The Development of a Training Film and Manual Based on the South Dakota State University 5-2 Defense

Conrad Mahlon Hellrich

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THE DEVELOPMENT OF A TRAINING FILM AND
MANUAL BASED ON THE SOUTH DAKOTA
STATE UNIVERSITY 5-2 DEFENSE

BY

CONRAD MAHLON KELLERICH

A thesis submitted
in partial fulfillment of the requirements for the
degree Master of Science, Major in
Physical Education, South Dakota
State University

1971

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THE DEVELOPMENT OF A TRAINING FILM AND MANUAL BASED ON THE SOUTH DAKOTA STATE UNIVERSITY 5-2 DEFENSE

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.

Thesis Adviser

Mead, Department of Health, Physical Education and Recreation

Date
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C.M.H.
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CHAPTER I

INTRODUCTION

Significance of Study

Football is an ever-changing game. Each year new training techniques, new ideas as to offense and defense, and changes in strategy are employed by football coaches. Since the first intercollegiate football game in 1869 between Princeton University and Rutgers University, coaches have been experimenting with formations, plays, rules, strategy and coaching techniques in this very complicated game. Because of the lack of information which is now available through the media of professional magazines, books, clinics, and reported research, coaches in the early years of football used the "trial and error" method of determining the best method to prepare for a contest.

The decisions made in football today, however, are being based upon more objectivity than in the past. Blackman states that data collected in practice and in actual competition are now being fed into computers to eliminate the guesswork of coaches. One method of


replacing guesswork with factual information is the use of films which are analyzed by both the coach and the player. Coaches in high schools, junior colleges, and universities started filming their games in order to analyze objectively all aspects of team play. According to Hoar, the utilization of the motion picture film as a teaching aid appeared to begin about 1930, when it was considered a novelty to use game films. The filming of games provides an opportunity for the quarterback to watch himself unconsciously tip-off a bootleg play by planting his feet differently, to allow a center in basketball to see himself telegraph a right-handed hook shot with a single head motion, and to allow a golfer to study his golf stroke objectively.

In advertising cameras, film, and processing data, ESO-S Sports News stated:

Movies let a coach trade a memory for an indelible record of each team play. Film analysis yields constructive criticism and praise to the players. Alibis, excuses and false pride are diminished; acute awareness and appreciation of talents, abilities, shortcomings, and one of the self in relation to the team are enhanced as soon as the pictures flicker onto the screen.

Knapp and Hagman summed up why coaches use films by stating, "Learning is greatly influenced by the use of game films because of experiences that are shown and of the inherent interest of films to


6Ibid.
students. Training films are also becoming more and more popular with football coaches as specific phases of football techniques can be brought together in one film. This procedure can be accomplished by splicing together certain specific techniques from game films, or filming staged playing techniques which the coach feels can be employed for training purposes. Fuoss of Purdue University used films to provide a better teaching and coaching aid in coaching football. He said "Training films consisting of one particular phase of the game is the Purdue staff's most important coaching device in the preseason program."  

This writer believes in the values gained from the use of films. As a graduate assistant assigned to the varsity defensive coaching staff, an interest was developed to study in depth the 5-2 football defensive alignment.

Since the South Dakota State University coaching staff presently does not have a training film on the 5-2 defense, the task was undertaken to develop a training film on the defensive play of the 5-2, plus a manual which explains what techniques are noted in the film.

Statement of Problem

The purpose of this study was to develop a training film and manual on the 5-2 football defense which could be used to improve the coaching process. Specifically, the present study involves three phases


1. Development of a coaching manual explaining the basics of the 5-2 defense, the stunts, player techniques, and movement variations of the defense.

2. Filming of all the techniques of the defensive line and linebackers.

3. Extracting game situation examples of the 5-2 defense and splicing them with the techniques previously filmed, thus, developing a coaching film on the 5-2 defense as used at South Dakota State University.

Limitations and Delimitations

1. The training film and manual was limited to the line and linebackers of the 5-2 defense.

2. The films used to provide game examples of the defensive techniques were limited to South Dakota State University football game films from the 1970 season and Iowa Central Community College game films of the 1969 season.

3. The writer used his judgment along with the judgment of the defensive line coach at South Dakota State University to evaluate and select appropriate game examples of proper execution of the techniques.

Definitions of Terms

Con trail. A defensive maneuver protecting the outside by staying outside of the offensive play, thus forcing the back to cut upfield into the defensive pursuit.
**Flat Zone.** The short, outside pass zone extending from an area on the line-of-scrimmage where the tight end would normally line up to the sidelines and ten yards down field.

**5-2 Defensive Alignment.** The defensive positions employed by the five linemen and two linebackers.

**Football Defensive Stance.** A stance assumed by a defensive player in which knees are slightly bent and hips are slightly flexed, the arms are in front of the body with elbows slightly bent to protect the legs, and the body weight is on the balls of the feet.

**Four-point Defensive Stance.** A stance assumed by a defensive lineman, using the feet and both hands to form a base.

**Gap.** The space between two offensive linemen.

**Hand Shiver.** A two-handed jab, locking both wrists and both elbows, using an under-and-up motion designed to raise a blocker's charge. The hand shiver may hit the opponent's shoulder pads or head gear.

**Head On.** The position by which a defensive player lines up "nose-to-nose" with an offensive lineman.

**Hook Zone.** An offensive pass zone about ten to fifteen yards deep where tight ends usually hook. A linebacker usually has this area to cover.
Key: An assigned offensive player to be watched by a defensive player. The offensive player's movements tell the defensive player how to react.

Man-to-Man Coverage. Coverage by which each defender is a specific assigned offensive receiver to cover wherever he goes on a pass pattern.

Read: A defensive maneuver whereby the defensive linemen will not try to penetrate across the line-of-scrimmage on the snap of the ball. The defensive linemen will watch the offensive linemen across from them and react to the blocks or movements.

Square to the Line-of-Scrimmage. A defensive stance whereby the player will play his area of the line with the shoulders parallel to the line-of-scrimmage and toes pointing toward the goal line, thus permitting the defensive lineman to react and pursue the ball carrier in either direction.

Three-point Defensive Stance. A stance assumed by a defensive lineman, using the feet and one hand to form a base.

Two-point Stance. A stance assumed by a defensive end or linebacker using the feet to form a base.

Zone Coverage. A pass defense where defenders are assigned to cover various areas or zones on the field.
CHAPTER II

REVIEW OF THE RELATED LITERATURE

Chapter II has been divided into two sections. The first section contains the uses of films in athletics and the second section contains a brief history of the 5-2 defense.

Use of Films in Athletics

Hoar felt that in physical education and athletics the use of visual aids was valuable as a teaching aid. The teacher and students could see the best plays in football, the best swimmers in action, the best gymnasts, and the best basketball players. Therefore, in 1932, Hoar compiled and published a list of motion picture films which might enhance learning for the profession of physical education and recreation.¹

Fleischer wrote about how both physical educators and coaches adopted the use of films in their programs. The number of film users increased rapidly prior to World War II. However, in 1942 and 1943, because of the war, there were very few coaches using motion pictures.²


After the war many physical educators and coaches again began to use motion pictures for teaching aids. Bernhard stated:

Physical educators have seen the successful results achieved by the armed forces with the use of films as teaching aids. Lessons have been taught in one period which would ordinarily take three or four lecture periods.³

Duke stated that films have become an important component of teaching in all areas of physical education and athletics. The part-whole-part method of instruction appears to be a sound method, but the novice often finds it difficult to assimilate the fundamental moves and execute them smoothly and precisely. Duke felt certain sequences of the film viewed and reviewed immediately by reversing the projector to be an important phase of the learning situation. Also, running the film at reduced speeds in order for the viewer to pick up the minute details involved in a movement is essential for learning. Duke further emphasized that the player and coach should use similar terminology when discussing certain moves.⁴

Hainfeld discussed the use of training films in baseball. He stated that in 1961, Ralph Houk, manager of the New York Yankees, used films to point out what his hitters were doing wrong when in a slump. Houk filmed the hitter while his percentage of base hits was high and


also while his percentage of hits was low. The hitter could see what he was doing wrong basically and what was needed to correct the mistake or mistakes.5

Watkins completed a study to determine the effectiveness of motion pictures as an instructional aid in correcting the batting faults of baseball players. According to his study,

...baseball players who view motion pictures of their batting style can significantly decrease the number of their batting faults as compared to baseball players who do not view motion pictures of their batting.6

Hainfeld used training films as coaching aids in teaching swimming skills. He stated, "Analytical movies can be of distinct value to the swimmer in helping him improve his aquatic skill."7

According to Glover, the use of films can also be an integral part of a basketball program. Basketball coaches, on both the high school and college level, have found numerous uses for their game films. He stated:

Films prove invaluable for coaching purposes such as pointing out individual mistakes, reviewing offensive and defensive patterns, and studying individual characteristics of both our own and opposing players.8


In golf, the use of the video tape replay to help self-assess the golf swing of women was studied by De Bacy. Accuracy of self-assessment refers to the degree of agreement between self-assessed skill and actual skill. The major finding was that self-viewing of the video tape replay did improve the accuracy of self-assessment. De Bacy felt the student, after viewing herself on video tape, could find it easier to master the sport skill.  

In contrast to the positive statements and research studies in regard to video tape previously reviewed, several studies indicated that video tape was not useful in developing a skill. Olson conducted an investigation to determine whether the use of video tape in teaching a side horse routine caused an accelerated learning process as compared to teaching the routine by the traditional teaching method. The traditional method consisted of verbal cues and demonstrations by the writer. His findings indicated that there were no statistically significant differences between the groups in skill learning.  

Penman, Bartz, and Davis studied the effect of using video tape for immediate knowledge of results, as a teaching aid for improving trampoline skills. One group was taught by the use of the traditional method with the use of the video tape machine as a teaching aid; the

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other group was taught by employing only the traditional method. Inexperienced gymnasts were used as subjects in the study. No significant difference between the two groups was found.\textsuperscript{11}

Lee in her study on the use of audio-visual aids in teaching sports skills to the educable mentally retarded found no significant difference was evident in the group receiving audio-visual aid in pre- and post-tests. Volleyball, wall volley, and serve tests were the skills taught.\textsuperscript{12}

Fordyce conducted a study to investigate the use of a visual aid to train linebackers to respond correctly to the keys required of them in the Oklahoma 5-4 defense. Fordyce felt that a linebacker could be trained to make the six basic responses by having him react to keys on film. According to the results of the study, the subjects consistently improved in the number of correct responses.\textsuperscript{13}

Hainfeld and Flanagan stated that during the past thirty years, the use of sixteen-millimeter motion pictures to film football games was constantly increasing. However, Stagg, whose football coaching


career went through the periods of coaching without films and where coaches were using films, was quoted as saying,

I guess I'm about the only college coach who never used movies in coaching, having coached so many years during the period when it was considered unsportsmanlike to use movies on one's opponents. 14

Football coaches around the country have recognized the importance of films as a teaching aid. Schembeckler, presently head football coach at Michigan University, said, "The most important teaching aid in the development of an individual player is a game or scrimmage film." 15

Slee and Noble discussed many reasons why high schools started filming their games. During the season in high school, films are used to show mistakes and weaknesses of the football system; to show to the quarterbacks for game preparation; and to review the opponent's offense and defense. Then writers felt that after the season ended, the game films could be shown to college recruiters, booster clubs, alumni, and junior high school players. 16

Ostendarp, football coach at Amherst College, discussed the reasons that small colleges need to use films. He stated that a small college is more limited in practice and coaching time compared to a university. Most small colleges have a small staff, no spring practice


and limited practice time on the field. To combat this situation, Amherst College filmed their preseason scrimmages. The coaches would break the films down into an offensive reel and defensive reel. Ostendarp recommended that the players spend time with the coaches reviewing mistakes on the film so that practice time on the field could be put to better use. 17

According to Fuoss, the Purdue University football staff, for study purposes divided the use of films into seasonal, postseasonal, and preseasonal areas. During the season, the films were used to grade the players, develop a plan of attack, evaluate each offensive play, and analyze the opponent's defense and offense. After the season, the coaches edited the films into offensive and defensive reels. From these reels, the coaches developed training films for further use at coaching clinics and at fall preseason practice. The coaches also exchanged films with other teams in an effort to learn new coaching ideas. The preseasonal uses of films included reviewing each opponent's game film for future scouting purposes and showing the training films to the players during fall football practice. 18

Shoults stated that the coaching staff at Northwestern University used films to evaluate their offense. Copies of each play were made

into films that dealt with each position of the squad. These reels were studied so that the coaches could evaluate personnel and the offensive system for the following year.  

Butler discussed two types of training films. The first type was the commercially developed film. These films were concerned with fundamentals and drills which nearly every coach could use for his practices. The second type of training film was one which was developed by the coach from his game movies. This type of training film enabled the coach to teach his own system and techniques to the squad. Butler said, "Training reels and loops are valuable tools for teaching your offense and defense and also they enable any new staff member to learn the system fast."  

Hainfeld and Flanagan expressed the feelings of several football coaches on the use of game films. Bryant of Alabama University said, "We consider movies the most important part of our work. We not only take movies of each regular game, but of practice sessions in the fall and spring." Daugherty at Michigan State University stated, "We also feel that having a boy watch himself is an integral part of the film program. It isn't necessary to tell him what he is doing right or wrong." Eliot, while he was at Illinois said, "Moving pictures are


21 Hainfeld and Flanagan, loc. cit.

22 Ibid.
the most important avenue of help that coaches now possess." 23 Wilkinson, the former head coach at Oklahoma University, said that they filmed their games to further their technical knowledge and to analyze the effectiveness of their attack. 24

A review of literature indicated that the majority of coaches believe game films and training films constitute an important teaching and coaching aid. Football coaches appear to believe that training films developed from game films are a meaningful teaching aid when one is concerned with learning the coach's offensive and defensive fundamentals. Few studies were found which indicated that the use of video-tape did not enhance the learning of a motor skill.

**History of the 5-2 Defense**

The history of the development of the 5-2 defense centered around the changes in offensive theory. Graves stated that football began to change greatly after World War I. Coaches were experimenting with offensive maneuvers, and from this period many new offensive sets were developed. These included the pro set, which made passing an offensive threat, and the split-T originated by Don Faurot, which contained the "belly" option. Graves indicated that each year the offense created more problems for the defense to solve. 25

Higgins wrote that the split-T appeared to be one of the most

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23 Ibid.
24 Ibid.
popular and devastating offenses in the post-war period. He felt that the strengths of the "T" were these: the offense had a heavy concentration of men from one offensive tackle to the other; the offense was deceptive; the offense was based on releasing linemen down field into the secondary to block; the offense was potent if the line had tight splits, but this made it a poor passing formation; and finally, the "T" had an excellent passing attack if the line splits were wide and the ends were split. Many defensive coaches knew that most of the action occurred between the tackles. Therefore, the defense had to control this area to beat the split-T offense.26

Graves stated that during the period the split-T began to appear, many teams were playing the 6-2 defense, which consisted of six linemen on the line-of-scrimmage and two linebackers. The 6-2 defense was not effective against the "T" offense because the offense had more men between the tackles than the defense had. Occasionally, teams used a gap-eight defense, which consisted of eight men on the line-of-scrimmage lined up in the gaps, and three defensive backs; or a seven-diamond, which employed seven men on the line-of-scrimmage with the noseman head-on the center and one linebacker. Graves pointed out that these defenses proved weak against a passing attack.27

27 Graves, loc. cit.
However, as early as 1945, Cravath wrote that many college teams began to play a five-man defensive line to stop the split-T. The defensive line was taught to slant and loop, instead of penetrating, moves which prevented the offensive line from releasing down field. To add strength to the middle of the defense, three linebackers were used. However, the offensive passing attack began to hurt the 5-3 because of only a three-deep secondary; so the 5-2-4 defense was developed. This defense put two linebackers in the center of the defense to stop the running attack and allowed four defensive backs in the secondary to stop the passing attack.28

Graves felt that Wilkinson's refinement of the split-T made the T the most potent offense in the country. To stop his own devastating offense, Wilkinson developed the 5-4-2 defense. Because Graves, then the defensive coach at Georgia Tech, was having difficulty stopping the split-T offense, he visited Oklahoma University to learn about Wilkinson's 5-4-2 defense. Georgia Tech University had played a wide-tackle six defense. The opponents were taking wide line splits which spread the defense out, thus making the split-T offense very powerful. Graves stated that he liked what he saw at Oklahoma University and adapted it for the following year. However, since Georgia Tech had already been through spring football practice, Graves needed to make the new defense as easy to learn as possible; therefore he developed the monster defense. The monster defense allowed Graves to

play a three-deep zone as Georgia Tech had done in the past, but it also permitted Georgia Tech to play five linemen and two linebackers the same as Oklahoma did on their 5-4-2.\(^{29}\)

The advent of the split-T as an accepted offense brought about change in defensive theory. Because coaches found that the basic defenses once employed were not effective against the T formation, the five-man line with two linebackers with variations of the defensive back alignment was employed as an effective defense to stop the split-T.

\(^{29}\)Graves, loc. cit.
CHAPTER III

METHODS AND PROCEDURES

The present chapter includes the source of data, procedure for developing the manual, and the procedure and equipment used for developing the football training film.

Source of Data

The source of data for the manual came from the 1970 South Dakota State University football defensive playbook, an interview with the varsity defensive coordinator of the defensive line and linebackers, and other sources including readings about the 5-2 defense as described by various coaches. A bibliography of these sources may be found in Appendix A.

In the development of the training film, two sources of material were used. The first source was the filming of the techniques employed by the South Dakota State University defensive line and linebackers during spring football practice of 1971. A professional photographer was employed to film the practice sessions.

The second source of material for the development of a training film was game-situation examples taken from the South Dakota State University game films of the 1970 season and the Iowa Central Community College game films of the 1969 season.
Procedure for Developing the Manual

A manual was developed to accompany the film. The defensive techniques for the ends, tackles, nosemen, and linebackers preceded the description of each defense. Each technique describes stance and alignment, technique instruction, and responsibilities. The techniques included are the anchor, blood, skating for the ends; the eagle, loop, and slant technique for tackles; the gap and slant technique for nosemen; the butt pass rush and shoulder control pass rush for the linemen; and the eagle, fire, scrape-off, and shuffle technique for the linebackers.

A description and a diagram of each defense that South Dakota State University used during the 1970 season follows the described defense techniques. The description of each defense contains the strengths and weaknesses and the techniques each player should use. The last section is a brief explanation of the movement of the defense on each play as shown on the film in order that the viewer may know exactly what to look for in the film. The defenses include the 5-2 slant, the 5-2 stunt, the 5-2 blitz, and the 5-2 shoot.

The final section of the manual includes descriptions of variations of the 5-2 defense which South Dakota State University did not use. Such defenses are called the 5-2 eagle and the 5-2 stack.

Procedure for Developing the Training Film

This section includes the equipment used and the procedure for developing the training film.

Equipment. A 16mm Kodak Analyst projector was used to edit the films. The Audio-Visual Aid department of the University cut and
Procedure for Developing the Manual

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Procedure for Developing the Training Film

This section includes the equipment used and the procedure for developing the training film.

Equipment. A 16mm Kodak Analyst projector was used to edit the films. The Audio-Visual Aid department of the University cut and
spliced the desired plays for the training film. The game films were filmed with a Bell & Howell camera with a 400-foot magazine, and the same camera was used to film the additional defenses during spring football. The writer filmed the lead-ins at the South Dakota State University Audio-Visual Aid Department.

Training film. The first section of the film showing all the techniques of the defensive line and linebackers was filmed during the 1971 spring football practice held on the varsity game field. The photographer filmed the techniques from the stadium. A defensive player was filmed using the correct technique against an offensive player or part of an offensive line.

The second section of the training film includes game examples of the 5-2 defenses used by the South Dakota State University football team during the 1970 season. South Dakota State University and Iowa Central Community College game films were viewed to find the desired game situation examples to be included in this study. The coordinator of the varsity defensive line and linebackers, along with the writer, evaluated each play to determine whether it met with the specifications of each defense. The manual was prepared before the construction of the film. It served as a guideline for play selection. After each play had been selected, it was cut from the game reel and assigned a number which corresponded to the number of the written description of the play. Then the plays were spliced together in proper sequence.

Titles. The titles for the lead-ins were developed by the writer and were filmed in the Audio-Visual Department at South Dakota
State University. The titles were spliced into the training film at the proper sequence according to the manual.

The two parts of the film were then spliced together along with the titles to make one complete film to supplement the manual. Two films were developed: one for the Health, Physical Education and Recreation and Athletic Department at South Dakota State University; and one for the writer.
CHAPTER IV

MANUAL FOR THE LINE AND LINEBACKERS FOR THE 5-2 DEFENSE

The manual is divided into three sections. The first section contains a description of the stance and alignment, technique instruction, and responsibilities of each individual technique for the line and linebackers of the 5-2 defense. All techniques are described as though the manual is talking to the player. The second section contains an explanation of each defense used by the football team at South Dakota State University. Under each defense, there is a brief description of the play shown in the training film corresponding to the defense. The third section includes an explanation of two variations of the 5-2 defense not included in the South Dakota State University playbook.

Techniques

I. Defensive Ends

A. Anchor Technique

1. Stance and Alignment. Stand in a two-point football position and line up head-on the offensive end in a position as close to the line-of-scrimmage as possible.

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2 John Gregory, and Dennis Moller, "South Dakota State University Defensive Playbook" (South Dakota State University Athletic Department, 1970). (mimeographed).

2. **Technique Instruction.** On the snap of the ball, explode into the offensive end by taking a short jab step with the inside foot. Give the offensive end a forearm lift with the outside arm, then dispose of the end to the outside as quickly as possible. Remain low and in a good football position at all times. Do not let the offensive end release to the inside to block the linebacker. Remain on and parallel to the line-of-scrimmage.

3. **Responsibilities.**
   a) Play tough and protect the area over the offensive right end. If the tight end blocks out, fight off the block and close the hole.
   b) If the ball is coming down the line-of-scrimmage as an option play, take the quarterback. Tackle the quarterback high to cause a fumble.
   c) If the tight end blocks down on the tackle, look for a kick-out block by the fullback.
   d) On a sprint-out pass to the side of the anchor end, contain and rush the quarterback.
   e) On a drop-back pass, contain and rush the quarterback.
   f) On action away, either a sprint-out pass play or a sweep, trail the play by staying as deep as the ball.
B. **Blood Technique**\(^4,5,6\)

1. **Stance and Alignment.** Stand in a two-point football position and line up on the outside shoulder of the offensive end in a position as close to the line-of-scrimmage as possible.

2. **Technique Instruction.** On the snap of the ball, take a jab step with the inside foot and by using the hands, jab the head of the offensive end into the loop charge of the defensive tackle. The second step is a lateral step with the outside foot, then a crossover step with the inside foot, and a short hop for balance and position. Remain on and parallel to the line-of-scrimmage.

3. **Responsibilities.**
   
a) If the offensive end tries to block out on the defensive end, fight the block, but maintain contain position.

b) If the ball is coming down the line as an option play, cover the pitch-man and try to make the quarterback keep the ball.

c) The defensive end should never allow the offensive end to release outside. The offensive end is either trying to hook the defensive end or block downfield.

d) On a drop-back pass, cover the short flat zone, screen pass, or flare pass to the halfback.

\(^4\)Ibid.

\(^5\)Gregory and Moller, loc. cit.

\(^6\)Gregory, loc. cit.
e) On action away, pursue the play. The defensive end on a blood technique will be the last tackler on action away.
f) On a sprint-out pass play to the side of the blood technique, contain and rush the pass.

C. Skating Technique

1. Once the ball is snapped, use the skating technique to ward off blockers on a sprint-out pass play or sweep when two or three blockers lead the ball carrier. (The term "skating" is used by the defensive coaching staff and players for understanding of technique purposes only.

2. Technique Instruction. When a blocker is coming toward the defensive end, the end should step with the inside foot, and use the inside arm to deliver a blow to the blocker. Remain low and protect the legs. Dispose of the first blocker as quickly as possible, and be prepared to take on a second blocker, using the inside leg and inside arm.

3. Responsibilities.
   a) Never allow the ball carrier to get outside.
   b) Do not skate too fast outside so that a large gap is left for the ball carrier to cut upfield. Do not get knocked down.

D. Adjustments to Offensive Sets

1. Split with the offensive tight end up to four yards and play a normal blood or anchor technique. If the tight end splits more than four yards, move back to a position over an imaginary tight end. If the offensive end is not split more than eight yards, be aware of a possible crack-back block from the split end. The scouting report should state whether the end uses a crack-back block. If the end frequently employs a crack-back block, the defensive end should penetrate one-and-one-half yards so that the block will be a clip.

2. Against a slot formation, where the slotback almost assumes a tight end position, play the slotback the same way as a tight end.

3. On the split end side, where there is no tight end or slotback, line-up over an imaginary tight end and play a normal technique.

4. Against a wing formation, where the flanker lines up just outside the tight end, do not adjust alignment or technique used because of the extra man. The strong safety will come over to compensate for the defense against this type of offensive set.
E. **General Comments for Defensive Ends**

1. The defensive end has a dual key, which are the closest lineman and the near back. Normally, as the defensive end performs his technique, he will key through the offensive end to the near back. Then he will find the football.

2. A defensive end meets a multitude of offensive blocking techniques, so the position of his feet, more than any other phase of the defensive technique, will determine the ability of the end to fight pressure and pursue. The defensive end must always point his feet toward the goal line.

3. Play inside when the corner support is tighter; usually occurs on the short side of the field, and play loose when the corner support widens and deepens. In case of doubt, play loose.

II. **Defensive Tackles**

A. **Eagie Technique**

1. **Stance and Alignment.** Line up in a three-point stance in the guard-tackle gap, and in a position as close to the line-of-scrimmage as possible.

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12 Gregory and Moller, loc. cit.

13 Gregory, personal interview.

14 Graves, op. cit., p. 132.
2. ** Technique Instruction.** Key the guard. On movement of the guard, explode through the gap as quickly as possible, but do not penetrate deeper than one-and-one half yards.

3. **Responsibilities.**

a) Do not let the offensive guard block the tackle. Be quick and explode through the gap.

b) If the guard pulls, follow the guard as close to the line-of-scrimmage as possible.

c) If the guard blocks down on the noseman, look inside for a possible trap play.

d) Rush all passes and pursue all runs. Take a proper pursuit angle.

e) If a 5-2 slant defense is called to the side of the split end or slotback, use an eagle technique. This is done for two reasons. First, the defensive end is already in excellent contain position. The tackle is more capable of handling the inside power plays than the linebacker. Second, the linebacker, who is more agile and faster, will have less responsibility against the power plays up the middle, so he can help out on any option or sweep to the split end side. However, if the defense is a 5-2 stunt or a 5-2 blitz to the split end side or slotback side, the defensive tackle on that side uses a loop technique.
B. Loop Technique

1. **Stance and Alignment.** Line up in a three-point stance on the outside shoulder of the offensive tackle and in a position one-and-one half feet off the ball, so that the blocker cannot cut the defensive tackle off.

2. **Technique Instruction.** Key the tackle. On movement of the tackle, take a lateral step toward the tight end. Use a forearm lift with the outside arm to hold the end up, then make the end release to the outside. Remain low and parallel to the line-of-scrimmage and do not penetrate.

3. **Responsibilities.**
   a) On the 5-2 stunt defense and 5-2 blitz defense use the loop technique. However, on the 5-2 slant defense the on-side defensive tackle will use the loop technique only when there is a tight end present. Otherwise, the defensive tackle will use an eagle technique.
   b) Against a double team by the tackle and tight end, work the head outside and up the field. Try to widen out the double team.
   c) If an offensive tackle reaches to block, play off the head of the tackle with the hands and flatten out along the line-of-scrimmage. Be prepared to give quick wide support.

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15 Gregory and Moller, loc. cit.

16 Hayes, op. cit., p. 217
d) If the offensive tackle blocks down and the tight end blocks out, turn and look for the trap play.

e) Against a drop-back pass, rush and contain the quarterback. Do not get knocked off the feet.

f) Against a sprint-out pass away from the loop tackle, get as deep as the ball and rush the passer. Against a sprint-out pass toward the loop tackle, rush the passer. The end will have contain in this situation.

c. Slant Technique17,18,19,20

1. Stance and Alignment. Line up in a three-point stance head-on the offensive tackle and in a position one-foot off the ball.

2. Technique Instruction. Key the guard. On movement of the ball, lead step with inside foot six to eight inches at a forty-five degree angle at the "V" of the neck of the guard. Drive the far forearm across the head of the tackle. Do not let the offensive tackle cut the slanting tackle off.


18Gregory and Moller, loc. cit.

19Graves, op. cit., p. 132

20Hayes, op. cit., p. 216.
3. **Responsibilities.**
   
a) Prevent the straight ahead charge of the guard. This will protect the linebacker.
   
b) If the guard pulls away, follow the guard, and stay as close to the line-of-scrimmage as possible.
   
c) If the guard blocks down, look for a trap play. Close hard and meet the trap blocker with the outside shoulder and remain low.
   
d) If the guard pulls to the side of the slanting tackle, turn tight to the line-of-scrimmage or spinout. Follow the guard as close to the line-of-scrimmage as possible.
   
e) Against any sprint-out pass or drop-back pass, use a pass rush technique and rush the passer.

III. **Defensive Noseman**

   A. **Gap Technique**

   1. **Stance and Alignment.** Line up in a three-point stance in the guard-center gap. The defense called will determine which side of the center to go.
   
   2. **Technique Instruction.** Key the guard. On movement of the guard, explode through the gap as fast as possible, and do not penetrate deeper than one-and-one half yards.

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21 Gregory and Hollar, loc. cit.
3. **Responsibilities.**

   a) Be quick so that the center cannot cut off the penetration of the noseman.

   b) If neither the center or the guard block the noseman, look for an isolation play up the middle with the fullback blocking or a quick trap play.

   c) If the guard pulls in either direction, flatten out at the line-of-scrimmage and pursue.

   d) Rush the quarterback on all sprint-out and drop-back passes.

   e) Against a guard-center double team, stay low and get width.

B. **Slant Technique**

   1. **Stance and Alignment.** Line up in a three-point stance on the nose of the center one-half foot off the ball. If the center is slow or a poor blocker, line up closer to the ball than one-half foot. If the center is fast and a good blocker, line up further away from the ball.

   2. **Technique Instruction.** Key the guard in the direction of the slant. On movement of the ball, lead step with outside foot six to eight inches at a forty-five degree angle at the "V" of the neck of the guard. Do not let the center cut the slanting noseman off.

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22Gregory and Moller, loc. cit.

23Hayes, loc. cit.
3. **Responsibilities.**

a) Against a center's reach block, play the head of the center with the hands and level down the line. Do not let the center or the guard block the feet.
b) If the center and the guard do not block the slanting noseman, then fold back and pursue down the line-of-scrimmage.
c) If the guard pulls to the slant noseman's side, level down the line-of-scrimmage and pursue. If the guard pulls opposite to the slanting noseman, flatten down the line as tight as possible and pursue.
d) If there is a guard-center double team, work the head to the outside and get width. Remain low and do not get driven back.

IV. **Pass Rush Techniques for Lineman**

A. **Head Butt Pass Rush Techniques**

1. At the beginning of each play, initiate the designated technique. However, as soon as a pass play is diagnosed, abandon the technique and rush the passer.

2. **Technique Instruction.** As soon as the play is read as a pass, explode as quickly as possible into the offensive lineman and penetrate through the arms of the blocker. Plant the forehead into the upper chest of the blocker. The explosion

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24Graves, op. cit., p. 149
25Gregory, personal interview.
into the blocker will knock the blocker off balance. When the offensive lineman resists, jerk him with the hands and dispose of the blocker to one side or the other.

3. Responsibilities.
   a) Remain in the passing lane, so that the quarterback cannot find any place to run the ball.
   b) The hands must be raised when the passer is attempting to throw the ball.
   c) Tackle the passer high.

B. Shoulder Control Rush Technique\textsuperscript{26,27}

1. The shoulder control rush technique will also be employed after diagnosing that the play is going to be a pass.

2. Technique Instruction. As soon as the play is read as a pass, explode into the blocker using hands to control the shoulder pads. Once the blocker resists, jerk the offensive lineman to one side or the other forcing the blocker off balance. Dispose of the blocker and get to the passer.

3. Responsibilities.
   a) Remain in the passing lane, so that the quarterback cannot find any place to run the ball.
   b) The hands must be raised when the passer is attempting to throw the ball.
   c) Tackle the passer high.

\textsuperscript{26} Gregory and Moller, loc. cit.
\textsuperscript{27} Gregory, personal interview.
V. Defensive Linebackers

A. **Eagle Technique** 28, 29, 30

1. **Stance and Alignment.** Line up in a two-point stance with the outside foot of the linebacker across from the inside foot of the offensive end in a position three yards off the ball.

2. **Technique Instruction.** Key the offensive tackle. On the movement of the tackle, jab step with the outside foot into the offensive end watching as much as possible the offensive tackle to the inside. Use a forearm lift on the tight end. Keep square and never come across the line-of-scrimmage.

3. **Responsibilities.**
   a) Be responsible for the off tackle hole.
   b) On an option play, play the quarterback.

B. **Fire Technique** 31, 32

1. **Stance and Alignment.** Line up in a two-point stance. The defense called in the huddle will dictate which gap to line up in. It will either be the center-guard gap or the guard-tackle gap. Line up sideways facing the ball and get as close to the ball as possible. Do not lean sideways over the line-of-scrimmage.

28 Jones and Wilkinson, op. cit., p. 96.
29 Gregory and Moller, loc. cit.
31 Gregory and Moller, loc. cit.
32 Gregory, Personal interview.
2. **Technique Instruction.** Key the ball. On the snap of the ball explode with the inside foot into the gap. Keep low with the knees bent and hips flexed. Drive down and through the shoulder pad of the outside lineman of the gap with the outside elbow in order to get through the gap square to the line-of-scrimmage. Remain low and in a good football position. Be quick. Do not go through the gap parallel to the line-of-scrimmage.

3. **Responsibilities.**
   a) Against a sweep, level off and get into a good pursuit angle.
   b) Once penetration is gained, be prepared to deliver a blow against a trap by a lineman, or an isolation block by a back.
   c) Against any type of pass, rush the quarterback as fast as possible.

C. **Scrape-off Techniques**

1. **Stance and Alignment.** Line up in a two-point stance in a good football position. The tactical situation usually dictated position. The normal situation is for the inside eye to be opposite of the outside eye of the guard. However, on the split end side, line up with the outside foot behind the inside foot of the eagle tackle.

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33 Gregory and Moller, loc. cit.
34 Graves, op. cit., pp. 157-158.
2. **Technique Instruction.** The scouting report will usually dictate whom to key on. Usually the key will be through the guard to the near halfback. The scrape-off linebacker is on the slant tackle side, responsible for the area vacated by the slanting tackle. On action to the side of the slant tackle, the scrape-off linebacker steps with the outside foot to the outside. Remain square and do not angle toward this position. When the offensive back cuts up into the hole, step up and fill the hole with the shoulders square. Always be in a good football position.

3. **Responsibilities.**

   a) Usually a mistake is made on the initial move. The first movement, exclusive of any false steps, is very important.

   b) Any time the ball stays behind the center, take a step to the outside with the outside foot, keeping the inside foot planted. This move prevents committing too fast on a counter play.

   c) On action away, pursue down the line-of-scrimmage keeping leverage on the ball. Keep the shoulders parallel to the line-of-scrimmage and gain depth as the play gets wider. Do not overrun the play.

   d) Against a sprint-out pass to the side of the scrape-off linebacker, take the same steps to the scrape-off position, then drop back to the hook zone. As soon as the quarterback sets up, get good body control and be ready to sprint to the football. On a sprint-out away, drop back to the throw back zone, then sprint to the deep middle.
South Dakota State University Defenses

This section includes the strengths and weaknesses of the defenses as they appear to the South Dakota State University coaching staff and the writer, and also a brief description of each defensive play as it appears in the training film.

I. 50 Slant Defense (See Figure 1)

A. Strengths of 50 Slant Defense

1. The 50 Slant Defense enables the linebackers to remain behind the defensive line in a position to read the play and pursue.

2. The slanting lineman protects the linebackers from being blocked by the offensive guard.

3. Since the linebackers do not use the fire technique, the slant defense enables the defensive secondary to play either zone coverage or man-for-man coverage. The linebackers are free to cover the hook zones.

4. The defensive linemen of the slant defense do not have to take on a blocker man-for-man, which helps prevent the possibility of a mismatch of physical size and/or skill.

B. Weaknesses of 50 Slant Defense

1. The defensive linemen do not penetrate; therefore, the defense can expect to give up two or three yards per play.

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35 Gregory, personal interview.
Techniques for 50 Slant Defense (Right)

1. Left end--Anchor technique
2. Left tackle--Slant technique
3. Noseman--Slant technique
4. Right tackle--Loop technique
5. Right end--Blood technique
6. Left linebacker--Scrape-off technique
7. Right linebacker--Shuffle technique

The same techniques are reversed for 50 slant (left) defensive formation.

FIGURE 1

50 SLANT (RIGHT)
However, the chance of a large gain on a play is diminished.

2. The 50 slant defense provides a poor pass rush by the defensive linemen because they slant and do not penetrate.

3. A trap play to the anchor end side of the slant defense is a good play to run against this defense.

C. The 50 Slant Defense—Game Examples

1. Interior Line Play
   a) 50 Slant Right (dark jersey)—The noseman penetrated deep in the backfield and caused the offensive back to run deeper than designed. The left defensive tackle slanted right made the tackle. The defensive left end demonstrated excellent pursuit.
   b) 50 Slant Right (dark jersey)—The right defensive end executed a blood technique and was responsible for the pitchman on the option play. The right linebacker filled for the vacating right tackle executing a loop technique. The noseman and left tackle slanting right made the tackle. The defensive team demonstrated excellent pursuit.
   c) 50 Slant Left (dark jersey)—The right defensive tackle executed a loop technique and made the tackle. The left linebacker filled for the loop tackle and assisted in the tackle. The left end demonstrated an excellent blood technique.
d) **50 Slant Left** (dark jersey) -- The right defensive tackle slanted left and made the tackle. The right linebacker read the play and assisted in the tackle. Excellent techniques were performed by the left defensive end and left defensive tackle.

e) **50 Slant Left** (dark jersey) -- The noseman performed an excellent job of slanting left and making the tackle. The defensive left end did not execute a blood technique, and the left linebacker should have filled straight ahead as the action showed his way. The right defensive end demonstrated excellent pursuit.

f) **50 Slant Left** (dark jersey) -- The right defensive end executed an anchor technique and made the tackle on an off-tackle play. The defensive tackles performed excellent slant and loop techniques. The right linebacker assisted in the tackle, but he did not execute a scrape-off technique.

g) **50 Slant Right** (dark jersey) -- The defensive linemen initiated their techniques, read a pass play, and rushed the passes. The right end executed a blood technique and intercepted the pass intended for the halfback.

h) **50 Slant Left** (dark jersey) -- The left tackle looped and was in excellent position to make the tackle. The left defensive end performed a blood technique and would have been in good position if the quarterback had pitched the ball. The left linebacker did not step up properly when action showed his way.
II. **50 Stunt Defense** (See Figure 2)

A. **Strengths of 50 Stunt Defense**

1. The **50 Stunt Defense** is an excellent penetrating defense since both linebackers employ the fire technique, and the weak side end also fires.

2. The **50 Stunt Defense**, since it is a penetrating defense, often prevents the offense from making their scheduled three to four yards per play.

3. The stunt defense provides a good pass rush.

4. The **50 Stunt Defense** is a good short yardage defense since there is penetration.

5. The stunt defense appears to complicate offensive blocking rules.

B. **Weaknesses of 50 Stunt Defense**

1. The defensive secondary must play man-for-man coverage because the linebackers are employing the fire technique and cannot cover the hook zone. Pass defenders must cover fairly tight to prevent the quarterback from throwing quick, short passes to the offensive ends.

2. The **50 Stunt Defense** is often vulnerable to a large gain by the offense on any given play.

3. On a sweep or quick-pitch to the side of the firing end, the cornerback must supply quick support.

4. The trap play up the middle is a good play to run against this defense since there are no linebackers behind the line-of-scrimmage.
Techniques for 50 Stunt Defense (Right)

1. Left end--Fire between offensive end and tackle
2. Left tackle--Slant into tackle-guard gap
3. Noseman--Gap technique away from stunt side
4. Right tackle--Loop technique
5. Right end--Blood technique
6. Left linebacker--Fire technique in center-guard gap
7. Right linebacker--Fire technique in guard-tackle gap

The same techniques are reversed for a 50 stunt (left) defensive formation.

FIGURE 2

50 STUNT (RIGHT)
C. The 50 Stunt Defense--Game Examples

1. Linebacker Play

   a) **50 Stunt Right** (dark jersey)—This play demonstrated the effectiveness of the 50 Stunt Defense as a goal-line defense. The right linebacker performed as planned and made an excellent tackle.

   b) **50 Stunt Left** (dark jersey)—The linebackers used the fire technique and made the tackle. The left defensive end executed a blood technique and covered the pitchman on the option play. The left tackle performed a loop technique and was responsible for the quarterback.

   c) **50 Stunt Left** (dark jersey)—The linebackers lined up in their fire technique position. On the snap of the ball, the linebackers penetrated quickly, causing a fumble on the hand-off. The noseman was too high and off balance and consequently, performed his technique poorly.

   d) **30 Stunt Left** (dark jersey)—Both linebackers lined up in their fire technique position, and on the snap of the ball, penetrated untouched. The right linebacker read the play quickly and made the tackle. The right end and right tackle assisted in the tackle.

   e) **50 Stunt Right** (dark jersey)—Both linebackers lined up in their fire technique positions. The right linebacker penetrated and made the tackle. The noseman and left tackle executed excellent techniques. The right tackle was double-teamed and was moved backwards.
2. **Defensive End Play**

   a) **50 Stunt Right** (light jersey)--The linebackers lined up in a fire technique position, and put pressure on the quarterback as the pass play developed. The right defensive end performed a blood technique and pursued the short pass play to make the tackle. Both defensive tackles executed good techniques.

   b) **50 Stunt Right** (light jersey)--The left end executed a fire technique between the offensive tackle and tight end. He read the option play, spun out of the block, and pursued down the line of scrimmage to make the tackle. The cornerback read the play and provided quick wide support. The left tackle executed good technique.

   c) **50 Stunt Right** (dark jersey)--The left defensive end, executing a fire technique was double-teamed. The end fought the pressure, spun out, and made the tackle. The noseman penetrated and tripped the offensive guard who was trying to pull. The linebacker penetrated and pursued down the line of scrimmage. Good loop technique was shown by the right tackle.

   d) **50 Stunt Right** (dark jersey)--The defensive linemen initiated their technique, read pass, and rushed the passer. The offensive halfbacks were looking for the firing linebackers and didn't block the left end who tackled the quarterback.
e) **50 Stunt Left** (dark jersey)—The right defensive tackle slanted in the gap and met the offensive back. This move enabled the defensive right end to come across and make the tackle.

3. **Interior Line Play**

a) **50 Stunt Right** (dark jersey)—The noseman penetrated the left center guard gap and the right tackle slanted in guard-tackle gap. Both made the tackle. The left linebacker did not line up in his correct fire technique.

b) **50 Stunt Right** (dark jersey)—The left defensive tackle and noseman initiated their techniques, read pass, and put tremendous pressure on the quarterback, causing him to fumble. Both linebackers reacted slowly to the snap of the ball and consequently were blocked. The technique of the right defensive end was not good (notice the feet), but because of good hustle, he did recover the fumble.

III. **50 Blitz Defense** (See Figure 3)

A. **Strengths of 50 Blitz Defense**

1. The **50 Blitz Defense** is a combination of the **50 Stunt** Defense by one side of the defensive line, and the **50 Slant** Defense on the other side.

2. Since it is a penetrating defense, the **50 Blitz Defense** often prevents the offense from making three or four yards per play.
Techniques for 50 Blitz Defense (Left)

1. Left end--Blood technique
2. Left tackle--Loop technique
3. Noseman--Gap technique to the side of the Blitz. Noseman may line up in gap or angle toward the gap.
4. Right tackle--Slant technique
5. Right end--Anchor technique
6. Left linebacker--Fire technique in tackle-guard gap
7. Right linebacker--Scrape-off technique

The same techniques are reversed for a 50 blitz (right) defensive formation.

FIGURE 3

50 BLITZ (LEFT)
3. The blitz defense also enables a linebacker to remain behind the defensive line in a position to read and pursue the play which diminishes the chance of a big gain by the offense.

4. The pass rush off the 50 Blitz Defense is good. The scrape-off linebacker is also in a good position to help the secondary in pass defense.

B. Weaknesses.

1. The defensive secondary must play man-for-man coverage. Pass defenders must cover fairly tight to prevent the quarterback from throwing quick, short passes.

C. The 50 Blitz Defense--Game Examples

1. Linebacker Play

   a) 50 Blitz Right (dark jersey)--The right linebacker lined up in a fire technique position and penetrated, untouched. The linebacker jammed the play and made the tackle. The noseman did not penetrate the correct gap, and the right defensive tackle was too high on his loop technique.

   b) 50 Blitz Right (dark jersey)--The offensive line double-teamed the noseman and right tackle. The right linebacker did not line up in the correct fire technique position, but did quickly shoot through for the tackle.
c) **50 Blitz Left** (dark jersey)--The left linebacker penetrated the line of scrimmage and met the blocking offensive halfback. The left tackle looped and made the tackle. The right tackle slanted and assisted in the tackle.

d) **50 Blitz Left** (dark jersey)--The left linebacker lined up in a fire technique position and penetrated easily to make the tackle. The defensive team demonstrated excellent pursuit.

2. **Interior Line Play**

   a) **50 Blitz Left** (light jersey)--The quarterback faked a hand-off up the middle and kept the ball, trying to run around the right defensive end, who was executing an anchor technique. The anchor end read the play and pursued down the line of scrimmage to make the tackle. The defensive cornerback assisted in the tackle.

   b) **50 Blitz Left** (dark jersey)--The left defensive tackle executed a loop technique and made the tackle. The left linebacker used a poor fire technique and consequently was blocked. The left defensive end, performing a blood technique, fought pressure and reacted back inside to assist in the tackle.
IV. 50 Shoot Defense (See Figure 4)

A. Strengths of 50 Shoot Defense

1. The defensive tackles line up in the gap of the offensive guard and tackle. This formation gives the defensive tackles penetration.

2. The 50 Shoot Defense enables the linebackers to remain behind the defensive line to read the offensive play and pursue.

3. The shoot defense enables the defensive secondary to play either zone coverage or man-for-man coverage.

4. The shoot defense is also strong against a team that sweeps the ends or runs up the middle. The ends on the blood technique protects the sweeps, and moving the tackles in the gap helps to stop plays up the middle.

5. The blood ends also are in good position to contain screens and flares to the halfback.

B. Weaknesses of 50 Shoot Defense

1. The 50 Shoot Defense is weak against a team that runs off tackle especially when the tight end blocks down the line of scrimmage.

C. The 50 Shoot Defense--Game Examples

1. Defensive End Play

a) 50 Shoot (dark jersey)--Against the option play, the left defensive end, using a blood technique, covered the pitchman and eventually made the tackle. The left linebacker was responsible for the quarterback. The left tackle used an eagle technique and tackled the dive man.
Techniques for 50 Shoot Defense

1. Left end--Blood technique
2. Left tackle--Eagle technique
3. Noseman--Read
4. Right tackle--Eagle technique
5. Right end--Blood technique
6. Left linebacker--Scrape-off technique
7. Right linebacker--Scrape-off technique

FIGURE 4

50 SHOOT
b) 50 Shoot (dark jersey)--The left defensive end executed a blood technique and did an excellent job of skating off the block of the offensive back and putting pressure on the quarterback. Other defensive line techniques were good.

c) 50 Shoot (dark jersey)--The left defensive end executed a blood technique, covered the pitchman on the option play, and made the tackle. The scrape-off linebacker forced the quarterback to pitch the ball to the halfback.

2. Linebacker Play

a) 50 Shoot (dark jersey)--The left linebacker used a scrape-off technique and made the tackle. The left defensive end, after performing a blood technique, reacted back inside. The right side of the defense demonstrated excellent pursuit.

b) 50 Shoot (light jersey)--The right linebacker executed an excellent scrape-off technique (notice the first step) to avoid the possible block by the offensive tight end. The right tackle did not execute proper technique because he was too high and was consequently blocked backwards.
Defenses Not Included in the South Dakota State University Defensive Playbook

Two defenses were not included in the South Dakota State University playbook of 1970. However, the writer felt that the 50 Eagle Defense and the 50 Stack Defense were essential in order to make the manual on the 5-2 defense complete. These defenses were not used by South Dakota State University during the 1970 season; therefore, they are not included in the film.

I. 50 Eagle Defense (See Figure 5)

A. Strengths of 50 Eagle Defense

1. The purpose of the 50 Eagle Defense is to strengthen the pass defense. By moving the defensive tackle to an eagle technique, the defense gets a better pass rush, and by moving the linebacker out wider, the defense can cover an offensive back who swings or runs a pass pattern in the short flat zone.

2. The opposite side of the defense uses slant techniques. The strengths and weaknesses of the slanting defensive techniques are stated in the previous section.

B. Weaknesses

1. The defense is vulnerable to a trap play to the eagle side with an offensive guard pulling and trapping the eagle defensive tackle.

2. A power play off tackle could be effective against a weak linebacker on the eagle side.

36Gregory, personal interview.
Techniques for 50 Eagle Defense (Left)

1. Left end--Instead of blood technique, penetrate line of scrimmage. Take pitchman on option.

2. Left tackle--Eagle technique

3. Noseman--gap technique

4. Right tackle--Slant technique

5. Right end--Anchor technique


7. Right linebacker--Scrape-off technique.

The same techniques are reversed for a 50 eagle (right) defensive formation.

FIGURE 5

50 EAGLE (LEFT)
II. 50 Stack Defense (See Figure 6)

A. Strengths of 50 Stack Defense

1. The 50 Stack Defense is basically a 50 Slant Defense. The difference is that two linemen and two linebackers initiate their moves before the ball is snapped. A stack to the right would mean the noseman moves to the right in the guard-center gap. The left tackle, who would normally be the slant tackle, will also move to the right into the guard-tackle gap. The linebackers will move in the opposite direction of the call and stack behind the noseman and the defensive left tackle.

2. The side of the offensive formation to stack must be determined by the scouting report. A general rule to follow is this: The defense should call the stack in the opposite direction of the offensive strength. The linebackers will move toward the strength, and the noseman and tackle will move in the gap away from the strength. The linebackers will be in a better position to stop the strength and should be protected since they are stacked behind the linemen.

3. The 50 Stack Defense is effective against a team that pulls guards, as the noseman being in the gap can easily follow the pulling guard.

4. The secondary can either play zone coverage or man-for-man coverage.
Techniques for 50 Stack Defense (Right)

1. Left end—Anchor technique
2. Left tackle—Eagle technique
3. Noseman—gap technique
4. Right tackle—Loop technique; if no tight end, use an eagle technique
5. Right end—Blood technique
6. Left linebacker—Shuffle technique
7. Right linebacker—Shuffle technique. Be prepared to fill guard-tackle gap on your side.

The same techniques are reversed for a 50 stack (left) defensive formation.

FIGURE 6

50 STACK (RIGHT)
B. Weaknesses of 50 Stack Defense

1. The offensive guard-tackle gap on the side of the noseman is a vulnerable area.

2. There is not an effective pass rush with the 50 Stack Defense.

The training film will be located at the football office at South Dakota State University.
CHAPTER V

SUMMARY, IMPLICATION, AND RECOMMENDATIONS

Summary

The purpose of this study was to develop a training film and manual on the 5-2 football defense which could be used to improve the coaching process. Specifically, the present study involved three phases:

1. Development of a coaching manual explaining the basics of the 5-2 defense, the stunts, player techniques, and movement variations of the defense.

2. Filming of all the techniques of the defensive line and linebackers.

3. Extracting game situation examples of the 5-2 defense and splicing them with the techniques previously filmed, thus, developing a coaching film on the 5-2 defense as used at South Dakota State University.

The source of data for the manual came from the 1970 South Dakota State University football defensive playbook, an interview with the defensive coordinator of the line and linebackers, and from articles and books written on the 5-2 defense.

The source of data for the training film came from the filming of techniques employed by the South Dakota State University defensive line and linebackers and from game situation examples extracted from the South Dakota State University game films of the 1970 season and the Iowa Central Community College game films of the 1969 season.
Implications

As a result of this study, the following implications are suggested:

1. That the descriptive manual accompanying the training film be utilized in the narration of the film.

2. That the training film be used in the coaching of football at South Dakota State University.

3. That the training film be used in the Football Coaching course included in the health, physical education, and recreation curriculum.

4. That the training film be loaned to high school coaches and utilized at football coaching clinics to illustrate the techniques and variations of the 5-2 defense as used at South Dakota State University.

Recommendations for Further Study

The writer cites these recommendations for further study:

1. That the incorporation of sound tracts, color and cinema-scope be used in the development of training films.

2. That training films on other phases of football be developed.

3. That training films be developed for each sport included in the South Dakota State University athletic program.
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APPENDIX A


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