

# WR FUNDAMENTALS

Bobby Acosta

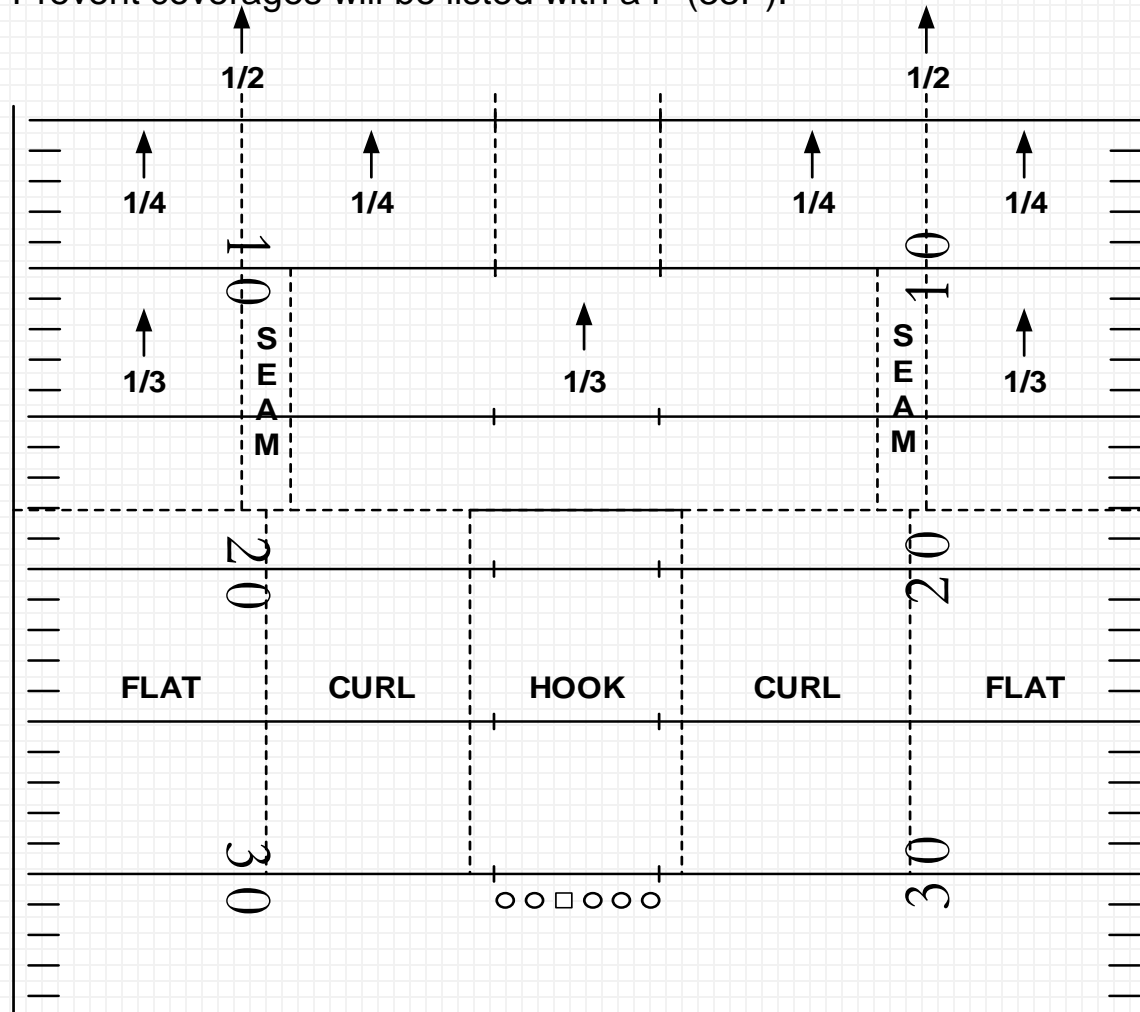
WR Coach

Learning how to Read Coverages



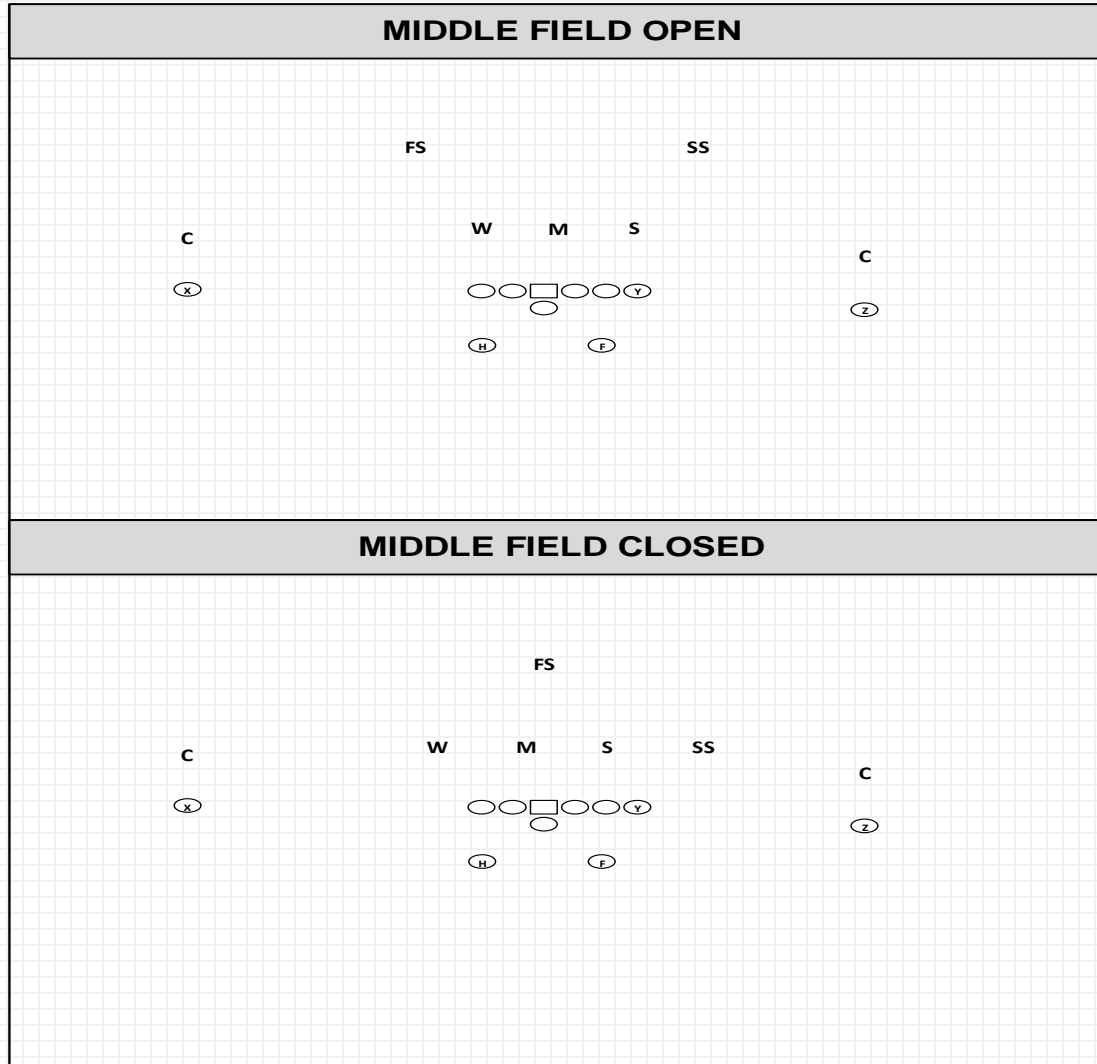
# COVERAGE ZONES

- Coverages will be described using numbers and words. The numbers will tell us the base coverage and words will tell us the various techniques used within the base coverage (3 Field). *Sub Coverages* are used when the defense has five or more defensive backs on the field (Nickel or Dime Packages). These coverages will be listed as double digits (33). *Prevent Coverages* are defenses with a three man rush and eight dropped defender. Prevent coverages will be listed with a P (33P).



# MFO/MFC

- *Middle of Field Open (MFO)* is when the defense doesn't have a post safety, or in other words a two high coverage. *Middle of Field Closed (MFC)* is when the defense has a post safety, or one high coverage. It is important to recognize MFO/MFC because we will make coverage adjustments based on the coverage the defense plays.



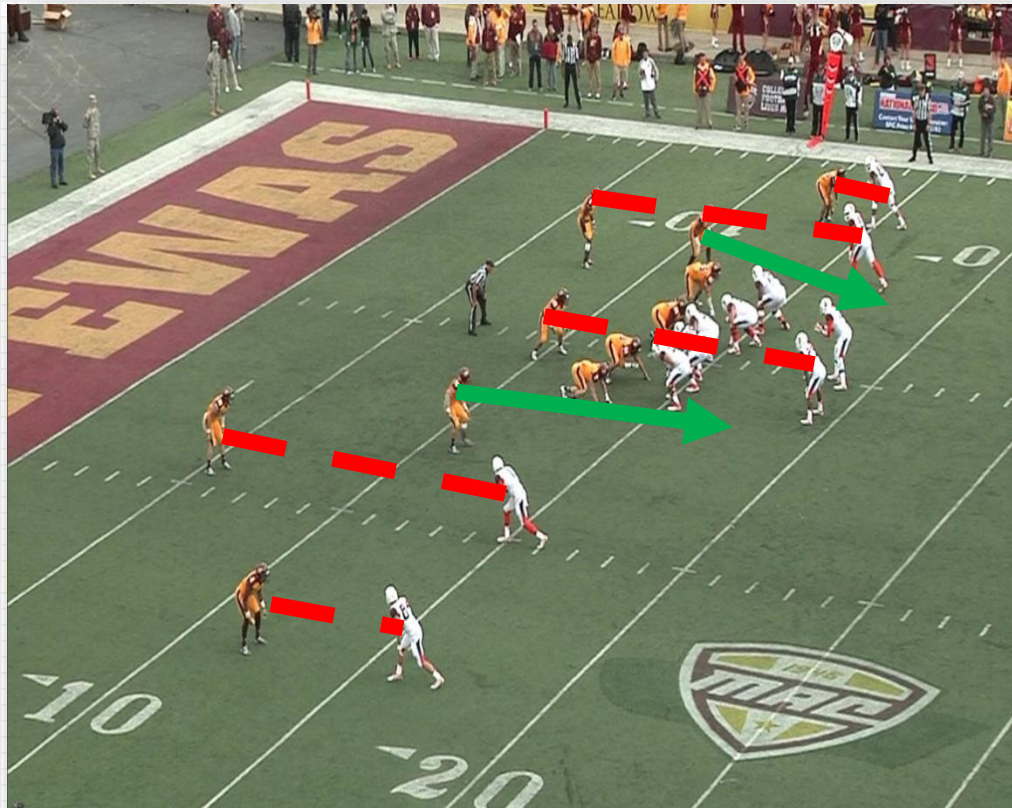
### COVERAGE TERMINOLOGY

- *Cover 0* – No Safeties in the middle of the field with man to man coverage underneath on all receivers. Defenses will rush six in Cover zero and man up the five eligible receivers or rush five and spy the sixth defender in coverage.
- *Cover 1* – One Safety in the middle of the field with man to man coverage underneath. The extra defender in coverage will either play cop, robber, dog, blitz, or double.
- *Cover 2* – Two High Safeties that play the deep halves with five defenders underneath. The defenders underneath can be zone defenders or man (2 Man).
- *Cover 3 Field* – One Safety in the middle of the field with rotation to the field. There are four underneath defenders with a three deep zone over top.
- *Cover 3 Boundary* – One Safety in the middle of the field with rotation to the Boundary. There are four underneath defenders with a three deep zone over top.
- *Cover 4* – Two High Safeties with three underneath defenders and a four deep zone over top.
- *Cover 6* – Two High Safeties that incorporates Cover 2 to the boundary and Cover 4 to the field.
- *Cover 6B* – Two High Safeties that incorporates Cover 2 to the field and Cover 2 to the field.
- *Cover 7* – (Red 4/7) Man to man bracket coverage that is usually run in the tight red zone
  
- It is important to be able to read the coverage pre-snap and post snap because that will tell us the technique that the defender will use and the adjustments in our release and route.

## COVERAGE TECHNIQUES

### COVER 0 ...

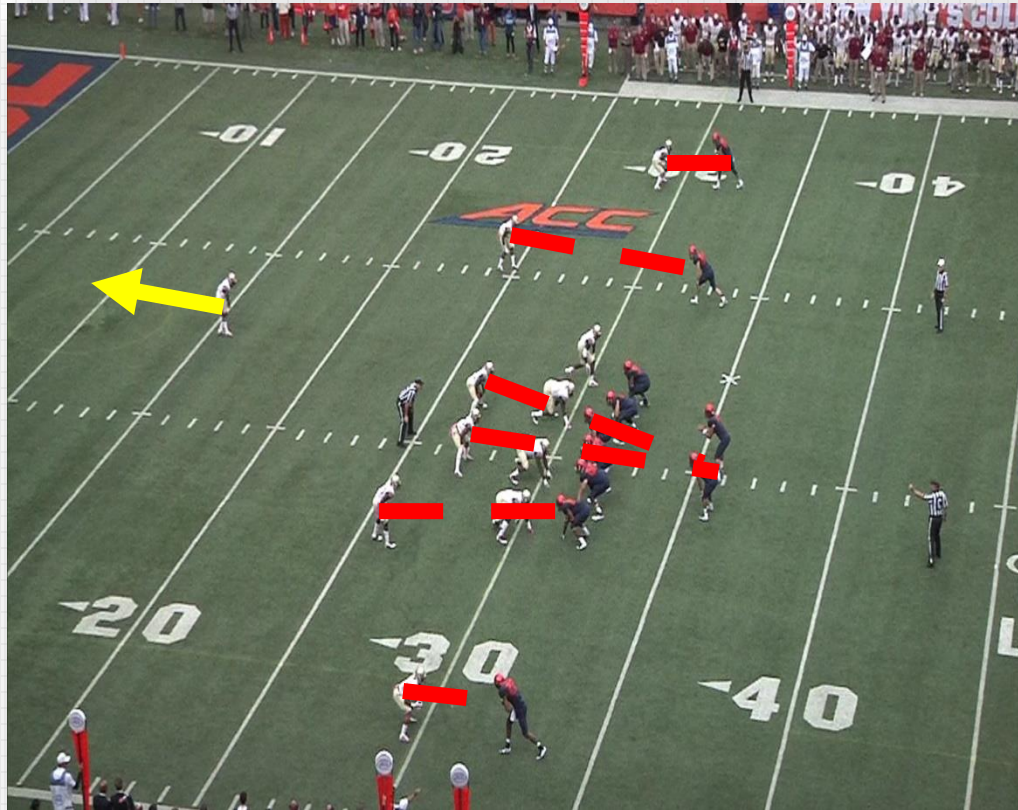
- Cover 0 has Zero Safeties in the middle of the field with man to man coverage underneath on all receivers. Defenses will rush six in Cover zero and man up the five eligible receivers or rush five and spy the sixth defender in coverage. Receivers will be one on one with defenders who typically play head up to inside leverage. Defenders to the same side will align at different levels to avoid getting rubbed as the receivers' splits become tighter.



### COVERAGE TECHNIQUES

#### COVER 1 ...

- Cover 1 has one Safety in the middle of the field with man to man coverage underneath. The extra defender in coverage will either play cop, robber, dog, blitz, or double. Receivers will be one on one with defenders who typically play head up to inside leverage on the outside receiver. Some teams align outside leverage on slot receivers in cover 1 because they have a post Safety to protect the middle of the field. Defenders to the same side will align at different levels to avoid getting rubbed as the receivers' splits become tighter.

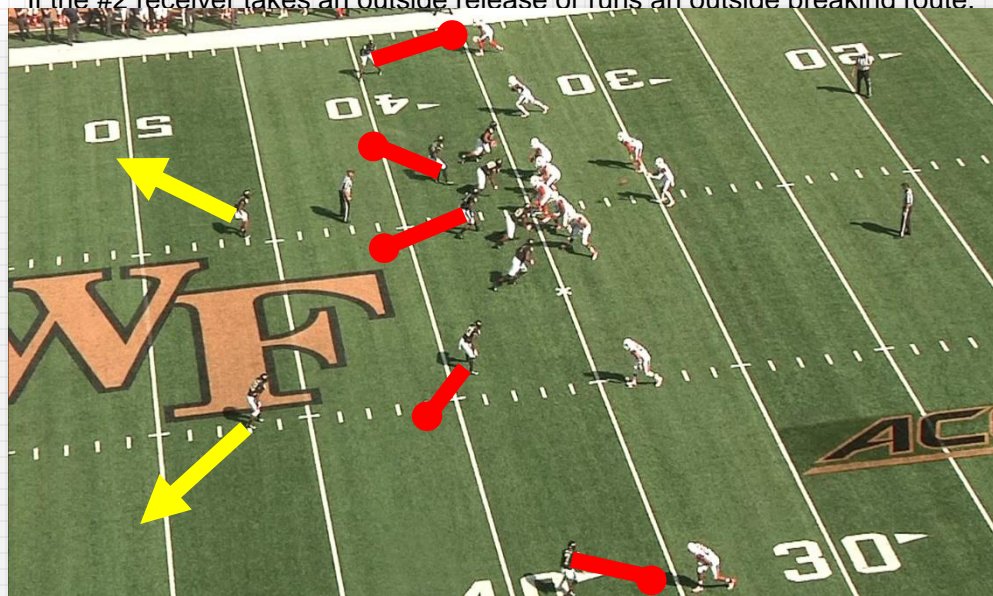




## COVERAGE TECHNIQUES

### COVER 2 ...

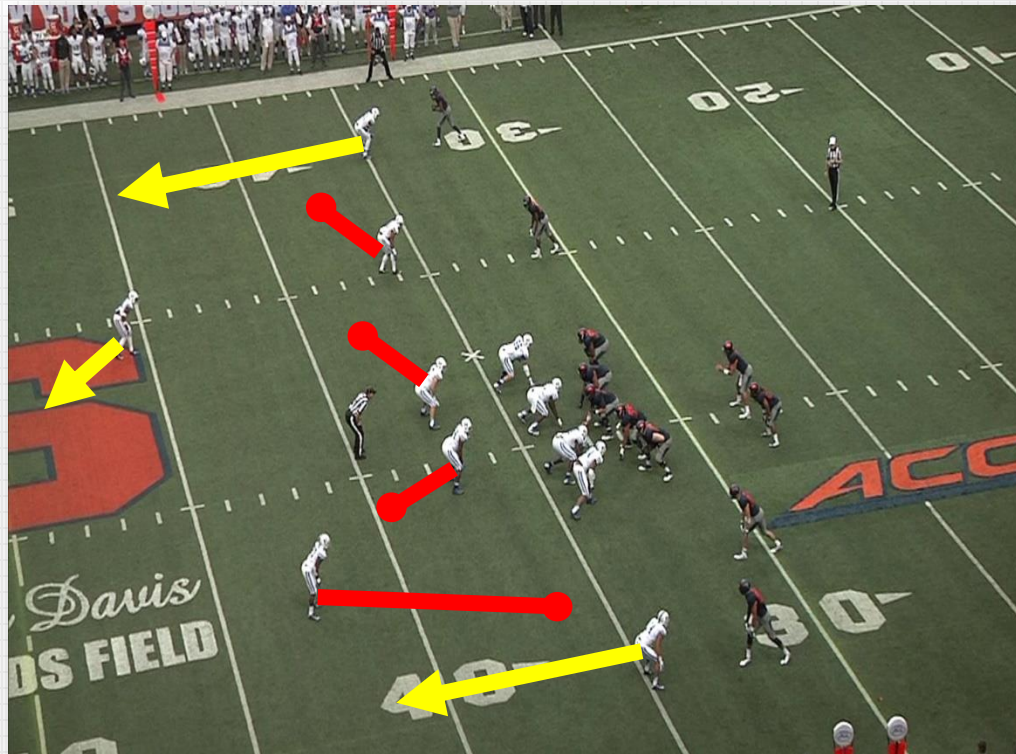
- Cover 2 has two safeties that protect the deep half with 5 underneath defenders. While we read cover 2 as MOF open, the Safeties still have the responsibility of protecting the middle of the field which is why they would prefer to stay as close to the hash as possible. The safety will check 1 and then read 2 to 1. An outside release by #1 will cause the safety to have to weave off of the hash. The safeties in cover 2 have to stay on top of a post route.
- Because there are only two deep defenders in cover 2, the defense wants to contain all of the routes by funneling both receivers to the safety. The defense wants to re-route an inside release by #1 and an outside release by #2 because that will allow the Safety to play both. The Corner is the flat defender and the Outside Linebacker is the curl/hook defender in cover 2. The Corner aligns outside leverage on the #1 receiver to force an inside release. He is reading to, playing one. If #2 runs a vertical route, the Corner will match one and play the bottom hip of the #1 receiver because he has help over top. If the #2 receiver takes an outside release or runs an outside breaking route.



### COVERAGE TECHNIQUES

#### COVER 3 ...

- Cover 3 has one post safety in the middle of the field and four underneath defenders with a three deep zone over top. The post safety will look to protect the middle of the field by aligning in the middle of the formation. The roll down safety is a designated seam protector who is looking to re route any vertical route by #2.
- The Corner will read #2 to #1 with an emphasis on protecting the deep third. If #1 and #2 go vertical, the corner will lean on #1 and be ready to play #2 because the throw to #1 is longer. If #2 stops, the corner will get to #1; If #1 stops, the corner will get to #2. If both receivers stop, the corner will sit and read the Quarterback with an emphasis on #1 because the linebacker will be underneath.

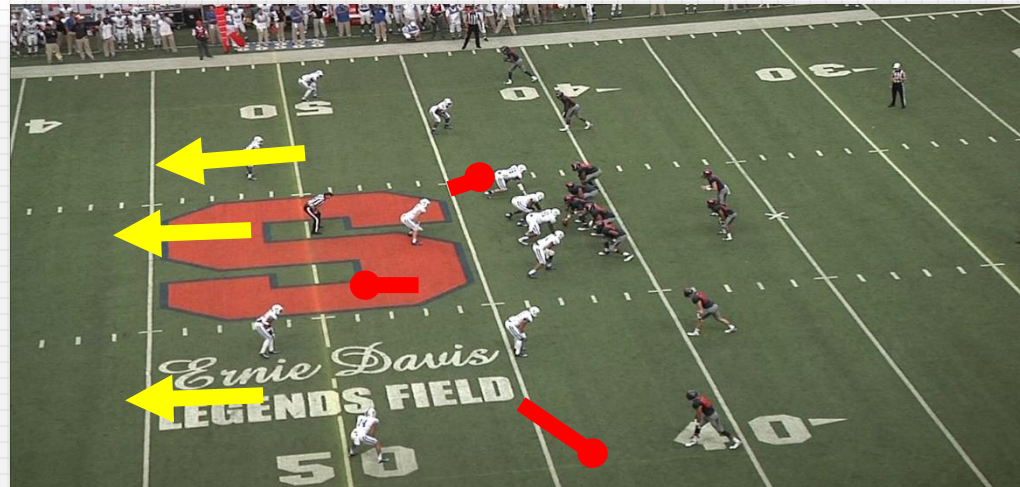




COVERAGE TECHNIQUES

COVER 4 ...

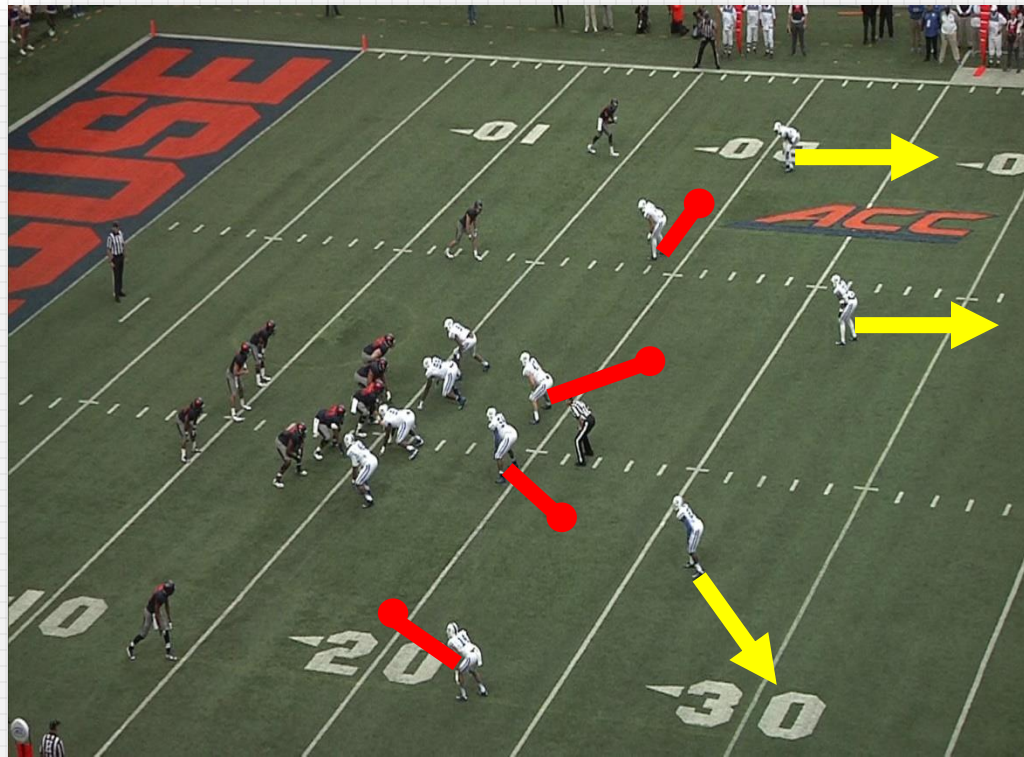
- Cover 4 is a two high coverage with three defenders underneath and four defenders over top. Safeties in cover 4 are added to the box to be run first players. Defenses will play cover four when they want to get nine in the box and stop the run. This is why teams will align their safeties at 10-12 yards. Cover safeties will pat their feet, or “walk the fence line to get a run or pass read. After the safety determines pass, he will read #2. If #2 goes vertical, he will take him. If #2 goes in or goes up and out, the safety will play the Quarterback and look to rob any type of dig. In this case, the safety will look to play underneath a post by #1. vs 3x1 formations, the weak side safety will “cheat” and take #3 vertical.
- Corners in cover 4 will align inside leverage and match the #1 receiver unless he runs a hitch or releases inside “right now” (Shallow Route). Versus a hitch, the corner will sink and look to intercept a possible corner route by #2. Because the safety is a run first player, the corner will play over top of a post route by #1.



COVERAGE TECHNIQUES

COVER 6 ...

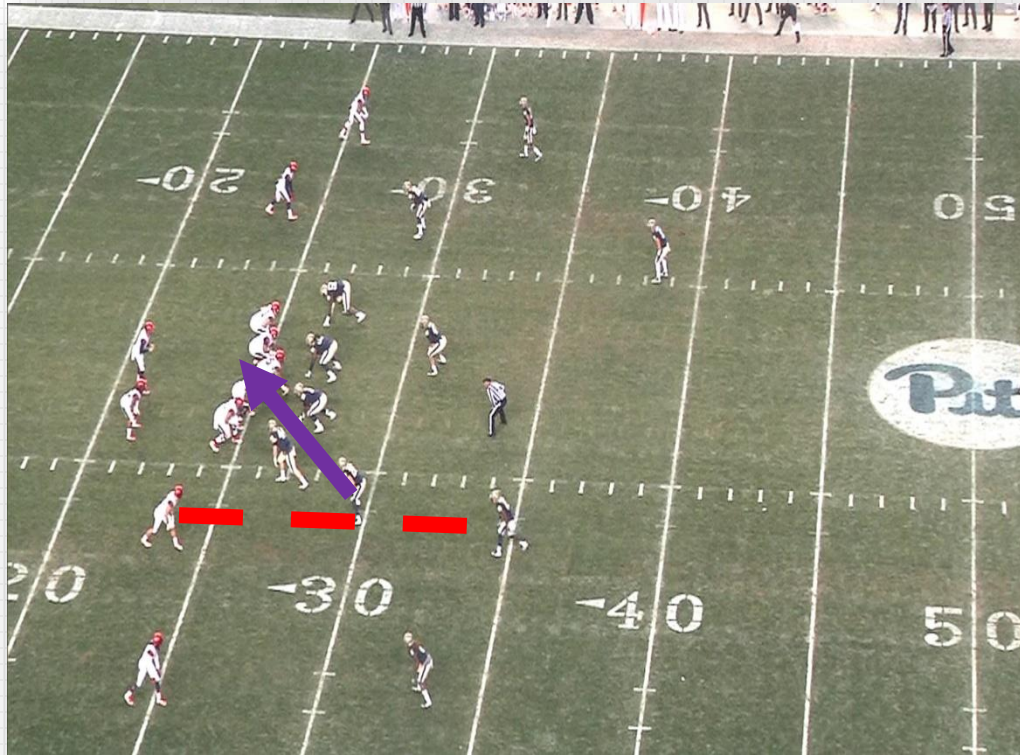
- Cover 6 is a combination coverage where the defense will play Cover 2 (most likely into the boundary) and Cover 4 (most likely to the field). Teams will play Cover 6 if they want to bracket our lone receiver.



### COVERAGE TECHNIQUES

#### BLITZ LOOK ...

- It is important for the receiver to be able to identify a blitz look and understand how it affects Quarterback's progression and the technique within his route. In the picture below, the linebacker is capped by the safety which indicates that the linebacker will blitz.
- Corner blitz is another pressure that outside receivers must be aware of. In college, defenses are much more likely to Cat from the boundary because of the wider hashes. On a cat, the corner will typically be tight to the LOS, slightly creep towards the ball, and have his eyes inside at the ball. Another indicator is the safety's alignment; off of the hash.

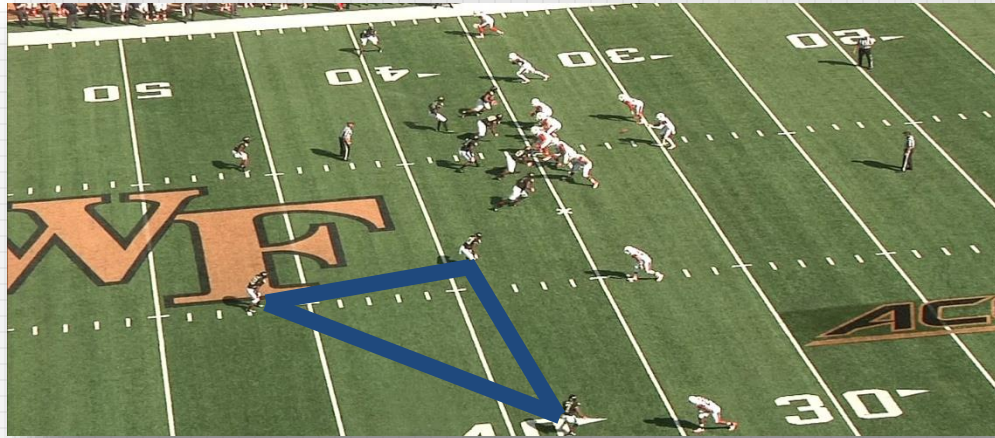




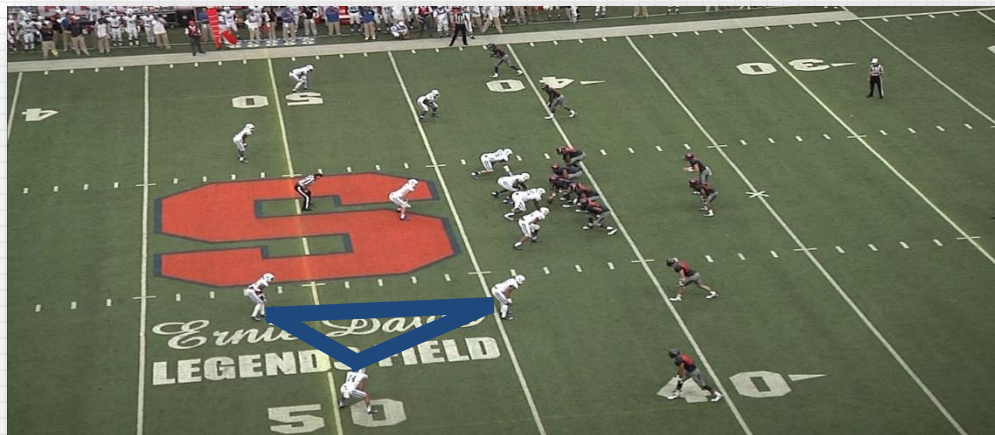
READ THE TRIANGLE

- The Triangle of the defense is the Corner, Safety, and Linebacker to your side. It is tough, especially as a X and Z receiver to see the entire field; these three defenders will indicate pre-snap and post-snap what the defense will play. Each week, we will find what “tells” these defenders have that will give us better insight as to what coverage the defense will run.

COVER 2 ...



COVER 4 ...



## DEFENSIVE BACK FUNDAMENTALS

### SOFT STANCE ...

- Shoulders parallel to LOS
- Narrow base w/Stagger
- Outside foot up
- Flex ankles-knees-hips
- Weight forward, back flat
- Relaxed upper body

### OFF MAN TECHNIQUE...

- Alignment – Dictated by defensive call and help; Outside 1x9 or Inside 1x9; Split rules apply.
- Eyes – QB 3-step with quick scan back to receiver.
- Feet – Walk-out pedal
- Close – Quick burst to the hip of receiver.
- Mirror – Trace the route of the receiver (body control).
- Eyes – Hip; Raise eyes to the ear hole of receiver on deeper breaking routes (5-step drop).
- Dominate Position– Hips & Shoulder slightly in front = Lean & Locate.
- Finish – Never give up on a route (INT-deflection, PBU, or Blanket coverage).



## DEFENSIVE BACK FUNDAMENTALS

### BUMP STANCE ...

- Feet slightly less than shoulder width apart.
- Bend at the hips with a slight knee bend.
- Hands in front within the framework of the receiver shoulders.
- Weight needs to be evenly distributed (hips slightly off the ground).
- Alignment – Dictated by the defensive call and help; Inside shade or Outside shade; Split rules apply

### BUMP TECHNIQUE ...

- Eyes – Belt to thigh pad.
- Feet – Move feet on movement; mirror receivers feet maintaining initial alignment shade.
- Hot feet – Short & quick lateral movement.
- Inch technique – Slowly give ground. (change up/patience)
- Must be combative at the LOS
- Hands – 1 hand jam to the outside/inside breast plate. Get hands inside & stab the heart.(Also Counter Punch)
- Win with Leverage Hand.
- Mirror – Trace the route of the receiver.
- Eyes – Keep eyes on WR's HIP; Raise eyes to ear hole of receiver on deep routes.
- Dominate Position– Hips & Shoulder slightly in front = Lean & Locate.
- Trail Position – sprint with eyes on the WR; then read the head, hands and V-Neck of WR.(Grab & Swipe or Pick Pocket)
- Finish – Never give up on a route (INT-deflections, PBU or Blanket coverage).

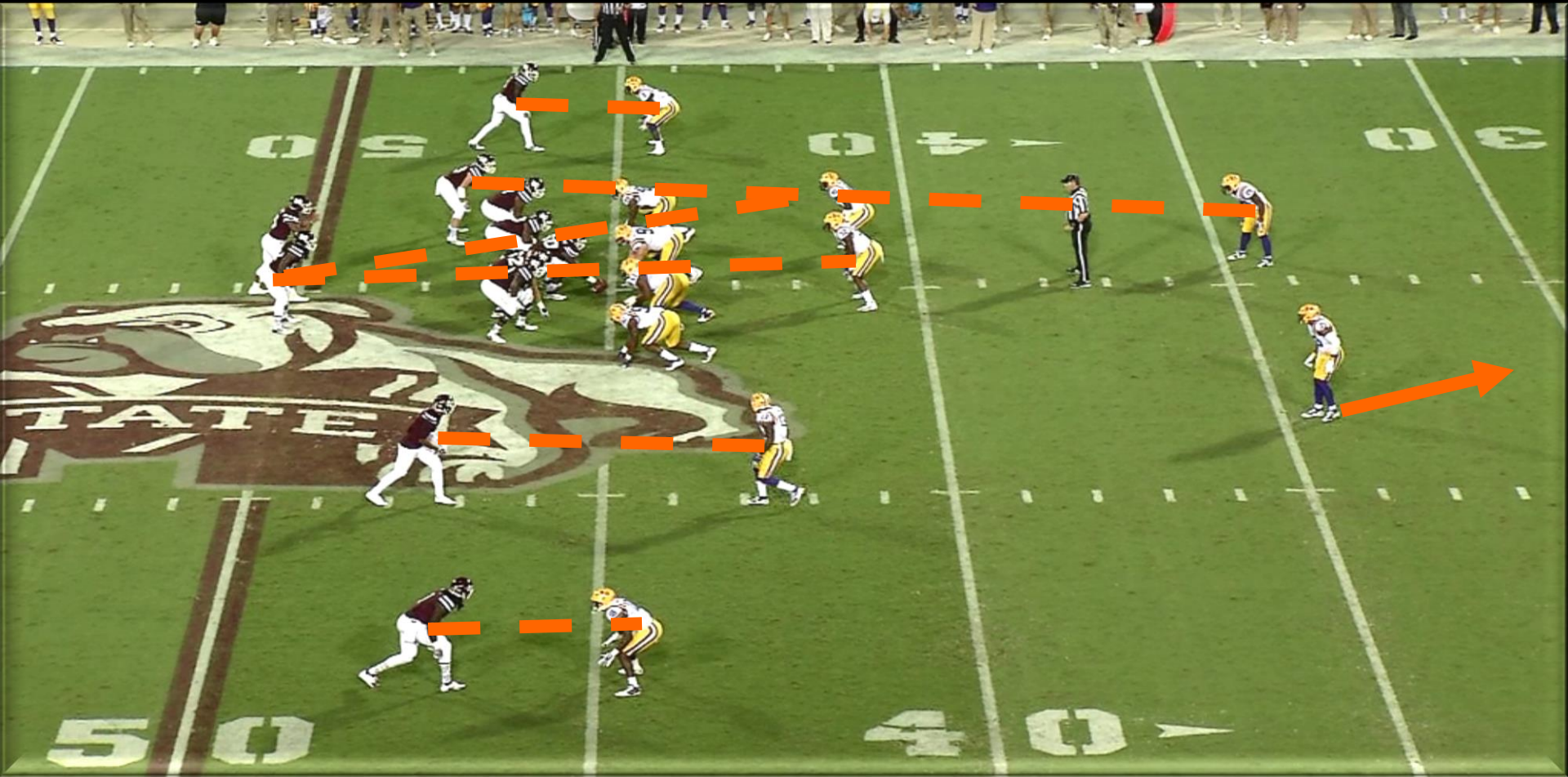
**DEFENSIVE BACK FUNDAMENTALS**

**CATCH TECHNIQUE ...**

- Alignment – 1x8 outside or inside slot receiver based on help.
- Eyes – Slot receiver.
- Feet – Hot, short & quick movement to mirror WR's release.
- Hands – Collision receiver with hands.
- Mirror – Trace the route of receiver (body control).
- Eyes – Raise eyes to ear hole of receiver on deep routes.
- Inside Breaking Routes – Play aggressive underneath (used with inside help) slice.
- Outside Breaking Routes – Keep outside leverage (Slice).

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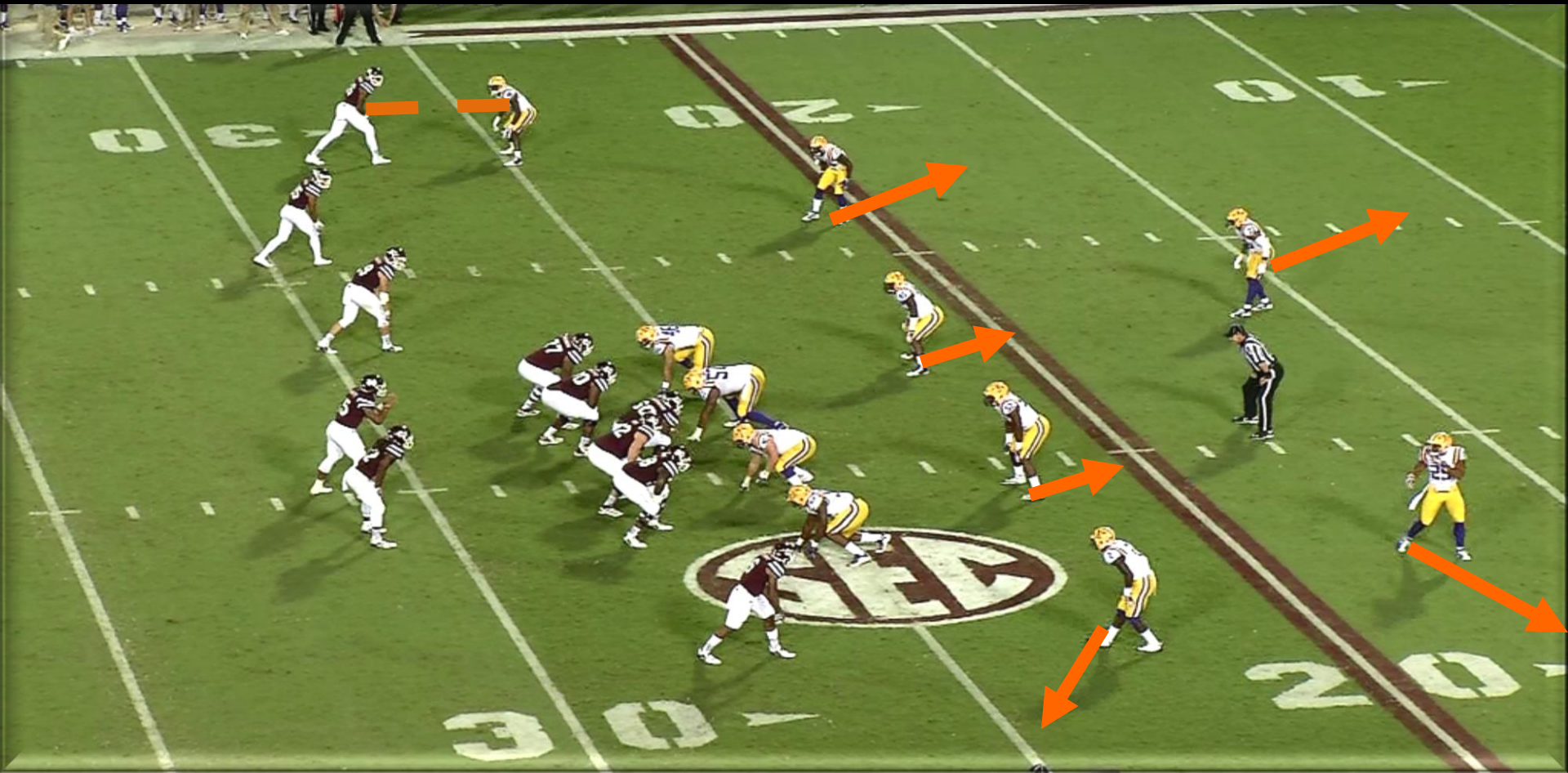
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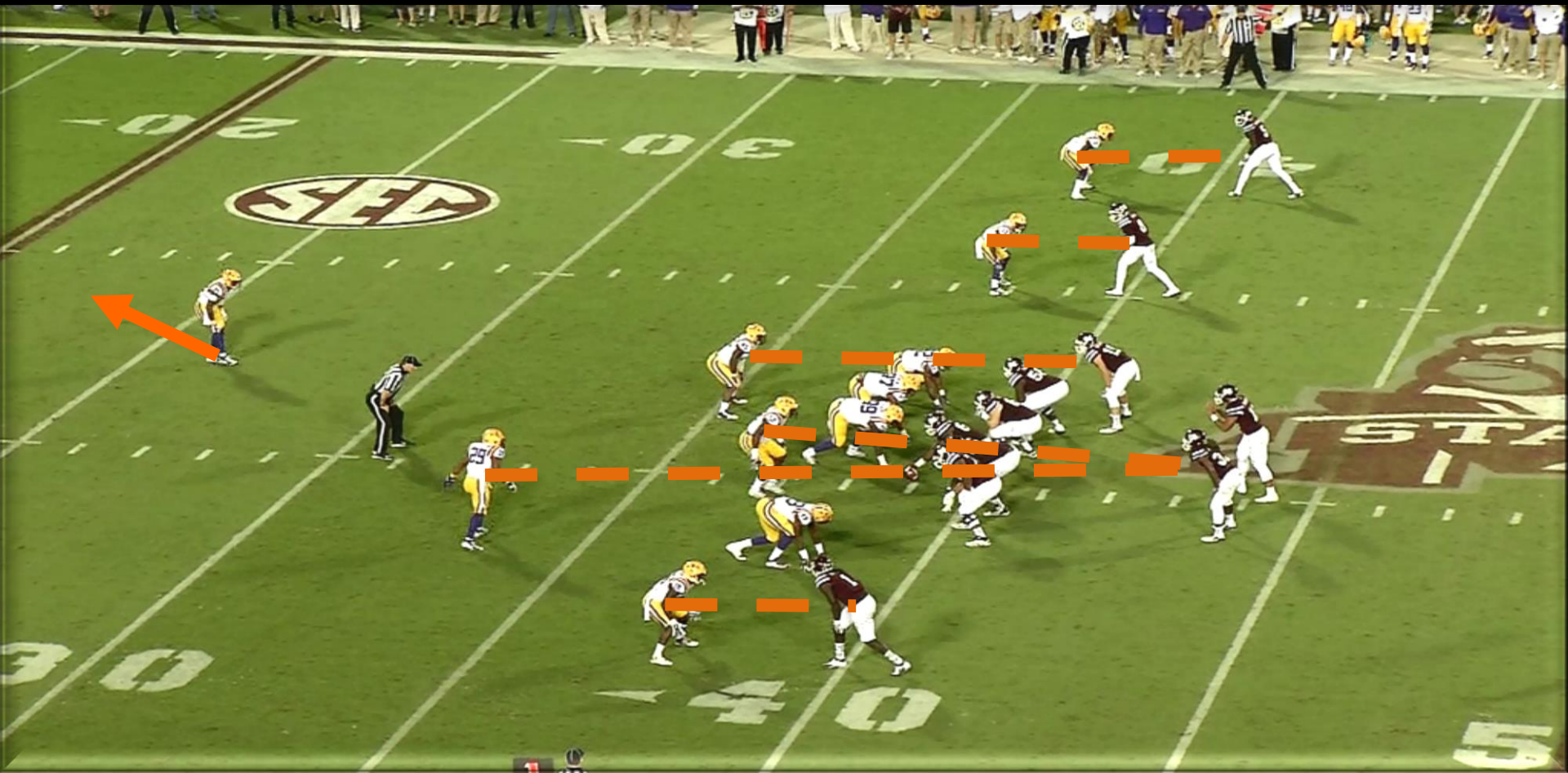
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# 4 COMBO



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# 4 COMBO



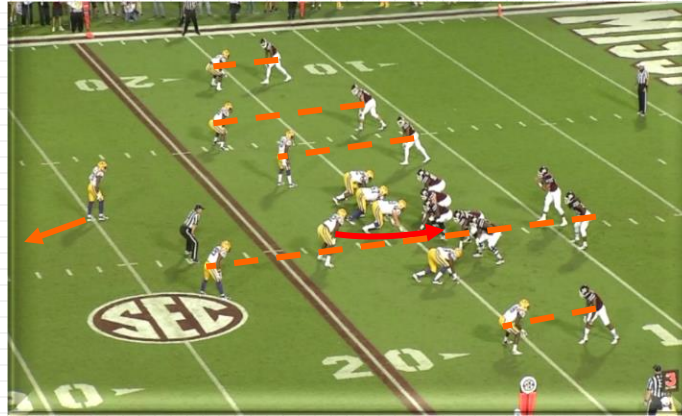


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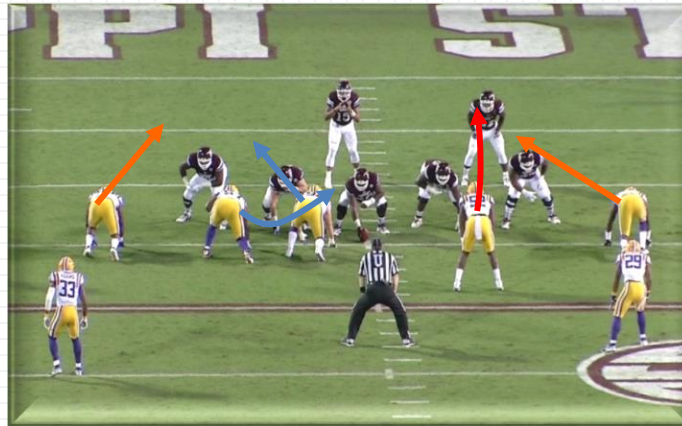
**COVERAGE 3<sup>RD</sup> DOWN**



**COVER 1D**



**COVER 1 M DOG**

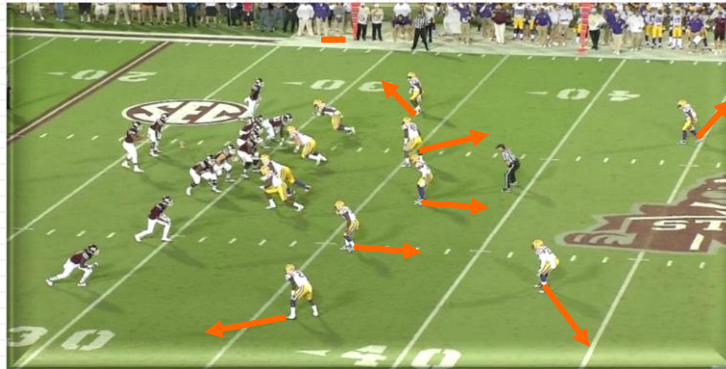


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**COVERAGE 3<sup>RD</sup> DOWN**



**COVER 2**



**COVER 6B**

