

DEFENSIVE LINE BLOCK

DESTRUCTION

AND

PASS RUSH

GAME PLANNING

MORNINGSIDES

FOOTBALL

WAR DOGS



- 1. MOTOR** – Be an active participant in what is happening. Relentless pursuit of the football. Effort erases mistakes.
- 2. TOUGHNESS** - Compete with toughness. Play with toughness.
- 3. ATTACK** - Reset the LOS and play with violence.
- 4. FUNDAMENTALS** - Prepare with commitment and be great at the little things. Know your responsibility and your opponent.
- 5. BLEED MAROON** - Play for the man next to you and behind you. Build trust within your unit and teammates, trust in them and let them trust in you. The jersey is **earned**, never given. Victory is **earned**, never given.

FUNDAMENTALS



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1. FEET

- Footwork must be sound. Build the foundation to your house.
- Feet must constantly be moving, if your feet die, you die.

2. HANDS

- Play with violence. Attack and reset the LOS.
- Be claustrophobic. Do not allow anyone in your space.

3. PAD LEVEL

- Keep you eyes behind your hands and your facemask below the O-Line's facemask.

1. STANCE

- Feet shoulder width apart, ankles pressed out
- Gap Hand Down and Gap foot back
- Toe to heel alignment
- Hips slightly above shoulder level
- Weight distribution 60/40 between down hand and feet
- Hand behind the ball, hat behind the hand so we are not offsides

2. KEY

- We have two keys: Visual key and Pressure key. Our visual key will tell us where our pressure is coming from.
- Our Visual key is always the outside armpit/V of the neck of the OL we are lined up over.
- The pressure key is based off our visual key. Our visual key will tell us where our pressure is coming from.

3. BASE

- 1st step is a short step looking to gain ground.
- Second step will follow immediately and get in the ground.
- We want to get a fast five steps in the ground. Keep the feet turning over.

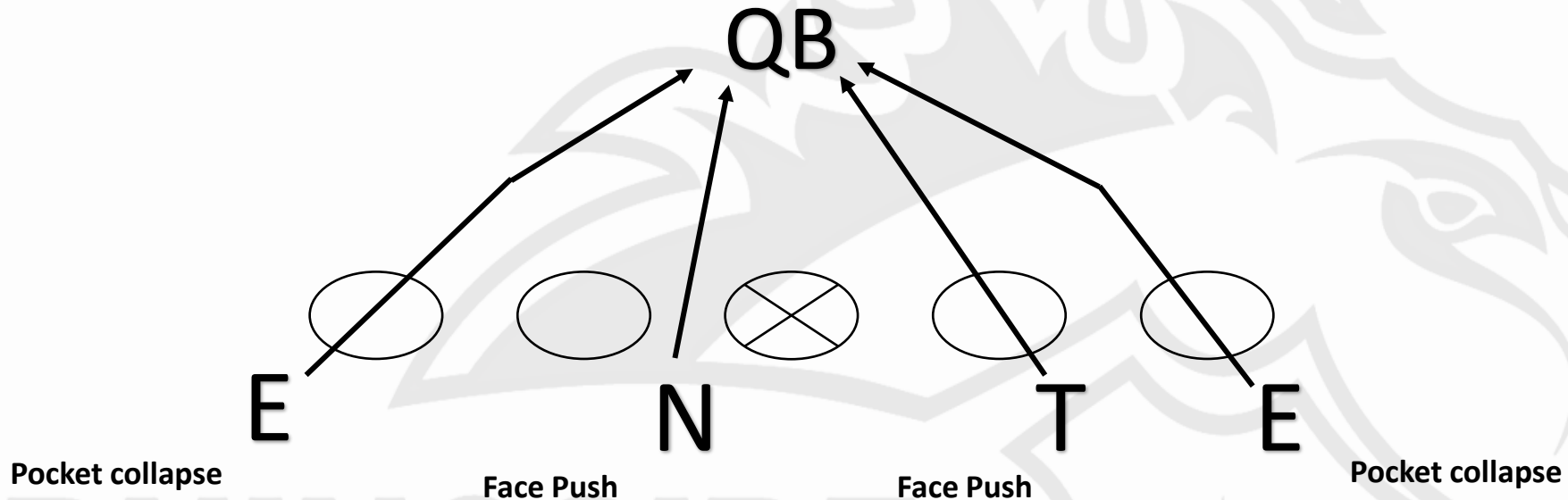
4. FACE

- Our facemask is below the OL's facemask. Back is flat on the strike with our hips behind us.
- We want to play Long and Strong.

5. HANDS

- Violent strike and get inside hand placement.
- Squeeze the chest plate with our thumbs up so we can control the pads.

D-Line Pass Rush Game Planning



Philosophy: We do not want to allow the QB to get comfortable in the pocket. We are going to try and disrupt his rhythm and timing as much as possible. Contain does not exist to us. Our goal is to get to the QB's feet.

Face Push

Pocket Collapse

We do not want to allow the QB to step up into open gaps or have “skelly windows” to throw through. If he is allowed to get the ball off, we want to make sure he can not step into the throw or put the ball on a line to the WR. The D-Line has the freedom post snap to make each other right if one of them is getting removed from their lane.

D-Line Pass Rush Game Planning

- **Where to Start?**

- **Protections 1st**

1. Full Slide, $\frac{3}{4}$ Slide, Big On Big, Guard Pull Protections

2. Where do they like to slide?

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D-Line Pass Rush Game Planning

- **Matchups**

- **Which OL is their worst Pass Blocker**

1. Pass Sets

1. Are they over/under setters?
2. Can they move their feet? Specifically Tackles
3. Do they lunge when they strike, or do they keep their head out of it?
4. Do they show hands fast, or do they keep them tight? Do they ghost their punch?
5. Which hand do they punch with?

D-Line Pass Rush Game Planning

- **QB Tendencies**
 - **All QB's have some sort of tendency in the pocket**
 1. Movement in the Pocket

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D-Line Pass Rush Game Planning

- **Plan of Attack**

- **Put together a Pass Rush Lane/Move/Game Attack**

1. Lanes
2. Moves
3. Games

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