

***UW – Stevens Point
DB Play in the 4/3 Defense***

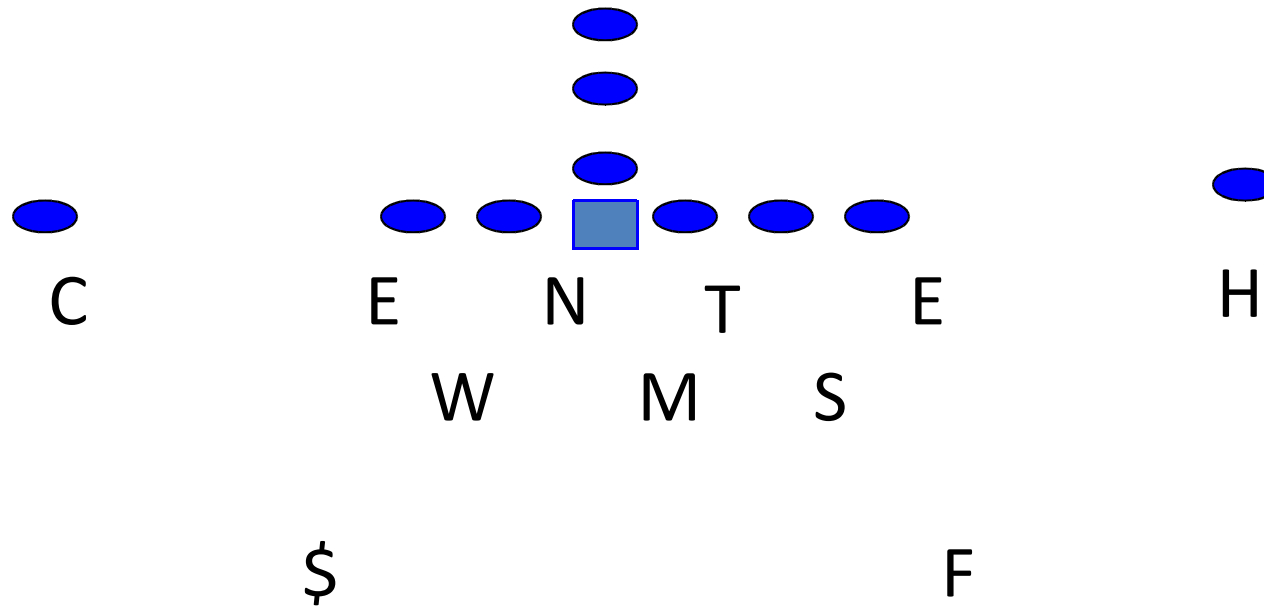


2015

PHILOSOPHY

- We will be an intimidating secondary known for our physical style of play throughout the WIAC Conference. **No one will be tougher** and **No one will be better at bump and run** than the UWSP Corners. Our Safeties will support the run better than any other secondary in the WIAC! We will be an unselfish outfit that considers the TEAM first and ourselves second. We will trust and rely on our techniques to put us in the best position to make plays. We will be accountable to one another. There will be no room for selfishness! Whether you are a starter, special team's player, back-up or scout team player you will strive to play hard within your role.

SECONDARY ALIGNMENTS



H Field corner to the wide side

C Boundary corner will adjust to single width

\$ Boundary Safety

F Field Safety

UW – Stevens Point Safety Play



2015

Cover 4 or 1/4s VS. TE

TEACHING PROGRESSION

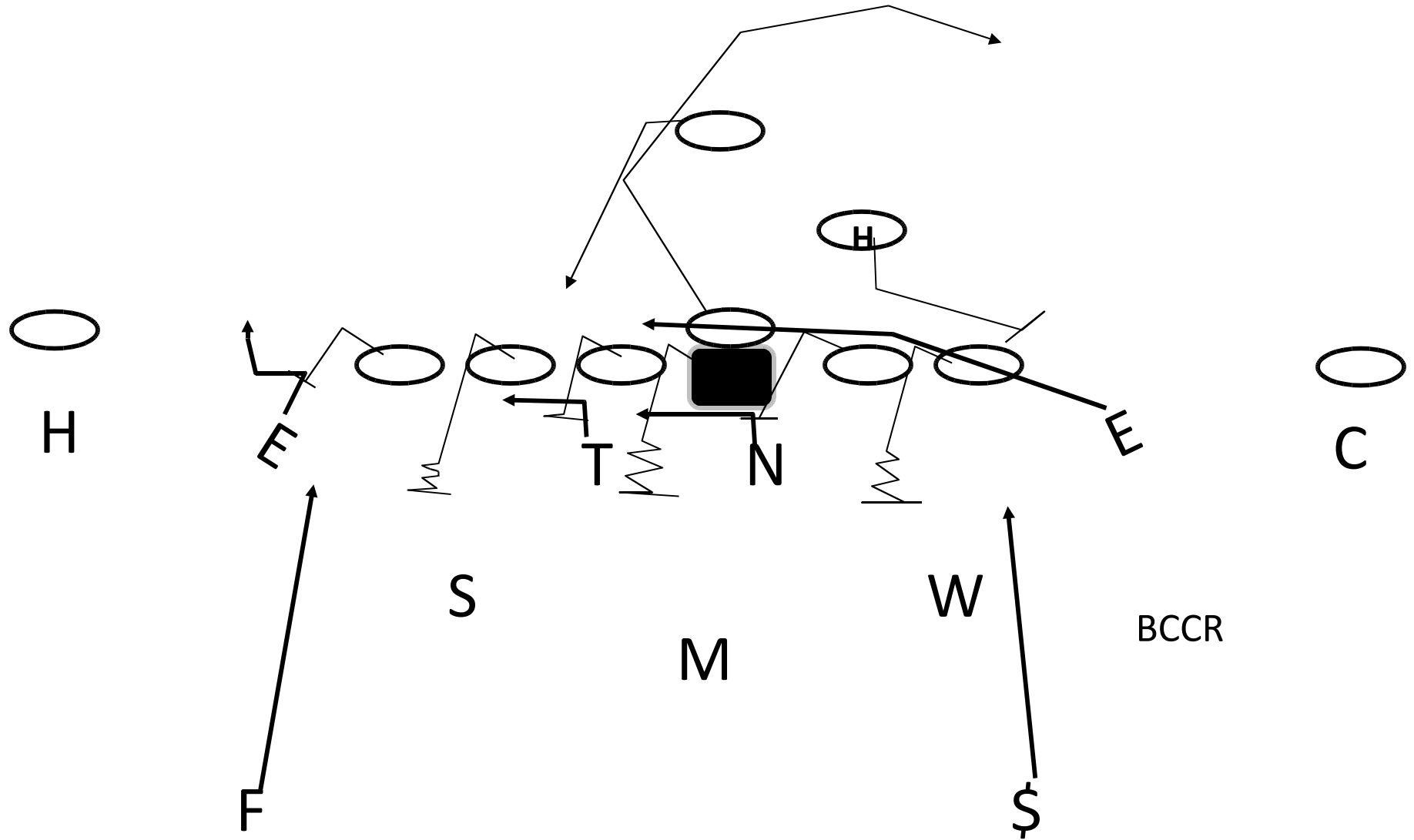
Cover 4 or 1/4s Technique

Stick *Q* 2-1

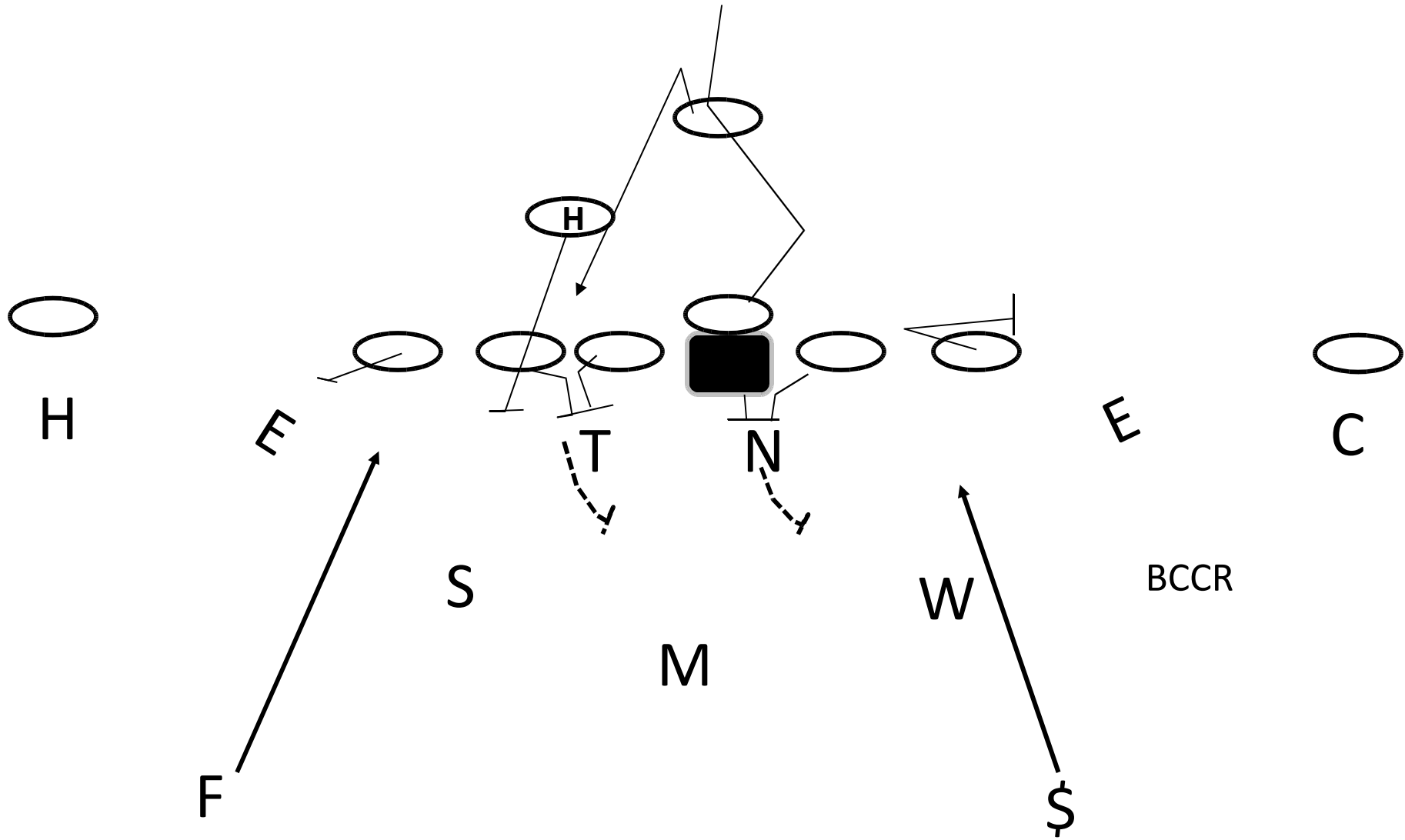
From your 10 x 2 alignment you will key the QB/End Man on LOS through the #2 receiver to your side.

- “Stick” = step down 2-3 steps. We want you to be a dynamic player keying the play on your steps.
- Run to you = Continue to get downhill and fill off the LB your side.
- Run away = Replace LB your side. You are the BCCR player
 - B – Boot
 - C – Counter
 - C – Cutback
 - R - Reverse
- If it is pass, key #2 for your responsibility. Be physical on a TE Vertical, staying over the top of all routes

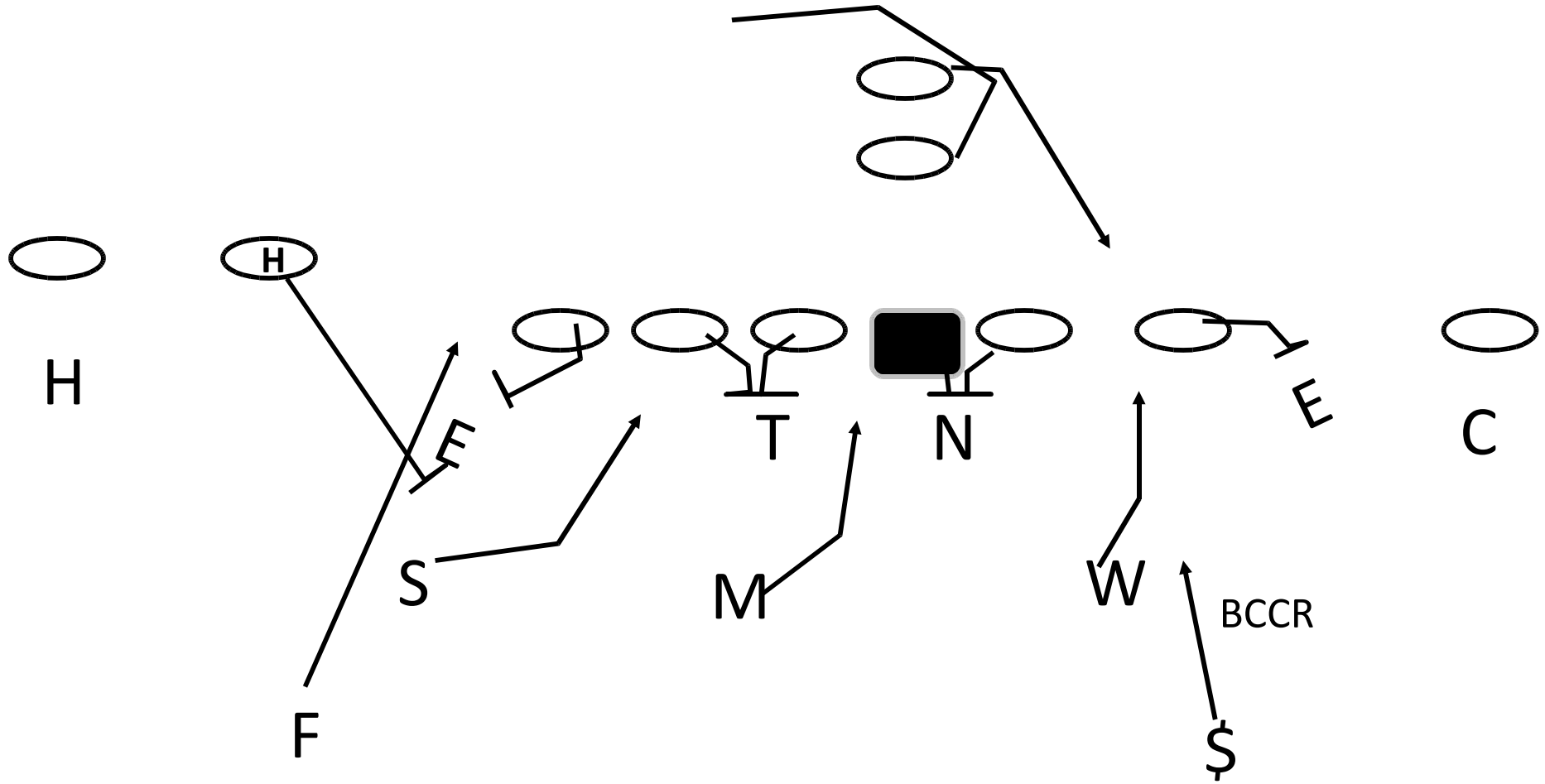
Run Support



Safety Run Support



Safety Run Support

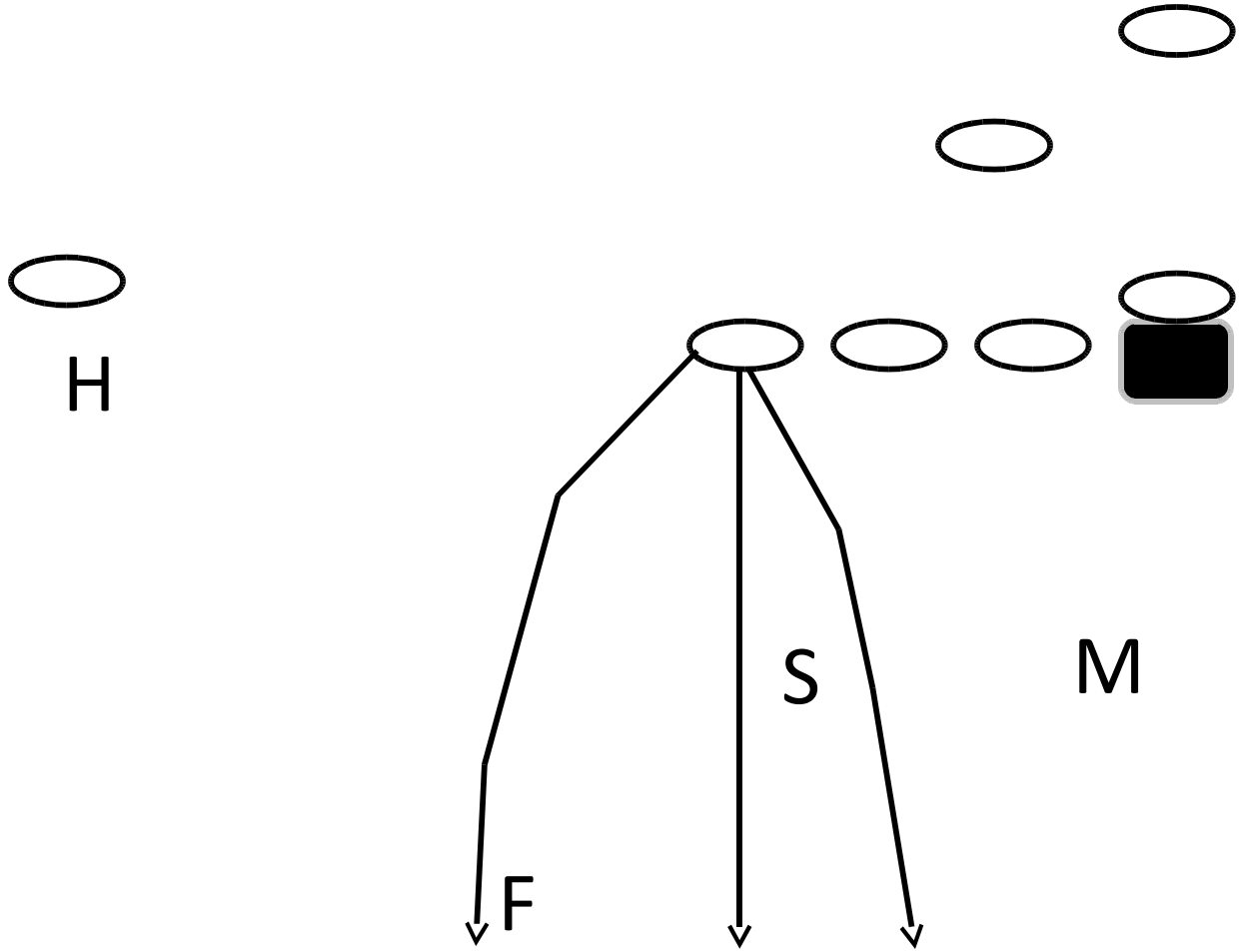


COVER 4 – VS. PASS

2 Receiver can do 3 things:

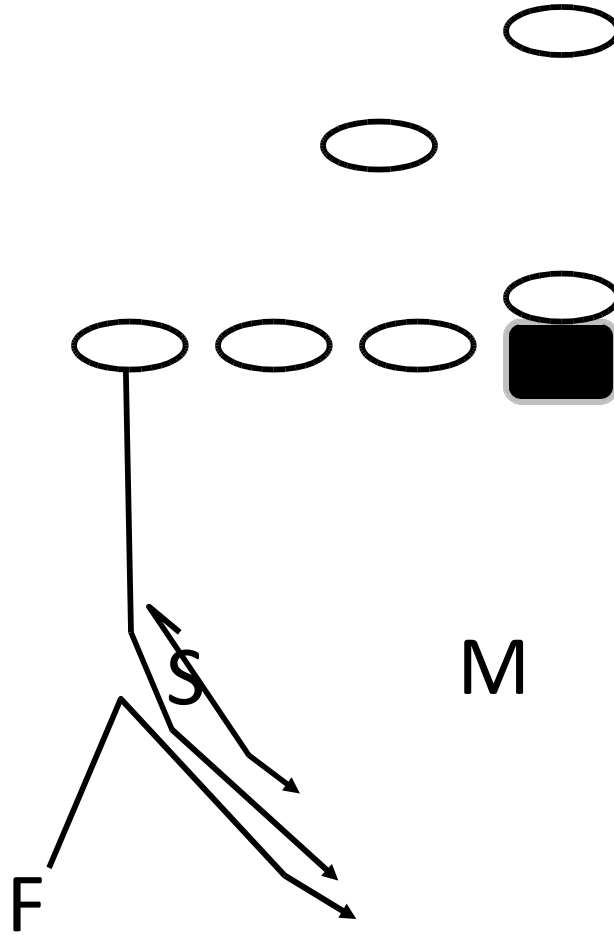
1. Go Vertically
2. Go Out
3. Go Under

#2 Vertical

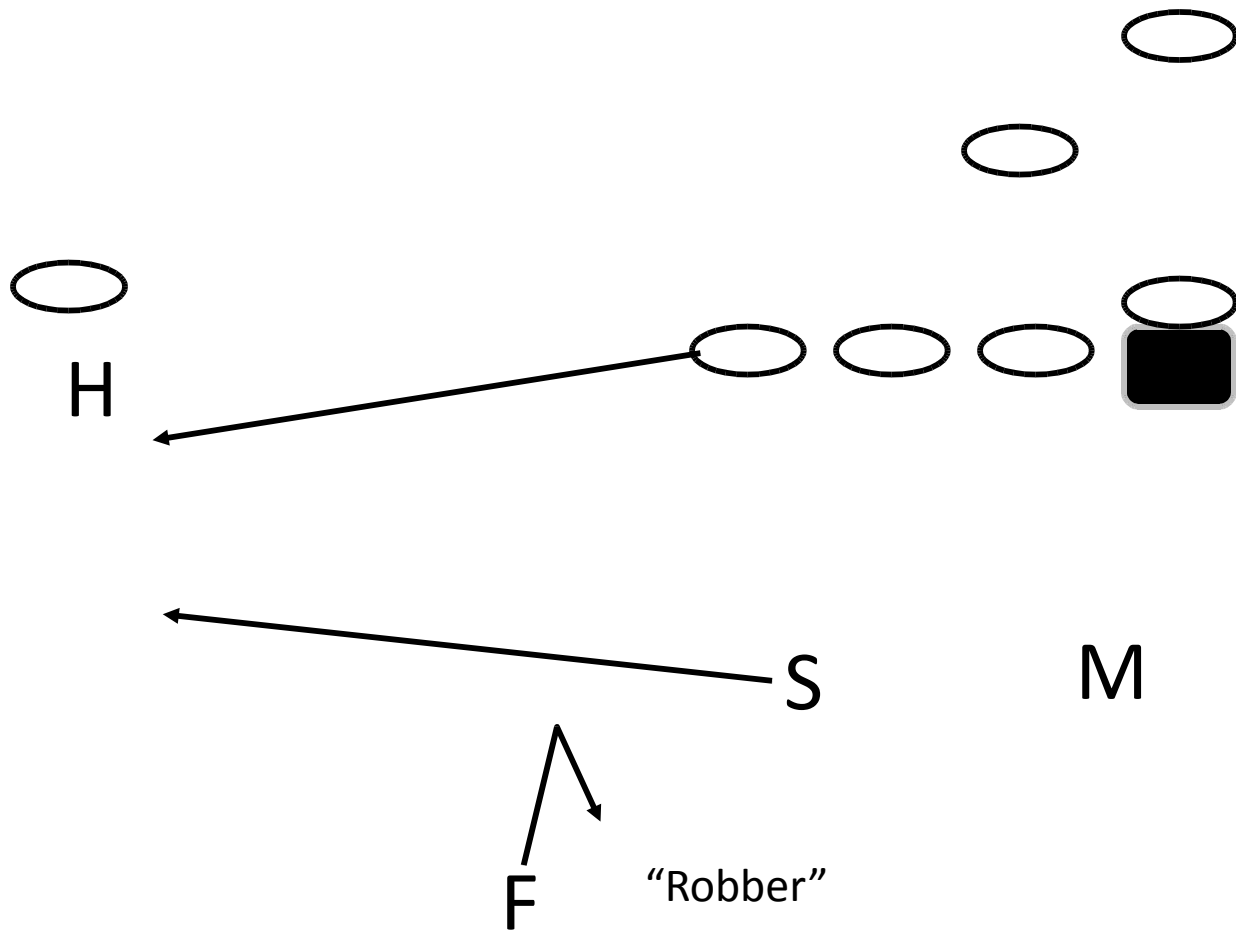


#2 Vertical

O
H

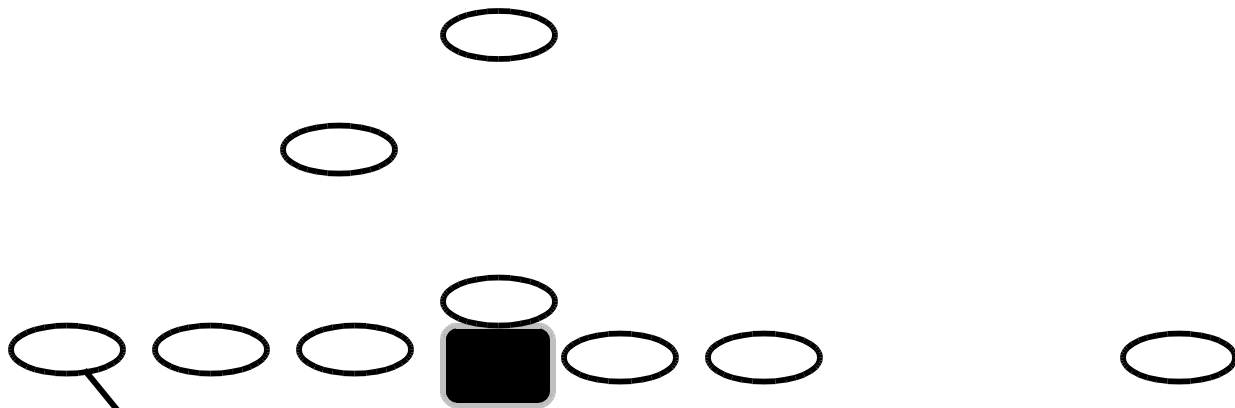


#2 Out



#2 Under

O
H



O
C

S

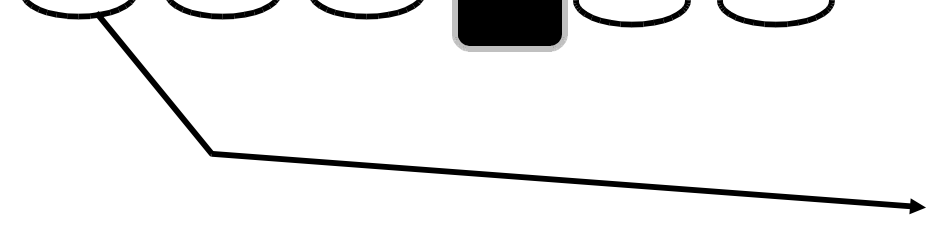
M

W

F

"Robber"

SS



Cover 4 or 1/4s VS. Tight aligned WR

TEACHING PROGRESSION

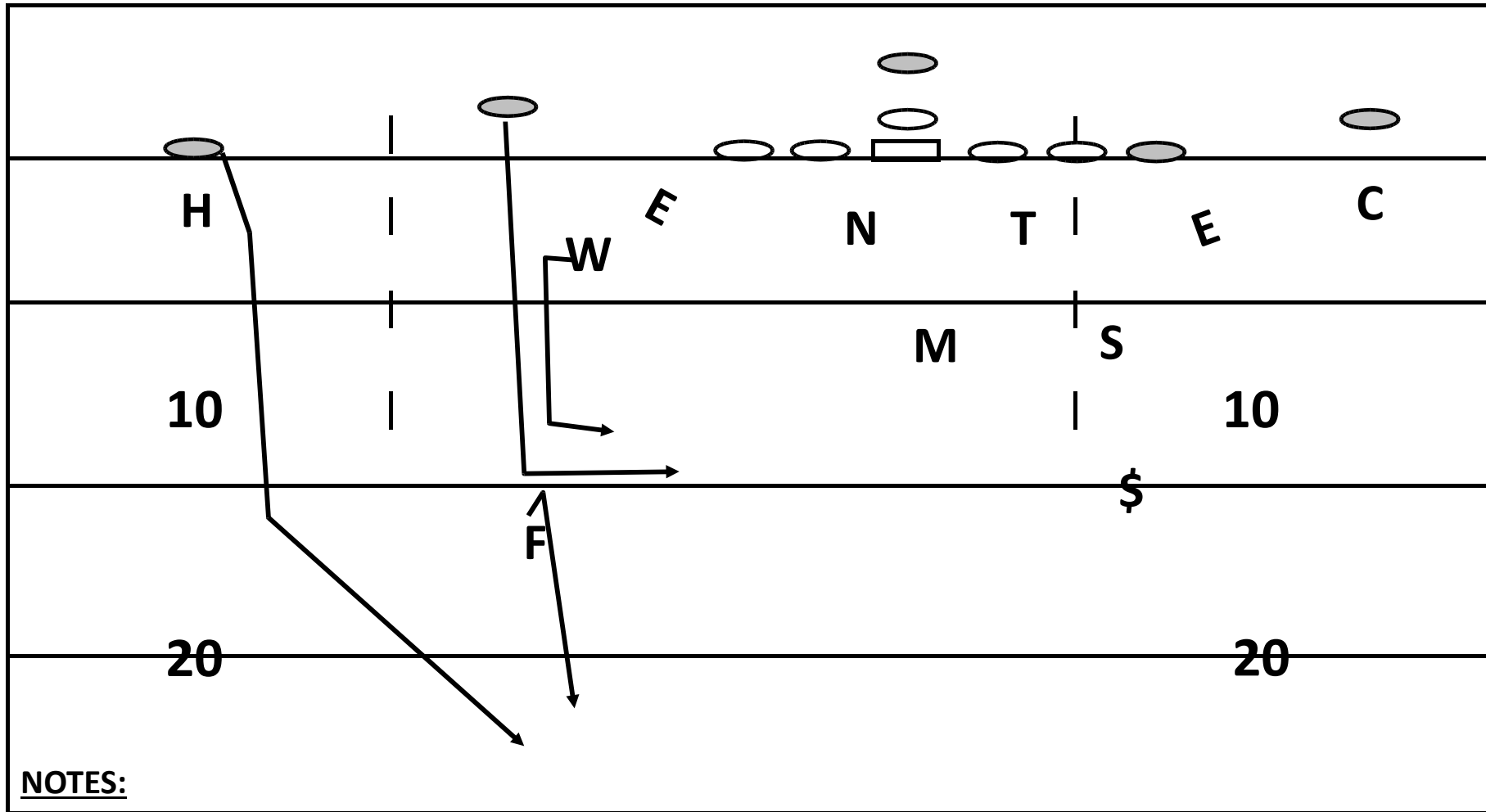
Cover 4 or 1/4s Technique vs. Tight WR

Backpedal *Q* 2-1

Alignment = 10 x I/S shade alignment on #2 Receiver

- At the snap, controlled “stick” keying the QB through your #2 receiver
- Run to you, #2 blocking OLB = Get downhill and fill off the LB your side.
- Run to you, #2 vertical = play pass. Backpedal for depth. Stay over the top and I/S your #2
- Run away = Replace LB your side. You are the BCCR player
 - B – Boot
 - C – Counter
 - C – Cutback
 - R - Reverse
- If it is pass, key #2 for your responsibility

1/4s Technique

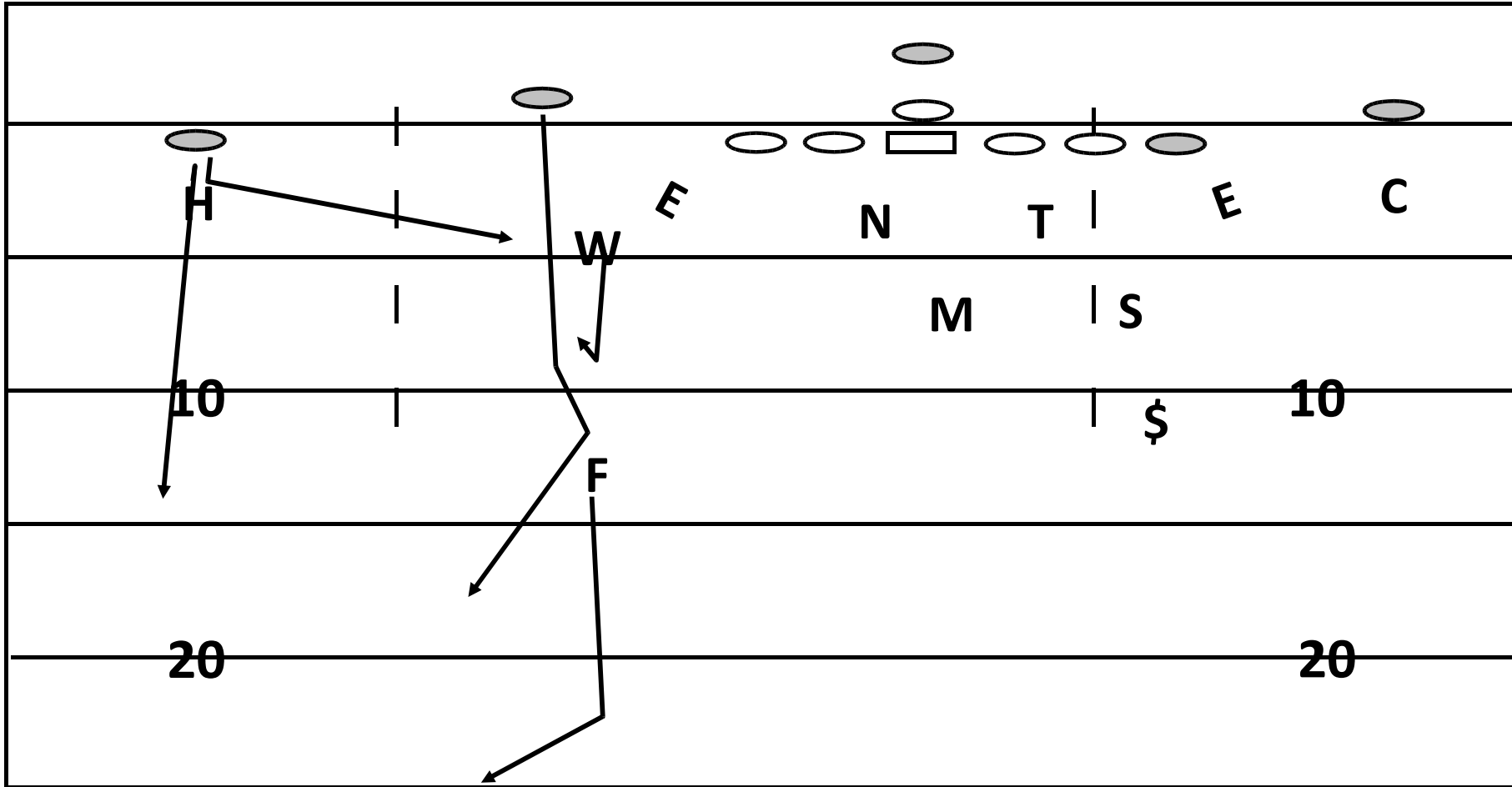


NOTES:

#2 Vertical = Safety M/M. Play over the top. Cushion. Square Shoulder Weave.

- Maintain Vertical Separation on #2 Vertical
 - Helps with Florida Route. Play Post to Dig. Drive on dig if ball thrown.
 - Helps vs. Dbl Moves

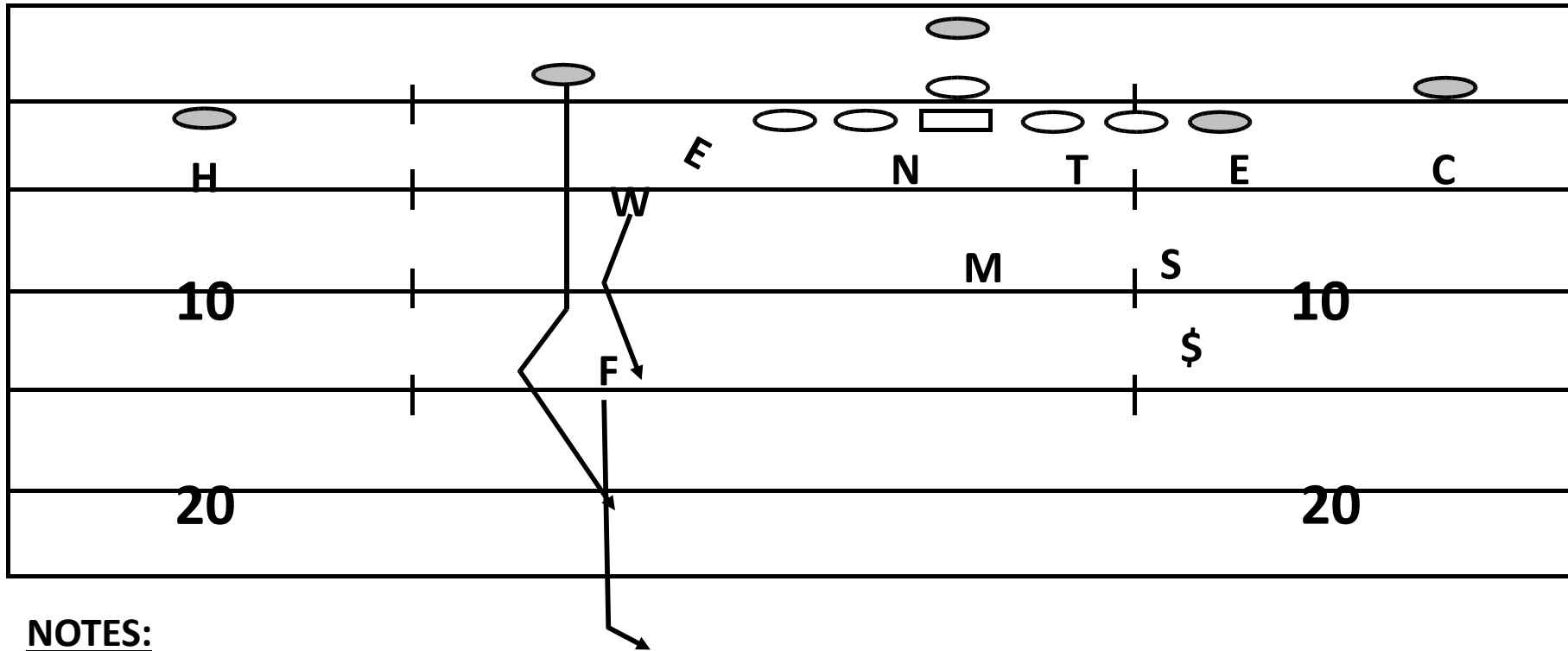
1/4s Technique



NOTES:

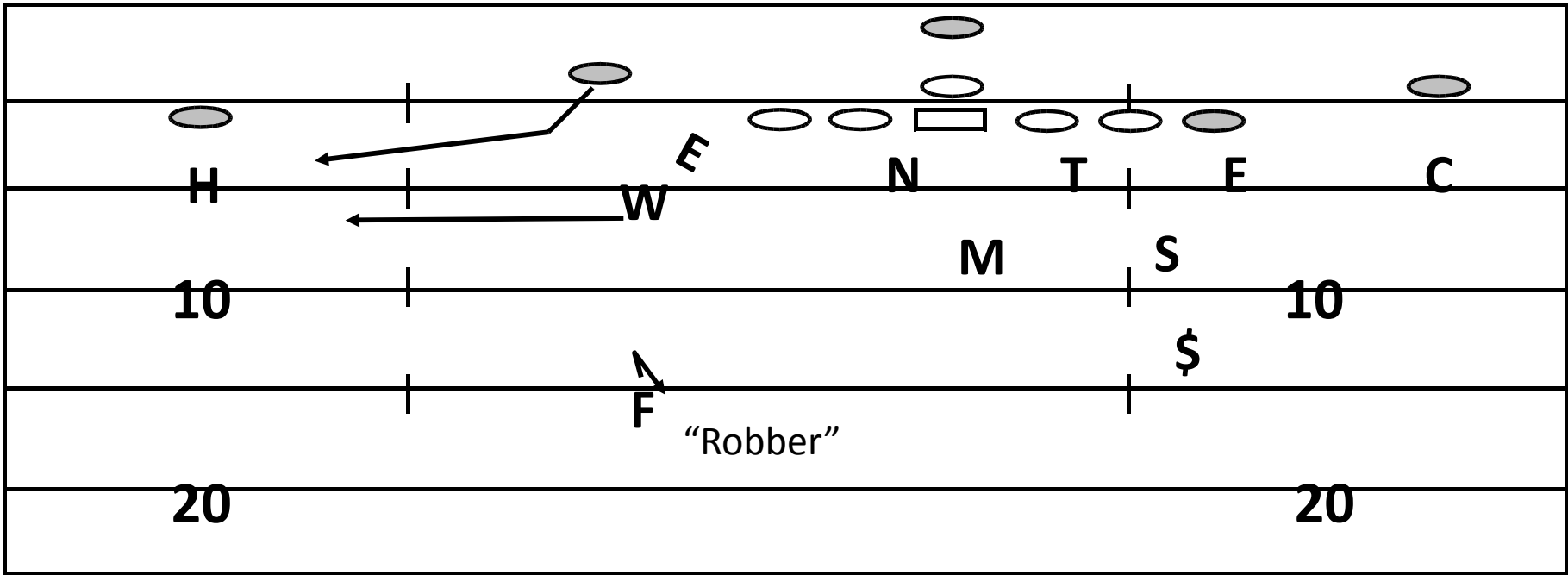
#2 Vertical = Safety M/M. Play over the top.

1/4s Technique



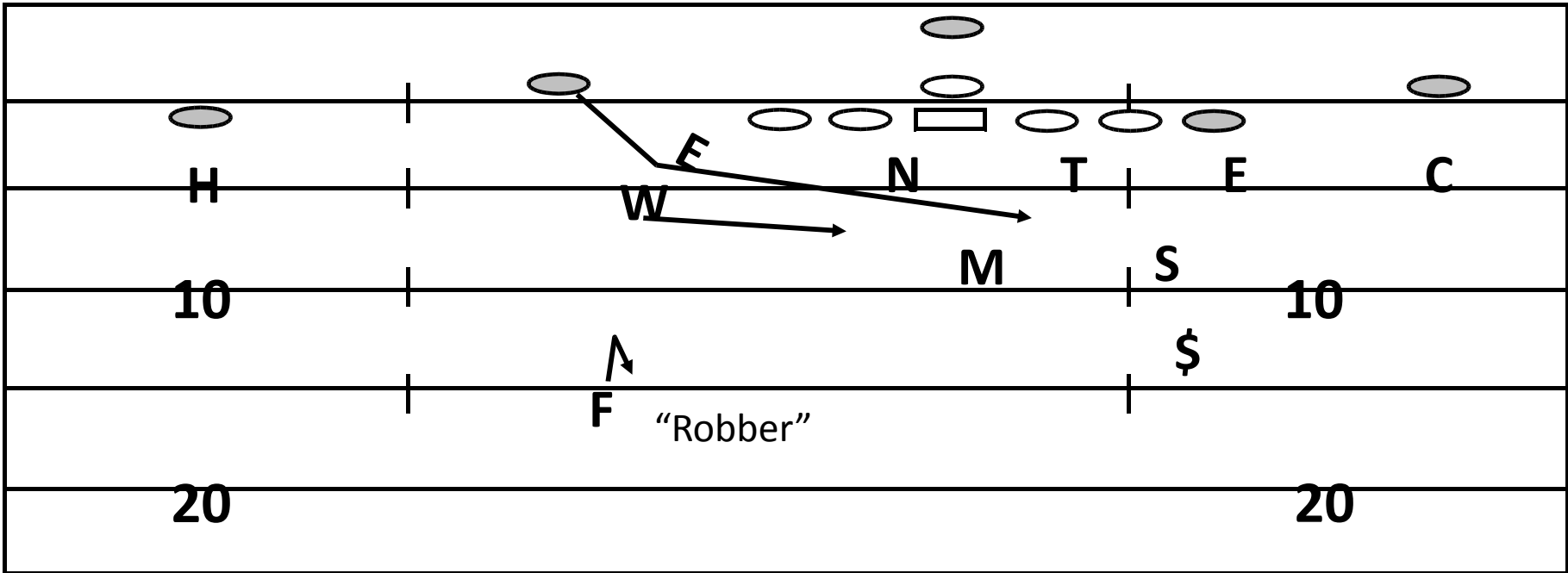
NOTES:

#2 Vertical = Safety M/M. Play INSIDE and over the Top.



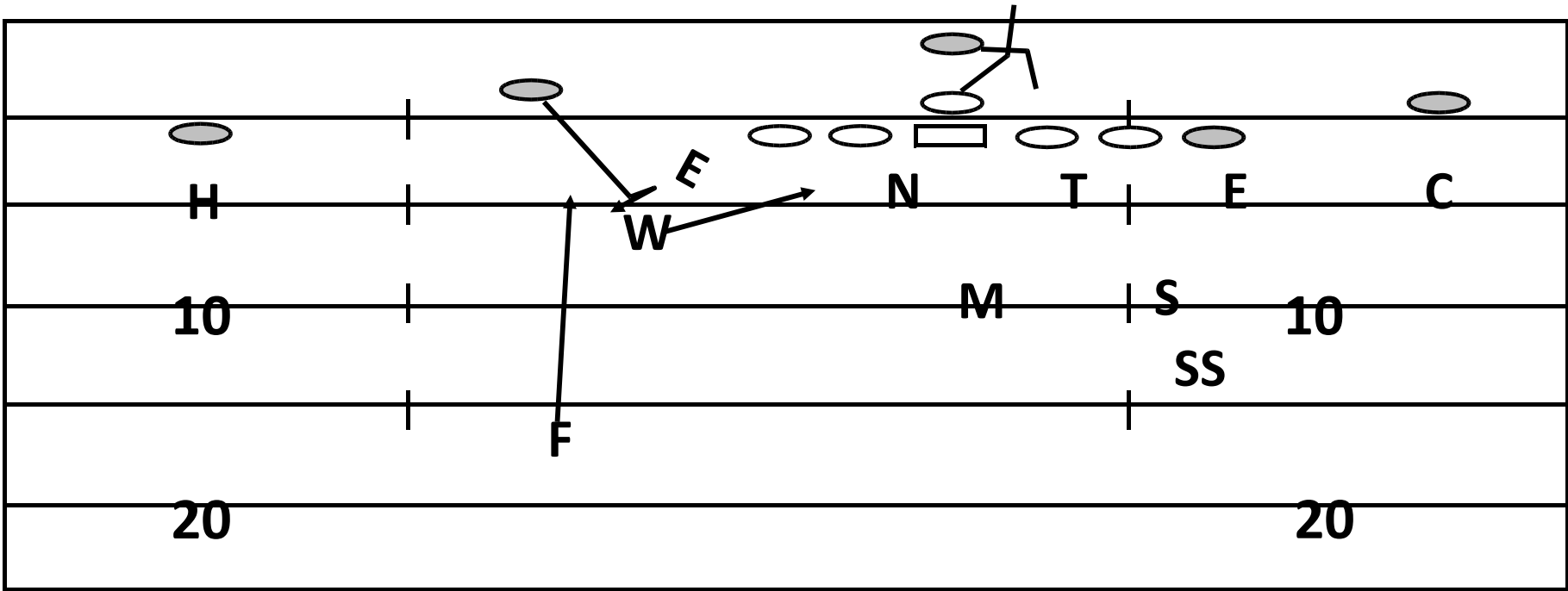
NOTES:

#2 Arrow = Will Flat Match. Safety soft pedal and ensure OLB takes #2 to the flat. "Robber"



NOTES:

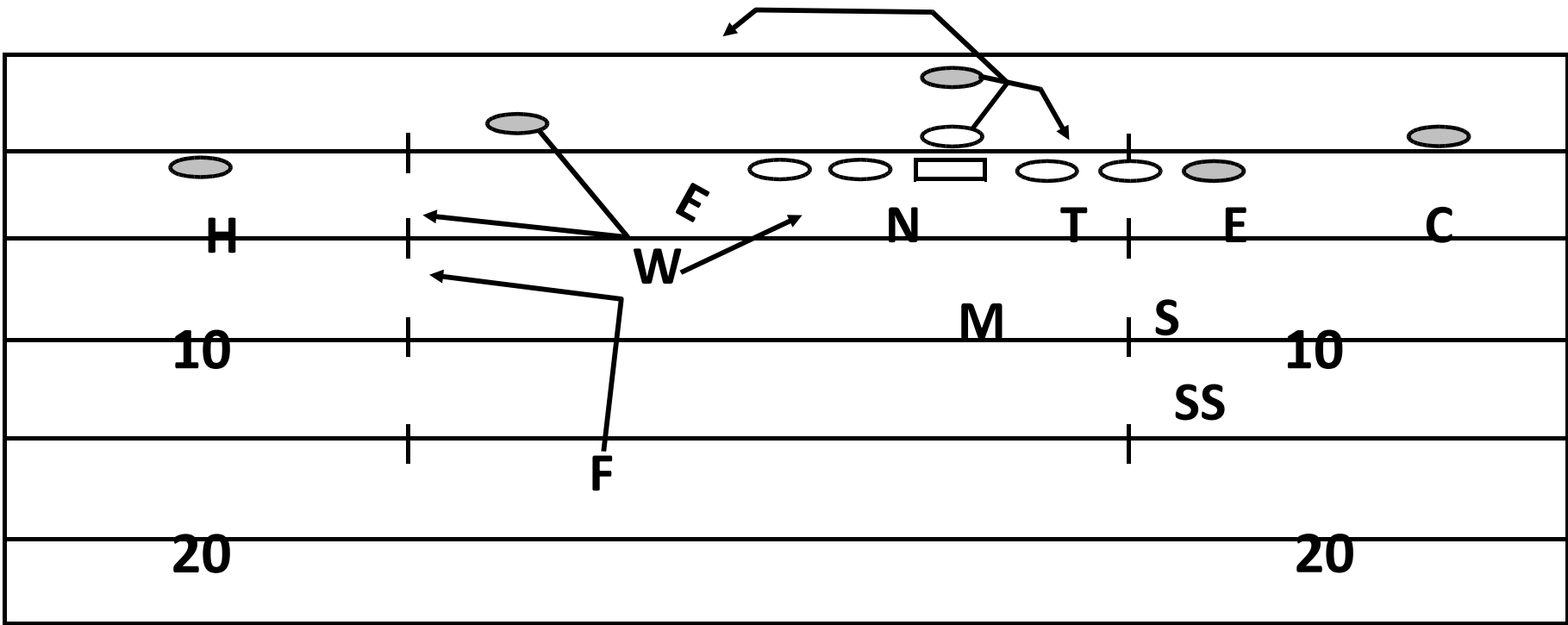
#2 I/S Release = Safety Plays a robber technique



NOTES:

C/Safety = Key Release of #2

- #3 I/S Release Cracking the W/S = Crack replace, BCCR



NOTES:

C/Safety = Key Release of #2

- #2 I/S Release on Crack path = Safety is BCCR. If Boot, Flat match #2

UWSP
Corner Manual



2015

TEACHING PROGRESSION

“BUMP AND RUN” (Press Tech)

Philosophy:

We feel the “bump and run” or “press” technique that we employ forces the offense to adapt to a few factors they are not normally presented with vs. traditional soft coverage techniques. The offense must adapt to the following:

1. The “press” technique forces the wide-out to show us his release immediately, thus revealing route tendency.
2. The “press” technique forces individual pass routes into taking more time, thus buying time for our pass rushers to get to the QB.
3. The “press” technique forces routes to be inconsistent in where they finish.
4. The “press” technique forces the timing and spacing of routes to be inconsistent.
5. The “press” technique lets our players play within our attacking philosophy.
6. The “press” technique gives the QB a “murky” look at the wide-out forcing throws to his secondary reads.

Press TEACHING PROGRESSION

i. Alignment:

Helmet I/S WR helmet, with your eyes focused on his inside hip.

ii. Stance:

Take an inside foot staggered stance with the feet within the framework of the shoulders. The DB should be able to rock back and forth comfortably. Hands should be in front, over the knees, with the arms bent at a 90° angle, and the fingers alive. Weight should slightly favor the “up” foot for shadow.

Press TEACHING PROGRESSION

iii. At WR Movement: “Mash Grapes/Shadow Technique”

A. At his movement the DB will “Mash Grapes” and “shadow” his release staying within arms length distance, keeping our shoulders square with his shoulders. This technique starts with:

- 1) Eyes
- 2) Feet
- 3) Hands

The DB should never initiate the first move; he should always be the “reactor” to the release of the wide-out, mirroring and giving ground at a 45 degree angle, basketball shuffle staying over the top of all releases.

B. If the wide-out “dances” from his stance hold your water, do not let him invite you to attack him. When he is dancing he wants you to be impatient and attack him. Don’t buy it! We must learn to be aggressive backward. Simply balance up and mash grapes until the WR threatens the shoulder to the release!

Press TEACHING PROGRESSION

C. Release Declaration:

Once the wide-out has declared the direction he will try to clear you with, we will now become aggressive. If he takes a release to your right, you must flip your hips leading with your right foot at an angle to meet him on his stem. Almost simultaneously, you must punch arm opposite to force his release wider than he wants it to be. As you punch him, grab near numbers and pull yourself into and over his near shoulder and hip.

1. Route Tendency:

A. Inside release is usually one of the following:

- Quick Slant
- Crack Block
- Curl, dig or post
- Post corner

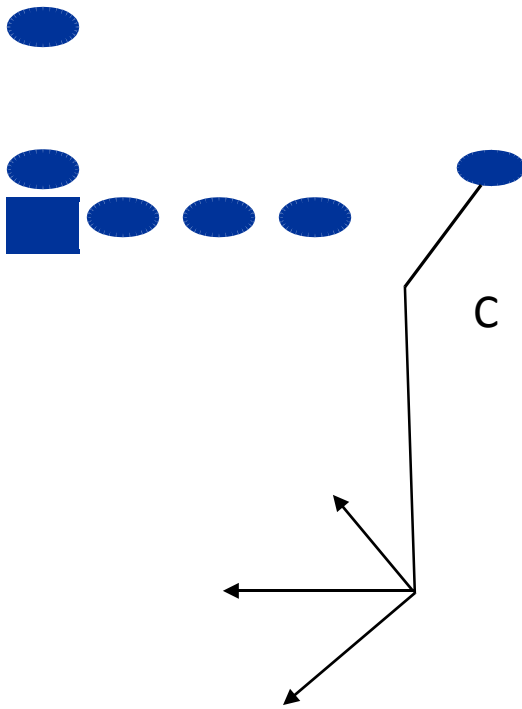
B. Outside release is usually one of the following:

- Fade or go route
- Out or comeback
- Run-off

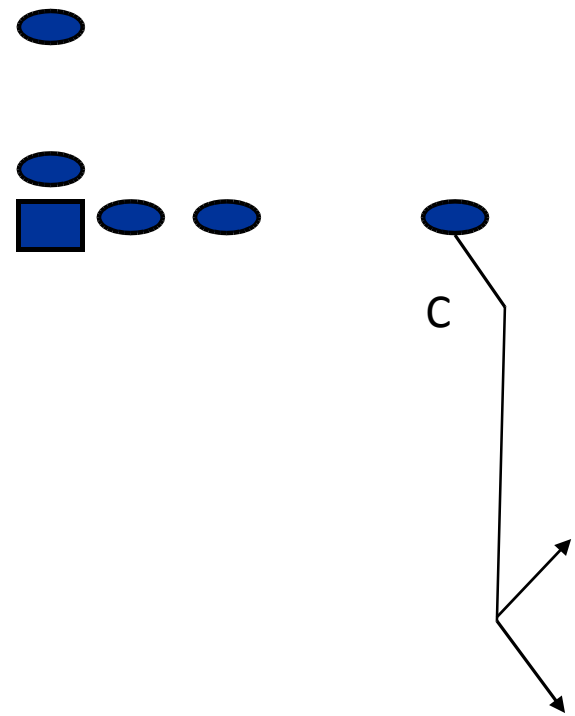
RELEASE DECLARATION

EXAMPLES:

Inside Release



Outside Release



Press TEACHING PROGRESSION

D. Pester the Man:

1. Once you have established “hip-over” leverage, it is now your duty to disrupt the route. If he took an outside release, hammer him out of bounds. An inside release should be squeezed down to inside. Remember, once you are “in phase” with the WR play with 3 eyes and go get the ball.

Press TEACHING PROGRESSION

E. Finishing.....

1. Once the DB has put himself over position and is in “hands-on” relationship with the WR, it is time to be a playmaker.

2. “Finishing” is what separates good cover guys and great cover guys. Attitude must be that once the ball is thrown, we become the WR.

Wedge the fade and squeeze...roll the post...dip to pressure for push-off. Quick turn, flip to post 1st, flatten the quick-slant.

TEACHING PROGRESSION

F. Press

1. Inside eye shadow technique.
2. Treat forced inside release as a quick-slant then react off of play. Play the slant until your eyes tell you the truth.
i.e. slant vs. crack read.....
3. Communicate your “In” calls loud and get your eyes on #2 for china read.
4. Understand route/release tendency
 - a. Inside release inside route.....
 - b. outside release go or out route.....
5. Change-up your game with occasional quick-jams and fake two-hand techniques.

Crack vs. Slant

Coaching Points:

- G. Crack – replacement – work over top the inside release of the WR initially. Once the run to you is recognized drive to an outside contain position sweeping the ball-carrier with square shoulders. Remember, treat the inside release as a quick slant pass until your eyes tell you the truth. Do not guess run/crack!

