



Westfield 4-3 Install

I. Defensive Principles

- A. Fundamentally Strong
- B. Create Takeaways
- C. Eliminate Explosive Plays
- D. Defend Goal Line
- E. Mentally and Physically Tough
- F. Play with Unmatched Intensity
- G. Look Simple Remain Multiple
- H. Efficient and Productive Practices
- I. Defensive Numbering System
- J. Position Terminology

II. Over Front

- A. Positions Alignment, Keys, Assignment (Diagrams)
- B. Over Looks

III. Under Front

- A. Align, Assignment, Keys (Diagrams)
- B. Under Looks

IV. 1 High Alignments (Diagram & Film)

V. Defensive Line Play

- A. Technique (Whiteboard & Film)
- B. Stance, starts, get offs, targets, reads, defeating blocks

VI. Linebacker Play

- A. Align
- B. 3 linebackers
- C. 2 linebackers
- D. Stance
- E. Reads
- F. Run Fits
- G. Defeating Blocks
- H. Film