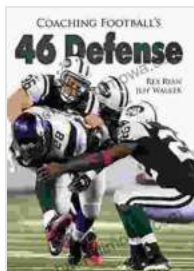


# Coaching Football 46 Defense: The Ultimate Guide to Mastering the Rex Ryan Defense



## Coaching Football's 46 Defense by Rex Ryan

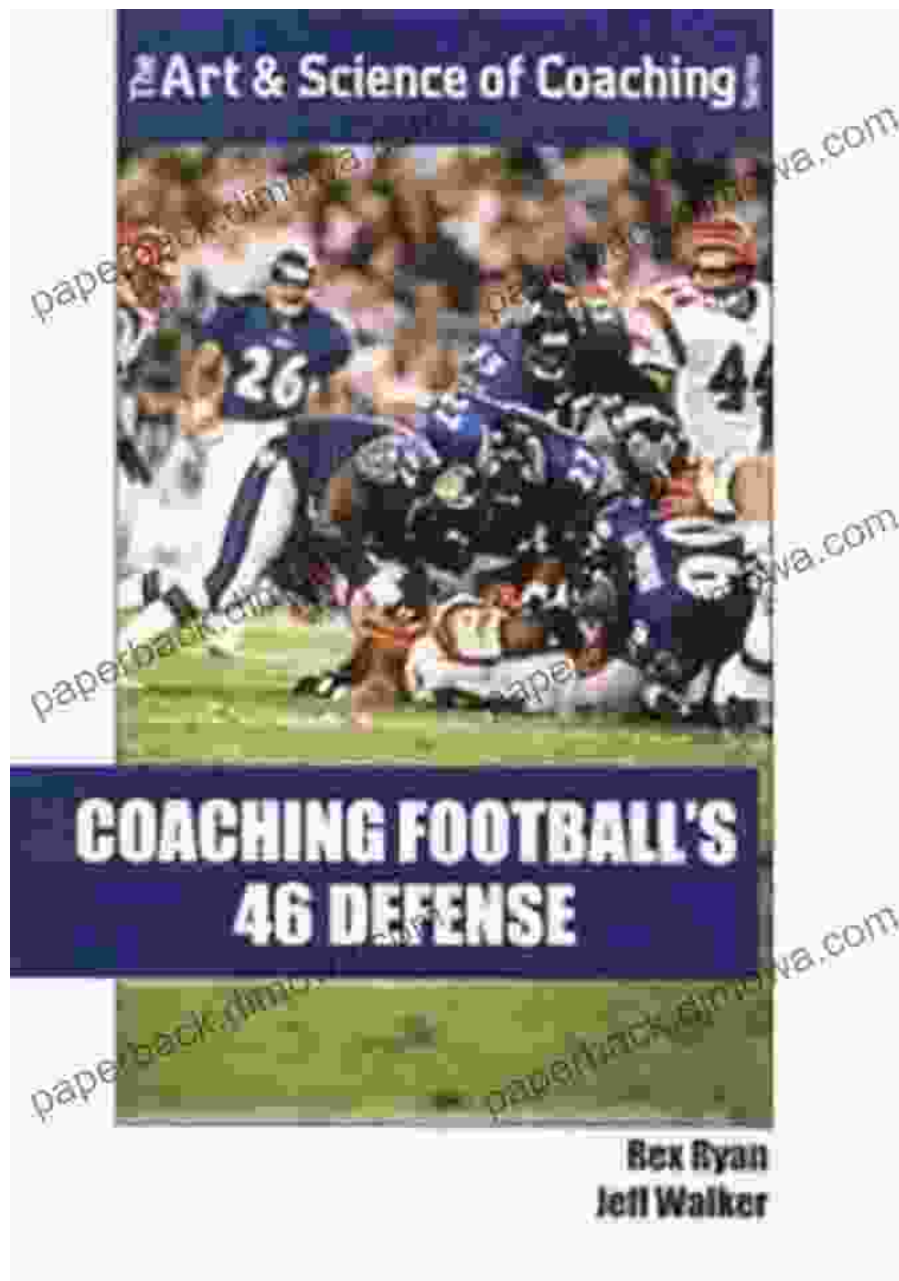
★★★★☆ 4.4 out of 5

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The 46 defense is a dominant football defensive scheme that has been used by some of the most successful teams in the NFL. Developed by legendary coach Rex Ryan, the 46 defense is designed to create pressure on the quarterback and force turnovers. This comprehensive guide will provide you with everything you need to know about the 46 defense, including its history, principles, and strategies.

## **History of the 46 Defense**

The 46 defense was first developed by Rex Ryan in the early 2000s. Ryan was the defensive coordinator for the Baltimore Ravens at the time, and he wanted to create a scheme that would take advantage of the Ravens' athleticism and speed. The 46 defense is a hybrid defense that combines elements of the 3-4 and 4-3 defenses. It features four down linemen, three linebackers, and four defensive backs.

The 46 defense quickly became one of the most feared defenses in the NFL. The Ravens won Super Bowl XXXV in 2001, and Ryan's defense played a major role in the team's success. The 46 defense has also been used by other successful teams, including the New York Jets and the Buffalo Bills.

## **Principles of the 46 Defense**

The 46 defense is based on the principle of pressure. The goal of the defense is to create pressure on the quarterback and force him into making mistakes. The defense does this by blitzing the quarterback with multiple players. The 46 defense also uses a variety of coverage schemes to confuse the offense and prevent them from completing passes.

The 46 defense is a versatile scheme that can be adjusted to fit the strengths of the players on the roster. The defense can be played with a variety of different personnel packages, and it can be used against a variety of different offensive formations.

## **Strategies of the 46 Defense**

The 46 defense has a number of different strategies that can be used to attack the offense. The most common strategy is to blitz the quarterback

with multiple players. The 46 defense can also use a variety of coverage schemes to confuse the offense and prevent them from completing passes.

One of the most effective strategies of the 46 defense is the "Cover 2 Man" scheme. In this scheme, the two safeties play deep in the middle of the field, while the two cornerbacks play man-to-man coverage on the outside. This scheme is designed to prevent the offense from completing deep passes, and it also forces the quarterback to make quick decisions.

Another effective strategy of the 46 defense is the "Cover 3 Zone" scheme. In this scheme, the three safeties play deep in the middle of the field, while the two cornerbacks play zone coverage on the outside. This scheme is designed to prevent the offense from completing passes over the middle of the field, and it also forces the quarterback to make quick decisions.

The 46 defense is a versatile scheme that can be adjusted to fit the strengths of the players on the roster. The defense can be played with a variety of different personnel packages, and it can be used against a variety of different offensive formations.

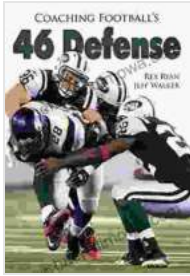
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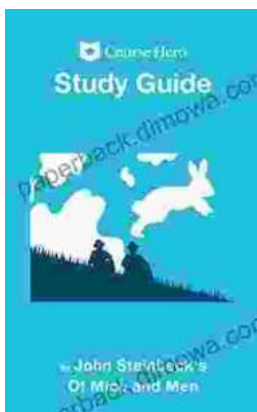
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