



# **IMG ACADEMY FOOTBALL DEFENSIVE BACK MANUAL**

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# MEETING ROOM PROTOCOL

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- **Be Early**
- **Take Pride in OUR room (Make your bed)**
- **Lock in, no distractions**
- **Be a Professional**
- **Cell Phones off**
- **Great Demeanor / Take Notes**
- **Be Respectful**
- **Be Coachable – Learn from each other**
- **Ask Questions**



# **SECONDARY PHILOSOPHY**



# SECONDARY PHILOSOPHY

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A great defense is required in order to win championships. We must challenge ourselves to play perfect football for as many defensive snaps as possible, all of the time. We will expect to play anywhere between 65 and 110 snaps while maintaining a focus on the present – not the future “what ifs” or the past happenings. We will strive to be great defenders by loving the process and not worrying about the product. The margin for error in the secondary is very small. This is why it’s important to master our craft of fundamentals and technique. Work ethic is second to none and we will prepare as one group to the best of our ability.

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# LAW OF THREES



To simplify the teaching of technique and assignments/keys, the Law of Threes is a great way to establish quick and step by step coaching.

The Law of Threes can be used in a multitude of aspects in coaching and it creates buzz phrases for the athletes to easily remember and refer to.

Examples include:

- Defensive-backs back pedal speed can be coached and easily communicated by using the (READ PEDAL, SPEED PEDAL, TRANSITION)
- Cover 2 corner technique can be taught but using the phrase (BUMP, SEE, SQUEEZE)
- Bump N Run coverage technique can be emphasized and coached by using (EYES, HANDS, FEET)



# 5 STEP METHOD



In my opinion, the teaching progression of a coach must reinforce the teaching of the concepts/techniques. Each individual learns differently and it takes time and deliberate preparation to teach a particular concept or technique. There is a five step method to teaching that will be used when installing anything that is new:

- 1. Explain the WHY**
  - 2. Board/Diagram**
  - 3. Film**
  - 4. Walk-Thru**
  - 5. Drill It!**
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# DRILL WORK PHILOSOPHY

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Individual drill work is vital to the success of the athlete. Drill work is maintained in order to master:

- **Technique**
- **Muscle Memory**
- **Defensive Back Stamina**

There will be a multitude of drills that will be used for different defensive-back specifics. These drills are separated into 9 categories:

- 1. Fundamentals/Warm-Ups**
- 2. Everyday Drills**
- 3. Tackling Drills**
- 4. Ball Drills**
- 5. Turnover Drills**
- 6. Corner Specific Drills**
- 7. Safety Specific Drills**
- 8. Evaluation Drills**
- 9. DB Specific Strength/Movement Drills**

These drills are done to strengthen the athlete's technique and movements, evaluate a player/recruit's ability, and create muscle memory within the student-athlete. Drills are meant to emulate what will be needed to be successful on gameday.

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# D.I.S.C.P.L.I.N.E.



**D** O THE RIGHT THING

**I** NTERACT WITH OTHERS

**S** EE THE “BIG PICTURE” (TEAM 1<sup>ST</sup> )

**C** ONSIDER ALTERNATIVES IN CRUCIAL SITUATIONS

**I** MPROVE DAILY

**P** LAN TO WIN IN ALL OF LIFES ARENAS

**L** EAD BY EXAMPLE

**I** NVITE CHALLENGES

**N** EVER IVE UP; NO MATTER HOW GRIM

**E** XPECT TO BE A CHAMPION





# WHO WE ARE



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## LEADERSHIP = INFLUENCE

Team leaders are needed at every single position on the field. Challenge yourself to be a leader in the DB group, the DEFENSE and the TEAM. DO NOT be afraid to be THE GUY! The more leaders that we have, the more success we'll see.

Key qualities needed to be a great leader:

Accountability: Hold yourself accountable for every decision, every act that you make, good and bad. How did you influence the situation? Respect will come when the guys around you realize that you take the good with the bad. Before you hold your teammates accountable, you first have to hold yourself accountable.

"My philosophy is that not only are you responsible for your life, but doing the best at this moment puts you in the best place for the next moment."

Toughness: We as DB's have to have to be the toughest physically and mentally on the field. Like a QB, we have to have a short memory and play the next play.

"To me, football is so much about mental toughness, it's digging deep, it's doing whatever you need to do to help a team win and that comes in a lot of shapes and forms"

Work Ethic: Not only do you need to outwork everyone on the field, in the off-season, in the weight room and in the film room, sometimes you have to work longer. Be the first one in and the last one out! Extra work is only going to make the team better. Grab guys and get extra work in the film room or on the field. Work hard and work smart! What are you doing when no one else is looking?

'Plan your work for today and every day, then work your plan'

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# WHO WE ARE



Other Qualities to help you be a successful player:

- 15 MINUTES EARLY TO EVERYTHING
- BE A TEAM GUY, NOT A ME GUY
- ATTENTION TO DETAIL (ATD)
- LISTEN AND BE COACHABLE\*\* (LISTEN TO THE MESSAGE, NOT THE TONE)
- TAKE CONSTRUCTIVE CRITICISM WITHOUT HAVING YOUR FEELINGS HURT (WE WANT TO BE THE BEST)
- ORGANIZED AND LOCKED IN
- ATTITUDE IS EVERYTHING – POSITIVITY IS KEY
- EFFORT
- ENTHUSIASM
- DEMAND THE BEST FROM ME AND I'LL DEMAND THE BEST FROM YOU
- DA (DISCIPLINED ARROGANCE) – HAVING SWAGGER/ CONFIDENCE BUT ONLY AFTER YOU'VE MASTERED AND CONTINUE TO IMPROVE YOUR TECHNIQUE AND ASSIGNMENTS

**“It was CHARACTER that got us out of bed, COMMITMENT that moved us into action, and DISCIPLINE that enabled us to follow through.”**

# EMOTIONAL QUOTIENT

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- The ability to identify, understand, and manage one's emotions in all environments.

- **E + R = O**

EVENT +

REACTION =

OUTCOME

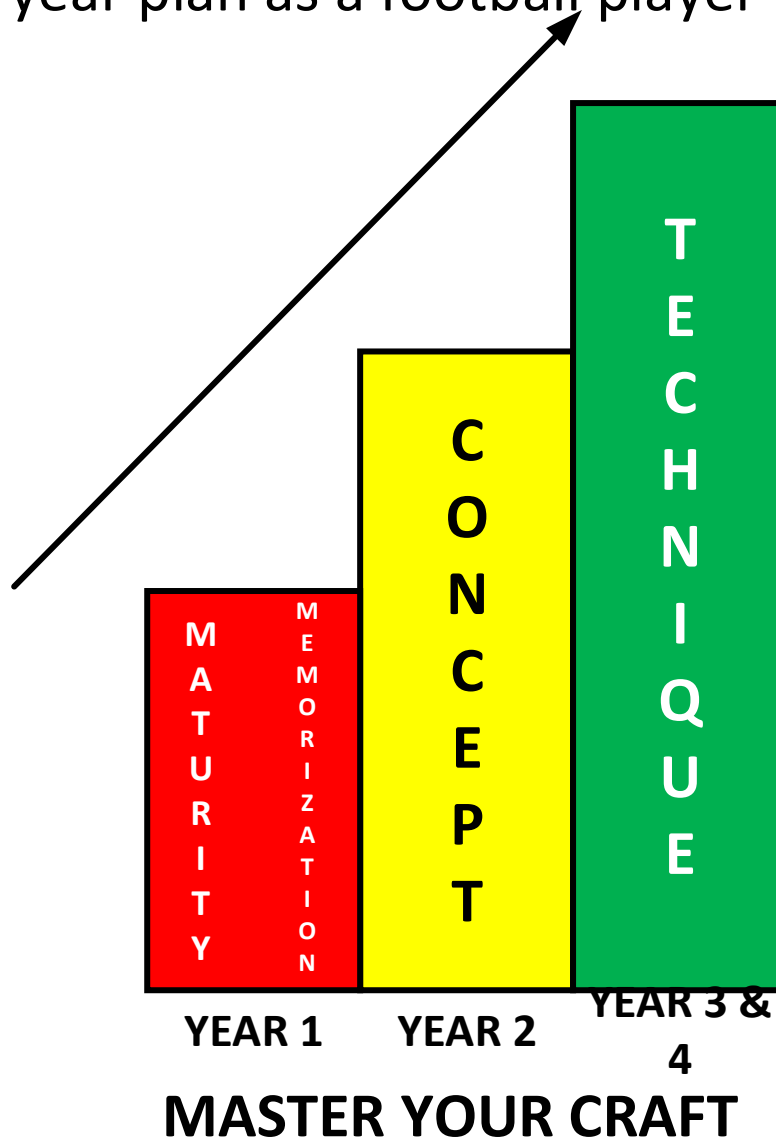


**STAY INSIDE THE EYE OF THE STORM. CALM, COOL, COLLECTED,  
UNBOTHERED**

# INTELLIGENT QUOTIENT

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- The intelligence that one carries in comparison to their age group. In our case, there will be some guys that have football instincts and some that do not. It is up to us in recruiting and then us as coaches to develop the football IQ of a student-athlete.
- 2 year/4 year plan as a football player





# ADAPTIVE QUOTIENT



- The ability to adapt to an environment or change in one's environment or daily life. For these student-athletes, coming to college is one of the biggest changes in their lives. We must help them become adaptive and recognize the ones that struggle (especially in year one).
- In terms of football, we must evaluate how a player can adapt to a change in game plan or an on the field adjustment. Can they handle and adapt on the fly to what changes are being made?

**Forces of constant change can either make or break you. Who will we be during a sudden change?**



# **SECONDARY FUNDAMENTALS**



# CALL RESPONSIBILITIES



COMMUNICATION IS KEY BEFORE EACH SNAP. IT IS ON US TO GET THE CALL TO EACH OTHER AND THE REST OF THE DEFENSE.

- UNDERSTAND **D&D, OFF. PERS**
- **SEE THE CALL** FROM THE SIDELINE
- **TAP OFF** ON HELMET TO LET US KNOW YOU HAVE THE CALL

- **SAFETIES**

- ECHO THE CALL TO THE CORNERS  
(BROTHERS)

- CHECKS/ADJUSTMENTS

- **CORNERS**

- ECHO CALL/CHECKS AND ADJUSTMENTS

UNDERSTAND WHEN WE NEED TO GET A CHECK TO  
THE LINEBACKERS (COUSINS)

\*IN OKIE/DIME PERSONNEL, THE NICKEL WILL MAKE A STRENGTH  
CALL DETERMINED BY THE CALL (PASSING STRENGTH/FIELD)

# ORDER OF OPERATION A.A.K.T

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Once we receive the defensive call, we must look to our order of operation to quickly put ourselves in the position to succeed.

## Order of Operation

1. Alignment
2. Assignment
3. Keys
4. Technique

For each call/check/adjustment, we should know the order of operation and we should be able to process it as if it is second nature.

The order of operation will also be a teaching tool when installing new defenses and coverages throughout the season.





# TAKING ON BLOCKS



Defensive-backs will take on 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> level blocks and it is crucial that we have the knowledge and ability to defeat these types of blocks.

## Types of Blocks

- **Stalk = High blocking technique used by WR**
  - Beat by hitting the WR thick, setting an edge, and keeping our leverage by forcing everything back.
- **Crack = Block used to get an angle on an inside defender**
  - Safety – Beat with speed
  - Corner – Crack replace
- **Cut = WR attempting to block below the waist**
  - We must give ground when being attacked by a cut block by using our hands and keep bent knees with fast feet.

When taking on any sort of block, we must have leverage in the forefront of our mind. Keep our leverage (inside & in front) and always finish violent!



# CREATING TURNOVERS



Without the ball, there is no game. The most important aspect of our program is what we do with the football. We must attack the football in every chance that we get!

We expect to defend somewhere between 12 to 15 possessions per game. We need to be able to steal possessions from our opponent and create new drives for our offense – DEFENSE SCORES!

<b>TURNOVER MARGIN (PER GAME)</b>	<b>WIN %</b>
+4	96%
+3	85%
+2	72%
+1	60%
0	50%
- 1	40%
- 2	32%
- 3	15%
- 4	4%

**“IT’S ALL ABOUT THE BALL”**



# CREATING TURNOVERS



## Fumbles

### - Forcing Fumbles

- We want to eliminate at least 2 of the 5 points of pressure. We can do this by putting our hat on the ball, disengaging the elbow, and punching the ball out with force.

### - Recovering Fumbles

- To recover a football, we must be near the fumble. Bottom line is we must fly to the football to be in the right place at the right time. Understand when we should scoop and score or fall on the ball.

### How we will create this habit?

- Run to the football *2 whistle drill*
- Pre-meeting *eliminate pressure* drill
- Pre-practice *ball disruption* drill
- Incorporate stripping the ball in all team periods



# CREATING TURNOVERS



## Interceptions

### - Catching Interceptions

- Catch ball with eyes first, then hands
- High Point (climb the ladder)
- Step Thru Catch (beat WR to the point)

### - Forcing Interceptions

- QB Pressure – matching hands, air jordan, and great blitz lines
- PBU – laying bunts, reading QB's shoulder, timing big hits on WR

### How we will create these habits?

- Off-season catching thousands of footballs/tennis balls
- Jug machine
- Ball drills
- PBU drills
- Pre-practice *ball disruption* drill

At the end of the day, we must recruit DBs that have ball skills and continue to develop these skills every single day that they're on campus.



# SITUATIONAL PHILOSOPHY

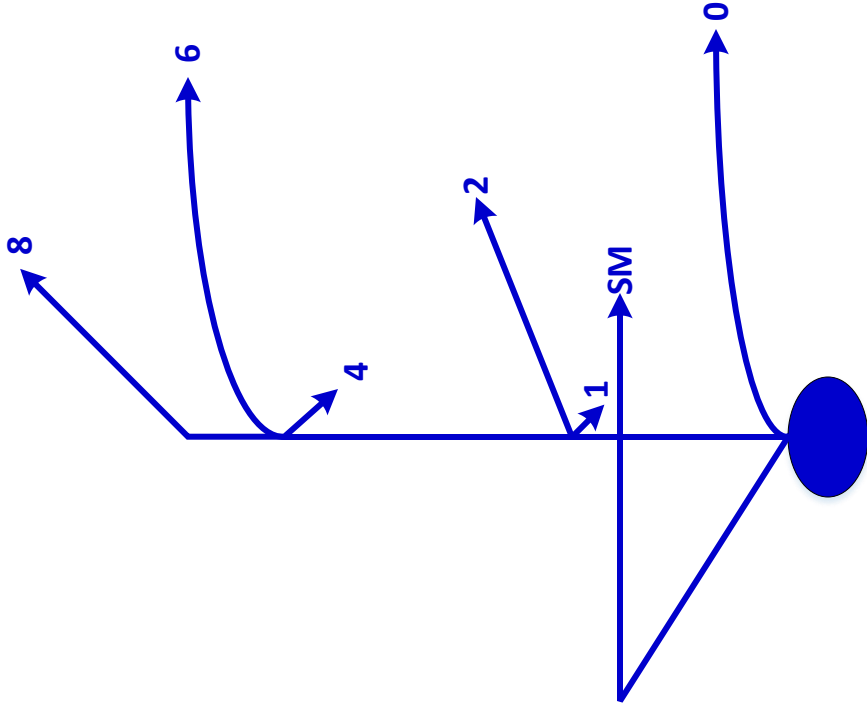


- **1<sup>ST</sup> & 2<sup>ND</sup> DOWN** – Stop the Run! Take away best receiver. Defend their tendencies – Take away what they do best!
- **3<sup>rd</sup> and 4<sup>th</sup> Down** – GET OFF THE FIELD! – Good disguise, know where the sticks are, and be great on 1<sup>st</sup> and 2<sup>nd</sup> downs.
- **Backed Up** – Defensive Touchdowns! – Force Turnover or punt. Give our offense great field position
- **Red Zone** – Turnovers steal points! Force a FG attempt and block it! Nothing easy for the offense.
- **Goal Line** – PUT THE BALL DOWN! Eliminate the run. Defend slants and fades – Expect pick routes and moving the pocket.
- **4 Minute** – Need a turnover or 3 and out.
- **2 Minute** – Prevent score. Keep the ball in bounds Get off the field!
- **Tempo (No Huddle)** – GREAT operation mode. Communicate with one another. Don't hurry, be quick.
- **Protecting a lead** – Everything inside and in front. Be smart but be aggressive.
- **\*Sudden Change** – PUT THE BALL DOWN. Another opportunity to play defense! (How mature are we?!)



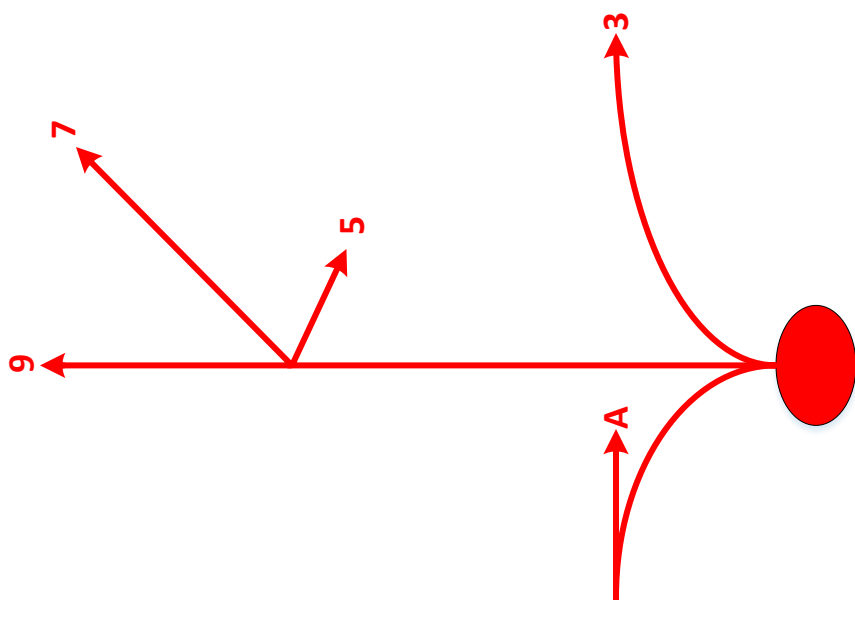
# ROUTE TREE

## INSIDE BREAKING ROUTES



- SM - SMASH
- 0 - DRIVE
- 1 - HITCH
- 2 - SLANT
- 4 - CURL
- 6 - DIG
- 8 - POST

## OUTSIDE BREAKING ROUTES



- A - ARROW
- 3 - OUT
- 5 - COMEBACK / SAIL
- 7 - CORNER
- 9 - VERTICAL

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