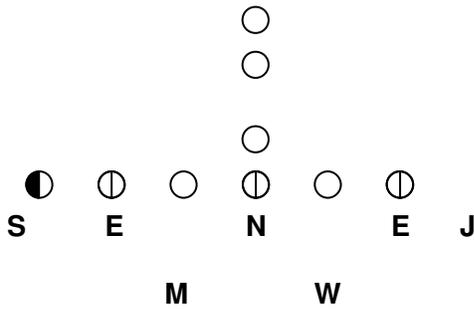


Jim Herrman - NY Giants

Fronts, Stunts, and Linebacker Tips in the Michigan Slant 3-4

The 3-4 Defense: Flexibility of the pressure package, mobility are all advantages. The biggest thing is to put the proper people in the proper places.



Nose: 0 Tech (2-Gap)
 Ends: 4 Tech (head up, 2-Gap)
 Sam: 6 or 9 (if TE)
 Jack: Ghost 6

Mike & Will are interchangeable

Put the biggest, most talented guy at Nose

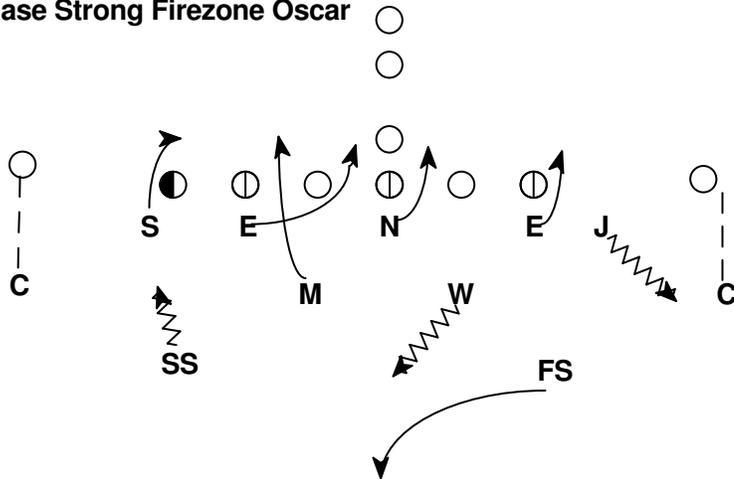
3 Types of Stunts

"Scrape Stunt" - Ends comes across, Mike goes over top (Shown)

"Loop" - Exchange the end and the Sam backer

"Bang" - Sam goes in, Mike comes all the way over to C-Gap

Base Strong Firezone Oscar



End: Long Stick
 Nose: Right End: Jet

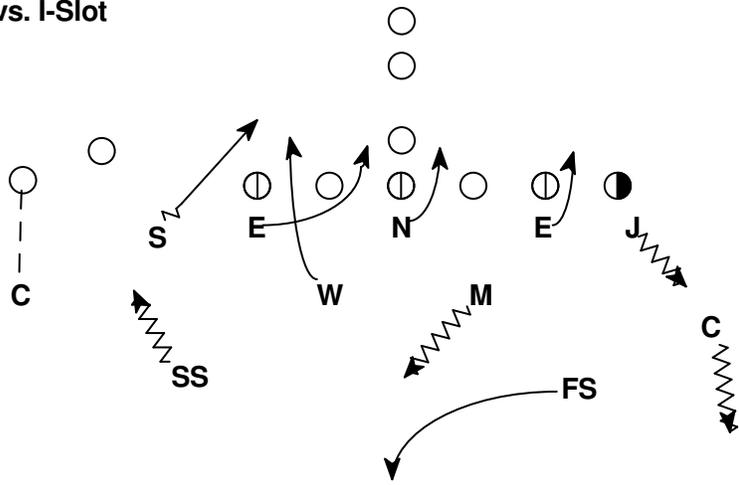
Will: Hook 3 Player: Drop off #3. Identify where he is. *If in backfield*, play hot route first. Y can run hot, player in backfield cannot. Slide along LOS to hot, if he's looking at ball, you know the play. If he goes vertical, get back to #3.

Jack: Wall/Flat - find #2; if in backfield, he cannot get vertical - expect flat route or load (both to other side). vs. Load - look to wall anything coming across; if backs split match the guy to the flat.

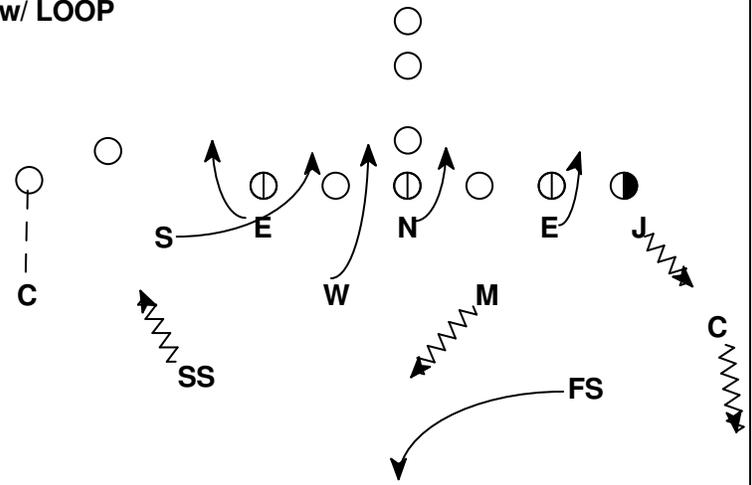
SS: Wall/Flat, has #2. *If #2 goes flat*, you got him. *#2 goes vertical*, carry him 10 yards to FS. Must know where #3 is, if he goes flat, let Will take #2 and you go get flat.

Match-Up Zone: You can spot drop, but this gives you tighter play. Its simply Cover 3 without one hook-zone dropper.

vs. I-Slot



w/ LOOP



Base Strong Firezone vs. I-Slot

DISGUISE: "Hollywood" the look, show 2-deep as long as possible.

As he snaps the ball, the timing changes.

They'll try open side runs if they think you'll be walled out on the Z. Watch for hot routes by the Z.

Corner is no longer in man, he can play "hard 1/3rd" - squeeze TE

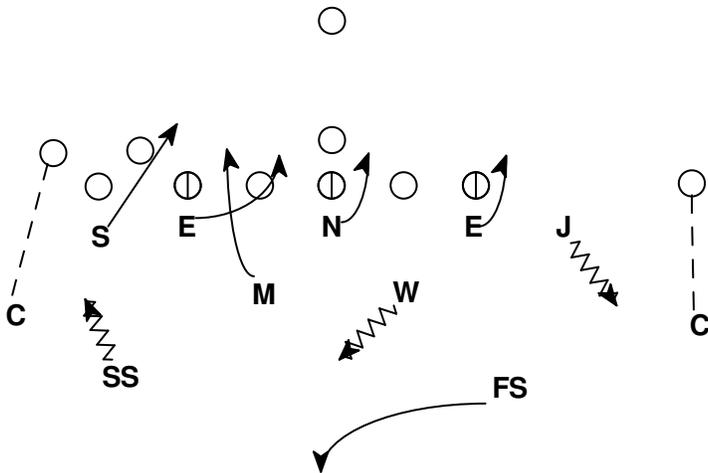
Jack & Corner work 2-man routes by FB and Y receiver.

vs. Ace Formation (12 personnel) you must declare a strength. Give palyers a rule - get your better cover guy on the pass-catching TE's side. One of them is usually a blocker.

vs. and 2x2 Formation, you must be ready for 4 verts. This stresses your safety out. Sam & Jack can carry verticals up the field, Will (Hook 3 player) can go man to man on #3.

vs. Trey formation (TE Trips), it is tough for the Will to play a hot out by the Y. Can swap Mike and Will responsibilities (call on the field). If the back goes strong, you get 4 strong. Jack can look to wall, or if X is getting big single receiver routes, he can help there.

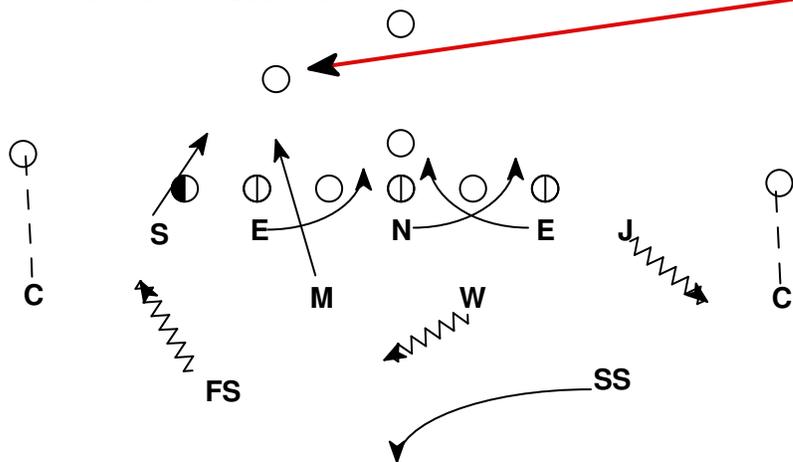
vs. Bunch you may call base and check to Strong Firezone vs. Bunch. You can a man advantage.



vs. Empty: You know you have a man advantage, this can be an automatic. There is no run threat. Jack's #2 is extended, so he has to be able to carry.

Whatever defense you're in - draw up the types of routes you're getting. Be able to talk through everything. You will find problems. Be able to come up with answers.

Box Tilt Firezone Oscar CK Zebra

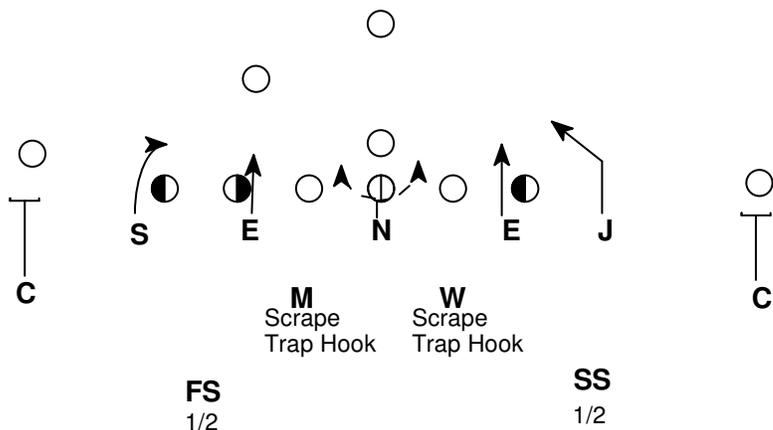


Side is going to be based off the *tilt* of the back.

Fixes the problem of running to the wrong place - you can check it to Slot Set as well. Can run loop path or bang path with this as well.

"Oscar" Rule: Don't leave Jack on #2, SS will come to get him.

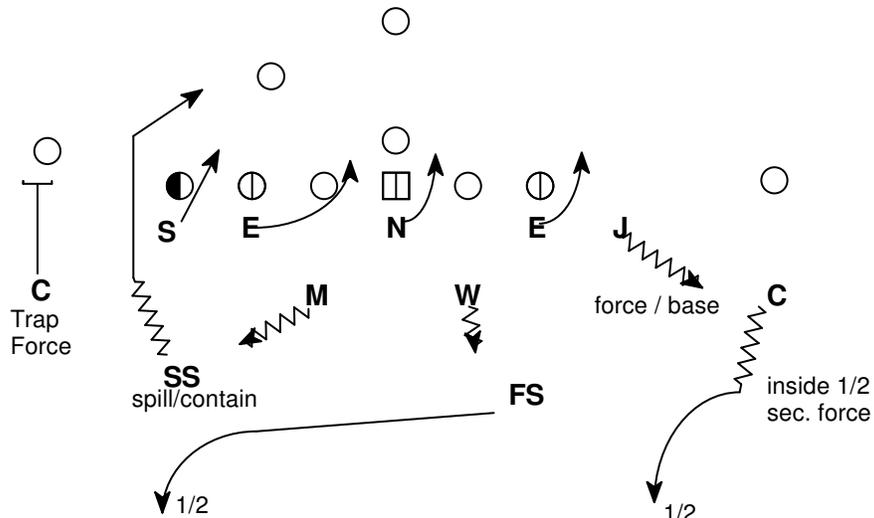
Base Tite Rush 2 Trap / 3 Match



Disguise as some form of 3 deep.
This is a good stunt vs. 2x2
Vs. 3x1 this will convert to Firezone principles.

Pressure w/ Secondary

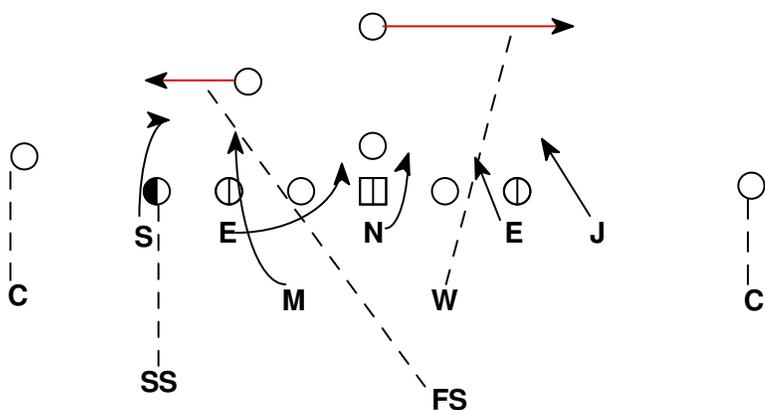
Base Closed Sonic (Oscar)



If Mike gets full flow, he can go - if you're comfortable with Will taking Mike's zone. Safety spill the ball to the corner.

Corner is inside 1/2 - inside 1/2 of X, if he gets vertical he converts to man. Jack plays like a C2 Corner.

Base Cardinal



Firezones are not as good in the red zone, so play some man coverage.

Can also play the nose straight up, and play backside of screens.

Can get OLBs to blitz/peel and bring the Will into the pressure.

On any "Bird name" blitzes, 4 secondary have 3 eligibles and a back.

As a staff, decide what's good for you, what players can do, what teams in your league do. Football beings in the basement with a couple of beers.

Q & A Session

Closed side / Open side: Closed side is where the Y is declared - even if the Y is wide, or 2 TE, you must declare a side.

Run Fits vs 2x2: In the base front (no stunts) the DE's are 2-gap defenders, and so is the Nose. The OLBs are going to set the edge. Most runs come to the closed side. *vs. Power,* Sam sets the edge, Mike wrongarms, and Willie comes over top.

Pressure vs. Slide Protection: Likes to bring pressure away from the slide (OLB on a RB mismatch).
vs. BOB Protection: Bring Mike & Will, drop Sam & Jack - same firezone principles.

Why do you attack side of off-set FB: That's where he'll be protecting.

Empty Sets: Favorite pressure is Base.

Bunch Sets: How do you mix up coverage vs. best receiver lined up at X - use Jack as the discouraging factor. Walk him out in the slant lane. You can also go Cover 2 vs. bunch.

Checking Strength vs. motion-to Empty: Hard to change pressures in blitzes.

Defensive line doesn't necessarily adjust position - ever.

vs. Unbalanced: Move everyone over one man (put the Nose on the Guard).

3-4 vs. Spread: Will it be effective? Well, yes, you can walk Sam & Jack out on #2's. It balances up more.

Does DL match step for step: Attack the block of the Offensive Linemen. Controlled steps, control hat & hands, move feet against the pressure of the offensive lineman.

What to use vs. Wing-T: The Sonic looks good. But, not suprisingly, he doesn't see much Wing-T in the NFL.

Does always calling strength to the TE prohibit you from running anything: No. Just make sure you understand what you may run into.

How to handle a double team: Split the double team.

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