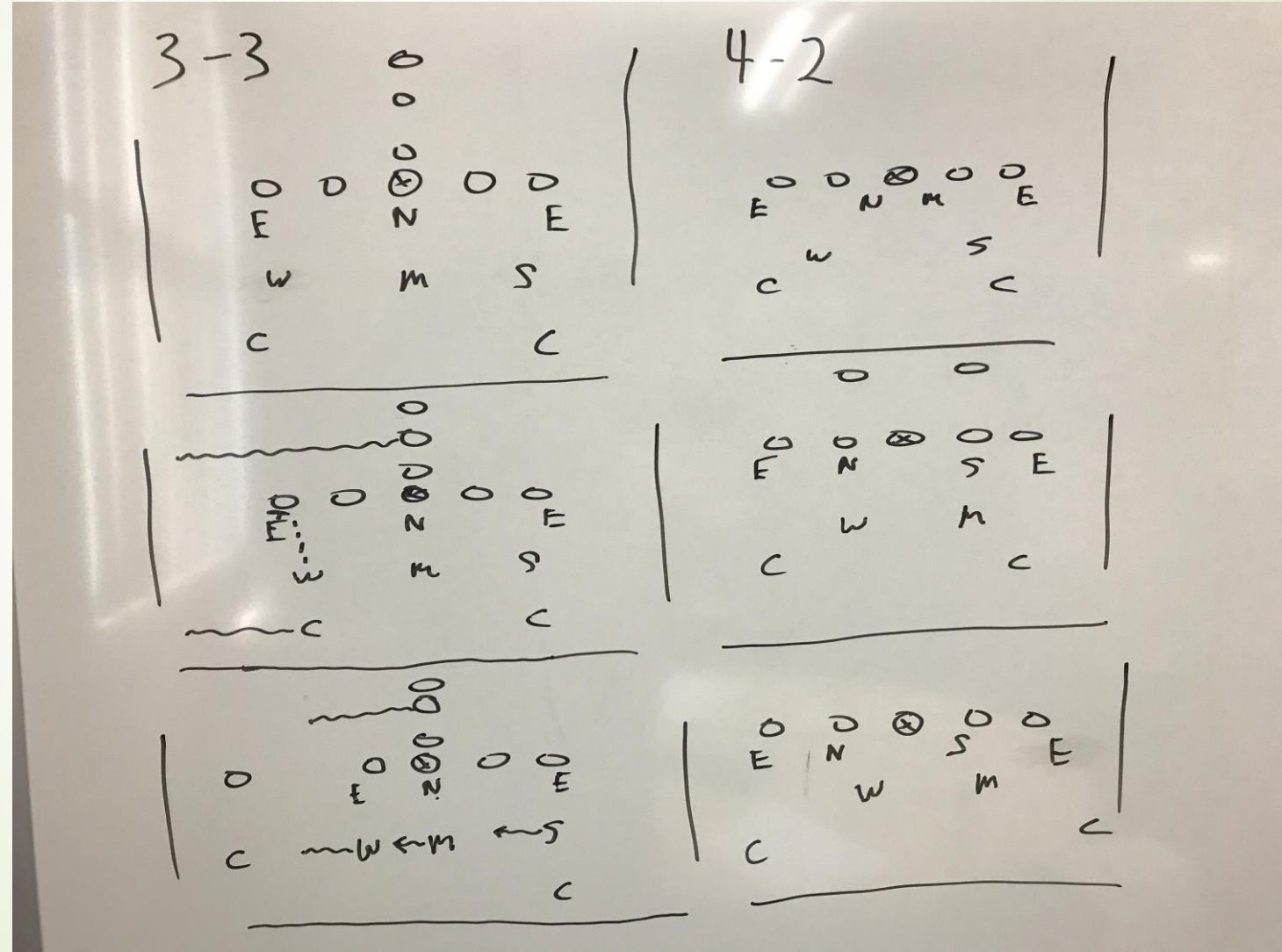
# Base Defense

- Defend formations, \*personnel, plays, blocks
  - \*this is different in 8 man
- 3 -3 Base
  - 4-2
  - 3-2 3 deep
  - 5-1 – Guts call
  - Prevent

# Defenses

▶ 3-3

▶ 4-2





# Pressure

- 3-3
- Attack
- Blitz
- Crash
- 4-2
- Blitz
- Move the front right or left
- 5-1
- Attack and guts

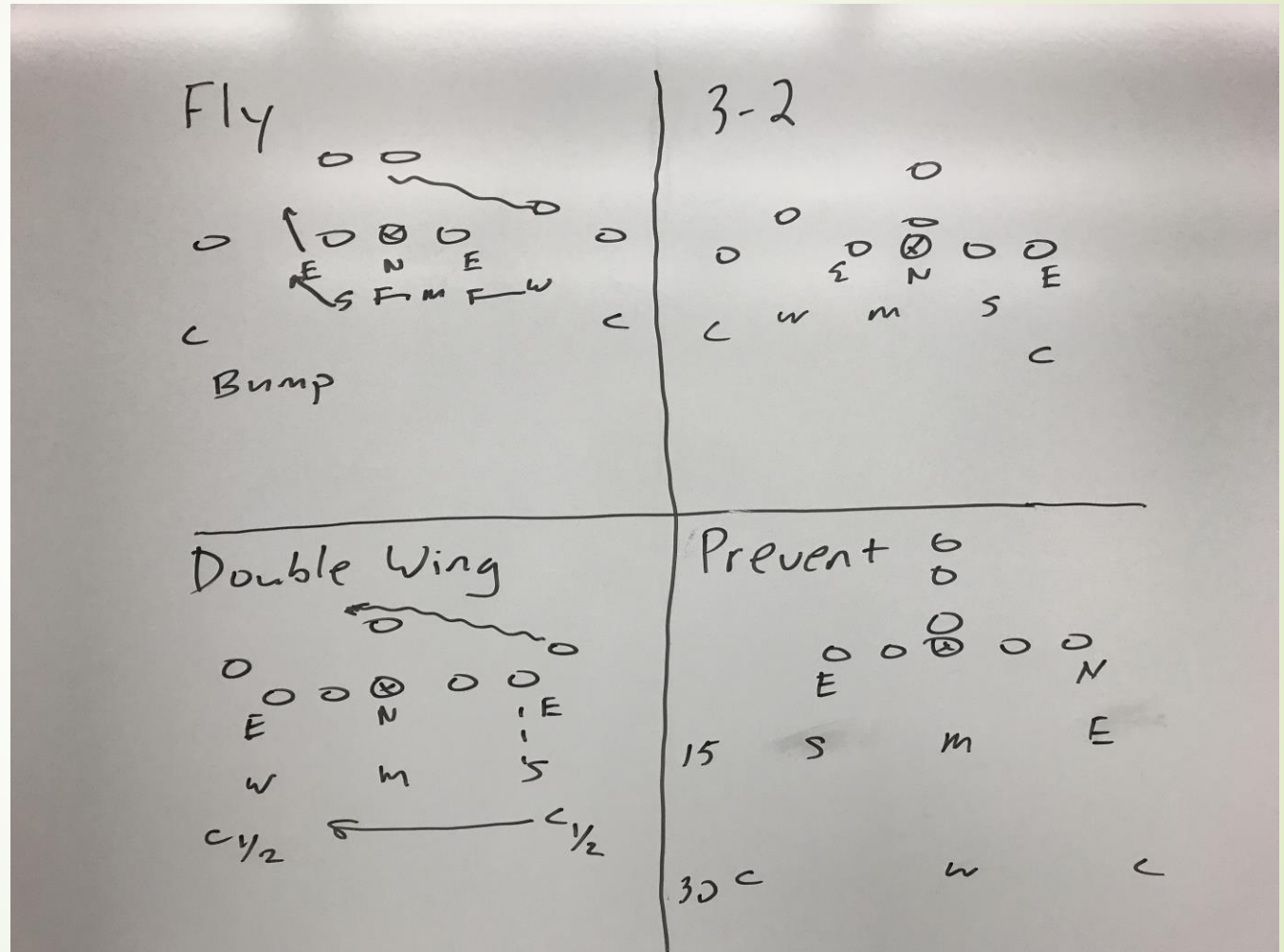


# Formation Adjustments

- ▶ Something we've never seen – Let them set up and then call timeout
- ▶ Bunch trips
  - ▶ Zone with jam at the LOS
- ▶ 3-2 vs ace
  - ▶ LB don't leave interior if at all possible
  - ▶ Ends must contain
- ▶ Fly sweep – slant and bump sweeper don't chase him – normally with stay with motion
- ▶ Double Wing
  - ▶ 3-3 wide with zone coverage and rotate to motion
- ▶ 3-1 vs 22
  - ▶ Who is eligible!
  - ▶ MLB crowd the line after the snap
  - ▶ Ends don't run by the QB
  - ▶ Under center send 4 now

# Alignments – Video Clips

- Fly
- Double Wing







# Musts

- ▶ Must be great open field tacklers
  - ▶ Drills
    - ▶ Two way goes
    - ▶ Sideline with no cutback
    - ▶ Roll or Hawk tackle – Ring tackle
- ▶ Ends can't get hooked – EVER!
- ▶ DB's are secondary contain and they must play outside in
- ▶ LB's step up on iso and must tackle backs out
- ▶ You can't talk to much on defense
- ▶ Great hits change games!



# Special situations

- ▶ FG Block – 5 man side pressure
- ▶ 4<sup>th</sup> down knock down
- ▶ FG defense
- ▶ Prevent
  - ▶ 2 man rush
  - ▶ 3 under
  - ▶ 3 deep





# Kick and Kick Return

- Kickoff
  - Directional kick
- KOR
  - We must have the football
  - 3-3-2 with Wall Return
  - 4-2-2 Wall and Wedge
  - 4-3-1 vs onside Wedge or someone close
  - Don't block in the back or below the waste



# Punt and Punt Return

- ▶ Punt Return
  - ▶ Everyone is covered
  - ▶ Wall Return
  - ▶ Don't breathe on the kicker
  - ▶ Don't block in the back or below the waste
- ▶ Punt
  - ▶ Double Wing with contain coverage
  - ▶ Must have a run fake and a pass fake
  - ▶ Directional punt away from the returner
  - ▶ COVER COVER COVER



# Position Technique

- LB
  - Stance, taking on blocks, reads, coverage
- DL
  - NG – 2 gap player, motor
- DB
  - M/M Technique, contain, bump



# Thank You!

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