

**University of Wisconsin – Stevens Point
School of Health, Exercise Science and Athletics**

**Teaching Base 4 - 3 Defense and
Corresponding Zone Pressures**

COAC 397/597 s794 (1 credit)
Summer 2009
Tom Journell

Phone 715-346-3081

e-mail tom.journell@uwsp.edu

Office Hours 64B Health Enhancement Center
M-W 9:00 AM - 11:00 AM or by appointment

SUGGESTED TEXT/DVDs

Attack 4-3 Defense. Scott Shafer. Coaches Choice, Monterey, CA. 2007

Attack 4-3 Defense; Pressure Package. Scott Shafer. Coaches Choice, Monterey, CA. 2007

EXAMINATIONS AND OTHER ASSIGNMENTS

The total amount of points in the class can be gained by the following:

1 Exam	100
1 Powerpoint Defensive Playbook	100
TOTAL	200

LOCATION

Appleton East High School, Room 252

DATES

Thursday, June 18th and Friday June 19th

TIMES

8:00 am – 5:00 pm

SPECIAL ACCOMODATIONS *Students who need special accommodations in note taking, test taking, or lab experiences, please speak to instructor.*

Course Objectives

Students will be able to explain the following Defensive Principles:

- Defensive Call
- Call Knowledge
- Strengths and Weaknesses of our Defense
- Down and Distance Situations
- Field Position Situations
- Personnel, Formation and Hash Tendencies
- Opponent's Offense
- Special Situations
 - Sudden Change
 - 2 Minute Situations
 - How to use Time when ahead
 - How to save time when behind
 - Hurry, Hurry Checks
 - Overtime Situations

Students will be able to explain the following Over Front Package:

- Over
- Move Over
- Over G
- Even
- Switch

Students will be able to explain the following Over Front Adjustments:

- Trade Call
- Y Off Calls
- Bronco Check
- Wing Bust Check
- #s Call
- Trips Yo-Yo
- Bump Trips
- Orbit Movements

Students will be able to explain the following Base Coverages:

- Double Width Coverages
- Single Width Coverages
- Cover 4 Techniques for LBs, Safeties and Corners
- Cover 2 Techniques for LBs, Safeties and Corners
- Cover 3 Techniques for LBs, Safeties and Corners
- Firezone Techniques for LBs, Safeties and Corners
- Purdue Techniques for LBs, Safeties and Corners

Students will be able to explain the following Over Front Coverage Checks:

- Cloud Checks
- Streak Alert Checks
- Check Bulldog
- Check Midpoints
- Check Empty Midpoints
- Sink Adjustment
- Check 3 vs. Clubs
- Tandem Check
- Check Combo
- Wheel Alert

Students will be able to explain the following Over Movements & Stunts:

- Tiger
- Lion
- Cougar
- Lynx
- Cheetah
- Leopard

Students will be able to explain the following Fire Zone Pressures:

- Firezone Principles
- Coverage Rules
- Dog Pressure Package
- Directional Pressure Package
- Y Family Pressure Package
- Mike Family Pressure Package
 - Mohawk
 - Flame
 - Mohawk Cross
 - Flame Cross
 - Mohawk Adjustments
 - Flame Adjustments
- Bird Pressure Package
 - Falcon
 - Crow
 - Buzzard
 - Free Bird
 - Black Bird
 - Condor

Students will be able to explain the following Fire Zone Checks:

- Spoke Check
- Hook It Check
- Check Russian
- Check Bang It

Students will be able to explain the following Over Man on Man Blitzes:

- Double Cat Black
- Double Dog Black
- Kennel Black
- Black Bird Black
- Flare Black

Tentative Schedule

Thursday	6/18	8:00am	Syllabus and Introduction.
		8:30	Defensive Principles
		10:30	Over Front Principles
		NOON	Lunch
		1:00 pm	Over Front Adjustments
		2:00	Over Front Base Coverages
		3:30	Over Front Coverage Adjustments
		4:30	Over Front Movements and Stunts

Friday	6/19	8:00am	Firezone Principles
		9:00	Firezone Coverages
		10:00	Dogs, Cats and Mike Family Pressures
		11:00	Y Family and Bird Pressures
		NOON	Lunch
		1:00 pm	Firezone Checks
		3:00	Over Man on Man Blitzes
		4:00	Over Front Exam

DEFENSIVE PLAYBOOK DUE:
Friday, June 26, 2009
Emailed to tom.journell@uwsp.edu
By 5:00 PM