

Football changes lives.





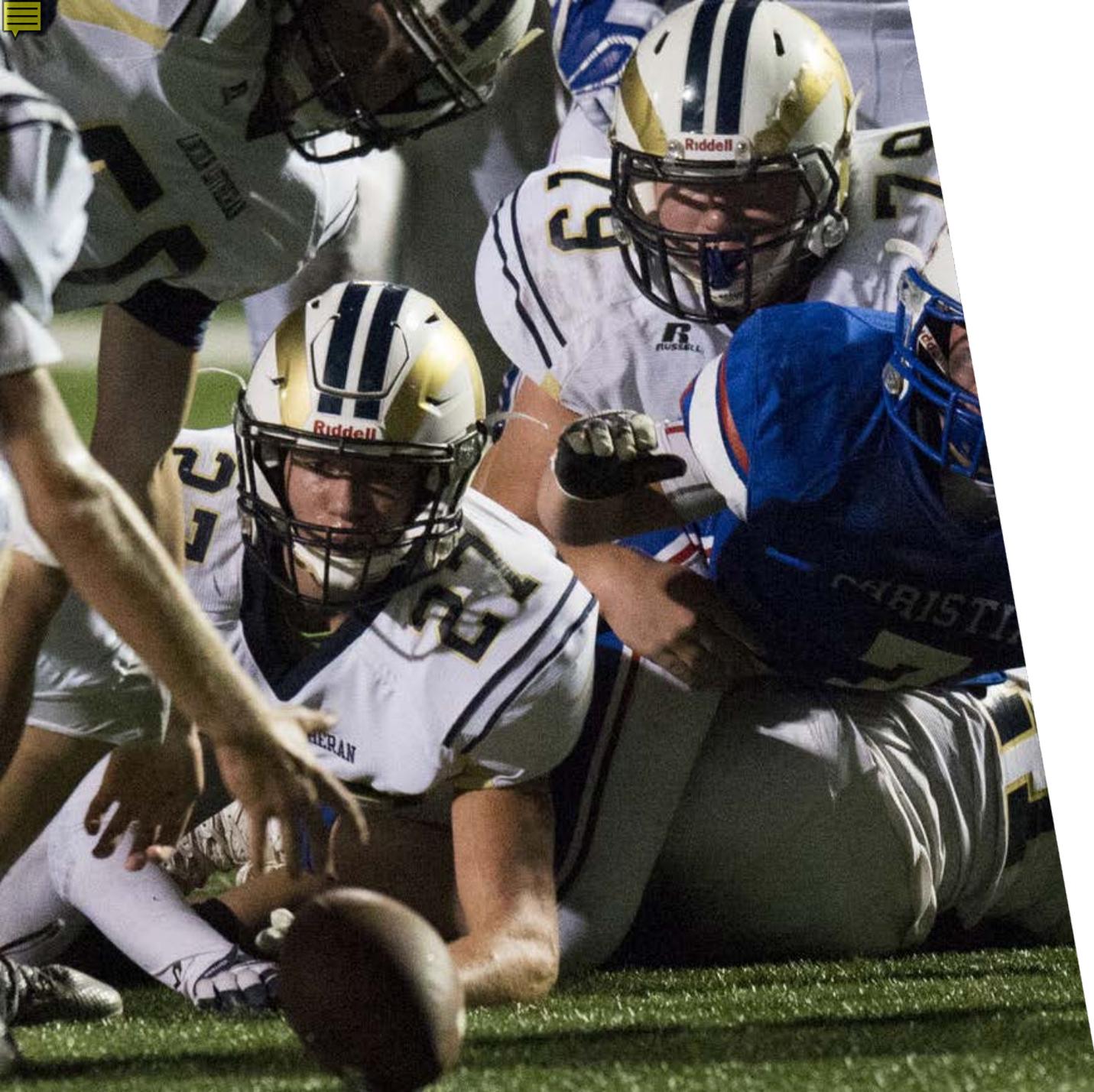
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Building Blocks for a Swarming Defense





2014:

- Record: **1-8**
- Points allowed: **419** - (46/ppg)

2015:

- Record: **0-9**
- Points Allowed: **393** - (44/ppg)
- Yards Allowed: **3,896** - (432/ypg)
- T/O Margin: **-16**

2016:

- Record: **7-2**
- Points allowed: **130** - (14/ppg)
- Yards Allowed: **1,830** - (203/ypg)
- T/O Margin: **+8**

2017:

- Record: **9-3** (state semifinals)
- Points allowed: **170** - (14/ppg)
- Yards Allowed: **2,422** - (201/ypg)
- T/O Margin: **+4**



**“Practice is
Everything.”**

- Pete Carroll

- **Have Fun**
- Fly Around
- Compete

Communication

Speak the same language.

- Coach your coaches.
- Pattern recognition.
- Players become coaches.

Not just “HOW”...”WHY?”

- Teaches Awareness
- Builds Football IQ
- Gives Purpose



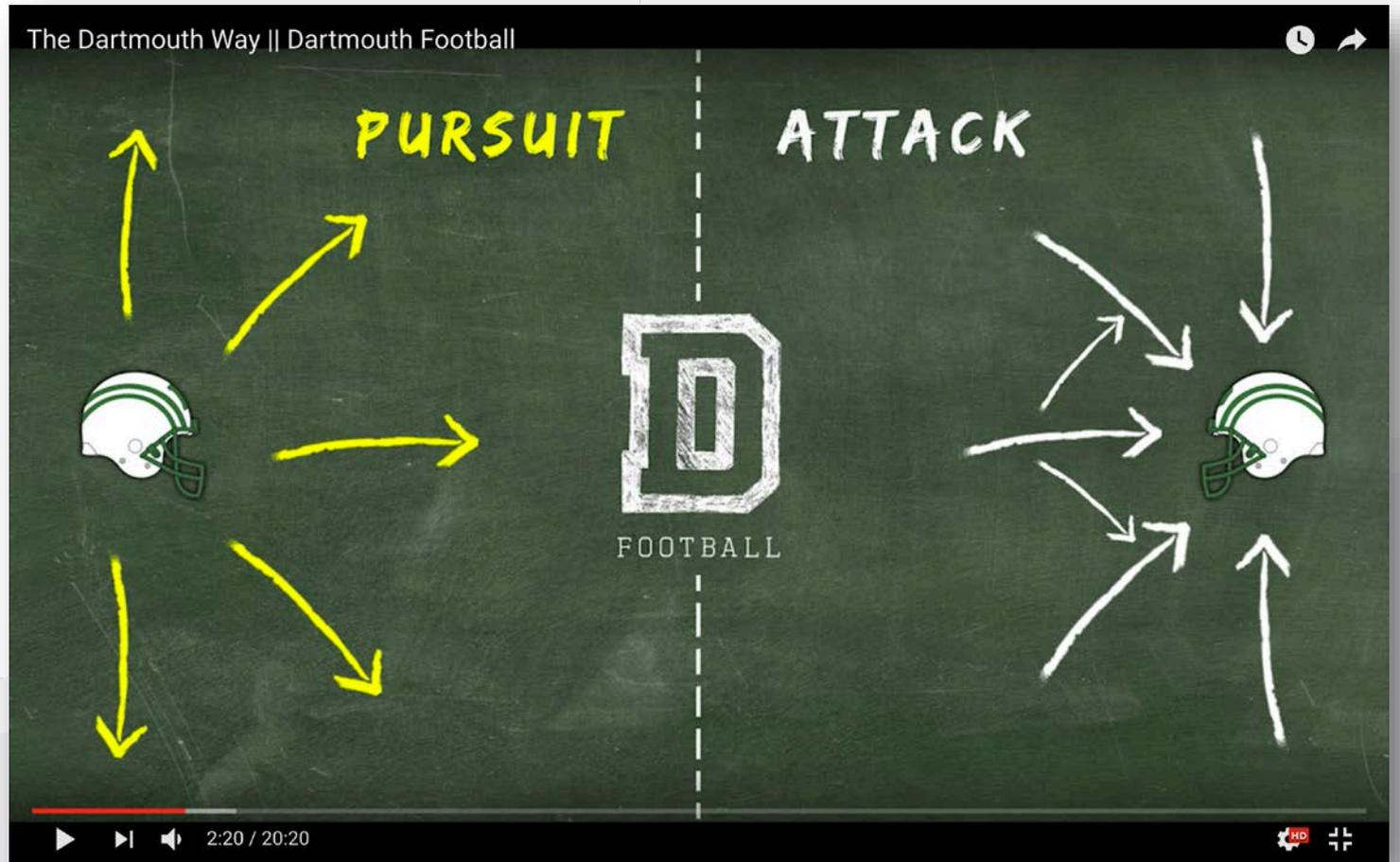
Warrior Tackle

1. Buzz your feet
2. Hit position
(Near foot, Near shoulder)
3. Rip & Shoot
4. Grab Cloth
5. Drive for 5



How to Practice Tackling

- Step-by-Step
- Use Pads
- Go Full Speed





SWARM

- **Start of Practice**
- **Conditioning**
- **All 11**
- **Pursuit Angle:**
Near Hip
Where he is now

Mobility

IQ



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