

E01 COMPANION

Stop Throwing Picks (Cover 4)

the deep ball graveyard... and how to stop donating

Cover 4 (“Quarters”) puts **FOUR defenders deep**, each owning a quarter of the field. The deep shot you love? Covered before your receiver even breaks. That’s why your post routes keep becoming **pick-sixes**.

- **The look:** before the snap you only see TWO safeties deep (sitting short) with the corners backed way off — the four fence posts appear AT the snap, when the corners bail.
- **What it kills:** verticals, posts, deep corners... anything past 15 yards is quadruple-teamed grass.
- **What it gives:** the SHORT game. Only three defenders underneath means flats, drags, and checkdowns are **discount priced all day**.
- **The mindset:** Cover 4 dares you to be impatient. Take the singles, march the field, and make them come down out of the shell — THEN throw over their heads.

YOUR ONE DRILL: Next time you see four defenders deep, say “quarters” out loud and throw something UNDER 10 yards on purpose. Watch how easy it is. That’s the whole lesson.



INSIDE THIS COMPANION

PAGE 2 The Textbook Shell — four fence posts... three men guarding everything else

PAGE 3 Quarters Hiding as Cover 2 — same snapshot at first glance... check who carries the vertical

PAGE 4 The Cheat Card — screenshot it... keep it on your phone

LOOK ONE — CLEAN

The Textbook Shell

four fence posts... three men guarding everything else



four defenders splitting the deep field into quarters



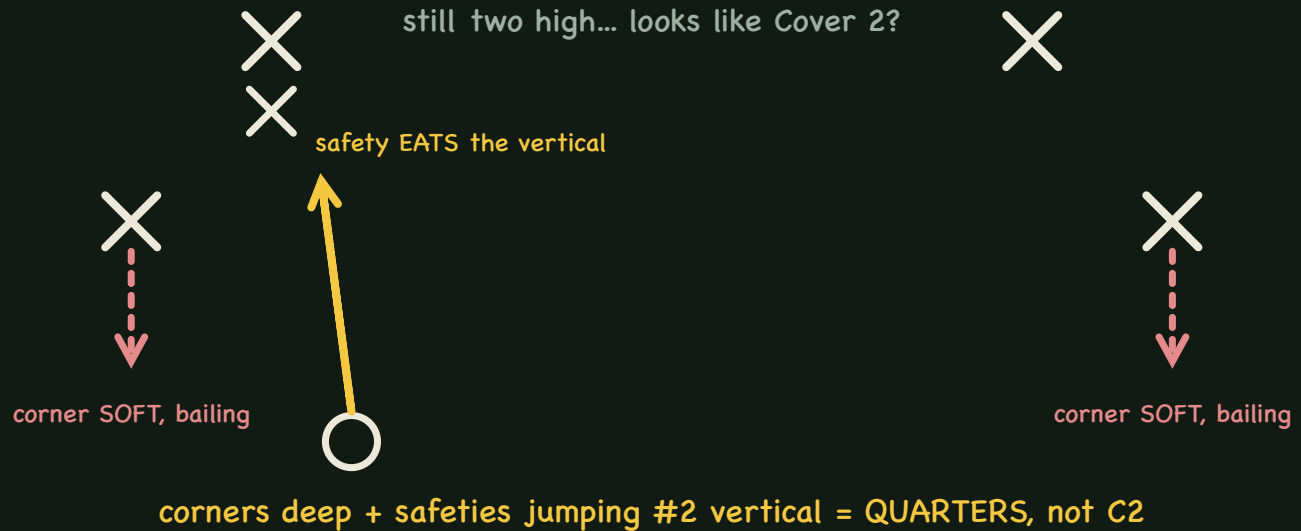
only THREE underneath... the short grass is on sale

Notice: nobody is within 7 yards of your receivers at the snap. That cushion is the invitation. Quick outs, flats, and drags win instantly — the deep quarter defenders can't tackle what they can't reach. Count deep: 1-2-3-4 = quarters. Throw short, pile up easy yards, and let their coordinator get nervous.

LOOK TWO — DRESSED UP

Quarters Hiding as Cover 2

same snapshot at first glance... check who carries the vertical



The tell: in real Cover 2 the corners SQUAT at 5 yards and fight the flat; in quarters they bail deep with the receiver. And when your slot runs vertical, a quarters safety **drives on him man-to-man** — a Cover 2 safety just shuffles to his half. Corners bailing + safeties matching verticals = four deep. Kill the shot play, cash the checkdown.

MASTER CHEAT CARD

Stop Throwing Picks (Cover 4)

screenshot this page · keep it on your phone

THE CARD

ID: pre-snap it's TWO high safeties sitting short (10–12 yds) + corners 7+ off — open grass everywhere. At the snap the corners BAIL: NOW it's four deep.

Dead throws: post · go · deep corner — that grass has four tenants.

Money throws: flats · drags · checkdowns · quick outs — 3 defenders cover the whole short field.

Twin check: corners squat = Cover 2... corners bail = Cover 4. Watch the corner, not the safeties.

The trap: impatience. Quarters wants you to force the deep ball. Take singles until they creep up.

Kill shot: once safeties start jumping short routes... NOW the post is open. Patience first, dagger second.

From "E01 — Stop Throwing Picks (Cover 4)" · DarkTiger Football on YouTube · rep it in Defense IQ

THE MONEY THROWS — DRAWN

