



Coverage Possibilities and Stopping RPO's
Cover 0, 1, 3, & 4

What's In This Video?

I. Coverages

- A. What can your players do?
- B. Who or what must you stop?
- C. Zone vs. Man
- D. Coverage vs. Pressure
- E. Press vs. Off Man
- F. Eyes on QB vs. Beat up WR's
- G. Spot Drop vs. Man Press

II. Flexibility

- A. Motion
- B. Checks
- C. Next Man Up
- D. System and Culture
- E. No Huddle
- F. Defending Option & RPO's

III. How we got here

- A. Background
- B. Find a way with talent
- C. Formula for winning

IV. Cover 3 Variations

- A. Roll Strong (Diagram & Film)
- B. Roll Weak (Diagram & Film)
- C. 3 Cloud (Diagram)
- D. 3 Under 3 Deep (Diagram)
- E. 3 Under Deep (Film)
- F. 3 Robber (Diagram & Film)
- G. 3 Match (Diagram)

V. Man Variations

- A. 0 Coverage (Film)
- B. 1 Trap (Diagram & Film)
- C. Cover 1 (Diagram)
- D. 1 Bracket (Diagram & Film)
- E. 1 Robber (Diagram & Film)
- F. 1 Rock (Film)
- G. Cover 4 (Film)