

BLITZ & MOVEMENT

We have three categories of blitzes: BULLETS, SMOKES, and DOGS. The scariest thing about blitzing is making sure that everyone is covered. Due to our lack of talent we have always preferred to run zone blitzes but as this book has already mentioned several times, the divorced concept makes this very easy.

Blitzing gets players very excited and when calculated correctly, puts a lot of pressure on the offense. When stunting & blitzing, you have to consider risk vs. reward. We never blitz “just because”. All of our blitzes are based on tendencies that we scouted and we feel that the odds are heavily in our favor. **This book will show you ALL of the options, but we heavily recommend NOT trying to run all of them in one season.** Only run the blitzes and DL exchanges that your players can handle and that you have time to practice during the week. Practicing against trash cans is a huge part of the practice plan because alignment and assignment are so important. We line our front 6 up five minutes per day and rapid fire all these calls.

Remember, when putting together D-Line stunts and blitzes, the two traditional Outside Backers in a 4-4 are considered SAFETIES. So any blitz involving our Hybrid Safeties (SPUR and WILL), will affect the coverage. The Free Safety (FALCON) is the one making the adjustments, so it is not difficult since he is the only player that has to know what is going on.

MOVEMENTS

All F our DL –	F lame (slant to strength), F ury (slant away), and F ist (pinch inside gaps).
Both the Ends –	Jet (outside) and Crash (inside)
Both the NG & DT –	Slant, Aim, Outlaw, Pinch
Just One End –	Stable (Stud B-gap), Slice (Stud C-gap), Eagle (End A-gap), Endo (End B-gap)
Just DT –	Tag (A-gap), Tin (inside), Toe (outside)
Just NG –	Arrow (to strength) and Angle (Away strength)

BLITZES

Bullets –	Both inside linebackers blitzing (Mike & Bull)
Dogs –	Inside Linebacker blitzing with a hybrid
Smokes –	One of the outside hybrids blitzing (Spur or Will)
Thunder/Lightning –	Outside hybrid blitz based on RUN strength
Bullet Thunder / Bullet Lightning –	Both inside backers and 1 hybrid
Mob –	Both inside linebackers and both safeties blitzing (4-man blit)

COVERAGES BEHIND THE BLITZ

Bullets –	Does not affect the coverage call
Smoke or Dog on multiple WR side –	Run Cover 5
Smoke or Dog on away WR side –	Solo vs 2-RB and Cover 5 vs 1-RB
Double Smoke –	Run Cover 5 on both sides.
Bullets Thunder/Lightning or Mob –	Run Man

Peel Rule

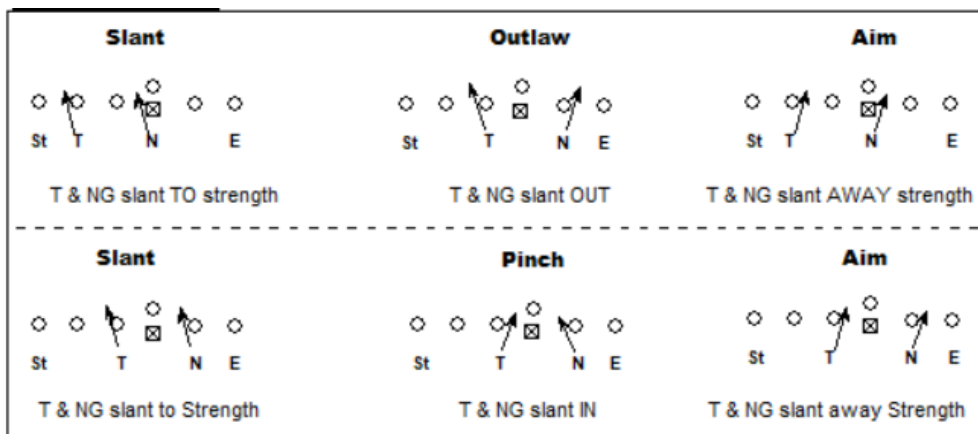
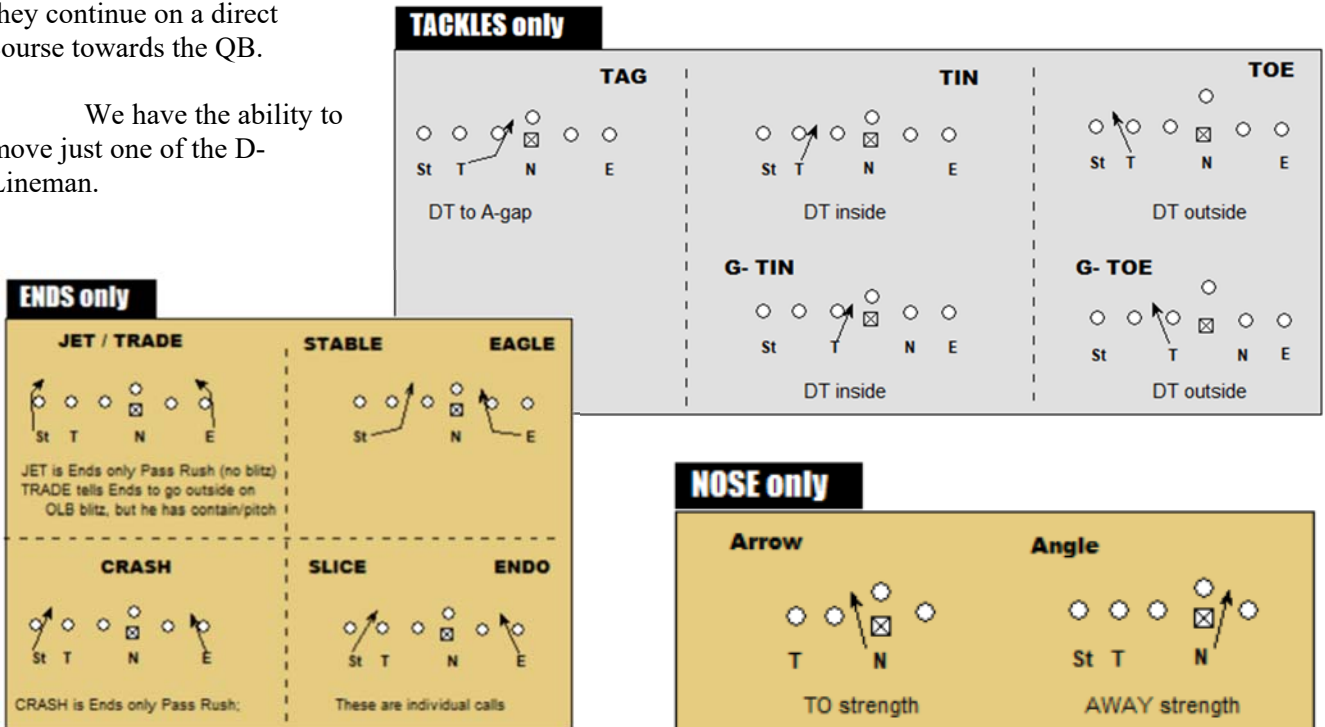
We have to account for Running Backs swinging out of the backfield when blitzing our hybrids. If the WILL or SPUR are blitzing off the edge in the D-gap, they cannot let the Running Back cross their face. If no back releases to your side, rush the QB. However if the back tries to go out for a pass, tackle him or bull rush him into the QB. If the RB escapes, "PEEL" off the blitz path and cover him.

If the blitz is to an inside gap and the END is in a Jet technique, then the END has peel responsibilities. This is very important because the screens and draws were meant to slow the rush down, and this simply cannot be allowed to happen when blitzing.

MOVEMENTS

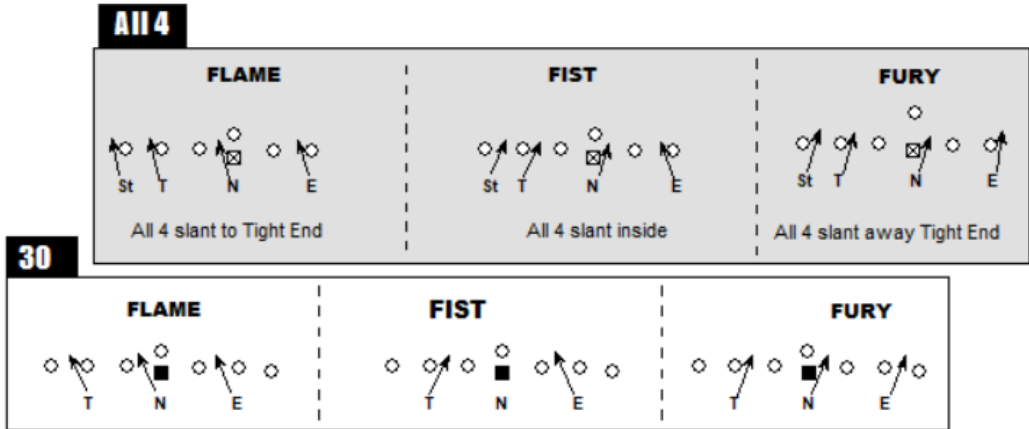
NO STING RULE: Any slants, stunts, or exchanges by the D-Line means that they do not have to "sting 1/2 a man" and worry about keeping the blocker off the Linebacker. They are to rip thru their assigned gap and not get deeper than the blockers ankles on run plays. ("ANKLES DEEP"). Obviously on pass plays they continue on a direct course towards the QB.

We have the ability to move just one of the D-Lineman.



We also have calls to move the inside Tackles (T & NG), while leaving the Ends head up using their "mirror-step" techniques.

If we want all **F**OUR D-Lineman to move, we use words starting with the letter “**F**” to help them remember.



EXCHANGES

