

ALLEMAN 50 DEFENSE



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Fundamentals and Concepts

A) Philosophy

- Alleman Defense will use a slanting, attacking 7-man front supplemented with support from secondary.
- When properly executed, our scheme will play the run with 8 players, defend the pass with 6 players, and pressure the QB with a 5-man rush.



Fundamentals and Concepts

B) Defensive Support – Assignment Football

- Every defense called has to have one or more players assigned to cover
 1. Dive or FB = stop the dive on option, 1st man through on belly, attack lead blocker on power plays
 2. Off-Tackle = stop the QB on option, 2nd back on belly, cutback player, pursuit player on sweeps
 3. Support or Force = stop pitch on option, contain on outside running plays, cover flat on pass
 4. Secondary Support or HB Pass = support the run only after ball crosses L.O.S. – primary job is HB pass coverage, dump passes, & play-action flag routes
- Must stop the big play!



Fundamentals and Concepts

C) Fundamentals to Success

1. Block Protection – defeat the man assigned to block you
2. Pursuit – rally to the ball carrier
3. Tackling - take the ball carrier to the ground



Defensive Practice

A) Program Tackling

B) Fundamentals – stance, alignment, keys

1) TNT's =

- Bear Crawls, Bags, 7-man, 1-on-1, 2-on-1, 3-on-1
- Work vs. reach block, trap, double-teams, bad position, cut block, pass rush, draw, screen



Defensive Practice

B) Fundamentals – stance, alignment, keys

2) Defensive Ends =

- **2-man sled, shed drill, Bear, Tiger, Pass Rush, 1-on-1, 2-on-1**
- **Work vs. reach, out, kickout**
- **Counter, Boot, Reverse**



Defensive Practice

B) Fundamentals – stance, alignment, keys

3) Linebackers =

- **2-man sled, shed drill, Bear, Tiger, Shuffle**
- **Work vs. Base, Iso, Seal,**
- **Pass = Drag, Draw, Screen (D.D.S.)**



Defensive Practice

B) Fundamentals – stance, alignment, keys

4) Secondary =

- **Backpedal, Ball Drills, Four Corners (read QB), Strip Drills, 1-on-1, 2-on-1, 3-on-3**
- **Tackle Every Day**



Defensive Practice

C) Group – 2-3 groups

- TNT, DE, LB = inside running plays
- Secondary = pass skeleton



Defensive Practice

D) Team – 2 groups plus rotators

- Counter, Trap, Reverse, Outside Run & Off-Tackle, Pass including HB Pass



50 Defense – Alignments, Keys, & Responsibilities

A) Base Alignment

**B) Alternative Alignments
(including 60 front)**



Game Planning & In-Game Adjustments

A) Game Planning –

decisions start on Sunday – evaluate during the week

1) Inside Run

2) Outside Run

3) Pass Plays

4) Misdirection – screens, reverse, counter, HB & Double Pass



Game Planning & In-Game Adjustments

B) In-Game Adjustments

- 1) Speed & Strength of Opponent
- 2) Input from players
- 3) Play selection by opponent – varies from scouting report
- 4) If scouting report is accurate to game, stay disciplined in play calling – don't just react to previous play
- 5) Find something that works



Defensive Concepts

- 1) **Most important – be ready at snap of the ball!**
- 2) **Simplicity and execution win football games – contain what the offensive does best, don't give up the big play (tackling), and stop 3rd and Short**



Defensive Concepts

3) Tackling

- key is backside hip of ball carrier
- never be surprised by a cutback
- If we played well, we tackled well



Defensive Concepts

4) Defensive Football is Formation Recognition (communication) and Strategy Situations

- Formation tendencies & backfield alignments
- Critical in selecting defensive fronts
- Inside the Red Zone be unpredictable
- Have the ability to align vs. unusual formations and adjust to movement that comes from it



Defensive Concepts

5) Use the hash as a defensive player

80% to wide side

6) Coach the eyes if you want to be quicker

Seeing things more quickly allows quicker reaction

Football is played with eyes and feet

7) Group you're responsible for

best on the field

Work longest and hardest

Breed confidence into them





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