

PLAYERS TO WIN

CONFIDENCE: We must believe we can. Playing the best in most critical times in a game comes from believing in one's self - that he is prepared and deserves success; Focus on being a Relentless Competitor, play to play, and not be affected by the scoreboard. Make your opponent feel that you will never quit coming after him and that he may as well quit. When you are successful - do not be affected - remember what got you there. When you have failure - do not be frustrated - learn from mistakes and be a Relentless Competitor to win on the next play. Great teams expect to dominate opponents for 60 minutes.

TOGETHERNESS: Comes from everyone working together toward the same goal. That goal is more important than any individual success or accolade. Respect the goals, principles and values of your team and teammates and the chemistry will create success for all and a feeling of accomplishment shared by many that will be fun and the most self-gratification you will ever experience.

OFFENSE: Control "Tempo" of Game - Score Points

1. Must run ball effectively - Physical on LOS - Establish toughness (Red Area, End Game, GL/SY).
2. No turnovers - Protect football - Must have positive turnover ratio (3.42 points per fumble, 2.31 points per intercept).
3. 3rd down conversions (45%)
4. Must execute balance in offense (Pass Efficiency)
5. Must pick-up-blitz - Protect QB to be an effective Passing Team.
6. Make Big Plays. Get 8 +15 runs or +20 Passes per game.
7. Score TD's in Red Area (75%), always score 100% of the time.
8. Eliminate penalties, 1/30 plays would be good. Must eliminate all undisciplined type penalties.

DEFENSE: Prevent Score. Relentless, Aggressive, Physical Style - Key to Success.

1. Defend MOF Run - Pass.
2. Stop the Run - Dominate LOS - Create positive D/D situations.
3. Must get turnovers (+3.13 points per fumble, 0.91 points per intercept).
4. 3rd down efficiency (70%) get off the field on third down.
5. Pressure OB - Push pocket in middle - Effect rhythm of OB.
6. Prevent Big Plays - No mental errors, or missed tackles will eliminate Big Plays.
7. Execute critical situations. Red Area, GL/SY, 2-minute.
8. Poise in adjustments - Execute as a unit. Poise will eliminate penalties (1/30 plays).

SPECIAL TEAMS: Relentless Effort and Toughness with Execution will Dominate!

1. Control vertical field position.
2. Specialist - Kicker, Punter, Snappers, Returners must execute. Possession of ball is most important. No Turnovers on Special Teams.
3. Put tremendous pressure on their specialist to create turnovers.
4. Capitalize on mistakes and lack of preparation in the kicking game.
5. Big plays in kicking game will result in points, blocked kicks, turnovers: and +50 possessions.

The Pain of Commitment

Commitment can be painful. Indeed it is in the possibility for pain that commitment finds its meaning and power. Of what value would commitment be if it did not have its price?

Choose Your Commitments
Expect Painful Times
Be Ready to Make Sacrifices
Be Ready to See it Through
BUILD SOMETHING GREAT!

COACHES TO WIN

1. **Goal** - Standard for program is to be a team and to always have a winning season. We must get the players to reach their full potential, especially in intangible areas of effort, toughness, and execution. Long term - it is very important that we win all home games, finish in the Top 25, go to New Years' Day Bowl Game, and finally win SEC Championship.
 - a. Recruit character/quality players with talent.
 - b. Teach and develop players to reach full potential. Must establish strong work ethic if we will ever develop players to full potential.
 - c. Be prepared - pay attention to detail - be prepared to make good decisions on game-day.
 - d. Be positive - coach for next play - establish goals with players so it is important to them. We must develop attitudes. Work - self-esteem confidence.
 - e. Be a team - togetherness - get along - do your part - don't make excuses. Solve problems - don't create them.
2. **Be Loyal** to each other on staff - no negative statements to outsiders about others or the program. Keep situations confined to us.
3. **Recruit - good talent** key to success.
 - a. Evaluate - go through process - it eliminates mistakes.
 - b. Know prospects - character as person/player. Have accurate information.
 - c. Develop relationships - maximum attention to make people feel important at Alabama. Must get them to Alabama early.
 - d. Find walk-ons that can play - helps numbers improve our ability to prepare.
 - e. You must recruit everyday to be a good recruiter.
4. **Good Teacher**
 - a. Teaching and drill progression - organized and precise - specific in presentation- simple to understand. Make practice fun – challenging for players.
 - b. Be productive in your work - prompt in getting things done. Pay attention to details - stay fresh as a teacher. Everyone is responsible for a better way.
5. **Player Relations**
 - a. Interested in players as people and students. Loyal - don't swear at or hit players.
 - b. Fair and honest - can't always treat everyone the same.
 - c. Establish goals for players - desire to achieve comes from knowing what you want. Effort comes from willingness to work and perseverance. Self-gratification and confidence comes from positive reinforcement for accomplishment.
 - d. Must coach - mental/physical toughness into players
 - e. Demand players do things correctly -: confront them if they don't. This is a part of discipline - make them conform to their responsibilities as members of the team.
6. **Coaches Must Be A Team** - not offense/defense. When we lose - we all lose. When we win - we all win. Kicking game success will come from each coach approaching his part with the same intensity as his position. The kicking game is your responsibility as a group. Sell it - it must be 'important to the players.

DEFENSIVE GOALS



1. WIN

2. POINTS

- Hold Opponent to 13 or less

3. RUNS

- Hold Opponent to 3.3 Yds per Rush

4. PASSES

- Hold Opponent to 5.0 Yds per Pass

5. TURNOVERS

- 3 Turnovers

6. BIG PLAY

- No 15 Yard Runs
- No 20 Yard Passes

7. RED AREA

- No Touchdowns
- 60% Efficiency

8. 3rd DOWN

- 70% Efficiency

PHILOSOPHY OF DEFENSE - SUMMARY

2.9 Points per Fumble
4.8 Points per Interception
3rd DOWN 70%
Pressure QB
Big Plays
ME'S
MT'S
Red Area, Goal Line, Short Yardage, 2 Minute
1 Penalty/30 Plays

PHILOSOPHY OF DEFENSE - DETAILED

THE ALABAMA PHILOSOPHY ON FIRST AND SECOND DOWN IS TO STOP THE RUN AND PLAY GOOD ZONE PASS DEFENSE. WE WILL OCCASIONALLY PLAY MAN-TO-MAN AND BLITZ IN THIS SITUATION. ON THIRD DOWN, WE WILL PRIMARILY PLAY MAN-TO-MAN AND MIX-IN SOME ZONE AND BLITZES. WE WILL RUSH FOUR OR MORE PLAYERS VERSUS THE PASS ABOUT NINETY PERCENT OF THE TIME.

IN ALL SITUATIONS, WE WILL DEFEND THE INSIDE OR MIDDLE OF THE FIELD FIRST - DEFEND INSIDE TO OUTSIDE. AGAINST THE RUN, WE WILL NOT ALLOW THE BALL TO BE RUN INSIDE. WE WANT TO FORCE THE BALL OUTSIDE. AGAINST THE PASS, WE WILL NOT ALLOW THE BALL TO BE THROWN DEEP DOWN THE MIDDLE OR INSIDE. WE WANT TO FORCE THE BALL TO BE THROWN SHORT AND/OR OUTSIDE.

THE TRADEMARK OF THE ALABAMA DEFENSE IS AGGRESSIVENESS AND PHYSICAL PLAY WE WILL BE PHYSICALLY STRONG AT THE LINE OF SCRIMAGE AND WILL HUSTLE AND PURSUE RELENTLESSLY: WE WILL BE HARD AND SURE TACKLERS. THE ALABAMA CRIMSON TIDE WILL BE SUCCESSFUL ON DEFENSE IF WE GIVE ONE HUNDRED PERCENT PHYSICAL EFFORT, PLAY WITH TREMENDOUS PHYSICAL TOUGHNESS AND DO NOT MAKE MENTAL MISTAKES. TO ELIMINATE MENTAL ERRORS, WE MUST FULLY UNDERSTAND THE CONCEPT OF THE DEFENSE AND BE DISCIPLINED TO PLAY THE DEFENSE CALLED. WE MUST HAVE MENTAL DISCIPLINE TO ELIMINATE MISTAKES AND PENALTIES. WE WILL NOT ALLOW BIG PLAYS AGAINST US.

THE ALABAMA DEFENSE MUST PERFORM EFFICIENTLY INSIDE OUR TWENTY YARD LINE (RED AREA) AND ON THE GOAL LINE. WE CANNOT ALLOW OUR OPPONENTS TO RUN THE BALL INTO THE END ZONE. WE WILL HAVE A GOOD RUN DEFENSE WITH TIGHT PASS COVERAGE. WE WILL PREVENT TOUCHDOWNS AND FORCE FIELD GOAL ATTEMPTS BY PLAYING GOOD TEAM DEFENSE.

DEFENSIVELY, WE MUST ADAPT TO EVERY SITUATION THAT PRESENTS ITSELF AND EXECUTE SUCCESSFULLY. THIS REQUIRES GOOD COMMUNICATION, TEAM WORK, AND OFTEN, PERSONNEL SUBSTITUTION. DEFENSIVE SITUATIONS THAT OCCUR REGULARLY ARE: THIRD DOWN; FOURTH DOWN; TWO-MINUTE; SHORT YARDAGE; CONSERVING TIME; PROTECTING A LEAD; OPPONENT BACKED UP; AND NO HUDDLE. WE WILL PREPARE FOR AND HANDLE THESE CRUCIAL SITUATIONS. WE ALSO MUST HAVE THE ATTITUDE TO REACT TO SUDDEN CHANGE WHENEVER IT PRESENTS ITSELF. WE MUST PUT THE FIRE OUT – CONTROL MOMENTUM OF THE GAME OF DEFENSE.

FINALLY, OUR JOB IS TO TAKE THE BALL AWAY FROM THE OPPONENTS' OFFENSE AND SCORE OR SET UP GOOD FIELD POSITION FOR OUR OFFENSE. WE MUST KNOCK THE BALL LOOSE, FORCE MISTAKES, AND CAUSE TURNOVERS. TURNOVERS AND MAKING BIG PLAYS WIN GAMES. WE WILL BE ALERT AND AGGRESSIVE AND TAKE ADVANTAGE OF EVERY OPPORTUNITY TO COME UP WITH THE BALL.

THE ALABAMA DEFENSE WILL PLAY FOR SIXTY MINUTES IN EVERY GAME REGARDLESS OF THE SCORE OR SITUATION. THE TRADEMARK OF OUR DEFENSE WILL BE EFFORT, TOUGHNESS, AND NO MENTAL MISTAKES REGARDLESS OF SCORE OR SITUATION IN ANY GAME.

PRIDE DEFENSE WINS CHAMPIONSHIPS PRIDE

PRINCIPLES OF DEFENSE

A. DEFENSE MUST BE A TEAM EFFORT

1. THE FIRST AND FOREMOST PRINCIPLE OF DEFENSE IS TO PREVENT TOUCHDOWN OR SCORE. IN THE FINAL ANALYSIS, THE EFFECTIVENESS OF THE DEFENSIVE TEAM IS MEASURED BY THE NUMBER OF POINTS SCORED AGAINST.
2. EACH MAN MUST KNOW HIS INDIVIDUAL ASSIGNMENT AND RESPONSIBILITY ON EVERY DEFENSE AND PLAY HIS OWN RESPONSIBILITY EACH AND EVERY PLAY.
3. HE MUST CARRY OUT HIS TEAM ASSIGNMENT POSITIVELY IN ORDER THAT THE DEFENSE CAN FUNCTION AS A "TEAM". PURSUIT AND GANG TACKLING ARE A VITAL PART OF TEAM EFFORT.
4. ANY GAMBLING OR HUNCH PLAYING BY AN INDIVIDUAL CAN ONLY LEAD TO A BREAKDOWN OF THE "TEAM" AND CAUSE A LONG RUN OR PASS AND POSSIBLY A SCORE. OUR DEFENSE IS BASED ON EACH MAN CARRYING OUT HIS OWN ASSIGNMENT COMPLETELY:
5. THROUGH TEAM EFFORT, WE WILL KEEP THE GAIN DOWN TO A MINIMUM AND PREVENT THE LONG RUN OR PASS FOR A SCORE OR FORCE AN OFFENSIVE ERROR OR TURNOVER.

B. RUN DEFENSE

1. WE WILL CREATE VICTORIES FOR OUR DEFENSE BY PLAYING GREAT DEFENSE VERSUS THE RUN. EACH MAN MUST PLAY HIS RESPONSIBILITY: PURSUE THE BALL WITH SUPERHUMAN EFFORT, BE VICIOUS TACKLERS, AND KEEP PROPER LEVERAGE ON THE FOOTBALL AT ALL TIMES. GANG TACKLING WILL DISCOURAGE GREAT BACKS AND CREATE TURNOVERS FOR OUR TEAM.

C. PASS DEFENSE - KEY TO SUCCESS

1. THE DEFENSIVE LINE MUST CONTINUOUSLY PUT PRESSURE ON THE PASSER. BY RUSHING IN YOUR OWN PRESCRIBED LANE AND BY SUPERHUMAN SECOND EFFORT, YOU WILL GET TO THE PASSER. BY STAYING IN YOUR PROPER RUSHING LANE, YOU WILL CONTAIN THE PASSER, THEREBY PREVENTING HIM FROM RUNNING WITH THE BALL AND THROWING OUTSIDE OF THE POCKET. RUSH DICTATED BY QB AND PASS PROTECTION. STAY ON YOUR FEET AND GET HANDS IN QB'S FACE.
2. OUR LINEBACKERS MUST HOLD UP AND FORCE THE RELEASE OF THE OFFENSIVE ENDS BASED UPON THE DEFENSE CALL, FORMATION SET, SITUATION, AND FIELD POSITION. DROPPING TO THEIR PRESCRIBED DEFENSIVE POSITIONS FOR PASS, REROUTE RECEIVERS BASED ON COVERAGE, MATCH THE PATTERN AND BREAK ON THE BALL. GET GOOD REACTION TO THROWN BALL, AND BE AGGRESSIVE TO GET BALL OUT WITH SWAT OR COLLISION. BE PHYSICAL! LBERS MUST REACT TO CALL BY BACKS, CROSS, SMASH, ETC...
3. OUR DEEP BACKS MUST LEARN THEIR RESPONSIBILITIES THE TECHNIQUES. CARRY OUT THEIR RESPONSIBILITIES. THE SECRET OF COVERING ANY RECEIVER IS GOOD TECHNIQUE, VISION, KNOWING WHERE THE RECEPTION AREA IS, REACTION TO THE BALL, POISE (DON'T BE A GUESSER), AND TOUGHNESS.

PRINCIPLES OF DEFENSE (con't)

D. DESIRE TO DO THE JOB - SECRET OF OUR DEFENSE - DESIRE TO STUDY

1. KNOW HOW OUR DEFENSIVE DESIGN WILL STOP OUR OPPONENTS TENDENCIES. EXAMPLE: BACKER SUPPORT VS. SWEEP.
2. TACKLING...YOU MUST HAVE THE DESIRE TO "BE A HITTER", CONCENTRATE ON YOUR TARGET, AND DRIVE THROUGH THEIR SOFT SPOT WITH RISING BLOW.
3. RUSHING THE PASSER...LINE AND LINEBACKER...TECHNIQUE AND DESIRE. GET THE QB AT ALL COSTS. DON'T BE HESITANT. IT MUST BE AN ALL-OUT THING.
4. PAY THE PRICE TO BE A WINNER. DESIRE HERE IS THE MOST IMPORTANT ASPECT OF WINNING. EACH AND EVERY DEFENSIVE PLAYER MUST HAVE THE PRIDE AND PERSONAL AMBITION TO BE A WINNER. YOU MUST "PAY THE PRICE" WITH EXTRA WORK, STUDY, AND CONDITIONING TO BE A WINNER.

E. NO ROOM FOR MENTAL ERROR

1. YOU MUST BE ABLE TO CONCENTRATE ON YOUR ASSIGNMENT AND CARRY THIS OUT IN EACH AND EVERY PLAY. MENTAL ERROR IS THE LACK OF CONCENTRATION AND A LAX ATTITUDE DURING THE WEEK OF PREPARATION FOR ANY GAME.
2. CONCENTRATION, SELF-PRIDE, AND TEAM CONFIDENCE IS THE BEST WAY TO COMBAT ANY CHANCE OF MENTAL ERROR. REFUSE TO ALLOW ANYTHING TO DISTURB OR DISTRACT YOUR CONCENTRATION.

F. OUR GOAL

1. PREVENT TOUCHDOWNS BY THE LONG PASS OR RUN. GET THE BALL FOR OFFENSE. HAVE THE FEWEST POINTS SCORED AGAINST YOU.

G. CONCLUSION

1. WITH TEAM EFFORT, PASS DEFENSE, DESIRE, AND NO MENTAL ERRORS, WE WILL REACH OUR GOAL.
2. WE WILL REPEAT THESE POINTS TIME AFTER TIME UNTIL THEY BECOME PART OF YOUR WAY OF LIFE.
3. REPETITION MAY BE BORING, HOWEVER, THROUGH THIS METHOD, YOU WILL BECOME A GREAT DEFENSIVE TEAM!

ESSENTIALS OF WINNING SECONDARY

- A. THE IMPORTANCE OF A SOUND SECONDARY CANNOT BE OVERSTATED IN WINNING DEFENSE. GOOD PASS DEFENSE IS A TEAM RESPONSIBILITY BY THE SECONDARY IS A VERY IMPORTANT PART OF SUCCESSFUL PASS DEFENSE. WE WILL HAVE THE GREATEST EFFECT ON MOST COVERAGE DOWN THE FIELD. AN AGGRESSIVE SECONDARY IS ALSO IMPORTANT IN STOPPING THE RUN. WE MUST EXECUTE FORCE, CONTAIN AND RUN/PASS RESPONSIBILITIES. ALL GOOD DEFENSIVE FOOTBALL PLAYERS ARE GOOD TACKLERS - YOU MUST BE A GOOD TACKLER.
- B. INTELLIGENCE AND CO-CENTRATION - THE INTELLIGENT DEFENSIVE BACK:
1. ELIMINATES ALL MENTAL ERRORS AND INSURES HIM TEAM NEVER BEATS ITSELF.
 2. REALIZES THAT CONSTANT CONCENTRATION IS NECESSARY TO EXECUTE HIS RESPONSIBILITY WITHIN THE FRAMEWORK OF THE DEFENSE.
 3. ALWAYS KNOWS THE GAME SITUATION: DOWN, DISTANCE, PERIOD, TIME REMAINING, AND SCORE OF THE GAME.
 4. HAS RESPECT FOR HIS TEAMMATES AND IS PREPARED PHYSICALLY AND MENTALLY TO CARRY OUT GOOD TEAM DEFENSE.
 5. EXPECTS TO CREATE AND TAKE ADVANTAGE OF OFFENSIVE ERRORS THAT MAKE BIG PLAYS FOR HIS TEAM.
 6. COMMUNICATES COVERAGE CHECKS, RUN SUPPORT, RUN/PASS CALLS, ROUTES AND ANY TIP THE OFFENSE IS SHOWING. EXAMPLE: CRACK-SPLIT.
- C. BASIC TIPS OF WINNING SECONDARY PLAY
1. KNOW THE OFFENSE WE MUST DEFEND: SPEED OF THEIR RECEIVERS. PATTERN RECOGNITION BY FORMATION. RUN PASS TENDENCIES BY FORMATION. AND WHAT THEIR PLAN IS VERSUS THE BLITZ. GOOD PREPARATION ELIMINATES MISTAKES AND HELPS ANTICIPATION.
 2. ALWAYS THINK ABOUT MAKING THE BIG PLAY INTERCEPTION. PLAY THE BALL THROUGH THE RECEIVER AT THE HIGHEST POINT. YELL "OSKIE" AND EXPECT TO RUN THE BALL BACK FOR A TOUCHDOWN. OSKIE MEANS WE HAVE INTERCEPTED SO BLOCK NEAREST RECEIVER OR RUN INTERFERENCE FOR THE INTERCEPTOR.
 3. ALWAYS COVER RECEIVERS DOWNFIELD IN RUN/PASS AS LONG AS THERE IS A THREAT OF A PASS. EXAMPLE: QB FUMBLE, HB PASS.
 4. LEVERAGE THE BALL WITH THE PROPER POSITION. COVERAGE ROTATION. AND PURSUIT ANGLE. WE WILL ALWAYS HAVE 4 MEN IN POSITION TO TACKLE THE BALL CARRIER IF WE HUSTLE IN PURSUIT AND LEVERAGE THE BALL. THIS WILL ALLOW US TO GANG TACKLE AND INTIMIDATE THEIR RECEIVERS AND BALL CARRIERS.
 5. HAVING GOOD POSITION ON THE RECEIVER IS VERY IMPORTANT (POSITION MAINTENANCE). KEEP THE PROPER VERTICAL AND HORIZONTAL CUSHION. ALWAYS PLAY HIGH THROUGH THE RECEIVER'S UPFIELD SHOULDER. ONLY PLAY LOW THROUGH HIS LOW SHOULDER IF TECHNIQUE DETERMINES AND NEVER GO IN FRONT WITH 2 HANDS UNLESS YOU CAN GET THE BALL.

ESSENTIALS OF WINNING SECONDARY (con't)

6. ALWAYS SEE THROUGH THE RECEIVER TO THE BALL AND KNOW WHERE THE RECEPTION AREA IS (PERIPHERAL VISION). ALWAYS KNOW WHETHER YOU ARE IN PHASE OR OUT OF PHASE WITH THE RECEIVER AND RECEPTION AREA SO YOU WILL KNOW WHETHER TO PLAY THE BALL OR THE MAN.
7. ALWAYS REPEAT...THE CALL, THE COVERAGE, YOUR ALIGNMENT, YOUR KEY, YOUR RESPONSIBILITY RUN AND PASS. THE PRE-SNAP CONCENTRATION WILL ELIMINATE MENTAL MISTAKES.
8. CONFIDENCE...BELIEVE IN YOUR ABILITY TO COVER YOUR MAN OR YOUR AREA. PLAY TO WIN, NOT TO KEEP FROM GETTING BEAT. NEVER ALLOW A COMPLETION TO EFFECT YOUR CONFIDENCE.
9. BE MENTALLY AND PHYSICALLY TOUGH. TOUGHNESS IS AN ELEMENT OF PASS DEFENSE THAT CANNOT BE OVERLOOKED. INTIMIDATE AND PUNISH THEIR RECEIVERS AND BALL CARRIERS AT ALL TIMES.
10. GREAT DEFENSIVE BACKS HAVE PRE-SNAP CONCENTRATION AND ANTICIPATION...COMMUNICATE INFORMATION, READ PLAY, REACT TO PLAY, HUSTLE AND HIT WITH LEVERAGE AND TOUGHNESS. MAKE SURE YOU DO THE LITTLE THINGS TO BE THE BEST PLAYER YOU CAN POSSIBLY BE.