

DEFENSIVE LINE LEVERAGE PASS RUSH/RUN DEFENCE TECHNIQUES

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Tip Of The Spear FOOTBALL COACH

LEVERAGE IN D-LINEPLAY

- Session 1 Leverage Technique in BASE
- Session 2 Leverage Technique in the run game
- Session 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 STOPPING 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)

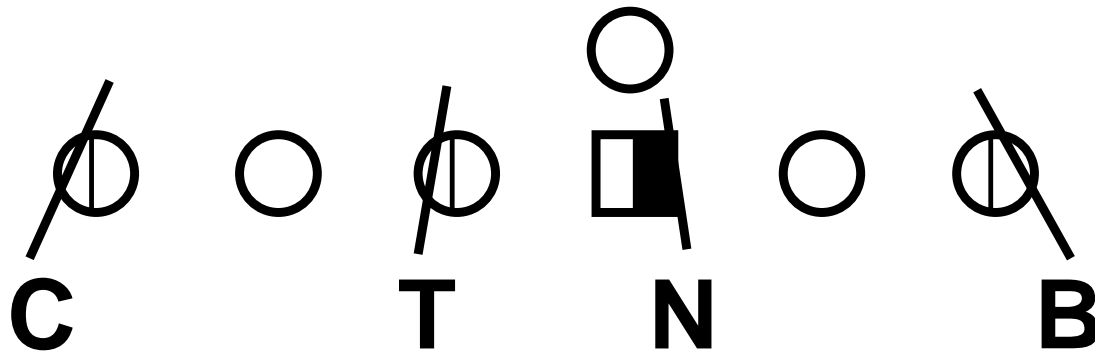
RUN STANCE AND ALIGNMENT

- 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

BALL GET OFF

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

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

EDGE

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