5-3 Defense

Contents

Definitions

Advantages of the 5-3

- 8 defenders "in the box", effective against the run.
- D-ends do not have pass coverage.
- Fits aggressive linemen.
- Contains running options to the middle of the field.

Positions

D-Line

T Tackle

- Center in a gap, one gap away from NG
- Draw and split double teams
- Penetrate one yard then contain/chase/rush

NG Nose guard

- Strong or wide side A gap
- Draw and split double teams
- Penetrate one yard then contain/chase/rush

DE Defensive end

- 1yd outside EMLOS
- Angled in, pointed directly at their key, which is the nearest or deepest person in the backfield.
- Contain everything, nothing can get outside
- Take on all blocks with inside shoulder keeping outside shoulder and arm free
- Attack the blocker squeezing the running lane down and force everything to the pursuit

Linebackers

S Sam backer

- Sam takes TE side or wide side of the field, 6 tech over TE, 4yds deep
- Call out and pass thru all motioned receivers
- Key on TE - First step must be forward then flow with your read

M Mike backer

- Mike aligns in 0 tech over center, 5yds deep
- Call out and pass thru all motioned receivers

- Key on OG, First step must be forward then flow with your read

W Will backer

- Will aligns opposite of Sam, 4 tech over OT, 4yds deep
- Call out and pass thru all motioned receivers
- Key on OT, First step must be forward, check for counter then flow with your read
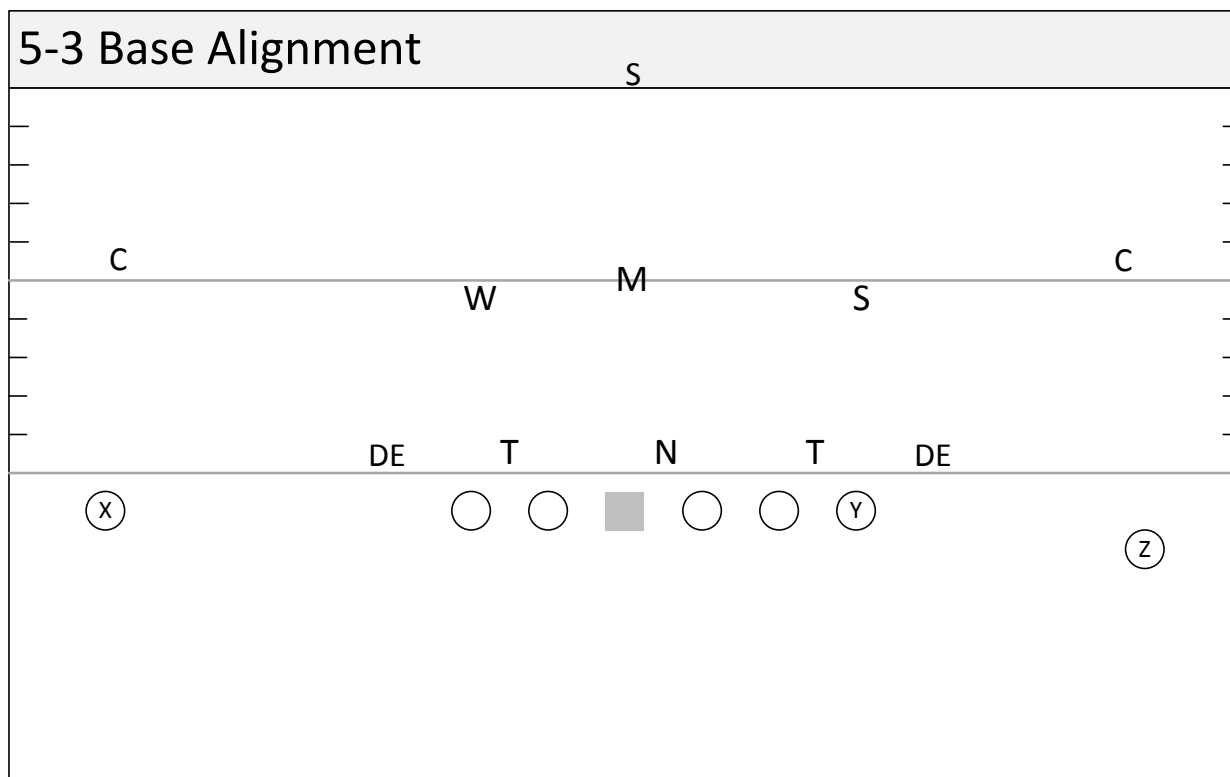
Secondary

CB - cornerback

- Play pass first - deep outside 1/3 zone coverage
- Call out and pass thru all motioned receivers
- Backpedal on every snap, key on receiver
- Do not get beat deep
- Run support only when ball reaches the line of scrimmage
- Contain everything, nothing can get outside
- Take on all blocks with inside shoulder keeping outside shoulder and arm free
- Bend don't break - make sure tackles

F – Free Safety

- Split the two widest receivers, 11 yds deep
- Make formation calls- strong, shift and motion
- Play pass first – deep middle 1/3 zone coverage
- Backpedal on every snap, key on TE
- Do not get beat deep
- Run support only when ball reaches line of scrimmage
- Bend but don't break – make sure tackles

Huddle

5-3 Huddle
W C F C S DE T N T DE M

Huddle

- 5yds deep
- Mike calls the plays
- Two rows – 1) D-line 2) Linebackers and Secondary

Base Alignment

5-3 Base Alignment

S

C   M   C

W   S

DE   T   N   T   DE

X   ◯ ◯ ▪ ◯ ◯ Y   Z

5-3		Alignment	Run Toward	Run Away	Pass - Zone	Pass - Man
D-Line	**Nose**	Stong/Wide A gap	Maintain gap	Chase	Rush	Rush
	Tackle	One gap away from NG	Maintain gap	Chase	Rush	Rush
	D-End	1yd outside EMLOS	Squeeze/Contain	Contain deep as	Rush	Rush
Linbackers	**Sam**	6 tech over TE at 4yds	B/C gaps	Chase	Flat/Curl zone	Nearback
	Mike	0 tech over center at 5yds	A/B gaps	Chase	Mid/Screen	QB spy
	Will	4 tech over OT, at 4yds	B/C gaps	Chase	Flat/Curl zone	Nearback
Secondary	**Corner**	Inside shoulder of rec at 6yds	Support	Deep Chase	Outside 1/3	Receiver
	Corner	Inside shoulder of rec at 6yds	Support	Deep Chase	Outside 1/3	Receiver
	Free Safety	Split widest rec. at 11yds	Support	Support	Middle 1/3	TE

Adjustments to Offensive Formations

Double Tight Ends

5-3 Base v. Double TE

S

C   M   C

W   S

DE   T   N   T   DE

Ⓨ ◯ ◯ ▪ ◯ ◯ Ⓨ

Ⓩ
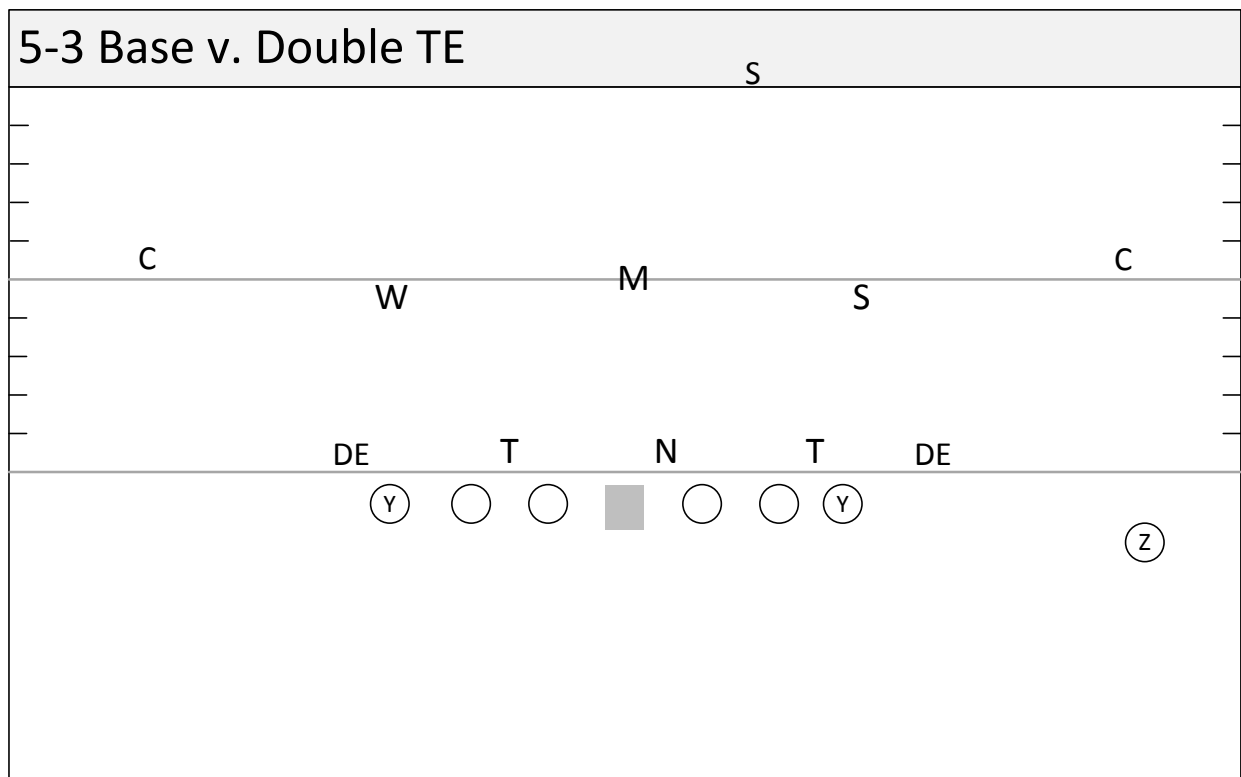
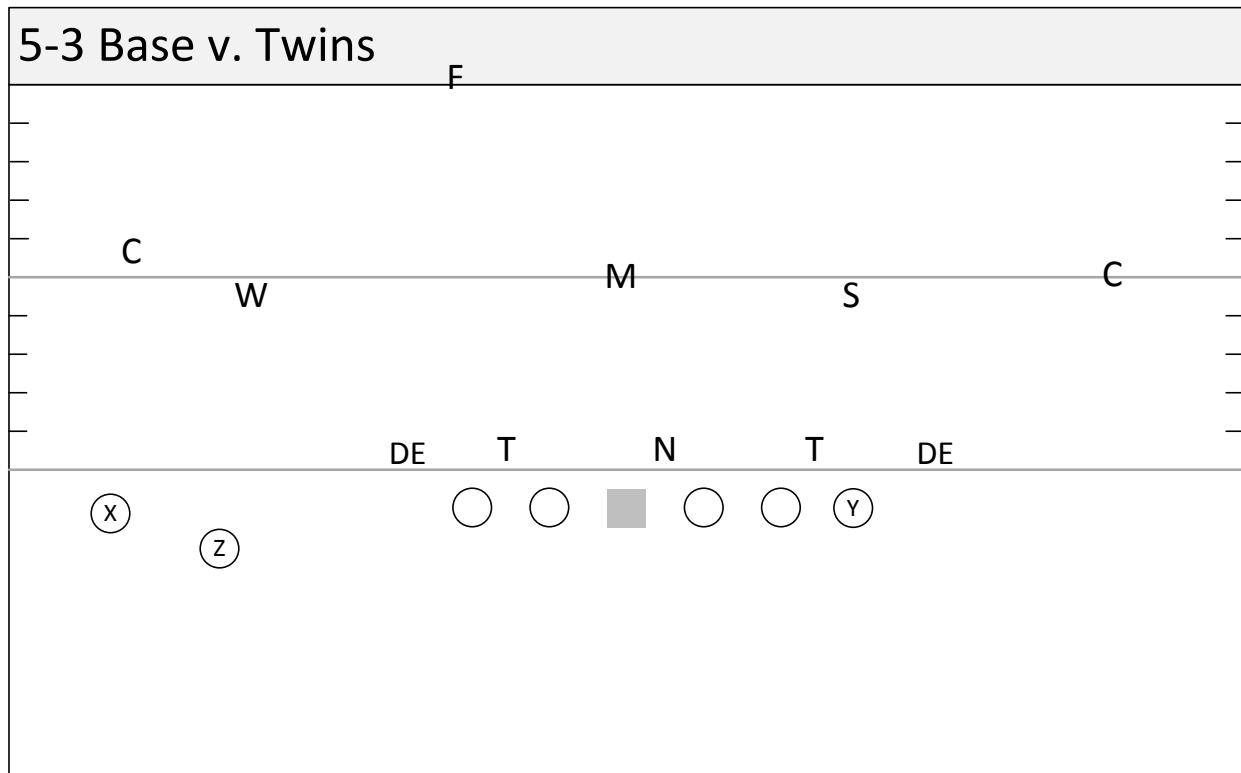**5-3 Base v. Double TE Adjustments**

- W goes into 6 tech over weak or short side TE at normal depth
- CB goes to 6X6 EMLOS if no receiver
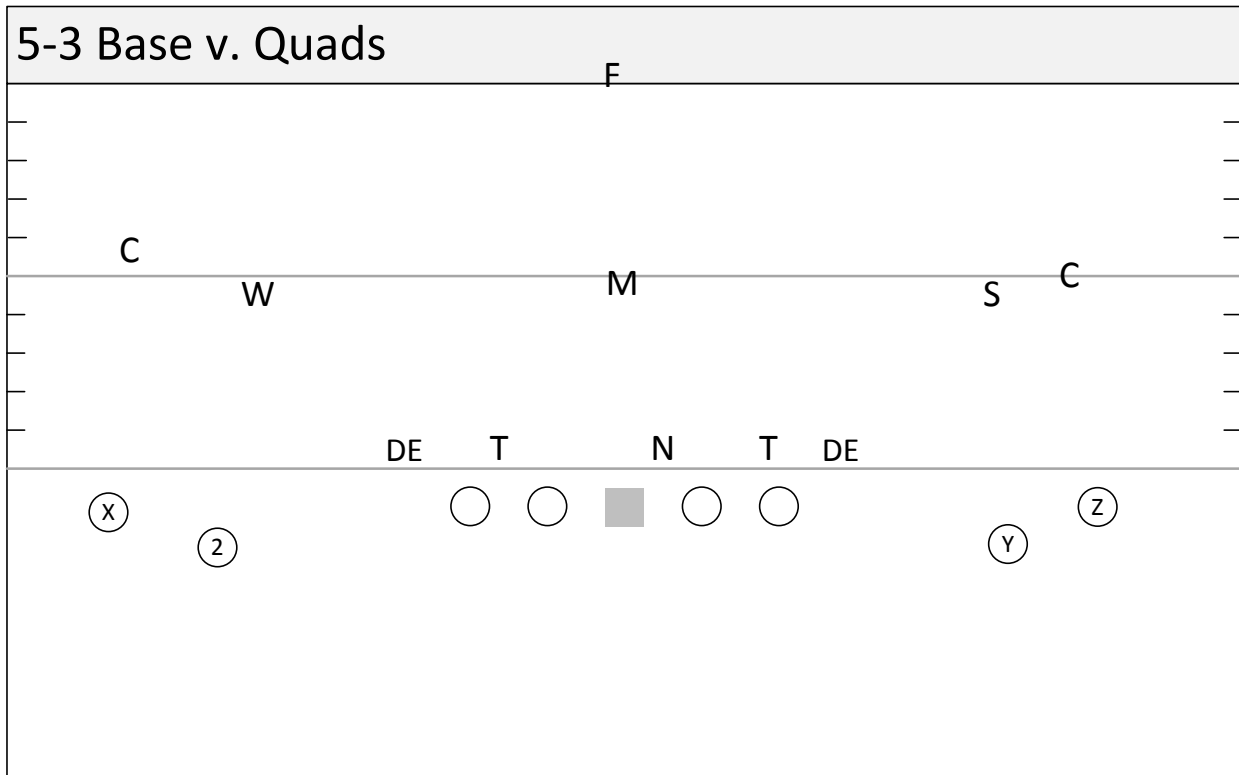- S adjusts alignment to split widest receivers

Twins

5-3 Base v. Twins

```
                                    F

        C                                                      C
            W                    M            S

                        DE    T        N        T    DE
     (X)                ○     ○    ▪   ○     ○   (Y)
         (Z)
```

5-3 Base v. Twins Adjustments

- W covers inside receiver at normal depth
- W plays under/inside zone
- Twins side CB plays over outside zone
- Non-twins CB goes to 6X6 EMLOS if no receiver
- F adjusts alignment to split widest receivers

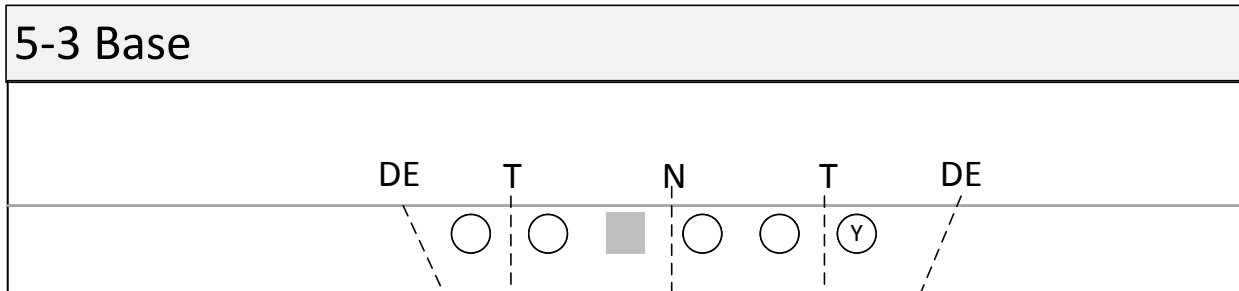## Quads

5-3 Base v. Quads
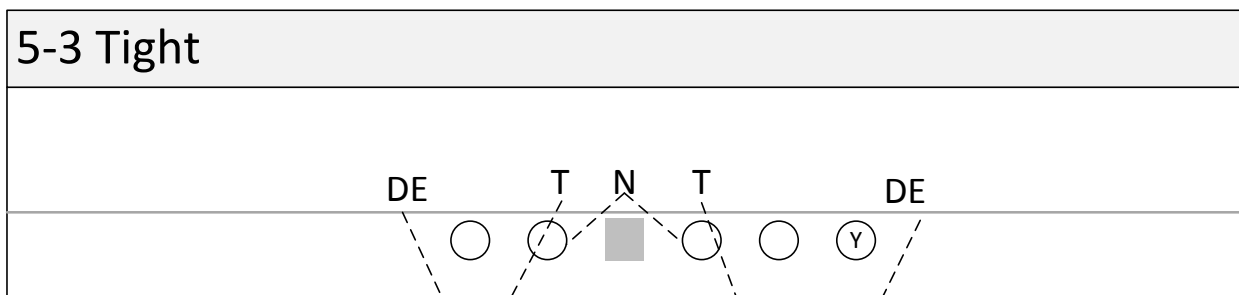

5-3 Base v. Quads Adjustments

- W and S cover inside receiver at normal depth
- W and S backers plays under/inside zone
- Strong/Wide T plays 4i Tech
- CBs plays over/ outside zone
- F adjusts alignment to split widest receivers
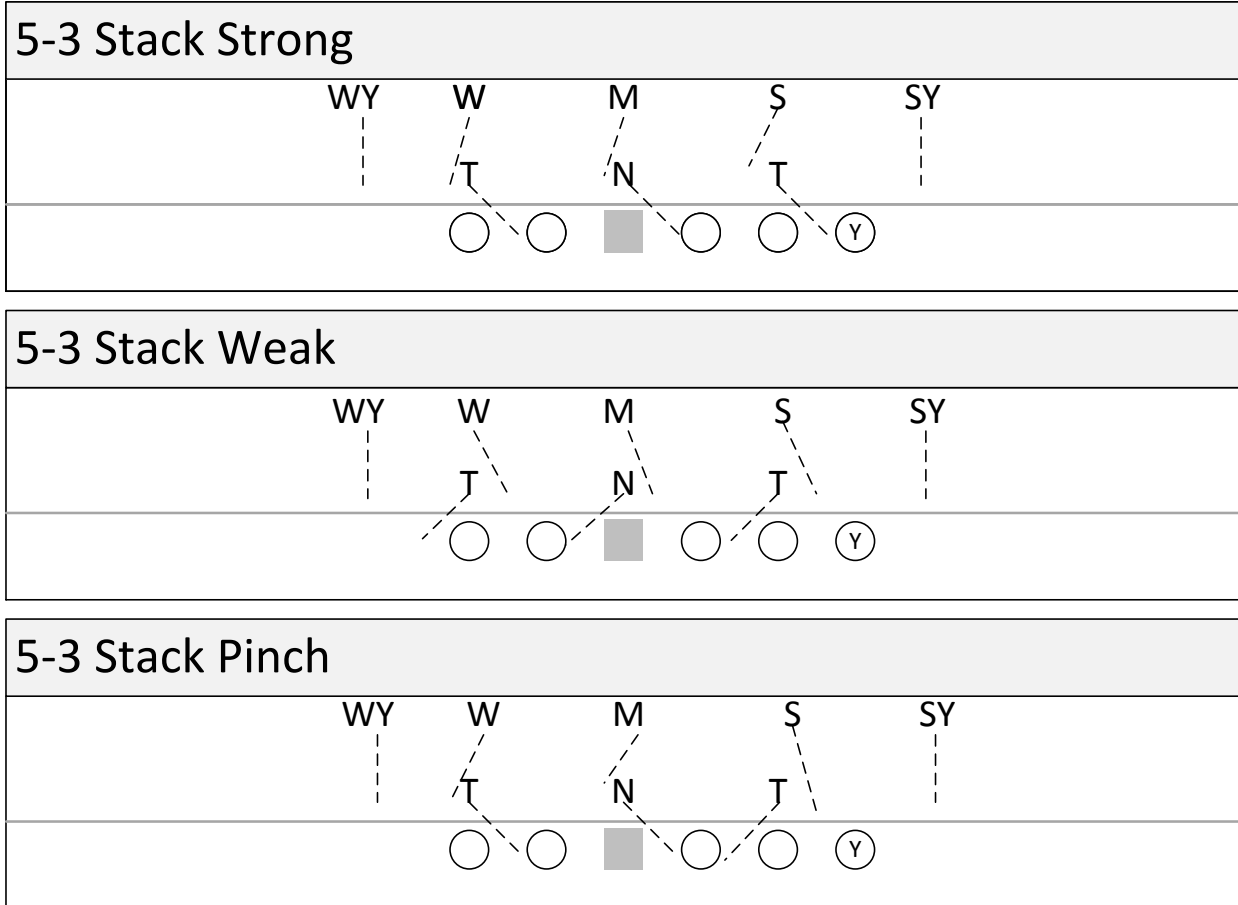
Defensive Line Calls

Base

5-3 Base
DE T N T DE

Tight

5-3 Tight
DE T N T DE

5-3 Tight Adjustments

- Both Ts play 3 Tech
- N plays 0 tech, choses side and indicates by taping that leg

5-3 Stack

5-3 Stack Strong

5-3 Stack Weak


5-3 Stack Pinch

5-3 Stack Adjustments

- Ts and N play heads up on Center and Tackles, must control called gaps
- DE become OLB Weak DE= Willy "WY", Strong DE=Sammy "SY". Still have D gap and contain responsibility.
- W, M and S stack at 3-4 yards directly behind D-linemen. First step to their gap responsibility.
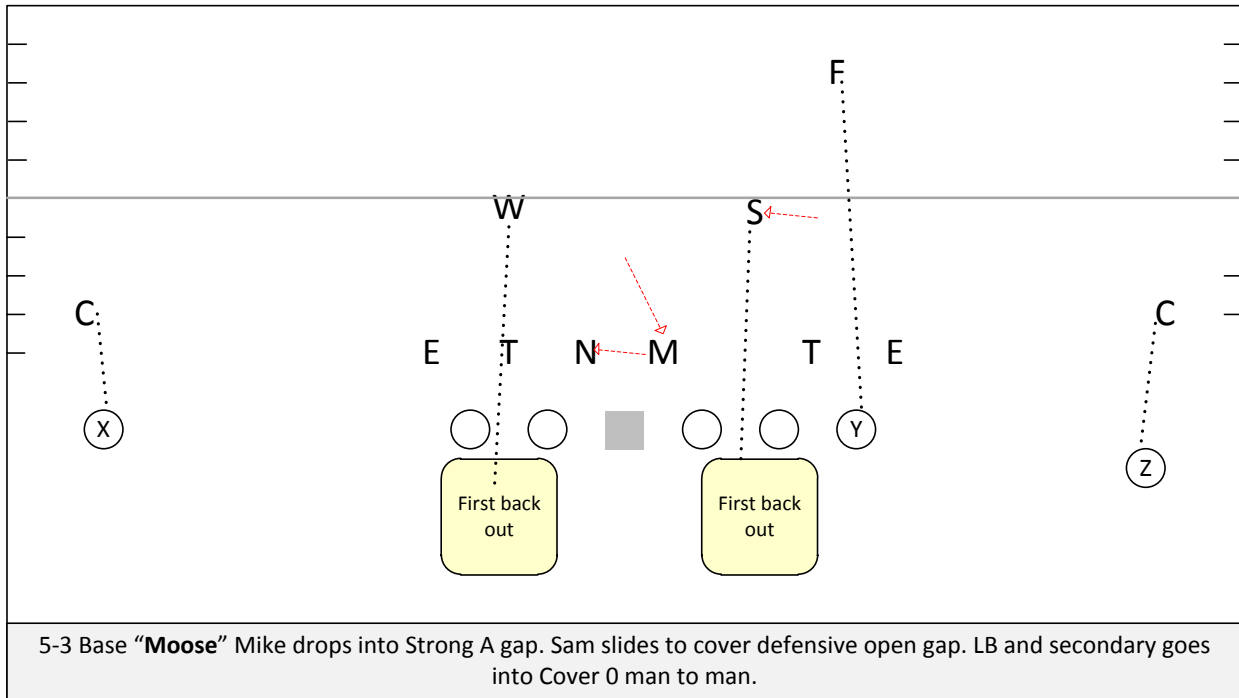- Secondary and pass zones remain same as 5-3 base

Line Backer Calls

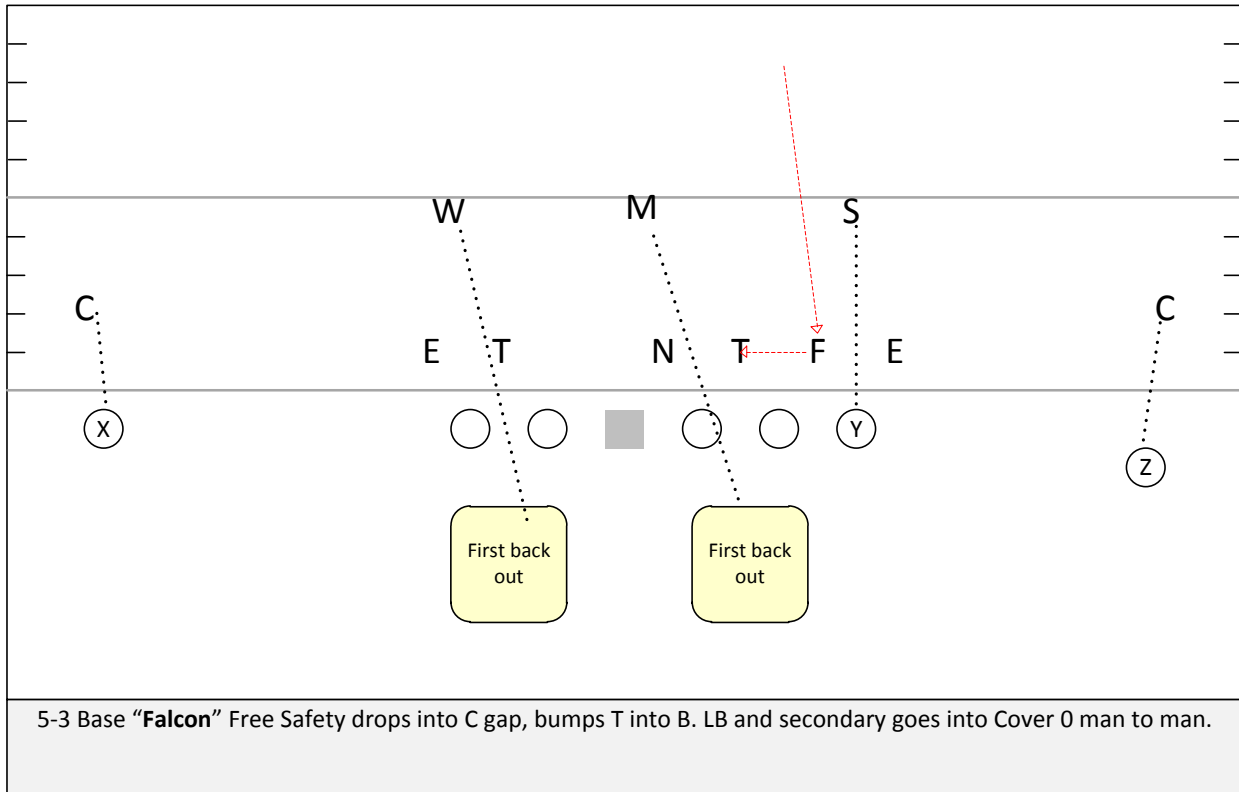### Sting

5-3 Sting

S

C   M   C

W   S

DE   T   N   T   DE

X   ○ ○ ▪ ○ ○ Y

Z
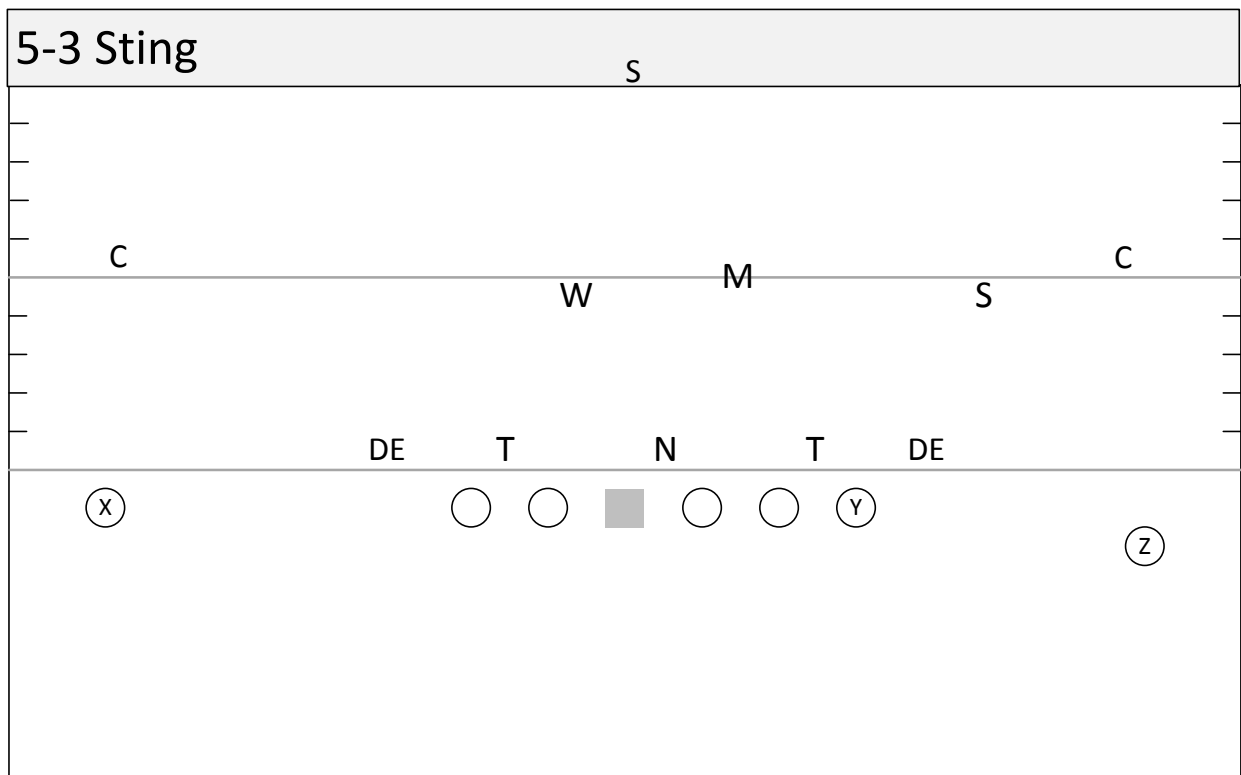
5-3 Sting Adjustments

- W and M shift to strong side of formation covering open gaps
- S shifts outside of DE at normal depth

Moose

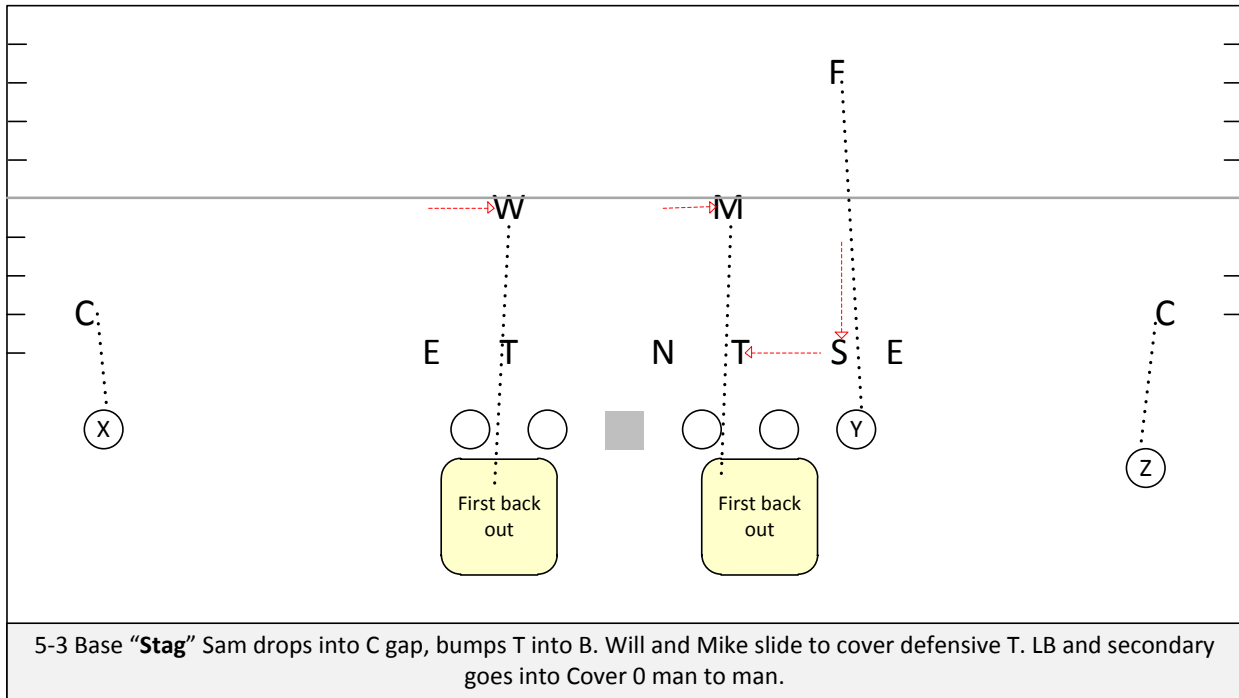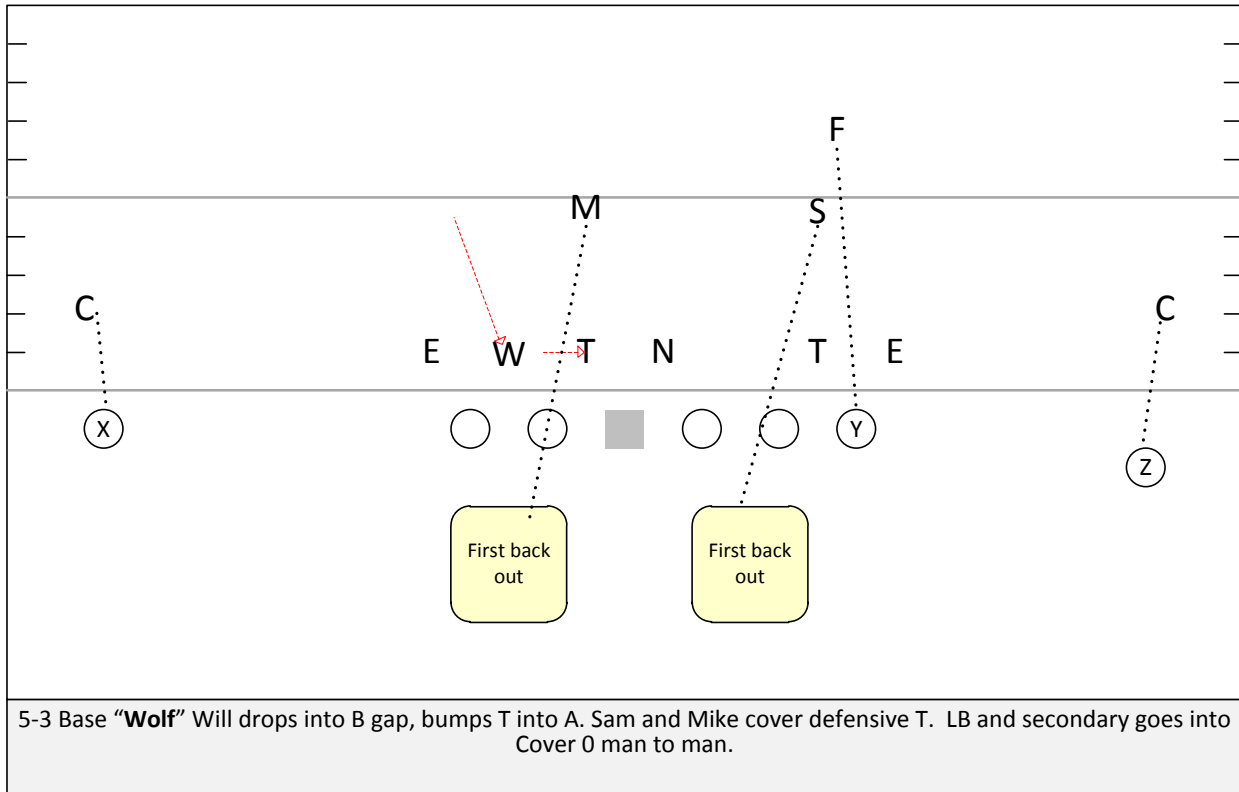5-3 Base "**Moose**" Mike drops into Strong A gap. Sam slides to cover defensive open gap. LB and secondary goes into Cover 0 man to man.

Falcon

W   M   S

C   C

E T   N   T F E

X   Y

Z

First back out   First back out

5-3 Base "**Falcon**" Free Safety drops into C gap, bumps T into B. LB and secondary goes into Cover 0 man to man.

Stag

5-3 Base "**Stag**" Sam drops into C gap, bumps T into B. Will and Mike slide to cover defensive T. LB and secondary goes into Cover 0 man to man.

Wolf

5-3 Base "**Wolf**" Will drops into B gap, bumps T into A. Sam and Mike cover defensive T. LB and secondary goes into Cover 0 man to man.
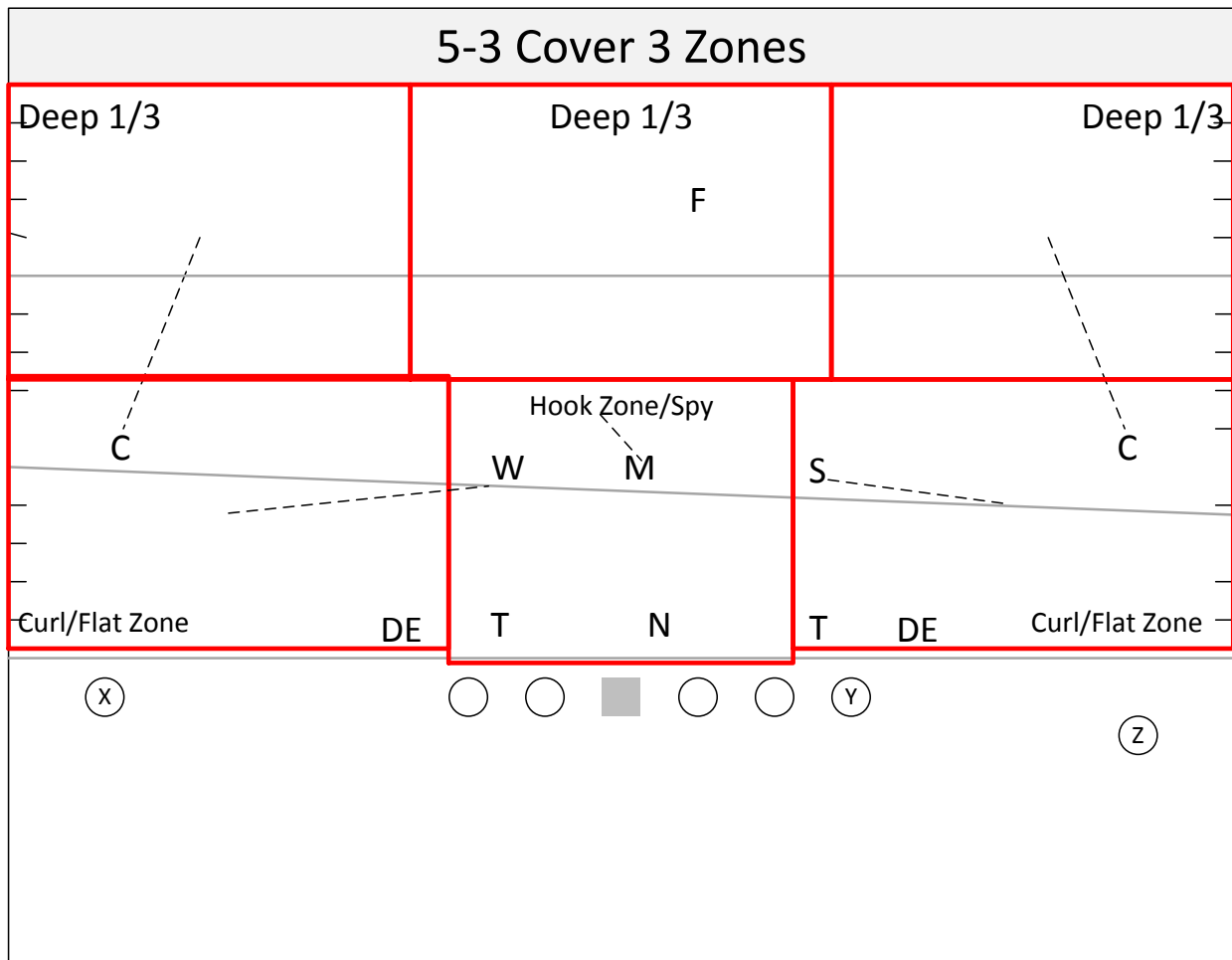
Secondary Coverage

Cover 3

5-3 Cover 3

- CBs and F back pedal into zones
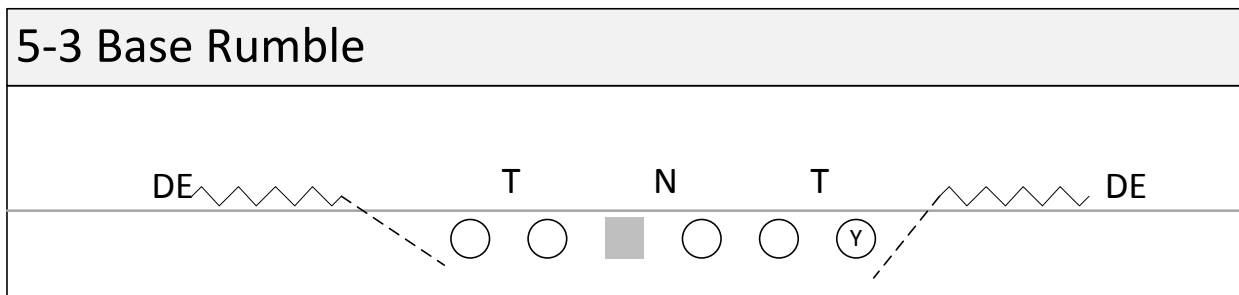- Linebackers sprint to zones
- Attack the ball in the air

Cover 0

5-3 Cover 0 Responsibilities "Raptor"

5-3 Cover 0 "Raptor"

- F walks up and cover TE man to man
- W and S cover back in man to man
- M has QB in man to man

Blitz Packages

Rules

- No blitzing if offense in in Twins or Quads
- "Tap out" of blitz call based on formation

Linebackers

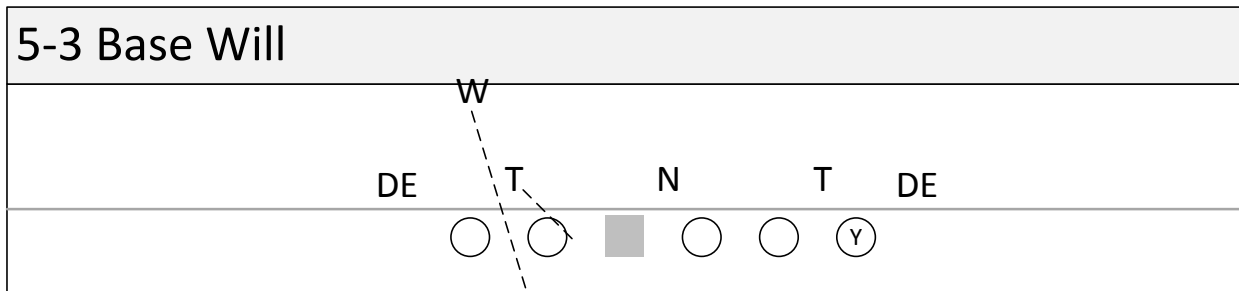### Rumble

5-3 Base Rumble
DE〰〰〰   T   N   T   〰〰〰 DE ○ ○ ■ ○ ○ Ⓨ

Rumble

- DEs split 7yds, running start to crash on the snap

Will

5-3 Base Will
W DE T   N   T DE ○ ○ ■ ○ ○ Ⓨ

Will

- W blitzes B gap
- T takes G into A gap

5-3 Base Mike

```
                DE      T    M    N         T      DE
                                                        Y
```
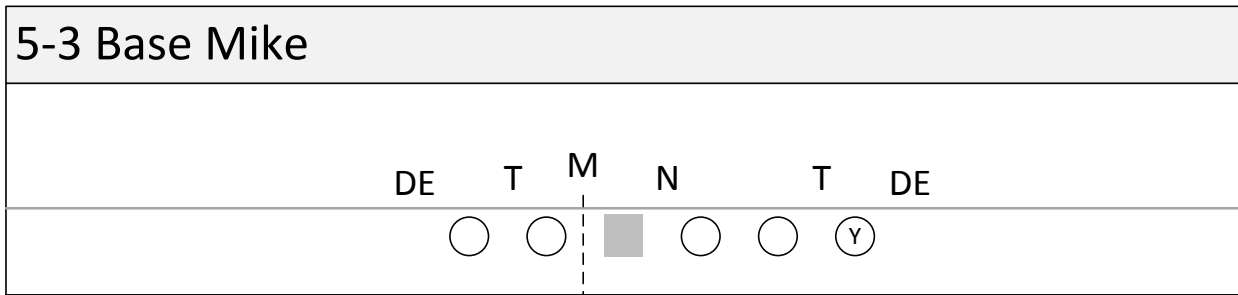
Mike

- M blitzes open A gap, show on first sound

5-3 Base Sam

```
                                              S
                DE      T         N          T     DE
                                                        Y
```
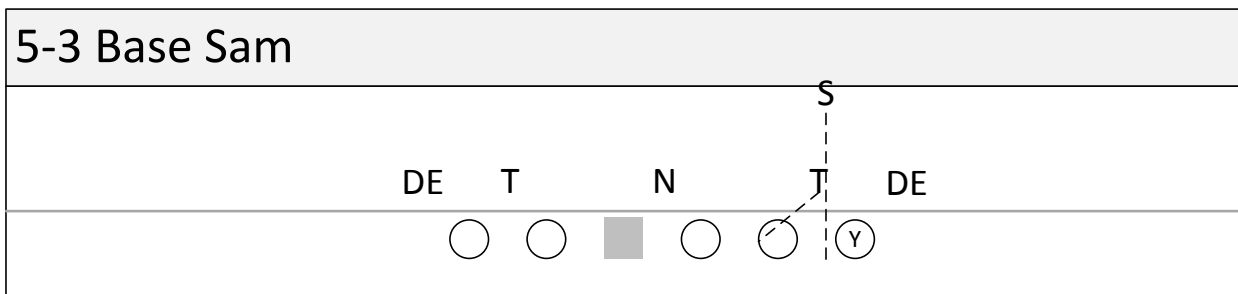
Sam

- S blitzes C gap based
- T takes G into B gap

5-3 Tight Twist

```
                                  M
                DE      T    N    T         DE
                                                   Y
```
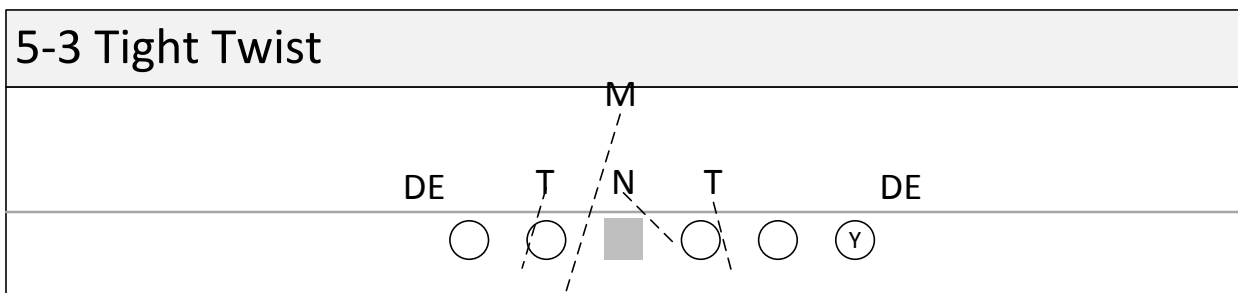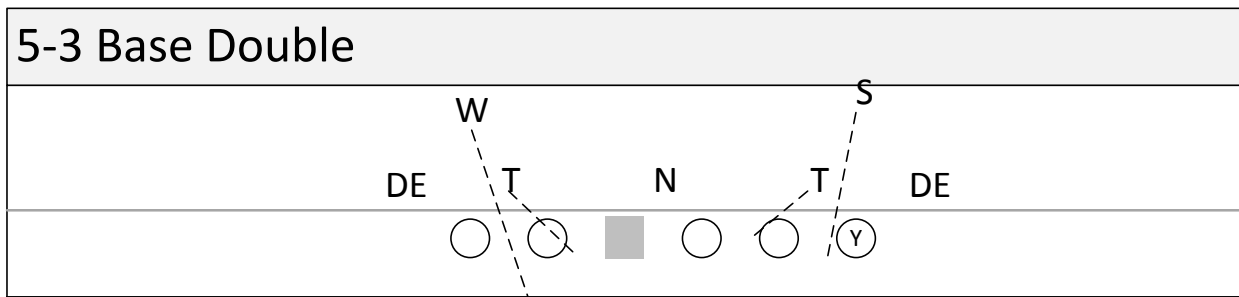
Twist

- N plays 0 tech, choses side and indicates by taping that leg
- M blitzes open A gap

5-3 Base Double

Double

- S and SY blitz together

Cadence

1. Defense "5-3"
2. Line call "Base" or "Tight"
3. Any blitzes "Sam", "Will" etc.
4. Coverage change if any "Raptor"