

# IMG DEFENSIVE LINE MANUAL



# DEFENSIVE LINE PHYLOSOPHY

- Be a SMART, TOUGH football player
  - Give 100% EFFORT on every play
- Know your ALIGNMENT, ASSIGNMENT, and then EXECUTE it
- PREPARE thoroughly for each opponent (PRACTICE & FILM STUDY)
- Earn the TRUST and RESPECT of your coaches
  - Be PRODUCTIVE – MAKE PLAYS!!!

# STANCES

- All sound defensive line play starts with a good stance
- Your feet should be placed slightly wider than shoulder width apart and should be positioned heel to toe or heel to instep
- You should have your weight on your fingertips and your butt should be slightly higher than your head
- The hand that's not on the ground should be tucked slightly inside the knee and pointed in a position to quickly place it on the blocker
- Whatever hand is placed on the ground, the coordinating foot should be back
- When aligning on opposing blockers you should always place the hand down on the side your shaded to

# DEFENDING THE RUN

- Key the upper portion of the blocker's numbers. This will protect you from head and foot fakes from the blocker because he has to go where his numbers go
- Mirror the blockers step with the according foot. If he comes straight off we do the same. If he steps with his right foot on a zone block, we step with our left foot at a 45-degree angle in order to maintain our assigned gap and vice versa



- Shoot your hands tightly towards the armpits of the blocker with your thumbs up, and get extension on him with your arms totally locked out
- Keep your back flat and your pad level low



- Move laterally to maintain your gap, then violently shed the blocker at the appropriate time and get to the football

# GAP BLOCKING SCHEMES

- One key to recognizing gap blocking schemes when they are using pullers, is your ability to feel or not feel immediate pressure from the blocker
- Another way to read gap schemes is keying on the blocker's stances. Many times, they will be light on their hand and sitting back so they can pull effectively
- If the blocker you are aligned on in a gap scheme is not pulling and is angling down on you, attack him in the appropriate manner and then cross-face at the appropriate time. You must make sure you take care of your assigned gap before cross-facing

# DOUBLE TEAM BLOCKS

- Depending on your alignment, you will attack these blocks in one of two ways. If you are aligned in an odd number technique (1,3, or 5) you will always attack the post guy (blocker that you're lined up on), while seeing the adjacent blocker in your peripheral vision. As you do this you want to drop your outside knee as you twist your body away from the blocker coming down on you. This is done to reduce your blocking surface. If the adjacent blocker comes off the double team and goes to the 2<sup>nd</sup> level, pop back up and be a football player.
- If you are aligned in an even number technique (2i, 4i, or 6i), you want to attack the inside shoulder of the blocker that you're lined up on, while letting the adjacent blocker come to you. You do not want to let the blocker that you lined up on get to the 2<sup>nd</sup> level. You might dip slightly when taking on this block but you never want to go down on a knee

# WRONG-ARMING BLOCKERS

- The majority of the time we will take on all edge pullers/H-backs, trap, and wham blockers using a WRONG-ARM technique
- This technique requires you to attack the blocker's inside shoulder with your outside shoulder
- Once you recognize the block immediately attack the offensive lineman or fullback, do not wait on them
- Be aggressive and try to get vertical after making contact, don't get washed down



# SLANTING INTO A GAP

- When slanting into an adjacent gap there are 5 things that you must do:
  - A. Narrow down the base of your stance 4-6 inches. This will help prevent you from over extending as you take your 1<sup>st</sup> step inside
  - B. If you're slanting to the right, your right hand should be down and your right foot should be back. If you're slanting left your left hand should be down and your left foot should be back
  - C. Take a 45-degree power step with your inside foot, while you rip across the blocker's face with your outside arm
  - D. Read the adjacent blocker and be ready to ricochet off of him if he's blocking towards you or come off his butt if he's blocking away
  - E. Once in the gap, plant your foot and get flat down the line of scrimmage

# PASS RUSHING



- There are 5 things that are key to rushing the quarterback effectively:
  - A. Your GETOFF (getting off on the snap)
  - B. Rushing 1/2 a man
  - C. Using your HANDS effectively in the CONTACT ZONE of the blocker
  - D. Having a PLAN of attack (FILM STUDY)
  - E. Being RELENTLESS!!

- Our defensive tackles must do a good job of pushing the pocket and balancing the interior rush lanes. The 3-technique tackle will usually have a two-way go on the guard that he is aligned on, while the nose-guard gets doubled
- Our defensive ends primary responsibility when rushing the passer is CONTAIN. If you do make an inside move versus the blocker, you must still be able to finish on the quarterback's upfield shoulder

# CONTAINING THE QUARTERBACK

- This is the responsibility of the ENTIRE defensive line!
- Our defensive tackles must do a good job of balancing the rush lanes inside to prevent the quarterback from escaping up the middle of the pocket. Our defensive ends must contain on the edge and keep the quarterback from escaping the pocket on the outside
- You must be able to “RUSH WITH VISION” meaning you have to have an awareness on where the quarterback is as you work towards him
- Once you’re on an even level with the quarterback you, must begin to collapse the pocket. You NEVER want to rush BEHIND him!
- When closing in on the quarterback position yourself on his UPFIELD SHOULDER so he cannot spin out on you, then secure the tackle and go for the STRIP!

# PASS RUSH MOVES

- **CLUB RIP** – Your hips are square to the line of scrimmage. You want to violently club the blocker's outside arm/shoulder, then immediately follow that by ripping the inside arm up (make sure to bring it all the way up). You must make sure you bring your feet with you when executing this move
- **ARM-OVER or SWIM** – This move requires the you flip your hips. When executing this move you want to swat the blocker's outside arm with your outside arm, while bringing your inside arm over the top in a swimming motion. As you are doing this you need to simultaneously flip your hips to reduce the blocking surface that the offensive lineman has. You do not want to wind up when executing this move because you will expose your chest in doing so, the Arm-Over move should be TIGHT! (See pictures)



# CHOP PASS RUSH MOVES

This is series of moves that are all designed to look the same initially. All of these moves will require you to chop down the blocker's outside arm with your inside arm. To be effective as a pass rusher you must keep the offensive lineman guessing.

Approach it like a CHESS MATCH!!

- **CHOP-RIP** – Aim your chop between the blocker's elbow and wrist, although it will probably be more forearm to forearm. Do not wind up when executing the chop because you will expose your chest to the blocker. After the chop is executed, follow it up with a rip as you turn the corner sharply to get to the quarterback. This is your fastball and if they can't stop this it will be a long day for them. This is the simplest of the chop moves and is used to set up the other moves in this series

- **CHOP-CLUB** - Aim your chop between the blocker's elbow and wrist, although it will probably be more forearm to forearm. Do not wind up when executing the chop because you will expose your chest to the blocker. After executing the chop, club the blocker's shoulder violently with your outside arm as you work to get around him to the outside
- **CHOP-GRAB** - Aim your chop between the blocker's elbow and wrist, although it will probably be more forearm to forearm. Do not wind up when executing the chop because you will expose your chest to the blocker. After executing the chop immediately start to flip your hips, while simultaneously grabbing the blocker's jersey near the backside of the armpit. Pull him forward while doing this then finish the move with either an Arm-Over or a Rip. A quick inside fake before executing the chop will make this move more effective



- **CHOP-SPIN** - Aim your chop between the blocker's elbow and wrist, although it will probably be more forearm to forearm. Do not wind up when executing the chop because you will expose your chest to the blocker. As you chop the blocker's outside arm drop your hips slightly. Use your outside arm to put the "ICE-PICK" in his back as you spin to the inside. Make sure you gain ground on your spin, don't spin in place. You want to feel the blocker leaning on you as you execute the spin, and use his momentum against him. When executing an inside spin you must always spin off your inside foot

# POWER RUSHES

- **BULL RUSH** – When executing a bull rush you want to come from low to high and lead with tight hands. Try to stay away from helmet to helmet contact as you execute this move because they are altering the rules on some higher levels of football
- **BUTT-N-JERK** – This move starts off like a bull rush but you must be able to feel the offensive lineman's leverage. If you feel him leaning forward, jerk him forward using both hands while simultaneously slipping off to one side or the other
- **LONGARM-LIFT** – As you attack the blocker, shoot your inside hand to the middle of his chest or to his inside pec, depending on his body position when you engage him. While doing this you want to simultaneously lift his outside arm. Continue to drive him back unless he “sits” on you. If he does that slip him by turning your hips and finish at the quarterback

# TWIST GAMES (2 AND 4 MAN)

- The single most important thing when executing twist games is PATIENCE!!!!!!... PATIENCE!!!!!! We have to do a great job setting up the games to make them work. We will incorporate PICKS in a few of our twist games that will make them even more effective