

The Pass Rush Bible

The definitive guide to
pressuring the quarterback

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4-man rush

When I was at the Panthers, my coach Erik Washington taught us one of the best systems I've personally seen for rushing 4.

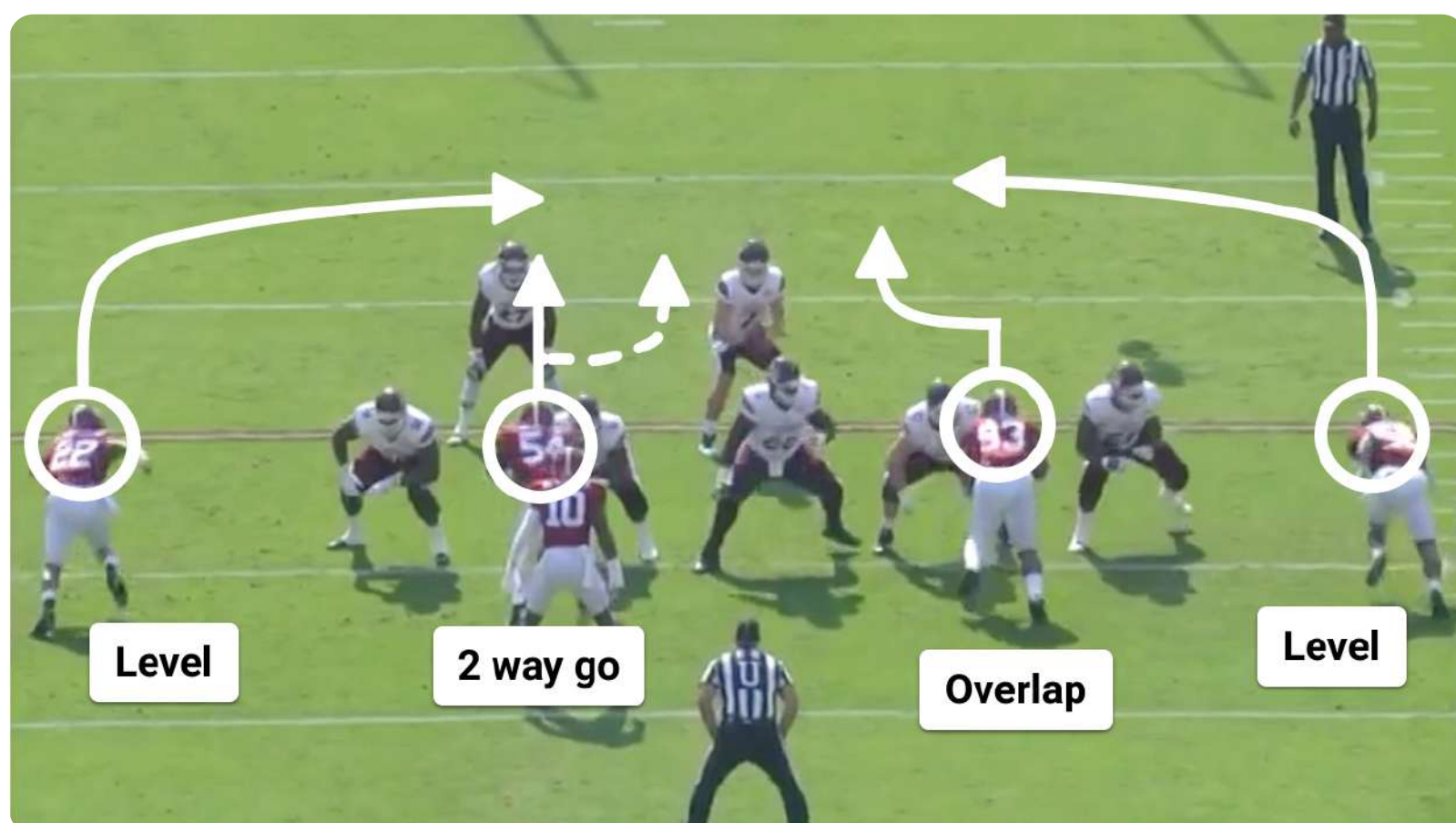
It's called **the green system**.

In obvious passing situations he would single in our "green" call and we all knew to pin our ears back and get after the QB.

The whole idea with this system is to pressure to the QB without giving him anywhere to scramble.

That means the entire D-line needed to rush as a unit and we did this by assigning **level**, **overlap** and **2 way go** rusher responsibilities.

click [here](#) to see example

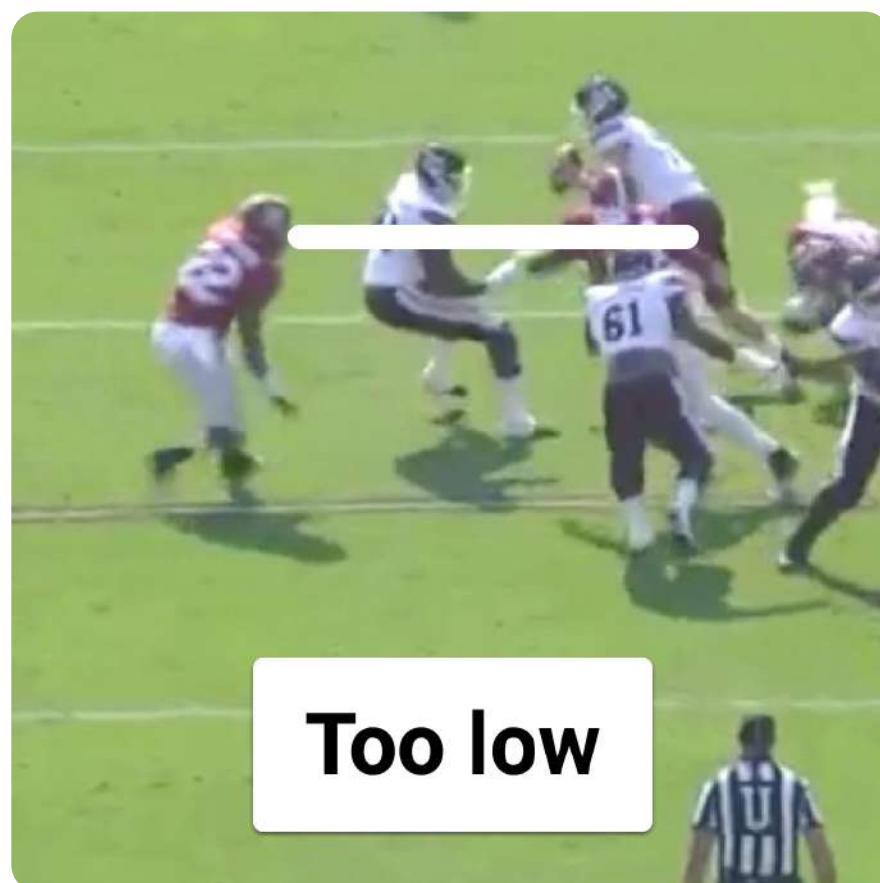
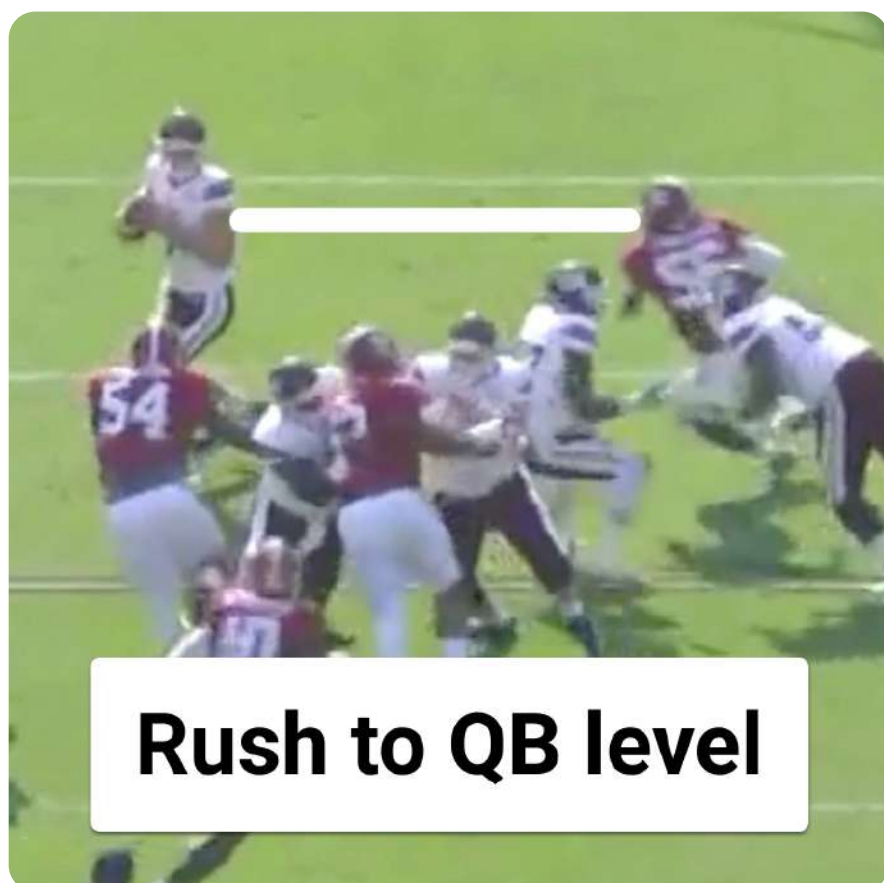


Level rusher

The responsibility of the level rusher is to aggressively rush from the edge without letting the QB break contain.

The level rusher does this by making sure he doesn't rush past or beneath the upfield shoulder of the QB.

click [here](#) to see example

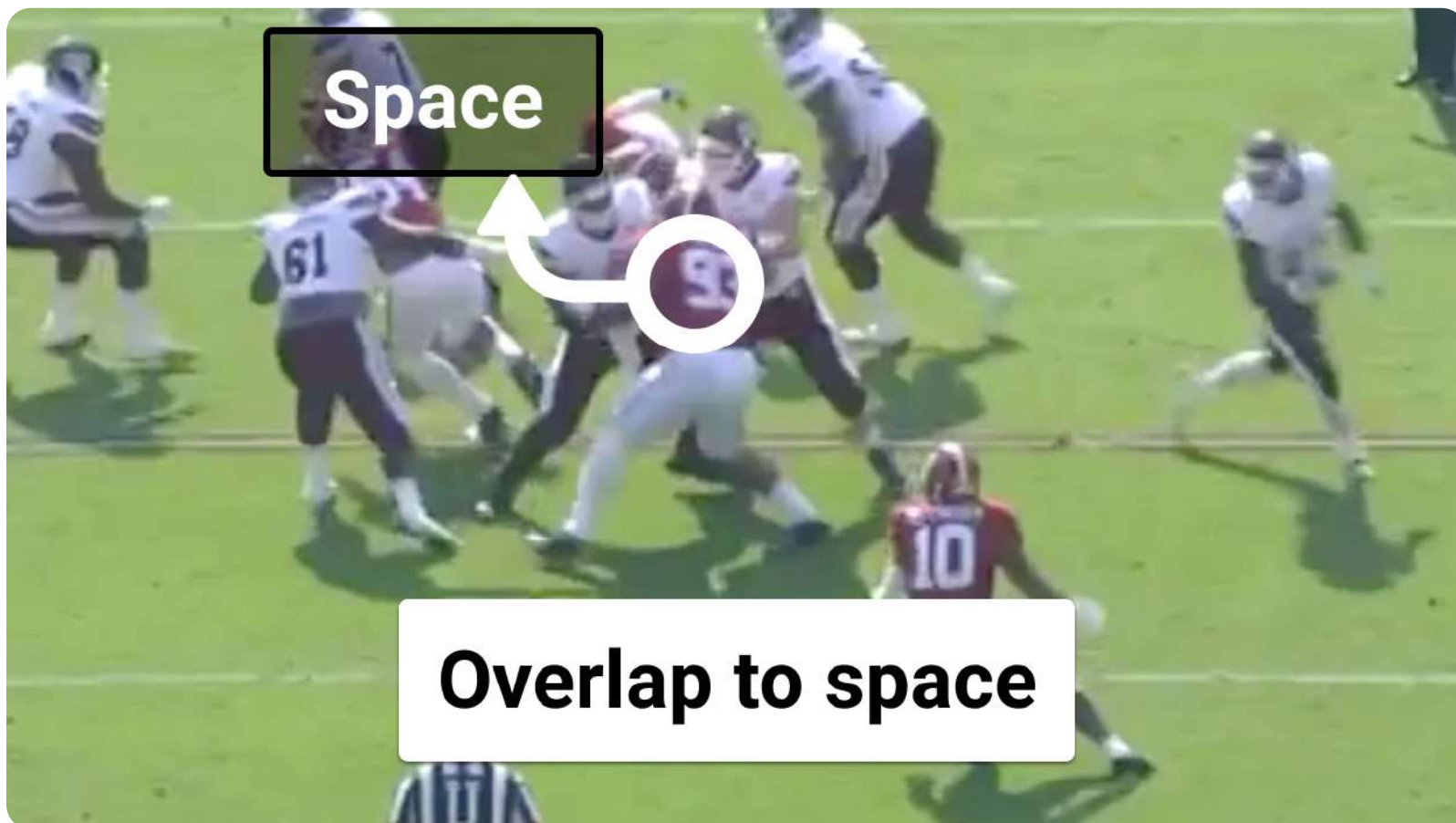


Overlap rusher

This rusher needs to counter to the A-gap initially to attract the double team from the guard and the center. This allows the other 3 rushers to have 1-on-1's.

If he feels another rusher out of his lane he can wrap that rusher to make sure the rush is balanced.

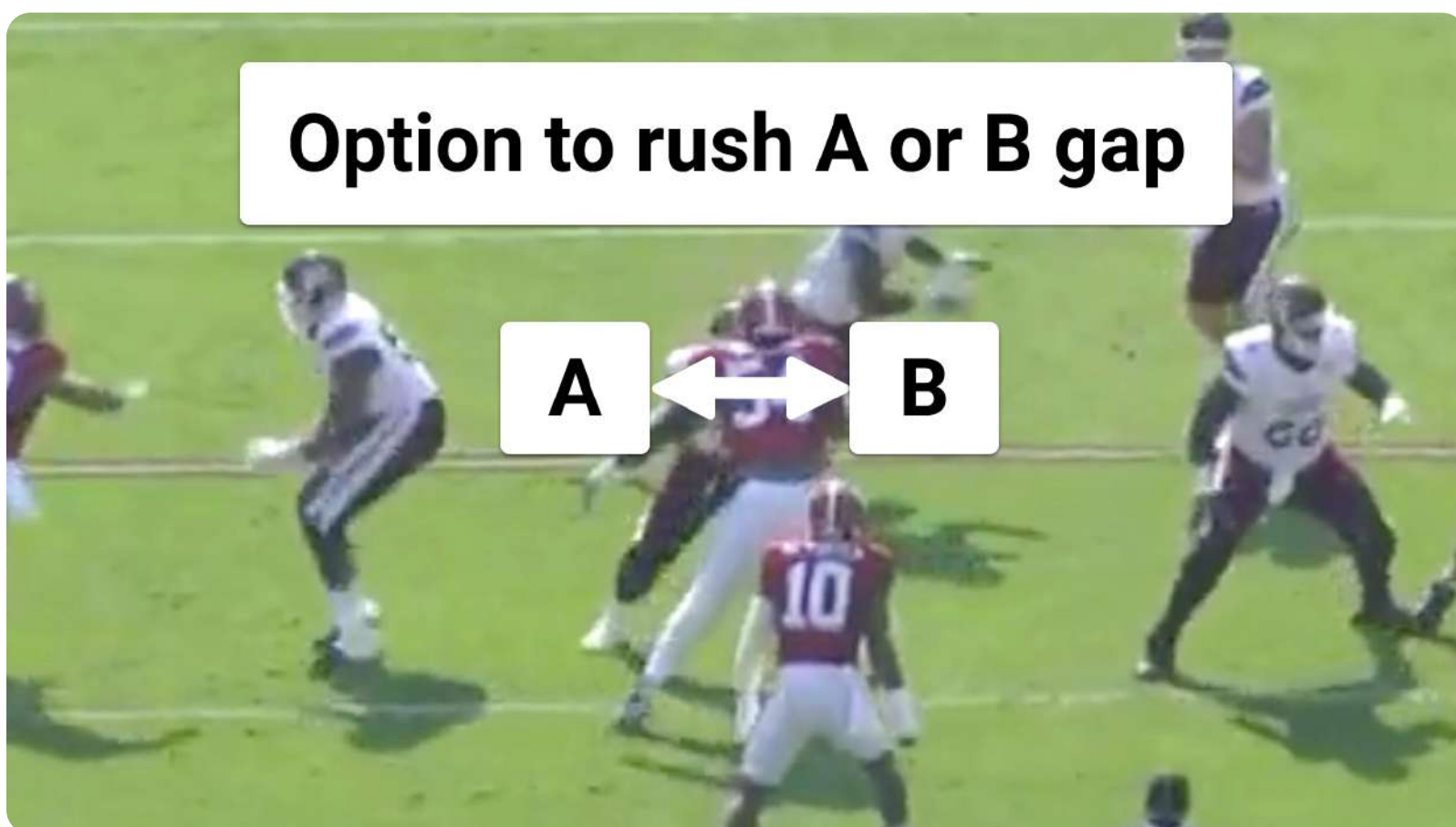
click [here](#) to see example



2 way go rusher

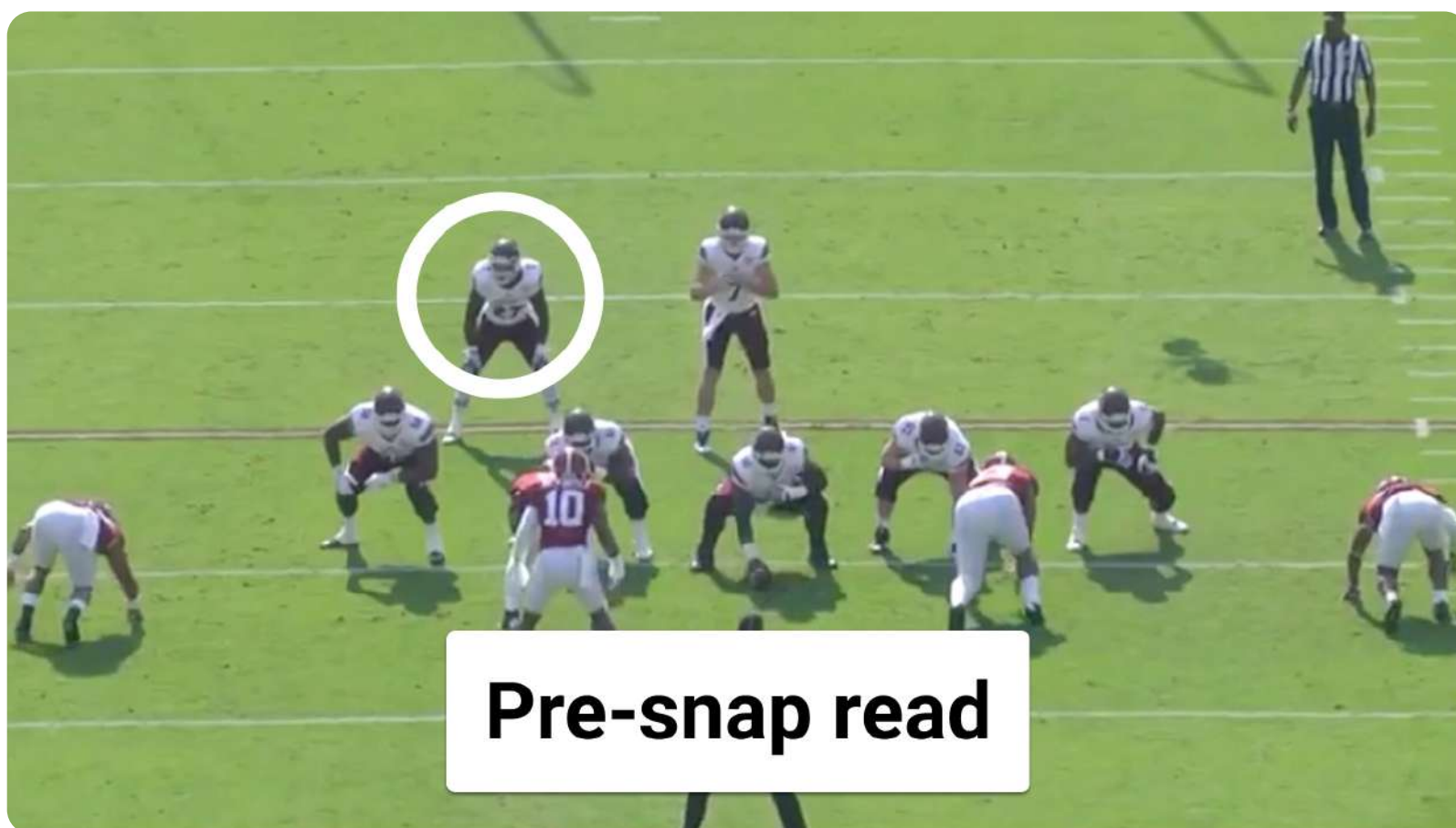
This rusher has the option to win in either the A or B-gap. He just can't get washed by the QB or rush too far upfield.

click [here](#) to see example

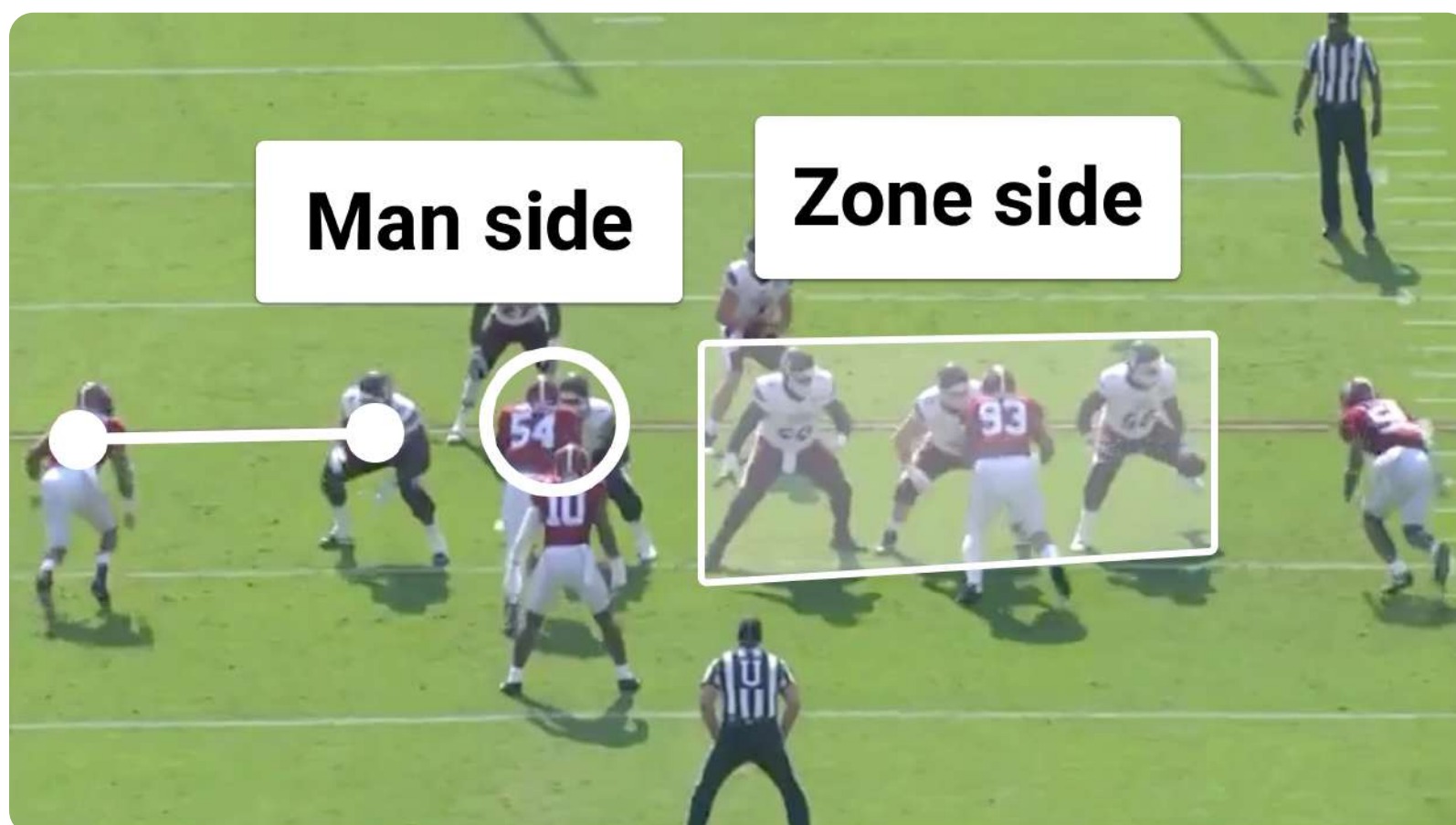


How to determine responsibilities

The ends will always be level rushers; however, the 2 way go and overlap rusher will be based off a pre-snap read.



The RB or point are typical pre-snap reads that will tell you the man and zone side.



In a perfect world you want the overlap rusher to the zone side and the 2-way go rusher to the man side.

Coaching points

- ① Use the green system only in obvious passing situations
- ② DEs are always level rushers
- ③ Assign 2-way go to man side and overlap to zone