

**Welcome to FirstDown PlayBook
Youth Football Defense!**

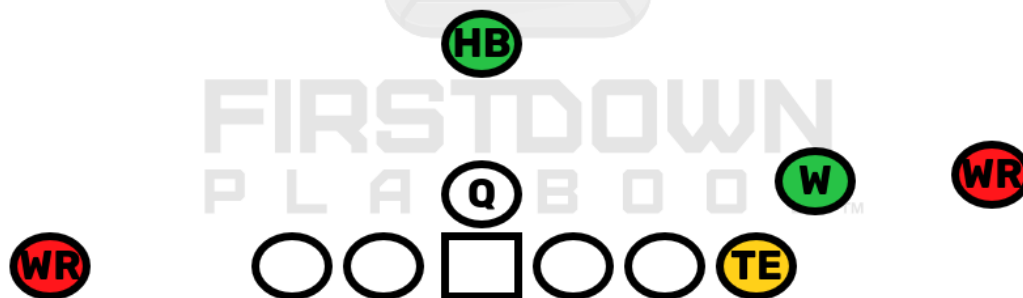
**Our goal is to provide you with
Youth Football Coaching help that will be:**

- 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:

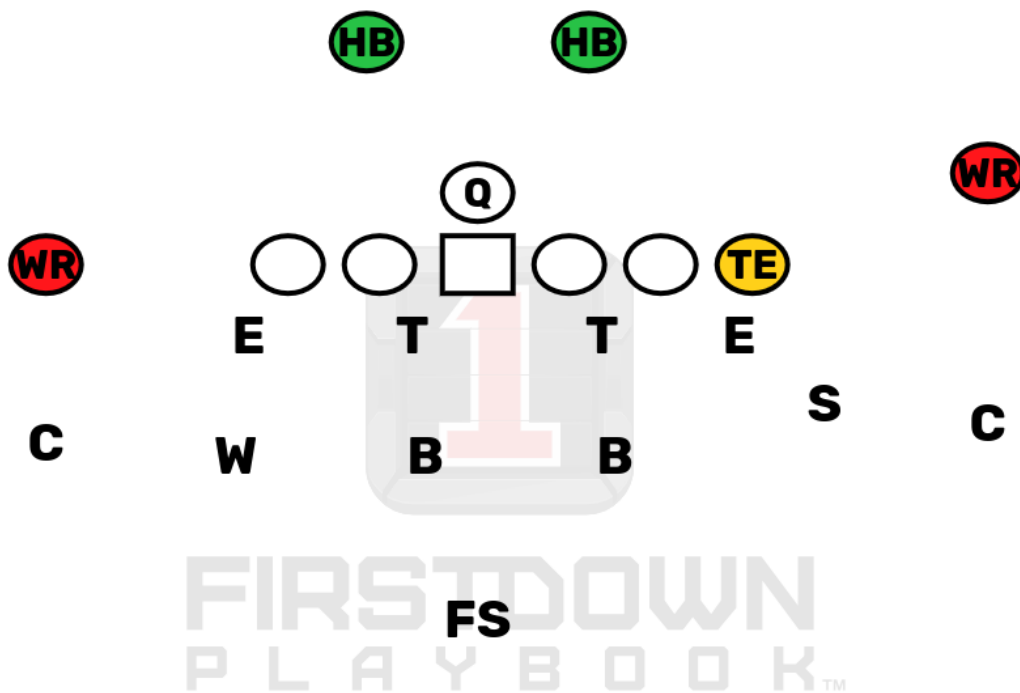
- All Receivers will be identified with Red.**
- All Backs or Wing Backs will be identified with Green.**
- All Tight Ends will be identified with Yellow.**

Football Rules Require 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 AND 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.**

GAP RESPONSIBILITY



A: The Gap between the Center & Guards.

B: The Gap between the Guards & Tackle.

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

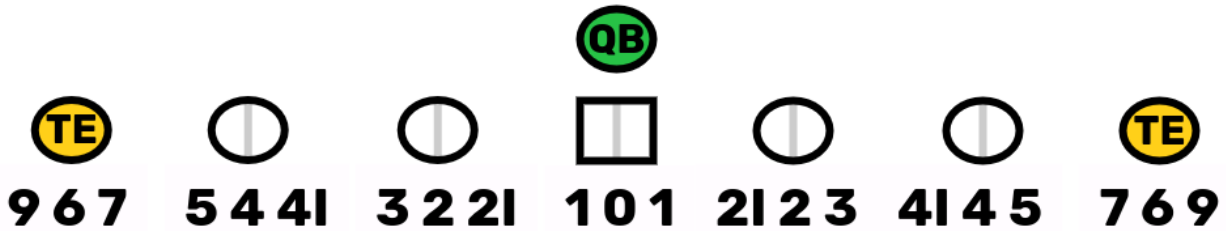
D: The Gap outside of the Tight End if there is a Tight End.

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.**

RUN RESPONSIBILITIES



DEFENSIVE LINE TECHNIQUES

0: Head up on the center

1: Shaded on the center. Inside foot splits his stance.

2I: 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.

4: Head up on the tackle.

4I: Inside shade on the tackle. Outside foot splits his stance.

5: Outside shade on the tackle. Inside foot splits his stance.

7: Inside shade on the tight end. Outside foot splits his stance.

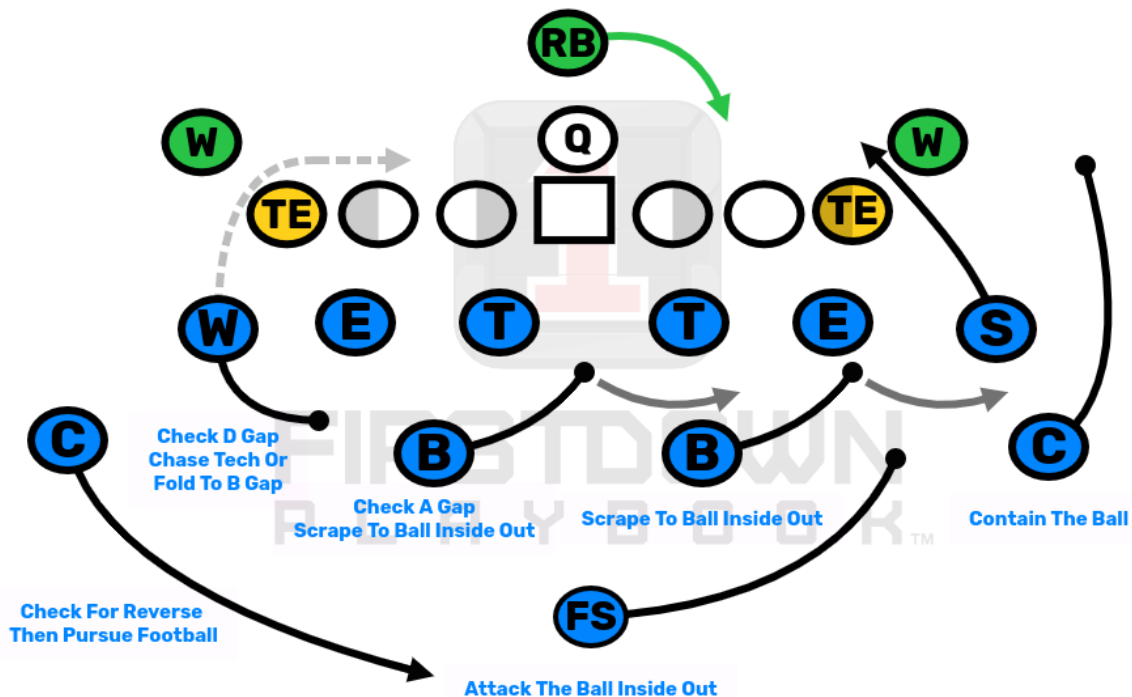
6: Head up on the tight end.

9: Outside shade on the tight end. Inside foot splits his stance.

SAMPLE DEFENSIVE RUN FIT

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:



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.

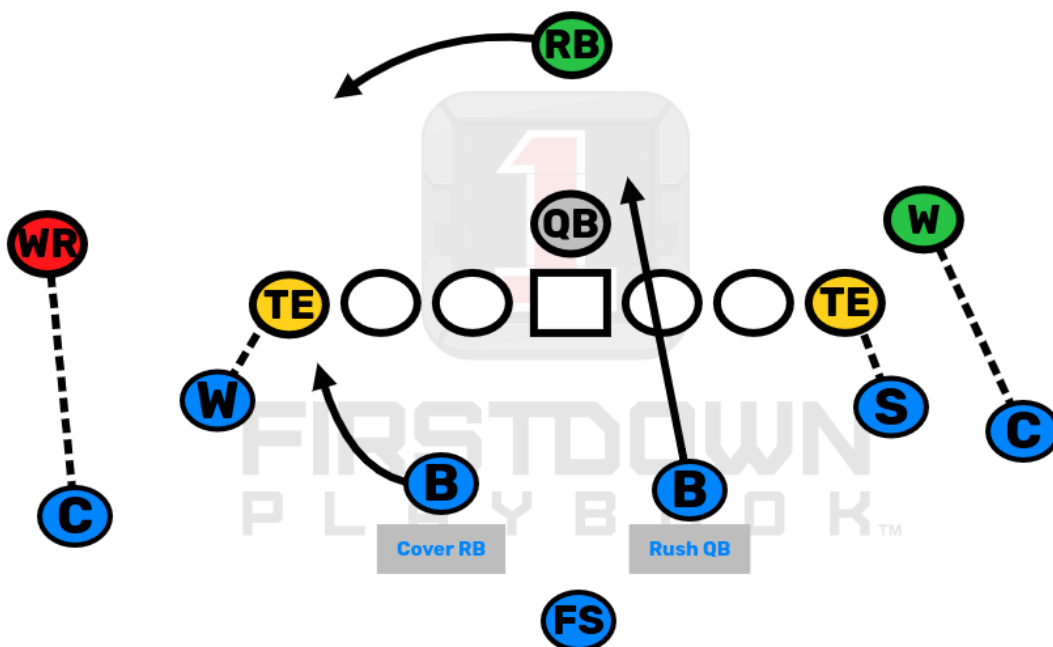
COVERAGE RESPONSIBILITY

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 "Varsity 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.



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.