

THE 5V5 FLAG DEFENSE HAS THE FOLLOWING POSITIONS:

3 LINEBACKERS: RIGHT, MIDDLE & LEFT

2 DEFENSIVE BACKS: RIGHT & LEFT

THE 5V5 DEFENSES WILL BE CALLED WITH THREE DIGITS:

THE FIRST DIGIT IS THE NUMBER OF RUSHERS TO THE QB.

THE SECOND DIGIT IS THE NUMBER INTERMEDIATE TO DEEP COVERAGE DEFENDERS.

THE THIRD DIGIT IS THE NUMBER OF DEEP COVERAGE DEFENDERS.

MAN COVERAGE DEFENSES WILL BE CALLED "MAN COVERAGE" & TAGGED WITH ANY PRESSURE IF NECESSARY.

DEFENSE: MAN COVERAGE

THERE WILL BE A STRENGTH CALL MADE AS THE OFFENSE BREAKS THE HUDDLE OR IT CAN BE SET PRIOR TO.

THE MIKE LINEBACKER WILL RUSH THE PASSER.

THE OTHER LINEBACKERS WILL COVER THE CENTER AND THE BACK MAN TO MAN.

THE DEFENSIVE BACKS WILL COVER THE TWO WR'S MAN TO MAN.

VS A BUNCH SET A LB WILL TAKE THE POINT.

LINEBACKERS:

MIKE LINEBACKER:

-ADHERE TO THE RULES OF YOUR LEAGUE FOR YOUR DEPTH ON THE SNAP OF THE BALL.

-EXAMPLE: YOUR RESTRAINING LINE IS 5 YARDS THEN BE BEHIND THAT LINE.

-ALIGN ON OR NEAR THE CENTER PRIOR TO THE SNAP.

-RUSH THE QB AND DEFEND ANY RUN THAT SHOWS UP ON YOUR WAY TO THE QB.

LEFT & RIGHT LINEBACKERS:

-MAN COVERAGE ON THE CENTER OR THE BACK. WHOEVER IS CLOSEST TO YOU.

-IF POSSIBLE ALIGN AT THE SAME DEPTH AS THE OTHER LB'S TO DISGUISE WHO IS RUSHING THE QB.

-YOUR ALIGNMENT SHOULD BE CLOSE ENOUGH TO YOUR MAN TO PLAY TIGHT MAN COVERAGE.

-IF THE BALL BREAKS THE LINE OF SCRIMMAGE ON A RUN LEAVE YOUR MAN AND PURSUE THE BALL CARRIER.

-IF THE BALL IS THROWN TO ANOTHER RECEIVER LEAVE YOUR MAN AND PURSUE THE BALL CARRIER.

DEFENSIVE BACKS

- ALIGN OVER THE WIDEST RECEIVER TO YOUR SIDE. (EXCLUDE THE BACK & CENTER)
- ALIGNMENT DEPTH SHOULD BE DICTATED BY SKILL AND MATCH UPS.
- ALIGN SLIGHTLY INSIDE OF YOUR MAN AND TAKE AWAY THE INSIDE ROUTE FIRST.
- IF THE BALL BREAKS THE LINE OF SCRIMMAGE ON A RUN LEAVE YOUR MAN AND PURSUE THE BALL CARRIER.
- IF THE BALL IS THROWN TO ANOTHER RECEIVER LEAVE YOUR MAN AND PURSUE THE BALL CARRIER.
- VS A BUNCH SET LET A LB TAKE THE POINT.



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THE DEFENSIVE BACKS WILL COVER THE TWO WR'S MAN TO MAN.

VS A BUNCH SET A LB WILL TAKE THE POINT.

LINEBACKERS:

MIKE LINEBACKER:

-ADHERE TO THE RULES OF YOUR LEAGUE FOR YOUR DEPTH ON THE SNAP OF THE BALL.

-EXAMPLE: YOUR RESTRAINING LINE IS 5 YARDS THEN BE BEHIND THAT LINE.

-ALIGN ON OR NEAR THE CENTER PRIOR TO THE SNAP.

-RUSH THE QB AND DEFEND ANY RUN THAT SHOWS UP ON YOUR WAY TO THE QB.

LEFT & RIGHT LINEBACKERS:

-MAN COVERAGE ON THE CENTER OR THE BACK. WHOEVER IS CLOSEST TO YOU.

-IF POSSIBLE ALIGN AT THE SAME DEPTH AS THE OTHER LB'S TO DISGUISE WHO IS RUSHING THE QB.

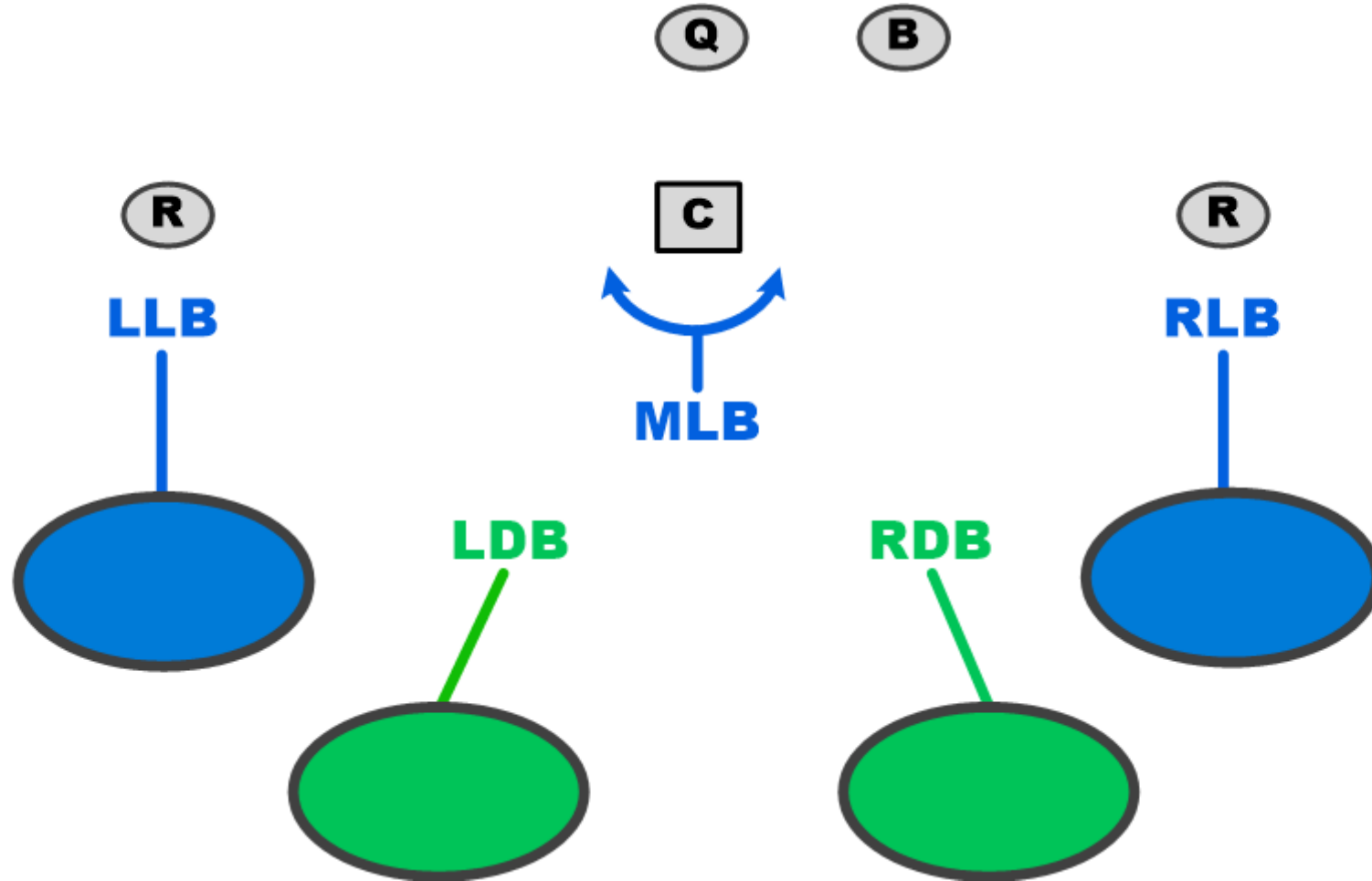
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-IF THE BALL IS THROWN TO ANOTHER RECEIVER LEAVE YOUR MAN AND PURSUE THE BALL CARRIER.

DEFENSIVE BACKS

- ALIGN OVER THE WIDEST RECEIVER TO YOUR SIDE. (EXCLUDE THE BACK & CENTER)
- ALIGNMENT DEPTH SHOULD BE DICTATED BY SKILL AND MATCH UPS.
- ALIGN SLIGHTLY INSIDE OF YOUR MAN AND TAKE AWAY THE INSIDE ROUTE FIRST.
- IF THE BALL BREAKS THE LINE OF SCRIMMAGE ON A RUN LEAVE YOUR MAN AND PURSUE THE BALL CARRIER.
- IF THE BALL IS THROWN TO ANOTHER RECEIVER LEAVE YOUR MAN AND PURSUE THE BALL CARRIER.
- VS A BUNCH SET LET A LB TAKE THE POINT.



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MAN COVERAGE DEFENSES WILL BE CALLED "MAN COVERAGE" & TAGGED WITH ANY PRESSURE IF NECESSARY.

DEFENSE: 1-2-2 (ZONE COVERAGE)

THIS DEFENSE PLAYS MORE LIKE QUARTERS DEFENSE THAN 2 DEEP.

THERE WILL BE A STRENGTH CALL MADE AS THE OFFENSE BREAKS THE HUDDLE OR IT CAN BE SET PRIOR TO.

THE MIDDLE LINEBACKER WILL BE THE RUSHER TO THE QB.

THE RIGHT & LEFT LINEBACKERS WILL BE THE INTERMEDIATE TO DEEP COVER PLAYERS.

THE TWO DEFENSIVE BACKS WILL COVER INTERMEDIATE TO EACH DEEP HALF.

THIS COVERAGE PLAYS LIKE QUARTERS COVERAGE. (VS 4 VERTICAL ROUTES = 4 DEEP DEFENDERS)

LINEBACKERS:

MIKE LB:

-ADHERE TO THE RULES OF YOUR LEAGUE FOR YOUR DEPTH ON THE SNAP OF THE BALL.

-EXAMPLE: YOUR RESTRAINING LINE IS 5 YARDS THEN BE BEHIND THAT LINE.

-ALIGN OVER OR NEAR #2 TO THE WEAK SIDE (NORMALLY THE CENTER).

-VS A BUNCH SET TAKE THE POINT AND HOLD UP THE RELEASE.

-RUSH THE QB AND DEFEND ANY RUN THAT SHOWS UP ON YOUR WAY TO THE QB.

LINEBACKER TO THE CALL:

-ALIGN DIRECTLY OVER THE WIDEST RECEIVER.

-VS THREE RECEIVERS TO YOUR SIDE (SEE THE STRONG DRAWING) CHEAT INSIDE OF #1.

-KEY THE QB AND THE #1 WR AS YOU DROP TO A SPOT 5-10 YARDS DEEP.

-THE SPOT DROP WILL BE OVER THE WIDEST OFFENSIVE PLAYER'S ROUTE.

-IF THE #1 WR GOES DEEP CONTINUE SINKING INTO DEEP COVERAGE.

- IF THE #1 WR SITS IN THE INTERMEDIATE AREA OR RUNS A CROSSING ROUTE COVER THEM.
- BREAK ON THE QB'S THROW OR DEFEND ANY RUN PLAY THAT SHOWS OUTSIDE IN.

LB AWAY FROM THE CALL:

- ALIGN DIRECTLY OVER THE WIDEST RECEIVER. (COULD BE THE CENTER)
- VS THREE RECEIVERS AWAY FROM YOUR SIDE (SEE THE STRONG DRAWING) CHEAT OUTSIDE OF #1.
- KEY THE QB AND THE #1 WR AS YOU DROP TO A SPOT 5-10 YARDS DEEP.
- THE SPOT DROP WILL BE OVER THE WIDEST OFFENSIVE PLAYER'S ROUTE.
- IF THE #1 WR GOES DEEP CONTINUE SINKING INTO DEEP COVERAGE.
- IF THE #1 WR SITS IN THE INTERMEDIATE AREA OR RUNS A CROSSING ROUTE COVER THEM.
- BREAK ON THE QB'S THROW OR DEFEND ANY RUN PLAY THAT SHOWS OUTSIDE IN.

DEFENSIVE BACKS:

- ALIGN SOMEWHERE BETWEEN THE #2 AND THE WIDEST RECEIVER OR BACK TO YOUR SIDE.
- ALIGNMENT DEPTH SHOULD BE DICTATED BY SKILL AND MATCH UPS.
- TAKE AWAY THE INTERMEDIATE MIDDLE OF THE FIELD WITH YOUR ALIGNMENT.
- ON THE SNAP OF THE BALL BACK PEDAL & KEY THE #2 WR.
- IF THE #2 WR RUNS A DEEP VERTICAL ROUTE SINK AND COVER THEM.
- IF THE #2 WR RUNS AN INTERMEDIATE ROUTE BREAK UP ON THAT ROUTE AS THE BALL IS THROWN.
- ONCE THE BALL CROSSES THE LINE OF SCRIMMAGE ON A RUN PLAY DEFEND THE RUN INSIDE OUT.