

The Guards cannot cross the TACKLE or NOSE face. The MIKE attacks inside the RT and BULL attacks inside C.  
 The STUD has the inside gap between TE and RT. If he fights to far and MIKE stays inside RT, there will be a huge gap for RB between TE and RT.  
 WILL has stack & stay.

The Guards will be free to climb to backer. TACKLE and NOSE must not let C or LT cross their face. The BULL attacks the RG and MIKE attacks between C & RG.  
 The STUD has the inside gap between RT and RG. SPUR has stack & stay.

**DEFENSIVE LINE**

- Get the blockers to turn their shoulders to the sideline will defeat what they are trying to do.
- Keep shoulders square and be patient. Do not run to sideline.
- Do not run upfield
- Fall down and pull the blocker with you if you are being driven backwards.

**LINEBACKERS – Mike & Bull**

- Be patient with their feet while their eyes recognize the play.
- Blockers steps should match the RB. Anything else, like pullers will take LB to the play.
- As long as the Defensive Line is occupying the blockers, LB can take their time to read the play.
- Once play is recognized, they need to be extremely fast and aggressive in their attack.
- If they sit and let blockers come to them, they will be unable to stop the play. REACT & ATTACK.
- Attack the inside half of their gap. Cannot run around blocks.
- Be smart. Do not fill a gap just because it's their gap.

**Linebackers have to make the Defensive Linemen right,  
 Safeties have to make the Linebackers right.**

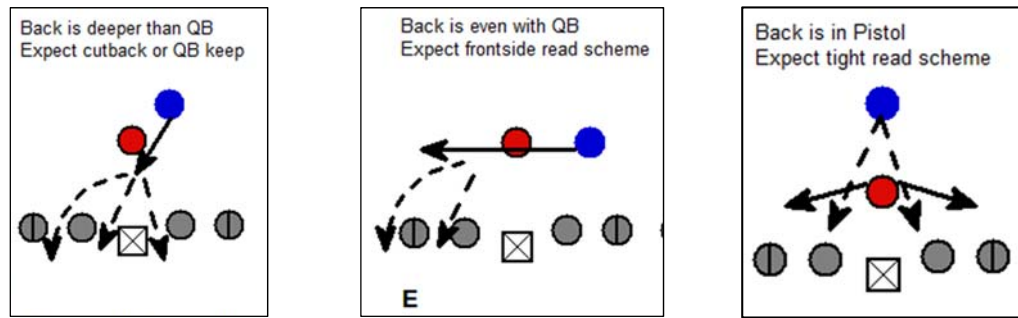
**HYBRIDS – Spur & Will**

Shuffle at the 4-Yard Fight Line, which means shuffle at a depth of 4 yards off the ball, not passing the center, until the ball declares to play side. If he sees the cutback off the Inside Zone by the Tailback, he's in position to fill downhill now, shutting off the cutback lane.

If the backside SPUR or WILL hybrid ever has to come BACK for the cut-back, he's out of position. At the same time, if your linemen are giving you any help at all, he can still get over the top to help on the play side. The 4-Yard Fight Line teaches him to stay out of the mess up front while keeping his eyes up for oncoming blockers.

## Designing an attack

Offenses are now adjusting the running back into the following positions to get maximum efficiency:



When the RB is offset deeper than the QB, anticipate some form of inside zone read concept where the aiming point could be the play side A gap to backside C gap. In these situations, it's important to cancel out those gaps in some fashion.

When the RB is next to the QB, expect outside zone or Jet read where the aiming point could be the frontside A gap to frontside C gap.

The pistol alignment presents issues because it is difficult to determine where the ball will go, but we've found more often than not these situations should be treated as behind the quarterback alignments.

- First figure out if they are spreading you to run or to pass...
  - Spreading you to run, get 7 in the box
  - Spreading you to pass, get 5 in the box
  - Capable of both, start with 6 in the box.
- Plays you must stop:
  - Run Plays: Zone Read, Stretch, Dart, QB Counter
  - Pass Plays: Bubble Screens, Alley Screens, Verticals
- Best players are usually QB, RB, and slot receivers;
- Make them throw the ball. Be simple.

## SPREAD ZONE READ PLAYS

The Zone Read is one of the most popular schemes deployed in modern offenses today. Up front, the linemen are simply zone blocking and the quarterback reads the defensive end. The QB either hands off or keeps, depending on whether he is collapsing down the line or playing up-field containment. The running threat posed by the quarterback forces a defensive lineman or linebacker to "freeze" in order to plug the running lane; this has the effect of blocking the target player without needing to put a body on him.

Knowing that the zone read has its roots in option football, we must have every gap assigned to a defender. We also know that our STUD or END will most likely to be the read defender in the offense.

Our defensive linemen play the zone blocking scheme as previously described: squeeze their gaps, step down with any type of inside release by the offensive lineman, and latch onto their man. Our end must squeeze with the tackle when he steps on his zone track.

