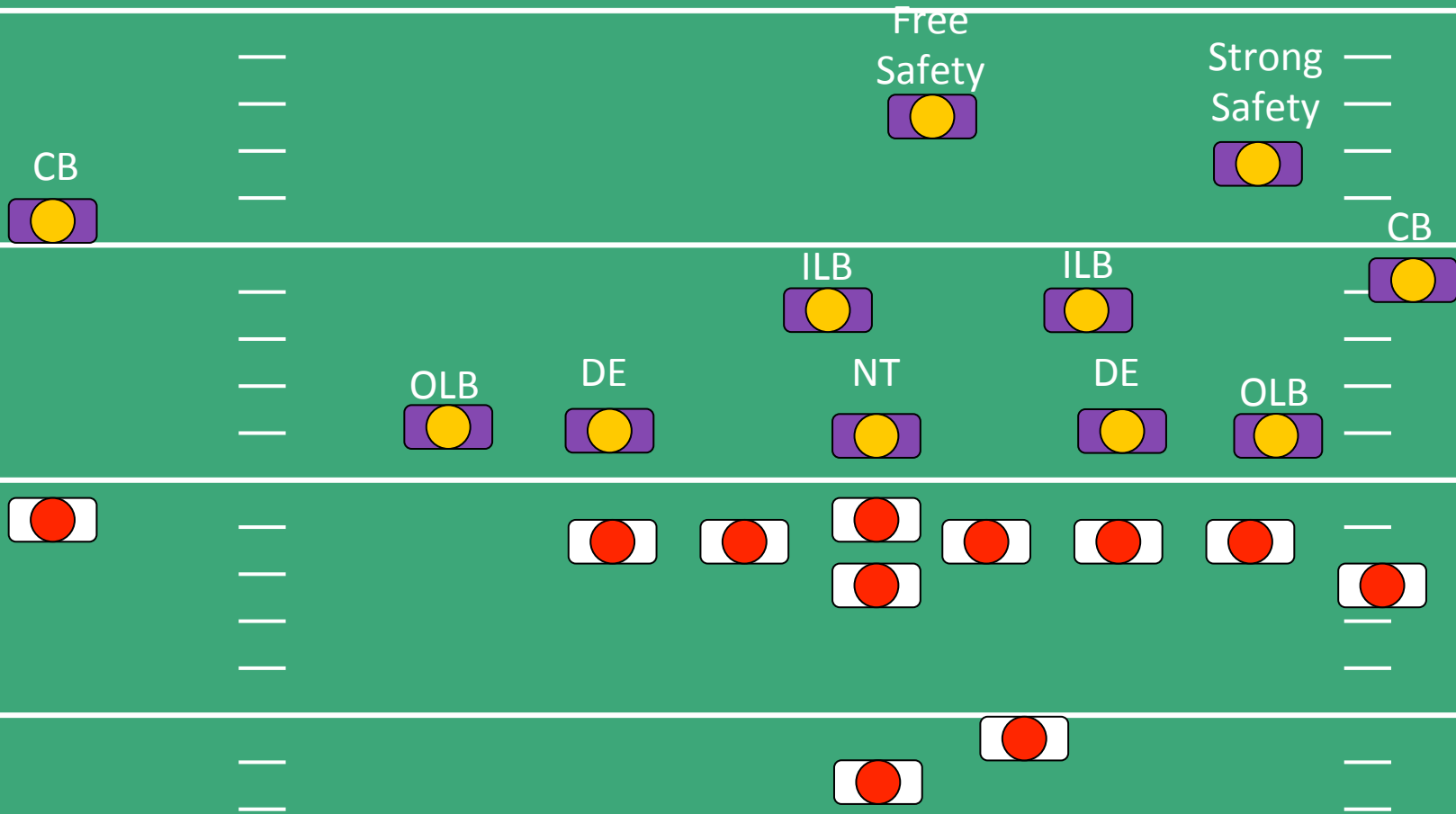
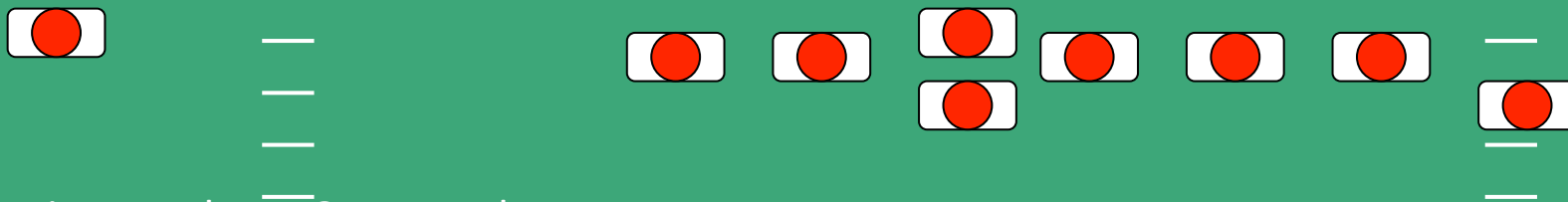
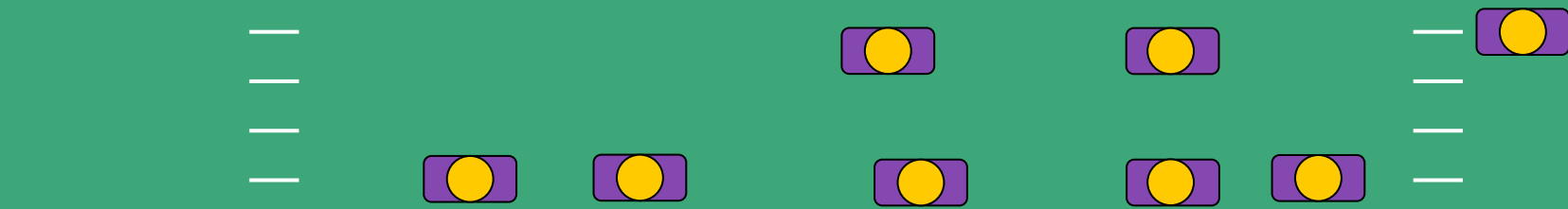


3-4 Defensive Alignment



NT	DE	ILB	OLB	CB	Strong Safety	Free Safety
Nose Tack is anywhere from one A gap to the other	Defensive Ends line up anywhere from B to C gap	Inside Linebackers line up three yards off the LOS anywhere from A to B gap	Outside Linebackers line up anywhere from three yards off LOS to right on line from head up on TE to D gap	Cornerbacks are lined up 3 to 5 yards off the LOS and outside the OLB and as far out as the widest man, whichever is wider	Strong Safety lines up 5 to 7 yards from LOS on the strong side TE, or where one would be if there are splits	Free Safety lines up 7 yards off the LOS and anywhere horizontally you'd like, but usually between the tackles

3-4 Defensive Assignments



Lineman have Gap Attack

DBs take banana route to play away



NT	DE	ILB	OLB	CB	Strong Safety	Free Safety
Nosetackle will be given gap assignment by ILB. Fire that gap and get into the backfield	Defensive Ends will be given gap assignment by ILB. Shoot through that gap to O player on that side will feel pressure from O player he is on (taking up two O linemen)	Inside Linebackers should read nearest running back and scrape off of the DE to get to the backfield. If it's a pass drop to curl/slant area	Weakside: get to the quarterback, if you see a facemask coming towards you, honor it, you have the flat Strongside: Hit TE and play run with secondary responsibility in the flat	Cornerbacks have man-to-man coverage on receiver, comes up to stop run only after ball crosses LOS	Strong Safety has TE responsibility on route	Free Safety keeps everyone in front of him, comes up to stop run only after the ball crosses the LOS