

DEFENDING THE SPREAD

102

HOW DO WE COPE WITH THE EVOLUTION OF THE GAME?

KURTIS KOENIG

ENNIS HIGH SCHOOL MUSTANGS

DEFENSIVE COORDINATOR



BASIC RULE:

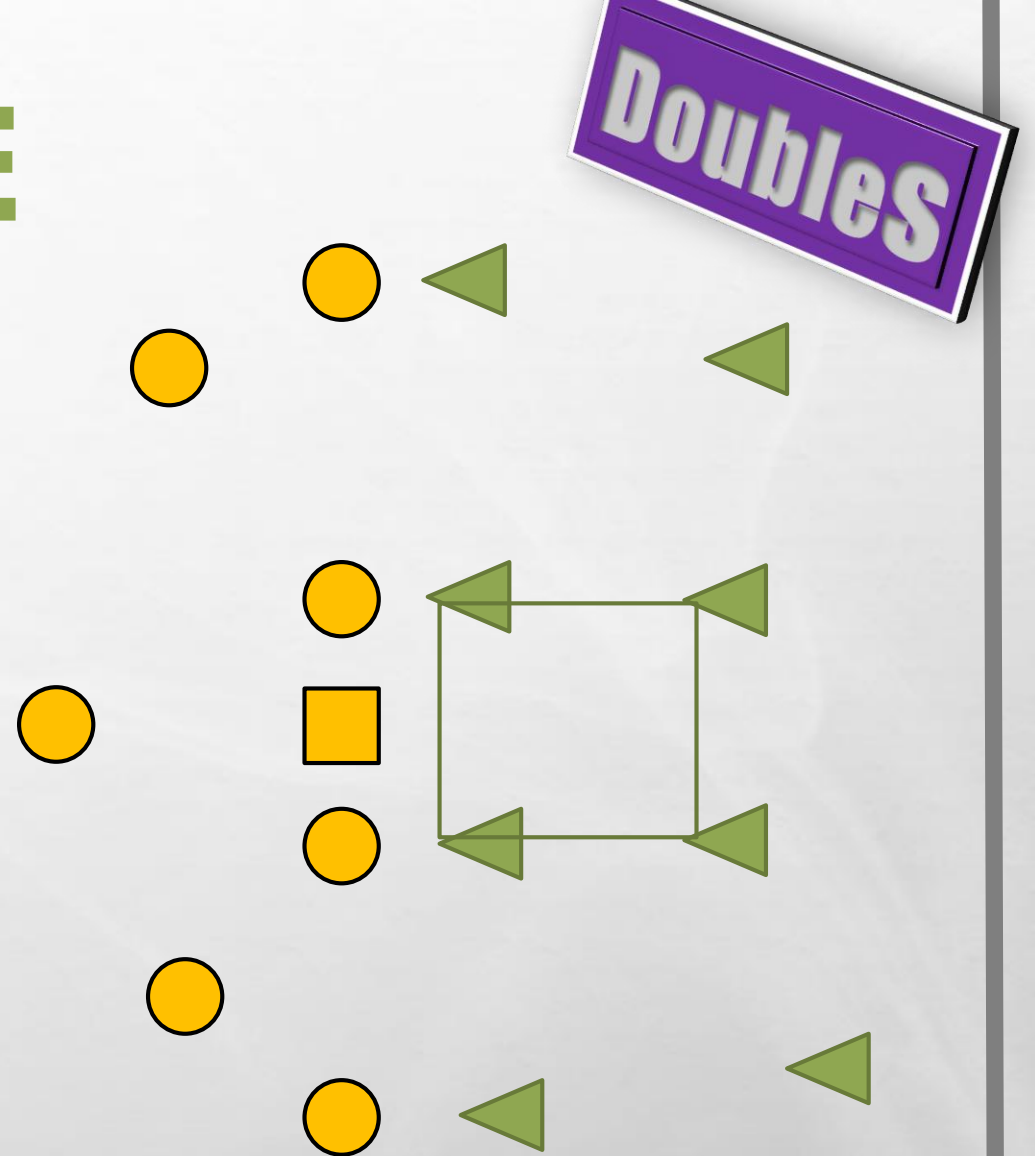
- **EXCELLENT ATHLETES MAKE A
MEDIocre COACH LOOK LIKE A
HALL OF FAMER**

WHY LISTEN TO THIS PRESENTATION?

- **I WILL SHARE WHAT HAS WORKED FOR US VERSUS ULTRA SPREAD FORMATIONS**
 - **DOUBLES**
 - **TRIPS**
 - **ANY TIME THERE ARE THREE DOWN LINEMEN**
- **MORE INFORMATION ABOUT HOW WE COVER OTHER FORMATIONS WILL BE AVAILABLE TO YOU AT THE END.**

WE USE THE BOX DEFENSE

- **THIS IS ESSENTIALLY A 2-4-2 DEFENSE**
- **A SEASON AGO A FEW TEAMS WERE USING IT---LAST SEASON A FEW MORE**
- **THERE ARE A FEW KEY REASONS WHY THIS WORKS**



WHY USE THE BOX?

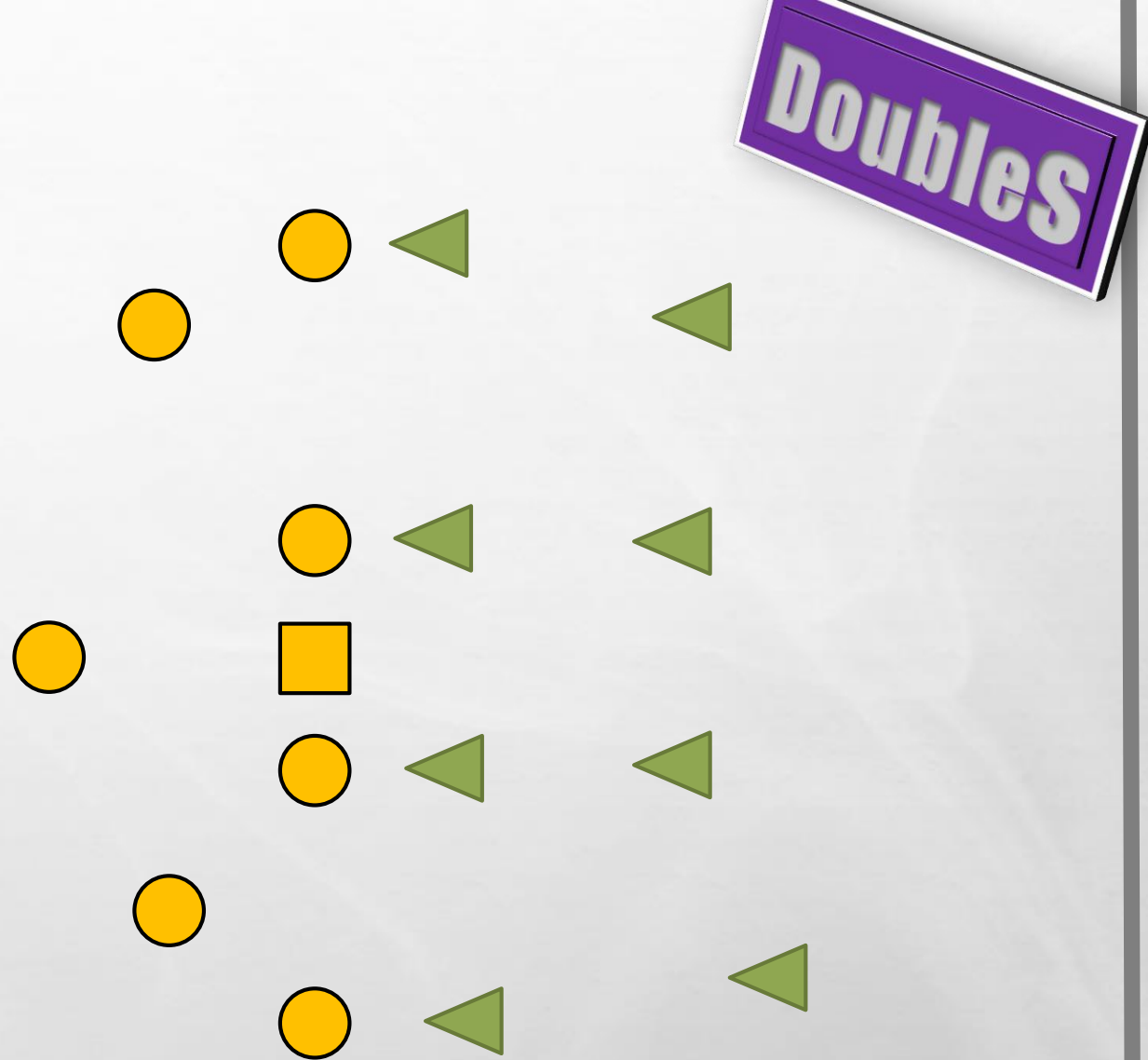
- **IF YOU HAVE THE PLAYERS, THIS DEFENSE WILL INCREASE YOUR CHANCES OF SUCCESS AGAINST SPREAD OFFENSES**
- **IF YOU ARE A STRUGGLING, INEXPERIENCED TEAM, THE PRINCIPLES OF THIS DEFENSE WILL HELP YOUR KIDS IMPROVE**
 - **BUT IT WILL NOT BE A MIRACLE FIX FOR YOUR DEFENSE**
- **THIS DEFENSE MADE OUR PLAYOFF TEAM A SEMI-FINAL TEAM TWO YEARS IN A ROW**
 - **MORE IMPORTANTLY, IT HAS MADE OUR OTHER DEFENSIVE SETS BETTER**

DOES IT REALLY WORK?

- **THE MOST IMPORTANT THING TO UNDERSTAND IS THAT THIS CONCEPT REQUIRES CERTAIN PERSONNEL**
 - **THERE ARE A FEW PLACES TO HIDE AN UNDERSIZED, OR SPEED-CHALLENGED KIDS BUT PERSONNEL IS KEY**
- **WE HAD SOME PRETTY GOOD COVER GUYS THE LAST FEW SEASONS WHO MADE THIS DEFENSE WORK**
- **OUR PLAYERS DEFENDED SPREAD OFFENSES BETTER, STATISTICALLY, USING THIS CONCEPT VERSES OTHER DEFENSIVE SETS**
- **IT WORKS IF YOU DO TWO THINGS:**
 - **COMMIT TO IT**
 - **DON'T EXPECT IT TO WORK MIRACLES – IT'S JUST A DEFENSIVE CONCEPT AFTER ALL**

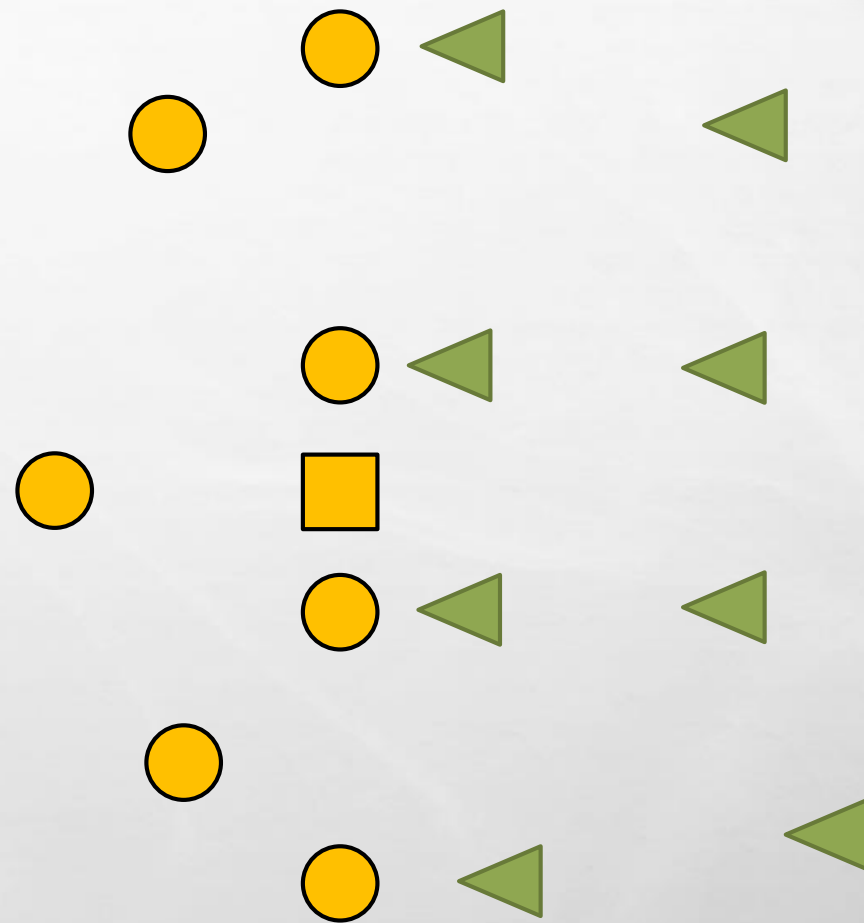
THE HOGS

- **YOU NEED TWO DEPENDABLE DOWN LINEMEN**
- **THEIR BASE TASK – DRIVE STRAIGHT UP THE FIELD**
- **AUXILIARY TASKS – STUNT AND CHASE**
- **HEAVY OR SPEED**



THE BACKERS

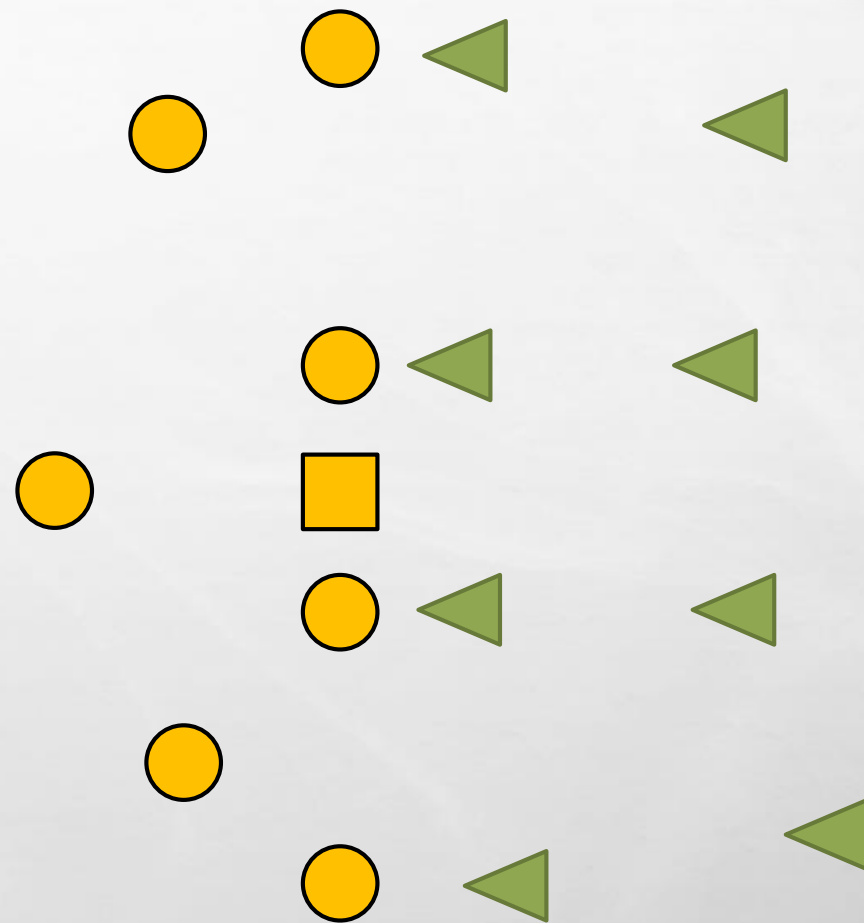
- MIKE AND IKE
- MIKE IS ALWAYS ON THE LEFT
- IKE IS ALWAYS ON THE RIGHT



Doubles

THE CORNERS

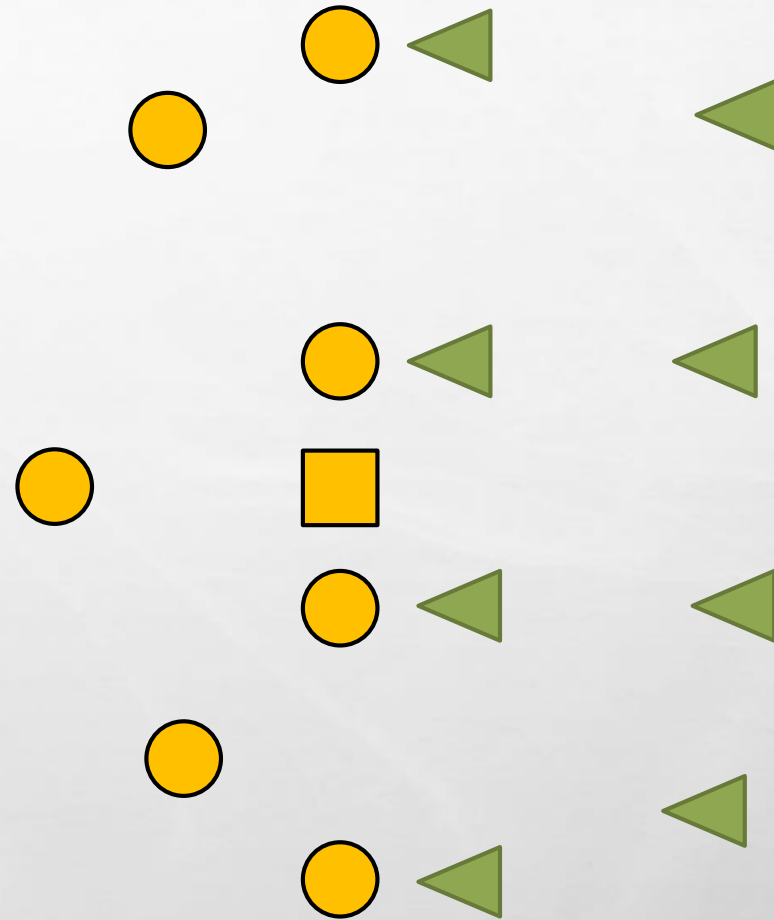
- **STANG AND SAM**
- **STANG IS ALWAYS ON THE LEFT**
- **SAM IS ALWAYS ON THE RIGHT**



Doubles

THE SAFETY

- **SPLIT THEIR SIDE OF THE FIELD**
- **NO MORE THAN 9 YARDS DEEP**
- **PREFER 6-7**



Doubles

Doubles

- **WHAT WE EXPECT**

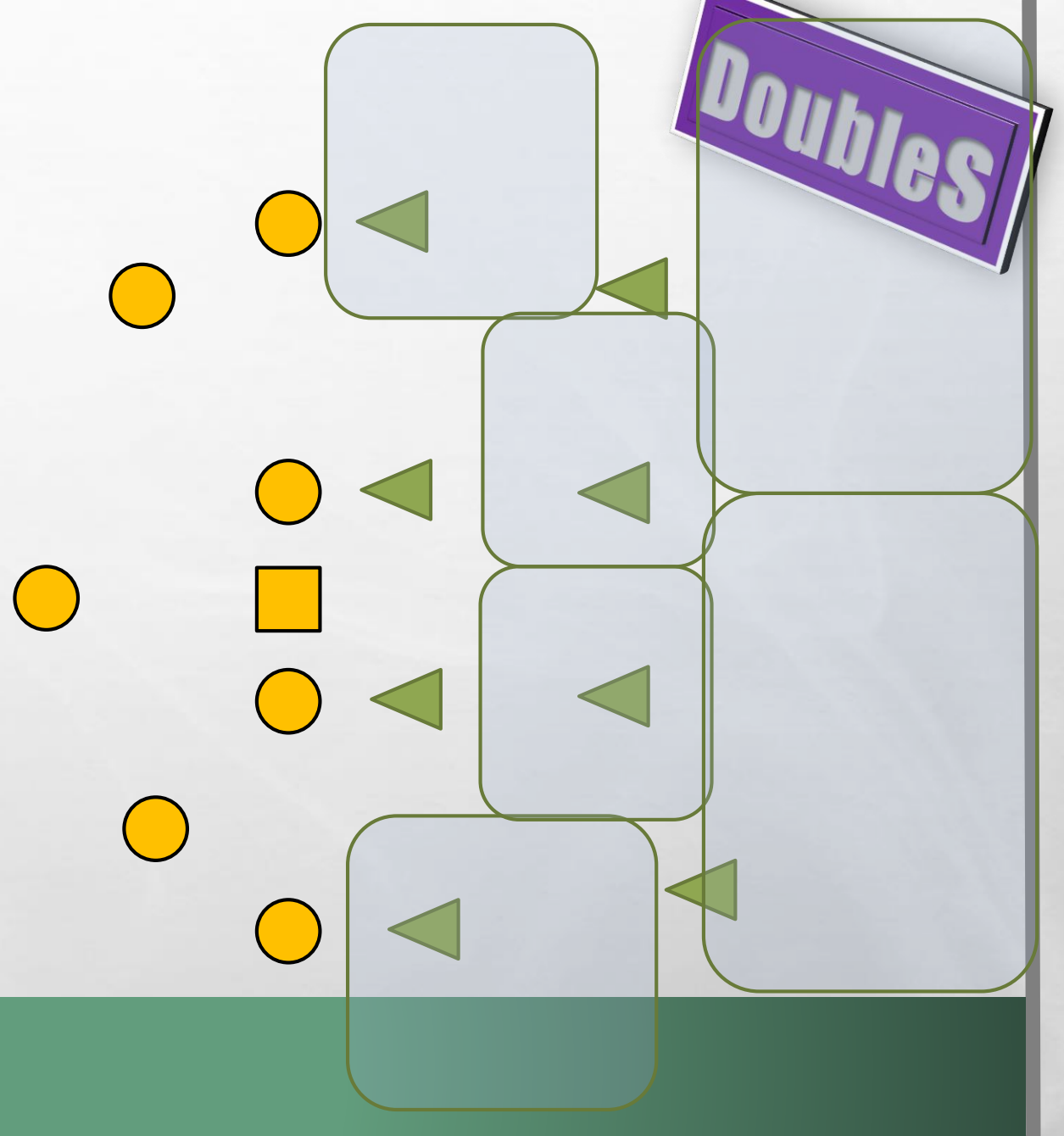
- **COMBINATION ROUTES ON BOTH SIDES**
- **MOTION SWEEPS**
- **FLAT SCREENS**
- **IN ROUTES**

- **WHAT WE FEAR**

- **FOUR DEEP ROUTES**
- **CENTER FIELD ROUTES**
- **QB DRAWS**

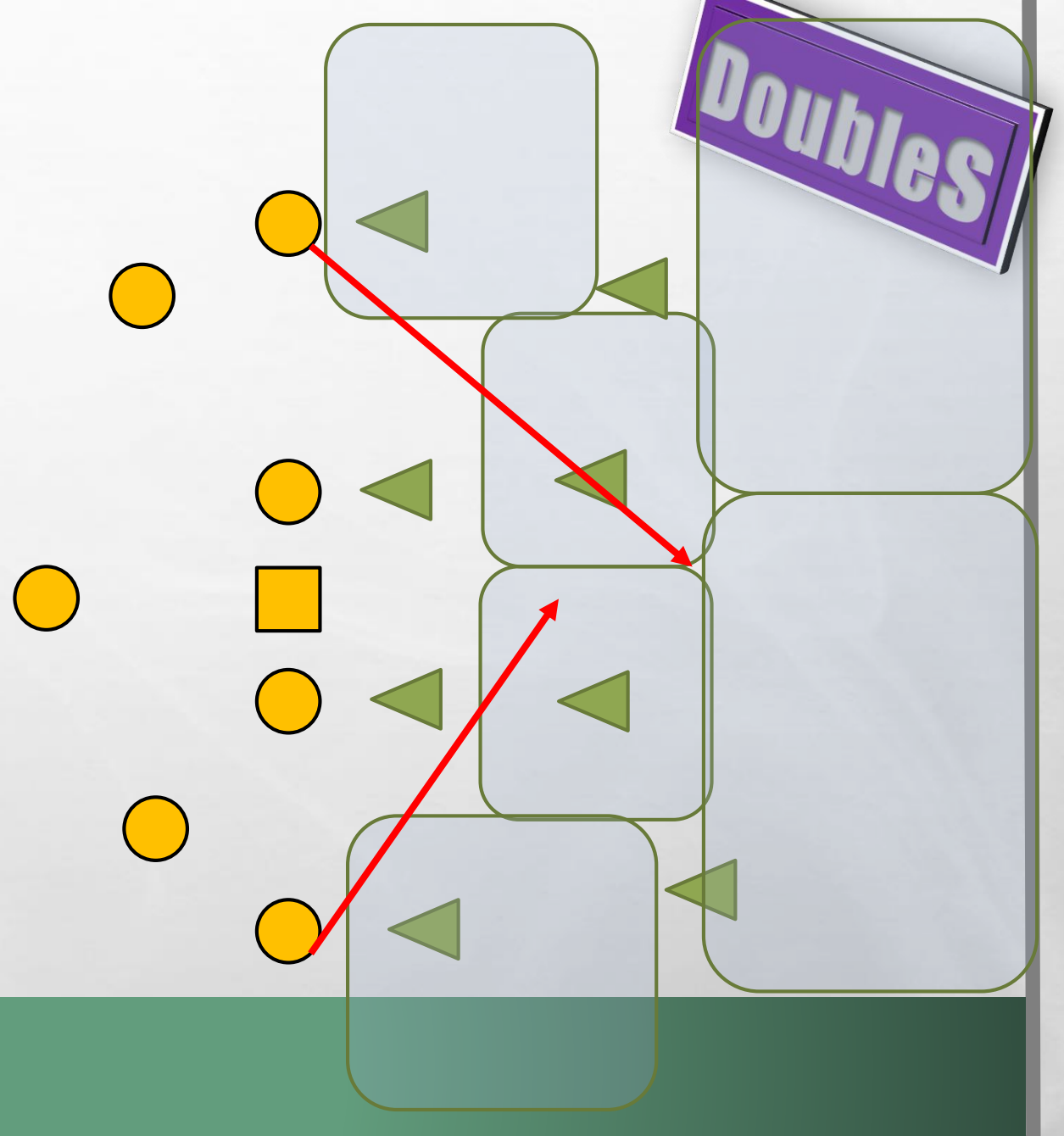
ALIGNMENT: ZONE (BASE COVER 2)

- **OPPONENTS IN OUR DIVISION WERE HAMMERING THE SHORT PASSES VERY EFFECTIVELY**
 - **PASS % - BEST IN OUR LEAGUE WAS 60%-65% COMPLETION**
 - **MOST PASSES WERE TO THE FLATS OR ON QUICK SLANTS WHERE COMPLETION WAS IN THE 80'S**
 - **THESE 3-5 YARD, HIGH PERCENTAGE PASSES, GAVE RUNNING ROOM TO THE RECEIVER**
 - **WE WANTED TO ELIMINATE THAT**



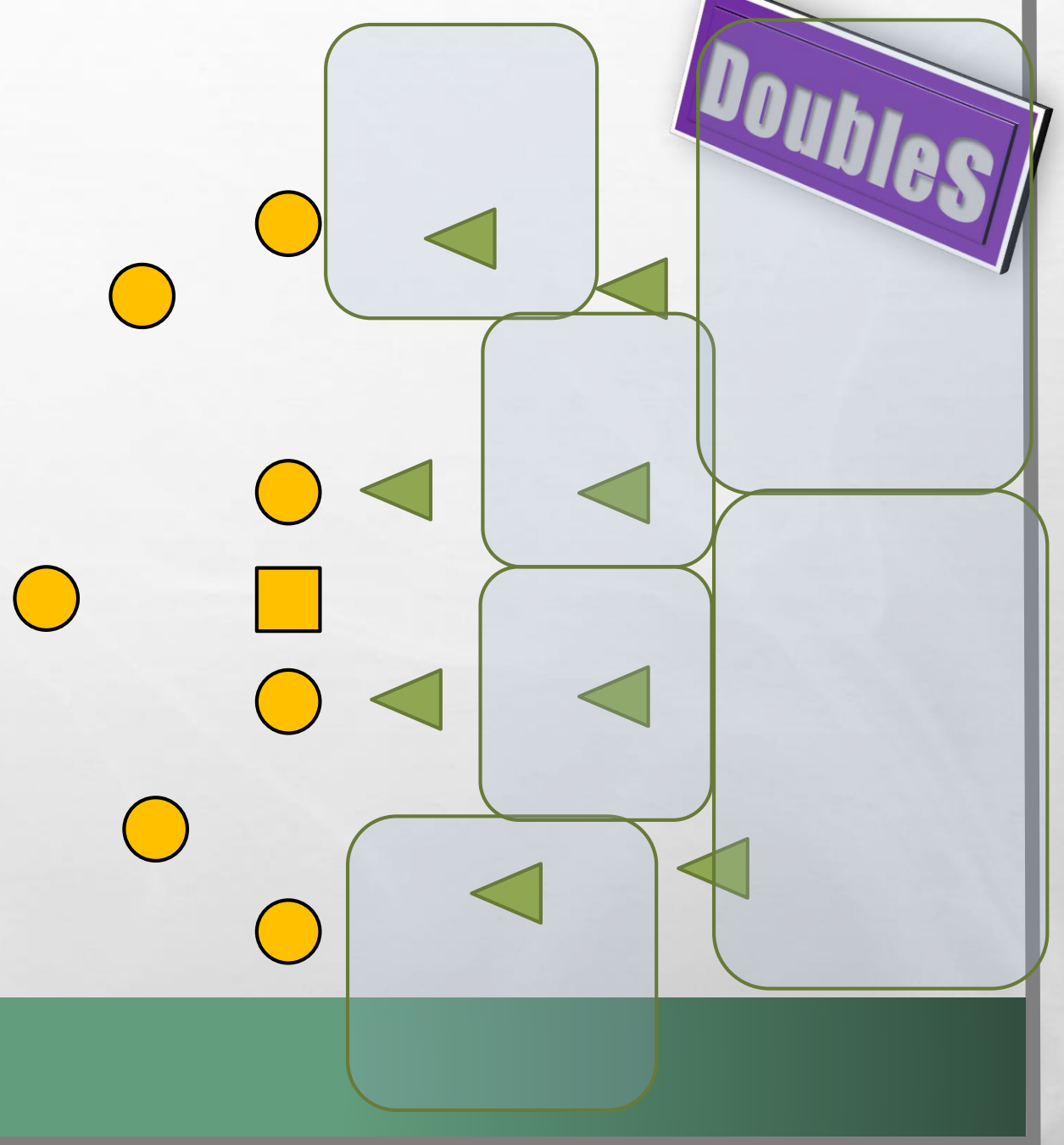
ALIGNMENT: ZONE (BASE COVER 2)

- **WHY WERE THESE OFFENSES SO EFFECTIVE?**
- **ONE LINEBACKER**
 - **DOUBLE IN ROUTES CRUSH HIM**
- **CORNERS ARE WORRIED ABOUT TOO MANY THINGS**
 - **OPENS UP QUICK SCREENS**
- **DEEP MIDDLE IS UNGUARDED**
- **NOSE TACKLE IS WORTHLESS**
- **SO WE PUT GUYS WHERE THEY CAN GET THE JOB DONE**



ALIGNMENT: SAFETY

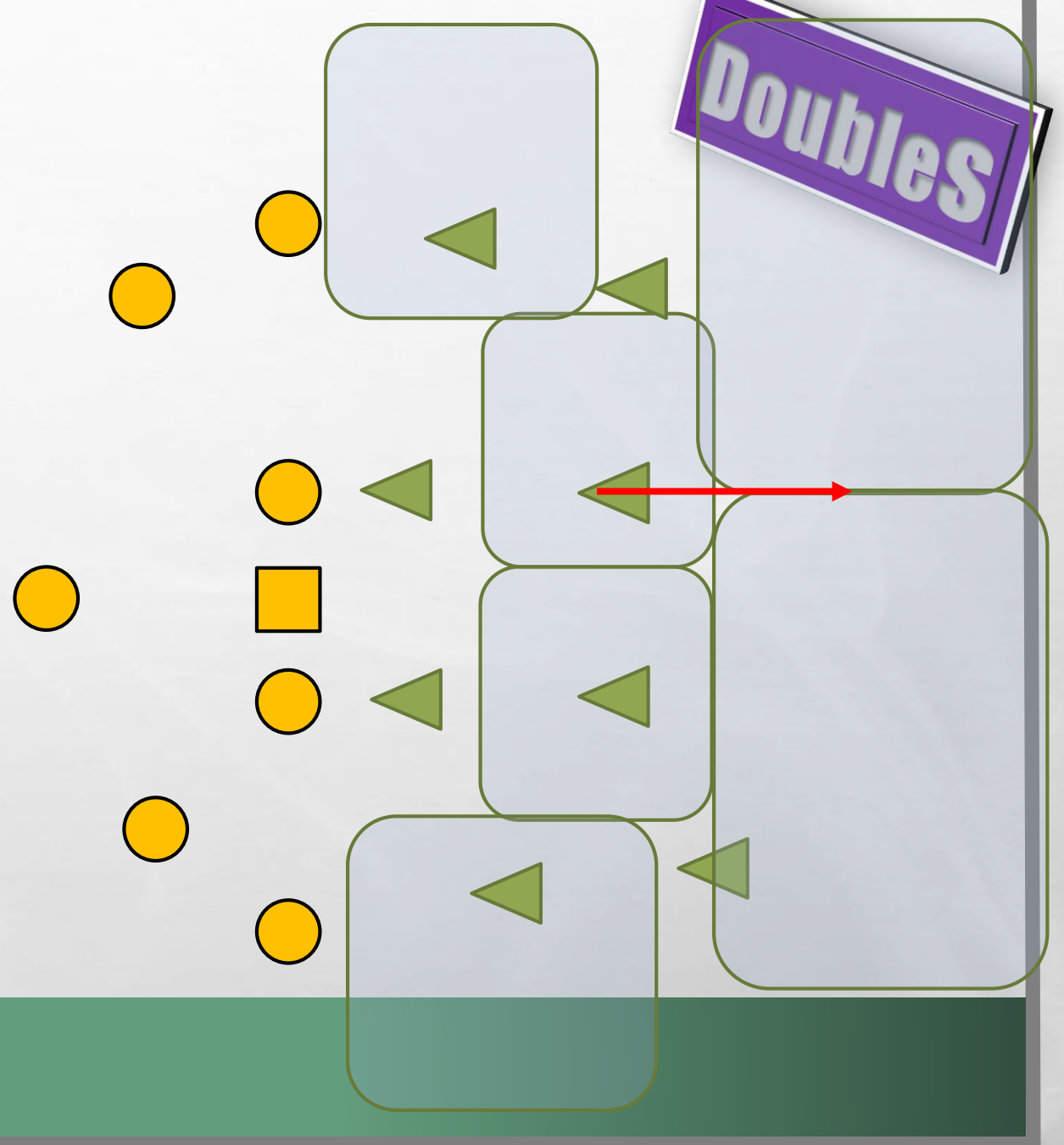
- **WE FOUND THAT OUR OPPONENTS COMPLETED FAR FEWER DEEP PASSES**
 - **PASSES WHICH TRAVELED MORE THAN 20 YARDS (HORIZONTALLY) WERE COMPLETED LESS THAN 30% OF THE TIME.**
 - **MORE THAN 30 YARDS, THAT NUMBER FELL BELOW 20%**
- **WE PUT OUR FASTEST GUYS WITH THE BEST COVERAGE SKILLS AT THE SAFETY SPOT TO DEFEND THE DEEP BALL**
 - **WE AVERAGED 2 PICS P/G LAST SEASON, 1 P/G THE YEAR BEFORE AND 1.2 THE YEAR BEFORE THAT**
 - **BUT WE WANT A TACKLE FIRST**





ALIGNMENT: IKE DROP

- **WE TRY TO PICK AN IKE BACKER WITH SOME SPEED**
 - **IT HELPS IF HE ISN'T 5'8"**
 - **WE WILL USE HIM AS A COVER MAN**
- **THE MIDDLE IS PROBLEMATIC**
 - **THE IKE READS HIS SIDE FOR AN IN ROUTE THEN IMMEDIATELY STARTS TO DROP**

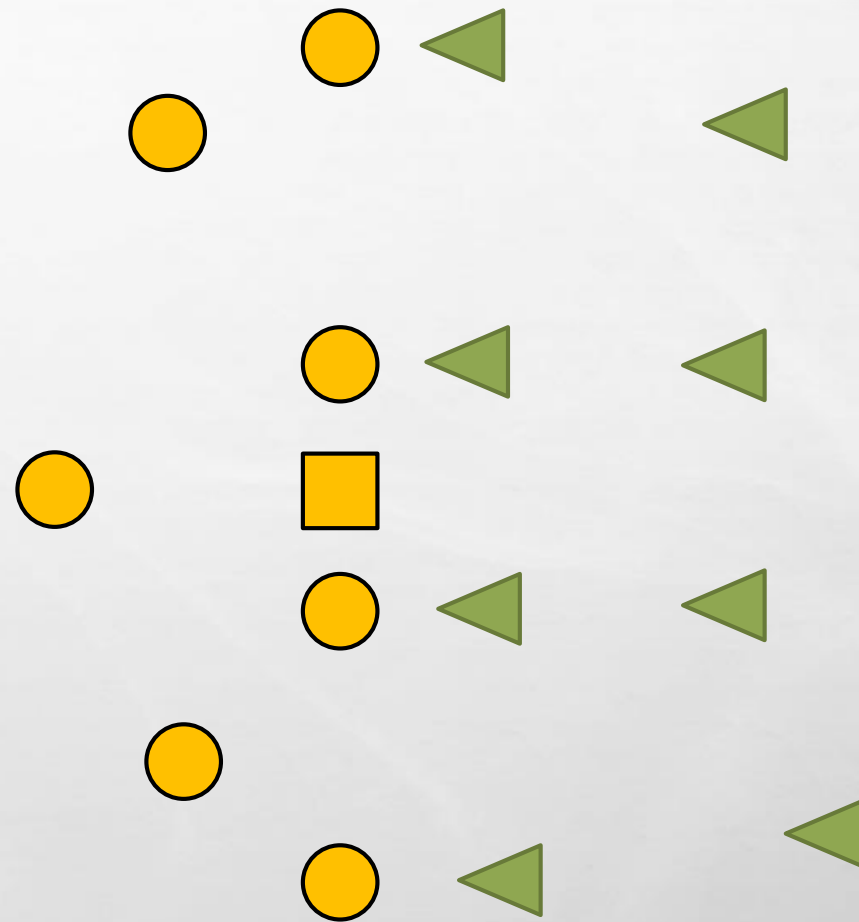




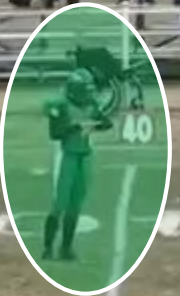


ALIGNMENT: CORNER

- **PASSES TO THE FLAT ARE HIGH %**
- **WE MADE THE CORNER'S JOB EASY**
 - **HERE IS A PLACE TO HIDE A GUY**
- **ONE STEP PRINCIPAL**
 - **THE CORNER BACK GETS INTO A BACK PEDAL AND WATCHES THE FIRST STEP OF THE RECEIVER**



Doubles



30

30

96

51

33

15

70

30

86

63

31

34

55

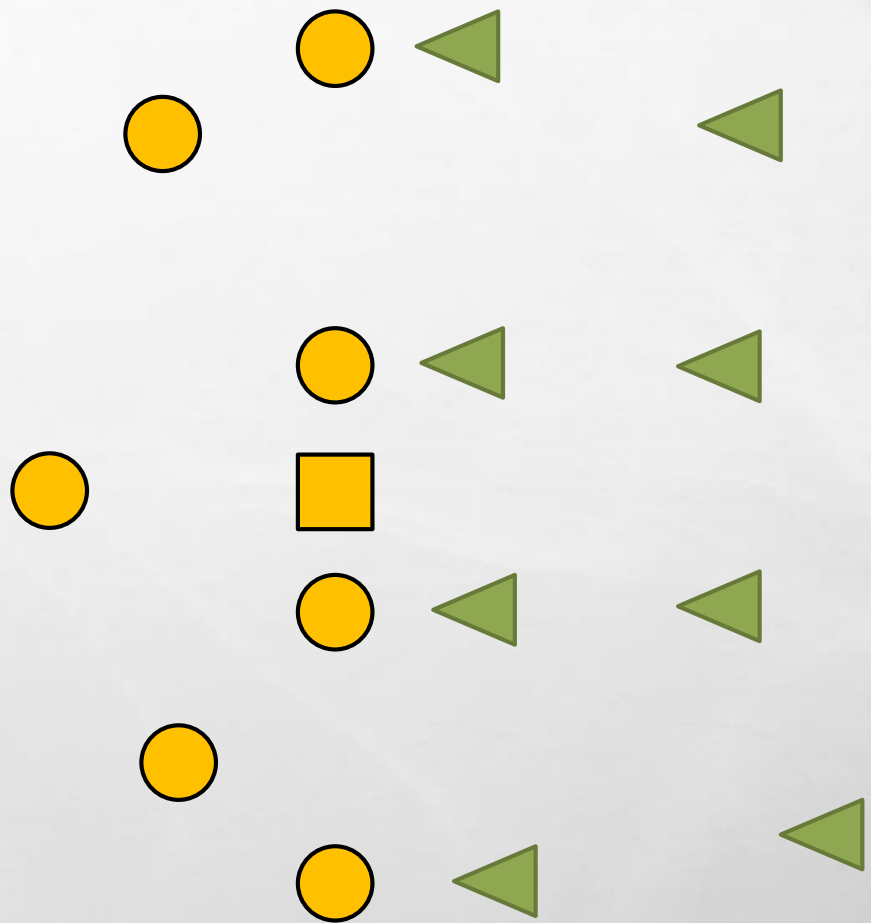
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FLATS PLAY

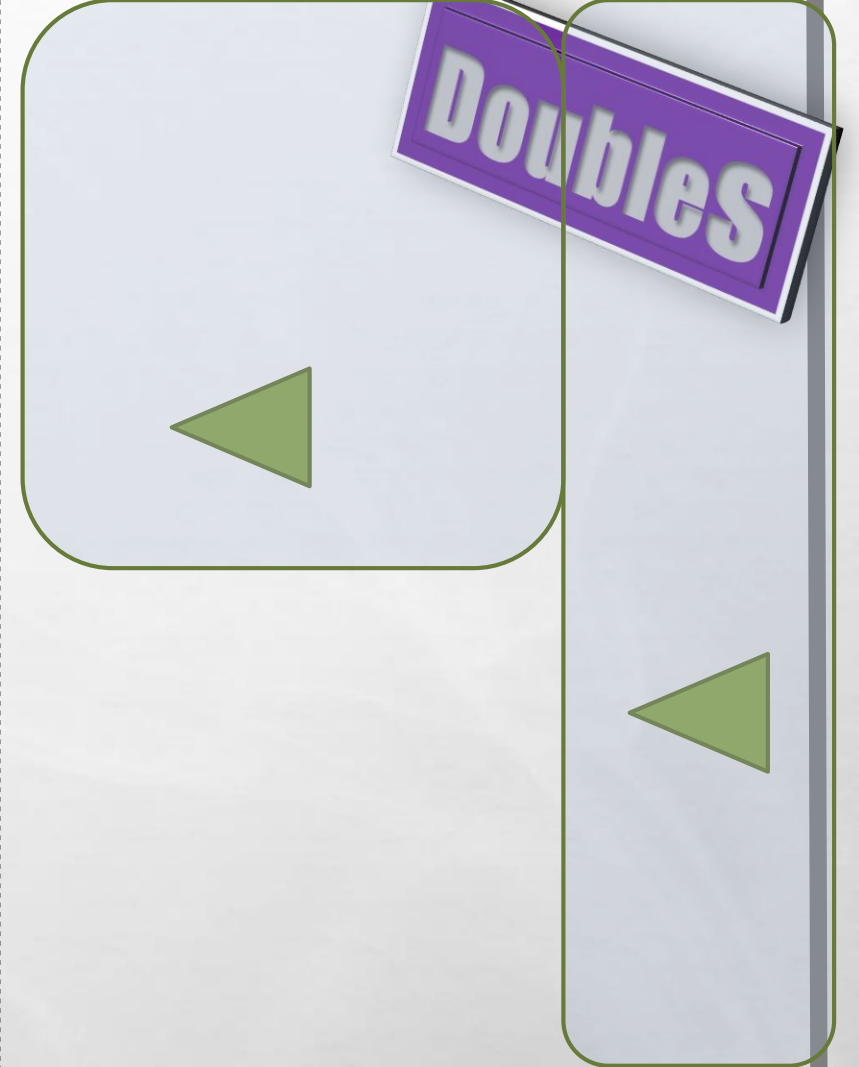
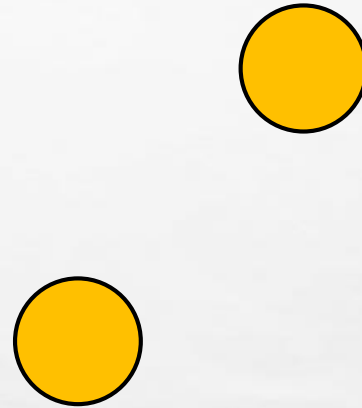
- LETS LOOK AT THE FLATS

Doubles



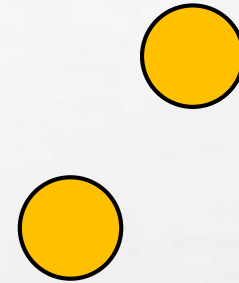
PASS COVER

- **THE CORNER IS IN CHARGE OF THE FLATS FIRST, BUT SOMETIMES HE NEEDS TO PICK A MAN AND STICK WITH HIM**
- **THE SAFETY IS IN CHARGE OF THE DEEP HALF BUT HE MIGHT FIND HIMSELF IN MID FIELD IF THE CIRCUMSTANCES DICTATE IT**



PASS COVER RULES CORNER BACK

- **RULE 1: TACKLE BEFORE PICK**
- **RULE 2: COMMIT TO AN OUT MOVE**
- **RULE 3: FIRST RECEIVER TO EXIT YOUR ZONE IS NOT YOURS**
- **RULE 4: DRIVE SCREENER TO THE SCENE OF THE PLAY**
- **RULE 5: WORK TO THE OUTSIDE WHEN POSSIBLE**
- **RULE 6: ALL IN ROUTES ARE CALLED TO LINEBACKERS**

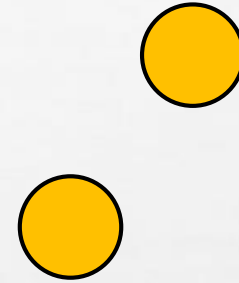


Doubles



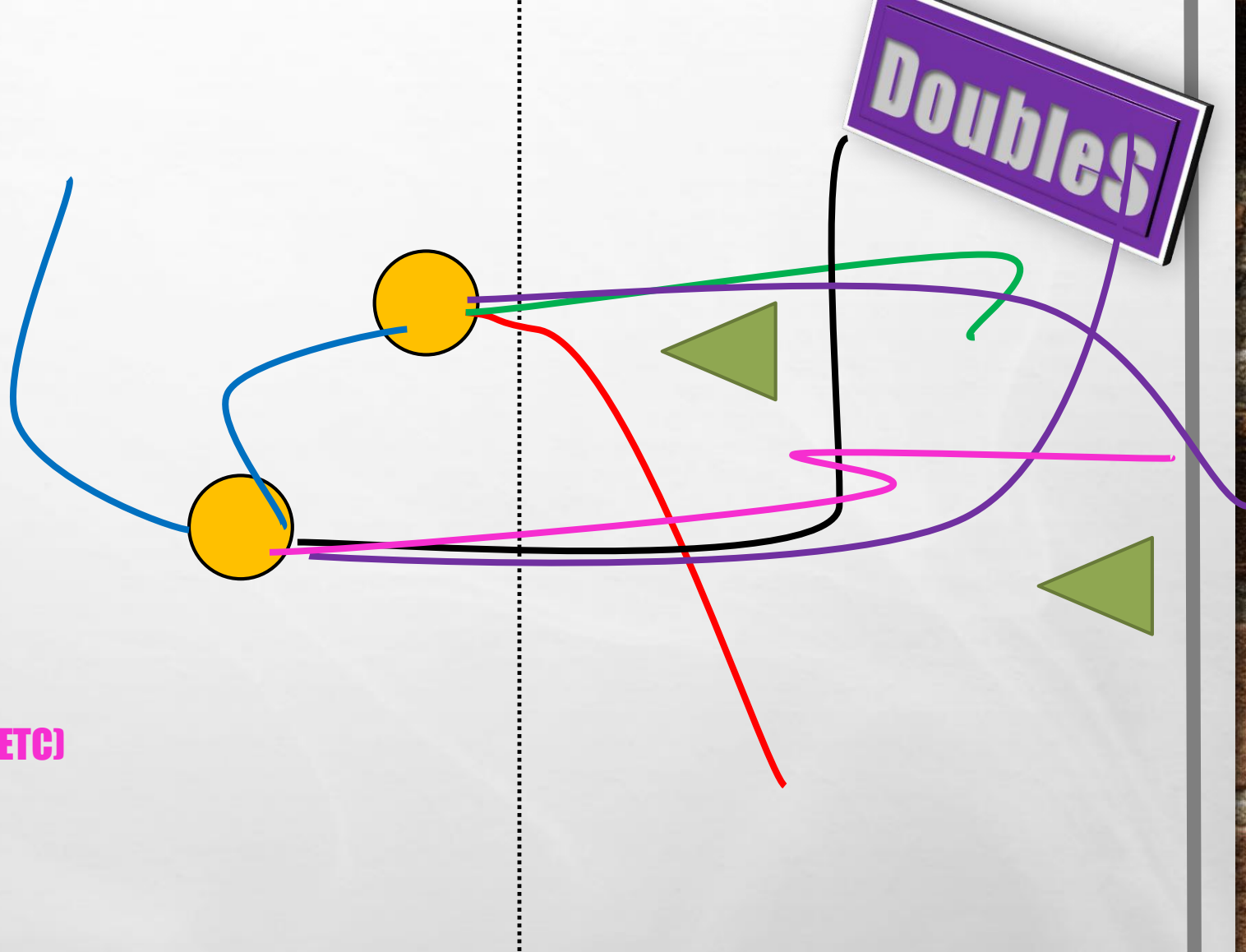
PASS COVER RULES SAFETY

- **RULE 1: TACKLE BEFORE PICK**
- **RULE 2: NEVER LET ANYONE PAST YOU**
- **RULE 3: WORK TO THE INSIDE WHEN POSSIBLE**



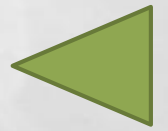
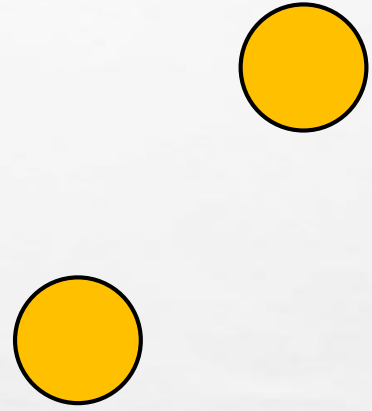
ALIGNMENT: FLATS

- **IN THIS TWO-ON-TWO SITUATION WE FEAR**
 - **QUICK SLANTS**
 - **INSIDE OR OUTSIDE SCREENS**
 - **HOOK/CURL**
 - **OUTS**
 - **DEEP ROUTES**
 - **STOP AND GO ROUTES (CHAIR, HOOK AND GO ETC)**



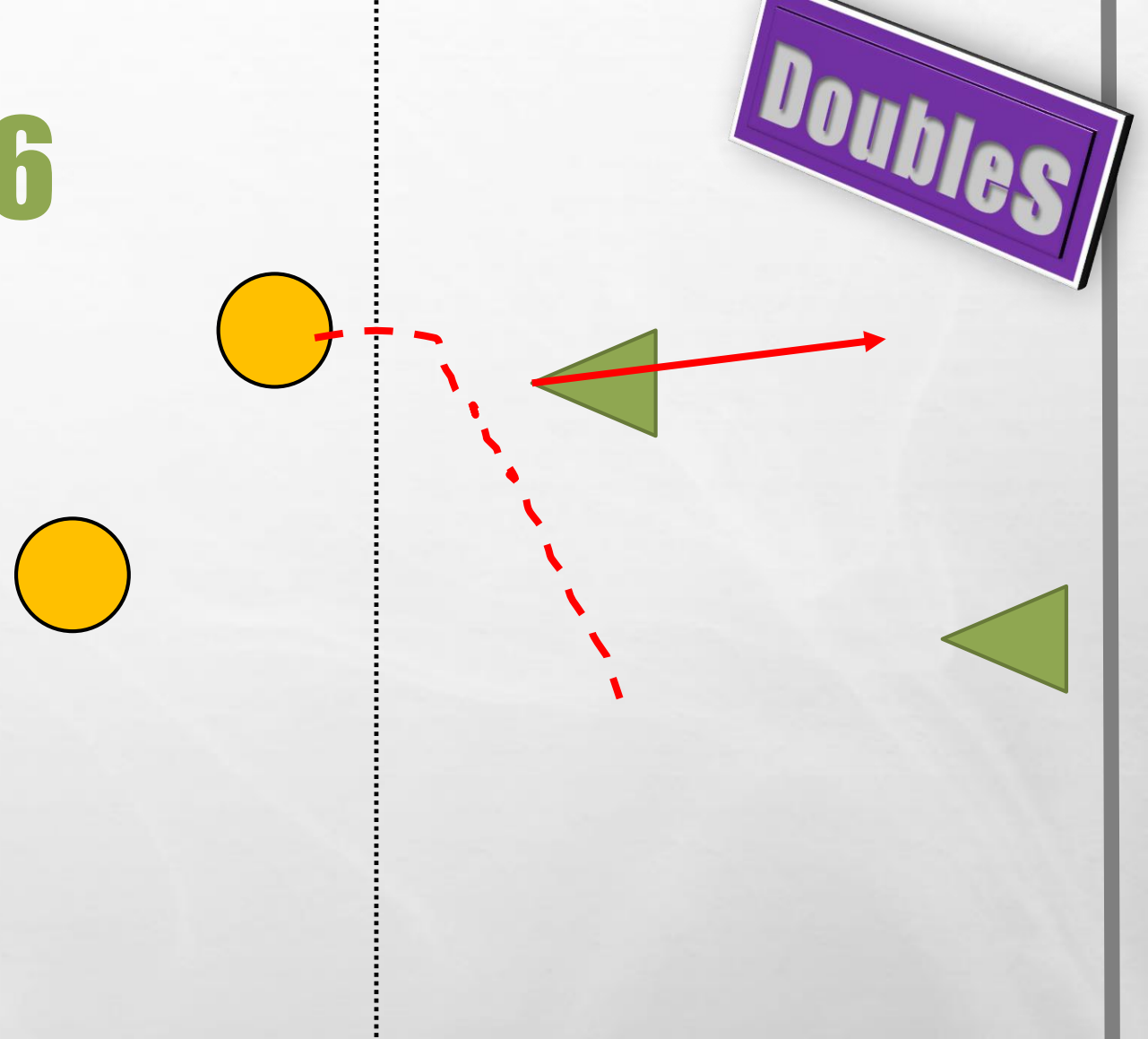
ALIGNMENT: FLATS

- **SO WE START ELIMINATING THREATS**



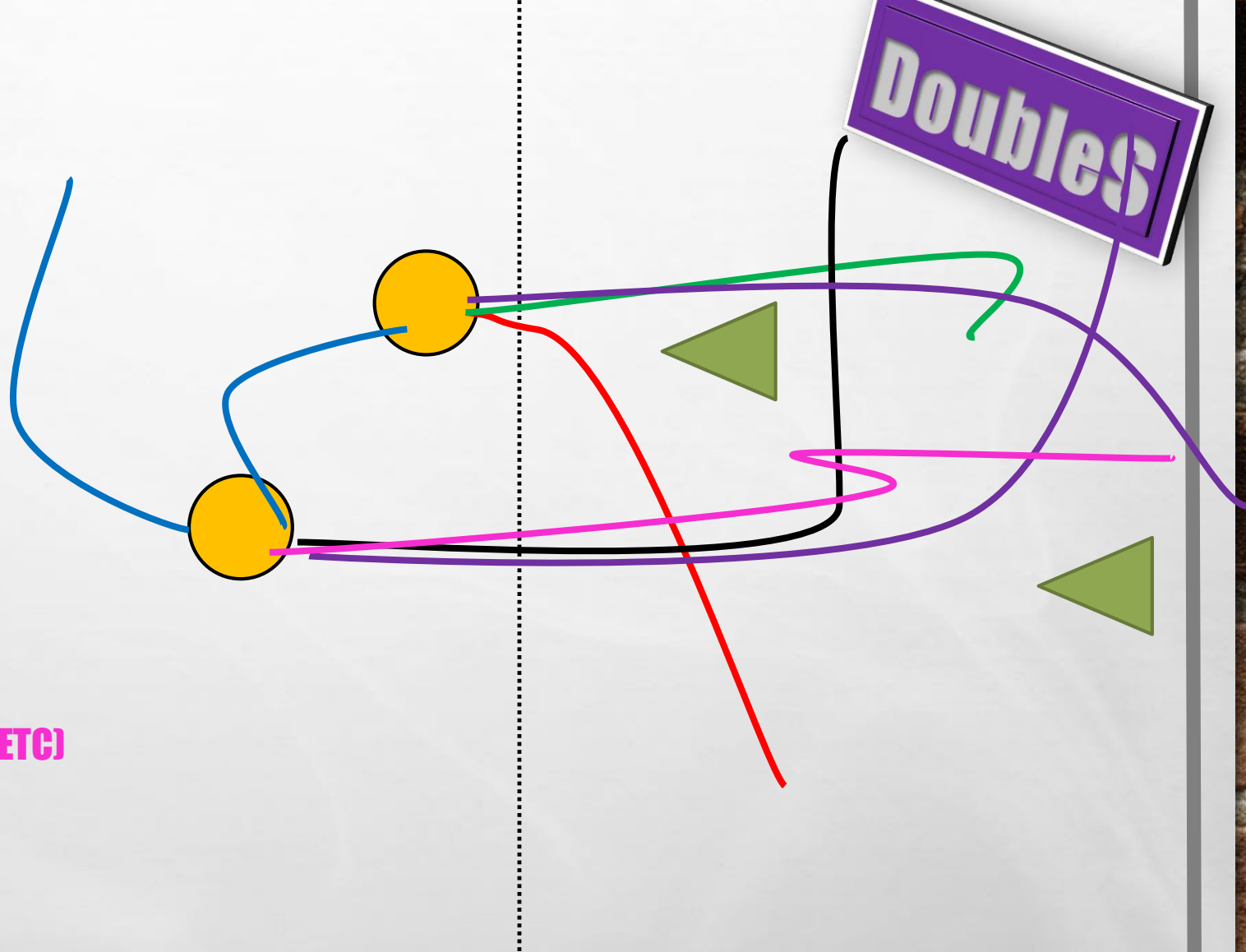
IN ROUTES: RULE # 6

- **IF THE RECEIVER MAKES AN INSIDE MOVE THE CORNER SCREAMS “IN ROUTE” AND STAYS HOME**
- **HE LOOKS AT THE REMAINING RECEIVER TO SEE WHAT HE’S DOING**
- **SAFETY LOOKS TO THE MIDDLE**
- **CORNER IS READY TO JUMP AN OUT ROUTE**



ALIGNMENT: FLATS

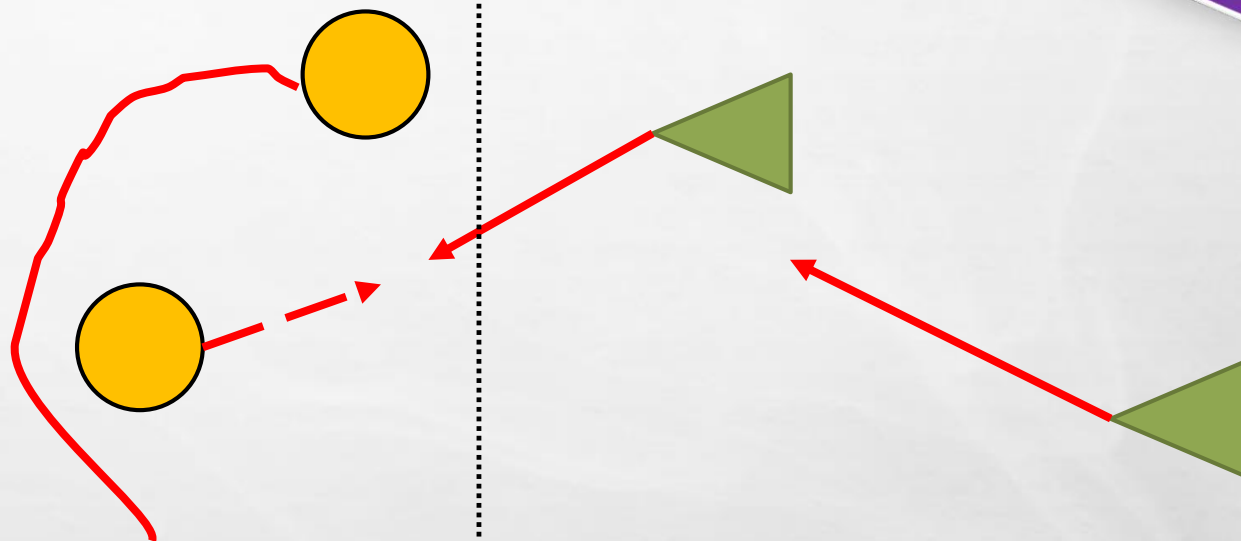
- **IN THIS TWO-ON-TWO SITUATION WE FEAR**
 - **IN ROUTES GO TO THE LINE BACKER RULE #6**
 - **INSIDE OR OUTSIDE SCREENS**
 - **HOOK/CURL**
 - **OUTS**
 - **DEEP ROUTES**
 - **STOP AND GO ROUTES (CHAIR, HOOK AND GO ETC)**



SCREENS: RULE #4

- **INSIDE SCREEN**

- **THE CORNER BACK BACKPEDALS AND WATCHES THE FIRST STEP OF THE RECEIVER**
- **IF HIS FIRST STEP IS BACK HE KNOWS HE'S GETTING SCREENED**
- **CORNER ATTACKS OPPOSITE RECEIVER (SCREEN)**
- **HE FORCES THE RECEIVER TO WORK INSIDE WHERE HELP IS**
- **HE MUST NOT TAKE A SIDE OR TRY TO AVOID CONTACT – HE IS “BLOCKING” FOR HIS TEAMMATES**
- **THIS CAN REALLY MESS UP A SCREEN**

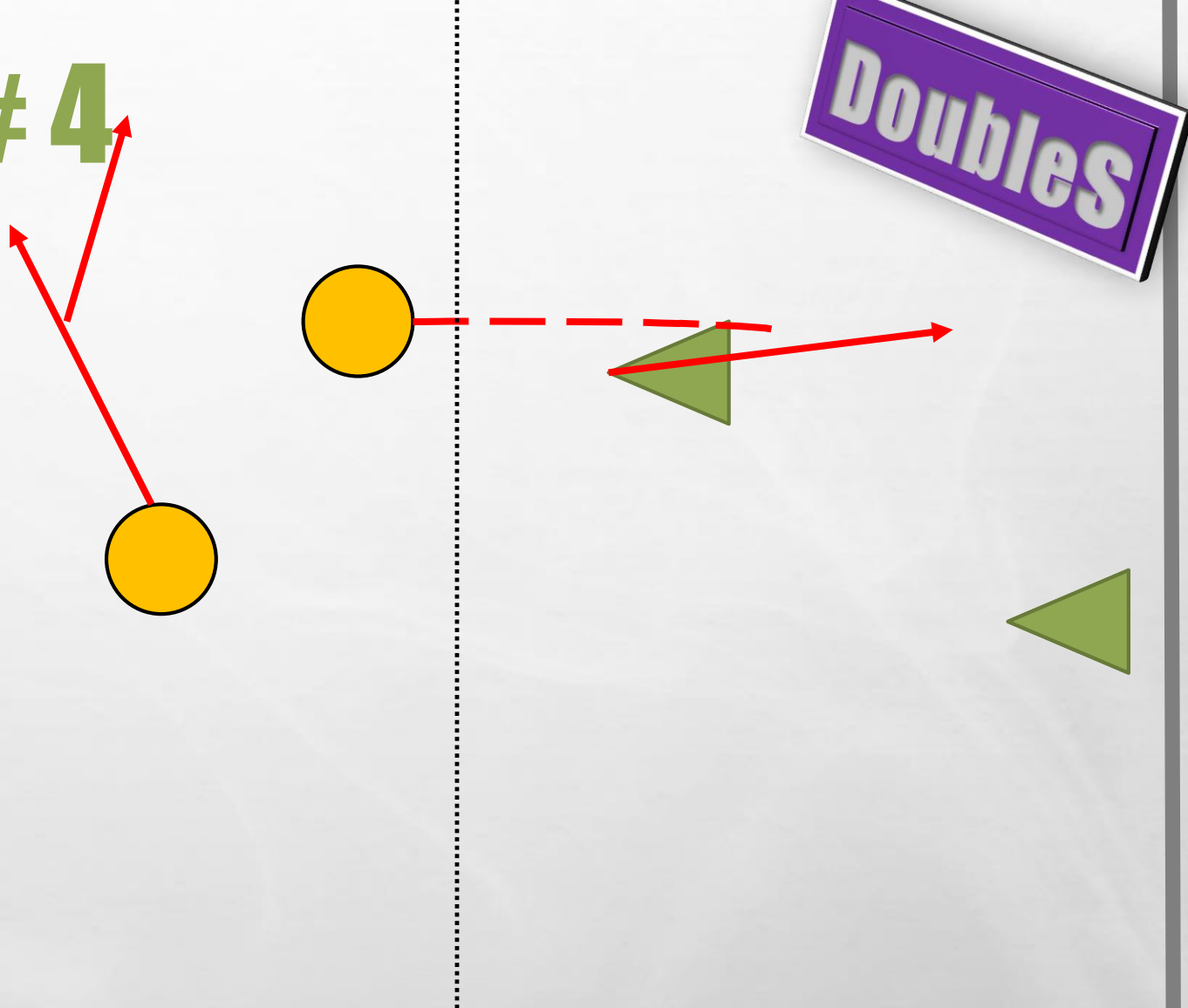


Help on the way

SCREENS: RULE # 4

• OUTSIDE SCREEN

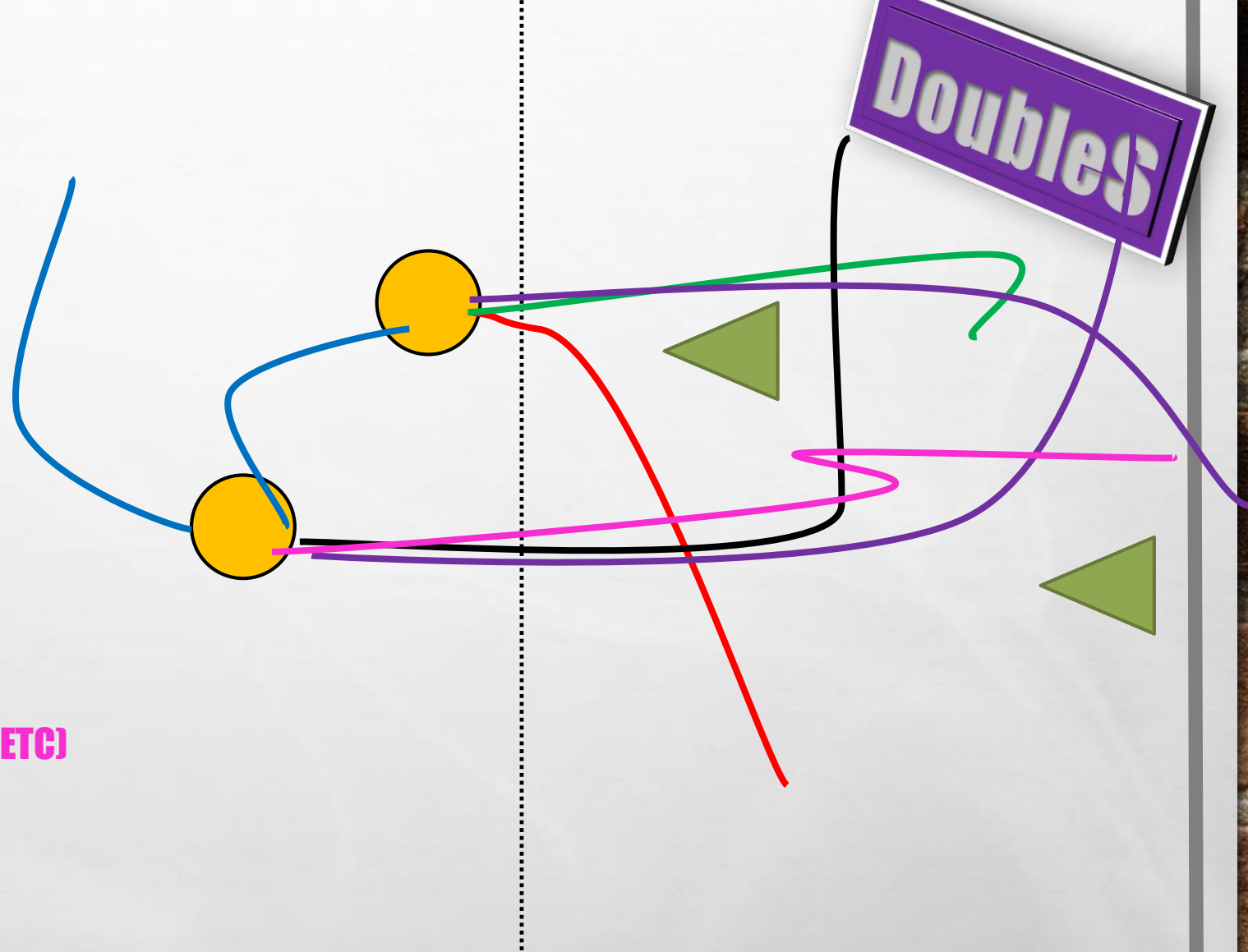
- IF THE RECEIVER MOVES FORWARD CORNER MUST ANTICIPATE PASS HOWEVER, HIS RULE IS TO LET THE FIRST RECEIVER GO BY HIM
- IF THE CORNER SEES THE SLOT RECEIVER WHEELING AND THE RECEIVER TAKING A BLOCKING STANCE, HE KNOWS HE'S GETTING SCREENED
- HE ENGAGES THE BLOCKER AND DRIVES HIM STRAIGHT BACK TOWARD THE BALL CARRIER
- HIS IS NOT LOOKING FOR A TACKLE, HE IS TO BASE DRIVE HIS BLOCKER INTO THE BALL CARRIER TO FORCE A CHECK STEP





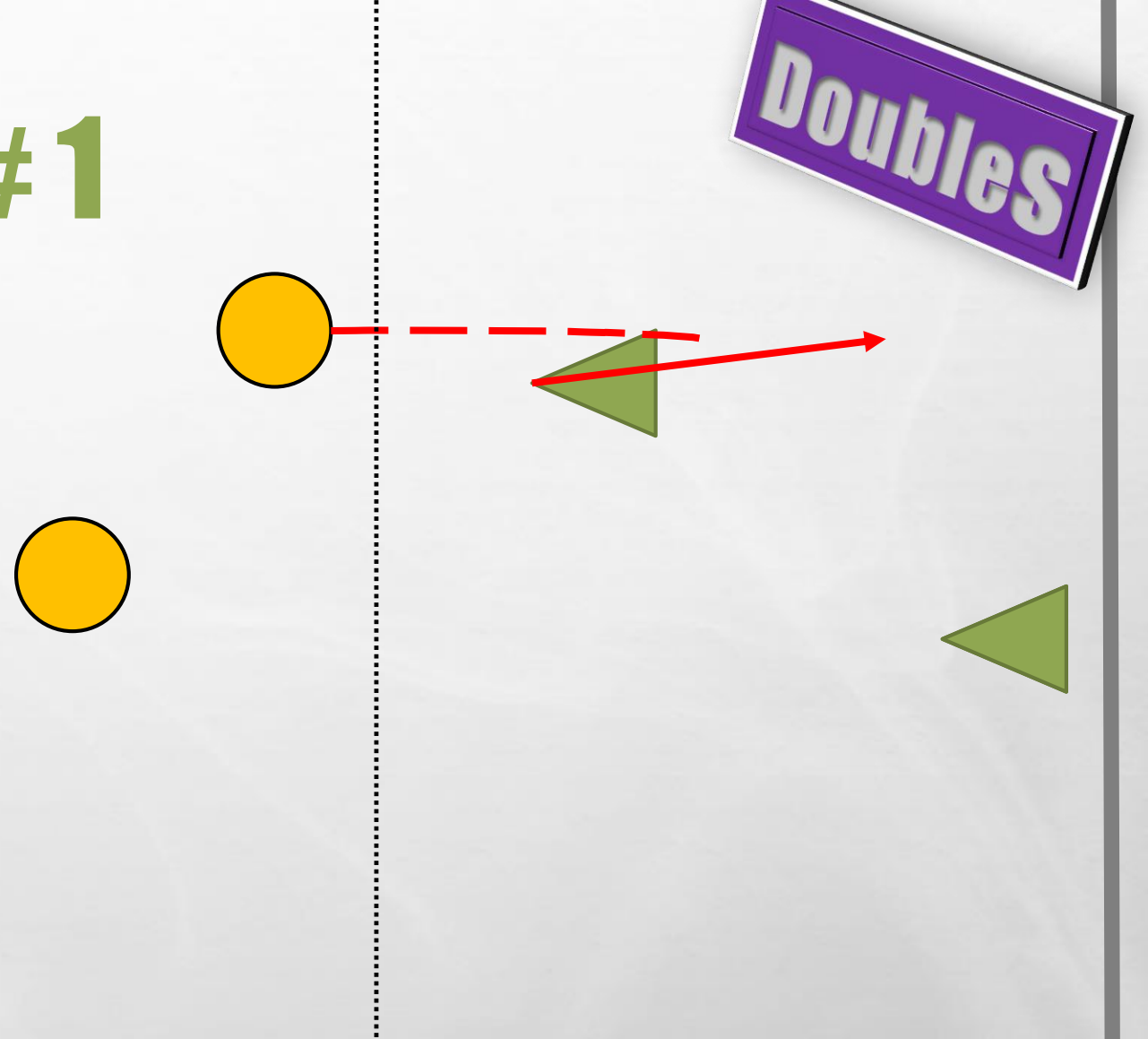
PASS COVER

- **IN THIS TWO-ON-TWO SITUATION WE FEAR**
 - **IN ROUTES GO TO THE LINE BACKER – RULE 6**
 - **INSIDE OR OUTSIDE SCREENS – RULE 4**
 - **HOOK/CURL**
 - **OUTS**
 - **DEEP ROUTES**
 - **STOP AND GO ROUTES (CHAIR, HOOK AND GO ETC)**



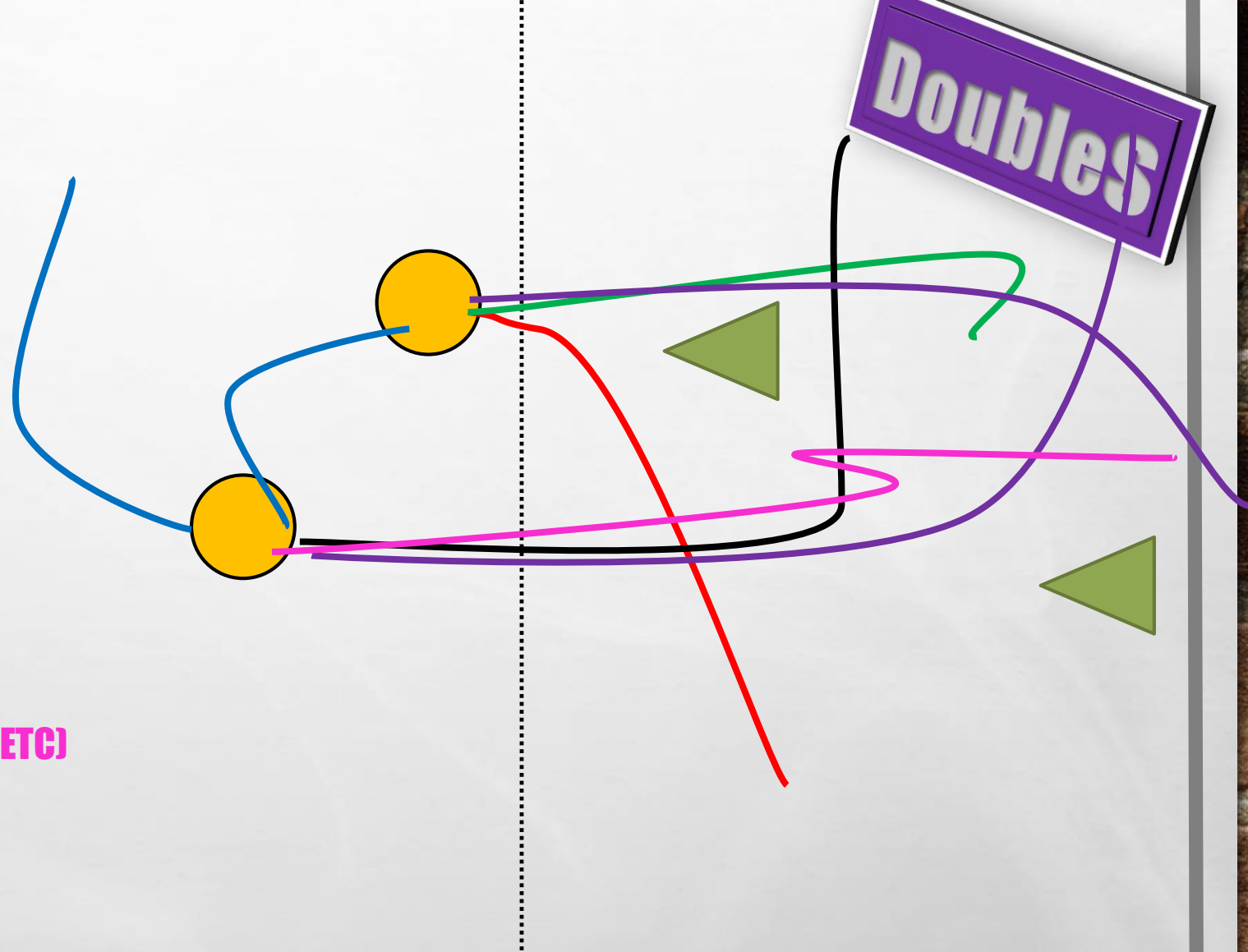
HOOK/CURL RULE #1

- **STAY OVER HIM**
 - **WE DO NOT BITE UNTIL THE BALL IS IN THE AIR AND WE GO FOR THE MAN**
 - **A PICK ONLY HAPPENS WHEN SOMEONE ELSE MAKES MISTAKES**
 - **WE ARE LOOKING FOR THE TACKLE**



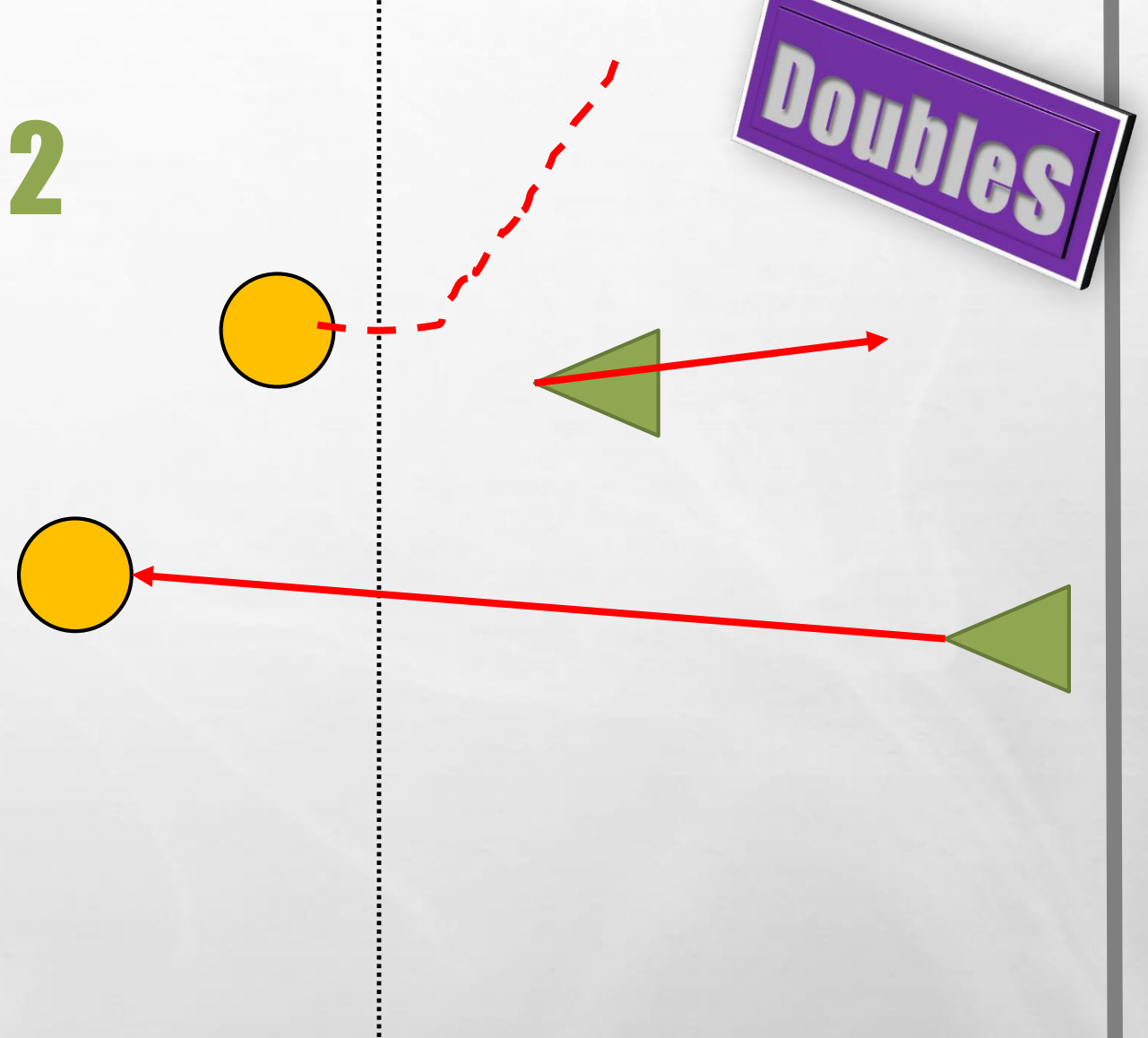
PASS COVER

- **IN THIS TWO-ON-TWO SITUATION WE FEAR**
 - **IN ROUTES GO TO THE LINE BACKER – RULE 6**
 - **INSIDE OR OUTSIDE SCREENS – RULE 5**
 - **HOOK/CURL – RULE 1**
 - **OUTS**
 - **DEEP ROUTES**
 - **STOP AND GO ROUTES (CHAIR, HOOK AND GO ETC)**



OUT ROUTES: RULE # 2

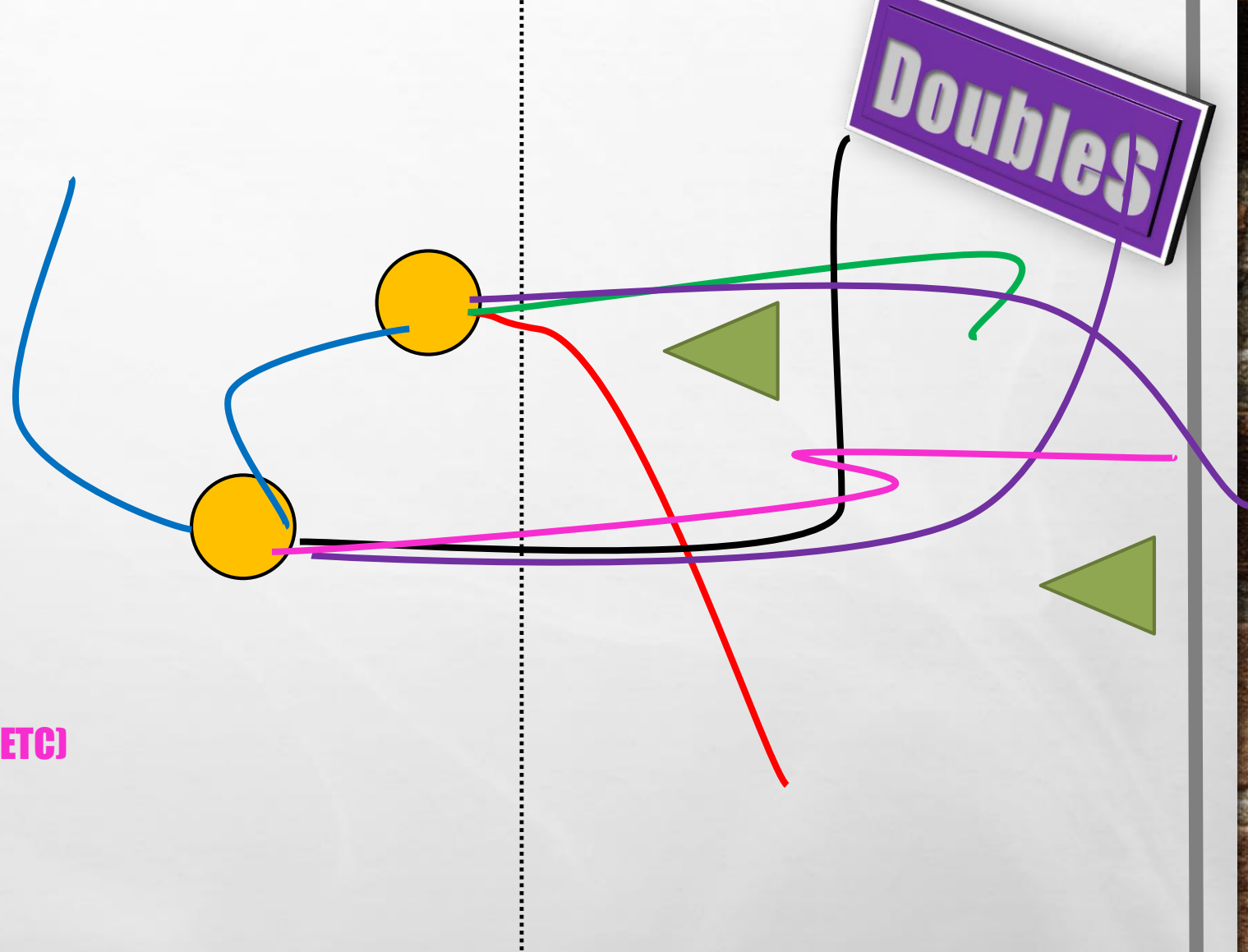
- **FALL TO A FLAT**
 - **IF THE RECEIVER MAKES AN OUTSIDE MOVE, THE CORNER JUMPS THAT ROUTE**
 - **THAT RECEIVER BECOMES HIS MAN – EVEN IF HE RUNS A CHAIR**
 - **SAFETY LOCKS SECOND RECEIVER**
 - **WE TEACH OUR BOYS TO ALLOW THE SHORT PASS AND GO FOR THE TACKLE – NOTHING DEEP**





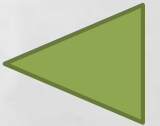
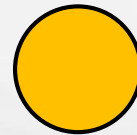
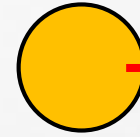
PASS COVER

- **IN THIS TWO-ON-TWO SITUATION WE FEAR**
 - **IN ROUTES GO TO THE LINE BACKER – RULE 6**
 - **INSIDE OR OUTSIDE SCREENS – RULE 4**
 - **HOOK/CURL – RULE 1**
 - **OUTS – RULE 2**
 - **DEEP ROUTES**
 - **STOP AND GO ROUTES (CHAIR, HOOK AND GO ETC)**



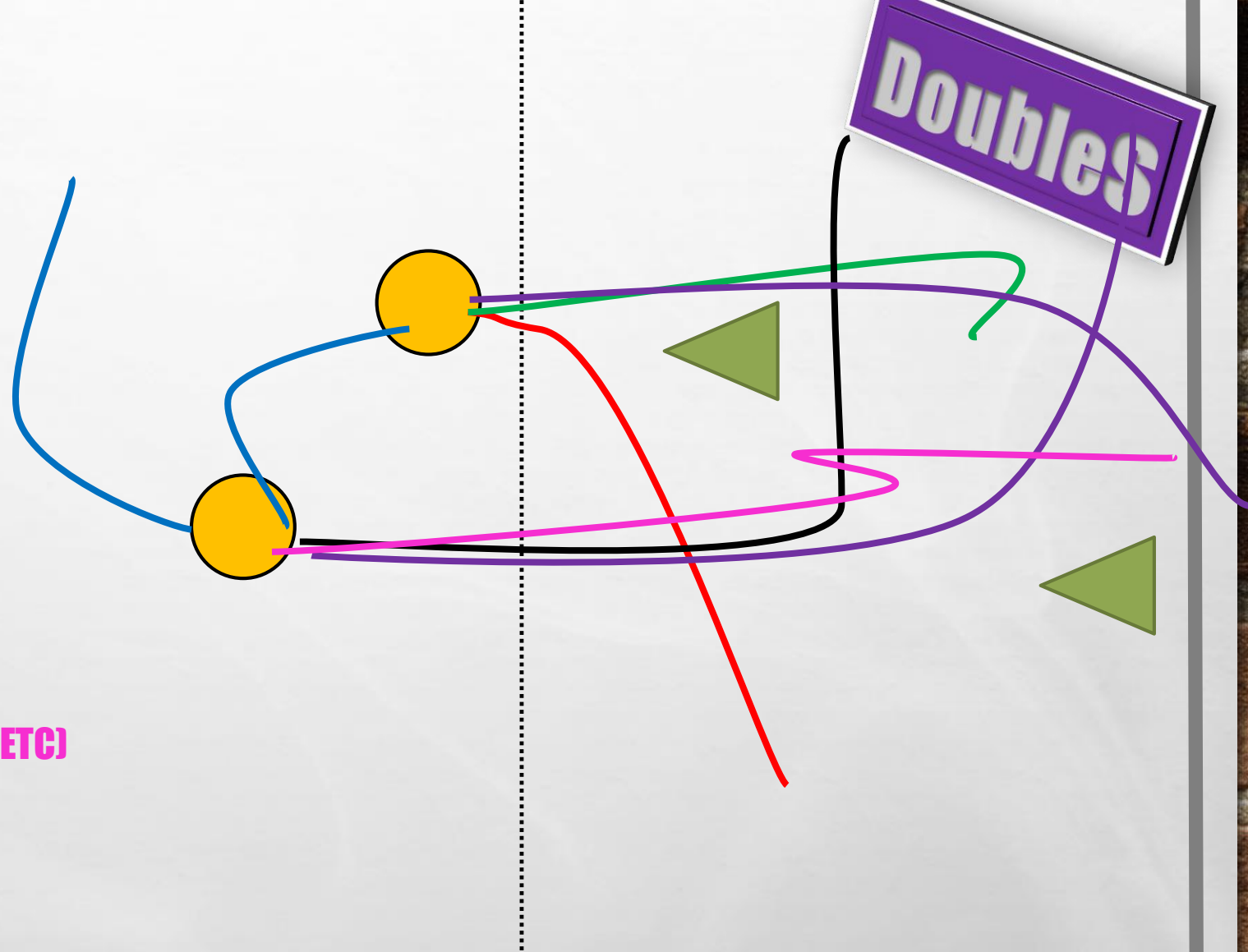
DEEP ROUTES: RULE # 3 & 5

- **LET THE FIRST ONE GO AND PICK UP THE SECOND**
 - **IF THE RECEIVER TURNS ON THE JETS AND LOOKS TO BLOW BY THE CORNER – HE LETS HIM GO**
 - **SAFETY PICKS HIM UP**
 - **HE SNAPS HIS EYES TO THE SECOND RECEIVER**
 - **THAT MAN IS HIS FOR THE REST OF THE PLAY**
 - **HE POSITIONS HIMSELF ACCORDINGLY**
 - **THIS WHOLE TIME HE IS IN HIS BACK PEDAL LOOKING AT THE QB AND THE RECEIVERS**
 - **SAFETY VEERS INSIDE AND CORNER VEERS OUTSIDE**
 - **IT BECOMES A COVER THREE**



PASS COVER

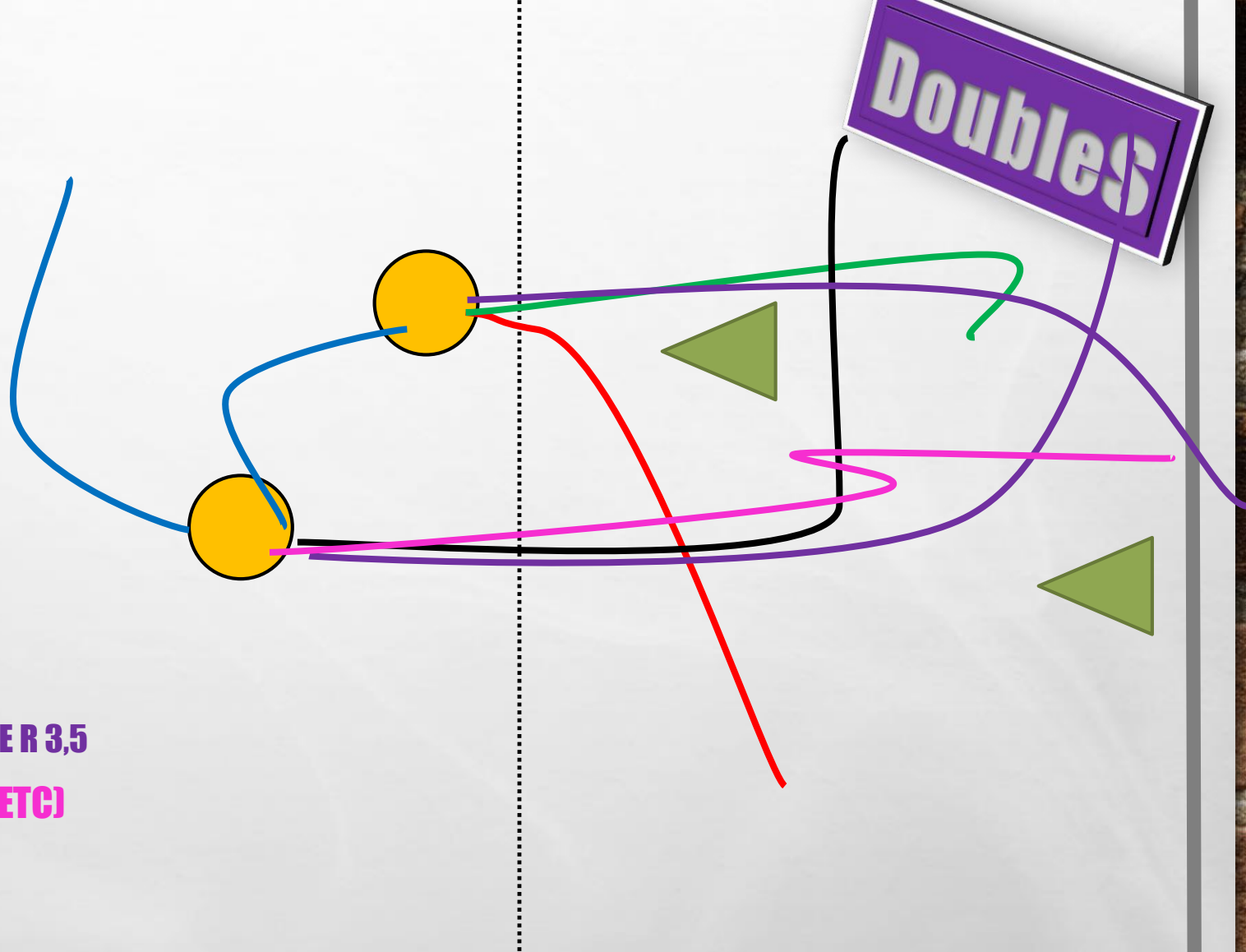
- **IN THIS TWO-ON-TWO SITUATION WE FEAR**
 - **IN ROUTES GO TO THE LINE BACKER – RULE 6**
 - **INSIDE OR OUTSIDE SCREENS – RULE 4**
 - **HOOK/CURL – RULE 1**
 - **OUTS – RULE 2**
 - **DEEP ROUTES – RULE 3 & 5**
 - **STOP AND GO ROUTES (CHAIR, HOOK AND GO ETC)**



STOP AND GO ROUTES

- **PRACTICE PRACTICE PRACTICE!**
- **THE EXPERIENCED PLAYER WILL KNOW WHEN TO BITE AND WHEN NOT TO**
- **WE DRILL THIS REGULARLY, AND IT WILL ALWAYS BE A CHALLENGE**
- **GOOD LUCK**

- **IN ROUTES GO TO THE LINE BACKER**
 - **ALL IN ROUTES TO BACKERS R 6**
- **INSIDE OR OUTSIDE SCREENS**
 - **DRIVER SCREENER TO PLAY R 4**
- **HOOK/CURL**
 - **TACKLE BEFORE PICK R 1**
- **OUTS**
 - **COMMIT TO THE OUT R 2**
- **DEEP ROUTES**
 - **LET THE FIRST ONE GO, WORK TO THE OUTSIDE R 3,5**
- **STOP AND GO ROUTES (CHAIR, HOOK AND GO ETC)**
 - **PRACTICE!**



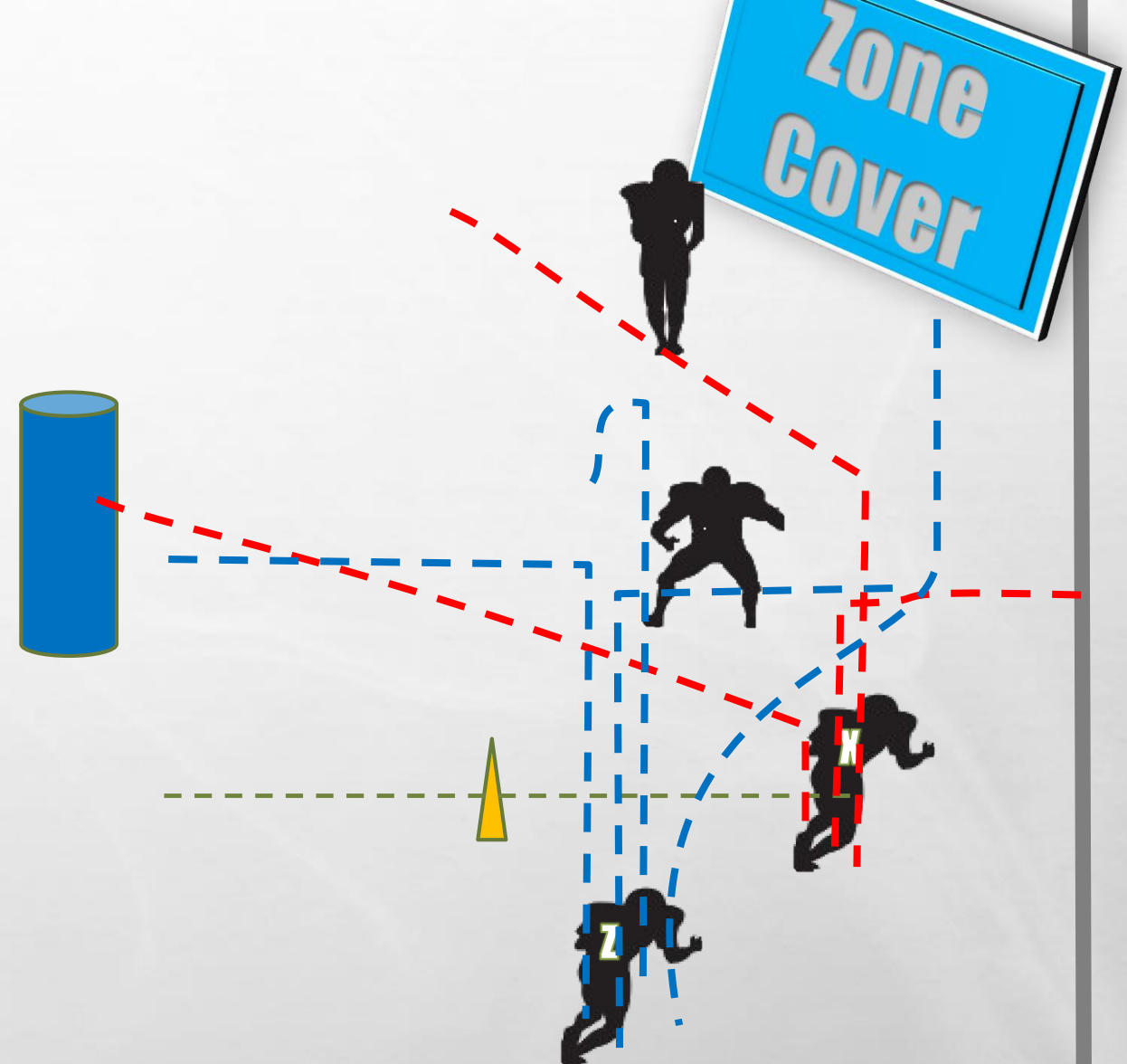
Zone Cover

- **HOW WE TEACH IT**

- **HOW WE MODIFY IT**

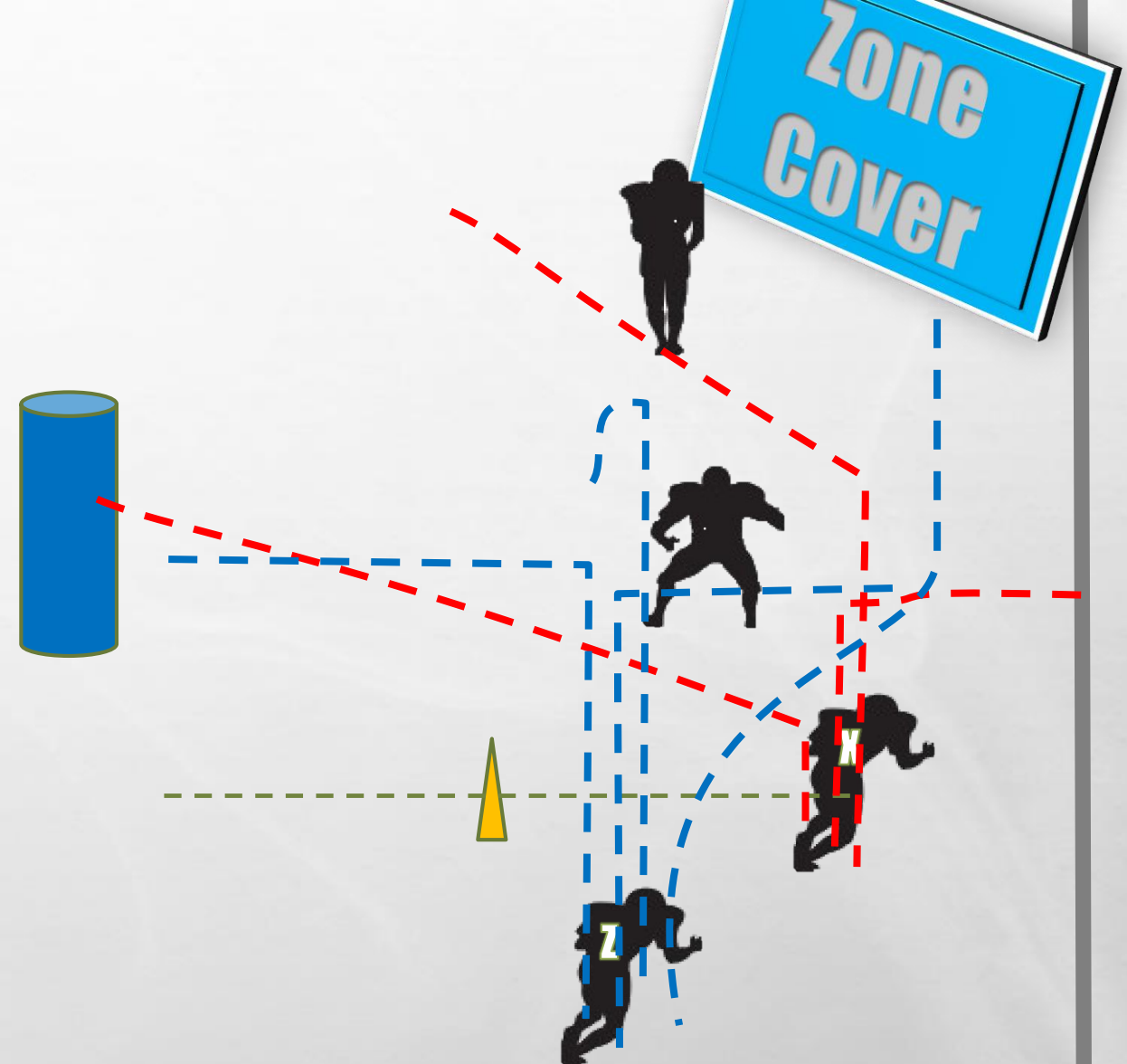
HOW WE DRILL IT

- **IN – OUT – DEEP DRILL**
- **X WILL RUN EITHER AN IN, OUT, OR POST**
- **Z WILL RUN EITHER AN IN, HOOK, OUT OR FADE**



HOW WE DRILL IT

- **NO DOUBLE DEEP ROUTES AT FIRST**
- **IN ROUTES MUST HIT THE BAG**
- **COMMUNICATE ROUTES**
- **THIS IS AN EVERY WEEK DRILL**



HOW WE DRILL IT

- **MAN**

- **SAME ROUTES, JUST AGAINST MAN COVERAGE**
- **WE DENY IN ROUTES**
- **WE FORCE RECEIVERS TO THE OUTSIDE**



EDD'S (EVERY DAY DRILLS)



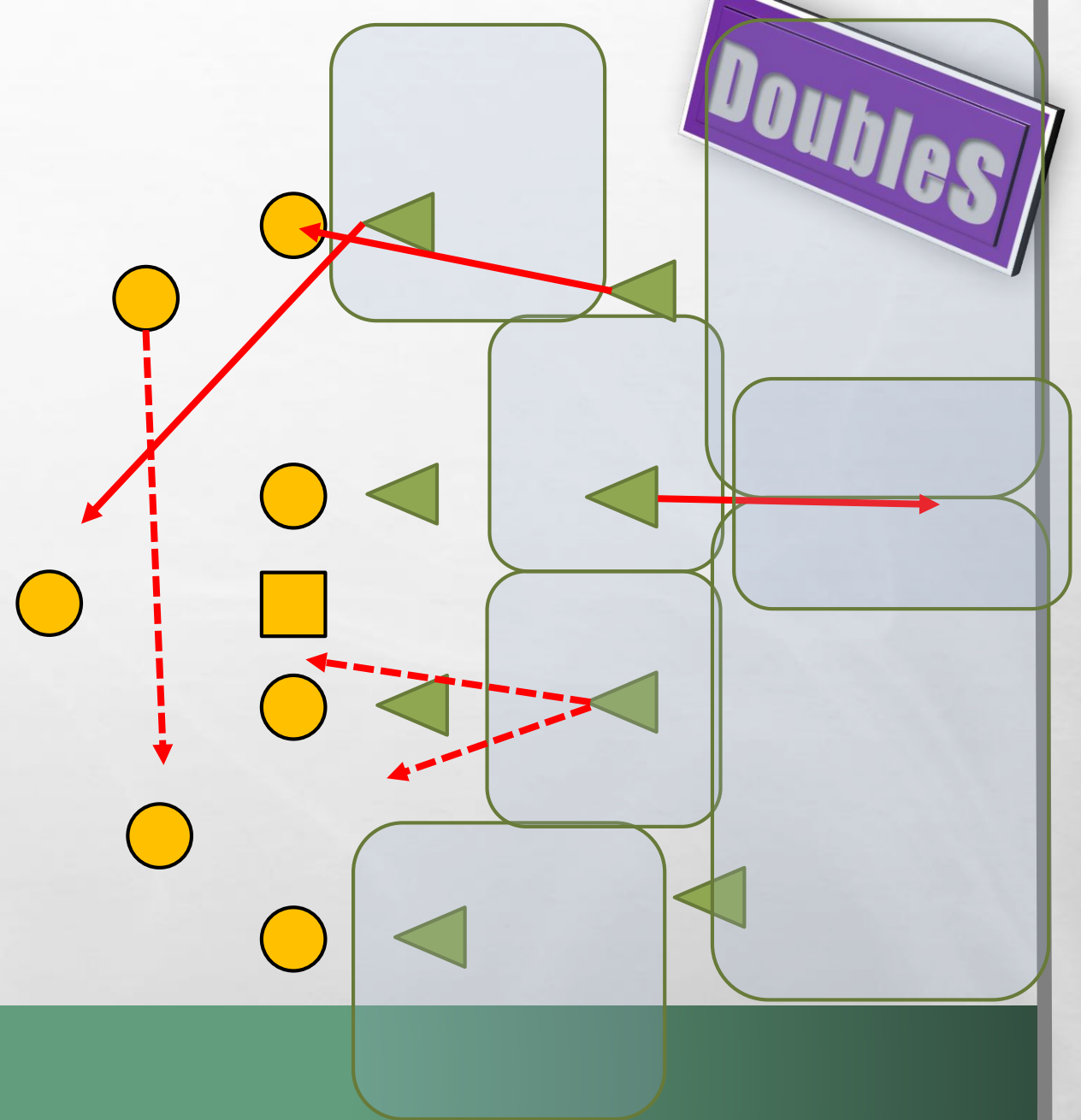
- **BASED ON WHAT WE SEE ON FILM**
 - **WE WILL WORK THOSE ROUTES OUR NEXT OPPONENT HAS HAD SUCCESS WITH AND IS MORE LIKELY TO RUN**
 - **WE WILL EMPHASIZE MAN OR ZONE COVERAGE AS THE CASE MAY BE, BUT WE HIT THEM ALL**
- **DAILY (HOPEFULLY)**
 - **WE STILL RUN THE BUTT WEAVE DRILLS, AND OTHER AGILITY EXERCISES**
- **BOTTOM LINE, WE WANT EACH CORNER, SAFETY AND BACKER TO KNOW THEIR COVERAGE RESPONSIBILITIES (ALL THE WAY DOWN TO THE THIRD STRING)**

NOW THAT WE'VE GOT THE PASSING GAME SOLVED....

- **WHAT WILL AN OFFENSE DO TO US NEXT?**
- **MOTION CAN BE A TRICKY ADDITION**
- **IT CAN CHANGE THE WAY A TEAM PASSES**
- **BUT IT REALLY AFFECTS HOW THEY RUN THE BALL**
- **AGAINST MOST TEAMS WE USE AN AUTO MOTION AND RECOVERY SYSTEM**

COVERING MOTION

- **MOTION IS DETECTED AND CALLED**
- **CORNER BLITZES TO QB DEPTH**
- **SAFETY DROPS INTO MAN COVERAGE**
- **MOTION SIDE BACKER DROPS TO 10 YARDS TO ANTICIPATE MIDLINE PASS**
- **REMAINING BACKER ANTICIPATES SWEEP GIVE, THEN LOOKS TO "IN" ROUTES, THEN CHECKS DOWN TO QB SCRAMBLE**







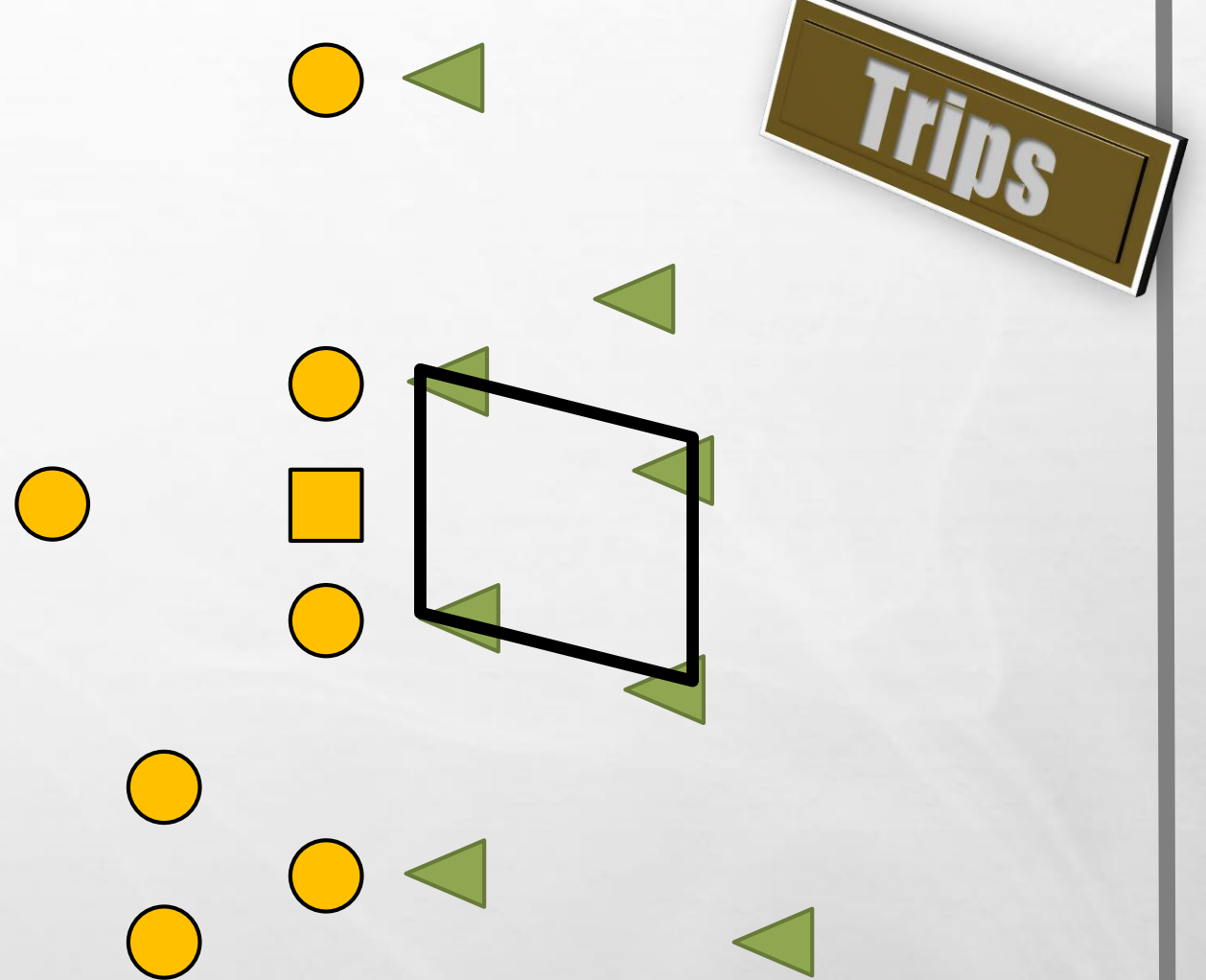


Trips

- **WHAT WE EXPECT**
 - **RECEIVERS INTO MIDDLE, FLAT AND DEEP ROUTES SIMULTANEOUSLY**
 - **MULTIPLE DEEP ROUTES**
 - **SCREENS IN THE FLATS**

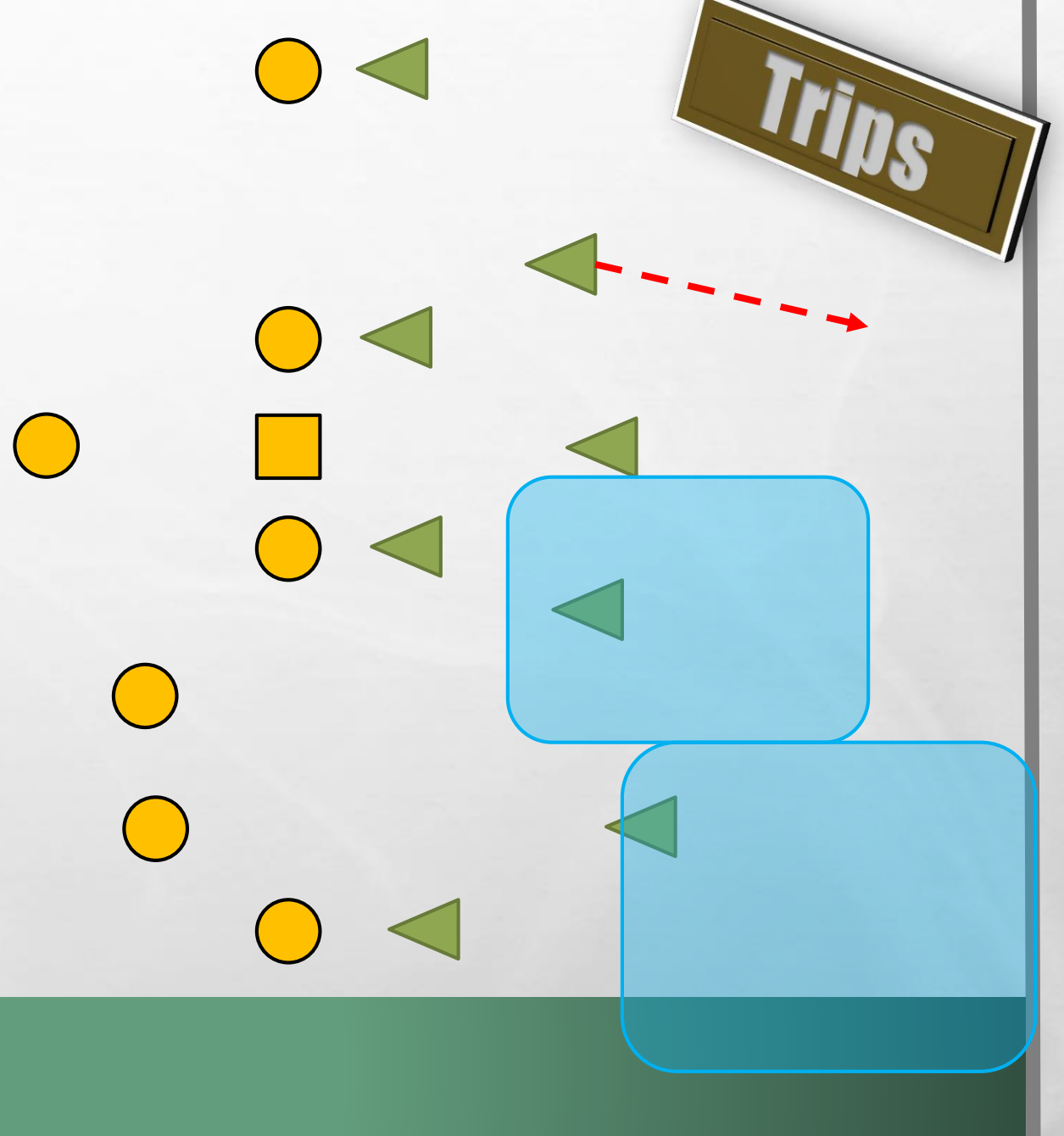
PASS COVER

- **WE DO NOT COUNT THE BACK SIDE LINEBACKER AS A LINEBACKER HERE**
- **WE STILL HAVE A MIKE AND IKE BOX, ITS JUST A LITTLE MISSHAPEN**
- **WE CAN EASILY STILL RUN THE SAME BLITZ PACKAGE AS WE DO IN THE REGULAR BOX**
 - **WE JUST NEED TO REP IT MORE SO THEY ARE FAMILIAR WITH IT**



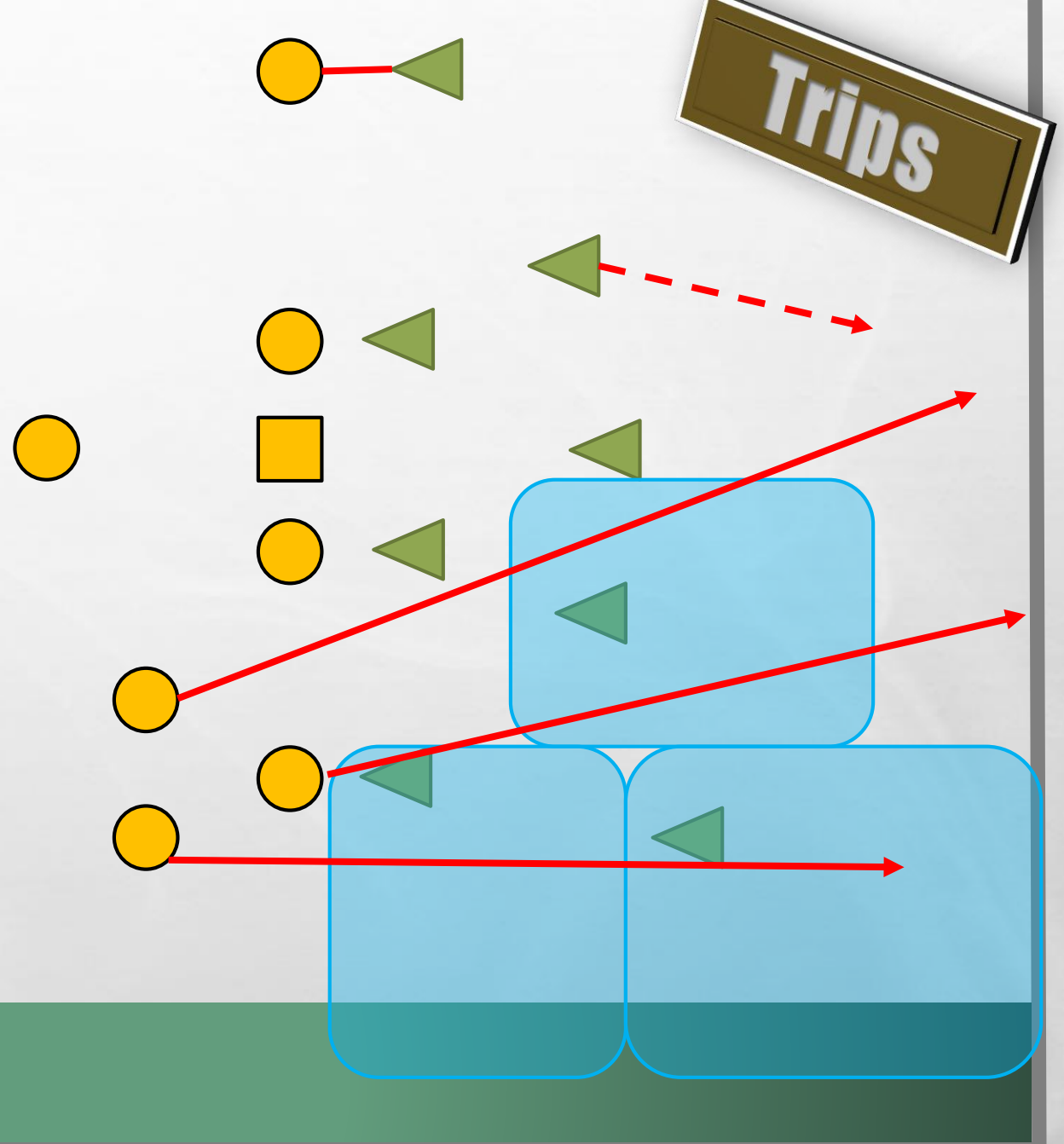
PASS COVER

- **REGARDLESS OF THE FORMATION THE H, Z, AND X RECEIVERS ARE IN, WE ADJUST OUR DEFENSIVE BACK FIELD**
- **WE HAVE A MIKE – IKE – SAM CONFIGURATION**
 - **SAM WILL DROP DEEP AS A FREE SAFETY**
 - **MIKE STILL HAS IN ROUTES**
 - **IKE SEEKS AND DESTROYS**
- **SAFETY IS STILL DEEP HALF**



PASS COVER

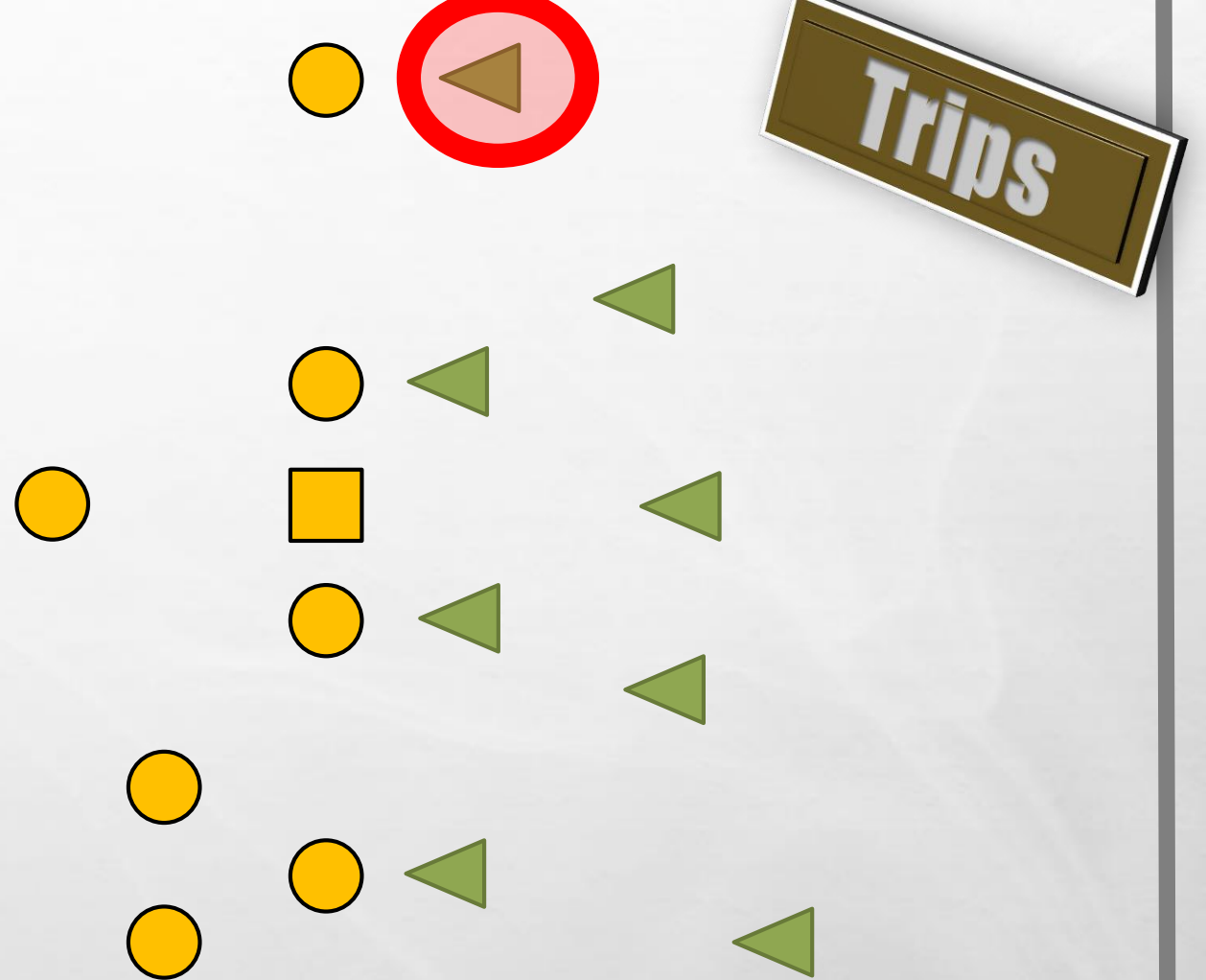
- **WHAT ARE THEY GONNA DO?**
 - **THREE DEEP ROUTES?**
 - **IF THE CORNER LETS THE FIRST ONE PASS AND TAKES THE SECOND (REGULAR RULE) AND SAM DROPS ON THE BACK SIDE....WE'RE OK**
 - **WE STILL HAVE FOUR IN THE BOX**





PASS COVER

- **IT HINGES ON THIS GUY RIGHT HERE**
- **HE HAS GOT TO BE ABLE TO COVER SOMEONE ONE-ON-ONE.**
- **YOU CAN ROTATE YOUR BEST DEFENDER TO HIM**
- **BUT BE WARNED, OFFENSIVE COORDINATORS WILL FIND A WAY TO MOTION YOUR WORST COVER MAN INTO SINGLE COVERAGE**
- **YOUR BEST BET IS TO HAVE A GOOD PASS DEFENSE PRACTICE AND IMPLEMENTATION PLAN**



LCV'S

- **LINE CHANGE VARIATIONS**
- **OUR BASE LCV'S DO NOT INCLUDE A LINEBACKER BLITZ**
 - **THUNDER**
 - **LIGHTENING**
 - **LOOP**
 - **TWIST**

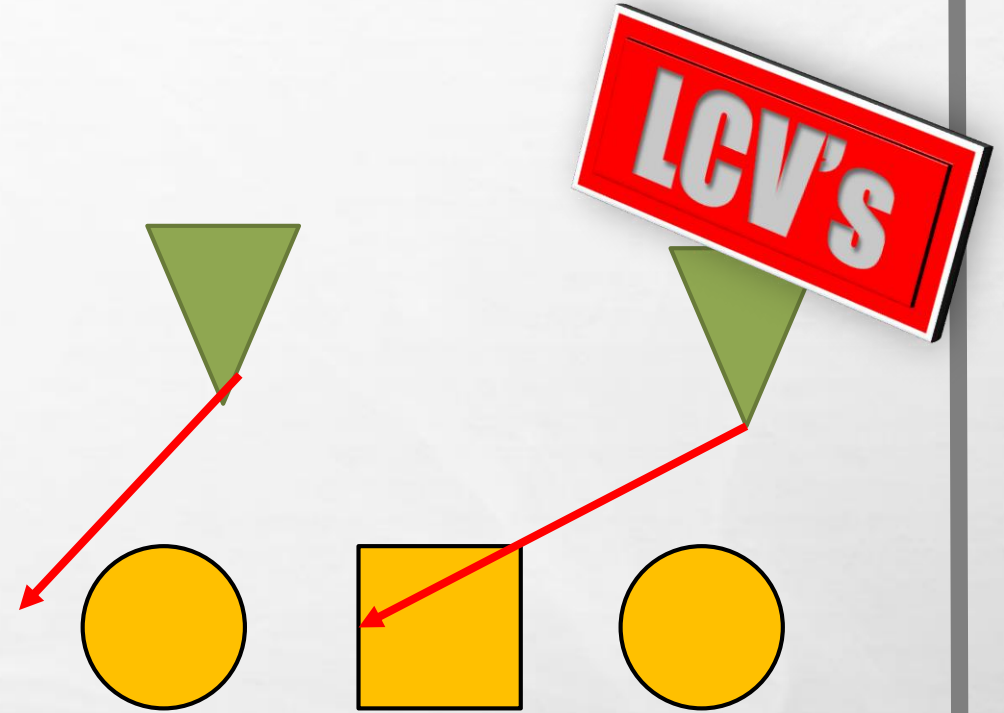
THUNDER 2 LINEMEN

- **THUNDER IS A RIGHT SLANT CALL**

- **KEYS**

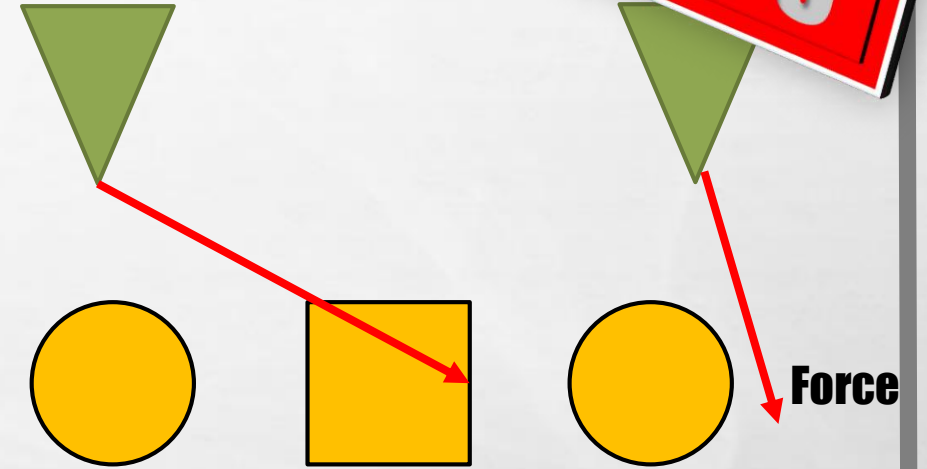
- **GRAB GRASS AND RIP**
- **ATTACK OPPOSITE SHOULDER OF OPPONENT**
- **NEVER SHOOT A GAP. CONTACT MUST BE MADE**
- **BACKER BLITZ CAN REALLY COMPLIMENT**

Force



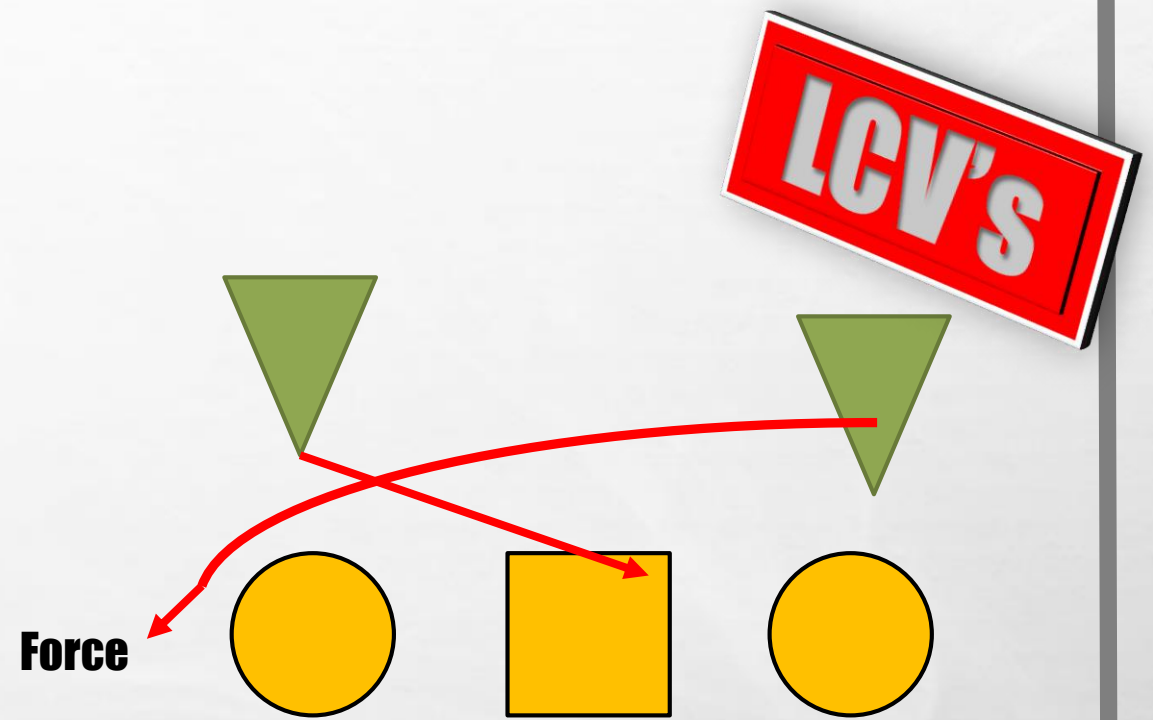
LIGHTENING 2 LINEMEN

- **LIGHTENING IS A LEFT SLANT CALL**
 - **KEYS**
 - **GRAB GRASS AND RIP**
 - **ATTACK OPPOSITE SHOULDER OF OPPONENT**
 - **NEVER SHOOT A GAP. CONTACT MUST BE MADE**
 - **BACKER BLITZ CAN REALLY COMPLIMENT**



TWIST 2 LINEMEN

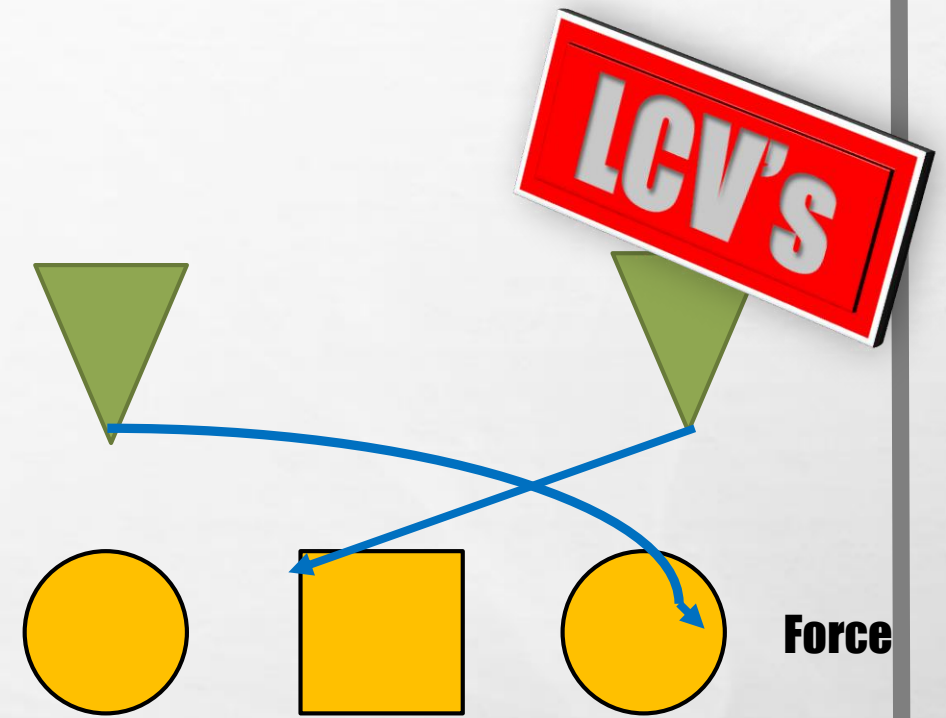
- **RIGHT GOES FIRST**
 - **HE ATTACKS CENTER**
 - **LOUEY LOOPS BEHIND**





LOOP 2 MAN

- **LOUEY (LEFT) GOES FIRST**
- **RIGHT LOOPS BEHIND**



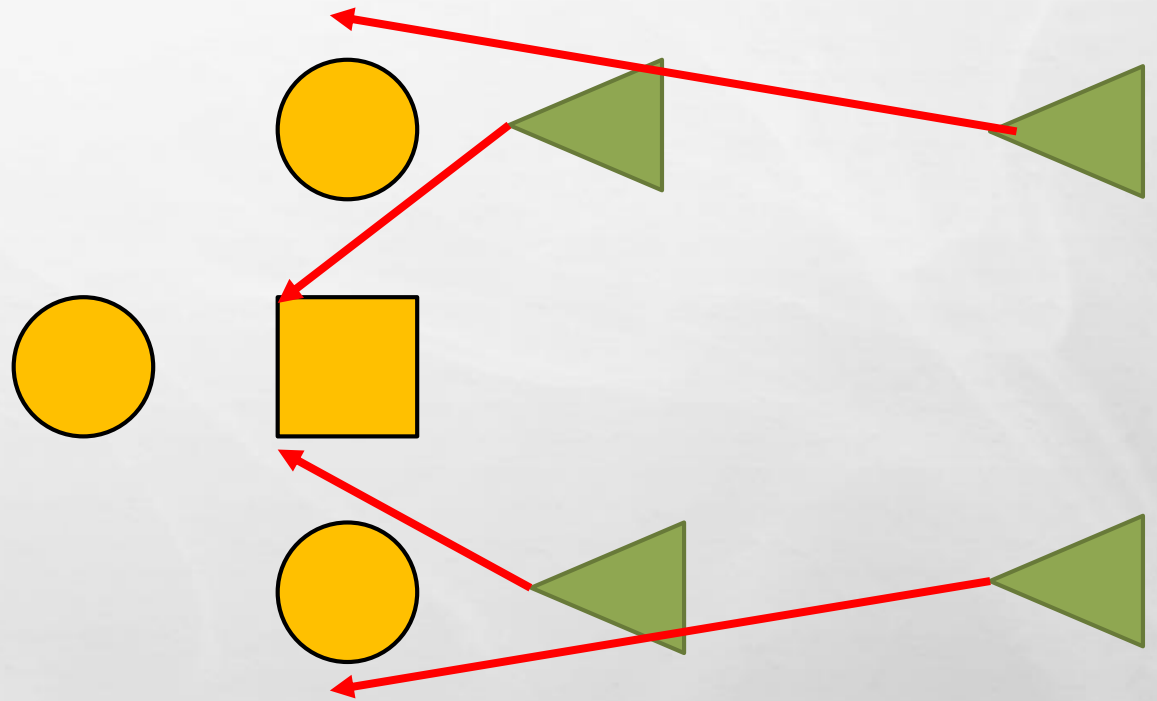
Blitz Package

- **TERMINOLOGY**
 - **STANG, SAM, MIKE AND IKE BACKERS**
- **BLITZ TYPES**
 - **CROSS BLITZES**
 - **SLAM BLITZES**
 - **COMBOS**

BLOW IN – BACKS OUT

BOX BLITZ

- **LINE IS GOING TO HAMMER A GAP WHILE THE BACKERS STREAK TO THE OUTSIDE.**
- **TACKLES NEED TO DOUBLE TEAM THE CENTER AND CRUSH HIM – FORCE HELP FROM GUARDS**
- **USE THIS SPARINGLY**
- **WE ARE LOCKED MAN AND JAMMING WITH EVERYONE ELSE**
- **GET HOME**



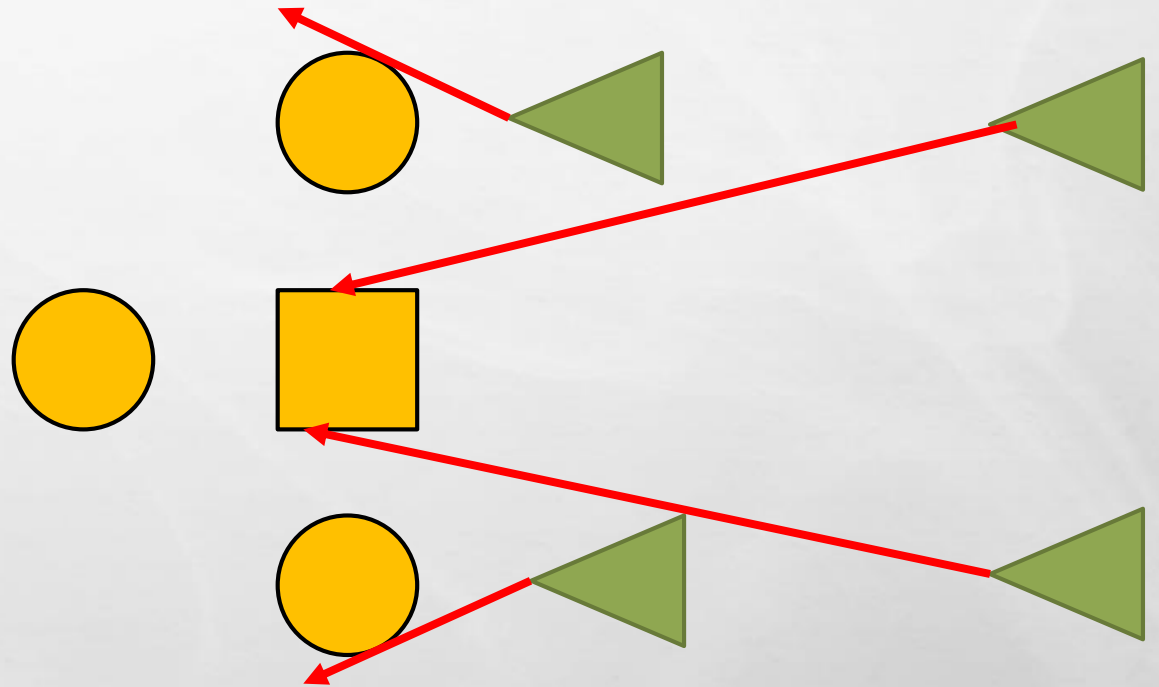
Box Blitz



BLOW OUT – BACKS IN

BOX BLITZ

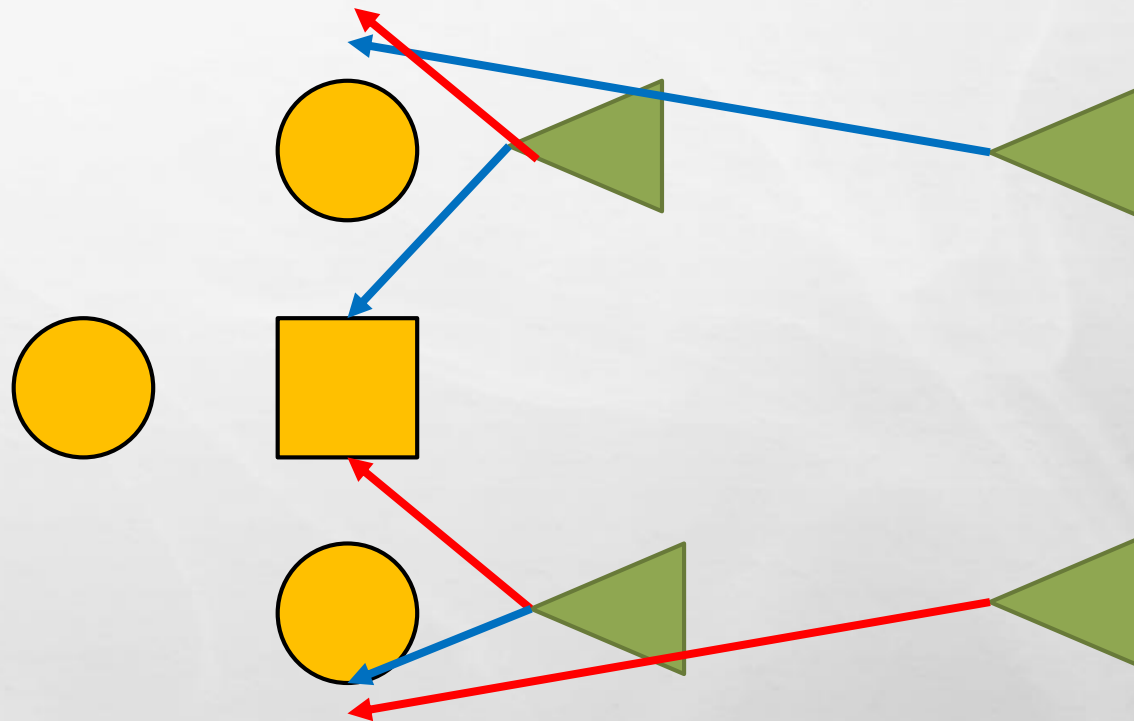
- **LINE IS GOING TO HAMMER B GAP WHILE THE BACKERS STREAK TO A.**
- **TACKLES NEED TO FULLY TURN THE GUARDS TO OPEN UP THE HOLE FOR THE BACKS**
- **USE THIS SPARINGLY**
- **WE ARE LOCKED MAN AND JAMMING WITH EVERYONE ELSE**
- **GET HOME**



GO BLITZES

- **WHEN USED IN CONJUNCTION WITH CROSS BLITZES, THESE ARE KILLER**
- **THUNDER – MIKE GO**
 - **THUNDER LCV**
 - **LEFT TACKLE HAMMERS CENTER**
 - **RIGHT TACKLE ATTACKS OUTSIDE EDGE**
 - **MIKE FORCES TO THE OUTSIDE**
- **LIGHTENING – IKE GO**
 - **OPPOSITE**
- **REMAINING BACKER MUST SLIDE MIDDLE AND READ**

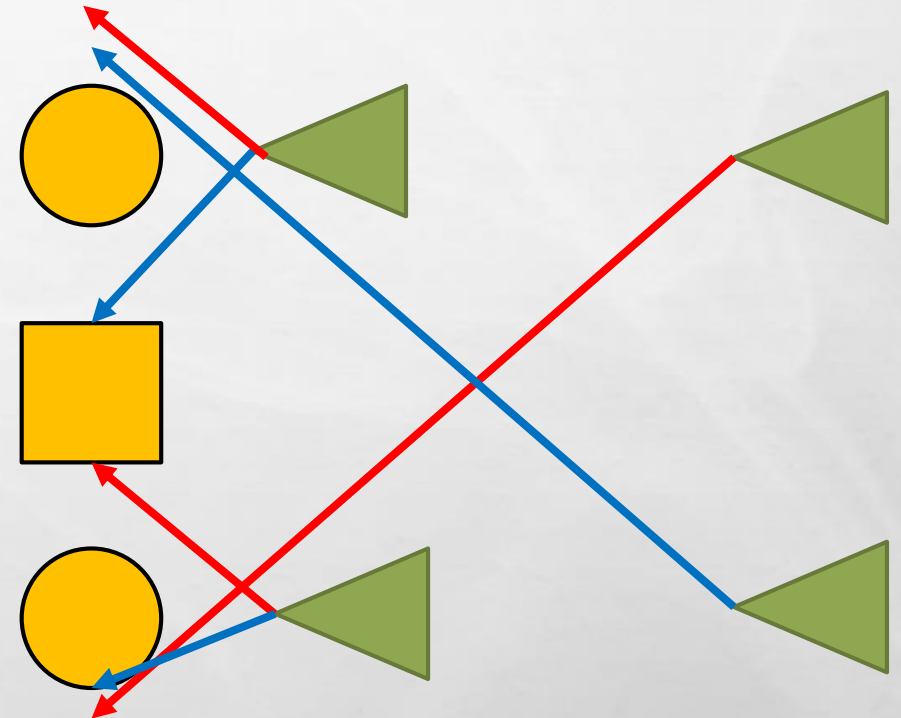
BOX BLITZ



CROSS BLITZES

BOX BLITZ

- **THESE CAN BE DEVASTATING WHEN DONE CORRECTLY**
- **THUNDER – IKE CROSS**
 - **THUNDER LCV**
 - **LEFT TACKLE HAMMERS CENTER**
 - **RIGHT TACKLE ATTACKS OUTSIDE EDGE**
 - **IKE CROSSES IN A TIMING BLITZ TO A TURNED GUARD**
- **LIGHTENING – MIKE CROSS**
 - **OPPOSITE**
- **REMAINING BACKER MUST SLIDE MIDDLE AND READ**



Box Blitz



TEACHING POINTS

- **IT IS ESSENTIAL THAT YOU TEACH YOUR CORNERS AND SAFETY'S HOW TO MAN PRESS**
- **YOUR TACKLES MUST NEVER SHOOT A GAP – THEY ARE BLOCKERS FOR THE LINE BACKERS**
- **PAY PARTICULAR ATTENTION TO WHO IS RESPONSIBLE FOR FORCING THE CONTAIN**
- **TEACH YOUR LINE BACKERS TO FAUX BLITZ – WE CALL IT “CATTING”**
 - **IF THEY SHOW BLITZ BUT DON'T GO, IT WILL GET OFFENSIVE LINEMEN NERVOUS**

Communication

- **HOW DO WE COMMUNICATE THIS INFORMATION TO THE PLAYERS DURING GAME TIME?**
- **HOW CAN WE COMBO BLITZ?**
- **HOW DO WE MANIPULATE COVERAGE**

WE DO TWO THINGS



1. WE USE PLAY CARDS

2. WE TRAIN AND USE PLAYER/COACHES

PLAY CARDS



- **I MAKE DIFFERENT ONES FOR EACH GAME**
- **THEY ARE DESIGNED BASED ON MY SCOUTING REPORT**
- **MY INTENTION IS TO FORCE THE OFFENSE TO DO THINGS I LIKE THEM TO DO**
- **WE HAVE UP TO FOUR CARDS PER GAME WHICH CAN BE SWITCHED AT EVERY QUARTER**

COACH CARD

Comm

Twins Left	Spread	Twins Right
17 Base		19 Base
5 Lightning- Mike Cross		6 Thunder-Ike Cross
13 Lightning-Sam Go		14 Thunder-Stang Go
1 Ike Twist Left		2 Ike Twist Right
Doubles	WSS Call Sheet	Wing Tight
17 Base		19 Base
9 Blow IN-(Backs OUT)		4 Sword
11 Blow OUT-(Backs IN)		3 Stoke
14 Thunder-Stang Go		20 Mike Go (Call the ball)
13 Lightning-Sam Go		15 3-4 Defense Cover 1
		10 Ike Go
Trips Left		Trips Right
19 Base		17 Base
9 Blow IN-(Backs OUT)		9 Blow IN-(Backs OUT)
11 Blow OUT-(Backs IN)		11 Blow OUT-(Backs IN)

Twins Left	Tight	Twins Right
17 Base		19 Base
7 Sin		8 Sting
4 Sword		3 Stoke
5 Lightning- Mike Cross		6 Thunder-Ike Cross
13 Lightning-Sam Go		14 Thunder-Stang Go
Mustang Left		Mustang Right
19 Base		17 Base
13 Lightning-Sam Go		14 Thunder-Stang Go
Tight Trips Left		Tight Trips Right
19 Base		17 Base
9 Blow IN-(Backs OUT)		9 Blow IN-(Backs OUT)
11 Blow OUT-(Backs IN)		11 Blow OUT-(Backs IN)
4 Sword		3 Stoke
13 Lightning-Sam Go		14 Thunder-Stang Go
10 Ike Go		10 Ike Go

Wibaux Defense Card



Tight 1st and 10	
1	Thunder SAM Cross
3	Lightening SAM GO

15	BASE
----	------

Tight 2nd and Long	
10	Loop Left
2	Twist Left
17	Loop Right
18	Twist Right

Tight 2nd and Medium	
3	Lightening SAM GO
8	Thunder STANG Go

Tight 2nd and Short	
5	Blow in Backs B Gap
16	Tight Pig
4	Thunder right anchor left SAM GO (Wide Right)
12	Lightening left anchor right Stang Go (Wide Left)

Tight 3rd and Long	
2	Twist Left
18	Twist Right
3	Lightening SAM GO

Tight 2nd and Medium	
3	Lightening SAM GO
8	Thunder STANG Go
4	Thunder right anchor left SAM GO (Wide Right)
7	Lightening left anchor right Stang Go (Wide Left)

Tight 3rd and Short	
9	Lightening STANG Cross
6	Blow out Mike L Nose R
16	Tight Pig
4	Thunder right anchor left SAM GO (Wide Right)
7	Lightening left anchor right Stang Go (Wide Left)

Mustang L	
15	Tight Base
8	Thunder STANG Go
4	Thunder right SAM GO

Mustang R	
15	Tight Base
3	Lightening SAM GO
7	Lightening left STANG GO

Twins Spread	
13	Twins base
2	Twist Left
10	Loop Left

Pro	
14	Pro base

Twins	
13	Twins base

Trips	
12	Pig I Trips

Goofy	
11	Pig Goofy

Comm

1	Storm Mike Cross Stinger	Jam X Inside Red
2	Twist MIX Stinger	Jam X Inside Red
3	Storm Ike Go	BLUE://If motion=Jam OUT sit Blue
4	Storm Mike Cross	BLUE://If motion=Jam OUT sit Blue
5	Blow Out Ike Go Stinger	Jam X Inside Red
6	Blow Out Ike Go	BLUE://If motion=Jam OUT sit Blue
7	Wizard Mike Go Stinger	Jam X Inside Red
8	Twist MIX	BLUE://If motion=Jam OUT sit Blue
9	Wizard Mike Go	BLUE://If motion=Jam OUT sit Blue
10	Blow Out Mike Go	BLUE://If motion=Jam OUT sit Blue
11	Wizard Ike Cross	BLUE://If motion=Jam OUT sit Blue
12	Wizard Ike Cross Stinger	Jam X Inside Red
13	Blow Out Mike Go (Tight)	
14	Tight Base	
15	Box Prevent	Flats

S.A.M.



1 Thunder-Ike Cross

2 Ike Right

3 Mike Right

4 Blow IN-(Backs OUT)

5 Blow OUT-(Backs IN)

6 Lightning-Mike Cross

7 Blow IN-Mike Spy

8 Blow OUT-Mike Slam Center

9 Mike Left

10 Base

11 Thunder-STOKE

12 Ike Left

13 Lightning-SWORD

14 Base

15 Thunder-Ike Cross

16 Ike Right

17 Mike Right

18 Lightning-Mike Cross



1	Thunder SAM Cross	10	Loop Left
2	Twist Left	11	Pig Goofy
3	Lightening SAM GO	12	Pig I Trips
4	Thunder R Anchor L (SAM GO)	13	Twins base
5	Blow in (Backs B Gap)	14	Pro base
6	Blow out Nose R Mike L	15	Tight Base
7	Lightening L Anchor R (Stang GO)	16	Tight Pig
8	Thunder STANG Go	17	Loop Right
9	Lightening STANG Cross	18	Twist Right



PLAYER COACHES

- **THIS IS A RISKY BUSINESS**
- **LINEBACKERS LIKE TO BLITZ THEMSELVES**
- **D- LINEMEN DON'T HAVE THE VISION FROM THEIR STANCE**
- **CORNERS HAVE THE TOUGHEST JOBS**
- **SAFETY'S TEND TO BE A LITTLE GOOFY**
- **SO WHO DO YOU PICK**



PLAYER COACHES

- **THEY USUALLY PICK THEMSELVES**
- **WE ENCOURAGE OUR KIDS TO TALK TO US – EVEN IF WE DON'T AGREE WITH THEIR ASSESSMENT**
- **I'VE HAD TWO DURING THE PAST FOUR YEARS**
 - **THEY BOTH DEMONSTRATED AN ABILITY AND A DESIRE TO LEARN ABOUT THEIR OPPONENTS**
 - **THEY UNDERSTOOD OUR DEFENSIVE TACTICS PERFECTLY**
 - **THEY WERE RESPECTED BY THEIR PEERS**
 - **THEY WERE CONSERVATIVE WITH THEIR CALLS**
- **IT STARTS WITH THE JV**

YOU'VE GOT TO COMMIT

- **WE HAD STUDS THIS YEAR WHICH MADE THE X'S AND O'S EASY**
- **WE STILL GOT BEAT ON A BIG PLAYS**
- **WHEN THAT HAPPENS, LICK YOUR WOUNDS AND TRY AGAIN**
- **THIS BOX CONCEPT IS DIFFERENT, AND IT TAKES TIME TO DEVELOP**



30

20

10

5

23

86

44

15

33

31

70

55



THERE'S MORE

- **IT IS OUR DESIRE TO SHARE EVERYTHING WE HAVE**
- **IF YOU WANT THE COMPLETE POWER POINT, ANY NOTES, DRILLS, OR COCKTAIL NAPKINS ON WHICH DEFENSIVE THEORY IS SCRIBBLED LET ME KNOW**
- **JUMP DRIVES**
- **EITHER WAY: FOR THE LOVE OF THE GAME, WE ARE HERE TO SHARE**

- **KURTIS KOENIG**

- **KKOENIG@ENNISSCHOOLS.ORG**
- **PO BOX 517**
- **ENNIS, MT 59729**
- **406-580-9563**