

3-4 DEFENSE

PROFILE

- **COACH ZACHARY SLONE**
- **DB/WR COACH 6 YEARS**
- **DC ONE YEAR EXPERIENCE (STATE SEMIFINALS)**
- **DEFENSIVE STYLE (ARANDA, ROBERTS, TONEY, BATEMAN)**

INFORMATION

I AM BY NO MEANS AN EXPERT AT THE 3-4 DEFENSE OR AT DEFENSE IN GENERAL. THE ONE YEAR I WAS DC, MY FAMILY EXPERIENCED A TRAGEDY THE DAY OF THE STATE SEMIFINALS GAME. THE FOLLOWING YEAR I STEPPED DOWN AND BECAME A VOLUNTEER COACH TO SPEND MORE TIME WITH MY WIFE AND DAUGHTER. I AM NOW BACK COACHING FULL-TIME AS A WR/DB COACH.

PLEASE FEEL FREE TO REACH OUT IF ANY QUESTIONS REGARDING GAMEPLANNING, INSTALL, SIGNALS, STRUCTURE, ANYTHING AND EVERYTHING.

CONTACT INFO: P : (276) 791-3340

E : zslone28@gmail.com

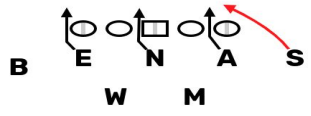
3-4 DEFENSE

STRUCTURE

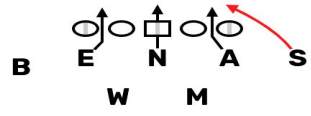
- **BASE 4 0 4 ; COVER 4 QUARTERS VARIATIONS**
- **HEAVY AUTOMATIC FORMATIONS CALLS AND ALIGNMENTS BASED UPON STRUCTURE OF TE/WR ALIGNMENT**
- **AREA OF WHERE I COACH WE SEE ALOT OF DIFFERENT OFFENSES ; (WING - T ; SINGLE WING ; DBL TE/DBL WING ; T ; OPTION ; ETC.)**
- **WE MAKE A RUN STRENGTH CALL AND A PASS STRENGTH CALL (R : RIP/LIZ ; P : RIGHT/LEFT)**
- **PRACTICE WISE : BIG ON BLOCK RECOGNITION, PLAY RECOGNITION, (ALIGN, ASSIGN, KEY), BIG TEAM D SESSION.**
- **OFFENSIVE BACKGROUND REALLY HELPED ME UNDERSTAND WHERE AND HOW THEY ATTACK**

SINGLE - MAN PRESSURES

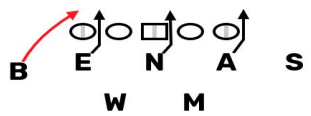
BASE WEAK STUD



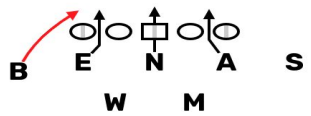
BASE PINCH STUD



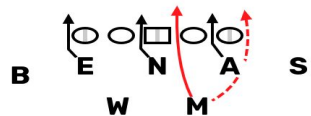
BASE STRONG BULL



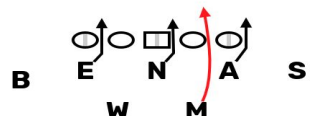
BASE PINCH BULL



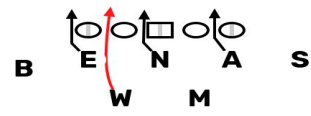
BASE WEAK MIKE



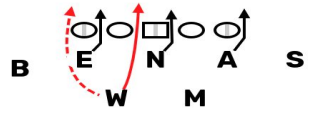
BASE STRONG MIKE



BASE WEAK WILL

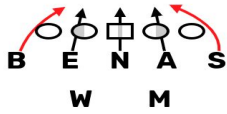


BASE STRONG WILL

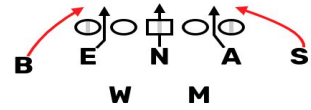


FIVE - MAN PRESSURES

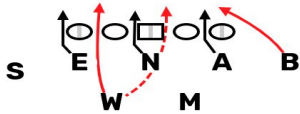
BEAR JET STAB



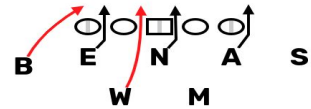
BASE PINCH STAB



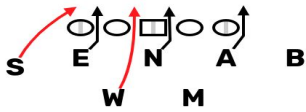
BASE WEAK WEB



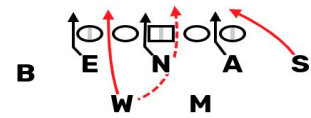
BASE STRONG WEB



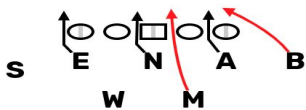
BASE STRONG SAW



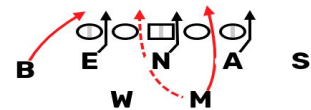
BASE WEAK SAW



BASE WEAK MOB

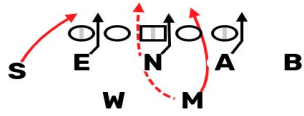


BASE STRONG MOB

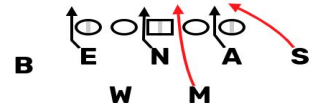


FIVE - MAN PRESSURES

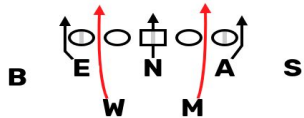
BASE STRONG SLAM



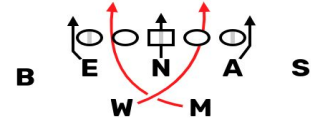
BASE WEAK SLAM



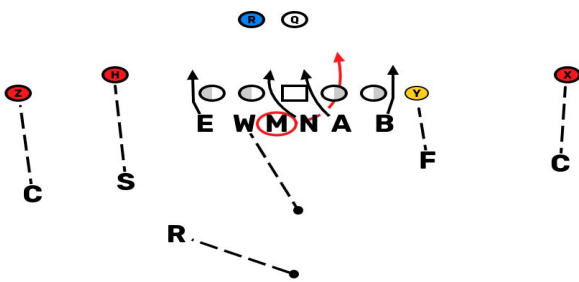
BASE FAN MOW



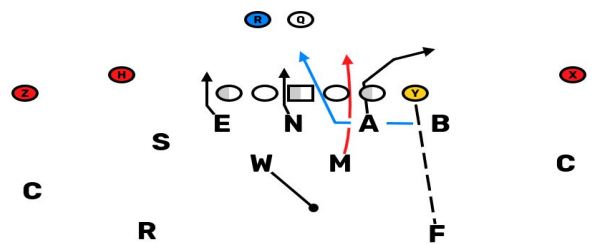
BASE FAN MOW X



STORM

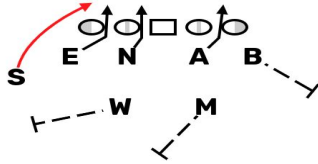


REIGN

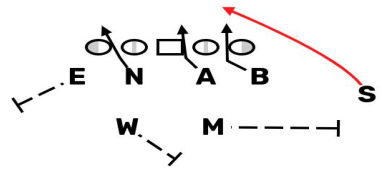


HEADS PRESSURES

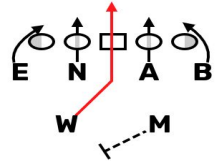
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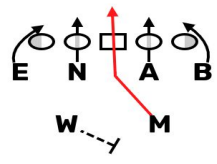
HEADS WEAK STUD



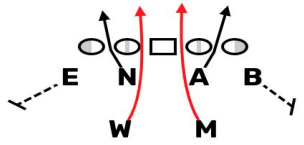
HEADS JET WILL



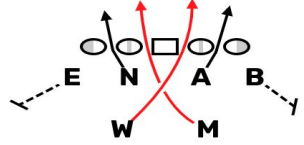
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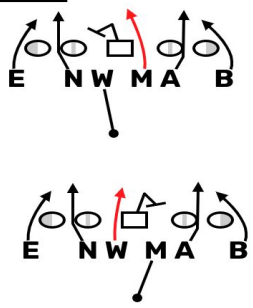
HEADS FAN MOW




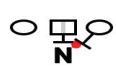




HEADS FAN MOW X



HEADS JET SHOW



BLOCK RECOGNITION

<p>CUTOFF BLOCK WITH GUARD PULL CROSS FACE AND RUN LOS</p> 	<p>DBL TEAM FIGHT PRESSURE WITH PRESSURE</p> 	<p>REACH BLOCK MAINTAIN LEVERAGE DONT GET REACHED</p> 
<p>BASE BLOCK NO PULL MAINTAIN GAP INTEGRITY</p> 	<p>PULL DBL FIGHT PRESSURE AND PURSUE DOWN LINE</p> 	<p>FREE RELEASE EXPECT TRAP BLOCK SETTLE LOS</p> 

ALIGNMENTS / STUNTS / BASE GAP FITS

BASE - 4 0 4
STRONG RIGHT - RIP
E/A : B-C GAP
N : STRA-WKA



TITE - 4i 0 4i
STRONG RIGHT - RIP
E/A : B-C GAP
N : STRA-WKA



OKIE - 5 0 5
STRONG RIGHT - RIP
E/A : C-B GAP
N : STRA-WKA



BEAR - 3 0 3
STRONG RIGHT - RIP
E/A : B GAP
N : A-GAP



OVER - 5 1 4i
STRONG LEFT - LIZ
A : C-GAP
N : STRONG A
E : B-GAP



UNDER - 5 1 4i
STRONG RIGHT - RIP
E : C-GAP
N : WKA
A : B-GAP



HEADS - 5 2 2 5
4-DOWN FRONT ALWAYS WITH BULL
STRONG RIGHT - RIP
E : C-GAP
N/A : A-B GAP
B : C-GAP



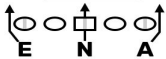
BASE STRONG



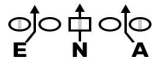
BASE WEAK



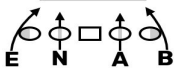
BASE FAN



BASE PINCH



HEADS JET



HEADS STRONG



HEADS WEAK



PRIM: B-GAP
SEC: C-GAP

PRIM: STRONG A-GAP
SEC: WEAK A-GAP

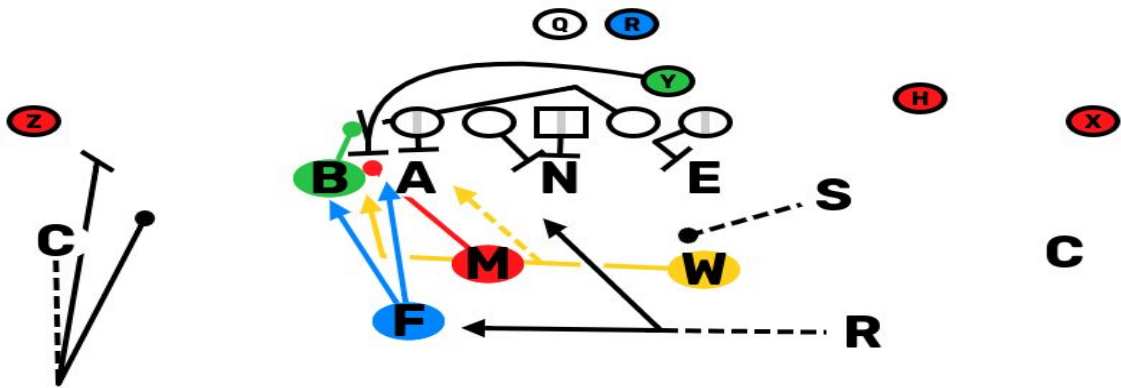
PRIM: B-GAP
SEC: C-GAP

W M

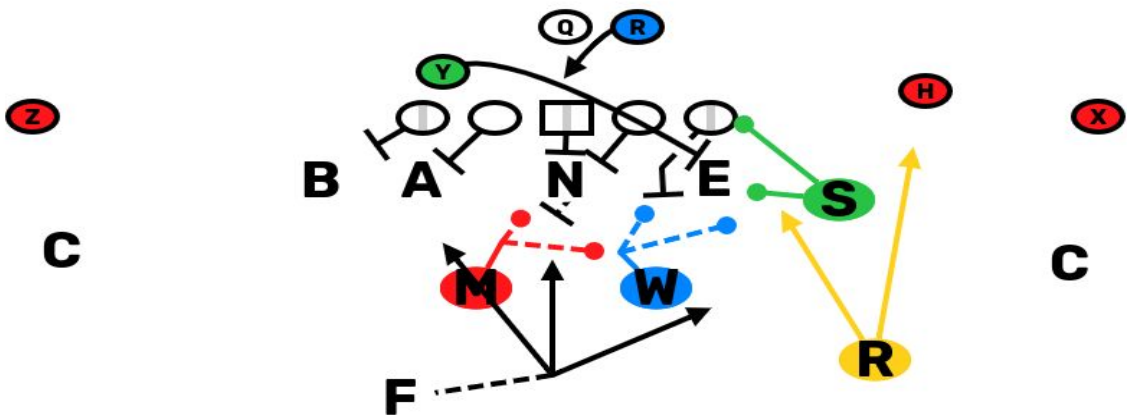
A-C FLOW
READ G/C TO NEAR BACK
30 ALIGNMENT
HEELS AT 5

A-C FLOW
READ G/C TO NEAR BACK
30 ALIGNMENT
HEELS AT 5

EXAMPLE RUN FITS



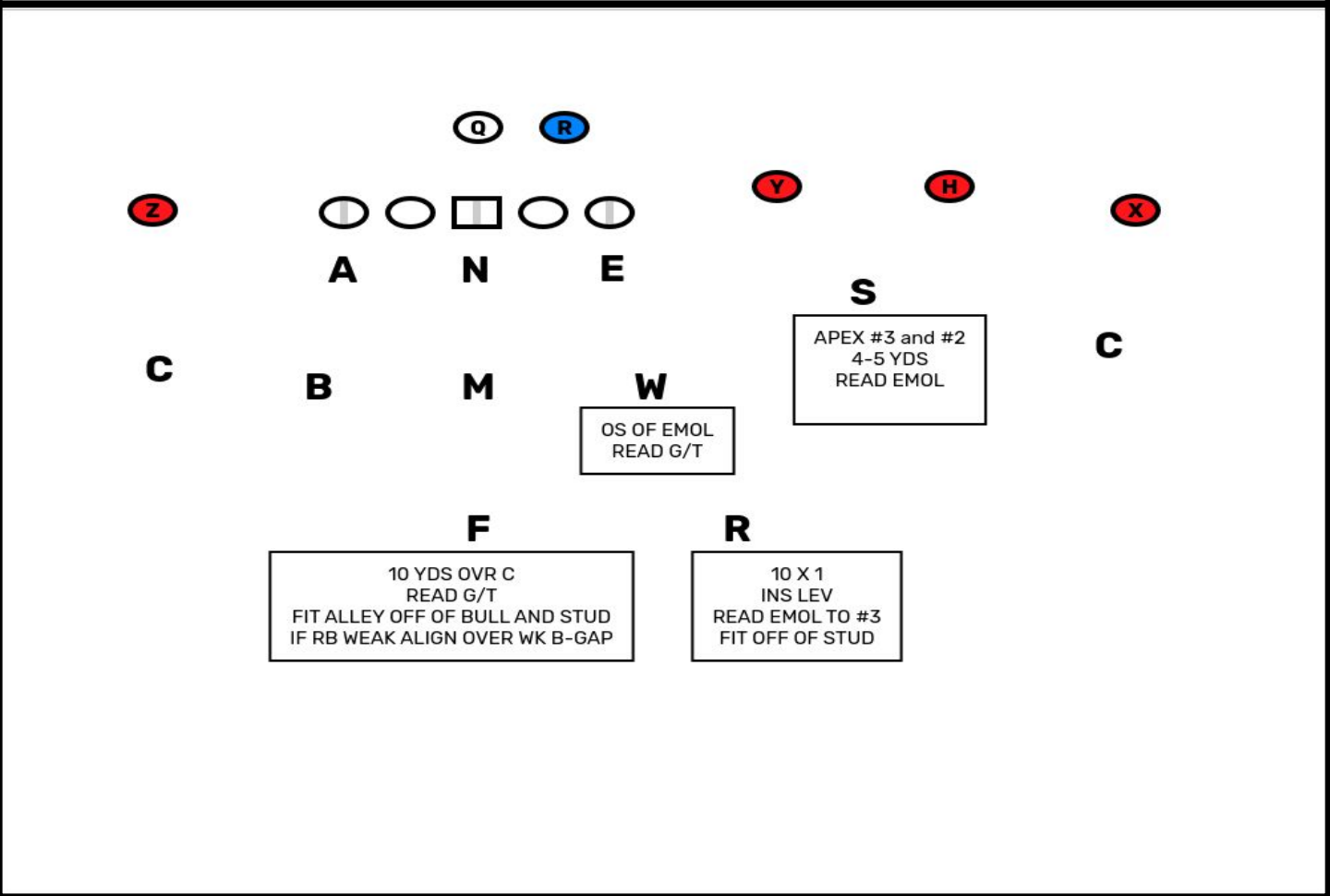
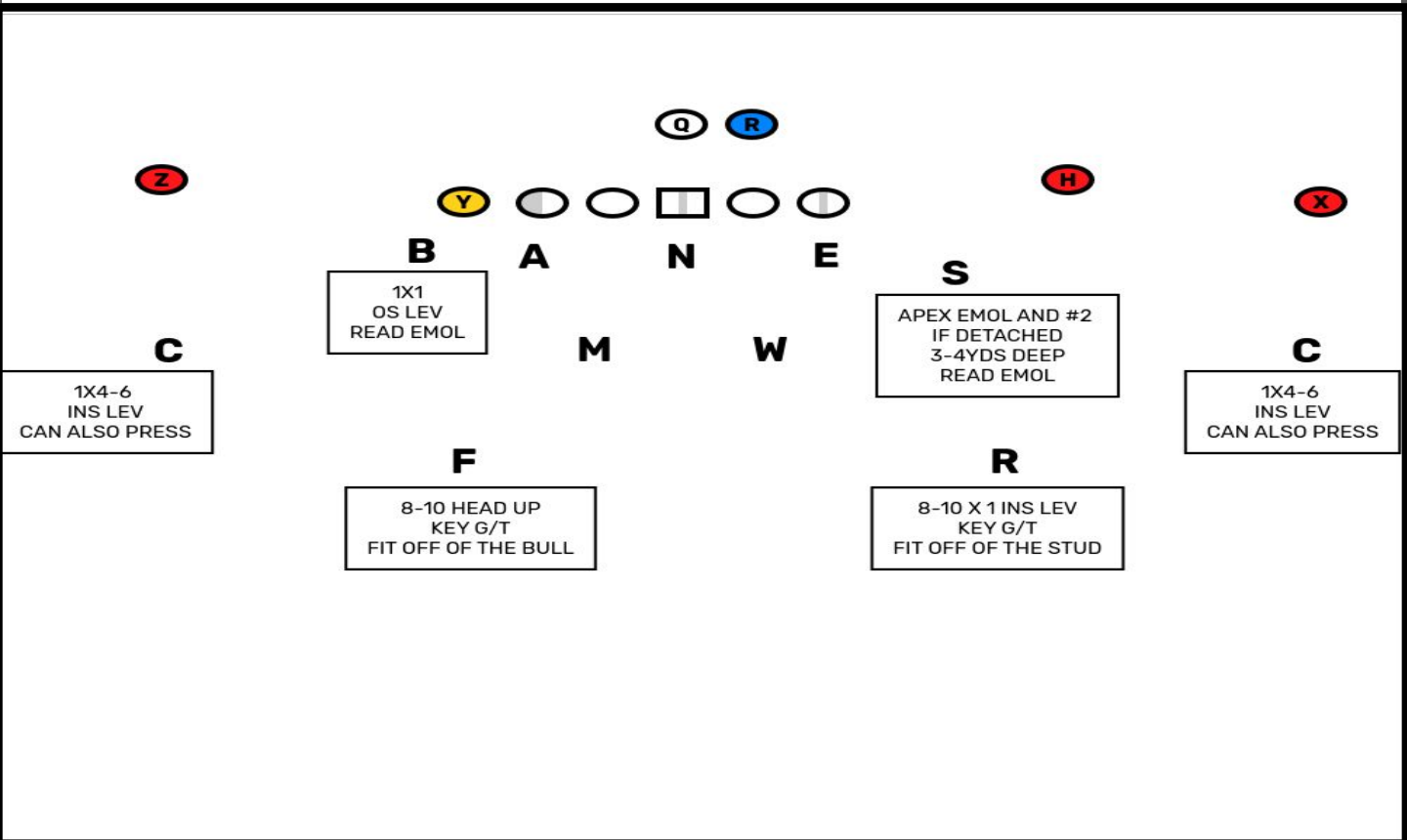
GY COUNTER FITS
B : LEVER THE KICKOUT BLOCK
A : B-C GAP
N : FIGHT PRESSURE TRY TO STAY STRONG A
E : PULL BEND AND CHASE
M : PULL CALL WORK DOWNHILL THICK ON THE Y WRAP BLOCK (SPILL)
W : SCRAPE OVER READING RB FLOW (LEVER)
F : FIT OFF THE LEVER OF B ; SPILL OF M
R : ONCE YOU SEE GIVE WORK LATERAL TO FIT UNDERNEATH OR ACROSS
S : SEE GIVE REPLACE THE WILL FOR CUTBACK
C : FIT LATE NOTHING OUTSIDE OF YOU



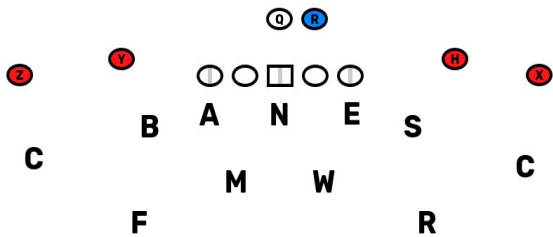
SPLIT-FLOW / ZONE FITS
F/R : READ THE Y
F : Y ACROSS STACK TO FIT ACROSS / THIEF IF PASS
B : Y AWAY GET EXTENSION LOOK TO CROSS FACE
A : HEAVY B - GAP KEEP GUARD OFF ILB EXTENSION CROSS FACE
N : HEAVY PRESSURE KEEP GUARD OFF ILB
E : HEAVY ON T SQUEEZE AND SQUEEZE THE KICK
M : FRONT A - TO FLOW AWAY
W : BACK A - TO FLOW AWAY
S : SQUEEZE LOS LEVER THEN FLOW ACROSS
R : FIT OUTSIDE IN OFF THE S

AGAINST ZONE TEAMS I LIKE TO PINCH THE ENDS OR TITE FRONT

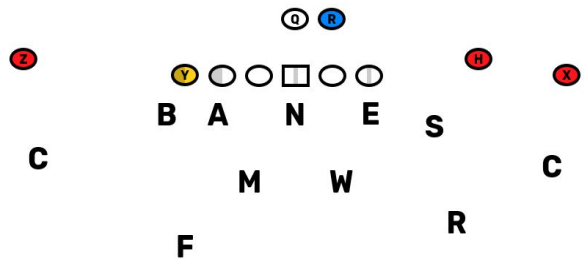
EXAMPLE ALIGNMENT



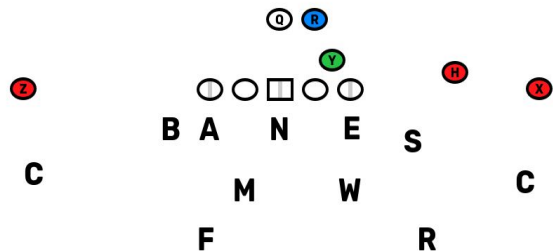
BASE VS. FORMATIONS



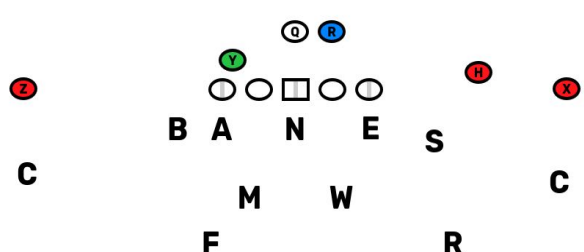
3-4 BASE
 RUN STRENGTH LEFT - LIZ CALL (3 D-LINE AND M/W)
 MIKE AND ANCHOR TO THE CALL ; END AND WILL AWAY
 PASS STRENGTH - RIGHT CALL (S/R TO CALL; B/F AWAY)
 MAINLY PLAY A FORM OF COVER 4 QUARTERS
 (SKY - TRUE COVER 4)
 ("RED" SKY - COVER 4 VARIATION)
 (HAMMER - COVER 2 QUARTERS VARIATION) (READ)



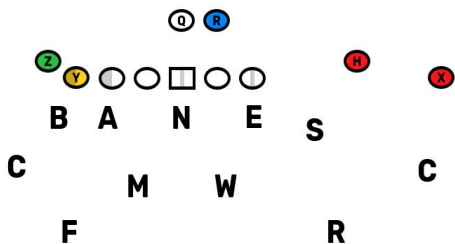
3-4 BASE
 RUN STRENGTH LEFT - LIZ CALL (3 D-LINE AND M/W)
 MIKE AND ANCHOR TO THE CALL ; END AND WILL AWAY
 PASS STRENGTH - RIGHT CALL (S/R TO CALL; B/F AWAY)
 MAINLY PLAY A FORM OF COVER 4 QUARTERS
 (SKY - TRUE COVER 4)
 ("RED" SKY - COVER 4 VARIATION)
 (HAMMER - COVER 2 VERSION OF QUARTERS) (READ)



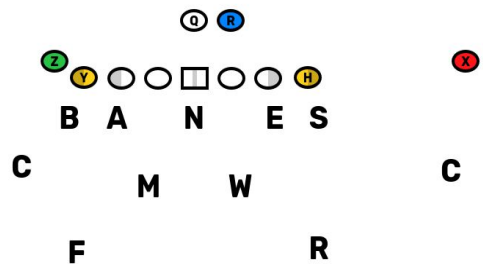
BASE VS. SNIFFER
 F/R WILL READ SNIFFER FOR RUN FITS. (YO-YO)
 SLIDE MIKE TO A 20
 WILL TO A 40
 FREE WILL PLAY IN BOX STILL CAN DROP MIDDLE IN PASS



BASE VS. SNIFFER
 F/R WILL READ SNIFFER FOR RUN FITS. (YO-YO)

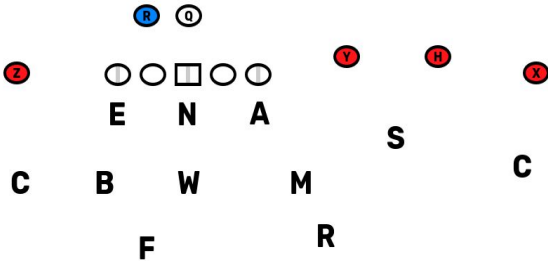


BASE VS. CONDENSED SETS.
 TO THE TE/W CAN PLAY HAMMER - COVER 2
 WILL OFTEN SHADE THE ANCHOR TO A 5 AGAINST A TE/W

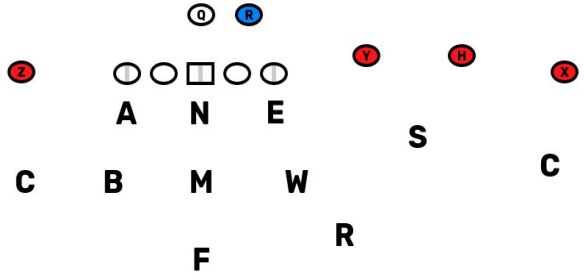


BASE VS. CONDENSED SETS.
 TO THE TE/W CAN PLAY HAMMER - COVER 2
 WILL OFTEN SHADE TO TE

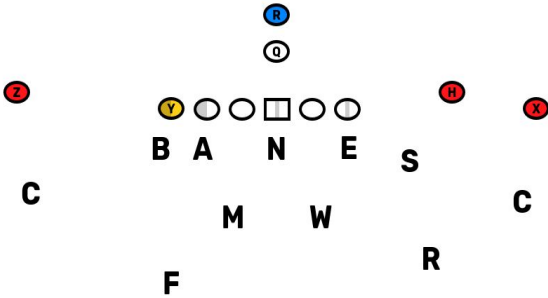
BASE VS. FORMATIONS



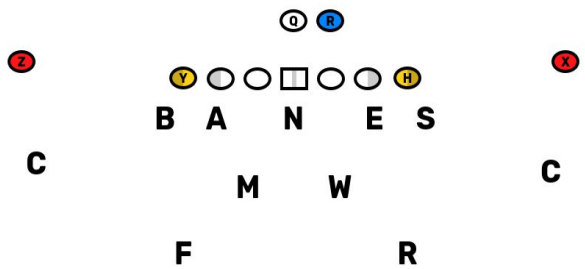
BASE VS. 3 X 1 WEAK
 SKY - COVER 4
 FREE OR BULL WILL HAVE RB OUT OF BACKFIELD DEPENDING ON STUNT
 FREE CAN STILL READ #3 HELPING DEEP MIDDLE



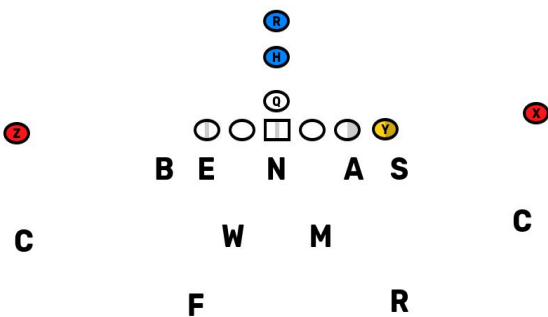
BASE VS. 3 X 1 STRONG
 SKY - COVER 4
 FREE - THIEF TECH READING RELEASE OF # 3 HELPING POST ; DEEP MIDDLE



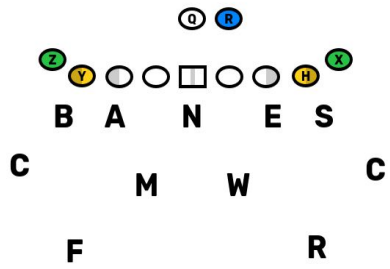
HOW WE TREAT PISTOL SETS.
 IF QB OPENS UP TO YOUR SIDE YOU ARE THE READ SIDE (PROTECTOR)
 SLOW PLAY UNTIL BALL IS GIVEN
 IF QB OPENS AWAY FROM YOU : YOU ARE AGGRESSIVE IN RUN FIT (AGGRESSOR)



3-4 BASE IF FORMATION IS BALANCED WE SET THE PASS STRENGTH TO RB
 RUN STRENGTH CAN BE SET BASED UPON TENDENCY
 ALSO CAN LOOK AT SHADING THE END AND ANCHOR TO A 5 WITH THE TE BLOCKING DOWN THREAT

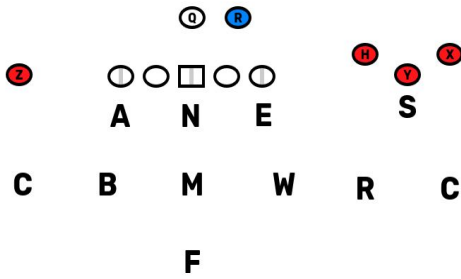


BASE VS. 2-BACK ; SET PASS STRENGTH TO 2-RECEIVER SURFACE
 COVER 4 - SKY TO S/R/C SIDE
 F : THIEF TECH
 C : MEG ON Z
 B/W : RB OUT OF BACKFIELD LEFT

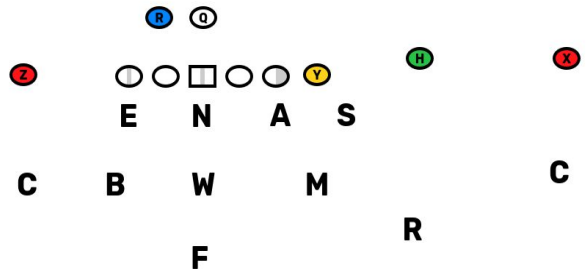


BASE VS. CONDENSED SETS.
 TO THE TE/W CAN PLAY HAMMER - COVER 2
 WILL OFTEN SHADE TO TE

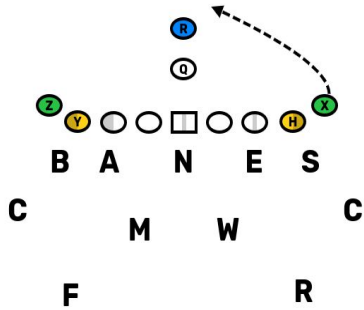
BASE VS. FORMATIONS



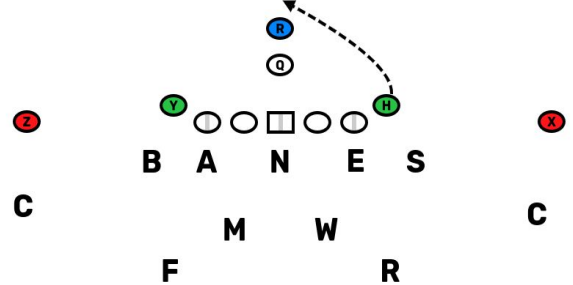
BASE VS. BUNCH
 S: MEG ON Y (PT. MAN)
 R: TAKE THE FIRST IN ROUTE / 2ND OUT ROUTE
 C: TAKE FIRST OUT ROUTE / 2ND IN ROUTE
 F: THIEF TECH
 W: RB/ IF NO ROUTE H/C



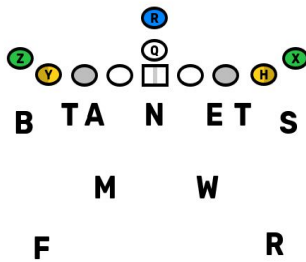
BASE VS. 3 X 1 CONDENSED
 SKY
 CB - DEEP 1/4 (MES)
 STUD - C/F OFF #2
 RAM - DEEP 1/4 (3-2 READ; CAP DEEPER ROUTE)
 FREE - THIEF READING #3



OPTION RULES
 A/N/E: DIVE PLAYERS
 M/W: DIVE TO FLOW
 B/S: QB
 C: PITCH
 F/R: QB TO PITCH
 IF WING MOTIONS THE A/E TO THAT SIDE WILL SLIDE INTO A HEADUP 4

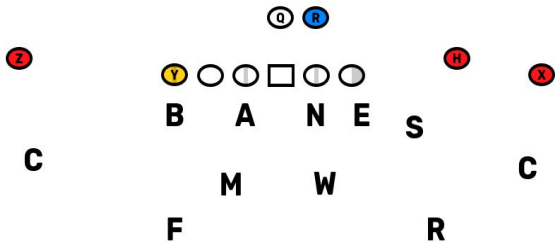


OPTION / MOTION
 IF WING MOTIONS BACK
 OLB TO THE WING (S) WILL CLOSE TO LOS GET 1-2 YDS VERTICAL THEN BEND AND CHASE WARY OF BCR/BANJO MOTION
 SAFETY TO THE WING (R) WILL SLOWLY WALK ACROSS TO B - GAP (KEY OPPOSITE GUARD WHEN MOTION)
 SAFETY AWAY FROM WING (F) WILL START WALKING DOWN TO FIT RUN

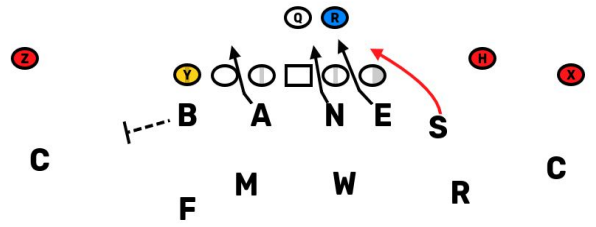


UNORTHODOX AGAINST DBL TE/W OR DBL TE/T TEAMS
 WE PULLED THE CORNERS AND REPLACED WITH TWO BIGGER D-LINE
 T/A AND E/T ARE SHOE TO SHOE OVER THE TACKLE; THEIR JOB IS TO DRIVE BACK THE TACKLE TO SLOW FLOW
 IF THE GUARD PULLS THE A OR E WILL BEND AND CHASE
 COVERAGE WISE IT WAS COVER 2 - HAMMER AND ONCE THE B/S READ PASS TURN AND RUN TO CURL/FLAT FINDING THE OUT
 MOST OF THE TIME YOU GET FLOOD CONCEPTS SO ONE SAFETY WILL TAKE THE CORNER THE OTHER WORK OVERTOP THE POST
 M/W TAKES CROSSERS

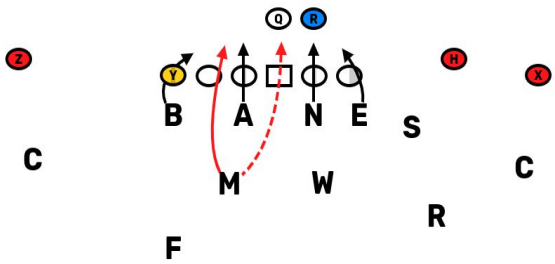
HEADS VS. FORMATION



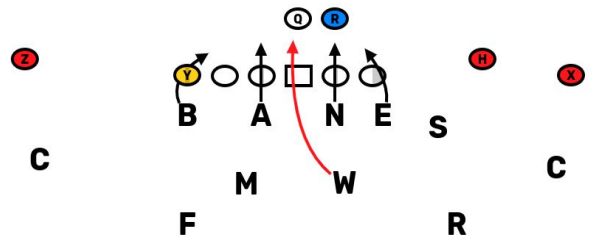
HEADS AGAINST 2X2 TE
 S/R/C SIDE - COVER 4 (SKY/"RED" SKY/HAMMER)
 F/C - MEG COVER 0/1 (LOCK)
 M/W - H/C



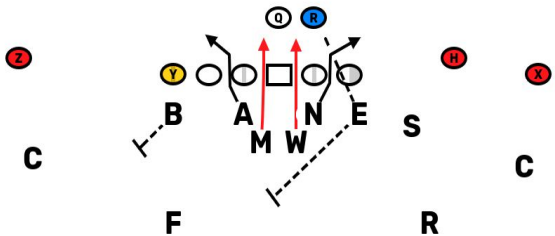
HEADS AGAINST 2X2 TE
 R/C - MEG (COVER 0/1 - LOCK)
 C/B/F - COVER 4 (SKY/"RED" SKY)
 M/W - MAN ON RB ; IF NO ROUTE H/C



HEADS AGAINST 2X2 TE
 S/R/C SIDE - COVER 4 (SKY/"RED" SKY/HAMMER)
 C-MEG ON Z
 F-MEG ON Y; IF NO ROUTE THIEF MIDDLE
 WILL - H/C IF RB NO ROUTE

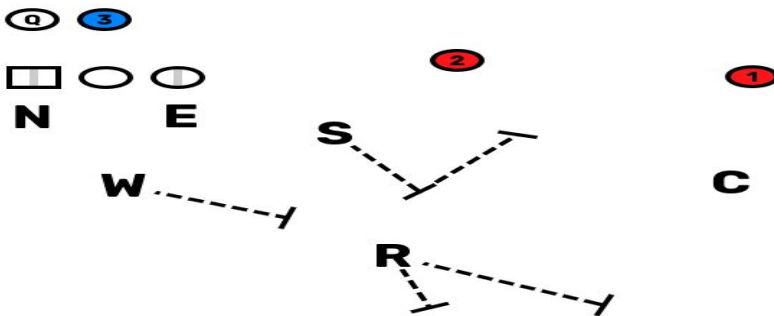


HEADS AGAINST 2X2 TE
 S/R/C SIDE - COVER 4 (SKY/"RED" SKY/HAMMER)
 C-MEG ON Z
 F-MEG ON Y; IF NO ROUTE THIEF MIDDLE
 MIKE - H/C IF RB NO ROUTE



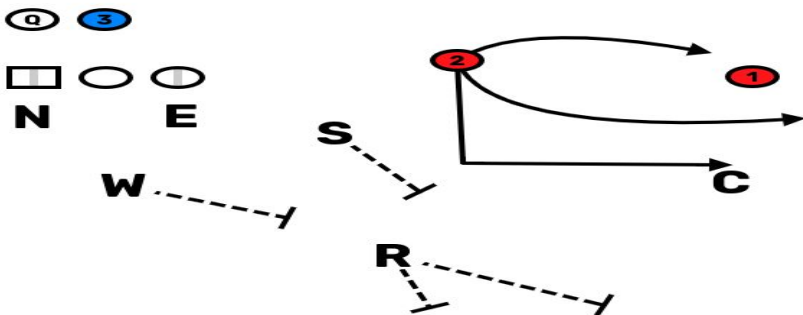
HEADS AGAINST 2X2 TE
 S/R/C SIDE - COVER 4 (SKY/"RED" SKY/HAMMER)
 F/B/C - COVER 4 (SKY/"RED" SKY)
 END - DROP IF RB DOESNT RELEASE TO ROUTE

COVER 4 VARIATIONS (SKY, "RED" SKY, HAMMER)



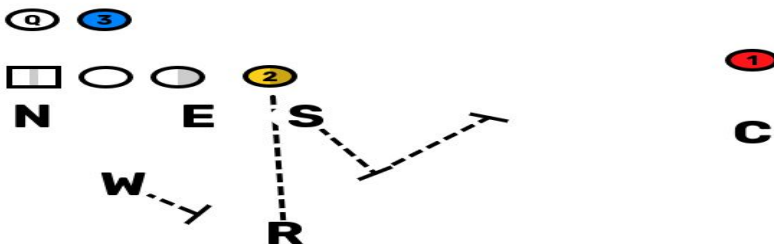
SKY COVERAGE

STUD - APEX EMOL AND #2 DEPTH AROUND 4YDS ; C/F DROP BASED UPON #2 ROUTE ; IF #3 SWINGS STAY DEPTH OVERTOP BEFORE DOWNHILL
 WILL - H/C DROP BASED UPON #2 ; IF #3 SWINGS EXPAND TO CURL WINDOW
 CORNER - DEEP 1/4 (MES - MAN EXCEPT SHALLOW) HELPS ON SMASH AND MESH
 RAM - ALL OF # 2 VERTICAL ; IF OUT OR UNDER HELP OVERTOP #1



HAMMER COVERAGE

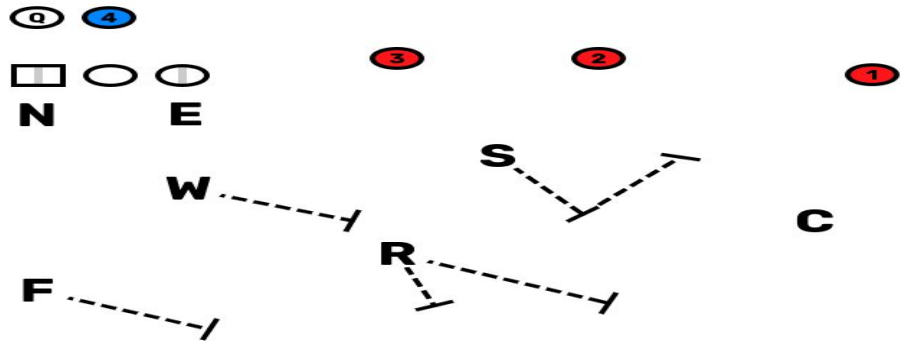
STUD - APEX EMOL AND #2 DEPTH AROUND 4YDS ; CURL DROP BASED UPON #2 ROUTE ; IF #3 SWINGS STAY DEPTH OVERTOP BEFORE DOWNHILL
 WILL - H/C DROP BASED UPON #2 ; IF #3 SWINGS EXPAND TO CURL WINDOW
 CORNER - 2-1 READ ; IF #2 OUT UNDER 6 YDS. TAKE #2 ; IF IN OR VERTICAL MAN ON #1
 RAM - ALL OF # 2 VERTICAL ; IF OUT OR UNDER CAP OVER #1



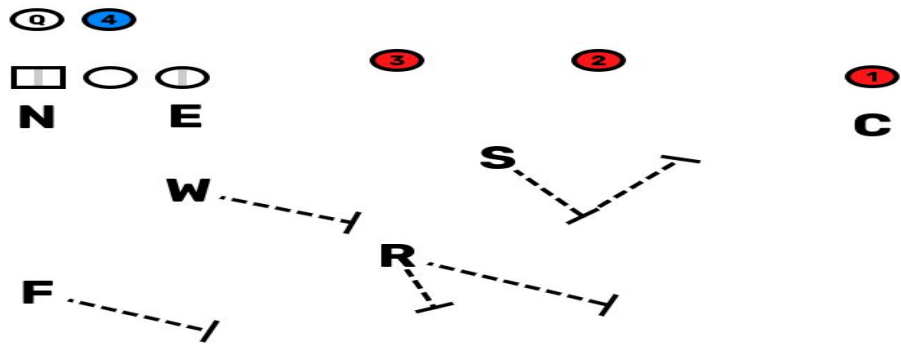
"RED" SKY COVERAGE (USE MORE OFTEN WHEN #2 IN CORE OR #3 IS AWAY)

STUD - TIGHT SHADE TO #2 MORE AGGRESSIVE IN RUN ; IF PASS GET HANDS ON #2 DROPPING LATE C/F
 WILL - H/C DROP BASED UPON #2 ; IF #3 SWINGS EXPAND TO CURL WINDOW
 CORNER - MAN ON #1
 RAM - ALL OF # 2 VERTICAL AND OUT ; ESSENTIALLY PLAYS LIKE MAN

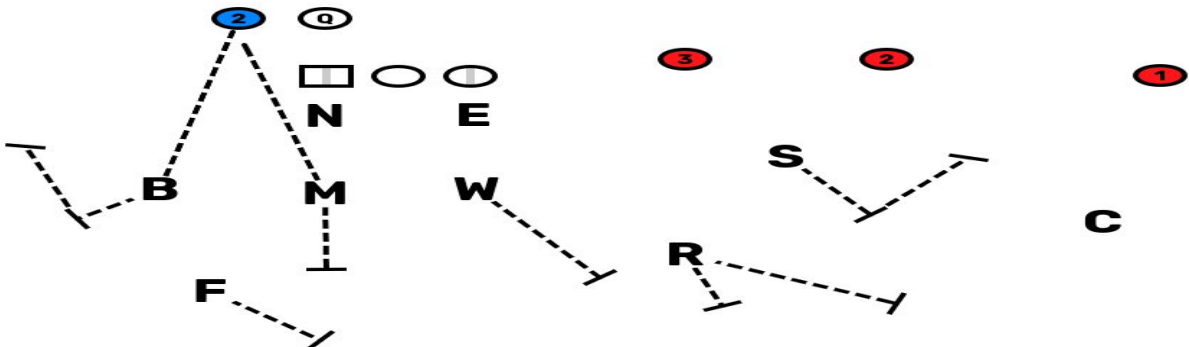
TRIPS VARIATIONS



SKY COVERAGE 3X1
 STUD - APEX #3 and # 2 ; C/F DROP BASED UPON #3 AND #2; IF WHEEL ROUTE HAVE TO STAY ON
 WILL - H/C DROP BASED UPON #3
 CORNER - DEEP 1/4 READING # 2-1
 RAM - READING #3-2 DROPPING DEEP 1/4
 FREE - THIEF ; VERTICAL OF #3 ; IF SHALLOW ROB BACKSIDE #1

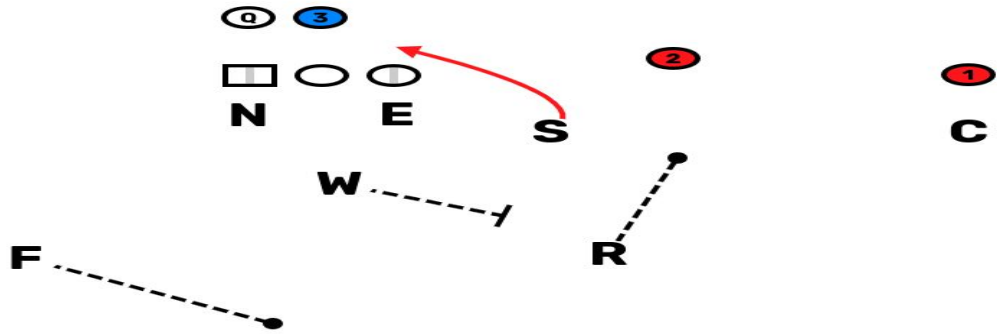


MIX COVERAGE 3X1
 STUD - APEX #3 and # 2 ; C/F DROP BASED UPON #3 AND #2; IF WHEEL ROUTE HAVE TO STAY ON
 WILL - H/C DROP BASED UPON #3
 CORNER - MAN ON #1
 RAM - READING #3-2 DROPPING DEEP 1/4
 FREE - THIEF ; VERTICAL OF #3 ; IF SHALLOW ROB BACKSIDE #1



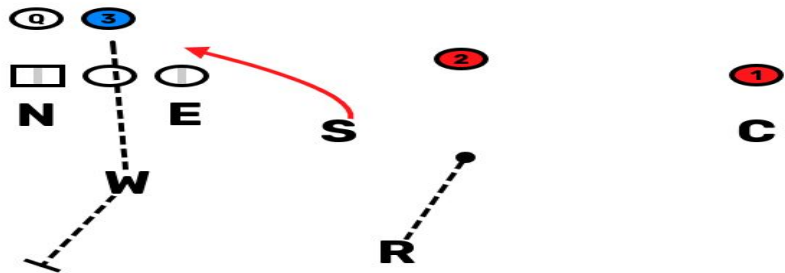
SKY COVERAGE 3X1
 STUD - APEX #3 and # 2 ; C/F DROP BASED UPON #3 AND #2; IF WHEEL ROUTE HAVE TO STAY ON
 WILL - H/C DROP BASED UPON #3
 CORNER - DEEP 1/4 READING # 2-1
 RAM - READING #3-2 DROPPING DEEP 1/4
 FREE - THIEF ; VERTICAL OF #3 ; LITTLE MORE AGGRESSIVE ON HELPING BACKSIDE DUE TO RB THREAT

COVER 3, 1, 2 (DROP, LOCK, HAMMER)

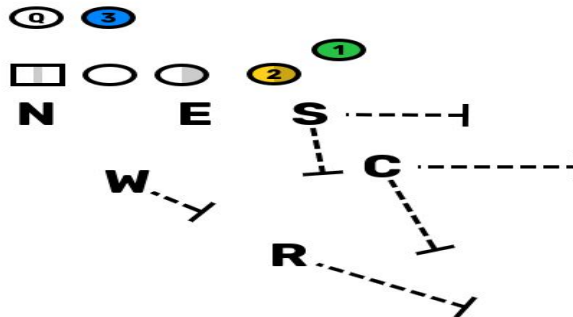


COVER 3 - DROP (USED DURING BLITZ; CAN PLAY TRUE COVER 3 OR RIP/LIZ BAMA STYLE IF RIP/LIZ TEACH THAT ITS MAN UNTIL THEY RUN UNDER/INSIDE THEN ZONE DROP

IF TRUE COVER 3
 RAM - ROLL DOWN C/F DROP OFF #2
 WILL - H/C DROP OFF #2 AND IF #3 SWINGS #2
 FREE - ROLL DEEP 1/3
 CORNER - DROP HIS DEEP 1/3



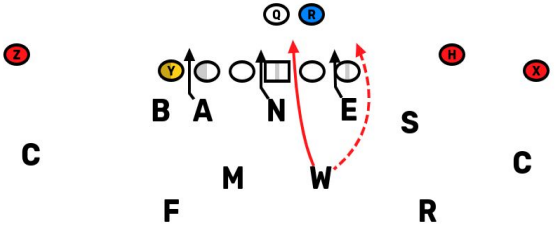
COVER 1/0 - LOCK
 WILL/MIKE - TANDEM THE #3 IF NOT ON STUNT ; DROP MIDDLE WITH EYES ON QB IF RB STAYS IN
 STUD - TAKE # 3 IF NOT ON STUNT AND HE RELEASES TO YOUR SIDE ; IF NEITHER DROP C/F READING QB EYES



COVER 2 - HAMMER (CONDENSED SETS)
 STUD - HANDS ON #2 AGGRESSIVELY LATE DROPPER TO FLAT
 WILL - H/C EXPAND OR CONDENSE OFF #2 ROUTE
 CORNER - CURL TO FLATS DEEP TO SHALLOW
 RAM - DEEP 1/2
 *WAY I TEACH IT TO CORNER AND RAM
 CORNER HAS THE FIRST OUT
 RAM HAS SECOND OUT
 IF ROUTES ARE IN RAM TAKE THE CROSSER
 CORNER DROP TO DEEP 1/2 EXPECTING SOMETHING WORKING BACK

PRESSURES WITH COVERAGE

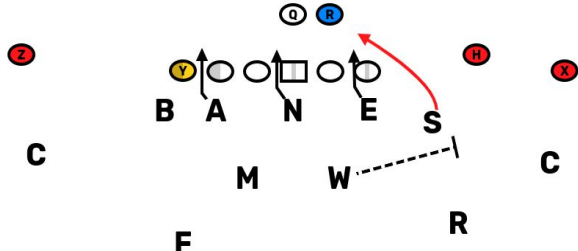
BASE COV. W/ILB BLITZ



COVER 4 VARIATION - "RED" SKY
 B - DROPS LATE INTO FLAT (RUN STOPPER)
 CB - MEG ON Z
 F - TAKES THE Y VERTICAL OR OUT; IF IN/BLOCK DROP AND CAP Z OR THIEF MIDDLE
 MIKE - MID HOOK

COVER 4 - SKY
 CB - DEEP 1/4 (MES)
 S - C/F
 R - ALL OF # 2 VERTICAL; IF SHALLOW
 CAP X
 MIKE - MID HOOK

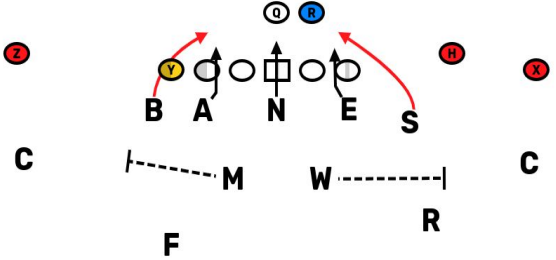
BASE COV. W/OLB BLITZ



COVER 4 VARIATION - "RED" SKY
 B - DROPS LATE INTO FLAT (RUN STOPPER)
 CB - MEG ON Z
 F - TAKES THE Y VERTICAL OR OUT; IF IN DROP AND CAP Z
 MIKE - MID HOOK

COVER 4 - SKY
 CB - DEEP 1/4 (MES)
 S - IM GONE CALL IF BLITZ
 R - ALL OF # 2 VERTICAL; IF SHALLOW
 CAP X
 WILL - C/F OF S
 CAN ALSO ROLL COVERAGE AND PLAY COVER 1 OR COVER 3 OR HAMMER

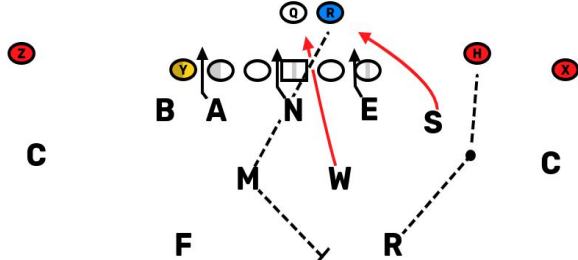
BASE COV. W/DBL EDGE BLITZ



COVER 0/1 - LOCK
 C - MAN ON Z
 F - MAN ON Y
 M - WALL SEAM/C/F

COVER 0/1 - LOCK
 C - MAN ON X
 R - MAN ON H
 W - WALL HELP S/C/F

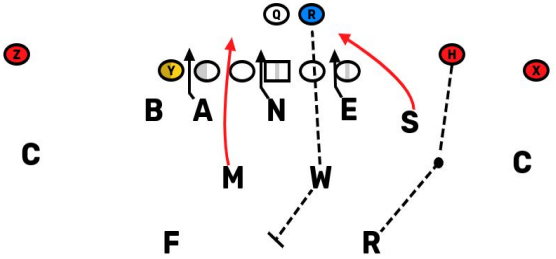
BASE COV. W/SAME SIDE BLITZ



COVER 4 VARIATION - SKY
 B - C/F
 CB - MEG ON Z
 F - TAKES THE Y VERTICAL OR OUT; IF IN DROP AND CAP Z
 MIKE - MID HOOK IF R DOESNT RUN A ROUTE.

COVER 0/1 - LOCK
 C - MAN ON Z
 R - MAN ON H

BASE COV. W/ OPP SIDE BLITZ



COVER 4 VARIATION - SKY
 B - C/F
 CB - DEEP 1/4
 # 2 VERTICAL AND OUT; CAP DEEPEST ROUTE.

COVER 0/1 - LOCK
 R-MAN ON H
 C-MAN ON Z
 WILL - MAN ON R; IF NO ROUTE DROP MID HOOK