

Cyber Coach Free Resource

Public Domain Document

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Courtesy of:

Document Title: 5-2 Defense

Season(s) used: 1991-1998

Age Group: 8-14 yrs

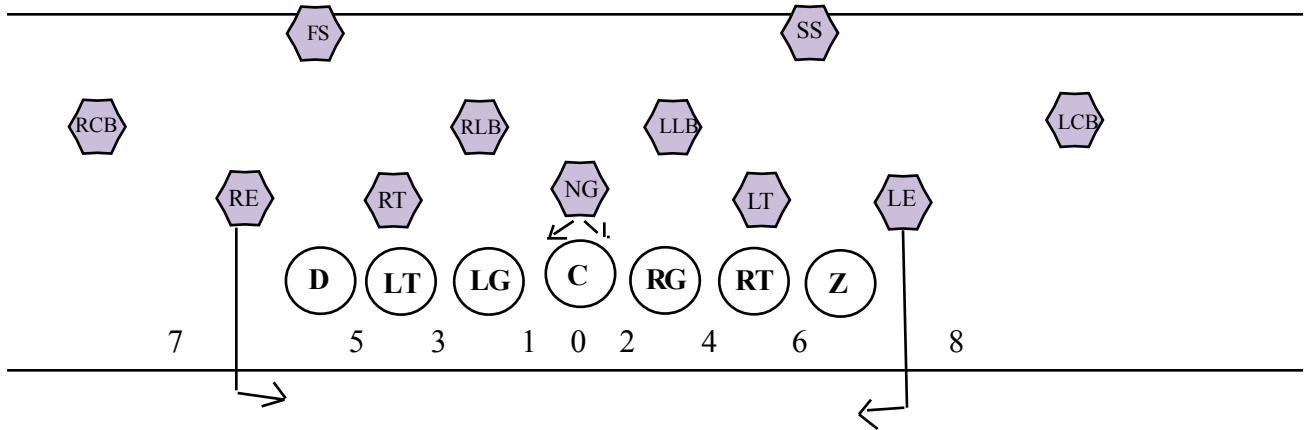
Grade(s): 3th through 7th

Description: 5-2 Defensive Scheme. Includes basic defense and attack schemes. Excellent youth football defense.

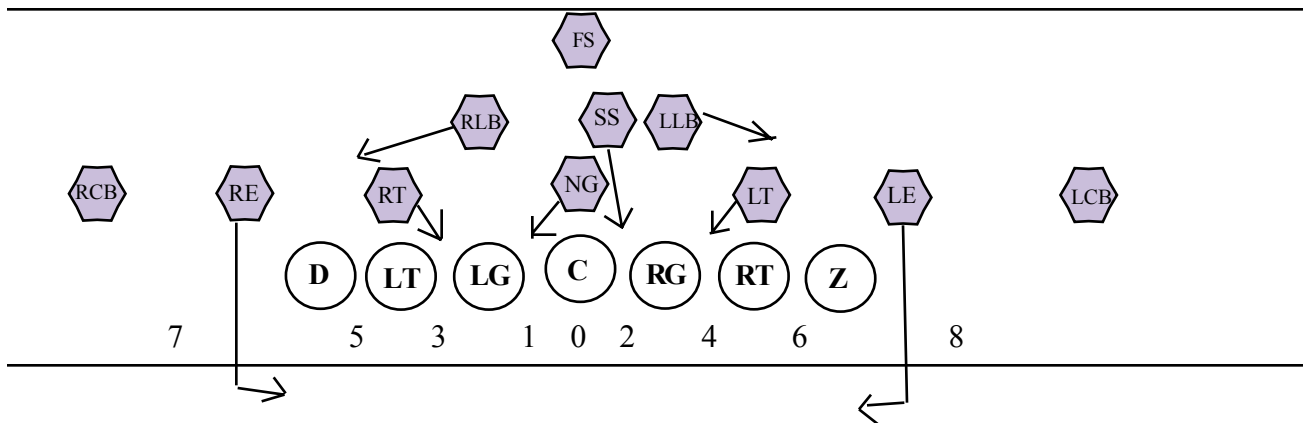
Defensive Scheme

Basic Defense - NG works either side of center. DE's box in untouched. LB's controll inside gaps then off tackle.

5 - 2 Basic

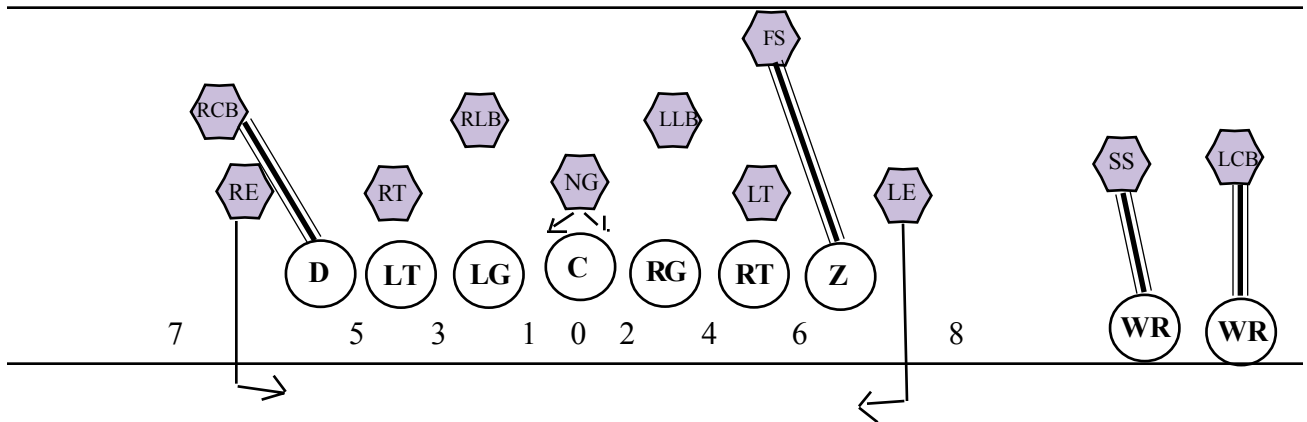


5 - 2 Attack



Defensive Scheme

Example Coverages



Example Coverages

