

FOOTBALL FORMATION

DEFENSIVE GAME PLAN

1st & 10	
1	
2	
3	
4	
5	
6	
7	
8	
2nd & 10	
1	
2	
3	
4	
5	
6	
7	
8	

DEFENSIVE MENU	
Fronts	Stunts

SPECIALS

2nd & Short (1-3 yds)			
Run		Pass	
1		1	
2		2	
3		3	
2nd & Med. (4-6 yds)			
Run		Pass	
1		1	
2		2	
3		3	
2nd & Long (+7 yds)			
Run		Pass	
1		1	
2		2	
3		3	
4		4	
3rd & Short (1-3 yds)			
Run		Pass	
1		1	
2		2	
3		3	
4		4	
3rd & Med (4-6 yds)			
Run		Pass	
1		1	
2		2	
3		3	
4		4	
5		5	
3rd & Long (+7 yds)			
Run		Pass	
1		1	
2		2	
3		3	
4		4	
5		5	

Goal Line (+5 to GL)
1
2
3
4
5

Safe Zone (GL to -10)

2 Point Play defense
1
2
3
4

Top Blitzes
1
2
3
4

Top Stunts
1
2
3
4
5
6

Prevent Defense
1
2
3
4
5
6