Defensive Line Play

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PHILOSOPHY – ATTACKING D-LINE

- Must play physical, aggressive, fast
  - Take the fight to them
- Sound and Simple – (Know what to do and have a plan)
- Fundamentals – (Be Sound, Do the Little Things)
- Consistency – (technique needs to be second nature)
- Play run and react to pass (unless 3rd and long or passing down)

TECHNIQUE AND FUNDAMENTALS

- Stance
  - Balanced – feet shoulder width with toe to heal instep
  - Flat back
  - 70% - 30% weight displacement (hand heavy)
  - Down hand in front of facemask crowding line of scrimmage
  - Off hand "catching eye"
  - Eyes are focused on Aiming Point (OL hip)
- Get off
  - Lead with hands
  - Right side of ball = Left foot step
  - Left side of ball = Right foot step
  - Elbows tucked and thumbs up
  - Stab and grab – near number to shoulder

TECHNIQUE AND FUNDAMENTALS

▶ Fit

  ▶ Hat and hands on aiming point with feet and shoulders square to LOS

  ▶ Eyes should never be above thumbs

  ▶ Roll hips

  ▶ 45 degree body lean

  ▶ Work to extension and create knock-em-back

  ▶ Work half a man to keep number advantage

PLAYING THE RUN

- ▶ Our focus is to attack the shoulder of OL and read the block

- ▶ Block Rec Rules

  - ▶ Reach = Press at 45 degrees (get Vertical)

  - ▶ Base = Squeeze to Cross face

  - ▶ Veer = Flat down LOS & Read triangle

  - ▶ Double = Sit, Hip, Rip

- ▶ Always fight the hard shoulder on run

AIMING POINTS

▶ Outside shoulder alignment (attack man on)

  ▶ Step at the OL in front of you with near foot, Attack his number and shoulder and read his block

▶ Inside shoulder alignment (mirror inside OL)

  ▶ Step with gap foot, throw hands at OL you are lined up on. Read the hip of inside OL and mirror his feet.

  ▶ This helps undersized DL with down blocks

DRILLS – PRE PRACTICE

- Aiming point (Run and Pass)
  - Focus is on keeping palms together with elbows tucked and thumbs up
  - We stay square on run
  - Collapse wrist or elbow and finish with pass move on pass days
- Rabbit
  - Getting off ball and throwing hands at aiming point
  - D Lineman get in a stance across from the O Lineman
  - The O Lineman backpedals as fast as he can
  - On the O linemen's movement the D Lineman throws his hands at his aiming point and touches the O Lineman a fast as he can.

DRILLS – PRE PRACTICE

▸ **Two Step**

  ▸ The D Lineman gets into his stance with his toes touching a line.

  ▸ On ball movement the D Lineman takes one 6 inch step and throws his hands out and upward.

  ▸ The D Lineman's hands should hit palms together with thumbs up and elbows tucked

  ▸ The D Lineman will land on his chest.

  ▸ Check your feet before getting up. Feet should be just past the line.

Start
Right hand in front of face
Left hand catching eye
Butt up
Back Flat
Balanced stance
Right foot on the line
Toe of left foot on the line

One Step Finish
Left foot did not move.
Right Foot crossed the line
Hands are extended, palms together, thumbs up and elbows tucked

Two Step Finish
Both feet have moved 6 inches
This is a better picture of proper hand placement
Palms together, thumbs up, elbows tucked

RUN DRILLS

- Aiming point / Punch
  - 6 point
  - 3 point with knee down and drive
  - 3 point stance with drive
  - 3 on Lev Sled
- Pipes
  - Playing in good lean and fit
  - Staying square and moving laterally

PLAYING THE PASS

- Pass transition if not pass down
    - Make the O-lineman work. Don't run around
    - On pass work the soft shoulder
    - Get on skateboard and get skinny
        - Post – Rip
        - Post – pull
        - Post – swim
        - Bull
    - Get heal to heal after move so OL cannot reset
    - Accelerate through QB

PLAYING THE PASS

▶ Know the situation – down and distance or tendency

▶ Pre-snap reads

▶ Call

▶ Have move and counter move in mind

    ▶ Work the move and let the counter happen

▶ Get off the ball

▶ Work ½ man

▶ Work the arc

RUSH LANES

- A gap
  - Power move / 2 way go
- B gap
  - Push pocket – cannot widen
  - Plan for move on 2nd step
- C or D gap
  - Compress pocket
  - Contain (depending on call)
  - Plan for move on 3rd step

PASS DRILLS

- Aiming point with rip or swim (pre practice)
- Get offs
  - Three hard steps up field in gap and read OL
- Outside hand /outside shoulder
  - Adjust stance so feet and hands are working together
  - Swim
  - Rip
  - Crossface (counter)
- Inside hand / outside shoulder
  - Adjust stance so feet and hands are working together
  - Dent
  - Rip
  - Dent to rip(counter)
  - Spin (counter)