



FOUNDATIONS OF MAN-FREE COVERAGE

ANDY MERFELD

Contents, Course 1

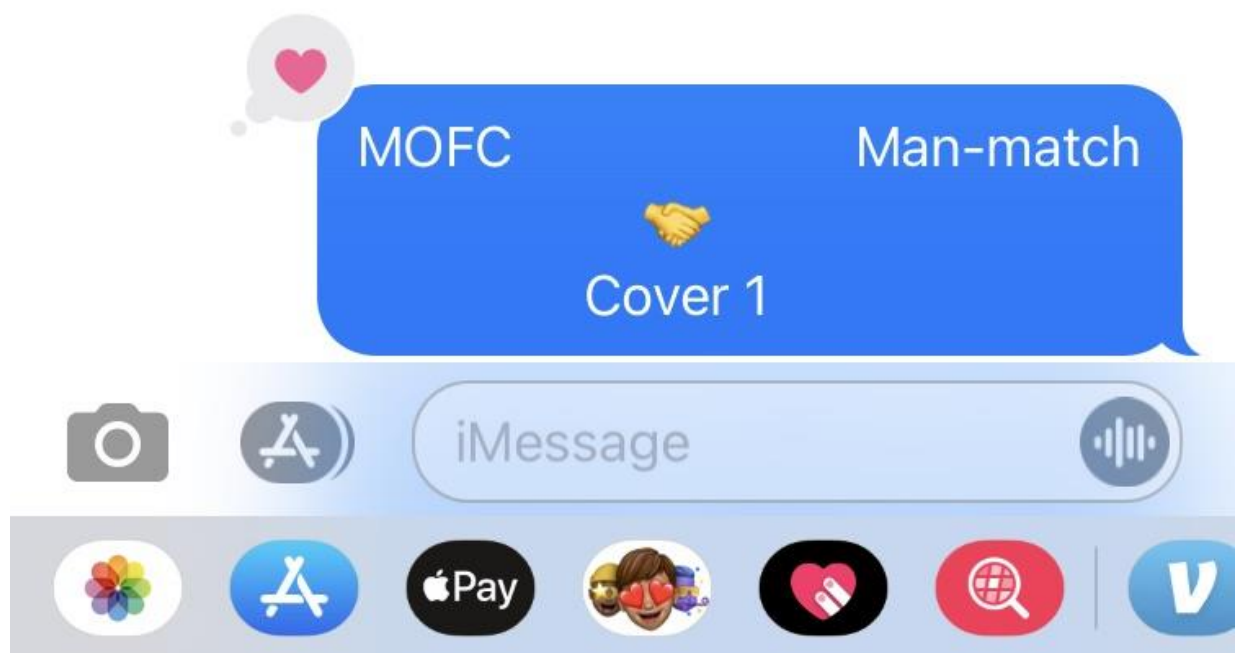
- **Introduction and overview**
- **Pros and cons**
- **Dividers and position maintenance in middle of the field closed coverages**
- **Coverage roles and responsibilities**
 - **Middle of the field safety**
 - **Low hole defender: shallow “Rat”**
 - **Coverage combos**
- **Slot man coverage techniques**
 - **Scotch technique**
 - **Press technique**

Contents, Course 2

- **Why different coverage rotations?**
- **Important questions**
- **Cover 1 Rotations – Sub Personnel**
 - **1 Invert**
 - **1 Key**
 - **1 Buck**
 - **1 Rat**
- **Cover 1 Rotations – Base Personnel**
 - **1 Alert**
 - **1 Key**
 - **1 Tight**
- **Formation, split, and motion adjustments**
- **Run fits from even and odd spacing**
- **Simulated pressures**
- **Five-man pressures**

Overview

- **Man-match coverage with a middle of the field safety and low hole defender, using a four-man rush**
- **Cover 1: “The best coverage in ball.”**
- **Union of MOFC-based coverage systems and man-match coverage systems**



Man-Free: Pros

- **Defend the middle of the field**
- **Have enough players to fit the run game**
- **Versatile: can play it in against most/all offensive formations and situations**
- **Play close coverage on all routes**
- **No one is in run/pass conflict**
- **Teaching carryover with 3-deep zone coverages**
- **Ability to get a 5th rusher if the RB stays in protection**
- **Easily adaptable to play pressure coverages with a 5- or 6-man rush**

Throws by Field Location



Short

53 Throws
4.37 Avg.
68% Comp.

30 Throws
5.39 Avg.
55% Comp.

72 Throws
3.59 Avg.
62% Comp.

Boundary

17 Throws
6.11 Avg.
53% Comp.

Middle

13 Throws
5.0 Avg.
21% Comp.

Field

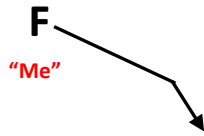
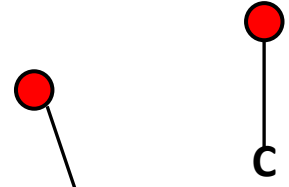
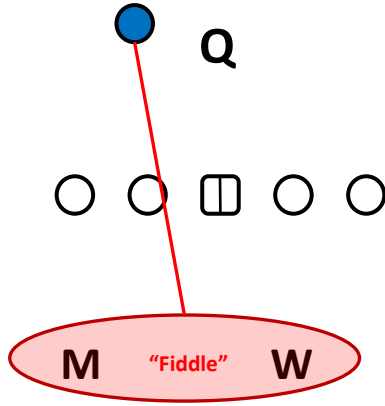
26 Throws
4.73 Avg.
42% Comp.

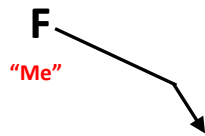
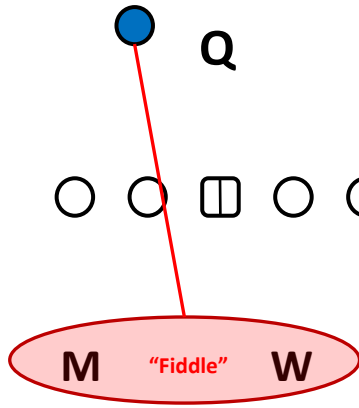
Deep

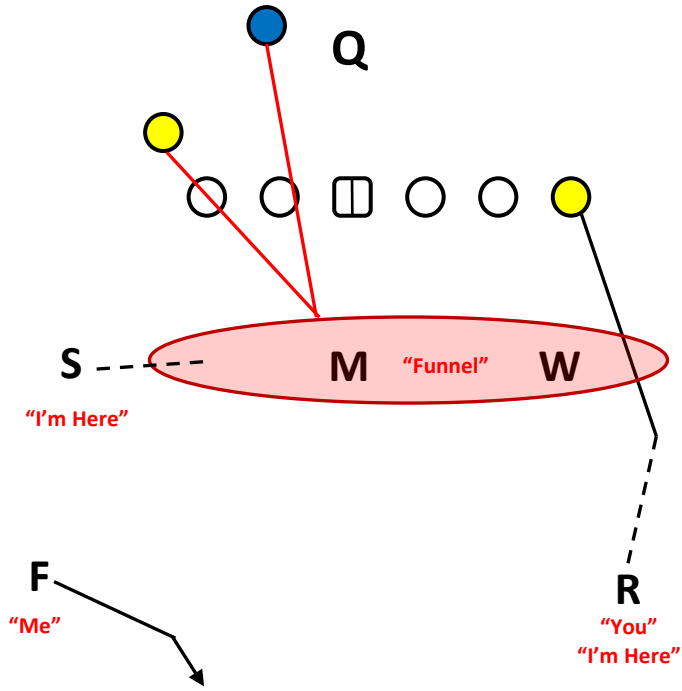
45 Throws
5.72 Avg.
23% Comp.

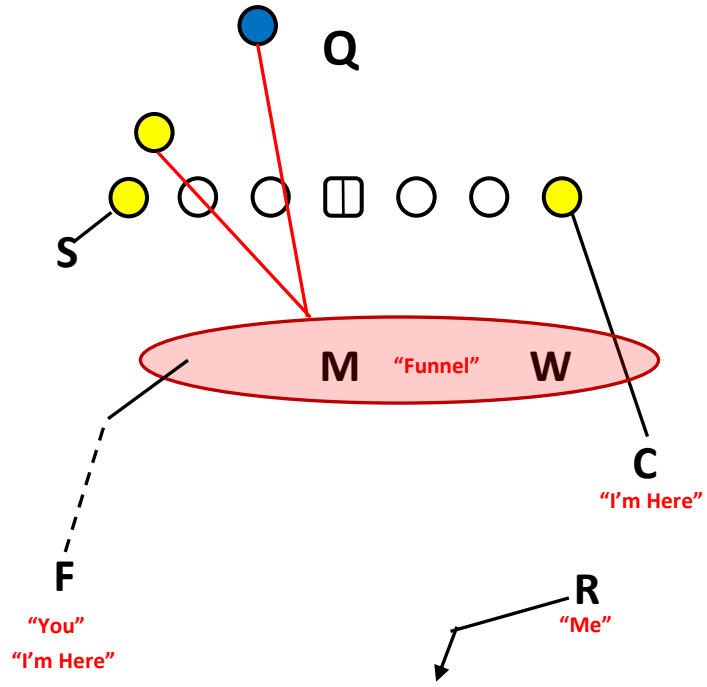
29 Throws
12.54 Avg.
38% Comp.

23 Throws
3.59 Avg.
27% Comp.









Man-Free: Cons

- **Potential matchup issues**
- **Handling / repping all formation adjustments**
- **Bigger offensive personnel groups make your coverage combinations on the inside more complicated**
- **Difficult to disguise**

MOFC Position Maintenance

- **Playing with dividers and maintaining proper position applies to all man coverage defenders in Cover 1 (as well as other coverages with a middle of the field safety)**
 - **Position maintenance: your position on the receiver relative to where your help is**
 - **Ex. Inside on top, outside on top, outside trail, inside trail**
 - **The point is: where do you have help?**
 - **If you're in an area where you DO have help: play outside and underneath**
 - **If you're in an area where you DON'T have help: play inside and on top**
-

MOFC Dividers

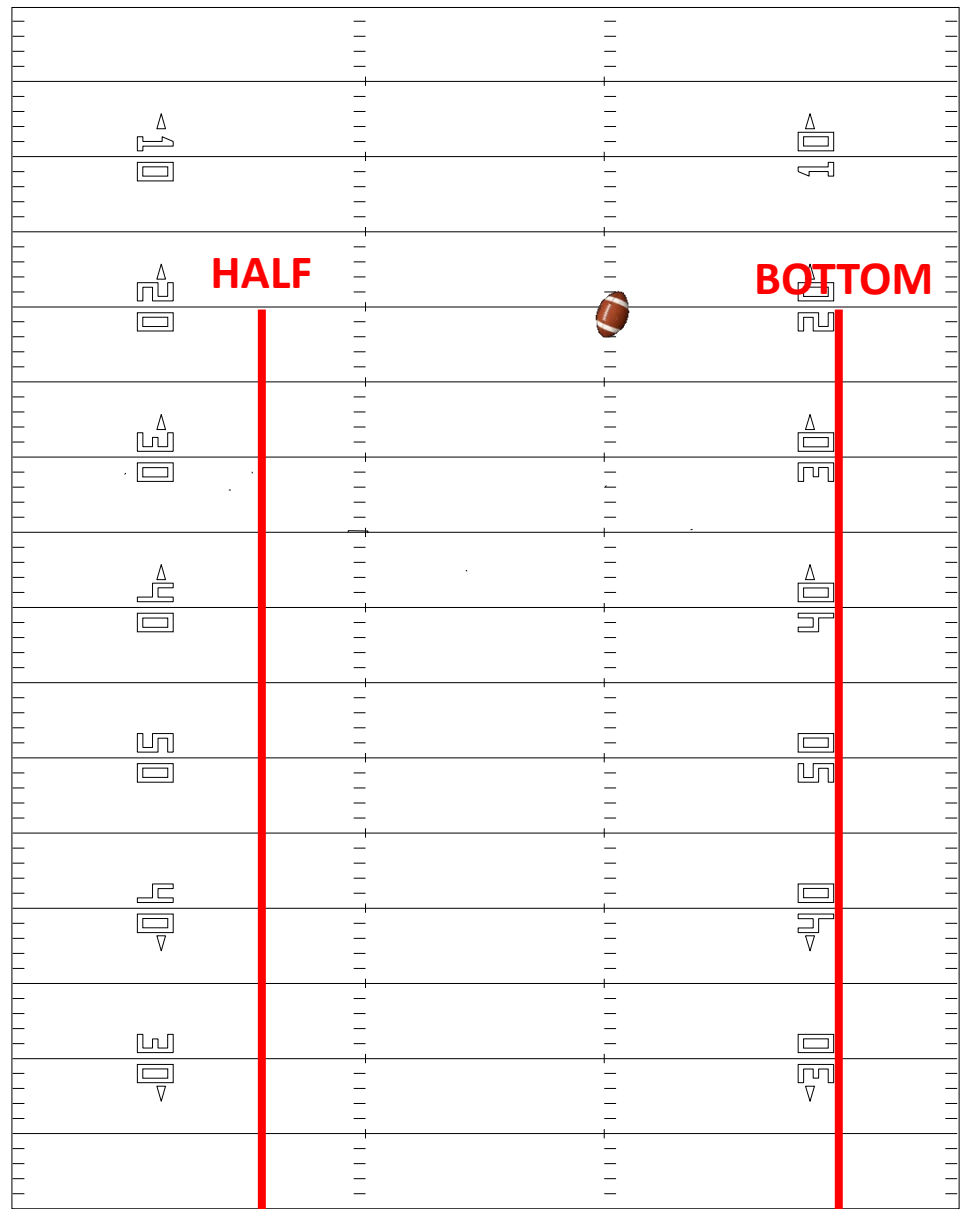
- **Dividers are imaginary lines that run down the field (pre- and post-snap) that tell you where the middle of the field safety can help you**
 - **When your man is inside the divider: you should be outside leverage and slightly underneath (you have inside help)**
 - **When your man is outside the divider: you should be inside leverage and on top (you have no help)**
 - **When in doubt: assume you have no help (treat it like he is outside the divider)**
- **“Divider leverage” – think of it like you are always between the divider and your man**
- **Coaching point: align on the divider before the offense lines up so it puts it in the DB’s head. Then take proper position based on the receiver’s alignment.**
- **Dividers: “Half, 1, Bottom” (far hash, middle of the field, near hash)**

Dividers: Ball on Hash

"HALF, 1, BOTTOM"

Ball on far hash: divider is half way between the numbers and hash

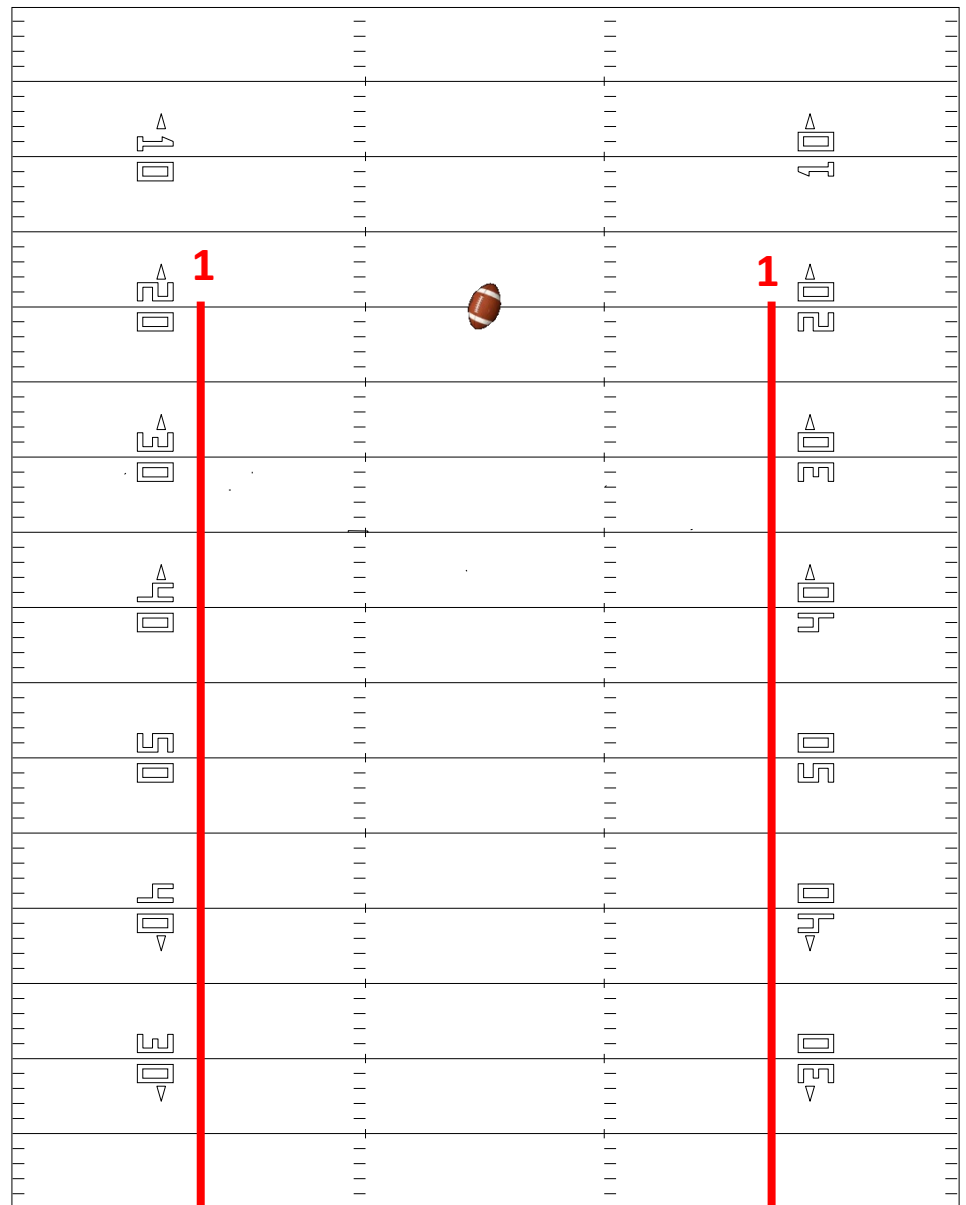
Ball on the near hash: divider is the bottom of the numbers



Dividers: Ball Middle of Field

“HALF, 1, BOTTOM”

**Divider is one yard
inside the top of the
numbers on both sides.**

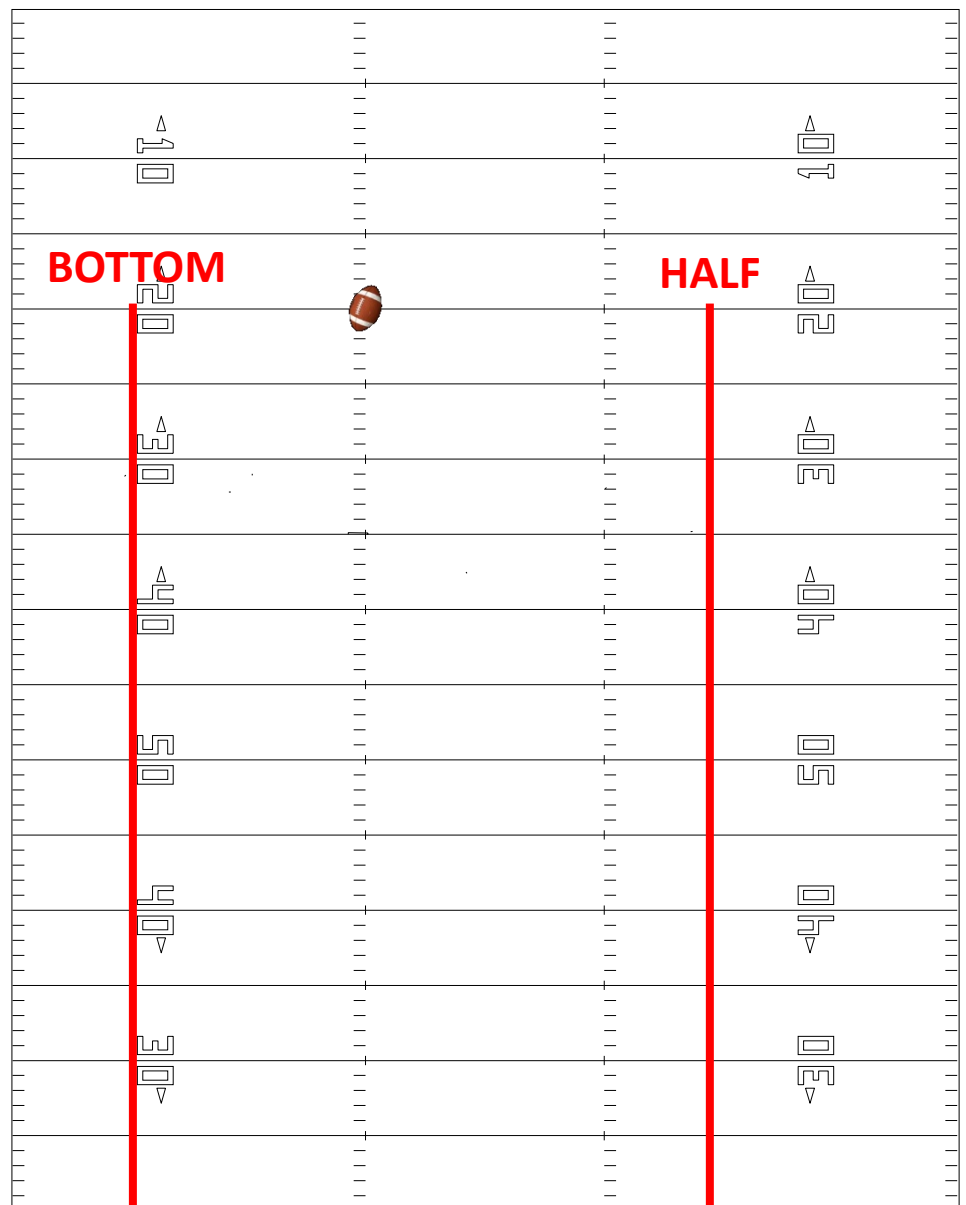


Dividers: Ball on Hash

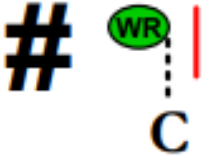




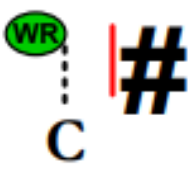
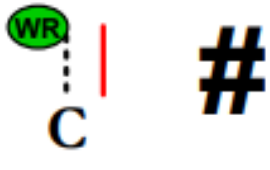
"HALF, 1, BOTTOM"

Ball on far hash: divider is half way between the numbers and hash

Ball on the near hash: divider is the bottom of the numbers



MOFC Dividers

<p>B/T THE NUMBERS & HASH</p>  <p>WR ALIGNS OUTSIDE THE DIVIDER = CORNER INSIDE LEVERAGE</p>	<p><u>BALL ON THE HASH</u></p>	<p>BOTTOM THE NUMBERS</p>  <p>WR ALIGNS INSIDE THE DIVIDER = CORNER OUTSIDE LEVERAGE</p>
<p>1 YARD ON TOP OF #'S</p>  <p>WR ALIGNS INSIDE THE DIVIDER = CORNER OUTSIDE LEVERAGE</p>	<p><u>BALL IN MOF</u></p> 	<p>1 YARD ON TOP OF #'S</p>  <p>WR ALIGNS OUTSIDE THE DIVIDER = CORNER INSIDE LEVERAGE</p>
<p>BOTTOM THE NUMBERS</p>  <p>WR ALIGNS OUTSIDE THE DIVIDER = CORNER INSIDE LEVERAGE</p>	<p><u>BALL ON THE HASH</u></p>	<p>B/T THE NUMBERS & HASH</p>  <p>WR ALIGNS INSIDE THE DIVIDER = CORNER OUTSIDE LEVERAGE</p>

Dividers & Position Maintenance

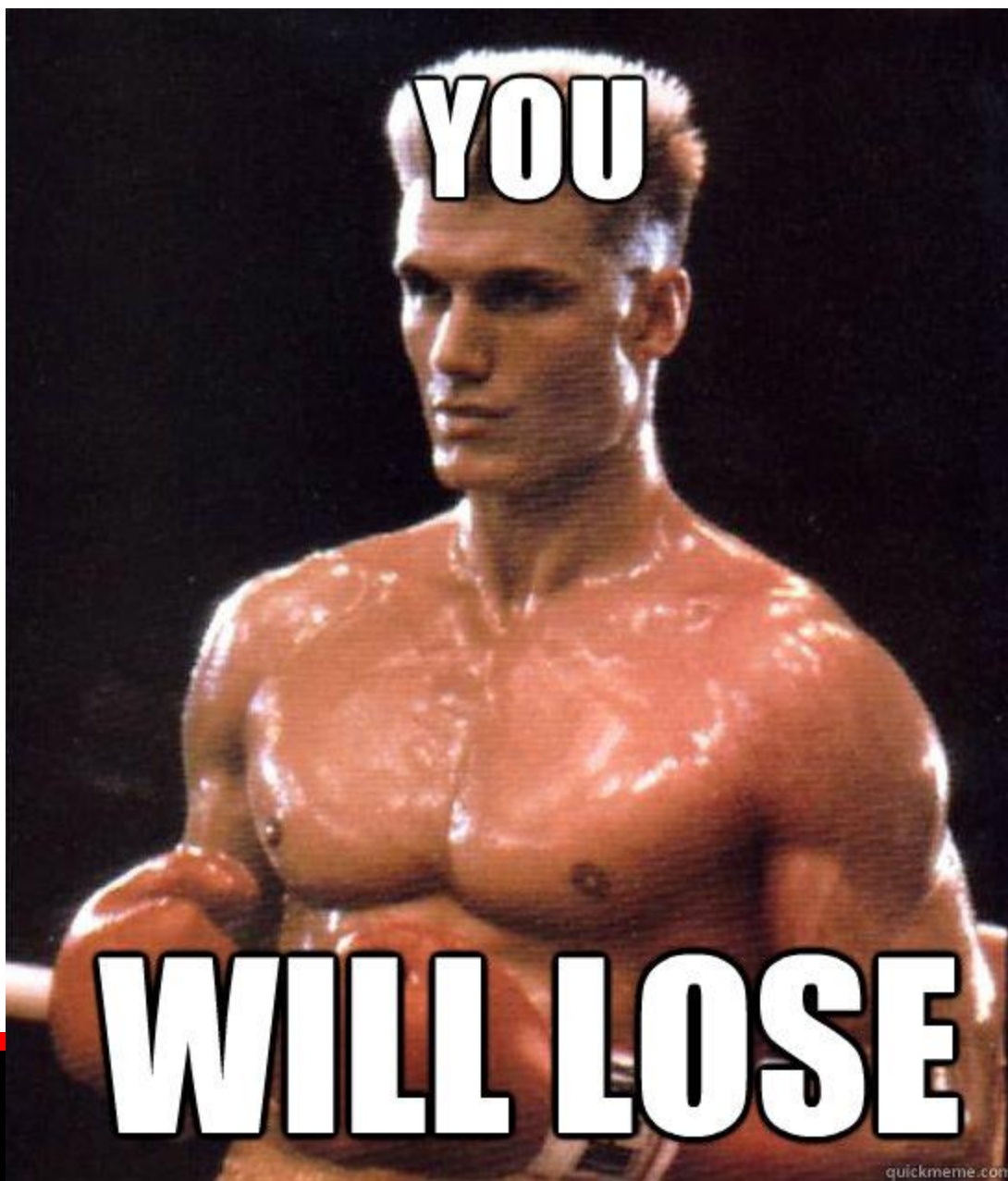
- **Q: What's the big deal?**

Dividers & Position Maintenance

- **Q: What's the big deal?**
- **A: If you have equal or lesser talent and you DON'T use your help, the offense wins.**

Dividers & Position Maintenance

- Q: What's the big deal?
- A: If you have equal or lesser talent and you DON'T use your help, the offense wins.



Dividers & Position Maintenance

- **Examples**
- **Good and bad**
- **Start at inside positions and work out**

Middle of the Field Safety

- **“Me/You” calls to make sure we know who is deep (opposite player is playing man or involved in a combo)**
- **Eliminate big plays by providing help in the middle of the field (or knocking down a run play)**
- **Get to the middle of the field first, then worry about run or pass**
- **True middle of the field (think of divider rules) unless it’s a formation with very unusual splits**
- **Reading QB shoulder’s front shoulder (left/right and high/low)**
- **Weave to QB’s first look, break on second look, speed turn to third look**

Coverage Roles

- Because we have six underneath coverage players for the five eligible receivers, we will always have a numbers advantage on the inside receivers
- Several options for the extra defender:
 - 1. Low hole defender who can “cut” shallow routes
 - Best option if you’re going to major in Cover 1
 - 2. Vision and break on QB’s throw
 - Best option if you’re going to minor in Cover 1
 - 3. True QB spy: no depth, add on or delayed rush by game plan. Everyone else play it like Cover 10 with no help on the shallow inside
 - Specialty call for a very mobile QB
 - 4. Double a designated receiver (probably with an extra DB subbed in). Everyone else play it like Cover 10 with no help on the shallow inside
 - Specialty call for a great receiver

“I got this rat...”

- **The shallow rat is a low hole player that can ‘cut’ shallow crossing routes. All other interior players will have outside leverage, but the rat has leverage on any shallow crosser**
- **If there is no shallow route, the rat player will vision the QB and break on his throw. Work to provide presence on intermediate routes in the middle of the field**



Rat: “Cut” Mechanics

- **Drop over the ball with no depth until you’re sure there is no shallow crosser, then get to 8 yards deep or so**
- **By game plan, look for the shallow crosser coming from: 3-WR side, passing strength, a reduced split, motion in, “rat alert,” bunch, etc.**
- **The man defender whose player runs the shallow should communicate “RAT” to the rat. The rat will say “CUT” to confirm that he will take the route**
- **Once the rat cuts a route, it is his man until the whistle.* He should play underneath the route to take away the easier throw**
- **The initial man coverage defender should squeeze his man inside and underneath and will not come off of his man until he delivers the route to the rat and is sure the rat is handling it (he may not have the rat due to play-action or multiple “rat” calls at the same time)**

Rat: “Cut” Mechanics

- The defender whose man is ‘cut’ by the rat becomes the NEW shallow rat and will “Robot”
- “Robot”: roll and run to the middle of the field looking for the dig or drag. The new rat and can cut the next crossing route (usually looking for a dig, never flipping back toward the QB)
- In a 2x2 the dig usually comes from the opposite side of the field. In a 3x1 the dig usually comes from the SAME side
- Using the “cut & robot” allows us to create three levels of defenders to handle a three-level vertical stretch in the middle of the field
 - For each route, we have a defender who is at the proper depth and has the proper leverage

Man Coverage Defenders

- **Corners, other safety, linebackers, nickel**
- **Depending on the coverage rotation and formation, a defender may end up on a detached receiver or in the core of the formation**
- **Defenders on a detached receiver align using divider leverage. Can't give up a completion to your leverage side**
 - **"The worst thing is to give up an *inside* release *outside* the divider. The safety can't make the play and (the corner) can't make the play either."**
- **Defenders in the core of the formation may be involved in a combo**

Combos

- Because we have six underneath coverage players for the five eligible receivers, we will always have a numbers advantage on the inside receivers
 - 0 backs = 1 on 0 (empty only)
 - 1 back = 2 on 1 – **Fiddle**
 - 2 backs = 3 on 2 – **Funnel**
 - 3 backs or 2RB/1TE: 4 on 3*
- The player who ends up without a dedicated man will play the role of the shallow “rat”

Combos

- **You need to have designations for your combinations, so the defensive players know who they are working with**
- **Fiddle (2 on 1): two LBs are responsible for**
 - **Covering the RB (add if he blocks)**
 - **Playing the shallow rat**
- **Funnel (3 on 2): three defenders are responsible for**
 - **Covering two offensive players in the backfield**
 - **Playing the shallow rat**
- **Funnel “first back” rule: once the first back declares to a side, the defender to that side owns him (he will not come off and take the second man, even if the second man out-leverages the first man). The middle defender always has the second back if they both go the same direction**

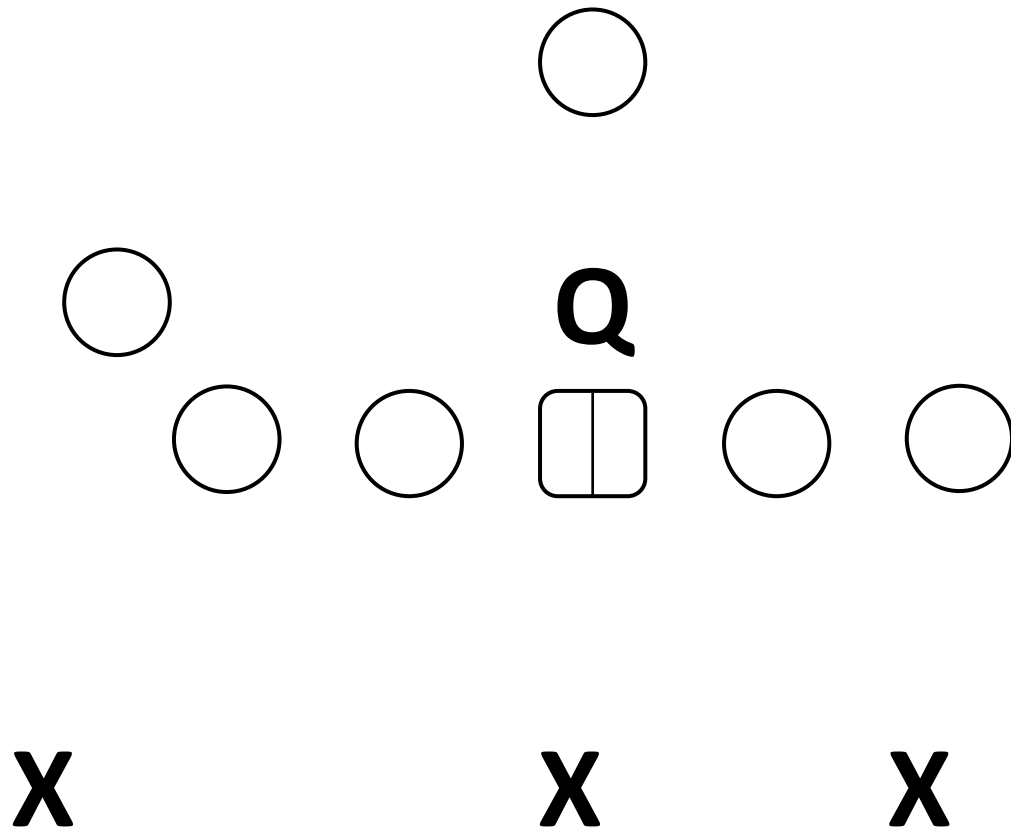
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 - **The only time the outside defender will come off the first back is if he swipes inside post-snap**
 - **The middle defender always has the second back if they both go the same direction**

“First Back” Rule



- **Funnel “first back” rule: once the first back declares to a side, the outside defender to that side owns him**
 - **The only time the outside defender will come off the first back is if he swipes inside post-snap**
 - **The middle defender always has the second back if they both go the same direction**

Slot Man Techniques

- **Off alignment:**
 - Backpedal
 - Shuffle
 - Scootch
 - Catch (flat-footed)
- **Press alignment:**
 - Hard jam
 - Bail
 - Motor / inch technique



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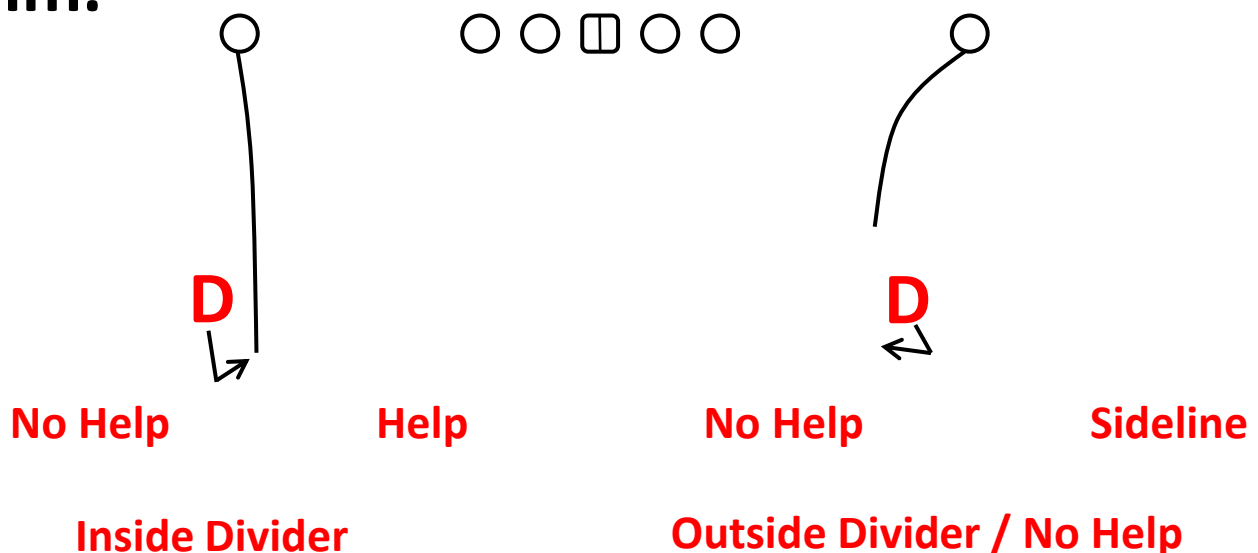
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Slot Man Technique: Scootch

- **Align 6-7 yards off the man, using divider leverage in cover 1, with the leverage foot up**
- **Use your leverage to take something away. Take the leverage to the side you don't have help**
- **Quick and short kick-slide steps while gradually opening up towards your man**
- **Feet in position to break at all times**
- **Absorb the route and get into a half-turn. The half-turn puts you in a position to be able to play close coverage, break when he breaks, and run the route for the WR**
- **In the half-turn, the DB can:**
 - **Break downhill**
 - **Turn uphill**
 - **Break the direction you're facing**
 - **Using your body position and leverage, disrupt the route to the side where you don't have help**

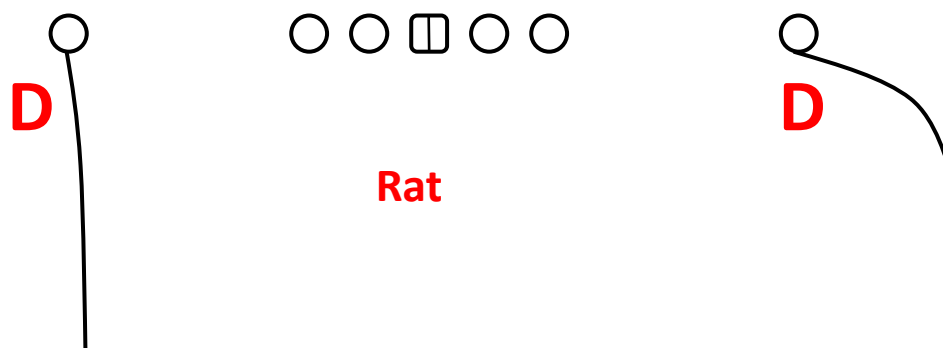
Slot Man Technique: Scootch

- Half-turn with your butt to the side you don't have help
- Ex. Outside leverage: defend outside routes with your leverage, defend inside routes because you're already facing that direction
- Can get hands on if possible. Prefer to get some disruption on the route before he gets to the breaking depth of an intermediate route
- Hard release at your leverage: stick your feet and get square so you don't overrun him.



Slot Man Technique: Press

- Outside the divider > inside and on top > off alignment
- Inside the divider > outside and underneath > press alignment
- Press technique: standard motor / inch technique. Possibly play it slightly more flat-footed (guaranteed inside deep help)
- Align wide enough to force an inside release into your help (make it be a drastic outside release – cut him off vertically and get inside and on top)



MOF Safety

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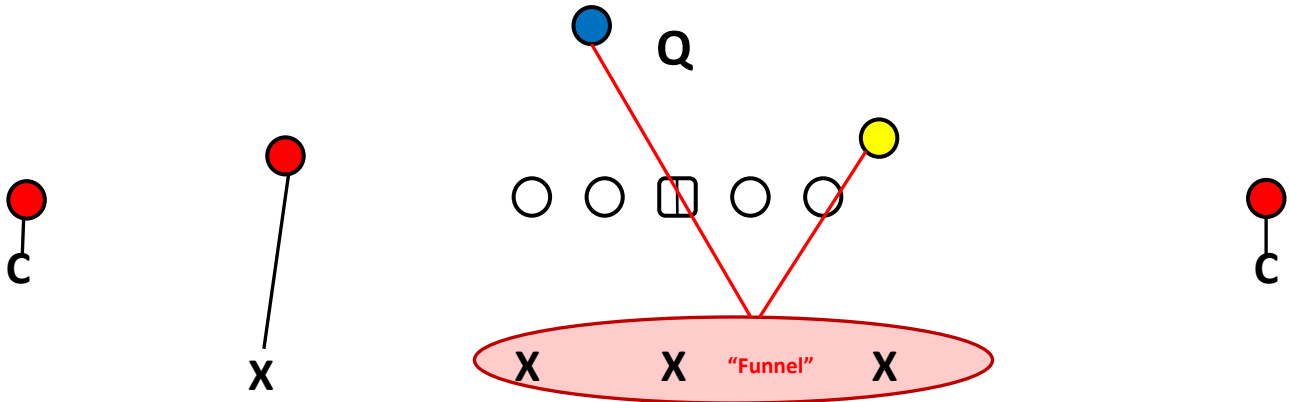
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 - **1 Buck**
- **Cover 1 Rotations – Base Personnel**
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 - **1 Alert**
 - **1 Tight**
- **Even spacing run fits**
- **Odd spacing run fits**
- **Formation, split, and motion adjustments**
- **Cover 1 / 10 Pressures**
 - **Four-man (Simulated) pressures: 1 Rat**
 - **Five-man Base pressures**
 - **Five-man Sub pressures**
 - **Six-man peel pressures**
 - **Nickel pressures**

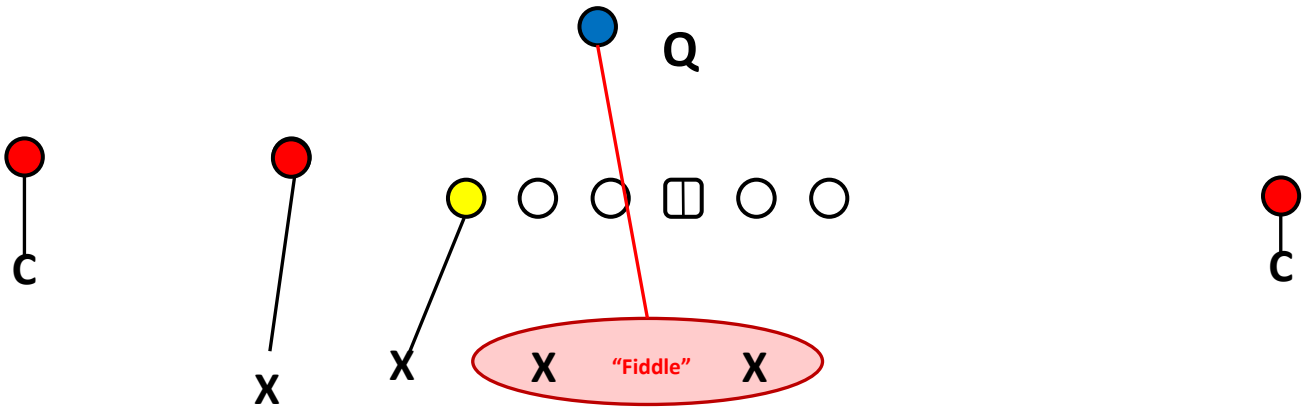
Why different rotations?

- **Cover 3 teams have different rotations**
- **2-high teams have different coverage tools depending on the flank**
- **Same for man-free teams: different tags for different reasons**
- **“Xs on the board”**
- **Account for different defensive and offensive personnel groups**
- **Allow for flexibility on different matchups (slot WR, TE, etc.)**
- **Give defenders better ways to run fit off of their coverage responsibility**
- **Different ways to handle motions and shifts**

"Xs on the board"



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Important Questions

- Which personnel groups do you want to play it against?
- Defensive personnel: Base (4 DBs) vs. Sub (5 DBs)
- Offensive personnel:
 - 10P: should be in Sub
 - 11/20P: Base or Sub**
 - 12/21+: should be in Base
- How are you handling nub/single-width formations?
- Who is covering #2 to the passing strength?
- In 12/21 personnel, who is covering the tight end?
- How are you handling a TE off the ball?

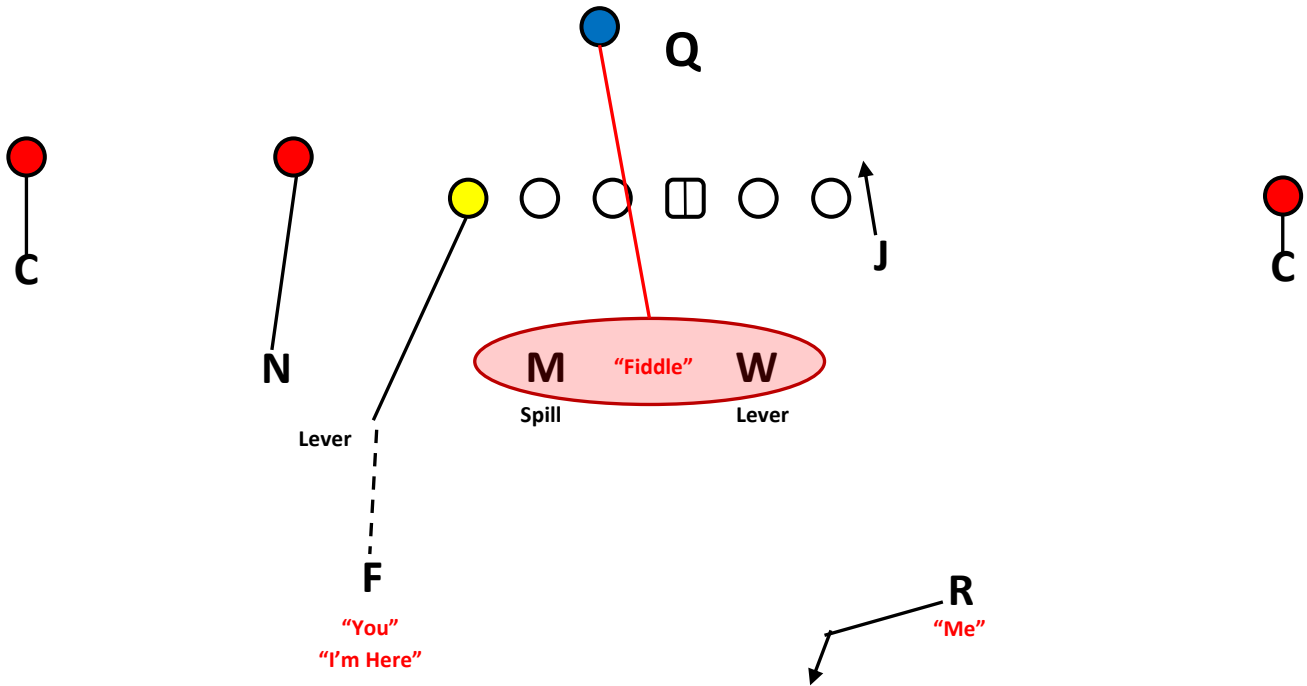
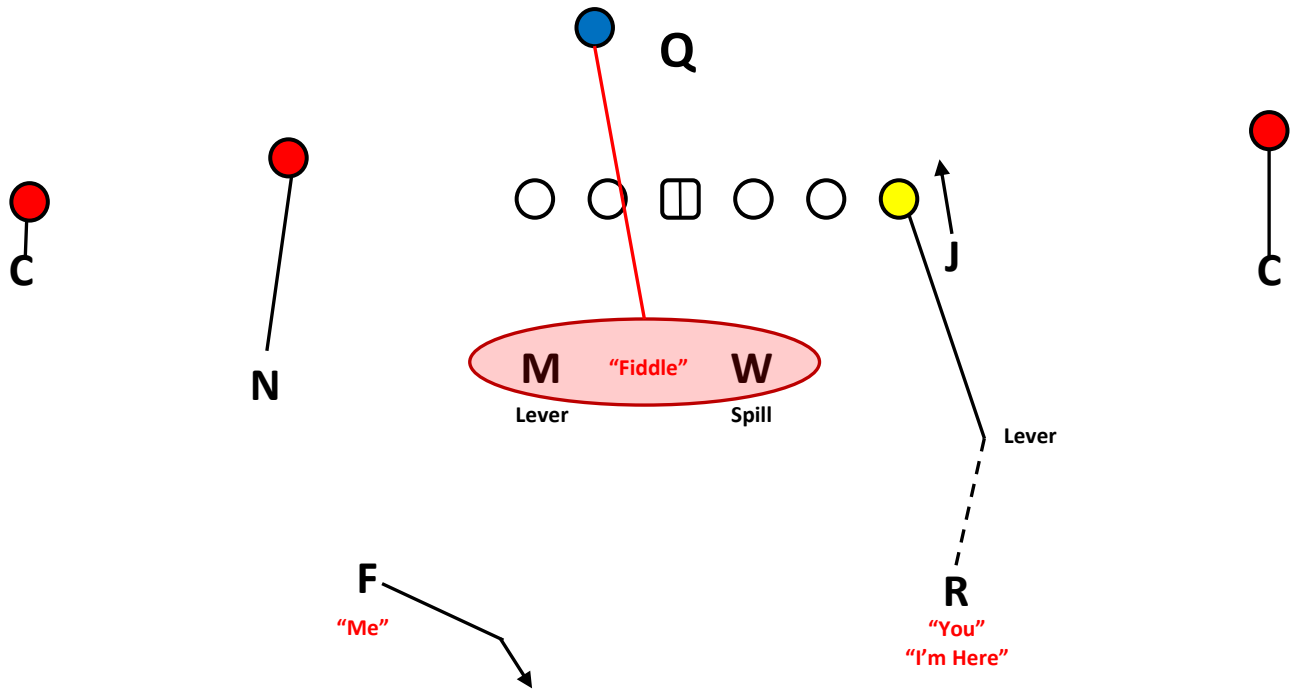
Stipulations

- **Corners always match up with a receiver body. If there is a nub TE to their side, the only time they wouldn't go over is if there is no one to cover on the far side (22 personnel, Nickel vs. 12/21, etc.)**
- **Any tight end on the LOS will be handled by one defender (not involved in a funnel)**
- **Any two back formations (including Y off or a TE-wing set) will be handled either with a funnel or with the safeties keying the designated back. This makes it so you never have to chase the FB/H across the formation – you always have leverage on him**
- **Try to keep LBs from having to cover a receiver**

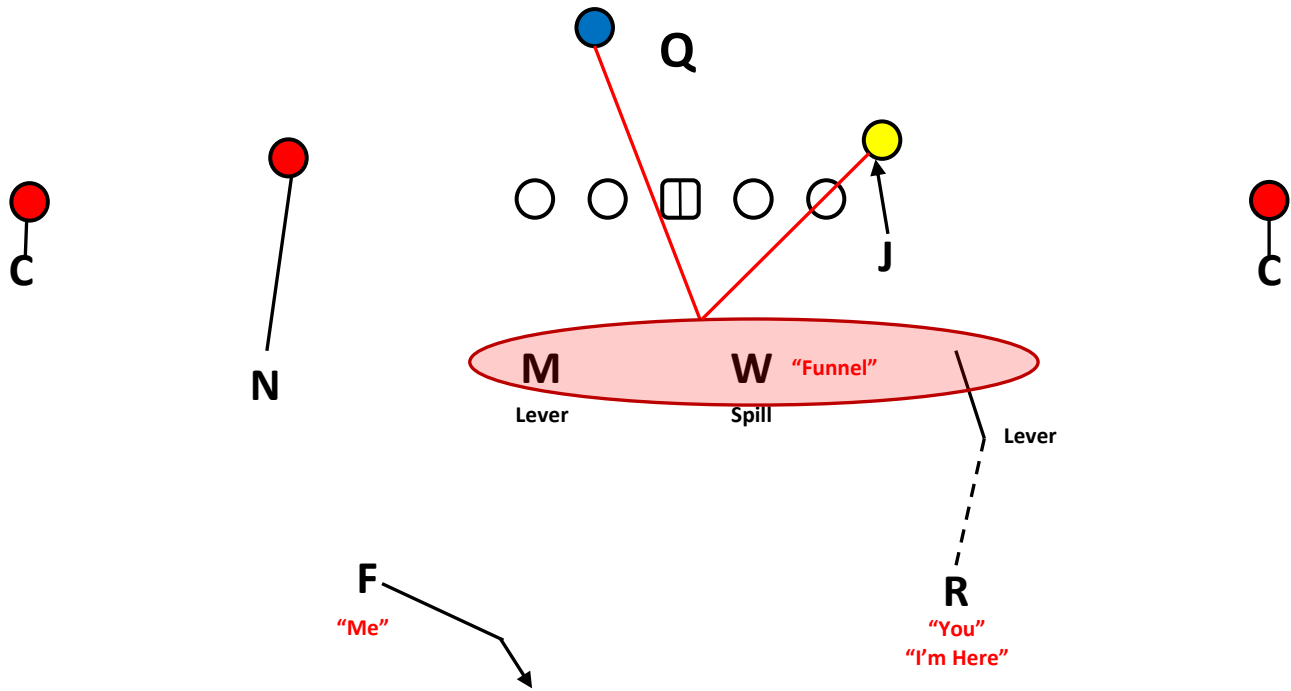
Sub – 1 Invert

- **Defensive personnel: Sub**
- **Offensive personnel: 10, 11, or 20**
- **Description: Nickel covers #2 to passing strength, Safeties cover other inside receiver (possible funnel with LBs)**
- **Strengths:**
 - **Nickel coverage on slot receiver**
 - **Safety coverage on TE**
- **Weaknesses:**
 - **Safety involved in run fit vs. 11 or 20 (adds complexity for LBs)**
 - **May need to change which safety is in the run fit depending on H-Back /FB motion/shift**
 - **Difficult to handle larger personnel (12/21)**
 - **Nickel must handle slot receiver motion on his own**

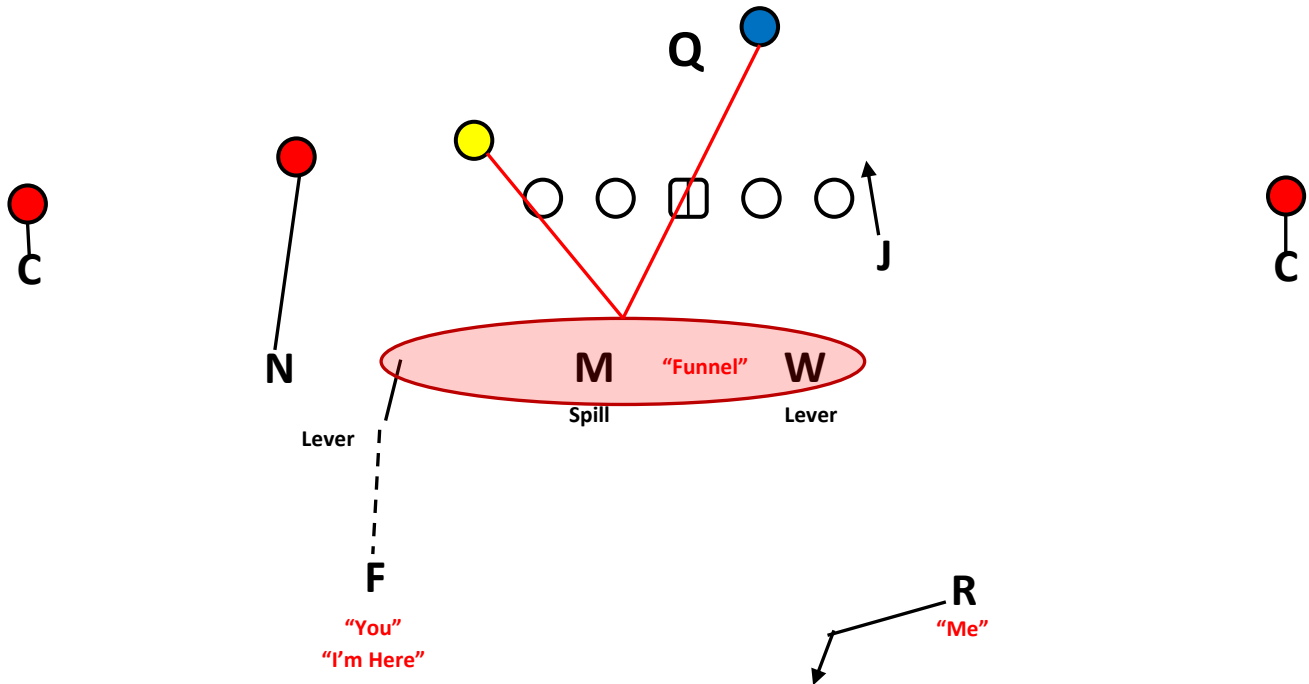
Sub – 1 Invert



Sub – 1 Invert

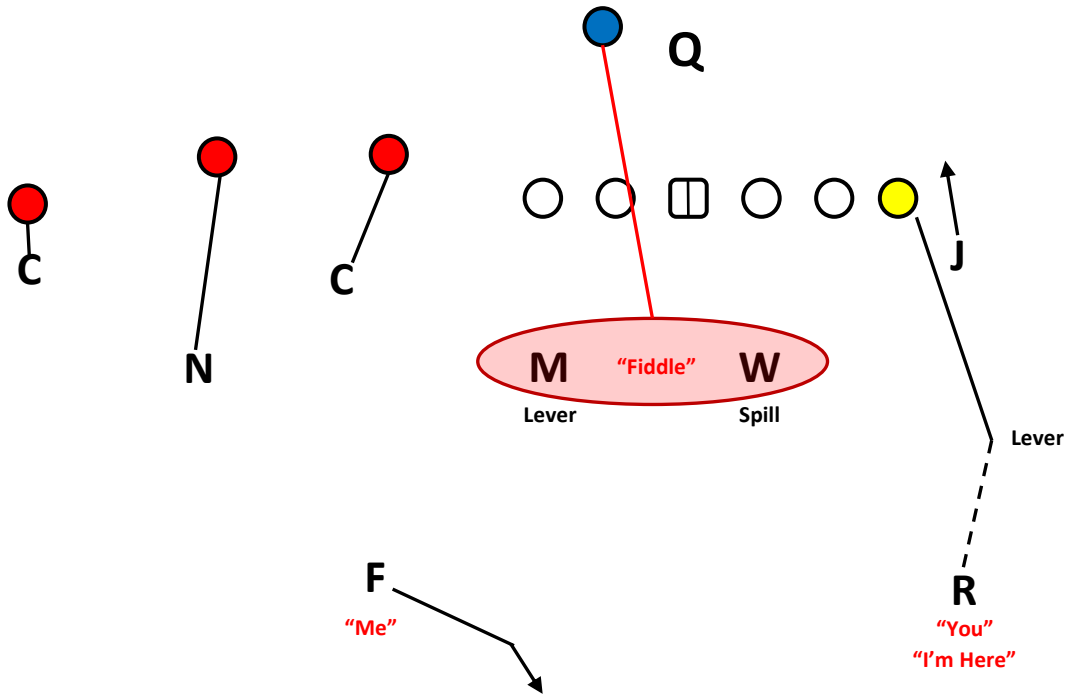
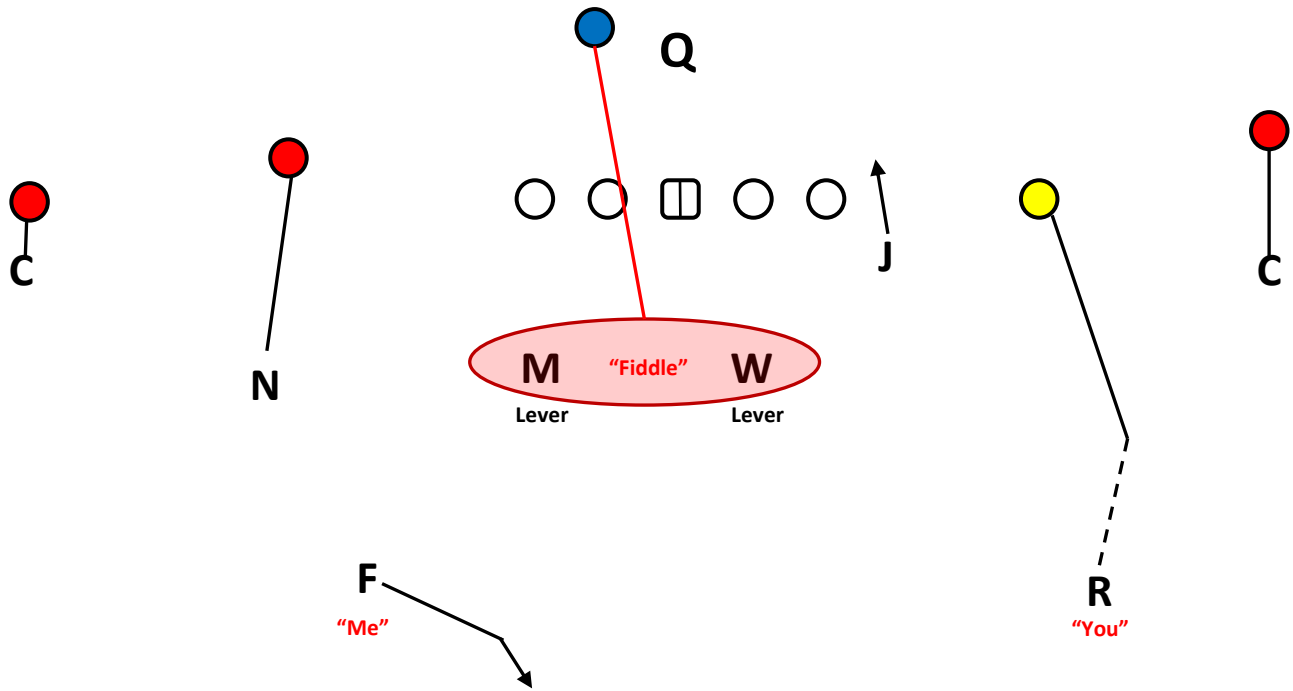


***Safeties rotate to the extra inside receiver**



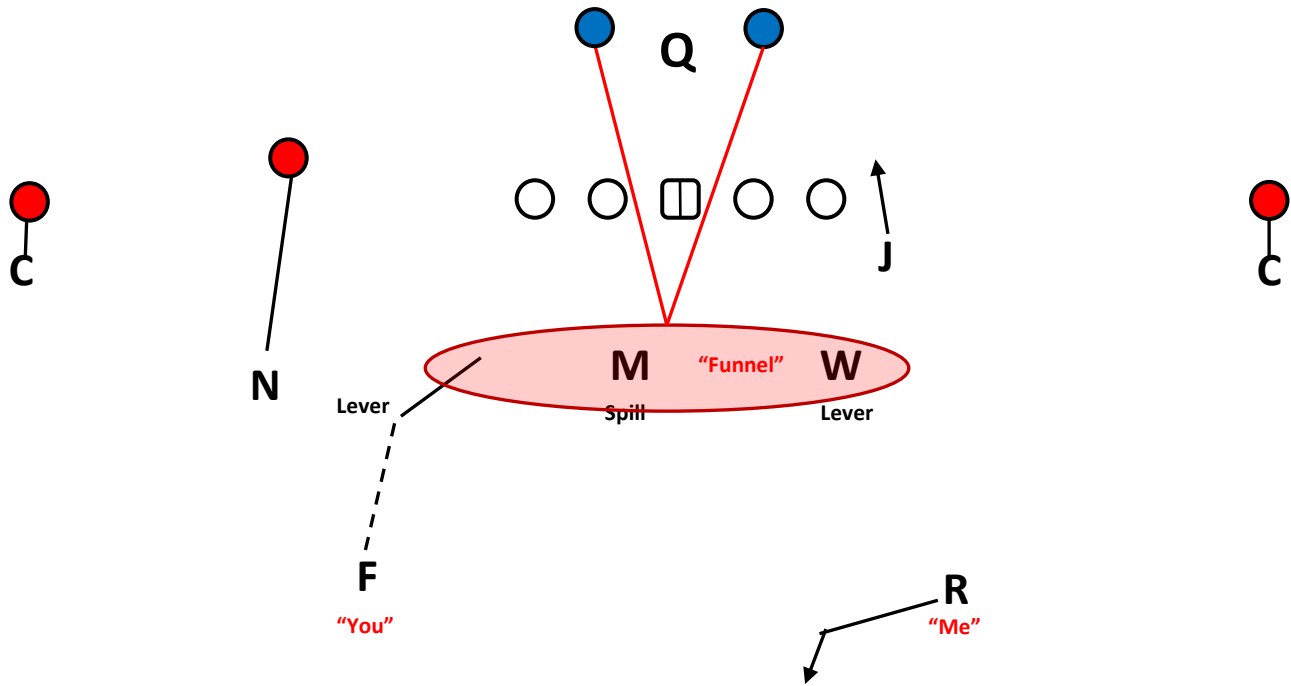
***Safeties rotate to the extra inside receiver**

Sub – 1 Invert

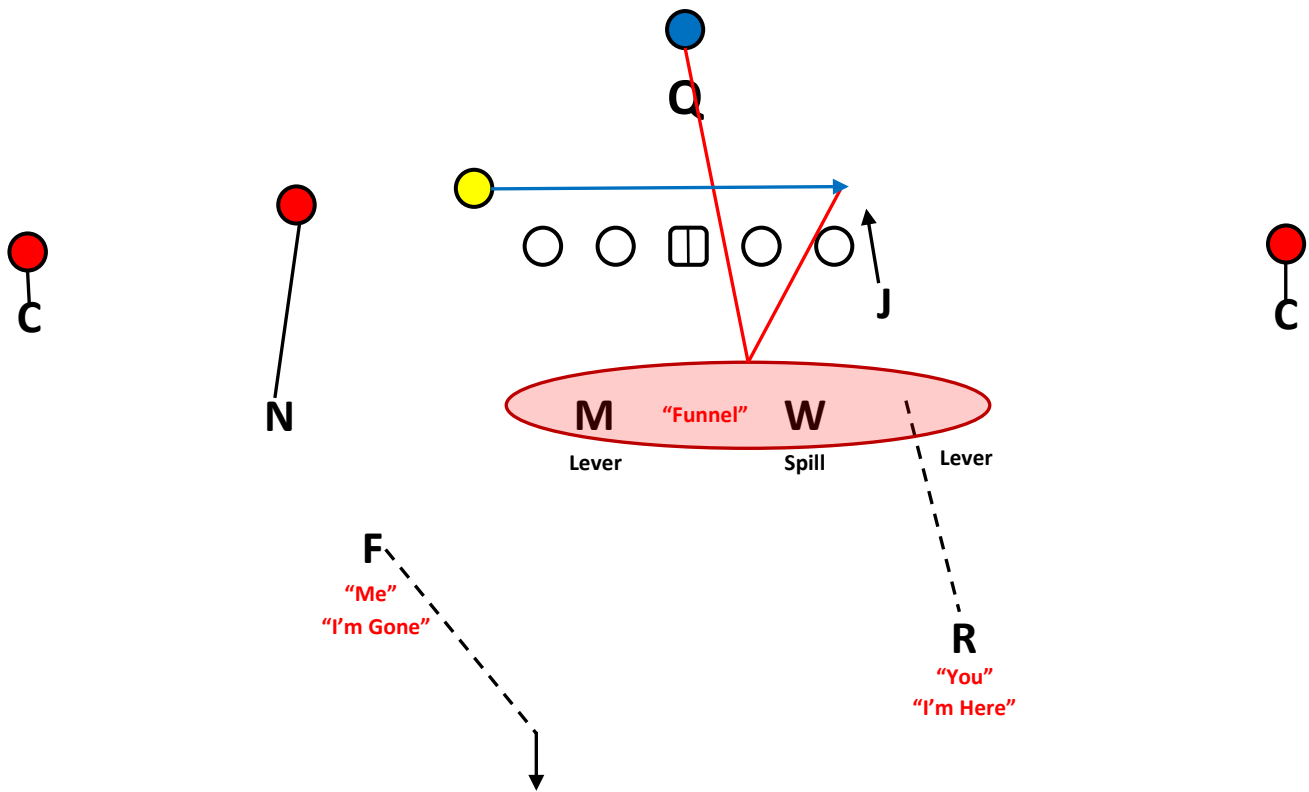


*CB over vs. single-width

Sub – 1 Invert



*Safeties rotate to the passing strength vs. I formation or split backs



*Safeties change rotation vs. motion

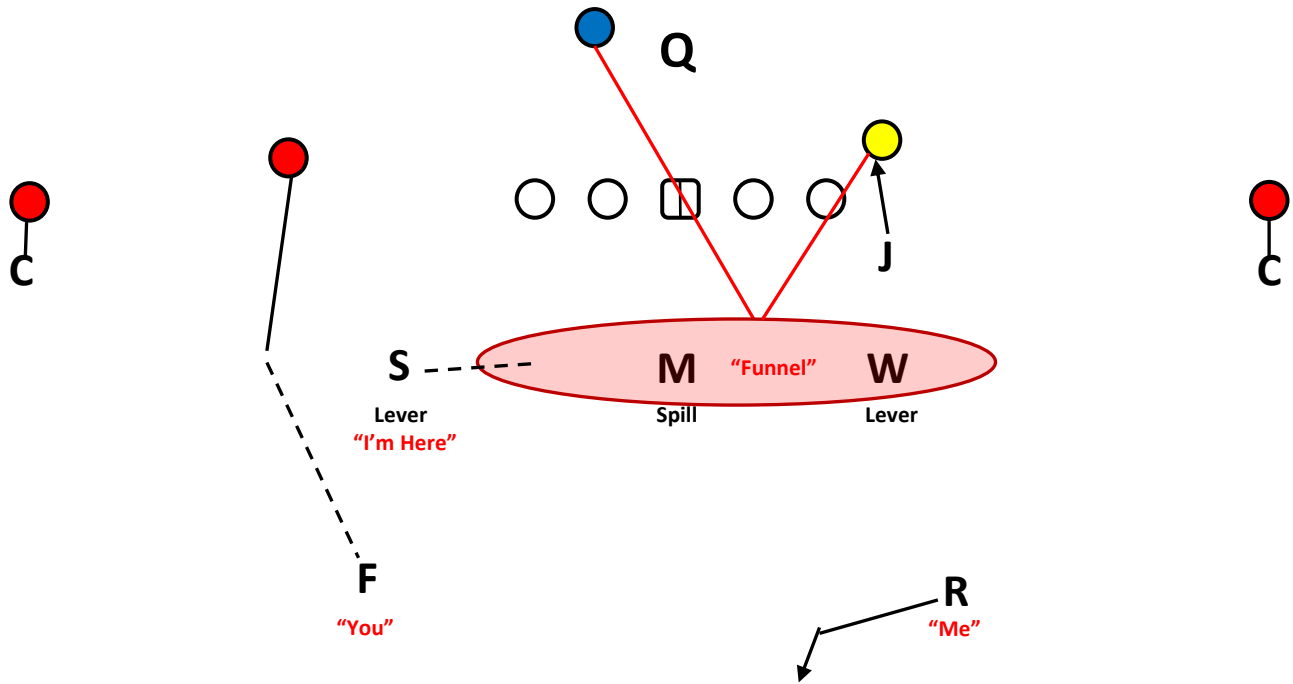
Sub/Base – 1 Key

- **Defensive personnel:**
 - Base vs. 12 or 21 personnel
 - Sub vs. 11 or 20 personnel
- **Offensive personnel: see above**
- **Description: Safeties “key” on the moveable gap (Y/FB). LBs (and nickel) handle other inside receivers. Safeties align 2x10 outside the EMLOS**
- **Strengths:**
 - Always have leverage on the moveable gap
 - Good for coverage on the Y/FB
 - Use when the Y/FB takes you to the ball
 - Use when getting a lot of Y/FB motion
 - Simplify fits: ILBs can fiddle the TB and treat it like the moveable gap isn't there
 - Can hold disguise showing a 2-high look
- **Weaknesses:**
 - Must be 100% on the same page with safeties keying the Y/FB
 - Possible matchup issues with LB covering TE in 12/21
 - In Sub the Nickel must handle slot receiver motion on his own

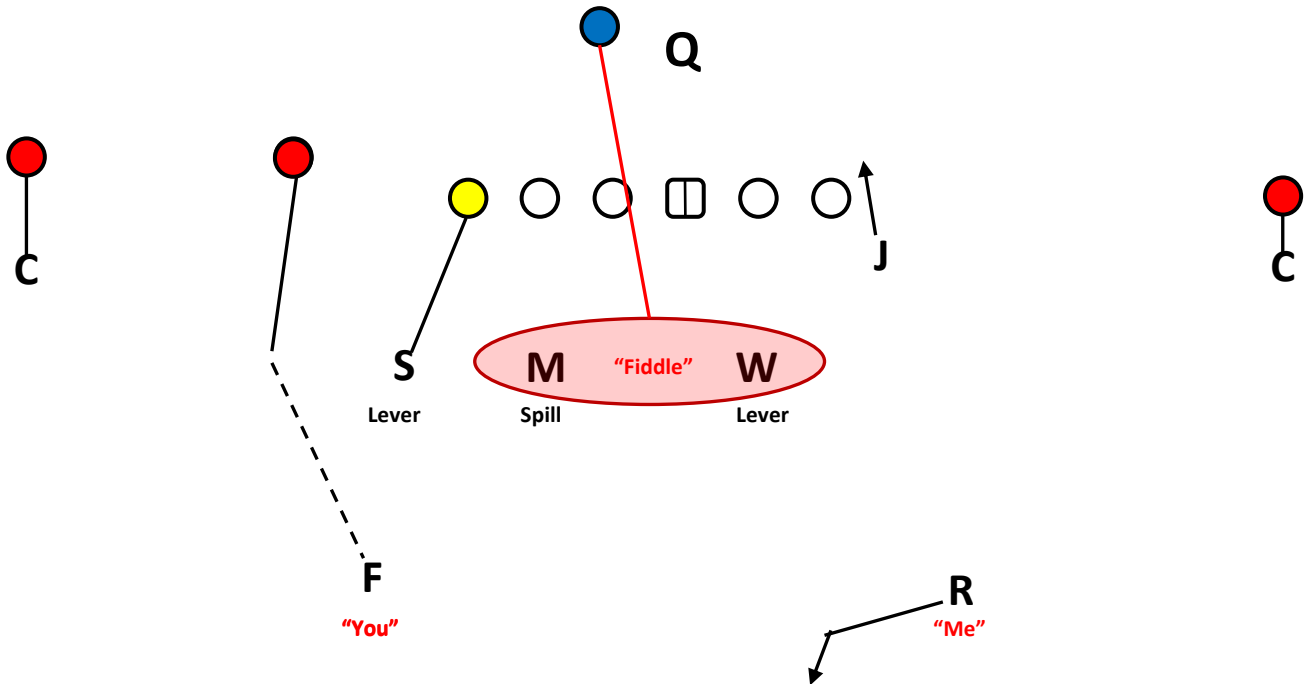
Base – 1 Alert

- **Defensive personnel: Base**
- **Offensive personnel: primarily 11 or 20, possible 21**
- **Description: 3 LBs cover TB and TE/FB (possible funnel), Safety cover the extra inside receiver**
- **Strengths:**
 - **Keep 3 LBs in the core for run support**
 - **Simplify LB fits – the same 3 players are always working together**
 - **Safeties can handle motion by the slot receiver**
 - **If the TE is a good receiving threat in 21 personnel, can put the safety on him**
- **Weaknesses:**
 - **Difficult to handle smaller personnel (10)**
 - **Possible matchup issues with Safety on slot receiver**
 - **Possible matchup issues with LB covering TE**
 - **Possible leverage issue in 12 vs. TE-wing set**

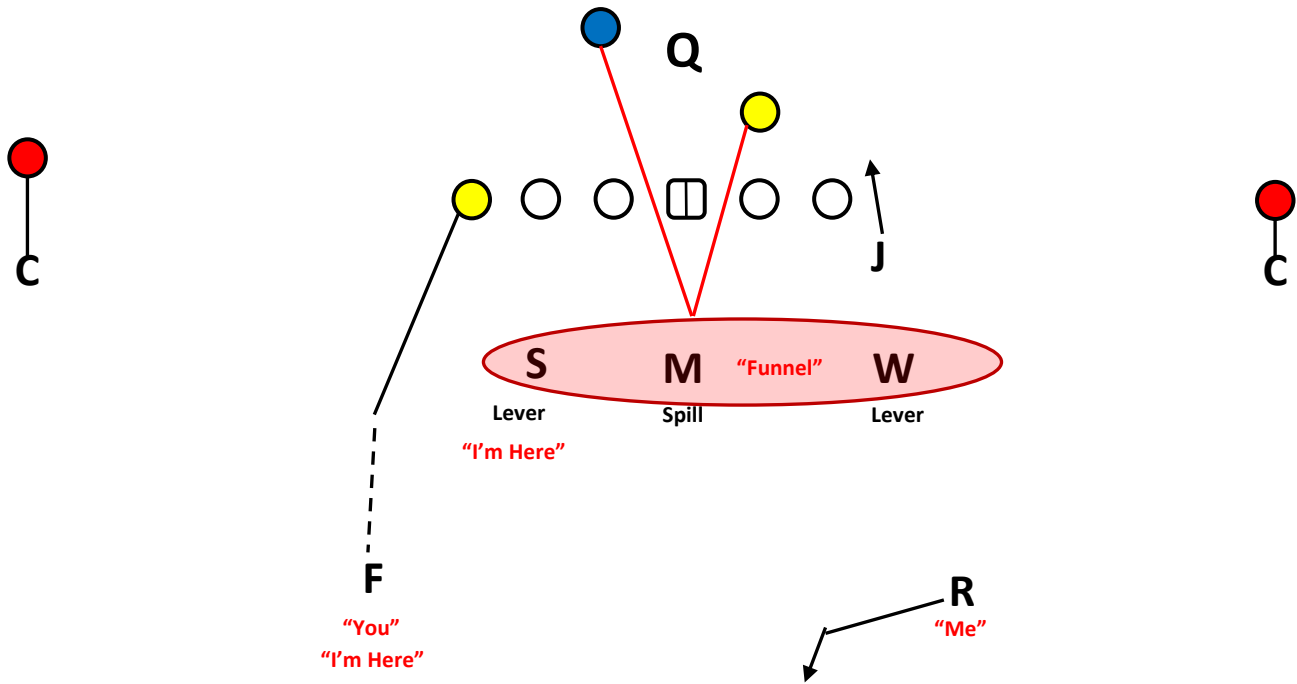
Base – 1 Alert



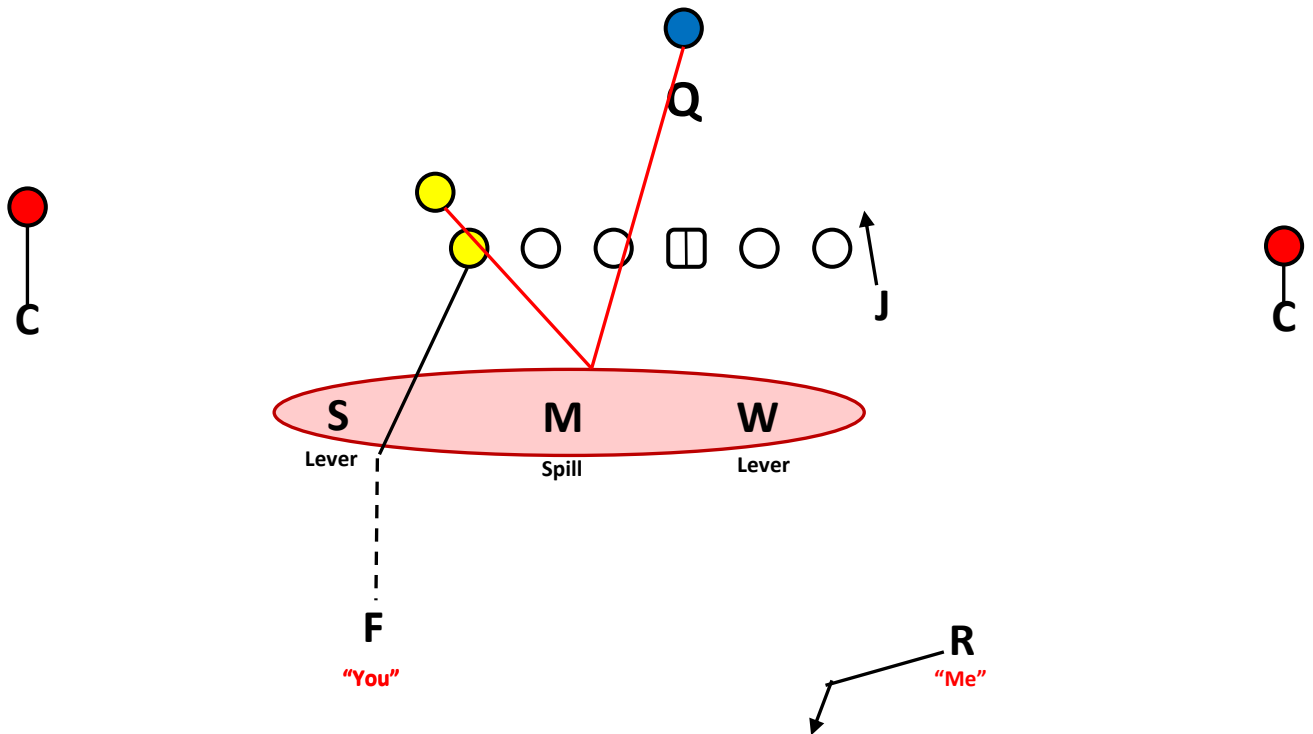
***Safety covers extra inside player (slot)**



Base – 1 Alert



***Safety covers extra inside player (TE)**

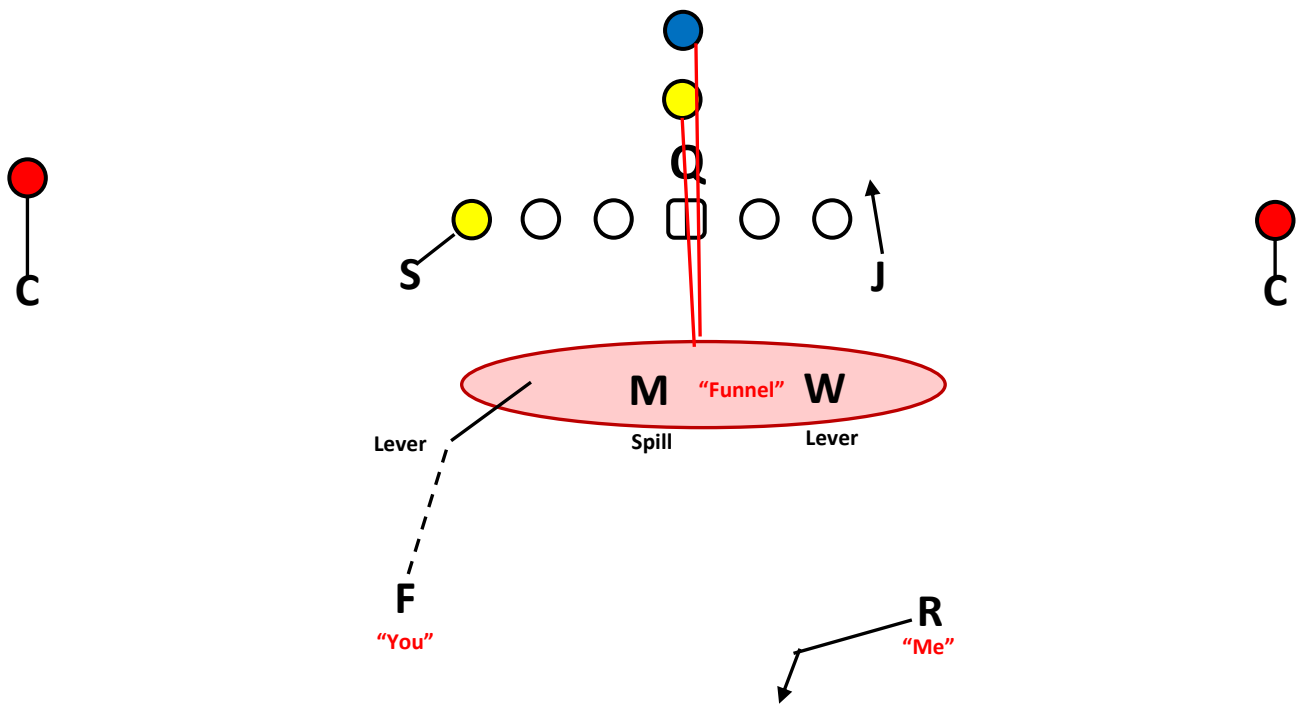


***Leverage issue in TE-wing vs. 1 Alert**

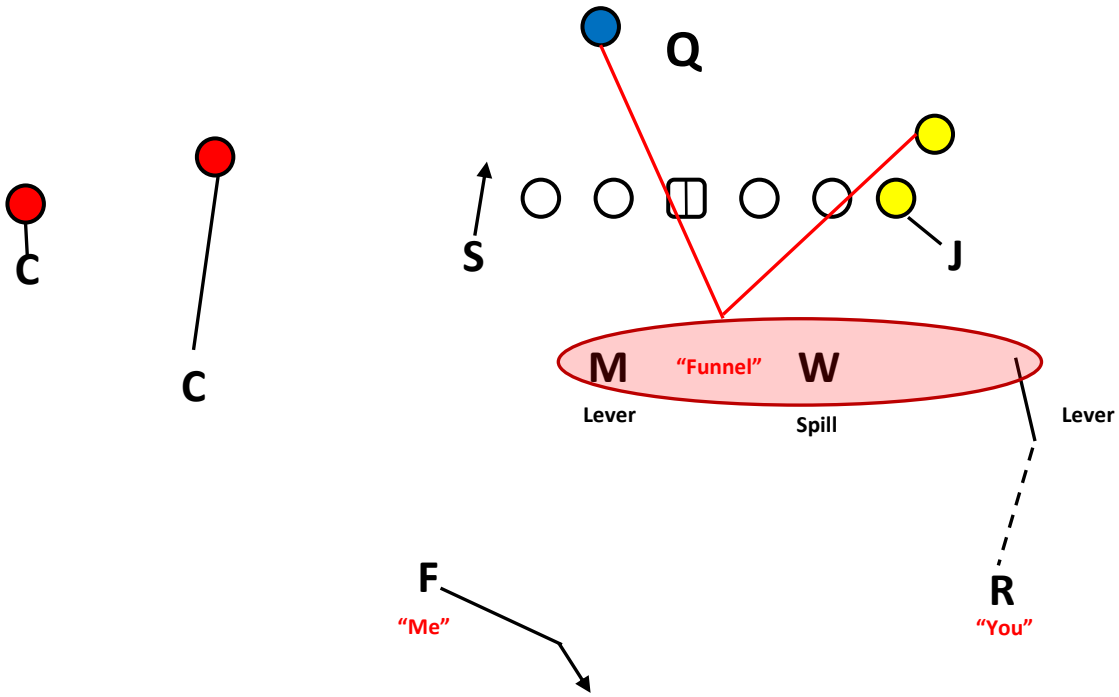
Base – 1 Tight

- **Defensive personnel: Base**
- **Offensive personnel: 12 or 21**
- **Description: OLB covers TE, Safeties cover other inside receiver (usually funnel with LBs)**
- **Strengths:**
 - **Better coverage and leverage on C/D-area offensive players**
 - **Teaching carryover with 1 Key and 1 Invert**
- **Weaknesses:**
 - **Must check to 1 Alert vs. 3 open receivers**
 - **Possible matchup issues with LB covering TE**

Base – 1 Tight

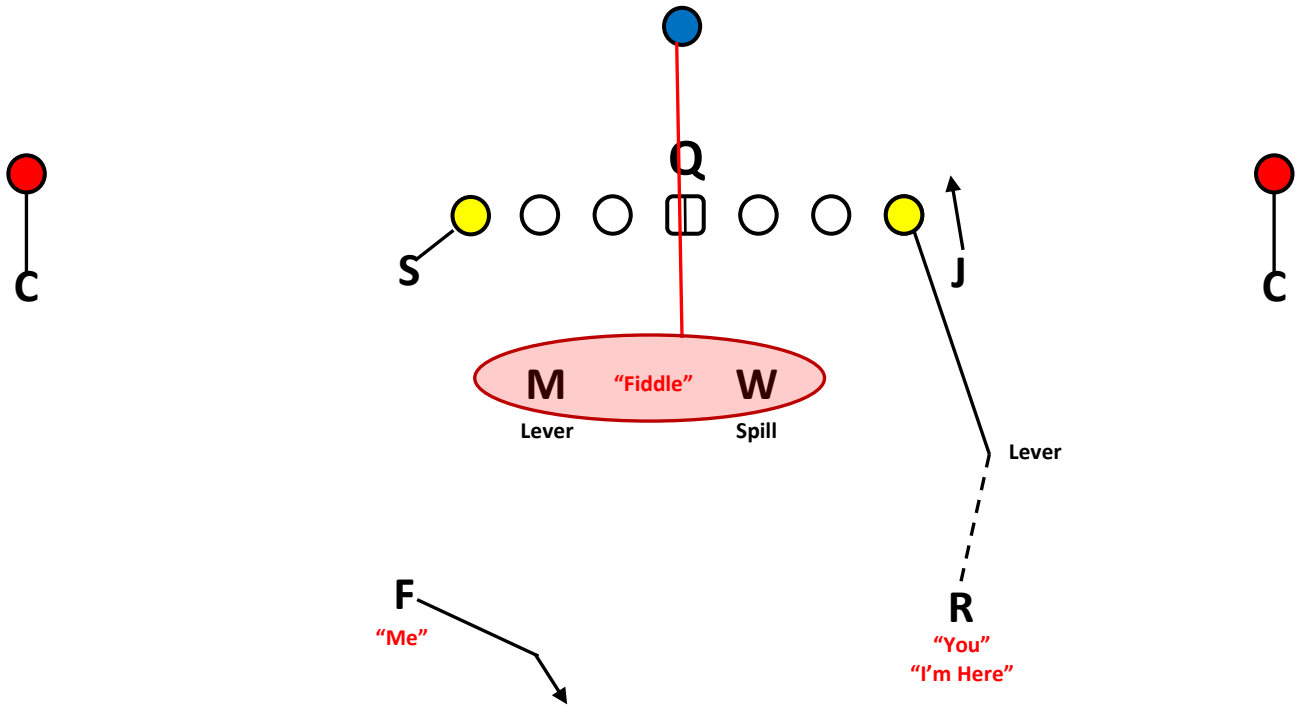


***Safeties rotate to the passing strength vs. I formation or split backs**

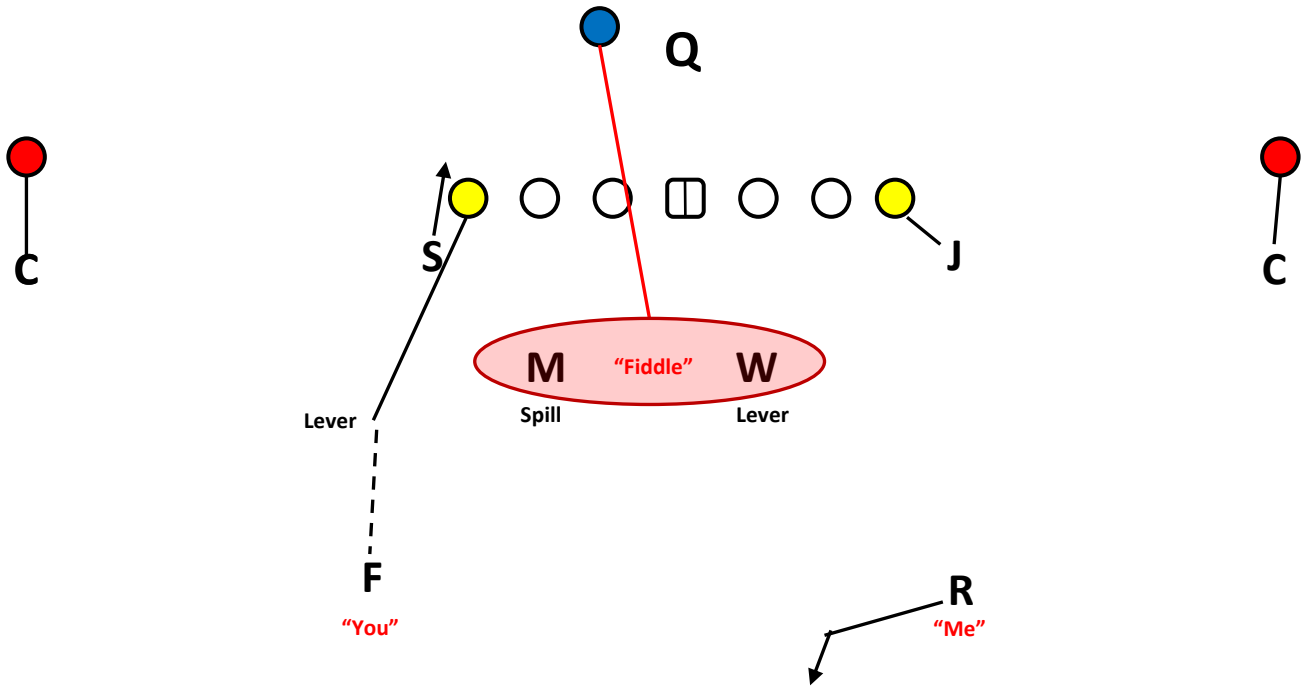


***Better leverage vs. TE-wing in 1 Tight**

Base – 1 Tight



***If both TEs are on the LOS, Safety cover TE away from run strength**

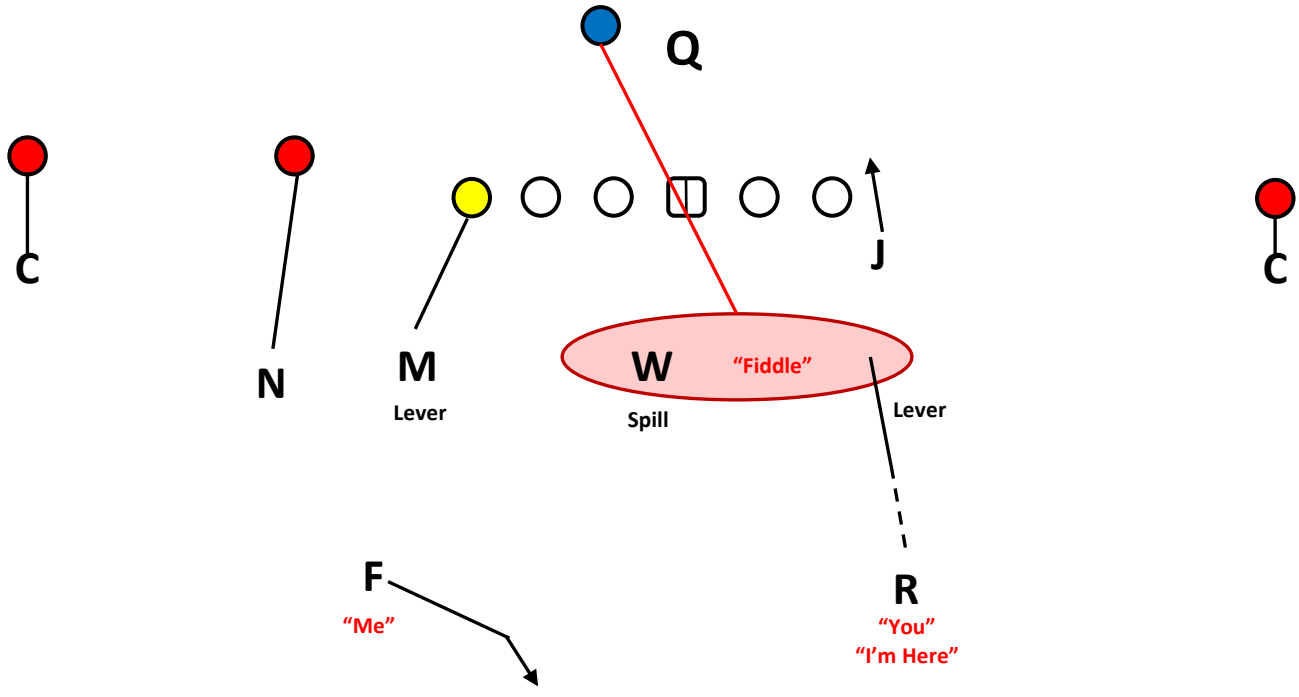


***If both TEs are on the LOS, Safety cover TE away from run strength**

Sub – 1 Buck

- **Defensive personnel: Sub**
- **Offensive personnel: 11 or 20**
- **Description: Nickel covers #2 to passing strength, Boundary safety automatically in the fiddle/funnel**
- **Strengths:**
 - **Nickel coverage on slot receiver**
 - **No need to change which safety is in the run fit based on motion/shift**
 - **Simplify run fits – the same 3 players are always working together**
 - **Teaching carryover if you regularly use the boundary safety in the run fit**
- **Weaknesses:**
 - **Possible matchup issues with LB covering TE**
 - **Nickel must handle slot receiver motion on his own**

Sub – 1 Buck



Overview

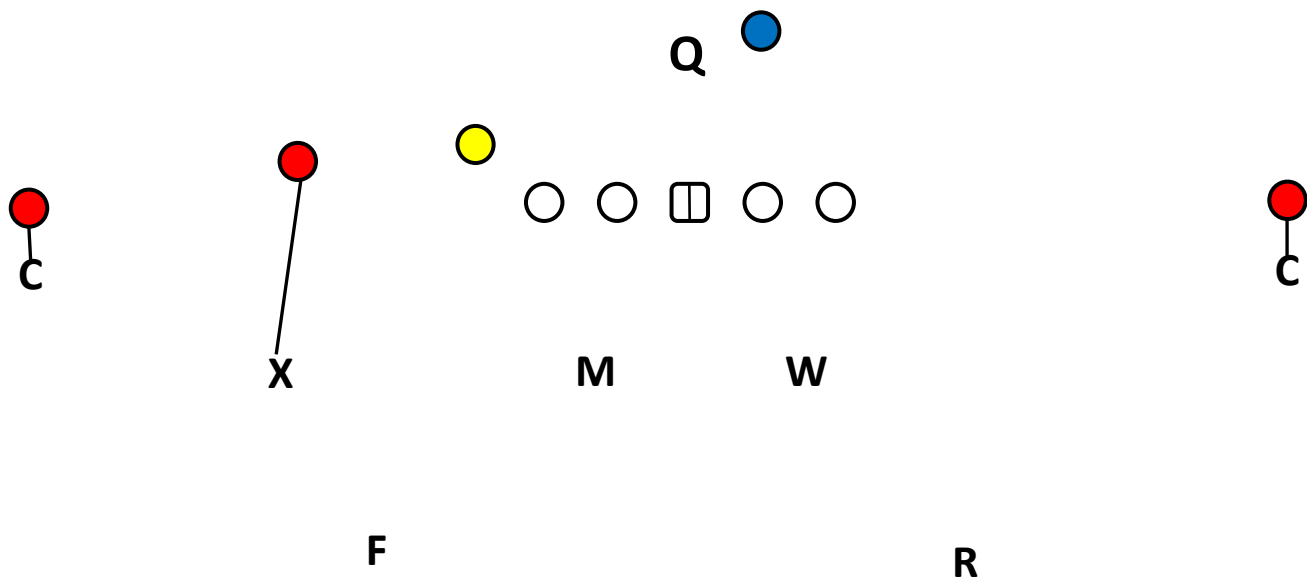
		10	11/20	12	21
Sub	1 Invert	Y	Y		
Sub	1 Buck		Y		
Sub	1 Key		Y		
Base	1 Key			Y	Y
Base	1 Alert		Y		Y
Base	1 Tight			Y	Y

Game-Planning Review

- **11/20 personnel Y off formations**
- **Reasons to play Base 1 Alert:**
 - **The TE and/or slot isn't much of a receiving threat**
 - **Getting a lot of motions/shifts from the Y off**
 - **Getting motion from the slot WR (so the safeties can handle it instead of the Nickel chasing)**
 - **The Y off doesn't take you to the ball enough**
 - **Keep the safeties out of the run fit**
- **Reasons to play Sub 1 Key:**
 - **The TE and/or slot is a receiving threat**
 - **Getting a lot of motions/shifts from the Y off**
 - **The Y usually or always takes you to the ball post-snap**
 - **Keep LB run fits and coverage simple by disregarding Y off**

Game-Planning Review

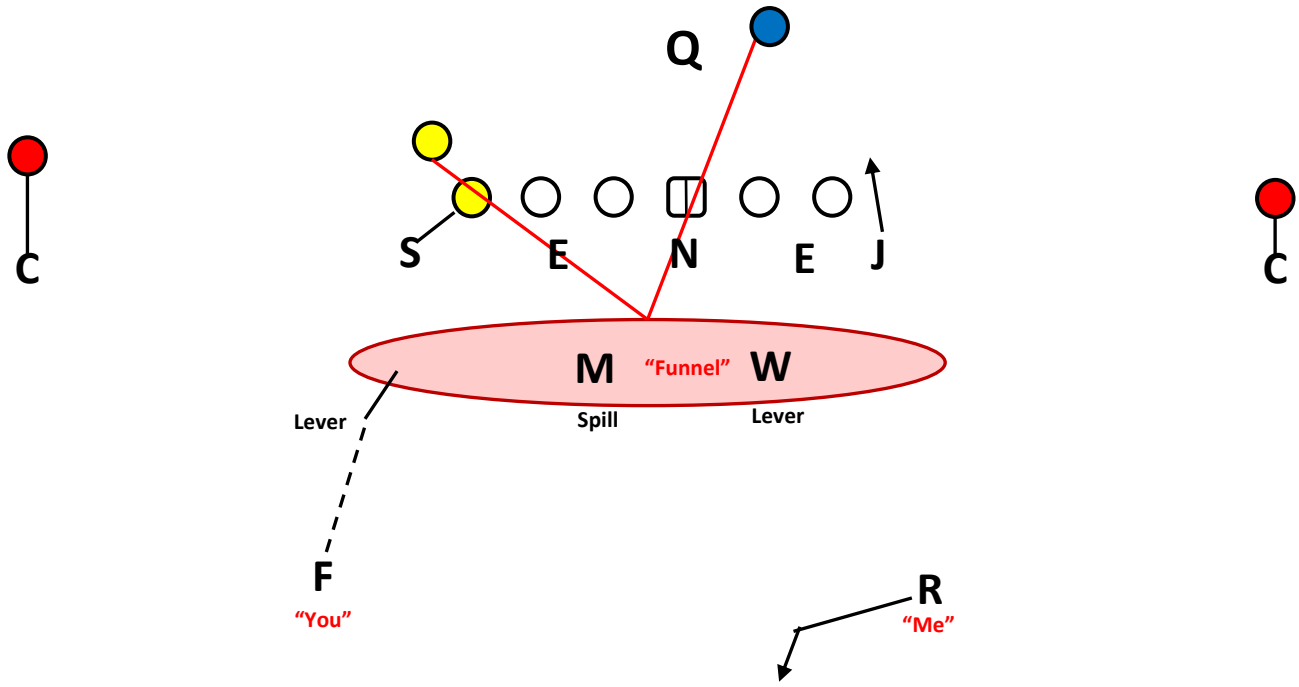
- 11/20 personnel Y off formations
- Reasons to play Sub 1 Invert:
 - The TE and/or slot is a receiving threat
 - The Y usually or always takes you to the ball with his pre-snap alignment
 - Not getting much motion from the Y off or slot
 - Run fits not too difficult
- Reasons to play Sub 1 Buck:
 - The slot is a receiving threat
 - Getting a lot of motions/shifts from the Y off



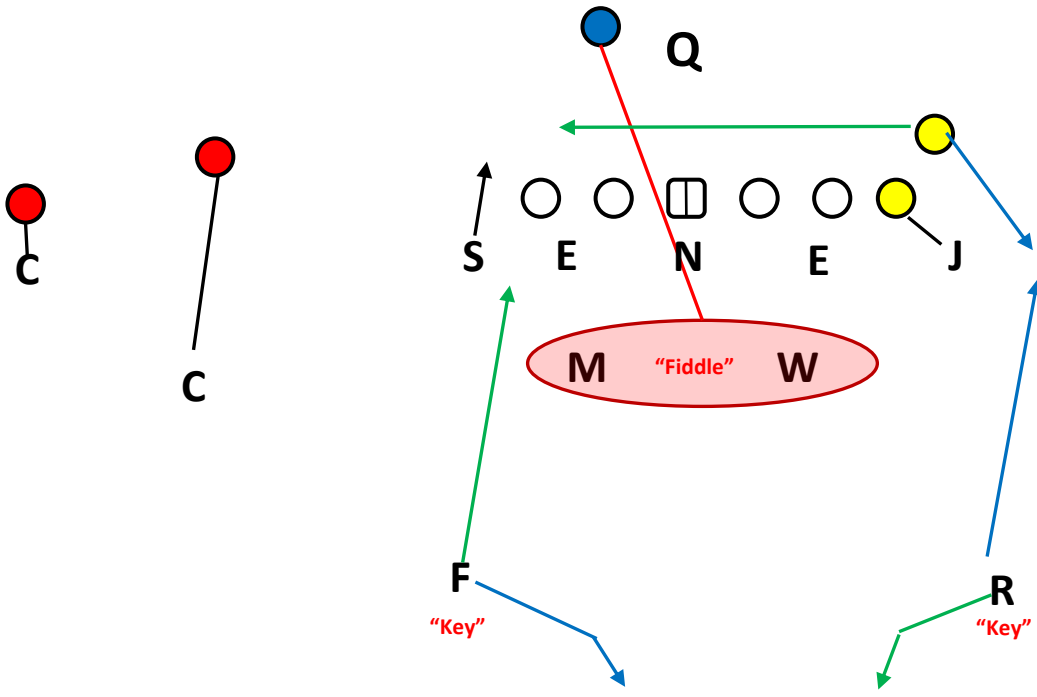
Game-Planning Review

- **12/21 personnel**
- **Reasons to play Base 1 Tight:**
 - **3-4 structure: Disrupt a TE-wing surface with OLB playing man on the TE**
 - **H-Back / FB is more of a receiving threat than the TE**
 - **Not getting much motion from the H-Back / FB**
 - **Run fits not too difficult**
- **Reasons to play Base 1 Key:**
 - **3-4 structure: Disrupt a TE-wing surface with OLB playing man on the TE**
 - **H-Back / FB is more of a receiving threat than the TE**
 - **Getting a lot of motions/shifts from the H-Back / FB**
 - **The H-Back / FB usually or always takes you to the ball post-snap**
 - **Keep LB run fits and coverage simple by disregarding H-Back / FB**

Base – 1 Tight

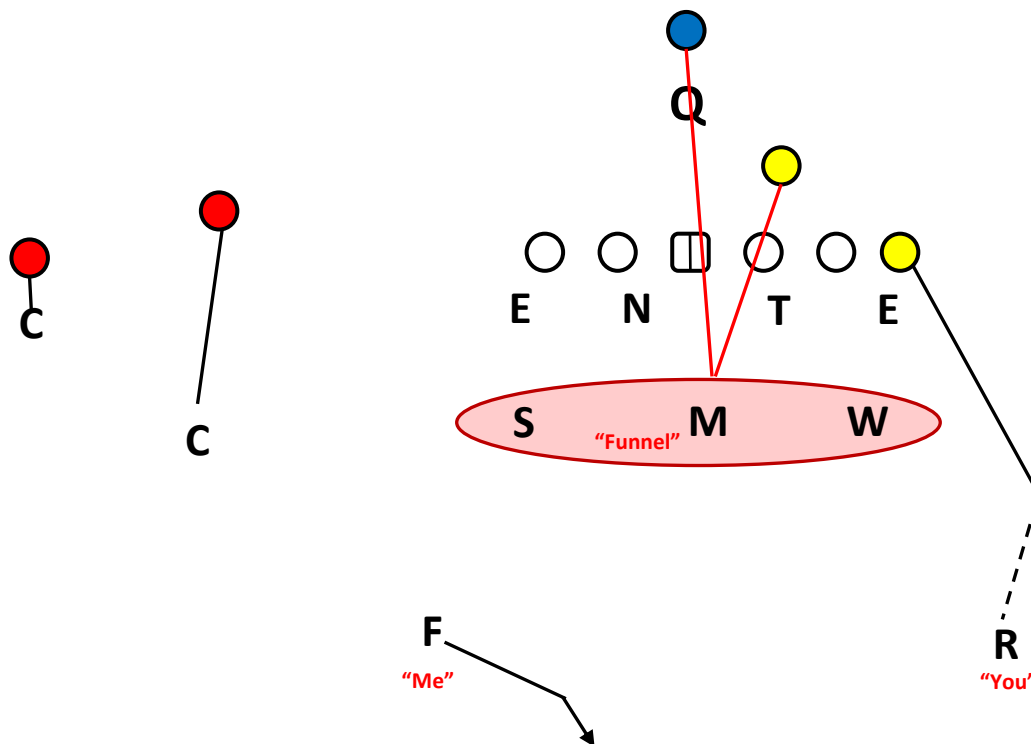


Base – 1 Key



Game-Planning Review

- 12/21 personnel
- Reasons to play Base 1 Alert:
 - Mostly seeing two true backs (not wing)
 - The TE is more of a receiving threat than the H-Back / FB
 - 4-3 structure
 - Getting a lot of motions/shifts from the H-Back / FB



Run Fit Systems Overview

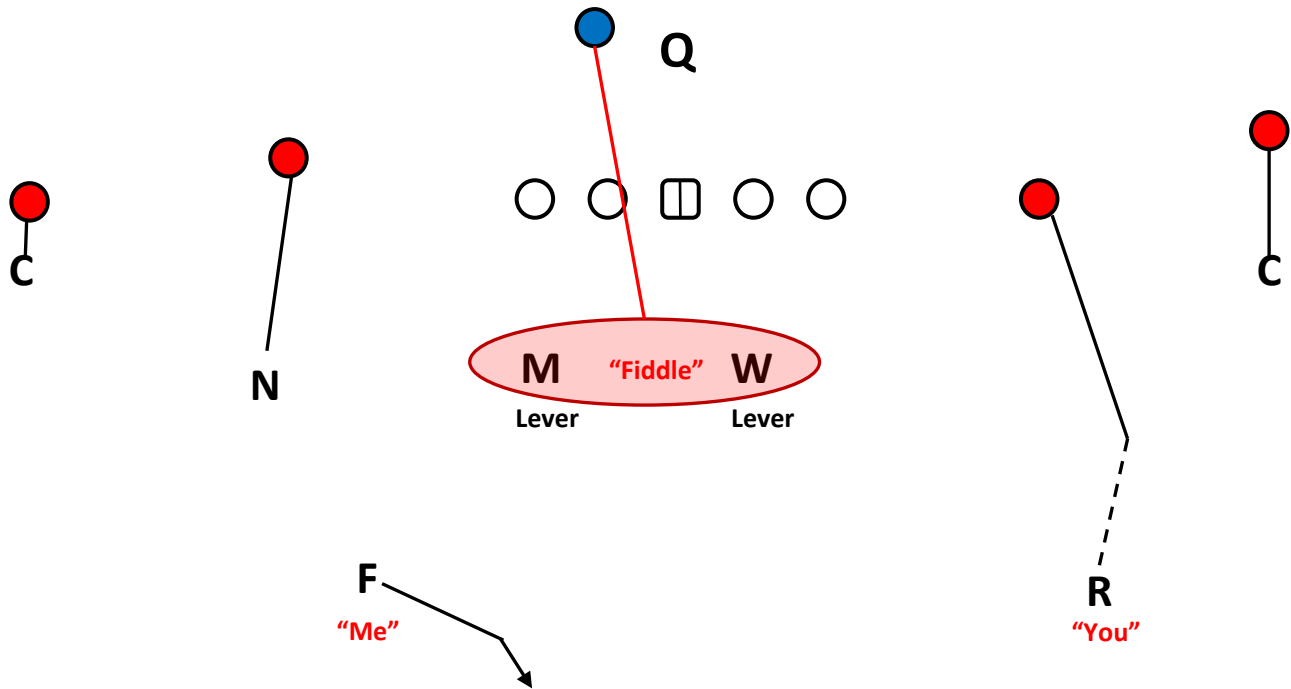
- **Middle of the field closed: Cover 1, Cover 3**
- **Middle of the field open: Cover 2, Cover 4**
- **Even spacing: 3 technique & 1 technique**
- **Odd spacing: 0 technique nose**

	Even	Odd
MOFC	MOFC Even Spacing	MOFC Odd Spacing
MOFO	MOFO Even Spacing	MOFO Odd Spacing

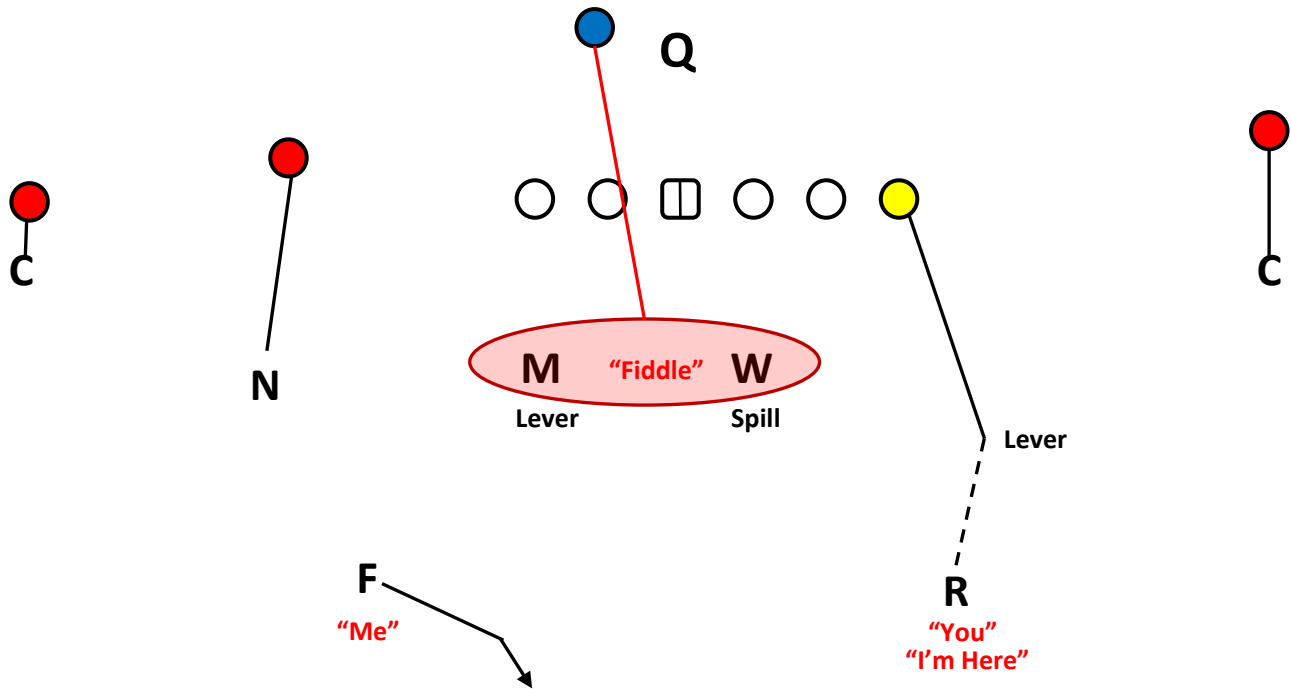
	10 Pers.	11/20 Pers.	12/21 Pers.
MOFC Even Spacing			
MOFC Odd Spacing			
MOFO Even Spacing			
MOFO Odd Spacing			

MOFC Run Fits

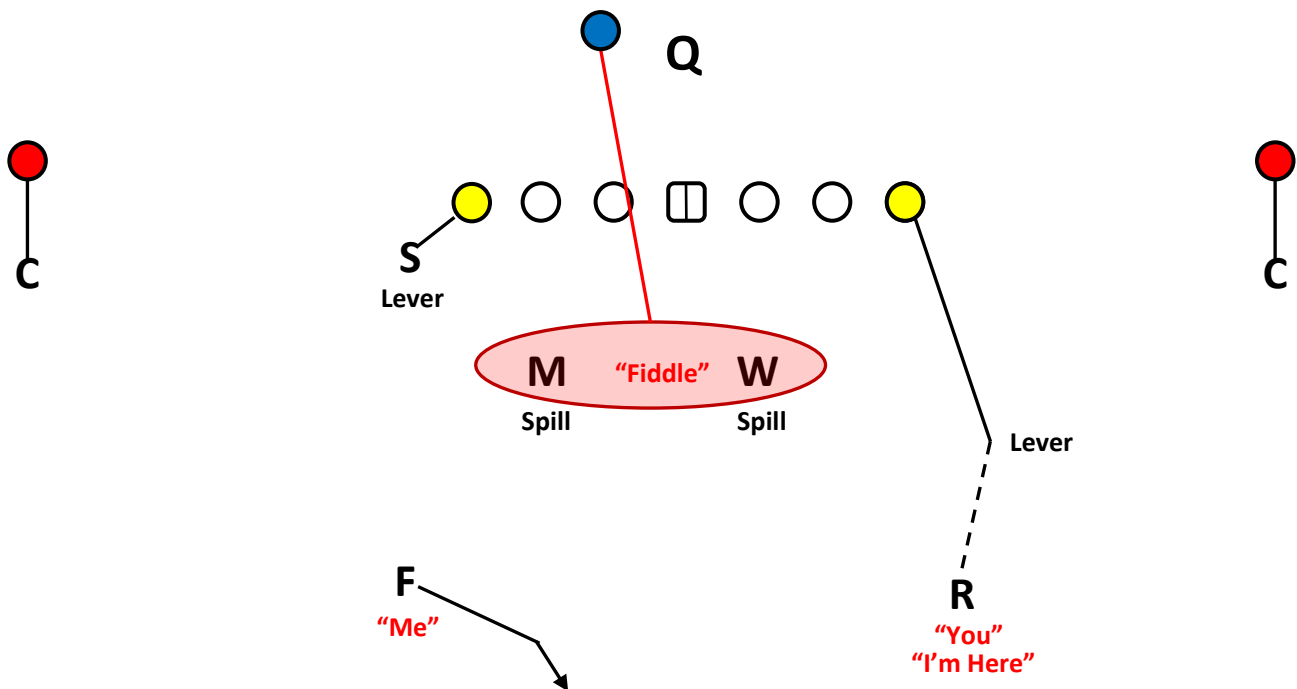
- **Middle of the field closed: can use same run fit system with both man-free and three-deep coverages**
 - **Same formation + same rotation = same run fit**
- **In man-free, always will have enough guys in the core to properly fit the run (other than QB run)**
- **In MOFC coverage, we will always have two “lever” players. For each offensive player in the core other than the QB and TB, we will also add a “spill” player**
 - **10 Pers. (RB): lever-lever**
 - **11/20 Pers. (RB+1): lever-spill-lever**
 - **12/21/30 Pers. (RB+2): lever-spill-spill-lever**
 - **13/22/31 Pers. (RB+3): lever-spill-spill-spill-lever**



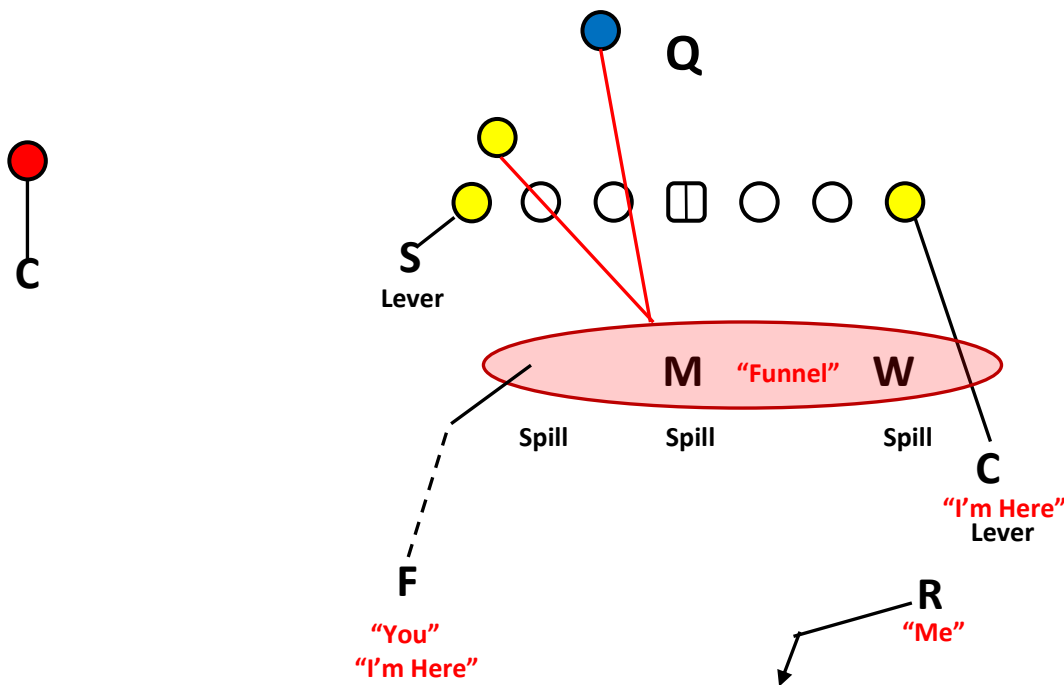
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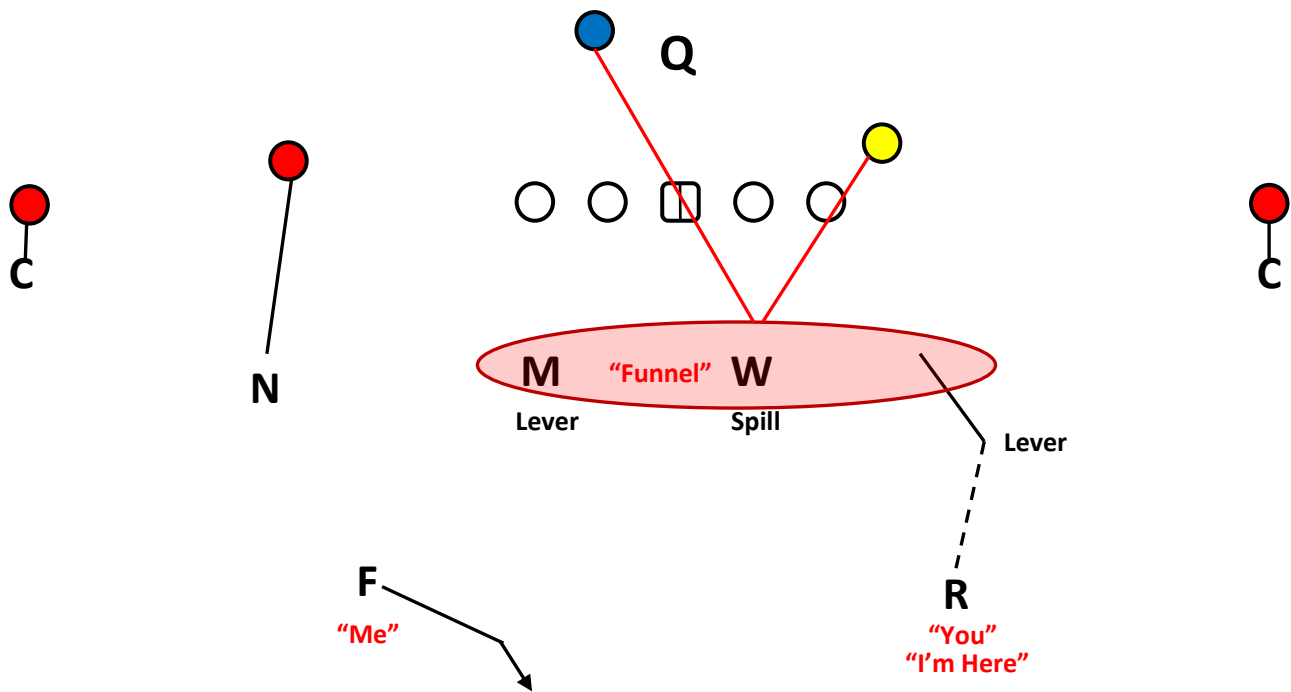
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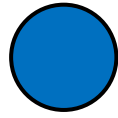
Even Spacing Run Fits

- **Lever:** fit off the designated key and turn the ball inside on run plays. Always must keep the ball on inside shoulder. The lever player may overlap to the opposite side of the spill player if there are multiple lead blockers.
 - Run to: lever
 - Run away: keep the ball on inside shoulder
- **Spill:** an inside fitter between two lever players. Fit your gap vs. zone blocking, spill vs. a lead block or puller. In 12/21 personnel, there are two spill players.
 - Run to: spill
 - Run away: overlap
- Any puller will “pull” the run fits over one open gap in that direction
- It is extremely important that the LBs know where the extra run support is coming from
- “I’m here”: DBs or Sam OLB can put themselves in the run fit as the lever player based on formation or motion. The LB inside of him is now a spill player
- “I’m gone”: LBs or DBs can take themselves out of the run fit based on formation or motion

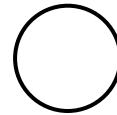
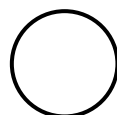
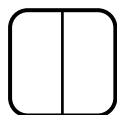
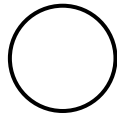
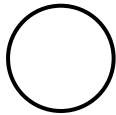


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Even Spacing Run Fits



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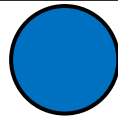
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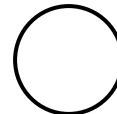
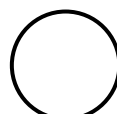
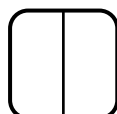
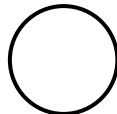
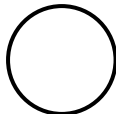
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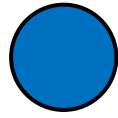
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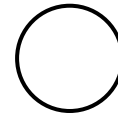
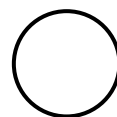
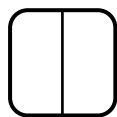
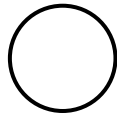
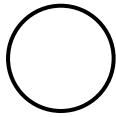
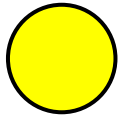
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Even Spacing Run Fits



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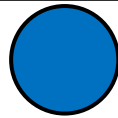
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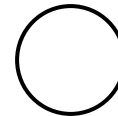
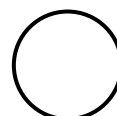
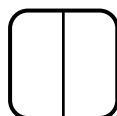
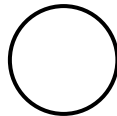
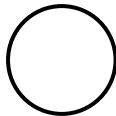
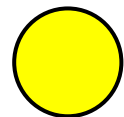
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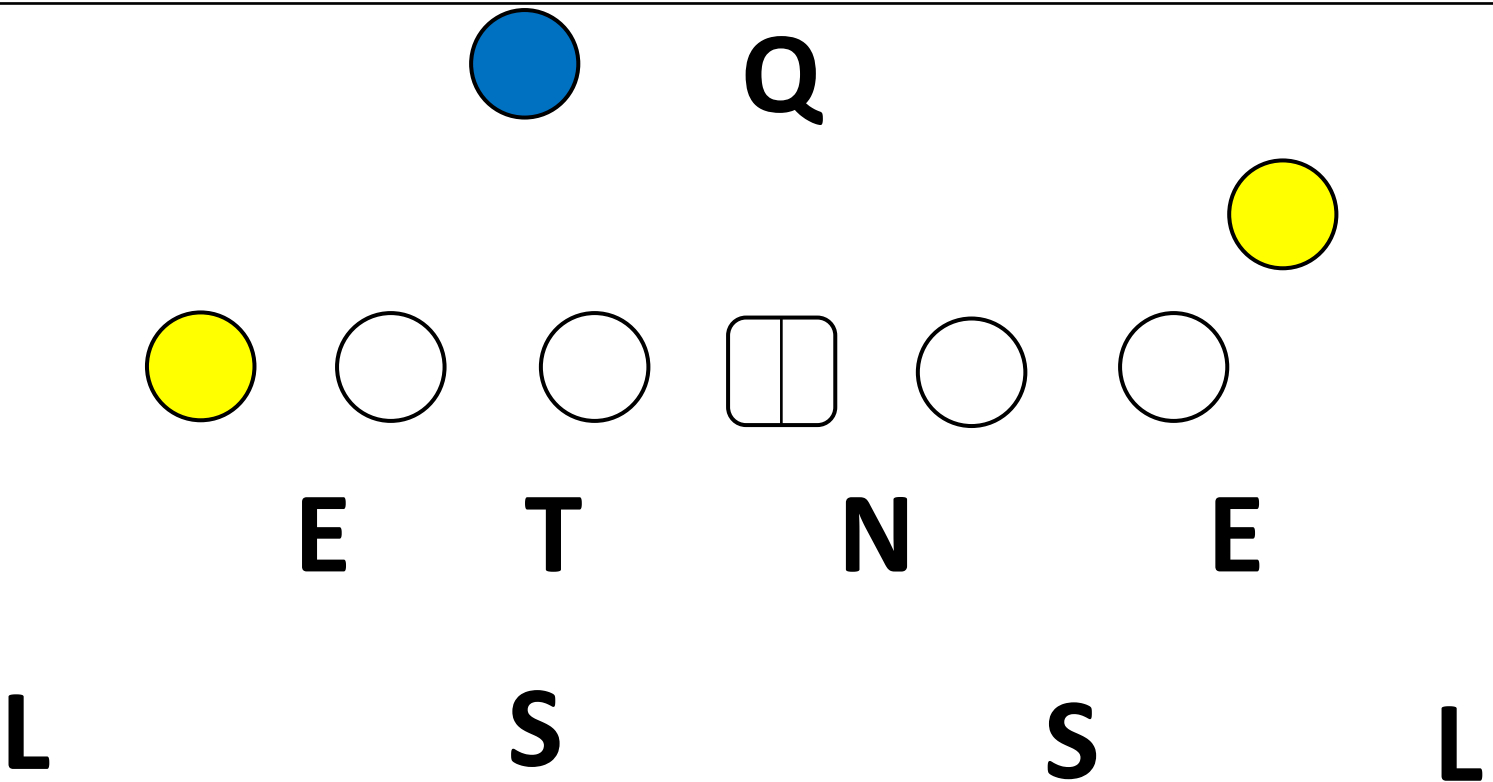
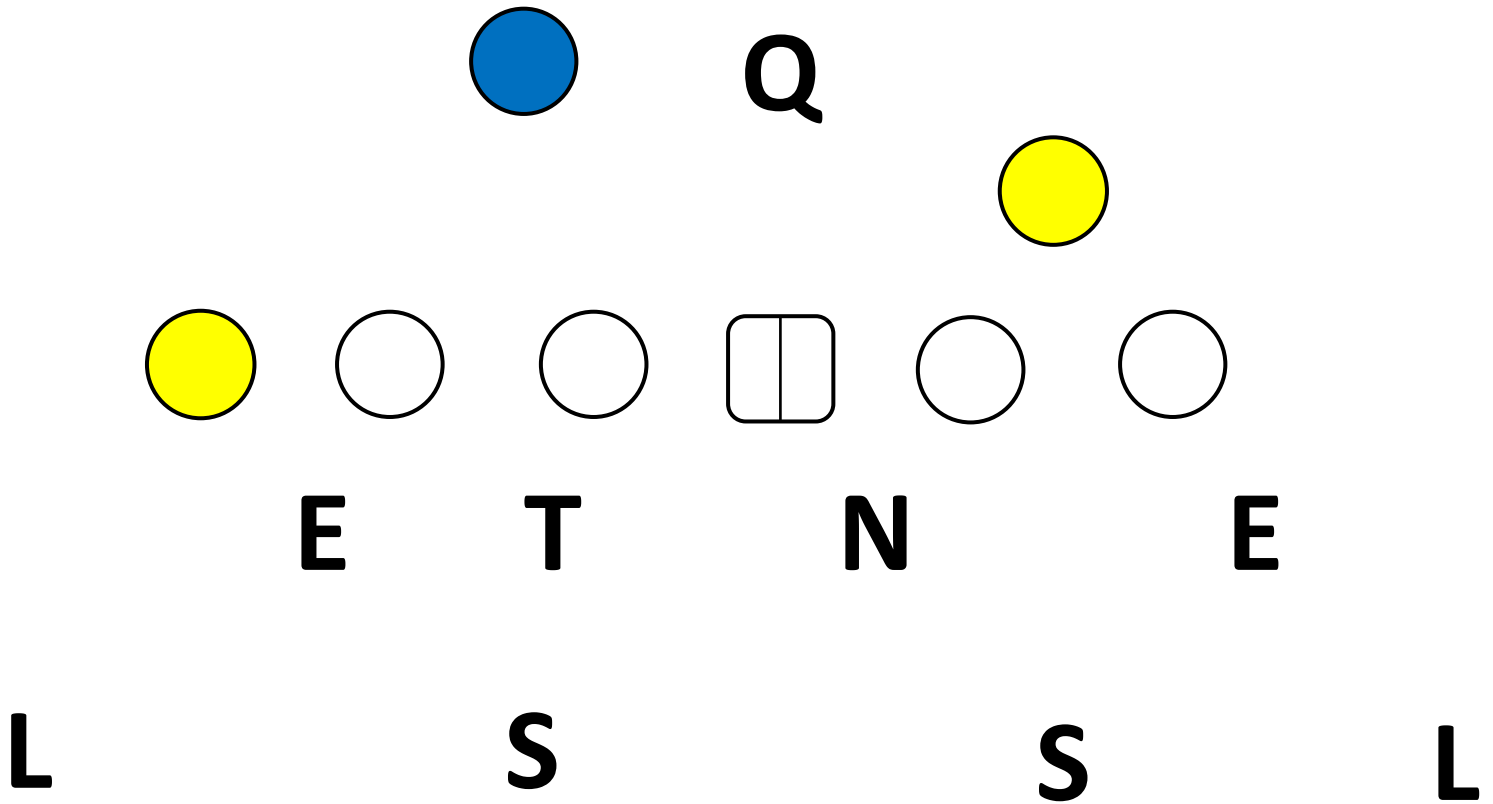
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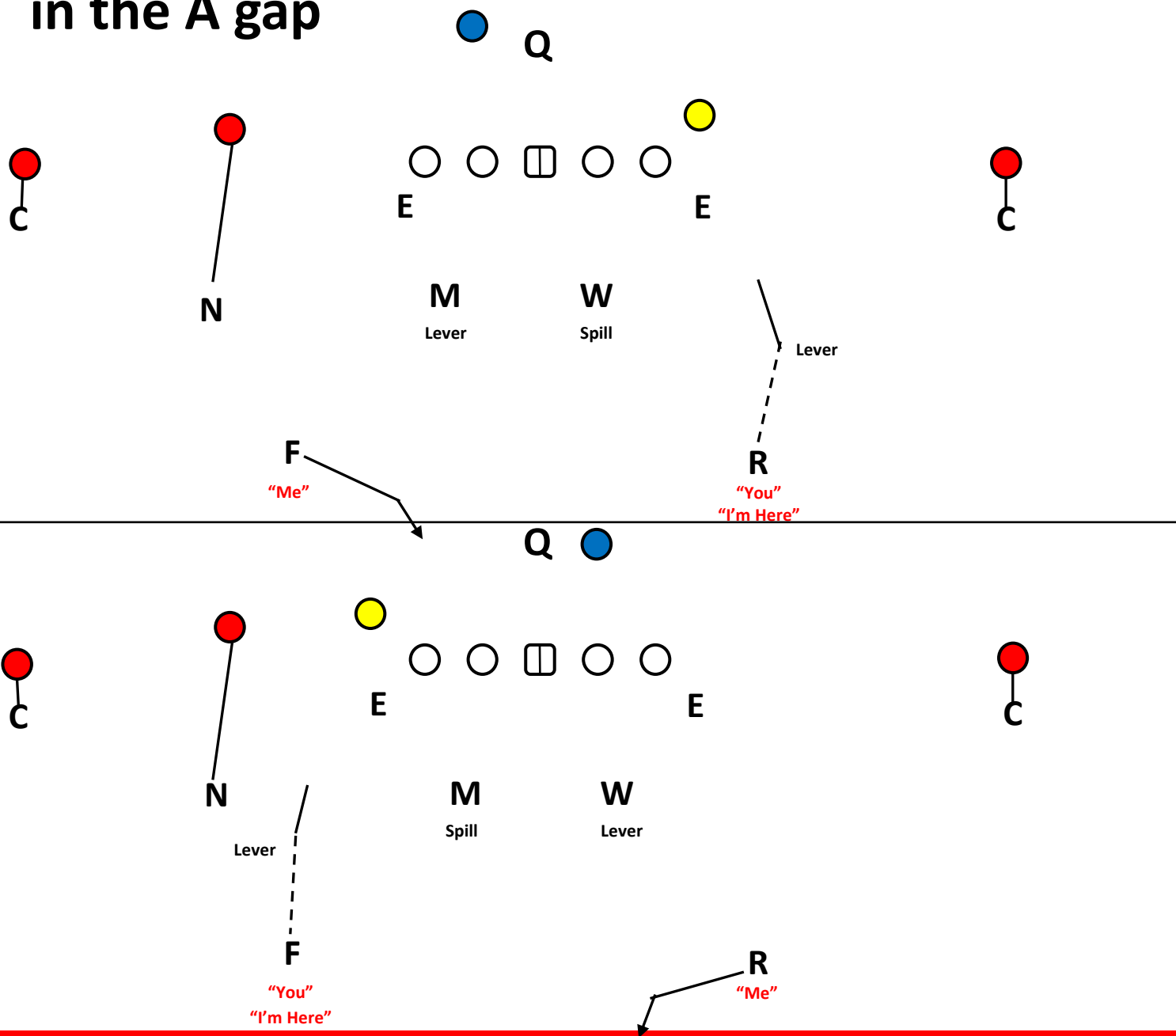
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Even Spacing Run Fits



Double Rotation

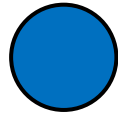
- Try to avoid setting the front and rotation to the same side: “double rotation”
- This balances the defensive front and keeps perimeter players from having to fit in the A gap



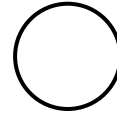
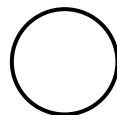
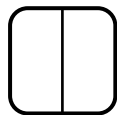
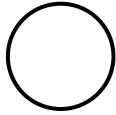
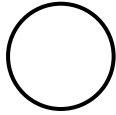
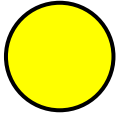
Setting the Front

- **If calling coverage based on field/boundary, set the front accordingly.**
 - **Base Field 6 Sky**
 - **Base Boundary 1 Alert**
 - **Sub Field 1 Buck**
- **If you're calling man coverage, players have to be able to fit their coverage so you need to set the front accordingly – based on formation and not field/boundary**
- **“Fix” front =**
 - **TE on the LOS: set front to TE**
 - **TE off the LOS: set front opposite TE**
- **Examples:**
 - **Sub Fix 1 Invert**
 - **Base Fix 8**
 - **Base Fix 1 Alert**
 - **12/21 personnel examples**
- **Other notes:**
 - **Sub 1 Key – set front based on game plan**

“Fix” Front



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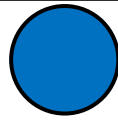
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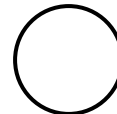
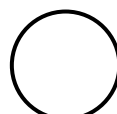
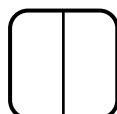
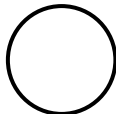
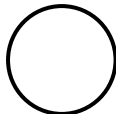
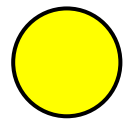
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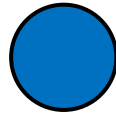
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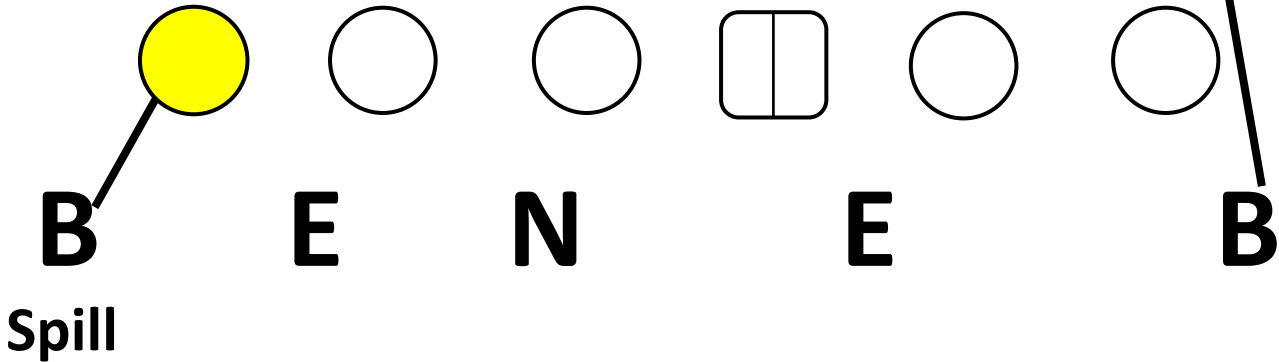
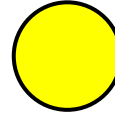
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3-4 Even Spacing vs. 12/21

Base: 1 Tight



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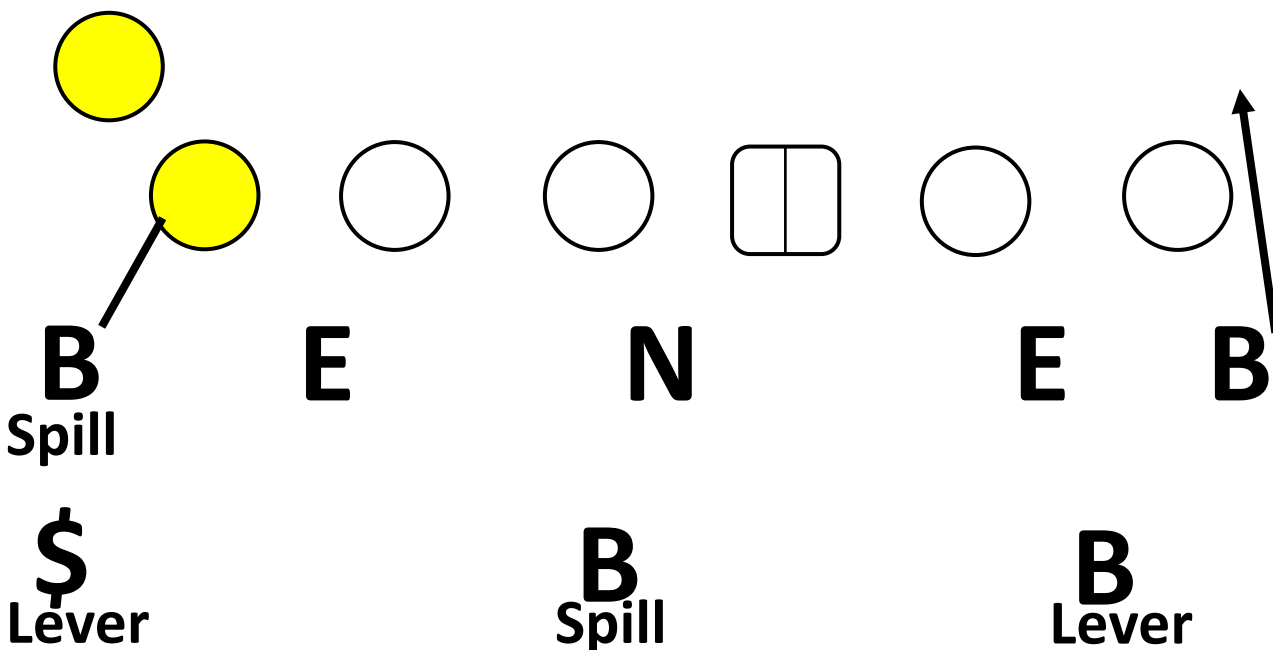
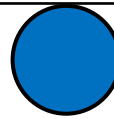
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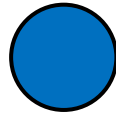
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B
Spill

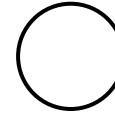
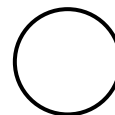
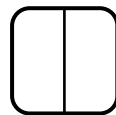
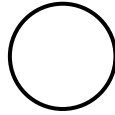
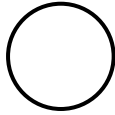
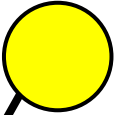
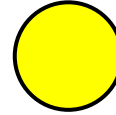
B
Lever

3-4 Even Spacing vs. 12/21

Base: 1 Key



Q



B

E

N

E

B

Lever

B

Spill

B

Lever

\$

Key

\$

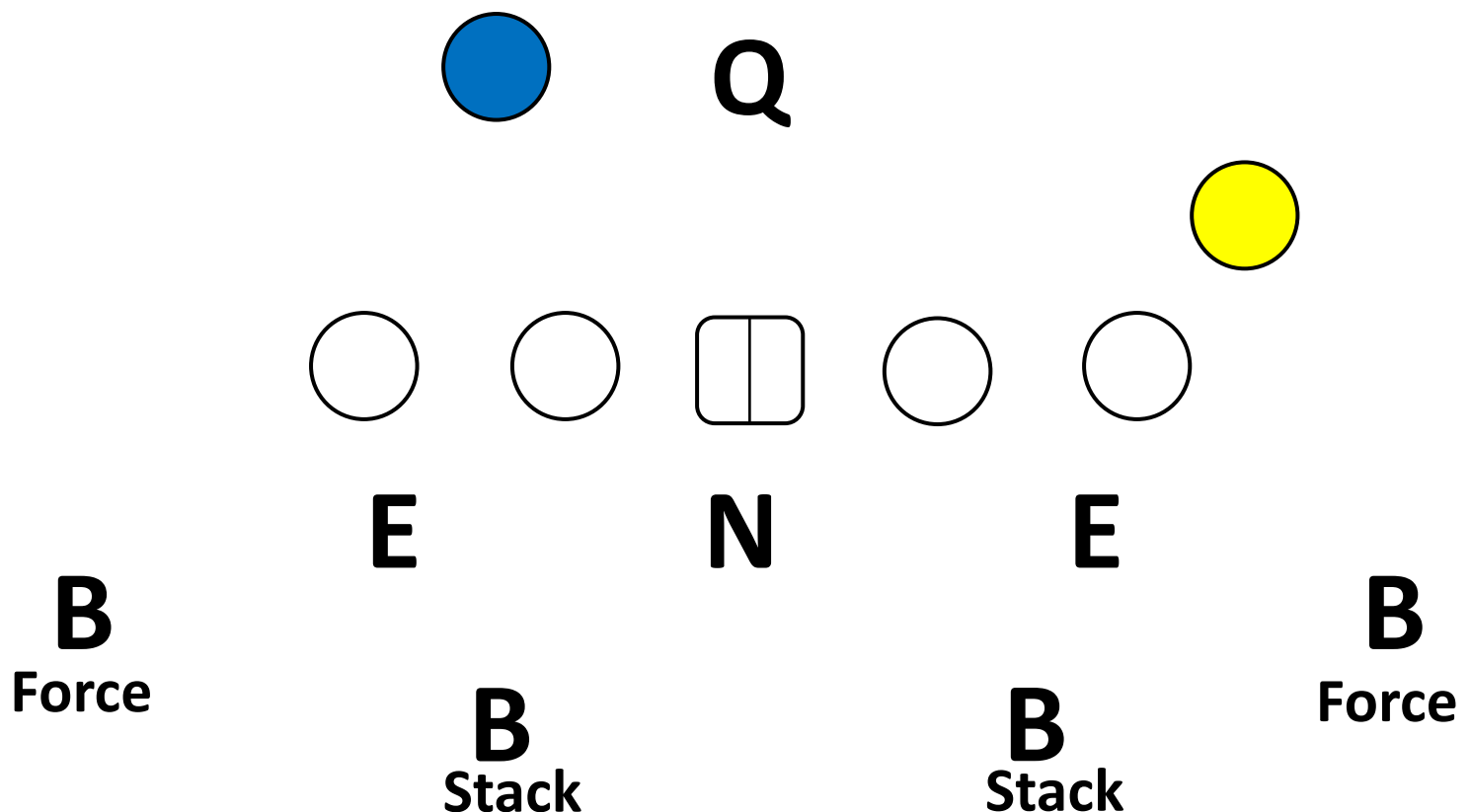
Key

Odd Spacing Run Fits

- Use similar fundamentals and teaching concepts to even spacing with “force” and “stack” players. Different in that we are usually using an edge blitzing OLB as a force player
 - 10 Pers. (RB): force-stack-force
 - 11/20 Pers. (RB+1): force-stack-stack-force
 - 12/21/30 Pers. (RB+2): force-stack-stack-force (also will be a “fill” DB fitting in the C gap)
- Fewer rotations; only really use specific rotation per offensive personnel group
- Fewer moving pieces, specific positions are usually locked into their roles in odd spacing

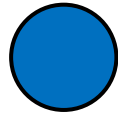
Odd Spacing Run Fits

- **Nose:** lag technique playing 1.5 gaps
- **DE:** maintain B gap, eat up double-teams and push ball wider to OLBs
- **OLBs:** force the ball inside
- **ILBs:** responsible for one A and one C gap. Stack your gap at depth and play gap to ball
- **DBs:** “fill” player in the C gap when playing man on a TE. Still trying to keep DBs out of the A gap area

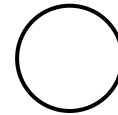
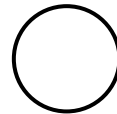
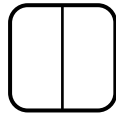
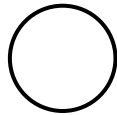
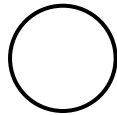


Odd Spacing Run Fits: 10P

Sub: 1 Invert



Q



E

N

E

B

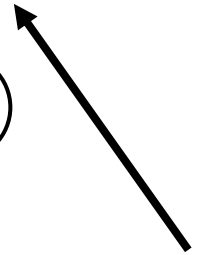
Force

B

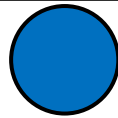
Force

B

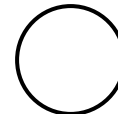
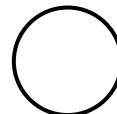
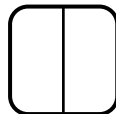
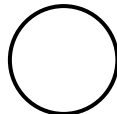
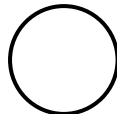
Stack



Sub: 1 Invert



Q



E

N

E

B

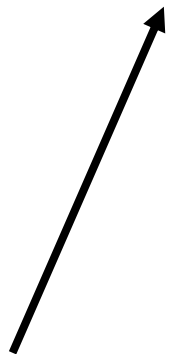
Force

B

Stack

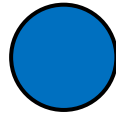
B

Force

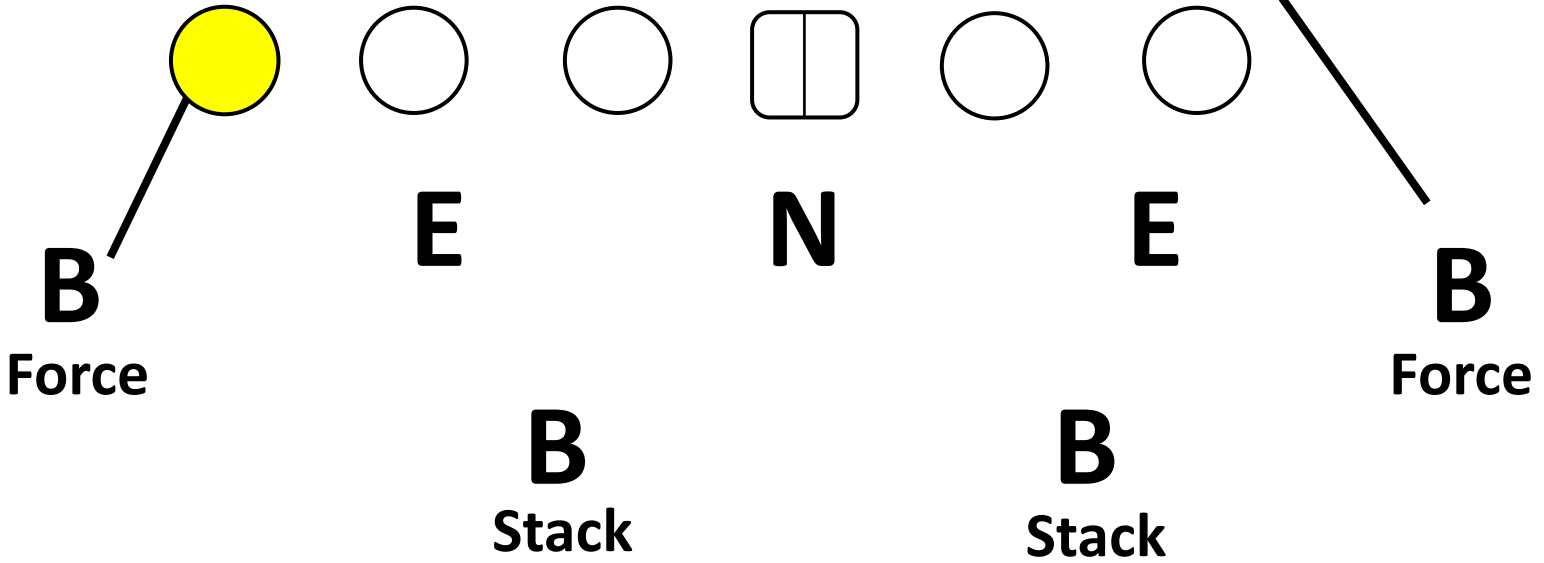


Odd Spacing Run Fits: 11/20P

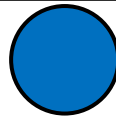
Base: 1 Alert



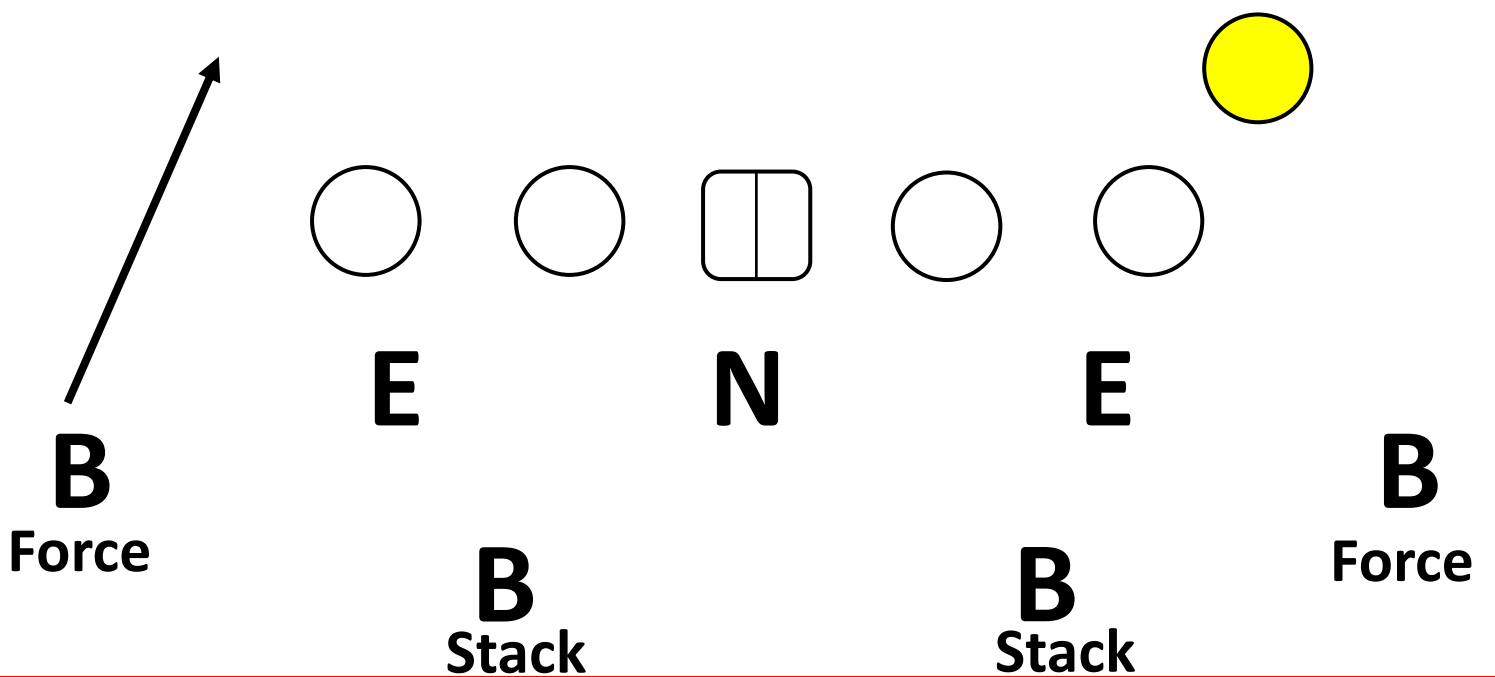
Q



Base: 1 Alert

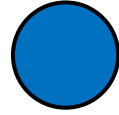


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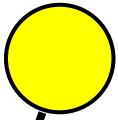
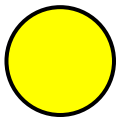


Odd Spacing Run Fits: 12/21P

Base: 1 Key

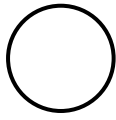


Q

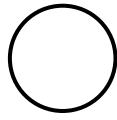


B

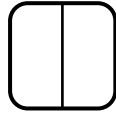
Force



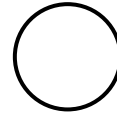
E



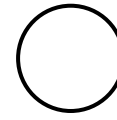
B
Stack



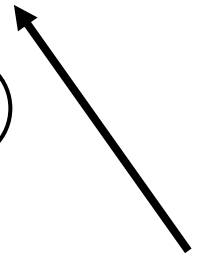
N



B
Stack



E



B

Force

\$

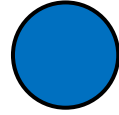
Key

\$

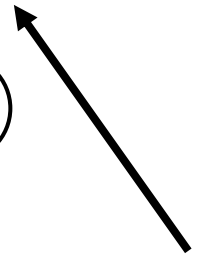
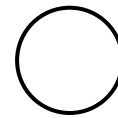
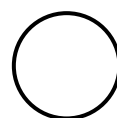
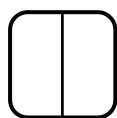
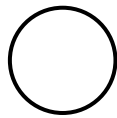
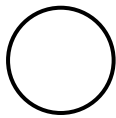
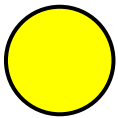
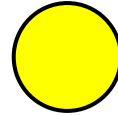
Key

Odd Spacing Run Fits: 21P

Base: 1 Alert



Q



B

Force

E

N

E

B

Force

B

Stack

B

Stack

\$

Fill

\$

MOF

Cover 10 Variations

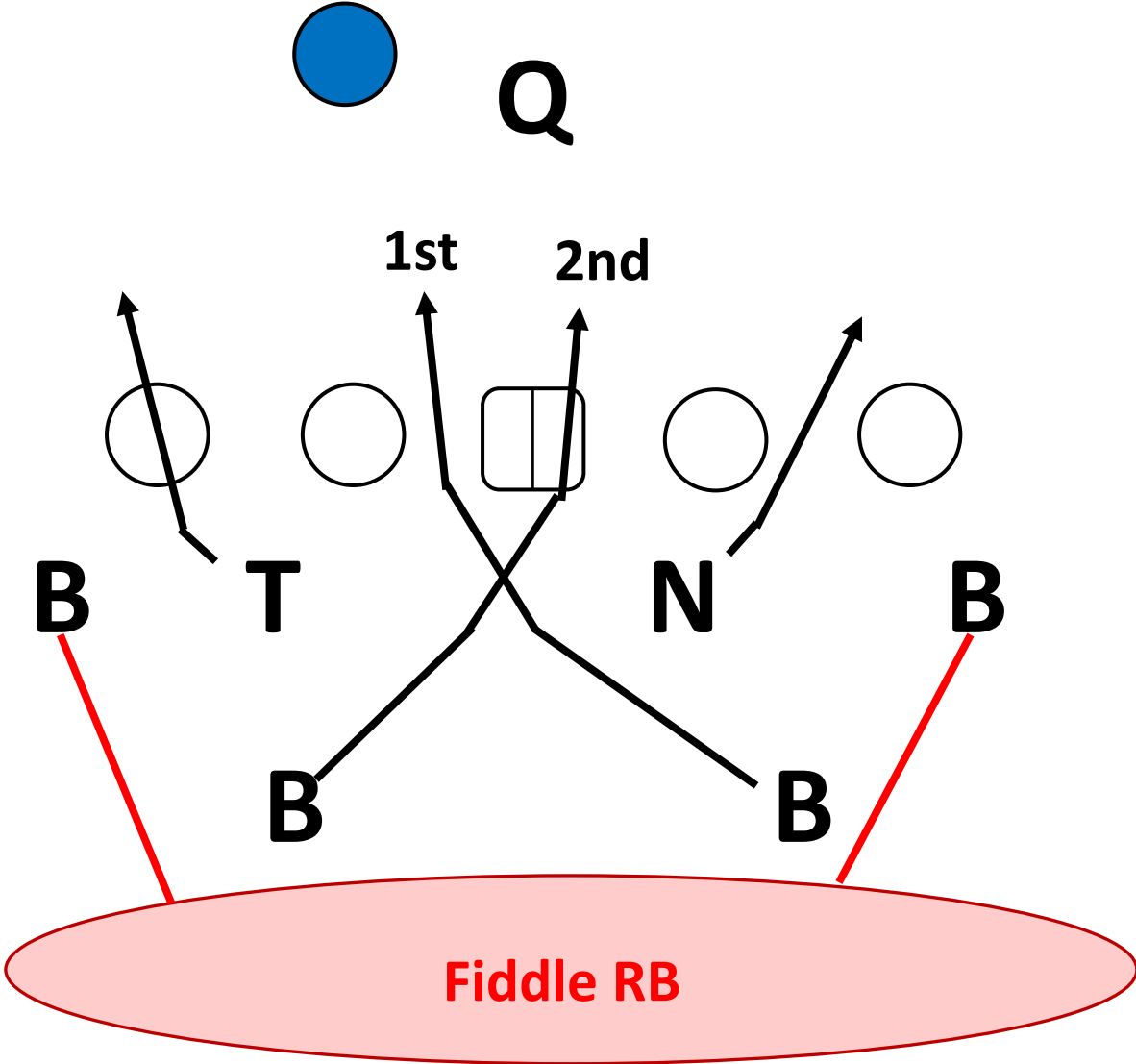
- **Defensive personnel: usually sub**
 - **Sub Cover 10 vs. 10, 11, 20**
 - **Base Cover 10 Key vs. 12, 21**
 - **Base Cover 10 Alert vs. 11**
- **Offensive personnel: see above**
- **Description: pressure coverage rushing 5 or 6, MOF safety but no low hole defender**
- **Combos: LBs Banjo (2 for 2), Safeties key on a moveable gap**
- **Strengths:**
 - **Ability to get extra pressure without teaching an entirely new coverage**
 - **Nickel coverage on slot receiver**
- **Weaknesses:**
 - **Short/intermediate middle is vulnerable without the shallow rat**
 - **Possible leverage issues in the core (no fiddle/funnel numbers advantage)**
 - **Possible matchup issues with DE/edge rusher on running back**

Pressure Package

- **4-man rush**
 - **Simulated pressures: Sub 1 Rat**
 - **Same as Sub 1 Key, OLBs fiddle the RB**
- **5-man rush**
 - **Sub pressures: Cover 10**
 - **Six interior defenders: five rush, one cover the RB**
 - **Sub pressures: Nickel Cover 10 Alert**
 - **Nickel is the fifth rusher, safeties play Alert rules, two LBs account for TE and RB. Call vs. vs. 11/20 only.**
 - **Base pressures: Cover 10 Alert vs. 11/20**
 - **Front seven: five rush, other two account for TE and RB**
 - **Base pressures: Cover 10 Key vs. 12/21**
 - **Five rush, safeties key moveable gap, LBs account for TE and RB**
- **6-man rush *Peel***
 - **Sub pressures: six players in the core: all rush, need to peel on the RB releasing**

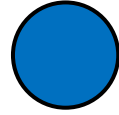
Rush 4: Simulated Pressure

Sub Cover 10 Rat

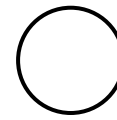
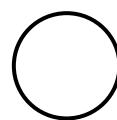
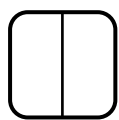
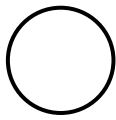
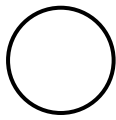
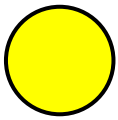


Odd Pressure Structure

Sub Cover 10



Q



(B)

E

N

E

(B)

B

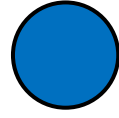
B

\$

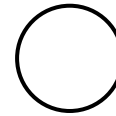
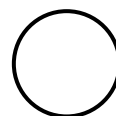
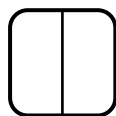
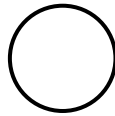
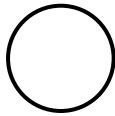
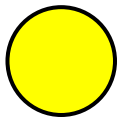


Even Pressure Structure

Sub Cover 10 (Key)



Q



E

T

N

E

B

B

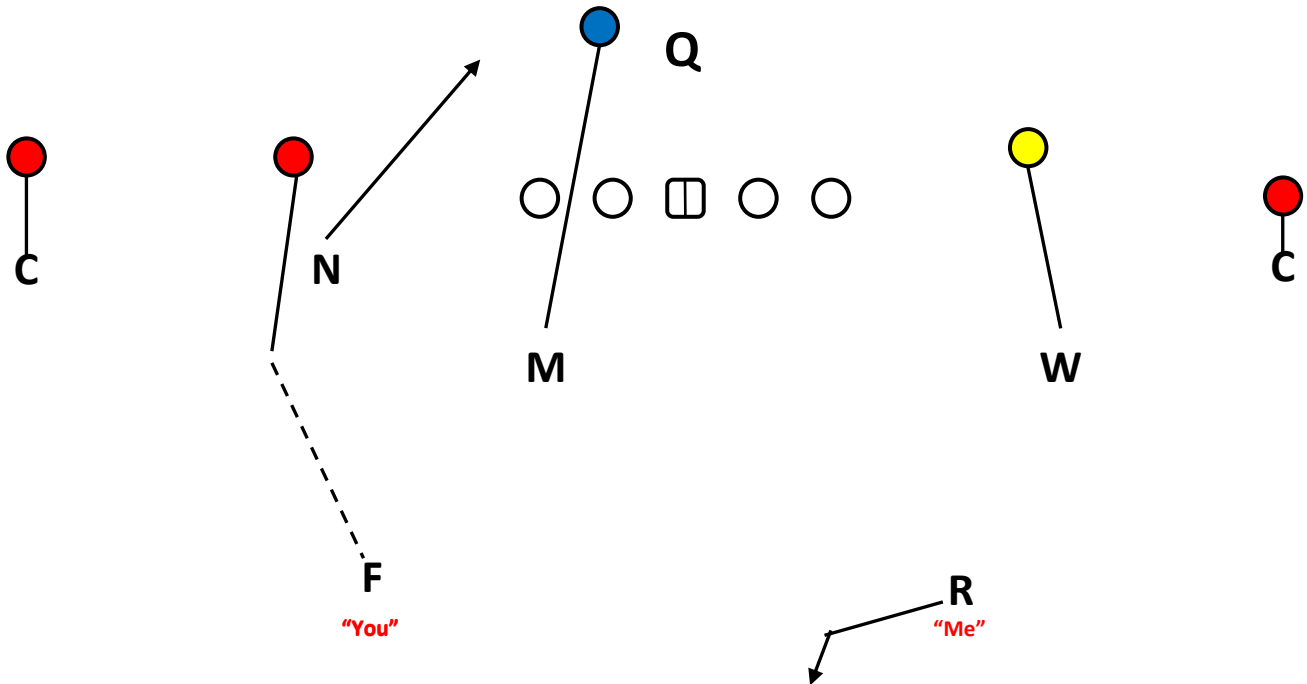
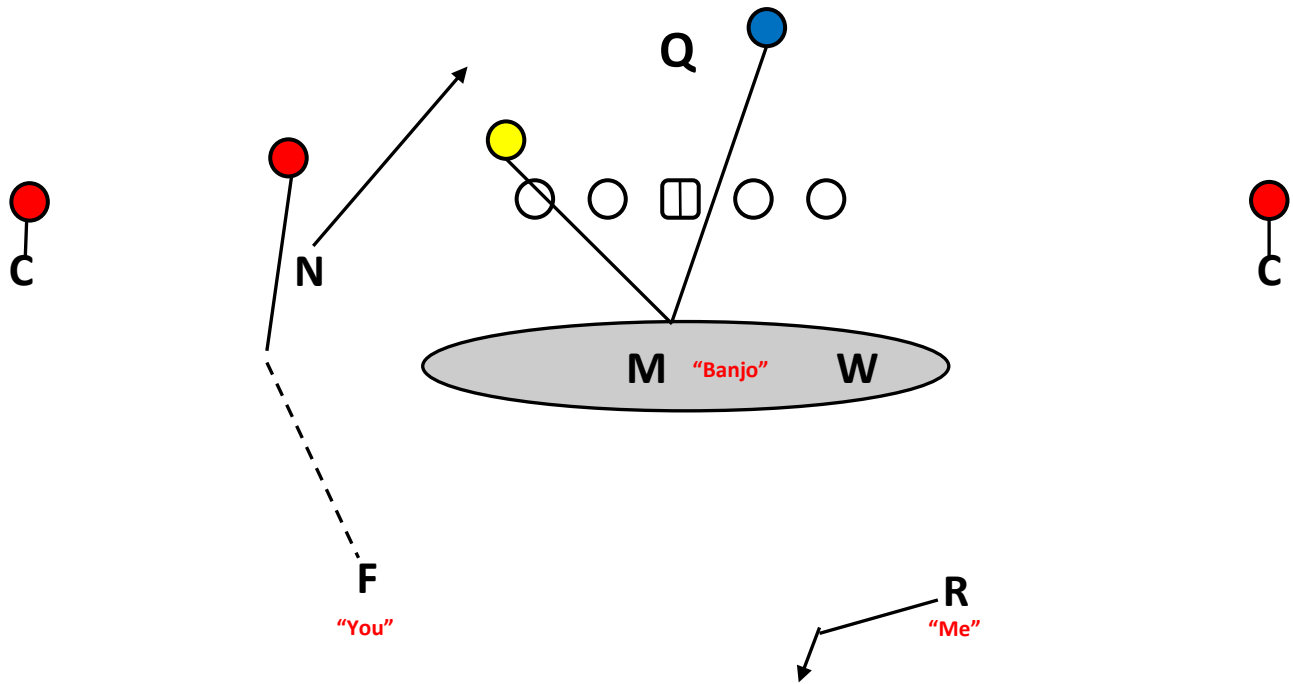


Key



Key

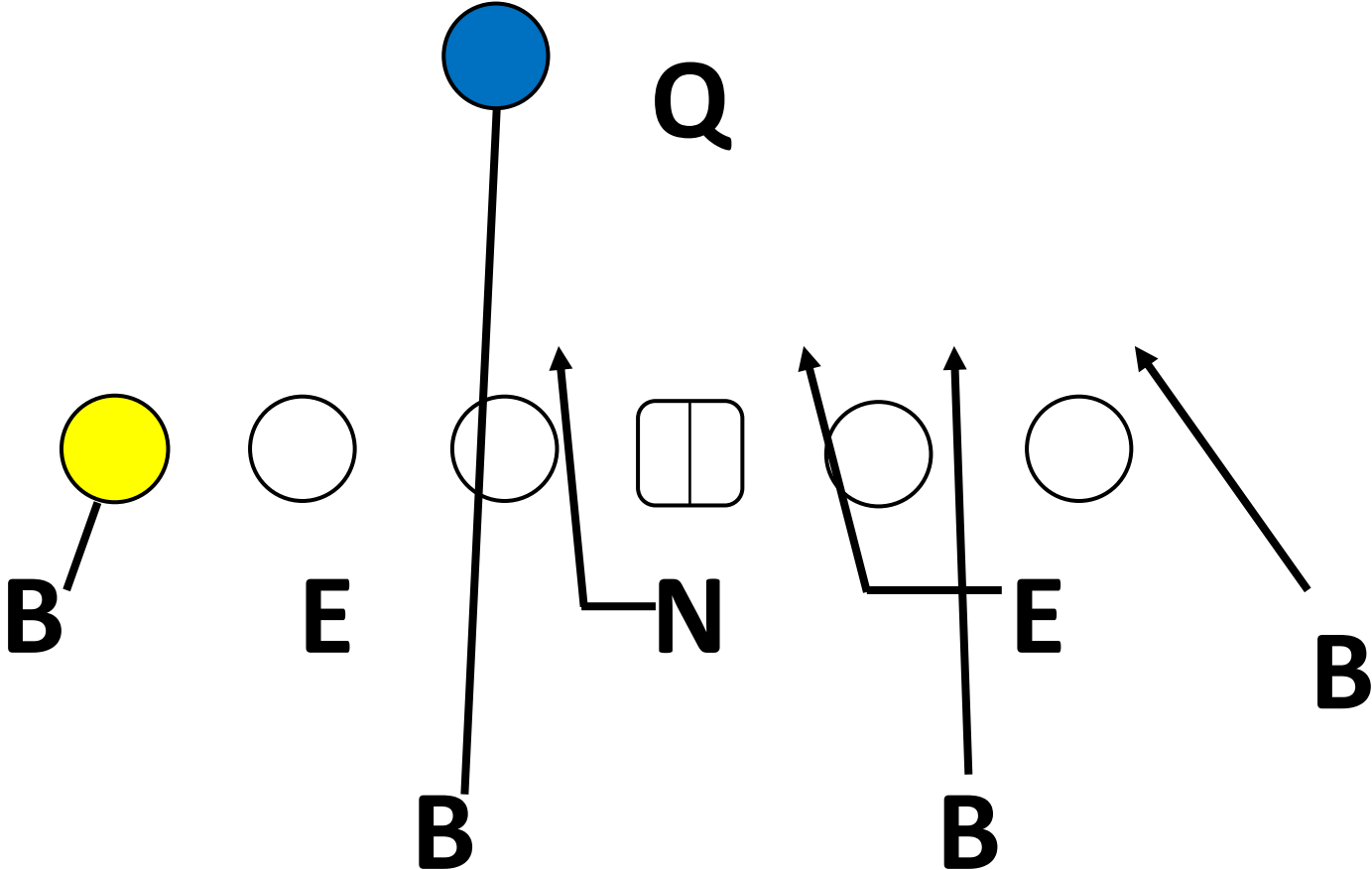
Sub – Nickel Cover 10 Alert



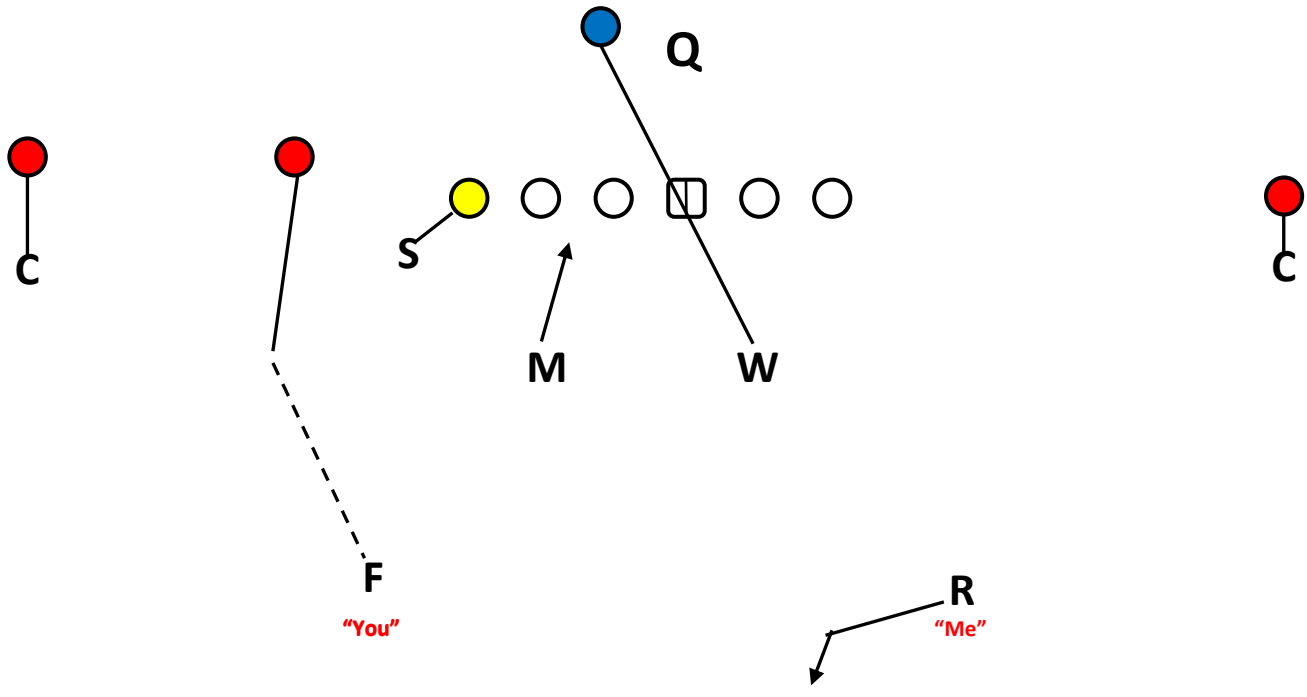
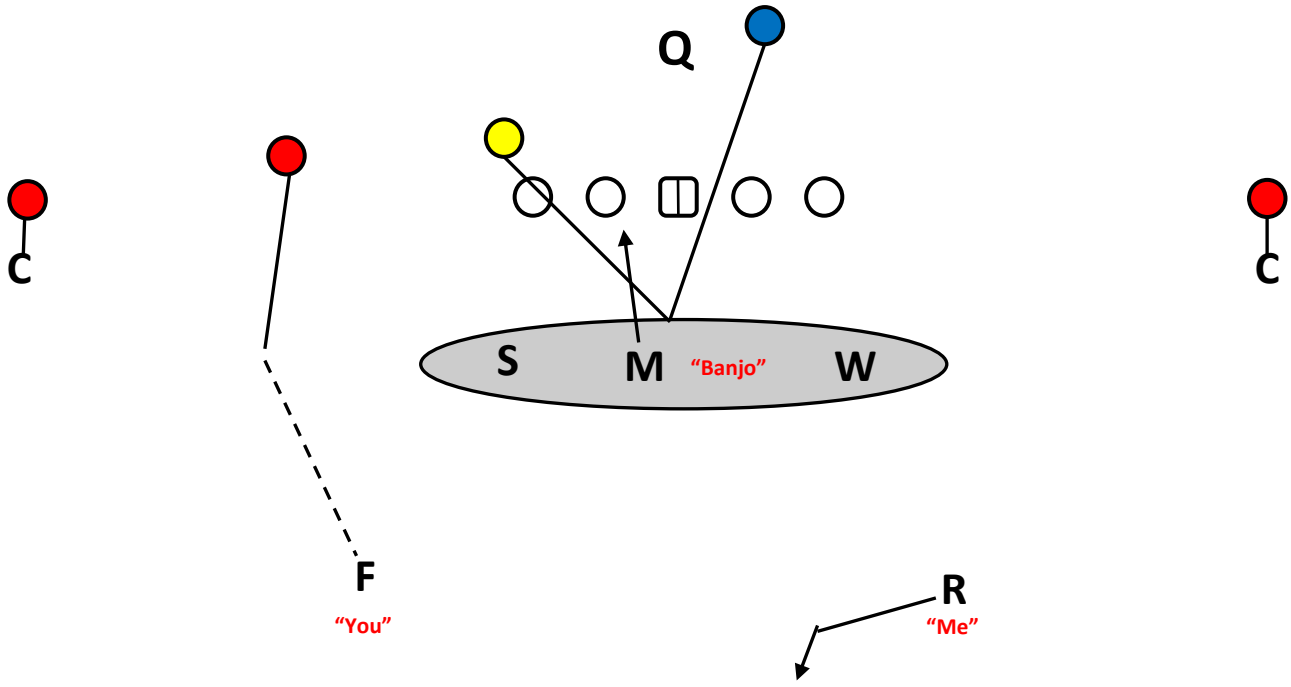
***LB needs to find the TE body vs. 11 P with four open**

Base Pressure Structure

Base Cover 10 Alert

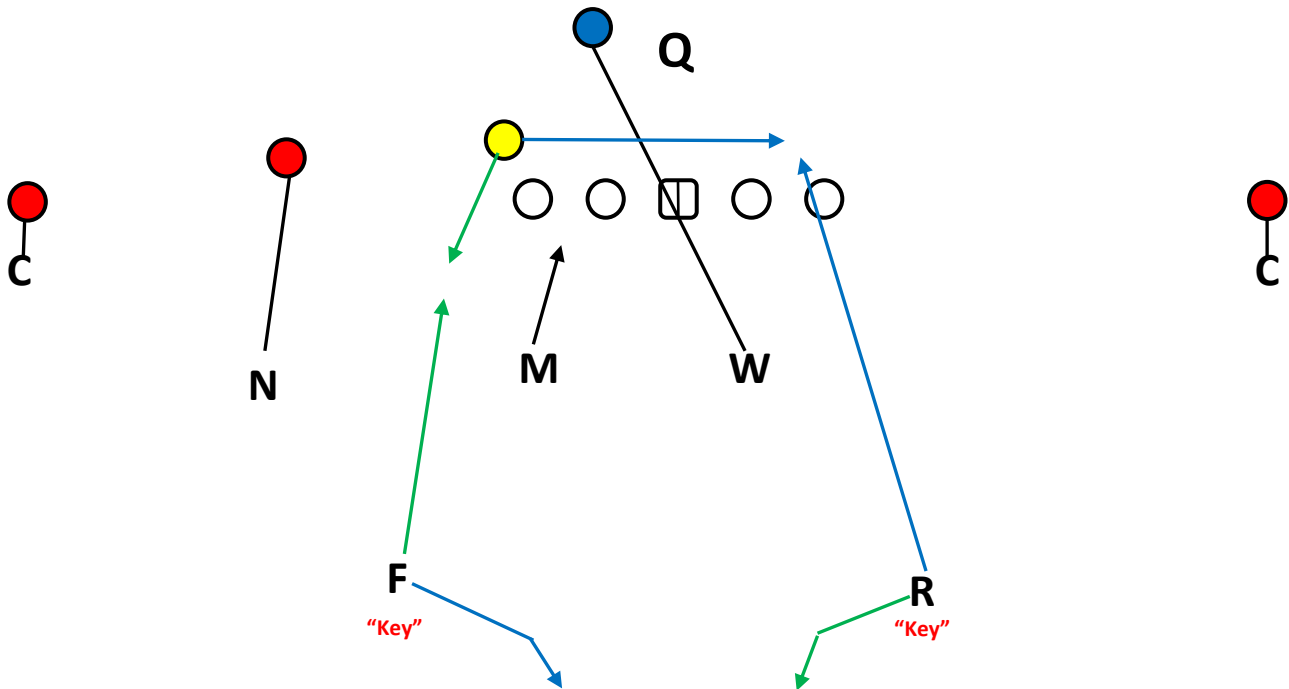


Base – Cover 10 Alert



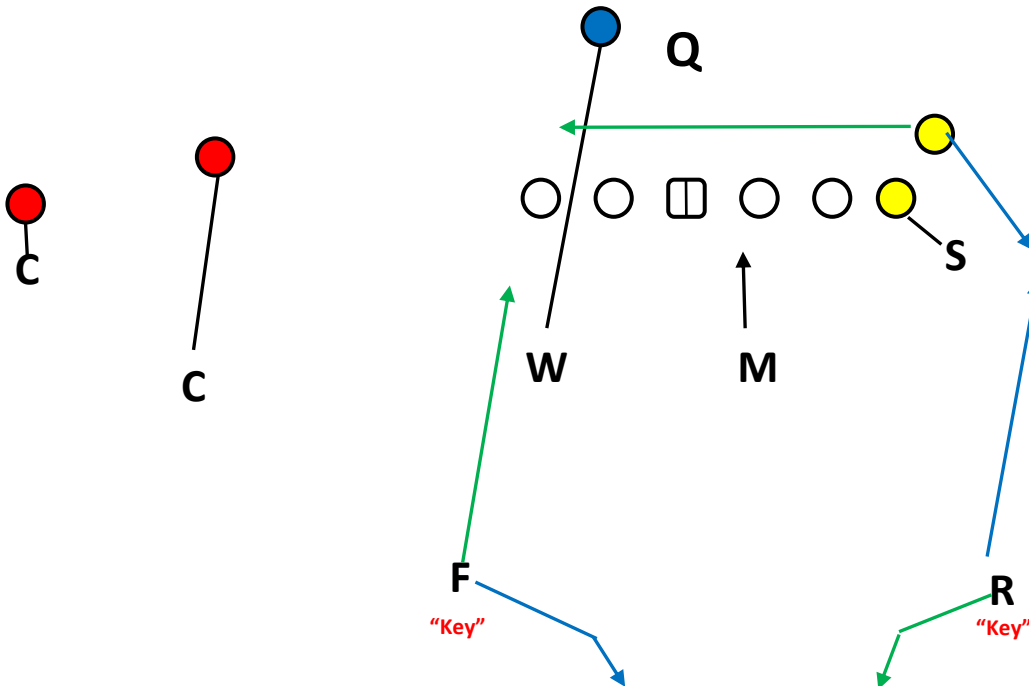
*No "Bongo" if TE is on the LOS

Sub – Cover 10 (Key)



*No "Key" if the Y is on the LOS or is detached from the core

Base – Cover 10 (Key)



*No "Key" if both TEs are on the LOS

Formation Adjustments

- **Formation adjustments**
- **Limited adjustments – the coverage is set up to self-adjust to most formations anyway**
- **Empty: match up with personnel**
- **Formation into boundary: match up**
- **TE/RB split out: match up**
- **Unbalanced (TE/WR): match up**
- **Use our numbers advantage in the core of the formation to handle wings, fullbacks, H-Backs, and other moveable gaps**

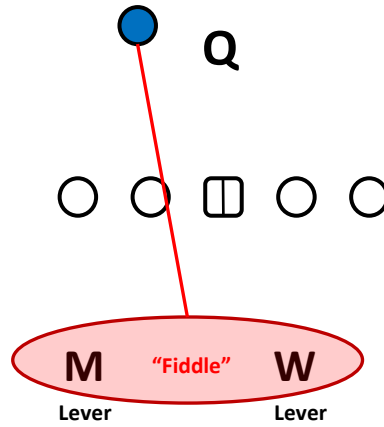
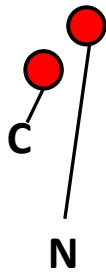
Split Adjustments

- **Players self-adjust to individual splits using proper divider leverage**
- **Get on different levels and stay with your man, or get on the same level and give players the ability to switch**
- **With multiple players detached from the formation with reduced splits, can usually use “lock and levels” as long as you have a shallow rat**
- **2-Man reduced splits: lock and levels**
- **3-Man bunch**
 - **Detached: lock and levels**
 - **Attached to formation: lock and levels, possible involved in funnel/key**
- **If there is no shallow rat (Cover 10), no levels**
- **Point or Tail vs. stacked receivers**

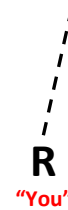
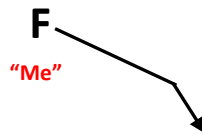
Split Adjustments

Sub: 1 Invert

Lock & Levels

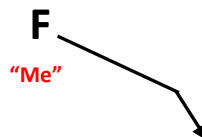
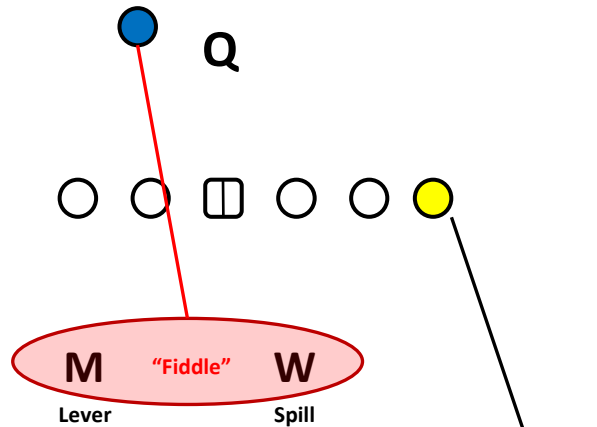
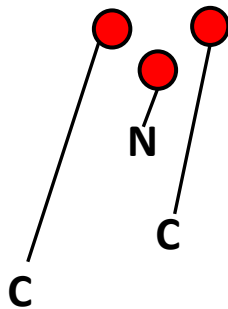


Point OR Tail



Sub: 1 Invert

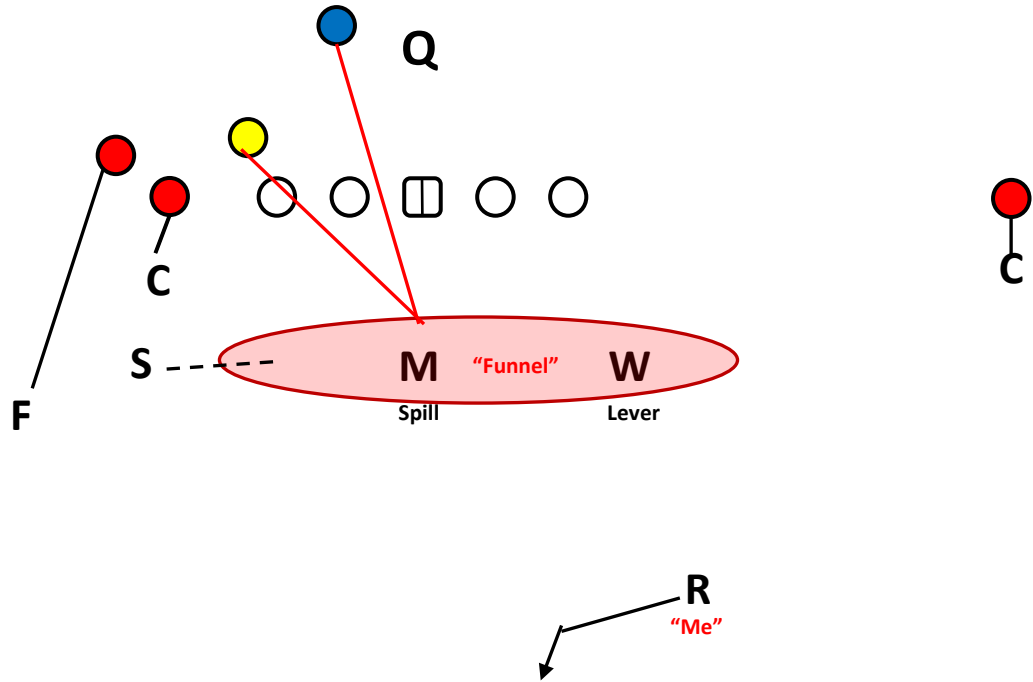
Lock & Levels



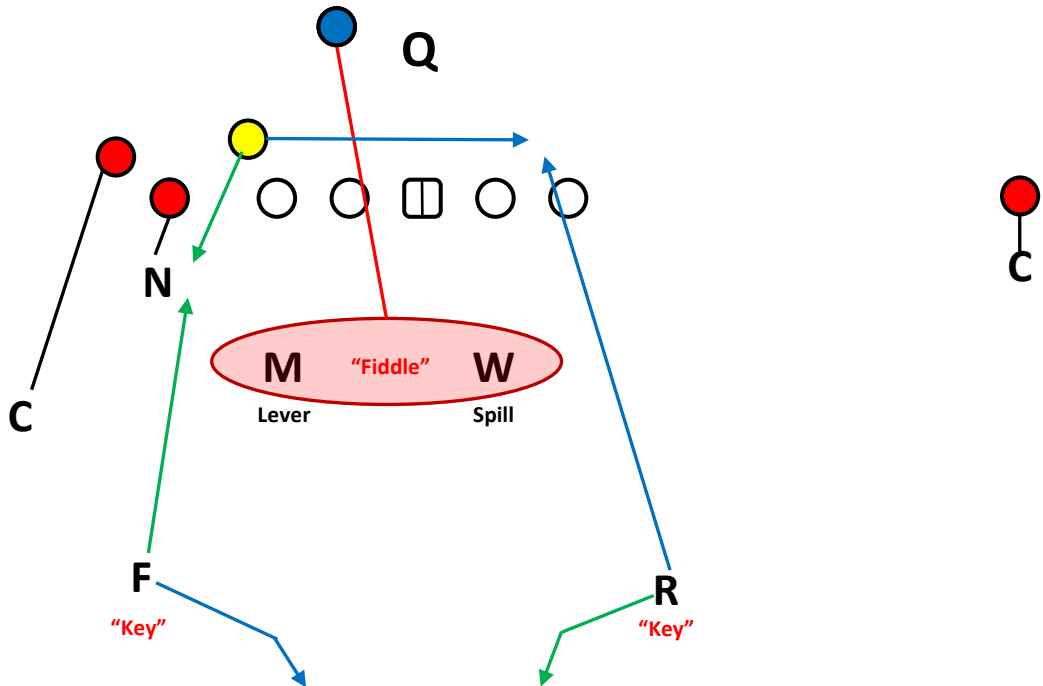
*CB over vs. single-width

Split Adjustments

Base: 1 Alert



Sub: 1 Key

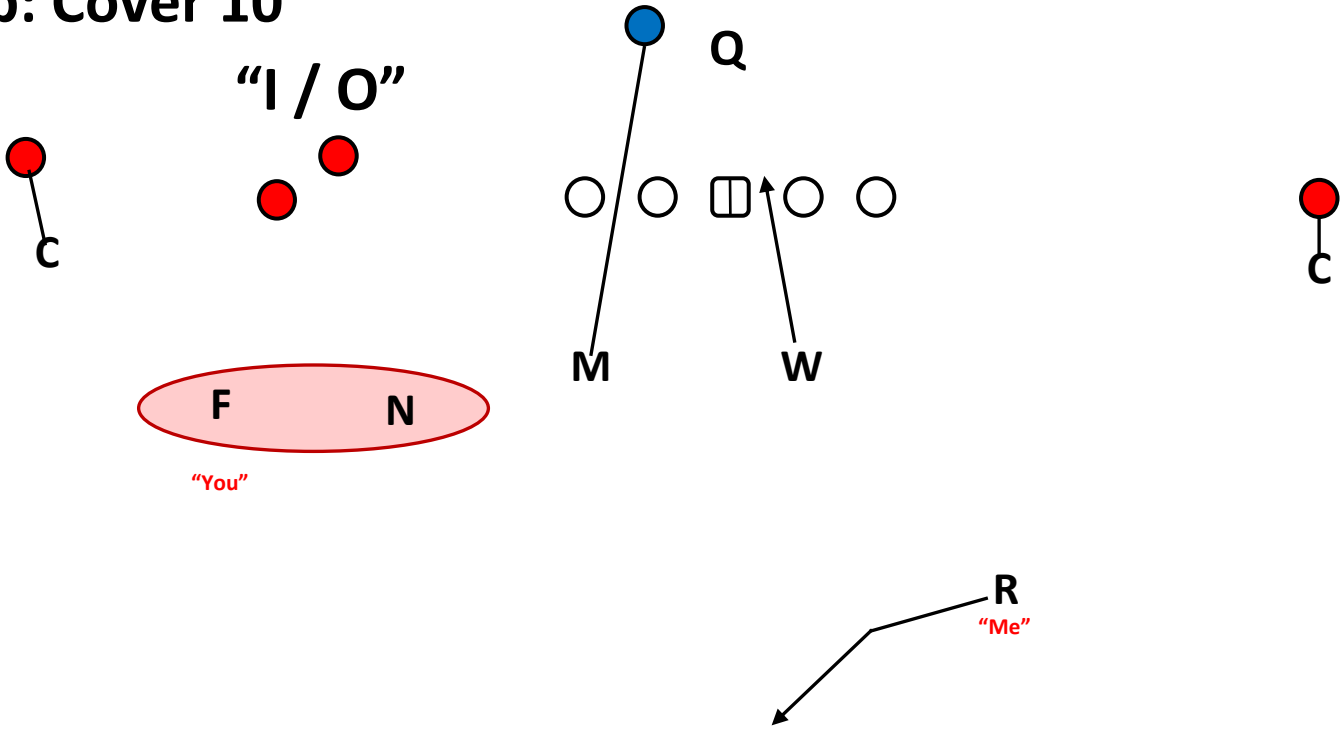


Cover 10 Adjustments

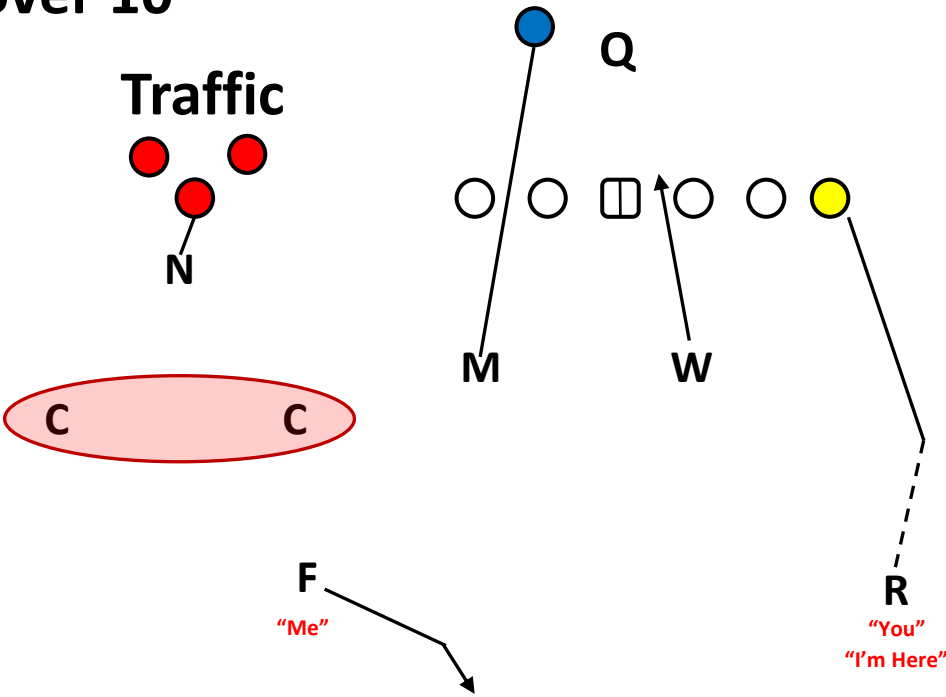
- **No Rat = no levels**
- **Communication is very important in any inside / outside concept**
- **Once the releases happen, must stick with that man (like “first back” rule in funnel)**
- **Inside / outside to 2-man reduced splits**
 - **Inside defender take the first inside or second outside release. Align at 6-7 yards off, 2-3 yards inside**
 - **Outside defender take the first outside or second inside release. Align 6-7 yards off, 1-2 yards outside**
 - **Very difficult to handle two inside or two outside routes**
- **“Traffic” to 3-man bunch**
 - **Press and lock on the man on the LOS**
 - **Other defenders inside / outside the other two receivers**
- **Still can use Point or Tail to a stacked alignment. Leverage by preference or game plan**

Cover 10 Adjustments

Sub: Cover 10



Sub: Cover 10



*CB over vs. single-width

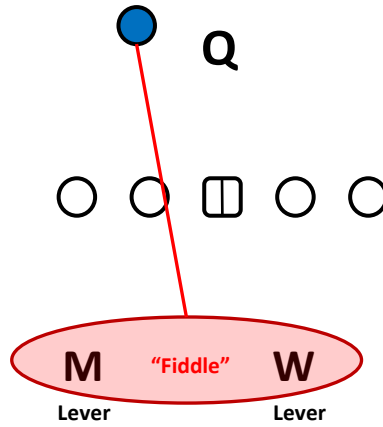
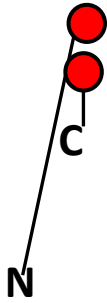
Point / Tail

- **Man coverage adjustment to stacked receivers**
- **Do NOT inside/outside stacked receivers**
- **Basically just a different version of “lock and levels”**
- **Can be used either with or without a rat**
- **Point tells the front defender to take the point man**
- **Tail tells the front defender to take the off man**
- **Usually put the front defender on the guy they’re trying to throw to**
- **Screen / screen and go: helpful to play Tail with the front defender on the guy they’re trying to throw the screen to.**
- **Cover 10 (no rat)**
 - **Leverage by preference or game plan**
 - **May want to have one defender inside and one outside. Most likely front defender with inside leverage and back defender with outside leverage**

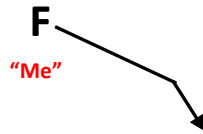
Split Adjustments: Point / Tail

Sub: 1 Invert

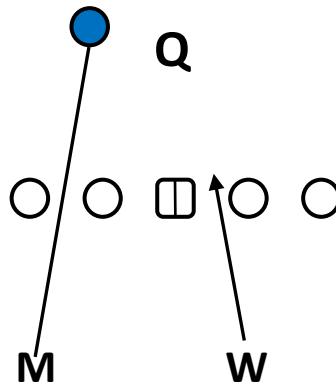
Point



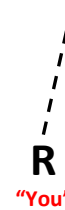
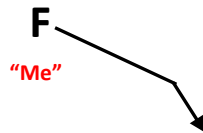
Tail



Sub: Cover 10



Point OR Tail



Motion Adjustments

- **Minimal adjustments necessary: player(s) responsible for the motion man handle it**
- **No confusion about motion changing formation or strength**
- **Safeties can “move” with each other by preference or game plan**
- **LBs, CBs, and Nickel run with motion**

Contact Information

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