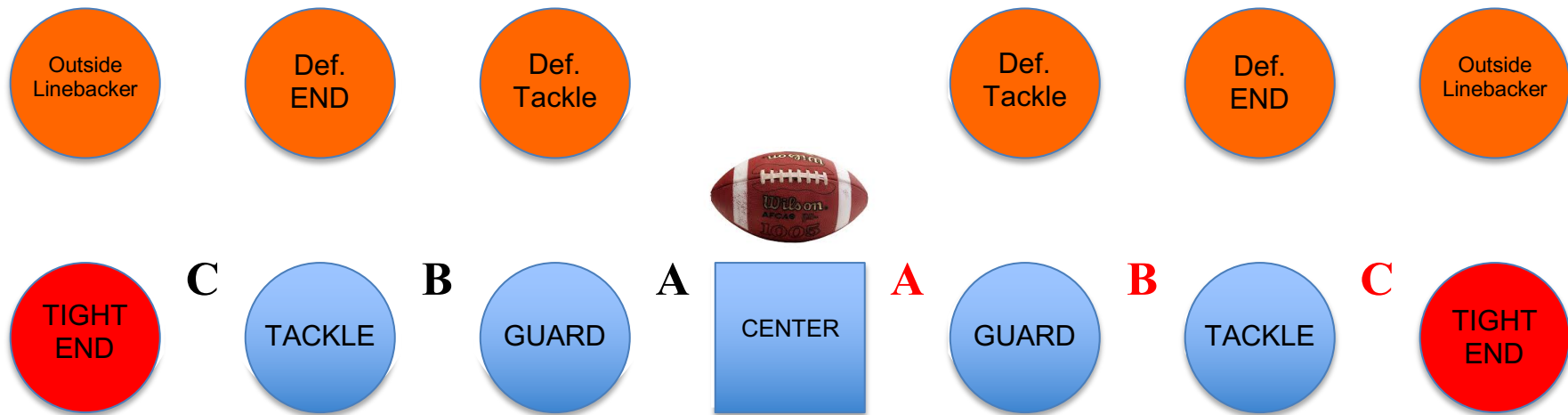


DEFENSE

(Defense is when our opponent has the ball)



- The diagram above illustrates how we number our defensive gaps. On defense we call plays by telling our defensive players which gap to go through on their side of the ball (Left or Right). It is important for all players on defense to understand the gap system.

- Unlike offense, defense uses letters (not numbers) and the gaps mirror each other on each side of the ball. Starting on each side of the CENTER you have the A-Gaps. As you move away from the CENTER, you have the B-Gaps, then the C-Gaps.

EXAMPLE: If the Outside Linebacker on the left side is to shoot the C-Gap, once the ball is snapped he would attempt to get into the offensive backfield by running between the TIGHT END and the TACKLE.

