

ATTACKING THE QB

ANTHONY GRAZZINI



ELMHURST COLLEGE

CPLFCA CLINIC



Our defensive philosophy is simple:

- **Stop the run**
- **ATTACK the Quarterback**



SAKRATS

- Stance
- Alignment
- Key
- Reaction
- Attack
- Technique
- Sustained Effort



PASS RUSH PHILOSOPHY

1. ATTACK
2. PENETRATE
3. HITS ON QUARTERBACK



S.I.P.R.

➤ Pre-Snap Ready Process

- S= Scan
- I= Interpret
- P=Predict
- R=React



SCAN

✓ Down And Distance

1. What Are Their Scouting Report Tendencies
2. What Are The Trends During The Game



TYPE NAME OF REPORT HERE!!!			
1st Down Form 2 - 6% - DBL SLOT 2 - 6% - I PRO RT 2 - 6% - I PRO LT 2 - 6% - TRIPS LT 2 - 6% - WING RT DBL	2nd Down Form 2 - 11% - DBL SLOT 2 - 11% - I PRO RT 1 - 6% - QUADS 1 - 6% - I DBL TITE PRO RT 1 - 6% - DBL SPLIT DBL SLOT	3rd Down Form 1 - 8% - I PRO RT 1 - 8% - DBL TITE TRIPS LT 1 - 8% - DBL TITE PWR I RT 1 - 8% - DBL TITE PRO LT 1 - 8% - I PRO LT	4th Down Form 1 - 20% - LEFT SLOT RT 1 - 20% - PUNT 1 - 20% - DBL TITE TRIPS LT 1 - 20% - DBL TITE WING RT 1 - 20% - TIGHT
1st Down Plays 6 - 19% - P A PASS 5 - 16% - SPRINT DRAW 3 - 10% - SWEEP 2 - 6% - D BACK 1 - 2% - DIVE	2nd Down Plays 3 - 17% - QUICK PASS 2 - 11% - SWEEP 2 - 11% - SPRINT DRAW 1 - 6% - CTR TREY PASS 1 - 6% - GUN	3rd Down Plays 2 - 17% - GUN 2 - 17% - P A PASS 2 - 17% - QUICK PASS 1 - 8% - CTR LT 1 - 8% - SCREEN	4th Down Plays 2 - 40% - PUNT 1 - 20% - SWEEP 2 - 20% - SPRINT DRAW 1 - 20% - QUICK PASS
1st Down Car/Rec 20 - 63% - TB 5 - 16% - Z 2 - 6% - X 2 - 6% - OB 2 - 6% - FB	2nd Down Car/Rec 2 - 40% - TB 2 - 40% - HB 1 - 20% - X	3rd Down Car/Rec 3 - 50% - TB 2 - 33% - Z 1 - 17% - HB	4th Down Car/Rec 1 - 33% - K 1 - 33% - TB 1 - 33% - X
1st Down R/P % 23 - 56% - R 18 - 44% - P	2nd Down R/P % 11 - 55% - P 9 - 45% - R	3rd Down R/P % 10 - 71% - P 4 - 29% - R	4th Down R/P % 2 - 40% - K 2 - 40% - R 1 - 20% - P

Offensive Line Tells

✓ Splits

1. Wide Splits Denote Inside Run
2. Narrow Splits Denote Outside Run Or Pass

Scan Says Pass or Outside Run

- Line splits are narrow
- Offensive line is in semi alignment



Offensive Linemen Stance

- Weight Distribution For Run Key
 1. White Knuckles
 2. Elbows Bent
 3. Foot Back



The Stance As A Key Says Pass

- Weight distribution is on heels
 - Light hands
 - Feet are balanced
 - Head and eyes are up

Eyes

- Is he pointing?
- What direction is he looking at?
- Are eyes high or low?

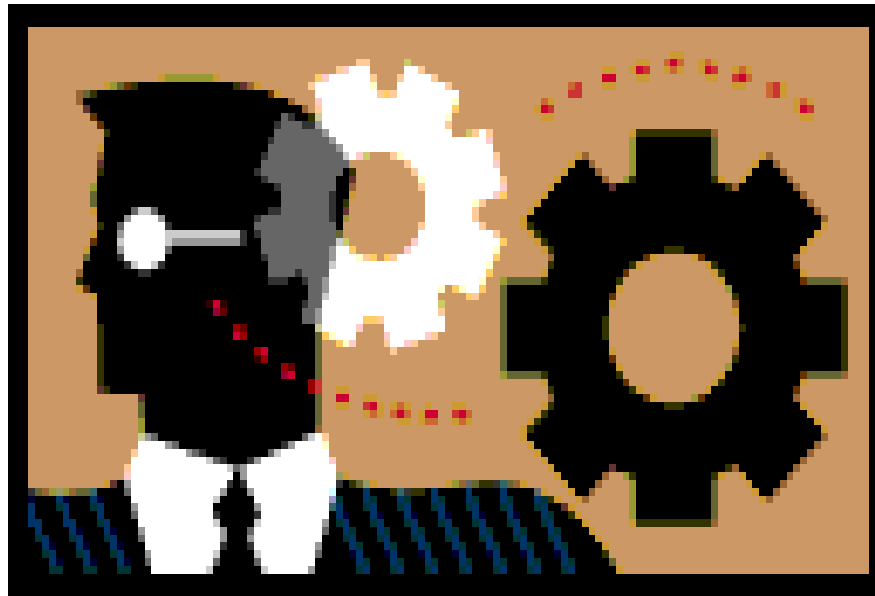


Eye Keys—Say Pass

- The OLM's eyes are pointing to the LB who is in a blitz position
- He is looking to his Left
- The OLM has his head and eyes up

INTERPERT

- What Do You Know Based On The Scouting Report
- What Does Scanning Tell You
- What Has The Offensive Lineman Done In Similar Situations



PREDICT

- Make A Hypothesis
- Formulate Your Plan With The Hypothesis In Mind (Move/Counter Move)
- Attack Based On The Hypothesis



Your Hypothesis: This Is A Passing Play

- The D &D is 3rd and 4 and they have used play action previously in this situation.
- The line splits, OLM stance, and OLM eyes tell me pass
- I will use a power rush technique for this situation: Power Slip Punch w/a Rip as my counter move

REACT

➤ React To The Movement Of The Offensive Lineman

- If Key = PSR, Then Make A Play
- If Key not = to PSR Redirect and Make A Play



My prediction was correct: The play is a pass

- My initial move was stalemated but I came clean on the counter move
- This Quarterback is getting punished

GENERAL PRINCIPLES

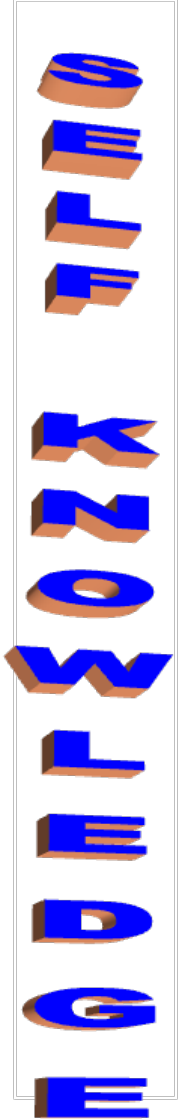
ACCOUNTABILITY

- **Rushmen**

- **PLAY HARD**
- **MAX SPEED**
- **HAVE A PLAN**
- **HAVE A COUNTER**
- **HOT STOVE**
- **FINISH THROUGH QB**
- **BECOME THE TAKE-A-WAY**
- **ARE RELENTLESS**

- **SLACKERS**

- **FEET STOP**
- **CHANGE SPEEDS**
- **PASSED UP BY FELLOW DL**
- **GET BLOCKED**
- **STAY BLOCKED**
- **NO PLAN/COUNTER**
- **LOAF**
- **ON THE GROUND TOO LONG**



KNOW YOUR OPPONENT

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- **PRE-SNAP KEYS**
- **TYPE OF SET**
- **SET LINE**
- **INITIAL MOVES THAT WORK**
- **HOW OPPONENT REACTS TO STIMULUS**
- **COUNTER MOVES**
- **QB ESCAPE POTENTIAL**

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UNDERSTAND OUR OBJECTIVES

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- **HITS ON THE QB**
- **DISRUPT QB TIMING**
- **FORCE THE QB TO CHECK DOWN**
- **LIMIT QB READ PROGRESSION**
- **RESTRICT QB'S VISION (HANDS & BODIES)**
- **FORCE TAKEAWAYS**
- **CONTAIN RUNNING QB**
- **CREATE INTERCEPTIONS**
- **SACK**

STALK THE QUARTERBACK

RUSH LANES

- A-gap: Power Rush—Push Pocket
- B-gap: 2-way Go—Push Pocket
- C/D Gap: Speed Rush—contain & Squeeze Pocket

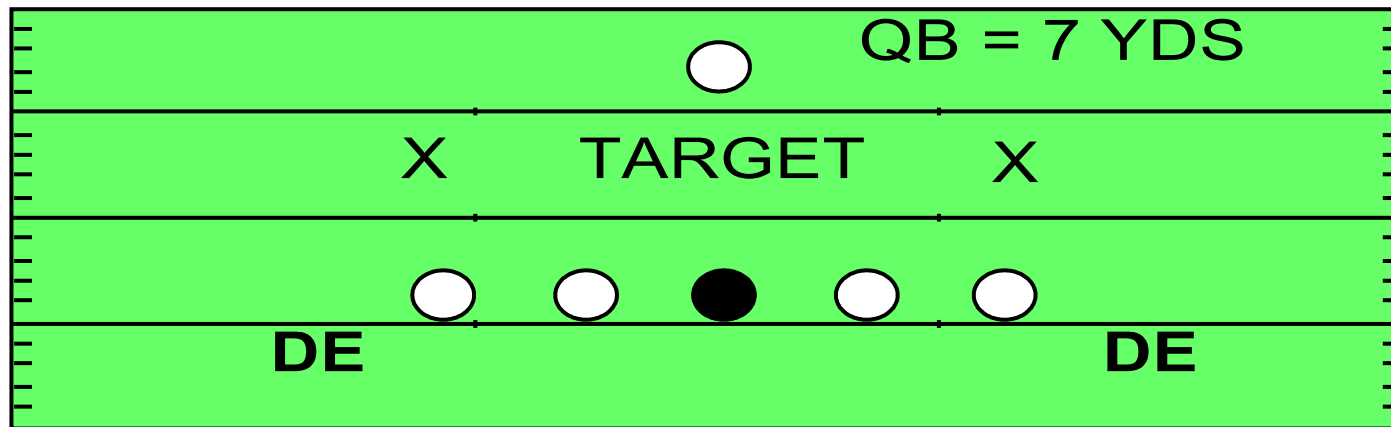
Ball Get Off

- Penetrate and break the pocket
- Attack the near number of the QB
- Get within 1 yard of the QB
- Constrict scramble lanes
- Obstruct passer view
- Affect trajectory of the throw



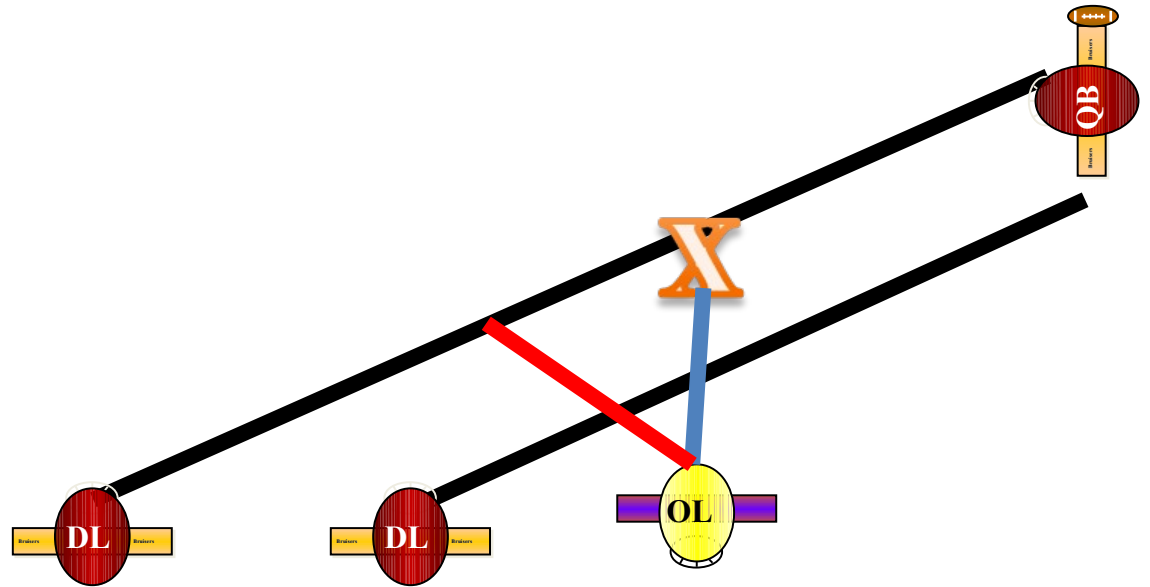
TACKLE SET LINE PRINCIPLE

3-3
3-3
3-3
3-3
3-3



- **BALL GET OFF**
- **FIRST 3 STEPS THE SAME**
- **MAKE OT COME OUT & STOP SPEED RUSH**
 - **-IF NOT KEEP GOING & LAWNMOWER QB**
- **OT CROSSES THE T.S.L. , HUMP UNDER**
- **WHEN IN DOUBT SET THE HOOK, DIP, RIP, AND RUN = SPEED RUSH**
- **IF OT FLOATS (SOFT SET)= BULL**

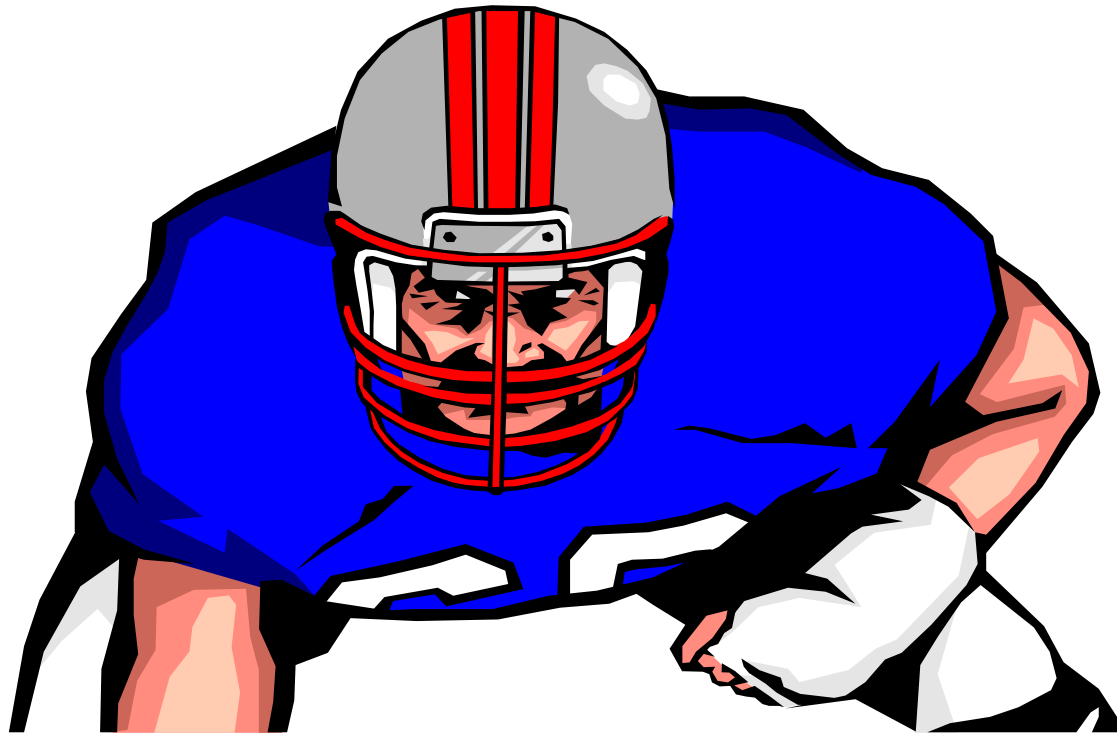
LENGTHEN YOUR LINE



RUSHMEN REMINDERS

- Attack the hands of Offensive Linemen
- Coordinate hands and feet
 - Strike with same arm/same leg
 - Step on the ankle of the OLM and get your hips through
 - Accelerate THROUGH THE QB
- QB in front—If The QB's off hand separates from the ball— get your hands up
 - Keep your feet
 - When the ball thrown; Plant, Snap elbow, redirect to football—No fish hooks

Rushmen Fundamentals



ZEN AND THE ART OF ARCHERY

*“Fundamentally,
the Zen master seeks not the target,
rather to become the bow.”*

POINT OF PRESSURE

- **POINT 1 ~ WRIST**
- **POINT 2 ~ ELBOW**
- **POINT 3 ~ SHOULDER CUFF**



CONTACT ZONES

- **LEVEL 1 ~ NO CONTACT**
- **LEVEL 2 ~ HAND FIGHT**
- **LEVEL 3 ~ FULL ENGAGEMENT**



BURST



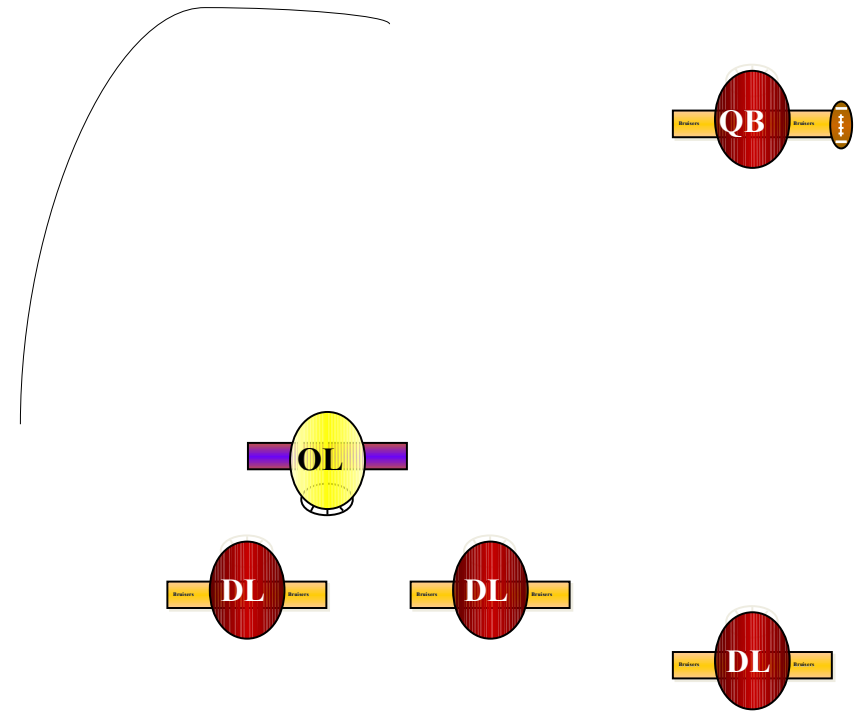
STANCE AND ALIGNMENT

- Attack Stance
- Inside Hand Down & Inside Foot Back
- Weight On Down Hand And Ball Of Front Foot
- Crowd Ball
- Align On Outside 1/3 Of The Man



B.G.O.

- Explode Off The Ball Movement
- Low Body Lean
- Burn The Cushion.
- Rush 1/3 Of The Man
- Keep Lane Integrity
- Vertical Push Feet Ripping Ground
- Target--6 1/2 Yards Behind The Center



STAB TECHNIQUE

- Explode off the ball with a power step
- Deliver a blow with the heel of the near hand to the breastplate aiming at the number to the side you are shaded.
- With the far hand swat and pin the near arm two inches below the shoulder.
- Lock out wrist and elbows and squeeze the OLM.
- Maintain leverage by keeping feet under you and your chest under your knees



SHOULDER AND HIP TURN

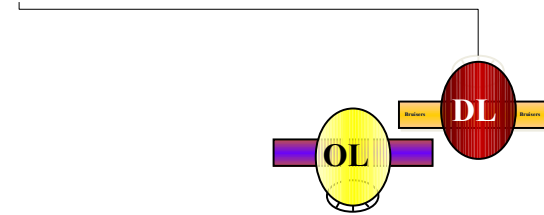
- Extend arms and push off cuff until the OLM squats to stop vertical push
- Pull down and across the body with your outside arm
- Shuffle hips perpendicular to the LOS
- Arm over/under; step through; and run hoop to the QB



BOXING IN THE QUARTERBACK

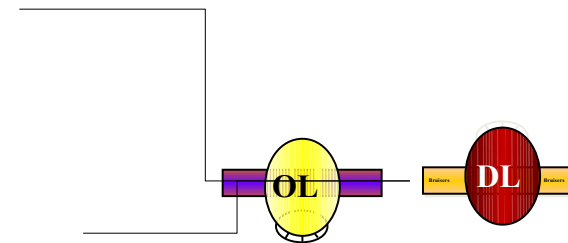
High Number Position

1. Burst up field
2. At 5 yards—DLM should be hip to hip in a high number position; continue over the top to QB



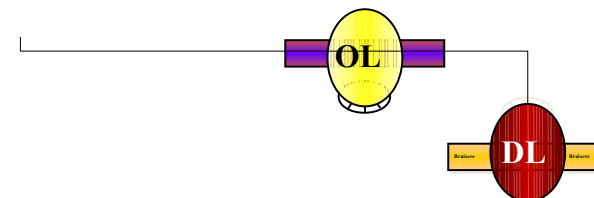
Even After 5 Yards

1. Turn and power down OLM to QB
2. Collapse the Pocket
3. Contain the QB—Alert for QB to Bail Out



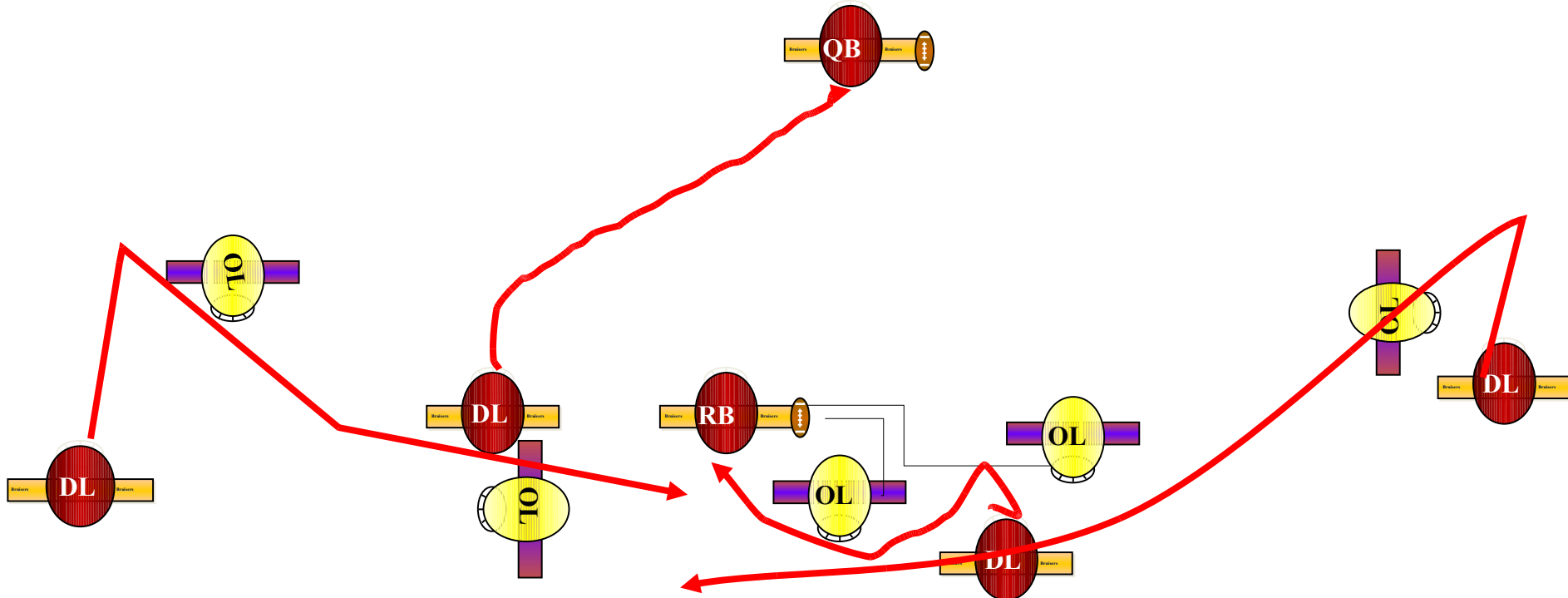
Low Number Position

1. If Low Number after 5 yards come under
2. **USE HUMP, THROW, OR SPIN**



SCREENS AND DRAWS

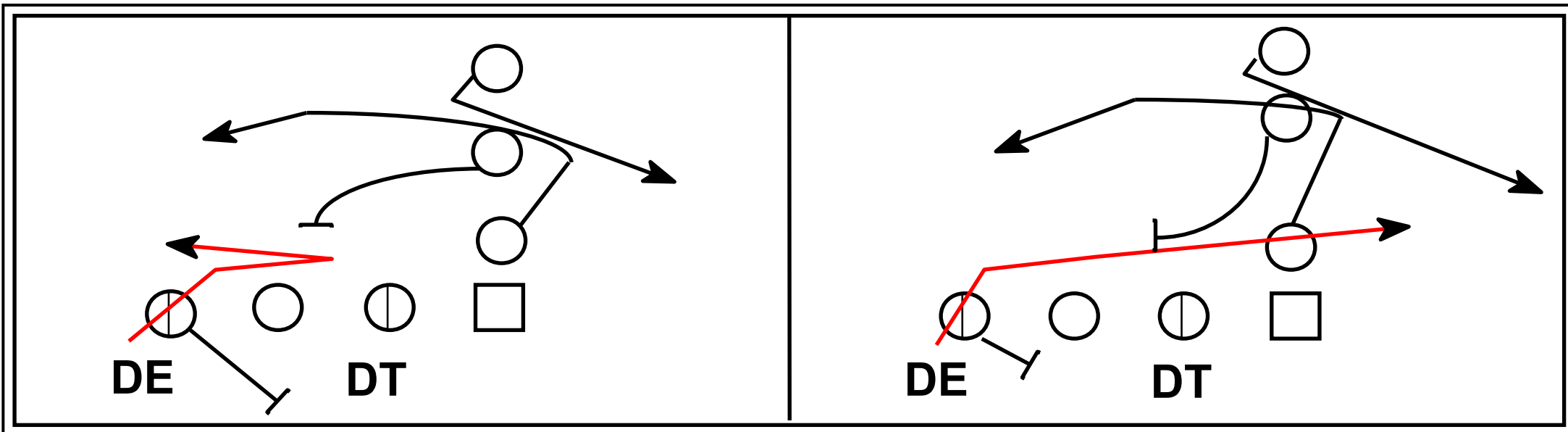
- First person through rush the passer
- React to screen or draw
- Redirect to the Ball—Retrace your steps never turn back you will be splattered



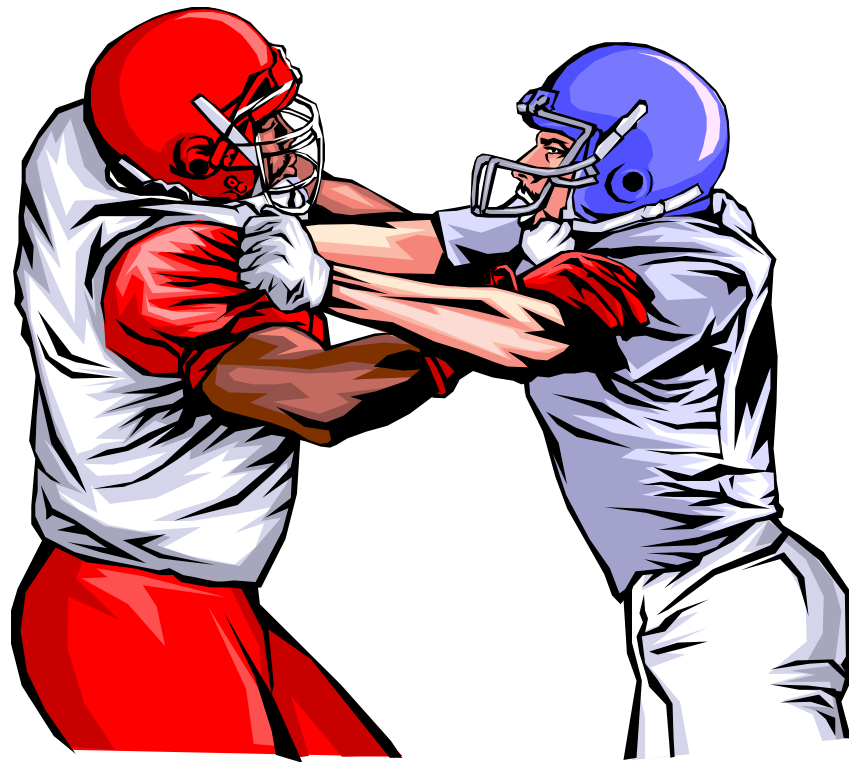
PLAYING THE BOOT

When the play goes away, we want you to chase and make a play. However, some teams will attempt to bootleg their QB's back towards you on a play away. If you are certain the QB has handed the ball off, continue to chase the back. If you see the QB keep it, or are unsure, you will play the QB (unless otherwise instructed by weekly game plan). When playing the QB bootleg, you will already have come hard inside. Slam on the brakes, and come back flat down the LOS to the outside, taking away his run.

If a back comes at you to block, his angle will indicate the type of play. If he tries to kick you out, the angle is to your inside. Wrong-shoulder him and play inside him. If he tries to "chip" your outside shoulder, the angle is to bootleg pass coming back to your side. Rip through his outside shoulder, and re-direct to come flat down the LOS to prevent the QB from running outside you.



TEACHING RUSHMEN



GETTING HITS ON QB'S

PASS RUSH = GET TO QUARTERBACK

RULE #1 ~ THE ONLY BLOCKER WHO CAN BLOCK YOU; IS YOU!

RULE #2 ~ HIT THE QB, KNOCKDOWN THE QUARTERBACK, SACK THE QUARTERBACK, MAKE THE QUARTERBACK FEEL THE WEIGHT OF YOUR WHOLE BODY!

EDGE

1. GAP HAND=CLUB, PIN, RIP/PUNCH
2. INSIDE HAND=HOOK/CUT, RIP/PUNCH
3. HUMP
4. JAB OLE
5. NO FEET=SPEED
6. NO HANDS=USC

POWER RUSH

1. SAW STRIKE, PUSH/PULL, PUNCH
2. HAND GRAB, THROW BY
3. USC
4. BULL SPIN

COME UNDER

1. HUMP
2. CHOP/SPIN
3. JAB-OLAY



DRILLS

1. NO FISH HOOKS
2. STAB PROGRESSION
3. KEY DRILL
4. PULL PATH MATCH
5. BLOCK ESCAPE
6. KARATE

- HOOK
- CUT
- SAW
- STRIKE

- SNAKES
 - HOOK/SAW COMBOS
 - Hook/Saw combos
 - SPEED SLIP
 - POWER SLIP
 - WALK AND SPAR
 - SPAR CONDITIONING
7. HIGH, EVEN, LOW
NUMBER

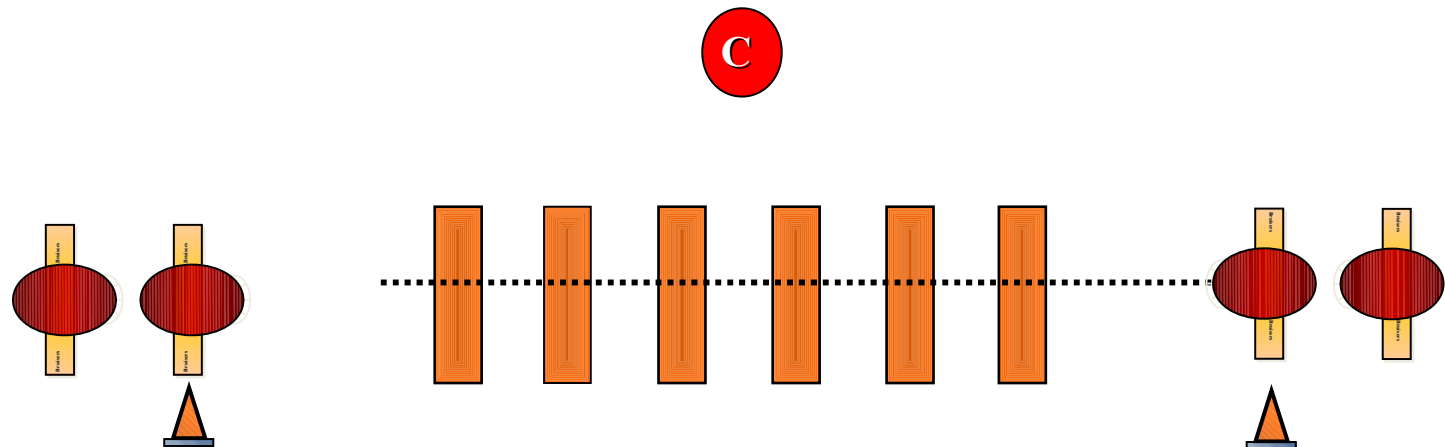
REVIEW PASS RUSH FUNDAMENTALS

- **SAKRATS**
- **BALL GET OFF**
- **BURN GRASS**
- **BEAT THE OLM TO THE SPOT**
- **PLAN AND COUNTER**
- **DRIVE UP FIELD (HANDS & FEET NEVER STOP)**
- **TURN – HIPS & SHOULDERS (ON EDGE)**
- **SINK – POINT INSIDE FOOT & TOE AT PASSER (STEP ON ANKLE)**
- **BURST (TACKLE QB WITH YOUR WHOLE BODY)**

RACE HORSE DRILLS
Pre Practice Every Day

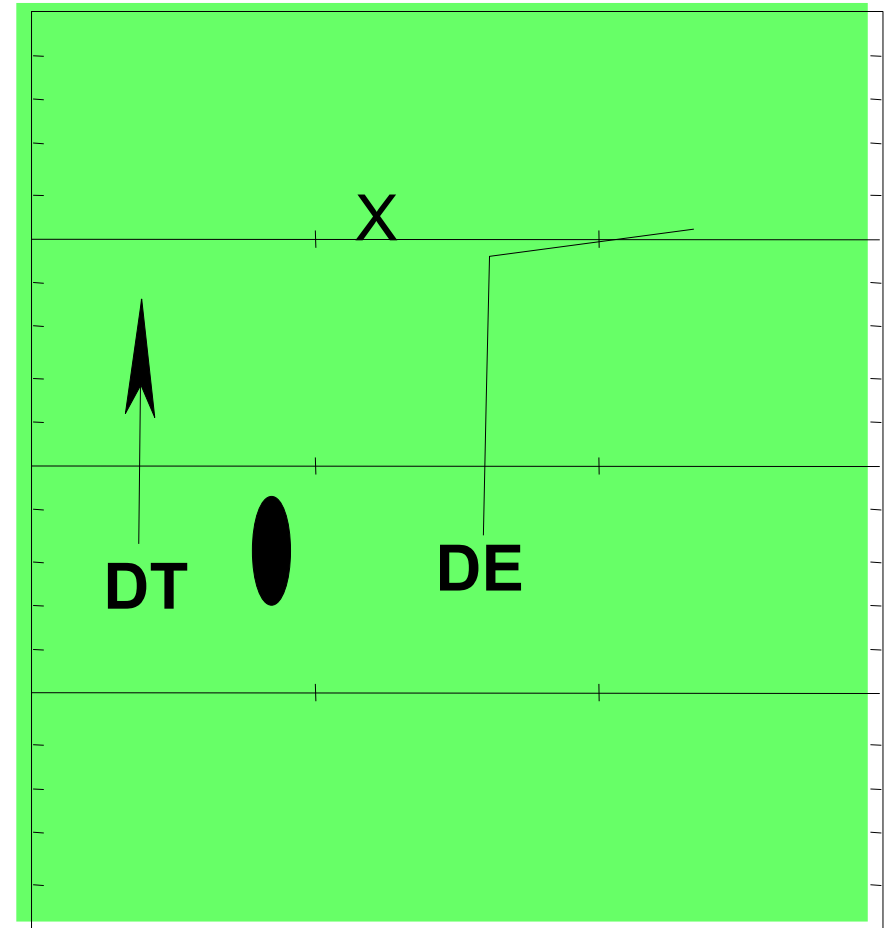
QUICK FOOT LADDER

- **One in every hole**
- **One in every other hole**
- **Two in every hole**
- **Lateral Shuffle**
- **Icky shuffle**
- **Hokey Pokey**



NO FISH HOOKS

- **C. O.D. REACTION DRILL**
 - **START ON BALL MOVEMENT**
 - **EXPLODE TO SET POINT 4 YARDS DEEP**
 - **READ COACHES DIRECTIONAL KEY**
 - **PLAY AT HEIGHT OF STANCE**



CHUTE DRILLS

- **HOT STOVE**

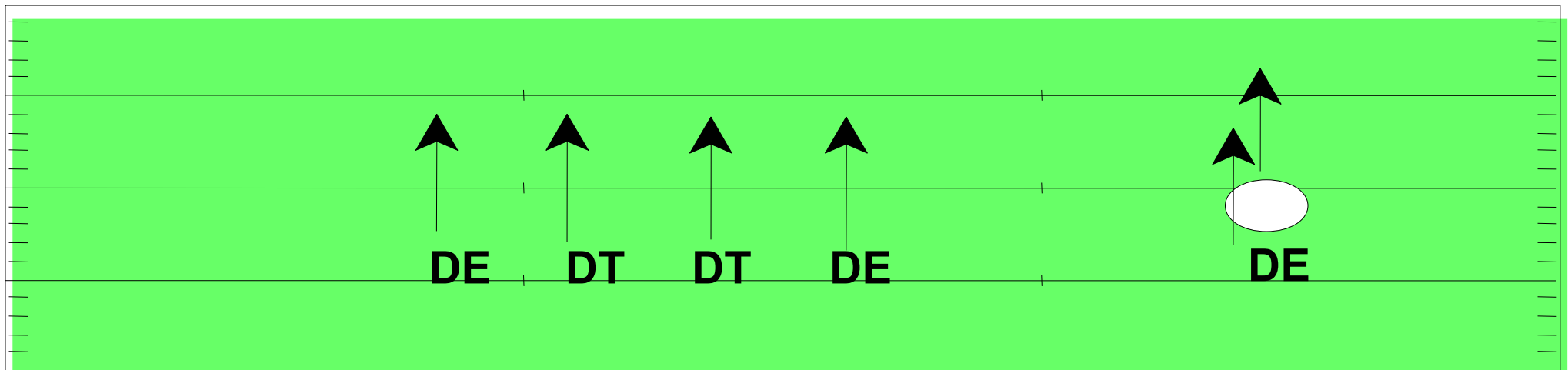
- **PERFORM A PUSH UP, TAKE 1 HARD STEP, EXPLODE YOUR HIPS, ACCELERATE, CHANGE DIRECTION, TOMAHAWK QB.**

- **TAG**

- **TAKE OFF ON MOVEMENT, ACCELERATE, TAG RETREATING OLM**

- **TAG & STAB**

- **TAKE OFF ON MOVEMENT, ACCELERATE, TAG THE RETREATING OLM, EXECUTE STAB TECHNIQUE, FLIP HIP AND FINISH**



HOOPS

- **ONCE AROUND**

- **START ON BALL MOVEMENT**
- **RUN & LEAN AROUND CIRCLE (DIP I/S HIP & SHOULDER) TOES IN**
- **SET HOOK ON KARATE BLOCKER**
- **FINISH THROUGH THE QB**

- **FIGURE EIGHT**

- **START ON BALL MOVEMENT**
- **RUN & LEAN AROUND CIRCLE (DIP I/S HIP & SHOULDER) TOES IN**
- **SET HOOK ON KARATE BLOCKER, INISH THROUGH THE QB**

