



Chelsea Football Defense

Tuesday July 26th, 2023

Adaptable Stunts/Pressures from the 4-2-5

- Grant Fanning – grant.fanning@gmail.com
- Chelsea High School Enrollment 770 – 900 (Division 3 or 4)
- 2 Platoon (50-60 Junior and Seniors)
- 23 of 26 Years In Playoffs
- Defensive Goals
- Cover 3
- Tilt Nose
- Nickel Pressures
- 6 Man Pressures

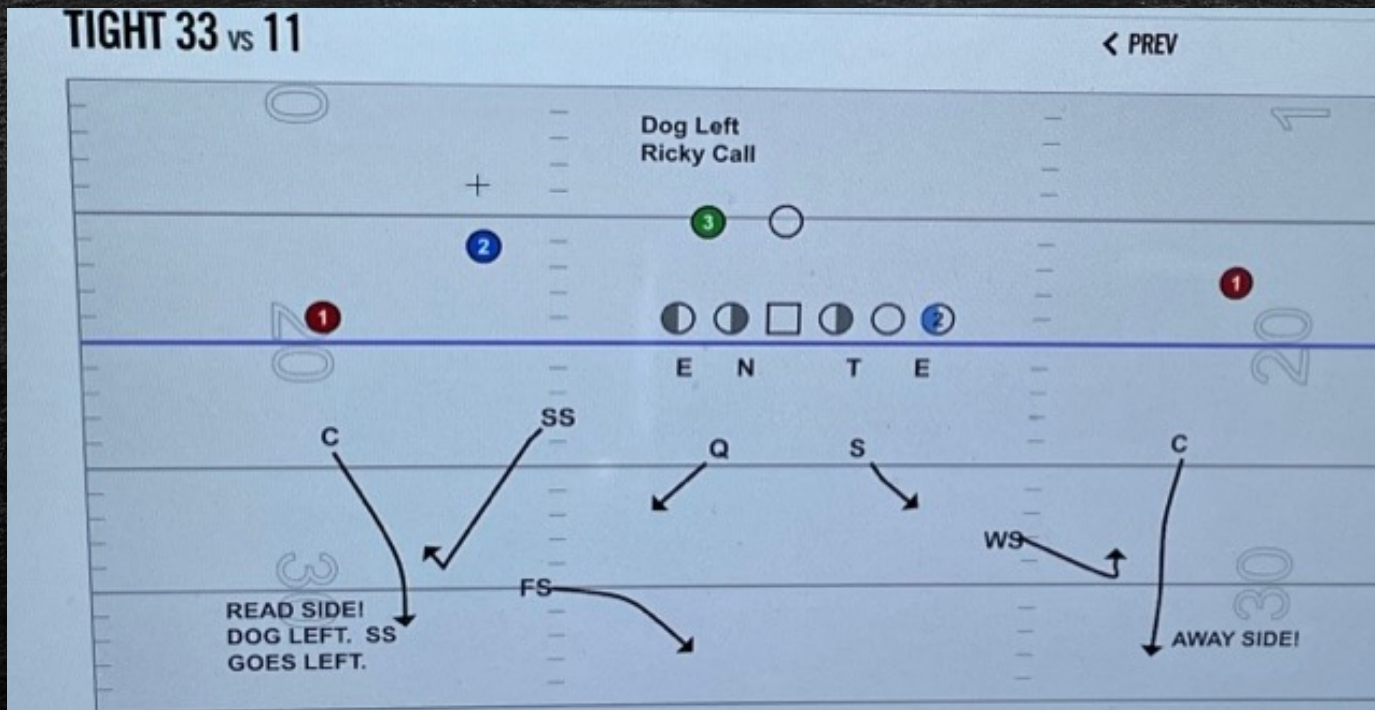
Defensive Objectives, “Rules of the Road”

- Hold opponents to less than:
 - ☐ 18 points per game
 - ☐ *3.9 yards or less rushing*
 - ☐ *30% or Less on 3rd Downs*
 - ☐ No Penalties before or after the whistle
 - ☐ Eliminate plays over 25 yards
- GET 6 – Any combination of the following
 - ☐ Turnovers
 - ☐ 3 and outs
 - ☐ 4th down stops
 - ☐ BLOCK (1) FG/EXTRA POINT

Cover 3

- Our Defense is Based on Cover 3
- Day one install
- We play it 70 - 75 % of the time
- Can be played vs Empty

Cover 3



Tilt Nose



Tilt Nose:

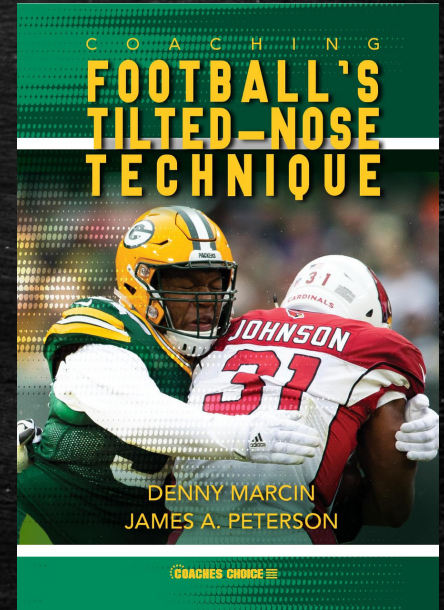
Norm Parker



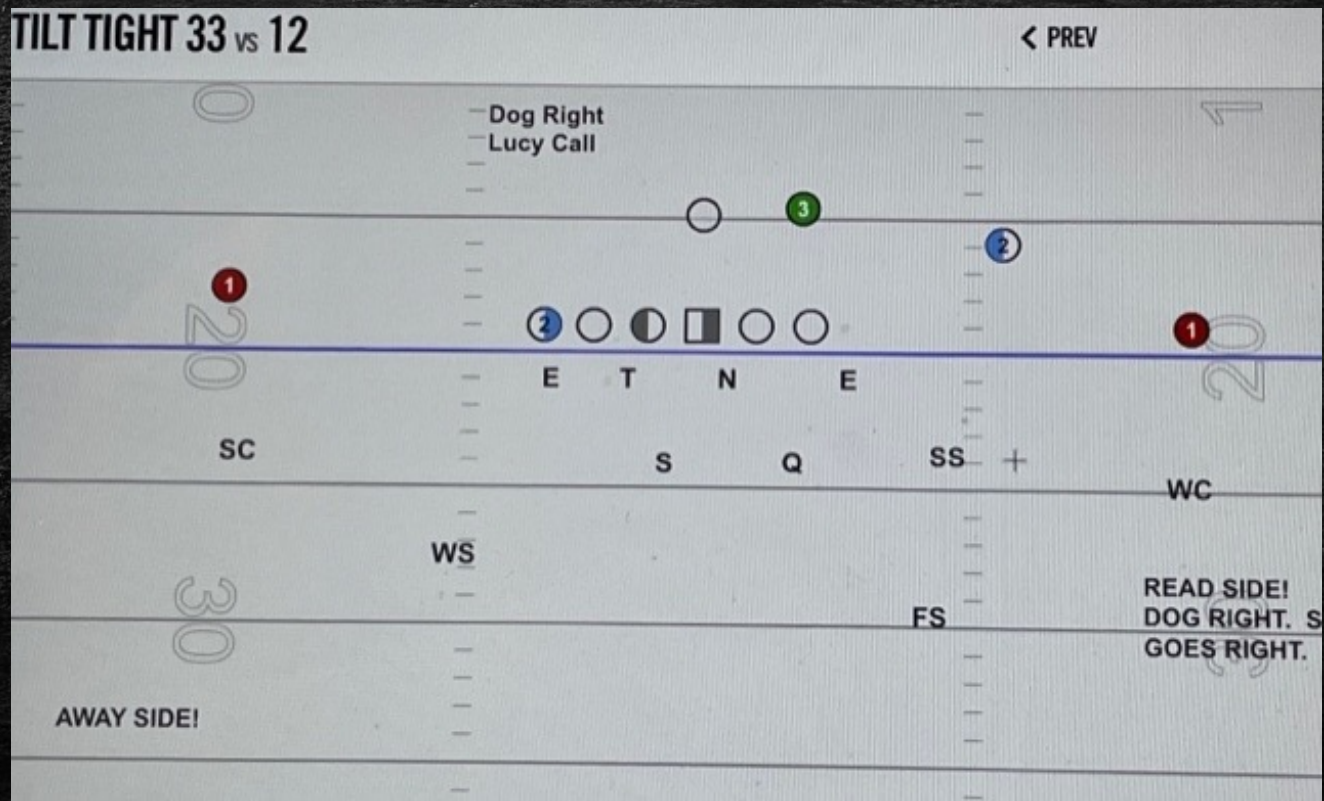
Rob Renes



Denny Marcín



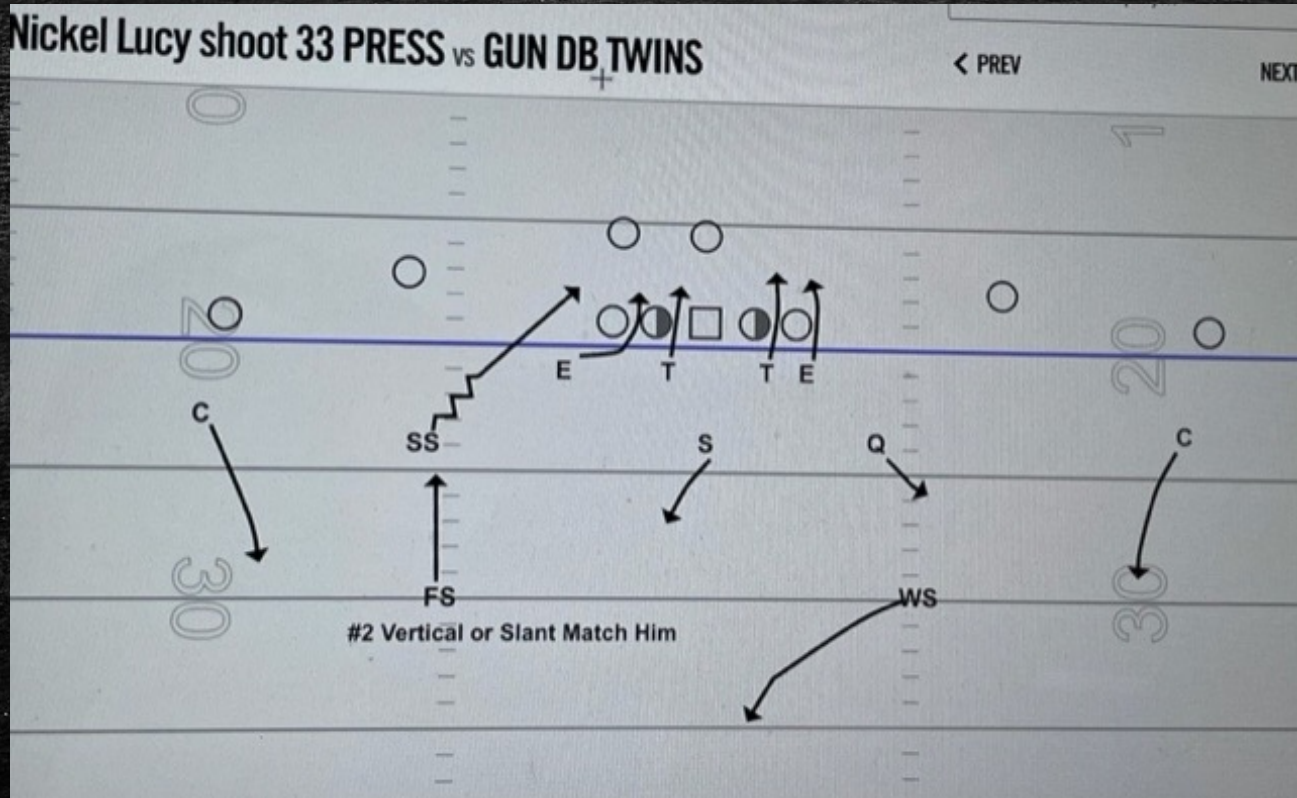
Tilt Nose Diagram



Nickel Pressure

- 5 man pressures with cover 3 played behind it
- We will show Cover 2 and Sink a Safety
- CB's will use a Press Alignment with a Bail Technique
- Blitz Side = if #2 Goes vertical or runs a slant the Safety has him man to man.
Outside Release by #2 Safety is Curl/Flat Defender
- Can be played vs Empty

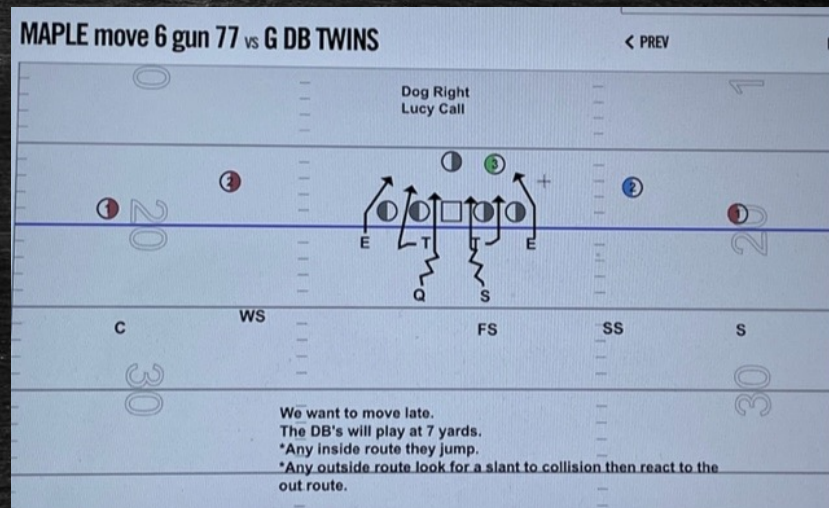
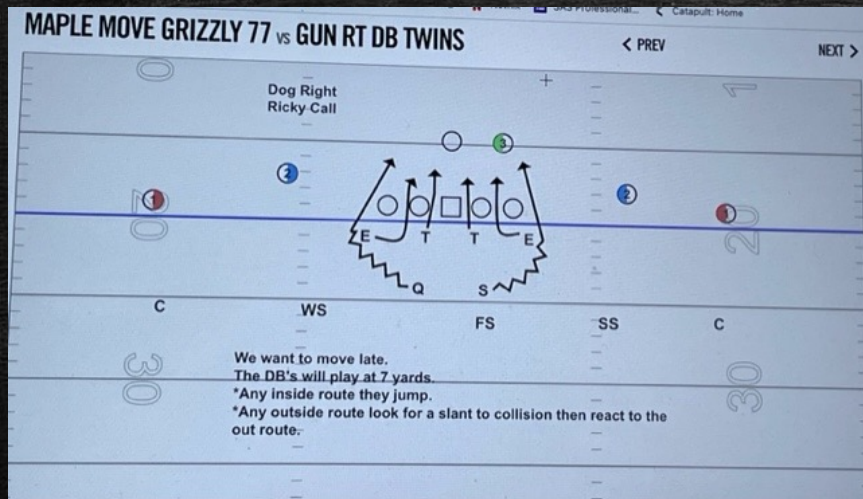
Nickel Pressure Diagram



6 Man pressures

- 6 Man pressures with Zone Coverage
- CB's will be in a Press Alignment with Bail Technique. Expecting a Fade.
- Coverages = 3, Blanket, or Zero
- Zone Blitz = Any of the 6 Defensive Players on the LOS. If you are Blocked you drop!
- Can be played vs empty

6 Man Pressure Diagrams



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