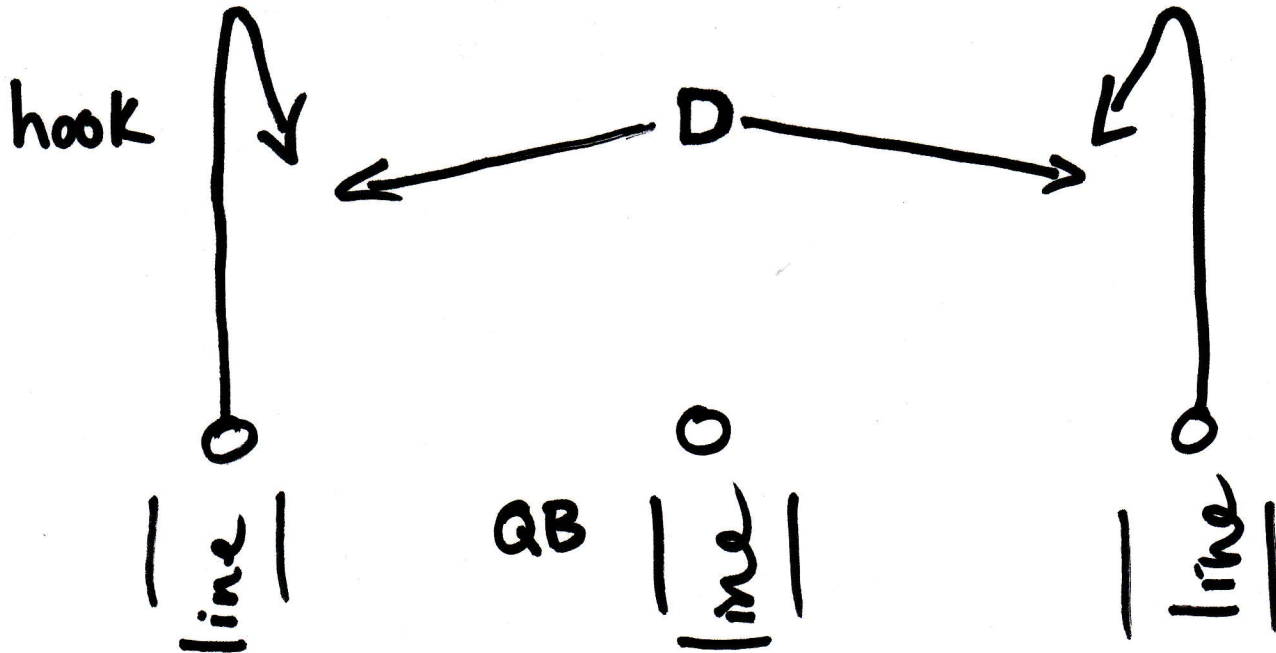


Short Zone Defense

D - 5 to 7 of ball

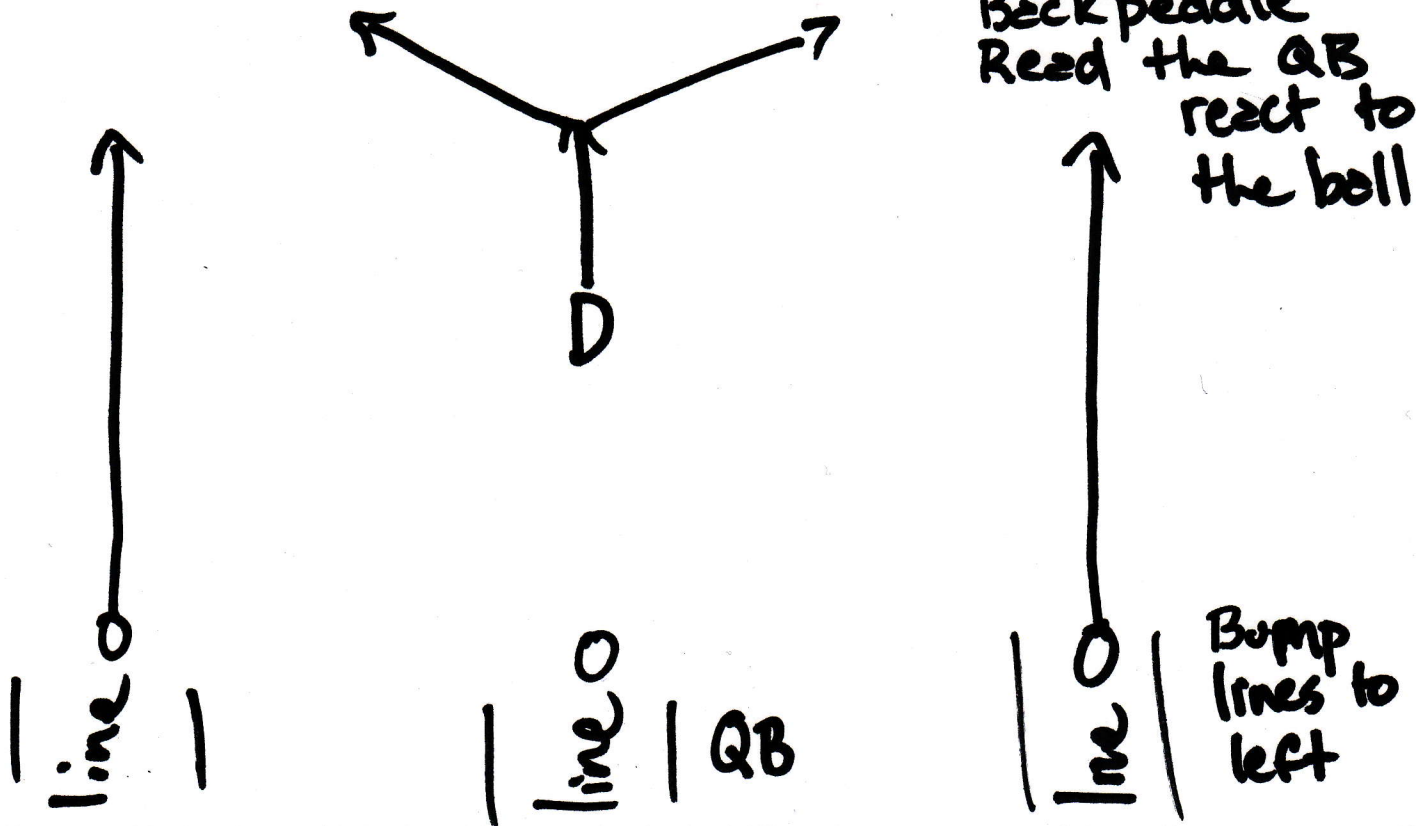
Coach QB's

D - read the QB react to the ball

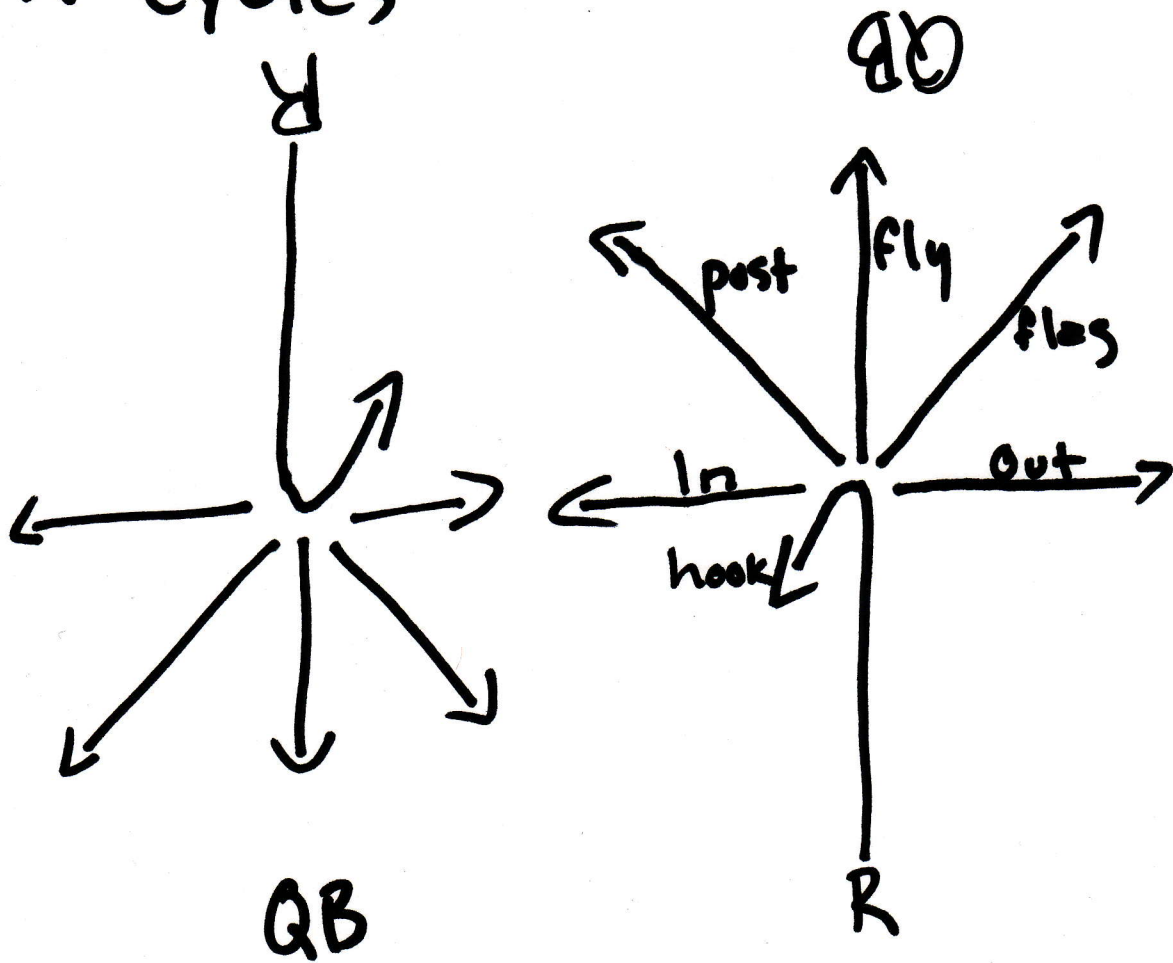


Deep Zone Defense

D - start 8-10 yds
Back peddle
Read the QB
react to
the ball



Pattern Cycles



QB throws to Rec

Start w Hook - In - Out - Post - flag - fly

Hand ball to QB on the other side

Rotate QB's + change patterns

Continuous ~~center~~ cycle

ZIG ZAG DRILL

Center snap

QB toss

RB run-cut-spin

