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Illinois High School Football Coaches Association

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Coaches' Clinic: Defense Presentation Outline

- I. Basic 4 – 4
 - A. Against Pro
 - B. Against Spread
 - C. Against Power
 - D. Against Trips

- II. Blitzing Out 4 – 4
 - A. Inside Blitzes (A-B Gap)
 - B. Outside Blitzes

- III. Zone Coverages 4 – 4
 - A. Cover 3
 - B. Man 0
 - C. How to Disguise
 - D. Assignment Football

- IV. Adjustments out of 4 – 4
 - A. To Speed
 - B. Down & Distance

C. Motion

*I coach a gap control defense which relies on pressure rerouting, bump and run spy technique on outside.