



TAKEAWAYS & BLOCK DESTRUCTION

MIDLAND UNIVERSITY WARRIORS
COACH BISCH

THE MIDLAND WAY

- 2015 MU Football: 52 student-athletes from Nebraska (attrition & seniors)
- 2016 MU Football: 67 student-athletes from Nebraska
 - 47 recruited by Coach Jamrog's staff
 - 20 upperclassmen: Haven't lost one
- 2017 MU Football: 48 student-athletes have signed/committed to MU so far
 - Currently: 115 Nebraska kids on 2017 roster
 - 77% of roster
- Over last 2 recruiting cycles we have gone from 52 Nebraska guys (41% of roster) to 115 Nebraska guys (77% of roster).
- Have signed/committed 95 Nebraska high school football players in 2 years.....SO FAR!

NOBODY RECRUITS NEBRASKA AS HARD AS MIDLAND

MIDLAND DEFENSE 2016

- 2016 marked first winning since at MU since 2011.
- Led NAIA in fumbles recovered (18).
- #3 in nation on 4th down (19%).
- Top 10 finish nationally in regular season takeaways (31, 2.82 per game).
- Finished in top 15 nationally on 3rd down (32.7%).
- Top 25 finish nationally in sacks (27.5, 2.5 per game).
- Nine All-GPAC selections, notable: 1st Team – Safety Lucas Schawang, 2nd Team – ILB Bryan McLaughlin.
- Defensive Improvements in year 1:
 - Points allowed decreased by sixteen per game (2016: 24.5, 2015: 40.5).
 - Rushing yards allowed decreased by fifty yards per game (2016: 156.2, 2015: 206.5).
 - Passing yards allowed decreased by fifty-three yards per game (2016: 224.4, 2015: 277.2)
 - Total yards allowed decreased by 103 yards per game (2016: 380.7, 2015: 483.7)

WARRIOR MINDSET

MPET!

- We MUST have Mental, Physical, and Emotional Toughness to maximize our potential!
- Qualities of MPET include but are not limited to: resilience, determination, grit, macho attitude, perseverance, faith in self & teammates, and a “junkyard dog” mentality.
- The ability to stay focused and driven when under pressure separates those with MPET from those without MPET
- *“Mental Toughness (MT) is possessing, understanding, and being able to utilize a set of psychological skills that allow the effective and even maximal execution, or adaptation, and persistence of decision-making and physical skills learned in training and by experience. Mental toughness expresses itself every day, as well as in high stress, critical situation.” – Dr. Mike Asken, Warrior Mindset*

TAKEAWAYS & BALL DISRUPTION

- Create Ball Disruption by doing the following:
 - Force Fumbles
 - Destroy Blocks.
 - Tackling: In order to force fumbles, we must first be great tacklers.
 - SHOTS ON GOAL (SOG): Constantly raking, punching, pulling, etc. at the ball
 - Interceptions
 - Bring multiple pressures to force errant passes.
 - Maintain eye discipline.
 - Finish at the football! Shoot the hip!
 - Altered Passes
 - Force QB to change drop or set-up.
 - Coverage should make QB go to his 2nd, 3rd, and 4th reads.
 - Force QB to change trajectory of delivery, KNOCK QB DOWN!
 - Pass Break-Ups
 - Know when to break the pass up rather than gamble on a risky pick.
 - Use the GLOVE technique when breaking up a pass.
 - Get hands up when rushing the passer.
 - Sacks/TFL'S >2
 - Multiple fronts and pressures
 - Solid coverage with the LB's and Secondary. No fly zone!
 - Finish by pursuing and tackling the ball carrier and getting SOG's.
 - 19% or Higher
 - Total plays divided by # of plays we caused a disruption.

TAKEAWAYS

Shot on Goal – A VIOLENT attempt at ripping or punching the ball away from the ball carrier.

MONEY – The word we use to signify a turnover. When we intercept or pick up a fumble, we should be yelling “MONEY, MONEY” to alert all defensive players of the takeaway.

WAYS TO FORCE A FUMBLE

- **#1 Rule is to secure the tackle!**
 - We no longer teach securing the tackle over the shoulder
 - Use off arm to secure tackle by pinning the non-ball carrying arm against the torso. This prevents ball carrier from using two arms to protect the football.
- **Uppercut** – Hitting up on the ball from behind the ball carrier while securing the tackle.
- **Rip/Lawnmower** – Clear the elbow and pull the point of the football in order to tear the ball away from the ball carrier. This should mimic the action used to start a lawnmower. VIOLENT!
- **Punch** – VIOLENT punch down on the ball while securing the tackle with the other arm.
- **Tomahawk** – Used more on a QB. Chopping down on the arm of the QB from behind.

WAYS TO RECOVER A FUMBLE

- **Fall on the Ball (Fetal Recovery)** – Use this technique when there are opponents around. Should be on your side with your knees up to your chest and covering all points of the football.
- **Scoop and Score** – Use this technique in space and an opportunity to advance the ball after the recovery.
 - A. Bend hips and knees
 - B. Eyes on the ball
 - C. Pinkies together scooping underneath the ball
 - D. Tuck the ball away after recovering it

TAKEAWAYS

INTERCEPTIONS

A. Where do we go?

- The ball carrier must tuck the ball away and get to the nearest sideline.

B. Who do we block?

- We must block the following two threats: the quarterback and the intended receiver.

BALL SECURITY

- A. 4 Points of Security – Cover tip with fingers, other tip in the elbow, the side with forearm, and tight to the chest.

INTERCEPTION & BALL DRILLS

- **Tip Drill** – Front man tips ball in air, back man high points, catches, tucks, and finishes.
- **Distraction Drill** – Front man waves arms and causes distraction, back man catches and finishes.
- **Stoops Drill** – 2 DB's lined up next to each other. Coach pedals them and breaks in direction, compete for the ball.
- **High Point** – 1 man high point the ball, tuck and finish.
- **Deep as the deepest** – DB splitting two vertical routes and high pointing football.
- **Glove Tech** – Finish technique used when defender cannot intercept the ball. Stick hand thru gloves.
- **Shoot the hip** – Finish technique when able to intercept the ball. Drill Tape.

BLOCK DESTRUCTION

- Our goal is to DESTROY and ESCAPE blocks at Midland!
- Must be 70% attitude (tough), 30% technique
- Use many techniques for different scenarios
 - Shock & shed: Engaged
 - Sting/Stick & Move: Spend little time on block
 - Slip & Sugar Dance: Stealth avoidance
 - Box/Forearm Release: Force
 - Play the Cut: Defending low blocks
 - Spill & Pry/Cut Spill: Iso/lead/pull blocks

BLOCK DESTROY TECHNIQUES

- Shock & Shed/Shock & Pocket
 - Used when we must engage with a blocker
 - Often used by OLB/DL vs reach/base when controlling gap
 - Coaching Points
 - Attack with appropriate leverage and pad level
 - VIOLENT
 - Face, hands, hips
 - Shock with crown of helmet/face
 - Inside hands, sternum/bicep
 - Lockout arms to create separation
 - Keep leverage side arm & leg free
 - Look over blockers up-field shoulder
 - Throw blocker to hip pocket dependent on where ball carrier commits
 - Show him your butt (stack him) when applicable

BLOCK DESTROY TECHNIQUES

- Sting/Stick & Move

- Create separation by engaging momentarily
- Sting often used by ILB versus a 2nd level zone combo from OL
- Stick & Move often used by ILB versus 2nd level block (Stretch/Toss)
- Coaching Points
 - Attack with gap side leverage to head up
 - Eyes thru sternum, attack thru sternum (pad level)
 - Must have a good, square base
 - VIOLENT
 - Face, Hands, and Hips
 - Create separation
 - Keep hands off (swat/rip/snake)
 - Show him your butt
 - Drill progression: 1) 4-pt on sled, 2) 2-point on sled, 3) Stick & Move, 4) Machine Gun

BLOCK DESTROY TECHNIQUES

- Slip & Sugar Dance

- The best way to destroy a block is to not give blocker a chance to touch you
- Give illusion that you are going to sting the blocker, but do not engage
- Coaching Points
 - Attack blocker with leverage if possible
 - Low pad level, eyes thru sternum
 - Sell the sting
 - Slip: Cross face, Change COG, beat front side
 - Sugar Dance: At last second stick foot in ground and beat him to leverage side
 - Keep hands off (snake/swat/rip)
 - Shoot the hip
 - Show him your butt

BLOCK DESTROY TECHNIQUES

- Box Technique/Forearm Release
 - Used vs a bigger blocker, especially when setting an edge or force
 - Kick-out/Lead blocks
 - Coaching Points
 - Attack blocker with outside-in angle
 - At contact get inside foot up, attack with near arm, near leg
 - Keep outside arm, outside leg free
 - Make contact on the rise
 - Drive tip of shoulder pad into blocker
 - Keep elbow attached to rib cage
 - Use thigh/butt if needed
 - Look over blocker's up-field shoulder
 - Use forearm as a shield working low to high to separate
 - If ball carrier commits inside, spin away from blocker
 - Pursue, strip, tackle

BLOCK DESTROY TECHNIQUES

- Play the cut
 - Anticipate the cut from offensive player
 - Coaching Points:
 - Attack with leverage
 - Hand on helmet, hand on shoulder pad
 - Violently push away
 - This is a MUST! Expect cutter to attempt to roll. We MUST be violent with our hands.
 - Protect legs, give ground, and kick feet back
 - ***Olay Technique vs RB in pass rush only

BLOCK DESTROY TECHNIQUES

- Spill & Pry Technique
 - Typically used versus Iso/Lead Block, Kick-out block, and OL pull.
 - Coaching Points:
 - Attack blocker with inside-out leverage
 - At contact long step with outside foot
 - Attack with near arm, near leg
 - Keep inside arm, inside leg free
 - Make contact on the rise
 - Drive tip of shoulder pad into blocker
 - Keep elbow attached to rib cage initially
 - Use thigh/butt if needed
 - Use forearm as a shield working low to high and release
 - Pry back up the field, do not get washed down
 - Pursue, strip, tackle

BLOCK DESTROY TECHNIQUES

- Cut Spill Technique

- Typically used versus Iso/Lead Block, Kick-out block, and OL pull.
- Coaching Points:
 - Attack blocker with inside-out leverage
 - Cut through inside thigh board of blocker with outside arm/shoulder
 - Keep inside arm, inside leg free
 - Roll 2x up field just like pry
 - Pursue, strip, tackle

**IF THERE IS ANY WAY WE CAN EVER HELP YOU AT MIDLAND PLEASE DON'T
HESITATE TO CONTACT US!**

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