

Why We Run the 2-3 Defense

- What we know as coaches; What we teach with most confidence(But don't ROT!!!)
- Easy Adjustments for us: roll into a 3-1, 3-2, combo, 2-2-2, 1-3-2, 4-2
- Bleed slow: make you make a mistake, tough in the red zone

The Key

- Hold the Rope!!!!!!!!!!!!

(8-10yds) S (Athletic)

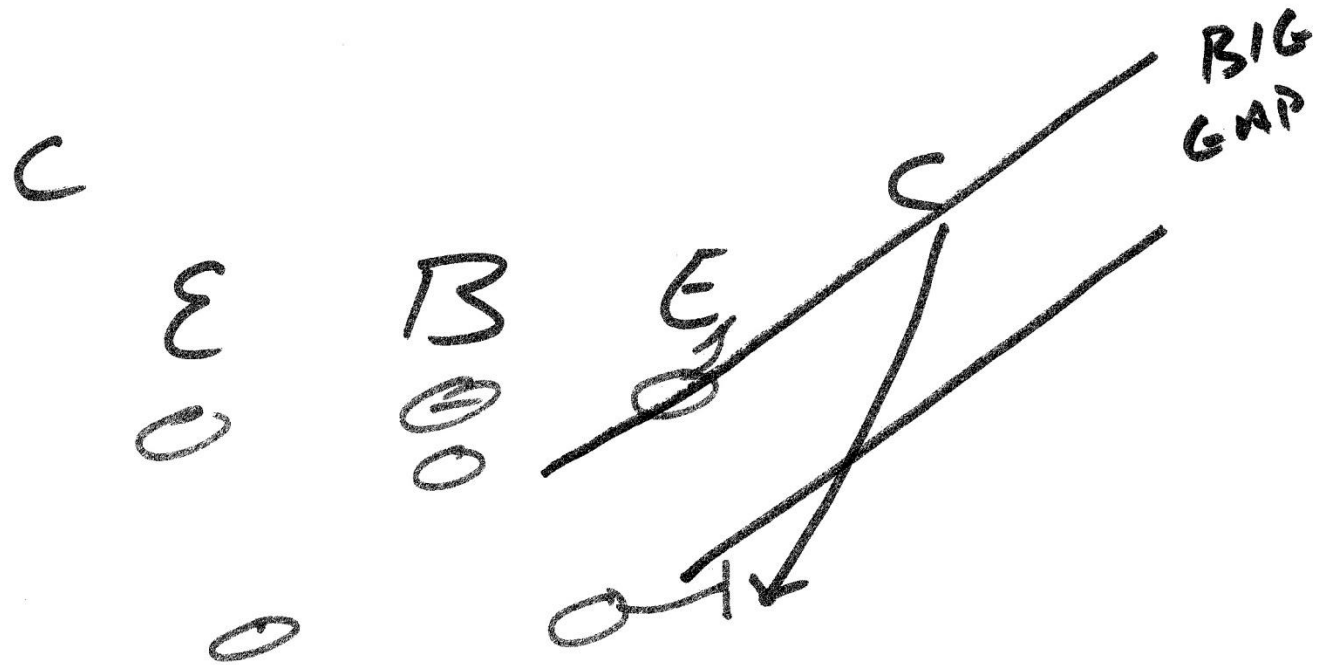
(242) C C (Responsible)

E B E

B - STUID = GREAT; IF NOT = That's OK

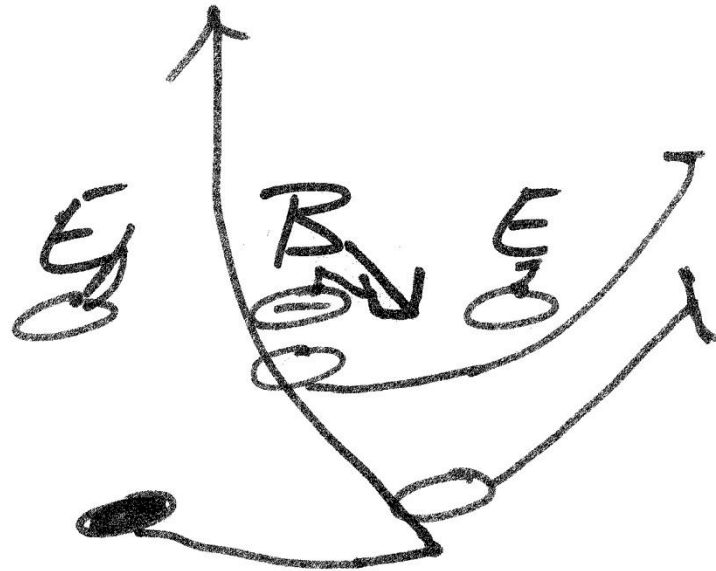
E - BOOK ENDS; Strong & Quick END

CB's Being too AGGRESSIVE



RB & QB can in & out

STAY IN A TIE



- Don't GET WASHED OUT
- TOO AGGRESSIVE causes cut back Lanes

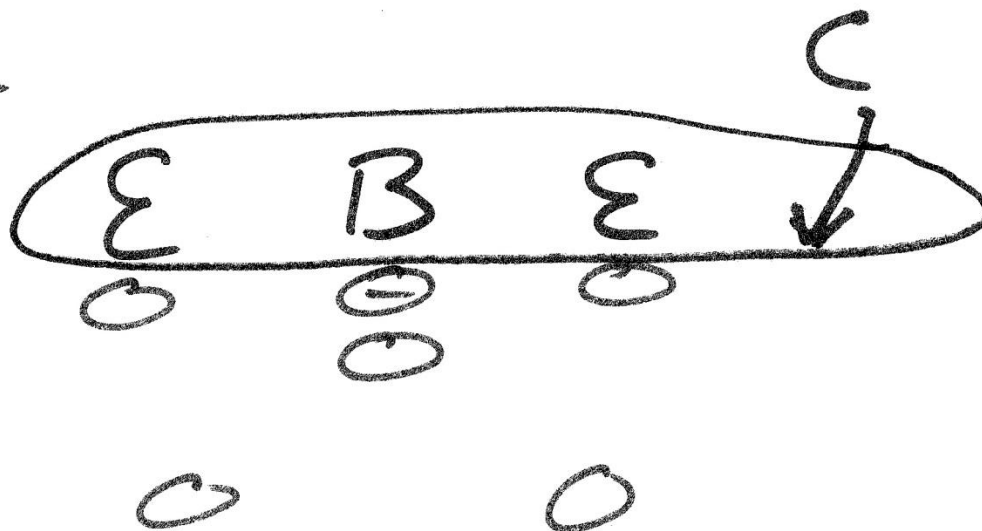
SWAP A HAT

Backside CB

STAY @ HOME
for cutback

W

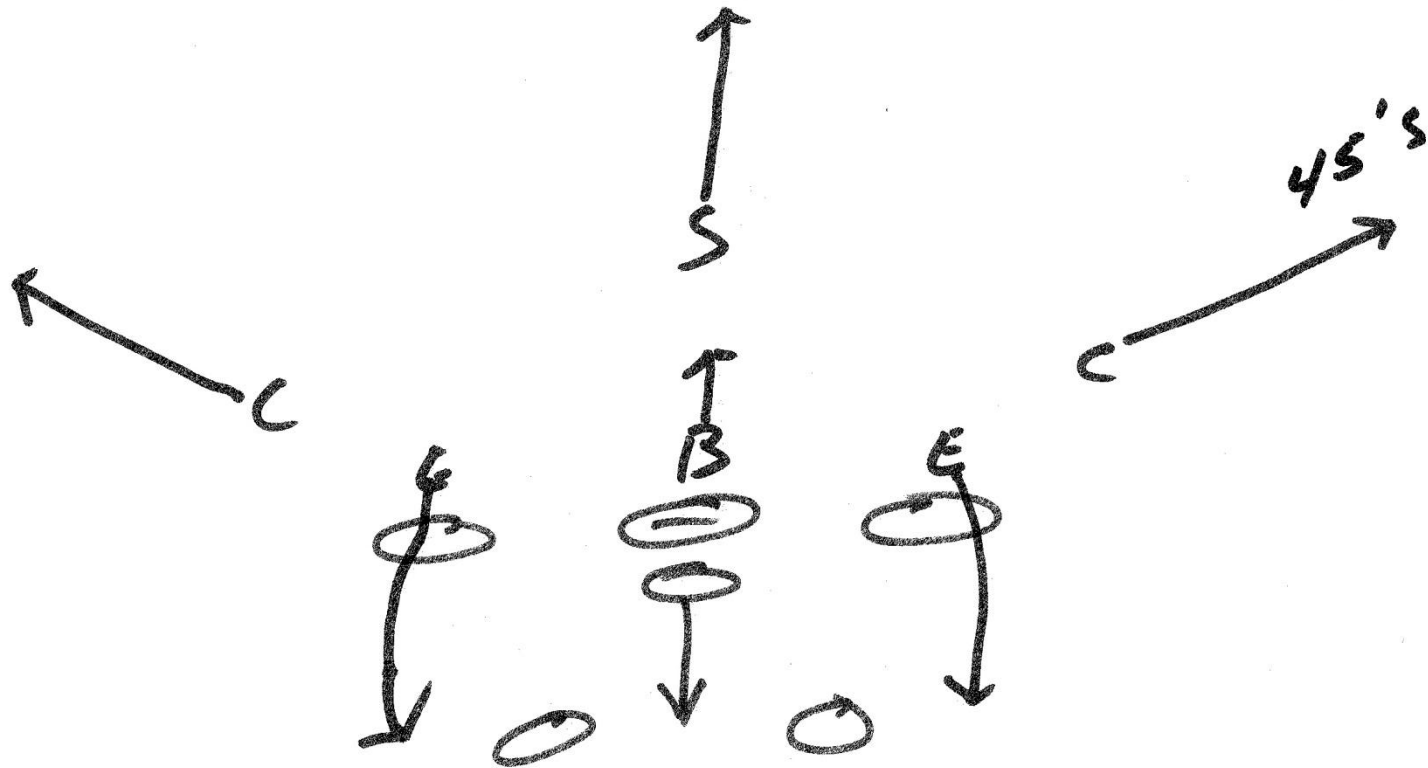
ALWAYS 3 READ STEPS BACK



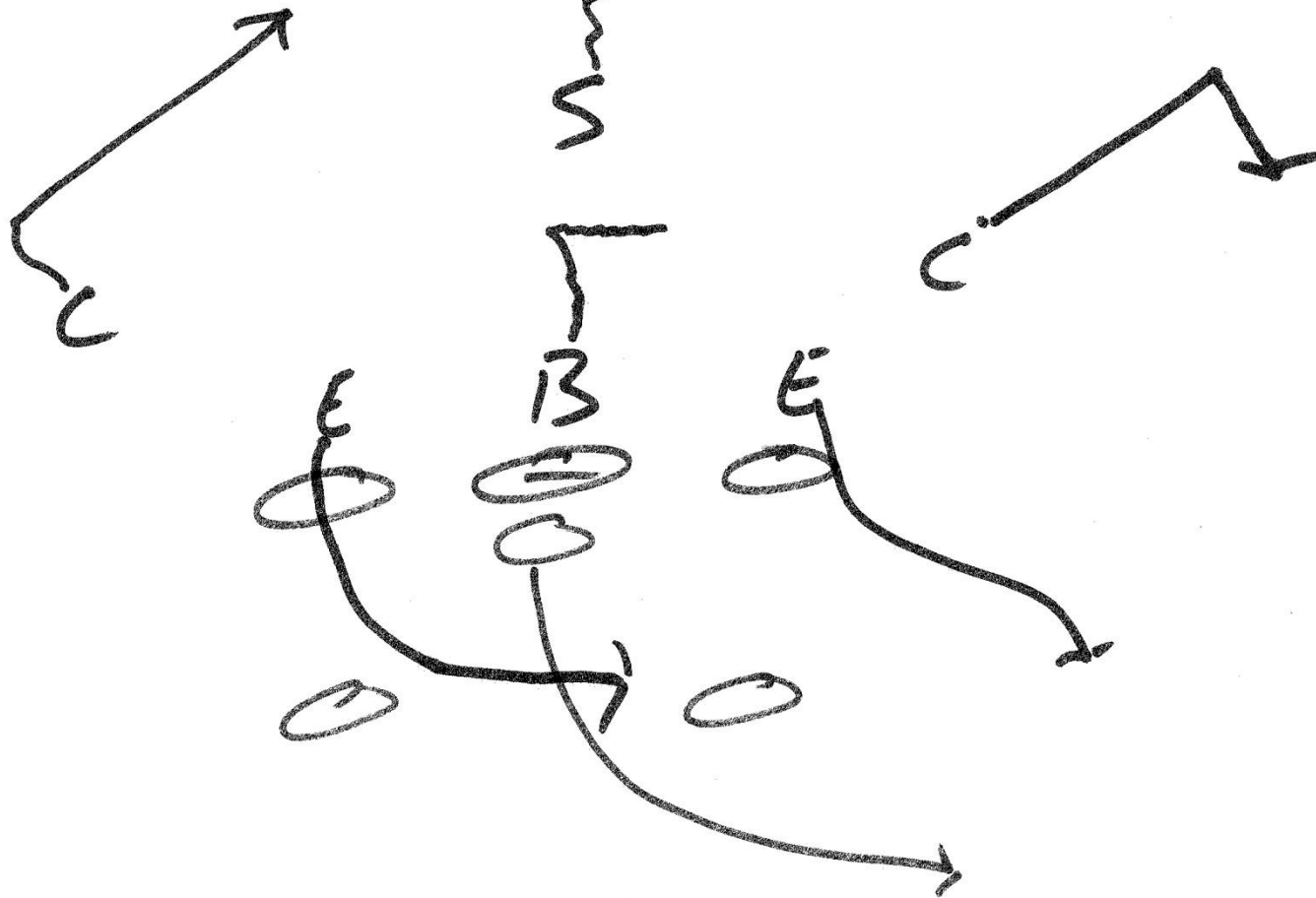
4 Man
ROPE

Flow →

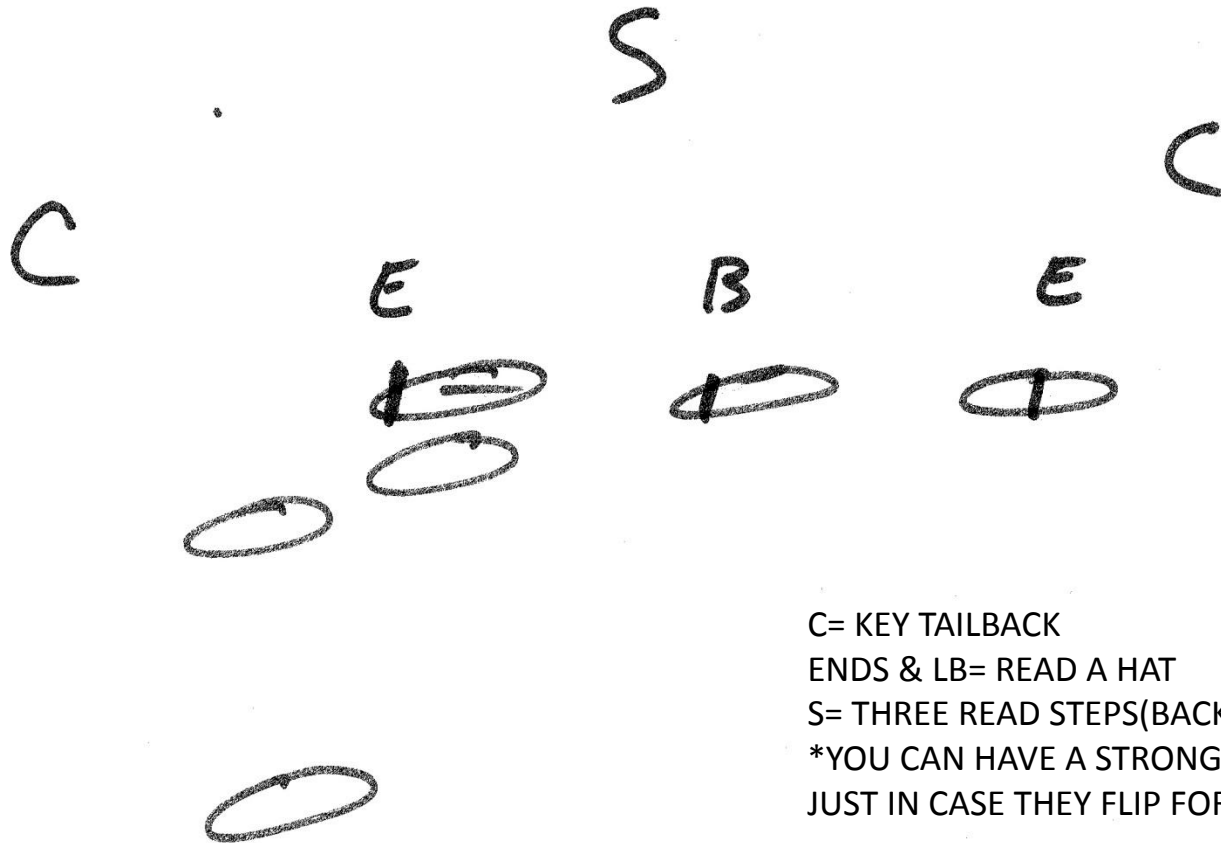
PASS w/ Straight Drop Back



PASS w/ Flow



ALIGNMENT for Unbalanced



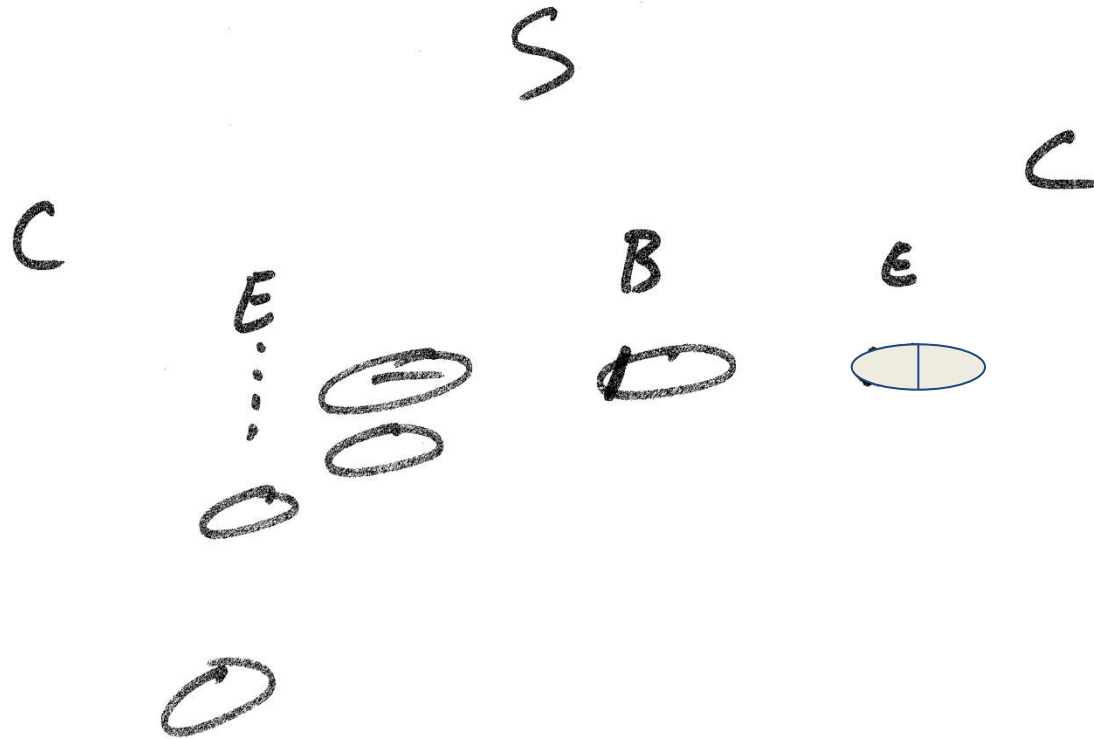
C= KEY TAILBACK

ENDS & LB= READ A HAT

S= THREE READ STEPS(BACK PEDAL)

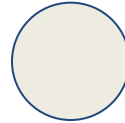
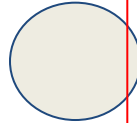
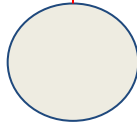
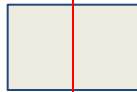
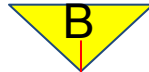
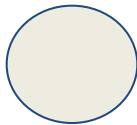
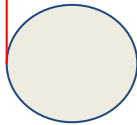
*YOU CAN HAVE A STRONG END AND QUICK END
JUST IN CASE THEY FLIP FORMATION

Adjustment to Unbalanced



• BACK weak end off
Line a bit

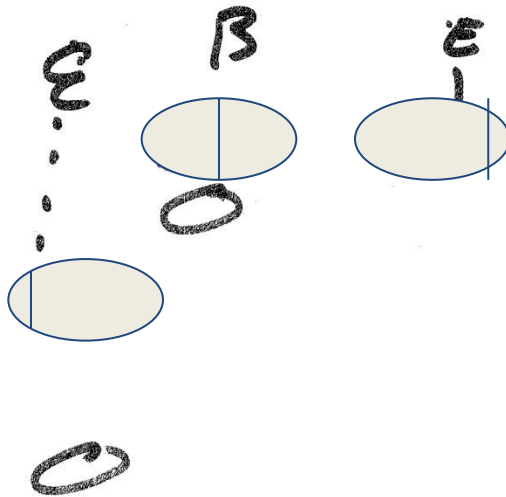
1 Man Over



Alignment vs Unbalanced w/ Split

S

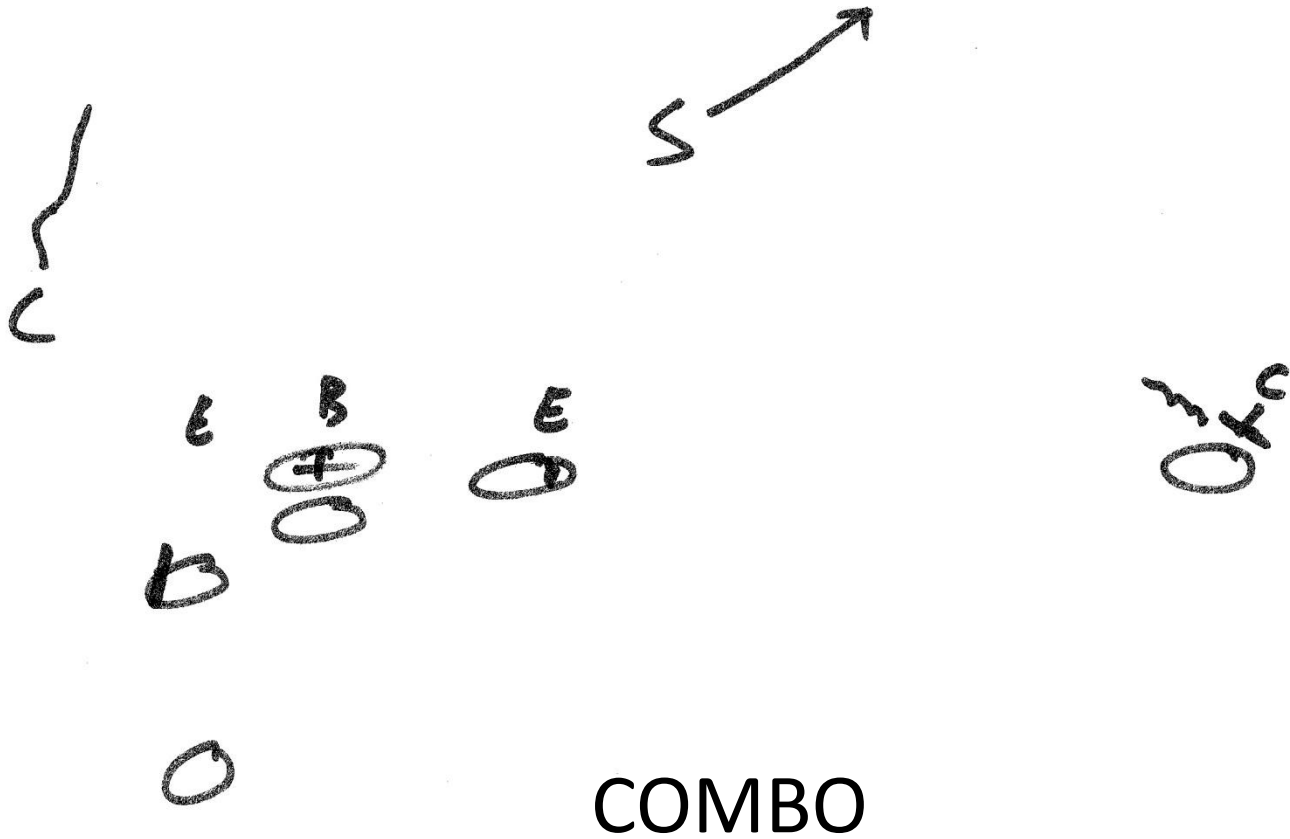
C



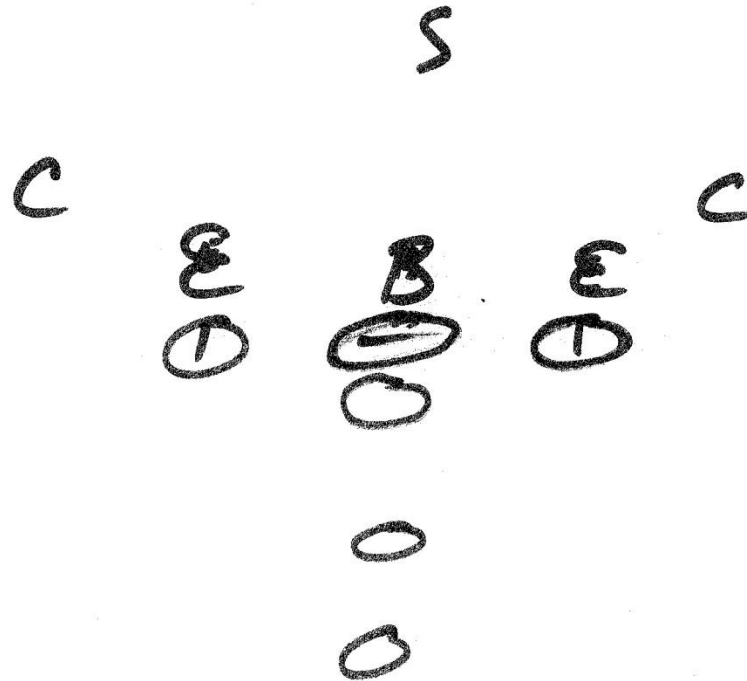
C



Adjustment vs Unbalanced Split



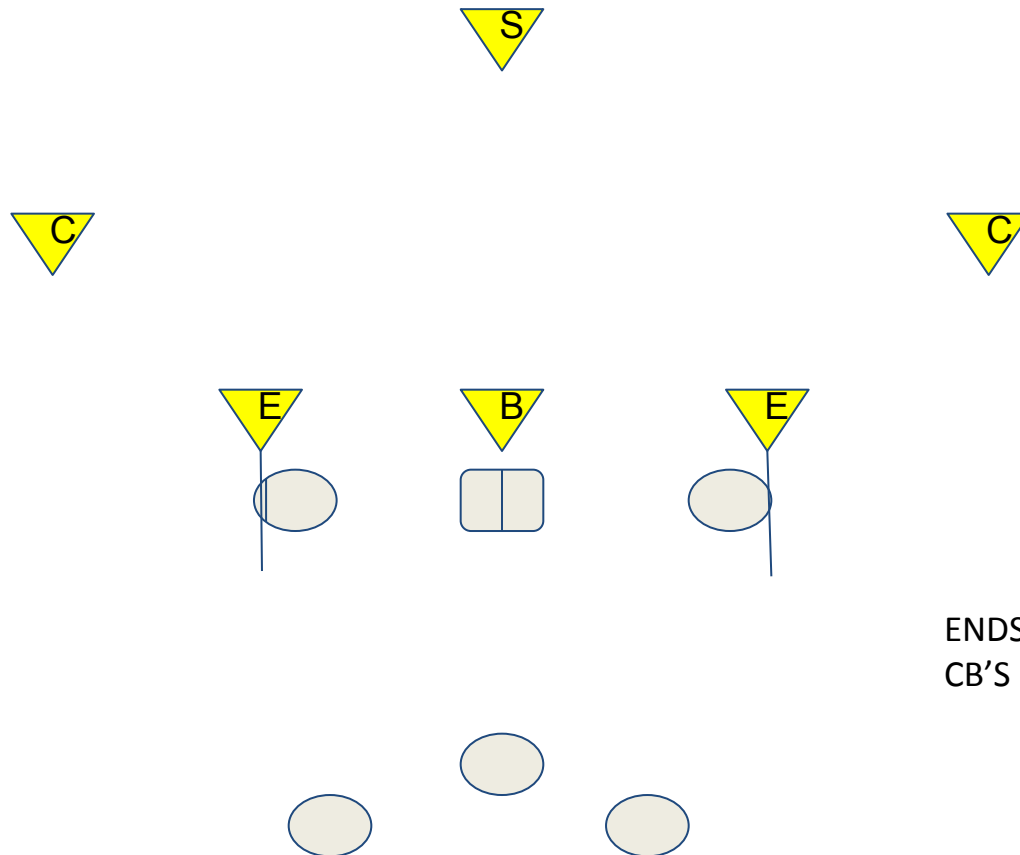
Alignment vs Balanced



I= CB KEY TAILBACK

T= CB CROSS KEY

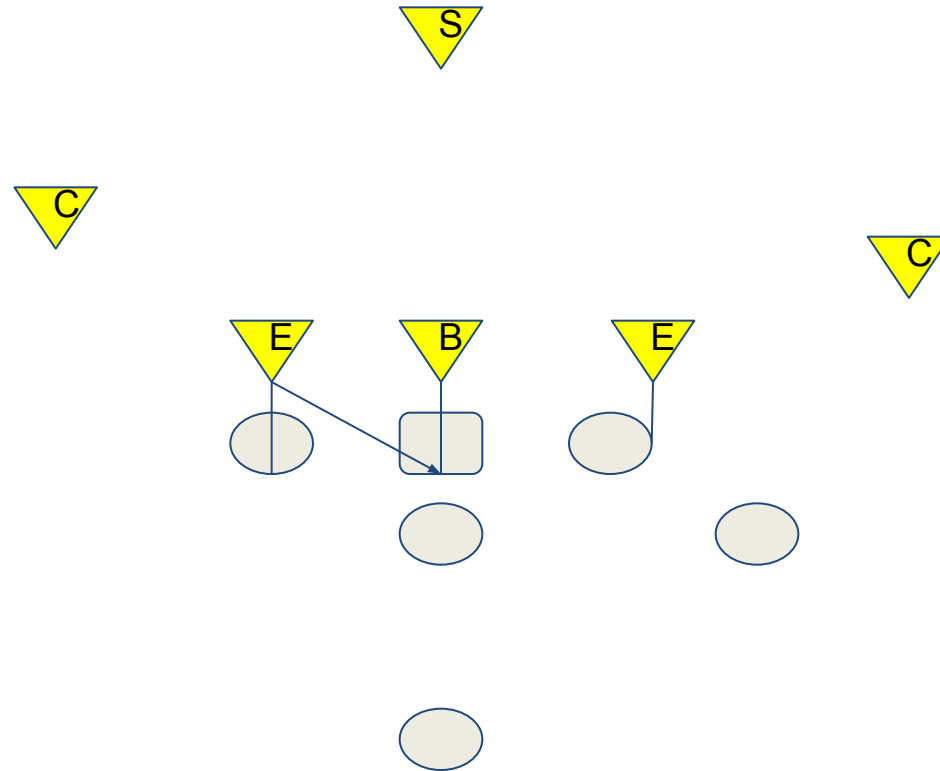
SHOTGUN



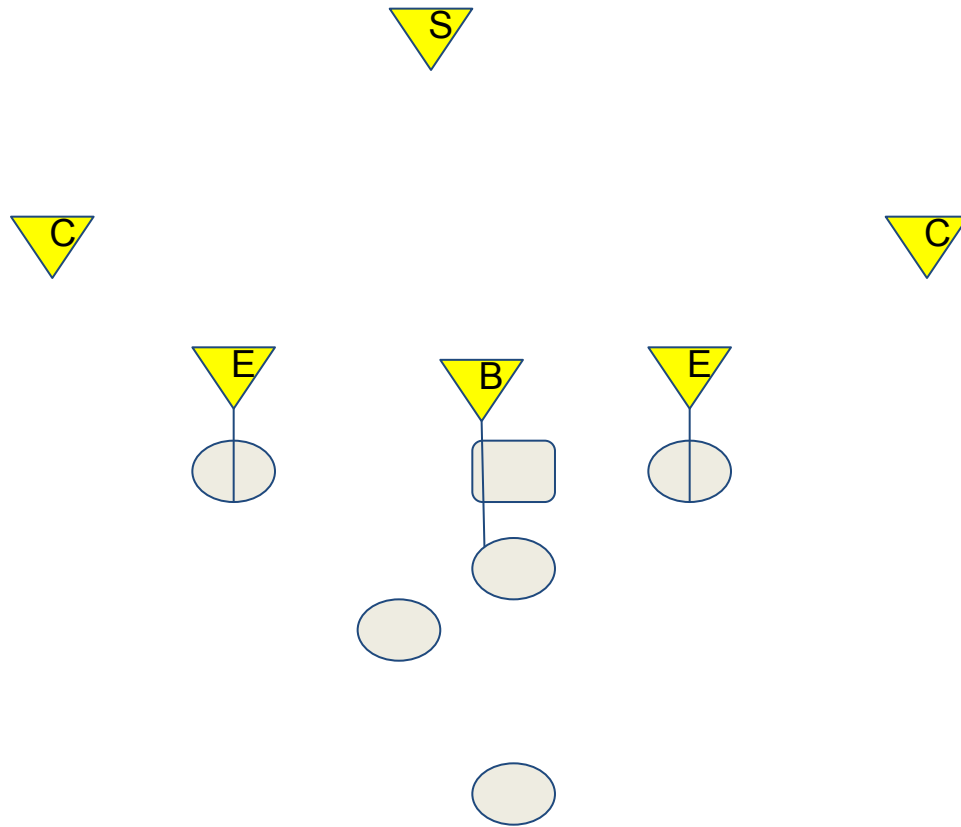
ENDS SHADE O/S &
CB'S LOOSEN

WING

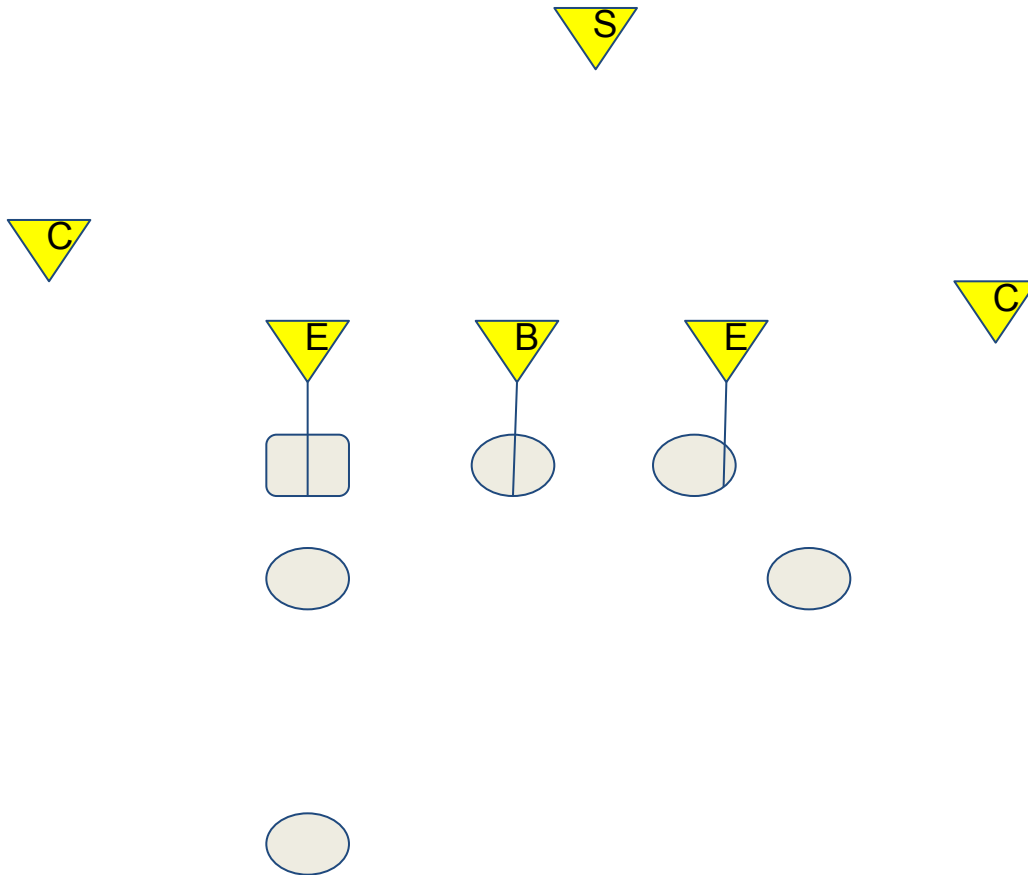
WEIGHT ON INSIDE FOOT AND SLANT (REPLACE CENTER'S REAR)



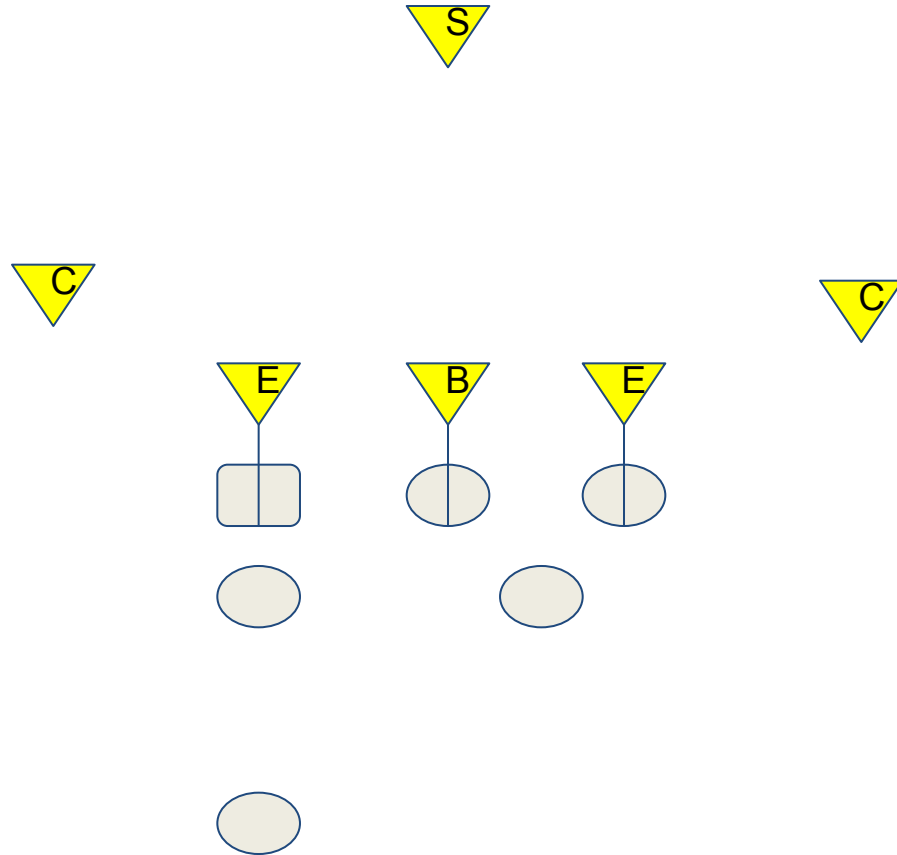
NASTY



HEAVY



TRIPS



TWINS



SPLIT DIFFERENCE BTWN O/S TWO
RECEIVERS



WIDEN A BIT
AND TURN
BACK TO
MOTION

JAM...IF MOTION
LET END KNOW



PRO

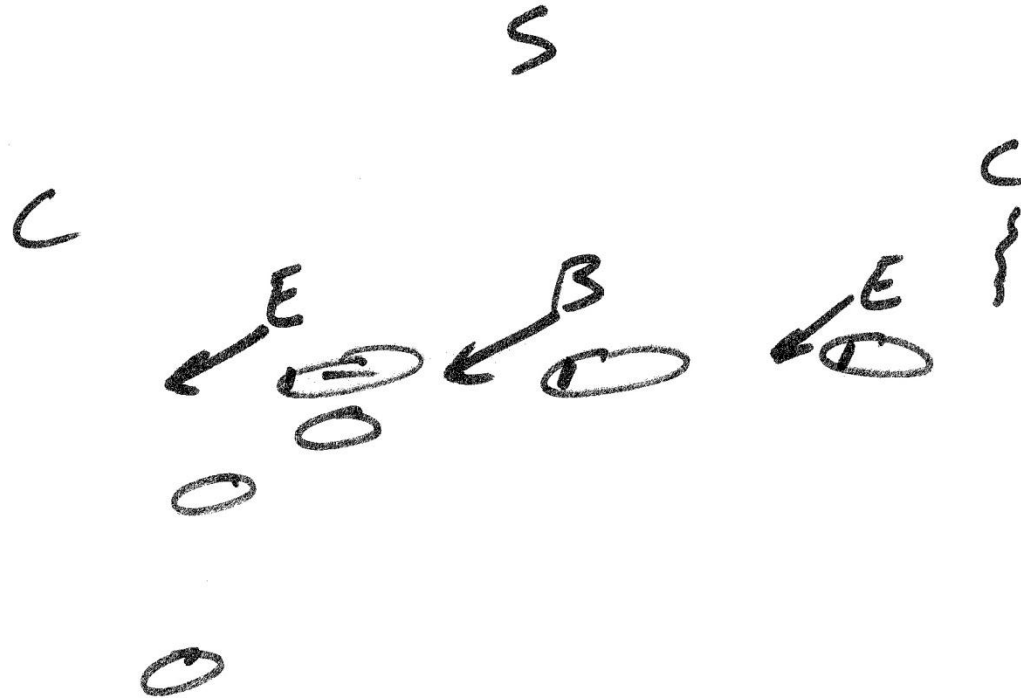
C= COME W/ MOTION



MOTION ALL WAY ACROSS-
CAN ROLL TO COMBO



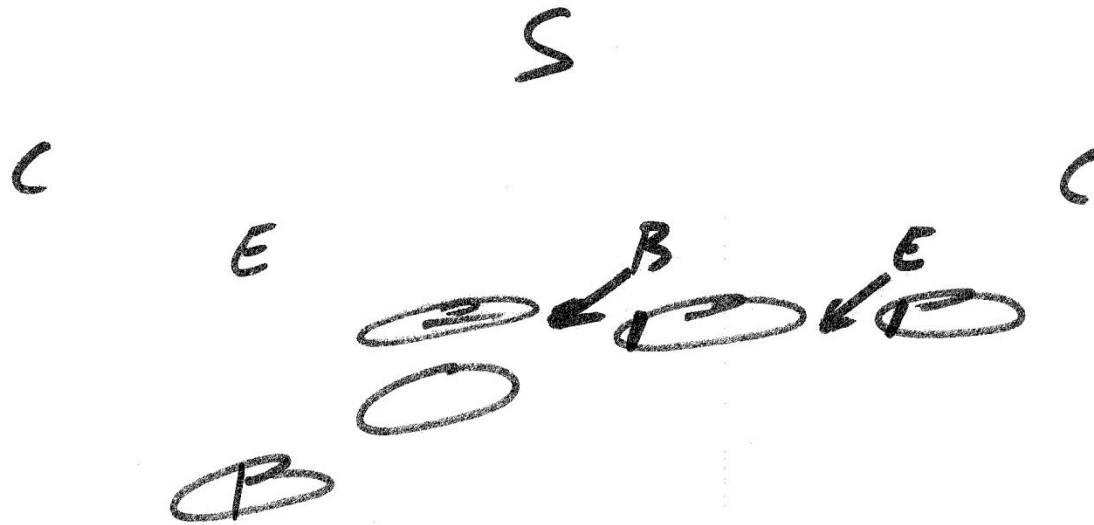
Stunts vs. Unaligned



Slant WEAK

WEIGHT ON INSIDE FOOT
NO HAPPY FEET!!

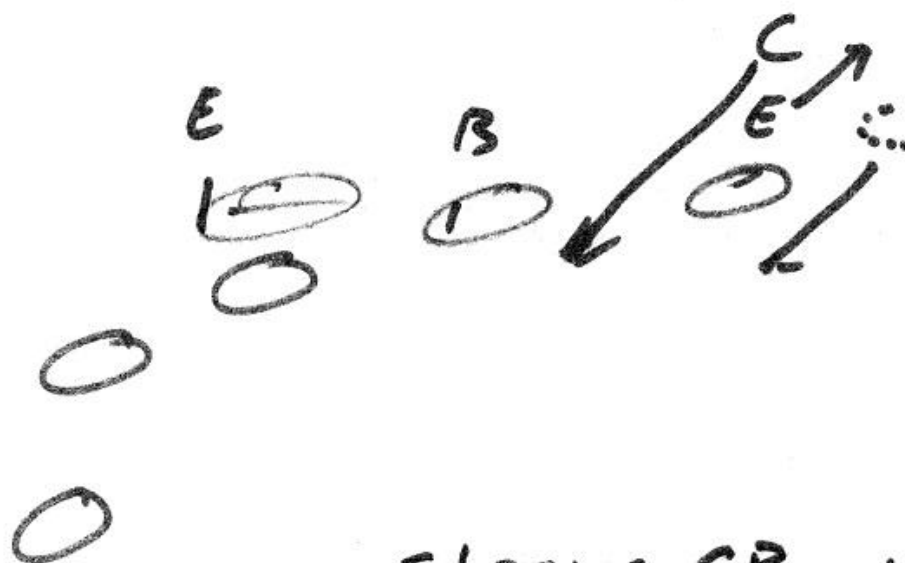
STUNTS VS UNBALANCED



C

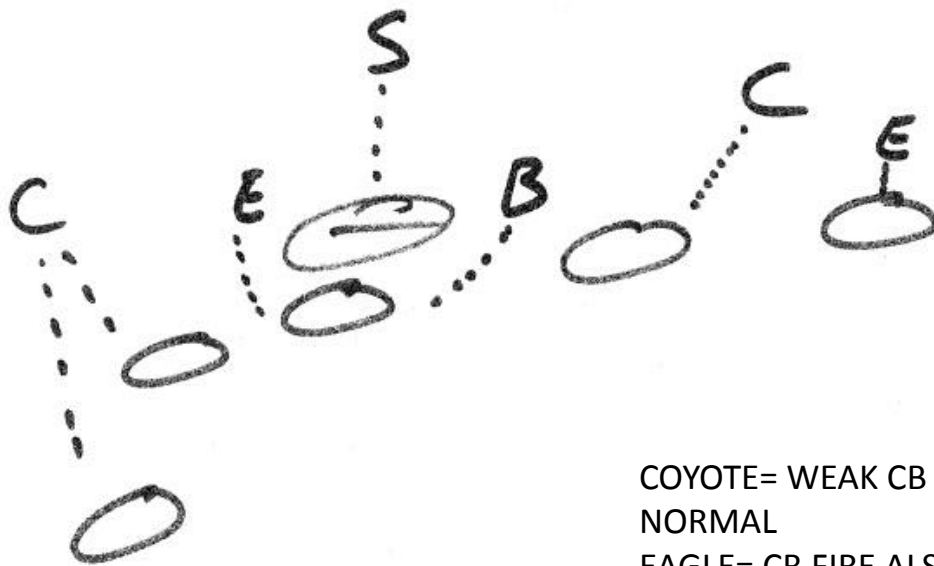
BACKER + Strong End Fire

Stunts vs. UNBALANCED



Strong CB inside or outside

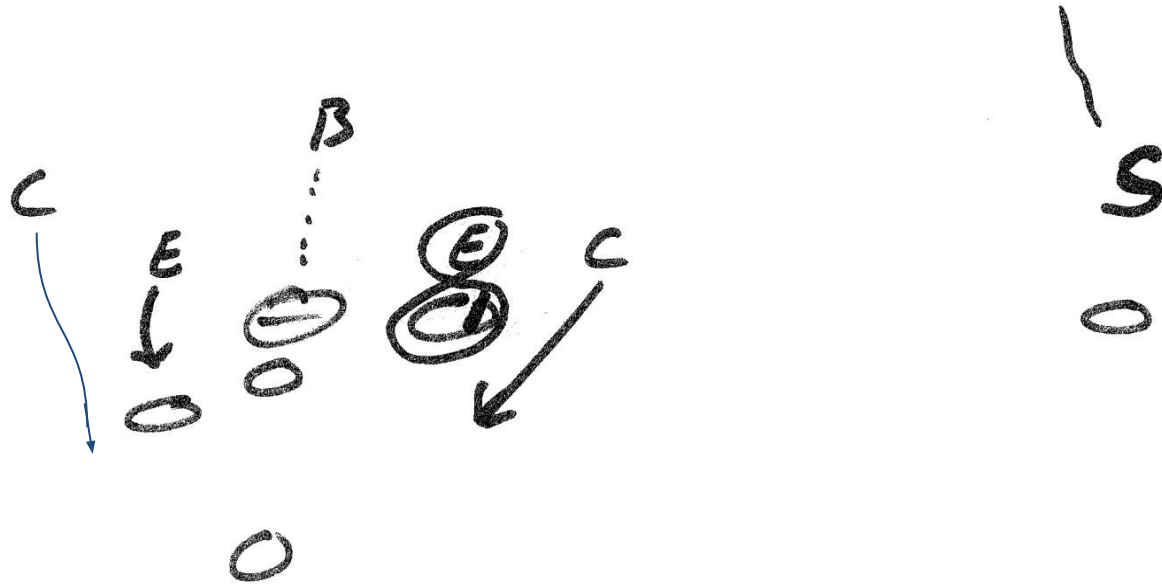
Stunts vs Unbalanced



COYOTE= WEAK CB PLAYS SOFT AND
NORMAL

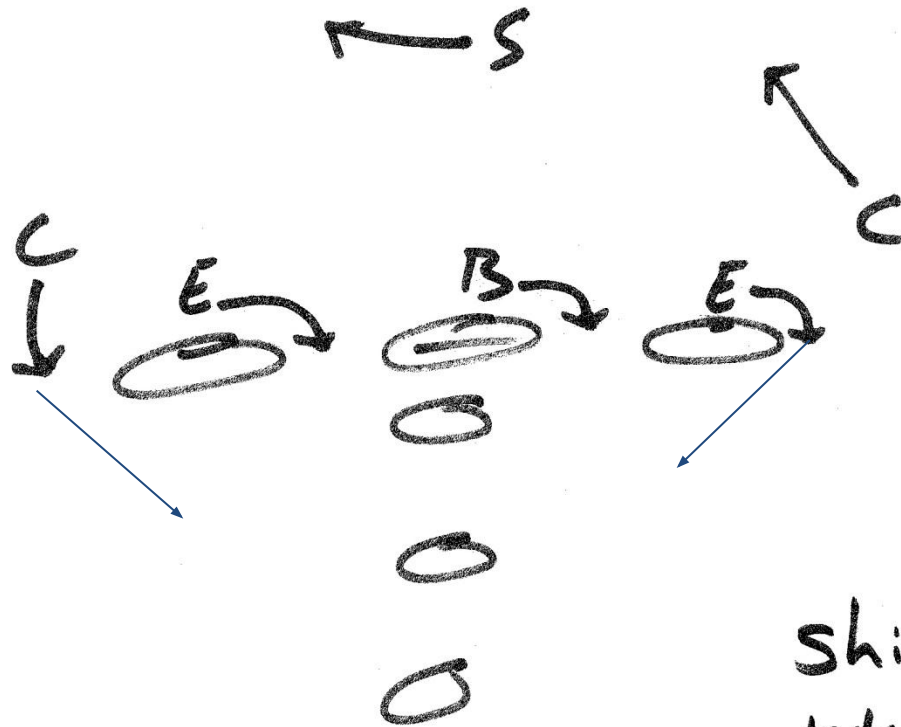
EAGLE= CB FIRE ALSO AND SAFETY HAS
BOTH C & FB

Stunt vs UNBALANCED SPLIT



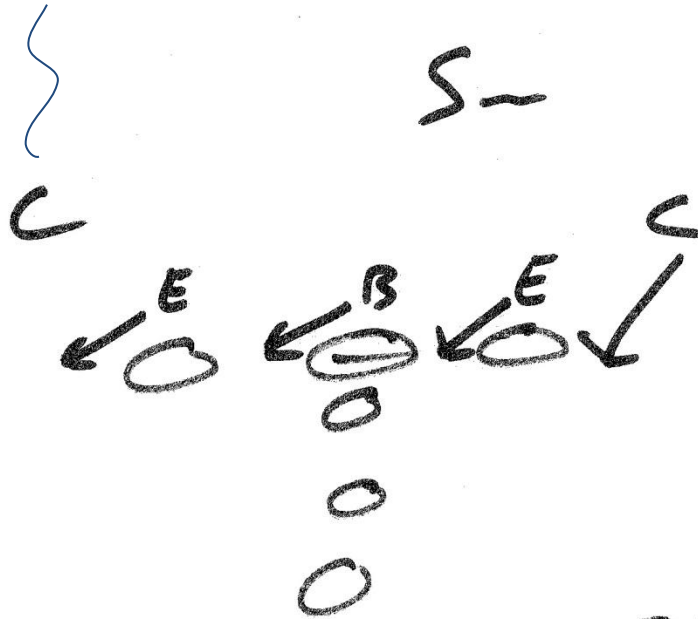
22 Hold'em

Stunts vs BALANCED



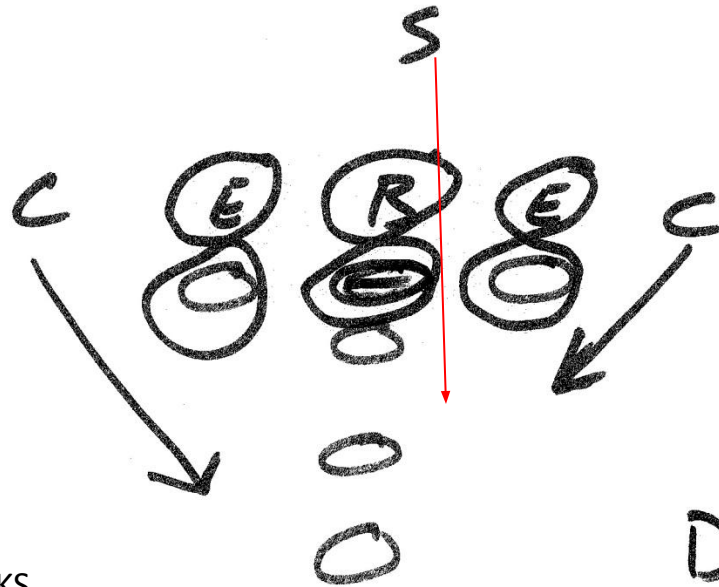
Shift to a 4-2
late as possible

Stunts vs Balanced



Slant w/ CB Fire

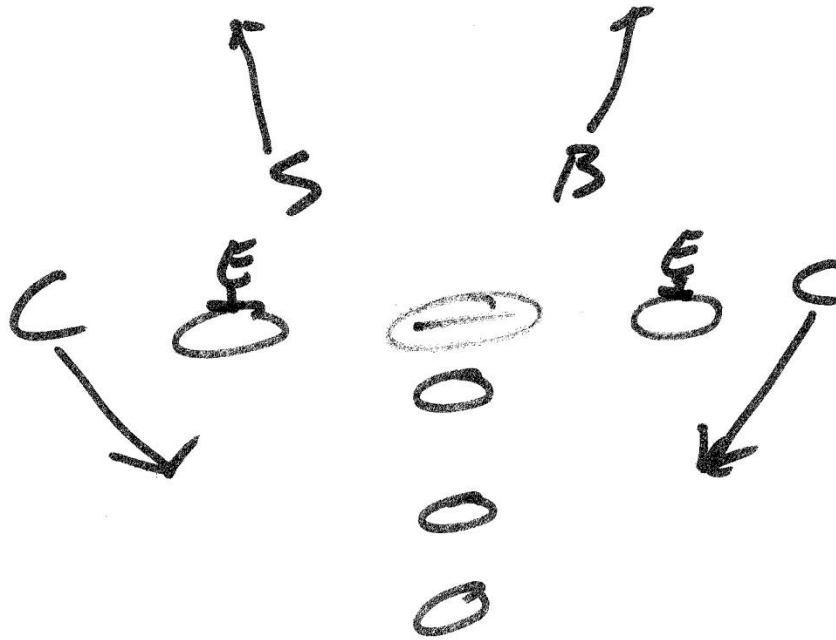
Stunts vs Balanced



SAFETY FIRE=LB LOCKS
LB FIRE=SAFETY LOCKS
LIGHTNING=S & LB X STUNT AND
CENTER IS FREE

Double CB Fire
w/ Line manned &
Safety Free or can Blitz
Safety as well

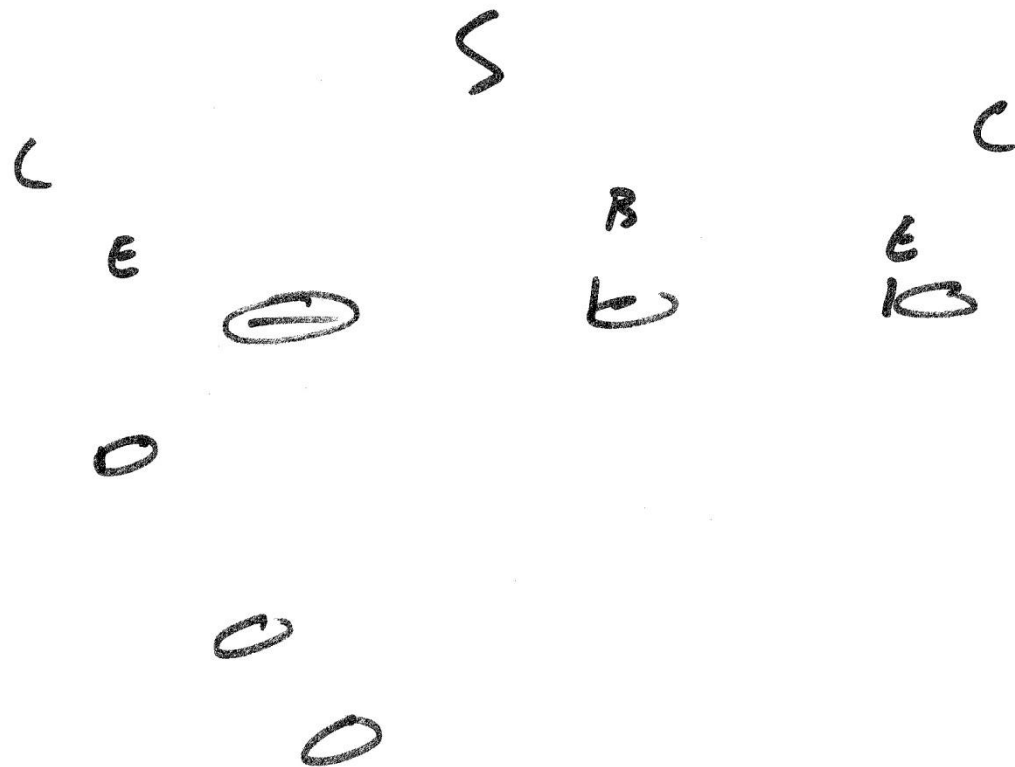
Stunts vs Balanced



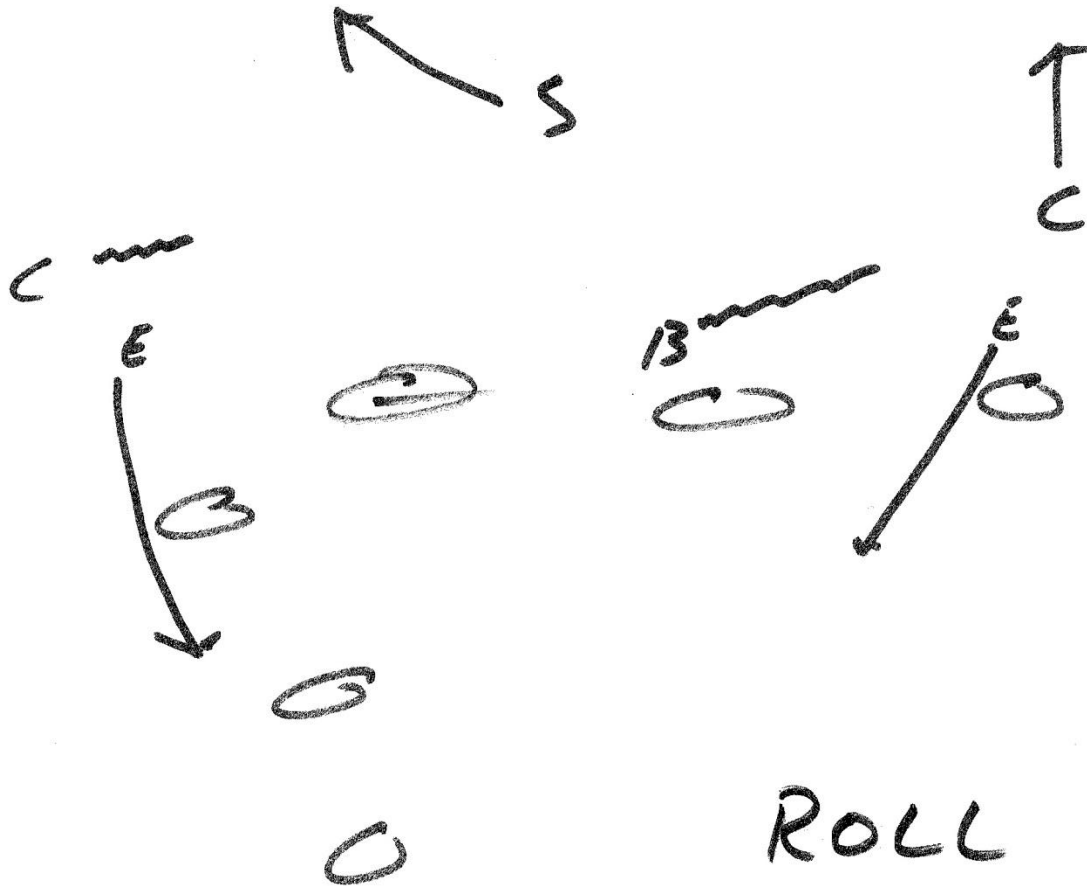
zz Hold'em

FLOW GOES AWAY FIND QB
FOR BOOTLEG

ALIGNMENT vs F Gun

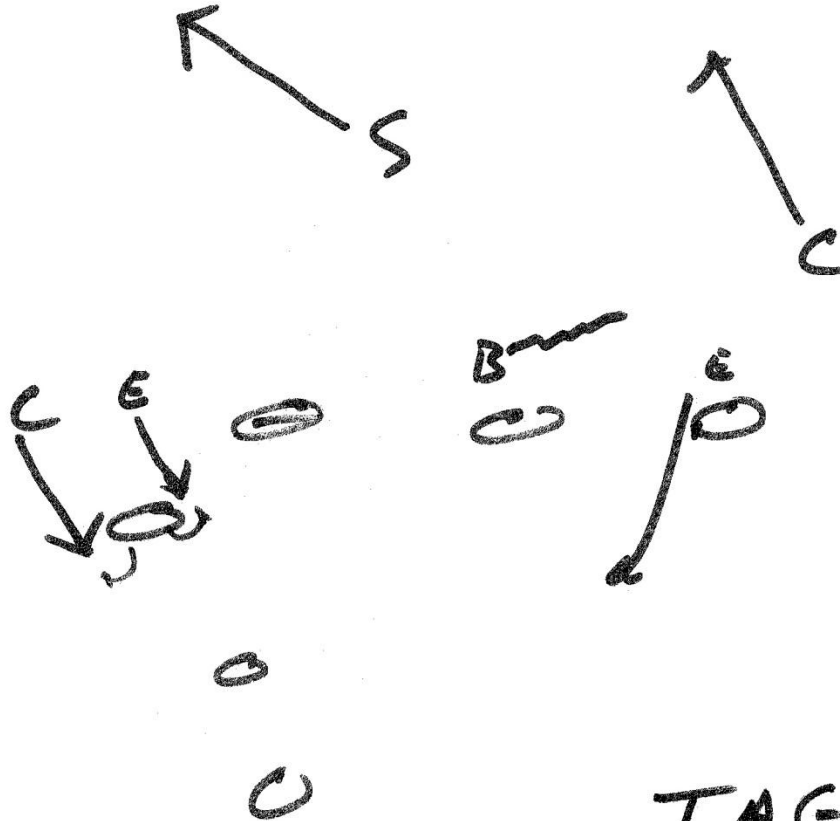


Stunts 9 Adjustments is F Gun



ROLL 2-2-2

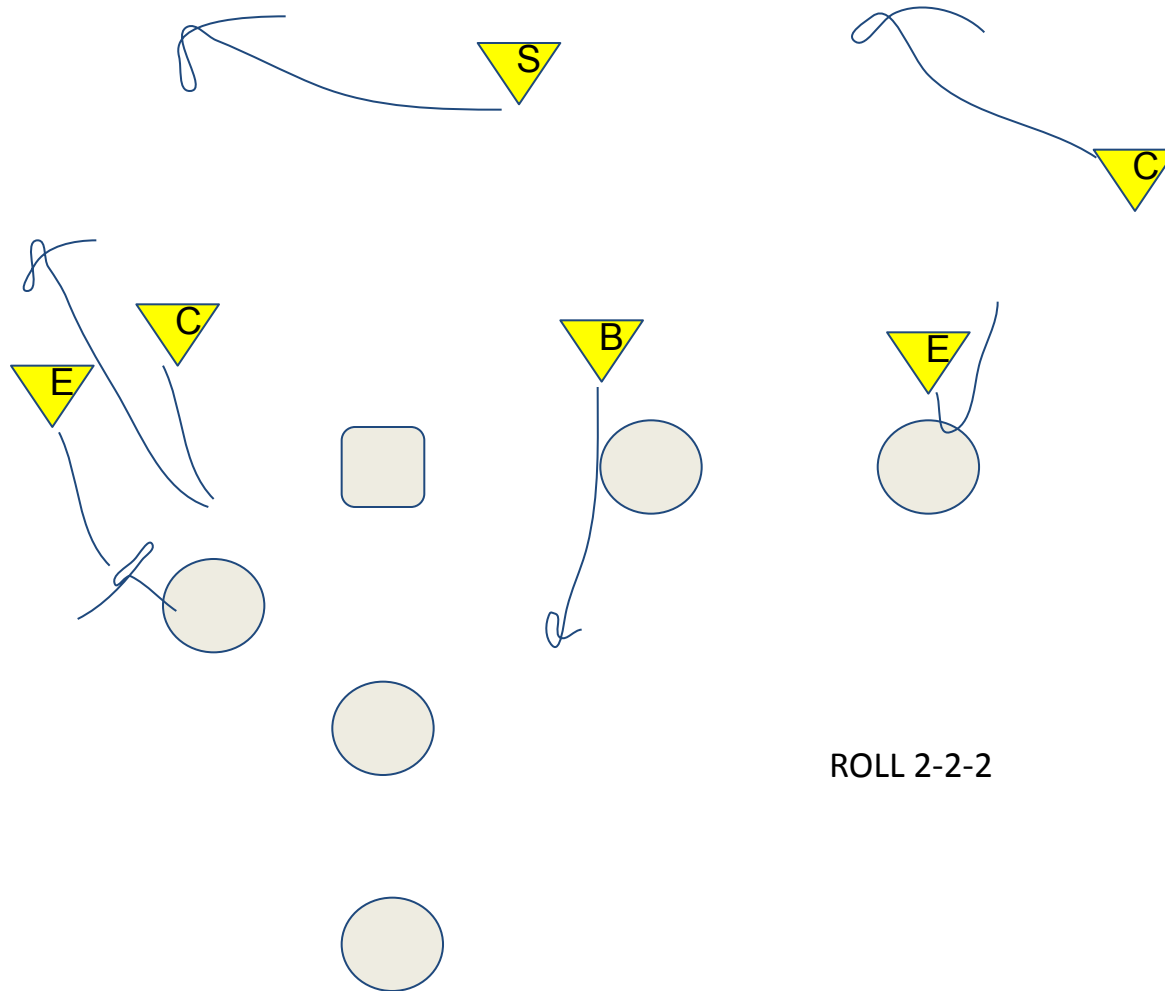
Stunts + Adjustments vs FGun



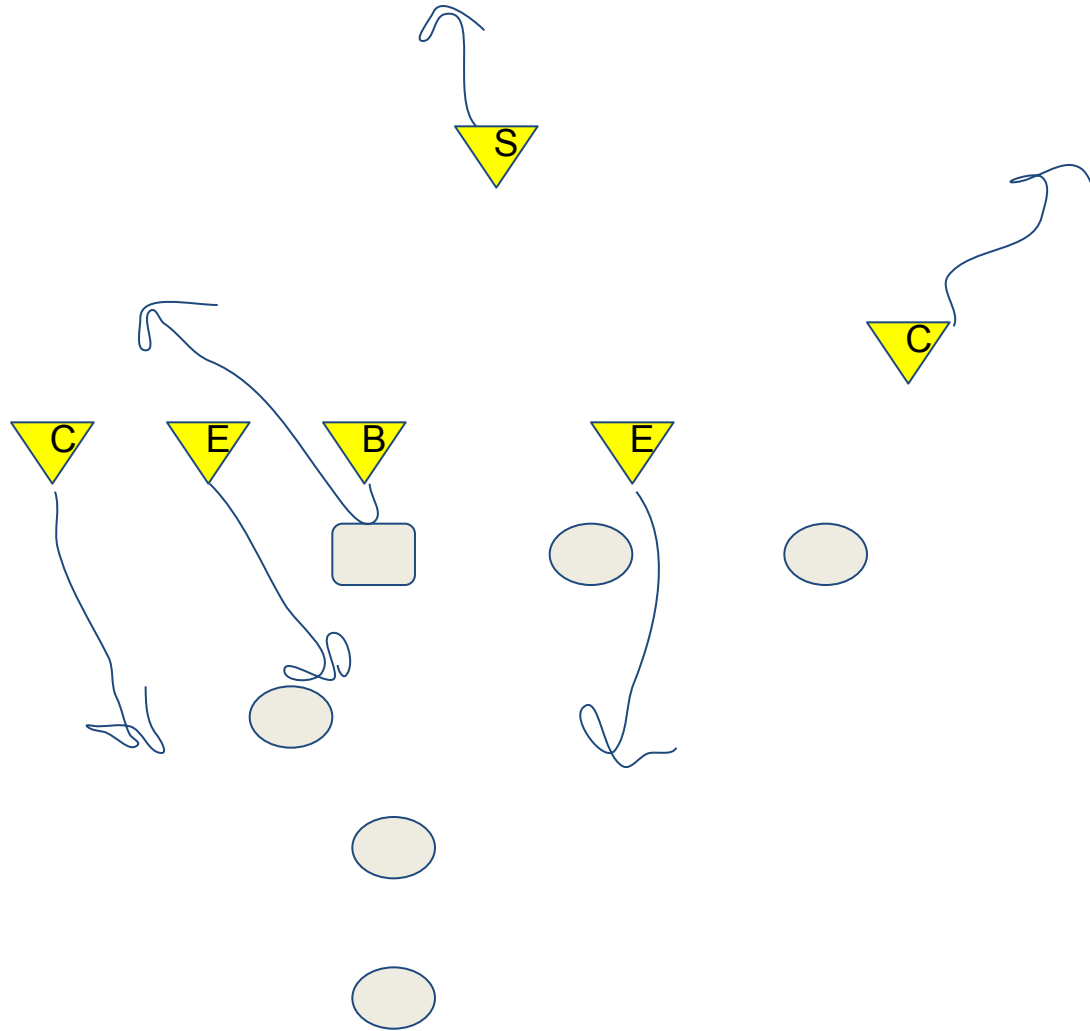
TAG your it

YOU CAN FLIP YOUR CB & E

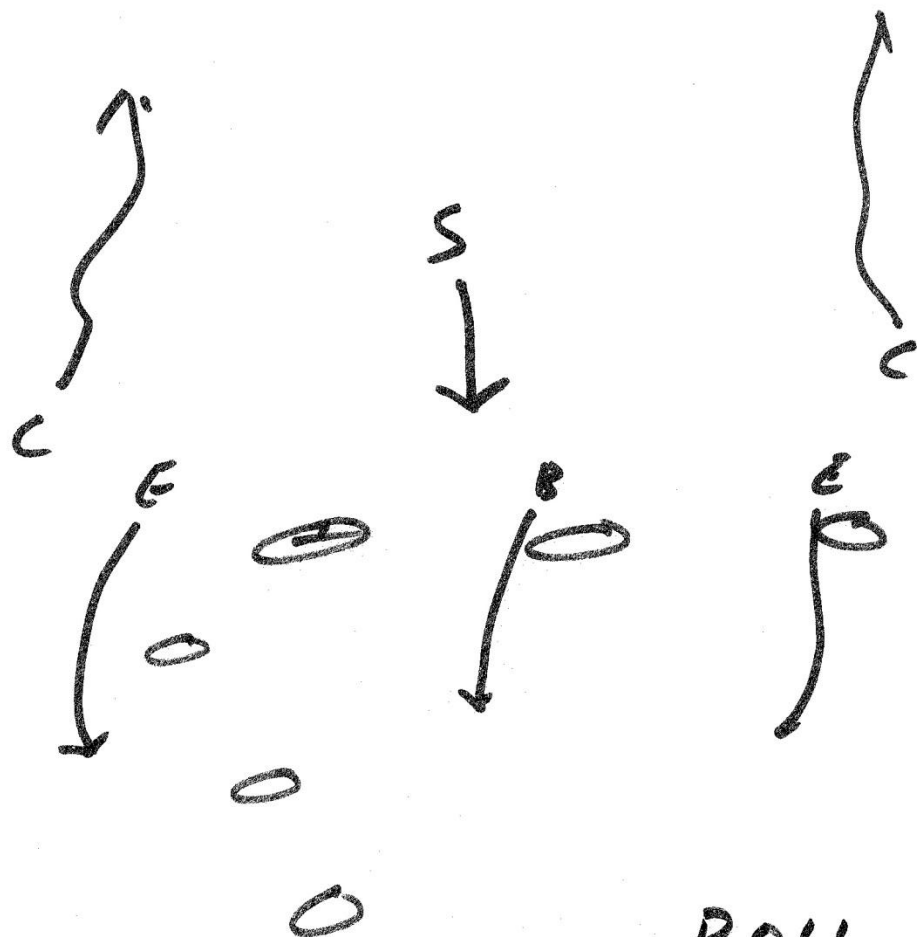
TAG-MIKE FIRE-ROLL(HONEY)



1 MAN RAIDER

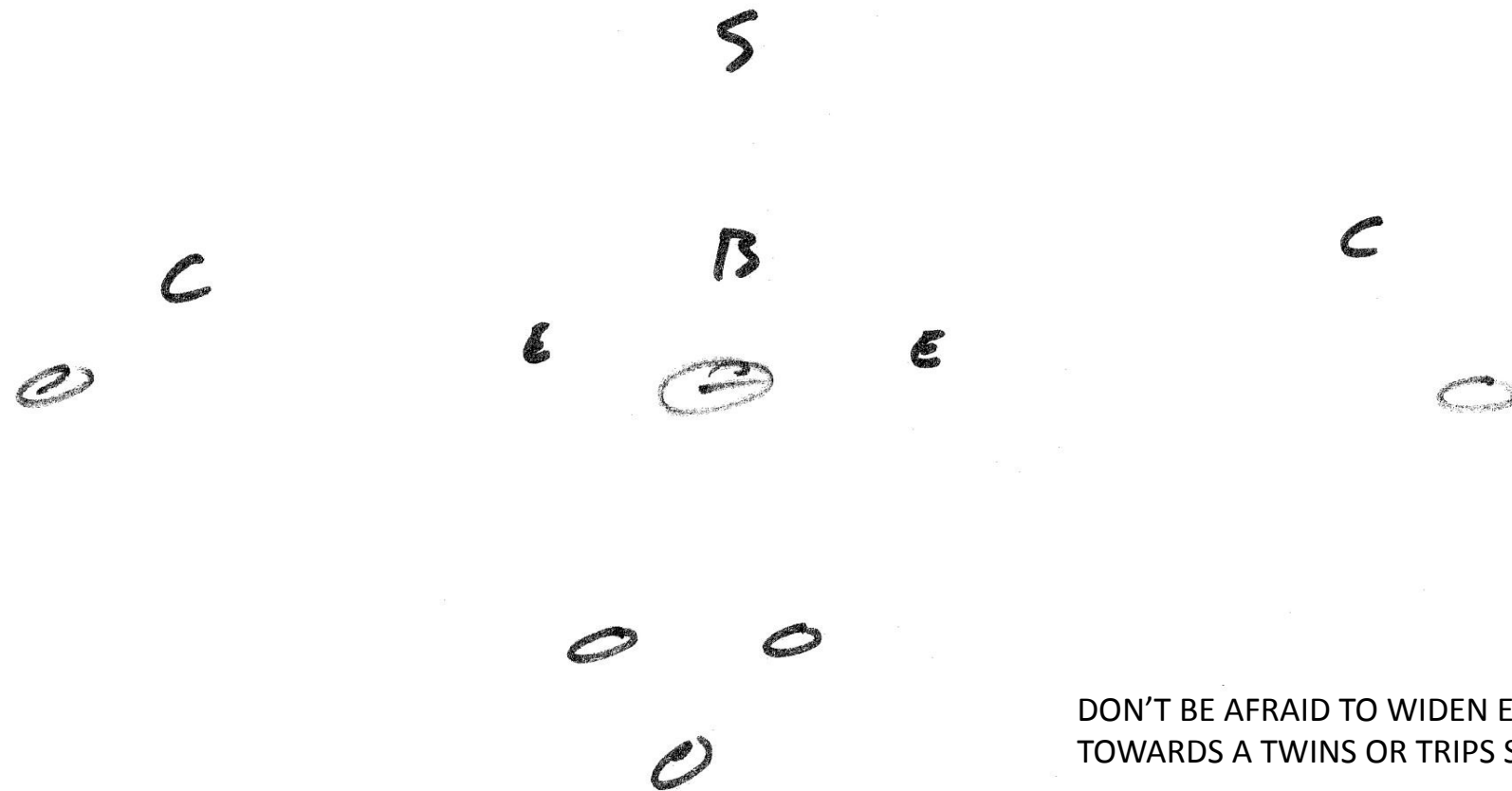


Stunts & Adjustments vs J Gun



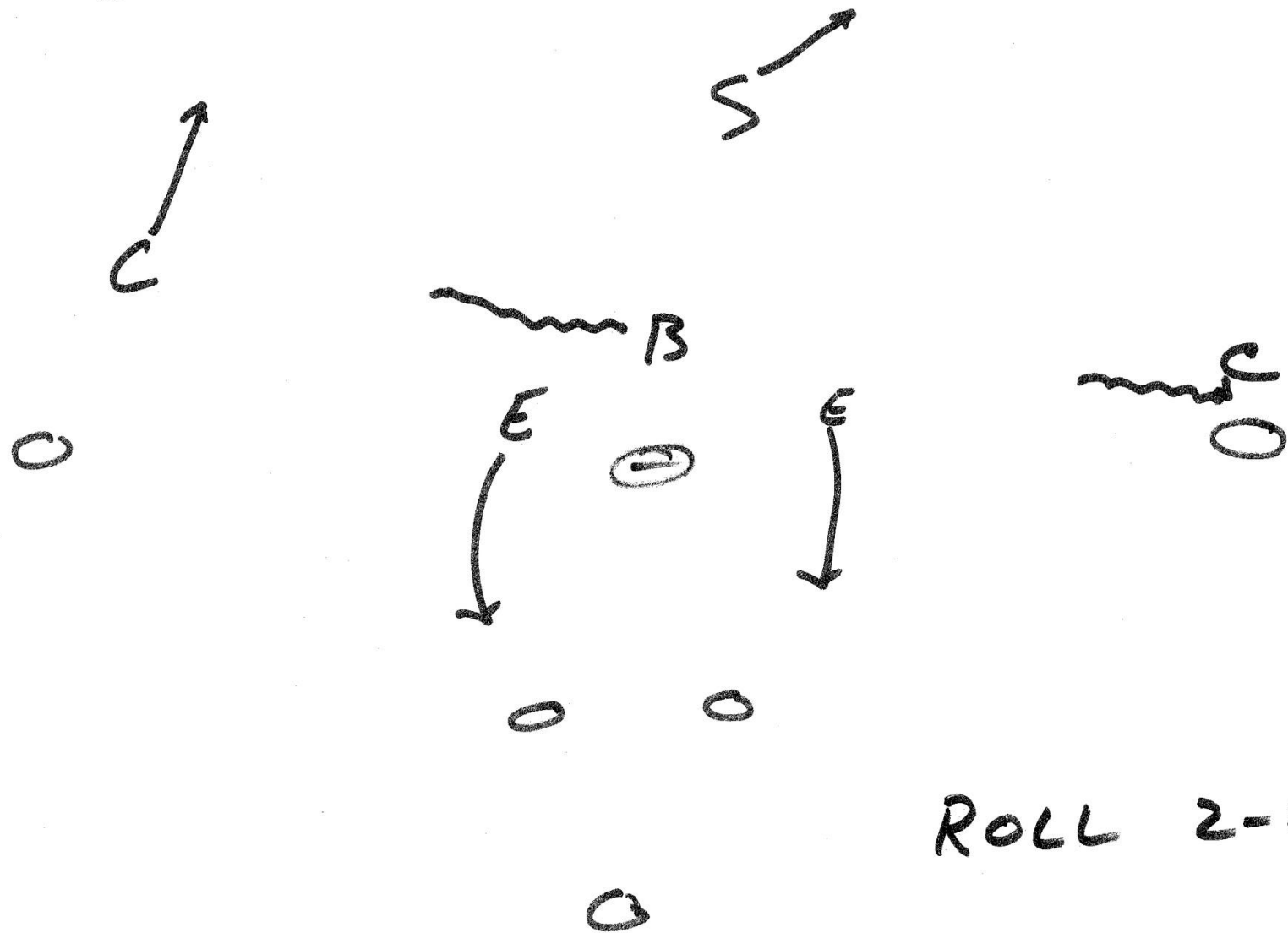
ROLL 3-1-2

ALIGNMENT vs SPread

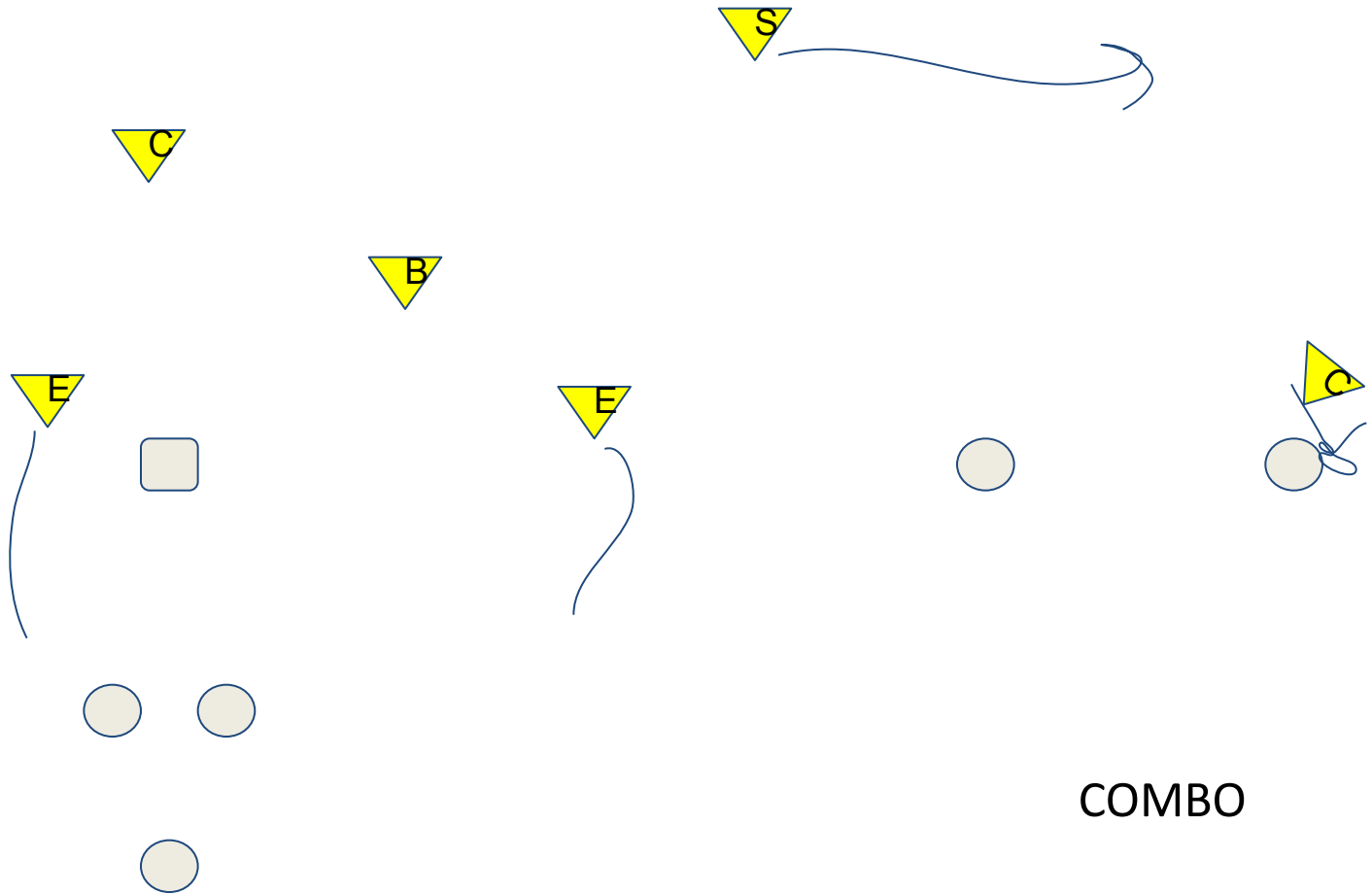


DON'T BE AFRAID TO WIDEN ENDS ESPECIALLY
TOWARDS A TWINS OR TRIPS SET

Adjustments vs Spread

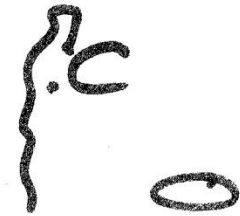
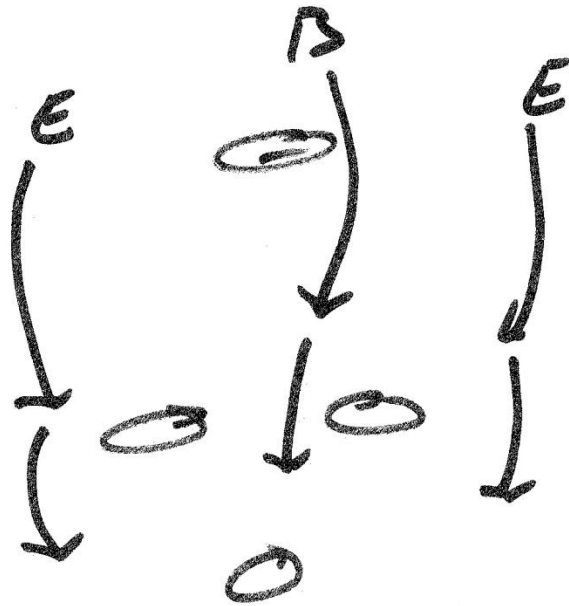
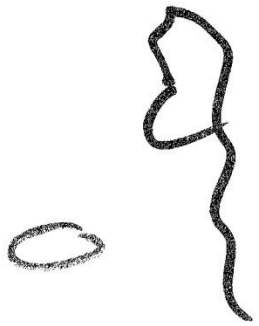


VS SPREAD TWINS



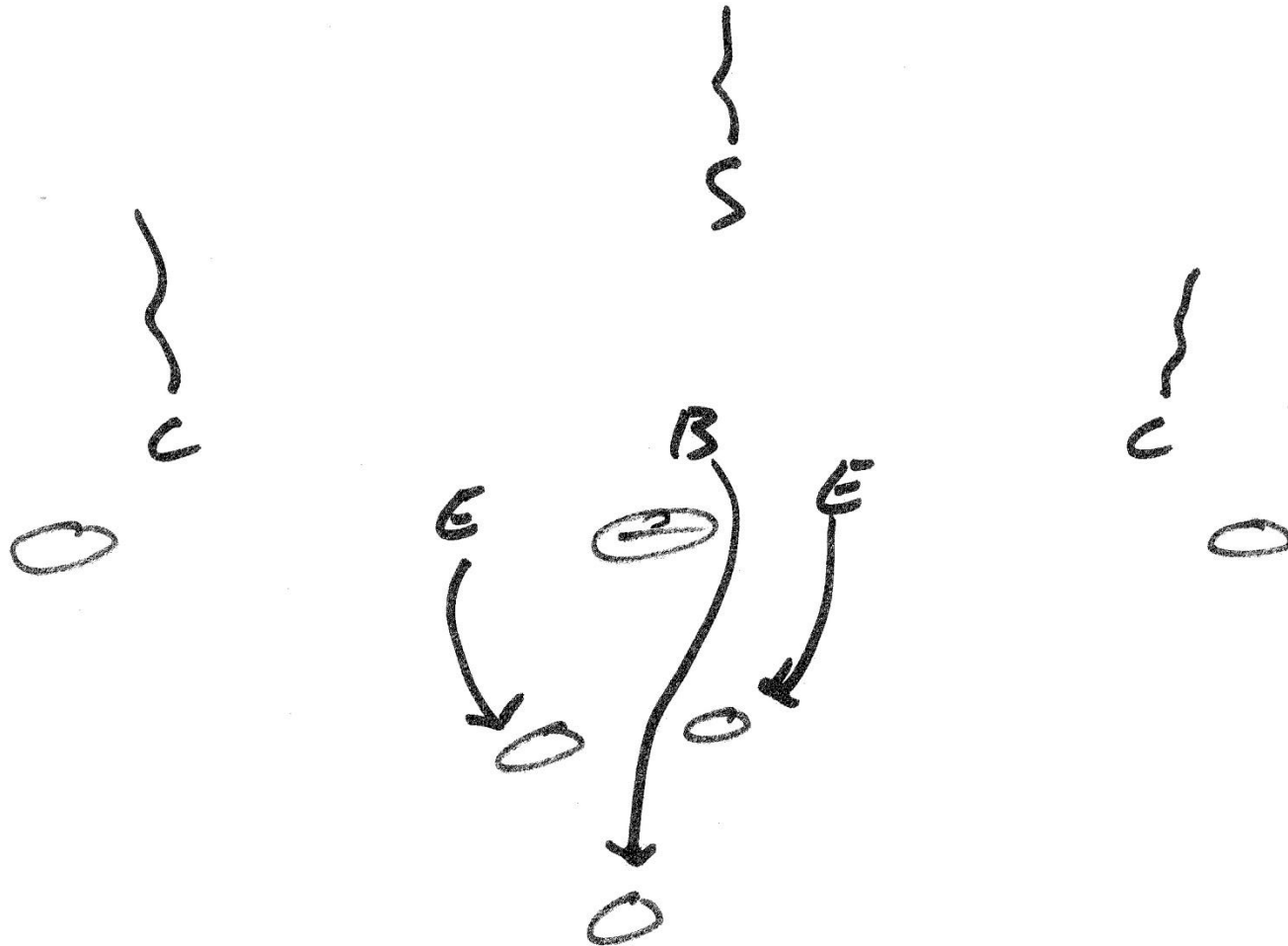
Stunts vs Spread

~
S



Mike Fire Delay

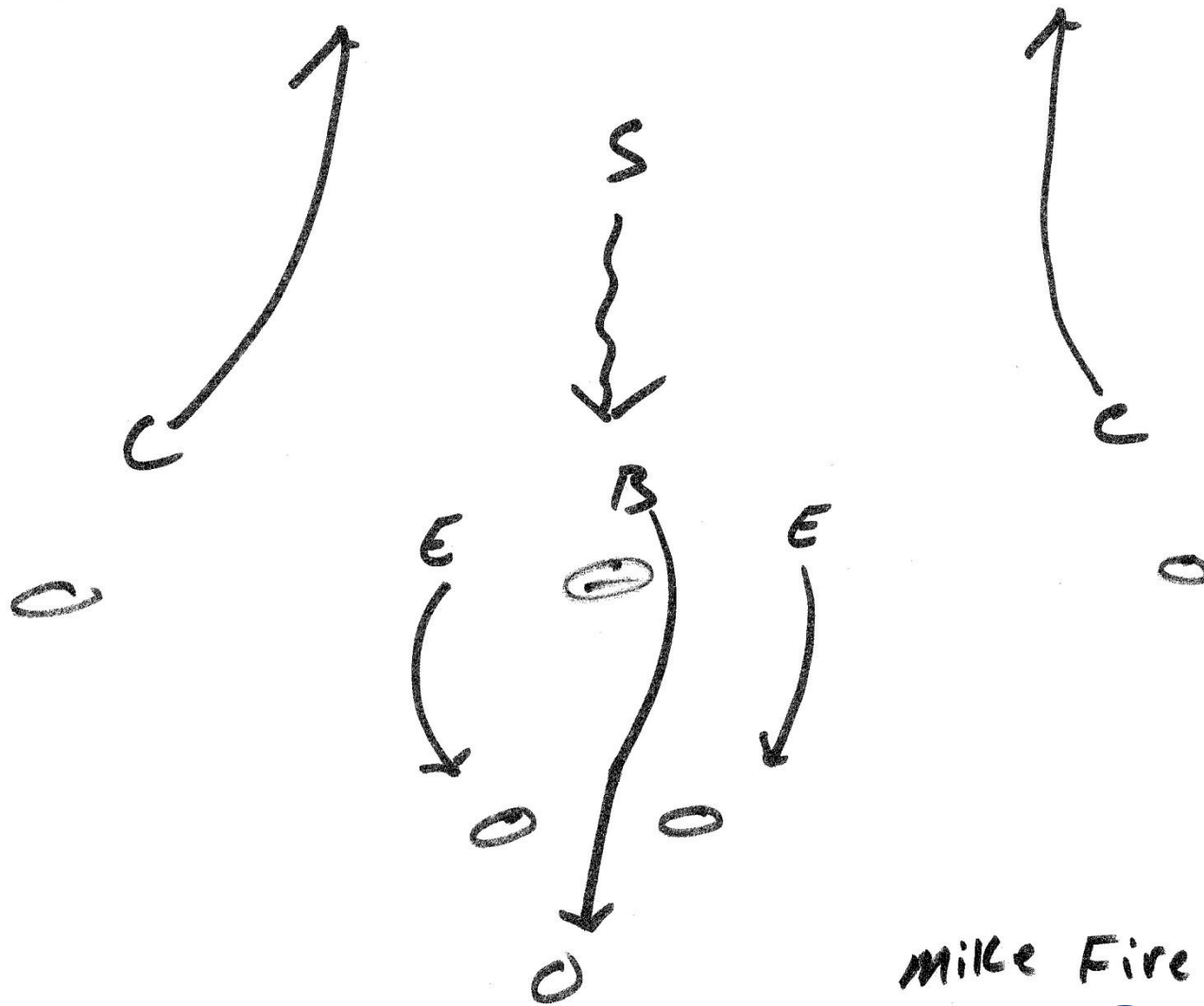
Stunts vs Spread



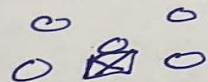
Mike Fire Lock

OR ENDS SLOW(ZONE IT)

Stunts vs Spread



Mike Fire Luck
cover



TEG



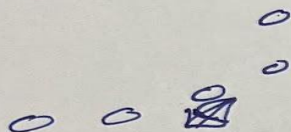
Shotgun



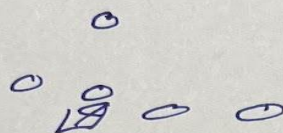
Gun/Split

6

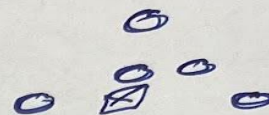
6



FRT



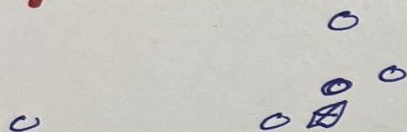
FLT



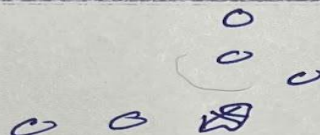
Nasty

10

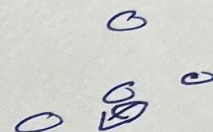
10



F/split rt



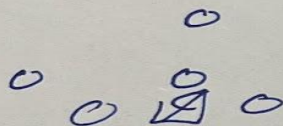
FGun



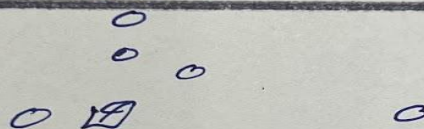
F/split Lt

20

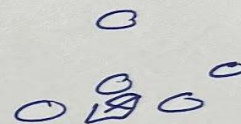
20



Wing rt



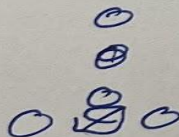
FGun/split Lt



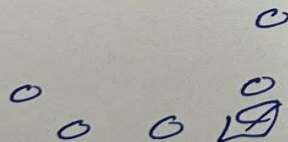
Wg Lt

30

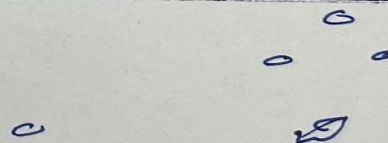
30



I



Henry rt



Diamond-spread

40

40

Scouting

- Know all Formations
- Top 5-7 plays of each formation
- Down & Distance
- Hash
- Rep top plays in practice