

# Washington Defense

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- Even man front (4-3/4-4)
  - will play odd man (5-2/3-5)
- Play cover 3, variations of cover 2, and quarters
- High % stunts based on scouting report, offensive line blocking/protection schemes etc...

## Washington Defense Overview

- Wanted to increase practice tempo
- Wanted kids to compete in everything we do (off-season and in season)
- Simplify stunts and coverage's so we play faster
- **GET THE BALL BACK!!!!**

**Changing Our Defensive Mindset**

- 2003 (2-7)
- 2004 (6-5)
- 2005 (4-5)
- 2006 (2-7)
- 2007 (7-4) (1<sup>st</sup> year of implementation)
- 2008 (10-2) 5A Quarterfinals
- 2009 (11-1) 5A Quarterfinals
- 2010 (6-4)
- 2011 (10-2) 5A Quarterfinals

## Trends Since Change

- **Play fast**
  - Be around the ball when the whistle blows
- **Create turnovers**
  - Every play ----- get the ball
- **Be aggressive/win at your position every time**
  - Tackling technique is a must
  - 3 and out mentality
  - Focus on first down plays

## Defensive Philosophy

- **Player expectations in practice/game:**

- Number system for stunts (4-4/4-3)
- Pre snap reads/post snap reads
- Two whistle drill (team period -- practice)
  - Be in tight frame of film during game

**Play Fast**

- **Return walls** (Team Period)
  - Practice scoring on defense
- **Strip Drills** (Individual Period)
  - Punch (air)
  - Tomahawk (air or no air)
  - Ball Hawk (air or no air)
    - Face on or lateral to ball carrier (\*DB's and LB's)

**Create Turnovers**

- Summer Drills (emphasis on competing and winning)
  - **Cone drills**: (also helps w/ agility and overall quickness)
    - Focus on competition
    - “American Gladiator”

**Be Aggressive/Win Your Position**



- Points System (Team Practice)
  - Purpose:
    - Defense used to playing from behind (sense of urgency)
      - Defense always starts in a hole
      - Use previous weeks opponents total score
    - Forces them to be aggressive
    - Forces them to create turnovers
    - Compete to win position every play
    - Keeps tempo high on both sides of ball
    - Creates game-like situations
    - Kids love it

**“Aggressive” continued**

- 1-3 yard gain = 1 pt.
- 4-6 yard gain = 2 pts.
- 6-10 yard gain = 3 pts.
- 15-25 yard gain = 4 pts.
- 25+ yard gain = 5 pts.
- Score = 6 pts.

## **Point Distribution: Scout Offense**

- Behind LOS = 2pts. (includes sack)
- Under 3 yard gain = 1 pt.
- Pass deflection = 1 pt.
- Interception/recovery = 3 pts.
- Score = 6pts.
  
- Also can have pts. taken away
  - Two whistle drill (1 man late)
  - Misalignment/missed tackles
  - Just plain suck!!!

## Point Distribution: Defense

- Run opponents offense (scripted)
  - Tendencies match down and distance
  - D calls based on our game plan
- Trick plays
- Goal line situations
- Trick formations
  - Lonesome Cat
  - A-11

## Misc. Drills/Situations