



Attacking 3 Front Defense

What and Why

- **Aggressive defense that looks similar to a “base”**
- **Combination of gap responsibility and man on man**

- **Do multiple things out of a similar look**
- **Utilize different types of players**
- **Get secondary involved in run game on our terms**
- **Occupy multiple blockers with one defender**
- **Make the offense adjust to what we are doing**

3-4 Fire

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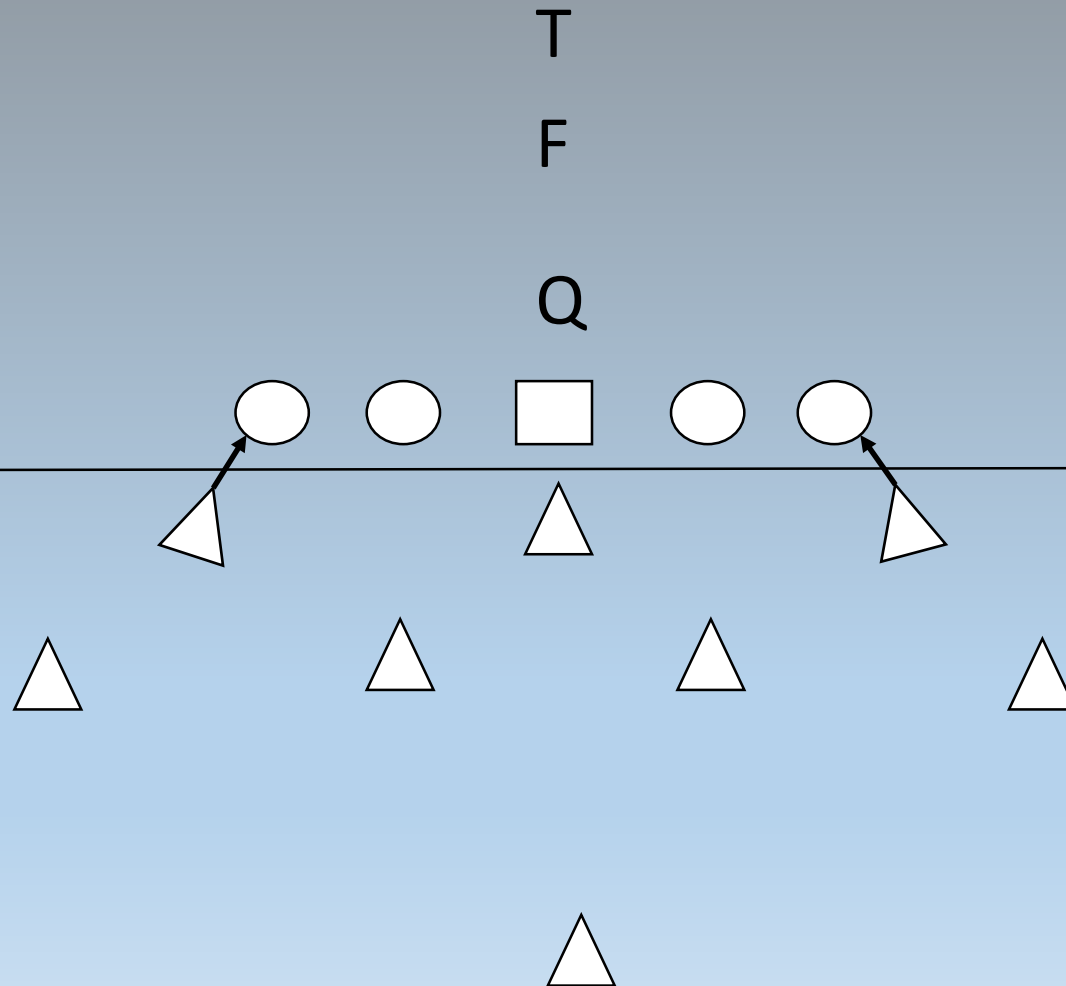
3-4 Fire

DE- Primary job jam TE outside shoulder

- Stay Square and no deeper than 1 yard
- Shut the door
- Help with outside contain

NG- Get extension

- Don't give ground
- Make plays in both A gaps



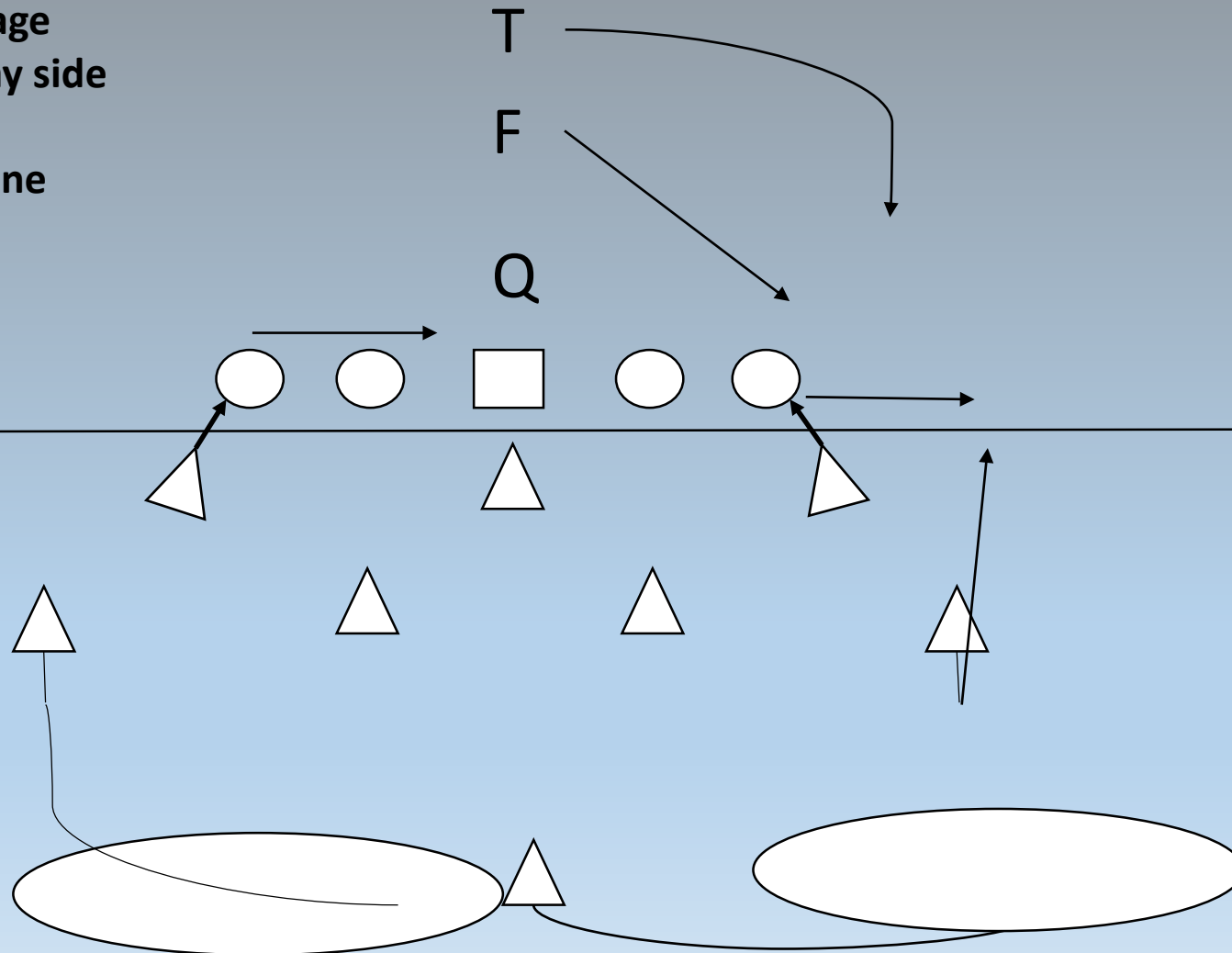
3-4 Fire

Corners- ease and read play type/direction

- If run your side fire to ball maintaining outside leverage
- If run away roll over to play side playing deep halves
- If pass drop into 3 deep zone

LB- key step and read play

- Maintain spacing
- If pass cover flats



3-4 Gaps

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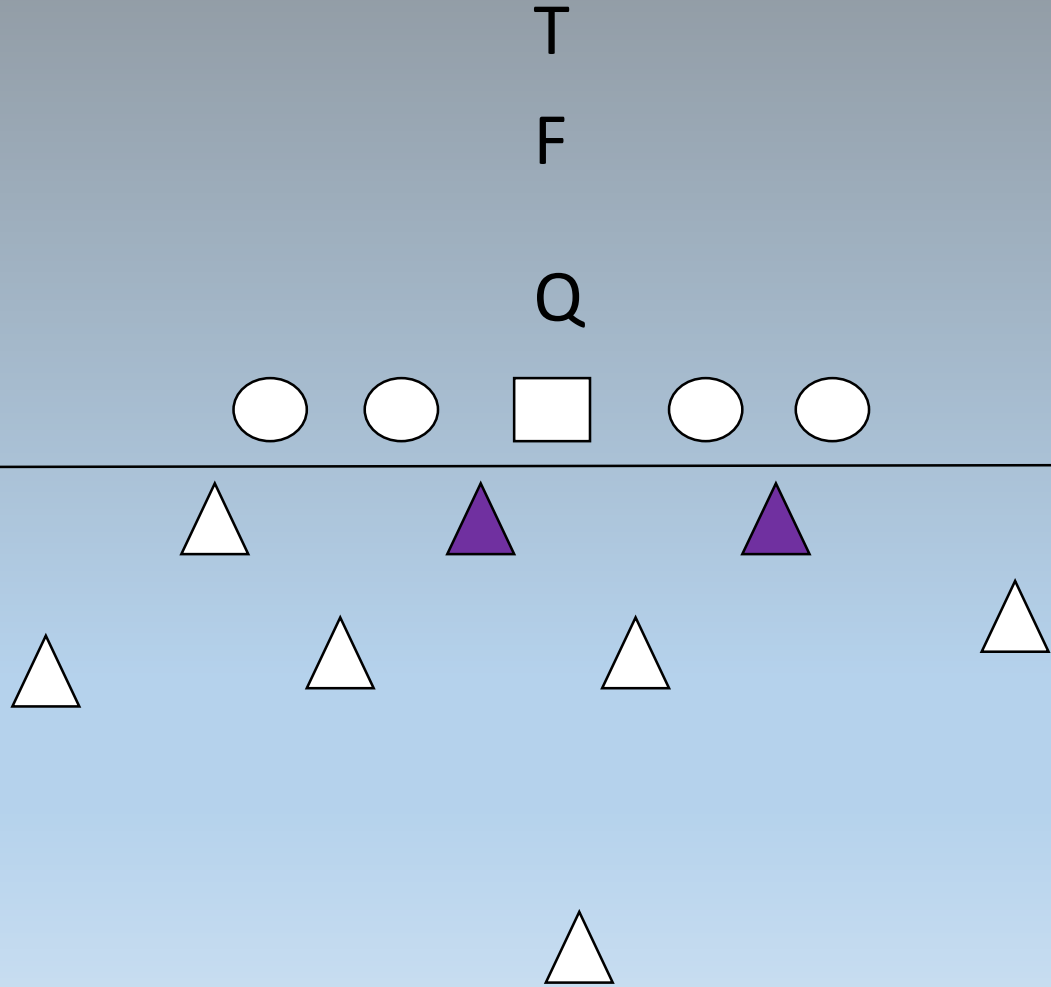
- Tackles**
- Alignment
 - Get through gap low
 - demand a double team
 - have a motor and scramble for tackles



3-4 Gaps

(gaps right)

- DE**
- Alignment
 - Outside contain or two gap
 - Bigger physical player



3-4 Gaps

LB

-key step and read play

- Maintain spacing

- If pass cover flats

Mike – Free to go to the ball

- Spy QB and watch screens

Safety – watch deep pass

on gaps side

- know where any

blitz or stunts are

Corners- ease and read play
type/direction

- If run your side help with
outside contain maintaining
outside leverage

- If run away roll over to play
side playing deep halves

- If pass drop into 2 deep zone

Gap side corner- Alignment

- outside contain
- cover flats on
pass

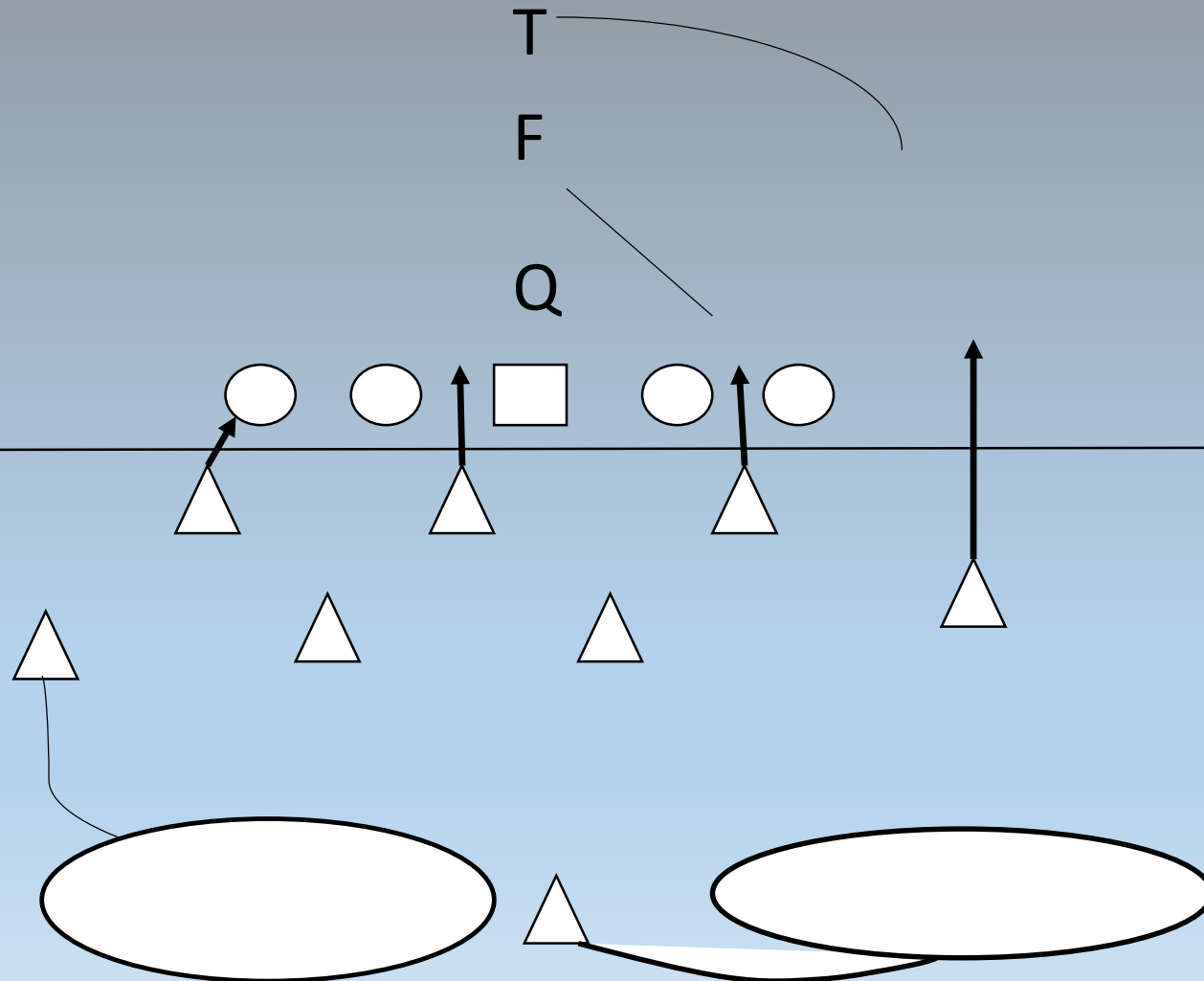
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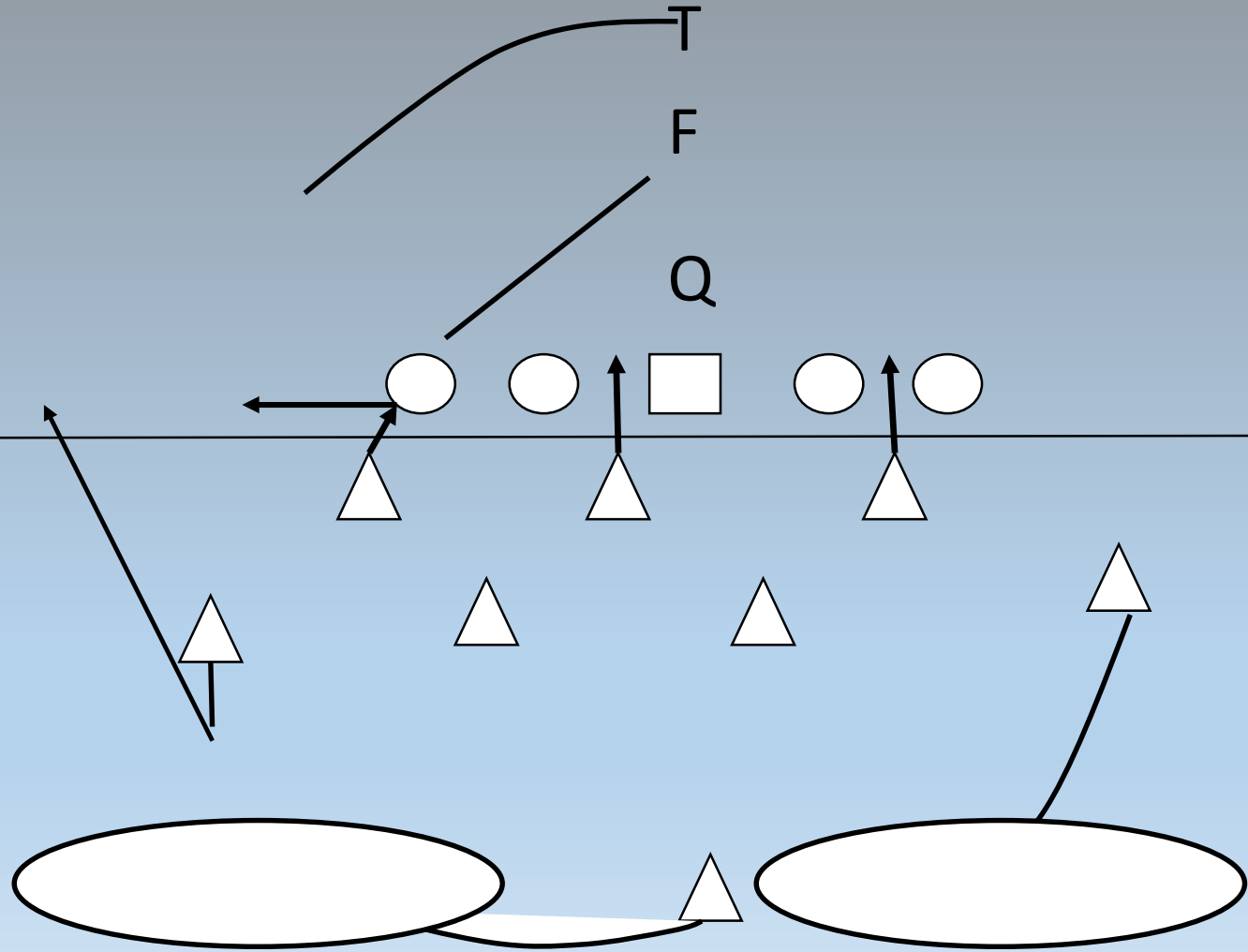
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3-4 Gaps



3-4 Gaps



3-4 Gaps

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3-4 Gaps

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