

Offseason Defensive Coordinator Breakdown

A Systematic Approach to Gaining An Advantage

Gain Understanding Of:

Coordinator/Head Coach

Scheme and Structures

Tendencies and Personality of Play Caller

What do they struggle with?

What are they good at?

A Deeper Look

Much more Holistic than in Season

In Season-This leads to that?

Off Season-Why do they do this?

What is their overall philosophy?

How does it change by down?

How does it change by zone?

Compare year to year

What's Included In The Course

Three Stages of Defensive Breakdown

Stage 1 Analyzing the Data

Stage 2 Understanding the Base and Answers

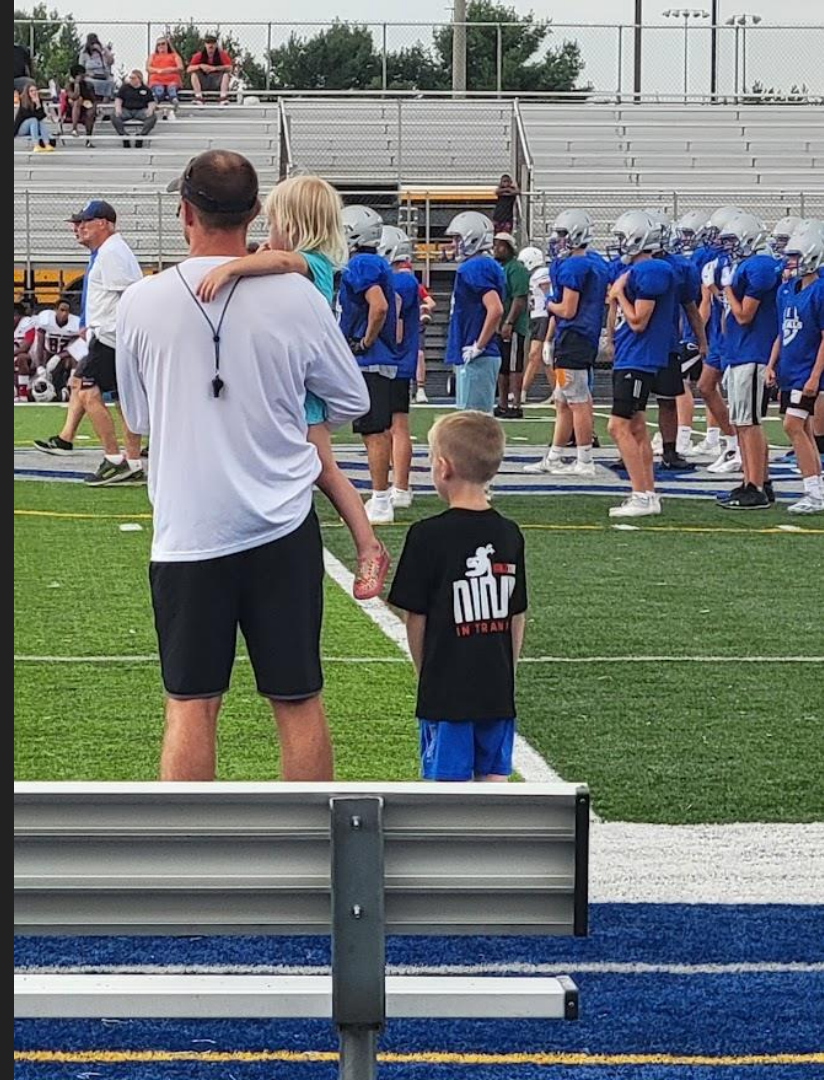
Stage 3 Putting It All Together

Seven Specialized Templates Included

BONUS Standing Out In the Hiring Process with A Digital Portfolio Lesson

Coach Weitz

- Currently OC at HSE
 - Averaged 34.6 Points
 - Ball Control, Run Heavy Team
- Warren Central
 - STC, OL, DB, QB
 - Camp Director
 - 45-16, 2013 State Champions
- Lawrence Central
 - QB Coach
 - 15-0, 2012 State Champions



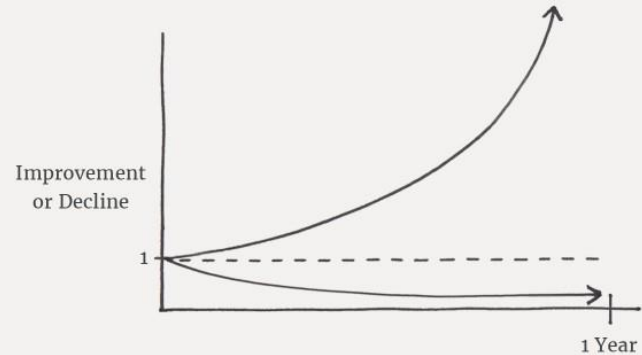
How I Got There

- High School Career
- College Playing and Coaching Experience
- New Zealand Playing and Coaching Experience
- Finding A Way to Catch Up

The Power of Tiny Gains

1% better every day $1.01^{365} = 37.78$

1% worse every day $0.99^{365} = 0.03$



Digital Resources For Coaches

www.60secondclinic.com/digitalresourcesforcoaches

Graphic Design

Website Creation

Photo Editing

Video Creation

Hiring Designers

And More

The Gameplan

General Plan

- What is Your Offseason Plan?
 - Have to be developing and growing as a coach
- Goal is to spend 1 hour a day during the week working on this
 - Match the kids input
 - Sprinkler vs. Fire Hose
- Downside of Clinics and Scheme Websites/Books/Social Media
- What is Going to Move the Needle on Your Program?
 - Can you see the impact of your offseason growth in your program?

General Overview and Stages

- Round 1-Input Data and Basic Analysis
 - Have to input data in order to analyze it
 - Front and Blitz, Explosive, Completions
 - Zones and Down Study
- Round 2-Base and Answers
 - What is their base for different formations?
 - What are their answers?
 - How do they handle uniques and motions?
- Round 3-Preliminary Game Plan and Final Report
 - What formations/concepts/zones do they struggle with?
 - Do the uniques have an advantage?
 - Final Report-One page summary

Round 1

Get The Data

Round 1-Input Base Level Data

- First have to get the film
 - Beg, borrow, steal to get as many games as possible
 - The bigger the data set the better the data
- Input the Basic Information
 - Down/Distance/Yardline/Gain Loss
 - Formation with Your System
 - Label by Field or Boundary
 - Gives you more and better data than R/L
 - I also add a Note Column for things like Bunch, Stack, Close, Wide, Etc.
 - Motion or Shift
 - Make sure you have a system
 - Using “Yes”

Round 1-Input Defensive Data

- First Time Looking At Defense
 - Second Time Through the Film, the First is Formations and Motions
- Defensive Front
 - Have a system for naming it
 - You can change it after a couple of games
 - See their base and then how/when they change
 - I also label stunts during this, again, have a system
- Defensive Rush
 - The number of people who are not going to be in pass coverage
- Blitzes-Hardest and Most Time Consuming
 - We have a great way of labelling available at 60SecondClinic.com/post/blitzcharting
 - Sort by defensive rush to save time
 - Make sure it is consistent

Round 1 Working With the Data

- Clean up the data
 - Look for any single Blitzes/Fronts/Stunts
 - Is this on purpose or does it fit with another?
- Top Blitzes
 - Draw up top Blitzes by Front
 - Page for Each Front
- Explosives
 - Sort by your definition of Explosive Play
 - Draw them up if result of scheme
 - I don't for freak things
- Completions
 - Chart out completions
 - Draw Concepts-what gets WRs Open
 - Mark Zones-where are completions made with arrow

Updated Templates

Round 1-Zone/Down Study

- Looking for Coordinators Tendencies by Zone or Down
- Down Study
 - Select for each down individually and then sort by Distance
 - Watch them all, keep notes of patterns
 - You will quickly see patterns start to emerge
- Zone Study
 - Same concept as Down Study but by Field Zone
 - Looking for where the blitzing starts
 - I normally do Own 25 In and Attacking 40 In
- Look for Patterns
 - They will start emerging
 - This is the playcallers DNA

Round 2

Find Their Base and Answers

Round 2 Base and Answers

- Round 2 is more about the scheme
- The goal is to find the Defense's Base and Answers to different formations
 - How do they want to defend this and where is it weak?
 - How do they adjust to stop the Run?
 - How do they adjust to stop the Pass?
- Less Data, More Depth
 - Normally 1 type of formation per day ex. Mon-3x1 with and without TE
 - Deeper level analysis
- Start with Box then move to Coverages
- Finish by looking at adjustments to unique formation

Round 2 The Box

- How are they staying gap sound vs. the formation?
- Where have teams found success running against them? Why?
- How did the defense adjust to cover it up?
- A base starts to emerge
 - Once you know the base it's easier to find the answers
- What are their answers?
 - How do they adjust to stop the run?
 - How do they adjust to stop the pass?
 - What do they do in short/long yardage?

Round 2 The Coverages

- Same concept as the box
- Start by looking at the formation and how it stresses the Defense?
 - Who has multiple jobs?
 - Where are there soft zones?
- Look for how offenses attack them
 - Focus on the why, ex. high low stretch because...
 - Where do they have success? Why?
- How does the defense adjust to this?
 - What is their answer?
 - Find the answer then work backwards to find the why

Updated Templates

Round 2-The Uniques

- Do they have a base answer for Unique Formations
- Many defense's used to have just 1 answer
 - Aiming at a stationary target
 - Now they will carry multiple especially if you major in it
- During the season rarely have enough data
 - Can be hard to predict with small sample size
 - Off-Season you have a much larger sample size
- Our List of Uniques that we check
 - Empty, Empty Variations, Motions to/from Empty, and Empty Motions (Jet, Orbit, Twirl)
 - Unbalanced, UB Variations, Shifts to/from Unbalanced, Unbalanced Motions
 - Formation Into the Boundary

Round 3

Preliminary Gameplan

Round 3-Preliminary Gameplan

- Time to Bring It All Together
- What formations benefit us?
- What run concepts or gaps do they struggle to defend?
- What pass concepts or zones do they struggle to defend?
- Put together Final Report

Round 3-The Formations

- Normally you know what personnel set you will run going into the season
- Which of these formations creates space for your best players?
 - Where are they weak against these formation?
 - What will have success vs. their base?
 - What will have success vs. their answer?
- What motions can create space for your best players?
 - Can you motion to put your players in advantage?

Round 3-Uniques

- Are there any unique formations that create an advantage for you?
 - Shift to them?
 - Motion to them?
 - Sugar Huddle?
- Can you scheme up a score or first down?
 - Can normally scheme up a motion to convert two or three 3rd and longs
 - Can build off of it
 - Can you generate a shot play?
 - Repeat TD from previous year

Round 3-Final Report

- Put all the information together on one page
- Top Blitzes by Front with Indicators
- Zone and Down Study
- Pass and Run Concepts to Focus On
- Formations, Shifts and Motions For Advantage
- Specials and Shots

Updated Templates

Using In Season

- Final Report-serves as one page refresher
 - Compare Blitzes
 - Zone and Down Tendencies
- Prepare for Base and Answers
 - Have a play to attack the base and one to attack the answer
 - Make things clear for players
- List of Different Pass Plays from Formations-can be easy adds
- Database
 - Builds Up Over Years
 - Chance to See Alignment to Unique Formation from Years Ago