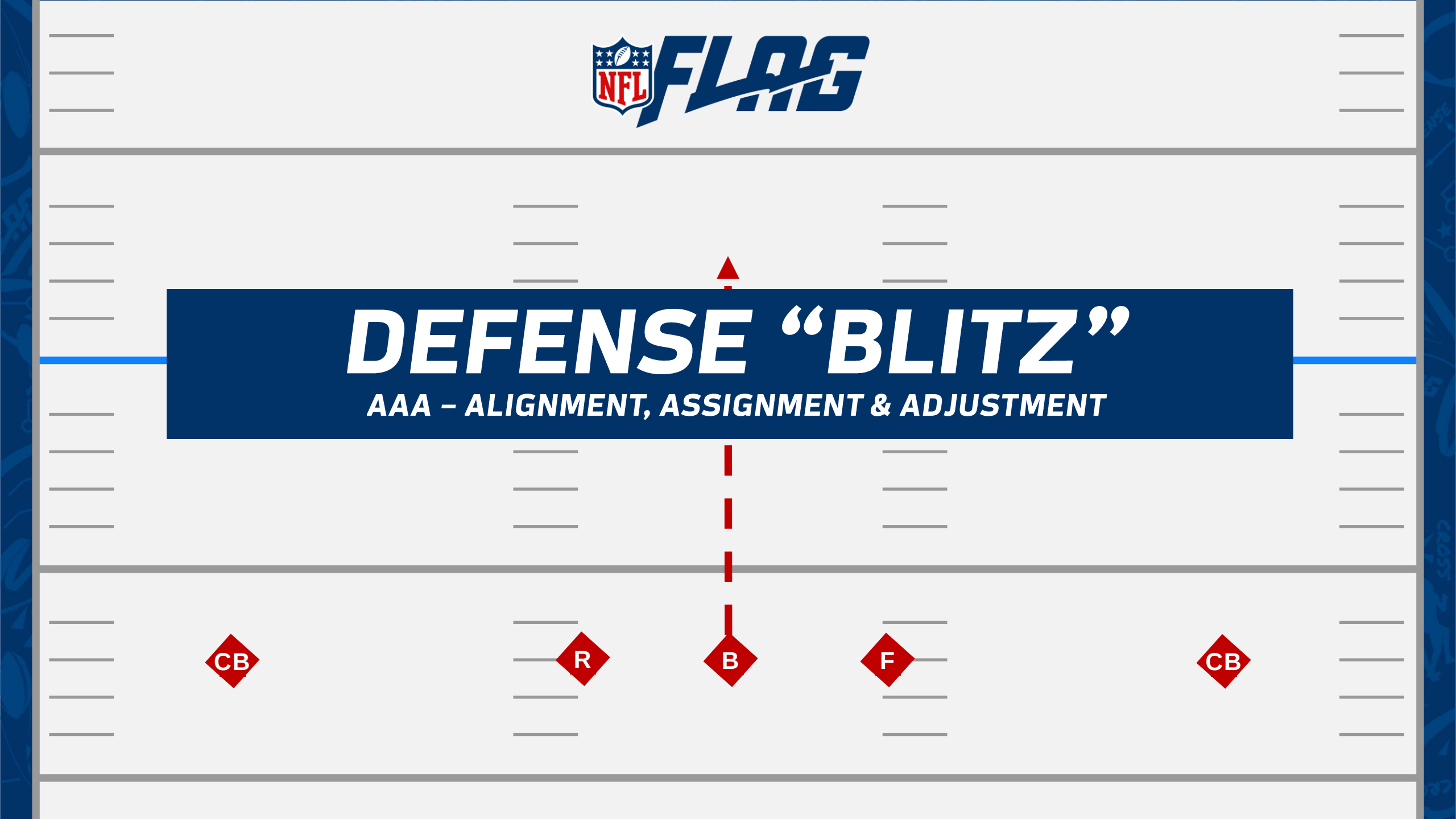

NFL FLAG
DEFENSE "BLITZ"
AAA – ALIGNMENT, ASSIGNMENT & ADJUSTMENT
CB
R
B
F
CB

WHAT IS BLITZING?

WHAT IS THE BLITZ?

- Blitzing, also known as ‘rushing’, is a tactic used to put pressure on the opposing Quarterback, with the aim of pulling their flag prior to them releasing the ball. This is called a ‘sack’
- If the Quarterback is sacked, the ball is spotted at the point their flag was pulled, moving the offense backwards.
- The player who attempts to remove the flag of the Quarterback is called the blitzer (or rusher).

BLITZING

BLITZERS

- Blitzers are players on defense.
- Blitzers must be at least 7 yards away from the line of scrimmage at the snap and signal their intention to blitz by raising an arm.
- The Blitzer can attempt to sack the Quarterback as soon as the ball is snapped and can cross the line of scrimmage
- Once the ball is handed off (or the handoff is faked) all defenders may cross the line of scrimmage.

BLITZING

RIGHT OF WAY

- A legal blitzer signal (raised arm) gains the blitzer the right of way.
- If the blitzer is deliberately obstructed, this is a shielding foul (5 yard penalty) by the offense.
- If the blitzer leaves their direct route to the spot where the quarterback was standing at the snap, they lose their right of way.
- There is no limit to the number of players who can blitz the Quarterback

BLITZING

ADJUSTMENTS

- A blitz can be performed from an angle to avoid the quarterback from rolling out to their preferred side (the side of their throwing arm).

- The quarterback lining up in shotgun, scrambling and faking handoffs to a running back can help evade a blitzing defender or at least slow them down.

GLOSSARY

***Adjustments* – When defenders change their position (alignment) in reaction to the offensive formation**

***Alignments* – Defenders positioning pre-snap.**

***Assignments* – Defenders responsibilities on a play.**

***Backfield* – The part of the field directly behind the line of scrimmage.**

***Blitzers* – The defensive player assigned to rush the quarterback to prevent them from passing the ball by pulling their flags or by blocking the pass.**

***Coverages* – How the defence deploys its defenders to defend the pass.**

***Goal line* – The line separating the field and the scoring zone.**

GLOSSARY

***Man coverage* – Defenders mark a runner/receiver.**

***Pass clock* – The Quarterback has a 7 second "pass clock". If a pass is not thrown within those 7 seconds, the play is ruled dead.**

***Sack* – A sack occurs if the quarterback's flags are pulled behind the line of scrimmage.**

***Short yardage* – When the offence has less than 2 yards to make a 1st down or to score a Touchdown.**

***Shotgun* – When the Quarterback is lined up 5 yards behind the center.**

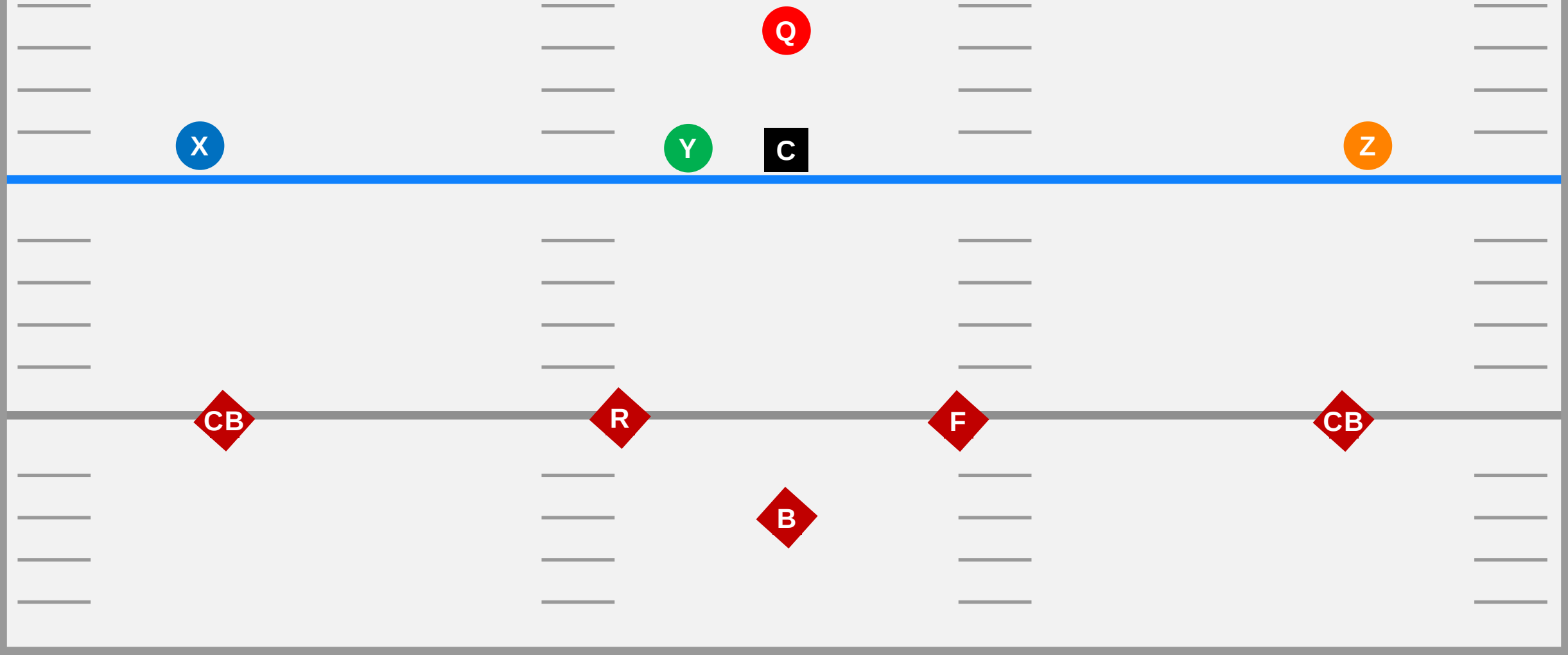
***Zone coverage* – Defenders mark a space, not a person.**

NFL FLAG

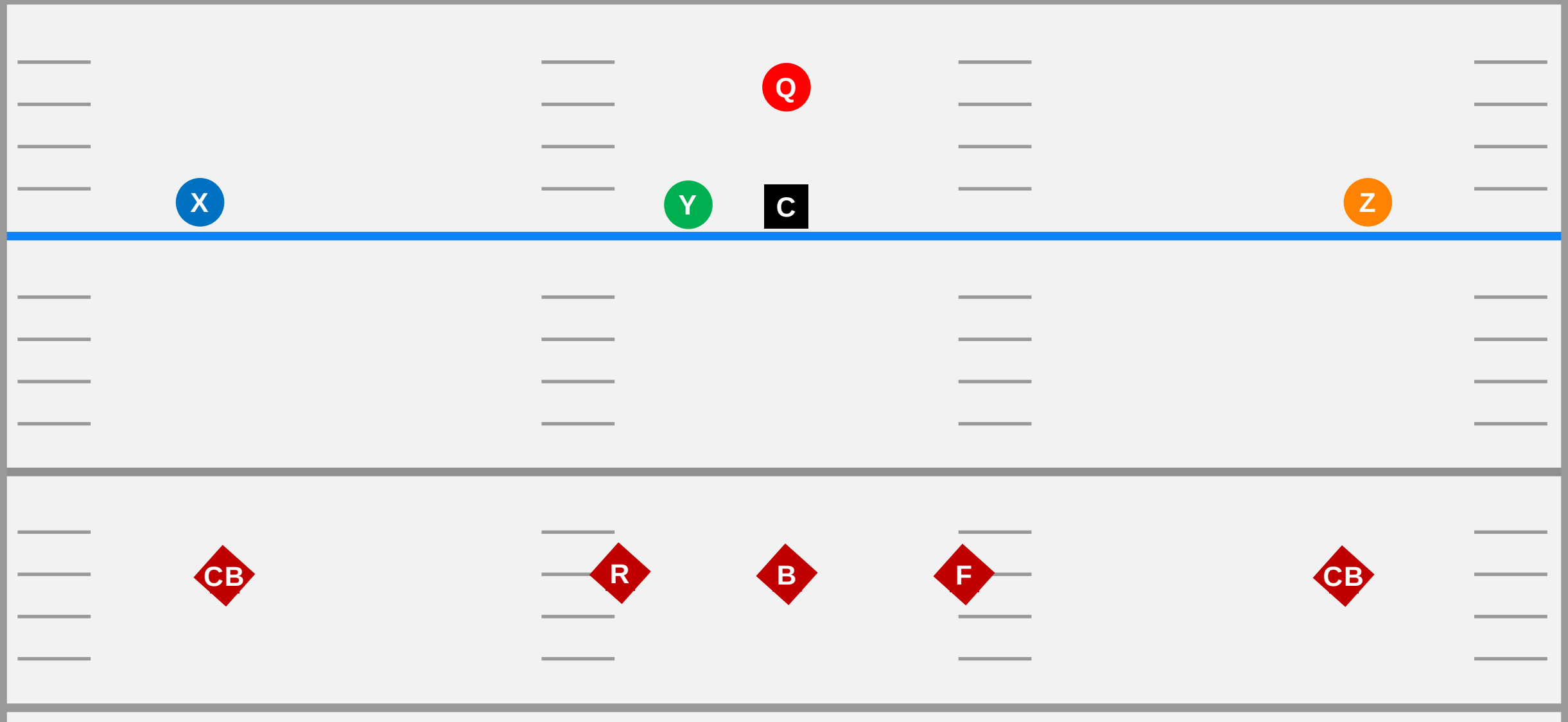
ALIGNMENTS

ALIGNMENT: ALL-5

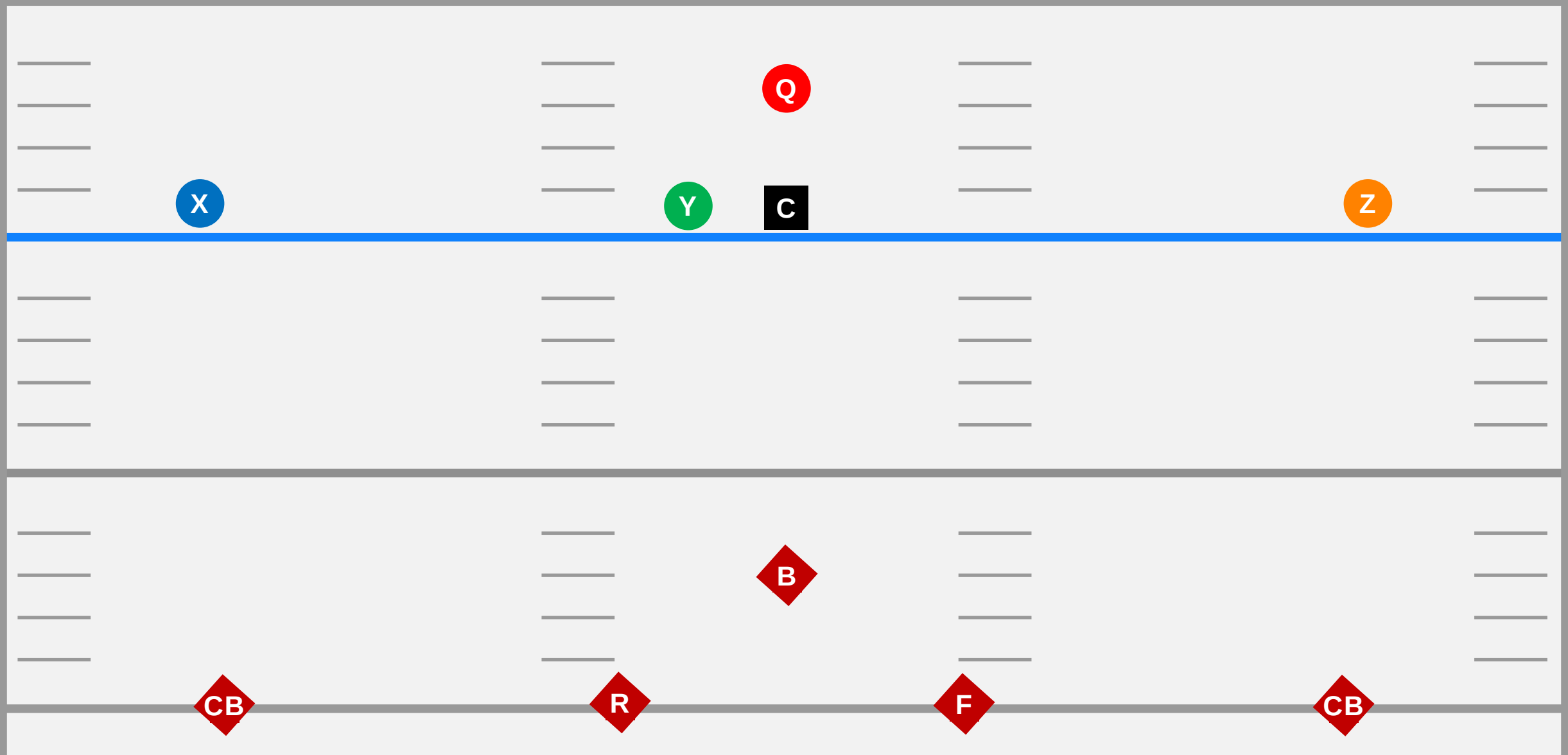
*The number denotes the distance in yards from the line of scrimmage at which the defensive players stand



ALIGNMENT: ALL-7



ALIGNMENT: ALL-10



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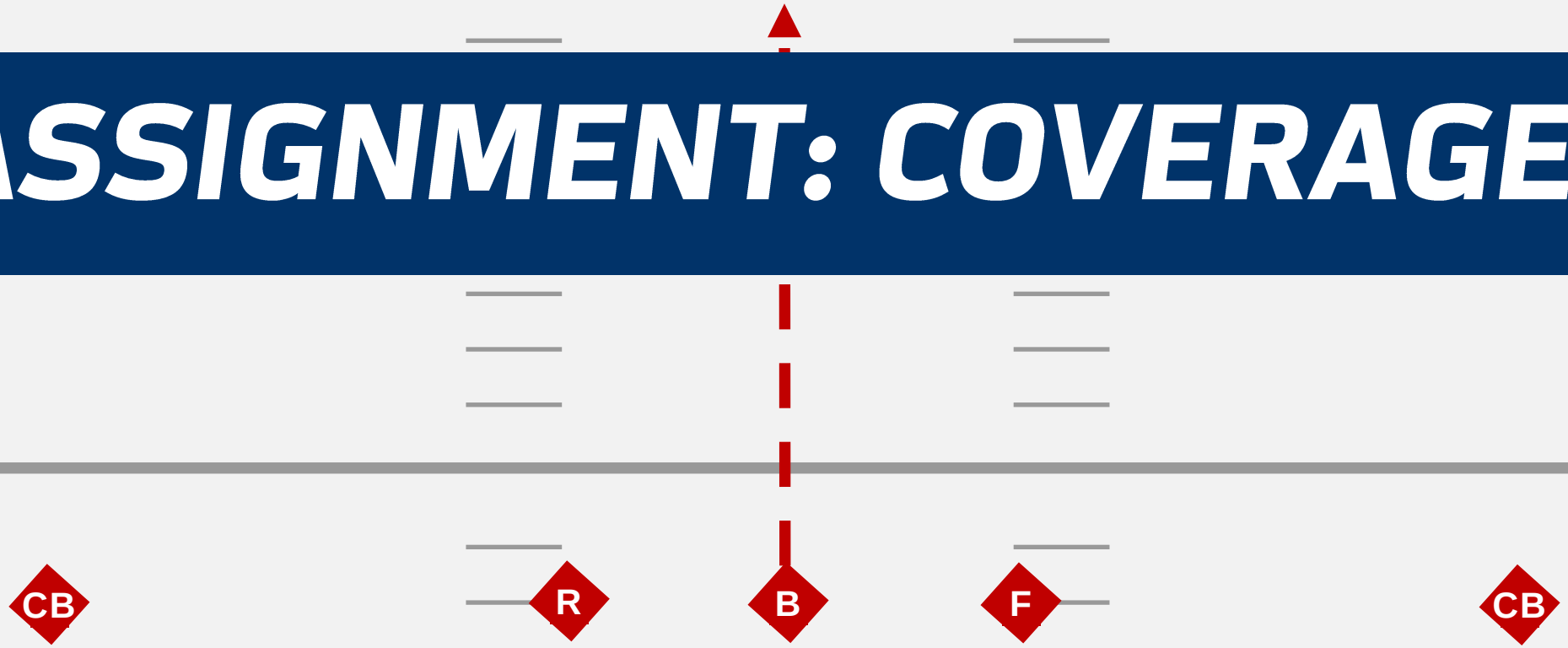
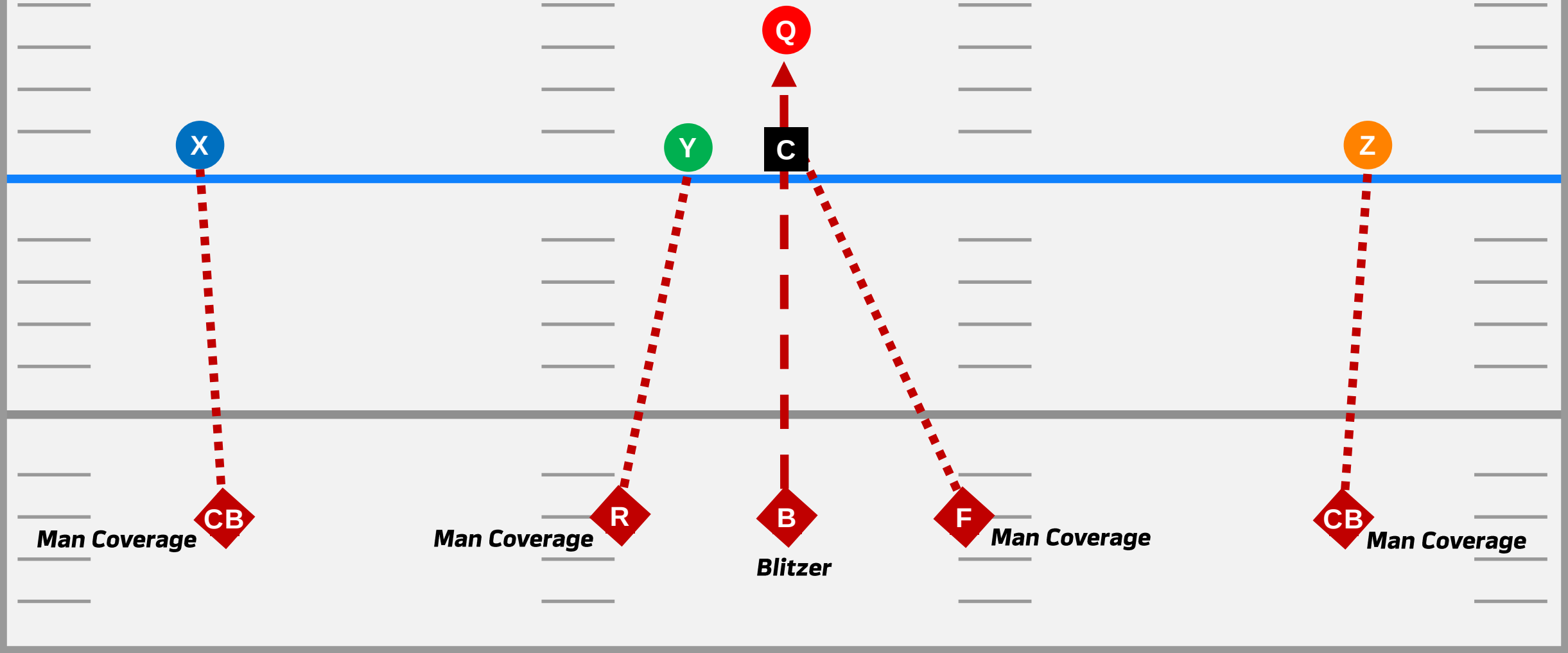
ASSIGNMENT: COVERAGES

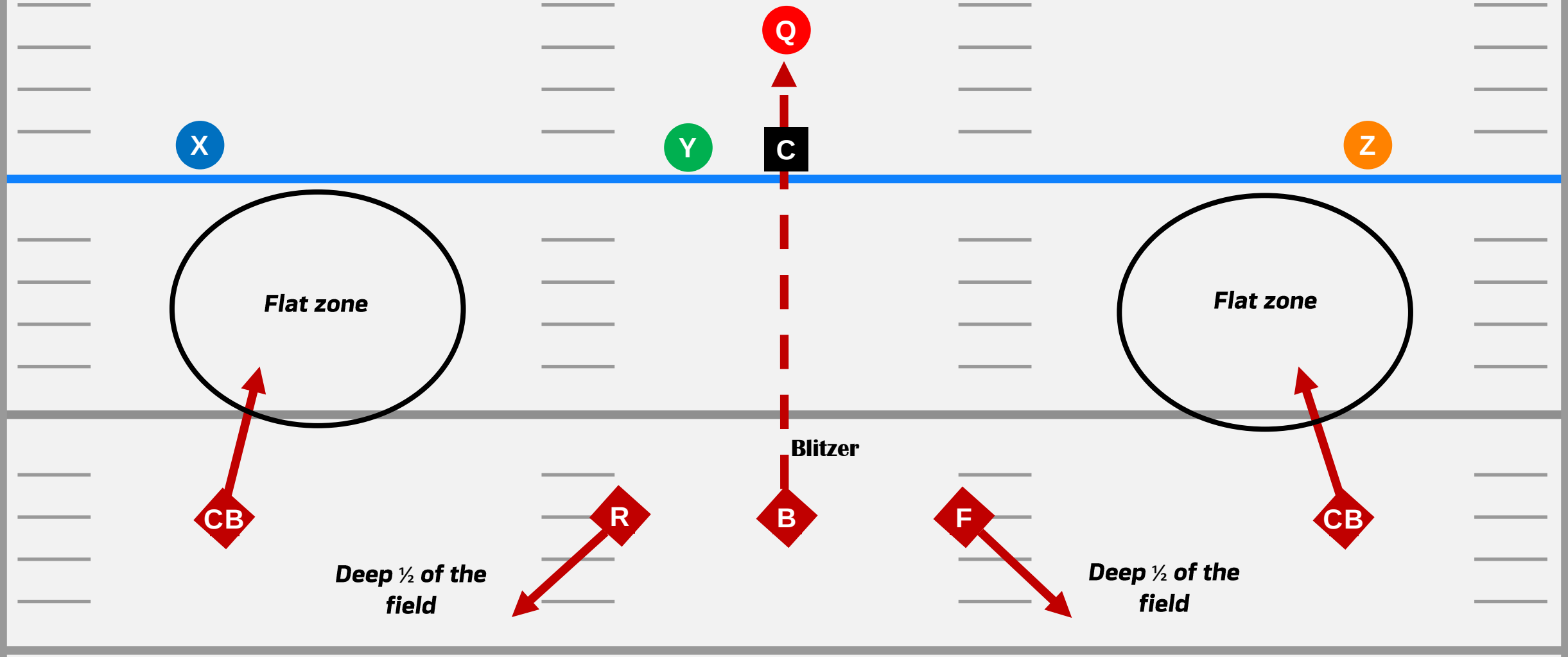


ASSIGNMENT: ALL-7 – COVER 1 (MAN)

*The number of the coverage denotes the number of defensive players covering the deep zones on the field



ASSIGNMENT: ALL-7 – COVER 2 (ZONE)



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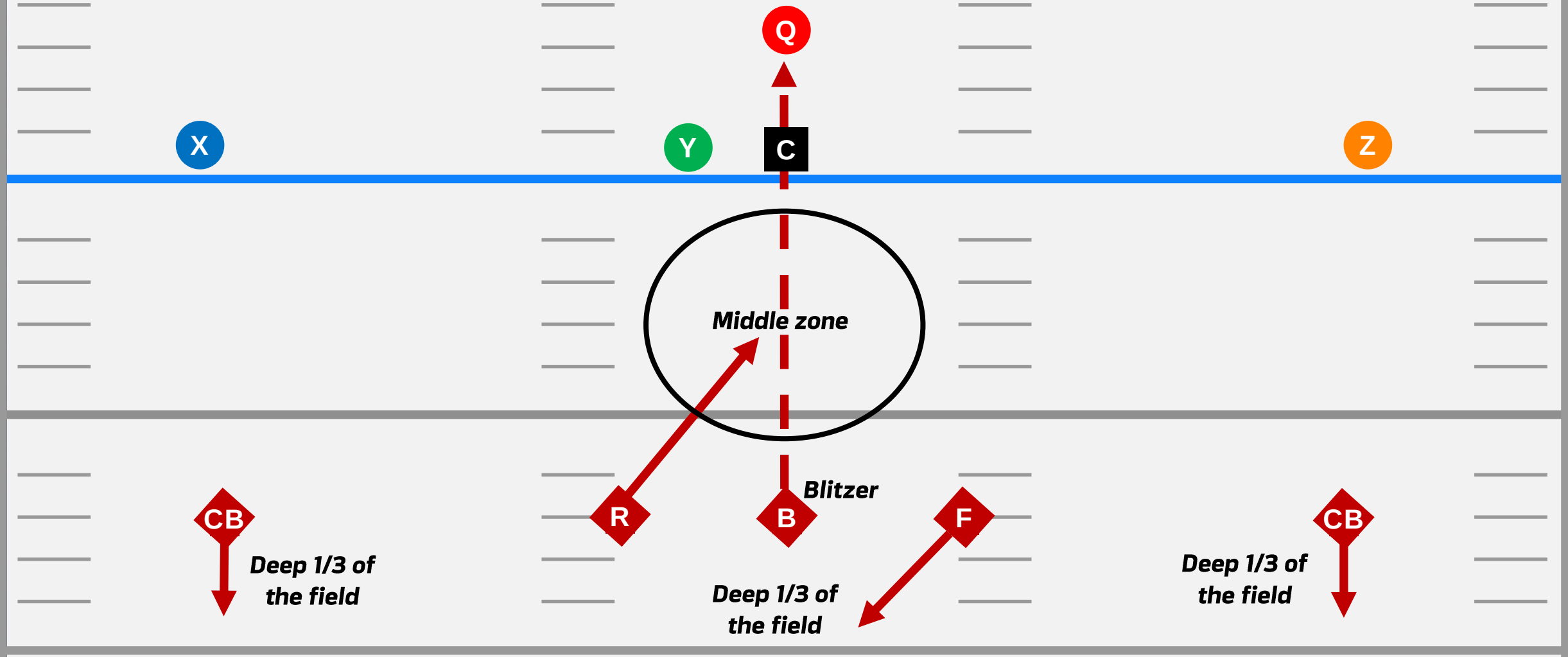
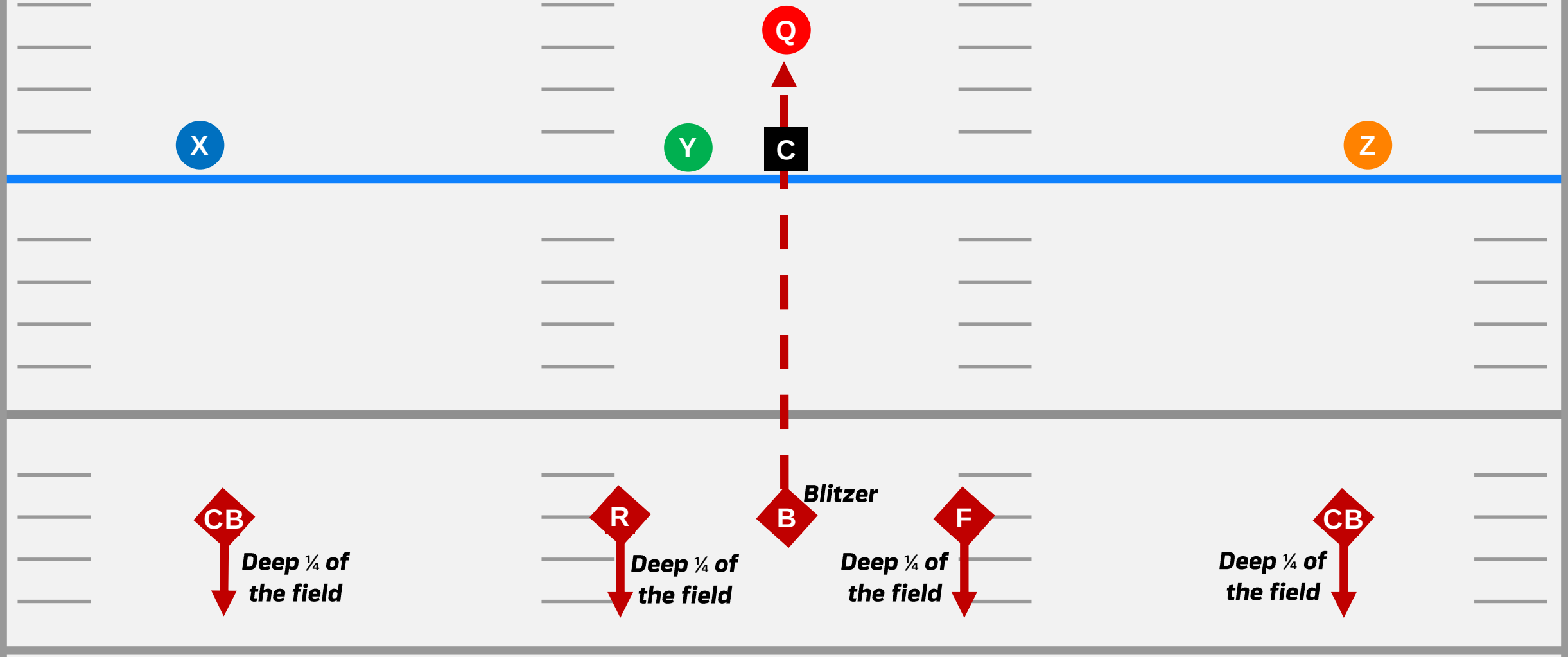
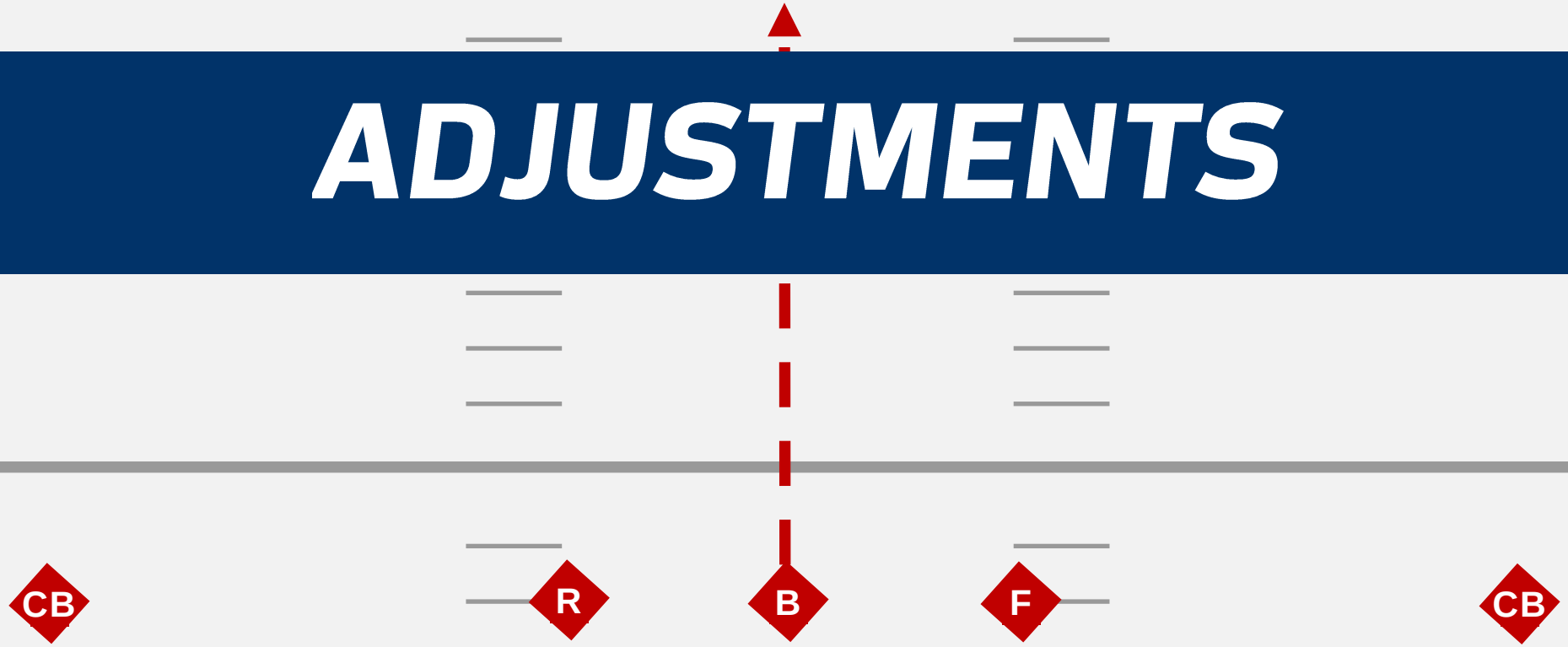


ASSIGNMENT: ALL-7 – COVER 4 (ZONE)

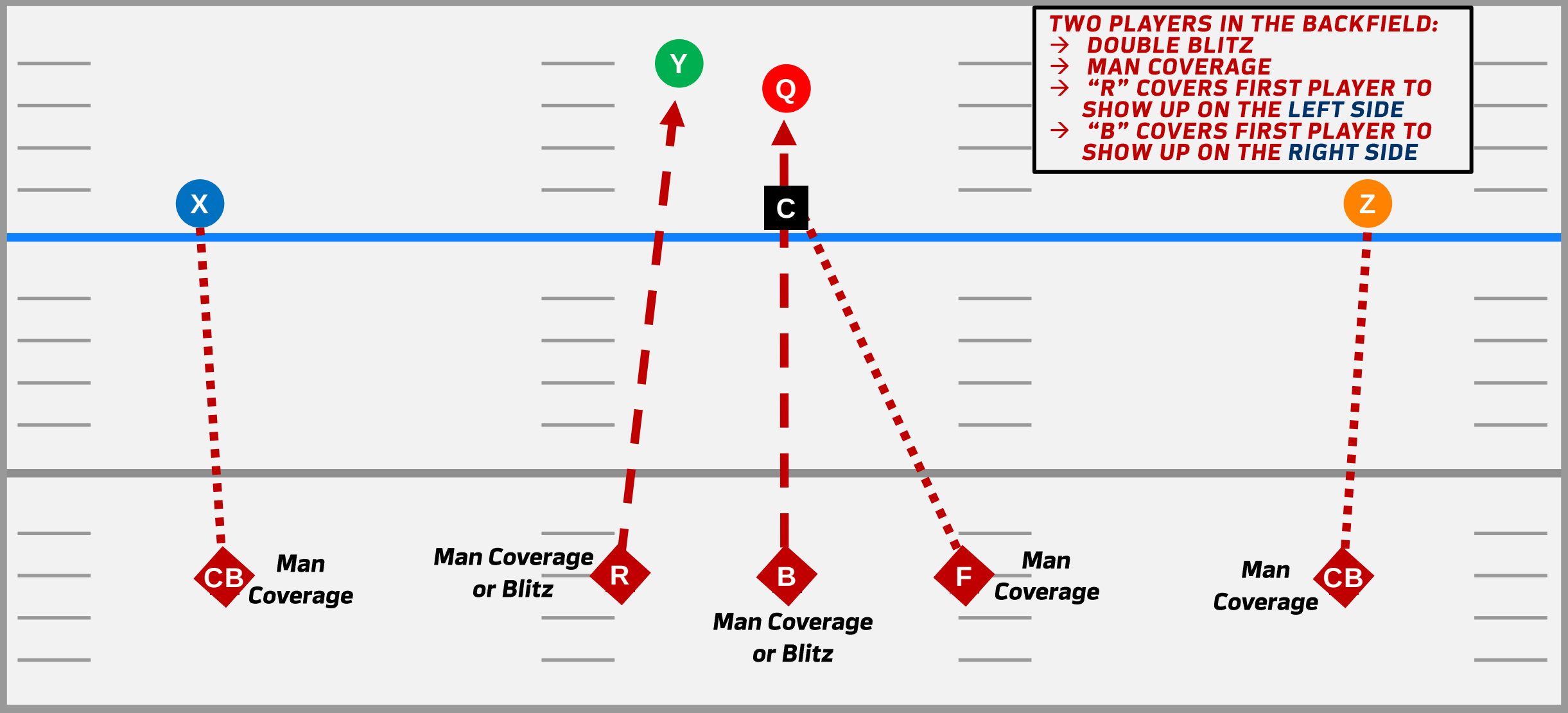


NFL FLAG

ADJUSTMENTS



ADJUSTMENT: ALL-7 – COVER 1 (MAN)



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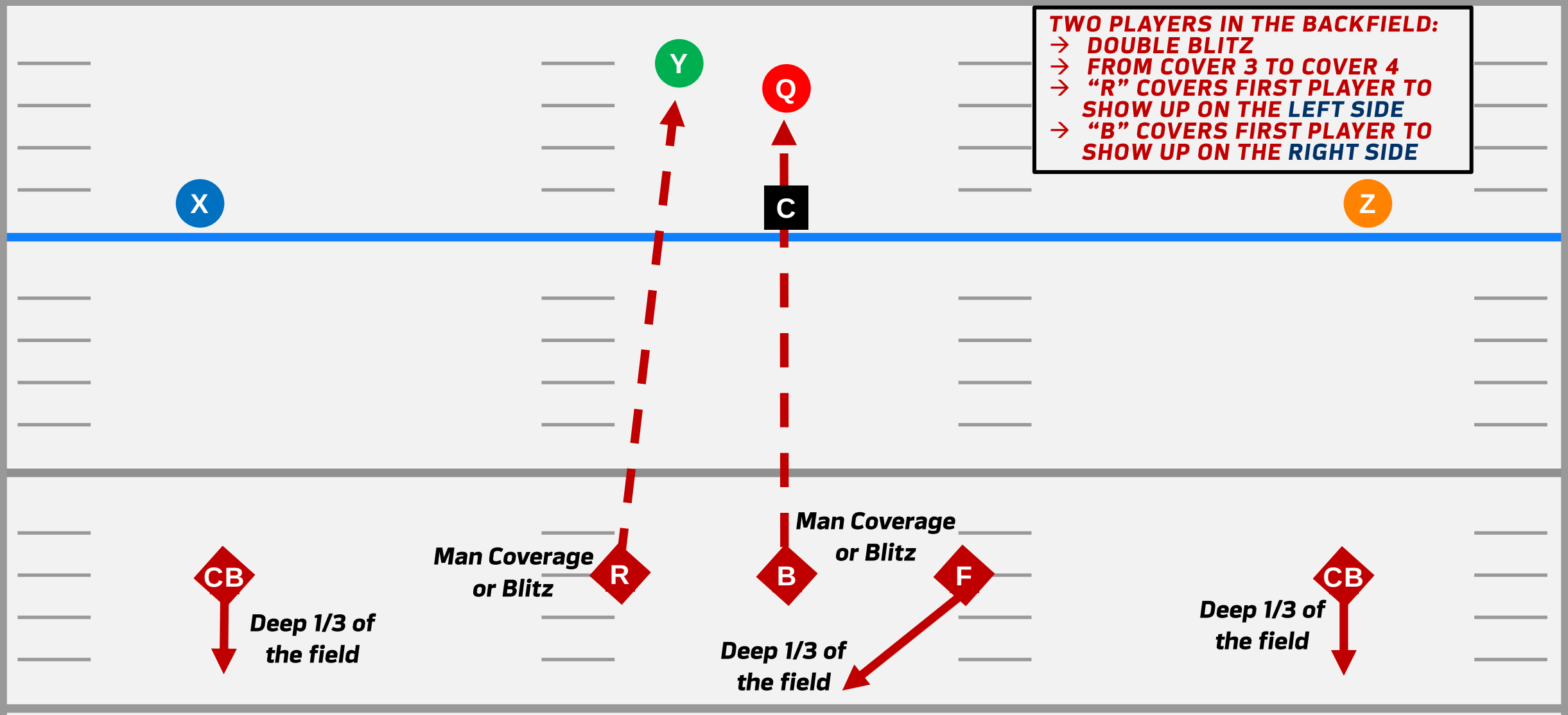
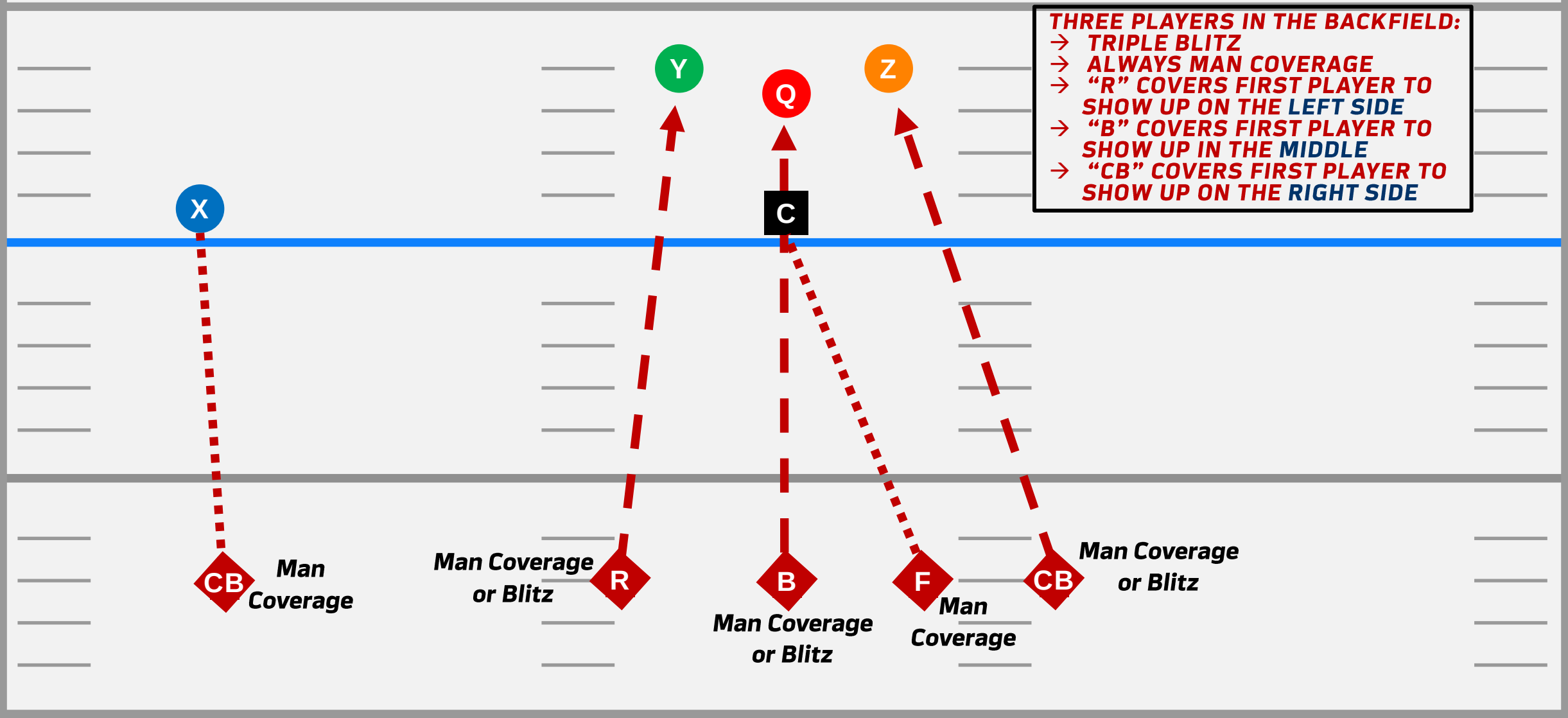
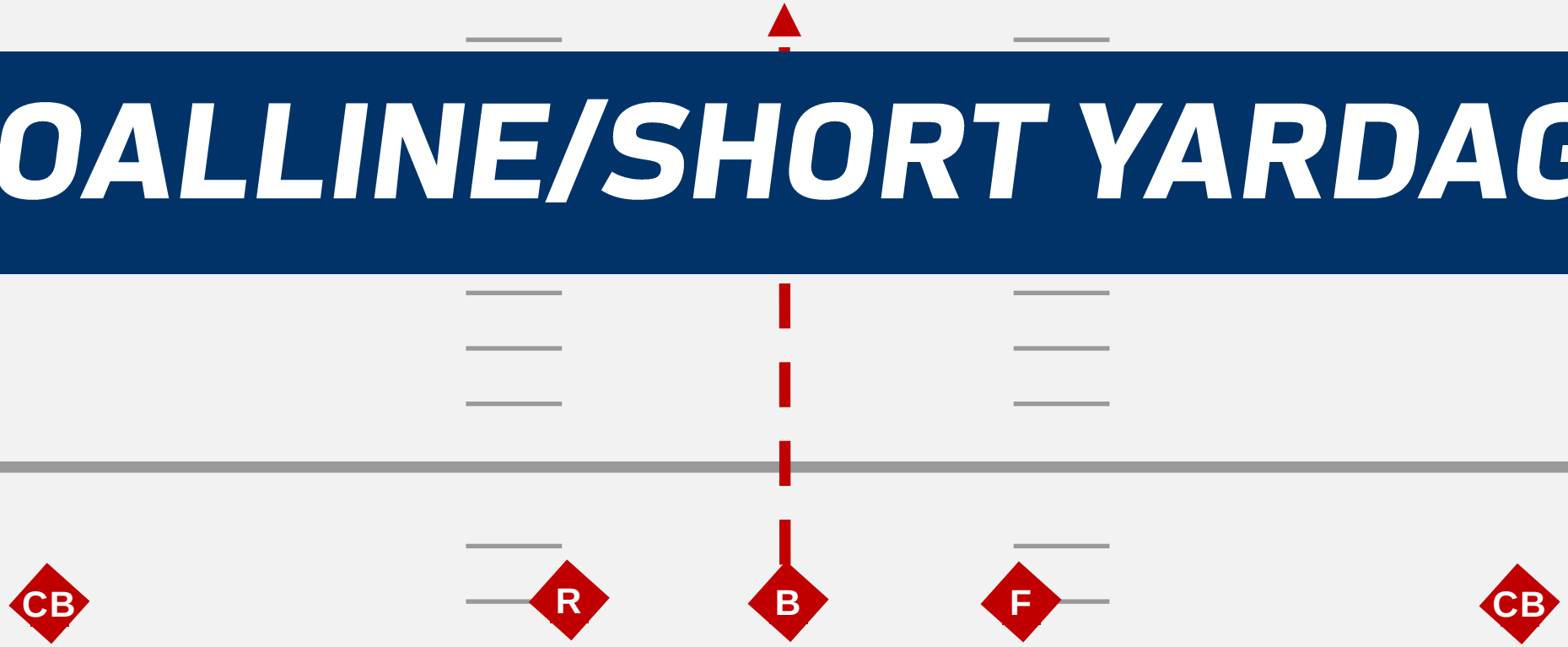


ADJUSTMENT: ALL-7 – COVER 1 (MAN)

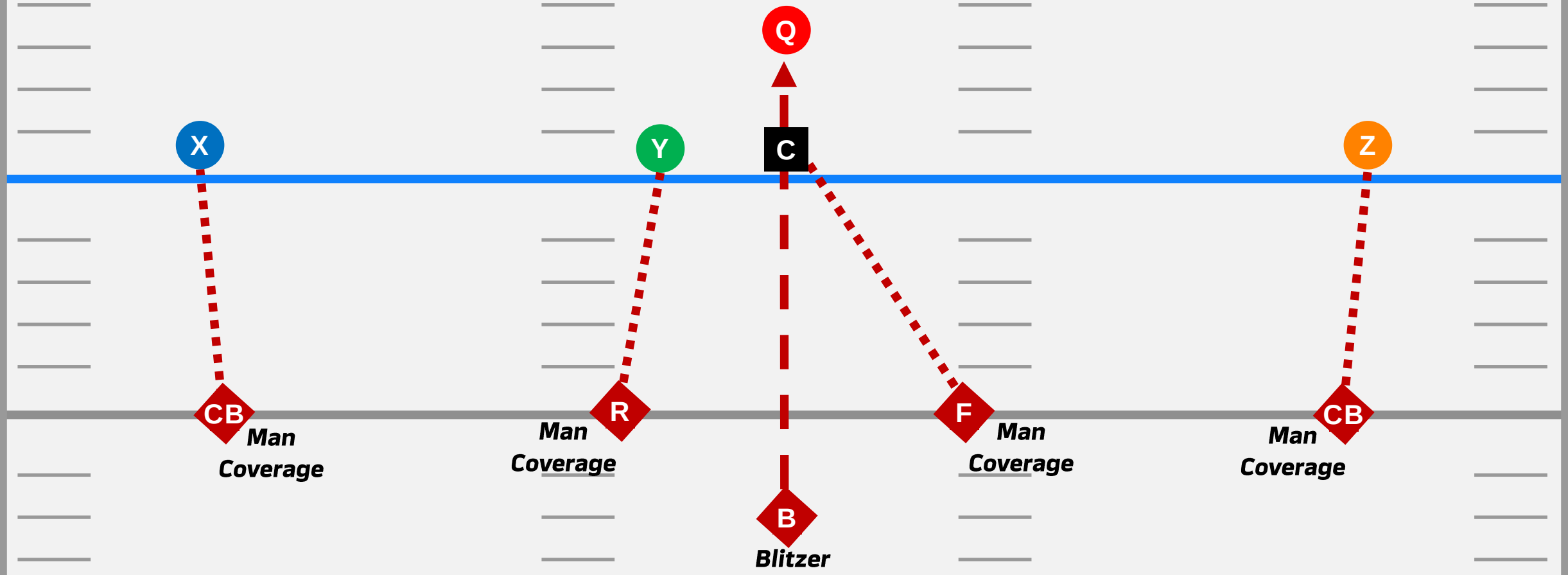


NFL FLAG

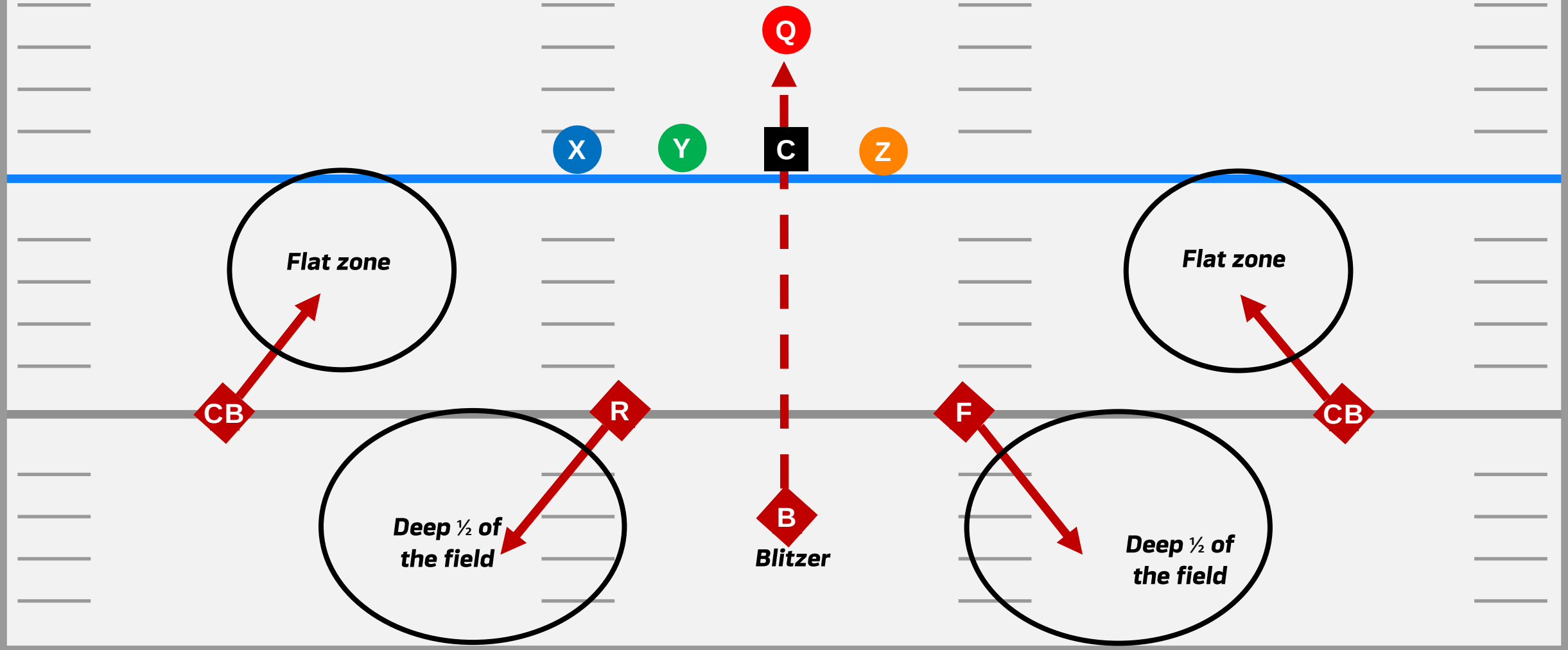
GOALLINE/SHORT YARDAGE



ASSIGNMENT: ALL-5 – COVER 1 (MAN)



ASSIGNMENT: ALL-5 – COVER 2 (ZONE)



NFL FLAG

THANK YOU