

Wahoo Warrior Football

Defensive Philosophy & Concepts



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Wahoo Warrior Football Mission Statement

In athletics, coaches need to promote the idea that success is not always winning, but playing well. As coaches, we can emphasize that "process" of athletics - making an effort to win through discipline, training, and commitment is ultimately more important than the final outcome of a contest.



Wahoo Warrior Football

Common Characteristics of a losing program:

1. Self Pity is self destruction
2. Poor work habits
3. Lack of cohesiveness
4. Players won't accept their roles
5. General attitude – Not having a vision
6. Lack of facilities or pride in the program
7. Poor Self Image or lack of confidence

I don't measure a man's success by how high he climbs but how high he bounces when he hits bottom.

George S. Patton



There are 3 Groups of People in This World:

- 1) Those who watch things happen.
- 2) Those who make things happen.
- 3) Those who wonder what the hell happened!



Wahoo Warrior Football Defensive Philosophy

D- Discipline: Know your role, your technique, and do it to the best of your ability.

E- Enthusiasm: Play with desire, energy, and a love for the game.

F- Finish: End every play with ferocity and physicality
"Bring the Wood"

E- Efficiency: No wasted movements or communications. "3 and Out" mentality, but respond when faced with adversity.

N- Knowledge: Know your opponent, know your assignment, know our adjustments.

S- Solidarity: One unit, One Goal.

E- Earn It!: Study, Practice, Outwork your opponent, Prove that you deserve to be on the field of play; That you deserve to be victorious.

"There is no such thing as defense, only attack, attack, and attack some more."

George S. Patton



Wahoo Warrior Football Multiple Defense

- Philosophy of a multiple defense. Our objective is to beat the offense at it's own game. Our diversity will allow us to manipulate offensive play calling. By showing multiple fronts, shifts, and coverage's we will confuse our opponent; ultimately leading to poor execution.
- Our multiple fronts allow us to shift from one front to the next without having to change personnel.
- All line stunts and blitzes can be used interchangeably.
- Each front is predicated on gap control.
- Our Defense is adaptive and fluid. This allows us to be aggressive with our blitzes and still be sound in our fundamentals.



Wahoo Warrior Football Defensive Fronts

- 4-3 Base
- 5-2 Traditional
- 5-2 Under
- 6-2 Goal Line



Wahoo Warrior Football Defensive Coverage's

- Cover 3 Concept.
- Cover 2 Concept
- Cover 1 Concept
- Cover 0 Concept
- Cover 4 Concept
- ****Check with me call based on formation and stunt.



Wahoo Warrior Football Defensive Areas of Concentration

- **Technique:** Believe in what you are taught to do.
- **Tackling:** Aggressive, physical and clean!
- **Pursuit:** Get to the ball in a bad mood.
- **Discipline:** Do your job.
- **Intensity:** Play with emotion and have fun.
- **Knowledge:** Understand the game plan and execute it accordingly.
- **Communication:** Everyone's on the same page.



Wahoo Warrior Football Ideal Defensive Personnel

- **Jack** – Fast, intelligent, decisive, and able to communicate quickly.
- **\$** – Solid athlete, physical, decisive, and able to communicate quickly.
- **CB** – Smaller, quicker, better athletes.
- **Sam and Will** – Good speed, physical, can get to the edge and play in coverage.
- **Mike** – Intuitive, hardnosed, communicates well, and is trusted by his teammates. Must be able to comprehend the defense as a whole.
- **DE** – Longer bodied, big man with decent speed, able to take on a lot of different blocks.
- **N** – Quick and agile big man, able to split doubles, or take them on.
- **DT** – Space eater, able to take on double teams, disciplined type of person.



Wahoo Warrior Football Defensive Practice Expectations

- All position groups will practice in an intense manner. Drill to drill should be high tempo and high energy.
- Players will move on and off the field in a quick manner.
- Form tackling will be a part of our Tuesday-Thursday practices. Drill position coaches are responsible for overseeing this. Not all tackling is live. We are a PHYSICAL team.
- Non-Live tackling situations are still full speed to the whistle.
- Pursuit is a must 11 players making an effort to get to the ball.
- Older players are expected to coach mistakes by younger ones **constructively**.
- Coach up mistakes; nothing slides by. This should be done quickly and Clearly. Avoid over talking!
- Focus on assignments and execute with perfection.
- All coaches must understand the system and the game plan.
- Mindset is crucial: Expect the very best from your players.



Wahoo Warrior Football Defensive Preparation

- Sunday: Watch film and game plan
- Monday: Walk through game adjustments and film
- Tuesday: Indy drill work, Skelly/D-line group work, inside run, team alignment vs. opponent.
- Wednesday: Indy drill work, Skelly/D-line group work, outside run, scout offense scrimmage with stunts and blitzes.
- Thursday: Group tackling, formation alignment and base play review, stunt and blitz review vs. formations.
- Friday: Time To Get It On!
- Saturday: Stretching and film..



Defensive Skill Work

- Expect all players to have a common skill set. All players can:
- Move Laterally
- Be Explosive
- Use hands
- Be aware
- Understand Leverage
- Tackle well



All Purpose Agility Drills To Build Skill Set

- Bag Drills: Slide Shuffle, Zig Zag, Quick Step, Slide and Pop, Read and React,
- Sled Drills: Slide and Pop, Slide Shuffle, Change direction with slide and pop.
- Cone Drills: M/W Drill, Square Drill (LB), Wet Field, Rectangle Drill (DB), Break and run, Pursuit,
- Tackling Drills: Hands off and find, Angle, Head on, Shuffle combo with bags, Corral drill, Shed and find, In and out drill with bags.

**We use any combination of drills. We use at least two drills per practice during our individual times.



Hudl Video Or Chalk Talk?

- Questions/Discussion
- Video
- X's and O's



Notes



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Wahoo Warrior Football Final Thoughts

- "Battle is the most magnificent competition in which a human being can indulge. It brings out all that is best; it removes all that is base. All men are afraid in battle. The coward is the one who lets his fear overcome his sense of duty. Duty is the essence of manhood." George S. Patton
- We want our players to understand that fear and nervousness is a part of life and that overcoming it is monumental towards achieving their goals.



Wahoo Warrior Football

"The Pride and Tradition of Warrior Football Will Not be Entrusted to the Timid and Weak."

