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| **Lesson 1: Defensive Philosophies and Fundamentals** | | | | | | |
| **Your Name** | John W. Pike | | | **Date** | 8/27/15 | |
| **Subject** | Tampa 2 Philosophies and fundamentals | | | **Position** | Linebackers | |
| **Unit Topic or Theme** | **Philosophies and Fundamentals** | | | **# of Players** | 10 | |
| **Class Length** | 45 minutes | Day 1 of 3 | |  |  | |
| **Central Focus/Concept, Essential Question, or Enduring Understanding** | | | | | | |
| **Essential Question:** What are our philosophies and why are they important? | | | | | | |
| **Playbook Mission Statement** | | | | | | |
| Play hard, play fast, and play together | | | | | | |
| **Playbooks Vision Statement** | | | | | | |
| * + We are a team defense that relies on each individual player to do their 1/11th on the football field. We hustle and pursuit to the football and make game changing plays when given the opportunity. | | | | | | |
| **Learning Objectives** | | | | | | |
| * At the End of the meeting each player should understand   + The coaches expectations of each player   + What kind of defense we want to be and how we are going to get there   + Our philosophies   + Our goal throughout the season | | | | | | |
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| **Playbook Language** | | | | | | |
| * 3rd Down-Money Down * Big Play * Takeaways * 1/11th * Gang tackle | | | | | | |
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| **Planned Assessments** | | | | | | |
| * Formative Assessment: Players will be asked to write down what they think makes a good defense * Formative Assessment: Players will be asked what make a good individual player. * Summative Assessment: After the explanation of what our defense does and how we do it I will ask them if they can perform what is asked of them. | | | | | | |
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| **Differentiated Instructional Strategies** | | | | | | |
| * I will Share stories of individuals I have coached in the past who everyone counted out, but through hard work, determination, and with the help of this defensive scheme they become incredible football players. | | | | | | |
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| **List Resources** | | | | | | |
| * DVSport Video player * Playbook * White board | | | | | | |
| **THE LESSON** | | | | | |
| **1. MOTIVATION Allotted Time:\_\_\_\_5 min.\_\_\_\_**   * I will show them the Tampa bay buccaneers highlight video from when they won super bowl 37 and dominated the Oakland raiders with the use of the Tampa 2 defensive scheme.   Transition Statement: “There is no difference in what you will learn and perform on the football field than what the Tampa bay Buccaneers used to win this super bowl.”  **2. LESSON PROCEDURE Allotted Time:\_\_\_\_35 min.\_\_\_\_**   * Expectations of each defensive player   + The purpose to playing defense is to keep the opponent out of the end zone and to   + Gain possession of the football with good field position for the offense. We feel these objectives will be reached by playing an 8 man front defense designed to stop the run. * The basis of our Defense depends on:   + The Effort of the Players Wins Games     - Execute your responsibility first, and then do something extra.     - Run to the ball better than anyone.     - Establish an extremely tough and physical style of play and be able to maintain it for 60 minutes.     - Celebrate every good play - intimidate through enthusiasm.   + Tackling     - Understand leverage and concentrate on it every play.     - Be sure tacklers -- bring your feet, wrap your arms -- hit your target.     - Gang Tackle --once the ball declares, all 11 players have got to want to get in on the hit.   + Create Takeaways     - Knock the ball loose with vicious tackling.     - Strip the ball on every occasion -- gang tackle.     - Catch all possible interceptions.     - Outnumber the offense around the ball -- increase our chances.   + Relentless Hustle & Pursuit – Eliminate the Big Play     - Know your assignments.     - Keep deep ball security.     - Maintain proper front side and backside leverage.     - . Hustle & Pursuit -- use good pursuit angles.   + Dominate at the Point of Attack     - Crush one on one blocks.     - Maintain gap responsibility.     - Be physical.     - Stay on your feet.   + Play with Pride     - Play fanatical goal line defense.     - Strive to do the extra -- make big plays.     - Be a TEAM player. * Key Ingredients to a Great Defensive Football Team:   + Mental toughness     - Ability to perform to your potential with consistency regardless of circumstances   + Discipline     - Doing what has to be done, when it has to be done, as well as it can be done, and doing it that way all the time   + Teamwork     - The mentality to do your 1/11th the very best you can for the benefit of the whole group.   + Selflessness     - Ability to direct individual accomplishment toward team objectives * Our plan to win   + We will play HARD   + We will play FAST   + We will play TOGETHER   + Mental toughness     - Ability to perform your job, and do it well, regardless of circumstances   + Discipline     - Doing what has to be done, when it has to be done, as well as it can be done, and doing it that way all the time   + Teamwork     - Ability to work together toward a common vision,     - Ability to direct individual accomplishment toward team objectives, selflessness.   + Leadership   + Every one influences someone     - Are you a good influence, or a bad one?   + Leadership Pyramid   + Fundamentals     - Stay in a football position     - Shoulders Square     - Eyes up     - Pads, Hands     - Keep your feet, don’t get cut     - Leverage   + Keys to success     - Stop the run with pursuit and tackling     - Turnovers - sudden change     - No big plays (No Runs over 12yds/No Passes over 18yds)     - Play great red zone defense     - Minus yardage plays     - Foolish penalties     - Kicking game     - Enthusiasm   + Expect to win! * Points of Emphasis   + Stop the Run     - We believe if you have the ability as a defense to stop the run, we will give our team an excellent chance of winning. To do this, we must be excellent technicians and great tacklers. By stopping the run, we will allow our defense to become even more aggressive at defending the pass. It takes tremendous pride and effort to defend the run.   + 3rd Down-Money Down!     - Our goal as a defense is to force the offense in a third down situation. Once this has been achieved, we will take tremendous pride in being a great third down defense. When we are in this position, our pride and courage will take over and third down becomes ours! Taking advantage of third downs is based entirely on how tough we are as a unit. The pressure is great and we must rise to the occasion. Together we will get it done!   + Pass Rush – Disrupt     - As defensive linemen, we will rush the passer more in the course of the average game than any other single maneuver. Proper attack technique takes you right into your pass rush. Pressuring the passer is an attitude. Relentless effort and hustle are critical to pass rush attitude. Good pressure on the passer consists of more than sacks. Pressures, tipped passes, knocked downs, grounding calls and holding calls all have a tremendous effect on the passer’s psyche. Be relentless and creative. This is an opportunity to turn it loose.   + Create Takeaways     - As an aggressive defense, our goal must be to create as many opportunities for our offense to score as possible. Take pride in the fact that we can control our own destiny. Every play our defense should be stripping the ball or when the opportunity exists, get an interception. Our goal is to lead the league in takeaways, as this factor can be the difference between victory and failure. Once we create a takeaway, let everybody know by pointing to our goal-line’s direction.   + Make the Big Play     - Your level of physical conditioning, enthusiasm, morale, effort, courage and your level of attention are all controllable factors. These factors have a direct correlation with our ability to make the big play. Perfect practice makes perfect and what you do on the practice field will determine your ability to rise on Saturdays. Don’t go big play hunting, perform your responsibility and use proper technique and the big play will come looking for you. When the opportunity presents itself, go for it and visualize yourself succeeding. Each individual has the ability to make the big play and have an effect on the outcome of the game. Do your part and capitalize.   ASSESSMENT: I will ask player what our vision and mission statement are. I will then ask if they can perform the duties asked of them.  Transition Statement: “this defense will maximize your potential as a football player and take you place you never thought possible.”  **3. CLOSURE Allotted Time:\_\_\_5 min.\_\_\_\_**   * Remind players that this defense requires discipline in order to learn the technique and execute them on the field. Having trust in your teammates is vital to success in this defense and with no trust this defense will not work.   Conclusion Statement: “Our goal is to be the best defense in our conference.” | | | | | |
| **Lesson 2:Principles of our defense** | | | | | | |
| **Your Name** | John W. Pike | | | **Date** | 8/28/15 | |
| **Subject/ Course** | Playbook Installation | | | **Position** | Linebackers | |
| **Unit Topic or Theme** | Principles of our defense | | | **# of players** | 10 | |
| **Meeting Length** | 45 min. | Day 2 of 3 | |  |  | |
| **Central Focus** | | | | | | |
| **Essential Question:** What are the principles of our defense? | | | | | | |
| **Principles** | | | | | | |
| * These principle contain the core information to make our defense great. | | | | | | |
| **Why learn the principles?** | | | | | | |
| * + Learning the principles allows our players to understand what is expected of them throughout the course of a football game. Given the situation players can recalled what is required of them and execute our principles on the field. | | | | | | |
| **Learning Objectives** | | | | | | |
| * At the end of the Meeting, Players will be able to understand   + Pursuit   + Tackling   + Takeaways   + Sudden change   + Goal Line Eliminate penalties   + Enthusiasm   + One play at a time   + Down and distance Theory | | | | | | |
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| **Academic Language** | | | | | | |
| * Pursuit * Tackling * Takeaways * Sudden change * Down and distance Theory | | | * Goal Line * Eliminate penalties * Enthusiasm * One play at a time | | | |
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| **Planned Assessments** | | | | | | |
| * Pre-Assessment: I will tell players our principles and ask if they can figure any of them out by guessing * Formative Assessment: I will ask which principles would be appropriate in each situation while explaining them. * Summative Assessment: I will ask players to try and think of times where they were on a team and that team didn’t abide by these principles and how it costed them in the game or season. | | | | | | |
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| **Differentiated Instructional Strategies** | | | | | | |
| * I will ask players if they think anything should be added to these principles. | | | | | | |
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| **List Resources** | | | | | | |
| * DVSport Video player * Playbook * White board * Expo Markers | | | | | | |
| **THE LESSON** | | | | | |
| * Before the lesson begins, Players will get out their playbooks and turn to the appropriate page   **1. MOTIVATION Allotted Time:\_\_\_5 min.\_\_\_\_**   * I will Show players specific clips that correlate to our principles and relate what they saw into what we are trying to teach. Ex. I will show a big play made by a defensive player all because he hustled and pursued to the football.   ASSESSMENT: Ask players any instances where they made a big play just by following one of our principles  Transition Statement: “These are the principles that make this scheme work. If we do not abide by the principles the defense will not live up to its full potential.”  **2. LESSON PROCEDURE Allotted Time:\_\_\_\_35 min.\_\_\_\_**   * PURSUIT   + Pursuit is an all-out effort of running to the football with proper angles. We must swarm the football.   + What it takes to Pursue     - Pursuit is first a mental process. (If you want to, you can.)     - Visualize Pursuing and making great plays.     - Physical Conditioning is necessary so you can have great pursuit on each play.     - Speed - think fast and quickly. We can all improve our speed.   + How to Pursue     - Play your responsibility first     - Take a correct course to the ball     - Wanting to get there. (Mental)     - Get There!   + What Pursuit does   + Eliminate big plays (long runs and passes)   + Discourage opponents   + Helps cover mistakes   + Makes us a great defensive team * Tackling   + A tackle is a desired collision in which the defensive man stops the ball carrier. It’s the most important aspect of a defensive football player.   + What it takes to tackle     - 90% of Tackling is desire     - Must be aggressive     - Must be determined     - Must use proper technique   + How to tackle     - Head up, knees bent, butt low, solid base, feet moving     - Straight on tackle - Flat back, with leverage     - Angle tackle - Head across the bow, focus on the players numbers & ball     - On contact, explode into ball carrier, rolling your hips forward and clubbing through the ball carrier grabbing cloth     - Run through ball carrier, and put him to the ground     - Same foot, Same Shoulder   + What tackling does     - Eliminates big plays (long runs and passes)     - Discourages opponents     - Makes us a great defensive team   + Always keep your head up when making a tackle. See what you hit “I want to know what you all learned from that video. Show me with your hands what a scalene triangle looks like.” Continue to ask same questions about isosceles, equilateral, right, obtuse, and acute triangles. * Takeaways   + Takeaways are taking the ball away from your opponent   + What it takes to create a takeaway     - Creating takeaways is a mental process. (Think takeaway)     - If you want to create a takeaway, you can. (Believe)     - Be aware of takeaway opportunities     - Expect to create a takeaway     - Great Effort   + How to get a takeaway     - Fumble-strip Drill     - Helmet to side of ball     - Second man always goes for the ball     - Interception Drills (highest point)     - Tip Drill - be alert and ready to react   + What takeaways do     - Create momentum in our favor     - Discourages opponent     - Gives our defense an opportunity to score     - Gives our offense an opportunity to score     - Makes us a great defensive team * Sudden change   + Sudden change is an unexpected shift of momentum (usually caused by a takeaway).   + What it takes (Attitude)     - Realize that we must get up mentally and stop the opponent     - Can’t go on the field emotionally down; must be ready to play and change the momentum.     - Accept the challenge of stopping the offense; we don’t blame or point fingers at anyone.   + How to handle Sudden Change     - Always huddle up as a defensive team before you go back on the field     - Think and Talk takeaway     - Running and Hitting     - Must think of keeping opponent out of end zone     - Understand opponent's mind set (Take Shot or Grind Ball)   + What Sudden Change does     - When we stop the offense, it gives us the emotional lift     - When we stop the offense, it will keep points off the scoreboard     - Makes us a great defensive team     - When we stop the offense, the momentum changes back to our team * Goal line   + The goal line represents the last opportunity the defense has to stop the offense from scoring.   + What does it take on the goal line     - Attitude - nobody gets in our end zone     - extra concentration and a higher intensity level on every play     - Big play mentality - somebody needs to rise to the occasion and make the big play.   + How to play at the goal line     - Maintain leverage, stay low and penetrate the offensive side of the ball.     - Play your responsibility first     - Play one play at a time   + What the goal line does for us     - Keeps points off the board     - Demoralizes the offense     - Puts momentum on our side     - Makes us a great defensive team * Eliminate penalties   + Eliminating penalties means getting rid of mental mistakes that handicap the team.   + What it takes to eliminate penalties     - Know and understand the rules     - Play “smart” football (know when to back off)     - Concentration and discipline     - Make good decisions   + How to eliminate penalties     - Play snap to whistle     - Practice smart and hard (practice how we play)   + What it does     - Prevents offenses from getting extra chances     - Prevents offenses from getting “free” yardage     - Helps keep you from beating yourself     - Makes us a great defensive team * Enthusiasm   + Enthusiasm is an inspired attitude for the pursuit of excellence.   + What it takes to have Enthusiasm     - Mental Discipline - Getting yourself into the right frame of mind.     - Confidence - Know your assignments, know you are in condition     - You must want to be the best football player you can be     - Commitment to hard work   + How to play with Enthusiasm     - Every drill you do and every play you play, give maximum effort(High Energy)     - Be a positive player (encourage teammates)     - Give all of yourself towards the team     - Celebrate with your teammates after a big hit, takeaway, or big play   + What does Enthusiasm do     - Brings the entire team’s level up     - Gets the crowd behind us     - Discourages opponents     - Makes us a great defensive team * One play at a time   + There are 5 phases to every football play each is of vital importance to the next. You cannot have a successful play unless you execute each phase properly.   + Call     - Get and understand each phase of the call and understand what it means to you.   + Recognition of Formation     - We must recognize each offensive formation and communicate it to each other. We must know it’s strength, weaknesses, and tendencies and how each of these affect the call.   + Alignment     - We must take the exact alignment required by the call and dictated by the offensive formation. Always align in the best position for you to execute your responsibility. 80% of all errors come as a result of poor alignment.   + Key     - Your key is a tool to give you every advantage over what the offense can do to you. It will never lie.   + Execution     - If we have taken care of the previous 4 phases, then execution becomes the key to playing great defense. We are going to execute with intelligence, desire, and enthusiasm.   + There are a handful of plays (4 or 5) that will determine the outcome of the game. We need to make the majority of these plays to WIN. Many of these plays occur in the 4th quarter. We must be consistent in the 4th quarter to be a great defensive team. * Down and distance theory   + As a defensive unit, we must at all times know the down and distance situation. Our opponents will, in most instances, classify themselves according to down and distance as to the formations they will use, and the type of play (pass) or (run-inside or outside) we should be expecting. With this in mind, you should memorize the following down and distance chart to better help you understand how we try to set our defenses up and prepare yourself for the situations that will present themselves.     - 1st & 10 (base down)     - 2nd & (waste down)     - 2nd & med (base down)     - 2nd & long (base down)     - 3rd & short (base down)     - 3rd & medium (money down)     - 3rd & long (money down)   + 1st & 10- base down     - We must expect in this instance either pass or run and use one of our combination defenses which give us an excellent running defense plus a strong passing defense. At times, due to calculated frequencies through our scouting system, we may concentrate more emphasis on one phase of their attack rather than the other in this particular down and distance. Good time to offset or use sound stunt and cause blocking problems.   + 2nd & 1-2 - waste down     - Many teams have a tendency to go for a home run play on 2nd & 1-2.   + 2nd & 3-6 yards (medium)     - In this situation percentages tend to show that most teams will favor their running attacks, although this does not eliminate the possibility of the pass. Due to such a percentage, we would tend to select one of our running defenses that are designed to impair our opponents’ running game, but still gives us ample pass coverage.   + 2nd & 7 or more (long)     - Due to a high frequency of pass plays by most teams in a 2nd & long situation, we will concentrate our defense on stopping the passing game. Good time to rush the passer.   + 3rd & 1-2 (short)     - We must expect our opponents to select their best offensive play in this situation. We will definitely concentrate on stopping their best play with our best running defense. Our theory is to meet strength with strength in this situation. We must stop their offense for no gain or a loss in this situation.   + 3rd & 3-6 (medium) (money down)     - We regard this situation in theory the same as 2nd & normal, but whatever the offense selects to run against us, we must hold them to less than 6 yards to force them into a kicking situation.   + 3rd & 6 or more (long) (money down)     - In this situation we find through percentages that most of our opponents tend to rely upon their passing game more frequently than their running game. With this in mind we will select one of our defenses that is designed to give us maximum pass coverage. In other instances, we must select one of our blitzing defenses to put pressure on the opposing quarterbacks, thus disturbing the timing of their passing attack.   ASSESSMENT: Asking players if they understand what is required of them in order to play fundamentally sound team defense.  Transition Statement: “Now that we know what is expected of us now we can start learning our defensive play calls!”    **3. CLOSURE Allotted Time:\_\_\_5 min.\_\_\_\_**   * I will give them a handout asking what they need to improve on before the season in order to execute at a high level in this defense.   Homework: Go home and study on understand the principles of our defense.  Conclusion Statement: “The principles will lead us to success. In order to be the best defense in the conference we have to understand and execute the principles to perfection.”  **4. EXTENSION**   * Ask players if there is anything that they think can be added to the principles. | | | | | |

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| **Lesson 3: Over Zone Y** | | | | | | | |
| **Your Name** | Coach John W. Pike | | | | **Date** | | 8/29/15 |
| **Subject** | Over Zone Y | | | | **Position** | | Linebackers |
| **Unit Topic or Theme** | Pro Run and Backer Run fits. Pass Drops. | | | | **# of Players** | | 10 |
| **Meeting Length** | 45 mins | | Day 3 of 3 | |  | |  |
| **Central Focus** | | | | | | | |
| **Essential Question:** What is Pro Run and Backer fits and how do we execute it? | | | | | | | |
| **Over Zone Y vs Run** | | | | | | | |
| * Pro Run Fits- 3 Line backers vs. 2 Running backs * Baker Run Fits- 2 Linebackers vs. 1 Running back | | | | | | | |
| **Over Zone Y vs. Pass** | | | | | | | |
| * 4 man underneath (Buzz, Hook, Hook, Buzz) * 3 Man over the top coverage (Outside 1/3, Deep 1/3, Outside 1/3) | | | | | | | |
| **Learning Objectives** | | | | | | | |
| * By the end of the lesson, Linebackers will be able to:   + Understand Pro and Backer run fits   + Understand Over Zone Y Landmark pass drops | | | | | | | |
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| **Playbook Language** | | | | | | | |
| * Pro * Backer * Buzz * Weak 10 * Apex | | * Hook * Deep 1/3 * Middle 1/3 * Strong 10 * Loose Cover Down | | * Dot * Key * Tan * LASO * Cover Down | | * Fit * Spill * Lever * 40 * Box | |
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| **Planned Assessments** | | | | | | | |
| * Pre-Assessment: Players will take a quiz with all the playbook language concerning Over Zone Y and guess if they know or heard them. A lot of the language used in the playbook is universal in the world of football * Formative Assessment: Throughout the meeting after I use a playbook language word I will call on a player and ask them what the word I just used means. * Summative Assessment: I will give each player I blank playbook language worksheet and challenge them to try and remember each term and the meaning behind the term. | | | | | | | |
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| **Differentiated Instructional Strategies** | | | | | | | |
| * I will have a prepared video test including players correctly performing the playbook language term on the field. I will ask players to write down the answer they think is correct. * For struggling players, I will provide the test with angle definitions already typed in. | | | | | | | |
| **List Resources and Materials** | | | | | | | |
| * Playbook that includes Over Zone Y * DVSport football Video player * Playbook Language Handouts * White Board with Expo Markers * Take home assignment. Playbook terminology test. | | | | | | | |

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| **THE LESSON** |
| **1. MOTIVATION Allotted Time:\_\_\_\_5 min.\_\_\_\_**   * “Which players in this room, like the NFL, or want to play in the NFL?” Players will answer by raising their hands. * “Which players in here have played in a legitimate NFL defense?” Players will answer by raising their hands. * I will show them NFL Players running the same exact Defense that they are about to learn.   ASSESSMENT: Get players motivated and excited that they are about to learn and play in a defense that their favorite NFL player could have possible played in.  Transition Statement: As I will pass out the Playbooks and Language sheets I will make this statement “ We will be the best Defense in the Conference with this Defense”  **2. LESSON PROCEDURE Allotted Time:\_\_\_35min.\_\_\_\_\_**   * Figure Video play #1: Give Definition and Show an Example of a Pro Run Fit. Explain to each Linebackers their job and responsibility.   + Prompting question: “When do we use Pro Run Fits?”   + Pro run fit is when the Will, Mike and Sam Linebackers have assigned gaps to specific run plays. In a Pro run Fit we will always have 3 Linebackers to defend against 2 Running backs. I will write examples of a running play vs a pro run fit and show them on the white board their path on the field.     - Spill: keeping the ball on your outside shoulder in relation to the formation     - Lever: Keeping the Football on your inside shoulder in relation to the formation     - LASO: **L**ever run directed to **A** Gap, **S**pill run **O**utside A Gap     - SAM: Tan     - Will: LASO     - MIKE: Spill Player   + All three Linebackers will Key the Full Back * Figure Video play #2: Give Definition and Show an Example of a Backer Run Fit. Explain to each Linebackers their job and responsibility. * I will write examples of a running play vs a Backer run fits and show them on the white board their path on the field.   + - Cover Down: Alignment in which LB is head up over #2 Wide Receiver     - Stack A: Alignment over the A gap     - Stack B: Alignment over the B gap     - Dot: The Running Back     - Sam: Cover Down     - Mike: Stack B     - Will: Stack A   + The Sam is out of the run fit   + Mike and Sam will Key the Dot * Figure Video play #3: Give definition and show example of landmark drops. Explain to each Linebacker their responsibility. * I will write examples of a Passing plays vs Over Zone Y and show them on the white board their landmark drop on the field.   + - Buzz: Flat defender     - Hook: Hash defender   + “What is Over Zone Y strong against and what is Over Zone Y weak against?”     - Good Against PAP and deeper routes     - Bad against 3step and hash routes   + Over Zone Y is a 3 Deep 4 under zone coverage     - Mike: Hook Dropper in pass coverage     - Will Hook Dropper in pass coverage     - Sam: Buzz dropper in pass coverage * Figure Video play #4: Show an Example of a 3 step passing play by an offense * Teach Linebackers the importance of pausing through 3 step action by an offense * Linebacker alignment will take away 3 step routes * Key the Quart backs eyes and break on the release of the football * Figure Video play #5: Show an Example of a 5 step passing play by an offense   + Teach Linebackers the importance of pushing 3 yards downfield hard and deepening their alignment when they are defending a 5 step pass play.   + Teach Linebackers to melt with the QBs eyes to cover up the passing windows     - Melt: Move laterally across the football field * Key the Quart backs eyes and break on the release of the football * Figure Video play #6: “How do we defend the Play action boot pass?”   + QB to Me – Look Up Crosser   + QB Boots Away – Re-contain leverage on QB   + SAM – Boot to – Flat Threat / Boot Away – trash / Throwback.   ASSESSMENT: Give player a handout containing everything we have gone over and tell them if anything doesn’t make sense that I will provide further explanation.  Transition Statement: “Now that we know what Over Zone Y is and we know how to play it lets go out to practice and see if we can stop the run it correctly.”  **3. CLOSURE Allotted Time:\_\_\_\_5 min.\_\_\_\_**   * Review the fundamentals of Over Zone Y * Reiterate what Over zone Y is strong against and what it is weak against. * Simply define pro run fits   + 3 Linebackers vs. 2 Running backs * Simply define Backer Run fits   + 2 linebackers vs. 1 Running back * Simply Define pass drops   + Hook: Hash Player   + Buzz: Flat Player   Homework: Over Zone Y take home test. They can use their notes I handed out in the meeting to get the answers.  Conclusion Statement: “Now that we know what Over Zone Y is and we know how to play it lets go out to practice and see if we can stop the run it correctly.”  **4. EXTENSION**   * If there are more than 5 minutes left after going through Over Zone Y   + Show Player NFL film of NFL player running and executing Over Zone Y to Perfection.   + Show Former Players that played for the Institution ex BGSU performing Over Zone Y to perfection. |
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