



**Playbook:** Seattle Seahawks

**Formation:** Nickel Normal

**Play:** Buck Slant Show 2

**Setup:**

1. Press Coverage
2. Spread your defensive line
3. (Optional) Adjust the zones however you'd like

**Overview:** This play works about 70% of the time but it is an extremely simple setup. This play is great for sim style leagues.

**Playbook:** Seattle Seahawks

**Formation:** Nickel Normal

**Play:** Overload 3 Seam (Flipped)

**Setup:**

1. Base align
2. Press coverage
3. Pinch and crash your defensive line down
4. QB contain
5. Bliff Blitz Your DE on the right
6. Put your MLB in a zone place him directly in front of the center. Hold LT at the snap.

**Overview:**

**Playbook:** Seattle Seahawks

**Formation:** 4-3 Normal

**Play:** OLB Fire Man (Run Stopper)

**Setup:**

1. Base Align
2. Crash your defensive line out
3. QB Contain

**Overview:** This does a really nice job of slowing down most common runs in Madden 18.

**Playbook:** Seattle Seahawks



**Formation:** 4-3 Normal

**Play:** Free Fire 3

**Setup:**

1. Base align
2. Spread and crash your DL out
3. Put your DE on the right back into a zone

**Overview:** This is an extremely consistent blitz as long as your opponent isn't blocking extra guys.

**Playbook:** Seattle Seahawks

**Formation:** 4-3 Normal

**Play:** Cover 3 Cloud

**Setup:**

1. Base Align
2. Spread the defensive line
3. Blitz OLB on the right side of the screen and move him slightly to the left (make sure he has 84+ speed)
4. (Optional) Put the DE on the left side of the screen in a zone

**Overview:** This play isn't extremely consistent with pressure but it does only rush 4 guys and can also do a decent job against the run.

**Playbook:** Seattle Seahawks

**Formation:** 4-3 Normal

**Play:** Cover 3 Sky Press

**Setup:**

1. Base Align
2. Make sure to use a fast LB
3. Spread your defensive line
4. Blitz the OLB on the right side of the screen
5. (Optional) Put DE on the left side of the screen in a zone

**Overview:** This is a nice base defense that still has 7 guys in coverage and provides decent pressure off occasionally. Make sure to use the MLB and patrol the middle/right part of the field.



**Playbook:** Seattle Seahawks

**Formation:** 4-3 Over

**Play:** Fire Zone 2

**Setup:**

1. Base Align
2. Pinch your defensive line and crash them down
3. Spread your linebackers
4. Blitz the MLB (on the left of screen)
5. Zone the 2 lineman on the right side of the screen

**Overview:** User the OLB on the right side of the field and when the ball is snapped, take away the left part of the field. By that time, you should have a sack.

**Playbook:** Seattle Seahawks

**Formation:** 4-3 Over

**Play:** Will Blitz 3 Press

**Setup:**

1. Pinch line and crash DL down
2. Spread your linebackers
3. Blitz the MLB (on the left of screen)
4. Zone the 2 lineman on the right side of the screen

**Overview:** This is basically the same blitz as the Fire Zone 2 play. You are pretty weak on the left side of the field so make sure to adjust the coverage behind as you see fit.

**Playbook:** Seattle Seahawks

**Formation:** 4-3 Over

**Play:** Corner Blitz 3

**Setup:**

1. Base Align
2. Show Blitz
3. Crash the defensive line down
4. Blitz the OLB on the right
5. Bluff blitz DT on left
6. Zone the DE on the left



**Overview:** This brings 4 man pressure from the right side of the screen so mix this play in when your opponent starts blocking guys on the left or slide protecting that way.

**Playbook:** Seattle Seahawks

**Formation:** 4-3 Over

**Play:** Cover 4 (Run Stopper)

**Setup:**

1. Base Align
2. Crash your defensive line down
3. Spread your linebackers
4. Hard flat the linebackers

**Overview:** This does a great job of slowing down most running plays in Madden 18.

**Playbook:** Seattle Seahawks

**Formation:** 4-3 Over Plus

**Play:** Mike Sam Buzz 2

**Setup:**

1. Base Align
2. Shift your defensive line to the right
3. Blitz your MLB and move him a step to the left
4. Put the DE on the left into a hard flat
5. QB contain

**Overview:** This play is a 5 man rush that brings pressure right up the middle. Make sure to play around with the coverages behind the blitz.

**Playbook:** Seattle Seahawks

**Formation:** 4-3 Over Plus

**Play:** Cover 3 Sky Wk

**Setup:**

1. Base Align
2. Shift your defensive line to the right



3. Blitz your MLB and the OLB on the right (You may want to move your MLB over one step to the left to get a slightly better blitzing angle)
4. Put the DE on the left into a zone
5. QB contain

**Overview:** This play brings fast pressure. The coverage is a little spotty so be sure to know the weaknesses of this play. You will also want a fast LB in at your MLB position.

**Playbook:** Seattle Seahawks

**Formation:** 4-3 Over Plus

**Play:** FS Will 3

**Setup:**

1. Base Align
2. Pinch and crash DL Down
3. Zone the DT and DE on the right

**Overview:** This play brings pressure from the left side of the screen against a lot of offensive formations. You are only rushing 4 guys so you should still have good coverage. Use your MLB and cover the left side of the field.

**Playbook:** Seattle Seahawks

**Formation:** 4-3 Over Plus

**Play:** FS Blitz

**Setup:**

1. Base Align
2. Pinch and crash DL Down
3. Blitz your LB on the left
4. Put your FS into man to man coverage on the guy your linebacker was supposed to cover
5. Put the DE on the right into a zone and use him

**Overview:** This is a very similar play to FS Will Fire 3. This uses a man to man look behind the blitz.

**Playbook:** Seattle Seahawks

**Formation:** 4-3 Over Plus

**Play:** Mike Blitz 3



**Setup:**

1. Base Align
2. Shift and crash your defensive line down
3. Blitz the OLB on the right
4. Bluff Blitz the DT
5. Put DE on the left into a zone
6. (Optional) QB Contain

**Overview:** This play isn't as consistent as the other blitzes from the 4-3 Over Plus formation but you can occasionally get 4 man A-Gap pressure from the middle linebacker.

**Playbook:** Seattle Seahawks

**Formation:** Dollar 3-2-6

**Play:** Str Eagle Slant 3

**Setup:**

1. Base Align
2. Press cover
3. Pinch and crash your defensive line down
4. QB contain
5. Bluff blitz your DE on the right

**Overview:** This has really nice coverage and is somewhat consistent at getting pressure off the left edge.

**Playbook:** Seattle Seahawks

**Formation:** Dollar 3-2-6

**Play:** Edge Blitz 3

**Setup:**

1. Base Align
2. Press cover
3. Pinch and crash your defensive line down
4. QB contain

**Overview:** This is a really easy setup that gets decent pressure. Mix it in every now and then.

**Playbook:** Seattle Seahawks

**Formation:** Dollar 3-2-6



**Play:** Edge Blitz 1

**Setup:**

1. Base Align
2. Press cover
3. Pinch and crash defensive line down
4. QB contain

**Overview:** This is the man to man version of the Edge Blitz 3 play.

**Playbook:** Seattle Seahawks

**Formation:** 46 Bear Under

**Play:** LB Dogs

**Setup:**

1. Pinch and crash your defensive line down
2. Put your OLB on the left in a yellow zone

**Overview:** This is an extremely effective blitz. You should get heat off the right edge

**Playbook:** Seattle Seahawks

**Formation:** 46 Bear Under

**Play:** LB Dogs (Setup 2)

**Setup:**

1. Pinch your linebackers
2. Put OLB on the left in a yellow zone

**Overview:** This is a 5 man rush that usually results in the linebacker coming in free instead of the DE.

**Playbook:** Seattle Seahawks

**Formation:** 46 Bear Under

**Play:** Cover 3

**Setup:**

1. Pinch the defensive line
2. Blitz the MLB
3. (Optional) Put your DE on the left into a zone



**Overview:** This is a 4 or 5 man rush with good coverage behind it. Make sure to user defend the right side of the field.

**Playbook:** Seattle Seahawks

**Formation:** Quarter Normal

**Play:** Fz Sky 3

**Setup:**

1. Base Align
2. Press coverage
3. Pinch and crash the defensive line down
4. (Optional) QB Contain
5. (Optional) Put your DE on the left into a coverage

**Overview:** Mix this play in. It works really well against some formations and not great against others.

**Playbook:** Seattle Seahawks

**Formation:** Quarter Normal

**Play:** Overload 3

**Setup:**

1. Base Align
2. Crash DL Down
3. Press coverage
4. Move MLB slightly to the right (between C and RG)

**Overview:** This is one of the best A-gap blitzes to use in passing situations. You get fast unblocked pressure right up the middle unless your opponent starts blocking extra guys.

**Playbook:** Seattle Seahawks

**Formation:** Nickel Wide 9

**Play:** Overload 3 Seam 2

**Setup:**

1. Base Align
2. Press Coverage
3. Put the DT on the right into a yellow zone





**Overview:** This is pretty consistent 4 man heat off the left edge.

**Playbook:** Seattle Seahawks

**Formation:** Nickel Double A Gap

**Play:** Mid Blitz

**Setup:**

1. Spread your defensive line and crash them right
2. Hot route DE on the left into a yellow zone

**Overview:** This play works best against shotgun formations. Don't call it against under center.

**Playbook:** Seattle Seahawks

**Formation:** 4-3 Under

**Play:** Cover 3 Sky Wk Press

**Setup:**

1. Base Align
2. Pinch and crash your defensive line down
3. Blitz OLB on the left side of the screen
4. (Optional) Zone DE on the right side of the screen

**Overview:** This is a nice 4 or 5 man blitz that works against most formations.