

Alinhamento 3x4

NT: 0 tech ou shade

DE: 4, 4i ou 5 tech

S: 2 yds, 5 ou 9 tech

W: 2 yds, 5 ou 9 tech

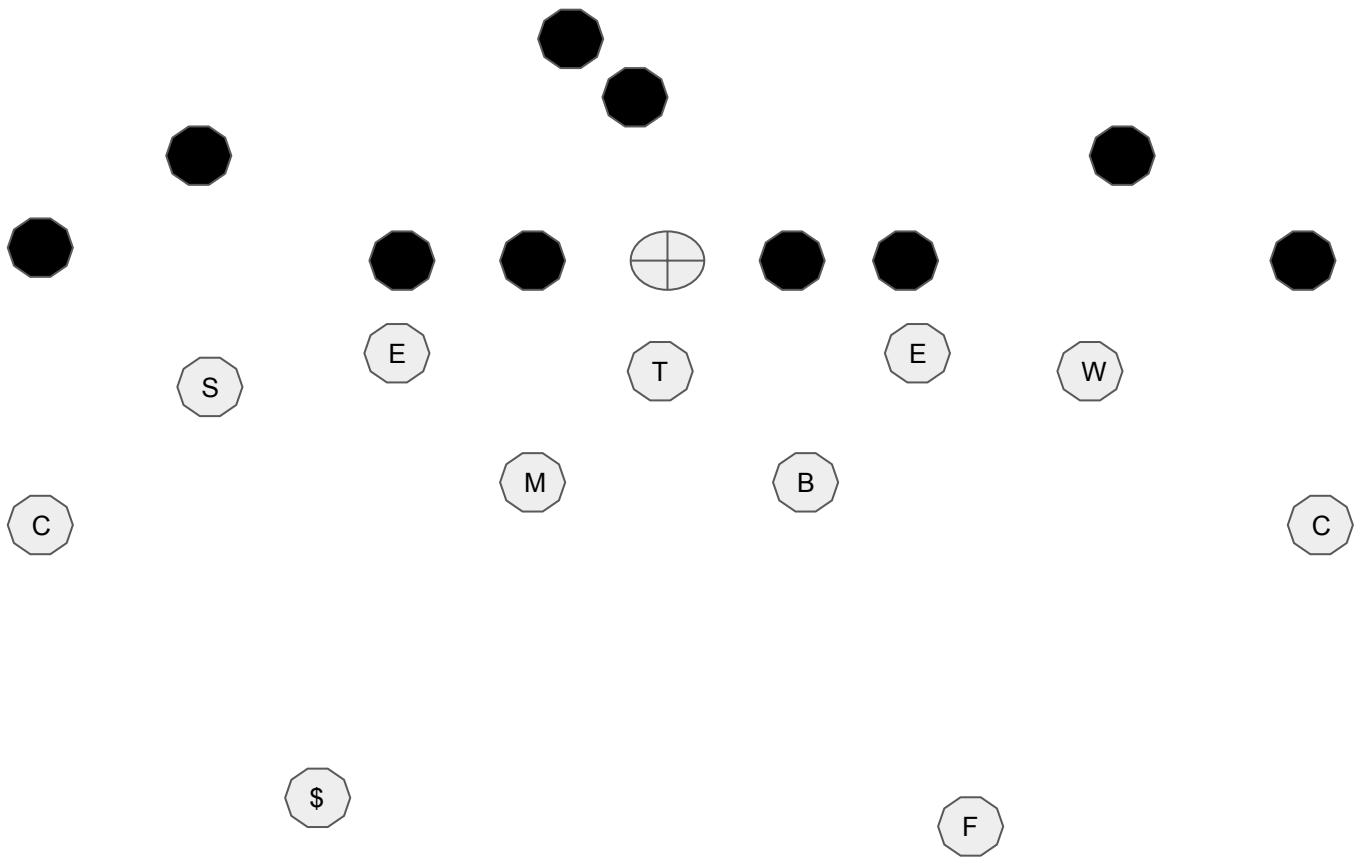
M: 2 a 5 yds, 20 tech

B: 2 a 5 yds, 20 tech

C: 2 a 5 yds

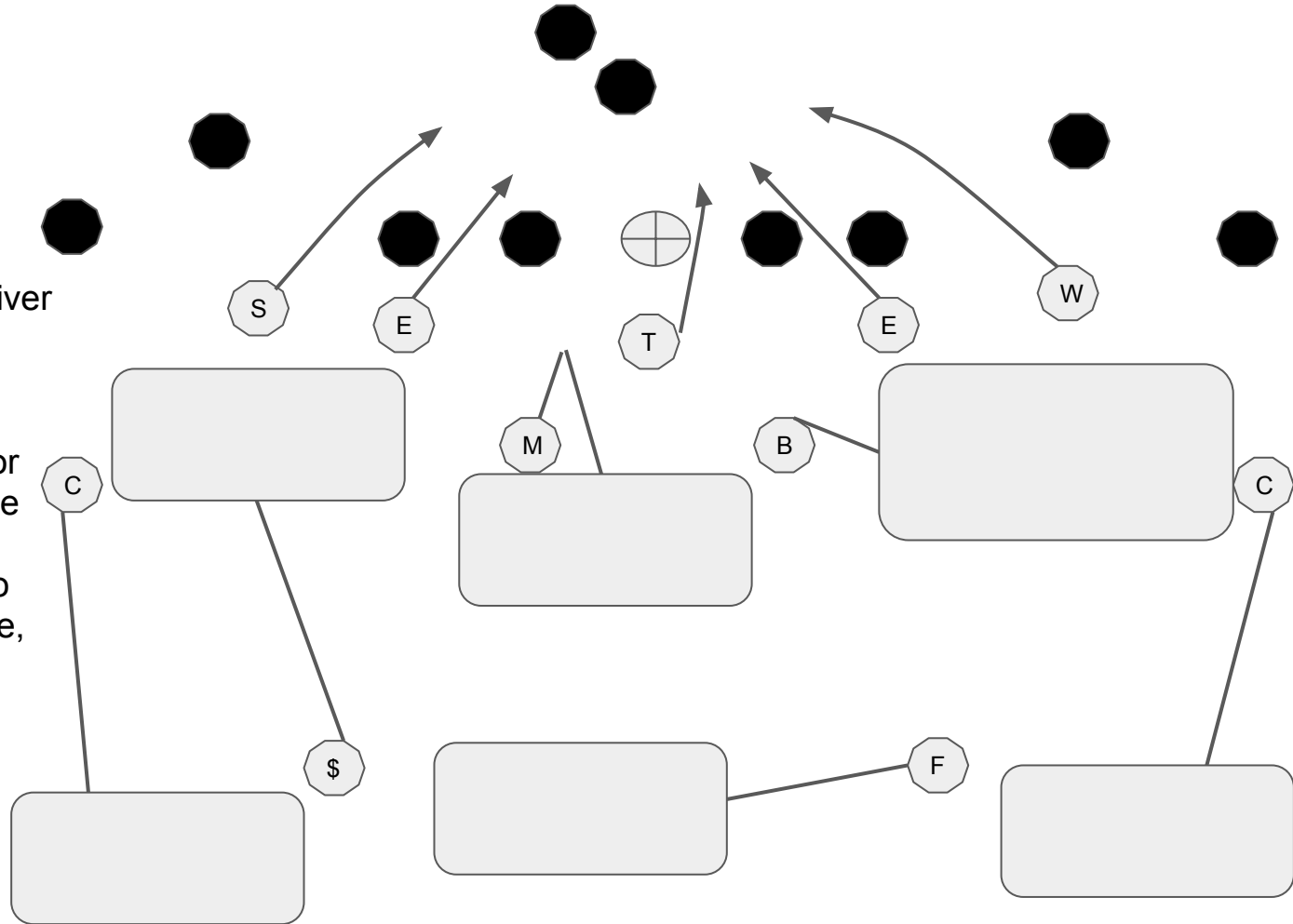
SS: 5 a 10 yds

FS: 10 a 12 yds



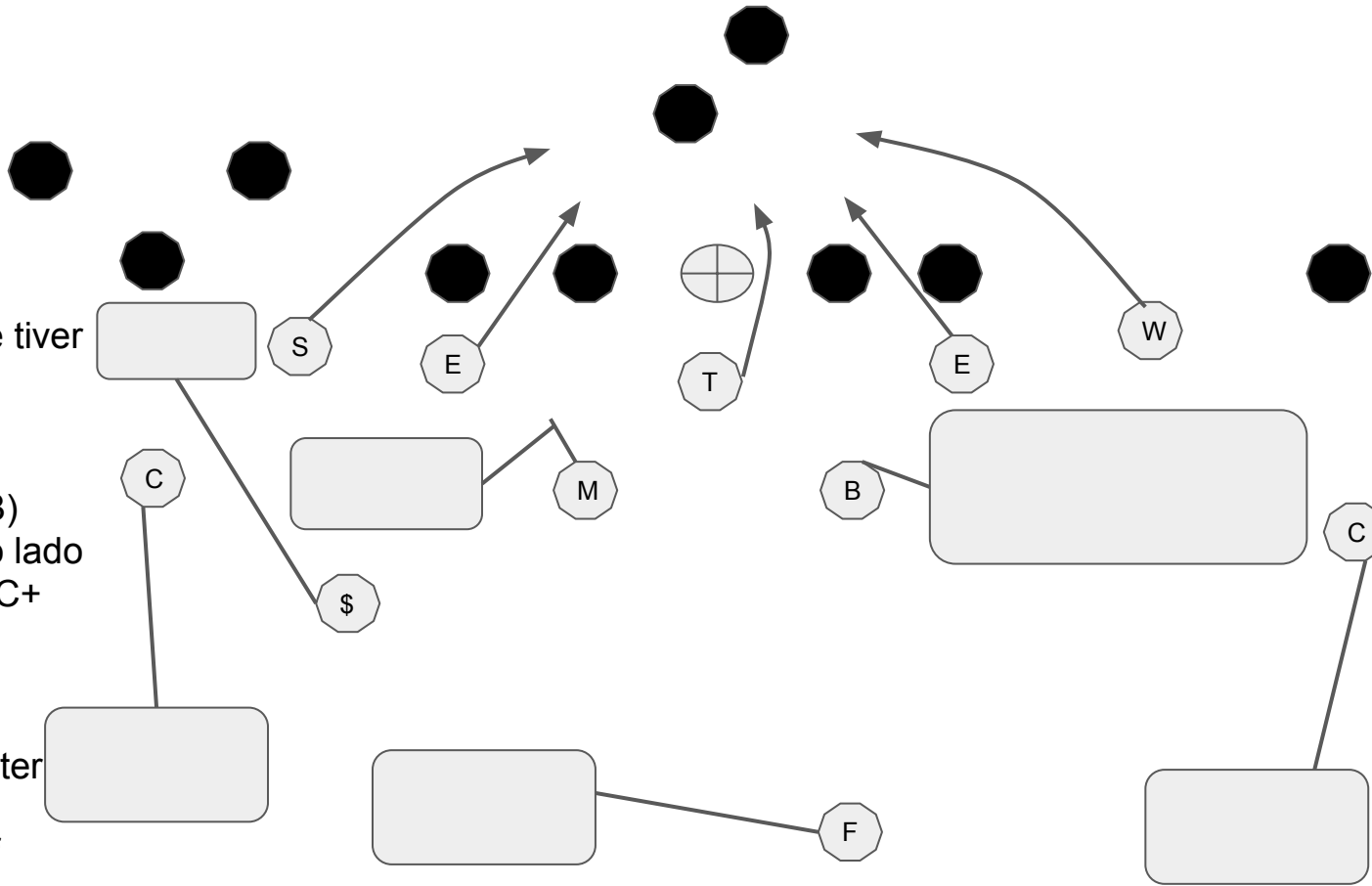
Washington (3x4 cover 3)
vs 2x2

- NT: 0 tech A-
- SE: 4 tech B+
- WE: 4 tech B-
- S: 9 tech blitz C+ ou D+ (se tiver TE) (bate no RB se ele sair)
- M: read step A+ zona hook
- B: direto pra zona curl to flat
- W: 9 tech blitz C- ou D- (se for double TE) (bate no RB se ele sair)
- SS: 10 yds, show c4, sprint to flat to curl zone no strong side, read C+ se tiver TE
- FS: 10 yds, show c4, deep 1/3 middle
- CB: 5 yd, deep 1/3



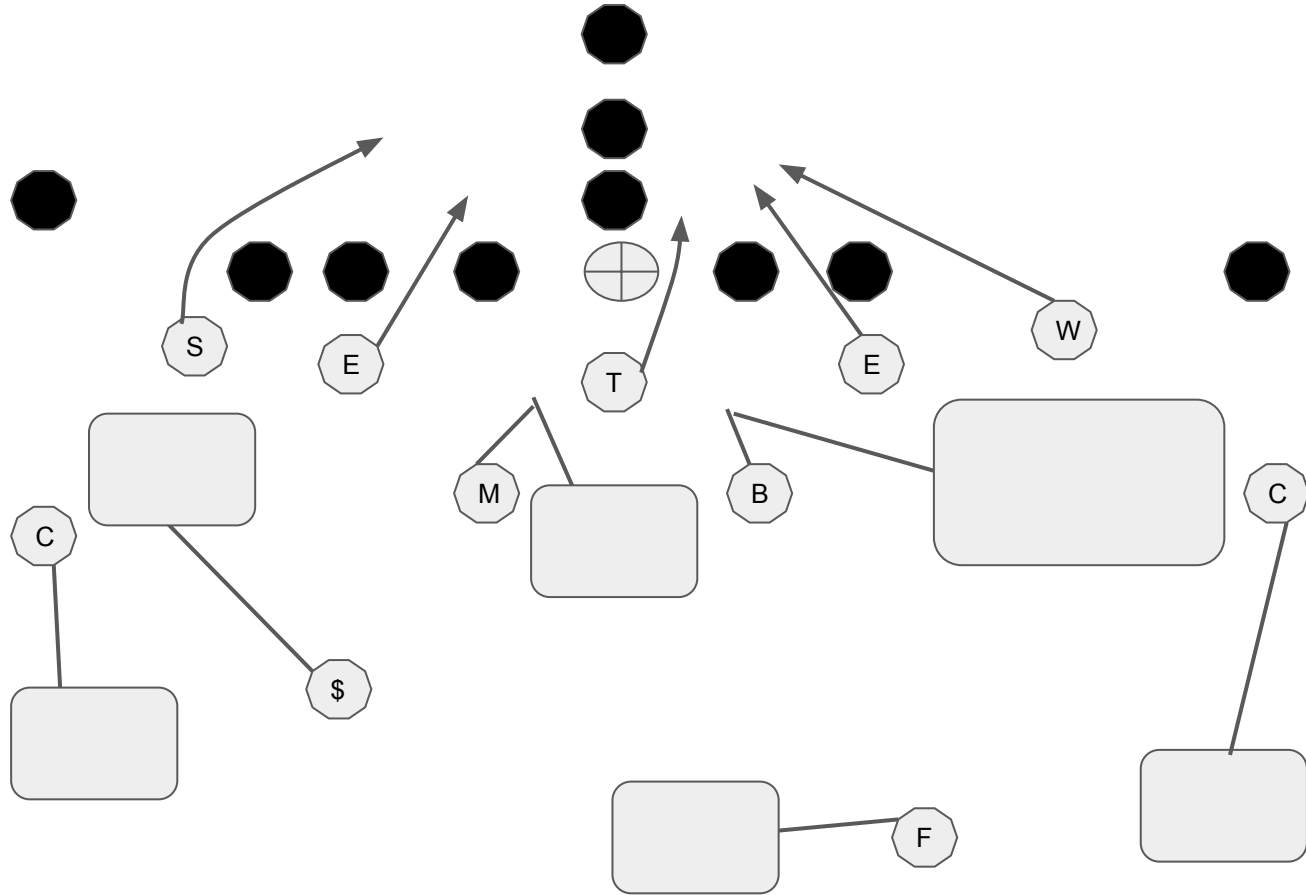
Washington (3x4 cover 3)
vs 3x1

NT: 0 tech, A-
SE: 4 tech B+
WE: 4 tech B-
S: 9 tech blitz C+ ou D+ (se tiver TE) (takes RB)
M: read A+, pra zona curl
B: zona curl to flat
W: 9 tech blitz C- (takes RB)
SS: 8 yds (já deslocado pro lado cheio), direto pra flat, read C+ (se tiver TE)
FS: 10 yds, quase no meio, quarter do lado cheio
SCB: 5 yds, dropa pra quarter do lado cheio
WCB: 5 yds e faz deep half



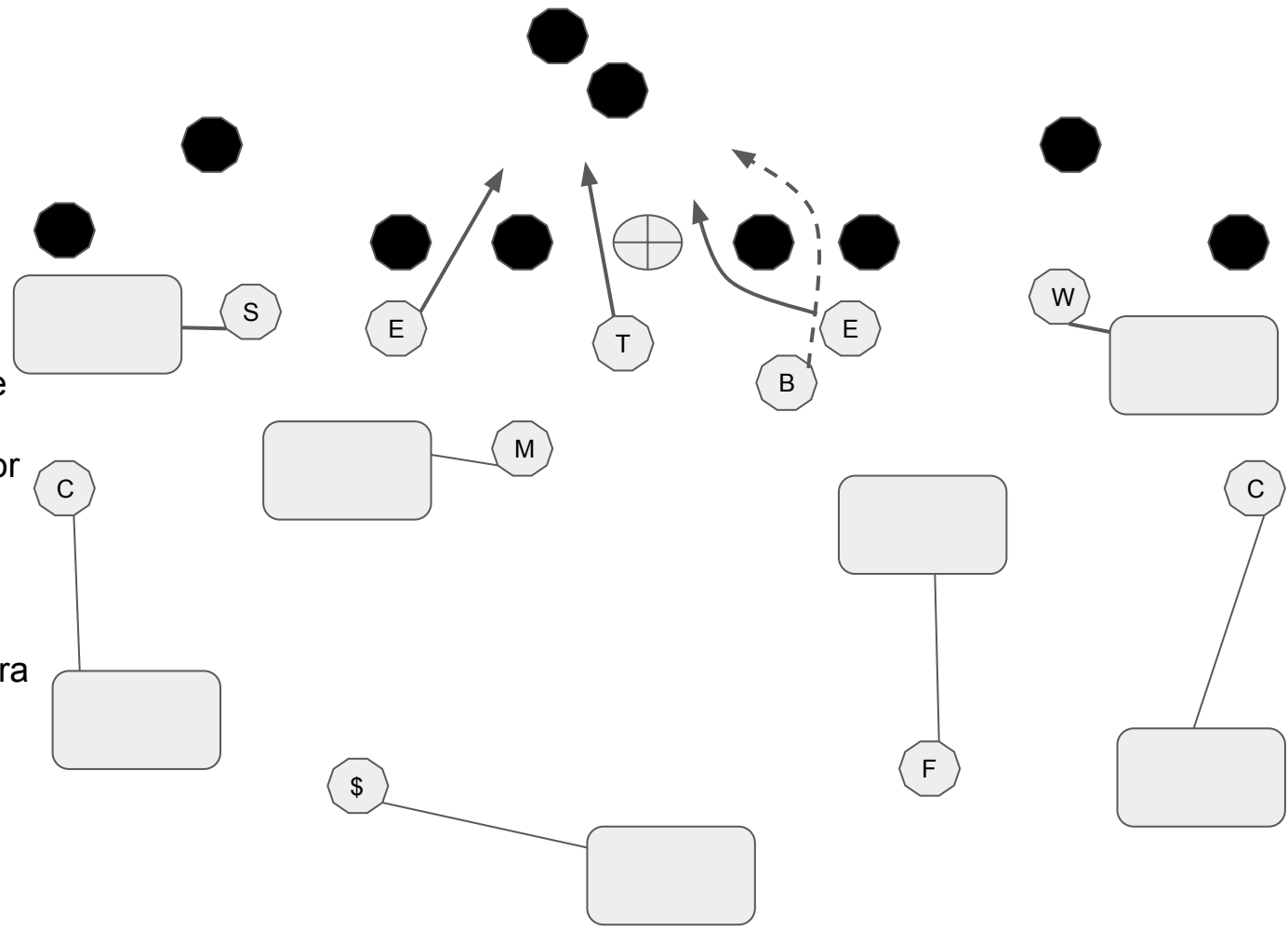
Washington (3x4 cover 3)
vs I form

- NT: 0 tech , A-
- SE: 4 tech B+
- WE: 4 tech B-
- S: 7 tech blitz D+ (takes RB)
- M: read step A+ zona hook
- B: zona curl to flat
- W: 9 tech blitz C- (takes RB)
- SS: 8 yds, show c4, sprint to flat to curl zone no strong side, read C+
- FS: 10 yds, show c4, deep 1/3 middle
- CB: 5 yd, deep 1/3



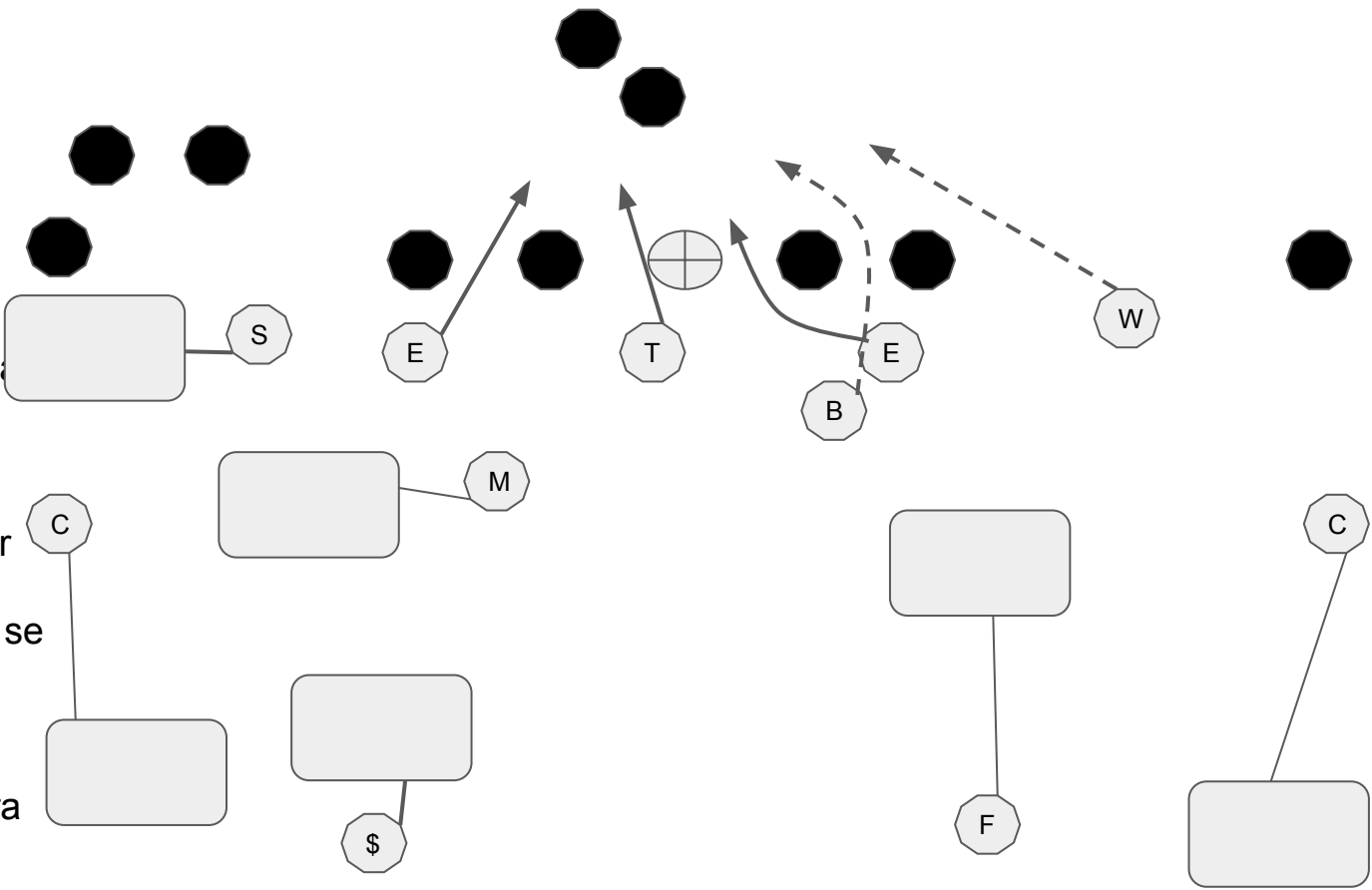
Baltimore (3x4 cover 3)
vs 2x2

- NT: shade strong, A+
- SE: 4i tech, B+
- WE: 4i tech, stunt pro A-, na frente do Buck
- S: 9 tech, read C+, flat zone
- M: 20 tech, help C+, curl zone
- B: começa a 3 jardas, vai aproximando e blitz no B - (por trás do WE)
- W: 9 tech, read C-, flat zone
- SS: 10 yds, show c4, deep 1/3 middle
- FS: 10 yds, show C4, sprint pra curl zone no weak side
- CB: 5 yds, deep 1/3



Baltimore 3x4 (cover 3)
vs 3x1

- NT: shade strong, A+
- SE: 4i tech, B+
- WE: 4i tech, stunt pro A-, na frente do Buck
- S: 9 tech, (read D+) e vai pra flat zone
- M: 30 tech, read C+, curl zone
- B: começa a 3 jardas, vai aproximando e blitz no B - (por trás do WE)
- W: 9 tech, blitz C- (pega o RB se abrir)
- SS: 10 yds, show c4, deep quarter no lado cheio
- FS: 10 yds, show C4, sprint pra curl/flat zone no weak side
- SCB: 5 yds, deep quarter
- WCB: 7 yds sprint to deep half no lado vazio



Baltimore (3x4 cover 3)
vs I form

NT: shade strong, A+

SE: 4 tech, B+

WE: 4i tech, stunt pro A-, na
frente do Buck

S: 9 tech, read D+, flat zone

M: 30 tech, read C+, curl zone

B: começa a 3 jardas, vai
aproximando e blitz no B - (por
trás do WE)

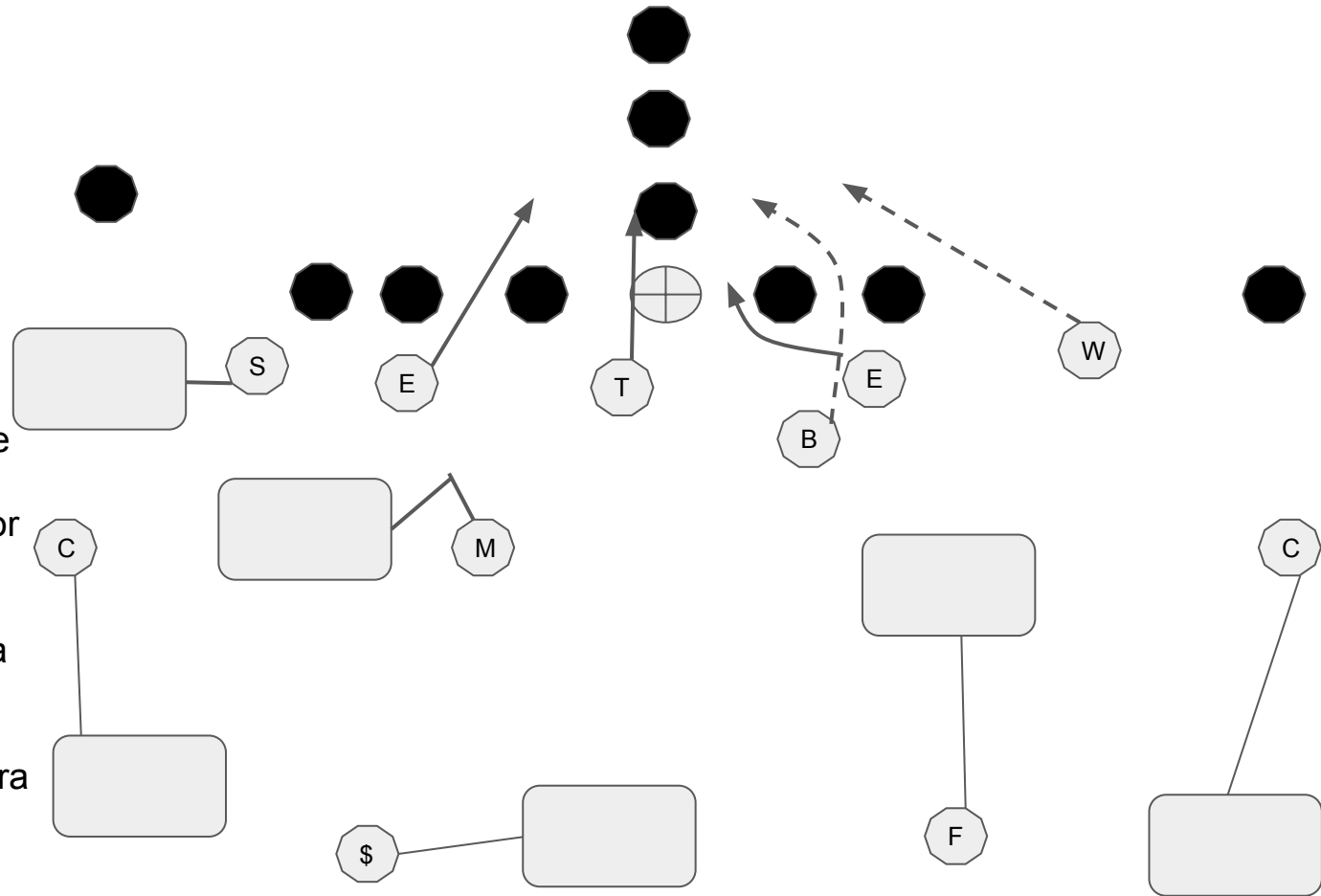
W: 9 tech, blitz C- ou
acompanha o RB que abrir na
flat

SS: 10 yds, show c4, deep $\frac{1}{3}$

FS: 10 yds, show C4, sprint pra
curl to flat zone no weak side

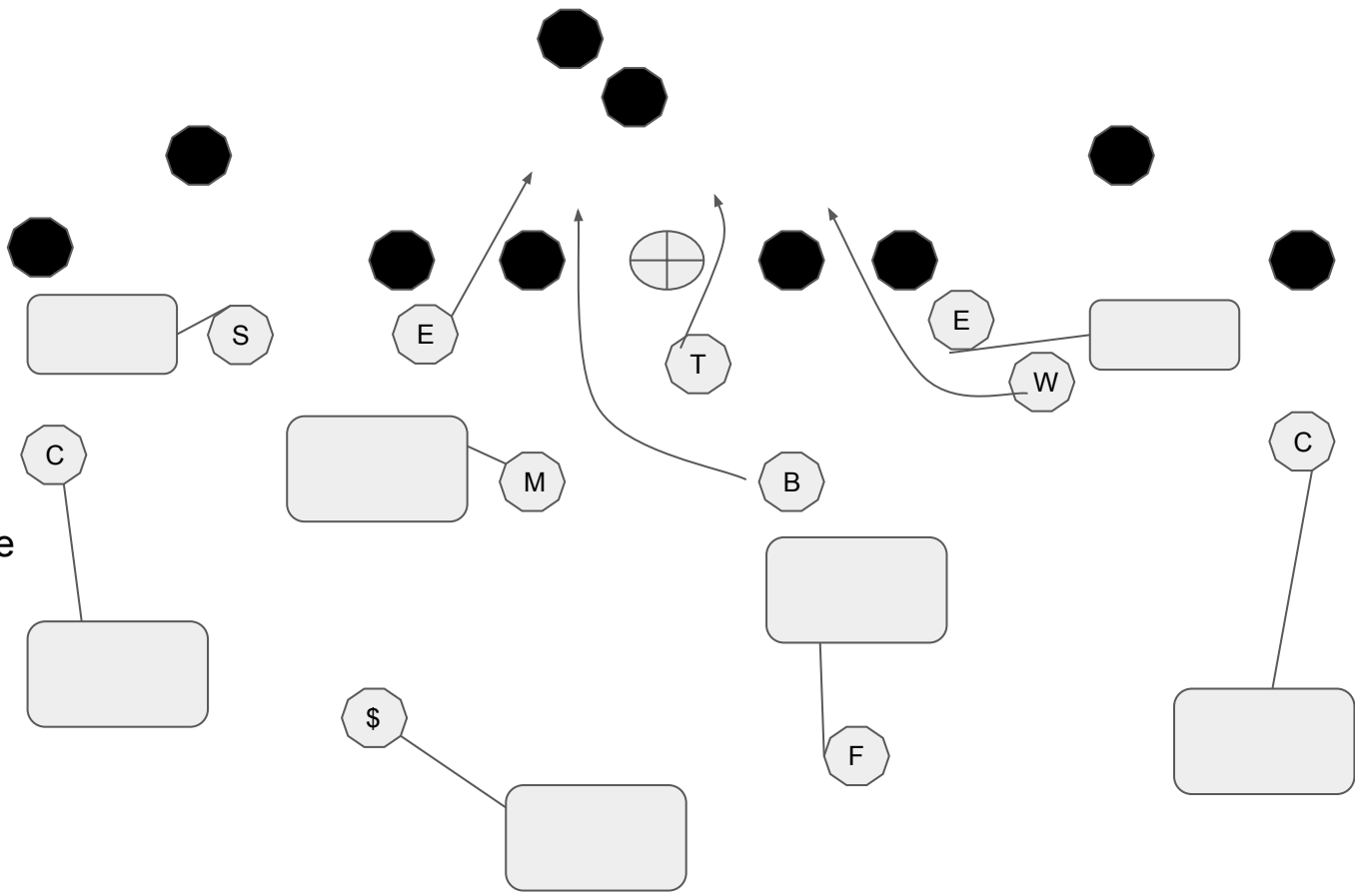
SCB: 5 yds, deep $\frac{1}{3}$

WCB: 5 yds, deep $\frac{1}{3}$



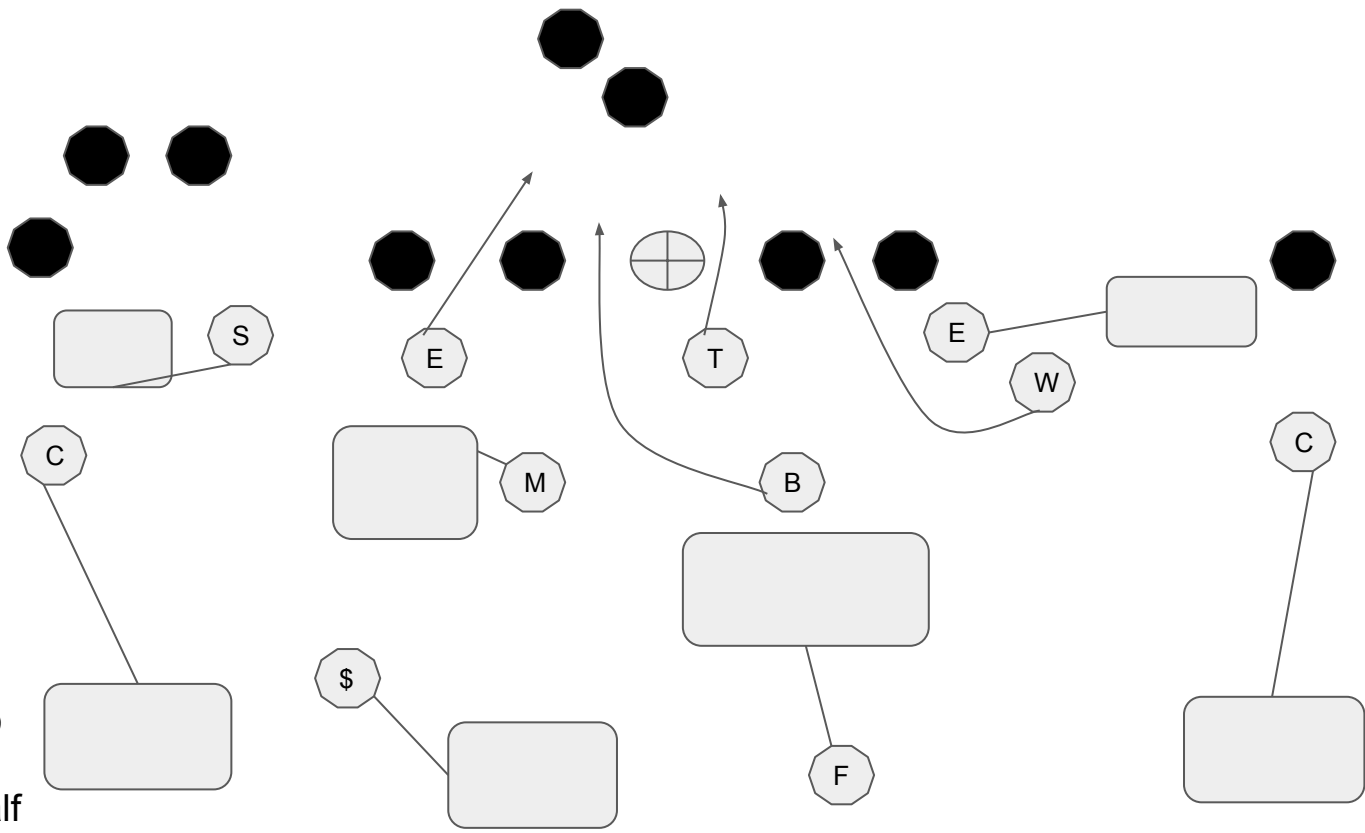
Willburg (3x4 cover 3)
vs 2x2

- NT: shade weak, A-
- SE: 4i tech, B+
- WE: 5 tech, read C-, flat zone
- S: 9 tech, read C+ (ou D+), flat zone
- M: 20 tech, read C+ , curl zone
- B: 20 tech, blitz cruzada A+
- W: 9 tech blitz cruzada B-
- SS: 10 yds, show c4, run middle deep 1/3
- FS: 10 yds, show c4, direto pra curl zone e read C- (se for double TE)
- CB: 5 yd, deep 1/3



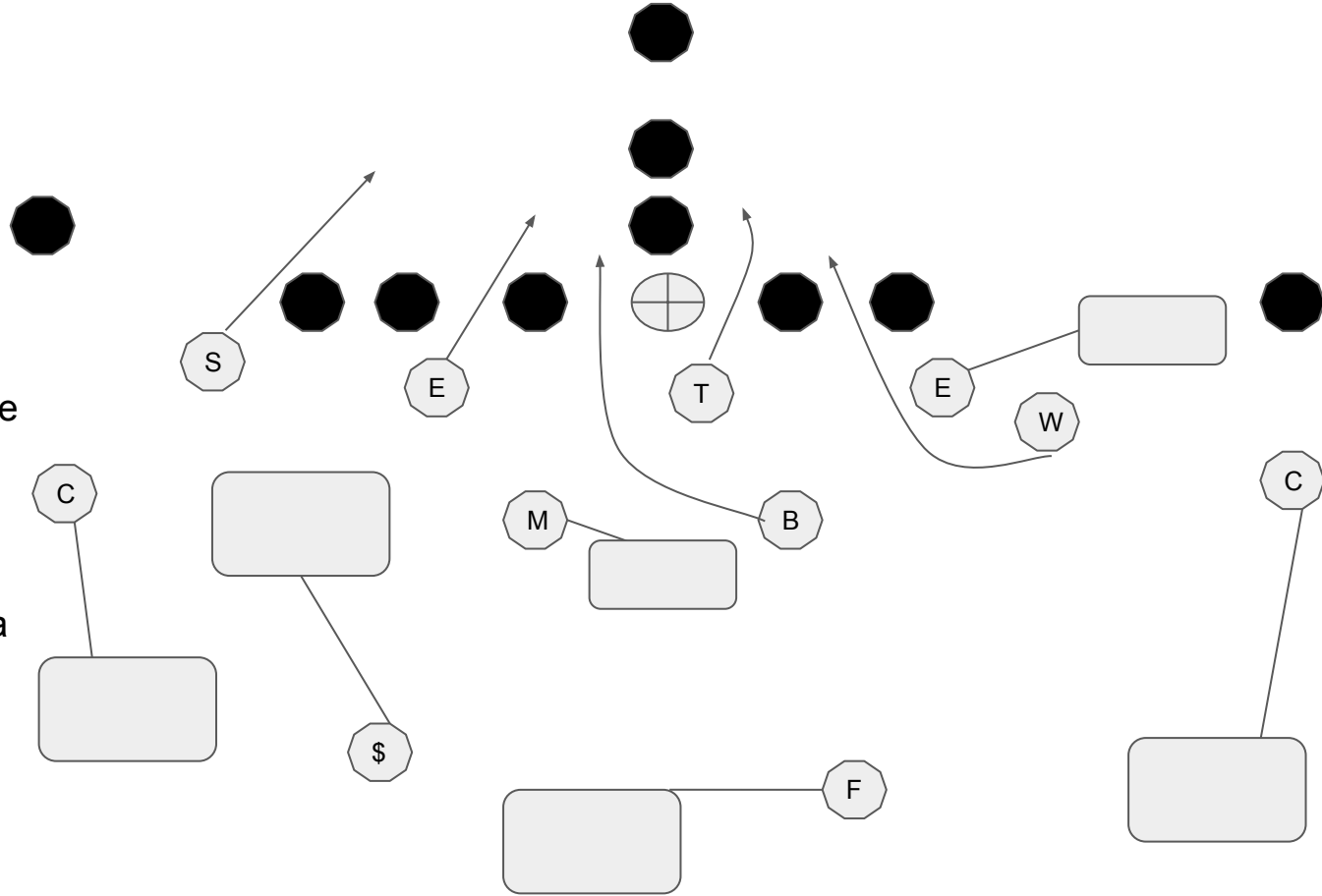
Willburg (3x4 cover 3)
vs 3x1

- NT: shade weak, A-
- SE: 4i tech, B+
- WE: 5 tech, read C-, flat zone
- S: 9 tech, read D+, flat zone
- M: 20 tech, read C+ , curl to hook
- B: 20 tech, blitz cruzada A+
- W: 9 tech blitz cruzada B-
- SS: 8 yds, show c4, sprint to deep quarter
- FS: 10 yds, show c4, sprint to hook to curl
- SCB: 2 yd, show press sprint to deep quarter
- WCB: 5 yds, direto pro deep half



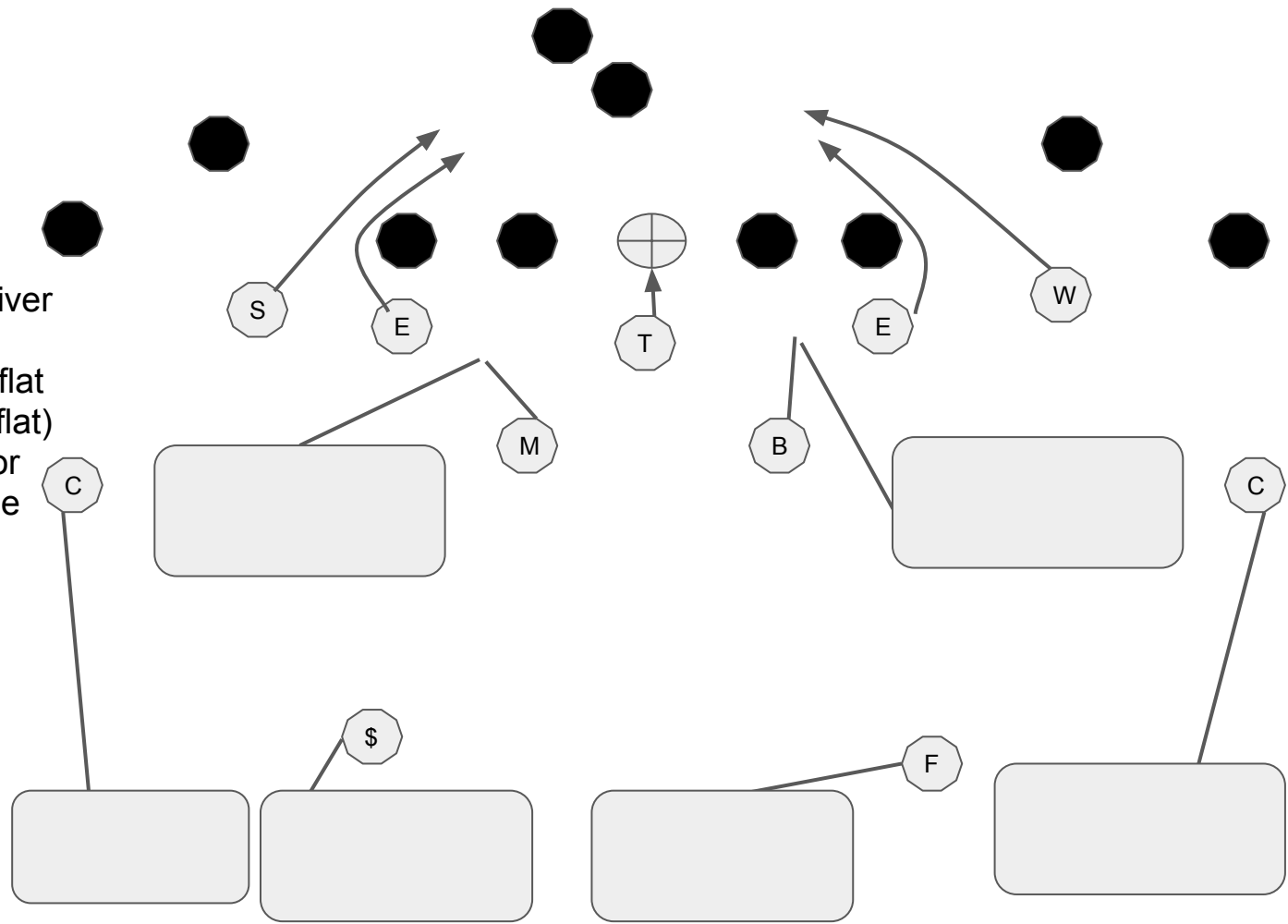
Willburg (3x4 cover 3)
vs I form

- NT: shade weak, A-
- SE: 4i tech, B+
- WE: 5 tech, read C-, flat zone
- S: 9 tech, blitz D+
- M: 20 tech, gap free, hook zone
- B: 20 tech, blitz cruzada A+
- W: 9 tech blitz cruzada B-
- SS: 7 yds, read C+, curl to flat zone
- FS: 10 yds, show c4, direto pra deep 1/3
- CB: 5 yd, deep 1/3



Seattle (3x4 cover 4)
vs 2x2

- NT: 0 tech Bull rush 2 gap
- SE: 4 tech tight C+
- WE: 4 tech tight C-
- S: 9 tech blitz C+ ou D+ (se tiver TE) (bate no RB se ele sair)
- M: read step B+ zona curl to flat
- B: read step B- (zona curl to flat)
- W: 9 tech blitz C- ou D- (se for double TE) (bate no RB se ele sair)
- SS: 10 yds, deep quarter
- FS: 10 yds, deep quarter
- CB: 5 yd, deep quarter



Seattle (3x4 cover 3)
vs 3x1

NT: 0 tech Bull rush 2 gap

SE: 4 tech tight C+

WE: 4 tech tight C-

S: 9 tech blitz C+ ou D+ (se tiver TE)

M: read B+, pra zona curl

B: read step B- (zona curl to flat)

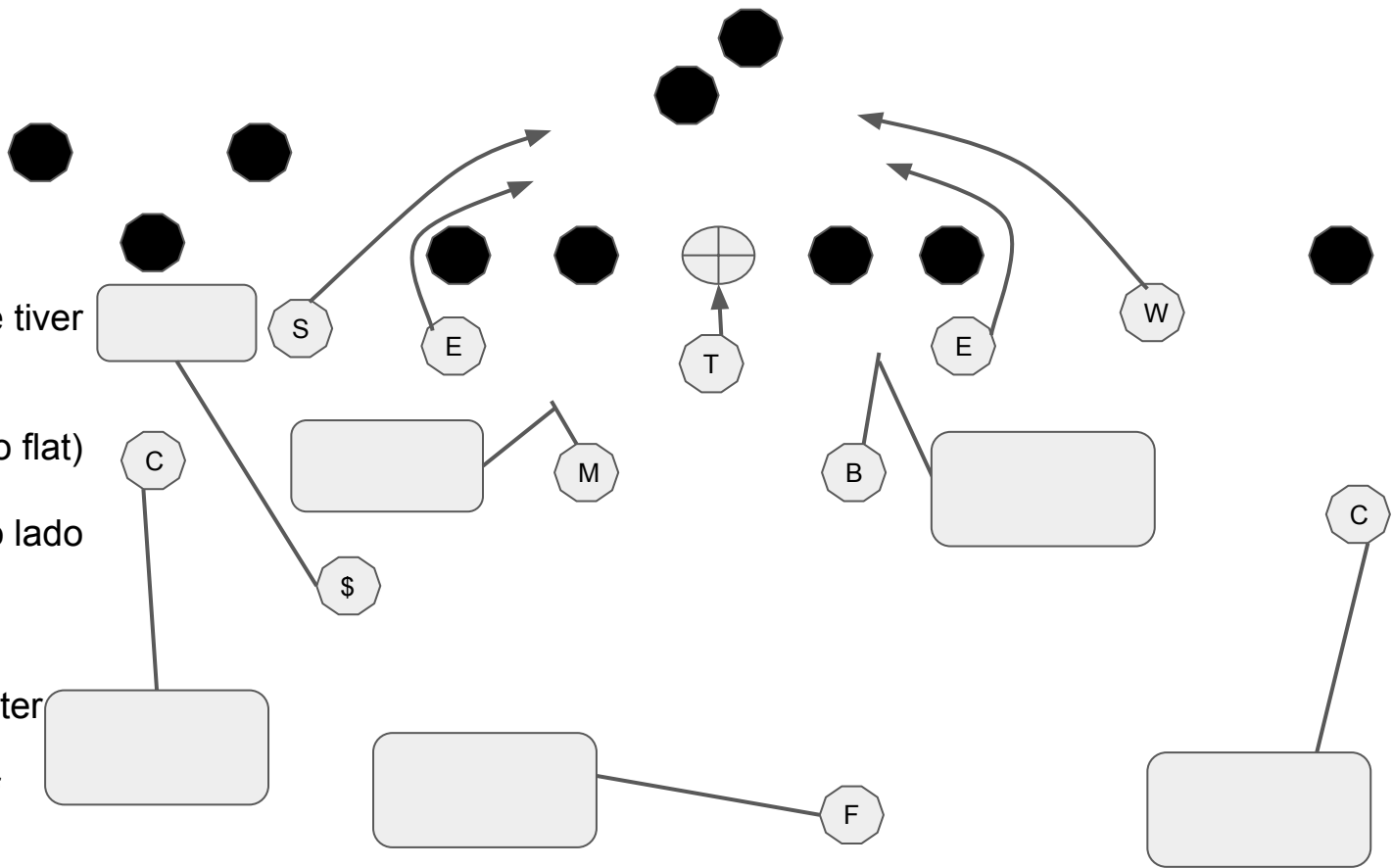
W: 9 tech blitz C-

SS: 8 yds (já deslocado pro lado cheio), direto pra flat

FS: 10 yds, quase no meio, quarter do lado cheio

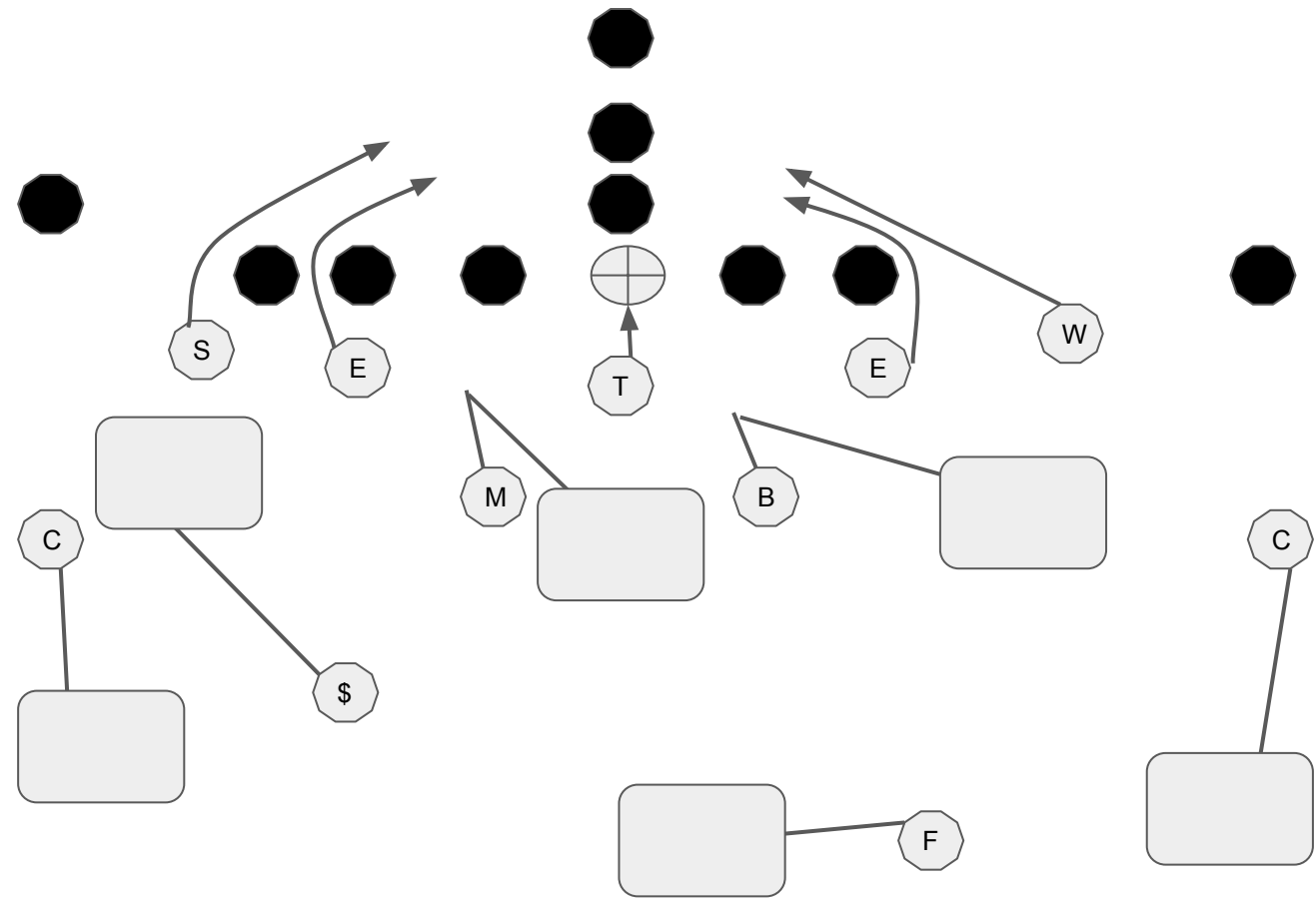
SCB: 5 yds, dropa pra quarter do lado cheio

WCB: 5 yds e faz deep half



Seattle (3x4 cover 3)
vs I form

NT: 0 tech , bull rush 2 gap
SE: 4 tech C+
WE: 4 tech tight C-
S: 7 tech blitz D+ (takes RB)
M: read step B+ zona hook
B: read step B- (zona curl to flat)
W: 9 tech blitz C- (takes RB)
SS: 8 yds, show c4, sprint to flat
to curl zone no strong side
FS: 10 yds, show c4, deep 1/3
middle
CB: 5 yd, deep 1/3



Texas (3x4 cover 4)
vs 2x2

NT: 0 tech Bull rush 2 gap

SE: 4 tech C+ ou B+

WE: 4 tech C- ou B-

S: 9 tech read D+ zona flat

M: read step B+ zona hook to curl

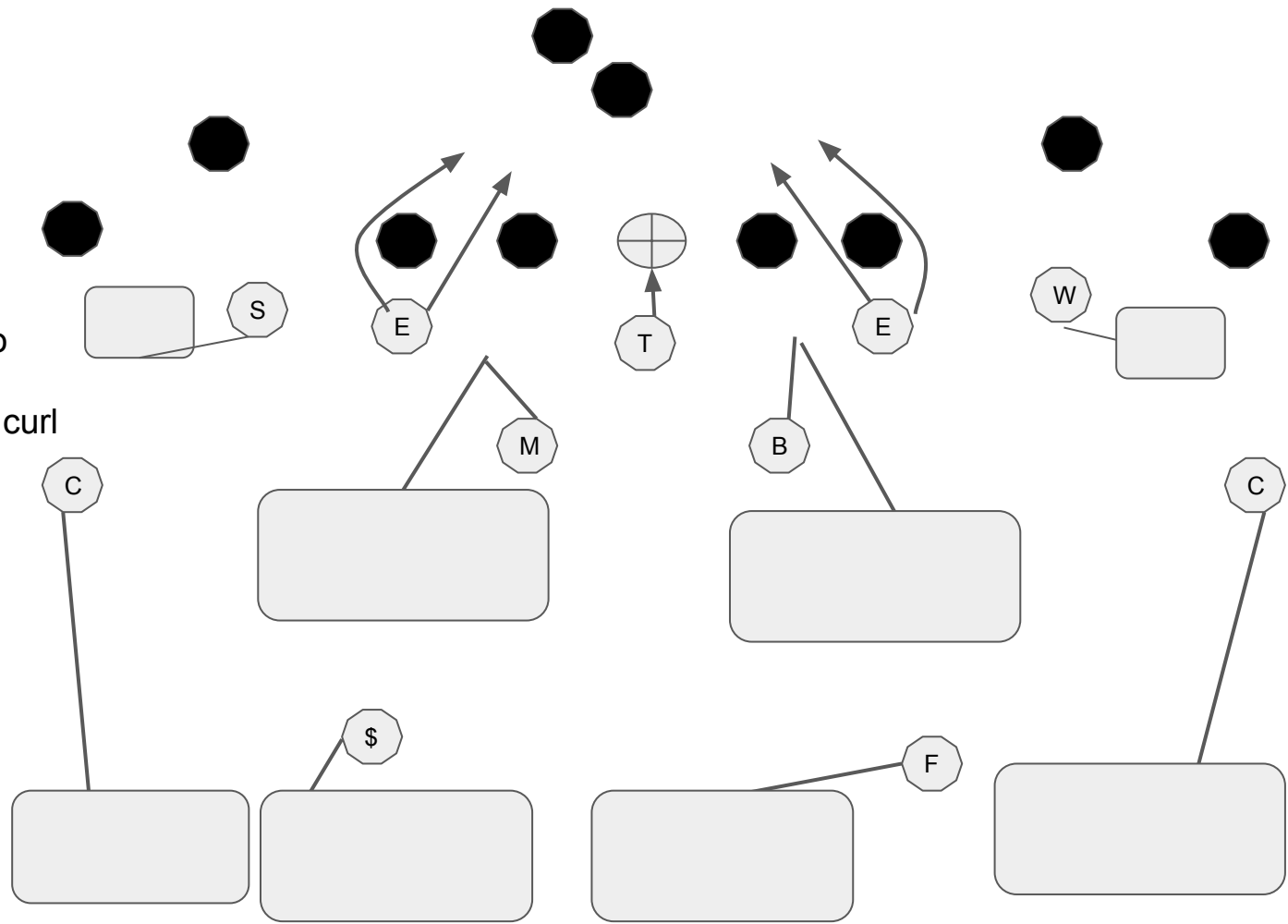
B: read step B- zona hook to curl

W: 9 tech read D- zona flat

SS: 10 yds, deep quarter

FS: 10 yds, deep quarter

CB: 5 yd, deep quarter



Texas (3x4 cover 4)
vs 3x1

NT: 0 tech Bull rush 2 gap

SE: 4 tech C+ ou B+

WE: 4 tech C- ou B-

S: 9 tech read D+ zona flat

M: read step B+ zona hook to

curl

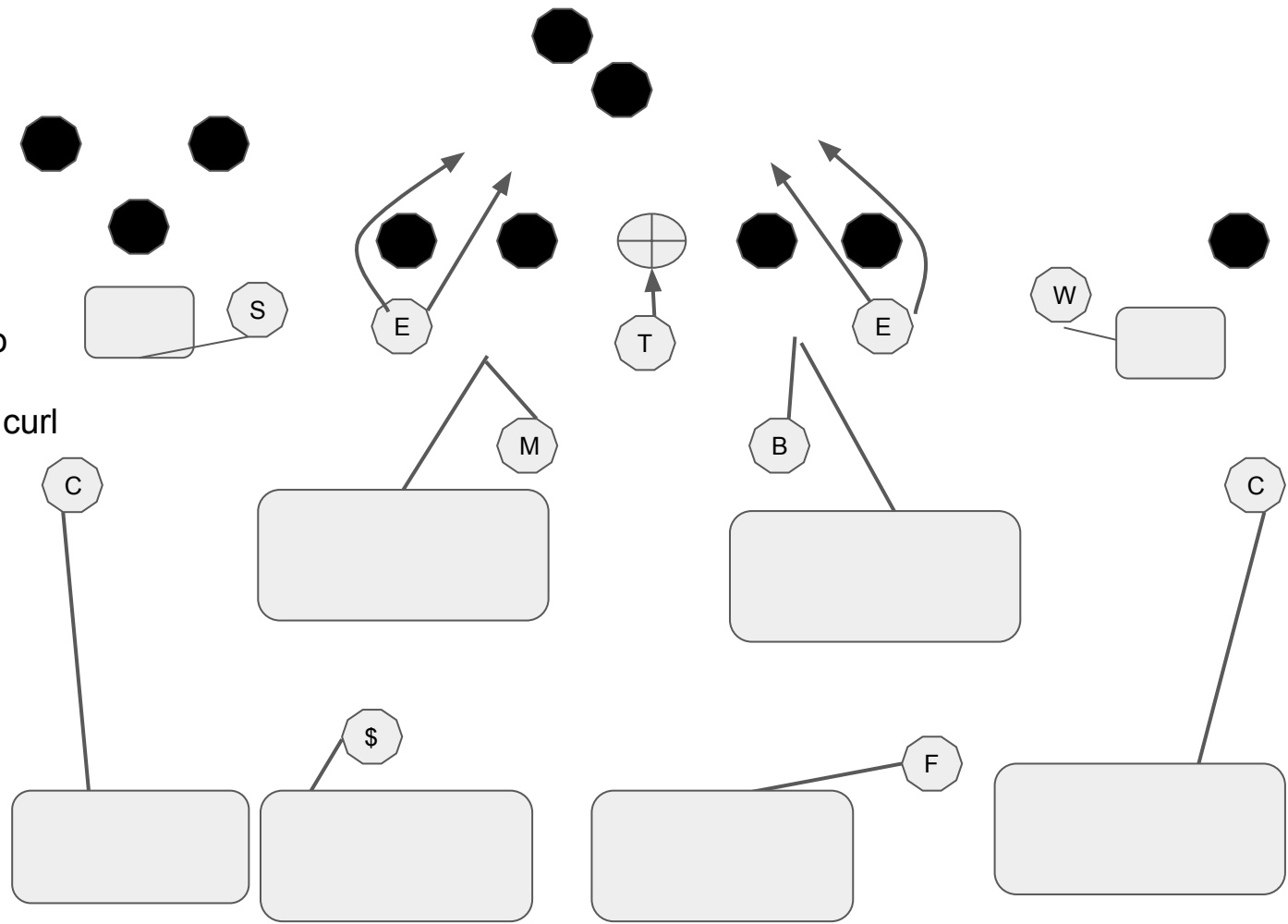
B: read step B- zona hook to curl

W: 9 tech read D- zona flat

SS: 10 yds, deep quarter

FS: 10 yds, deep quarter

CB: 5 yd, deep quarter



Texas (3x4 cover 4)
vs I Form

NT: 0 tech Bull rush 2 gap

SE: 4 tech C+ ou B+

WE: 4 tech C- ou B-

S: 9 tech, blitz D+ (pega o RB se
abrir)

M: read step B+ zona hook to
curl

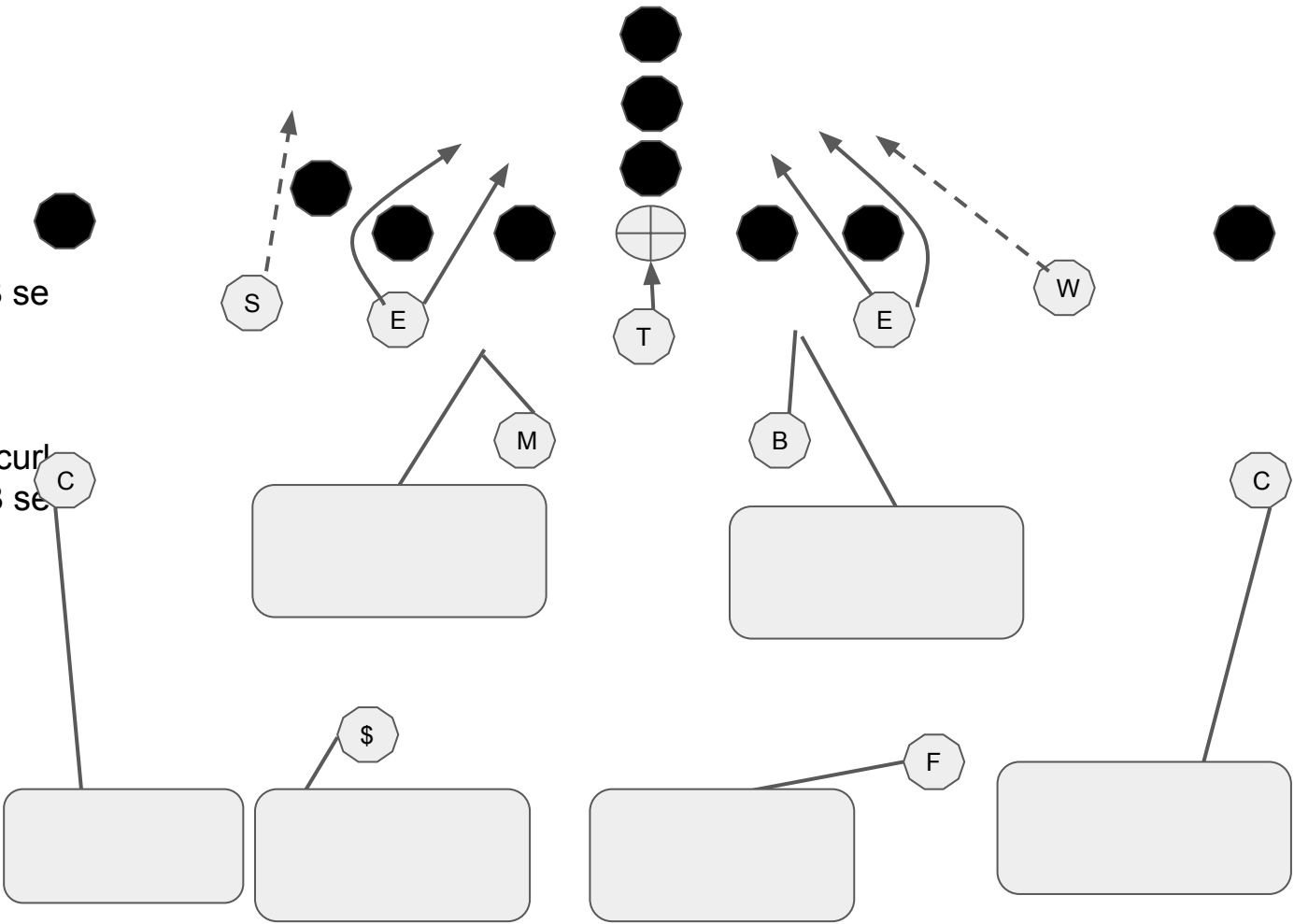
B: read step B- zona hook to curl

W: 9 tech, blitz C- (pega o RB se
abrir)

SS: 10 yds, deep quarter

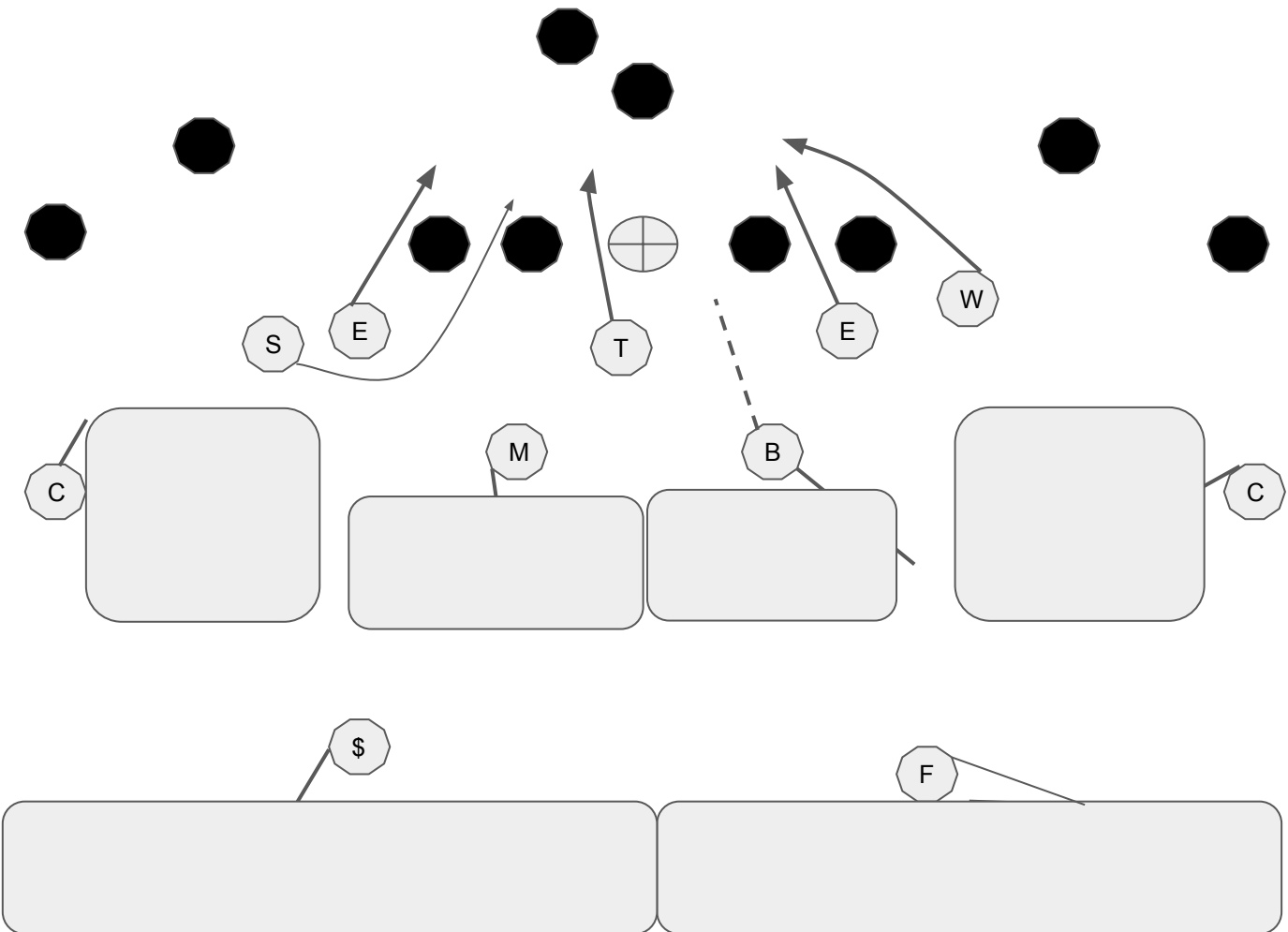
FS: 10 yds, deep quarter

CB: 5 yd, deep quarter



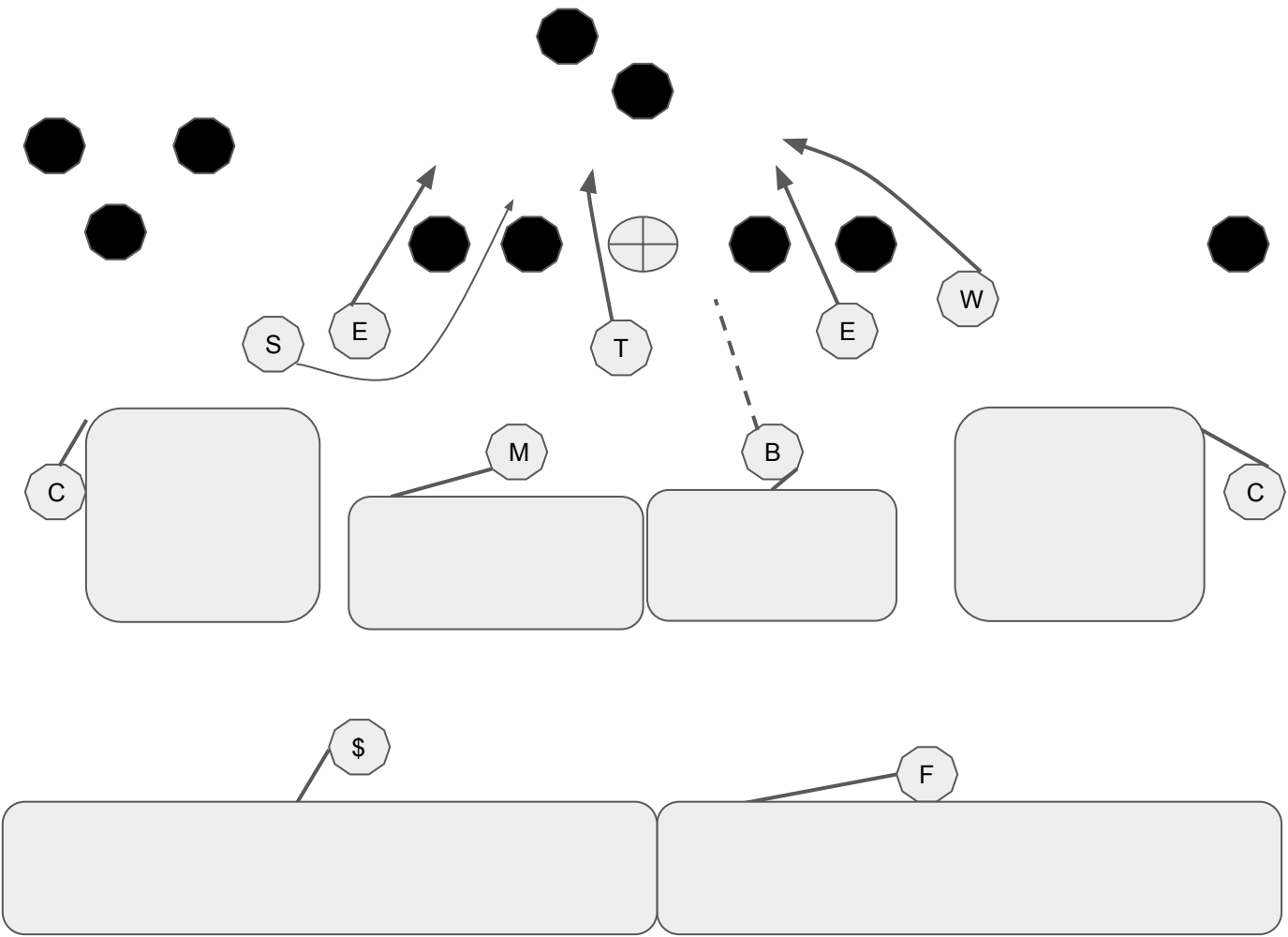
Florida (3x4 cover 2)
vs 2x2

- NT: 1 tech A+
- SE: 5 tech C+
- WE: 4i tech B-
- S: 9 tech blitz cruzada B+
- M: Zona hook
- B: read step A- zona hook
- W: 9 tech blitz C- (takes RB)
- SS: 10 yds, deep half
- FS: 10 yds, deep half
- CB: 5 yd, zona flat to curl



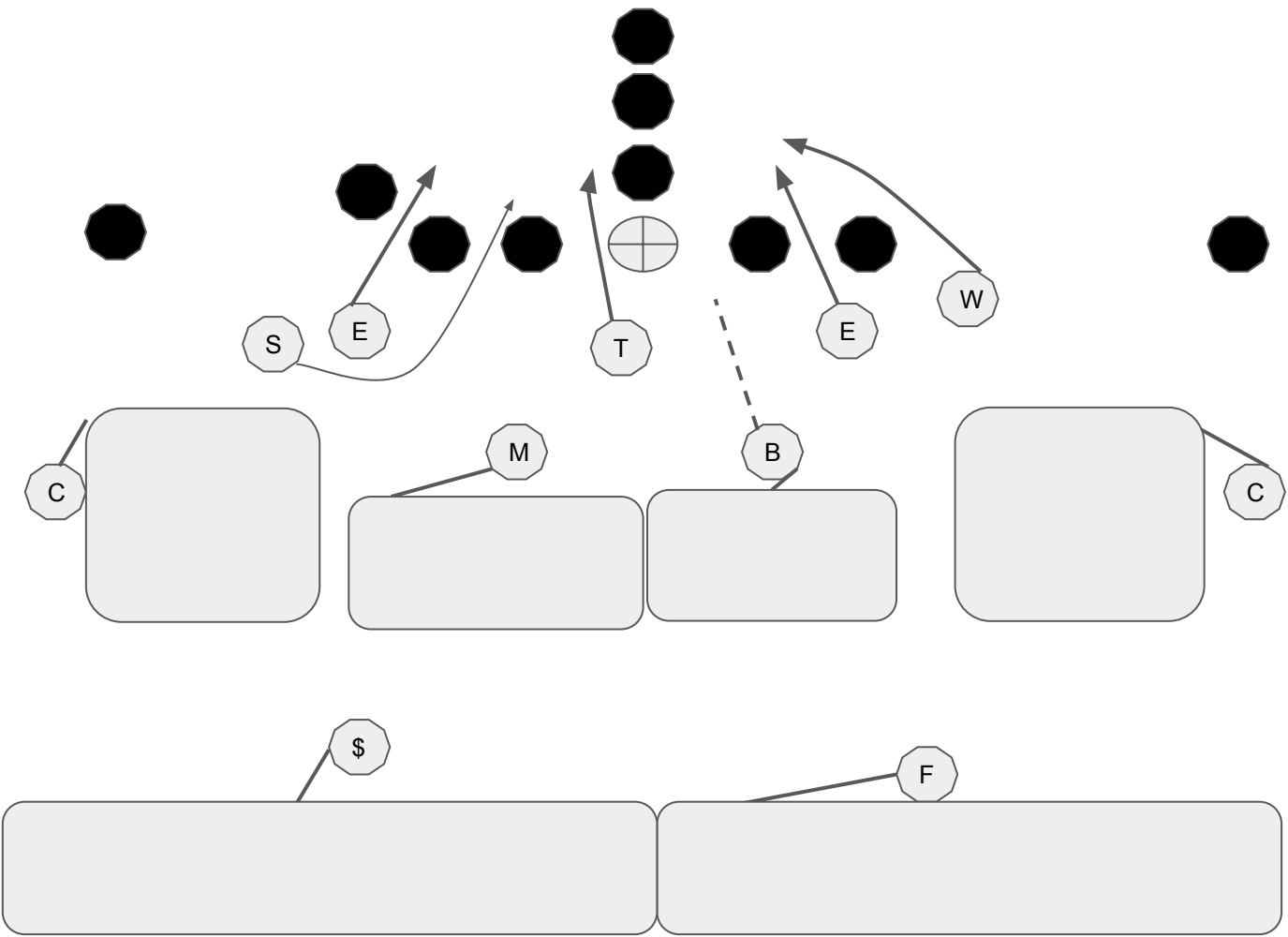
Florida (3x4 cover 2)
vs 3x1

- NT: 1 tech A+
- SE: 5 tech C+
- WE: 4i tech B-
- S: 9 tech blitz cruzada B+
- M: Zona hook
- B: read step A- zona hook
- W: 9 tech blitz C- (takes RB)
- SS: 10 yds, deep half
- FS: 10 yds, deep half
- CB: 5 yd, zona flat to curl



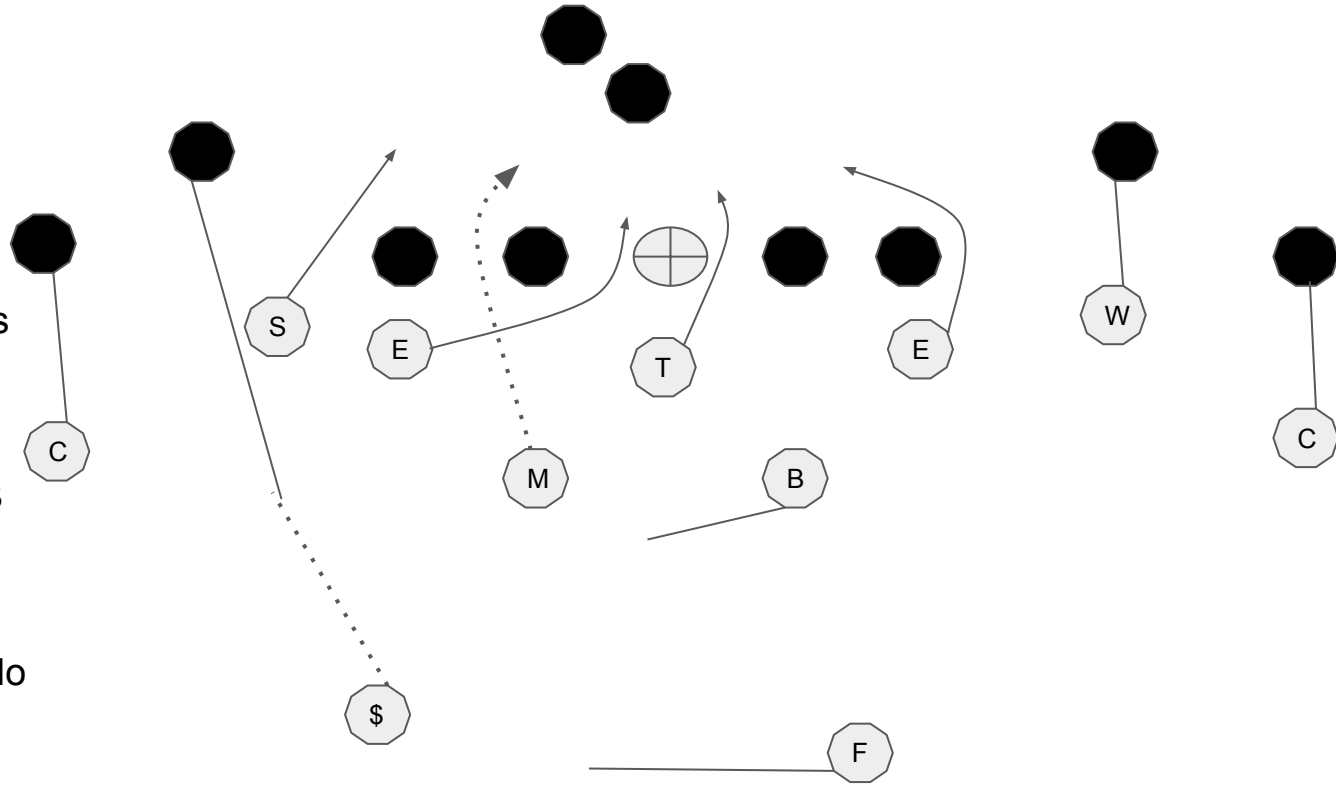
Florida (3x4 cover 2)
vs I Form

- NT: 1 tech A+
- SE: 5 tech C+
- WE: 4i tech B-
- S: 9 tech blitz cruzada B+
- M: Zona hook
- B: read step A- zona hook
- W: 9 tech blitz C- (takes RB)
- SS: 10 yds, deep half
- FS: 10 yds, deep half
- CB: 5 yd, zona flat to curl



Minesota (3x4 man cover 1)
vs 2x2

- NT: 0 tech, A-
- SE: 4 tech, stunt A+
- WE: 4 tech, C-
- S: 9 tech, blitz C+ ou D+ , takes RB
- M: 20 tech, Blitz delay B+ (por trás do SE)
- B: 20 tech, read B-, man no RB
- W: 9 tech man no #2
- SS: 8 yds, aproxima e man no #2 (read D+)
- FS: 10 yds, show c2, faz o fundo sozinho c1
- CB: 2 a 5 yd, man



Minnesota (3x4 man cover 1)
vs 3x1

NT: 0 tech, A-

SE: 4 tech, stunt A+

WE: 4 tech, C-

S: 9 tech, blitz C+ , takes RB

M: 20 tech, Blitz delay B+

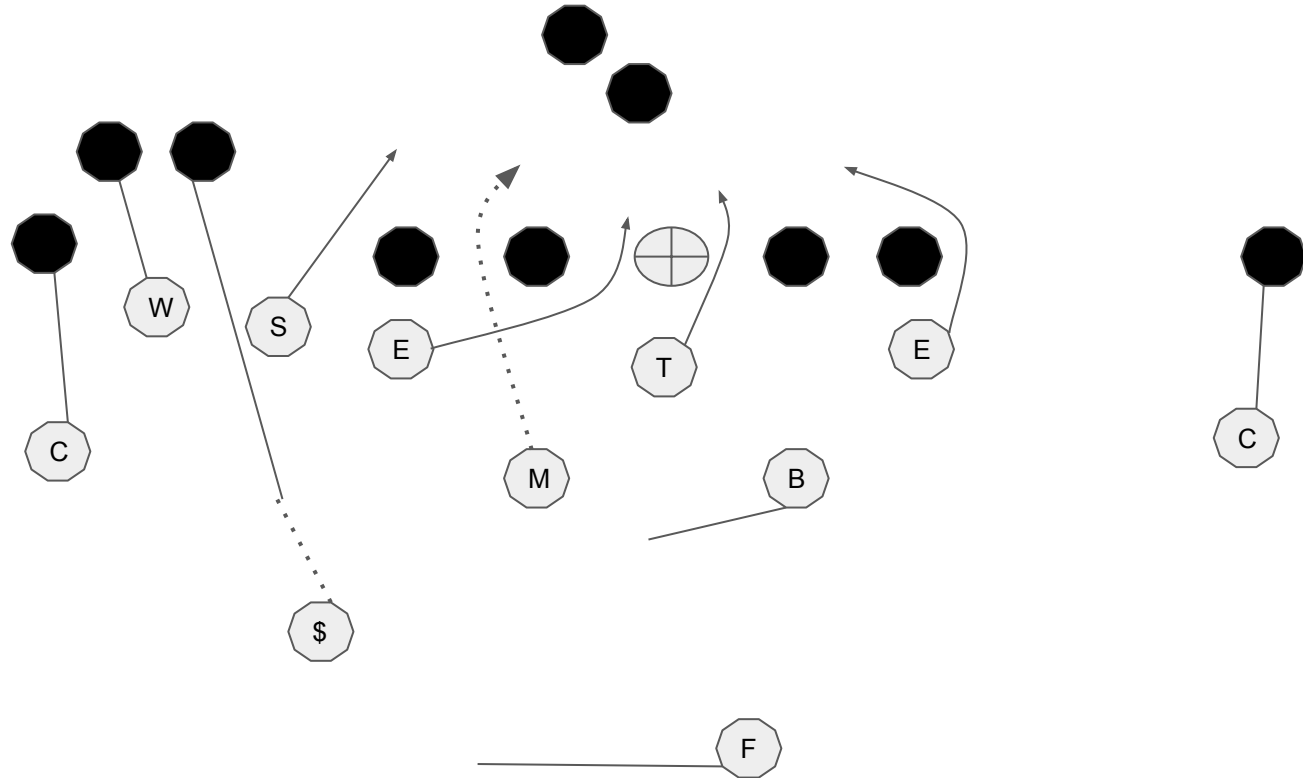
B: 20 tech, read B-, man no RB

W: man no #2

SS: 8 yds, aproxima e man no #3 (read D+)

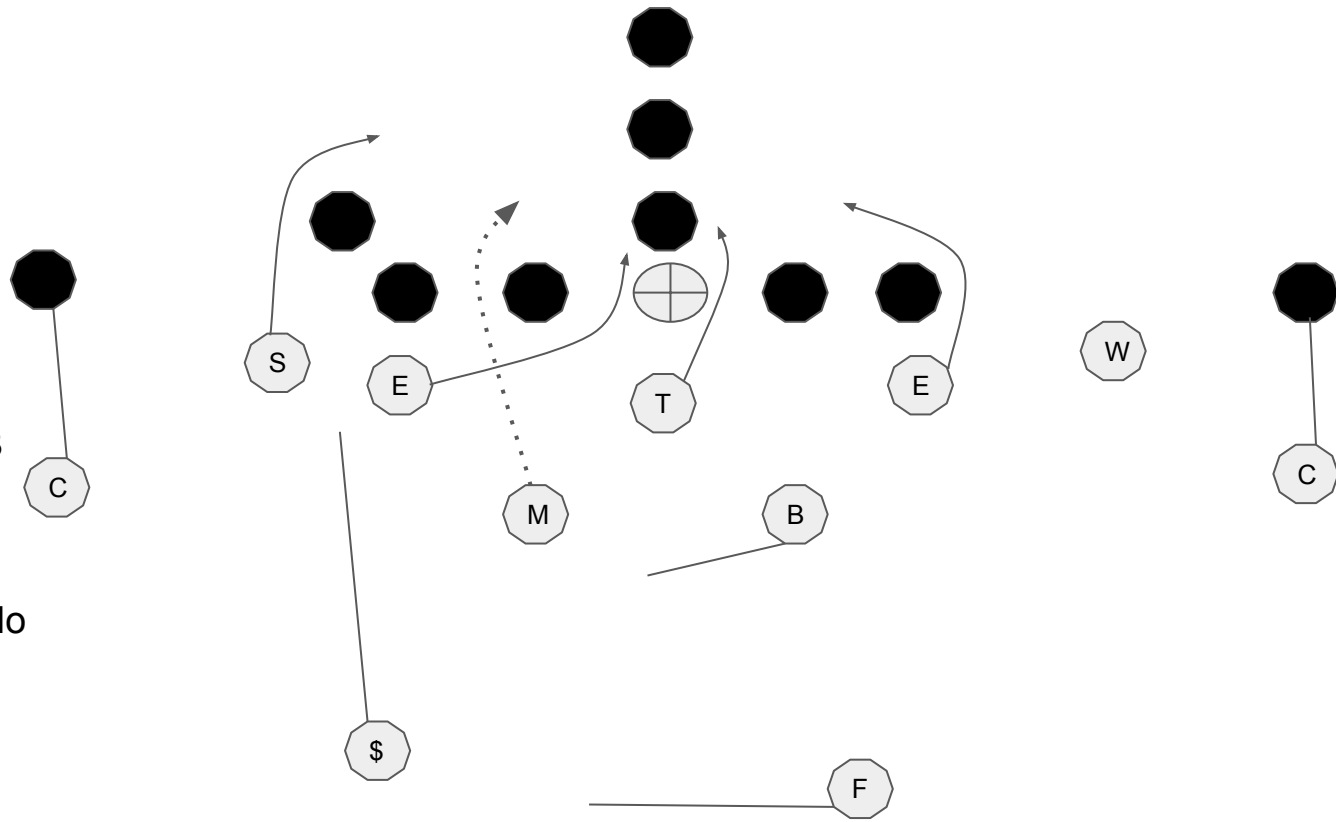
FS: 10 yds, show c2, faz o fundo sozinho c1

CB: 2 a 5 yd, man



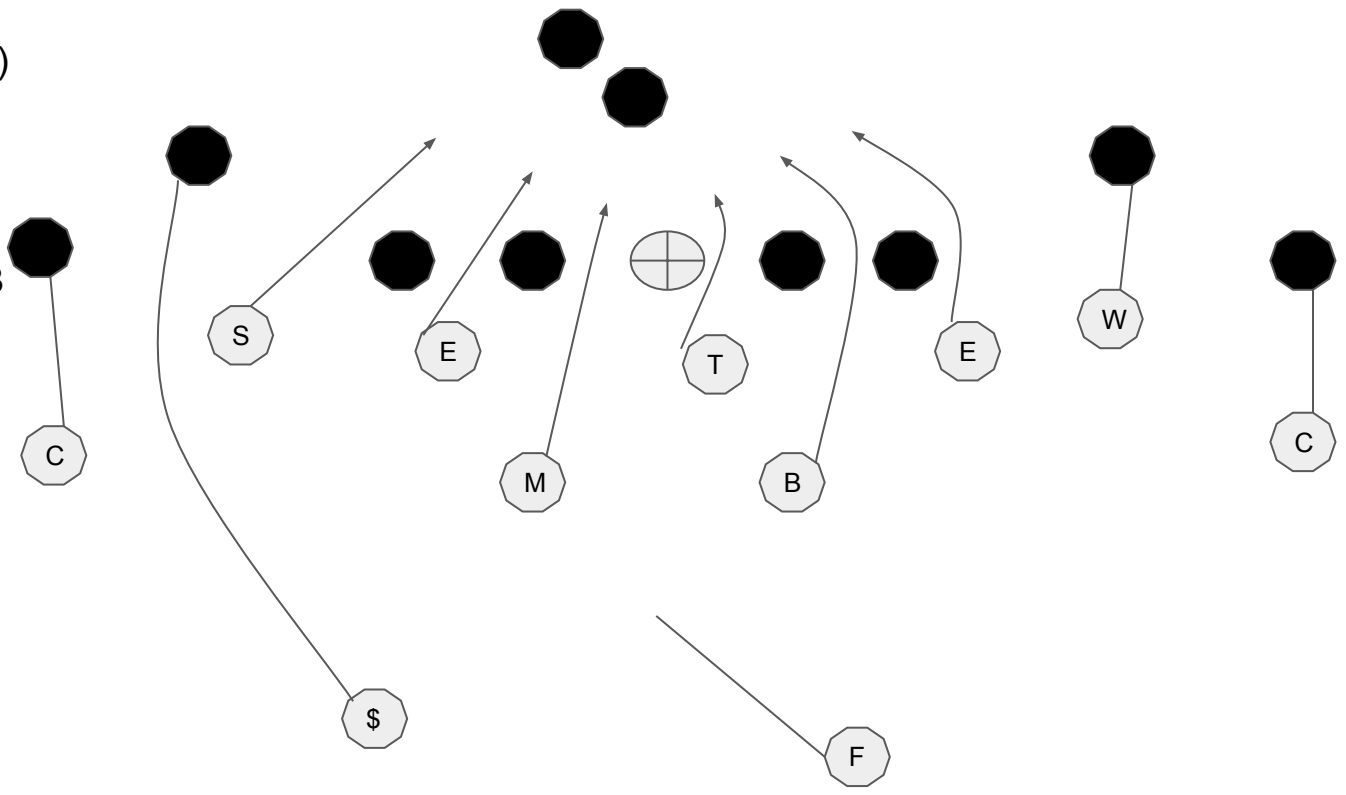
Minesota (3x4 man cover 1)
vs I form

- NT: 0 tech, A-
- SE: 4 tech, stunt A+
- WE: 4 tech, C-
- S: 9 tech, blitz C+ , takes RB
- M: 20 tech, Blitz delay B+
- B: 20 tech, read B-, man no RB
- W: 9 tech man no RB
- SS: 8 yds, aproxima e man no TE (read C+)
- FS: 10 yds, show c2, faz o fundo sozinho c1
- CB: 2 a 5 yd, man



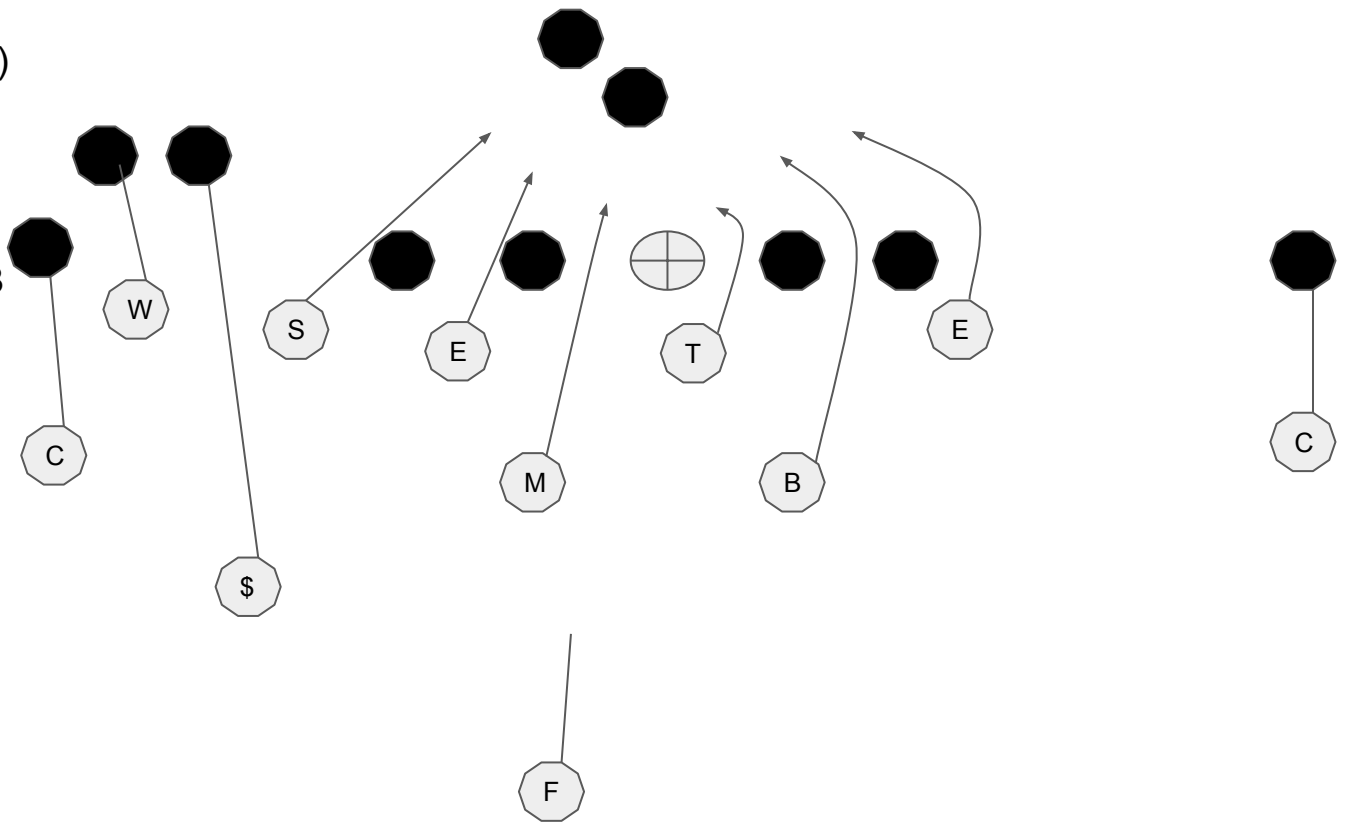
Milwaulkee 1 (3x4 man cover 1)
vs 2x2

- NT: shade weak, A-
- SE: 4i tech, B+
- WE: 5 tech, C- (acompanha RB se ele abrir)
- S: 9 tech, blitz C+ ou D+, acompanha RB se abrir
- M: 20 tech, blitz A+
- B: 20 tech, blitz B-
- W: 9 tech, man no #2 (slot ou TE)
- SS: 8 yds aproxima do strong side, man no #2 (slot ou TE); read C+ se tiver TE
- FS: 10 yds, cover 1, ataca o lado da primeira leitura do QB
- CB: 2 yds, man press



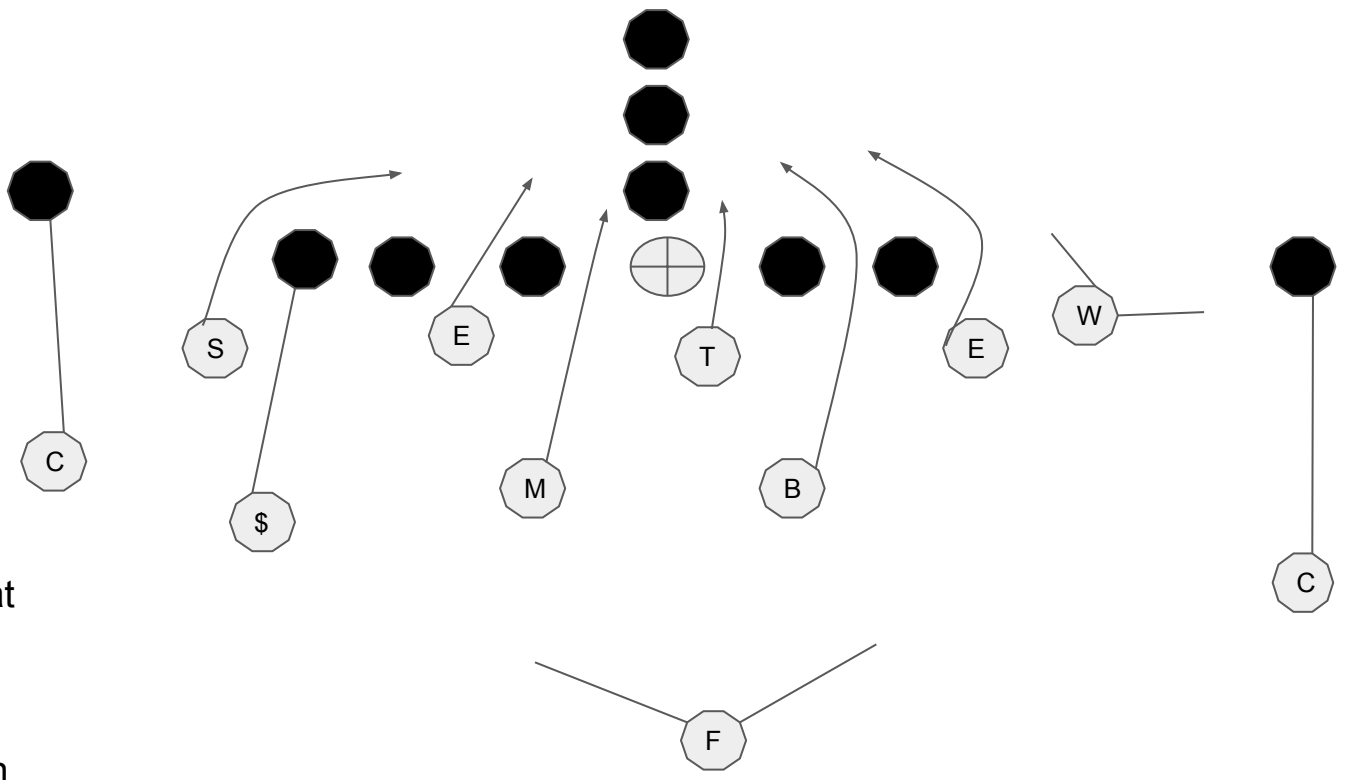
Milwaulkee 1 (3x4 man cover 1)
vs 3x1

- NT: shade weak, A-
- SE: 4i tech, B+
- WE: 5 tech, C- (acompanha RB se ele abrir)
- S: 9 tech, blitz C+ (ou D+), acompanha o RB se ele abrir
- M: 20 tech, blitz A+
- B: 20 tech, blitz B-
- W: alinha na cara e man no #2 (slot do meio)
- SS: 8 yds aproxima do strong side, man no #3 (slot ou TE), read C+ (se tiver TE)
- FS: 10 yds, deslocado pro lado cheio, ataca a 1a leitura do QB
- CB: 2 yds, man press



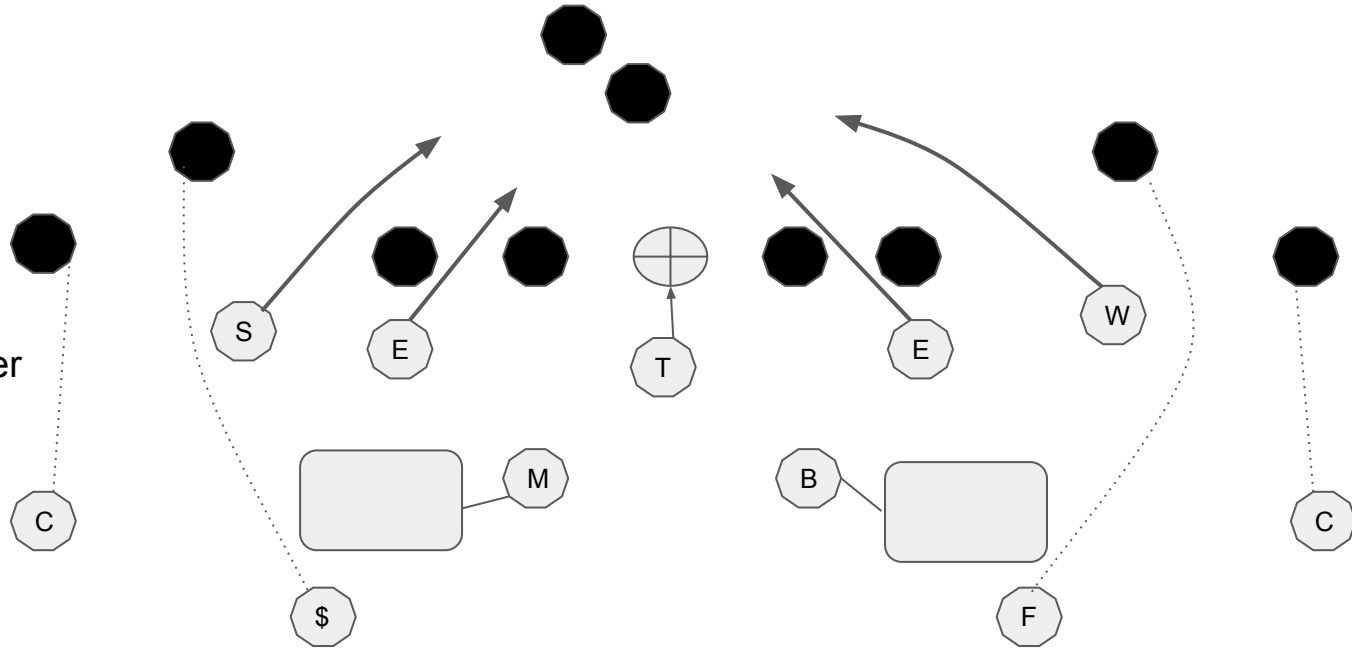
Milwaulkee (3x4 man cover 1)
vs I form

- NT: shade weak, A-
- SE: 4i tech, B+
- WE: 5 tech, C- (acompanha qqr RB que abrir)
- S: 9 tech, blitz D+ (acompanha RB)
- M: 20 tech, blitz A+
- B: 20 tech, blitz B-
- W: 9 tech, man no #2 (FB ou RB) ou #1 (em qualquer rota flat to curl)
- SS: 3 yds no strong side, read C+, man no #2 (TE)
- FS: 8 yds, aproxima e joga man no #3 em qualquer dos lados
- SCB: 2 yds, man press
- WCB: 7 yds off man no #1



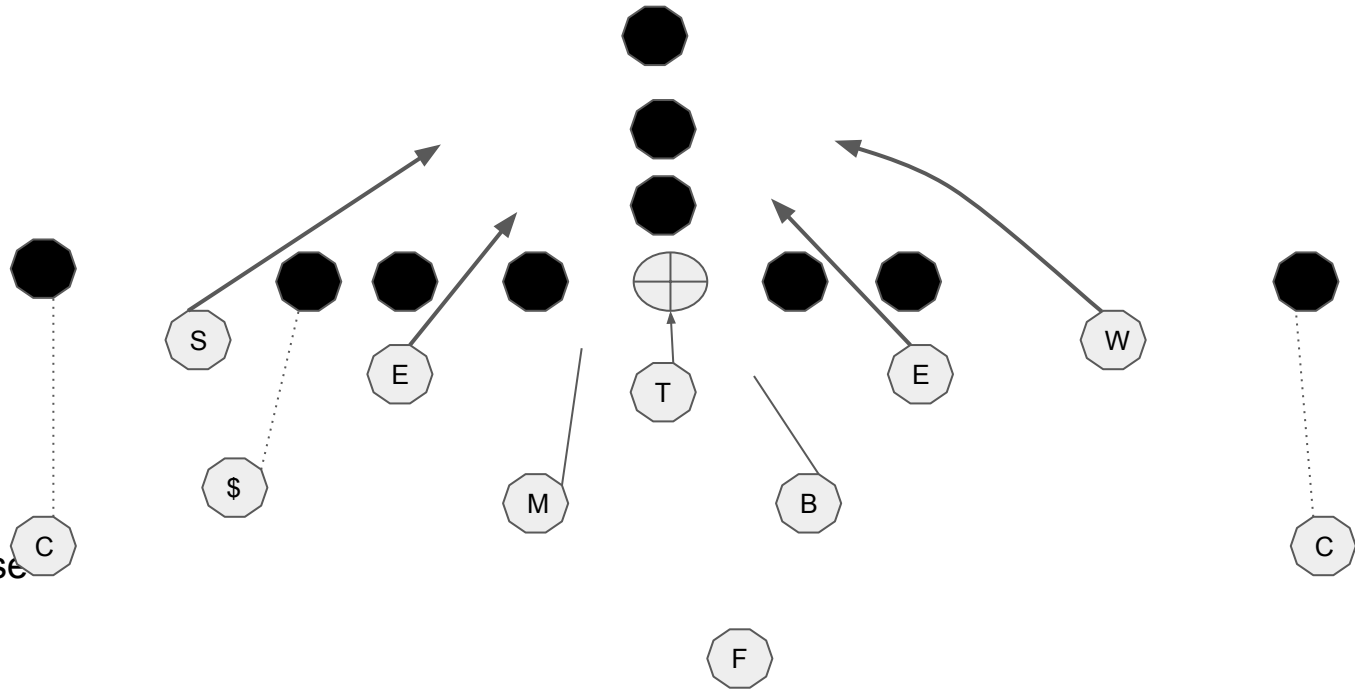
Pensilvânia
Man cover 0
vs 2x2

NT: 2 gap
SE: 4 tech B+
WE: 4 tech B-
S: 9 tech blitz C+ ou D+ (se tiver TE) (bate no RB se ele sair)
M: read step A+ e zona curl
B: read step A- e zona curl
W: 9 tech blitz C- ou D- (se for double TE) (bate no RB se ele sair)
SS: 8 yds, show c4, aproxima pra pegar TE ou slot
FS: 8 yds, show C4, aproxima pra pegar o slot (ou TE se for double TE)
CB: 2 a 5 yds Man



Pensilvânia
Man cover 1
vs I formation

NT: 2 gap
SE: 4 tech B+
WE: 4 tech B-
S: 9 tech blitz D+
(bate no RB se ele sair)
M: read step A+
B: read step A-
W: 9 tech blitz C- (bate no RB se ele sair)
SS: 2 yds, man press no TE,
read C+
FS: 8 yds, cover 1
CB: 2 a 5 yds Man no WR



46 Alinhamento (contra 2x2)

NT: 0 tech

SE: 4 tech

WE: 4 tech

M: 2 tech

B: 2 tech

S: 9 tech

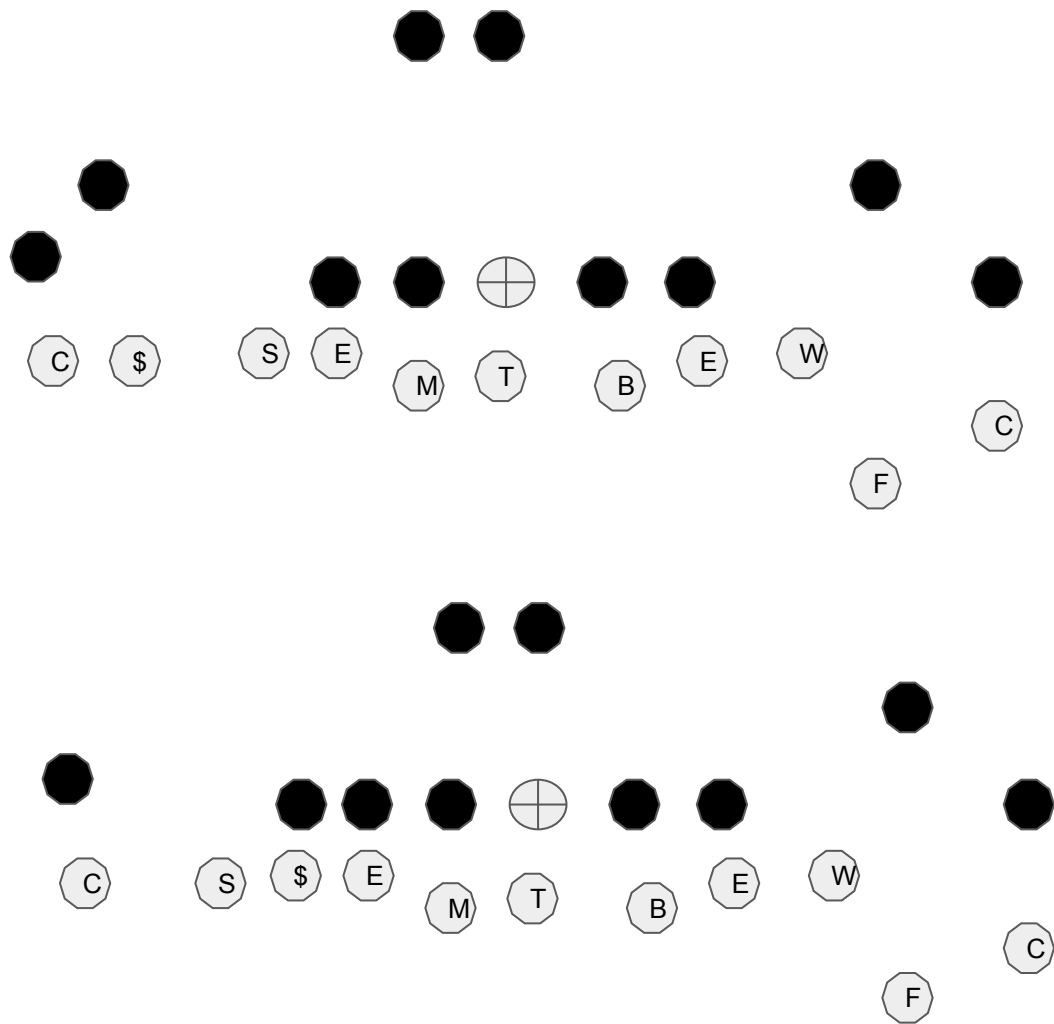
W: 9 tech

SS: de frente pro #2 (TE ou slot
no strong side)

FS: de frente pro #2 (slot ou TE
no lado fraco)

CB: press no #1

Obs: se tiver TE, o SS fica por
dentro e o S por fora!!!



46 Alinhamento (contra 3x1)

NT: 0 tech

SE: 4 tech

WE: 4 tech

M: 2 tech

B: 2 tech

S: 9 tech

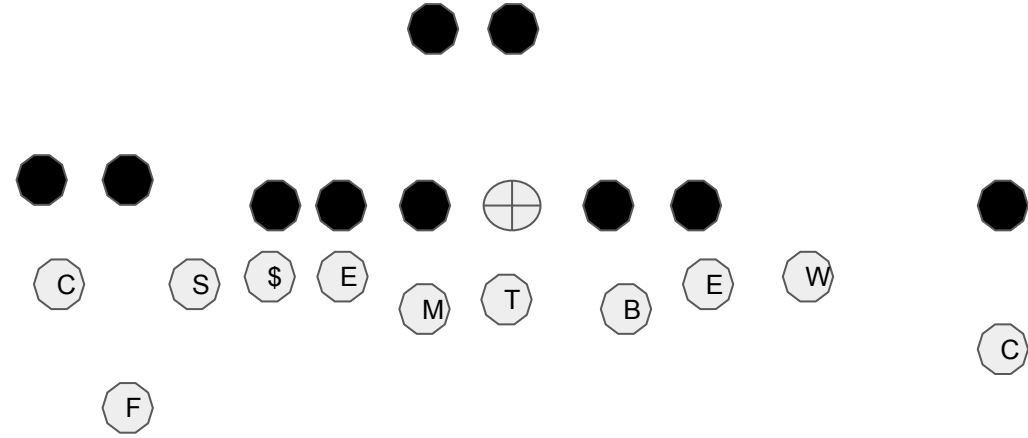
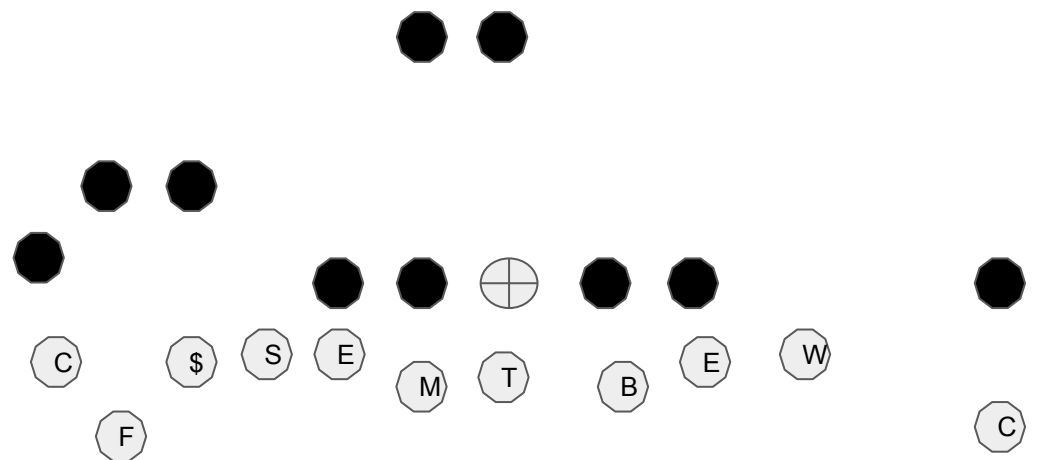
W: 9 tech

SS: de frente pro #3 (TE ou slot)

FS: de frente pro #2 (slot)

CB: press no #1

Obs: se tiver TE, o SS fica por dentro e o S por fora!!!



46 Alinhamento (contra I form)

NT: 0 tech

SE: 4 tech

WE: 4 tech

M: 2 tech

B: 2 tech

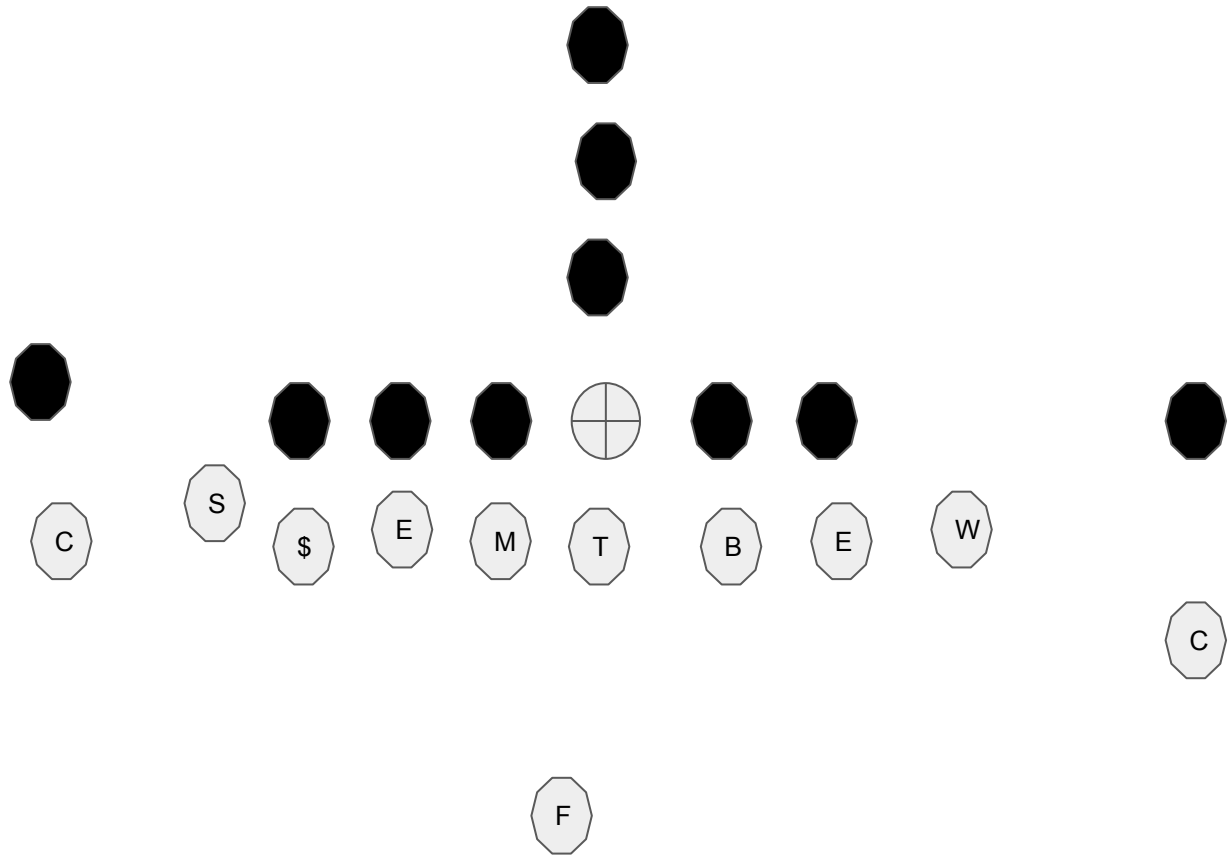
S: 9 tech

W: 9 tech

SS: de frente pro TE (6 tech)

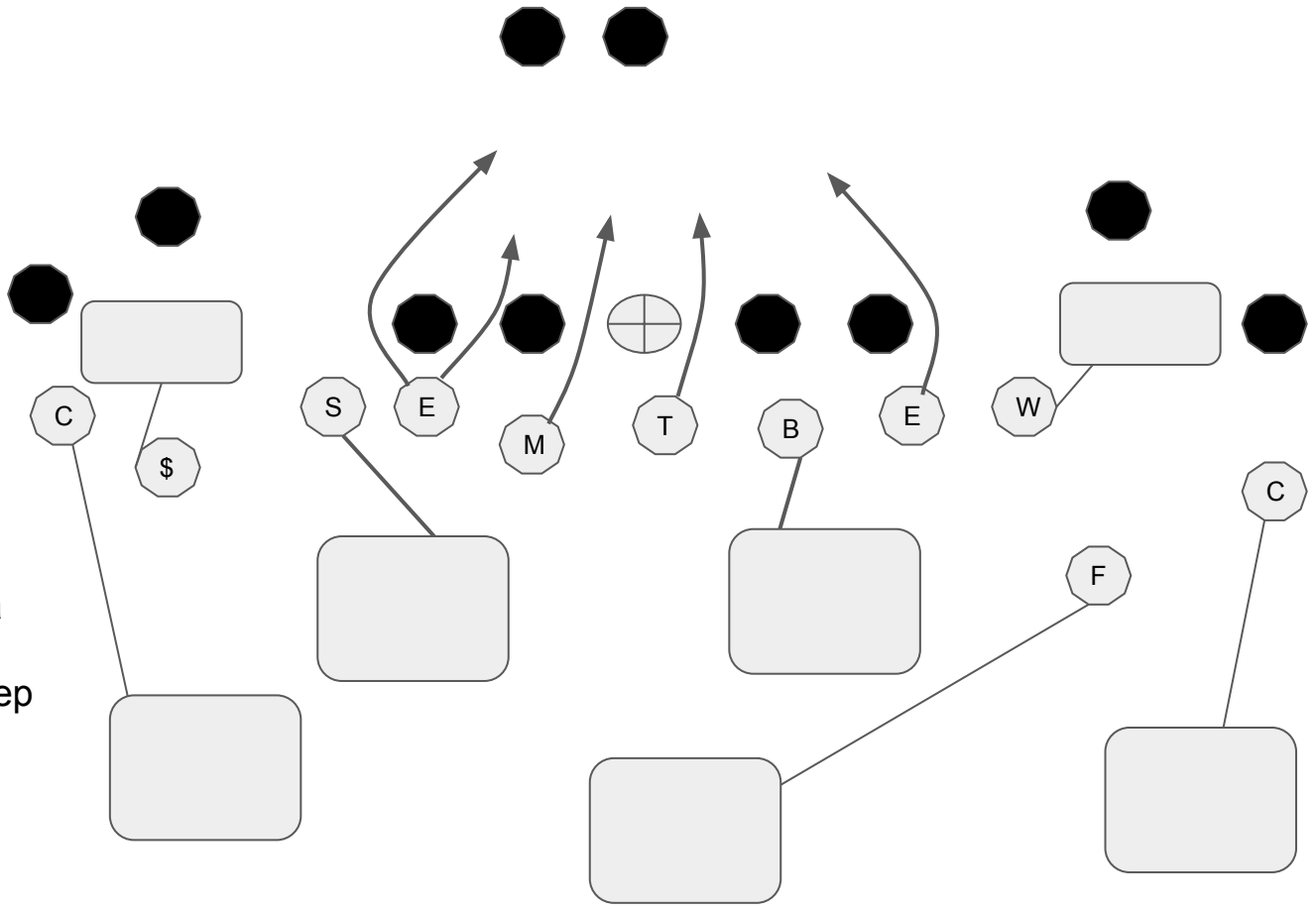
FS: look de cover 1 ligeiramente deslocado pro lado forte

CB: press no #1



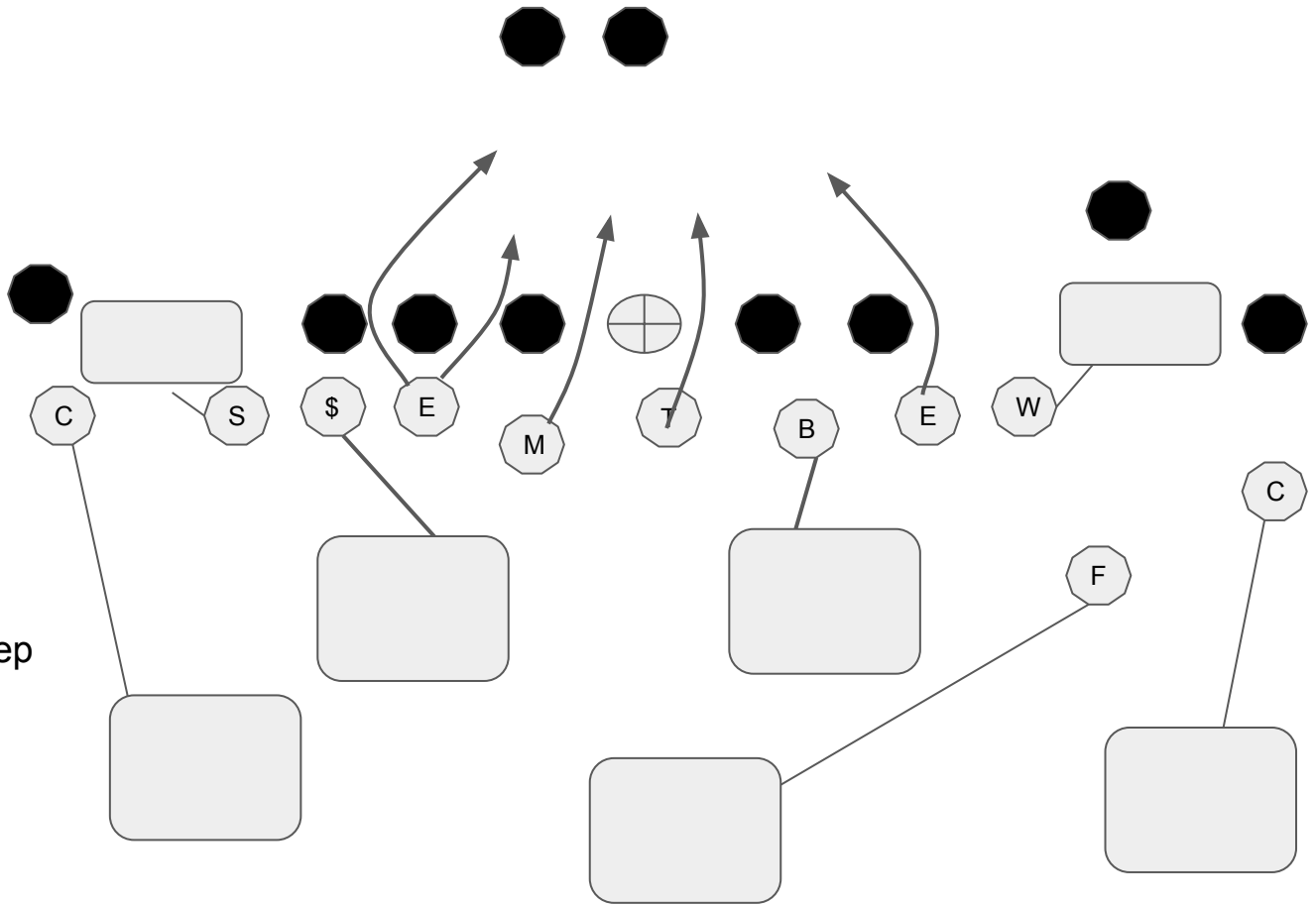
Michigan
46 cover 3
vs 2x2

NT: Shade, A-
SE: 4 tech, C+ ou B+ (livre)
WE: 5 tech, C-
M: 2 tech, blitz no A +
B: 3 tech, read B-, zona curl
S: 5 tech, read B+ ou C+
(dependendo do SE), zona curl
W: 9 tech, read D- zona flat
SS: alinha no ombro de fora do slot, zona flat, forçando o slot pra dentro
FS: 5 yds weak side, sprint to deep third
CBs: 2 yds sprint to deep third



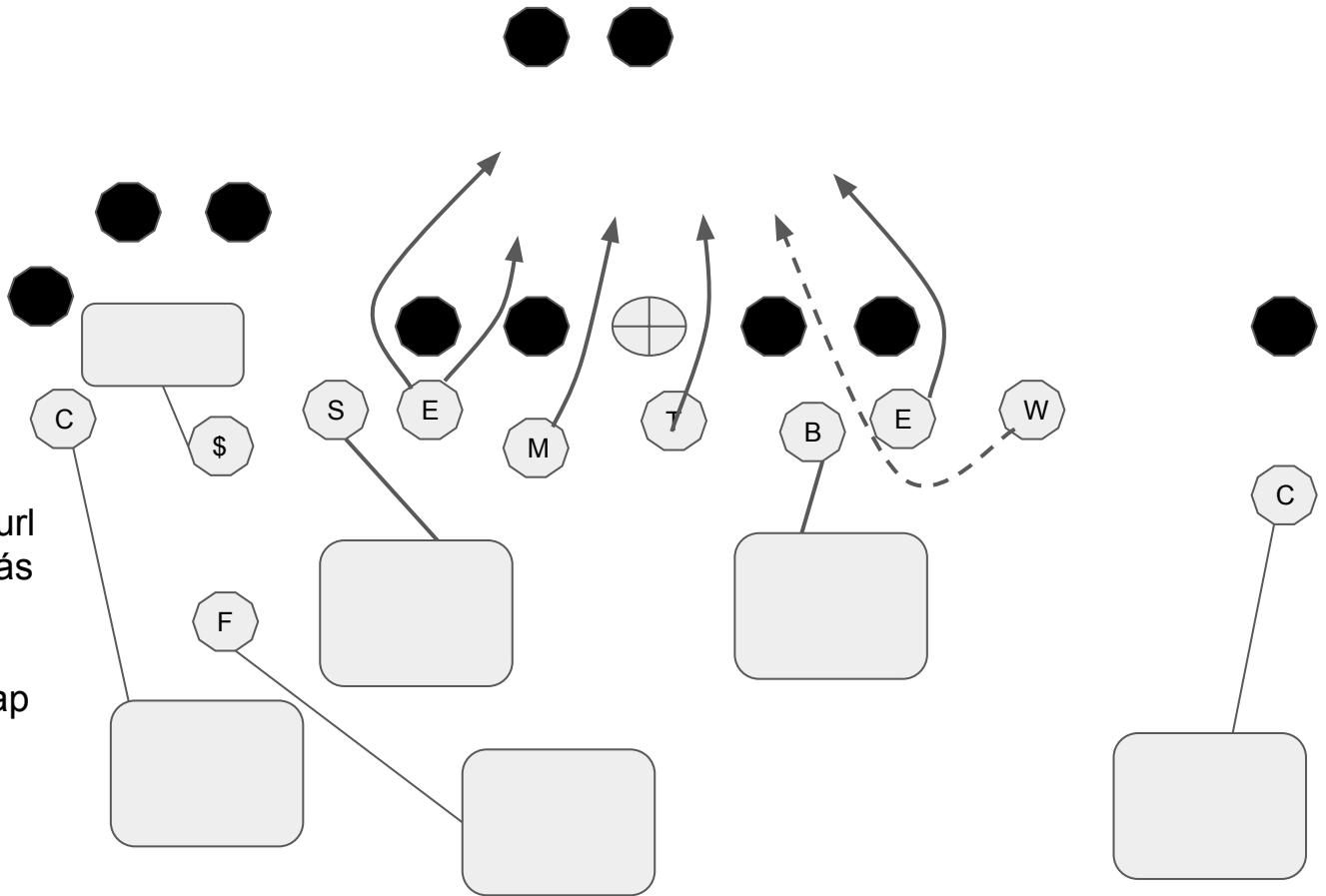
Michigan
46 cover 3
vs 2x2 (com TE)

NT: Shade, A-
SE: 4 tech, C+ ou B+ (livre)
WE: 5 tech, C-
M: 2 tech, blitz no A +
B: 3 tech, read B-, zona curl
S: 9 tech, read D+, zona flat
W: 9 tech, read D- (se for double tight) zona flat
SS: 6 tech, read B+ ou C+ (dependendo do SE), zona curl
FS: 5 yds weak side, sprint to deep third
CBs: 2 yds sprint to deep third



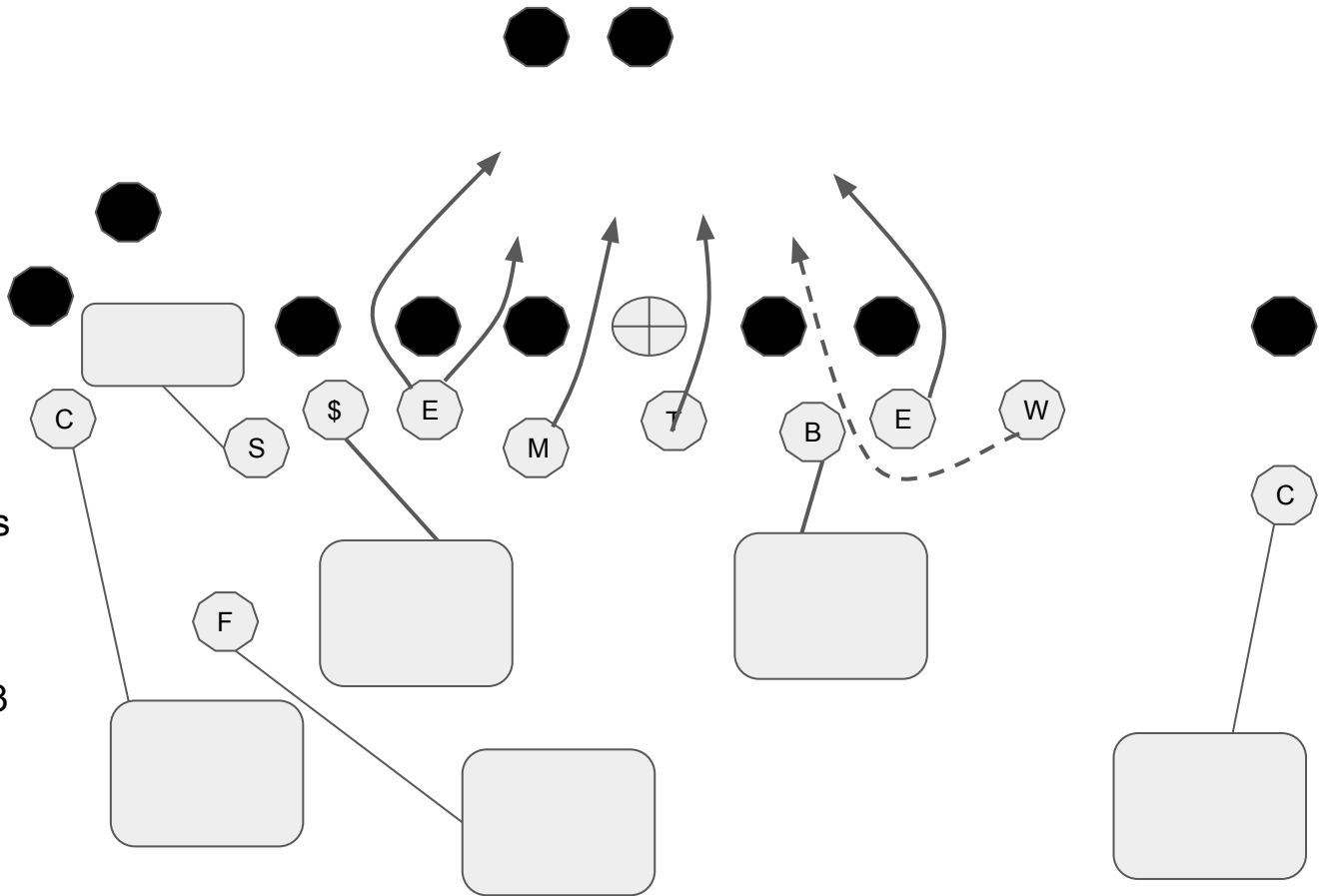
Michigan
46 cover 3
vs 3x1

NT: Shade, A-
SE: 4 tech, C+ ou B+ (livre)
WE: 5 tech, C- (segue o RB)
M: 2 tech, blitz no A +
B: 3 tech, zona curl (olho no QB em jogadas de option pro weak side)
S: 5 tech, read B+ ou C+, zona curl
W: 6 tech, stunt pro B gap (por trás do WE)
SS: 9 tech, read D+, zona flat
FS: show man no #2, antes d snap volta pra c3 deep third
CBs: 2 yds sprint to deep third



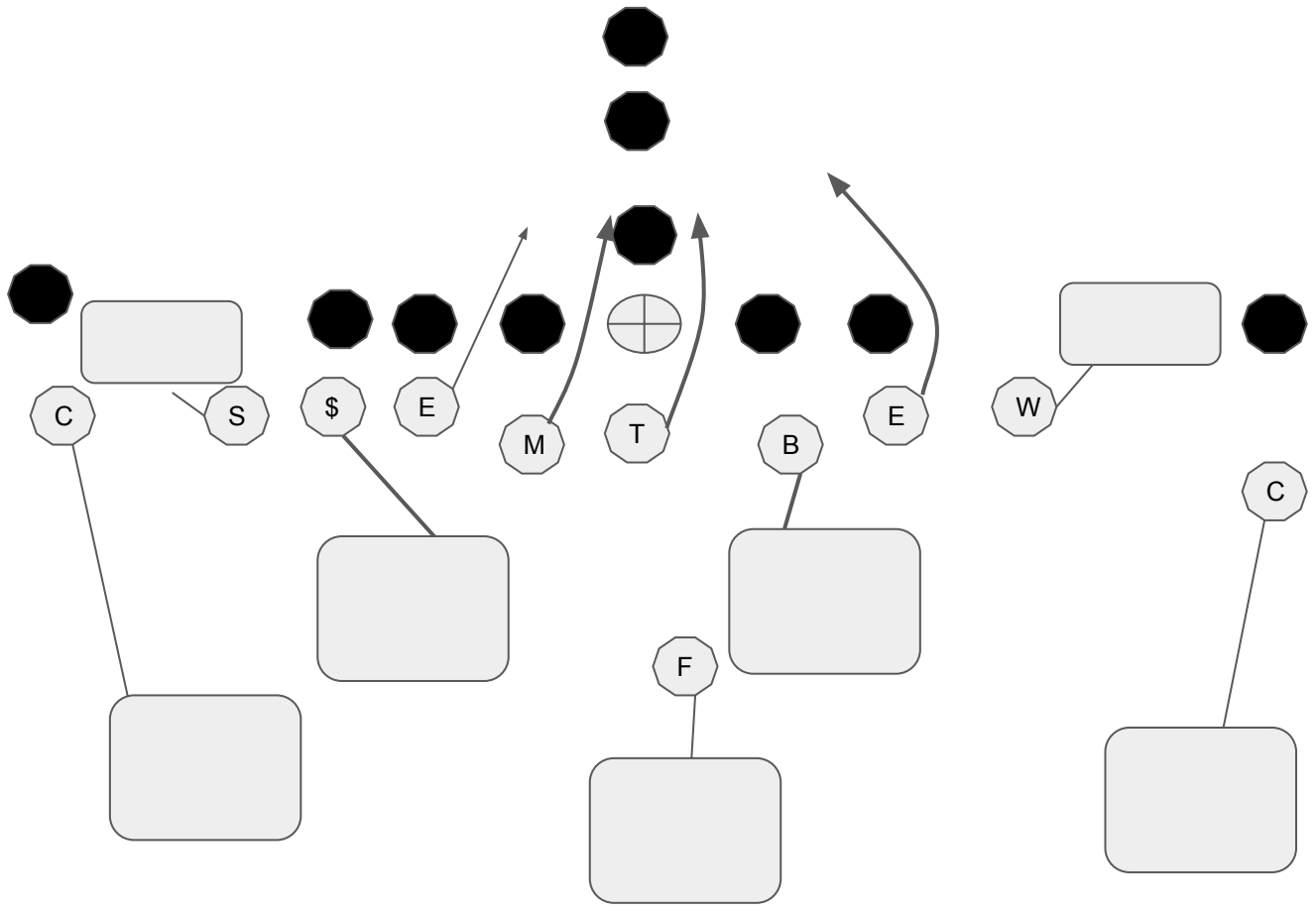
Michigan
46 cover 3
vs 3x1 (com TE)

- NT: Shade, A-
- SE: 4 tech, C+ ou B+
- WE: 5 tech, C- (segue o RB)
- M: 2 tech, blitz no A +
- B: 3 tech, zona curl (olho no QB em option pro weak side)
- S: 9 tech, zona flat
- W: 6 tech, stunt to B gap (por trás do WE)
- SS: 6 tech, read B+ ou C+ (dependendo do SE), zona curl
- FS: show man no #2, volta pra c3 deep third
- CBs: 2 yds sprint to deep third



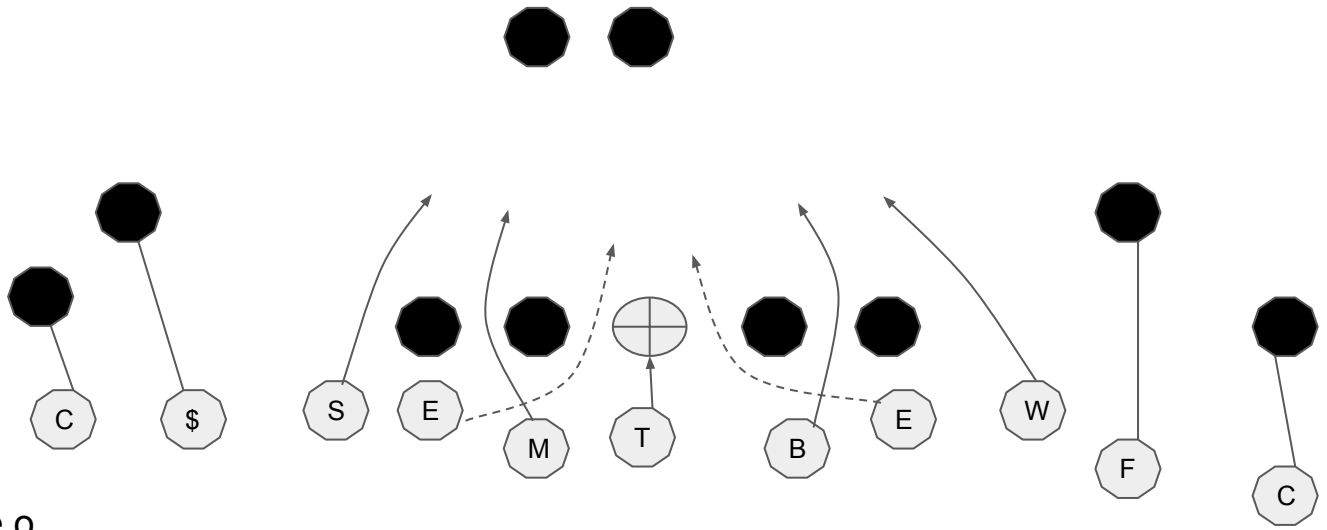
Michigan
46 Cover 3
vs I form

NT: 0 tech, A-
SE: 4 tech, B+ (obrigatório)
WE: 4 tech, C-
M: 2 tech, blitz no A +
B: 2 tech, read B-, zona curl
S: 9 tech, read D+, zona flat
W: 6 tech, read D-, zona flat
SS: 6 tech, read C+, zona curl
FS: 10 yds middle deep third
CBs: 2 yds sprint to deep third



Delaware
46 Man cover 0
vs 2x2

NT: 0 tech, Bull rush 2 gap
SE: 4 tech, stunt pro A+, por trás do Mike
WE: 4 tech, pro A-, por trás do Buck
M: 2 tech, blitz no B +
B: 2 tech, blitz no B-
S: 5 ou 6 tech, blitz no C+, segue o RB
W: 5 ou 6 tech, blitz no C-, segue o RB
SS: 2 yds, read D+, man no #2 (slot ou TE)
FS: 2 yds, read D-, man no #2 (slot ou TE)
CBs: man press no #1, forçando pra fora



Delaware
46 Man cover 0
vs 3x1

NT: 0 tech, Bull rush 2 gap
SE: 4 tech, stunt pro A+, por trás do Mike

WE: 4 tech, pro A-, por trás do Buck

M: 2 tech, blitz no B +

B: 2 tech, blitz no B-

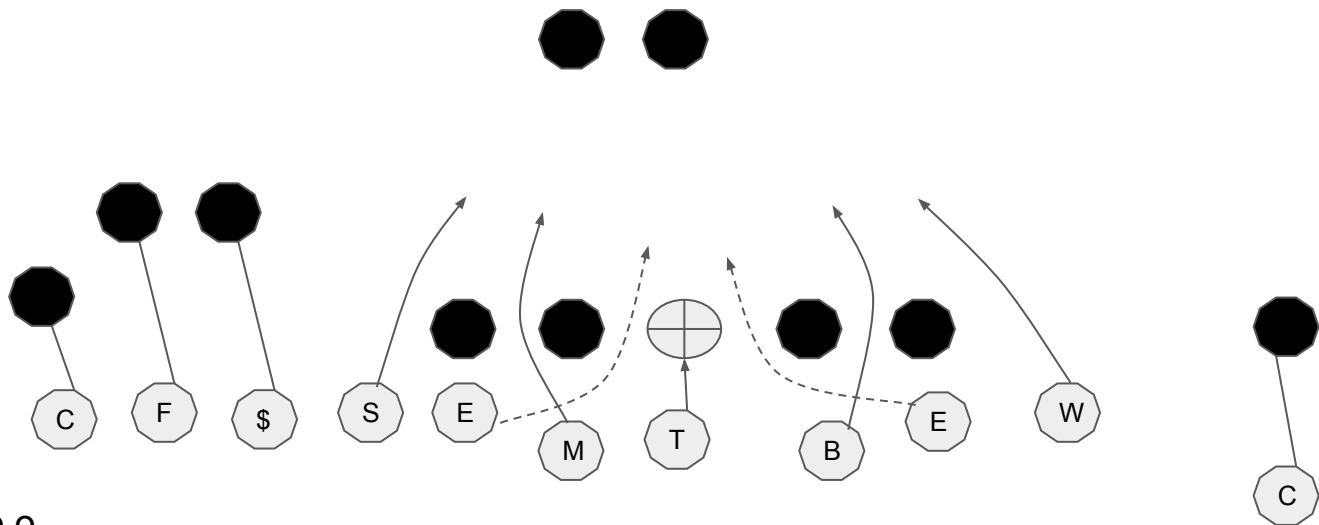
S: 5 ou 6 tech, blitz no C+, segue o RB

W: 5 tech, blitz no C-, segue o RB

SS: 2 yds, read D+, man no #3
(slot ou TE)

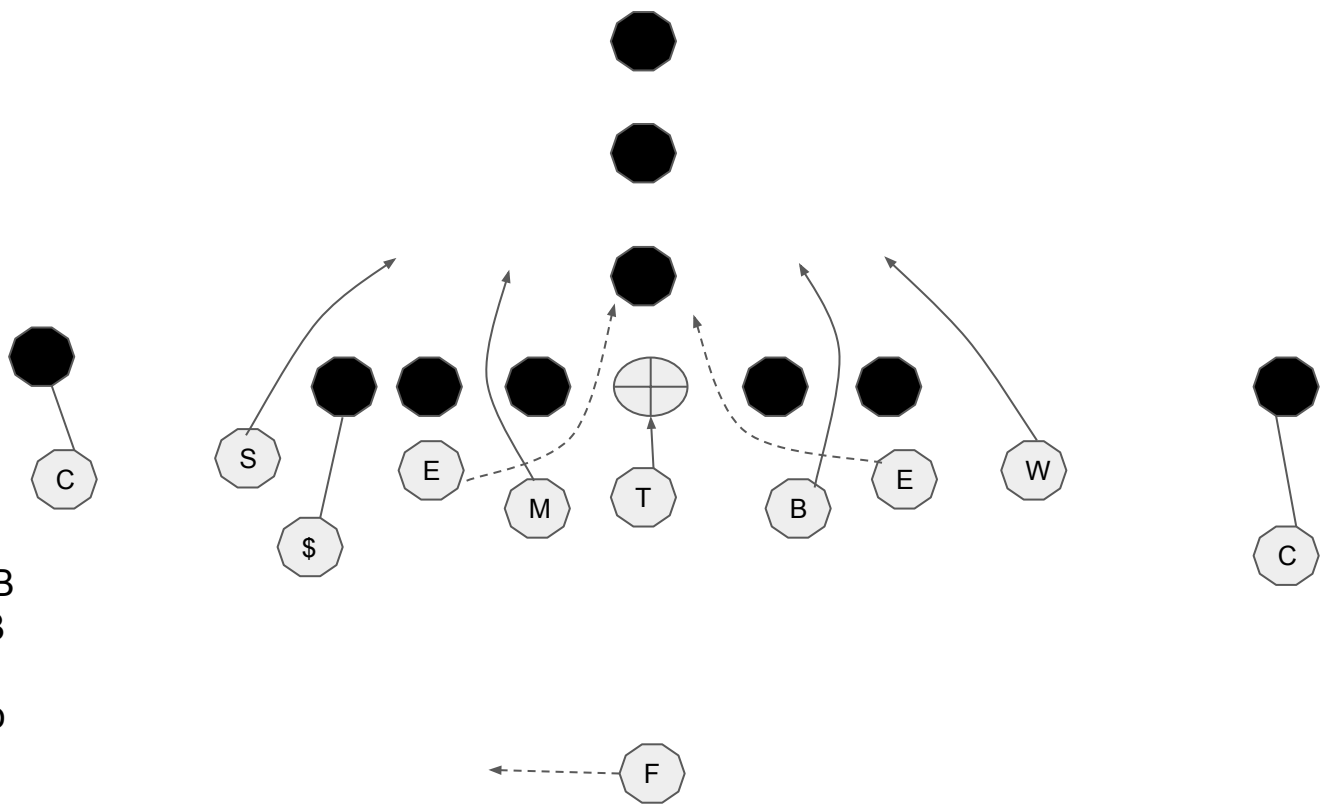
FS: 2 yds, man no #2 (slot do meio)

CBs: man press no #1, forçando pra fora



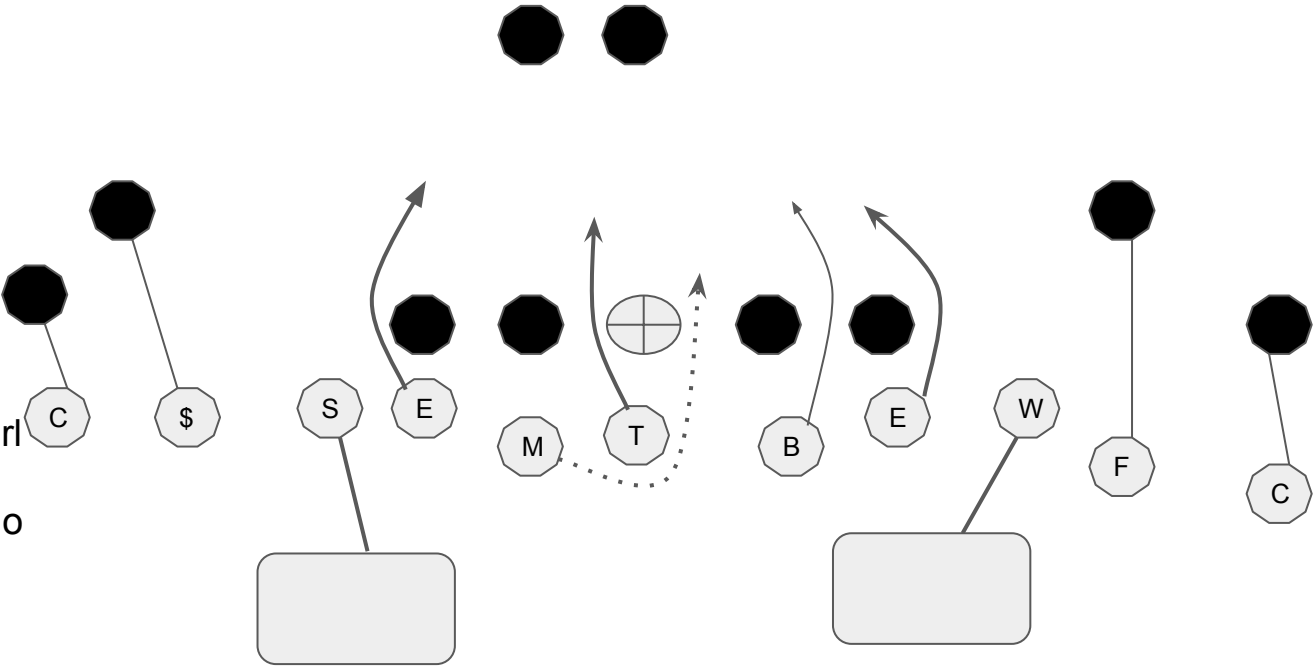
Delaware
46 Man cover 1
vs I form

NT: 0 tech, Bull rush 2 gap
SE: 4 tech, stunt pro A+, por trás do Mike
WE: 4 tech, pro A-, por trás do Buck
M: 2 tech, blitz no B +
B: 2 tech, blitz no B-
S: 9 tech, blitz no D+, segue o RB
W: 5 tech, blitz no C-, segue o RB
SS: 6 tech read C+, man no TE
FS: 10 yds, cover 1, tendendo pro lado forte
CBs: man press no #1



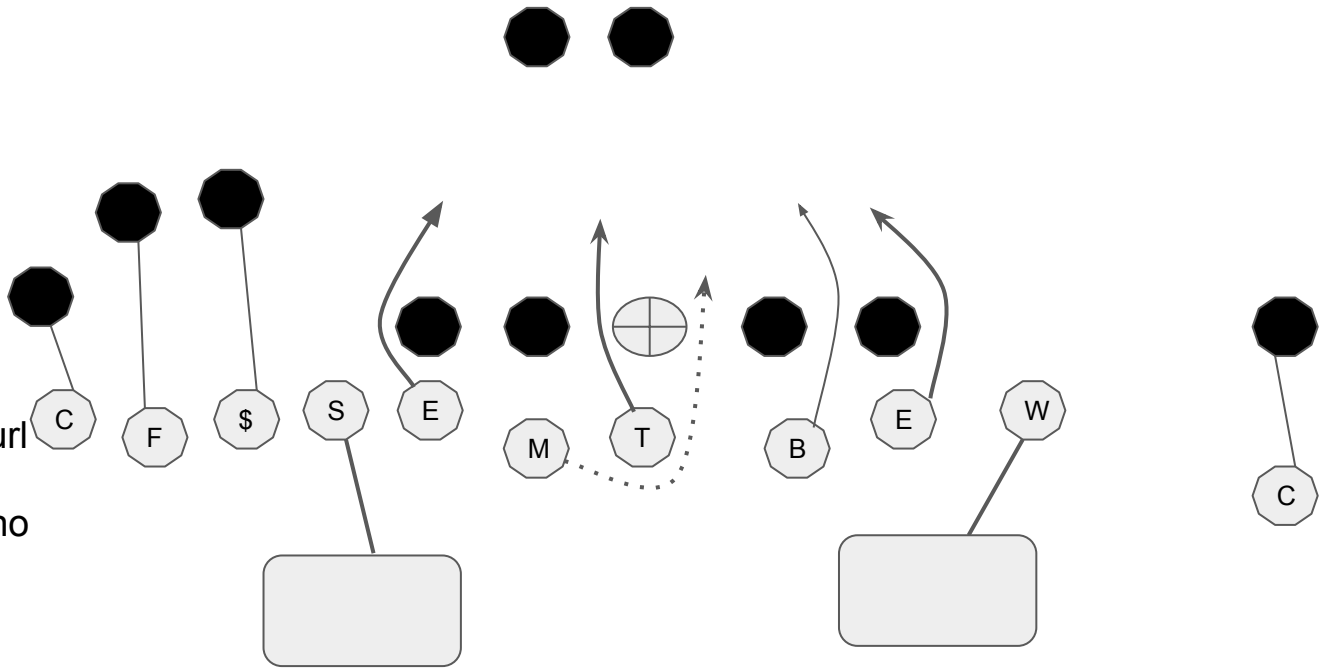
Bloomberg
46 man cover 2 underneath
vs 2x2

NT: 0 tech, A+
SE: 4 tech, C+
WE: 4 tech, C-
M: 2 tech, stunt cruzado no A-
B: 2 tech, blitz no B-
S: 5 ou 9 tech, read B+ , flat to curl
zone, man no RB do seu lado
W: 9 tech, flat to curl zone, man no
RB no seu lado
SS: 2 yds, read D+, man no #2
(slot ou TE), forçando pra dentro
FS: 2 yds, read D-, man no #2 (slot
ou TE), forçando pra dentro
CBs: man press no #1, forçando
pra dentro



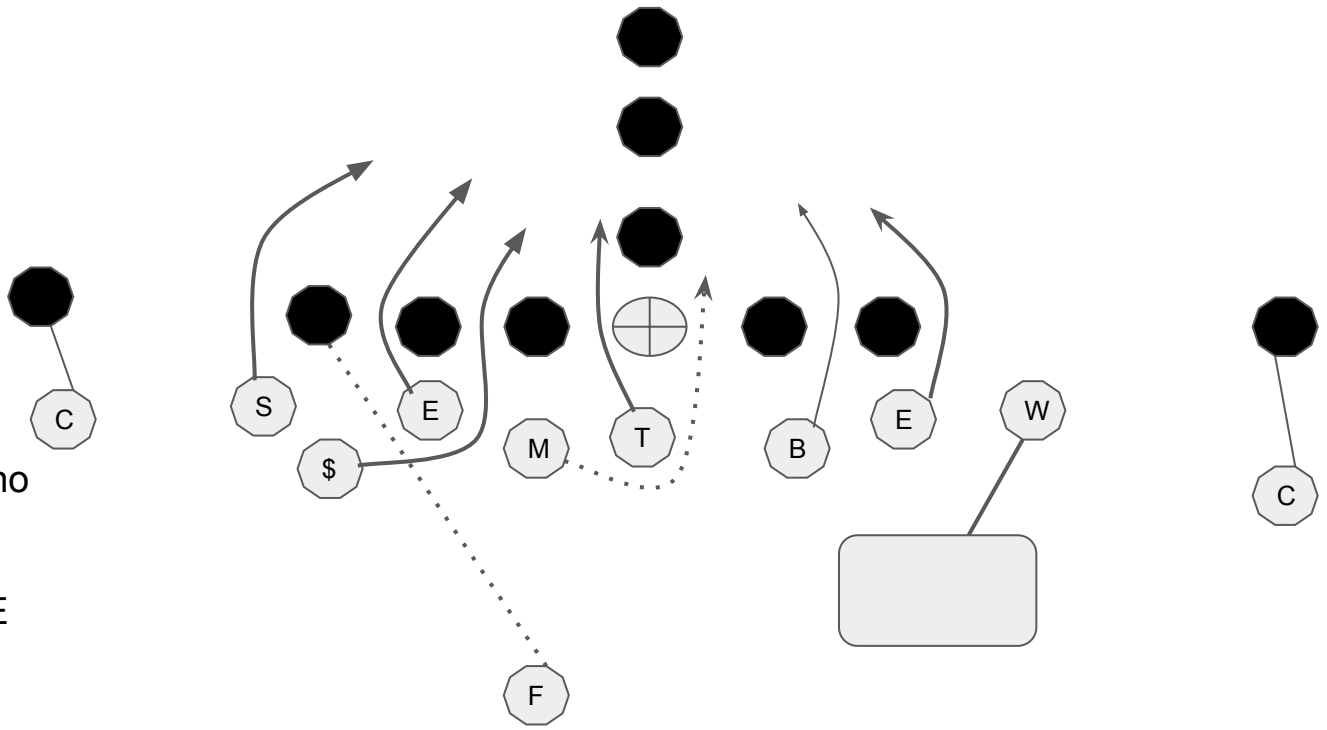
Bloomberg
46 man cover 2 underneath
vs 3x1

NT: 0 tech, A+
SE: 4 tech, C+
WE: 4 tech, C-
M: 2 tech, stunt cruzado no A-
B: 2 tech, blitz no B-
S: 5 ou 9 tech, read B+ , flat to curl
zone, man no RB do seu lado
W: 9 tech, flat to curl zone, man no
RB no seu lado
SS: 2 yds, read D+, man no #3
(slot ou TE), forçando pra dentro
FS: 2 yds, man no #2 (slot do
meio)
CBs: man press no #1, forçando
pra dentro



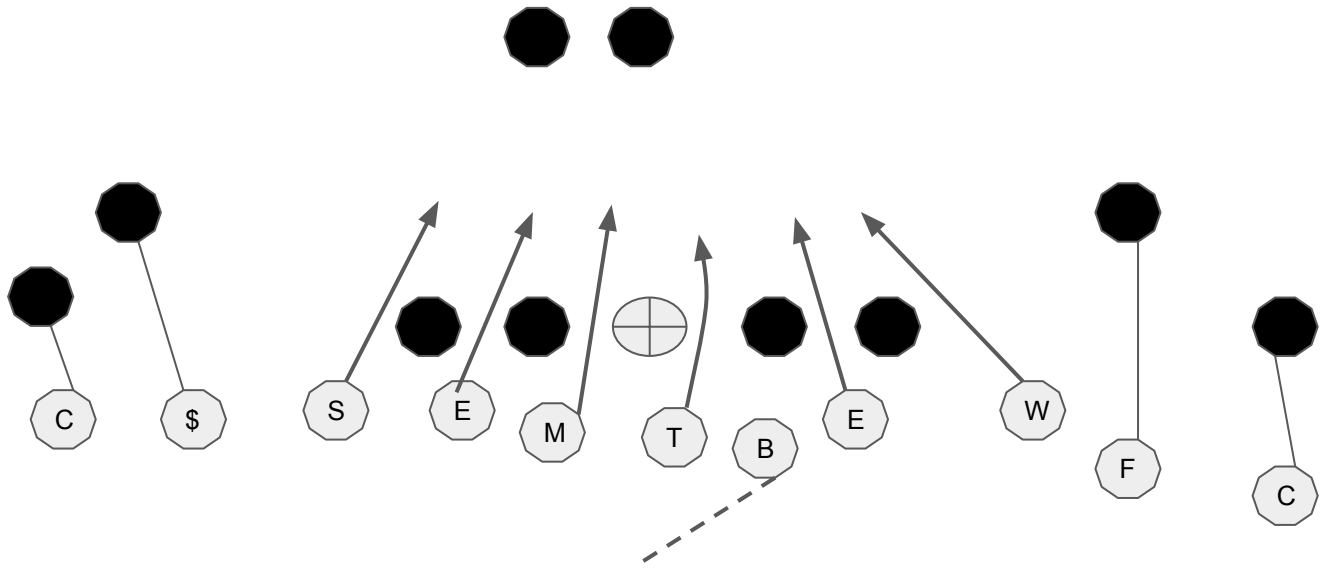
Bloomberg
46 man cover 1 underneath
vs I form

- NT: 0 tech, A+
- SE: 4 tech, C+
- WE: 4 tech, C-
- M: 2 tech, stunt cruzado no A-
- B: 2 tech, blitz no B-
- S: 9 tech, blitz D+ (segue RB)
- W: 9 tech, flat to curl zone, man no RB no seu lado
- SS: 6 tech, stunt pro B+
- FS: 5 yds, aproxima e man no TE
- CBs: man press no #1, forçando pra dentro



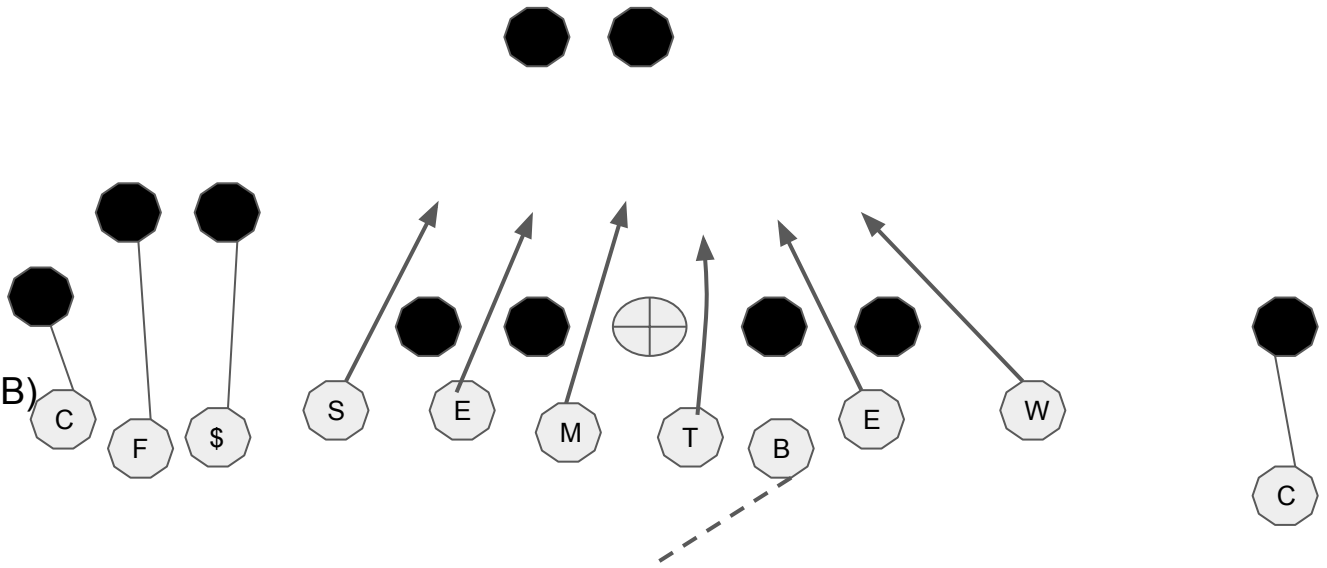
Green Bay
46 cover 0
vs 2x2

NT: Shade Weak, A-
SE: 4i tech, B+
WE: 4i tech, B-
M: 3 tech, blitz A+
B: 2 tech, não tem gap, então segue a bola e ataca RB ou QB (quem estiver com a bola)
S: 5 ou 9 tech, blitz no C+ ou D+ (pega RB se abrir)
W: 5 ou 9 tech, blitz no C- (pega RB se abrir)
SS: 2 yds, read D+, man no #2 (slot ou TE), forçando pra fora
FS: 2 yds, read D-, man no #2 (slot ou TE), forçando pra fora
CBs: man press no #1, forçando pra fora



Green Bay
46 cover 0
vs 3x1

NT: Shade Weak, A-
SE: 4i tech, B+
WE: 4i tech, B-
M: 3 tech, blitz A+
B: 2 tech, segue a bola (RB ou QB)
S: 5 ou 9 tech, blitz no C+ ou D+
W: 5 tech, blitz no C-
SS: 2 yds, read D+, man no #3
(slot ou TE), forçando pra fora
FS: 2 yds, man no #2 (slot),
forçando pra fora
CBs: man press no #1, forçando
pra fora



Green Bay
46 cover 0
vs I form

- NT: Shade Weak, A-
- SE: 4i tech, B+
- WE: 4i tech, B-
- M: 3 tech, blitz A+
- B: 2 tech, segue a bola (RB ou QB)
- S: 9 tech, blitz no D+ (pega RB se abrir)
- W: 5 tech, blitz no C- (pega RB se abrir)
- SS: 6 tech, blitz no C+
- FS: 5 yds, man no TE
- CBs: man press no #1, forçando pra fora

