



## FirstDown PlayBook Youth Defense

Welcome to FirstDown PlayBook Youth Football Defense!

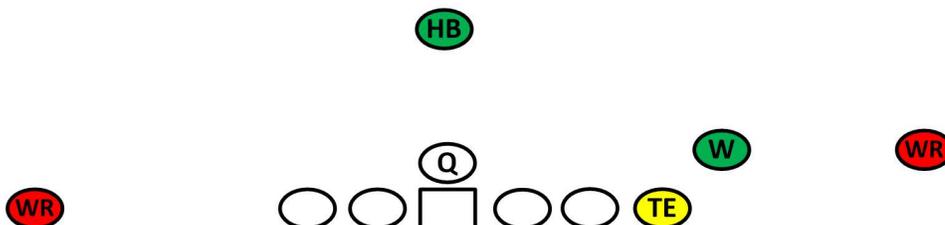
Our goal is to provide you with Youth Football Coaching help that will be:

1. Simple
2. Easy To Use
3. Effective

We understand that there are many different ways to coach Defensive football and ours is just one way so we are providing you with some definitions and a foundation that we think will help you as you use our Youth Football Defense section.

### OFFENSIVE IDENTIFICATION

Every eligible offensive player will be identified by color. This way your players will understand that regardless of what defense is called it is mandatory that these players be covered on a pass play.



**WR: WIDE RECEIVER**

**HB: HALFBACK FB: FULLBACK W: WINGBACK**

**TE: TIGHT END**

As you can see:

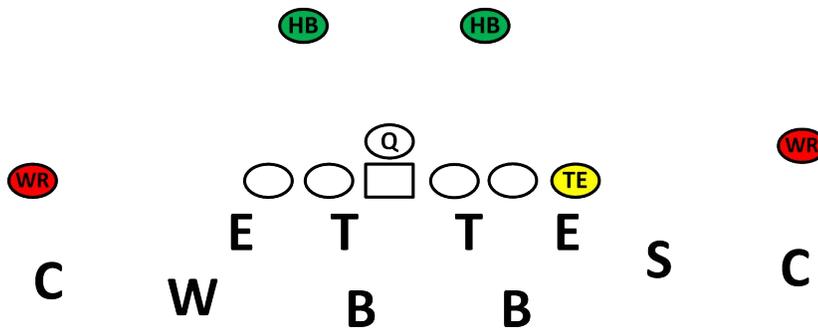
- All Receivers will be identified with Red.
- All Backs or Wing Backs will be identified with Green.
- All Tight Ends will be identified with Yellow.

Football rules require that an offense:

- Have at least seven players on the line of scrimmage.
- Only have five players eligible to catch a pass from the QB.

### DEFENSIVE IDENTIFICATION

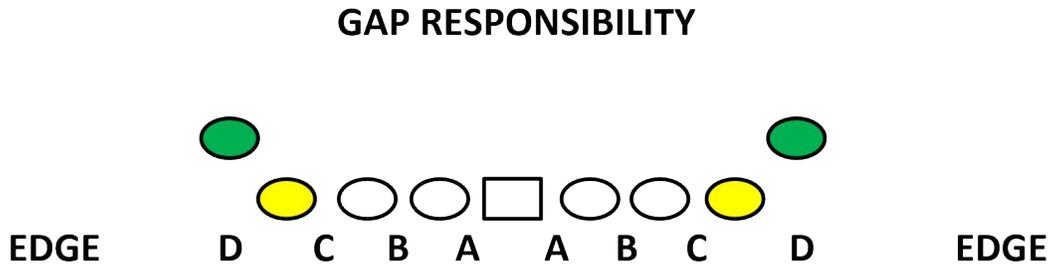
This explains how we identify our Defensive players. FirstDown PlayBook Defense Personnel will vary as we continue to add more Defenses but our general terminology will not change much from Defense to Defense.



- E: DEFENSIVE END
- T: DEFENSIVE TACKLE
- S: SAM OR STRONG SIDE OUTSIDE LINEBACKER
- W: WILL OR WEAK SIDE OUTSIDE LINEBACKER
- B: INSIDE LINEBACKERS STRONG & WEAK
- C: CORNERBACK
- F: FREE SAFETY

## DEFENSIVE GAPS

This is an assignment based defense. Your players will have a Gap responsibility strong and weak. These Gaps are identified inside out as shown below.



**A:** The Gap between the Center & Guards.

**B:** The Gap between the Guards & Tackles.

**C:** The Gap between the Tackle & Tight End or The Gap outside of the Tackle if no TE.

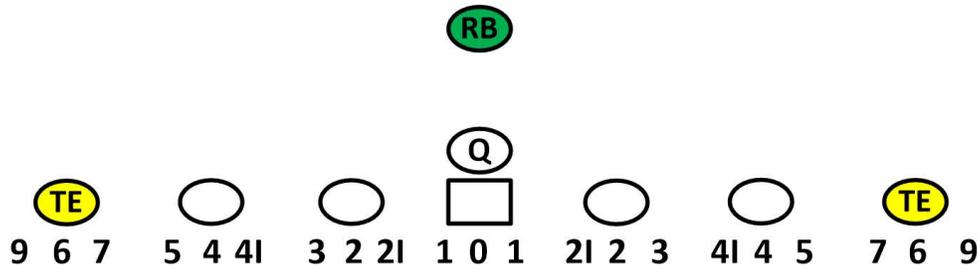
**D:** The Gap outside of the Tight End if there is a Tight End present.

**Edge:** The most outside Gap responsibility if there is a Wing.

## DEFENSIVE LINE TECHNIQUES

All Defensive Linemen will line up either inside, head up or outside shade on the Offensive Lineman they play over. For communication purposes the Defensive Line techniques are defined below:

## RUN RESPONSIBILITIES



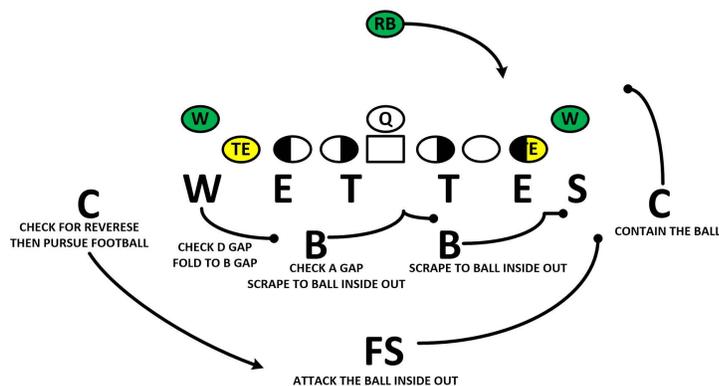
### DEFENSIVE LINE TECHNIQUES

- 0: HEAD UP ON THE CENTER
- 1: SHADED ON THE CENTER. INSIDE FOOT SPLITS HIS STANCE.
- 2: INSIDE SHADE ON THE GUARD. OUTSIDE FOOT SPLITS HIS STANCE.
- 2: HEAD UP ON THE GUARD.
- 3: OUTSIDE SHADE ON THE GUARD. INSIDE FOOT SPLITS HIS STANCE.
- 4I: INSIDE SHADE ON THE TACKLE. OUTSIDE FOOT SPLITS HIS STANCE.
- 4: HEAD UP ON THE TACKLE.
- 5: OUTSIDE SHADE ON THE TACKLE. INSIDE FOOT SPLITS HIS STANCE.
- 7: INSIDE SHADE ON THE TIGHT END. OUTSIDE FOOT SPLITS HIS STANCE.
- 6: HEAD UP ON THE TIGHT END.
- 9: OUTSIDE SHADE ON THE TIGHT END. INSIDE FOOT SPLITS HIS STANCE.

When the ball is snapped every Defensive player will have a key and an assignment based on what play the Offense is running.

An Offensive run play might look something like this:

### SAMPLE DEFENSIVE RUN FIT



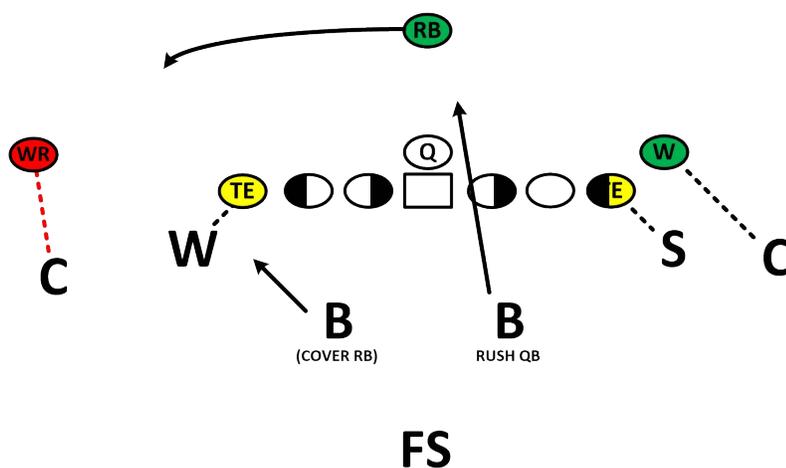
- SLB: PLAYS A CREASE TECHNIQUE
- STRONG END: 7 TECHNIQUE. C GAP.
- STRONG TACKLE: 3 TECHNIQUE. B GAP.
- WEAK TACKLE: 2 TECHNIQUE. A GAP.
- WEAK END: 5 TECHNIQUE. C GAP.
- WLB: CREASE TECHNIQUE. FOLD VS BALL AWAY.

## COVERAGE RESPONSIBILITY

FirstDown PlayBook Youth Defense will play man to man coverage. We may add versions of zone coverage as we continue to build FirstDown PlayBook Youth Defense. If you are interested in a Defense that plays a zone coverage we recommend that you visit the FDPB Dashboard and select "Defense" for more advanced coverages.

Although the coverage responsibility can vary from formation to formation the general coverage rules below will help you when coaching this Defense.

### SAMPLE COVERAGE RESPONSIBILITY



**CORNERS:** ALWAYS COVER THE #1 ELIGIBLE RECEIVER COUNTING OUTSIDE IN.

**OUTSIDE LB'S:** COVER THE #2 ELIGIBLE RECEIVER COUNTING OUTSIDE IN.  
(#2 MAY BE IN THE BACKFIELD)

**INSIDE LB'S:** COVER THE #3 RECEIVER IF HE RELEASES TO YOUR SIDE.  
(NORMALLY #3 IS A RUNNING BACK IN THE BACKFIELD)  
(IF YOUR MAN RELEASES AWAY FROM YOU RUSH THE QB)

**FREE SAFETY:** UNLESS THERE IS A PRESSURE YOU PLAY THE DEEP MIDDLE & KEEP EVERYTHING IN FRONT OF YOU.

# Terms & Definitions

**CONTAIN:** Defensive assignment that requires a Defender to keep the Ball Carrier inside of him.

**CREASE:** Description of the D gap between the Tight End and Wing.

**CUTBACK:** When the Offensive Ball Carrier changes their initial direction as they advance the ball.

**EDGE:** Description of the outside most gap the Defense must defend. The edge is normally defended by player with CONTAIN responsibility.

**KEY:** What a Defensive player looks at prior to the snap and as the Offensive play begins to develop.

**INSIDE/OUTSIDE ARM & LEG FREE:** Keep this arm and leg free from getting blocked by an Offensive player on a one on one block. This will allow the Defensive Player to control his or her gap responsibility.

**L.O.S.:** Line Of Scrimmage

**PURSUIT ANGLE:** Technique used by a Defender when the Offensive play goes away from them. A proper Pursuit Angle will allow the Defender to intersect with the Ball Carrier and make a tackle as opposed to getting in a chase situation.

**SCRAPE:** Technique used by a Linebacker as the Offensive Running Back runs the ball to the outside. The Linebacker will "Scrape" to his Gap responsibility.

**SQUEEZE:** Technique used by a Defensive Lineman when the Ball Carrier runs away. The Defensive Lineman will stay on the line of scrimmage and shuffle to the ball controlling his gap responsibility looking for the Running Back to cutback.

**STACK:** Line up directly behind.

**SUPPORT:** Defensive assignment that requires a Defender to pursue the Ball Carrier inside out. This is effective because another Defensive Player will "CONTAIN" the play.

*This will be a fluid document and we will create a Terms and Definitions segment here as we continue to add Defenses. So please feel free to let us know if there is something that is not clear and we will devote some time in this section to make sure it is the next time you use our FirstDown PlayBook Youth Defense!*

**So what are you waiting for? Let's get busy building your Defense!**