

DAVIE



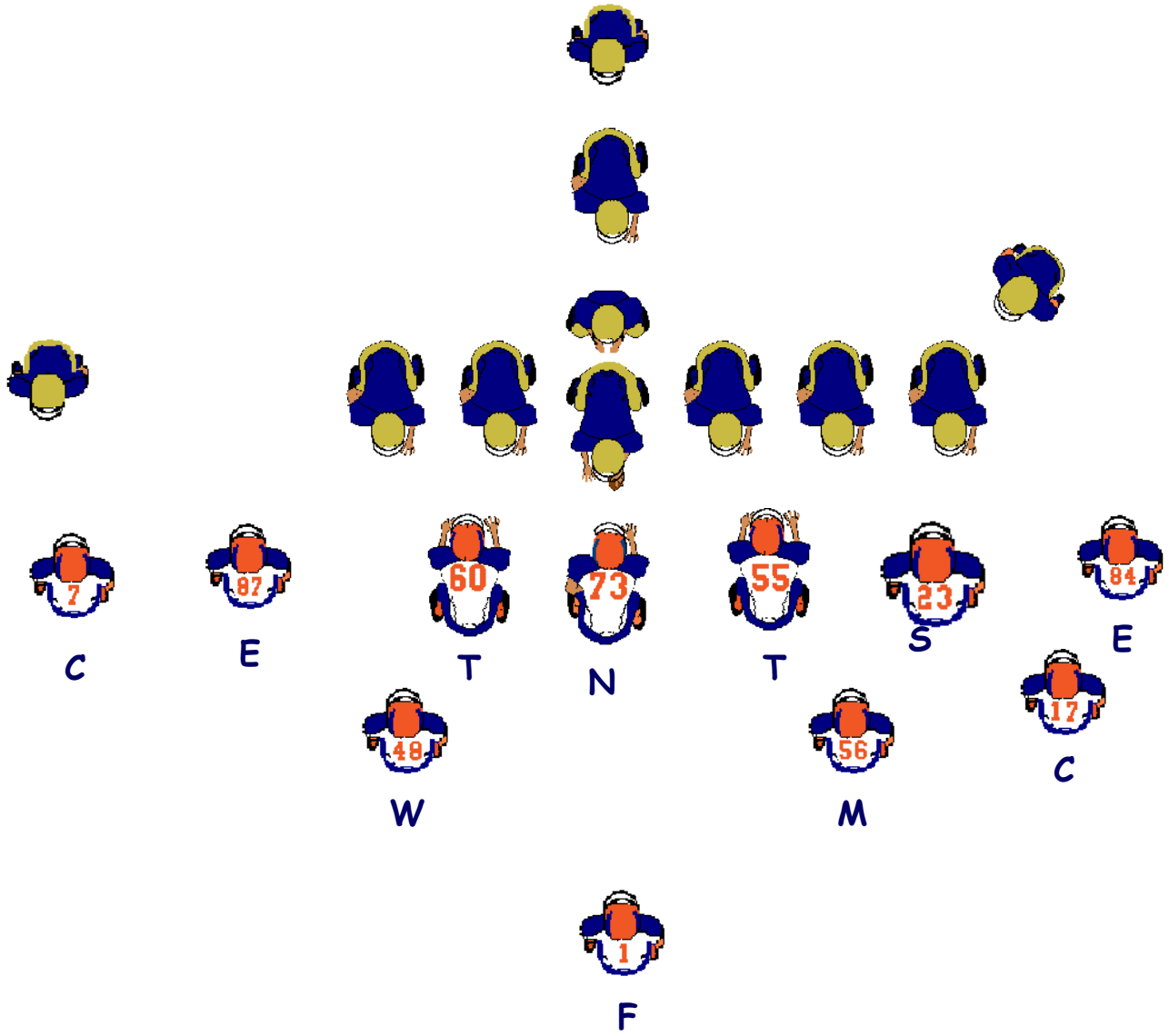
BRONCOS

2004 46 Gambler Defense

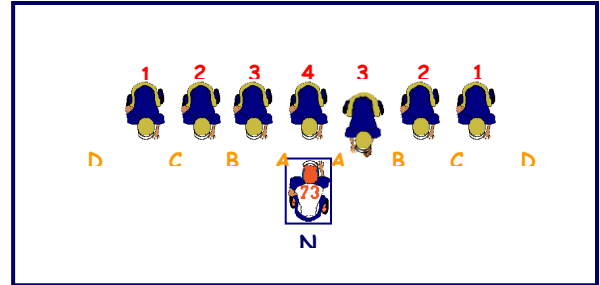
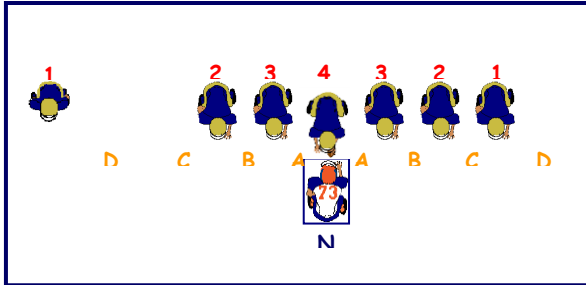
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The 46 Gambler Defense

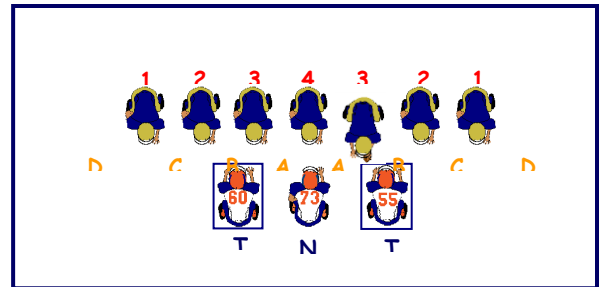
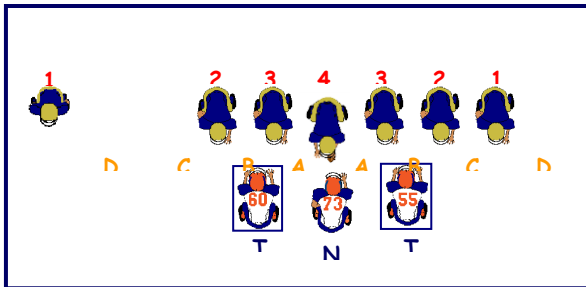


Base Alignment Rules



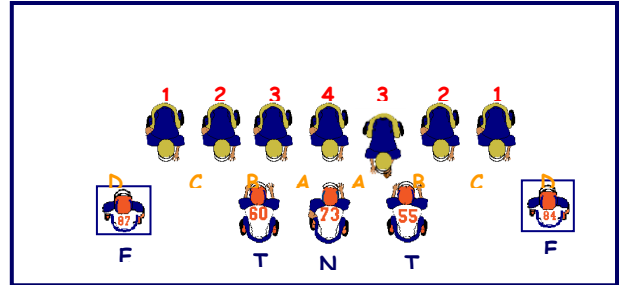
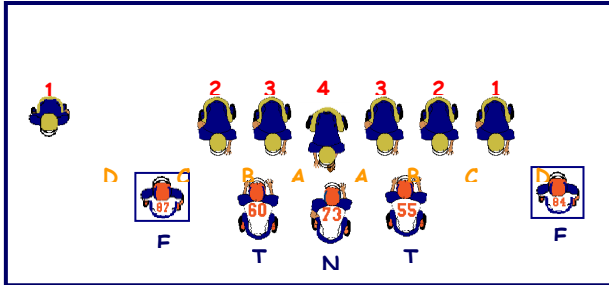
Nick (N) always counts 4 men from end man on LOS.

The snapper is not always the center of the line!

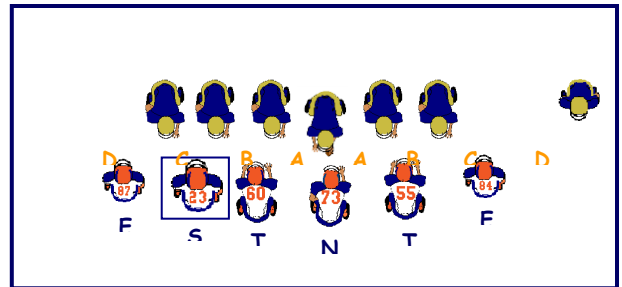
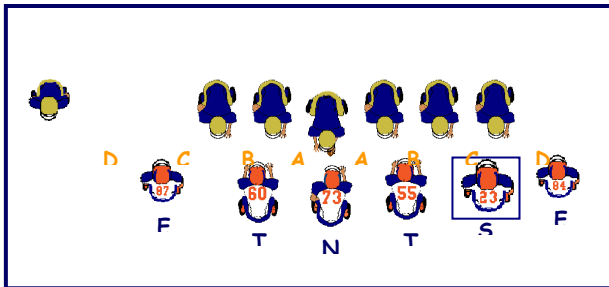


The Tackles (T) always line up with their inside ear on the outside shoulder of the next man down from Nick.

Base Alignment Rules



The Ends (E) always line up 1 1/2 to 2 yards outside the nearest blocking threat.

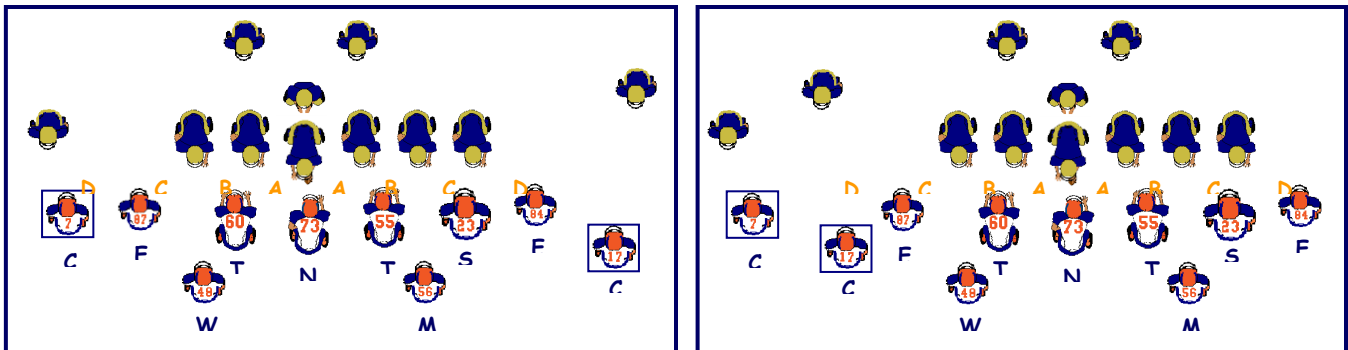


Sam (S) declares strength. Strength is determined by where the TE lines up.

- Roger - Strong right.
- Louie - Strong left.

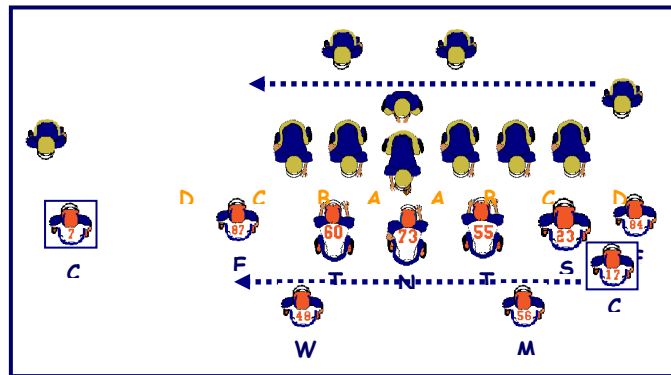
He always lines up on the inside shoulder of the TE (7 tech).

Base Alignment Rules



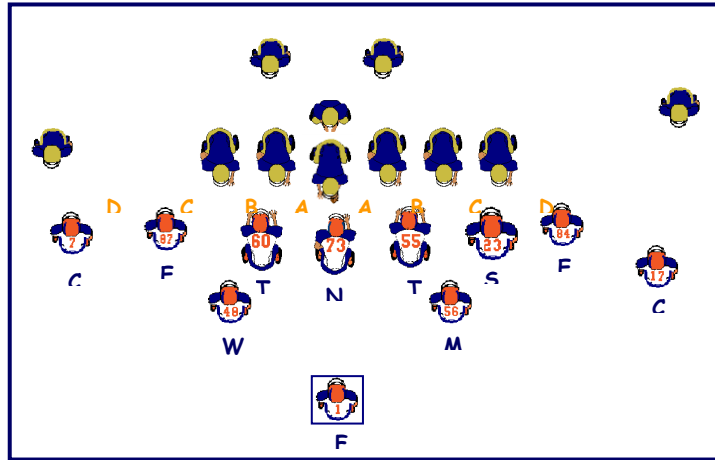
Clyde/Chris (C) line up on Split Ends, Flankers, Wing Backs, and sometimes a TE. They take the #1 receiver to their side. They mirror their receiver. If the receiver is on the LOS, then Clyde/Chris is on the LOS. If receiver is 1 yard off the LOS, then Clyde/Chris is 1 yard off the LOS. Play crotch split alignment. Inside foot is up, and outside foot is back. The outside foot should split the crotch of the receiver. Clyde/Chris must deny an inside release.

This is a corners over defense. If there are 2 wide receivers on 1 side, both Clyde and Chris play on the same side.



If Clyde's/Chris's man goes in motion, he must follow.

Base Alignment Rules



Fred's base alignment is 6 to 10 yards deep. Look through the QB to the football. He is responsible for deep threat and QB. His general rule is: 2 wide receivers - play 10 yards deep; 1 wide receiver - play 8 yards deep; 0 wide receivers - play 6 yards deep.

Nick Assignments

Nick is a two-gap player; therefore he needs good strength and technique. He plays a "O" technique and must have a low center of gravity. He must control the Center and make plays at the LOS. If playing a smaller Nose Guard, he must be quick enough to rip through the Center's snapping hand and cause disruption in the backfield. The nose guard should be the "stud" of the front 3 players in the interior of our base defense. He must possess strength and quickness and the ability to shed the centers block.

ALIGNMENT

Nick will line up on the fourth man from the end. This will usually put him over the Center, except against an unbalanced line where he would be aligned over a Guard. Align in a 4 point stance directly head up on the Center or Guard in an unbalanced line, crowd the ball and key the Centers snapping hand. Move on movement.

TECHNIQUE

Can shade to Center's hiking hand and pass rush through that gap with "Bull" or "Rip" technique, or he can "Swim" to the opposite side. He must hit the Center hard and play "Peek-a-Boo" in order to play the playside "A" gap. He will "Hit and Hunt". If he is double teamed by the Center and the Guard, he needs to first try to squeeze into the gap and failing that, he must drop and make a pile. At all times he must avoid getting pushed back into the linebacker.

PROCEDURE

Get a great first step into and underneath the Center. Pad under pad is always important. Smack the Center hard enough to stand him up and knock him into the QB's lap. Quickly gain hand position on the center and fight to the play side "A" gap. Getting the hips into the hole when reached is extremely effective. This technique should also be used when double team block is attempted. Use of the hands on the defensive line is the most

important skill there is. If the center tries to block back on the 3 tech, deny him that easy angle, shove him into the backfield as you locate the play side. Nick **MUST NOT** seek to penetrate by guessing which side the ball is going to, in fact it is much more effective to play up and down the line of scrimmage. You are responsible for the play side "A" gap. Always **CROSS FACE** rather than run around the centers block. In any double tight (two TE's) formation you must count 4th man from the side to determine the "A" gaps as some teams will line up unbalanced (4 men to one side of snapper, and only 2 on the other for example).

In blitz situation, pay attention to where the blitzers are being sent. If a blitzer goes **STRONG "A" GAP**, then Nick must play thru the weak "A" gap. If blitzers are shooting both the strong and weak "A" gaps, then Nick should control the Center and provide support. When "Bolt" calls are made, you may jump the center using the swim or rip moves.

KEYS

1. Read the Center's hat
 - a. If Center's moves to Nick's right, Nick moves hips into right "A" gap
 - b. Key is getting hips into playside gap
2. Watch Guards eyes
 - a. If not looking at Nick, go one on one with Center
 1. Rip Center's hiking hand
 2. Swim to opposite hand
 3. Drive Center straight back
 - b. If looking at Nick
 1. This will tell Nick who is blocking him and which way the play is going
 2. Split the double team - if no split, then this will be hard to beat
 3. If 6 inch split, then dive head first, arms out in front, head up and stay below shoulder pads and bear crawl and get underneath.
 4. Drive Center back if no split
 5. Loop around Guard

- c. If both looking at Nick
 - 1. Wedge is coming
 - 2. Dive sideways across the Center's feet
- 3. If pass Nick is responsible for the draw, then rush
- 4. If run, keep blockers away linebackers and pressure the ball

Defensive Tackle Assignments

In our base defense, the defensive tackles (3 techs) have to PROTECT the LINEBACKERS first and foremost from the guards. We do not EVER allow the guards a free release to the linebackers (called a "jump thru block"). Secondly, the Guards must never be permitted to reach and hook the defensive tackles, thus outflanking them and creating more pressure on the linebackers at the B gap. The final job of the defensive tackle is to deny an easy inside release by the guard to double down on the nose. So, the defensive tackles have 3 jobs...

1. Don't allow the jump thru
2. Don't get reached
3. Protect the nose guard from double team

ALIGNMENT

The DT's line up in a 4 point stance on an outside shade of the next man down from Nick. He should be aligned with his inside ear hole of his helmet even with the outside ear hole of the man he lines up on. Crowd the line of scrimmage.

PROCEDURE

1. The defensive tackles move on movement. They key the outside shoulder of the guard to the Guards neck. The defensive tackle must ATTACK THE GUARD not shoot the B gap!!! . Aim to get your helmet to the outside shoulder pad of the guard.
 - a. If the guard steps down, the defensive tackle follows and attacks that shoulder down while shooting his inside arm toward the inside number of the guard. GRAB CLOTH and pull hard spinning the guard away from his target, and keep the guard from getting an inside escape to the nose or linebacker...propel yourself down the line of scrimmage as you pull on the guard. This is called the "CATAPULT" technique. This technique will put you into perfect position to "wrong arm" a trapping guard,

thus, you will TRAP THE TRAPPER! DO NOT PENETRATE AND GET TRAPPED!!! If you are unable to trap the trapper, then the "squeeze technique" is the next best option, that way if you spill the trap you can make the tackle with your outside arm.

2. If the guard tries to drive you out, you meet force with force, and fight pressure with pressure as you squeeze the guards body back into the a gap. Your outside hand should maintain contact with the guards outside shoulder, your inside hand should be in his sternum.
3. If the guard tries to outflank you and place you into the A gap, deny this by immediately swinging your hips up field toward the b gap, get your helmet outside of the guard and cross his face as you step up field, You are responsible for a 3 yard area outside of your alignment, do not be driven laterally down the LOS without resisting and shedding that block. DONT GET REACHED. Keep your outside arm free, use inside hand to shiver or forearm shiver. Cross face!
4. If the guard pulls outside- don't over penetrate and lag behind the ball carrier, instead, get into the guards hip pocket, he will take you right to the ball carrier, prepare to use dip (outside shoulder)and rip to get under the block of the offensive tackle...in some instances, the tackle may block too flat, trying to get his head in front, in that case, you may elect to club and over on him...again, throwing him into the a gap as you pursuit the guard.
5. If the guard pulls to the inside, maintain your attack on that shoulder and follow the guard down the LOS, don't over penetrate and be susceptible to cut block by backside tackle. Be prepared to rip thru back block by center. Swim over is next choice. HUSTLE TO THE BALL!!!

Defensive End Assignments

The Defensive Ends must be quick and able to make quick decisions on the run. They can't be blocked by the Tight End on the strong side or by the Tackle on the weak side. The Defensive Ends are the "Force" players and must squeeze everything from the outside in. They must be good tacklers because they have lots of chances for tackles in the backfield.

ALIGNMENT

The Defensive End stands up in a two-point stance with his shoulders square to the LOS, his inside foot up and about $1\frac{1}{2}$ to 2 yards outside of the outside man. He is a force player causing havoc in the backfield and forcing plays to the inside. At the snap he should take 1 to 2 steps into the backfield. He must keep his outside shoulder, arm, and leg free.

TECHNIQUE

He must be aware of the crack back block from the Split End, Nasty Splits, or Wing Backs. Keeping his outside foot back will allow him to see the crack back. He must maintain force of leverage if flow is towards him and look for bootleg, counter or reverse if flow is away. Ignore runs inside the tackles and tackle the QB every time. Line up wide enough so that the end can't block him.

KEYS

1. Force the ball inside
2. Take on blocker with outside arm free and force back inside
3. Inside foot up, outside foot back
4. Head turned towards football
5. Look through Tight End and Tackle to back
6. Key the first step of backs. With I, key both backs; with split, key near back
7. 2 steps upfield, decide on angle
8. If crashing, go straight to the QB
9. Backside contain --- no deeper than the ball

10. Key near backs foot, look at QB and ball
11. Be the "Force"
 - a. Never get leveraged by the ball carrier
 - b. Keep outside foot back in a stagger
12. BCR responsibility --- Bootleg, Counter, Reverse
 - a. Push off inside foot, drive upfield and outward
 - b. Keep outside foot back and hips open to the outside

Sam Assignments

SAM - Must be unselfish, tough, mean, and disciplined. He is a total football player. Speed helps, but isn't necessary. The better the Sam, the better the 46 defense

ALIGNMENT & ASSIGNMENT

Sam always plays inside shoulder of the TE. He plays very tight to the "C" gap. Align with the outside foot back and inside foot up. His outside foot should be aligned with the TE's crotch. He needs to bend at both the knees and the waist so that he has power to deliver a blow to the TE.

If the TE is to get inside, it will be completely without power and very flat so Sam should be able to manhandle him. Do not let the TE push you back into Mike. Give the TE a fierce two hand jam driving his chest up into his throat. Keep a wide base and deny his release without actually holding him. You must get a shot on the TE, but you must also defend the "C" gap. You can't be run off. Sam is allowed to look into the backfield while he "FEELS THE RELEASE OF THE TE". It's much like guarding a man in basketball. You have to know where the ball is, but you have to cover your guy or come off him if the ball is driven down the lane. Stopping the ball is always the first priority.

If the TE is to try and release straight ahead, Sam steps with his inside foot, gives a fierce two hand jam and presses upward into the TE's breast plate. Keep elbows in and thumbs up if possible. He must try to delay the release of the TE as long as possible.

If the TE tries to go outside, the Sam backer will push him outside and try to keep him on the line of scrimmage (better yet, push him into the backfield). If the TE gets away for an out pass, Sam must be on the back hip pocket of the TE and ready to swipe at the ball with his hand closest to the TE.

Linebacker Assignments

MIKE - STUD BIG HITTER - should make most of the tackles to plays run to the weak side. Know sign of trap (larger split between center and guard), signs of fold (guard deeper than tackle) and signs of double team and jump thru blocks (tighter gaps between guard and tackle).

ALIGNMENT & ASSIGNMENT

"ACE" - 4 yards deep in a 00 tech.

KEY- Be aware of backfield strength, step in direction of fullbacks first step. If you read pull away, rock and roll back, play inside out to ball. Overrun any reached or hooked DT, attack blocks with outside arm free. Fill open windows.

"DUECE" - 4 yards deep in a 40 tech.

KEY- Be aware of backfield strength, step in direction of fullbacks first step (near back if split). If flow comes to your side, be prepared to outflank the offensive tackle. Rip thru his reach attempt. Play tight to his down block. You may overrun Sam if he's in the C gap. If flow goes away check far guard for pull to and listen to call by Will. If split backs, check for split flow. Pursue inside out to football. Over run reached 3 tech. On counter back to your side get on top of the second puller. On counter away get under second puller.

Pass Responsibility - "First back to your side". If your near back stays into block attack him, this will provide illusion of blitz as you are covering your man. Other option included in "Spy Coverage" allows you freedom from backfield coverage assignment, now you can drop to hook to curl. If near back goes away, check far back for flow to your side.

Will - The Adjustor, becomes a defensive back when the second back lines up outside of the tackle box ("ACE" call). Should arrive on the strong side unblocked and make many of the tackles on flow away.

Versus ACE calls, mirror your man.

Versus DEUCE calls, align in 40 tech on weak side, 4 yards deep, key near back. If he goes away, look far guard to far back for split flow.

Playing the run is identical to Mike backer responsibility. Must be a faster player due to pass coverage situations. If flow comes to you be prepared to outflank the offensive tackle, rip thru his reach block. Play tight to his down block. Play lead blocks with outside arm free. Force ball back to Mike. On flow away play inside out to football for cut back.

Corner Back Assignments

Need to be quick, agile, and disciplined. Can have 1 Corner that is better at coverage and 1 that is better at run support. Must be able to cover receivers one on one. The Corner Backs play man-to-man coverage, bump and run with inside leverage.

ALIGNMENT

Inside foot is up and outside foot should split the crotch of the receiver. Corner Backs depth should match the depth of the receiver. If the receiver is on the LOS, so is the Corner. If the receiver is off the LOS, the Corner is off of the LOS. If the receiver goes in motion, the Corner must follow.

TECHNIQUE

Focus on the receiver, not the QB. **DO NOT LOOK INTO THE BACKFIELD.** Align as close as possible on the receivers inside shoulder with eyes focused on the receivers belt buckle. Both hands should be up and held out in front ready to jolt the receiver by hitting him with the palm of the hand. Must jam the receiver at the LOS to take away the slant. Punch with the opposite hand, take a drop step, and rotate. Stronger Corners can use outside hand on breastbone and opposite hand under ribs, running the receiver out of bounds. Wait for the receiver and do not lunge. Drop step to the side of the release while at the same time punching with the opposite hand. Do not over rotate the punch. Contact the receiver with the upfield hand, work the transition of the hips and use the squeeze. Not a press, more of a redirect toward the sidelines.

COVERAGE

1. Bump and Run
 - a. Footwork
 - b. Hips
 - c. Jam technique
2. Always jam and reroute receivers
3. No one ever crosses your face without a pop

RUN

1. Take away the sideline
2. Force the ball carrier inside

CRACK

1. Replace the Wing when he blocks down on the Defensive End
2. You become the Defensive End
3. Yell "CRACK" to warn the Defensive End

MOTION

1. Jet Motion
 - a. Sprint across
 - b. Expect your man to be the ball carrier
2. Flat Motion
 - a. Be ready to assume outside leverage
 - b. Force ball inside

PLAYING OUTSIDE ARM FREE

The defender gets both hands on the chest plate of the receiver. The Corner must step with his outside foot behind and to the outside of the blocker while simultaneously crossing the face and jerking the blocker back to the inside and denying the runner the sideline. After shedding the block, the Corner must force like a rocket and force the runner back inside.

Fred Assignments

Needs to be a little stronger and intelligent because of all of the stunt calls. Should be a hitter, a good tackler, and be able to cover both sides. Fred will work as an extra Linebacker

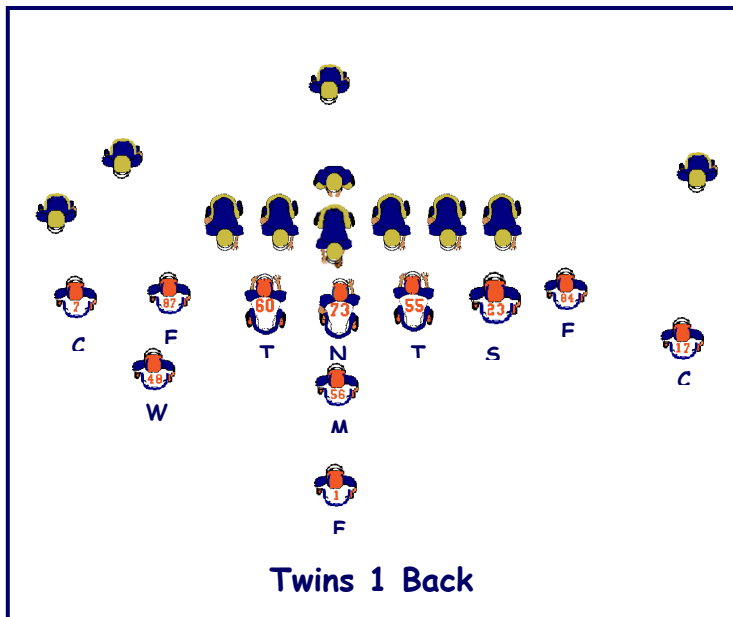
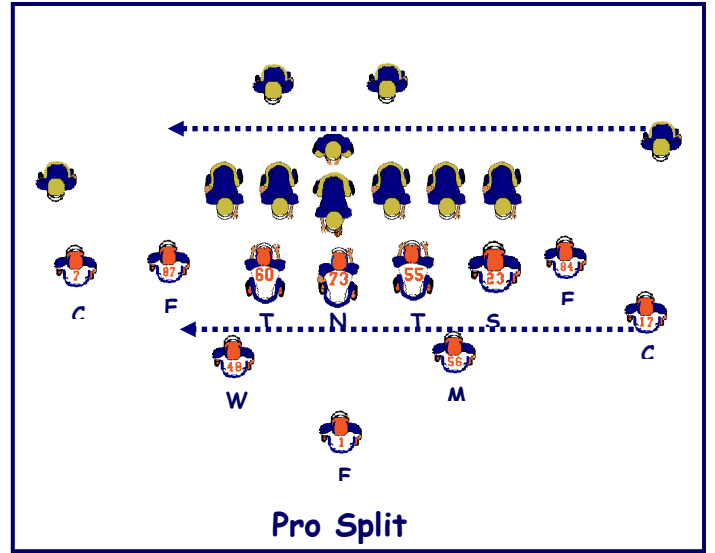
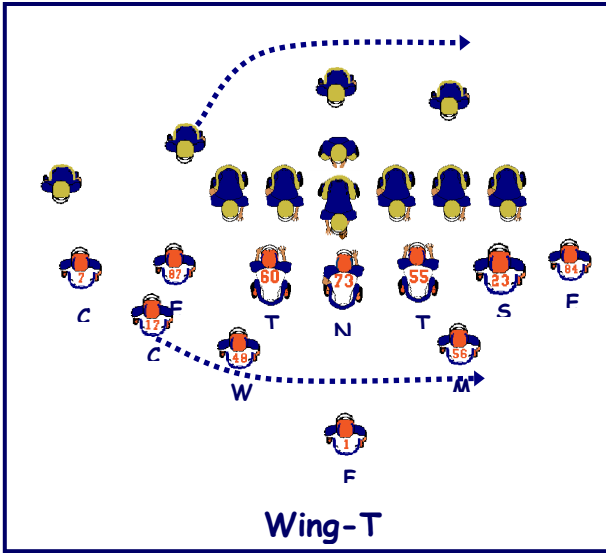
ALIGNMENT

1. Full House, 2 Tight Ends
 - a. 6 yards deep
2. One wide receiver
 - a. 8 yards deep
3. Two or more wide receivers
 - a. 10 yards deep

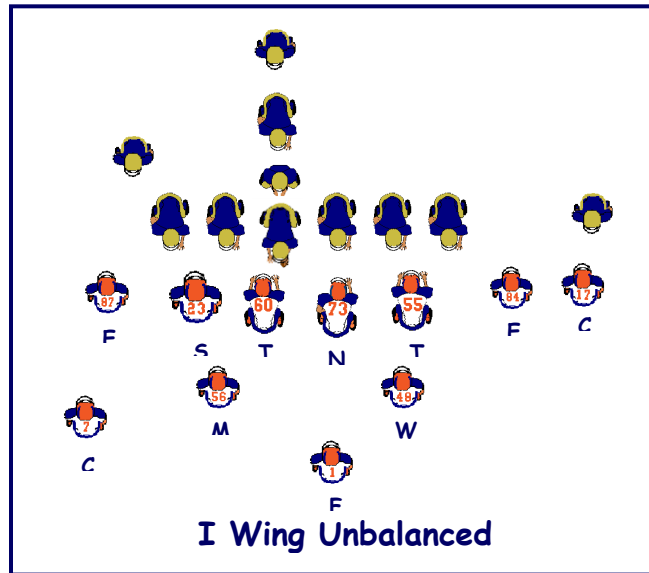
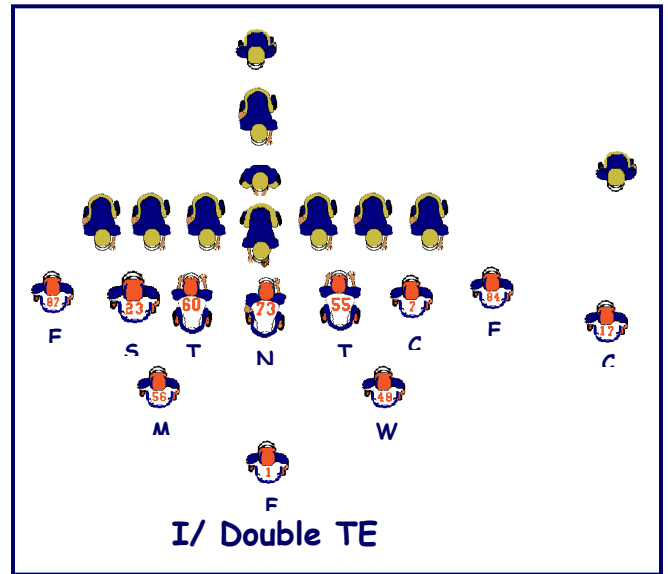
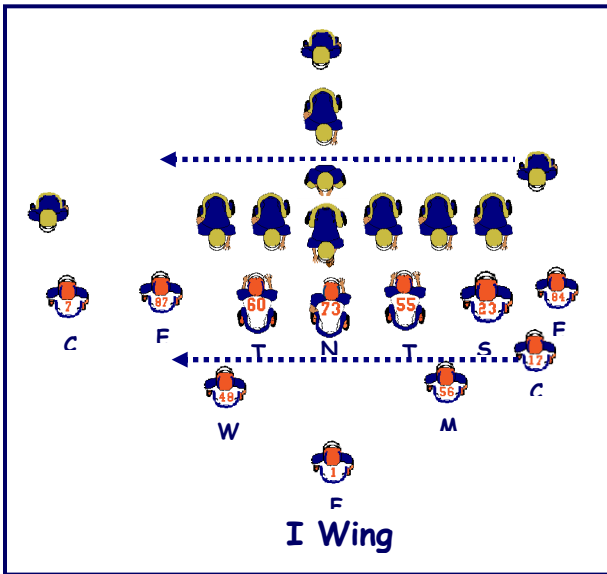
TECHNIQUE

Fred will key the Quarterback, watching for bootlegs and filling the alley. With a non-running Quarterback, Fred may cheat over to take away slant patterns.

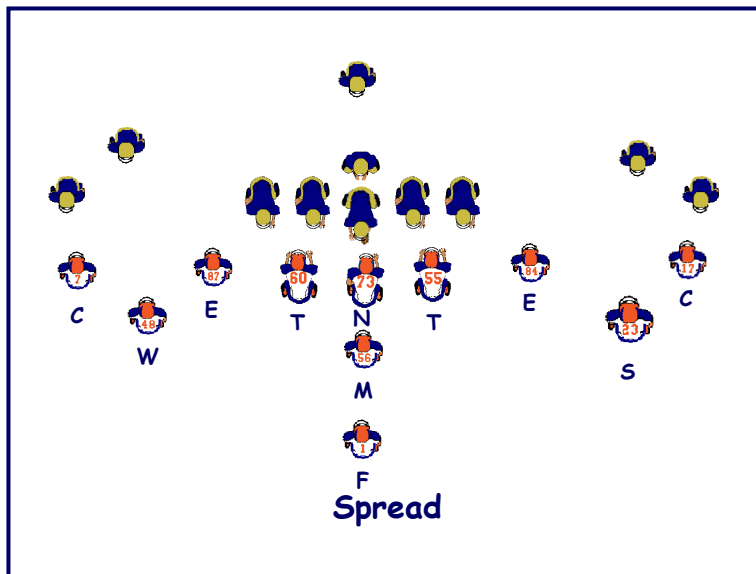
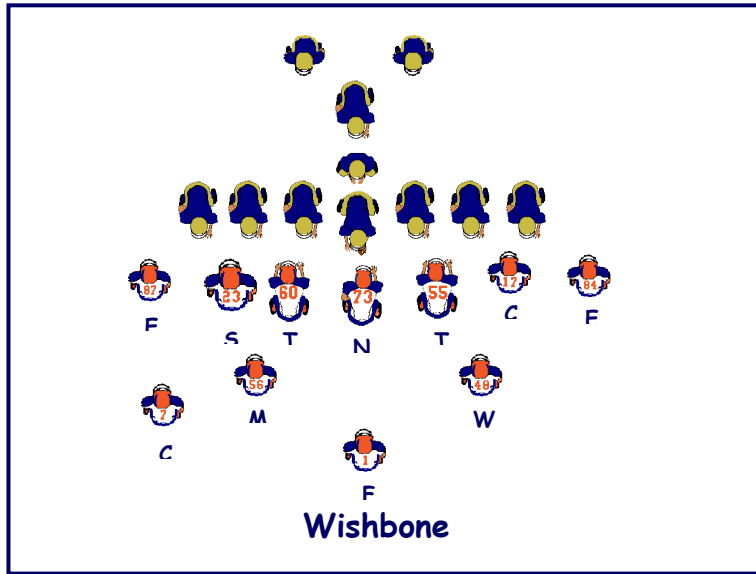
Formation Alignments



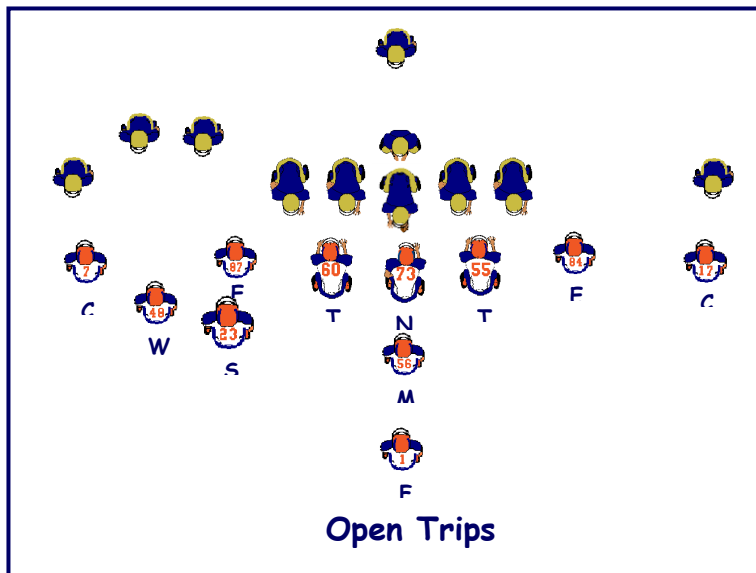
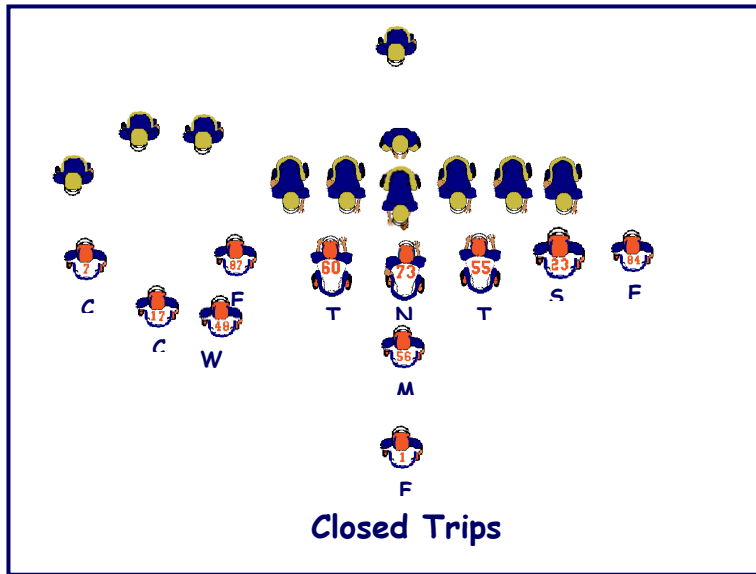
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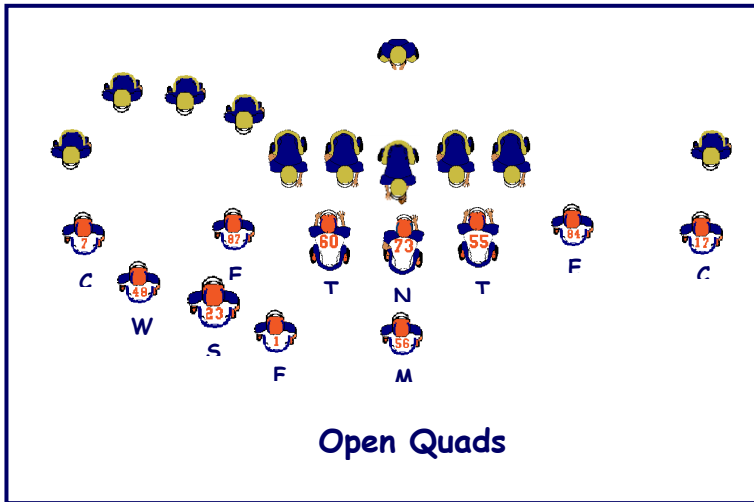
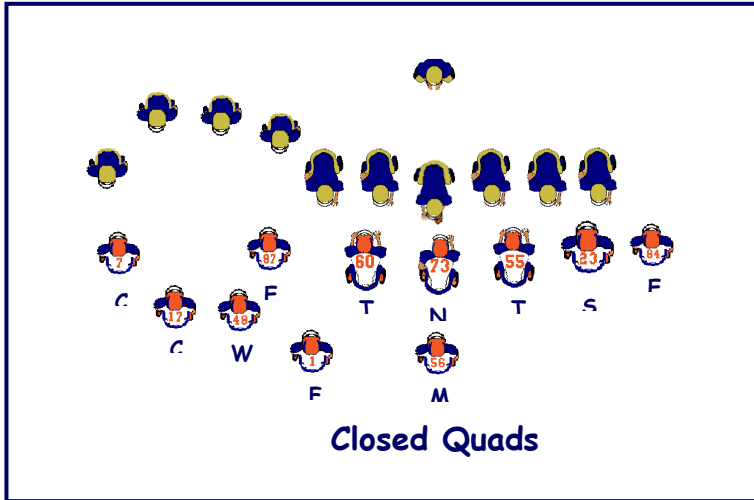
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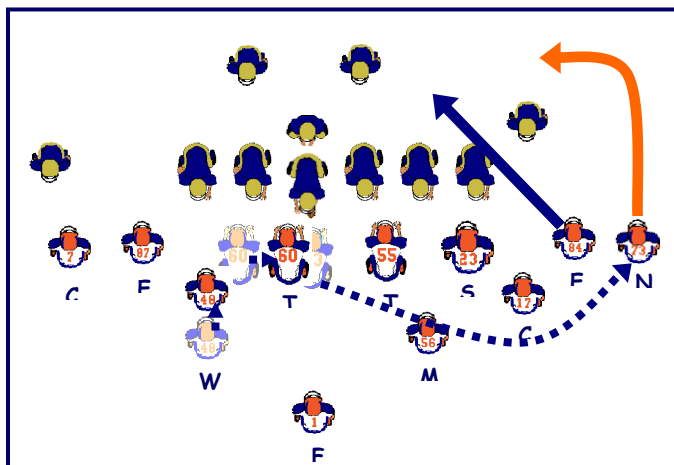
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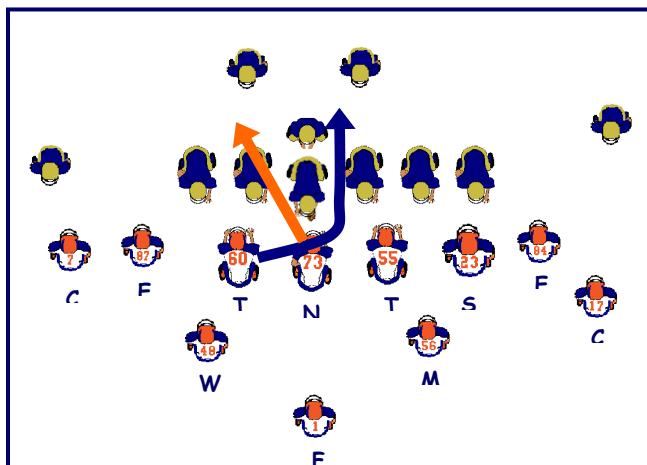


Line Stunts



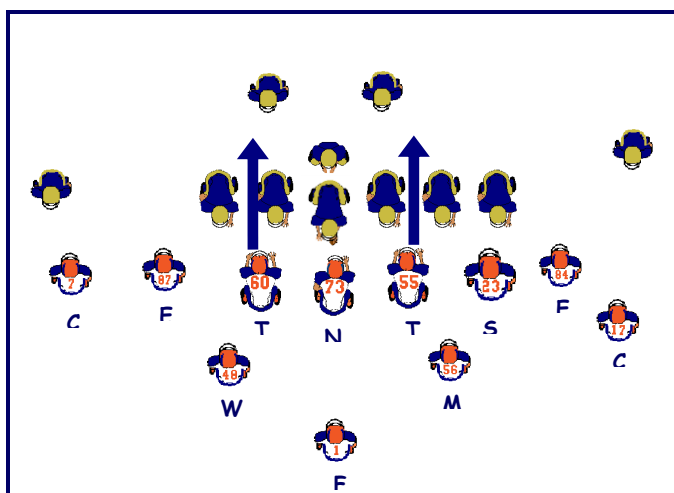
NICK

Nick moves to wide 9 tech outside DE and turns everything inside. DE blasts into backfield as hard as he can. Weak side DT moves from a 3 tech to a 1 tech. Call can be either to the Weak side or Strong Side.



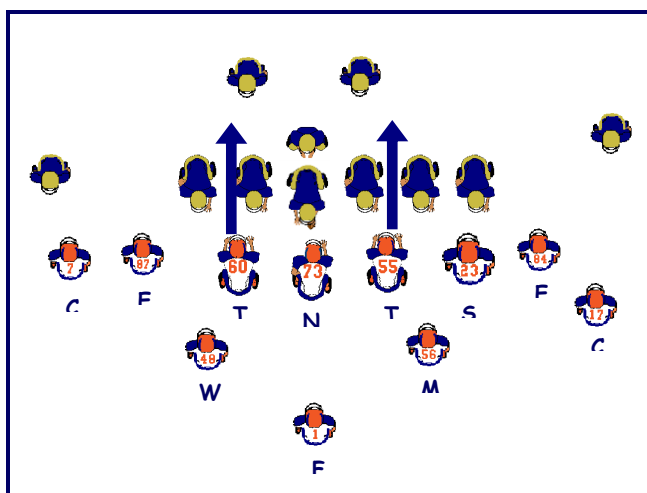
NUT - Nose Under Tackle

Weak - Nose slants to weak side, weak tackle loops to strong "A" gap.
Strong - Nose slants to strong side, strong tackle loops to weak "A" gap.



BEAR

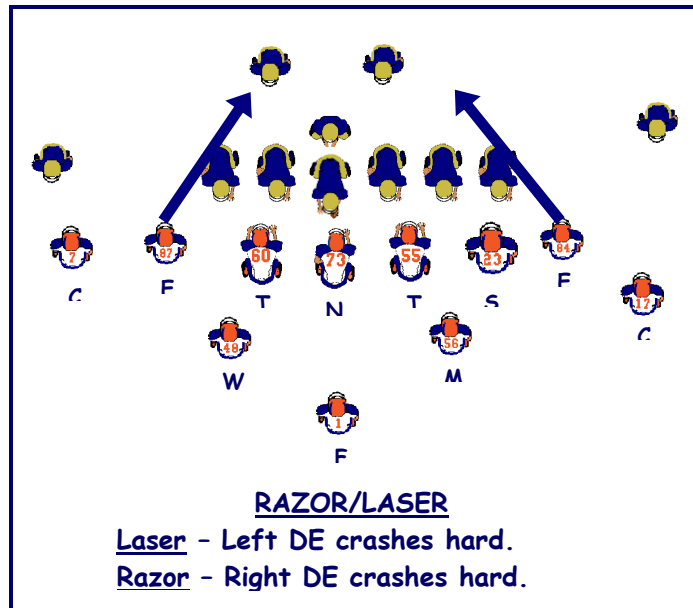
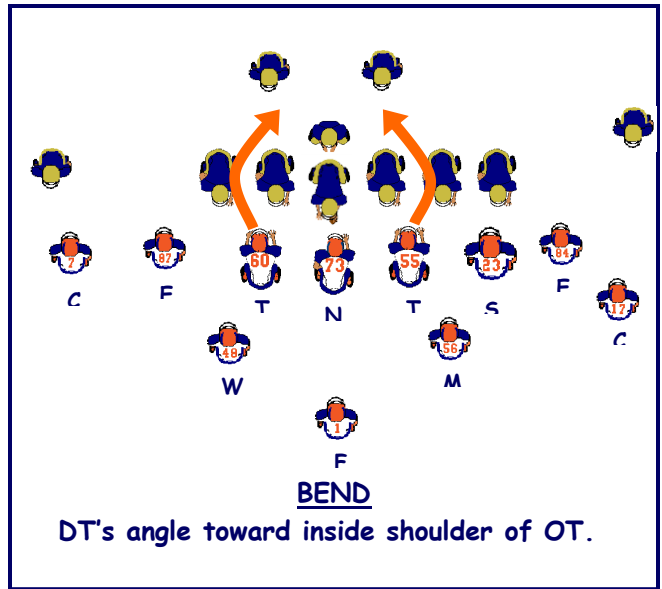
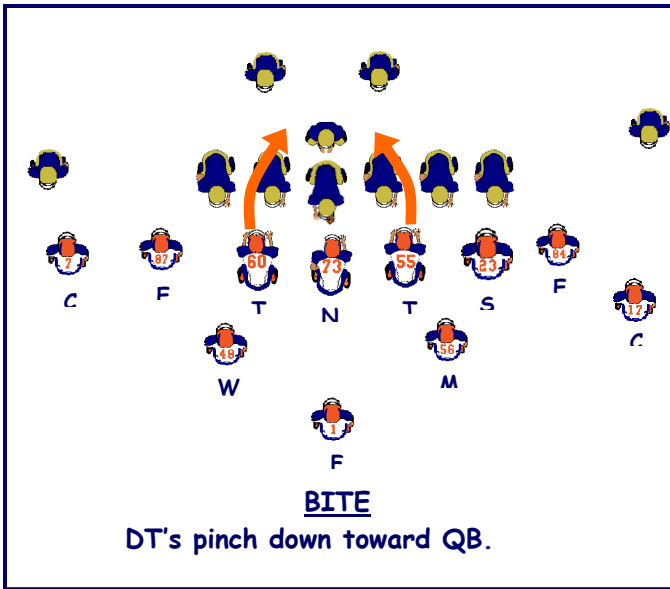
DT's bear crawl through the "B" gaps.



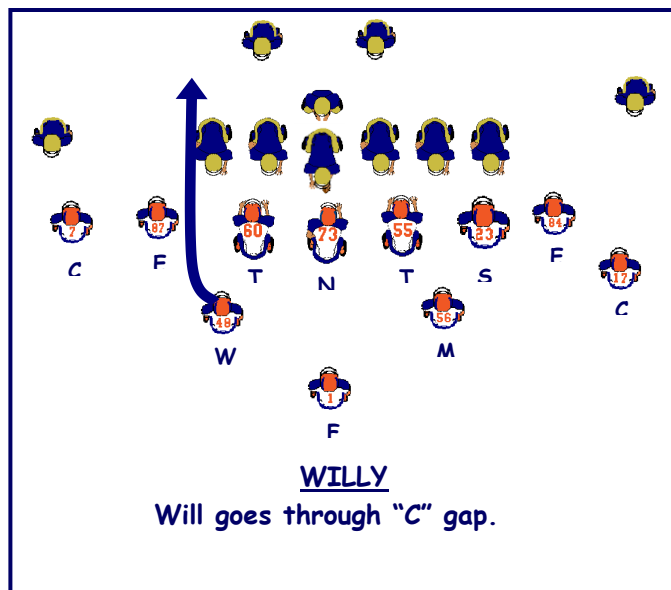
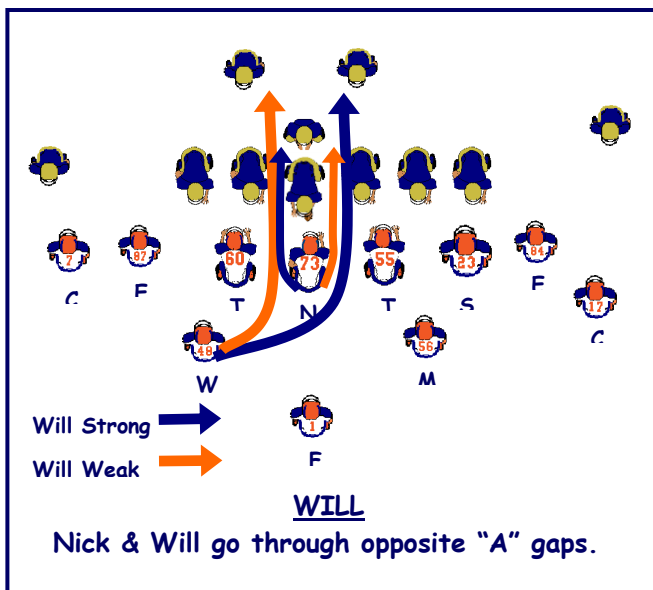
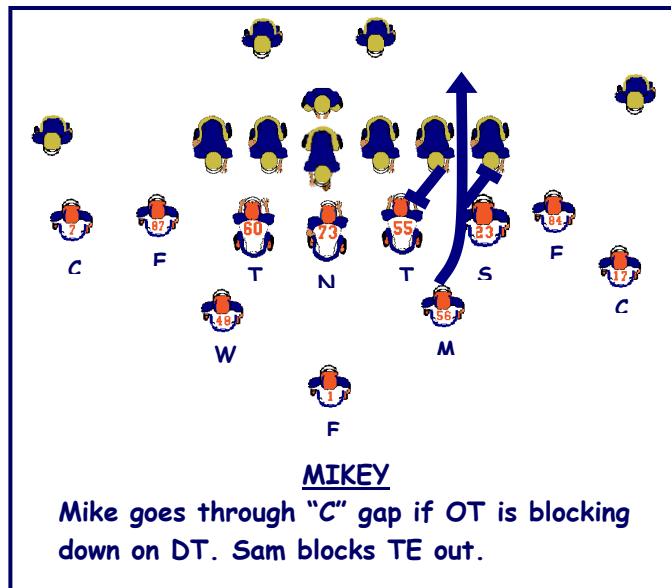
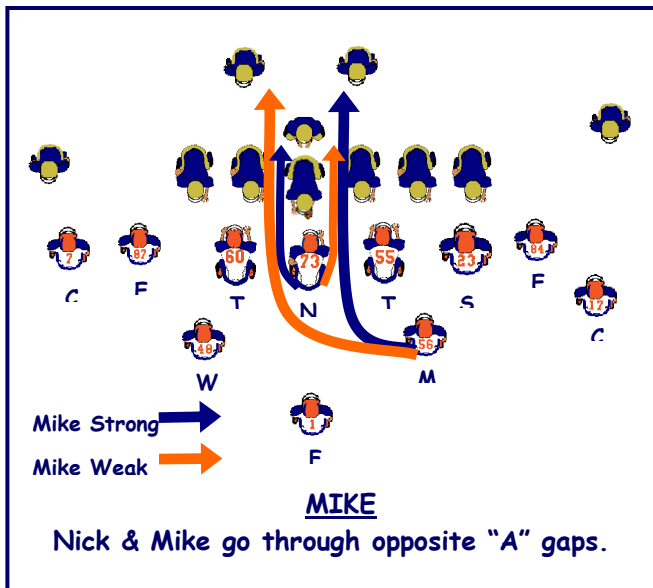
BOLT

DT's penetrate up field as quick as possible.

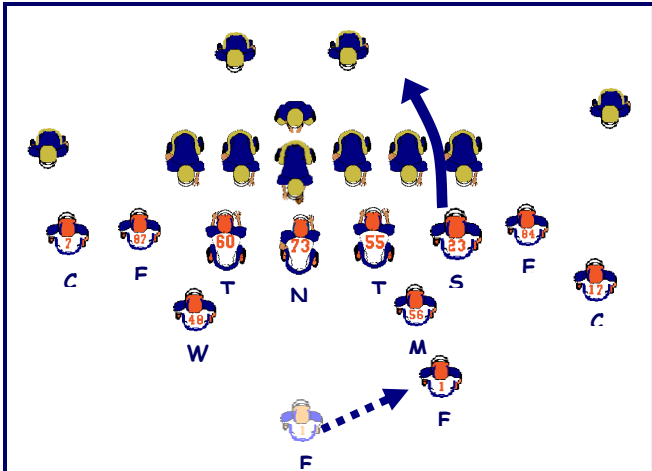
Line Stunts



Linebacker Stunts



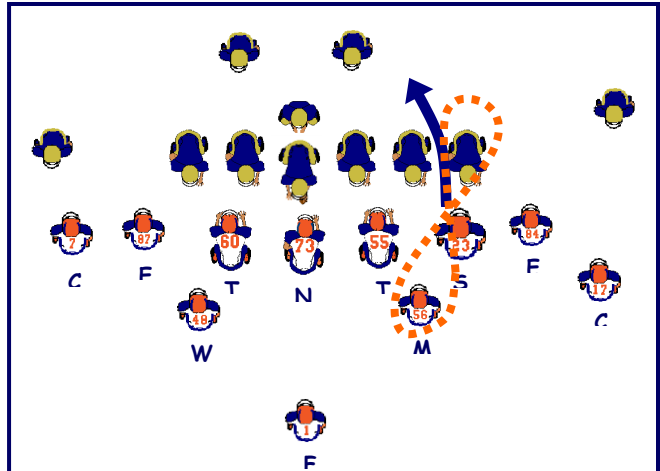
Linebacker Stunts



The diagram shows a football defensive front with seven players labeled C, F, T, N, T, S, F from left to right. Below them are W, M, and F. A blue arrow points from the center gap (between T and N) towards the backfield. A dashed blue arrow points from the center gap towards the TE position (between M and F).

SAM

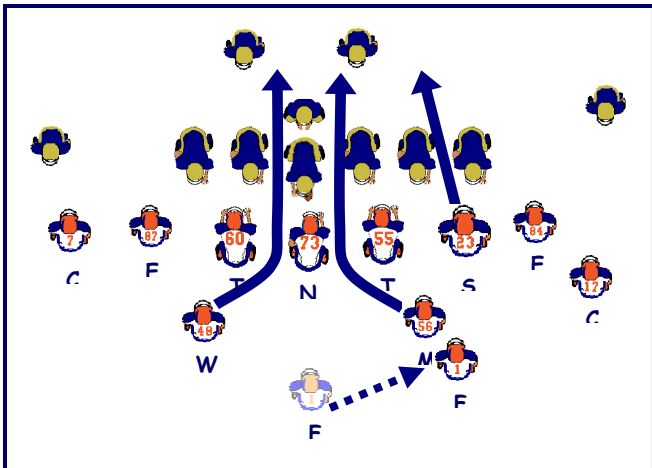
Sam goes through "C" gap. Just before snap, Fred moves over to pick up coverage on TE.



The diagram shows the same defensive front as the SAM stunt. A blue arrow points from the center gap towards the backfield. A dashed orange arrow points from the center gap towards the TE position (between M and F).

SAMSON

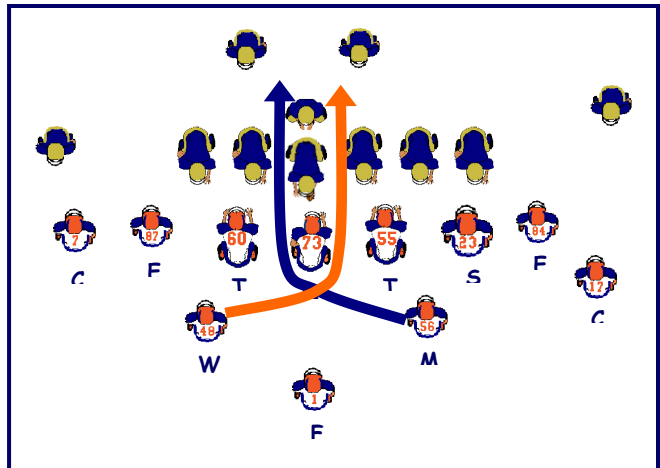
Sam goes through "C" gap. Mike picks up coverage on TE.



The diagram shows the same defensive front. Three blue arrows point from the center gap towards the backfield. A dashed blue arrow points from the center gap towards the TE position (between M and F).

MAX

Sam goes through "C" gap, Mike goes through strong "A" gap, and Will goes through weak "A" gap. Just before snap, Fred moves over to pick up coverage on TE.

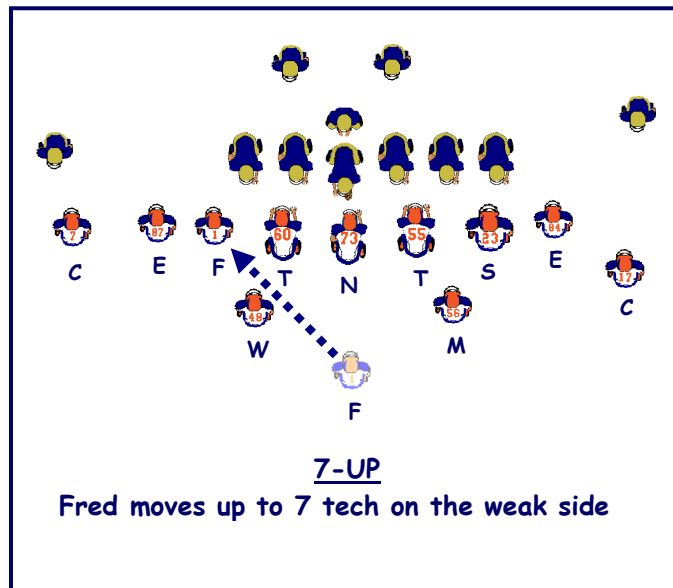
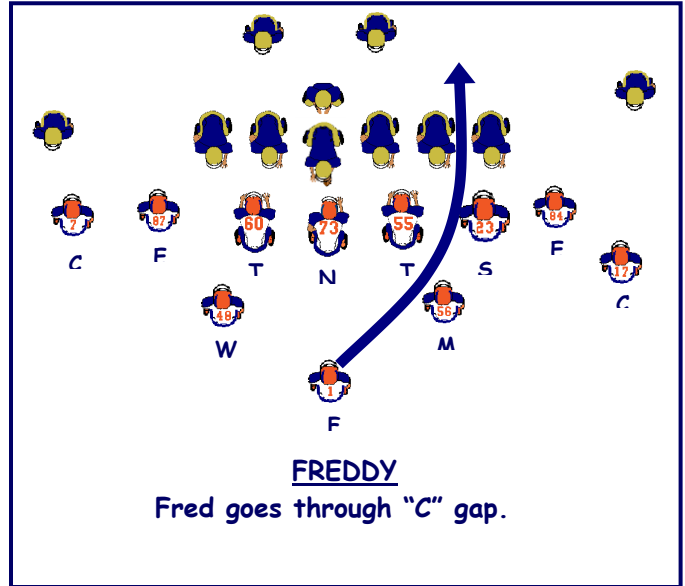
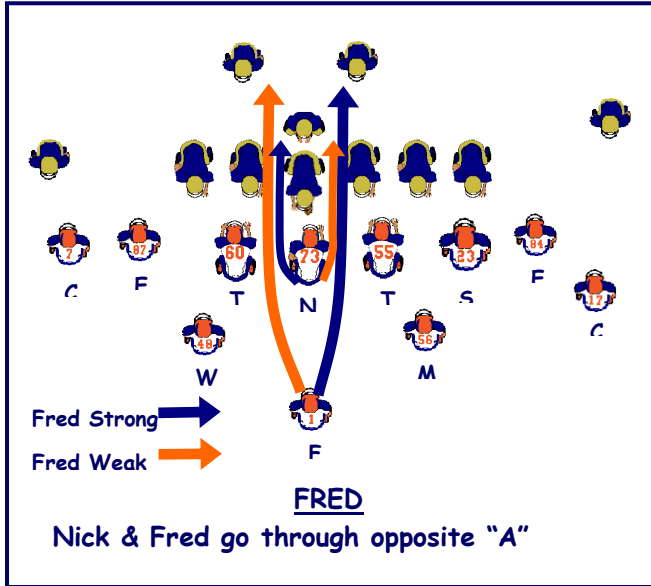


The diagram shows the same defensive front. A blue arrow points from the center gap towards the backfield. An orange arrow points from the center gap towards the TE position (between M and F).

MIX

Mike goes through weak "A" gap, and Will goes through strong "A" gap.

Fred Stunts



Fred Stunts

FRED/SAM STONE

Move Fred up and double team the TE.
Can also use other pairs such as End/Sam Stone.

TOUGH

Move Mike over and bring Fred up. Usually used against double TE's.

DRAGON

Fred moves up and lines up on end of line and rushes very aggressively.

- Fire he goes to the right
- Flame he goes to the left.

Special Stunts

HAWK

Nick moves to a LB position in a 20 technique. The weak side DT moves to a 1 technique.

VICTORY

Nick moves to the Mike LB and Mike moves to a Strong Safety. Fred moves to the strong side of the field.

You can also remove Nick and substitute a DB, leaving Mike in his normal position.

FREAK

Fred calls "FREAK" and moves up to the weak side DE position. The entire line shifts over a gap. Nick still has 2 gap responsibility, except now he is lined up on the strong side OG.

Special Stunts

GAMBLER

Nick moves to strong side 1 technique.
Fred moves up to weak side 1 technique.

MIKE GAMBLER

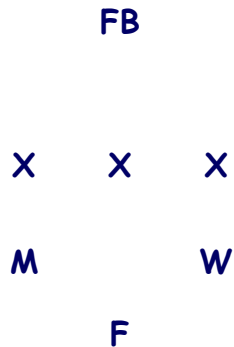
Nick moves to strong side 1 technique.
Mike moves up to weak side 1 technique.
Fred moves up to strong side 20 technique.

GAMBLER NUKE

Nick moves to strong side 1 technique. Fred moves up to weak side 1 technique. Fred and Nick block C back into QB. DT's charge hard through the "B" gap trying to get to handoff. Mike and Will shoot the "A" gaps.

Read and Attack Drill

Here's a progression drill for Mike, Will, and Fred.



FB=Fullback in I Formation

M=Mike Linebacker

W=Will Linebacker

F=Fred

X=Tackle or Center

Simple read and attack drill. The coach stands behind the defense and points to the FB and then points to which direction he would like the FB to go. Start with a walk thru pace (you have to teach the kids where you want them to go and how to get there). What you are looking for is Mike, Will, and Fred (when in "Tough") to take a lead step (no false steps or bouncing) in the same direction as the FB.

If the play were to go off tackle to Wills side, he is the forcing player at the POA. His head should go across any blockers or the ball carrier. Mike would then be the cutback or square up defender.

If the ball were to be run off tackle to Mikes side, he is the forcing player and Will now takes the cutback away. Now, the Linebackers are always bricks for the wall of the defense. If a window were to open play side in front of the ball, they should fill it. We don't want to run through behind the ball.

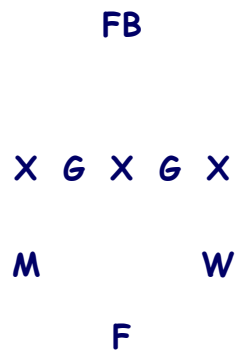
Freds role, should he get there after Mike and Will is to clean up and strip the ball carrier every time. Even in the walk through, have him take the football away.

***Some coaching pointers. The tighter the ball attacks to the middle of the defense, the more Mike and Will have to be concerned with filling the backside "A" gap. For instance, if an ISO is run to Mikes side, and Will overruns the backside "A" gap, there is a cutback possibility if Nick has truly played to the strong side "A" gap.

***What about Wishbone or Wing-T teams?

Answer: If there are split backs, key your back. If he goes away then you can quickly cross key back or far Guard.

Once the Linebackers are no longer taking false steps and are properly attacking in the direction of the FB, it's time to introduce guards to the drill.

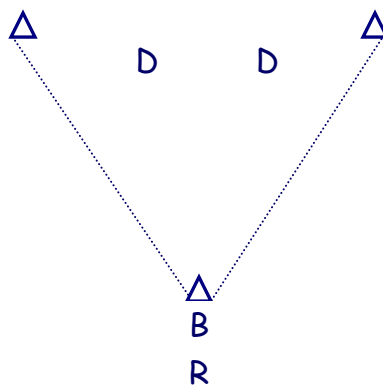


Keep pointing to the FB, then to the Guards. Sometimes pull only one Guard, sometimes pull both, and sometimes pull the backside Guard in the opposite direction of the FB and look for the desired reaction. Start with a walk thru, advance to full speed. Add a ball carrier for even more of a test. Encourage shouting "Pull!" when a linemen pulls away from a Linebacker. This alerts the other linebacker to counter. When you are ready, add pulling Tackle for counters as well.

Step three is to run these drills with split backs and any other offensive sets that you routinely see. Add crossing backs, a faking QB, and even passes to the backs out of the backfield.

Bermuda Triangle

Set up three cones in a triangle. The 2 base cones should be set 10 yards apart, and the point cone should be 10 yards from the base line. Each cone in the base is a goal that is defended by 2 defensive players. Each defensive player is responsible for defending the goal to his side and also in helping to defend the goal away from him. There are also 2 offensive players, a lead blocker and a runner that start at the cone at the point of the triangle. They communicate with each other to determine which goal that they are going to attack. There are imaginary out of bounds lines drawn between the point cone and each of the base cones, and the runner must not go out of bounds. If the plan is to attack the right goal, the blocker will take off to the right and try to hook the defender to the inside. The runner will follow the blocker and try to score. What you are trying to coach is the reaction of the defensive players. They must learn to play outside arm free. As the blocker approaches the defender, the defenders appropriate action is to attack the blocker, and leverage the blocker by getting the outside arm free and forcing the runner to cut back. Do not allow the runner to get to the outside. You want to force him to cut back into your teammate. This is a trap the ball drill. The coaching point here is to get your head play side and your outside arm across the blocker. Take on the blocker and defeat him and force the runner back inside to your teammate, who should be taking a good angle to prevent the cutback. Your Linebacker candidates will be the defenders who aggressively attack the blocker and the runner and stop them for a minimal gain.



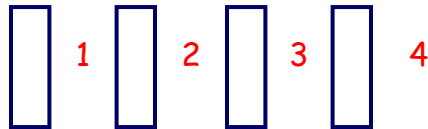
Baseball Drill

Place 4 cones on the field in the shape of a baseball diamond. Put another cone at the pitching mound. Divide the team into 2 "baseball" teams. A player from the "offensive" team stands at home plate and a player from the "defensive" team stands at the pitchers mound. You can also add a Shortstop between 2nd and 3rd base. If you have enough footballs, the batter and each base runner will carry a football. Outs are recorded when an offensive player is tackled, or he loses a fumble, or the defense intercepts. Play starts with the Pitcher throwing the ball to the player at home plate. Once the batter catches the ball, the coach will yell "GO" and the batter will run to first. The pitcher will try to tackle him before he reaches first base. An out is recorded if the player is tackled. If he reaches first safely, the next player at home plate is up. Runners are allowed to leave the base path. If there is a slower player at bat, the offensive team can elect to use a designated blocker. The pitcher must fight off the lead block to make the tackle. If the player makes it to first, he loses the lead blocker. The SS is allowed to tackle any base runner except the runner going to first. The pitcher can also tackle any base runner, but is the only player allowed to tackle the runner going to first. The runner at first can throw a pass to any other base runner right after the coach's whistle. If the base runner catches the pass, he automatically goes to the next base. If the pass is intercepted, it is an out. The defense can record a double play if each defender makes a tackle on 2 separate base runners. After each out, both the pitcher and the SS rotate out and 2 new defenders step in. Once three outs are recorded, the teams switch sides. Run this drill for about 30 minutes, typically 4 innings.

Eye Opener Drill

Align 4 bags on the ground about 2 yards apart. Put a line of ball carriers 4 yards behind the bags and 3 yards outside of the last bag. Put a line of tacklers 4 yards in front of the bags and $3\frac{1}{2}$ yards outside the last bag. The coach should stand 5 yards in front of the bags and toward the center of the bags. Each gap between the bags is labeled 1 through 3 with 4 being outside the last bag. The coach will signal the ball carrier which gap to run to. The drill starts on the ball carriers movement. Coaching pointers are that the defenders should run laterally without crossing their feet until the ball carrier commits. Always try to square up to the hole on contact and put your nose on the ball. "Take a bite out of the ball" and cause a fumble. Keep your head up and your eyes up so that you can see what you hit. Hit, wrap, drive, and lift. Make sure to run this drill with the ball carriers starting from the left and right side of the bags.

BC

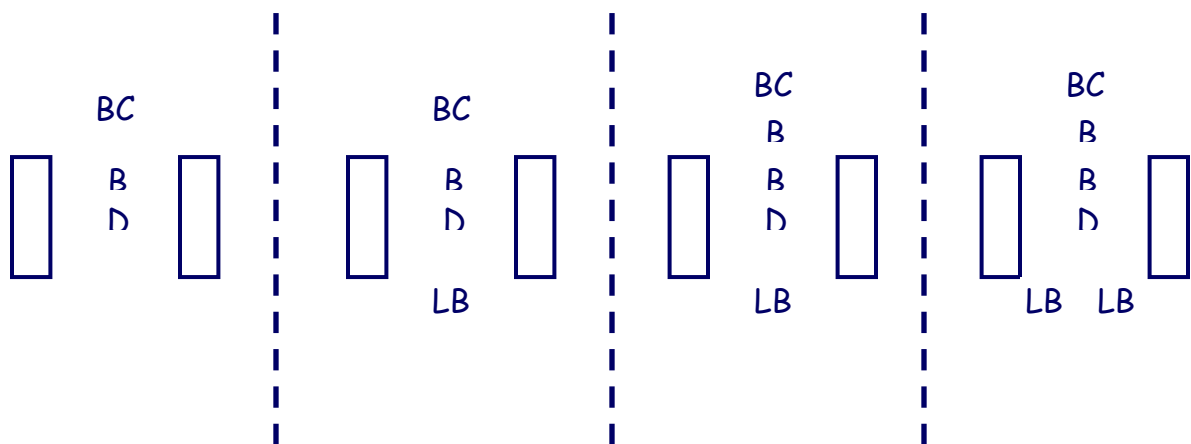


T

C

Oklahoma

Align 2 bags on the ground about 3 yards apart. Between the bags you have a defensive lineman, a blocker and a ball carrier. The ball carrier tells the lineman which way to block the defender and then runs the ball into the hole. This is a great drill to train Nick. Because Nick plays a 2-gap technique, you want him to uncoil into the blocker. The easiest technique to use is 3-point contact. Get your facemask under the chin of the blocker and both hands (with the elbows tucked in) into the breastplate of the blocker and then extend your arms. As you are extending, you are playing peek-a-boo with the ball. You try to cross face with outside arm free to the side the ball is going to. The important thing is to get your hips into the hole in order to clog the hole. Once the defender learns the technique, you can add more players to the drill. The first player to be added would be a Linebacker. This will help to teach the Linebackers to recognize and fill the hole. The next player added would be a lead blocker so that the Linebacker now has to take on the blocker in the hole and make the tackle. Finally, you can add a second Linebacker. The Linebacker to the play side must attack the block with his outside arm free and force the runner back inside to the other Linebacker. As you add more players to the drill, you must widen the distance between the bags.



Bird Dog Drill

This is the basic drill to reinforce (1) The all-important correct first step, and (2) "Staying in the Stance" - keeping balanced - not over-extending ("Number on a Knee"), eyes up. But (3) it is also a very quick way, without having to run an entire play, of reviewing assignments (if a player doesn't take the correct first step, it's obvious he doesn't know his assignment).

Do it with the entire team, or just with the offensive line; call the play in the huddle or, in the interest of time, just keep the players at the line.

- 1) Line up a defense (bags, cones, people) - or just go against "air"
- 2) Call the play, and the snap count, then call the signals
- 3) On the assigned snap count, everyone takes ONE STEP - and FREEZES

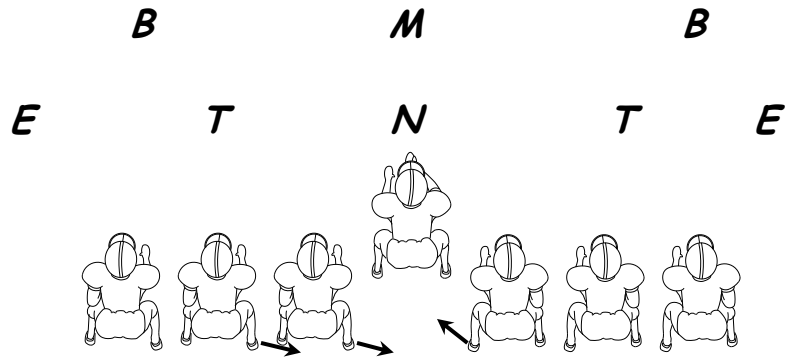
HOLD THEM IN THEIR "POINT" - They will hate it because their quads will begin to burn, but it's good for them. KEEP THEM IN THEIR STANCES until you've checked for:

- 1) Correct first step - correct foot, toes aimed correctly
- 2) Eyes up
- 3) "Number on a Knee" (tail down, knees bent). Center of gravity over the front knee, not the front toe.

(You will be surprised at first at the number of you players who cannot stop on the first step, but instead will have to take a second step to keep from falling forward. Often it is because they over stride, and in doing so, although they may keep their upper body low, they raise their tail and lower their eyes. Their center of gravity should be over their knees, not over their toes).

With this drill, you can fairly quickly run through all your plays or blocking schemes. (You can even do it in the middle of an offensive session, just as a check.)

Here's an example of what to look for.... 88 Super Power against a 5-3



Left End	Left Tackle	Left Guard	Center	Right Guard	Right Tackle	Right End
"Shoeshine" Cut off first man outside center's man	Wall Off: Pull playside, Turn to inside	Wall Off: Pull playside, Turn to inside	(1) Man On (2) Man Away	Playside: (1) GAP (2) ON (3) Down	Playside: (1) GAP (2) ON (3) Down	Playside: (1) GAP (2) Down
OPEN STEP	DROP STEP	DROP STEP	DRIVE STEP	OPEN STEP	DRIVE STEP	OPEN STEP

Although this is an offensive example, you can modify this drill for the defense.

Pancake Drill

We feel that the pancake drill is probably the most effective way to drill our drive blocking. It is a FULL-SPEED, HIGH-INTENSITY, LOW INJURY drill that helps kids overcome fear of contact. (We also use this drill to teach tackling, and to teach a ball carrier to run over a tackler who can't be avoided)

We are trying to stress that initial contact is not the block --- it is only the beginning of the block, which we define as a sustained attempt to put t a defender on his back - to "Pancake" him.

We position a "DEFENDER" in front of a "port-a-pit" made up of blocking dummies. A "BLOCKER" is positioned a certain distance away from him, depending on what we are looking for:

- 1) Initial fit & block
- 2) Drive step & block
- 3) Various first steps & run & block

The "DEFENDER"

(At first) a yard or two in front of the "PIT" and directly in the middle. (As you get better, move him farther out, so the blocker has to drive him after contact).

- 1) Cross the arms through the handles of a hand shield and hold on with both hands
- 2) Important safety point - Make sure the top of the bag covers the bottom of the face mask...crouched in a good hit position...
- 3) Give ground grudgingly after impact --- don't be round-heeled, but...let the blocker win!

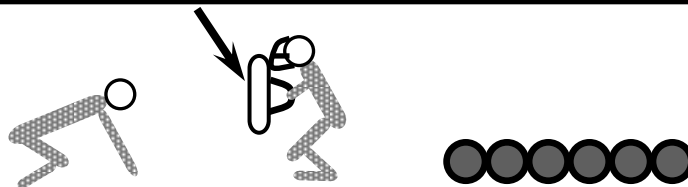
The "BLOCKER"

- 1) "Stay in your stance" - wide base, tail down, eyes up
 - a) Coaching Point - watch the blocker's eyes as he runs and make sure he's not looking at the ground
- 2) Form the blocking surface at the moment of impact
- 3) "Jab ice picks into the chest", causing the forearms to whip upward
- 4) Put the whole blocking surface on the defender
 - a) We don't point a specific shoulder - we want numbers-on-numbers
- 5) Strike a blow - simultaneously unload the hips and knees
- 6) Keep the feet moving, taking short steps with feet shoulder width, head up
- 7) Follow through until the "takedown" - until the defender is pancaked under you
- 8) We want you to land on top of him

SAFETY POINTS:

- 1) Always make sure the "PIT" is set up properly & re-set after every rep.
- 2) Always make sure the defender's arms are crossed behind the bag

Always make sure the defender is ready – bag held over the bottom of the mask



At first, start the drill with the blocker in the correct fit position, and have him drive to the pancake

Keep moving the "DEFENDER" away from the bag, to emphasize driving after contact

Offset blockers to one side or the other to simulate pulling and blocking

Sumo Drill

Create 3 to 4 circles on the ground about 3 to 5 yards in diameter. We now put two linemen in each circle. On command, they block each other out of the circle. If you fall down, that's the same thing as being blocked out. One foot on or out of the circle is all it takes to lose. Go until you have a winner. There is no tie. Kids knocked out of their circle cheer the kids on still fighting. The winners move to the circle to their right. If they're already in the furthest circle to the right, they stay in that circle. The losers move left. If they're already in the circle to the left, the loser goes to the farthest circle on the right. Now let 'em beat on each other until you have found the ULTIMATE SUMO (the survivor in the right hand circle).