

- Each player on defense is a Defensive Back
- The DB will stop the ball carrier by flagging him/her or will interrupt an offensive play by intercepting or knocking down a pass play.
- One or more Defensive Backs may rush the passer.

### Where do the Defensive Backs stand?

Defensive players can stand in one of two general formations:

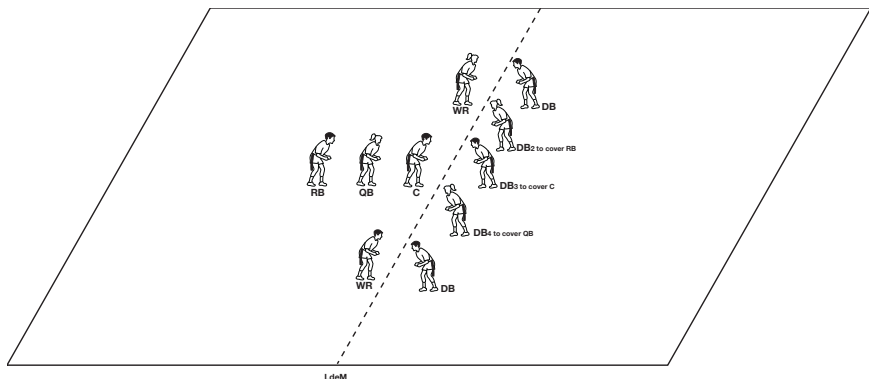
Player to Player

Zone

The main objective of the defense is to keep the offense from scoring. Defensive players should line up to challenge the strengths of the offense. Defense can change between Player to Player and Zone in a game if they want to change strategies.

Player to Player is usually used to gauge the abilities of the offense. If ability is about the same or less, Player to Player defense is good. If defense is continually stretched – trying to keep up with the pace of offense, it may switch to zone. Zone is good defense but is tough to grasp and should be introduced to players about 13 years old.

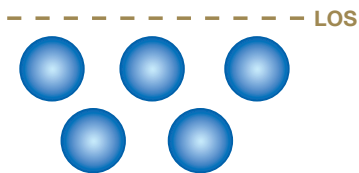
## Person to Person Defense



Player to Player defense is often used initially in a game. Each DB is lined up against an offensive person who has about the same speed and ability.

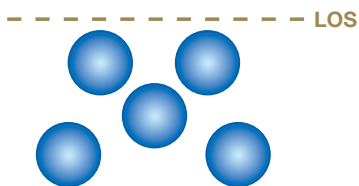
## Playing a Zone Defense

### 3-2



3-2 Offense is strongest against short passes and hand-offs.

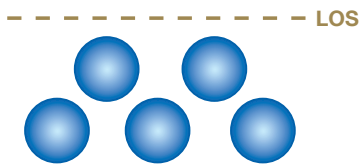
### 2-1-2



The 2-1-2 Defense is relatively balanced and is tight toward the inside or center of the field.

Offense can try to: Run, pass to the outside.

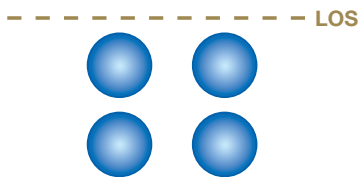
### 2-3



2-3 Defense is strongest in the backfield.

Offense can try to: Run or pass short plays.

### 2-2



The rusher is to put big pressure on the quarterback. 2 DB cover short and 2 DB cover long. This formation is generally used when the offense is near to getting a first down or touchdown.



## Does your league need a little more emphasis on good, clean ball?

Hold pre-season and mid-season meetings with coaches and parents. Reinforce penalties by explaining as they are called.

### Rating System

Rate level of behavior  
of opposing team

A B C D

*(A: accepted calls, courteous to team members and opponent. D: General disregard for team members and opponents.)*

Rate conduct of coaches  
of opposing team

A B C D

*(A: Coach talked calmly throughout the game and gave positive comments to players on both teams. D: Coach raised voice to players, used harsh language, argued with officials.)*

Rate parents' participation  
in the event

A B C D

*(A: Parents were cooperative and supportive of players and fans demonstrated by calm or positive cheering and offering water, fruit at breaks. D: Parents were giving yelling instructions to players in negative tone, swearing, placing emphasis on winning rather than enjoying the camaraderie.)*

Any team receiving less than a B average will be reviewed and may not play in finals and/or may be suspended from league for a given period.



## Give the Kid Some Credit

A coach is a leader by exemplifying good manners and enthusiasm for learning on and off the field.

Build individual confidence and team morale by demonstrating good knowledge and high ethics to your team.

Be ready with “good job”, “nice play”, “good hustle”, “it will come together with a little more practice”.

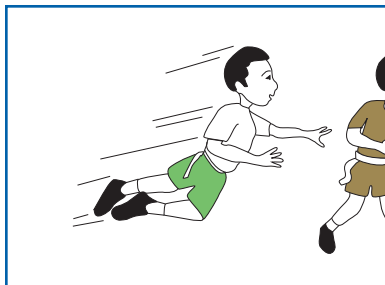
It is easy to lose track of what each player does ... so take notes. Keep a list of important tasks done by each player to ensure that all is fair.

You will shine as a coach if you can recall who has led each drill, who has played quarterback, who has helped set-up the field for practice.

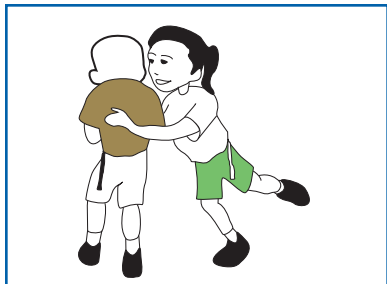
# Penalties



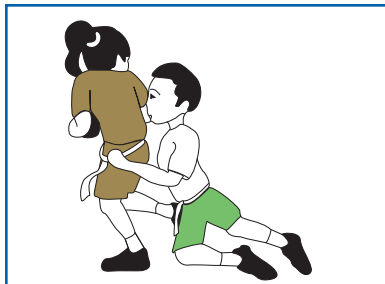
**Shielding, guarding your flag**



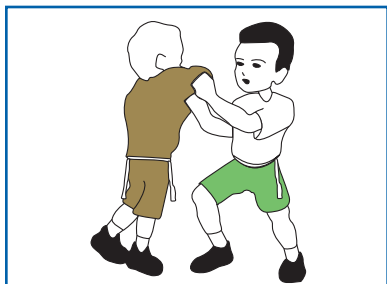
**Diving**



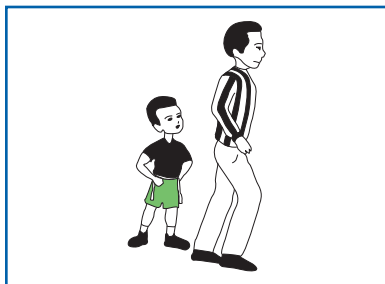
**Blocking**



**Grabbing flag belt**



**Holding your opponent's jersey**



**Arguing with game official**