

DEVELOPING A 3RD DOWN PRESSURE PACKAGE



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OVERALL 3RD DOWN PHILOSOPHY

- THE ART OF COACHING 3RD DOWN = “THE BALANCING ACT”
 - HOW DO WE GET OFF THE FIELD? HOW DO WE TAKE AWAY THEIR TOP ROUTES AND GO TO GUY(S) WITH OUR PERSONNEL AND SCHEME?
 - IS OUR BEST PLAN OF ATTACK TO BLITZ, PLAY COVERAGE, OR FIND A MIDDLE GROUND WITH CREEPERS/SIMULATED PRESSURES?
- MAKE THE OFFENSE ACCOUNT FOR PRESSURE EVERY SNAP
 - WE WANT TO THREATEN PRESSURE ALMOST EVERY 3RD DOWN EXCEPT OBVIOUS SITUATIONS (I.E. 3rd & Short, 3rd & 25, 2 Minute, Next to Last Play)



OVERALL PRESSURE PHILOSOPHY

- HAVE A PLAN
 - KNOW WHAT YOU ARE TRYING TO ATTACK
- FORCE THE ISSUE
 - IT'S 3RD DOWN... THINGS HAVEN'T BEEN GOING WELL FOR THEM. KEEP IMPOSING YOUR WILL
- GIVE THE APPEARANCE YOU CAN COME AT ANY TIME, FROM ANYWHERE (THREAT OF THE BLITZ IS SOMETIMES MORE EFFECTIVE THAN THE BLITZ)
- DICTATE WHAT THEY CAN HAVE: MAKE THEM LIVE UP TO THEIR OWN WORDS, "WE WILL TAKE WHAT THE DEFENSE GIVES US."
- EFFECTIVE PRESSURES DON'T ALWAYS = SACKS
- DON'T NEED TO COMPLETELY SELL OUT UNLESS YOU ARE LOSING AND YOU HAVE TO FORCE THE ISSUE, "OR ELSE" (ALWAYS BE SOUND VS. SCREENS & DRAWS)
- COVER THE BACK BY KEEPING HIM IN TO PROTECT



PRESSURE PHILOSOPHY

- USE BLUFF LOOKS TO DICTATE WHAT YOU WANT
 - THERE ARE CERTAIN LOOKS THAT WILL FORCE OFFENSES TO CHANGE THEIR PROTECTIONS, USE THEM... DICTATE!
 - ALSO, BLUFF AND STUNT TO PLAY COVERAGE
- SEPARATE FRONT & COVERAGE
 - TEACH MULTIPLE PRESSURE PATHS
 - TEACH MULTIPLE COVERAGES
 - TEACH THEM SEPERATELY AND THEN MIX AND MATCH
- HAVE DIFFERENT TYPES OF PRESSURES/COVERAGES
 - 4-MAN, 5-MAN, 6-MAN PEEL, 6/7-MAN
 - “CREEPERS (ZONE),” SIMULATED PRESSURES (MAN), 3-DEEP FIREZONE, 2 TRAP, MAN-FREE (W/ A RAT AND NO RAT), 2 DEEP/4 UNDER, AND STRAIGHT COVER 0



THINGS TO CONSIDER

- WHAT IS THEIR PROTECTION AND HOW MANY ARE IN IT?
 - TYPE: ½ SLIDE, FULL SLIDE, BOB, FAN/DUAL (vs. 50 LOOKS), SCAT (5-MAN), YT (7-MAN, FULL SLIDE W/ BOTH BACKS OFF SAME EDGE)
 - # OF PROTECTORS: 5-, 6-, 7-, 8-?
 - WHERE IS THE CENTER TURNING? DOES THE BACK EVER COME ACROSS?
 - MAKE SURE YOUR PRESSURE PATHS BEAT THEIR PROTECTION SCHEME (I.E. – DO NOT BRING DBL A GAP BACKER BLITZ VS. FULL SLIDE)
 - CAN YOU SHORT-CIRCUIT THEIR PROTECTION (GET THEM INTO A “4-2 SITUATION”)
- THEIR PERSONNEL
 - DO THEY HAVE A WEAK LINK ON THE OL? EXPOSE HIM IN MAN SITUATIONS
 - DOES THEIR QB REACT POORLY TO PRESSURE?
 - CAN THEIR BACK PROTECT? DOES HE WANT TO? (BIG DIFFERENCE)
- YOUR PERSONNEL
 - FEATURE YOUR BEST BLITZERS
 - ***THE KEY TO DEVELOPING A GREAT PRESSURE PACKAGE IS ATTACKING THEIR SCHEME WITH YOUR BEST PLAYERS – THE KEY IS THE BALANCE***
- WHAT COVERAGE DO YOU WANT TO USE?
 - COVER 3, FIRE ZONE 3, 2 TRAP, MAN-FREE, COVER 0?



DO YOU WANT TO PRESSURE?

- DON'T JUST BLITZ, TO BLITZ. MAKE SURE YOU ACTUALLY WANT TO PRESSURE THE OPPONENT YOU'RE FACING (KNOW YOUR WHY)
- IS PRESSURING THE BEST IDEA VS. THIS TEAM?
 - IS THE QB A SCRAMBLER?
 - WILL WE EVEN GET THERE?
 - ARE THEY FULL SLIDE PROTECTING WITH 7-MEN?
 - ARE THEY GETTING THE BALL OUT TOO FAST BEFORE THE PRESSURE GETS THERE?
 - IS THE QB GOOD AGAINST THE BLITZ?



PHILOSOPHY BY PROTECTION

- 1/2 SLIDE
 - ATTACK THE MAN SIDE & OVERLOAD THE BACK
- FULL SLIDE
 - GET 2-OFF THE EDGE TO THE SIDE OF THE BACK
- BOB (“5-0 PROTECTION”)
 - PREFER TO MAKE THE OL HAVE TO PASS OFF STUNTS AND MAKE THE BACK THINK (HE’S COAST-TO-COAST)
- FAN-DUAL (ODD FRONTS)
 - PUT STRESS ON GUARDS TO STRESS DUAL READ SYSTEM



PHILOSOPHY BY PROTECTION

(cont'd.)

- SCAT (5-MAN PROTECTION)
 - COVER EVERYONE TO PREVENT QUICK GAME, WHILE STRESSING THEIR MAN PROTECTION WITH TWISTS
 - YOU HAVE TO MAKE THE OFFENSE PAY IF THEY PROTECT WITH 5
 - FORCE THEM TO KEEP THE BACK IN
- YT PROTECTION (FULL SLIDE W/ BACKS BLOCKING EDGE)
 - PLAY COVERAGE OR ATTACK SEAM BETWEEN OL SLIDE & BACKS BLOCKING THE EDGE
- SPRINTOUT
 - PULL THE QB UP (LION CONCEPT)



OTHER PRESSURE

NOTES

- WE WANT TO ATTACK:
 - TO THE MAN SIDE IN ½ SLIDE
 - TO AND AWAY FROM THE BACK IN MAN PROTECTION
 - TO THE FIELD/FROM THE BOUNDARY IF THE TEAM FLIPS THE BACK A LOT OR BRINGS HIM ACROSS AND SLIDES THE OTHER WAY
 - ***IN GENERAL, IF THEY ARE IN A MAN PROTECTION, WE WANT TO ATTACK PEOPLE/IF THEY ARE IN A ZONE PROTECTION, WE WANT TO ATTACK THE SCHEME (PERSONNEL MIXED IN)
 - MUCH LIKE AN OFFENSE'S ROUTE STRUCTURE



3RD DOWN COVERAGES

- WHEN WE ARE BLUFFING AND ONLY BRINGING 3 OR 4 WITH ONLY THE “TRADITIONAL” DEFENSIVE LINEMEN COMING, WE PLAY A VARIETY OF COVERAGES
 - COVER 1 DBL # (DOUBLE BEST PLAYER)
 - 2-MAN
 - COVER 2 MAN MATCH (THINK BAMA’S CUT/2 BUSTER)
 - BASICALLY COVER 2 IF THE #2 WR RUNS OUT AT OR UNDER 5 YARDS
 - IF #2 GOES PAST 5 YARDS, TURNS INTO 2-MAN
 - QUARTERS VARIATIONS – CUT, BRACKET, SWITCH
 - OTHER – COVER 1 VARIATIONS/DROP 8 (ZONE 1/4s AND TAMPA)



“MUG LOOK”

- FOR THIS PRESENTATION, WE WILL OPERATE OUT OF OUR “MUG” LOOK, A 5-0 LOOKS WITH EVERY OL COVERED
 - IN 4 DOWN FRONTS, IT INVOLVES DOUBLE 3 TECHNIQUES WITH THE MIKE WALKED UP OVER THE CENTER
 - IN 3 DOWN FRONTS, IN GENERAL, IT INVOLVES A 5-0-5 FRONT WITH THE ILBs WALKED UP OVER EACH GUARD
 - EACH OF THESE LOOKS CAN HAVE VARIATIONS OFF OF IT
- WE LIKE THIS LOOK FOR A FEW REASONS
 - IF THE OPPONENT RUNS SOME SORT OF SLIDE SCHEME, THEY HAVE TO CHECK TO BOB PROTECTION (WE SEE MOSTLY ½ SLIDE)
 - IT THREATENS IMMEDIATE PRESSURE – EVERYONE IS COVERED!
 - CAN EASILY BLUFF OUT AND JUST RUSH 3 OR 4
 - WHEN RUNNING 5-MAN PRESSURES, “IT’S JUST Xs ON A BOARD”



"MUG LOOK" (EVEN FRONTS)

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GOOD IF THE OFFENSE
RELEASES THE RB WEAK ALOT

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"MUG LOOK" (ODD FRONTS)

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"TITE LT"

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W/D

GOOD IF YOU HAVE A DOMINANT DT
THAT YOU DON'T WANT TO PUT IN A 0 TECHNIQUE

"TITE LT"

TOP PRESSURE PATHS

• 4 DOWN LOOKS

- 1 EDGE RUSHER OUTSIDE (SMOKE PATH); CAN COMBINE WITH LB WITH 0 PEEL
 - CAN RUN WITH POP OR FULL LINE SLANT
- 1 EDGE RUSHER COMING UNDER (LION PATH); CAN COMBINE WITH LB WITH 0 PEEL
- 1 LB RUSHING INSIDE
- 2 LBS RUSHING IN A GAPS OR OVERLOADED TO ONE SIDE

• 3 DOWN LOOKS

- 1 EDGE RUSHER WITH 1 LB COMING INSIDE (DOGS)
- 1 EDGE RUSHER COMING UNDER W/ 1 LB COMING INSIDE (DOGS LION)
- 2 EDGE RUSHERS OFF THE SAME SIDE (SPEAK)
- BOTH ILBS COMING OFF THE EDGE (DBL C NED)



TOP PRESSURE

COVERAGES

- 3 DEEP (4-/5-MAN RUSHES)

- CREEPERS – TRADITIONAL COVER GUY RUSHES, TRADITIONAL RUSHER DROPS
- FIRE ZONE PACKAGE (5-MAN PRESSURES) – DON'T DO A LOT

- COVER 1 (4-/5-MAN RUSHES)

- 4 MAN RUSH = CREEPERS/SIMULATED PRESSURES (1 RAT)
- 5 MAN RUSH = COVER 1
- 6-MAN RUSH = COVER 1 W/ PEEL – BLITZER OR INTERIOR DL HAS THE RB

- 2 TRAP/"2 JAM"

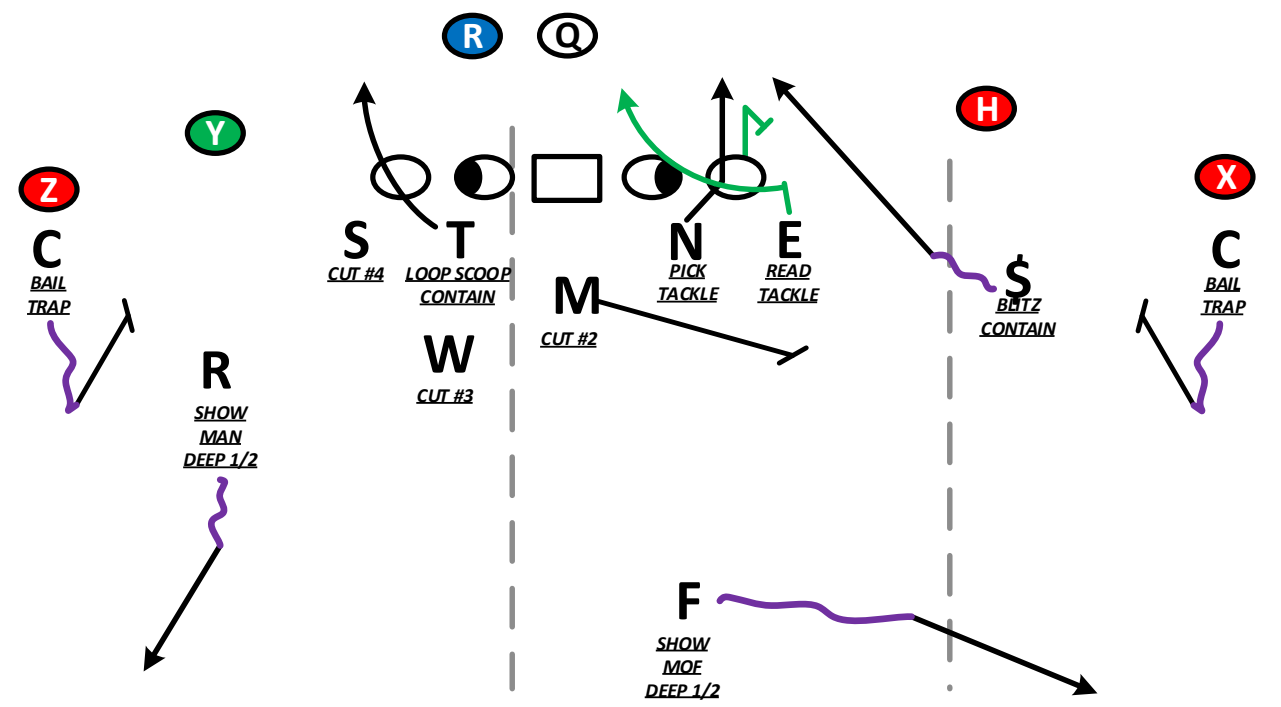
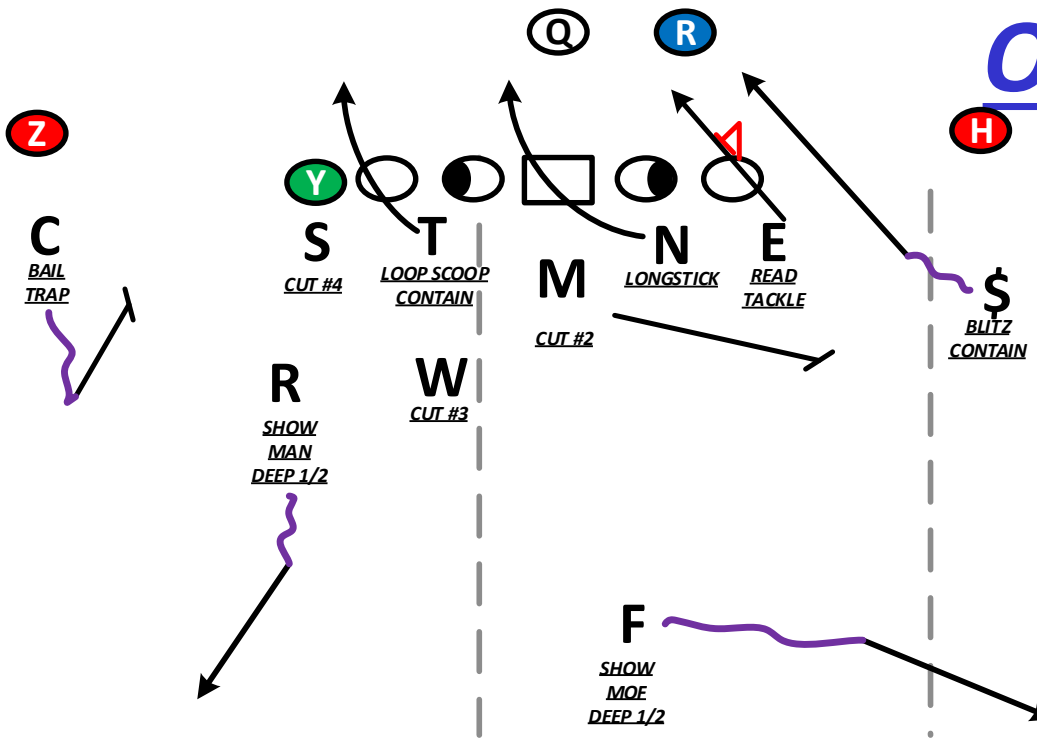
- 4-MAN RUSH = OUT OF 4 DOWN – DL DROPPING OR PLAYING RB
- 5-MAN RUSH = OUT OF 3 DOWN – INSIDE RUSHER OR NOSE HAS RB

- COVER 0

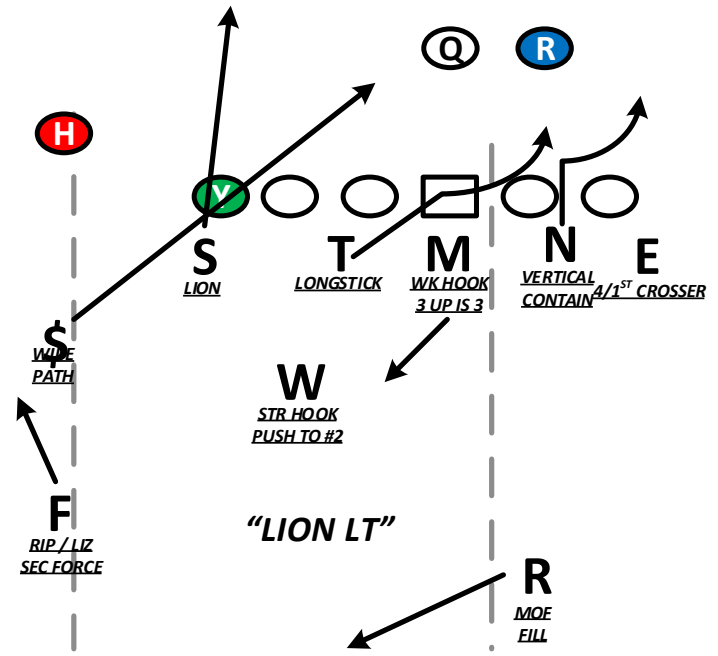
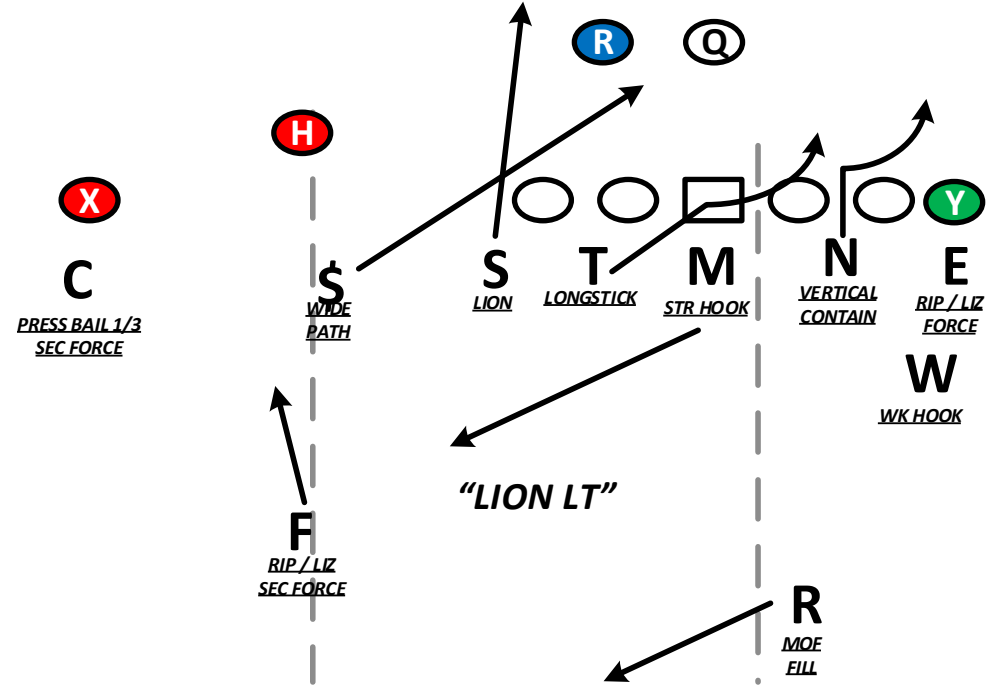
- 6-MAN RUSH WITH COVER 0 OR 7-MAN RUSH WITH 0 PEEL (1 BACK)/8-MAN RUSH (2 BACKS)



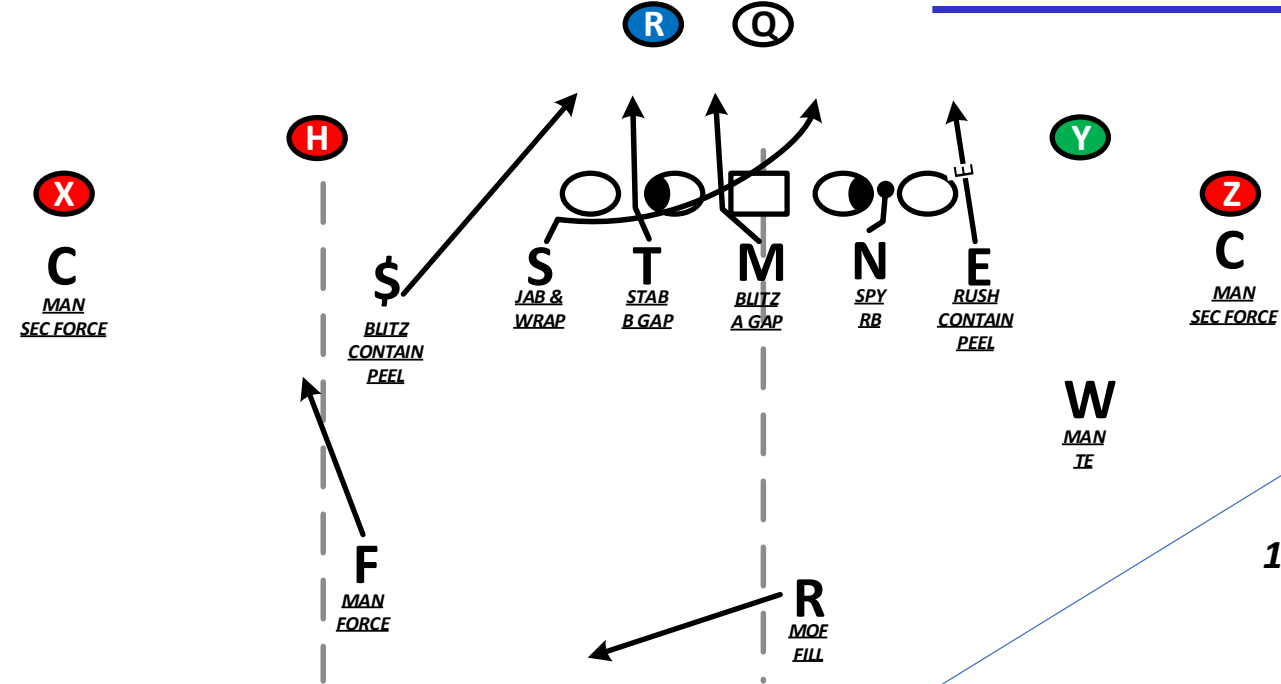
OUTLAW KNIFE W-SMOKE 2 TRAP



EVEN MUG W-LION 3 SKY

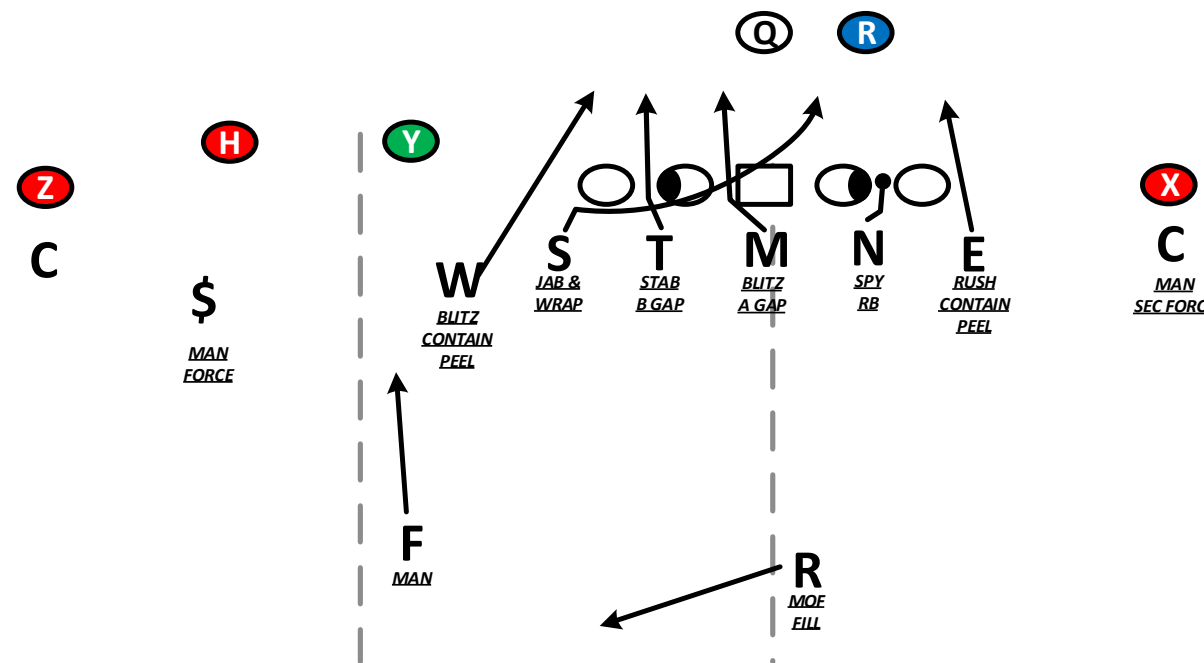


EVEN MUG W-SMK POP 0 FREE

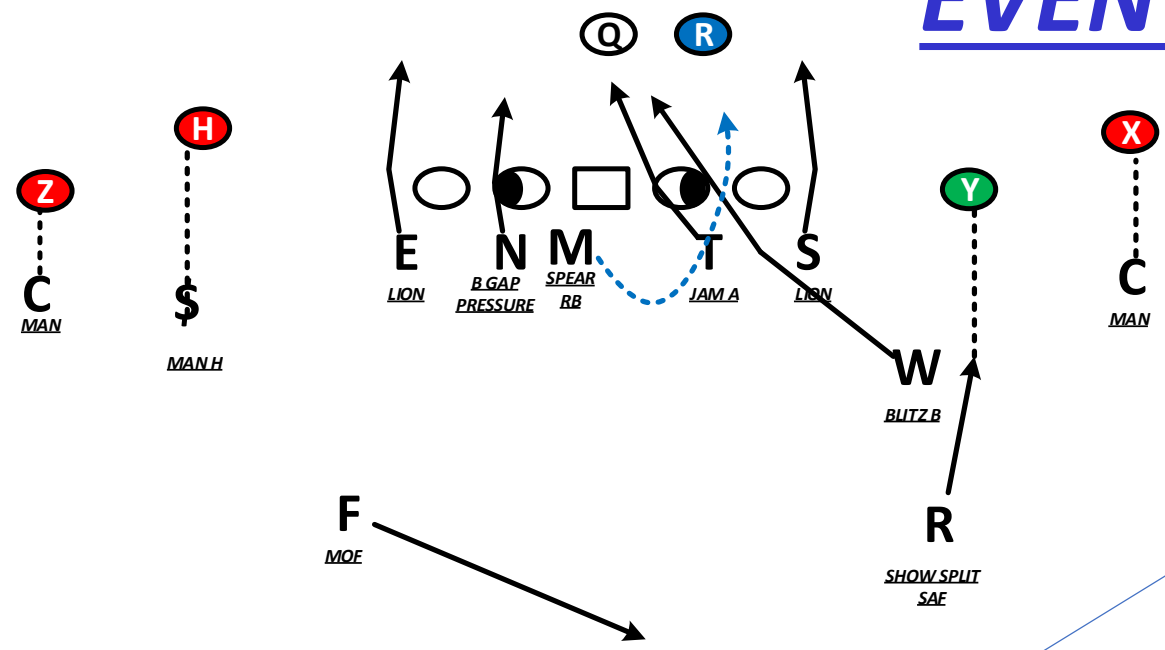


11P G WK TRIPS OPEN

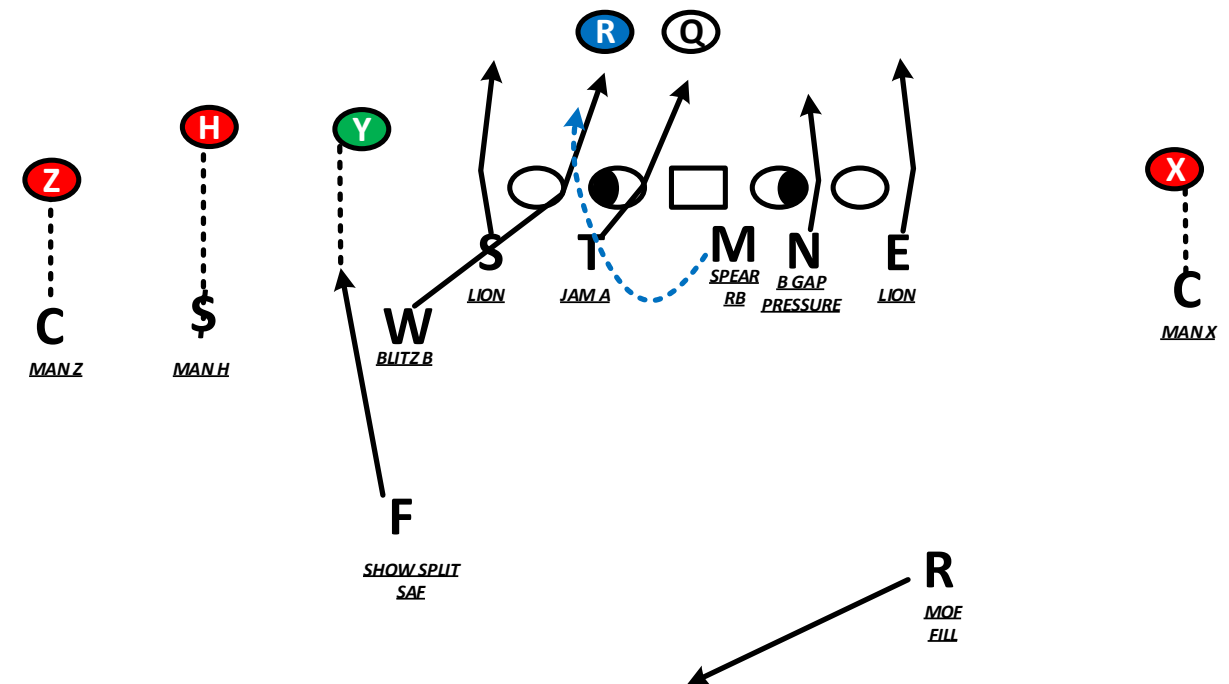
3X1 OPEN = CK BACKER GO



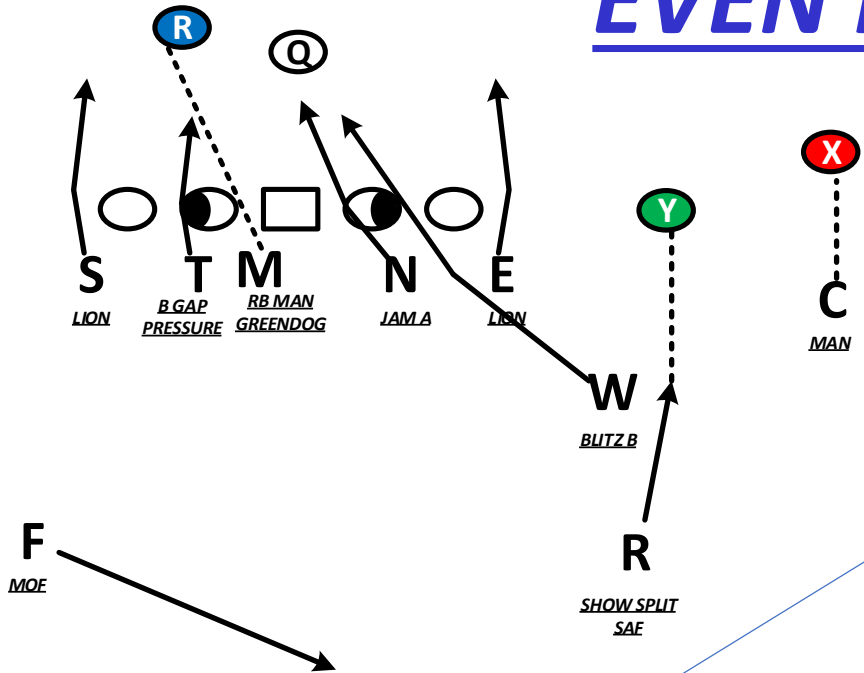
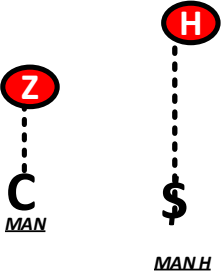
EVEN MUG BILLY LION 0 FREE



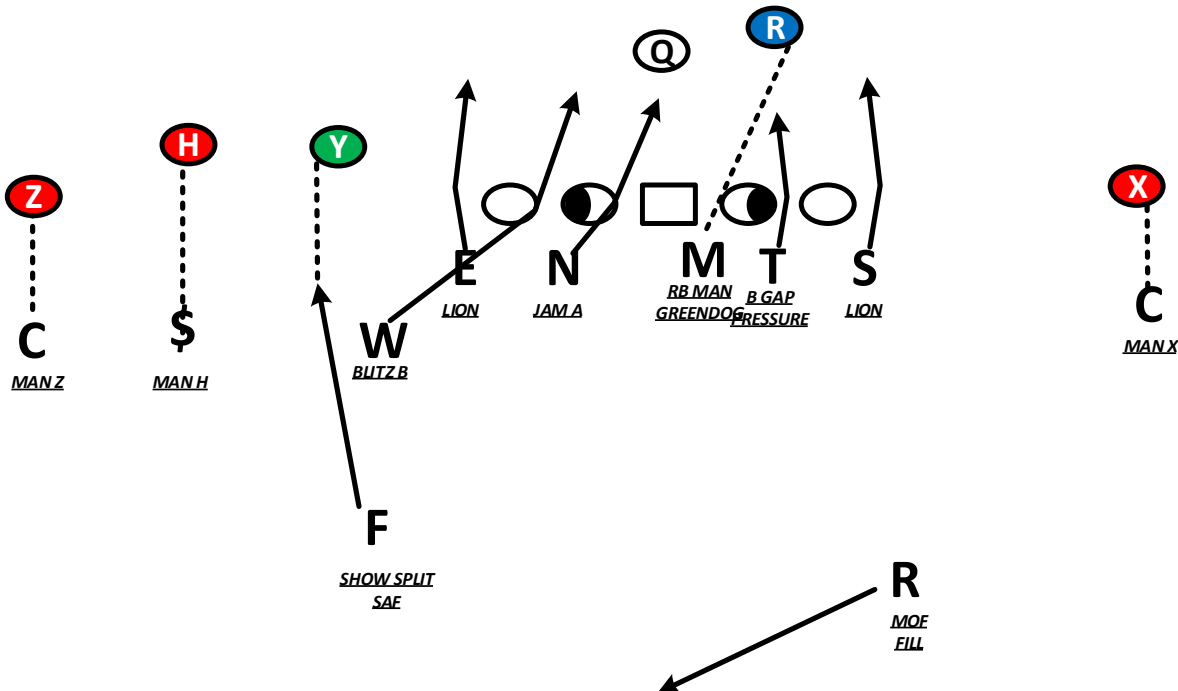
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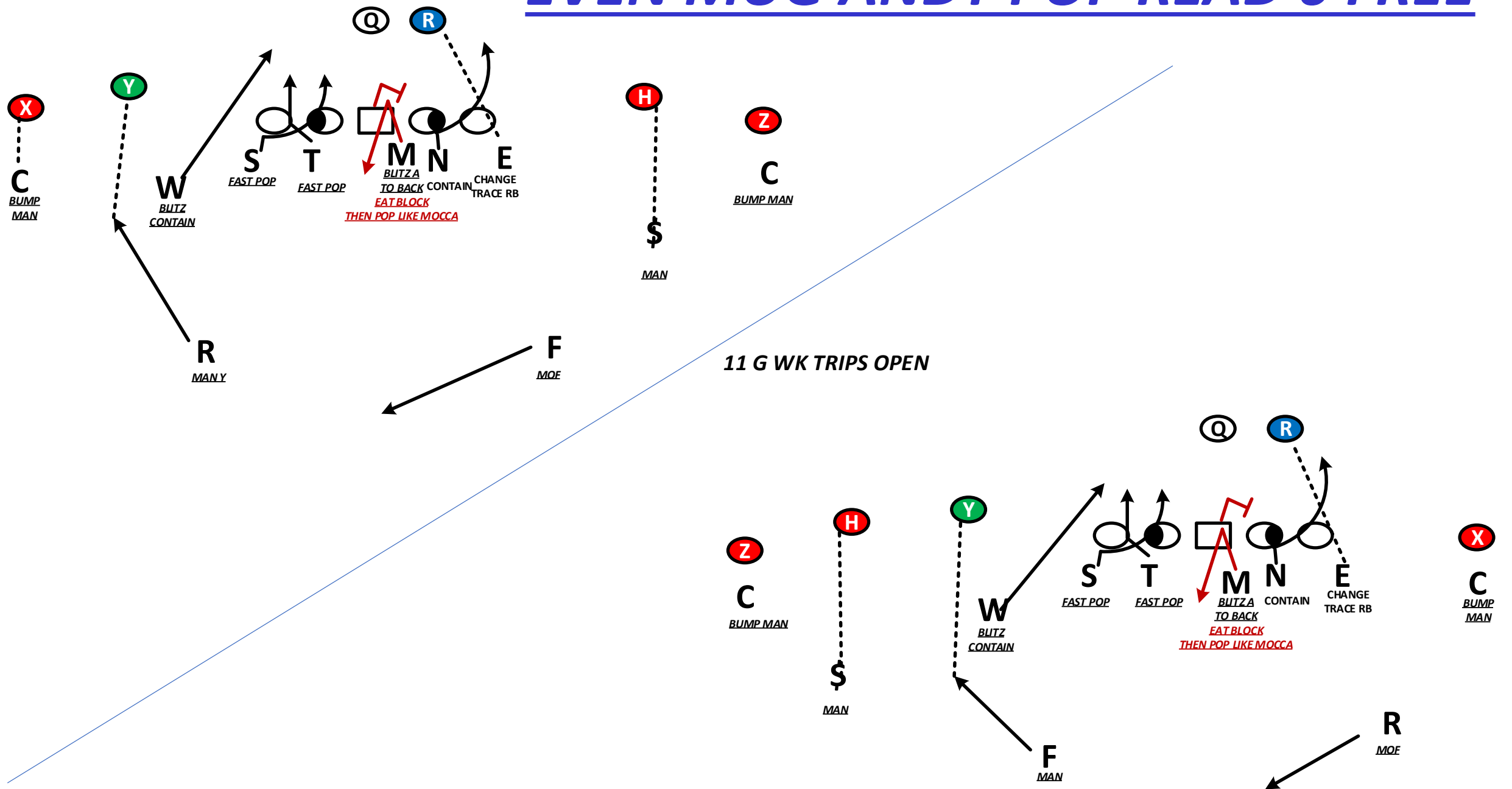
EVEN MUG ANDY LION 0 FREE



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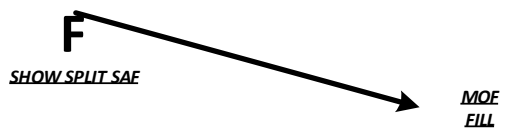
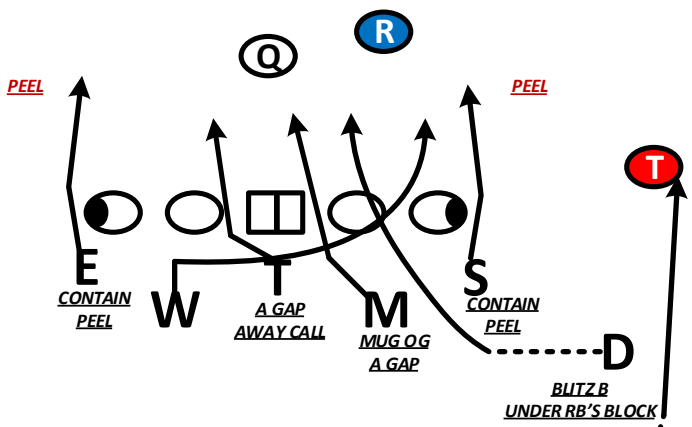
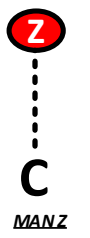


EVEN MUG ANDY POP READ 0 FREE

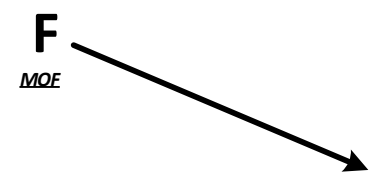
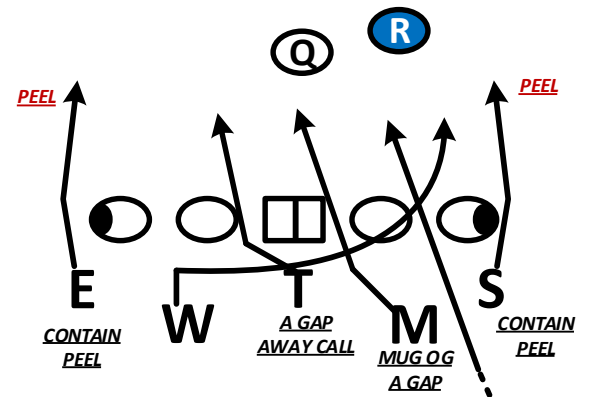
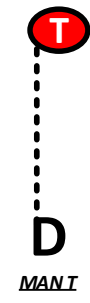


10P G WK DBL TWINS

ODD MUG BILLY LION 0 FREE

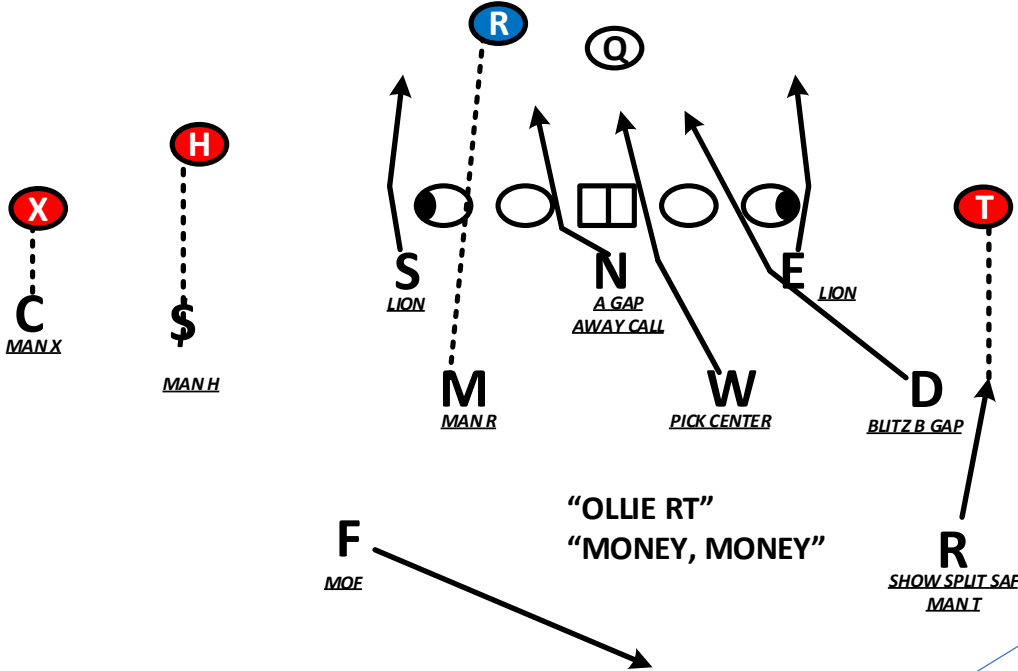


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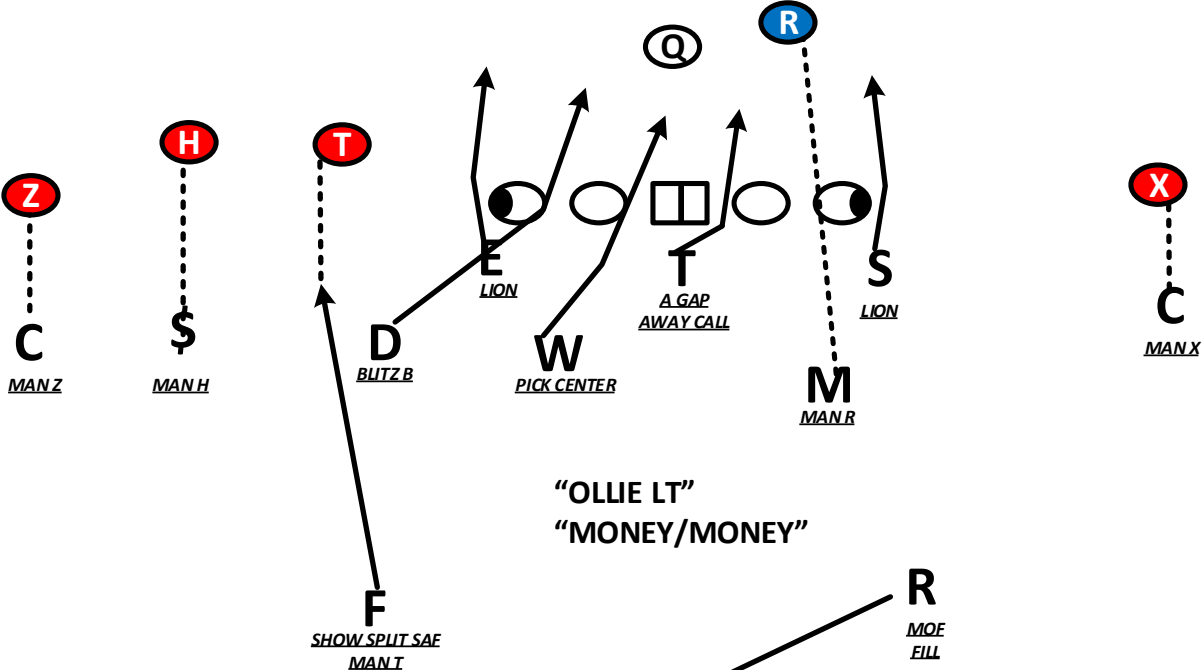


10P G ST DBL TWINS

ODD MUG ANDY LION 0 FREE



10P G WK TRIPS OPEN



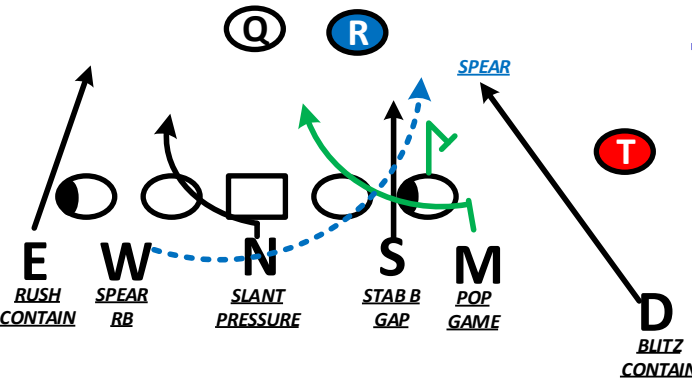
ODD MUG BILLY POP 0 FREE

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10P G WK DBL TWINS

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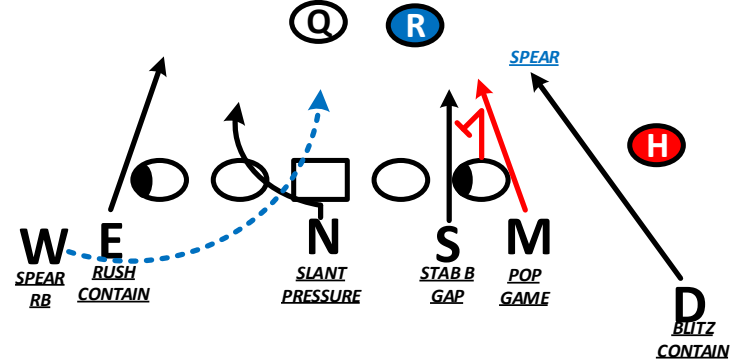
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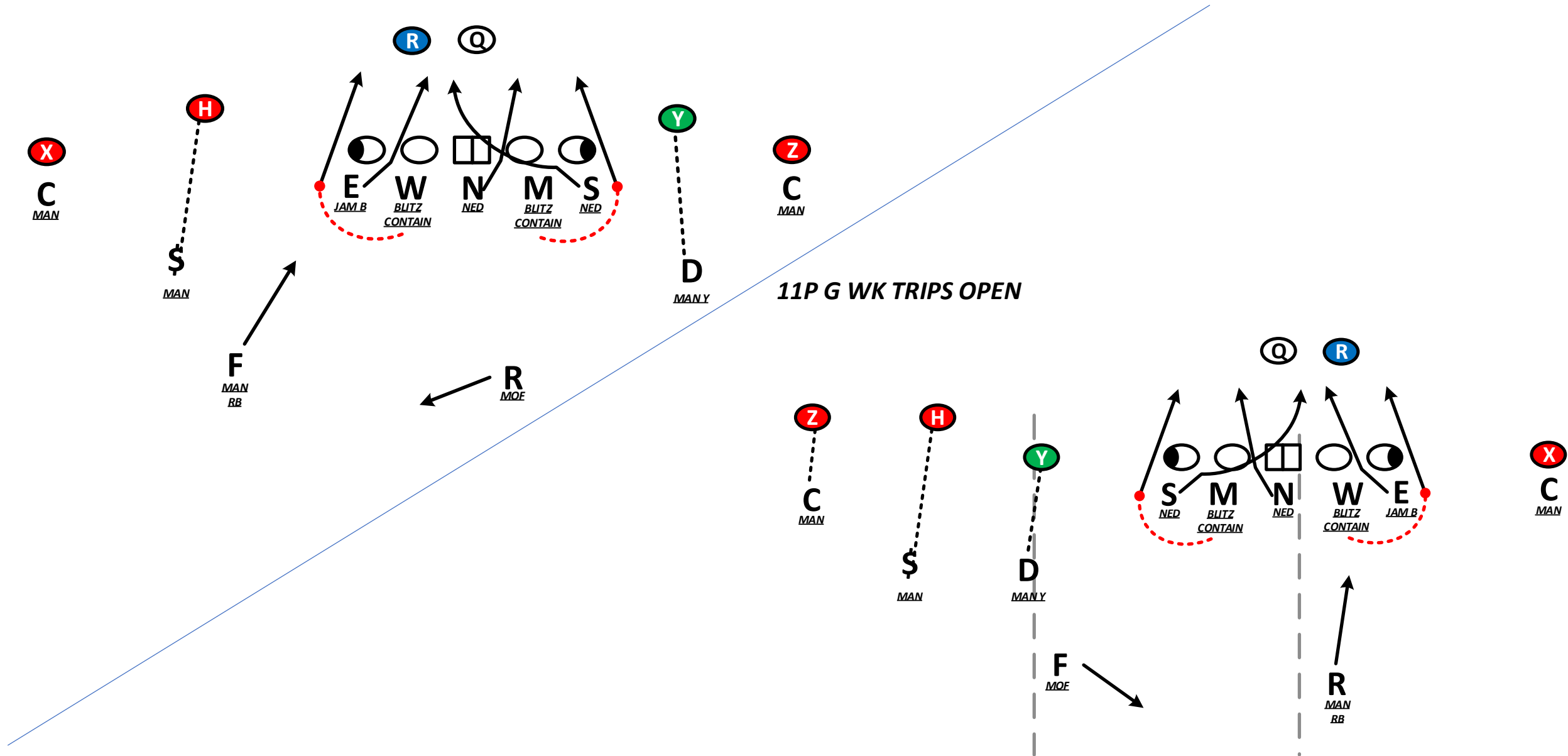
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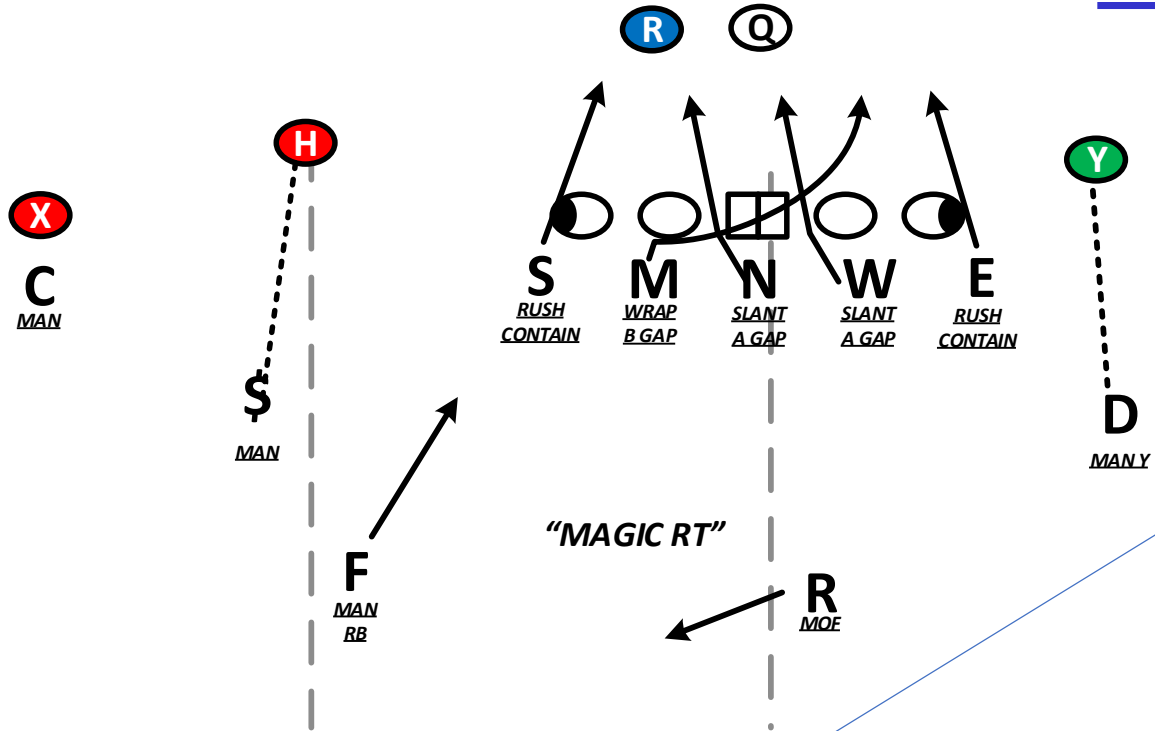
ODD MUG BLTS C NED 0 BACK

10 G ST DBL TWINS

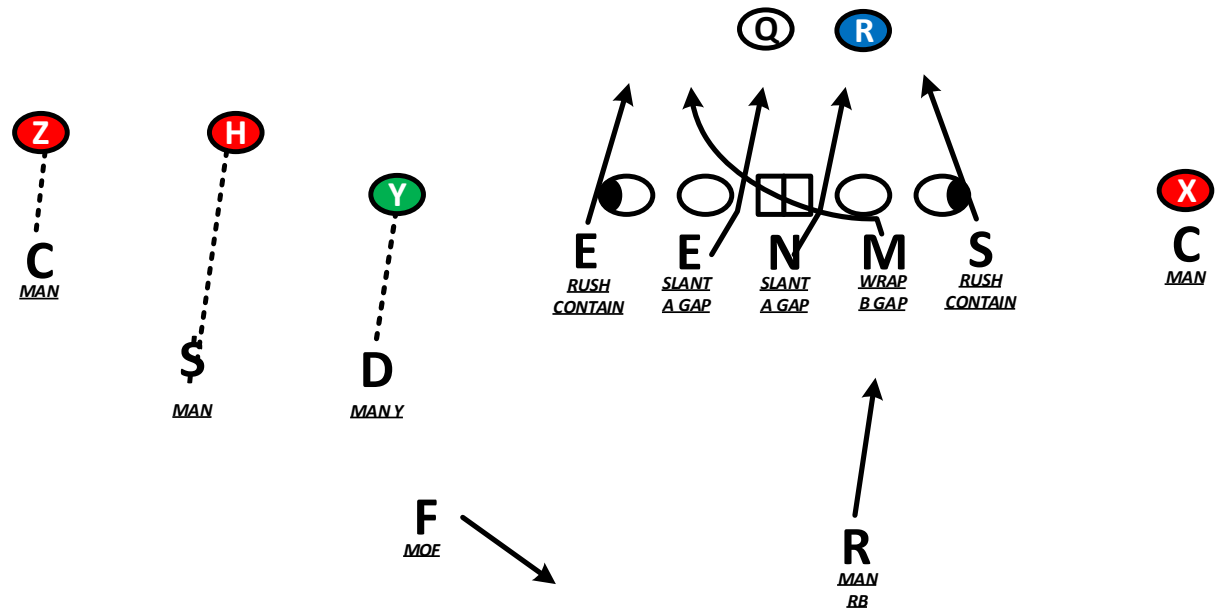
NED AWAY FROM BACK



ODD MUG MAGIC 0 BACK

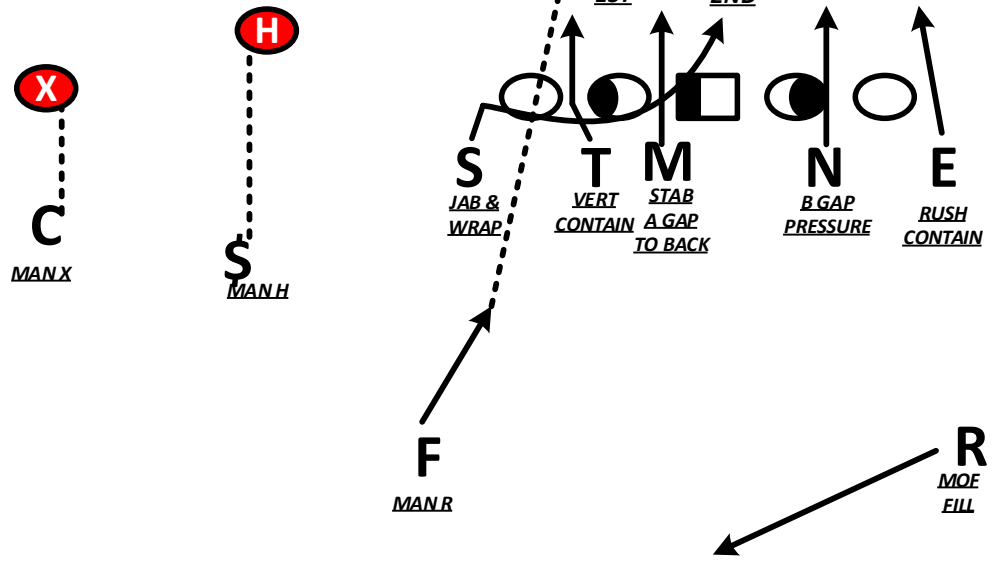


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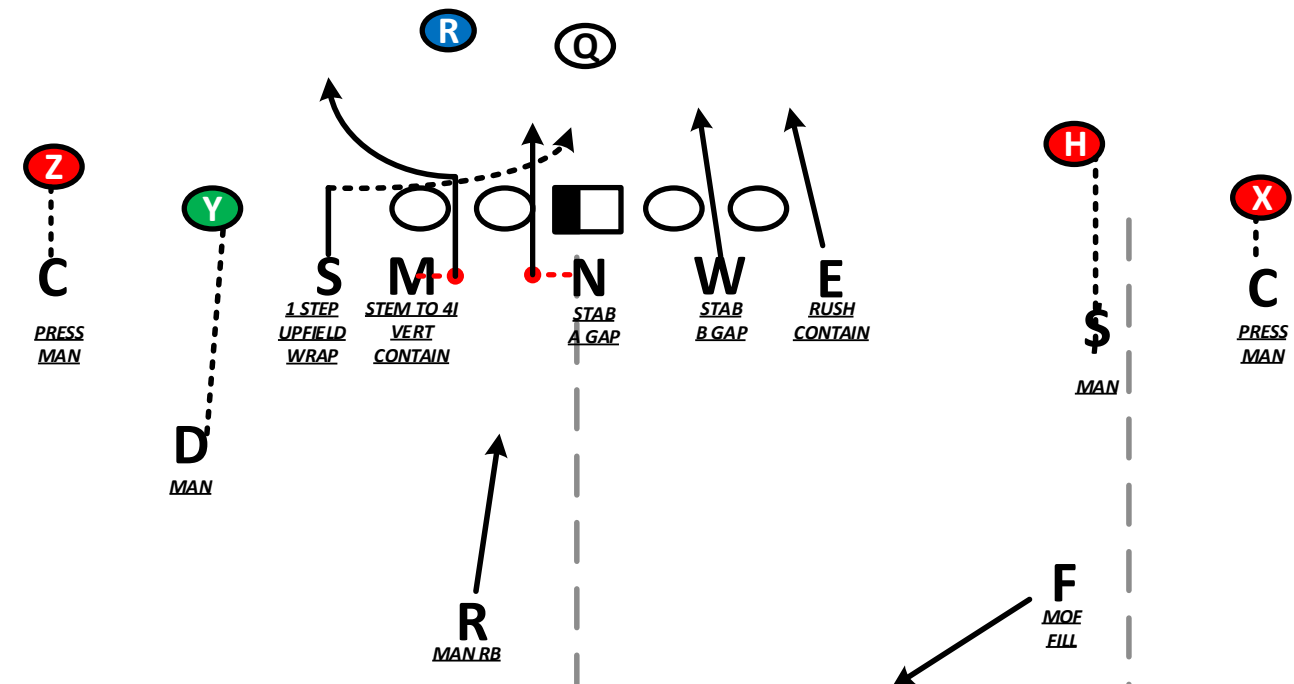


10 G ST DBL TWINS

EVEN/ODD MUG TWISTER 0 BACK



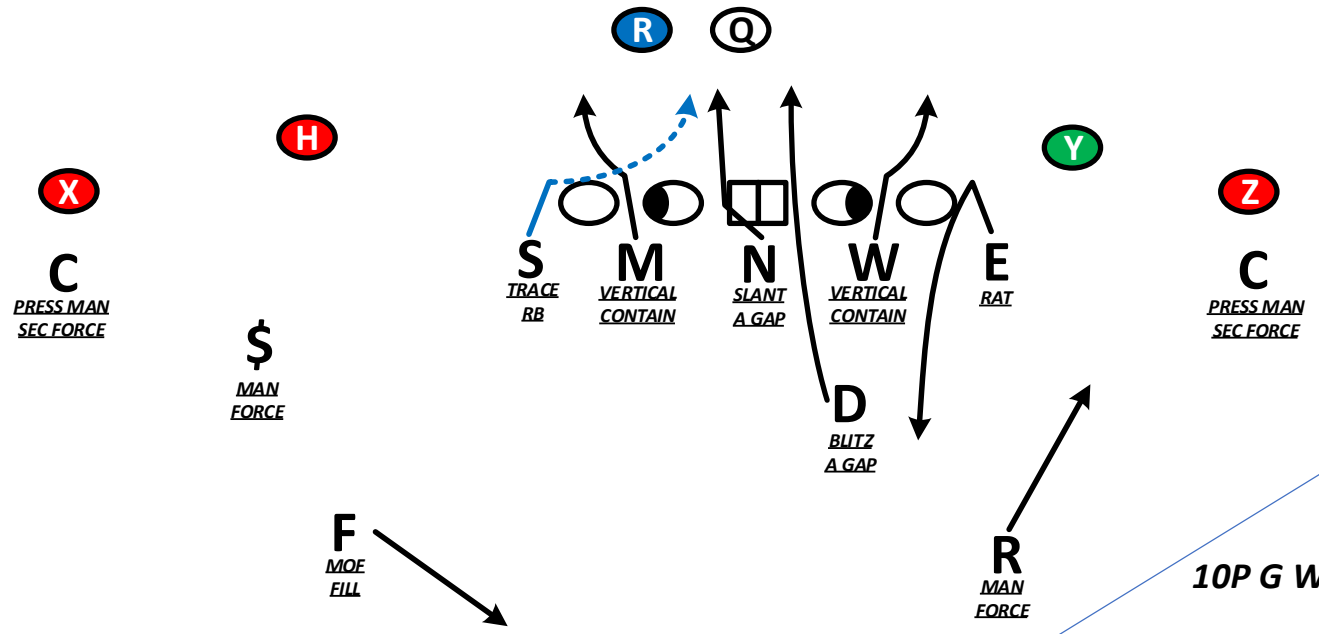
11 G WK DBL TWINS



10P G ST DBL TWINS

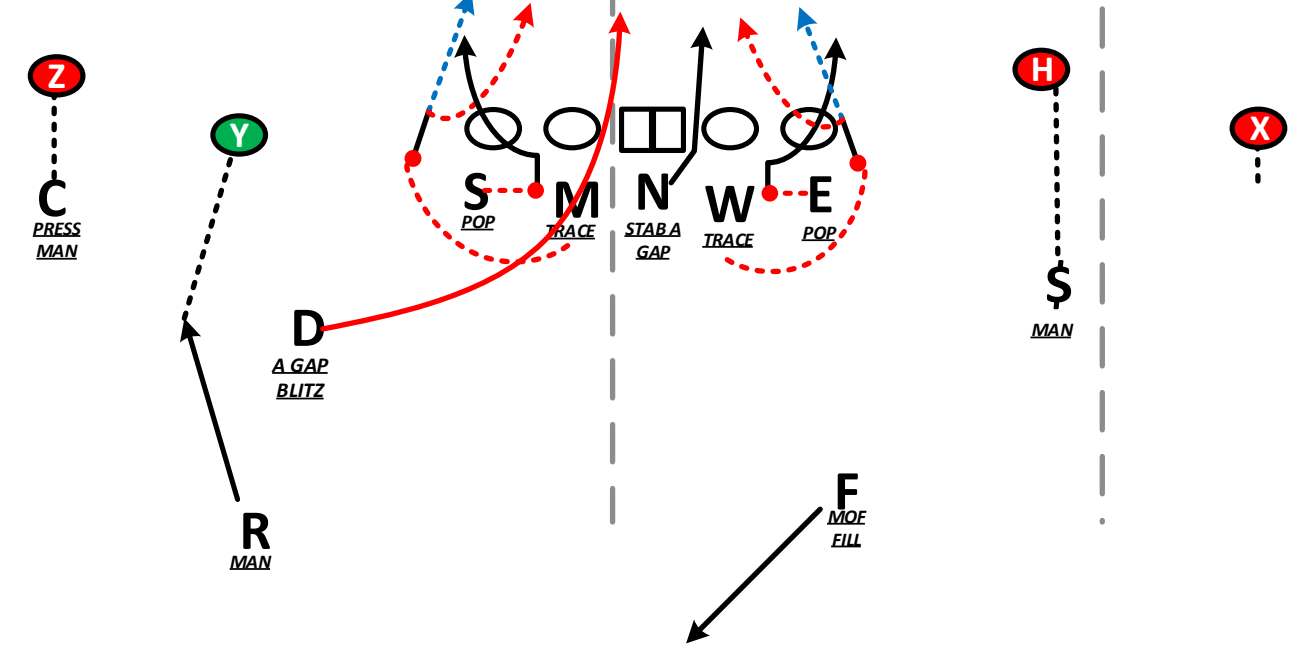
1 RAT COVERAGE

ODD MUG ALPHA



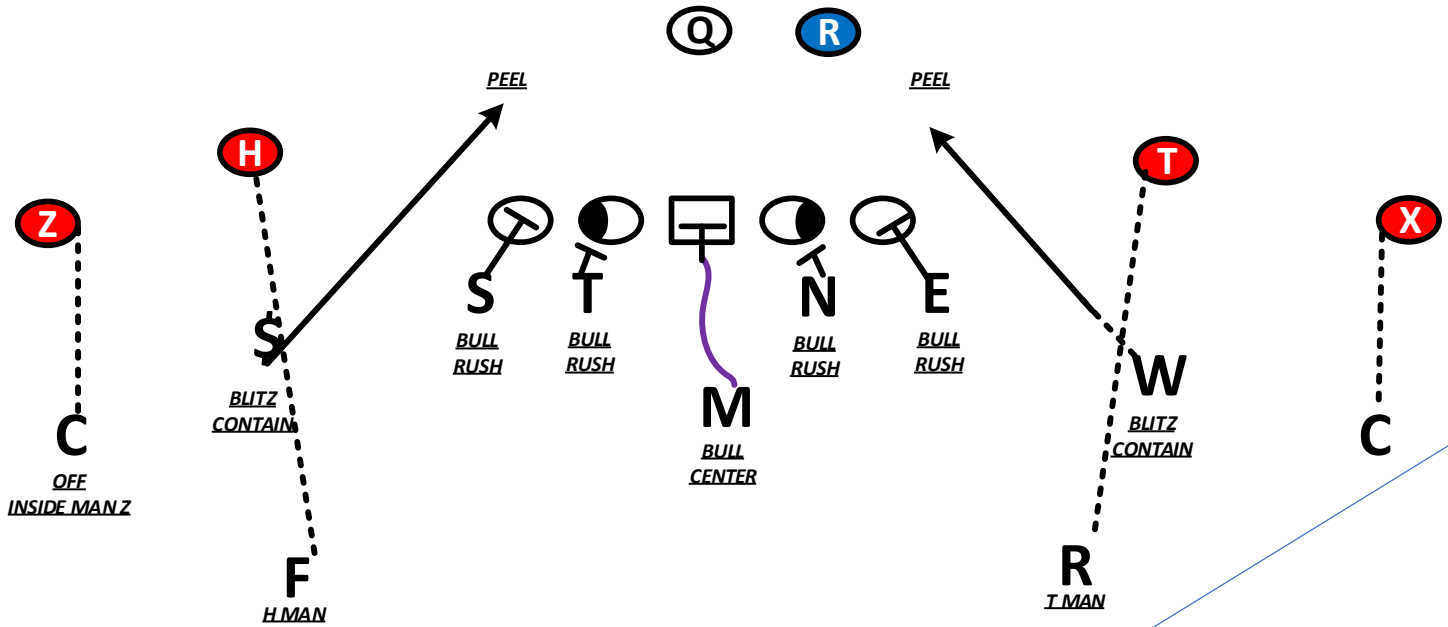
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0 FREE W/ TRACE

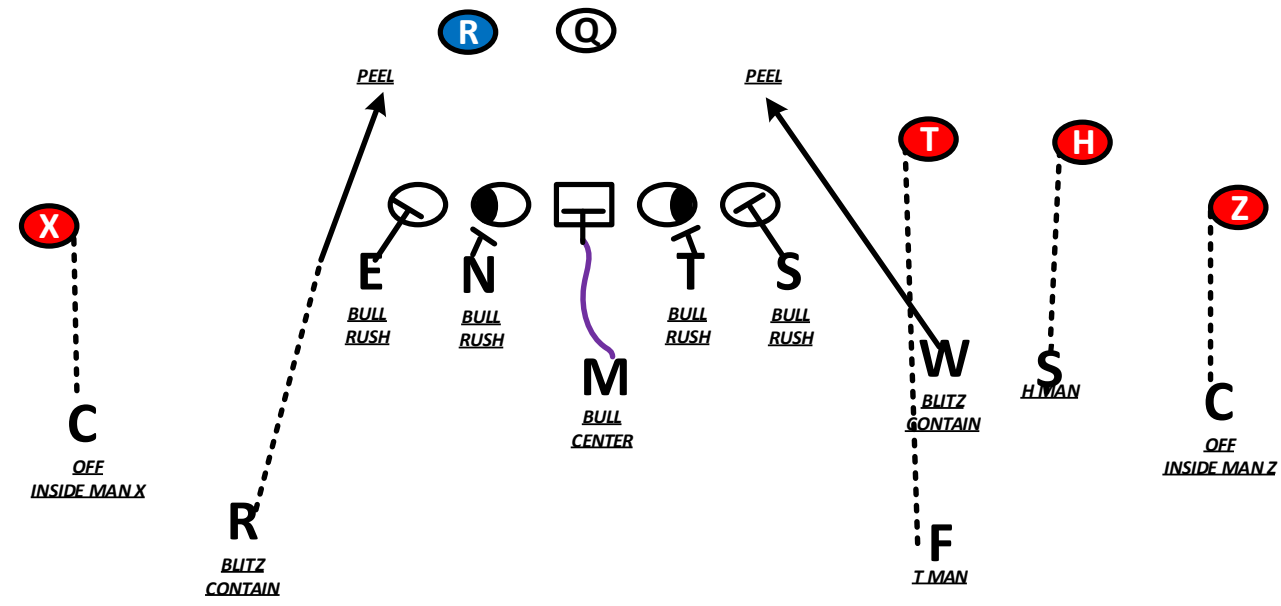


10P G WK DBL TWINS

EVEN MUG SIC 'EM

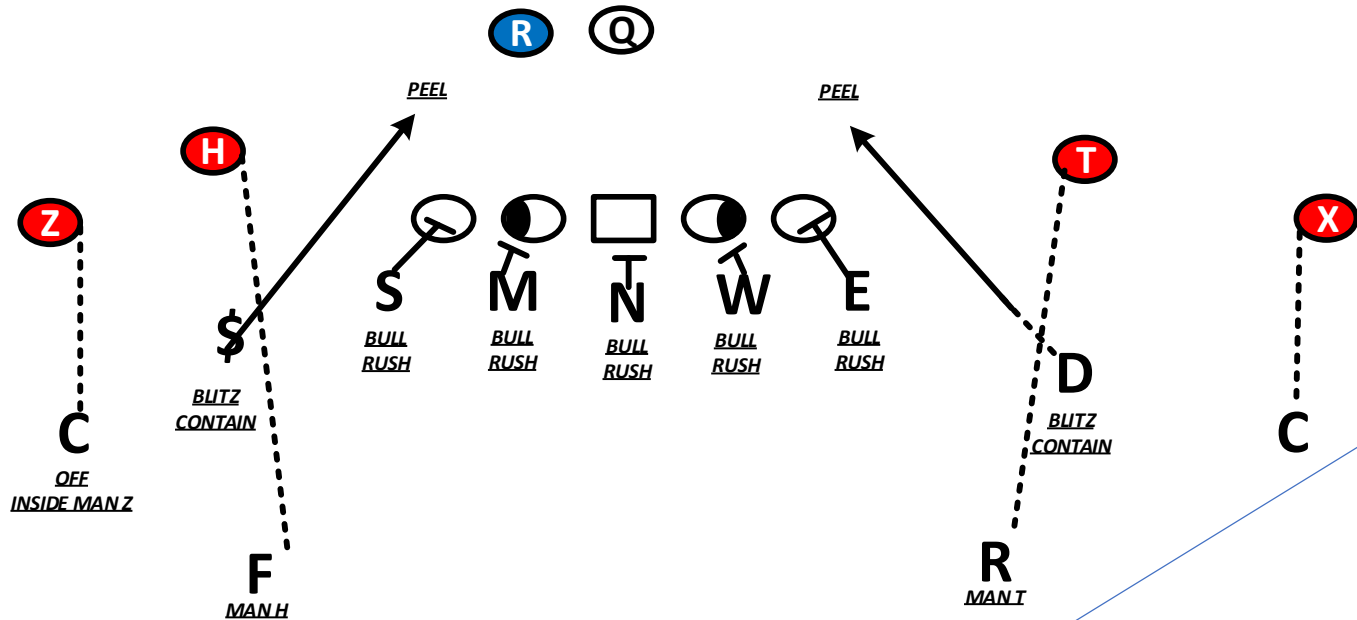


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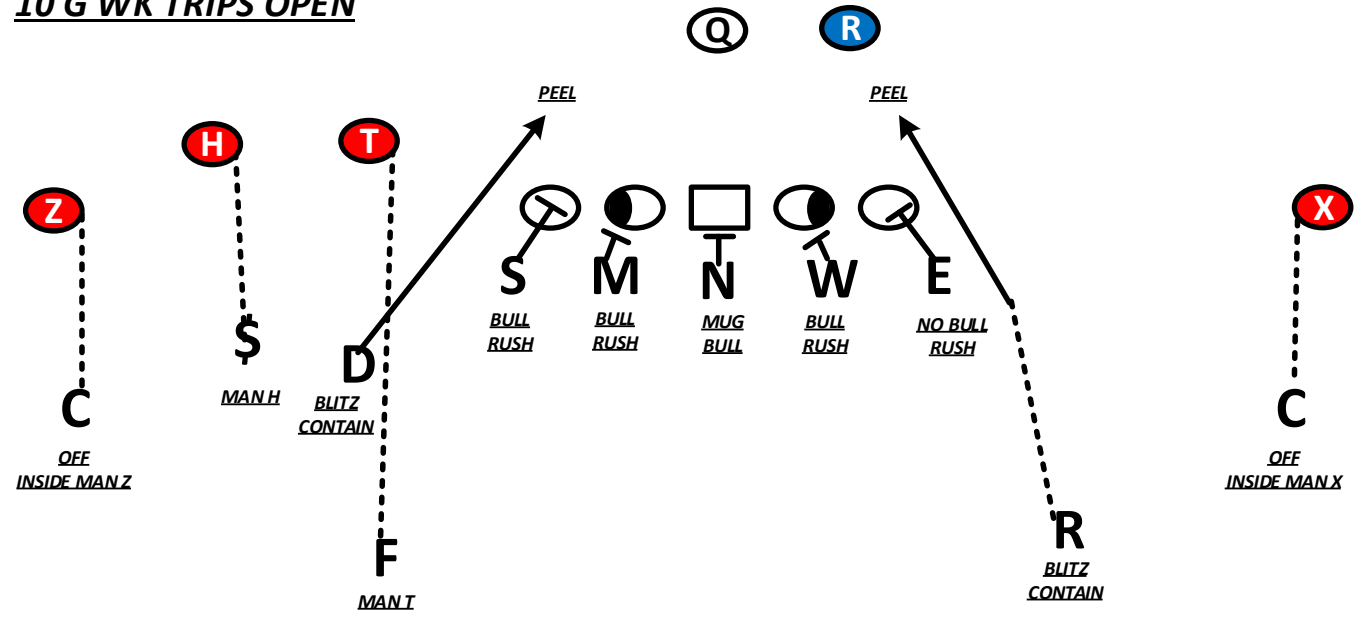


10P G ST DBL TWINS

ODD MUG SIC 'EM



10 G WK TRIPS OPEN



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