ATTACKING WITH THE 4-3 DEFENSE

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ATTACKING WITH THE 4-3 DEFENSE

A. Philosophy

1. We align in a 4-3, Cover 2 shell
2. We make the QB beat man coverage
3. We “spill the ball”
4. We use “independent movement”
5. We use “safe pressure”

B. Pressure

1. DL stunts
2. LB blitzes
3. DB blitzes
4. Coverages

C. Practice Periods
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1. WE ALIGN IN A 4-3, 2 SHELL

Coaching Points
* nine in the box vs. run and remain strong vs. pass
* 2 shell prevents big plays and forces long drives, especially vs. the spread
  (10% of NFL scoring drives are 80+ yards)
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vs. 2 x 2

C   S   M   W

SS   WS

C

5   3   2i   5
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ADJUSTMENT TO TRIPS
Mike & Will stack, Sam leaves the box

C   S   M   W   C

SS   WS
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ADJUSTMENT TO TRIPS
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ADJUSTMENT TO TRIPS
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ADJUSTMENT TO TRIPS with a TE
5 becomes a 6i, Sam decides how far to move (both are scouting report driven)
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ADJUSTMENT TO TRIPS with a TE
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ADJUSTMENT WITH 8 IN BOX
* Weak Safety moves to 7 technique
* cover 3 and man are two coverage options (WS rushes vs. pass)
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ADJUSTMENT WITH 8 IN BOX
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2. WE MAKE THE QB BEAT MAN COVERAGE

**Coaching Points**

* QB must be accurate and have a strong arm to beat man coverage
* undersized, less skilled DB’s can be protected with man & pressure
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3. WE SPILL THE BALL

Coaching Points

* opposite of 4-4’s squeezing of the ball
* get speed on the field (move a physical corner to LB, tall LB to 5)
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“SPILLING THE BALL”
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2010 TACKLING TOTALS
MLB & safeties will be the leading tacklers

C 68

S 73

M 98

W 53

SS 74

WS 83
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4. WE USE INDEPENDENT MOVEMENT

Coaching Points
* all 11 defenders must be involved
* use practice periods (with DB’s) & film to show examples
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5. WE USE “SAFE PRESSURE”

Source: Bill Arnsparger
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5. WE USE “SAFE PRESSURE”

Coaching Points
* use practice periods (with DB’s) & film to show examples
  * 2 shell makes pressure “safe”
* keeps all 11 involved, makes defense exciting and aggressive
  * requires offensive thinking
* we keep blitzes on regardless of formations (we dictate to them)
  * communication between players is essential
* high school hash marks are your best friend
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DL STUNTS

S

M

W
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LB BLITZES
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DB BLITZES

* usually run when the ball is on the hash
* cover 3 is a coverage option
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DB BLITZES

* usually run when the ball is on the hash
* man is a coverage option

Diagram:

C man vs. #1
S man vs. #2
M man vs. #3
W man vs. #3
WS man vs. #2
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DB BLITZES

* usually run when the ball is on the hash
* cover 3 is a coverage option

○ ○ ○

○ ○ ○

○ ○ ○

C S S S
1/3 1/3 1/3

C

curl hook hole

WS

1/3 1/3 1/3
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DB BLITZES

* usually run when the ball is on the hash
* man is a coverage option

C
man
vs. #1

S
man
vs. #3

M
man
vs. #4

W
man
vs. #2

SS
man
vs. #2

WS

man
vs. #1
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DB BLITZES

* usually run when the ball is on the hash
* cover 3 is a coverage option

![Diagram showing DB blitzes and coverage options]
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DB BLITZES

* usually run when the ball is on the hash
* man is a coverage option

*S* man vs. #2
*M* man vs. #3
*W* man vs. #3
*SS* man vs. #1
*WS* man vs. #2
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COVERAGES

C
SS
1/3

S
hook

M
hole

W
curl

WS

1/3

C

1/3

curl to flat
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COVERAGES

C man vs. #1

S man vs. #3

SS man vs. #2

M

W

5 3 2i 5

WS man vs. #2

C man vs. #1
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COVERAGES

C
man vs. #1

S
man vs. #2

M
man vs. #3

W→ man vs. #2

SS
1/2

WS
1/2

C
man vs. #1
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PRACTICE PERIODS

MONDAY
Takeaways 10 minutes
Pursuit Drill 10
Bracketing 5
Run Fits 10

TUESDAY
Tackling 10
Ind. Movement 10
Stunts & Blitzes 10

WEDNESDAY
Must Tackle 5
Marriage 10
* DB vs. WR: man
* LB vs. RB: blitz
* DL vs. OL: pass rush
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