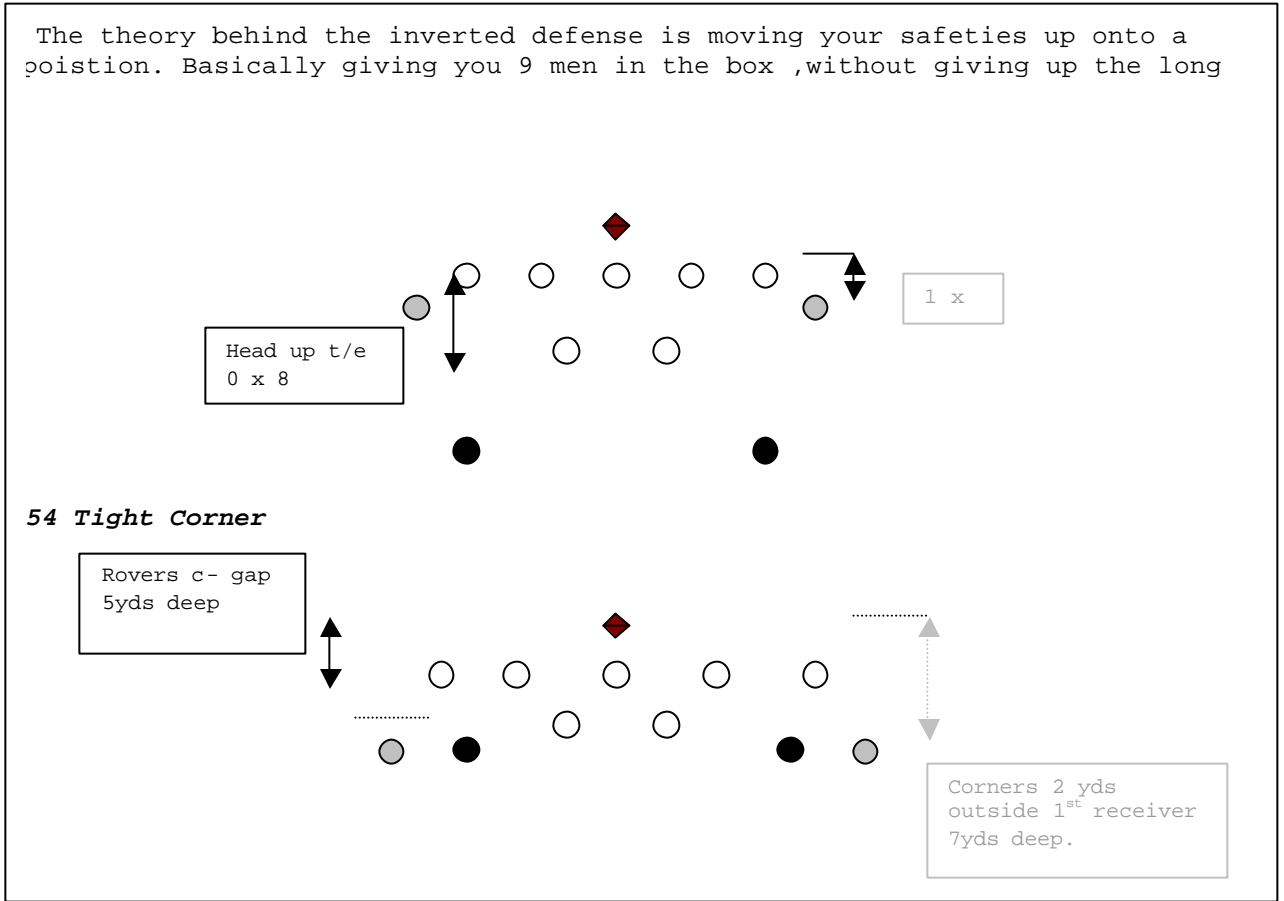




## 54 Invert Defense

The theory behind the inverted defense is moving your safeties up onto a poistion. Basically giving you 9 men in the box ,without giving up the long



A sound Defense should achieve 4 objectives :

1. cover all 8 gaps
2. stop the off tackle run
3. stop the pass
4. keep opponent out of end zone

## 54 Invert Defense

You can't go wrong with a Defense that is sound and makes the maximum of your personnel. The defense endplay is a major part of this defense being a success.

You may have the highest scoring offense in the league, but if your defense has trouble keeping your opponent out of the end zone .It makes for a long day.

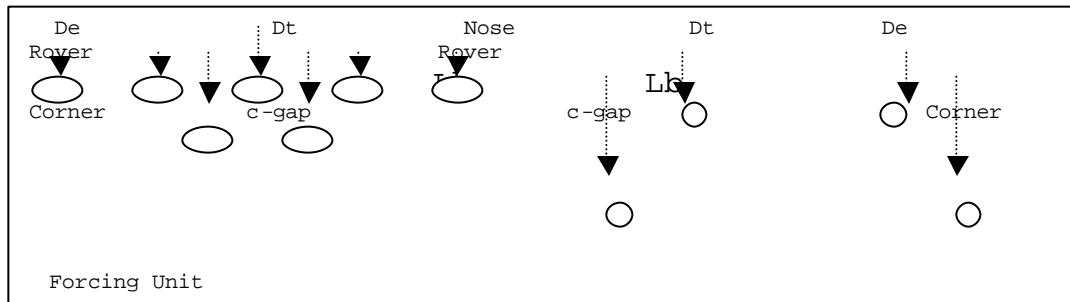
### Defense Wins Championships!

I have taken the 54 tight corners from Pete Minturn. And have installed the Invert Defense from Duffy Daugherty, University of Alabama Ralph Kirchenbeiter. The Defense coordinator at River Dell High school Oradell, New Jersey

### The Invert Concept

Exchanging the responsibilities of the safeties and the cornerbacks and reversing the depth they initially aligned. I will refer to the safeties, now as Rover right and Rover left

While the corners operate in a fix zone, the Rovers will operate in tandem along a line I will call a (Triangle) and will play according to a predetermined key. The front seven I will refer to as the Forcing Unit.



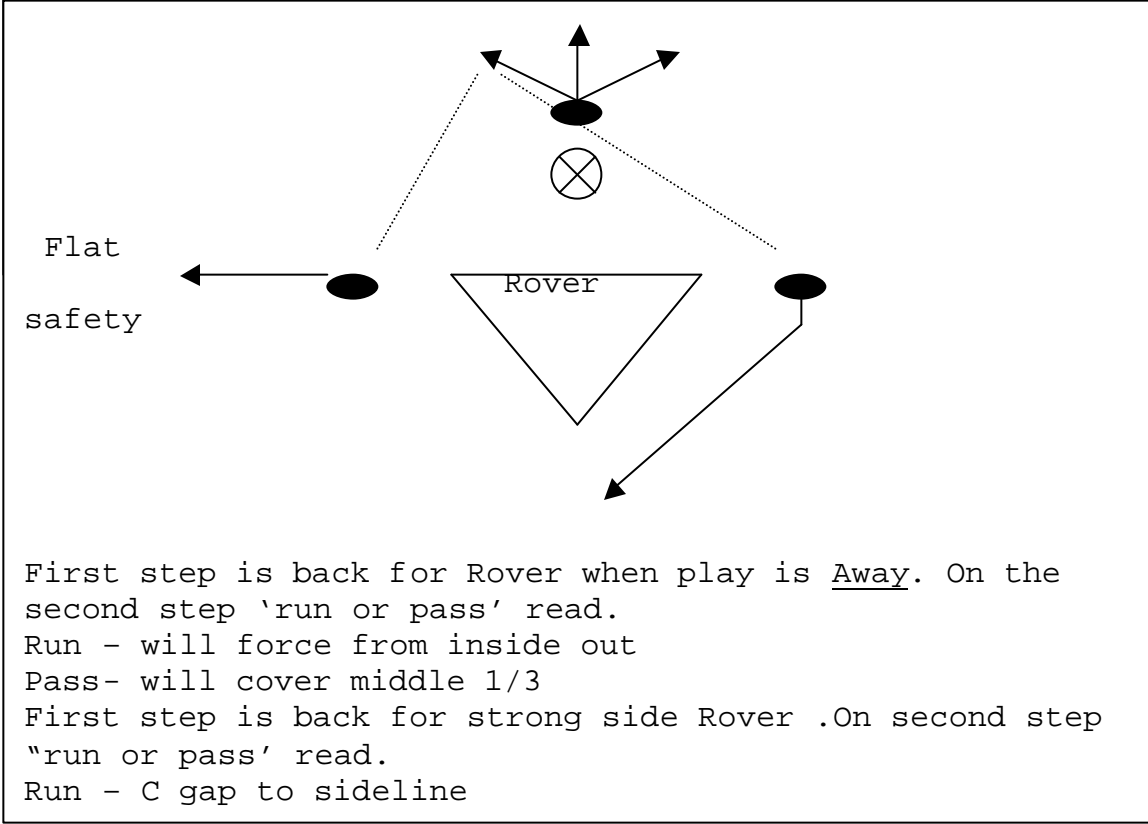
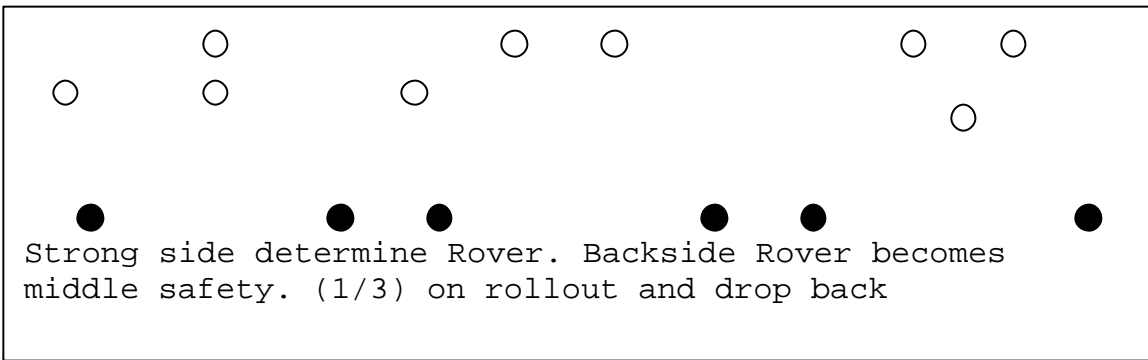
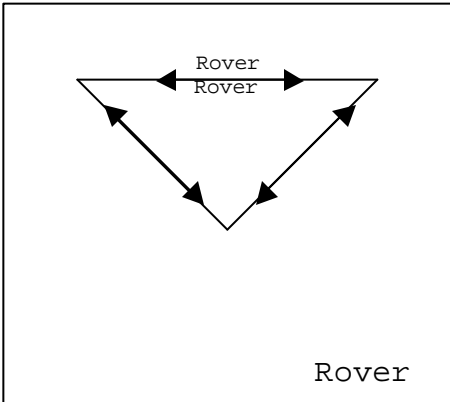
Our Forcing unit will be moving on 50% of all plays. The reason why is simple,

I believe if you sit in a defense long enough an Offense coordinator may figure where your weakness is. If a predetermined key from scouting is there for your team "use it" The Rovers ability to hide behind the defense end makes it hard for a lead blocker to find his target.

Playing the sweep inside out gives the Rover a good tackling angle.

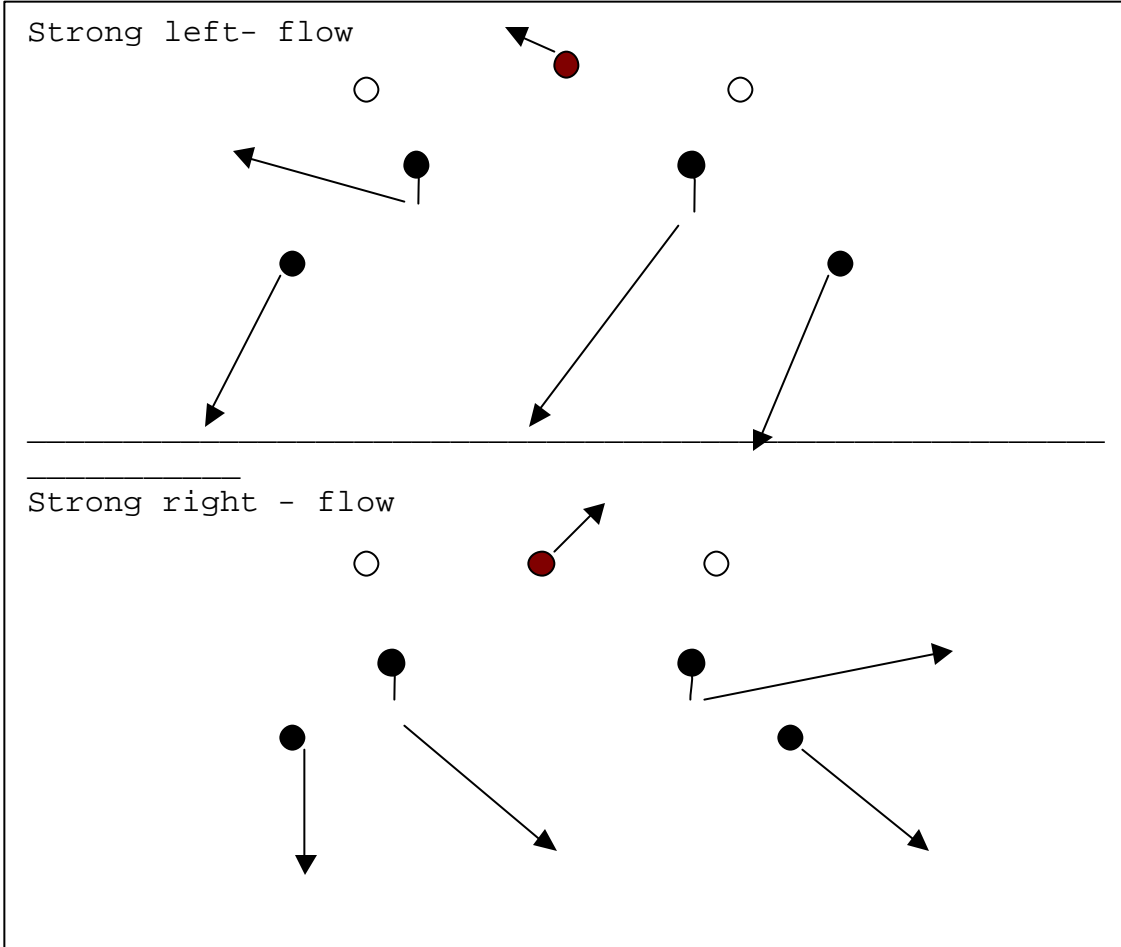
The secondary will have 2 coverage's. Cover 2 and Bone coverage. We will play the cover 2 in the Invert and the Tight corner. Bone will be played in the Tight corner.

54 Invert Defense



# 54 Invert Defense

Cover 2 - Invert and Rotate

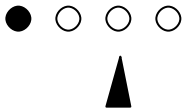


Linebacker coverage Cover 2 coverage roll right

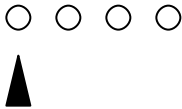
## 54 Invert Defense

### Forcing Unit Base

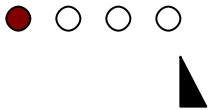
The Defensive End in this defense must be an anchor. Be able to take on the block and keep outside contaminated. Take first back to cross his face. From d gap to sideline. If play is away the end must watch for counter, cut back and reverse. And must be asked to drop back in pass coverage.



Defensive tackle shaded 5 tech. Charge B gap inside Tackle. Attempt to crash hard into Guard 1 yd. deep



Nose man must beat the center on each play, Stalemate, plug both A gaps shade either a gap



Inside foot set on outside eye of TE. Penetration ½ to 2 yds step into man and jam. Shut inside hole down first back to cross face. Feel for log look for crack back and g block.

### Defensive End

A defensive end must always remember that someone will always block him: a tight end, tackle, fullback, running back, a pulling guard, even a crack back wide receiver.

If the tight end attempts to drive block you it is going to be a run at you or around you. Should be a real easy key to read. 'Feel' TE block pressure, react by fighting pressure - Never take the easy route! Maintain eye contact with the ball. Always fight to contain the runner and turn him in. But! turn him into a narrow C Gap.

If the running back runs away from you, then look inside because a tackle or a guard will be coming down the line and will attempt to knock you out of C gap.

At the youth level, the Quick Pitch Sweep and the Power Sweep conducted by the most talented athletes on the offense are the plays of choice. Failure to contain these plays creates a game of tag in your open field flats and secondary - every offensive coordinator's dream.

## 54 Invert Defense

DE should always keep his outside shoulder free from tangle with any blocker, and should remain positioned Parallel to the LOS. He should maintain a position that is 2 yards deep in the backfield. In the backfield position' the youth DE should then apply the keys and rules described earlier.

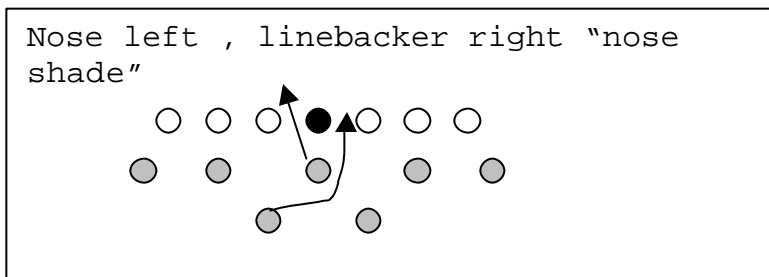
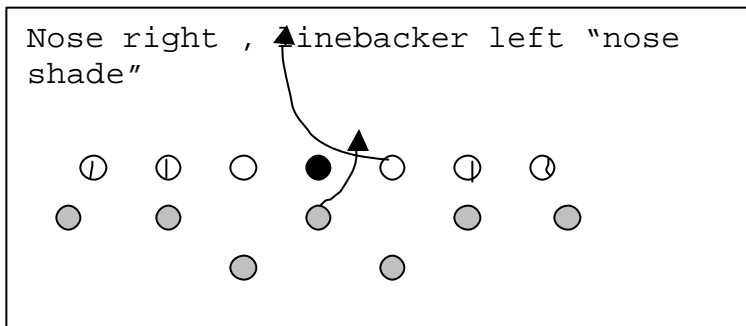
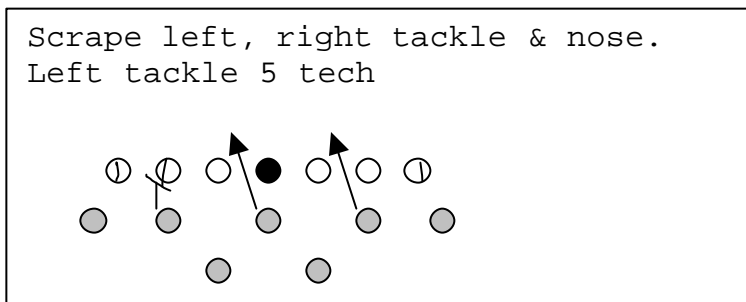
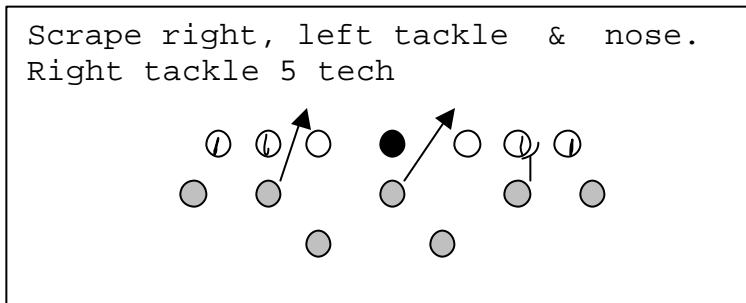
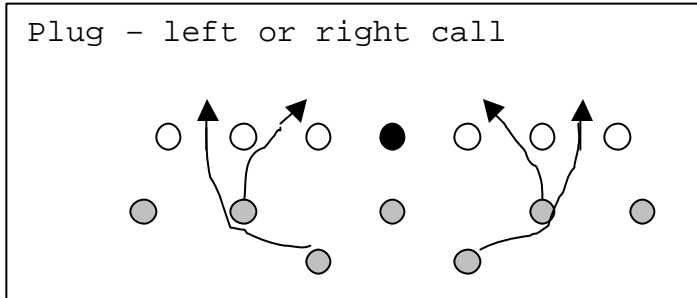
Be aware of the crackback block. I lost a starting Defensive End because I did not make him aware of this.

### **Drill**

Have the defensive end line up across a tight end, have a guard beside of the tight end, a full back and a running back. You the coach stand behind the tight end where he can't see you. Give signals to the tight end back and guards. 1-block down, 2-drive block, 3-sweep, etc.

The TE can blocks down, hook or drive you can have the FB kick-out or sweep hook, or you can have the guard pull and trap. It can become very intense. Take it slow at first so that everyone understands the reads. Then when everyone is comfortable do it live. Full contact - You can change the intensity by letting the DE stay in facing fresh people (if you have the numbers) or have the other group go and come back to line of scrimmage as fast as possible.

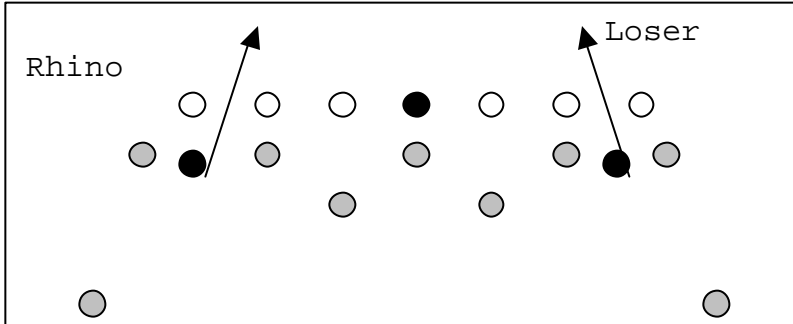
Stunts Forcing Unit:



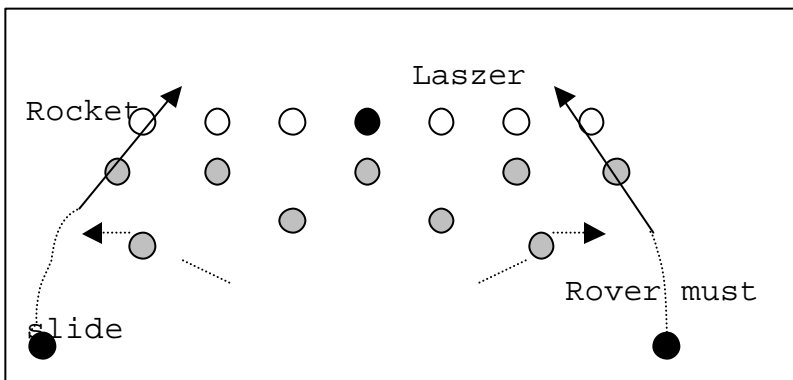
## 54 Invert Defense

Blitz Package's:

Good blitz with nose r-1



Walk up



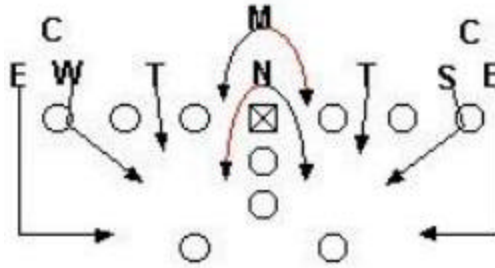
We really don't blitz that much .The forcing unit stunts take care of that if we need to we will .

### Goal line Defense

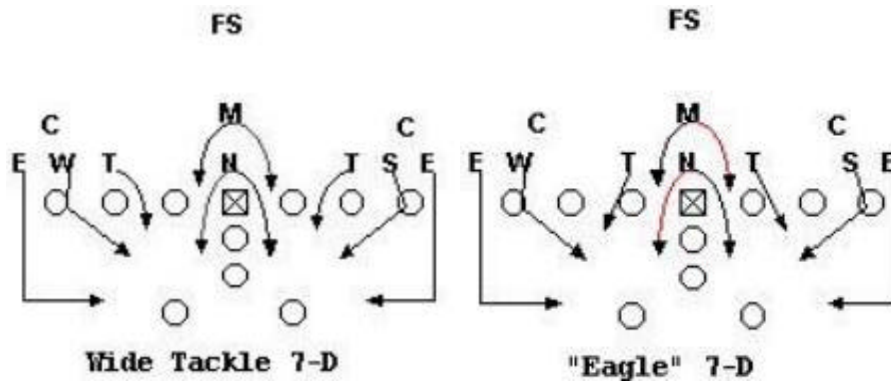
You should be able to run your goal line defense anywhere on the field to change up on the offense .When you are down in your end zone , you must keep the ball in front of you.

Goal Line Defense: Seven Diamond

54 Invert Defense  
FS



THIS DEFENSE ALLOWS YOU TO PLAY GAP CONTROL, DESIGNED TO STOP THE OFF TACKLE RUN "NOSE RIGHT OR LEFT"



IN THE EAGLE FRONT IT IS A GOOD IDEAL TO SHIFT THE CORNERS INWARD TO STUD UP THE OFF TACKLE C GAP

**BASE ASSIGNMENTS**

- NOSE -HEAD UP ON CENTER (A GAP)
- DEFENSIVE TACKLES- INSIDE SHADE OF OFFENSIVE TACKLE B GAP)
- DEFENSIVE ENDS- 1 AND 1 ( D GAP)
- MIDDLE LINEBACKER- 3 YARDS DEEP STACK BEHIND NOSE
- SAM LINEBACKER- INSIDE SHADE OF TIGHTEND
- WILL LINEBACKER-INSIDE SHADE OF TIGHTEND
- S LEFT CORNER-INSIDE SHADE OF FIRST RECIEVER
- W RIGHT CORNER-INSIDE SHADE OF FIRST RECIEVER
- SAFETY- EIGHT YARDS OF LINE OF SCRIMMAGE STACK CENTER

**THE DEFENSE BROKEN DOWN HAS 2 LEVELS**

1<sup>ST</sup> LEVEL CONSIST OF:  
NOSE, TACKLES, ENDS AND MIDDLE LINEBACKER

2<sup>ND</sup> LEVEL CONSIST OF:

## 54 Invert Defense

INSIDE LINEBACKERS , LEFT CORNER , RIGHT CORNER AND SAFETY

### **RUN RESPONSIBILITIES**

NOSE-LEFT OR RIGHT A GAP DEPENDING ON CALL

DEFENSIVE TACKLES- ALWAYS INSIDE SHADE 4 TECH. SLANTING INTO THE B GAP

DEFENSIVE ENDS- 1 AND 1 ON TIGHTEND D GAP (SQUZEE) FIRST MAN TO CROSS YOU FACE FROM D GAP TO SIDELINE, IF PLAY AWAY SIT AND SQUZEE DOWN LINE OF SCRIMMAGE LOOK FOR COUNTER CUTBACK REVERSE JAM TIGHTEND- PASS RUSH CRASH HARD TO QB

MIDDLE LINEBACKER- MIDDLE RUSH INSIDE A GAP TO OUTSIDE D GAP STUNTS WITH NOSE

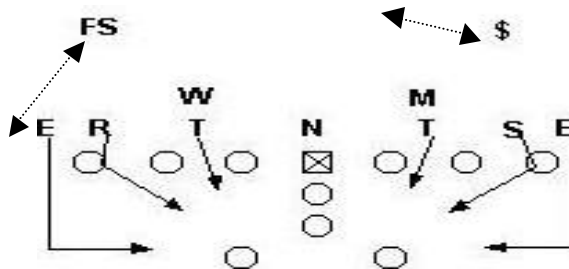
### **2<sup>ND</sup> LEVEL OF DEFENSE**

SAM AND WILL LINEBACKERS-INSIDE SHADE OF TIGHTEND C GAP JAM TIGHTEND ON LINE OF SCRIMMAGE- MIRROR # 2 MAN (IF WIDE RECIEVER) IF THE TIGHTEND IS FIRST RECIEVER BUMP AND COVER

LEFT AND RIGHT CORNER- C GAP TO D GAP- MIRROR # 1 MAN (IF WIDE RECIEVER) IF TIGHTEND IS FIRST RECIEVER COVER FIRST BACK OUT OF THE BACK FEILD TO YOUR SIDE KEY READ IS TIGHTEND

SAFETY- READ AND FLOW TO BALL STAY AT DEPTH UNTIL THE BALL CROSSES THE LINE OF SCRIMMAGE-MIRROR # 3 MAN (RECIEVER) IF NO #3 FLOW WITH QB AND STAY MIDDLE THIRD

### **7-BOX**



THE 7 BOX IS A BETTER PASS COVERAGE DEFENSE.THE ONLY DRAW BACK IS THE PASS RUSH YOU WILL REDUCED BY ONE .ON A SURE RUN PLAY,USE A WALK-UP CALL TO BRING THE HEAT IN THE C-D GAP AREA.SLIDE BACK SIDE SAFETY TO COVER MIDDLE THIRD

Now you can see what I have done with the 54 Tight corner. The defense line play is the same. The only change is the Rovers and corners. The base Invert will take away the off-tackle , sweep and flat area. The

## 54 Invert Defense

key read for the Rovers has to be the same man. At the younger levels I am keying the quarterback. But as the levels get older and move up the keys should change. Or by scouting if you notice the tight ends play maybe that will change your key. In the I formation the key may be the fullback.

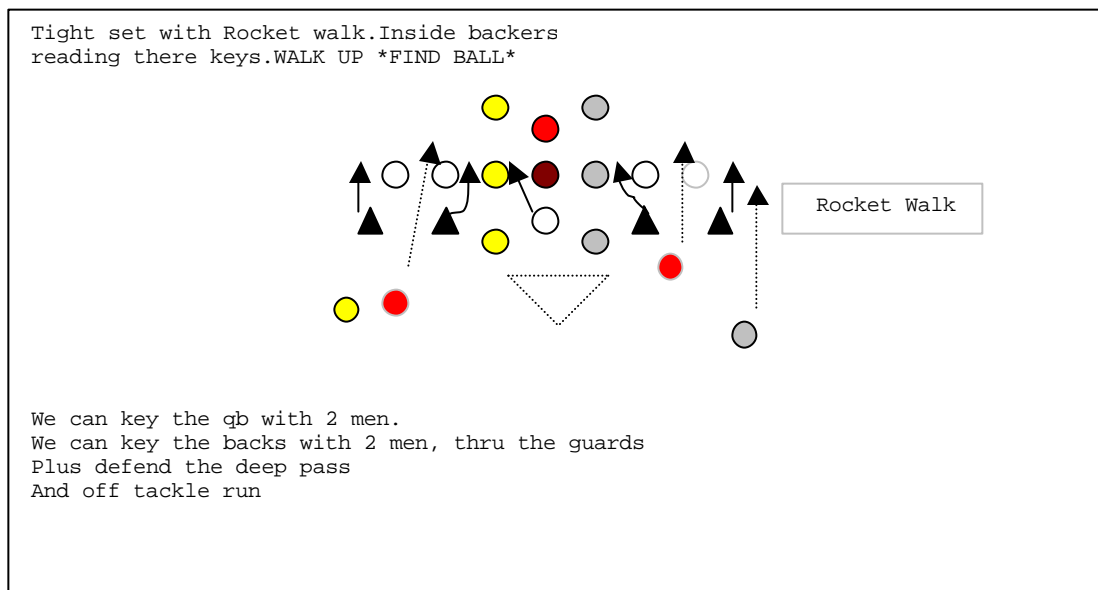
You must get the Rovers to understand the rotation in the triangle area. The backsides Rover MUST make the read and react. Now the chances of a counter coming back to the side where the Rover just moved along the triangle are great. Your Stud at the Defensive end will make that stop and chances are the 1<sup>st</sup>. level is stunting that way.

To play the Rover you must have speed. You also must be able to make the tackle The running back more then likely will have a lead blocker, that will never be able to block the Rover coming inside out.

We have not talk about the inside linebacker play that much. I always ask Pete Minturn when we were going to start blitzing during the game and I know he thought I was missing something or thinking to himself "is he watching the same game I am" but we were stunting a lot and moving the linebackers in C gap on loop and also in A gap on nose. I am great full to coach Minturn he thought me how to blitz without tipping the hat. But the safety play in the Tight corner is what prompts to make adjustment to the alignment.

Just setting back there so deep really made no sense to me. The inside rotation of the Rovers actually starts the cover rotation. And with the right look from the offence I like the advantage of walking up the corner to the weak side. I think I would call that Baiting the opponents . We would change cover to man in a tight set. I like to send the heat.

But only against a team that DOES NOT pass that well and remember live by it, and die by it!

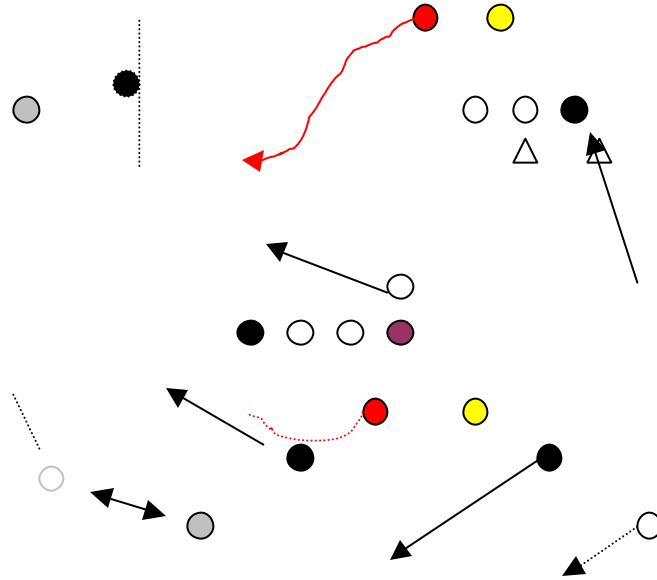


Corner has first man out. If tight end is first man (his man)

## 54 Invert Defense

If 2 men to same side, Rover steps out. Inside shade protect flat

COVER 2 INSIDESHADE. BACKSIDE CORNER SPYING TIGHTEND
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We could draw diagrams all day. Best to play base and mix your stunts.  
When you have control of the game and nothing is working for the  
offense.

Good time to practice your \*walk-ups\* and rocket & lazier