

6-2 Defense



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Definitions

Advantages of the 6-2

- 8 defenders “in the box”, effective against the run.
- Covers every O-line gap.
- Fits balance of linemen and line backers.
- 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

E End

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

Linebackers

S Sam backer

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

OLB Outside backer

- OLB aligns on outside shoulder of EMLOS on the line of scrimmage
- Call out and pass thru all motioned receivers
- Chuck TE, penetrate deep as ball, CONTAIN!

Secondary

CB - cornerback

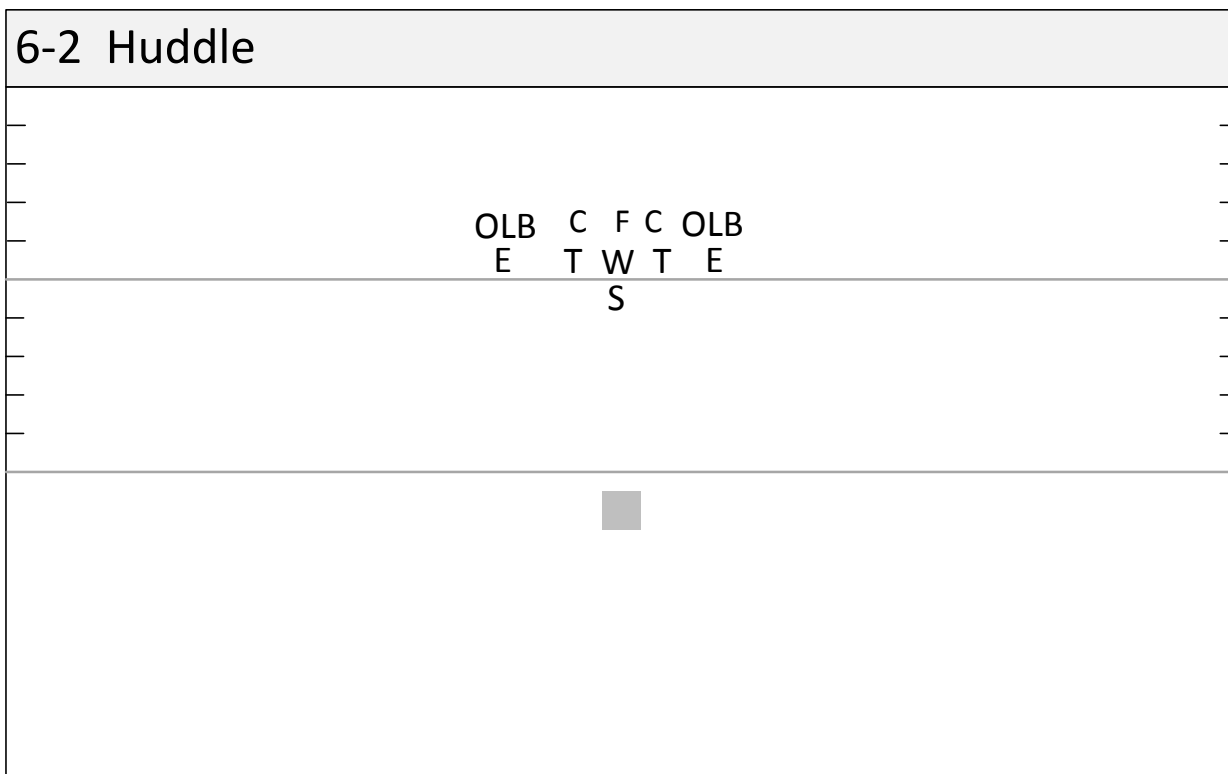
- Play pass first - deep outside 1/3 zone coverage

- 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

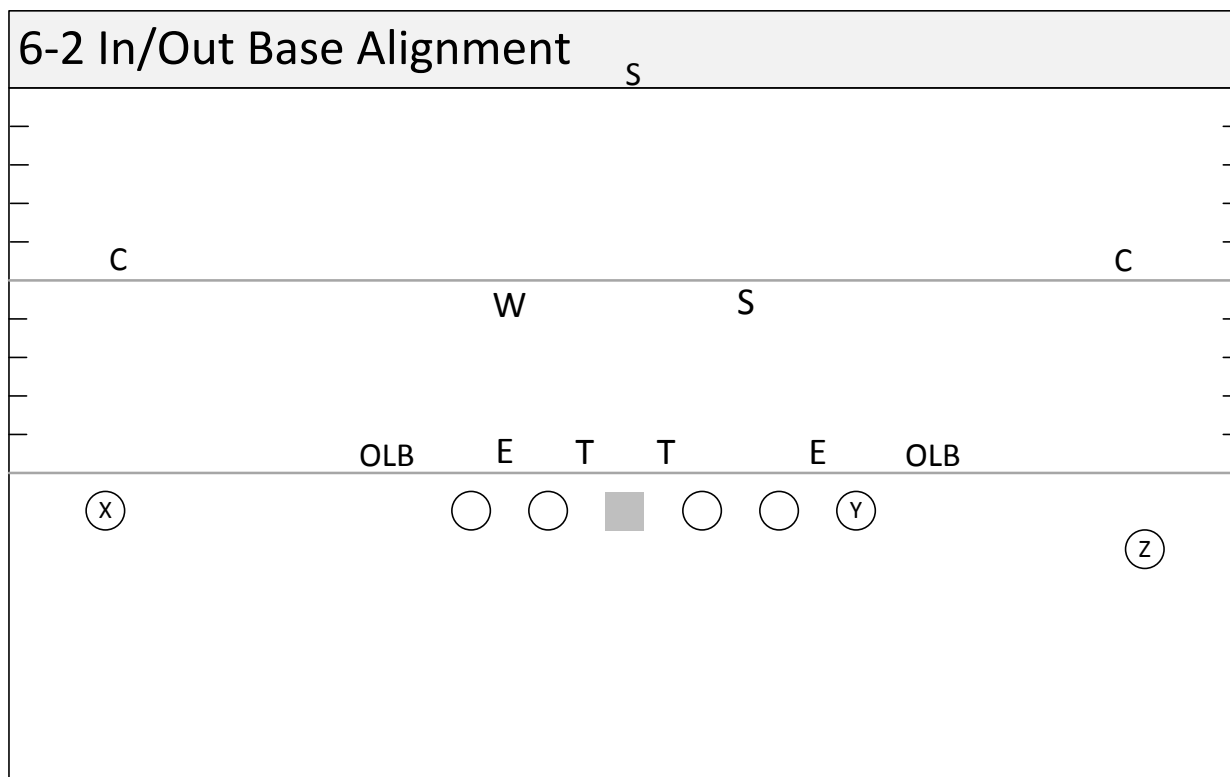
Huddle



Huddle

- 5yds deep
- Sam calls the plays
- Two rows – 1) D-line and Will 2) OLB and Secondary

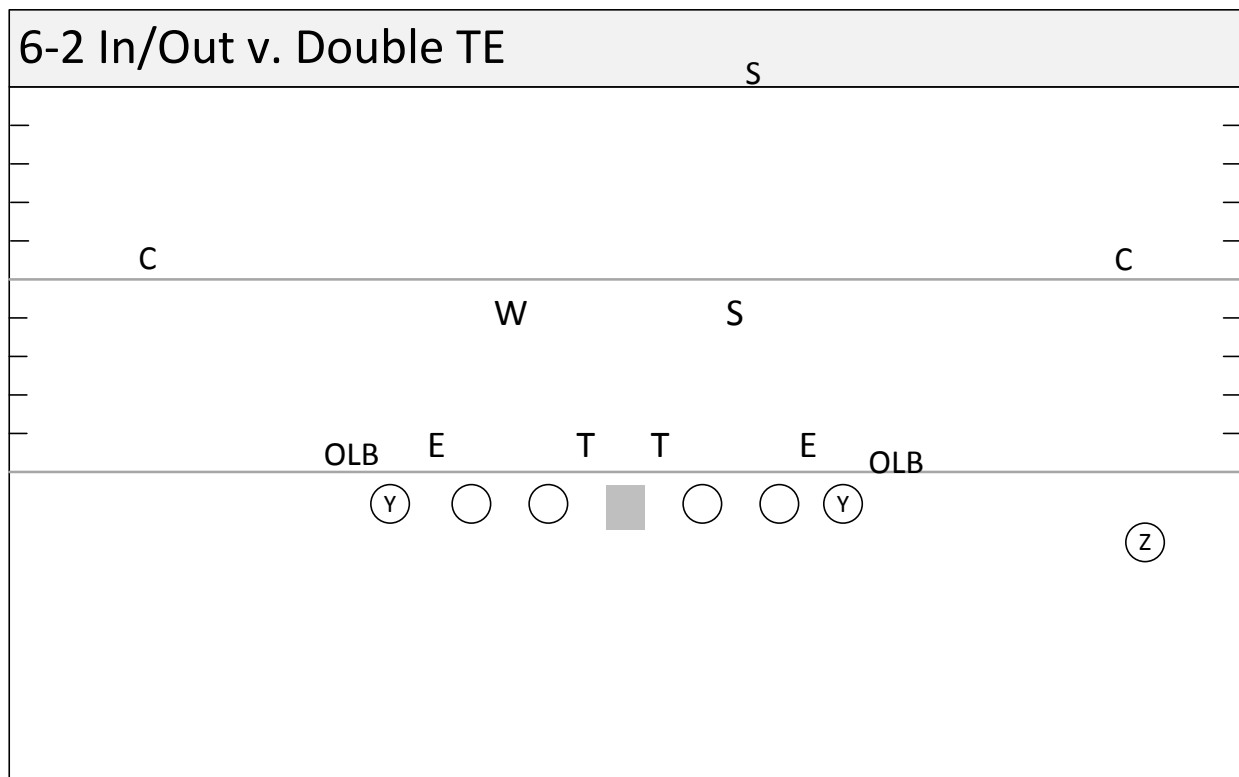
Base Alignment



6-2	Alignment	Run Toward	Run Away	Pass - Zone	Pass - Man
Tackle	A or B gap based on line call	Maintain gap	Chase	Rush	Rush
End	B or C gap based on line ca;;	Maintain gap	Chase	Rush	Rush
OLB	Outside shoulder of EMLOS	Chuck TE/Contain	Contain	Flat Zone	Rush
Sam	Cover open gap at 4yds	Open gap	Chase	Curl Zone	Nearback
Will	Cover open gap at 4yds	Open gap	Chase	Curl Zone	Nearback
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

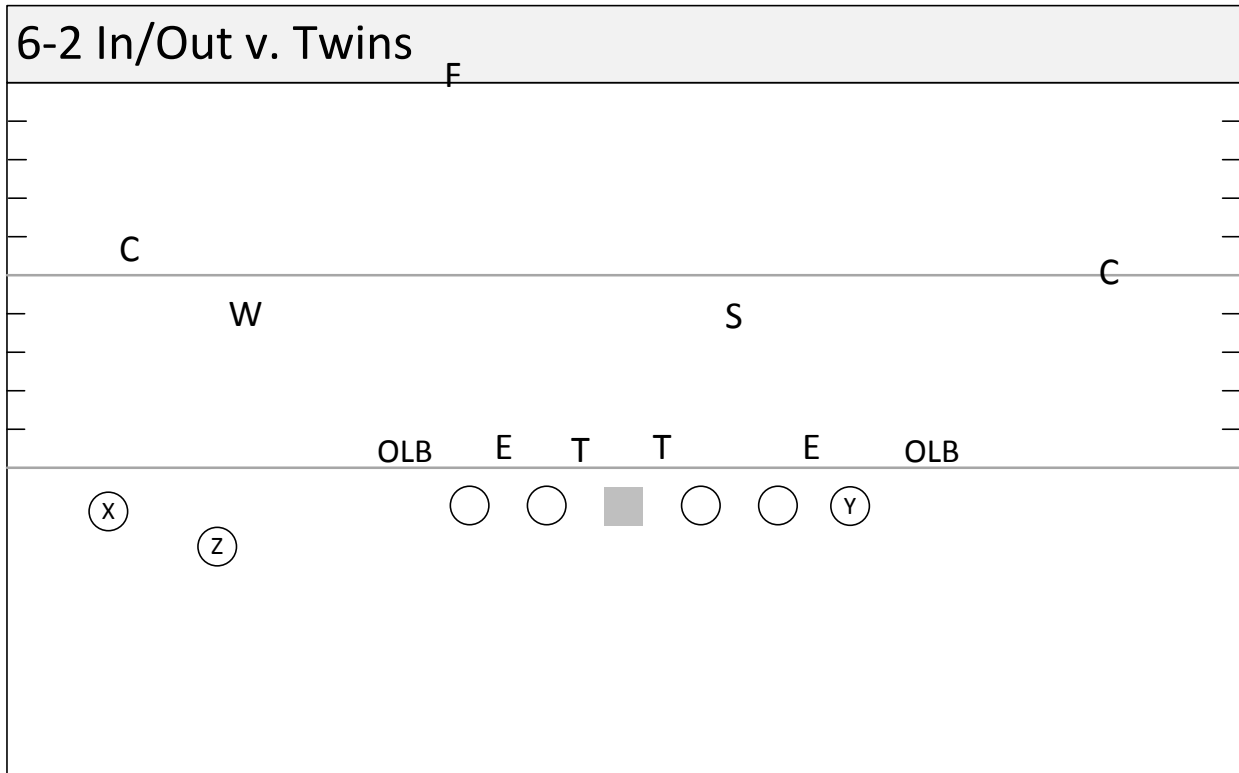
Double Tight Ends



6-2 Base v. Double TE Adjustments

- Both OLB will chuck TE
- CB goes to 6X6 EMLOS if no receiver
- S adjusts alignment to split widest receivers

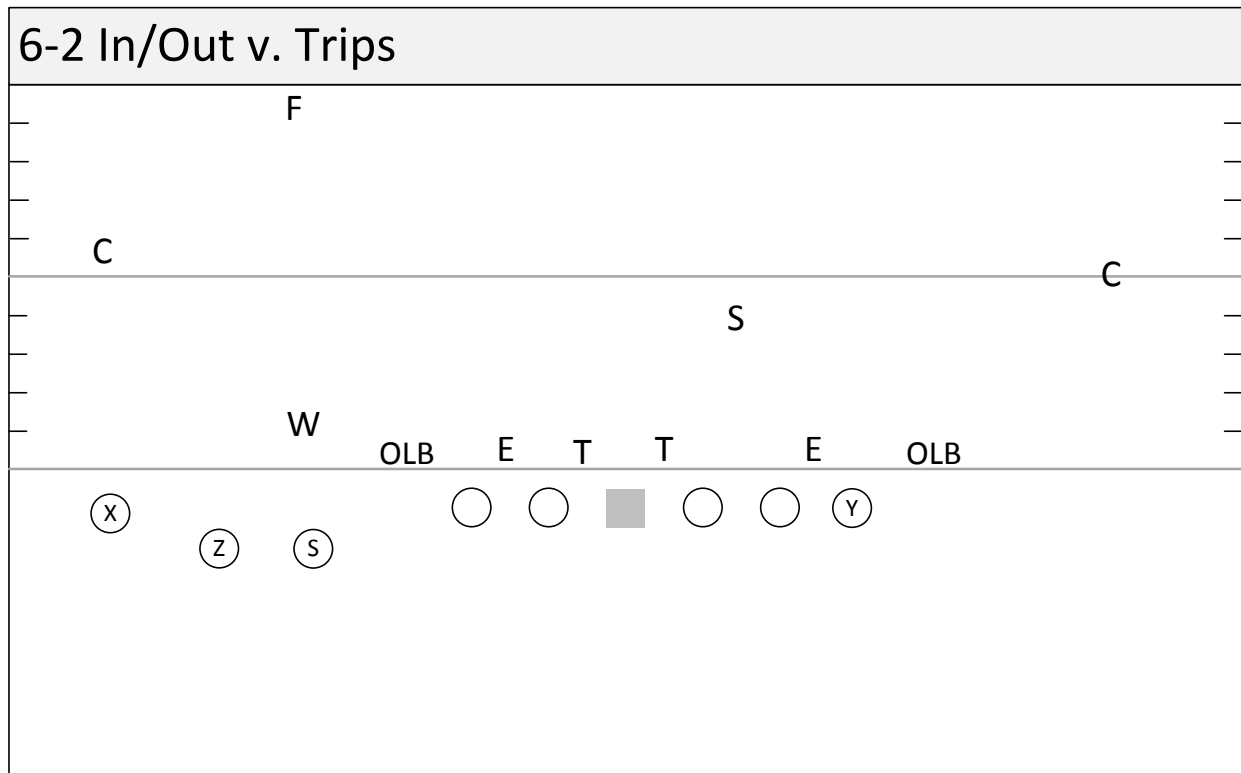
Twins



6-2 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

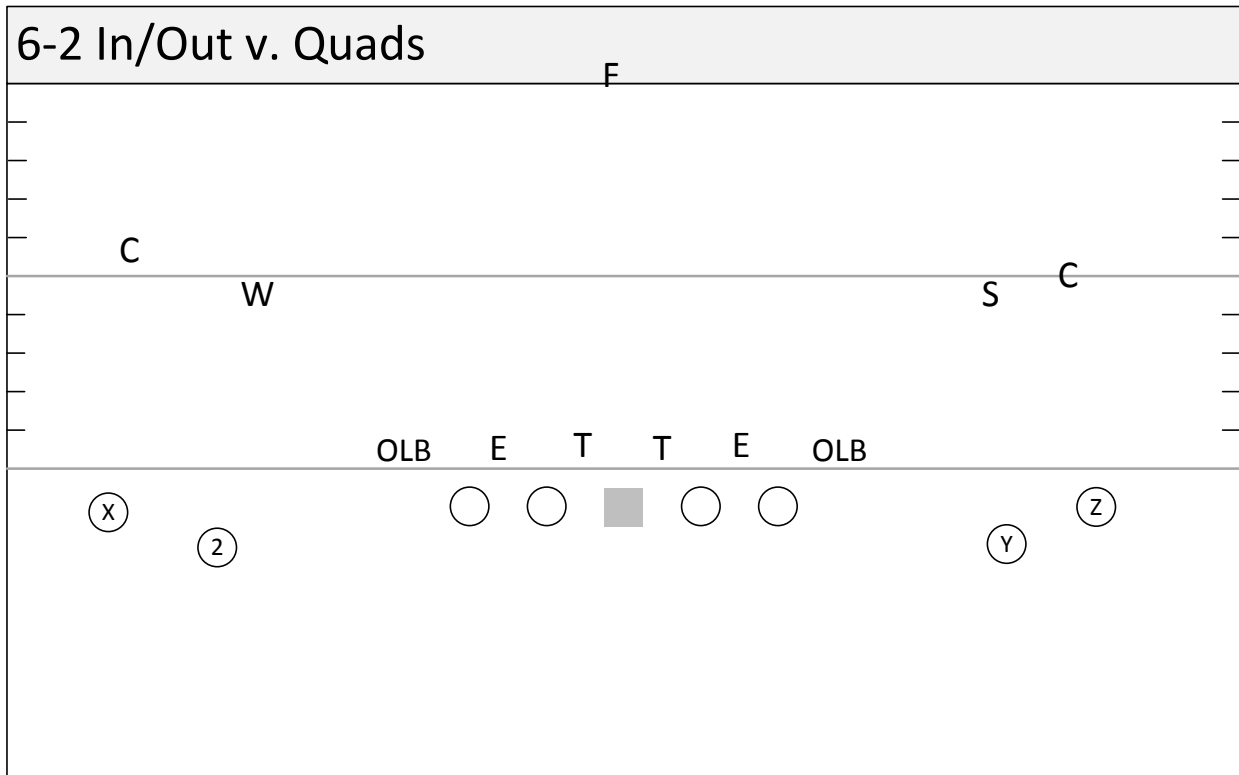
Trips



6-2 Base v. Trips Adjustments

- W covers inside receiver press coverage, attack is any receiver goes lateral or back
- W plays under/inside zone,
- Twins side CB, outside should of outside receiver, plays middle outside zone
- F plays deep third zone over trips
- Non-twins CB goes to 6X6 EMLOS if no receiver
- F adjusts alignment to split widest receivers

Quads



6-2 Base v. Quads Adjustments

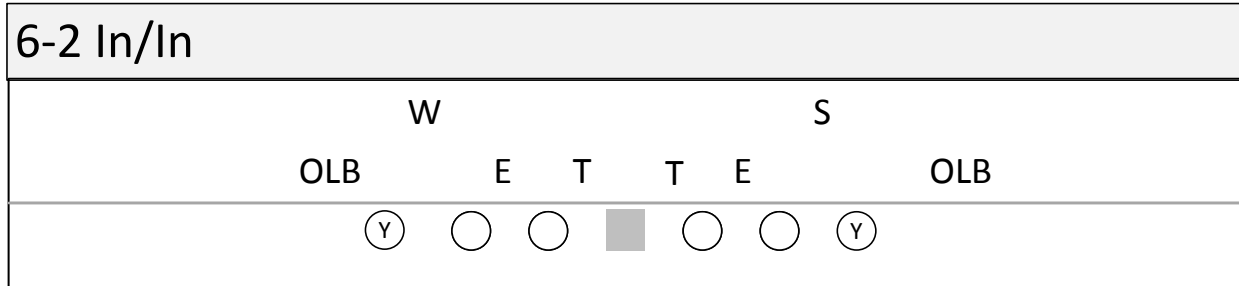
- W and S cover inside receiver at normal depth
- W and S backers plays under/inside zone
- CBs plays over/ outside zone
- F adjusts alignment to split widest receivers

Defensive Line Calls

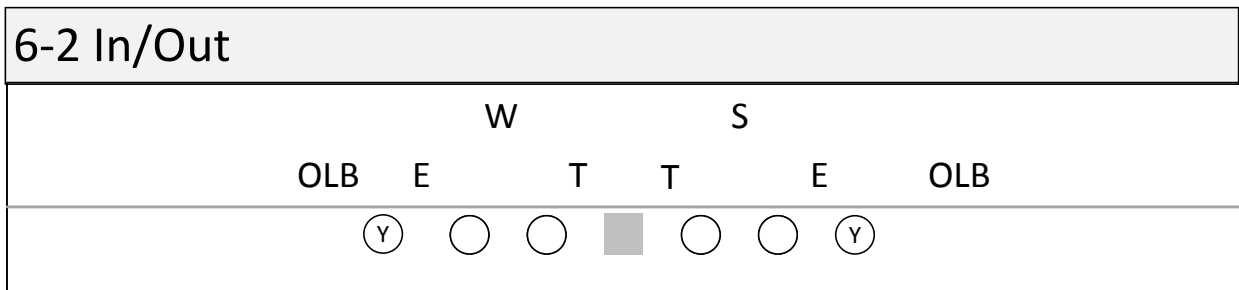
All Line calls will be shown v. DBL TE

If only one TE, the weak side E shifts into B gap

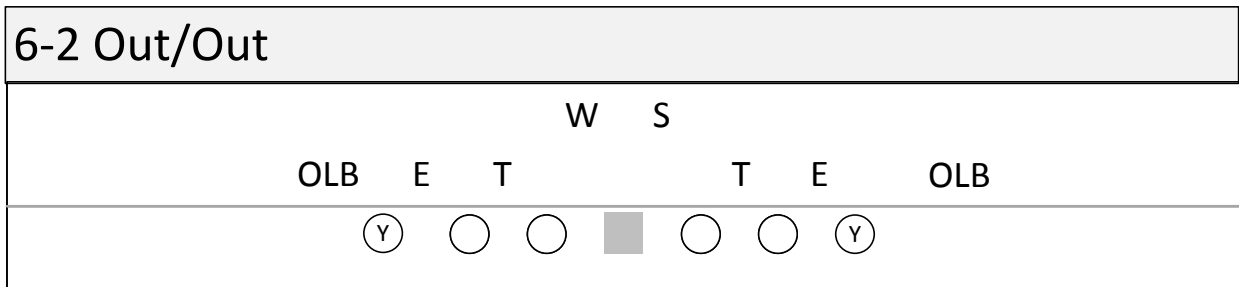
In/In



In/Out



Out/Out

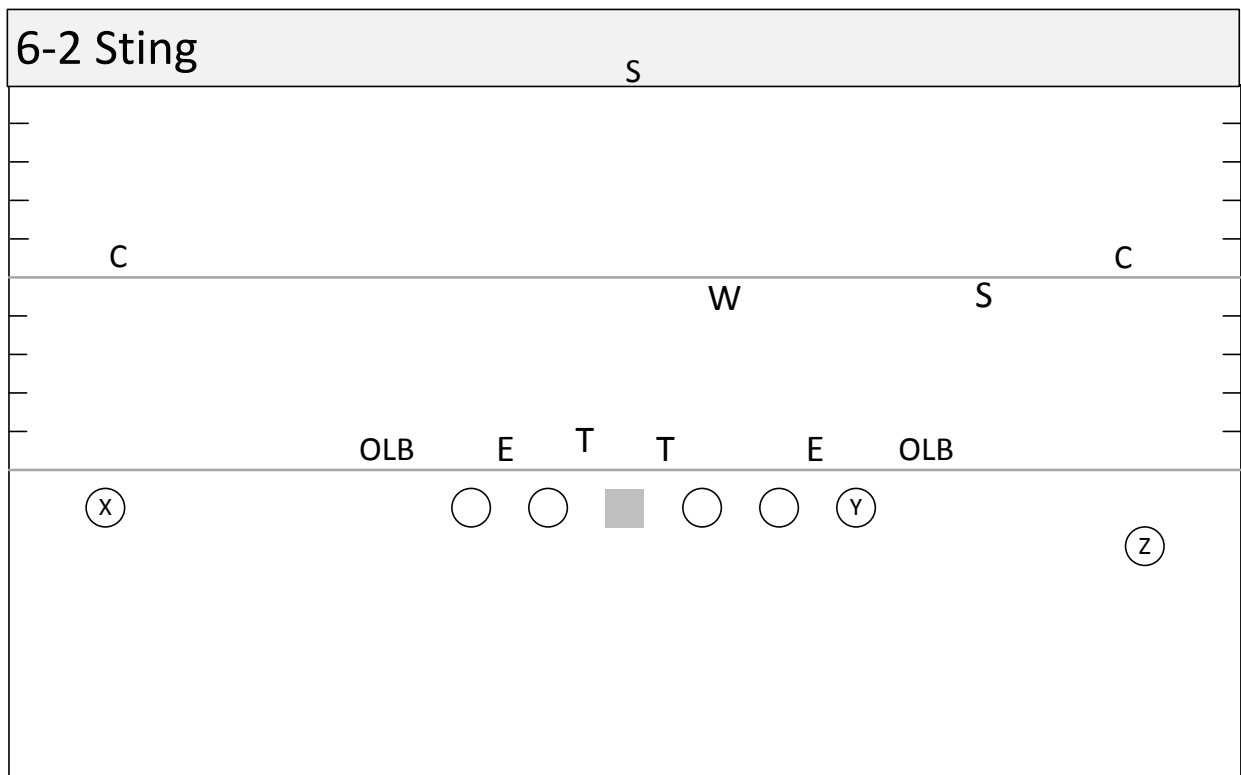


6-2 Out/Out Adjustments

- Both S and W must "show" blitz pre-snap to discourage QB sneak

Line Backer Calls

Sting

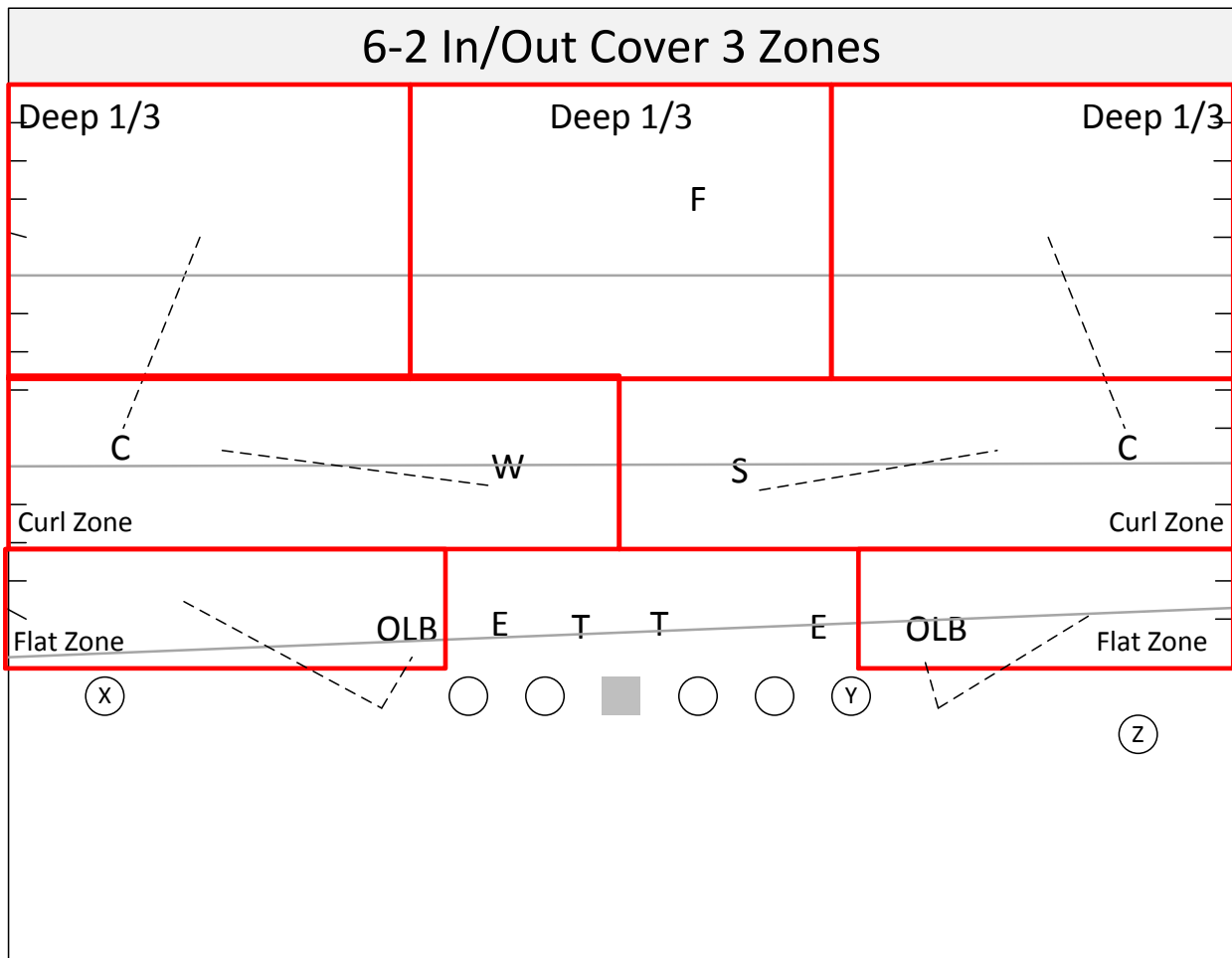


6-2 Sting Adjustments

- W shift to strong side of formation covering open gap
- S shifts outside of OLB at normal depth
- Used only against Pro formation

Secondary Coverage

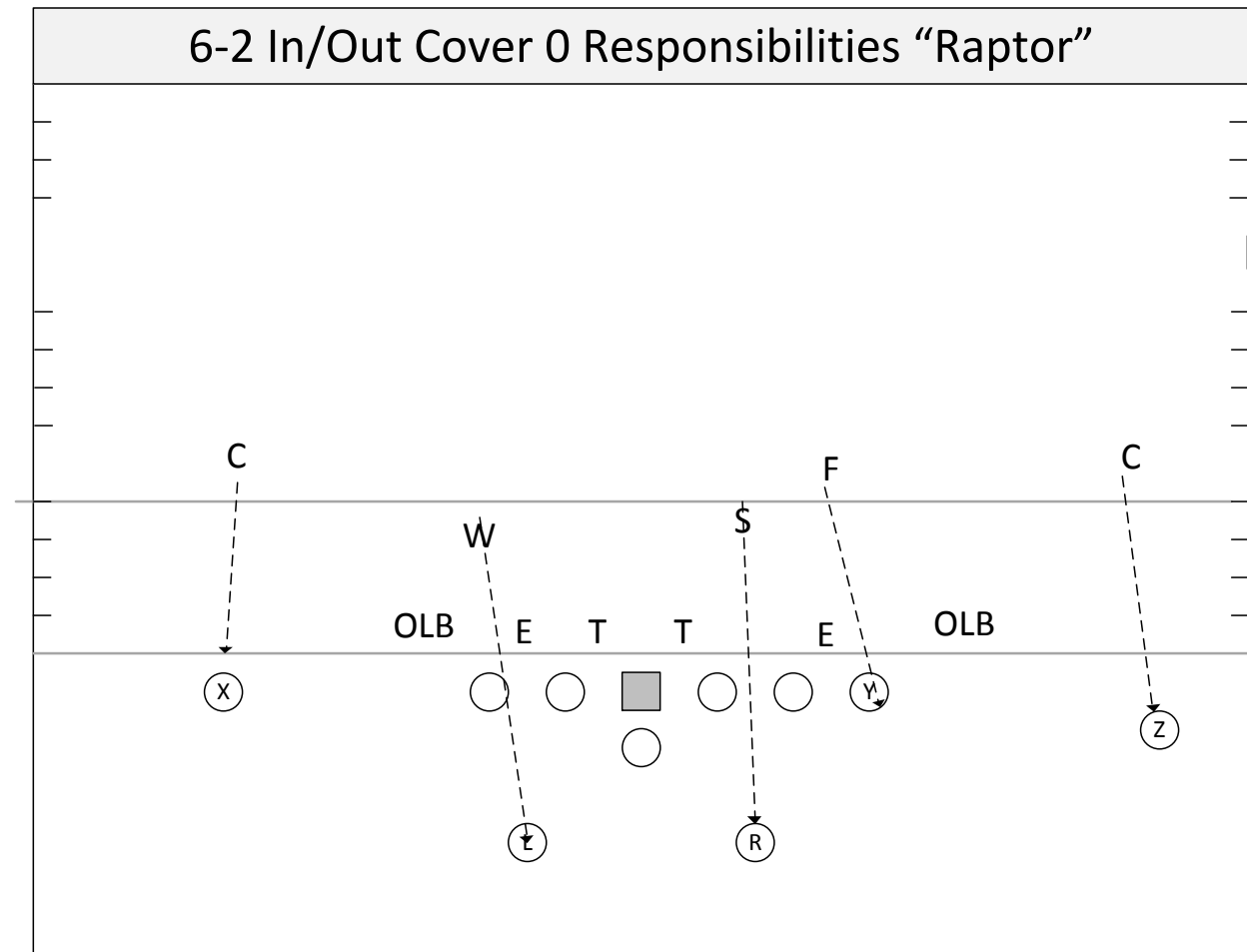
Cover 3



6-2 Cover 3

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

Cover 0



6-2 Cover 0 "Raptor"

- F walks up and cover TE man to man
- W and S cover back in man to man
- CBs take rec in man to man

Cadence

1. Defense "6-2"
2. Line call "In/In", "In/Out" or "Out/Out"
3. Any blitzes "Sam", "Will" etc.
4. Coverage change if any "Raptor"