

# **PROMOTE AN ENVIRONMENT FOR SUCCESS AND AGGRESSIVE PLAY**

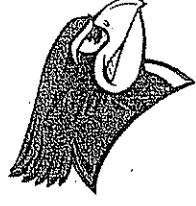
- 1. PURSUIT**
- 2. ENTHUSIASM**
- 3. TURNOVERS**
- 4. TACKLING**
- 5. SOUNDNESS**

**I.E. ALIGNMENT, ASSIGNMENT,  
COMMUNICATION**



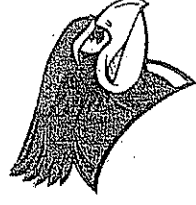
## PHILOSOPHY

1. BE AGGRESSIVE – CREATE A NEW L.O.S.
2. DO WHAT PLAYERS CAN DO
3. BE SIMPLE  
– THE MORE THE OFFENSE DOES – THE LESS WE DO
4. LIVE & DIE WITH SPEED
5. TURN 'EM LOOSE
6. MAKE THE BALL GO EAST-WEST



## **WHY THE 4-3**

- 1. AN AGGRESSIVE DEFENSE**
- 2. ALLOWS SMALLER PLAYERS TO USE THEIR ABILITIES - SPEED!**
- 3. ALLOWS FOR YOUNGER PLAYERS TO PLAY EARLIER BECAUSE THE 4-3 SYSTEM IS SO EASY**
- 4. INCREASE SACKS AND TFL'S**



# TERMINOLOGY

**\*WE USE AN AGGRESSIVE LANGUAGE THAT PROMOTES A CLEAR PICTURE TO THE PLAYER.**

## **EXAMPLE:**

- 1. "SPLATTER IS ISO"**
- 2. "MAKE A COWARD OUT OF THE FB"**
- 3. "PUNISH BALL CARRIERS"**



## DEFENSIVE OBJECTIVES

1. WIN
2. 3 TURNOVERS
3. 60% 3<sup>RD</sup> DOWN CONVERSION
4. 3.3 YARDS PER RUSH
5. 17 POINTS OR LESS
6. WIN SUDDEN CHANGE
7. 65% SUCCESS ON 1<sup>ST</sup> DOWN (3.3 YDS. OR LESS)



# FRONT FOUR PHILOSOPHY

## 12 Defensive Line Axioms

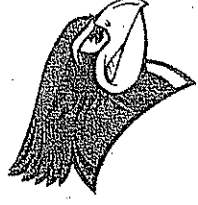
1. **MUST** have great attacking stance –  
    **No stance, No ability!**
2. **MUST** crowd the football
3. **MUST** utilize a Pre-Snap Read
4. **MUST** move on ball movement – **Great Get-Off**  
    - 2<sup>nd</sup> step down!
5. **MUST** attack your Technique
6. **MUST** deliver quick, powerful blow with your hands



# FRONT FOUR PHILOSOPHY

## 12 Defensive Line Axioms

7. **MUST** stay in a **LEVERAGE** position
8. **MUST** separate with hips and feet!
9. **MUST** escape and get off of blocks – Don't stay blocked!
10. **MUST** pursue to the football and make plays –  
- **PRODUCTION!**
11. **MUST** always **ATTACK AND REACT** – Force negative plays!
12. **MUST** limit offense to small operational area – Bounce ball outside.





**PHILOSOPHY OF ATTACKING  
DEFENSIVE LINE PLAY – WHAT IT DOES**

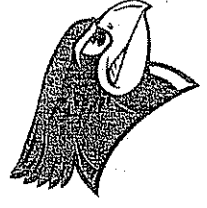
**MOST IMPORTANT THING IS TO UNDERSTAND  
THAT YOU ARE A PENETRATING PLAYER,  
GOING THRU THE O-OINE, NOT RUNNING  
UPFIELD THRU GAPS.**

**ATTACK PEOPLE, NOT AIR**



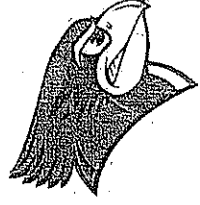
# **WHAT WE EXPECT OF THEM: 3 T'S**

- 1. TEMPO – How We Play!**
- 2. TECHNIQUE – The Way We Play!**
- 3. TOUGHNESS – What We Are!**



# **WE EMPHASIS THESE 3 THINGS IN INDIVIDUAL**

- 1. TEMPO – play FAST! – Hustle**
- 2. TECHNIQUE – Break EM Down!**
- 3. TOUGHNESS – Challenge Them**



# **WHAT INDIVIDUAL CONSISTS OF**

- 1. MOVEMENT – w/football skills incorporated**
- 2. BLOCK PROTECTION**
- 3. TACKLING**
- 4. RUN FITS**
- 5. PASS TECHNIQUES**

