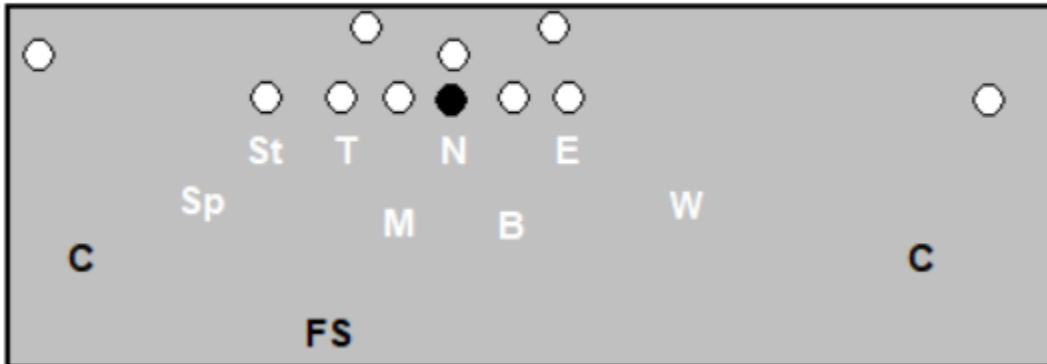


# ***FALCONS & CORNERS***

*"Huntin & Robbin"*

*"Get Beat Deep, Take a Seat"*



## **STANCE**

Inside foot back, tilted 45 degrees towards the QB

## **ALIGNMENT**

Move along the diagonal. Closer to LOS as pass threats disappear

## **ASSIGNMENT**

RUN: Contain. Squeeze the window that the RB can run up into.

Has pitch man on option

PASS: Flat-wheel defender. Re-Route #2 and pattern read #1

## **TECHNIQUE**

Take all blocks on with inside shoulder.

Do not let any runners outside you. Funnel it back inside.

PASS drop is tough because back is to the QB.

## **RUN READ**

EMOL reach blocks: Get 1-2 yds across the LOS and squeeze the window

EMOL pulls away: "Stack & Stay" on top of DE looking for counter-boot-reverse

EMOL base block: Flow Away = Stack & Stay

Flow To = Squeeze the Window

EMOL inside release to LB: Flow Away = Stack & Stay

Flow To = Squeeze the Window

## **PASS READ**

EMOL pass blocks (COVER 3 & 4):

vs Pro or Single: 1-dropper....drop to #1 WR

vs Twins: Re-Route #2 inside receiver, eyes on #1.

EMOL pass blocks (COVER 5)

vs Pro or Single: Seam dropper. Hook-Curl

vs Twins: Seam dropper. Hook-Curl

## **PRE-SNAP PLANNING**

Offensive Formation  
Field Landmarks (hash, yard line)

Down & Distance  
Communication (echo & check)

# ***FALCON***

## **STANCE & READS**

Our Falcon stands in a “free throw shooter” stance with both toes even with each other. He “buzzes” his feet while reading the uncovered blocker for his PASS-RUN key. On Runs, he follows the pulling linemen as eyes pop to the backfield to read flow.

### **On Run: Falcon is the “ADJUSTER”**

Our Falcon learns to fit off the INSIDE BACKERS (Mike & Bull), which in a perfect world are outside both of them. However, if the Mike or Bull get blocked, the Falcon has to learn to fit in their place. This is covered extensively in the RUN FIT chapter and taught during group run fit periods.

### **Robber Reads**

We start with the Falcons right in front of each other and run routes at each other. The coach is standing outside the Falcon between the numbers and hash. If the route is anything UNDER 5yds (slant, speed out, bubble), the Falcon stops buzzing his feet, turns and runs toward the coach, who is simulating the #1 receiver. If his partner runs past 5yds, he continues on a fade, post, or corner to 15 yds, letting the Falcon practice getting IN-PHASE (next page).

The next progression is to add a 3rd player to simulate routes by #1, so Falcon learns to drop to the #1 receiver when #2 runs shallow routes. The Falcon is taught to undercut, or get in front of those routes in order to intercept the ball. The Corner is always deeper than the #1 receiver.

The 3rd progression is to have the coach or 3rd player act as the QB. The Falcon’s partner can now run digs or drag routes over the middle between 5 and 15 yards. The Falcon has these routes man-to-man, however, the QB eyes or boot action can trigger the Falcon to not chase the route.

Next, we add the Corner and run 2 vs 2 route combinations, so they learn to communicate.

### **Cover 3 Deep Middle**

Our Falcon has to be very careful to not over commit to one side vs 1-RB sets while in Cover 3, since he is NOT robbing. We teach him to “weave” while in his backpedal. This means he never turns his hips or shoulders towards a receiver as he stays square to the QB. The QB’s eyes and lead shoulder can get him to “weave” his backpedal in that direction, but he cannot open his hips and commit until the QB takes his palm off the ball and brings his arm over in a full throwing motion. We teach our younger players to not break or commit until the ball leaves the QB hands, but our more experienced players learn to break slightly earlier as they can tell the difference between an actual throw and a pump fake.

**CORNERS break on palm off but FALCONS break on palm off and arm movement.**

# CORNERS

## STANCE PROGRESSION

- Outside foot forward, toe-to-heel relationship
- 70% of weight on inside foot. Toes slightly inside, pigeon toe.
- Flat back, chest up. Chest over our knees
- Eyes are always up.

### Read Steps

Everything starts with two READ STEPS. The Corners shuffle backwards, sliding their cleats on the grass until the uncovered linemen gives them a RUN-PASS read. A pass block puts them into a backpedal.

**Do not start backpedal until they master the Read Steps**

DB 1<sup>st</sup> Day Fundamentals

Start

Read Step:  
Slow, Recognizing Play  
Smooth Pedal



Alignment

Inside Shade  
Outside Foot on WR  
inside foot  
Outside Shade:  
Inside foot splitting WR  
down the middle

Stance

Base (Press):  
Feet Even  
Flat Back  
Hands Up  
Loose  
Speed (Off):  
Foot to Instep

Training the EYES to key the HIPS

## BACKPEDAL

Essentially teaching them to run backwards. Going to transition on the ball or stem to a different position. Every player needs to know how to come forward out of their backpedal.

- Lift backfield foot slightly off the ground, push off upfield foot.
- Stay low in the backpedal.
- We are not moving arm violently or taking huge steps.
- Move slowly since there is space between the CB and the WR. Don't have to fly out of there.

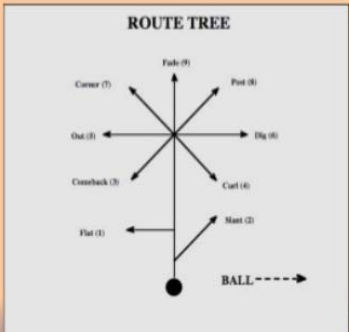
STEM. Weave, or changing the leverage while still backpedaling. Keep shoulders square.

TRANSITION: Going from backwards to forwards or sideways. Start with just getting them to understand how to plant the drive foot in the ground to push off and come forward.

### “PLANT, PICKUP, ROLLOVER”

Plant foot that is in opposite direction of where the ball is.

1. COME FORWARD: Plant & Drive off the outside foot to come forward. No false step.
2. SLANT or OUT in front of CB, at an angle: 45<sup>0</sup> angle
3. SQUARE OUT or DIG: 90<sup>0</sup> angle.
4. POST or CORNER. Deep 45<sup>0</sup> angle cuts.



» **Pedal to Transition**

- > Smooth, Quick Feet
- > Gain ground with short steps
- > Plant using your WHOLE FOOT
- > Use your toe as a compass
- > SMOOTH before FAST

» **Drills**

- > Route Tree Breaks (45,90,180)
  - Slow Pedal to Fast
  - Reacting off HIP MOVEMENT
- > Stop & Go
  - Eyes on Hips, Hand on Hip
  - Front Shoulder to Back Shoulder
  - Breaking as the WR breaks
- > Flip Drill
  - Opening Hips in Transition
  - Locating Ball in & Out of breaks

**Speed Turns**

Speed turns. Have to break hips and get over top of the Post Corner routes  
 Take inside arm, violently throw it behind us to turn the hips.  
 This turn creates space between DB and WR.

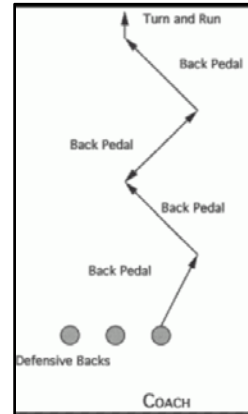
HIP FLIPS: While going straight back, flip the hips 180° .

Need this vs vertical routes.

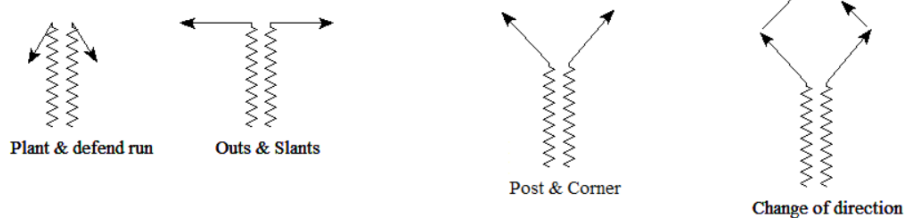
Drive the knee over the other leg so back is to LOS.

Push off the foot that is opposite the WR.

The knee on the same leg as the foot you pushed off is the drive knee.



**BACKPEDAL PROGRESSION (progress to rcvr in front of DB)**



*On every drill, DB should read high hat/low hat while in shuffle. Yell "Pass" on break; "Ball" when coach throws ball. Coach should throw high balls, line drives, and bad balls...DB practices going after the football.*

*Can also put pop-up dummies or actual receiver in a stationary position so DB can simulate breaking up the pass*

## MAN-TO-MAN TECHNIQUES

Every coverage ends up in man-to-man. When a CB has to guard a WR, he can turn one of two ways when getting out of his backpedal: A ZONE TURN is when the CB turns into the QB and reads his actions. A MAN TURN is when the CB turns into the WR, taking his eyes off the QB.

- Our CB Zone Turn anytime there are twins or trips to their side.
- Our CB Man Turn when there is one WR (single) to their side.

We start our teaching of man-to-man techniques from the press technique because that is easier to teach. The Corners outside foot splits the WR crotch to take inside leverage away. If he wants to go inside, punch his V-neck with your inside hand to slow his path and then punch with outside hand to open your hips, forcing him laterally down the line.

If the WR takes an outside release, punch the V-neck with outside hand and then punch with inside hand to open up CB hips. Eyes are on the WR belt, because the WR will have to sink his hips before he makes a break.

### Getting IN-PHASE

Once the CB is guarding a receiver, we would like him HIP TO HIP, slightly behind the WR, close enough to get their hand to the receiver's hip while still maintaining a slight bend in the elbow. The CB can make a play on the BALL when he is IN-PHASE.

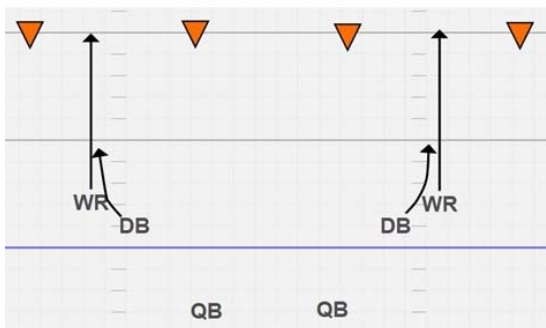
On the other hand, we will define being out-of-phase as the defender not being in position to make a play on the ball. This means the defender will need to **play the receiver's hands** instead.



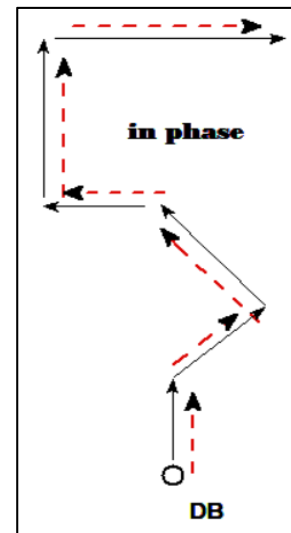
There are a million DB drills out there, but the key is the progression used to teach the techniques, as well as the players understanding the “why” behind each technique. Teaching a technique is one thing, but without teaching the student-athlete the “why,” we are not truly helping that individual become a better player.

### TEACHING PROGRESSION

Start by teaching the correct body position and posture, simulating perfect positioning against a receiver downfield. We will start out by jogging and will not use a football. The defender will start in-phase with the receiver and on the whistle, both players will jog at 60-75% speed.



**Notice the CB is never between the ball & the receiver. Since our Falcon is a hunter, our CB never let a man get behind them.**

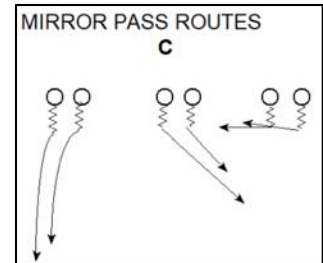


The defender should lean, or “wedge”, into the receiver. The body lean from the defender needs to be strong enough to force some movement from the receiver, hopefully forcing the receiver off his route and either towards the sideline or towards the defenders help.

**Mirror Breaks**

This drill simulates an in or out breaking route with a vertical release. The defender and receiver will still start in phase. The defender must remain IN-PHASE during all breaks from the receiver. The receiver is free to break in or out on their 2nd or 3rd break or continue on a vertical route. As a defender, we must focus on:

1. No Wasted movements- Defender cannot pop up & down as receiver makes breaks
2. Do not get in front of the receiver.
3. Cannot be too tall
4. Hand Transition – If receiver breaks out, defender needs to transition to his upfield hand on WR’s hip and playing ball w/ downfield hand



**Being OUT-OF-PHASE**

This teaches the defender what to do when at a disadvantage.

**Standing Disadvantage**

This drill emphasizes the importance of our defender’s hands and eyes. This can be done separately, or on the sideline while players are waiting for reps. Defender & WR are standing still with defender in-phase with the receiver, focused on the receiver’s hands.

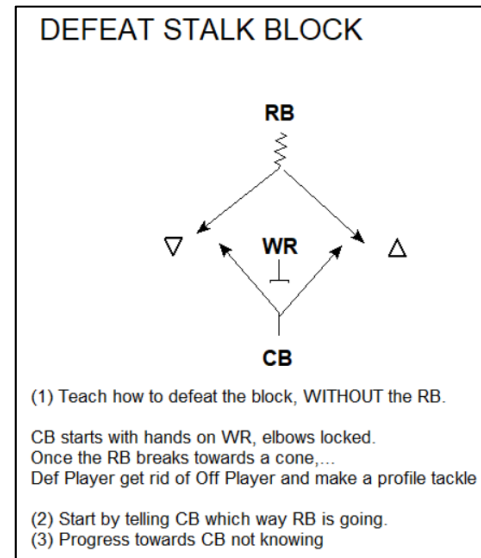
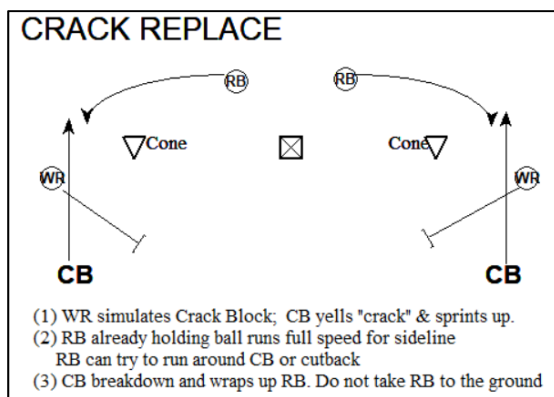
The defender’s outside hand should be on the inside hip of the receiver. When the receiver flashes his hands to simulate going up for a ball, the defender maintains hip contact with the outside hand, while reaching across the receiver’s near arm, aiming for the wrist nearest the defender, trying to pin it to the receiver’s hip. Progress to doing this while jogging, and then sprinting.

**Race to Hip**

WR starts 5-10 yards ahead of the defender. At the whistle, the receiver starts jogging while the defender sprints to get back in-phase. Do NOT look back for the ball when you are beat! As we close ground, our eyes now shift to the receiver’s hands, anticipating the flash of his hands. When we see the hands come up, our off-hand attacks the near wrist of the receiver and we look to pin it to the inside hip.

**DEFEAT BLOCKS**

It is important to keep arms inside the blocker, locking elbows out to maintain separation. Do not go inside unless ball carrier cuts back.



# DRILLS

## Warmups

Ladders, Lines, and “T-Step Drill”, which is shown here. The T-Step drill, player runs in place, turns hips, plants back foot perpendicular to front foot, forming a “T” with both feet. Hips turn 90° as back foot hits ground and quickly square both feet up again, running in place. Repeat the other direction.

### DB Lateral Movement Drills

#### Hip Drill

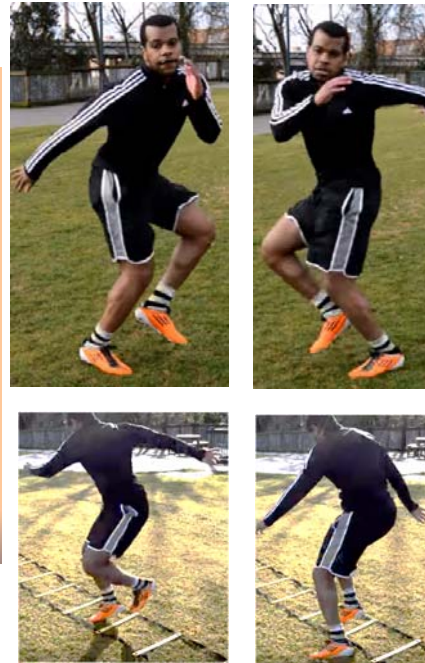
- > Opening Hips and Sprinting
- > Breaking on hip movement
- > Reactive Athleticism
- > Remaining square until WR commits

#### Quick Feet Drill

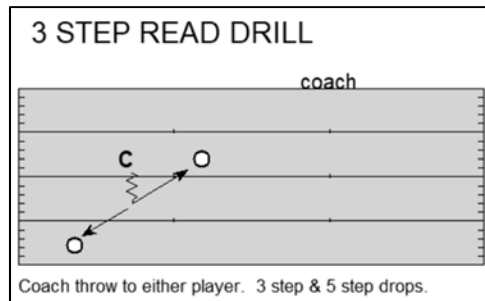
- > Moving feet over and back line
- > Teaching to Plant foot and Explode OUT, Drive Through

#### Mirror Drill

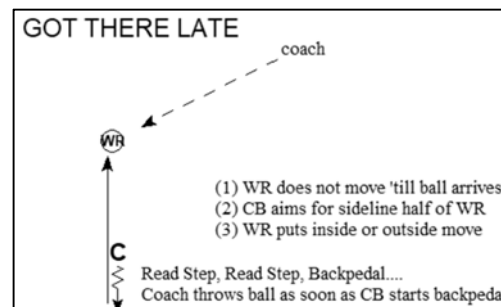
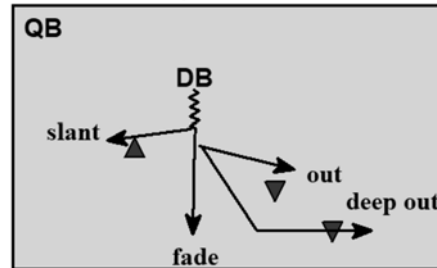
- > Hands Behind Back
- > Quick, short lateral step
- > Maintaining Initial Alignment (inside/outside)
- > Maintain “Cliff” – Never losing ground, staying parallel
- > TRANSFERRING ENERGY FROM EACH FOOT!



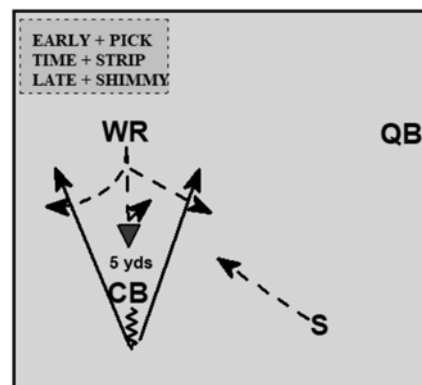
## Breaking on Ball



CONE DRILL (Read the QB shoulder)



3 STEP DROP DRILL



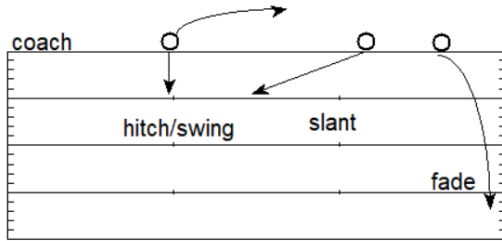
Run the 3 step routes: slant, out, hitch, fade

### Pop Up Timing

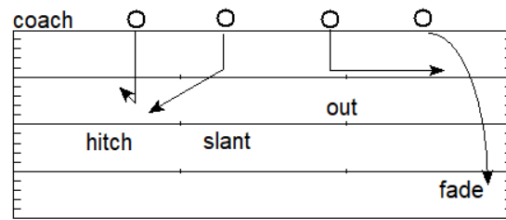
Also use POP UP dummies for DB to come in and practice his timing. If ball is at dummy first, then deliver the hit. If ball & DB at same time, near arm on dummy other arm go for knockdown. If DB is first, go for INT

**Defending Routes**

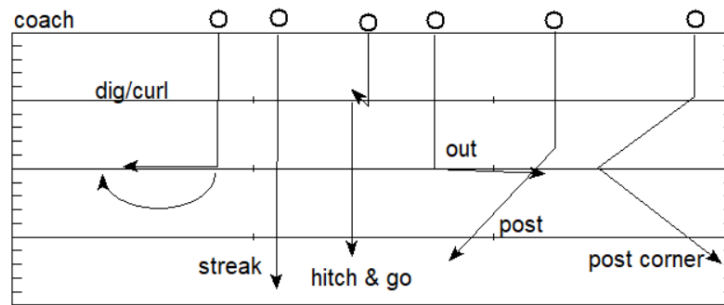
1 STEP



3 STEP



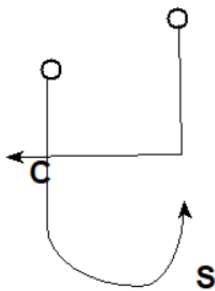
5 STEP



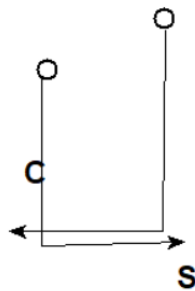
CURL: break to upfield shoulder  
 OUT: OK to be late  
 POST: keep inside leverage  
 CORNER: OK to break underneath

**Vertical Line Concept**

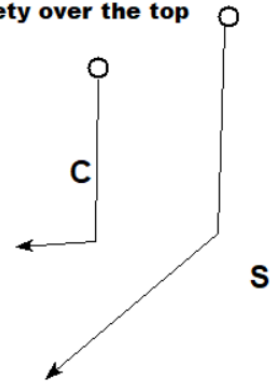
**SAFETY RULE 2:**  
 If #2 under, Find #1



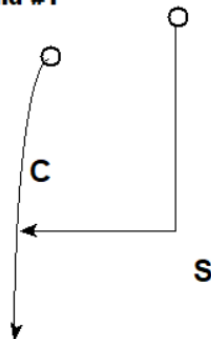
**CORNER RULE 2:** If #1 in, Find #2  
**SAFETY RULE 2:** If #2 under, Find #1



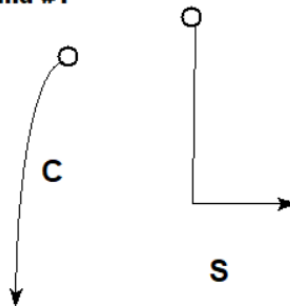
**RULE 4: Jump the out, Safety over the top**



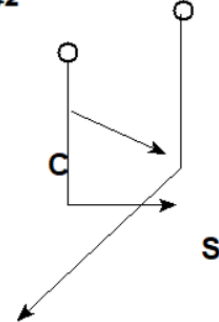
**SAFETY RULE 2:** If #2 under, Find #1



**SAFETY RULE 2:** If #2 under, Find #1



**CORNER RULE 2:** If #1 in, Find #2

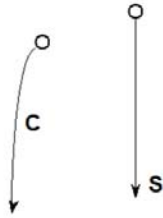




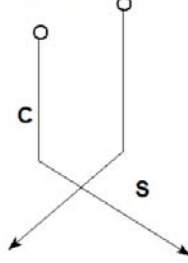
### Combo Drills

2 on 2 routes

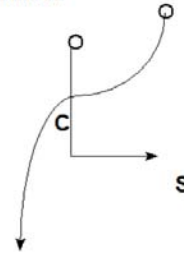
RULE 1: Protect Your Zone



RULE 1: Protect Your Zone



CORNER RULE 2: If #1 in, Find #2



### Tackling

#### SPRINT SHIMMY SHUFFLE

Start with no moves, DB knows RB direction.  
Then no moves, DB knows RB direction.  
Then 1 move  
Then 2 moves

#### SET THE BOUNDARY

**CROSS RIP**  
If RB is sprinting towards sideline, Don't mess with blocker, CROSS RIP!

Do NOT avoid the blocker. Turn RB back inside

#### PROFILE TACKLE

Try to get head across.  
Use Sideline to advantage.  
Absolutely no cutback

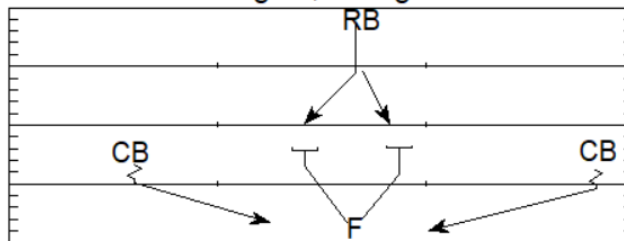
#### SIDELINE PROFILE

Progress to Sideline profile as players master this drill

1st TIME: Tell tackler what line RB is going to run down.  
2nd TIME: Let the RB pick  
No moves. No shimmy.

**Pursuit Angles**

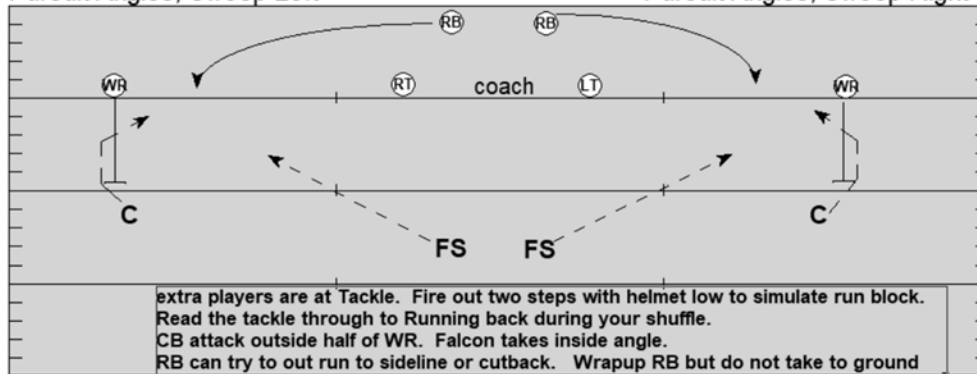
Pursuit Angles, Straight ahead



SAFETIES: Most important make tackle!!!  
 Ideally aim for outside peck turning RB inside to other Safety.  
 CORNERS: Aim slightly behind Safeties in case of broken tackle.  
 If Safety has RB in clamp, Corner looks for strip

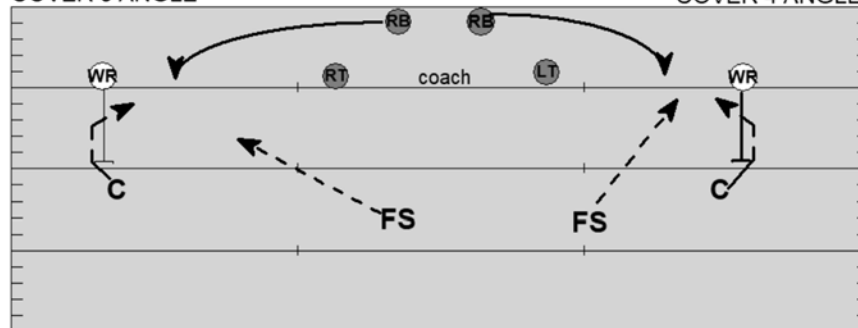
Pursuit Angles, Sweep Left

Pursuit Angles, Sweep Right



COVER 3 ANGLE

COVER 4 ANGLE



extra players are at Tackle. Fire out two steps with helmet low to simulate run block.  
 Read the tackle through to Running back during your shuffle.  
 CB attack outside half of WR. Falcon takes inside angle.  
 RB can try to out run to sideline or cutback. Wrapup RB but do not take to ground