



ATTACKING WITH THE 4-3 DEFENSE



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ATTACKING WITH THE 4-3 DEFENSE



A. Philosophy

- 1. We align in a 4-3, Cover 2 shell**
- 2. We make the QB beat man coverage**
- 3. We “spill the ball”**
- 4. We use “independent movement”**
- 5. We use “safe pressure”**

B. Pressure

- 1. DL stunts**
- 2. LB blitzes**
- 3. DB blitzes**
- 4. Coverages**

C. Practice Periods



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1. WE ALIGN IN A 4-3, 2 SHELL

Coaching Points

- * nine in the box vs. run and remain strong vs. pass
- * 2 shell prevents big plays and forces long drives, especially vs. the spread
(10% of NFL scoring drives are 80+ yards)

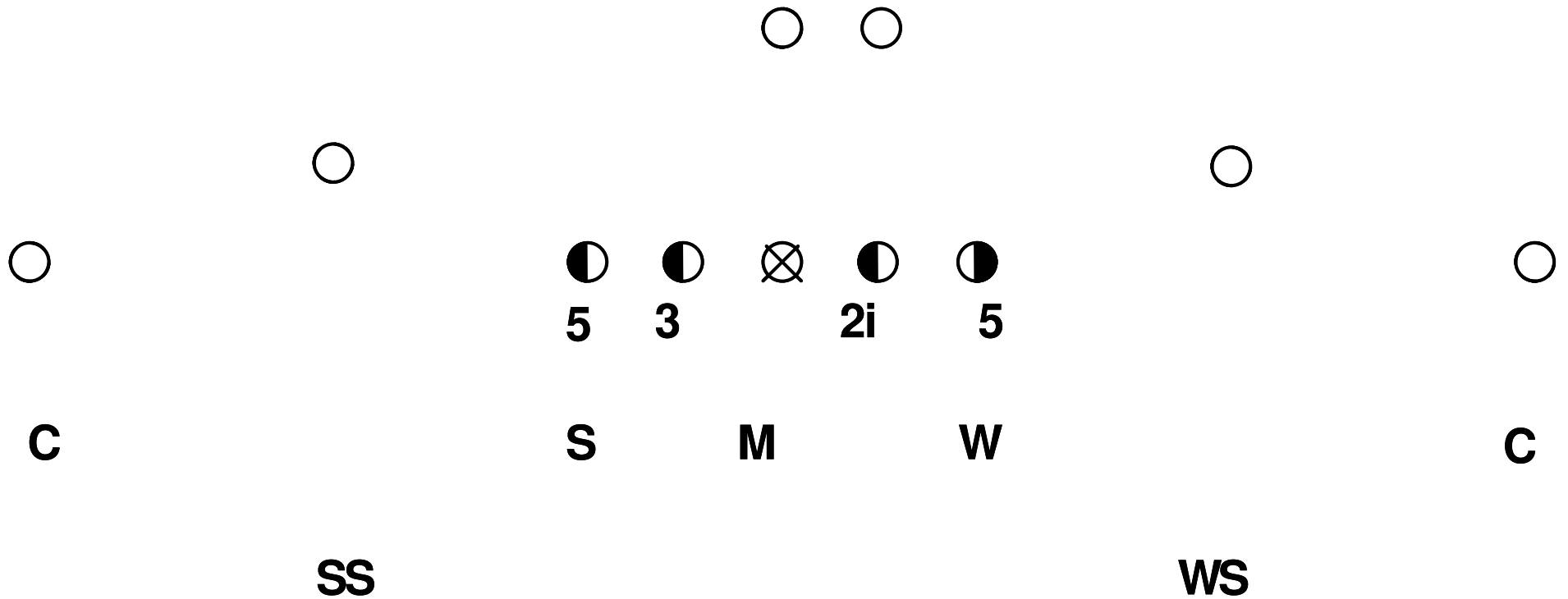




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vs. 2 x 2





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ADJUSTMENT TO TRIPS

Mike & Will stack, Sam leaves the box



5

3

2i

5

C

S

M

W

C

SS

WS



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ADJUSTMENT TO TRIPS





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ADJUSTMENT TO TRIPS



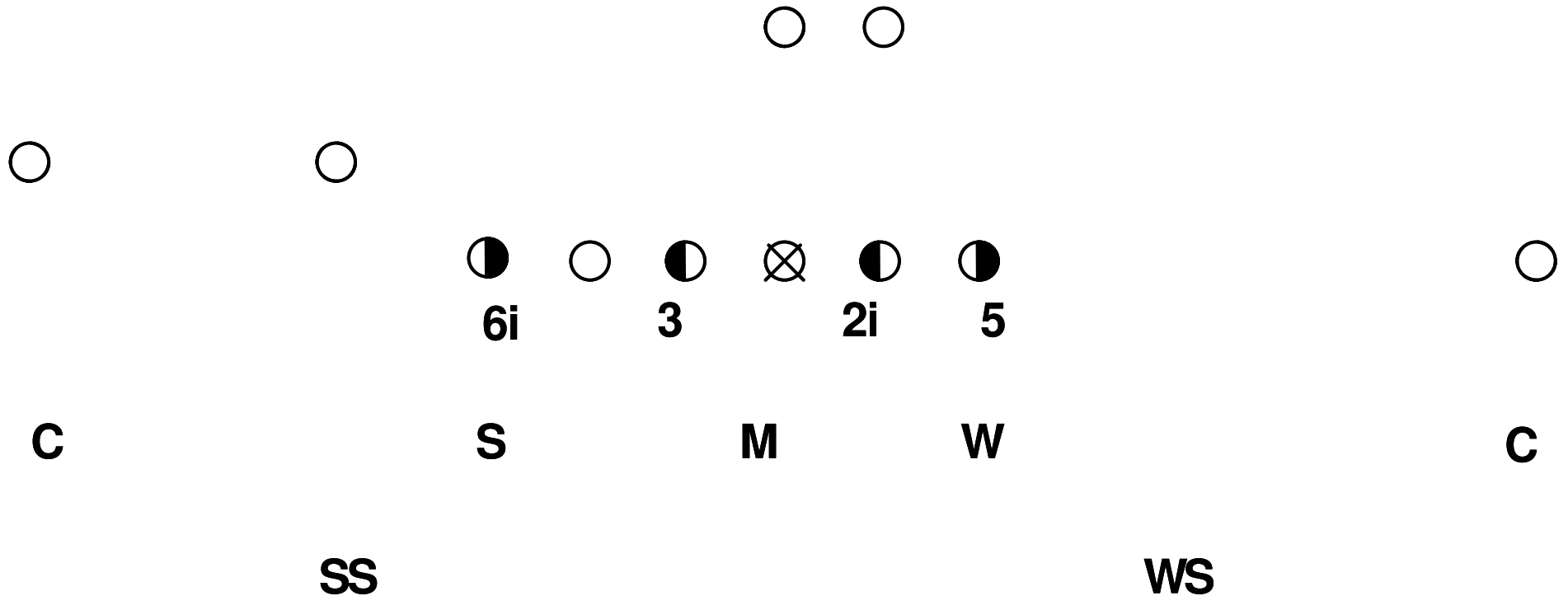


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ADJUSTMENT TO TRIPS with a TE

5 becomes a 6i, Sam decides how far to move (both are scouting report driven)





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ADJUSTMENT TO TRIPS with a TE





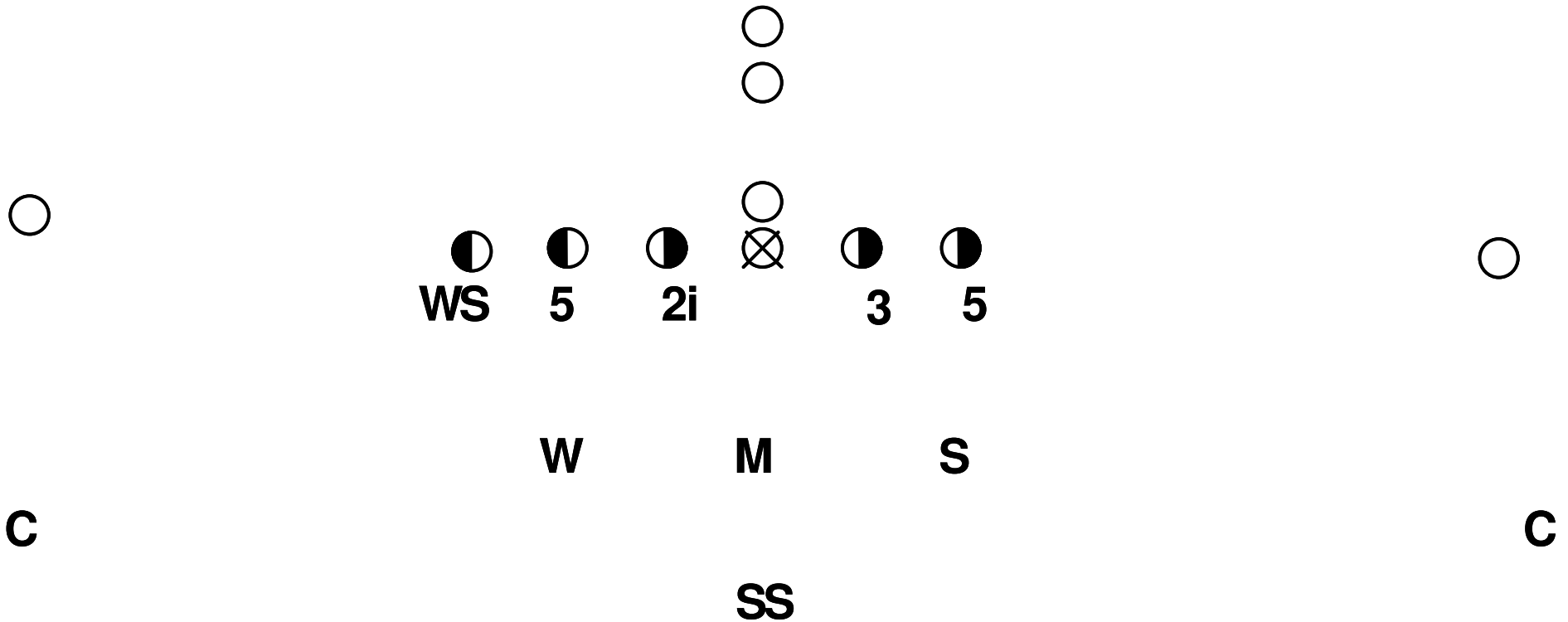
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ADJUSTMENT WITH 8 IN BOX

* Weak Safety moves to 7 technique

* cover 3 and man are two coverage options (WS rushes vs. pass)





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ADJUSTMENT WITH 8 IN BOX





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2. WE MAKE THE QB BEAT MAN COVERAGE

Coaching Points

- * QB must be accurate and have a strong arm to beat man coverage
- * undersized, less skilled DB's can be protected with man & pressure





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3. WE SPILL THE BALL

Coaching Points

- * opposite of 4-4's squeezing of the ball
- * get speed on the field (move a physical corner to LB, tall LB to 5)

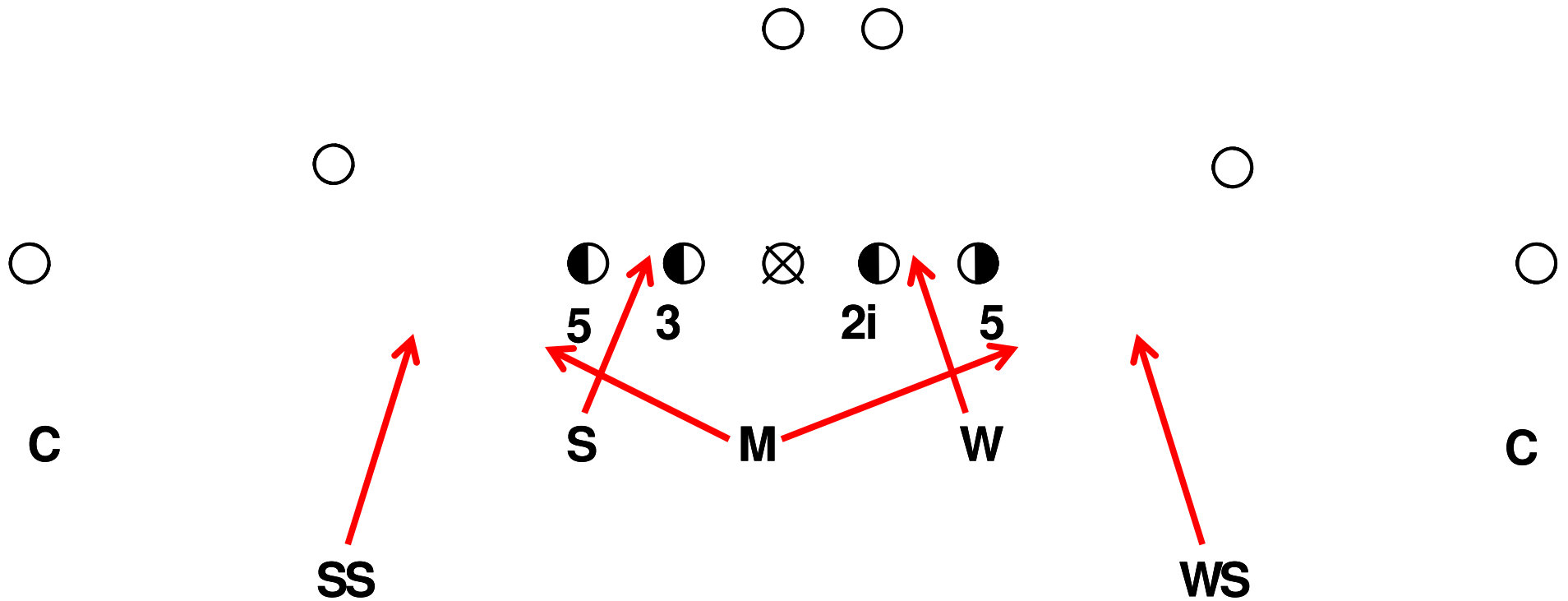




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“SPILLING THE BALL”





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2010 TACKLING TOTALS

MLB & safeties will be the leading tacklers



C
68

S
73

M
98

W
53

C
53

SS
74

WS
83



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4. WE USE INDEPENDENT MOVEMENT

Coaching Points

- * all 11 defenders must be involved
- * use practice periods (with DB's) & film to show examples





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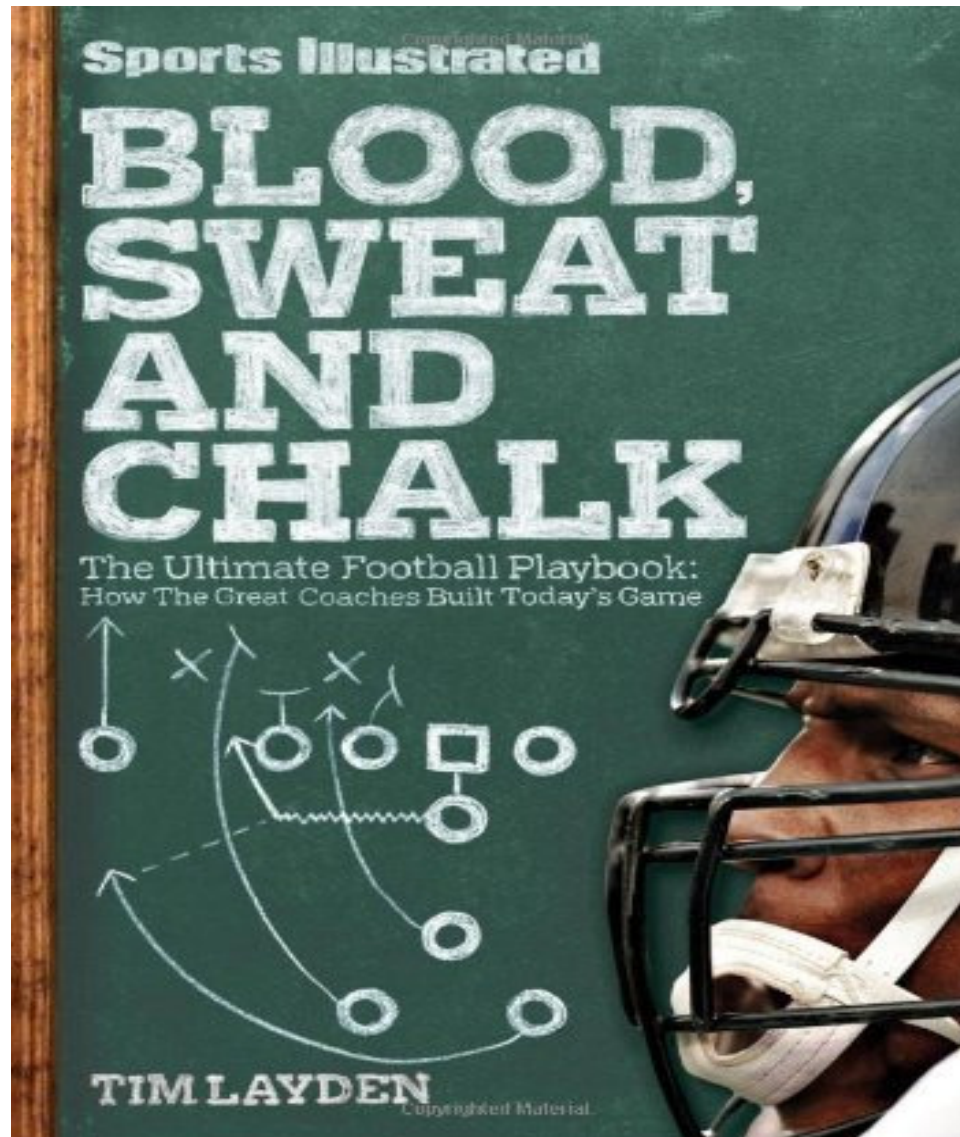




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5. WE USE “SAFE PRESSURE”



Source: Bill Arnsperger



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5. WE USE “SAFE PRESSURE”

Coaching Points

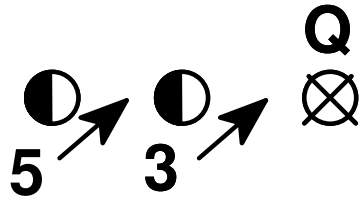
- * use practice periods (with DB’s) & film to show examples**
 - * 2 shell makes pressure “safe”**
- * keeps all 11 involved, makes defense exciting and aggressive**
 - * requires offensive thinking**
- * we keep blitzes on regardless of formations (we dictate to them)**
 - * communication between players is essential**
 - * high school hash marks are your best friend**



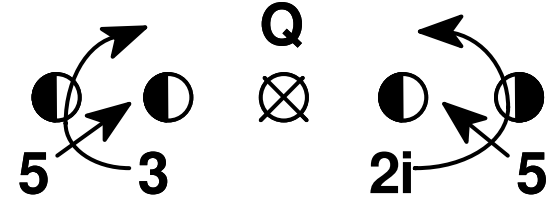
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DL STUNTS



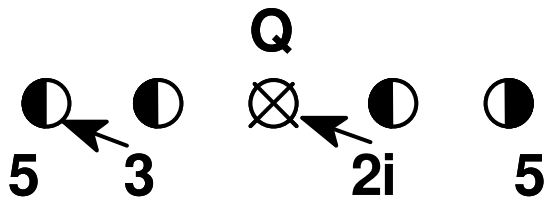
S



S

M

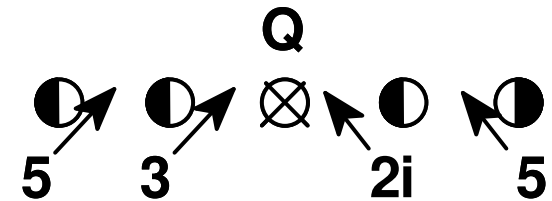
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S

M

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S

M

W



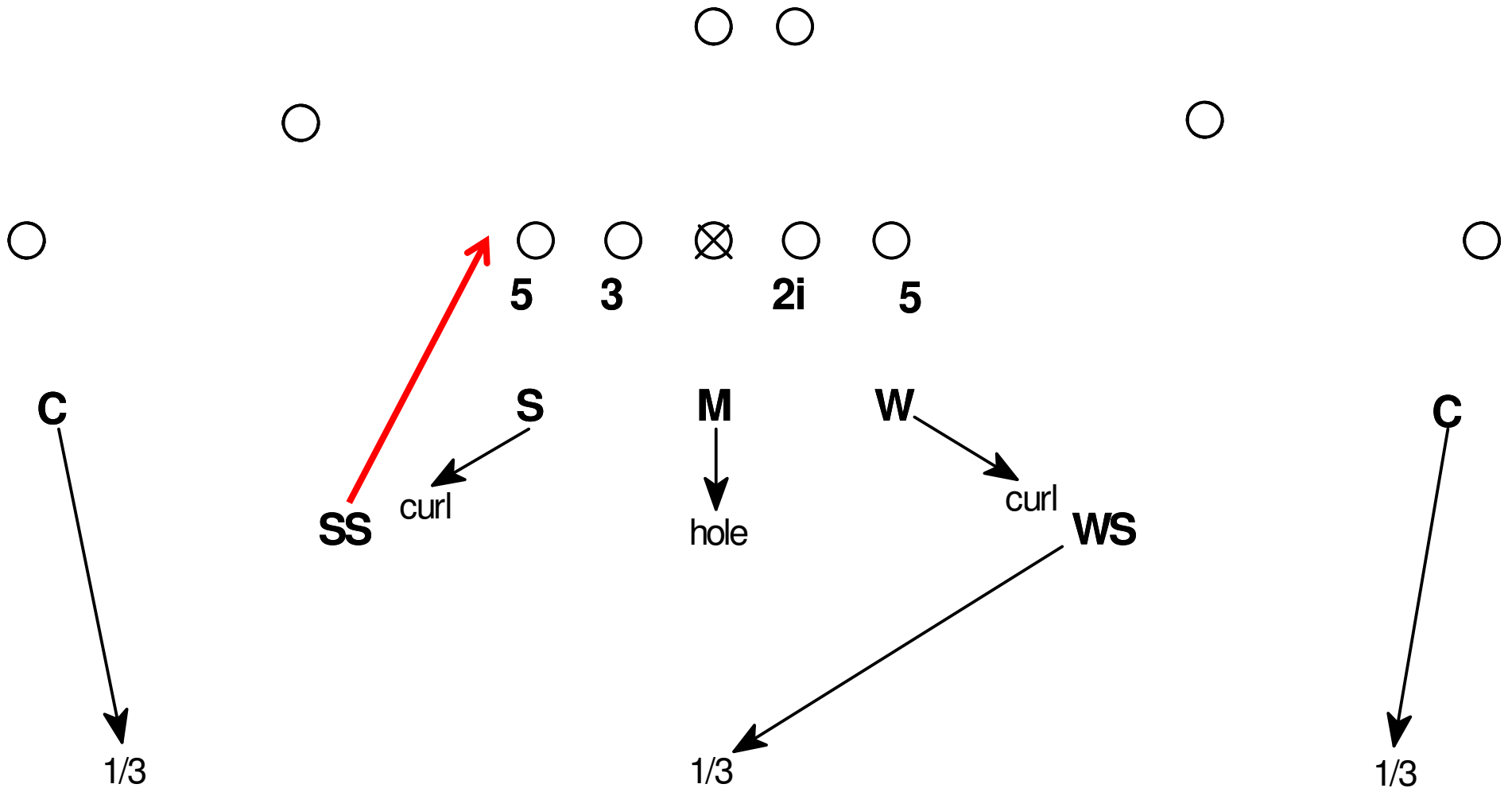
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DB BLITZES

* usually run when the ball is on the hash

* cover 3 is a coverage option





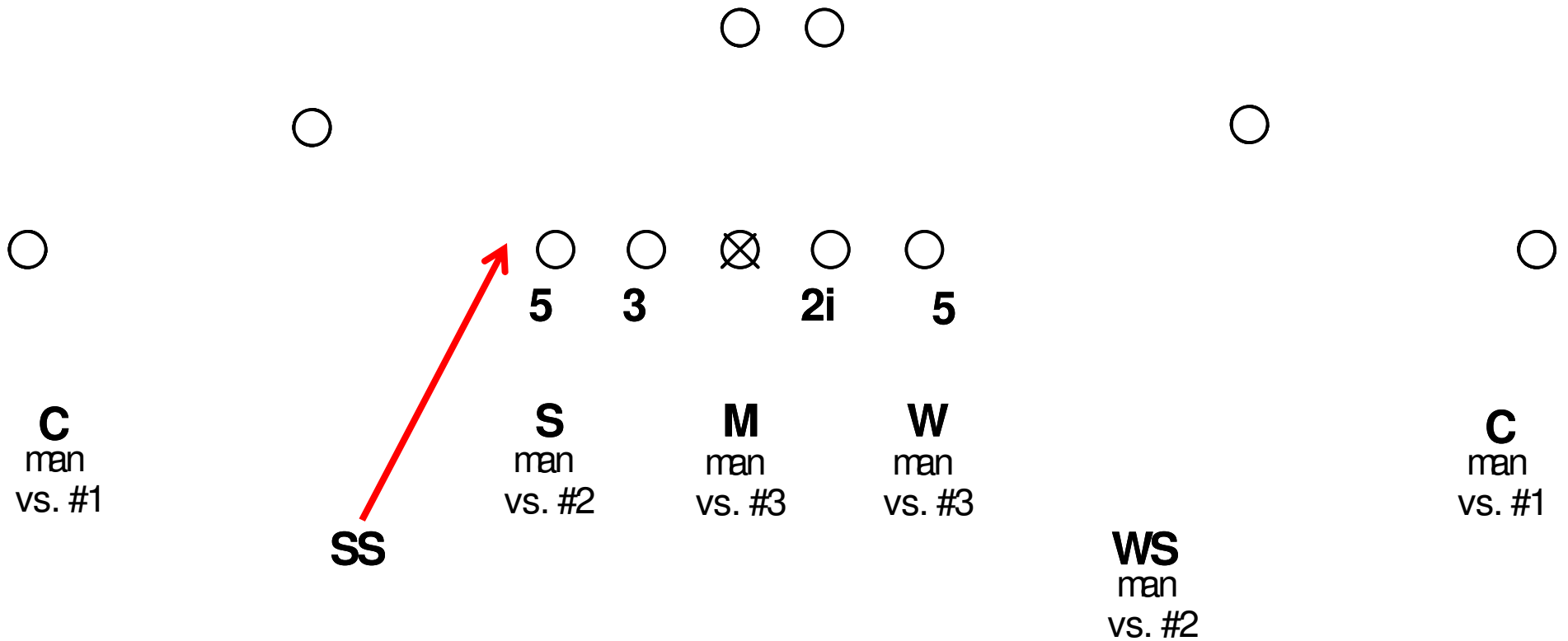
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DB BLITZES

* usually run when the ball is on the hash

* man is a coverage option





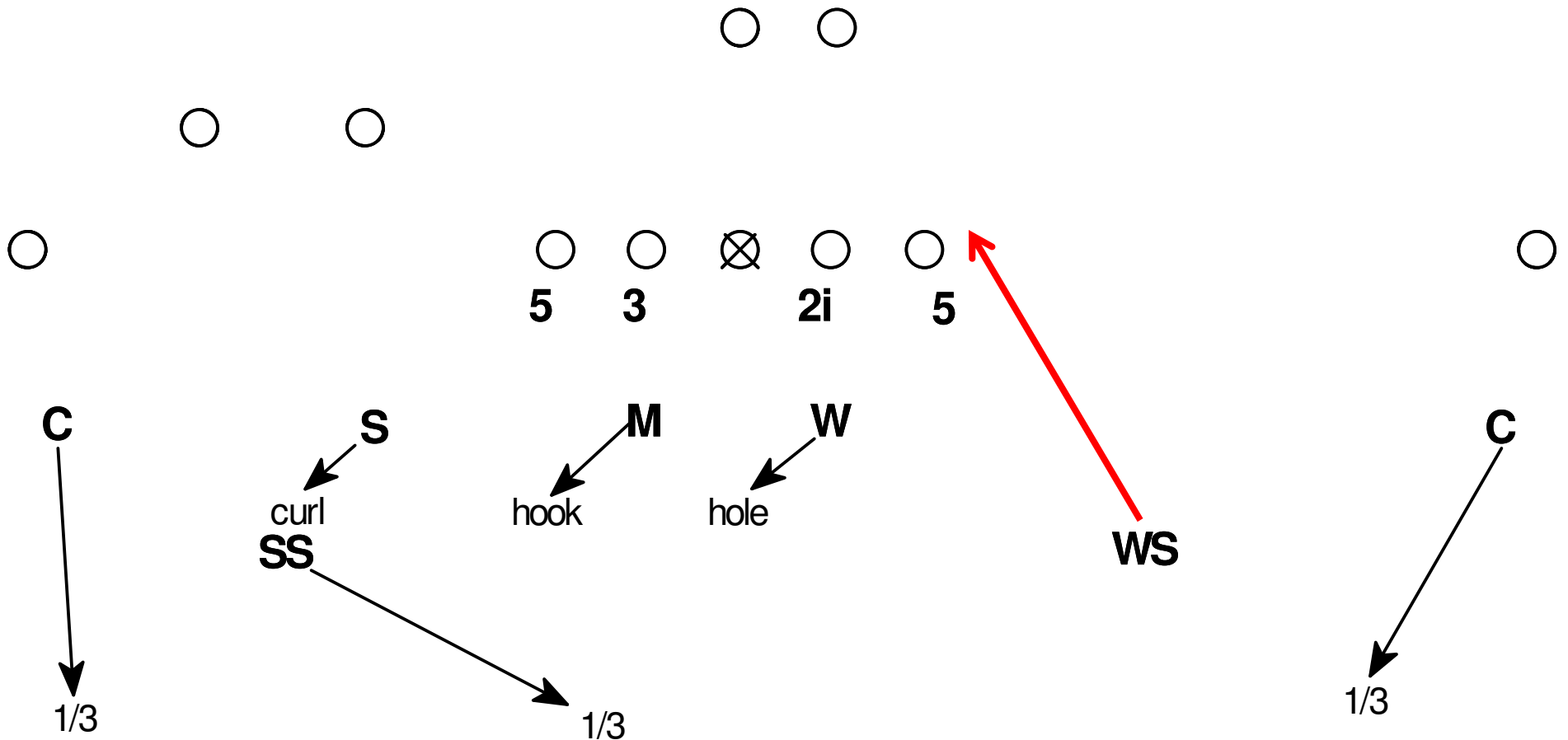
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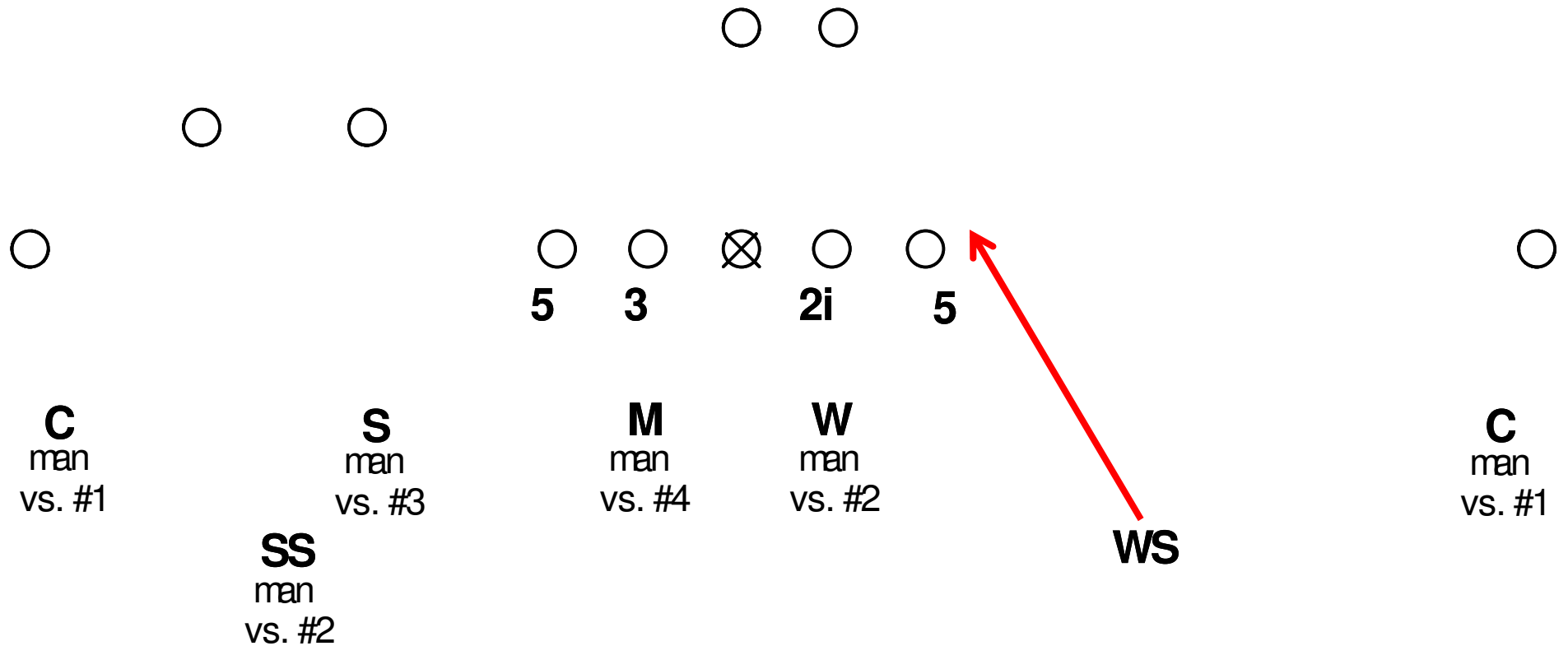
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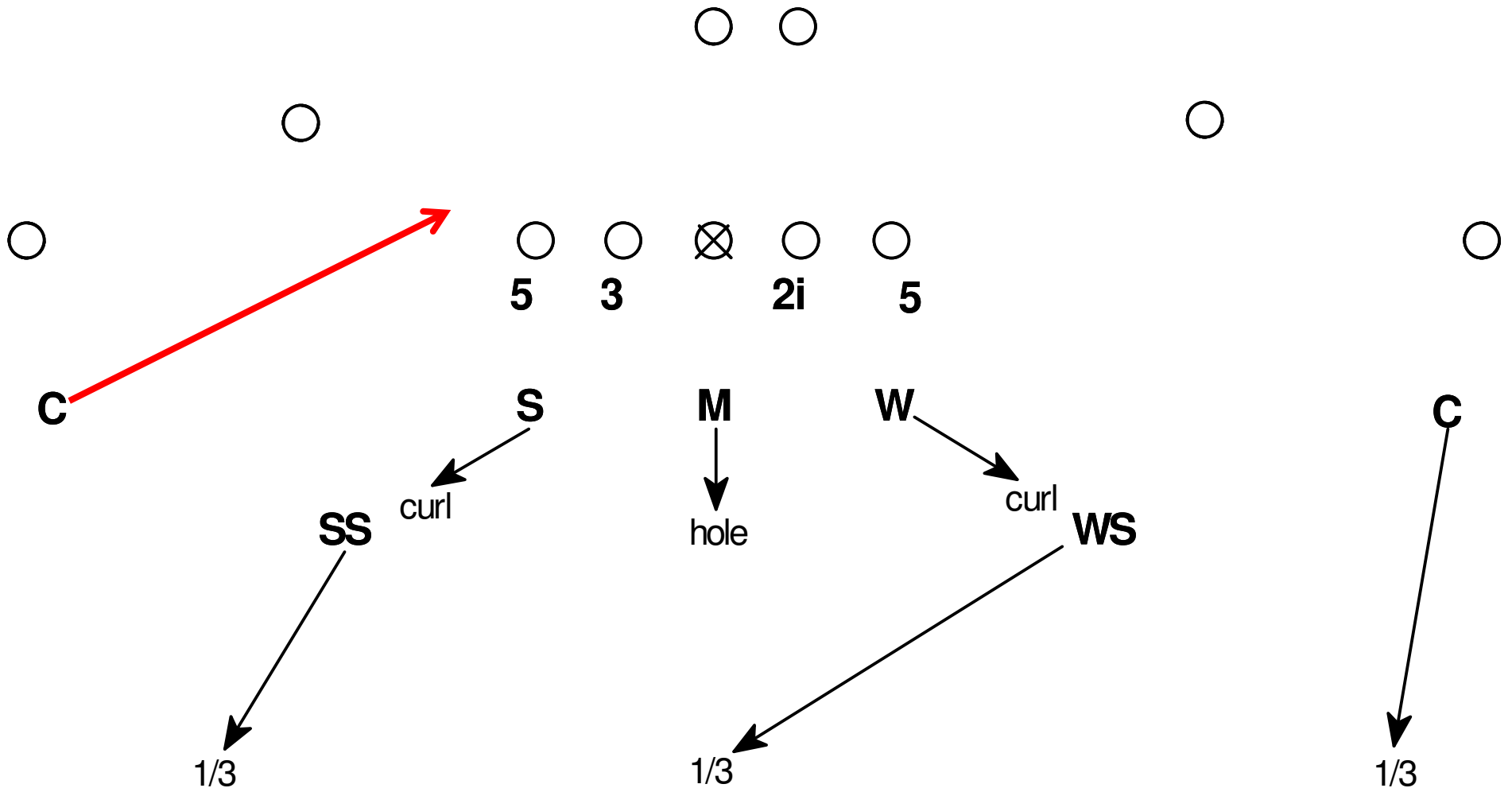
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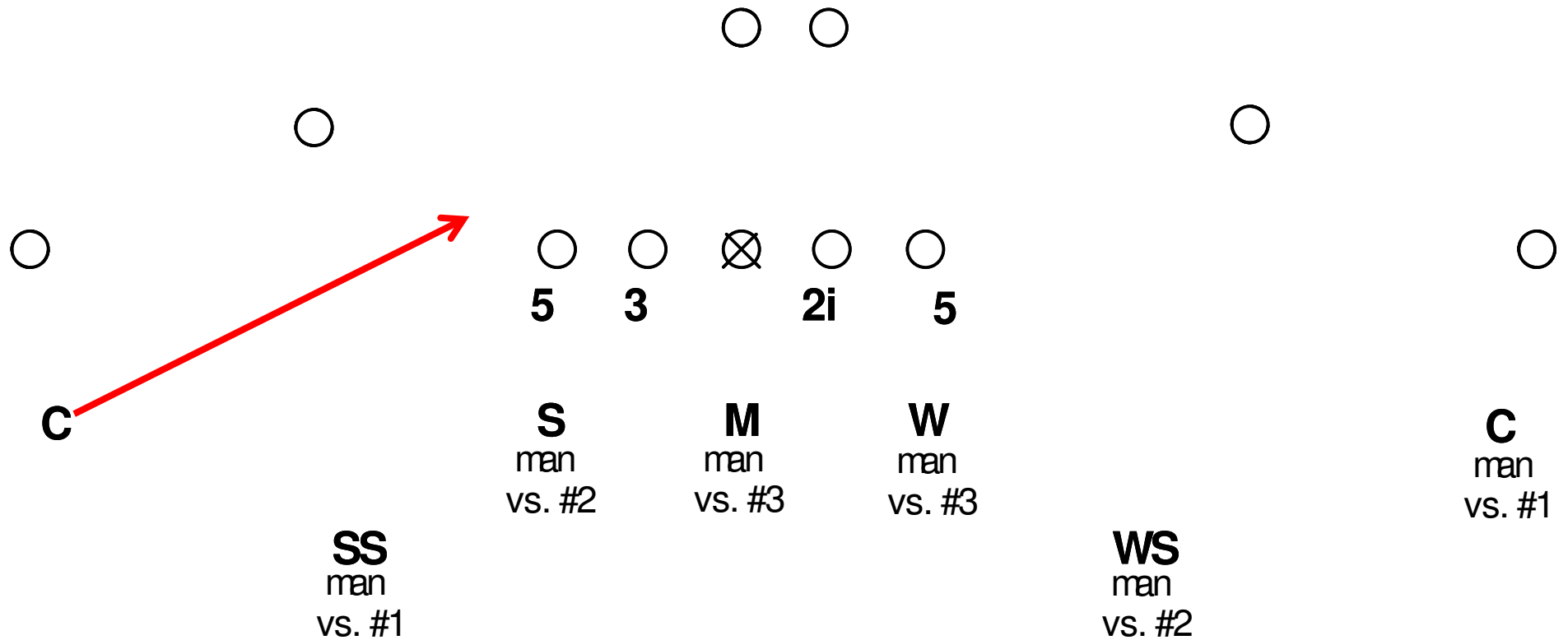
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DB BLITZES

* usually run when the ball is on the hash

* man is a coverage option





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COVERAGES



5

3

2i

5

C
flat

SS

curl

S

M

hole

W

curl

WS

C

1/3

1/3

1/3



ATTACKING WITH THE 4-3 DEFENSE



COVERAGES



5

3

2i

5

C

curl to flat

SS

S

hook

M

hole

W

curl

WS

C

1/3

1/3

1/3



ATTACKING WITH THE 4-3 DEFENSE



COVERAGES



5

3

2i

5

C
man
vs. #1

S
man
vs. #3

M

W

C
man
vs. #1

SS
man
vs. #2

WS
man
vs. #2



ATTACKING WITH THE 4-3 DEFENSE



COVERAGES



5

3

2i

5

C
man
vs. #1

man
vs. #2 ← **S**

M
man
vs. #3

W → man
vs. #2

C
man
vs. #1

SS
↓
1/2

WS
↓
1/2



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PRACTICE PERIODS

MONDAY

Takeaways	10 minutes
Pursuit Drill	10
Bracketing	5
Run Fits	10

TUESDAY

Tackling	10
Ind. Movement	10
Stunts & Blitzes	10

WEDNESDAY

Must Tackle	5
Marriage	10

- * DB vs. WR: man
- * LB vs. RB: blitz
- * DL vs. OL: pass rush



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