## 5-3 Defense


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## Definitions

## Advantages of the 5-3

- 8 defenders "in the box", effective against the run.
- D-ends do not have pass coverage.
- Fits aggressive linemen.
- Contains running options to the middle of the field.


## Positions

D-Line
T Tackle

- Center in a gap, one gap away from NG
- Draw and split double teams
- Penetrate one yard then contain/chase/rush

NG Nose guard

- Strong or wide side A gap
- Draw and split double teams
- Penetrate one yard then contain/chase/rush

DE Defensive end

- 1yd outside EMLOS
- Angled in, pointed directly at their key, which is the nearest or deepest person in the backfield.
- Contain everything, nothing can get outside
- Take on all blocks with inside shoulder keeping outside shoulder and arm free
- Attack the blocker squeezing the running lane down and force everything to the pursuit


## Linebackers

S Sam backer

- Sam takes TE side or wide side of the field, 6 tech over TE, $4 y d$ deep
- Call out and pass thru all motioned receivers
- Key on TE - First step must be forward then flow with your read

M Mike backer

- Mike aligns in 0 tech over center, 5yds deep
- Call out and pass thru all motioned receivers
- Key on OG, First step must be forward then flow with your read

W Will backer

- Will aligns opposite of Sam, 4 tech over OT, $4 y d$ deep
- Call out and pass thru all motioned receivers
- Key on OT, First step must be forward, check for counter then flow with your read

Secondary
CB - cornerback

- Play pass first - deep outside $1 / 3$ zone coverage
- Call out and pass thru all motioned receivers
- Backpedal on every snap, key on receiver
- Do not get beat deep
- Run support only when ball reaches the line of scrimmage
- Contain everything, nothing can get outside
- Take on all blocks with inside shoulder keeping outside shoulder and arm free
- Bend don't break - make sure tackles

F - Free Safety

- Split the two widest receivers, 11 yds deep
- Make formation calls- strong, shift and motion
- Play pass first - deep middle $1 / 3$ zone coverage
- Backpedal on every snap, key on TE
- Do not get beat deep
- Run support only when ball reaches line of scrimmage
- Bend but don't break - make sure tackles


## Huddle



## Huddle

- 5yds deep
- Mike calls the plays
- Two rows - 1) D-line 2) Linebackers and Secondary


## Base Alignment



|  | 5-3 | Alignment | Run Toward | Run Away | Pass - Zone | Pass - Man |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\stackrel{\text { ¢ }}{\substack{\text { ¢ }}}$ | Nose | Stong/Wide A gap | Maintain gap | Chase | Rush | Rush |
|  | Tackle | One gap away from NG | Maintain gap | Chase | Rush | Rush |
|  | D-End | 1yd outside EMLOS | Squeeze/Contain | Contain deep as | Rush | Rush |
|  | Sam | 6 tech over TE at 4yds | B/C gaps | Chase | Flat/Curl zone | Nearback |
|  | Mike | 0 tech over center at 5yds | A/B gaps | Chase | Mid/Screen | QB spy |
|  | Will | 4 tech over OT, at 4yds | B/C gaps | Chase | Flat/Curl zone | Nearback |
|  | Corner | Inside shoulder of rec at 6yds | Support | Deep Chase | Outside 1/3 | Receiver |
|  | Corner | Inside shoulder of rec at 6yds | Support | Deep Chase | Outside 1/3 | Receiver |
|  | Free Safety | Split widest rec. at 11 yds | Support | Support | Middle 1/3 | TE |
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## Adjustments to Offensive Formations

Double Tight Ends


## 5-3 Base v. Double TE Adjustments

- W goes into 6 tech over weak or short side TE at normal depth
- CB goes to 6X6 EMLOS if no receiver
- S adjusts alignment to split widest receivers


## Twins



## 5-3 Base v. Twins Adjustments

- W covers inside receiver at normal depth
- W plays under/inside zone
- Twins side CB plays over outside zone
- Non-twins CB goes to 6X6 EMLOS if no receiver
- F adjusts alignment to split widest receivers


## Trips



## 5-3 Base v. Twins Adjustments

- W covers inside receiver press coverage, attack is any receiver goes lateral or back
- W plays under/inside zone
- Twins side CB, outside should of outside receiver, plays middle outside zone
- F plays deep third zone over trips
- Non-twins CB goes to 6X6 EMLOS if no receiver
- F adjusts alignment to split widest receivers

Quads


## 5-3 Base v. Quads Adjustments

- W and $S$ cover inside receiver at normal depth
- W and $S$ backers plays under/inside zone
- Strong/Wide T plays 4i Tech
- CBs plays over/ outside zone
- F adjusts alignment to split widest receivers

Defensive Line Calls
Base


Tight


## 5-3 Tight Adjustments

- Both Ts play 3 Tech
- N plays 0 tech, choses side and indicates by taping that leg


## Line Backer Calls

Sting


## 5-3 Sting Adjustments

- W and M shift to strong side of formation covering open gaps
- S shifts outside of DE at normal depth

Secondary Coverage
Cover 3


## 5-3 Cover 3

- CBs and F back pedal into zones
- Linebackers sprint to zones
- Attack the ball in the air

Cover 0


## 5-3 Cover 0 "Raptor"

- F walks up and cover TE man to man
- W and S cover back in man to man
- $M$ has QB in man to man


## Cadence

1. Defense " $5-3$ "
2. Line call "Base" or "Tight"
3. Any blitzes "Sam", "Will" etc.
4. Coverage change if any "Raptor"
