33-Stack

D T N T O M O D
C R C

Attack
DEFENSIVE PHILOSOPHY

2 BASIC PHILOSOPHIES OF DEFENSE:

1. READ & REACT - sit back and slow down the offense

2. ATTACK - 'make something happen'
WE CHOOSE TO ATTACK BECAUSE:

INCREASED AGGRESSIVENESS - Attitude reflects leadership and aggressive play calling leads to aggressive play.

HIGHER LEVEL OF CONFIDENCE - Every time we make a big play, it is positive reinforcement that increases our players' confidence in the system, in themselves and in their teammates.
WE CHOOSE TO ATTACK BECAUSE:

HAPPIER DEFENDERS - We want to attack. Our players want to attack. Our fans want to see us attack. Coaching the Double Wing Offense taught me the most important defensive lesson that I have ever learned. ‘Defensive players absolutely hate to be on the field longer than 3 or 4 plays each series’. So we bring a lot of PRESSURE. Our motto is ‘3 and out ... score or give us the ball back’. Because quick strikes are almost always attributed to a busted assignment or a missed tackle. So it's easier for our kids to recover mentally and get back out there on the next possession with confidence.
STOPPING THE RUN

It's as easy as ...

ONE, TWO, THREE
#1 - ALL 6 interior gaps are filled full of defenders so we essentially create a wall across the front that is almost impossible to run through. But we don't just line up up 6 players in the 6 gaps, that would require some pretty good defensive linemen and wouldn't really confuse anyone.

SIMPLE ... EFFECTIVE ... DEADLY !!!
#2 - We stack 3 backers on the heels of our 3 down linemen and let them choose ‘how’ to fill the 6 gaps using a tap-n-go blitz. Offensive linemen struggle figuring out who to block on a down by down basis. This forces them to stop firing out aggressively and wait to see who they are responsible for. And once that happens, the game is half over. And we can accomplish this without using any of our stud defenders, so they can focus on the edges.

SIMPLE ... EFFECTIVE ... DEADLY !!!
#3 - It doesn't matter if the runners decide to bounce outside or the play caller calls outside plays; the effect is the same. So we place studs outside where they can make plays. This puts our 'better' players in position to stop the most dangerous plays before the ball is even snapped. Sweeps and Reverses are the most dangerous plays in most 'youth' offenses. I would rather defend that Sweep from an outside position instead of chasing it from inside.

**SIMPLE ... EFFECTIVE ... DEADLY !!!**
A few simple ideas
that work together
perfectly
#1 - While we stuff the middle of the field with our front six to stop the running game, they have a 2nd, ‘cooler’ function to perform. SACK THE QB!!! Its not uncommon for us to have 1 or 2 unblocked stack players on every down throughout the course of a game. So QBs never have enough time to set up and throw the ball; much less actually make a read on who is open.

AGGRESSIVE ... DECEPTIVE ... DEADLY !!!
#2 - We use 2 basic coverage schemes but today we will be focusing on our BASE ZONE scheme. We have 5 defenders and each is responsible for a specific passing zone. And since we feel the only zone you might have time to effectively flood is the short zone that is in front of most of my better players, we are confident that our base defense will handle 99% of the passing schemes we see at the youth level.

AGGRESSIVE ... DECEPTIVE ... DEADLY !!!
#3 - Deception is the greatest ally a defense has against a quality passing game. Our defense looks like one thing and operates like another. Pre-snap reads by a QB are generally useless because of the downhill nature of our secondary. And the depth of our alignment allows our secondary players to make quick and easy reads while moving forward and even when their read is wrong, they still have time to recover.

AGGRESSIVE ... DECEPTIVE ... DEADLY !!!
Our 33-Stack Attack personnel is divided into 2 groups. Each group is taught key words to listen for in the play calls. These key words tell them what alignment and coverage to use and which blitz, stunt or shift we want to employ.
The 1st part of the call is the alignment for our Stack Players:

- **33** - our standard alignment has our DTs head up on the OTs and our NT head up on the Center with our Stackers right on their heels.

- **42** - places our NT and MS on the inside shoulders of the OGs to pinch down hard through the A-gaps.

- **60** - places all 6 players down in 4 point stances in the gaps.
PLAY CALLING

The 2nd part explains alignment & coverage to the Backs:
- BASE - standard zone scheme that we use most of the time.
- GUTS - tighter, short yardage version of our ‘base’ coverage.

From here we add different calls to specify particular blitzes, slants, stunts, shifts and alignments. Our players get taught which calls affect them so when it doesn’t, they ignore it and perform their base assignment.
PLAYER KEY:

T - Defensive Tackle - 2 Linemen on the outside.
N - Nose Tackle - 1 Lineman in the middle.
O - Outside Stacker - 2 Outside Backers over the DTs.
M - Middle Stacker - 1 Middle Backer over the NT.

D - Dog - 2 Outside Linebacker / Safety Hybrids.
C - Corner - 2 CBs playing inverted coverage.
R - Reaper - 1 FS type that plays everywhere.
33 BASE

Diagram of a base with circles and letters.
**PLAYER KEY:**

**T** - Defensive Tackle - 2 Linemen on the outside.
**N** - Nose Tackle - Move to Guards inside shoulder.
**O** - Outside Stacker - 2 Outside Backers over the DTs.
**M** - Middle Stacker - Same as NT on the other Guard.

We occasionally run into teams that have ‘some’ success with a stud Center pushing the N into our M allowing yardage on a QB sneak. So we go to the 42 alignment over the Guards’ shoulders and have the N & M pinch into the A-gaps or even cut through the Center’s legs to shut this down.
PLAYER KEY:

T - Defensive Tackle - Move to B-gaps.
N - Nose Tackle - Move to Guards inside shoulder.
O - Outside Stacker - Move to C-gaps on the line.
M - Middle Stacker - Same as NT on the other Guard.

We use this for goal line or short yardage situations to stuff the gaps even faster. We lose some pressure with this front but we can still count on creating a wall along the LOS.
60 BASE

OTM NTO
PLAYER KEY:

D - Dog - Flat Area, Quick passes to Ends & Flare passes to Backs.
C - Corner - Deep 1/2 of the field, keep everything in front of you.
R - Reaper - Middle of the field, Quick slant passes to TEs.

Like everything in this defense, all 5 of these players are moving forward at the snap of the ball. Reading on the move and they only backpedal IF they read pass.
BASE ZONES
Our 33-Stack Attack personnel is divided into 2 groups. The first group is our Stack players or Pressure Group.

- **N** - Nose Tackle aligned head up on the Center (not snapper).
- **T** - Defensive Tackle aligned head up on the #2 man from Center.
- **M** - Middle Stacker tight on the heels of the NT.
- **O** - Outside Stackers tight on the heels of the DT.
Everyone in the Pressure Group has relatively simple job descriptions. Combined with the small areas they defend means we can use our ‘weaker’ players or ‘undisciplined’ athletes to fill these positions.

- Little to no pass coverage responsibilities.
- Attack the run, pressure the QB every play.
- Fill all 6 interior gaps every play.
- Take advantage of offensive strategies like pulling linemen or split ends or releasing tight ends into pass patterns.
The second group is our Secondary players or Cover Group.

The following rules are ‘guidelines’ only.

This group of players is adjustable in many ways.

You can adjust the type of player or the alignment or even the techniques based on your talent level.
R - Reaper is a Free Safety of sorts and should be one of our best players.

- Speed helps but a nose for the ball is his most important trait.
- 6-8 yards from the LOS in center field or shaded to strength.
- He reads the QB and play flow.
C - Corner are speedy pass defenders.

- 8-10 yards off the outside shoulder of the #1 Receiver.
- Read #1 eligible receiver (release or block), then read the QB for a pass read.
- If no pass threat, backup the DOG off tackle then outside.
D - Dogs are 2 of the top 3 players on our team.

- 3x3 from the EMLOS or split the distance from a WR to the EMLOS or possibly outside shoulder of a slot. Adjustable based on receiver alignment. Basically where they can’t be down blocked but they can contain running plays and play the quick pass to the WR.
- Read the QB for quick passes or passes into the flat and then they move to play flow for Sweep and Off tackle runs.
- Squeeze the off tackle area to contain runs to his side. Attack at a 45 degree angle to the deepest man while keeping the outside arm free.
- Slow play away for Boot, Counter, Reverse.
Many coaches get caught up in the sheer number of blitzes and stunts that are possible from this defense. I don't think that is a good idea. Just pick a few things and do them really well. Remember one thing. Always call them for a reason.

- **THUNDER** - tells our Tackles to slant inside.
- **LIGHTNING** - tells our Outside Stackers to slant inside.
- **GET SUM** - Both DOGs blitz.
- **SLANT R/L** - gets our stacks slanting to one side or the other.
- **SHIFT R/L** - for teams that like to use 1TE or overload formations.
To learn more about our 33 STACK ATTACK or to get the complete play book email:

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