

4-4 Defense Depth Chart

11 spots · first, second, third string · cross-training column

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Team _____ Week _____ Opponent _____

DEFENSIVE LINE

Position	1st string	2nd string	3rd string	Cross-trained
LDE (left end)				☐
LDT (left tackle)				☐
RDT (right tackle)				☐
RDE (right end)				☐

LINEBACKERS

Position	1st string	2nd string	3rd string	Cross-trained
LOLB (left outside)				☐
LILB (left inside)				☐
RILB (right inside)				☐
ROLB (right outside)				☐

SECONDARY

Position	1st string	2nd string	3rd string	Cross-trained
LCB (left corner)				☐
FS (free safety)				☐
RCB (right corner)				☐

SITUATIONAL SWAPS

Situation	Player out	Player in	Who moves where
Nickel (3rd and long)			
Goal line (6-2)			



scan to start

Tired of rewriting this every week?

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Rule: no two positions that get hurt on the same play share a backup. Check the box only when the backup has taken a full team period at that spot.