

BENEDICTINE UNIVERSITY SECONDARY PLAY – BASIC PASS DEFENSE TECHNIQUES AND COVERAGE
Jon Cooper- Head Football Coach Benedictine University

BASIC TECHNIQUES

1. Back Pedal
 - a. Slow Pedal-(Clear 3 Step)
 - b. Fast Pedal-Maintain cushion (4 yards in zone) as long as possible
2. Back Pedal Coaching points
 - a. Stance (inside foot back can be turned in slightly)
 - b. Bent knees (natural)
 - c. Push off front foot
3. Eye Discipline
 - a. Run/Pass Key
 - b. Vs Pass Eyes on the QB in zone
 - c. Peripheral vision/Zone awareness (see and react to receivers)
 - d. Directional delivery key (QB front shoulder)
 - e. Depth (or area) of delivery key (Angle of shoulder etc)
4. Transitions
 - a. Downhill (at slight angle)
 - b. 90 degrees
 - c. 45 degrees
 - d. Lateral run/Turn and run
 - e. Man Turn/Zone Turn
 - f. Center Field Turn
5. Transition Coaching Points
 - a. Stay low
 - b. Push off in direction of Ball

- c. Straight line to target (no wasted movement)
 - d. Work to receivers up field shoulder
6. Man to Man (Focus on Receiver)
- a. Off Man
 - b. Press Man
 - c. Trail technique
 - d. Off-hand jam
 - e. Two hand jam
7. Ball Skills
- a. Pass break up (normally inside hand)
 - b. Reaction to ball and receiver
 - c. Read ball while in phase
 - d. Interception at highest point
 - e. Catch the ball with the hands
8. Defeat Blocks
- a. Stalk block
 - b. Cut Block
 - c. FB or Lead Blocker
9. Tackling

BASIC DRILLS

1. Drill Philosophy
- a. We do not want to drill things we cannot see on film (Simulate real situations)
 - b. All commands are on movement.
 - c. We may use cones only for boundaries not as break points etc.
 - d. Make them react randomly

2. Pedal and Transition Drills

- a. Stance-Slow/ Pedal /Transition
- b. Slow Pedal/Fast pedal /Transition
- c. Slow Pedal/Fast pedal/Lateral run/Turn and run
- d. All of above with transitions at any random time (Box of Chocolates)
- e. Angle Drops/Weave/Flip the Hips

3. Ball and Transition Drills

- a. Pedal/react downhill to 3 step throw
- b. Pedal/90 degree break/interception
- c. Pedal/Weave/45 degree or Centerfield turn/Catch throw at highest point
- d. Out and up drill

4. Buddy Drills

- a. Cushion drill (man and zone)
- b. Transitions with receivers
- c. Phase drill
- d. Interception distraction
- e. Hard Corner re-route
- f. Press and Jam
- g. Trail drill
- h. Stalk Block
- i. Lead block /Shed drills/Shed Tackle
- j. Angle Tackle
- k. Strip Drill

5. Perimeter Run and Pass Drills with Receivers

- a. 2 on 2 Combinations

- b. Bubble Drill (Trap the Ball)
- c. Stalk Block/Option
- d. Route recognition and reaction
- e. Cover 2 Drill (Corners and Safeties)

COVERAGE PACKAGE

- 1. Cover 1
 - a. Blitz Coverage
 - b. Cover 10 variation
- 2. Cover 2 (Hard Corner)
- 3. Cover 3 with variations
 - a. Cloud
 - b. Cloud Strong
- 4. Cover 4
 - a. Split 4 and 2 (Rolex)
 - b. "Soft Cover 2"
 - c. Trips Adjustment
- 5. Cover 5 (Man Under 2 Deep)
- 6. Cover 6 (Cover 3 with WS in the Box)
- 7. Joker Package (8 man coverage variations)