

Maryland
Defensive Line Manual
1999

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DEFENSIVE LINE

GENERAL COACHING POINTS

1. Always know your technique, your key, your responsibilities. If you don't know, ASK! There is no excuse for not knowing. Also, if a coach says something you don't understand, ASK!
2. Fight to stay on your feet and fight to get to the ball. You will be expected to be around the football on every play. Great players remain on their feet and make plays.
3. Think about your primary responsibilities before every play. Each time you break out of the huddle, think about your technique, key and responsibility.
3R's
 - 1.) RELAX - Do not tense up; Be ready to explode.
 - 2.) REHEARSE - Know Assignment
 - 3.) REACT - Quick movement to defeat the blocker.
4. Be enthusiastic when on the field. Nothing great was ever achieved without enthusiasm. Encourage your teammates. Never say any bad or derogatory remarks about any teammate. If you can't say anything good, don't say anything at all.
5. You will play like you practice. Everything you do in practice must be done to the best of your ability. Everything we do on the practice field will be done with 100% effort. EVERYTHING!
 - a. Attack the line of scrimmage.
 - b. Be aggressive and hit.
 - c. Hustle at all times.
 - d. Come to practice to get better.

CARE ABOUT WHAT YOU ARE DOING!

6. Never use your head as a primary contact object. This includes spearing and butt-tackling or any action that will bring contact with the top of your head.
7. Always keep your shoulders parallel to the line of scrimmage.
8. Keep your pad level low for maximum control.
9. When stunting, crowd around the ball. Watch the ball and exploded when it moves. Have your weight distributed opposite of the direction you are going.
10. Tackles; Know tendencies of teams that run traps & draws.
11. Know your pass rush lane. If you have contain keep quarterback on your inside shoulder. (Attack his upfield shoulder)
12. Make our active alignments convincing without tipping charges.
13. Always be aware of down and distance, adjust your thinking to situations.
14. Read offensive lines splits for possible Back blocks -Down Blocks - Zone Blocks.
15. Read offensive line stances for possible pass set or offensive guard pull. (Communicate: Heavy or Light call to teammates)
16. Always keep your feet moving in passing situations.
17. Your initial reaction is to ball movement – KEY THE BALL!!!
18. Be prepared for possible quick counts - You must be set in position when center places his hand on the ball and the blocker is on the line of scrimmage. (Nose: Give hands on ball call to teammates)

REMEMBER: You play like you practice. Develop good habits!

PRINCIPALS OF D - LINE PLAY

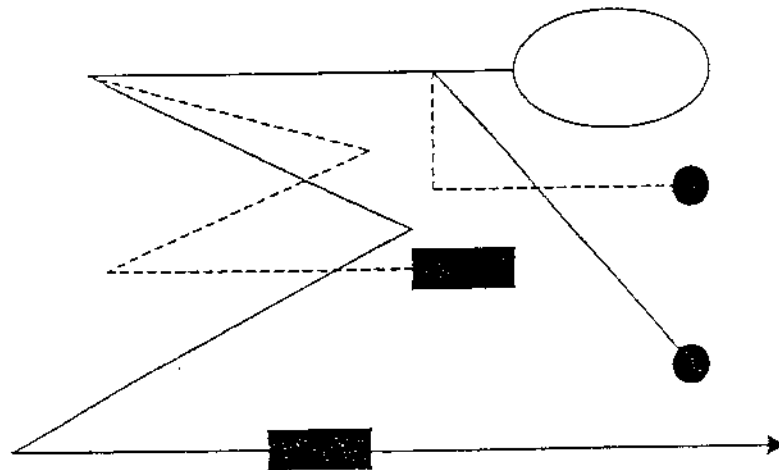
1. ASSIGNMENT
2. ALIGNMENT
3. STANCE
4. TAKE - OFF (ATTACK)
5. CONTROL (LOCK & SEPARATE)
6. LOW PAD LEVEL
7. MOVEMENT (VERTICAL/VERTICAL)
1. ESCAPE/ SHED
9. BALANCE
10. TACKLE/SACK

- PHILOSOPHY:
1. Control the line of scrimmage.
 2. Fundamentally & technically sound. (use proper hands & footwork)
 3. Two dimensional player - effective player vs. the run; terminator vs. the pass.
 4. Ball Magnet - Pursuit to football.

METHOD FOR CONTROL L.O.S.

- A.) Attack the L.O.S. - don't allow blocker to get momentum to push D-line off the ball.
- B.) Play with our feet in the neutral zone.
- C.) Aggressive use of the hands. (Quick making contact)
- D.) Shed - Get off blocks

STANCE:



- Stability & Balance
- Good Base - Proper weight distribution
- Feet under arm pits - feet on vertical plane with toes upfield.
- Lead foot full contact with surface.
- Stagger foot - toe to heel of lead foot.
- Weight on outside foot.
- Back Straight - Head up - Eyes up
- Tilted nose: Inside toe to outside toe of center control hand in position for contact.

DEFENSIVE LINE IMPROVEMENTS GOALS

1. Improve Take Off On The Ball

Method: Film and time the ball movement and step differential (Player concentration)

2. Improve 10 yard Speed

Method: Practice 10 yard sprints - Time and film leg stagger starts.

3. Improve *Slide Speed (Shuffle and Carioca)

Method: Improve strength and flexibility of abductor muscles.

- a.) Upright and lateral leg raise - with and without resistance.
- b.) Abductors-static stretch (wide squats)
- c.) Time and Film 20 yds. Lateral shuffle
- d.) Big ball drill

4. Improve Bent Knee Position

Since DL's start each play and spend a considerable amount of time in the bend leg position, it is necessary to spend time building not only strength and power in this area but also strength endurance.

Method: Steep Lunges, Side Lunges, Lunge Squats, Hip Flexibility Exercise, Step Walking.

5. Improve Striking and Hitting

Method: Bertha Bag, Dumbbell clean and shoves, medicine ball drills, sled.

6. Reduce Finger Injuries

Method: Dead Lifts with clean grip, upright rows, dumbbell rows.

7. *Increase Sacks!!!

Method: Master new pass rush moves - have a plan.

- a.) Deep Rip (High lift or spin)
- b.) Club Tech
- c.) Hold off

- d) Swim (elbow check)
- e) Stroke (wrist Check)
- f) Counter moves (Weave - Fake)

8. Improve Gap and Head Up Position Play

Method: Drills vs. Blocking Combinations

9. Shed Blockers at Point of attack and Pursuit

Method:

- a) Wand Drills
- b) Slide Drills with Blocker and Runner
- c) Wrestling Drills

10. Improve Conditioning Level

Method:

- a) Sprints (40 yds - 55 yds - 110 yds)
- b) Gassers
- c) Continuous Footwork and Movement
- d) ZigZag

A Great Defensive Lineman's Abilities (Skills)

- A. QUICKNESS: Can jump rope demonstrating 3 cross overs and one double jump in 60 seconds - fast hands on Bertha.

The coordinated ability to move feet and arms rapidly

1. Quick Feet

- a) Shed blockers, slip blocks
- b) Skim the garbage - Stay on feet
- c) Wrap up

2. Quick delivery of blow

- a) Work with air
- b) Hand reaction
- c) Shed blocks
- d) Hold the point

3. Can demonstrate burst
4. Can make C.O.D.
 - a) From any position
 - b) Change direction with eye contact

B. EXPLOSIVENESS: Power

3 consecutive jumps 9 ½ yards to 12" beyond
 Vertical jump 27" to 33"
 Run 10 yds. in 1.70 sec. - 1.75 sec.
 Run 20 yds. in 2.80 sec. - 2.90 sec.

The power to generate the quick, uncoiling or recoiling surge of a player from either a stationary or moving position. Strength, speed and anaerobic endurance are all parts of power.

1. A great lineman has the ability to burst, work with air and shed a blocker efficiently without wasted effort of "Strength - muscling."

C. ABILITY TO COMPENSATE: Study film, study game plan.

Not all great linemen are blessed with all the abilities needed to be great, therefore they must compensate and accentuate their own abilities.

1. Practice to become more efficient in movement that a step or a tenth of a second may be eliminated to compensate for lack of speed.

D. DURABILITY: (Keeping Well) Off season, pre-season, and in-season training program, good living habits.

Degree of mental and physical toughness.

1. Report to camp in great shape - helps to stay relatively free of injury.
2. When injured work to recover quickly.

E. SPEED FOR POSITION: Pre-season and In-season Running Program
 Increase the intensity to maximize speed.

F. INTELLIGENCE: Game plan study, film study, concentration during meetings and practice.

All athletes have the ability to acquire and retain knowledge.

1. Can carry out assignments under game conditions
2. Can make week to week adjustments to fit into game plan changes.

G. CHARACTER: an individual's pattern of behavior or personality - moral constitution.

1. Good representation of the team on and off the field.
2. Proud to be an athlete by their actions.
3. They are loyal: unselfish and cooperative.
4. They are self-motivated to improve their abilities.
5. They have set high goals for themselves and their team.

H. LEADERSHIP: A combination of mental, physical and social qualities in football - ability to inspire and lead others to perform more efficiently.

1. They lead by action and not by talking
2. They have the poise and confidence to calm down their teammates under adverse conditions.
3. Their teammates have the utmost confidence in their ability to perform in "clutch" situations.

I. PRIDE: A burning desire to be the best in the business. Willing to pay the price in hard work and sacrifice and not satisfied unless he does his best. Realize that recognition and appreciation will eventually follow.

"They fight hardest when the going gets the toughest"

"They work extra to perfect their weakness"

(Vince Lombardi)

J. ENJOYMENT:

"Great players love to play. They receive their scholarship to practice."

(Bear Bryant)

K. VOLITION: Your will to succeed (“I will do it”)

Direction: Set attainable goals-have a sense of mission.

“ Have a purpose in life, and having it throw such strength of mind and muscle into your work as God has given you.”

(Carlyle)

L. POISE: Ability to step outside yourself

To stay calm, focused state. *“If fear builds up, your energy gives out.”*

M. RESPONSIBILITY: Success is not accidental! Peak performances distinguish themselves from those who merely do well, first and foremost by assuming Active Responsibility for their success.

N. TENACITY: Excellence is having a goal, an appropriate plan and tenacity.

O. STRONG CONVICTIONS! “If you don’t stand for something, you’ll fall for anything.”

Players who have succeeded when interviewed stated these reasons for success:

1. They were goal setters
2. They had deep faith (Religion, Family, Friends, Coaches, Teachers)
3. They had very specific ideas (How to’s of training - practice - nutrition, etc.)
4. They gave the most specific answers to questions
5. They were generally optimistic of the future

P. VISUALIZERS: By rehearsing the event, the nervous system and brain learn it well. After hearing the defense in the huddle, *execute the charge, and read the tree of blocks. (*Mentally)

Q. MENTAL TOUGHNESS: “ Is the ability to muster all your talent, drive, and luck in the high-pressure area of competition, It’s the ability to shut out stress, negative thoughts, doubts and fears-in short, concentrate on the game at hand.”

*DEFENSIVE LINEMAN CREED:

"In order to get respect I must first earn respect. I am willing to pay the price - no matter what the cost to prepare my mind and my body to win. I will be relentless in my pursuit of excellence and use all of my God given abilities to be the very best. I will not fail!"

(Rubin Carter)

GENERAL INFORMATION AND TERMS

A-GAP	Center-guard gap.
B GAP	Guard-tackle gap.
C GAP	Tackle-tight end gap.
ALLEY	Area between C gap and secondary support man.
STRONG SIDE	The 2 receiver side of the formation.
WEAK SIDE	The 1 receiver side of the formation.
CROWD THE BALL	Get as close to ball as possible without being offside.
L.O.S	Line of scrimmage.
ONSIDE	Side to which play is run.
OFFSIDE	Side away from which play is run.
P.O.A	Point of attack - where ball is being run.
BOUNDARY OR SHORT SIDE	Between hash and sideline.
FIELD OR WIDE SIDE	Large field area when the ball is on the hash.
STAY SQUARE	Keep shoulders parallel to L.O.S.
LEVERAGE	A position by which you will ensure to tackle ball. (Inside-out, Outside-in)
CONTAIN	Keeping the ball (QB) on the inside shoulder.
TRAIL	Pursuing the ball carrier deep as the football:

checking for reverse etc.

LEVEL 1

Offensive Lineman alignment in relations to the L.O.S. (on the center's number)

LEVEL 2

Offensive alignment deeper than the center's numbers.

ESCAPE

A technique used by a defender to disengage a blocker by getting far arm and shoulder across the blocker body.

CLUB

Using arm as lever to take advantage of a blockers moment.

SLIP

A technique used by a defender lowering the outside shoulder, dip outside knee and working flat to L.O.S. when out positioned on reach block.

TERMS WHICH APPLY TO
ABILITIES REQUIRED TO EXCEL AS A DEFENSIVE LINEMAN IN
DIVISION 1 FOOTBALL

ABILITY TO:

TERM

DEFINITION OF TERM

"HIT FOCUS"

Point of contact on the blockers' body.

"GOOD FOCUS"

If the defensive lineman can hit and lock on, this will allow proper leverage for control.

"LOCK"

Refers to wrists, elbows, shoulders set to hold off blocker. (this presumes the correctness of the lower body set.)

"WORK WITH AIR"
(EXENSION &
SEPARATION)

Arm extension (lock) to keep blockers and blockers away from body - ability to neutralize the blocker and avoid getting tied up (separation).

"SHUCK THE BLOCKER"

"Work with air", then shed or shake him and make tackle. Crucial here is the timing of the release.

"SHAKE & SHED"

"Shake" - Release blocker in direction of flow. (Hook Blk). "Shed" - Release blocker away from flow. (Drive Blk.)

"HOLD OFF"

A technique to maintain separation without necessarily controlling the blocker enables defensive player to proceed to a desired point without being controlled by blocker. Offensively it would be called a "Straight Arm".

"READING THROUGH"

Mentally seeing the line and THE sequence between the blocker and ball carrier.

"HOLD THE POINT"

Jam the hole - occupying two blockers - negating a "Two Fer"

- “TRANSFER” A weight shift technique used by defensive player versus unfocused blocker, lowering center of gravity toward new force. Turn your hips slightly & post inside leg. Also, vs. post & pivot combination.
- “HIP ROLL” Versus primary drive block, (flex knees - leg and back extension) Used to negate blocker’s momentum with a focused thrust by D.L.M.
- “LEVERAGE ON BLOCKER” The D.L.M.’s physical contact on the blocker that allows the D.L.M. to carry out his responsibility, and at the same time, prevent the blocker from accomplishing his objective. Terms that would apply here would be: center of gravity, locked in (joints), anchored (traction), mechanical advantage (body levers), body position (vs. opponents), etc.
- “ESCAPE” Ripping technique to onside pursuit or leverage. (Far shoulder technique)
- “SLIP” When wall off block has you downfield and you are forced to go behind blocker to maintain tight pursuit to L.O.S. (run around is an upfield maneuver.)
- “SKIM THE GARBAGE” Pursuit over bodies - keeping feet and “staying alive.”
- “SLIDE”(SHUFFLE & CARIOCA) Movement keeping square for lateral pursuit and allows for cutback possibilities.
- “KEEPING SQUARE” Defensive linemen should endeavor to deep shoulders parallel to L.O.S., feet well spaced, toes upfield as long as possible or to next L.M.’s position - your knees and ankles flexed for a lower center of gravity.

"KEEP EYE CONTACT"	Finding the ball in backfield while working on or across L.O.S.
"LEVEL HEAD PLANE"	Keeping head level, eyes locked on ball while engaged in pursuit of while engaging blocks at the point.
"READ"	Ability to quickly analyze blocking patterns and react efficiently and effectively.
"CONTROL STEP"	A technique using extension focus for purpose of drawing a block and allow defensive player to scrape (example: EAR STUNT)
"SCRAPING"	After the control step, the second step is a tight and lateral upfield step is executed. This should allow the defensive man to escape primary and secondary blocks, get to next hole and be in position to defend that hole responsibility.
"MUSHED"	Onside D.L.M. moved downfield by a blocker or a combination of blockers and runner.
"WASHED"	Move off L.O.S. from offside by wall off block.
"TIGHT PURSUIT"	Prevent form being washed off the L.O.S while pursuing: if you are, slip under blocker to maintain tight (to L.O.S.) horizontal pursuit.
"CHUCK BLOCKER"	Impede the release of a primary blocker by using arm shiver. (Veer)
"PRE-SNAP"	Not tensed, but relaxed. Without air - prior to snap you should slowly, slowly by breathing out under control. Mind free from thought. At snap - expel the remaining air forcefully as you attack and react! Remember: tensing your muscles will fatigue them and at the same time, it raises the body's center of gravity. Also, if you are thinking,

	you're not reacting as quickly.
HAVE FACTOR, "RANGE"	Is he supporting all over field or is he limited.
"BURST"	Quickness closing on QB or runner in open field.
TO BE A "FACTOR"	Measurable contribution per play. Great DLM make Tackles – Assist – Sacks – Harassment's – Pressure – Cause Turnovers
"WRAP UP"	Ability to terminate play alone for minus or no gain.
"RUN SACK"	Tackle runner for loss
"EXECUTE ALL CHARGES"	To be able to Pass Rush, Gap Charge, Two Gap, etc.
"BE AN ATHLETE"	To be a man, not a kid. He is a true Craftsman who takes <u>Pride</u> in his work. His body is "tuned", "fluid" and <u>conditioned</u> to react with skill. He needs no coddling, no pep talk, no psychology. He needs <u>understanding</u> and truth. He is given a scholarship to produce. He <u>Produces</u> . He has enough <u>self-respect</u> never to be caught giving less than his best for value received. He's dead game.
"GO THE ROUTE"	To have the anaerobic and aerobic endurance to go all out for the entire game.
C.O.D.	"Quick change of direction
"QABS"	Quickness, agility, balance, speed.
"A TWO FER"	2 Blockers executing a combination block and blocking 2 defensive players.

"CRAB TECHNIQUE"

A technique of quickly shifting from one position to another. This keeps one hand and foot in contact with the ground at all times.

"PRIMARY"
(FOCUS BLOCK)

The primary blocker is your key prior to the snap.

"THE 3 R'S OF LINEPLAY"

Rehearse, Relax, React

1. Visualization, is just thinking in pictures. By rehearsing the charge you condition the mind and body to react quickly.

FACTOR RATIO

FACTOR: Players ability to be a terminator or a determinator.

FACTOR RATIO: A players ability to make a contribution toward winning calculated by dividing the total number of plays by the total terminators and total determinators.

- 1) Terminator
 - a. Make Tackle
 - (1) For no gain
 - (2) For up to 3.5 yd. gain
 - (3) For over 3.5 yd. gain
 - b. Make a sack
 - c. Make a fumble recovery
 - d. Make a pass deflection
 - e. Make a safety
 - f. Make an interception
 - g. Block a kick
 - h. Block a punt
 - i. Steal a ball.
 - j. Harass the QB/Pressure the QB
 - k. Score

- 2) Determinator
 - a. Force QB to throw incomplete or intercepted passes.
 - b. Force QB to dump pass
 - c. Force QB to ground the ball
 - d. Force QB out of the pocket
 - e. Force fumble
 - f. Force addition blocks
 - g. Force safeties
 - h. Force Offensive player to be penalized
 - (1) To hold
 - (2) To be Offside
 - (3) Clipping

EMPHASIS VS. RUN: BASE BLOCK (ATTACK TECH)

- A.) Power step 8 - 10 inches and maintain balance for redirect and relocate lead foot.
- B.) Bent knee position (lower center of gravity - pad level- leverage)
- C.) Explode the hips
- D.) Punch:
 - 1. Attack V of neck plane of blocker
 - 2. Contact points: Heel of hands on outside edge of numbers.
 - 3. Fit: Thumbs up - wrist locked (use muscle groups in the forearm - Biceps - Triceps - Deltoid - Pectoral
*Elbow In
 - 4. Leverage under block (Pad level low, neutralize blocks)
 - 5. Separate: Work with air for maximum control
 - 6. Shed: Timed release of blocker (Disengage)
 - 7. Escape: Getting far arm & shoulder across the face of the blocker.

TACKLING

I IN LINE

- A. After defeating blocks or blocking combinations:
1. Head up
 - a. head up; bull neck
 - b. back straight to bowed
 - c. knees bent
 - d. face in numbers
 - e. drive through
 - f. arm circling
 2. From side
 - a. head in front, slightly below numbers
 - b. off shoulder below runners elbow
 - c. keep legs driving
 - d. arms circling
 3. From blockers breakdown
 - a. as much body in front of runner as possible
 - b. keep working legs for better leverage
 - c. working for arm encirclement
 - d. if grab is all you can get, continue to work for arm encirclement and better leverage.

COACHING POINT: Keep runner from falling forward.

II OPEN FIELD

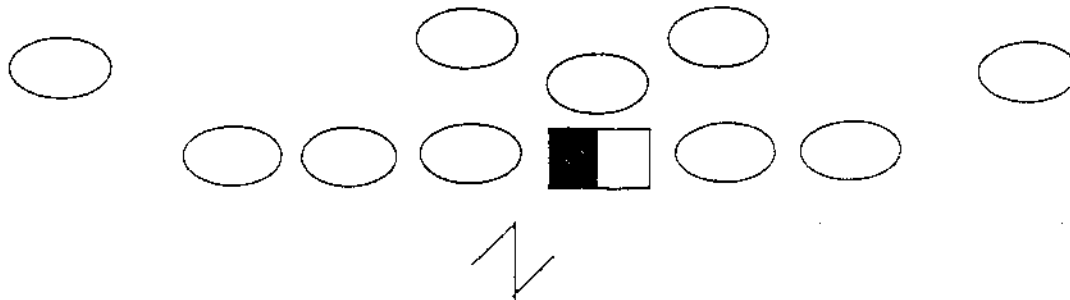
1. Head up
 - a. balanced position
 - b. squared up on runner
 - c. face in runners number
 - d. drive through
 - e. arm circling
2. From side
 - a. head in front, slightly below numbers – butt ball
 - b. off shoulder below runners elbow

c. arm circling

d. don't leave feet

COACHING POINT: Favor outside so that if you should miss tackle runner would be forced to run back inside toward pursuit.

1 TECHNIQUE (TILT)



STANCE / ALIGNMENT

- 1.) Three Point (Tilt) Stance away from call side
- 2.) Tilt: Inside toe to outside toe of the center - directioned toward his mid-line.
- 3.) Weight evenly distributed

KEY:

- 1.) The Ball
- 2.) Key read the center

TECHNIQUE:

- 1.) Power step & attack center through the V of the neck
- 2.) Hand placement on outside edge of numbers
- 3.) Low pad level
- 4.) Keep feet & hips moving with run flow

RESPONSIBILITY:

- 1.) A gap to aligned side
- 2.) Keep center of linebackers
- 3.) Never get reached by center
- 4.) Collapse the pocket & sack QB vs. pass.

BLOCKING TERMINOLOGY 1 TECHNIQUE

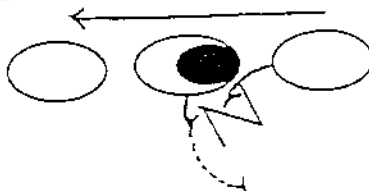
1. Base Block – Head shoulder at you. Get leverage by collisioning center, extend & separate – locate football.



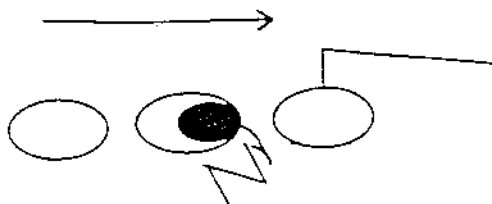
2. Cutoff – Explode into blocker – Press playside shoulder to square up blocker.



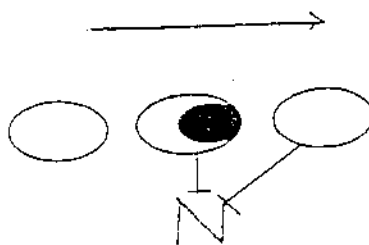
3. Scoop – Power step thru V of neck of Center – Press center to opposite A gap. Grab shoulder and pull through blockers. Keep center of linebackers.



4. Reach – Power step – Punch center playside shoulder & press up field bring your feet in the directions of run flow. Maintain outside leverage on center.



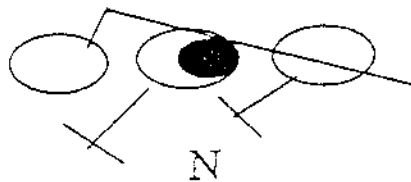
5. C.O.G. – Center and guard block on you. Attack the center. Rush outside shoulder upfield, lower center of gravity and post up inside foot.



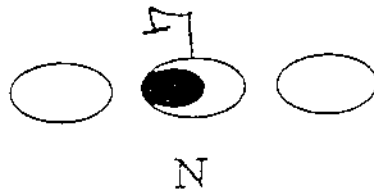
6. "O" Pull – Center cutoff, guard pull. Squeeze – lock out, press center playside shoulder to square position. Get eye contact in back field, shed center opposite run flow.



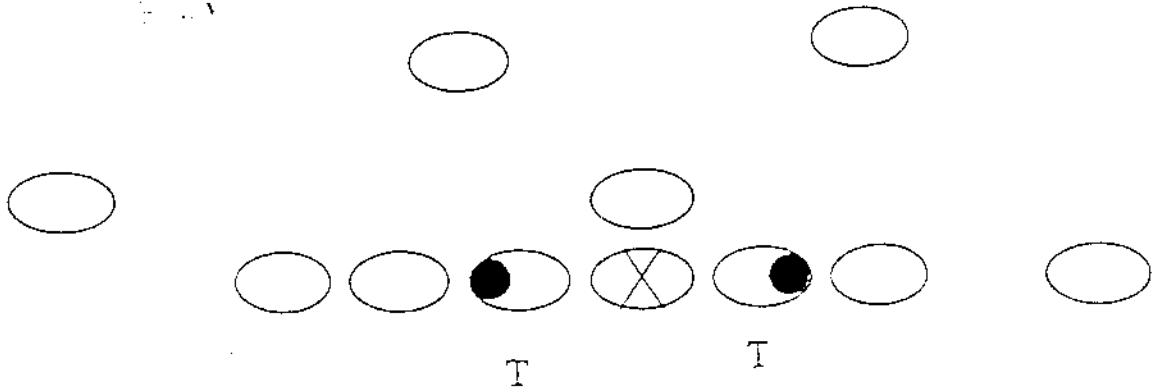
7. Down Block – Attack center, read cross key (opposite guard) Drip playside shoulder & knee to redirect towards run flow – Locate the ball carrier.



8. Center Pass Block – Rush proper lane. Slice the guard with the point of you shoulder & drive legs. Stay active! See QB



3 TECHNIQUE



STANCE

1. Three point balanced stance.

ALIGNMENT

1. Inside eyes to outside ear of offensive guard.
2. Alignment: Inside foot to outside foot of the guard.

KEY

1. Ball
2. Attack through V of neck.
3. In flight adjustment to blocking schemes (scoop-back blocks)

TECHNIQUE

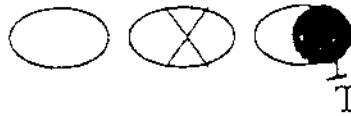
1. 8 to 10 inch attack step/ relocate lead foot
2. Explode hands on edge of blockers numbers - separate
3. Low pad level.

RESPONSIBILITIES

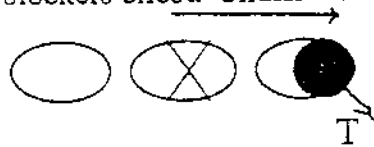
1. B Gap
2. Keep offensive guard off linebackers.
3. You have a free rush on dropback pass. (Collapse Pocket)

BLOCKING TERMINOLOGY TECHNIQUE

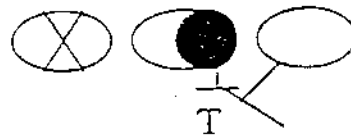
1. Base Block – Keep outside arm free, stay square. Attack under offensive guards pads to control him. Maintain outside leverage.



2. Reach – Powerstep, control hand to outside number to keep blockers shoulders square, relocate trailing hand inside on blockers chest. Shuffle towards fun flow & escape.



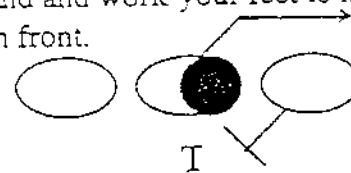
3. Tag – Attack guard! Get push upfield, turn guards outside shoulder slightly and lower center of gravity. Keep head outside on the guard.



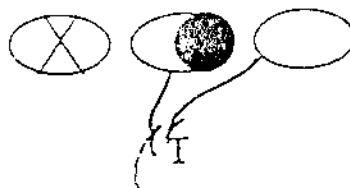
4. Release Block (Trap) – Step with inside foot (in flight adjustment) keeping shoulders square, get inside hand shiver on guard. Keep offensive guard off linebacker. Hit trapper with outside arm (Stuff Tech)



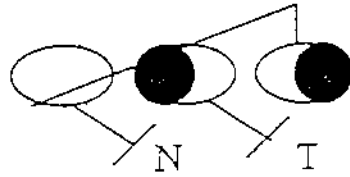
5. Down/X Block – Power step with inside foot, redirect force forward tackles down block – collision tackle with outside hand and work your feet to neutral position. Cross face offensive tackle if his head is in front.



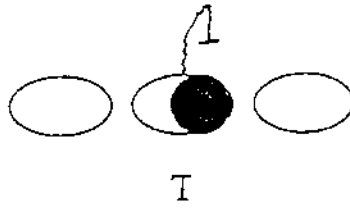
6. Scoop – Power step towards guard keep outside leverage with a 32 step shuffle. Keep feet moving. Push guard backside shoulder with the trailing hand.



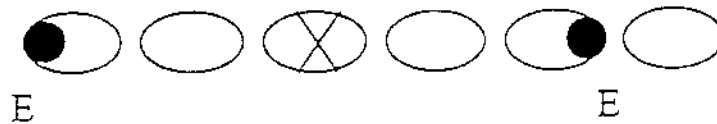
7. Back Block ("G" Pull) – In flight adjustment with inside foot, hit centers far shoulder, and work feet around to neutral position/ crossing face. Mirror guard by going behind nose, pursue to the ball.



8. High Hat Pass – In passing situation you move up on the ball. Rush passer in your lane. Alert for draws or traps.



5 TECHNIQUE



STANCE

1. Three point balanced stance

ALIGNMENT

1. Inside eye to outside ear (base)
2. Inside foot to outside foot of tackle (wide check)
3. 1 Foot outside – Tackles outside foot (blitz – rush)

KEY

1. Ball
2. Attack thru V of neck
3. In flight adjustment to blocking schemes (scoop)

TECHNIQUE

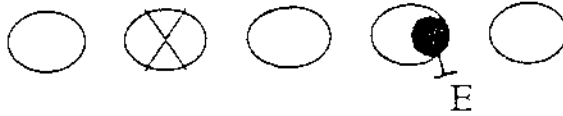
1. 8 to 10 inch attack step/relocate lead foot
2. Explode hands on edge of blockers numbers – separate
3. Low pad level

RESPONSIBILITIES

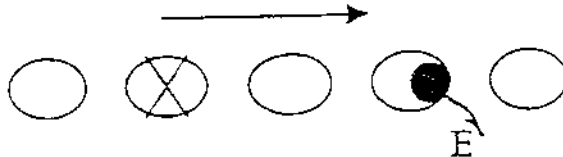
1. C Gap
2. Keep offensive tackle off linebackers
3. Contain QB vs. pass

BLOCKING TERMINOLOGY 5 TECHNIQUE

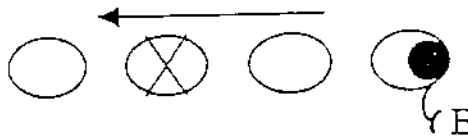
1. Base Block – Head & Shoulder at you. Explode hands into tackle & separate – locate football.



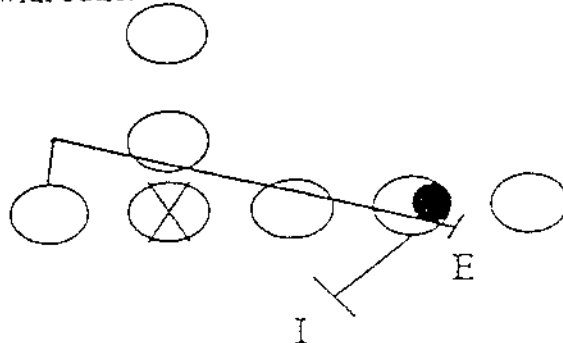
2. Reach – Attack step, control hand to outside number to sleep blocker shoulder square, relocate trailing hand inside on blockers chest. Shuffle toward run flow & escape.



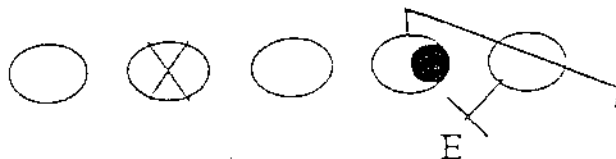
3. Cut-Off – Attack step – Explode to the V of neck – squeeze blocker to near inside gap – crossface to football



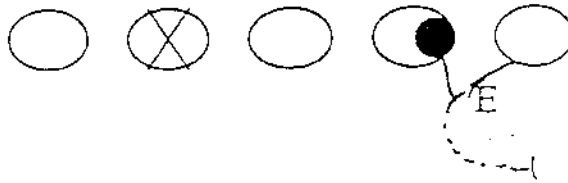
4. Veer-Trap – Key tackle release angle – Hit tackles outside shoulder with hand shiver – Read thru tackles outside shoulder to near back to offside guard – stuff pulling guard with outside shoulder



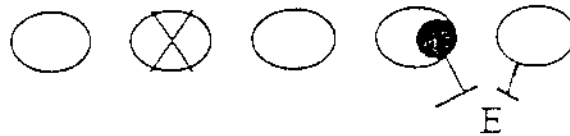
5. Ted – Attack step – collision T.E.'s outside number with control hand and work feet to neutral position (crossface T.E. if he comes on flat path)



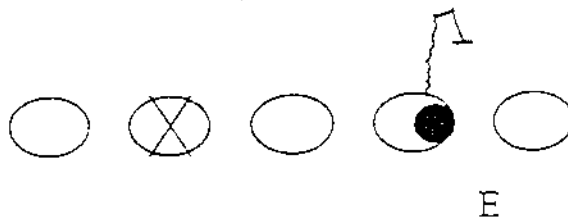
6. Scoop – Attack step – toe turned toward tackle – Keep the relationship with tackle – place inside hand on tackle's trailing shoulder (Do Not allow T.E. across mid-line)



7. Eat – Tackle and tight end block on you – attack the tackle – push outside shoulder upfield – lower center of gravity – transfer weight to T.E. – Post up with inside foot.



8. High Hat Pass – Move on the ball. Get upfield quickly & turn inside. Toe to QB (squeeze the tackle to QB)



CHARGES OF DEFENSIVE LINEMAN

CHARGE: ATTACK

USE: Aggressively attack blocker & play with feet in the neutral zone.

LNEMAN: All

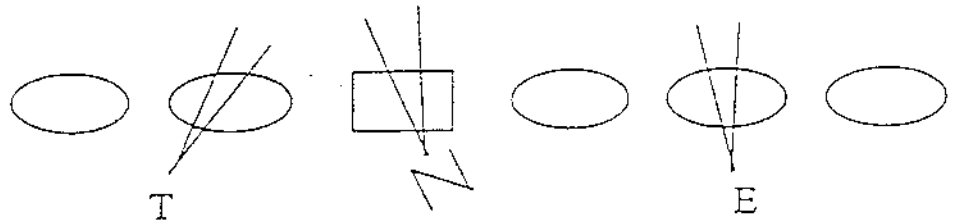
POSITION: 1 Tech (Tilt)/ 3 Tech/ 5 Tech

STANCE: 3 Point

KEY: Ball Movement through primary blocker

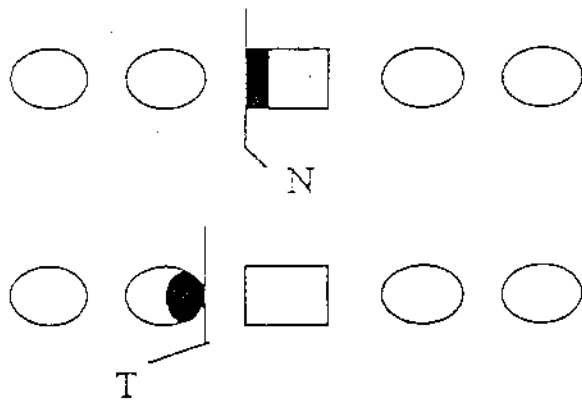
FOCAL POINT: V of the neck

DESCRIPTION: On the snap – power step with inside foot through V of the neck of offensive blocker – with hit focus of hands directed towards edge of numbers. Lock & separate for maximum control



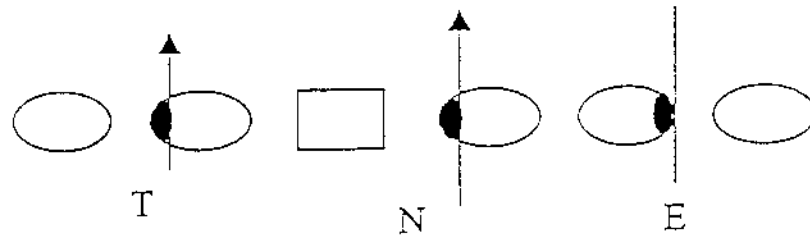
CHARGE: RIP

- USE: Used to confuse offensive blocking pattern. Also used as an aggressive penetrating charge.
- LINEMAN: 3 Tech defensive tackle
- POSITION: 0 Tech/ 3 Tech ("T" Calls)
- STANCE: 3 point
- KEY: The Ball
- FOCAL POINT: (Penetration) Inside shoulder of primary (key) blocker.
- DESCRIPTION: Weight distributed on the outside foot. Short lead step with inside foot – direct the outside shoulder towards the inside shoulder of the primary blocker utilizing a shoulder dip. Tip trailing arm across the blockers face. (Alert for possible back block/ down block)



CHARGE: CRASH

- USE: Blitz situations
- LINEMAN: All
- POSITIONS: 1 Tech (Tile)/ 3 Tech/ 5 Tech
- STANCE: 3 Point
- KEY: The Ball
- FOCAL POINT: Outside shoulder of the primary (key) blocker.
- DESCRIPTION: Explode vertically on the snap with a low pad level – skin the outside pad primary blocker & using under arm tech drive legs for penetration.



CHARGE: CRASH

USE: Blitz situations

LINEMAN: All

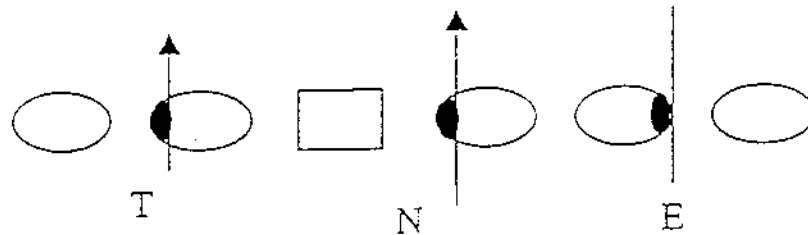
POSITIONS: 1 Tech (Tie)/ 3 Tech/ 5 Tech

STANCE: 3 Point

KEY: The Ball

FOCAL POINT: Outside shoulder of the primary (key) blocker.

DESCRIPTION: Explode vertically on the snap with a low pad level – skin the outside pad primary blocker & using under arm tech drive legs for penetration.



CHARGE: CLEAN

USE: Change up – change of assignments with inside linebackers

LINEMAN: 1 Tech

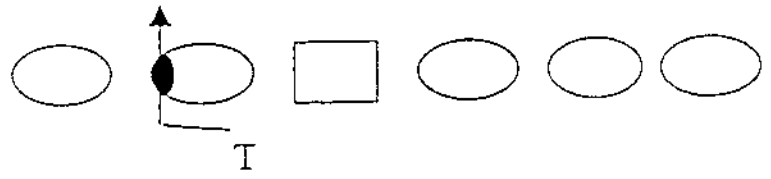
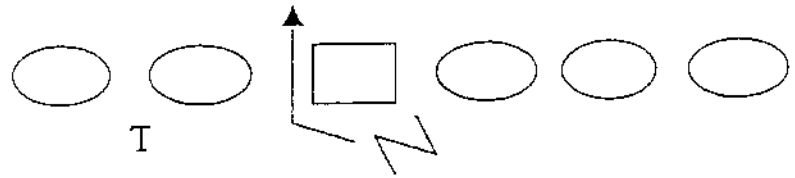
POSITION: 1 Tilt/ 2I Tackle

STANCE: 3 Point (Tilt)

KEY: The Ball

FOCAL POINT: Far shoulder of the center.

DESCRIPTION: Weight distributed on the outside foot. Power step with lead foot angle directed towards the opposite shoulder of the block – Dip the inside shoulder & rip trailing arm across the face of the center.
Square up shoulders to L.O.S.



CHARGE: LOOP

USE: Change-up-anti down block charge – change of assignments

LINEMAN: All

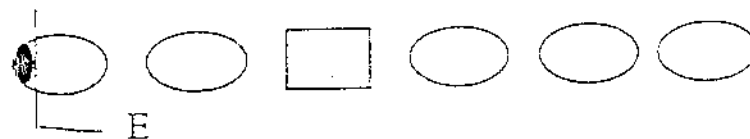
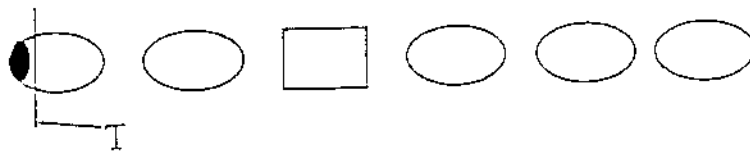
POSITION: 1 Tech (Tilt)/ 3 Tech/ 5 Tech

STANCE: 3 Point

FOCAL POINT: Outside number outside blocker

DESCRIPTION: Distribute weight on the inside foot. Lateral step with lead foot & position outside hand to collision the outside arm pit of the down blocker. Relocate the inside hand towards the blockers chest and work feet to a square position on blocker (maintain inside leverage).

COACHING POINT: If blocker pads are in front- clear blockers

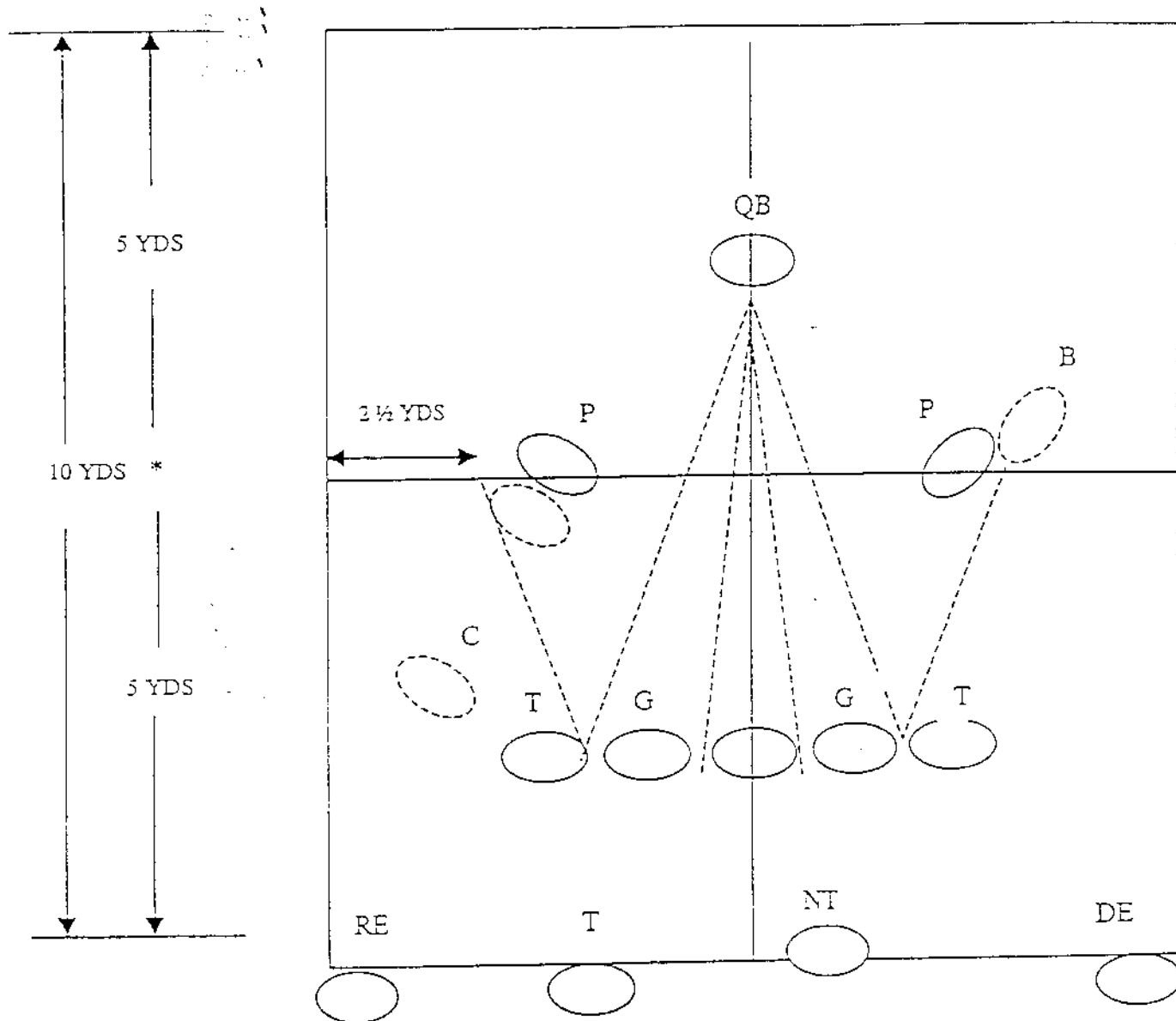


NOTES ON PASS RUSH
PRE-SNAP (IN GAME)

1. a.) Mentally see the sack.
b.) Mentally review your approach. Picture what you are going to do when ball is snapped. This will greatly aid your quickness.
c.) As you assume your stance, activate force field and let go! Don't think – react! (Thinking is what gets you blocked.) Let it happen. Don't make it happen!
2. Explode on Snap! Do not expose numbers! Gain ground on each step. 45° body angle until you make contact with blocker.
3. Active Feet: Keep Feet Moving!
4. Stay in Lane! May be tip off for draw – Keep pressure on QB balanced.
a.) Ends force QB up – tackles force QB back
b.) Don't allow QB to step up or roll out
5. You have no more than 2.7 seconds! You don't have time for 3 or 4 moves.
6. Be Relentless! If you miss grab, be ready with a counter move. (Club or Bull Rush); Get Penetration
7. Use his technique against him!
a.) If blocker is giving ground, use power moves.
b.) If blocker is meeting you on line – use finesse moves.
c.) Take advantage of any opportunity he gives you.

REMEMBER: Your opponent will reveal his weakness in his movement; get him to move!

PASS RUSH LANES WITH QB DROP OF APPROX. 7 YDS.



Race Point (Focus Point) is pt. that is approx. 5 yds. deep and 2 1/2 yds. in (behind offensive tackle's inside foot). D.E. should line up with inside shoulder enough outside of O.T.'s shoulder so that if tackle wouldn't move the D.E.'s path wouldn't touch tackle on path to focus point. Alignment now O.K. Stance should be staggered, down hand & front foot close to being even. This allows for good step off. At the snap the end should explode out with intent of beating blocker to R.P. Use of arms will be discussed later. The P represents blocker in perfect position. E blocker out and in end's lane. A represents blocker behind end at R.P. B represents tackle ahead at R.P. B represents tackle ahead at R.P.

Four types of Checks are:

1. Elbow
2. Wrist
3. Shoulder dip
4. Hold Off
 - a) 1 Arm
 - b) 2 Arm

A. Pass rush responsibilities for Defensive Tackle

1. Get to pass blocker quickly (Don't wrestle with blocker)
2. Stay in line – Best protection vs.
 - a) QB Keep
 - b) Draw
3. Get penetration (be alert for screen action)
 - a) Force QB back, allowing end better shot
 - b) Hurry his pass
4. Get hands up, but don't jump. (Run tall to QB)
 - a) Obscure view of QB
 - b) Knock pass down
5. Strip tackle quarterback (Cause Fumble & Sack)

B. Screen Responsibilities for Defensive Tackle

1. Continue rush.
2. Get hands up.
3. Pursue receiver and form triangle with backer and receiver.
5. Make tackle.

PASS RUSHING MOVES FOR DEFENSIVE LINEMAN

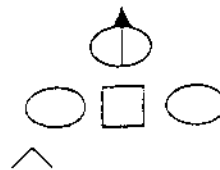
There are three basic types of techniques used by T's to make moves.

1. Finesse Type Techniques
2. Speed-Power Type Techniques
3. Counter Type Techniques

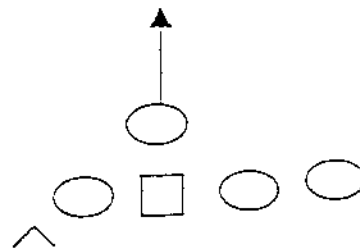
Hopefully, all three affect balance problems to the blocker. The finesse technique results in a horizontal (to the line of scrimmage) balance problem. The effect of the S-P type is a vertical (to the line of scrimmage) problem. The speed-power technique causes a backward vertical problem. The counter technique affects both vertical and horizontal problems. The finesse, S-P and counters are similar in that the blocker must change body momentum in order to make the block.

There are two types of moves which are used by tackles. The moves indicate direction.

1. SLIP (Inside Moves)



2. CAGE (Outside Moves)



We include only one move directly over the blocker. On rare occasions this may happen as a result of a nutcracker or cut block, but generally a side will be taken as soon as the blocker is off balance.

The approach is the footwork required to get the rushman from his side of the L.O.S. to the point of contact with the blocker.

A false move (Bluff) – this is used to get the opponent to create his own momentum in an opposite direction to your subsequent attack point. Quickness in total body movement is essential in capitalizing on the blocker's off balance situation.

The Approach is initiated with the racing start from the 5 position. The stagger of the feet will vary but the front foot and down hand should be on a close plane. This will enable a good efficient step (one that gains ground). Offensive movement (a blocker or ball) will trigger the rushman's take-off. The body lean with the outside arm and trailing inside arm is the working position for pass rushing defensive ends. This use of the arms will tilt the shoulder slightly on the second step. Think of the outside arm as a probing irritant-much as a leading jab of a boxer-it will telegraph the opportunity for a counter move by the trailing arm. The telegraph will say the reach has hit or grabbed the shoulder or arm of the blocker. Close enough now for the trailing arm to rip or swim or it will say the reach is short and it is possible for the hook move. It may say the outside blocker's arm is up and a rip underneath is possible. It may say the blocker's chest is open to power or hold off by the trailing arm. The leading arm can carry a slow outside blocker's arm or at least locate it for slicing move by the trailing arm (like Seattle's green). The key of arm use is the legs – they never stop moving upfield or counter to blocker.

To summarize this, there are several reasons for the Reach. The first is to secure a grab (still possible occasionally) or a slap. Second, to force the blocker to knock off the grab resulting in several opportunities to the rusher:

- a) Cause the blocker to raise his arm or arms.
- b) Cause the blocker to change his blocking pattern and rhythm- resulting in foot problems.
- c) Cause the blocker to focus his pop in the lead hand and bare the inside shoulder.

The move is a follow up of the above opportunities.

- a) If you secure a grab, swim or rip with the trailing inside arm following a jerk with the reaching outside arm. Remember, the inside arm and inside foot work simultaneously.
- b) If you can get a push slap on his outside shoulder causing a break in the moving plane of his shoulder, follow with a swim or rip also.
- c) If you caused him to raise his arm or arms to knock off your reach, follow quickly with a rip.
- d) If he has stopped his feet for an over extended push, follow with a rip. If he has crossed his feet and is turned and/or ahead of you, stop and hook on him.
- e) If he has popped you on your reaching outside arm leaving his inside shoulder bare, hook grab him.
- f) If he is not protecting his numbers and you can hit his sternum area (numbers) with your inside hand, do so and lock that arm and hold the blocker off as you progress. Use the outside arm to knock or work off his outside arm while your

feet around toward the QB. If he is driven off balance by the holdoff, you can possibly hook him.

The move itself creates or assists the blocker's movement away from the defensive man's point of attack. It also may eliminate momentarily the blocker's ability to change his original direction.

The footwork is used to move you past the blocker. It is essential that the footwork be coordinated simultaneously with the move. Remember that often the right leg and right arm work together and the left leg and the left arm work together.

Many times the reason for the failure of a move is due to lack of good footwork. For Example, in using a shoulder hook, as your hand hits your opponent's shoulder, inside foot should be landing outside of your opponent's inside foot.

The shoot is the method by which the rush man gets his shoulder past the blocker.

The check is used to prevent the blocker from again situating himself in a blocking position.

The following are styles of Hook and Slip moves:

TECHNIQUES (Slips & Hooks)

1. Rip
2. Cross Rip (Doduble Rip)
3. Shoulder Slap, Rip-Swim
4. Power Rush-Knockoff, Rip-Swim
5. Shoulder Slap Rip -Swim
6. Shoulder Grab - Rip or Swim
7. Arm Blocks (Various) Rip-Swim
8. Inside or Outside Spin
9. Arm Grabs
10. Chop
11. Club
12. Shoulder Throw

- (g) If your blocker holds his arms out and is slow to regroup, knock his arms off and shoot your inside shoulder past him with a rip or swim move.

Trailing arm's movement is triggered by the reaching arm's success or failure. It may follow with a rip, swim, grab hook or a slap hook. It will be used as a counter.

A False Move (Bluff) May also be used as a change of pace. This causes a change in the blocking pattern or rhythm of the blocker. Having seen a similar move by the Defensive Tackle, he may move to a pattern reflex that will cause momentum problems in countering your subsequent move in an opposite direction.

The Check is used to prevent the blocker from again positioning himself between you and the Quarterback.

There are false moves that get the blocker to move:

- False Step
- Head Fake (Weave)
- Fake Rip
- Fake Shoulder Slap (Double Slap)
- Rush
- Alignment

The foot moves are:

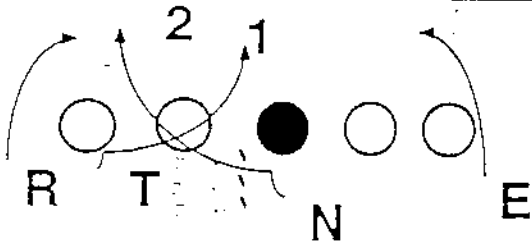
1. Cross Over
2. Fake Foot Step
3. Slide
4. Hop
5. Shuffle
6. Hook (Outside Foot)
7. Spin (Counter)

The shoot methods are: (Called Swim and Uppercut)

1. Over Shoot (Swim)
2. Stoke (Short swim without height)
3. Under Shoot (Upper Cut)

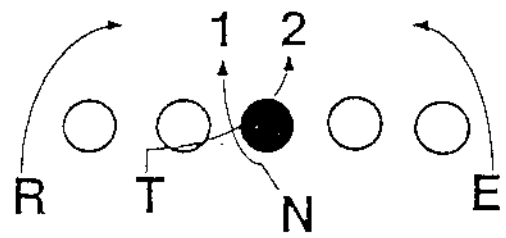
DEFENSIVE LINE GAMES

TON



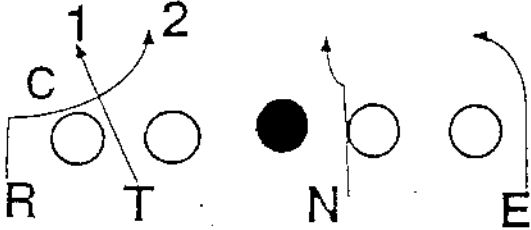
COACHING POINT: 3 TECH RIP INSIDE GUARD ALERT FOR CENTER BACK BLOCK 1 TECH FLASH CENTER & WRAP BEHIND 3 TECH

NOT



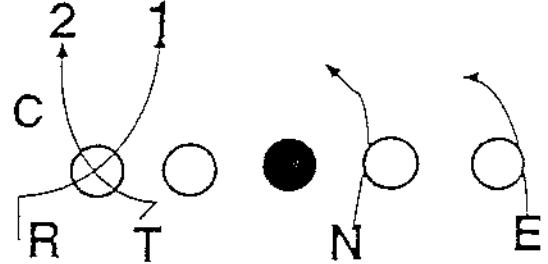
COACHING POINT: 1 TECH CLEAN CENTER; 3 TECH FLASH GUARD & WRAP BEHIND 1 TECH

TIX



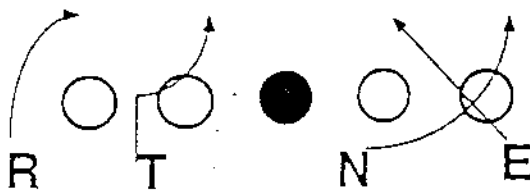
COACHING POINT: 3 TECH MAKE VERTICAL CHARGE UPFIELD - WEDGE ON TACKLE; RUSH END, SELL UPFIELD RUSH

REX



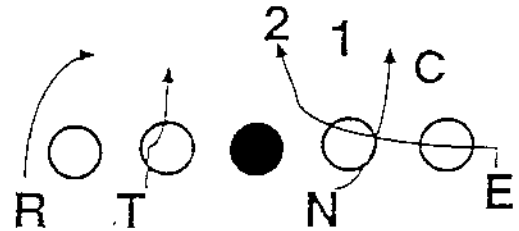
COACHING POINT: RUSH END RIP INSIDE TACKLE; 3 TECH FREEZE THE GUARD & WRAP BEHIND RUSH END.

EAR



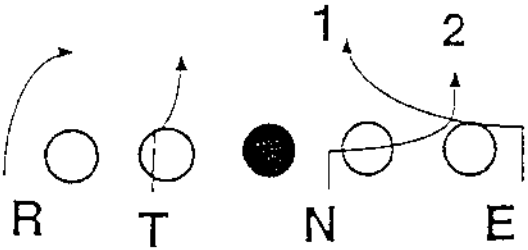
COACHING POINT: 5 TECH RIP INSIDE TACKLE; 2i TECH LOOP BEHIND 5 TECH (CONTAIN) ON THE SNAP.

NOSE



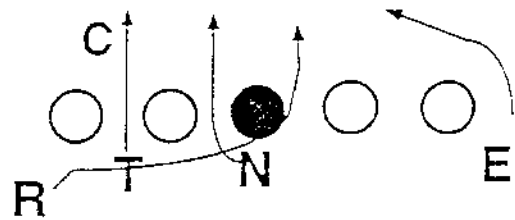
COACHING POINT: 2i TECH LOOP OUTSIDE GUARD (CONTAIN): 5 TECH FLASH TACKLE & LOOP BEHIND NOSE

ECHO



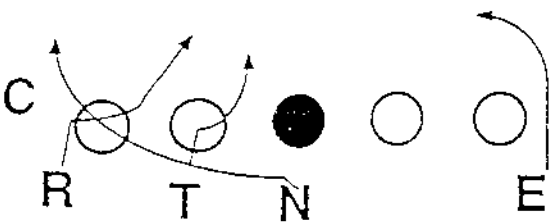
COACHING POINT: 2i TECH FLASH GUARD & LOOP BEHIND 5 TECH; 5 TECH SELL UPFIELD RUSH

TIMBER



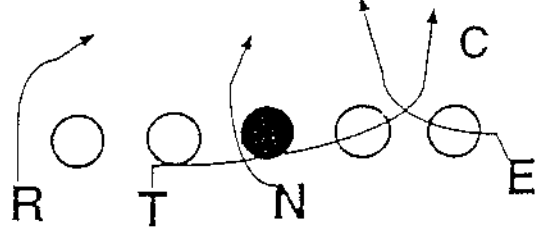
COACHING POINT: 3 TECH VERTICAL CHARGE: 1 TECH CLEAN CENTER: RUSH END WRAP UNDER NOSE TACKLE

RAVEN



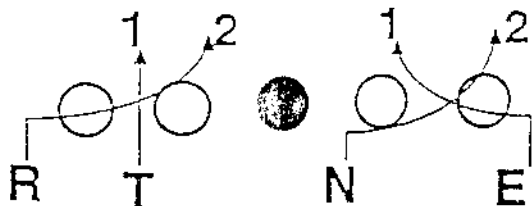
COACHING POINT: 3 TECH & RUSH END RIP MOVES INSIDE KEY BLOCKERS: 1 TECH WRAP BEHIND RUSH END

NEST



COACHING POINT: 1 TECH CLEAN CENTER; 5 TECH RIP CHANGE INSIDE TACKLE; 3 TECH WRAP BEHIND 5 TECH

RAIN



RATTER

