

**How to Win More Games-
Common Mistakes of Youth Coaches
PART II: DEFENSE**



Presented by:
Coach Joe Bouffard
Director
Youth Football Coaches
Association (YFBCA)
joeb@yfbc.org



Defensive Coaching Philosophy

- Be fundamentally sound.
Coach and demand outstanding technique.
- Work on the fundamental playing skills at their position everyday.
- Perfect Tacklers!!!!

10 minutes a practice= half-speed form-tackling drill every night of the season!



Defense Goals for Youth

1. Alignment
2. Assignment
3. All 11 Players to the Ball

(2 whistle rule)

Big Hits= Big Plays



Keys to a Solid Defense

- About 40% of defensive failures are caused by a player not knowing his responsibilities or deliberately abandoning his responsibilities.
 - Inside runs
 - Counters
 - Sweeps
 - Reverses
 - 3 step & 5 step passes
 - Trick or Gadget plays



Youth Football Coaches Association www.YFBCA.org

Defensive Practice Schedule

- Tackle/Turnover
- Drills by Position
 - D-Line
 - Line Backer
 - Defensive Backs
- Group Drills
 - 7 on 7 or Inside Run
- Team Drills
 - Pursuit Drills



Visit www.YFBCA.org – Coaches Resources- Drill Library to get more specific drills



Youth Football Coaches Association www.YFBCA.org

Tackle and Turnover Circuit

Sample Stations

1. Strip, Scoop, and Score
2. Goal Line Tackle and Strip
3. Machine Gun Tackle
4. Sweep Tackle
5. One Man Sled Tackle
6. Tip Drills



Youth Football Coaches Association www.YFBCA.org

UNDERSTANDING CONTACT

- Youth players will have a natural fear of contact.
- This fear is real, and verbally challenging their courage will not ease the fear.
- Demonstrate encouragement and patience to any of the players who are reluctant to have contact.
- This fear may resurface when actual games begin and present a risk for that player and those around him.



Youth Football Coaches Association www.YFCA.org

Teaching Contact

1. Introduce contact in a safe manner.
2. Introduce the technique at half speed.
3. Make certain our half speed contact is limited to one-on-one situations.
4. Organize drills to have contact occurring within good match-ups (body size + intensity)
5. Understand full-speed contact should only be permitted after the player fully understands the proper technique and then on a limited basis.



Youth Football Coaches Association www.YFCA.org

Teaching Tackling

Stand-up dummy can easily be introduced using this stationary target.

- *The players become accustomed to making contact with pads in a correct manner.*

Practice dummies do not to hit back.



Youth Football Coaches Association www.YFCA.org

Tackling Do's and Do Not's

Do

- Read the helmet warning label w/kids and parents
- Practice the proper techniques daily 10 minutes

Do not

- Allow the head to be used
- Allow improper techniques to go uncorrected
- Allow major size mismatches in drills

Check for buggers!!!!



Youth Football Coaches Association www.YFCA.org

5 KEYS TO A SOLID DEFENSE

- COMMUNICATION
- PURSUIT ANGLES
- GANG TACKLING
- REACT TO PRESSURE
- DON'T RUN AROUND BLOCKS



Youth Football Coaches Association www.YFCA.org

The Seven Principles of Defense

1. **Position** - all defenders must be in the proper alignment to carry out assignments correctly.
2. **Defensive blow** - the correct method of warding off the initial block of an offensive lineman must be taught correctly and executed before the defensive unit will hold up.
3. **Recognize pass and react** - never get beat deep.
4. **Reading keys** - defenders must immediately read and react to the established keys to tell if the play will be a run or a pass.
5. **Protect your territory** - each player has a certain territory that is his responsibility to protect; to be successful he must:
 - a. Know and understand fully what his territory is.
 - b. What techniques he must utilize to protect it.
 - c. The inclination to help his teammates protect their areas must be curtailed until he has done his primary job first.



Youth Football Coaches Association www.YFCA.org

The Seven Principles of Defense

6. Pursuit - once his initial territory has been secured, the defender becomes a pursuer.

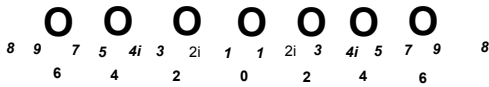
He must know the proper and line of pursuit and then carry it full speed.

7. Gang tackling - the final principle is to be sure that each time the ball carrier declares his path, that all able and available defensive personnel are prepared to share the meat.

- a. Pile up - not on.
- b. Prevent the break away run.
- c. Demoralize the ball carriers.
- d. Create turnovers.



Common Defensive Alignment



Defensive Gaps



K.I.S.S. for Youth Football

- Inside Eye
- Nose to Nose
- Outside Eye



Creating A Defense

Coaches use in calling their defense is to utilize a two-digit number to determine the number of defensive linemen and linebackers in the game.

The first number is how many defensive linemen and the second number telling how many linebackers

- Call 3-4, 3 linemen and 4 linebackers
- Call 4-3, 4 linemen and 3 linebackers
- Call 5-3, 5 linemen and 3 linebackers
- Call 6-1, 5 linemen and 1 linebacker
- Call 6-2, 6 linemen and 2 linebackers
- Call Gap 8, 8 linemen no linebackers



Creating A Defense

Following the number call will come any variations from the base defense

- Change in defensive line (Front Change)
- Linebacker blitz. "DBL Dog"
- Stunt between two defensive linemen
Example: ET Twist (End in +Tackle around)
- Stunt between a lineman and a blitzing linebacker.
- Blitz by a defensive back.



Youth Football Coaches Association www.YFCA.org

Types of Coverage

Cover Zero

Man-to-man coverage with no free safety in the middle

Cover 1

Man-to-man coverage with a free safety deep in the middle of the field.

Cover 2

Two-deep zone coverage (Free Safety & Strong Safety Deep)

Cover 3

Three-deep zone coverage with rotation to the two-receiver side of the formation

Cover 4

Four-deep zone- Used at the end of the game or half when the offense must throw deep



Youth Football Coaches Association www.YFCA.org

Creating A Defense

Coaches think that they need to have some form of an eight-man front in order to stop the running game.

You can use a defense with a seven-man defensive front if you commit one or more of your defensive backs to playing the run first and then being a part of the pass defense.

With the use of four defensive backs, you are better suited to stop any team which has a good passing attack



Youth Football Coaches Association www.YFCA.org

50 DEFENSE

5-2

YFCOA Youth Football Coaches Association www.YFCOA.org

50 DEFENSE

5-2

DE may be called on to pass defend an area such as the flat

Linemen must read and react to the play, with the defensive end's primary concern being containment.

LB's first responsibility is to defend the run, then the pass.

YFCOA Youth Football Coaches Association www.YFCOA.org

50 DEFENSE

Must have a solid Nose guard

STRENGTHS OF THE DEFENSE:
 With five linemen in the game, it should be strong versus a running team especially for runs wide to the outside.
 LB's must control the inside with the nose tackle and be ready to pursue to the ball. The five-man line can put pressure on the quarterback.

KEYS TO THE DEFENSE:
 Linebackers' ability to control the center area and run to the ball. Nose tackle must be able to control the center.

Comers must know they are on an island on the split end side and, although they have deep 1/3 coverage responsibility on their side, they have to come up fast if the split end runs an "out" pattern.

YFCOA Youth Football Coaches Association www.YFCOA.org

50 DEFENSE The 50 Defense is a commonly used defense at the youth coaches

5-3

The 5-3 Defense can be easily shifted into a 4-4, a 5-2, 3-3 and a 6-2 scheme.

YFCA Youth Football Coaches Association www.YFCA.org

50 DEFENSE **Wide Spread**

5-3

YFCA Youth Football Coaches Association www.YFCA.org

40 DEFENSE The 4-4 is designed to stop the wide running game as well as the short passing game

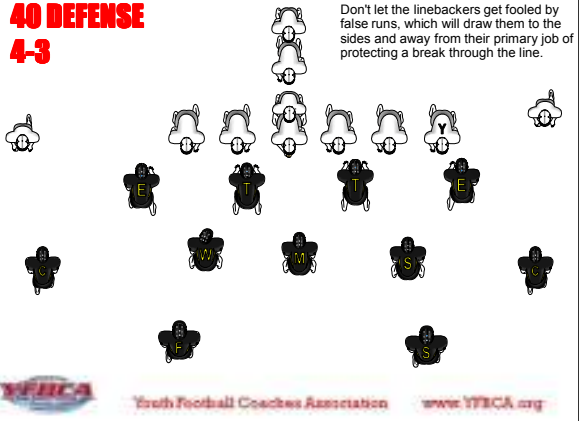
4-4

Stunts are a common component of 40 Defense usually with the some or all of the linemen stunting left or right and the inside linebackers stunting in the opposite direction. Example: Slant or Angle

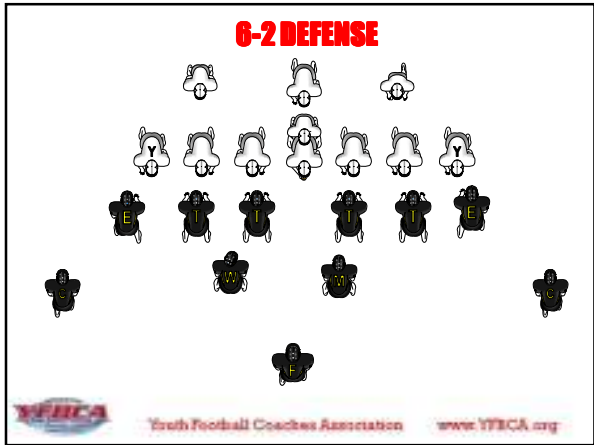
YFCA Youth Football Coaches Association www.YFCA.org

40 DEFENSE 4-3

Don't let the linebackers get fooled by false runs, which will draw them to the sides and away from their primary job of protecting a break through the line.



6-2 DEFENSE



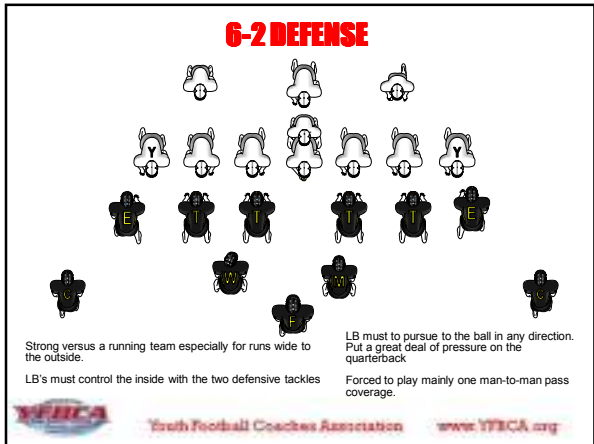
6-2 DEFENSE

Strong versus a running team especially for runs wide to the outside.

LB's must control the inside with the two defensive tackles

LB must to pursue to the ball in any direction. Put a great deal of pressure on the quarterback

Forced to play mainly one man-to-man pass coverage.



Gap 8 DEFENSE

Youth Football Coaches Association www.YFCA.org

911 DEFENSE

Great for 6-7 yr old level
 Good vs:
 ✓ Wishbone
 ✓ Straight T
 ✓ I Pro Set

Every gap must be assigned a defender. There must be a containment defender to turn plays to the inside.

A defender responsible for each ball carrier in the option series.

A defender responsible for reverses, bootlegs, and counter actions

Youth Football Coaches Association www.YFCA.org

DEFENSIVE COACHING REMINDERS

1. POSITION - - - PLAY YOUR RESPONSIBILITY FIRST, THEN REACT. ALWAYS BE IN THE RIGHT POSITION.
2. RUSH PASSER HANDS HIGH. FORCE A HIGH PASS.
3. DON'T LET FAKING BACKS THROUGH FREE OF CHARGE.
4. PUNISH PASS BLOCKERS. THEY MIGHT USHER YOU IN THE NEXT TIME.
5. THE ONLY PLACE ON THE FIELD THE DEFENSE HAS THE ADVANTAGE IS ON THE GOAL LINE.
6. PURSUIT BY 11 MEN IS A MUST. YOU CAN'T WIN WITH TEN MEN.
7. SECOND EFFORT! CONSTANT HUSTLE! THESE ARE THE MARKS OF A GOOD DEFENSE.
8. A TEAM PLAYS AS IT PRACTICES.

Youth Football Coaches Association www.YFCA.org

What is the Youth Football Coaches Association?

- YFBCA.org a collection of resources for youth football coaches
- National Youth Football Coaching Certification
 - Background checks available
 - Most affordable at \$10 for your personal and league budget!
- FREE DRILL LIBRARY
 - Register for Free Drill of the Week

YFBCA.org is member driven exchange of information



YFBCA's Coaching Aids



Great way to increase productivity during practice

Regularly Sold at \$40 But YFBCA Coaches Get \$10 per video w/ FREE SHIPPING



Playsportstv.com Training Plan -Full Teaching Progression Designed JUST FOR YOUTH COACHES Use Promo Code YFBCA for 25% off (Less than \$1 per drill)



YFBCA thanks you for tuning into Glacier Clinics



Check out some coaching tools

www.yfbca.org/glazier