



SEATTLE
SEAHAWKS

**DEFENSIVE
PLAYBOOK
2013**



SEATTLE SEAHAWKS

DEFENSE

2013



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SEATTLE SEAHAWKS



DEFENSE

2013

**MAN
COVERAGES**

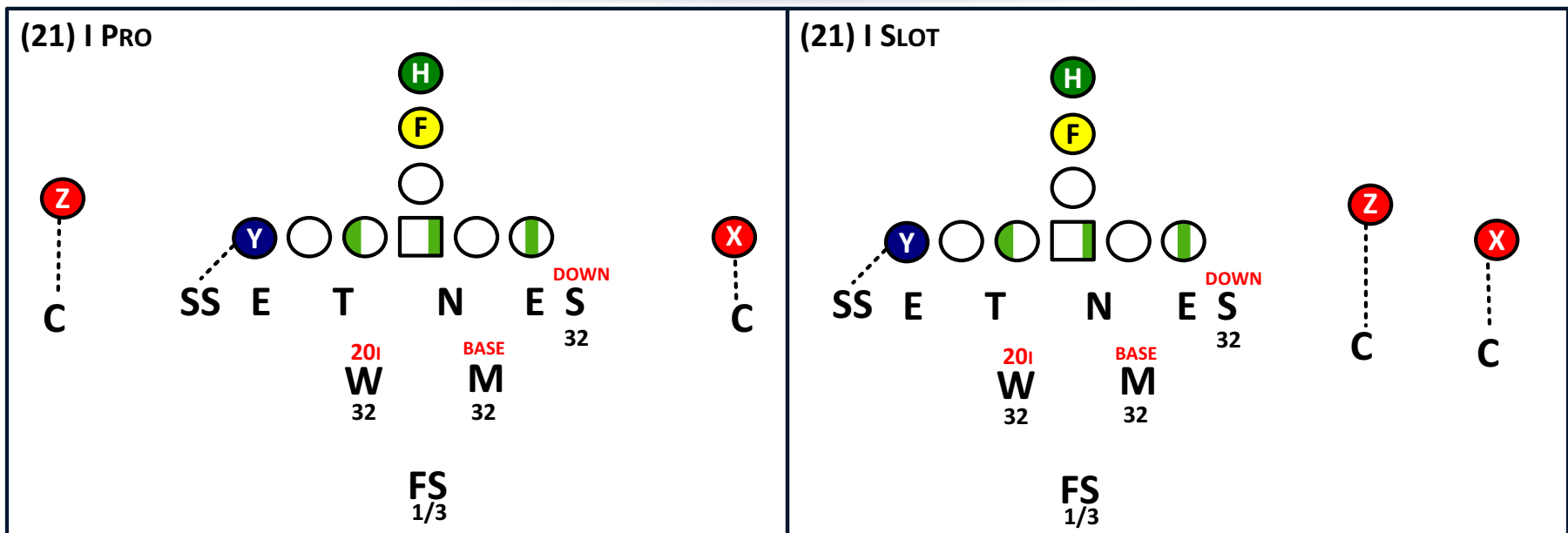


SEATTLE
SEAHAWKS 2013

MAN COVERAGES

- **W/CHEAT STONE 1 Y BUMP**
- **OVER 1 Y (BLACK)**
- **LOAD 1 FLEX (LOAD CHINA)**
- **UNDER 1 FLEX (CHINA)**
- **UNDER 1 SOLID (TOKYO)**

W/ CHEAT STONE 1 Y BUMP



ESSENCE:

1. W/ CHEAT STONE 1 Y BUMP IS A BASE OVER MAN FREE DEFENSE.
2. SAFETY DOWN TO THE SOLID SIDE

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. SS: MAN TE
3. LBS: 3 ON 2 THE BACKS

ADJUSTMENTS:

1. Vs. Y MOTION: SAFETIES TRACK
2. BUMP RULES APPLY TO ALIGNED OR MOTION TO 1 BACK:
 Vs. PEEL MOTION: SAM ADJUST
 Vs. FLY MOTION: SAFETY ADJUST
3. SAM ALIGNMENTS:
 DOWN: CHEAT (EXCEPTION IS TRIPS)
 BACKER: CHEAT
 WIDE: MUG EASY
3. Vs. TRIPS: CHECK FIST



W/ CHEAT STONE 1 Y BUMP

<p>1. Z MO I SLOT</p>	<p>2. Z MO I PRO</p>
<p>3. Y MO I PRO Y OFF</p> <p style="text-align: right;">TRACK</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS</p> <p style="text-align: right;">CHECK FIST</p> <p style="text-align: right;">BUMP</p>	<p>6. DOUBLE OUT</p> <p style="text-align: right;">CHECK MUG EASY</p> <p style="text-align: right;">BUMP</p>
<p>7. FLY TRIPS</p> <p style="text-align: right;">CHECK FIST</p> <p style="text-align: right;">BUMP</p>	<p>8. PEEL DOUBLE OUT</p> <p style="text-align: right;">CHECK MUG EASY</p> <p style="text-align: right;">BUMP</p>

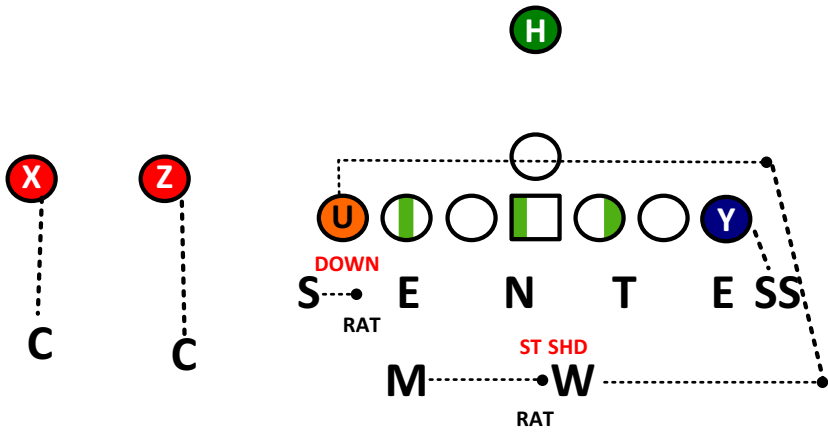


W/ CHEAT STONE 1 Y BUMP

<p>1. SOLO</p>	<p>2. PAIR TRIPS CHECK FIST</p>
<p>3. PAIR SLOT</p>	<p>4. SOLO SLOT</p>
<p>5. SLOT DOUBLE OUT</p>	<p>6. SEATTLE CHECK MUG EASY</p>
<p>7. EMPTY CHECK MUG EASY</p>	<p>8. FLY EMPTY CHECK MUG EASY</p>

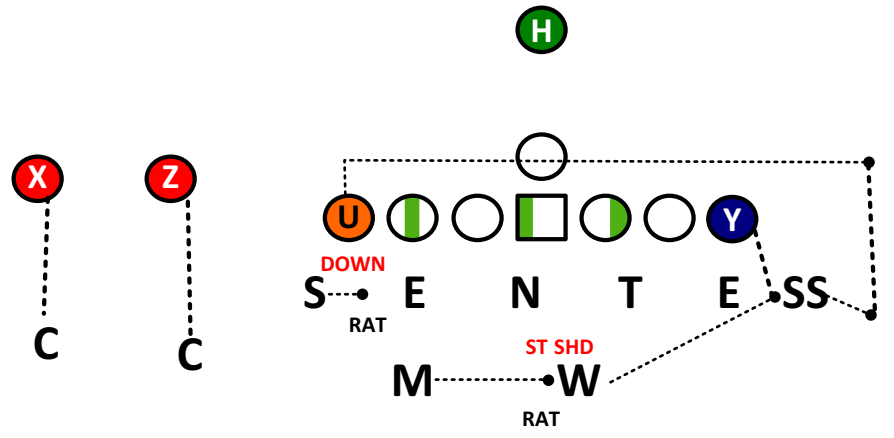


SS STAY IN CREASE



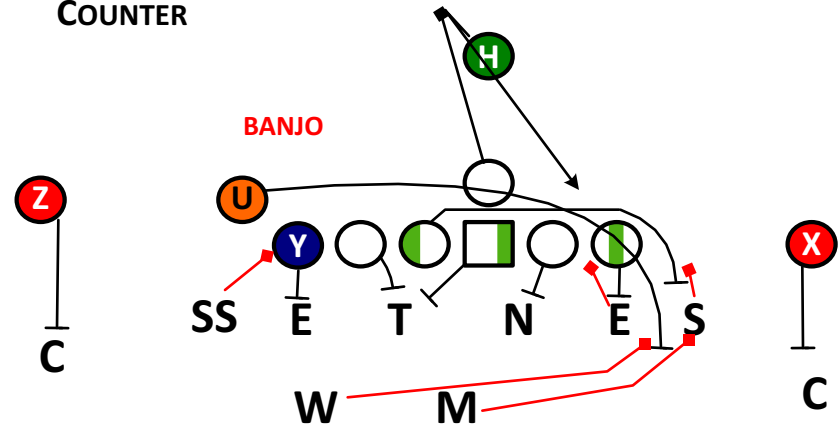
FS
1/3

BUMP



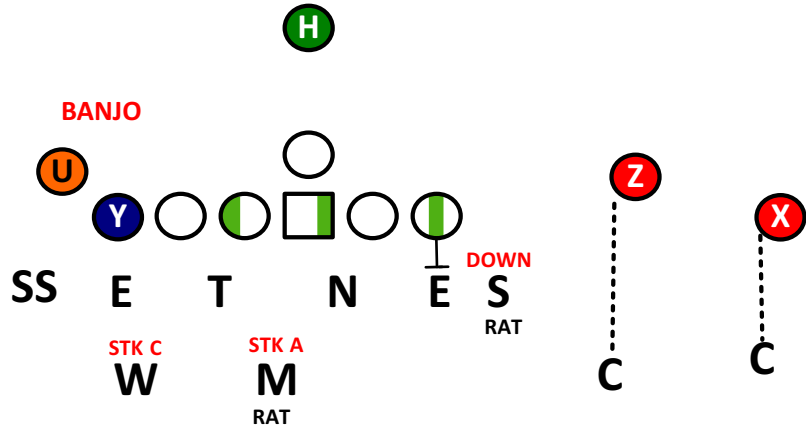
FS
1/3

COUNTER



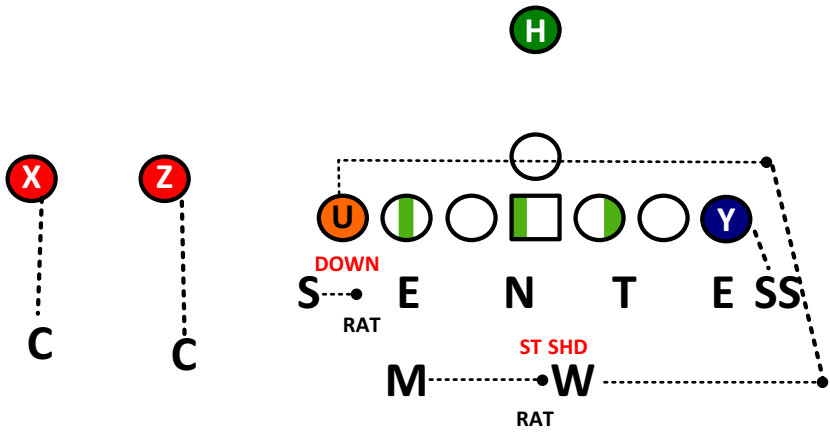
FS
1/3

PAIR SLOT



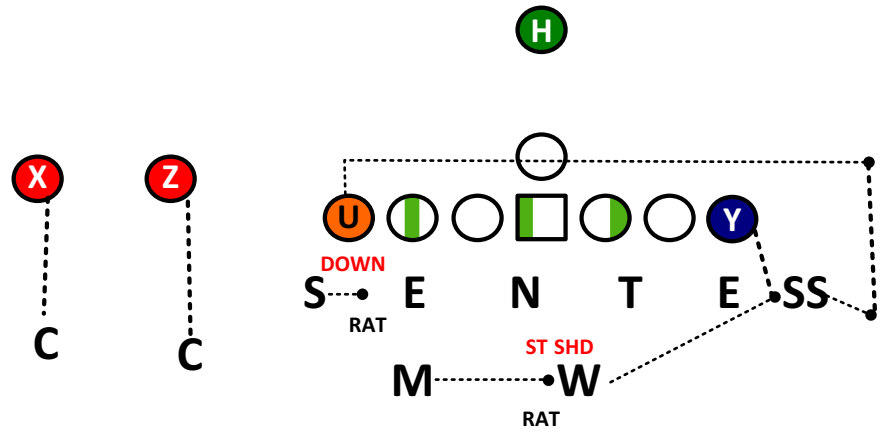
FS
1/3

SS STAY IN CREASE



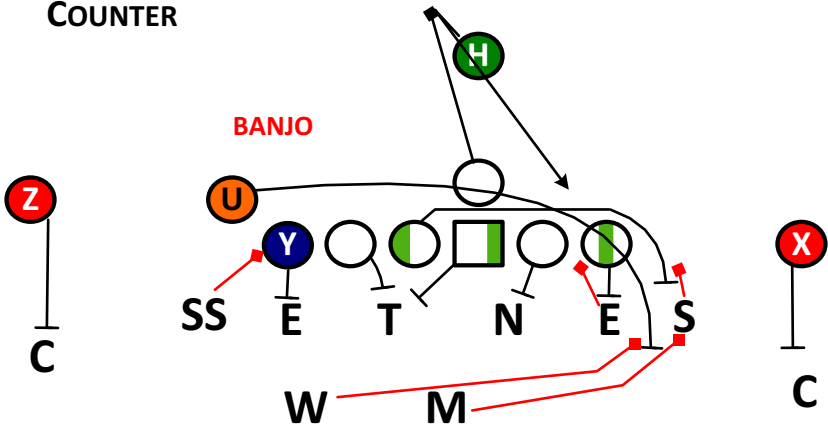
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1/3

BUMP



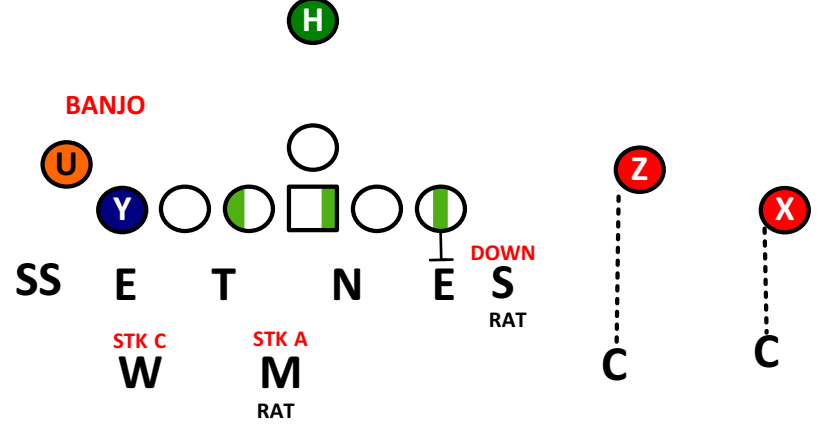
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1/3

COUNTER



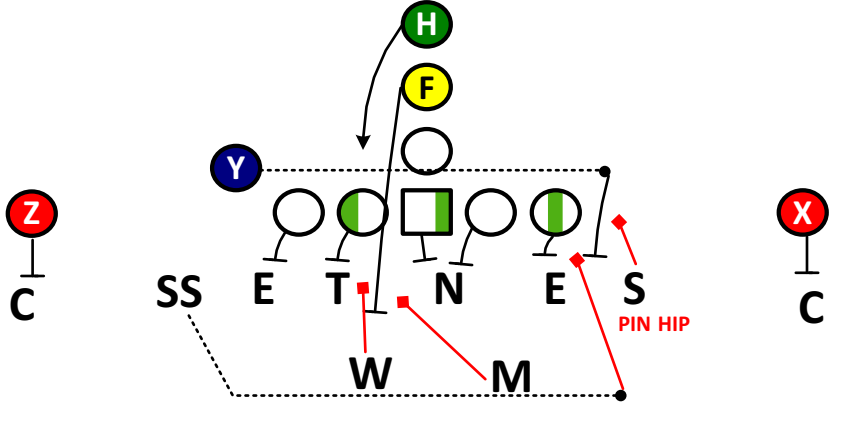
FS
1/3

PAIR SLOT



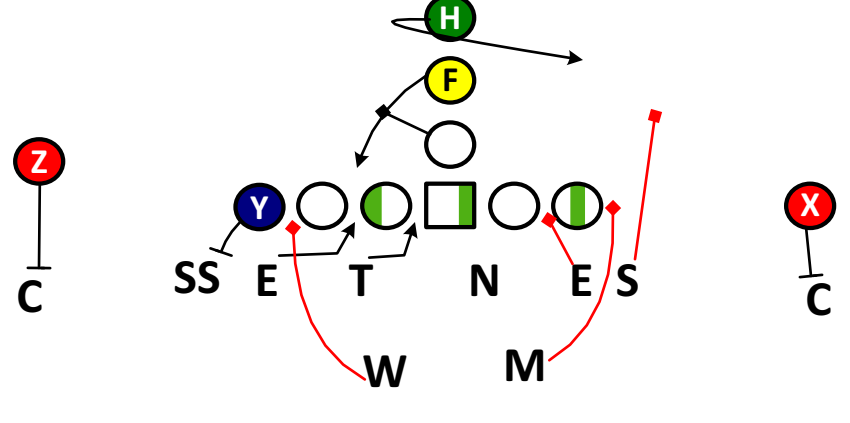
FS
1/3

Y MO I PRO Y OFF



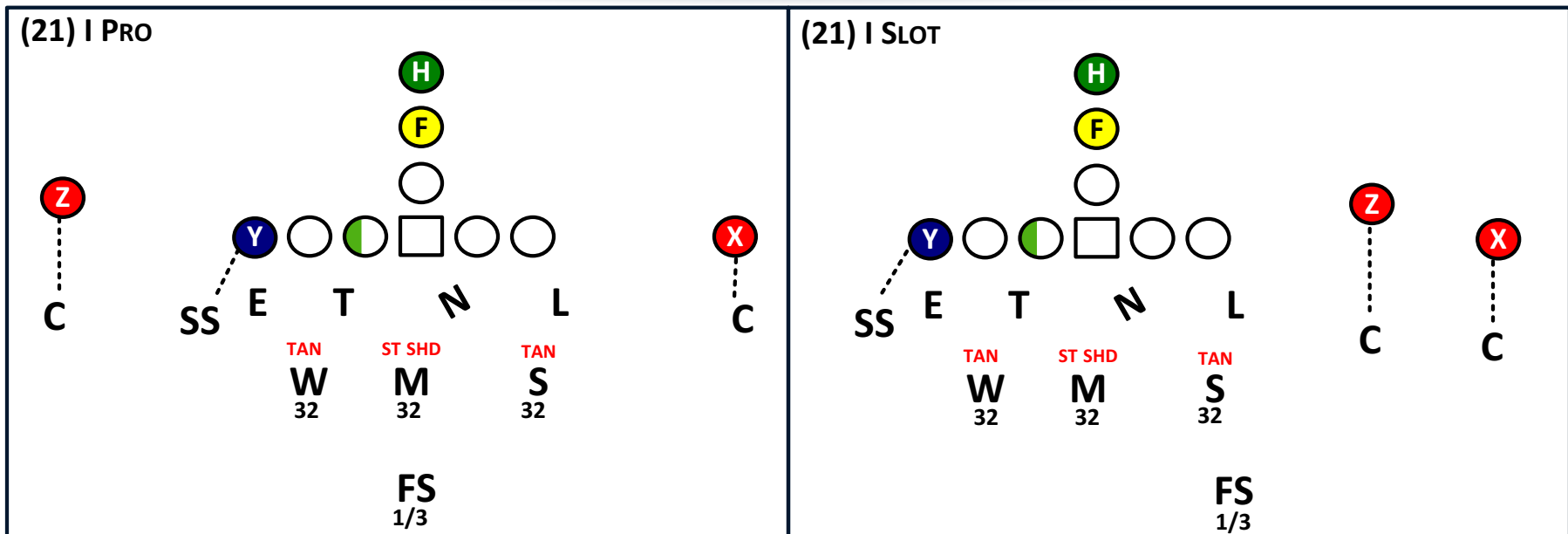
FS

FLIP OPTION



FS
1/3

OVER 1 Y (BLACK)



ESSENCE:

1. BLACK IS AN 8 MAN OVER FRONT DEFENSE.
2. THE COVERAGE IS MAN TO MAN WITH 1 Y COVERAGE.

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. ALL 2 BACK SETS SAFETY COVERS Y. LBS 3 ON 2 THE BACKS
3. SAFETY SPILL EVERYTHING WHEN MAN TO MAN ON Y.
4. **Vs. 2 BACK Y SLIDE: SAFETY TRACK.**
5. **Vs. 1 BACK CUT: FALL BACK**
6. **Vs. BUNCH TRIPS: STAB 'N' DEUCE.**
7. **Vs. STACKS: MAN ON PRINCIPLE.**

ADJUSTMENTS:

1. **Vs. 2 BACK Y MOTION: CHECK TOKYO SWITCH, SS ("I GOT HIM")**
Vs. 2 BACK Y MO TO Y ON: CHECK TOKYO (SAM ALIGN IN BACKER)
2. **Vs. 2 BACK FLY MOTION: WILL BUMPS WITH SS**
3. **Vs. 2 BACK PEEL MOTION: SAM TAKES THE RB ("I GOT HIM")**
4. **Vs. 1 BACK Y MOTION: BUMP (LBS ADJUST) "YUKON"**
5. **Vs. BOX FLY MOTION: CHECK SPECIAL.....BUMP**
6. **Vs. BOX PEEL MOTION: CHECK SPECIAL.....TRACK THE BACK (ROCK N ROLL)**
7. **Vs. ALIGNED 1 BACK SETS: CHECK SPECIAL (SAFETIES ADJUST)**
8. **EMPTY RULES (CHECK SPECIAL):**
 SAM: FIRST BACK MY SIDE, NO BACK MY SIDE, FIRST BACK OTHER SIDE
 SAFETY: COVER #2 STRONG (MATCH UP)



OVER 1 Y (BLACK)

<p>1. Z MO I SLOT</p> <p>SS 1/3 FS</p>	<p>2. Z MO I PRO</p> <p>SS 1/3 FS</p>
<p>3. Y MO I PRO Y OFF CHECK TOKYO SWITCH TRACK</p> <p>SS FS 1/3</p>	<p>4. I PRO Y OPEN</p> <p>SS 1/3 FS</p>
<p>5. TRIPS CHECK SPECIAL</p> <p>SS 1/3 FS</p>	<p>6. DOUBLE OUT CHECK SPECIAL</p> <p>SS 1/3 FS</p>
<p>7. FLY TRIPS CHECK BUMP</p> <p>SS FS 1/3</p>	<p>8. PEEL DOUBLE OUT "I GOT HIM"</p> <p>SS FS 1/3</p>



OVER 1 Y (BLACK)

<p>1. SOLO CHECK SPECIAL</p>	<p>2. PAIR TRIPS CHECK SPECIAL</p>
<p>3. PAIR SLOT CHECK SPECIAL</p>	<p>4. SOLO SLOT CHECK SPECIAL</p>
<p>5. SLOT DOUBLE OUT CHECK SPECIAL</p>	<p>6. SEATTLE CHECK SPECIAL</p>
<p>7. EMPTY CHECK SPECIAL SAM ADJUST</p>	<p>8. FLY EMPTY CHECK SPECIAL SAM ADJUST</p>

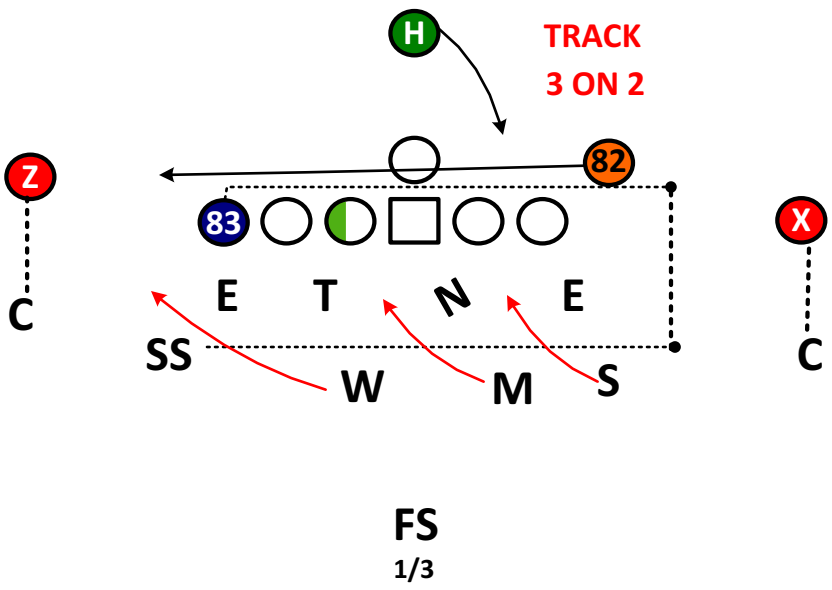


OVER 1 Y (BLACK)

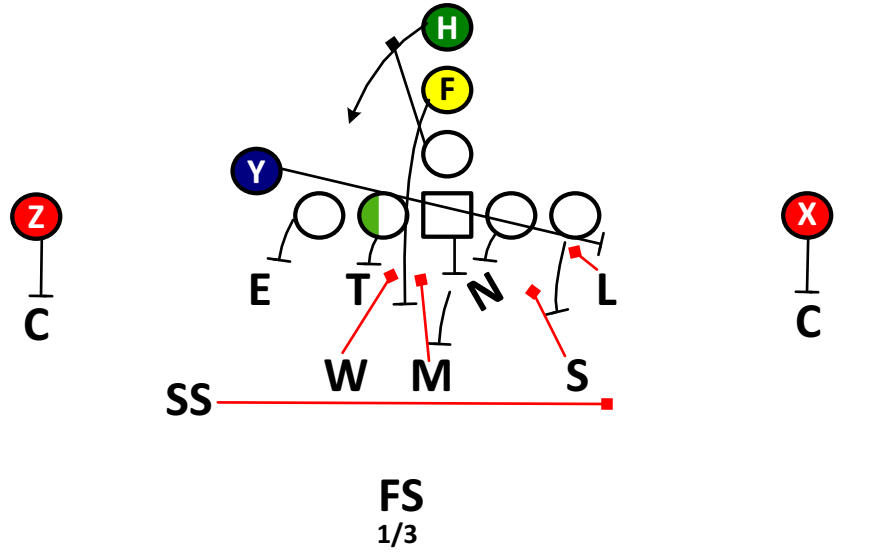
<p>1. Y MO I PRO CHECK TOKYO</p>	<p>2. BUNCH CHECK SPECIAL</p>
<p>3. LEAD WEAK</p>	<p>4. 1 BACK FS ADJUST</p>
<p>5. ALERT SHIFT SS TRACK #82</p>	<p>6. #82 ALIGNED AT Y BUMP</p>
<p>7. #82 ALIGNED AT FB SPECIAL</p>	<p>SOLO CHECK SPECIAL YUKON...BUMP</p>



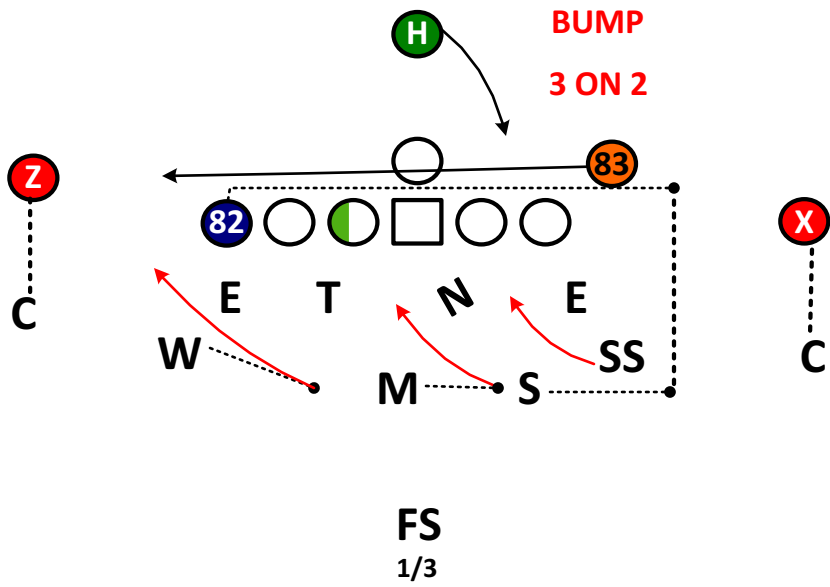
Vs. #83 MOTION



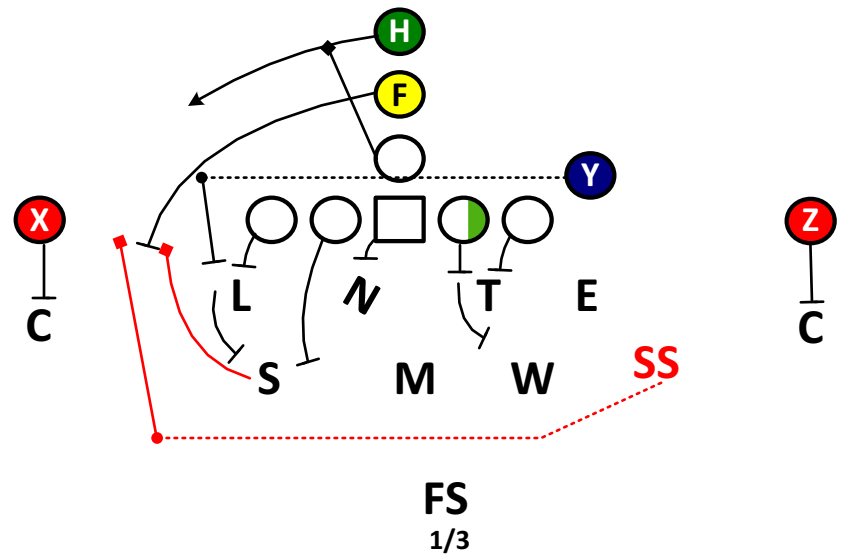
Y SLIDE (BLACK)



Vs. #82 MOTION

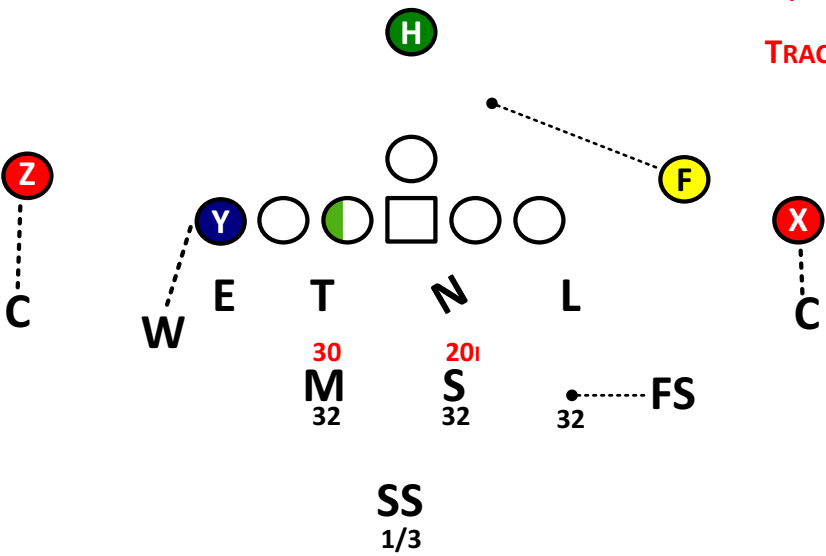


Vs. Y OFF



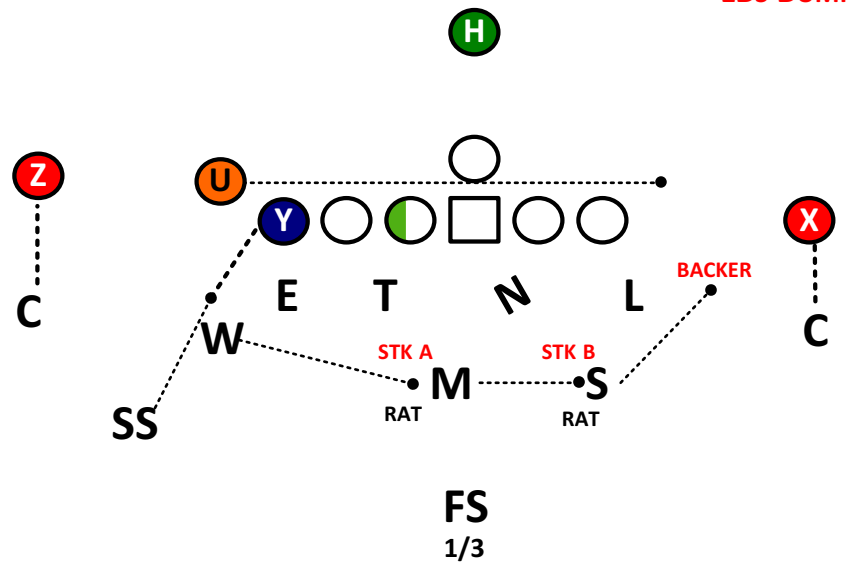
BOX PEEL

RIP, RIP
TRACK



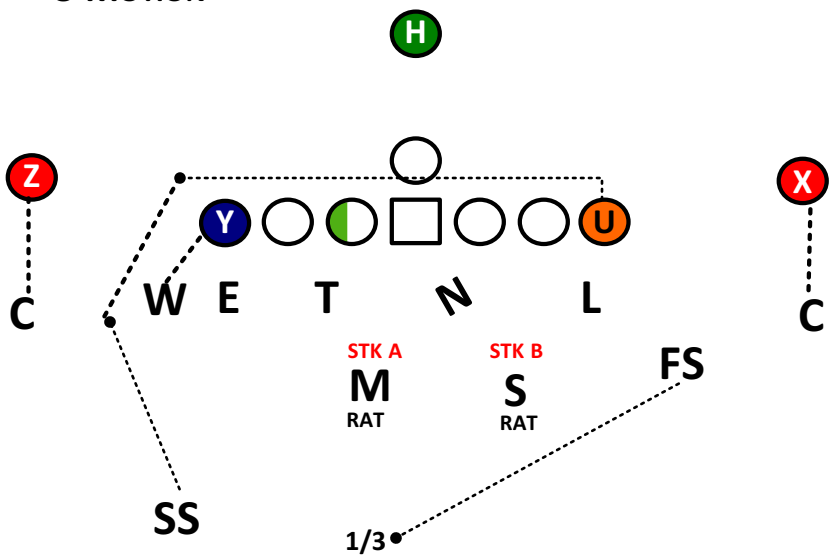
U MOTION

LBS BUMP

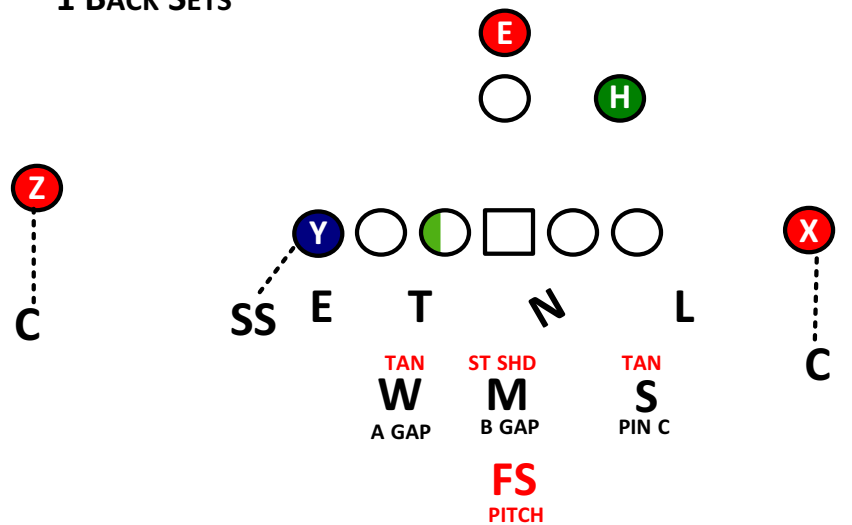


U MOTION

ROCK AND ROLL

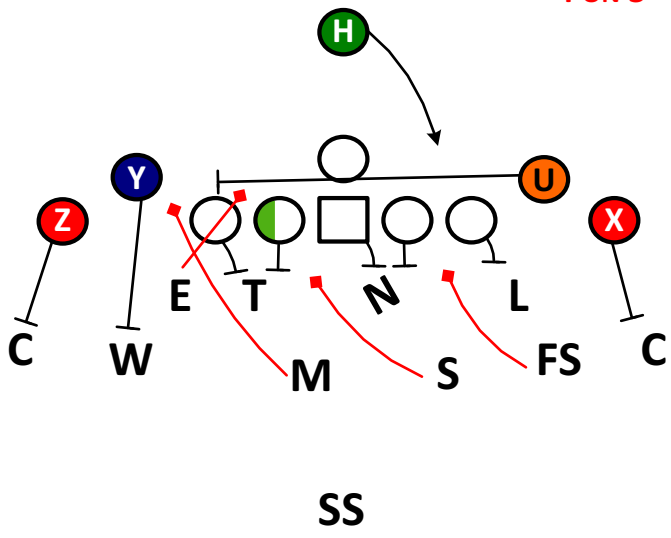


1 BACK SETS

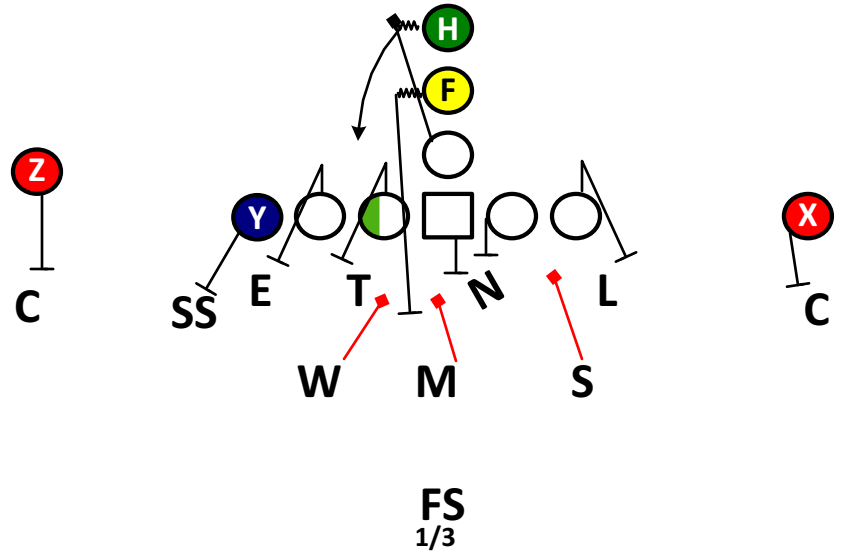


CLOSET

4 ON 3

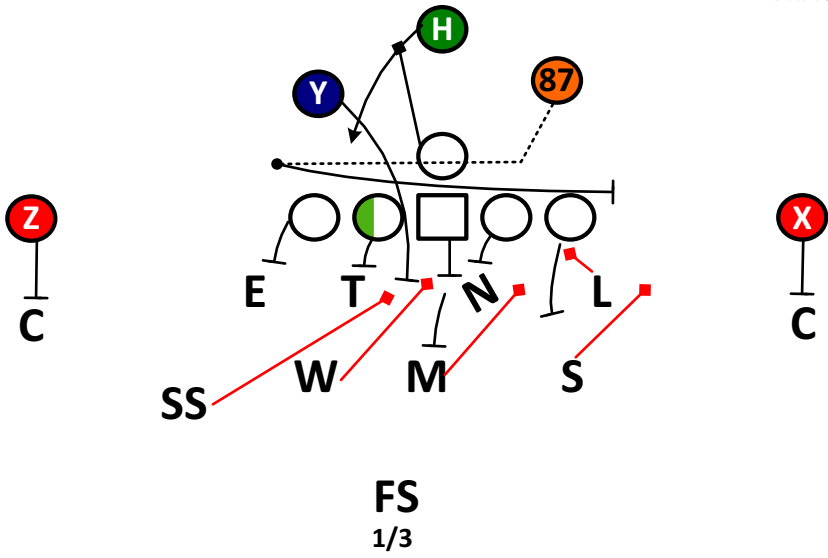


LD DRAW

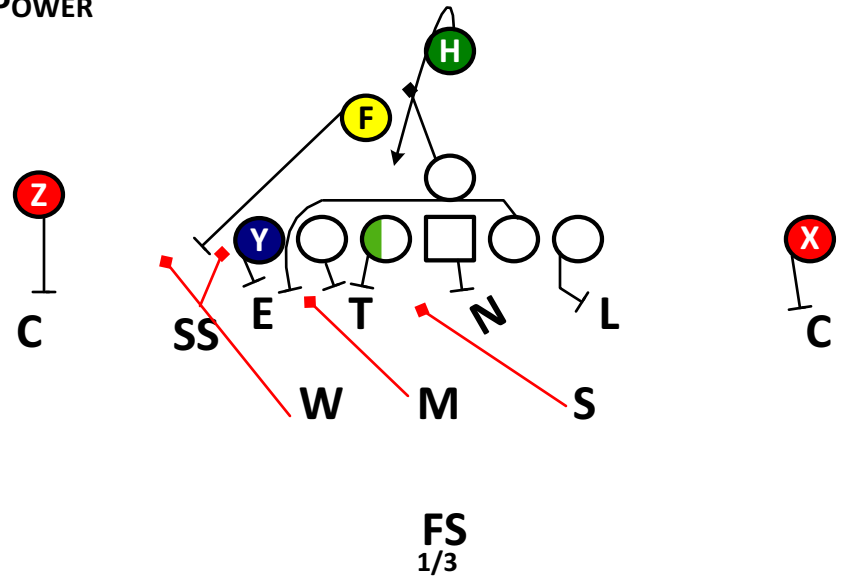


BONE

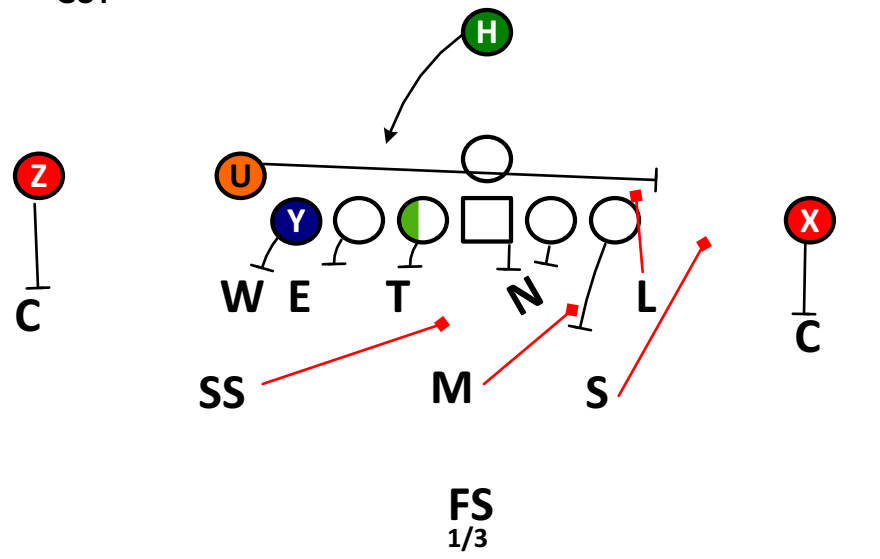
TRACK



POWER

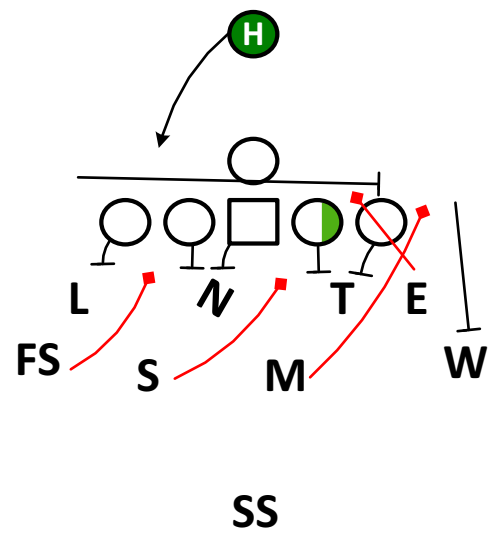
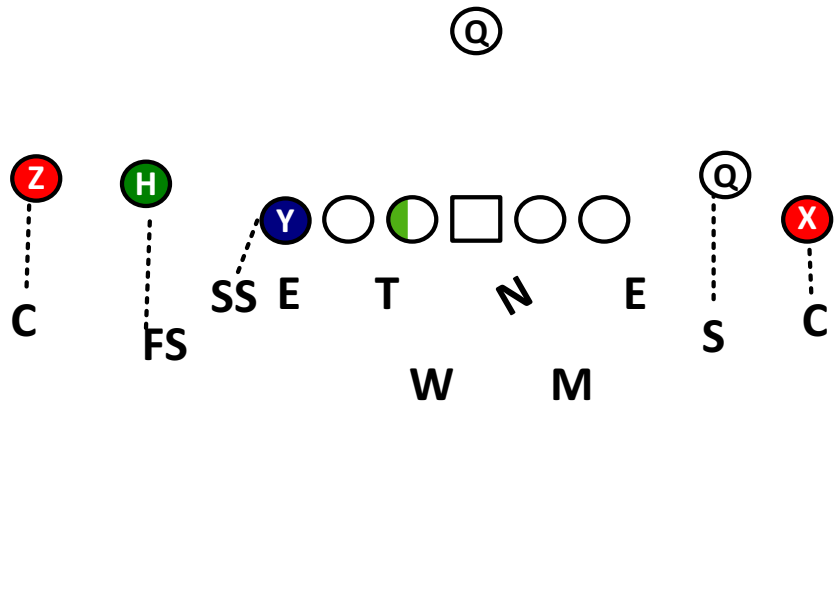


CUT

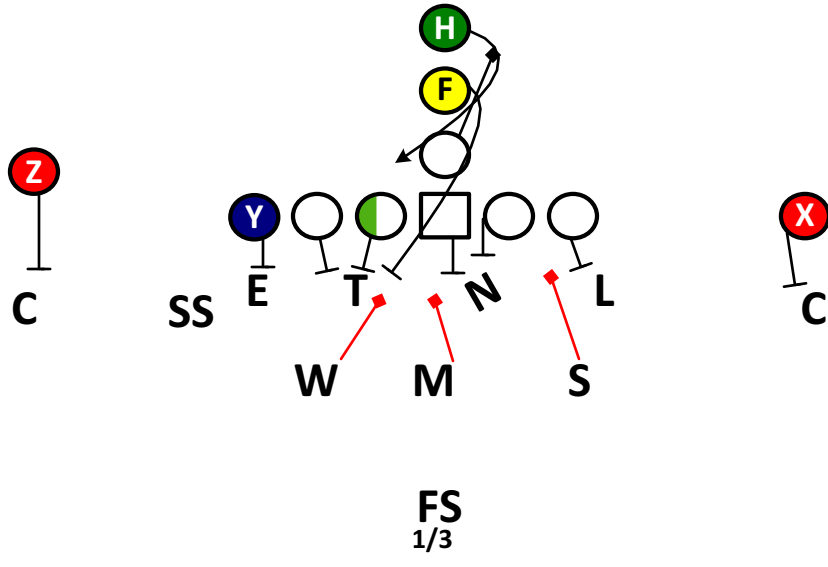


EMPTY

SAM ADJUST



LD BEND



LOAD 1 FLEX (LOAD CHINA)

<p>1. Z MO I SLOT</p>	<p>2. Z MO I PRO</p>
<p>3. Y MO I PRO Y OFF CHECK TOKYO SWITCH</p> <p style="text-align: right; color: red;">TRACK</p>	<p>4. I PRO Y OPEN CHECK SWITCH</p>
<p>5. TRIPS SALLY ADJUST</p>	<p>6. DOUBLE OUT SALLY ADJUST</p>
<p>7. FLY TRIPS SALLY ADJUST</p>	<p>8. PEEL DOUBLE OUT SALLY ADJUST</p>

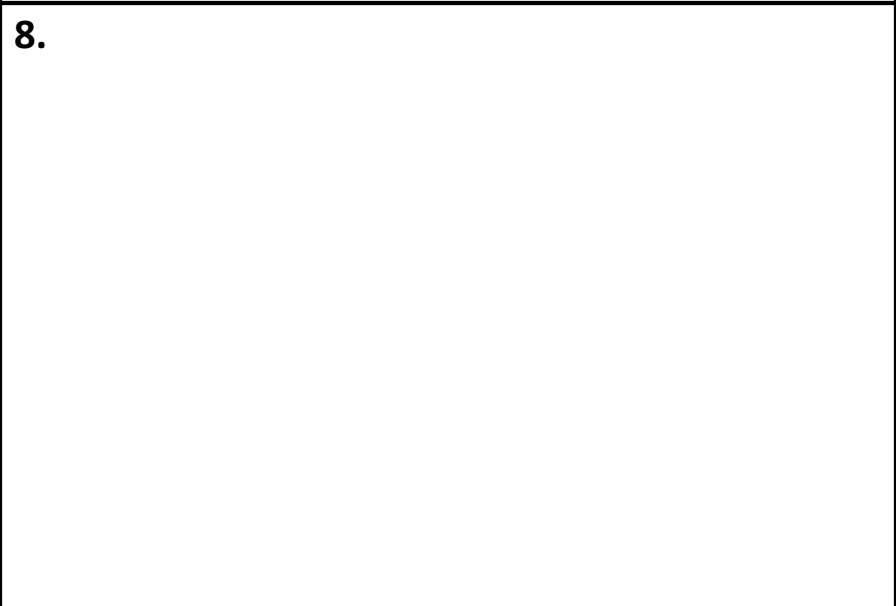
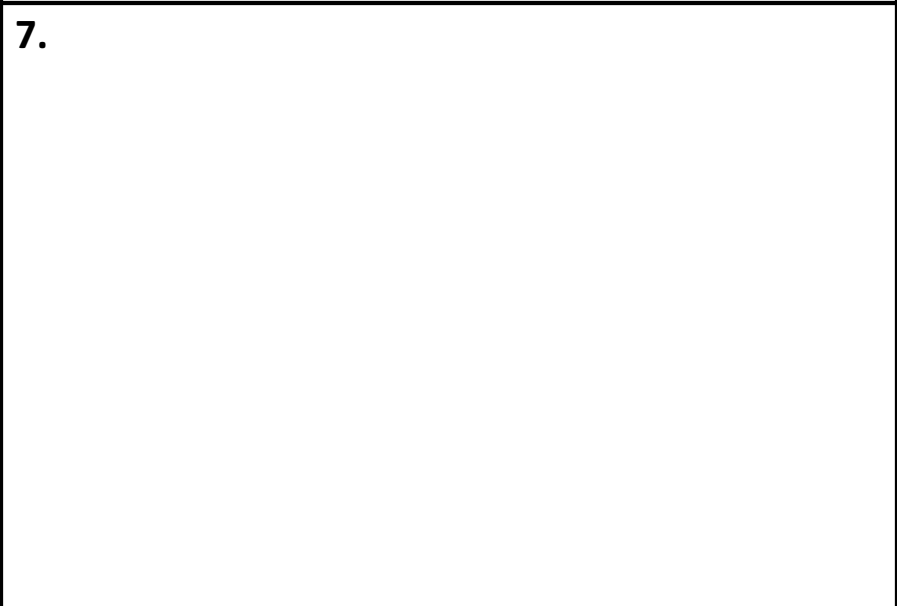
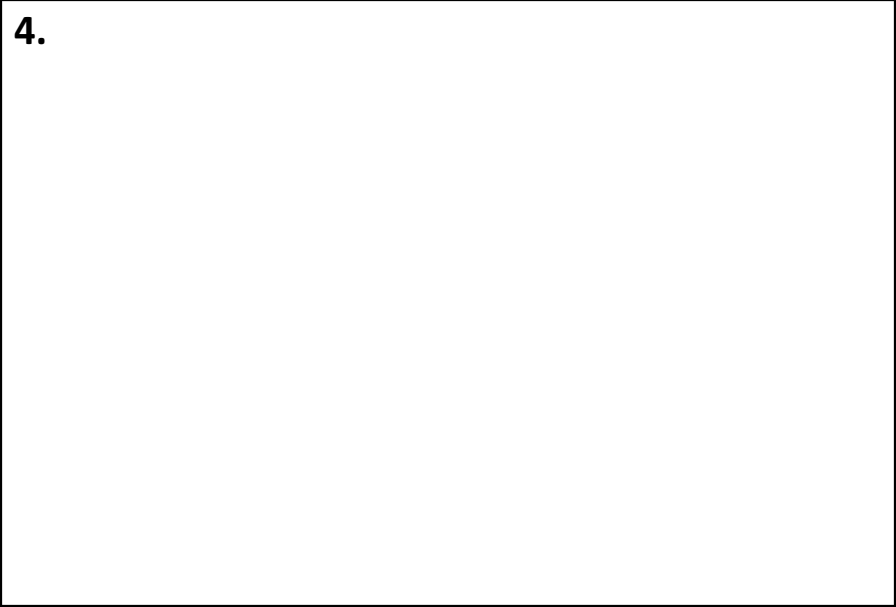
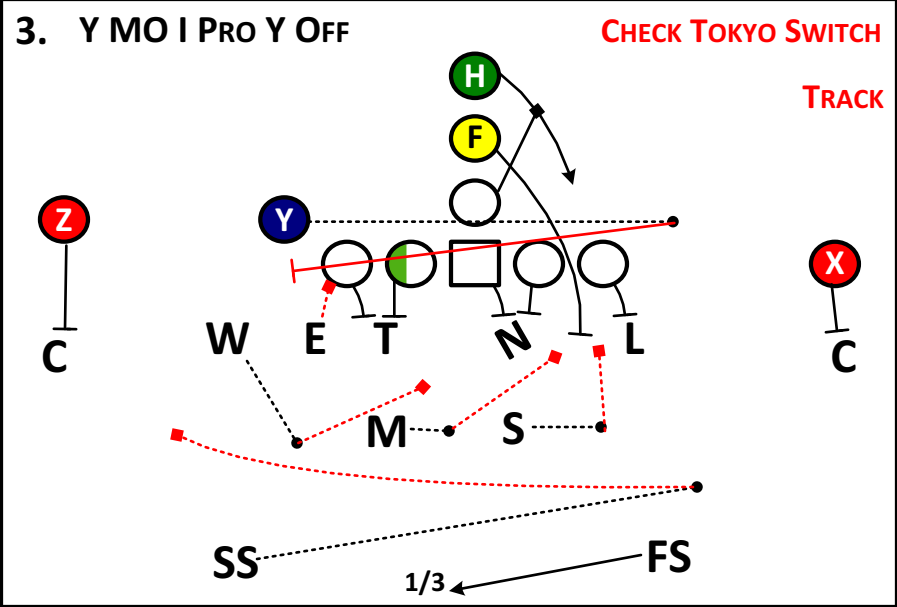
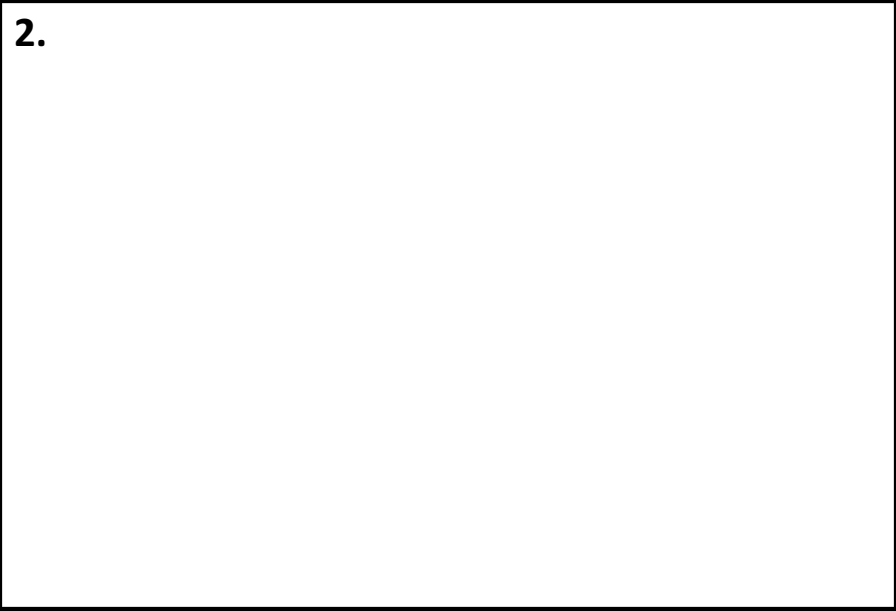
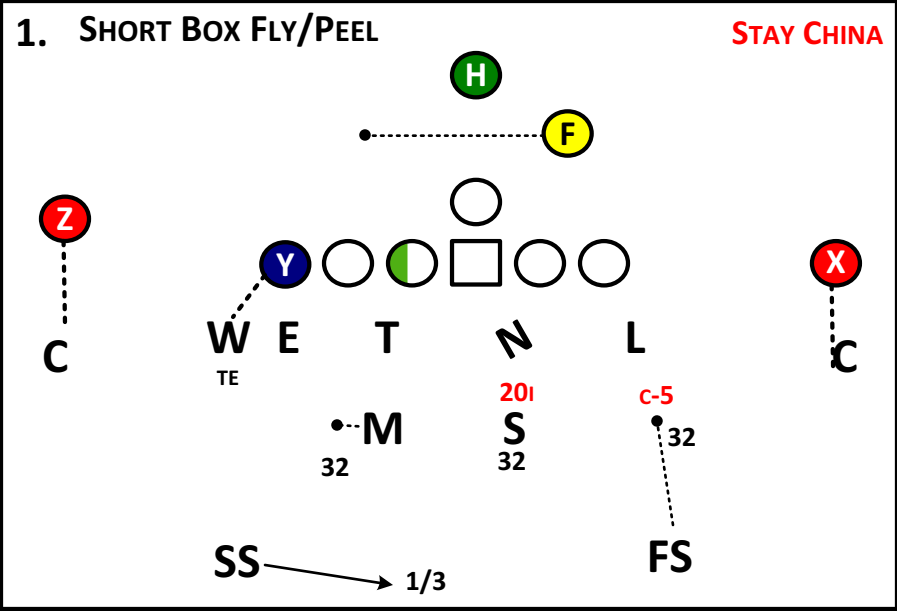


LOAD 1 FLEX (LOAD CHINA)

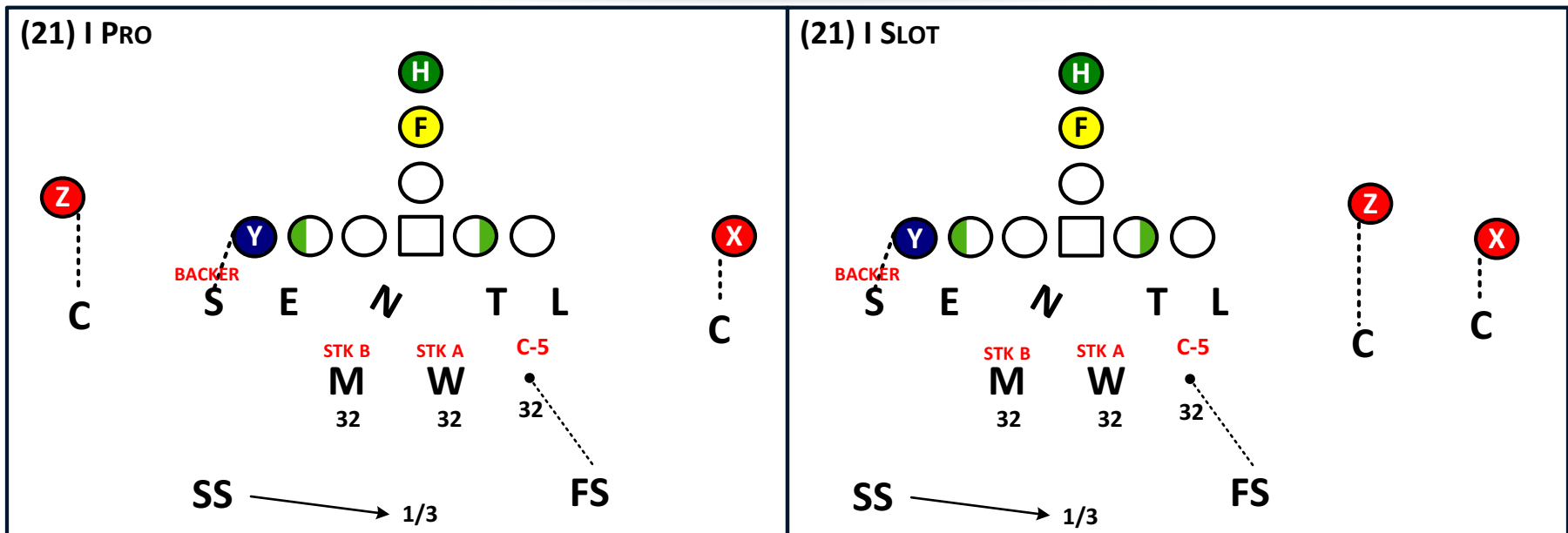
<p>1. SOLO SALLY ADJUST</p> <p>SS → 1/3</p>	<p>2. PAIR TRIPS SALLY ADJUST</p> <p>FS 1/3</p>
<p>3. PAIR SLOT SALLY ADJUST</p> <p>FS 1/3</p>	<p>4. SOLO SLOT SALLY ADJUST</p> <p>SS → 1/3</p>
<p>5. SLOT DOUBLE OUT SALLY ADJUST</p> <p>FS 1/3</p>	<p>6. SEATTLE SALLY ADJUST</p> <p>SS → 1/3</p>
<p>7. EMPTY SALLY ADJUST SAM ADJUST</p> <p>SS → 1/3</p>	<p>8. FLY EMPTY SALLY ADJUST SAM ADJUST</p> <p>SS → 1/3</p>



LOAD 1 FLEX (LOAD CHINA)



UNDER 1 FLEX (CHINA)



ESSENCE:

1. CHINA IS AN 8 MAN IN THE BOX UNDER FAMILY DEFENSE WITH FLEX SIDE ROTATION.
2. THIS IS A MAN TO MAN DEFENSE WITH A MIDDLE 1/3 AND A LOW HOLE DEFENDER (PLUGGER).

COACHING POINTS:

1. SOLID CALL TO THE "Y".
2. "LIZ" AND "RIP" CALLS USED BY THE FS.
3. VS. 2 BACK Y SLIDE: TREAT LIKE 4 ON 3
VS. 1 BACK CUT: FALL BACK
4. SAFETIES SHOW A 2 DEEP TACOMA SHELL PRE SNAP.
5. 2 BACK Y OFF/Y MOTION: CHECK SWITCH
6. VS. 1 BACK: LEO PUP TECHNIQUE

ADJUSTMENTS:

1. VS. 2 BACK Y MOTION: CHECK SWITCH.
2. SPECIAL RULES APPLY:
VS. FLY/PEEL MOTION: BUMP
ALIGNED 1 BACK: CHECK SPECIAL
VS. BOX FLY MOTION: BUMP
VS. BOX PEEL MOTION: BUMP
3. VS. 1 BACK Y MOTION: BUMP (LBS ADJUST) "YUKON" (3 LBS HAVE THE BACK AND Y)
4. EMPTY RULES (CHECK SPECIAL):
WILL: FIRST BACK MY SIDE, NO BACK MY SIDE, FIRST BACK OTHER SIDE
SAFETY: COVER #2 STRONG (MATCH UP)



UNDER 1 FLEX (CHINA)

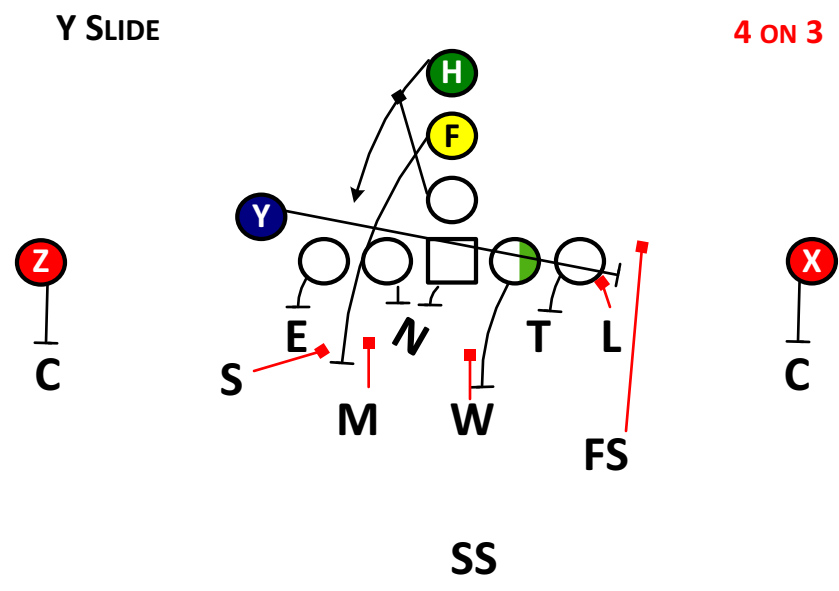
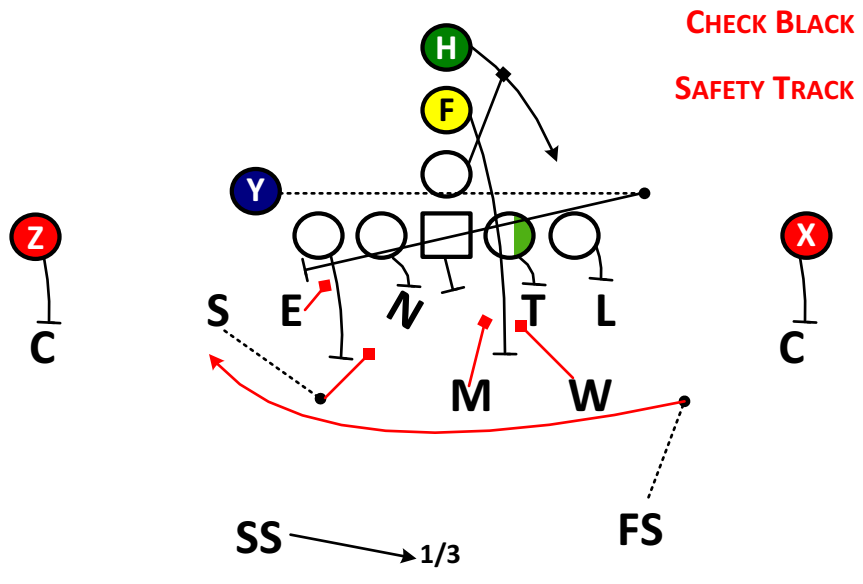
<p>1. Z MO I SLOT</p> <p style="text-align: center;">SS → 1/3 FS</p>	<p>2. Z MO I PRO</p> <p style="text-align: center;">SS → 1/3 FS</p>
<p>3. Y MO I PRO Y OFF CHECK SWITCH</p> <p style="text-align: right;">CHECK BLACK</p> <p style="text-align: right;">TRACK</p> <p style="text-align: center;">SS → 1/3 FS</p>	<p>4. I PRO Y OPEN SAM STAY ON 'Y'</p> <p style="text-align: center;">SS 1/3</p>
<p>5. TRIPS CHECK SPECIAL</p> <p style="text-align: center;">SS FS 1/3</p>	<p>6. DOUBLE OUT CHECK SPECIAL</p> <p style="text-align: center;">SS → 1/3 FS</p>
<p>7. FLY TRIPS BUMP</p> <p style="text-align: center;">SS → 1/3 FS</p>	<p>8. PEEL DOUBLE OUT CHECK SPECIAL</p> <p style="text-align: center;">SS → 1/3 FS</p>



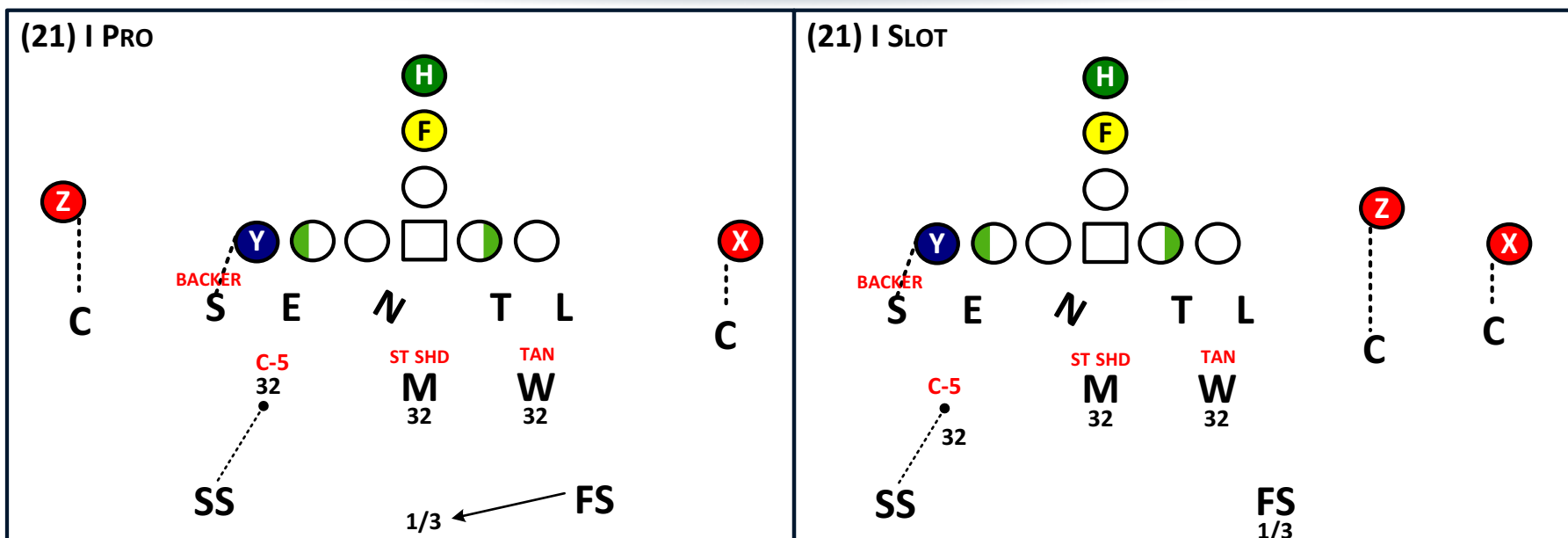
UNDER 1 FLEX (CHINA)

<p>1. SOLO CHECK SPECIAL</p>	<p>2. PAIR TRIPS CHECK SPECIAL</p>
<p>3. PAIR SLOT CHECK SPECIAL</p>	<p>4. SOLO SLOT CHECK SPECIAL</p>
<p>5. SLOT DOUBLE OUT CHECK SPECIAL</p>	<p>6. SEATTLE CHECK SPECIAL</p>
<p>7. EMPTY CHECK SPECIAL WILL ADJUST</p>	<p>8. FLY EMPTY CHECK SPECIAL WILL ADJUST</p>





UNDER 1 SOLID (TOKYO)



ESSENCE:

1. TOKYO IS AN 8 MAN IN THE BOX UNDER FAMILY DEFENSE WITH SOLID SIDE ROTATION.
2. THIS IS A MAN TO MAN DEFENSE WITH A MIDDLE 1/3 AND A LOW HOLE DEFENDER (PLUGGER).

COACHING POINTS:

1. SOLID CALL TO THE "Y".
2. "LIZ" AND "RIP" CALLS USED BY THE SS.
3. VS. 2 BACK Y SLIDE: SAFETY TRACK.
VS. 1 BACK CUT: FALL BACK
4. SAFETIES SHOW A 2 DEEP TACOMA SHELL PRE SNAP.
5. 2 BACK Y OFF/Y OPEN: CHECK SWITCH
6. VS. 1 BACK: LEO PUP TECHNIQUE

ADJUSTMENTS:

1. VS. 2 BACK Y MOTION: CHECK SWITCH. SAFETY TRACK (CHECK BACK)
2. SPECIAL RULES APPLY:
VS. FLY/PEEL MOTION: BUMP ("I GOT HIM")
ALIGNED 1 BACK: CHECK SPECIAL
VS. BOX FLY MOTION: BUMP
VS. BOX PEEL MOTION: TRACK
3. VS. 1 BACK Y MOTION: BUMP (LBS ADJUST) "YUKON" (3 LBS HAVE THE BACK AND Y)
4. EMPTY RULES (CHECK SPECIAL):
WILL: FIRST BACK MY SIDE, NO BACK MY SIDE, FIRST BACK OTHER SIDE
SAFETY: COVER #2 STRONG (MATCH UP)
5. VS. BUNCH TRIPS: POSSIBLE STAB 'N' DEUCE.
6. VS. STACKS: MAN ON PRINCIPLE.



ADJUSTMENTS

- UNDER 1 FLEX (CHINA)

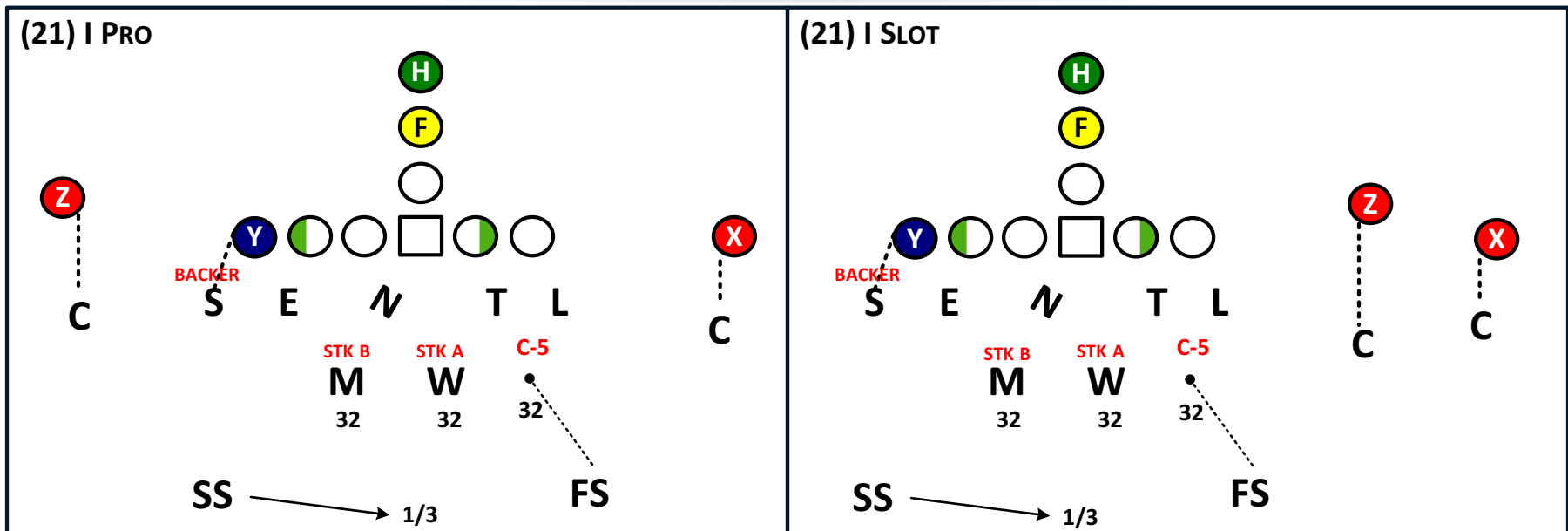


- UNDER 1 FLEX (CHINA)



- W/CHEAT STONE 1 Y BUMP (OTA 2)

UNDER 1 FLEX (CHINA)



ESSENCE:

1. CHINA IS AN 8 MAN IN THE BOX UNDER FAMILY DEFENSE WITH FLEX SIDE ROTATION.
2. THIS IS A MAN TO MAN DEFENSE WITH A MIDDLE 1/3 AND A LOW HOLE DEFENDER (PLUGGER).

COACHING POINTS:

1. SOLID CALL TO THE "Y".
2. "LIZ" AND "RIP" CALLS USED BY THE FS.
3. VS. 2 BACK Y SLIDE: TREAT LIKE 4 ON 3
VS. 1 BACK CUT: FALL BACK
4. SAFETIES SHOW A 2 DEEP TACOMA SHELL PRE SNAP.
5. 2 BACK Y OFF/Y MOTION: CHECK SWITCH
6. VS. 1 BACK: LEO PUP TECHNIQUE

ADJUSTMENTS:

1. VS. 2 BACK Y MOTION: CHECK SWITCH.
2. SPECIAL RULES APPLY:
VS. FLY/PEEL MOTION: BUMP
ALIGNED 1 BACK: CHECK SPECIAL
VS. BOX FLY MOTION: BUMP
VS. BOX PEEL MOTION: BUMP
3. VS. 1 BACK Y MOTION: BUMP (LBS ADJUST) "YUKON" (3 LBS HAVE THE BACK AND Y)
4. EMPTY RULES (CHECK SPECIAL):
WILL: FIRST BACK MY SIDE, NO BACK MY SIDE, FIRST BACK OTHER SIDE
SAFETY: COVER #2 STRONG (MATCH UP)



UNDER 1 FLEX (CHINA)

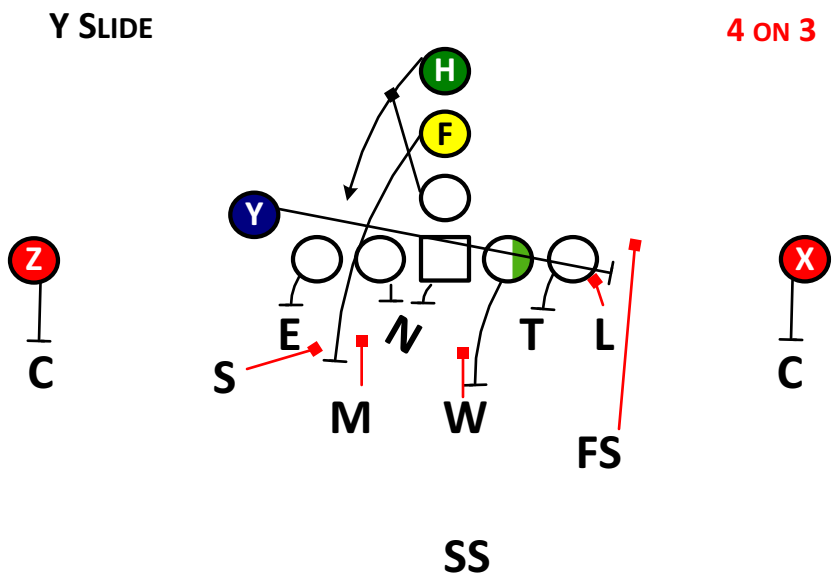
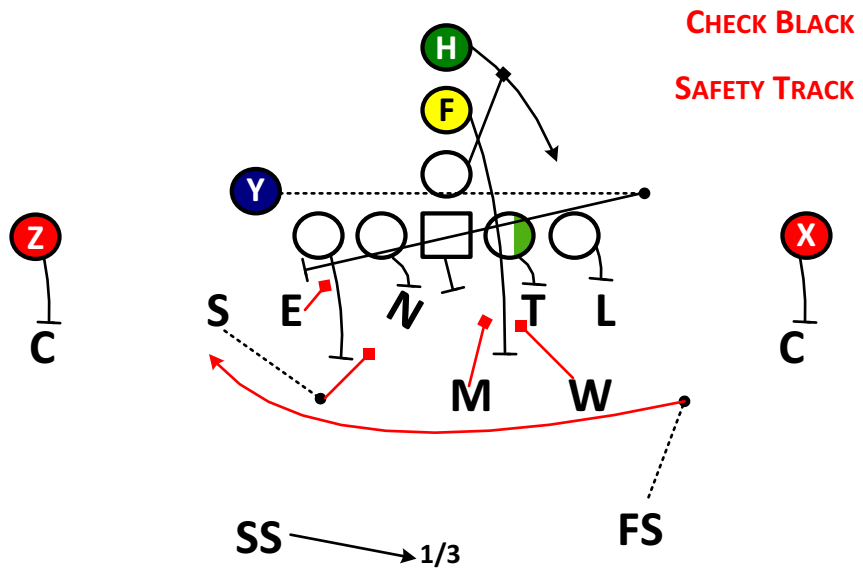
<p>1. Z MO I SLOT</p> <p style="text-align: center;">SS → 1/3 FS</p>	<p>2. Z MO I PRO</p> <p style="text-align: center;">SS → 1/3 FS</p>
<p>3. Y MO I PRO Y OFF CHECK SWITCH</p> <p style="text-align: right;">CHECK BLACK</p> <p style="text-align: right;">TRACK</p> <p style="text-align: center;">SS → 1/3 FS</p>	<p>4. I PRO Y OPEN SAM STAY ON 'Y'</p> <p style="text-align: center;">SS → 1/3 FS</p>
<p>5. TRIPS CHECK SPECIAL</p> <p style="text-align: center;">SS → 1/3 FS</p>	<p>6. DOUBLE OUT CHECK SPECIAL</p> <p style="text-align: center;">SS → 1/3 FS</p>
<p>7. FLY TRIPS BUMP</p> <p style="text-align: center;">SS → 1/3 FS</p>	<p>8. PEEL DOUBLE OUT CHECK SPECIAL</p> <p style="text-align: center;">SS → 1/3 FS</p>



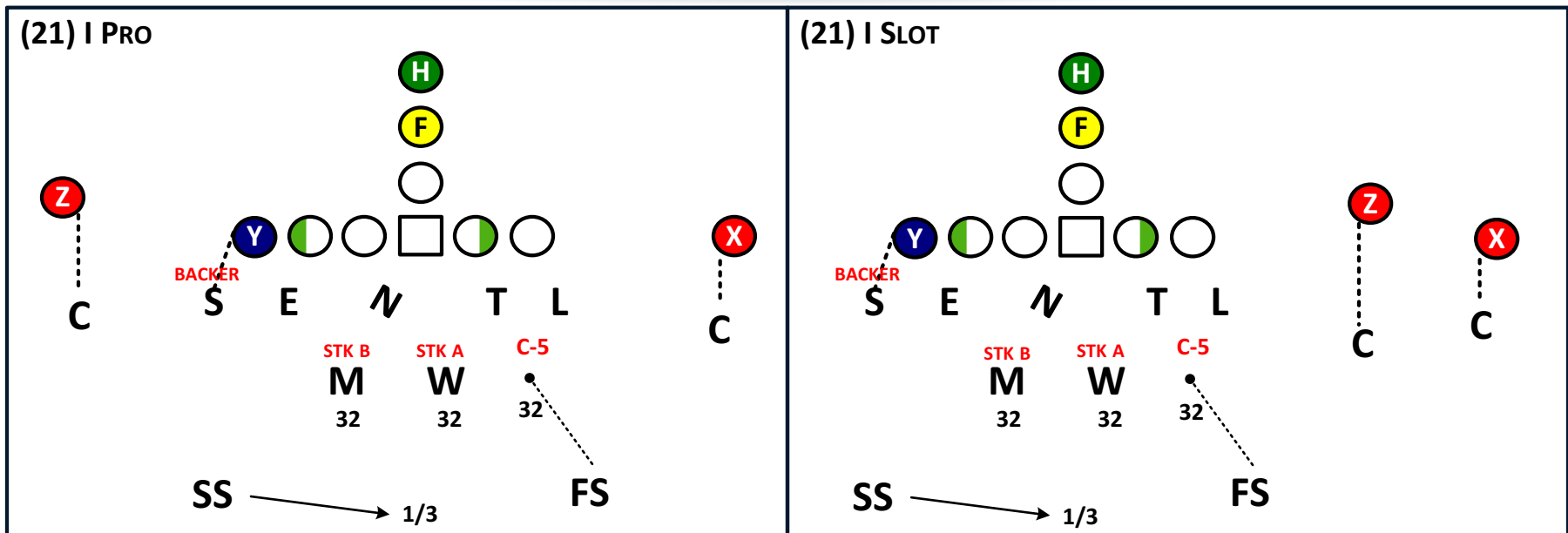
UNDER 1 FLEX (CHINA)

<p>1. SOLO CHECK SPECIAL</p>	<p>2. PAIR TRIPS CHECK SPECIAL</p>
<p>3. PAIR SLOT CHECK SPECIAL</p>	<p>4. SOLO SLOT CHECK SPECIAL</p>
<p>5. SLOT DOUBLE OUT CHECK SPECIAL</p>	<p>6. SEATTLE CHECK SPECIAL</p>
<p>7. EMPTY CHECK SPECIAL WILL ADJUST</p>	<p>8. FLY EMPTY CHECK SPECIAL WILL ADJUST</p>





UNDER 1 FLEX (CHINA)



ESSENCE:

1. CHINA IS AN 8 MAN IN THE BOX UNDER FAMILY DEFENSE WITH FLEX SIDE ROTATION.
2. THIS IS A MAN TO MAN DEFENSE WITH A MIDDLE 1/3 AND A LOW HOLE DEFENDER (PLUGGER).

COACHING POINTS:

1. SOLID CALL TO THE "Y".
2. "LIZ" AND "RIP" CALLS USED BY THE FS.
3. VS. 2 BACK Y SLIDE: TREAT LIKE 4 ON 3
VS. 1 BACK CUT: FALL BACK
4. SAFETIES SHOW A 2 DEEP TACOMA SHELL PRE SNAP.
5. 2 BACK Y OFF/Y MOTION: CHECK SWITCH
6. VS. 1 BACK: LEO PUP TECHNIQUE

ADJUSTMENTS:

1. VS. 2 BACK Y MOTION: CHECK SWITCH.
2. SPECIAL RULES APPLY:
VS. FLY/PEEL MOTION: BUMP
ALIGNED 1 BACK: CHECK SPECIAL
VS. BOX FLY MOTION: BUMP
VS. BOX PEEL MOTION: BUMP
3. VS. 1 BACK Y MOTION: BUMP (LBS ADJUST) "YUKON" (3 LBS HAVE THE BACK AND Y)
4. EMPTY RULES (CHECK SPECIAL):
WILL: FIRST BACK MY SIDE, NO BACK MY SIDE, FIRST BACK OTHER SIDE
SAFETY: COVER #2 STRONG (MATCH UP)



UNDER 1 FLEX (CHINA)

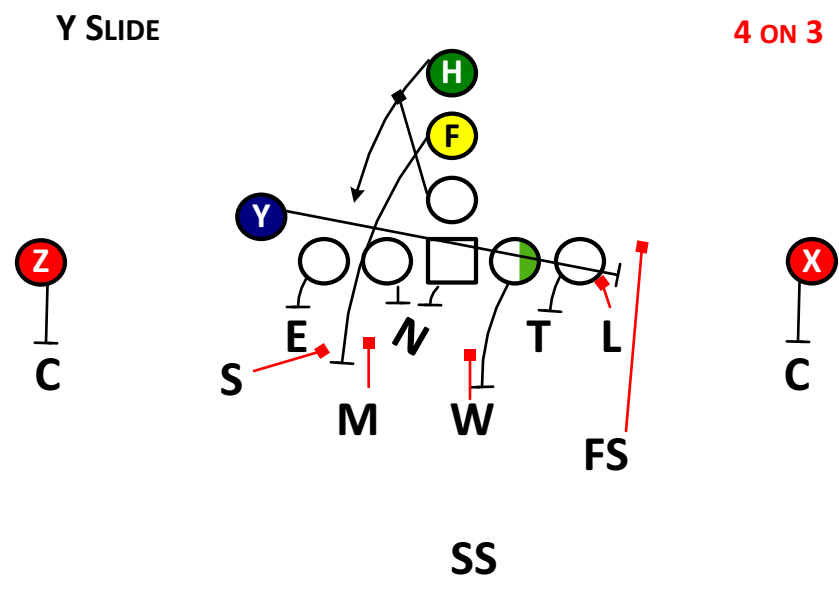
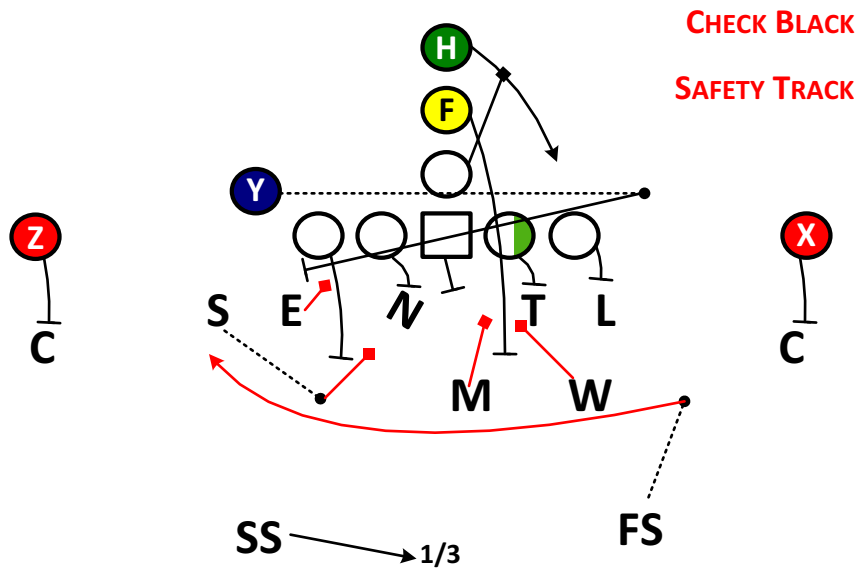
<p>1. Z MO I SLOT</p>	<p>2. Z MO I PRO</p>
<p>3. Y MO I PRO Y OFF</p> <p style="color: red; text-align: right;">CHECK SWITCH CHECK BLACK TRACK</p>	<p>4. I PRO Y OPEN</p> <p style="color: red; text-align: right;">SAM STAY ON 'Y'</p>
<p>5. TRIPS</p> <p style="color: red; text-align: right;">CHECK SPECIAL</p>	<p>6. DOUBLE OUT</p> <p style="color: red; text-align: right;">CHECK SPECIAL</p>
<p>7. FLY TRIPS</p> <p style="color: red; text-align: right;">BUMP</p>	<p>8. PEEL DOUBLE OUT</p> <p style="color: red; text-align: right;">CHECK SPECIAL</p>



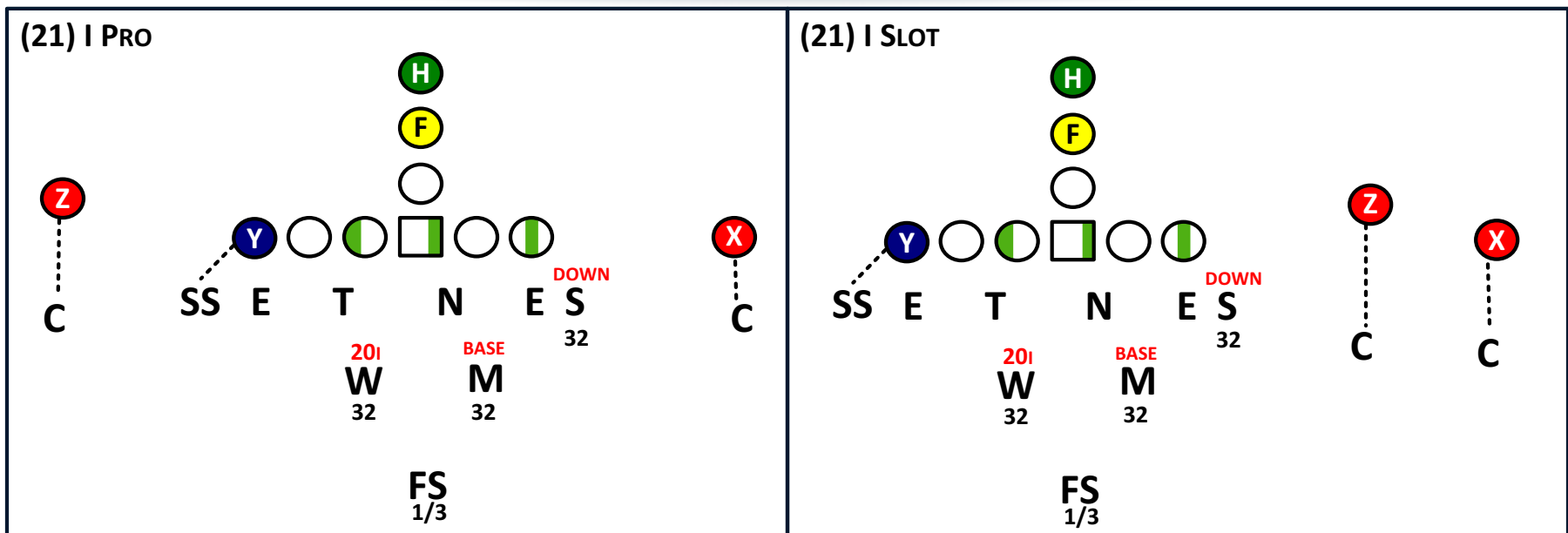
UNDER 1 FLEX (CHINA)

<p>1. SOLO CHECK SPECIAL</p>	<p>2. PAIR TRIPS CHECK SPECIAL</p>
<p>3. PAIR SLOT CHECK SPECIAL</p>	<p>4. SOLO SLOT CHECK SPECIAL</p>
<p>5. SLOT DOUBLE OUT CHECK SPECIAL</p>	<p>6. SEATTLE CHECK SPECIAL</p>
<p>7. EMPTY CHECK SPECIAL WILL ADJUST</p>	<p>8. FLY EMPTY CHECK SPECIAL WILL ADJUST</p>





W/ CHEAT STONE 1 Y BUMP



ESSENCE:

1. W/ CHEAT STONE 1 Y BUMP IS A BASE OVER MAN FREE DEFENSE.
2. SAFETY DOWN TO THE SOLID SIDE

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. SS: MAN TE
3. LBS: 3 ON 2 THE BACKS

ADJUSTMENTS:

1. VS. Y MOTION: SAFETIES TRACK
2. BUMP RULES APPLY TO ALIGNED OR MOTION TO 1 BACK:
 VS. PEEL MOTION: SAM ADJUST
 VS. FLY MOTION: SAFETY ADJUST
3. SAM ALIGNMENTS:
 DOWN: CHEAT (EXCEPTION IS TRIPS)
 BACKER: CHEAT
 WIDE: MUG EASY
4. VS. TRIPS: CHECK FIST
5. VS. I FAR, X NASTY: CHECK MUG EASY. SAM PLAY FROM A HIP ALIGNMENT.



W/ CHEAT STONE 1 Y BUMP

<p>1. Z MO I SLOT</p>	<p>2. Z MO I PRO</p>
<p>3. Y MO I PRO Y OFF</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS</p>	<p>6. DOUBLE OUT</p>
<p>7. FLY TRIPS</p>	<p>8. PEEL DOUBLE OUT</p>



W/ CHEAT STONE 1 Y BUMP

<p>1. SOLO</p>	<p>2. PAIR TRIPS CHECK FIST</p>
<p>3. PAIR SLOT</p>	<p>4. SOLO SLOT</p>
<p>5. SLOT DOUBLE OUT</p>	<p>6. SEATTLE CHECK MUG EASY</p>
<p>7. EMPTY CHECK MUG EASY</p>	<p>8. FLY EMPTY CHECK MUG EASY</p>





SEATTLE SEAHAWKS



DEFENSE

2013

ZONE COVERAGES



SEATTLE
SEAHAWKS 2013

ZONE COVERAGES

- **W/CHEAT STONE BERKLEY RENO**
- **DEUCE STONE BOSTON**
- **OVER ZONE Y (BOSTON)**
- **W/CHEAT STONE BOSTON BLUE**
- **DEUCE COMPTON BLUE**
- **UNDER ZONE X (FRISCO)**
- **DEUCE L.A.**
- **HEAVY L.A.**
- **OVER 2 (L.A.)**
- **OVER 2 (L.A. RENO)**
- **TUFF BUZZ ZONE (MESA BLUE)**



SEATTLE
SEAHAWKS 2013

ZONE COVERAGES

- **TUFF BUZZ ZONE (MESA PALMS)**
- **W/ STEM DEUCE OAKLAND**
- **OV ZONE FLEX (OAKLAND)**
- **WALK DEUCE OAKLAND**
- **W/PIRATE LOAD OAKLAND**
- **DEUCE OAKLAND CLOUD**
- **OVER 4 PALMS (PANTHER)**
- **RENO (SLOT ADJUSTMENT)**
- **ROCK 6 (ROCK SEATTLE)**
- **ROCK 6 (HARD ROCK SEATTLE)**
- **OVER 4 (TAMPA)**

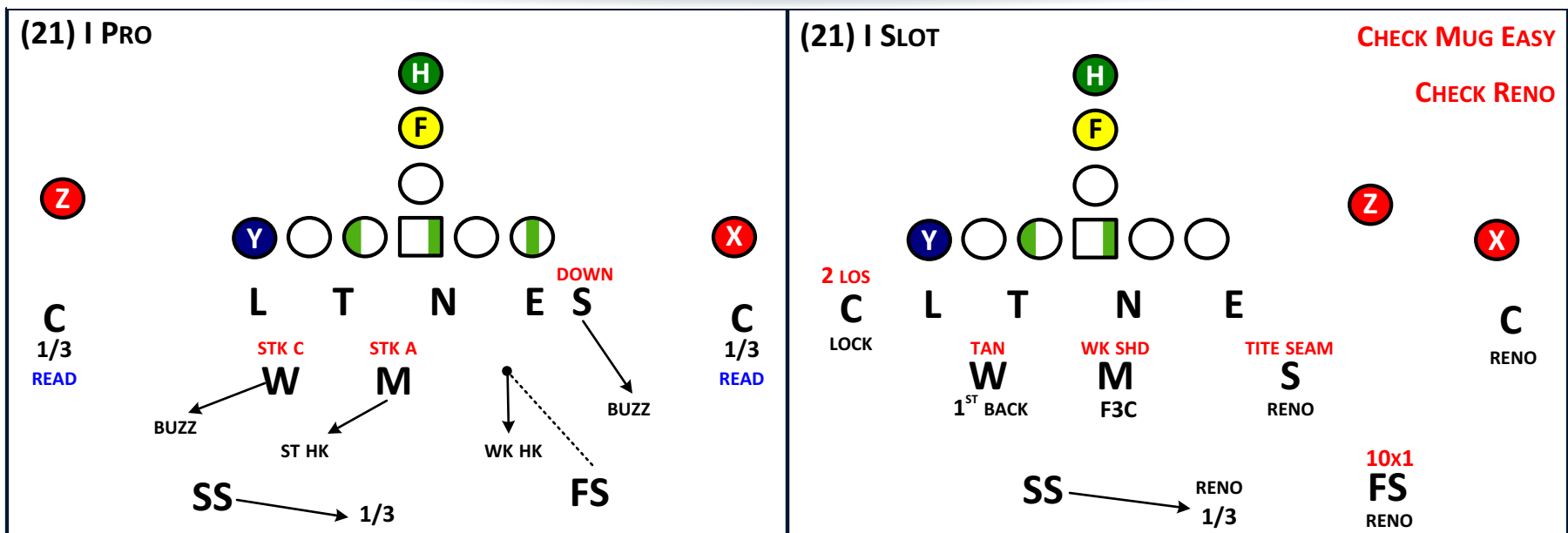


SEATTLE
SEAHAWKS 2013

ZONE COVERAGES

- **TUFF BUZZ FLEX (TUCSON PALMS)**
- **ROCK YAKIMA**
- **ROCK 3 BUSTER (ROCK YUMA)**

W/ CHEAT STONE BERKLEY RENO



ESSENCE:

1. W/ CHEAT STONE BERKLEY IS AN 8 MAN BASE OVER FRONT FAMILY DEFENSE.
2. THE COVERAGE IS A 3 DEEP, 4 UNDER DEFENSE WITH FLEX SIDE ROTATION.

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. VS. PRO: FS RITA / LINDA TO THE FLEX SIDE
3. CORNERS DEFEND THEIR DEEP 1/3 USING READ PRINCIPLES
- VS TRIPS: STRONG SIDE CORNER MIDPOINT
4. SAM: DOWN ALIGNMENT (BUZZ)
5. FREE SAFETY: WEAK HOOK

ADJUSTMENTS:

1. VS. 2 BACK Y MOTION: CHECK SAMMY (RITA / LINDA), CHECK MUG EASY
2. VS. ALL 1 BACK SETS: PLAY IT
3. VS. SINGLE WIDTH SLOT FAMILY: CHECK RENO (MUG EASY)
4. VS. ANY #2 ALIGNED TO FLEX SIDE (PRO FAMILY): LOU/ROGER, CHECK MUG EASY



W/ CHEAT STONE BERKLEY RENO

<p>1. Z MO I SLOT CHECK MUG EASY CHECK RENO</p>	<p>2. Z MO I PRO CHECK STONE CHECK BERKLEY</p>
<p>3. Y MO I PRO Y OFF CHECK SAMMY CHECK MUG EASY</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS BANANA ALERT</p>	<p>6. DOUBLE OUT CHECK MUG EASY ROGER SEAM ALERT</p>
<p>7. FLY TRIPS BANANA ALERT</p>	<p>8. PEEL DOUBLE OUT CHECK MUG EASY ROGER SEAM ALERT</p>



STONE BERKLEY

1.

2.

3.

4.

5.

6.

7.

8.

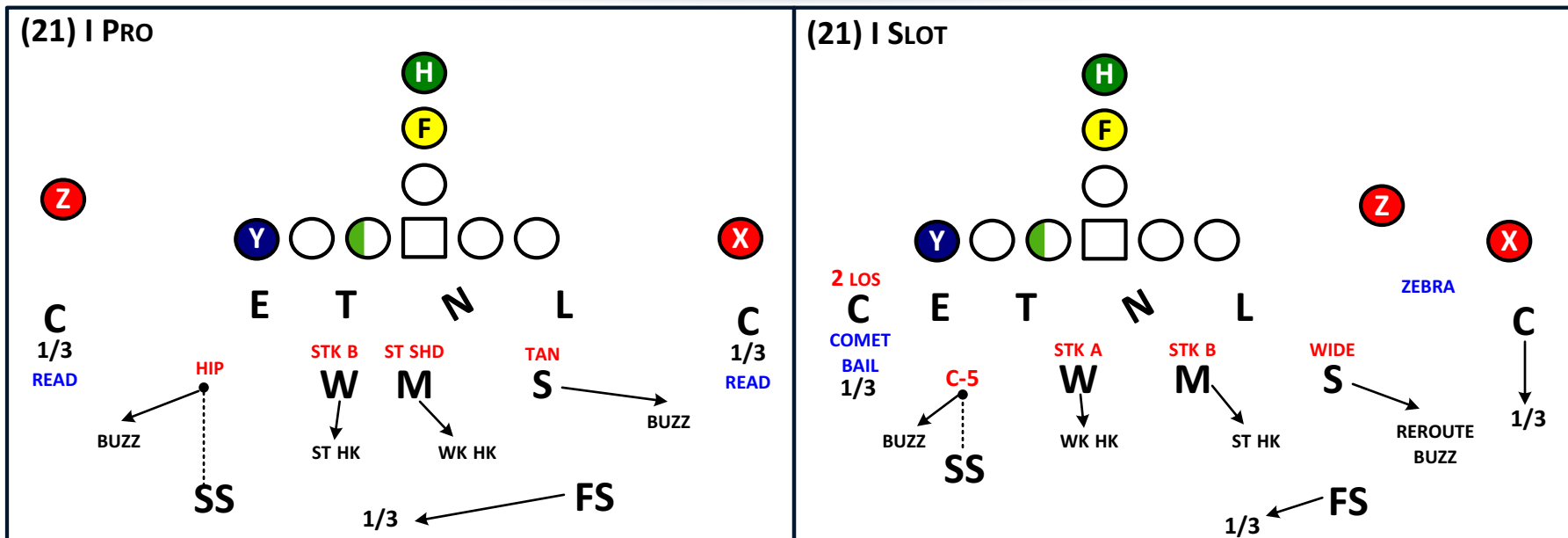


DEUCE STONE BOSTON

<p>1. UMO I SLOT UAP CHECK CHEAT</p> <p style="text-align: right; color: red; font-size: 2em;">X</p> <p style="text-align: right; color: blue;">C 1/3 READ</p>	<p>2. UMO I SLOT CHECK MUG EASY</p> <p style="text-align: right; color: red; font-size: 2em;">X</p> <p style="text-align: right; color: blue;">C 1/3 READ</p>
<p>3. UMO I TRUMP</p> <p style="text-align: right; color: red; font-size: 2em;">X</p> <p style="text-align: right; color: blue;">C 1/3 READ</p>	<p>4. PEEL DOUBLE OUT CHECK CHEAT</p> <p style="text-align: right; color: red;">CHECK MIDDLE</p> <p style="text-align: right; color: red;">SEAM ALERT</p> <p style="text-align: right; color: red; font-size: 2em;">X</p> <p style="text-align: right; color: blue;">C 1/3 READ</p>
<p>5. (22) I PRO</p> <p style="text-align: right; color: red; font-size: 2em;">X</p> <p style="text-align: right; color: blue;">C 1/3 READ</p>	<p>6. (22) BONE CHECK MUG EASY</p> <p style="text-align: right; color: red; font-size: 2em;">X</p> <p style="text-align: right; color: blue;">C 1/3 READ</p>
<p>7.</p>	<p>8.</p>



OVER ZONE Y (BOSTON)



ESSENCE:

1. BOSTON IS AN 8 MAN OVER FRONT DEFENSE.
2. THE COVERAGE IS A 3 DEEP, 4 UNDER DEFENSE WITH SOLID SIDE ROTATION.
3. 21 PERSONNEL CALL.

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. S/S COMMUNICATES "LOU OR ROGER"
3. SAFETIES SHOW A 2 DEEP (OVER 2 / L.A.) PRE-SNAP LOOK
4. CORNERS DEFEND THEIR DEEP 1/3 USING READ PRINCIPLES
- Vs. TRIPS: STRONG CORNER MIDPOINT
5. Vs. 2X2 SETS. SEAM ALERT, SAFETIES SOFT SKY (ALERT FLAT/FLAT)

ADJUSTMENTS:

1. Vs. SLOT: NUB SIDE CORNER COMET BAIL, LB STACK ALIGNMENT
2. Vs. Y MOTION, Y SHIFT: CHECK PIRATE, CHECK FRISCO, STACK ALIGNMENT
3. STUNTS: PIRATE, PIG (EX: WITH A PIRATE BOSTON)

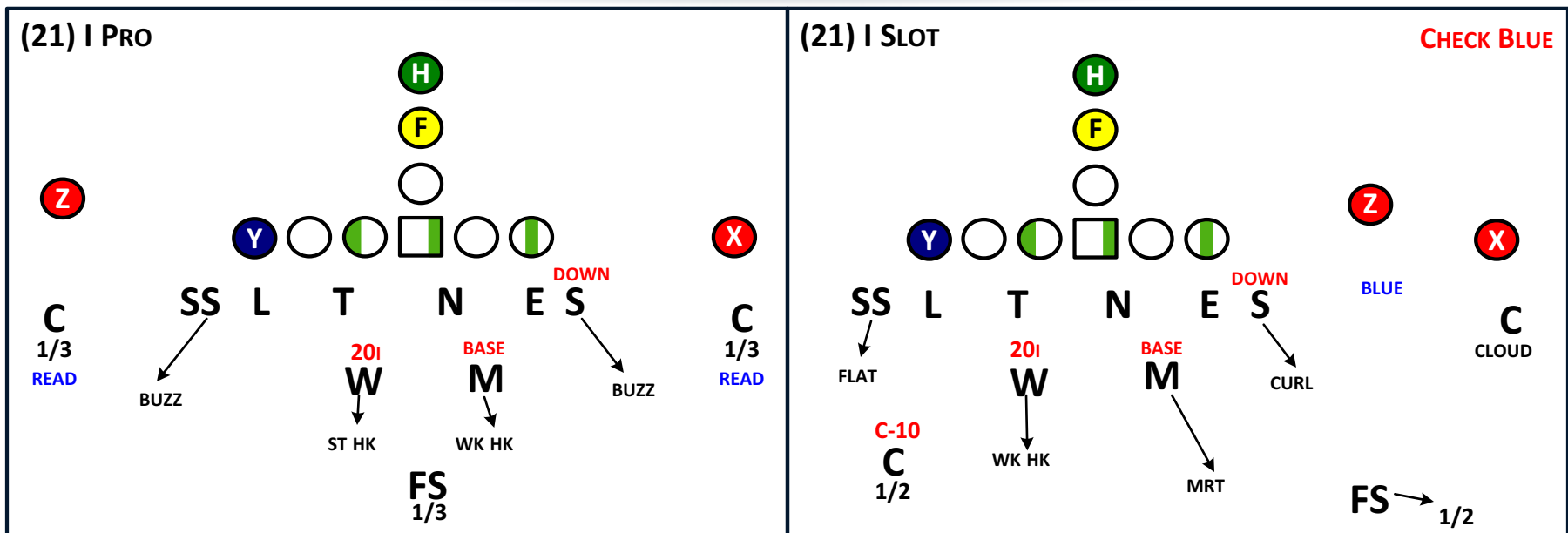


OVER ZONE Y (BOSTON)

<p>1. Z MO I SLOT</p>	<p>2. Z MO I PRO</p>
<p>3. Y MO I PRO Y OFF</p> <p>CHECK FRISCO CHECK PIRATE</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS</p> <p>BANANA ALERT</p>	<p>6. DOUBLE OUT</p> <p>SEAM ALERT ALERT FLAT FLAT</p>
<p>7. FLY TRIPS</p> <p>BANANA ALERT</p>	<p>8. PEEL DOUBLE OUT</p> <p>SEAM ALERT ALERT FLAT FLAT</p>



W/ CHEAT STONE BOSTON BLUE



ESSENCE:

1. W/ CHEAT STONE BOSTON BLUE IS A BASE OVER FAMILY 4 UNDER 3 DEEP DEFENSE.
2. SAFETY DOWN TO THE SOLID SIDE

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. VS. SLOT, NUB SIDE CORNER PLAY ½ (C-10)
3. STRONG SAFETY AND SAM IN "TUFF" ALIGNMENTS
4. WILL AND MIKE CHEAT TO FB

ADJUSTMENTS:

1. VS. ALL SLOT SINGLE WIDTH FAMILY FORMATIONS (PAIR SLOT): CK BLUE
2. VS. Y MOTION: CHECK ROCK ROCK FRISCO
3. VS. 2X2: SEAM ALERT
4. SAM ALIGNMENTS:
 - BACKER – CHEAT
 - DOWN – CHEAT
 - WIDE – CHECK MUG EASY (1 AND LOOSE 5 TECHNIQUE)
5. SEATTLE TRIPS: CHECK PIRATE



W/ CHEAT STONE BOSTON BLUE

<p>1. Z MO I SLOT CHECK BLUE</p>	<p>2. Z MO I PRO CHECK BOSTON</p>
<p>3. Y MO I PRO Y OFF CHECK ROCK FRISCO</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS BANANA ALERT</p>	<p>6. DOUBLE OUT SEAM ALERT CHECK MUG EASY</p>
<p>7. FLY TRIPS BANANA ALERT</p>	<p>8. PEEL DOUBLE OUT SEAM ALERT CHECK MUG EASY</p>



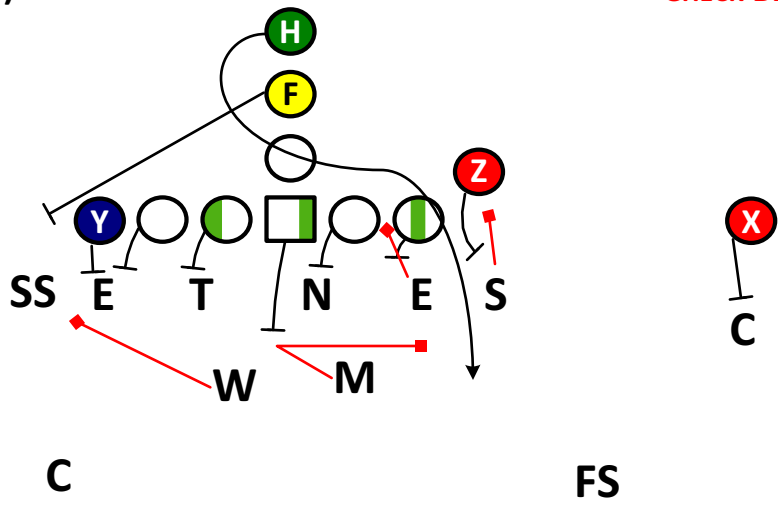
W/ CHEAT STONE BOSTON BLUE

<p>1. SOLO</p>	<p>2. PAIR TRIPS BANANA ALERT</p>
<p>3. PAIR SLOT CHECK BLUE W/M CHEAT TO FB</p>	<p>4. SOLO SLOT CHECK BLUE</p>
<p>5. SLOT DOUBLE OUT SEAM ALERT CHECK MUG EASY</p>	<p>6. SEATTLE BANANA ALERT CHECK MUG EASY CHECK PIRATE</p>
<p>7. EMPTY SEAM ALERT CHECK MUG EASY</p>	<p>8. FLY EMPTY SEAM ALERT CHECK MUG EASY</p>



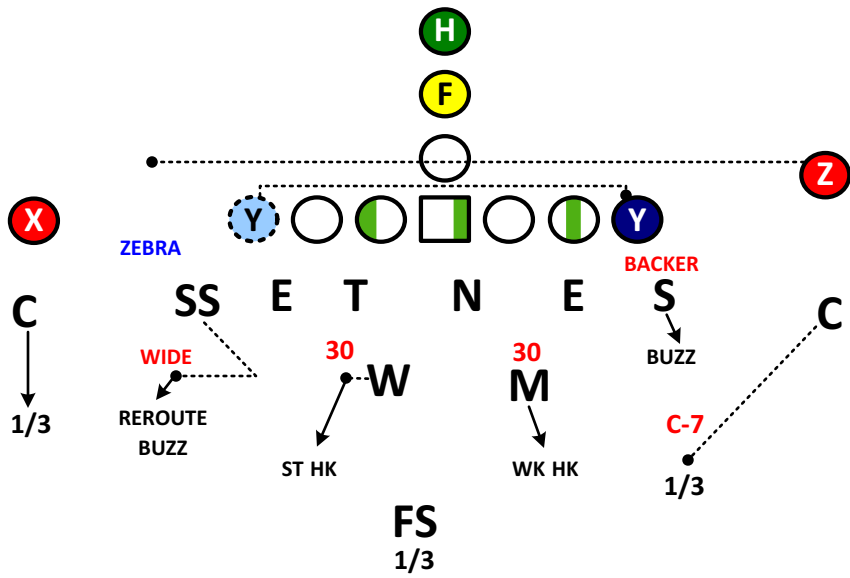
(21) I SLOT

CHECK BLUE



STONE BOSTON BLUE

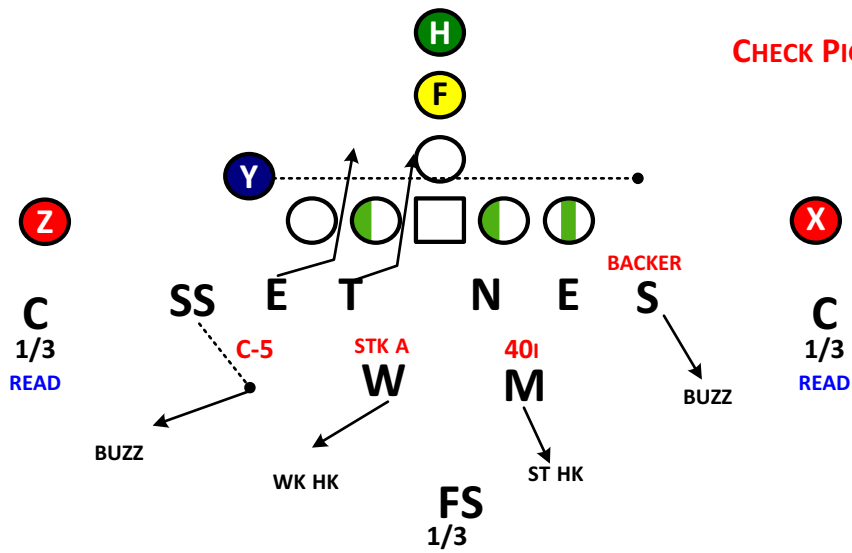
CHECK ROCK FRISCO



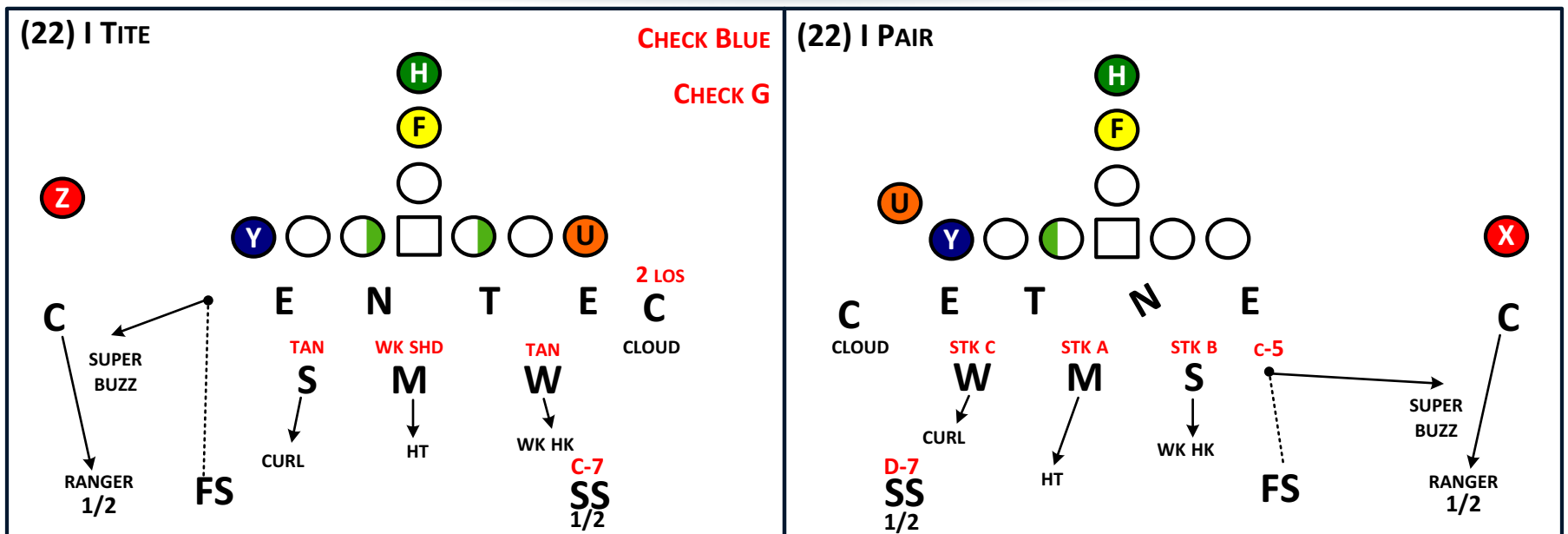
Y MO I PRO Y OFF

CHECK ROCK FRISCO

CHECK PIG



DEUCE COMPTON BLUE



ESSENCE:

1. DEUCE COMPTON IS AN 8 MAN OVER FRONT DEFENSE VS. 22 PERSONNEL.
2. WE WILL STAY IN A CLOUD PRINCIPAL FOR THE ENTIRE DOWN.

COACHING POINTS:

1. CLOSE CALL AWAY FROM THE WR:
 U: WITH TWO TIGHT ENDS ON THE LOS
 Y: WITH ONE TIGHT END ON THE LOS

ADJUSTMENTS:

1. PRO FAMILY: FOLLOW NORMAL OAKLAND CLOUD RULES
 LBS: ALERT FLOW RULES
2. SLOT FAMILY: PLAY BLUE, CHECK G

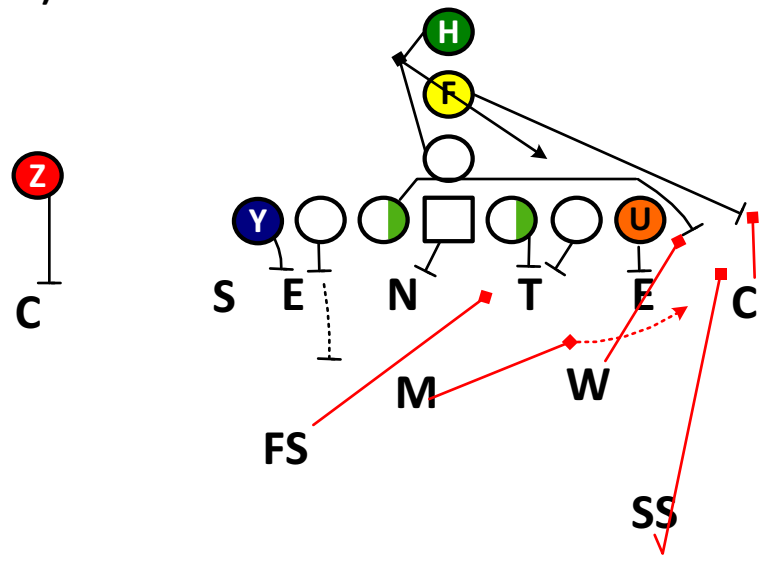


DEUCE COMPTON BLUE

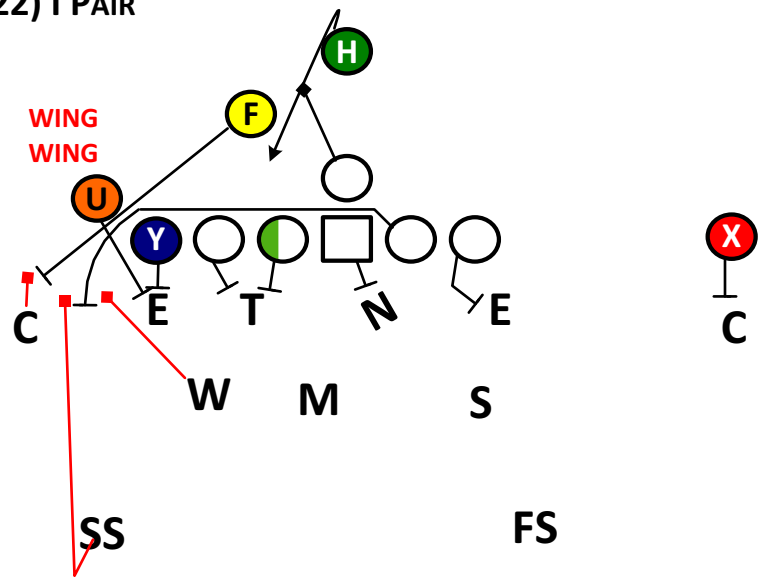
<p>1. Z MO I SLOT CHECK CLOUD CHECK G</p>	<p>2. U MO I SLOT UIP STAY BLUE CHECK G</p>
<p>3.</p>	<p>4.</p>
<p>5.</p>	<p>6.</p>
<p>7.</p>	<p>8.</p>



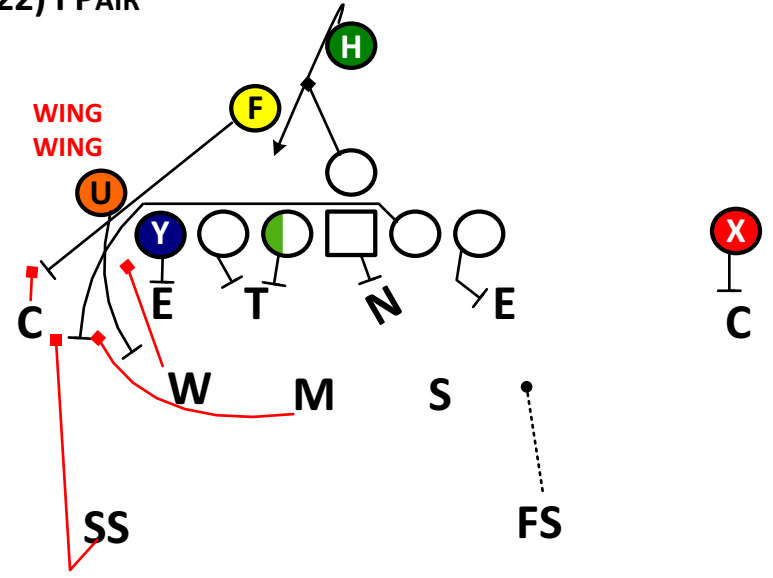
(22) I TITE



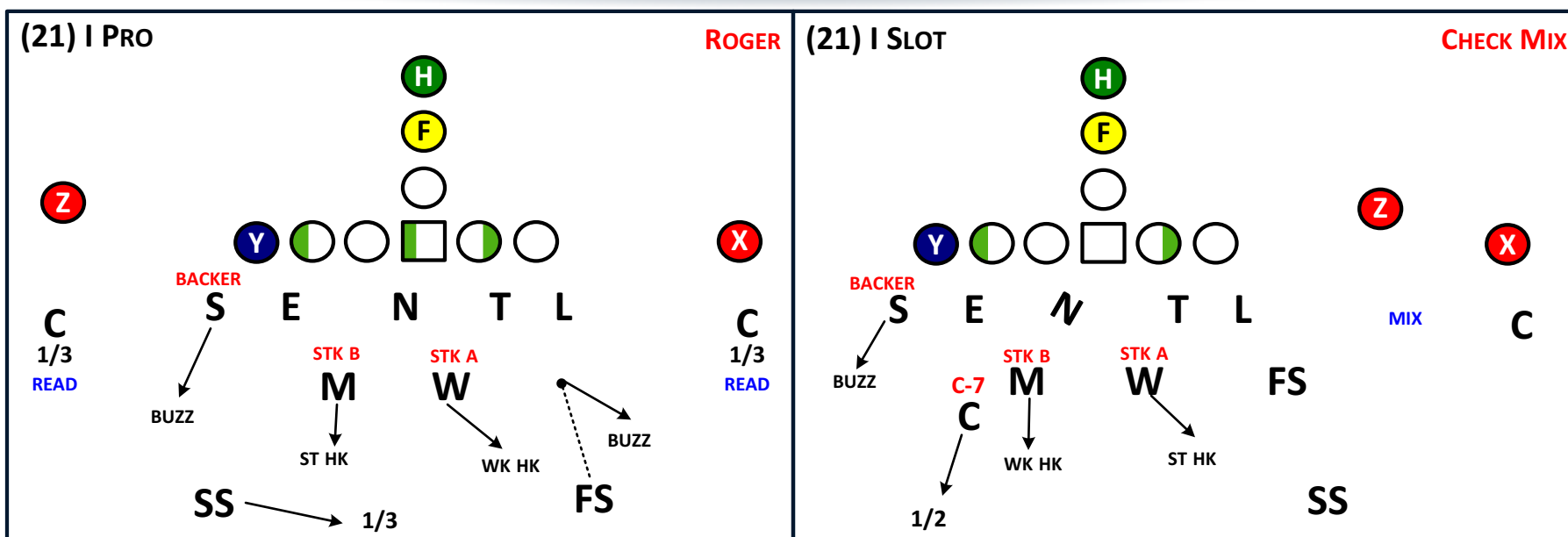
(22) I PAIR



(22) I PAIR



UNDER ZONE X (FRISCO)



ESSENCE:

1. FRISCO IS AN 8 MAN UNDER FAMILY DEFENSE.
2. LBS HAVE THE ABILITY TO CALL LINE STUNTS & ALIGNMENTS BASED ON FORMATIONS.

COACHING POINTS:

1. SOLID CALL TO "Y"
2. MIKE: ALIGN IN A STACK B (TURNBACK)
3. WILL: ALIGN IN STACK A (SPILL)
4. SAFETY ROTATION AWAY FROM THE SOLID CALL (ROGER/LOU)

ADJUSTMENTS:

1. Vs. Y MOTION OR Y SHIFT: CHECK BOSTON
2. Vs. SINGLE WIDTH SLOT FAMILY (INCLUDING TRIPLES): CHECK MIX
3. Vs. 2X2 FORMATIONS: SEAM ALERT (FS SOFT SKY)
4. Vs. Y MOTION (IF PIRATE/PIG): CHECK ICE
5. POSSIBLE STUNTS: PIG, PIRATE



UNDER ZONE X (FRISCO)

<p>1. Z Mo I SLOT CHECK MIX</p>	<p>2. Z Mo I PRO CHECK MIX</p>
<p>3. Y Mo I PRO Y OFF CHECK BOSTON</p>	<p>4. I PRO Y OPEN CHECK MUG EASY</p>
<p>5. TRIPS BANANA ALERT</p>	<p>6. DOUBLE OUT SEAM ALERT</p>
<p>7. FLY TRIPS BANANA ALERT</p>	<p>8. PEEL DOUBLE OUT SEAM ALERT</p>



UNDER ZONE X (FRISCO)

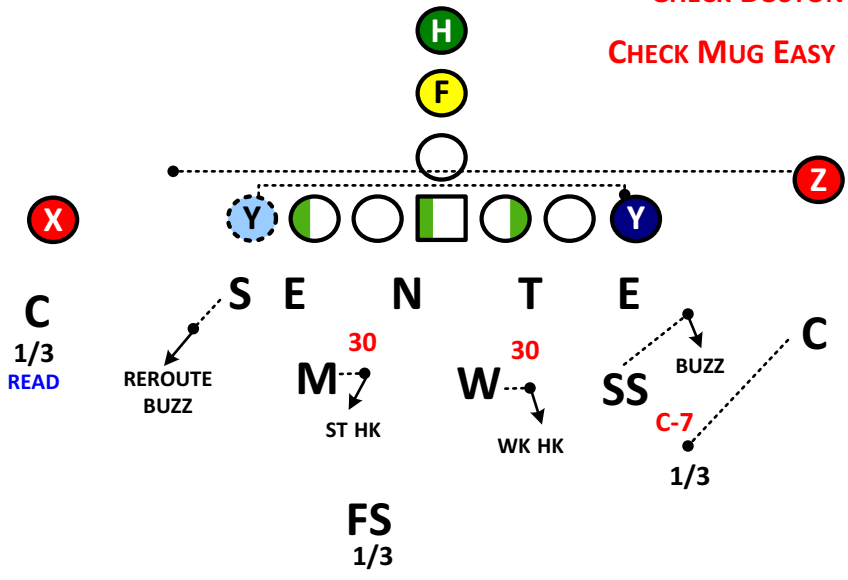
<p>1. SOLO SEAM ALERT</p> <p style="text-align: center;">H</p> <p style="text-align: center; color: red;">ALERT FLAT FLAT</p> <p style="text-align: right; color: red;">ROGER</p> <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: left;"> <p>Z</p> <p>Y O O O O U</p> <p>C 1/3 READ</p> <p>BACKER → S → BUZZ</p> <p>STK B → M → ST HK</p> <p>STK A → W → WK HK</p> <p>SS → 1/3</p> </div> <div style="text-align: right;"> <p>X</p> <p>C 1/3 READ</p> <p>SOFT SKY → FS</p> </div> </div>	<p>2. PAIR TRIPS BANANA ALERT</p> <p style="text-align: center;">H</p> <p style="text-align: right; color: red;">ROGER</p> <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: left;"> <p>Z</p> <p>U Y O O O O U</p> <p>C 1/3 READ</p> <p>WIDE → S → BUZZ</p> <p>STK C → M → ST HK</p> <p>ST SHD → W → WK HK</p> <p>SS → 1/3</p> </div> <div style="text-align: right;"> <p>X</p> <p>C 1/3 READ</p> <p>BUZZ → FS</p> </div> </div>
<p>3. PAIR SLOT CHECK MIX</p> <p style="text-align: center;">H</p> <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: left;"> <p>U Y O O O O</p> <p>S → BUZZ</p> <p>C COMET BAIL 1/3</p> <p>TAN → M → WK HK</p> <p>ST SHD → W → ST HK</p> <p>SS</p> </div> <div style="text-align: right;"> <p>Z X</p> <p>C MIX</p> <p>FS</p> </div> </div>	<p>4. SOLO SLOT CHECK MIX</p> <p style="text-align: center;">H</p> <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: left;"> <p>Y O O O O U</p> <p>BACKER → S → BUZZ</p> <p>C-7 → C → 1/2</p> <p>STK B → M → WK HK</p> <p>STK A → W → ST HK</p> <p>SS</p> </div> <div style="text-align: right;"> <p>Z X</p> <p>C MIX</p> <p>FS</p> </div> </div>
<p>5. SLOT DOUBLE OUT SEAM ALERT</p> <p style="text-align: center;">H</p> <p style="text-align: right; color: red;">ROGER</p> <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: left;"> <p>U Y O O O O U</p> <p>BACKER → S → BUZZ</p> <p>STK B → M → WK HK</p> <p>STK A → W → ST HK</p> <p>WIDE → FS → SOFT SKY</p> <p>SS → 1/3</p> </div> <div style="text-align: right;"> <p>Z X</p> <p>C ZEBRA 1/3</p> </div> </div>	<p>6. SEATTLE CHECK MIX</p> <p style="text-align: center;">H</p> <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: left;"> <p>Y O O O O U Z X</p> <p>BACKER → S → BUZZ</p> <p>C-7 → C → 1/2</p> <p>WK SHD → M → WK HK</p> <p>TITE → W → ST HK</p> <p>SS</p> </div> <div style="text-align: right;"> <p>C MIX</p> <p>FS</p> </div> </div>
<p>7. EMPTY SEAM ALERT</p> <p style="text-align: center;">H</p> <p style="text-align: right; color: red;">ROGER</p> <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: left;"> <p>Z H U X</p> <p>C ZEBRA 1/3</p> <p>WIDE → S → REROUTE BUZZ</p> <p>STK B → M → ST HK</p> <p>STK A → W → WK HK</p> <p>WIDE → FS → SOFT SKY</p> <p>SS → 1/3</p> </div> <div style="text-align: right;"> <p>C ZEBRA 1/3</p> </div> </div>	<p>8. FLY EMPTY SEAM ALERT</p> <p style="text-align: center;">H</p> <p style="text-align: right; color: red;">ROGER</p> <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: left;"> <p>Z U X</p> <p>C ZEBRA 1/3</p> <p>WIDE → S → SOFT SKY</p> <p>STK B → M → ST HK</p> <p>STK A → W → WK HK</p> <p>WIDE → FS → REROUTE BUZZ</p> <p>SS → 1/3</p> </div> <div style="text-align: right;"> <p>C ZEBRA 1/3</p> </div> </div>



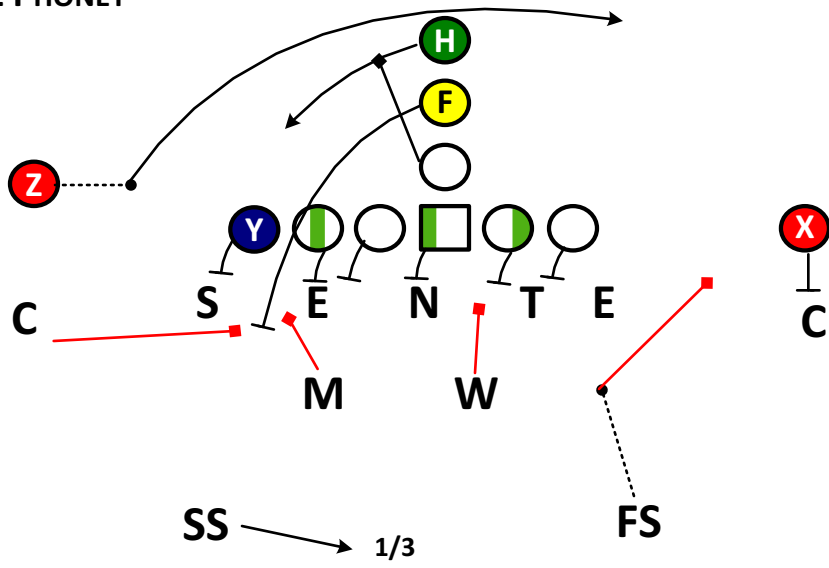
ROCK FRISCO

CHECK BOSTON

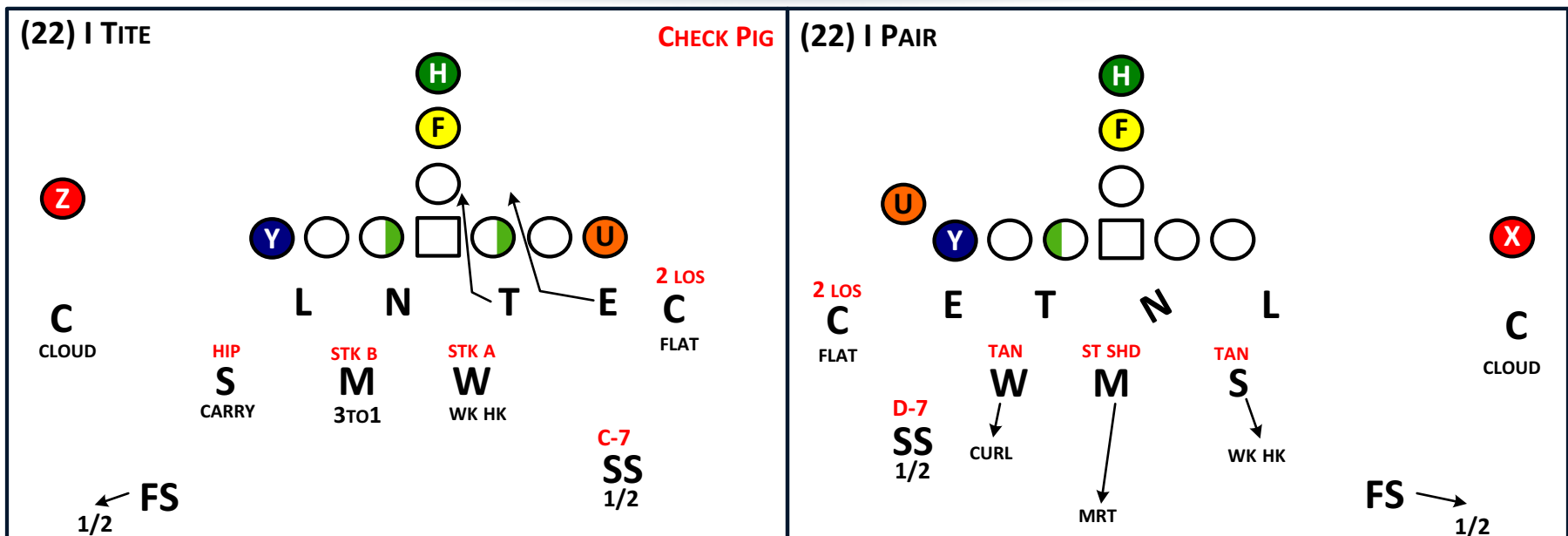
CHECK MUG EASY



Z PHONEY



DEUCE L.A.



ESSENCE:

1. DEUCE L.A. IS A 7 MAN OVER FAMILY FRONT DEFENSE VS. 22 PERSONNEL.

COACHING POINTS:

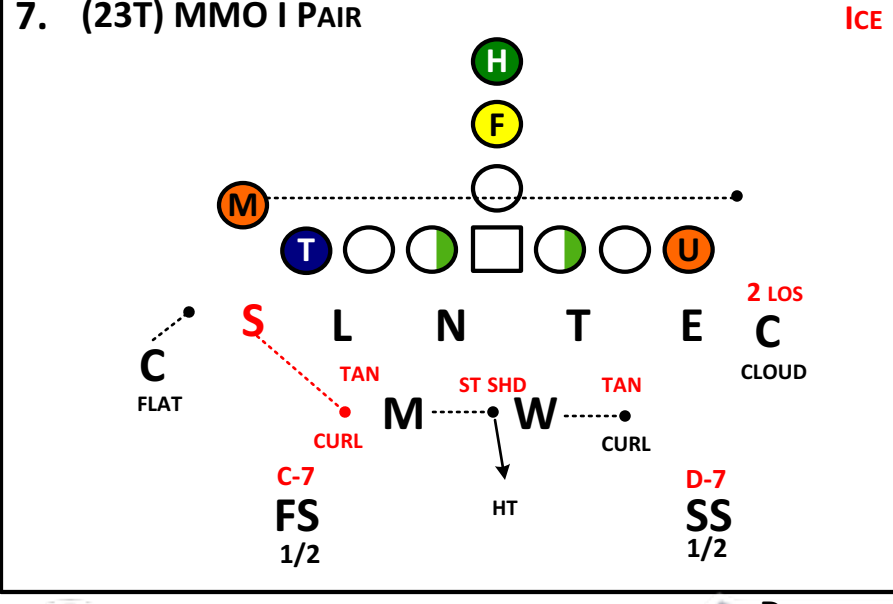
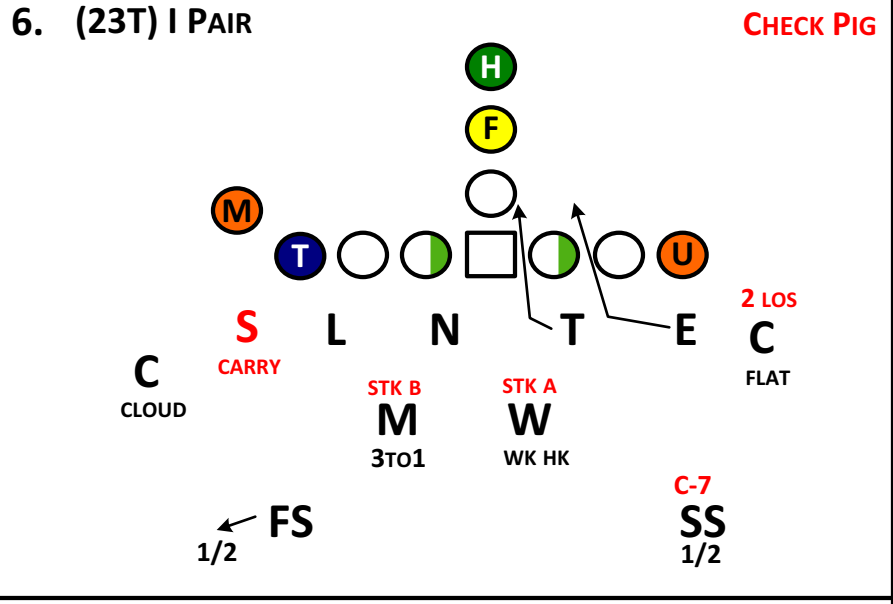
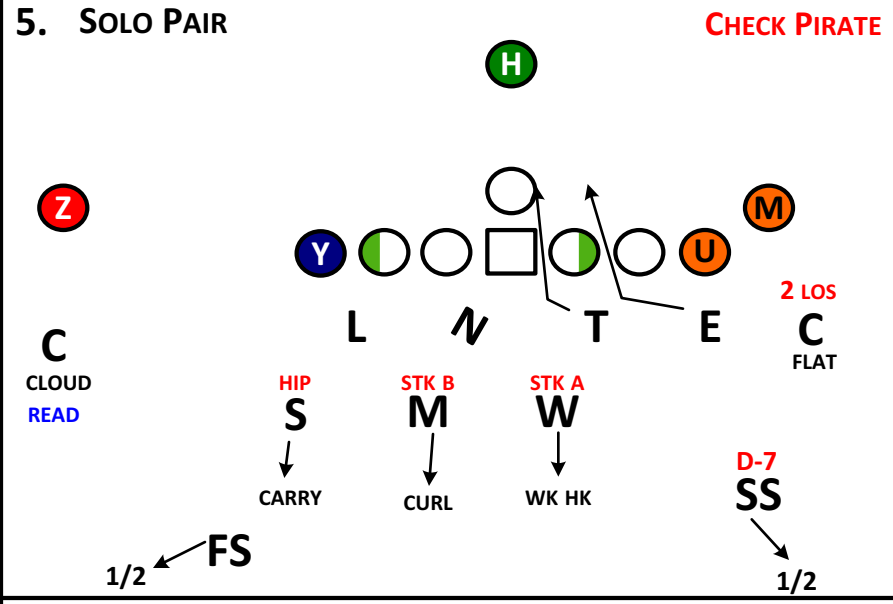
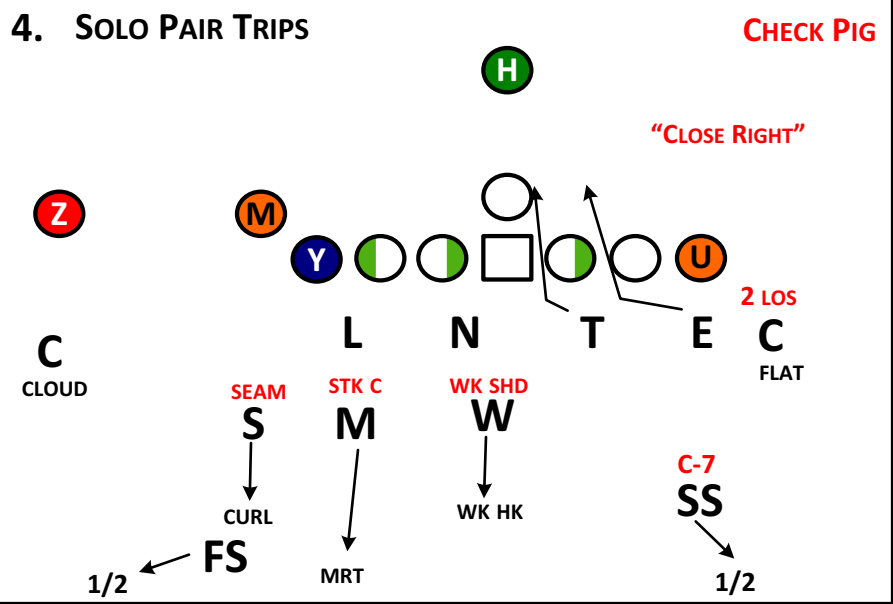
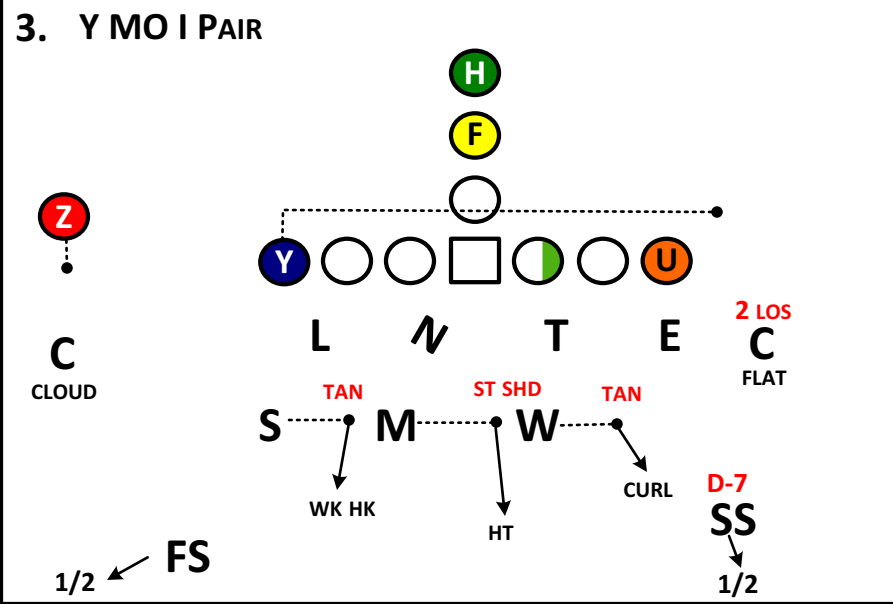
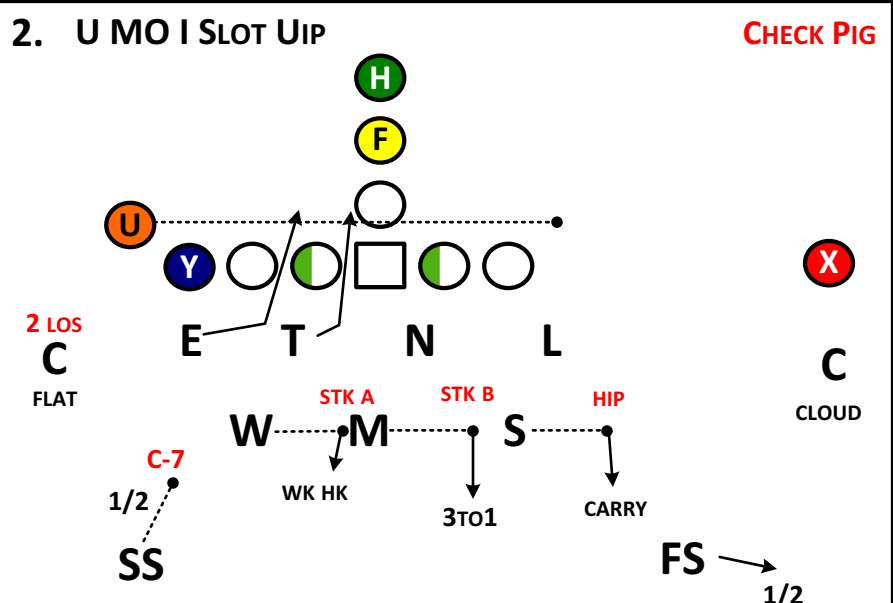
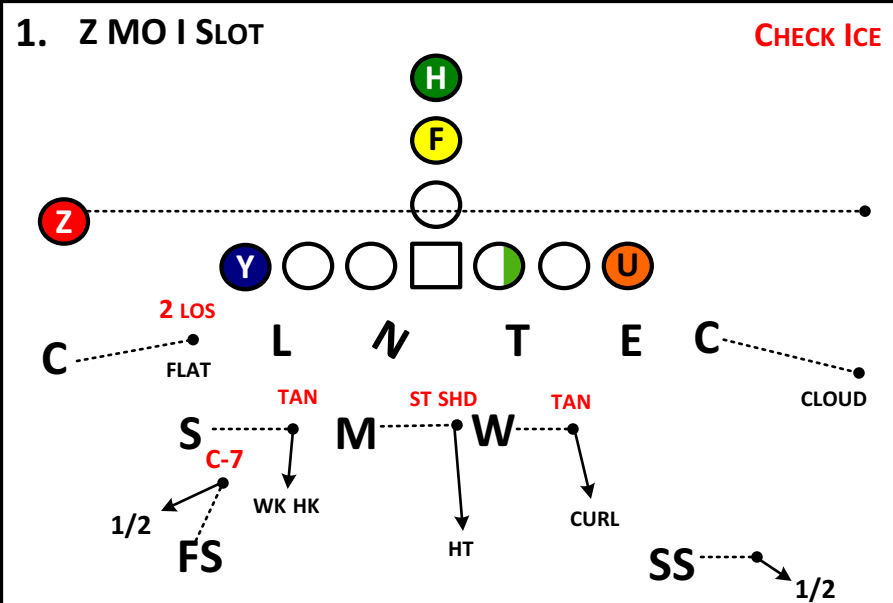
1. CLOSE CALL AWAY FROM THE WR:
 U: WITH TWO TIGHT ENDS ON THE LOS
 Y: WITH ONE TIGHT END ON THE LOS
2. CORNERS CAN USE A VARIETY OF CLOUD TECHNIQUES SUCH AS BAIL SQUAT AND CATCH TECHNIQUE
3. SAM CARRY VS 2 BACK SLOT
4. WITH A PIRATE STUNT CALLED, CORNERS USE SLAM TECHNIQUE
5. NO SLAM TECHNIQUE VS 2 DISPLACED

ADJUSTMENTS:

1. VS. TITE FORMATIONS: CLOSE TO THE "U" AND TREAT AS A SLOT FORMATION AND CHECK PIRATE (SAM CARRY).
2. VS. PAIR FORMATIONS: CLOSE TO THE "Y" AND TREAT AS A PRO FORMATION.

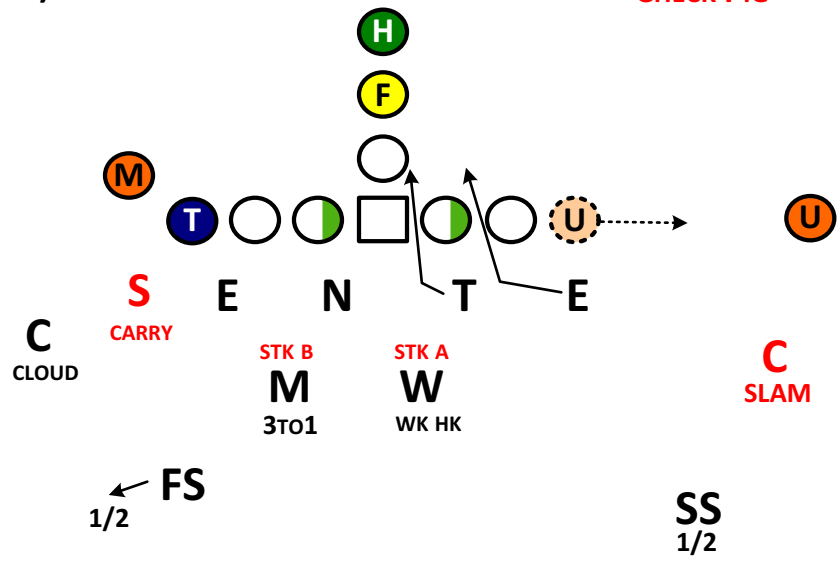


DEUCE L.A.



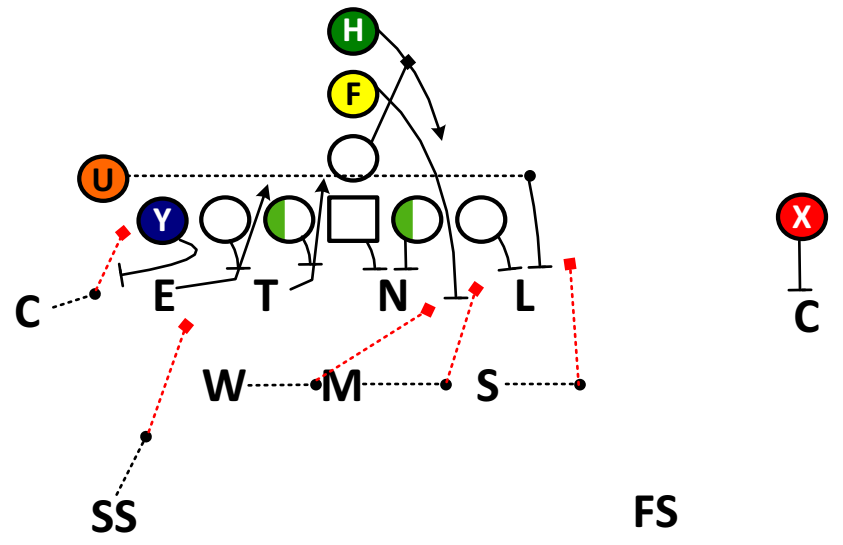
(23T) I PAIR

CHECK PIG



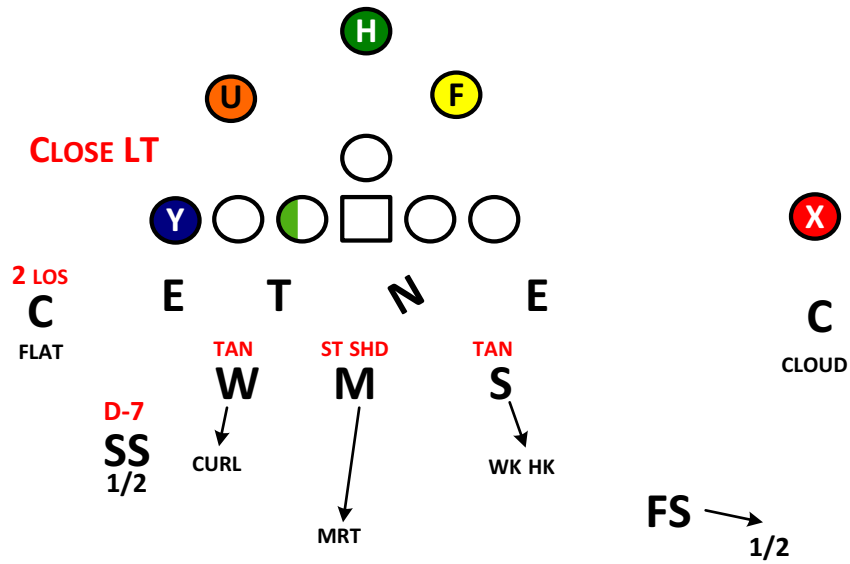
U MO I SLOT UIP

CHECK PIG

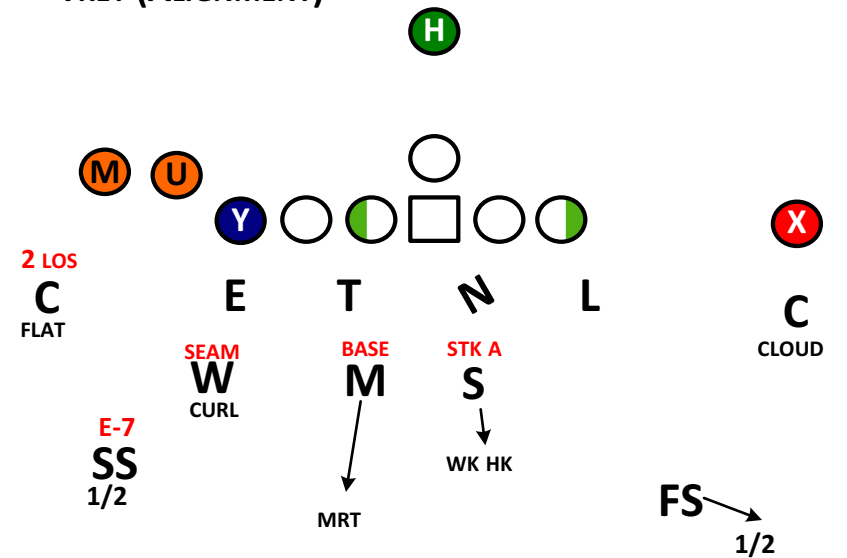


TREAT AS PRO

CLOSE LT

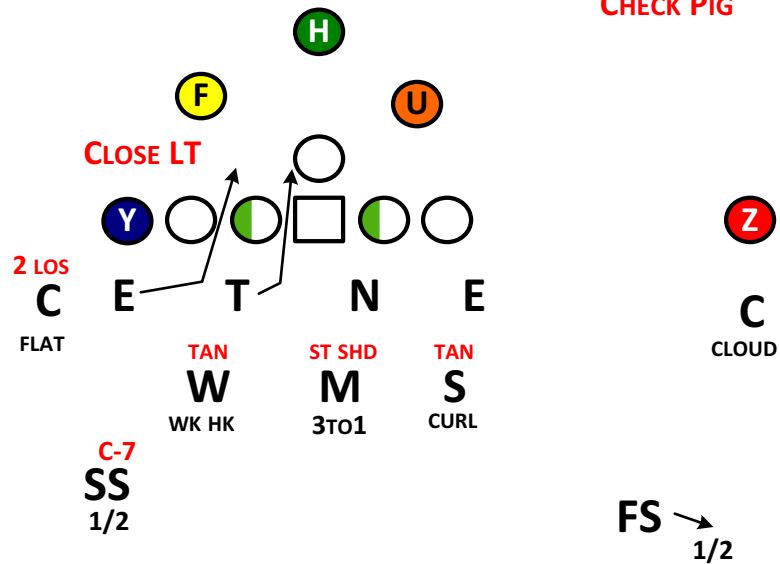


TREY (ALIGNMENT)

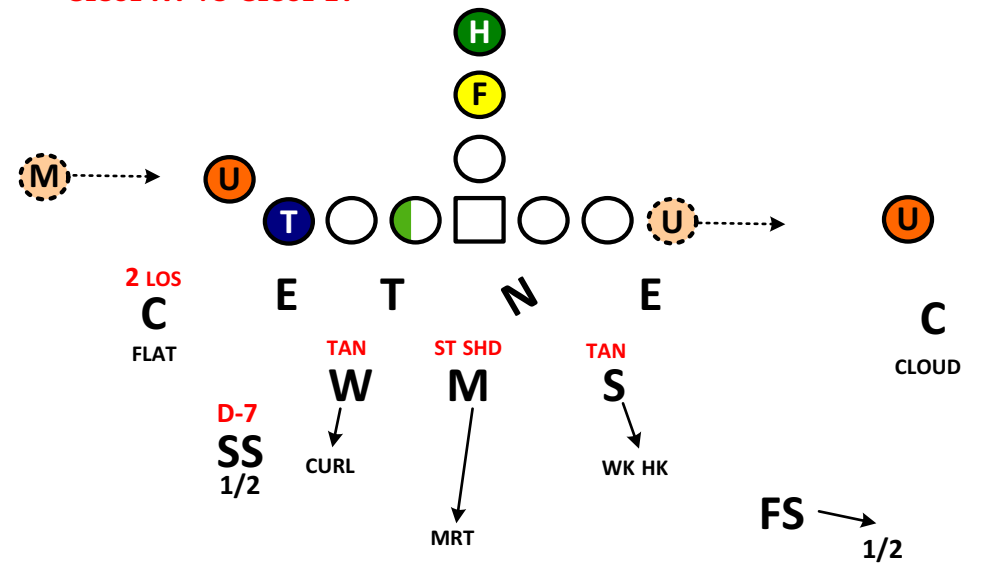


TREAT AS SLOT

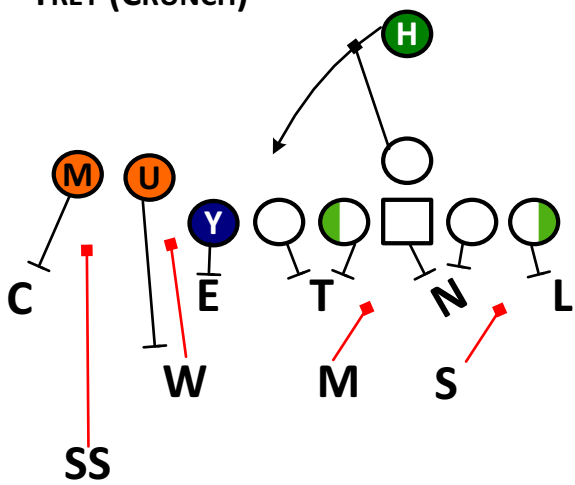
CHECK PIG



CLOSE RT TO CLOSE LT



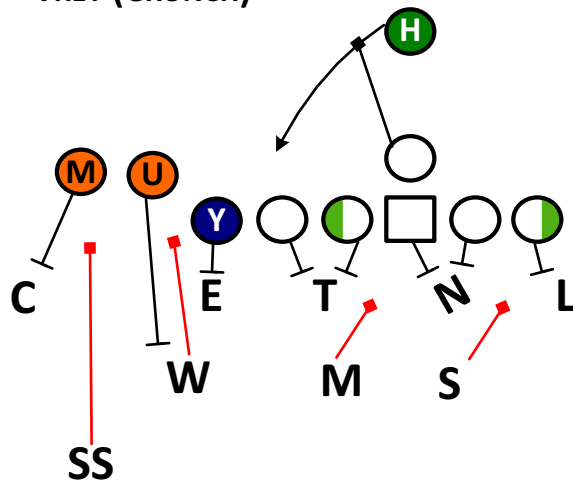
TREY (CRUNCH)



FS



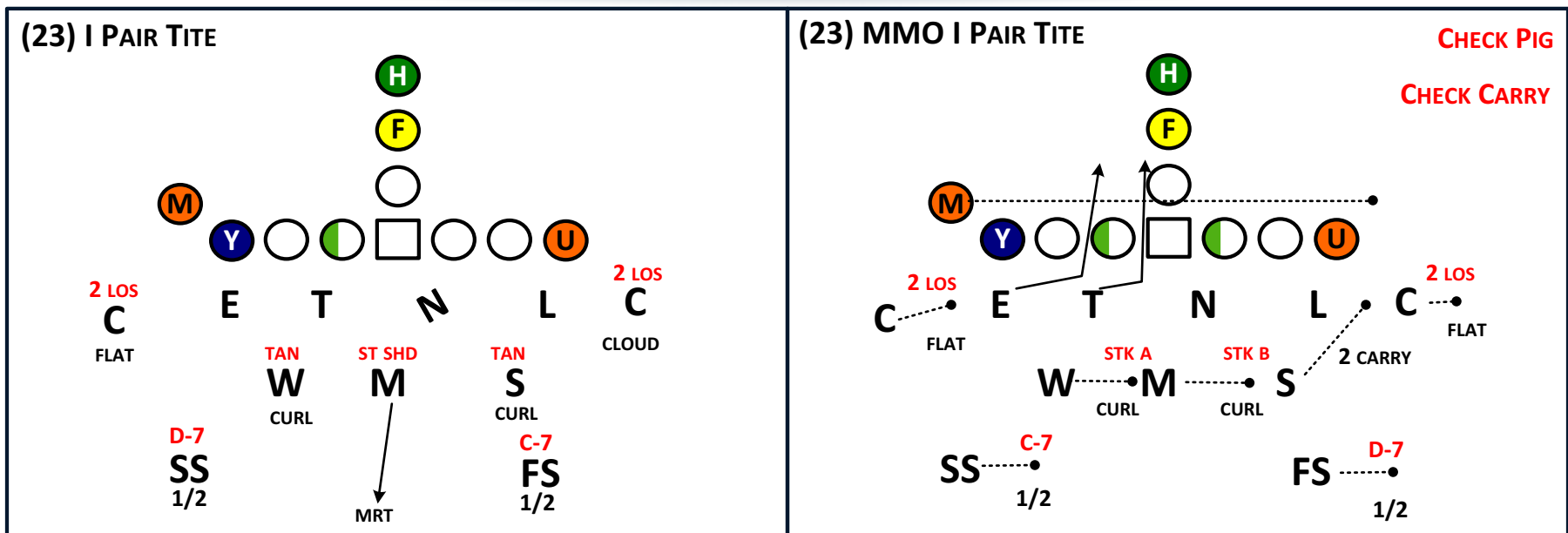
TREY (CRUNCH)



FS



HEAVY L.A.



ESSENCE:

1. HEAVY L.A. IS A 7 MAN OVER FAMILY FRONT DEFENSE VS. 23 PERSONNEL.

COACHING POINTS:

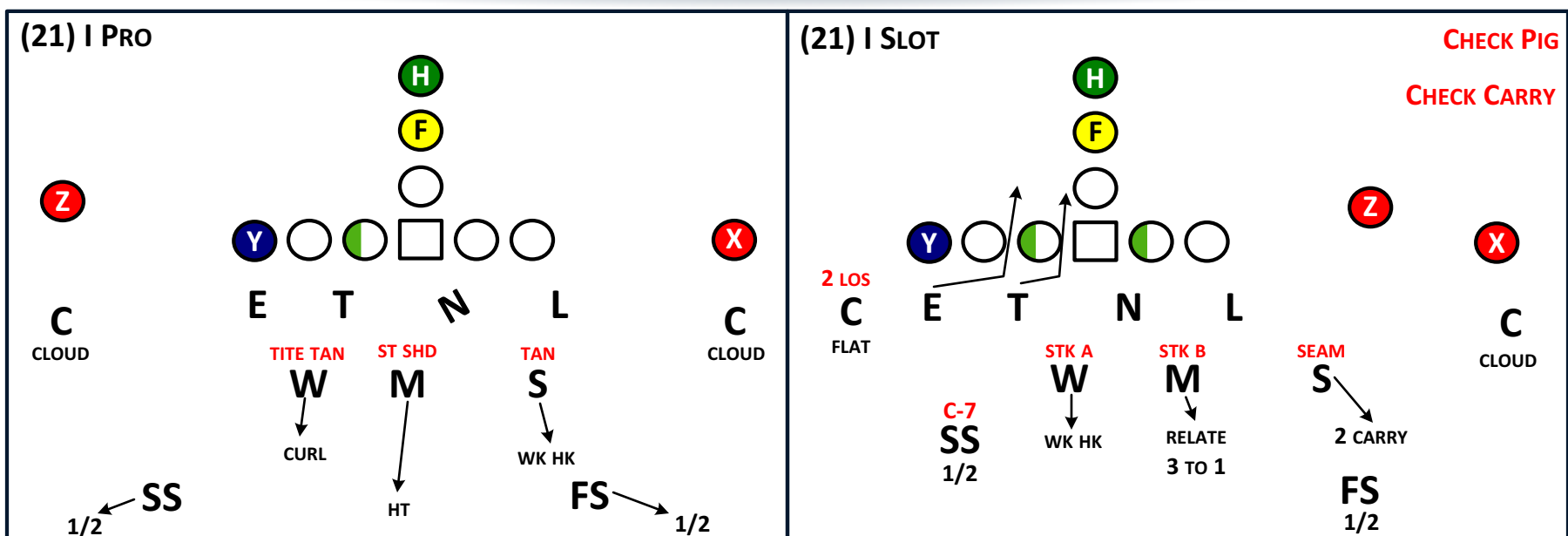
1. CLOSE CALL TO THE PAIR.
2. CORNERS CAN USE A VARIETY OF CLOUD TECHNIQUES SUCH AS BAIL SQUAT AND CATCH TECHNIQUE
3. FOLLOW NORMAL L.A. RULES

ADJUSTMENTS:

1. TREAT THE 'M' LIKE THE 'Z' RECEIVER:
VS. M MOTION, CHECK PIG AND 2 CARRY (LBS ALIGN IN STACK A & STACK B)



OVER 2 (L.A.)



ESSENCE:

1. OVER 2 (L.A.) IS A 7 MAN OVER FRONT DEFENSE.
2. CORNERS ARE CLOUDED ON THE #1 RECEIVERS.
3. LBS ARE RESPONSIBLE FOR SEAM ROUTES.

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. CORNERS CAN USE A VARIETY OF CLOUD TECHNIQUES SUCH AS BAIL SQUAT AND CATCH TECHNIQUE
3. VS. 2 BACK PRO, LBS RUN THRU BASED ON FLOW, FLOOD AND SPLIT RULES
4. SAM CARRY VS 2 BACK SLOT
5. WITH A PIRATE STUNT CALLED, SOLID CORNER USE SLAM TECHNIQUE
6. NO SLAM TECHNIQUE VS 2 DISPLACED
7. MIKE LB, WHEN NOT THE RUN THRU PLAYER:
 ACTION TO CARRY PLAYER: 3 TO 1
 ACTION AWAY: RELATE TO 3

ADJUSTMENTS:

1. VS. 2 BACK SLOT: LBS STACK ALIGNMENT, UTILIZE THE C-7 SS & CHECK PIG.
2. VS. Y MOTION: CHECK CARRY AND PIRATE (SLAM TECHNIQUE)
 LBS: STACK A/STACK B
3. VS. Y OPEN: CHECK PIRATE
4. VS. NUB SIDE TE:
 CHECK PIG
5. VS. EMPTY: CHECK DROP
6. FRONTS: EVEN AND JET (EX: EVEN L.A.)
7. STUNTS: PIRATE, PIG, COAST (EX: WITH A PIRATE L.A.)
8. FRONT VARIATION: GET

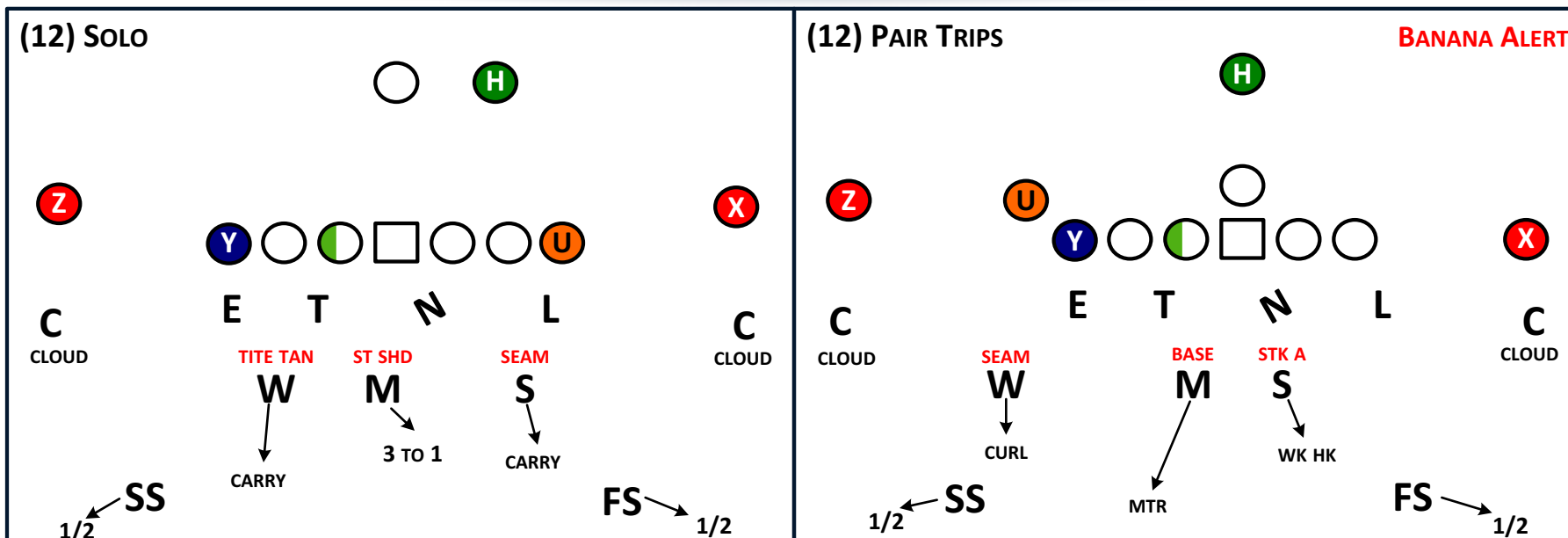


OVER 2 (L.A.)

<p>1. Z MO I SLOT CHECK PIG</p> <p style="text-align: right; color: red;">CHECK CARRY</p> <p style="text-align: right; color: red;">X</p> <p style="text-align: right;">C CLOUD</p> <p style="text-align: right;">C CLOUD</p>	<p>2. Z MO I PRO ICE IT</p> <p style="text-align: right; color: red;">X</p> <p style="text-align: right;">C CLOUD</p> <p style="text-align: right;">C CLOUD</p>
<p>3. Y MO I PRO Y OFF CHECK CARRY</p> <p style="text-align: right; color: red;">CHECK PIRATE</p> <p style="text-align: right; color: red;">X</p> <p style="text-align: right;">C CLOUD</p> <p style="text-align: right;">C CLOUD</p>	<p>4. I PRO Y OPEN CHECK PIRATE</p> <p style="text-align: right; color: red;">X</p> <p style="text-align: right;">C CLOUD</p> <p style="text-align: right;">C CLOUD</p>
<p>5. TRIPS BANANA ALERT</p> <p style="text-align: right; color: red;">X</p> <p style="text-align: right;">C CLOUD</p> <p style="text-align: right;">C CLOUD</p>	<p>6. DOUBLE OUT</p> <p style="text-align: right; color: red;">X</p> <p style="text-align: right;">C CLOUD</p> <p style="text-align: right;">C CLOUD</p>
<p>7. FLY TRIPS BANANA ALERT</p> <p style="text-align: right; color: red;">X</p> <p style="text-align: right;">C CLOUD</p> <p style="text-align: right;">C CLOUD</p>	<p>8. PEEL DOUBLE OUT</p> <p style="text-align: right; color: red;">X</p> <p style="text-align: right;">C CLOUD</p> <p style="text-align: right;">C CLOUD</p>



OVER 2 (L.A. RENO)



ESSENCE:

- OVER 2 (L.A.) IS A 7 MAN OVER FRONT DEFENSE.
- CORNERS ARE CLOUDED ON THE #1 RECEIVERS. LBS ARE RESPONSIBLE FOR SEAM ROUTES

COACHING POINTS:

- SOLID CALL TO THE "Y"
- CORNERS CAN USE A VARIETY OF CLOUD TECHNIQUES SUCH AS BAIL SQUAT AND CATCH TECHNIQUE
- SAM BACKER:
Vs. 2X2 SETS: CARRY #2
- MIKE BACKER:
Vs. 2X2 NEAR: CARRY THE 'Y'
Vs. 2X2 FAR: 3 TO 1
- WILL BACKER:
Vs. 2X2 NEAR: CURL
Vs. 2X2 FAR: CARRY THE 'Y'

ADJUSTMENTS:

- Vs. 3X1 PRO FAMILY FORMATIONS: PLAY L.A. (MIKE MIDDLE RUN THRU)
- Vs. 2X2 PRO FAMILY FORMATIONS: PLAY L.A. (FOLLOW 2 BACK HOOK AND THRU RULES)
- Vs. SLOT FAMILY FORMATIONS: CHECK RENO (CORNER FOLLOW JACK RULES ON #82)
- Vs. EMPTY: PLAY L.A. (MIKE MIDDLE RUN THRU)



OVER 2 (L.A.)

<p>1. DOUBLE OUT</p> <p style="text-align: right; color: red;">BANANA ALERT</p>	<p>2. TRIPS</p> <p style="text-align: right; color: red;">BANANA ALERT</p>
<p>3. PAIR SLOT</p>	<p>4. SOLO SLOT</p> <p style="text-align: right; color: red;">BANANA ALERT</p>
<p>5. SLOT DOUBLE OUT</p>	<p>6. SEATTLE</p> <p style="text-align: right; color: red;">BANANA ALERT</p>
<p>7. EMPTY</p> <p style="text-align: right; color: red;">CHECK JET</p>	<p>8. FLY EMPTY</p>

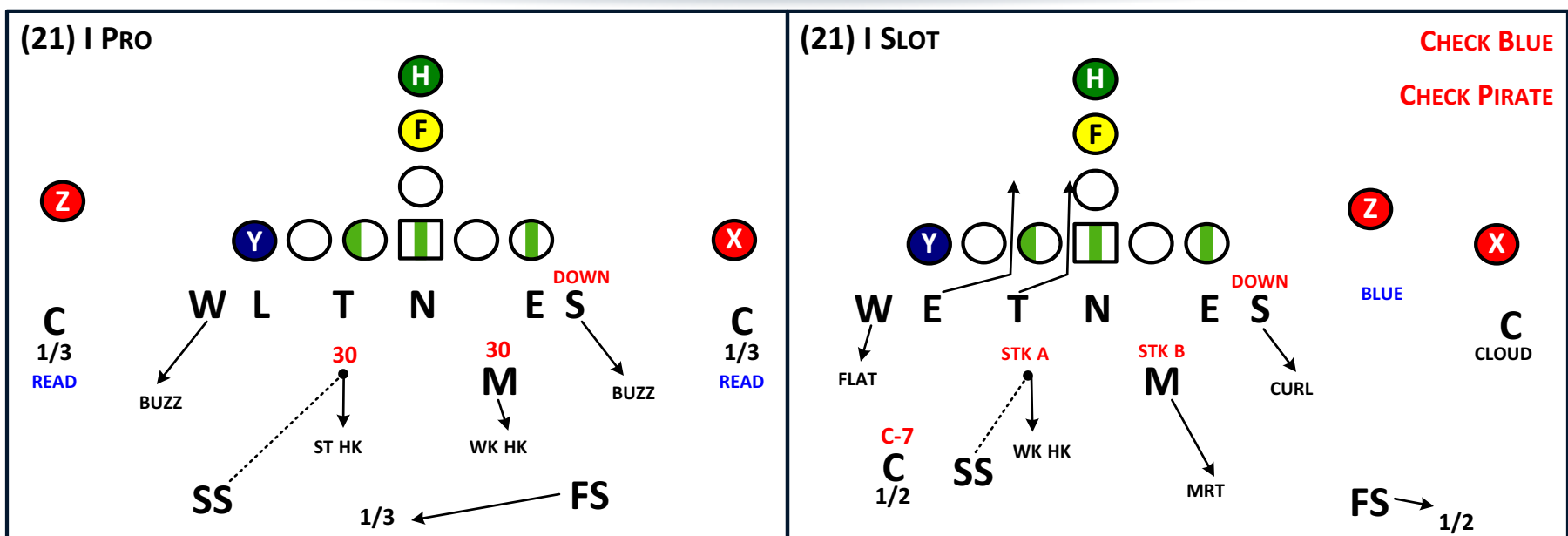


OVER 2 (L.A.)

<p>1. Z MO I SLOT CHECK PIG CHECK CARRY</p>	<p>2. Z MO I PRO ICE IT</p>
<p>3. Y MO I PRO Y OFF CHECK CARRY CHECK PIRATE</p>	<p>4. I PRO Y OPEN CHECK PIRATE</p>
<p>5. TRIPS BANANA ALERT</p>	<p>6. DOUBLE OUT</p>
<p>7. FLY TRIPS BANANA ALERT</p>	<p>8. PEEL DOUBLE OUT</p>



TUFF BUZZ ZONE (MESA BLUE)



ESSENCE:

1. MESA BLUE IS A BASE OVER FAMILY 3 DEEP 4 UNDER DEFENSE.
2. SAFETY BUZZ DOWN TO THE SOLID SIDE
3. REQUIRES AN ACTIVE SAFETY AND AGGRESSIVE BUZZ COVERAGE BY THE SAM & WILL LBS

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. SAFETIES COMMUNICATE RITA/LINDA CALL.
3. VS. SLOT, NUB SIDE CORNER PLAY ½
4. WILL AND SAM IN "TUFF" ALIGNMENTS

ADJUSTMENTS:

1. VS. ALL SLOT SINGLE WIDTH FAMILY FORMATIONS (PAIR SLOT): CK BLUE
2. VS. Y MOTION: SAFETIES TRACK THE 'Y'
CHECK ROCK YUMA
3. VS. 2X2: SEAM ALERT
4. SAM ALIGNMENTS:
WIDE – CHECK MUG EASY (1 AND LOOSE 5 TECHNIQUE)
DOWN – CHECK FIST
BACKER – CHECK CHEAT
5. SEATTLE TRIPS AND SLOT Y OPEN: CHECK PIRATE
6. J-LO RULES APPLY
7. FRONT VARIATION: CHEAT



TUFF BUZZ ZONE (MESA BLUE)

<p>1. Z MO I SLOT</p> <p>CHECK BLUE CHECK PIRATE</p>	<p>2. Z MO I PRO</p>
<p>3. Y MO I PRO Y OFF</p> <p>CHECK YUMA CHECK CHEAT</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS</p> <p>BANANA ALERT</p>	<p>6. DOUBLE OUT</p> <p>CHECK MUG EASY SEAM ALERT</p>
<p>7. FLY TRIPS</p> <p>BANANA ALERT</p>	<p>8. PEEL DOUBLE OUT</p> <p>SEAM ALERT CHECK MUG EASY</p>



TUFF BUZZ ZONE (MESA BLUE)

<p>1. MESA BLUE</p>	<p>2. PAIR SLOT CHECK BLUE</p>
<p>3.</p>	<p>4.</p>
<p>5.</p>	<p>6.</p>
<p>7.</p>	<p>8.</p>

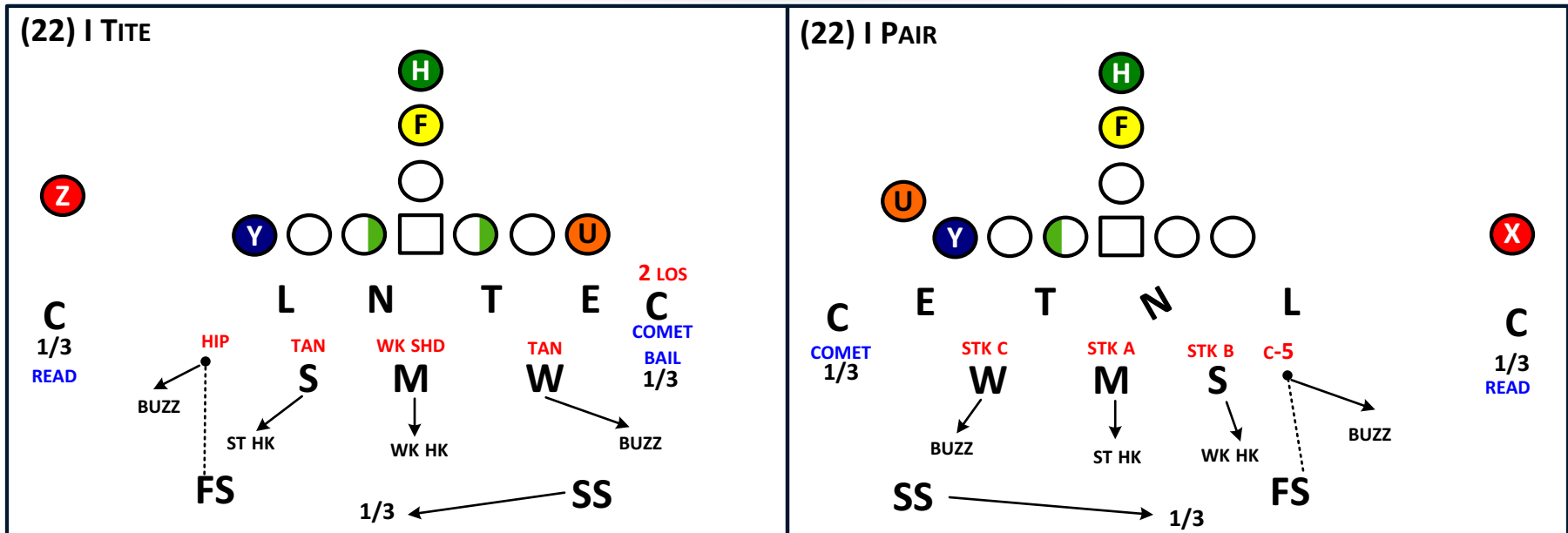


TUFF BUZZ ZONE (MESA PALMS)

<p>1. Z MO I SLOT</p>	<p>2. Z MO I PRO</p>
<p>3. Y MO I PRO Y OFF</p> <p>CHECK YUMA CHECK CHEAT</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS</p> <p>BANANA ALERT</p>	<p>6. DOUBLE OUT</p> <p>CHECK MUG EASY SEAM ALERT</p>
<p>7. FLY TRIPS</p> <p>BANANA ALERT</p>	<p>8. PEEL DOUBLE OUT</p> <p>SEAM ALERT CHECK MUG EASY</p>



STEM DEUCE OAKLAND



ESSENCE:

1. DEUCE OAKLAND IS AN 8 MAN OVER FAMILY FRONT DEFENSE VS. 22 PERSONNEL.

COACHING POINTS:

1. CLOSE CALL AWAY FROM THE WR:
 U: WITH TWO TIGHT ENDS ON THE LOS
 Y: WITH ONE TIGHT END ON THE LOS
2. SAFETIES SHOW A 2 DEEP (OVER 2 / L.A.) PRE-SNAP LOOK
3. CORNERS DEFEND THEIR DEEP 1/3 USING READ PRINCIPLES
4. SEAM ALERT, SAFETIES SOFT SKY (ALERT FLAT/FLAT)
5. SS TRAVELS WITH THE CLOSE CALL.

ADJUSTMENTS:

1. VS. ALL 1 BACK SETS: PLAY IT
2. VS. 2X2 FORMATIONS: SEAM ALERT

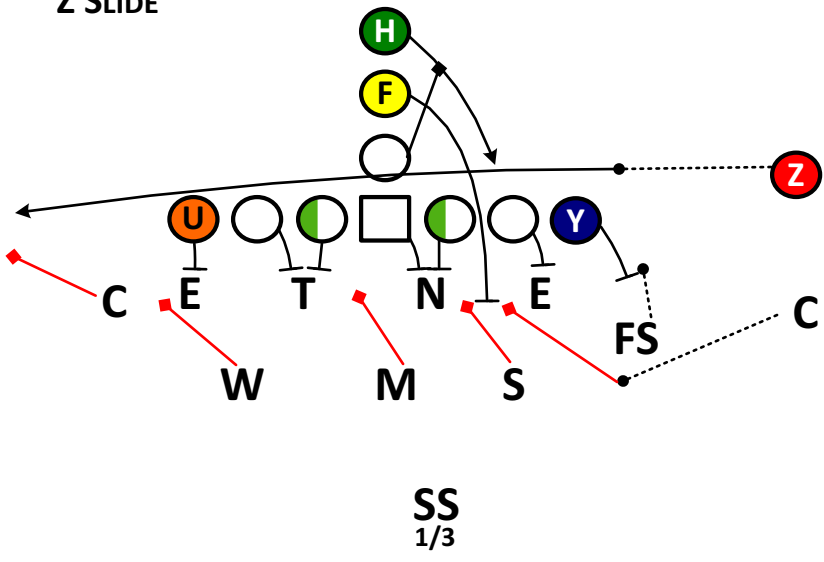


STEM DEUCE OAKLAND

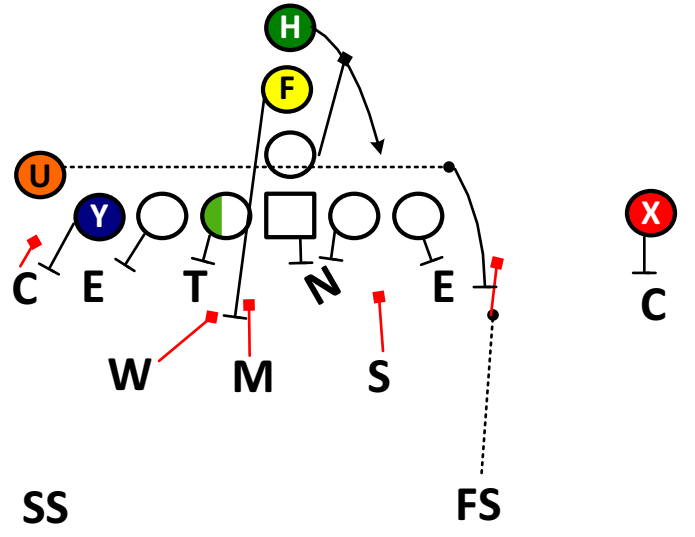
<p>1. Z MO I SLOT</p>	<p>2. U MO I SLOT UIP CHECK G</p>
<p>3. Y MO I PAIR</p>	<p>4. SOLO PAIR TRIPS</p>
<p>5. SOLO PAIR</p>	<p>6.</p>
<p>7.</p>	<p>8.</p>



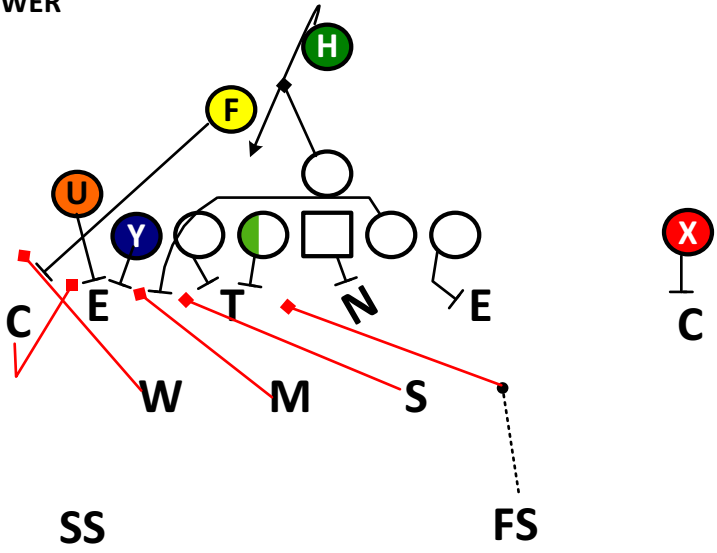
Z SLIDE



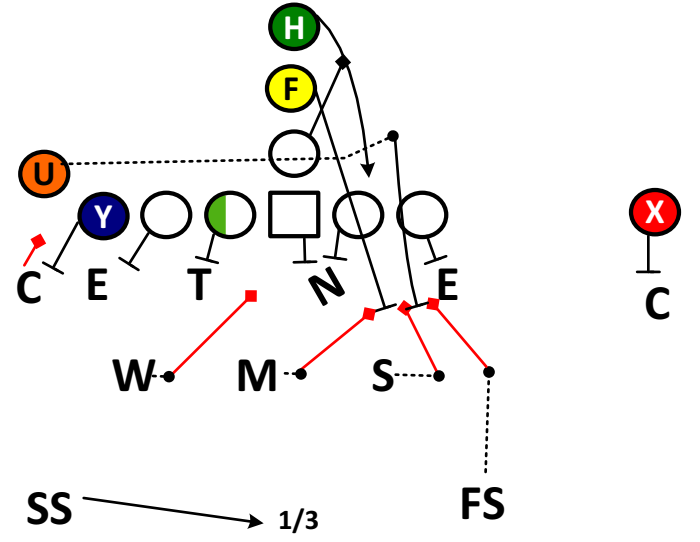
FLOP BELLY



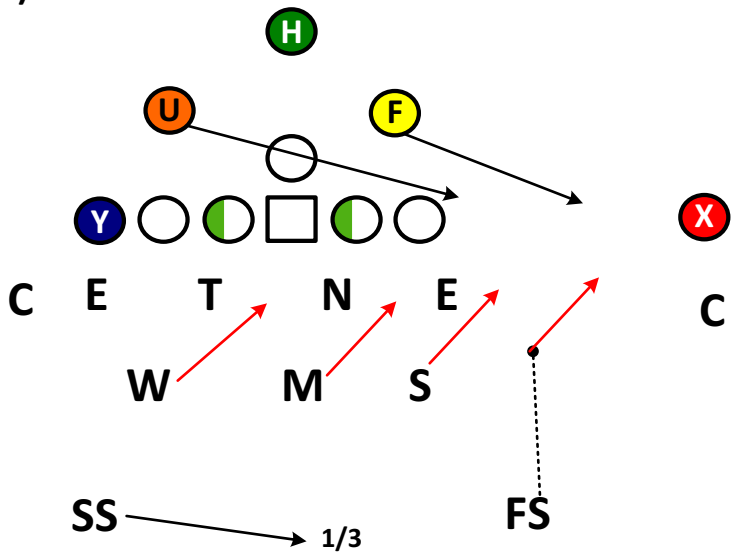
POWER



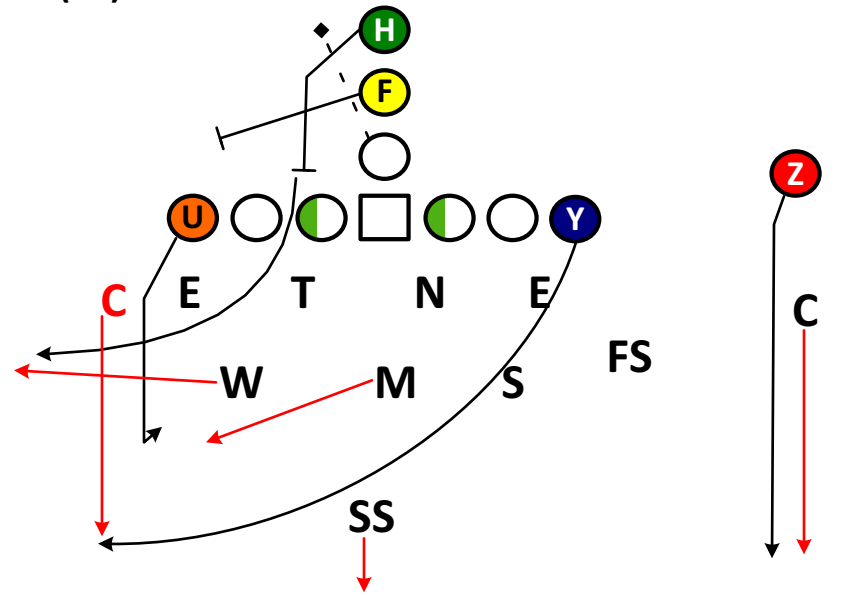
U MO



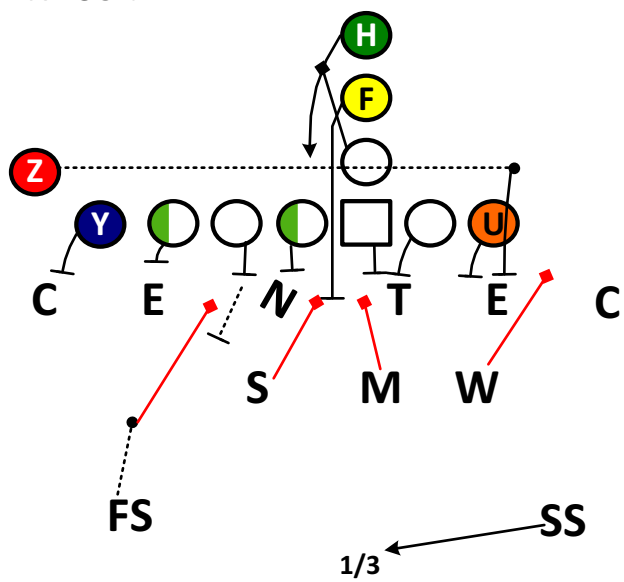
(22) BONE



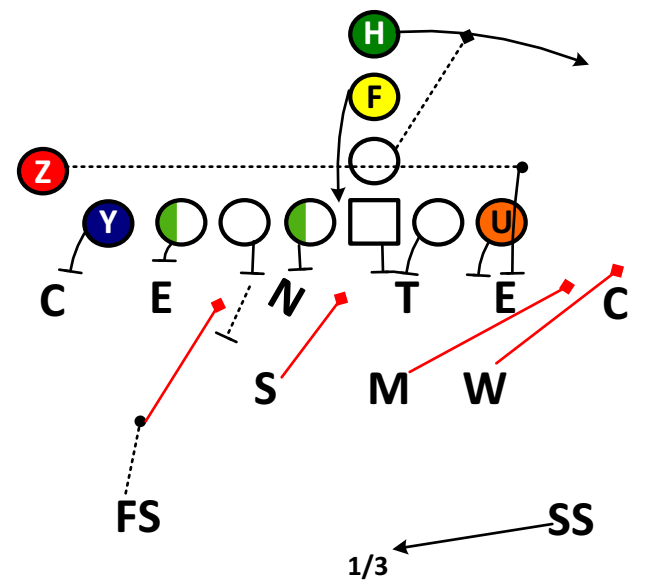
(22) I TITE



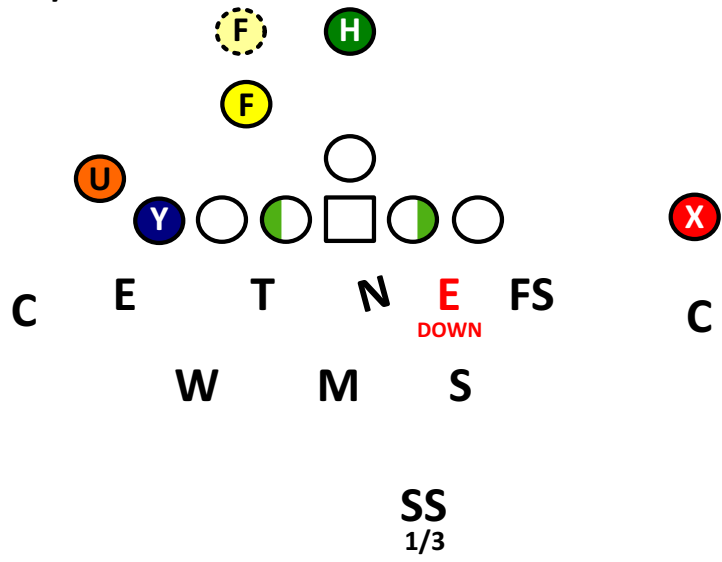
LEAD SOLID



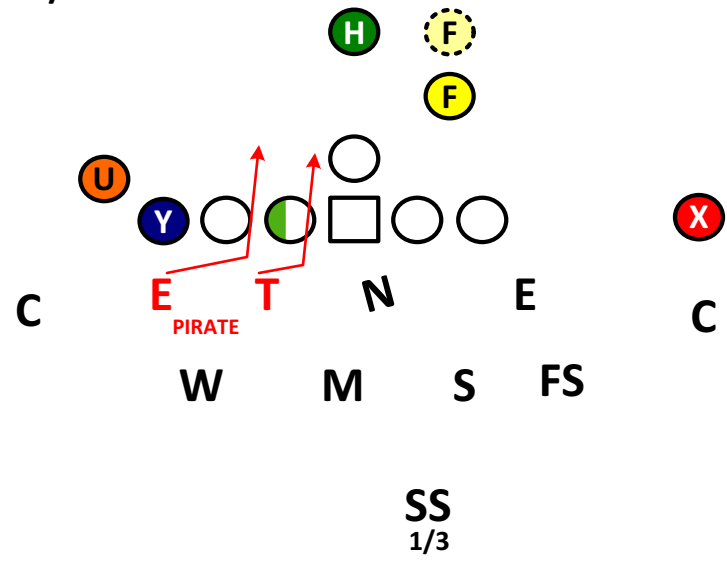
FLIP OPTION



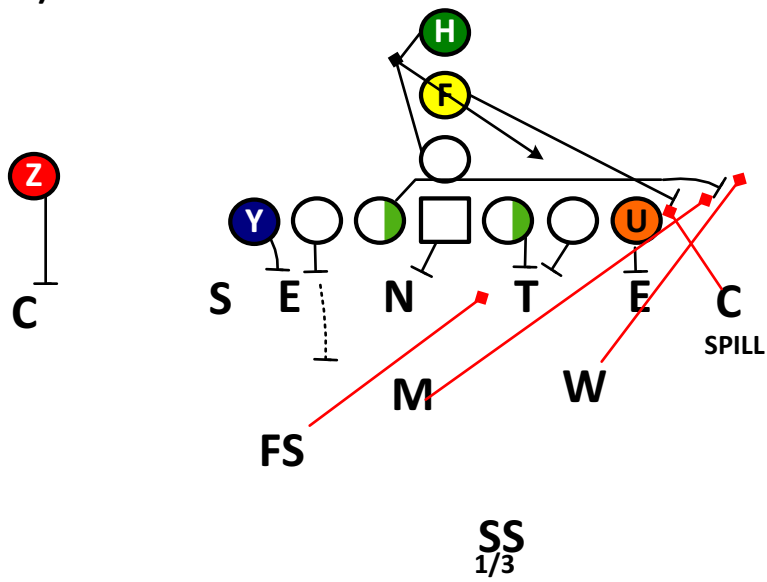
I NR / STRONG



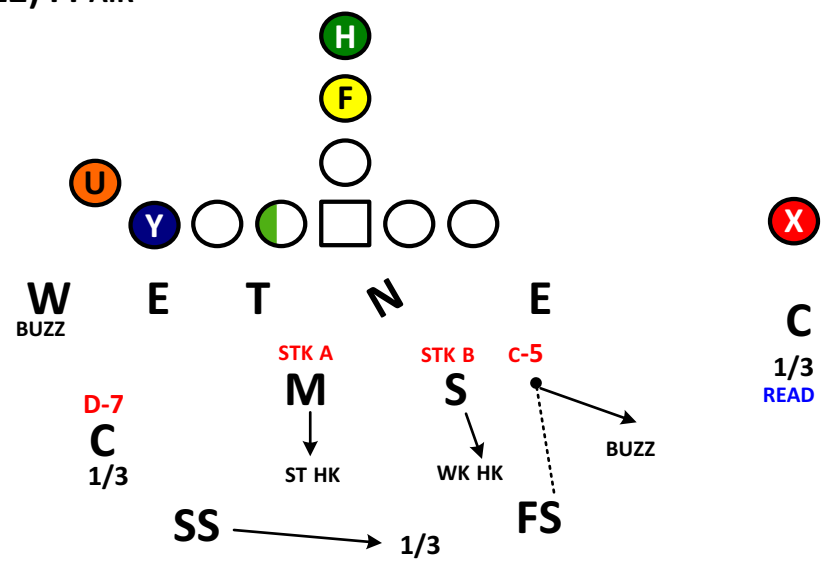
I FR / WEAK



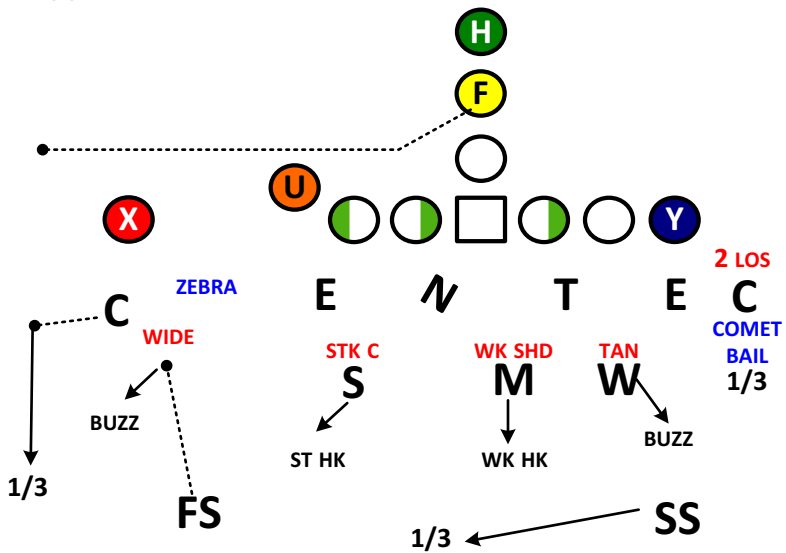
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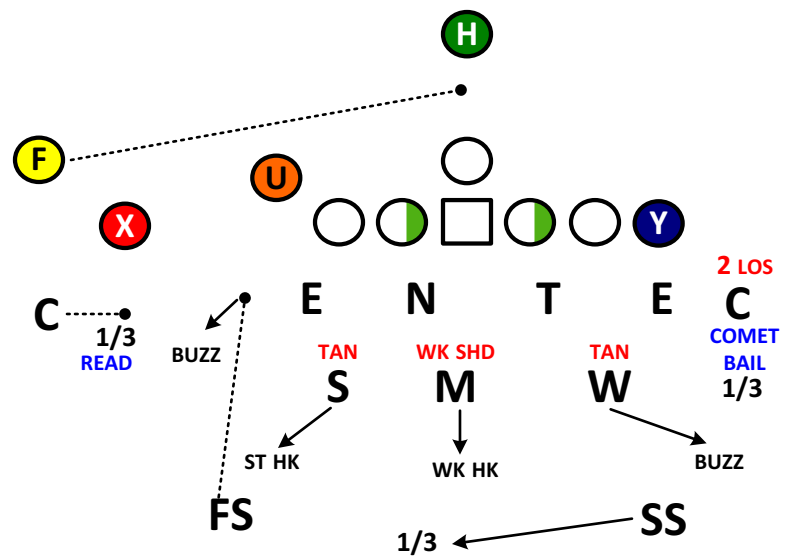
(22) I PAIR



FPEEL

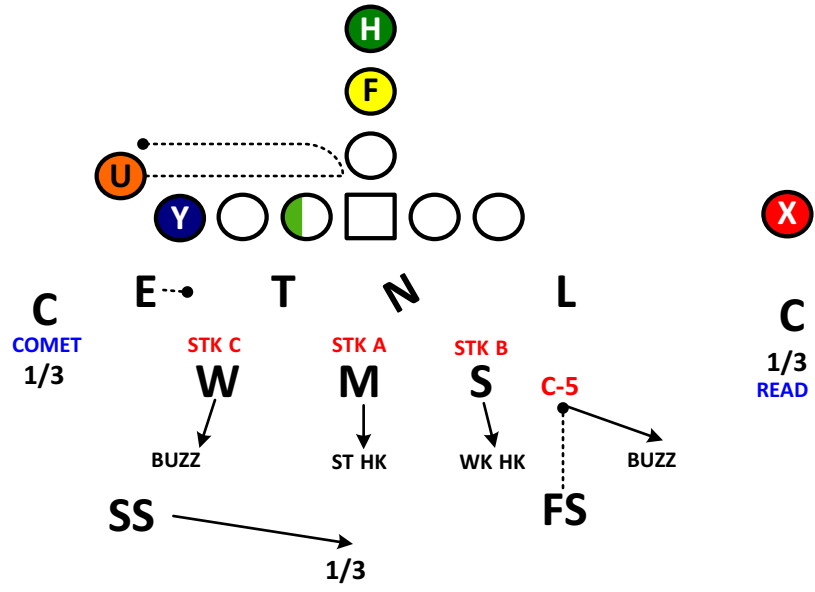


BOX PEEL

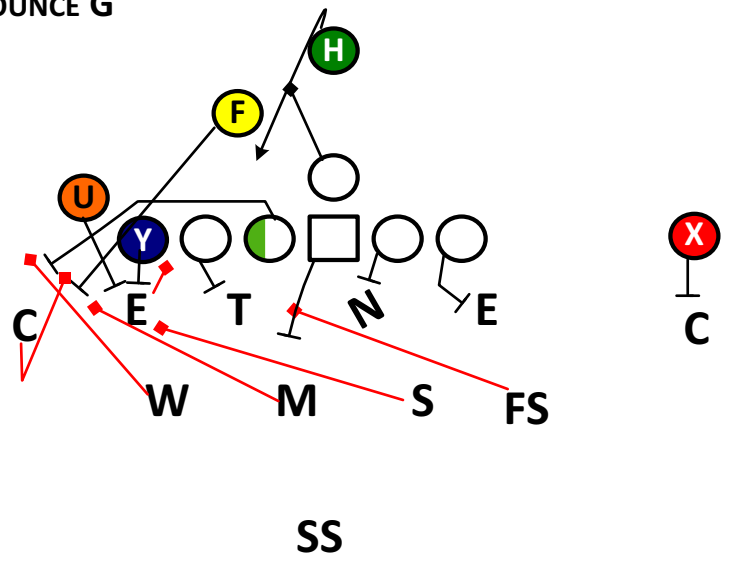


U COUNTER I PAIR

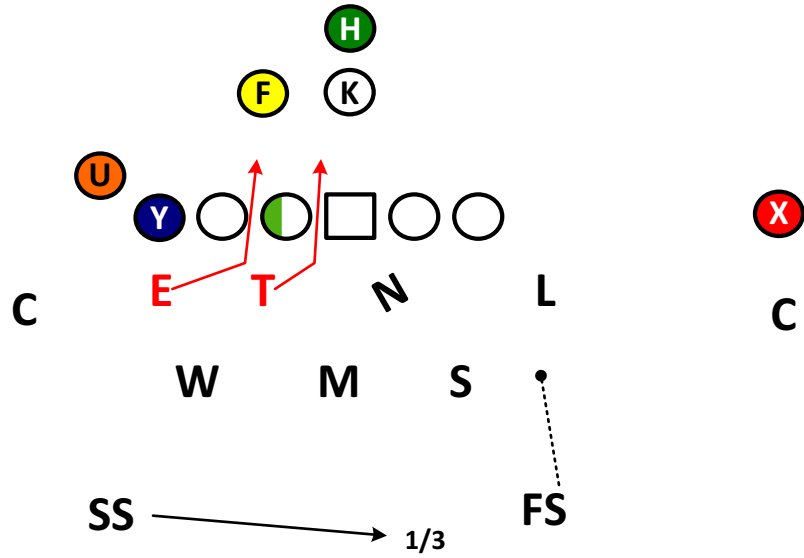
STAY IN 6 TECH



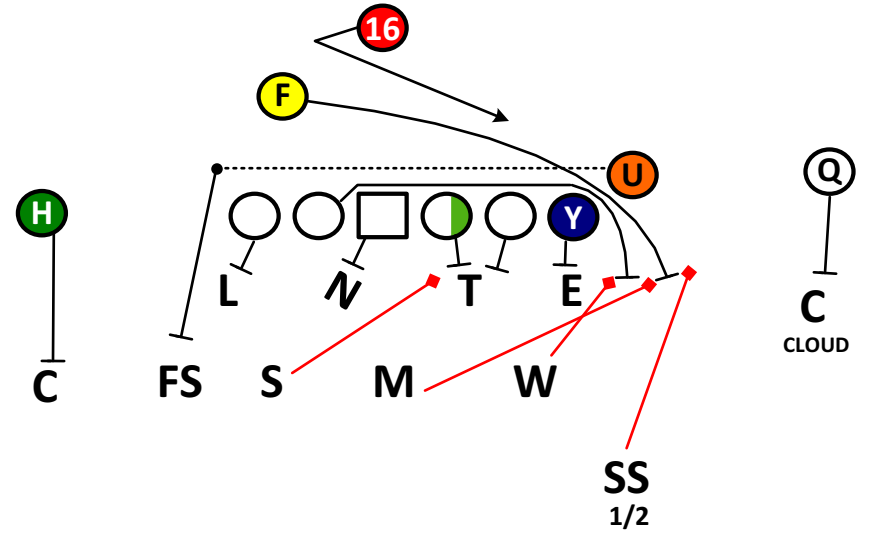
BOUNCE G



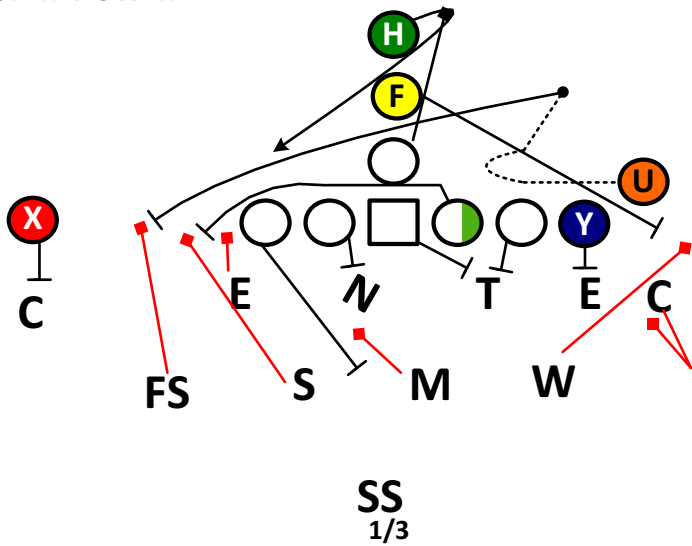
PISTOL NEAR / DOT



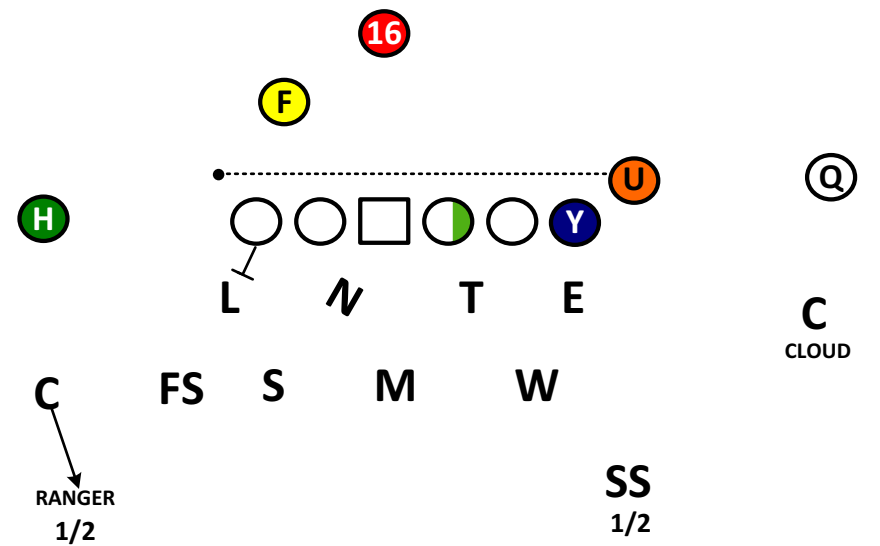
WILDCAT



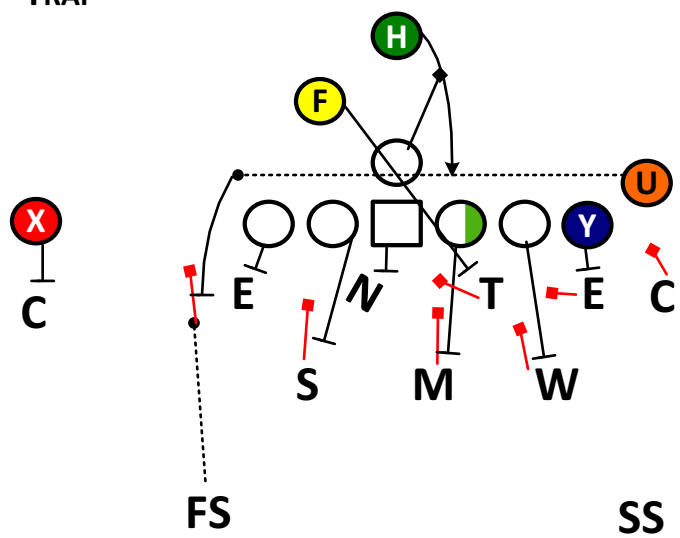
SPLIT POWER



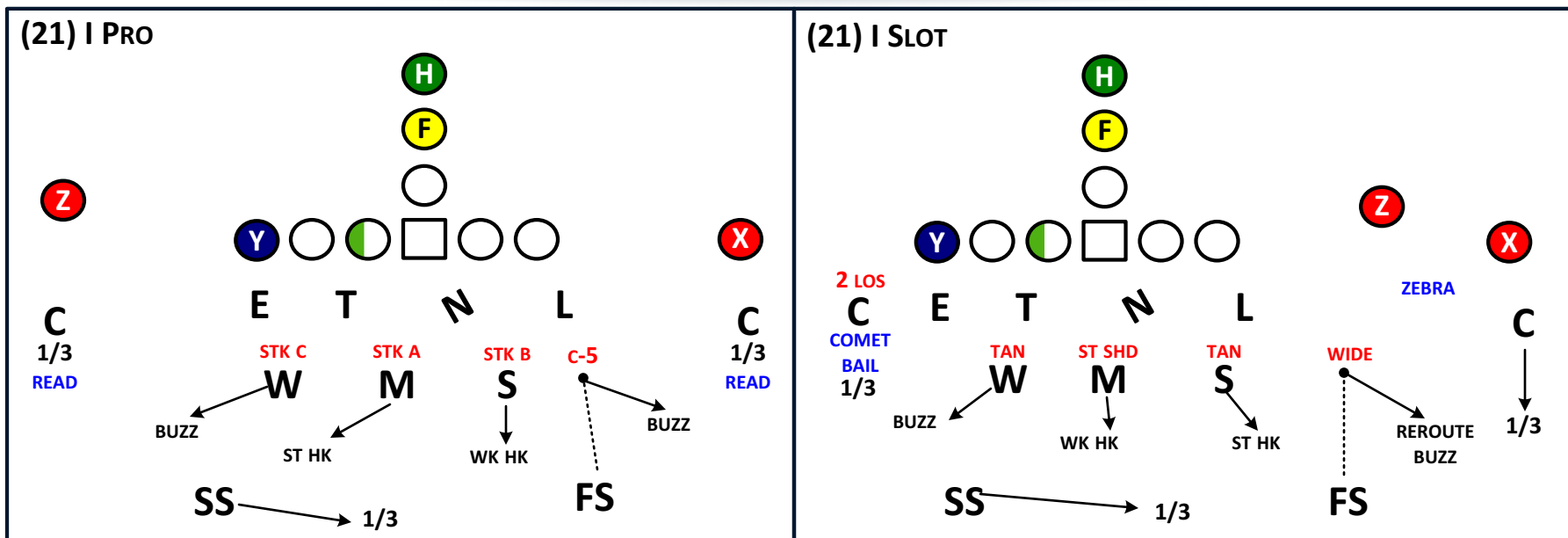
WILDCAT



TRAP



OVER ZONE FLEX (OAKLAND)



ESSENCE:

1. OAKLAND IS AN 8 MAN OVER FAMILY DEFENSE.
2. THE COVERAGE IS A 3 DEEP, 4 UNDER DEFENSE WITH FLEX SIDE ROTATION.

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. SAFETIES SHOW A 2 DEEP (OVER 2 / L.A.) PRE-SNAP LOOK
3. ROGER / LOU AWAY FROM THE SOLID CALL.
4. CORNERS DEFEND THEIR DEEP 1/3 USING READ PRINCIPLES
5. SEAM ALERT, SAFETIES SOFT SKY (ALERT FLAT/FLAT)

ADJUSTMENTS:

1. Vs. 2 BACK Y MOTION: CHECK SAMMY (RITA / LINDA)
Vs. 1 BACK Y MOTION: STAY ROGER / LOU
2. Vs. ALL 1 BACK SETS: PLAY IT
3. Vs. 2X2 FORMATIONS: SEAM ALERT (FS SOFT SKY)
4. Vs. SINGLE WIDTH SLOT FAMILY, POSSIBLE RENO CHECK ADDED TO CALL
5. POSSIBLE FRONTS VARIATIONS: WALK AND STEM (EX: WALK OAKLAND)
6. POSSIBLE STUNTS: RAM, SPIKE, RUB (EX: WITH A RAM OAKLAND)



OVER ZONE FLEX (OAKLAND)

<p>1. Z MO I SLOT</p>	<p>2. Z MO I PRO</p>
<p>3. Y MO I PRO Y OFF</p> <p>CHECK SAMMY "RITA"</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS</p> <p>BANANA ALERT</p>	<p>6. DOUBLE OUT</p> <p>SEAM ALERT ALERT FLAT FLAT</p>
<p>7. FLY TRIPS</p> <p>BANANA ALERT</p>	<p>8. PEEL DOUBLE OUT</p> <p>SEAM ALERT ALERT FLAT FLAT</p>



OVER ZONE FLEX (OAKLAND)

<p>1. SOLO SEAM ALERT</p> <p style="text-align: right;">ALERT FLAT FLAT</p>	<p>2. PAIR TRIPS BANANA ALERT</p>
<p>3. PAIR SLOT SEAM ALERT</p> <p style="text-align: right;">POSSIBLE STEM</p>	<p>4. SOLO SLOT BANANA ALERT</p>
<p>5. SLOT DOUBLE OUT SEAM ALERT</p>	<p>6. SEATTLE BANANA ALERT</p>
<p>7. EMPTY SEAM ALERT</p>	<p>8. FLY EMPTY SEAM ALERT</p>



OVER ZONE FLEX (OAKLAND)

<p>1. EMPTY</p>	<p>2. BONE (LEAD DRAW)</p>
<p>3. PUMP LEAD DRAW</p>	<p>4. U IN THE CORE</p>
<p>5. X MO TO TRIPS</p>	<p>6. Z MO TO TRIPLES</p>
<p>7. I SLOT (Z SLIDE)</p>	<p>8. Y MO I PRO Y OPEN</p> <p>CHECK SAMMY "RITA"</p>

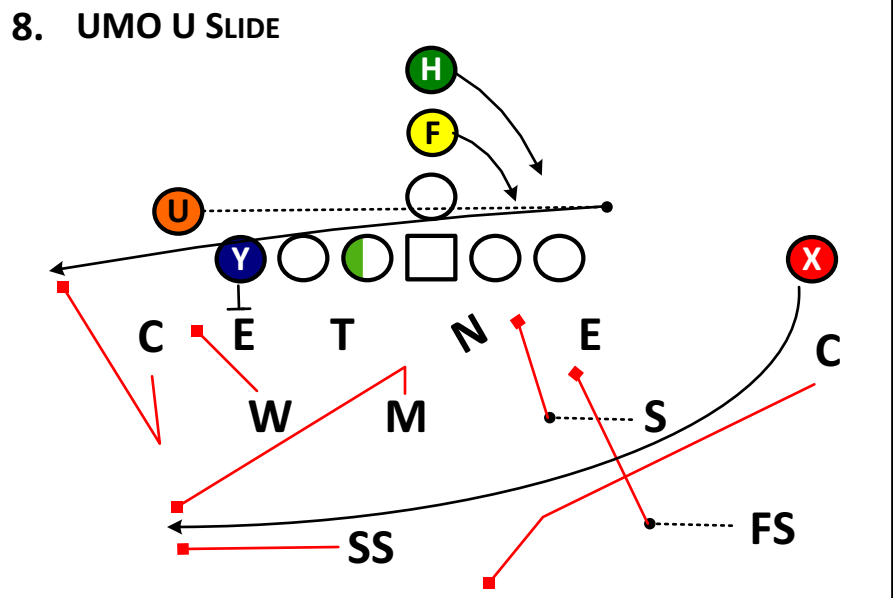
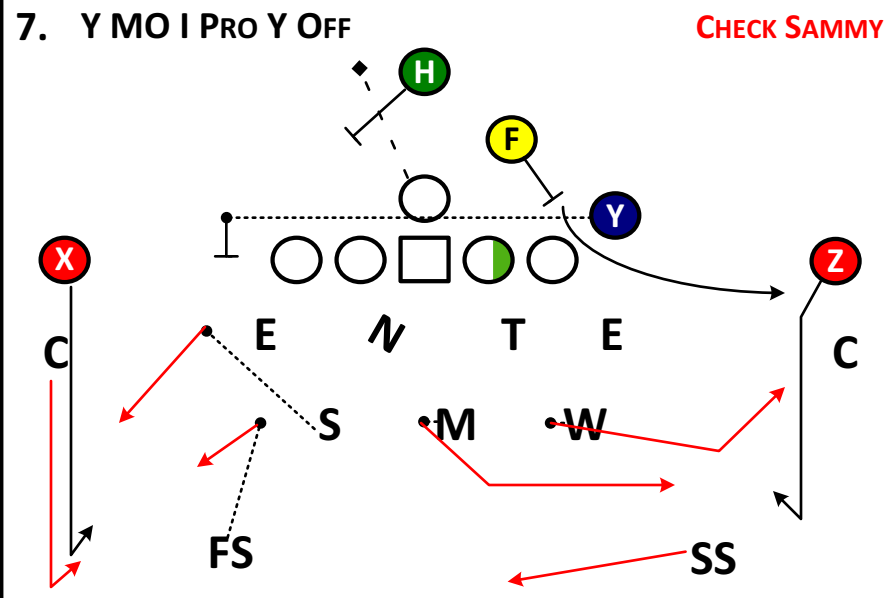
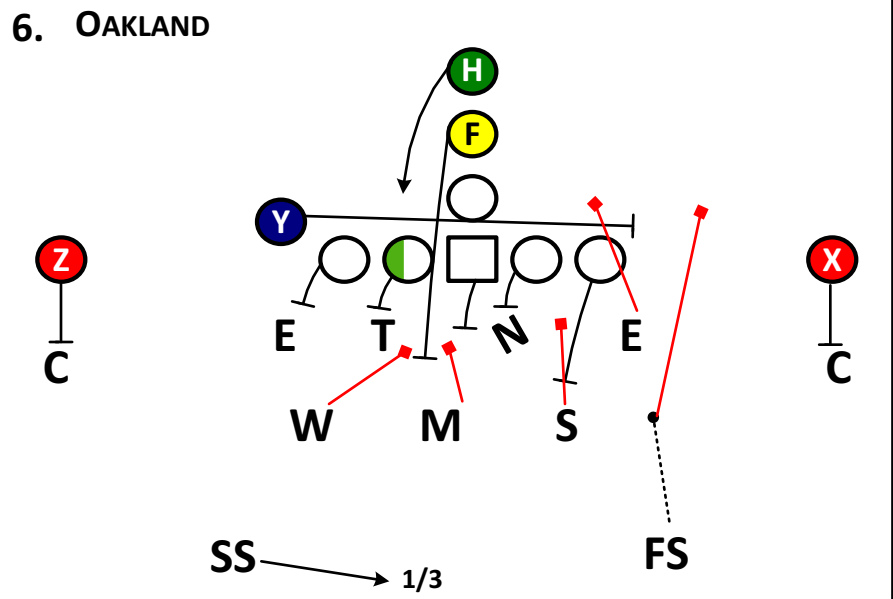
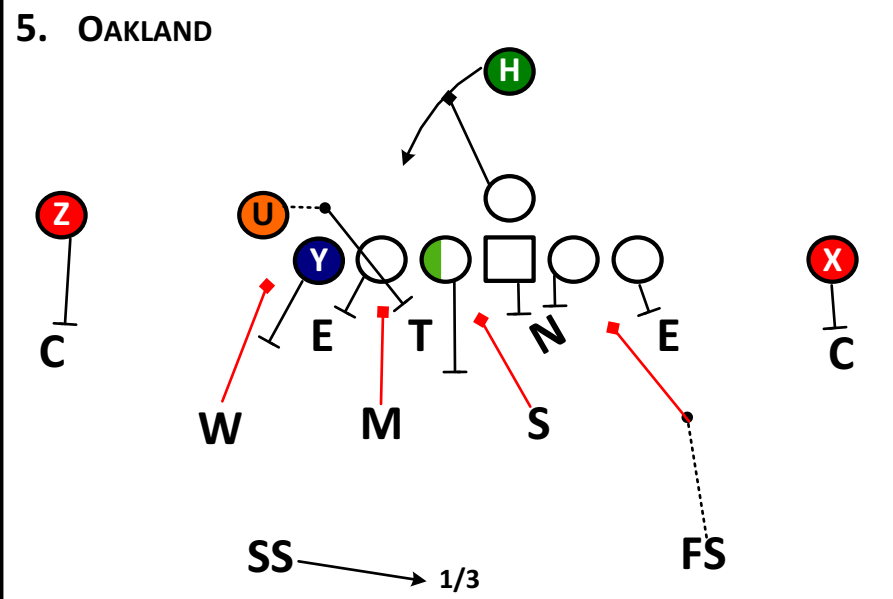
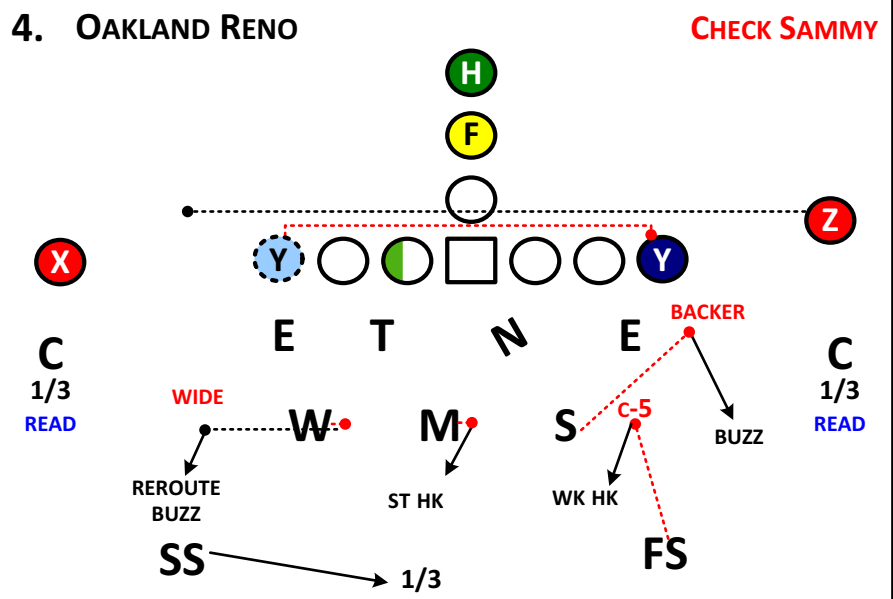
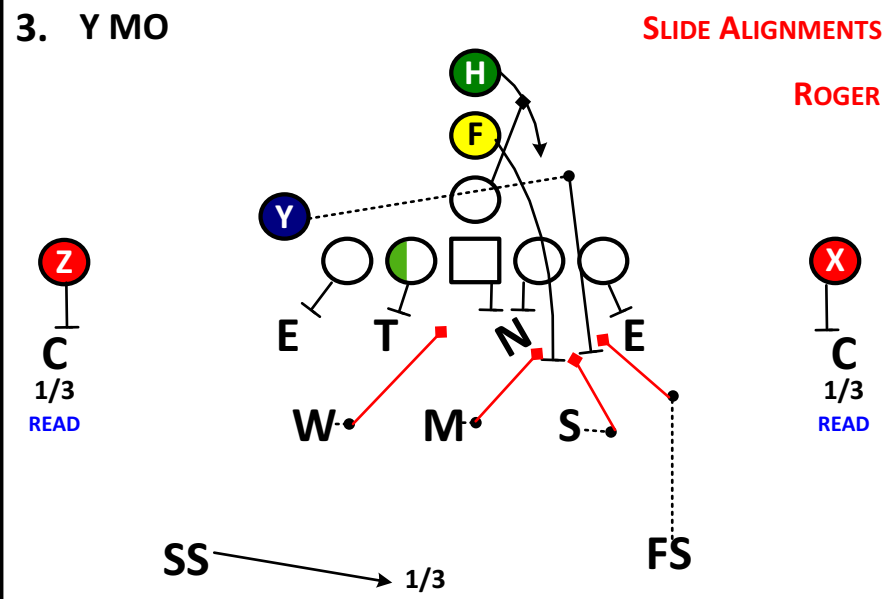
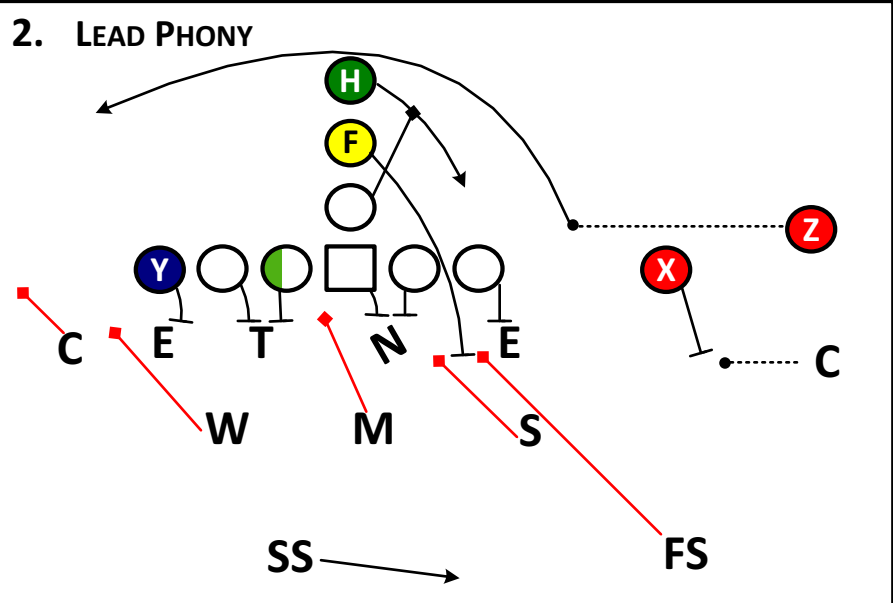
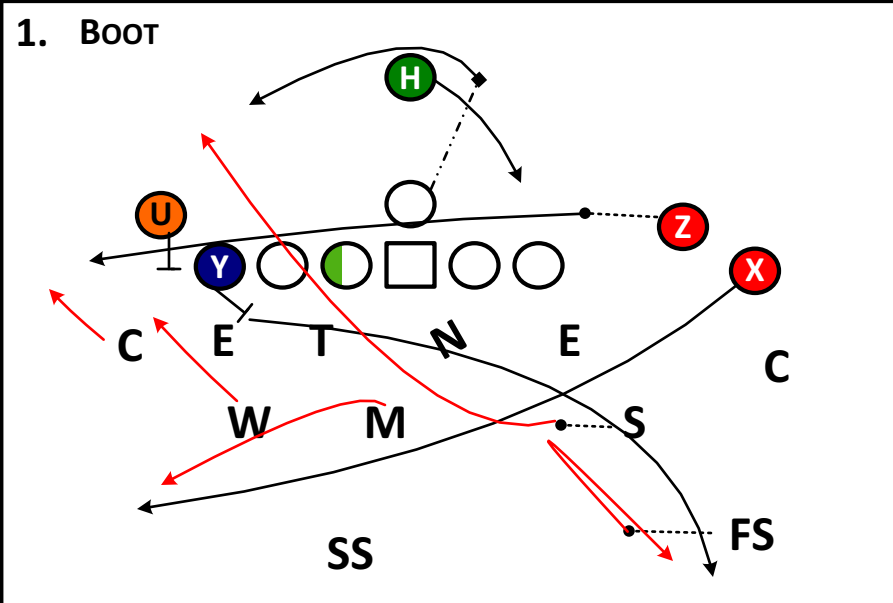


OVER ZONE FLEX (OAKLAND)

<p>1. CARDINAL MOTION STAY ROGER</p>	<p>2. X MOTION STAY ROGER</p>
<p>3. (31) IN SLOT</p>	<p>4. I NR Z CLOSE (BINGO - CORNER CORNER)</p>
<p>5. SLUGGO SEAM</p>	<p>6. DEEP SPOT</p>
<p>7. IN PRO</p>	<p>8. JACKSONVILLE BELLY VS. OAKLAND</p>



OVER ZONE FLEX (OAKLAND)

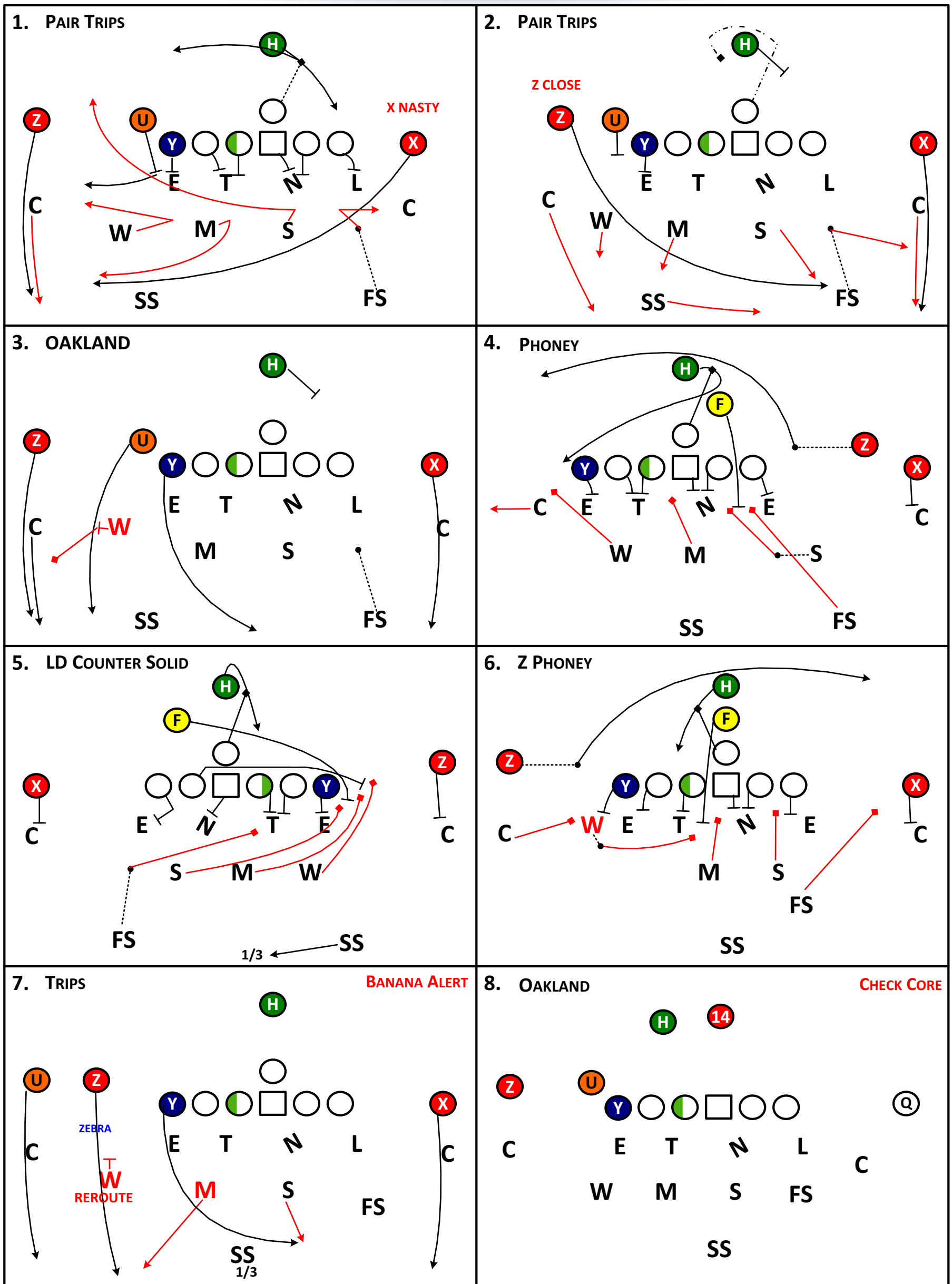


OVER ZONE FLEX (OAKLAND)

<p>1. BONE – SPLIT BELLY BASE</p>	<p>2. SOLO SLOT BANANA ALERT</p>
<p>3. UNBALANCED SEAM ALERT ALERT FLAT FLAT</p>	<p>4. 3 DISPLACED FROM CORE CHECK OAKLAND</p>
<p>5. (12) U FLY SLOT DOUBLE OUT MIDDLE, MIDDLE SEAM ALERT</p>	<p>6. TRIPS BUNCH BANANA ALERT</p>
<p>7. YUKON MOTION BANANA ALERT</p>	<p>8. OAKLAND HUSKY ALERT</p>



OVER ZONE FLEX (OAKLAND)

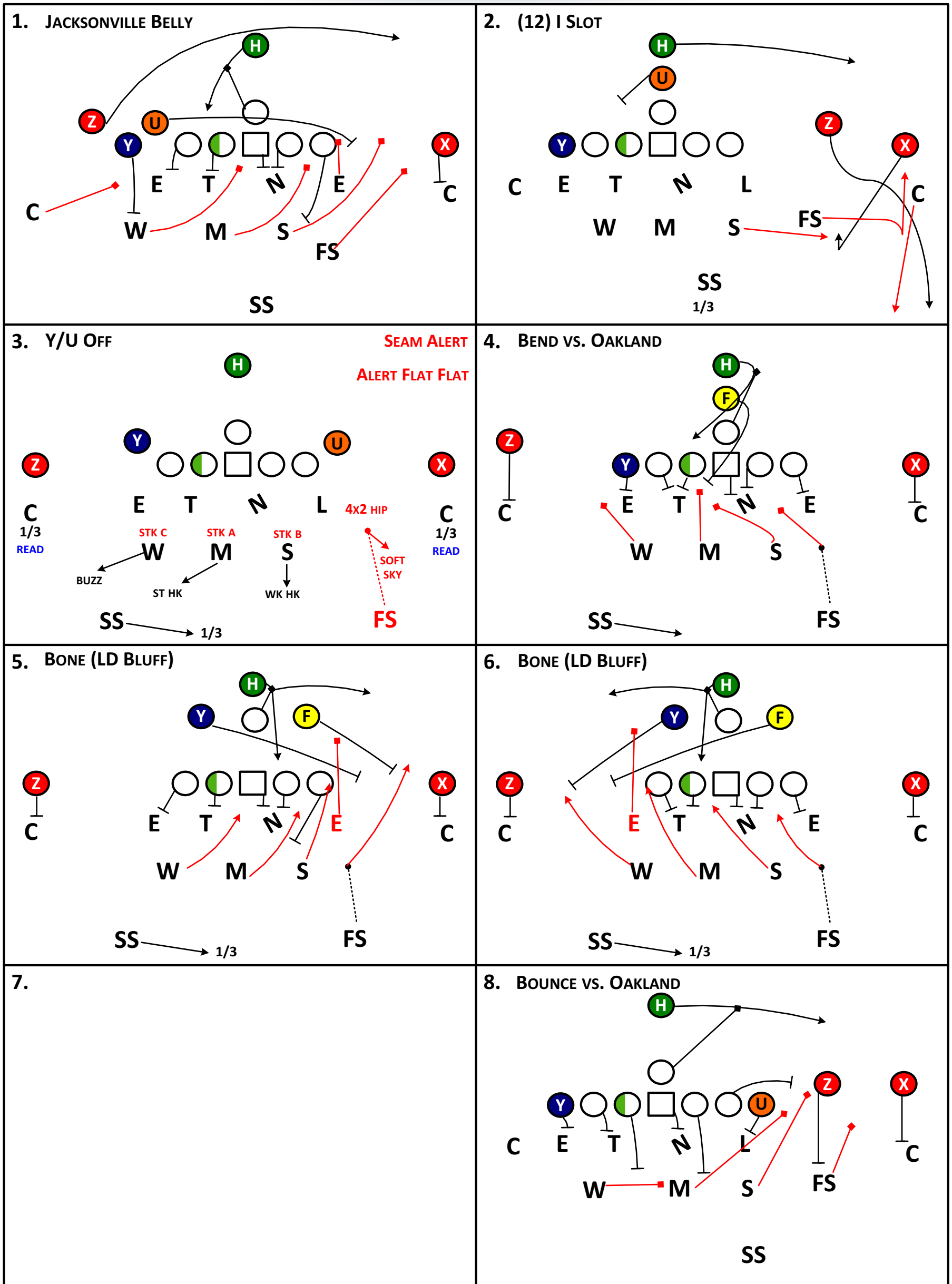


OVER ZONE FLEX (OAKLAND)

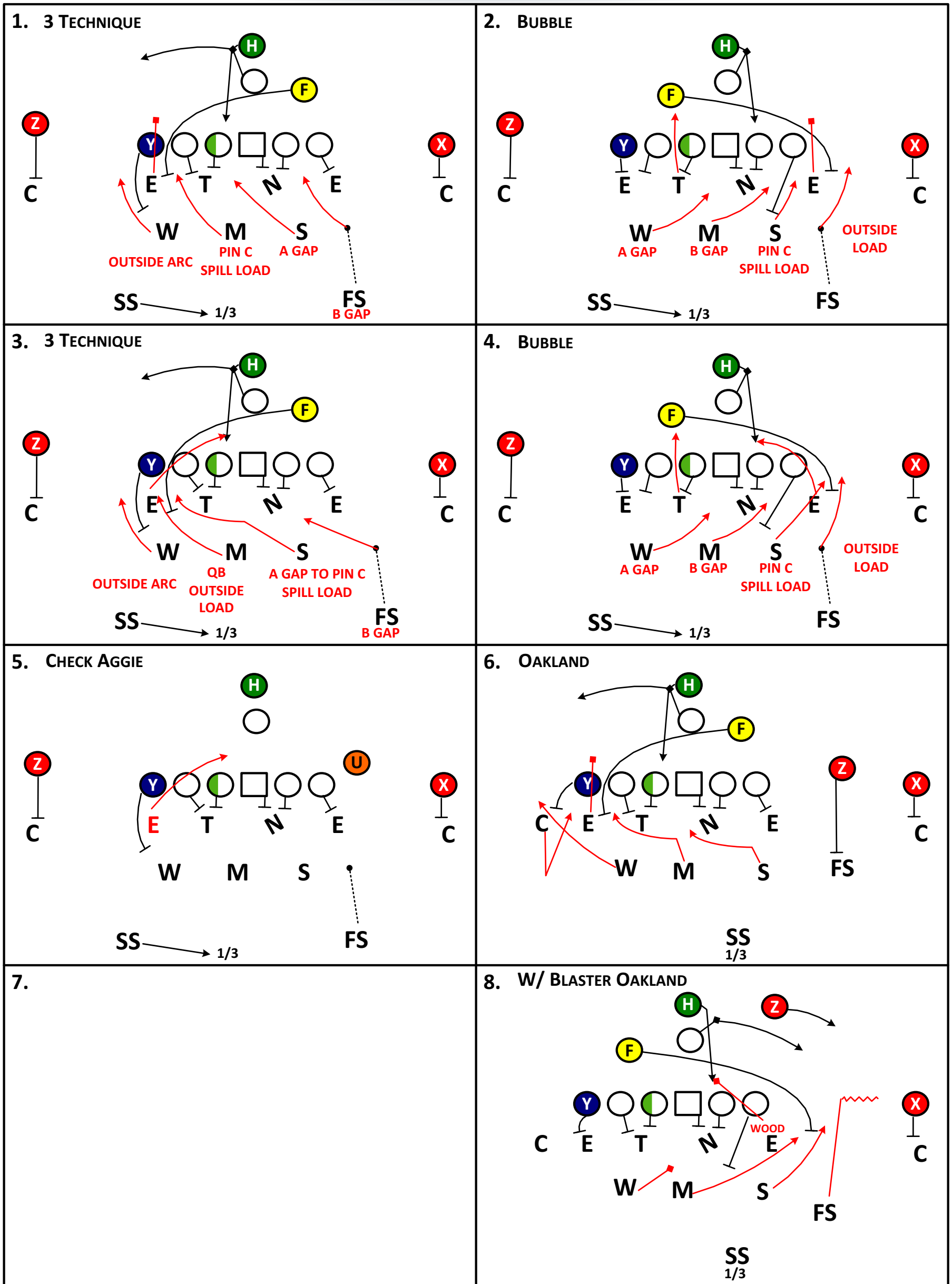
<p>1. I PRO UNBALANCED</p>	<p>2. OAKLAND PISTOL CHECK CHECK VEER</p>
<p>3. OAKLAND CHECK AGGIE</p>	<p>4. OAKLAND CHECK VEER</p>
<p>5. OAKLAND CHECK CORE</p>	<p>6. OAKLAND</p>
<p>7. OAKLAND</p>	<p>8. 2 GAP FALL BACK</p>



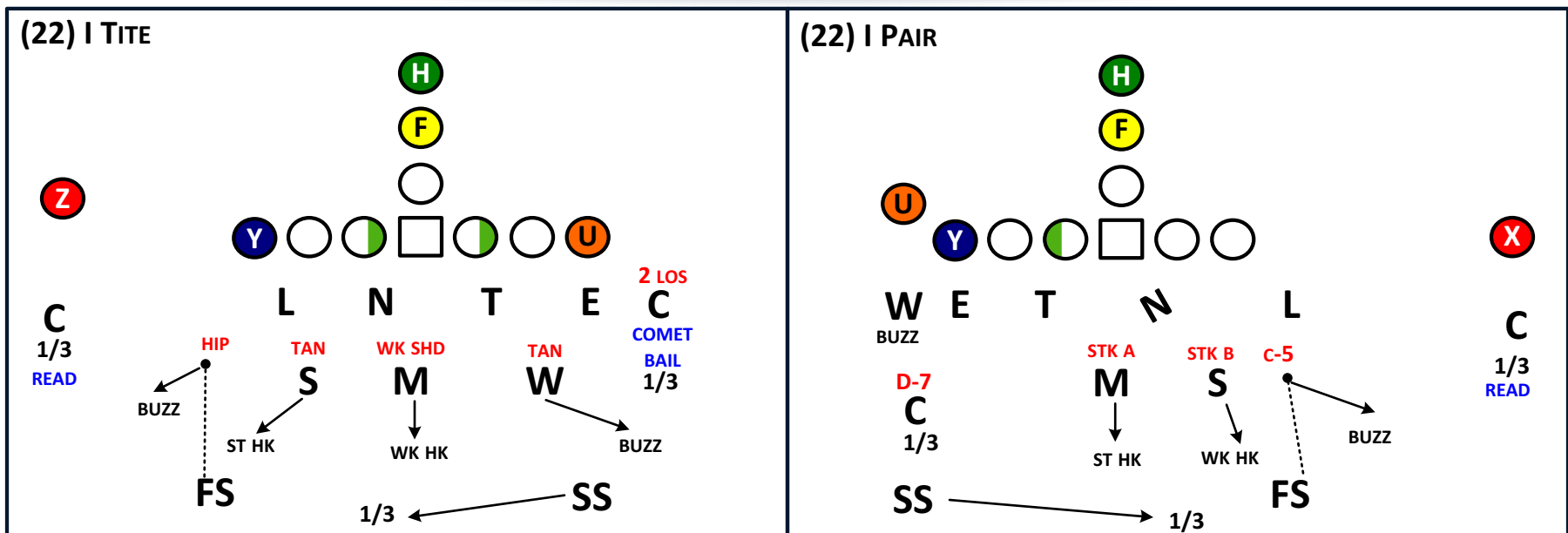
OVER ZONE FLEX (OAKLAND)



OVER ZONE FLEX (OAKLAND)



WALK DEUCE OAKLAND



ESSENCE:

1. WALK DEUCE OAKLAND IS AN 8 MAN OVER FAMILY FRONT DEFENSE VS. 22 PERSONNEL.

COACHING POINTS:

1. CLOSE CALL AWAY FROM THE WR:
 U: WITH TWO TIGHT ENDS ON THE LOS
 Y: WITH ONE TIGHT END ON THE LOS
2. SAFETIES SHOW A 2 DEEP (OVER 2 / L.A.) PRE-SNAP LOOK
3. CORNERS DEFEND THEIR DEEP 1/3 USING READ PRINCIPLES
4. SEAM ALERT, SAFETIES SOFT SKY (ALERT FLAT/FLAT)
5. SS TRAVELS WITH THE CLOSE CALL.
6. WILL: ALIGN IN A WALK VS. PAIR SETS

ADJUSTMENTS:

1. VS. ALL 1 BACK SETS: PLAY IT
2. VS. 2X2 FORMATIONS: SEAM ALERT

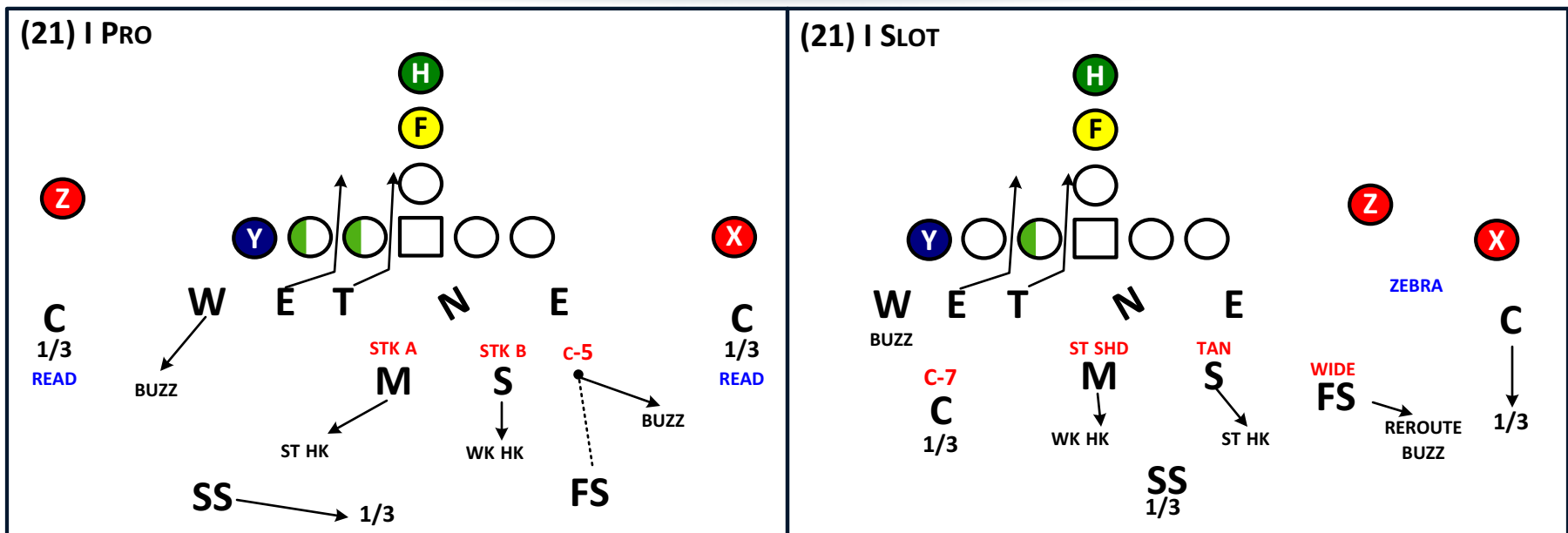


WALK DEUCE OAKLAND

<p>1. Z MO I SLOT</p>	<p>2. U MO I SLOT UIP CHECK G</p>
<p>3. Y MO I PAIR</p>	<p>4. SOLO PAIR TRIPS</p>
<p>5. SOLO PAIR</p>	<p>6.</p>
<p>7.</p>	<p>8.</p>



W/PIRATE LOAD OAKLAND



ESSENCE:

1. OAKLAND IS AN 8 MAN OVER FRONT DEFENSE WITH THE WILL IN A LOAD ALIGNMENT.
2. THE COVERAGE IS A 3 DEEP, 4 UNDER DEFENSE WITH FLEX SIDE ROTATION.

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. SAFETIES SHOW A 2 DEEP (OVER 2 / L.A.) PRE-SNAP LOOK
3. ROGER / LOU TO THE FLEX SIDE
4. CORNERS DEFEND THEIR DEEP 1/3 USING READ PRINCIPLES
5. SEAM ALERT, SAFETIES SOFT SKY (ALERT FLAT/FLAT)
6. WILL ALIGN IN A LOAD.
7. AUTOMATIC PIRATE FOR THE D-LINE

ADJUSTMENTS:

1. VS. 2 BACK Y MOTION: ICE THE PIRATE, CHECK SAMMY (RITA / LINDA)
2. VS. ALL 1 BACK SETS: PLAY IT
3. VS. 2X2 FORMATIONS: SEAM ALERT
4. VS. SINGLE WIDTH SLOT FAMILY, POSSIBLE RENO CHECK



W/PIRATE LOAD OAKLAND

<p>1. Z MO I SLOT</p>	<p>2. Z MO I PRO</p>
<p>3. Y MO I PRO Y OFF</p> <p style="text-align: right;">ICE ICE CHECK SAMMY</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS</p> <p style="text-align: right;">BANANA ALERT</p>	<p>6. DOUBLE OUT</p> <p style="text-align: right;">SEAM ALERT ALERT FLAT FLAT</p>
<p>7. FLY TRIPS</p> <p style="text-align: right;">BANANA ALERT</p>	<p>8. PEEL DOUBLE OUT</p> <p style="text-align: right;">SEAM ALERT ALERT FLAT FLAT</p>

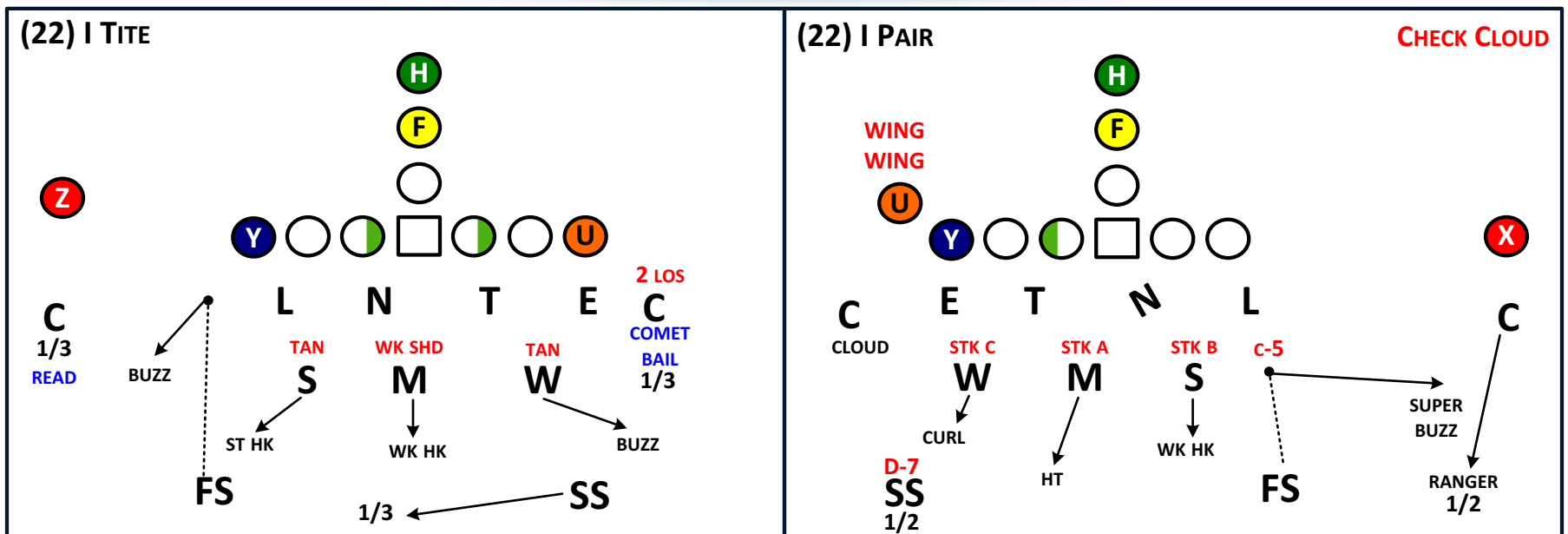


W/PIRATE LOAD OAKLAND

<p>1. SOLO SEAM ALERT</p> <p style="text-align: center; color: red;">ALERT FLAT FLAT</p>	<p>2. PAIR TRIPS BANANA ALERT</p>
<p>3. PAIR SLOT SEAM ALERT</p> <p style="text-align: center; color: red;">ALERT FLAT FLAT</p> <p style="text-align: center; color: red;">POSSIBLE STEM</p>	<p>4. SOLO SLOT BANANA ALERT</p>
<p>5. SLOT DOUBLE OUT SEAM ALERT</p> <p style="text-align: center; color: red;">ALERT FLAT FLAT</p>	<p>6. SEATTLE BANANA ALERT</p>
<p>7. EMPTY SEAM ALERT</p> <p style="text-align: center; color: red;">ICE, ICE</p> <p style="text-align: center; color: red;">CHECK JET</p>	<p>8. FLY EMPTY SEAM ALERT</p> <p style="text-align: center; color: red;">ICE, ICE</p>



DEUCE OAKLAND CLOUD



ESSENCE:

1. DEUCE OAKLAND CLOUD IS AN 8 MAN OVER FRONT DEFENSE VS. 22 PERSONNEL.
2. THE DEFENSE IS SET TO THE "U" IF Y & U ARE ON THE LOS
3. THE COVERAGE IS 3 DEEP 4 UNDER WITH FLEX SIDE ROTATION.

COACHING POINTS:

1. SOLID CALL TO THE "U" IF Y & U ARE ON THE LOS
2. THIS IS A FINAL LOOK DEFENSE
3. WING WING VS. PAIR:
 FB KICK OUT CORNER: WILL SPILL FB
 U KICK OUT CORNER: WILL TURN BACK FB

ADJUSTMENTS:

1. VS. 2 BACK PRO FAMILY: PLAY CLOUD/RANGER
 RUN: OAKLAND FITS
 PASS: LA RULES FOR LBS
 VS. ANYTHING ELSE: PLAY OAKLAND



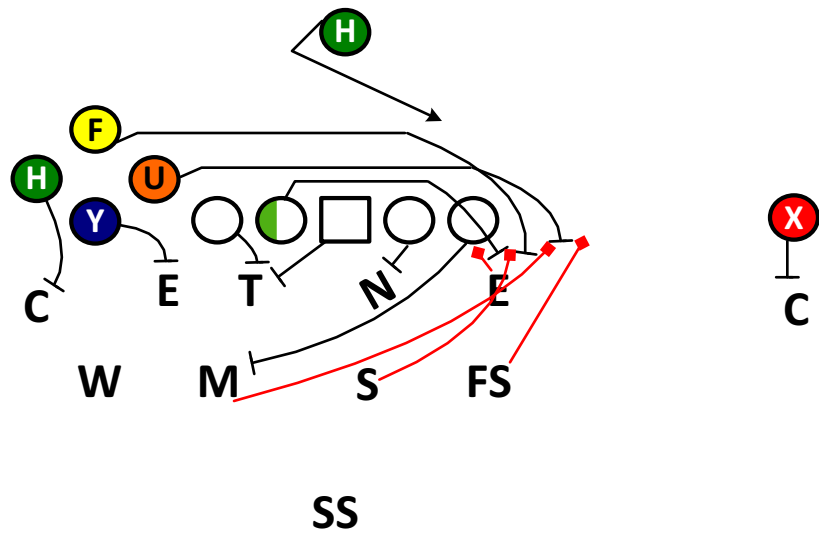
DEUCE OAKLAND CLOUD

<p>1. Z MO I SLOT CHECK CLOUD</p>	<p>2. U MO I SLOT UIP CHECK OAKLAND</p>
<p>3. Y MO I PAIR CHECK CLOUD</p>	<p>4. SOLO PAIR TRIPS</p>
<p>5. SOLO PAIR MIDDLE, MIDDLE</p>	<p>6. TREY CHECK CLOUD</p>
<p>7.</p>	<p>8.</p>



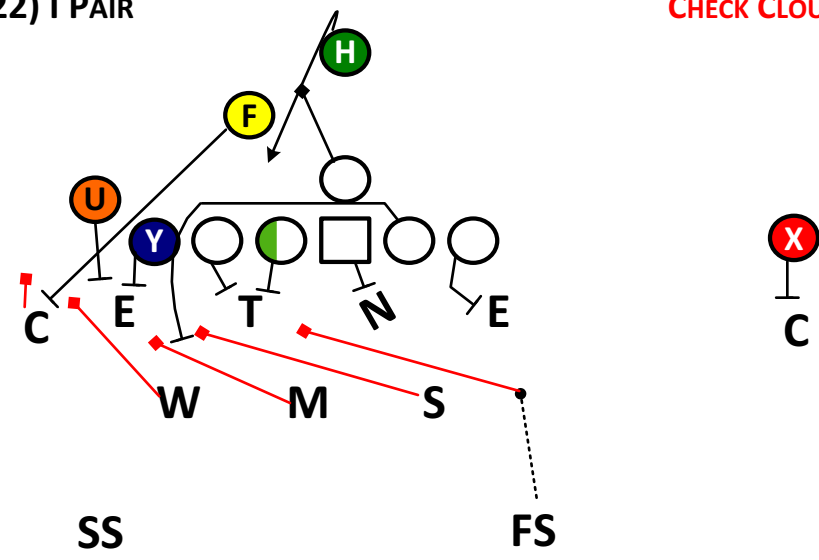
WILDCAT

DU OAKLAND CLOUD

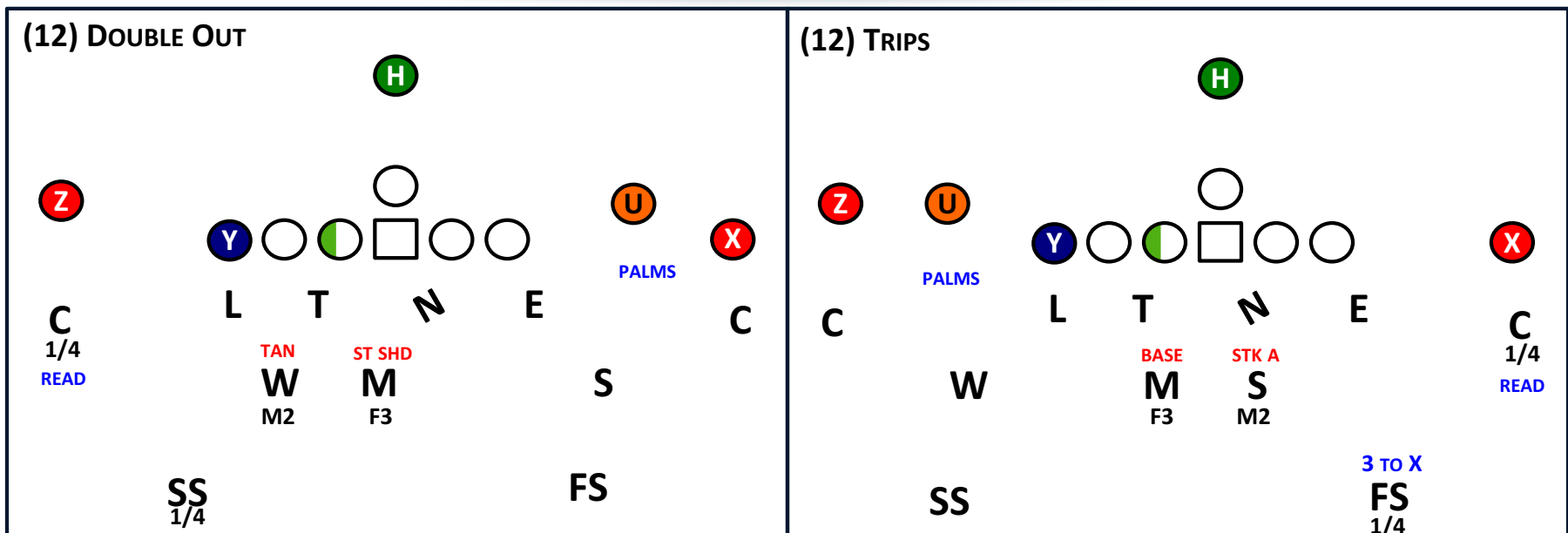


(22) I PAIR

CHECK CLOUD



OVER 4 PALMS (PANTHER)



ESSENCE:

1. PANTHER IS AN OVER FAMILY FRONT 4 DEEP 3 UNDER DEFENSE.

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. FINAL 3: MIKE PLAYS WITH DEPTH OVER #3. PUSH CALL ALERT TO MATCH 2 PLAYER TO PUSH TO NEW #2.
3. MATCH 2 DEFENDERS:
SQUEEZE TO #2 UNTIL #3 CROSSES YOUR FACE
WITH #3 AWAY, STAY INSIDE #2
ZEBRA CALLS WITH #2 DISPLACED
4. CORNERS PLAY READ PRINCIPLES

ADJUSTMENTS:

1. VS. TE / FLANKER: PLAY 4
2. VS. 2 DISPLACED: CHECK PALMS
3. VS. TRIPLES: CHECK PALMS. CHECK PIRATE. BACKSIDE SAFETY PLAY 3 TO 'Y'
4. VS. EMPTY: CHECK EASY TO THE 3 MAN SIDE.
5. VS. TRIPS BUNCH & CLUSTER SETS: POSSIBLE BOX CHECK
6. VS. Z CLOSE & X NASTY: POSSIBLE CLAMP
7. VS. DEADSIDE TE: CORNER LOCK



OVER 4 PALMS (PANTHER)

<p>1. SOLO PLAY TAMPA</p> <p>C 1/4 READ</p> <p>TAN W M2 ST SHD M F3 STK C S M2</p> <p>SS 1/4 FS 1/4</p>	<p>2. PAIR TRIPS PLAY TAMPA BANANA ALERT</p> <p>C 1/4</p> <p>WIDE W M2 BASE M F3 STK A S M2</p> <p>SS 1/4 FS 1/4 3 TO X</p>
<p>3. PAIR SLOT CHECK PALMS</p> <p>2 LOS C 1/4 READ</p> <p>TAN W M2 ST SHD M F3</p> <p>C-7 SS 1/4 PALMS S FS</p>	<p>4. SOLO SLOT CHECK PIRATE CHECK PALMS</p> <p>2 LOS C 1/4 LOCK</p> <p>STK A W M2 STK B M F3</p> <p>C-7 SS 1/4 CHEAT TO TRIPLES S FS</p>
<p>5. SLOT DOUBLE OUT CHECK PALMS</p> <p>C 1/4 READ</p> <p>TAN W M2 ST SHD M F3</p> <p>SS 1/4 PALMS S FS</p>	<p>6. SEATTLE CHECK PALMS</p> <p>C 1/4 READ</p> <p>STK A W M2 STK B M F3</p> <p>SS 1/4 PALMS S FS</p>
<p>7. EMPTY CHECK EASY</p> <p>ZEBRA C 1/4</p> <p>WIDE W M2 TAN M F3</p> <p>2-3 SS 1/4 PALMS S FS</p>	<p>8. HOY EMPTY CHECK EASY</p> <p>ZEBRA C 1/4</p> <p>WIDE W M2 TAN M F3</p> <p>2-3 SS 1/4 PALMS S FS</p>

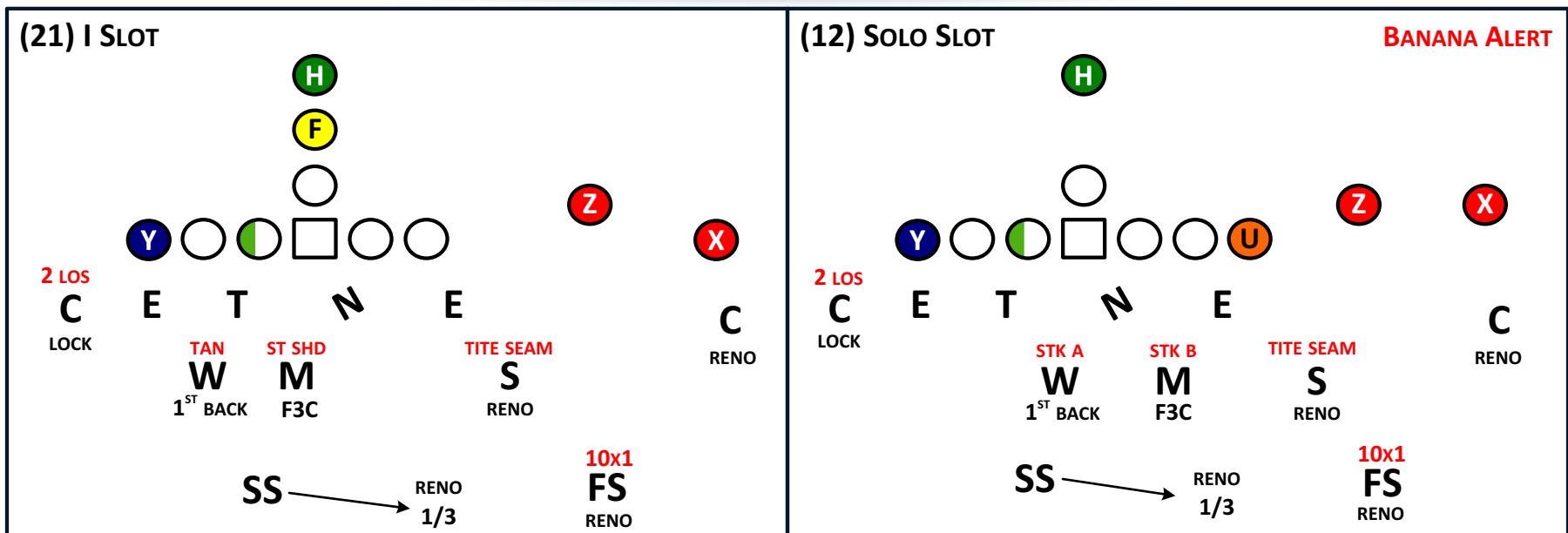


OVER 4 (TAMPA)

<p>1. Z MO I SLOT CHECK PIRATE CHECK CLOUD</p>	<p>2. Z MO I PRO ICE IT</p>
<p>3. Y MO I PRO Y OFF SLIDE FRONT</p>	<p>4. I PRO Y OPEN CHECK PIRATE</p>
<p>5. TRIPS</p>	<p>6. DOUBLE OUT</p>
<p>7. FLY TRIPS</p>	<p>8. PEEL DOUBLE OUT</p>



RENO



ESSENCE:

1. FINAL LOOK DEFENSE.
2. PLAYED VS. ALL ALIGNED OR MOTION TO SLOT FAMILY FORMATIONS.
3. DESIGNED TO DEFEND THE VERTICAL SLOT PASSING GAME.

COACHING POINTS:

1. LBS IN SLIDE ALIGNMENTS.
2. STRONG SAFETY RENO MIDDLE 1/3 (DEEP OVER TO MIDDLE).
3. NUB CORNER: LOCK NUB SIDE TE.
4. STRONG CORNER: LOCK #1 (PALMS READ)
5. MIKE LB PLAY FINAL 3 AND CARRY.
BANANA ALERT
6. WILL LB RELATE TO BACKFIELD ACTION:
FLOW, SPLIT & FLOP: MAN 1ST TO THE FLAT.
FLOOD: ZONE OFF TO SLOT SIDE TO NEW #2.
7. FS: 10x1 HIGH AND OUTSIDE ON #2 UNTIL PASSED OFF TO STRONG SAFETY.
VS. STACK RELEASE, STEM TO OUTSIDE LEVERAGE ON #2.
8. VS. ALL BOOTS: FREE SAFETY PLAY LIKE SPEED.

ADJUSTMENTS:

1. STACKS: CHECK STACK RENO (POSSIBLE CLOUD)
2. STACK RENO:
RENO CB PLAYS RENO BUT DOES NOT CHASE IN-BREAKING ROUTES BY #1
SAM PLAYS IN-BREAKING OF #1. VS. 1 & 2 VERTICAL CHASE #3 TO THE FLAT.
3. IF CLOUD:
VS. 1 & 2 VERTICAL SAM PUSH WITH #3 TO THE FLAT.
4. VS. PAIR SLOT: WILL AND CORNER BANJO
5. VS. ZIP MOTION: FS CHECK SPEED ALIGN AT 7YDS (FOR BOOT/CRACK REPLACE) & SS MIDDLE 1/3
6. VS. FLY MOTION TO DOUBLE WIDTH SLOT FORMATIONS: STAY RENO
7. VS. ALIGNED DOUBLE WIDTH SLOT FORMATIONS: PLAY THE INITIAL CALL
VS. BOX FLY/PEEL, FIN OR UIN MOTION: CHECK RENO



RENO

WILL BACKER (TAN):

- Vs. FLOW AND SPLIT ACTION: MAN 1ST BACK SOLID (MAN SIDE)**
- Vs. FLOOD ACTION: LOOK UP 1ST CROSSER (ZONE SIDE)**
- Vs. PAIR/TRUMP SETS: CHECK BANJO (IN & OUT WITH CORNER)**
- Vs. TRIPLES: STACK A**

MIKE BACKER (STRONG SHADE):

- FINAL 3 CARRY**
- Vs. FLOW: MAN UP CHECK DOWN BY #3 (MAN SIDE)**
- Vs. FLOOD AND SPLIT ACTION: RELATE TO #3 (ZONE SIDE)**
- Vs. #3 VERTICAL: CARRY HIGH AND INSIDE**
- Vs. TRIPLES: STACK B**

SAM BACKER (TITE SEAM):

- RENO DROP**
- Vs. FLOOD AND SPLIT ACTION: CURL DROP UNLESS #3 GOES TO THE FLAT. (EXCLUDE Y)**
- Vs. FLOW ACTION: CURL DROP AND WALL OFF ANY CROSSERS.**
- Vs. STACKS (FLOOD AND SPLIT): DISREGARD #3 TO FLAT UNLESS #1 & #2 GO VERTICAL.**
- Vs. STACKS (FLOW): OWN 1ST IN BREAKING ROUTE.**

FREE SAFETY (10X1 OUTSIDE #2):

- HIGH AND OUTSIDE ON #2 UNLESS:**
 - #2 DEEP OVER: DOUBLE #1 HIGH TO LOW**
 - #2 BREAKS OUT 5 YARDS OR LESS: TOP OF #1 WITH OUTSIDE LEVERAGE.**
 - Vs. ZIPS: CHECK SPEED. ALIGN 7X1 OUTSIDE #2 AND OWN #2**
 - Vs. PIVOT OUTS: CHECK SPEED AND OWN #2**
- Vs. STACKS: CHECK STACK AND PLAY HIGH AND OUTSIDE #2 UNLESS**
 - ANY RECEIVER IN THE STACK BREAKS OUT OR IN DRASTICALLY. TOP OF #1 INSIDE**
 - ANY DEEP OVER ROUTES OUT OF THE STACK: DOUBLE #1 HIGH TO LOW**
 - Vs. ANY QUICK SWITCHES: RELATE TO NEW #2.**

STRONG SAFETY (10X SOLID GUARD):

- RENO MIDDLE – OVER TO MIDDLE 1/3.**
- ALERTS: Vs. 2X2 SLOT FORMATIONS: THINK MORE MIDDLE 1/3**
 - Vs. TRIPLES SETS: BE CONSCIOUS OF #3.**

NUBSIDE CORNER (2 X LOS):

- LOCK THE “Y”**
- SPILL KICKOUT BLOCKS / TURNBACK FRONT SIDE PULLERS**
- Vs. PAIR AND TRUMP: CHECK BANJO (IN & OUT WITH WILL)**

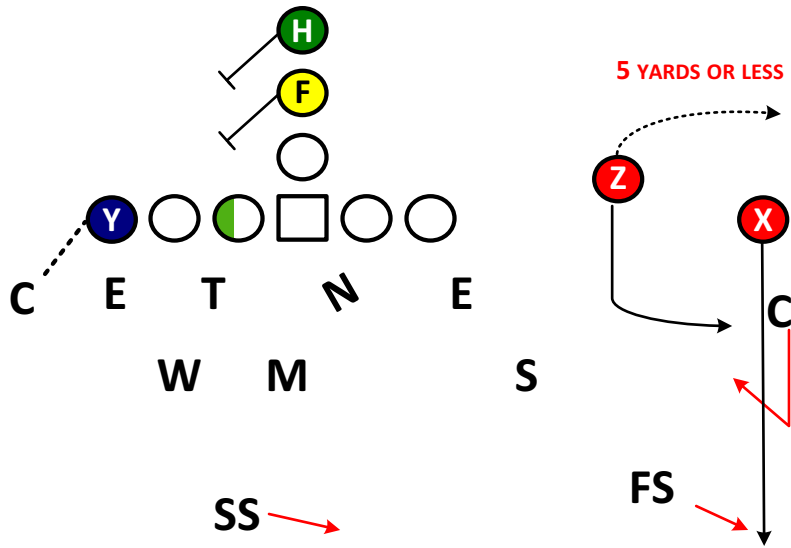
RENO CORNER (PRESS):

- OWN #1 WITH OUTSIDE LEVERAGE UNLESS:**
 - #2 BREAKS OUT 5 YARDS OR LESS: FLAT (RENO PALMS READ)**
- Vs. STACKS: CHECK STACK, ALIGN 7X1 AND OWN #1 UNLESS:**
 - ANY RECEIVERS IN THE STACK BREAKS OUT OR IN DRASTICALLY: FLAT**
 - Vs. ANY QUICK SWITCHES: OWN NEW #1.**

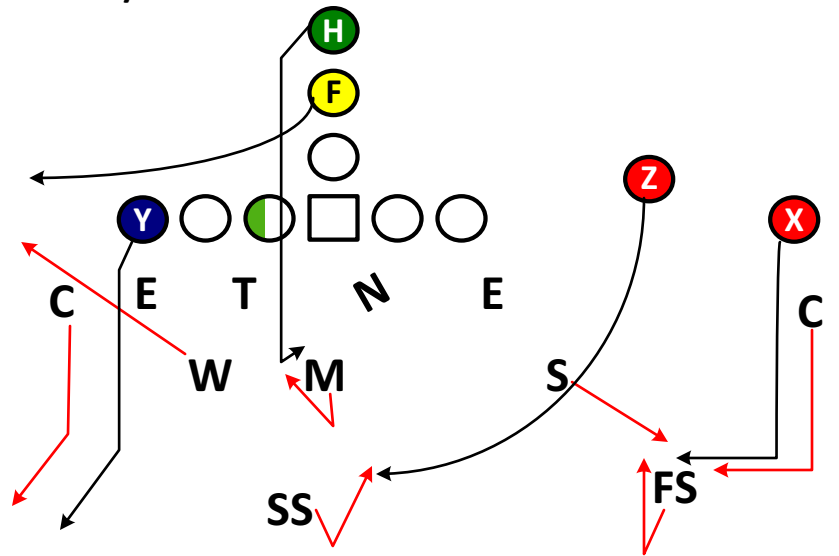


RENO

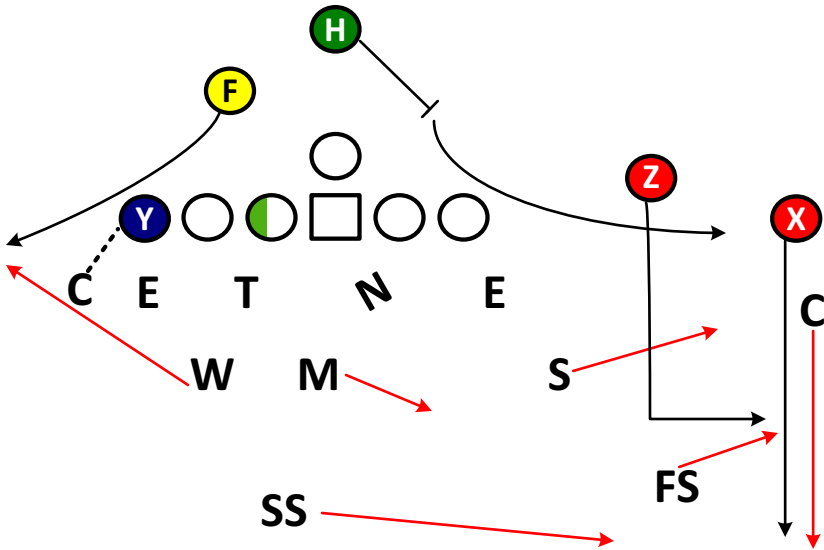
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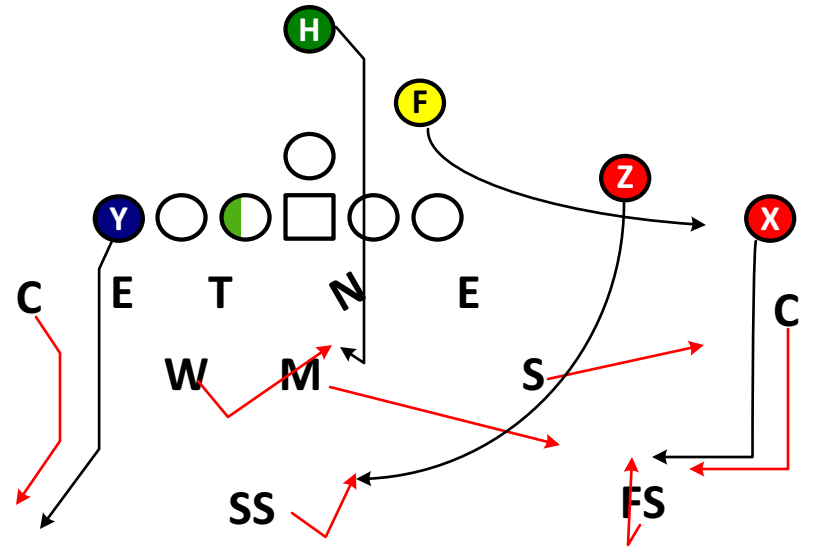
2. FLAT/CORNER DOUBLE DIG



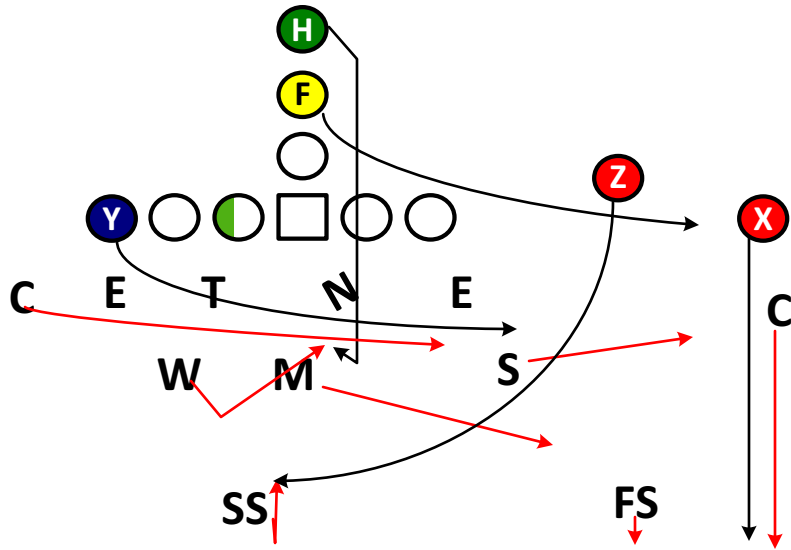
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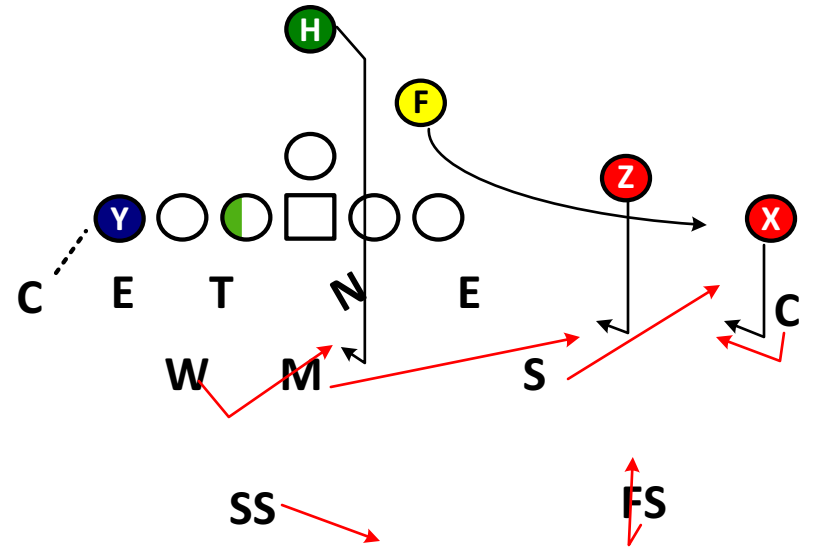
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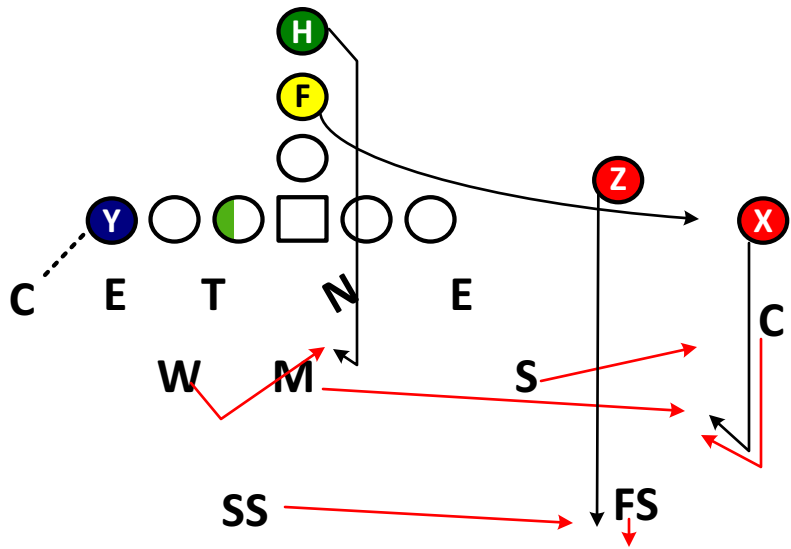
5. Y SHALLOW CROSS



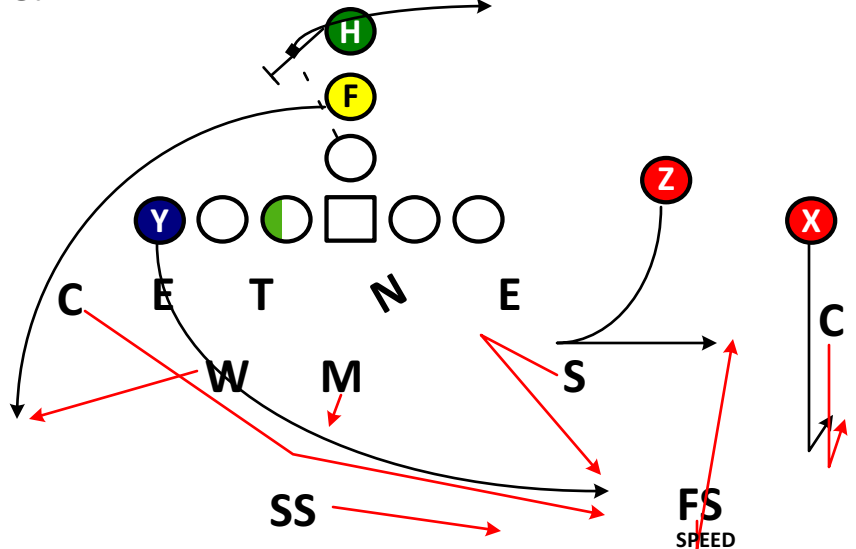
6. HITCHES



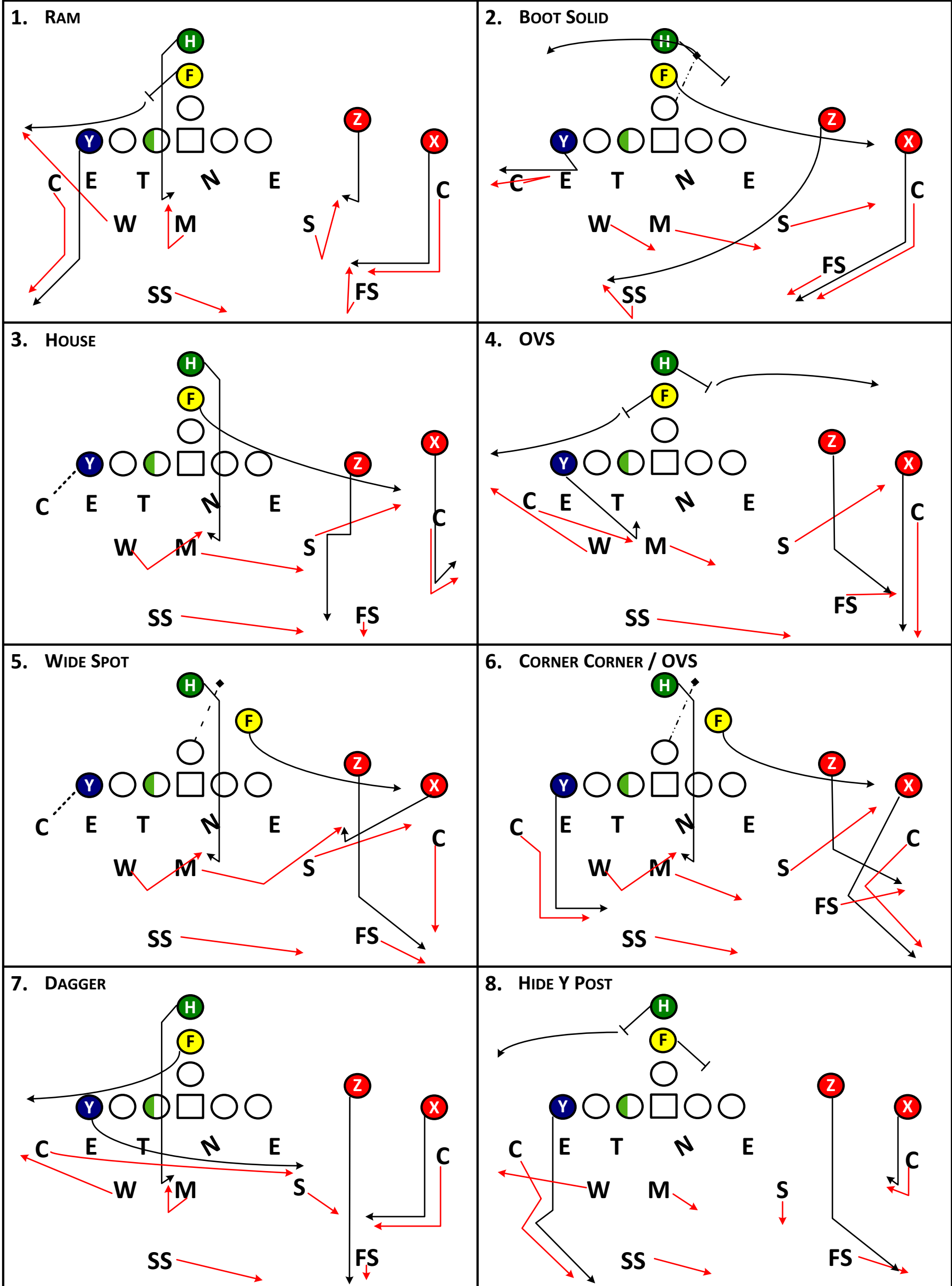
7. CLEAR CURL



8. BOOT

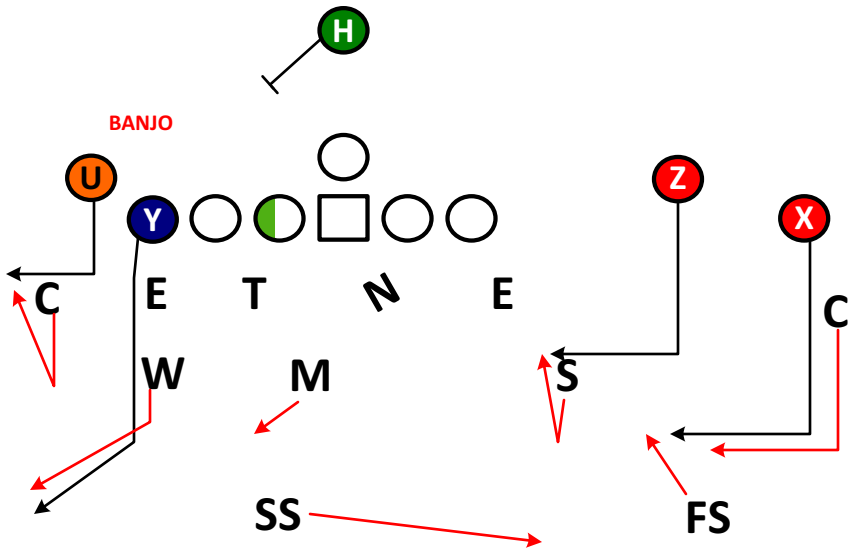


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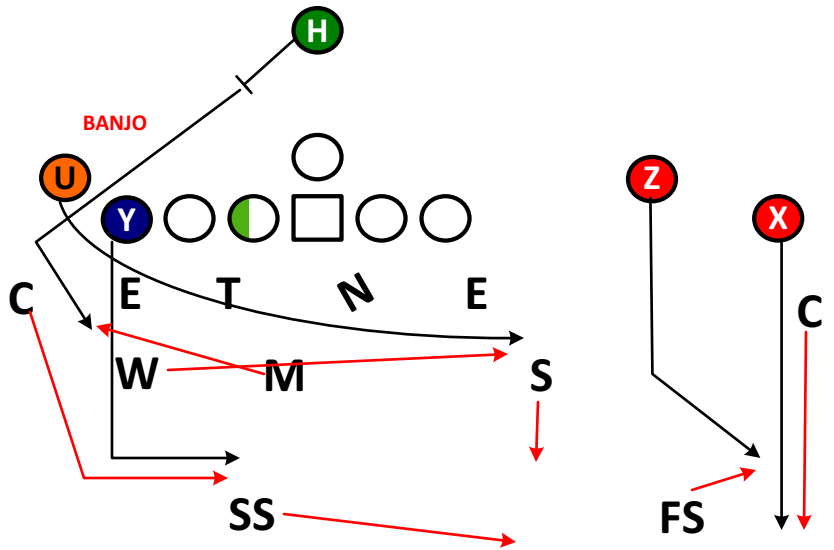


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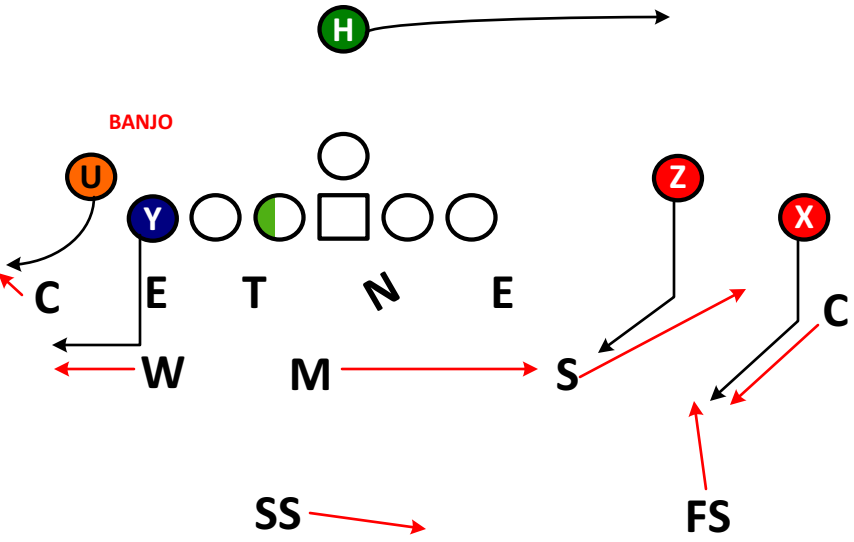
1. UNDER



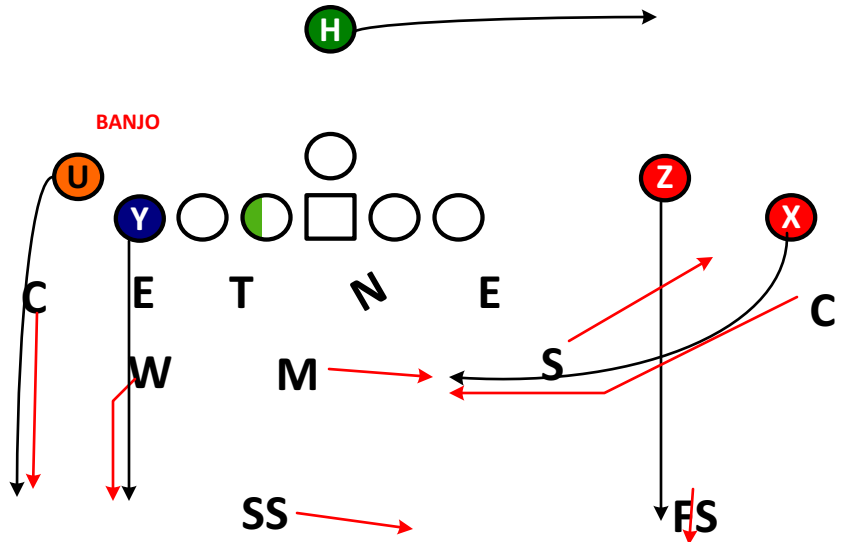
2. U DRIVE BASIC



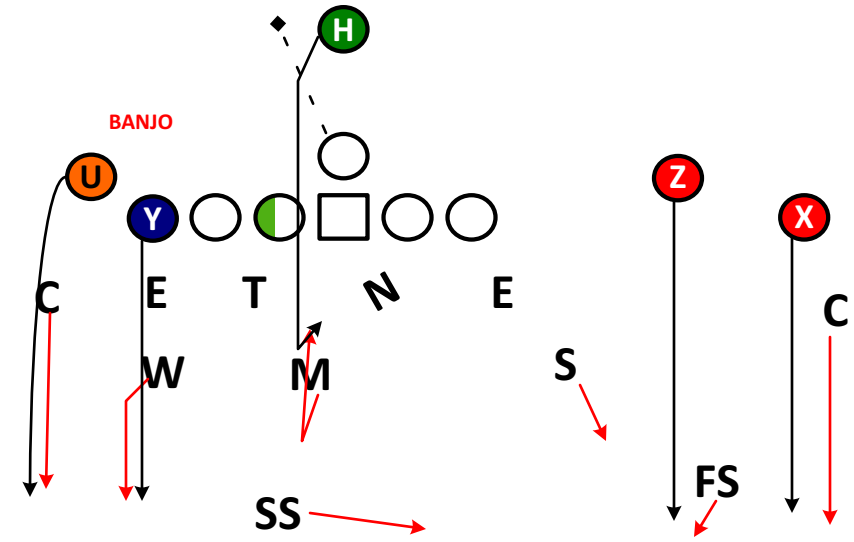
3. STICK LION



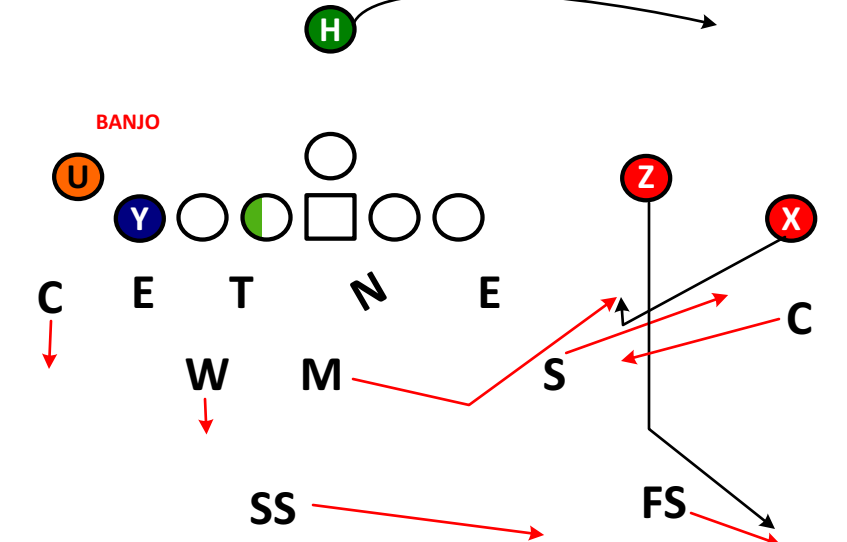
4. SEAMS X SHALLOW



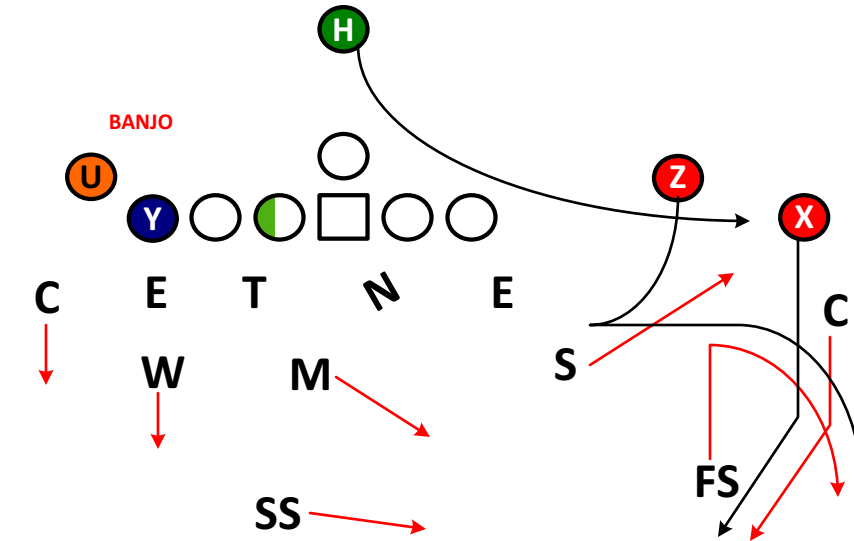
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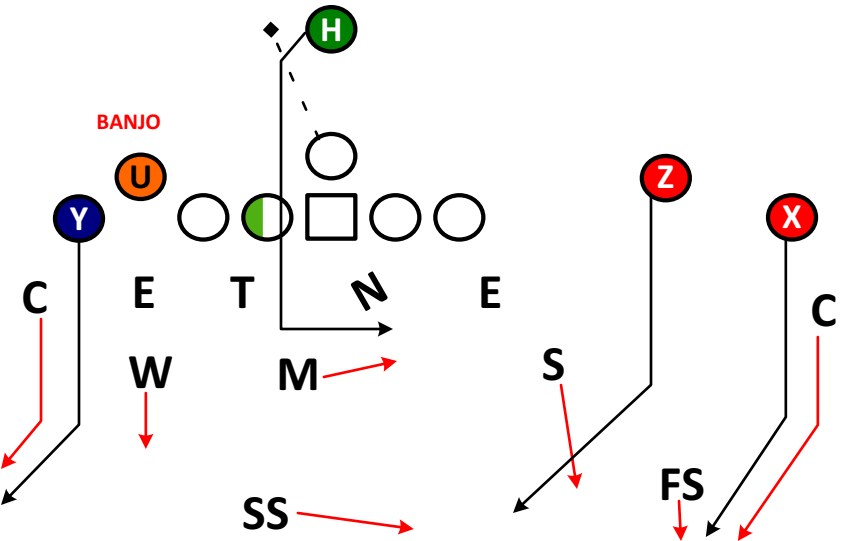
6. SLICE

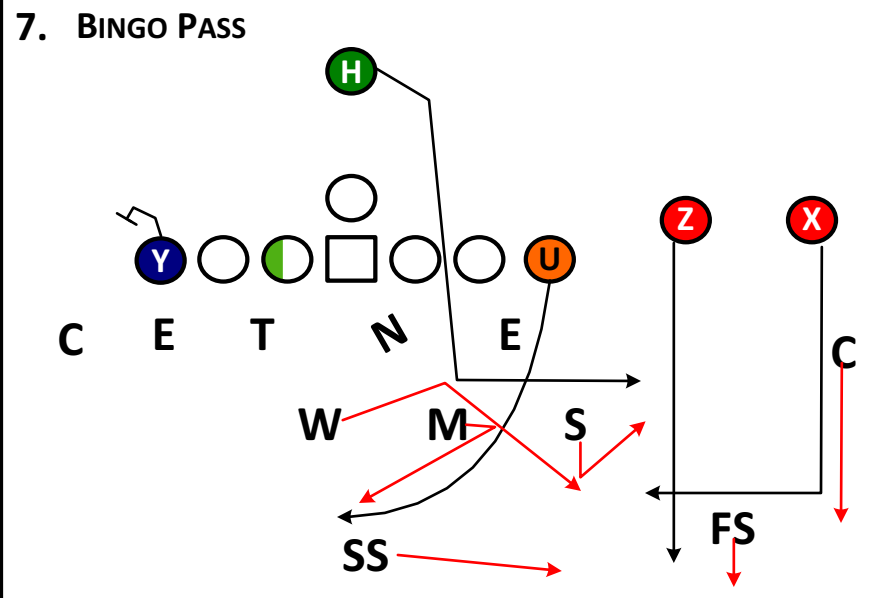
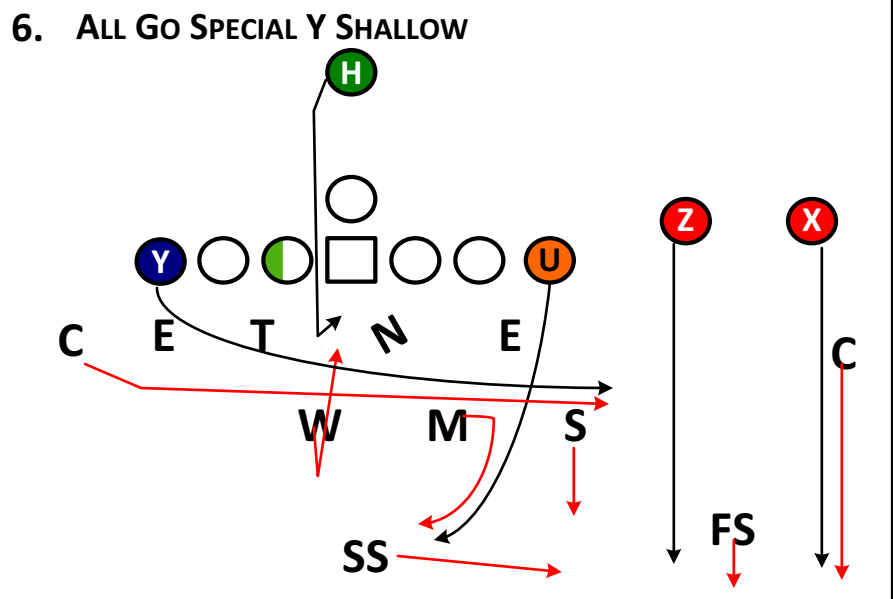
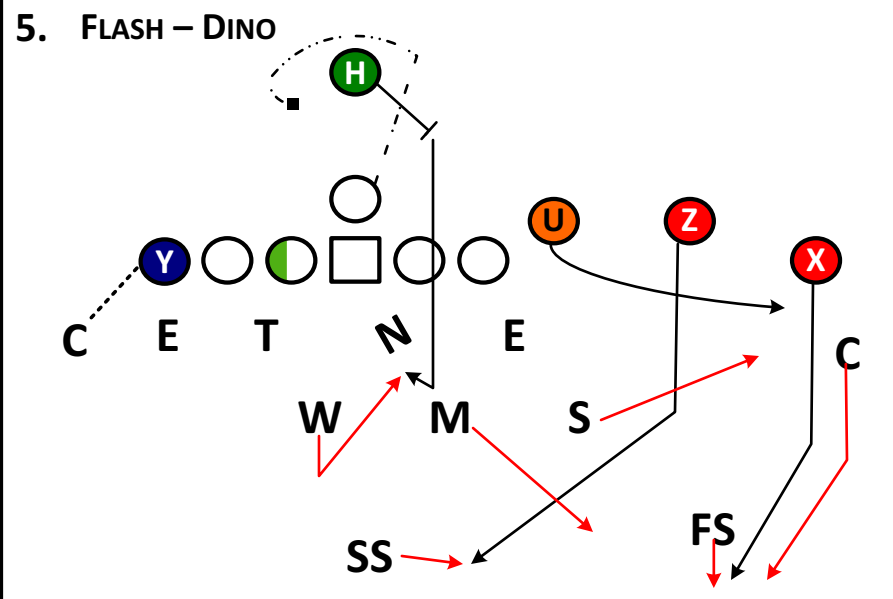
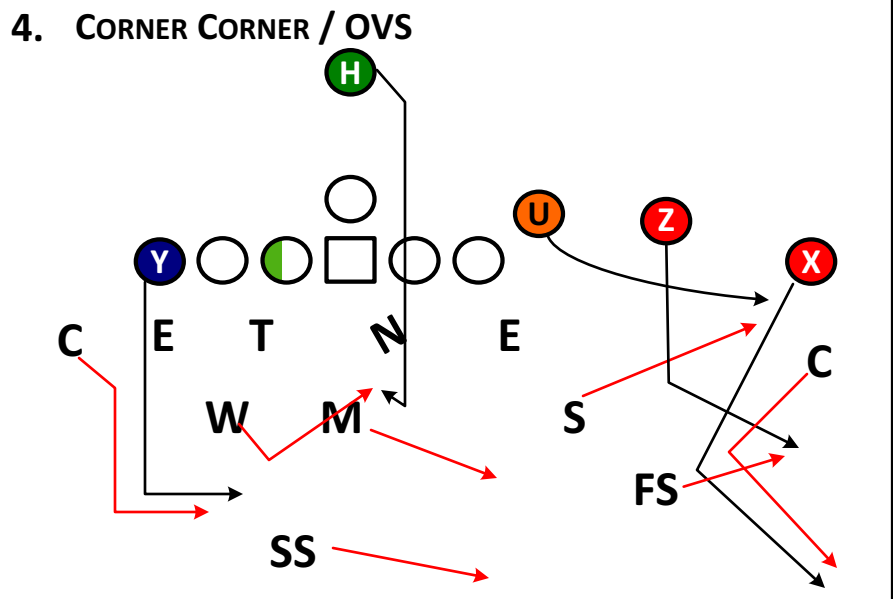
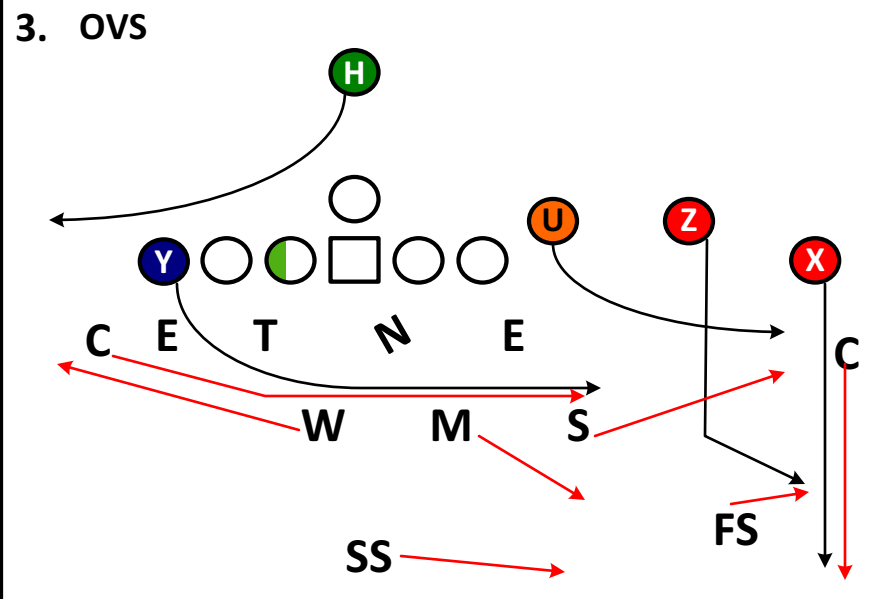
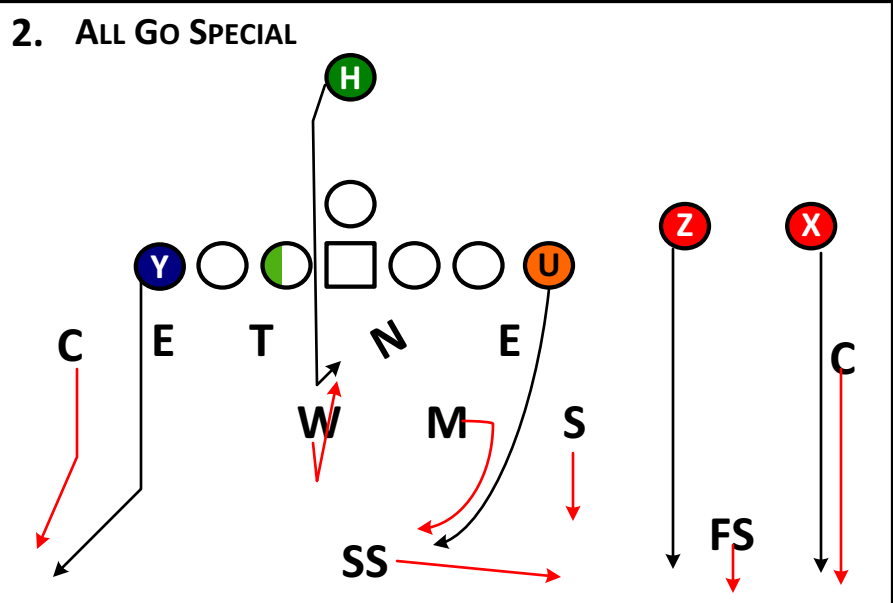
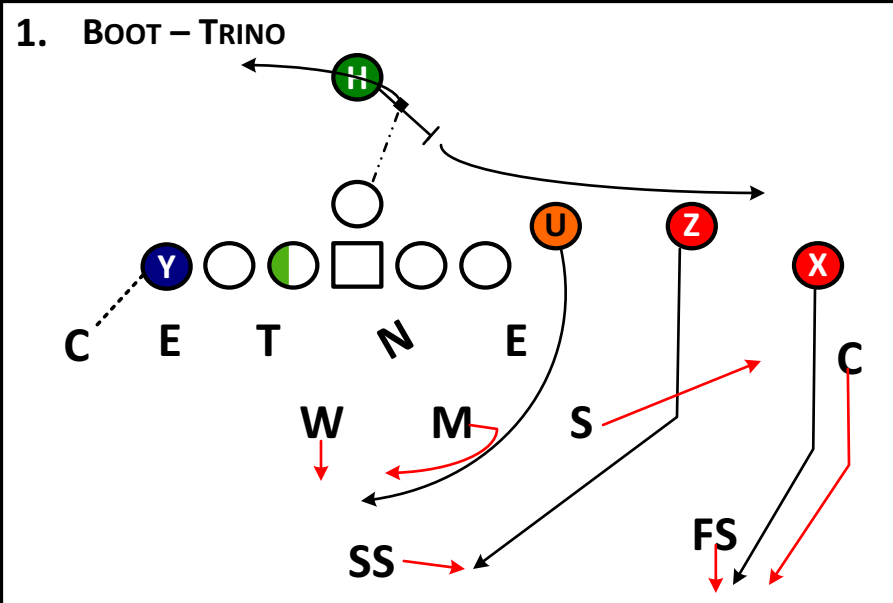


7. FLASH PIVOT WHEEL



8. TRUMP SLOT - DINO





RENO

<p>1. H SEAM</p>	<p>2. WALLY CRISS CROSS</p>
<p>3. DRIVE BASIC</p>	<p>4. SPOT</p>
<p>5. CREASE (DINO)</p>	<p>6. FLASH DICO</p>
<p>7. CUTBOOT</p>	<p>8. HIDE</p>

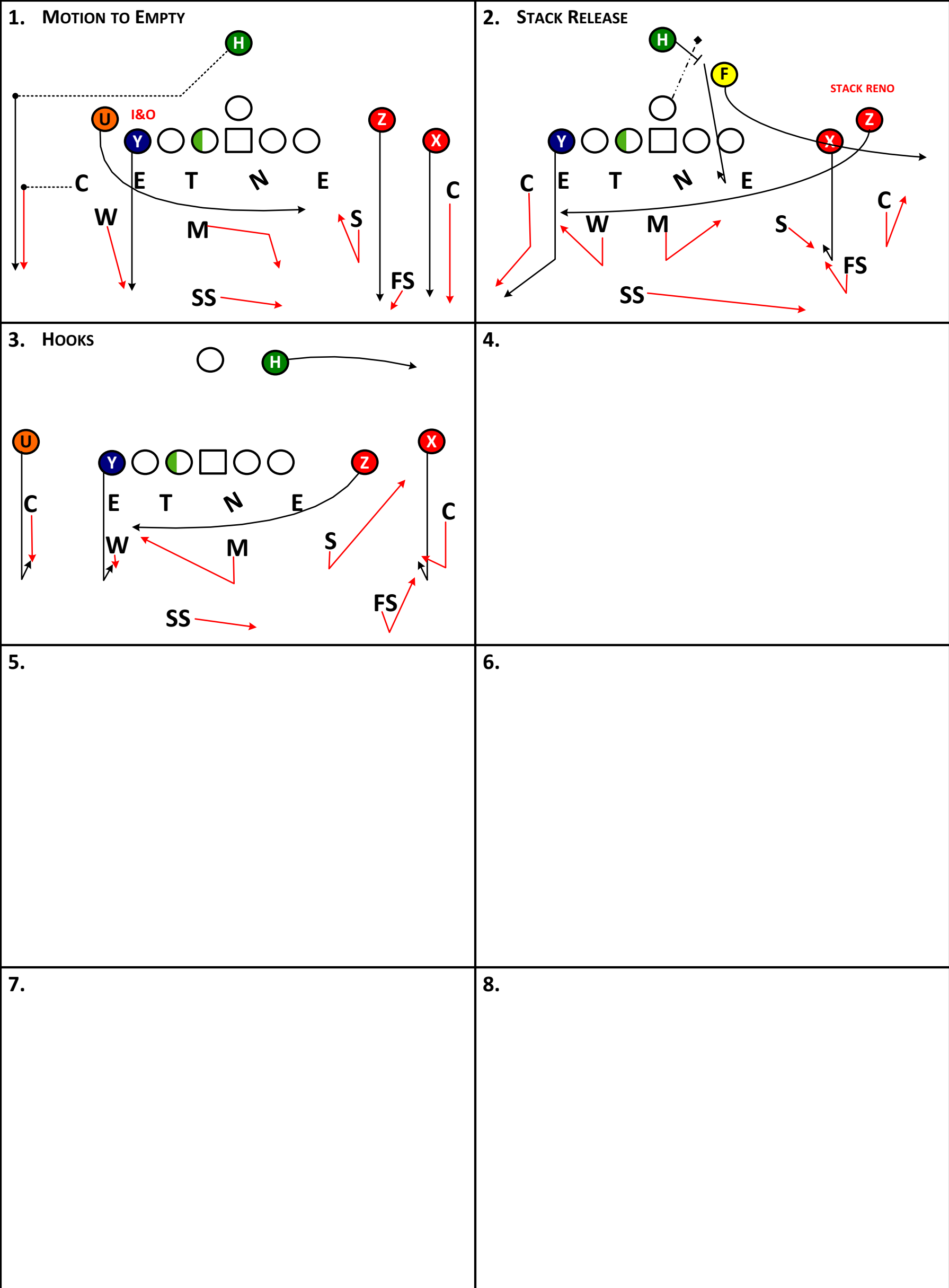


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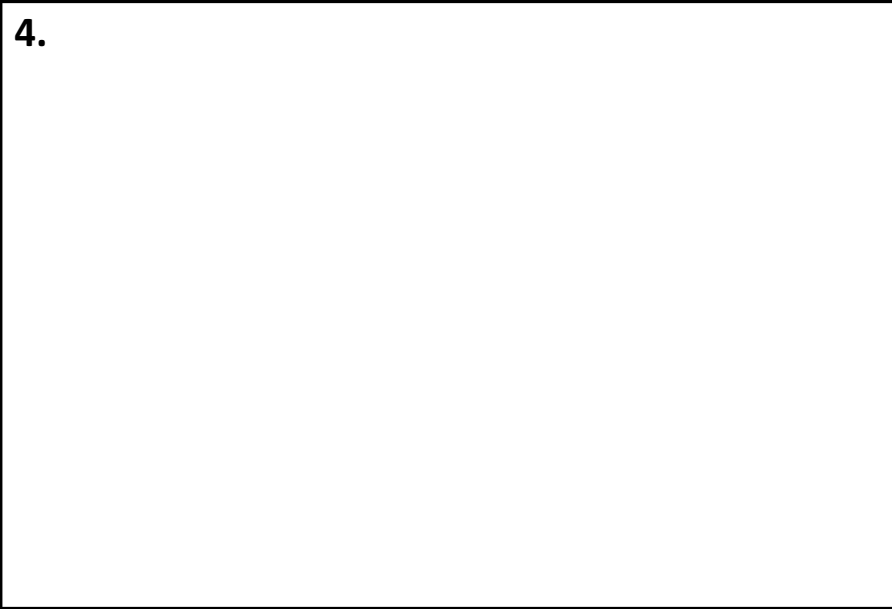
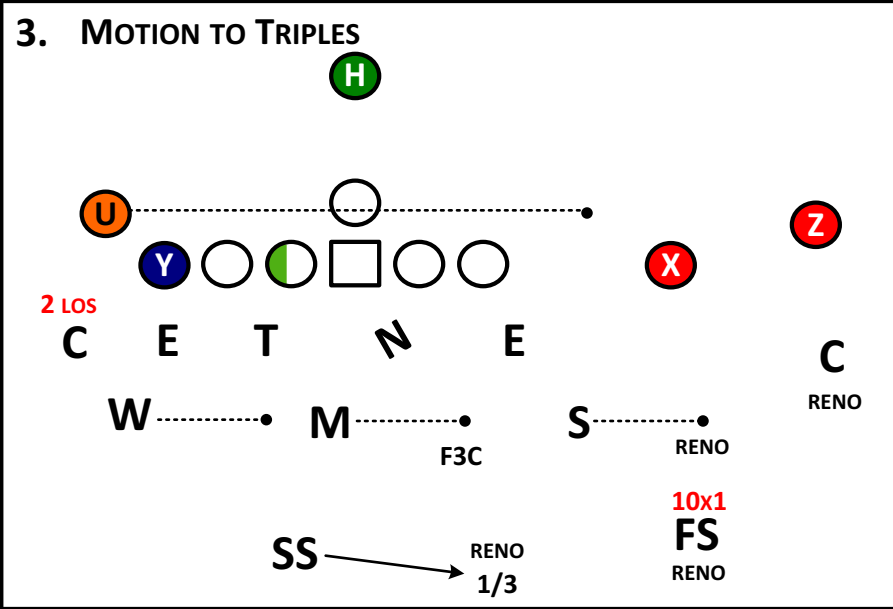
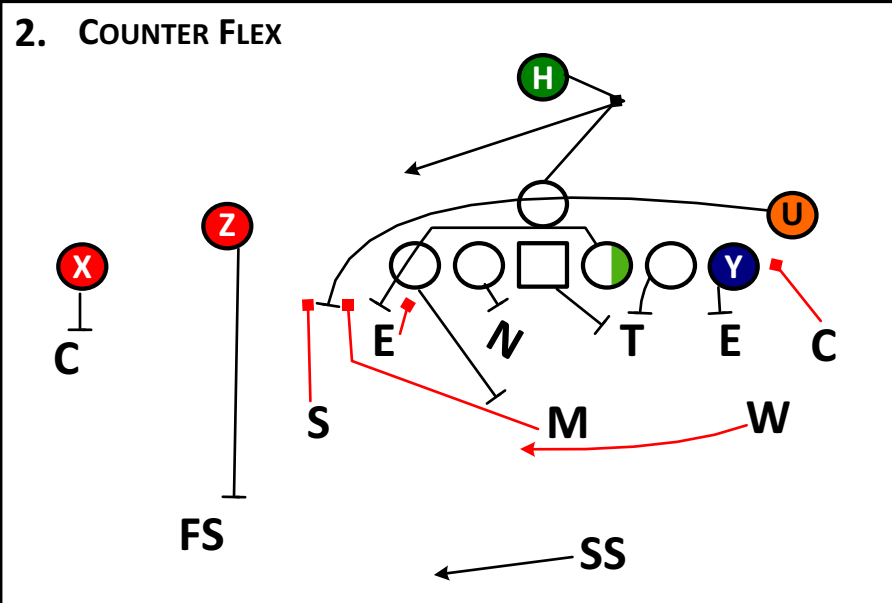
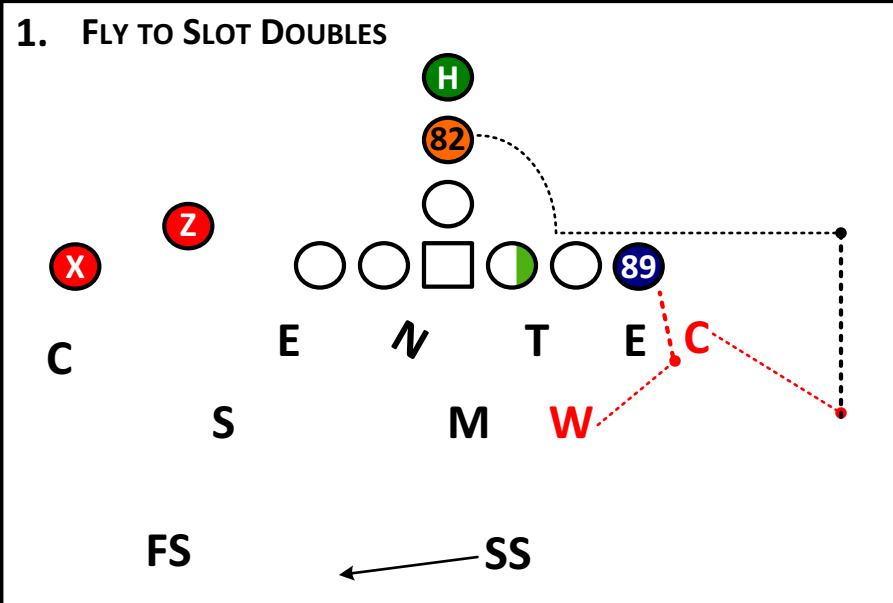
<p>1. RACE</p> <p>C E T N E Z X C FS SS W M S</p> <p>CHECK SPEED</p>	<p>2. BOOT - FLEX</p> <p>C E T N E Z X C FS SS W M S</p> <p>CHECK SPEED</p>
<p>3.</p>	<p>4.</p>
<p>5.</p>	<p>6.</p>
<p>7.</p>	<p>8.</p>



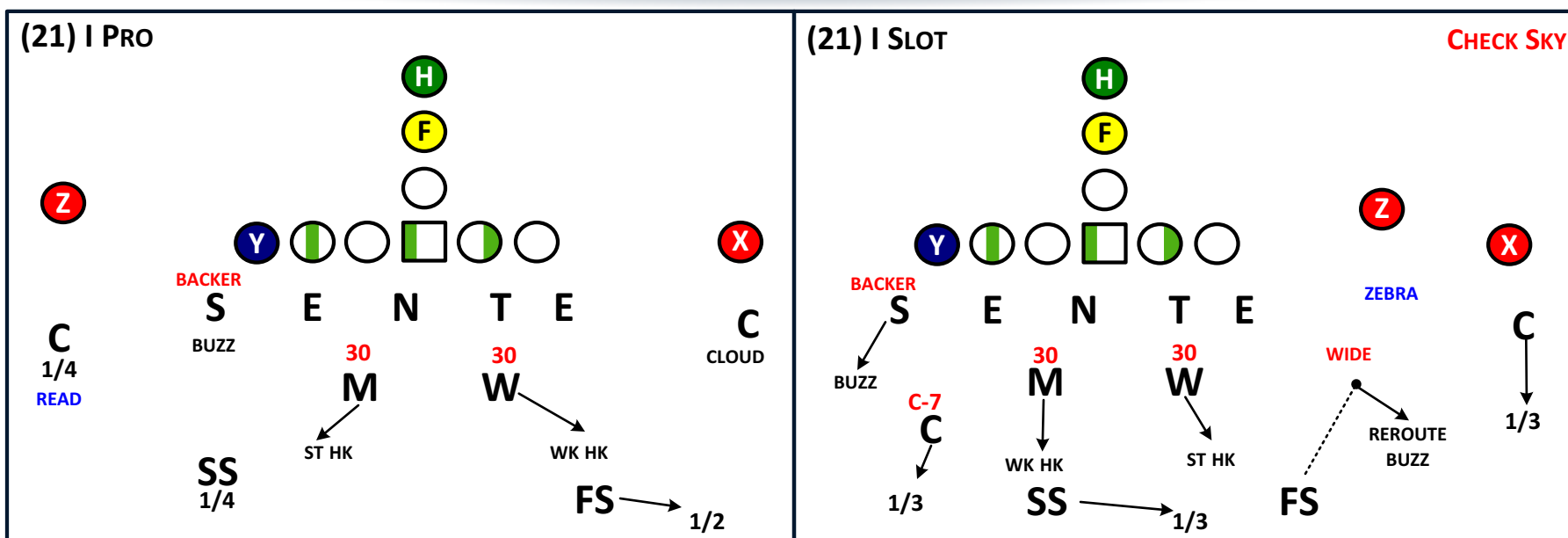
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RENO



ROCK 6 (ROCK SEATTLE)



ESSENCE:

- 1. ROCK SEATTLE IS A BASE UNDER FRONT FAMILY QUARTER, QUARTER, HALF DEFENSE.**

COACHING POINTS:

- 1. SOLID CALL TO "Y"**
- 2. SAM ALIGNMENTS:**
 - BACKER – CHECK CHEAT
 - WIDE – CHECK MUG EASY (1 AND LOOSE 5 TECHNIQUE)
 - DOWN – CHECK FIST
- 3. PRO: YUMA RUN FITS**
 - SOLID CB OFF AND INSIDE**
 - SS PLAY LIKE 4 LOCK**

ADJUSTMENTS:

- 1. VS. PRO FAMILY FORMATIONS: COVER 6**
- 2. VS. Y MOTION / Y SHIFT: CHECK SKY**
- 3. VS. 2 BACK Y OPEN AND TRIPS: CHECK PALMS**
- 4. VS. SINGLE WIDTH SLOT FAMILY FORMATIONS: CHECK SKY**
- 5. BACKSIDE OF 3X1: POSSIBLE WHOO, WHOO!**
- 6. VS. EMPTY: COVER 6, CHECK GO**



ROCK 6 (ROCK SEATTLE)

<p>1. Z MO I SLOT CHECK SKY</p>	<p>2. Z MO I PRO CHECK SEATTLE</p>
<p>3. Y MO I PRO Y OFF CHECK SKY CHECK FIST</p>	<p>4. I PRO Y OPEN CHECK PALMS CHECK FIST</p>
<p>5. TRIPS CHECK PALMS</p>	<p>6. DOUBLE OUT</p>
<p>7. FLY TRIPS CHECK PALMS</p>	<p>8. PEEL DOUBLE OUT</p>

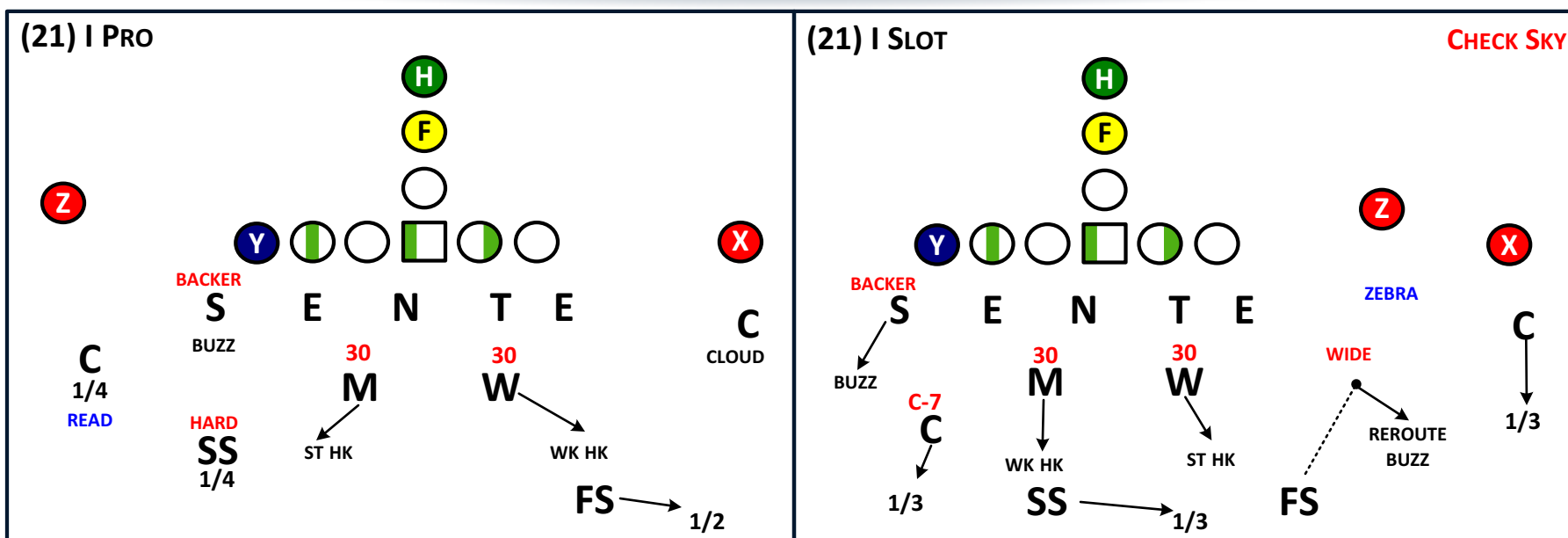


ROCK 6 (ROCK SEATTLE)

<p>1. SOLO SEAM ALERT</p>	<p>2. PAIR TRIPS BANANA ALERT</p> <p style="text-align: right;">CHECK MUG EASY</p>
<p>3. PAIR SLOT SEAM ALERT</p> <p style="text-align: right;">CHECK MUG EASY</p> <p style="text-align: right;">CHECK SKY</p>	<p>4. SOLO SLOT BANANA ALERT</p> <p style="text-align: right;">CHECK SKY</p>
<p>5. SLOT DOUBLE OUT SEAM ALERT</p>	<p>6. SEATTLE BANANA ALERT</p> <p style="text-align: right;">CHECK FIST</p> <p style="text-align: right;">CHECK SKY</p>
<p>7. EMPTY CHECK EASY</p> <p style="text-align: right;">CHECK MUG EASY</p>	<p>8. FLY EMPTY CHECK EASY</p> <p style="text-align: right;">CHECK MUG EASY</p>



ROCK 6 (ROCK SEATTLE)



ESSENCE:

- ROCK SEATTLE IS A BASE UNDER FRONT FAMILY QUARTER, QUARTER, HALF DEFENSE.**

COACHING POINTS:

- SOLID CALL TO "Y"**
- SAM ALIGNMENTS:**
 - BACKER – CHECK CHEAT
 - WIDE – CHECK MUG EASY (1 AND LOOSE 5 TECHNIQUE)
 - DOWN – CHECK FIST
- PRO: YUMA RUN FITS**
 - SOLID CB OFF AND INSIDE**
 - SS PLAY LIKE 4 LOCK**

ADJUSTMENTS:

- Vs. PRO FAMILY FORMATIONS: COVER 6**
- Vs. Y MOTION / Y SHIFT: CHECK SKY**
- Vs. 2 BACK Y OPEN AND TRIPS: CHECK PALMS**
- Vs. SINGLE WIDTH SLOT FAMILY FORMATIONS: CHECK SKY**
- BACKSIDE OF 3X1: POSSIBLE WHOO, WHOO!**
- Vs. EMPTY: COVER 6, CHECK GO**



ROCK 6 (ROCK SEATTLE)

<p>1. Z MO I SLOT CHECK SKY</p>	<p>2. Z MO I PRO CHECK SEATTLE</p>
<p>3. Y MO I PRO Y OFF CHECK SKY CHECK FIST</p>	<p>4. I PRO Y OPEN CHECK PALMS CHECK FIST</p>
<p>5. TRIPS CHECK PALMS</p>	<p>6. DOUBLE OUT</p>
<p>7. FLY TRIPS CHECK PALMS</p>	<p>8. PEEL DOUBLE OUT</p>



ROCK 6 (ROCK SEATTLE)

<p>1. SOLO SEAM ALERT</p>	<p>2. PAIR TRIPS BANANA ALERT CHECK MUG EASY</p>
<p>3. PAIR SLOT SEAM ALERT CHECK MUG EASY CHECK SKY</p>	<p>4. SOLO SLOT BANANA ALERT CHECK SKY</p>
<p>5. SLOT DOUBLE OUT SEAM ALERT</p>	<p>6. SEATTLE BANANA ALERT CHECK FIST CHECK SKY</p>
<p>7. EMPTY CHECK EASY CHECK MUG EASY</p>	<p>8. FLY EMPTY CHECK EASY CHECK MUG EASY</p>

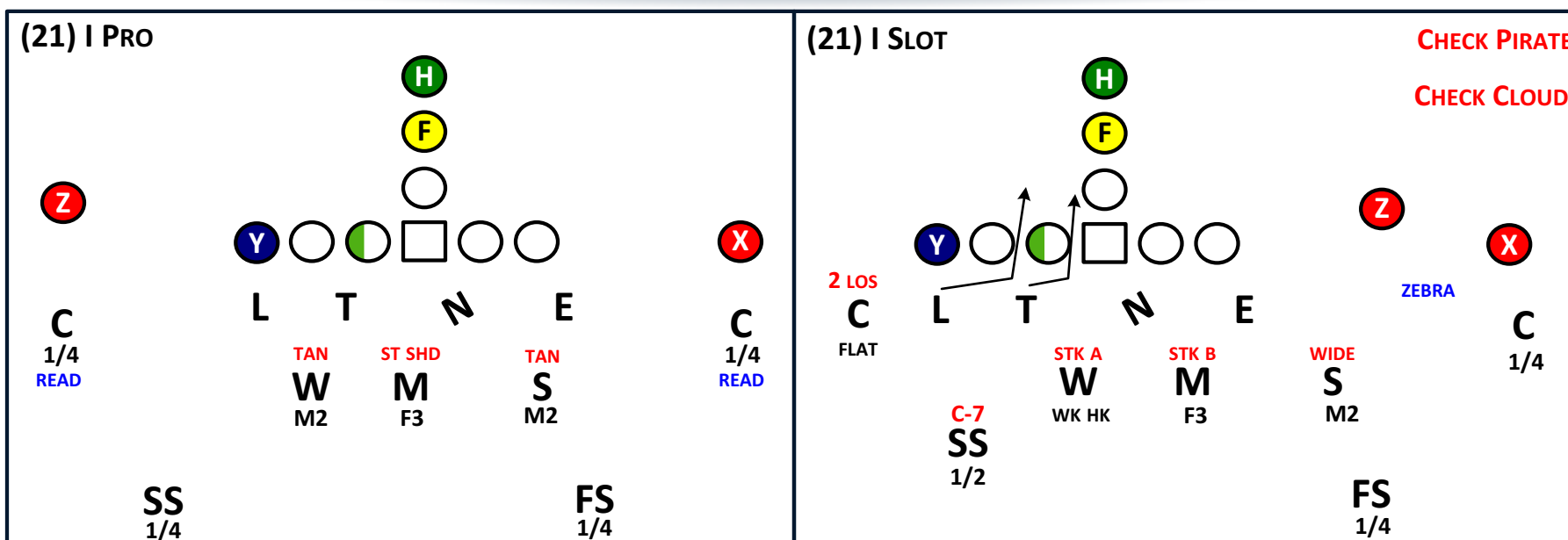


NOTES

<p>1. SLOT Y OEPN CHECK SKY CHECK FIST</p>	<p>2. SEATTLE TUFF CHECK SKY CHECK FIST CHECK MUG EASY</p>
<p>3.</p>	<p>4.</p>
<p>5.</p>	<p>6.</p>
<p>7.</p>	<p>8.</p>



OVER 4 (TAMPA)



ESSENCE:

1. TAMPA IS AN UNDER FAMILY FRONT 4 DEEP 3 UNDER DEFENSE.
2. AGGRESSIVE MATCH UP COVERAGE PLAYED BY LBS WITH MULTIPLE CHECKS.

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. FINAL 3: MIKE PLAYS WITH DEPTH OVER #3. PUSH CALL ALERT TO MATCH 2 PLAYER TO PUSH TO NEW
3. MATCH 2 DEFENDERS:
 - SQUEEZE TO #2 UNTIL #3 CROSSES YOUR FACE
 - WITH #3 AWAY, STAY INSIDE #2
 - ZEBRA CALLS WITH #2 DISPLACED
4. CORNERS PLAY READ PRINCIPLES

ADJUSTMENTS:

1. VS. NUBSIDE TE: CHECK CLOUD
 - 2 BACK: CLOUD AND PIRATE
 - 1 BACK: CLOUD AND PIG
2. VS. 3 MAN BUNCH SETS: CHECK BOX
3. VS. X NASTY ALIGNMENTS: CHECK CLAMP
4. VS. STACK SLOT SETS: CHECK SEE IT
5. VS. CLOSET: ZONE IT
6. VS. CLUSTER: CHECK BOX
7. VS. 2 BACK Y MOTION: SLIDE FRONT
8. VS. EMPTY: CHECK EASY



OVER 4 (TAMPA)

<p>1. Z MO I SLOT CHECK PIRATE CHECK CLOUD</p>	<p>2. Z MO I PRO ICE IT</p>
<p>3. Y MO I PRO Y OFF SLIDE FRONT</p>	<p>4. I PRO Y OPEN CHECK PIRATE</p>
<p>5. TRIPS</p>	<p>6. DOUBLE OUT</p>
<p>7. FLY TRIPS</p>	<p>8. PEEL DOUBLE OUT</p>



OVER 4 (TAMPA)

<p>1. SOLO CHECK GET</p> <p style="text-align: center;">L T N E</p> <p style="text-align: center;">TAN ST SHD STK C W M S M2 F3 M2</p> <p style="text-align: center;">SS FS 1/4 1/4</p>	<p>2. PAIR TRIPS BANANA ALERT</p> <p style="text-align: center;">L T N E</p> <p style="text-align: center;">WIDE BASE STK A W M S M2 F3 M2</p> <p style="text-align: center;">SS FS 1/4 1/4</p> <p style="text-align: right;">3 TO X</p>
<p>3. PAIR SLOT CHECK CLOUD</p> <p style="text-align: center;">L T N E</p> <p style="text-align: center;">TAN ST SHD W M WK HK F3</p> <p style="text-align: center;">C-7 SS FS 1/2 1/4</p> <p style="text-align: right;">ZEBRA</p>	<p>4. SOLO SLOT CHECK PIG</p> <p style="text-align: right;">BANANA ALERT</p> <p style="text-align: center;">L T N E</p> <p style="text-align: center;">WK SHD STK C W M WK HK F3</p> <p style="text-align: center;">C-7 SS FS 1/2 1/4</p> <p style="text-align: right;">ZEBRA</p>
<p>5. SLOT DOUBLE OUT</p> <p style="text-align: center;">L T N E</p> <p style="text-align: center;">TAN ST SHD W M M2 F3</p> <p style="text-align: center;">SS FS 1/4 1/4</p> <p style="text-align: right;">ZEBRA</p>	<p>6. SEATTLE CHECK PIG</p> <p style="text-align: right;">BANANA ALERT</p> <p style="text-align: center;">L T N E</p> <p style="text-align: center;">WK SHD STK C W M WK HK F3</p> <p style="text-align: center;">SS FS 1/4 1/4</p> <p style="text-align: right;">ZEBRA</p>
<p>7. EMPTY CHECK JET</p> <p style="text-align: right;">CHECK EASY</p> <p style="text-align: center;">L T N E</p> <p style="text-align: center;">WIDE TAN W M M2 F3</p> <p style="text-align: center;">2-3 SS FS 1/4 1/4</p> <p style="text-align: right;">ZEBRA</p> <p style="text-align: right;">OTIS</p>	<p>8. HOY EMPTY CHECK JET</p> <p style="text-align: right;">CHECK EASY</p> <p style="text-align: center;">L T N E</p> <p style="text-align: center;">WIDE TAN W M M2 F3</p> <p style="text-align: center;">2-3 SS FS 1/4 1/4</p> <p style="text-align: right;">ZEBRA</p> <p style="text-align: right;">OTIS</p>

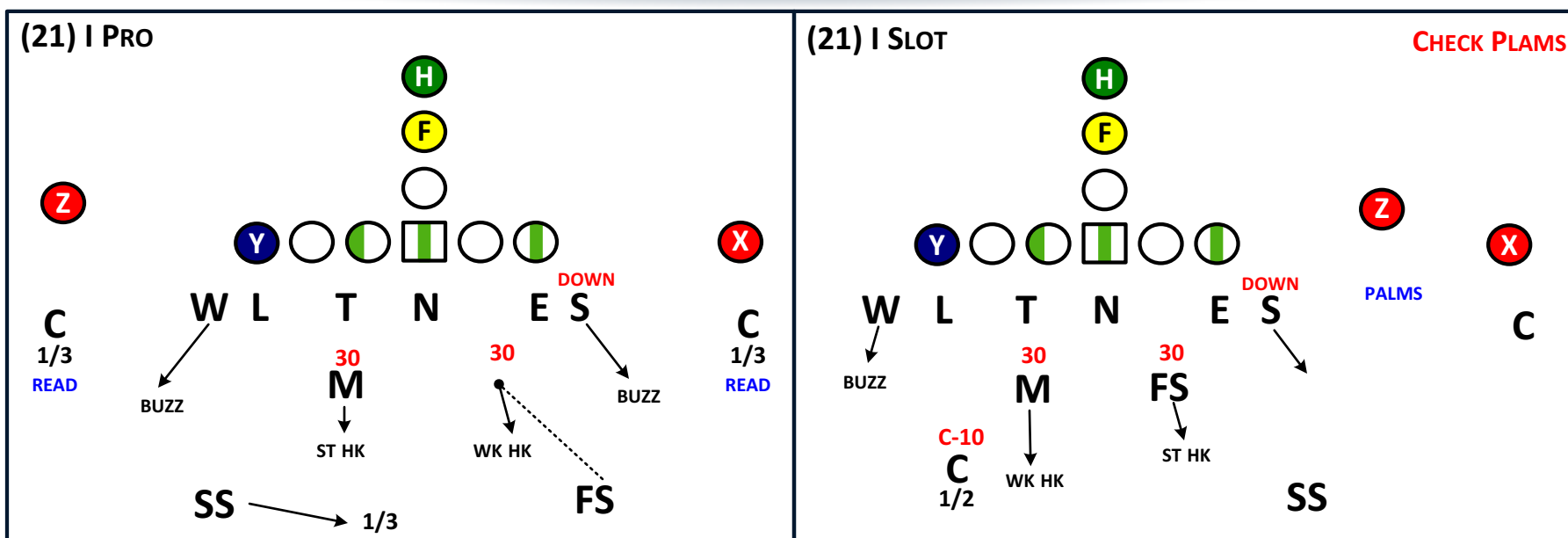


OVER 4 (TAMPA)

<p>1. TRIPS (PASS RULES)</p> <p>Diagram illustrating a football play setup. A line of five players (Y, T, N, E, H) is positioned in the center. A line of three players (Z, U, X) is on the left. A line of two players (C, C) is on the right. Labels 'C', 'W', 'SS', 'FS', 'E', 'T', 'N', 'E' are placed around the field. Red arrows labeled 'M' and 'S' indicate movement from T and N respectively. A red arrow labeled 'PASS' points from T to S.</p>	<p>2.</p>
<p>3.</p>	<p>4.</p>
<p>5.</p>	<p>6.</p>
<p>7.</p>	<p>8.</p>



TUFF BUZZ FLEX (TUCSON PALMS)



ESSENCE:

1. TUCSON PALMS IS A BASE OVER FAMILY 4 UNDER 3 DEEP DEFENSE.
2. REQUIRES AN ACTIVE SAFETY AND AGGRESSIVE BUZZ COVERAGE BY THE SAM & WILL LBS

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. SAFETIES COMMUNICATE RITA/LINDA CALL TO THE FLEX SIDE.
3. VS. SLOT, NUB SIDE CORNER PLAY $\frac{1}{2}$
4. WILL AND SAM IN "TUFF" ALIGNMENTS
5. STRONG SIDE CORNER MIDPOINT VS. TRIPS
6. POSSIBLE "CREEP" ADDED TO CALL: START IN OVER FRONT AND MOVE TO TUCSON.

ADJUSTMENTS:

1. VS. ALL SLOT SINGLE WIDTH FAMILY FORMATIONS (PAIR SLOT): CK PALMS
2. VS. Y MOTION: CHECK ROCK YUMA
3. VS. 2X2: SEAM ALERT
4. VS. ALIGNED OR MOTION TO A 2X2 SET WITH #2 DISPLACED:
CHECK MUG EASY AND ROGER/LOU
5. SAM ALIGNMENTS:
WIDE – CHECK MUG EASY (1 AND LOOSE 5 TECHNIQUE)
DOWN – CHECK FIST
BACKER – CHECK CHEAT
6. SEATTLE TRIPS: CHECK PIRATE
7. J-LO RULES: SPREAD: RITA/LINDA TO BOUNDARY (TANK TO 3 TECH, RUB TO BUBBLE)
EMPTY: RITA/LINDA TO 2 MAN SIDE

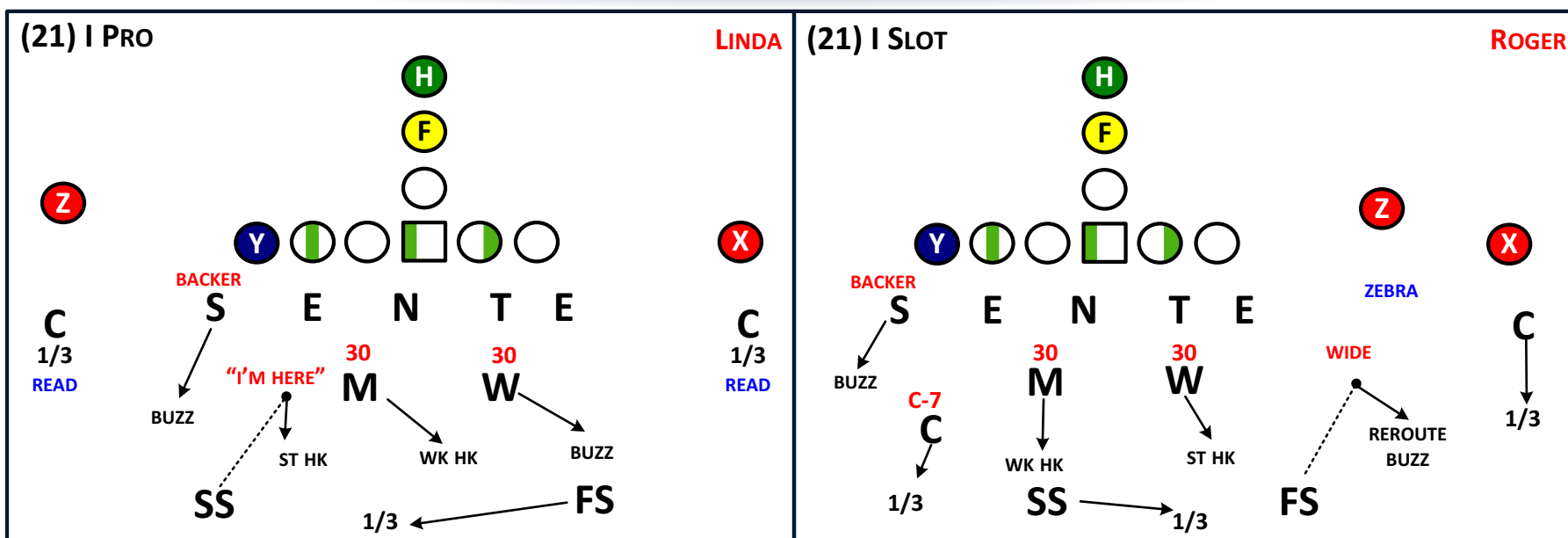


TUFF BUZZ FLEX (TUCSON PALMS)

<p>1. Z MO I SLOT</p>	<p>2. Z MO I PRO</p>
<p>3. Y MO I PRO Y OFF</p> <p>CHECK YUMA CHECK CHEAT</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS</p> <p>BANANA ALERT</p>	<p>6. DOUBLE OUT</p> <p>CHECK MUG EASY ROGER SEAM ALERT</p>
<p>7. FLY TRIPS</p> <p>BANANA ALERT</p>	<p>8. PEEL DOUBLE OUT</p> <p>CHECK MUG EASY ROGER SEAM ALERT</p>



ROCK YAKIMA



ESSENCE:

1. **BASE UNDER FRONT WITH THE SAFETIES ADJUSTING TO THE FORMATION.**
2. **CORNERS REMAIN LEFT AND RIGHT.**

COACHING POINTS:

1. **SOLID CALL TO "Y"**
2. **MIKE LB ALIGN IN A 40 (TURNBACK) VS ALL 1 BACK FORMATIONS UNLESS: SAFETY (I'M HERE): 30 (SPILL)**
4. **SAFETIES COULD BE:**
2 BACK PRO FAMILY (INCLUDING PAIR TRIPS): RITA/LINDA
1 BACK PRO FAMILY & SLOT: ROGER/LOU
VS. ALIGNED EMPTY: ROGER/LOU TO PASSING STRENGTH (3 RECEIVER SIDE)
5. **ON ALL FIST & ROCK ALIGNMENT, NOSE CROSS FACE VS GUARD PULL WEAK**

ADJUSTMENTS:

1. **Vs. 2 BACK PRO FORMATIONS: RITA / LINDA**
2. **Vs. SLOT FORMATIONS: ROGER / LOU**
3. **Vs. 1 BACK PRO SETS: ROGER/LOU TO PASSING STRENGTH**
4. **Vs Y Mo: SS TRACK, CHECK MESA**



ROCK YAKIMA

<p>1. Z MO I SLOT ROGER</p>	<p>2. Z MO I PRO LINDA</p>
<p>3. Y MO I PRO Y OFF CHECK MESA</p> <p style="text-align: center;">CHECK FIST</p> <p style="text-align: right;">RITA</p>	<p>4. I PRO Y OPEN CHECK MUG EASY</p> <p style="text-align: right;">LINDA</p>
<p>5. TRIPS BANANA ALERT</p> <p style="text-align: right;">LOU</p>	<p>6. DOUBLE OUT SEAM ALERT</p> <p style="text-align: right;">ALERT FLAT FLAT</p> <p style="text-align: right;">ROGER</p>
<p>7. FLY TRIPS BANANA ALERT</p> <p style="text-align: right;">LOU</p>	<p>8. PEEL DOUBLE OUT SEAM ALERT</p> <p style="text-align: right;">ALERT FLAT FLAT</p> <p style="text-align: right;">ROGER</p>



ROCK YAKIMA

<p>1. SOLO</p> <p>SEAM ALERT ALERT FLAT FLAT ROGER</p>	<p>2. PAIR TRIPS</p> <p>BANANA ALERT CHECK MUG EASY</p>
<p>3. PAIR SLOT</p> <p>SEAM ALERT CHECK MUG EASY ROGER</p>	<p>4. SOLO SLOT</p> <p>BANANA ALERT ROGER</p>
<p>5. SLOT DOUBLE OUT</p> <p>SEAM ALERT ALERT FLAT FLAT ROGER</p>	<p>6. SEATTLE</p> <p>BANANA ALERT CHECK FIST ROGER</p>
<p>7. EMPTY</p> <p>SEAM ALERT LOU TO PASSING STRENGTH</p>	<p>8. FLY EMPTY</p> <p>SEAM ALERT CHECK MUG EASY STAY ROGER</p>

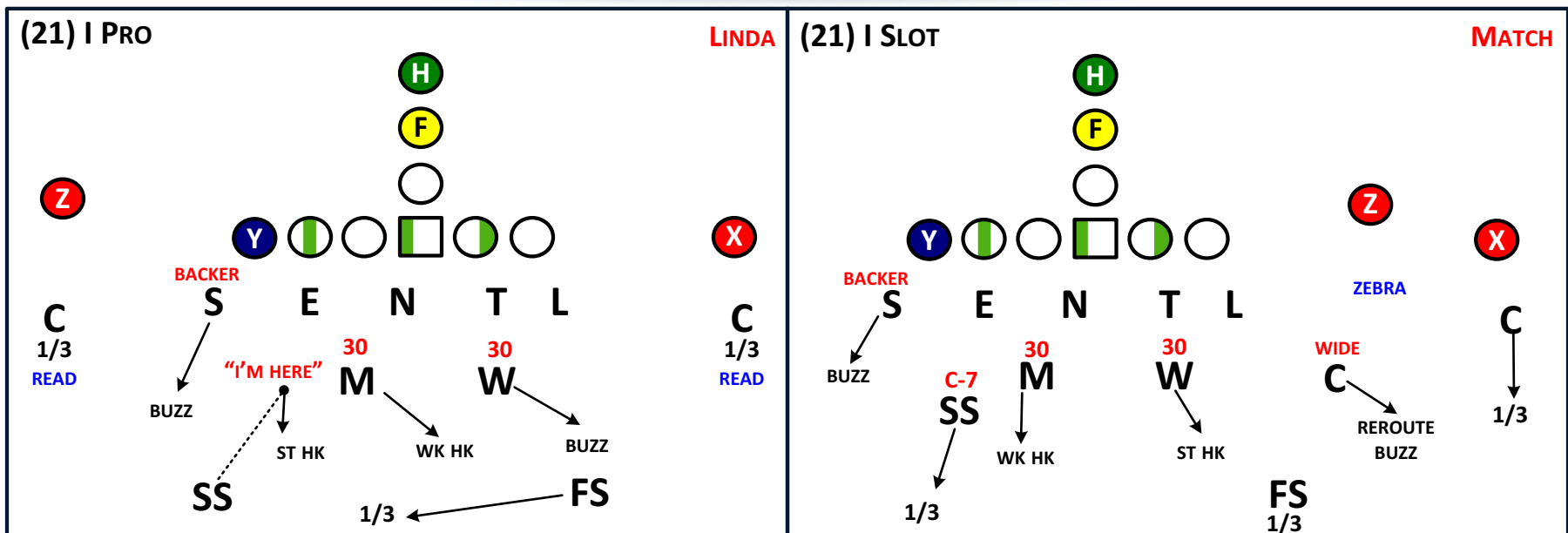


ROCK YAKIMA

<p>1. (21) I FAR PRO</p>	<p>2. PAP – FLY SWEEP</p>
<p>3. BOX MOTION</p> <p style="color: red;">CHECK MUG EASY ROGER TO LINDA</p>	<p>4. SOLO SLOT</p>
<p>5.</p>	<p>6.</p>
<p>7.</p>	<p>8.</p>



ROCK 3 BUSTER (ROCK YUMA)



ESSENCE:

1. **ROCK 3 BUSTER IS AN 8 MAN BASE UNDER FAMILY DEFENSE.**
2. **LBS HAVE THE ABILITY TO CALL LINE STUNTS & ALIGNMENTS BASED ON FORMATIONS.**
3. **CORNERS MATCH UP WITH THE Z AND X RECEIVERS. SAFETIES IN RUN FIT.**

COACHING POINTS:

1. **SOLID CALL TO "Y"**
2. **CORNER TRAVELS VS ALL SLOT FAMILY FORMATIONS. SS PLAY 1/3**
3. **VS ALL 1 BACK FORMATIONS UNLESS:**
MIKE: 40
SAFETY (I'M HERE): 30 (SPILL)
4. **SAFETIES COULD BE:**
2 BACK PRO FAMILY (INCLUDING PAIR TRIPS): RITA/LINDA
1 BACK PRO FAMILY: ROGER/LOU TO THE 'U/F'
SLOT FAMILY: 1/3'S
VS. ALIGNED EMPTY: ROGER/LOU TO PASSING STRENGTH (3 RECEIVER SIDE)
5. **ON ALL FIST & CHEAT ALIGNMENT, NOSE CROSS FACE VS GUARD PULL WEAK (SWAG)**

ADJUSTMENTS:

1. **VS. 1 BACK SETS: SAFETIES ROGER/LOU TO "F/U" IN THE SET UNLESS PLAYING 1/3.**
2. **VS. Y MOTION OR Y SHIFT: CHECK MESA AND CHECK FIST. SAFETIES TRACK**
3. **VS. BOX FLY/PEEL MOTION TO 2 BACK PRO: SS IS BACK INTO RITA/LINDA.**
4. **SAM ALIGNMENTS:**
BACKER – CHECK CHEAT
WIDE – CHECK MUG EASY (1 AND LOOSE 5 TECHNIQUE)
DOWN – CHECK FIST
5. **EMPTY RULES:**
ALIGNED: ROGER/LOU TO PASSING STRENGTH (3 RECEIVER SIDE)
MOTION TO SAM: STAY ROGER/LOU AND CHECK MUG EASY
6. **GAME PLAN:**

POSSIBLE ADJUSTMENT TO 2 BACK Y OPEN: ROGER/LOU AND CHECK

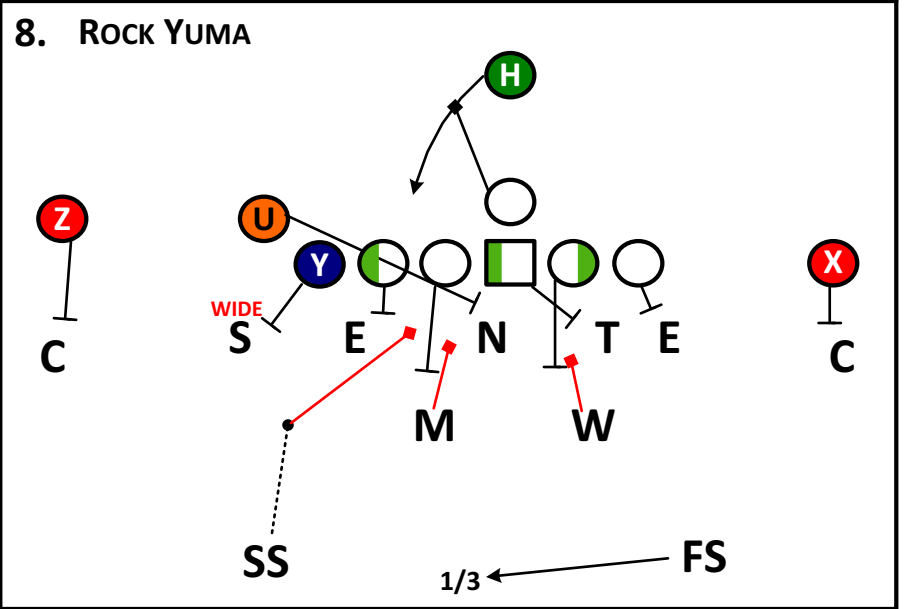
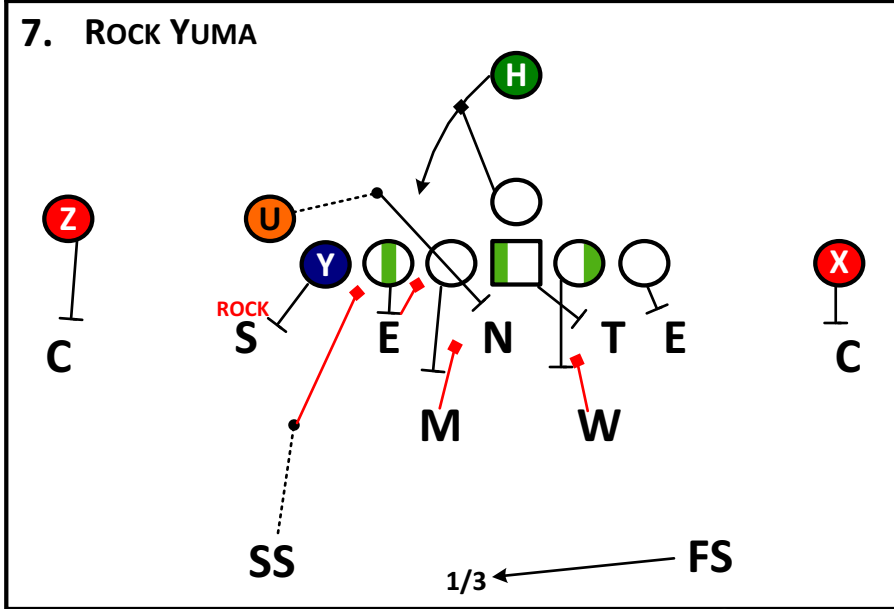
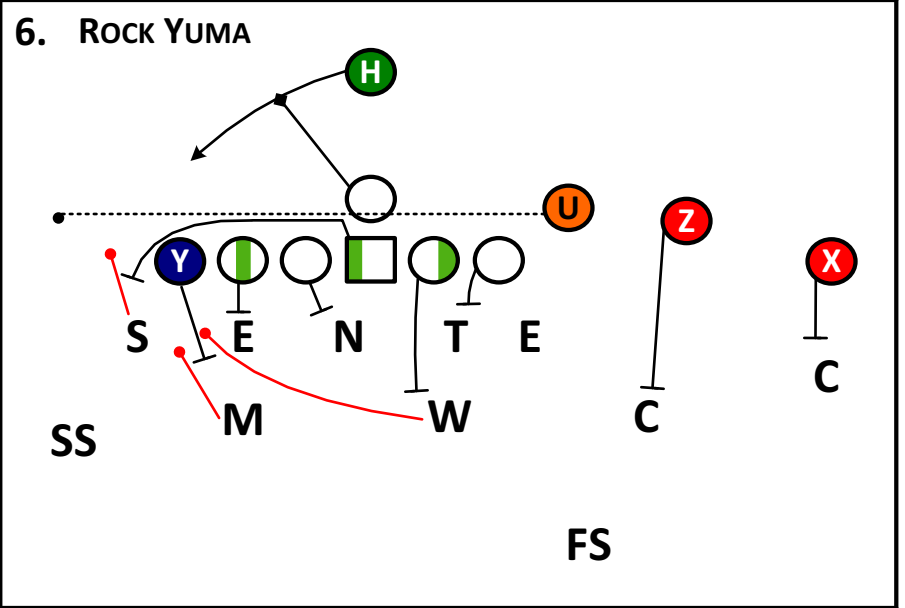
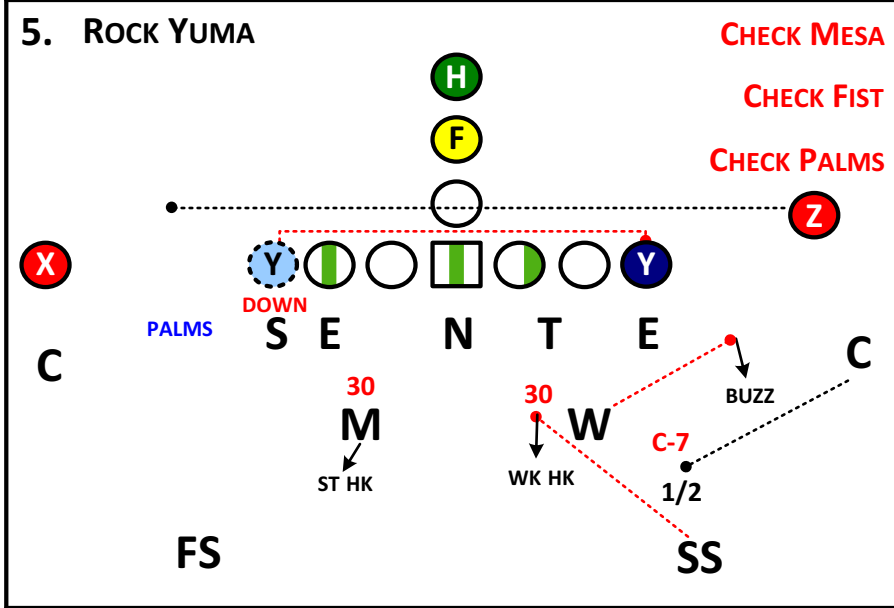
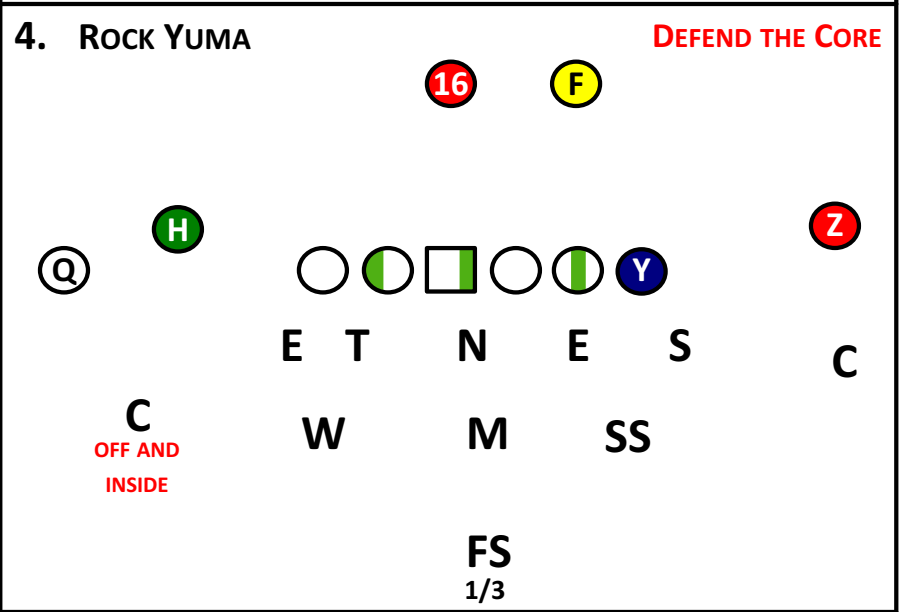
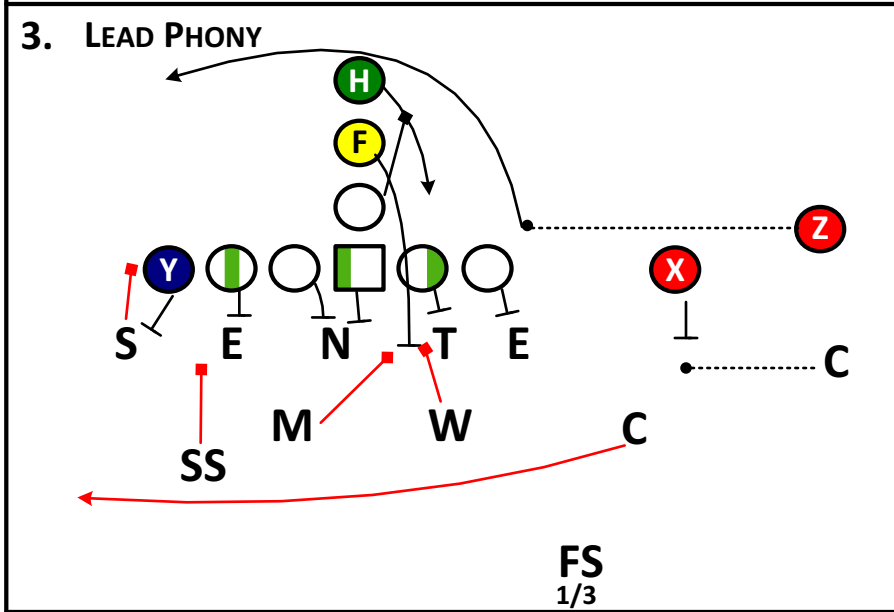
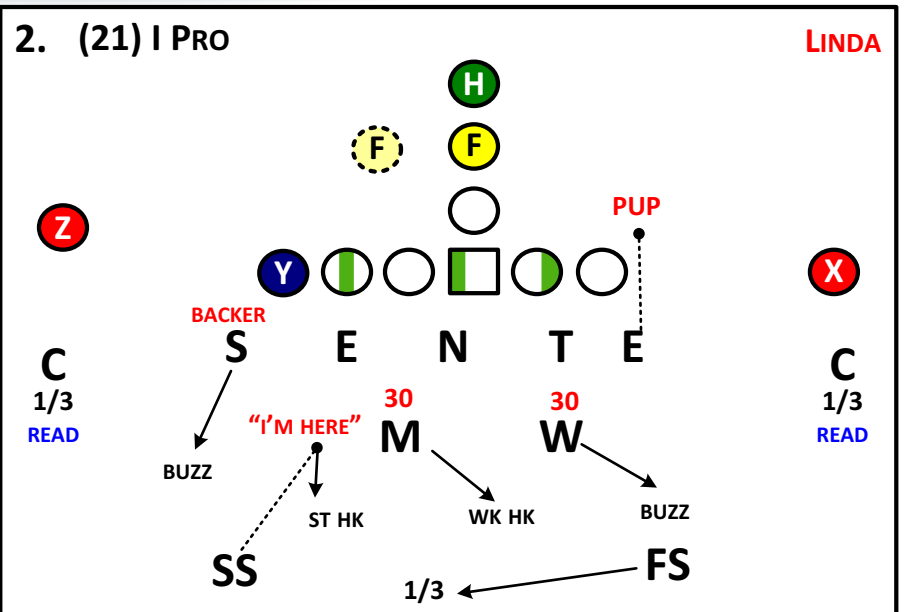
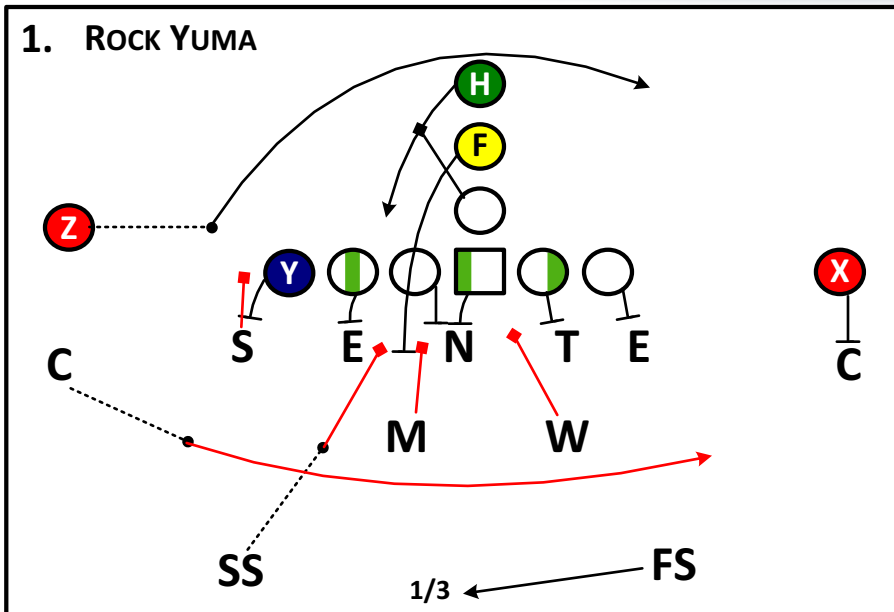


ROCK 3 BUSTER (ROCK YUMA)

<p>1. Z MO I SLOT</p>	<p>2. Z MO I PRO LINDA</p>
<p>3. Y MO I PRO Y OFF CHECK MESA CHECK FIST RITA</p>	<p>4. I PRO Y OPEN CHECK MUG EASY LINDA</p>
<p>5. TRIPS BANANA ALERT LOU</p>	<p>6. DOUBLE OUT SEAM ALERT ALERT FLAT FLAT ROGER</p>
<p>7. FLY TRIPS BANANA ALERT LOU</p>	<p>8. PEEL DOUBLE OUT SEAM ALERT ALERT FLAT FLAT ROGER</p>



BASE UNDER 3 BUSTER (ROCK YUMA)



BASE UNDER 3 BUSTER (ROCK YUMA)

<p>1. PAIR SLOT CHECK MUG EASY</p>	<p>2. UMO DEUCE SLOT CHECK ROCK</p>
<p>3. (21) IN PRO CHECK MUG EASY</p>	<p>4. TRIPS BUNCH BANANA ALERT CHECK MUG EASY</p>
<p>5. ROCK YUMA LINDA</p>	<p>6. DOUBLE OUT SEAM ALERT ALERT FLAT FLAT LOU</p>
<p>7. Z PHONEY CHECK MUG EASY</p>	<p>8. BOX PEEL ROGER TO LINDA</p>

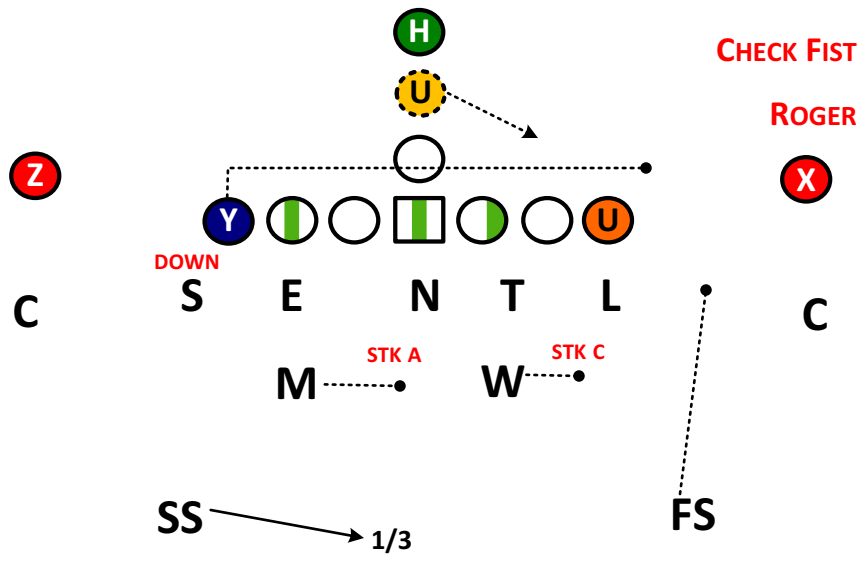


BASE UNDER 3 BUSTER (ROCK YUMA)

<p>1. COUNTER OF FLEX</p>	<p>2. LEAD BEND</p>
<p>3. 2 BACK Z PHONEY</p>	<p>4. ROCK YUMA</p>
<p>5. BONE</p> <p style="text-align: right; color: red;">CHECK FIST</p> <p style="text-align: right; color: red;">LINDA</p> <p style="text-align: right; color: blue;">C 1/3 READ</p>	<p>6. X MOTION</p> <p style="text-align: right; color: red;">LOU</p> <p style="text-align: right; color: red;">BUZZ</p> <p style="text-align: right; color: blue;">C 1/3 READ</p>
<p>7. 1 BACK Z PHONEY</p>	<p>8. (21) IN PRO</p> <p style="text-align: right; color: red;">CHECK MUG EASY</p> <p style="text-align: right; color: blue;">C 1/3 READ</p>



CARDINAL MOTION

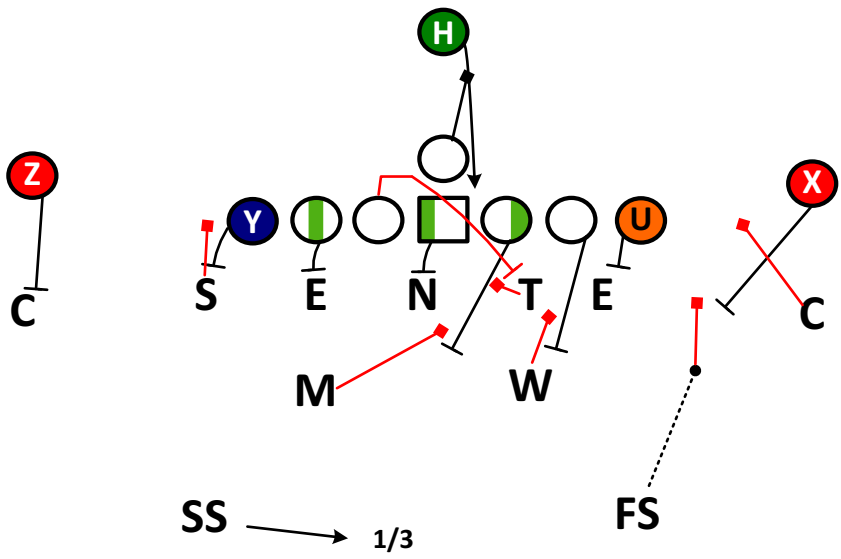


CHECK STONE BOSTON

CHECK FIST

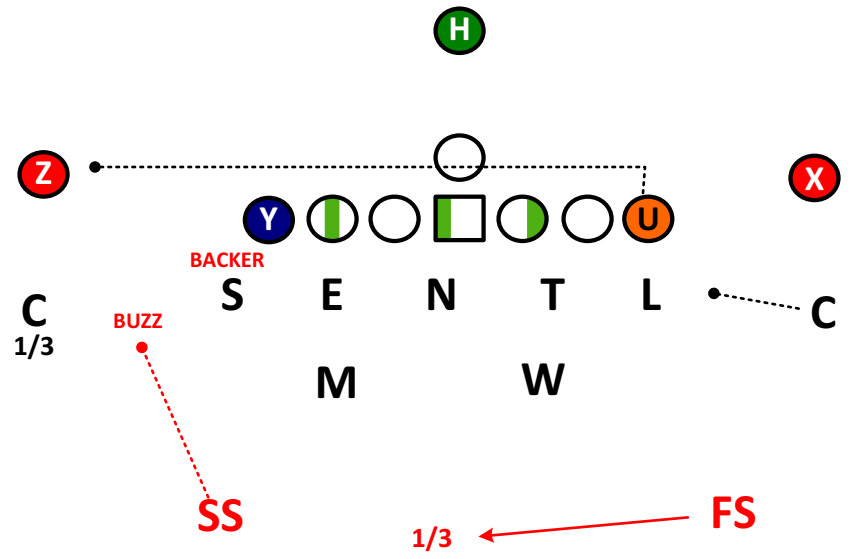
ROGER

TRAP



U MOTION TO TRIPS OUT

Lou

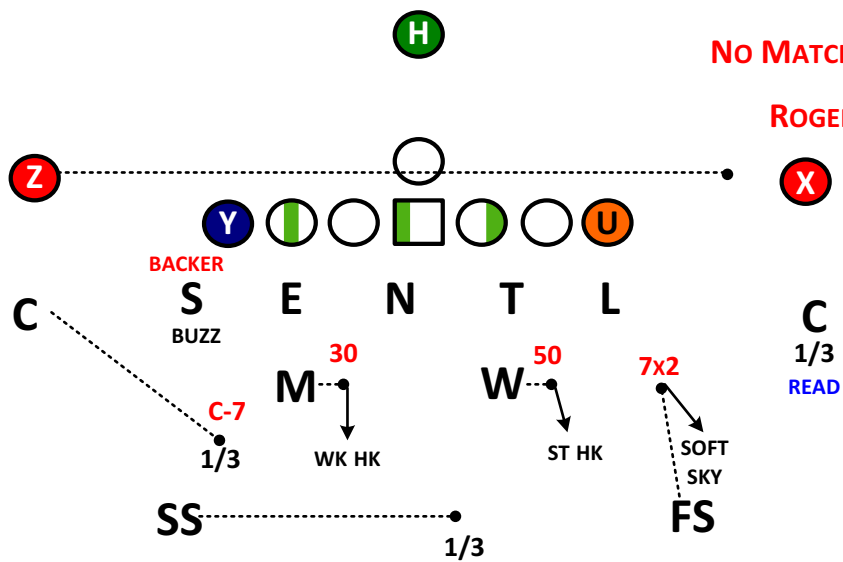


ZMO TRIPLES




BANANA ALERT

NO MATCH

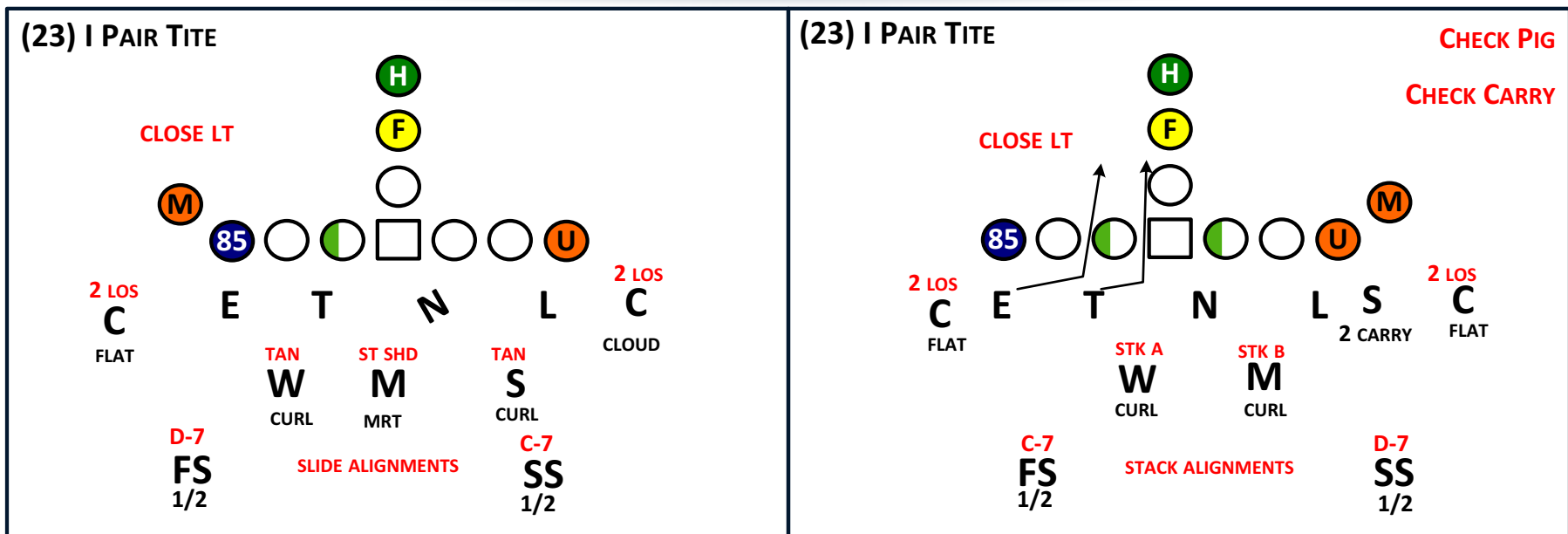
ROGER



ADJUSTMENTS

- HEAVY L.A. 
- TUFF BUZZ ZONE (MESA BLUE) 
- TUFF BUZZ ZONE (MESA PALMS) 
- OVER 4 PALMS (PANTHER) 
- OVER 4 PALMS (PANTHER) 
- ROCK YAKIMA 

HEAVY L.A.



ESSENCE:

1. HEAVY L.A. IS A 7 MAN OVER FAMILY FRONT DEFENSE VS. 23 PERSONNEL.

COACHING POINTS:

1. CLOSE CALL TO #85.
2. WING, WING RULES APPLY
3. PIG TO THE DEADSIDE OF #85
4. LBS FOLLOW SLIDE AND STACK ALIGNMENT RULES
5. STRONG SAFETY ALIGN AWAY FROM #85
6. FREE SAFETY ALIGN TO #85
7. ALERT QB KEEP TO #85
8. ALERT UNBALANCED (KICK LT/RT CALLS)

ADJUSTMENTS:



HEAVY L.A.

<p>1. DOUBLE WING CHECK PIG</p>	<p>2. UNBALANCED</p>
<p>3. DEUCE UNBALANCED NOT A DEAD SIDE</p> <p style="text-align: right;">No PIG</p>	<p>4. DOUBLE WING UNBALANCED CHECK PIG</p>
<p>5. M MOTION TO SLOT CHECK PIG</p> <p style="text-align: right;">CHECK CARRY</p>	<p>6. M MOTION TO PAIR ICE ICE</p>
<p>7. I NEAR UNBALANCED CHECK PIG</p>	<p>8.</p>



TUFF BUZZ ZONE (MESA BLUE)

<p>1. Z MO I SLOT CHECK BLUE</p>	<p>2. Z MO I PRO</p>
<p>3. Y MO I PRO Y OFF CHECK YUMA CHECK CHEAT</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS BANANA ALERT</p>	<p>6. DOUBLE OUT CHECK MUG EASY SEAM ALERT</p>
<p>7. FLY TRIPS BANANA ALERT</p>	<p>8. PEEL DOUBLE OUT SEAM ALERT CHECK MUG EASY</p>



TUFF BUZZ ZONE (MESA BLUE)

<p>1. SOLO SEAM ALERT CHECK CHEAT</p>	<p>2. PAIR TRIPS BANANA ALERT</p>
<p>3. PAIR SLOT CHECK BLUE</p>	<p>4. SOLO SLOT CHECK BLUE CHECK CHEAT</p>
<p>5. SLOT DOUBLE OUT SEAM ALERT CHECK MUG EASY</p>	<p>6. SEATTLE BANANA ALERT CHECK MUG EASY CHECK PIRATE</p>
<p>7. EMPTY SEAM ALERT CHECK MUG EASY</p>	<p>8. FLY EMPTY SEAM ALERT CHECK MUG EASY</p>



TUFF BUZZ ZONE (MESA PALMS)

<p>1. Z MO I SLOT</p>	<p>2. Z MO I PRO</p>
<p>3. Y MO I PRO Y OFF</p> <p>CHECK YUMA CHECK CHEAT</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS</p> <p>BANANA ALERT</p>	<p>6. DOUBLE OUT</p> <p>CHECK MUG EASY SEAM ALERT</p>
<p>7. FLY TRIPS</p> <p>BANANA ALERT</p>	<p>8. PEEL DOUBLE OUT</p> <p>SEAM ALERT CHECK MUG EASY</p>

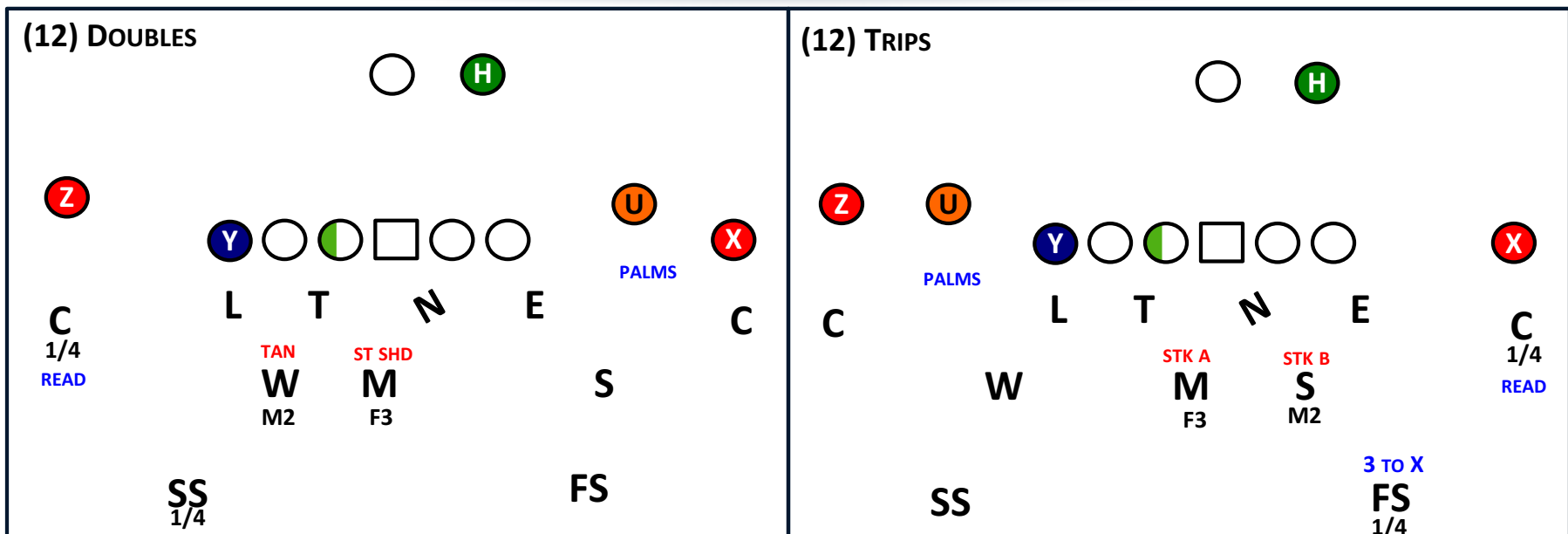


TUFF BUZZ ZONE (MESA PALMS)

<p>1. SOLO SEAM ALERT CHECK CHEAT</p> <p>W L T N E S C 1/3 READ HANG BUZZ STK A W K H K CARRY 40 M ST H K BACKER S BUZZ SS 1/3 FS</p>	<p>2. PAIR TRIPS BANANA ALERT</p> <p>W L T N E S C 1/3 READ BUZZ HIP ST H K STK A W K H K DOWN S BUZZ SS 1/3 FS</p>
<p>3. PAIR SLOT CHECK PALMS</p> <p>W L T N E S C 1/2 D-7 SS 30 W K H K 30 M ST H K DOWN S PALMS FS</p>	<p>4. SOLO SLOT CHECK PALMS CHECK CHEAT</p> <p>W L T N E S C 1/2 C-7 SS 30 W K H K 30 M ST H K DOWN S PALMS FS</p>
<p>5. SLOT DOUBLE OUT SEAM ALERT CHECK MUG EASY</p> <p>W L T N E C 1/3 READ HANG BUZZ STK A W K H K CARRY STK B M ST H K WIDE S REROUTE BUZZ ZEBRA SS 1/3 FS</p>	<p>6. SEATTLE BANANA ALERT CHECK MUG EASY CHECK PIRATE</p> <p>W L T N E C 1/3 READ BUZZ SS WK SHD W K H K STK C M ST H K WIDE S REROUTE BUZZ ZEBRA SS 1/3 FS</p>
<p>7. EMPTY SEAM ALERT CHECK MUG EASY</p> <p>L T N E C 1/3 WIDE W BUZZ STK A ST H K CARRY STK B M W K H K WIDE S REROUTE BUZZ ZEBRA SS 1/3 FS</p>	<p>8. FLY EMPTY SEAM ALERT CHECK MUG EASY</p> <p>W L T N E C 1/3 WIDE W BUZZ STK A ST H K CARRY STK B M W K H K WIDE S REROUTE BUZZ ZEBRA SS 1/3 FS</p>



OVER 4 PALMS (PANTHER)



ESSENCE:

1. PANTHER IS AN OVER FAMILY FRONT 4 DEEP 3 UNDER DEFENSE.

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. FINAL 3: MIKE PLAYS WITH DEPTH OVER #3. PUSH CALL ALERT TO MATCH 2 PLAYER TO PUSH TO NEW #2.
3. MATCH 2 DEFENDERS:
 SQUEEZE TO #2 UNTIL #3 CROSSES YOUR FACE
 WITH #3 AWAY, STAY INSIDE #2
 ZEBRA CALLS WITH #2 DISPLACED
4. CORNERS PLAY READ PRINCIPLES

ADJUSTMENTS:

1. VS. TE / FLANKER: PLAY 4
2. VS. 2 DISPLACED: CHECK PALMS
3. VS. TRIPLES: CHECK PALMS. CHECK PIRATE. BACKSIDE SAFETY PLAY 3 TO 'Y'
4. VS. EMPTY: CHECK EASY TO THE 3 MAN SIDE.
5. VS. TRIPS BUNCH & CLUSTER SETS: POSSIBLE BOX CHECK
6. VS. Z CLOSE & X NASTY: POSSIBLE CLAMP
7. VS. DEADSIDE TE: CORNER LOCK

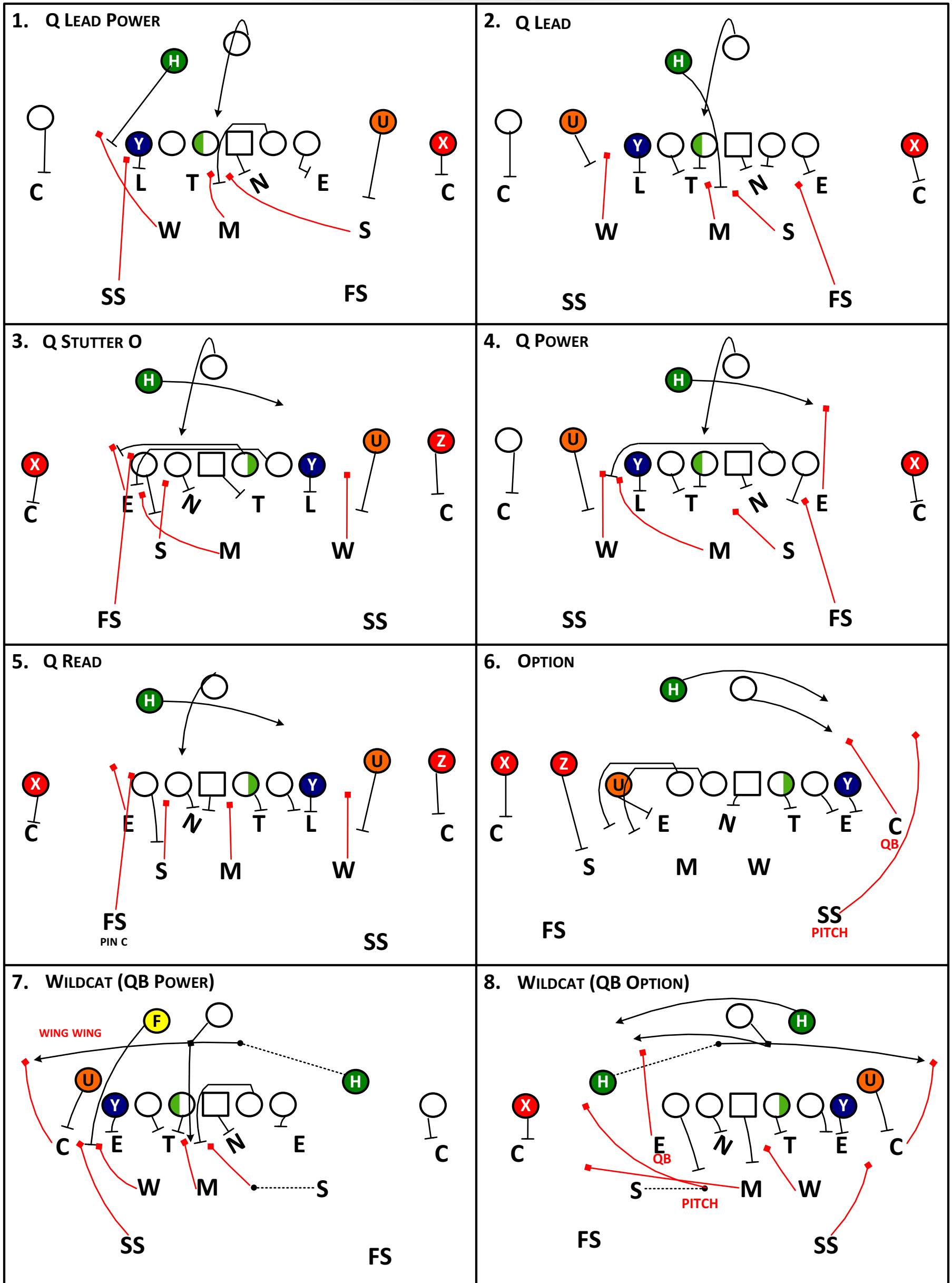


OVER 4 PALMS (PANTHER)

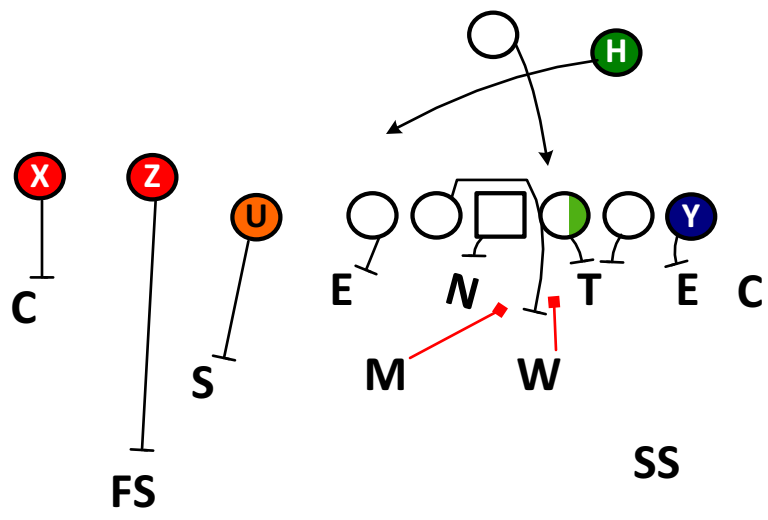
<p>1. SOLO PLAY TAMPA</p>	<p>2. PAIR TRIPS PLAY TAMPA BANANA ALERT</p>
<p>3. PAIR SLOT CHECK PALMS</p>	<p>4. SOLO SLOT CHECK PALMS</p>
<p>5. SLOT DOUBLE OUT CHECK PALMS</p>	<p>6. SEATTLE CHECK PALMS</p>
<p>7. EMPTY CHECK EASY</p>	<p>8. HOY EMPTY CHECK EASY</p>



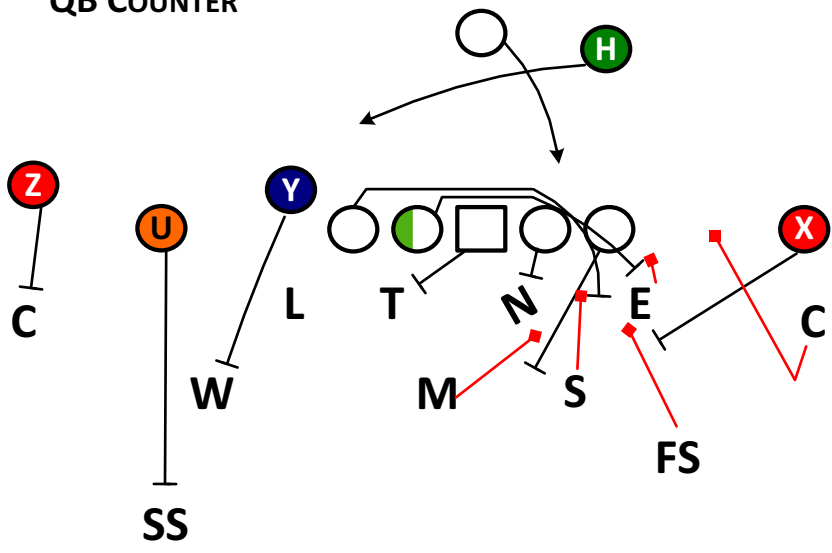
OVER 4 (TAMPA)



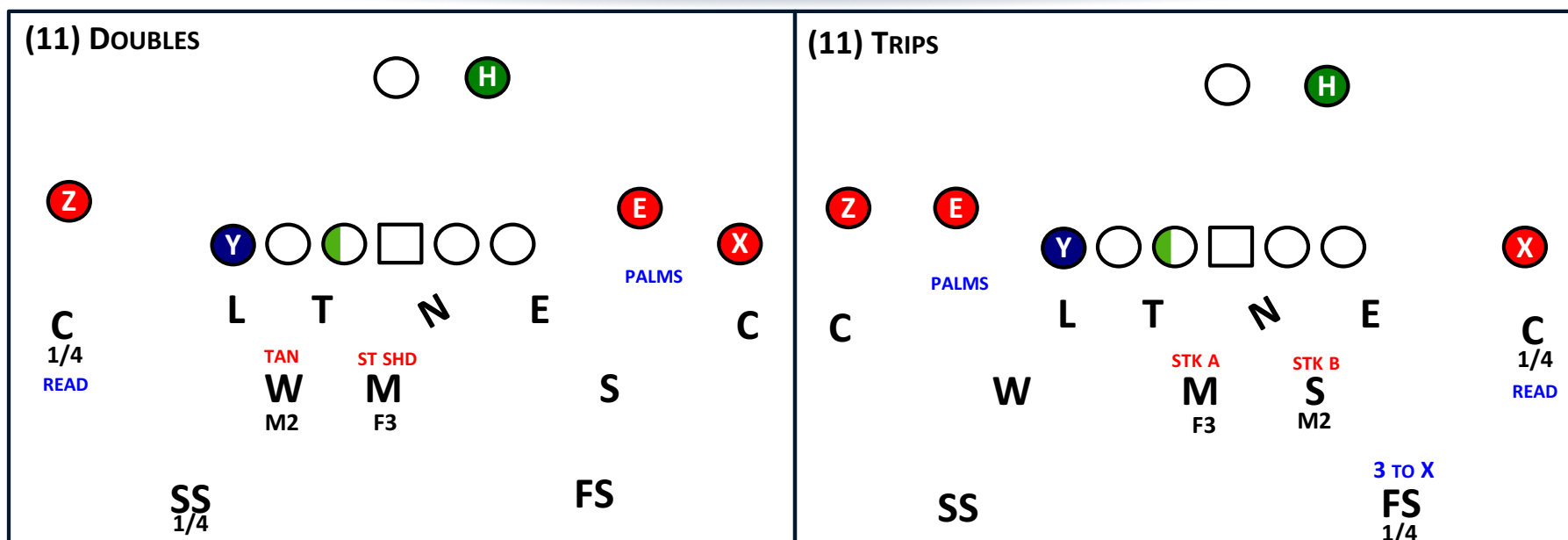
QB TITE POWER



QB COUNTER



OVER 4 PALMS (PANTHER)



ESSENCE:

1. PANTHER IS AN OVER FAMILY FRONT 4 DEEP 3 UNDER DEFENSE.

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. FINAL 3: MIKE PLAYS WITH DEPTH OVER #3. PUSH CALL ALERT TO MATCH 2 PLAYER TO PUSH TO NEW #2.
3. MATCH 2 DEFENDERS:
 SQUEEZE TO #2 UNTIL #3 CROSSES YOUR FACE
 WITH #3 AWAY, STAY INSIDE #2
 ZEBRA CALLS WITH #2 DISPLACED
4. CORNERS PLAY READ PRINCIPLES

ADJUSTMENTS:

1. VS. TE / FLANKER: PLAY 4
2. VS. 2 DISPLACED: CHECK PALMS
3. VS. TRIPLES: CHECK PALMS. CHECK PIRATE. BACKSIDE SAFETY PLAY 3 TO 'Y'
4. VS. EMPTY: CHECK EASY TO THE 3 MAN SIDE.
5. VS. TRIPS BUNCH & CLUSTER SETS: POSSIBLE BOX CHECK
6. VS. Z CLOSE & X NASTY: POSSIBLE CLAMP
7. VS. DEADSIDE TE: CORNER LOCK

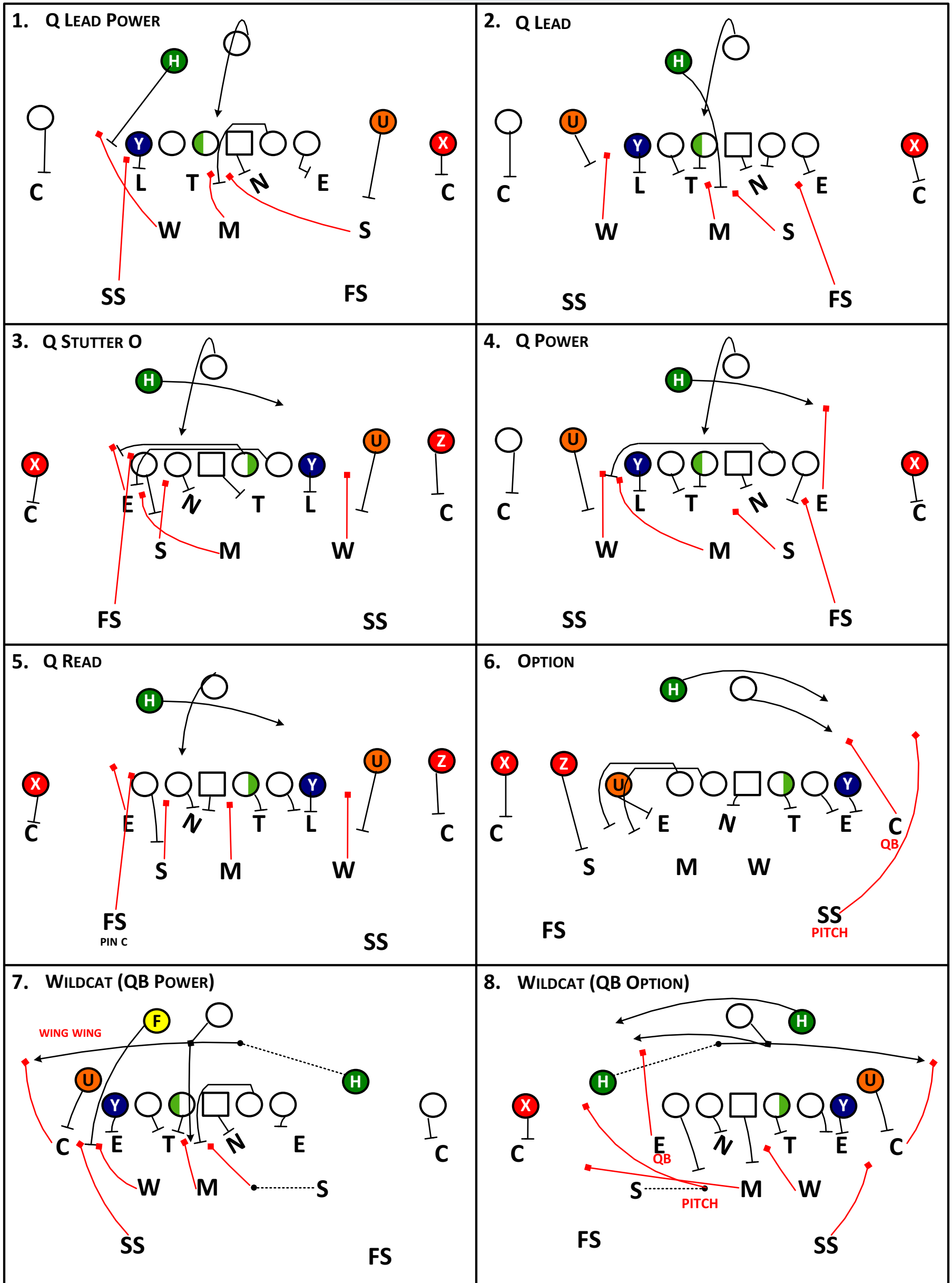


OVER 4 PALMS (PANTHER)

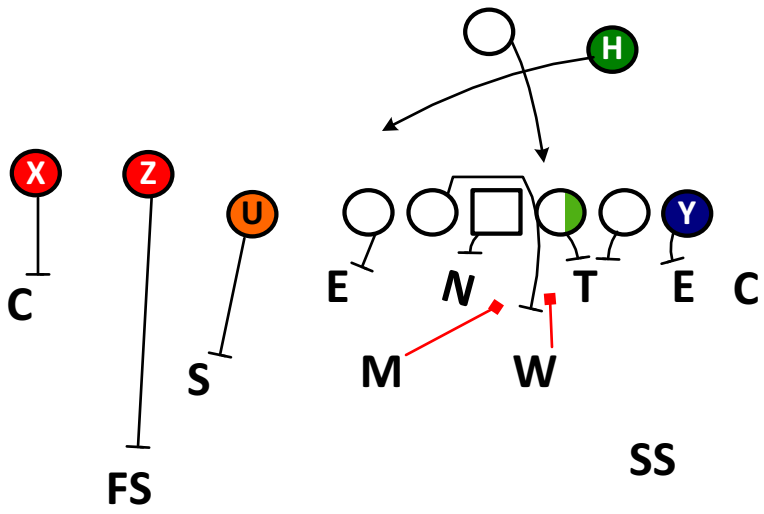
<p>1. SEATTLE CHECK PALMS</p>	<p>2.</p>
<p>3. EMPTY CHECK EASY</p>	<p>4. HOY EMPTY CHECK EASY</p>
<p>5.</p>	<p>6.</p>
<p>7.</p>	<p>8.</p>



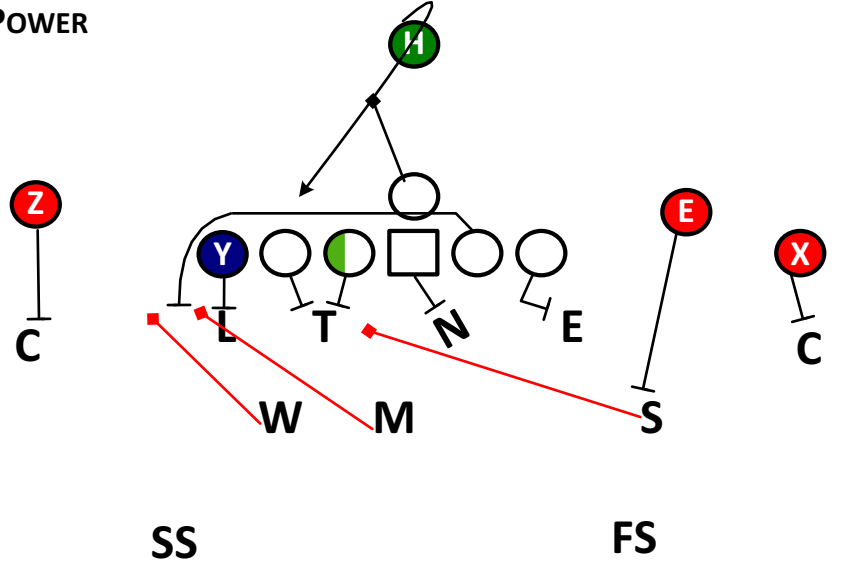
OVER 4 (TAMPA)



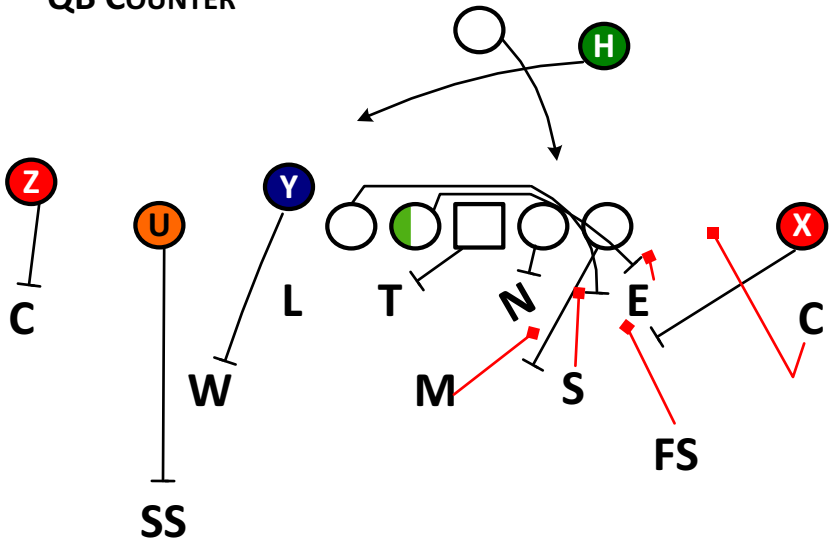
QB TITE POWER



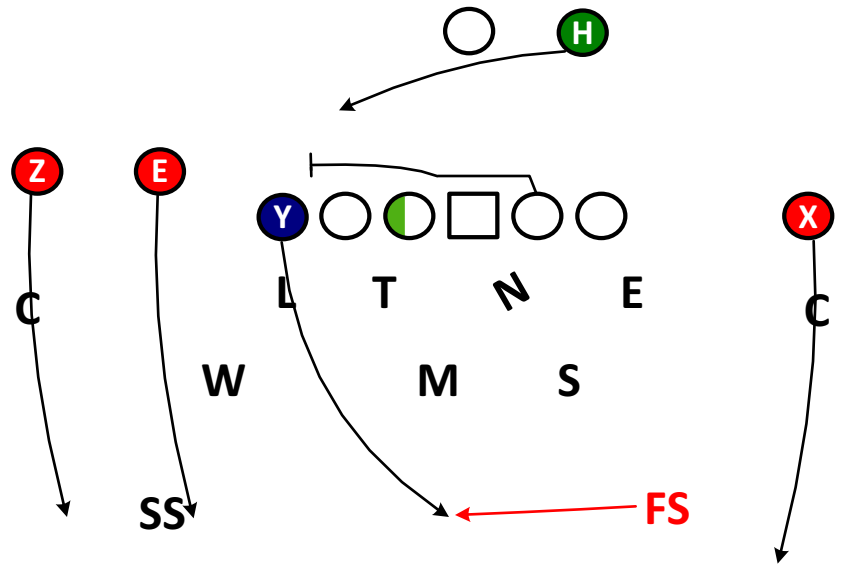
POWER



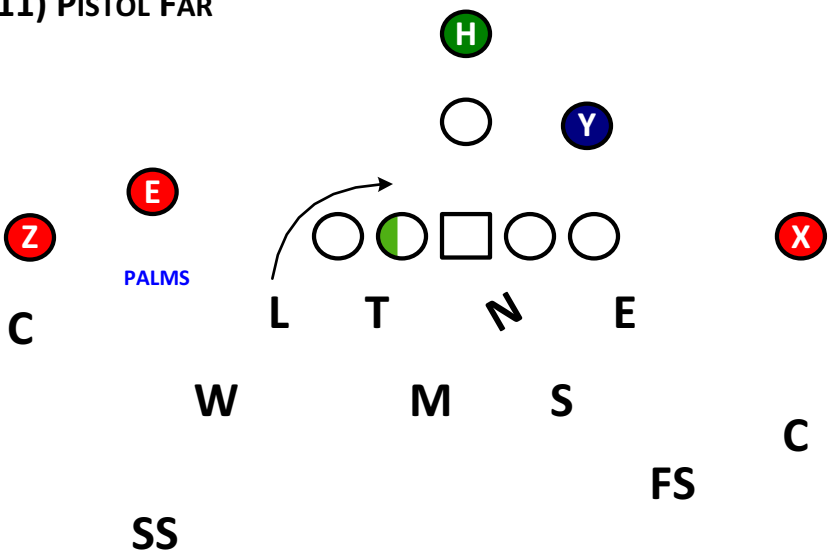
QB COUNTER



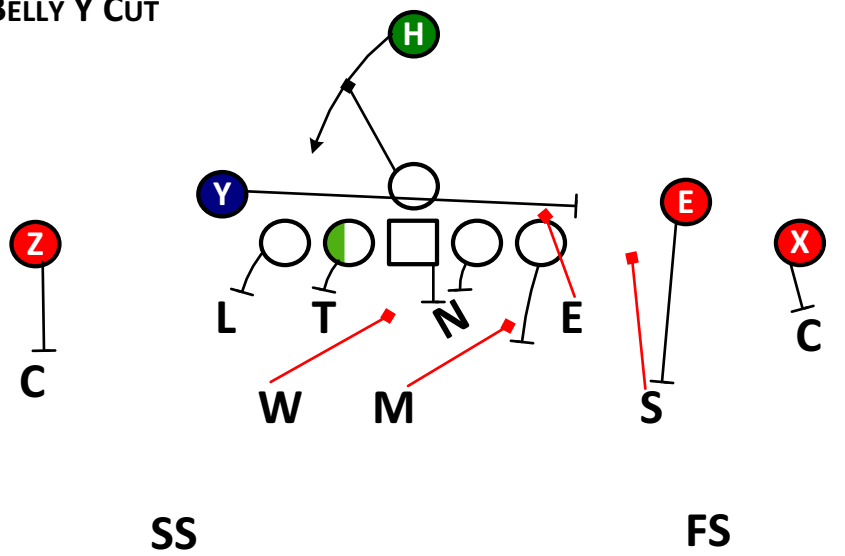
POWER PASS



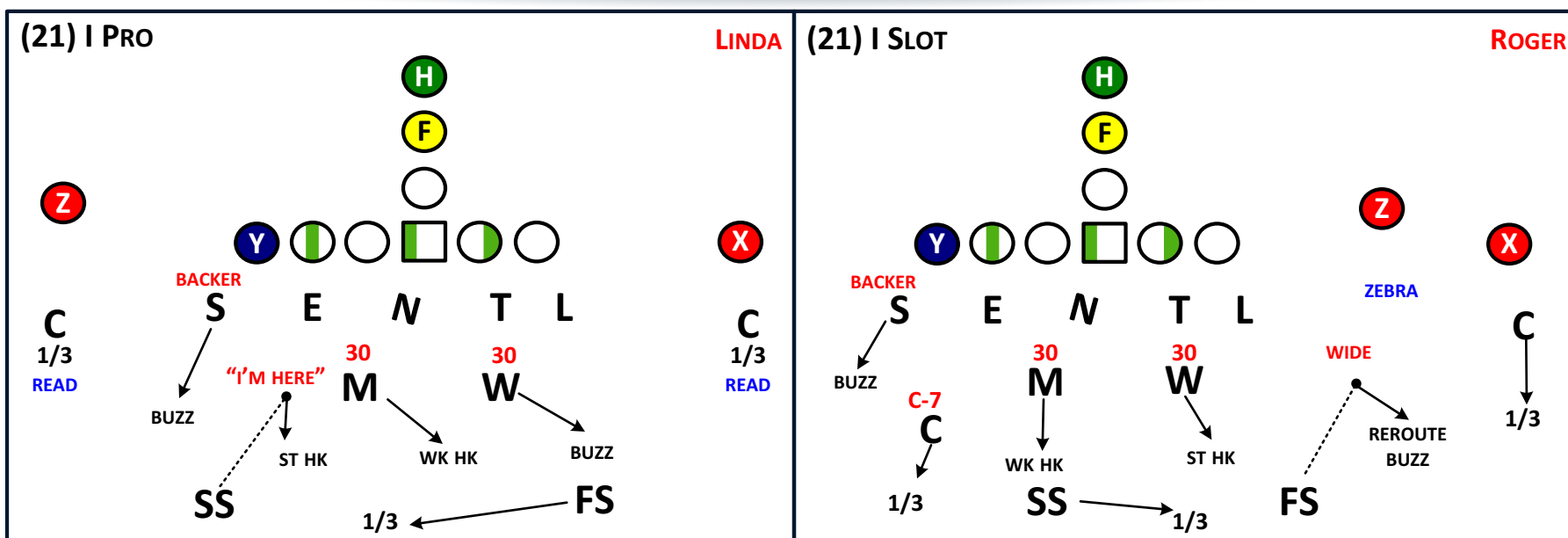
(11) PISTOL FAR



BELLY Y CUT



ROCK YAKIMA



ESSENCE:

1. **BASE UNDER FRONT WITH THE SAFETIES ADJUSTING TO THE FORMATION.**
2. **CORNERS REMAIN LEFT AND RIGHT.**

COACHING POINTS:

1. **SOLID CALL TO "Y"**
2. **SAFETIES COULD BE:**
 - 2 BACK PRO FAMILY (INCLUDING PAIR TRIPS): RITA/LINDA**
 - 1 BACK PRO FAMILY: ROGER/LOU TO THE 'U/F'**

ADJUSTMENTS:

1. **Vs. 2 BACK PRO FORMATIONS: RITA / LINDA**
2. **Vs. SLOT FORMATIONS: ROGER / LOU**
3. **Vs. 1 BACK PRO SETS: ROGER/LOU TO PASSING STRENGTH**
4. **Vs. Y MOTION OR Y SHIFT: CHECK MESA AND CHECK FIST. SAFETIES TRACK**
5. **SAM ALIGNMENTS:**
 - BACKER – CHECK CHEAT**
 - WIDE – CHECK MUG EASY (1 AND LOOSE 5 TECHNIQUE)**
 - DOWN – CHECK FIST**



ROCK YAKIMA

<p>1. Z MO I SLOT ROGER</p>	<p>2. Z MO I PRO LINDA</p>
<p>3. Y MO I PRO Y OFF CHECK MESA CHECK FIST RITA</p>	<p>4. I PRO Y OPEN CHECK MUG EASY LINDA</p>
<p>5. TRIPS BANANA ALERT LOU</p>	<p>6. DOUBLE OUT SEAM ALERT ALERT FLAT FLAT ROGER</p>
<p>7. FLY TRIPS BANANA ALERT LOU</p>	<p>8. PEEL DOUBLE OUT SEAM ALERT ALERT FLAT FLAT ROGER</p>

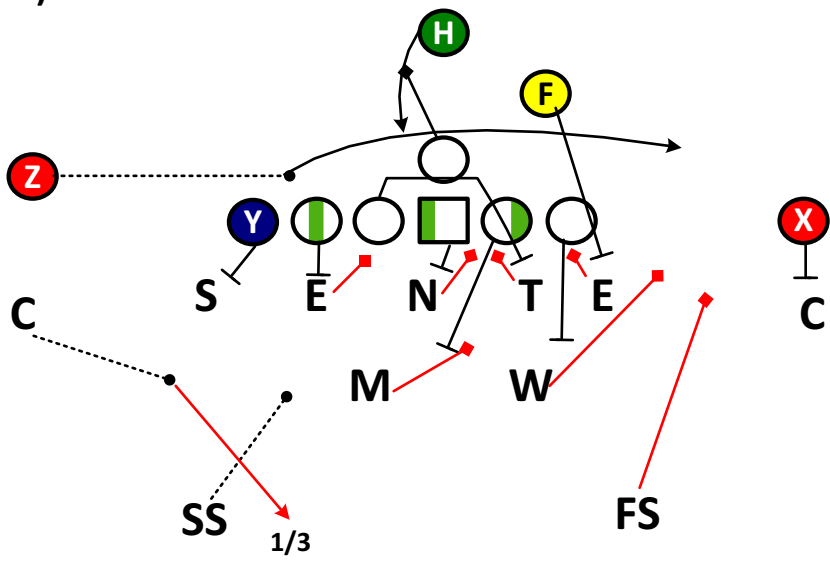


ROCK YAKIMA

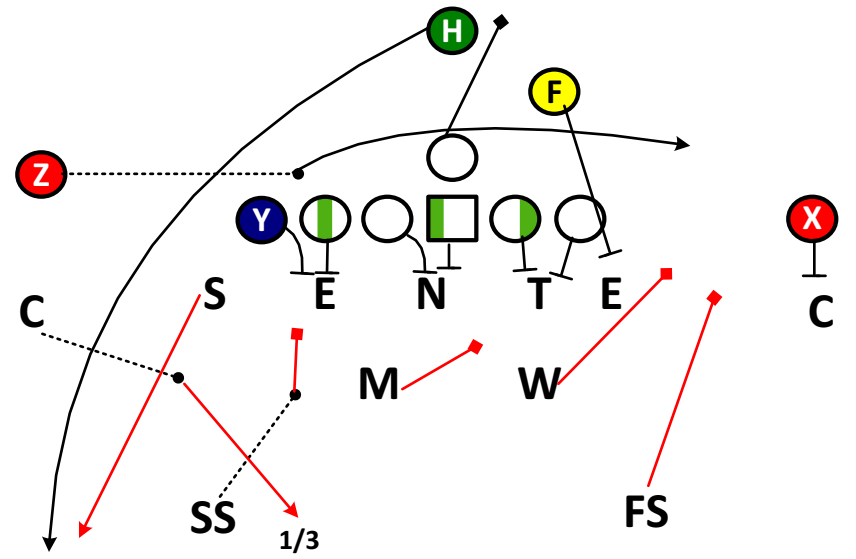
<p>1. SOLO</p> <p>SEAM ALERT ALERT FLAT FLAT ROGER</p>	<p>2. PAIR TRIPS</p> <p>BANANA ALERT CHECK MUG EASY</p>
<p>3. PAIR SLOT</p> <p>SEAM ALERT ALERT FLAT FLAT CHECK MUG EASY</p>	<p>4. SOLO SLOT</p> <p>BANANA ALERT ROGER</p>
<p>5. SLOT DOUBLE OUT</p> <p>SEAM ALERT ALERT FLAT FLAT ROGER</p>	<p>6. SEATTLE</p> <p>BANANA ALERT CHECK FIST</p>
<p>7. EMPTY</p> <p>SEAM ALERT LOU TO PASSING STRENGTH</p>	<p>8. FLY EMPTY</p> <p>SEAM ALERT CHECK MUG EASY STAY ROGER</p>



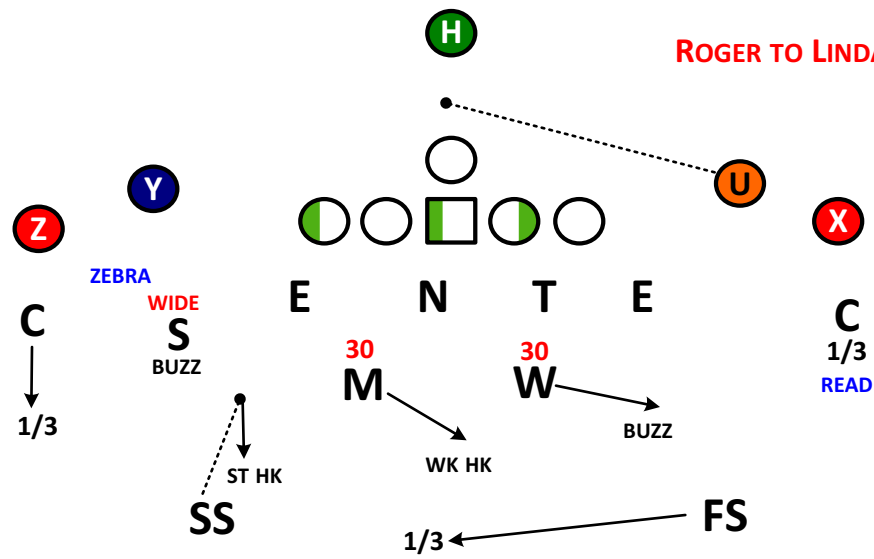
(21) I FAR PRO



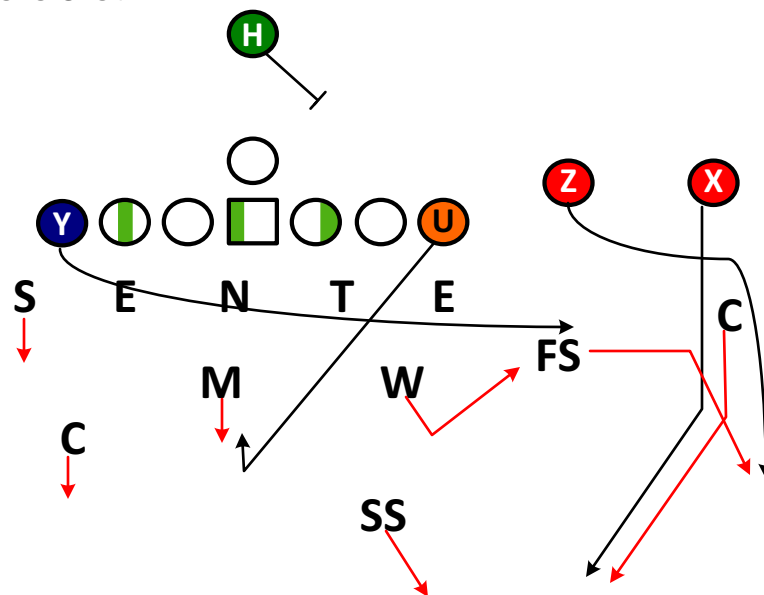
PAP – FLY SWEEP



BOX MOTION



SOLO SLOT





SEATTLE SEAHAWKS



DEFENSE

2013

**MAN
PRESSURES**

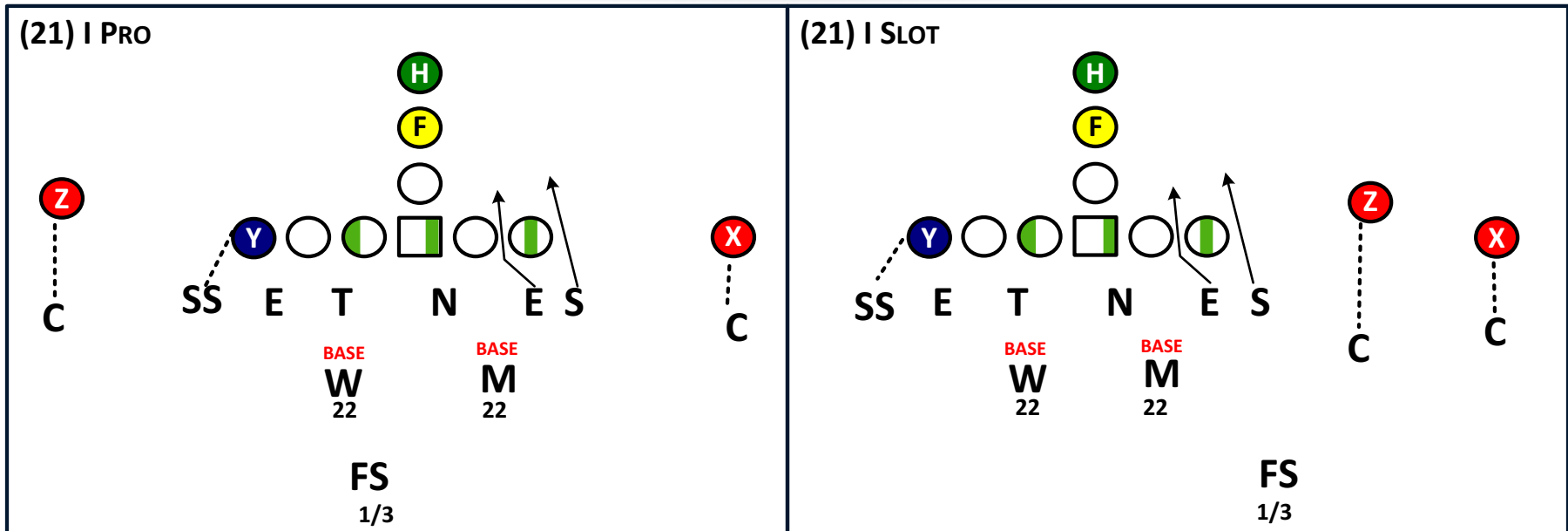


SEATTLE
SEAHAWKS 2013

MAN PRESSURES

- CHESTER SAM 1 Y BUMP
- UNDER FOX 1
- TUFF SAM 1 SALLY
- TUFF SAM 1 SPECIAL
- UNDER SAM 1 Y BUMP
- ROCK SMACK 1 JACK
- ROCK SMACK 1 Y SALLY
- ROCK SMACK 1 Y SPECIAL
- OVER TURBO 1 JACK
- UNDER WILL 1 TRACK

CHESTER SAM 1 Y BUMP



ESSENCE:

- CHESTER SAM 1 SALLY IS A 5 MAN PRESSURE OUT OF OUR CHEAT STONE LOOK.

COACHING POINTS:

- SOLID CALL TO THE Y
- SAM: CONTAIN BLITZER
- STRONG SAFETY: MAN TO MAN ON Y (FOREVER)
- WILL & MIKE: 2 ON 2 THE BACKS (BASE ALIGNMENTS)

ADJUSTMENTS:

- FLY/PEEL MOTION: MIKE AND WILL BUMP
- VS. ALIGNED 1 BACK SETS: MIKE AND WILL BUMP
- 2 BACK Y MOTION: ROCK AND ROLL
- VS. EMPTY: MIKE AND WILL ADJUST



CHESTER SAM 1 Y BUMP

<p>1. Z MO I SLOT</p>	<p>2. Z MO I PRO</p>
<p>3. Y MO I PRO Y OFF</p> <p style="text-align: right;">ROCK AND ROLL</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS</p> <p style="text-align: right;">BUMP</p>	<p>6. DOUBLE OUT</p> <p style="text-align: right;">BUMP</p>
<p>7. FLY TRIPS</p> <p style="text-align: right;">BUMP</p>	<p>8. PEEL DOUBLE OUT</p> <p style="text-align: right;">BUMP</p>

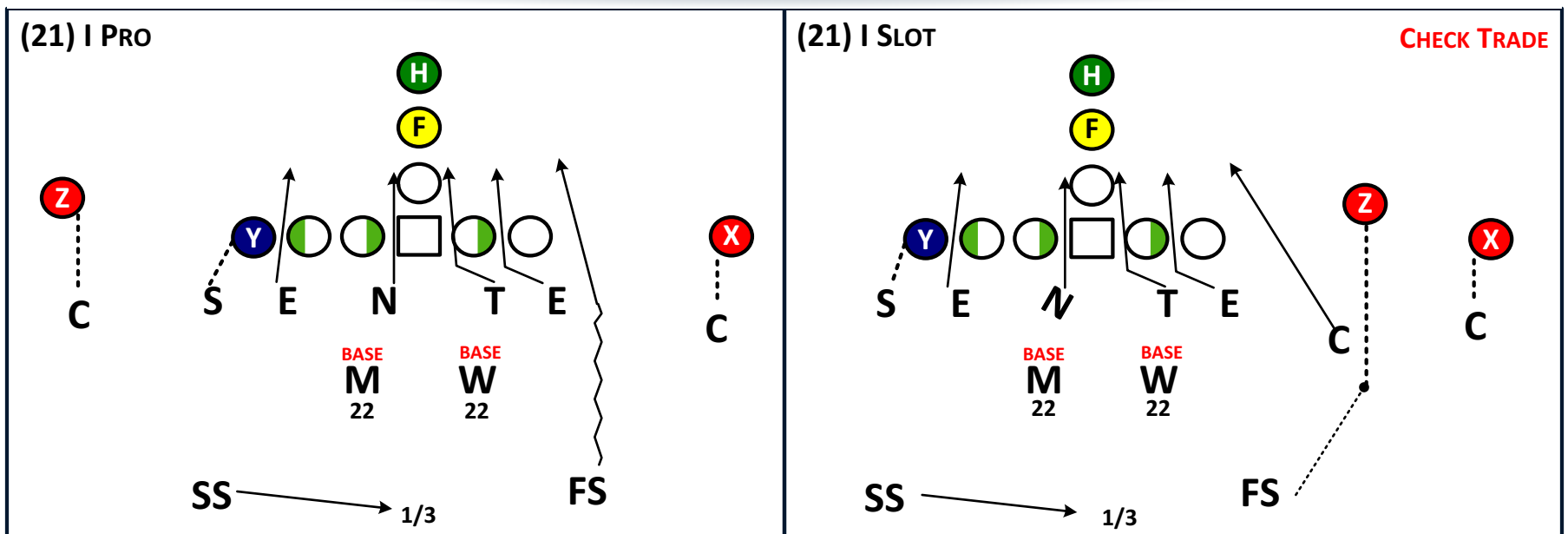


CHESTER SAM 1 Y BUMP

<p>1. SOLO CHECK SALLY CHECK CHEAT</p>	<p>2. PAIR TRIPS CHECK SALLY</p>
<p>3. PAIR SLOT CHECK SALLY</p>	<p>4. SOLO SLOT CHECK SALLY CHECK CHEAT</p>
<p>5. SLOT DOUBLE OUT CHECK SALLY</p>	<p>6. SEATTLE CHECK SALLY</p>
<p>7. EMPTY CHECK SALLY</p>	<p>8. FLY EMPTY CHECK SALLY</p>



UNDER G FOX 1 BUMP



ESSENCE:

- 1. 5 MAN UNDER 1 PRESSURE WITH THE FREE SAFETY RUSHING OFF THE FLEX SIDE EDGE.**

COACHING POINTS:

- 1. SOLID CALL TO THE "Y".**
- 2. MIKE AND WILL: 22 THE BACKS.**

ADJUSTMENTS:

- 1. VS. PRO X NASTY: CHECK TRADE.**
- 2. VS. ALIGNED OR MOTION TO SLOT: CHECK TRADE.**
- 3. VS. 2 BACK Y SHIFT: BUMP.**
- 4. VS. ALIGNED OR MOTIONED TO 1 BACK SETS: BUMP.**



UNDER G FOX 1 BUMP

<p>1. Z MO I SLOT CHECK TRADE</p>	<p>2. Z MO I PRO CHECK FELIX</p>
<p>3. Y MO I PRO Y OFF BUMP</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS BUMP</p>	<p>6. DOUBLE OUT BUMP</p>
<p>7. FLY TRIPS BUMP</p>	<p>8. PEEL DOUBLE OUT BUMP</p>



UNDER G FOX 1 BUMP

<p>1. SOLO</p>	<p>2. PAIR TRIPS</p>
<p>3. PAIR SLOT CHECK TRADE</p>	<p>4. SOLO SLOT CHECK TRADE</p>
<p>5. SLOT DOUBLE OUT CHECK TRADE</p>	<p>6. SEATTLE</p>
<p>7. EMPTY</p>	<p>8. FLY EMPTY</p>

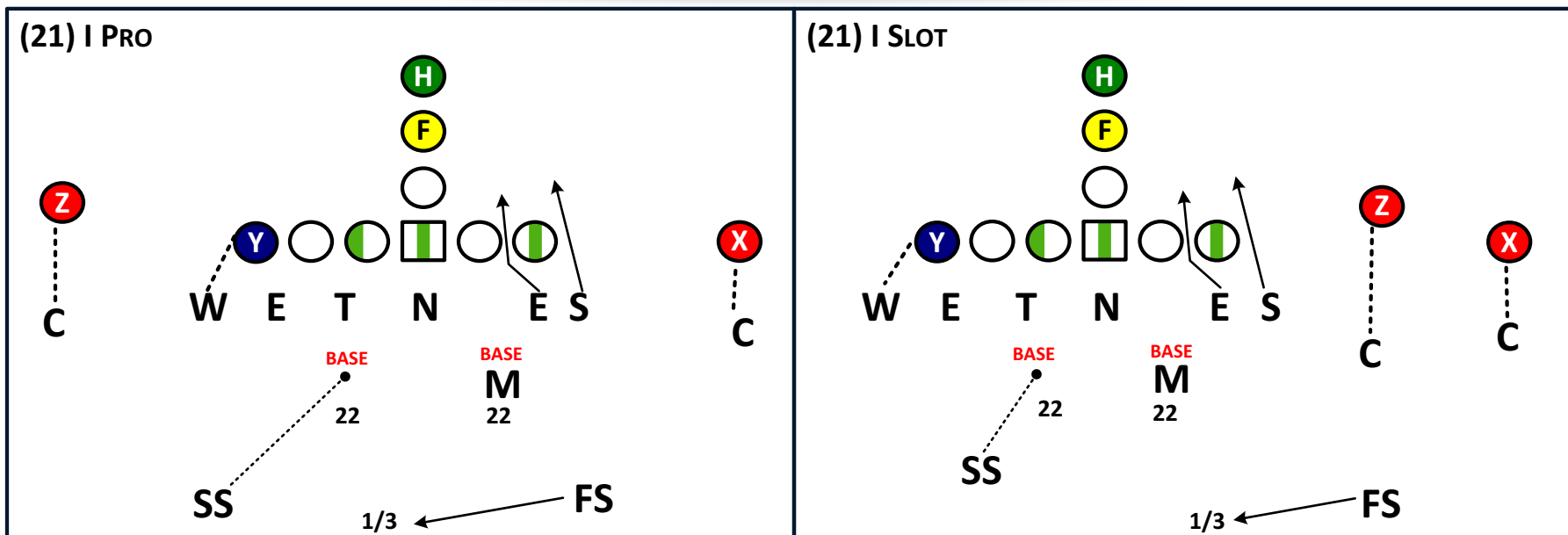


UNDER G FELIX 1 BUMP

1.	2.
3.	4.
5.	6.
7.	8.



TUFF SAM 1 SALLY



ESSENCE:

1. TUFF SAM 1 SALLY IS A 5 MAN PRESSURE OUT OF OUR TUFF LOOK.

COACHING POINTS:

1. SOLID CALL TO THE Y
2. SAM: CONTAIN BLITZER
3. WILL: MAN TO MAN ON Y
4. SS & MIKE: 2 ON 2 THE BACKS

ADJUSTMENTS:

1. FLY/PEEL MOTION: CHECK SALLY
2. VS. ALIGNED 1 BACK SETS: CHECK SPECIAL
3. 2 BACK Y MOTION: CHECK SWITCH (ROCK SMACK 1 Y SALLY)
4. VS. 2 BACK Y OPEN: CHECK SWITCH
5. VS. EMPTY: CHECK SPECIAL, MIKE ADJUST



TUFF SAM 1 SALLY

<p>1. Z MO I SLOT</p>	<p>2. Z MO I PRO</p>
<p>3. Y MO I PRO Y OFF</p> <p>CHECK SWITCH CHECK CHEAT</p>	<p>4. I PRO Y OPEN</p> <p>CHECK SWITCH</p>
<p>5. TRIPS</p> <p>CHECK SALLY</p>	<p>6. DOUBLE OUT</p> <p>CHECK SALLY</p>
<p>7. FLY TRIPS</p> <p>CHECK SALLY</p>	<p>8. PEEL DOUBLE OUT</p> <p>CHECK SALLY</p>

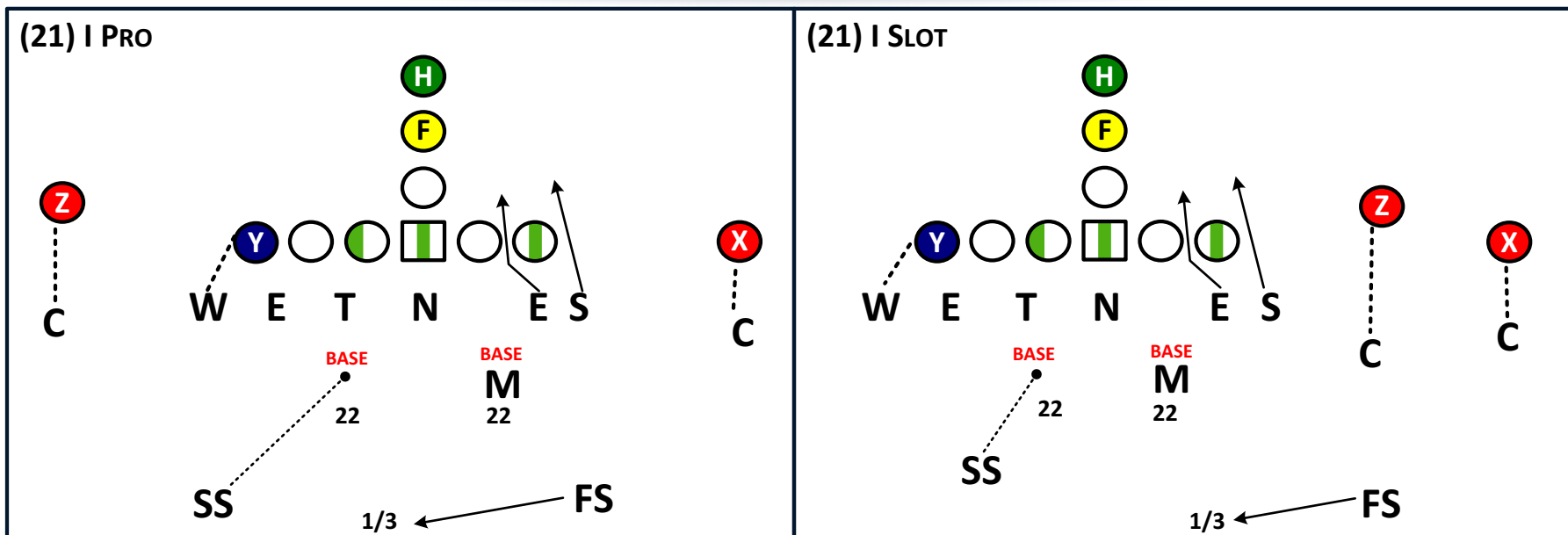


TUFF SAM 1 SALLY

<p>1. SOLO CHECK SALLY CHECK CHEAT</p> <p style="text-align: center;">STK A M MAN RB</p>	<p>2. PAIR TRIPS CHECK SALLY</p> <p style="text-align: center;">STK A M</p>
<p>3. PAIR SLOT CHECK SALLY</p> <p style="text-align: center;">STK A M MAN RB</p>	<p>4. SOLO SLOT CHECK SALLY CHECK CHEAT</p> <p style="text-align: center;">STK A M MAN RB</p>
<p>5. SLOT DOUBLE OUT CHECK SALLY</p> <p style="text-align: center;">STK A M MAN RB</p>	<p>6. SEATTLE CHECK SALLY</p> <p style="text-align: center;">STK A M MAN RB</p>
<p>7. EMPTY CHECK SALLY</p>	<p>8. FLY EMPTY CHECK SALLY</p>



TUFF SAM 1 SPECIAL



ESSENCE:

1. TUFF SAM 1 SALLY IS A 5 MAN PRESSURE OUT OF OUR TUFF LOOK.

COACHING POINTS:

1. SOLID CALL TO THE Y
2. SAM: CONTAIN BLITZER
3. WILL: MAN TO MAN ON Y
4. SS & MIKE: 2 ON 2 THE BACKS

ADJUSTMENTS:

1. FLY/PEEL MOTION: SPECIAL RULES APPLY
2. VS. ALIGNED 1 BACK SETS: CHECK SPECIAL
3. 2 BACK Y MOTION: CHECK SWITCH (ROCK SMACK 1 Y SALLY)
4. VS. 2 BACK Y OPEN: CHECK SWITCH
5. VS. EMPTY: CHECK SPECIAL, MIKE ADJUST



TUFF SAM 1 SPECIAL

<p>1. Z MO I SLOT</p>	<p>2. Z MO I PRO</p>
<p>3. Y MO I PRO Y OFF</p> <p>CHECK SWITCH CHECK CHEAT</p>	<p>4. I PRO Y OPEN</p> <p>CHECK SWITCH</p>
<p>5. TRIPS</p> <p>CHECK SPECIAL</p>	<p>6. DOUBLE OUT</p> <p>CHECK SPECIAL</p>
<p>7. FLY TRIPS</p> <p>BUMP</p>	<p>8. PEEL DOUBLE OUT</p> <p>BUMP</p>



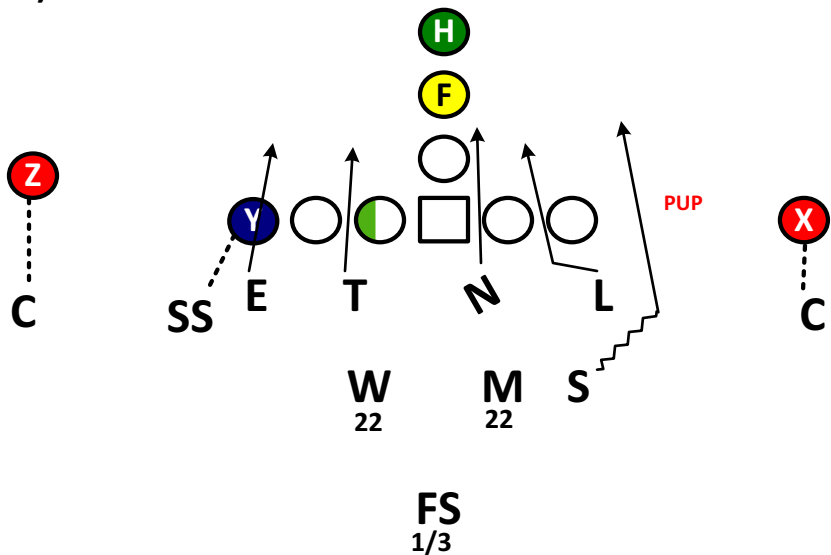
TUFF SAM 1 SPECIAL

<p>1. SOLO CHECK SPECIAL CHECK CHEAT</p>	<p>2. PAIR TRIPS CHECK SPECIAL</p>
<p>3. PAIR SLOT CHECK SPECIAL</p>	<p>4. SOLO SLOT CHECK SPECIAL CHECK CHEAT</p>
<p>5. SLOT DOUBLE OUT CHECK SPECIAL</p>	<p>6. SEATTLE CHECK SPECIAL</p>
<p>7. EMPTY CHECK SPECIAL</p>	<p>8. FLY EMPTY CHECK SPECIAL</p>

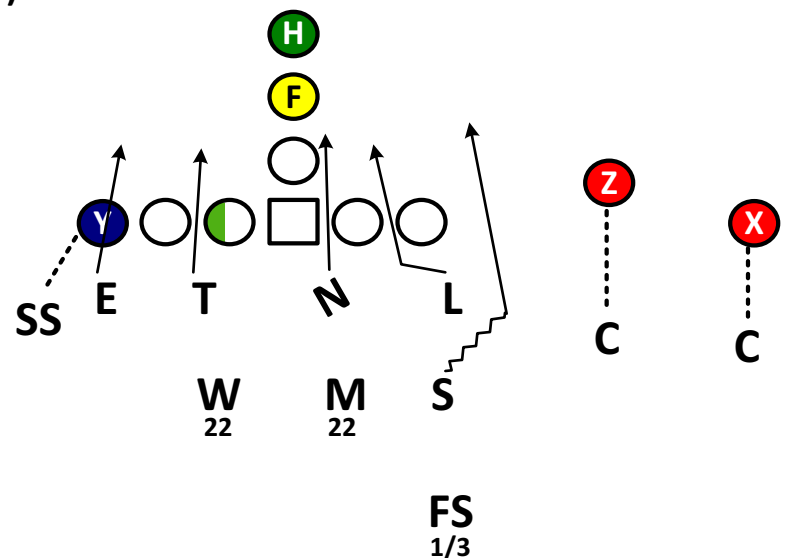


OVER SAM 1 Y

(21) I PRO



(21) I SLOT



ESSENCE:

1. THIS IS A 5 MAN PRESSURE OUT OF AN OVER FRONT.
2. SAM RUSH CONTAINS THE FLEX SIDE

COACHING POINTS:

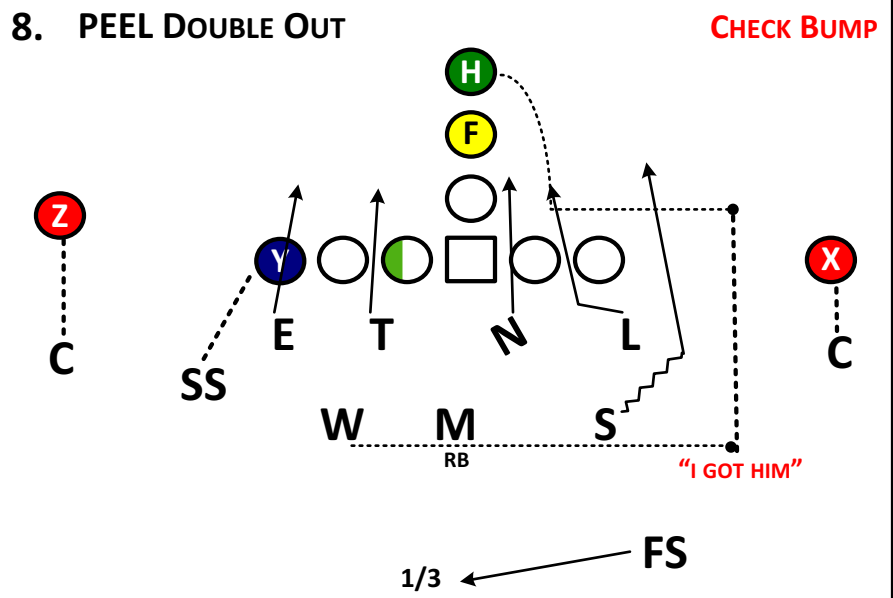
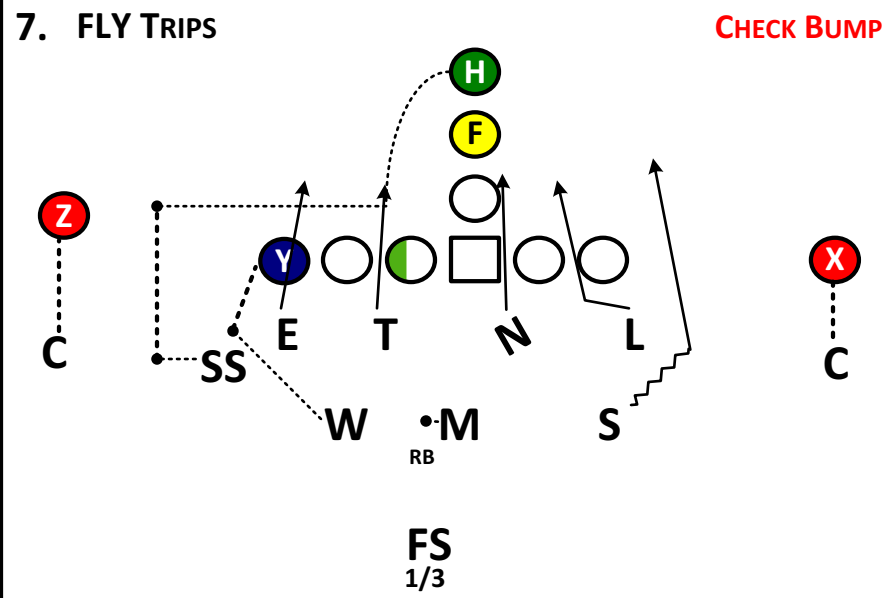
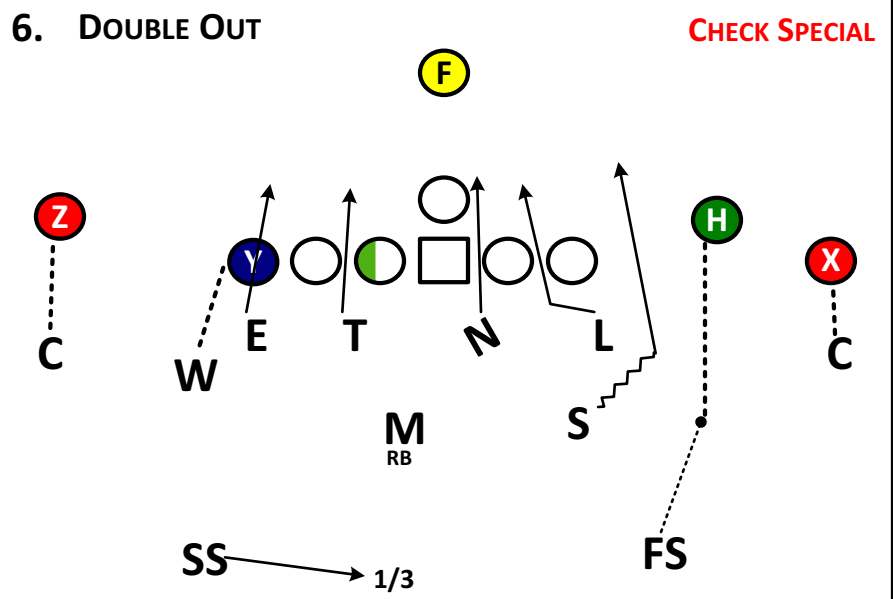
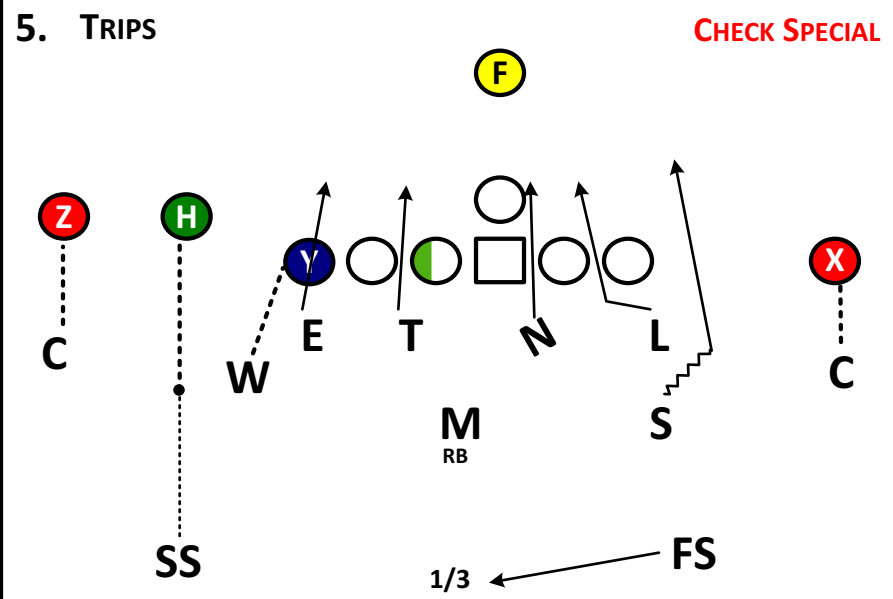
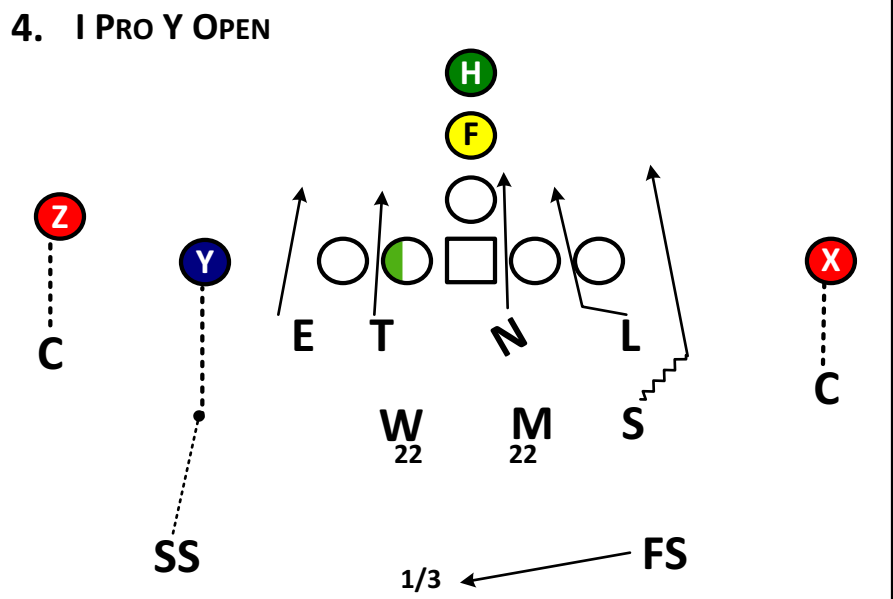
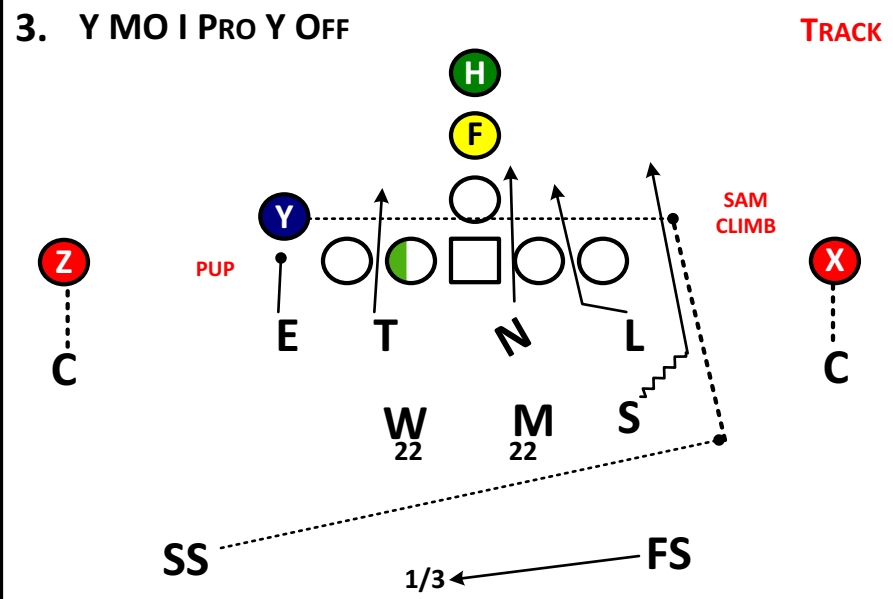
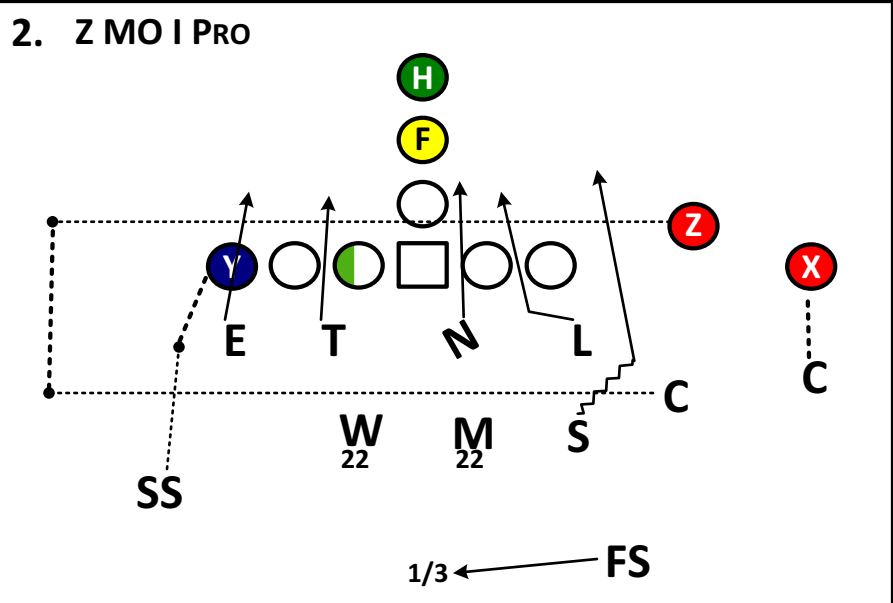
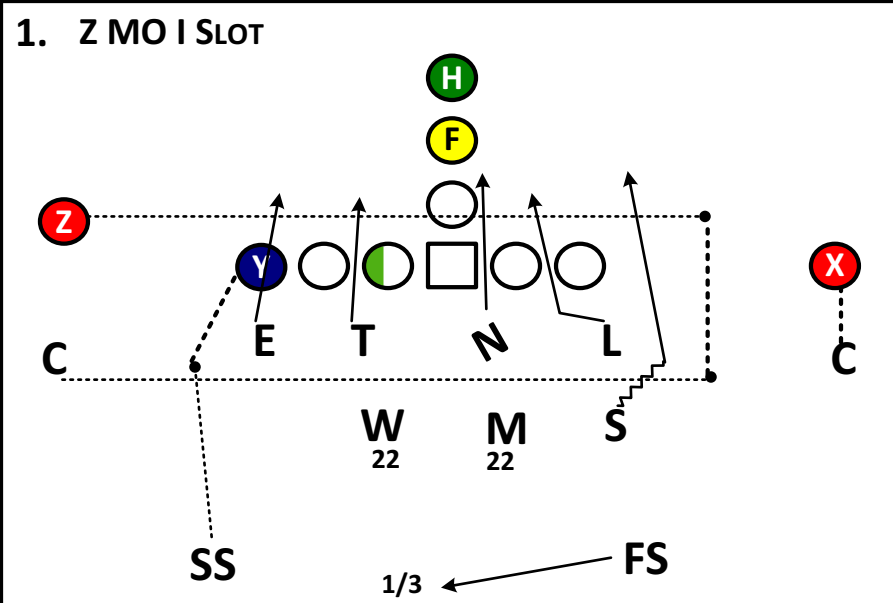
1. SOLID CALL TO THE "Y"
2. **SAM PUP TECHNIQUE: "PIN THE HIP AND UP"**

ADJUSTMENTS:

1. ALIGNED 1 BACK: CHECK SPECIAL
2. **Vs. FLY/PEEL MOTION: BUMP ("I GOT HIM")**
3. **Vs. 2 BACK Y MOTION: TRACK – SAM CLIMB**
4. **Vs. 1 BACK Y MOTION: BUMP (LBS ADJUST) "YUKON"**
5. **Vs. BOX FLY/PEEL: SS TRACK WITH 'RIP OR LIZ' CALL**
6. **Vs. EMPTY: MIKE TAKES THE RB**



OVER SAM 1 Y



UNDER SAM 1 Y BUMP

<p>1. Z MO I SLOT</p>	<p>2. Z MO I PRO</p>
<p>3. Y MO I PRO Y OFF</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS</p>	<p>6. DOUBLE OUT</p>
<p>7. FLY TRIPS</p>	<p>8. PEEL DOUBLE OUT</p>



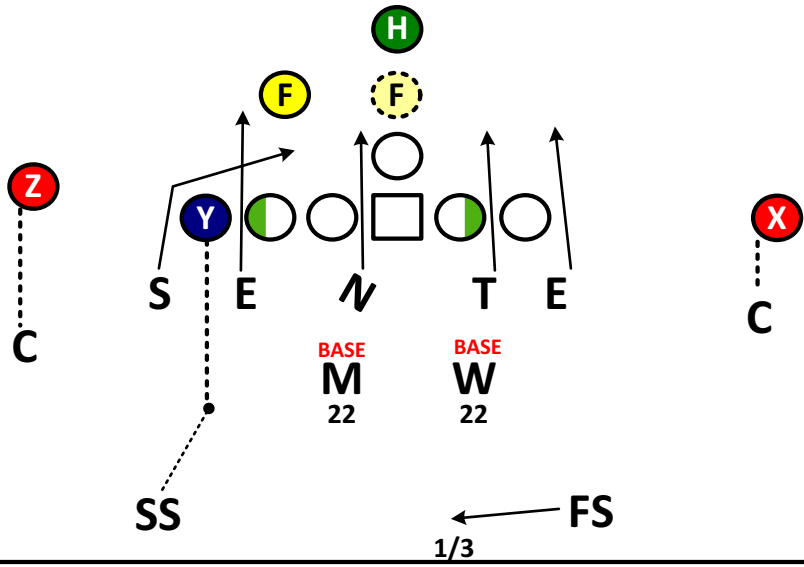
UNDER SAM 1 Y BUMP

<p>1. SOLO BUMP</p>	<p>2. PAIR TRIPS BUMP</p>
<p>3. PAIR SLOT BUMP</p>	<p>4. SOLO SLOT BUMP</p>
<p>5. SLOT DOUBLE OUT BUMP</p>	<p>6. SEATTLE BUMP</p>
<p>7. EMPTY BUMP</p>	<p>8. FLY EMPTY BUMP</p>



UNDER SAM 1 Y BUMP

1. CHECK LOOP



2.

3.

4.

5.

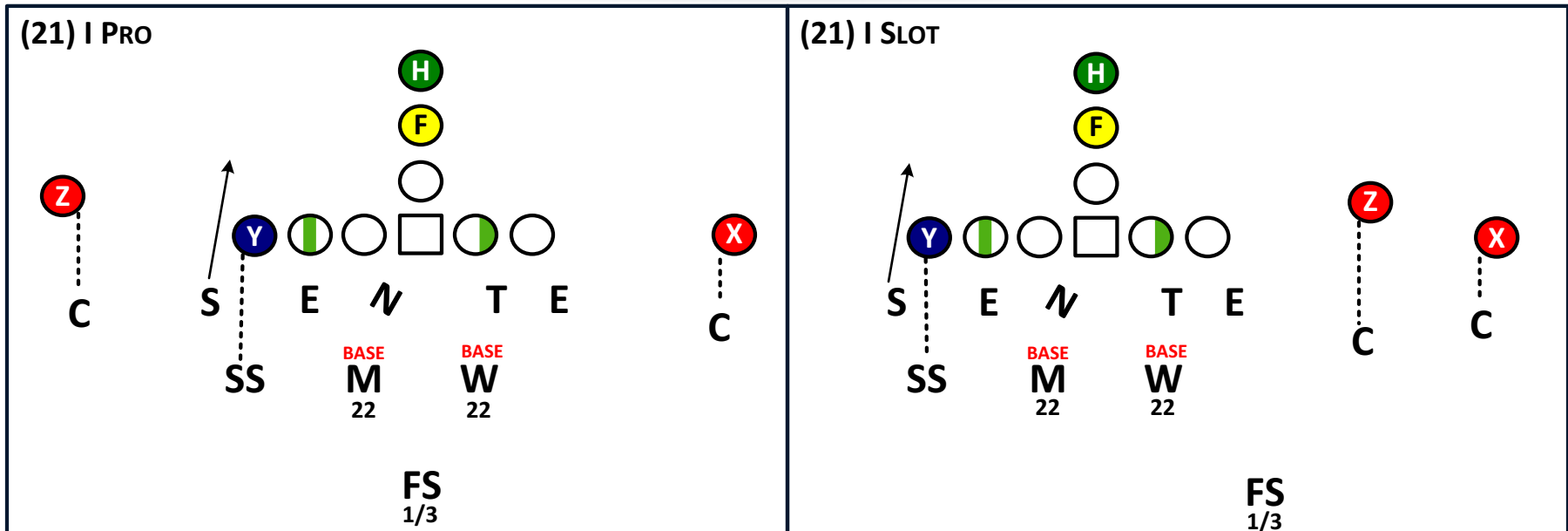
6.

7.

8.



ROCK SMACK 1 JACK



ESSENCE:

1. **ROCK SMACK 1 JACK IS A BASE UNDER FAMILY 5 MAN PRESSURE WITH THE SAM RUSHING OFF THE SOLID SIDE EDGE.**

COACHING POINTS:

1. **SOLID CALL TO THE "Y".**
2. **SAM: PUP TECHNIQUE**
3. **SS: MAN TO MAN ON #88**
4. **MIKE AND WILL 22 THE BACKS**

ADJUSTMENTS:

1. **2 BACK Y MOTION: SAFETY TRACK THE Y. MIKE AND WILL 22 THE BACKS.**
2. **JACK RULES APPLY.**
 SS: MAN ON #88
 MIKE & WILL: ADJUST
3. **EMPTY: MIKE & WILL ADJUST**



ROCK SMACK 1 JACK

<p>1. Z MO I SLOT</p> <p>FS 1/3</p>	<p>2. Z MO I PRO</p> <p>FS 1/3</p>
<p>3. Y MO I PRO Y OFF</p> <p>CHECK FIST TRACK</p> <p>FS 1/3</p>	<p>4. I PRO Y OPEN</p> <p>CHECK FIST</p> <p>FS 1/3</p>
<p>5. TRIPS</p> <p>JACK RULES</p> <p>FS 1/3</p>	<p>6. DOUBLE OUT</p> <p>JACK RULES</p> <p>FS 1/3</p>
<p>7. FLY TRIPS</p> <p>JACK RULES</p> <p>FS 1/3</p>	<p>8. PEEL DOUBLE OUT</p> <p>JACK RULES</p> <p>FS 1/3</p>

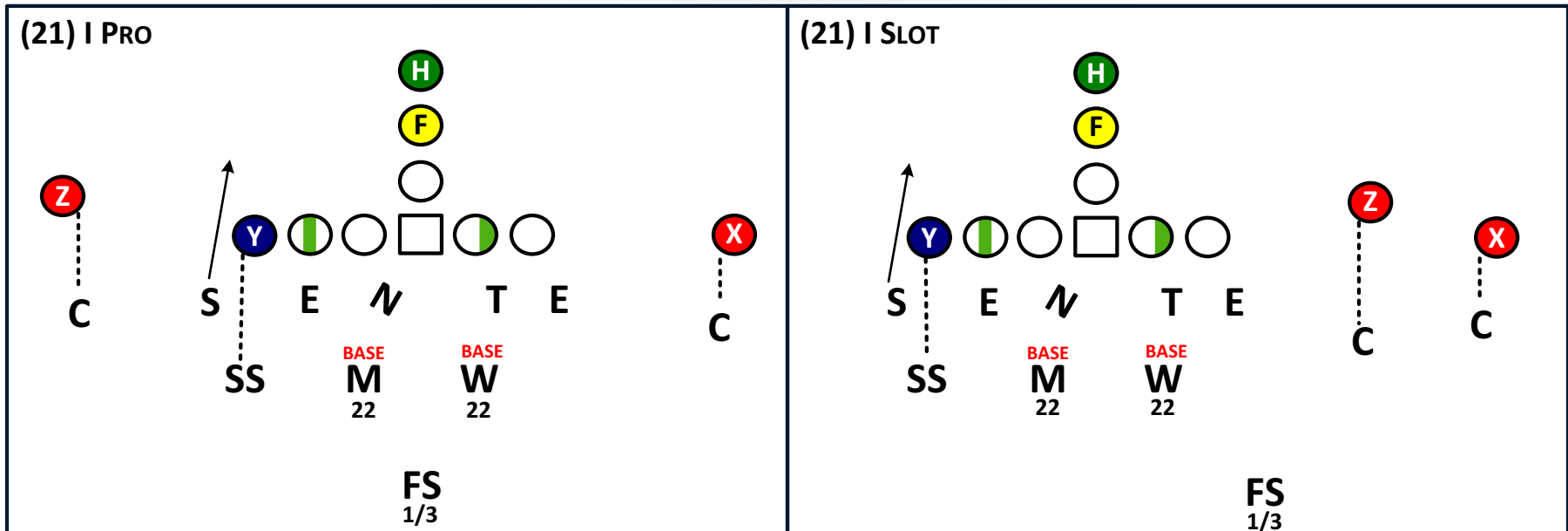


ROCK SMACK 1 JACK

<p>1. SOLO JACK RULES</p>	<p>2. PAIR TRIPS JACK RULES</p>
<p>3. PAIR SLOT JACK RULES</p>	<p>4. SOLO SLOT JACK RULES</p>
<p>5. SLOT DOUBLE OUT JACK RULES</p>	<p>6. SEATTLE JACK RULES</p>
<p>7. EMPTY JACK RULES</p>	<p>8. FLY EMPTY JACK RULES</p>



ROCK SMACK 1 Y SALLY



ESSENCE:

1. **ROCK SMACK 1Y SALLY IS A BASE UNDER FAMILY 5 MAN PRESSURE WITH THE SAM RUSHING OFF THE SOLID SIDE EDGE.**

COACHING POINTS:

1. **SOLID CALL TO THE "Y".**
2. **SAM: PUP TECHNIQUE**
3. **SS: MAN TO MAN ON Y**
4. **MIKE AND WILL 22 THE BACKS**

ADJUSTMENTS:

1. **2 BACK Y MOTION: SAFETY TRACK THE Y. MIKE AND WILL 22 THE BACKS.**
2. **SALLY RULES APPLY.**
 VS. FLY/PEEL MOTION: SALLY ADJUST
 ALIGNED ONE BACK: SALLY ADJUST
 VS. BOX FLY/PEEL MOTION: TRACK
3. **EMPTY: WILL ADJUST**



ROCK SMACK 1 Y SALLY

<p>1. Z MO I SLOT</p> <p>FS 1/3</p>	<p>2. Z MO I PRO</p> <p>FS 1/3</p>
<p>3. Y MO I PRO Y OFF</p> <p>CHECK FIST TRACK</p> <p>FS 1/3</p>	<p>4. I PRO Y OPEN</p> <p>CHECK FIST</p> <p>FS 1/3</p>
<p>5. TRIPS</p> <p>SALLY ADJUST</p> <p>FS 1/3</p>	<p>6. DOUBLE OUT</p> <p>SALLY ADJUST</p> <p>SS 1/3</p>
<p>7. FLY TRIPS</p> <p>SALLY ADJUST</p> <p>FS 1/3</p> <p>"I GOT HIM"</p>	<p>8. PEEL DOUBLE OUT</p> <p>SALLY ADJUST</p> <p>FS 1/3</p> <p>"I GOT HIM"</p>



ROCK SMACK 1 Y SALLY

<p>1. SOLO SALLY ADJUST</p> <p style="text-align: center;">SS 1/3</p>	<p>2. PAIR TRIPS SALLY ADJUST</p> <p style="text-align: center;">FS 1/3</p>
<p>3. PAIR SLOT SALLY ADJUST</p> <p style="text-align: center;">FS 1/3</p>	<p>4. SOLO SLOT SALLY ADJUST</p> <p style="text-align: center;">SS 1/3</p>
<p>5. SLOT DOUBLE OUT SALLY ADJUST</p> <p style="text-align: center;">FS 1/3</p>	<p>6. SEATTLE SALLY ADJUST</p> <p style="text-align: center;">SS 1/3</p>
<p>7. EMPTY SALLY ADJUST</p> <p style="text-align: center;">SS → 1/3</p>	<p>8. FLY EMPTY SALLY ADJUST</p> <p style="text-align: center;">SS 1/3</p>



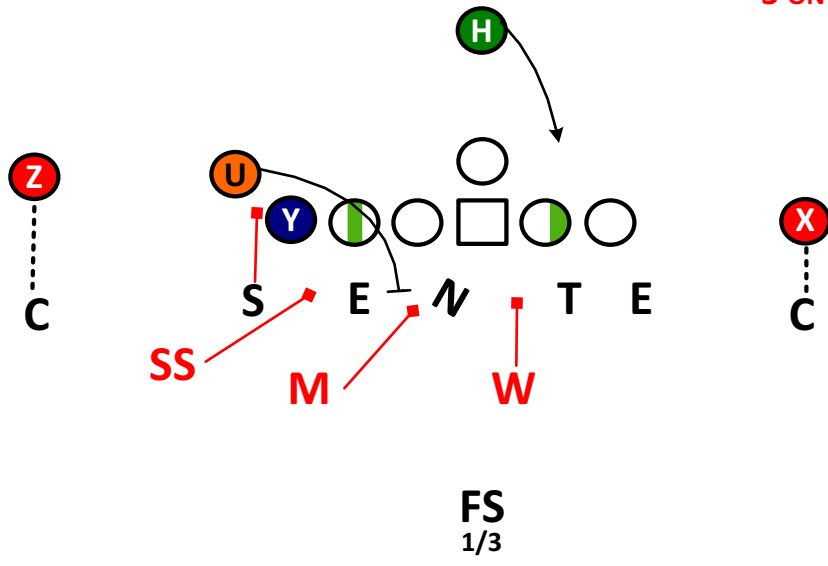
ROCK SMACK 1 Y

<p>1. YUKON MOTION</p> <p>CHECK SPECIAL LBS BUMP</p>	<p>2. PAIR TRIPS</p> <p>SALLY ADJUST 3 ON 3</p>
<p>3. Y MO</p> <p>SALLY ADJUST LBS: BUMP</p>	<p>4. Y MO I PRO Y OFF</p> <p>CHECK FIST SAM PUP TECHNIQUE</p>
<p>5. SHORT BOX FLY</p> <p>CHECK SWITCH 2 ON 2</p>	<p>6. U MOTION</p> <p>SALLY ADJUST 2 ON 2</p>
<p>7. BOX FLY</p> <p>SALLY ADJUST 2 ON 2</p>	<p>8. ROCK SMACK 1 Y SALLY</p> <p>SALLY ADJUST</p>

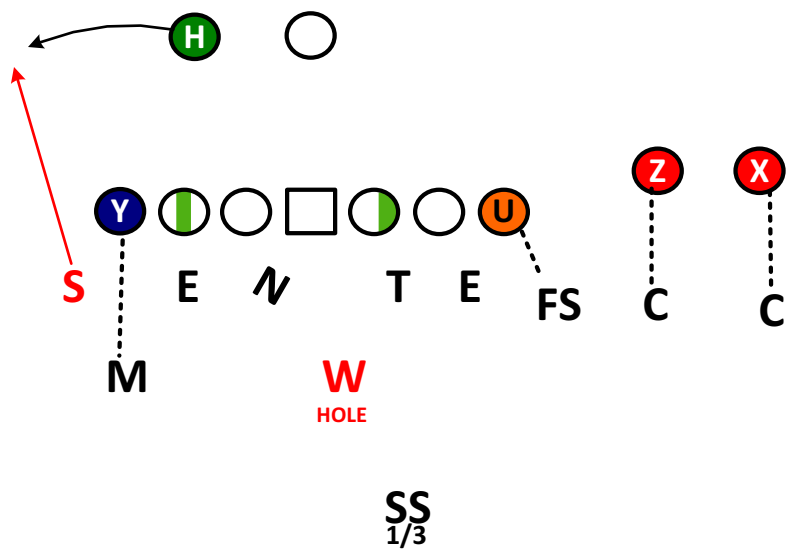


PAIR TRIPS

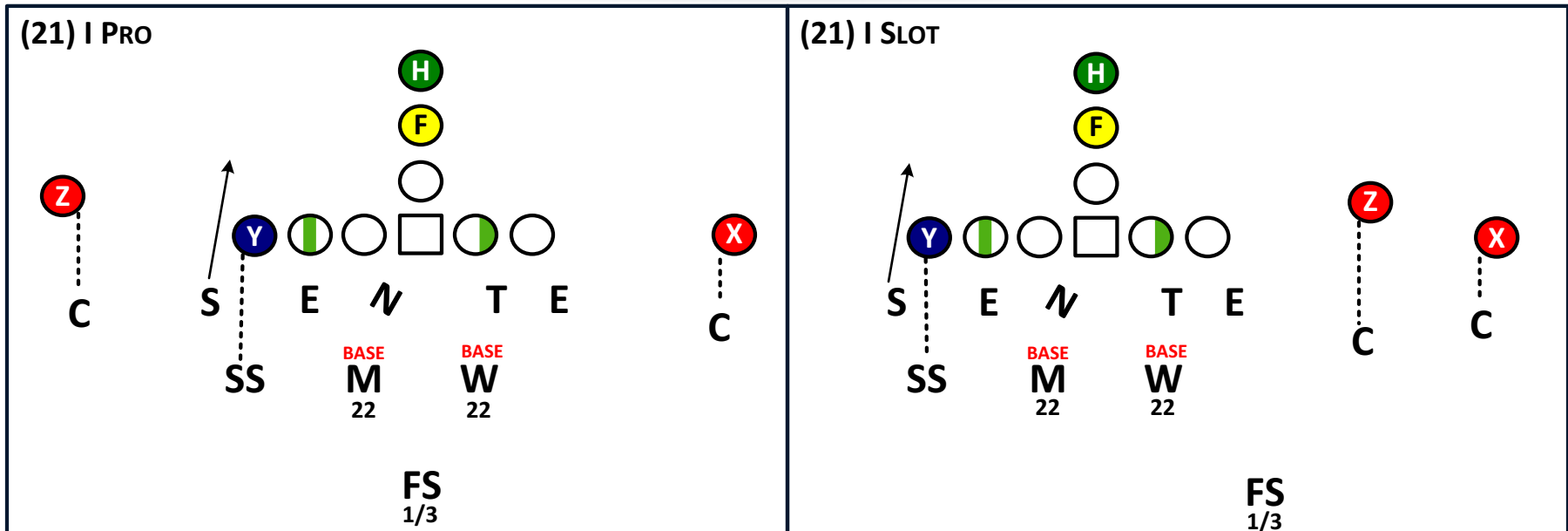
3 ON 3



BUSH SCREEN



ROCK SMACK 1 Y SPECIAL



ESSENCE:

1. **ROCK SMACK 1Y SALLY IS A BASE UNDER FAMILY 5 MAN PRESSURE WITH THE SAM RUSHING OFF THE SOLID SIDE EDGE.**

COACHING POINTS:

1. **SOLID CALL TO THE "Y".**
2. **SAM: PUP TECHNIQUE**
3. **SS: MAN TO MAN ON Y**
4. **MIKE AND WILL 22 THE BACKS**

ADJUSTMENTS:

1. **2 BACK Y MOTION: SAFETY TRACK THE Y. MIKE AND WILL 22 THE BACKS.**
2. **SPECIAL RULES APPLY.**
VS. FLY/PEEL MOTION: BUMP
ALIGNED ONE BACK: SALLY ADJUST
3. **EMPTY: WILL ADJUST**



ROCK SMACK 1 Y SPECIAL

<p>1. Z MO I SLOT</p> <p>FS 1/3</p>	<p>2. Z MO I PRO</p> <p>FS 1/3</p>
<p>3. Y MO I PRO Y OFF</p> <p>CHECK FIST TRACK</p> <p>FS 1/3</p>	<p>4. I PRO Y OPEN</p> <p>CHECK FIST</p> <p>FS 1/3</p>
<p>5. TRIPS</p> <p>CHECK SPECIAL</p> <p>FS 1/3</p>	<p>6. DOUBLE OUT</p> <p>CHECK SPECIAL</p> <p>SS 1/3</p>
<p>7. FLY TRIPS</p> <p>BUMP</p> <p>FS 1/3</p> <p>"I GOT HIM"</p>	<p>8. PEEL DOUBLE OUT</p> <p>BUMP</p> <p>FS 1/3</p> <p>"I GOT HIM"</p>



ROCK SMACK 1 Y SPECIAL

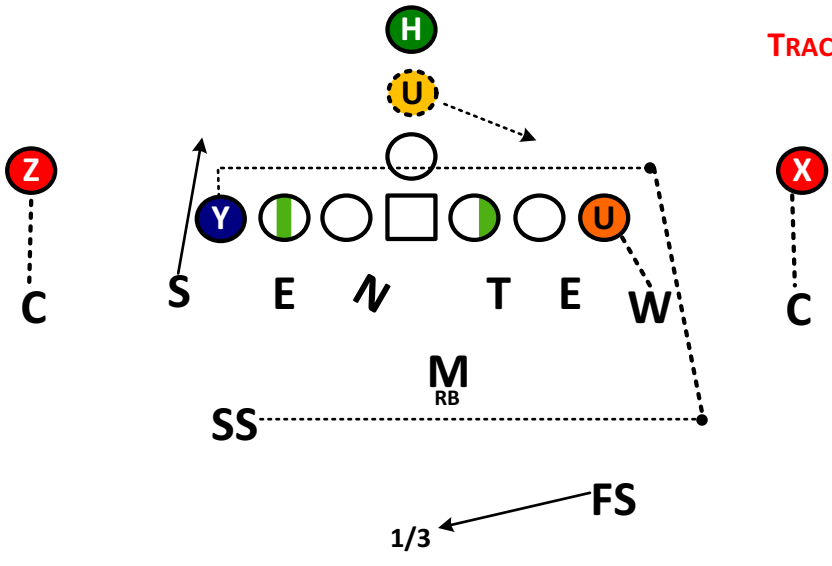
<p>1. SOLO CHECK SPECIAL</p> <p style="text-align: center;">SS 1/3</p>	<p>2. PAIR TRIPS CHECK SPECIAL</p> <p style="text-align: center;">FS 1/3</p>
<p>3. PAIR SLOT CHECK SPECIAL</p> <p style="text-align: center;">FS 1/3</p>	<p>4. SOLO SLOT CHECK SPECIAL</p> <p style="text-align: center;">SS 1/3</p>
<p>5. SLOT DOUBLE OUT CHECK SPECIAL</p> <p style="text-align: center;">FS 1/3</p>	<p>6. SEATTLE CHECK SPECIAL</p> <p style="text-align: center;">SS 1/3</p>
<p>7. EMPTY CHECK SPECIAL</p> <p style="text-align: center;">SS → 1/3</p>	<p>8. FLY EMPTY CHECK SPECIAL</p> <p style="text-align: center;">SS 1/3</p>



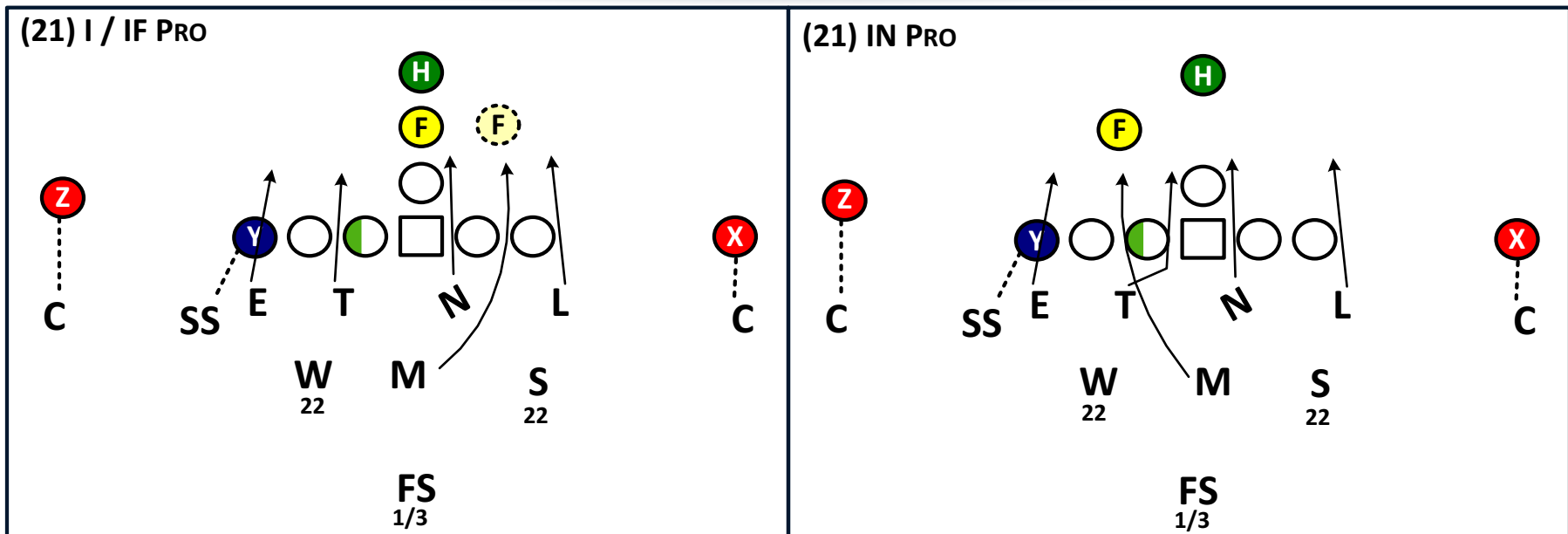
CARDINAL MOTION

BUMP

TRACK



OVER TURBO 1 JACK



ESSENCE:

1. THIS IS A 5 MAN PRESSURE OUT OF AN OVER FRONT.

COACHING POINTS:

1. SOLID CALL TO THE "Y." TURBO RT/LT TO THE TILT OF THE BACK
 2. **MIKE: STR SHADE. BLITZ B GAP TO THE SIDE OF THE TILT.**
I BACKS: FLEX
VS. 12 PERSONNEL: TREAT THE "U" LIKE THE 'F'.
IF 'Y' & 'U' ARE OPPOSITE, BLITZ B GAP AWAY FROM
- #88**
3. **SAM: 22 THE BACKS. TAN ALIGNMENT.**
 4. **WILL: 22 THE BACKS: TAN ALIGNMENT.**
 5. **SS: MAN #88**

ADJUSTMENTS:

1. **ALIGNED 1 BACK: SS MAN #88. SAM AND WILL ADJUST (JACK RULES)**
2. **VS. 2 BACK Y MOTION: TRACK**
3. **VS. ALIGNED OR MOTION TO EMPTY: SAM AND WILL ADJUST**



OVER TURBO 1 JACK

<p>1. Z MO IF SLOT</p> <p>FS 1/3</p>	<p>2. Z MO I PRO</p> <p>FS 1/3</p>
<p>3. Y MO IN PRO Y OFF</p> <p>FS 1/3</p> <p>TRACK</p>	<p>4. I PRO Y OPEN</p> <p>FS 1/3</p>
<p>5. TRIPS</p> <p>FS 1/3</p> <p>JACK RULES</p>	<p>6. DOUBLE OUT</p> <p>FS 1/3</p> <p>JACK RULES</p>
<p>7. FLY TRIPS</p> <p>FS 1/3</p> <p>JACK RULES</p>	<p>8. PEEL DOUBLE OUT</p> <p>FS 1/3</p> <p>JACK RULES</p>



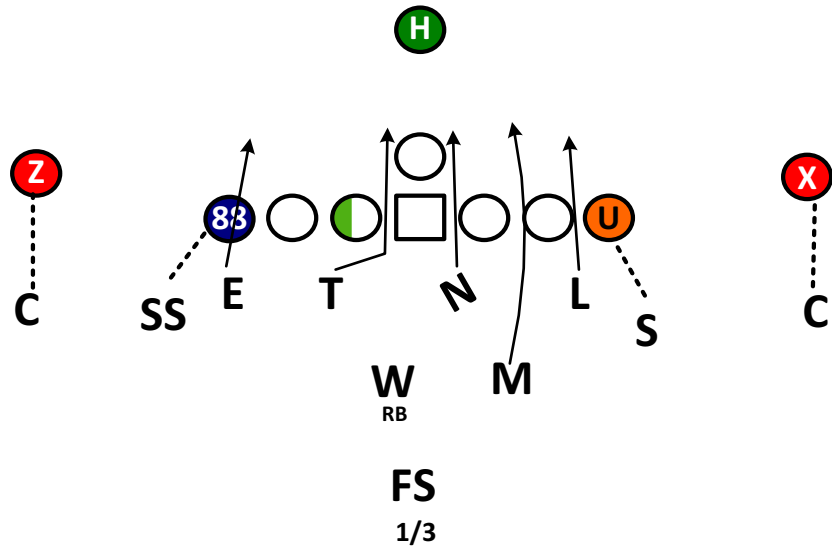
OVER TURBO 1 JACK

<p>1. SOLO JACK RULES</p> <p>SS 1/3</p>	<p>2. PAIR TRIPS JACK RULES</p> <p>FS 1/3</p>
<p>3. PAIR SLOT JACK RULES</p> <p>FS 1/3</p>	<p>4. SOLO SLOT CHECK SPECIAL</p> <p>FS 1/3</p>
<p>5. SLOT DOUBLE OUT CHECK SPECIAL</p> <p>FS 1/3</p>	<p>6. SEATTLE CHECK SPECIAL</p> <p>FS 1/3</p>
<p>7. EMPTY JACK RULES</p> <p>FS 1/3</p>	<p>8. FLY EMPTY JACK RULES</p> <p>FS 1/3</p>

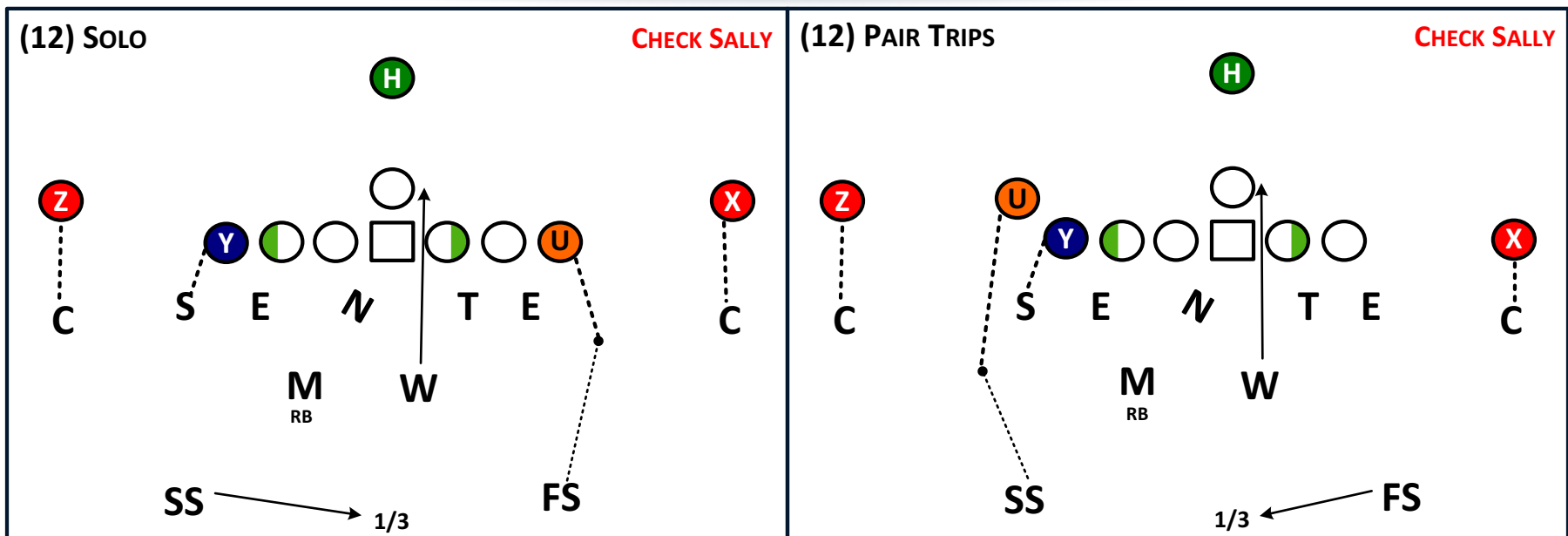


SOLO

JACK RULES



UNDER WILL 1 TRACK



ESSENCE:

1. **5 MAN UNDER 1 PRESSURE WITH THE WILL RUSHING THE FLEX SIDE A GAP.**

COACHING POINTS:

1. **SOLID CALL TO THE "Y".**
2. **WILL RUSHES THE FLEX SIDE A GAP**
3. **SAM HAS THE Y MAN TO MAN**
4. **MIKE: MAN RB**
5. **SAFETIES: SALLY ADJUST**
6. **LEO END: LEO TECHNIQUE**

ADJUSTMENTS:

1. **Vs. 2 BACK: MIKE AND STRONG SAFETY 22 THE BACKS**
2. **Vs. 2 BACK Y MOTION: CHECK SWITCH**
3. **Vs. BELLY U CUT: SAFETY TRACK**



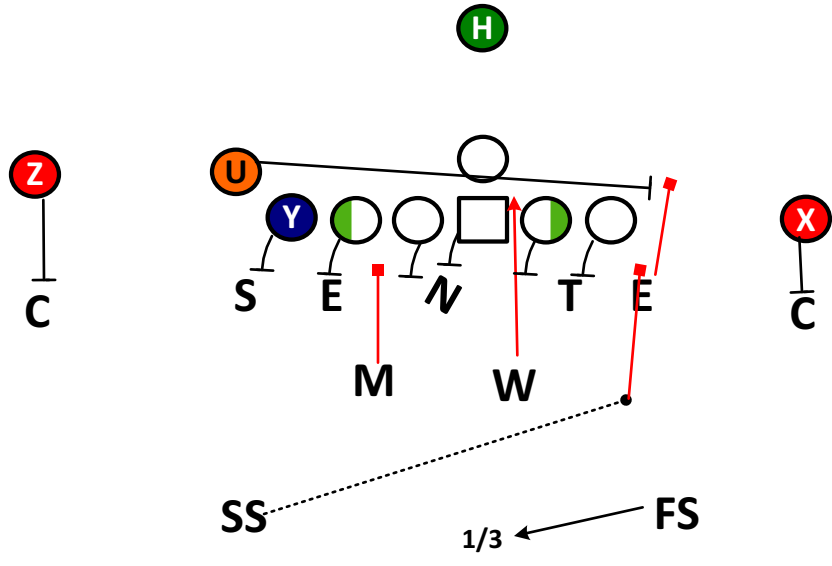
UNDER WILL 1 SALLY

<p>1. I PRO</p>	<p>2. Z MO I PRO</p>
<p>3. Y MO I PRO Y OFF CHECK SWITCH</p>	<p>4. I PRO Y OPEN CHECK SWITCH</p>
<p>5. TRIPS CHECK SPECIAL</p>	<p>6. DOUBLE OUT CHECK SPECIAL</p>
<p>7. FLY TRIPS CHECK SALLY</p>	<p>8. PEEL DOUBLE OUT CHECK SALLY</p>



BELLY CUT

CHECK SALLY





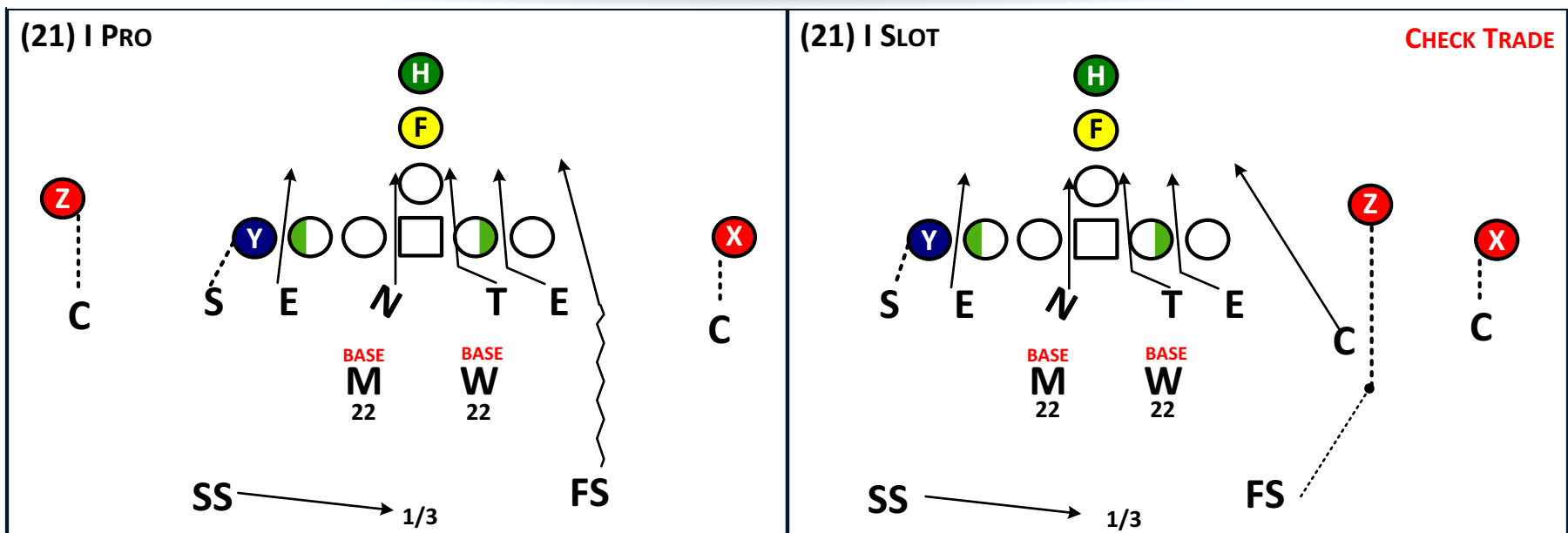
SEATTLE
SEAHAWKS 2013

MAN PRESSURES

ADJUSTMENTS

- UNDER FOX 1 

UNDER FOX 1



ESSENCE:

1. 5 MAN UNDER 1 PRESSURE WITH THE FREE SAFETY RUSHING OFF THE FLEX SIDE EDGE.

COACHING POINTS:

1. SOLID CALL TO THE "Y".
2. MIKE AND WILL: 22 THE BACKS.
3. FREE SAFETY: BLITZ CONTAIN
4. SAM: MAN TE

ADJUSTMENTS:

1. VS. PRO X NASTY: CHECK TRADE.
2. VS. 2 BACK Y MOTION: LBS BUMP
3. VS. ALIGNED OR MOTION TO SLOT: CHECK TRADE.
4. VS. ALIGNED OR MOTION TO 1 BACK: CHECK SWITCH. SALLY ADJUST



UNDER FOX 1

<p>1. Z MO I SLOT CHECK TRADE</p>	<p>2. Z MO I PRO CHECK FELIX</p>
<p>3. Y MO I PRO Y OFF BUMP</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS CHECK SWITCH SALLY ADJUST</p>	<p>6. DOUBLE OUT CHECK SWITCH SALLY ADJUST</p>
<p>7. FLY TRIPS CHECK SWITCH SALLY ADJUST</p>	<p>8. PEEL DOUBLE OUT CHECK SWITCH SALLY ADJUST</p>

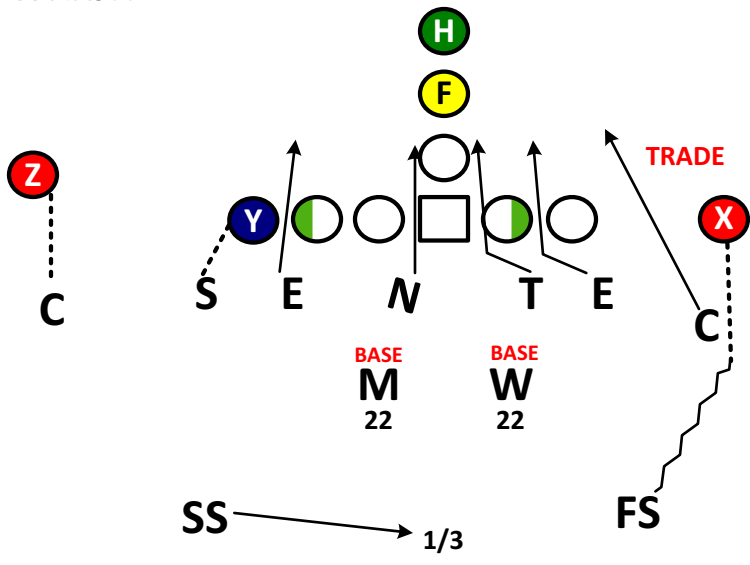


UNDER G FOX 1 BUMP

<p>1. SOLO</p>	<p>2. PAIR TRIPS</p>
<p>3. PAIR SLOT CHECK TRADE</p>	<p>4. SOLO SLOT CHECK TRADE</p>
<p>5. SLOT DOUBLE OUT CHECK TRADE</p>	<p>6. SEATTLE</p>
<p>7. EMPTY</p>	<p>8. FLY EMPTY</p>



X NASTY





SEATTLE SEAHAWKS



DEFENSE

2013

RUSH ZONES

- **UNDER BASH RANGER 3 PALMS**
- **W/STEM OV BLAST 3 MIX**
- **W/STEM OV BLAST 3 SEAM**
- **OVER CAT 3 PALMS**
- **LT/RT CRASH 3 PALMS**
- **JAM FLASH 3 SEAM**
- **FLASH 3 SEAM**
- **FLASH GO 3 SEAM**
- **ROCK FOX 3 PALMS**
- **UNDER PIG FELIX 3 PALMS**
- **JAM FREEZE 3 SEAM**



SEATTLE
SEAHAWKS 2013

RUSH ZONES

- **OVER FREEZE 3 SEAM**
- **STRONG GUT CROSS 3 BUZZ**
- **(BASE) STRONG MOB 3 SEAM**
- **LOAD SABER RANGER 3 PALMS**
- **OVER G SHOCK 3 PALMS**
- **STRONG SLASHER RANGER 3 PALMS**
- **STRONG SMASH SKY ZONE**
- **STRONG SNAKE 3 SEAM**
- **OVER SPEAR 3 SEAM**
- **STRONG STALKER RANGER 3 PALMS**
- **LOAD WHIP SKY ZONE**

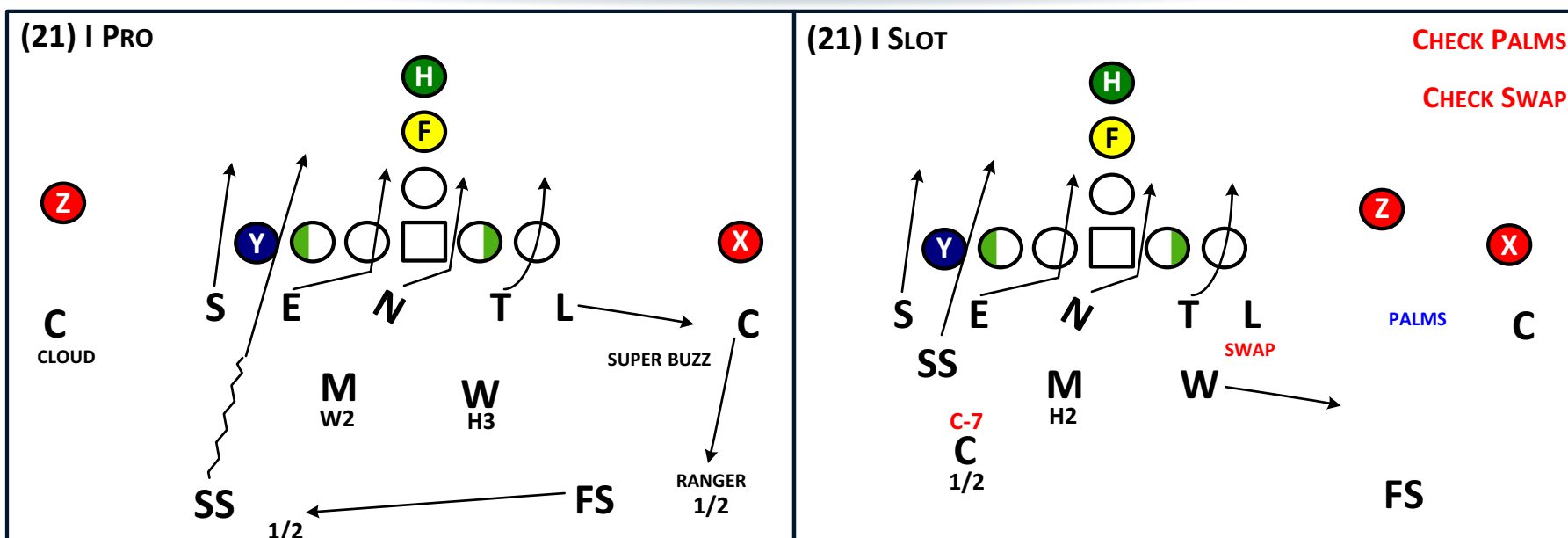


SEATTLE
SEAHAWKS 2013

RUSH ZONES

- **TUFF WHOPPER 3 PALMS**
- **BOW WILL SLANT 3 SEAM**
- **Z FLASH 3 SEAM**

UNDER BASH RANGER 3 PALMS



ESSENCE:

1. UNDER BASH RANGER 3 PALMS IS A 5 MAN ZONE PRESSURE SET TO THE 'Y'

COACHING POINTS:

1. SOLID CALL TO THE 'Y'
2. SAM: BLITZ CONTAIN
3. STRONG SAFETY: BLITZ B GAP (KEY GUARD PULL)

ADJUSTMENTS:

1. VS. ANY Y MOTION: CHECK 3 SEAM
2. VS. 3 IN THE CORE: TREAT LIKE NEAR/FAR BACKS
 EX: PAIR SLOT = I NEAR SLOT (PALMS), PAIR TRIPS = I NEAR PRO (RANGER)
 SOLO SLOT = I FAR SLOT (RANGER), SOLO = I FAR PRO (RANGER)
3. VS. ALIGNED OR MOTION TO 1 BACK (3 DISPLACED FROM CORE): CHECK 3 SEAM
4. VS. 2 DISPLACED TO THE SOLID SIDE: CHECK SWITCH AND 3 SEAM
5. VS. EMPTY: CHECK SWITCH AND 3 SEAM
6. VS. PRO TO SLOT: CHECK PALMS (CHECK SWAP)
7. VS. SLOT TO PRO: CHECK RANGER
8. VS. ALIGNED OR MOTION TO SINGLE WIDTH SLOT: CHECK PALMS



UNDER BASH RANGER 3 PALMS

<p>1. Z MO I SLOT</p> <p style="text-align: right;">CHECK PALMS CHECK SWAP</p>	<p>2. Z MO I PRO</p> <p style="text-align: right;">CHECK RANGER CHECK SUPER BUZZ</p>
<p>3. Y MO I PRO Y OFF</p> <p style="text-align: right;">CHECK 3 SEAM LEO ADJUST</p>	<p>4. I PRO Y OPEN</p> <p style="text-align: right;">CHECK SWITCH CHECK 3 SEAM</p>
<p>5. TRIPS</p> <p style="text-align: right;">CHECK SWITCH CHECK 3 SEAM</p>	<p>6. DOUBLE OUT</p> <p style="text-align: right;">CHECK 3 SEAM CHECK SWAP</p>
<p>7. FLY TRIPS</p> <p style="text-align: right;">CHECK SWITCH CHECK 3 SEAM</p>	<p>8. PEEL DOUBLE OUT</p> <p style="text-align: right;">CHECK 3 SEAM CHECK SWAP</p>



UNDER BASH RANGER 3 PALMS

<p>1. SOLO PLAY RANGER</p>	<p>2. PAIR TRIPS PLAY RANGER</p>
<p>3. PAIR SLOT CHECK PALMS CHECK SWAP</p>	<p>4. SOLO SLOT CHECK PALMS CHECK SWAP</p>
<p>5. SLOT DOUBLE OUT CHECK 3 SEAM CHECK SWAP</p>	<p>6. SEATTLE CHECK 3 SEAM CHECK HOT TO 3</p>
<p>7. EMPTY CHECK SWITCH CHECK MIKE NO GO RUSH, RUSH</p>	<p>8. FLY EMPTY CHECK SWITCH CHECK MIKE NO GO RUSH, RUSH</p>

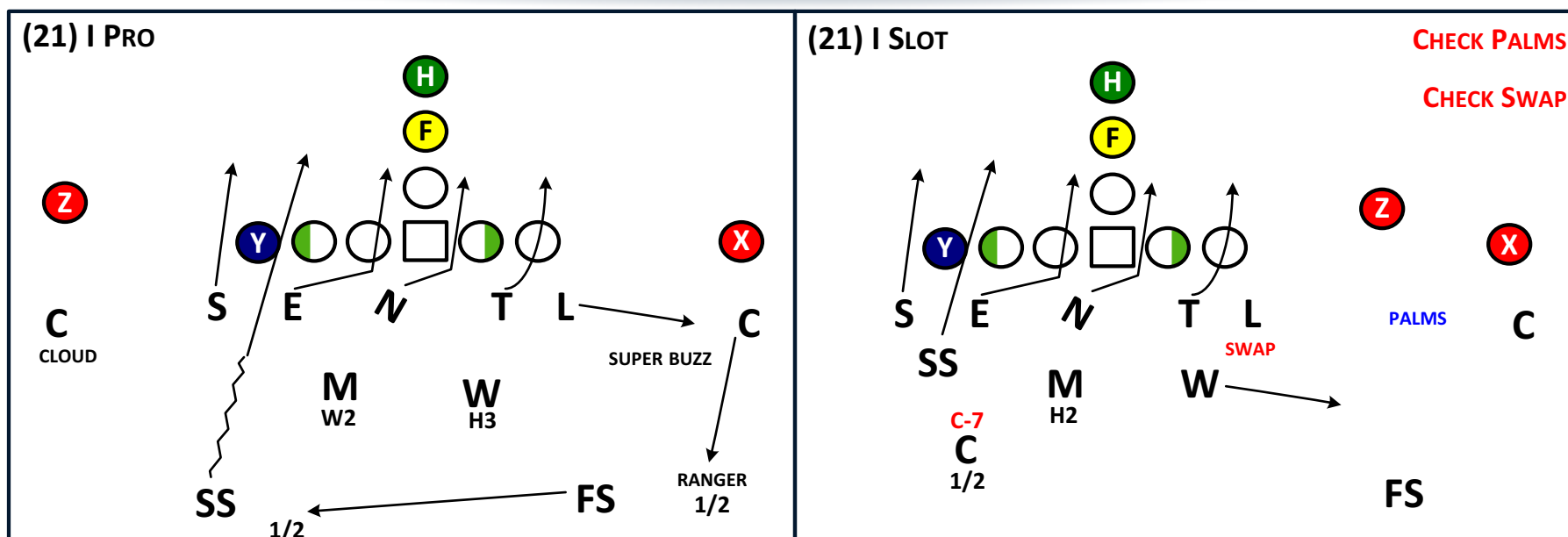


UNDER BASH RANGER 3 PALMS

<p>1. Y MOTION CHECK 3 SEAM</p> <p>Z X C 1/3 READ C 1/3 READ S E N T L → H2 M → W → H2 H3 SS ← FS ← 1/3</p>	<p>2. Z MO SLOT CHECK PALMS CHECK SWAP</p> <p>H F X Z C PALMS L T N E Y S SS C SWAP W M FS</p>
<p>3.</p>	<p>4.</p>
<p>5.</p>	<p>6.</p>
<p>7.</p>	<p>8.</p>



UNDER BASH RANGER 3 PALMS



ESSENCE:

1. UNDER BASH RANGER 3 PALMS IS A 5 MAN ZONE PRESSURE SET TO THE 'Y'

COACHING POINTS:

1. SOLID CALL TO THE 'Y'
2. SAM: BLITZ CONTAIN
3. STRONG SAFETY: BLITZ B GAP (KEY GUARD PULL)

ADJUSTMENTS:

1. VS. ANY Y MOTION: CHECK 3 SEAM
2. VS. 3 IN THE CORE: TREAT LIKE NEAR/FAR BACKS
EX: PAIR SLOT = I NEAR SLOT (PALMS), PAIR TRIPS = I NEAR PRO (RANGER)
SOLO SLOT = I FAR SLOT (RANGER), SOLO = I FAR PRO (RANGER)
3. VS. ALIGNED OR MOTION TO 1 BACK (3 DISPLACED FROM CORE): CHECK 3 SEAM
4. VS. 2 DISPLACED TO THE SOLID SIDE: CHECK SWITCH AND 3 SEAM
5. VS. EMPTY: CHECK SWITCH AND 3 SEAM
6. VS. PRO TO SLOT: CHECK PALMS (CHECK SWAP)
7. VS. SLOT TO PRO: CHECK RANGER
8. VS. ALIGNED OR MOTION TO SINGLE WIDTH SLOT: CHECK PALMS



UNDER BASH RANGER 3 PALMS

<p>1. Z MO I SLOT</p> <p style="text-align: right;">CHECK PALMS CHECK SWAP</p>	<p>2. Z MO I PRO</p> <p style="text-align: right;">CHECK RANGER CHECK SUPER BUZZ</p>
<p>3. Y MO I PRO Y OFF</p> <p style="text-align: right;">CHECK 3 SEAM LEO ADJUST</p>	<p>4. I PRO Y OPEN</p> <p style="text-align: right;">CHECK SWITCH CHECK 3 SEAM</p>
<p>5. TRIPS</p> <p style="text-align: right;">CHECK SWITCH CHECK 3 SEAM</p>	<p>6. DOUBLE OUT</p> <p style="text-align: right;">CHECK 3 SEAM CHECK SWAP</p>
<p>7. FLY TRIPS</p> <p style="text-align: right;">CHECK SWITCH CHECK 3 SEAM</p>	<p>8. PEEL DOUBLE OUT</p> <p style="text-align: right;">CHECK 3 SEAM CHECK SWAP</p>

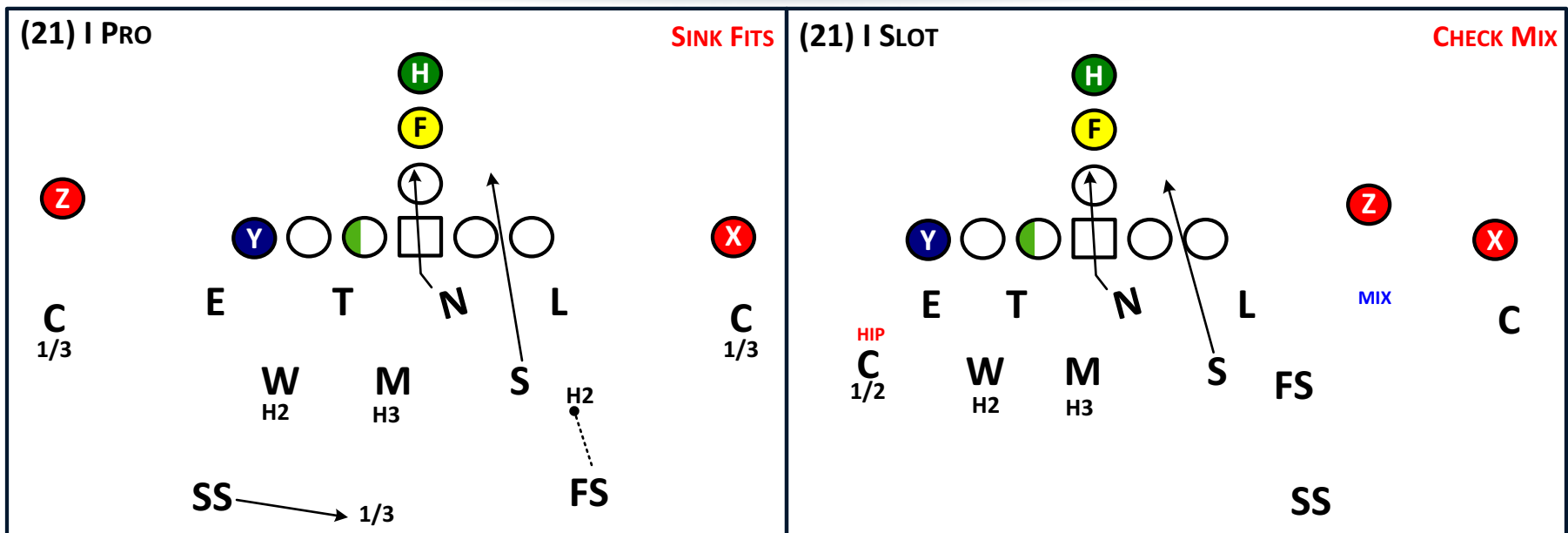


UNDER BASH RANGER 3 PALMS

<p>1. SOLO PLAY RANGER</p>	<p>2. PAIR TRIPS PLAY RANGER</p>
<p>3. PAIR SLOT CHECK PALMS CHECK SWAP</p>	<p>4. SOLO SLOT CHECK PALMS CHECK SWAP</p>
<p>5. SLOT DOUBLE OUT CHECK 3 SEAM CHECK SWAP</p>	<p>6. SEATTLE CHECK 3 SEAM CHECK HOT TO 3</p>
<p>7. EMPTY CHECK SWITCH CHECK MIKE NO GO RUSH, RUSH</p>	<p>8. FLY EMPTY CHECK SWITCH CHECK MIKE NO GO RUSH, RUSH</p>



W/ STEM OVER BLAST 3 MIX



ESSENCE:

1. W/ STEM OVER BLAST 3 MIX IS AN OVER FAMILY FRONT ZONE PRESSURE.

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. SAM BLITZ THE FLEX SIDE B GAP
3. 2 BACK FITS: PRO = SINK FITS. 2 BACK Y MOTION = SLIDE FITS
4. NOSE: PLAY BLAST TECHNIQUE (BACK TO VICKI) / SWAG
5. FREE SAFETY FIT OFF #2
6. END: ALIGN IN AN OUTSIDE 9 TECHNIQUE IF THERE IS ANY PLAYER OUTSIDE AND OFF THE BALL

ADJUSTMENTS:

1. VS. ALIGNED OR MOTION TO SINGLE WIDTH SLOT FAMILY FORMATIONS: CHECK MIX
2. ANY 3 AWAY FROM THE SOLID CALL: MIKE ADJUST



W/ STEM OVER BLAST 3 MIX

<p>1. Z MO I SLOT CHECK MIX</p>	<p>2. Z MO I PRO CHECK 3 SEAM</p>
<p>3. Y MO I PRO Y OFF</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS</p>	<p>6. DOUBLE OUT</p>
<p>7. FLY TRIPS</p>	<p>8. PEEL DOUBLE OUT</p>

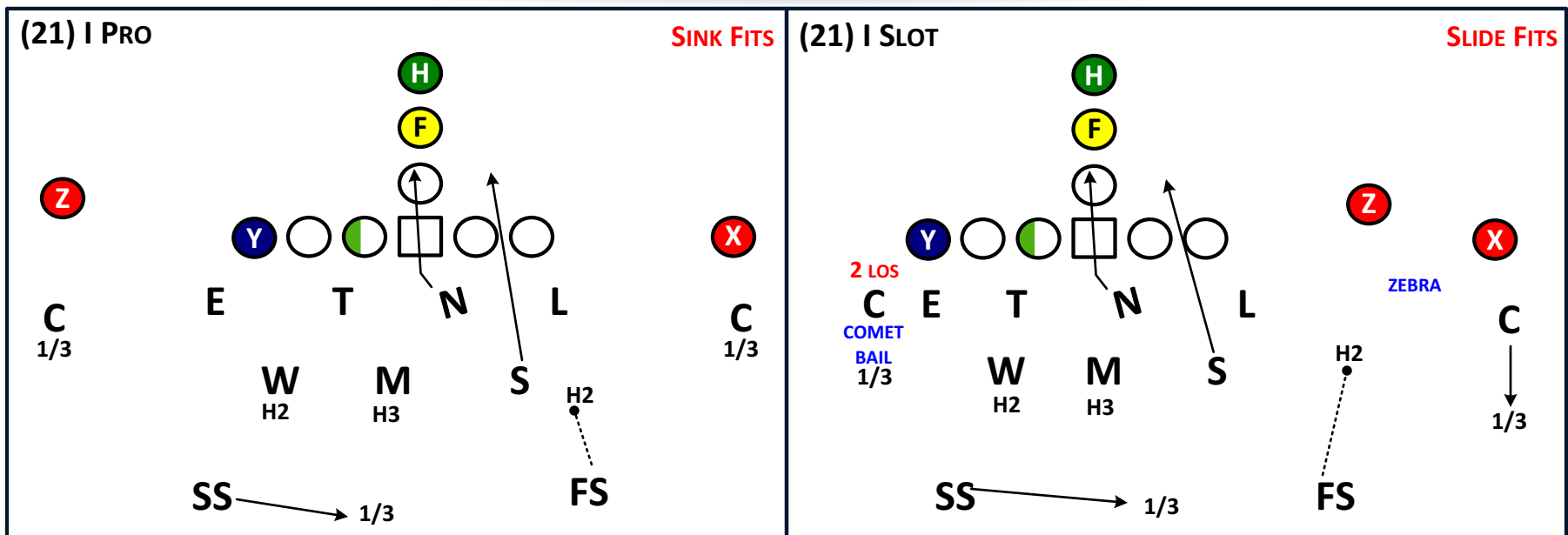


W/ STEM OVER BLAST 3 MIX

<p>1. SOLO</p>	<p>2. PAIR TRIPS</p>
<p>3. PAIR SLOT CHECK MIX</p>	<p>4. SOLO SLOT CHECK MIX MIKE ADJUST</p>
<p>5. SLOT DOUBLE OUT</p>	<p>6. SEATTLE MIKE ADJUST</p>
<p>7. EMPTY</p>	<p>8. FLY EMPTY</p>



W/ STEM OVER BLAST 3 SEAM



ESSENCE:

1. 5 MAN 3 DEEP 3 UNDER ZONE PRESSURE

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. SAM BLITZ THE FLEX SIDE B GAP
3. 2 BACK FITS: PRO = SINK FITS. SLOT & 2 BACK Y MOTION = SLIDE FITS
4. NOSE: PLAY BLAST TECHNIQUE (BACK TO VICKI) / SWAG
5. FREE SAFETY FIT OFF #2
6. END: ALIGN IN AN OUTSIDE 9 TECHNIQUE IF THERE IS ANY PLAYER OUTSIDE AND OFF THE BALL

ADJUSTMENTS:

1. ANY 3 AWAY FROM THE SOLID CALL: MIKE ADJUST



W/ STEM OVER BLAST 3 SEAM

<p>1. Z MO I SLOT</p>	<p>2. Z MO I PRO</p>
<p>3. Y MO I PRO Y OFF</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS</p>	<p>6. DOUBLE OUT</p>
<p>7. FLY TRIPS</p>	<p>8. PEEL DOUBLE OUT</p>

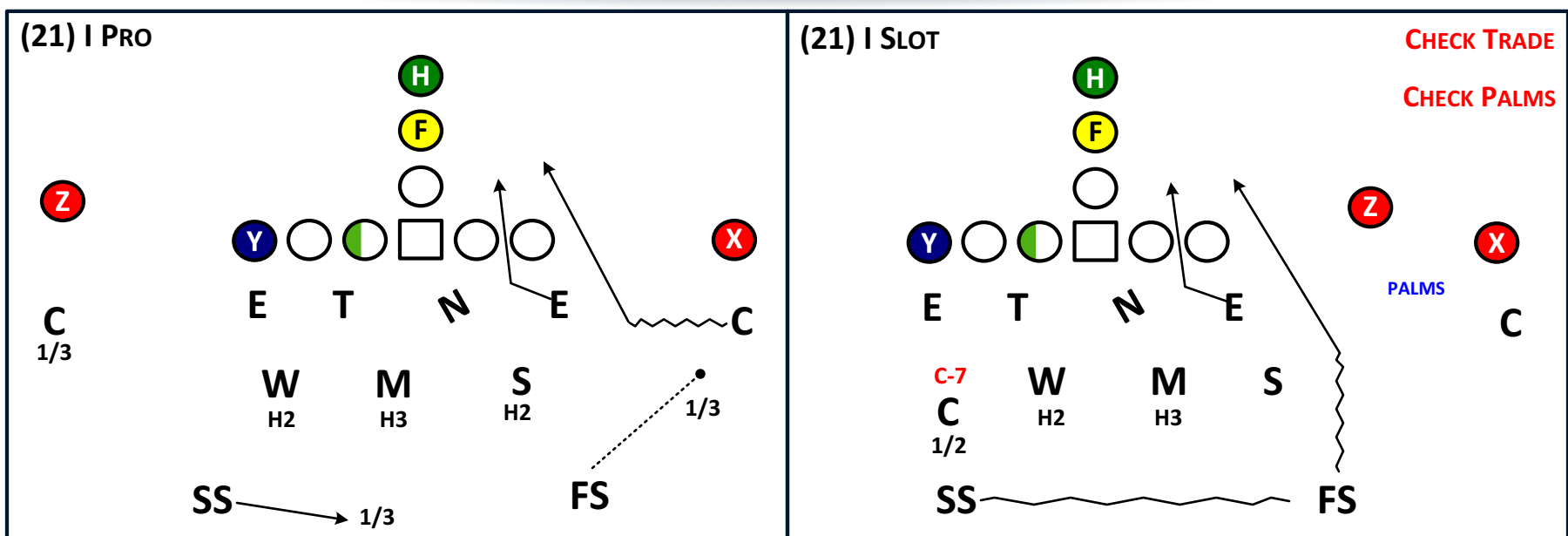


W/ STEM OVER BLAST 3 SEAM

<p>1. SOLO</p>	<p>2. PAIR TRIPS</p>
<p>3. PAIR SLOT</p>	<p>4. SOLO SLOT MIKE ADJUST</p>
<p>5. SLOT DOUBLE OUT</p>	<p>6. SEATTLE MIKE ADJUST</p>
<p>7. EMPTY</p>	<p>8. FLY EMPTY</p>



OVER CAT 3 PALMS



ESSENCE:

1. OVER CAT 3 PALMS IS AN OVER FAMILY FRONT 5 MAN ZONE PRESSURE.
2. IT IS ALWAYS RUN TO THE FLEX SIDE.

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. FLEX SIDE CORNER: BLITZ CONTAIN. VS. 2 ALIGNED FLEX, 1/3
3. FLEX SIDE END: RAM
4. WILL: HOT TO 2
5. MIKE: HOT TO 3
6. SAM: HOT TO 2
7. FREE SAFETY: OUTSIDE 1/3. VS. 2 ALIGNED FLEX, BLITZ CONTAIN
8. NOSE: SWAG TECHNIQUE

ADJUSTMENTS:

1. VS. ANY 2 ALIGNED TO THE FLEX SIDE: CHECK TRADE
2. VS. MOTION OR ALIGNED SLOT: CHECK PALMS
3. VS. 2 BACK Y MOTION: CHECK TRADE



OVER CAT 3 PALMS

<p>1. Z MO I SLOT CHECK TRADE</p> <p style="text-align: right; color: red;">CHECK PALMS</p>	<p>2. Z MO I PRO CHECK CAT</p>
<p>3. Y MO I PRO Y OFF CHECK TRADE</p>	<p>4. I PRO Y OPEN</p> <p style="text-align: left; color: blue;">ZEBRA</p>
<p>5. TRIPS</p> <p style="text-align: left; color: blue;">ZEBRA</p>	<p>6. DOUBLE OUT CHECK TRADE</p> <p style="text-align: left; color: blue;">ZEBRA</p>
<p>7. FLY TRIPS</p> <p style="text-align: left; color: blue;">ZEBRA</p>	<p>8. PEEL DOUBLE OUT CHECK TRADE</p> <p style="text-align: left; color: blue;">ZEBRA</p>

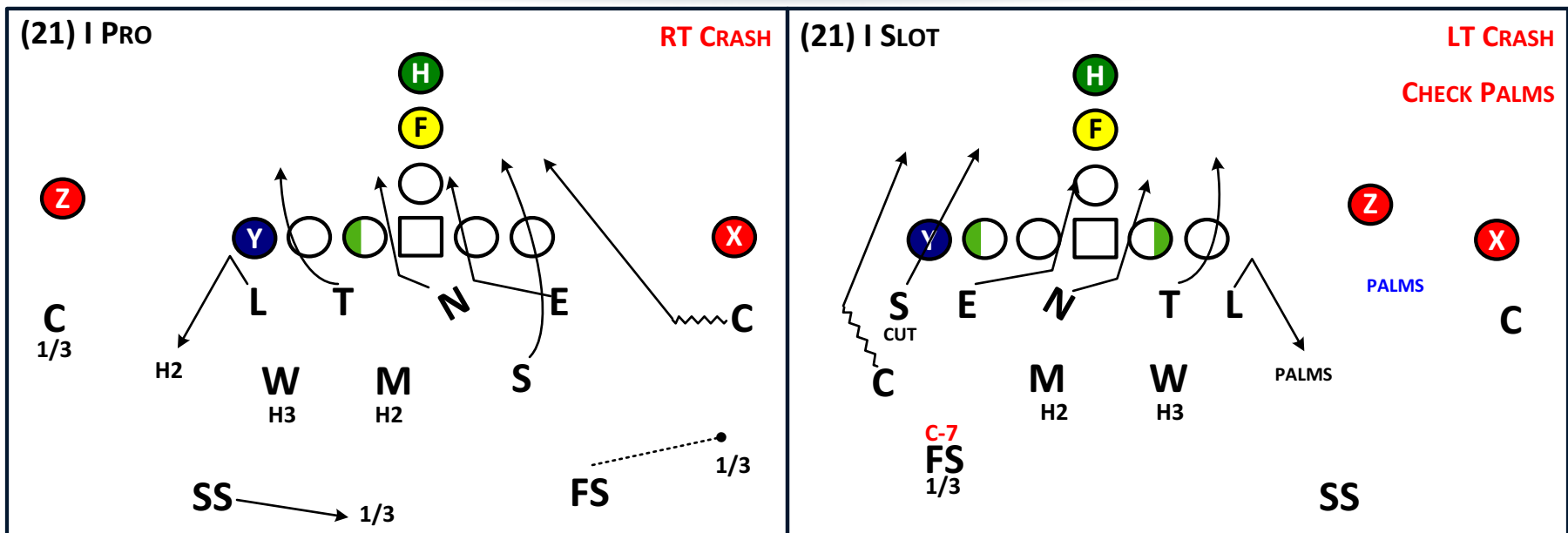


OVER CAT 3 PALMS

<p>1. SOLO CHECK TRADE</p>	<p>2. PAIR TRIPS</p>
<p>3. PAIR SLOT CHECK TRADE CHECK PALMS</p>	<p>4. SOLO SLOT CHECK TRADE CHECK PALMS</p>
<p>5. SLOT DOUBLE OUT CHECK TRADE</p>	<p>6. SEATTLE CHECK TRADE</p>
<p>7. EMPTY CHECK TRADE</p>	<p>8. FLY EMPTY CHECK TRADE</p>



LT/RT CRASH 3 PALMS



ESSENCE:

1. 5 MAN 3 DEEP 3 UNDER ZONE PRESSURE
2. THE LINE SLANTS AWAY FROM THE CLOSE CALL

COACHING POINTS:

1. CLOSED CALL TO THE RT/LT (BASED ON CALL)
2. SAM BACKER:
 VS. D AREA PLAYER TO CLOSE CALL ALIGN IN A BACKER AND CUT BLITZ.
 VS. NO D AREA PLAYER TO CLOSE CALL ALIGN OFF THE BALL AND BLITZ.
3. CORNER BLITZ CONTAIN

ADJUSTMENTS:

1. VS. 2 BACK SLOT FORMATIONS (INCLUDING PAIR SLOT): CHECK PALMS
2. VS. 1 BACK SETS WITH #2 DISPLACED AWAY FROM CLOSE CALL: CHECK SWAP.
3. VS. 2 DISPLACED TO THE CLOSE CALL: CHECK SMASH



LT/RT CRASH 3 PALMS

<p>1. Z MO I SLOT RT CRASH</p> <p style="text-align: center;">CHECK SMASH</p>	<p>2. Z MO I PRO RT CRASH</p> <p style="text-align: center;">CHECK CRASH</p>
<p>3. Y MO I PRO Y OFF LT CRASH</p> <p style="text-align: center;">CHECK SMASH</p>	<p>4. I PRO Y OPEN LT CRASH</p> <p style="text-align: center;">CHECK SMASH</p>
<p>5. TRIPS RT CRASH</p> <p style="text-align: center;">CHECK SWAP</p>	<p>6. DOUBLE OUT RT CRASH</p> <p style="text-align: center;">CHECK SMASH</p>
<p>7. FLY TRIPS LT CRASH</p> <p style="text-align: center;">CHECK SMASH</p>	<p>8. PEEL DOUBLE OUT LT CRASH</p> <p style="text-align: center;">CHECK SWAP</p>

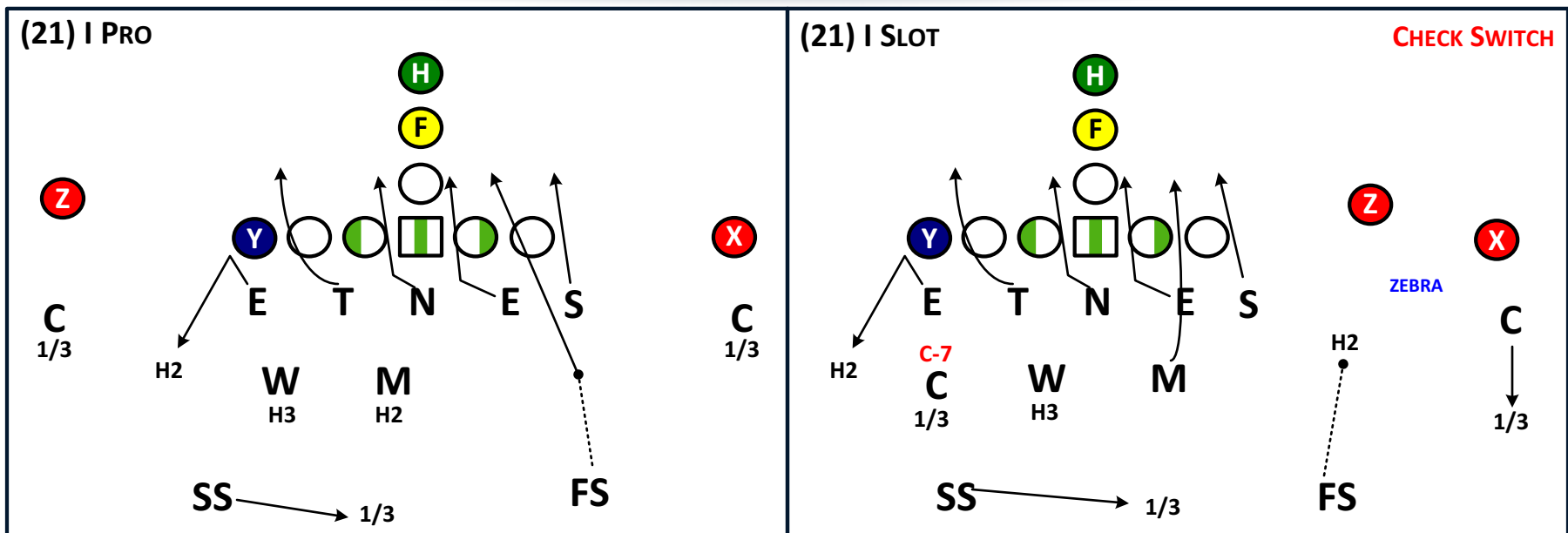


LT/RT CRASH 3 PALMS

<p>1. SOLO RT CRASH</p>	<p>2. PAIR TRIPS RT CRASH</p>
<p>3. PAIR SLOT LT CRASH CHECK PALMS</p>	<p>4. SOLO SLOT LT CRASH CHECK PALMS</p>
<p>5. SLOT DOUBLE OUT RT CRASH CHECK SMASH</p>	<p>6. SEATTLE RT CRASH CHECK SMASH MIKE ADJUST</p>
<p>7. EMPTY RT CRASH CHECK SMASH CHECK SWAP</p>	<p>8. FLY EMPTY RT CRASH CHECK SMASH CHECK SWAP</p>



JAM FLASH 3 SEAM



ESSENCE:

1. 5 MAN 3 DEEP 3 UNDER ZONE PRESSURE
2. THE LINE SLANTS TO THE SOLID SIDE

COACHING POINTS:

1. CLOSED CALL AWAY FROM THE "Y"
2. SAM BLITZ READ THE OT
 VS. DOWN BLOCK: KNIFE (CHASE FLAT W/ RUN AWAY)
 VS. HIGH HAT OR REACH: RUSH CONTAIN
3. WILL LB: IF YOUR GUY BLOCKS, ADD ON
4. FS IS A CREEP BLITZER (READ OUT ON GUARD PULL)
5. DL ALIGN IN A JAM FRONT. (MOVE TO IT)

ADJUSTMENTS:

1. VS. ANY 2 DISPLACED TO THE FLEX SIDE: CHECK SWITCH (MIKE KEY BLITZ)
2. VS. ANY 2 DISPLACED AWAY FROM THE CLOSED CALL: CHECK SWAP
3. ANY #3 DISPLACED TO THE SOLID SIDE: CHECK HOT TO 3



JAM FLASH 3 SEAM

<p>1. Z MO I SLOT CHECK SWITCH</p>	<p>2. Z MO I PRO CHECK FLASH</p>
<p>3. Y MO I PRO Y OFF</p>	<p>4. I PRO Y OPEN CHECK SWAP</p>
<p>5. TRIPS CHECK SWAP</p>	<p>6. DOUBLE OUT CHECK SWITCH</p>
<p>7. FLY TRIPS CHECK SWAP</p>	<p>8. PEEL DOUBLE OUT CHECK SWITCH</p>

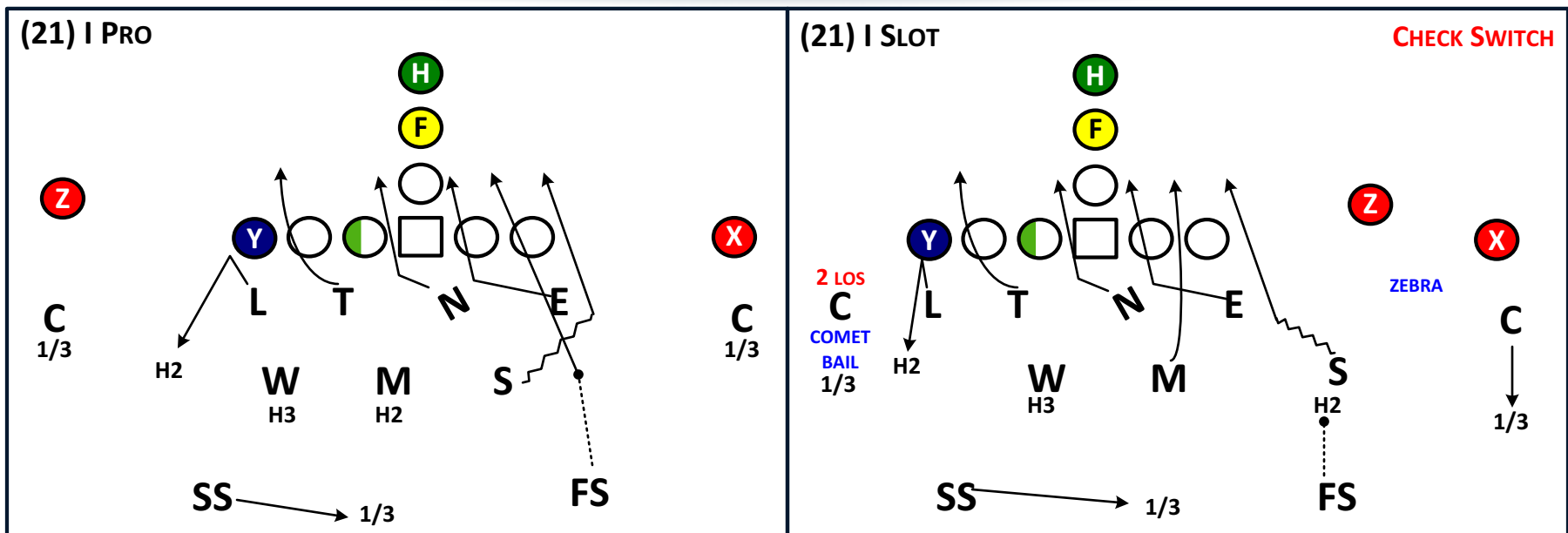


JAM FLASH 3 SEAM

<p>1. SOLO</p>	<p>2. PAIR TRIPS CHECK SWAP</p>
<p>3. PAIR SLOT CHECK SWITCH</p>	<p>4. SOLO SLOT CHECK SWITCH</p>
<p>5. SLOT DOUBLE OUT CHECK SWITCH</p>	<p>6. SEATTLE CHECK SWITCH MIKE ADJUST</p>
<p>7. EMPTY CHECK SWITCH CHECK SWAP</p>	<p>8. FLY EMPTY CHECK SWITCH CHECK SWAP</p>



FLASH 3 SEAM



ESSENCE:

1. 3 DEEP 3 UNDER RUSH ZONE WHERE WE WILL RUSH 4 DEFENDERS
2. THE LINE WILL ALIGN USING UNDER FAMILY FRONT RULES

COACHING POINTS:

1. CLOSED CALL AWAY FROM THE "Y"
2. SAM BLITZ READ THE OT
 VS. DOWN BLOCK: KNIFE (CHASE FLAT W/ RUN AWAY)
 VS. HIGH HAT OR REACH: RUSH CONTAIN
3. FS IS A CREEP BLITZER (READ OUT ON GUARD PULL)
4. 2 BACK PRO, WILL AS A HOT TO 3 DEFENDER VS. FLOOD ACTION: ALERT FLOOD PASS WITH Y
 VERTICAL. GIVE END (HOT TO 2) BODY HELP.
5. HOT TO 3 (WILL): YOUR DROP INVOLVES STRONG AND WEAK HOOK ISSUES.

ADJUSTMENTS:

1. VS. ANY 2 DISPLACED TO THE CLOSED CALL: CHECK SWITCH (MIKE KEY BLITZ)
2. VS. ANY 2 DISPLACED AWAY FROM THE CLOSED CALL: CHECK SWAP
3. ANY #3 DISPLACED AWAY FROM THE CLOSED CALL: CHECK HOT TO 3
4. ANY #3 DISPLACED TO THE CLOSED CALL (TRIPLES): MIKE ADJUST. WILL BLITZ
5. VS. 2 BACK Y MOTION: CHECK SLASHER PRINCIPLE (SAM CUT TECHNIQUE ON OT)
6. VS. 2 BACK SLOT (ZIP MOTION): CHECK SLASHER



FLASH 3 SEAM

<p>1. Z MO I SLOT CHECK SWITCH</p>	<p>2. Z MO I PRO CHECK FLASH</p>
<p>3. Y MO I PRO Y OFF CHECK SLASHER</p>	<p>4. I PRO Y OPEN CHECK SWAP</p>
<p>5. TRIPS CHECK SWAP</p>	<p>6. DOUBLE OUT CHECK SWITCH</p>
<p>7. FLY TRIPS CHECK SWAP</p>	<p>8. PEEL DOUBLE OUT CHECK SWITCH</p>

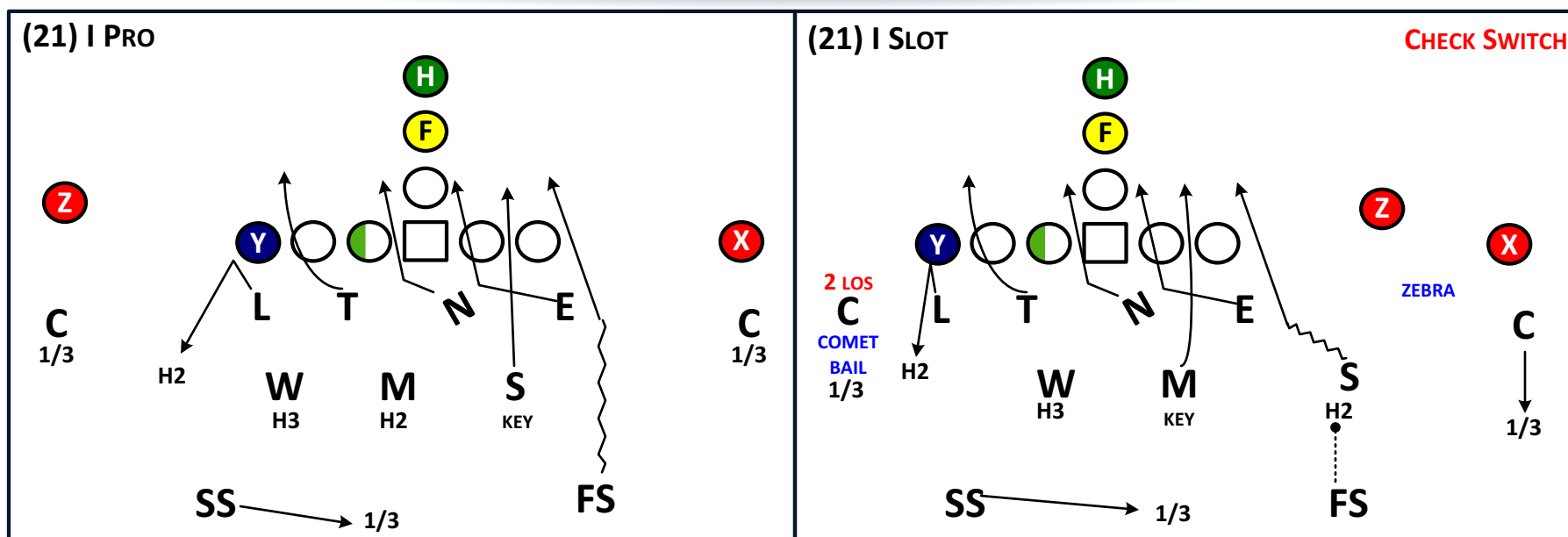


FLASH 3 SEAM

<p>1. SOLO</p>	<p>2. PAIR TRIPS</p>
<p>3. PAIR SLOT</p> <p style="text-align: right;">CHECK SWITCH</p>	<p>4. SOLO SLOT</p> <p style="text-align: right;">CHECK SWITCH</p>
<p>5. SLOT DOUBLE OUT</p> <p style="text-align: right;">CHECK SWITCH</p>	<p>6. SEATTLE</p> <p style="text-align: right;">CHECK SWITCH MIKE ADJUST</p>
<p>7. EMPTY</p> <p style="text-align: right;">CHECK SWITCH CHECK SWAP</p>	<p>8. FLY EMPTY</p> <p style="text-align: right;">CHECK SWITCH CHECK SWAP</p>



W/ GO FLASH 3 SEAM



ESSENCE:

1. W/ GO FLASH 3 SEAM IS AN UNDER FAMILY FRONT RUSH ZONE DEFENSE.
2. THE LINE WILL ALIGN USING UNDER FAMILY FRONT RULES

COACHING POINTS:

1. CLOSED CALL AWAY FROM THE "Y"
2. SAM: BLITZ B GAP (KEY READ)
3. FREE SAFETY: CONTAIN BLITZ
4. 2 BACK PRO, WILL AS A HOT TO 3 DEFENDER VS. FLOOD ACTION:
ALERT FLOOD PASS WITH Y VERTICAL. GIVE END (HOT TO 2) BODY HELP.
5. HOT TO 3 (WILL): YOUR DROP INVOLVES STRONG AND WEAK HOOK ISSUES.

ADJUSTMENTS:

1. VS. ANY 2 DISPLACED TO THE CLOSED CALL: CHECK SWITCH (MIKE KEY BLITZ)
2. VS. ANY 2 DISPLACED AWAY FROM THE CLOSED CALL: CHECK SWAP
3. ANY #3 DISPLACED AWAY FROM THE CLOSED CALL: CHECK HOT TO 3
4. ANY #3 DISPLACED TO THE CLOSED CALL (TRIPLES): MIKE ADJUST. WILL BLITZ
5. VS. 2 BACK Y MOTION: CHECK SLASHER PRINCIPLE (SAM CUT TECHNIQUE ON OT)
6. VS. X NASTY: POSSIBLE TRADE (CORNER CONTAIN BLITZ)



W/ GO FLASH 3 SEAM

<p>1. Z MO I SLOT CHECK SWITCH</p>	<p>2. Z MO I PRO CHECK FLASH GO</p>
<p>3. Y MO I PRO Y OFF CHECK SLASHER</p>	<p>4. I PRO Y OPEN CHECK SWAP</p>
<p>5. TRIPS CHECK SWAP</p>	<p>6. DOUBLE OUT CHECK SWITCH</p>
<p>7. FLY TRIPS CHECK SWAP</p>	<p>8. PEEL DOUBLE OUT CHECK SWITCH</p>



W/ GO FLASH 3 SEAM

<p>1. SOLO</p>	<p>2. PAIR TRIPS</p>
<p>3. PAIR SLOT</p> <p>CHECK SWITCH</p>	<p>4. SOLO SLOT</p> <p>CHECK SWITCH</p>
<p>5. SLOT DOUBLE OUT</p> <p>CHECK SWITCH</p>	<p>6. SEATTLE</p> <p>CHECK SWITCH</p> <p>MIKE ADJUST</p>
<p>7. EMPTY</p> <p>CHECK SWITCH</p> <p>CHECK SWAP</p>	<p>8. FLY EMPTY</p> <p>CHECK SWITCH</p> <p>CHECK SWAP</p>

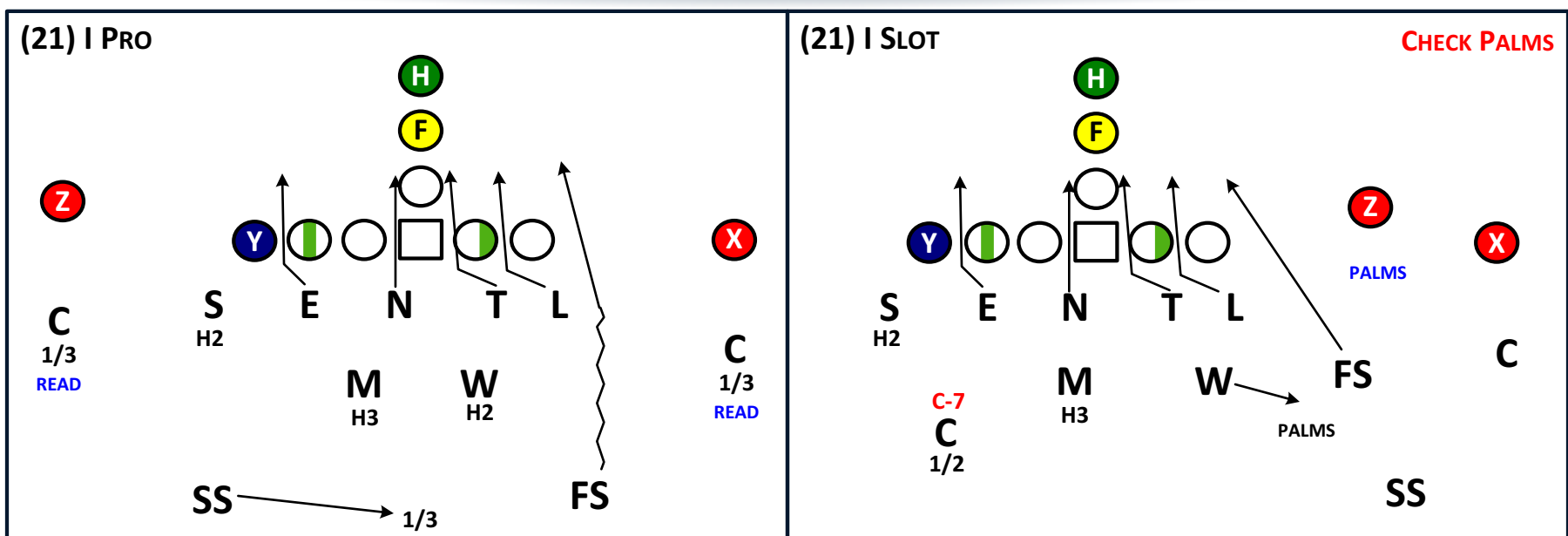


FLASH GO 3 SEAM

<p>1. X NASTY (TRADE)</p>	<p>2. SLOT Y OPEN CHECK SWITCH</p>
<p>3. (21) I PRO</p>	<p>4. SHIFT TO TRIPS BUNCH CHECK SWITCH</p>
<p>5. PISTOL FAR CHECK SLASHER</p>	<p>6. OPTION CHECK SLASHER</p>
<p>7. CARDINAL MOTION CHECK SWITCH</p>	<p>8.</p>



ROCK FOX 3 PALMS



ESSENCE:

1. **5 MAN RUSH ZONE WITH THE FREE SAFETY RUSHING OFF THE FLEX SIDE EDGE.**

COACHING POINTS:

1. **SOLID CALL TO THE "Y".**
2. **MIKE: HOT TO 3**
3. **WILL: HOT TO 2**
4. **SAM: HOT TO 2**
5. **FREE SAFETY: CONTAIN BLITZ**

ADJUSTMENTS:

1. **Vs. PRO X NASTY: CHECK TRADE.**
2. **Vs. DOUBLE WIDTH SETS AND 2 DISPLACED TO THE FLEX SIDE: CHECK SWITCH**
3. **Vs. ALIGNED OR MOTION TO EMPTY: CHECK SWITCH**
4. **Vs. SINGLE WIDTH SLOT FAMILY FORMATIONS: CHECK PALMS**
5. **Vs. 2 BACK Y MOTION: ICE THE STUNT.**



ROCK FOX 3 PALMS

<p>1. Z MO I SLOT CHECK PALMS</p>	<p>2. Z MO I PRO CHECK 3 SEAM</p>
<p>3. Y MO I PRO Y OFF ICE, ICE</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS</p>	<p>6. DOUBLE OUT CHECK SWITCH</p>
<p>7. FLY TRIPS</p>	<p>8. PEEL DOUBLE OUT CHECK SWITCH</p>

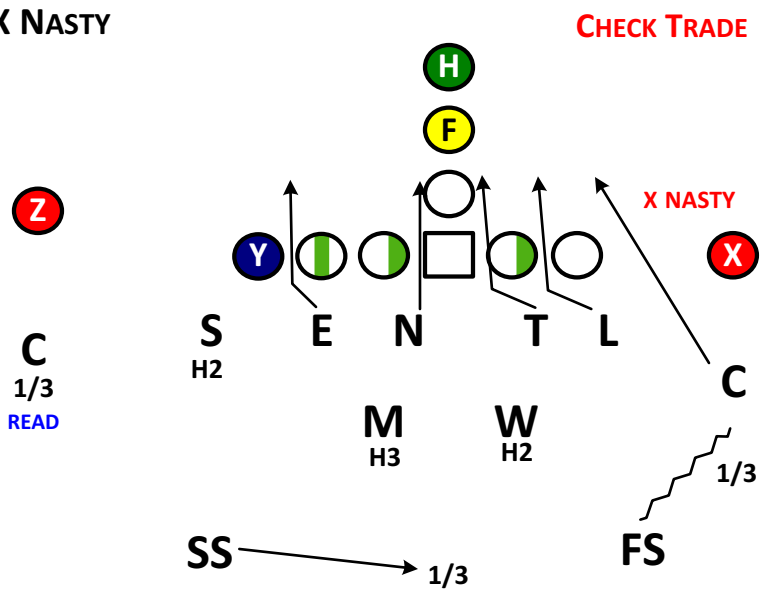


ROCK FOX 3 PALMS

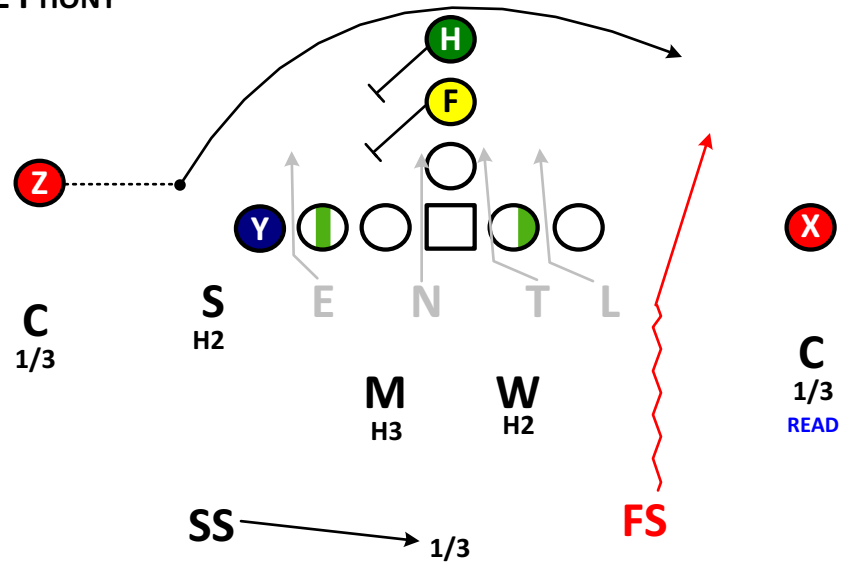
<p>1. SOLO</p>	<p>2. PAIR TRIPS</p>
<p>3. PAIR SLOT CHECK PALMS</p>	<p>4. SOLO SLOT CHECK PALMS</p>
<p>5. SLOT DOUBLE OUT CHECK SWITCH</p>	<p>6. SEATTLE CHECK SWITCH</p>
<p>7. EMPTY CHECK SWITCH</p>	<p>8. FLY EMPTY CHECK SWITCH</p>



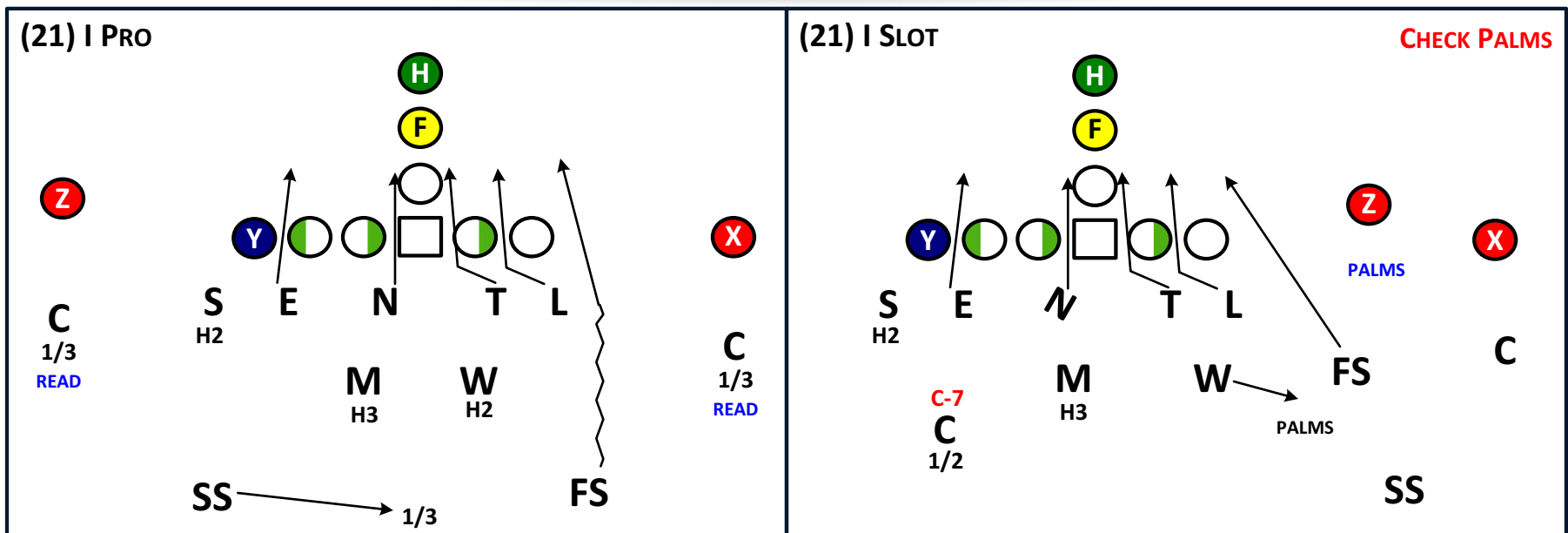
X NASTY



Z PHONY



UNDER PIG FELIX 3 PALMS



ESSENCE:

- 5 MAN RUSH ZONE WITH THE FREE SAFETY RUSHING OFF THE FLEX SIDE EDGE.**

COACHING POINTS:

- SOLID CALL TO THE "Y".
- MIKE: HOT TO 3
- WILL: HOT TO 2
- SAM: HOT TO 2
- FREE SAFETY: CONTAIN BLITZ

ADJUSTMENTS:

- Vs. PRO X NASTY: CHECK TRADE.**
- Vs. DOUBLE WIDTH SETS AND 2 DISPLACED TO THE FLEX SIDE: CHECK SWITCH**
- Vs. ALIGNED OR MOTION TO EMPTY: CHECK SWITCH**
- Vs. SINGLE WIDTH SLOT FAMILY FORMATIONS: CHECK PALMS**



UNDER PIG FELIX 3 PALMS

<p>1. Z MO I SLOT CHECK PALMS</p>	<p>2. Z MO I PRO CHECK 3 SEAM</p>
<p>3. Y MO I PRO Y OFF</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS</p>	<p>6. DOUBLE OUT CHECK SWITCH</p>
<p>7. FLY TRIPS</p>	<p>8. PEEL DOUBLE OUT CHECK SWITCH</p>



UNDER PIG FELIX 3 PALMS

<p>1. SOLO</p>	<p>2. PAIR TRIPS</p>
<p>3. PAIR SLOT CHECK PALMS</p>	<p>4. SOLO SLOT CHECK PALMS</p>
<p>5. SLOT DOUBLE OUT CHECK SWITCH</p>	<p>6. SEATTLE CHECK SWITCH</p>
<p>7. EMPTY CHECK SWITCH</p>	<p>8. FLY EMPTY CHECK SWITCH</p>

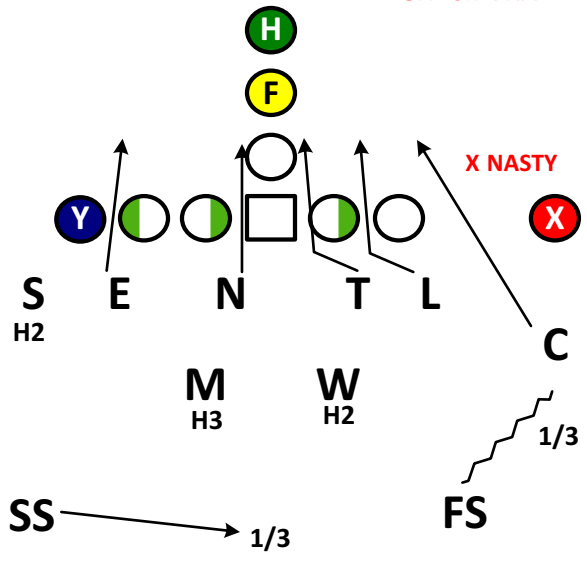


X NASTY

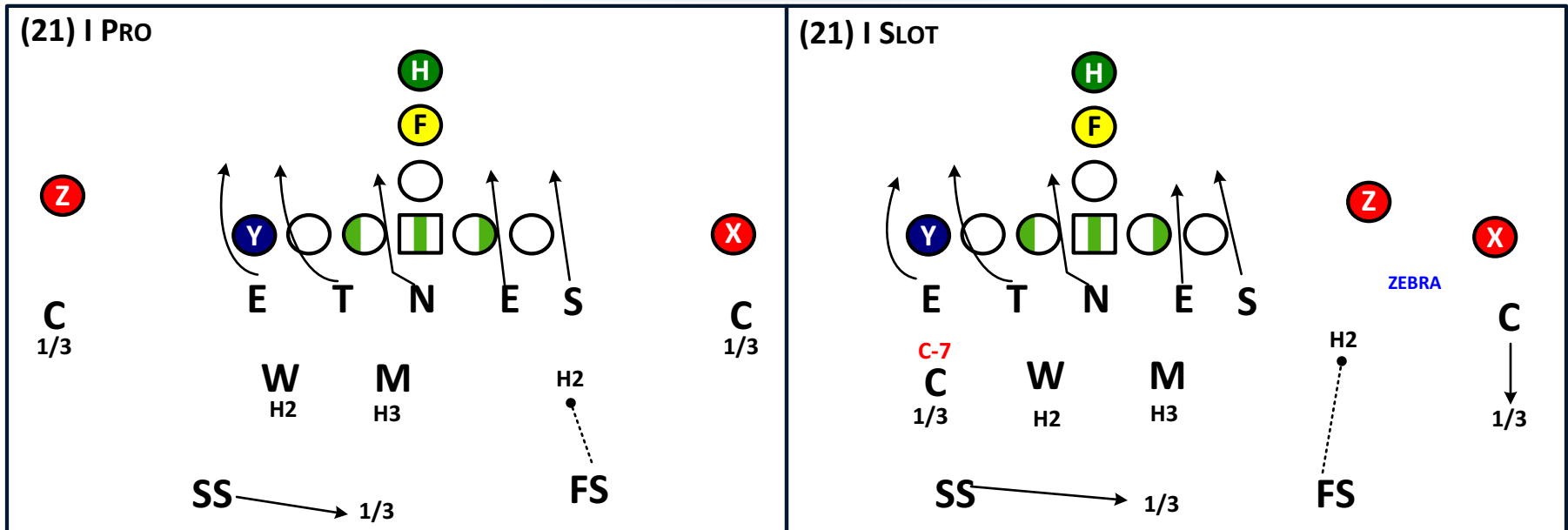
CHECK TRADE

Z

C
1/3
READ



JAM FREEZE 3 SEAM



ESSENCE:

1. 5 MAN 3 DEEP 3 UNDER ZONE PRESSURE
2. THE LINE SLANTS TO THE SOLID SIDE

COACHING POINTS:

1. CLOSED CALL AWAY FROM THE "Y"
2. SAM: CONTAIN BLITZ
3. WILL LB: HOT 2
4. MIKE: HOT 3
5. FREE SAFETY: HOT 2

ADJUSTMENTS:



JAM FREEZE 3 SEAM

<p>1. Z MO I SLOT</p>	<p>2. Z MO I PRO</p>
<p>3. Y MO I PRO Y OFF</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS</p>	<p>6. DOUBLE OUT</p>
<p>7. FLY TRIPS</p>	<p>8. PEEL DOUBLE OUT</p>

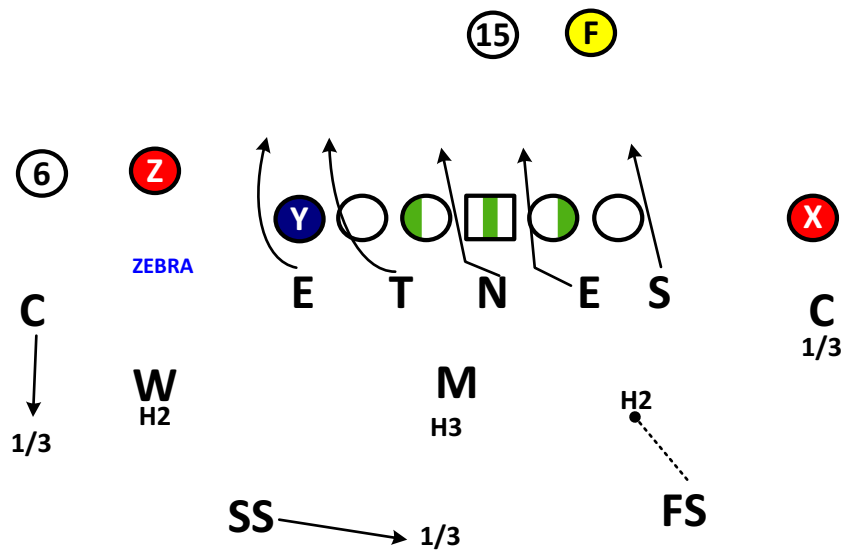


JAM FREEZE 3 SEAM

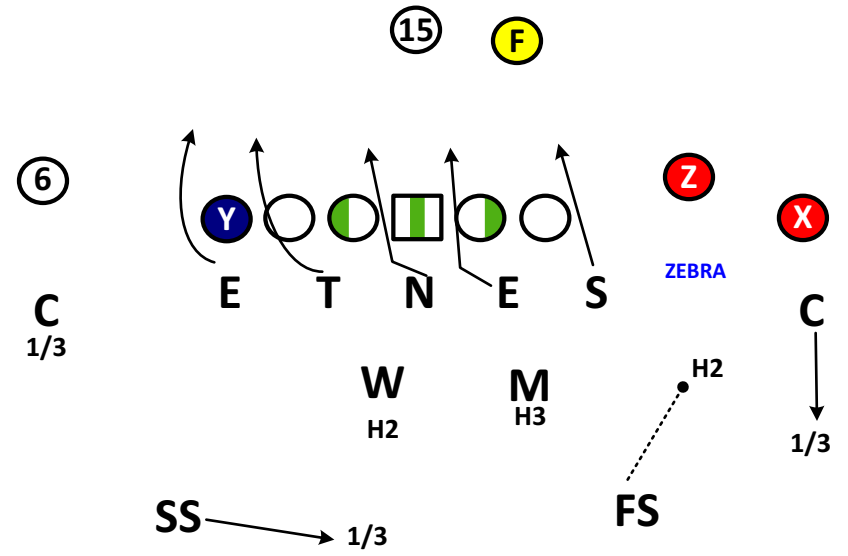
<p>1. SOLO</p>	<p>2. PAIR TRIPS</p>
<p>3. PAIR SLOT</p>	<p>4. SOLO SLOT</p>
<p>5. SLOT DOUBLE OUT</p>	<p>6. SEATTLE</p>
<p>7. EMPTY</p>	<p>8. FLY EMPTY</p>



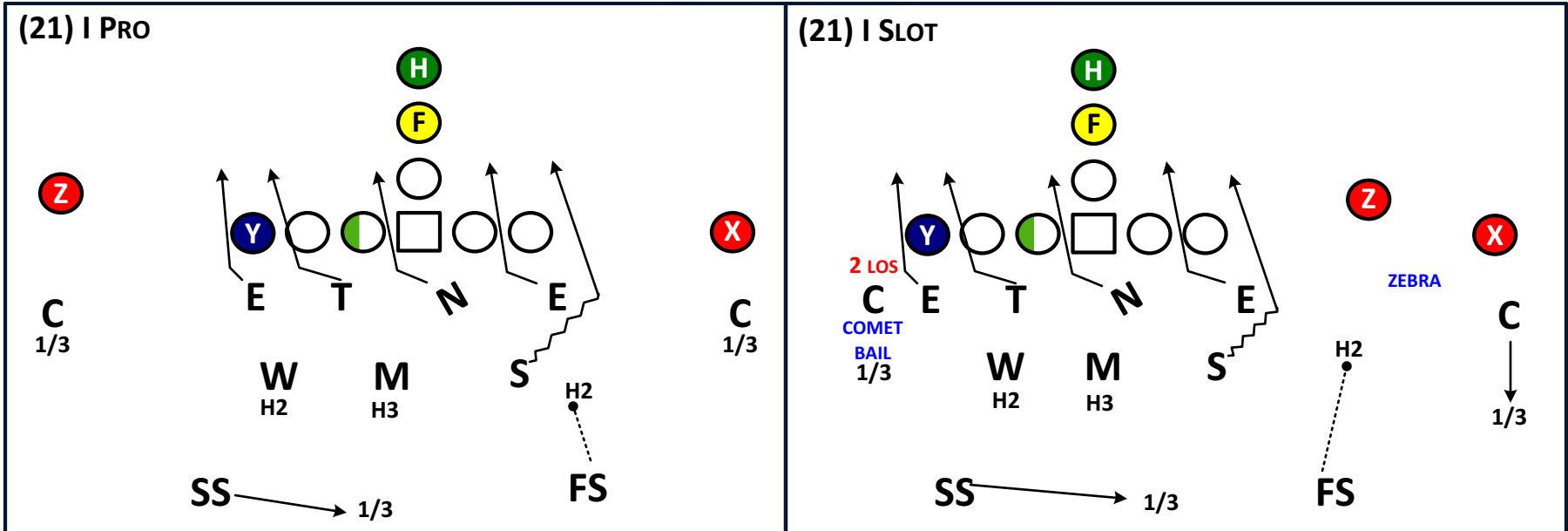
TRIPS



DOUBLE OUT



OVER FREEZE 3 SEAM



ESSENCE:

1. 5 MAN 3 DEEP 3 UNDER ZONE PRESSURE OUT OF OUR OVER FAMILY.

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. SAM BLITZ OFF THE EDGE
DOT: CHASE
GUN: CONTAIN
3. D-LINE: RUN AN ASH STUNT

ADJUSTMENTS:

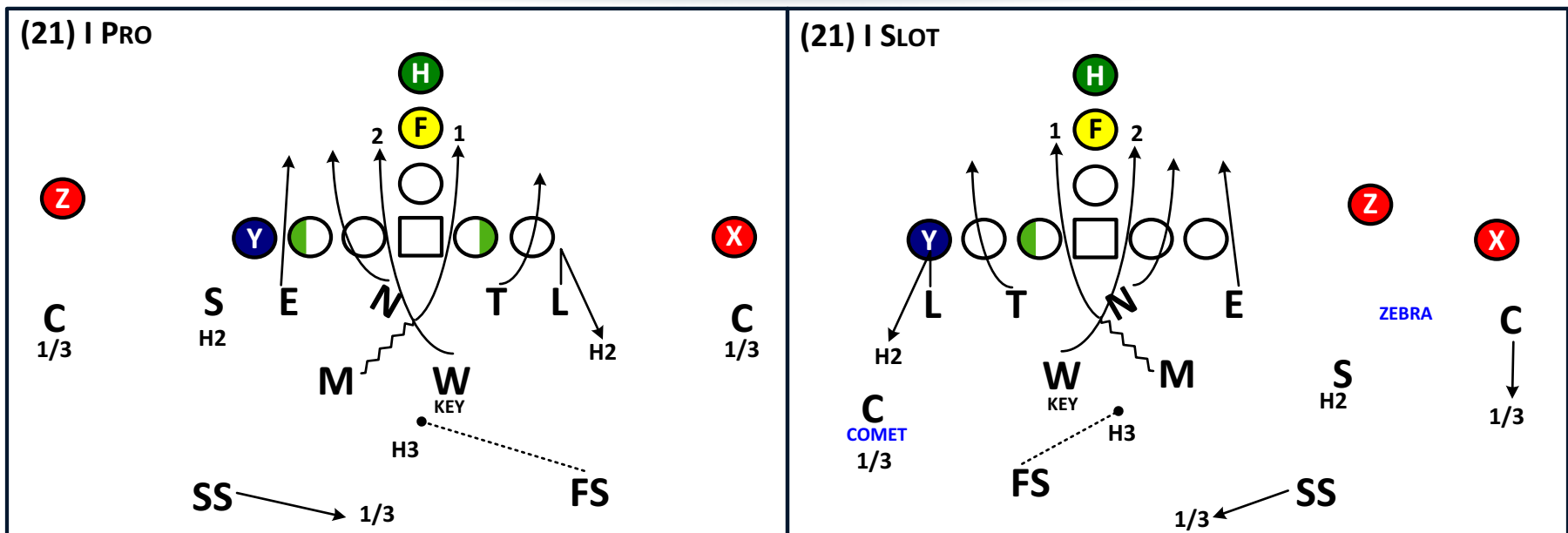


OVER FREEZE 3 SEAM

<p>1. SOLO</p> <p>C 1/3</p>	<p>2. PAIR TRIPS</p> <p>C 1/3</p>
<p>3. PAIR SLOT</p> <p>C 1/3</p>	<p>4. SOLO SLOT</p> <p>C 1/3</p>
<p>5. SLOT DOUBLE OUT</p> <p>C 1/3</p>	<p>6. SEATTLE CHECK SWITCH</p> <p>C 1/3</p>
<p>7. EMPTY</p> <p>C 1/3</p>	<p>8. FLY EMPTY</p> <p>C 1/3</p>



STRONG GUT CROSS 3 BUZZ



ESSENCE:

1. STRONG GUT CROSS 3 BUZZ IS AN UNDER FAMILY FRONT ZONE PRESSURE.

COACHING POINTS:

1. CLOSE CALL TO THE PASSING STRENGTH
2 RECEIVER SIDE
BALANCED 2X2 FORMATIONS TO THE LEFT OR TO THE OFFSET
EMPTY: TO THE 2 MAN SIDE
2. MIKE BLITZES THE WEAK A GAP
3. WILL KEY BLITZES THE STRONG A GAP (SECOND)
4. FREE SAFETY IS THE HOT TO 3 DEFENDER
5. VS. TRIPS: SS IS THE HOT TO 3 DEFENDER
6. STRONG SAFETY TRAVEL WITH THE CLOSED CALL.

ADJUSTMENTS:

1. VS. #2 DISPLACED AWAY FROM THE CLOSED CALL: CHECK SWAP
2. VS. #3 DISPLACED AWAY FROM THE CLOSED CALL: CHECK HOT TO 3
3. VS. 2X2 FORMATIONS: SEAM ALERT
4. POSSIBLE GAME PLAN:
DO NOT CROSS LBS IN BLITZ



STRONG GUT CROSS 3 BUZZ

<p>1. Z MO I SLOT CHECK SWAP</p>	<p>2. Z MO I PRO</p>
<p>3. Y MO I PRO Y OFF</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS</p>	<p>6. DOUBLE OUT</p>
<p>7. FLY TRIPS</p>	<p>8. PEEL DOUBLE OUT CHECK SWAP</p>

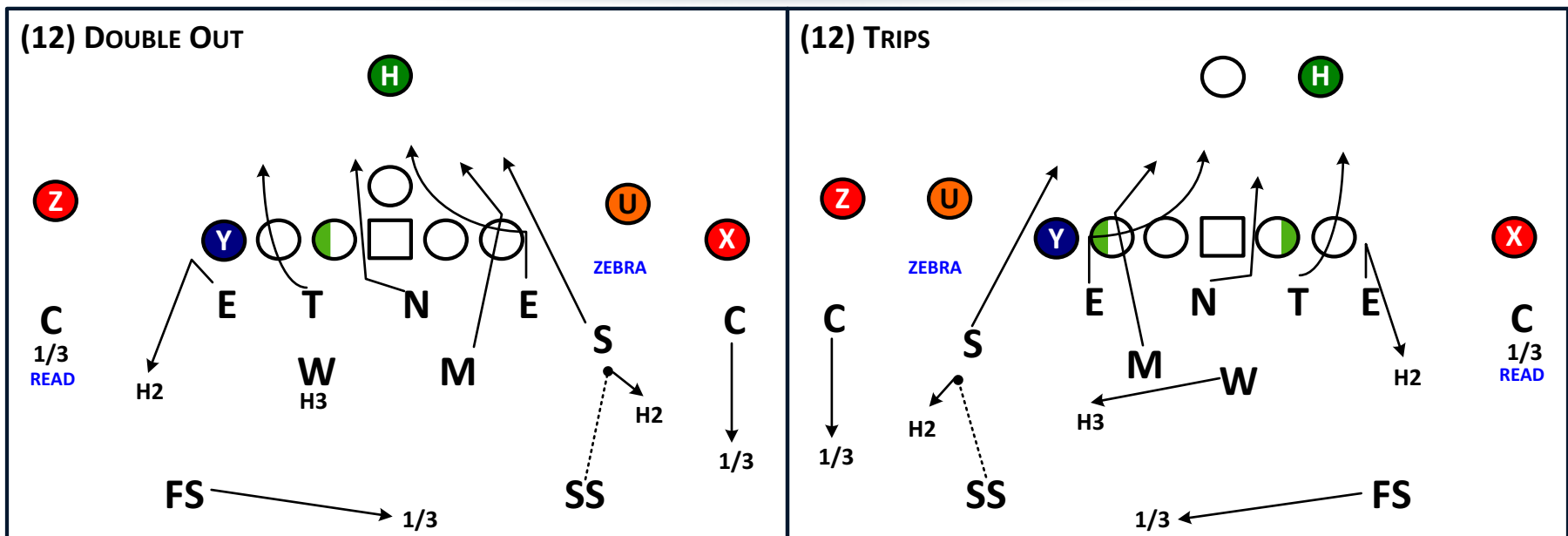


STRONG GUT CROSS 3 BUZZ

<p>1. SOLO</p>	<p>2. PAIR TRIPS</p>
<p>3. PAIR SLOT</p>	<p>4. SOLO SLOT</p>
<p>5. SLOT DOUBLE OUT</p>	<p>6. SEATTLE</p>
<p>7. EMPTY CHECK SWAP</p>	<p>8. FLY EMPTY CHECK SWAP</p>



(BASE) STRONG MOB 3 SEAM



ESSENCE:

1. STRONG MOB 3 SEAM IS A 5 MAN 3 DEEP 3 UNDER ZONE PRESSURE

COACHING POINTS:

1. CLOSED CALL TO THE PASSING STRENGTH (BUBBLE SET TO THE CLOSED CALL):
EMPTY: TO THE 2 RECEIVER SIDE.
2. MIKE: RUN AN ICE STUNT
3. SAM: CHASE CONTAIN BLITZER
4. CLOSED CALL END: ICE STUNT

ADJUSTMENTS:

1. VS. 2 DISPLACED AWAY FROM THE STRONG CALL: WILL ADJUST. CHECK SWAP
2. VS. #3 DISPLACED: MIKE ADJUST
3. VS. CHANGE OF STRENGTH MOTION: WILL ADJUST. CHECK SWAP
4. VS. MOTION TO EMPTY, 3 TO THE SIDE OF THE CLOSED CALL: MIKE NO GO. END RUSH



(BASE) STRONG MOB 3 SEAM

<p>1. U MO TRIPS CHECK SWAP</p>	<p>2. U MO DOUBLES CHECK SWAP</p>
<p>3. Y MO TRIPS Y OFF</p>	<p>4. TRIPS BUNCH MIKE ADJUST</p>
<p>5. TRIPS SLOT OPEN MIKE ADJUST</p>	<p>6. Z MO TRIPS SLOT OPEN MIKE ADJUST</p>
<p>7. SPLIT JET</p>	<p>8. U MO SPLIT JET CHECK SWAP</p>

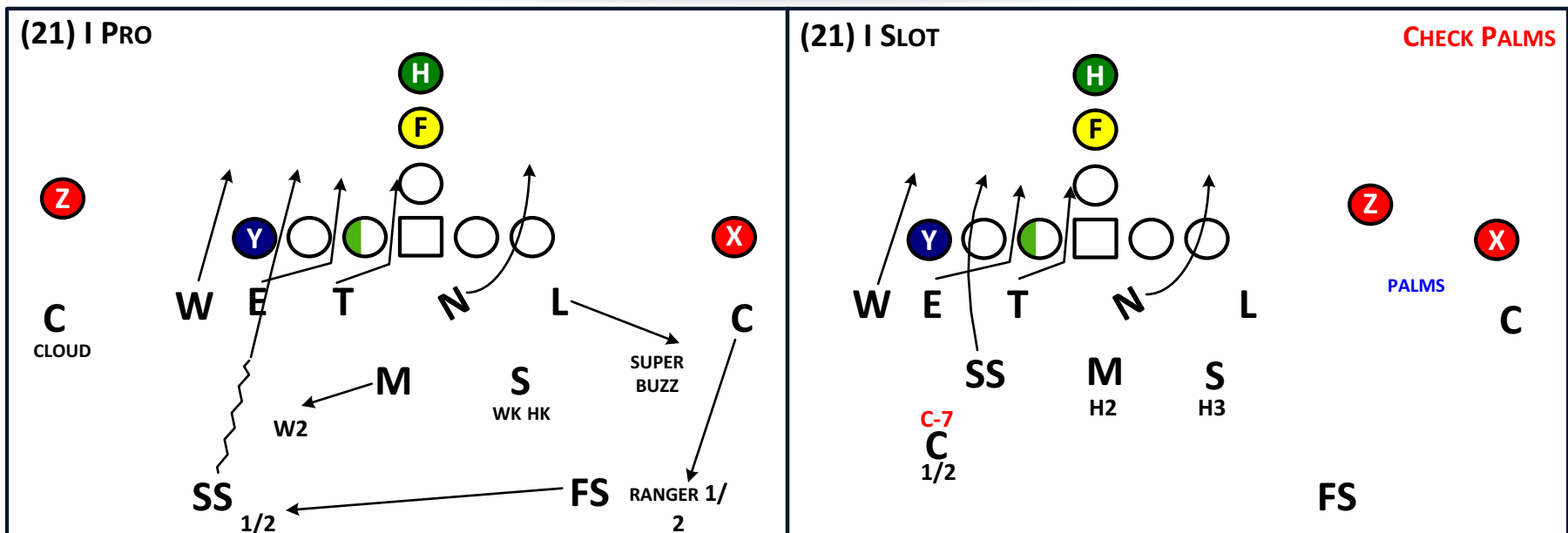


(BASE) STRONG MOB 3 SEAM

<p>1. SPREAD CHECK SWAP</p>	<p>2. PAIR TRIPS</p>
<p>3. U MO TRIPS OPEN CHECK HOT TO 3</p>	<p>4. Y MO SPREAD CHECK SWAP</p>
<p>5. FLY EMPTY CHECK SWAP</p>	<p>6. PEEL EMPTY CHECK NO GO RUSH RUSH</p>
<p>7. EMPTY CHECK SWAP</p>	<p>8. (12) SOLO</p>



LOAD SABER RANGER 3 PALMS



ESSENCE:

1. LOAD SABER RANGER 3 PALMS IS A 5 MAN 3 DEEP 3 UNDER ZONE PRESSURE.

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. STRONG SAFETY: CONTAIN BLITZER
3. WILL: BLITZ C GAP

ADJUSTMENTS:

1. VS. PRO FAMILY FORMATIONS: RANGER
2. VS. 2 BACK SLOT: CHECK PALMS
3. VS. 1 BACK SETS: CHECK 3 SEAM
4. VS. Y MOTION: CHECK 3 SEAM
5. VS. ANY 2 DISPLACED TO THE SOLID SIDE: CHECK SWITCH
6. VS. EMPTY: CHECK SWITCH, MIKE NO GO, END RUSH

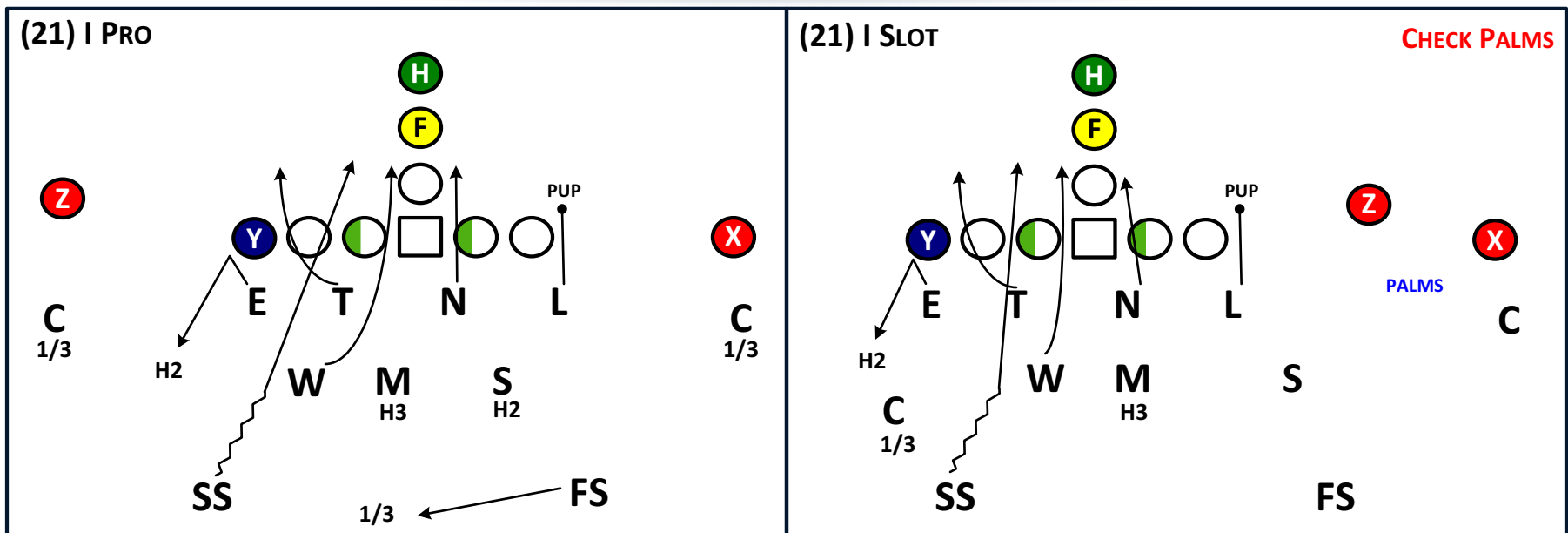


LOAD SABER RANGER 3 PALMS

<p>1. Z MO I SLOT CHECK PALMS</p>	<p>2. Z MO I PRO CHECK RANGER</p>
<p>3. Y MO I PRO Y OFF CHECK 3 SEAM</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS CHECK SWITCH CHECK 3 SEAM</p>	<p>6. DOUBLE OUT CHECK 3 SEAM CHECK SWAP</p>
<p>7. FLY TRIPS CHECK SWITCH CHECK 3 SEAM</p>	<p>8. PEEL DOUBLE OUT CHECK 3 SEAM CHECK SWAP</p>



OVER G SHOCK 3 PALMS



ESSENCE:

1. 5 MAN 3 DEEP 3 SEAM ZONE PRESSURE
2. THE LINE SLANTS TO THE SOLID SIDE

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. WILL IS AN A GAP BLITZER
3. DE AWAY FROM SOLID CALL: PUP TECHNIQUE

ADJUSTMENTS:

1. VS. ANY 2 DISPLACED TO THE SOLID SIDE: CHECK SWITCH
2. VS. ALIGNED OR MOTION TO SINGLE WIDTH SLOT: CHECK PALMS



OVER G SHOCK 3 PALMS

<p>1. Z MO I SLOT CHECK PALMS</p> <p style="text-align: right;">PALMS</p>	<p>2. Z MO I PRO CHECK 3 SEAM</p>
<p>3. Y MO I PRO Y OFF</p>	<p>4. I PRO Y OPEN CHECK SWITCH CHECK SWAP</p> <p style="text-align: center;">ZEBRA</p>
<p>5. TRIPS CHECK SWITCH CHECK SWAP</p> <p style="text-align: center;">ZEBRA</p>	<p>6. DOUBLE OUT</p> <p style="text-align: center;">ZEBRA</p>
<p>7. FLY TRIPS CHECK SWITCH CHECK SWAP</p> <p style="text-align: center;">ZEBRA</p>	<p>8. PEEL DOUBLE OUT</p> <p style="text-align: center;">ZEBRA</p>

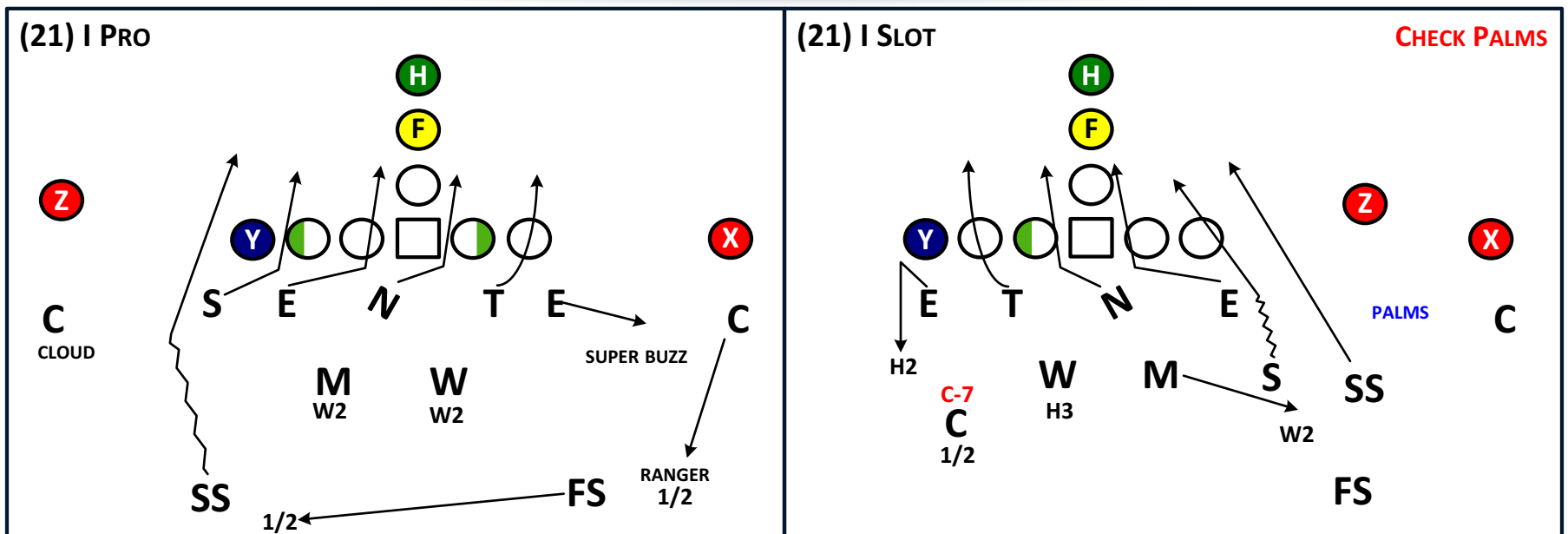


OVER G SHOCK 3 PALMS

<p>1. SOLO</p>	<p>2. PAIR TRIPS</p>
<p>3. PAIR SLOT CHECK PALMS</p>	<p>4. SOLO SLOT CHECK PALMS</p>
<p>5. SLOT DOUBLE OUT</p>	<p>6. SEATTLE</p>
<p>7. EMPTY CHECK SWITCH CHECK SWAP</p>	<p>8. FLY EMPTY CHECK SWITCH CHECK SWAP</p>



STRONG SLASHER RANGER 3 PALMS



ESSENCE:

1. STRONG SLASHER RANGER 3 PALMS IS AN UNDER FAMILY 5 MAN ZONE PRESSURE.
2. THE DEFENSIVE LINE SLANTS AWAY FROM PASSING STRENGTH
3. SAM AND SS BLITZ TO THE SIDE OF THE PASSING STRENGTH

COACHING POINTS:

1. CLOSE CALL TO THE PASSING STRENGTH
 2 RECEIVER SIDE
 BALANCED 2X2 FORMATIONS TO THE LEFT OR TO THE OFFSET
 EMPTY: TO THE 2 MAN SIDE
2. THIS PRESSURE INVOLVES THE SS AND SAM
3. SAM IS THE CUT BLITZER
4. SS BLITZ CONTAIN

ADJUSTMENTS:

1. VS. ALIGNED SINGLE WIDTH SLOT: CHECK PALMS
2. VS. CHANGE OF STRENGTH MOTION: CHECK 3 SEAM.
3. VS. ALIGNED OR MOTION TO EMPTY: CHECK 3 SEAM. SAFETY NO GO
4. VS. SEATTLE: CHECK SMASH



STRONG SLASHER RANGER 3 PALMS

<p>1. Z MO I SLOT</p> <p style="text-align: right; color: red;">CHECK 3 SEAM CHECK SWAP</p>	<p>2. Z MO I PRO</p>
<p>3. Y MO I PRO Y OFF</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS</p>	<p>6. DOUBLE OUT</p>
<p>7. FLY TRIPS</p>	<p>8. PEEL DOUBLE OUT</p>

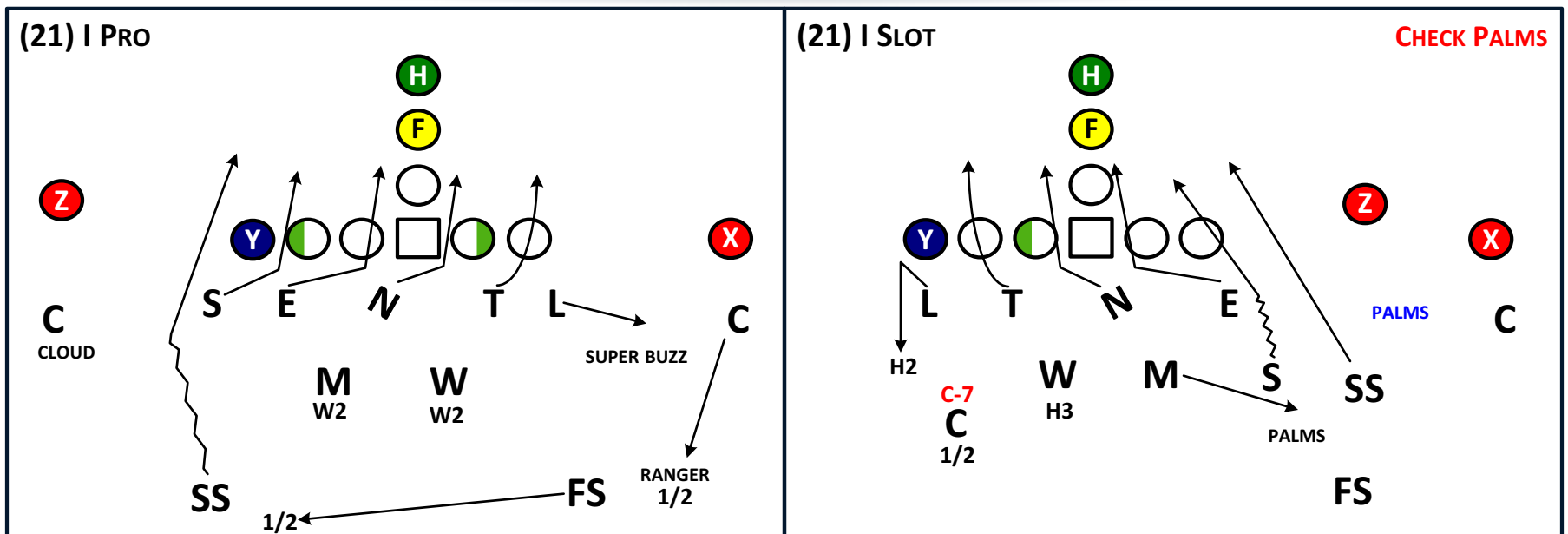


STRONG SLASHER RANGER 3 PALMS

<p>1. SOLO</p>	<p>2. PAIR TRIPS</p>
<p>3. PAIR SLOT</p> <p style="text-align: right; color: red;">CHECK PALMS SEAM ALERT</p>	<p>4. SOLO SLOT</p> <p style="text-align: right; color: red;">CHECK PALMS SEAM ALERT</p>
<p>5. SLOT DOUBLE OUT</p>	<p>6. SEATTLE</p> <p style="text-align: right; color: red;">CHECK SMASH MIKE ADJUST</p>
<p>7. EMPTY</p> <p style="text-align: right; color: red;">CHECK 3 SEAM SAFETY NO GO</p>	<p>8. FLY EMPTY</p> <p style="text-align: right; color: red;">CHECK 3 SEAM SAFETY NO GO</p>



STRONG SLASHER RANGER 3 PALMS



ESSENCE:

1. STRONG SLASHER RANGER 3 PALMS IS AN UNDER FAMILY 5 MAN ZONE PRESSURE.
2. THE DEFENSIVE LINE SLANTS AWAY FROM PASSING STRENGTH
3. SAM AND SS BLITZ TO THE SIDE OF THE PASSING STRENGTH

COACHING POINTS:

1. CLOSE CALL TO THE PASSING STRENGTH
 - 2 RECEIVER SIDE
 - BALANCED 2X2 FORMATIONS TO THE LEFT OR TO THE OFFSET
 - EMPTY: TO THE 2 MAN SIDE
2. THIS PRESSURE INVOLVES THE SS AND SAM
3. SAM IS THE CUT BLITZER
4. SS BLITZ CONTAIN

ADJUSTMENTS:

1. Vs. ALIGNED SINGLE WIDTH SLOT: CHECK PALMS
2. Vs. CHANGE OF STRENGTH MOTION: CHECK 3 SEAM.
3. Vs. ALIGNED OR MOTION TO ONE BACK AND EMPTY: CHECK SMASH
 - Vs. #2 DISPLACED AWAY FROM CLOSED CALL: CHECK SWAP
 - Vs. #3 DISPLACED TO THE CLOSED CALL: MIKE ADJUST. WILL KEY BLITZ.



STRONG SLASHER RANGER 3 PALMS

<p>1. Z MO I SLOT CHECK 3 SEAM</p> <p style="text-align: right; color: red;">CHECK SWAP</p>	<p>2. Z MO I PRO CHECK 3 SEAM</p>
<p>3. Y MO I PRO Y OFF CHECK 3 SEAM</p>	<p>4. I PRO Y OPEN STAY RANGER</p>
<p>5. TRIPS CHECK SMASH</p>	<p>6. DOUBLE OUT CHECK SMASH</p>
<p>7. FLY TRIPS CHECK SMASH</p>	<p>8. PEEL DOUBLE OUT CHECK SMASH</p> <p style="text-align: right; color: red;">CHECK SWAP</p> <p style="text-align: right; color: red;">ROCK AND ROLL</p>

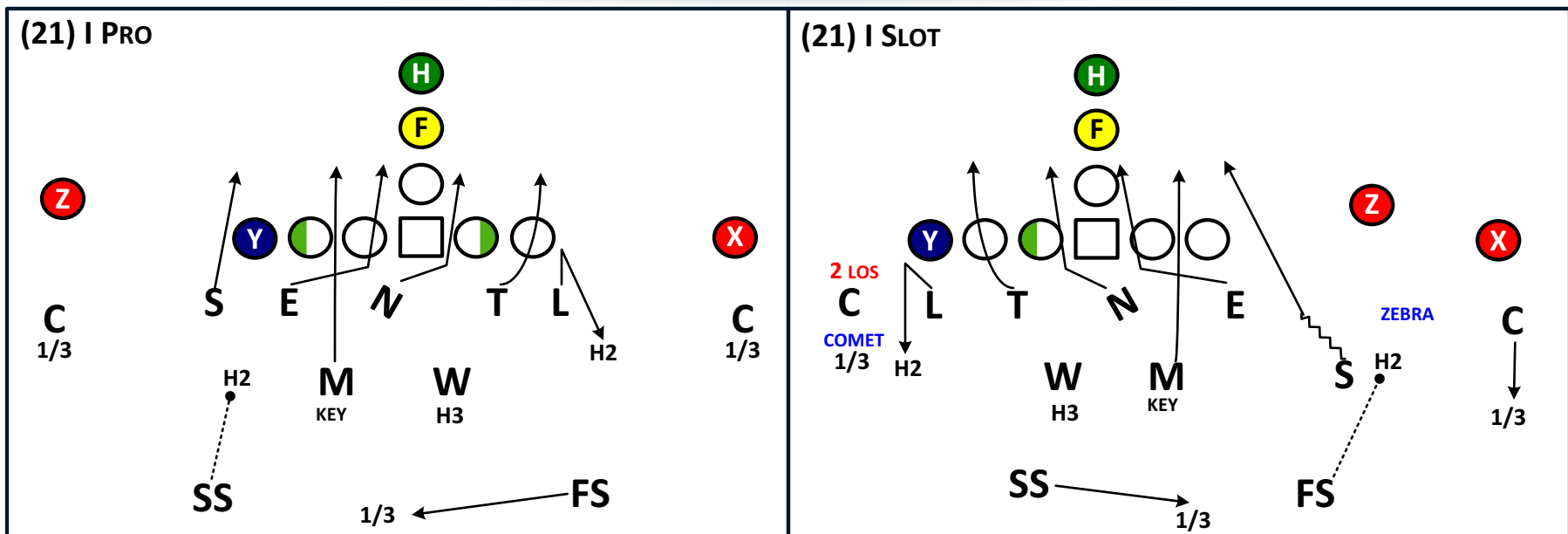


STRONG SLASHER RANGER 3 PALMS

<p>1. SOLO CHECK SMASH</p>	<p>2. PAIR TRIPS CHECK SMASH</p>
<p>3. PAIR SLOT CHECK SMASH</p>	<p>4. SOLO SLOT CHECK SMASH</p>
<p>5. SLOT DOUBLE OUT CHECK SMASH</p>	<p>6. SEATTLE CHECK SMASH MIKE ADJUST</p>
<p>7. EMPTY CHECK SMASH CHECK SWAP</p>	<p>8. FLY EMPTY CHECK SMASH CHECK SWAP</p>



STRONG SMASH SKY ZONE



ESSENCE:

1. 3 DEEP 3 UNDER RUSH ZONE WHERE WE WILL RUSH 4 DEFENDERS
2. THE DEFENSIVE LINE WILL ALIGN USING UNDER FAMILY FRONT RULES
3. THE DEFENSIVE LINE SLANTS AWAY FROM PASSING STRENGTH
4. SS WILL SKY DOWN HOT TO 2 TO THE SIDE OF THE PASSING STRENGTH

COACHING POINTS:

1. CLOSE CALL TO THE PASSING STRENGTH
2 RECEIVER SIDE
BALANCED 2X2 FORMATIONS TO THE LEFT OR TO THE OFFSET
EMPTY: TO THE 2 MAN SIDE
2. THIS PRESSURE INVOLVES THE MIKE AND SAM, NO SWITCH CALL
3. MIKE KEY BLITZ
4. SAM CHASE CONTAIN BLITZER
5. VS. ZIP, SAM CONTAIN RUSH. SS PLAYS C GAP

ADJUSTMENTS:

1. VS. #2 DISPLACED AWAY FROM THE CLOSED CALL: CHECK SWAP
2. VS. #3 DISPLACED AWAY FROM THE CLOSED CALL: CHECK HOT TO 3
3. VS. CHANGE OF STRENGTH MOTION: CHECK SWAP (ROCK AND ROLL)
WITH 3 DISPLACED: CHECK HOT TO 3
4. VS. #3 DISPLACED: MIKE ADJUST
5. VS. MOTION TO EMPTY: WILL CHECK SWAP, MIKE ADJUST (NO RUSH) & RELATE TO 3 TO CLOSED CALL
END RUSH



STRONG SMASH SKY ZONE

<p>1. Z MO I SLOT CHECK SWAP</p>	<p>2. Z MO I PRO ROCK AND ROLL</p>
<p>3. Y MO I PRO Y OFF STAY HOT TO 2 ROCK AND ROLL</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS</p>	<p>6. DOUBLE OUT SEAM ALERT</p>
<p>7. FLY TRIPS</p>	<p>8. PEEL DOUBLE OUT CHECK SWAP ROCK AND ROLL SEAM ALERT</p>

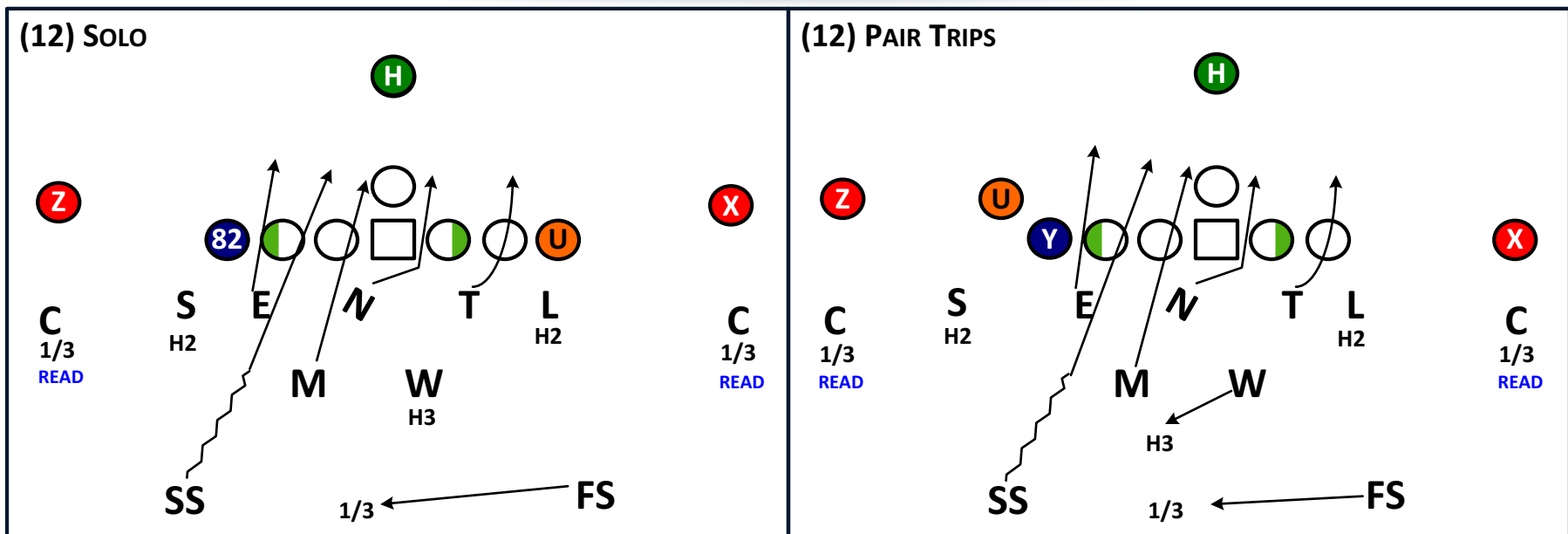


STRONG SMASH SKY ZONE

<p>1. SOLO SEAM ALERT</p>	<p>2. PAIR TRIPS</p>
<p>3. PAIR SLOT SEAM ALERT</p>	<p>4. SOLO SLOT</p>
<p>5. SLOT DOUBLE OUT SEAM ALERT</p>	<p>6. SEATTLE MIKE ADJUST</p>
<p>7. EMPTY CHECK SWAP SEAM ALERT</p>	<p>8. FLY EMPTY CHECK SWAP SEAM ALERT</p>



STRONG SNAKE 3 SEAM



ESSENCE:

1. STRONG SNAKE 3 SEAM IS A 5 MAN ZONE PRESSURE SET TO THE PASSING STRENGTH

COACHING POINTS:

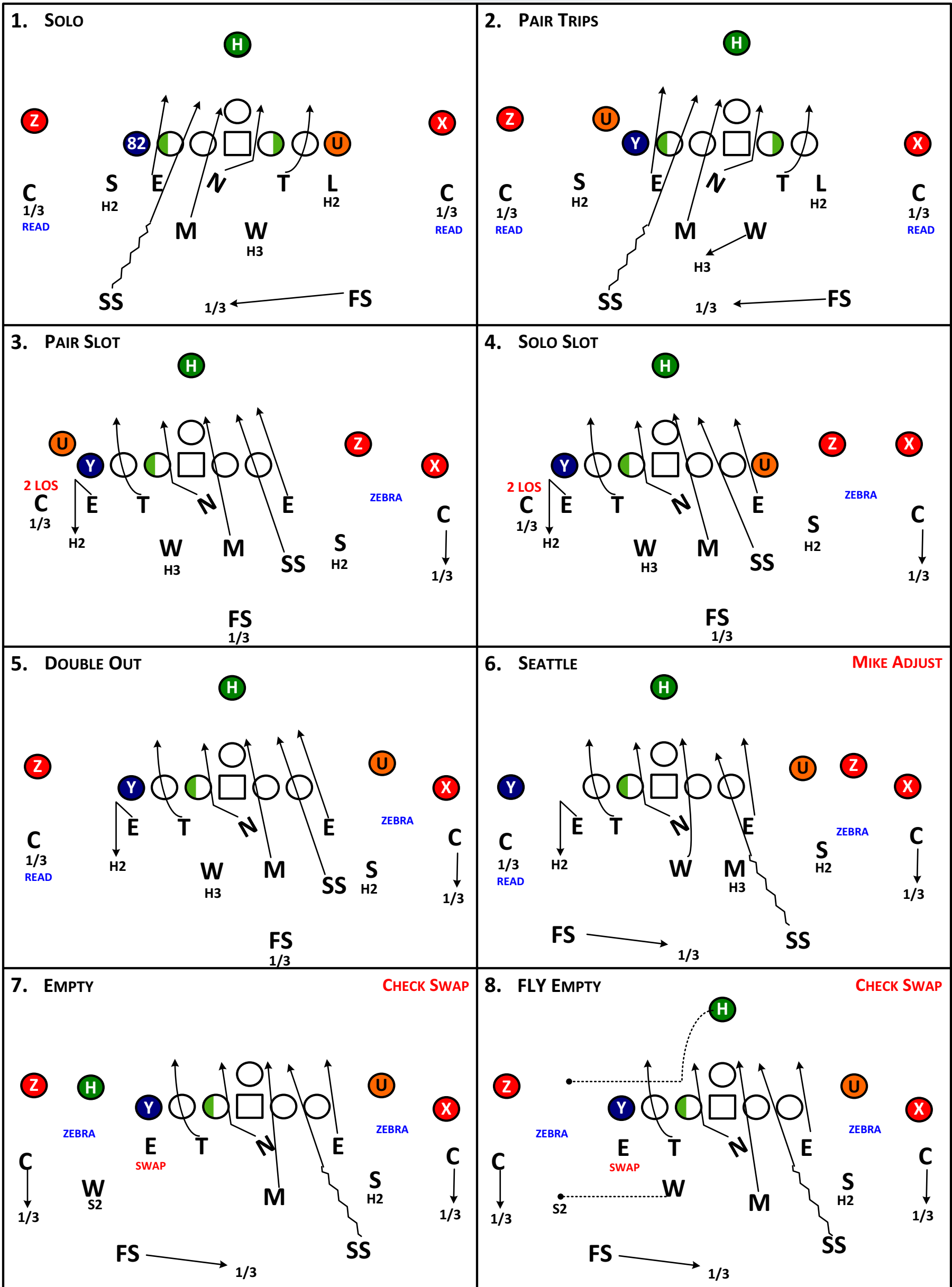
1. CLOSE CALL TO PASSING STRENGTH
EMPTY: 2 MAN SIDE
2. SAM: HOT TO 2
3. MIKE: BLITZ A GAP
4. STRONG SAFETY: BLITZ B GAP

ADJUSTMENTS:

1. VS. GUN SETS: MIKE AND STRONG SAFETY CROSS
2. VS. 2 DISPLACED AWAY FROM CLOSED CALL: CHECK SWAP
3. VS. SEATTLE TRIPS: MIKE ADJUST
4. VS. EMPTY AND 3 RECEIVERS TO THE PRESSURE SIDE: MIKE NO GO. END RUSH



STRONG SNAKE 3 SEAM

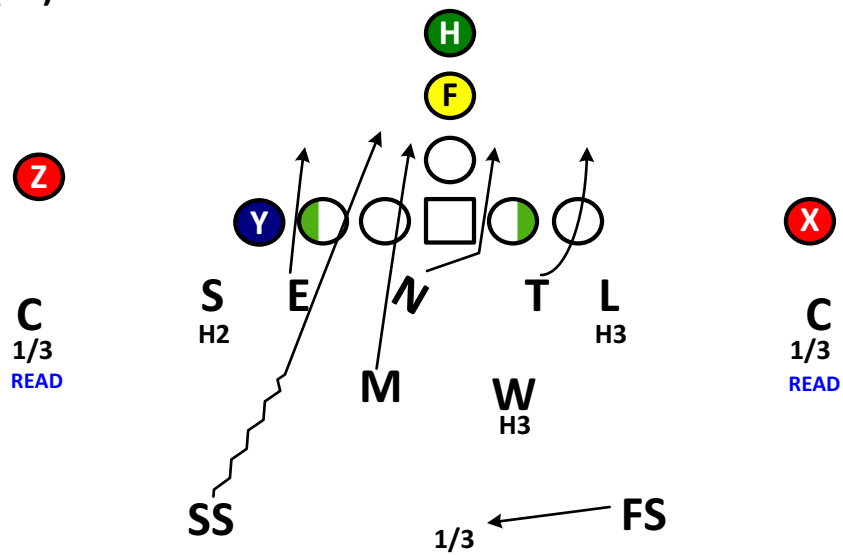


UNDER BASH RANGER 3 PALMS

<p>1. Z MO I SLOT</p> <p style="text-align: right;">CHECK PALMS CHECK SWAP</p>	<p>2. Z MO I PRO</p> <p style="text-align: right;">CHECK RANGER CHECK SUPER BUZZ</p>
<p>3. Y MO I PRO Y OFF</p> <p style="text-align: right;">CHECK 3 SEAM LEO ADJUST</p>	<p>4. I PRO Y OPEN</p> <p style="text-align: right;">CHECK SWITCH CHECK 3 SEAM</p>
<p>5. TRIPS</p> <p style="text-align: right;">CHECK SWITCH CHECK 3 SEAM</p>	<p>6. DOUBLE OUT</p> <p style="text-align: right;">CHECK 3 SEAM CHECK SWAP</p>
<p>7. FLY TRIPS</p> <p style="text-align: right;">CHECK SWITCH CHECK 3 SEAM</p>	<p>8. PEEL DOUBLE OUT</p> <p style="text-align: right;">CHECK 3 SEAM CHECK SWAP</p>

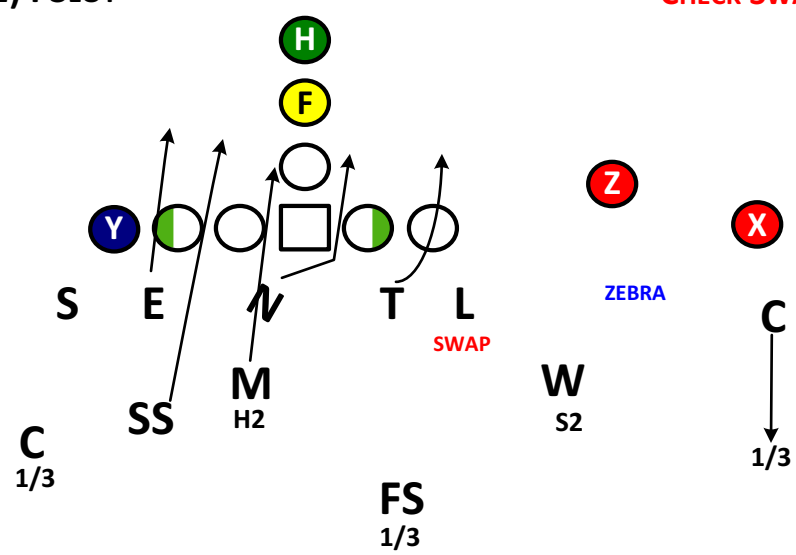


(21) I PRO

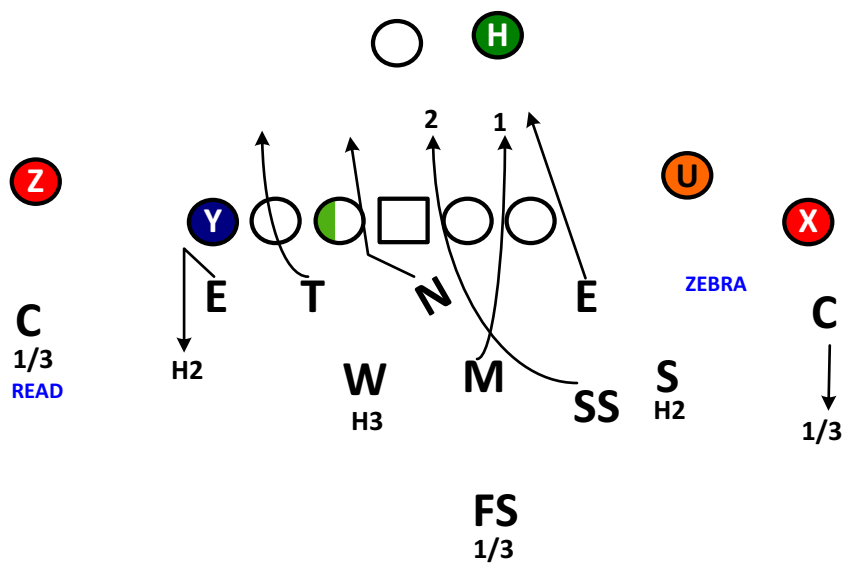


(21) I SLOT

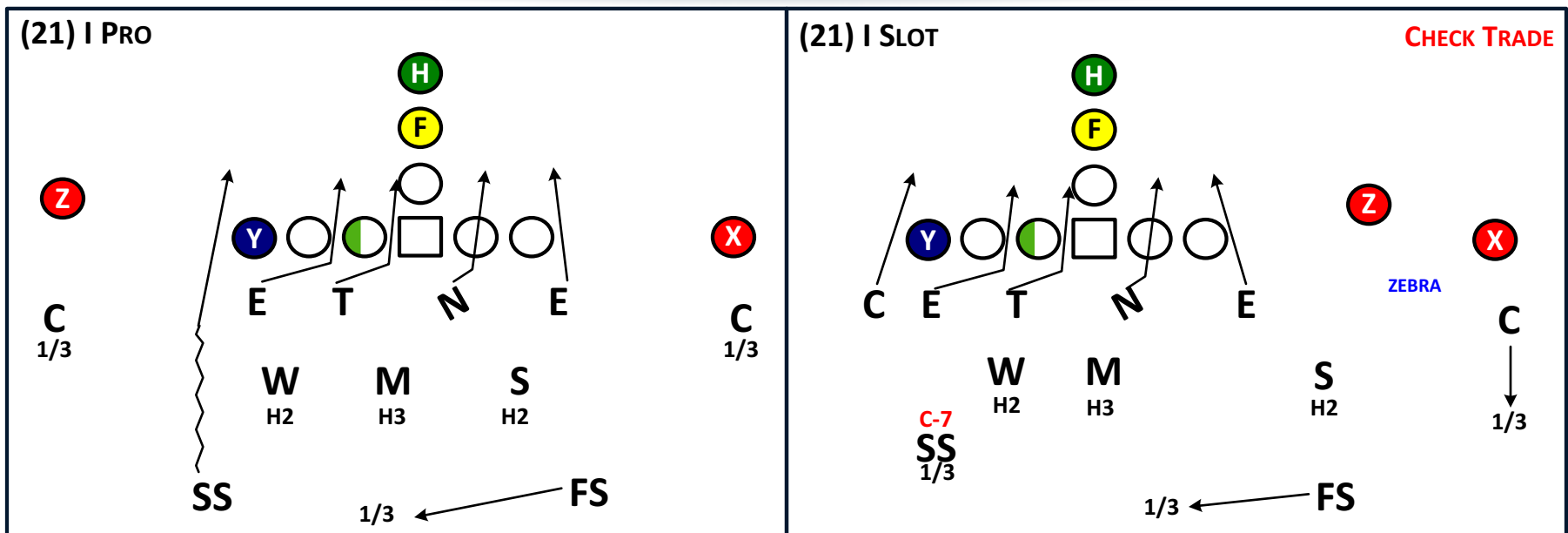
CHECK SWAP



GUN SETS: CROSS



OVER SPEAR 3 SEAM



ESSENCE:

1. OVER SPEAR 3 SEAM IS AN OVER FAMILY FRONT RUSH ZONE.

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. STRONG SAFETY IS A CONTAIN BLITZER
3. D-LINE: TONY MOVEMENT

ADJUSTMENTS:

1. VS. NUBSIDE SETS: CHECK TRADE
2. VS. ANY 2 DISPLACED TO THE SOLID SIDE: CHECK SWITCH



OVER SPEAR 3 SEAM

<p>1. Z MO I SLOT CHECK TRADE</p>	<p>2. Z MO I PRO CHECK SPEAR</p>
<p>3. Y MO I PRO Y OFF</p>	<p>4. I PRO Y OPEN CHECK SWITCH</p>
<p>5. TRIPS CHECK SWITCH</p>	<p>6. DOUBLE OUT</p>
<p>7. FLY TRIPS CHECK SWITCH</p>	<p>8. PEEL DOUBLE OUT</p>

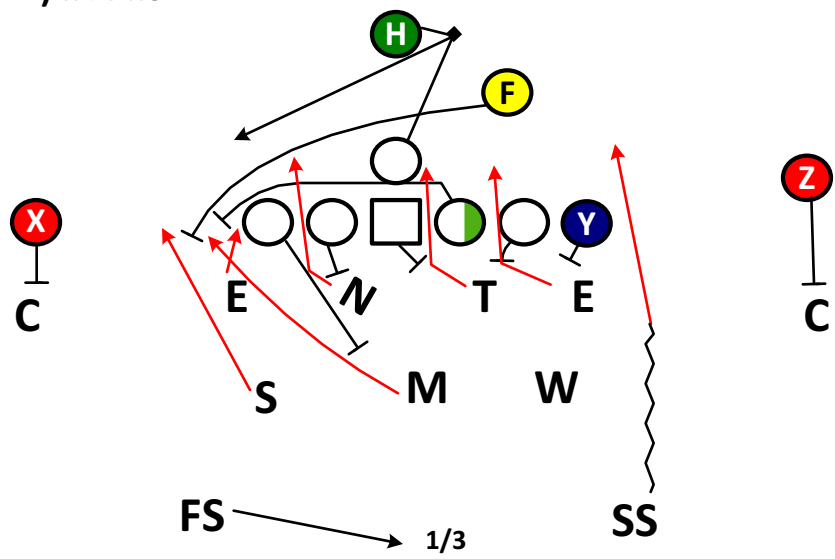


OVER SPEAR 3 SEAM

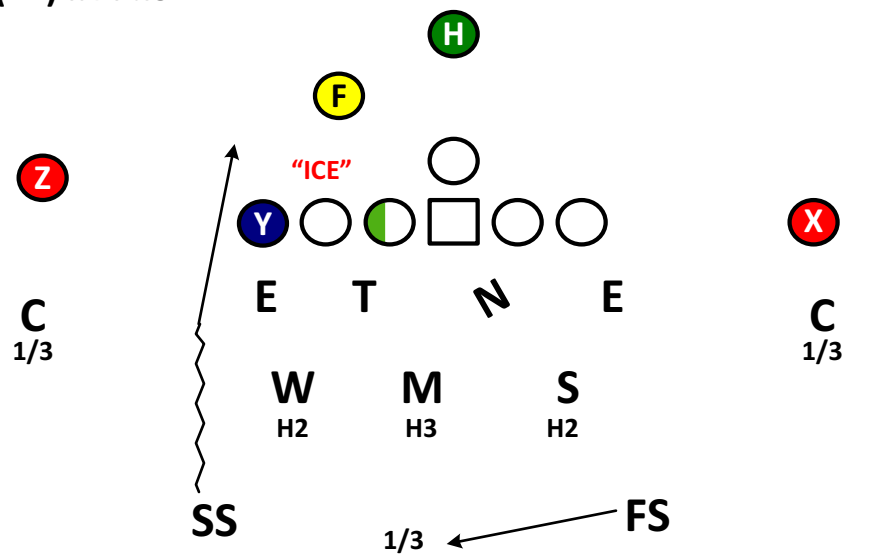
<p>1. SOLO</p>	<p>2. PAIR TRIPS</p>
<p>3. PAIR SLOT</p>	<p>4. SOLO SLOT CHECK TRADE</p>
<p>5. SLOT DOUBLE OUT</p>	<p>6. SEATTLE</p>
<p>7. EMPTY CHECK SWITCH</p>	<p>8. FLY EMPTY CHECK SWITCH</p>



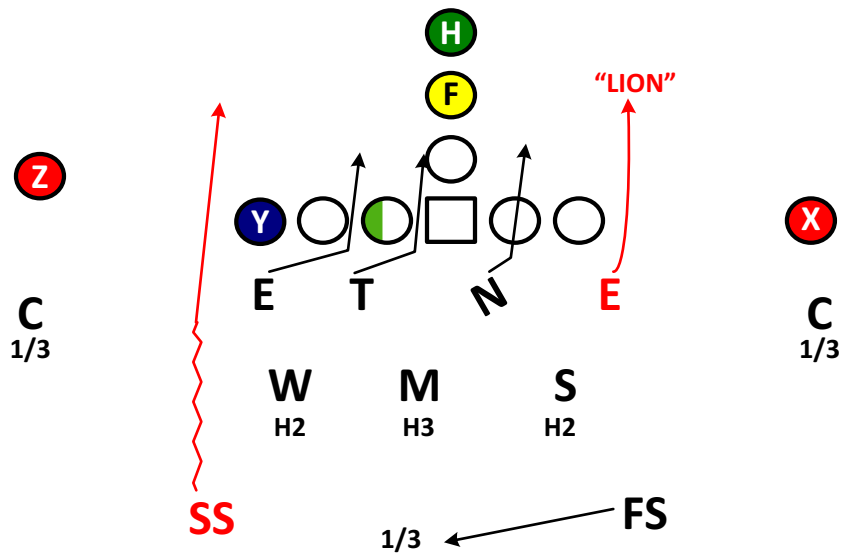
(21) IN PRO



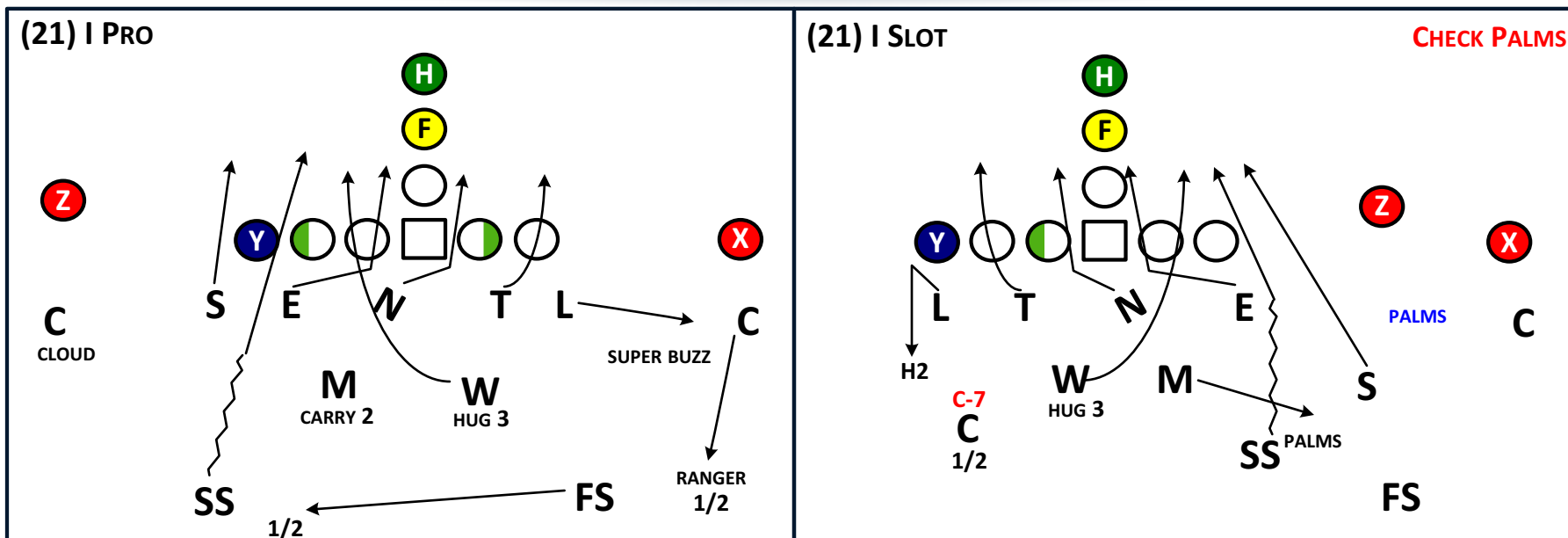
(21) IN PRO



WITH A GO



STRONG STALKER RANGER 3 PALMS



ESSENCE:

1. 5 MAN 3 DEEP UNDER ZONE PRESSURE SET TO THE PASSING STRENGTH
2. THIS IS AN INITIAL LOOK DEFENSE.

COACHING POINTS:

1. CLOSE CALL TO THE PASSING STRENGTH
 - 2 RECEIVER SIDE
 - BALANCED 2X2 FORMATIONS TO THE LEFT OR TO THE OFFSET
 - EMPTY: TO THE 2 MAN SIDE
2. SAM: BLITZ CONTAIN
3. STRONG SAFETY: BLITZ B GAP
4. WE CAN PLAY THE FOLLOWING COVERAGES
 - 2 BACK PRO: RANGER / CARRY
 - ALIGNED 2 BACK SLOT: PALMS
 - ALIGNED ONE BACK: 3 SEAM

ADJUSTMENTS:

1. VS. 2 BACK Y OR Z MOTION: CHECK 3 SEAM
2. VS. ALIGNED OR MOTION (FLY/PEEL) TO ONE BACK: CHECK SWITCH, CHECK 3 SEAM
3. VS. EMPTY: CHECK SWITCH, 3 SEAM AND CLOSE TO THE 2 MAN SIDE.
4. VS. PRO TO SLOT: CHECK 3 SEAM (LEO ADJUST)
5. VS. SLOT TO PRO: CHECK 3 SEAM
6. VS. ALIGNED SINGLE WIDTH SLOT: CHECK PALMS



STRONG STALKER RANGER 3 PALMS

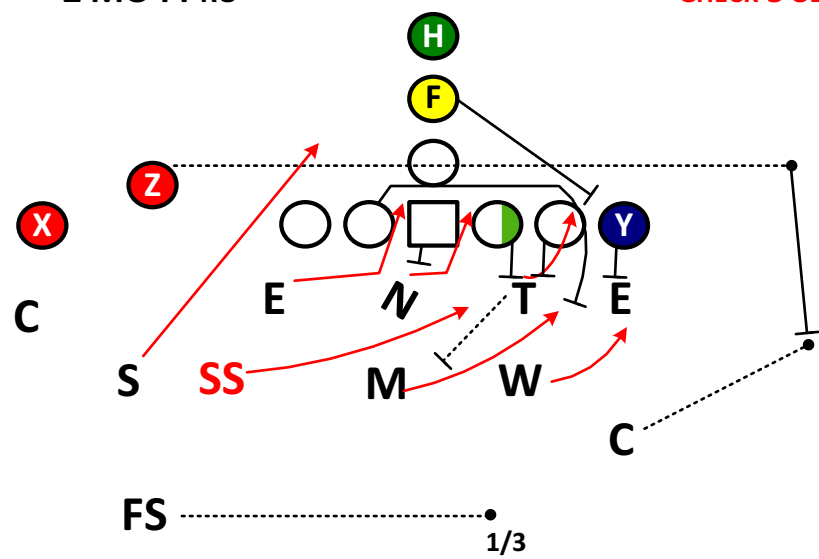
<p>1. Z MO I SLOT CHECK 3 SEAM</p> <p style="text-align: right; color: red;">LEO ADJUST</p>	<p>2. Z MO I PRO CHECK 3 SEAM</p>
<p>3. Y MO I PRO Y OFF CHECK 3 SEAM</p> <p style="text-align: right; color: red;">LEO ADJUST</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS CHECK SWITCH</p> <p style="text-align: right; color: red;">CHECK 3 SEAM</p>	<p>6. DOUBLE OUT CHECK SWITCH</p> <p style="text-align: right; color: red;">CHECK 3 SEAM</p> <p style="text-align: right; color: red;">SEAM ALERT</p>
<p>7. FLY TRIPS CHECK SWITCH</p> <p style="text-align: right; color: red;">CHECK 3 SEAM</p>	<p>8. PEEL DOUBLE OUT CHECK SWITCH</p> <p style="text-align: right; color: red;">CHECK 3 SEAM</p> <p style="text-align: right; color: red;">CHECK SWAP</p>



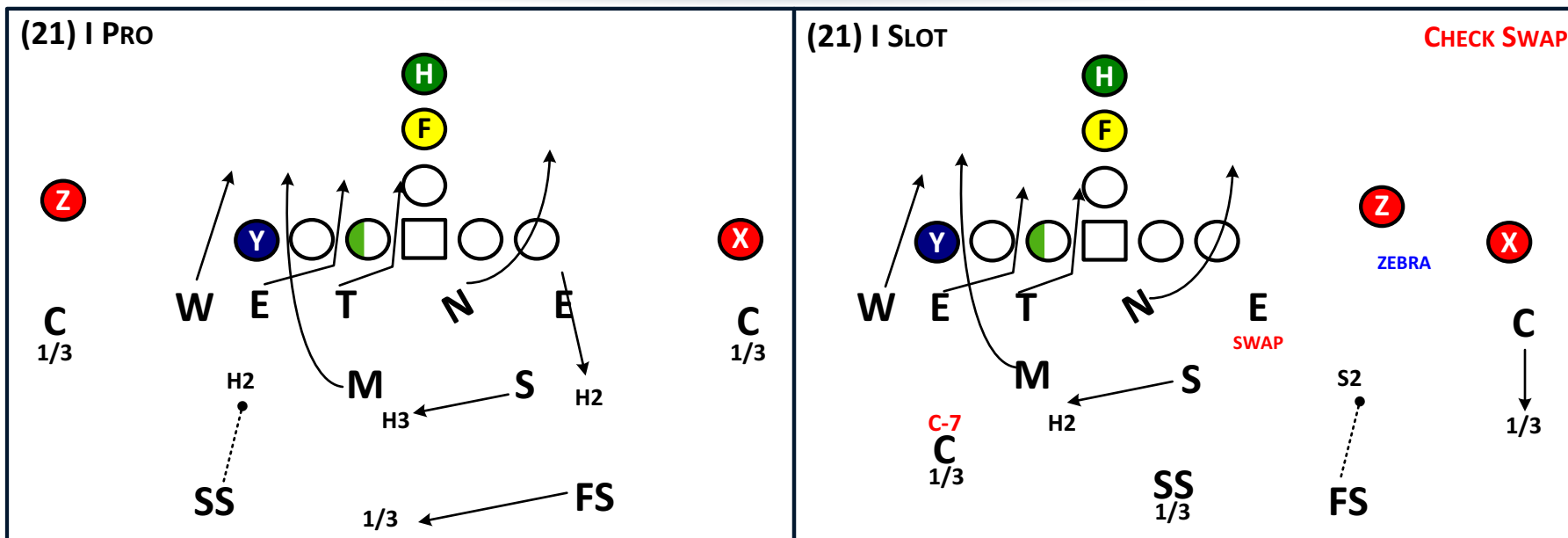
STRONG SLASHER RANGER 3 PALMS

<p>1. SOLO CHECK SWITCH</p>	<p>2. PAIR TRIPS CHECK SWITCH</p>
<p>3. PAIR SLOT CHECK SWITCH</p>	<p>4. SOLO SLOT CHECK SWITCH</p>
<p>5. SLOT DOUBLE OUT CHECK SWITCH</p>	<p>6. SEATTLE CHECK SWITCH MIKE ADJUST</p>
<p>7. EMPTY CHECK SWITCH CHECK SWAP</p>	<p>8. FLY EMPTY CHECK SWITCH CHECK SWAP</p>





LOAD WHIP SKY ZONE



ESSENCE:

1. 5 MAN 3 DEEP 3 UNDER ZONE PRESSURE WITH SKY ZONE COVERAGE

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. WILL: CONTAIN BLITZ
3. MIKE: BLITZ CAP SOLID

ADJUSTMENTS:

1. VS. CHANGE OF STRENGTH MOTION: SAFETIES ROCK AND ROLL
2. VS. 2 DISPLACED AWAY FROM SOLID CALL: CHECK SWAP
3. VS. EMPTY (3 TO THE SOLID SIDE): MIKE NO GO. END RUSH



LOAD WHIP SKY ZONE

<p>1. Z MO I SLOT CHECK SWAP</p>	<p>2. Z MO I PRO</p>
<p>3. Y MO I PRO Y OFF CHECK SWAP</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS</p>	<p>6. DOUBLE OUT CHECK SWAP</p>
<p>7. FLY TRIPS</p>	<p>8. PEEL DOUBLE OUT CHECK SWAP</p>

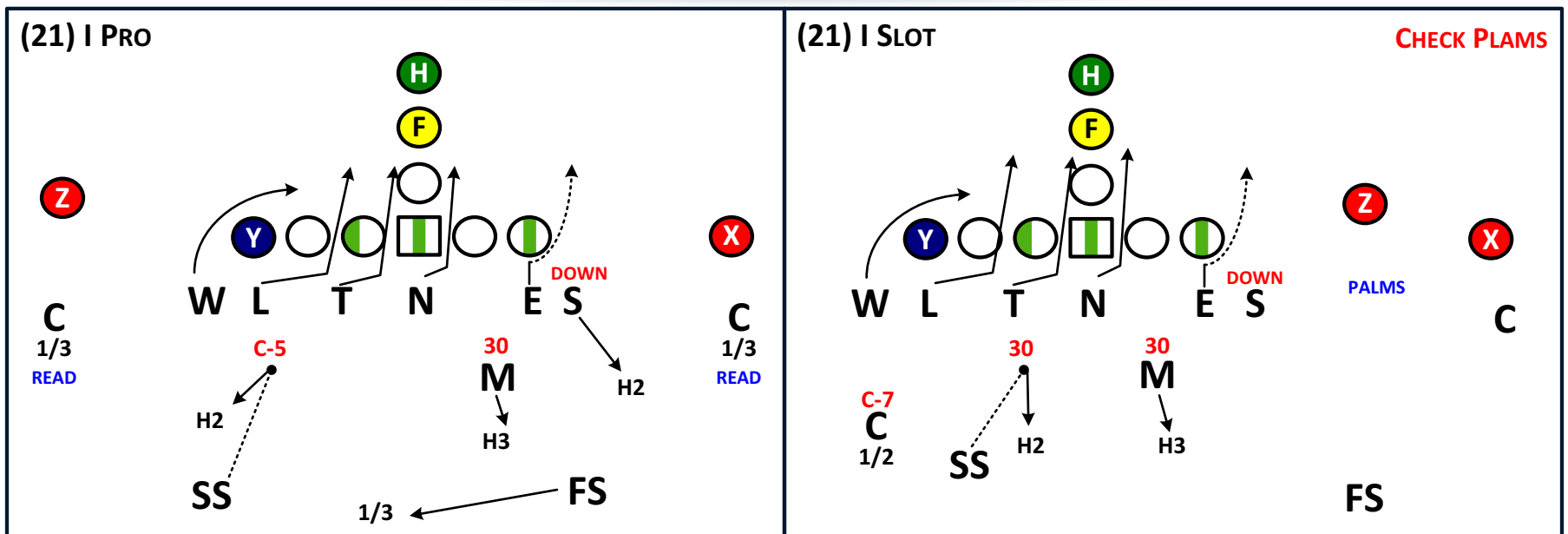


LOAD WHIP SKY ZONE

<p>1. SOLO CHECK SWAP</p>	<p>2. PAIR TRIPS</p>
<p>3. PAIR SLOT CHECK SWAP</p>	<p>4. SOLO SLOT CHECK SWAP</p>
<p>5. SLOT DOUBLE OUT CHECK SWAP</p>	<p>6. SEATTLE CHECK SWAP</p>
<p>7. EMPTY MIKE NO GO RUSH, RUSH</p>	<p>8. FLY EMPTY MIKE NO GO RUSH, RUSH</p>



TUFF WHOPPER 3 PALMS



ESSENCE:

1. TUFF WHOPPER 3 PALMS IS A BASE OVER FAMILY 5 MAN ZONE PRESSURE.

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. WILL: BLITZ **FLAT OFF** THE EDGE. SPILL FB WITH PLAY AT YOU.
3. D-LINE: SLANT MOVEMENT.

ADJUSTMENTS:

1. VS. PRO FAMILY FORMATIONS: PLAY 3 SEAM
2. VS. ALL SLOT SINGLE WIDTH FAMILY FORMATIONS (PAIR SLOT): CK PALMS

TUFF WHOPPER 3 PALMS

<p>1. Z MO I SLOT</p> <p>DEFENSIVE ASSIGNMENTS: C, SS, H2, H3, FS</p> <p>CALLOUTS: DOWN, PALMS, C-7, 1/3</p>	<p>2. Z MO I PRO</p> <p>DEFENSIVE ASSIGNMENTS: C, SS, H2, H3, FS</p> <p>CALLOUTS: DOWN, C-5, 1/3, FS</p>
<p>3. Y MO I PRO Y OFF</p> <p>CHECK CHEAT</p> <p>DEFENSIVE ASSIGNMENTS: C, SS, H2, H3, FS</p> <p>CALLOUTS: BACKER, C-7, 1/3, FS</p>	<p>4. I PRO Y OPEN</p> <p>ZEBRA</p> <p>DEFENSIVE ASSIGNMENTS: C, SS, H2, H3, FS</p> <p>CALLOUTS: DOWN, 1/3, FS</p>
<p>5. TRIPS</p> <p>BANANA ALERT</p> <p>DEFENSIVE ASSIGNMENTS: C, SS, H2, H3, FS</p> <p>CALLOUTS: DOWN, 1/3, FS</p>	<p>6. DOUBLE OUT</p> <p>CHECK MUG EASY</p> <p>DEFENSIVE ASSIGNMENTS: C, SS, H2, H3, FS</p> <p>CALLOUTS: C-5, STK B, WIDE, 1/3, FS</p>
<p>7. FLY TRIPS</p> <p>BANANA ALERT</p> <p>DEFENSIVE ASSIGNMENTS: C, SS, H2, H3, FS</p> <p>CALLOUTS: DOWN, 1/3, FS</p>	<p>8. PEEL DOUBLE OUT</p> <p>CHECK MUG EASY</p> <p>DEFENSIVE ASSIGNMENTS: C, SS, H2, H3, FS</p> <p>CALLOUTS: C-5, STK B, WIDE, 1/3, FS</p>



TUFF WHOPPER 3 PALMS

<p>1. SOLO SEAM ALERT CHECK CHEAT</p>	<p>2. PAIR TRIPS BANANA ALERT</p>
<p>3. PAIR SLOT CHECK PALMS</p>	<p>4. SOLO SLOT CHECK PALMS CHECK CHEAT</p>
<p>5. SLOT DOUBLE OUT CHECK MUG EASY</p>	<p>6. SEATTLE CHECK MUG EASY</p>
<p>7. EMPTY CHECK MUG EASY</p>	<p>8. FLY EMPTY CHECK MUG EASY</p>

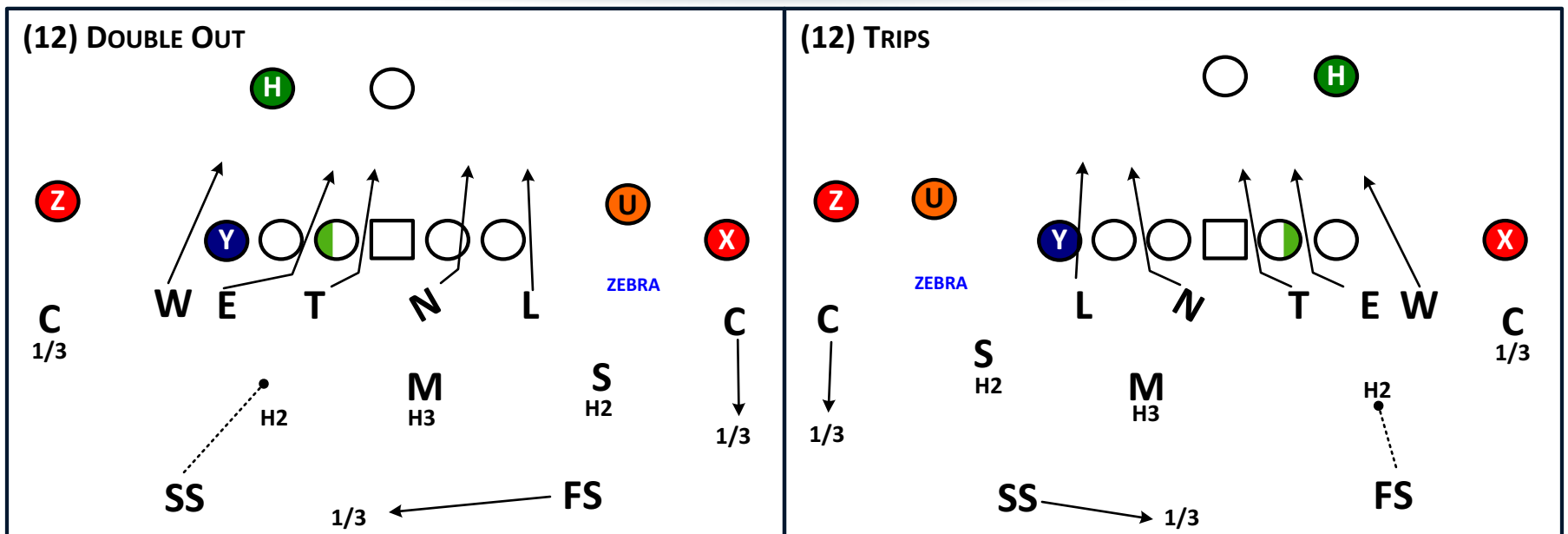


TUFF WHOPPER 3 PALMS

<p>1. SPACING X SLANT</p>	<p>2. TUFF WHOPPER 3 PALMS CHECK PLAMS</p>
<p>3. TUFF WHOPPER 3 PALMS</p>	<p>4. TUFF WHOPPER 3 PALMS CHECK PLAMS</p>
<p>5. POWER</p>	<p>6.</p>
<p>7.</p>	<p>8.</p>



BOW WILL SLANT 3 SEAM



ESSENCE:

1. 5 MAN 3 DEEP 3 UNDER ZONE PRESSURE

COACHING POINTS:

1. CLOSED CALL TO THE BACK.
DOT & EMPTY: TO THE 'Y'
2. WILL: CONTAIN BLITZ TO THE SIDE OF THE BACK. PLAY THE QB ON READ PLAY
3. SAM: HOT TO 2
4. MIKE: HOT TO 3
5. SAFETIES: TO THE BACK, HOT TO 2
6. D-LINE: SLANT

ADJUSTMENTS:



BOW WILL SLANT 3 SEAM

<p>1. SOLO</p>	<p>2. PAIR TRIPS</p>
<p>3. PAIR SLOT</p>	<p>4. SOLO SLOT</p>
<p>5. SLOT DOUBLE OUT</p>	<p>6. SEATTLE</p>
<p>7. EMPTY</p>	<p>8. FLY EMPTY</p>

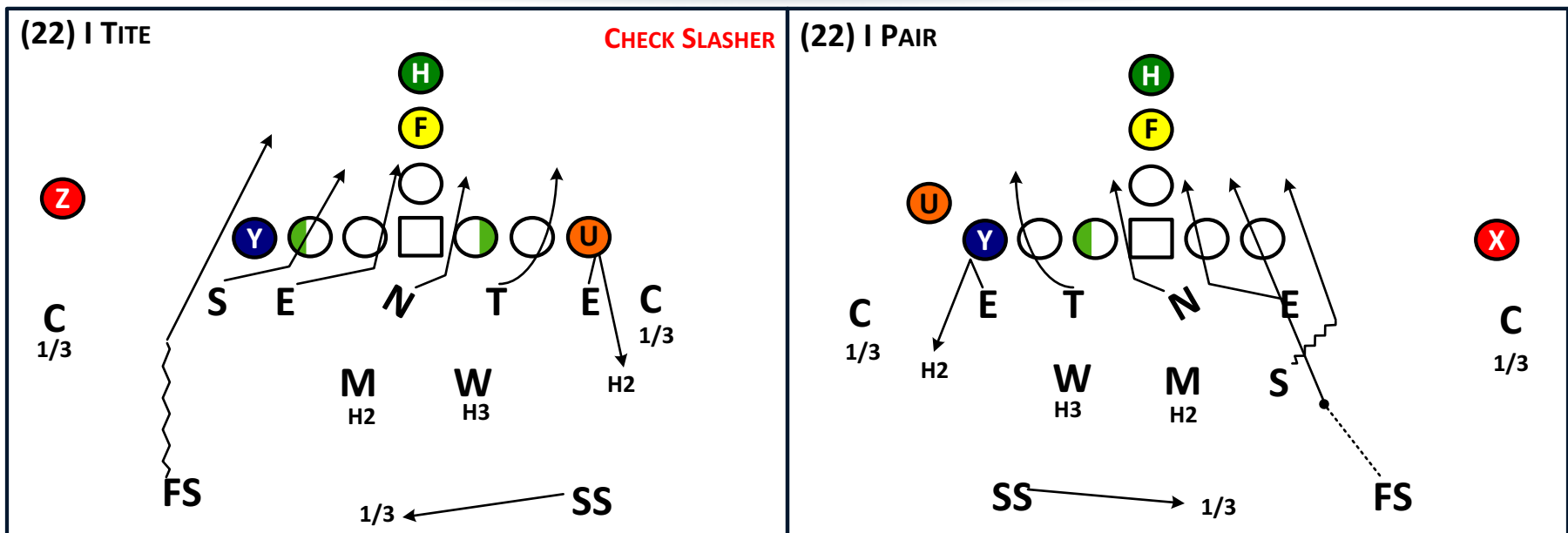


BOW WILL SLANT 3 SEAM

<p>1. Z MO I SLOT</p>	<p>2. Z MO I PRO</p>
<p>3. Y MO I PRO Y OFF</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS</p>	<p>6. DOUBLE OUT</p>
<p>7. FLY TRIPS</p>	<p>8. PEEL DOUBLE OUT</p>



Z FLASH 3 SEAM



ESSENCE:

1. 5 MAN 3 DEEP 3 UNDER ZONE PRESSURE
2. THE LINE SLANTS AWAY FROM THE SINGLE RECEIVER.

COACHING POINTS:

1. CLOSED CALL TO THE WR.
2. SAM IS A CONTAIN BLITZER
3. FS IS A CREEP BLITZER

ADJUSTMENTS:

1. VS. ANY 2 TO THE CLOSE SIDE: CHECK SLASHER
2. VS. 2 DISPLACED TO THE CLOSE SIDE: CHECK SWITCH
3. VS. ANY 2 DISPLACED AWAY FROM THE CLOSE SIDE: CHECK SWAP
4. ANY #3 DISPLACED AWAY FROM THE CLOSE SIDE: CHECK HOT TO 3



Z FLASH 3 SEAM

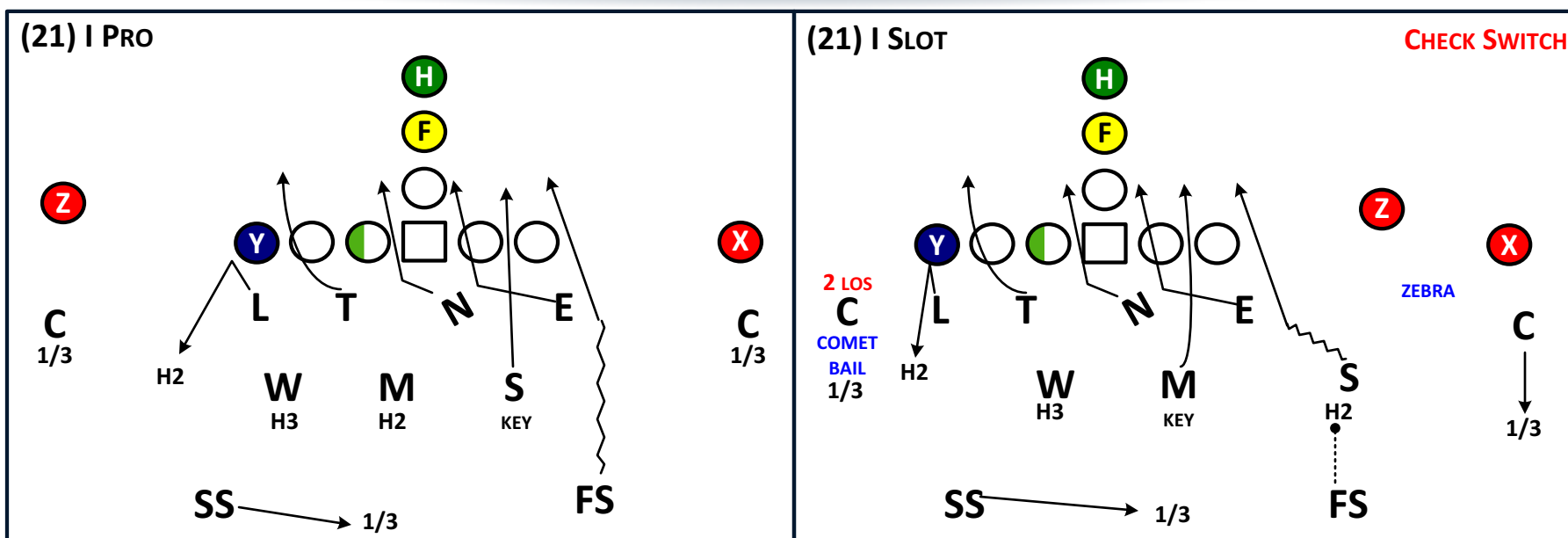
<p>1. Z MO I SLOT</p>	<p>2. U MO I SLOT UIP CHECK SLASHER</p>
<p>3. Y MO I PAIR</p>	<p>4. I SLOT CHECK SWITCH</p>
<p>5. (13) SOLO PAIR CHECK SLASHER</p>	<p>6. (13) SOLO PAIR TRIPS CHECK SLASHER</p>
<p>7. (13) TREY CHECK SWAP</p>	<p>8.</p>



ADJUSTMENTS

- FLASH GO 3 SEAM (TC)
- OVER SPEAR 3 SEAM 
- OVER SPEAR 3 SEAM 
- OVER SPEAR 3 SEAM (TC)
- LOAD WHIP SKY ZONE 
- TUFF WHOPPER 3 PALMS (OTA2)

W/ GO FLASH 3 SEAM



ESSENCE:

1. W/ GO FLASH 3 SEAM IS AN UNDER FAMILY FRONT RUSH ZONE DEFENSE.
2. THE LINE WILL ALIGN USING UNDER FAMILY FRONT RULES

COACHING POINTS:

1. CLOSED CALL AWAY FROM THE "Y"
2. SAM: BLITZ B GAP (KEY READ)
3. FREE SAFETY: CONTAIN BLITZ
4. 2 BACK PRO, WILL AS A HOT TO 3 DEFENDER VS. FLOOD ACTION:
ALERT FLOOD PASS WITH Y VERTICAL. GIVE END (HOT TO 2) BODY HELP.
5. HOT TO 3 (WILL): YOUR DROP INVOLVES STRONG AND WEAK HOOK ISSUES.

ADJUSTMENTS:

1. VS. ANY 2 DISPLACED TO THE CLOSED CALL: CHECK SWITCH (MIKE KEY BLITZ)
2. VS. ANY 2 DISPLACED AWAY FROM THE CLOSED CALL: CHECK SWAP
3. ANY #3 DISPLACED AWAY FROM THE CLOSED CALL: CHECK HOT TO 3
4. ANY #3 DISPLACED TO THE CLOSED CALL (TRIPLES): MIKE ADJUST. WILL BLITZ
5. VS. 2 BACK Y MOTION: CHECK SLASHER PRINCIPLE (SAM CUT TECHNIQUE ON OT)
6. VS. 2 BACK SLOT (ZIP MOTION): CHECK SLASHER
7. VS. X NASTY: POSSIBLE TRADE (CORNER CONTAIN BLITZ)



W/ GO FLASH 3 SEAM

<p>1. Z MO I SLOT CHECK SWITCH</p>	<p>2. Z MO I PRO CHECK FLASH GO</p>
<p>3. Y MO I PRO Y OFF CHECK SLASHER</p>	<p>4. I PRO Y OPEN CHECK SWAP</p>
<p>5. TRIPS CHECK SWAP</p>	<p>6. DOUBLE OUT CHECK SWITCH</p>
<p>7. FLY TRIPS CHECK SWAP</p>	<p>8. PEEL DOUBLE OUT CHECK SWITCH</p>

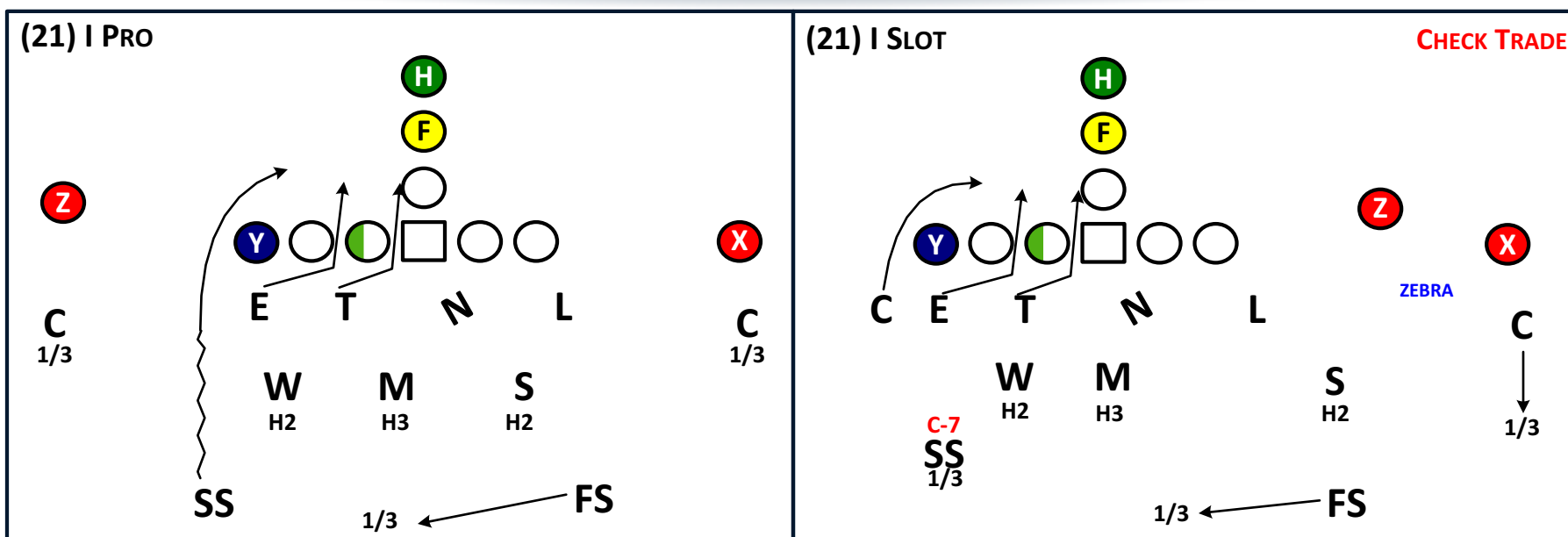


W/ GO FLASH 3 SEAM

<p>1. SOLO</p> <p> Z H X Y U C C 1/3 1/3 H2 W M S H3 H2 KEY SS FS 1/3 </p>	<p>2. PAIR TRIPS</p> <p> Z H X U Y U C C 1/3 1/3 H2 W M S H3 H2 KEY SS FS 1/3 </p>
<p>3. PAIR SLOT</p> <p style="color: red; text-align: right;">CHECK SWITCH</p> <p> Z H X U Y U C C 1/3 1/3 H2 W M S H3 KEY H2 SS FS 1/3 </p> <p style="color: blue;">CHECK BUZZ</p> <p style="color: blue;">COMET</p> <p style="color: blue;">ZEBRA</p>	<p>4. SOLO SLOT</p> <p style="color: red; text-align: right;">CHECK SWITCH</p> <p> Z H X Y U C C 1/3 1/3 H2 W M S H3 KEY H2 SS FS 1/3 </p> <p style="color: blue;">2 LOS COMET BAIL</p> <p style="color: blue;">ZEBRA</p>
<p>5. SLOT DOUBLE OUT</p> <p style="color: red; text-align: right;">CHECK SWITCH</p> <p> Z H X U Y U C C 1/3 1/3 H2 W M S H3 KEY H2 SS FS 1/3 </p> <p style="color: blue;">ZEBRA</p>	<p>6. SEATTLE</p> <p style="color: red; text-align: right;">CHECK SWITCH</p> <p style="color: red; text-align: right;">MIKE ADJUST</p> <p> Z H X Y U Z X C C 1/3 1/3 H2 W M S H3 KEY H3 H2 SS FS 1/3 </p> <p style="color: blue;">ZEBRA</p>
<p>7. EMPTY</p> <p style="color: red; text-align: right;">CHECK SWITCH</p> <p style="color: red; text-align: right;">CHECK SWAP</p> <p> Z H X Z H U X C C 1/3 1/3 H2 W M S S2 KEY H2 SS FS 1/3 </p> <p style="color: blue;">ZEBRA</p> <p style="color: red;">SWAP</p>	<p>8. FLY EMPTY</p> <p style="color: red; text-align: right;">CHECK SWITCH</p> <p style="color: red; text-align: right;">CHECK SWAP</p> <p> Z H X Z H U X C C 1/3 1/3 H2 W M S S2 KEY H2 SS FS 1/3 </p> <p style="color: blue;">ZEBRA</p> <p style="color: red;">SWAP</p>



OVER SPEAR 3 SEAM



ESSENCE:

1. OVER SPEAR 3 SEAM IS AN OVER FAMILY FRONT RUSH ZONE.

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. STRONG SAFETY CHASE FLAT
3. D-LINE: TED MOVEMENT

ADJUSTMENTS:

1. VS. NUBSIDE SETS: CHECK TRADE
2. VS. ANY 2 DISPLACED TO THE SOLID SIDE: CHECK SWITCH
3. VS. I NEAR AND TRIPS: ICE TED



OVER SPEAR 3 SEAM

<p>1. Z MO I SLOT CHECK TRADE</p> <p style="text-align: right; color: red;">X</p> <p style="text-align: right;">C 1/3</p>	<p>2. Z MO I PRO CHECK SPEAR</p> <p style="text-align: right; color: red;">X</p> <p style="text-align: right;">C 1/3</p>
<p>3. Y MO I PRO Y OFF</p> <p style="text-align: right; color: red;">X</p> <p style="text-align: right;">C 1/3</p>	<p>4. I PRO Y OPEN CHECK SWITCH</p> <p style="text-align: right; color: red;">X</p> <p style="text-align: right;">C 1/3</p>
<p>5. TRIPS CHECK SWITCH</p> <p style="text-align: center; color: red;">ICE TED</p> <p style="text-align: right; color: red;">X</p> <p style="text-align: right;">C 1/3</p>	<p>6. DOUBLE OUT</p> <p style="text-align: right; color: red;">X</p> <p style="text-align: right;">C 1/3</p>
<p>7. FLY TRIPS CHECK SWITCH</p> <p style="text-align: center; color: red;">ICE TED</p> <p style="text-align: right; color: red;">X</p> <p style="text-align: right;">C 1/3</p>	<p>8. PEEL DOUBLE OUT</p> <p style="text-align: right; color: red;">X</p> <p style="text-align: right;">C 1/3</p>

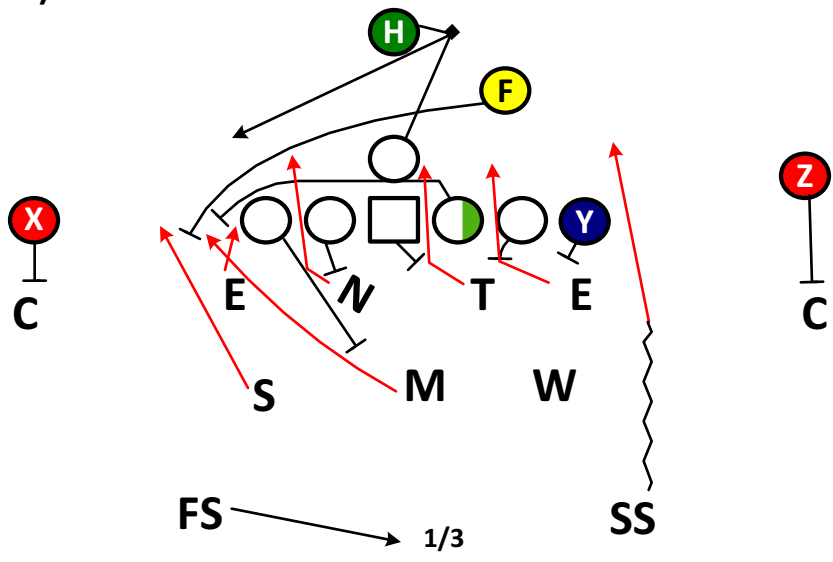


OVER SPEAR 3 SEAM

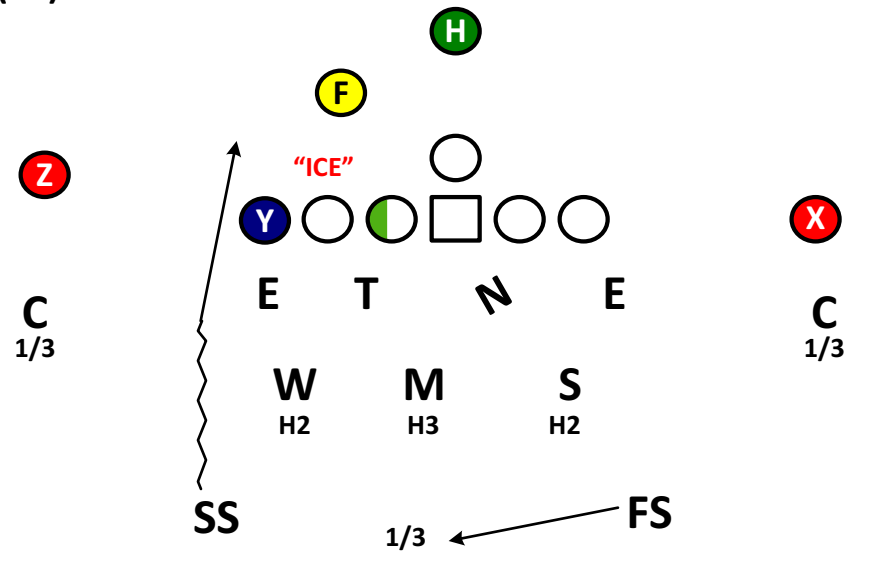
<p>1. SOLO</p>	<p>2. PAIR TRIPS ICE TED</p>
<p>3. PAIR SLOT</p>	<p>4. SOLO SLOT CHECK TRADE</p>
<p>5. SLOT DOUBLE OUT</p>	<p>6. SEATTLE</p>
<p>7. EMPTY CHECK SWITCH</p>	<p>8. FLY EMPTY CHECK SWITCH</p>



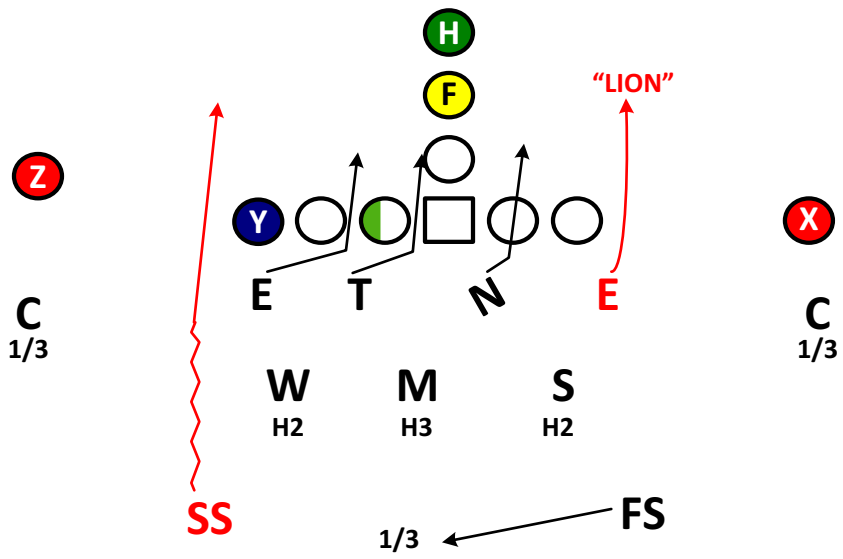
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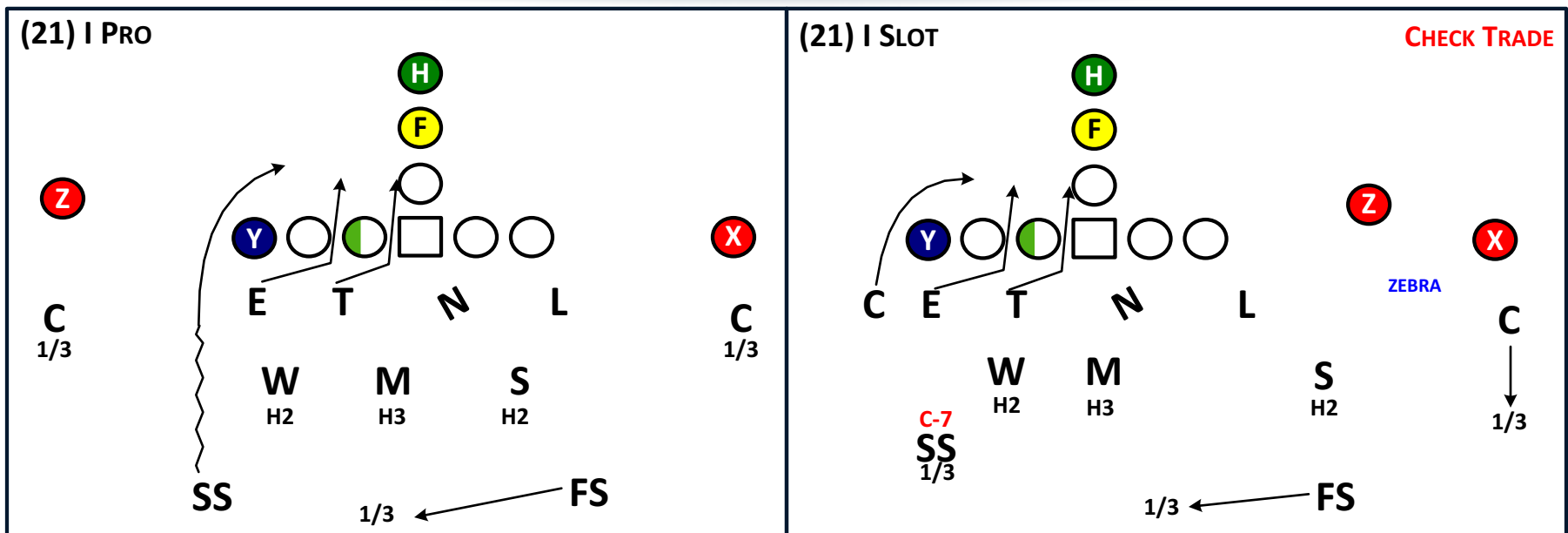
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WITH A GO



OVER SPEAR 3 SEAM



ESSENCE:

1. OVER SPEAR 3 SEAM IS AN OVER FAMILY FRONT RUSH ZONE.

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. STRONG SAFETY CHASE FLAT
3. D-LINE: TED MOVEMENT

ADJUSTMENTS:

1. VS. NUBSIDE SETS: CHECK TRADE
2. VS. ANY 2 DISPLACED TO THE SOLID SIDE: CHECK SWITCH
3. VS. PAIR & TRIPS BUNCH: ICE TED



OVER SPEAR 3 SEAM

<p>1. Z MO I SLOT CHECK TRADE</p>	<p>2. Z MO I PRO CHECK SPEAR</p>
<p>3. Y MO I PRO Y OFF</p>	<p>4. I PRO Y OPEN CHECK SWITCH</p>
<p>5. TRIPS CHECK SWITCH ICE TED</p>	<p>6. DOUBLE OUT</p>
<p>7. FLY TRIPS CHECK SWITCH ICE TED</p>	<p>8. PEEL DOUBLE OUT</p>

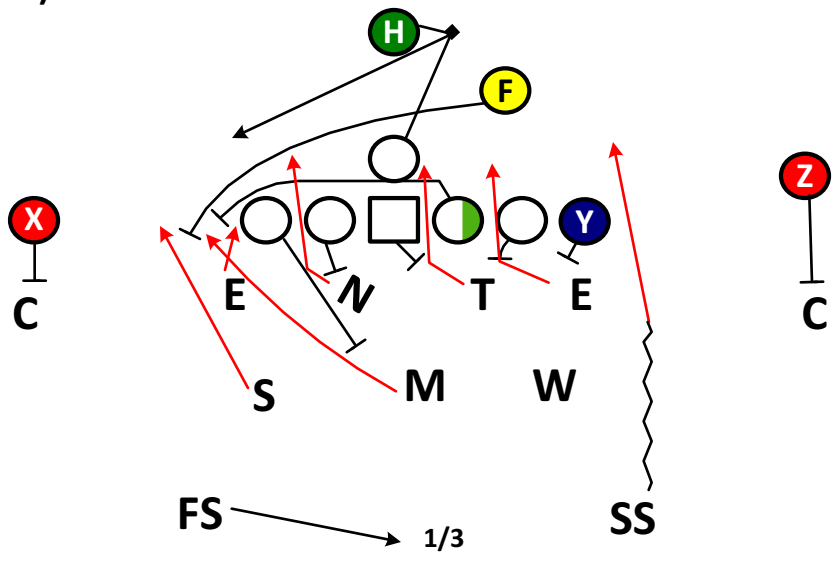


OVER SPEAR 3 SEAM

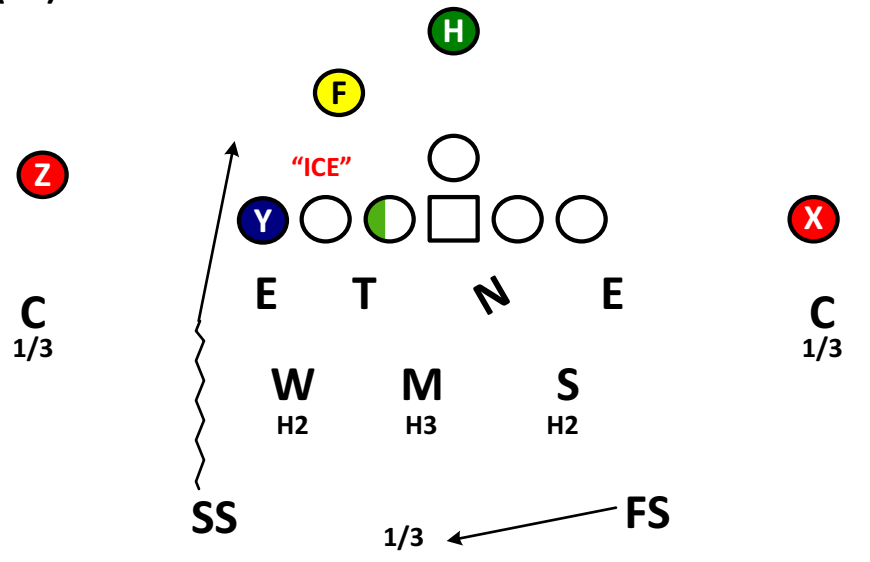
<p>1. SOLO</p>	<p>2. PAIR TRIPS ICE TED</p>
<p>3. PAIR SLOT</p>	<p>4. SOLO SLOT CHECK TRADE</p>
<p>5. SLOT DOUBLE OUT</p>	<p>6. SEATTLE</p>
<p>7. EMPTY CHECK SWITCH</p>	<p>8. FLY EMPTY CHECK SWITCH</p>



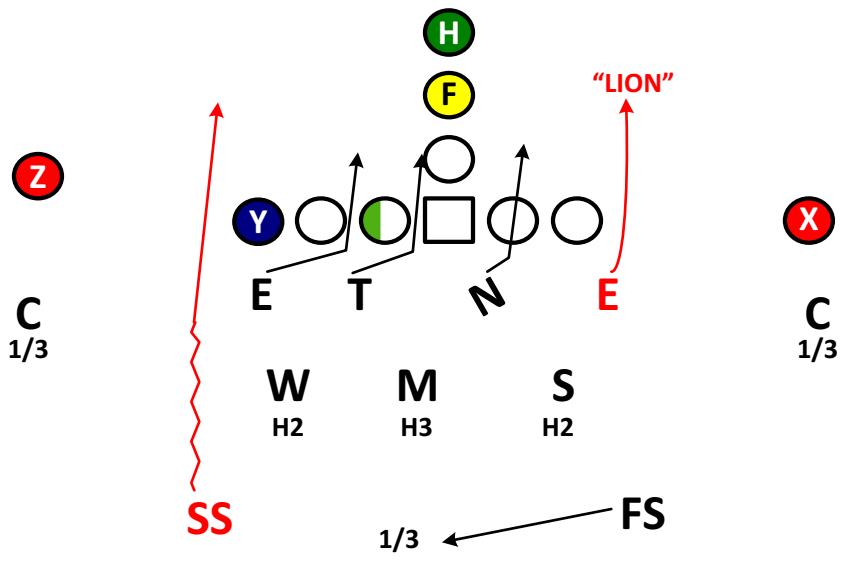
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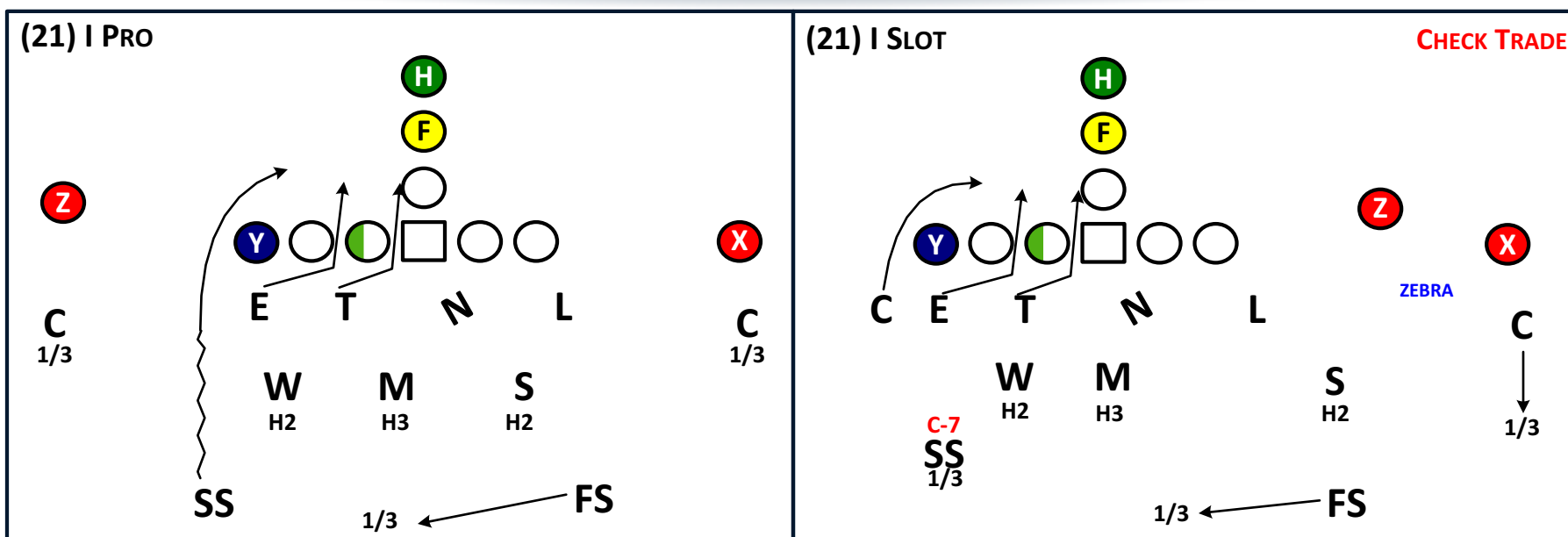
(21) IN PRO



WITH A GO



OVER SPEAR 3 SEAM



ESSENCE:

1. OVER SPEAR 3 SEAM IS AN OVER FAMILY FRONT RUSH ZONE.

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. STRONG SAFETY CHASE FLAT
3. D-LINE: TED MOVEMENT

ADJUSTMENTS:

1. VS. NUBSIDE SETS: CHECK TRADE
2. VS. ANY 2 DISPLACED TO THE SOLID SIDE: CHECK SWITCH
3. VS. I NEAR AND TRIPS: ICE TED



OVER SPEAR 3 SEAM

<p>1. Z MO I SLOT CHECK TRADE</p>	<p>2. Z MO I PRO CHECK SPEAR</p>
<p>3. Y MO I PRO Y OFF</p>	<p>4. I PRO Y OPEN CHECK SWITCH</p>
<p>5. TRIPS CHECK SWITCH ICE TED</p>	<p>6. DOUBLE OUT</p>
<p>7. FLY TRIPS CHECK SWITCH ICE TED</p>	<p>8. PEEL DOUBLE OUT</p>

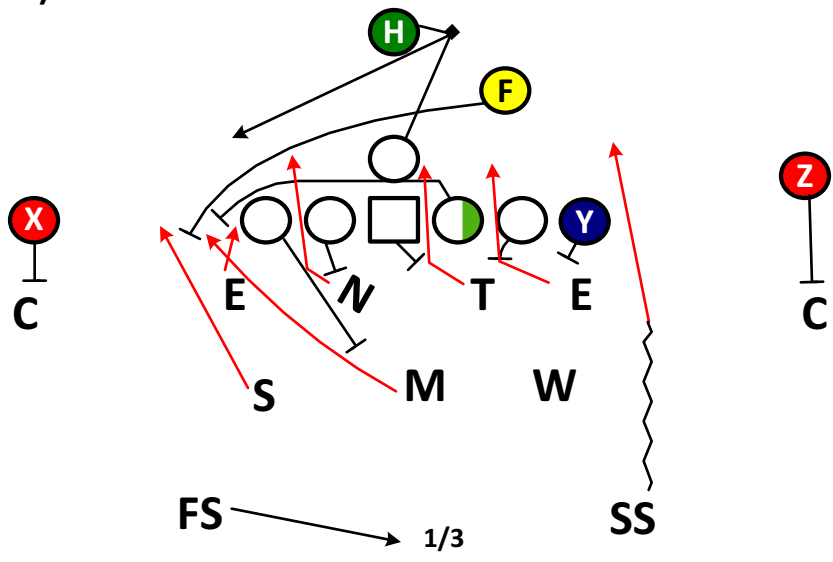


OVER SPEAR 3 SEAM

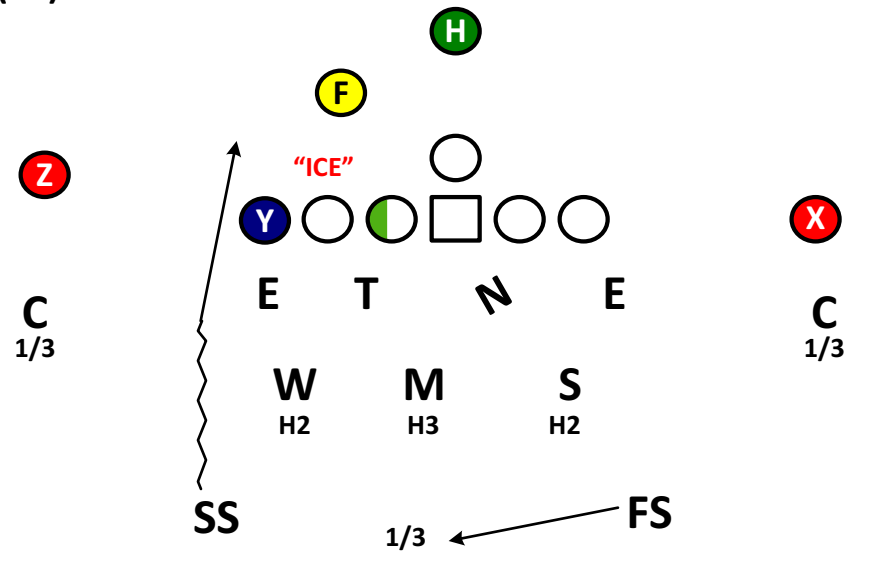
<p>1. SOLO</p>	<p>2. PAIR TRIPS ICE TED</p>
<p>3. PAIR SLOT</p>	<p>4. SOLO SLOT CHECK TRADE</p>
<p>5. SLOT DOUBLE OUT</p>	<p>6. SEATTLE</p>
<p>7. EMPTY CHECK SWITCH</p>	<p>8. FLY EMPTY CHECK SWITCH</p>



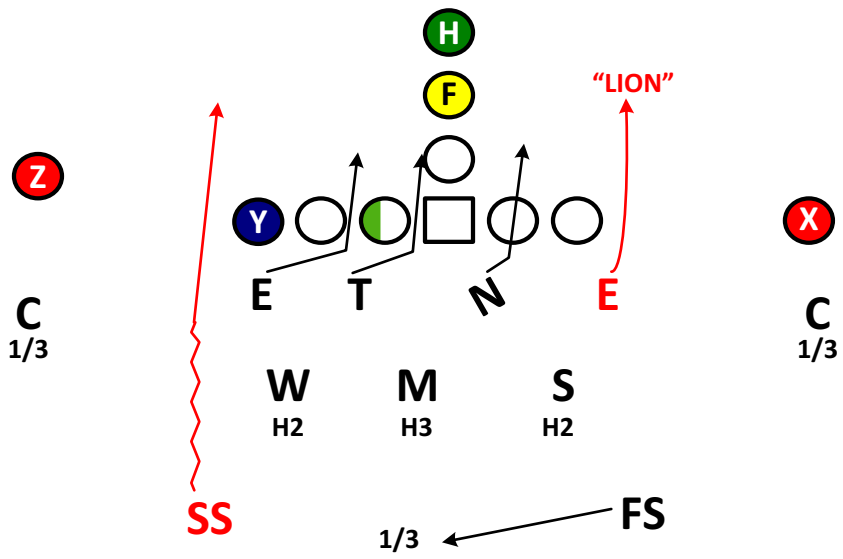
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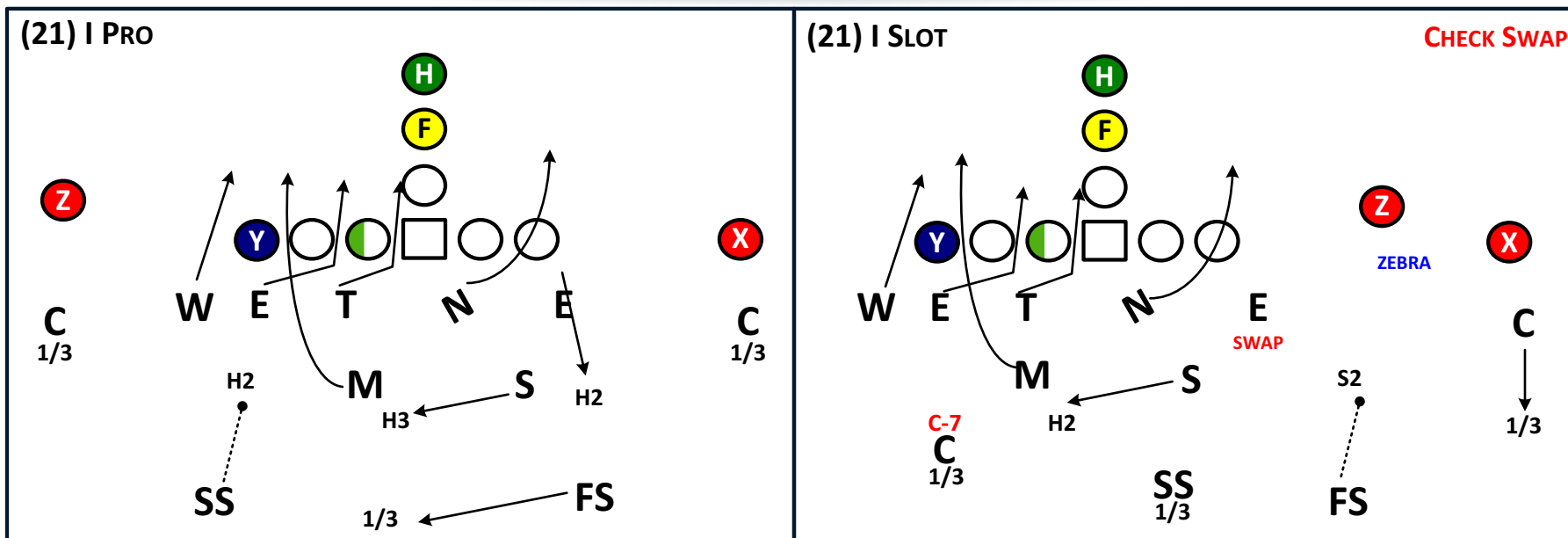
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WITH A GO



LOAD WHIP SKY ZONE



ESSENCE:

1. 5 MAN 3 DEEP 3 UNDER ZONE PRESSURE WITH SKY ZONE COVERAGE

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. WILL: CONTAIN BLITZ
3. MIKE: BLITZ CAP SOLID

ADJUSTMENTS:

1. VS. CHANGE OF STRENGTH MOTION: SAFETIES ROCK AND ROLL
2. VS. 2 DISPLACED AWAY FROM SOLID CALL: CHECK SWAP
3. VS. EMPTY (3 TO THE SOLID SIDE): MIKE NO GO. END RUSH
4. VS. ALIGNED OR MOTION TO TRIPLES FORMATIONS: MIKE NO GO. END RUSH

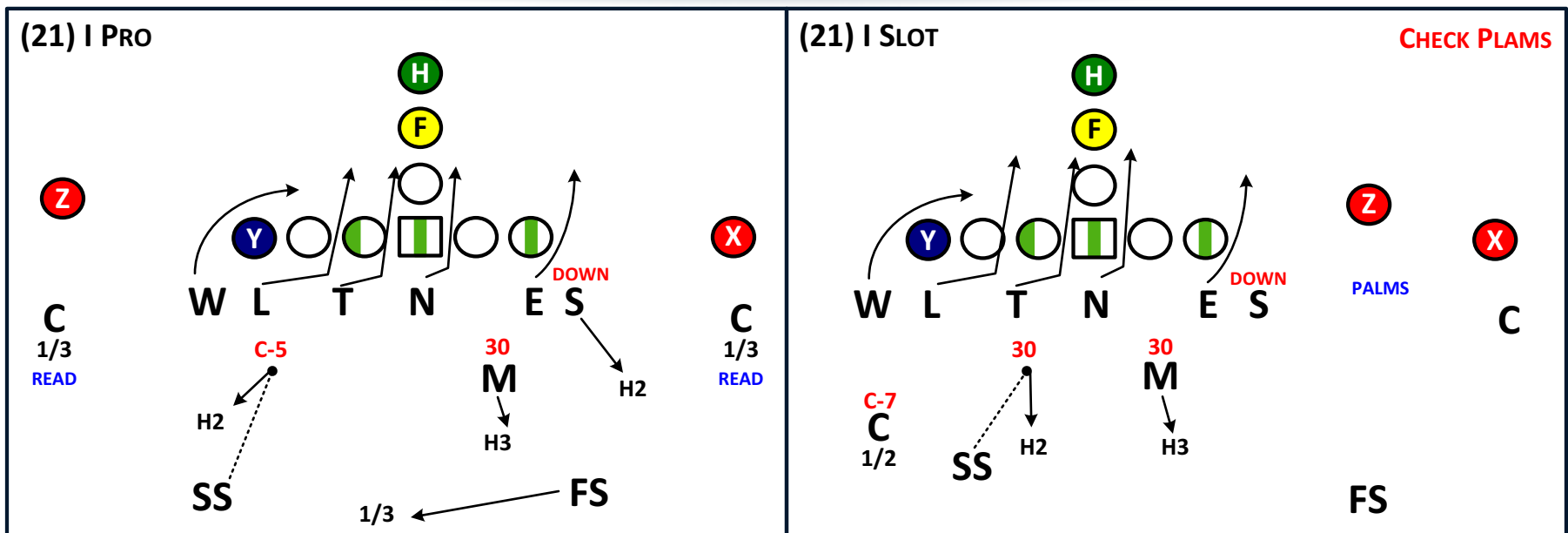


LOAD WHIP SKY ZONE

<p>1. SOLO CHECK SWAP</p>	<p>2. PAIR TRIPS</p>
<p>3. PAIR SLOT CHECK SWAP</p>	<p>4. SOLO SLOT MIKE NO GO END RUSH</p>
<p>5. SLOT DOUBLE OUT CHECK SWAP</p>	<p>6. SEATTLE MIKE NO GO END RUSH</p>
<p>7. EMPTY MIKE NO GO RUSH, RUSH</p>	<p>8. FLY EMPTY MIKE NO GO RUSH, RUSH</p>



TUFF WHOPPER 3 PALMS



ESSENCE:

1. TUFF WHOPPER 3 PALMS IS A BASE OVER FAMILY 5 MAN ZONE PRESSURE.

COACHING POINTS:

1. SOLID CALL TO THE "Y"
2. WILL: BLITZ **FLAT OFF** THE EDGE. SPILL FB WITH PLAY AT YOU.
3. D-LINE: SLANT MOVEMENT. BUBBLE END, LEO TECHNIQUE (BOOT, REVERSE, BOX).

ADJUSTMENTS:

1. VS. PRO FAMILY FORMATIONS: PLAY 3 SEAM
2. VS. ALL SLOT SINGLE WIDTH FAMILY FORMATIONS (PAIR SLOT): CK PALMS



TUFF WHOPPER 3 PALMS

<p>1. Z MO I SLOT</p> <p>Callouts: PALMS, DOWN, C, SS, M, H2, H3, 1/3, 30, 30, X, C, FS</p>	<p>2. Z MO I PRO</p> <p>Callouts: 1/3 READ, C, SS, M, H2, H3, 1/3, 30, X, C, FS</p>
<p>3. Y MO I PRO Y OFF</p> <p>CHECK CHEAT</p> <p>Callouts: BACKER, C, SS, M, H2, H3, 1/3, 30, X, C, FS, 1/3 READ</p>	<p>4. I PRO Y OPEN</p> <p>ZEBRA</p> <p>Callouts: ZEBRA, C, SS, M, H2, H3, 1/3, 30, X, C, FS, 1/3 READ</p>
<p>5. TRIPS</p> <p>BANANA ALERT</p> <p>Callouts: ZEBRA, C, SS, M, H2, H3, 1/3, 30, X, C, FS, 1/3 READ</p>	<p>6. DOUBLE OUT</p> <p>CHECK MUG EASY</p> <p>Callouts: STK B, WIDE, C, SS, M, H2, H3, 1/3, 30, X, C, FS, 1/3 READ</p>
<p>7. FLY TRIPS</p> <p>BANANA ALERT</p> <p>Callouts: ZEBRA, C, SS, M, H2, H3, 1/3, 30, X, C, FS, 1/3 READ</p>	<p>8. PEEL DOUBLE OUT</p> <p>CHECK MUG EASY</p> <p>Callouts: STK B, WIDE, C, SS, M, H2, H3, 1/3, 30, X, C, FS, 1/3 READ</p>



TUFF WHOPPER 3 PALMS

<p>1. SOLO SEAM ALERT CHECK CHEAT</p>	<p>2. PAIR TRIPS BANANA ALERT</p>
<p>3. PAIR SLOT CHECK PALMS</p>	<p>4. SOLO SLOT CHECK PALMS CHECK CHEAT</p>
<p>5. SLOT DOUBLE OUT CHECK MUG EASY</p>	<p>6. SEATTLE CHECK MUG EASY</p>
<p>7. EMPTY CHECK MUG EASY</p>	<p>8. FLY EMPTY CHECK MUG EASY</p>





SEATTLE SEAHAWKS



DEFENSE

2013

BLITZES

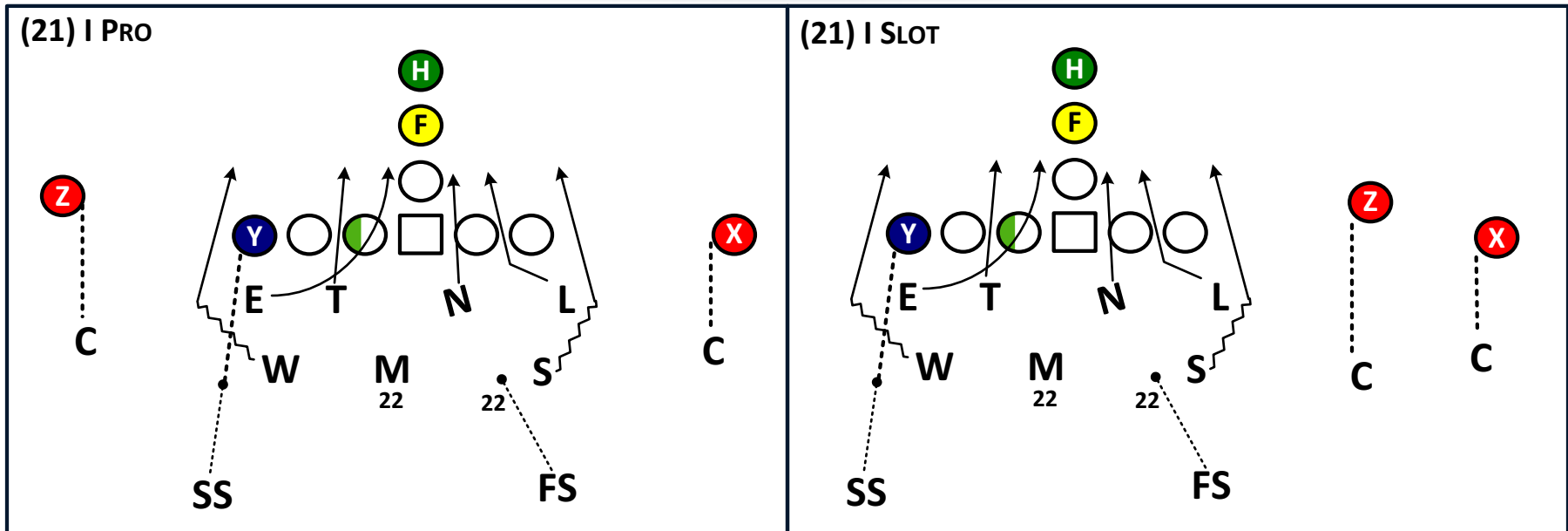


SEATTLE
SEAHAWKS 2013

BLITZES

- **W/COAST OVER SAW DOG 0**
- **W/COAST TUFF SAW DOG 0**

W/ COAST OVER SAW DOG 0



ESSENCE:

1. 6 MAN PRESSURE WITH BLITZ COVERAGE USING AN OVER FRONT.

COACHING POINTS:

1. SOLID CALL TO THE Y
2. SAM AND WILL BLITZ CONTAIN
3. SS MAN THE Y
4. MIKE AND FS '22' THE BACKS. FREE SAFETY DOWN AWAY FROM THE SOLID CALL.
5. CB PLAY OFF AND INSIDE.
6. D-LINE: COAST STUNT

ADJUSTMENTS:

1. 1 BACK SETS: SAFETIES RESPONSIBLE FOR ALL BREAK OF FORMATION.
2. GAME PLAN: VS. Y ALIGNED IN GRAVEDIGGER STANCE. POSSIBLE MUGSY.



W/ COAST OVER SAW DOG 0

<p>1. Z MO I SLOT</p>	<p>2. Z MO I PRO</p>
<p>3. Y MO I PRO Y OFF</p>	<p>4. I PRO Y OPEN</p>
<p>5. TRIPS CHECK SPECIAL</p>	<p>6. DOUBLE OUT CHECK SPECIAL</p>
<p>7. FLY TRIPS CHECK BUMP</p>	<p>8. PEEL DOUBLE OUT CHECK BUMP</p>



W/ COAST OVER SAW DOG 0

<p>1. SOLO CHECK SPECIAL</p>	<p>2. PAIR TRIPS CHECK SPECIAL</p>
<p>3. PAIR SLOT CHECK SPECIAL</p>	<p>4. SOLO SLOT CHECK SPECIAL</p>
<p>5. SLOT DOUBLE OUT CHECK SPECIAL</p>	<p>6. SEATTLE CHECK SPECIAL</p>
<p>7. EMPTY CHECK SPECIAL</p>	<p>8. FLY EMPTY CHECK SPECIAL</p>

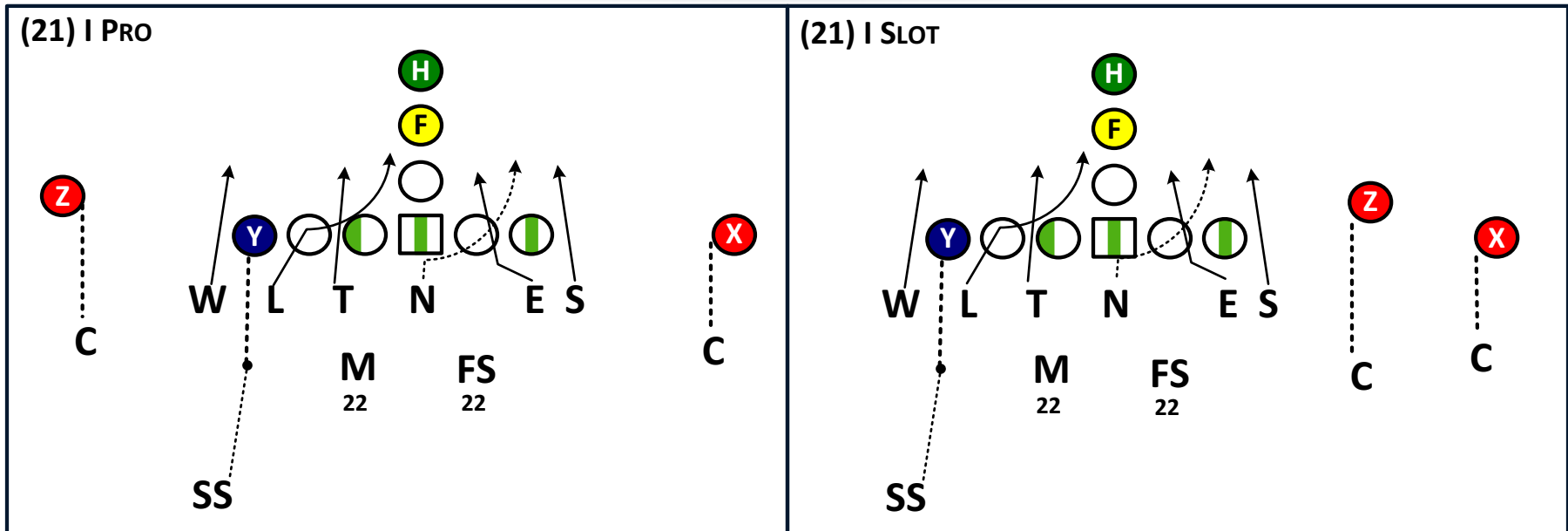


W/ COAST OVER SAW DOG 0

<p>1. MIKE HUG BACK</p> <p>2.</p>	
<p>3.</p>	<p>4.</p>
<p>5.</p>	<p>6.</p>
<p>7.</p>	<p>8.</p>



W/ COAST TUFF SAW DOG 0



ESSENCE:

1. 6 MAN PRESSURE WITH BLITZ COVERAGE USING A TUFF FRONT.

COACHING POINTS:

1. SOLID CALL TO THE Y
2. SAM AND WILL BLITZ CONTAIN
3. SS MAN THE Y
4. MIKE AND FS '22' THE BACKS.
5. CB PLAY OFF AND INSIDE

ADJUSTMENTS:

1. 1 BACK SETS: SAFETIES RESPONSIBLE FOR ALL BREAK OF FORMATION.



W/ COAST TUFF SAW DOG 0

<p>1. SOLO CHECK SPECIAL</p>	<p>2. PAIR TRIPS CHECK SPECIAL</p>
<p>3. PAIR SLOT CHECK SPECIAL</p>	<p>4. SOLO SLOT CHECK SPECIAL</p>
<p>5. SLOT DOUBLE OUT CHECK SPECIAL</p>	<p>6. SEATTLE CHECK SPECIAL</p>
<p>7. EMPTY CHECK SPECIAL</p>	<p>8. FLY EMPTY CHECK SPECIAL</p>

