

Releases

Our Release theory is get into the route as soon as possible. We stress a speed release as our primary release. I feel that with our “attack stance” we put ourselves in a great position to win our routes. We also use a plethora of auxiliary releases such as the stick (single move), shake (double move), bounce, delay, and diamond release. I give our WRs a toolbox and they know which release moves they may use. In this toolbox are also separation tools such as arm bars, rip, and punch hand moves. We want mainly to control the defenders elbow of his jam hand to our release side, and come through with our opposite hand with the most natural separation tool. I incorporate a release in most drills we do. I feel that if you emphasize great releases, your passing game will reap major rewards. Trust me if you only see press a limited time throughout the year, you will never regret practicing it everyday.

Keys to Great Releases

***Rule: Always fight with your hands up; get his hands off of you!**

Release Progression vs. Press

- 1 Shorten Stance (side-to-side movement) *Get to 60**
- 2 Use best release that you have green light on.**
- 3. Use a separation tool in your toolbox (rip, rake, punch)**
- 4. *Stack the DB. No humps in route.**

Release progression vs. Soft zone

- 1 “Fire off” –attack the DB**
- 2 Attack “winning shoulder” of MDM (Most Dangerous Man)**

Release types

- A. Speed release (rip through and up winning shoulder, get back on stack)**
- B. Shake release (stick same side as winning shoulder and shift hips away then back to winning shoulder.)**
- C. Single move (stick opposite of winning shoulder)**
- D. Bounce move (vs. off defenders, bounce off the line then burst through winning shoulder.)**
- E. Delay move (pick route side foot-up and pause followed by a burst. Must be patient.)**

Separation tools

- A. Rip**
- B. Punch**