DEFENSIVE LINE LEVERAGE PASS
RUSH/RUN DEFENCE TECHNIQUES

Jon Clanton
Tip Of The Spear FOOTBALL COACH
LEVERAGE IN D-LINEPLAY

• Secession 1  Leverage Technique in BASE

• Secession 2 Leverage Technique in the run game

• Secession 3 Leverage Technique in the Pass game with pass rush concepts.
DL ACCOUNTABILITY

• DL RULES
  • PLAY WITH YOUR HANDS
  • PLAY LONG
  • FINISH
  • 100% EVERY PLAY
  • LOVE FOOTBALL

• DL DON’T’S
  • FEET STOPING AT ANY TIME
  • REACHED
  • KNOCKED OF THE BALL
  • NO RUSH (FEET STOP)
  • SAME RUSH MOVE EVERYTIME
  • NO PERSUT WHEN THE BALL IS THROWN.
  • NOT PLAYING WITH HANDS
  • PLAYING DOWN THE MIDDLE
PRINCIPLES OF PASS RUSH

• HAVE A PLAN AND A 2ND OPTION
• STUDY YOUR OPPONENT
• HAVE NO MORE THAN 3 PASS RUSH MOVES
• RESPOND TO PASSER (RUSH LANES)
• DON’T STOP
• PLAY FAST AND LONG
PASS RUSH OBJECTIVES

• HAVE THE QB TO THROW IN A HURRY
• CONTAIN
• SACK
• LOOK FOR A PASS KNOCKDOWN
• CREATE A FACTOR IN THE PLAY
PASS RUSH FUNDAMENTALS

- STANCE (ALIGNMENT)
- WEIGHT DISTRIBUTION
- GET OFF
- FEET UNDER YOU
- POINT OF TECHNIQUE (HANDS & FEET NEVER STOP)
- VISION & AWARENESS
- TURN – HIPS & SHOULDERS
- EBLOW DOWN ON LONG ARM
PASS MOVES

- BULL RUSH TIMES 3
- LONG ARM
- RIP UP AND DUMP
- ADD 2 MORE
PASS RUSH DRILLS

• **LONG DRILL**  1 HARD STEP THAT REPLACES YOUR DOWN HAND AND ACCELERATE EXTEND INSIDE ARM LONG INTO THE PAD EITHER IN CIRCLE DRILL OR UP LONG WITH A CURVE.

• **FULL LINE GET OFF**
  • USE FOOTBALL FOR THE KEY
  • MODIFIED TO INCLUDE COD, GETTING HANDS UP IN PASS, SLANTS, CHUTES

• DL GETS OFF TRYING TO SPRINT TO THE BACKPEDDLING OL
  • TENNIS BALLS
PASS RUSH DRILLS

- TURN THE EDGE DRILL
  - START ON BALL MOVEMENT
  - HOOP DRILL  RUN & LEAN AROUND CIRCLE DIP AND RIP AROUND THE CIRCLE
  - ADD ANOTHER PLAYER IN THE CIRCLE FOR HAND WORK

- TURN OL HIPS
  - WIDE ALIGNMENT
  - START ON BALL MOVEMENT
  - READ SET OF TACKLE (QUICK/DEEP SET)
RUN STANCE AND ALIGNEMENT

• Attack Stance
• Outside Hand Down & Outside Foot Back
• Weight On Down Hand And Ball Of Front Foot
• Crowd Ball
• Align On Outside Of The Man
Coaching Points
• Explode with your Hips
• Shoot your hands—Steel Rods
• Bring your feet
  ➢ Replace down hand
  ➢ Get your second foot in the ground
PASS RUSH

THE ONLY BLOCKER WHO CAN BLOCK YOU PLAY LONG AND FAST
KNOCKDOWNS, SACKS! BE A FACTOR IN THE PLAY
EFFECTIVE (4 MAN) PASS RUSH UNIT

1-2 CLUB RIP OR JAB
1-2-3 FAKE OLE/CHOP-CLUB-JAB

EDGEO
1. LONG ARM
2. CLUB/CHOP
3. OUT AND IN DUMP
4. SPEED EDGE IF NO FEET
5. LONG HANDS THEN CLUB
6. 2 TO 1 LONG ARM

BULL
1. LOW PAD LEVEL
2. HANDS TIGHT
3. BULL SPLIT
4. BULL SHAKE
5. BULL PUSH PULL
EDGE RUSH LONG ARM

• PICK A SPOT (SET POINT) (LOOK BEYOND)
• GET OFF (WORK EDGE – MOVE CENTER)
• CLUB-RIP
  • KNOCK GAP HAND (ELBOW AREA) STEP FOR WIDTH
  • STEP WITH I/S FOOT AS LOWER I/S HIP & SHOULDER TO THROW RIP (SCRAPE PAINT)
  • LEAN & LEVERAGE (SCRAMBLE BRAIN WITH THUMB)
  • REACH WITH OPPOSITE ARM (RIP ELBOW) (FINISH)

• CLUB-JAB
  • FORCE BLOCKER TO STOP FEET
  • KNOCK GAP HAND (ELBOW AREA) STEP FOR WIDTH
  • STEP WITH I/S FOOT AS THROW JAB OVER NEAR SHOULDER
  • CHECK! (POINT TOE) (FINISH)

• CHOP (SPEED RUSH )
  • OL HAND EXTENDED – CHOP HAND DOWN – GET IT BACK UP TO REPLACE
  • LEAN & LEVERAGE
  • FINISH (RIP ELBOW)
INSIDE PASS RUSH

• GET OFF (PREDETERMINED)
• TORQUE BODY IN GAP (SHIFT WEIGHT) (EYES)
• PUSH OFF FRONT FOOT & SWAT INSIDE (VIOLENT)
• GET PAST HIP – FINISH W/ RIP (CHECK)
SPLIT BULL

• PICK A SPOT (SET POINT)
• GET OFF (OL ON HEELS)
• 3 POINT PUNCH (EXPLODE HANDS VASE MOTION UP INTO HANDS)
• THROW IF NEEDED