



D-LINE DRILLS & SKILLS

D-LINE MISSION STATEMENT



As a member of the Dakota Ridge Defensive Line, my personal commitment to my fellow D-Linemen is as follows:

1. I WILL **BE AWARE** WHEN I AM ON THE FIELD & **SHARE** WHAT I SEE
 - *Down & Distance; Personnel; Run/Pass Tendencies; Blocking Scheme*
2. I WILL LEAD WITH MY HANDS, & PLAY WITH **VIOLENT HANDS**
3. I WILL PLAY WITH **RELENTLESS EFFORT!**
4. I WILL **FORCE TURNOVERS!**
 - *I will not just wait for them to happen. I will be vicious and unforgiving about ripping the ball away from whoever has it.*
5. I WILL **ALWAYS FINISH. EVERY PLAY. EVERY TIME. NO EXCEPTIONS.**
 - *I will meet my D-Line brothers at the ball on every play*

We will stress the OL with speed and make him reactive to us.



ESSENTIAL D-LINE DRILLS

QUICKNESS/ AGILITY/BALANCE SKILLS

Get-Offs

- Use ball movement only, not cadence
- Fire out; find ball; GO!

3 Cone Drills

- Both ways (finish LEFT and RIGHT)
- Can add TACKLE or STRIP at end to FINISH

Ladder Drills

- Several variations

Explosion Drills

- 6, 4, 2 point explosion drills vs sled/bags

Stunt Skills & Techniques

- Slants
- Loops
- Longsticks
- Etc

RUN STUFFING SKILLS

S/R/E Set the Edge!

- “Steer”
- Control & maintain outside leverage

Stanford Block Destruction Drill

- SHOCK – EXTEND – ESCAPE

Block Read, Recognize, Destruct & Escape

- Base
- Reach / Hook
- Down
 - Pullers ← *Wrong Arm Technique*
- Doubleteams
- Pass

Hand Placement / Violent Hands!

- Club & Flip Hips → RIP
- Double Club → RIP
- Forklift → RIP
- Trap → SWIM



ESSENTIAL D-LINE DRILLS

PASS RUSH SKILLS

Hand Drills → VIOLENT HANDS!

- “Match Up” / Hand-Eye coordination
- “Swipe” / Hand Replacement drills
- Pressure Points
- Sparring
 - Progress from SWIPE to CLEARING THE HIPS and RIP through
- Club & Flip Hips → RIP
- Double Club → RIP
- Forklift → RIP
- Trap → SWIM

Close Drill

- (OL deep sets; DL “chase” and close on him)

Pass Rush Skills & Drills (vs *Tackle Set Line*)

- **Bull Rush**
- “Cross-Face”
- “Rip”
- “Swim” (“Angry Swimmer”! PUNCH!)
- **Speed Rush**
 - Most important b/c it sets up counter moves and stays true to the Tackle Set Line concept
 - Run the hoop

PURSUIT SKILLS

* Entire DL “BREAKDOWN AT THE BALL!” every play, all the time

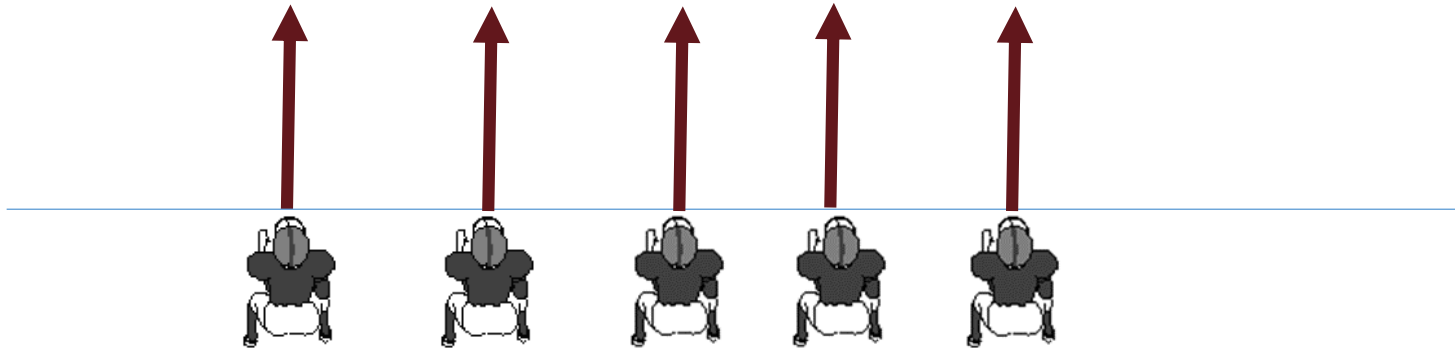
TURNOVER CREATION SKILLS

* **RIP** (not “strip”...we RIP the ball out)



Coaching Points:

- Perfect Stance
- Explode “with a purpose”
- Pad Level Low
- SIMULATE VIOLENT HANDS as you EXPLODE out of the stance
- 3 Yards with FULL effort; ok to expand to 5
- Progress to “throw a move” (i.e., Rip, Swim, Bull, etc.)

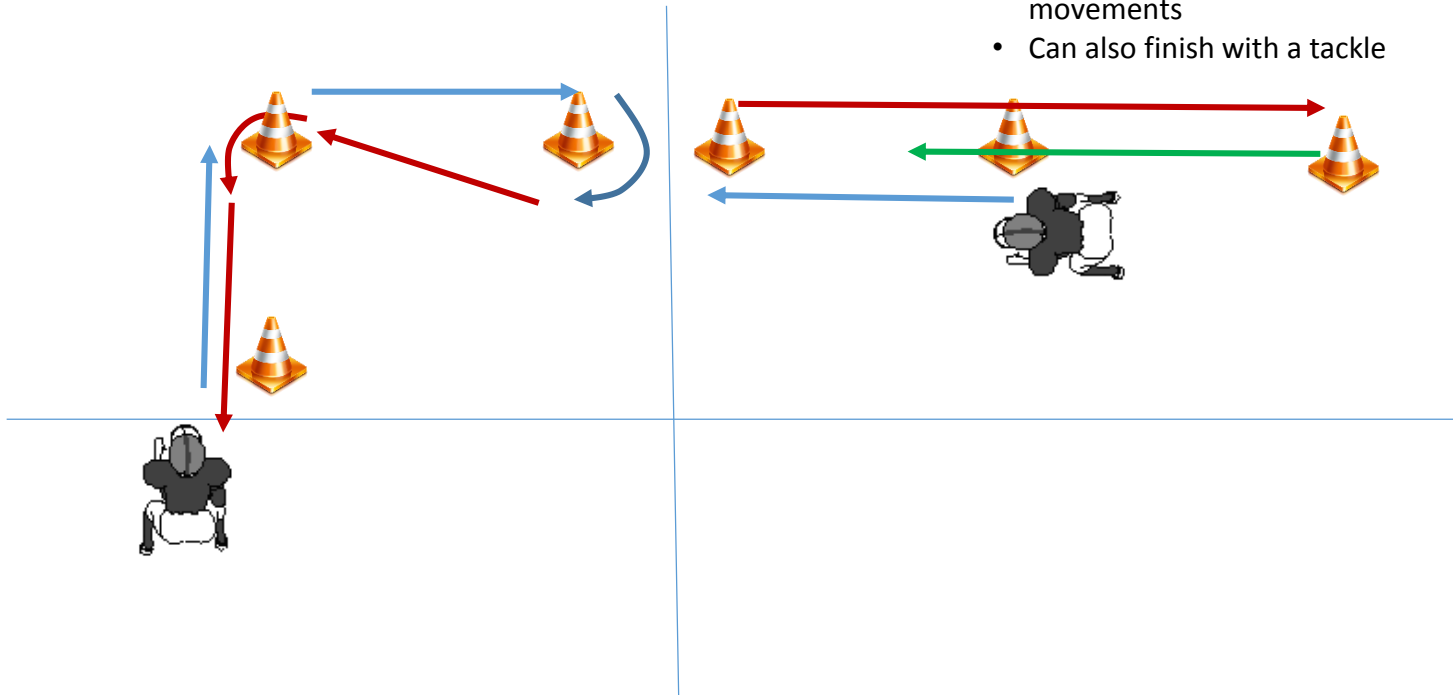


‘GET-OFFS’



Coaching Points:

- Vary the Cone setups
- Vary the distances (Short (3 yards apart), small space movements; longer (5 yards apart))
- Perfect Stance & Get-Off
- No "ROUNDING" ...tight, quick C.O.D. movements
- Can also finish with a tackle



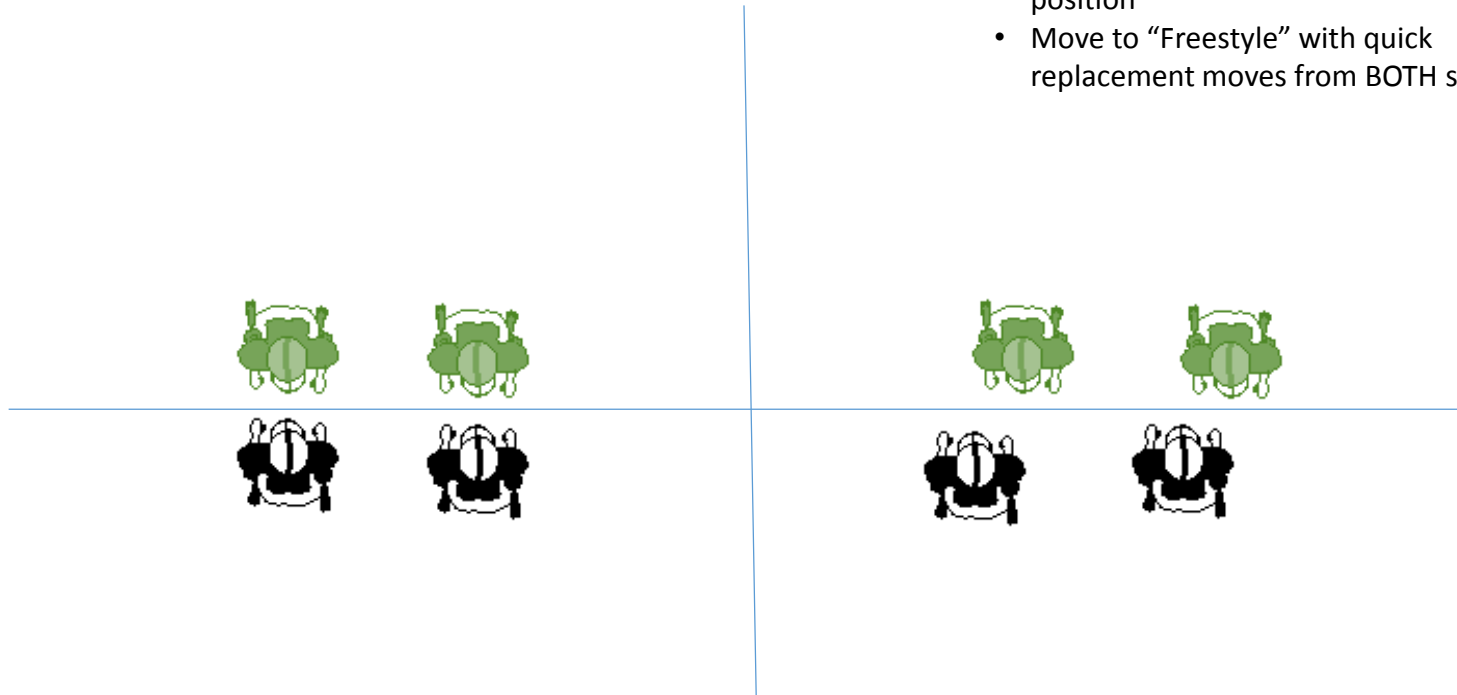
3 - CONE DRILLS

(#1 Drill for DL Quickness, Change of Direction & Pursuit)



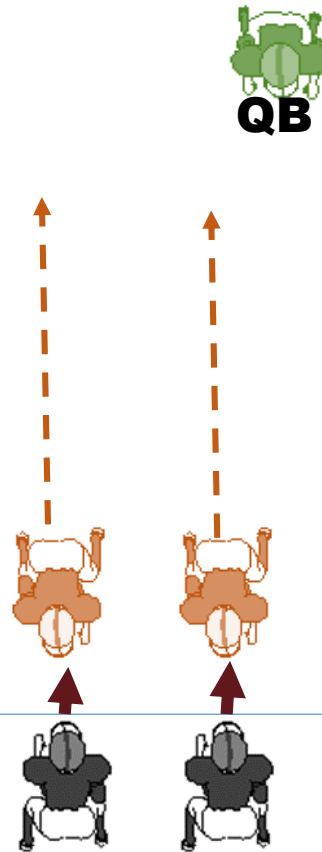
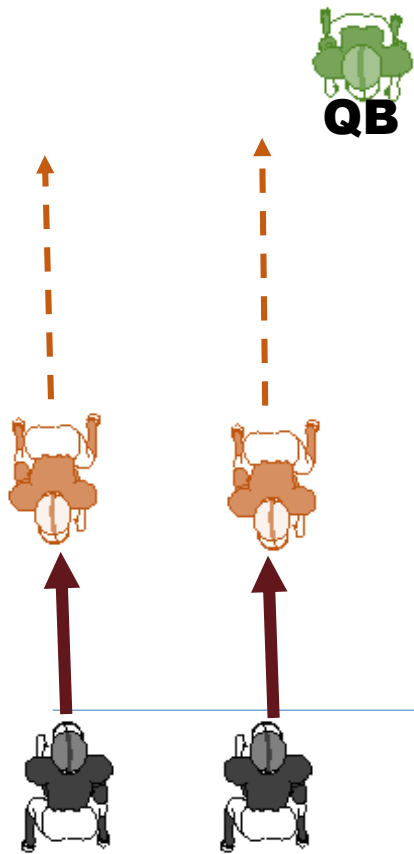
Coaching Points:

- Hand Replacement Techniques
- Pair up; start in “FIT” position
- Start with STRUCTURED drill: One side replaces UP; opposing side replaces DOWN
- Move to ONE ARM from SHADE position
- Move to “Freestyle” with quick replacement moves from BOTH sides



“HANDS” DRILLS





Coaching Points:

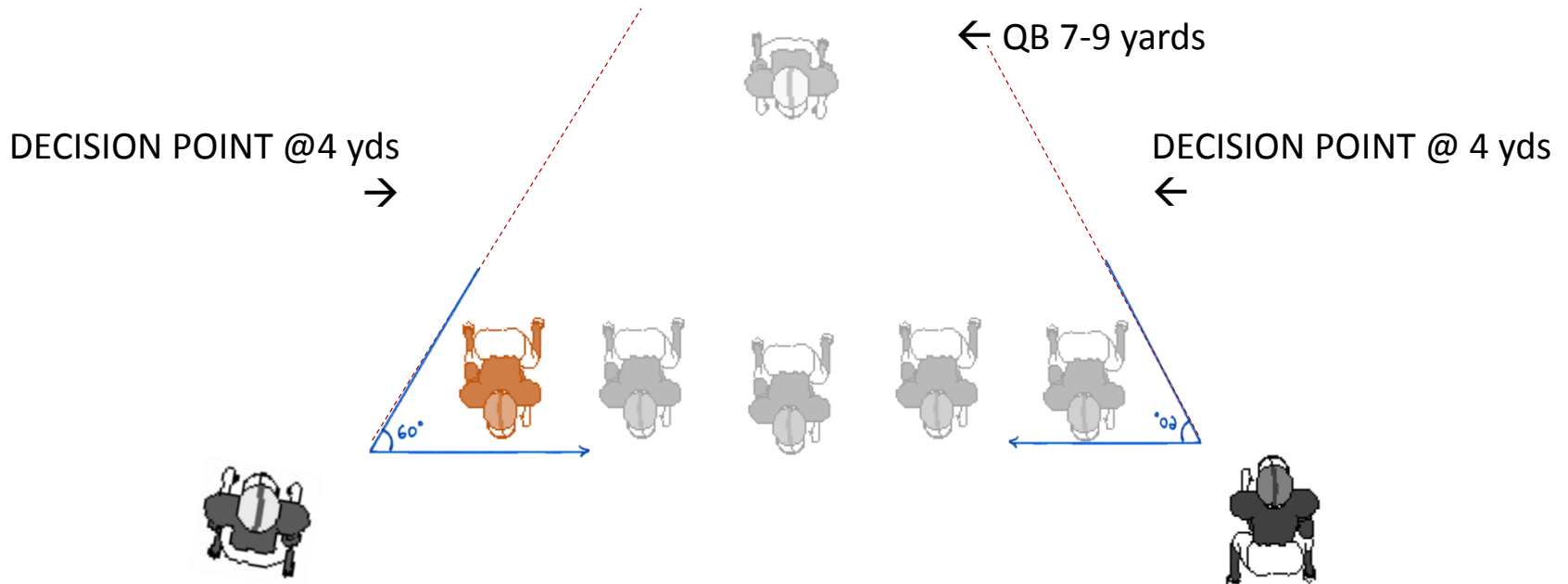
- Perfect Stance
- Explode “with a purpose”
- OL starts 4 yards deep and on snap, pass sets deep, straight back until DL touches him
- DL “CHASES” and CLOSES on OL
- Stress ACCELERATE to CLOSE
- Use a “move” at the end and get to the QB
- Progress to moving the OL 1 yard off the ball

‘CHASE’



THE "TACKLE SET LINE" CONCEPT FOR EDGE RUSHERS

The "Tackle Set Line" (*the spot where the OT "sets" in pass pro*) runs from the LOS through the outside leg of the OT, to a depth of 7-9 yards. It is roughly a 60 degree angle to the LOS. **ANYTIME THE OT IS FORCED ACROSS THIS "SET LINE" THE INSIDE IS EXPOSED AND VULNERABLE!** YOUR TARGET ("DECISION POINT") IS 4 YARDS OFF THE OUTSIDE (NEAR) FOOT OF THE OT.



- Get off the ball, charging UPFIELD and MAKE CONTACT with OUTSIDE HAND
- A SPEED RUSH is the rusher's starting point; FORCE the OT to kick outside and take it away
- Read the OT while in the SPEED RUSH;
 - IF OT CROSSES THE TACKLE SET LINE, CLUB HIM AND COME INSIDE;
 - IF OT STAYS TIGHT INSIDE, CONTINUE WITH SPEED RUSH OUTSIDE
 - THE OT CANNOT BE RIGHT IF YOU READ HIM CORRECTLY!

