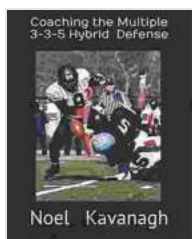


# Terminology Blitz Packages: Defending the Triple Option's Disguised Coverages

The triple option offense, with its relentless rushing attack and deceptive play-calling, has proven to be a formidable challenge for defensive coordinators. To counter this high-scoring system, coaches have developed innovative defensive strategies, including terminology blitz packages that aim to confuse and disrupt the triple option's intricate schemes.



## Hybrid 3-3-5: Terminology, Blitz Packages, Defending the Triple Option, Disguised Coverages, Nickel Package, IEP Wristbands, Off-Season Training, Creating a Positive Family Atmosphere in Your Program

by Oliver Kramer

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This comprehensive guide will delve into the intricacies of terminology blitz packages, providing defensive coordinators with the knowledge and

strategies to effectively defend against the triple option's disguised coverages. Through detailed analysis and practical insights, we will empower you to master the art of reading disguised coverages, anticipating offensive intentions, and executing effective blitzes that neutralize the triple option's potent attack.

## **Understanding Disguised Coverages**

Disguised coverages are defensive tactics designed to mislead the offense by intentionally concealing the true coverage scheme until after the snap. Triple option offenses rely heavily on pre-snap reads to identify defensive weaknesses and exploit them. By disguising coverages, defenses can disrupt the offense's decision-making process and force them into unfavorable situations.

There are various types of disguised coverages, each with its own unique set of advantages and disadvantages. Some common disguised coverages include:

- Cover 0: A blitz coverage with no deep safeties, leaving the defense vulnerable to long passes.
- Cover 1: A blitz coverage with only one deep safety, making it susceptible to deep throws over the top.
- Cover 2: A zone coverage with two deep safeties, providing better deep protection but leaving the middle of the field open.
- Cover 3: A zone coverage with three deep safeties, offering solid deep protection but exposing the flats and sideline areas.

- Cover 4: A two-high safety coverage that protects against deep passes but leaves the underneath areas exposed.

## **Terminology Blitz Packages**

Terminology blitz packages are defensive schemes that combine multiple blitzes with disguised coverages. These packages aim to overwhelm the offense with pressure and confusion, forcing them to make mistakes and stall their drives.

Terminologies can vary depending on the defensive system, but they typically consist of a series of predetermined blitz calls that are disguised through verbal cues or non-verbal signals. For instance, a team might use the term "Fire" to indicate a blitz from the boundary cornerback, while "Ice" could signify a delayed blitz from the safety.

By disguising the blitzes within the coverage calls, defenses can keep the offense guessing and prevent them from adjusting their protection schemes accordingly. This element of surprise makes terminology blitz packages an effective weapon against the triple option's deceptive play-calling.

## **Executing Effective Blitzes**

Blitzing against the triple option is a high-risk, high-reward strategy. If executed correctly, blitzes can disrupt the offense's timing, create confusion, and generate turnovers. However, if the blitz is unsuccessful, it can leave the defense vulnerable to big plays.

To execute effective blitzes against the triple option, defensive coordinators must adhere to the following principles:

- **Proper alignment:** Blitzers must line up in precise positions to maximize pressure and minimize gaps.
- **Timing:** Blitzes must be timed perfectly to arrive at the quarterback or ball carrier just as they are making their decision.
- **Gap control:** Blitzing defenders must maintain their gaps and prevent the offense from exploiting the open areas created by the blitz.
- **Back-end coverage:** The defense must ensure that there is adequate coverage behind the blitzing players to prevent the offense from connecting on deep passes.

## Reading Disguised Coverages

The key to defending the triple option's disguised coverages is to be able to accurately read and identify the true coverage scheme. This requires a thorough understanding of the different types of coverages and the subtle cues that the defense may give away.

There are several key factors to consider when reading disguised coverages:

- **Safety alignment:** The depth and alignment of the safeties can provide valuable clues about the coverage scheme.
- **Cornerback alignment:** The position and technique of the cornerbacks can indicate whether they are playing man-to-man or zone coverage.
- **Middle linebacker movement:** The pre-snap movement of the middle linebacker can reveal whether they are responsible for dropping into

coverage or blitzing.

- **Verbal cues:** Defensive players may use verbal cues to communicate the coverage scheme to their teammates.

By carefully observing these clues, defensive players can learn to anticipate the true coverage and adjust their responsibilities accordingly.

### **Example Terminology Blitz Package: "Fire Zone"**

Let's illustrate the concept of terminology blitz packages with a specific example: the "Fire Zone" package.

This package combines a Cover 3 zone coverage with a blitz from the boundary cornerback. The pre-snap call for the "Fire Zone" package might be something like "Fire Zone, Blue." The term "Fire" indicates that the boundary cornerback will be blitzing, while "Zone" signifies that the coverage is Cover 3. The "Blue" call is used to distinguish this particular terminology blitz from other blitz packages that the team may use.

When the ball is snapped, the boundary cornerback will blitz through the A-gap, while the other defenders drop into their Cover 3 zones. The objective of the blitz is to pressure the quarterback and force them to make a quick decision. The Cover 3 zone coverage behind the blitz provides protection against deep passes.

### **Countering the Triple Option with Terminology Blitz Packages**

To effectively counter the triple option using terminology blitz packages, defensive coordinators must employ a systematic and disciplined approach that involves:

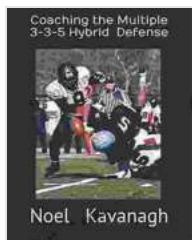
- **Thorough preparation:** Defensive players must be thoroughly trained on the various terminology blitz packages and their associated coverages.
- **Clear communication:** Defensive players must be able to communicate effectively and adjust their responsibilities based on the pre-snap calls.
- **Adaptability:** Terminology blitz packages must be adaptable to account for different offensive formations and tendencies.
- **Film study:** Defensive coordinators must study film of the opposing triple option offense to identify their tendencies and develop specific strategies to counter them.

By implementing these principles, defensive coordinators can design and execute effective terminology blitz packages that neutralize the triple option's potent attack.

Terminology blitz packages are an essential tool for defensive coordinators looking to combat the deceptive and high-scoring triple option offense. By disguising coverages and combining them with effective blitzes, defenses can disrupt the triple option's timing, force mistakes, and limit their scoring opportunities.

This comprehensive guide has provided an in-depth analysis of terminology blitz packages, empowering defensive coordinators with the knowledge and strategies to effectively defend against the triple option's disguised coverages. By mastering the art of reading disguised coverages, anticipating offensive intentions, and executing effective blitzes, defensive

coordinators can gain a significant advantage and lead their teams to victory.



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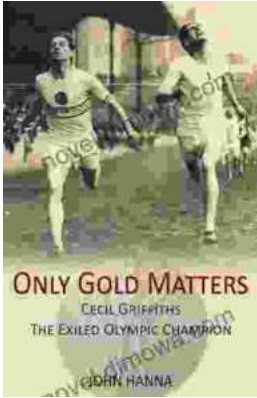
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