

The Attacking Defense

Defending against multi-threat offenses

Defensive Philosophy

- The Defense dictates the offense
 - Abandon the concept that the defense tries to stop the offense
 - It should be the offense that tries to stop the defense
- Offense for Show – Defense for Dough
 - This is ingrained in our players
- The D-Line is an O-Line
 - The D-Line opens up tackling lanes for the LBs
- 80% of the time, the D-Line is on an LCV
 - Line Change Variation

Standard 3-3

- Why we use it
 - Effective against option and sweep
 - Best bet against tight passing game
 - Much more versatile than a 40 front or a 3-4
- The Problem:
 - If you don't have dudes, you can't go toe to toe with more physically superior teams in the middle
- I CAN'T accept that the big guy always wins the fight

Here is what I saw



Four Yards and a Cloud of Dust



22	Haakon Fredrickson (C)	WR, ILB	Sr.	5-9	142
11	Walker McKittrick (C)	QB, S	Sr.	5-10	163
44	Wylie Leo (C)	RB, DE	Sr.	6-0	187
69	George Ball	G, NG	Sr.	5-9	163
7	Levi Coder	FB, ILB	Jr.	5-9	133
55	Dustin Wham (C)	C, NG	Jr.	6-0	234
80	Luke Clark	G, DE	Jr.	6-0	183
25	Cole Crowley	G, ILB	Jr.	5-9	160
5	Cleet Wrzesinski	WR, S	So.	5-10	141
13	Gavin McKittrick	TE, ILB	So.	5-10	163
70	Bridger Williams	C, DE	So.	5-10	168
81	Grady Lorhenz	TE, OLB	So.	5-8	136
77	Ty Morgan	G, DE	So.	6-5	195
63	Dalton Green	G, NG	So.	5-6	140
33	Austin Baum	RB, S	So.	5-6	121
23	Jake Knack	FB, DE	So.	6-0	180
12	Tracer Croy	TE, DE	So.	5-8	134
1	Chris Funston	TE, DE	Fr.	5-9	140
73	Agustus Dickinson	C, NG	Fr.	5-9	175
40	Dylan Yerbich	RB, OLB	Fr.	5-7	135
21	Tanner Wood	RB, ILB	Fr.	5-10	149
15	Corbin Wood	QB, OLB	Fr.	5-10	146

24	Conner Leach (C)	TE, OLB, QB	Sr.	6-1	180
23	Jase Dschaak	QB, LB, LB	Sr.	5-9	155
33	Jhett Quade	LB, RB	Sr.	5-8	155
40	Colton Tousignant (C)	TB, LB	Sr.	5-11	180
44	Chad Nelson (C)	TE, ILB, DE	Sr.	6-0	200
64	Wyatt Miske	G, DE, DT	Sr.	6-4	235
84	Chance Schneider	TE, LB	Sr.	5-9	160
86	Riley Smith	G, DE	Sr.	6-2	180
85	Richie Franks	QB, S	Sr.	5-8	140
77	Trent Farnworth (C)	G, NG, DT	Sr.	6-0	250
34	Taylen Nelson	RB, LB	Jr.	5-10	150
81	Zach Miske	TE, S, CB	Jr.	5-8	155
21	Chas Tousignant	RB, S	So.	5-3	120
12	Noah Schneider	QB, S	So.	5-7	135
87	Bridger Smith	TE, DL	So.	6-0	145
47	Steven Qualley	OL, DL	So.	5-10	175
80	Reid Wamsley	TE, LB	So.	5-9	135
52	Robb Braden	OL, DL	So.	6-0	200
56	Trey Dschaak	C, DL	So.	5-9	195
46	Cole Nelson	OL, LB, K	So.	5-11	190
32	Bob Lund	RB, LB	So.	5-11	210
30	Matthew Whitlatch	OL, DL	So.	5-9	175
22	Shawn Schaefferkoetter	RB, LB	So.	6-0	180







What did I learn?

- In our Semi-Final game against Wibaux, we stayed with a vastly superior team for three reasons
 1. We moved our defensive fronts around consonantly
 2. Our D-Linemen were engaged in an LCV almost all the time, and this confused the O-Linemen
 3. When we needed to shift into a passing/spread scenario, we were equipped to do so.

A Familiar Look Osceola @ St. Francis



Position	Gr. ▼	Ht	Wt
RB, OLB	Sr.	5-7	155
QB	Sr.		
G, DE	Sr.	6-1	200
RB	Sr.	5-10	170
C	Sr.	5-8	
FB	Sr.	5-6	155
QB	Jr.		
	Jr.		
RB, OLB	Jr.		
NG, C	Jr.	6-2	240
RB	Jr.	6-0	180
FB, MLB	Jr.	5-10	160
G	Jr.		

Position	Gr. ▼	Ht	Wt
RB, CB	Sr.	5-7	150
TE, OLB	Sr.	6-1	180
G, MLB	Sr.	5-11	200
CB, RB	Sr.	6-2	180
G, DT	Sr.	6-3	300
TE, DE	Sr.	6-1	190
RB, OLB	Sr.	5-10	160
RB, CB	Sr.	5-10	165
OLB, TE	Sr.	6-2	185
RB, DE	Jr.	5-10	200
C, DT	Jr.	6-3	235
G, DT	Jr.	6-0	205
C, DT	Jr.	6-0	230
QB, LB	Jr.	5-11	170
TE, MLB	Jr.	5-11	225

HOME	041	GUEST		
DOWN	TO GO	BALL ON	QTR	
TOL	1	25	1	TOL



HOME	0	10	GUEST	0
DOWN		TO GO	BALL ON	OTR
TOL	4	34		TOL



HOME	7	24	GUEST	0
DOWN	4	1	BALL ON	1
T.O.L.	4	1	QTR	1
			T.O.L.	

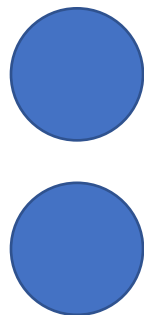


To Equalize Things

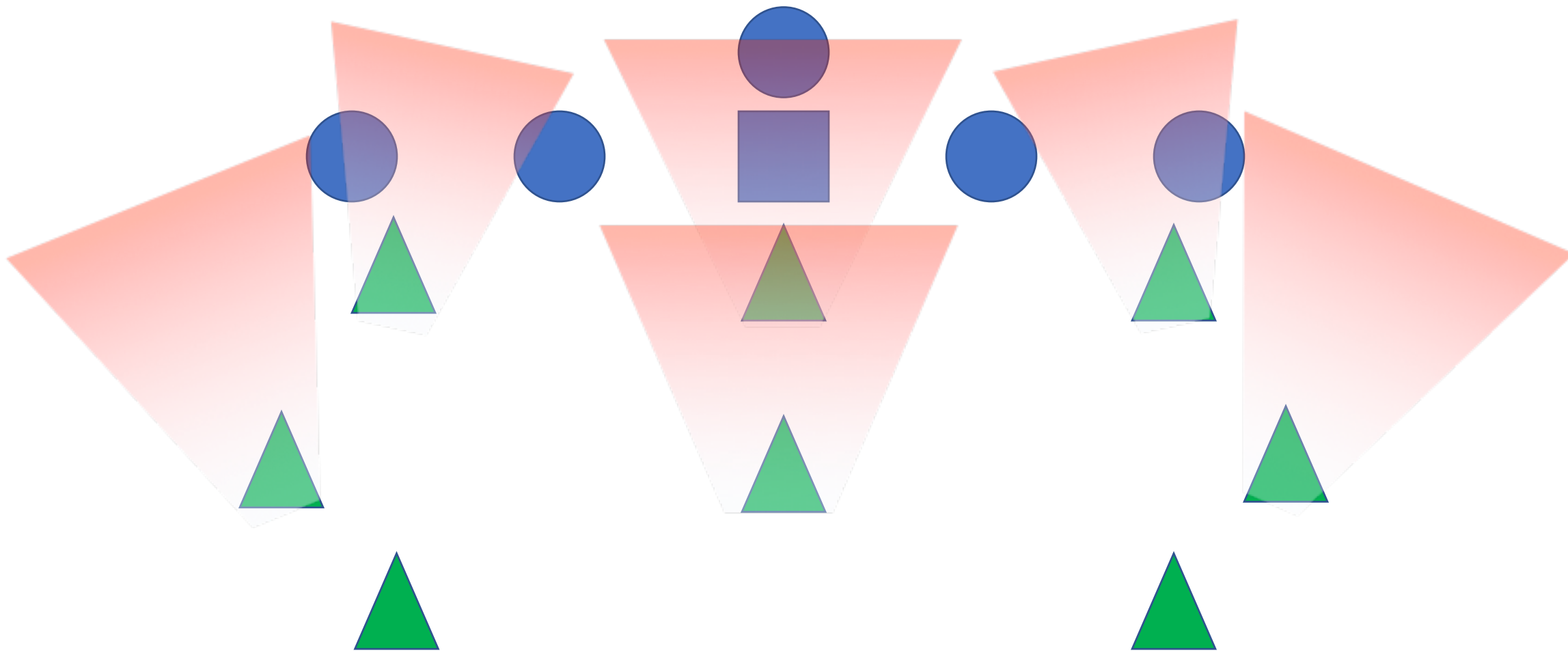
- We would leap into and out of alignments
- We would alter our front
- Constant movement on the D-Line
- Minimal blitz commitment

- First we had to start naming things....
 - If I was going to move guys around, I needed to be very specific about where they were supposed to go.

Base alignment
and responsibility



For a Typical 3-3



Technique numbering system.

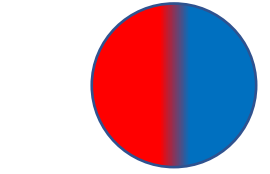
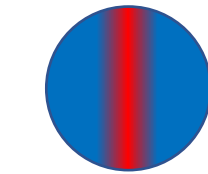
Techniques 1-3



The 1 Technique
Your basic nose guard
Typically a larger body
Strength and levers are key



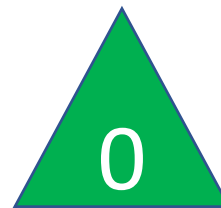
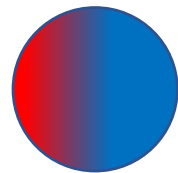
The 2 Technique
Both Nose Tackles and DE's need to know this job.
It isn't used often, but when it is, it is effective.
More on this later.



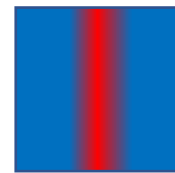
The 3 Technique.
Since we have two DE's they will both play the 3 at one point or another. However, one of my DE's will be a base 3 Tech.
He needs to be pretty swarthy.
Good levers, bigger body.

Technique numbering system

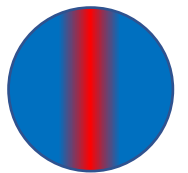
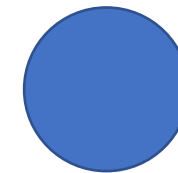
5 Technique.
The DE who is based in a 5 is a converted linebacker. Speed is essential. He must be able to flow to the edge.



0 Technique:
Same principals apply here as to the Nose.



4 Technique.
Again, both DE's will have to play this at some point. This technique has no special requirements physically or mentally. They just need to be able to jam.

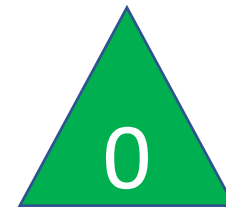


Technique numbering system

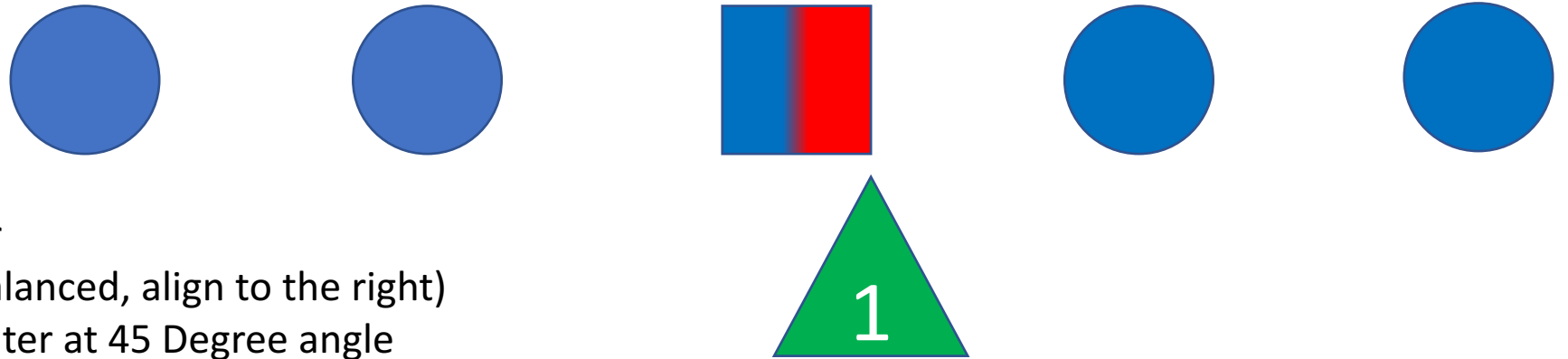


0 Technique:

- Nose is head up on the center
- Primary responsibility is to drive the center to heal line
- Secondary responsibility is to absorb blockers and make a pile
- Auxiliary responsibilities include tackle and pass rush



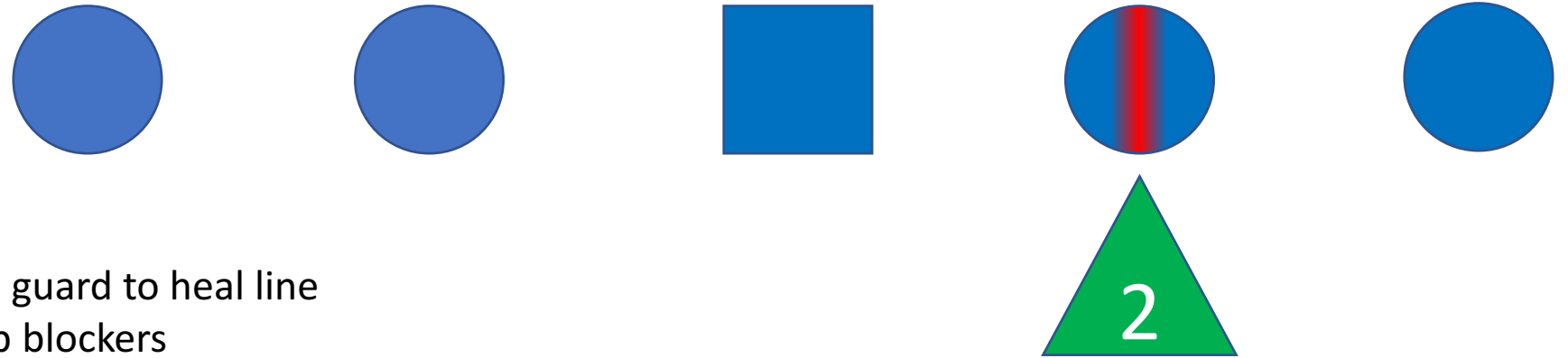
Technique numbering system



1 Technique:

- Split the crotch of the center
- Align to the strong side (if balanced, align to the right)
- Primary objective: Drive center at 45 Degree angle
- Secondary: Absorb blockers
- Auxiliary: Tackle and pass rush

Technique numbering system



2 Technique:

- Head up on the guard
- Primary objective: Drive the guard to heal line
- Secondary objective: Absorb blockers
- Auxiliary objectives: Tackle and pass rush

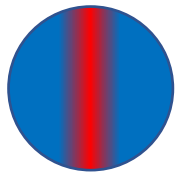
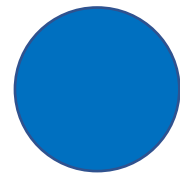
Technique numbering system



3 Technique:

- Split the crotch of the player furthest from the center
- Primary objective: Drive DE in a 45 Degree angle towards the sideline
- Secondary Objective: Kill the Ball carrier
- Always has QB responsibilities in option
- In Power, grab the lead blocker and force a "check step"

Technique numbering system

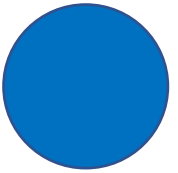
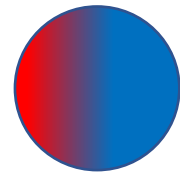


4 Technique:

- Head up on the player furthest from the center
- Primary objective: Drive past the heal line in a straight line (if head up on an end, jam and hold for two count)
- Secondary objective: Absorb blockers
- Auxiliary objectives: Tackle and pass rush



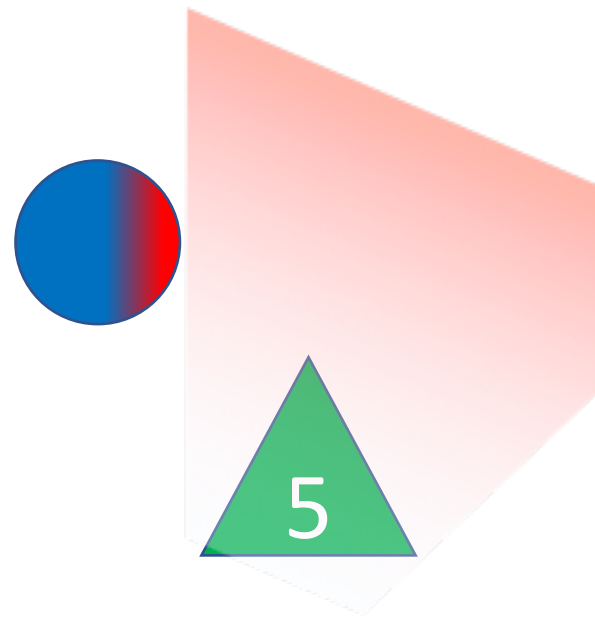
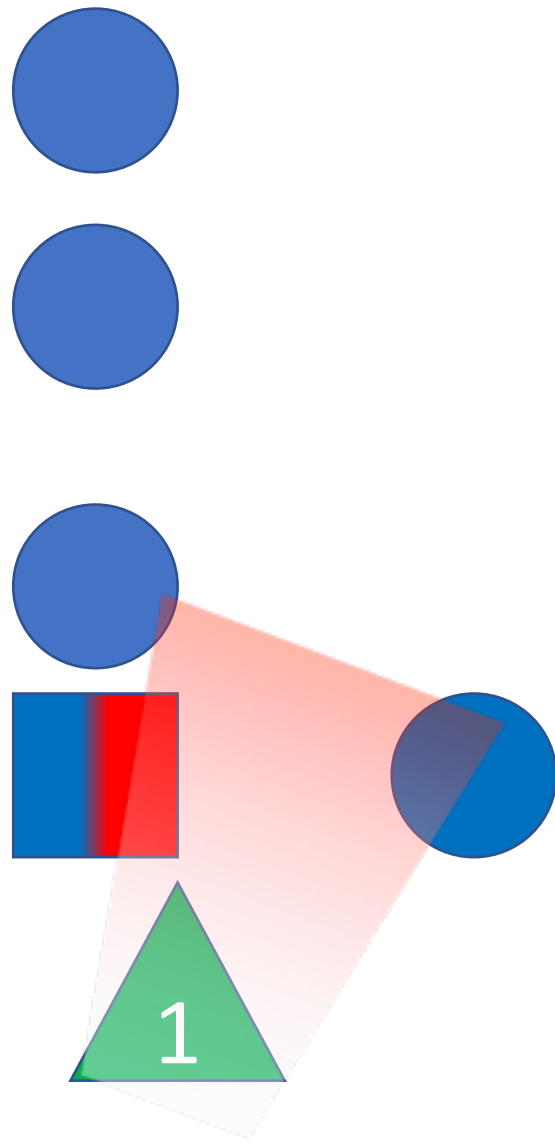
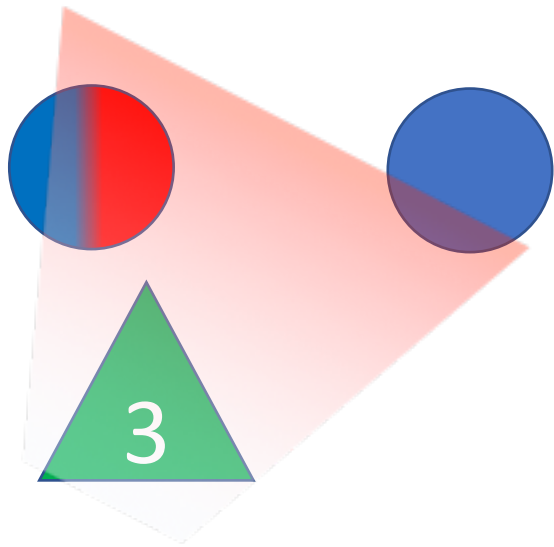
Technique numbering system



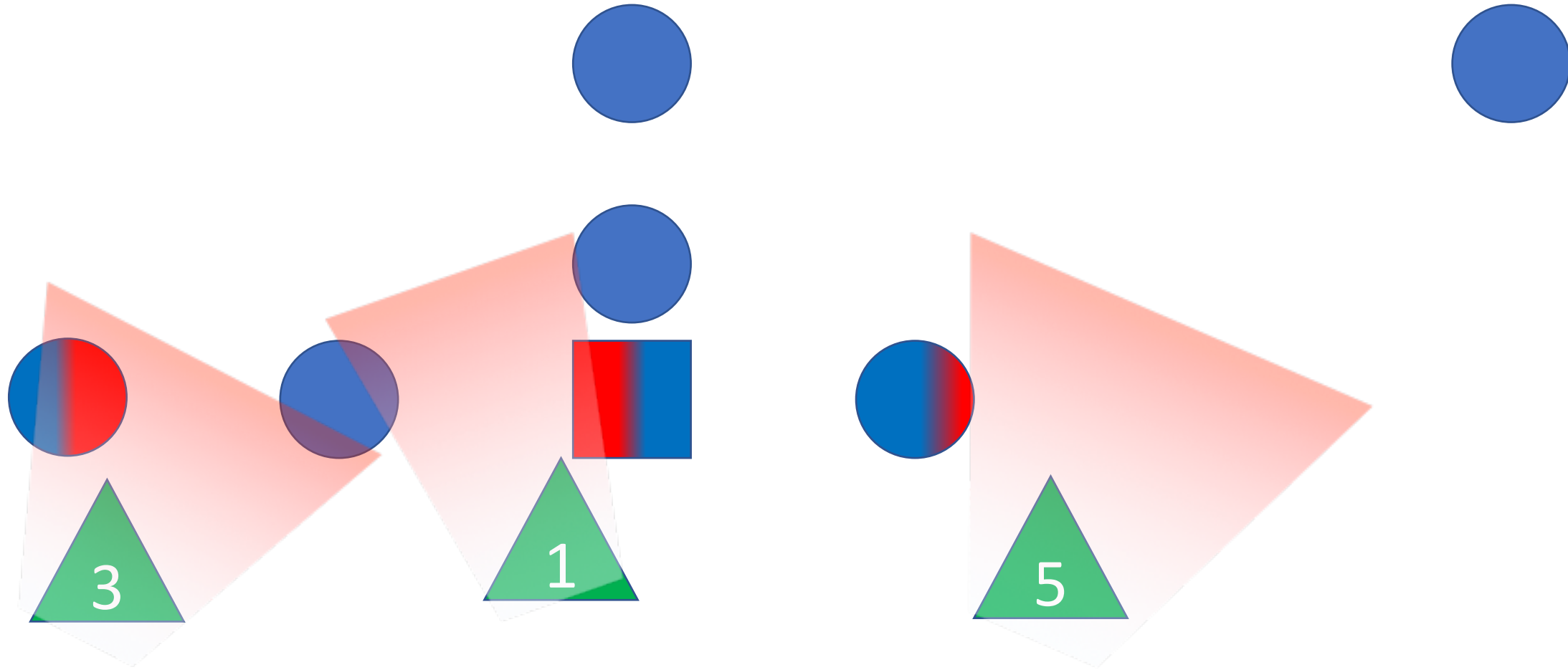
5 Technique:

- Outside shade of the player furthest from the center
- Force
- Always has pitch man on option
- Sweep
- Pass rush

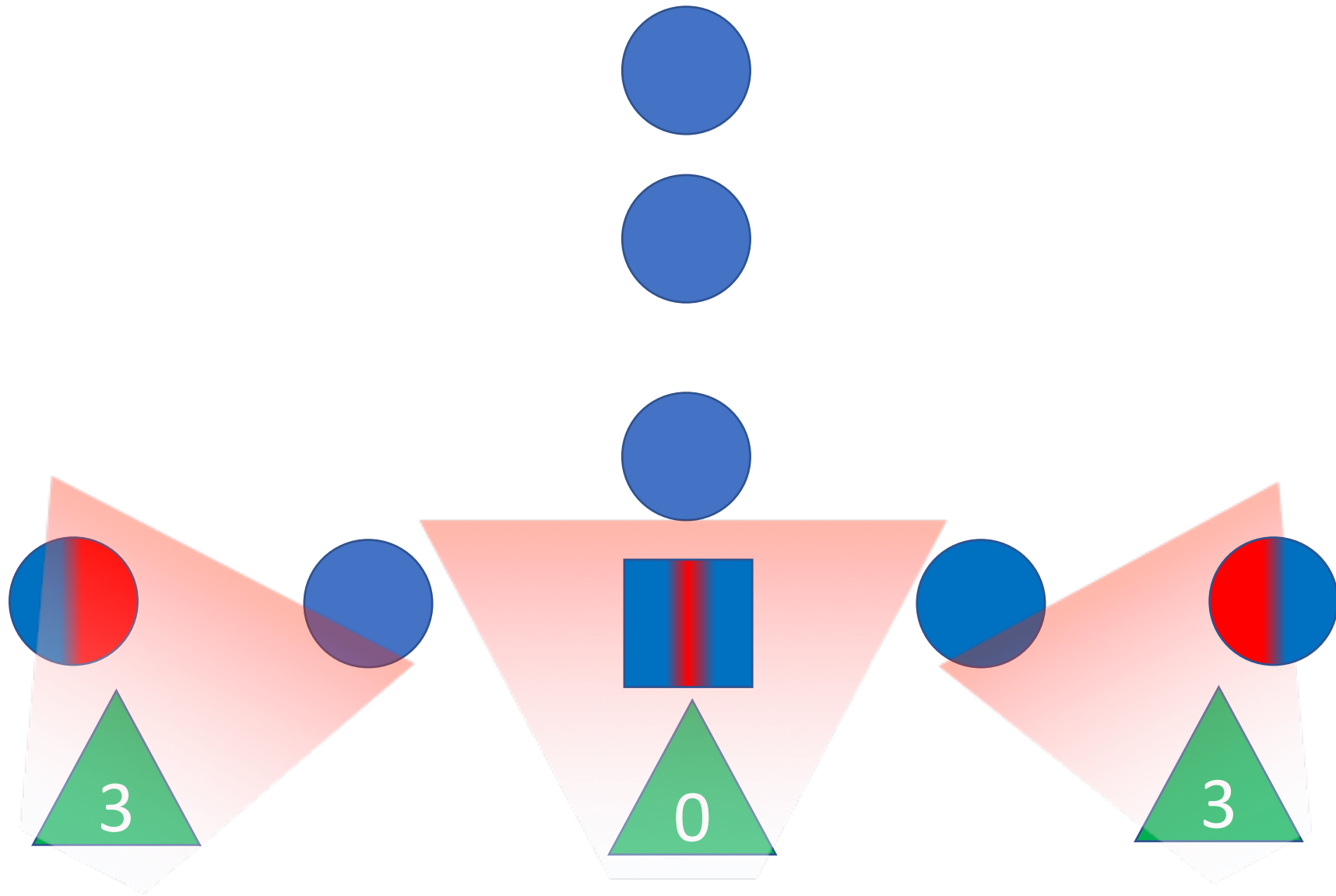
3-1-5



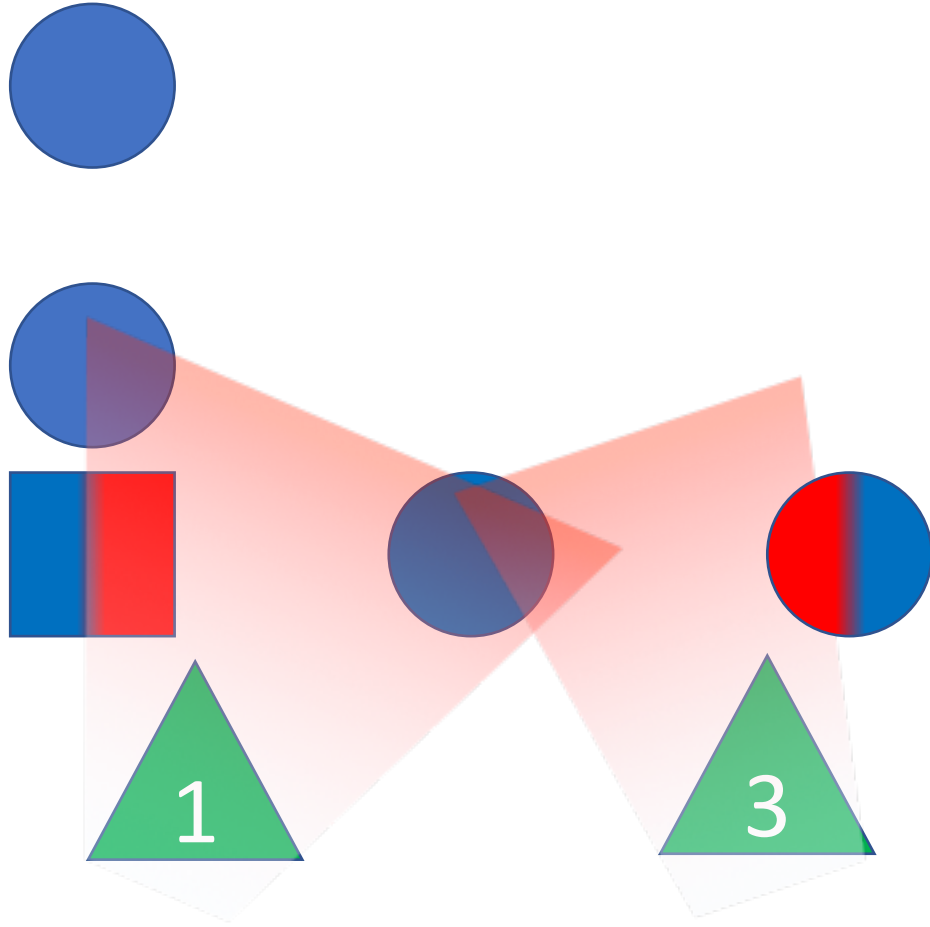
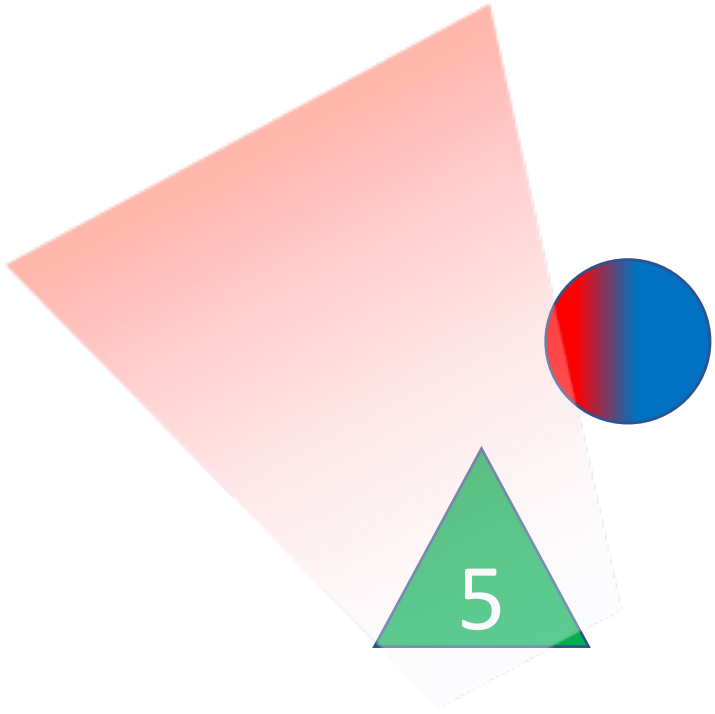
3-1-5



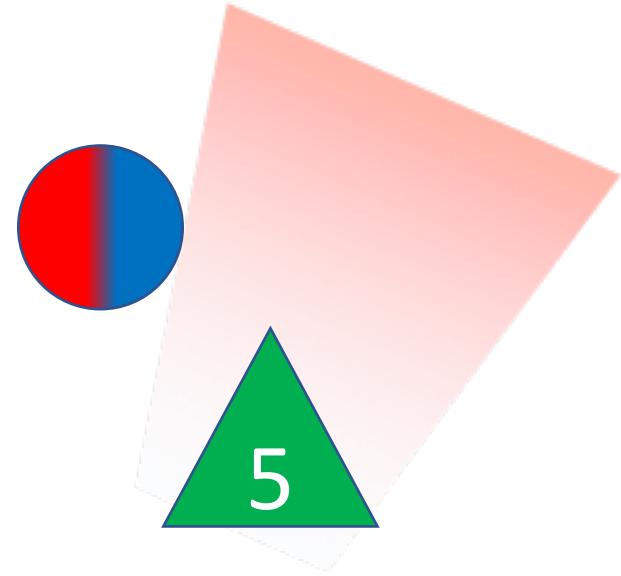
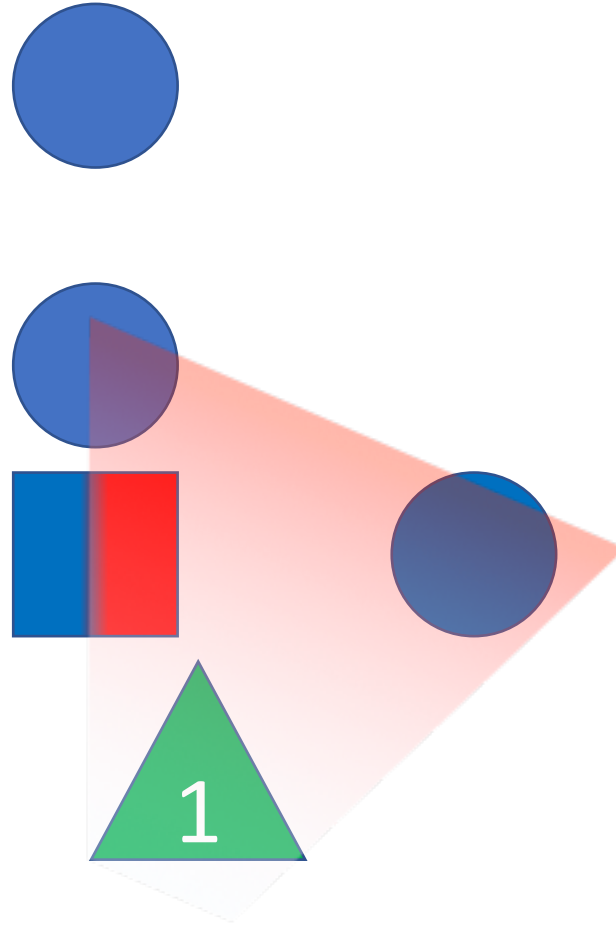
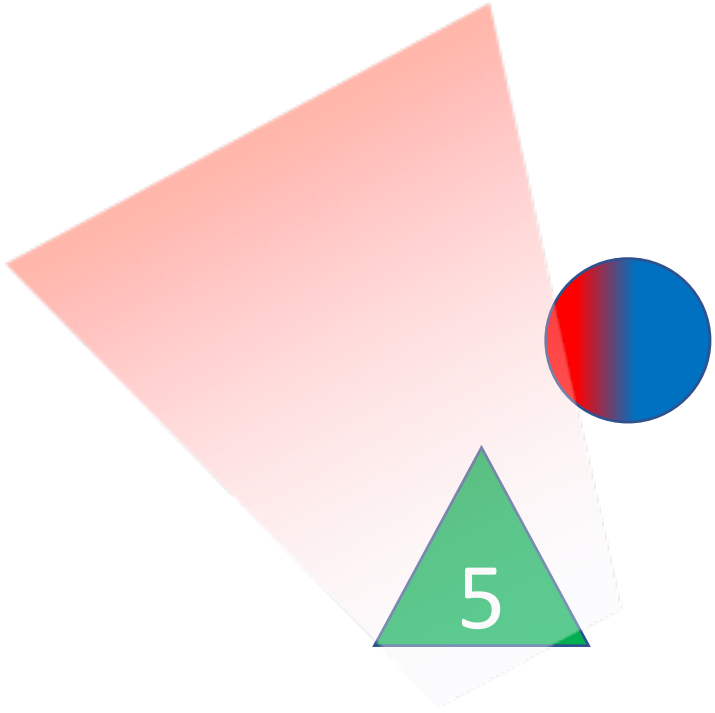
3-0-3



5-1-3



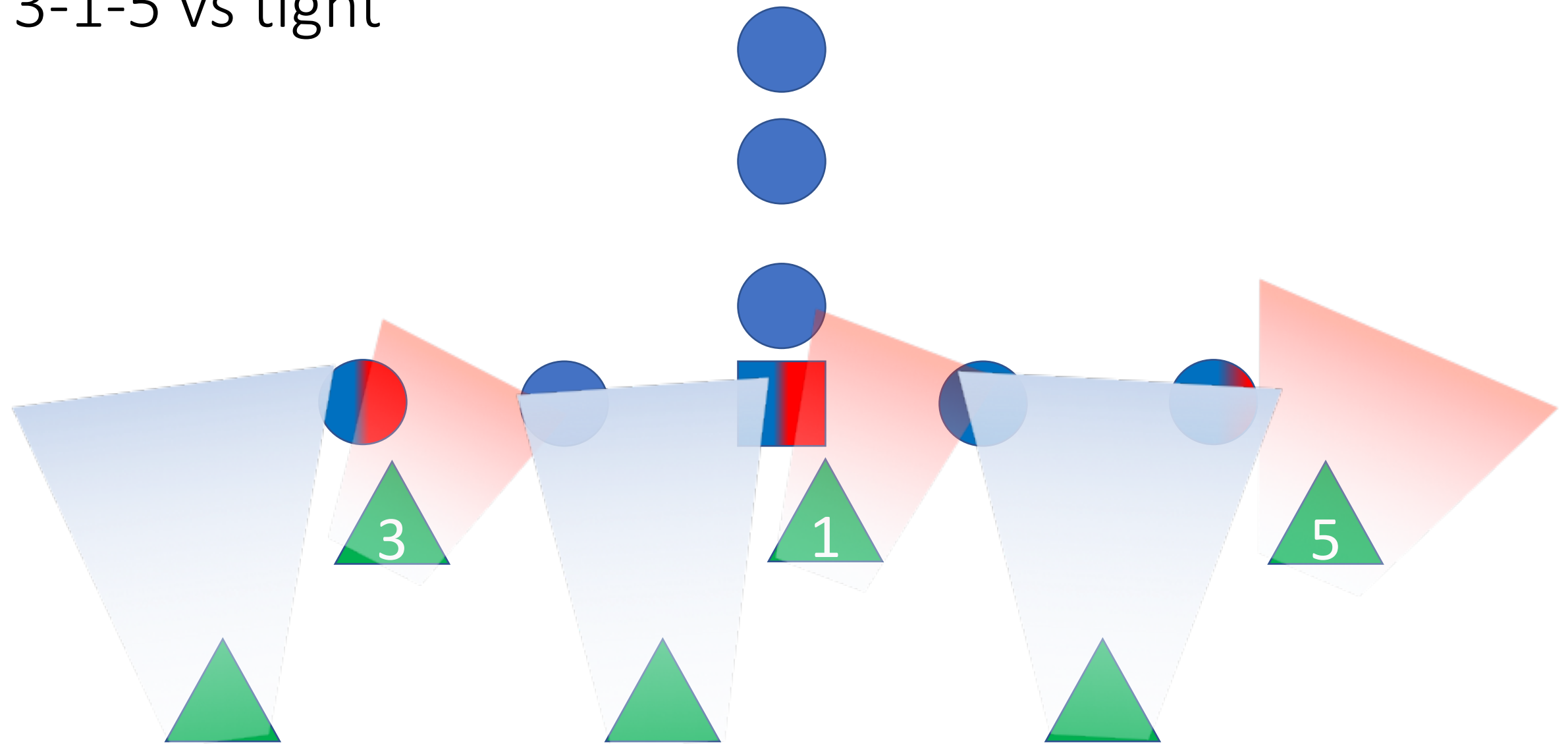
5-1-5



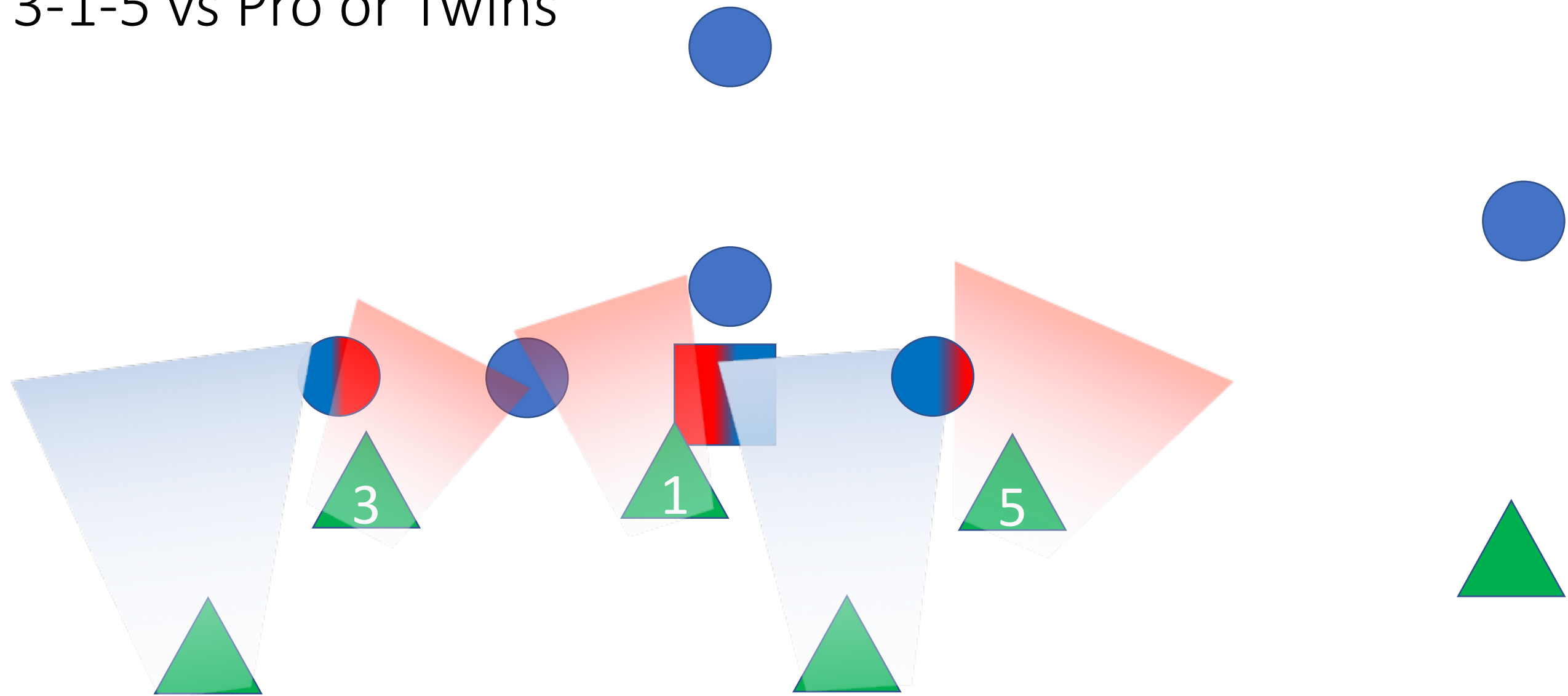
The Linebackers align to the D-Line

- The Mike is always in the middle but his gap assignment depends on the nose
- The outside linebackers might be in a force technique or they might have B gap
- It all depends on the D-Line

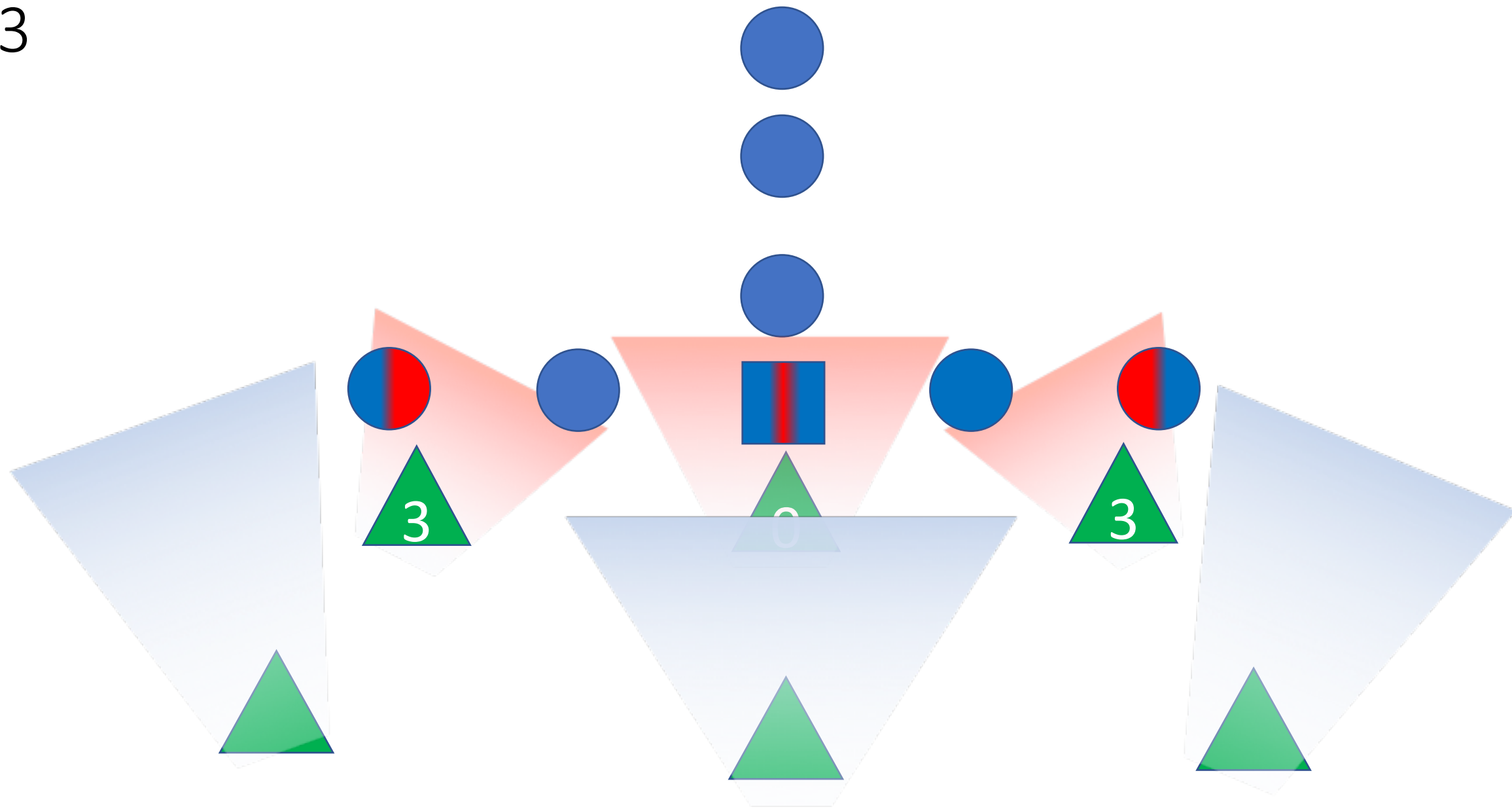
3-1-5 vs tight



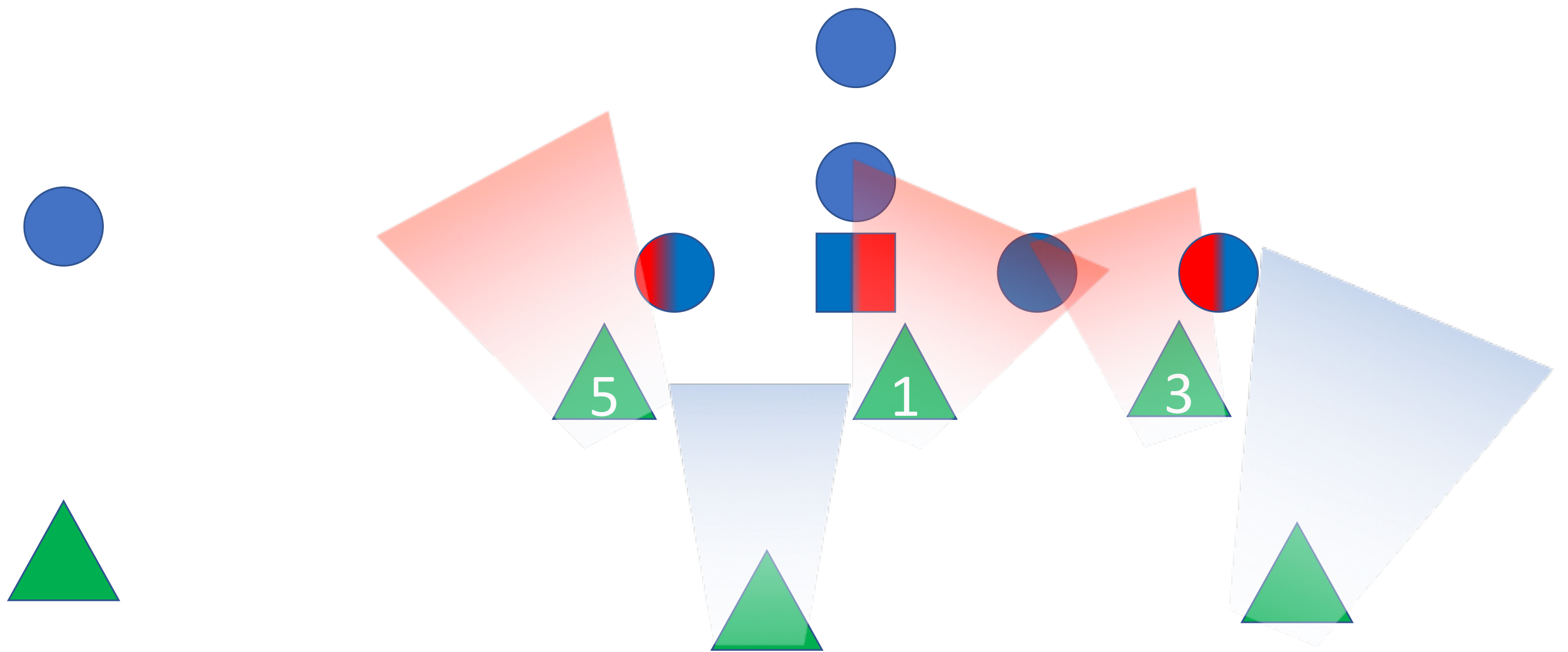
3-1-5 vs Pro or Twins



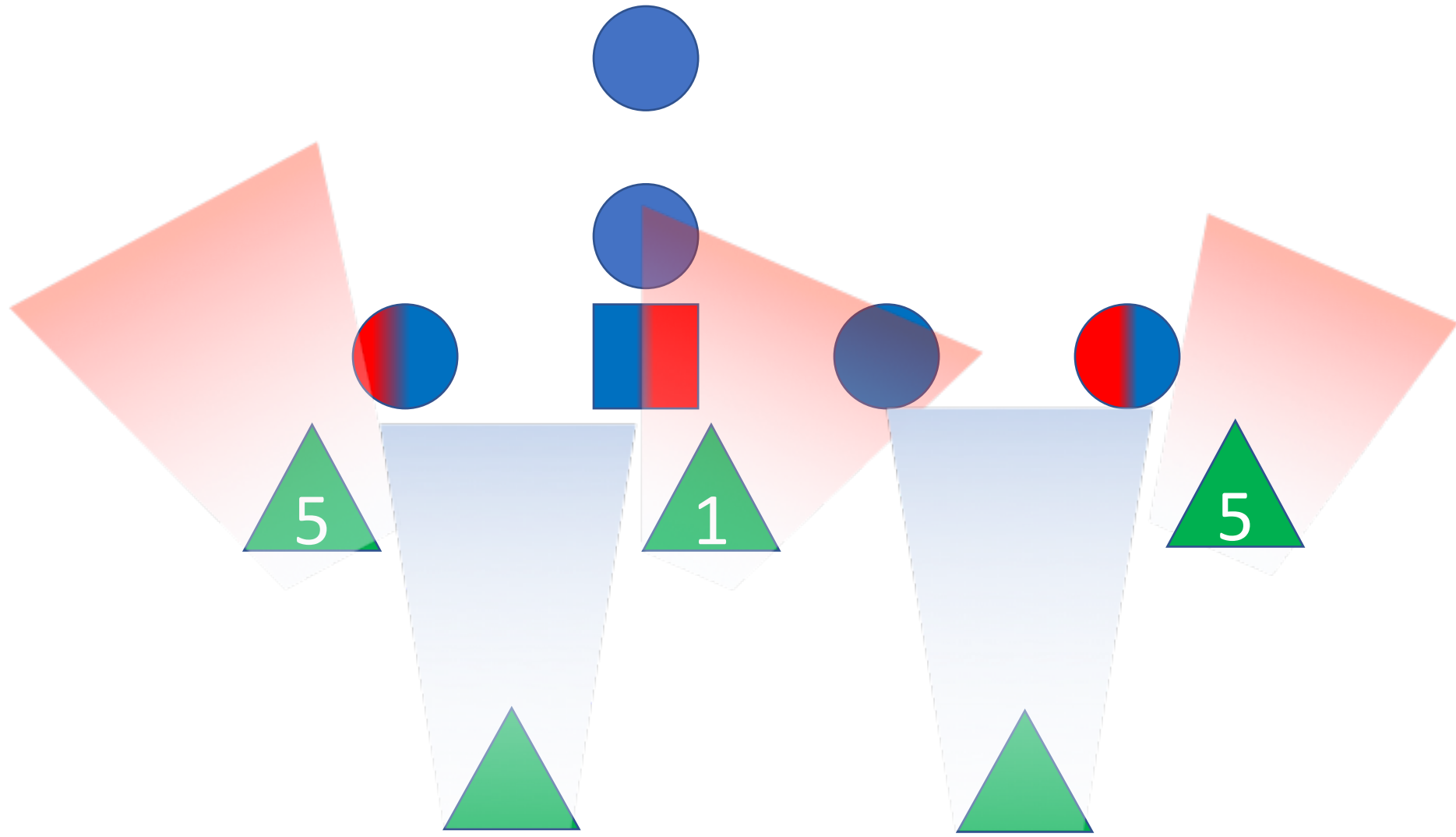
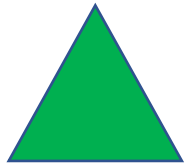
3-0-3



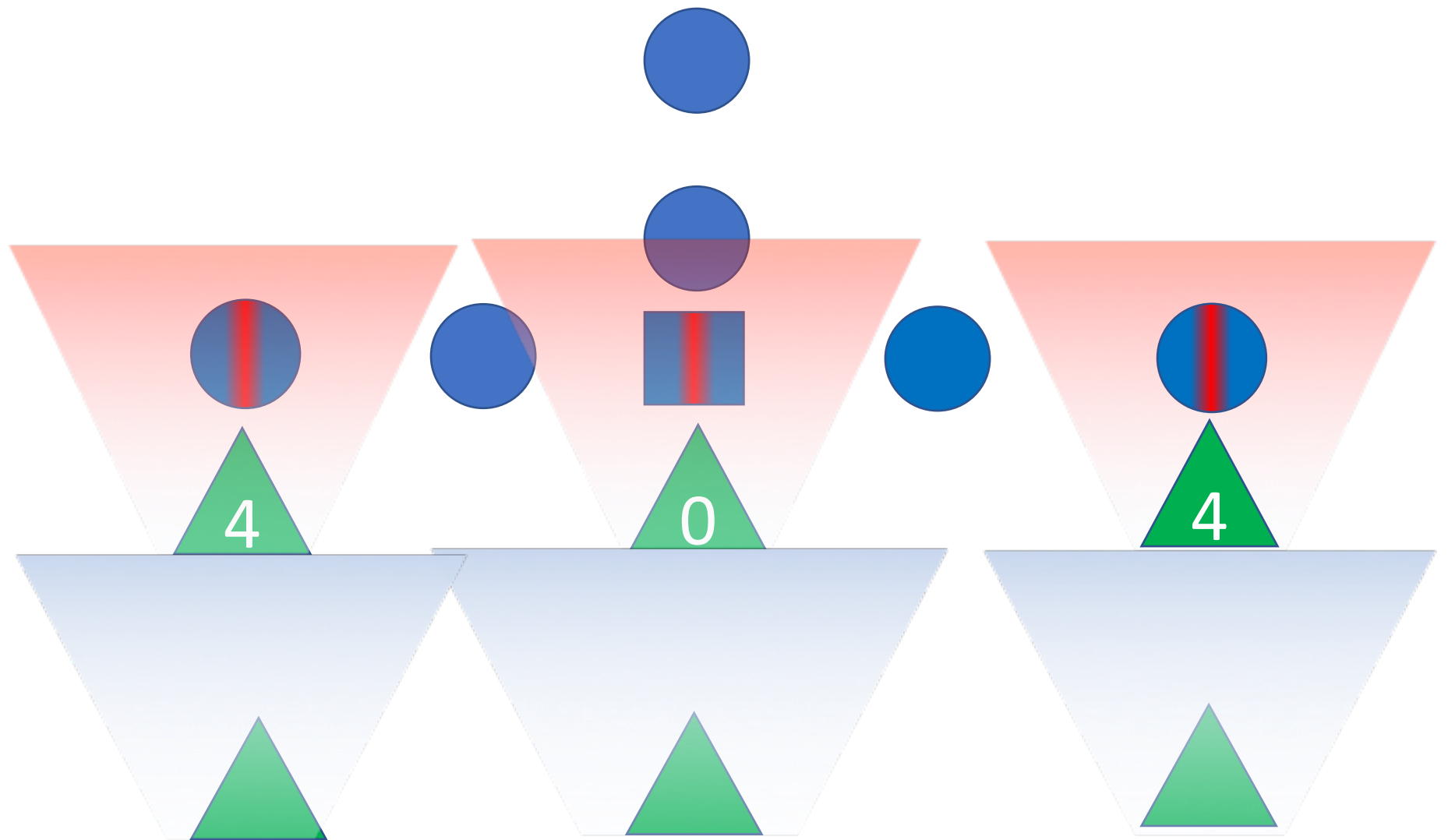
5-1-3



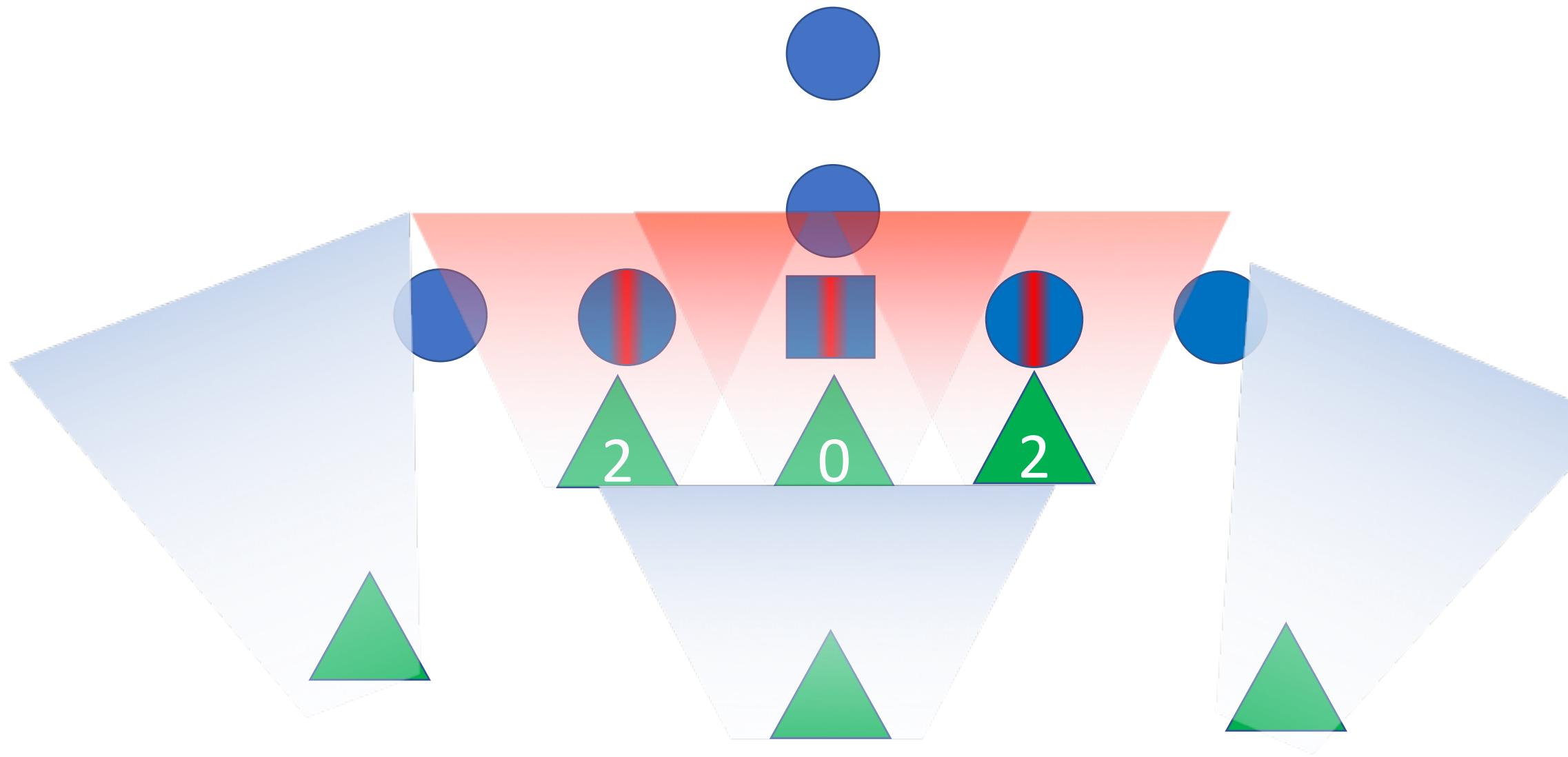
5-1-5



4-0-4



2-0-2



When installing this concept...

- In fall camp, you will need to rep this out.
- During the season, you will match concepts to your opponent.
 - Have your opponent-specific technique alignments in mind and rep them throughout the week
- During the game, I wait until the offense breaks huddle and I can identify the formation. Then I call out the three digit number I have mapped out to combat that formation
- Athletes must be comfortable with aligning to opponents before any other nuances are installed.
- In early games, just changing up the formation will put the offense off balance. (they are learning a new scheme too!)

How do I decide which fronts to use?

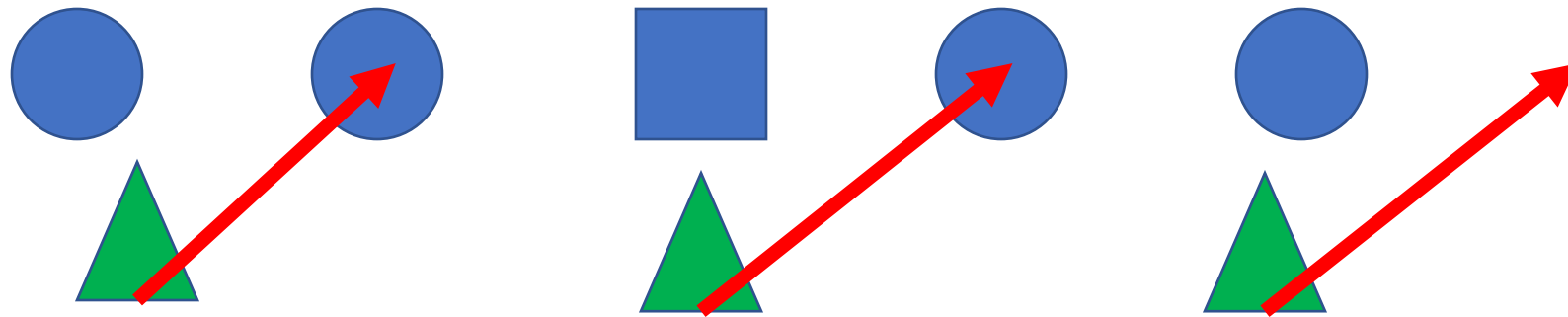
- Like all DCs, I try to take away the offense's best threat first.
- For example:
 - If we are playing a team who loves to run pro and twins = I will be employing 3-1-5 and 5-1-3 a lot
 - I will also use 5-1-5 and even 2-0-2 (sparingly) just to screw up blocking assignments
 - If that team loves to zone read and option = I will be using a specific set of LCVs (which we will discuss later)
- I never have used ALL of the possibilities of this defensive scheme in one game. It's all about matching the concepts to the opponent and the keeping the O-Line and OC guessing.

To Review

- The first step is installing a variety of fronts that can be changed in seconds (after the huddle is broken)
- The D-Line must understand the number system (this is easier to bring about than you might think)
- The LBs must understand how to align to the D-Line and they must know their responsibilities
- Once all that is done, you will have a defense that confuses O-Linemen, and you are ready to up the ante even more with Line Change Variations

Eventually you can (and should) install LCVs

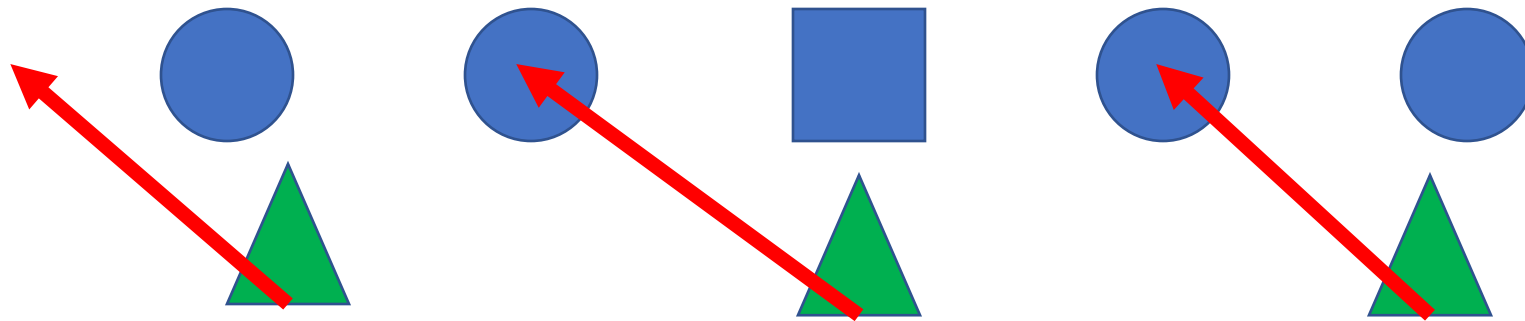
- Lightning: All D-Linemen slide one man to the left



- The LB's must know what this means
 - ROLB doesn't contain anymore
 - LOLB has even more responsibility to force
- DL does NOT hit a gap, the take out a man!

LCVs

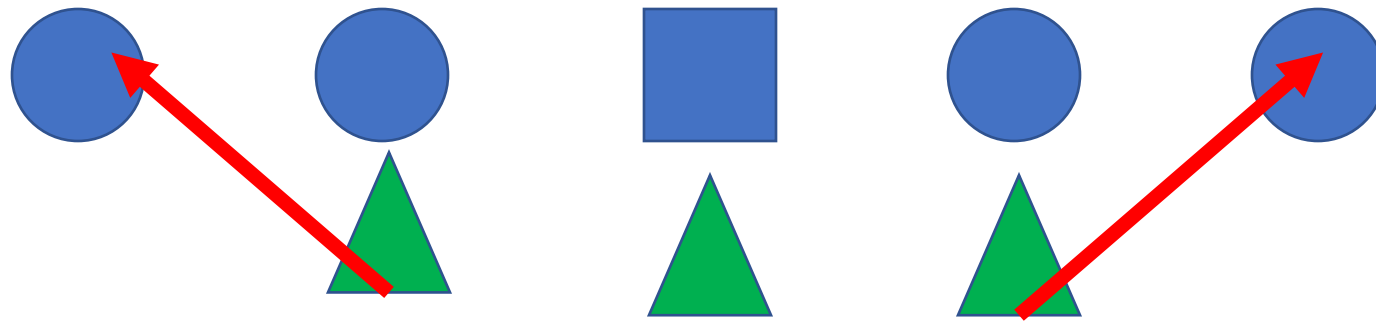
- Thunder: All D-Linemen slide one man to the Right



- The LB's must know what this means
 - ROLB doesn't contain anymore
 - LOLB has even more responsibility to force
- DL does NOT hit a gap, the take out a man!

LCVs

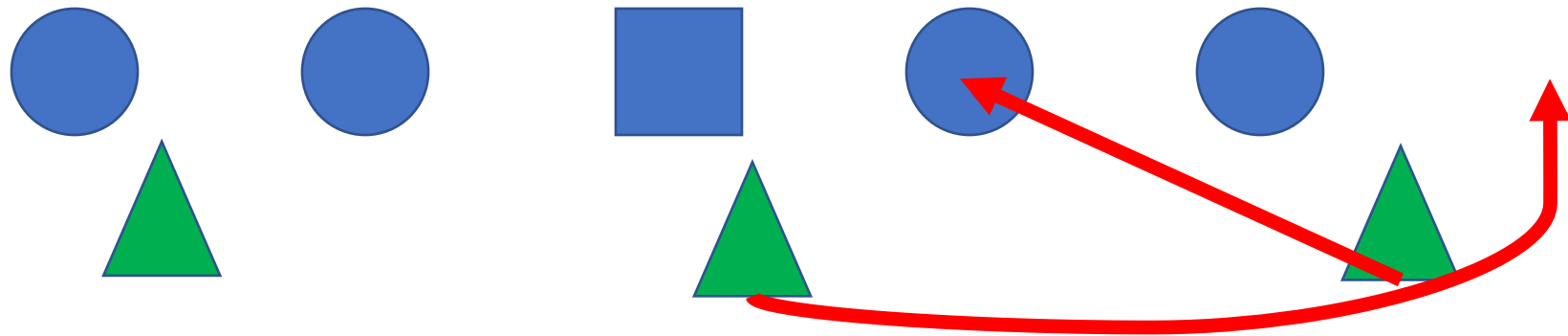
- Blow OUT: This works out of 2-0-2 and 3-0-3



- DL does NOT hit a gap, the take out a man!
- Out of 3-0-3 the DE's move to a force position. LB's must move inside to cover B Gaps

LCVs

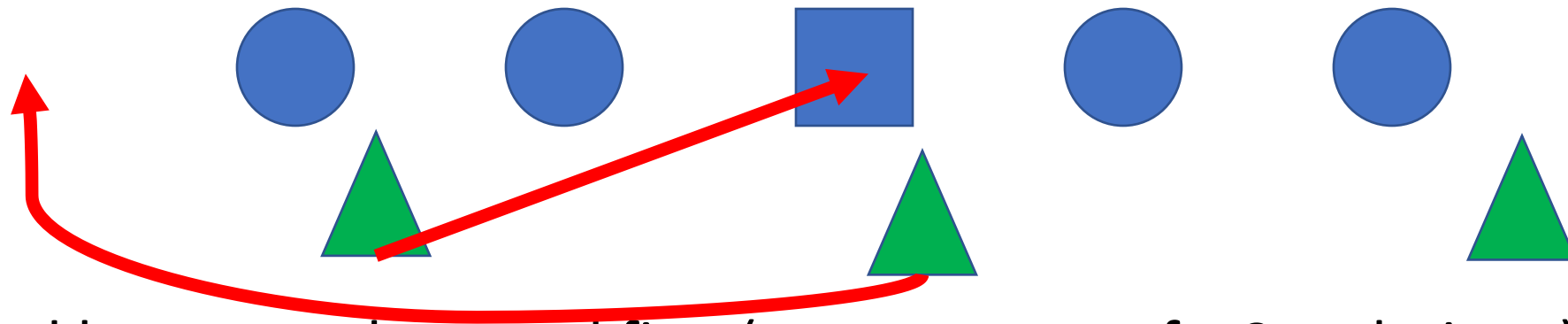
- LOOP Right/Left: Twisting maneuver



- End hammers the guard first
- The nose then loops to Force
- This is highly effective and can be done out of virtually any technique

LCVs

- LOOP Right/Left: Twisting maneuver



- End hammers the guard first (or center out of a 3 technique)
- The nose then loops to Force
- This is highly effective and can be done out of virtually any technique

How to install it and use it

- We use wrist bands that have looked like this:
- I call out a number and that tells the Defense what to do

1	315 Mike B	11	513 Twist Right	21	513 Sword
2	Compton Base	12	Blow In Backs Out (LOCK)	22	Blow Out Backs In
3	513 Mike B	13	Blow Out Backs In (LOCK)	23	Lightening Jake Go
4	BASE Pappa	14	Thunder Ike Cross	24	Thunder Jake Go
5	315 Sting	15	Lightening Mike Cross	25	Papa Thunder Stoke
6	Overload Base	16	Twist Right	26	Papa Lightening Sword
7	513 Sin	17	Twist Left	27	Box Base
8	513	18	Loop Right	28	315
9	515	19	315 Stoke	29	315 Twist Left
10	414	20	Blow In Backs Out	30	Loop Left

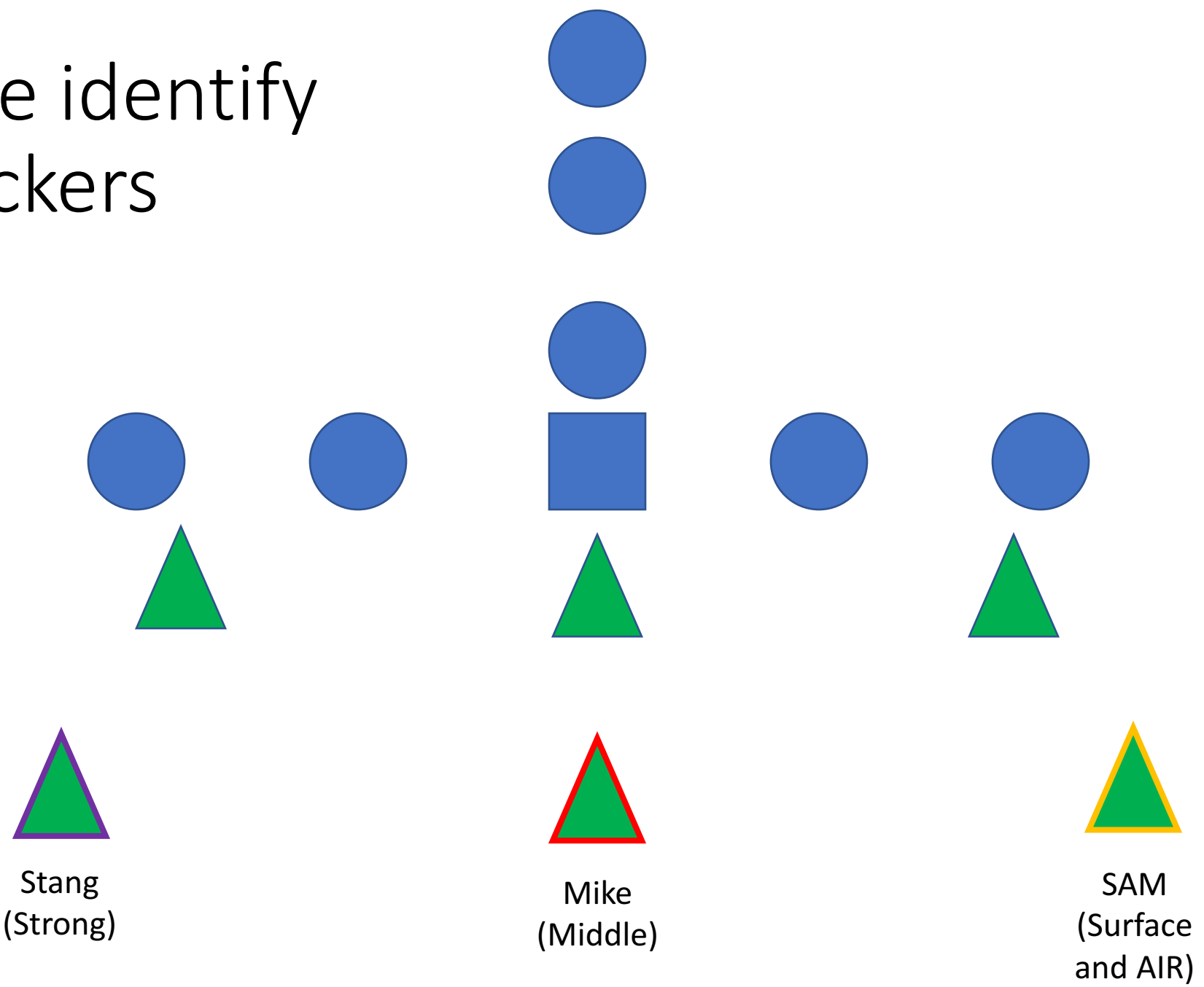
How to install it and use it

- However you signal it in, and when you signal, is up to you
 - We use a number system and wristbands about 1.5-2 Seconds after the offense breaks huddle.
 - You can certainly call it out sooner, but that limits your effectiveness
- I would suggest changing at least one thing every down.
 - Technique alignment, LCV or Blitz
- This takes up a lot of practice time...commit to it
- Install it at the JV level.
- During JV games we don't use wrist bands. I just yell what I want to do from the sideline.
 - The other team can hear it...I don't care.

Now you need to include the Backers

- As you probably noticed, some of the LCVs leave a gap unattended. This is why most LCVs include a backer blitz.
- We use 8 blitzes
 - Sting
 - Stoke
 - Sin
 - Sword
 - Mike Go
 - Ike Go
 - Mike Cross
 - Ike Cross

How we identify our Backers

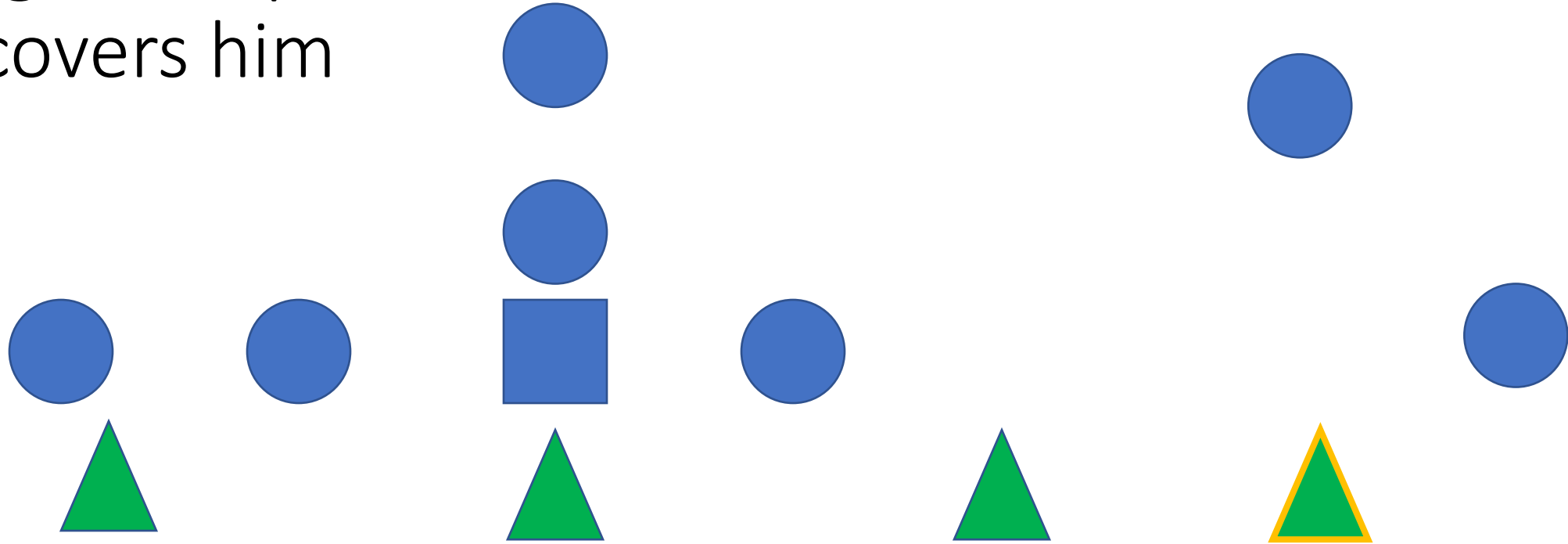


Stang
(Strong)

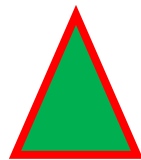
Mike
(Middle)

SAM
(Surface
and AIR)

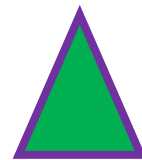
If a running back splits out: Sam covers him



Now that we only have two backers in the box, the Mike is Left, and Ike is right (formerly the Stang). It reads "Mike and Ike."



Mike
(RIB)



Ike (LIB)

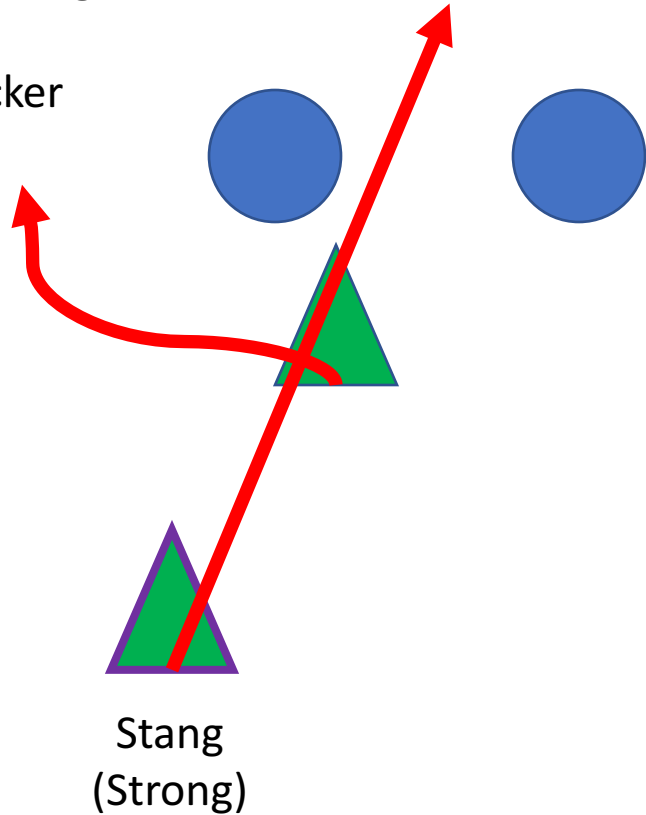


SAM
(Surface
and AIR)

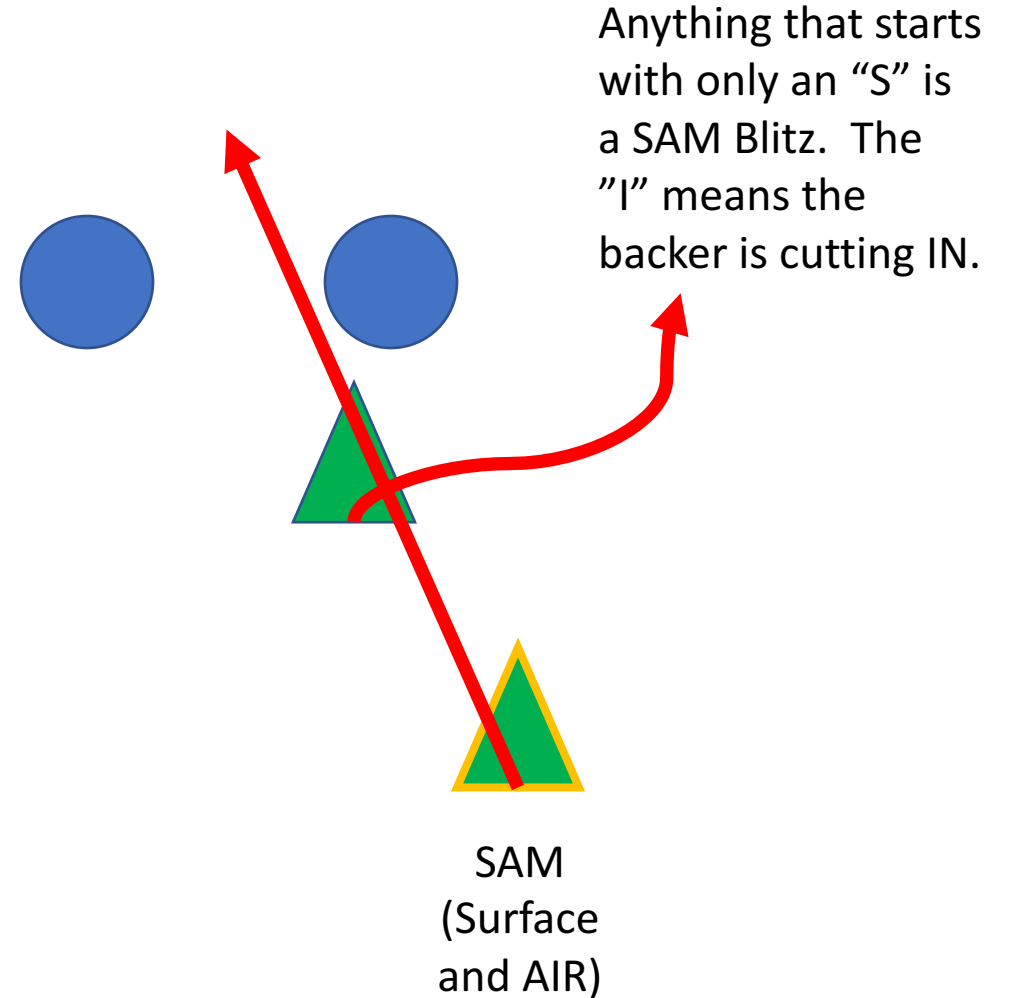
It doesn't matter which side the RB goes to, SAM goes with him.

Sting and Sin

Anything that starts with "ST" is a Stang Blitz. The "I" means the Backer is cutting IN.



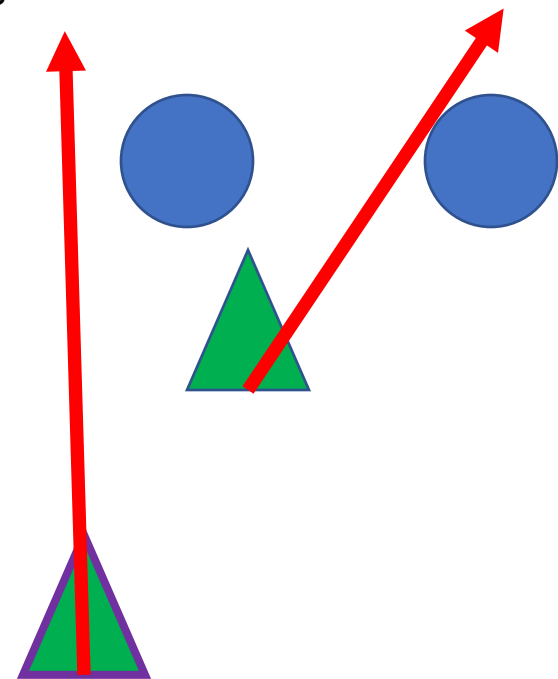
This is a twist blitz between the OLB and the DE
It works best when the DE is in a 3 Tech



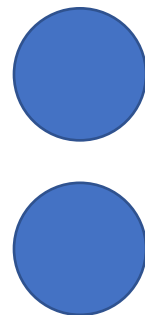
Anything that starts with only an "S" is a SAM Blitz. The "I" means the backer is cutting IN.

Stoke and Sword

Anything that starts with "ST" is a Stang Blitz. The "O" means the Backer is cutting OUT.

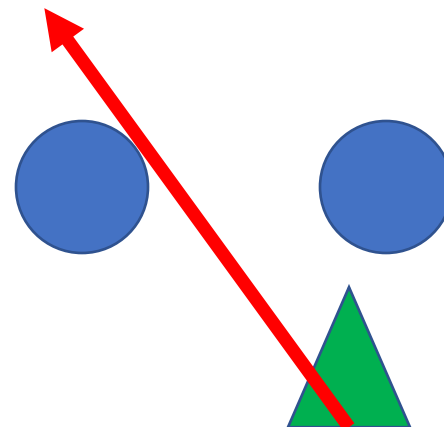


Stang
(Strong)



Mike
(Middle)

This one works better if the DE is in a 5 Tech



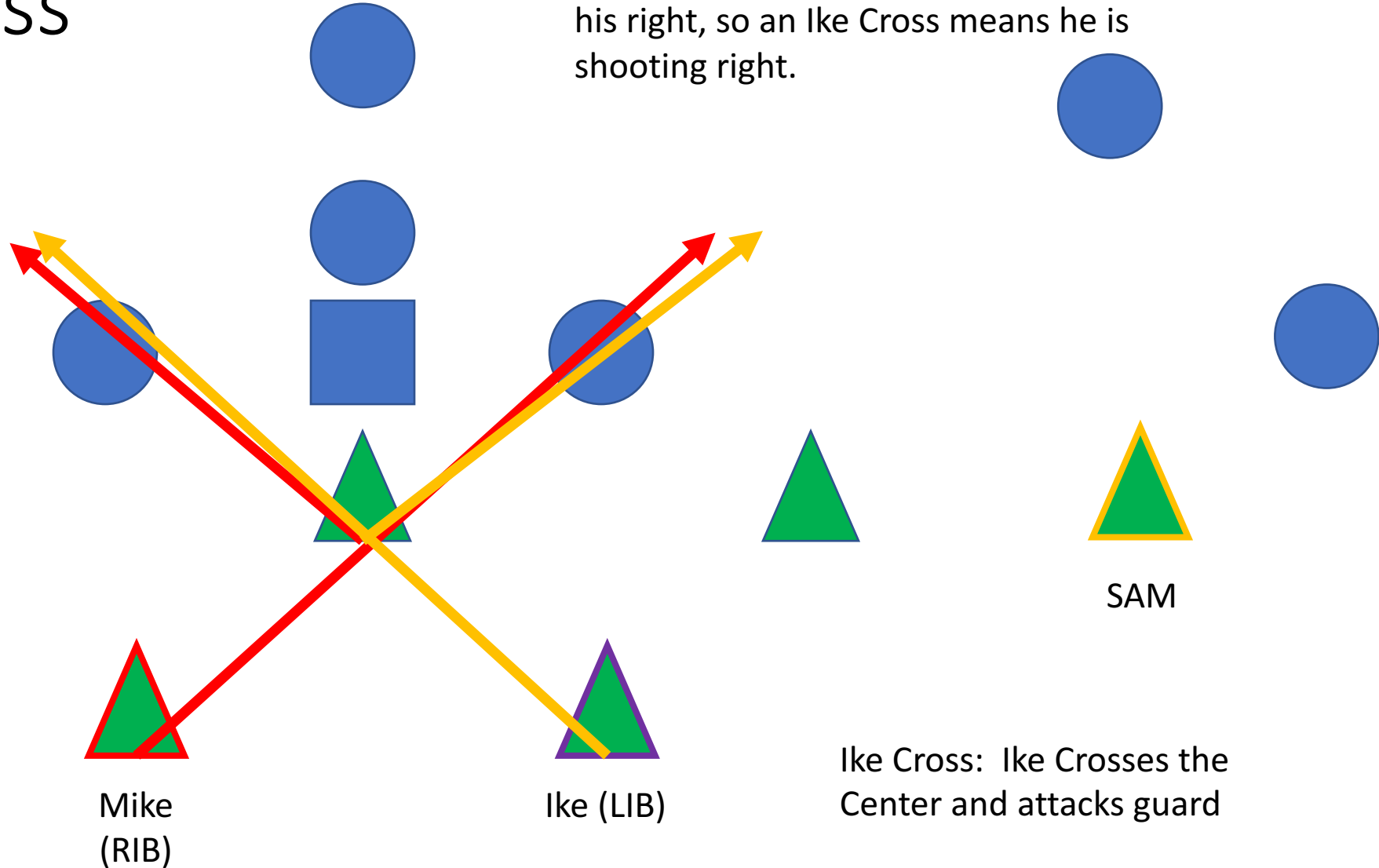
SAM
(Surface
and AIR)

Anything that starts with only an "S" is a SAM Blitz. The "O" means the backer is cutting OUT.

Ike & Mike Cross

Can't emphasize enough,
ATTACK THE MAN, NOT THE GAP

This is a twisting blitz. The Nose must know his left from right. Ike is always on his right, so an Ike Cross means he is shooting right.



Mike Cross: Mike crosses the Center and attacks guard.

Ike Cross: Ike Crosses the Center and attacks guard

Putting it all together

- So far we've covered varying fronts which we rotate constantly based on the team we are playing
- We have discussed a variety of LCVs which we use liberally
- We have discovered some simple blitzes

- Now when you mix those three simple principles together you have an attacking defense that almost never has guys end up anywhere near the spot they started from pre-snap.
- Basic rule: "You never hold still when the enemy knows exactly where you are." --Orson Scott Card

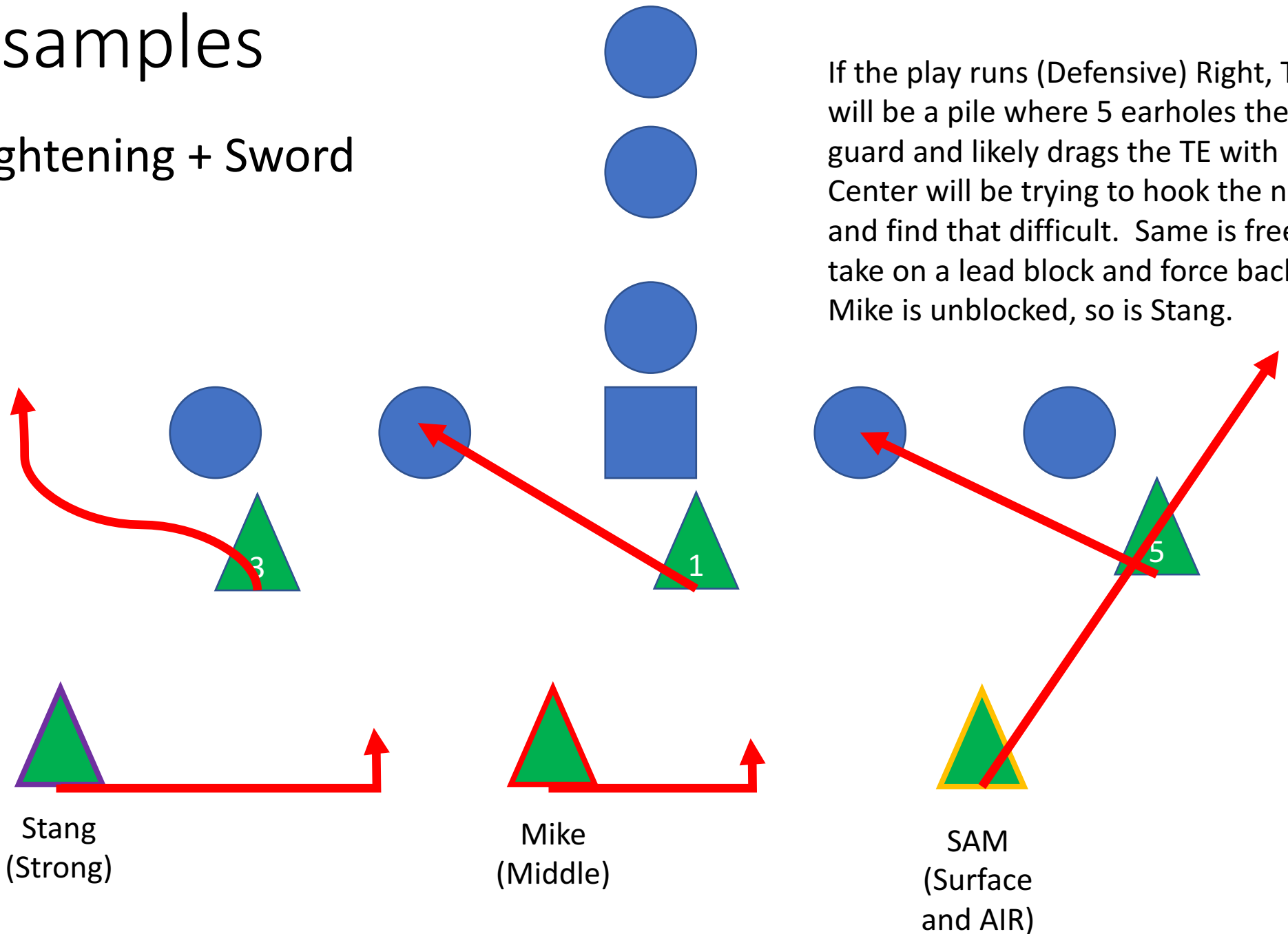
Marshaling the Attack

- How you combine formations, LCVs and Blitzes is limited only to your scouting report, your athletes' abilities, and your imagination.
- You will need to put in the time scouting in order to identify what combinations you think might be useful.
- I've never had a game where I've used even MOST of my possible combinations.
 - Each opponent has different points that must be attacked—focus your energies there.

Some samples

3-1-5 + Lightning + Sword

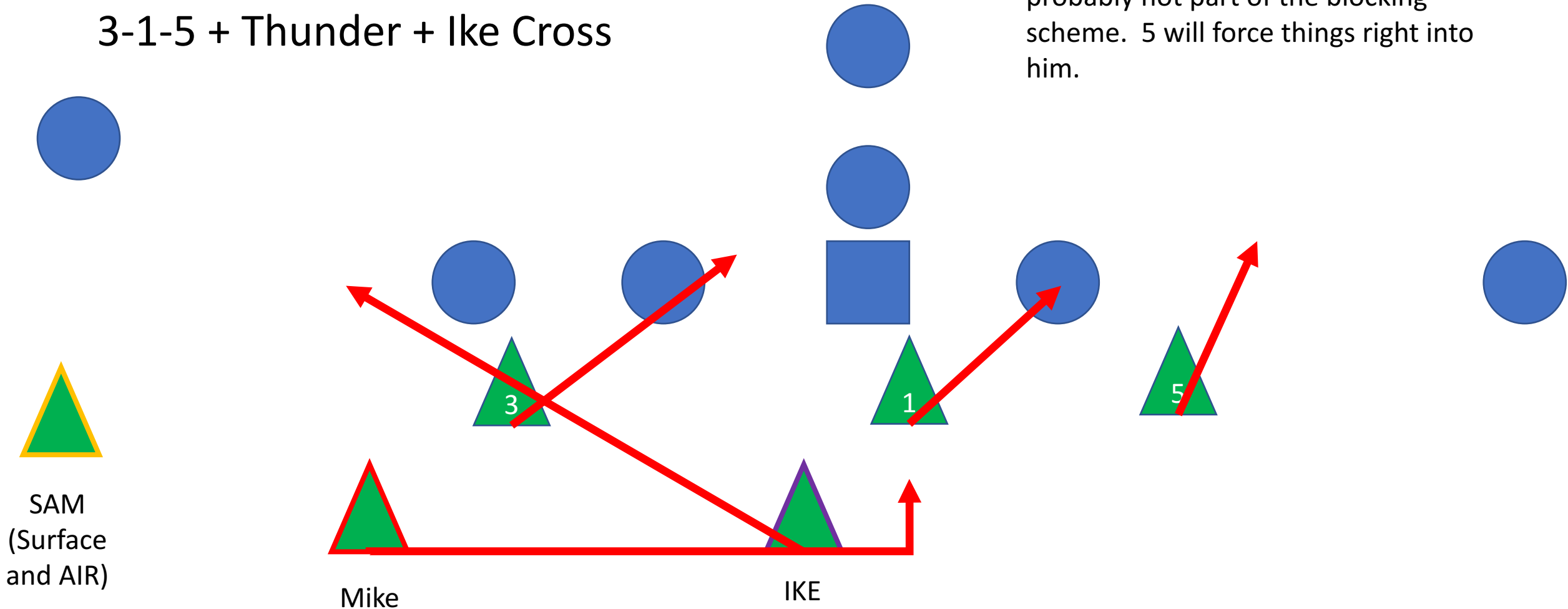
If the play runs Left, TE has a heck of a time hooking in 3. If 1 gets a good jump on the ball, he will end up right in the hole and maybe get a piece of the guard. If he doesn't, he's there for the lead block. Either Stang or Mike are unblocked (or both). If Right guard shoots to SAM, 5 has a shot at the play



If the play runs (Defensive) Right, There will be a pile where 5 earholes the guard and likely drags the TE with him. Center will be trying to hook the nose and find that difficult. Same is free to take on a lead block and force back in, Mike is unblocked, so is Stang.

Some samples vs Pro

3-1-5 + Thunder + Ike Cross



If the play runs right, Mike is already coming across the formation and probably not part of the blocking scheme. 5 will force things right into him.

If the play runs left, TE will go with 3 and make a pile in the guard spot. Ike is free to search. Mike can't be blocked. Only possible hole is the 2. Mike should have a chance at the play.