

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. NICKLE-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 THE ARE ON AS DICTATED BY THE STRENGTH CALL.

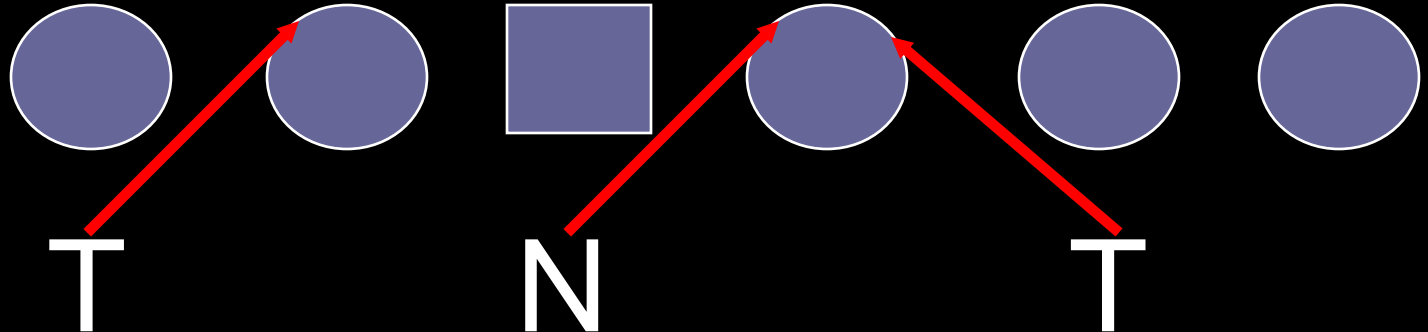
DEFENSIVE CALLING PROCEDURE

- 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

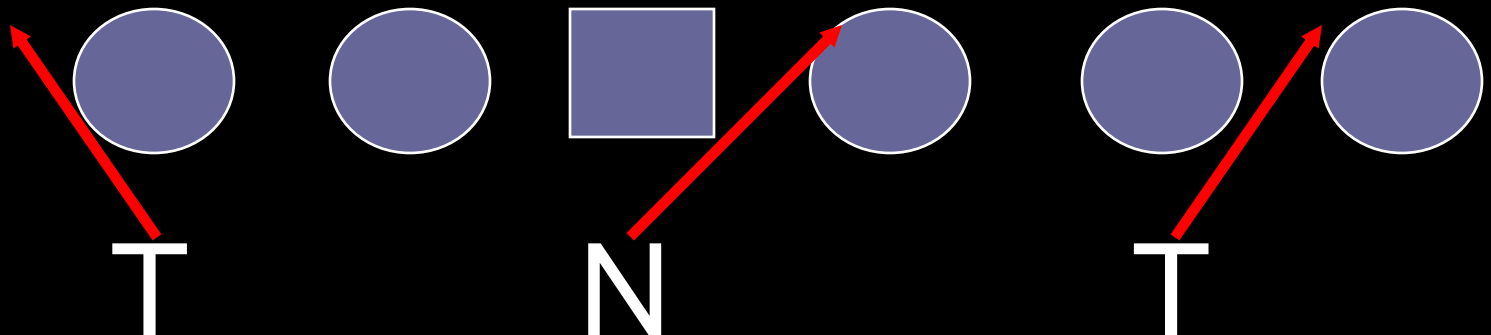
IN



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

TACKLES ARE RESPONSIBLE FOR B GAPS, NOSE ALWAYS SLANTS STRONG.

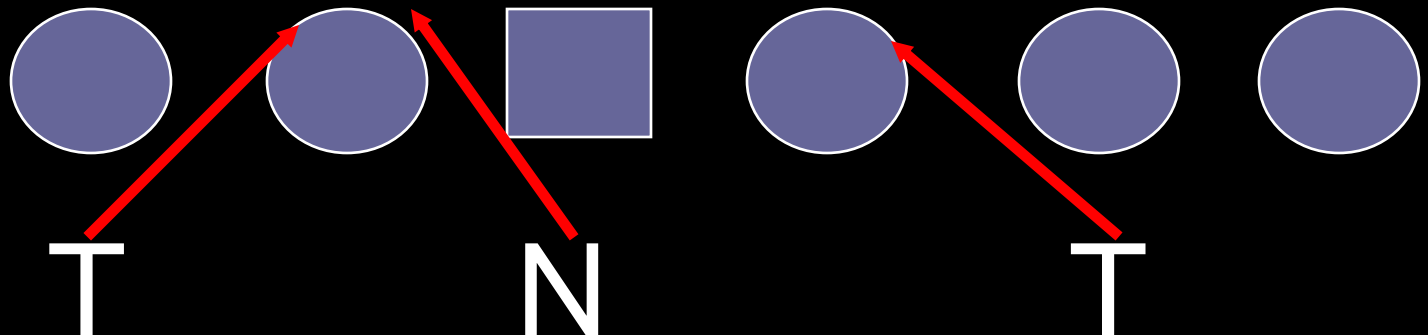
OUT



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

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

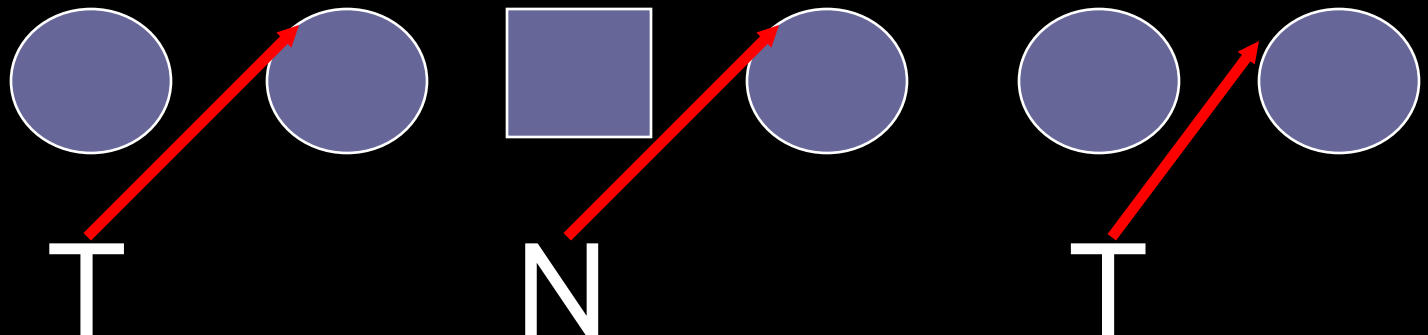
PINCH



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

TACKLES ARE RESPONSIBLE FOR B GAPS, NOSE SLANTS WEAK.

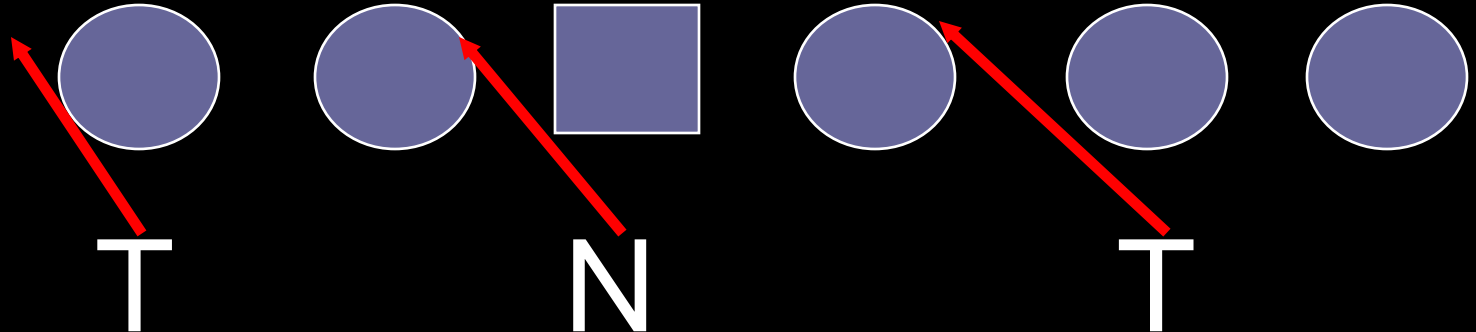
SLANT STRONG



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 WEAK



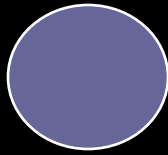
CROSSOVER STEP, DIP AND RIP AND GET TO ASSIGNED GAP.

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

BLITZES

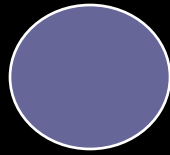
- **DOG** – SENDS ILB'S FRANK, MIKE & BOB
- **FIRE** – SENDS OLB'S SPUR & BANDIT
- **SLAM** – SENDS SPUR
- **BAM** – SENDS BANDIT
- **GO CALL** SENDS THAT LB
- **WEAK** or **STRONG** CAN BE TAGGED TO **DOG** or **FIRE** TO SEND ILB/OLB ON THAT SIDE, MIKE WILL NEVER GO ON ST or WK CALL

MIKE GO



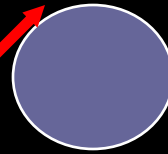
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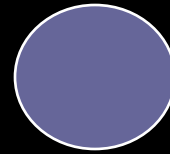
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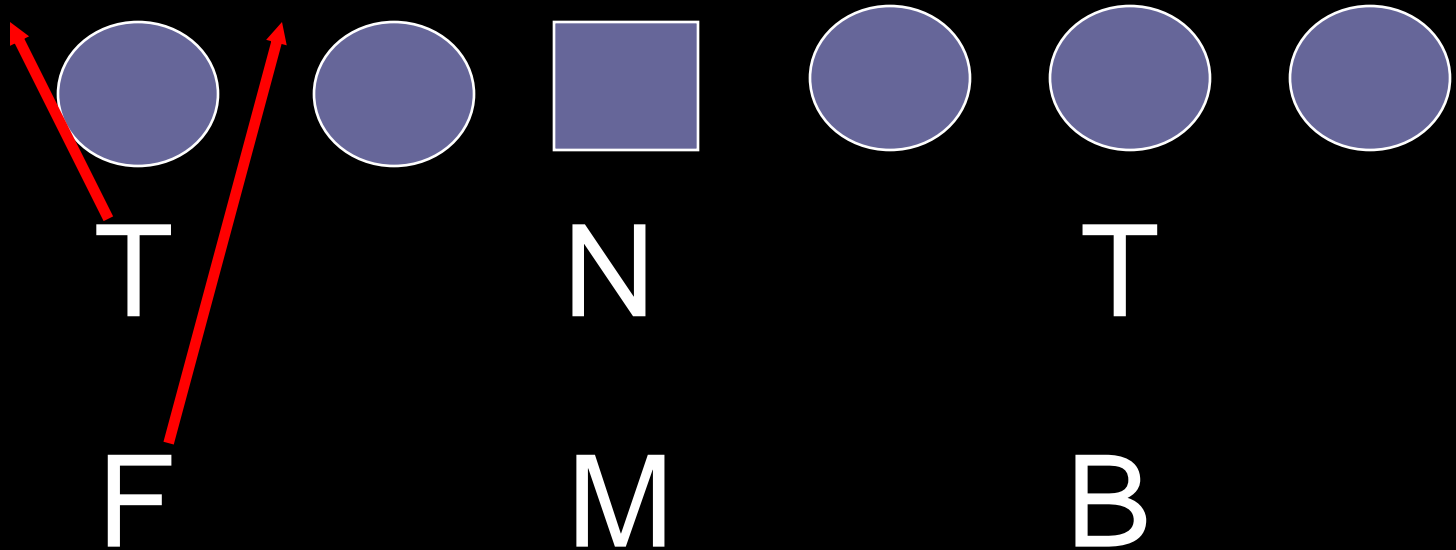
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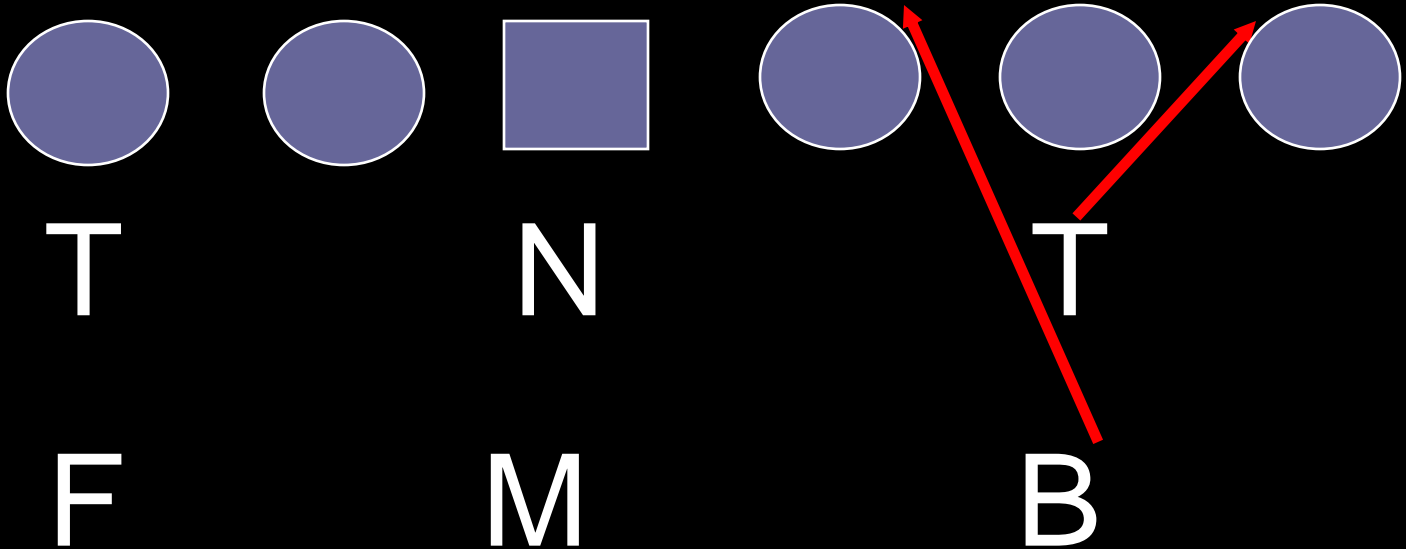
MIKE WILL SLANT TO THE A GAP OPPOSITE OF THE SLANT BY THE NOSE

FRANK GO



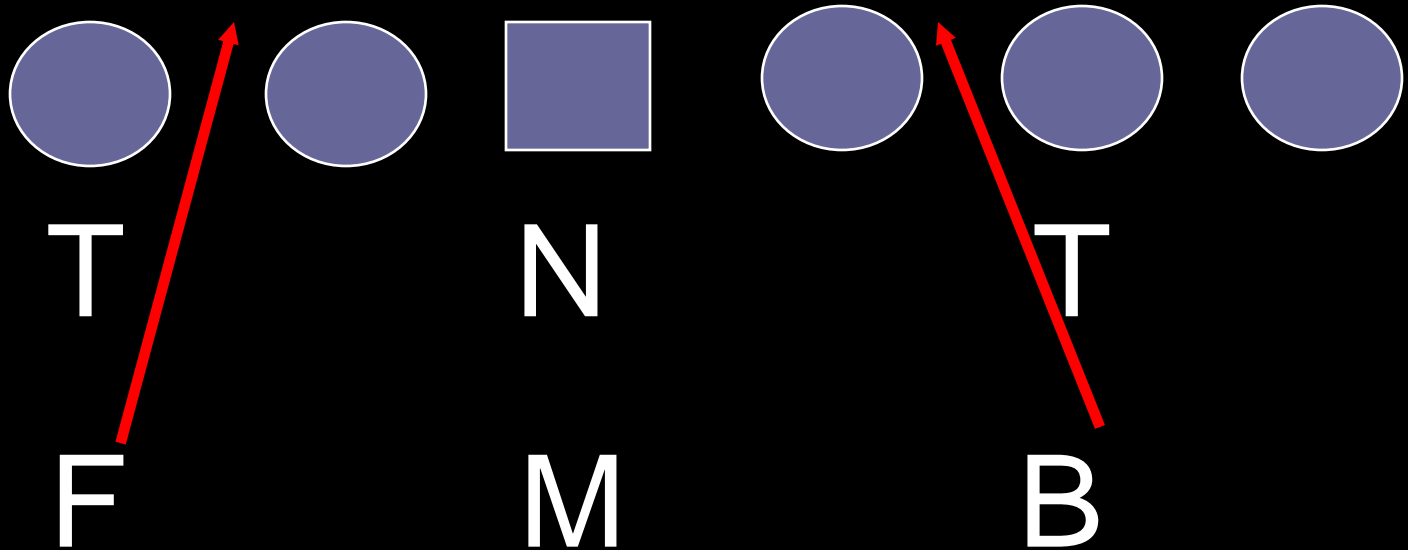
THE FRANK SLANTS TO THE GAP OPPOSITE OF THE SLANT OF THE TACKLE

BOB GO



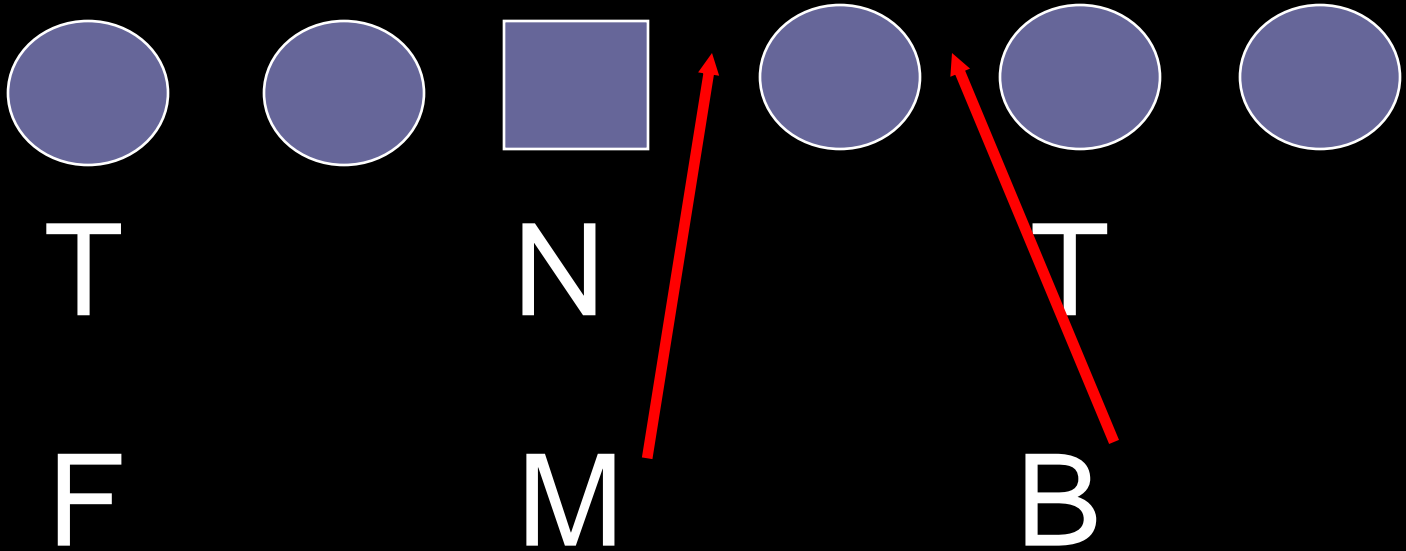
BOB BLITZES THE GAP OPPOSITE FROM THE SLANT OF THE TACKLE

DOG SIT



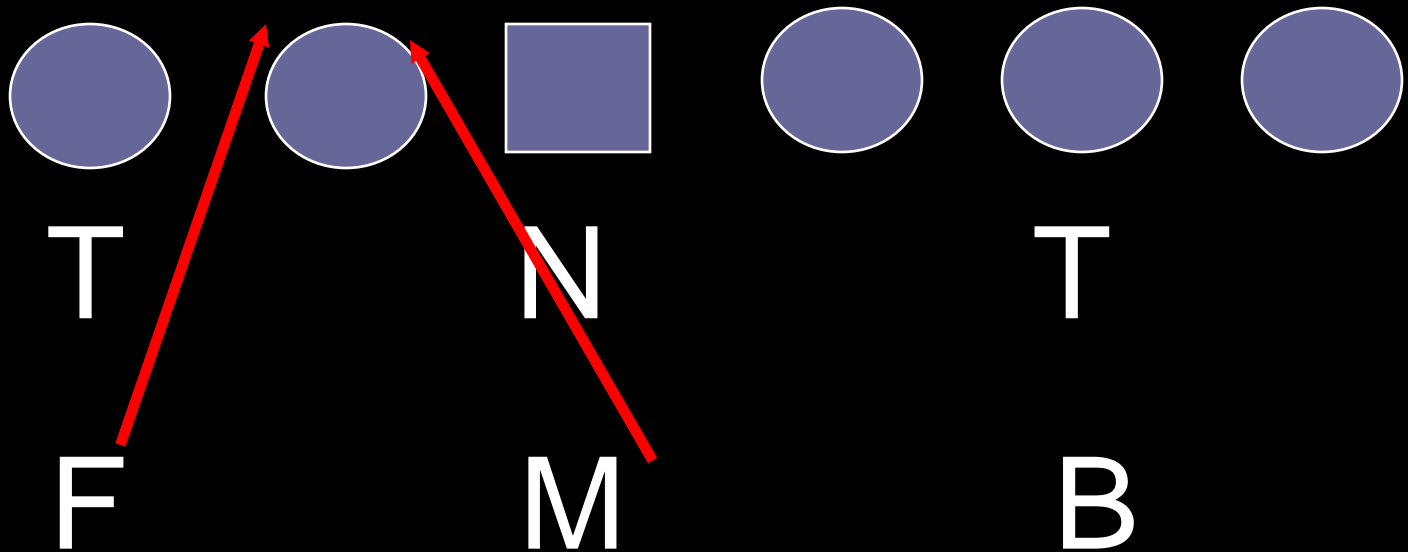
BOTH ILBS WILL BLITZ UNCOVERED GAPS WHEN **DOG SIT** IS CALLED

DOG STRONG



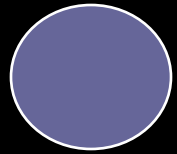
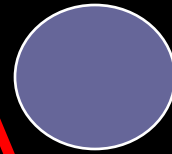
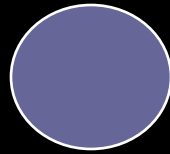
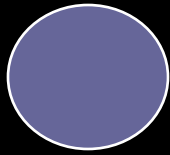
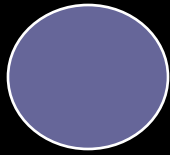
DOG STRONG SENDS BOTH MIKE AND BOB

DOG WEAK



DOG WEAK SENDS BOTH FRANK AND MIKE

DOG



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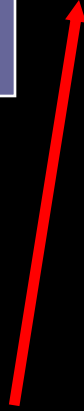
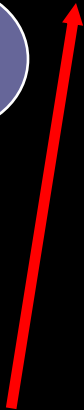
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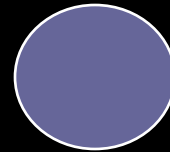
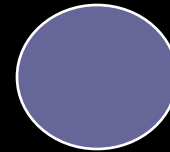
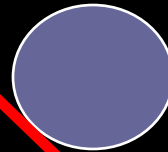
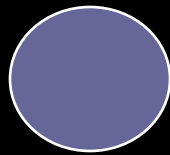
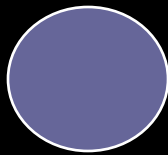
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SENDS FRANK, MIKE & BOB.

BOB A



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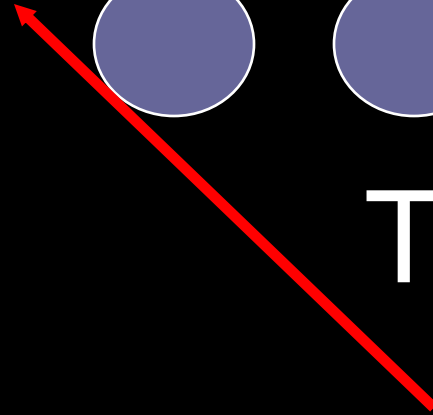
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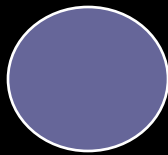
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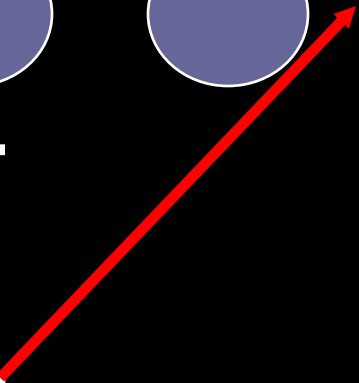
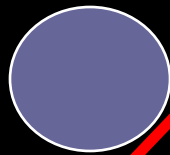


FRANK A



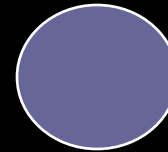
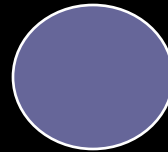
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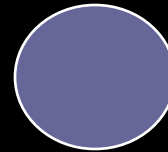
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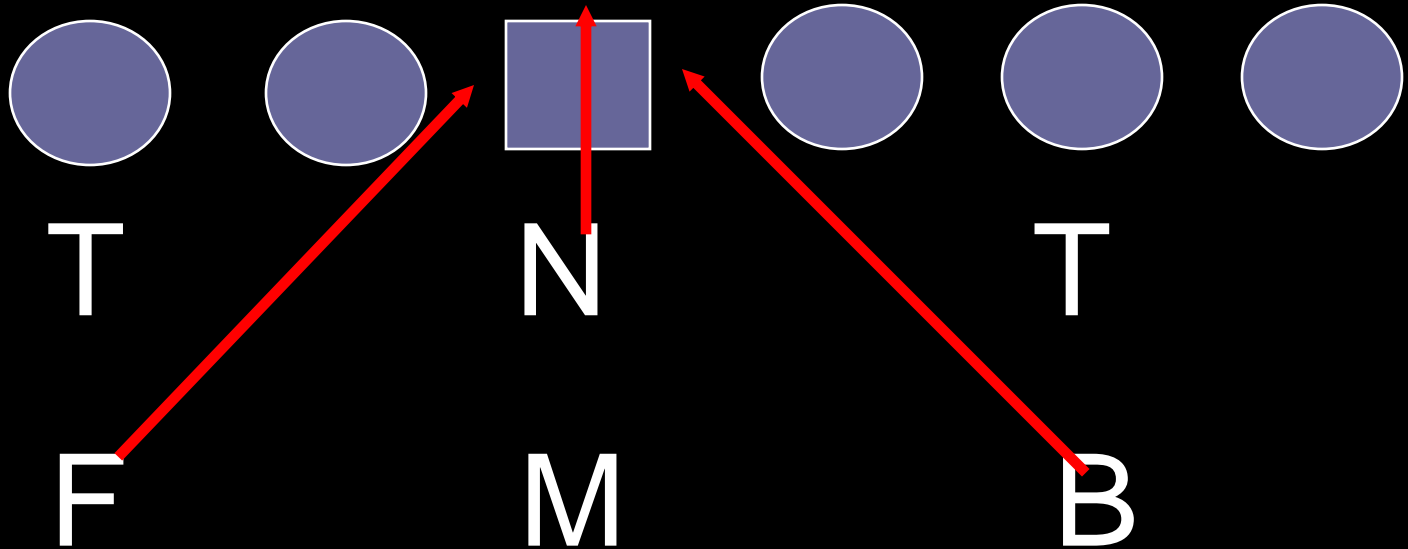


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DOUBLE A



FIRE STRONG



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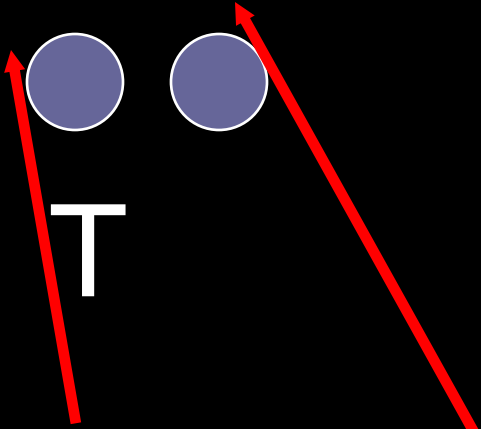
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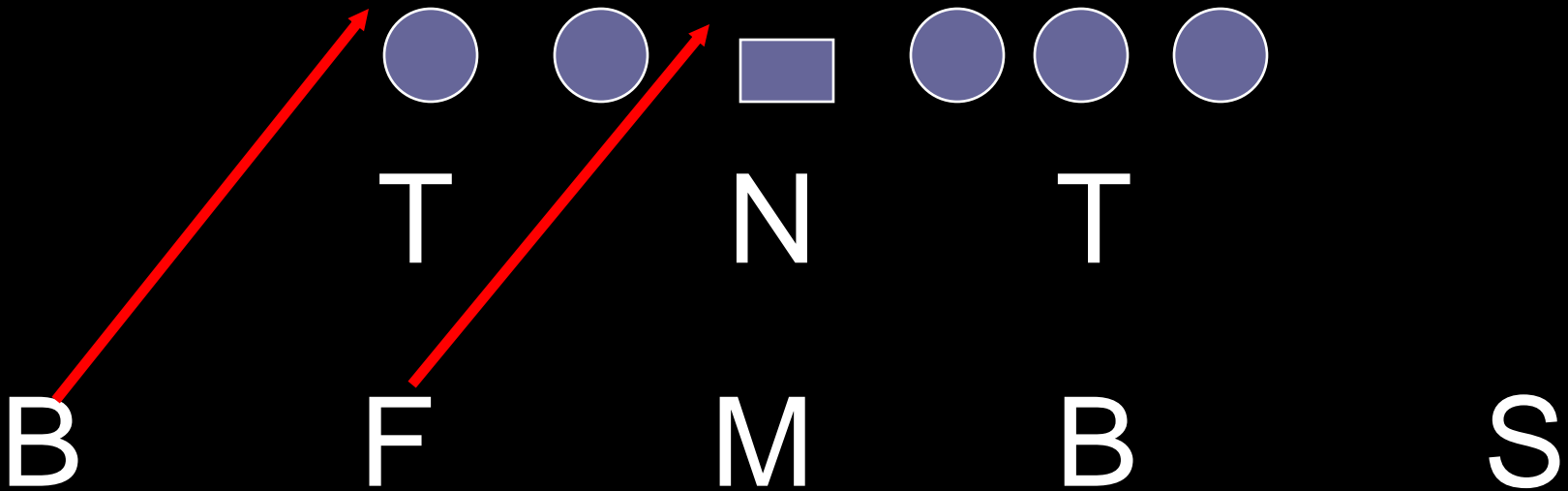
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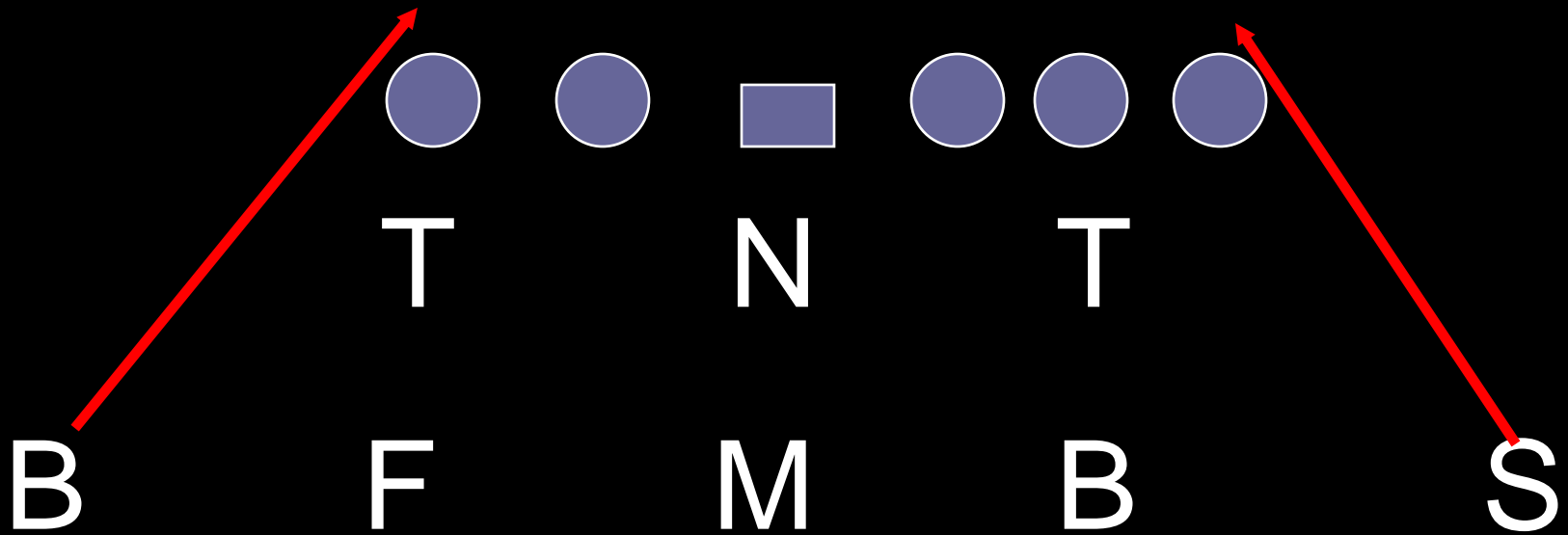
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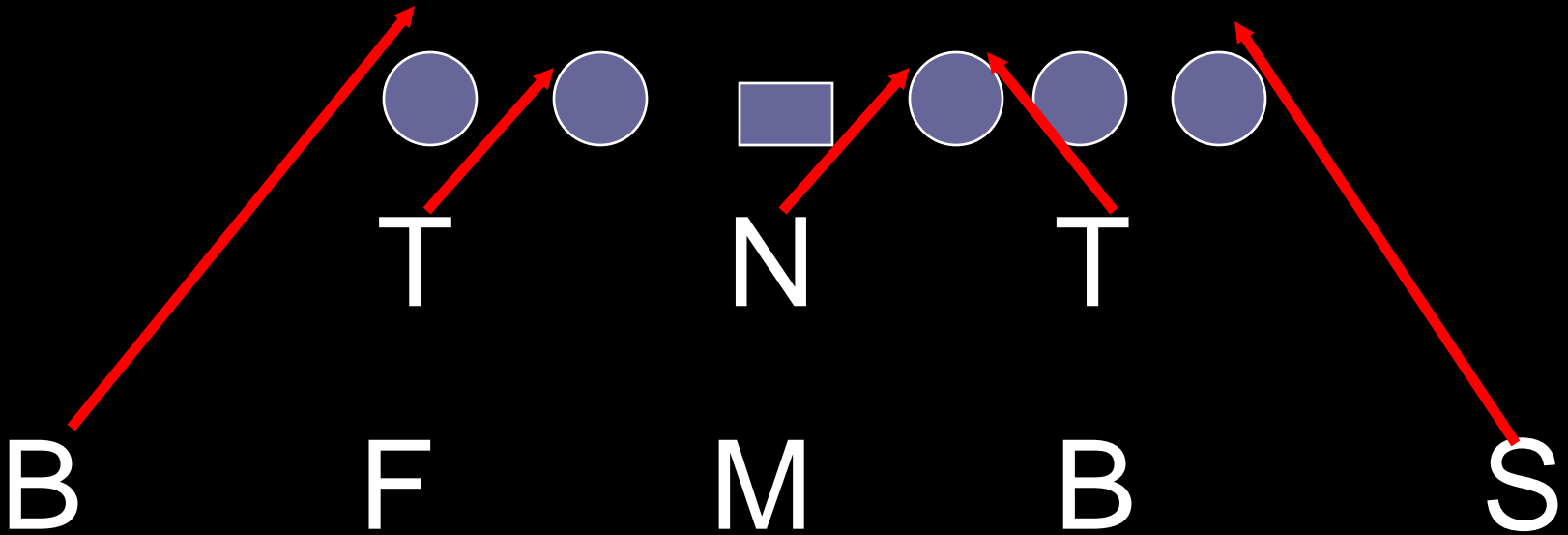
FIRE WEAK



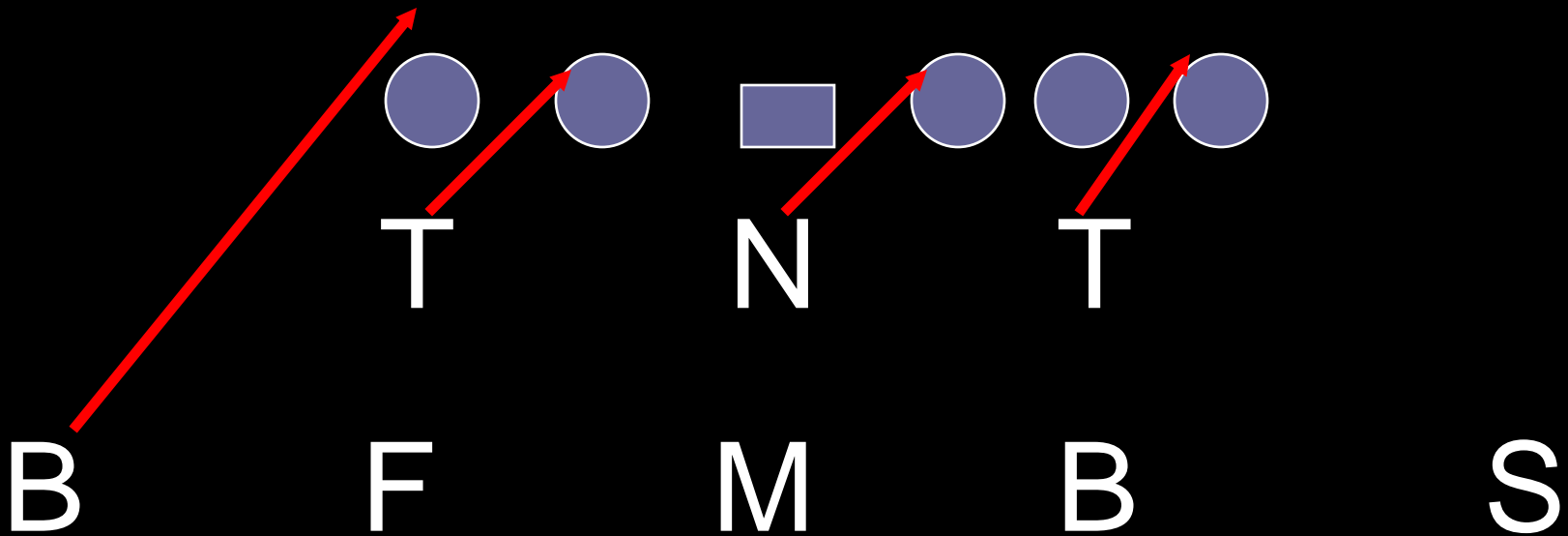
FIRE



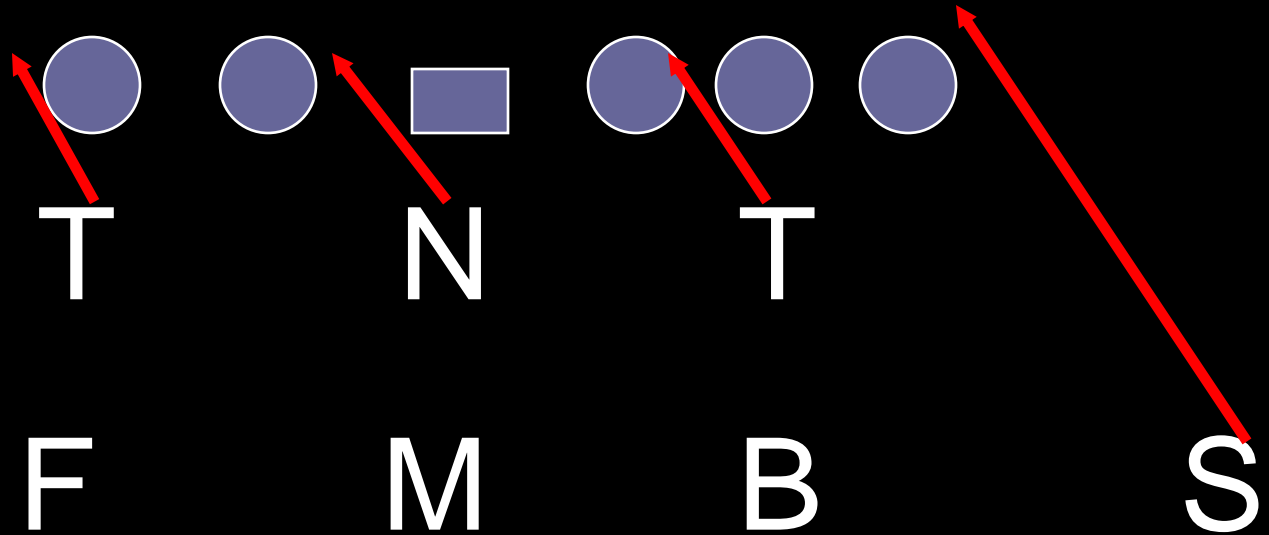
IN FIRE



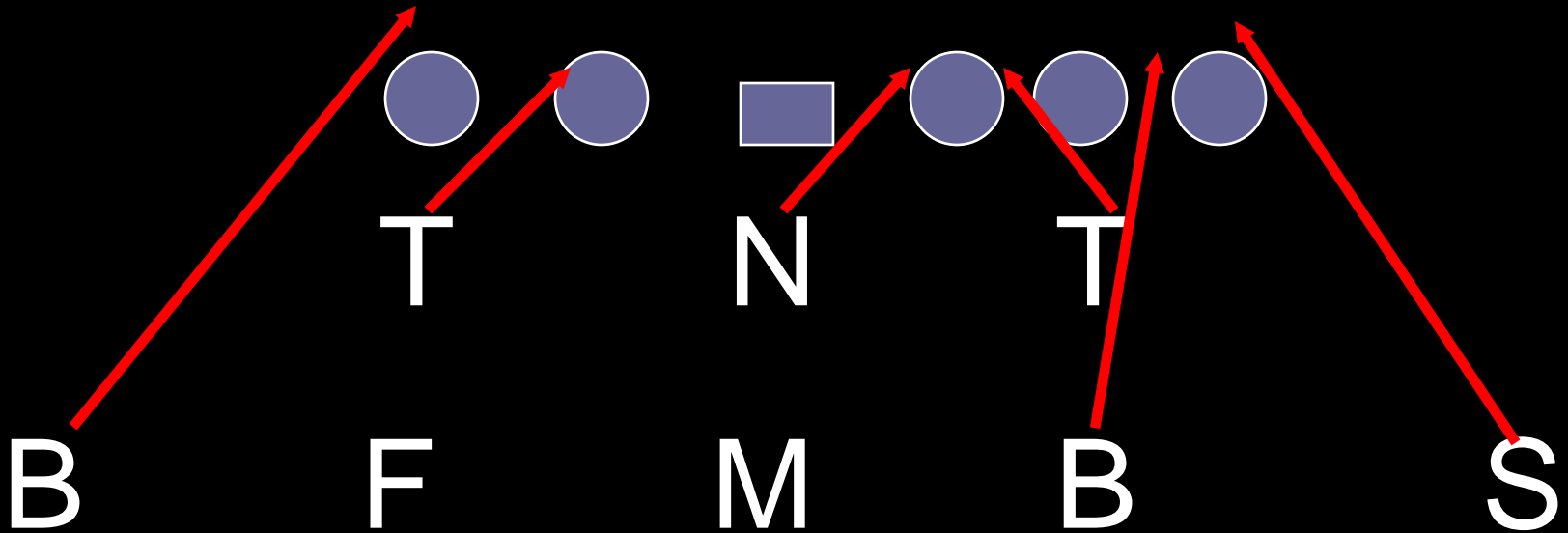
SLANT STRONG BAM



SLANT WEAK SLAM

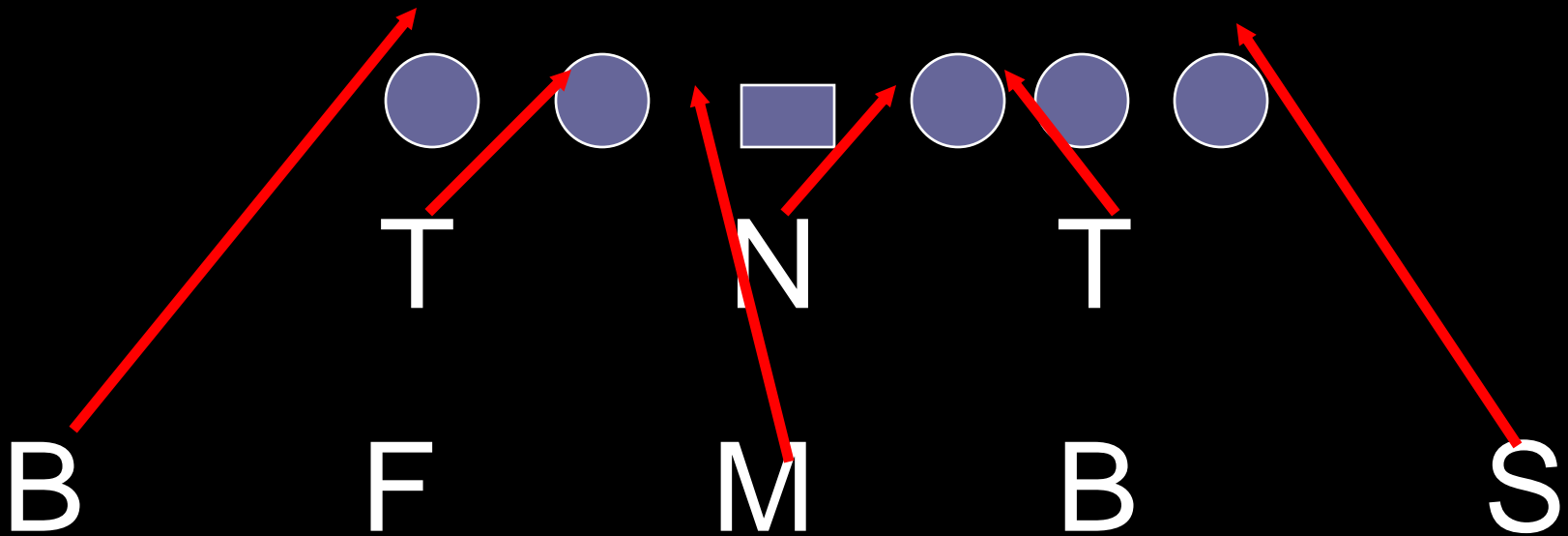


IN FIRE BOB GO

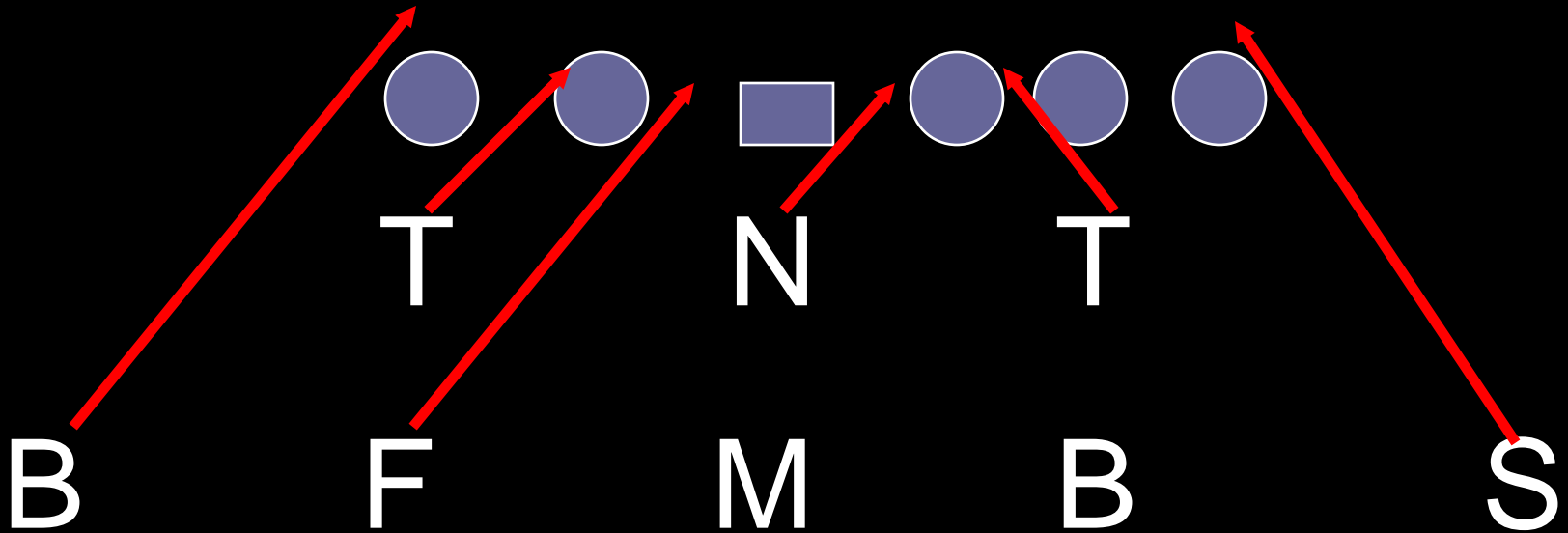


IN FIRE ST BAM

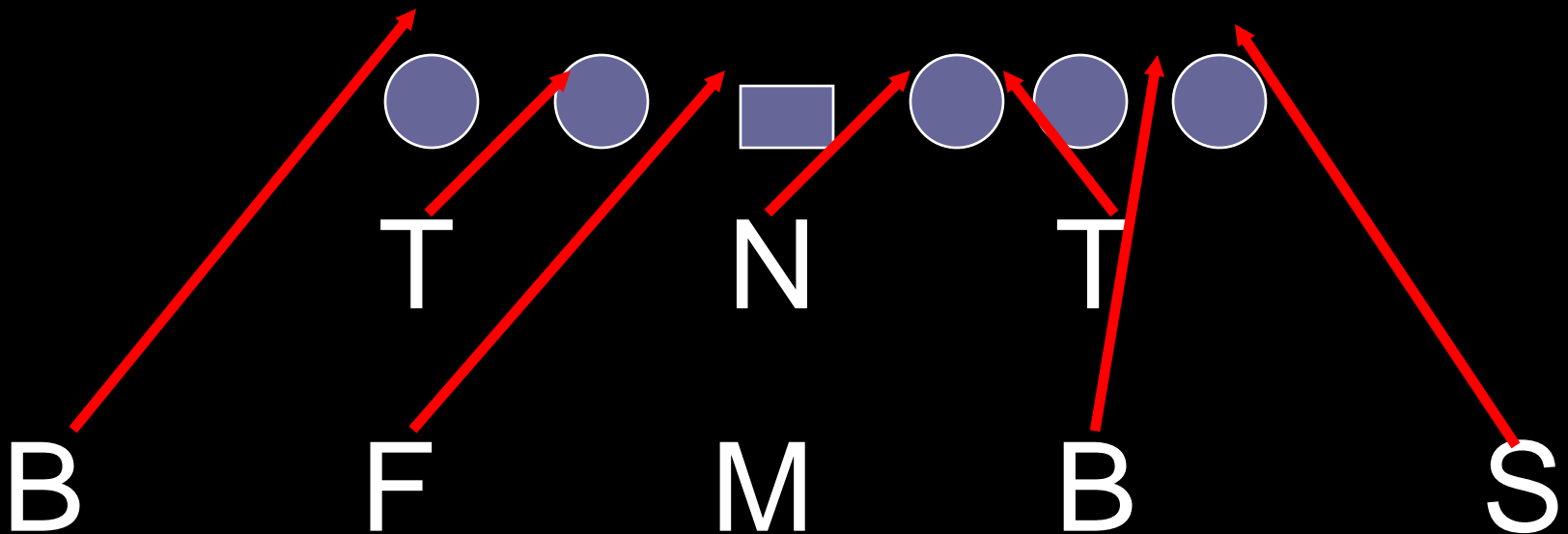
IN FIRE MIKE GO



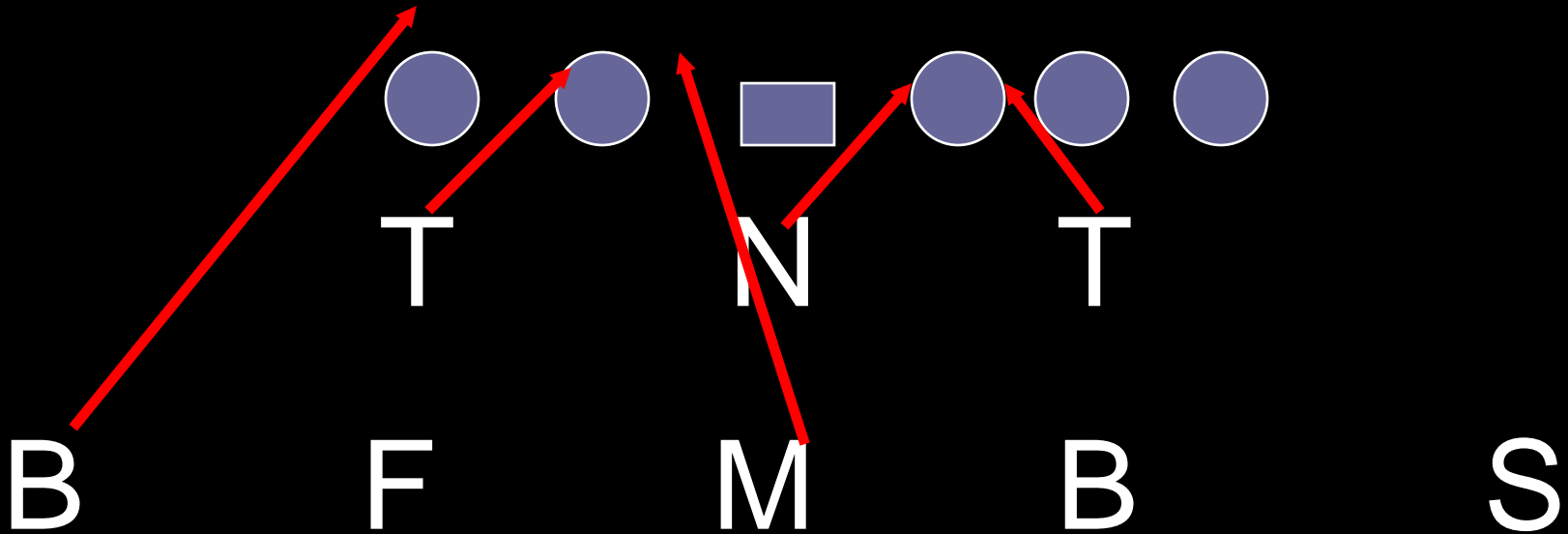
IN FIRE FRANK A



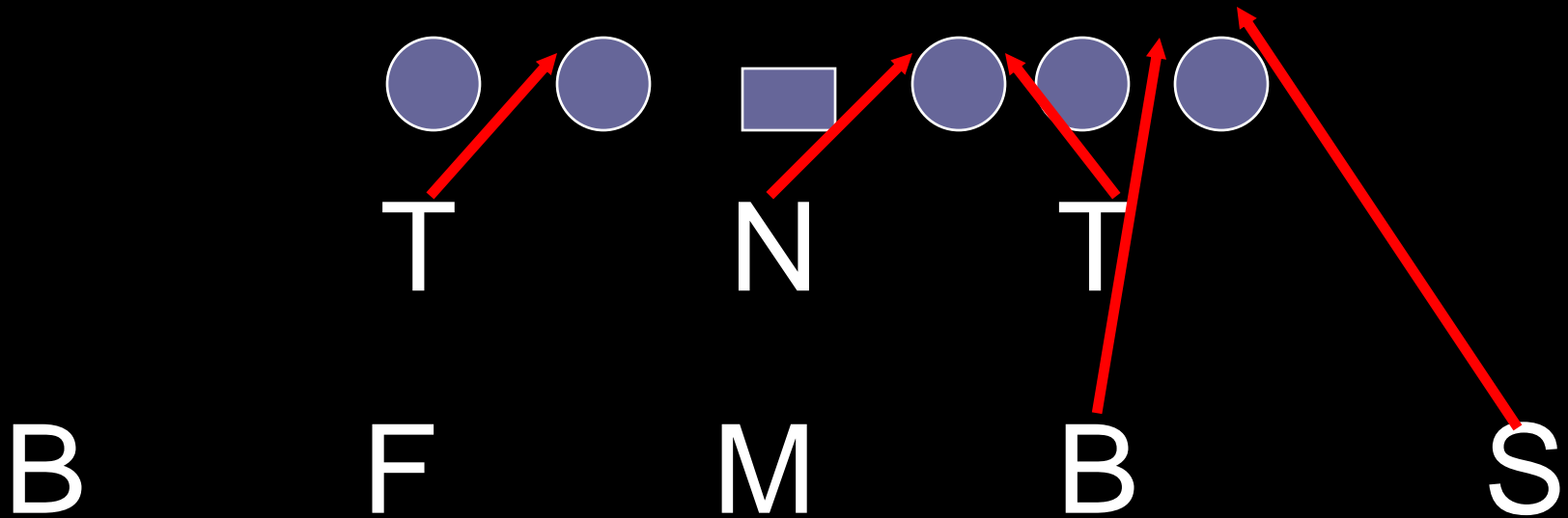
IN FIRE ST/WK FRANK A



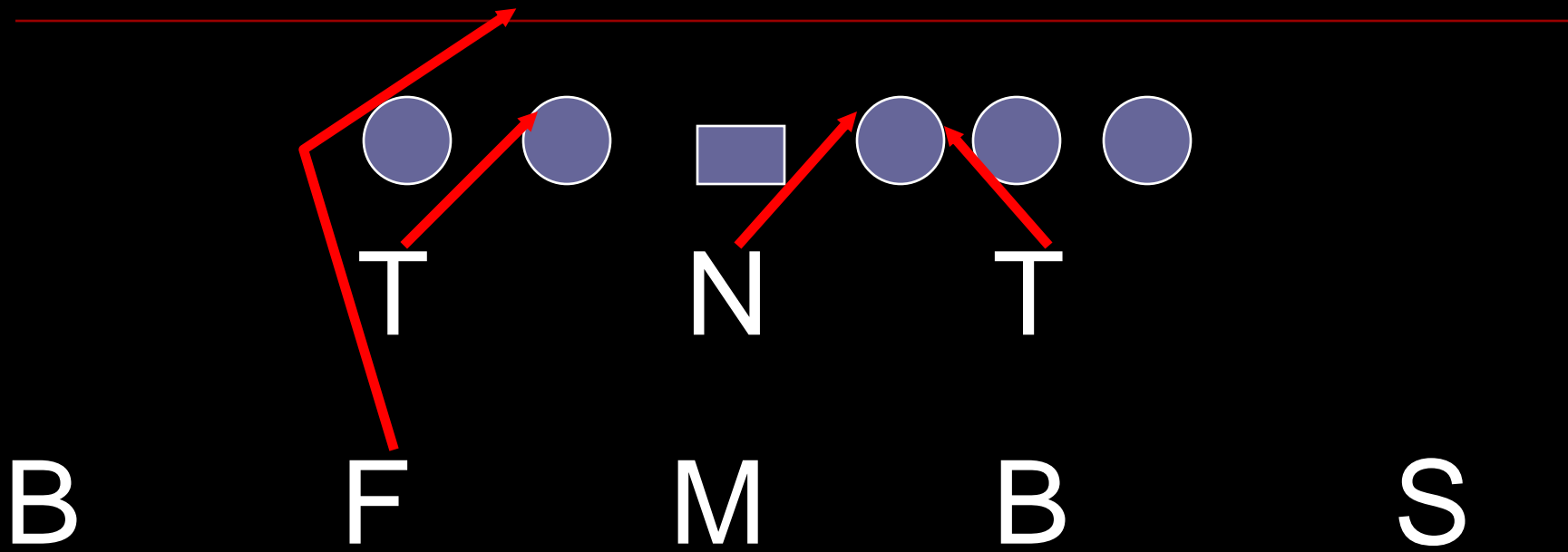
IN BAM MIKE GO



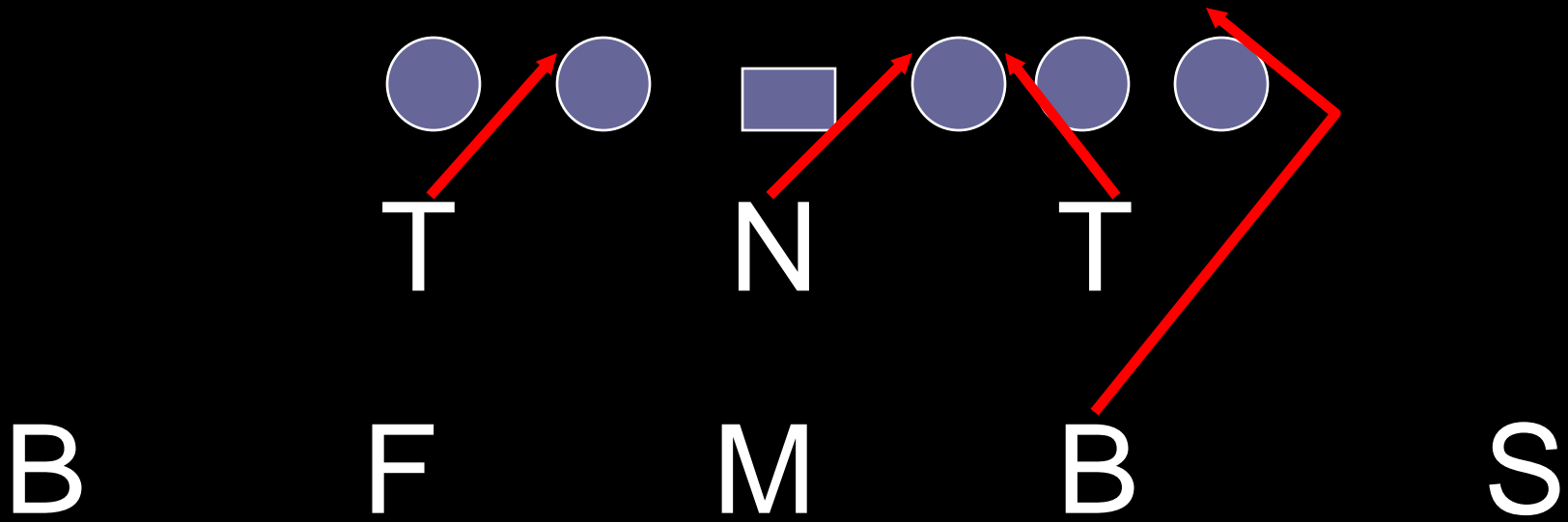
IN FIRE STRONG



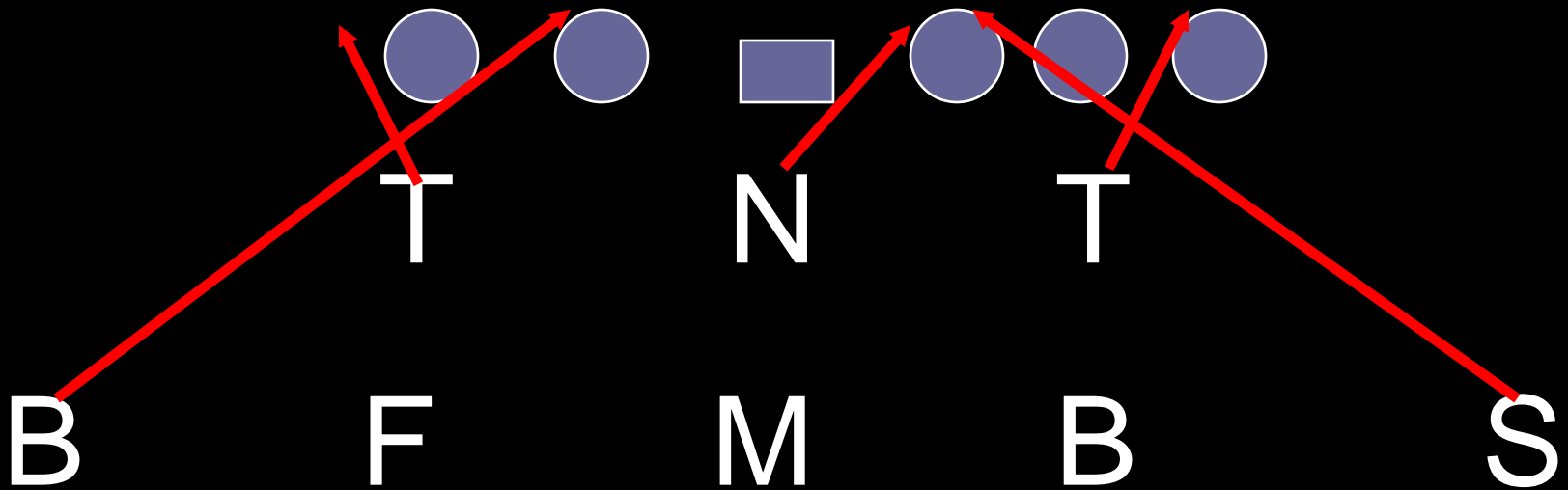
IN FRANK FIRE



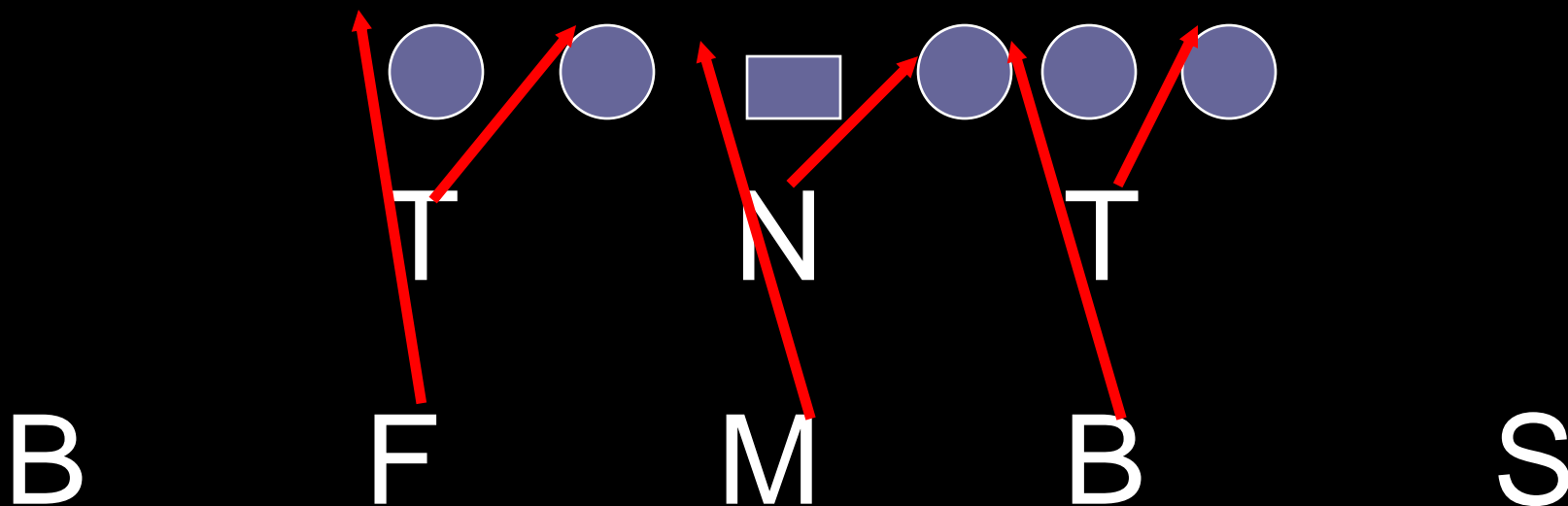
IN BOB FIRE



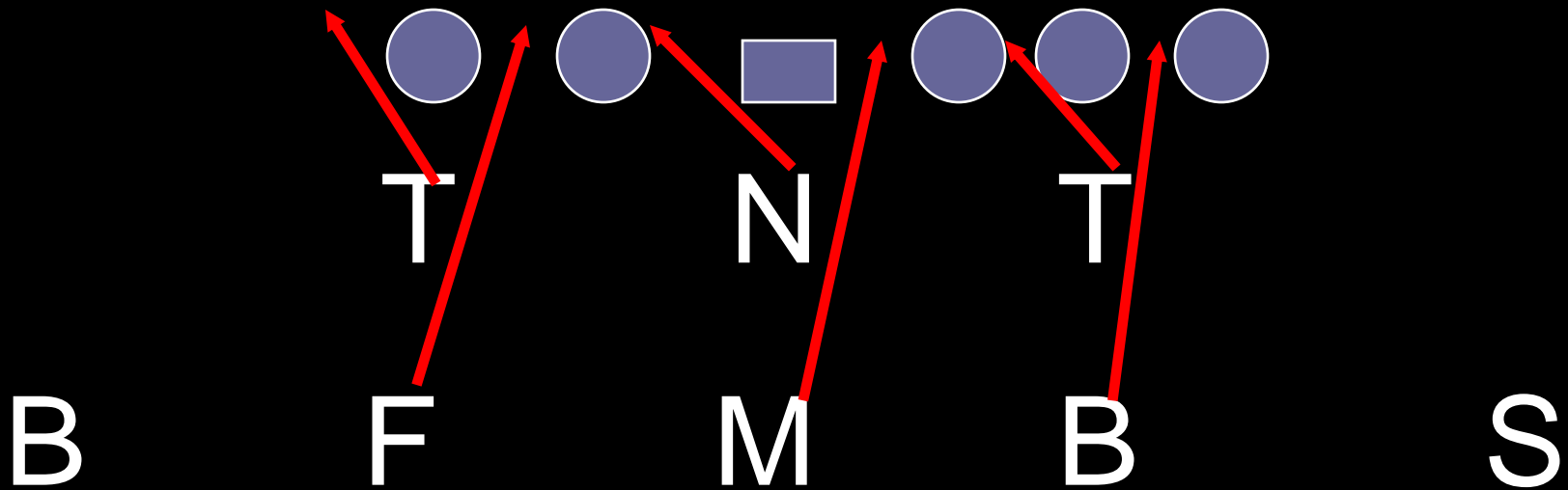
OUT FIRE



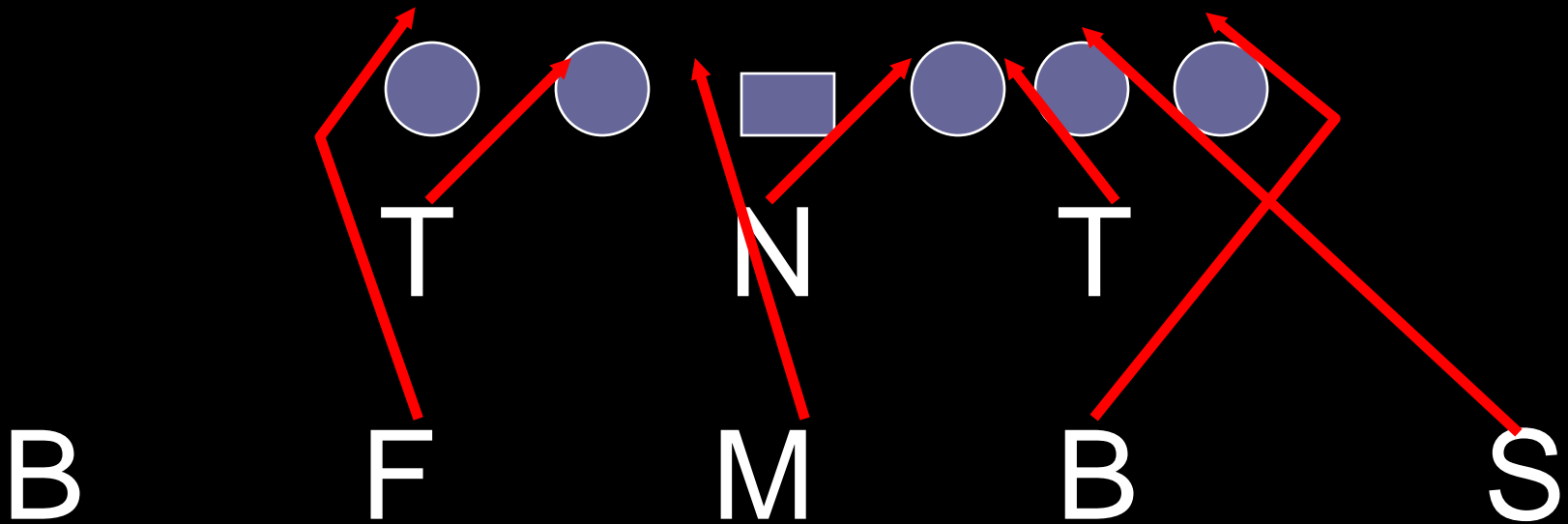
SLANT STRONG DOG



SLANT WEAK DOG



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.