

Coaches Edge Defensive Game Planning System 2-Way Player & Youth Template

The first tab is labeled “**Offense GP Board.**” This is your starting point for entering the opponent’s offense.

Game Plan Board	Practice 1	Practice 2	Practice 3	Bas
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The **Game Plan Board** is the only place where you will enter data for the offense.

Periods	Weekly	Situation	Run	LEFT HASH				
Practiced	Reps	RUNS	D/D	Hash	Personnel	Formation	Motion	Play
IR, T*	6	Base Inside Run 1	1 1st&10	L				
IR, T*	5	Base Inside Run 2	2 1st&10	L				
IR, T*	5	Base Inside Run 3	3 1st&10	L				
IR, T*	6	Base Inside Run 4	4 1st&10	L				
IR, T*	5	2nd/3rd Med Inside Run 1	5 2/3 M	L				
IR, T*	4	2nd/3rd Med Inside Run 2	6 2/3 M	L				
T*	5	perimeter run 1	11 1st&10	L				
T*	5	perimter run 2	12 1st&10	L				
T	2	3rd long run	15 3L	L				
T	2	Coming Out/4min 1	16 CO	L				
T	2	Coming Out/4min 2	17 CO	L				
T	4	GL1 (+4to+1)/SY(2to3)/Backed Up(GLto-5)	19 GL	L				
T	4	GL2 (+4to+1)/SY(2to3)/Backed Up(GLto-5)	20 GL	L				
T	4	GL3 (+4to+1)/SY(2to3)/Backed Up(GLto-5)	21 GL	L				
T	4	GL4 (+4to+1)/SY(2to3)/Backed Up(GLto-5)	22 GL	L				

The spaces which are white are your data entry cells. An explanation of each is included below:

Personnel - if the offense uses multiple personnel groupings, this column allows you to enter it here.

Formation - this is where you enter the name of your formation. Some teams call motions to. For example, Zip to Pro Right. You may chose to enter that here if it makes you call easier.

Motion - enter your motions, shifts or movements here.

Play - this is where you enter your play name.

The above are included twice in the data entry section of the Offense Game Plan Board. There are spaces for both hashes that allow you to plan the play to the left or to the right. Some team prefer that certain plays are only run one way. If this is the case, enter the same information in both hash sections or plan a different play for each hash.

The remainder of the information is to give you data about where each play will appear during the week in practice, or the situation which you will plan, as well as information on how to use each situation and set up your practice.

Defense Practice Calls

This is the section in which you will enter your game plan calls by situation. They will automatically be scripted against offensive plays in each situation. There are 33 spaces. If you do not have 33 calls, you can enter the same call twice. This will give it extra reps in practice as well.

Weekly reps	1st & 10		Week
IR-7v7-Team=TTL	% Run/ % Pass		
3-3-4=10	Call 1		0-3-
3-3-3=9	Call 2		0-2-
3-3-3=9	Call 3		0-2-
3-2-4=9	Call 4		0-1-
2-1-4=7	Call 5		0-1-
2-1-3=6	Call 6		0-1-
	2nd & 8		
	% Run/ % Pass		
2-3-4=8	Call 7		0-3-
2-2-2=6	Call 8		0-2-
2-1-2=5	Call 9		0-2-
2-2-1=5	Call 10		0-2-
2-1-1=4	Call 11		0-2-
	2nd & 4-7		0-1-
	% Run/ % Pass		
3-3-3=9	Call 12		

***You should enter the opponent's % of Run and % of Pass. This will appear on the call sheet as well.**

Allotment of repetitions

You can see how many reps of each call will appear on the script by looking to the column to the left. IR is inside run periods, 7v7 is 7 on 7 pass periods, and Team periods are 11 on 11. The reps are then totaled.

THAT'S IT! Once you filled in each yellow cell in Offense GP Board and Defense Practice Calls, the offense and defense are entered on the scripts and your call sheet is complete. You just saved hours of time!

Putting together a game plan - How the offense thinks:

Coaches Edge Game Planning System uses a simple process for making decisions early in the week that allow you to get the practice repetitions that will ensure the proper execution on game day.

Even though you may have carry an expansive, flexible defense over the course of the season, thinking you have that wide menu of plays can lead to confusion for both the play caller and the players. The fact is that there are only a limited amount of practice repetitions available, and you will only call about 60 plays (more if you are facing an uptempo team) in the game.

Being able to exercise discipline on your process by limiting the amount of defensive calls that will appear on your call sheet on game day is the at the core of the Coaches Edge Defensive Game Planning System. This is done what is called the Offense Game Plan Board and Defense Practice Calls..

The Game Plan Board gives a set number of plays which you can practice against and prepare to stop over the course of the week. In general, the game plan board and scripts are set up to give you 50-50 balance between run and pass. If you desire to practice against more running plays or more passing plays, see the "Adjusting" instructions included in each section. This allows you to create the balance you desire.

Base Inside Runs

The first section on our board which you will plan is called base inside runs. In this section you plan what you consider to be the core runs from formations you feel confident you will face on 1st & 2nd Downs. You will practice these runs for the most part in a 10 or 15 minute period in Practice #1 and again in Practice #2. The top 3 runs in this board will also appear in your team script in Practice #2 and again in Practice #3.

Periods Practiced	Weekly Reps	Situation RUNS	Run	LEFT HASH					
				D/D	Hash	Personnel	Formation	Motion	Play
IR, T	7	Base Inside Run 1	1 1st&10	L					
IR, T	6	Base Inside Run 2	2 1st&10	L					
IR, T	6	Base Inside Run 3	3 1st&10	L					
IR, T	6	Base Inside Run 4	4 1st&10	L					
IR, T	6	Base Inside Run 5	5 1st&10	L					
IR, T	4	Base Inside Run 6	6 1st&10	L					

2nd & Medium 3rd & Medium Runs

The next section of runs is called Medium Runs. This allows you to plan up to two 2nd and medium runs and 2 3rd & medium runs if you chose.

Adjustment to get more passing: If you facing a passing team and all the runs you need are handled in Base Runs and Perimeter Runs/Draws sections, you can script passes in this section which will be practiced in team periods.

T	4	2nd Med Run 1	7 2nd & Md	L					2
T	3	2nd Med Run 2	8 2nd & Md	L					2
T	2	3rd Med Run 3	9 2nd & Md	L					2
T	2	3rd Med Run 4	10 2nd & Md	L					2

Perimeter Runs/Draws/3rd Down Runs

Use this section called perimeter runs/draws and third down runs to plan for the outside runs you must defend like sweeps or stretch plays. You can also include any draw plays you have in this section. These then become part of your team script and situational practices during the week.

Adjustment to get more passing: If you are a passing team and all the runs you need are handled in Base Runs and Run Checks sections, you can script passes in this section which will be practiced in team periods.

T	5	1st/2nd Dn Perimeter 1	11 1st&10/2L	L					1
T	5	1st/2nd Dn Perimeter 2	12 1st&10/2L	L					1
T	4	3rd 5+ or Perimeter/Draw3	13 3rd Long	L					2
T	3	3rd 5+ PerimeterDraw4	14 3rd Long	L					2

Coming Out/4 Minute

In the run play section you can reserve four plays for “coming out.” This area is from the offense’s own 5 yard line and to the 20 yard line run against defenses that load the box to stop the run. This is an obvious run situation. This type of mentality also works in a four minute situation in which the offense is trying to run out the clock.

Adjustment for more passing: Because this is a team section, if you wish to included a different ration of runs to passes, you can just script a pass in this section.

T	1	Coming Out/4min 1	15	CO	L				
T	1	Coming Out/4min 2	16	CO	L				
T	1	Coming Out 3 PAP or 3rd/Med Pass (REPEAT)	17	CO	L				
T	1	Coming Out 4 3rd Long Pass/Screen (REPEAT)	18	CO	R				

Goal Line Runs

The final section for runs are goal line runs. You may also use these for short yardage (1 or 2 yards to go) and anywhere from the goal line to your own 5 yard line. Plan four runs here. These are designed to be repped in a 10 minute period in Practice #2 and a timing period for review in Practice #3.

Adjustment for more passing: Because this is a team section, if you wish to included a different ration of runs to passes, you can just script passes in this section.

T	4	GL1 (+4to+1)/SY(2to3)/Backed Up(GLto-5)	19	GL	L				
T	3	GL2 (+4to+1)/SY(2to3)/Backed Up(GLto-5)	20	GL	L				
T	4	GL3 (+4to+1)/SY(2to3)/Backed Up(GLto-5)	21	GL	L				
T	3	GL4 (+4to+1)/SY(2to3)/Backed Up(GLto-5)	22	GL	L				

Base Quick Game and Play Action Passes

This section allows you to plan against 6 to 8 plays that are either quick game or play action. Usually these are tied in closely to the offense’s running game.

Quick game plays allow the offense to throw the ball into voids created by the defense aligning to stop the run. These will be practiced in team periods rather than 7 on 7. This gives you a true look and reaction out of the offense and your defense so you get the drops and reaction necessary for the defense to be effective on game day.

Adjustment for more running plays: If you are facing a run heavy team and want to game plan more runs than the run section allows, or if you want more running game repetitions, , you can add additional runs here. These plays are practiced in a team period in all three practices.

T	4	Play Action or Quick 1	38	1st & 10	L				
T	4	Play Action or Quick 2	39	1st & 10	L				
T	4	Play Action or Quick 3	40	2nd & Md	L				
T	3	Play Action or Quick 4	41	2nd & Md	L				
T	2	Play Action or Quick 5 or screen or repeat	42	2nd Long	L				
T	3	Play Action or Quick 6 or screen or repeat	43	2nd Long	L				
7v7, T	3	Play Action or Quick 7 (can be in 7v7)	44	1st&10	L				
7v7, T	3	Play Action or Quick 8 (can be in 7v7)	45	1st&10	L				

Drop Back Passing

In this section you can plan against 8 drop back plays.

Tip: These are not necessarily all different concepts. We usually choose 4-5 concepts and give our best one versus the opponent's coverage a couple different looks. You may look to carry these concepts over to your situational portion of the game plan when possible.

Adjustment to passing game (more runs were included in Play Action/Quicks section): you may choose to script sprint out, quick game, and play action, here if you desire or if drop back is not a big part of your offensive system. Some teams only drop back in obvious pass situations. You can choose to script those here and repeat in the third down section, or only include them in the third down section.

If you used the quick game/play action to script more run repetitions and you prefer to work quicks and play action in 7 on 7 and team, then you may include those passes here.

7v7, T	6	Drop Back 1	46	1st & 2nd	L					1:
7v7, T	6	Dropback 2	47	1st & 2nd	L					1:
7v7, T	4	Dropback 3	48	1st & 2nd	L					1:
7v7, T	4	Dropback 4	49	1st & 2nd	L					1:
7v7, T	4	Dropback 5	50	1st & 2nd	L					1:
7v7, T	4	Dropback 6	51	1st & 2nd	L					1:
7v7, T	2	Dropback 7 or Repeat	52	1st & 2nd	L					1:
7v7, T	2	Dropback 8 or Repeat	53	1st & 2nd	L					1:

Situational Defense

3rd Downs

From here we get into our situational passing game. We start with 3rd downs.

3rd and Extra Long (10+ to go)

You may plan against 2-3 passes for third and extra long. This is considered to be 10+ yards to go. All third downs will be worked in practice #2 and #3 in both 7 on 7 and team periods.

3rd and Long (7-9 to go)

The plan then extends to 3rd and long (7-9). In general these are passes which include some intermediate routes which will pick up the first down on the throw and catch, or an underneath route which can pick up the distance on a catch and run. These plays may either be a carryover from the drop back section, or similar plays with some kind of disguise like a shift or motion.

3rd and medium (3-6) These are plays which can pick up the play on the throw. The offense usually has a bigger menu of plays here.

7v7, T	3	3rdxL1 (10yd or more to go)	67	3XL					
7v7, T	3	3rdxL2 (10yd or more to go)	68	3XL					
7v7, T	4	3rd Long1 (7-9yd to go)	69	3L					
7v7, T	3	3rd Long2 (7-9yd to go)	70	3L					
7v7, T	4	3rd Long3 (7-9yd to go) or repeat	71	3L					
7v7, T	4	3rd med1 (4-6yd to go)	72	3M					
7v7, T	4	3rd med2 (4-6yd to go)	73	3M					
7v7, T	4	3rd med3 (4-6yd to go)	74	3M					
7v7, T	4	3rd med4 (4-6yd to go)	75	3M					
7v7, T	2	3rd med5 (4-6yd to go) or repeat	76	3M					
7v7, T	2	3rd med6 (4-6yd to go) or repeat	77	3M					

Red Zone Passes

The Red Zone is another area of the field which you plan for specifically. This allows you to plan against plays that get you the distance left to get to the end zone. This takes specific preparation because the field begins to become compressed and vertical space begins to dwindle. Include a passes in each of these sections.

Game Planning Tip: When possible, these are either something offenses carry every week, or a carryover from their drop back plays or play action plays with necessary adjustments for the restricted vertical space.

Pre Red Zone (+35 to +25)

The process starts in the pre Red Zone from the 35-25. This is thought of as four down territory. While the offense may not call a shot from here on every drive, this is a good opportunity for a protected or play action shot. In this section also plan against specials or trick plays as well. While offenses may not limit specials to only this area of the field on game day, this allows you to include and practice them in this section. These plays are practiced in team periods in practice #2 and practice #3.

Tip: On game day, an offense may consider using these plays on a third and short if they know they will go for it on fourth down.

Red Zone (25-18)

This may not be a true red zone as their kicker may not have this range, but you are definitely in the four down area and vertical space is beginning to be restricted. This area is good for shots to get to the end zone or play action shots.

Red Zone (17-12)

The offense may think about planning certain plays here designed to attack the defense in the remaining vertical space as well as stretching the defense horizontally and trying to create seams in man coverage.

Red Zone (11-8)

You can work your defense against 1 pass in each of these sections.

Goal Line Passes (7+ to Goal Line)

Finally, plan against a pass for the 7 and in or Goal Line segment.

2 Point Plays

Work against two point plays here. Most teams are right handed and will put the ball on the left hash.

Summary

That allows you to plan against a total of 15 runs in all situations (again, this is not necessarily 15 different plays, just 15 game plan spaces we are filling), and 19 spaces for passing plays.

This translates to game day in allowing you to have the exact answers you need to attack the opponent. Through film study, a you should be fairly certain of what you will be seeing. It allows you to confirm those thoughts and make whatever game adjustments are necessary.

As a play caller, it gives a starting point and a plan. Using this system you can stay a down or two ahead in your thought process. Between series you can plan the next drive knowing what you want to do on 1st and 2nd down and in the third down situation you will face. The best part is the players have been exposed to these situations and have an understanding of what your plan is as well.

Understanding where each play will be practiced:

Column A: Periods Practice

This column is not meant to be adjusted. This section of the game plan board is color coded in either gray or turquoise. Turquoise means that the play will only be practice in a team 11 versus 11 period. Gray means that the play will appear in a group period like inside run or 7 versus 7 where the entire offense or defense is not used.

Abbreviations:

T=Team period 11 players vs. 11 players.

IR=Inside Run period, Offensive Linemen, Tight Ends, Offensive Backs against Defensive Line and Linebackers. Some teams will use safeties in this situation as well if the defense uses safeties against the inside running game.

7v7= 7 on 7 periods in which the offensive backs and receivers go against the linebackers and defensive backs.

Periods Practiced	Weekly Reps	Situation RUNS
IR, T	5	Base Inside Run
IR, T	5	Base Inside Run
IR, T	5	Base Inside Run
IR, T	5	Base Inside Run
IR, T	4	Base Inside Run
IR, T	4	Base Inside Run
T	4	Run Check1/Add
T	2	Run Check2/Add
T	5	Base Perimeter/

Column B: Weekly Reps

This column is not meant to be adjusted. This tells you how many reps each play will receive in practice.

Columns Q-AG

These columns give you a detailed practice by practice view of where plays are being scripted, and how much on each day. If you are choosing to make adjustments in getting more runs or passes, this information can be helpful.

Practice Play Rep Info Abbreviations (Columns Q through AG)

- PR1 IR (LH) = Plays run from the left hash in Practice #1 Inside Run period
- PR1 IR (RH) = Plays run from the right hash in Practice #1 Inside Run period
- PR1 Team LH = Plays run from the left hash in Practice #1 Team period
- PR1 Team RH = Plays run from the right hash in Practice #1 Team period
- Pr1 7v7 LH = Plays run from the left hash in Practice #1 7 on 7 period
- Pr1 7v7 RH = Plays run from the right hash in Practice #1 7 on 7 period

- PR2 IR (LH) = Plays run from the left hash in Practice #2 Inside Run period
- PR2 IR (RH) = Plays run from the right hash in Practice #2 Inside Run period
- PR2 Team LH = Plays run from the left hash in Practice #2 Team period
- PR2 Team RH = Plays run from the right hash in Practice #2 Team period
- Pr2 7v7 LH = Plays run from the left hash in Practice #2 7 on 7 period
- Pr2 7v7 RH = Plays run from the right hash in Practice #2 7 on 7 period

- PR3 Team LH = Plays run from the left hash in Practice #3 Team period
- PR3 Team RH = Plays run from the right hash in Practice #3 Team period
- Pr3 7v7 LH = Plays run from the left hash in Practice #3 7 on 7 period
- Pr3 7v7 RH = Plays run from the right hash in Practice #3 7 on 7 period

PRACTICE Play Rep Info											
9	9	16	16	12	12	6	6	22	20	12	P
Pr1 IR (RH)	PR1 IR(LH)	Pr1 Team LH	Pr1 Team RH	Pr1 7v7 LH	Pr1 7v7 RH	Pr2 IR (RH)	PR2 IR(LH)	Pr2 Team LH	Pr2 Team RH	Pr2 7v7 LH	
2	2					1	1	1			
2	2					1	1				
2	2					1	1				
1	1					1	1		1		
1	1					1	1		1		
1	1					1	1				
		1						1	1		
			1							1	
		1	1								
		1	1					1	1		
		1	1					1	1		
		1	1					1			
								1	1		
										1	
								1	1		
								1			

	D/D	Hash	T
1	1st&10	L	
2	1st&10	L	
3	1st&10	L	
4	1st&10	L	

#

is simply used to help identify the cell on the game planning board.

D/D

Down and distance. This is listed for general game planning purposes. 1&10 is simply listed for base plays. The scripts will include exact down and distances.

H (Hash)

This is the hash mark. The hash mark will be identified on the call sheet. In practice #2 and practice #3, it is very useful to bring out the down markers and have either injured players or managers move the chains so that players become situationally aware. If this isn't possible in your program, then having a coach or the spotter yell out the down and distance will suffice.

The abbreviations are obvious on the script:

L=Left

LM= Left Middle. The ball rarely is spotted dead middle so let your spotter vary the spot between the left hash and the exact middle of the field.

RM=Right Middle. The ball rarely is spotted dead middle so let your spotter vary the spot between the right hash and the exact middle of the field.

R=Right

Tip: assign a coach or manager to spot the ball after each play.

Suggested Practice Plan Format

The script is set up to be run to include the following segments of practice.

Practice 1 - Defense vs. Base Offense 1st and 2nd Down

10 minute Inside Run

15 Minute 7 on 7

20 Minute Team

Practice 2 - 3rd Down, Goal Line, Red Zone

10 minute Inside Run

15 Minute 7 on 7

20 Minute Team

Practice 3 - Mock Game

10 Minute 7 on 7

5 minute Goal Line

20 Minute Team

5 Minute 2 minute drill (put time on the clock and give the situation)

5 minutes(or less) Last Plays

*Openers

*If you use openers, you might to chose to run these on air or against a scout team so that your players have familiarity.

**Scripts and Call Sheets,
Practice 1**

Practice 2

Practice 3

Defense Call Sheet