
SECTION FOUR

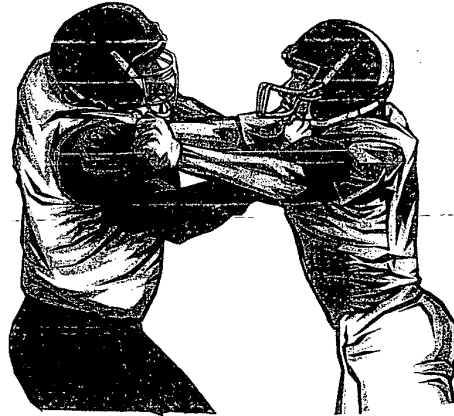
TECHNIQUES & READS

- 9. Tackles & Ends
- 10. Linebackers
- 11. Corners & Falcon



***LINE-MAN: The only position on the field called a MAN!
LINEBACKER is not only a thinking position, it's a physical, get-after-it position”
DEFENSIVE BACKS have to have short term memory***

TACKLES & ENDS

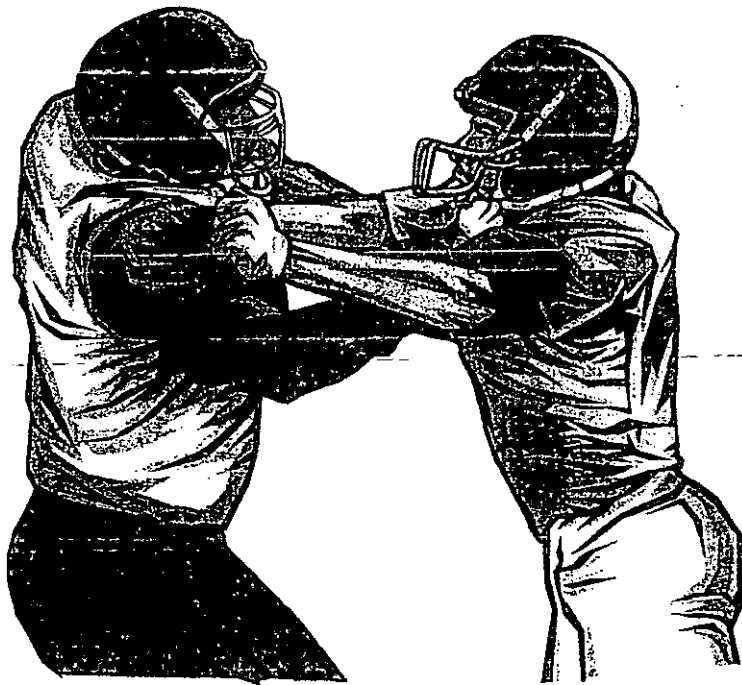


The biggest challenge here is the STANCE. Our STUD and END have to mirror step the Tight End and Offensive Tackle, and the EASIEST way to do this is from a 2-point stance. The problem with the stance is it invites the STUD & END to “peek” in the backfield. Also, if they stand up, they could be driven backwards. However, if you can coach them to squat way down in a parallel squat position and keep their eyes on the front plate of the helmet, it is way easier to mirror step and they will not be reach blocked.



If you are going to put them in a 3-point stance, then their first step, which is only a 6-inch step, will go to into the inside gap. This first step is only possible if their inside hand is down and the inside foot is back. Same with the D-Tackle. In the example below the STUD end will have his right hand down and take a short, 6-inch first step with his right foot (“heel replaces toe”). He will attempt to BENCH PRESS the Tight End by Attacking the TE nipples with his hands. However, if the TE takes a first-step reach step with his right foot, then the STUD end will quickly push off his right foot and drive his left into the TE right shoulder, driving that shoulder upfield.

Defensive Line Manual



PHILOSOPHY OF DEFENSIVE LINE PLAY

Primary goal is to prevent scoring.

Number of points allowed measures the effectiveness of our defense.

PHILOSOPHY

While it is becoming more and more "sexy" to talk coverage and pass rush, we all know if you don't stop the run you don't win football games. The defensive line is the FIRST line of defense against the run. We will teach concepts that relate to any offense, from gun read to wing-t and everything in-between. This allows us to master just a few techniques, so we are not putting in "the defense of week." This includes stance, get offs, one on one block destruction and two on one block destruction.

Our defensive line techniques must accomplish three objectives: (1) Make tackles on or behind LOS; (2) Make RB bounce so he becomes a horizontal runner; (3) Keep blockers off our ILB'ers. We are a gap control defense & every D-Lineman and LB has a gap to cover. The best pass defense is a QB sack. We must get to the QB while stopping his ability to scramble.

COMMUNICATION

- A. We will communicate loudly and clearly with our teammates, before, during, and after every play.
- B. If the O-Line has the weight on their hands, we know it is a run and yell ARMY. If back on their heels, we know it is a pass play and yell AIR FORCE. If half the line is Army and the other half is Air Force, we know it is pull. How will the Ends know it is Army or Air Force on the other side if we do not communicate loudly and clearly? It is your job to make sure everyone on the defensive line knows what color you are reading.
- C. If we read High Hat and it is a pass, yell PASS! Let the secondary know it. When the ball is thrown, yell BALL! Let the secondary know the ball is in the air. Help them do their job! We are a team, communicate like one!

FIVE ASPECTS OF EACH PLAY

1. ALIGNMENT
2. STANCE
3. KEY (physical & visual)
4. REACTION
5. PURSUIT / TACKLE (swarm the ball)

CONCEPTS

Our defensive line will employ two basic concepts:

1. PENETRATING DEFENSE - Get off with the snap.
 - Penetrate across LOS or through the blocker.
 - As you penetrate, read and react to the play, chase an
2. ATTACK/CONTROL DEFENSE - Attack the blocker on movement.
 - Lead with your hands and head controlling the blocker as you hit.
 - Read and react to the blocking pattern on the move.

DEFENSIVE LINE RESPONSE OBJECTIVES



DEFENSIVE LINE PLAY

1. PRE-SNAP PLAN

What are you thinking about before the ball is snapped?

- o HUDDLE CALL.
- o SCORE.
- o DOWN AND DISTANCE. (RUN or PASS)
- o TYPE OF O-LINEMEN.
- o OL, STANCE, SPLIT, LEVELS.







HOW MUCH DO YOU KNOW ABOUT YOUR OPPONENT?

2. ALIGNMENT-

Align on front of the ball. Do not align on blocker, they will vary their depth. Depending on Down & Distance, we can crowd the LOS or back off.

3. STANCE-

2 point Stance	3 Point Base	3 Pt - Sprinter Stance	4 point – Short Yardage
			
Mirror Step	Read & React	Attack & Strike	Penetrate & Disrupt
-Toes Face Straight Ahead -Feet shoulder width apart -Toes even, do not stagger -Belly on thighs -Hands in front, ready to strike -1/4 squat, "Take a Dump"	-Toes Face Straight Ahead -Feet shoulder width apart -Align Back Toe W/Front Heel -Screw Feet In Ground -Hand Closest to FB is Down -40-60% weight on front hand. -Flat Back, Head Up	-Toes Face Straight Ahead -Back Foot Toe 4" Behind Opposite Heel -Raise Butt Lightly Above Head -Roll Ball down Back -More Pressure On Fingertips. -Fit Egg In Palm Of Down Hand	-Toes Face Straight Ahead -Align Back Toe With Front Heel -Flat Back, Head Up -Feet are shoulder width apart -Each hand vertical align w/feet -More Pressure On Fingertips.

Form 90° angle in knee of forward foot with butt even, or slightly higher than head.

If the head is higher than the hips, the D-Lineman will rise up instead of fire out.

4. GET-OFF-

Will be drilled every day. Must see ball through inside eye. Go on any movement & make contact. Do not listen to QB cadence. Is there a pattern? Can we time their motion?

5. HANDS-

Shoot hands from ground to target. Strike with palms, thumbs up, grab cloth. Natural grabbing place is edge of breastplate, slightly below the armpit. Our hands will never come back to our body. They must shoot out of the ground.

ATTACK & CONTROL: Inside hand on "V" of the neck. Outside hand grabs shoulder pad.

PENETRATE: through blocker's shoulder as you work upfield quickly, avoiding all blockers.

HANDS ARE OUR GREATEST WEAPON!

STING HALF-MAN RIP TECHNIQUE

6. LOCK AND SEPARATE-

ONCE HANDS ON THE BLOCKER, EXPLODE THE HIPS FORWARDS, As you work from this locked out position, "push" thru to your run responsibility.

LIFT-LOCK-SEPARATE.

7. ESCAPE-

AS YOU RECOGNIZE THE PLAY. THROW THE BLOCKER AWAY FROM THE BALL AND ESCAPE FROM O-LINE. THE OL WILL PROBABLY BE HOLDING OR GRABBING OUR CLOTH, AND WE WILL NEVER BE ABLE TO USE THAT AS AN EXCUSE. WE USE A UP-AND-RIP OR PIN-AND-SWIM TO ESCAPE. WE ALSO MUST USE VIOLENT CLUBS AND CHOPS TO BREAK AWAY FROM OL

THROW & GO

8. PURSUIT-

We Must Run To Football Every Play. Pursuit will be incorporated into every drill, team session, and conditioning during practice. We will also utilize "double whistle" to emphasize maximum effort.

9. TACKLE-

Once We Escape, We Now Look For Ball Carrier. We Will Circuit Train Proper Tackling. We Will Also Finish Every Possible Drill With A Form Tackle.

TECHNIQUES FOR LINE MOVEMENT - RUN

Base Technique

Assignment: Base Defense is called. No Movement, Exchange, or Blitz call.

Tackle & Noseguard

Technique: 1. Explode off outside foot, taking short lead step (6-8") into weak gap.

2. **"Sting ½ man"** as 2nd step splits blocker down the middle.

Hand Placement: Inside hand on shoulder, outside hand in V of blockers neck. **"Cut him in Half."**

Key: **"Eyes Inside"** Read Guard on first step, react to flow on second step.

Coaching Tip: Do not penetrate. Pursue down the line. Vulnerable to strongside reach block.

Stud End & Weak End

Technique: 1. Mirror Step EMOL. Lateral 90⁰ step.

2. **"Sting ½ man"** on blockers side that he steps (Blocker left step, Sting his Left shoulder).

Hand Placement: hand on blocker's shoulder that is same side as blocker's 1st step., other hand in V of blockers neck.

Key: PHYSICAL: Blocker's 1st two steps. VISUAL: Adjacent Lineman to backfield flow on second step.

Coaching Tip: Do not penetrate. Pursue down the line. Push on shoulder to keep blocker square to LOS.

Rip Technique

Assignment: Tank, Toro, Outlaw, Army, Aim, Crash, Arrow,

Technique: 1. Take 45-degree lead step into assigned gap.

2. **"Grab the Back Pocket"**: Reaches Rip arm back as though pulling something out of their back pocket

3. **"Rub the Body"**: As arm swings through, rub the body because this action forces shoulders to reduce.

4. **"Kiss the Bicep"** As arm rips violently through.

5. Bring trail leg past OL heels, getting hip-to-hip with blocker. Penetrate upfield to butt of blocker

6. Square up quickly, secure gap, react to flow, get to ball

Key: NG & DT: Guard to Backfield. Ends: QB to Backfield.

Coaching Tip: Don't let OL "pin" the rip forearm against his body.

Bull Rush Technique

Assignment: Very rare. Called when blitzing gaps on either side. Most common for NG vs weak center

Technique: 1. Explode off outside foot, taking short lead step (6-8") straight ahead.

2. On first step, punch OL. Hips below Hands.

4. Feet firing as you mirror the feet of the O-Lineman

Hand Placement: Bench Press, Hands on each shoulder. **"Hands then feet"**. Lock out elbows, **"thumbs up"**

Key: NG & DT: Guard to Backfield. Ends: QB to Backfield.

Coaching Tip: Do Not Lunge! You must keep your feet under you. Get upfield penetration.

Read Technique

Use When: Assigned screen, draw, or scramble.

Technique: 1. Attack blocker with hands, maintain gap control. Responsible for inside run.

2. If pass or sweep, disengage to pursue but be sure ball has cleared.

Hand Placement: Bench Press, Hands on each shoulder. **"Hands then feet"**. Lock out elbows, **"thumbs up"**

Key: NG & DT: Guard to backfield. Ends: Adjacent lineman to backfield

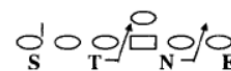
Coaching Tip: Chop feet in place. No upfield penetration, but don't get driven back.

Cop Technique

- Use When:** Only the Stud End gets this call. The Hybrid (Spur or Will) tell him. Most of time is on MikeDog Blitz.
- Technique** Use “READ” technique on the Tight End. Guard him man-to-man if he goes out for a pass. The goal is that the TE never releases off the line of scrimmage.
- Hand Placement** Bench Press, Hands on each shoulder. “**Hands then feet**”. Lock out elbows, “**thumbs up**”
- Coaching Tip:** Think of this as a stalk block, or illegal basketball screen.

Man Over Technique

- Use When:** Tag, Endo, Stable, Storm, Ex, Knee, Not, & Tin
- Technique**
1. Take 90-degree lead step parallel to the LOS -toe pointed upfield.
 2. React to the man in front of you on lead step and feel pressure from the adjacent linemen.
 3. Square up on the next lineman and make contact on 2nd step.
 4. Penetrate with inside hip and inside foot perpendicular to the LOS;
- Hand Placement** Attempt to punch the “V” of the neck of adjacent lineman. Then rip into the assigned gap.
- Key:** Adjacent lineman to backfield flow.
- Coaching Tip:** Re-direct vs any pulls. If adjacent lineman steps across DL face in attempt to reach him, nothing changes, but the assigned gap moves.



Squeeze Technique

- Use When:** The blocker in front of you blocks down on DL inside of you or tries to escape to an ILB.
- Technique:**
1. Keep shoulders square while getting hands on blocker to disrupt his down block or escape path.
 2. Do not squeeze for more than 2-3 steps.
- Hand Placement:** Inside hand in “V” of neck if can’t get it on the blocker’s inside shoulder. Outside hand pushes on blocker’s arm, rib, or hip nearest you. “Pinning” his arm is preferred.
- Key:** Expect: (1) down block from adjacent blocker; (2) kickout by pulling lineman or running back.
- Coaching Tip:** The ball is going outside of the down block.

Kickout Technique

- Use When:** The blocker in front of you inside releases and a pulling lineman or RB is kicking you out.
- Technique:**
1. T & NG: “**WRONG SHOULDER**”. Attack the blocker with outside shoulder.
 - a) Turn into the blocker so your shoulders are perpendicular with the LOS.
 2. ENDS: “**NEAR SHOULDER**”. Get low and attack the blocker with near shoulder.
 - a) Shoulders stay square the LOS.
 - b) Close the hole so RB has to “bounce” and the kickout blocker will push you into the ball carrier.
- Hand Placement:** Use the forearm of the shoulder making contact to split the crotch of the kickout blocker.
- Key:** Just worry about defeating this block because the ball is coming right inside of you.
- Coaching Tip:** Do not go upfield. Do not take kickout standing up. Impact with shoulders, not hand.

Cross-Face Technique

- Use When:** Being down blocked by the adjacent OL while blocker in front of you blocks down on DL inside of you.
- Technique:**
1. Push off inside foot and fight into the down block. Cannot get driving down the line.
 2. Get outside arm (nearest blocker) on his ribs or back to “push” him in front of you.
 3. Grab cloth or his outside shoulder with your inside hand to help this “push”.
- Key:** Just worry about getting on the other side of the down block, because that is where ball will be.
- Coaching Tip:** Do not “swim” or “punch”. Rising up will cause you to get driven down the line.



Spin Technique

Use When: Being down blocked by the adjacent OL while blocker in front of you blocks down on DL inside of you.

- Technique:**
1. If going to the right, sweep your right arm across his body to knock his hands off you.
 2. Step out with outside right foot, sink hips, and spin counterclockwise,
 3. leading with your left elbow and foot, while turning your back on the blocker.
 3. The left elbow should hit blocker in the back as you come out of the spin and move past him.

Key: The key is the down block that happens before the move.

Coaching Tip: Squat during your turn and violently swing both arms. Inside arm will increase speed of the spin.
inside

Pinch Technique

Ends in 3-pt stance, T/NG in 4-pt stance on:
PINCH, ATTACK, CUT



Use When: Squeeze or Pinch Call

- Technique**
1. Push off outside foot, taking short lead step (6-8 inch) into inside gap.
 2. Drive body directly towards heels of the QB. Destroy everything on this path.

Hand Placement Rip outside shoulder and arm through.

Key: No key. Just get to the QB.

Coaching Tip: This is the only technique where your shoulders will not be square to the LOS.

Attack Technique

Use When: GOAL LINE & SHORT YARDAGE

- Technique**
- Fire out low, flat back. Helmet does not rise up until contact is made.
 - Do not lunge! - You must keep your feet under you.
 - Get upfield penetration. Responsible for inside gap.

Hand Placement driving shoulder pad and forearm under chin of offensive lineman.
Drive blocker in the backfield, separating with hands.

Coaching Tip: Our buzzword is "Climb the Ladder". Aim facemask for OL crotch and rise up thru chin on contact.

Cut Technique

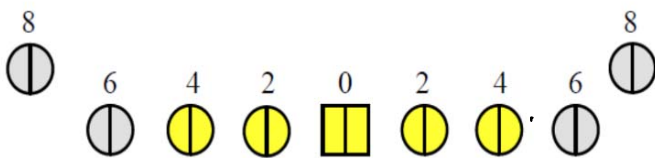
Use When: GOAL LINE & SHORT YARDAGE

- Technique**
- Fire out low, flat back. Helmet does not rise up until contact is made.
 - Do not lunge! - You must keep your feet under you.
 - Get upfield penetration. Responsible for inside gap.

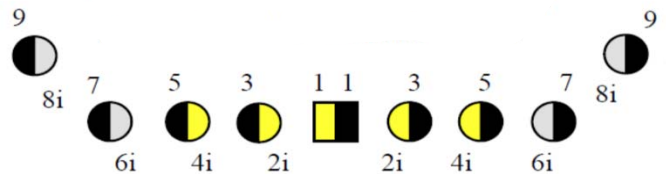
Hand Placement driving shoulder pad and forearm thru thigh pads of blocker

Coaching Tip: Some coaches will tell DL to bearcrawl, which is fine as long as you can rise up.

Technique Numbers



Even Numbers - Head-Up Defenders



Odd Numbers - Shaded Defenders

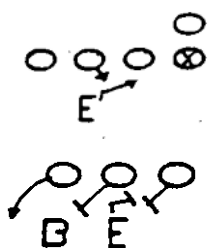
STIMULUS RESPONSE - RUN

DRIVE BLOCK

One of the first offensive blocks that a DL must learn to expect, recognize, and defeat is the drive block. In this block, the blocker directly in front of the defensive lineman tries to drive the DL off the line of scrimmage.

0-TECH	4-TECH	2-TECH	1, 4i-TECH	2i and 3-TECH
1 st step in weak "A" gap. Sting weakside ½ of Center. Keep shoulder pads under Center. Lift, Lock Out, and Separate. If LG pull or RB flow weakside pursue down the line. If LG pull or RB flow strongside, cross face.	1 st step in "B" gap. Sting weakside ½ of Tackle. Keep shoulder pads under Tackle. Lift, Lock Out, and Separate. If RG pull or RB flow weakside, pursue down the line. If RG pull or RB flow strongside, cross face.	Sting inside ½ of each G. Have "A" gap. Keep shoulder pads under Tackle. Lift, Lock Out, and Separate. Chase Backfield Flow down the line.	Same as 0 and 4-tech. Keep shoulders square so can crossface if ball is ran strongside since RT & C have the leverage due to weakside 1 st step of NG & DT.	1 st step with strongside foot into weak "A" and strong "B" gaps. Sting strongside ½ of each Guard. Keep shoulders square so can crossface if ball is ran weakside since Guards have the leverage.

4-TECH	4i-TECH	5-TECH
6-TECH	6i-TECH	7-TECH
Keep shoulder pads under center, Bench press & keep slight inside leverage. Have inside gap on run play. Crossface, THROW-AND-GO if pull/flow outside. Stay to make sure QB has "EMPTY HANDS" if pull/flow away since Ends have QB boot.	First step with outside foot at the blocker, get under his shoulder pads, Bench press him with more pressure with outside arm to keep his shoulders square. Have inside gap on run play. FLOW TO: Crossface, THROW-AND-GO. FLOW AWAY: Stay to make sure QB has "EMPTY HANDS" since Ends have QB boot.	First step with inside foot at the blocker, stay under shoulder pads, Bench press him inside with more pressure with inside arm to keep his shoulders square. Have outside gap in this alignment. THROW-AND-GO if pull/flow outside. Stay to make sure QB has "EMPTY HANDS" if pull/flow away since Ends have QB boot.



CUT – If blocker drives his head below your knees, use hands to drive him down and away. If trying to cut you off laterally, get your hands on his head and turn him parallel to the LOS. Keep your legs and feet clear.

FAN BLOCK– If the offensive tackle takes an outside release, look back to inside and fight to regain your initial alignment (after recognizing that it is not a hook). If it is trap, play the trap blocker with inside shoulder and forearm on the LOS.

DOWN BLOCK

One of the most difficult blocks to defeat is the DOWN block because the blocker is not directly in front of the defensive lineman. The DL must focus on the OL directly in front of him while at the same time see the blocker attacking from his right or left. The challenge is attacking the man in front of the DL, and then re-directing to the man down blocking him.

0-TECH	4-TECH	2-TECH	4i-TECH	2i and 3-TECH
If blitzing the weakside A-gap, NG should expect down block from RG since C will pick up blitz if LG is pulling. Rip across the G face and follow pulling G down the line.	Has to down step (squeeze) with RT to keep him off ILB. This 1 st causes him to lose leverage on down block by TE. Fight like hell against pressure, cross face & go down the line to the D-gap.	Sting inside 1/2 of each G. Have "A" gap. This 1 st causes him to lose leverage on down block by Tackles. Fight like hell against pressure, cross face & go down the line to the C-gap.	Sting inside 1/2 of T and C. Apply pressure with strongside arm to keep shoulders square so can crossface if ball is ran strongside since RT & C have the leverage.	Sting strongside 1/2 of each Guard. Keep shoulders square. Fight like hell against pressure, cross face & go down the line if ball is ran strongside since out leveraged.

4i, 6i -TECH	DOWN BLOCK BY WING
First step with outside foot at the blocker, keep shoulder pads under center, Bench press him with pressure of the outside arm, keeping shoulders square. Have inside gap on run play. FLOW TO: Crossface, throw & go. FLOW AWAY: Do not pursue until sure that QB has "EMPTY HANDS" since Ends have QB boot.	Will mirror step and SQUEEZE the TE's down block. These steps gives Wing a leverage advantage which is why must keep shoulders square. Re-Direct and attack the wing, crossface, THROW-AND-GO since flow must be going outside.

PLAY THE DOWN BLOCK

1. Squat down, stay square. Don't get driven down LOS.
2. Either Spin Out of His Block Or **CROSS-FACE** (run around his block up). We prefer the CROSS-FACE technique.
3. Be Aware Of Pre-Snap Splits, Stances And Weight.

"SQUEEZE TECHNIQUE"

When the blocker in front of you releases inside to down block a DL inside of you, or tries to escape to a Linebacker, have to use the SQUEEZE technique. Do not close more than 1-2 steps.

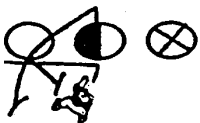
If nobody down blocks you while you are squeezing, you are either being TRAPPED, KICKED OUT, or OPTION READ. (SEE NEXT SECTION)

TACKLE PULL:



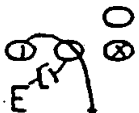
If the tackle pulls out, stay square and expect the TE to block and work across his face to the outside. If you have penetrated the LOS, work behind the TE's block.

TUG OR FOLD BLOCKS:



Attack half of the man in front of you. When your man "folds" behind, treat it same as a pull. If you have penetrated so that the down blockers helmet is BEHIND, push off your inside foot, drop outside shoulder and go through the back door by lowering the inside shoulder and flattening down the line. It down block is flat and you get stuck, lower outside shoulder and spin out.

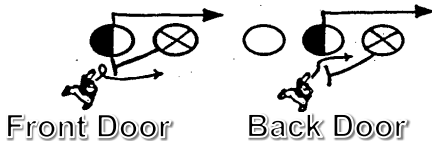
GUT BLOCKS:



If the tackle pulls inside and the guard blocks out on you, stay square and drive hard into guard with hands. If ball coming inside, work across the guard's face.

TRAPS & KICKOUTS

0-TECH	2-TECH	3-TECH	4, 4i - TECH
CROSS-FACE the double team on pulls BEHIND the Center. Fall "GRAB GRASS" if losing the double-team battle.	Should already be stepping with 1 st step into "A" gap. SQUEEZE the RG, shoulders square. Should NEAR SHOULDER the pulling LG.	SQUEEZE the RG, shoulders square. Should NEAR SHOULDER the pulling LG, however.	SQUEEZE the RT, shoulders square. Should NEAR SHOULDER the pulling LG.



Drop inside shoulder. If already upfield due to a movement call, flatten & pursue down the line back door. If not upfield, SPIN OUT of Center's block

5-TECH	6-TECH	7-TECH
Should already be MIRROR STEPPING the 1 st step of the LT. SQUEEZE the LT, shoulders square. NEAR SHOULDER the puller, closing the hole so RB will bounce outside. The Puller will "push" the End into the RB.	Should already be MIRROR STEPPING the 1 st step of the TE. SQUEEZE the TE, shoulders square. NEAR SHOULDER the puller, closing the hole so RB will bounce outside. The Puller will "push" the End into the RB.	Should already be MIRROR STEPPING the 1 st step of the TE. SQUEEZE the TE, shoulders square. NEAR SHOULDER the Running Back, closing the hole so ball carrier will bounce outside. The Kickout will "push" the End into the RB.

Wrong Shoulder or Near Shoulder: When interior D-Linemen are "squeezing" down, we want their shoulders to be square to the LOS. So when a kickout block comes, it is easier to use the NEAR SHOULDER from this position. We teach them to squat & attack, aiming the near fist-forearm between the blockers legs. If they collapsed the hole while squeezing, the kickout pushes them (ricochet) into the running back who has been forced to bounce outside the hole.

COACHING POINTS:

Be Aware Of Splits, Stances and Weight. Most HS linemen will give away when they are pulling. If squeeze is violent, the puller may think the kickout man is being blocked and run by the 2 or 3-tech. and play trap blocker.

COUNTER PULLS:

DT can get in hip pocket and chase Weakside Counters. Weak End cannot. He has QB boot. "EMPTY HANDS"



MATCH THE ANGLE: Attack down the line vs flat pulls by O-Linemen. Attack 45° upfield, directly at Running back kickouts.

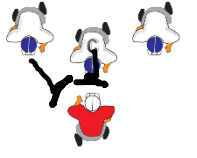
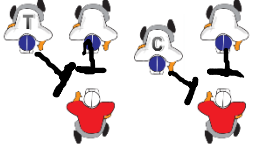
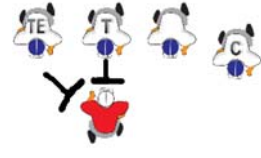
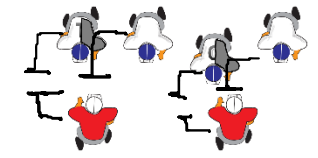
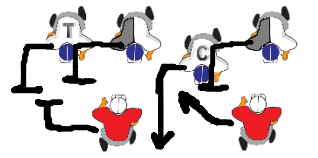


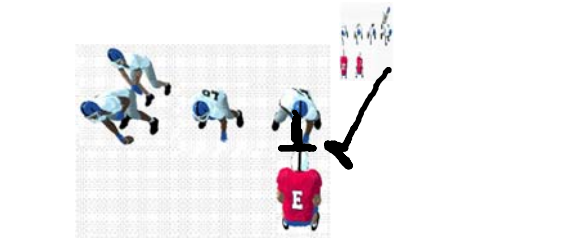
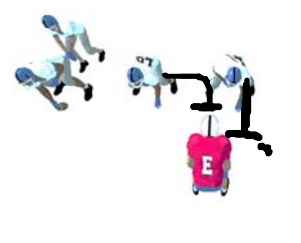
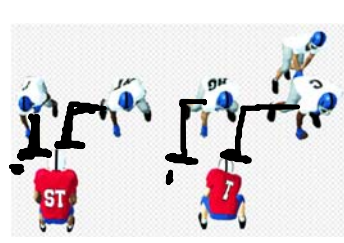
INFLUENCE TRAP BLOCK



If tackle sets pass and then blocks out, it could be influence trap. Look inside

DOUBLE TEAM BLOCK

0-TECH	2-TECH	4-TECH	1, 4i-TECH	2i and 3-TECH
				
<p>Attack shoulder of the post man. When you feel the double team, drop the knee & hip that is closest to pressure, and turn your shoulder into the double team. “Get Skinny” and “Get Your Hat in the Crack” trying to split the double team. If the double team is winning, “Grab Grass”...fall & make a pile.</p>			<p>Move laterally in direction of blocker’s reach step, which will be 2nd step since 1st step is weak. Pressure with left arm to stop RT and C from climbing to ILB. Maintain the gap while moving laterally. Do not let backside helmet cross your face. Get your hat in the crack when you feel pressure from the Trail blocker.</p>	

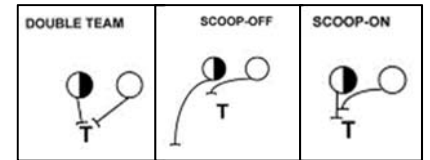
DOUBLE FROM WING	4i -TECH	6i - TECH
		
<p>Attack outside shoulder of LT. Keep your shoulders square while attempting to turn the LT. Wing down blocks mean sweep to outside, so treat it like crack block. Turn inside shoulder into the wing, go around wing and pursue towards sideline.</p>	<p>Treat Lead blocker as a Reach step. Use a push-and-pull technique—push with the outside hand and pull with the inside hand. Maintain the gap while moving laterally. Do not let backside helmet cross your face. Do NOT go past the outside blocker or RB will cut back. Ends have inside gap on run.</p>	



COACHING POINTS:

You don't have to defeat two men. The key is to defeat one man.

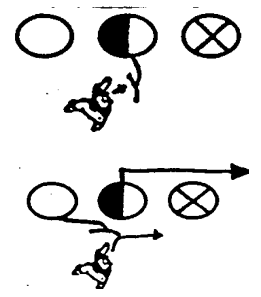
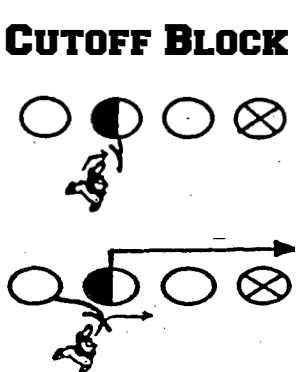
ZONE BLOCKING: Do not back door the zone. Goal is to take up two defenders and let the LB run free. Work the hips to the gap and control the gap. The LEAD blocker wants to drive through the number, so that the TRAIL blocker can overtake you. Shoot hands and latch on to the LEAD. Do not let LEAD climb to the second level. When feel pressure from TRAIL, drop inside shoulder, work your hips into him and do not let him overtake you. Make the TRAIL push you into the play. **“RICOCHET”**



CUTOFF BLOCK – T and NG

2/2i-tech attack inside half of Guard; 3, 4i, 4-tech attack inside half of Tackle. When the blocker you are trying to attack steps inside and tries to “turn you out” or cut you off from backfield flowing away from you: Shoot Hands, Lock Out and Separate. Squeeze Down and Condense inside gap, Shed and Escape to pursue down the line.

When blocker in front of you pulls and the next outside blocker attempts to cut you off, usually by trying to chop across the thigh of your outside leg. Push the chop blocker into the ground with hands, Push off the outside leg, and pursue down LOS.

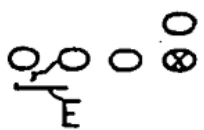


REACH BLOCK

0-TECH	4-TECH	2-TECH	1, 4i-TECH	2i and 3-TECH
<p>PUSH-PULL: Since NG and DT first step is weak, they are vulnerable to strongside reach blocks. Re-direct by pushing off that first step so 2nd step is lateral. Fight for left hand to get on blockers outside shoulder and PUSH. With inside hand PULL so that you can easily rip inside and underneath when you see the ball. Keep shoulders square.</p>			<p>PUSH-PULL: at extreme disadvantage in 1 & 4i tech. Push off inside foot to move lateral. Fight & push with outside arm, keep shoulders square. Will either have to RIP with inside arm and pursue down LOS or rip inside through back door.</p>	

4-TECH	4i-TECH	5-TECH
6-TECH	6i-TECH	7-TECH
<p>Mirror Step, drive outside arm on blocker's outside shoulder so outside arm free and does not get hooked. Keep shoulders square while using PUSH-PULL Technique. The inside gap that the End is responsible for moves with the End while laterally stringing the block out along LOS. It is important that the End does not rip inside because the scraping ILB is trying to fit off the End and may fit inside if there is an open door.</p>		

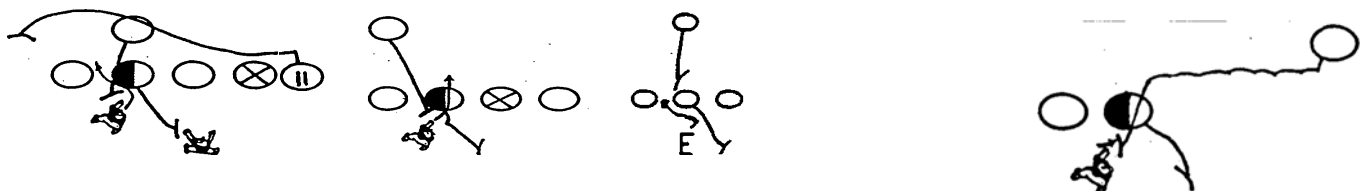
JUMP REACH BLOCK



If offensive lineman jumps for position, defeat it like a crack block. Rip inside forearm through and pursue through FRONT DOOR down the line. If blocker gets good position and prevents this, then RIP through with outside forearm, penetrate through BACK DOOR and pursue down the line.

BLOCKS BY RUNNING BACKS

First step attack near shoulder of OL. **SQUEEZE** down vs inside release. When see Back coming to block, re-direct and take on back with inside shoulder, **CROSS-FACE**, and pursue down the line. If the back blocks your outside shoulder, shiver and create separation with outside forearm, push the back laterally towards sideline, and penetrate upfield through the back door.



SEAL BLOCK Mirror step, thinking PUSH-PULL since stimulus was Reach Step. When tackle releases outside, should get "CRACK" call by Hybrid OLB. Push off inside foot and RIP through with inside arm to pursue down the line. Only go under & through the crack block if 100% sure that you can tackle the ball carrier

STIMULUS-RESPONSE SUMMARY

NG & DT

STIMULUS	Drive 	Down 	Reach 	Cutoff 	Double 	Scoop
RESPONSE	Sting 1/2 Man	Cross Face	Push-Pull	Collapse & Chase	Hat in Crack Grab Grass	Hat in Crack Front or Back Door

STIMULUS	Inside Release 	Kickout 	Pull Onside 	Pull Away 	Pass
RESPONSE	Squeeze	Near Shoulder	Cross Face	Down the Line	Rip or Swim

Wrong Shoulder or Near Shoulder: When interior D-Linemen are “squeezing” down, we want their shoulders to be square to the LOS. So when a kickout block comes, it is easier to use the NEAR SHOULDER from this position. We teach them to squat & attack, aiming the near fist-forearm between the blockers legs. If they collapsed the hole while squeezing, the kickout pushes them (ricochet) into the running back who has been forced to bounce outside the hole.

STIMULUS-RESPONSE SUMMARY

ENDS

STIMULUS	Drive 	Reach 	Cutoff 	Wing Block 	Scoop
RESPONSE	Bench Press Lift-Lock-Separate	Mirror Step Push-Pull	Empty Hands QB Boot	Rip Inside Arm Cross Face	Mirror Step Push-Pull

STIMULUS	Inside Release 	Kickout 	Pull Away 	Flow Away 	Pass
RESPONSE	Squeeze	Squeeze Near Shoulder	Empty Hands QB Boot	Empty Hands QB Boot	Rip or Swim

Empty Hands: When a pulling OL or backfield flows AWAY from the Stud or Weak End, the End has to sit on LOS and cannot pursue the ball until they are sure that the QB does not have the ball to run boot, The QB needs to have “Empty Hands” before pursuing.

PASS RUSH TEACHING PROGRESSION:

- | | | |
|------------------|---------------------------------|---------------------------------|
| 1) Pre-Snap Plan | 5) Moves | 9) Aiming Points |
| 2) Alignment | 6) Counter / Combination Drills | 10) Tackle Set Line |
| 3) Stance | 7) Feet Moving | 11) Hands Up (strip the passer) |
| 4) Get-offs | 8) Pass Rush Lanes | 12) Screen / Draw / Pursuit |

1. Have a pre-snap Plan

Know Down and Distance

Know your opponent, his pass blocking style, and his team's type of Pass Protection (slide, B.O.B.) etc.

Does stance or splits change on pass plays?

2. Alignment

We always crowd the L.O.S. to enhance our ability to Get-Off the ball, we can widen our shades (from 2 to 2i, or 4 to a 5), in obvious passing situations or when running line exchanges, movements, or stunts.

3. Sprinter's Stance

4. Get-Off

The most important element to a great pass. Key the ball and man on for a movement key. Explode out, not up.

5. Moves-

There are two kinds of pass protectors: extenders and setters. turn extender into setter, and vice versa.

EXTENDER: OL who strikes out to pass protect when the ball is snapped.

SETTER: OL who retreats to a designed spot to set up before he will engage you to pass protect.

All moves start with the following basics:

- FEET: D-Line are like puppets; hands & feet are attached by a string. Six-inch step, same foot, same hand.
- HANDS: Start thinking run, attack and punch with thumbs up. Lock out arms to gain leverage.
- HIPS and butt turn are important. During or after using a move, DL should "carioca" his feet, turning his hips and shoulders, getting "skinny", which reduces the body surface target that the OL has to punch.

RULE OF THUMB: When OL pass sets, pull in direction of step of offensive linemen. If OL over extends, swim move; If OL sets back, bull rush; Swim is the counter move to rip. Rip is the counter move to swim.

One perfected move with a counter is all you need to go with the change you get from various blitzes.

A) Head and Foot fake- Use vs. aggressive OL or when DL is more athletic. Simple jab step in opposite direction of where want to go.

B) Speed Rush- Used by Ends vs. slower Tackles. Dip shoulder and lean.

C) Bull Rush- Use vs a passive OL. Place hands underneath OL breast plate and steer lineman. Place helmet through the chin of the OL. Leg Drive is key as you drive OL backwards into the QB. (Push the Pocket). If OL puts on the brakes slap on a hand move. Works with push/pull

D) Push-Pull- Use when OL reacts to bull rush by leaning forward. Pull OL down and use a rip or a swim to complete move.

E) Slap- Sets up swim or rip. Slap OL hands in any direction a motion to set up other moves.

F) Club- Use vs. an aggressive OL. Start in speed rush and violently strike against OL elbow, triceps or shoulder. This can be a sideways motion, like pushing someone out of your way or you can knock OL outside arm downward. OL must be knocked off balance and DL must turn hips properly. "When your even your leaving". **DOUBLE CLUB:** Attack shoulder opposite direction want to go. Give head & foot fake, with a fake club. When the OL sets to protect area threatened, club hard the shoulder to the side want to go, which is easier since OL is leaning in direction of the 2nd club move.

G) Swim- Feet should be close together as first step is in direction want to go. Club shoulder, grab cloth and pull as you pivot on the foot that you took first step with. When you pivot around, your belly should be even with O-Line butt due to your pulling action. The second step is bringing the other foot across the blockers body and stepping past his hip. Punch through the ear hole of the OL helmet. Do not swim arm over the helmet. A Jab step or CLUB in opposite direction of the swim helps setup the move.

H) Rip- Grab shoulder, pull blocker toward you. "GRAB THE BACK POCKET" with other hand and then RUB YOUR BODY as you punch the fist up and under the blocker's armpit. Finish the rip off by punching yourself in the ear. "KISS THE BICEP". Lean in and accelerate upfield, lifting OL arm with your free hand. Get your eyes to the sky, which will bring your hips through your gap and elbow off the offensive lineman if he is hanging on you. When you step through your gap, step around the offensive lineman and try to get cheek to cheek with him. A RIP move can follow a slap or a club.

6. Counter moves

DL must have a plan when their first move gets caught. When using a counter move you must continue moving feet towards QB and your hips must bypass OL hips.

- A) Open the gate-** When rip move gets caught, drive OL arm to open OL hips, giving a path to QB.
- B) Rip & Re-Swim** - When rip gets caught, hold OL hand against chest and swim the other shoulder.
- C) Over/under** – When swim arm is pushed upwards, rip under the other shoulder.
- D) Spin-** used when any rip or swim gets caught. Violently use spin move.

ENDS CANNOT COUNTER INSIDE. THEY MUST KEEP OUTSIDE PASS RUSH LANE

7. Feet Moving

Keep feet moving in the direction of the QB. Hands and body are useless if your feet stop moving. Short, choppy steps, no long strides. Even if we do not get the sack we will close pocket and cause poor throw.

8. Pass Rush Lanes

If we do not maintain proper lanes a QB will constantly beat for long rushing gains. It also allows QB to step up in the pocket and throw with perfect vision.

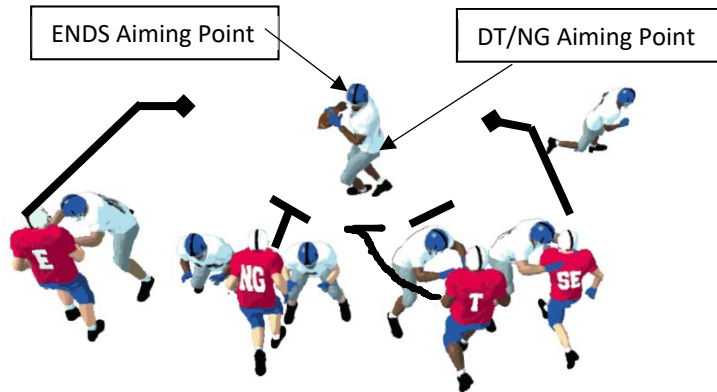
Aiming Points on QB: Ends aim for QB back shoulder. DT & NG aim for hip of QB.

As the QB moves in the pocket the DL must adjust pass rush. The aiming points stay the same'

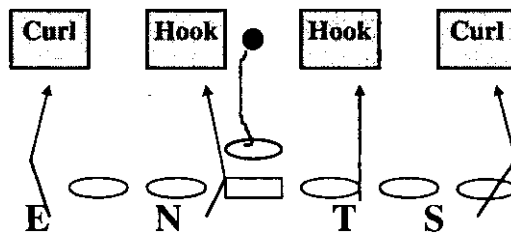
They must all maintain proper relationship while he moves in the pocket. Aiming points will change with line stunts.

Launch Points on QB: Ends are CAGE rushers, containing QB and not allowing them to escape outside.

DT & NG are COLLAPSE rushers that penetrate the middle and collapse the pocket.



Pass Rush Lanes: Ends block QB view of the CURL ZONE; DT & NG block QB view of the HOOK ZONE.



- Disrupt the QB's flow and overall rhythm.
- Get into his throwing vision (right)
- Force OB closer to another pass rusher.
- Force the QB to alter his steps during his drop.
- Force the QB to alter his throwing action.
- Squeeze the passer's area of operation. one body in rush lane.

Never be driven past QB or across QB face.

A POOR PASS RUSH IN YOUR LANE IS BETTER THAN A GOOD PASS RUSH IN ANOTHER LANE.

9. Aiming point

The offensive linemen's movement determines our aiming point.

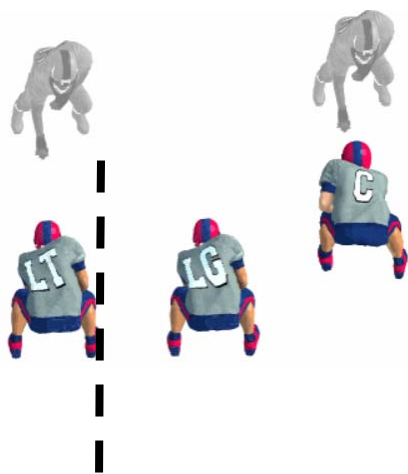
10. Tackle Set Line – Ends only

An imaginary line that extends through inside foot of tackle and about 6 yards into the backfield.

If the tackle is inside the tackle set line the DE should dip shoulder, lean, & go around the Tackle to the QB.

If the tackle over sets outside the tackle set line the end should take an inside rush.

If the tackle is on the tackle set line: Then it's your best vs. his best ...Inc. the moves we spoke about previously.



11. Hands Up

When QB is releasing before you can get the sack we must put our hands in the throwing lane.

- QB will lose sight of WR
- QB will eat the ball and take a sack
- QB will adjust throwing motion
- Another lineman might strip the ball

Five yards in front of QB with hands up, is better than one yard away but out of passer's line of vision

NEVER LEAVE YOUR FEET until ball is in the air

12. Draw /screen/pursuit

Teams will always attempt a screen /draw when a DL has a successful pass rush. Never let screen / draw teams take you out of being aggressive. Continue to penetrate and rush the passer.

Draw Responsibility – *If it is too easy, then it probably is for a reason.*

- A) If OL is pushing you up field put the brakes on and swing outside elbow around back (spin move)
- B) Retrace steps back to ball carrier LB's must be involved

Screen Responsibility

- A) Once again you will feel limited pressure vs. OL. Have a Plan.
- B) One way to defend is assign the Tackle or NG screen responsibility (blitz ILB so still have 4, 5-man pressure.
- C) Another way is to have End on side QB opens to in charge of screen.
- D) **PEEL** technique. Outside rush (End or blitzing LB) do not let RB cross their face. This prevents a RB slipping by them for a screen.

DEFENSIVE LINE DRILLS

AGILITIES

1. Footwork
2. Get Offs
3. Agility Bags
4. Gauntlet (Hip Turns)
5. Hula Hoop
6. Tennis Ball Drill

PASS RUSH DRILLS

1. Hand Combat
2. 1on1 Moves
3. Counter Moves
4. Hands/Tip Drill
5. Pass Rush Lanes
6. Roll Out Contain

TECHNIQUE

1. Hand Placement
2. Knee Progression
3. 6-point explosion
4. 6-point blaster
5. Strike & Back
6. 1-man drive
7. Fit Drill
8. Guns Drill
9. 5-man sled
10. Full Extension
11. Hand Shield Violence

TACKLING

RUN DRILLS

1. 1on1 Block Destruction
2. 1on1 Stimulus Response
3. 2on1 Stimulus Response
4. 3on1 Stimulus Response
5. 4vs2 Box of Hell
6. Ends Run Reaction
7. Half Line Stimulus Response
8. Full Line Stimulus Response

ALIGNMENTS

1. Alignments vs Trash Cans
2. Movements/Exchanges

AGILITIES

These drills are done before practice and replaced our dynamic warmups. The 10minutes that we used to have for warmups before practice (hi knees, butt kickers, etc) has been replaced with these drills. Players still get loosened up, blood flowing, and learning technique at same time. Days are alternated between offense & defense drills.

FOOTWORK:

Line up all players in a grid. Agility bag or wood between their legs. First two steps vs drive, reach, scoop, squeeze, kick-out blocks.



GET OFFS:



CHUTES:

Do footwork inside the chute.



Build Chutes with PVC Pipe!
Email Stewart for dimensions

NO SHIELDS?
Use old couch cushions

TENNIS BALL DRILL:

Player fires out of stance when ball is dropped. Must pickup ball before 2nd bounce.

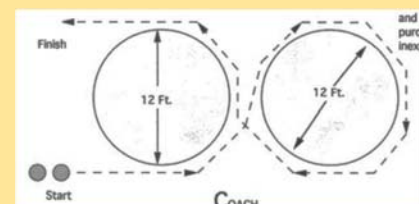
HULA HOOP:

1 HOOP

- Run/Lean both directions
- Dip/Rip both directions
- Run/Lean/Dip/Rip vs OL w/o pressure
- Run/Lean/Dip/Rip vs OL with pressure

2 HOOPS

- Run/Lean/Dip/Rip Figure 8's
- Run/Lean/Dip/Rip Fig 8 w/o pressure
- Run/Lean/Dip/Rip Fig 8 with pressure



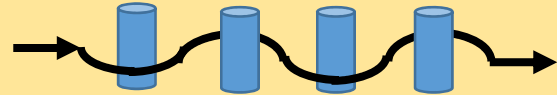
AGILITY BAGS:

Straight through, sideways, weave
Always end with scoop & score.
Old duffle bags can be used in place of agility bags.



GAUNTLET:

Player weaves through standup bags (or players),
Doing club-rip and club-swim moves on each bag
Important to swivel hips so belly button is facing the bag
As player goes around each bag.



TECHNIQUE

We spend all spring, summer, and first week of August on these drills. Great indoors with cold weather.
Weight room auxiliaries or do for 10-minutes after every spring lifting workout.

HAND PLACEMENT:

Since we are not 2-gap players, we **Attack 1/2 A Man**, 1 hand on shoulder, other hand in V of neck.
Players pair up, facing each other. One player holding hand shield with handles facing out.
Use butt of hands, thumbs up. Grab handles of the shield

ATTACK-LIFT-LOCKOUT-RIP

1. We start with perfecting hand placement on our knees.
2. Work on attacking with hands in an upward motion.
3. Shield holder can "fall" into DL, forcing him to lock out.
4. Then we work on PUSH-RIP in direction of ball
5. From 2-point stance we **Attack 1/2 A Man**
6. After Lockout, PUSH-RIP in direction of ball.



GUN DRILL

Basic Strike with hands from ground to bag.



FIT DRILL

Start in Fit Position. Lift-Lockout-Rip



3 ON 1 HAND SHIELD VIOLENCE:

3 blockers hold hand shields, one on ea side, one in front, form triangle.
Defender starts on all 4's, but drill progresses to 2-point stance.
Shield on player's right steps forward so defender can shoot his hands from the ground as quickly as possible, lock out the pad, and return hands to the ground.
The middle shield immediately steps forward, repeat, followed by the shield on the defender's left.
Finish the drill by fully locking out the pad and landing on belly.
Eyes, head, & thumbs should be up every time defender shoots his hands.



SLED:

6-POINT EXPLOSION:

Use 2-man sled or players holding shields. Land on belly



6-POINT BLASTER:

Sled against wall or at base of hill so it only moves up.



STRIKE & BACK:

Take 2 steps forward, strike sled, 2 steps back & in 3-point stance



5-MAN SLED SHUFFLE:

At first, players do not drive or lift the sled. It is simply a hand strike drill.

1st Player attacks 1st bag, Lockout, recoil, shuffle to next bag, repeat.

As DL hits 2nd bag, the next man in line hits 1st bag.

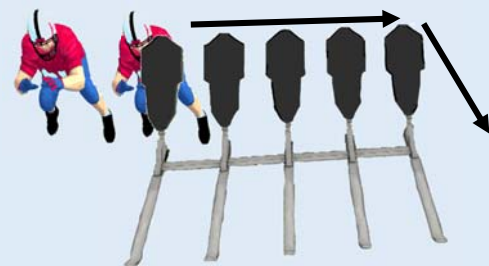
Players continue shuffling thru until 5 DL are hitting all 5 bags at same time. Scoop & Score after hitting last bag.

Next actual lift the sled together as a team. Start with a player in front of each bag.

When sled hits the ground, players laterally shuffles to next bag on sled as next player in line jumps on the first bag.

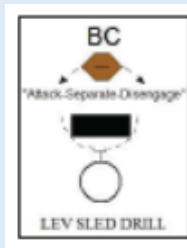
Teaches hip explosion and that LIFT follows LOCKOUT. Scoop & Score off last bag.

**NO SLED?
Make one!**



1-MAN SLED

Teaches forward lean, flat back while feet are moving.



POP HIPS ON THE BAG



Players land on agility bags or pole vault mat

RUN DRILLS

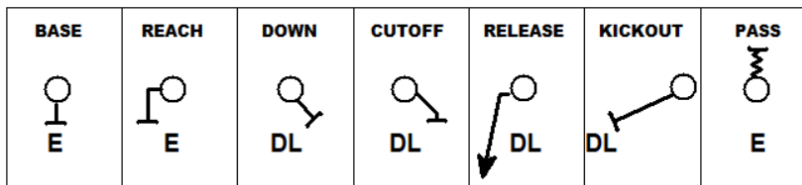
August & In-Season is spent on these STIMULUS-RESPONSE drills. Rep them **Beyond the Point of Boredom**

1 ON 1 BLOCK DESTRUCTION:

Players pair up, facing each other. Start with hand shields.
 Defense knows which block is coming.
 Goal is to learn how to defeat each block.

1 ON 1 STIMULUS RESPONSE:

Once players have mastered how to defeat blocks,
 Blocker can do whatever block he wants and DL has to
 Defeat it. No snap count, go on movement.

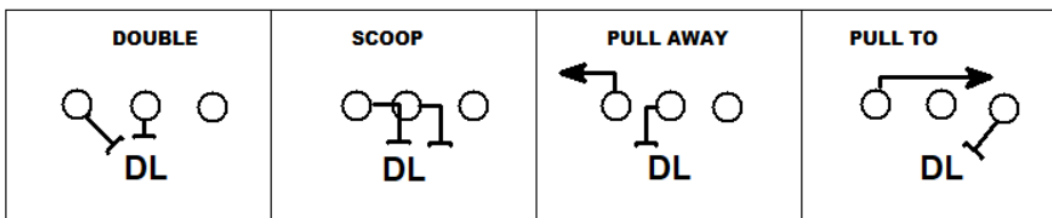


3 ON 1 BLOCK DESTRUCTION:

Defender knows which block is coming.
 Double team, scoop, pulls

3 ON 1 STIMULUS RESPONSE:

Defender does not know which block is coming.
 Must react to each block.



PASS RUSH

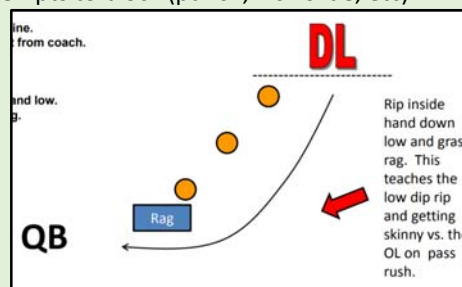
HAND COMBAT:

Pin wrist & swim; Pin wrist & swim.
 Club shoulder & swim;
 Club forearm down & swim;
 Club forearm up & rip;



1on1 MOVES:

Five DL face five OL. Practice full move all way to QB.
 OL attempts to block (punch, kick-slide, etc).



COUNTER MOVES:

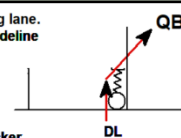
Five DL face five OL. Practice full move all way to QB.

- Open the Gate; Spin
- Rip & Re-Swim;
- Over/Under

HANDS/TIP DRILL:

To teach how to separate from a blocker and work into a passing lane. Get into groups of 3 and rotate from DL to OL to QB. Use the sideline as LOS and each group of 3 is on a 5-yd line. This simulates the Tackle Set Line

1. QB drops to different depths
2. DL works different pass rush moves.
3. When QB takes palm off football, OL disengages from blocker.
4. Work into passing lane.
5. Do not leave feet until ball leaves QB hand.



5on5 PASS RUSH DRILL:

Five DL face five OL. Coach stands behind DL to give snap

5on5 PASS RUSH LANES:

Have 4 rushers vs 5 OL. QB in pocket moving feet, the

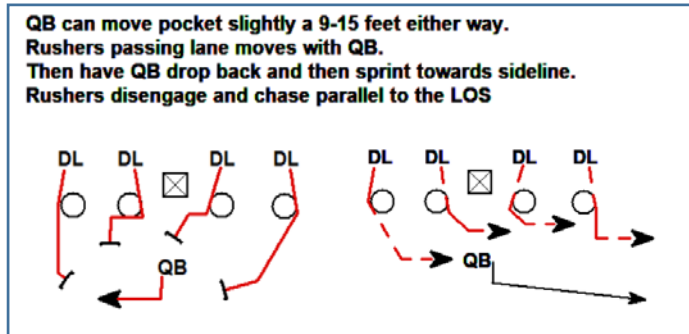
SECTION FOUR

count and select one defender to rush the QB. On the snap, all 5 defenders take two steps at full speed, but only selected player continues rushing. He can use any technique to get to the QB in under four seconds

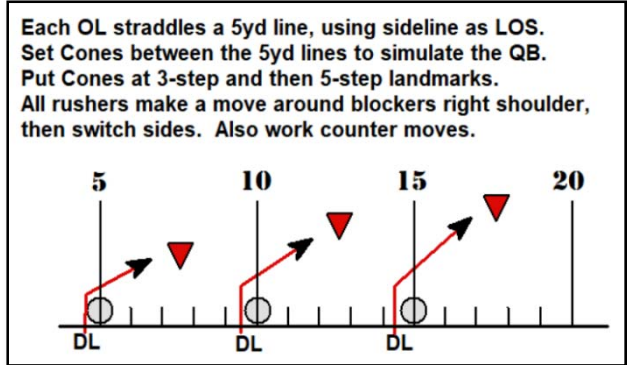
shoulders, & eyes.

DL are learning what their rush lanes are while also learning how to get in QB line of sight.

ROLL OUT CONTAIN:

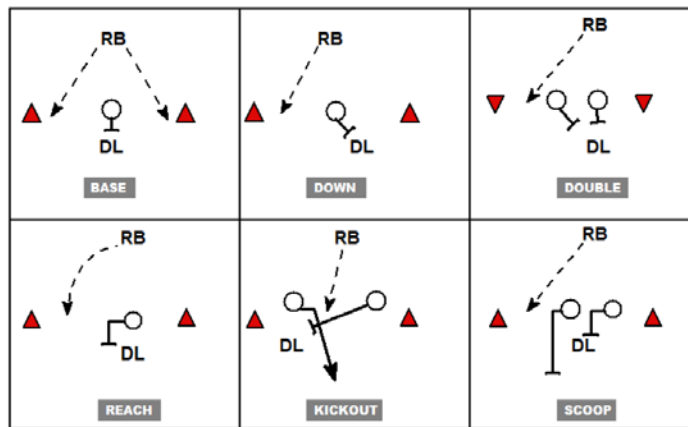


THREE CONE DRILL:



TACKLING

DL have to defeat the same blocks that are drilled in the RUN section. To start off, put the cones 5yds apart and let tackler know which direction the RB is going. As mastery is achieved, move cones farther apart, followed by RB being able to put moves on



1 on 1 STIMULUS RESPONSE



Teach this after teaching STING - SHRUG - RIP progression vs person & on sled

BASE

<p>DT: Sting inside 1/2 man. "Down line" on defensive side if flow is on other side of center "Cross Face" if flow is outside</p>	<p>NG: Sting inside 1/2 man. "Down line" on defensive side if flow is on weak side of center "Cross Face" if flow is strongside</p>	<p>Bench press him and find RB. Do not "throw" him until RB is close Fight inside since that is his gap</p>

REACH

<p>DT: Push off inside foot. Sting w/ea hand on ea shoulder. Fight down line w/square shoulders. Still have inside gap at all times</p>	<p>NG: Push off inside foot. Sting w/ea hand on ea shoulder. Fight down line w/square shoulders. Still have inside gap at all times</p>	<p>Push his outside shoulder with your outside hand. Shoulders square. Shuffle down line. ILB will fit inside- outside off of the End</p>

DOWN

<p>DT: Has to down step with Tackle & keep him off the ILB TE has the advantage Fight like hell vs pressure</p>	<p>NG: Rip across guards face & chase puller</p>	<p>Step inside & squeeze down LOS keep OT off LB Do not penetrate LOS Take on kickout with NEAR shoulder</p>

DOUBLE TEAM

<p>DT: Get Low & split by dipping shoulder on TE side between both players hips. Grab Grass if losing ground.</p>	<p>Split the double team or grab grass & bear crawl</p>	<p>Attack outside shoulder of T or TE & transfer pressure towards the down block.</p>

PASS BLOCK




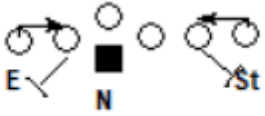



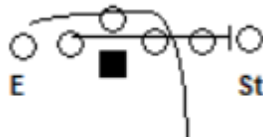



<p>TACKLE & NOSE Rush inside gap & collapse pocket. Choose 1 of 3 techniques: Bull Rush / Pin & Punch / High Hat</p>		<p>END & STUD Rush outside gap & contain Bull Rush / Pin & Punch / High Hat</p> <p>STUD Delay TE release as long as possible before rushing</p>
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After teaching 1 v 1....move on to BOXES on the next page

END PLAY

"MIRROR & ATTACK" last man on LOS

DL

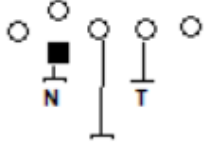
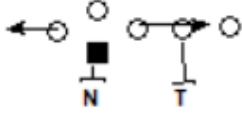
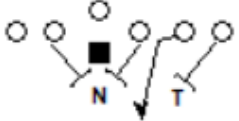
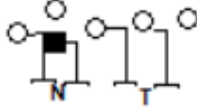
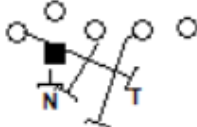
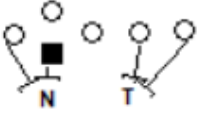
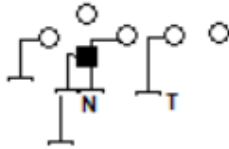
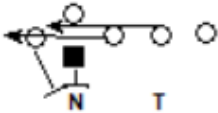
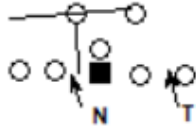
 <p>BASE</p> <p>"BENCH - THROW - & GO" Bench press him, get rid of him when RB is close enough to tackle. Still responsible for inside gap.</p>	 <p>REACH</p> <p>Keep outside arm free Push against his outside shoulder Shuffle down LOS keeping shoulder square</p>	 <p>DOUBLE TEAM</p> <p>Txfr weight to Doubler. Cross face of the down blocker Shuffle down LOS</p>
 <p>PULL INSIDE</p> <p>Squeeze quickly down LOS, yell "trap, trap, trap" Check Empty Hands for bootleg</p>	 <p>PULL TO</p> <p>Squeeze down towards puller & tak on with NEAR shoulder. Often times the puller will run past the DE if he squeezes way down.</p>	 <p>DOWN / INSIDE STEP</p> <p>Step inside & squeeze down LOS keeping OT off LB Do not penetrate LOS Take on with NEAR shoulder</p>
 <p>WEAK COUNTER</p> <p>END is squeezing hard inside on inside release by LT. Take on with NEAR shoulder. STUD steps in side but does not pursue until he sees QB "empty hands"</p>	 <p>STRONG COUNTER</p> <p>STUD is squeezing hard inside on inside but careful to not let RB bounce d-gap. END steps inside but does not pursue until he sees QB "empty hands"</p>	 <p>FB KICKOUT</p> <p>Step inside & squeeze down LOS keep OT/TE off LB Do not penetrate LOS Take on kickout with NEAR shoulder</p>
 <p>STRONG OPTION</p> <p>STUD is squeezing hard inside on inside so he has DIVE to QB. END pursues down the line, catch QB in back if there is any hesitation</p>	 <p>WEAK OPTION</p> <p>END is squeezing hard inside on inside so he has DIVE to QB. STUD pursues down the line, catch QB in back if there is any hesitation</p>	<p><i>We want to force QB to keep the ball by putting all DL on dive. ILB will "scrape closed doors" to the QB along with FALCON. The OLB will take pitch away</i></p> <p><i>QB is probably weakest runner of the 3</i></p>

Coach stands behind Defensive Linemen and points or holds up very large, 11 x 17 laminated cards to silently show the blockers what to do. The D-Linemen cannot know what the block is, they have to react to it.

4 vs 2 BOX OF HELL

TACKLE & NOSE: Repeat out of STACK alignment



 <p>BASE</p> <p>DT: Control RT left shoulder. Do Not Lose Ground React to backfield flow</p> <p>NG: Control center left shoulder. Do Not Lose Ground. Cross face if backfield to strong side.</p>	 <p>OUTSIDE PULL</p> <p>DT: Cross Face & Chase</p> <p>NG: Chase the pulling guard</p>	 <p>DOWN in BASE</p> <p>DT: Has to keep T off LB TE has the advantage Fight like hell vs pressure</p> <p>NG: Split the double team</p>
 <p>REACH</p> <p>DT: Push off right foot & fight to square RT shoulders. Keep outside arm free Shuffle to flow & escape</p> <p>NG: Push off rt foot & fight to square center's shoulders Shuffle down LOS</p>	 <p>TRAP in BASE</p> <p>DT: Shuffle feet to stay in front of RT. Keep RT off LB Keep your shoulders parallel to LOS. "Near Shoulder" puller</p> <p>NG: Split the double team. Grab grass if losing ground</p>	 <p>DOUBLE TEAM</p> <p>DT: Get Low Turn T outside shoulder Extend outside arm Split or Grab Grass</p> <p>NG: Get Low Split or Grab Gras</p>
 <p>SCOOP</p> <p>DT: Squeeze keep off LB. Hold the B gap. Don't overpursue</p> <p>NG: Keep outside shoulder free, flatten down LOS while holding A gap</p>	 <p>WEAK COUNTER</p> <p>DT: Chase down the line.</p> <p>NG: Split the double team Grab grass if losing ground</p>	 <p>OPTION</p> <p>Both of them have the DIVE back. If Dive back is strong A or strong C gap, cross-face and get to the RB</p>

SECTION FOUR

Coach stands behind Defensive Linemen and points or holds up very large, 11 x 17 laminated cards to silently show the blockers what to do. The D-Linemen cannot know what the block is, they have to react to it.

Give "high hat" pass read every 2-3 snaps

6 vs 4



<p>REACH BOTH WAYS COACH</p>	<p>INSIDE ISO COACH</p>
<p>WEAK GUARD TRAP COACH</p>	<p>STRONG GUARD TRAP COACH</p>
<p>WEAK COUNTER COACH</p>	<p>STRONG COUNTER COACH</p>
<p>OFF TACKLE G-POWER COACH</p>	<p>OFF TACKLE FB KICKOUT COACH</p>
<p>STRONG OPTION COACH</p>	<p>WEAK OPTION COACH</p>