

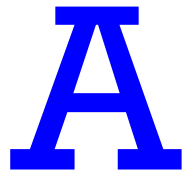
Thanks for showing interest in my defensive playbook. This Defense uses 4-3 personnel, 4 DL. 3 LB and 4 DB's. I also run a nickel package. I remove my weakest LB vs the pass and place another DB into the Sam LB alignment. The nickel is my adjuster to the many different formations.

There may be a few mistakes in here, my apologies if you find one. I would be happy to answer any questions that you may have. Feel free to e-mail them to me or send me a message on X's and O's.

Statistically, we allowed 291 yards per game. 213 rushing and 78 passing. We dropped by almost 175 yards per game in yards given up after implementing this defense for this past season. We forced 16 turnovers. 7 Interceptions and 9 Fumbles. My Mike LB led the district in tackles.

Travis Bark
Defensive Coordinator
Anamosa High School
Anamosa, Iowa
bark77@mchsi.com

Anamosa Raiders
2006

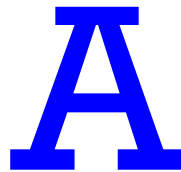


Defensive Playbook

Created by

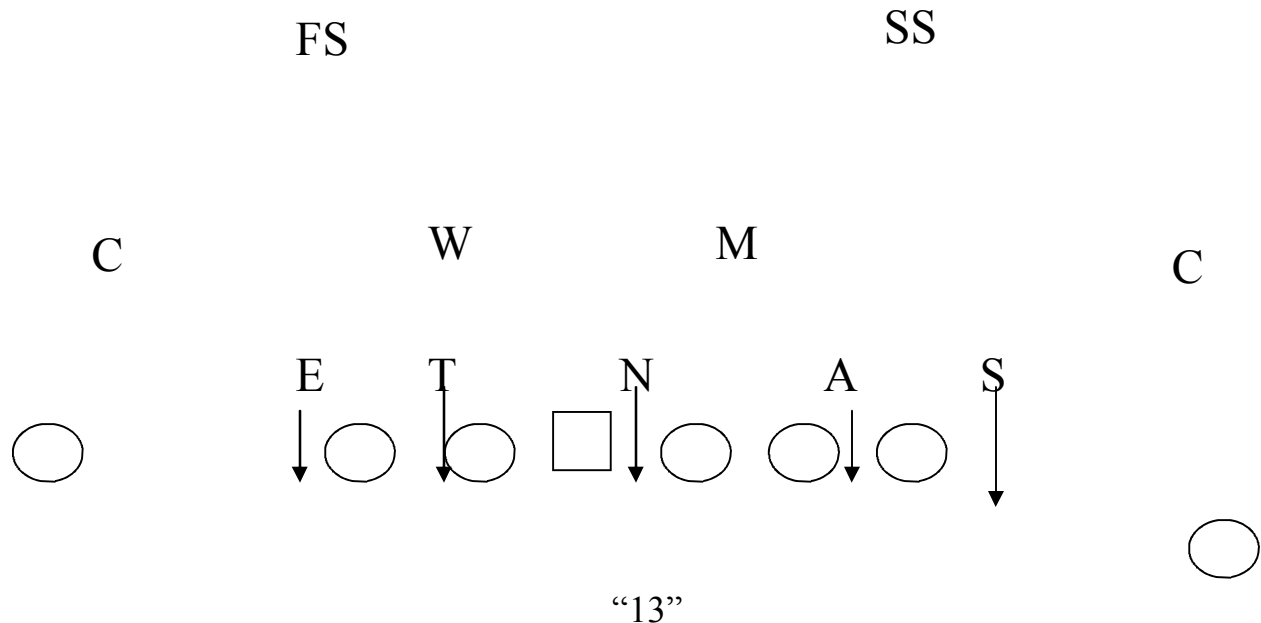
Travis Bark
Defensive Coordinator

Anamosa Raiders
2006



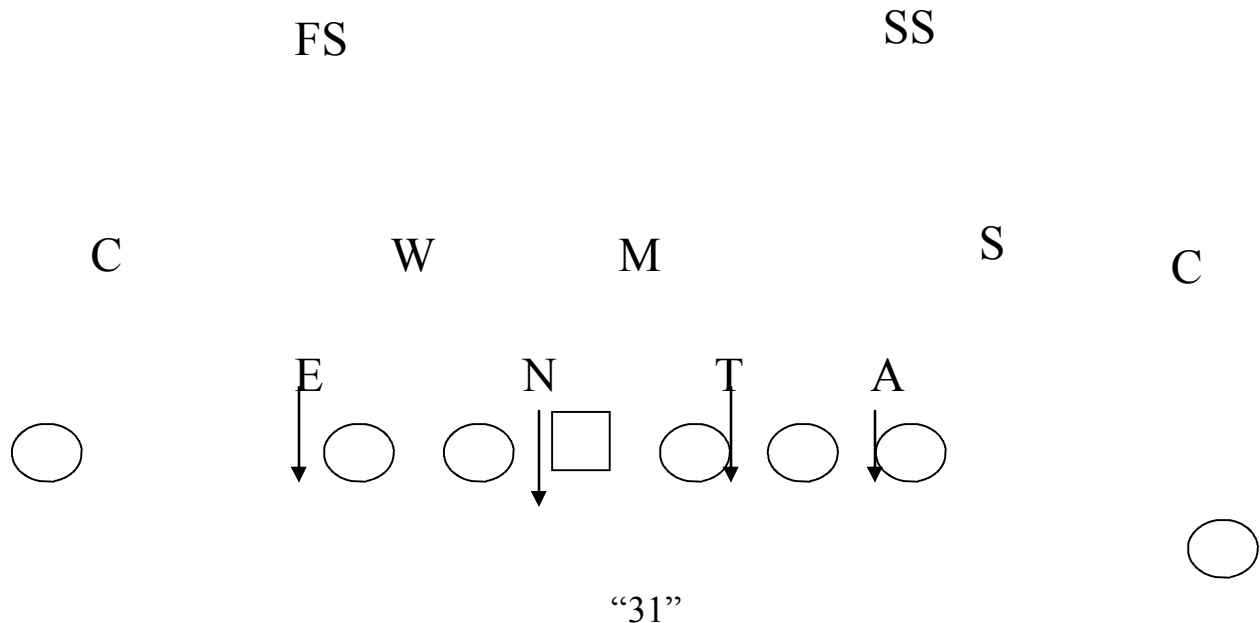
Base Defensive Package

Fronts and Coverage



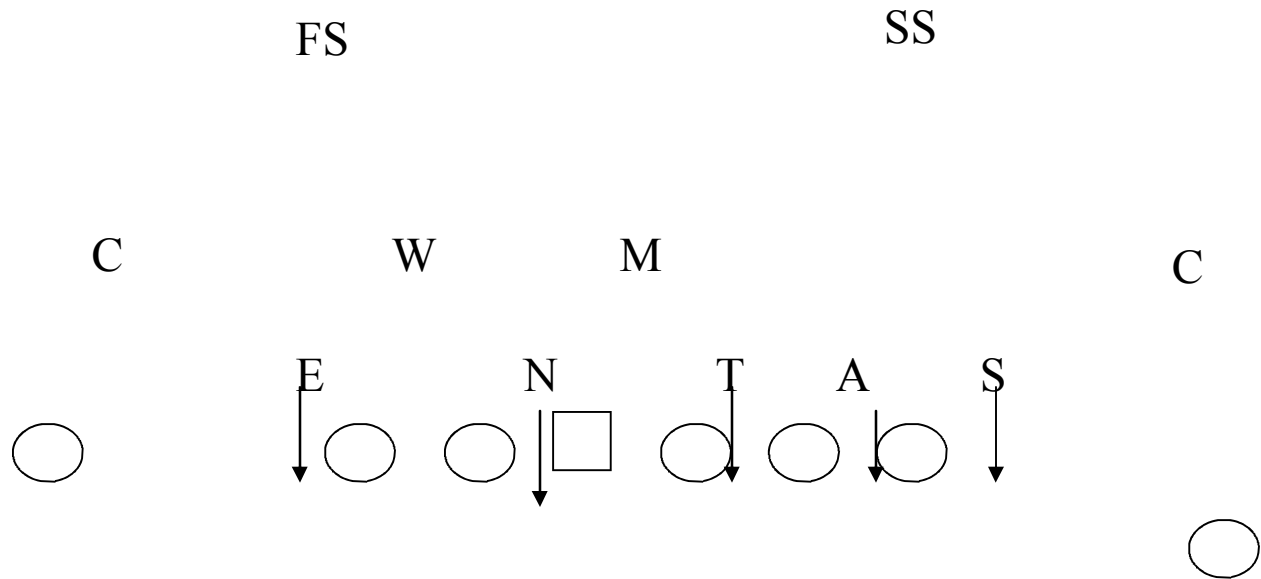
When 13 is called, Identify the TE with a “Left” call. 13 Tells the Nose to align in a 1 Technique to the call side and the Tackle to align in a 3 Technique away from the call side. 13 tells the Anchor to align in a 5 Technique to the call side and the End to align in a 5 away from the call side

Sam-Align in a 7 Tech to the TE. D Gap vs Run
 End-Align in a 5 Tech away from TE. C Gap vs Run
 Nose-Align in a 1 Tech to the TE. A Gap vs Run
 Tackle-Align in a 3 Tech away from TE. B Gap vs Run
 Anchor-Align in a 5 Tech to the TE. C Gap vs Run
 Mike- Align in a 30 Tech to the TE. B Gap vs Run
 Will- Align in a 30 Tech away from the TE. A Gap vs Run
 Corners-Align at 6-8 yards
 SS-Align at 10-12 yards.
 FS- Align at 10-12 yards.



When 31 is called, Identify the TE with a “Left” call. 31 Tells the Nose to align in a 1 Technique away from the side and the Tackle to align in a 3 Technique to the call side. 13 tells the Anchor to align in a 6i Technique to the call side and the End to align in a 5 away from the call side

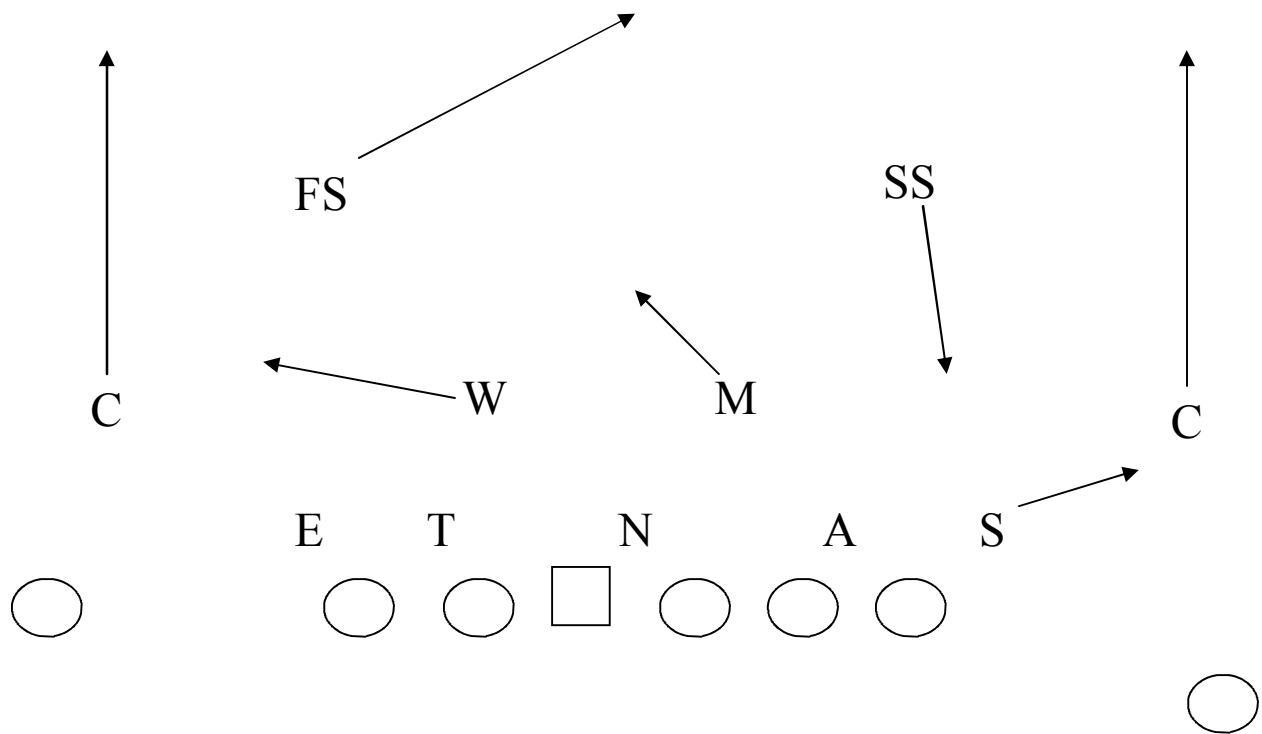
- Sam-Align in a 70 Tech to the TE. D Gap vs Run
- Rush-Align in a 6i Tech to the TE. C Gap vs Run
- Nose-Align in a 1 Tech away from the TE. A Gap vs Run
- Tackle-Align in a 3 Tech to the TE. B Gap vs Run
- End-Align in a 5 Tech away from TE. C Gap vs Run
- Mike- Align in a 10 Tech to the TE. B Gap vs Run
- Will- Align in a 30 Tech away from the TE. A Gap vs Run
- Corners-Align at 6-8 yards
- SS-Align at 10-12 yards
- FS- Align at 10-12 yards



“Surf 31”

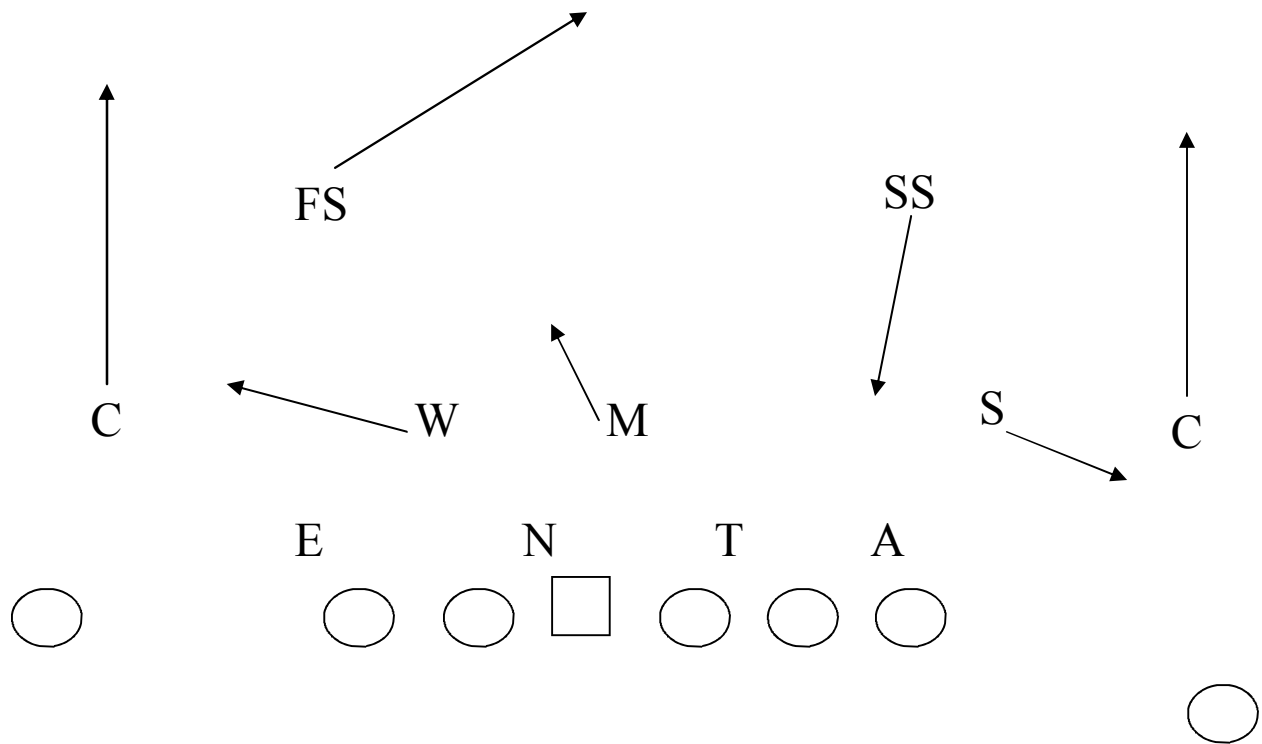
When 31 is called, Identify the TE with a “Left” call. 31 Tells the Nose to align in a 1 Technique away from the side and the Tackle to align in a 3 Technique to the call side. 13 tells the Anchor to align in a 5 Technique to the call side and the End to align in a 5 away from the call side

- Sam-Align in a 70Tech to the TE. D Gap vs Run
- Rush-Align in a 5 Tech to the TE. C Gap vs Run
- Nose-Align in a 1 Tech away from the TE. A Gap vs Run
- Tackle-Align in a 3 Tech to the TE. B Gap vs Run
- End-Align in a 5 Tech away from TE. C Gap vs Run
- Mike- Align in a 10 Tech to the TE. B Gap vs Run
- Will- Align in a 30 Tech away from the TE. A Gap vs Run
- Corners-Align at 6-8 yards
- SS-Align at 10-12 yards
- FS- Align at 10-12 yards



13 Cover 3

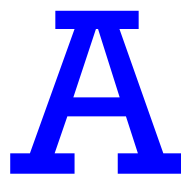
- Sam-Align in a 7 Tech to the TE. Strong Flat vs Pass
- End-Align in a 5 Tech away from the TE. C Gap Pass Rush
- Nose-Align in a 1 Tech to the TE. A Gap Pass Rush
- Tackle-Align in a 3 Tech away from TE. B Gap Pass Rush
- Anchor -Align in a 5 Tech to the TE. C Gap Pass Rush
- Mike- Align in a 30 Tech to the TE. Hole vs Pass
- Will- Align in a 20 Tech away from the TE. Curl to Flat vs Pass
- Corners-Outside Deep 1/3's vs Pass
- SS-Roll down Hook to Curl vs Pass
- FS-Middle 1/3(Post Player) vs Pass



31 Cover 3

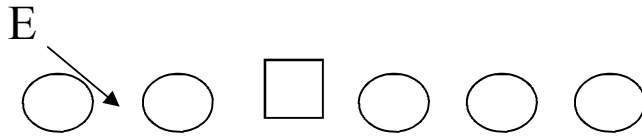
- Sam-Align in a 70 Tech to the TE. Strong Flat vs Pass
- Anchor-Align in a 6i Tech to the TE. C Gap Pass Rush
- Nose-Align in a 1 Tech away from the TE. A Gap Pass Rush
- Tackle-Align in a 3 Tech to the TE. B Gap Pass Rush
- End-Align in a 5 Tech away from TE. C Gap Pass Rush
- Mike- Align in a 10 Tech to the TE. Hole Player vs Pass
- Will- Align in a 30 Tech away from the TE. Curl to Flat vs Pass
- Corners-Deep Outside 1/3's vs Pass
- SS-Roll down Hook to Curl vs Pass
- FS- Middle 1/3(Post Player) vs Pass

Anamosa Raiders
2006



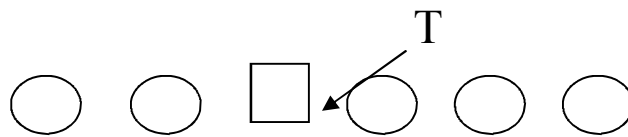
Defensive Line Stunts

Line Stunts



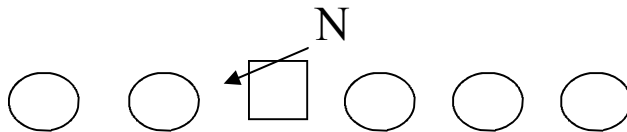
Fin

5 Tech End slants to inside
Can be run in 31 and 13



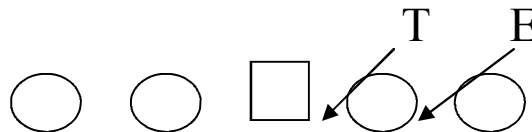
G

3 Tech Tackle slants to the A gap
Can be run in 31 and 13



Nose

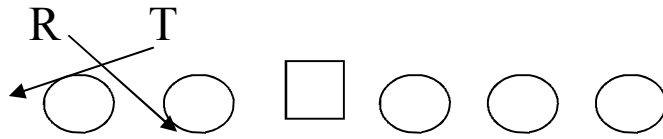
1 Tech Nose slants across center to opposite A Gap
Can be run in 31 and 13



Rebel

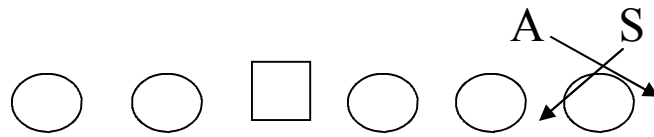
5 Tech End runs a fin stunt
3 Tech Tackle runs a G Stunt
Only run in 13

Line Stunts



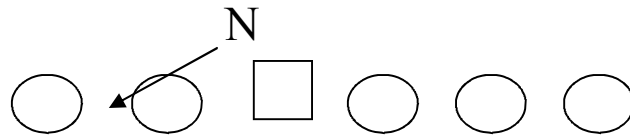
Whip

5 Tech End and 3 Tech Tackle Loop and
Exchange gaps- Only run in 13 front



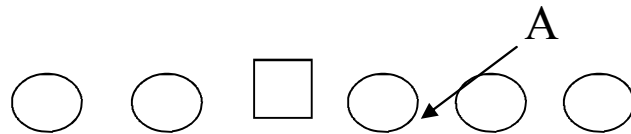
Screw

7 Tech Sam and 5 Tech Anchor loop and
Exchange gaps
Only run in 13 or Surf 31 Front



Opp G

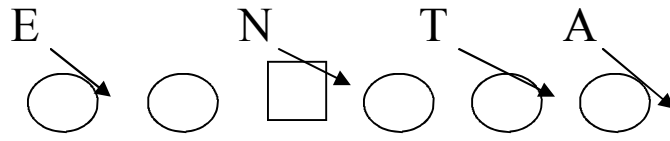
1 Tech Nose slants to weak B Gap



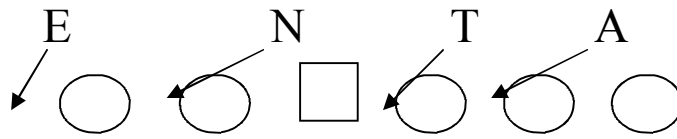
Ax

5 or 6i Tech Anchor slants inside

Line Stunts

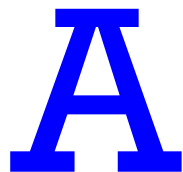


Lucky (Tight Front)
Full Line slant left



Ringo (Tight Front)
Full Line slant right

Anamosa Raiders
2006

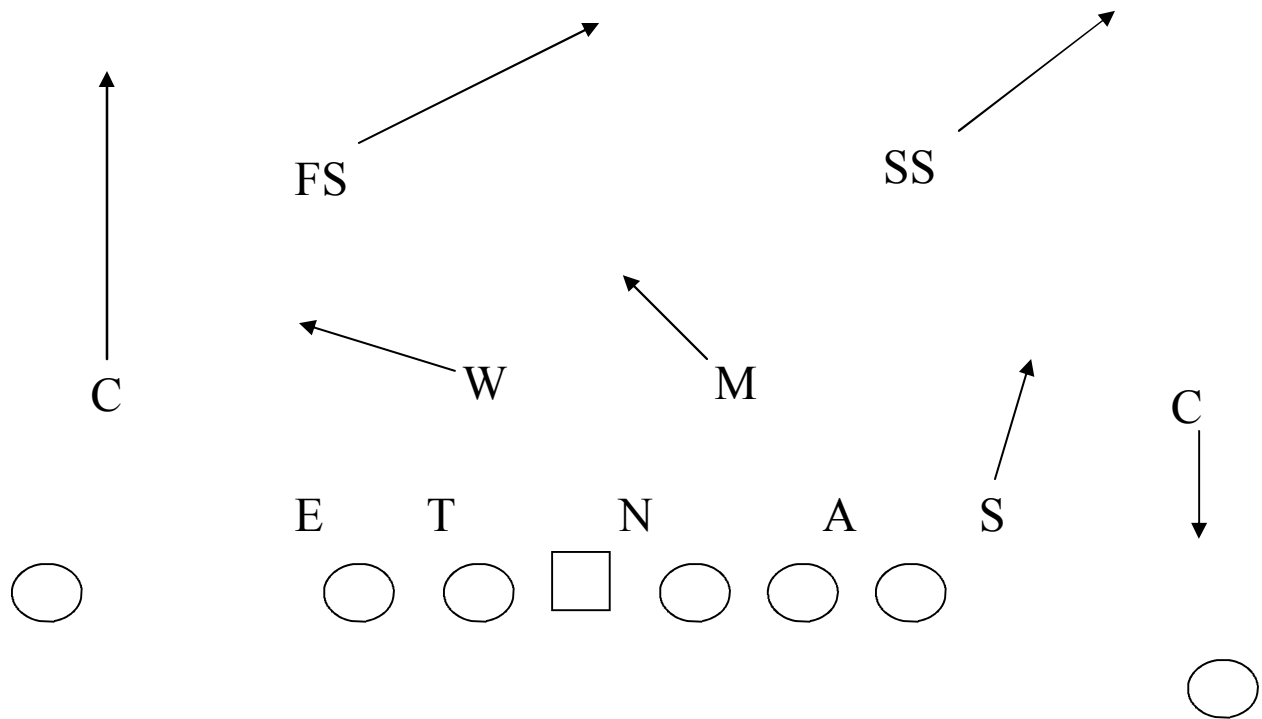


Coverages

3 Strong

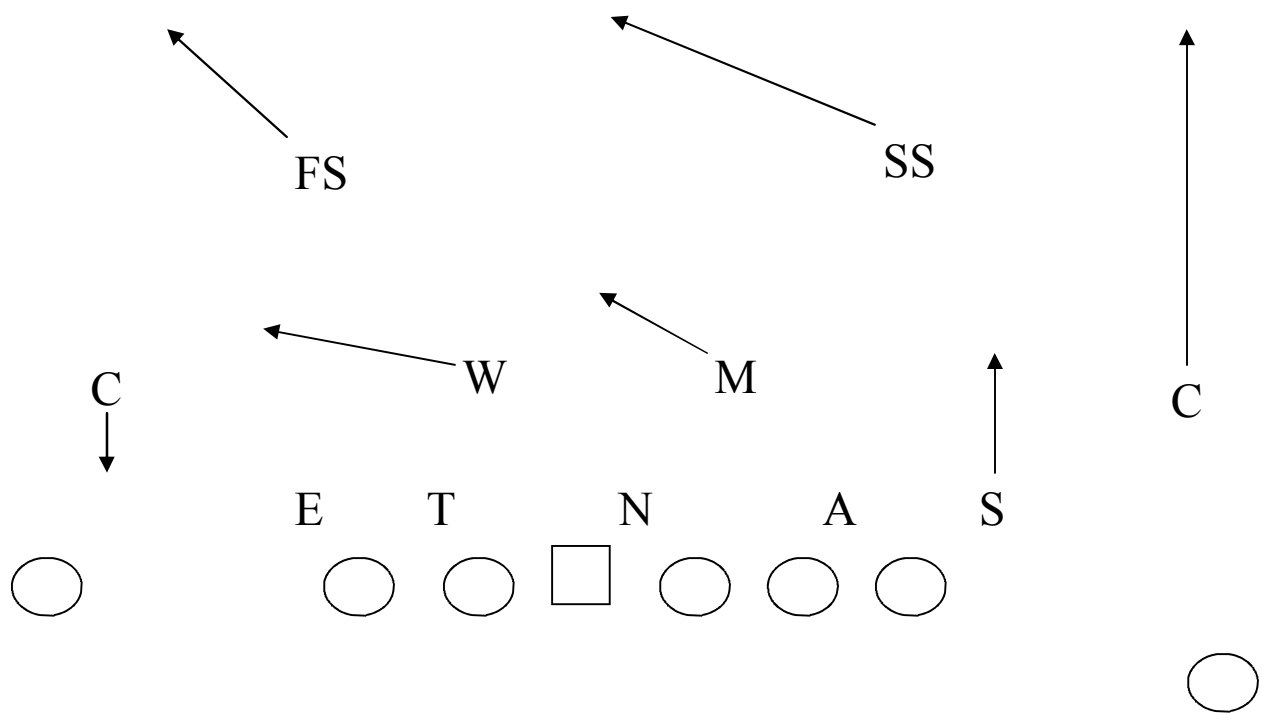
&

3 Weak



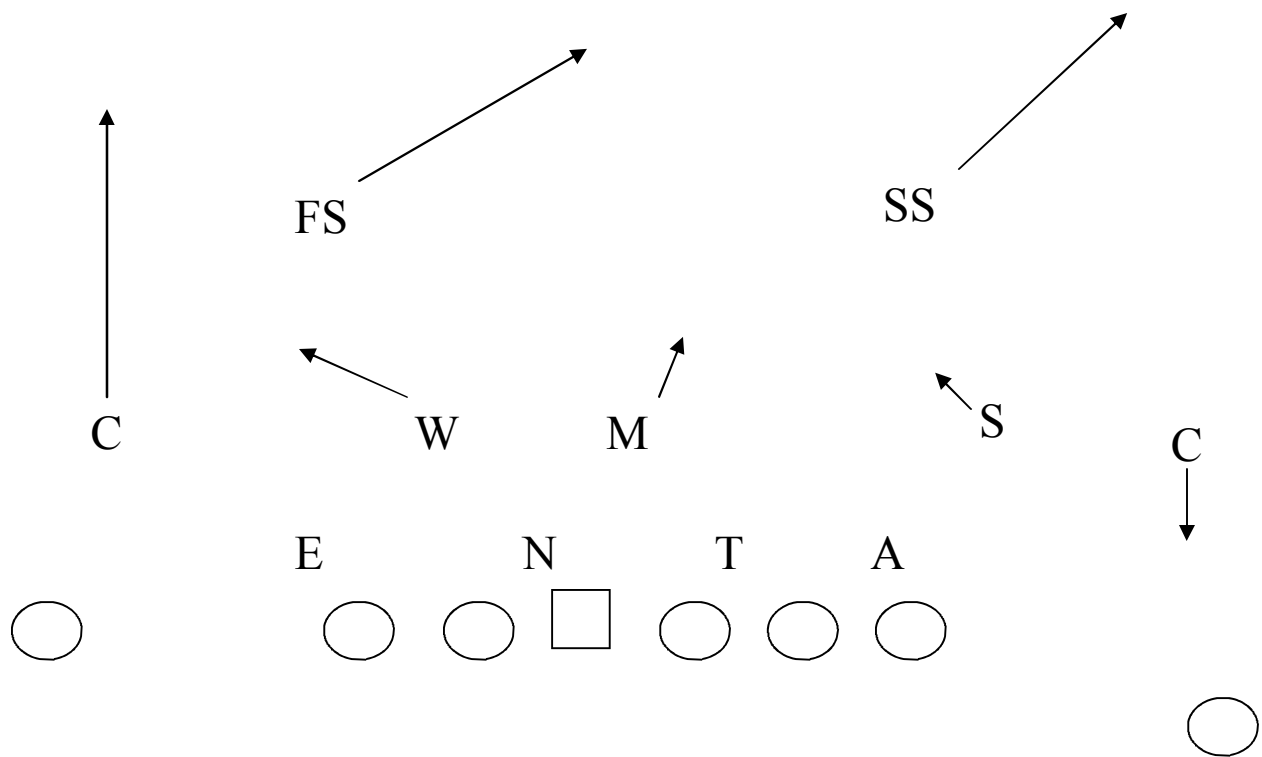
13 Cover 3 Strong

- Sam-Align in a 7 Tech to the TE. D Gap vs Run. Curl vs Pass
- End-Align in a 5 Tech away from TE. C Gap vs Run
- Nose-Align in a 1 Tech to the TE. A Gap vs Run
- Tackle-Align in a 3 Tech away from TE. B Gap vs Run
- Anchor-Align in a 5 Tech to the TE. C Gap vs Run
- Mike- Align in a 30 Tech to the TE. B Gap vs Run. Hole player vs Pass.
- Will- Align in a 20 Tech away from the TE. A Gap vs Run. Hook to Curl vs Pass
- Corner-2 Receiver side-Flat player, jam #1 sink to flat.
- Corner-1 Receiver side-Deep outside 1/3 player
- SS-Deep outside 1/3 to TE Side
- FS-Middle 1/3(Post Player)



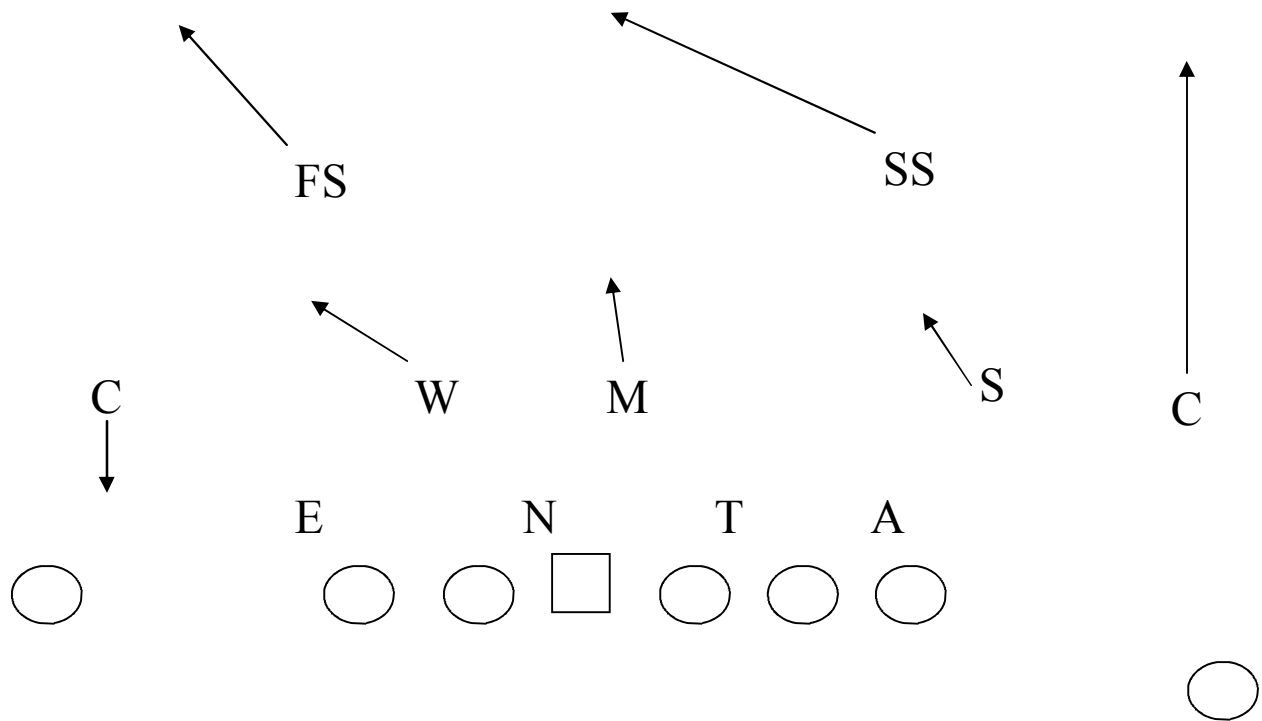
13 Cover 3 Weak

Sam-Align in a 7 Tech to the TE. D Gap vs Run. Curl vs Pass
 End-Align in a 5 Tech away from TE. C Gap vs Run
 Nose-Align in a 1 Tech to the TE. A Gap vs Run
 Tackle-Align in a 3 Tech away from TE. B Gap vs Run
 Anchor-Align in a 5 Tech to the TE. C Gap vs Run
 Mike- Align in a 30 Tech to the TE. B Gap vs Run. Hole player vs Pass.
 Will- Align in a 10 Tech away from the TE. A Gap vs Run. Hook to Curl vs Pass
 Corner-2 Receiver side-Deep outside 1/3 player
 Corner-1 Receiver side-Flat player, jam #1 sink to the flat
 SS-Middle 1/3(Post Player)
 FS-Deep outside 1/3 to 1 Receiver side



31 Cover 3 Strong

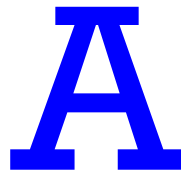
- Sam-Align in a 70 Tech to the TE. D Gap vs Run. Curl Player vs Pass
- Anchor-Align in a 6 Tech to the TE. C Gap vs Run
- Nose-Align in a 1 Tech away from the TE. A Gap vs Run
- Tackle-Align in a 3 Tech to the TE. B Gap vs Run
- End-Align in a 5 Tech away from TE. C Gap vs Run
- Mike- Align in a 10 Tech to the TE. B Gap vs Run. Hole Player vs Pass
- Will- Align in a 30 Tech away from the TE. A Gap vs Run
- Corner-2 Receiver side-Flat player, jam #1 sink to the flat
- Corner-1 Receiver side-Deep outside 1/3 player
- SS-Deep outside 1/3 to TE Side
- FS-Middle 1/3(Post Player)



31 Cover 3 Weak

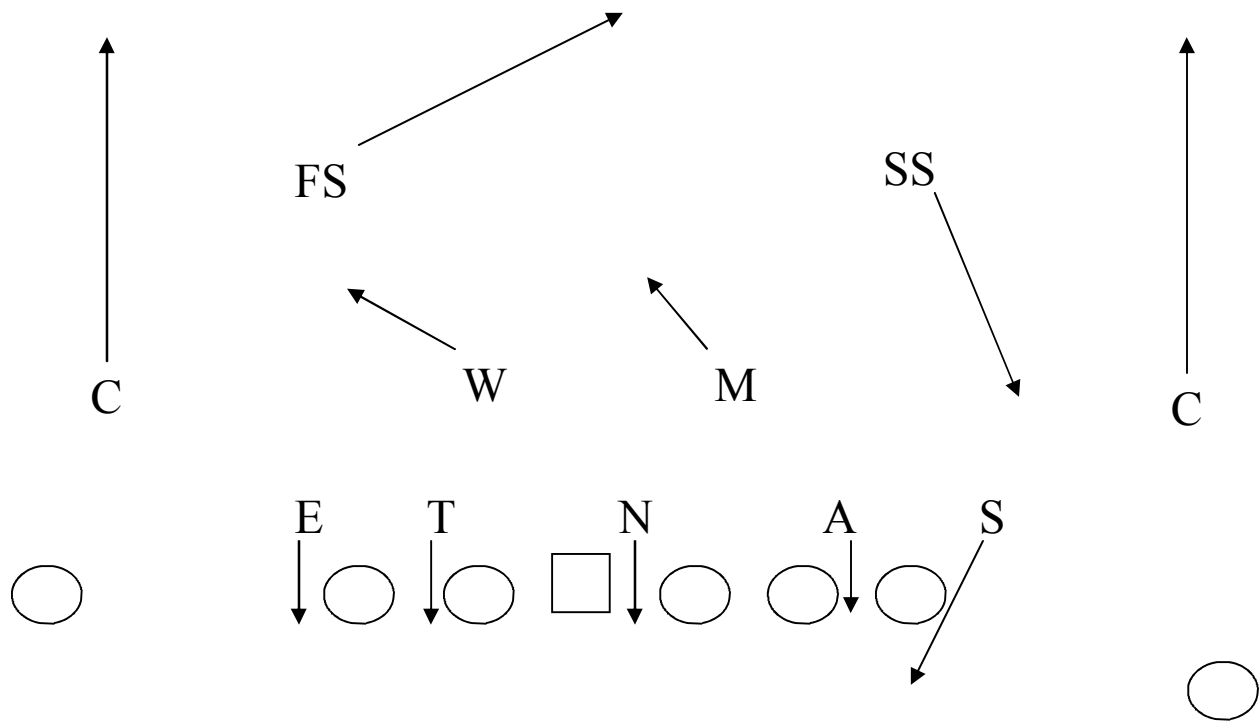
- Sam-Align in a 70 Tech to the TE. D Gap vs Run. Curl to Flat Player vs Pass
- Anchor-Align in a 6 Tech to the TE. C Gap vs Run
- Nose-Align in a 1 Tech away from the TE. A Gap vs Run
- Tackle-Align in a 3 Tech to the TE. B Gap vs Run
- End-Align in a 5 Tech away from TE. C Gap vs Run
- Mike- Align in a 10 Tech to the TE. B Gap vs Run. Hole Player vs Pass
- Will- Align in a 30 Tech away from the TE. A Gap vs Run
- Corner-2 Receiver side-Deep outside 1/3 player
- Corner-1 Receiver side-Flat player, jam #1 sink to the flat
- SS-Middle 1/3(Post Player)
- FS-Deep outside 1/3 to 1 Receiver side

Anamosa Raiders
2006



Coverages

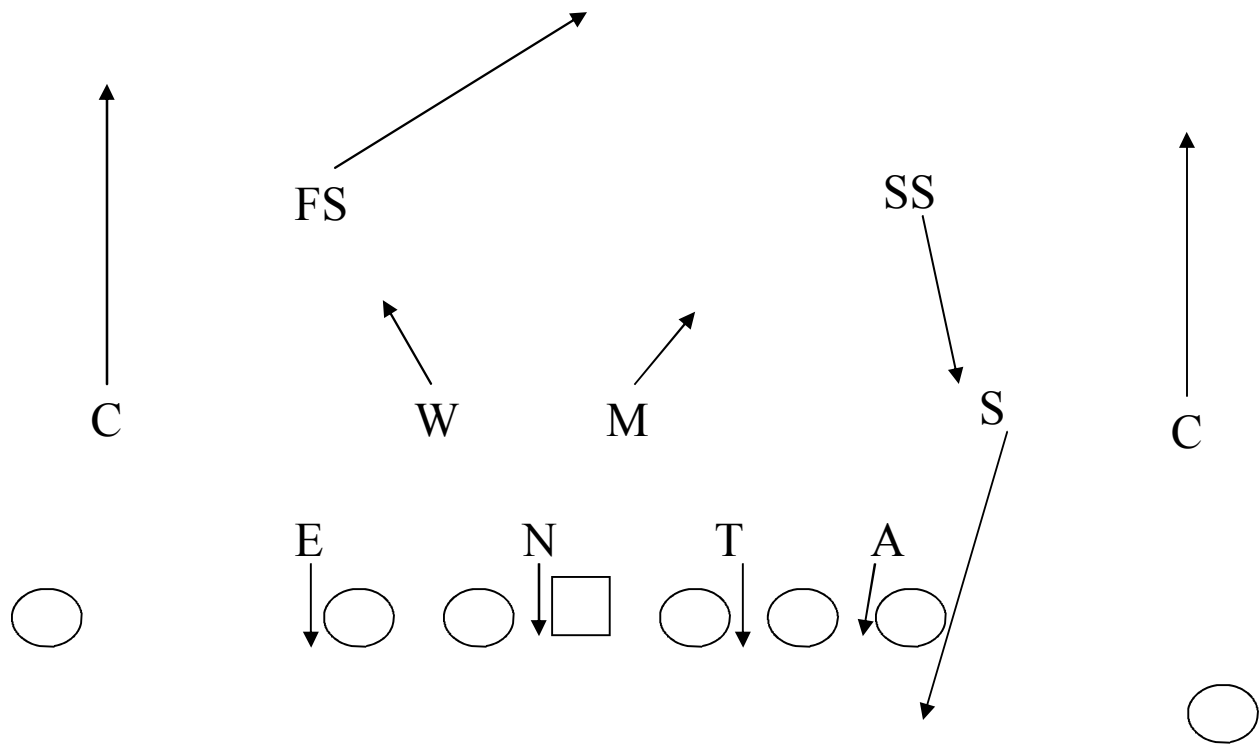
Zook Package



13 Sam Zook

- Sam-Align in a 7 Tech to the TE. Blitz off edge. Must keep contain
- End-Align in a 5 Tech away from TE. C Gap player
- Nose-Align in a 1 Tech to the TE. A Gap player
- Tackle-Align in a 3 Tech away from TE. B Gap player
- Anchor-Align in a 5 Tech to the TE. C Gap player
- Mike- Align in a 30 Tech to the TE. Hole vs Pass. Strong B Gap vs Run
- Will- Align in a 30 Tech away from the TE. Hook to curl vs Pass. Weak A Gap vs run
- Corners-Outside Deep 1/3's vs Pass
- SS-Roll down replace Buck LB in Curl to Flat vs Pass. Secondary force vs run
- FS-Middle 1/3(Post Player) vs Pass

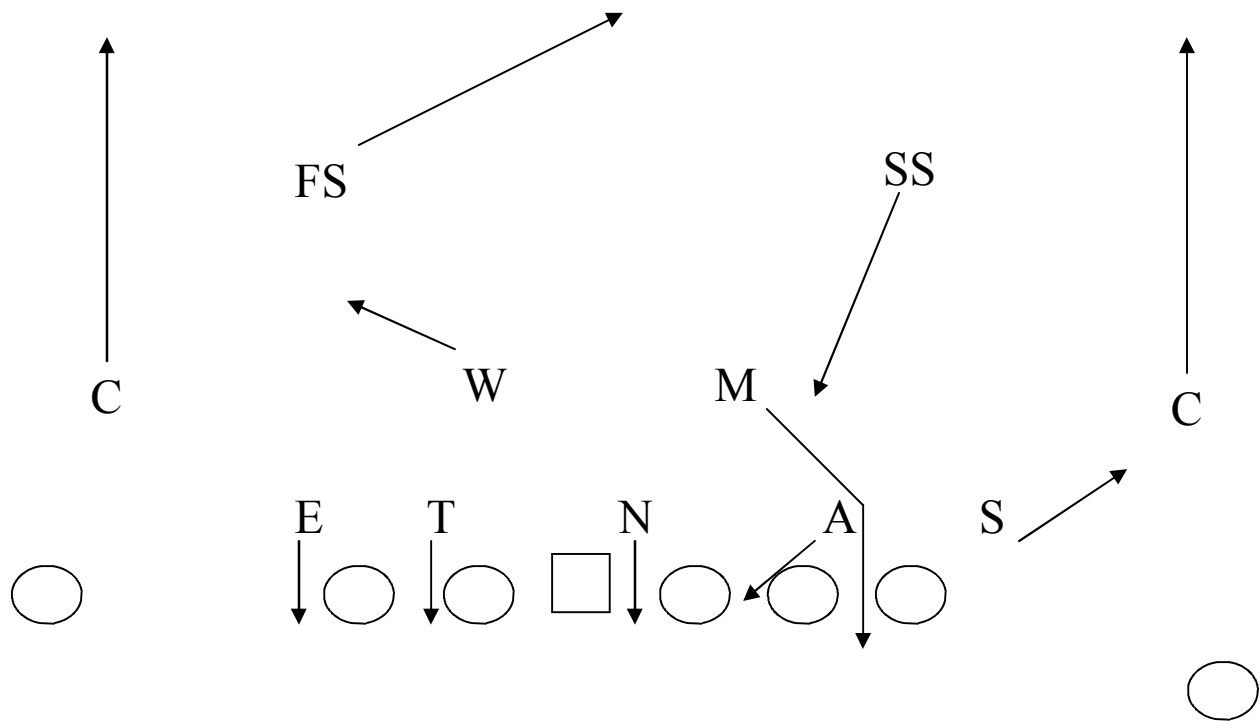
Zook tells us that the corners are playing outside deep 1/3's and the FS is playing the middle 1/3. The tag Buck, Mike or Will tells us who is blitzing and where SS must roll down to.



31 Sam Zook

- Sam-Align in a 70 Tech to the TE. Blitz off edge. Must keep contain
- Anchor-Align in a 6 Tech to the TE. C Gap player
- Nose-Align in a 1 Tech away from the TE. A Gap player
- Tackle-Align in a 3 Tech to the TE. B Gap player
- End-Align in a 5 Tech away from TE. C Gap player
- Mike- Align in a 10 Tech to the TE. Hole Player vs Pass. Strong A Gap vs Run
- Will- Align in a 30 Tech away from the TE. Hook to curl vs Pass. Weak B Gap vs run
- Corners-Deep Outside 1/3's vs Pass
- SS-Roll down and replace Buck LB in Curl to flat vs Pass. Secondary Force vs run
- FS- Middle 1/3(Post Player) vs Pass

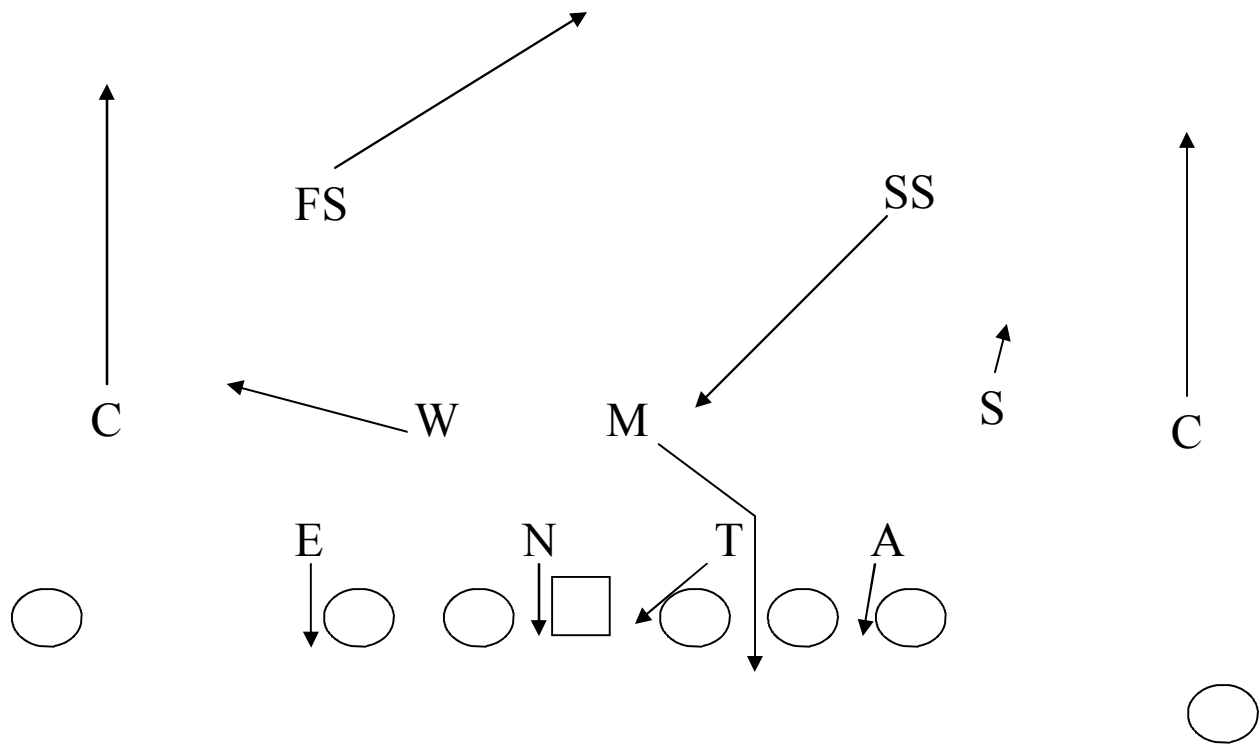
Zook tells us that the corners are playing outside deep 1/3's and the FS is playing the middle 1/3. The tag Buck, Mike or Will tells us who is blitzing and where SS must roll down to.



13 Mike Ax Zook

- Sam-Align in a 7 Tech to the TE. C Gap force player vs Run. Strong flat vs pass
- End-Align in a 5 Tech away from TE. C Gap player
- Nose-Align in a 1 Tech to the TE. A Gap player
- Tackle-Align in a 3 Tech away from TE. B Gap player
- Anchor-Align in a 5 Tech to the TE. Ax Stunt, B Gap player
- Mike- Align in a 30 Tech to the TE. Blitz C Gap
- Will- Align in a 20 Tech away from the TE. Hook to Curl vs Pass. Weak A Gap vs run
- Corners-Outside Deep 1/3's vs Pass
- SS-Roll down and replace Mike LB in the hole vs Pass. Secondary force vs run
- FS-Middle 1/3(Post Player) vs Pass

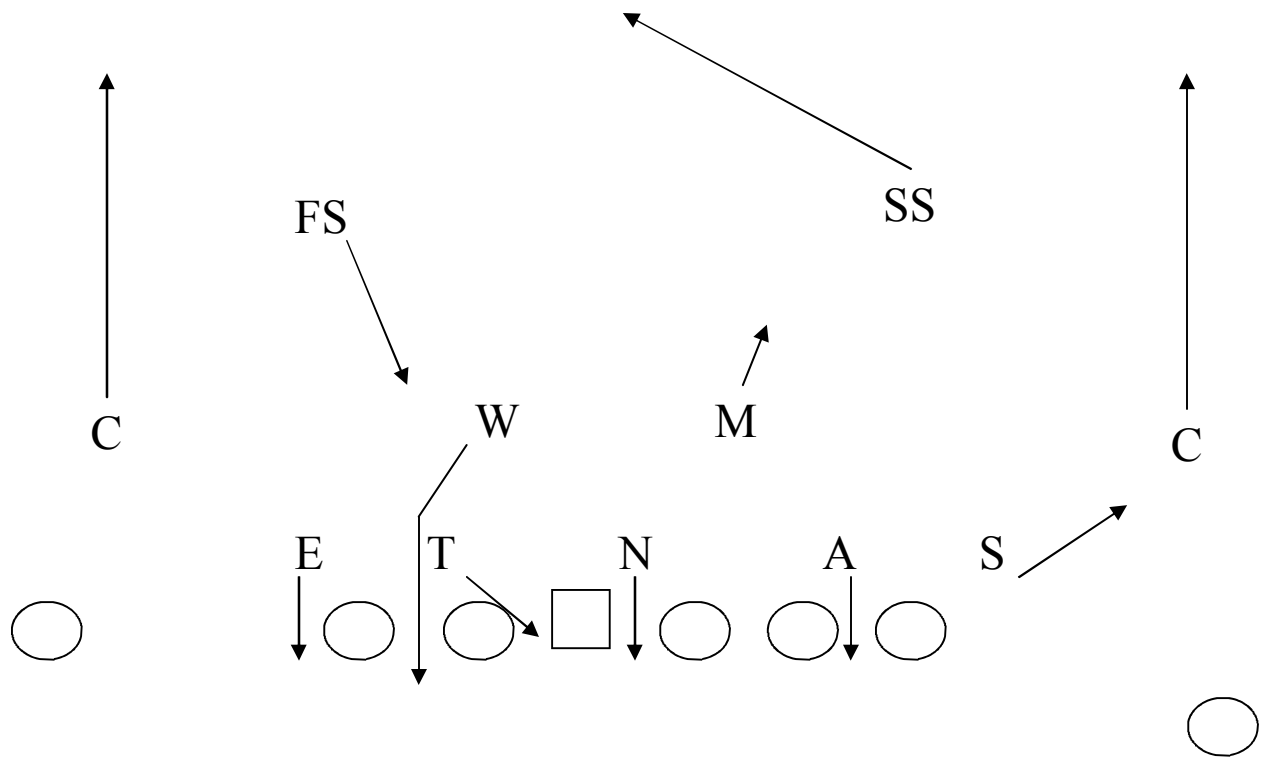
Zook tells us that the corners are playing outside deep 1/3's and the FS is playing the middle 1/3. The tag Buck, Mike or Will tells us who is blitzing and where SS must roll down to.



31 Mike G Zook

Sam-Align in a 70 Tech to the TE. Curl to Flat vs Pass. D Gap force player vs run-
 Anchor-Align in a 6 Tech to the TE. C Gap player
 Nose-Align in a 1 Tech away from the TE. A Gap player
 Tackle-Align in a 3 Tech to the TE. Run G Stunt. A Gap player
 End-Align in a 5 Tech away from TE. C Gap player
 Mike- Align in a 10 Tech to the TE. Blitz B Gap
 Will- Align in a 30 Tech away from the TE. Hook to Curl vs Pass. Weak B Gap
 vs run
 Corners-Deep Outside 1/3's vs Pass
 SS-Roll down and replace Mike LB in the hole vs Pass. Secondary Force vs run
 FS- Middle 1/3(Post Player) vs Pass

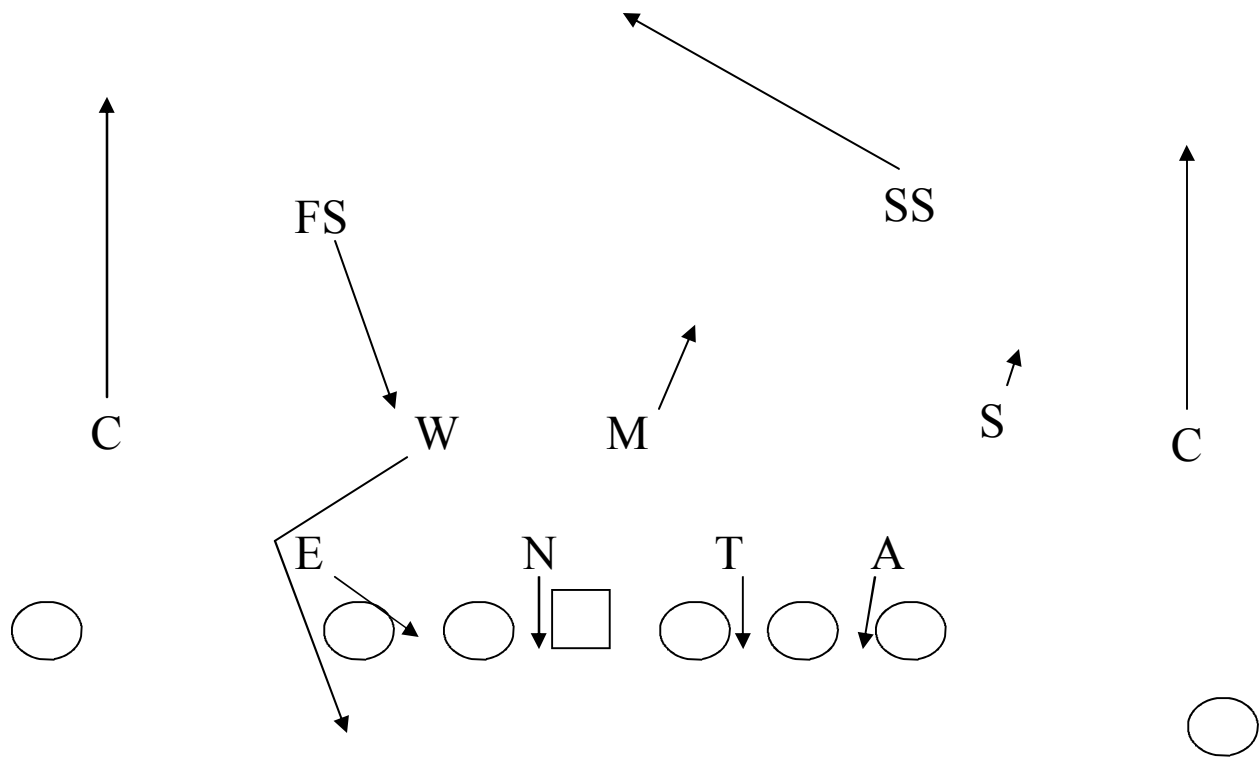
Zook tells us that the corners are playing outside deep 1/3's and the FS is playing the middle 1/3. The tag Buck, Mike or Will tells us who is blitzing and where SS must roll down to.



13 Will G Zook

- Sam-Align in a 7 Tech to the TE. C Gap force player vs Run. Strong flat vs pass
- Anchor-Align in a 5 Tech to the TE. C gap player
- Nose-Align in a 1 Tech to the TE. A Gap player
- Tackle-Align in a 3 Tech away from TE. Run G Stunt A gap player
- End-Align in a 5 Tech away from TE. C Gap player
- Mike- Align in a 30 Tech to the TE. B gap player vs run. Hook to Curl vs Pas
- Will- Align in a 20 Tech away from the TE. Blitz B Gap
- Corners-Outside Deep 1/3's vs Pass
- SS-Middle 1/3(Post Player) vs pass
- FS-Roll down. Hook to curl vs Pass.

*Anytime a Will Zook is called the SS is the Post player and the FS rolls down to replace Will's Zone

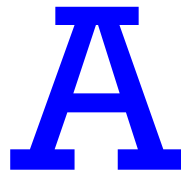


31 Will Fin Zook

- Sam-Align in a 70 Tech to the TE. Curl to Flat vs Pass. D Gap force player vs run
- Anchor-Align in a 6 Tech to the TE. C Gap player
- Nose-Align in a 1 Tech away from the TE. A Gap player
- Tackle-Align in a 3 Tech to the TE. Run G Stunt. A Gap player
- End-Align in a 5 Tech away from TE. Run a Fin stunt B Gap player.
- Mike- Align in a 10 Tech to the TE. Hole player vs Pass. A gap player vs run
- Will- Align in a 30 Tech away from the TE. Blitz off the edge, Must keep contain
- Corners-Deep Outside 1/3's vs Pass
- SS-Middle 1/3(Post Player) vs Pass
- FS- Roll down. Hook to Curl vs Pass. Secondary force vs run

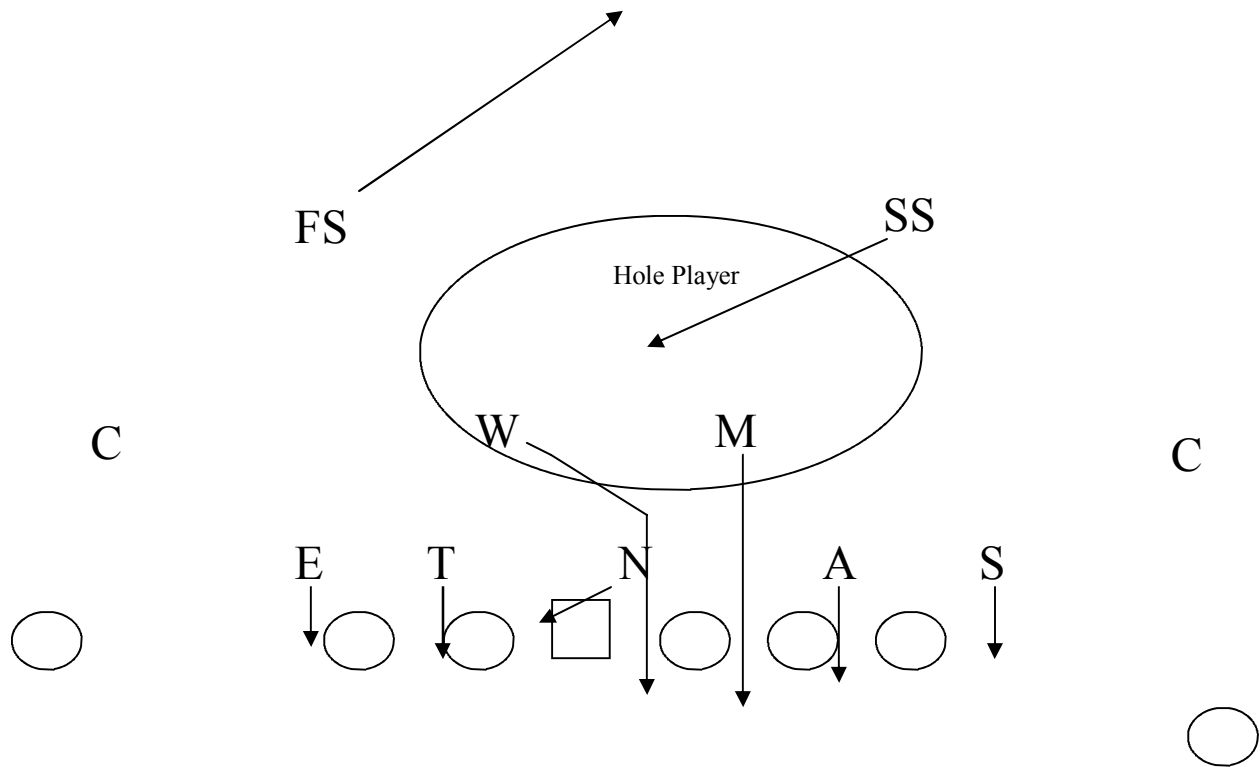
*Anytime a Will Zook is called the SS is the Post player and the FS rolls down to replace Will's Zone everything else stays the same.

Anamosa Raiders
2006



6 Man Pressures

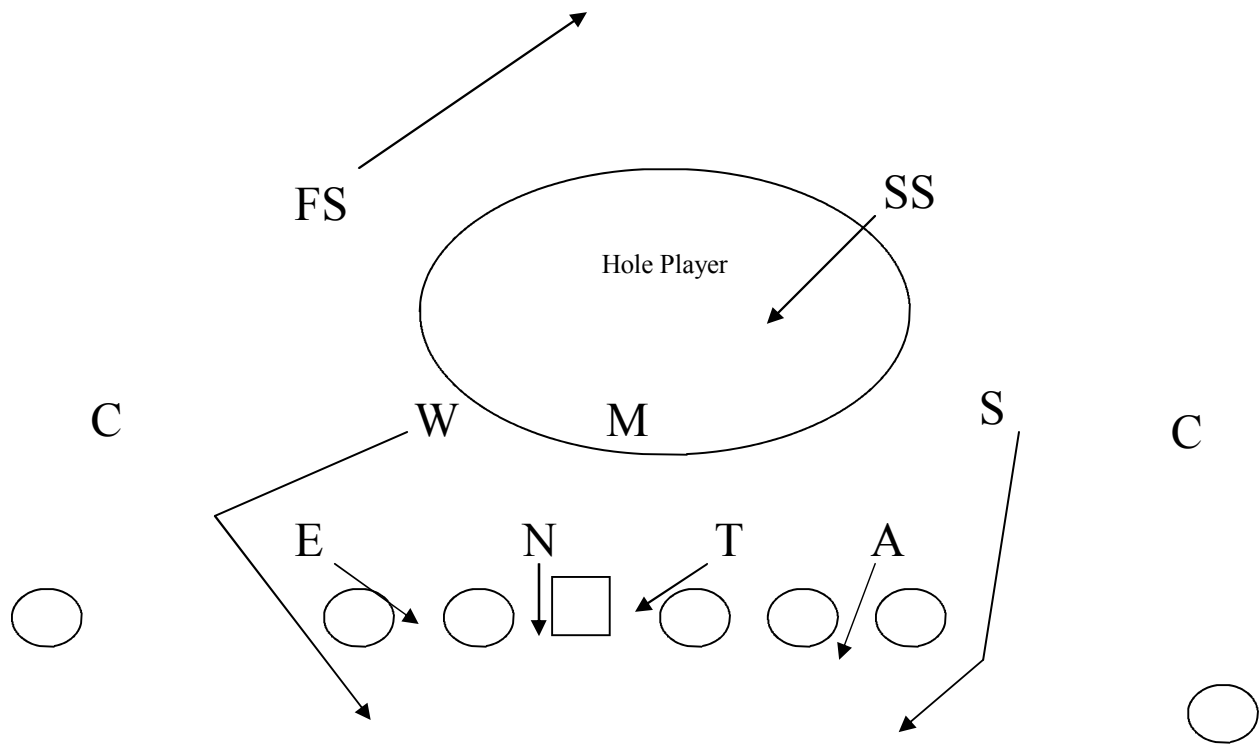
Cover 1



13 Wham Cover 1

Sam-Align in a 7 Tech to the TE. D Gap vs Run. Man to Man on TE vs Pass
 Anchor-Align in a 5 Tech to the TE. C Gap vs Run
 Nose-Align in a 1 Tech to the TE. Run a Nose Stunt. Weak A gap vs Run.
 Tackle-Align in a 3 Tech away from TE. B Gap vs Run
 End-Align in a 5 Tech away from TE. C Gap vs Run
 Mike- Align in a 30 Tech to the TE. Blitz B Gap
 Will- Align in a 20 Tech away from the TE. Blitz Strong A Gap
 Corners-Man to man on #1
 SS-Roll down. Hole Player vs Pass. Flow Player vs Run
 FS-Middle 1/3 (Post Player)

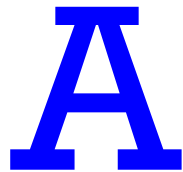
*We must check to Cover 3 if we see any 2x2 Spread set.



31 Dog Cover 1

- Sam-Align in a 70 Tech to the TE. Blitz off the edge
- Anchor-Align in a 6 Tech to the TE. C Gap vs Run
- Nose-Align in a 1 Tech away from the TE. A Gap vs Run
- Tackle-Align in a 3 Tech to the TE. B Gap vs Run
- End-Align in a 5 Tech away from TE. Run a fin stunt. B Gap vs Run
- Mike- Align in a 10 Tech to the TE. B Gap vs Run
- Will- Align in a 30 Tech away from the TE. Blitz off the edge
- Corners-Man to man on #1
- SS-Roll down. Hole Player vs Pass. Flow player vs Run
- FS-Middle 1/3(Post player)

Anamosa Raiders
2006

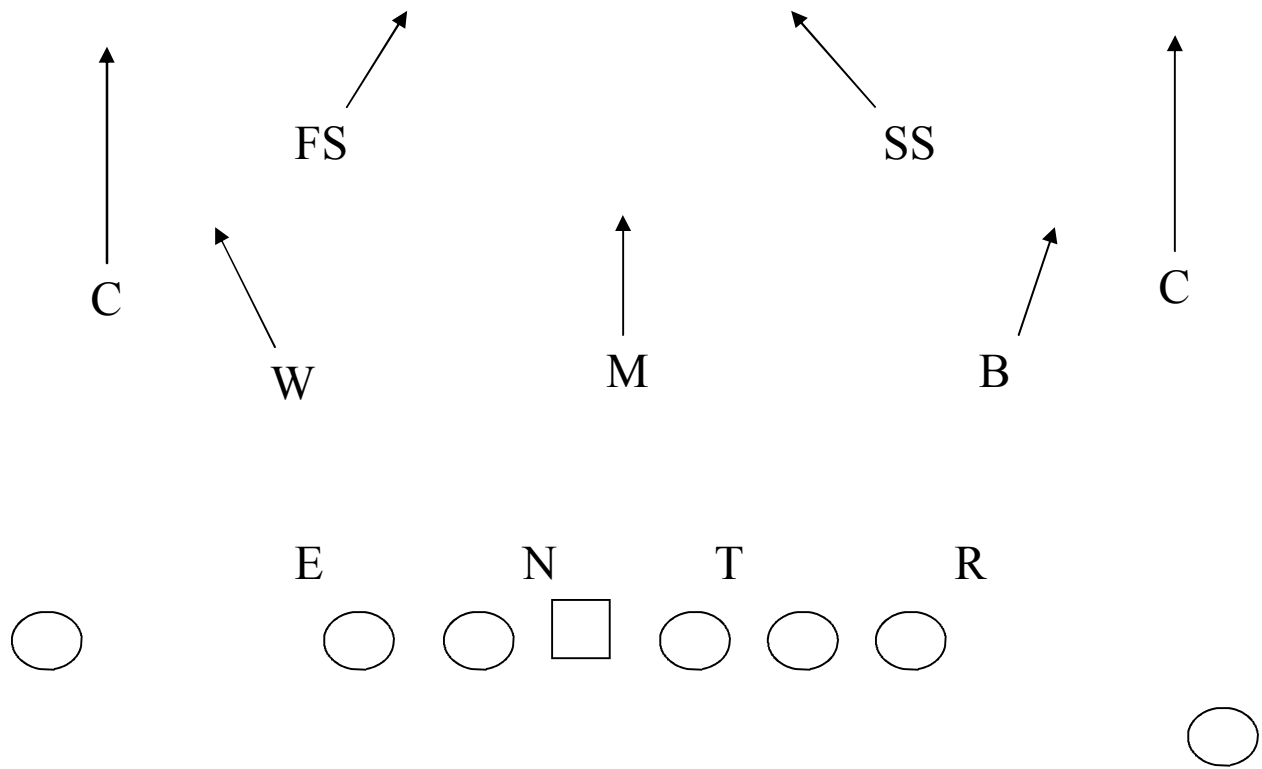


Special Situation Defense

Goal Line

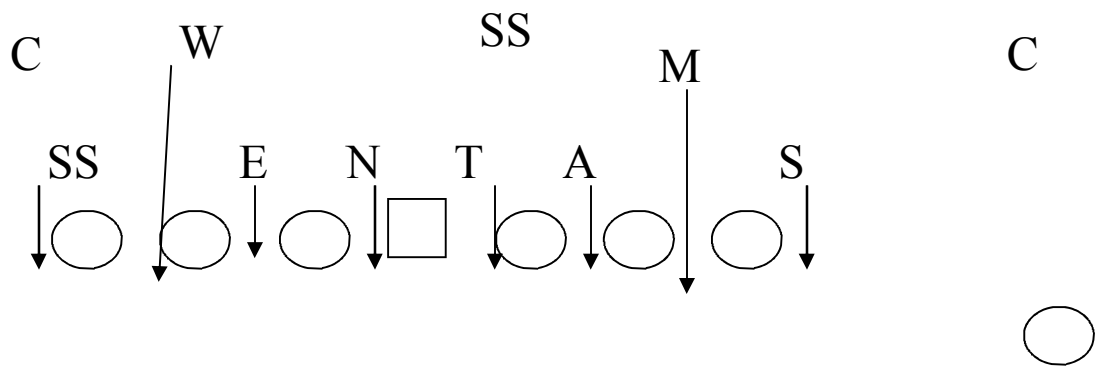
And

Cover 8



31 Cover 8

- Buck-Align in a 70 Tech to the TE.
- Rush-Align in a 6 Tech to the TE.
- Nose-Align in a 1 Tech away from the TE.
- Tackle-Align in a 3 Tech to the TE.
- End-Align in a 5 Tech away from TE.
- Mike- Align in a 10 Tech to the TE.
- Will- Align in a 50 Tech away from the TE.
- Corners- Deep 1/4's Coverage. NO ONE BEHIND YOU!
- SS-Deep 1/4's Coverage. NO ONE BEHIND YOU!
- FS-Deep 1/4's Coverage. NO ONE BEHIND YOU!



Goal Line Cover 1

Always make a “Left” Call

Buck-Align in a 7 Tech away from the TE. D Gap vs Run. Man to man on #2 vs Pass

Rush-Align in a 5 Tech to the TE. C Gap vs Run

Nose-Align in a 1 Tech away from the TE. A Gap vs Run

Tackle-Align in a 1 Tech to the TE. B Gap vs Run

End-Align in a 4I if no TE and a 5 if a TE.

Mike- Align in a 30 Tech to the TE. B Gap vs Run. Man to Man on RB vs Pass.

Will- Align in a 30 Tech away from the TE. B Gap vs Run. Man to Man on RB vs pass

Corners-Man to Man on #1

SS-Align in a 7Tech to the TE. D Gap vs Run. Man to man on #2 vs Pass

FS- Align in Middle of formation- Cheat to the 2 receiver side. Post Player

Regardless of the offensive formation, Corners always are Man on #1 and Buck and SS are always man on #2.

Defensive Signals

Fronts

31-Hook 'em Horns

13- Hook 'em Horns upside down

Surf 31- Arms held out to the side followed by signal for 31

Goal Line- Hands on hips

Line Stunts

G- Thumb and index finger in a circle (other fingers to the ground)

Opp G- Thumb and index finger in circle (other fingers up)

Nose-Grasp nose

Fin-Make a fin on head

Ax- Chopping Motion

Rebel- Cover Mouth

Blitzes

Sam-Grab neck

Mike-Hand on stomach

Will-Hand on knee

Wham-Hand to side of the face

Dog- Dog Shadow with hand

Coverages

Cover 3-Fist straight up into the air

Cover 3 Strong-Fist into air followed by flexing arm

Cover 3 Weak-Fist into air followed by opposite of flexing arm

Zook-Make a Z motion with hand

Cover 1-Hand on top of head

Cover 8- Both hands on the back of head