THE “SPEED KILLS”
3-5-3

BLITZ AND STUNT PACKAGE

BACON ACADEMY
ADVANTAGES OF THE 3-5-3

- Not many coaches know how to block and game plan for it.
- It is extremely flexible. Nickel-dime substitutions can easily be made without disrupting your whole scheme.
- The defense is an 8 man front, yet you have 5 defensive backs on the field for pass coverage.
- It allows the use of smaller speed type players.
- Offenses do not know who is coming or from where.
- It is confusing to offensive linemen.
DEFENSIVE PHILOSOPHY

- We will **dictate** what the offense runs, not the other way around.
- We can adjust to anything we see.
- We are not counter punchers, we do not react; **we anticipate & attack**.
- We need a surge up the field by our DL and our blitzes. We will **make a new los 1 yard back from where it was**.
- All 5 offensive linemen will have to account for our 3 defensive linemen.
DEFENSIVE POSITIONS

- We split our defense down the middle. A strong side and a weak side. By doing this it simplifies our calls.
- Our OLBS are called **Spur** (strong) and **Bandit** (weak)
- Our ILBS are called **Bob** (strong) and **Frank** (weak)
- Our **Nose** and **Mike** are in the middle.
- You can also run this defensive by sides-right side/ left side. The players simply need to know what side they are on as dictated by the strength call.
DEFENSIVE CALLING PROCEDURE

- The first thing we need to do is make a strength call. We determine our strength to the TE, if no TE to the 2 receiver side, if balanced to the field.
- Sometimes through game-planning we will decide to always call the strength to the field.
- We will always move our front so then we can simply tag a blitz onto the line stunt.
3-5-3 LINE CALLS

- NOSE AND TACKLES LISTEN FOR IN, OUT, PINCH, SLANT STRONG, SLANT WEAK
CROSSOVER STEP, DIP AND RIP AND GET TO ASSIGNED GAP.

TACKLES ARE RESPONSIBLE FOR B GAPS, NOSE ALWAYS SLANTS STRONG.
CROSSOVER STEP, DIP AND RIP AND GET TO ASSIGNED GAP.

TACKLES ARE RESPONSIBLE FOR C GAPS, NOSE ALWAYS SLANTS STRONG.
PINCH

CROSSOVER STEP, DIP AND RIP AND GET TO ASSIGNED GAP.
TACKLES ARE RESPONSIBLE FOR B GAPS, NOSE SLANTS WEAK.
CROSSOVER STEP, DIP AND RIP AND GET TO ASSIGNED GAP.

WEAK TACKLE IS RESPONSIBLE FOR B GAP, STRONG TACKLE HAS C GAP, NOSE ALWAYS SLANTS STRONG.

SLANT STRONG
CROSSOVER STEP, DIP AND RIP AND GET TO ASSIGNED GAP.

WEAK TACKLE IS RESPONSIBLE FOR C GAP, STRONG TACKLE HAS B GAP, NOSE SLANTS WEAK.
BLITZES

- **DOG** – SENDS ILB’S FRANK, MIKE & BOB
- **FIRE** – SENDS OLB’S SPUR & BANDIT
- **SLAM** – SENDS SPUR
- **BAM** – SENDS BANDIT
- **GO CALL** SENDS THAT LB
- **WEAK** or **STRONG** CAN BE TAGGED TO **DOG** or **FIRE** TO SEND ILB/OLB ON THAT SIDE, MIKE WILL NEVER GO ON ST or WK CALL
MIKE WILL SLANT TO THE GAP OPPOSITE OF THE SLANT BY THE NOSE
THE FRANK SLANTS TO THE GAP OPPOSITE OF THE SLANT OF THE TACKLE
BOB GO

T  N  T
F  M  B

BOB BLITZES THE GAP OPPOSITE FROM THE SLANT OF THE TACKLE
BOTH ILBS WILL BLITZ UNCOVERED GAPS WHEN DOG SIT IS CALLED
DOG STRONG SENDS BOTH MIKE AND BOB
DOG WEAK SENDS BOTH FRANK AND MIKE
SENDS FRANK, MIKE & BOB.
FRANK A

T   N   T
F   M   B
FIRE STRONG

T N T
B F M B S
FIRE WEAK

B F M B S
SLANT STRONG BAM

B F M B S
SLANT WEAK SLAM

T N T
B F M B S
IN FIRE MIKE GO

B

T

F

M

M

B

S
IN FIRE FRANK A

B  F  M  B  S
IN BAM MIKE GO
IN FIRE STRONG
IN FRANK FIRE
OUT FIRE
SLANT WEAK DOG

B  F  M  B  S
IN DOG SLAM C
MARRYING CALLS

THE COACH MUST MARRY CALLS BETWEEN THE LINE CALL AND THE BLITZ.

EXAMPLE- YOU CAN’T CALL “IN STUD A” BECAUSE THERE WOULD BE 2 PEOPLE IN THE SAME GAP. INSTEAD “PINCH STUD A” NEEDS TO CALLED.
OUR ADVICE

- KEEP AN OPEN MIND - BE WILLING TO THINK “OUTSIDE THE BOX”
- BE CREATIVE
- COVER ALL GAPS
- REMEMBER- PLAYERS MAKE PLAYS- WE ONLY TRY TO PUT THEM IN THE CORRECT SPOTS.