The Development of a Football Training Film and Manual of the Five-four Defense at South Dakota State University

Roger Roman Eischens

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THE DEVELOPMENT
OF A FOOTBALL TRAINING FILM AND MANUAL
OF
THE FIVE-FOUR DEFENSE
AT
SOUTH DAKOTA STATE UNIVERSITY

BY
ROGER ROMAN EISCHENS

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THE DEVELOPMENT
OF A FOOTBALL TRAINING FILM AND MANUAL
OF
THE FIVE-FOUR DEFENSE
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SOUTH DAKOTA STATE UNIVERSITY

This thesis is approved as a creditable and independent investigation by a candidate for the degree, Master of Science, and is acceptable as meeting the thesis requirements for this degree, but without implying that the conclusions reached by the candidate are necessarily the conclusions of the major department.

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THE DEVELOPMENT
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Abstract

ROGER ROMAN EISCHENS

Under the supervision of Assistant Professor Stanley J. Marshall

The purpose of this study was to develop a training film and a manual for use as a teaching aid in the coaching of the South Dakota State University Five-Four Defense.

The method employed was observational and evaluational motion picture analysis. A checklist was developed by the author and validated by the football staff of South Dakota State University. This checklist served as the criteria by which the plays were selected to illustrate the correct execution of the defensive techniques. The plays were all selected from South Dakota State University game films of the years 1957 through 1962.

The selected plays and proper titles and subtitles were then spliced together to form the training film. A manual was written to explain and describe the film and also include the author's recommendation for film utilization.
ACKNOWLEDGEMENTS

The author wishes to express his sincere appreciation to Mr. Stanley J. Marshall and Dr. M. Thomas Woodall for their assistance and guidance throughout the course of the study.

Appreciation is also expressed to Mr. Leslie L. Bork for his advice and aid in the production of the training film.

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Chapter I

INTRODUCTION

Background for Study

The utilization of the motion picture film as a teaching aid in physical education and athletics began as early as 1930. Interest in films and the demand for them as a teaching aid grew so quickly that by 1932 Franklin Hoar felt that it was necessary to compile and publish a list of motion pictures available in physical education. Hoar states, "In physical education the use of visual aids is very valuable. In use of these visual aids the coach and pupils see the best plays in football, the best swimmers in action, gymnastics, tennis, and all other sports. Interest in visual aids is so marked that a compilation of this type of material is here offered."¹


The literature indicates that the employment of the motion picture, as a teaching device in the motor skill area, has been almost universally accepted by physical educators. Physical educators feel that visual perception has a great positive effect upon the learning of a motor skill.
Bernhard wrote about motion pictures, "Remember, visual aids speed up learning and clarify actions that cannot always be seen and analyzed sufficiently through description and demonstration. Let us take the opportunity now to develop the film as a medium for improving the teaching of physical education." ²


Paralleling this acceptance of the motion picture as a teaching tool in the physical education classes was the acceptance of the films as a coaching aid in interscholastic athletics. The employment of the film as an instructional device for teaching proper fundamentals and correct execution of techniques has not been confined to the college level but is employed in numerous high school programs.

Teaching films have been used in various sports and are proving to be an invaluable coaching aid. Glover feels films are very important in basketball coaching, "These films prove invaluable for coaching purposes in pointing out mistakes, offensive and defensive patterns and individual characteristics of both our own and opposing players. In addition they are used in teaching physical education classes and junior high school basketball teams." ³

³Bruce Glover, "A Film Program for Small High Schools," The Athletic Journal, February, 1962, p. 34.
Professional baseball players have for many years used films to analyze and correct their hitting techniques. A recent article in Scholastic Coach quotes a high school coach as follows, "I feel the movies helped the players. We may not be champions this year, but the time saved in practice by the films will be a big help to us."\(^4\)


During the past thirty years the use of sixteen millimeter motion picture to film football games has been constantly increasing. The primary use of these films has been to analyze and evaluate the success of a team's offense and defense. Films are also utilized in the rating of individual player performance in the game. Amos Alonzo Stagg, whose career has extended through both the period before the filming of games and into the modern era, sums up the increase use of the films in this way, "I guess I am about the only college coach who never used movies in coaching, having coached so many years during the period when it was considered unsportmanlike to use movies of one's opponents. Movies are now used almost universally by all colleges and coaches spend hours studying them."\(^5\)

\[\text{"Harold Hainfeld and Dick Flanagan, "Tips from the Top on Football Game Films," Scholastic Coach, January, 1958, p. 12.}\]
Football coaches have recognized that the game film can be employed as a teaching aid in the development of individual players. It is a generally accepted fact that football players can learn from watching films showing their good plays and errors. The belief that films are a valuable coaching aid has been stated by many coaches including Bo Schembechler, who is head football coach at Miami University, Oxford, Ohio. Coach Schembechler states, "The most important teaching aid in the development of an individual player is game and scrimmage film."\(^6\)


The training film, a more recent development in coaching, has been brought on by the realization that visual education is a very vital method in modern education. Since using motion pictures as a visual aid is well established in our classrooms it is just as important for the sound coaching of football which demands the best in educational techniques.

There are two basic types of football training films. The commercially developed training film demonstrates defensive and offensive fundamentals and drills. These films can be of value in the coaching of individual fundamentals of blocking and tackling or of any individual or team technique for which the correct execution is standardized.
The other type of training film and the type in which the author has a deep interest, is the training film produced by football coaches from their game movies. These films are employed as aids in coaching the offensive and defensive patterns and techniques of their specific football programs. Paul Shoults, assistant football coach at Northwestern University, describes their utilization of the training film in this manner, "Copies of these sections are made and edited into special training films that deal with each position of the squad. It is designed to instruct the particular squad we are working with, showing them the best ways of playing offense and defense in their individual positions."\(^7\)

\(^7\)Paul Shoults, "Northwestern University's Film Program," *Scholastic Coach*, January, 1960, p. 32.

Butler also believes that training films produced from game films have great value. "Film loops and reels are valuable tools for teaching your offense and defense. Every boy can learn something from watching the correct execution of the techniques expected of him."\(^8\)


Purdue University also produces training films of their basic offensive and defensive patterns. Assistant Coach Don Fuss describes Purdue University's use of training films, "The offensive
and defensive films mentioned previously are actually training films, generally used when you are teaching the execution and techniques of your basic offensive play or defensive alignments, adjustments, charges and stunts."

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A review of the literature indicates that coaches feel that game films and training films have positive value as coaching devices. Football coaches also believe that a training film, developed from their own game films, is a meaningful type of teaching aid in terms of learning the correct execution of offensive and defensive plays and patterns.

These coaches seem to agree that this type of training film is meaningful because of two factors: One, the execution of the basic offensive and defensive alignment, patterns and techniques is performed exactly as the coach wants them to be performed by his football team. Two, the execution of the techniques is demonstrated by team members during an actual game situation. This should help to convince the players that the offensive or defensive techniques employed will be successful if executed correctly.

Because of the author's belief that the training film can be of great value in coaching football and because of his interest in improving his coaching techniques and knowledge of football, this problem was undertaken.
Statement of Problem

The primary purpose of this study was the development of a training film and manual for use as a teaching aid in the coaching of the five-four defense.

Limitations

1. The film has only one example of each defensive technique.

2. The judgement of the author in selecting which play best met the criteria as described in the checklist.

3. All of the techniques are shown as side views from a position approximately on the fifty yard line.

Definition of Terms

**Contain.** The act of forcing a ball carrier to turn and run toward the middle of the field.

**Fly to the Ball.** Moving quickly to the area for which a pass is intended, in an attempt to either intercept or knock the ball down.

**Lift.** A basic defensive fundamental employed to neutralize a block. The defender steps into the offensive blocker and uses his forearm to keep the blocker away from his body.

**Football Position.** A position from which the defensive player is able to move quickly in any direction. The player should
be relaxed and feel comfortable, his head should be up, his back should be straight, his knees should be flexed, and his feet about shoulder width apart.

Four Point Stance. A football stance in which both hands and both feet are used for support.

Three point Stance. A football stance in which both feet and only one hand is used for support.

Offside. The side of the center away from where the ball is being carried.

Onside. The side of the center where the ball is being carried.

Out. Away from the center laterally.

In. Toward the center.

Outside Leverage. The defender maintains a position relative to the ball carrier, from which he can contain the runner and force him to cut to the middle of the field.

Head on or Head up. A defensive man aligned directly in front of an offensive man.

Dispose. The defensive man's act of getting rid of and avoiding excessive involvement with the offensive blocker.

Release. The same as dispose.

Flat Zone. The passing area in front of the defensive halfback and outside the defensive end.
Hook Zone. The area inside the defensive ends and five to ten yards from the line of scrimmage in which the offensive pass receivers usually hook to catch the ball.

Wing. An offensive back who is set out from the formation but is not more than one yard outside the tight offensive end.
Chapter II
PROCEDURE FOR OBTAINING DATA

Introduction

The five-four defense employed at South Dakota State University is an adaptation of the original five-four defense which was developed at Oklahoma University. The five-four defense employed at South Dakota State has been developed during the years since 1955 by incorporating various staff ideas concerning the alignment and assignment of personnel with the standard Oklahoma defense. In the training film the author has selected the techniques which, according to the South Dakota State football staff, are the most frequently employed and most important in the correct execution of the South Dakota State five-four defense.

Source of Data

The plays which illustrate the correct execution of the selected defensive techniques were taken from South Dakota State University game films from the years 1957 to 1962. In the examples selected, South Dakota State is the defensive team.

Method of Collecting Data

The method employed in the selection of the plays to illustrate the correct techniques was observational and evaluational
motion picture analysis. A checklist, developed by the author and approved and validated by the South Dakota State University football staff, was employed as the criterion by which the game films were evaluated.

Training Film and Manual

The plays that were selected for the training film were cut from the game films by the author using a Craig Projecto editing machine. When examples of all the techniques had been selected and removed from the game films, they were arranged in the proper sequence for the film. The film strips and the titles were then spliced together with a Craig Master Splicer at the South Dakota State University Audio Visual Department.

A short description of each play included in the film has been written by the author and is contained in the manual which supplements the training film. The manual, which is necessary if the film is to be a valuable coaching aid, is included in Chapter III of this thesis. A copy of the training film and manual is available at the Department of Physical Education, South Dakota State University.
Chapter III

THE MANUAL

To increase the educational value of the training film, the author has written a manual to supplement the film. The manual is divided into five major sections. The first section, the introduction, contains the author's recommendations for using and understanding the training film. Other sections describe the alignment, the individual techniques and the team techniques of the five-four defense. The last section contains a series of diagrams which illustrate the correct alignment and movement of the defensive personnel.

Introduction

The author believes that the following suggestions will increase the value of this training film as a teaching aid in the coaching of the five-four defense.

1. Read this manual carefully.

2. Preview the training film to familiarize yourself with the jersey colors, the jersey numbers and the positions of the athletes executing the selected techniques.

3. Fully understand the correct execution of the techniques.

4. Familiarize yourself with the common weaknesses in the execution of the techniques.
5. Be prepared to emphasize strong points in the execution of the technique by the defensive player in the training film.

6. Develop a list of coaching points which you feel are important in the correct execution of the technique. The author's descriptions of the techniques illustrated in this training film contain the following:

1. An outline of correct technique execution
2. The color of the jersey (Light or Dark)
3. The position of the player (Left or Right)
4. The player's jersey number (If it is visible)
5. Strong points in the technique execution by the player in the selected play
6. Citing of other defensive personnel who perform well

**Alignment**

**The Five-Four Defense Against a Normal T**

There are two plays which illustrate the correct alignment against the T formation. The defensive team is in the dark jerseys in both illustrations. The correct alignment by position is as follows:

**End.** The defensive end is lined up in a three or four point stance opposite the outside shoulder of the offensive end.

**Tackle.** The defensive tackle is lined up in a three or a four point stance head up on the offensive center.
Linebacker. The linebacker is set in a good football position opposite the outside shoulder of the offensive guard and one to one and half yards from the line of scrimmage.

Cornerman. The cornerman is lined up in a good football position facing in slightly toward the ball. He is lined up four yards outside the offensive end and four yards from the line of scrimmage.

Safety. The safety is lined up in a good football position opposite the outside shoulder of the offensive tackle and seven to eight yards from the line of scrimmage.

The Adjustment to an Offensive Back Set Wide

This adjustment is illustrated by two plays and involves only one man, the outside cornerman. The defensive team is in the dark jerseys in both illustrations. The left cornerman makes the adjustment in the first play and the adjustment in the second play is made by the right cornerman.

Cornerman. The cornerman moves out to a position head on the offensive back and seven to eight yards from this opponent.

The Adjustment to a Slot

This adjustment is illustrated by two plays. In the first play the defensive team is in the light jerseys and in the second play they are in the dark jerseys. The left side is the outside in both illustrations. The adjustment involves five players.
Onside End. The onside end moves out to a position slightly outside the slot back. The end drops off the line of scrimmage about one and half yards and assumes the football position.

Onside Cornerman. The onside cornerman moves out to a position head on the slot and seven to eight yards from this opponent.

Both Safety Men. The safety men move laterally toward the slot maintaining their original distance of seven to eight yards from the line of scrimmage.

Offside Cornerman. The offside cornerman adjusts by moving to a position three yards outside the defensive end and five yards from the line of scrimmage.

It is important to note that in the first play the onside end has made the correct adjustment but has failed to assume a good football position.

Individual Defensive Techniques

Cornerman

Sweep. The cornerman reacts to the sweep as follows: He must move quickly across the line of scrimmage, penetrating to a depth of about two yards. He must move to meet the blockers and contain the ball carrier.

In the selected play the defensive team is in the dark jerseys. The execution of the technique is by the left defensive
cornerman. The cornerman moves to meet the blockers very aggressively and his quick contain of the ball carrier enables the pursuing defensive personnel to make the tackle.

Drop Back Pass. The cornerman reacts to the drop back pass as follows: The cornerman moves straight back as the pass develops and will cover the outside one fourth of the field on his side of the ball. He must allow no offensive player to get behind him. When the ball is released the cornerman moves quickly to the area to which the ball has been thrown and attempts to intercept or knock down the ball. If the ball is caught the cornerman must tackle the receiver or assist in making the tackle.

In the selected play the defensive team is in the light jerseys. The execution of the technique is by the defensive left cornerman, number forty-four. The cornerman's excellent execution enables him to intercept the ball.

Sprint Out Pass. The cornerman reacts to a sprint out pass as follows: The cornerman moves quickly across the line of scrimmage maintaining outside leverage on the quarterback. The cornerman must contain the quarterback and if he cannot make the tackle he must force the quarterback to throw quickly.

In the selected play the defensive team is in the light jerseys. The execution of the technique is by the defensive left cornerman, number forty-six. The cornerman overpowers the blocker and
forces the quarterback to throw hurriedly and inaccurately. The left
defensive end and linebacker also perform well.

Safety

Sweep. The safety reacts as follows: Once the safety is
absolutely certain that the play is a run, he moves forward to meet
the play, maintaining outside leverage on the ball carrier. He must
make the tackle or contain the ball carrier.

In the selected play the defensive team is in the dark jer-
seys. The execution of the technique is by the left safety. The
safety is out of the picture momentarily but when he reappears he
moves forward toward the line of scrimmage and maintaining outside
leverage on the ball carrier assists in making the tackle.

Drop Back Pass. The safety reacts to a drop back pass as
follows: The safety drops straight back as the pass develops. He
will cover the inside one fourth of the field on his side of the ball
and allow no offensive receiver to get behind him. When the ball is
thrown the safety must fly to it immediately.

In the selected play the defensive team is in the dark jer-
seys. The execution of the technique is by the left safety, number
thirty-six. The safety's reaction to the drop back is excellent.
The safety flies to the ball and knocks it down.

Sprint Out Pass. The safety reacts to a sprint out pass as
follows: As the sprint out pass develops the safety moves backward
and laterally to the outside at about a forty-five degree angle. He
will cover the outside one third of the field on his side of the ball. He must not allow any offensive receiver to get behind him. When the ball is released the safety must fly to it immediately.

In the selected play the defensive team is in the dark jerseys. The execution of the technique is by the right safety, number twenty-six. The safety's initial move backward and to the outside is excellent. He flies to the ball quickly and makes the interception. The defensive right side of the line puts good pressure on the quarterback and forces him to throw the ball high.

End

The techniques of the defensive end can be broken down into two phases, the initial movement of the end which is the same on every play and the correct reaction to the type of offensive play which develops.

The initial movement of the end should be as follows: The end charges quickly with the first movement of the offensive end or on the snap of the ball. He must step into the offensive end with his inside foot using either a lift of a shoulder charge to overpower him and then be ready to react to the offensive play which develops.

Sweep. The correct execution is as follows: Following his initial charge, the end must move forward to meet the blockers and attempt to contain the play and turn the ball carrier to the inside.
If he is unable to contain, he must move laterally down the line of scrimmage to be in position to tackle the ball carrier when the cornerman contains the play.

In the selected play the defensive team is in the light jerseys. The execution of the technique is by the left end, number eighty-three. The end is adjusted to the offensive wing man and is unable to deliver a blow to the offensive end. He does make the correct first step with his inside foot and then contains the play well. The major reason that he is able to contain the play is because the end uses the correct angle to meet the play. It is important that the end is able to evaluate his speed relative to the speed of the ball carrier and to make the necessary adjustment in his contain angle.

**Off-tackle.** Following his initial charge, the end must move quickly in towards the ball to prevent the ball carrier from running off-tackle.

In the selected play the defensive team is in the light jerseys. The execution of the technique is by the right end, number eighty-eight. The end delivers a good blow to the offensive wing back and prevents him from effectively blocking the defensive tackle. The end moves down the line to make the tackle. Observe the fine play of the right tackle and cornerman.

**Drop Back Pass.** Following his initial charge, the end starts his rush as soon as he recognizes that the play is a drop back
pass. The end must rush from the outside and not allow the passer to run to the outside. He must continue to rush until the ball is thrown or the passer has been tackled.

In the selected play the defensive team is in the light jerseys. The execution of the technique is by both defensive ends. The hard rush of the ends force the passer to throw hurriedly and inaccurately. Observe the correct adjustment by the right corner man to an offensive back set wide.

Sprint Out Pass. Following his initial charge, the end must move quickly across the line of scrimmage to put pressure on the quarterback and force him to throw the ball hurriedly. The end should raise his hands to force the quarterback to throw the ball high. He must continue to rush the passer until the ball is thrown or the tackle has been made.

In the selected play the defensive team is in the dark jerseys. The execution of the technique is by the right end, number eighty-eight. The end is able to break through the blocking and put good pressure on the passer. The end raises his hands twice and accomplishes two things, the first time he prevents the ball from being thrown and the second time the end is able to knock the pass down. Observe the play of the right tackle.

Tackle

The techniques of the defensive tackle can be broken down into two phases, the initial movement of the tackle which is the same
on every play and the correct reaction to the type of offensive play which develops.

The initial movement of the tackle should be as follows: The tackle must charge quickly with the ball or on the movement of the offensive tackle. He must step into the tackle with the inside foot using a lift of a shoulder charge to overpower and to dispose of the offensive tackle quickly. The tackle must be prepared to react to the offensive play which develops.

Off-tackle. Following his initial charge, the tackle must quickly dispose of the offensive blocker and move forward to meet the ball carrier.

In the selected play the defensive team is in the dark jerseys. The execution of the technique is by the right tackle, number seventy-seven. The tackle's initial charge is excellent and he meets the ball carrier at the line of scrimmage. The tackle does play somewhat high on this play.

Sweep. Following his initial charge, the tackle moves laterally along the line of scrimmage to the outside and must be prepared to make the tackle when the corner man or end succeeds in containing the ball carrier.

In the selected play the defensive team is in the dark jerseys. The execution of the technique is by the right tackle, number seventy-seven. The tackle's excellent angle of pursuit enables him
to make the tackle when the end forces the ball carrier to cut up field. The end contains the play well.

**Play Away.** Following his initial charge, the tackle crosses the line of scrimmage and pursues the ball carrier from behind. The tackle must be alert and ready to meet the ball carrier if he should change directions. The tackle should also be alert for a possible fumble.

In the selected play the defensive team is in the dark jerseys. The execution of the technique is by the left tackle, number seventy-four. The tackle's determined pursuit and hustle prevents the ball carrier from struggling forward for additional yardage.

**Drop Back Pass.** Following his initial charge, the tackle must rush the quarterback as soon as he recognizes the play is a drop back pass. The tackle rushes full speed directly at the quarterback. He raises his hands to force the passer to throw the ball high and continues to rush until the ball is thrown or the passer has been tackled.

In the selected play the defensive team is in the dark jerseys. The execution of the technique is by the right tackle, number seventy-seven. The tackle quickly recognizes the play and breaks away from the offensive tackle who is attempting to block him.

**Sprint Out Pass.** Following his initial charge, the tackle moves laterally towards the outside. When he recognizes the play as a sprint out pass, he crosses the line of scrimmage to put pressure on the quarterback and force him to throw hurriedly.
In the selected play the defensive team is in the light jerseys. The execution of the technique is by the right tackle, number seventy-five. The tackle recognizes the play quickly, rushes very hard and is able to knock the pass down.

Middle Guard

The individual techniques of the middle guard can be broken down into two phases; the initial movement of the middle guard which is the same on every play and the correct reaction to the type of offensive play which develops.

The initial movement of the middle guard: The middle guard charges quickly with the snap of the ball. He employs either a shoulder charge or a lift to neutralize the offensive block. He must charge straight forward and not allow the offensive center to block him laterally. He should quickly dispose of the blocker and be alert and ready to react to the offensive play which develops.

Play Over Center. Following his initial charge, the middle guard moves forward to meet the ball carrier and make the tackle.

In the selected play the defensive team is in the dark jerseys. The execution of the technique is by the middle guard, number sixty-four. The middle guard's hard initial charge and quick handling of the offensive center enables him to tackle the ball carrier for a loss of yardage.

Off-tackle. The middle guard, following his initial charge moves laterally along the line of scrimmage in the direction of the
play and is prepared to tackle or assist in tackling the ball carrier.

In the selected play the defensive team is in the dark jerseys. The execution of the technique is by the middle guard, number sixty-four. The middle guard's quick lateral movement prevents the ball carrier from gaining yardage.

Sweep. Following his initial charge, the middle guard moves laterally along the line of scrimmage in the direction of the ball carrier. The middle guard must select the correct angle of pursuit which will enable him to tackle or assist in tackling the ball carrier.

In the selected play the defensive team is in the light jerseys. The execution of the technique is by the middle guard. The middle guard's initial hit and quick reaction to the play is excellent. The right corner end contains the play very well.

Drop Back Pass. Following his initial charge, the middle guard rushes directly at the passer, prepared for the possibility of a draw play. The middle guard continues to rush until the passer has thrown the ball or has been tackled.

In the selected play the defensive team is in the dark jerseys. The middle guard forces the center into an upright position with a good initial charge and then completely overpowers him. The middle guard's determined rush is probably the reason for the failure of the passer to complete the pass. The left end rushes the passer well.
Sprint Out Pass. Following his initial charge, the middle
guard moves laterally along the line of scrimmage as the quarterback
starts to sprint out. When the middle guard recognizes the play is a
sprint out pass he crosses the line of scrimmage to put pressure on
the quarterback and force him to throw hurriedly. The middle guard
must continue to rush until the ball is thrown or the quarterback has
been tackled.

In the selected play the defensive team is in the dark jer-
seys. The middle guard quickly recognizes the play as a sprint out
pass and puts a hard rush on the quarterback. The defensive left
end's hard charge prevents the quarterback from sprinting out into
the area outside the offensive end.

Linebacker

The defensive linebacker's initial movement will be deter-
mined by the movement of the offensive center, guard, and tackle.
The linebacker must quickly react to the offensive play which devel-
ops and employs the correct technique.

Play Over Guard. The linebacker moves forward to meet the
charge of the offensive guard. He must overpower the blocker and
dispose of him immediately. The linebacker must release the blocker
to the inside maintaining outside leverage. The linebacker must move
forward to meet the ball carrier and make the tackle.

In the selected play the defensive team is in the dark jer-
seys. The execution of the technique is by the left linebacker. The
linebacker handles the blocker well, stays in his area and makes an excellent tackle.

**Off-tackle.** The linebacker must meet and dispose of the offensive blocker and then move laterally toward the outside to tackle or assist in tackling the ball carrier.

In the selected play the defensive team is in the light jerseys. The execution of the technique is by the right linebacker, number sixty-three. The linebacker handles the blocker very well and moves quickly to fill the off-tackle hole and prevent the ball carrier from gaining yardage.

**Sweep.** The linebacker moves laterally along the line of scrimmage in the direction of the play. He must be prepared to move forward and tackle the ball carrier as the cornerman contains the play.

In the selected play the defensive team is in the dark jerseys. The execution of the technique is by the right linebacker, number fifty-six. The linebacker's excellent angle of pursuit enables him to tackle the ball carrier after a small gain.

**Play Away.** The linebacker should move under control in the direction of the play. When he is certain that the play will be run to the other side of the center he must select the correct angle of pursuit which will enable him to be in position to tackle or assist in tackling the ball carrier.
In the selected play the defensive team is in the dark jerseys. The execution of the technique is by the left linebacker. The linebacker moves quickly to be in position to help make the tackle. He comes up to prevent the ball carrier from moving forward for additional yardage.

**Drop Back Pass.** The linebacker drops back to the hook area as the quarterback drops back to pass. If no hook pass is thrown, the linebacker moves to the outside to cover the flat area. He must be alert and ready to fly to the ball as soon as it is thrown.

In the selected play the defensive team is in the dark jerseys. The execution of the technique is by the left linebacker. Both linebackers drop back into their respective areas. The left linebacker reacts quickly to intercept the pass.

**Sprint Cut Pass.** The linebacker moves laterally along the line of scrimmage in the direction the quarterback is moving. The linebacker will cover the flat area. He must be alert and ready to fly to the ball when it is thrown.

In the selected play the defensive team is in the dark jerseys. The execution of the technique is by the left linebacker. The linebacker moves into the flat zone very quickly and is able to intercept the pass.
Team Defensive Techniques

Pursuit

Good team pursuit is necessary if the defense employed is to be successful. In order to have good team pursuit, all eleven men must continue to move into a position from which they can assist in tackling the ball carrier. They must continue to pursue until the ball carrier is tackled. The correct execution of team pursuit involves all eleven men.

Onside Personnel. The onside defensive men must employ the correct technique for the type of play that the offensive team is running. The onside defensive players must contain the ball carrier.

Middle Guard. The middle guard must move laterally along the line of scrimmage in the direction of the play.

Offside Tackle. The offside tackle is the chase man and he must cross the line of scrimmage and pursue the ball carrier from behind.

Offside End. The end completes his initial charge and then holds his position until the ball carrier crosses the line of scrimmage. After the ball carrier crosses the line of scrimmage the end should pursue at an angle of about forty-five degrees.

Offside Secondary. The offside secondary must move into position to assist in making the tackle.

In the selected play the defensive team is in the dark jerseys. The following is a man by man analysis of the selected play.
The onside and is unable to contain the ball carrier, he therefore moves laterally to the outside and assists in making the tackle. The onside tackle is blocked in by the offensive tackle but when he is able to break free he starts to pursue at the correct angle. The middle guard penetrates too far across the line of scrimmage in his attempt to pursue the ball carrier. The offside tackle's initial charge is good and he starts to chase the ball carrier from behind as he has been instructed, however, he quits before the play is over. The offside end chases from behind the line of scrimmage instead of holding his contain position until the ball carrier has crossed the line of scrimmage and then taking the correct angle of pursuit. The offside cornerman pursues at the correct angle. The offside safety moves over correctly and would have been in good position had the ball carrier broken away. The onside safety starts to the outside as he should, but fails to come up to assist in making the tackle. The onside cornerman is knocked down and fails to contain the play. The onside linebacker's pursuit angle is not especially good but he does manage to knock the ball carrier off balance. The offside linebacker executes his pursuit technique perfectly and had the ball carrier broken past the line of scrimmage he would have been in position to assist in making the tackle.

Screen

The screen play is primarily the responsibility of three men.
Onside End. The end must always be aware of the possibility of a screen pass anytime the quarterback drops back to pass. When the screen play develops, the end must move immediately to the area to which the ball will be thrown and attempt to break up the play.

Onside Linebacker. The linebacker must move up to assist the end as soon as he recognizes the play as a screen pass.

Onside Cornerman. The onside cornerman, who is covering the outside one fourth of the field, must come up to assist in making the tackle if the pass is completed.

In the selected play the defensive team is in the light jerseys. The defensive end is fooled by the play and reacts too late, but the linebacker reacts quickly and stops the play for no gain. The cornerman also recognizes the play and places himself in a position to make the tackle.

Draw

The draw play is primarily the responsibility of the middle guard and the linebackers.

Middle Guard. The middle guard must rush the passer cautiously always being aware of the possibility of the draw play. When the draw play develops he must recognize it immediately and react to make the tackle.
Linebackers. The two linebackers, who are retreating to the hook zone, must be prepared to assist the middle guard if the draw play should develop.

In the selected play the defensive team is in the dark jerseys. The middle guard is alert and recognizes the draw play immediately and tackles the ball carrier for no gain. The defensive right end and tackle also react quickly and assist in tackling the ball carrier.

Diagrams

This section contains thirteen figures illustrating the correct alignment and movement of the defensive personnel of the five-four defense as taught at South Dakota State University. Only the defensive personnel involved in the execution of the technique are included in the diagrams.

Legend

Circles. Represent the offensive team members.

Triangles. Represent the defensive personnel.

Solid Line. Indicates the direction of the initial charge or initial reaction.

Broken Line. Indicates the direction of the reaction following the initial charge or a secondary reaction.

E. End

T. Tackle
MG. Middle Guard
C. Cornerman
S. Safety
B. Linebacker
Figure 1. Five-Four Normal

Figure 2. Adjustment to a Split End
Figure 3. Adjustment to a Wide Back

Figure 4. Adjustment to a Slot
Figure 5. Off-tackle Technique

Figure 6. Play Over Guard Technique

Figure 7. Play Over Center Technique
Figure 8. Sweep Technique

Figure 9. Drop Back Pass Technique
Figure 10. Sprint Out Pass Technique

Figure 11. Team Pursuit
Figure 12. Screen Technique

Figure 13. Draw Technique
Chapter IV
SUMMARY

Problem

The purpose of this study was to develop a football training film and manual for use as a teaching aid in the coaching of the South Dakota State University Five-Four Defense.

Data

The plays which were selected to illustrate the correct execution of the defensive techniques were taken from South Dakota State game films of the years 1957 through 1962. The method employed was observational and evaluational motion picture analysis. A checklist developed by the author and validated by the South Dakota State University football staff was employed to evaluate the films and select the plays that illustrated the correct defensive techniques.

Recommendations

As the result of this investigation, the author would make these recommendations concerning the filming of football games. The game movies should be taken with a camera having a wide angle lens in order to increase the value of the films both as teaching tools and as player evaluation devices. The cameraman should also be
instructed to start the camera early enough to enable the coaching staff to check the offensive and defensive alignment of their team.

In regard to the production and the use of training films, the author feels that they can have a great positive effect as a teaching device. In addition to the type of training film produced in this study, separate football training films for each defensive position should also be produced.

Training films, to be used as teaching aids, should be developed for the other phases of football and in the other areas of physical education and athletics.
REFERENCES CITED


THE CHECKLIST

Section One. The Five-Four Defense's Alignment and Adjustments.

I. The Five-Four Defense set against a normal T formation.

A. A description of the correct alignment.

1. The correct alignment of the defensive end.
   a. The end is lined up opposite the outside shoulder of the offensive end.
   b. The end should be set in a three or four point stance.

2. The correct alignment of the defensive tackle.
   a. The tackle is lined up opposite the outside shoulder of the offensive tackle.
   b. The tackle may employ either a three or a four point stance.

3. The correct alignment of the middle guard.
   a. The middle guard is lined up head on the offensive center.
   b. The middle guard may employ either a three point or a four point stance and vary the distance he plays from the line of scrimmage--six inches to two feet.

4. The correct alignment of the linebacker.
   a. The linebacker is lined up opposite the outside shoulder of the offensive guard.
b. He should be set in good football position at a
distance of one and one half yards from the line of
scrimmage.

5. The correct alignment of the defensive cornerman.
   a. The cornerman is lined up four yards outside the
defensive end and four yards from the line of
scrimmage.

6. The correct alignment of the defensive safety back.
   a. The safety is lined up opposite the outside
shoulder of the offensive tackle and is seven to
eight yards from the line of scrimmage.
   b. The safety must align himself in a good football
position facing the line of scrimmage.

B. Diagram: Refer to Figure 1, Page 33

II. The five-four defense adjusted to the split end.

A. An explanation of the correct adjustment.

1. The adjustment to the split end is made by the onside
defensive end and cornerman.

2. All other defensive personnel are aligned as described
   for the normal five-four against the T.

3. The adjustment of the onside defensive end.
   a. The defensive end splits the distance between the
      offensive end and tackle and plays from there as
      he would from his normal position.
b. The end is lined up in good football position and should raise his hands high to show the offensive quarterback that he is alert for a quick pass which could be thrown to the split end.

c. The end may employ the option of moving in to a position just outside the offensive tackle from where he may change quickly into the offensive backfield on the snap of the ball.

4. The adjustment of the defensive cornerman.

   a. The cornerman moves out to a position just outside the split end.

   b. The cornerman is lined up in a good football position about seven to eight yards from the line of scrimmage.

B. Diagram: Refer to Figure 2, Page 33

III. The five-four defense adjusted to an offensive back set wide.

A. An explanation of the correct adjustment.

1. The adjustment to the offensive back set wide is made by the onside cornerman.

2. All other defensive personnel are aligned as in the normal five-four defense.

3. The cornerman adjusts by moving out to a position which is head on the offensive back and seven to eight yards from that opponent.
B. Diagram: Refer to Figure 3, Page 34

IV. The five-four defense adjusted to a slot.

A. An explanation of the adjustment.

1. The adjustment to the slot involves the following players: The onside end, the onside cornerman, the safetybacks, and the offside cornerman. The other defensive men remain normal.

2. The defensive end moves out to a position which is slightly outside the slot back. The end assumes the football position about one and one half yards from the line of scrimmage.

3. The onside cornerman moves out to a position head up on the slot end and seven to eight yards from the line of scrimmage.

4. The defensive safety backs move two steps laterally toward the slot, remaining at the same distance from the line of scrimmage.

5. The offside cornerman adjusts by moving to a position which is three yards outside the defensive end and five yards from the line of scrimmage.

Section Two. A Description of the Correct Reaction of the Secondary in the Five-Four Defense.

I. The defensive secondary consists of the two cornermen and the two safety backs.
II. The alignment of the secondary defense is the same as outlined in Section One.

III. Correct reactions of the defensive secondary.

A. The reaction to an offensive sweep.

1. The defensive movement of the onside cornerman.
   a. The cornerman moves quickly straight across the line of scrimmage to a depth of about two yards.
   b. The cornerman is the contain man and must force the ball carrier to cut back into the middle of the field.

2. The movement of the onside safety back.
   a. The safety back moves forward and toward the outside slowly.
   b. When the safety back is positive that the play is a run he moves forward to assist in the tackle always maintaining an outside position relative to the ball carrier.

3. The movement of the offside cornerman and safety back is described in Section Four.

4. Diagram: Refer to Figure 4, Page 34

B. The correct reaction to the drop back pass.

1. The movement of the cornerman.
   a. As the pass develops both cornermen retreat straight back, under control, watching the passer.
b. The cornermen cover the outside one fourth of the field. They play their zone and let no offensive player get behind them.

c. The cornermen must fly to the ball as soon as it is thrown.

2. The movement of the defensive safety backs.

a. As the play develops the safety backs retreat slowly, straight back, watching the passer.

b. Each safety back plays the inside one fourth of the field on his side of the ball.

c. They play their zone and let no offensive player get behind them.

d. The safety backs must fly to the ball as soon as it is thrown.

3. Diagram: Refer to Figure 5, Page 35

C. The correct reaction to a sprint out pass.

1. The movement of the onside cornerman.

a. As the quarterback sprints out toward the sideline the cornerman moves quickly across the line of scrimmage.

b. The cornerman must contain the quarterback and force the quarterback to throw the ball hurriedly.
2. The movement of the onside safety back.
   a. As the quarterback starts to sprint out the safety back starts to move back and toward the outside at a forty-five degree angle.
   b. The safety back covers the deep outside one third on the field on his side of the ball. He must let no offensive receiver get behind him.
   c. The safety back must fly to the ball as soon as it is thrown.

3. The movement of the offside safety back.
   a. As the quarterback starts to sprint out, the offside safety back starts to move back and also laterally in the direction of the play. He will cover the deep middle one third of the field.
   b. The safety back plays his zone and must fly to the ball as soon as the quarterback throws it.

4. The movement of the offside cornerman.
   a. As the quarterback starts to move away, the offside cornerman drops straight back.
   b. The offside cornerman will cover the outside one third of the field on his side of the ball.
   c. The cornerman plays his zone and must fly to the ball as soon as it is thrown.

5. Diagram: Refer to Figure 6, Page 35
Section Three: A Description of the Correct Execution of the Individual Techniques for the Linemen and Linebackers of the Five-Four Defense.

I. The individual techniques of the defensive end.

A. The alignment of the defensive end.
   1. The end is lined up opposite the outside shoulder of the offensive end.
   2. The end may employ either a three or four point stance.

B. The initial movement of the defensive end.
   1. The defensive end charges quickly with the first movement of the offensive end or on the snap of the ball.
   2. The defensive end must step into the offensive end with his inside foot using a lift or a shoulder charge to neutralize the offensive block. The end should overpower the offensive end and dispose of him as quickly as possible.
   3. After releasing the offensive end the defensive end must assume a good football position and be ready to react to the offensive play which develops.

C. The correct reaction of the defensive end to selected offensive plays.
   1. The correct reaction to a sweep.
      a. The end moves forward to meet the blockers and attempts to contain the ball carrier.
b. If the end is unable to contain the ball carrier he must move along the line of scrimmage to the outside and be prepared to assist in tackling the ball carrier.

2. The correct reaction to an off-tackle play.
   a. The defensive end must quickly dispose of the offensive end who is blocking him.
   b. The defensive end must move in towards the ball, keeping his shoulders parallel with the line of scrimmage and meet the ball carrier. The ball carrier will be trying to carry the ball between the offensive end and tackle.
   c. The defensive end must make the tackle and prevent the ball carrier from crossing the line of scrimmage.

3. The correct reaction to a drop back pass.
   a. The end rushes hard as soon as the quarterback starts to drop back to pass.
   b. The end rushes from the outside and does not allow the passer to move out of the pocket and run to the outside.
   c. The end should raise his hands to force the passer to throw the ball high. He must continue to pressure the passer until the ball is thrown or the tackle has been made.
4. The correction to the sprint out pass.
   a. The defensive end moves quickly across the line of
      scrimmage in an attempt to contain the quarterback
      and force him to throw hurriedly.
   b. The end must continue to put pressure on the quar-
      terback until the ball is thrown or the tackle has
      been made.

5. Diagrams: Refer to pp. 35 to 38

II. The individual techniques of the defensive tackle.

A. The correct alignment of the tackle.
   1. The defensive tackle is lined up opposite the outside
      shoulder of the offensive tackle.
   2. The defensive tackle may employ either a three or four
      point stance.

B. The initial movement of the defensive tackle.
   1. The defensive tackle charges quickly with the snap of
      the ball or on the movement of the offensive tackle.
   2. The defensive tackle must step into the offensive
      tackle with his inside foot using either a lift or a
      shoulder charge to overpower him.
   3. The defensive tackle must dispose of the blocker imme-
      diately so that he may react to the offensive play
      which develops.
C. The correct reaction of the defensive tackle to selected offensive plays.

1. The correct reaction to the off-tackle play.
   a. The tackle must quickly dispose of the offensive tackle.
   b. The defensive tackle moves forward to meet the ball carrier.
   c. The defensive tackle meets the ball carrier and drives him back employing sound tackling technique.

2. The correct reaction to a sweep.
   a. The tackle, following his initial charge, must move laterally along the line of scrimmage.
   b. The tackle must be prepared to make the tackle or assist in making the tackle when the cornerman or end contain the play and force the ball carrier to turn back towards the middle of the field.

3. The correct reaction to a play which is run away from the tackle's position.
   a. The tackle crosses the line of scrimmage as the play starts to the other side of the ball.
   b. The tackle pursues the play from behind maintaining the same distance from the line of scrimmage as the ball carrier is from the line of scrimmage.
c. The tackle stays slightly behind the ball carrier and must be prepared to make the tackle if the ball carrier changes direction. He must also be alert to recover the ball should the ball carrier fumble.

4. The correct reaction of the tackle to a drop back pass.
   a. The tackle rushes at full speed and directly at the passer as soon as the quarterback starts to drop back.
   b. The tackle overpowers any offensive blocker who attempts to block him.
   c. If the tackle cannot make the tackle he raises his hands high to force the passer to throw high.

5. The correct reaction to the sprint out pass.
   a. The tackle must move laterally along the line of scrimmage as the quarterback sprints out towards the sideline.
   b. When the tackle recognizes that the play is a sprint out pass he must cross the line of scrimmage and put pressure on the passer.
   c. The tackle must force the passer to throw quickly by putting on a hard rush.

6. Diagrams: Refer to pp. 35 to 38

III. The individual defensive techniques of the middle guard.
   A. The correct alignment of the middle guard.
1. The middle guard is lined up head on to the offensive center.

2. He plays from six inches to one and one half feet away from the line of scrimmage.

3. The middle guard employs either a three or four point stance.

B. The initial movement of the middle guard.

1. The middle guard charges quickly with the snap of the ball, steps straight into the offensive center with either a shoulder charge or a lift.

2. The middle guard must not allow the offensive center to block him laterally.

3. He should dispose of the offensive center as quickly as possible.

C. The correct reaction of the middle guard to certain offensive plays.

1. The reaction to a play directly over the offensive center.
   a. The middle guard must stay low and in good football position after disposing of the offensive center.
   b. He must step forward and meet the ball carrier on the offensive line of scrimmage with a good shoulder tackle.

2. The correct reaction to an off-tackle play.
a. The middle guard, after disposing of the offensive center, and recognizing the type of play moves laterally along the line of scrimmage in the direction of the ball carrier.

b. The middle guard must be prepared to either make the tackle or aid in making the tackle.

3. The correct reaction to a sweep.

a. After the middle guard has disposed of the center and recognizes the play as a sweep he moves laterally along the line of scrimmage in the direction of the ball carrier.

b. The middle guard pursues at an angle which will enable him to make the tackle if the ball carrier breaks past the line of scrimmage.

c. The middle guard must be prepared to make the tackle or assist in making the tackle.

4. The correct reaction to a drop back pass.

a. The middle guard must rush directly toward the passer.

b. The middle guard rushes with caution and must be alert for the draw play.

c. The middle guard must continue to rush until the passer has thrown the ball or is tackled.
d. The middle guard should raise his hands high in order to force the passer to throw the ball high.

5. The correct reaction to a sprint out pass.
   a. The middle guard moves laterally down the line of scrimmage as the quarterback starts to sprint out.
   b. If the middle guard recognizes that the play is definitely a pass, he should cross the line of scrimmage and start towards the passer.
   c. The middle guard should raise his hands to force the passer to throw the ball high.

6. Diagrams: Refer to pp. 35 to 38

IV. Individual techniques of the defensive linebacker.

A. The correct alignment of the linebacker.
   1. The linebacker is lined up opposite the outside shoulder of the offensive guard.
   2. The linebacker must be in good football position facing directly toward the line of scrimmage.
   3. The linebacker should line up approximately one and one half yards from the line of scrimmage varying this distance according to his speed and agility and the situation.

B. The initial movement of the defensive linebacker.
1. The linebacker watches the movement of the offensive center, guard and tackle and their movements will determine how he reacts.

C. The correct reaction of the linebacker to certain offensive plays.

1. The reaction to an offensive play run over the offensive guard position.
   a. The linebacker must move forward to meet the offensive charge of the guard.
   b. He must play directly through the blocker disposing of him as quickly as possible and forcing the blocker to the inside thus maintaining outside leverage.
   c. He must meet the ball carrier with a shoulder tackle at the line of scrimmage and drive him back, not allowing the ball carrier to cross the line of scrimmage.

2. The correct reaction to the off-tackle play.
   a. The linebacker moves laterally along the line of scrimmage.
   b. He must step forward into the off-tackle hold and be prepared to make the tackle or assist in the tackle.
c. He must meet the ball carrier at the line of scrimmage and drive the ball carrier back with a good shoulder tackle.

3. The correct reaction to the sweep.
   a. The linebacker moves laterally along the line of scrimmage in the direction of the play.
   b. He should be far enough from the line of scrimmage so as not to become involved with the defensive linemen.
   c. He must be prepared to move forward to meet the ball carrier as the cornerback turns the play back into the middle of the field.

4. The correct reaction to a play away from his position.
   a. As the play develops in a direction away from the linebacker, the linebacker should start to move in that direction.
   b. When the linebacker is assured that the play will be run to the other side of center he should pursue at an angle which will enable him to be in a position to tackle or assist in tackling the ball carrier if he breaks past the line of scrimmage.

5. The correct reaction to a drop back pass.
   a. As the pass develops the linebacker drops back to the hook area keeping his hands up and ready to intercept any passes into his area.
b. If there is no hook pass thrown, the linebacker starts to move out into the flat area. The linebacker must stay in this zone until the ball is thrown.

c. As soon as the pass is thrown the linebacker goes quickly to the ball playing it as its highest point of flight.

6. The correct reaction to the sprint out pass.

a. As the quarterback sprints out the linebacker moves laterally along the line of scrimmage in the same direction.

b. As soon as the linebacker is assured that the play is a sprint out he moves quickly to the flat area.

c. He covers the flat zone and flies to the ball immediately when it is thrown.

7. Diagrams: Refer to pp. 35 to 38

Section Four: Team Pursuit of the Five-Four Defense and the Reaction to the Screen and Draw Play.

I. The team pursuit of the five-four defense.

A. In order to have good defensive pursuit all eleven men must move to position themselves properly to tackle the ball carrier if he should break away from the onside defensive men.
B. The reaction of the onside men and the defensive secondary has been described in Section Two and Three.

C. The pursuit pattern of the offside linemen and linebacker is as follows:

1. The offside end holds his contain position until the ball carrier has crossed the line of scrimmage. The end then pursues at an angle which will put him into a position from where he will be able to assist in making the tackle.

2. The offside tackle is the chase man and crosses the line of scrimmage to the depth of the ball carrier and chases from behind.

3. The middle guard moves down the line of scrimmage at an angle which will put him into position to assist in making the tackle.

4. The offside linebacker moves back at the proper angle to put himself in position to assist in making the tackle.

D. Diagram: Refer to Figure 11, p. 37

II. The correct reaction to the screen play.

A. The screen play is the responsibility of the onside defensive end and cornerman and linebacker.

B. The defensive end must recognize the screen play as he is rushing the passer. When he recognizes the screen play, he
must move into the area the offensive halfback will occupy to receive the pass. The end must intercept or knock down the pass. If the pass is complete he must make the tackle.

C. The onside linebacker, who has moved out into the flat area, should move up from the outside to assist in making the tackle.

D. The onside cornerman, who is covering the outside deep zone, must start to come up as soon as the ball is thrown. He must maintain outside leverage and assist in making the tackle.

E. All other defensive personnel must move quickly into a position to assist in making the tackle should the ball carrier break away from the onside defensive personnel.

F. Diagram: Refer to Figure 12, Page 33

III. The correct reaction to the draw play.

A. The draw play is the responsibility of the middle guard and linebackers.

B. The middle guard who is rushing the passer must recognize the draw play and tackle the ball carrier.

C. The two linebackers, who are retreating to the hook pass areas and watching the passer, must be prepared to assist the middle guard in tackling the ball carrier as the draw play develops.
D. The draw play is also the responsibility of any other
defensive man who recognizes it.

E. Diagrams: Refer to Figure 13, Page 38