

SEAHAWK FOOTBALL

STACK BASE DEFENSE
NHSCA Coaches Clinic
July 26, 2023



SEAHAWK DEFENSE



- Thanks for the Opportunity.
- Coaches clinics are Great Opportunities.
- Share, borrow, and add something new to help your program.
- So, I hope I can give you something today and if you want me to explain or have a question over something I cover or didn't cover I would be glad to share.
- So Please feel free to ask questions.
- SLOW DOWN.....

Bio

- Woonsocket 76 / USF 80
- 1980 Teaching/Coaching at Emery
- 1983 Coop with Spencer
- 1988 Coop with Ethan SEEhawks
- 1991 Emery/Ethan Seahawks
- 2010 Bridgewater-Emery/Ethan Seahawks
- Enrollment: 58 grades 9-11
- Jeff.vanleur@k12.sd.us

Career/Playoff's/Conference

- 44 Years Head Coach
- Coaching Record: 295-131
- 30 Times have qualified for playoff's
- 14 Conference Championships
- School Size – 85 (9-12) 2019
- 61 Boys 9-11 combined enrollment
- 1980 - 2014 – 9 Man Football – 35 years
- 2015 - Present 11 Man Football
- Winningest 9 man coach in SD & 2nd in Nation

COACHING STAFF

Jason Bailey -- 29 years – (9 years) – played DWU

- Griffith VanLear – 19 years – Champs 2001-- played DWU
- Andy Erickson – 14 years – Champs 2007 --
- Reed Harter – 5 Years – DWU
- Hunter Hayenga – 2 year

PHILOSOPHY

- “DEFENSE WINS CHAMPIONSHIPS”

CONSIDERATIONS:

- Staff ----- Pick your own. All on Same Page.
- What type of Defensive? (personnel)
- (Multiple) 4-3, 4-2, 3-4, 3-3, 5-1, 5-2, & Stack
- Basically 6 gaps that have to get covered against RUN.
- AND still be Solid against PASS.
- It doesn't have to be anything FANCY.

PRINCIPLES of DEFENSE

- Consistency throughout your program
- Discipline
- Accountability
- Expectations.. Field pos., dictate, scoring,
- Defensive PRIDE
- “COACHING UP”

FUNDAMENTALS

- Tackle
- Take on blocks --- Using hands
- Scrap thru blocks
- Assignments/Responsibilities
- GET TO THE FOOTBALL

SEAHAWK DEFENSE

STACK BASE



ADVANTAGES

- Solid Run/Pass Defense
- Confuses the Opponents
- Multiple Package
- Brings pressure
- Dictates
- Covers up gambles
- Lines up in same look every time

STACK BASE LOOK

-

O O O

-

O O X O O

-

S T N T J

MLB

-

DB

DB

-

NOSE GUARD

- Head up on Center. Responsible for the A gaps. Must fire his hands with thumbs inward
- Stance. Feet under him, short strong steps.
- He needs to stay down
- Be tough.
- Not looking for a lot of penetration but ready to tackle anything that comes through the A gaps.
- Head has got to be up and finding ball
- Feels Pressure from Guards – Split or Make pile

TACKLES

- Aligns head up on the TE, fire hands, hold for 2 count.
- Stance is more of a runner stance.
- 1 yd penetration with head inside. TE Must release inside
- Responsible for the B gap to pursuit on C gaps.
- Needs to stay square.
- Don't let him slide down into B gap which opens C unless call is on.
- Plus, Pass responsibility, T's swim out and has containment unless there's a call on.
- Option has QB in C' gap

SAM & JACK LB

- Their alignment is 1 yd wider than the TE or Head up on the wing.
- He must hold up wing 2 count & Force the wing release inside .
- Stance: Inside foot forward & always keeping his outside leg free.
- Responsibilities—attack across to the heels depth or attack wing and hold up wing.
- RULE- If RB come at he MUST take him on for 2 counts

SAM & JACK CONT.

- Sit and read unless there is a call is on.
- If he Reads run -- containment- but also has DB help running the alley so doesn't need to bail -- option -- pitch man –
- Play goes away- he gets ball depth and follows. RCCS
- Reads Pass
- Drops 45 degree angles with head on swivel to pass coverage.
- MUST force the inside release or go with
- Have 10 flats

MONSTER LB

- Alignment 5-6 yds. off the ball
- He reads guards to backs.
- Guards are his fight through blocks.
- Has to play down hill
- Option has through the dive man to ball.
- Pass coverage has middle 1/3
- Doesn't have to bail right away (Hold up TE/WB)

DEFENSIVE BACKS

- Alignment is 7 yds. off ball & 1-2 yds. wider than Sam/Jack.
- Varies by Strength & ball location
- Play pass to run
- Two step reads steps(Reading uncovered)
- Need to know call for pass coverage.
- Fill on run (Inside/Out)
- Rotates to Sam/Jack to alley play side and over top on backside

PASS COVERAGE

- Base coverage 3-2 Defense package
- Sam and Jack will cover flats $\frac{1}{3}$'s
- Monster has middle $\frac{1}{3}$
- DB's drop to deep outside $\frac{1}{2}$'s

3-2 Coverage

O O O

O O X O O
T N T

Sam

MLB

Jack

DB

DB

PRESSURE PACKAGE

- Vary Pressure location Where's it coming from.
- Protects against holes
- Solid against Run and Pass even if they pick it up.
- Disguises the “Where”.
- Players love it

SAM OR JACK CALL

O O O

S O O X O O
T N T J

MLB

DB

DB

SAM LB

- Sam is going to blitz off the corner and crash play.
- There is no hesitation on his part.
- Sam is to aim 5 yds deep in backfield while reading on the run.
- He does have containment so if backs comes at him, he needs to be ready to take on a lead block and squeeze the play back to the inside.
- Play goes away he MUST get to the depth of the ball and then can trail.
- And has to play RCC/S (Reverse, Cutback, Counter, /Screen).

TACKLES & NG

- NG responsibilities does not change.
- He MUST still attack center and be a 2 gap player
- Tackles dip and rip to B gap.
- DB's slide up to play TE' dump/slant
- Tackle away from call responsibility are normal
- We have sent out NG away from call and had a lot of success also brought MLB at same time.

JACK LB

- He is going to align normal with heels depth attack and read.
- If he reads PASS..
- His drop is 45 degree but only 4-5 yd
- He's looking to take away a quick TE slant out but has time due to attack and inside release of TE.
- If wing is on his side, he must hold up and make release INSIDE and runs with him.

MONSTER LB

- Has normal reads
- Reads Pass
- Has RB coming out of backfield if no wing
- If wing, on call side, he has TE and must jump there on snap
- Has RB coming out to his side if not
- RULE: Both RB's go one way he must pick up second RB and Sam or Jack will rotate to help cover.

DB (Call side)

- Rotates up a little to play man on #1 receiver
- Wing on his side is the #1 and he MUST take man to man. No hold up so needs to tighten up on snap
- Needs to defend the WB/TE slant out and GO
- Take proper angle and BUMP the Go move.

DB (Back side)

- Takes his 2 READ steps
- Read Guard -- Run or Pass
- Reads Run plays normal
- Reads PASS has TE on his side.
- Doesn't have to bail because of Tackle holds and forces inside release.

BLUE DEFENSE

O O O

O O X O O
S T N T J

MLB

DB

DB

SLAM OR JET

O O X O O
S T N T J

MLB

DB

DB

Tackle & JACK TWIST

- Tackle : Dips and Rips out.
- MUST make contact with TE.
- MUST stay tight
- 1 yd and sit.
- Jack is going Twist and takes the B' gap.
- Be ready to hit TE on inside release.
- Expect Lead back to ball

SAM & JACK CALL

- Sam & Jack are both going
- Tackles Dip & Rip
- NG still has A gaps
- Sam & Jack has RB coming out of back field
- DB's are matching up man with TE's or wing and TE
- MLB has TE on wing side
- DB's still read uncovered for Run/Pass call
- Automatic man call

MAN COVERAGE

O O O

O O X O O

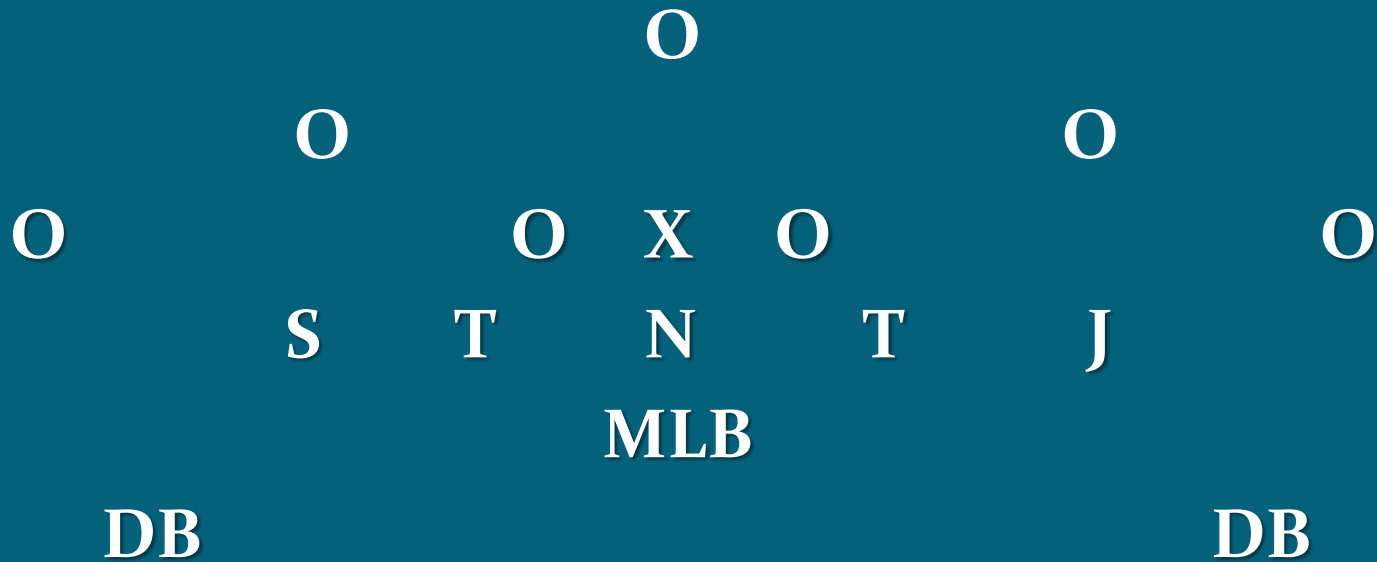
S T N T J

MLB

DB

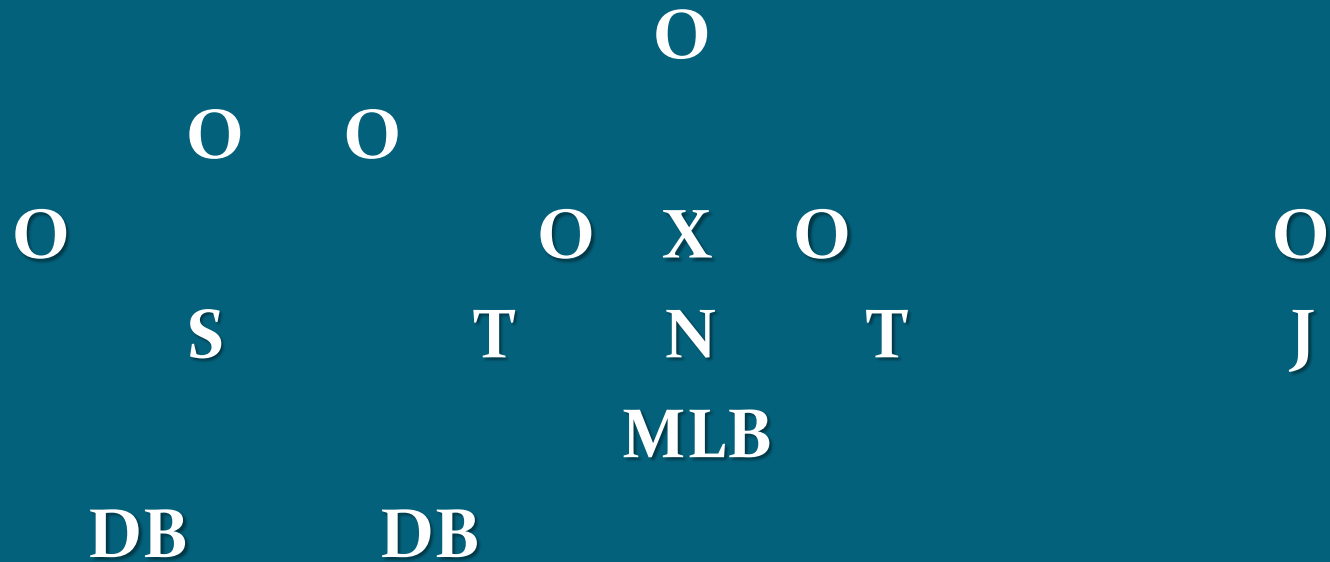
DB

Stack vs. 2 x 2 Spread



Monster Blitz

Stack vs. 3 x 1 Spread



Monster Blitz

LINEMAN DRILLS

- Nutcracker Drill

B

D X D
NG

Double Team Drill

B
QB
O X O
T

- 1 on 1 drill.
- Start with dropping ball/ back
- Move back closer as we get better.. Add a QB
- Double Team drill.....Try to split or make pile

LINEMAN DRILLS

Front line Drill

B B
QB?
O O X O O
T NG T

- Start Both Backs with Ball & have them pick gaps.
- Add QB work on Option/Pass... T's swimming out.
- MLB. Scraping guards when they fire.

FRONT LINE DRILL

- Add Sam and Jack..
- DB's.. Have guard fire straight off.. Next time pop up..
- Just keep bringing it together.
- Not Fancy....



Questions



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