

BLACKOUT

VOLUME 5

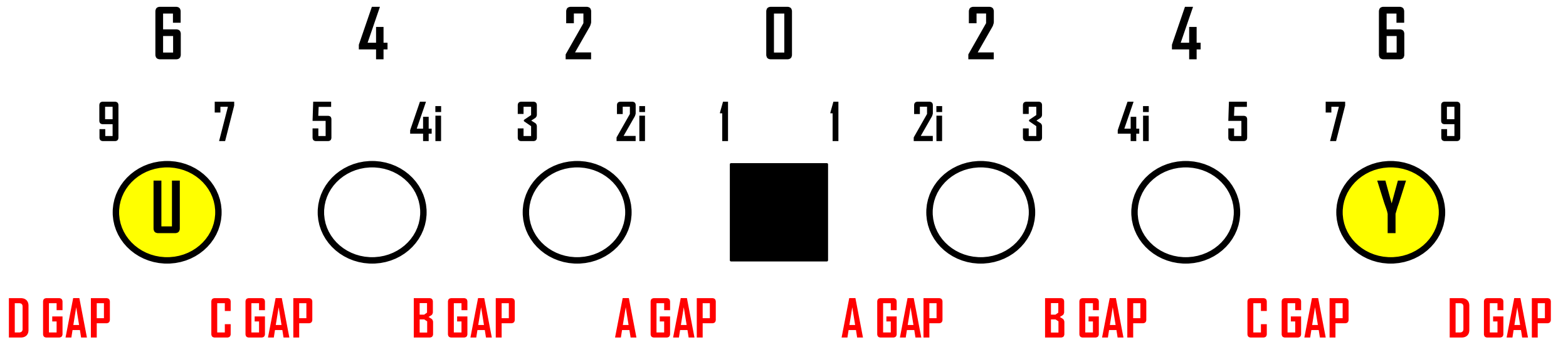
Defensive Line Play

THE MODERN MULTIPLE DEFENSE

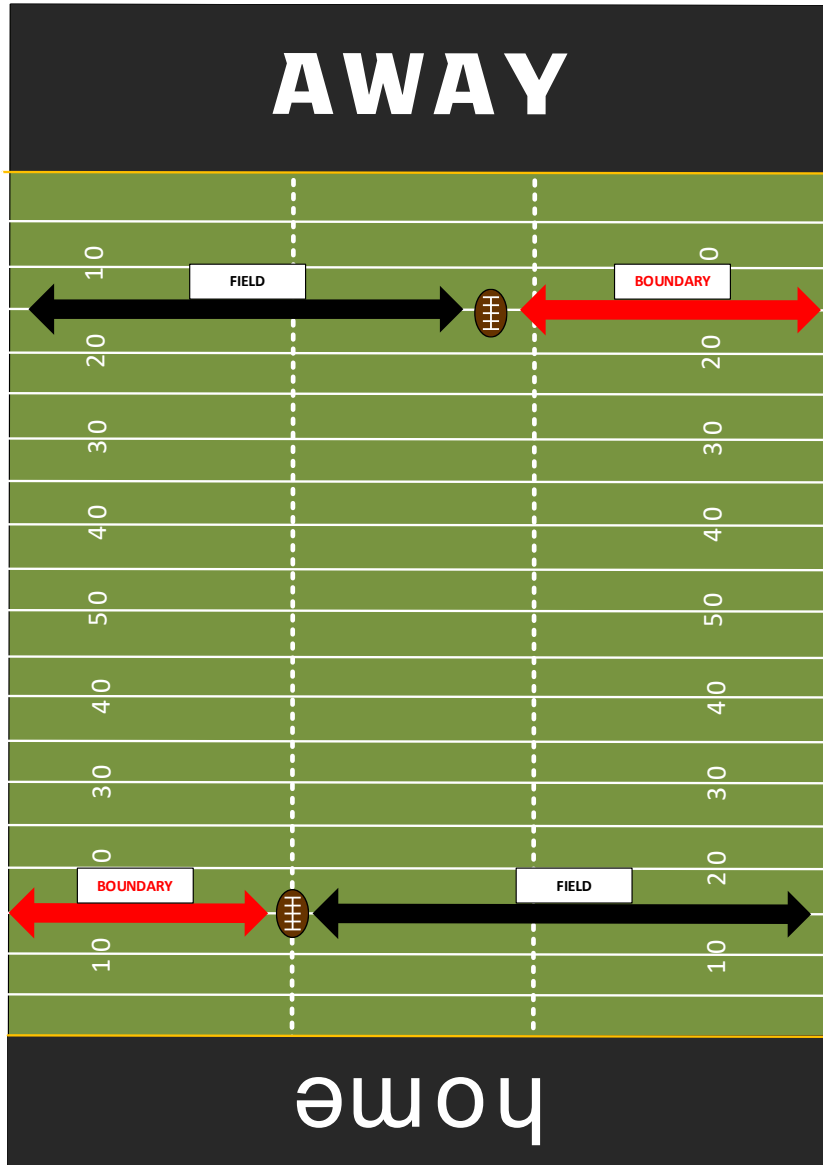
ALIGNMENTS



ALIGNMENTS



FIELD/BOUNDARY



- **Field**
 - **Wide side of the field**
- **Boundary**
 - **Short side of the field**

CULTURE



D-Line Characteristics

Looking for guys who can:

- **Be knowledgable**
 - **Pre-Snap Reads**
 - **Situationally**
- **Execute stunts and games with accuracy and efficiency**
- **Redirect with precision and has short area quickness**
- **Be detailed**
 - **Fundamentals in pass and run game**
 - **Footwork**
 - **Hand Placement**
- **Be Explosive & violent with Hands and hips**
- **Bend at the ankle, hip & knee**
- **Be tough and relentless**



D-Line Non-Negotiables

- **Effort**
 - **High motor**
 - **Chase the Ball - No Loafing**
- **Discipline**
 - **Know your assignment**
 - **Do your job**
 - **Watch the ball**
- **Attitude**
 - **We are the tone setters**
 - **We will be the hardest working group on the team**
- **Toughness**
 - **Win the trenches**
 - **Every good football team has a good D Line**
- **Coachable**
 - **Learn from your mistakes - Do something different**
 - **Mental Reps – If I’m coaching one of you, I’m coaching all of you**
- **Professional**
 - **Be on time**
 - **Watch Film – Be a student of the game**
 - **Communicate**
- **No phones in meetings**
- **Notebook or Ipad required for every meeting**



D-Line Tenets

- **Passion**

- **You dedicate a lot of time and effort to football. Make sure you never forget all the hard work you put in, and all of the people who have supported you to this point.**

- **For Each Other**

- **The relationships you build here will last a lifetime. Give your all for the men beside you, and demand the same from them.**

- **Finish**

- **You do not stop playing until you hear a whistle. If you don't finish, then you are loafing.**

- **No Quit**

- **I won't win every rep, but I will win the next one. No matter the circumstances, it's never over until it's over. Fight until the end.**



Most Importantly



HAVE FUN!

You can't give 100% of your effort if you don't absolutely love what you do!



**TEACHING
&
FUNDAMENTALS**



Teaching Progression

- **Install**
 - **PowerPoint, Visio, Video**
- **White Board**
 - **Drawing in front of them, getting them to draw it up in front of their peers**
- **Walkthrough**
- **Drills**
- **Team Scenarios**



S.C.A.R.E

- **S - Signal**
- **C - Call**
- **A - Alignment**
- **R - Responsibility**
- **E - Eyes**



D-Line Fundamentals & Technique

- **Eyes**
 - Know what your key is
 - Eye discipline
- **Pad Level**
 - Low man wins
 - Hair line below chin
- **Hands**
 - Defeating / Shed blocks quickly
 - Thumbs Up - Wrists & Elbows together
- **Feet**
 - Be efficient, don't waste steps
- **Physical**
 - Violence wins
 - Speed to lock



RUN BLOCK Philosophy

- **Needs**
 - Knowledge of scheme & responsibility
 - Eyes on Key
 - Pad level
- **Fundamentals**
 - Explosive accurate hands
 - Extension - lock out
 - Violent escape
- **Objective**
 - Defeat blocks
 - Play in the backfield
 - Be a difference maker



STANCE



STANCE

• **Run**

- **Ball side hand down**
- **Forearms on Quads - Knee Bend**
- **Drop hand out in front of eyes**
- **Heavy Hand(s) with more than half of your weight**
- **Be able to move left and right from the same stance**
- **Vision Up, Eyes on Key**
- **Butt slightly up**
- **Steps out of stance need to be short so you can keep your power base**
- **First step will change with the call, but will primarily be directionally toward your key**
- **Keep forward lean with your torso**
- **We will use both a right-handed and a left-handed 3-point stance or a 4-point stance**



Movement Key

- **Shoulder Pad or chest of O-Line key**
- **Ball**



BLOCK DESTRUCTION



Block Destruction

- **Gap Integrity**
 - **Maintaining the gap responsible for determined by scheme**
- **Hat & Hands**
 - **Initiating contact with the helmet and violently striking with hands into their chest**
- **Lockout**
 - **Getting full extension of arms, elbows cannot get anymore straight**
- **Get off/ Destruction**
 - **Shedding the man, in a violent fashion**





**DEFENSIVE
LINE**

**OKIE FRONT
TECH.**

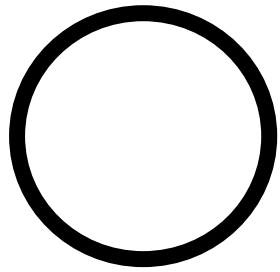
ALIGNMENTS

Joker will call out and align every call



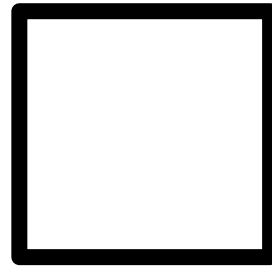
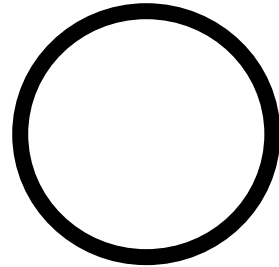
- **“Field Right” – End will line up on the right side**
 - Tackle will line up away from the Joker – beside the Bandit
- **“Field Left” – End will line up on the left side**
 - Tackle will line up away from the Joker – beside the Bandit

OKIE Fronts Base Alignment



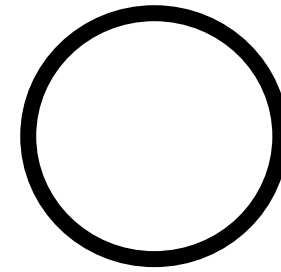
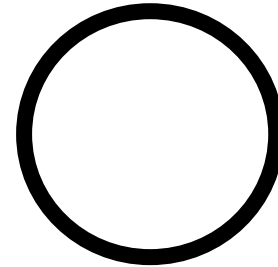
E

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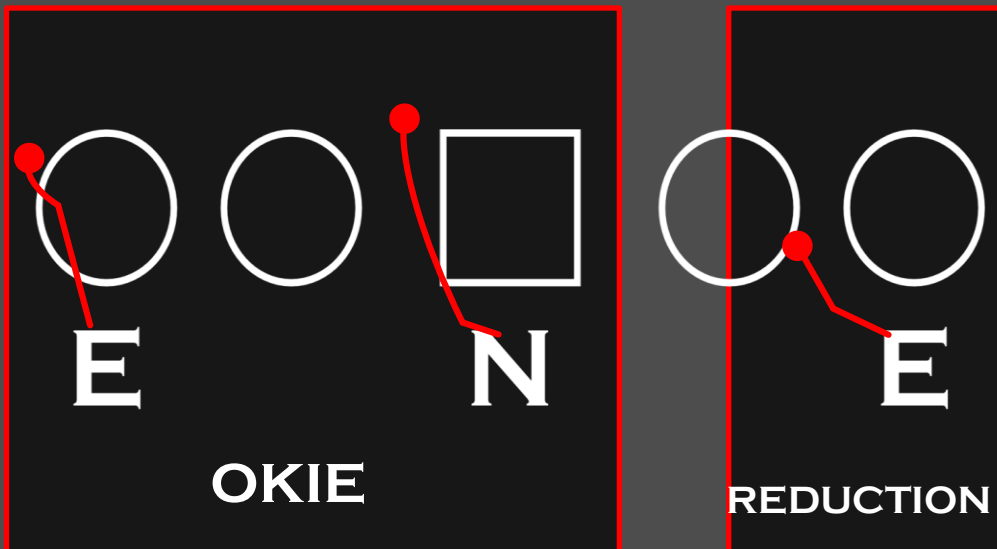
- **End / Tackle align Screw to Screw “Head Up” on Tackles**
- **Nose aligns Screw to Screw “Head up” on OC**

OKIE Base RULES

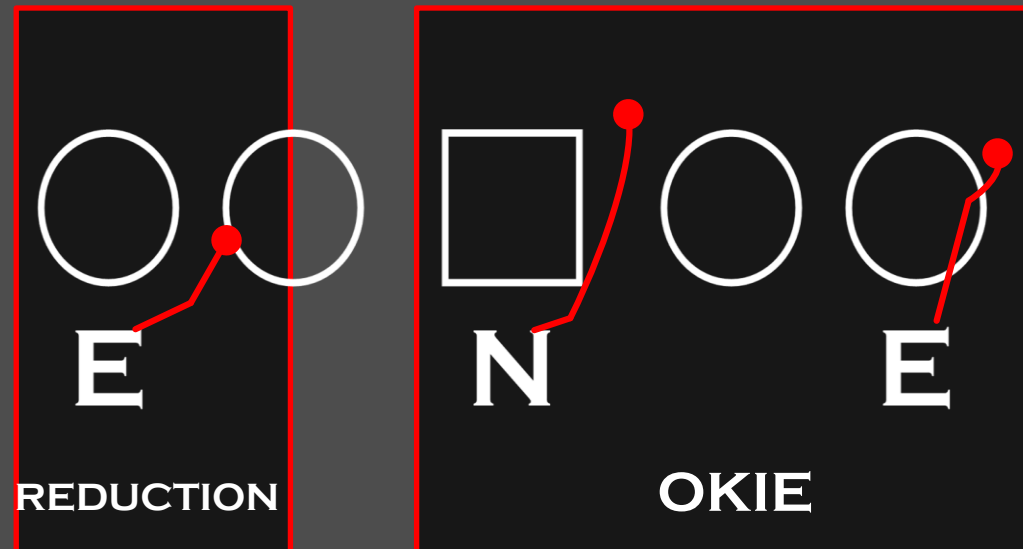


- **There will always be an Okie and a reduction side determined by the call**
- **End or Tackle could be the Okie End / Reduction End**
- **Nose will always be to the Okie side**
- **Lucky / Ringo calls will help determine who is who**

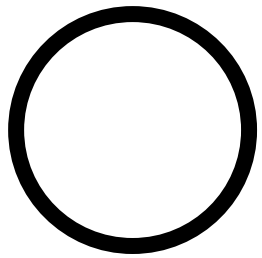
LUCKY



RINGO

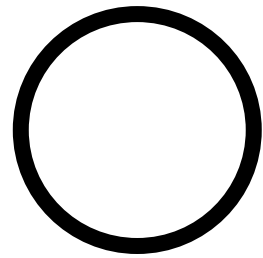


BASH

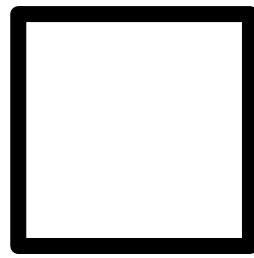


E

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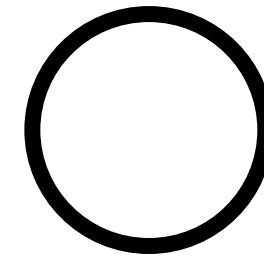
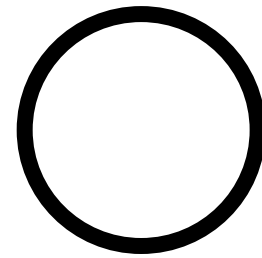
OKIE



N

0

“LUCKY”



T

4 REDUCTION

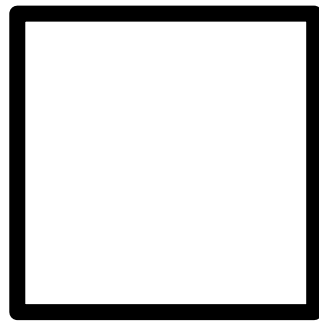
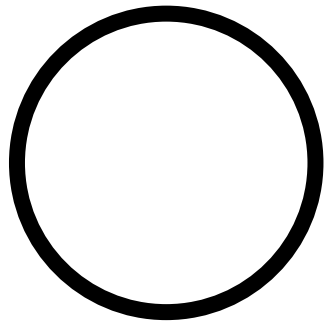
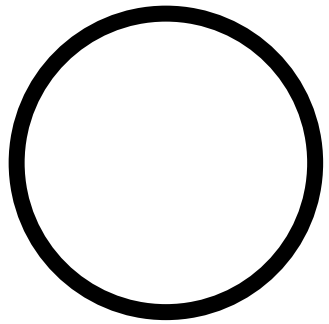
B

- **Bandit is the 4th rusher**
- **End / Tackle align Screw to Screw “Head Up” on Tackles**
- **Nose aligns Screw to Screw “Head up” on OC**

OKIE END



BASH



E

4

OKIE

N

Call:
Bash

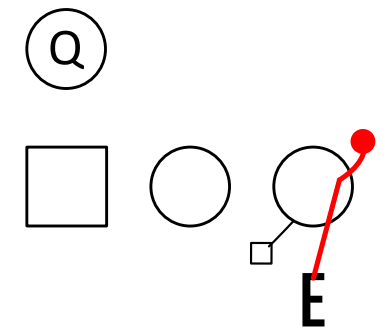
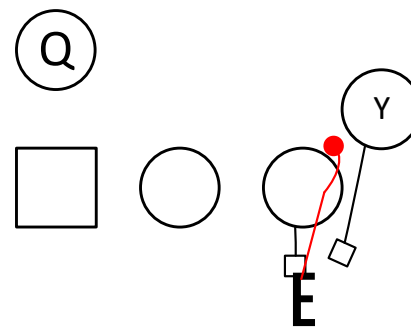
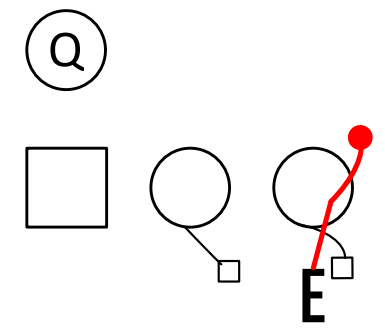
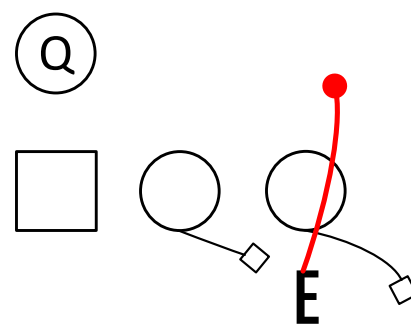
Alignment:
Screw to Screw

Responsibility:
C gap
IF pass : COP

Eyes / Key:
OT



OKIE END

<p>VEER</p> <p>Technique OKIE Alignment SCREW TO SCREW Key OT</p>  <p>FRICTION C</p>	<p>DOUBLE</p> <p>Technique OKIE Alignment SCREW TO SCREW Key OT</p>  <p>OWN C</p>
<p>REACH</p> <p>Technique OKIE Alignment SCREW TO SCREW Key OT</p>  <p>EDGE C</p>	<p>OVER REACH</p> <p>Technique OKIE Alignment SCREW TO SCREW Key OT</p>  <p>STEAL C</p>

Call:

Alignment:
Screw to Screw

Responsibility:
C gap
IF pass : COP

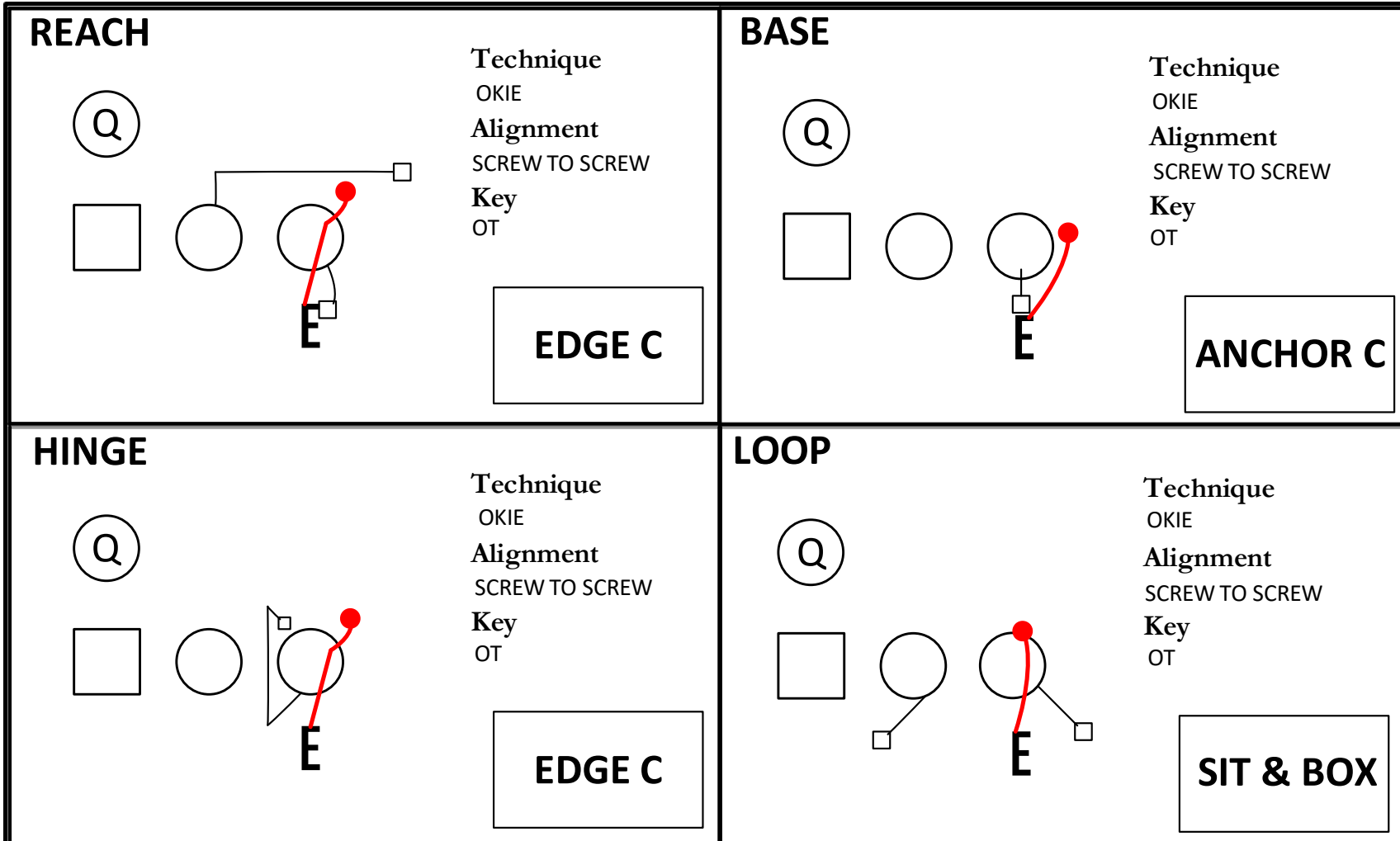
Eyes / Key:
OT



OKIE END

Call:

—



Alignment:
Screw to Screw

Responsibility:
C gap
IF pass : COP

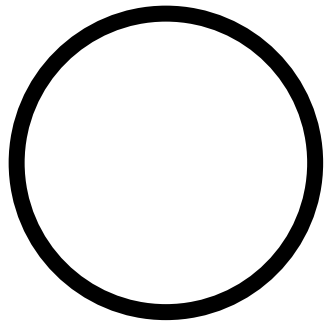
Eyes / Key:
OT



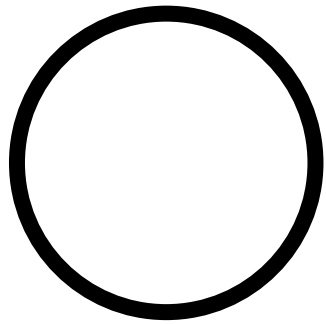
OKIE NOSE



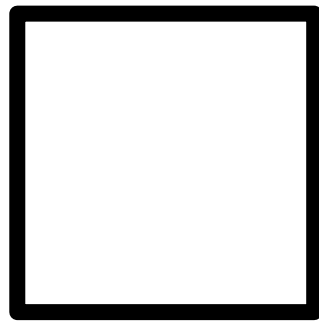
BASH



E



OKIE



N

o

Call:
Bash

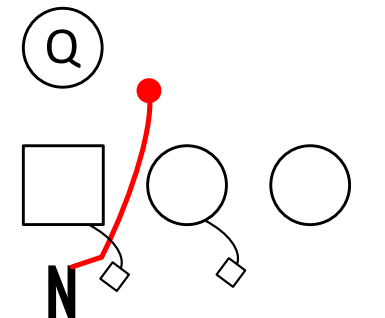
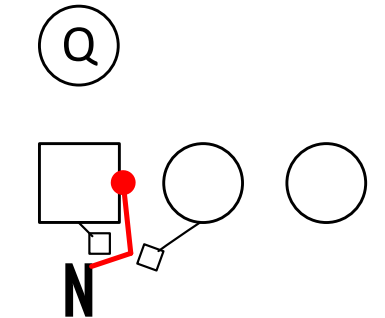
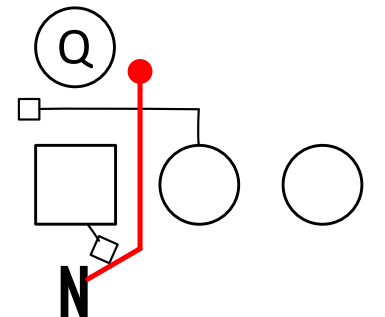
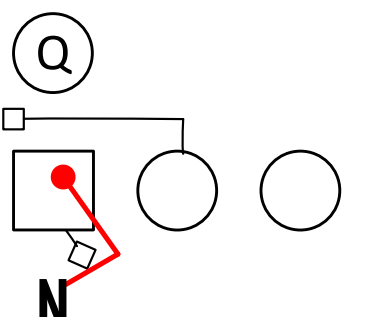
Alignment:
Screw to Screw

Responsibility:
A gap away from
Bandit
IF Pass: Interior Rush
Lane away from
Bandit

Eyes / Key:
OC



OKIE NOSE

<p>SCOOP</p>  <p>Technique OKIE Alignment SCREW TO SCREW Key OC</p> <p>SKIN A</p>	<p>DOUBLE</p>  <p>Technique OKIE Alignment SCREW TO SCREW Key OC</p> <p>STUFF A</p>
<p>DOWN</p>  <p>Technique OKIE Alignment SCREW TO SCREW Key OC</p> <p>SKIN A</p>	<p>DOWN</p>  <p>Technique OKIE Alignment SCREW TO SCREW Key OC</p> <p>45 THROUGH A</p>

Call:
—

Alignment:
Screw to Screw

Responsibility:
A gap

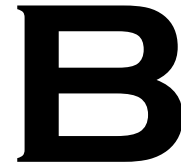
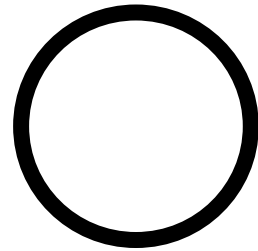
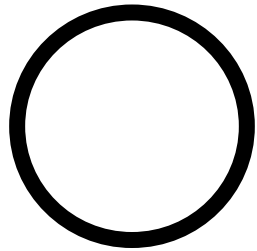
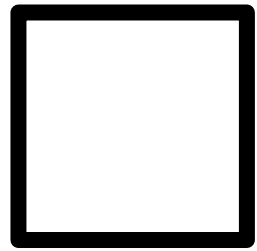
Eyes / Key:
OC



**REDUCTION
END**



BASH



4 REDUCTION

Call:
Bash

Alignment:
Screw to Screw on OT

Responsibility:
B gap
IF pass : 2 way go on OG

Eyes / Key:
OG



- **Bandit is the 4th rusher**

REDUCTION END

Call:

—

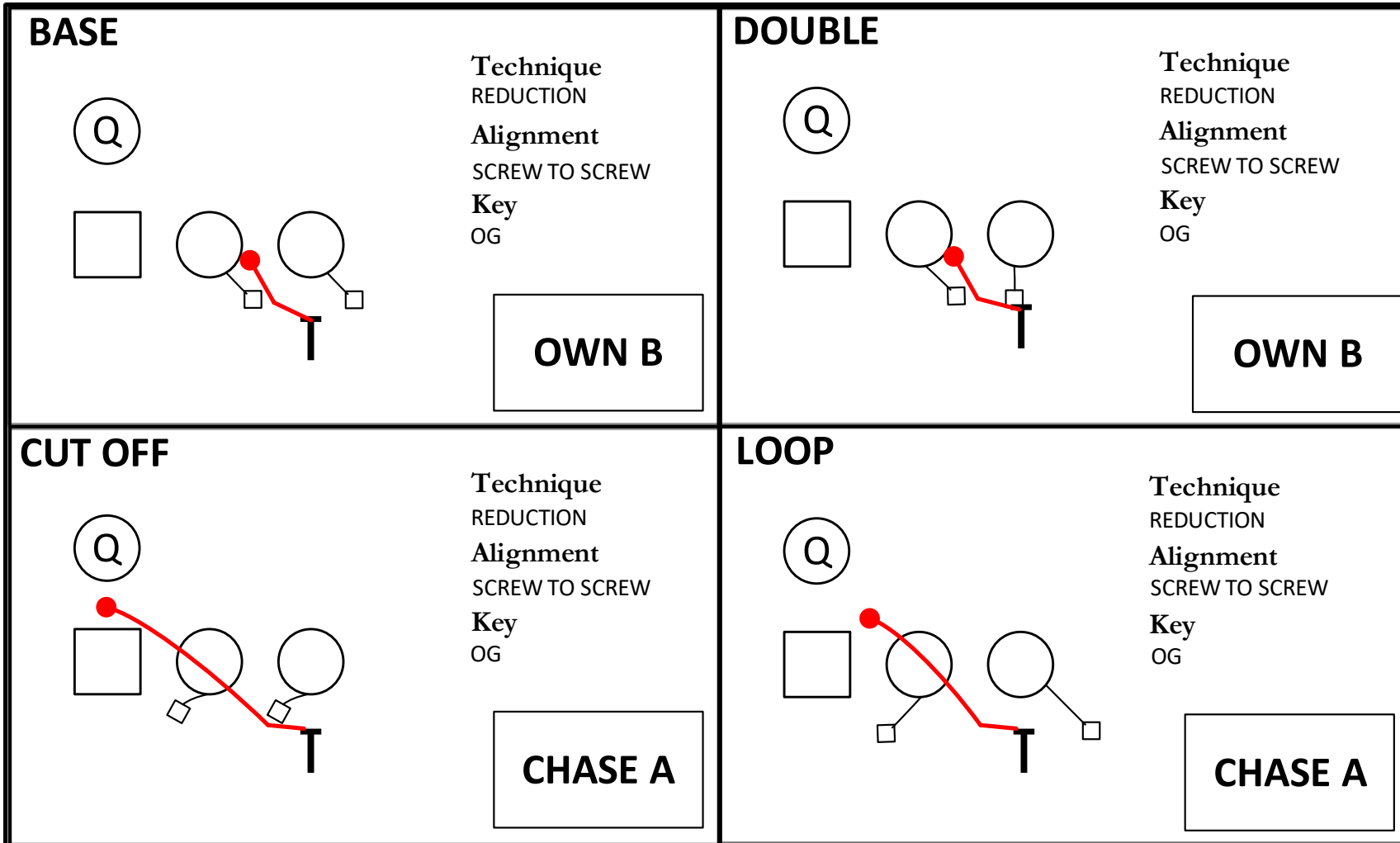
Alignment:
Screw to Screw

Responsibility:

B gap
IF pass : 2 way go on
OG

Eyes / Key:

OG



REDUCTION END

Call:

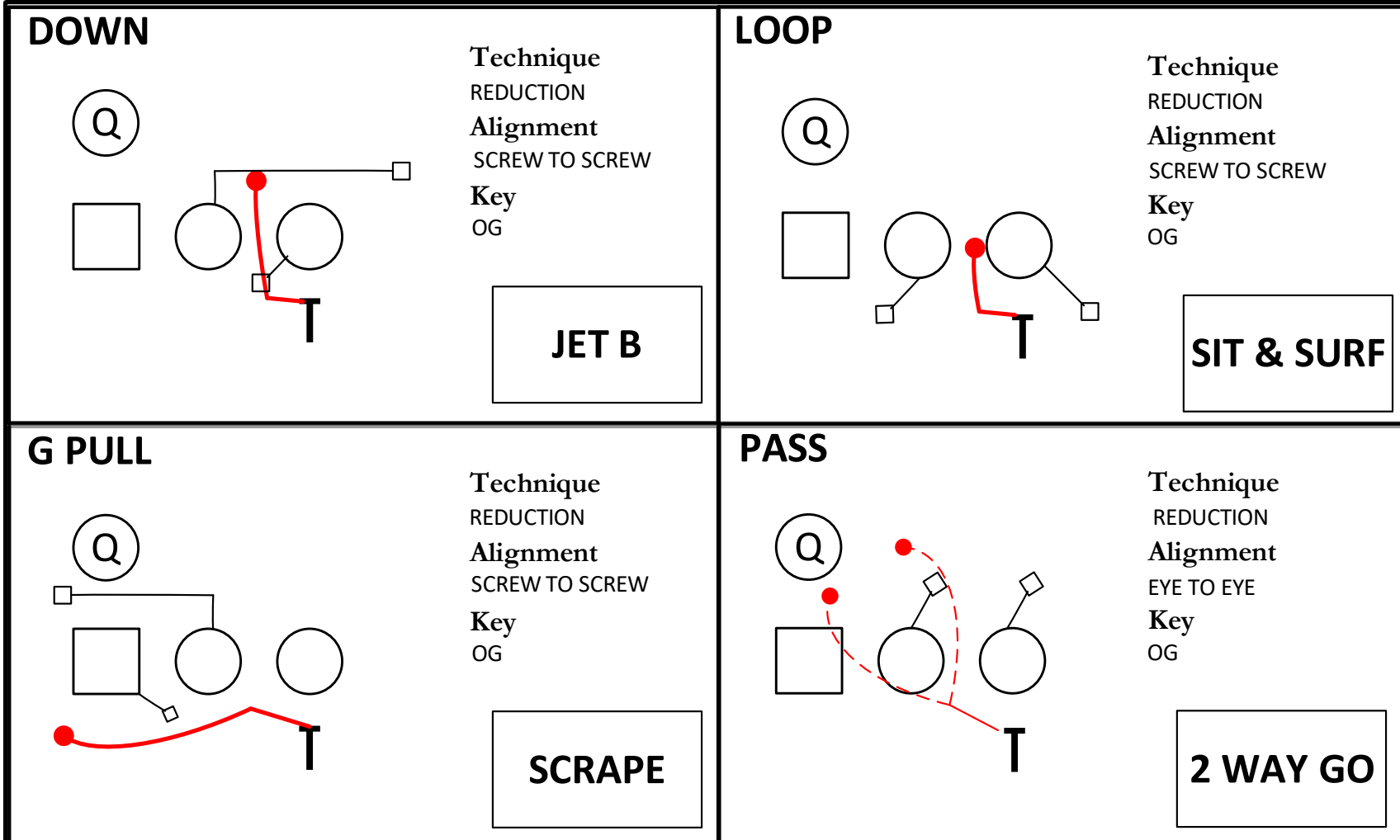
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Alignment:
Screw to Screw

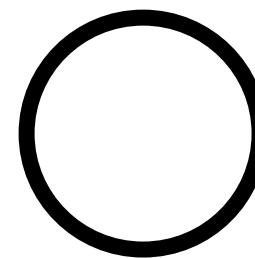
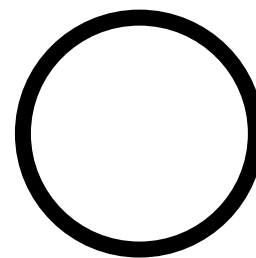
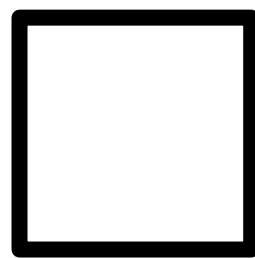
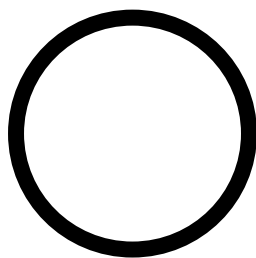
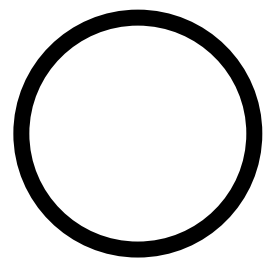
Responsibility:

B gap
IF pass : 2 way go on
OG

Eyes / Key:
OG



JAM



E

4

N

0

OKIE

T

4

J

REDUCTION

“RINGO”



- **Joker is the 4th rusher**
- **End / Tackle Align Screw to Screw “Head Up” on Tackles**
- **Nose Aligns Screw to Screw “Head up” on OC**

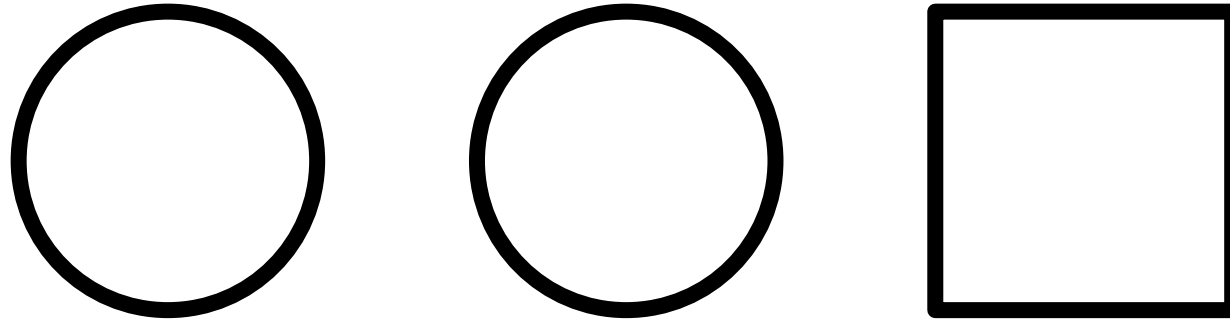
JAM

Call:
Jam

Alignment:
Screw to Screw

Responsibility:
B gap
IF Pass: 2 way go on
OG

Eyes / Key:
OG



J **REDUCTION** **E**
4

N



- **Joker is the 4th rusher**

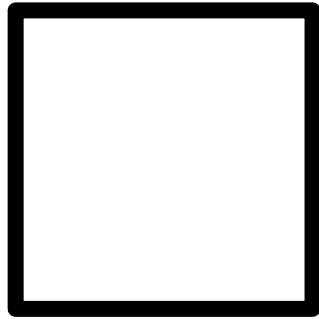
JAM

Call:
Jam

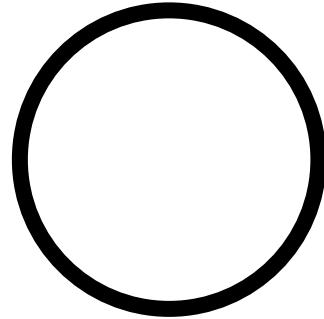
Alignment:
Screw to Screw

Responsibility:
A gap away from Joker
IF Pass: Interior rush
lane away from Joker

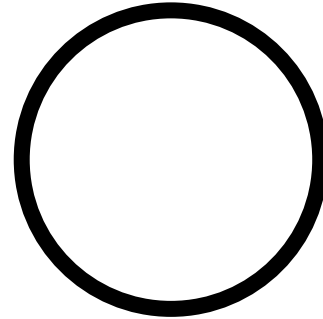
Eyes / Key:
OC



N
o



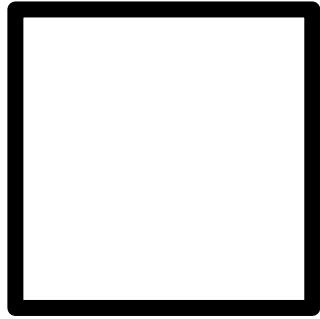
OKIE



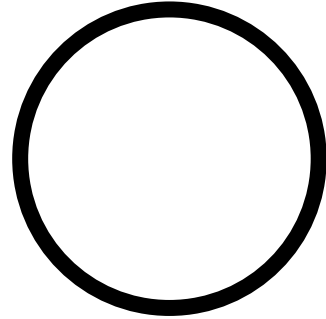
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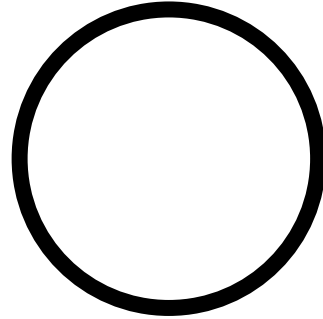
JAM



N



OKIE



T
4

Call:
Jam

Alignment:
Screw to Screw on OT

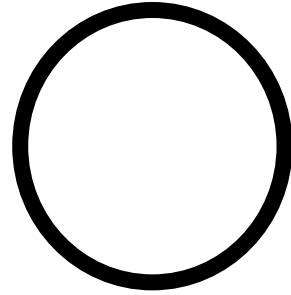
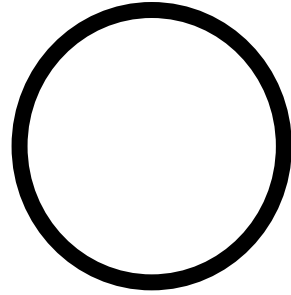
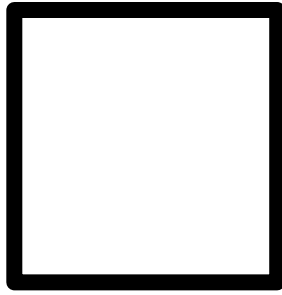
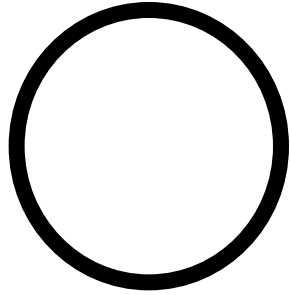
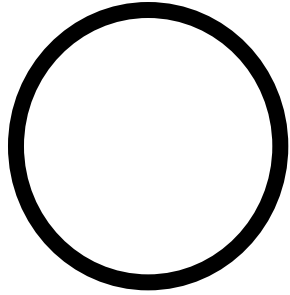
Responsibility:
C gap
If pass : COP

Eyes / Key:
OT



- **Joker is the 4th rusher**

MAX



E

N

T

OKIE

4

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4

OKIE

M "HOT LEFT"

W

- **Both ends are OKIE**
- **Nose is working away from the "hot" call**
- **Mike is the 4th Rusher**



MAX

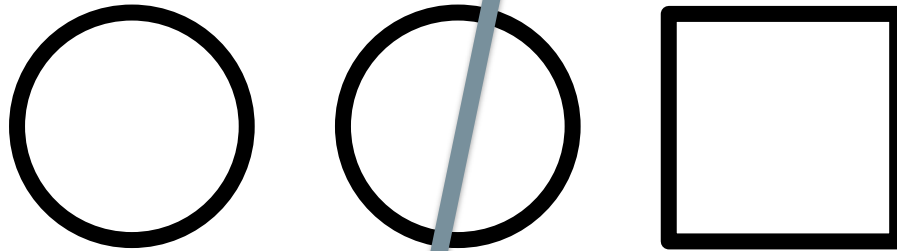
Call:
Max

Alignment:
Screw to Screw

Responsibility:
C gap
IF pass : COP

Eyes / Key:
OT

OKIE



E

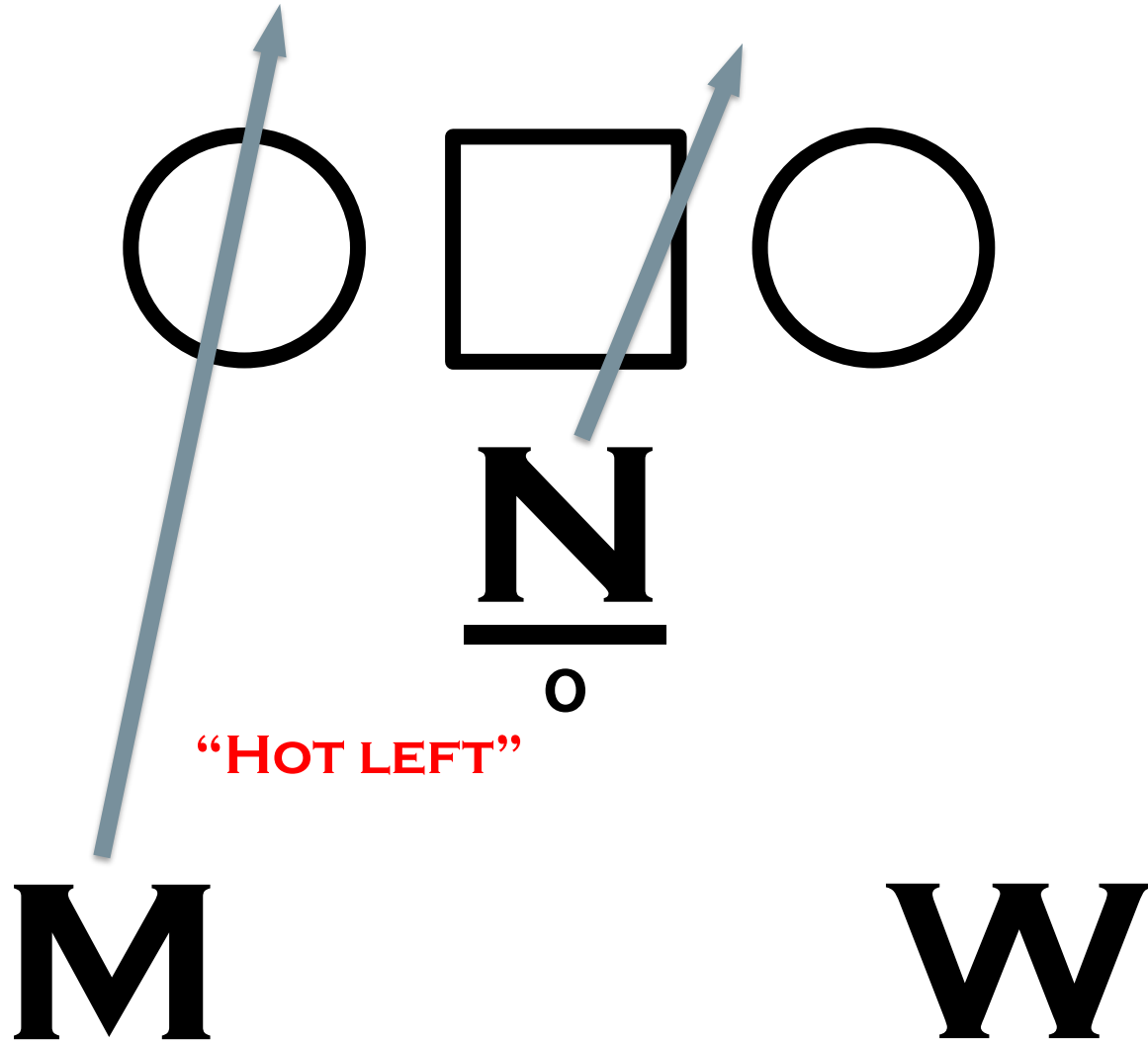
4

M

- Mike is the 4th Rusher



MAX



Call:
Max

Alignment:
Screw to Screw

Responsibility:
A gap away from Mike
IF Pass: Interior Rush
lane away from Hot Call

Eyes / Key:
OC



- Nose will get a "Hot R/L" Call

HOT NOSE



"HOT" NOSE

Call:

—

Alignment:

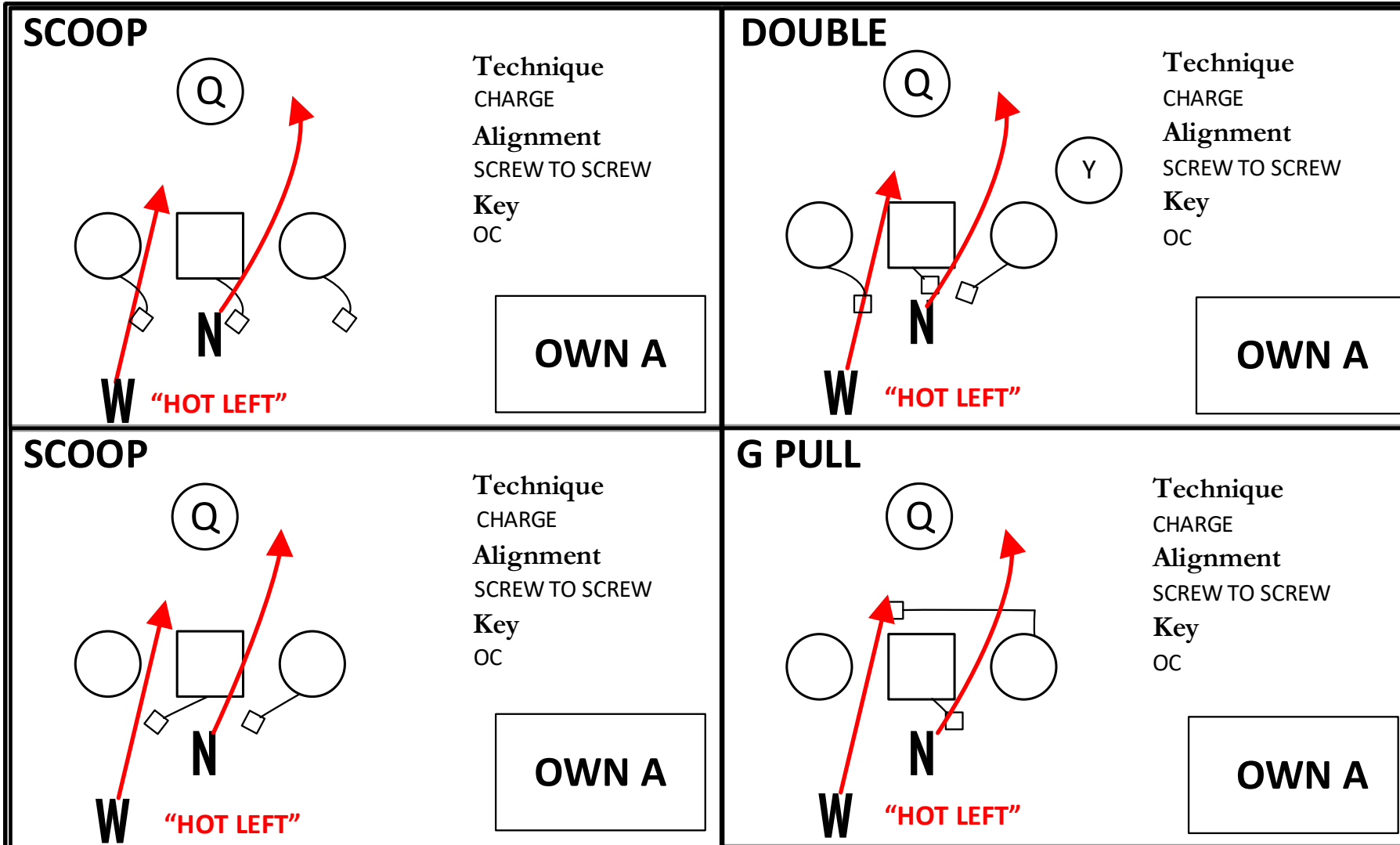
Screw to Screw

Responsibility:

**A gap away from Hot
IF Pass: Interior Rush
lane away from Hot
Call**

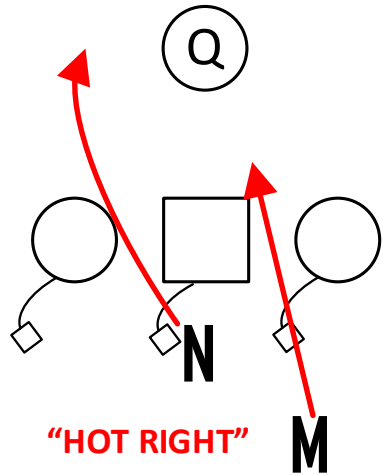
Eyes / Key:

OC



"HOT" NOSE

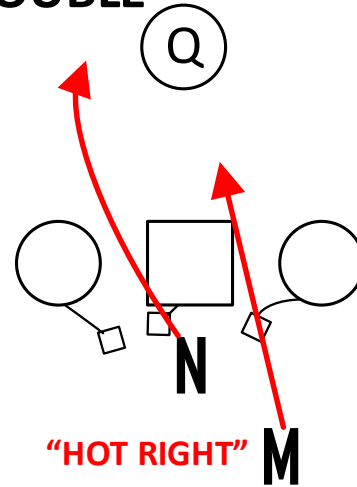
SCOOP



Technique
CHARGE
Alignment
SCREW TO SCREW
Key
OC

OWN A

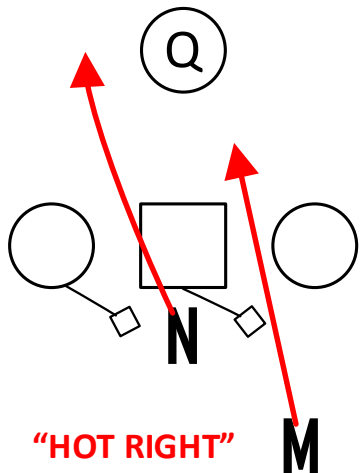
DOUBLE



Technique
CHARGE
Alignment
SCREW TO SCREW
Key
OC

OWN A

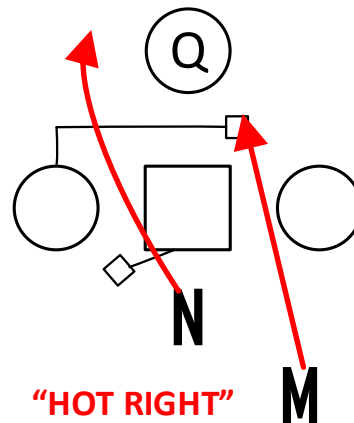
SCOOP



Technique
CHARGE
Alignment
SCREW TO SCREW
Key
OC

OWN A

G PULL



Technique
CHARGE
Alignment
SCREW TO SCREW
Key
OC

OWN A

Call:

Alignment:

Screw to Screw

Responsibility:

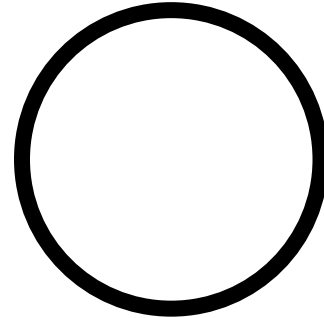
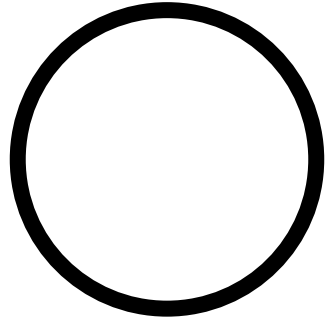
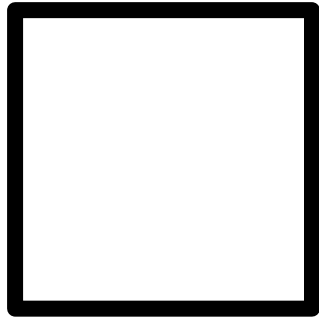
**A gap away from Hot
IF Pass: Interior Rush
lane away from Hot
Call**

Eyes / Key:

OC



MAX



T
4

OKIE

W

Call:
Max

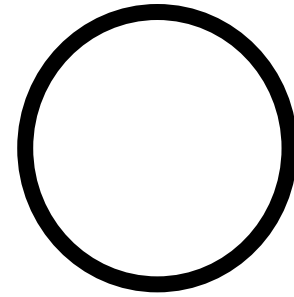
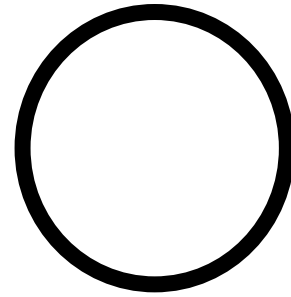
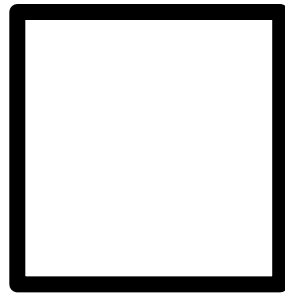
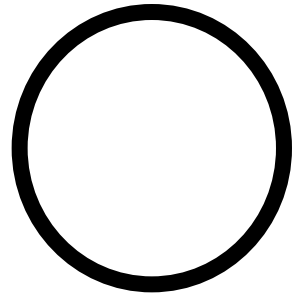
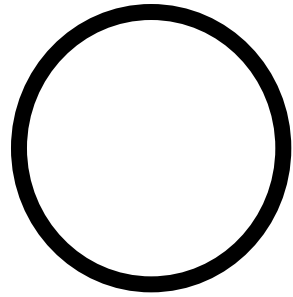
Alignment:
Screw to Screw

Responsibility:
C Gap
IF pass : COP

Eyes / Key
OT



WAX



OKIE

E

4

N

0

T

4

OKIE

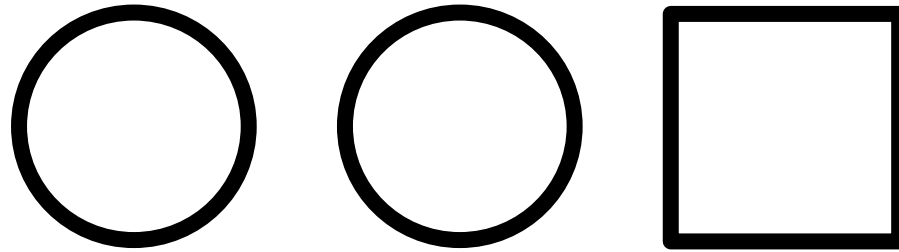
M

W



- **Both ends are OKIE**
- **Nose is working away from the “hot” call**
- **Will is the 4th Rusher**

WAX



E

4

OKIE

M

Call:
Wax

Alignment:
Screw to Screw

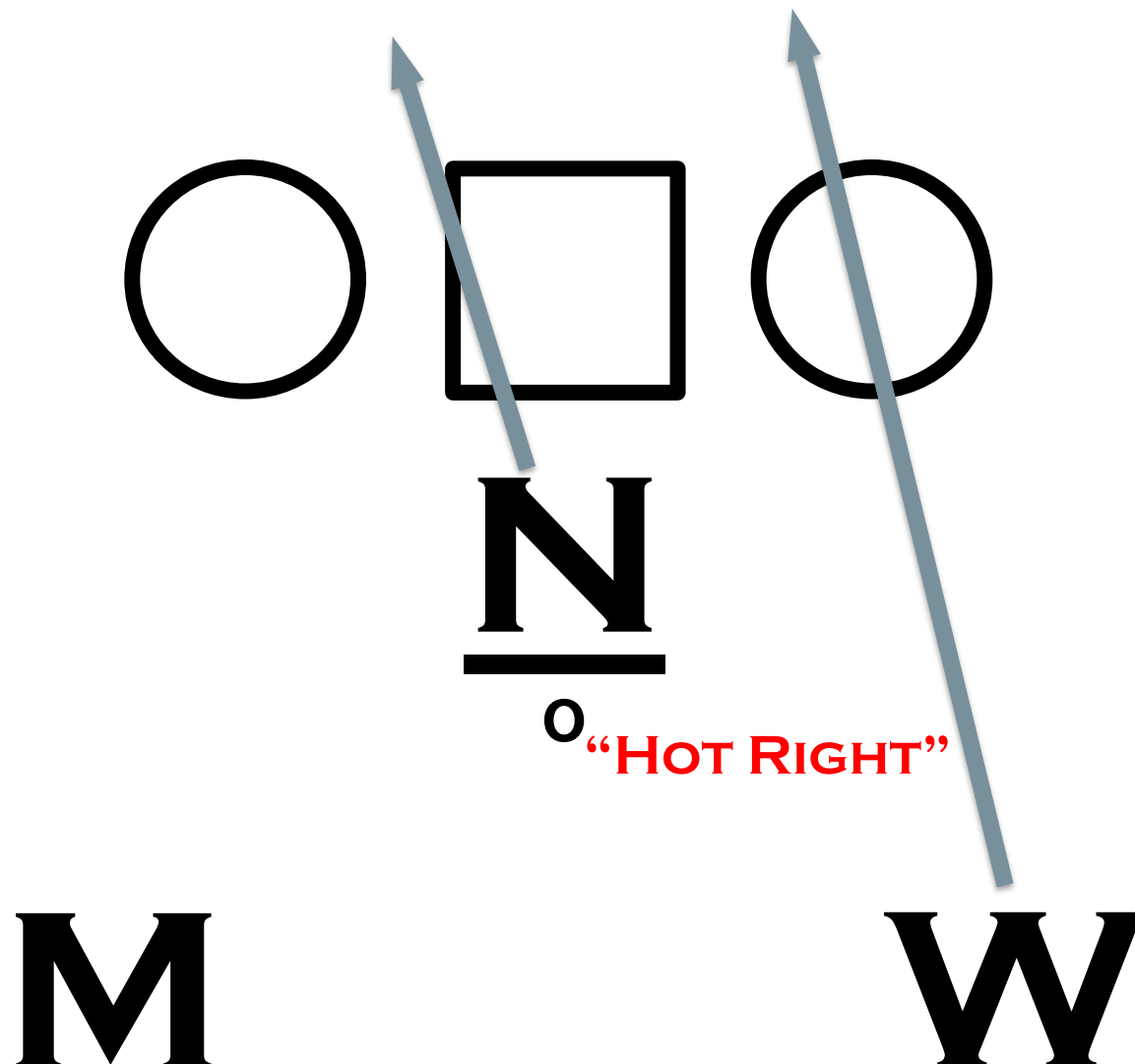
Responsibility:
C gap
IF pass : COP

Eyes / Key:
OT



- **Will is the 4th Rusher**

WAX



Call:
Wax

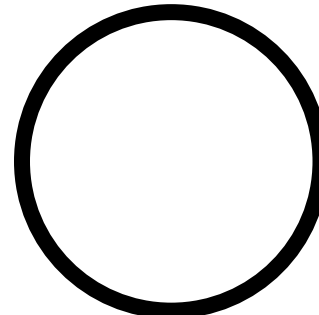
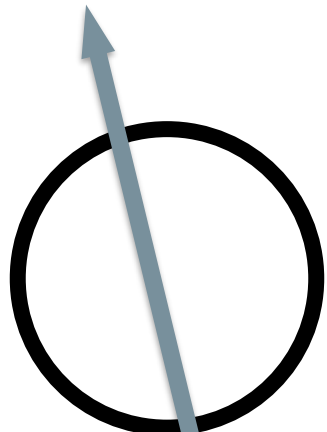
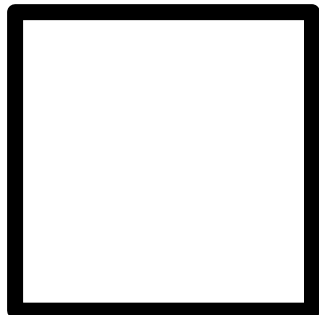
Alignment:
Screw to Screw

Responsibility:
A gap away from Will
If Pass: Interior Rush
lane away from Hot Call

Eyes / Key:
OC



WAX



T
4 OKIE

W

Call:
Wax

Alignment:
Screw to Screw

Responsibility:
C gap
IF pass : COP

Eyes / Key:
OT



- **Will is the 4th Rusher**



**DEFENSIVE
LINE**

**TITE FRONT
TECH.**

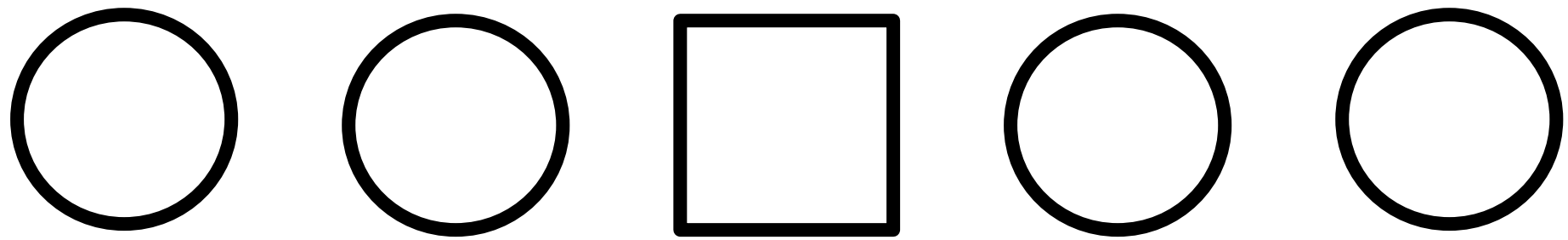
ALIGNMENTS

Joker will call out and align every call



- **“Field Right” – End will line up on the right side**
 - Tackle will line up away from the Joker – beside the Bandit
- **“Field Left” – End will line up on the left side**
 - Tackle will line up away from the Joker – beside the Bandi

TITE FRONT BASE ALIGNMENT



E

4i

N

0

T

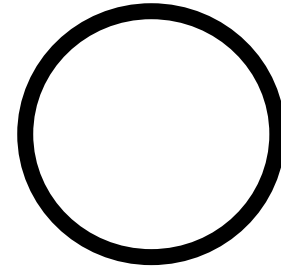
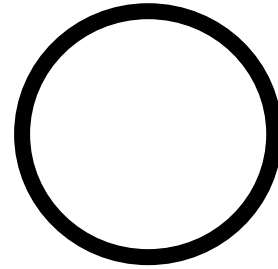
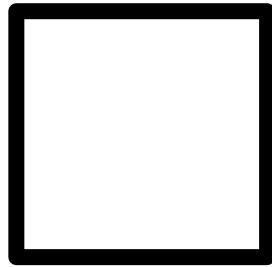
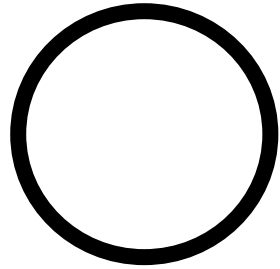
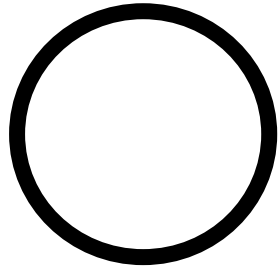
4i

Tite Base Rules

- **End / Tackle both 4i (Eye to Eye on the OT)**
- **Nose is a 0 Tech (Screw to Screw on the OC)**



BANDIT



E

4I

N

0

“LUCKY”

T

4I

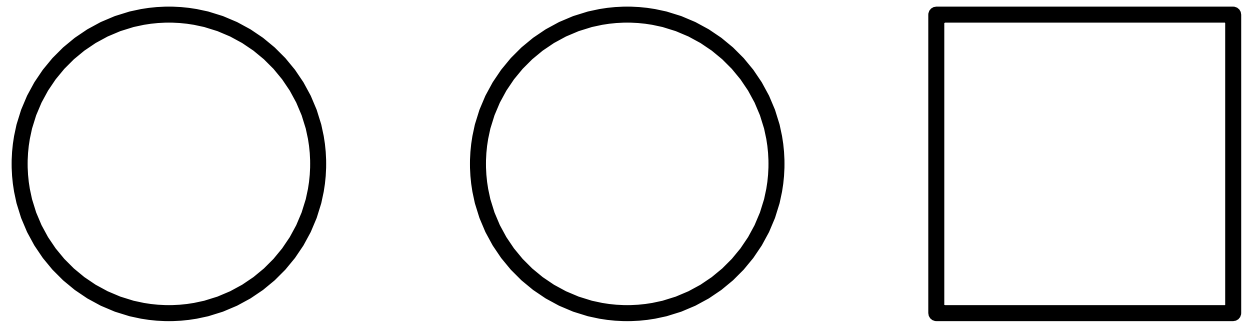
B

Bandit Base Rules

- **End/Tackle – Eye to Eye of OT**
- **Nose – Screw to Screw “Head Up”**
- **Bandit is the 4th Rusher**



BANDIT



E

4I

Call:
Bandit

Alignment:
Eye to Eye

Responsibility:
B gap
IF Pass: COP

Eyes / Key:
OG



Call:

—

Alignment:

Eye to Eye

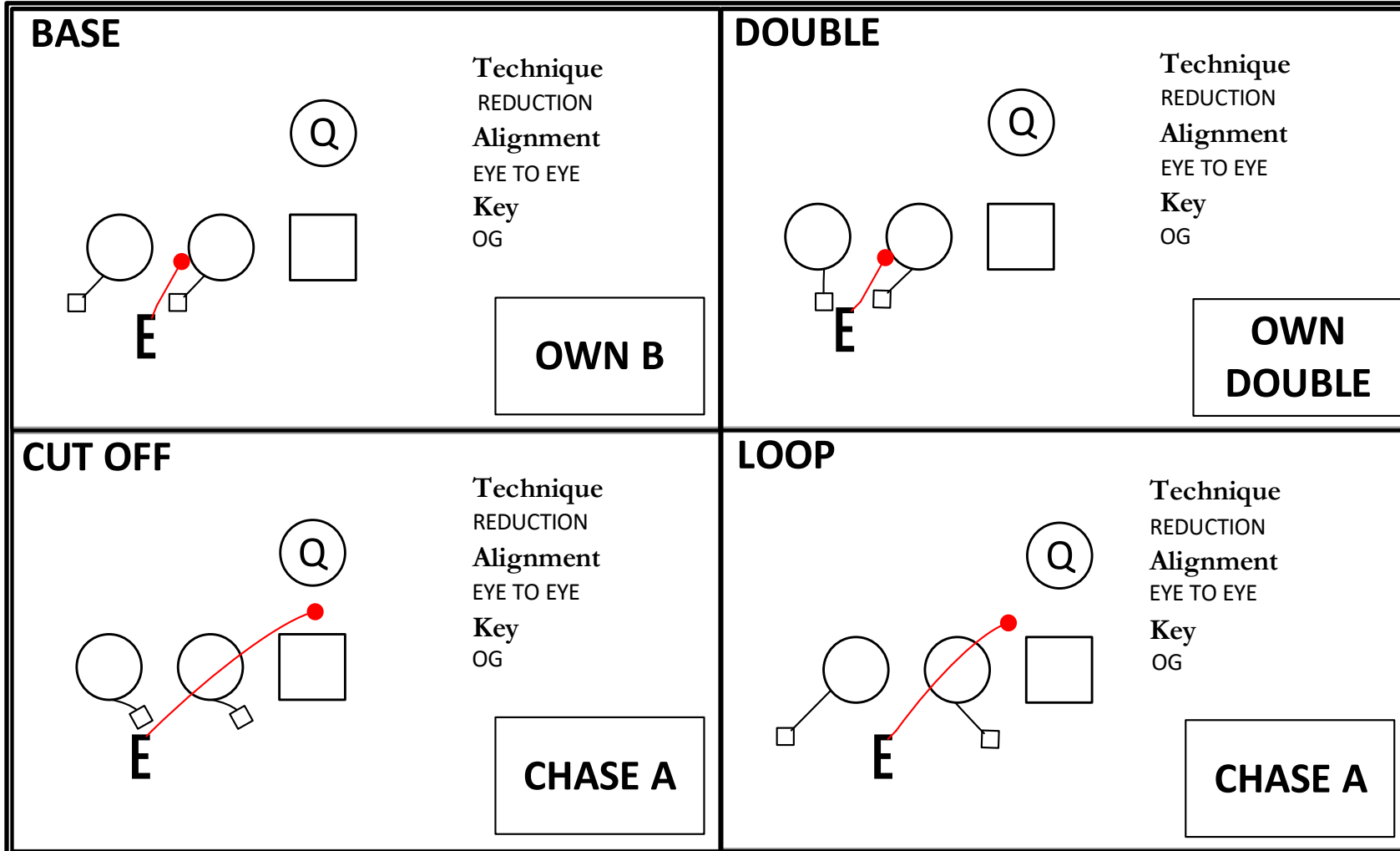
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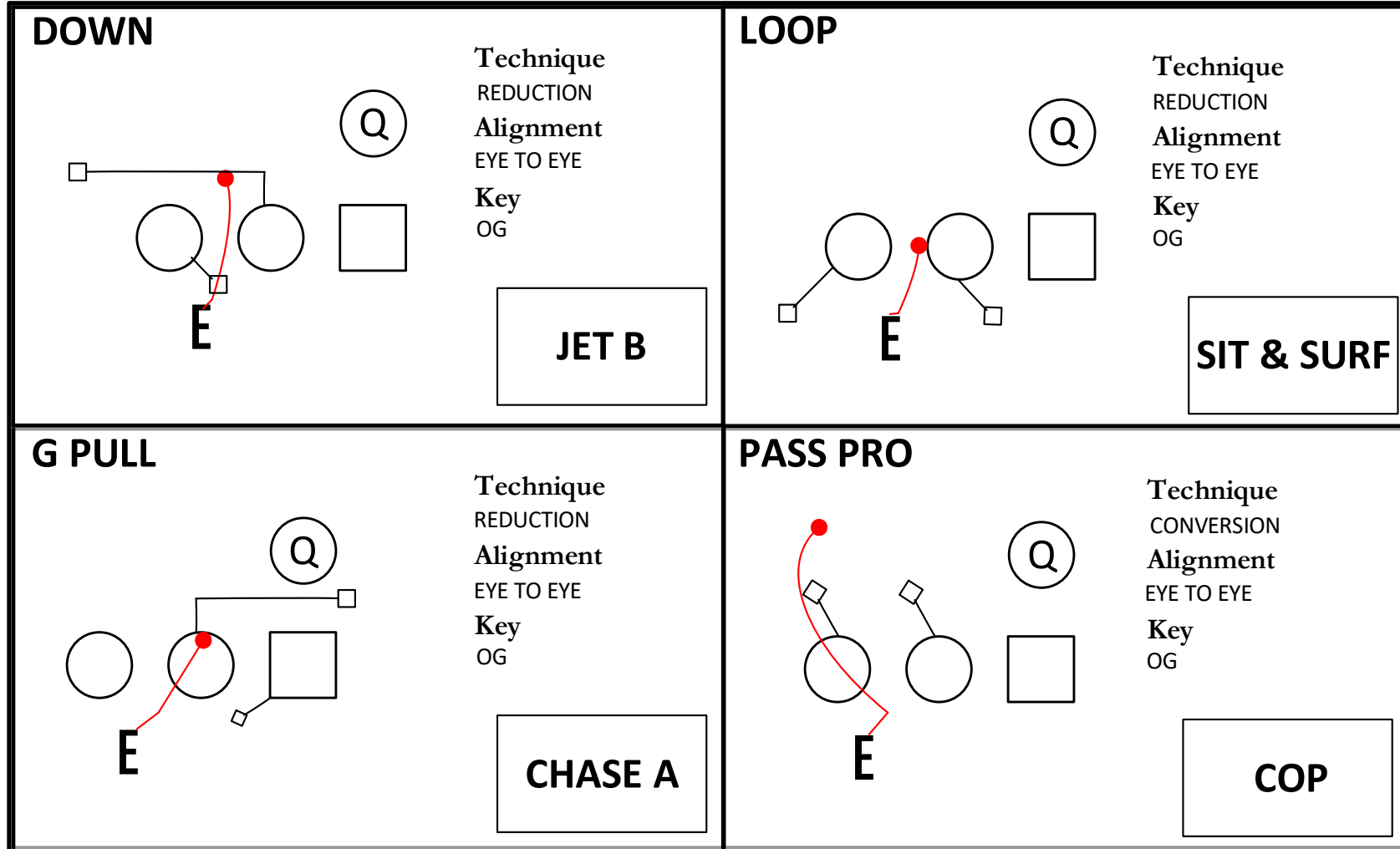
B gap

IF Pass: COP

Eyes / Key:

OG





Call:

Alignment:

Eye to Eye

Responsibility:

B gap

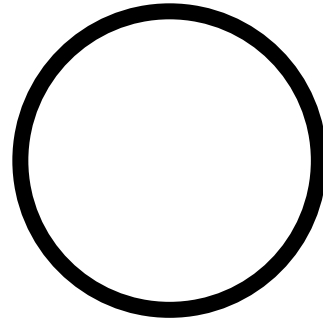
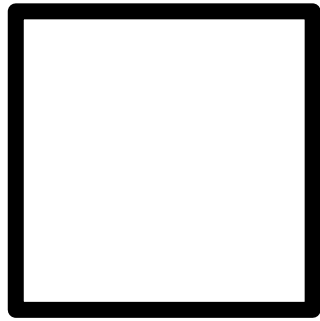
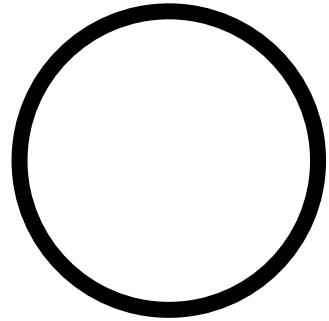
IF Pass: COP

Eyes / Key:

OG



BANDIT



N
O

Call:
Bandit

Alignment:
Screw to Screw

Responsibility:
IF Run: A gap (Kill Tech)
IF Pass: Interior Rush Lane away from Bandit

Eyes / Key:
OC

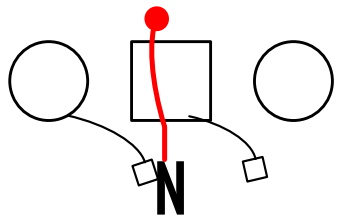


KILL

SCOOP



Technique
KILL
Alignment
SCREW TO SCREW
Key
OC

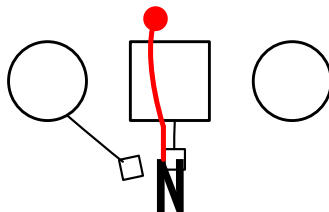


STUFF A

DOUBLE



Technique
KILL
Alignment
SCREW TO SCREW
Key
OC

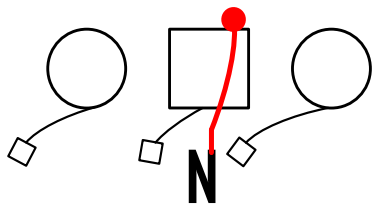


OWN A

SCOOP



Technique
KILL
Alignment
SCREW TO SCREW
Key
OC

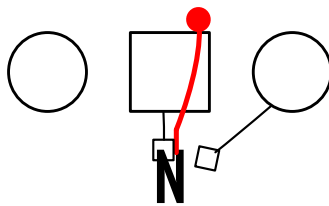


STUFF A

DOUBLE



Technique
KILL
Alignment
SCREW TO SCREW
Key
OC



OWN A

Call:

—

Alignment:

Screw to Screw

Responsibility:

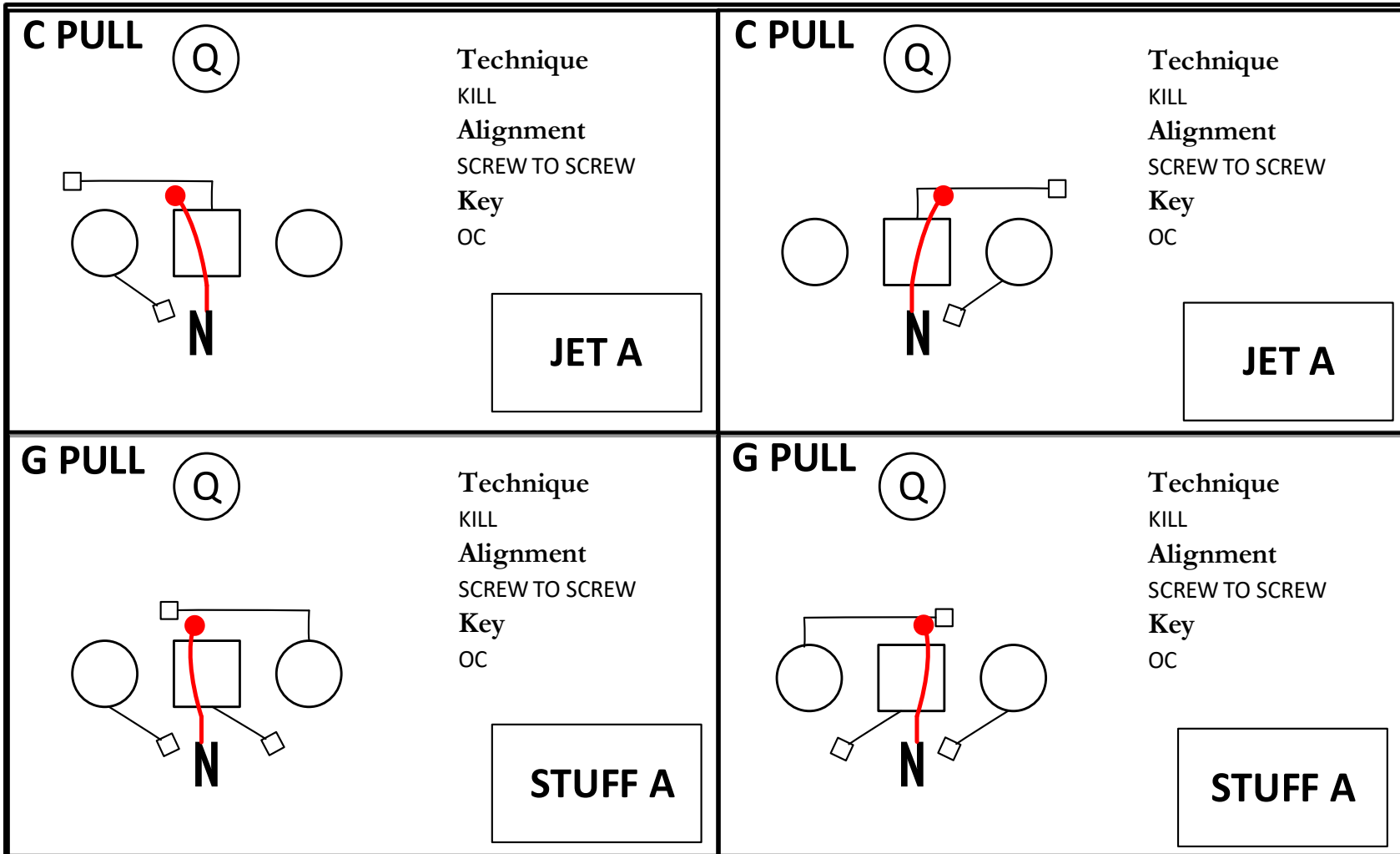
A gap

Eyes / Key:

OC



KILL



Call:

—

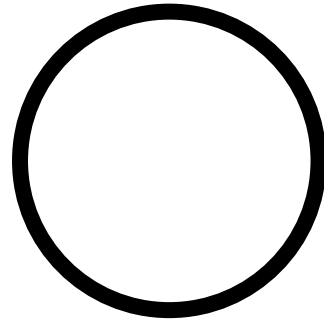
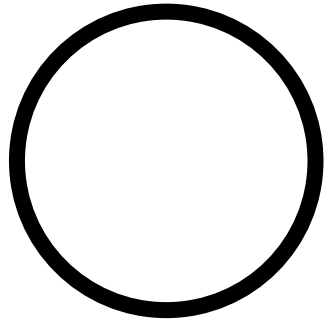
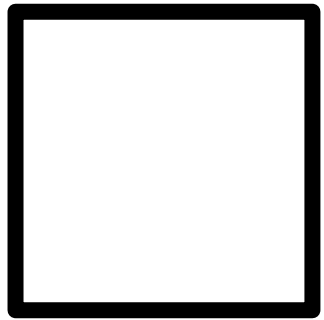
Alignment:
Screw to Screw

Responsibility:
A gap

Eyes / Key:
OC



BANDIT



T
4I

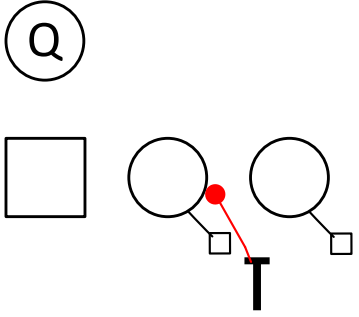
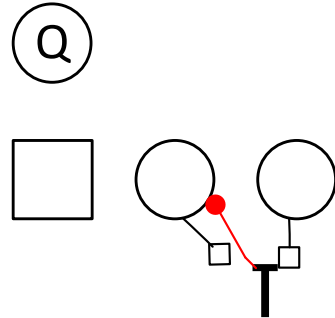
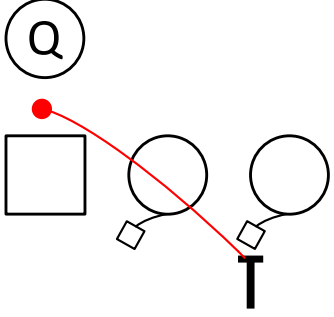
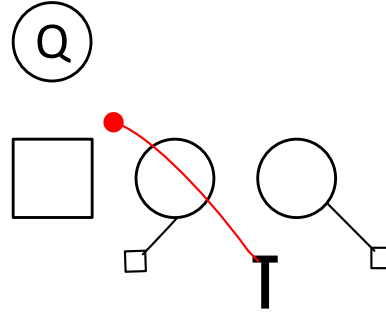
Call:
Bandit

Alignment:
Eye to Eye

Responsibility:
B gap
IF pass : 2 Way go on
OG

Eyes / Key:
OG



<p>BASE</p>  <p>Technique REDUCTION Alignment EYE TO EYE Key OG</p> <p>OWN B</p>	<p>DOUBLE</p>  <p>Technique REDUCTION Alignment EYE TO EYE Key OG</p> <p>OWN DOUBLE</p>
<p>CUT OFF</p>  <p>Technique REDUCTION Alignment EYE TO EYE Key OG</p> <p>CHASE A</p>	<p>LOOP</p>  <p>Technique REDUCTION Alignment EYE TO EYE Key OG</p> <p>CHASE A</p>

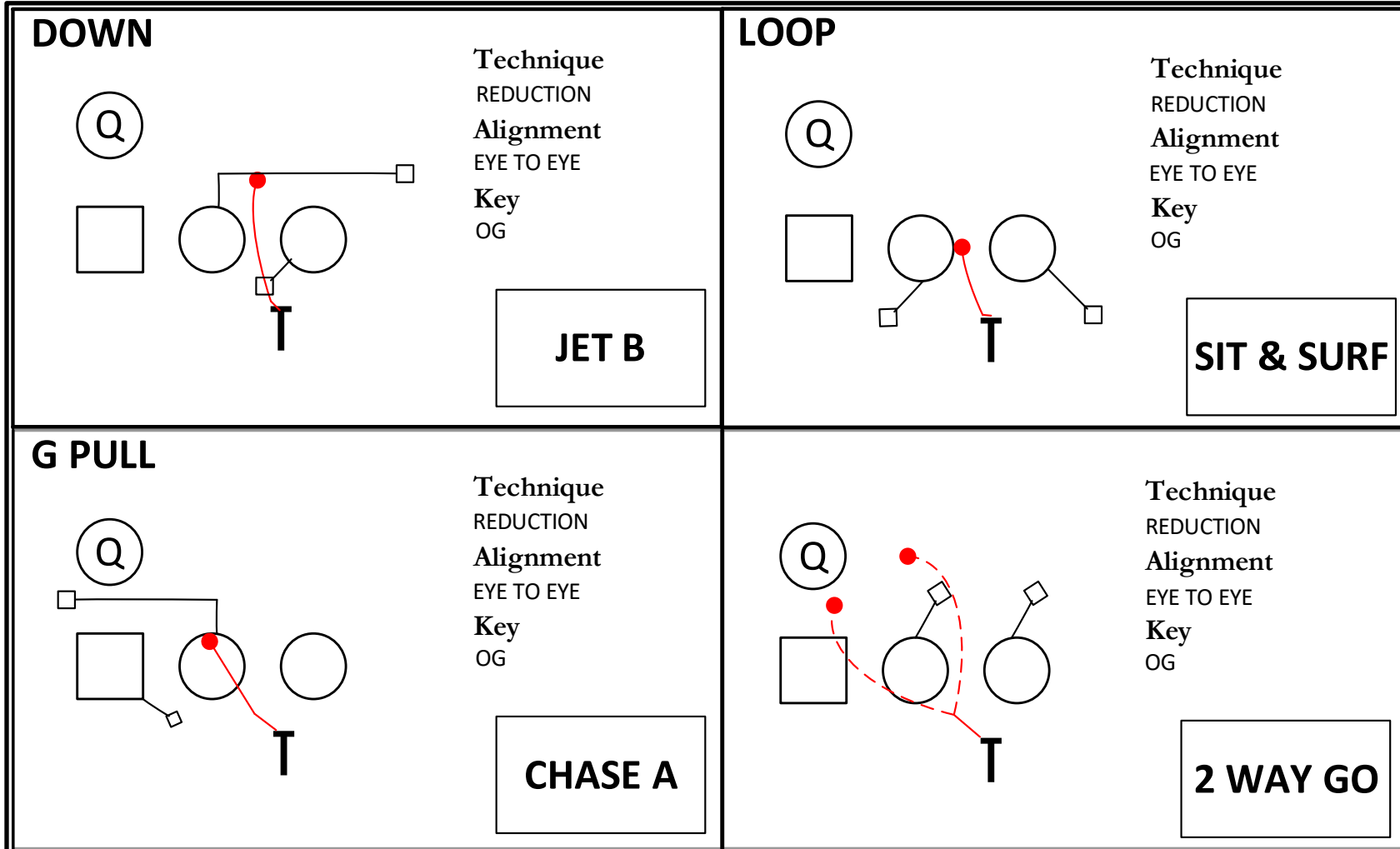
Call:

Alignment:
Eye to Eye

Responsibility:
B gap
IF pass : 2 Way go on
OG

Eyes / Key:
OG





Call:

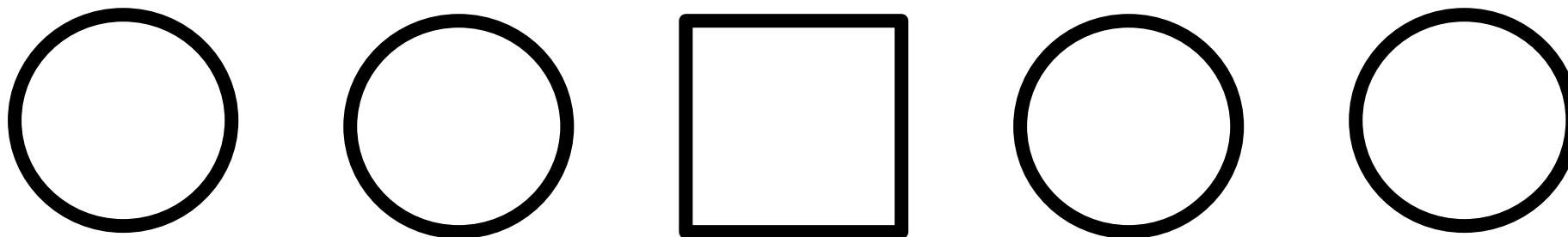
Alignment:
Eye to Eye

Responsibility:
B gap
IF pass : 2 Way go on
OG

Eyes / Key:
OG



JOKER



J

E

4I

N

0

“RINGO”

T

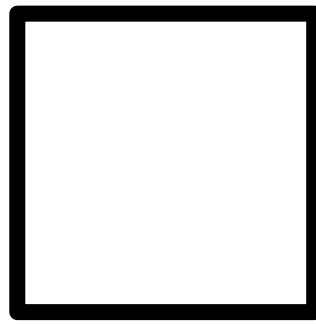
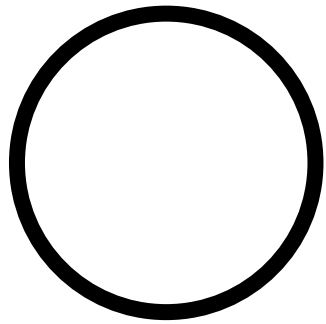
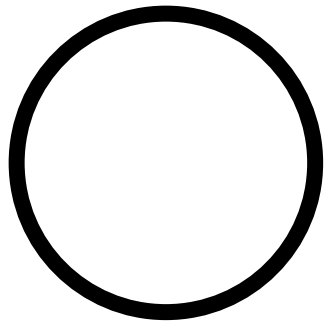
4I

Joker Base Rules

- **End/Tackle – Eye to Eye of OT**
- **Nose – Screw to Screw “Head Up”**
- **Joker is the 4th Rusher**



JOKER



E

4I

Call:
Joker

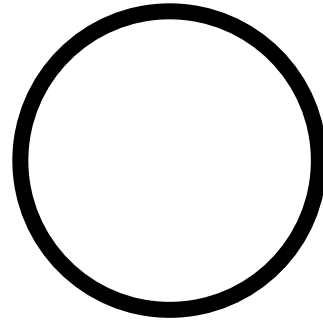
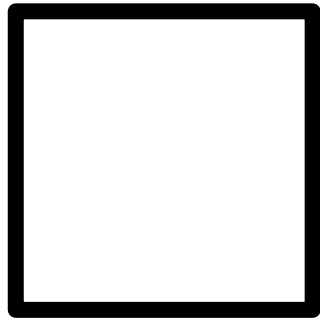
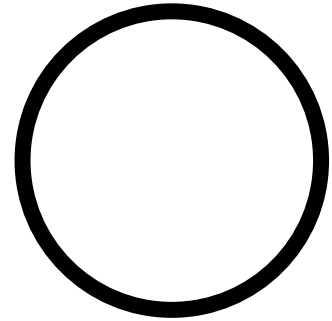
Alignment:
Eye to Eye

Responsibility:
B gap
IF pass : 2 way go on OG

Eyes / Key:
OG



JOKER



N
0

Call:
Joker

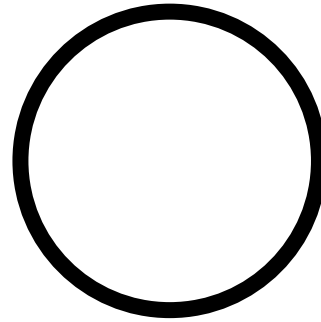
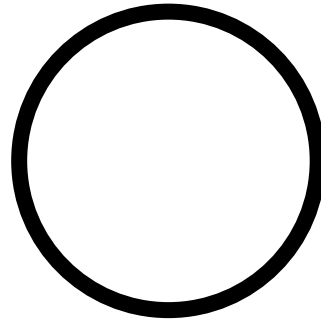
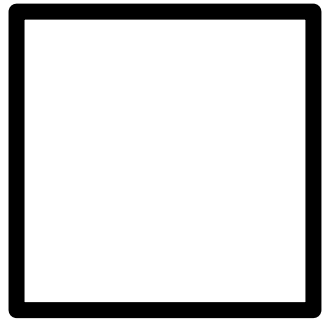
Alignment:
Screw to Screw

Responsibility:
A gap (Kill Tech)
IF pass: Interior Rush
Lane away from Joker

Eyes / Key:
OC



JOKER



T
4I

Call:
Joker

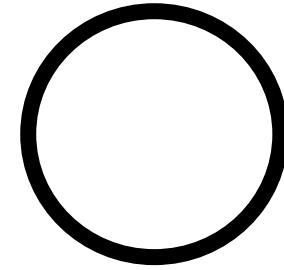
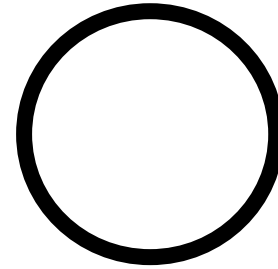
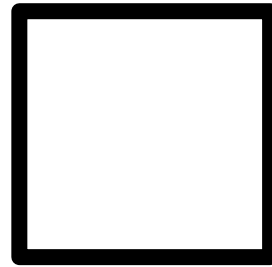
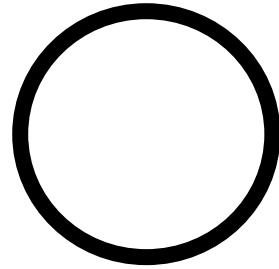
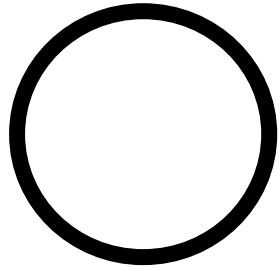
Alignment:
Eye to Eye

Responsibility:
B gap
IF pass : COP

Eyes / Key:
OG



JOKER



J

E

4I

N

0

“RINGO”

T

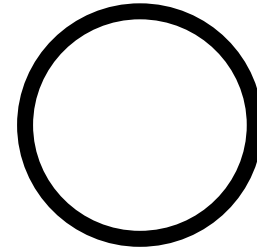
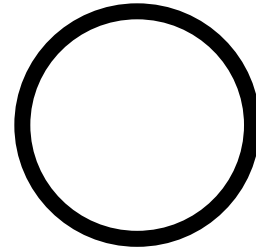
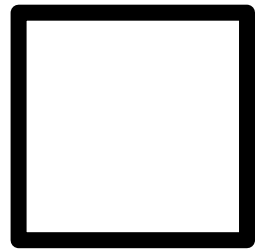
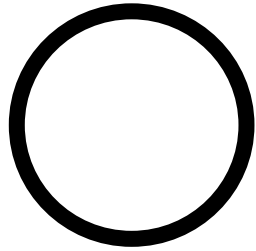
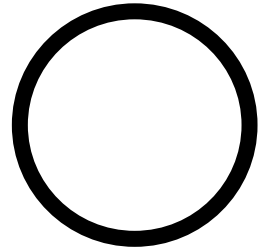
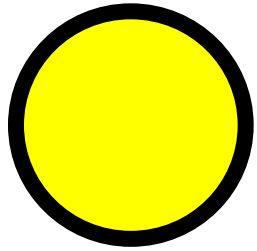
4I

Joker Base Rules

- **End/Tackle – Eye to Eye of OT**
- **Nose – Screw to Screw “Head Up”**
- **Joker is the 4th Rusher**



MINT



B

T

N

E

41

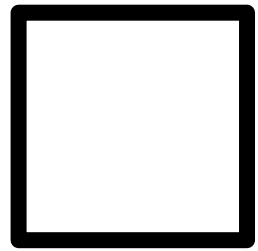
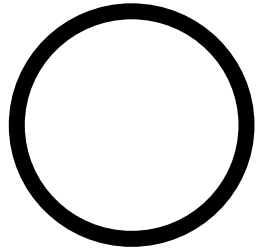
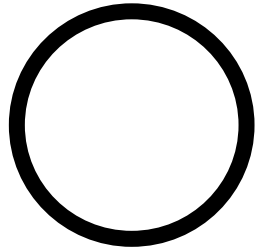
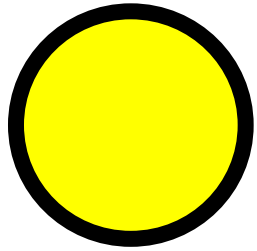
0

HEAVY 5

- **Formation Based Call**
- **Bandit & Tackle aligns to the TE side**
- **End away from the Bandit aligns in a 5 and plays a Heavy 5 Tech**
- **Nose aligns Screw to Screw “Head up” on OC**



MINT



B

T

4l

Call:
Mint

Alignment:
Eye to Eye on OT

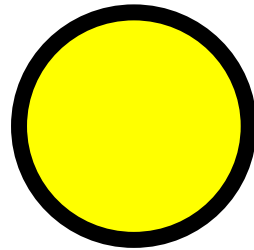
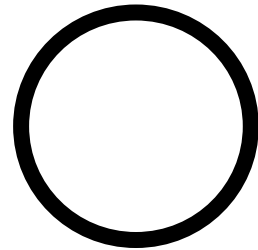
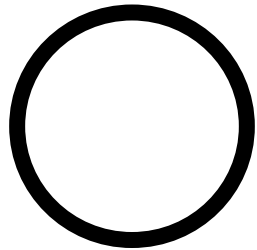
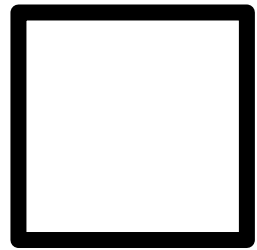
Responsibility:
B gap
IF pass : 2 way go on OG

Eyes / Key:
OG



- **Bandit & Tackle align to the TE side**

MINT



T

4i

B

Call:
Mint

Alignment:
Eye to Eye on OT

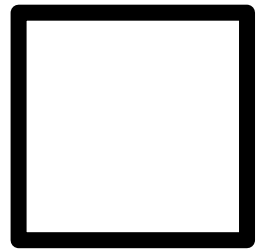
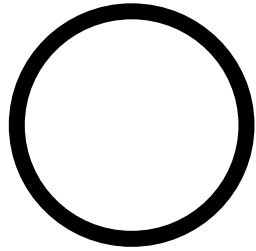
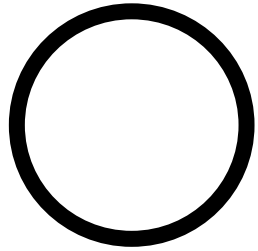
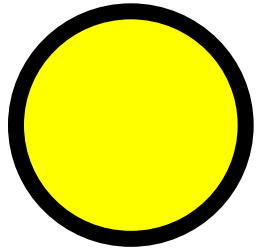
Responsibility:
B gap
IF pass : 2 way go on OG

Eyes / Key:
OG



- **Bandit & Tackle align to the TE side**

MINT



B

T

N
o

Call:
Mint

Alignment:
Screw to Screw

Responsibility:
A gap (Kill Tech)
IF Pass: Interior Rush
Lane away from Bandit

Eyes / Key:
OC



- **Nose is a 0**

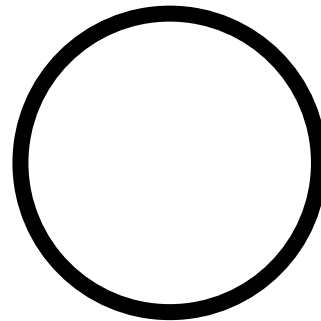
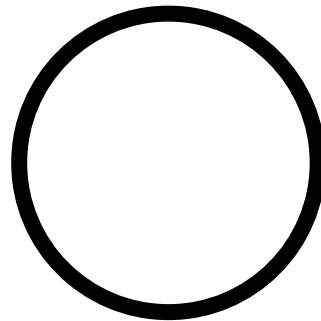
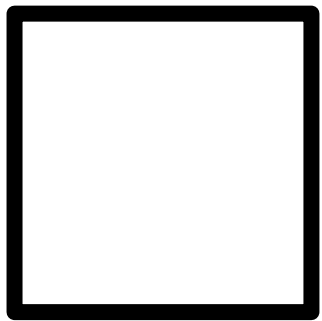
MINT

Call:
Mint

Alignment:
Eye to Eye on OT

Responsibility:
Heavy 5
IF pass : COP

Eyes / Key
OT

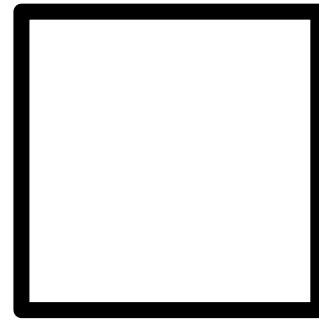
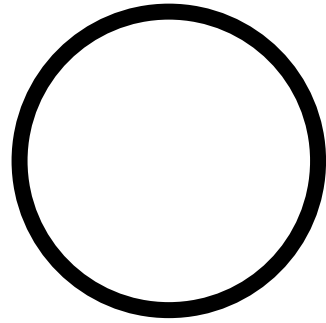
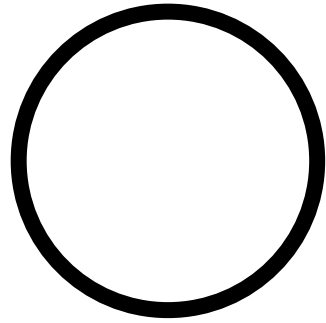


E
HEAVY 5



- **End aligns away from the TE**

MINT



E
HEAVY 5

Call:
Mint

Alignment:
Eye to Eye on OT

Responsibility:
Heavy 5
IF pass : COP

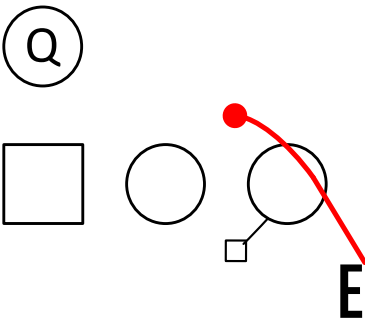
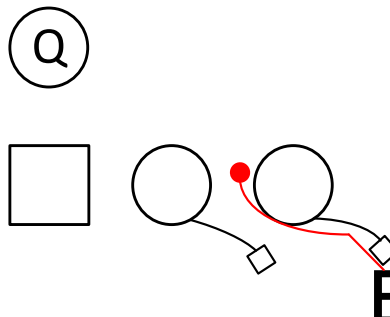
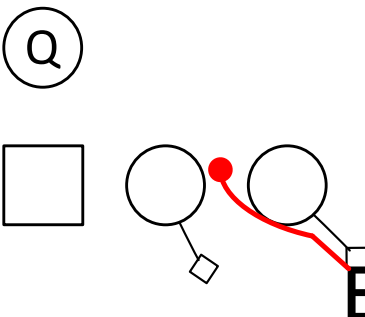
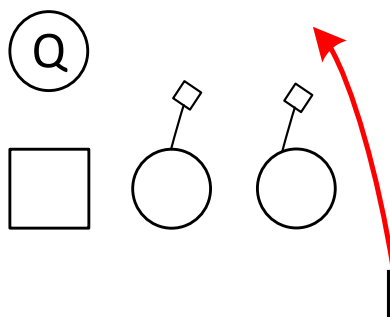
Eyes / Key
OT



- **End aligns away from the TE**

HEAVY 5

Call:
Mint

<p>VEER</p>  <p>Technique HEAVY 5 Alignment SCREW TO SCREW Key OT</p> <p>CRASH C</p>	<p>REACH</p>  <p>Technique HEAVY 5 Alignment SCREW TO SCREW Key OT</p> <p>X FACE</p>
<p>BASE</p>  <p>Technique OKIE Alignment SCREW TO SCREW Key OT</p> <p>X FACE</p>	<p>PASS</p>  <p>Technique OKIE Alignment SCREW TO SCREW Key OT</p> <p>EDGE C</p>

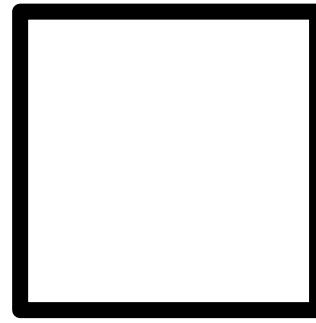
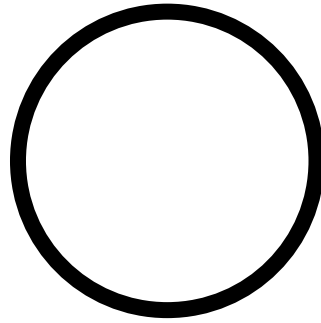
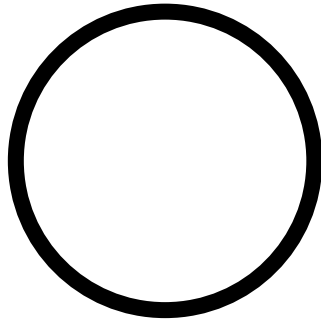
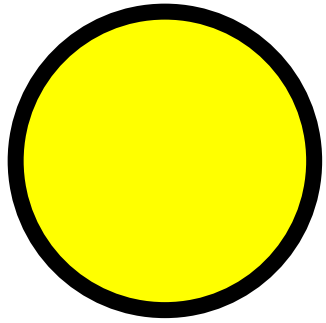
Alignment:
Eye to Eye on OT

Responsibility:
Heavy 5
IF pass : COP

Eyes / Key
OT



MINT



E
BASE 5

Call:
Mint

Alignment:
Eye to Eye on OT

Responsibility:
Base 5
IF pass : COP

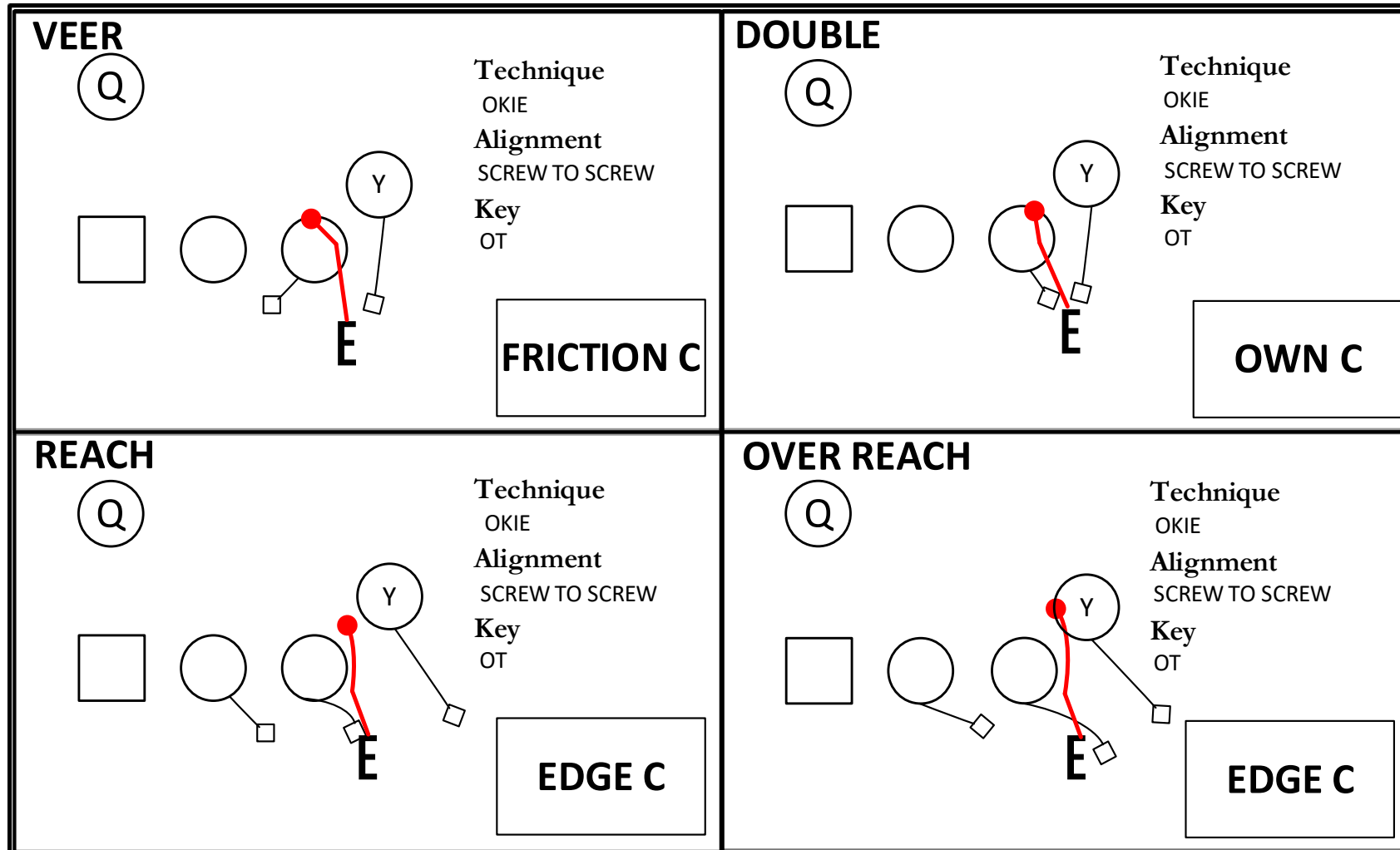
Eyes / Key
OT



- **End align away from the TE**

BASE 5

Call:
Mint



Alignment:
Eye to Eye on OT

Responsibility:
Base 5
IF pass : COP

Eyes / Key
OT





**DEFENSIVE
LINE**

RUN DRILLS

INDY DRILLS

Points of Emphasis



- **Give your reasoning / explain the purpose**
- **Make sure it translates to II v II**
- **Don't be discouraged that it doesn't look perfect**
 - **Opportunity to coach them up**
 - **Repetition**
- **Focus on the details**

Run Drills

Drills



DRILL MENU



Run Block Drills	Purpose	Threshold Level	Equipment
Variety Drill	Run block recognition	Low	Stick ball
Nose Pressure	Run block recognition	Low	Stick ball
Cutball Tackle	Cut block hand placement	High	Cut ball & 5 agiles
Sandbag seperate	Push pull muscle memory	Medium	3 Sand bags & 3 Agiles
Double Team	Feeling pressure, defeating one man	Medium	Sled / 2 Hand Shields
Sled	Violent hands, pad level	Medium	Sled
6 point explosion	Hips explosion and extension, violent hands	Low	
Fall Punch	Hand placement muscle memory	Low	
Shed Shed Tackle	Violent hands, defeat blocks, make play	High	Stick ball
Fitted Reach	Push pull muscle memory, footwork	Low	
Shimmey Chute Bag	Footwork, pad level	Medium	Chute, 2 Agiles & 2 pop ups

3 bag Burst	Hip flexibility	Low	3 Agiles
Monkey Bags	Change of direction	Medium	5 Agiles
Bags (1ft, 2ft, shuffle)	Footwork	Medium	5 Agiles
Piano Cut	Cut block, hips	Medium	5 Agiles
Dbl Team Pressure	Feeling pressure, defeating one man	Medium	3 Hand Shields
5 Bag punch	Footwork, change of direction, violent hands	Medium	5 Bags & Hand Shield
KP Cut	Cut block hand placement	High	2 Agiles, Chute
Hand Ladder	Hand placement muscle memory	Low	Agility Ladder
Med ball Stance Throws	Violent hands, hips explosion	Low	Med Ball, Agiles
Hand Speed	Shoot hands with quickness AMAP	Low	Sled
Steer	Lock out, fighting pressure	Medium	Bodies
Down Chase TKL	Down Block squeeze -> chase tackle		

Run Drills

Clips





VARIETY DRILL



NOSE PRESSURE



**PASS
RUSH**

Pass Rush

What is Pass Rush?

- It is when a defensive player attempts to rush past the line of scrimmage to the QB to prevent a pass from being completed.
- Our job is to disrupt the pass in whatever way we can.
 - Ex: QB Hurry, QB Pressure, Sack



Pass Rush



Why is Pass Rush important?

- **No matter how good the DBs are, it's almost impossible to cover someone for 5+ seconds**
- **An uncomfortable QB is an inaccurate QB**
- **Sacks keep points off the Board**
 - **92% of Drives where there is a sack, there is no touchdown scored.**
 - **87% of Drives with a sack end without points**

Pass Rush Philosophy



- **Needs**
 - **Desire to get to the QB**
 - **Get off & Pad Level**
 - **Entry Angle**
- **Fundamentals**
 - **Knowledge of opponent**
 - **Win with speed – Explosive movement**
 - **Anticipation – Set recognition**
 - **Rush Lane Integrity**
- **Objective**
 - **Compress the pocket**
 - **Make the QB uncomfortable**
 - **Squeeze area of operation**

STANCE



STANCE

• **Pass**

- **Stagger feet more than run stance**
- **Narrow base**
- **Increase heaviness on hand**
- **Butt up**
- **Track Stance**
- **Gain ground with first step**
- **Interior DL inside foot back**
- **Edge DL outside foot back**

• **Movement Key**

- **OL foot, Shoulder pad, knee, personnel give away**
- **Ball**

• **Pass Rush**

- **Pass Rush**
- **Attack with speed**
- **Threaten their space**
- **Read the set**
- **Clear the hands**



Pass Rush

3 Phases of Pass Rush



- **Approach**
 - **Situation : Down and Distance / Time in game**
 - **Stance**
 - **Take off**
- **Crossroads – Your physical interaction with OL**
 - **Feet – Accurate**
 - **Hands – Violent**
 - **Hips – Crisp**
- **The Finish**
 - **Pressure**
 - **Sack**
 - **Strip sack**

Pass Rush

Keys to an Effective Pass Rush



- **Stance**
- **Eyes**
- **Take Off**
- **Pad Level**
- **Work an Edge / Shoulder / Side**
- **Violent Hands**
- **Hips**

Pass Rush

Stance

- **Weight on your toes**
- **Track Stance**



Pass Rush

Eyes

- Anticipation
- See movement
- **NO Offsides**



Pass Rush

Take Off

- **Gain ground**
- **Threaten the OL space**
- **Make them uncomfortable**



Pass Rush

Pad Level

- **Not exposing your chest – less surface area**
- **Chest down**



Pass Rush

Work an Edge

- **Also known as work a side, or a shoulder**
- **Don't run down the middle of an Offensive Lineman**
 - **Makes his job easier**



Pass Rush

Violent Hands

- **If you beat the hands – you beat the man**
- **Relentless**
 - **Most good or well-coached Offensive Lineman are taught to replace hands**
 - **Imperative to create habits of active / constant hands**



Pass Rush

Hips

- Ability to bend
- Getting your hips past their hips
- Being able to stack the Offensive Lineman
 - Like kickoff coverage



Pass Rush

Pass Rush is an Art

- **Win with Speed first**
 - A pass rusher's most effective tool is his speed
 - We should be faster going forward than any **Offensive Lineman** is going backwards
- **Once they respect your speed, the inside counter will become available**
- **Take what they give you**
 - Understand your opponent
 - Are they giving you a vertical set or a horizontal set?



Pass Rush

Pass Rush is an Art Counters

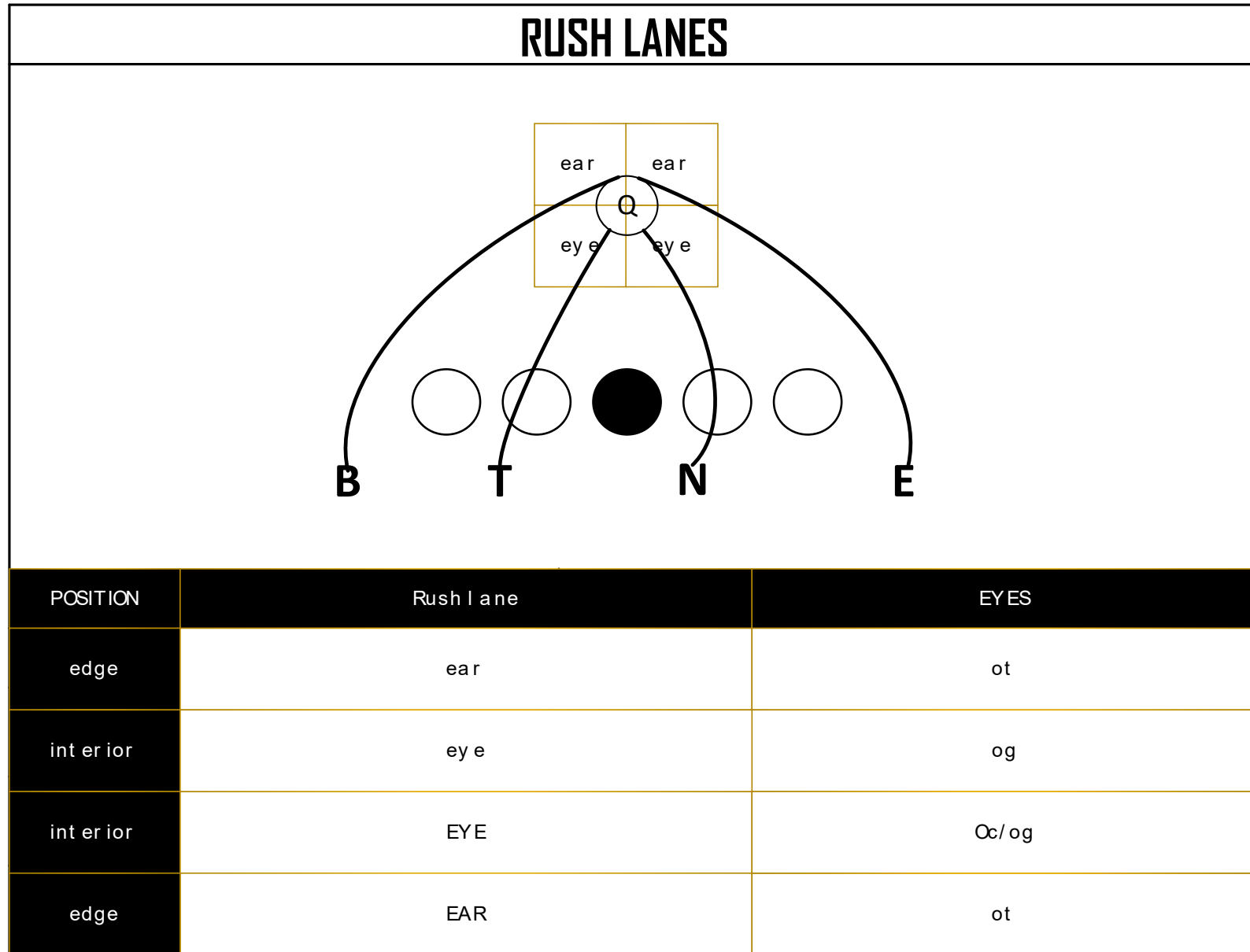
- **Set your moves up**
 - **You don't want to start the game off with an interior counter move if you haven't set them up vertically yet**
- ******Have a move in mind vs. Winging it.**



Pass Rush

Rush Lanes

- 4 quadrants : **Eyes and Ears**
- **Keep the QB boxed in / contained**



Pass Rush

Pass Rush Moves

- **Speed**
- **Speed to Power / Long Arm**
- **Ghost**
- **Swim**
- **Double Swipe**
- **Scissors**
- **Rip**
- **Hump**
- **Club**
- **Fork Lift**
- **Chop**
- **Spin**



Pass Rush

Understand the End Goal

- **Work an edge and get to the QB. Get my hips past his hips. Sack ball out.**
- **Finish the play**
 - **You've worked too hard to put yourself in position to make a play. Finish it.**
- **The ball is the issue**
 - **Everyone loves a big hit on the QB but a strip sack can change the game.**



Pass Rush

Stunts / Games



- **Stunts / Games should look like regular pass rush for the first step or two.**
- **When a stunt is called there will always be a pick player and a flash player.**
 - **The Pick player is the first crosser in the stunt – His job is to violently pick and finish where the flash player is coming from.**
 - **The Flash player is the second player in the stunt who is wrapping around and replacing where the Pick player came from. He should not wrap around until he sees the Pick player cross his face. **Don't stand straight up or look at the flash player because he will get ear holed.****
 - **Contrary to popular belief the Pick player is typically the one who comes free in a stunt.**



**DEFENSIVE
LINE**

**PASS RUSH
DRILLS**

INDY DRILLS

Points of Emphasis



- **Give your reasoning / explain the purpose**
- **Make sure it translates to II v II**
- **Don't be discouraged that it doesn't look perfect**
 - **Opportunity to coach them up**
 - **Repetition**
- **Focus on the details**

DRILL MENU



Pass Rush Drills	Purpose	Threshold Level	Equipment
Dip the tip	Remove the blocking surface	Medium	4 pop ups
Hoops 2 QB	Bend the hoop to the QB	Medium	Hoops and 2 pop ups
QB Square	Conditioning work a move on every bag	High	5 pop ups
Chain Gang	See hands, work an edge, and work a move	Low	
3 Bag redirect	Low hips, change direction, work an edge	Low	3 agiles, 2 crayons
1 leg get off	Foundational get off, no false steps	Low	Stick ball
Baghdad	Conditioning, want to, work a move	High	4 cones
Screen / Draw Recognition	Feel pressure, screen / draw	Low	Stick ball
Rump Flip Finish	Footwork, flip your hips, finish	High	3 agiles 4 pop ups
Swipe Pin Punch / Wheel	Handplacement muscle memory	Low	
Straight line get off	Foundational get off, no false steps	Low	Stick ball
Straight line Launch - No step	Foundational get off progression	Low	Stick ball & Landing pad
Straight line Launch - 1 Step	Foundational get off progression	Low	Stick ball & Landing pad
2 bag finish	Hip flip, violent hands, bend	Medium	4 pop ups
Vertical High / Square Low	Reading the block, taking what they give you	Low	2 crayons
4 pop swipe	Violent hip flip, active hands, finish	Medium	4 pop ups
Med ball Pop up	Progressive overload, violent hands / hip flip	Medium	Med ball & 2 pop ups
Stab Slap	Hand placement, hip flip	Medium	
Dent Rip Hoop	Violent chop and rip, bend	Medium	2 Crayons, Chute, Hoop, 1 pop up
Super Hoops	Bend the hoop to the QB	High	2 hoops, 2 pop ups & 2 Towels
Get off Race	Ball get off, competition	Medium	4 Pop up & stick ball
Get off Dip	Ball get off, bend	Medium	4 agiles
Get off Dip w Volleyball	Ball get off, bend, pass break up	Medium	4 agiles w Volleyball
3 Pops Hoop	Working a move/edge, seeing the hands	Medium	2 Pencils & Hoop

Figure 8 Tag	Ball get off, bend, competition	Medium	2 Hoops
Hump Line	Hump move, hand placement, hip flip	Low	5 Pop ups
3 bag Down	Footwork, ball get off, bend	High	2 Agiles, 2 Hoops, 2 Pop ups
Hoop Scramble	Ball get off, QB pocket finish	Medium	2 hoops & QB
Speed to power pop ups	Speed to power hand placement	Low	Pop ups
Speed to power disengage	Speed to power disengage, QB finish	Low	
Rip and Run	Violent rip in pass pro	Low	
Rip and Release	Fitted rip and release	Low	
Rip and Hump / Spin	Fitted rip, vertical high pads, inside counter	Low	
3 Bag Burst w/ Pop ups	Hip flexibility with pass rush component finish	Medium	3 agiles 3 pop ups
Chop Progression	Violent Chop and hip flip	Low	2 Crayons
Med Ball Swipe	Violent Swipe Rip	Low	Med Ball
Head Fake Pop ups finish w crayons	Sell the head fake	Low	Pop ups
Hip Flip No Hands	Work hip flip	Medium	Pop ups
Shoulder turn drill	Shoulder Turn	Low	Hand Shield
Shoulder Turn Pt 2	Shoulder Turn Progression	Medium	Crayons
Stab Lift Progression	Long Arm / Stab progression	Low	Pop ups, crayons
Chop counter	Chop with a counter hip flip	Medium	Pop ups, crayons
Bend Race	Ball get off and bend	Medium	4 agiles. 2 cones
Lean Spin	Feel pressure violent spin	Medium	Handshields
Hand Progression	Violent Hand Reaction	Low	Crayons
1 2 Jab	Pass Rush Footwork	Medium	Crayons, Cones, Step Overs
Slingshot Hip Flip	Bull Pull	Medium	2 Bodies, Pop Up
Nose Pressure Pass	Converting Pass from Nose	Medium	3 OL
2 Step redirection	Footwork, cross chop		
JMU Drills			
Speed to Power Get off	Speed to power thru pop up		
Speed to Power Chute			
Swipe Bag Pop	Swipe and footwork		
Jab Step Pop ups			
3 Punch Pop ups	Reaction based hip flip, violent hands, working half a man		

Pass Rush

Clips





**DEFENSIVE
LINE**

TACKLING

TACKLING

Points of Emphasis



- **Getting our head across**
- **Wrapping up**
 - **Eagle claw**
 - **Grabbing Jersey**
- **Running our feet on contact**
- **Reckless pursuit of the ball**

Tackling

Drills



Tackling

Clips





**DEFENSIVE
LINE**

PURSUIT

PURSUIT

Points of Emphasis

- **Reckless pursuit of the ball**
 - **Irrational**
- **Big men running & little men hitting**



Pursuit

Clips





**DEFENSIVE
LINE**

TURNOVERS

TURNOVERS

Points of Emphasis

- **Pursuit of the ball carrier**
- **Violent punching at the ball**



Turnovers

Drills



Turnovers

Clips



EDDs

**Run
Drills**



EDDs

Pass Run Drills



Practice Prep

Organization



Practice Script

PER.	FULLER	JONES	KIDD	MCGEE	HICKMAN	CHEVRY
PRE PX	6 PT SLED					PRESS FOOTWORK
1	SANDBAG SEPERATE DBL TEAM PRESSURE		SPIN THE WHEEL			BRACKET REVIEW
2	FITTED REACH PURSUIT PUNCH					
3	FLEX					
4						
5	G PULL POP OUTSIDE - SCRAPE	HEADHUNTERS/CRIB				
6	NOSE PRESSURE KILL OKIE ZN AWAY OKIE ZN TO					
7	VARIETY DRILL ECHO ZN TO - ZN AWAY	SHIMMY W/ NEAR FOOT FINISH SHIMMY UNDER THE CHUTE	BUZZ SIFT/DROP MOVEMENTS		SETTLE DRILL	
8	REDUCTION	STRIKE AND REDIRECT BAG STEP OVERS & REDIRECT	TRIANGLE READ		CUSHION DRILL	
9	BULL PULL 3 BAG REDIRECT ELBOW BREAK BULL FORK	WAVE 45's & WR BREAKS	GAP TACKLE DRILL		MOTION TRADE OFF	
10	PITBULLS					
11						
12						
13	SKELLY					
14						



Reps Script

TEAM 2ND AND 4 (14-16)							TEAM EMPTY/BUNCH/STACK (22-24)						
#	G	DE	NT	DT	PLAY	D PLAY	#	G	DE	NT	DT	PLAY	D PLAY
1	B	THOP	ZACK	COLTON	23 F BURN	BASH RAM AUTO	1	B	THOP	ZACK	COLTON	53 SNAG F FLAT	SABRE 4 ARROW (ROOF)
2	B	THOP	ZACK	COLTON	23 EXTRA SLICE	MAX BROWN	2	B	THOP	ZACK	COLTON	53 HOOKS F FLAT	MAX BROWN
3	B	THOP	ZACK	COLTON	18 EXTRA BUBBLE	SABRE 4 ARROW	3	B	THOP	ZACK	COLTON	53 X MESH F 9	MUSKET 4 ARROW (ROOF OR PLAY?)
4	B	PEACOCK	HEZE	MATUSIK	93	BASH AUTO	4	B	PEACOCK	HEZE	MATUSIK	88 SHARK	MOW BROWN
5	B	PEACOCK	HEZE	MATUSIK	PITTSBURG 22 CUT Z	BAR RAM TROY	5	B	PEACOCK	HEZE	MATUSIK	52 TWIG F 9	TITE TRIANGLE
6	G	PEACOCK	HEZE	MATUSIK	OHIO 23 EXTRA SWORD	BASH RAM AUTO	6	G	PEACOCK	HEZE	MATUSIK	52 DBL HOOKS F FLAT	BASS CUBE
7	G	PEACOCK	HEZE	MATUSIK	24	BASS CUBE	7	G	SCOTTY	LUKE	CORVARIE	53 Y MESH F 9	BOMB 4 MIDS
8	G	SCOTTY	LUKE	CORVARIE	14 YODA	BASH AUTO	8	G	SCOTTY	LUKE	CORVARIE	88 SAIL SWITCH	BASS CUBE (BOX) AVALANCHE
9	G	SCOTTY	LUKE	CORVARIE	H CROSS 62	MINT RAM GOLD	9	G	SCOTTY	LUKE	CORVARIE	53 DBL HOOKS	(PROBABLY WILL)
10	G	SCOTTY	LUKE	CORVARIE	TWIG 92 CUT	WAX BLUE	10	G	THOP	ZACK	COLTON	52 FALCON	BASH RAM 4 ALERT
11	B	SCOTTY	LUKE	CORVARIE	PITTSBURG 78 MAX	BASS CUBE	11	B	THOP	ZACK	COLTON	52 FALCON SWITCH F FLAT	STACK CUBE
12	B	SCOTTY	ZACK	CORVARIE	OHIO 52 KNIFE F	BOMB 4 MIDS	12	B	PEACOCK	HEZE	MATUSIK	52 Y MESH	PICK JAM GREEN
13	B	THOP	ZACK	COLTON	FLAT 63 YAC Q	BAR TROY	13	B	PEACOCK	HEZE	MATUSIK	RETURN F 9	BASH RAM 4 ALERT
14	B	THOP	HEZE	COLTON	DALLAS 63 DBL	LEAFS	14	B	SCOTTY	LUKE	CORVARIE	53 X MOSS F WHEEL	AVALANCHE (HOUSE)
15	B	THOP	HEZE	COLTON	OSCAR	BELL RAM TROY	15	B	SCOTTY	LUKE	CORVARIE	53 DBL SMASH F SIT	OILER (house)
16	W/T	BEEDJY	AVERY	SHARROD	28 DELUXE	TITE TRIANGLE	16	G	BEEDJY	AVERY	SHARROD	53 DBL PUNCH F SIT	TITE TRIANGLE
17	W/T	BEEDJY	AVERY	SHARROD	18 EXTRA BUBBLE	BASH TROJAN	17	G	BEEDJY	AVERY	SHARROD	53 SMASH F HITCH	JAM SWAP GREEN
18	W/T	BEEDJY	AVERY	SHARROD	24	WAX BLUE	18	G	BEEDJY	AVERY	SHARROD	53 Y MESH F 9	PENGUINS (ROOF OR PLAY)
19	W/T	ETHAN	AVERY	NOAH	52 KNIFE F	MAX BROWN	19	G	BEEDJY	AVERY	SHARROD	53 TWIG F 9	MAX BROWN
20	W/T	ETHAN	SHARROD	PAT	FLAT 63 YAC Q	STACK CUBE	20	G	ETHAN	SHARROD	NOAH	53 BRANCH F 9	OILER (HOUSE)
					DALLAS 63 DBL							52 FALCON	
					OSCAR							SWITCH F FLAT	

