

January 21, 2009
Glazier Clinic Webinar

Where to Use the G-Defense

- Used to run a Split-6 Defense in the early '90s
- Runs the G-Defense vs. 21 and 31 personnel
- G-Defense with Xtra Backer vs. 32 personnel

Basic Concepts

- Pressure Defense: Attack and limit what they can do.
- Match personnel groupings
- Get superior numbers to Point of Attack w/ Robber
- Use pressure to defeat the pass
- Defines our style as a 'Pressure Defense' to the opponent
- Create confusion

Alignment Progression

1. Recognize the Formation
2. Make the Alignment Calls
3. Perfect Alignment every time

- Free Safety makes a call on Passing Strength (# receivers), aligns to Passing Strength
- Backer aligns to Passing Strength except vs. 2x2, then aligns away from Free Safety
- Mike aligns opposite the Backer, sets the DL Alignment
- Stud (DE) and Bear (OLB/Spur) align to the TE side
- Will (DE) and Wolf (OLB/Spur) align away from TE
- Tackles: Mike sets the 3-tech to the 3-man surface (TE side), 1-tech away

Technique: Defensive Tackles

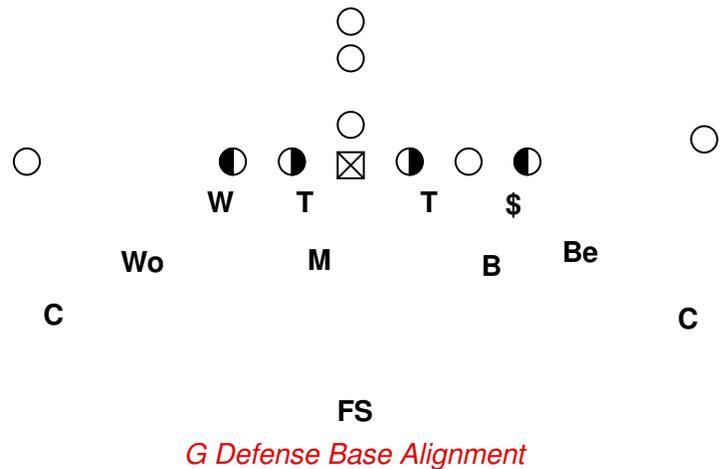
- DT play Left & Right sides, also need to be able to play Defensive End spots
- Stance is slightly wider than sprinter stance, inside hand down ALWAYS.
- The tighter the splits of the OL, the heavier (tighter) the alignment of the DT
- Key the screw of the guard for 1) Reach block 2) Veer block 3) Set

Defeating the Block

- Vs. a Reach Block, attack the 4/5 of the body surface, thumbs over the eyes and get the hips in the gap. Do not get reached!
- Vs. a Veer block, if the target goes away, bend inside and attack 4/5 surface of the trapper.
- Vs. Pass set, Pass Rush

Teaching Points

- Get Off & Strike: 1st step hard into the ground for power
- Thumbs over the eyes
- Hips in the gap, as long as your hips are in the gap you are in control
- Target takes you to the play (Screws of the Guard)
- Don't let the linemen get Belly to Belly (Cheesesteak Technique?)



Technique: Defensive Ends (Stud & Will)

- Same stance as DT, slightly wider than sprinter stance.
- Tight alignment, have tried running the Will wider but now he plays just like the 3-Technique.
- Stud plays a 7-tech, aiming for inside 4/5 of TE (Target)

Teaching Points

- Get off, Extend & Strike. Defeat the Reach, bend on the Trap (Veer block) - all same as DT
- If TE disappears, the Stud slams back inside immediately, attacking 4/5 of trapper/lead to spill it
- Sit on Zone: Shoot the hands, grab cloth, gobble up the TE and the Tackle leaving the LB free to run, or sit in 'C' Gap and make the play
- Can widen the Will on passing downs, but it doesn't work for them so they don't do it.
- The Will becomes the Stud when the TE Flops, so they need to know how to play both positions.

Technique: Inside Linebackers (Backer & Mike)

- Be comfortable and play fast
- Narrow stance, forward lean, "Protect your numbers with your shoulder pads;" don't let them see the big numbers on your chest.
- 2x2 B is away from FS, Mike always aligns away from Backer. Vs. 2x2 Mike will align his inside foot on the ball on the Passing Strength Side
- LB Depth is 3 1/2 yards, often in "UP" Alignment at the heels of the Defensive Line.

Teaching Points

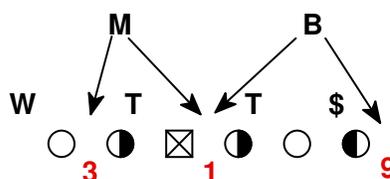
- Key the Cross Pull of the Guard-Tackle Bubble to the Near Back.
- If you get a pull read, run the crease and call out "PULL PULL" to the other ILB
- 'Cross Pull' is any pull crossing the tail of the Center. They don't care about an outside pull, means nothing
- 'No Pull' the ILB is a "91" or "31" player

Against the Pass

- If #3 can run vertical, Backer will rob #3 (Mike would rob #4)
- If #3 (or #4) is not in a position to run vertical, ILB becomes a shallow dropper, looking to blow up any crossers.

Teaching the Reads

- Teach the Cross Pull of G-T Bubble first, then teach Near Back reads
- Teach it in segments: Start with the Cross Pull read and yelling PULL PULL; if they get this down, the Near Back read is easy.
- On the Cross Pull, the playside backer needs help. This is the reason for the "PULL PULL" call
- When backer hears "PULL PULL" he will stack down behind the DE to protect himself from the OL coming to him.
- When a backer sees a Cross Pull he *runs the crease* which is A-Gap area (at least that's where he starts heading, immediately)
- Near Back takes you to your run fit when there is no Cross Pull.
- Backer is a "91" Player: Ball outside, get heels on the line in 9-tech area (D-gap), be aggressive getting there. If the ball is inside of you, get to the 1-tech area
- Mike is a "31" Player: Ball outside, get to 3-tech area (B-gap). Ball inside, get to 1-tech area.
- Play the lead with hard edges: Attack inside 4/5ths



ILB Keys and Coverage

- If #3 and #4 are in the backfield, you are free to read the guards, nothing to worry about
- If they can run vertical, you're robber on him - run vertical with him if he goes there.

Techniques: Spurs (Bear and Wolf)

- TE, 3 backs: Align tight to L.O.S.
- TE, 2 backs: Stack the TE at 4 yards
- Single width: Prowl the diagonal of a 4x4 box
- Twins: Inside eye of #2, at 3 1/2 yards depth
- Trips: Align at the Apex of #2 and #3
- Key the End Man on Line of Scrimmage (EMOLS) to Near Back

Bear and Wolf Reads

- Ball to the spur, support player with proper angle, set the point.
- Ball away, "fold & fit"
- If The Near Back goes away
- Pass - buzz the flats, run to the wheel

Two Types of Support

- Easy Support: Traditional Safety support
- Read Support: Tight End, no width - read TE. If he arcs, defeat it and establish the point. If he blocks down, attack hard and fit.
- Prowl - they can move when there is single width. On running downs, get tighter and on passing downs be looser when the ball is snapped - *know down and distance!*
- If they're a running team, getting tighter helps the FS get a read
- If NB goes away, he's checking Counter / Reverse / Bootleg and working to the Backside 'A' Gap
- If TE Releases, they are headed to buzz the flats

Techniques: Free Safety

- Narrow feet, no stagger; line up at 11 yards and creep down to 9 before the snap to play flat footed (?)
- Vs. TE/Flanker get into the B-Gap Nest
- Twins: Apex #2 & EMOLS
- Trips: Apex #2 & #3

Keys

- On an inside run, attack and front the ball.
- Run the alley on the down block.
- Pass: #2 goes vertical, rob it; jam him and hug the hips. Be aggressive, don't wait for it.
- Vs. Arrow Route, rob the curl.
- Vs. Underneath routes, turn & flat face the dig.

Technique: Corners

- Don't have to be great hitters, but they need to be solid tacklers.
- Slight stagger with the inside foot back, 7 yards depth and 1 yard inside
- Creep back to 9x2 alignment before the snap - gives an interesting look to the offense when coupled with the Free Safety creeping up to 9 yards.

Keys

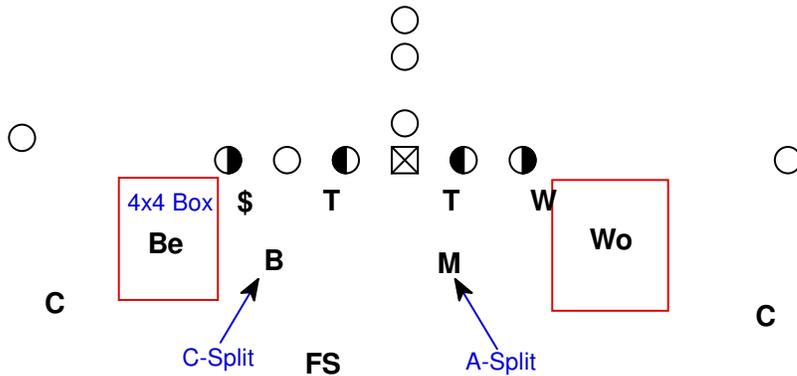
- Key QB drop to #2 receiver and back to #1 receiver.
- Ball coming at the corner, he has to play the pass til the ball crosses the line.
- Ball away the corner will fold and fit.
- Verse pass read, corner as 1/2 (*half*) Field Rules

1/2 Field Rules

- Do not let the post get inside
- Versus 2 vertical routes, split them but favor #1, #2 should have a robber underneath (FS)
- #1 vertical and #2 disappears, get #1.
- Understand that Zone is really Man coverage in your zone.

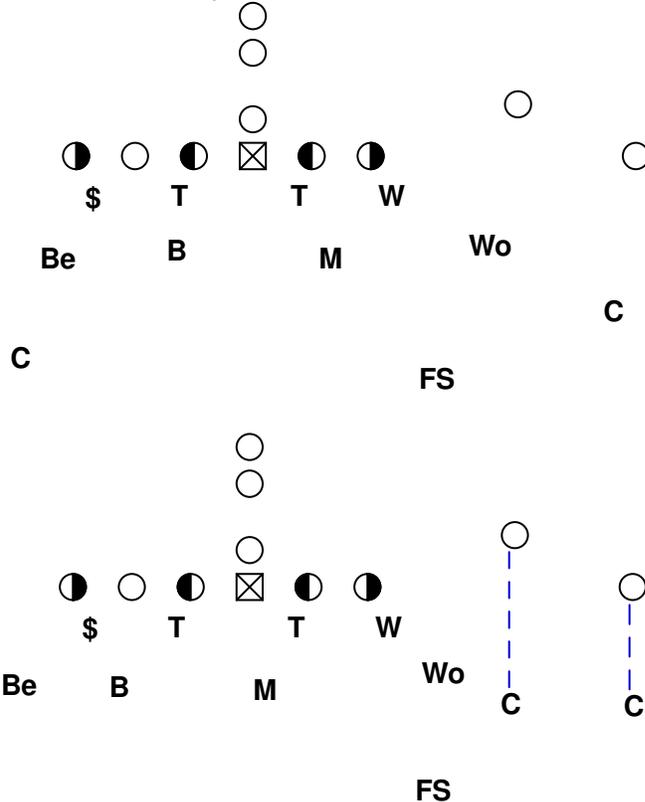
G-Defense vs. Formations

- Vs. Pro Formations



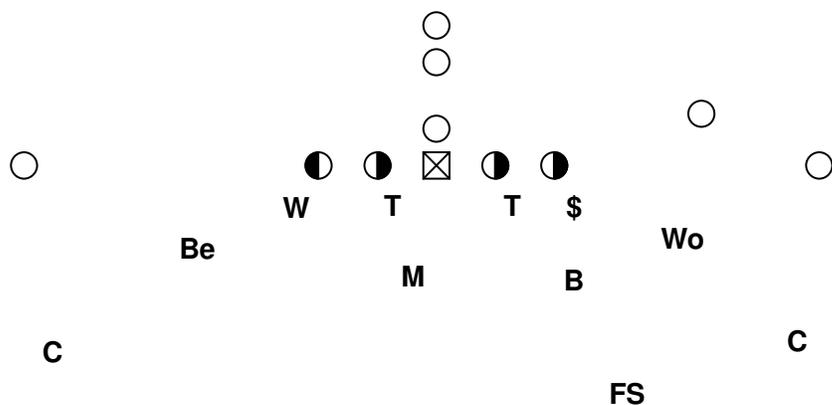
vs. Twins

- Backers bounce over; FS Apex



- Can also play 5-Lock coverage: Corners Over
- Lets LBs be more comfortable in their normal home alignment.
- This also lets you play the run stronger.

vs. Twins Open, easy to defend



Defending the Spread

- Teams take a RB out of the backfield, he now becomes #3 receiver; backer has to rob #3. This puts him in a tough position.
- Would rather be in the 4-2-5 package at this point, but if they do catch us, the corner working back to 9 and 2 can help the backer out some.
- 3x1 causes no major problem. This isn't the best thing to be in, but it is easy to set up.
- Kids adjust easily to the Spread, bothers the coaches more than the players.

Question & Answer Session

Defending the Bootleg

- Boot side LB forces the QB to pull up; Backside LB gets underneath the drag and FS gets over top of the drag. OLB has buzz the flats.

Defending Bunch Sets

- Stay in Robber coverage because #3 is in a great set to be robbed. Align the Spur a little outside the point man and up tight, with the corner behind for deep help. Works well against the spacing routes (mesh)

Using Under Front or Bear Front with Robber Coverages

- Used to use Bear Front as the change-up front. To create an "under" type of front they will stem the Tackles to a weak side 3 and a strong side 1. Not a true under front, but accomplishes some of the purpose.

Playing the Option

- Slow play the spur, stay in the path of the QB as long as you can.
- DT and DE *must play the dive*. If there's a 3-tech, the DE may be able to get away with playing the QB. But with a 1-tech side, the DE must play the dive.
- Backer & FS get inside and outside of the Load Block
- Defending the Mid-Line is tougher, you must stop the direction of the ball twice. 3- tech takes the dive, then backers play it like an Iso play.

Against the Zone Read and Doubles Formations

- Get into the 4-2-5. This isn't good against those things.
- Must have 7 men to play the run.
- Zone read and Mid-line option are the toughest things to defend.
- Toughest play is Inside Zone from Queen Set; works like a counter play.
- Never played a Single Wing team with it, prays he never has to.

Ever play a 9-Technique Stud?

- Never. Use an 8-tech for Wing-T Teams. You can bring the Bear down to play a 9-tech sometimes.
- 9-tech works in a 4-3 defense, but not in the G Defense.

How to Defend the Screen

- Stop the ball from going where it wants to go.
- Teach kids how to pursue to the ball, where to pursue and where to fit in the screen game.
- Man free can help tighten down, a low-hole & high-hole concept also works.
 - In Michigan everyone runs the ball, so he doesn't see that much of it.

3-Back T-Formations

- Bring in an Xtra Backer, align the Backer and Mike in C-Splits. XB lines up at 5 1/2 yards directly over top of the Center.
- Outnumber them at the POA with the XB

Player Qualities

- Best DL is the Stud; Toughest kids play Tackle.
- ILBs are best players, Backer is the better coverage player.
- Spurs are safety types.
- Best skill player becomes a Free Safety, needs to be smart too.

Cover 5

- Corners play a 1/2, stay over top.
- OLB buzz the flats, run to the wheel
- Mike & Backer - if #3 or #4 is in a position to run vertical, rob the vertical route. Otherwise, they are a shallow dropper.
- Corners *must deny the post*; 11th commandment.