

# UTILIZING THE BLITZ AND PRESSURE DEFENSE

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I appreciate the opportunity to be here today. I did not know I would know so many coaches in this room today. I have had an opportunities to coach at a lot of different places. I came to the State of Texas in 1985. I was at Pittsburgh in 1982 when Coach Sherrill came to Texas A & M. I decided to stay at Pitt at that time because we had a good team coming back. I was always intrigued about Texas football. The fact that I did not come to A & M in 1982, I always second guessed myself. In 1985 when I got the opportunity to come to Texas A & M I was really excited about it. A lot of you have coached at a lot of different places. The thing that some of you may not realize is the fact that the Texas High School Coach has a mystique about them. When you go off to visit other schools in Ohio, Pennsylvania, and other states there is a certain aura about Texas High School Coaches. A lot of this comes from the size of the stadiums, and the facilities, and from the fact that some of the coaches from other parts of the country think the Texas High School Coaches make big money. There are a lot of reasons that people have a respect for Texas High School Football. I was one of those that have always respected Texas High School Football.

Having been in Texas now for seven years I feel the one thing going for the High Schools, besides the other points mentioned, including the athletes, is the job the high school coaches do in Texas. There is no other state where the coaching staff has stayed together like the coaches do in Texas. It is not unique for the head coach to get a new job and to take his offensive coordinator with him. The thing that really impresses me the most about Texas is the coaching staffs. I am not here to recruit you. You

people have my respect. We have coaches on our staff from all over the country and I hear that from our staff. That is a credit to you.

I feel a little guilty being here today. We have 30 young men on our campus this weekend. I have always been a firm believer in this principle. I feel it is not what you Coach, and it is not what you play, that is important. It is HOW YOU PLAY IT. I am not going to stand up here and take a lot of credit. This past year we were number one in the USA in defense. In the last ten years I have been on three teams where the defense has been rated number one in the nation. It would be easy for me to think "Hey, I am a great coach", just as it would be for you to say that you are a great coach. I am smart enough to know that the reason Texas A & M plays good defense is because of the 30 players we have recruiting today.

The thing we try to do is this. We try to recruit kids that play our style and scheme of defense. Then we try to make that scheme fit what we have on our campus. We are proud of what we do.

I am not going to try to sell you on our defense. I know some of you are 4-3 oriented, and some of you are 8 man coaches. The thing I want to do is to tell you what we do on defense. It does not mean it is right for you. Hopefully, you will be able to pick up something that will help you in your defensive scheme. It is not the blitz that will help you. You can sit around at night and draw up the blitzes. It is not the blitzes that you draw up that is important. It is how you run those blitzes that counts.

Before I get into our defense I want to tell you of the things we are proud of at A & M. Again, it ties in with the fact that it does not matter which scheme you run. The thing that we do the best job on is PLANNING AND ORGANIZING OUR

PRACTICE SESSIONS. When we were at the Cotton Bowl this year our staff meet every morning at 6:00 am. We had our family here, but we still got up and worked on our practice schedule. We scripted every play. Some of you have been to see us practice. You know we practice at a great tempo. The reason it is a great tempo is because everything is organized from the time those young men walk on the practice field. We take great pride in our organization.

The second thing about our defense is this. We do not go out and scrimmage everyday. It is a teaching atmosphere, but it is a crisp atmosphere. A lot of the time we will practice in shorts, shoulder pads and helmets. Our idea is not to go out and kill the players in practice. Our idea is to go out there and teach them our defense. Even with a blitzing, wide open, attacking, aggressive type of defense we can go out there and teach. However, the best thing we do is in planning our practice sessions.

The thing that made us different this year was this. The thing that got us over the hump was the fact that I learned some important things this year. The first thing I learned was the fact that we did not have any selfish players this year. Going into the season we had five starters back on defense. We had some good young talent. We alternated two defensive lines. We called it our "Six Pack". We play a 3-4 defense. Every other series we alternated our defensive line. You may say that you can not do that, but you can learn from this experience. I learned about our players and the fact that they were not selfish. I learned about players coaching each other. The best thing about something like this is the fact that you can see players over on the sideline working with the other players to make them better. I learned a lot about our kids and we expanded that concept to the other positions. It was fun to see two guys competing for time, and two guys splitting the time played in the game, and yet those two players helping each other as the game went on. I learned that we were unselfish. It proved that we

do not have to have a great experienced player on the field all of the time. We learned a lot about our self.

The other thing we did this year was this. We changed our scheme a little. We adapted to the talent we had. In the Spring we had a young man transfer to us from UCLA. He was a Free Safety and weighs 228 pounds. In the past, in blitzing situations, we had been a straight Man To Man Blitz Coverage Team where the Free Safety was locked on to a receiver. This past season we changed our thought process. We played a lot more Man Free. The other thing we did was to flip our Corners to Twins. We always matched up Corners on two wide outs, and we always put our Strong Safety on the Tight End. Our Corners only weighed 165 to 170 pounds. Our two Safeties were 210 and 228 pounds. We adapted our scheme to fit our personnel. We flipped the Corners to the wide outs, put the Strong Safety always to the Tight End side, and we played a lot of Man Free with the big Free Safety sitting in the middle. That helped us, and I think there is a lesson to be learned here. Sometimes coaches get into a comfort zone. We have been very successful at A & M doing certain things. It is hard to make changes when you have had success. I am proud of the fact that we have a group of coaches that can sit down and list our strong suits, and what are the weak things we must work on to improve. After we do this we will adapt our scheme. Within that scheme, we are still going to be a Pressure First Defense. We are not going to lose that aspect of our defense. We are going to be exciting, and we are going to play wide open, but we will make subtle changes within our scheme.

The third thing we did related to our time off with the players. We have a certain time period within the NCAA rules that we can spend with our players. The problem we had was not the amount of time, but giving them off one day a week. We had never given them a day off before. I think that helped us in the long run. Our players had every Sunday off. The thing our players did on Sunday was to go in and watch

a tape of the game from the day before. It was not mandatory but they would go watch the tape every Sunday. They did it on their own. It tied in with the theme that it was their defense and they took a lot of pride in the defense and we got a lot close as the season went on.

The next best thing we do is to Game Plan. We spend a lot of time in setting our game plan. I feel this is where the good and average coaches are separated. At some point during the week you had better be able to sit down and decide what you will have to stop. "We better stop this, and we better stop this." That is all you better practice against. We have always had the theory of not going out and working against 85 different formations and 55 different motions and 35 different plays. Soon, none of this is important to the kids. As soon as we can on Sunday night we sit down and say, "They have five running plays." We do not care about all of the other 25 things they do once or twice a game. We care about, "These Five Things They Do, and What Formations They Do Them From." This is where the computer reports come into play. Get it down to five things they do best. The real successful coaches figure out the things they must stop. They narrow it down and determine what they can teach their players that will stand out as far as what we have to stop.

We do not defend a lot of ghost. I am the worst at this. Come Thursday when you have the Game Plan in, and you have a little more time, you get second thoughts. "WHAT IF HOUSTON GOES TO THE WISH-BONE?" You start second guessing if you have prepared for everything. You try to figure out what adjustments you would make in certain situations. You can do this as coaches, but don't let the players know about this. Does this make sense? Don't go out on Thursday and start walking the team through a bunch of "What If's." We do not worry if they do this and do that. We just worry about what they do with the kids. As coaches we worry about that stuff, and I go into every game with a plan in mind if

they do make changes. We want to make the opponent make the changes in the game before we make the changes with the players. I am proud of the way we Game Plan, and I am proud of the way we practice.

One thing that we do is this. If we walk in and tell the players we are going to do something, then we have thought it through. I do not want to get up in front of the team and have one of the coaches ask me, "What are we going to do if they do this?" I will be prepared for that answer. I do not want to get carried away with something like this. We want to sit down and think it out, and then if it comes up we want to be confident, and then the players will show confidence in you. We take a lot of pride in making a lot of adjustments in the game. The kind of adjustments you make in the game determines the kind of coach you are.

I want to talk specifically on our Blitz Package. The first thing we must do is answer this question. "Why do we believe in the Blitz?" The first thing is that you must know your own personality. You must have some type of philosophy. In college, more so than high school, you hire the type of people you want on your staff, so you pretty much have the same philosophy. You may have one member of the staff that does not want to blitz. Your staff must be together related to the team philosophy. Luckily, I work for a coach that has the same philosophy as I do. We are not a "Bend but don't Break Defense." We want to go out and force the issue. There are a lot of different ways to do it. There are a lot of Read Schemes that play great defense. We want to go out and force the action. We are not patient enough just to wait for a team to make a bad throw. I want to force the issue. We want to sell this to the players. The answer to WHY is because of our personality. The second reason is because it best suits our personnel. We have a lot of players in this state that are 185 to 190 pounds that can run. It best suits our personnel and style of defense. We are in a state where we can get the type of players we need for our defense. We can get Coverage play-

ers, and we can get Blitz players. We put no premium on size. Our premium is on speed, and quickness.

Another thing we like about our defense is the fact that it gets the best players on the field the quickest. It takes a long time to be a great read defensive player. You can let a great athlete play a lot sooner as a blitz defender. We get our best players on the field.

The third thing about our defense is this. The players like our defense. It does not matter what level the kids are on, they can relate to Lawrence Taylor. They can associate with someone hitting the QB in the back of the head. I want the players playing a scheme that they like to play. We do not recruit kids to be robots and sit and read. The first thing people will say about our kids is the fact that they play hard. A big part of this is because the kids like the defense they are playing. Another thing about running the Blitz is the fact it makes you look like you are really flying around on defense. I feel our players like our Pressure Defense and I feel it helps us in recruiting. When you come to our place for a game you will find it is one of the few places in the country where the people cheer for the defense. There are very few places in football where the crowd cheers for the defense. We tell our kids this. "When you sack a QB it is like a Slam Dunk in basketball." Not only does it get the team excited, but it gets the fans in the stands excited. We have played on this with our defense. We feel our defense gets the fans involved.

This next point is the big thing. When it gets down to X's and O's it limits what the offense does against you. Florida State is a great football team. They have a wide open offense. The Blitz eliminates a lot of their offense. I have never been able to go into a game and take away everything the offense can do. Those offensive coaches stay up late at night drawing up schemes. The thing we want to do is to limit, and cut the offense down. There are only certain things you can do. Being a Blitzing team limits the things the offense can do. The offense must be

careful in calling plays. They do not want to be in a 2nd and 18 situation. Also, by the end of the first quarter you will know what the offensive game plan is a lot easier if you are a blitz team. If you show a blitz, you will find out if they are going to be in maximum protection, or if they are going to run the Hot Route, or if they are going to throw the Option Route. That is about the way it is going to be the rest of the game. When you blitz and show your hand, we feel comfortable that we can get the kids over on the sideline and get things under control.

I take a lot of pride in this. If it is easy for the offense to line up and block the defense in one look they love it. They can get their offense ready by Tuesday night. If the defense does not blitz, the offense loves it. They do not pose any problem for the offense if they do not blitz. If you blitz, the offense will be up all night Monday getting ready for the blitz. When we play a team that does not run the blitz, our offensive coaches are gone as soon as practice is over. If we play a team that runs the blitz, it makes the offensive coaches work. It forces them to spend extra time trying to figure out what you are going to do on the blitz.

I am sure you have been around some offensive coaches that will tell you they love to see the blitz. "We love to see the Blitz. All we have to do is to Sight Adjust, and throw the Slant. If we see the blitz, we will give maximum protection and go against the Man Coverage." Don't buy all of this. The number one thing they hate to see is the Pressure Defense and the Blitz. Every time they tell me they like to see the Blitz, they are going to see it one more time again. That is the way most offensive coaches are that I have been around.

Let me talk about some keys to the blitz. To me this is more important than the X's and O's because we all play different schemes. How to set your personnel? We are not going to take our Safety that weighs 228 pounds and put him on a 170 pound Slot Back. That is

just not going to work. The thing we start with first is the Coverage. Number one, set your scheme as to how you are going to cover. What are you going to do on motion? How are you going to adjust? More importantly, you will get the scheme down. More important you need to answer some basic questions. You can go out and walk through the scheme. You must answer these questions. How we are going to cover is more important. Who can we play bump and run on? Who can we press? Who do we need to play off Man on? Even before you do that, you must decide who is going to cover the receivers. You can play great, and then get beat deep if you do not have the right man covering. Our number one thing is to find cover men and get them matched up on the people that we feel they have the best chance to cover.

I feel fortunate to work for a coach that understands the blitz. If we run the blitz and get beat he does not say, "I wish we had not run that blitz." He may say something, but he does not complain about it. Most of the time we will come back and say, "We should have been in the blitz." I feel sorry for you if you are the defensive coordinator and you work for a coach that says, "Yes I like to run the blitz, but only if it is going to work." It is not going to work every time. It takes courage to blitz. You will get beat in practice. You have to let them know this will happen. Some coaches do not think a lot of coaching is involved in running the blitz. That is not true. There is a lot of coaching involved in running the blitz. The point I am trying to make is this. It is important for everyone to believe in the blitz. The coaches and players must believe in the blitz. Then, when the first thing that goes bad, don't sit back and in the back of your mind think, "I never wanted to run the blitz."

The next thing we want to do is to set our terminology. The coverage is first. You must disguise the blitz. Offensive football has just about caught up; I would not say caught up, but you can't go out and run the same blitz over and over.

If you are playing a 50 Front, you can't jump to an 8 Man Front just to blitz. We have to give the offense some credit. You must be able to disguise the blitz. We will flip-flop our personnel to disguise the blitz. It is critical to get personnel match ups, but make sure your players feel comfortable in the position they are in.

The next thing we must do is to figure out our blitz adjustments during the game. Have a plan for it. The way the video tapes are today, you can work out the adjustments. You can go through the tapes and pick out what the offense is going to do against the blitz. Against Florida State we went back two seasons trying to figure out what they were going to do. We wanted to know what they were going to do against the 8, 7, 6, and 5 Man Blitz. We have a plan going into the game, but we have a plan to adjust during the game.

The next thing is Technique. Who is going to block you? This is where coaching comes into play. I can show you a blitz where we had 53 sacks this year. That is a record for us at Texas A & M. We blitzed a lot less than we ever did before. The point is that someone is going to block you. No one is smart enough to have players come free all of the time on the blitz. Very seldom do we get a free blitz. Someone is going to block you and you have to get your kids into that mentality. It has to be a scratching, clawing, dive over top of players type of effort. The next thing is that you must have a plan. Let me give you an example. If we are rushing a blocker and he is close to the QB, we are going to bull rush him and try to knock him into the QB. If we blitz at a blocker and the QB takes a 7 Step Drop, we are not going to bull rush. I better have a plan. We try to run over the man when that happens. If the blocker does not step up hard, we will run over the man and force him into the QB.

The next thing we do is this. If there is a gap between the blocker and the QB, we rush at the blocker. As he steps to block us, we give ground and let the blocker over extend and turn our hips perpendicular to the line of scrimmage,

and go around the blocker to the QB. We have a BULL RUSH and we have a FLIP and a JERK.

When we script our practice sessions we take the hardest situations we can get. We practice against a lot of screens against Florida State because that is what we thought they were going to do. We make it harder in practice than it will be in a game. This is where you must have confidence. You have to sell your team on this concept. Don't go into practice and try to trick the offense. I want them to know in practice what we are doing. You do not gain anything by tricking the offense in practice. We work on the hardest things we can in practice. All of us want to win, ever in practice. However, more important, I want to win on Sunday morning when we look at those scores in the newspaper. You will not pick up what we do on Monday, Tuesday, and Wednesday. We practice the hardest things during the week.

It is very important to practice full speed on the blitz. That can get ugly. We blitz full speed. We do not tackle the backs. We work on the Chop Blocks full speed and we go full speed with the QB trying to draw us offsides. That is a big thing that you must work on. We improved on the QB cadence this past year. If you are a blitz team you will get the QB trying to draw you offsides. We work against this very hard. You can't wait until you get in the game to work on this. It is hard to stop teams when it is 1st and 5 to go. You had better work against the QB drawing you offsides. If I were coaching offense I would vary the count and go on a different cadence against the blitz. If we can get a bead on teams that use the same cadence we lick our chops.

The last point is this. You do not need a lot of blitzes. You would be amazed with the small number of blitzes we have going into a game. We will only have two or three things that we are going to do. Our package has a little bit of everything in it. When you are developing your package you must decide what is your scheme? I am going through this fast. If you are an 8 Man Front Team, then you want to

have 8 Man Blitzes. If you play a 50 Front, the blitzes come out of the 50 look. We do this week to week. We come in and spend a lot of time on Sunday night trying to determine the package we are going to be in. It may be different for most of you. We try to make a decision on Sunday night if we are going to be a Nickel team, or if we are going to play the 4-3 defense, or play a 3-4 regular defense that week, or if we are going to play six defensive backs. We make this decision as early as we can before we start drawing up the blitzes. You had better know what front you are going to be in before you draw up the blitz. This changes from week to week. Obviously, we want to match the blitz with the scheme. Third, we want to match personnel with the blitz. When you devise your scheme don't put your best blitz man on someone that you feel will block him. Put him where he will be free when you devise your scheme. Match your personnel with the blitz.

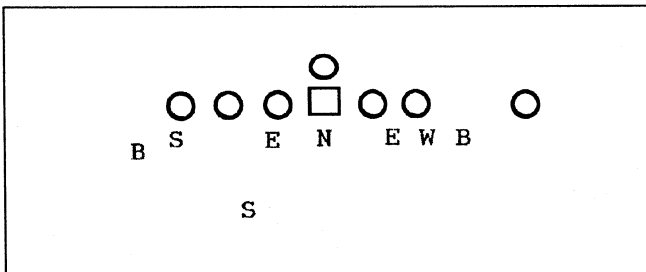
We are playing against three major schemes. It is not like a dinosaur anymore. First is the Two Back Scheme. We are a Two Backs team. Florida State is a Two Back team. BYU is a Two Back team. I like the blitz against the Two Back teams. The reason for this is because the disguise is so easy. You can disguise every coverage you have against Two Backs teams and sell it until the last second. Against the One Back Set, with the offense spread over the field, there is not much you can do to disguise the defense. If you have the man, you better go cover him. The thing that happens against the Two Back teams is to stop the run. You may have to stop the Option, and you may have to stop the Sprint Out Pass. If we are going to play a Two Back team we are going to be in our Base Defense which is our 3-4 scheme.

We see a lot of the three wide receivers to one side, with one tight end, and one running back. TCU and Rice used this offense. Miami of Florida, and the Buffalo Bills use this offense. Next year you will see a lot of this offense in the Pros. Against that offense

we will play with four rushers. It could be an outside LB'er, or it could be anyone. Basically, we will play with a Nose and an End. We have four down men, two LB'ers, and 5 Deep Defensive Backs. The reason we want to play 5 DB's is because we like a defensive back over the tight end because you get so much motion to empty. We do not feel comfortable with our LB'ers displacing and running all over the field to cover down. We want to keep it simple for the LB'ers. We let the defensive backs make all of the adjustments. That is our 4-2-5 scheme against that offensive set.

Against the Run and Shoot we have two things we do. We are really a 3-2-6, but it is a 50 defense. We either rush 7 with 4 deep backs playing Man Coverage, or we drop 8 men out of the 50 scheme. This year we felt we needed a middle ground. We played a lot of 4-2-5 looks, and we played a lot of more Man Free this year against Houston, mostly because we had a big safety.

Let me get into the blitzes. We are a 3-4 team. We play with a Nose, two Ends, two outside LB'ers, and two inside LB'ers. The inside LB'ers are Sam and Will.



The reason we call these down linemen Ends is this. When we come into the high schools to recruit these players they do not like to be called tackles.

Sam always goes to the tight end side. Now, I will take that back. We did let him go to the 5 technique side if we had a 5 technique to the split end side. He would go to the tight end side if the 5 technique was to the tight end side. Basically, he is always playing with a shaded nose his way, and a 5 technique. I did not care if the offense knew this or not, we were going to out execute them. Out of this defense we wanted to stop the

run first.

We run two schemes out of this look. We are going to run 54 - 5 technique strong. The 5 technique goes Strong. The 54 tells the end away from the tight end what technique to play. The 54 defense would be a big defense for us against the two back look.

Even bigger would be our 53 look. Everything remains the same. Strong Right, the 5 technique remains the same. The only difference is the end away from the call plays a 3 technique. Any time we play a 3 technique the outside LB'er knows he must kick down and play a 5 technique. That is how we would get to our Weak Eagle Defense. We would just call 53. We could go 53 G and slide the nose over. We could call 43 G and play him in a 4 technique. That is just to show you how we call our defense. Our basic front would be a 3 man front, with 4 LB'ers, and 4 defensive backs.

We are not going to be able to go through all of our blitzes. It does not matter if you know what blitzes we have. My thing is this; it is when you call those blitzes that counts. You could have our entire play book and it would not matter. It is execution and when we call the blitzes that is important.

We do have a 5 Man Pressure Package out of that 50 scheme that we play Zone with. We have had a lot of success just bringing an inside LB'er or an outside LB'er to be our 4 Man Rush, or our 5 Man Rush when we play zone. This is how we organize it. We have 5 Man Pressure with Zone. We have 5 Man Pressure with Man Free. In other words we bring two outside LB'ers and play Man Free. When we call 54 Double Psycho, or 54 Twist Double Psycho, 33 Double Psycho, which is gives us the Chicago Bear look. We play 5 Man Zone, and 5 Man Silver.

Then we progress to 6 Man Pressure. This is our 6 Man Package. We want to stunt a secondary player. We are going to bring one of those Defensive Backs. We are going to bring 5 up front, and the DB as our 6th man. We run this we call it Red Coverage. To us Red Coverage means we have 3 DB's left. The 3 DB's have the three receivers. On Red Coverage we bring a secondary player on

a blitz. We call Rap Red; that is bringing the Strong Safety. We can call Hammer Red and bring the Corner. We either bring the Corner or the Strong Safety.

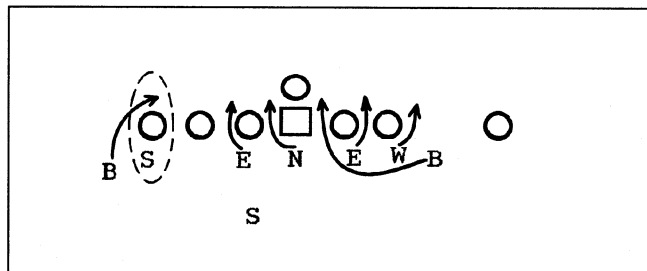
On 7 Man Pressure we are bringing 7 people. Now we get into straight Man, with the 4 DB's left to cover the four receivers. This means the Free Safety has one of the backs.

We do have an 8 Man Pressure out of our regular scheme. I will slow it down and talk about some things that we do out our different schemes. That is how we make up our charts. That is our 3-4 Package. We would have the same thing out of our Nickel Package and the same thing out of our Dime defense. We would have all of our blitzes listed in our playbook.

People give us way, way, too much credit for blitzing. This year we blitzed with a straight all out blitz with no Free Safety a total of 19 percent of the time. That is all we blitzed. We played 19 percent of the time without a Free Safety. That is not as much as people think we blitz. We ran the blitz with a Man Free with a Free Safety back there 22 percent of the time. On our total breakdown we were 51 percent Zone and 49 percent Man. Our thinking is this. If you are going to line up and run the football we are going to play Zone. If you are going to throw the ball we are going to be in Man Coverage. We still feel good in Zone Coverage with DB's breaking on the ball. That is as good as it gets on stopping the run. As soon as you spread out and throw the ball, we are going to play Man, and we are going to come after you. That is our thinking. We get a lot of credit for blitzing, when we do not blitz.

This is something you can do. We double digit our Coverage. We go 1-3, 2-3, 1-5, and 1-6. The first digit is what we play to a Pro Set. The second digit is what we play to Twins. Then we have a One Back Check call if you give us that set, if we want to match up in a Zone.

To bring 4 and try to get something out of it, we will call 54; a 5 technique strong, and a 4 technique weak, with the nose shaded strong. We will put a Weak X-It call on.



We play 54 Weak X-It with good Zone Coverage. We play Cover One on the play. We play quarter, quarter, and halves, with the Corner Roll. I do not want to get into coverages because we will be here all day. The reason we like Weak Roll Coverage to a Pro Set is because we want our outside LB'er to the split end side to be free to blitz. He is always coming. We cover that with our double digit call on our coverage. On Cover One to a Pro Set we have a Corner Roll. If they give us a Twin Set we would check to our second digit in our coverage and go to Cover Three. We check our coverage so our outside LB'er does not have to walk out and cover down. We kick our coverage over. The drop man is still to the tight end side. We still want the outside LB'er to the split end to come hard.

In our 5 Man Pressure out of our regular defense we could call 53 Will and tell the Will LB to run the A Gap. If it is a Pro Set we would be giving up the weakside Curl route.

On a 53 G we slide the Nose man over to a 2 technique. We play an even front. We would run Sam - 1-3. Now we bring the Sam LB'er in the B-Gap. Against Split Backs we call off the Sam and Will calls. Out of Split Backs it is going to be Draw, Pass, or Screen, and we did not want to bring them. In the I Back Set we might catch them in Play Action. We wanted to run it against the I Back. These are little game plan blitzes where we do not lose anything if they do not come. The only thing they must do is to communicate to the front, so they know they are coming. We have gotten a lot of mileage out of this. I think it comes down to this. When you are down on the sideline you better have a feel for why you are calling the stunts.

Now we get into our real pressure

where we start to come a little more. The first call is 54 or 44 Double Psycho. This is where we bring both outside LB'ers. We call a Silver Coverage. That means the two Corners are in Man, and the Strong Safety is Man, and the Free Safety is Free. Against a Two Back Set the two inside LB'ers have the two backs. Over the years this has been our best call against a Two Back team. Against a Pro Set we are going to hide Cover One. That is what we play a lot of against a Pro Set. It looks just like Cover One. We do not want the LB'ers to give it away. They sit there and move outside just before the ball is snapped. The outside LB'er has pitch and contain. The same is true on the backside. The Free Safety is an Alley Player and he is free all the way. The two inside LB'ers play a Hug technique on the two backs, and they play run first. We key the backs, and key run, because we are calling the play on a run situation.

The key on this call is this. If the back goes wide on a swing, then the outside LB'er must peel off and take that back. He can peel off and take that man. We must be able to pick that man up.

The second key is this. The 5 technique is playing against a run. If it is a pass he must counter move and come inside. I do not want to play a 5 technique and rush outside because I will run into the outside LB'er. We want to give him room to run on a pass. If it is a run he wants to be in a good 5 technique outside.

If they motion out of the Two Back Set to a One Back Set or line up that way, and we are in Man Free Coverage, we will check to a BLUE COVERAGE. Blue to us is 4 across the board and an all out Blitz. We take the Free Safety out of the coverage and line up and play 4 across the board straight Man. If we call Omaha that means it is all out blitz and we have no help. The QB can see that we are coming because we have the four receivers covered. Now the premium is not on disguising the blitz, but on getting your butt out there in the best blitz position you can get in, because you are coming. If they go

One Back we call Blue and we are coming.

Next we call 33 Double Psycho Silver. All we did on 33 is to tell both Ends to kick down and play 3 techniques. Double Psycho told me what to do. I am an outside LB'er and I run the Double Psycho. The 33 tells the inside LB'ers to widen out and to play 5 techniques. They know when we are in a 33 it is a blitz front. To give them a different look the Strong Safety will walk up and play a 7 technique Man to Man on the tight end. All he does is to walk up on the line closer. You could put the Strong Safety at LB'er and move the LB'er over the tight end. We play the same coverage as we did on the other schemes.

(Editors note: Tape ran out and the last five minutes was not recorded. We are sorry for any inconveniences.)