

SUN WARRIOR DEFENSIVE PLAY BOOK



GENERAL TERMINOLOGY AND ABBREVIATIONS

L. O. S. - short for line of scrimmage.

Play Side – side of the field or line in which play is going to.

Back Side – side of the field or line in which play is going away from.

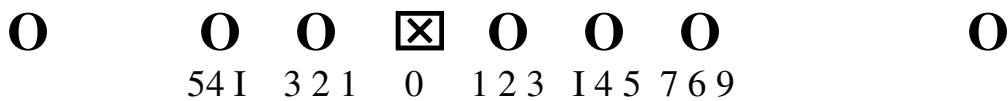
Strong Side – side of the formation with Tight End or most backs and receivers.

Weak Side – side of the formation with out Tight End or least number of receivers.

Positions-

Defense -	Mike or M	Middle Linebacker
	Sam or S	Strong side Linebacker
	Will or W	Weak side Linebacker
	\$ or SS	Strong Safety
	FS or S	Free Safety
	T	Defensive Tackle
	E	Defensive End

Defensive alignment Numbering System



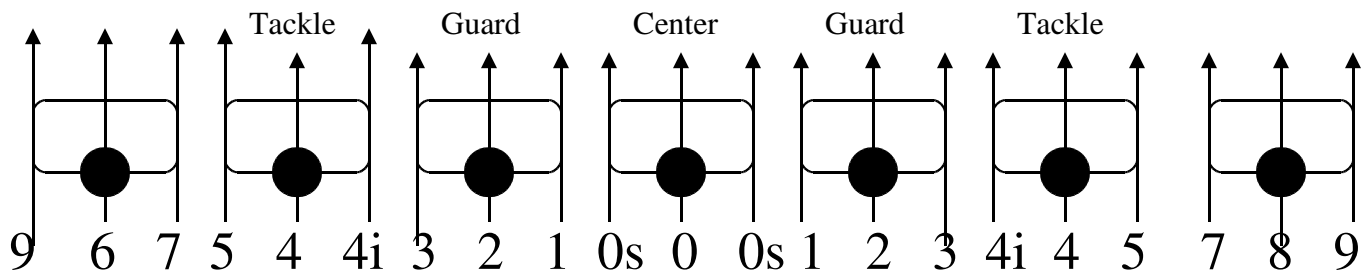
OFFENSIVE

QB	Quarterback (1)	TB	Tailback (2)
FB	Fullback (3)	FL	Flanker (4)
TE	Tight End	SE	Split End
T	Tackle	G	Guard
C or X	Center		

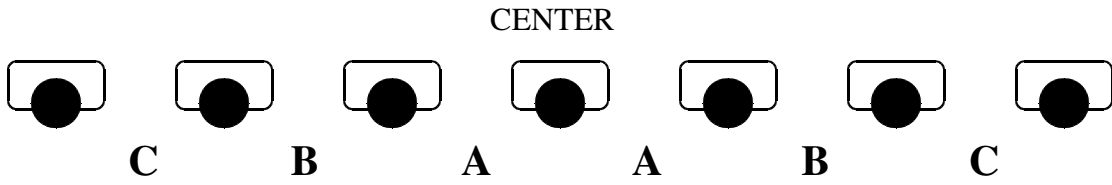
Huddle Formation

SE FB TB FL TE
T G C G T
QB

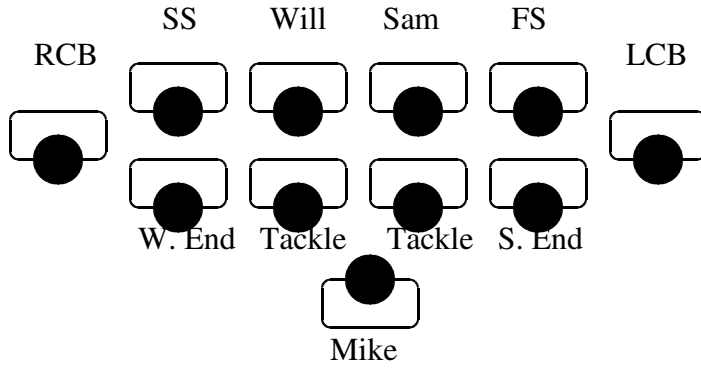
-----L.O.S.-----



Alignment Numbering System



Gap Lettering System ➔



Huddle Alignment ➔



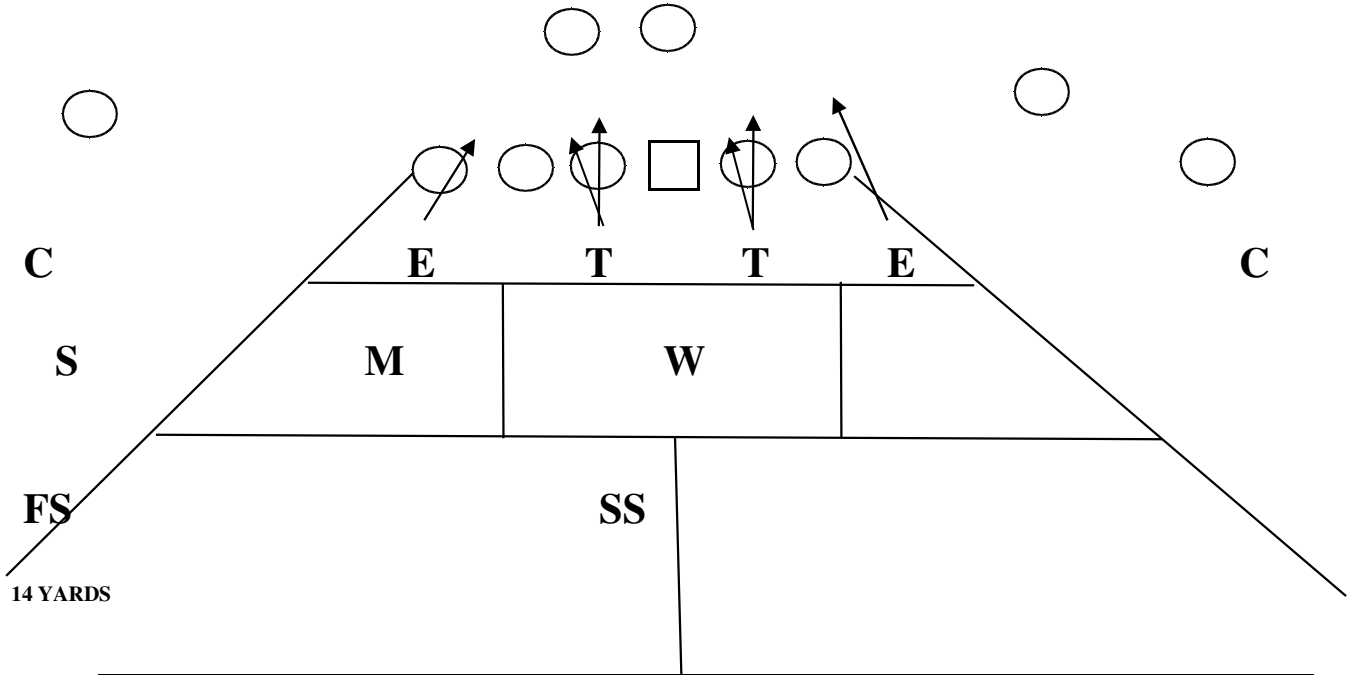
PRACTICE SCHEDULE

DATE _____

TIME	SESSION	OFFENSE			DEFENSE		
		RB'S/QB'S	OLINE	WR'S	LB'S	D Line	DB's
	STRETCH & STRIDE	TEAM					→
	AGILITY						
	INDI						
	RUN/PASS						
	TEAM						
	SPECIAL TEAM						
	SITUATIONAL PREP						
	COMPETITION						

Conditioning-

WARRIOR – COVER 2



WARRIOR - COVER 2

PLAYER SPECIFICS

TACKLES – MUST BE TOUGH AND UNSELFISH. THEIR SOLE PURPOSE IN LIFE IS TO KEEP LINEMEN OFF THE LB'S. ALWAYS LINE UP IN A 2 TECH. THESE GUYS ARE THE HEART AND SOUL OF A GOOD RUN DEFENSE. TWO GAP TECHNIQUE.

LINEBACKERS

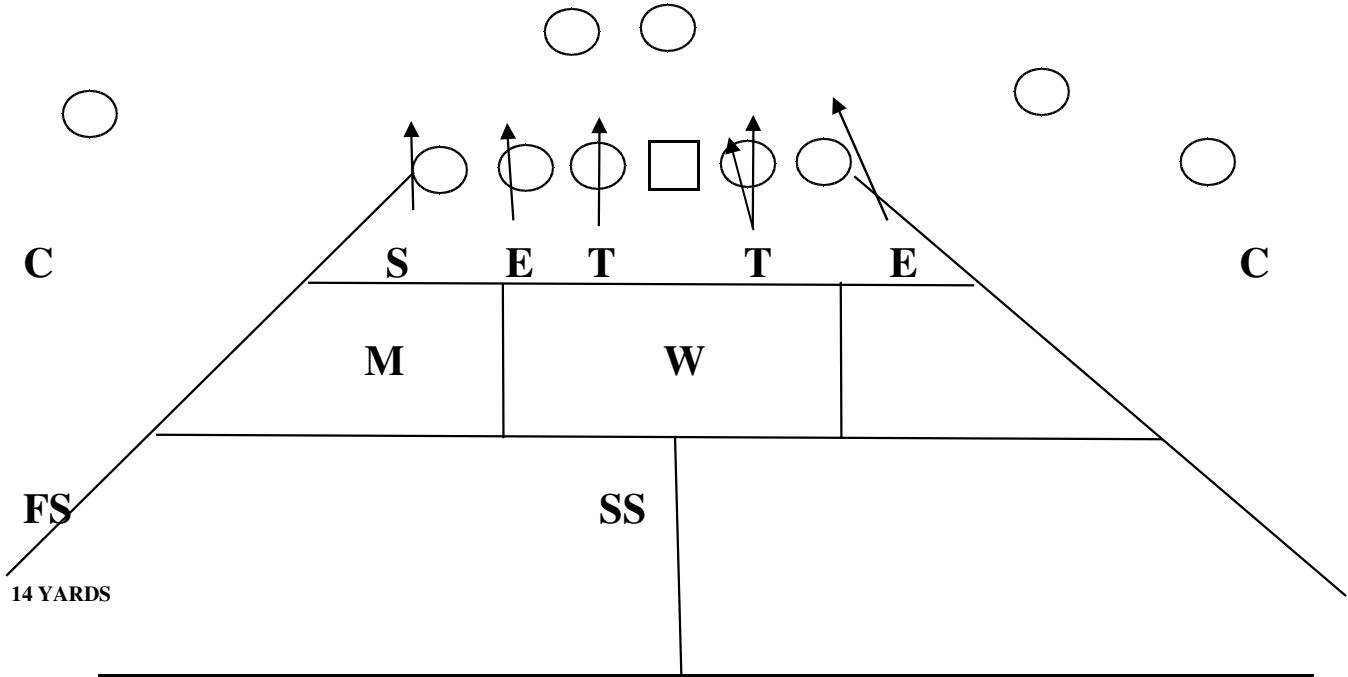
MIKE – DOES NOT HAVE TO BE THAT FAST, BUT MUST BE ABLE TO TACKLE. SIZE DOES NOT MATTER. THE ABILITY TO READ A PLAY AND CAPTAIN THE DEFENSE IS MOST IMPORTANT.

WILL AND SAM – THESE TWO ARE PROBABLY THE TOUGHEST KIDS YOU GOT. MUST BE ABLE TO RUN AND HIT. THEY ARE USED IN COVERAGES, BLITZES, AND AUTO STUNTS.

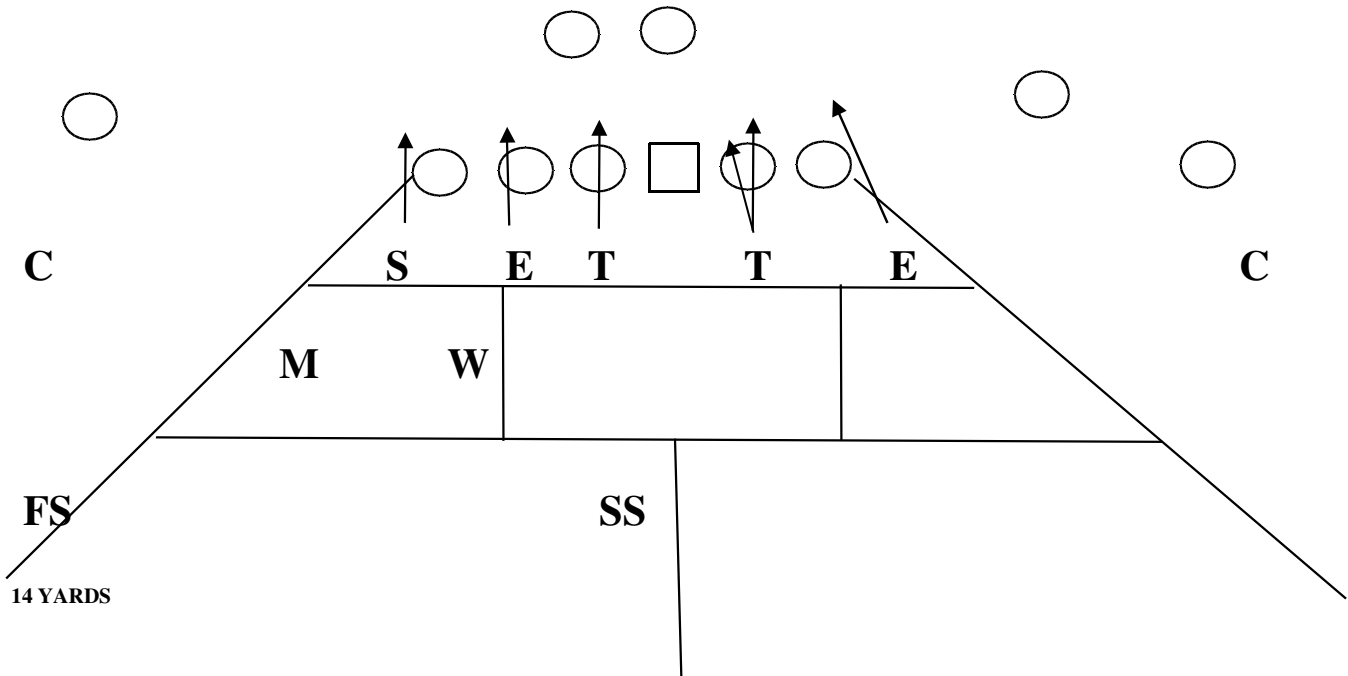
CORNER BACKS – DO NOT HAVE TO BE THAT FAST OR SMART. MUST BE ABLE TO TACKLE AND BE AGGRESSIVE. IT HELPS IF THEY CAN MAN UP.

SAFETIES – THE SAFETIES MUST BE YOUR BEST ATHLETES AND OPEN FIELD TACKLERS. THEY HAVE TO BE ABLE TO COVER A LOT OF GROUND AND UNDERSTAND PLAYING A ZONE AND NOT A MAN.

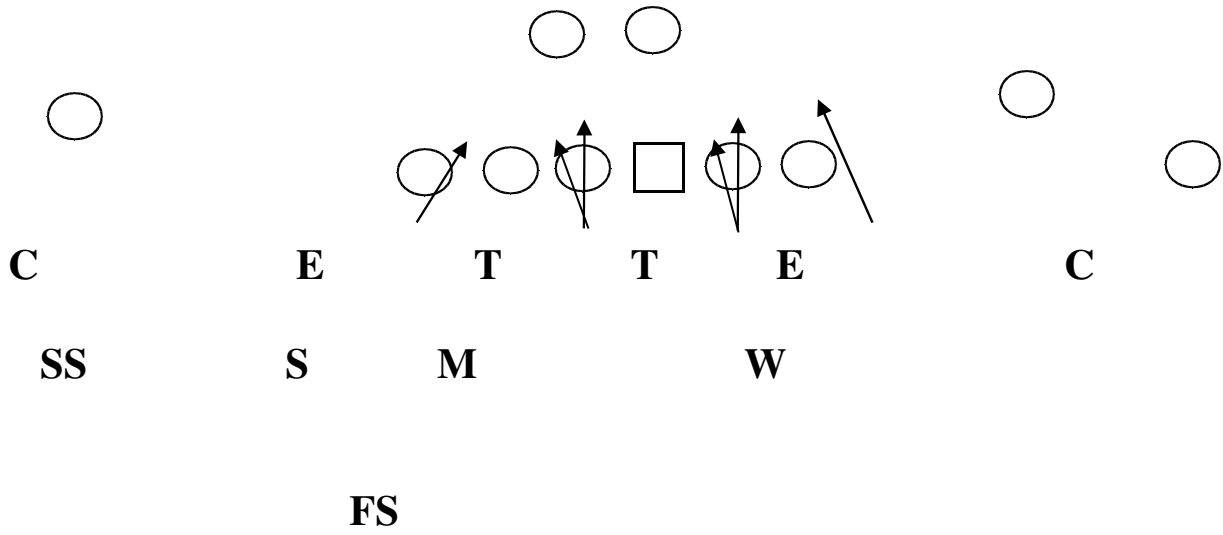
BASE - COVER 2



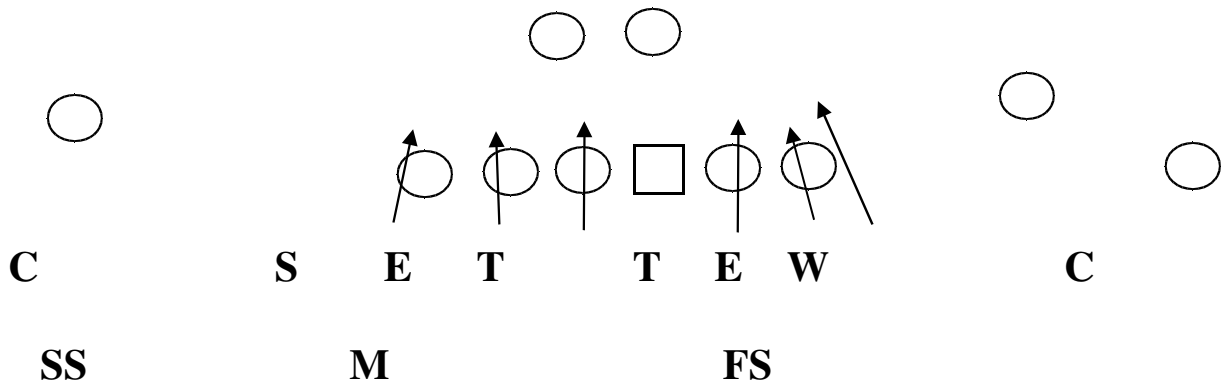
BASE STACK - COVER 2



AZTEC (4-4) – COVER 1/3



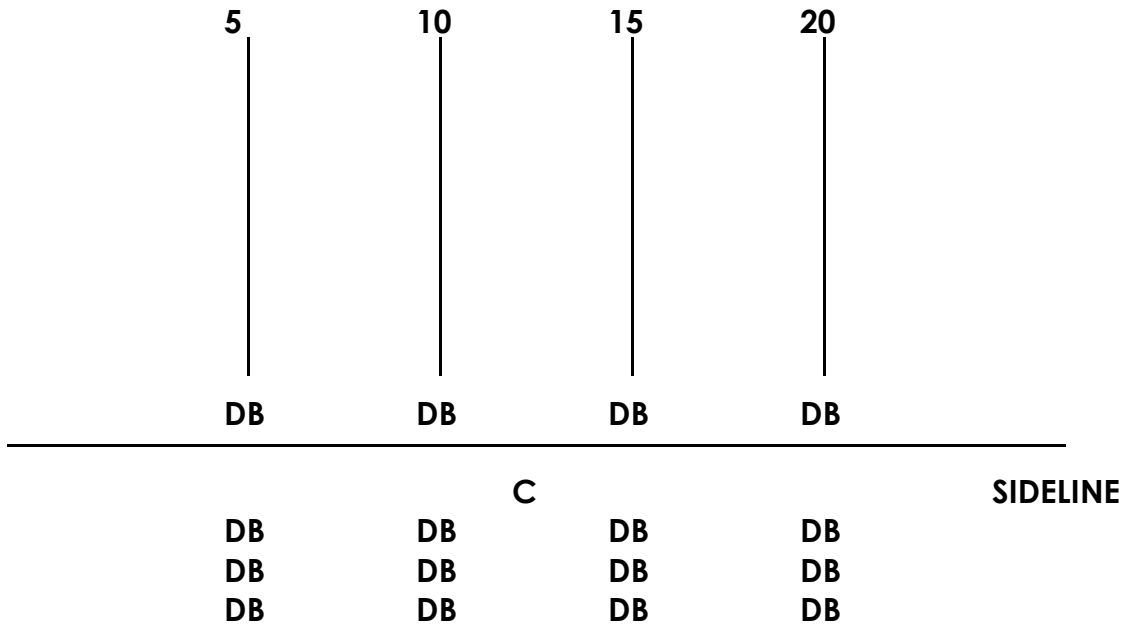
CHIEF – COVER 1



POSITION DRILLS

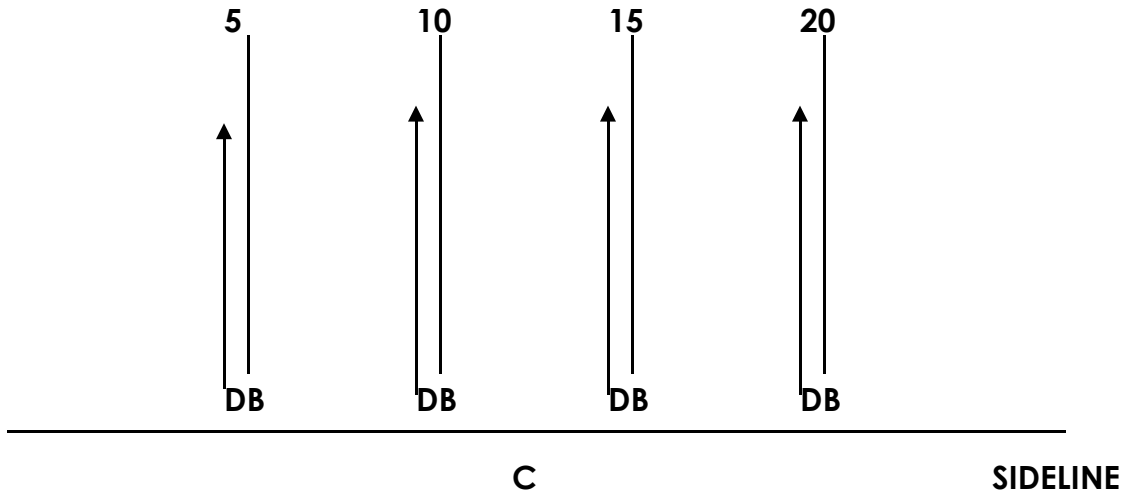
DEFENSIVE BACKS

FOOTWORK DRILLS

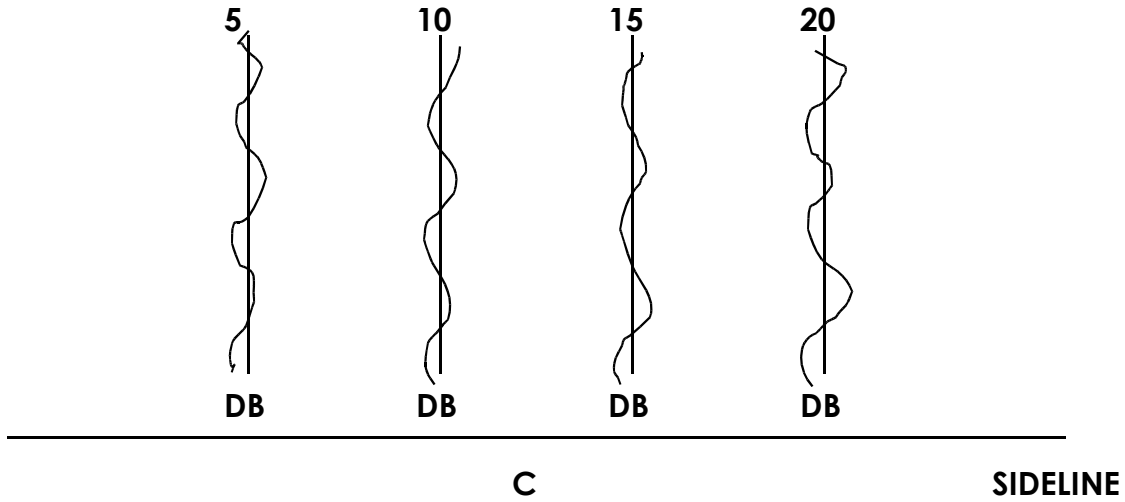


Using the sideline, line up in 4 lines facing the coach on the side of the field. Drills will go out to hash. Players stay at hash for some drills then come back when all players have gone through, coach will come to hash and run drills back to the side line. Other drills, players return to the back of the line on the sideline.

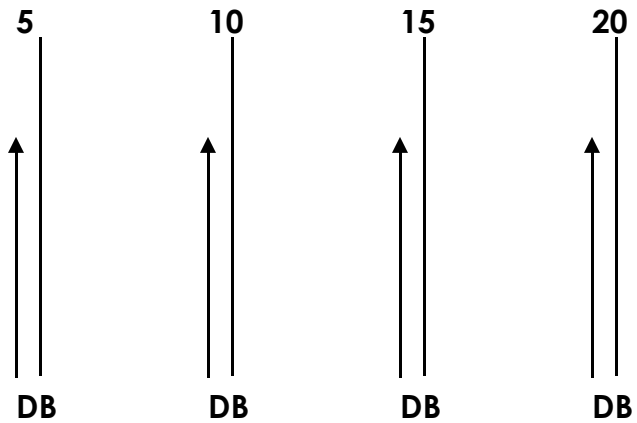
**BACK PEDDLE – keep butt down, be smooth,
pump arms!**



WEAVE –while in back peddle, coach will direct line to weave.

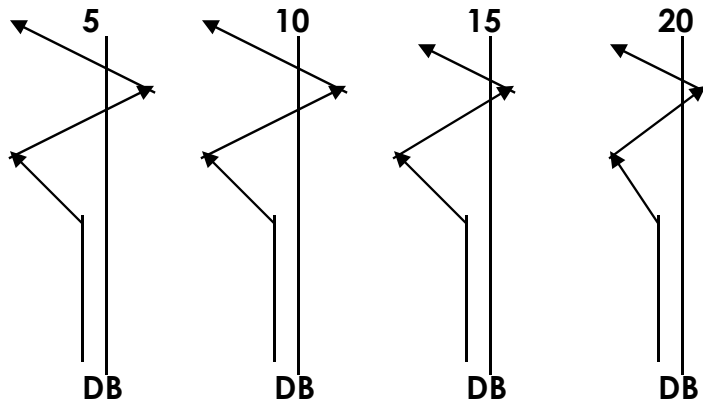


TURN AND RUN- db's will back peddle and then on coaches signal turn and run. (simulate covering a deep fade or go route)



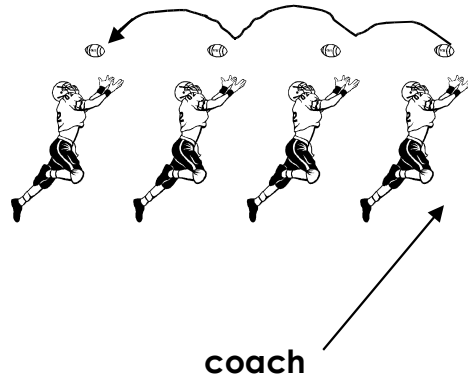
C **SIDELINE**

HIP SWITCH- Db's will back peddle, turn hips and run at 45' on coaches signal

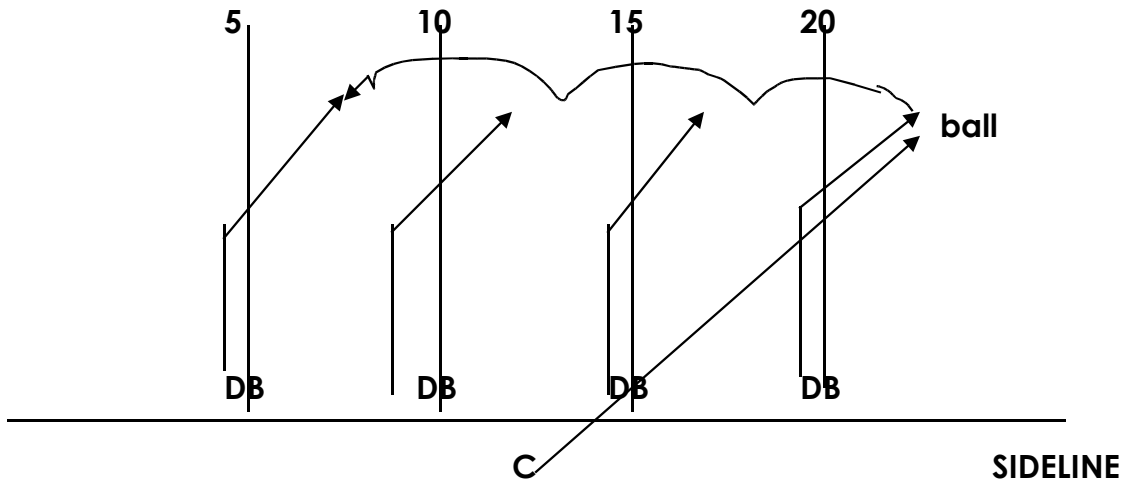


C **SIDELINE**

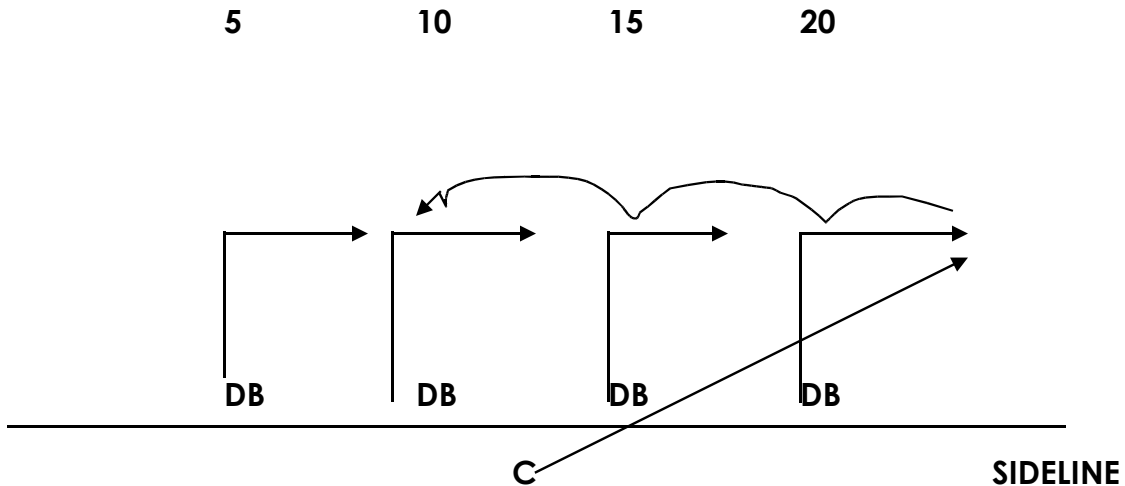
TIP DRILLS -db's will complete drill until ball is tossed to the outside db. The outside db must tip the ball followed by the 2nd, and 3rd db, and then caught by the 4th defensive back.



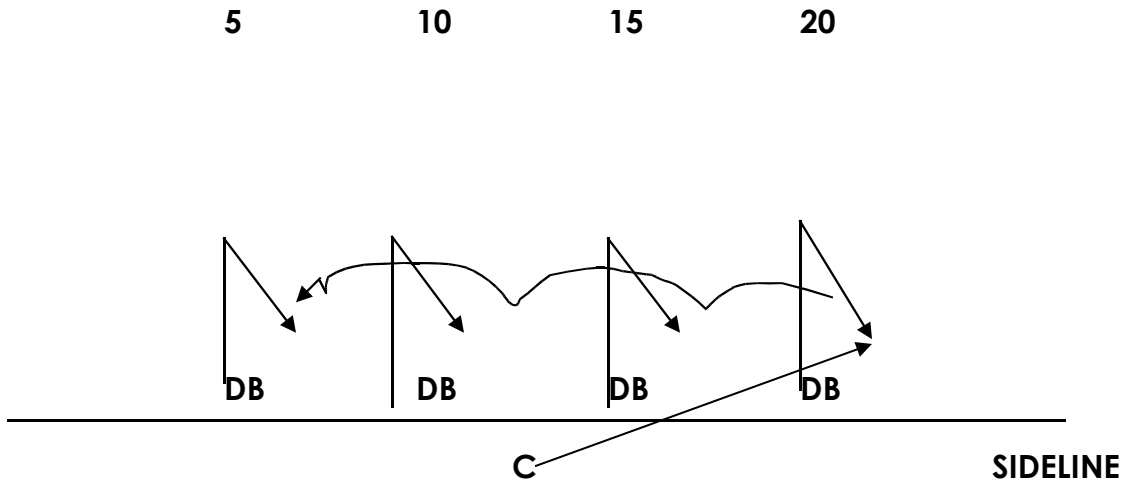
BACK 45'S - back peddle then turn and run at a 45' angle and complete tip drill. Yell Oskie when intercepted and run back to coach.



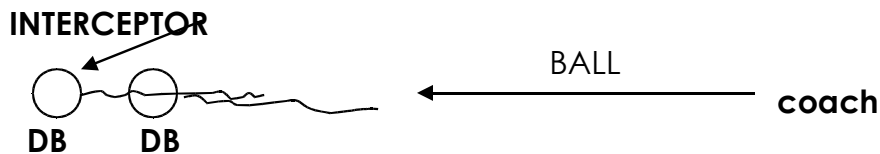
90' TURNS- back peddle then turn 90' and complete drill.



UP 45'S – db's will back peddle then return back at a 45' angle and complete the tip drill.

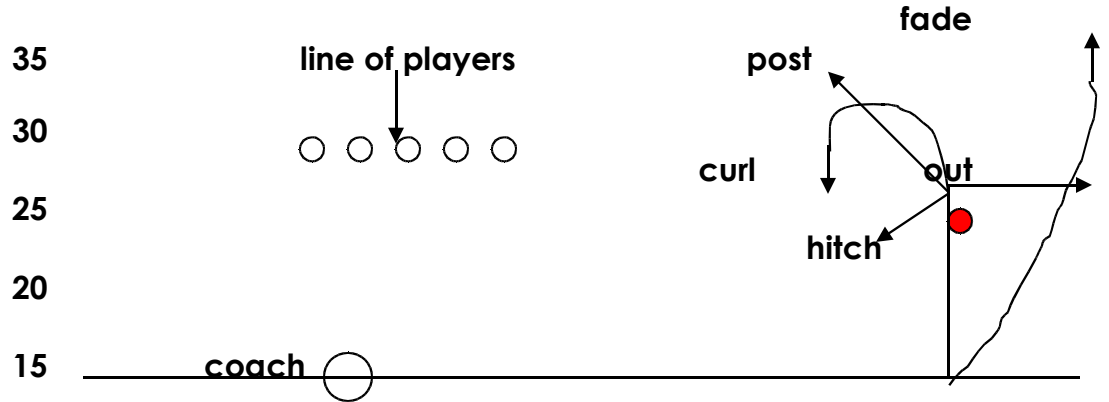


Wave Drill - partner players up and get into a straight line, one partner behind the other. Players will run at the coach two at a time. Coach will throw a ball at the first defensive back who will WAVE at the ball without hitting it. The trailing defensive back will see it and make the interception.

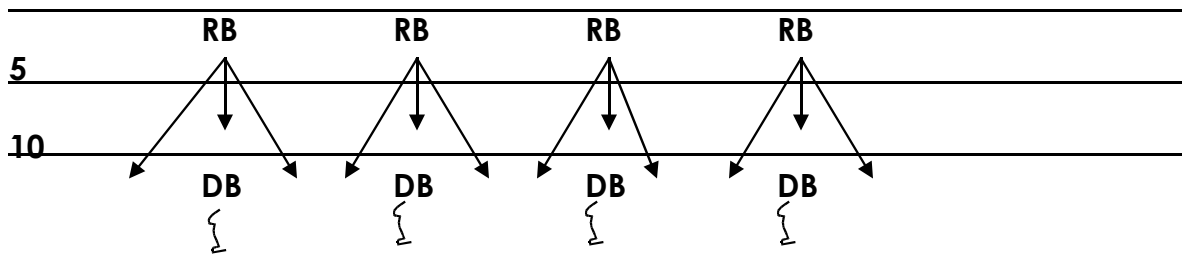


BREAK, PICK, AND SCORE – Players will practice breaking on different routes (out, curl, hitch, post and fade) making the

interception, and scoring. Safeties start in their position, corners start in their position alignment. Go through one route at a time!

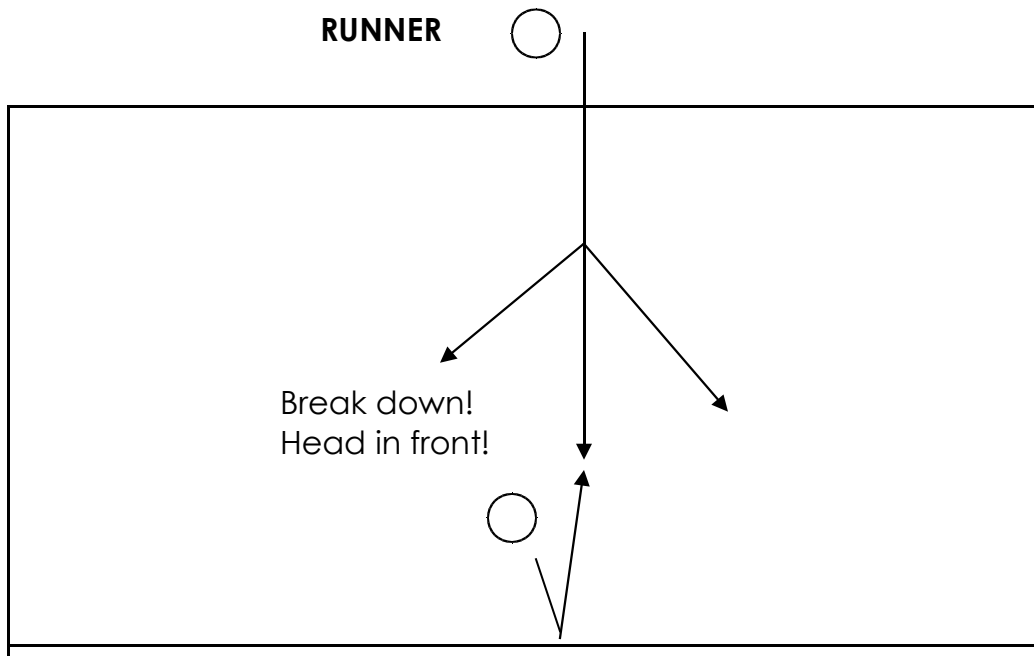
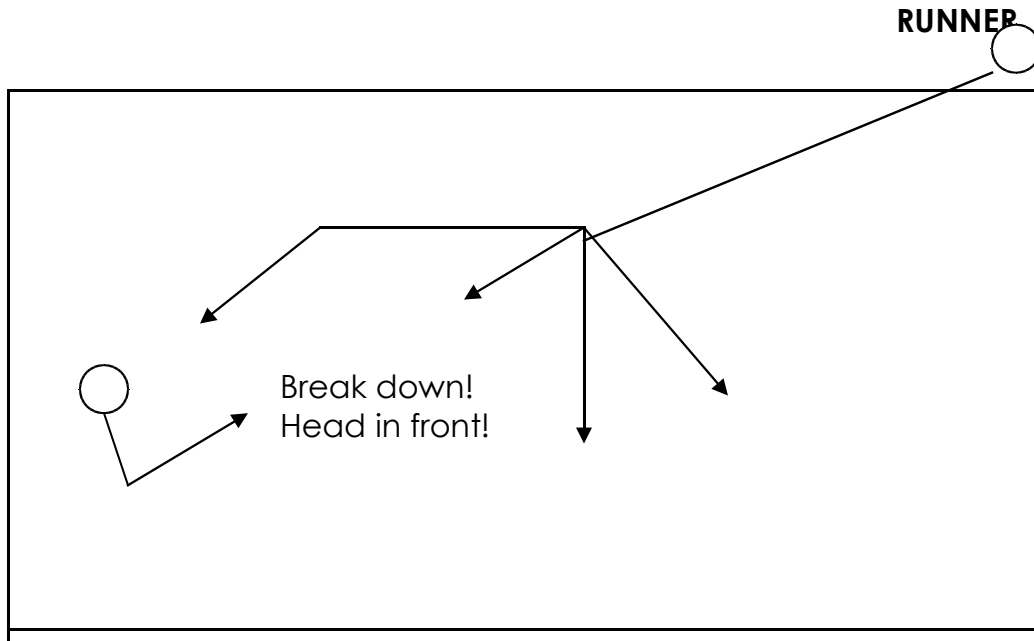


FORM TACKLING



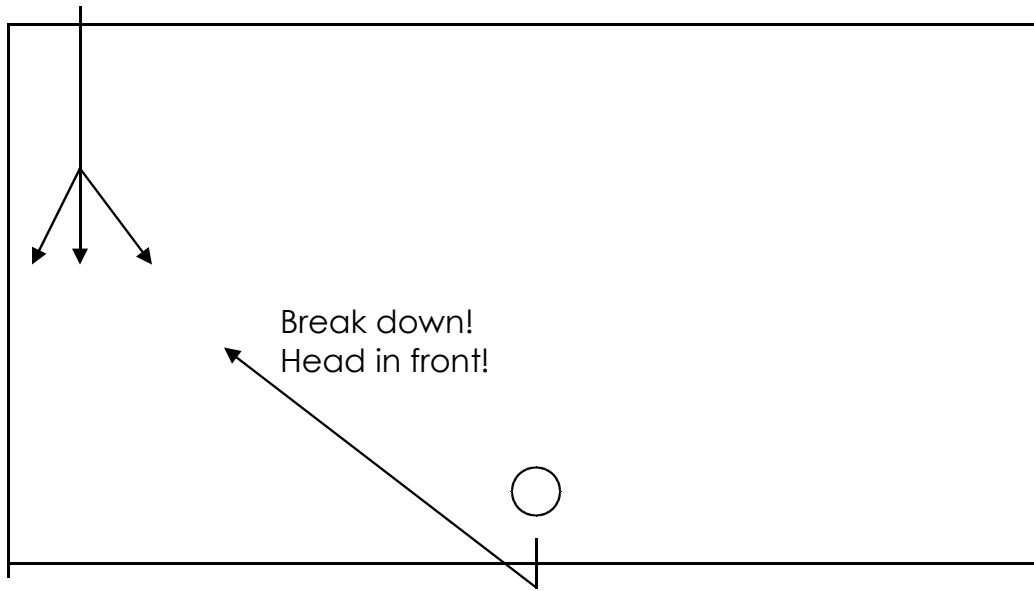
Defensive backs will back peddle 3 steps then come up and make a good form tackle, dropping their butt, throwing their arms and lifting. Go to both shoulders and then at angles.

OPEN FIELD TACKLING – using a 20 x 20 yard area, have runners start head up or at the corner of the box and have defensive back start from head up or from opposite corner. Practice breaking down, getting head in front, hitting and wrapping up.

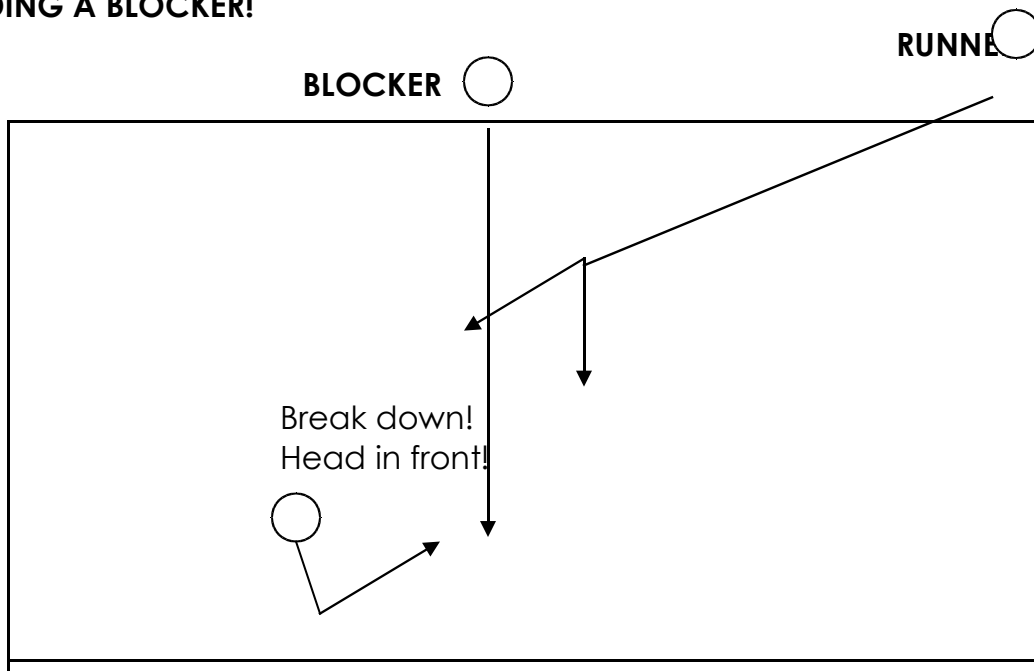


SIDELINE TACKLING

○ RUNNER



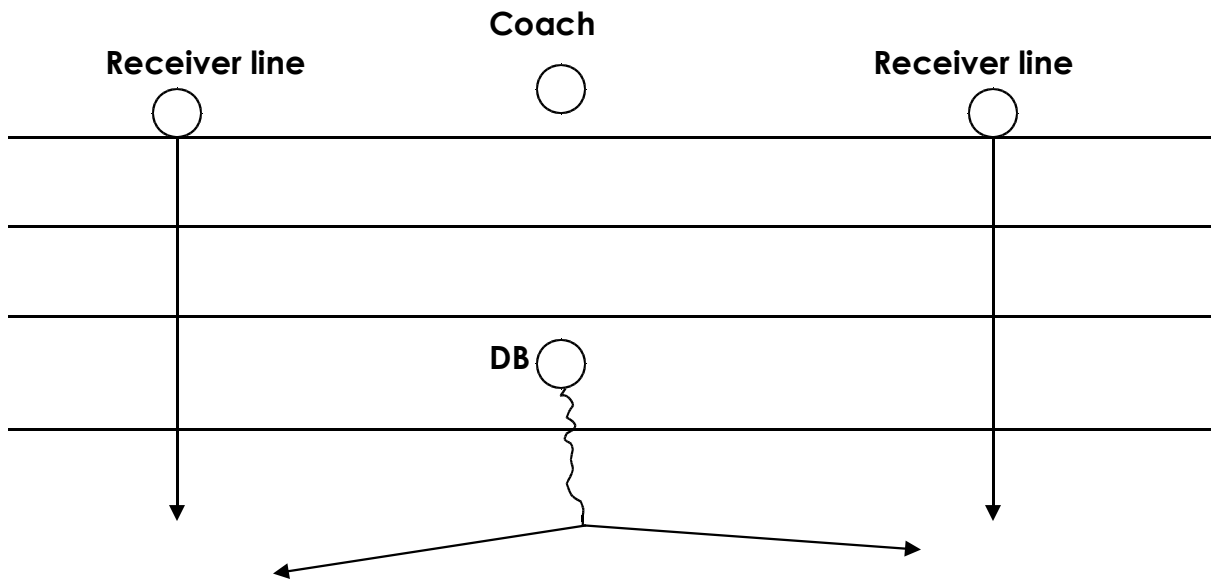
ADDING A BLOCKER!



ATTACK THE BLOCKER AND SHED HIM, THEN MAKE A PLAY! ALIGN PLAYERS ACCORDING TO THEIR POSITION AND HAVE THEM REACT TO WHAT THEY WILL SEE THAT WEEK.

BREAKING ON THE BALL

- players stay in back peddle until ball is thrown. Players must react and take a good angle to knock down or intercept ball. Coach will try to complete ball to one of the receivers.

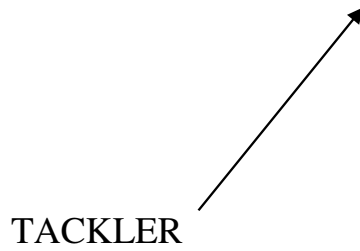


ALL DEFENSIVE
DRILLS

ANGLE TACKLE

RUNNER





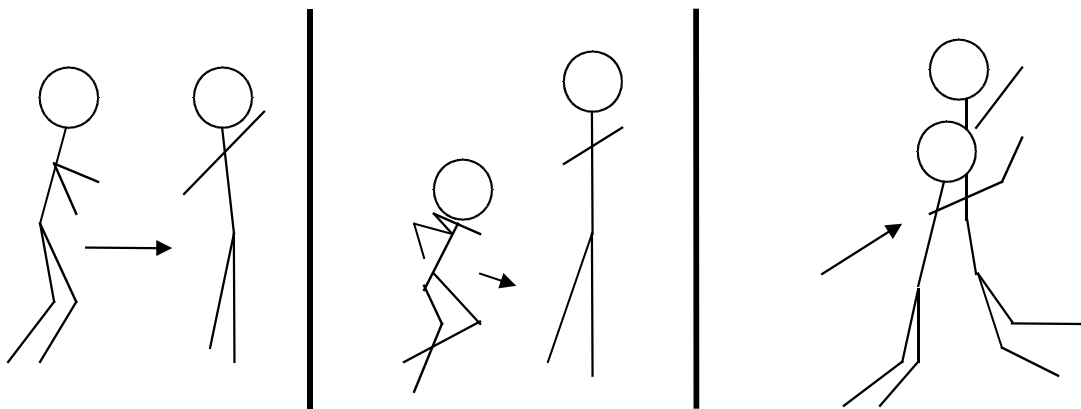
ON COACHES WHISTLE THE RUNNER WILL TAKE OFF AND RUN DIRECTLY TO THE CONE. THE TACKLER WILL TAKE OFF TO MESH WITH HIM AT THE CONE. AFTER CONTACT (HEAD UP, THROW THE ARMS, DROP THE HIPS) THE TACKLER NEEDS TO RUN HIS FEET. THIS DRILL SHOULD BE DONE AT 75% OR BETTER.

POP UPS

1

2

3



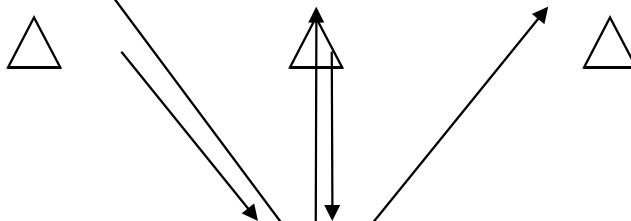
THIS IS THE BASIC FORM TACKLE FOR MANY DRILLS. **SINKING THE HIPS, CHIN UP, LOADING THE ARMS, THROWING HIPS AND ARMS, DRIVING THE FEET.**

POP UPS WITH 3 MEN

PLAYER 1

PLAYER 2

PLAYER 3





TACKLER

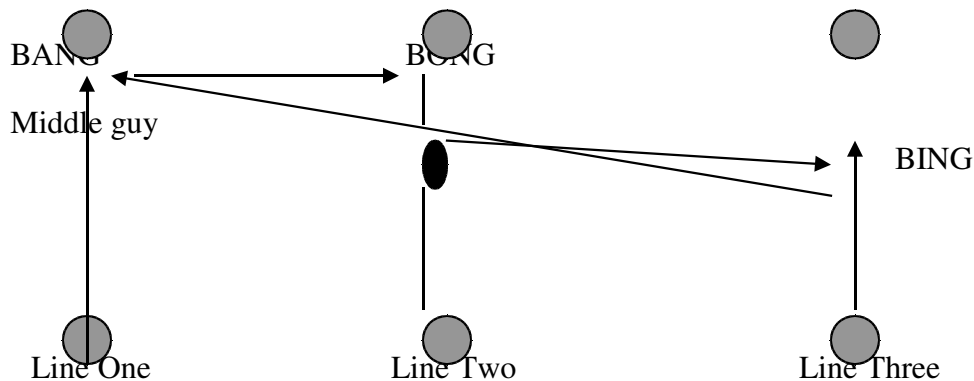
HAVE PLAYERS LINED UP 5 YARDS APART ON THE SIDE LINE AND THE TACKLER 5 YARDS DEEP.

THE TACKLER WILL TAKE OFF ON WHISTLE AS PLAYER 1 WAITS WITH ARMS UP. TACKLER PERFORMS A POP UP TACKLE AND DRIVES FOR 2 STEPS AND THEN DROPS PLAYER ONE. (MAKE SURE RUNNERS ARE JUMPING UP A LITTLE TO MAKE DRILL EASIER) AFTER PERFORMING POP UP ON PLAYER ONE, THE TACKLER WILL BACKPEDAL TO THE CONE AND CHOP FEET UNTIL COACH BLOWS WHISTLE AGAIN. TACKLER WILL PERFORM A POP UP WITH PLAYER ONE THEN TWO THEN THREE. THEN GROUP ROTATES. PLAYER ONE IS NOW IN THE MIDDLE. TACKLER GOES TO THE BACK OF PLAYER 3'S LINE

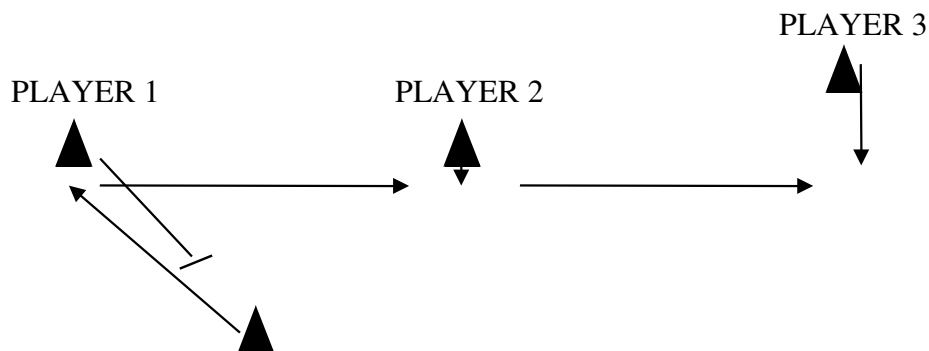
BING BANG BONG

Start with 3 lines 10 yards apart. Place one guy in the middle and place a cone about 20 yards away. Begin with either side runner. Runners try to reach far cones without getting tackled. **The runners must stay in a straight line.** The tackler in the middle must run over and tackle each runner. As soon as he tackles the first runner, the far runner takes off on the coaches whistle. As soon as the middle man tackles runner 2, the middle runner takes off on the coach's whistle.

RUNNERS MUST GO DOWN WHEN HIT. NO HITS BELOW THE HIPS



RIP/CUT/HIT



TACKLER

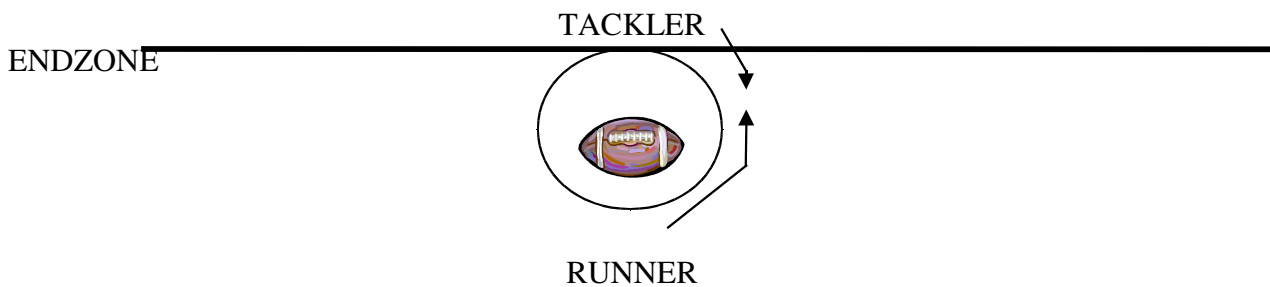
PLAY STARTS ON COACHES WHISTLE.

TACKLER RIPS THROUGH A DOWN BLOCK FROM PLAYER 1. TACKLER THEN SHUFFLES DOWN THE LINE AND PRESSES DOWN TO AVOID CUT BLOCK FROM PLAYER 2 (WHO IS IN A 4 POINT STANCE AND JUST FIRES OUT). TACKLER THEN ACCELERATES TO PLAYER 3 WHO HAS A BALL AND PERFORMS A FORM TACKLE.

PLAYER 3 GOES DOWN ON CONTACT. NO HITS BELOW THE HIPS

OREGON DRILL

THIS DRILL IS MEANT TO BE SHORT, EXPLOSIVE AND VIOLENT!



BREAK THE TEAM INTO GROUPS TO INCREASE INTENSITY BY MAKING IT A COMPETITION!

BALL STARTS ON TOP OF GARBAGE CAN. PLAY STARTS WHEN THE RUNNER GRABS THE BALL.

THE RUNNER IS TRYING TO SCORE A TOUCHDOWN BY CROSSING THE GOAL LINE

THE TACKLER IS TRYING TO STUFF HIM AT THE LINE OF SCRIMMAGE OR GOAL LINE.

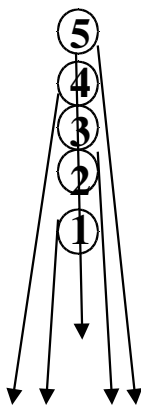
PLAY IS OVER ONCE FORWARD MOMENTUM IS STOPPED OR SCORE IS MADE. THIS DRILL IS 2 SECONDS TOPS EACH TIME SOMEONE GOES.

COACH AT FIRST DETERMINES

SET CONES 3-4 YARDS OUTSIDE OF GARBAGE CAN TO KEEP PLAYERS IN SMALL AREA.

THIS IS A HEAVY CONTACT DRILL. ALL HITS ABOVE HIPS. STAY ON YOUR FEET!

SHUCK DRILL OR SHOTGUN DRILL



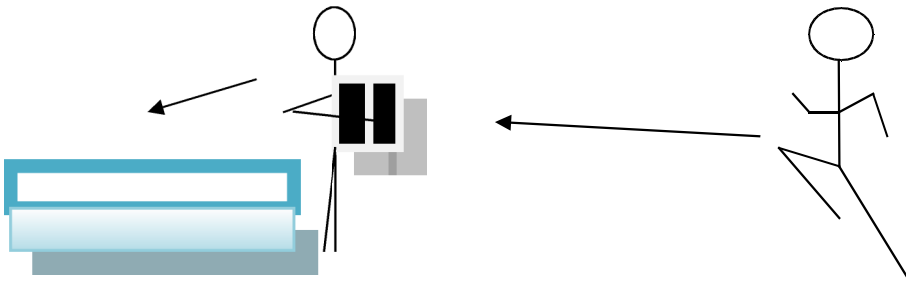


ENDZONE

TACKLER

LINE UP FIVE RUNNERS. TACKLER IS 5 YARDS APART WITH HIS FEET ON A LINE.
WHEN WHISTLE BLOWS, PLAYER ONE WILL TAKE OFF AND TRY TO KNOCK THE TACKLER
DOWN WITH A SHOULDER BLOW TO ONE SIDE OR THE OTHER.
WHEN THE SECOND WHISTLE BLOWS, PLAYER 2 ATTEMPTS THE SAME THING BUT TO THE
OPPOSITE SHOULDER.
TACKLER IS USING HIS HANDS AND CHOPPING HIS FEET AND HE SHEDS THE BLOCK AND
SLOWLY MOVES FORWARD.
RUNNERS 3 AND 4 CONTINUE THE DRILL UNTIL RUNNER 5 RUNS RIGHT AT THE TACKLER
AND PREPARES FOR A HIT AND WRAP PERFORMED BY THE TACKLER.
TACKLER WANTS TO SLOWLY MOVE FORWARD AND KEEP HIS BALANCE.

LIGHTS OUT DRILL



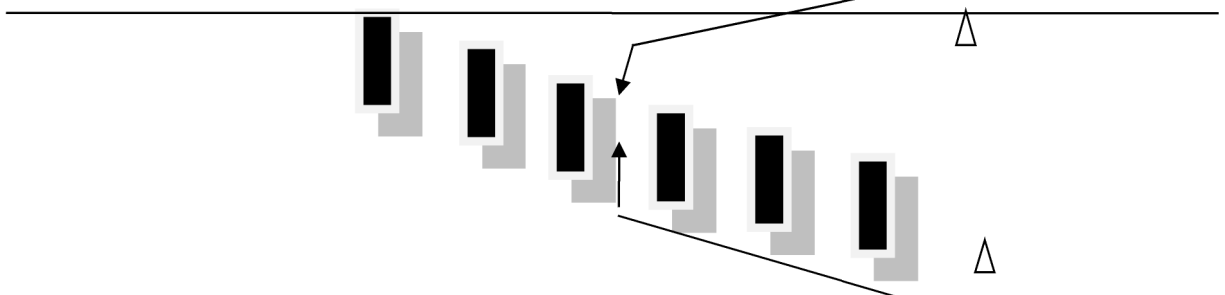
PLAYER ONE NEEDS TO BE PROTECTED! HAVE HIM HOLD TWO HAND SHEILDS.
TACKLER GETS A 10 YARD RUN. WE ARE LOOKING FOR A BIG HIT AT FULL SPEED.
TACKLER MUST HIT AND WRAP AND AVOID HELMET TO HELMET CONTACT.

EYE OPENER

LINE OF SCRIMMAGE

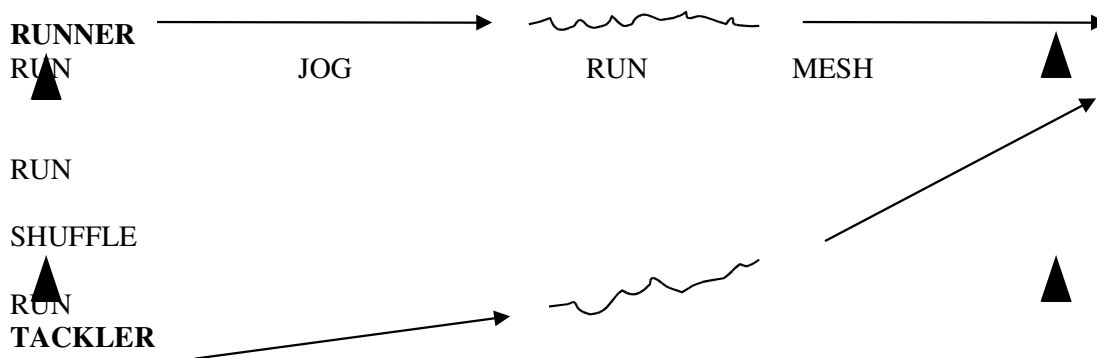
RUNNER

TACKLER



THIS IS A FULL SPEED DRILL!
 RUNNER WILL CHOOSE HIS OWN HOLE.
 TACKLER MUST STAY ON BACK HIP, MOVE “DOWN HILL” AND KEEP HEAD ACROSS THE
 BODY AS HE HITS AND WRAPS.

PRESS DRILL



SET CONES 10 YARDS APART AND ON THE HASH MARKS OF THE FIELD.
 ON THE WHISTLE PLAYERS TAKE OFF. TACKLER IS WORKING ON “PRESSING” DOWN THE
 ANGLE ON THE RUNNER. (GREAT FOR JET SWEEP AND TOSS). BOTH PLAYERS SHOULD
 SPRINT ON FIRST WHISTLE, SHUFFLE/JOE ON SECOND WHISTLE AND SPRINT TO THE
 CONTACT MESH AT THE CONE.
 TACKLER NEEDS TO SQUARE SHOULDERS DURING SHUFFLE AND FORM WRAP AND HIT
 DURING FINAL PHASE.