



Defensive Roster

FCCHS 2007 as of 8/1/07



3 Seconds

Base

2 point stance -proper foot alignment

Balance

3 point stance – proper hand
placement

Power

1st step short, 2nd step proper
placement

Z to the knees

Extension

Shoot arms to proper gap side

Control

Control Gap

Read

Head up, find play

Release



Defensive Roster

FCHS 2007 as of 8/1/07

4-6 Base

IR



B
Green
Howard
Shirley

3T
JR
Trent Miller

N
Cochran
Brigham

3T
Dodd
Bus

SS
Fancher
Berry
E Rolader

S
Van Pelt
Williamson
Howard

C
M. Weatherby
Philpotts
McElveen

W
Poje
Baker
Crosson ?
Knight

M
Osborne
D. Rolader
Herbert
O'Riley

C
Brink
Rawlings
Butler
Garcia

????
Stainback
Atterbury
B. Brigham
Cicco
Davies
Hays
Sisia
C. Smith
Weyant

FS
Mitchell
Hart
Kay

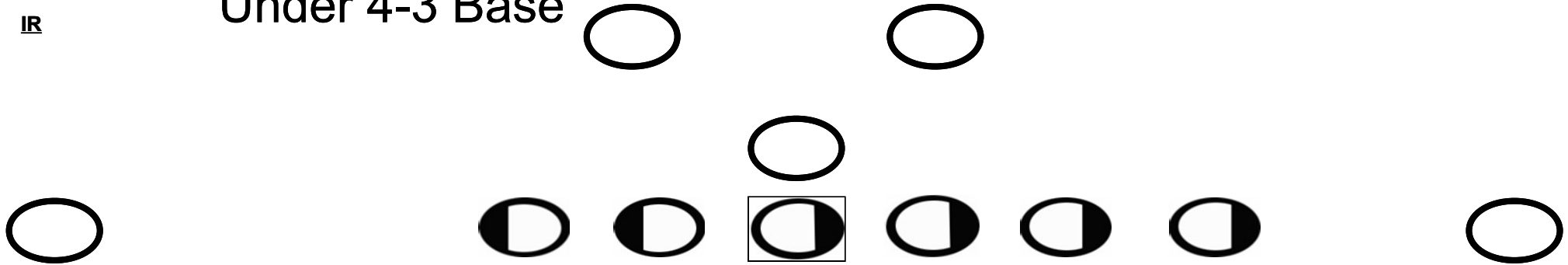


Defensive Roster

FCHS 2007 as of 8/1/07

Under 4-3 Base

IR



B
Green
Howard
Shirley

3T
JR
Trent Miller

S-N
Cochran
Brigham

5T
Dodd
Bus

S
Van Pelt
Williamson
Howard

C

M. Weatherby
Philpotts
McElveen

W
Poje
Baker
Crosson ?
Knight

▶ **M**
Osborne
D. Rolader
Herbert
O'Riley

C

Brink
Rawlings
Butler
Garcia

????
Stainback
Atterbury
B. Brigham
Cicco
Davies
Hays
Sisia
C. Smith
Weyant

FS
Mitchell
Hart
Kay

SS
Fancher
Berry
E Rolader

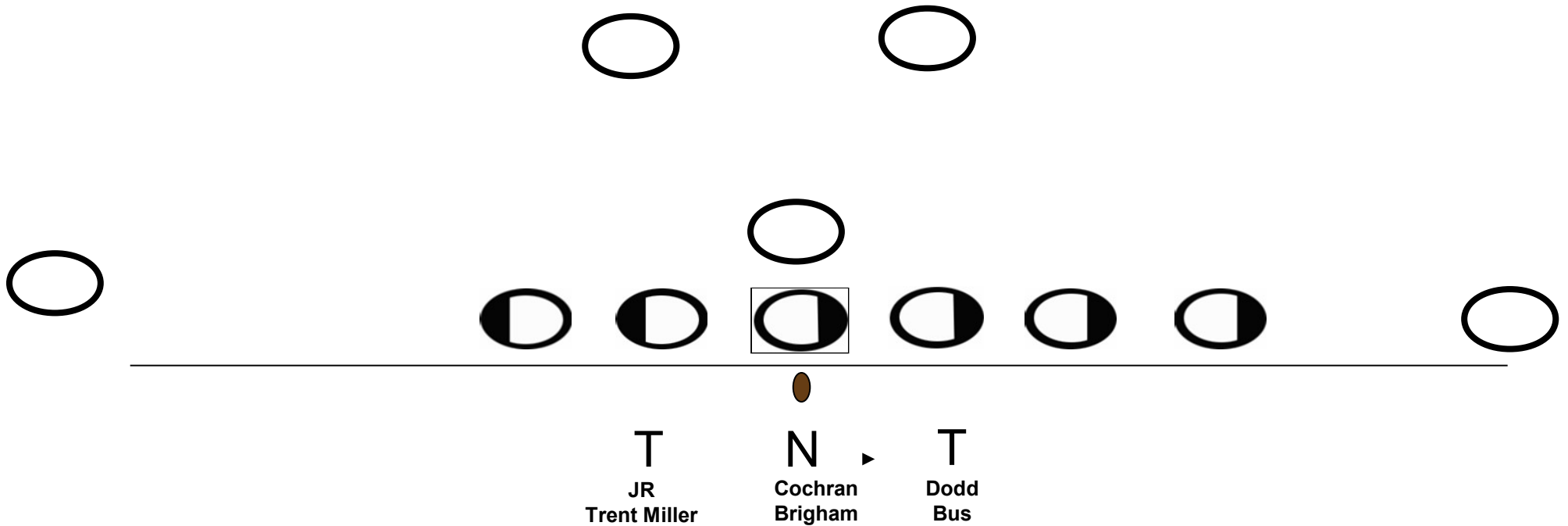


Defensive Line Roster

FCHS 2007 as of 8/1/07

4-6 Base

IR



** Can play either **Right or Left**.

Nix needs to get reps and conditioned ASAP.

Those in **RED** are starters or contributors on Offense.

Defensive Drills

Tackling Drills

Inside Drill

First Step

Second Step

Head Up

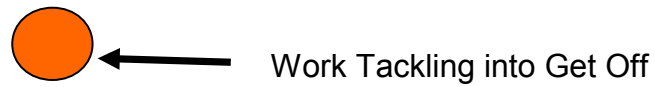
Shoot Arms

Stay Low

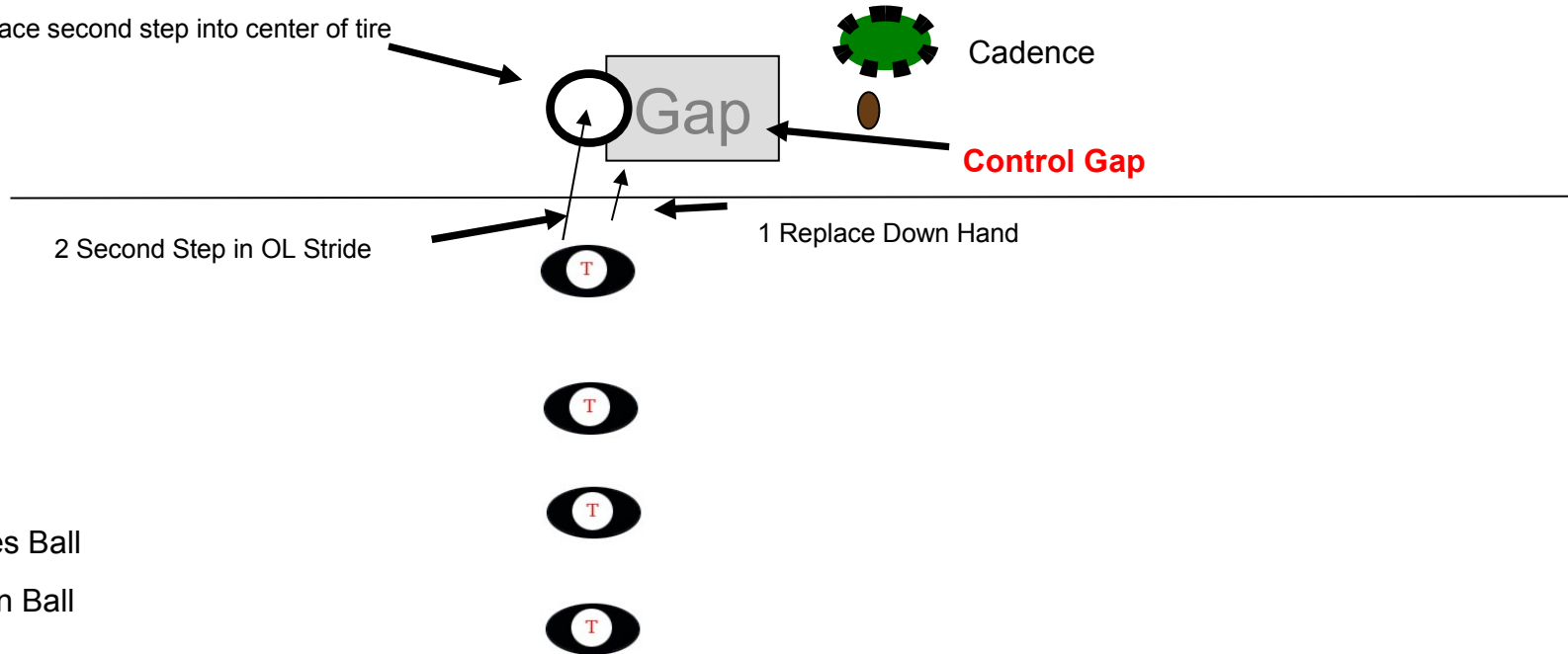
Sprint 5 Yards

Off the Ball Drill Gap Control

Proper Stance



Half tire, must place second step into center of tire



Coach Moves Ball

DL moves on Ball

All Together

Add Cadence

Everyday

Inside Drill

First Step

Second Step

Head Up

Shoot Arms

Stay Low

Sprint 5 Yards

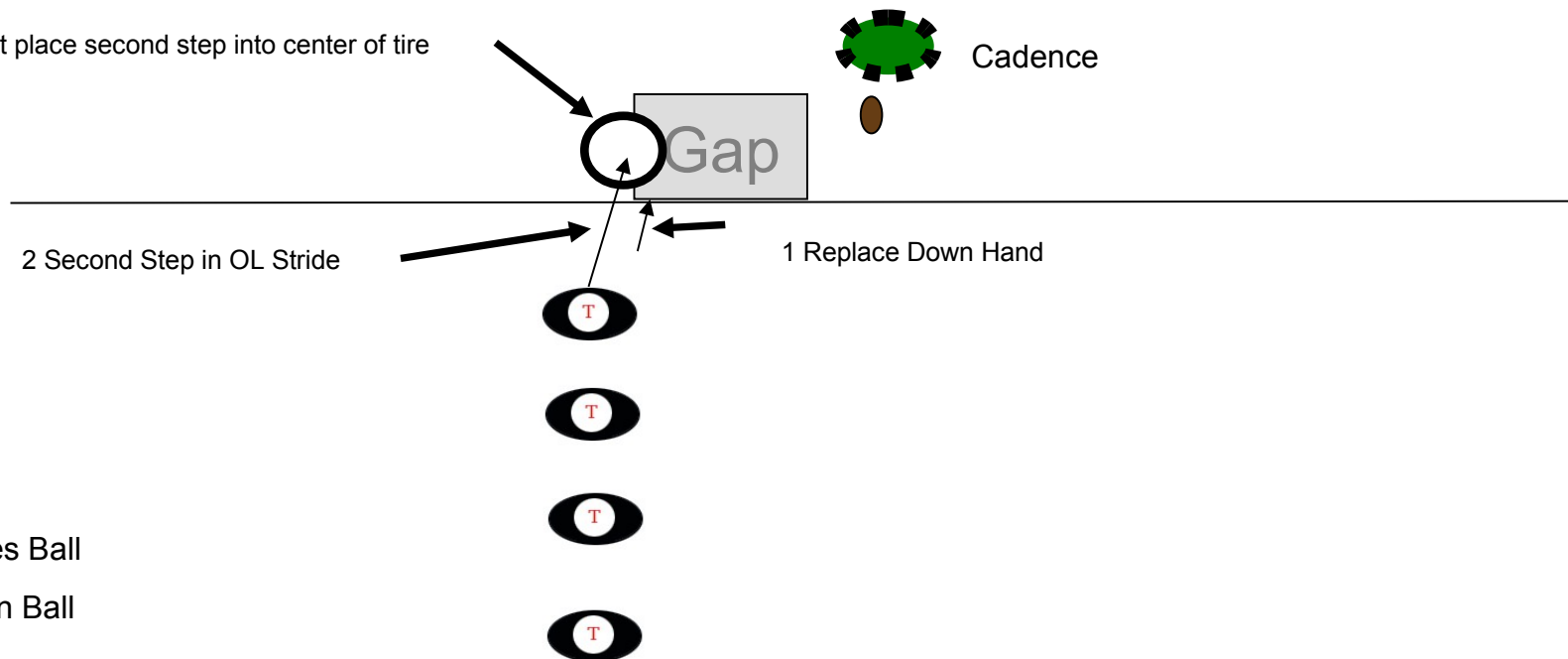
Slant Off the Ball Drill Dip-Rip

Everyday

Proper Stance



Half tire, must place second step into center of tire



Coach Moves Ball

DL moves on Ball

All Together

Add Cadence

Inside Drill

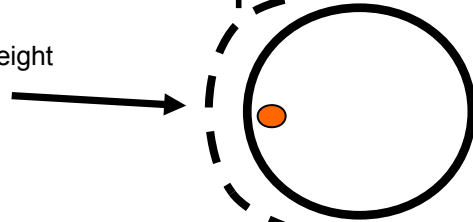
Hoop Drill

Everyday

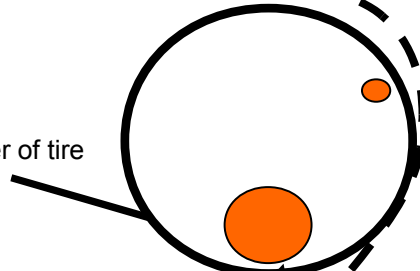
Work Tackling **Stripping** the Ball

Proper Stance

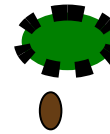
Touch Cone - Drop shoulder, Shift weight



Half tire, must place second step into center of tire



Touch Cone - Drop shoulder, Shift weight



Cadence

2 Second Step in OL Stride

1 Replace Down Hand



First Step

Second Step

Head Up

Shoot Arms

Stay Low

Sprint 5 Yards

Coach Moves Ball

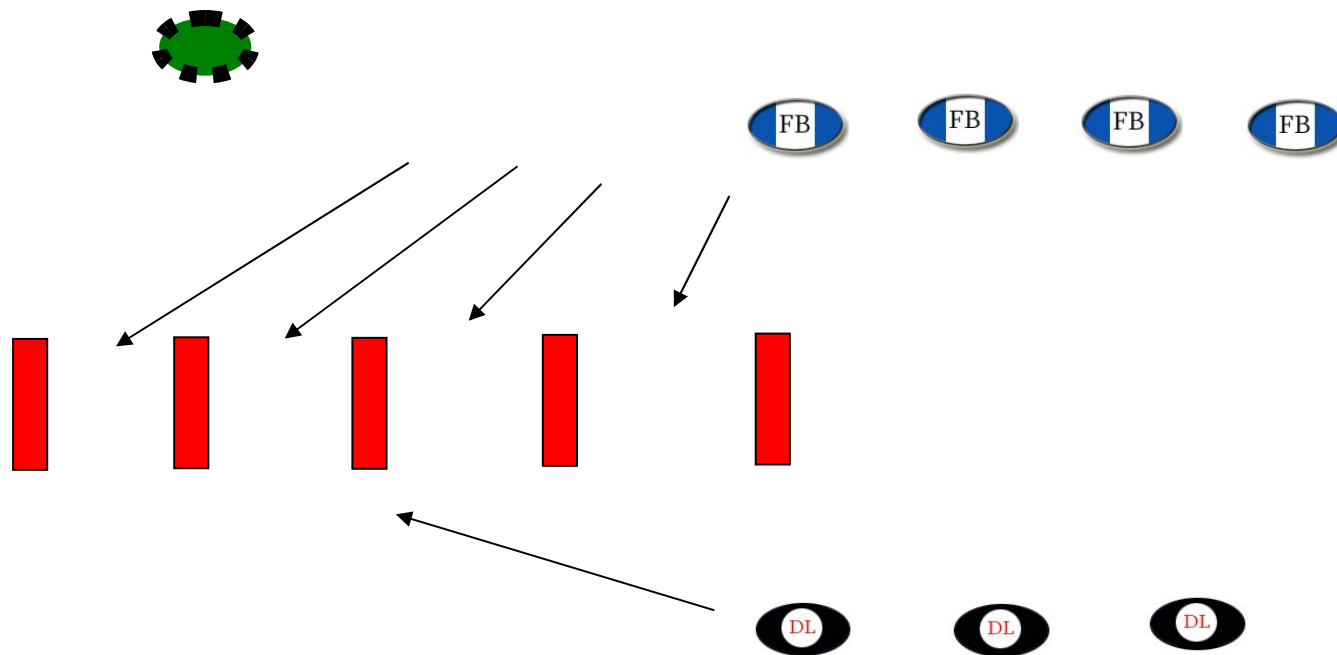
DL moves on Ball

All Together

Add Cadence

Tackling Drill

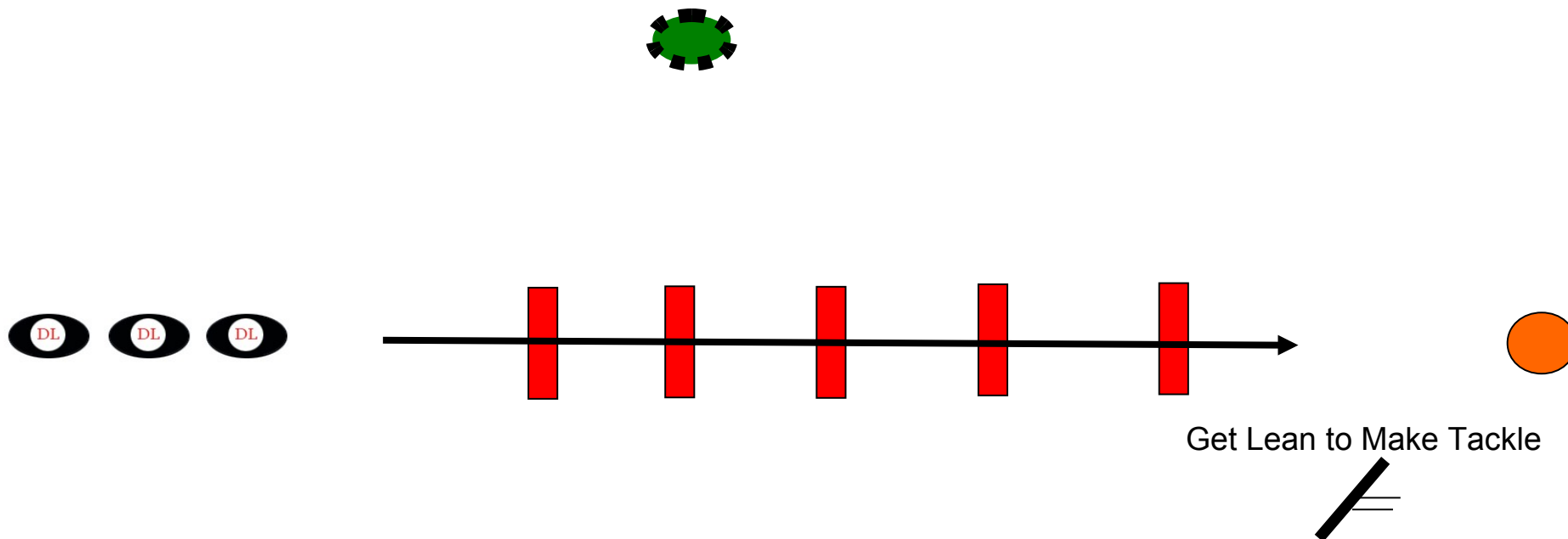
Gap Run



- Head Up
- Shorten Stride
- Z to Knees
- Head Across
- Shoulder side
- Lock and Lift

Tackling Drill

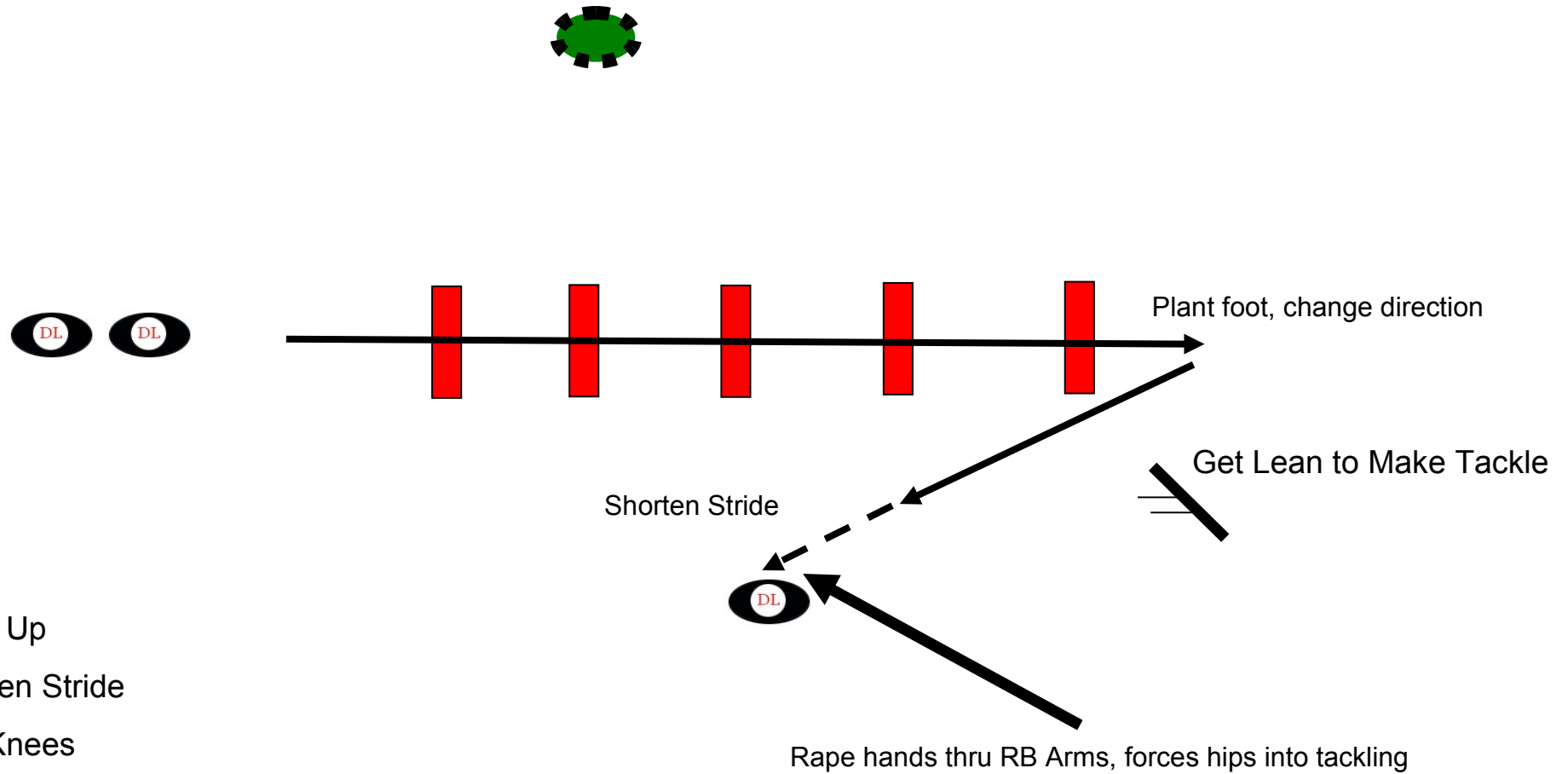
Dummy Run



- Head Up
- Shorten Stride
- Z to Knees
- Shoulder side
- Lock and Lift

Tackling Drill

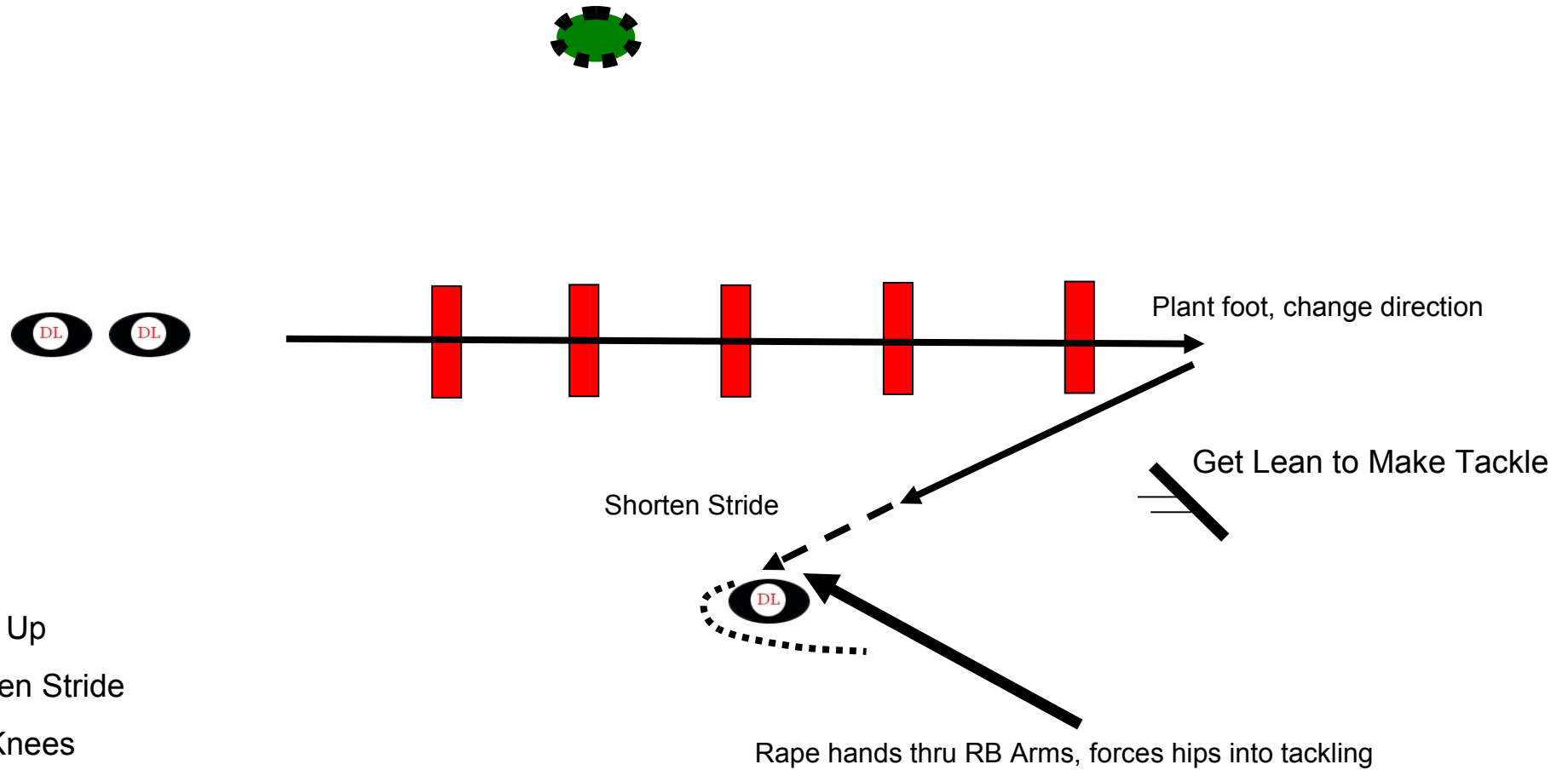
Agility Angle Tackling



- Head Up
- Shorten Stride
- Z to Knees
- Shoulder side
- Lock and Lift

Tackling Drill

Agility Angle Tackling - Spin

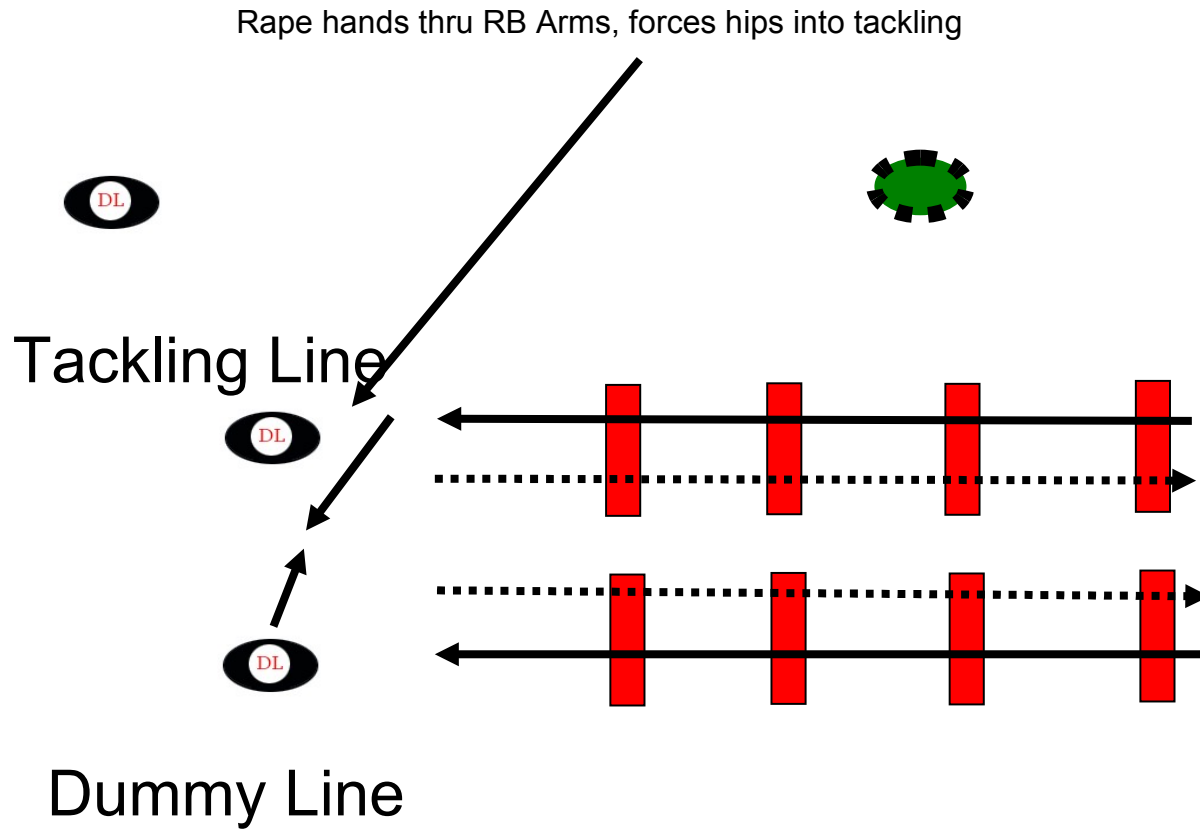


- Head Up
- Shorten Stride
- Z to Knees
- Shoulder side
- Lock and Lift

Tackling Drill

Dummy Run

- Head Up
- Lift Knees
- Shorten Stride
- Z to Knees
- Shoulder side
- Lock and Lift
- Rape Hands thru RB Arms



Tackling Drill

Pop Cycle Form Tackling

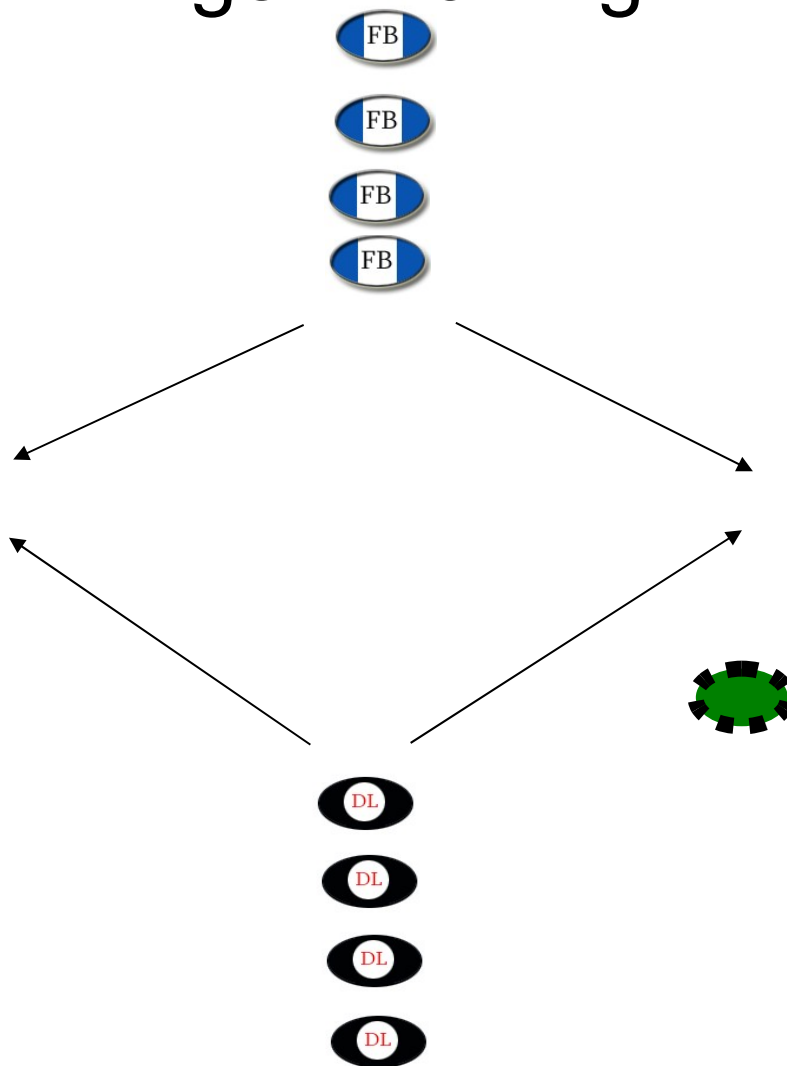


Head Up
Shorten Stride
Z to Knees
Shoulder Side
Lock and Lift



Tackling Drill

Angel Tackling



- Head Up
- Shorten Stride
- Z to Knees
- Head across
- Lock up

Inside Drills

- TWIST
- SPARK
- BAM
- PINCH
- SLANT

Inside Drill

Step toward responsible Gap

Reach with Backside Arm

RIP through Gap side Shoulder

Head Up

Stay Low

Break Down 1 yard deep, shoulders Parallel

Lateral Step

Dip and

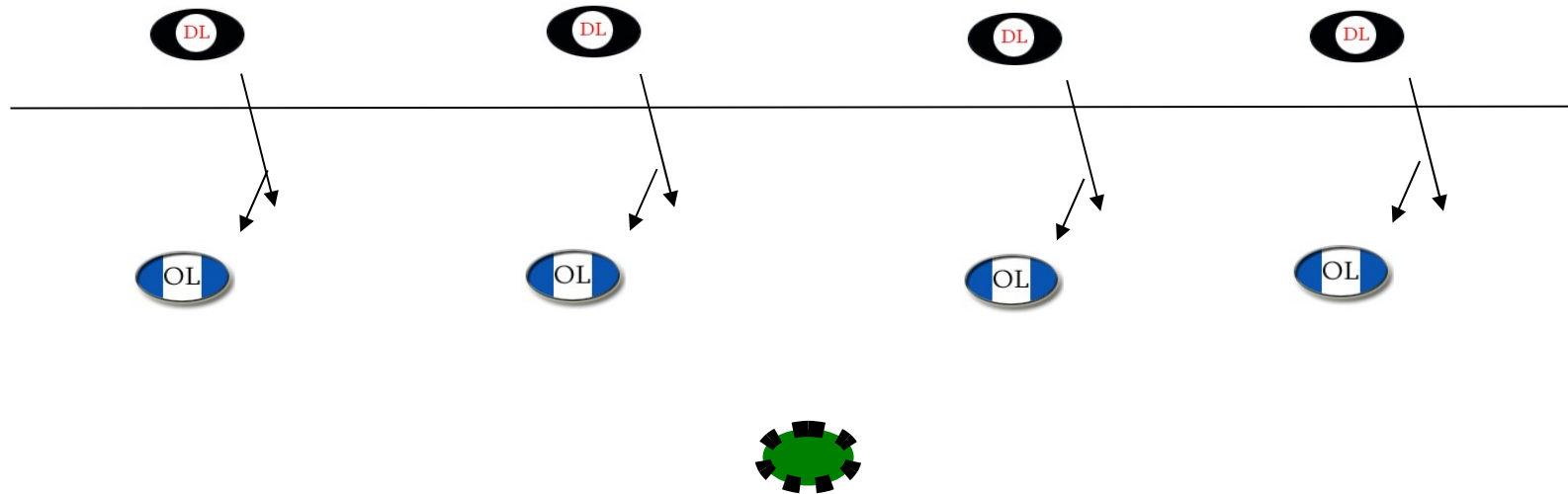
Coach Moves Ball

Rip

DL moves on Ball

All Together

Add Cadence



Inside Drill

Slant Step

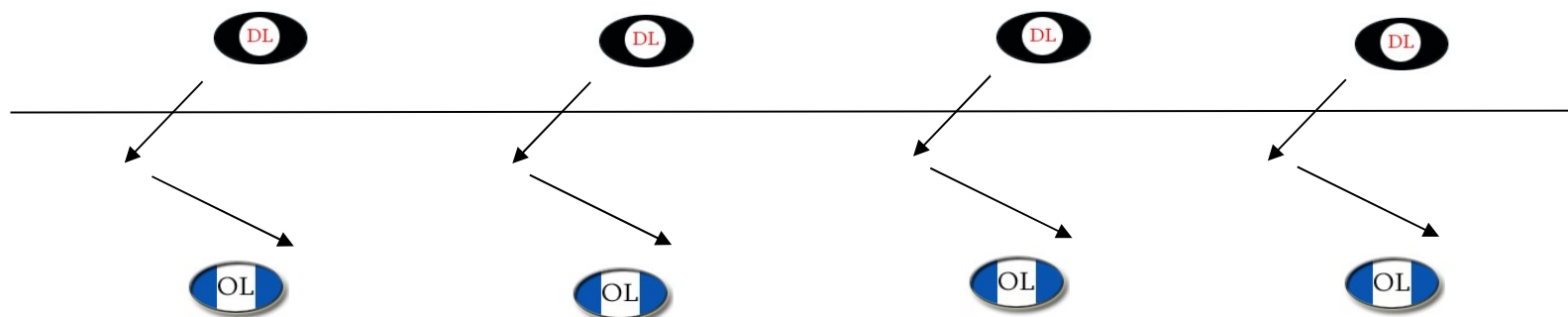
Step way from responsible Gap

Swim Back to responsible Gap

Head Up

Stay Low

Sprint 5 Yards



Coach Moves Ball

DL moves on Ball

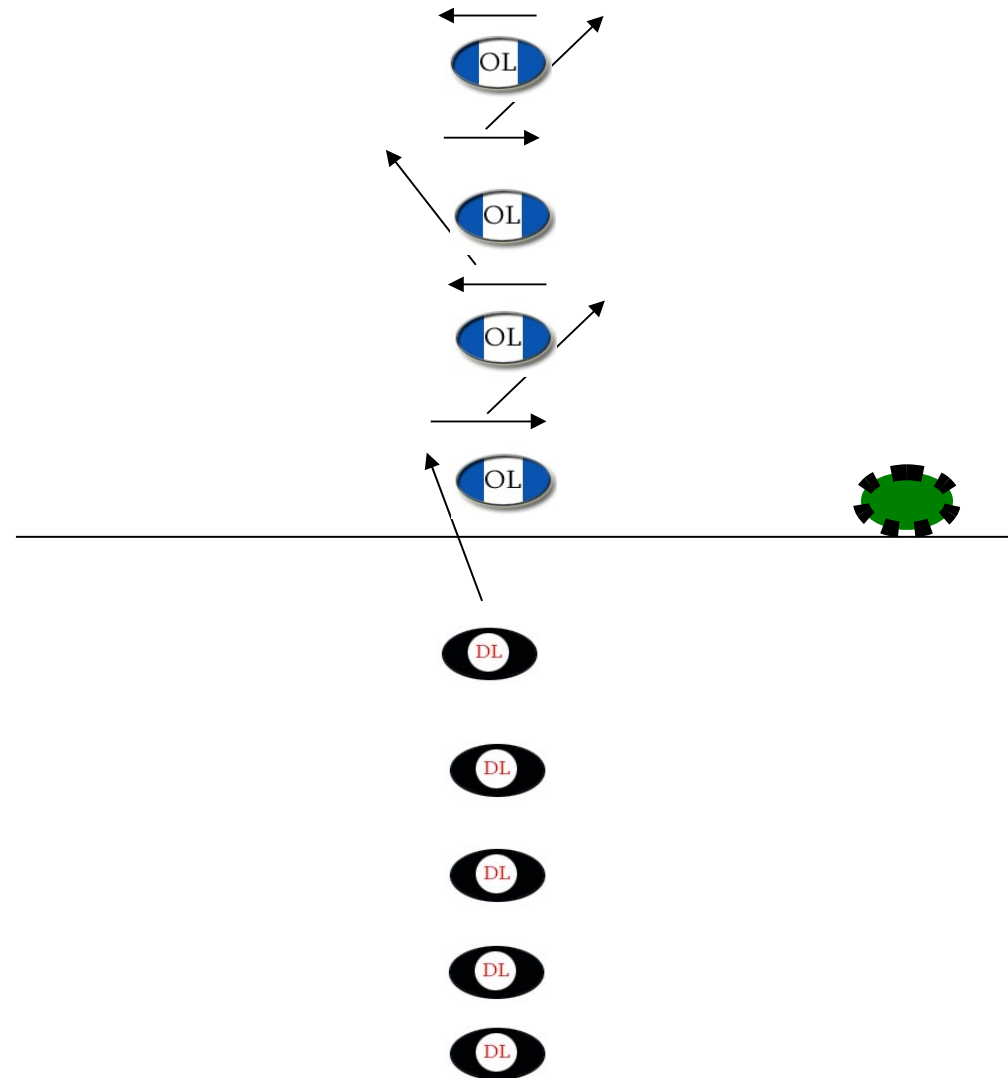
All Together

Add Cadence

Inside Drill

Rip Step

Use Blue
Hand Pads



Head Up

Shorten Stride

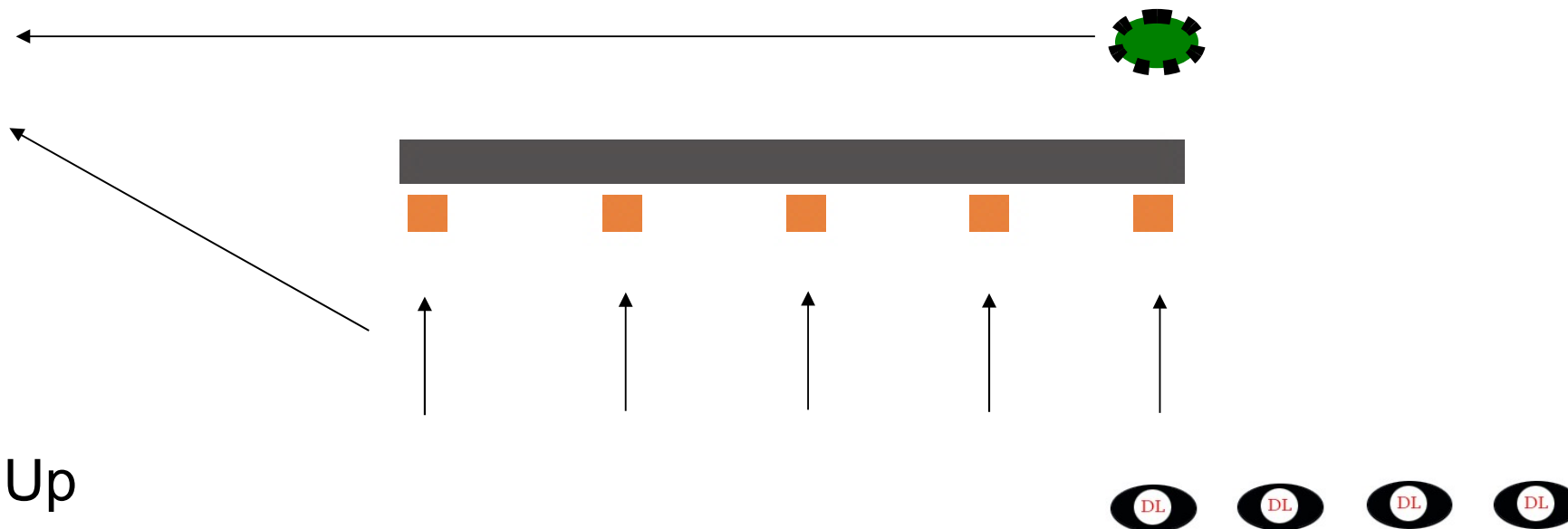
Z to Knees

Rip with Step

Inside Drill

Sled Drill Shiver and Roll

1 on 1



Head Up

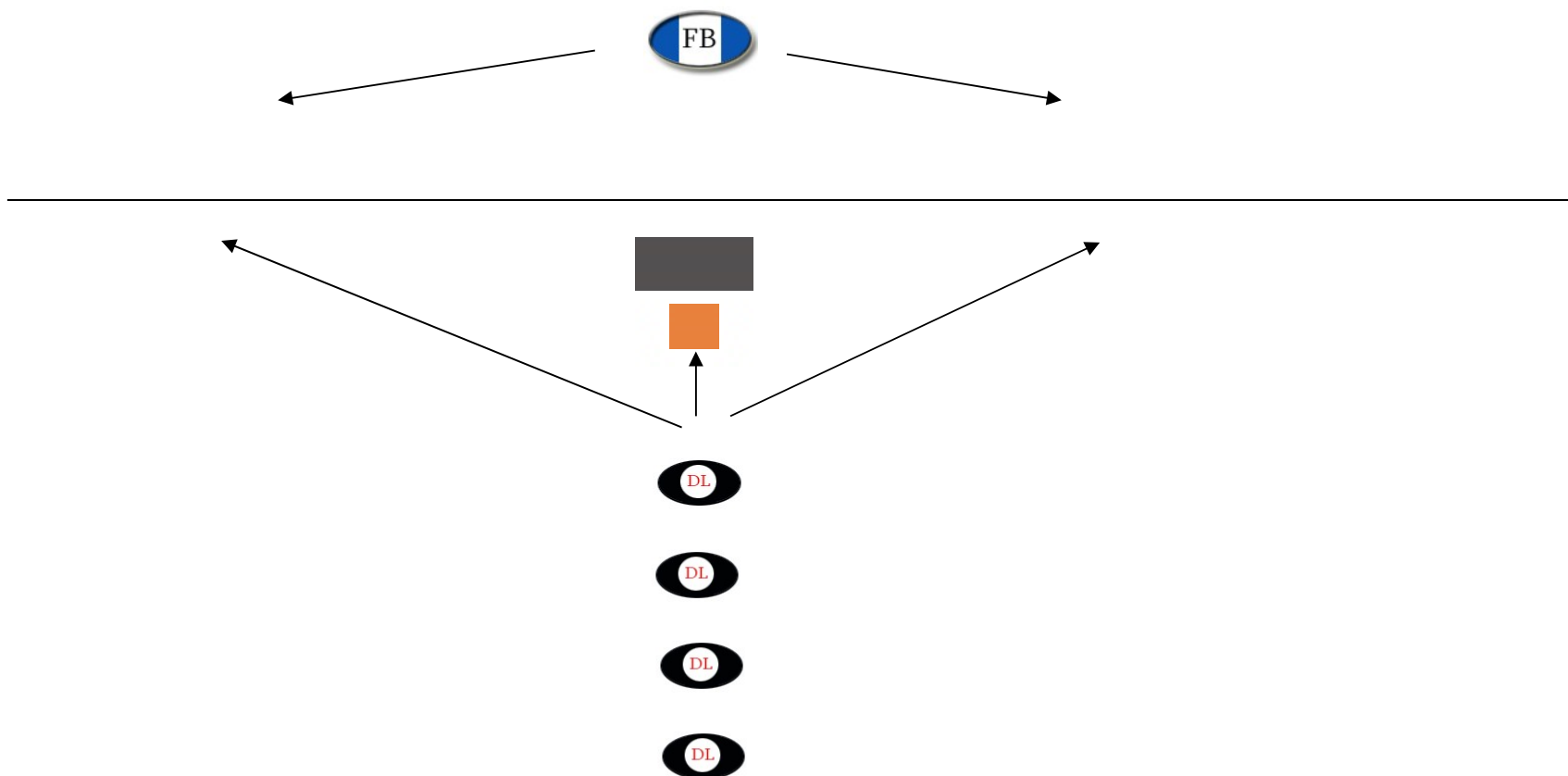
Shorten Stride

Z to Knees

Elbows In

Hit with heel of
hand

Sled Drill Shiver and Purse 1 on 1



7 on 7 Drills

7 on 7 Drill

Bull Rush - Dip and Rip

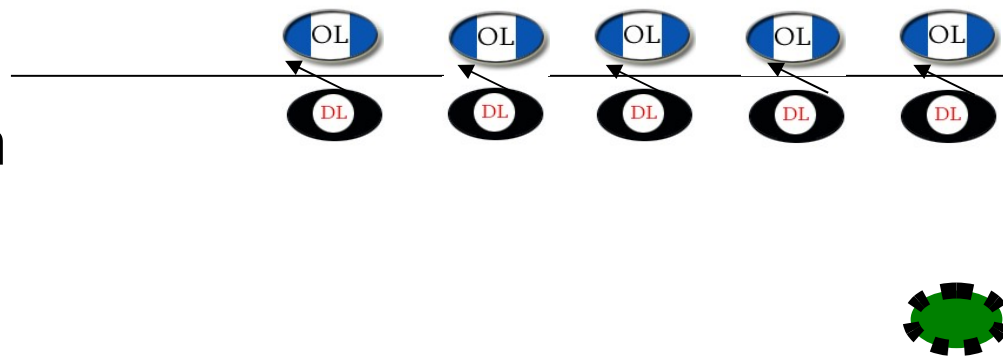
Head Up

Shorten Stride

Z to Knees

Extend hands to
Pads

Drop Backside
Shoulder, Lift Arm
through Gap side
OL Shoulder



7 on 7 Drill

Bull Rush Swim

Head Up

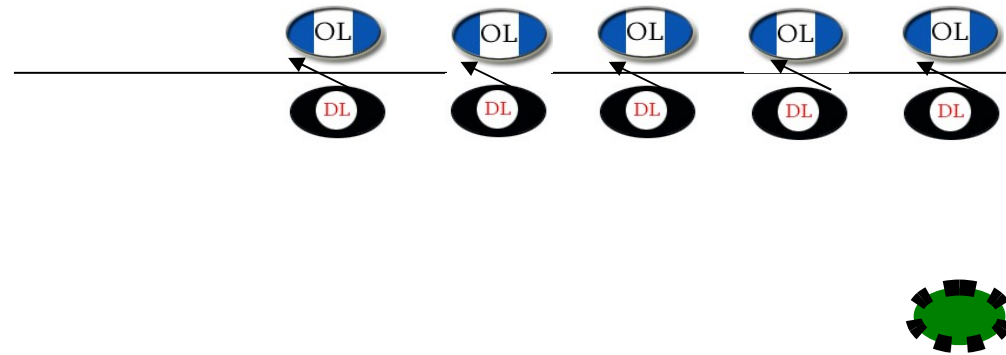
Shorten Stride

Z to Knees

Extend hands to
Pads

Snatch Gap side
arm

Swim with raised
arm



7 on 7 Drill

Bull Rush Push - Pull

Head Up

Shorten Stride

Z to Knees

Extend hands to Pads

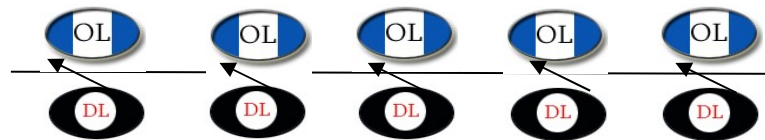
Control Line of Scrimmage OL

Look for ball

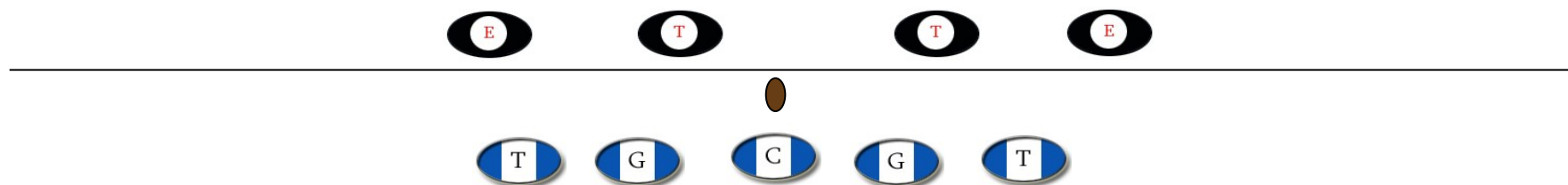
Push with palm of had on play side hand

Pull with backside hand

Release with shoulders up field



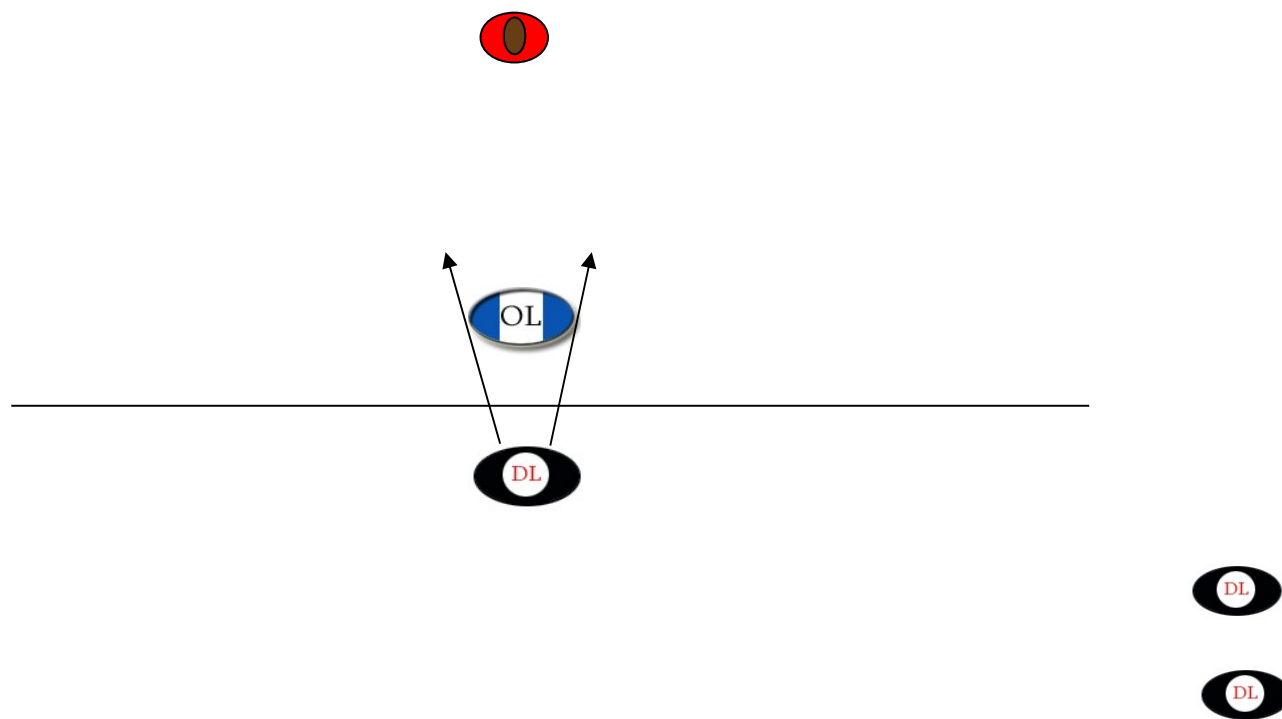
DL Rush Drill



Practice Proper Technique
using preferred rush.

Swim, Dip and Rip, Push and
Pull.

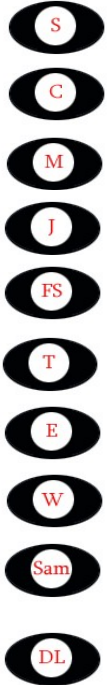
Pop Cycle Rush Drill



Head Up
Shorten Stride
Z to Knees
Shoulder Side
Lock and Lift

Images for Drills

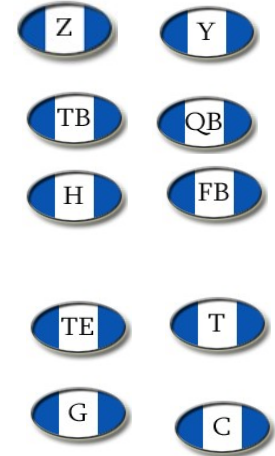
Defense



Drills



Offense





Contain Alley Drill

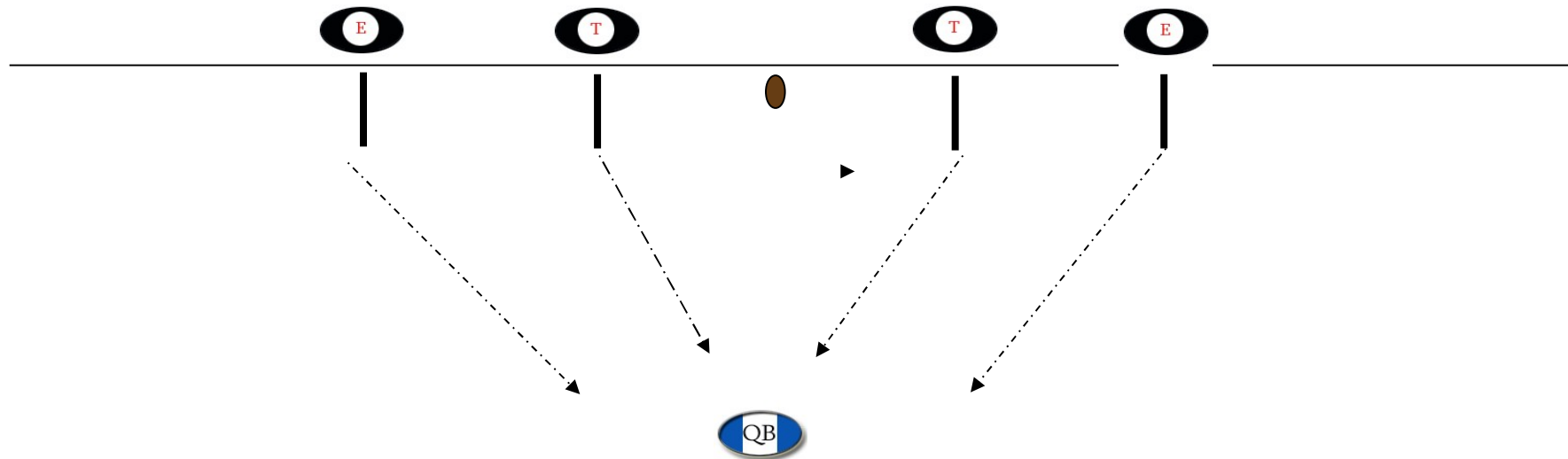
Defense

When rushing with 4 **Defensive Linemen** each will have a designed pass rush landmark or alley.

Both **Defensive Ends** will rush the outside tip of the QB's shoulder. Both **Defensive tackle's** will keep their landmark or alley on the near ear.

Contain and alley drill teaches the defensive line their proper pass rush alley's.

With a 5 man rush (nose guard) keeps target on the nose of the QB.



THE BEST DEFENSIVE LINE IN THE CONFERENCE

In order to attain that status, you first must accomplish two things:

1. Stop the running game and force your opponents to throw when you want them to throw.
2. Harass the quarterback by:
 - A. Sacking him.
 - B. Pressuring him.
 - C. Flushing him from the pocket.
 - D. Forcing him to pull the ball down.
 - E. Taking away the inside throwing lanes.
 - F. Squeezing the pocket and getting into the quarterback's face.
 - G. Forcing the quarterback to throw a high trajectory ball.
 - H. Knocking down the ball.
 - I. Causing interceptions.

To attain your goals as a defensive line you must beat your opponent in the following ways:

1. Physical condition.
2. Desire.
3. Aggressiveness.
4. Attitude.
5. Preparedness.
6. Hard work.

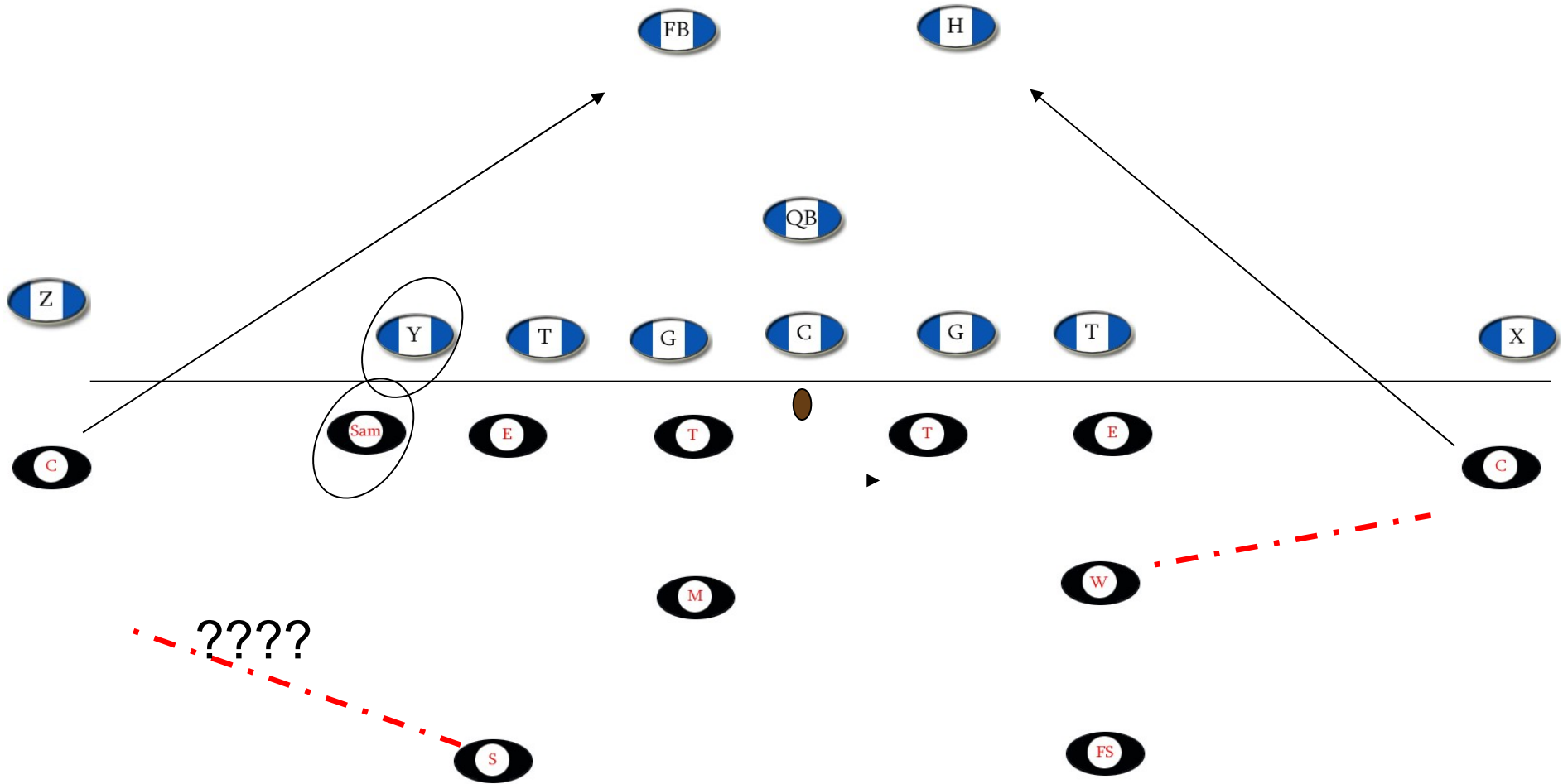
ESSENTIALS FOR GOOD DEFENSIVE LINE DRILLS

1. Stance - A defensive lineman must have good body position with proper weight distribution in order to be able to move instantaneous with either the snap of the ball or movement of an offensive lineman.
2. Ability To Align Properly - Exact alignment according to the defense called is essential. Each defense called will dictate alignment.
3. Movement - The ability to move instantly on the snap of the ball or movement of an offensive blocker is key, in order that he may contact the blocker or penetrate the line of scrimmage as fast as possible.
4. Deliver The Blow - The ability to attack the blocker by neutralizing the power of his block or by delivering a blow in such a manner that he defeats the block or gains position on the blocker is key.
5. Reaction - The ability to read one - on - one blocks or blocking combinations that tell you what type of run or pass while on the move and then putting into effect the proper escape technique is most important.
6. Run - If a defensive lineman reads run and he is at the point of attack, defeat the blocker and make the tackle. If you are not at the point of attack, take the proper pursuit angle to intercept the ball carrier. Remember, when conducting your drills, talk the shoulders this is a key point; Always keep your shoulders parallel or square to the L.O.S. when playing the run.
7. Pass - If you read pass, always have a pass rush move in mind. **When reading pass always get your shoulders out of parallel with the blocker.**

Cyclone Blitz - Stack

Twins
Will (will) Blitz, FS will walk

IR
Lee

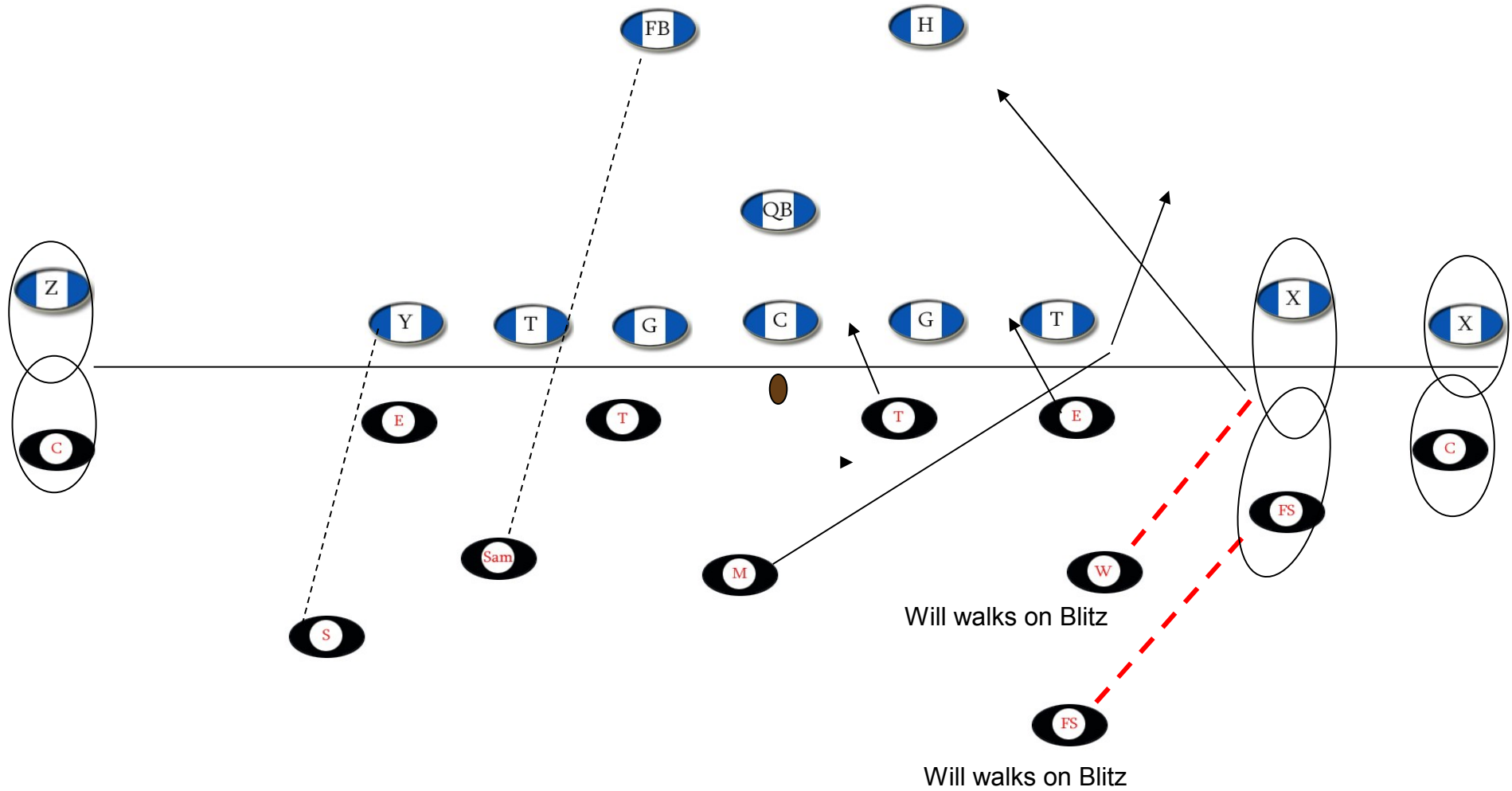


SS exchange w/ Sam on Twins

FS exchange w/ Will on Twins

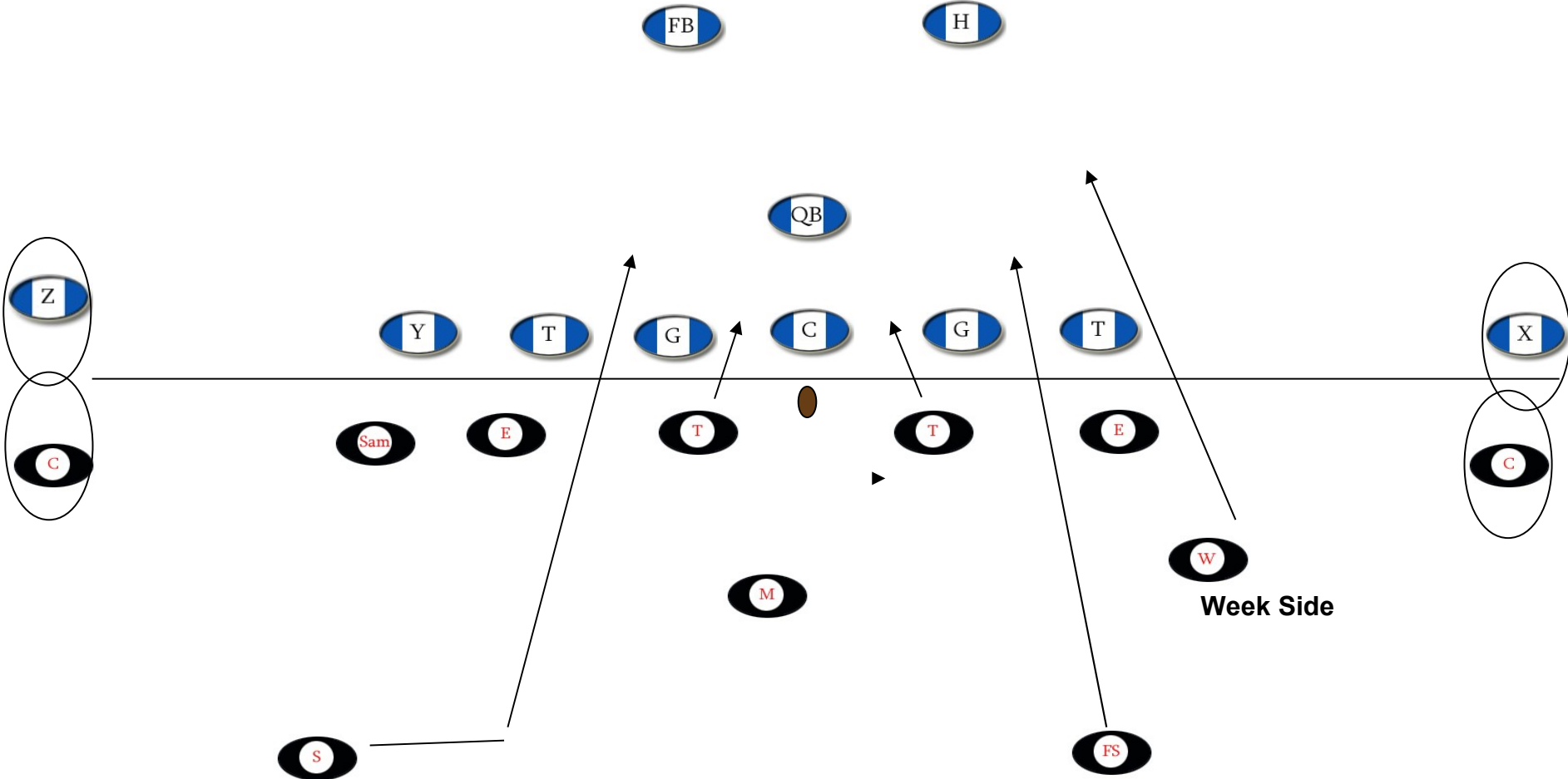
Will Blitz - Stack

IR
Lee



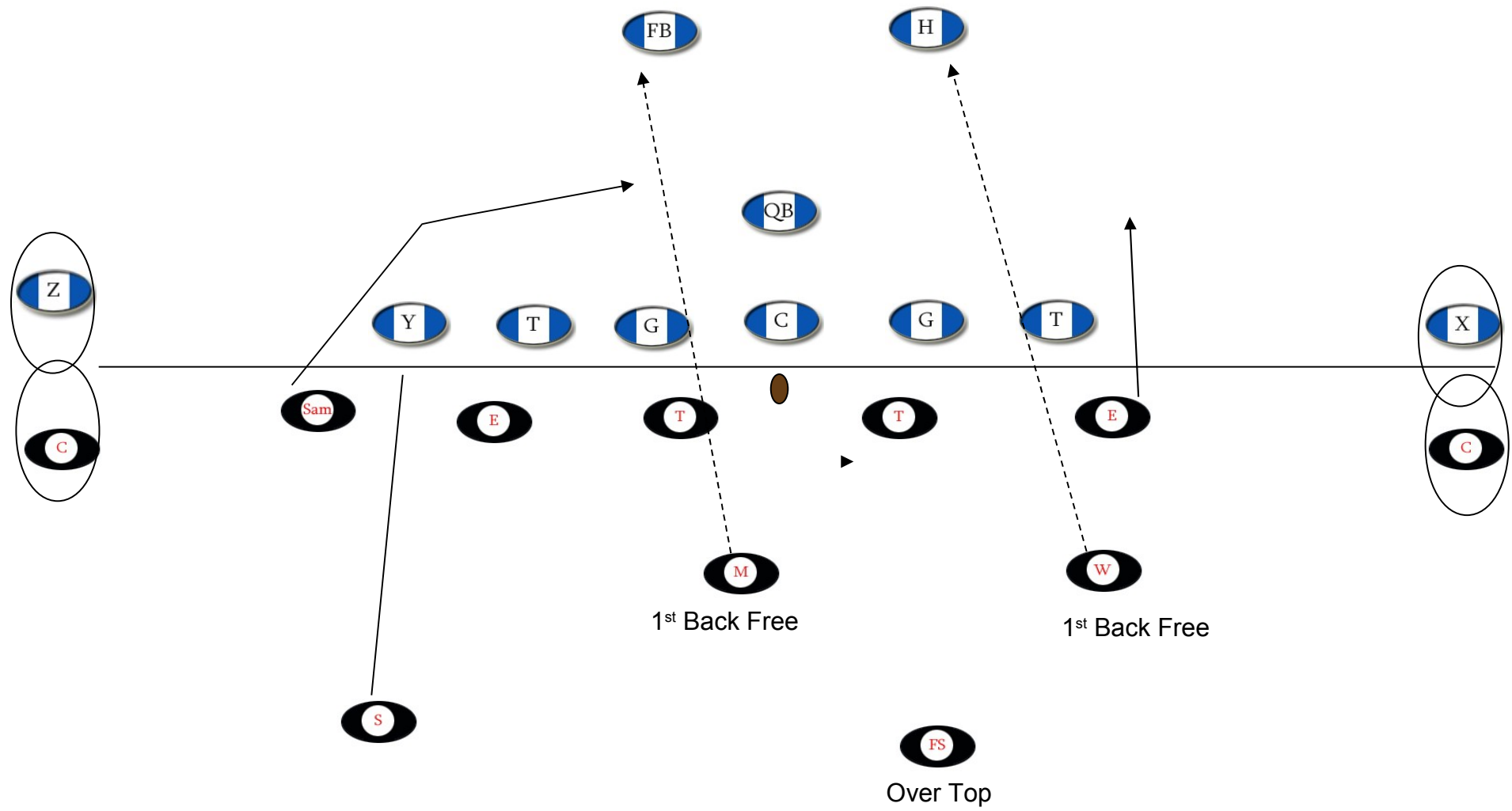
Safety Blitz - Stack

IR
Lee



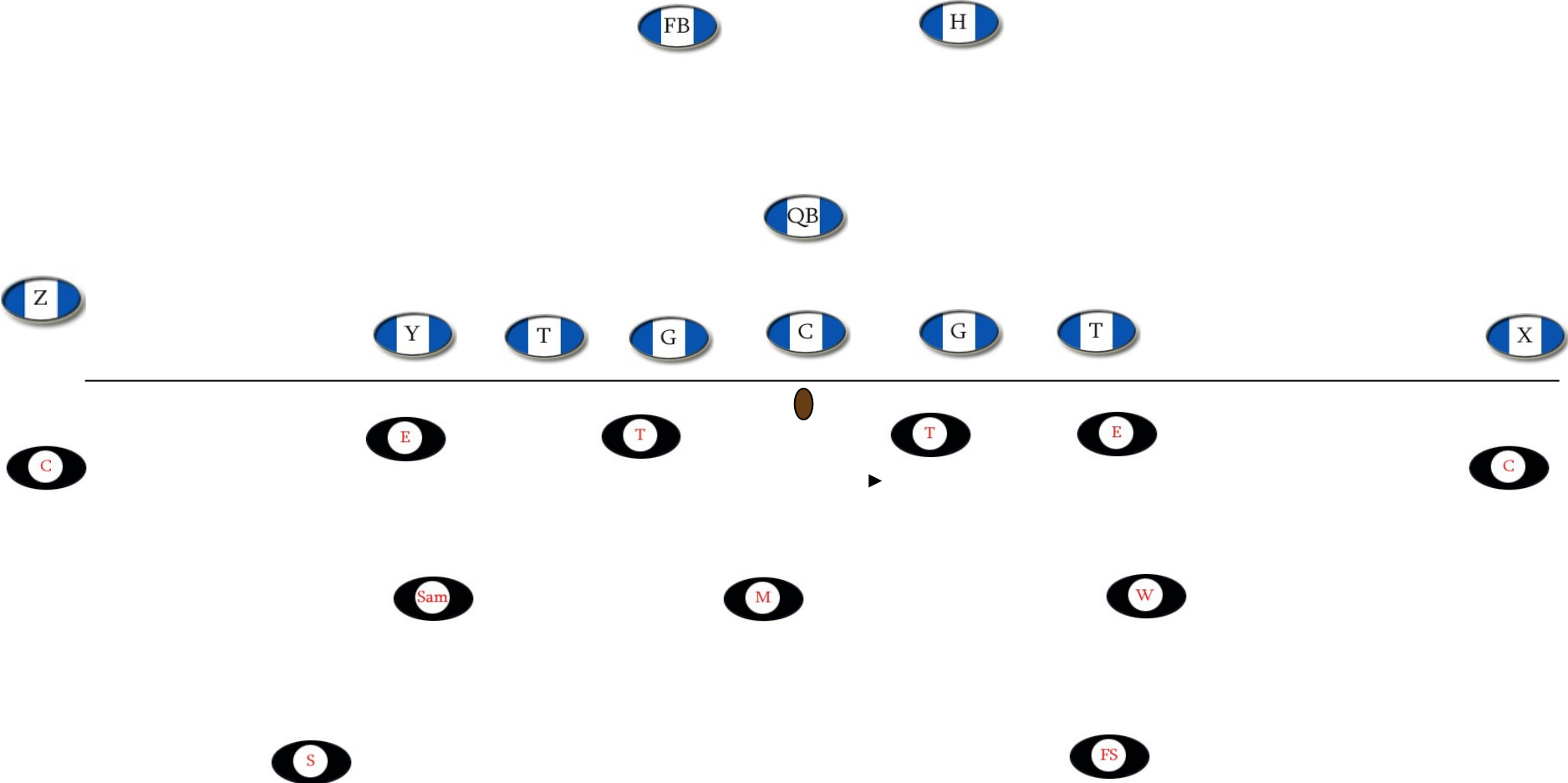
Sam Blitz - Under

IR
Lee



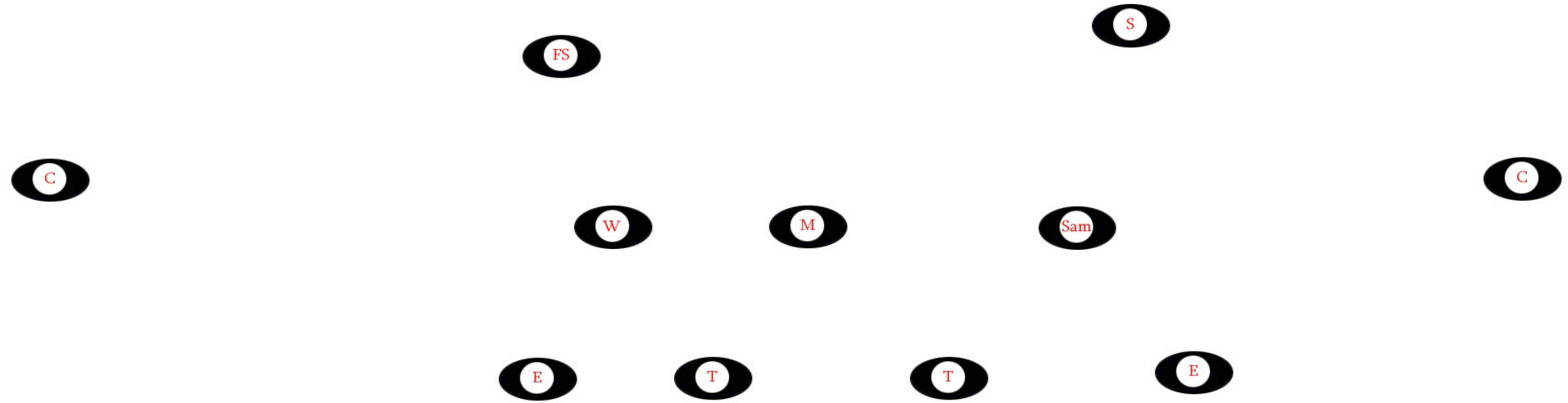
Mike Blitz - Under

IR
Lee



Offensive Roster

FCHS 2006 as of 8/1/06



X

Howard
Brink
Reese
Philpotts

Najafi
Wyatt

H

Williamson
Shirley
Rollins

Baker
J. Mitchell

H

Lyerly
Shirley

T

CW
Miller
Dodd

G

Van Pelt
Cochran
Winchester

C

Brigham
Lyerly

QB

Karcher
Stainback

Butler

FB

Poje
Reid
Crosson
Fancher
E Rolader
J. Lee

G

Nix
Green
Matthesen

T

JR
Randall
Busler

Y

Chafin
Osborne

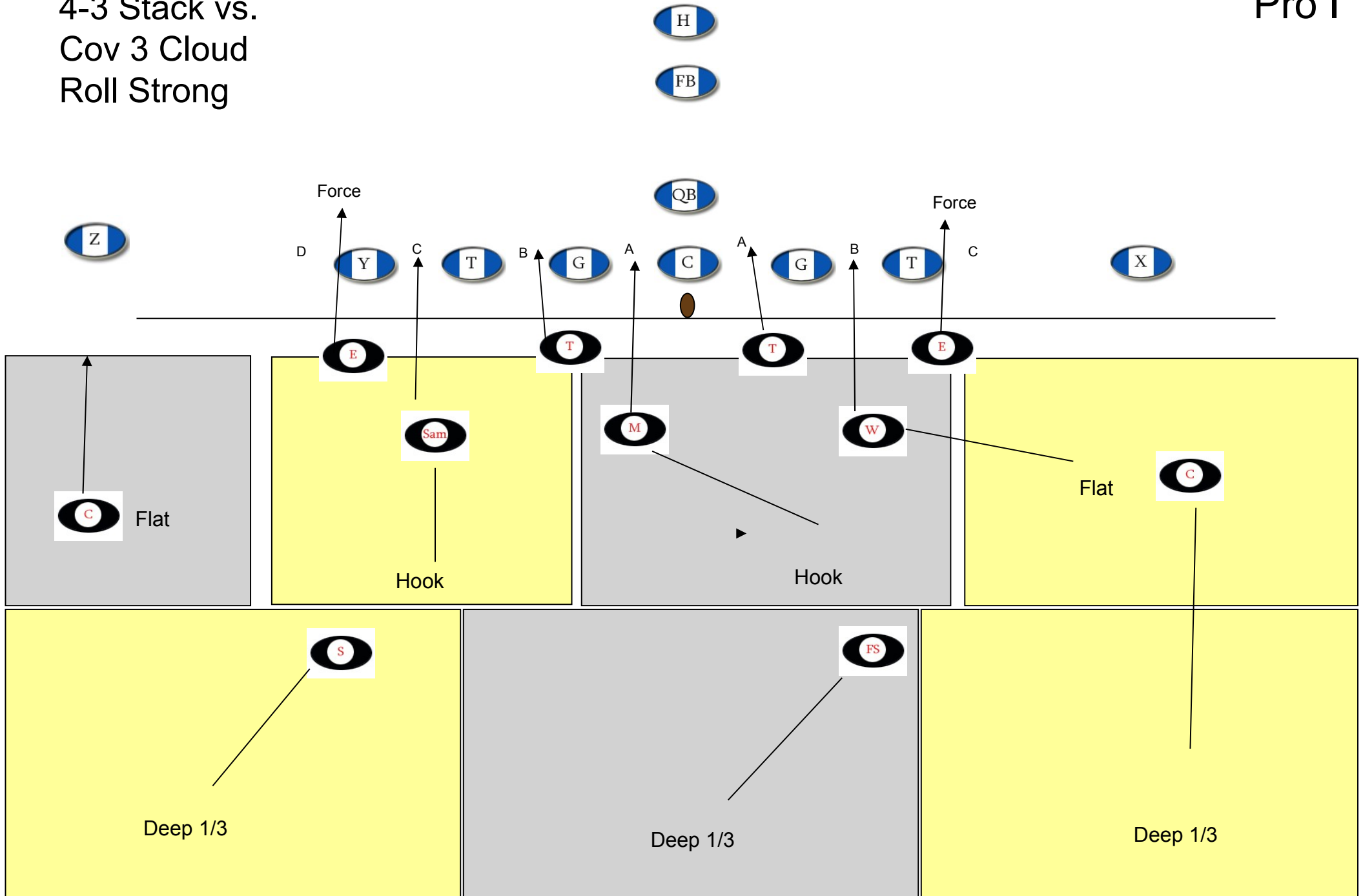
Z

M. Weatherby
W. Mitchell
Hart
D Rolader

Berry
Hudgens
Blenis
Grate

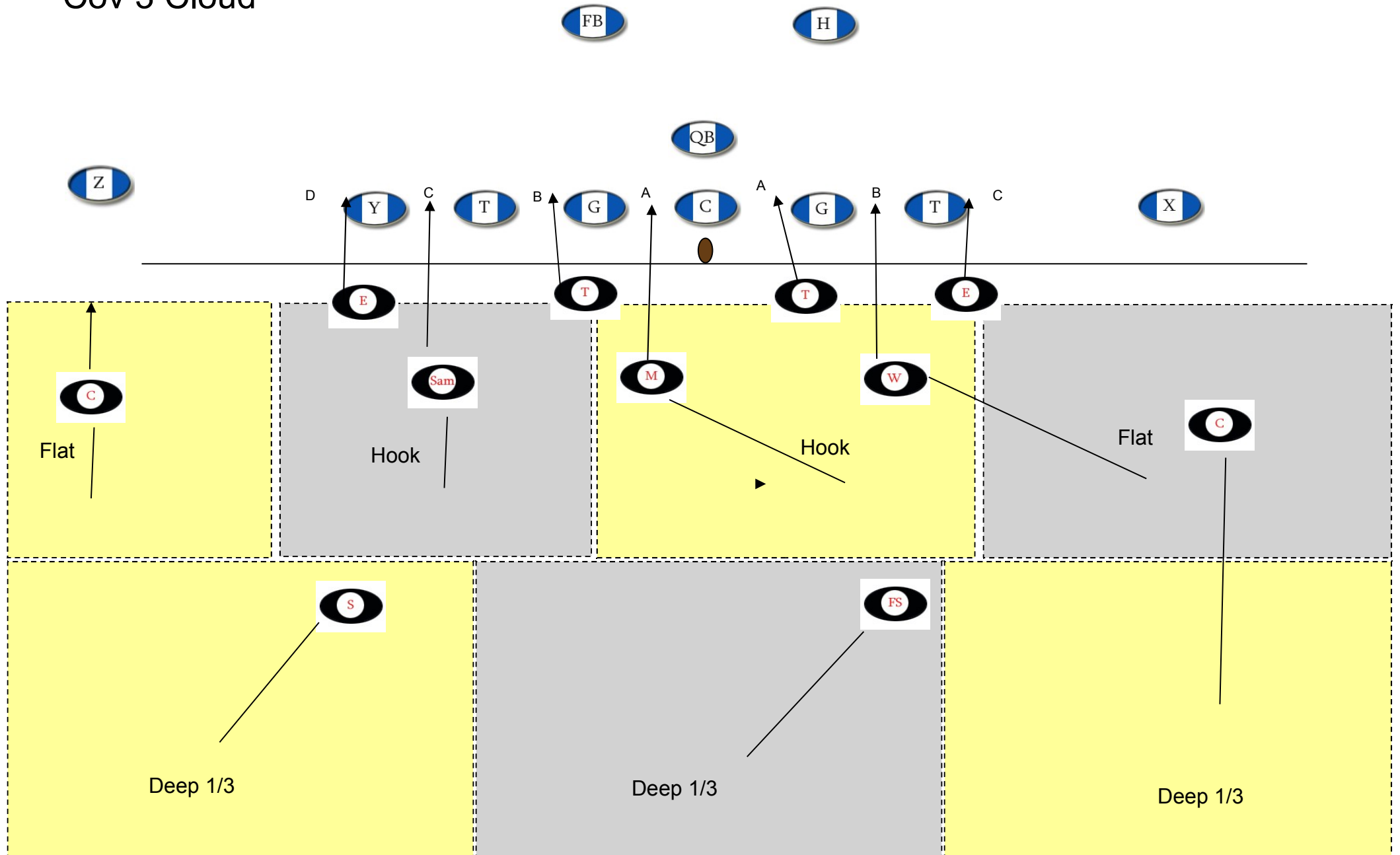
4-3 Stack vs.
Cov 3 Cloud
Roll Strong

Pro I



4-3 Stack vs. Split Cov 3 Cloud

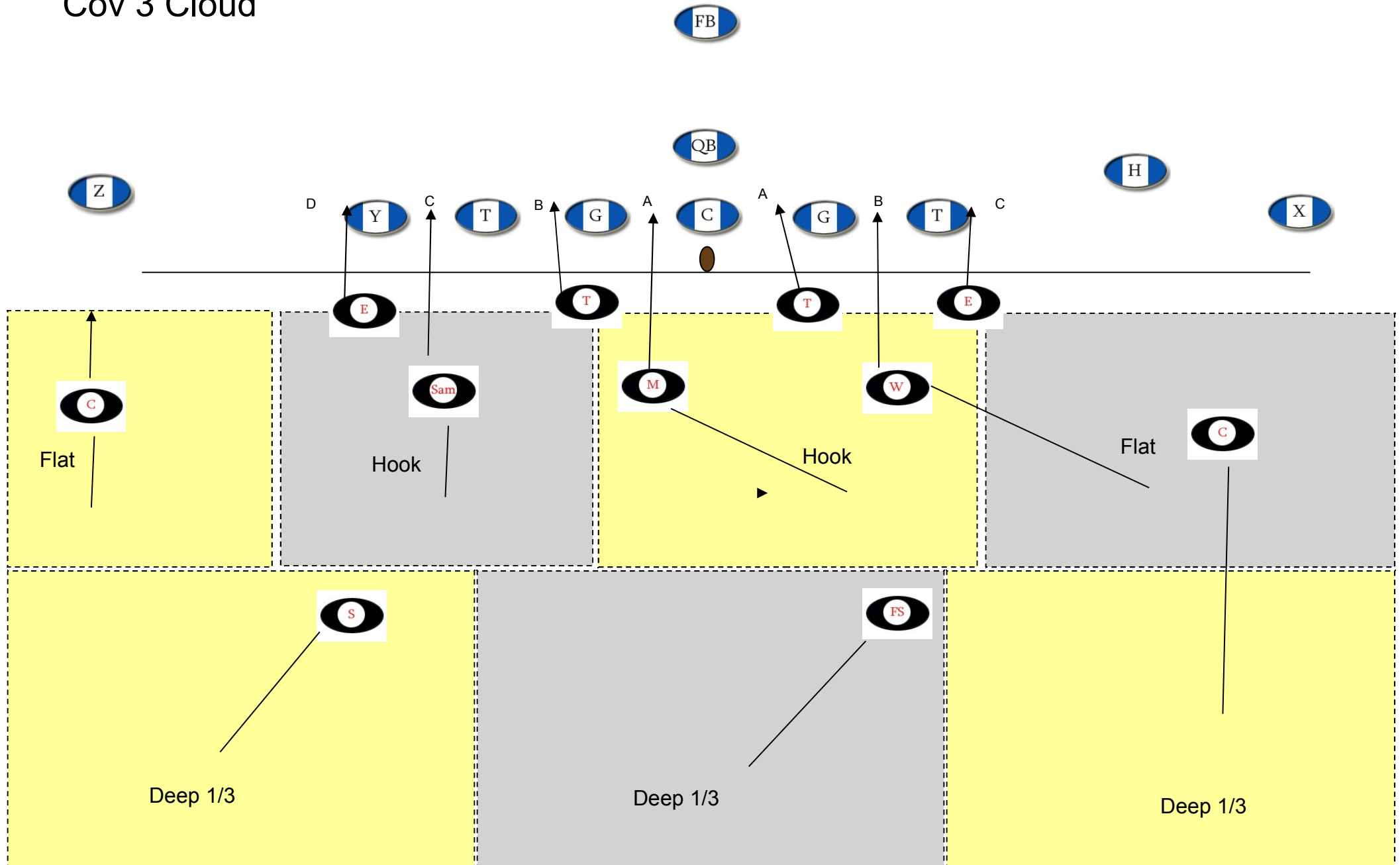
Split



4-3 Stack vs. ACE

Cov 3 Cloud

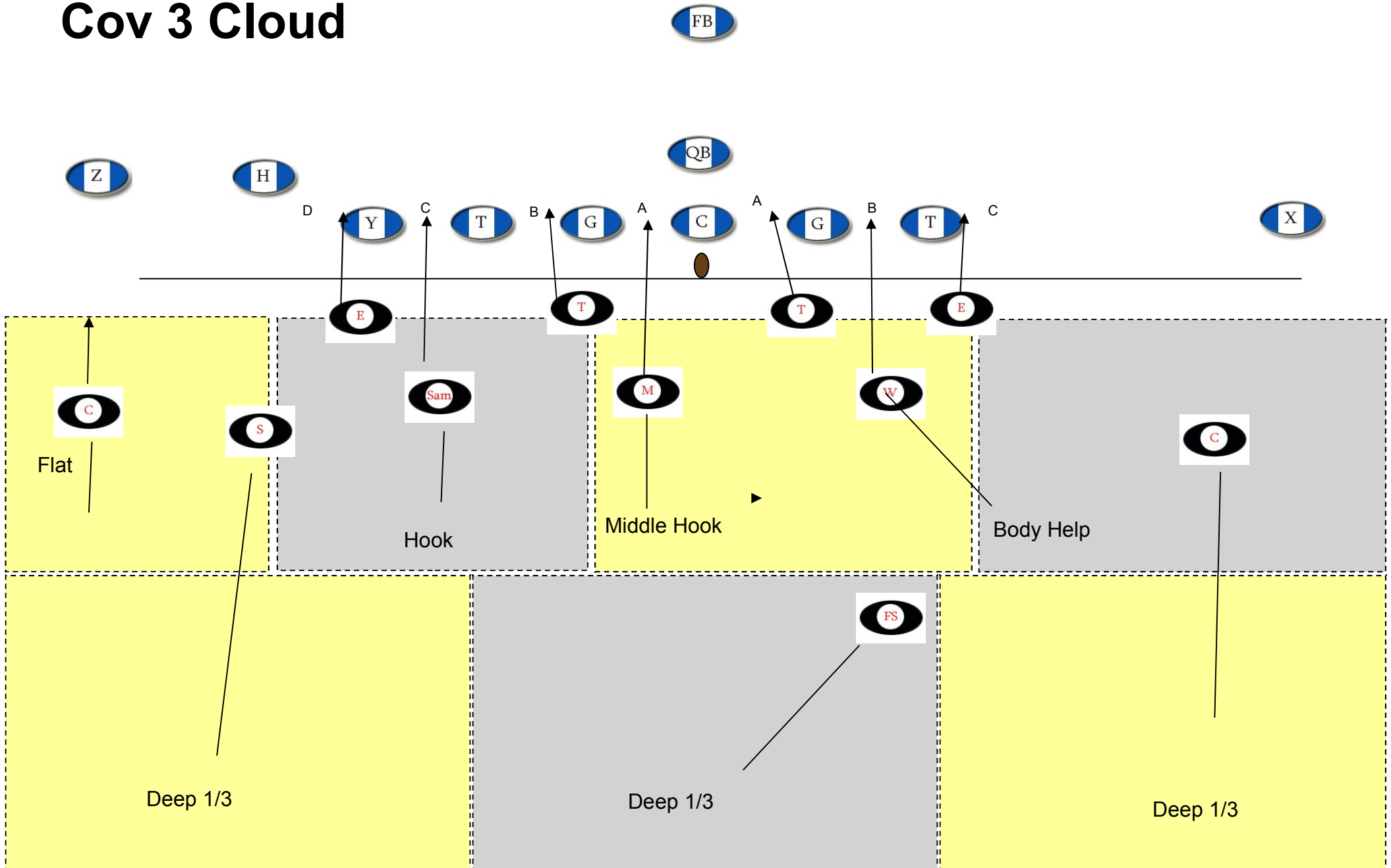
ACE



4-3 Stack vs. TREY

Cov 3 Cloud

TREY



4-3 Stack

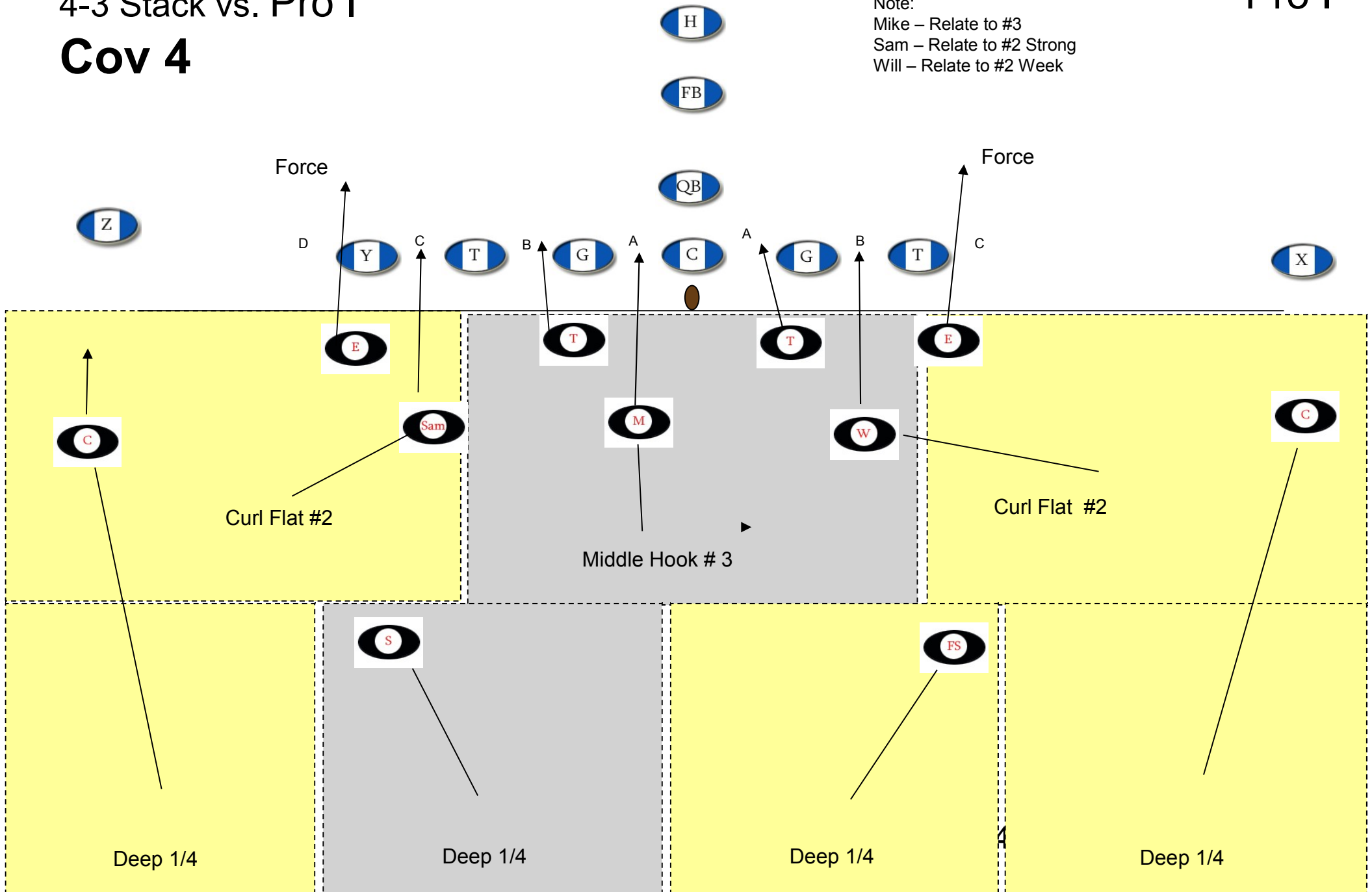
Cov 4

4-3 Stack vs. Pro I

Cov 4

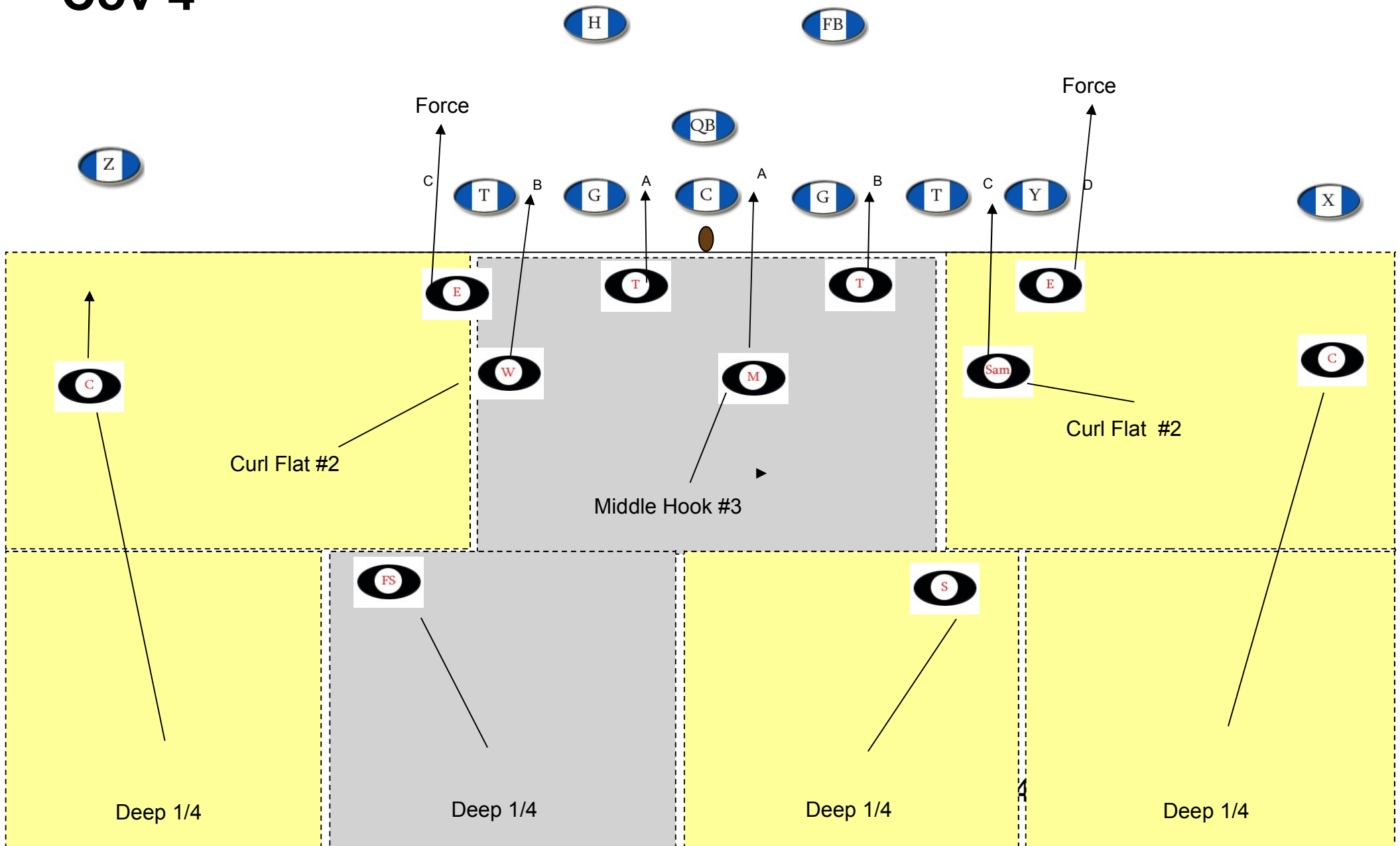
Pro I

Note:
 Mike – Relate to #3
 Sam – Relate to #2 Strong
 Will – Relate to #2 Week



4-3 Stack vs. Split Cov 4

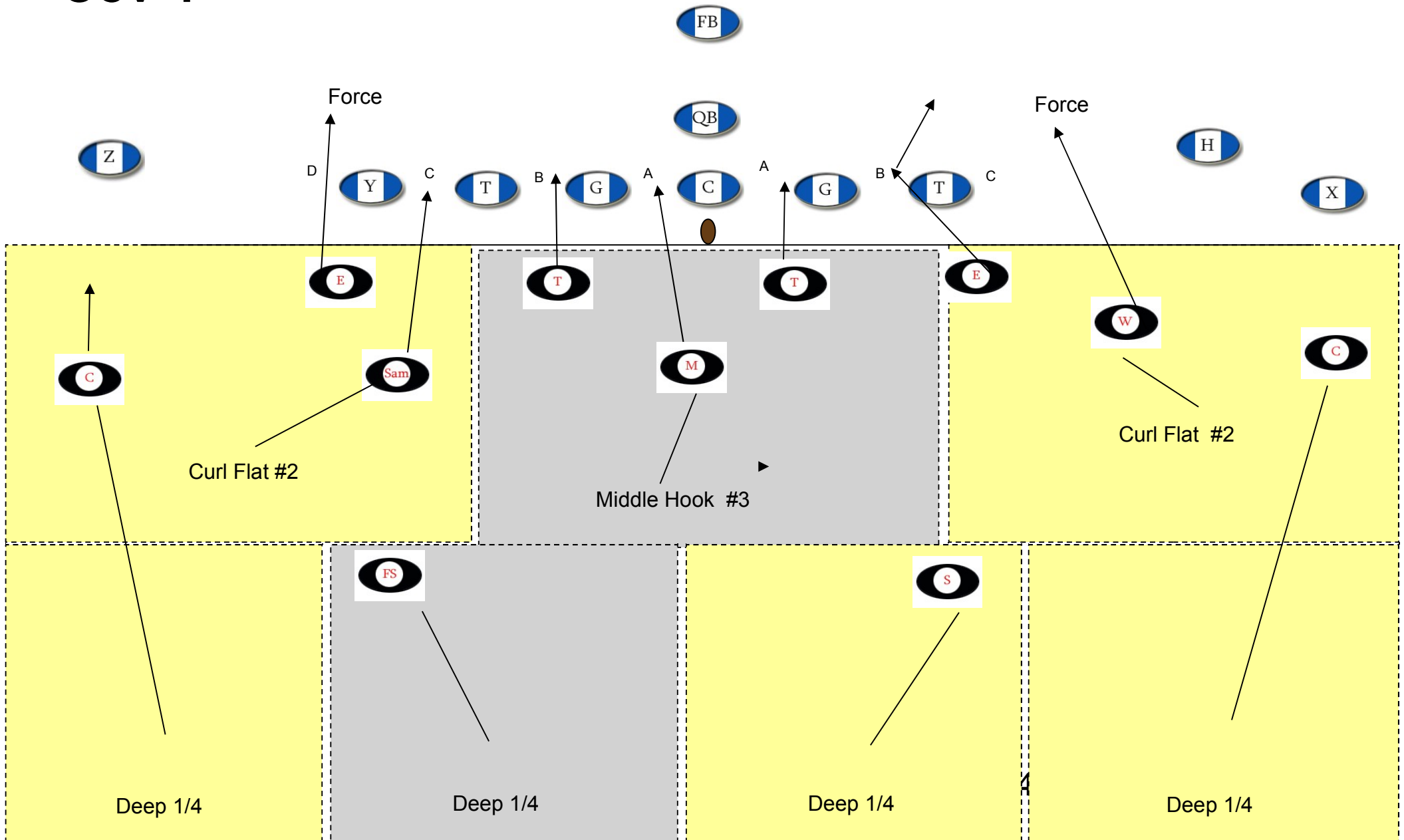
Split



4-3 Stack vs. ACE

Cov 4

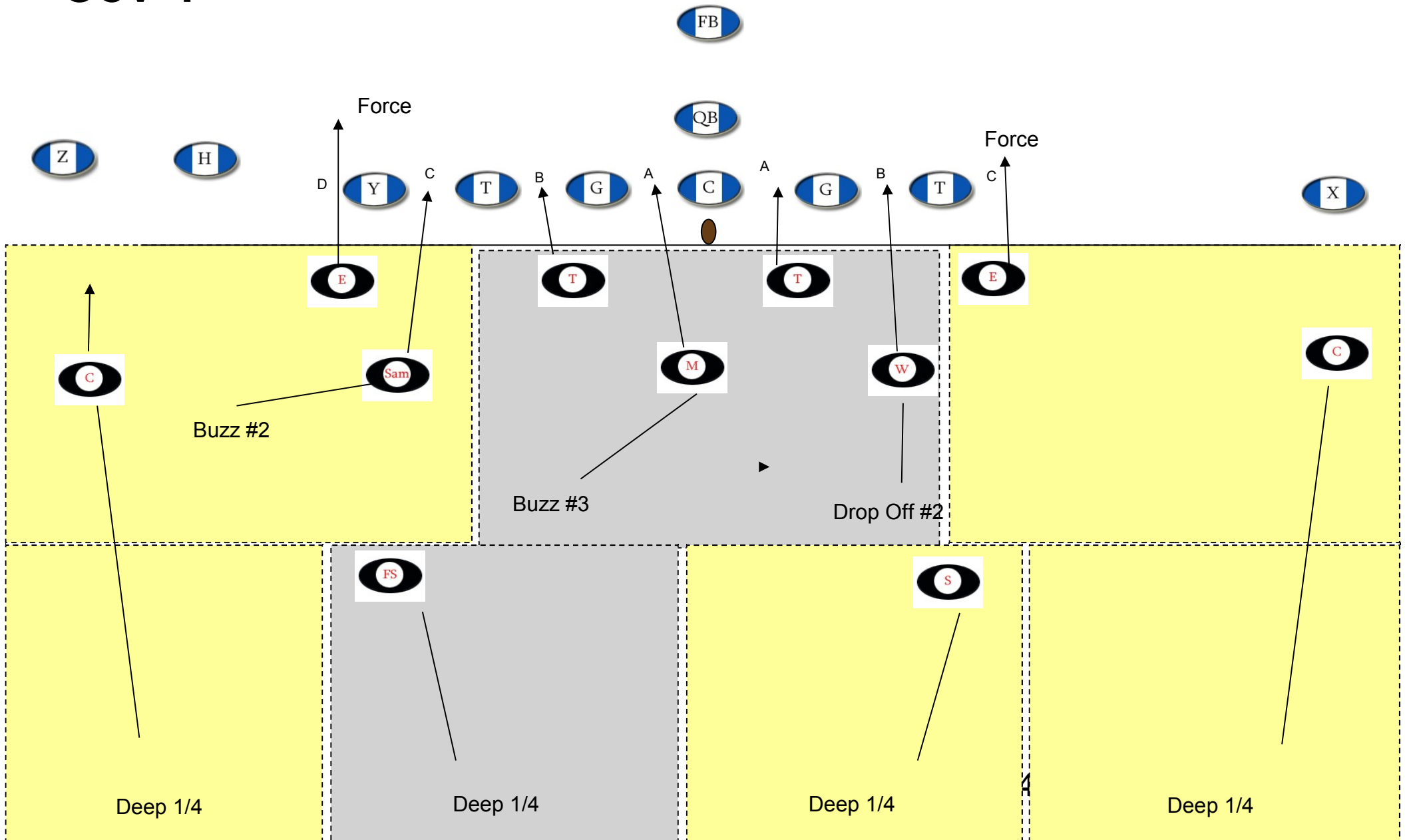
ACE



4-3 Stack vs. Tray

Cov 4

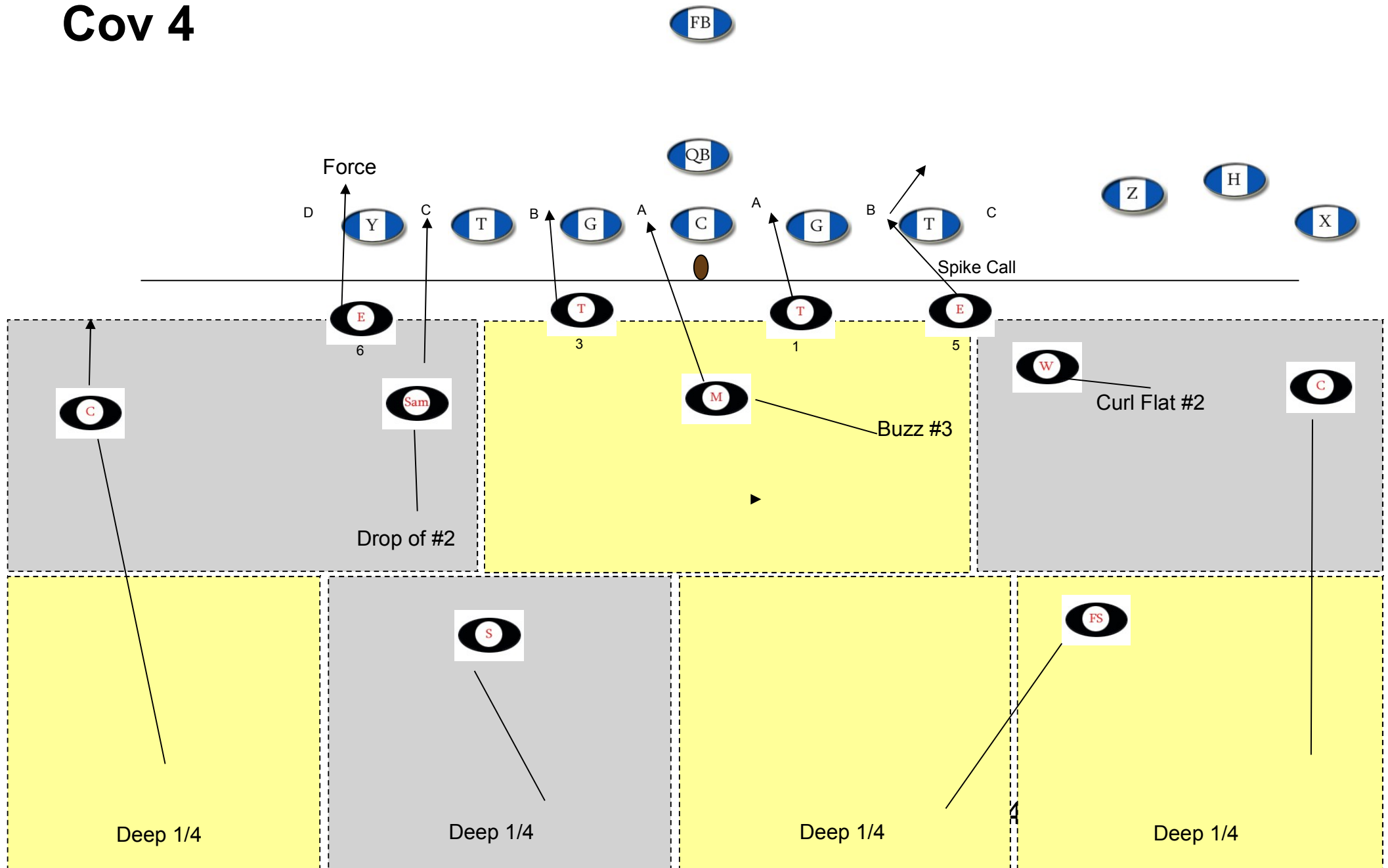
Tray



4-3 Stack vs. TRIPS

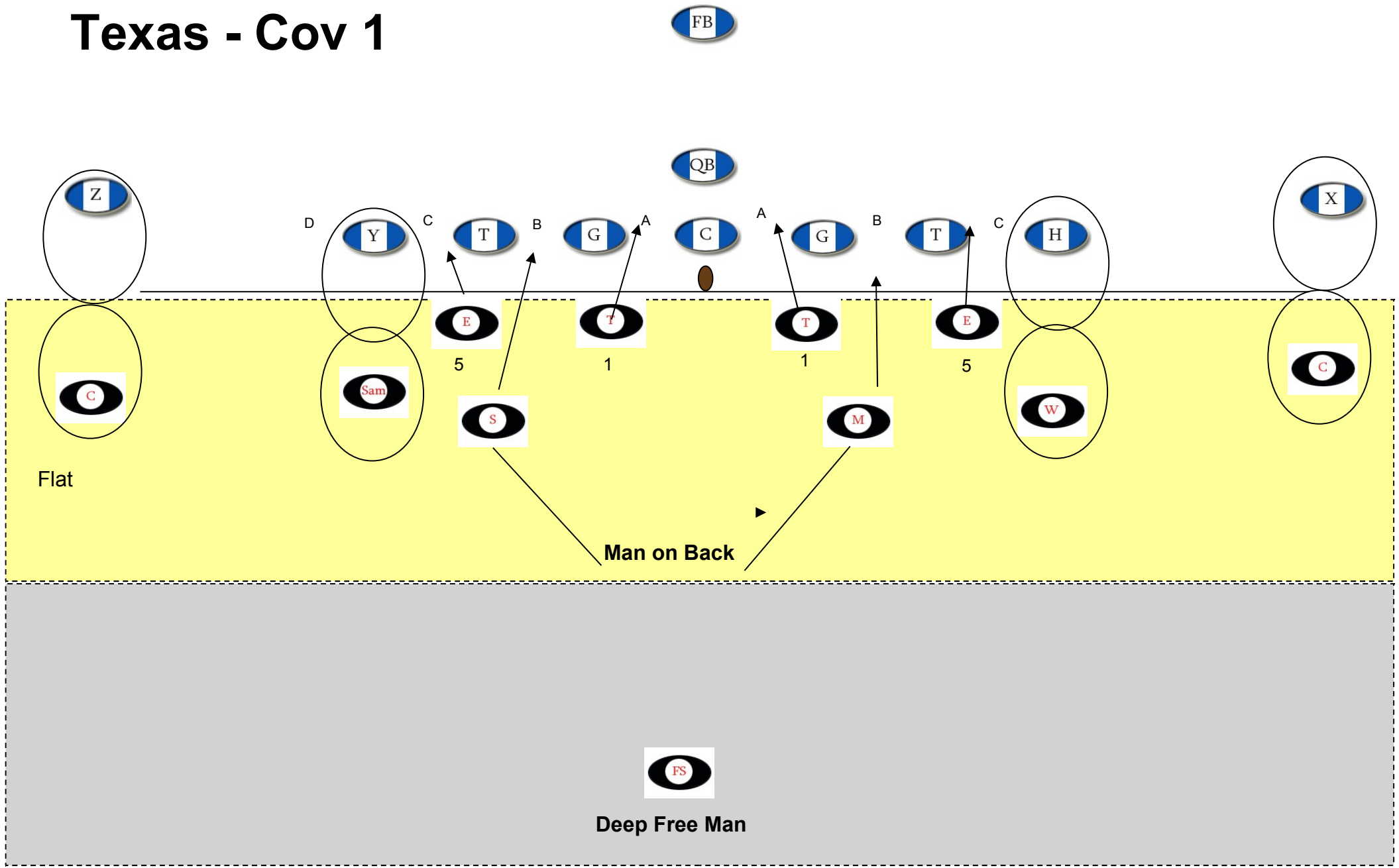
Cov 4

TRIPS



4-3 Stack vs. DUCE Texas - Cov 1

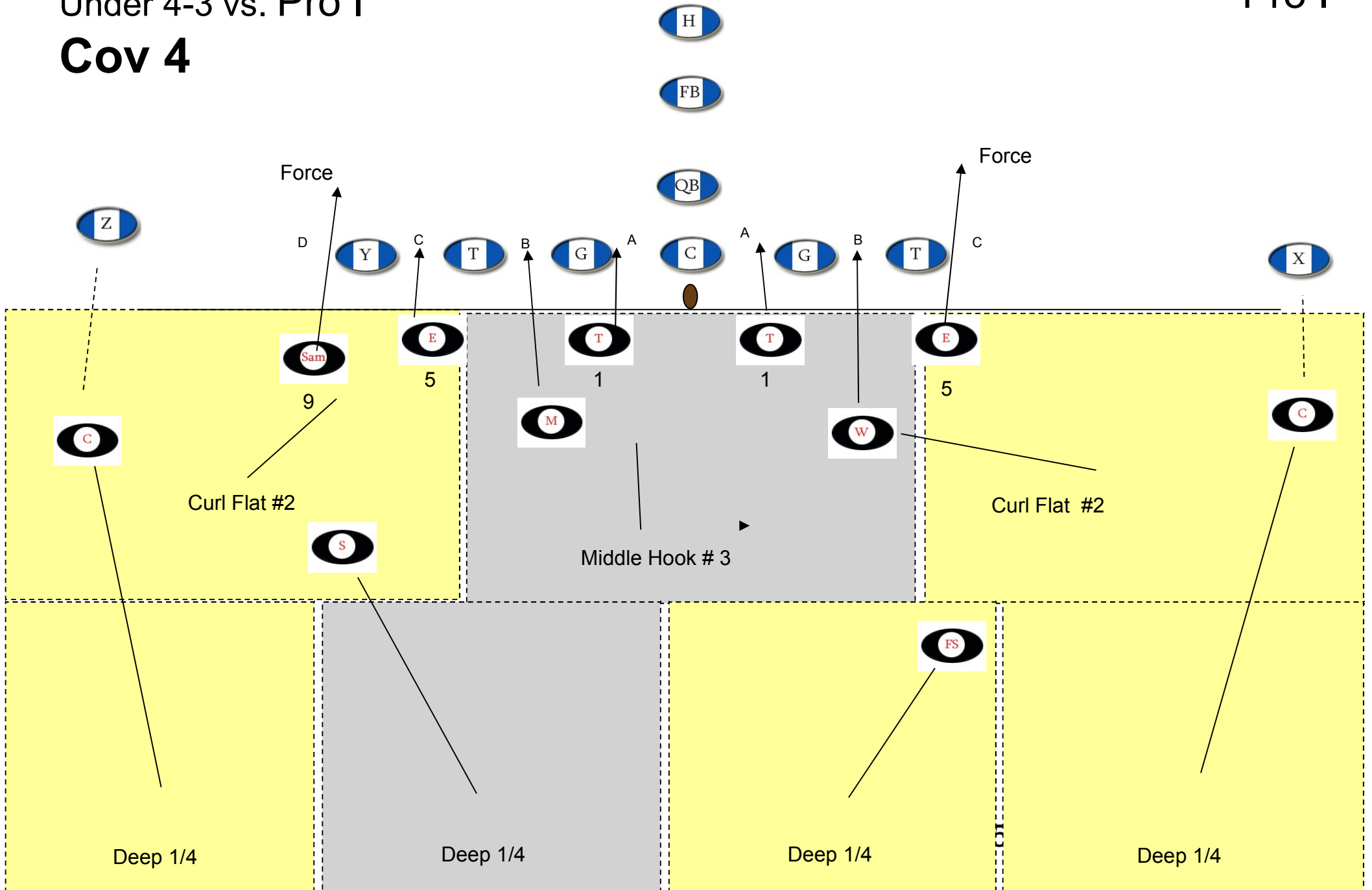
DUCE



Under 4-3
Cov 4

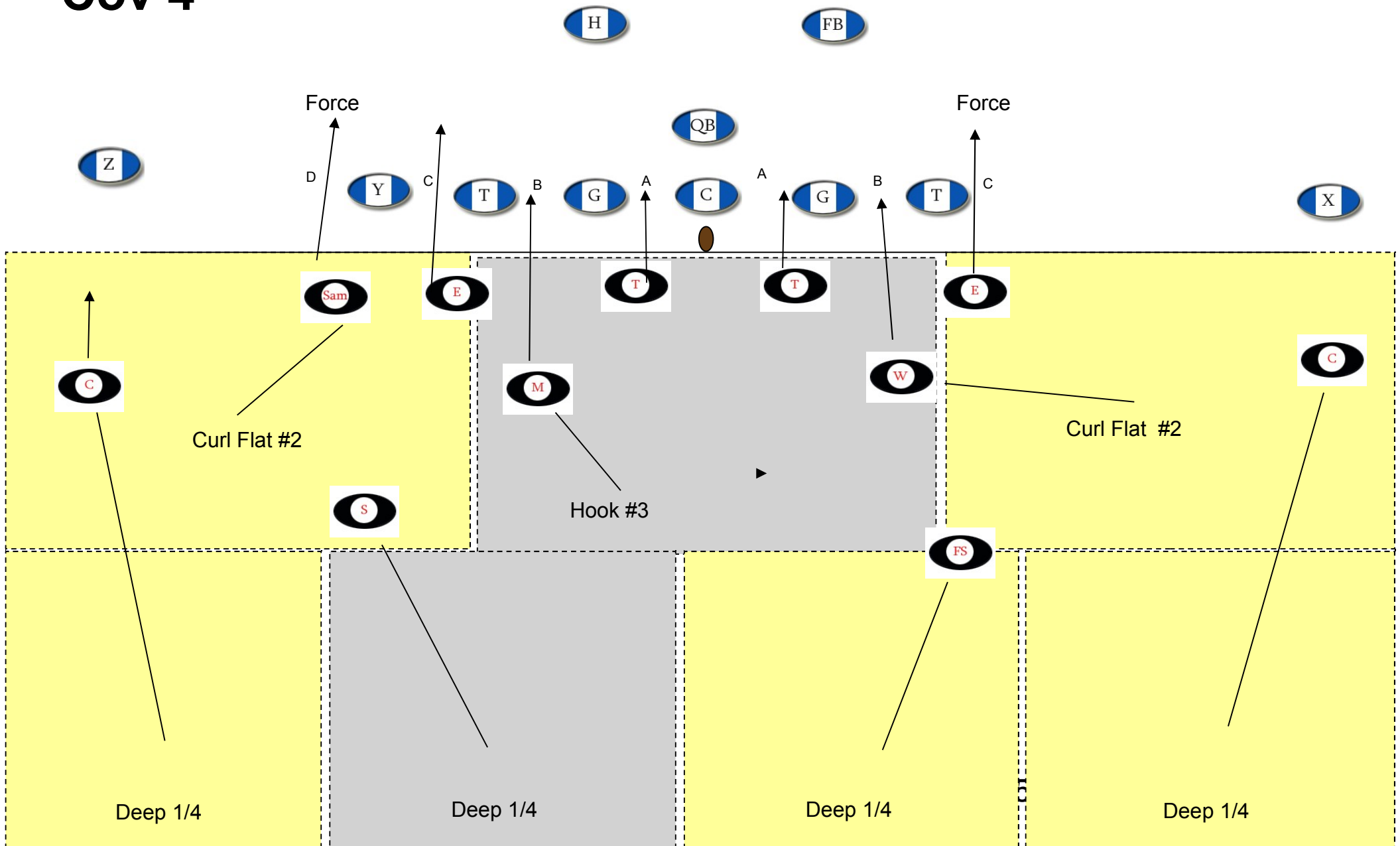
Under 4-3 vs. Pro I Cov 4

Pro I



Under 4-3 vs. Split Cov 4

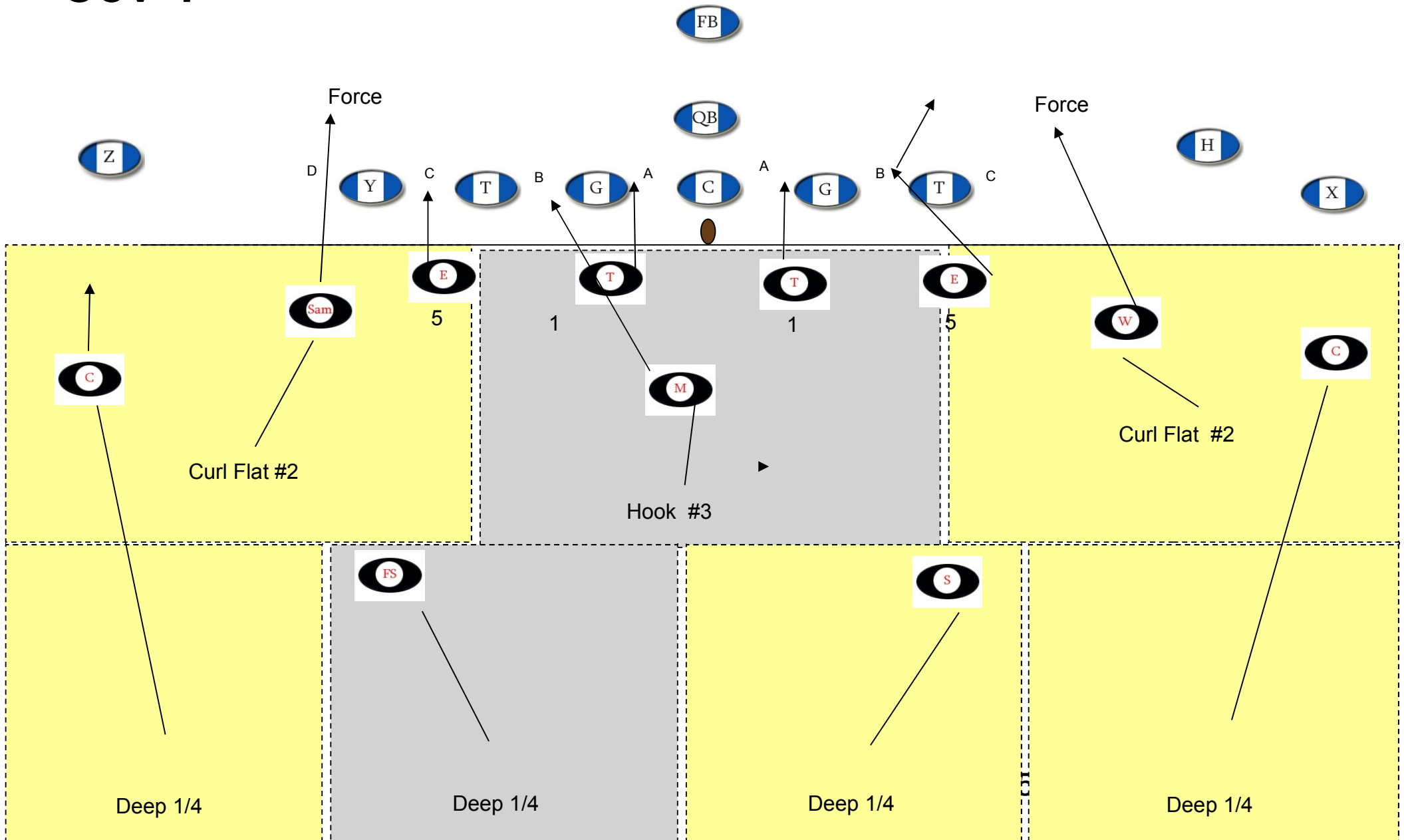
Split



Under 4-3 vs. ACE

Cov 4

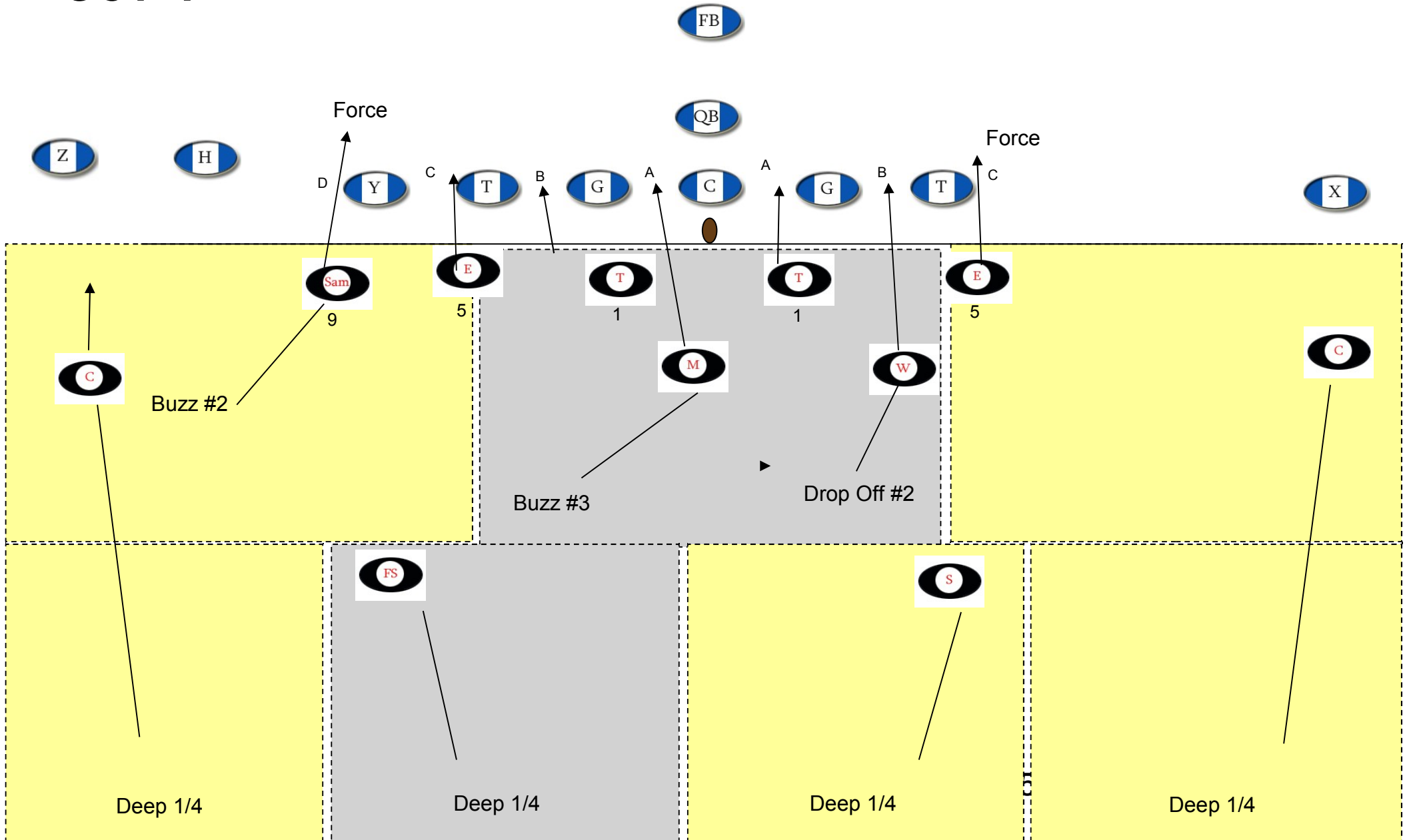
ACE



Under 4-3 vs. Tray

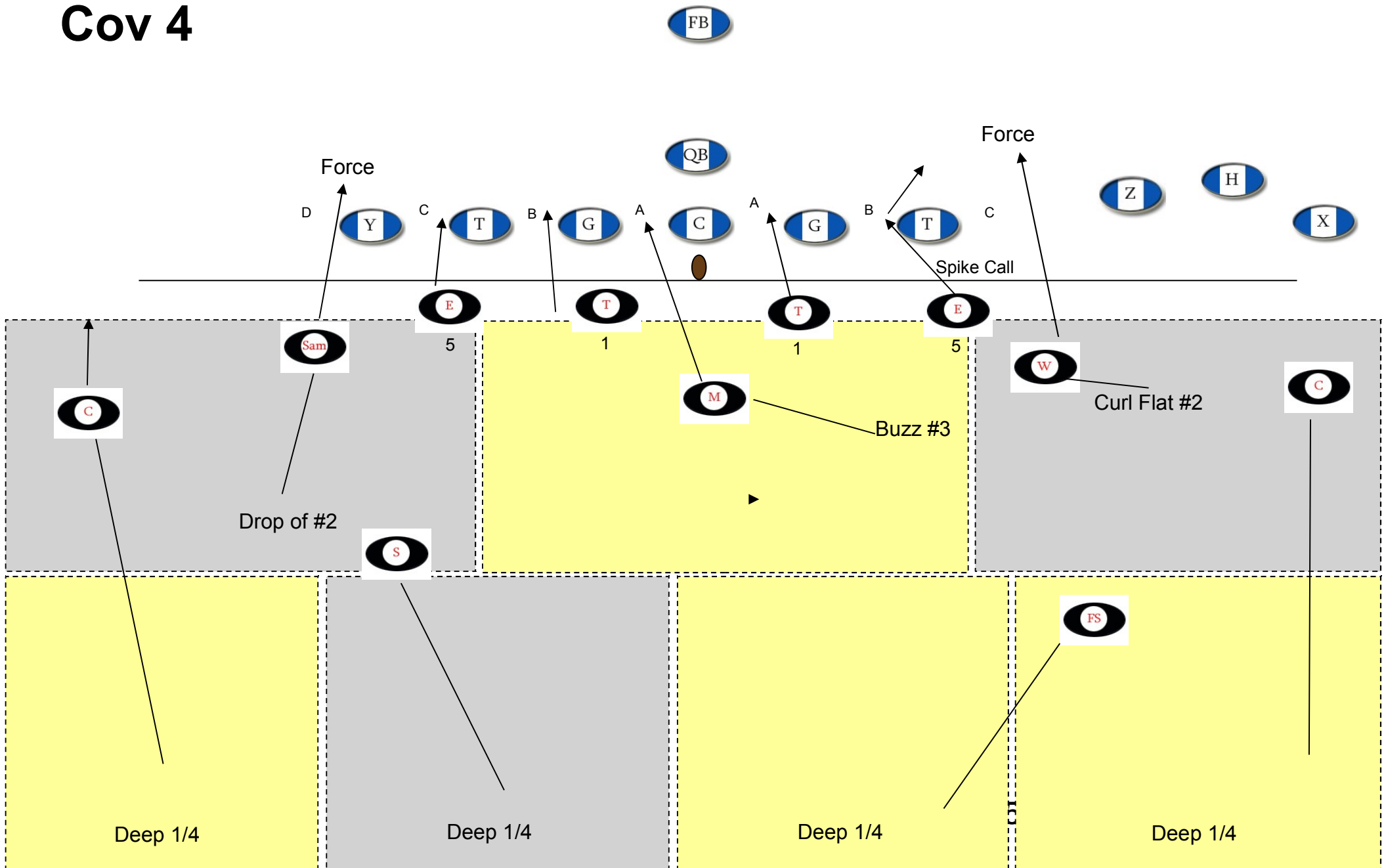
Cov 4

Tray



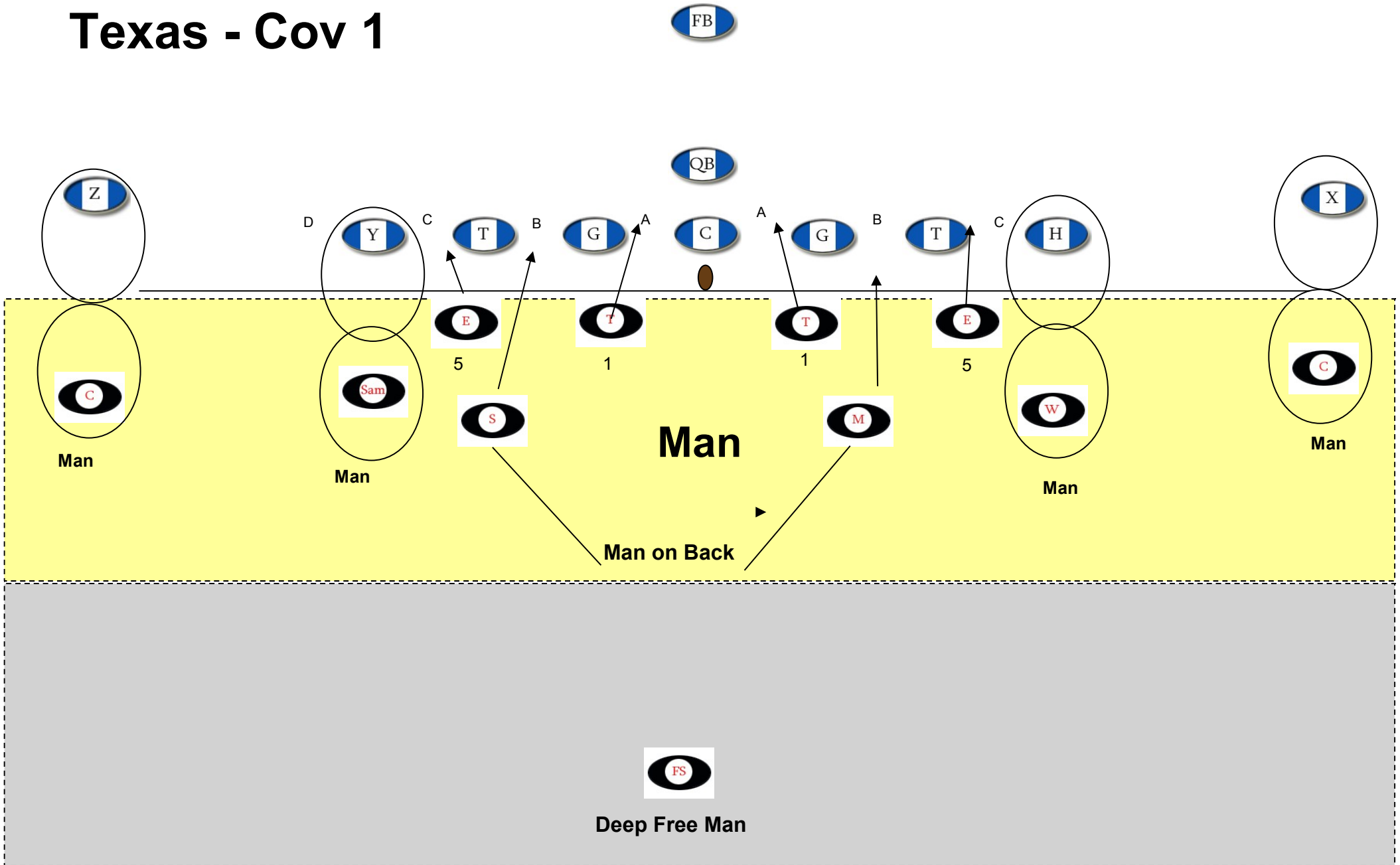
Under 4-3 vs. TRIPS Cov 4

TRIPS



Under 4-3 vs. DUCE
Texas - Cov 1

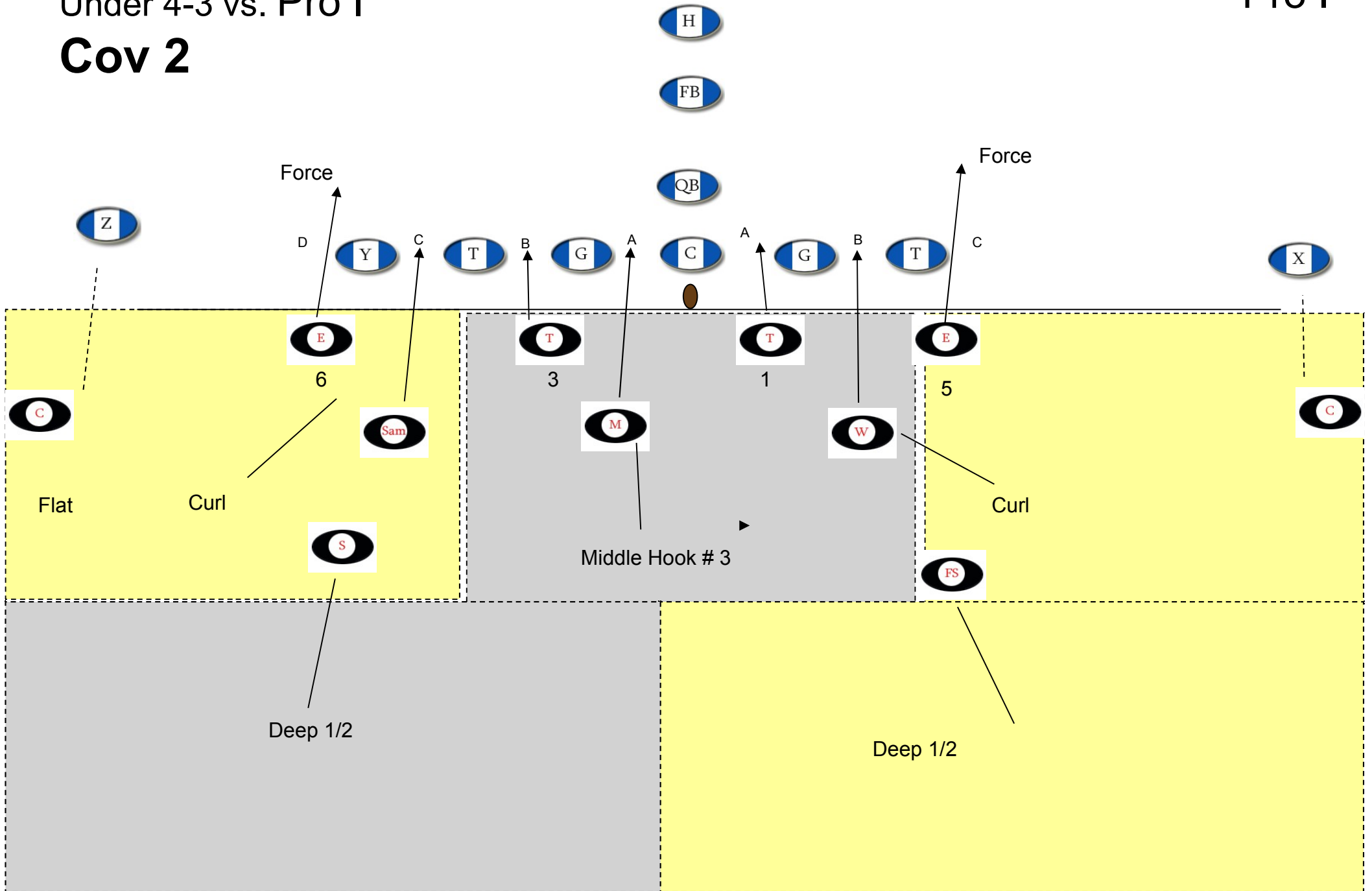
DUCE



4-3 Stack Cov 2

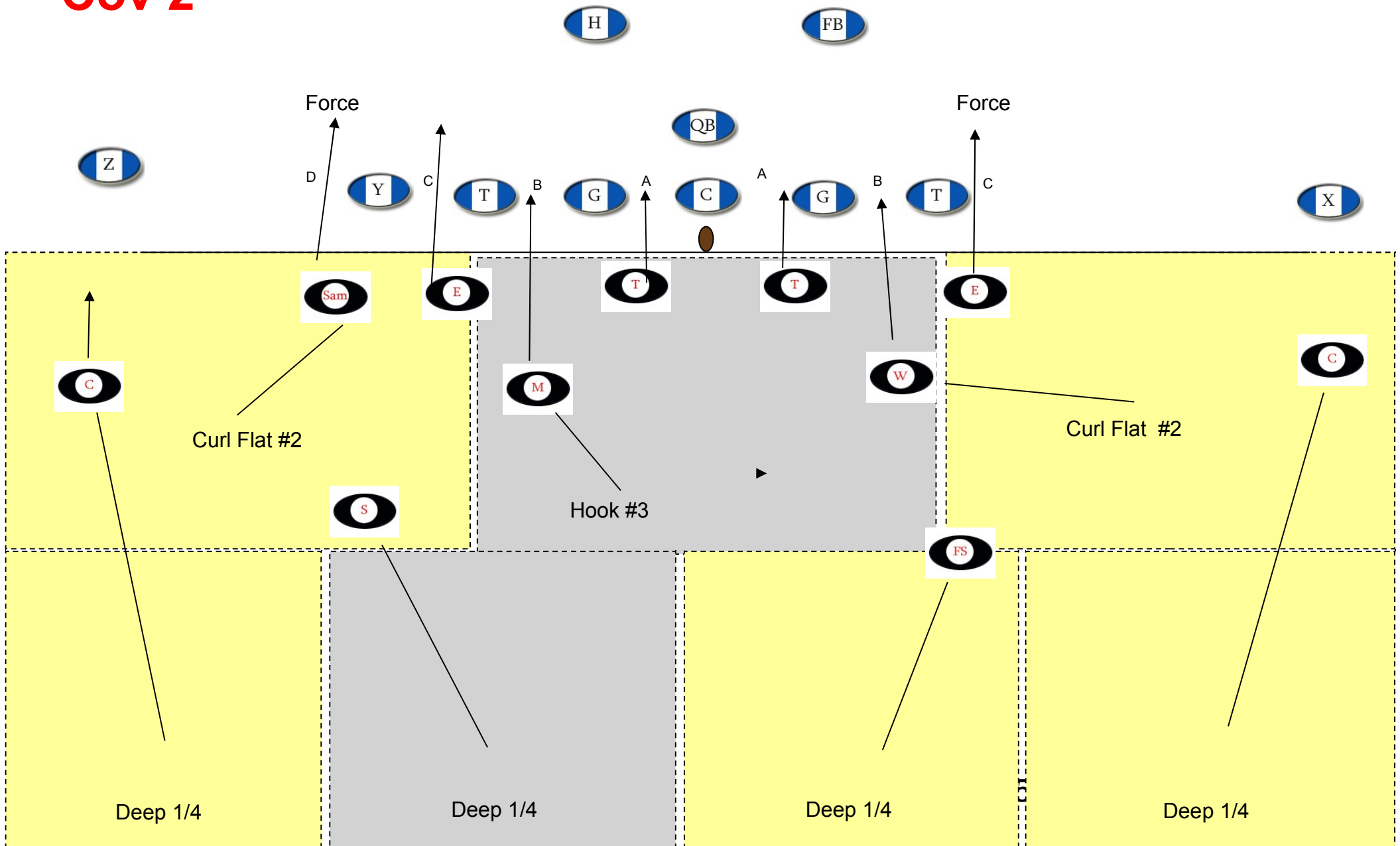
Under 4-3 vs. Pro I Cov 2

Pro I



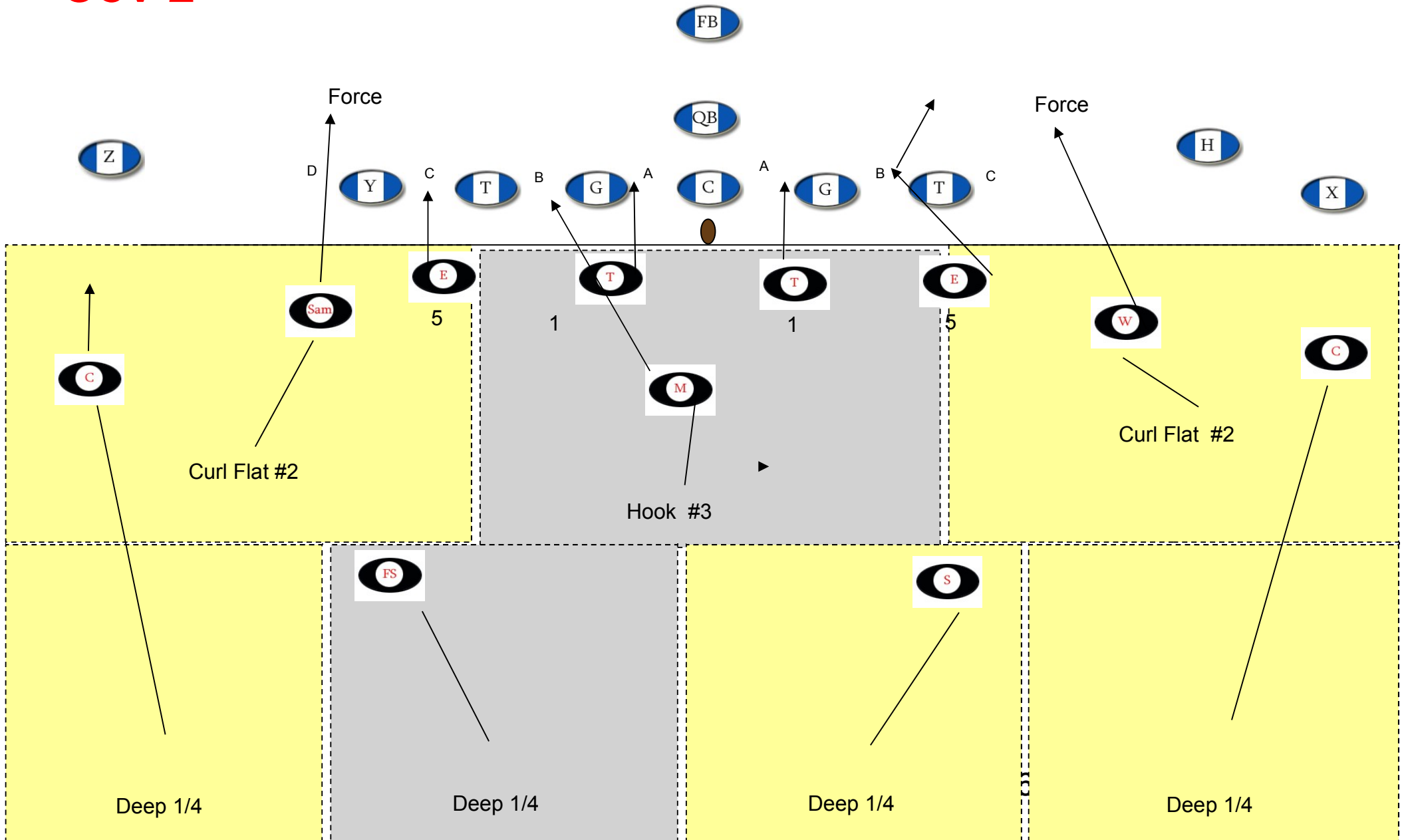
Under 4-3 vs. Split Cov 2

Split



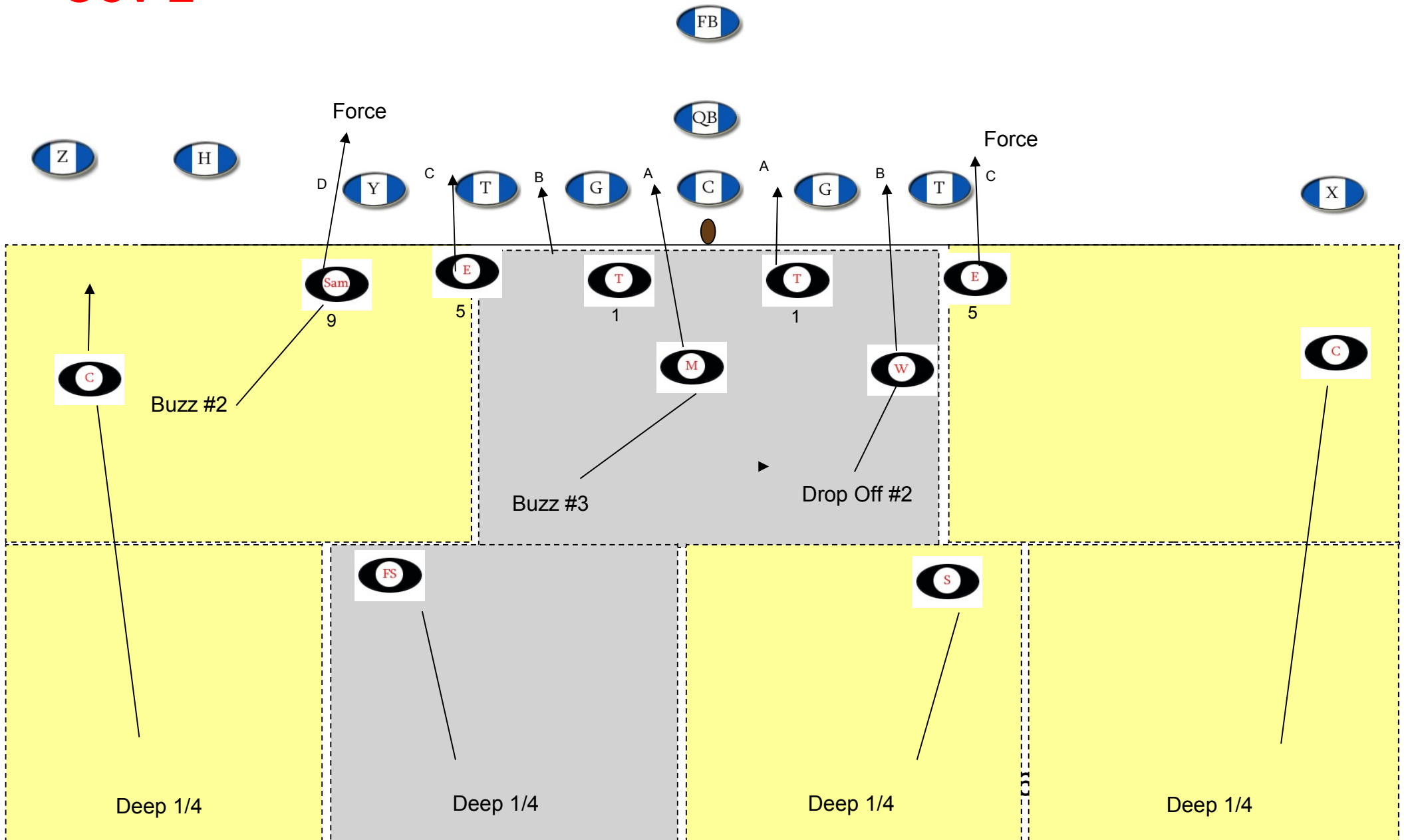
Under 4-3 vs. ACE
Cov 2

ACE



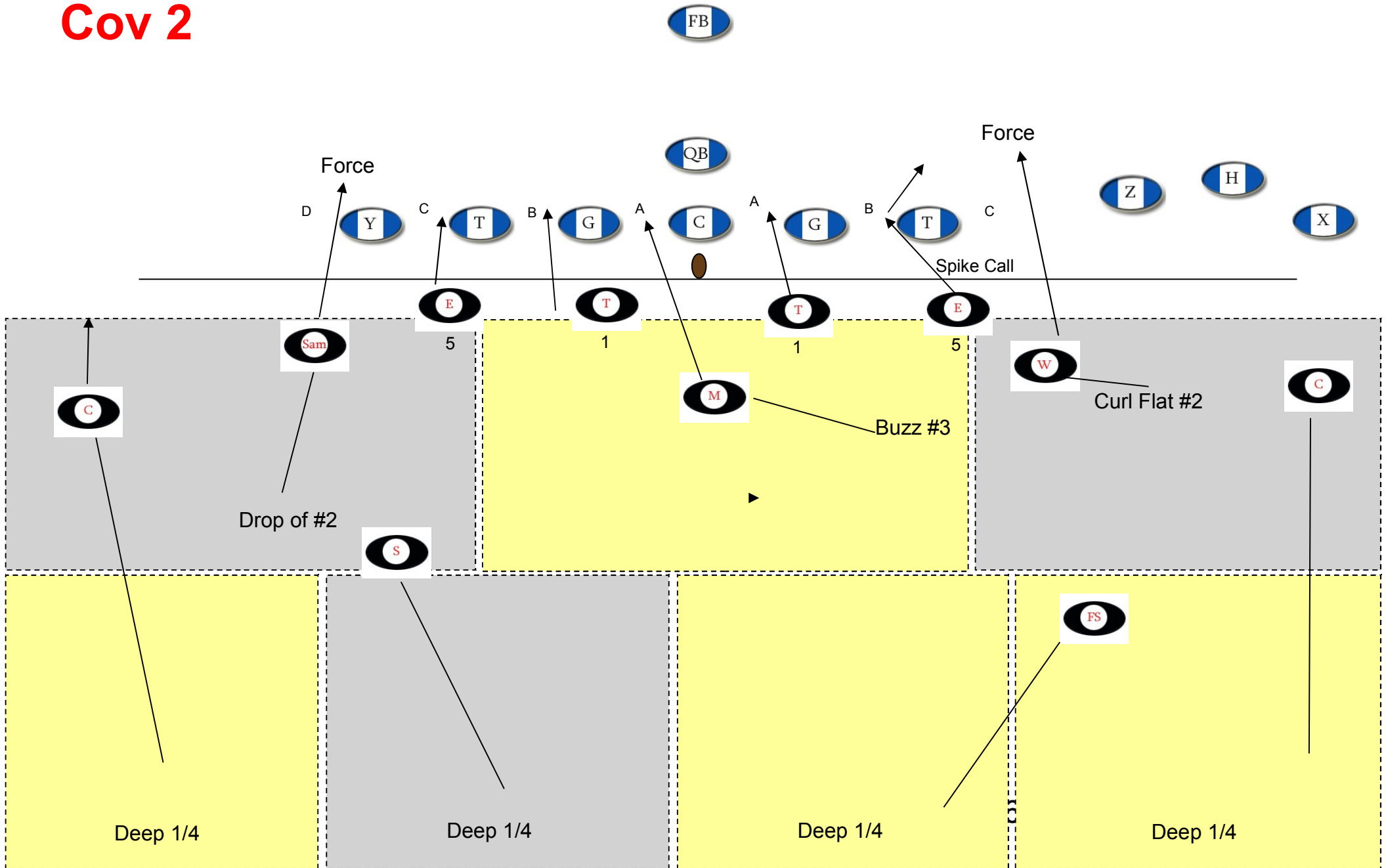
Under 4-3 vs. Tray Cov 2

Tray



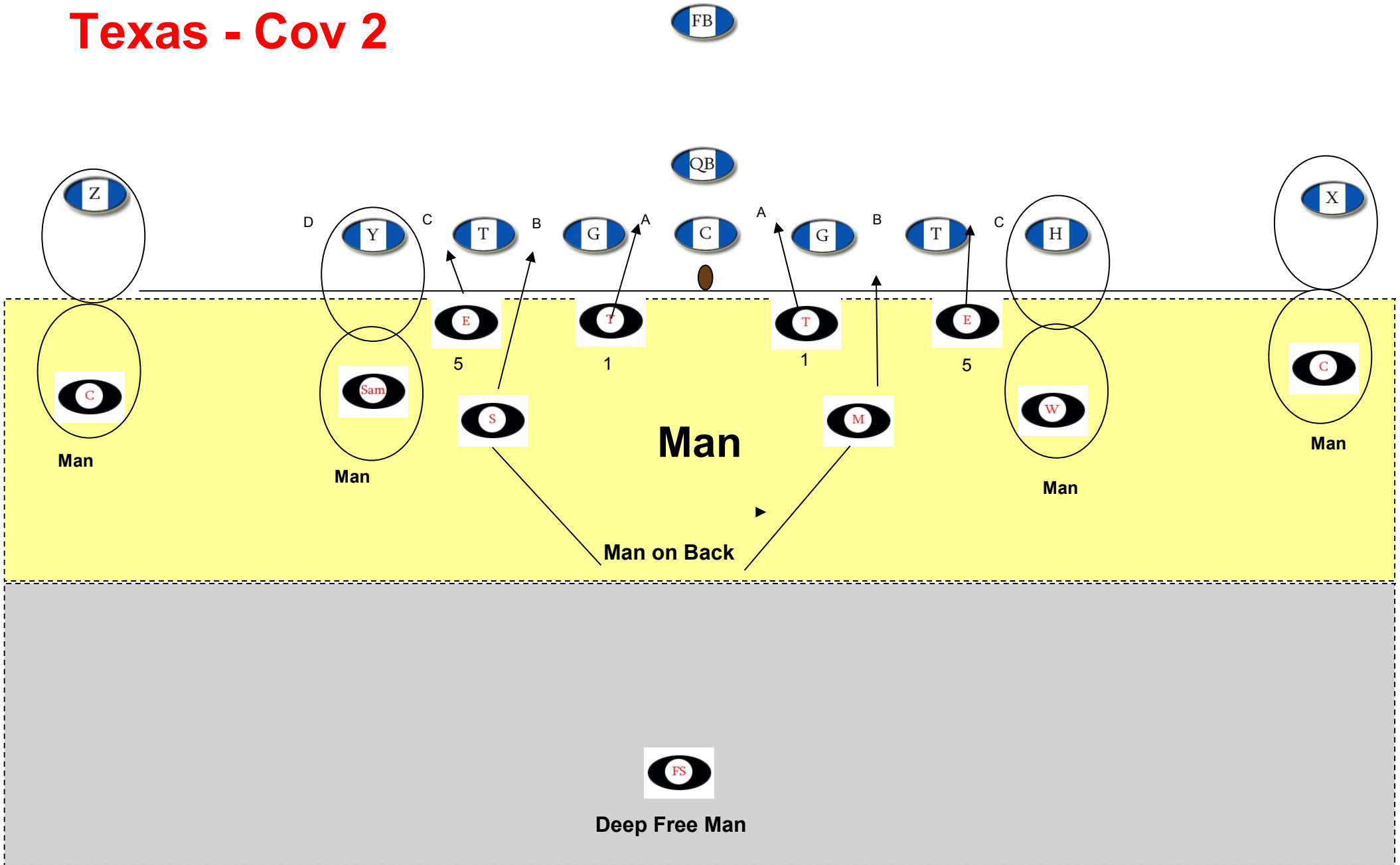
Under 4-3 vs. TRIPS Cov 2

TRIPS



Under 4-3 vs. DUCE
Texas - Cov 2

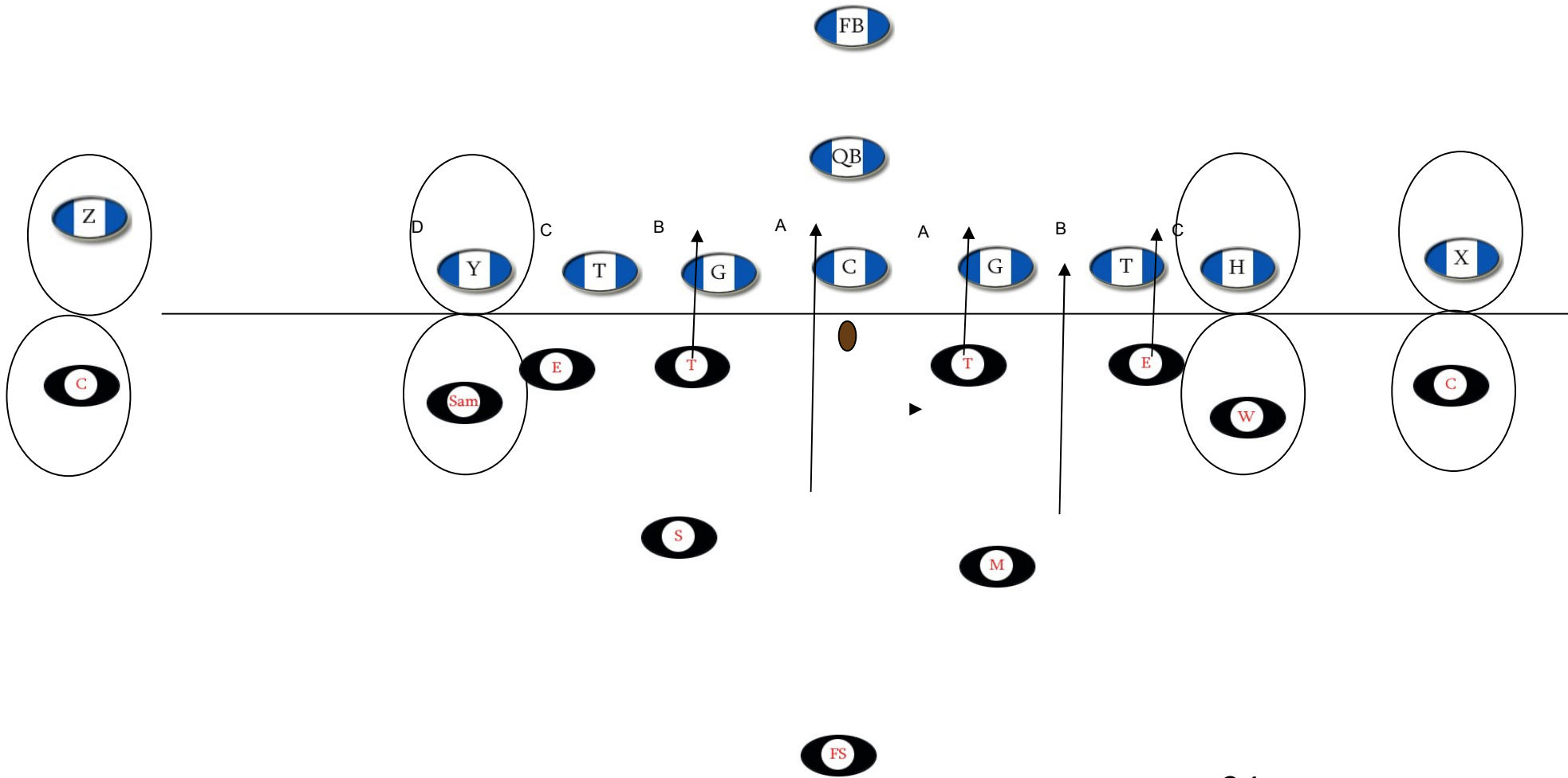
DUCE



FCHS Base 4-3

Pro I

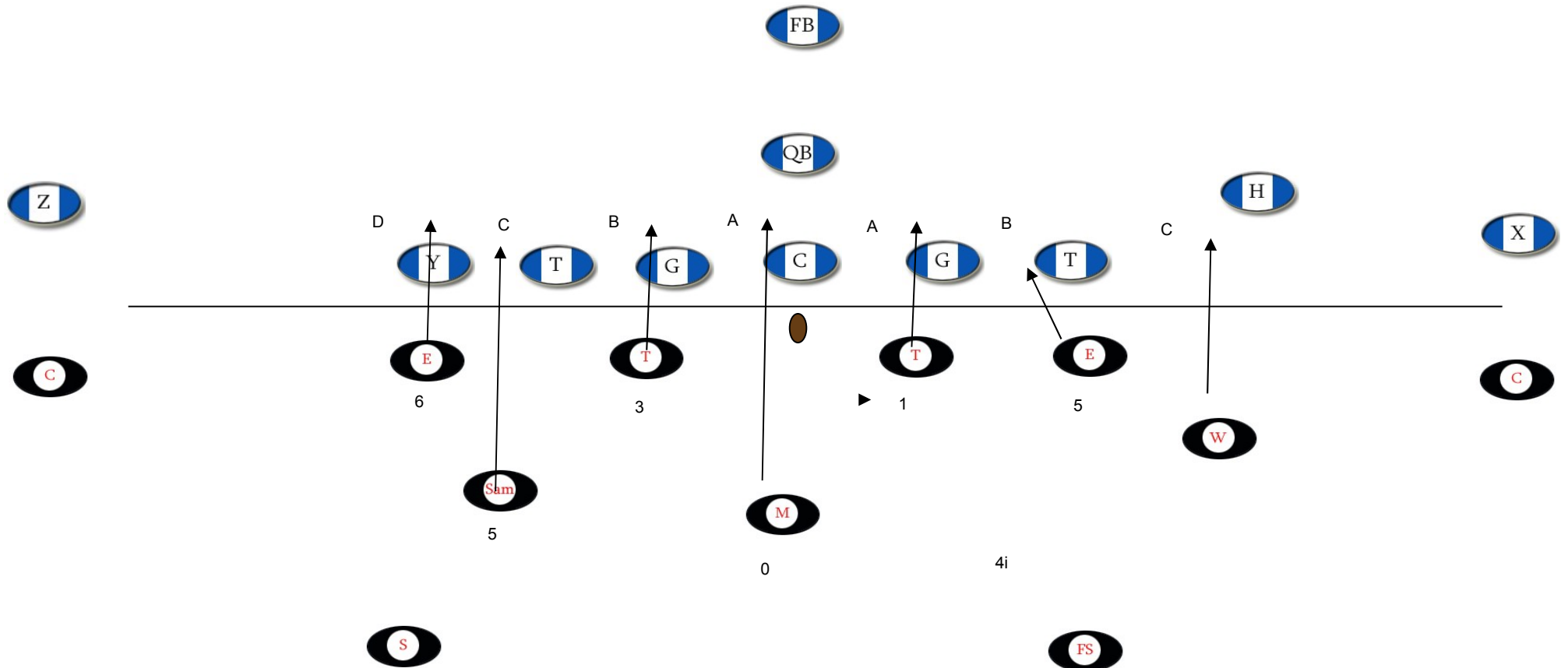
Defense



FCHS Base 4-3

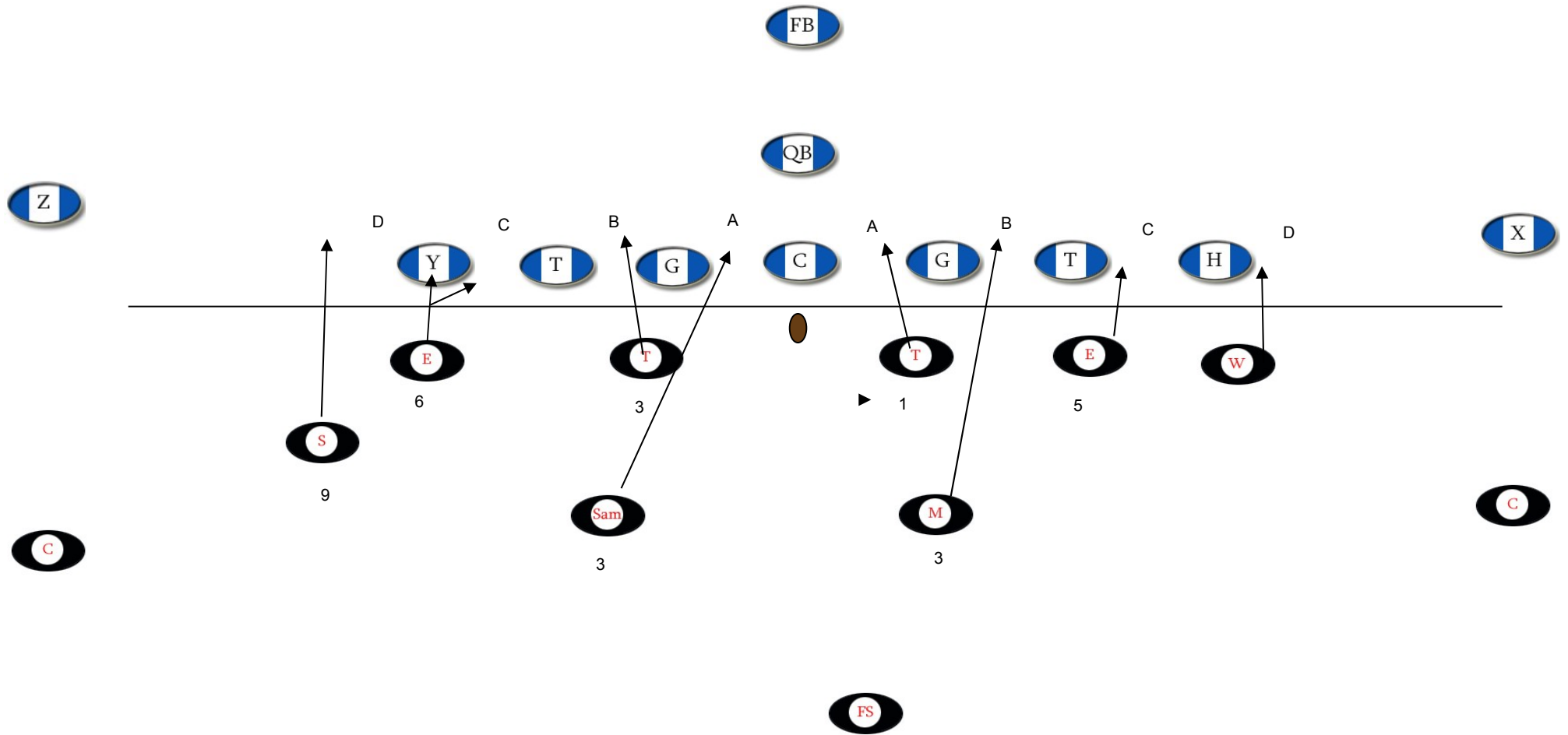
ACE

Defense



FCHS Base 4-3 DUCE

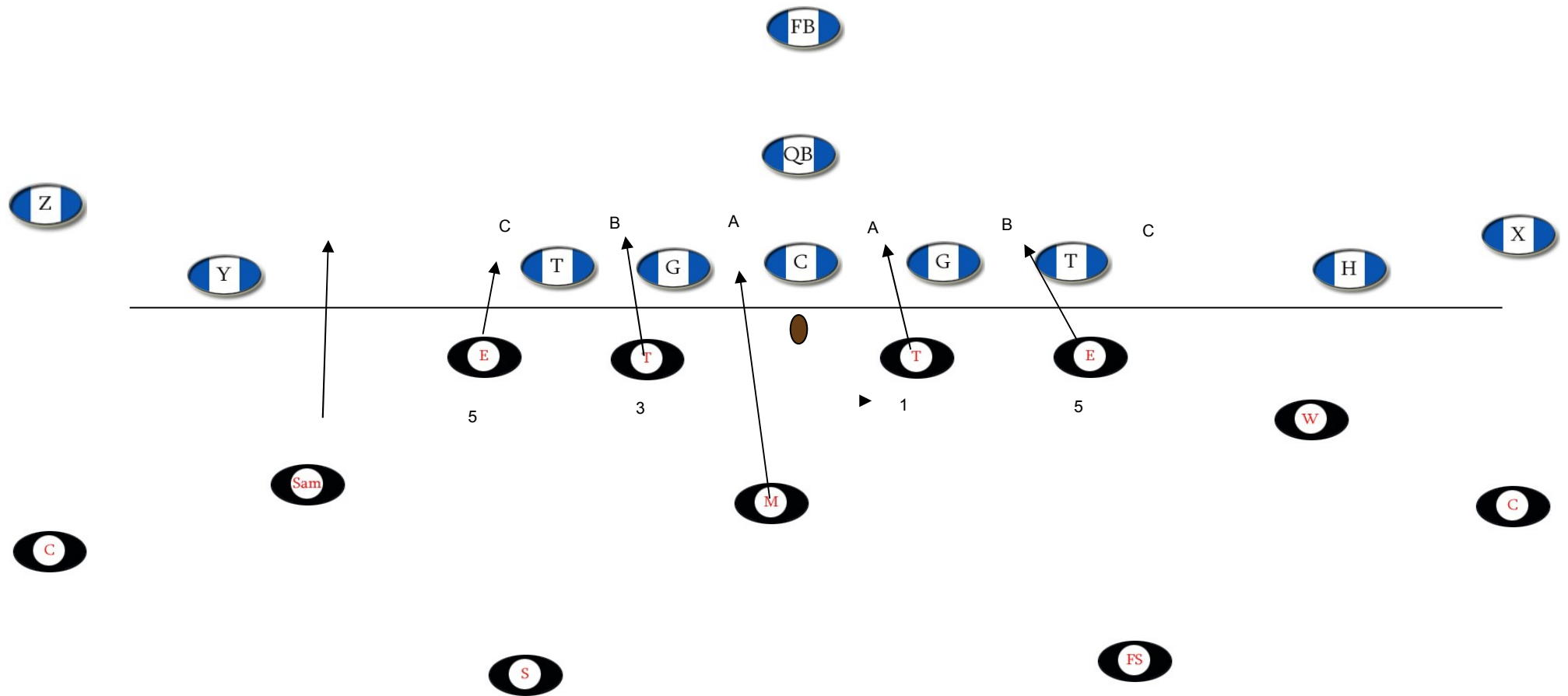
Defense



FCHS Base 4-3

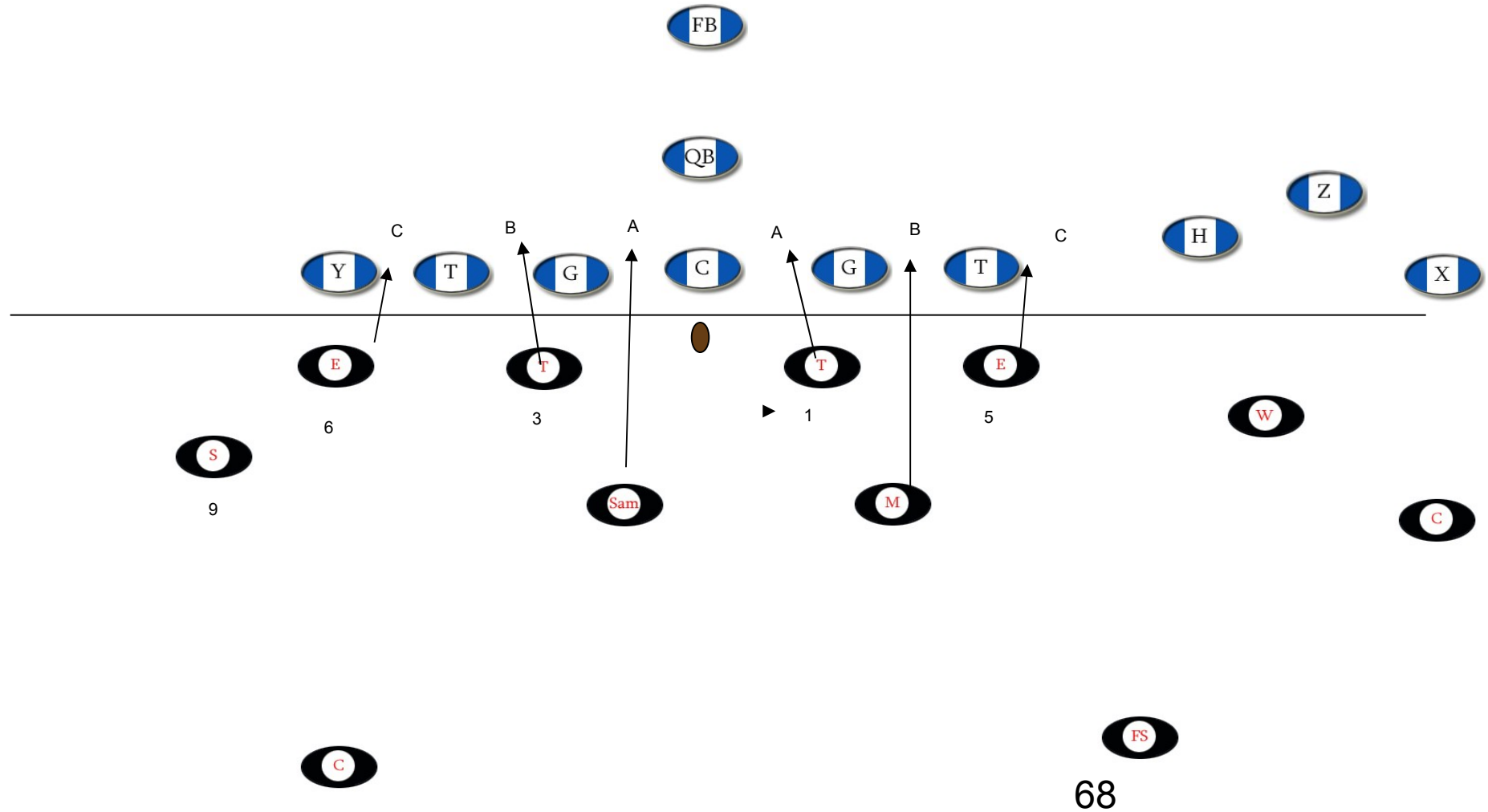
Flush

Defense



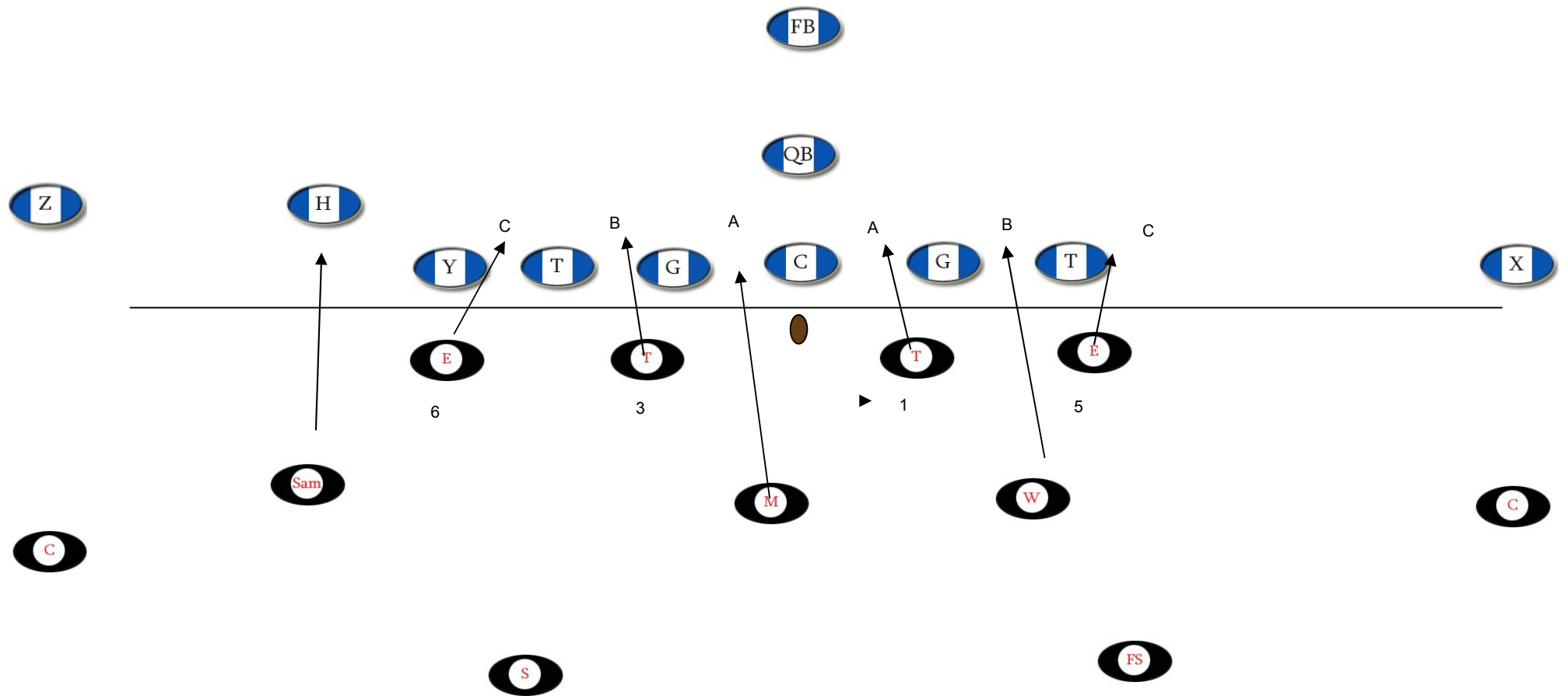
FCHS Base 4-3 Trips

Defense



FCHS Base 4-3 Tray

Defense

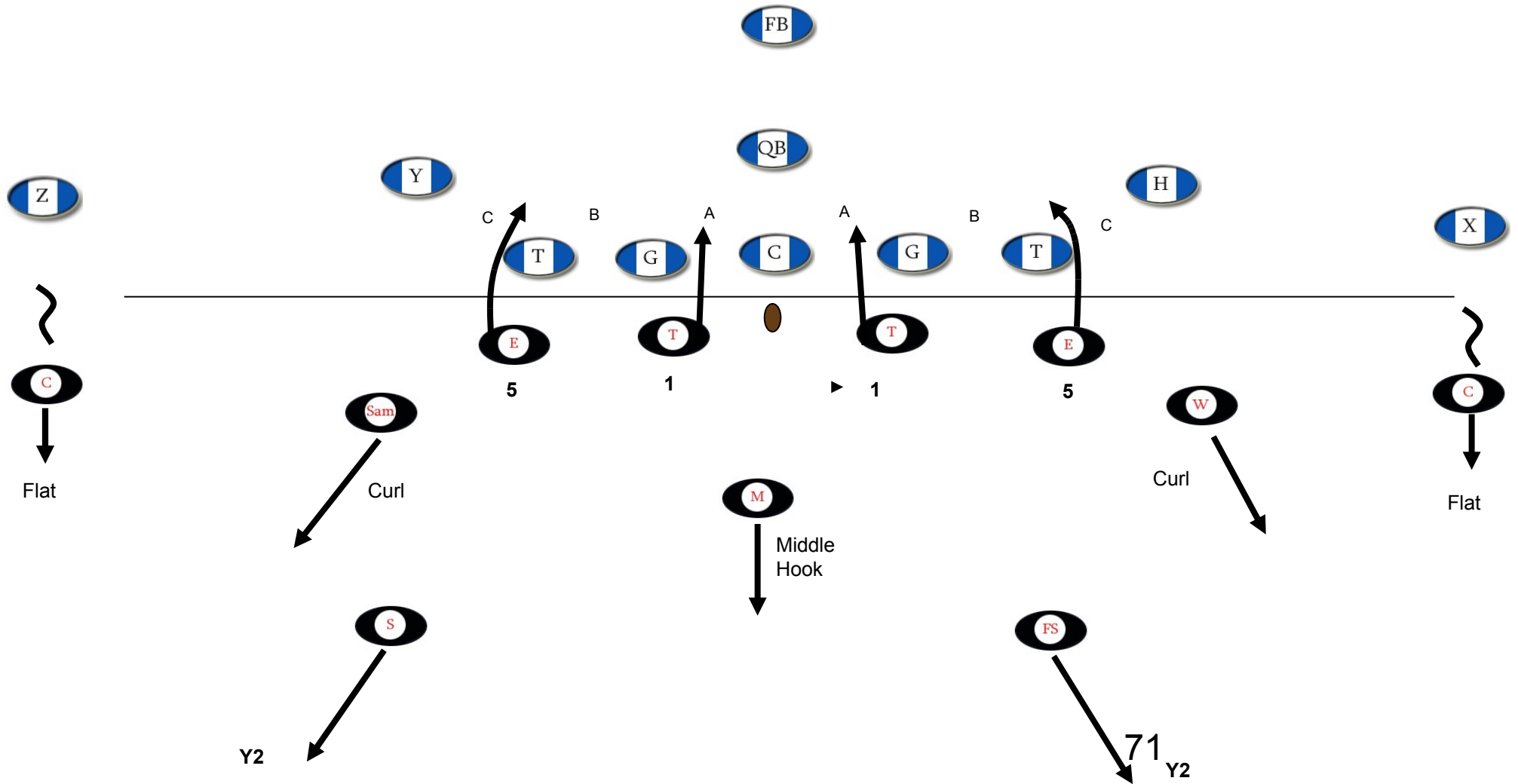


Stack

Cov 2 & Cov 3

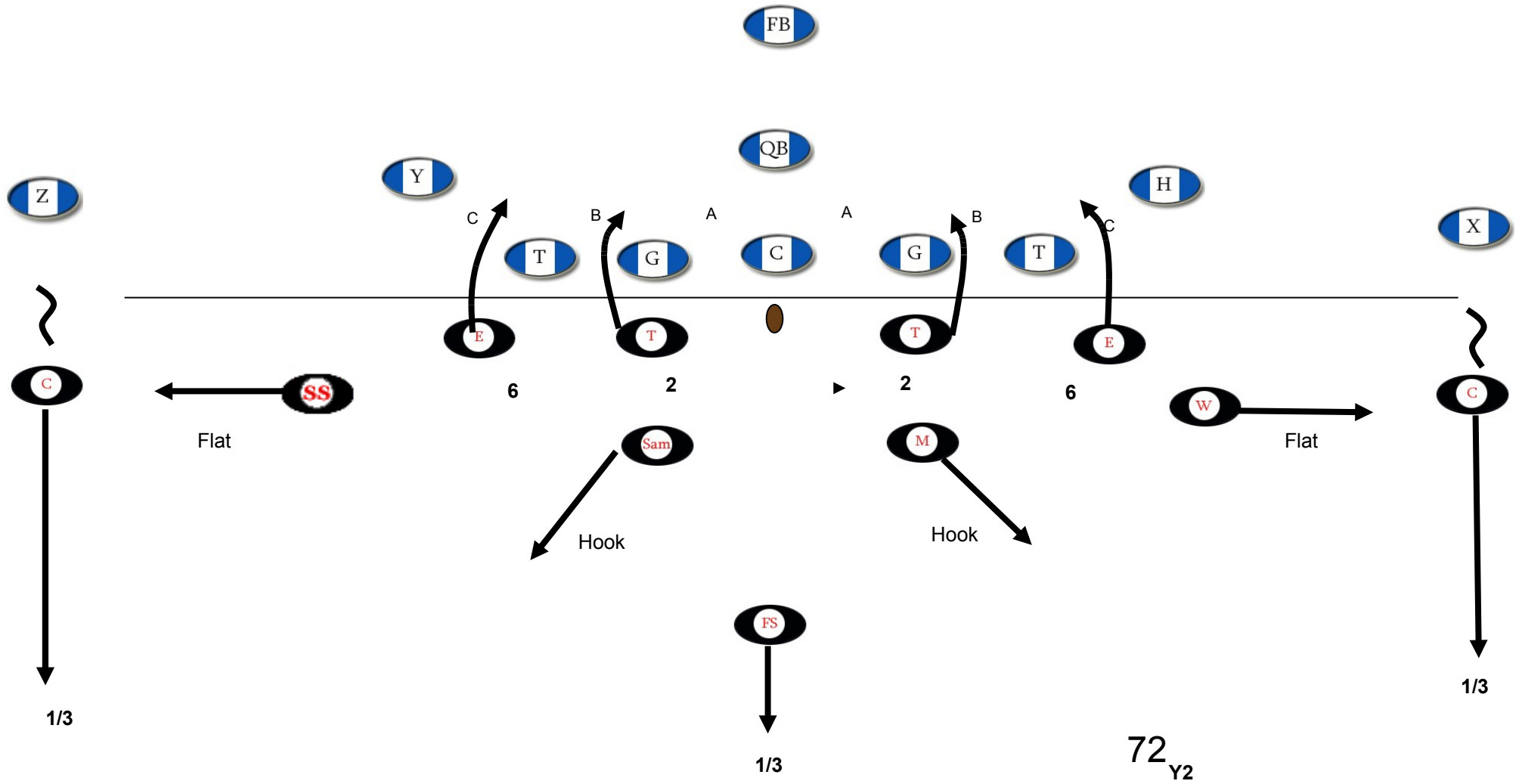
Stack Cov 2

Defense



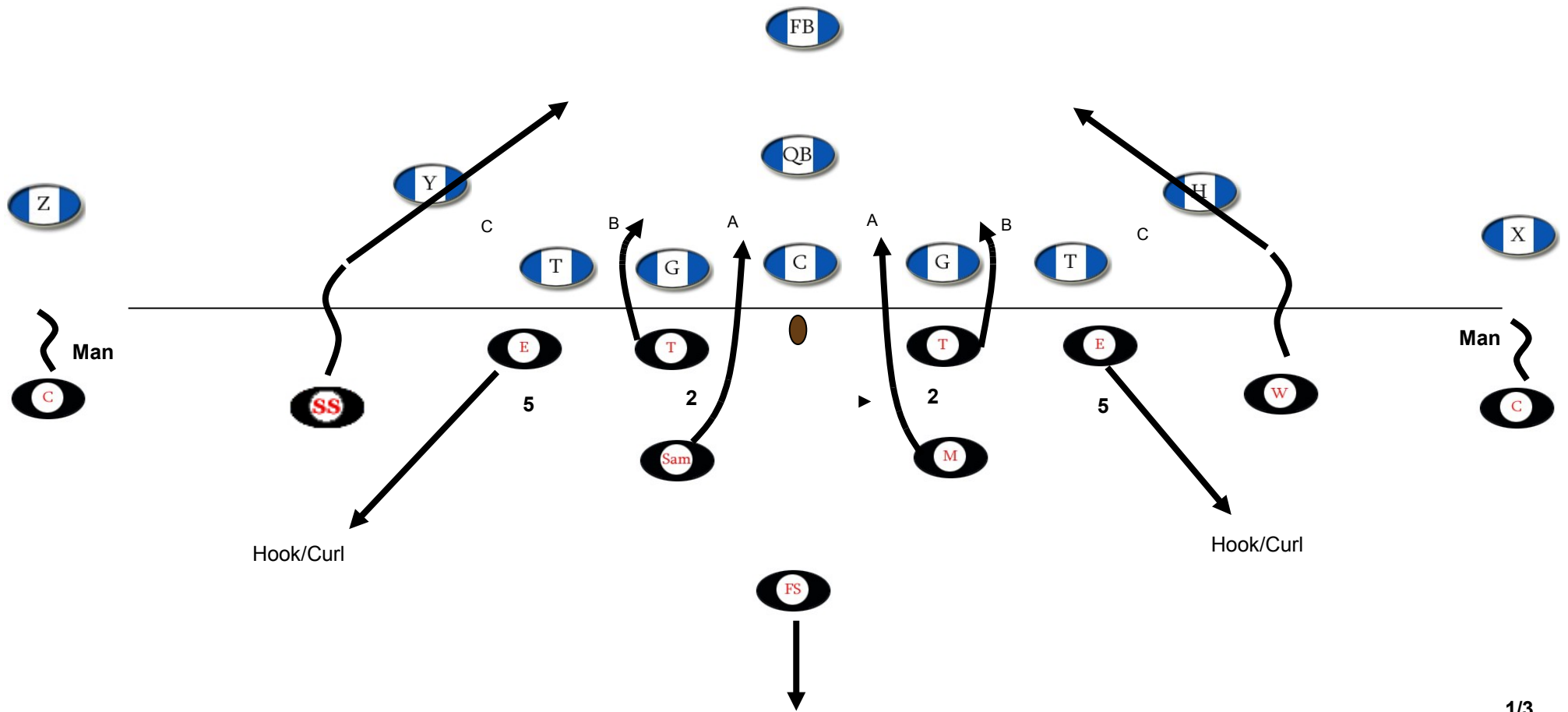
Stack Cov 3

Defense



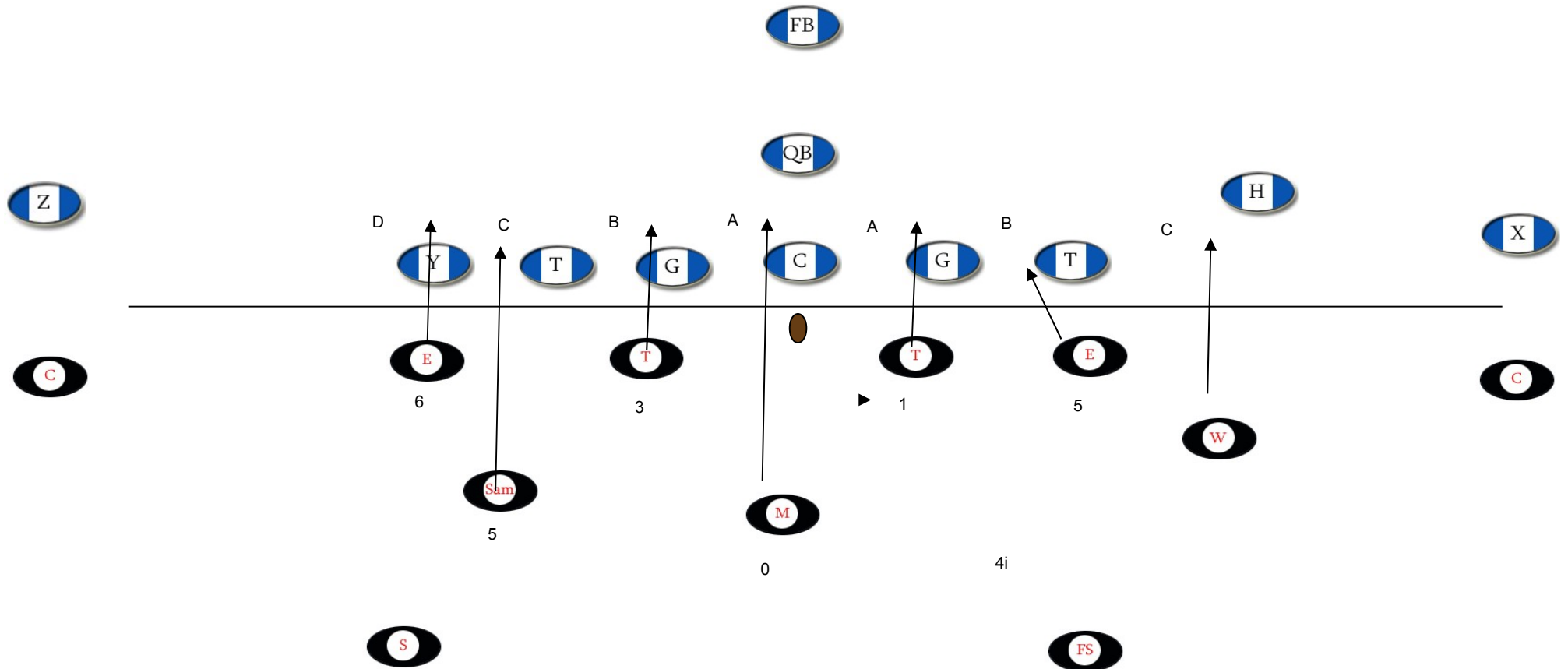
Bomb Blitz Cov 1

Defense



FCHS Base 4-3 ACE

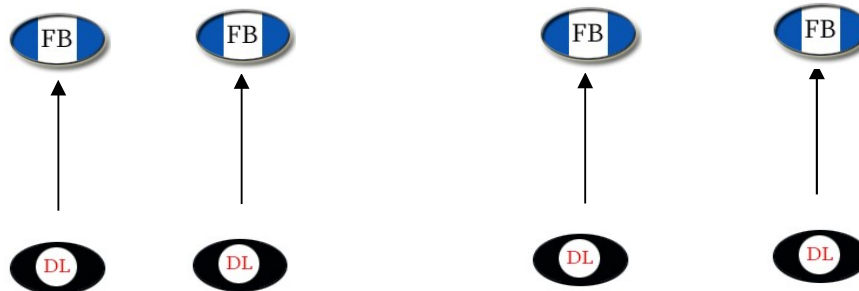
Defense



Tackling Drill

Form Tackling 1 on 1

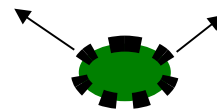
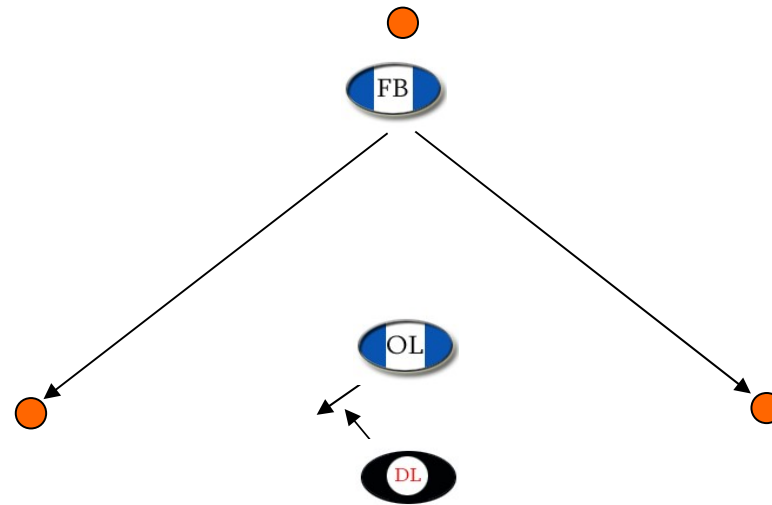
- Head Up
- Shorten Stride
- Z to Knees
- Shoulder side
- Lock and Lift



Inside Drill

Read Drill

Must Grab Shoulder
Pads and turn OL
Shoulders

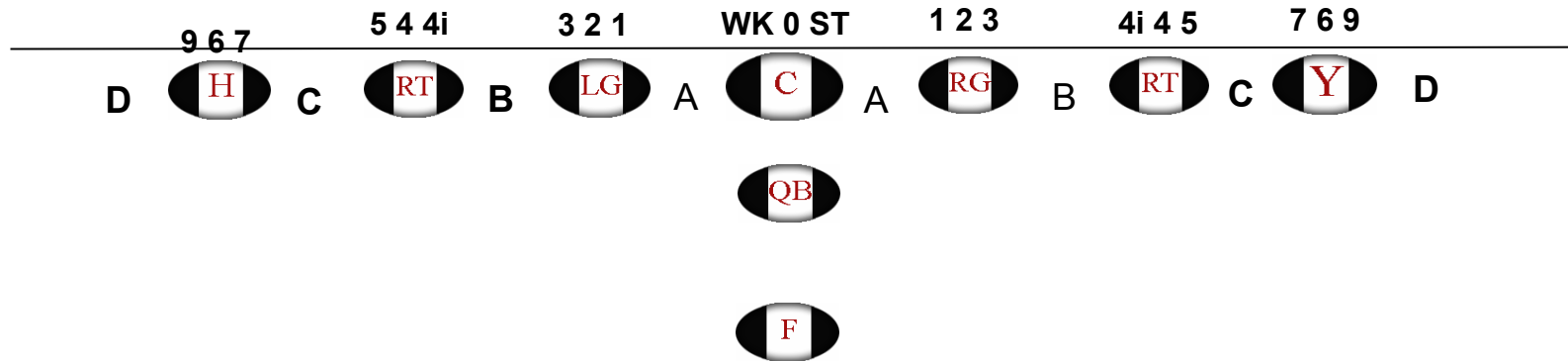


Coach Directing Side

"Read Drill

Goal: Teach the DL to react quickly to the movement of the Offensive Lineman (OL)... **Description:** Set up 3 cones in a triangle about 10 yards apart. Two linemen face each other in the middle between two cones with a designated ball carrier at the third cone. The player facing the ball carrier is the defender, the other player the OL. The coach stands behind the DL signaling the direction and the snap count. On the command, the ball carrier runs in a straight line to the designated cone, while the OL blocks accordingly. The DL reacts to the movement of the OL, **controls** and **escapes** the OL making the tackle before the ball carrier reaches the cone. **The defender's shoulders and hips stay square to the Line of Scrimmage (LOS), the feet stay moving and the hands/arms control and escape the OL.** After the DL gets comfortable with the Drill, bring in 'real' OL and Running backs to increase intensity and speed... Equipment: 3 cones, 1 ball when run with offensive personnel."

Defensive Alignment And Techniques GAPS (A B C D)

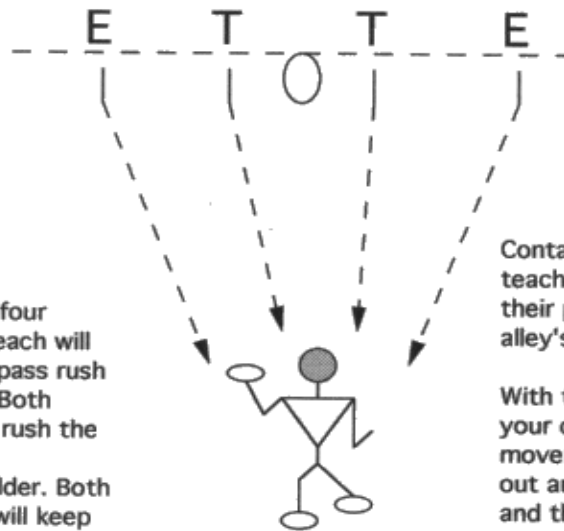


Contain and Alley Drill

Four Man Rush

COACH

When rushing with four defensive linemen each will have a designated pass rush landmark or alley. Both defensive ends will rush the outside tip of the quarterback's shoulder. Both defensive tackle's will keep their landmark or alley on the near ear.

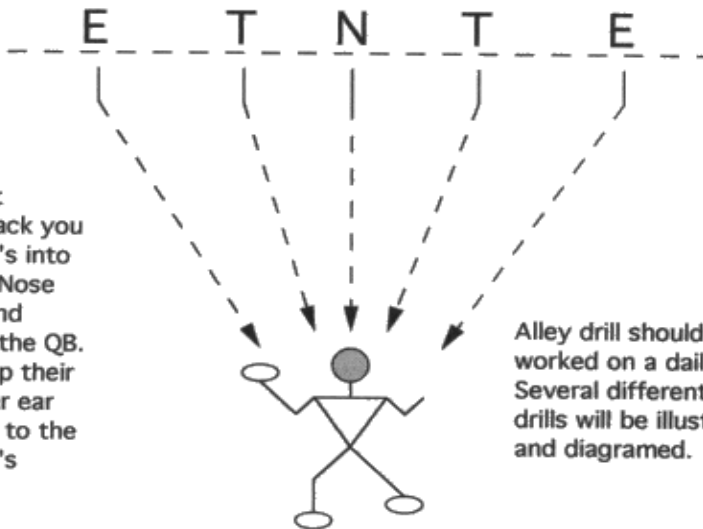


Contain and alley drill teaches the defensive line their proper pass rush alley's.

With this drill you can start your defensive line on movement of the ball to fire out and hit their stomachs and then come up and react to the movement of the quarterback.

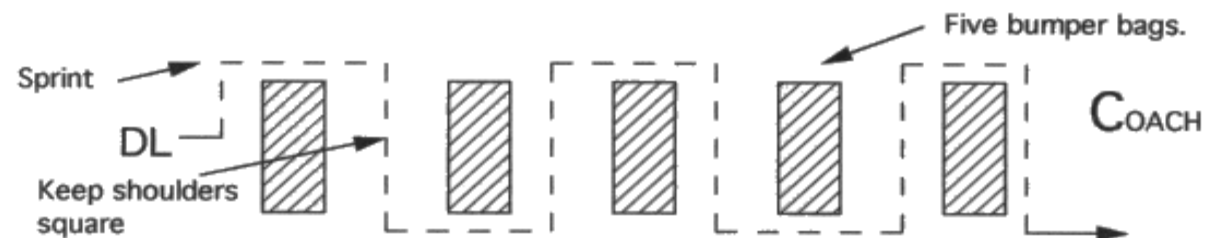
Five Man Rush

With a five man front rushing the quarterback you now divide your alley's into five landmarks. The Nose guard will keep his landmark on the nose of the QB. Both tackle's will keep their landmarks to the near ear and defensives end's to the outside tip of the QB's shoulder pads.



Alley drill should be worked on a daily bases. Several different alley drills will be illustrated and diagramed.

Weave Through Bags Drill



Player weaves through the bags working change of direction. Must keep knees bent and shoulders parallel to the bags, with eyes focused straight ahead at the coach. Never allow chin to float out over the top of the knees. Finish drill by sprinting a hard five yards forward.

Basic Rules For Defensive Line Play:

Run Rules

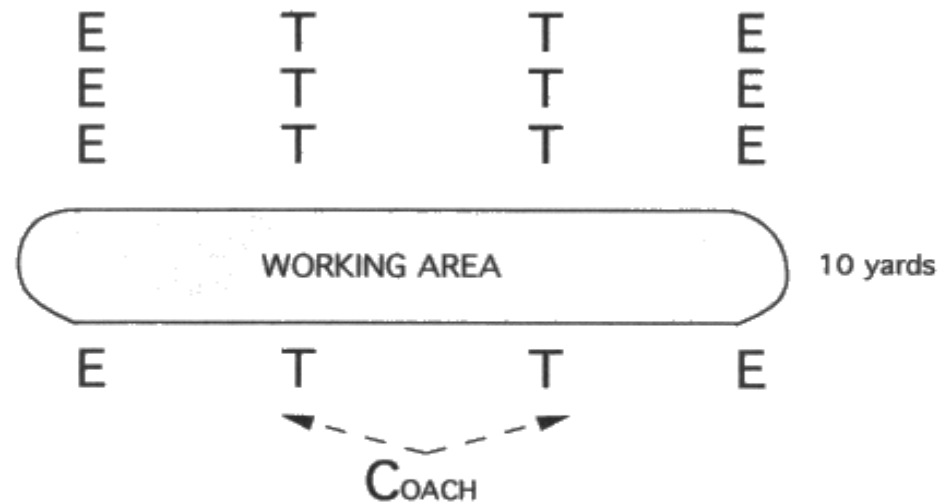
1. Hit Hard
2. Stay Low
3. Pursue

Pass Rules

1. Get Off
2. Grab Cloth
3. Feet Moving

Wave and Contain Drill

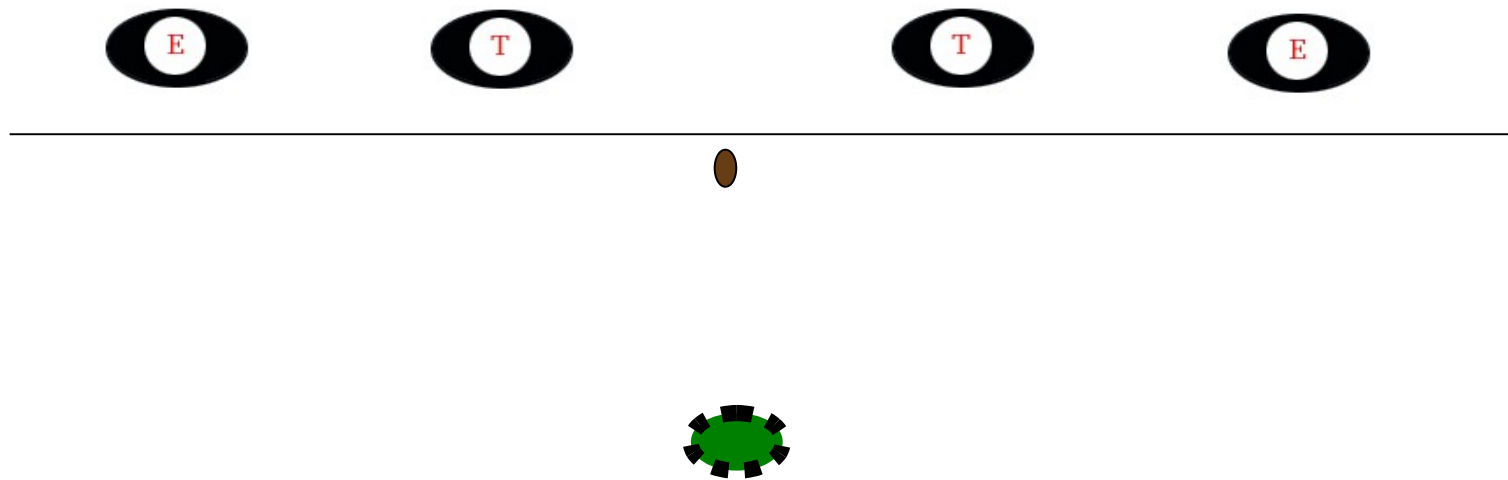
Wave drill - Form four lines facing the coach - ten yards away. Reaction drill based on coach's signal. Move quickly while always maintaining a good football position.



Reactions - Right - Left
Forward - Backward
Hit ground and bounce up
Any combinations

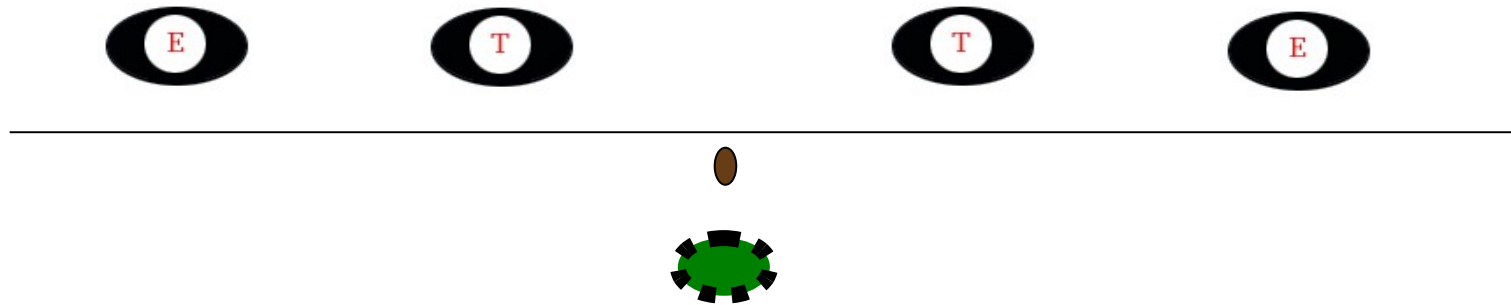
Finish drill with quick sprint five yards beyond coach. Wait until coach turns around. Be in a good breakdown position. Once finished going one direction then turn and run drill back the other direction.

Wave and Contain Drill



Wave Drill - text

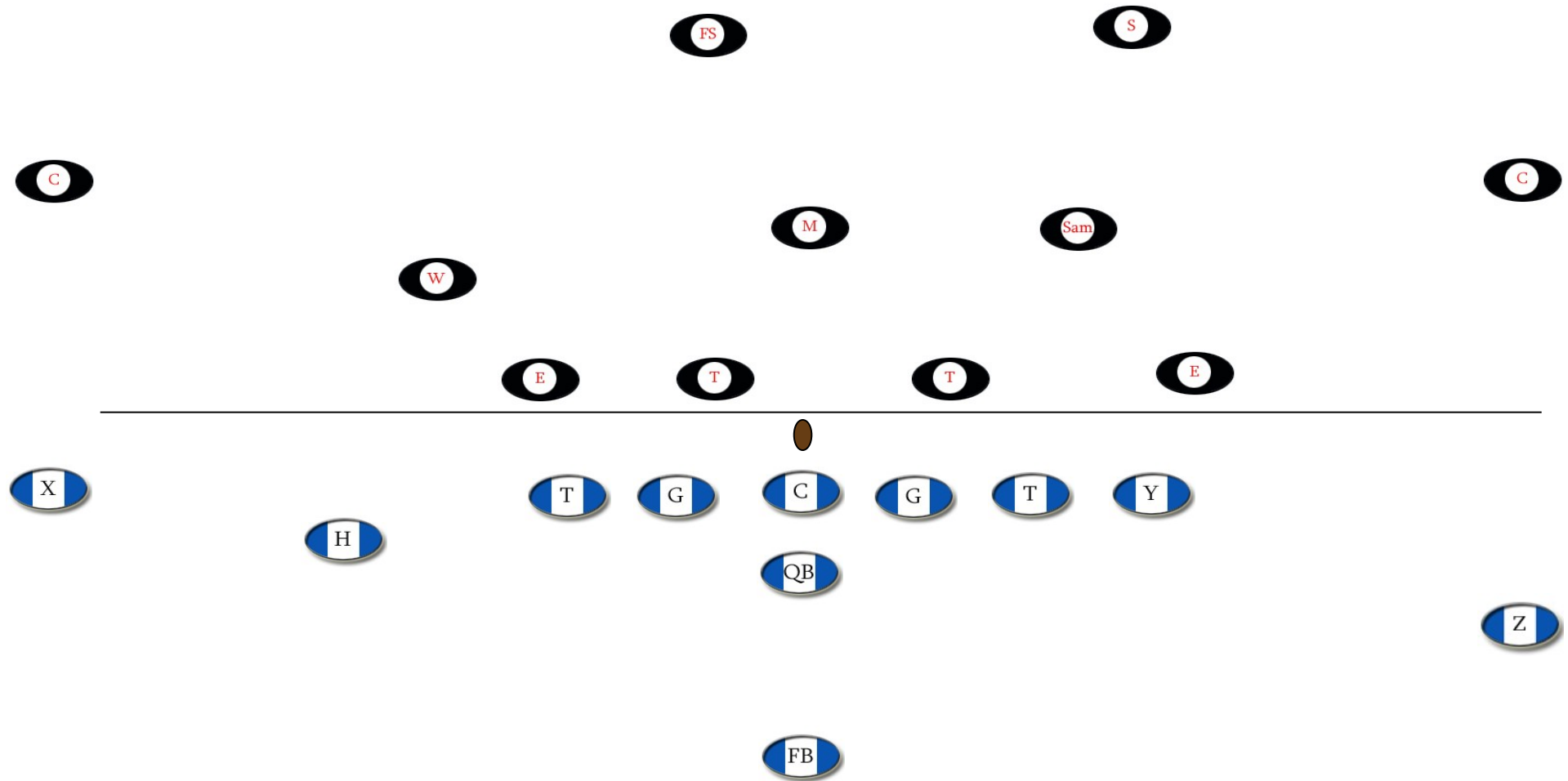
Wave and Contain Drill



Wave Drill - text

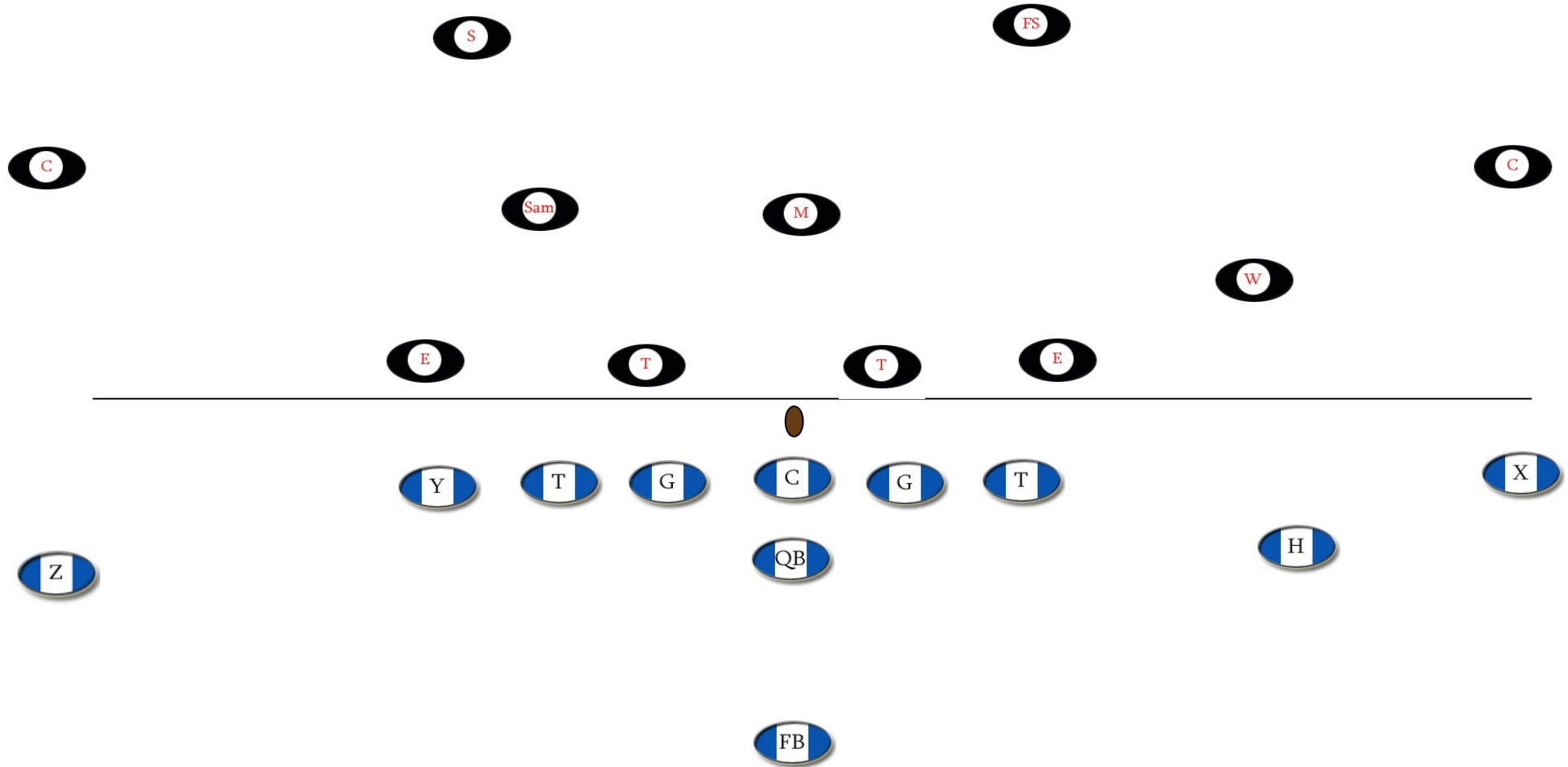
ACE

Base 4-3 Strong Left



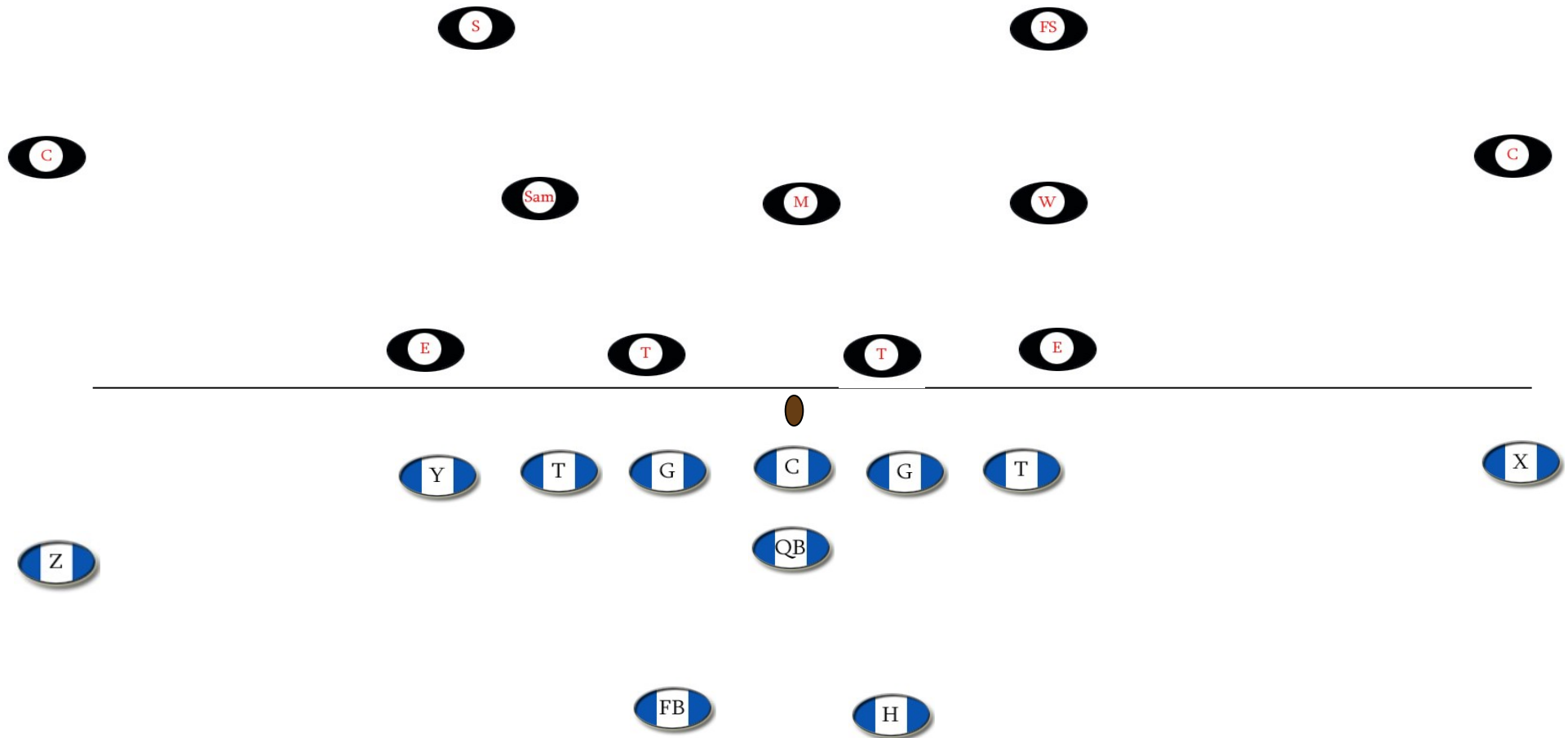
ACE

Base 4-3 Strong RT



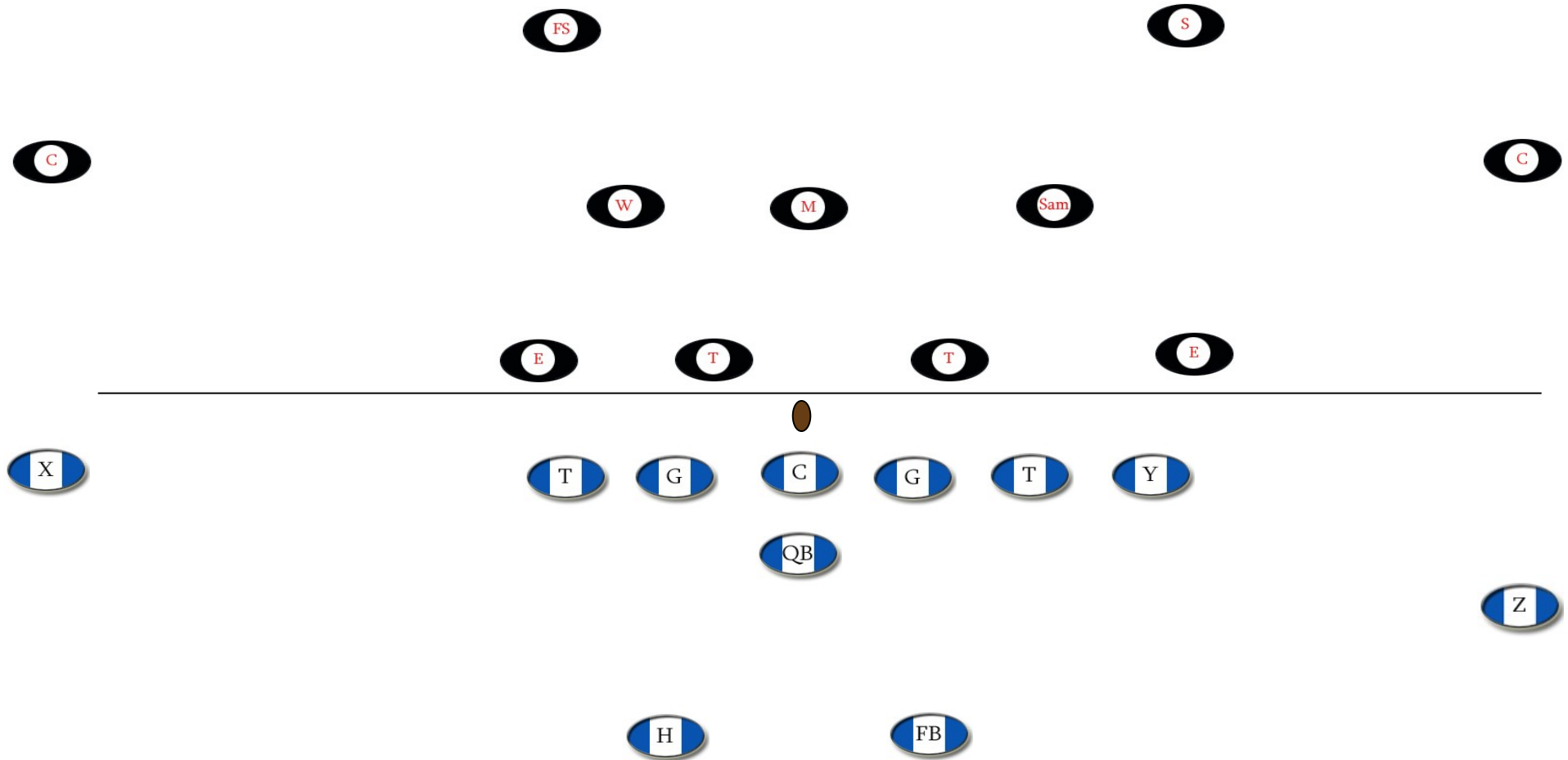
Split Back

Base 4-3 Strong RT



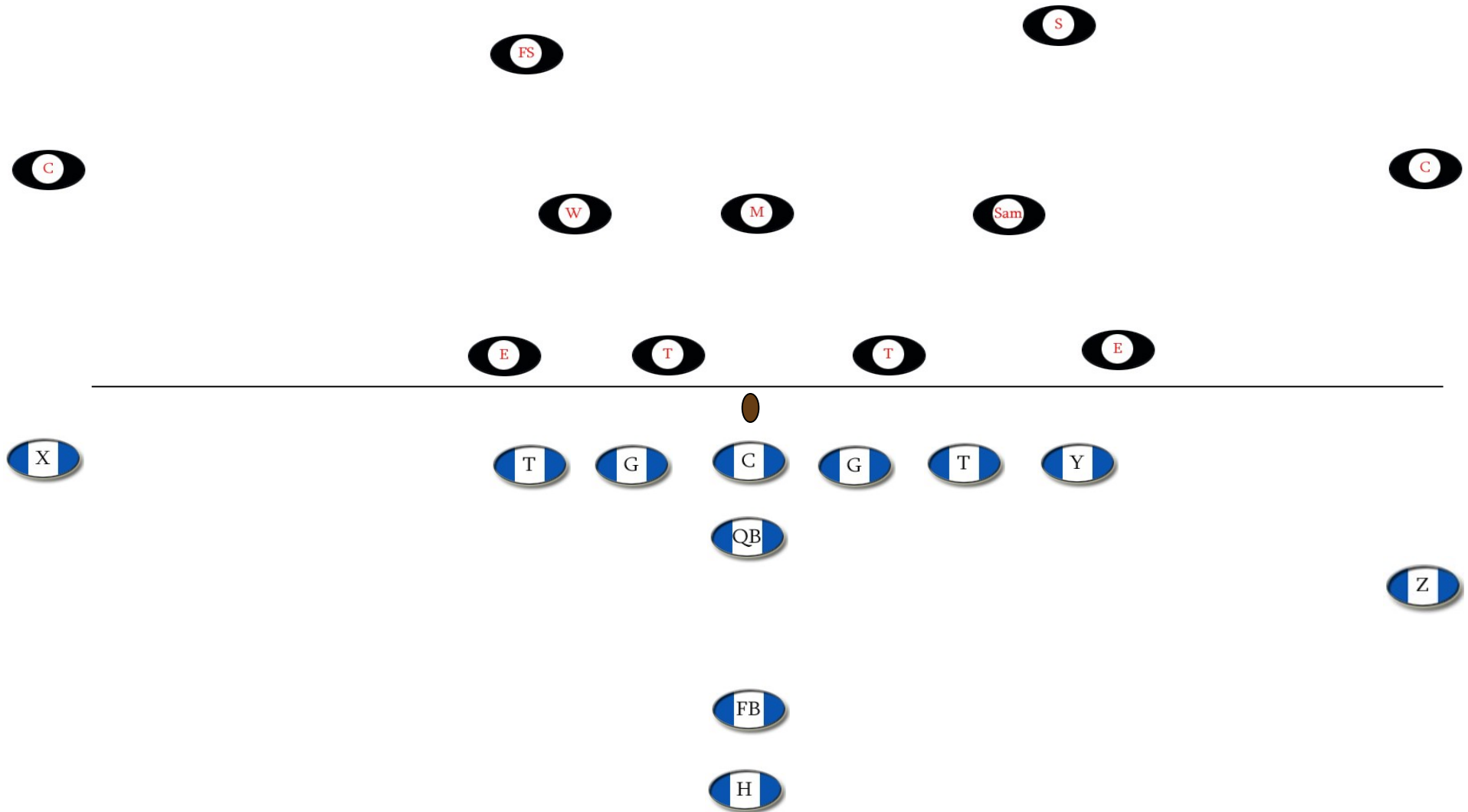
Split Back

Base 4-3 Strong Left



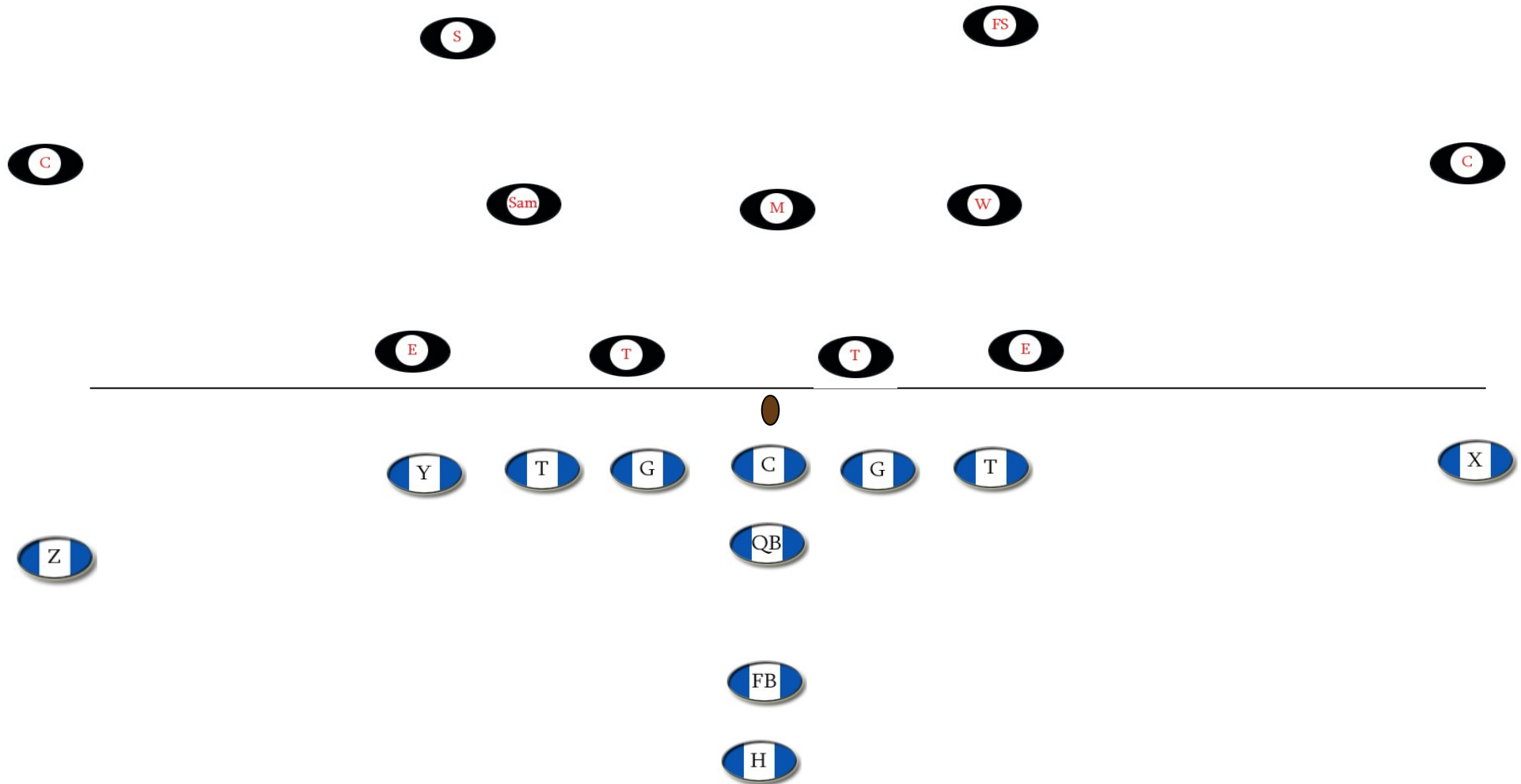
Pro I

Base 4-3 Strong Left



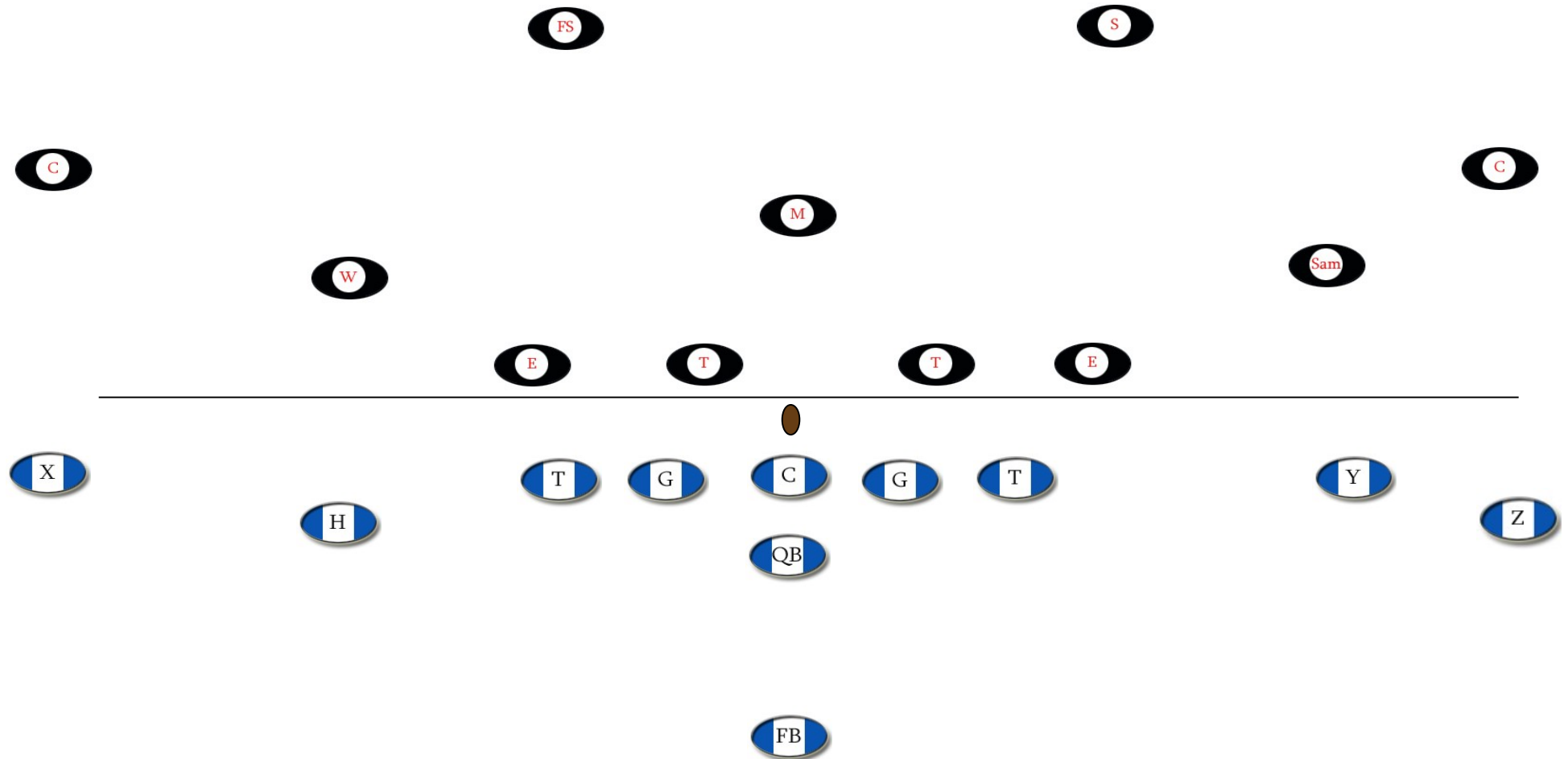
Pro I

Base 4-3 Strong RT



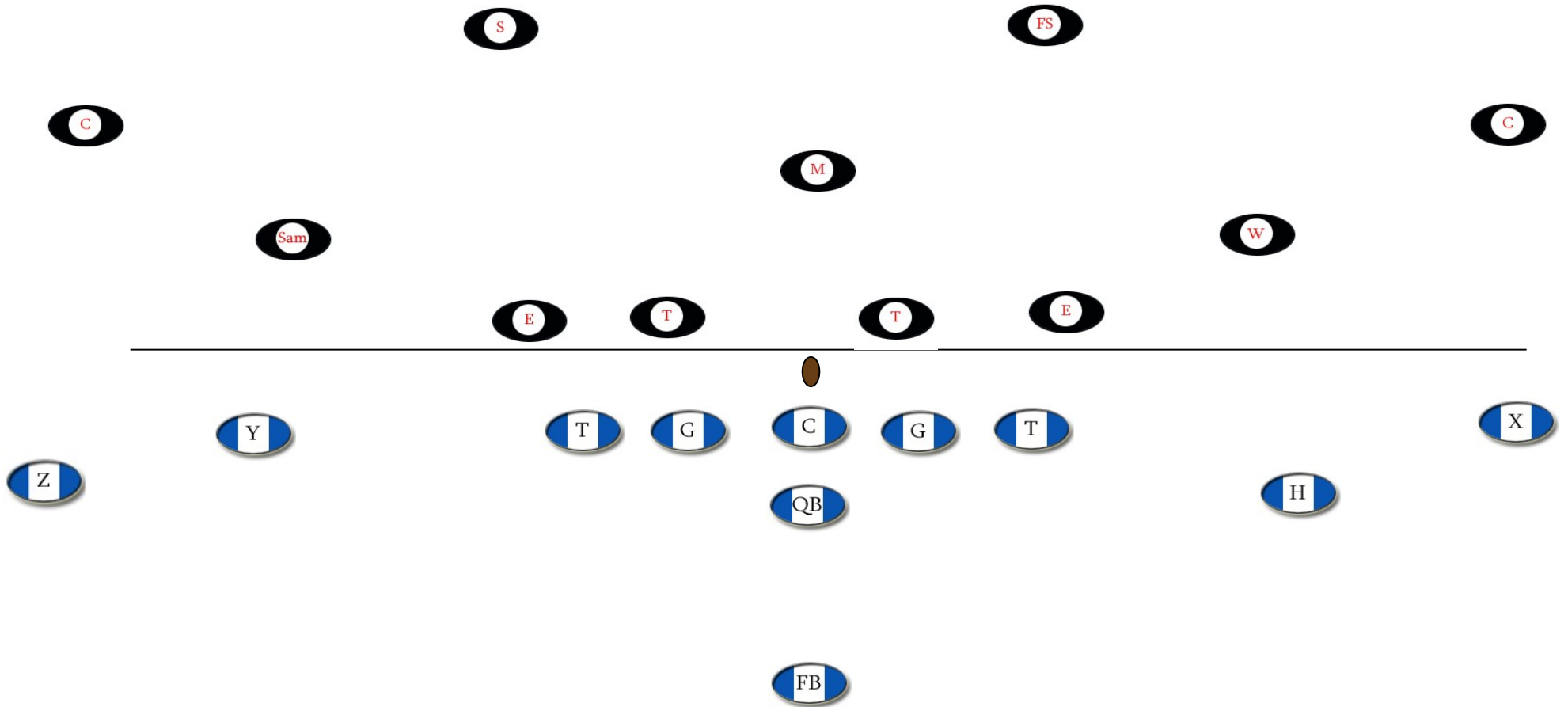
Flush

Base 4-3 Strong Left



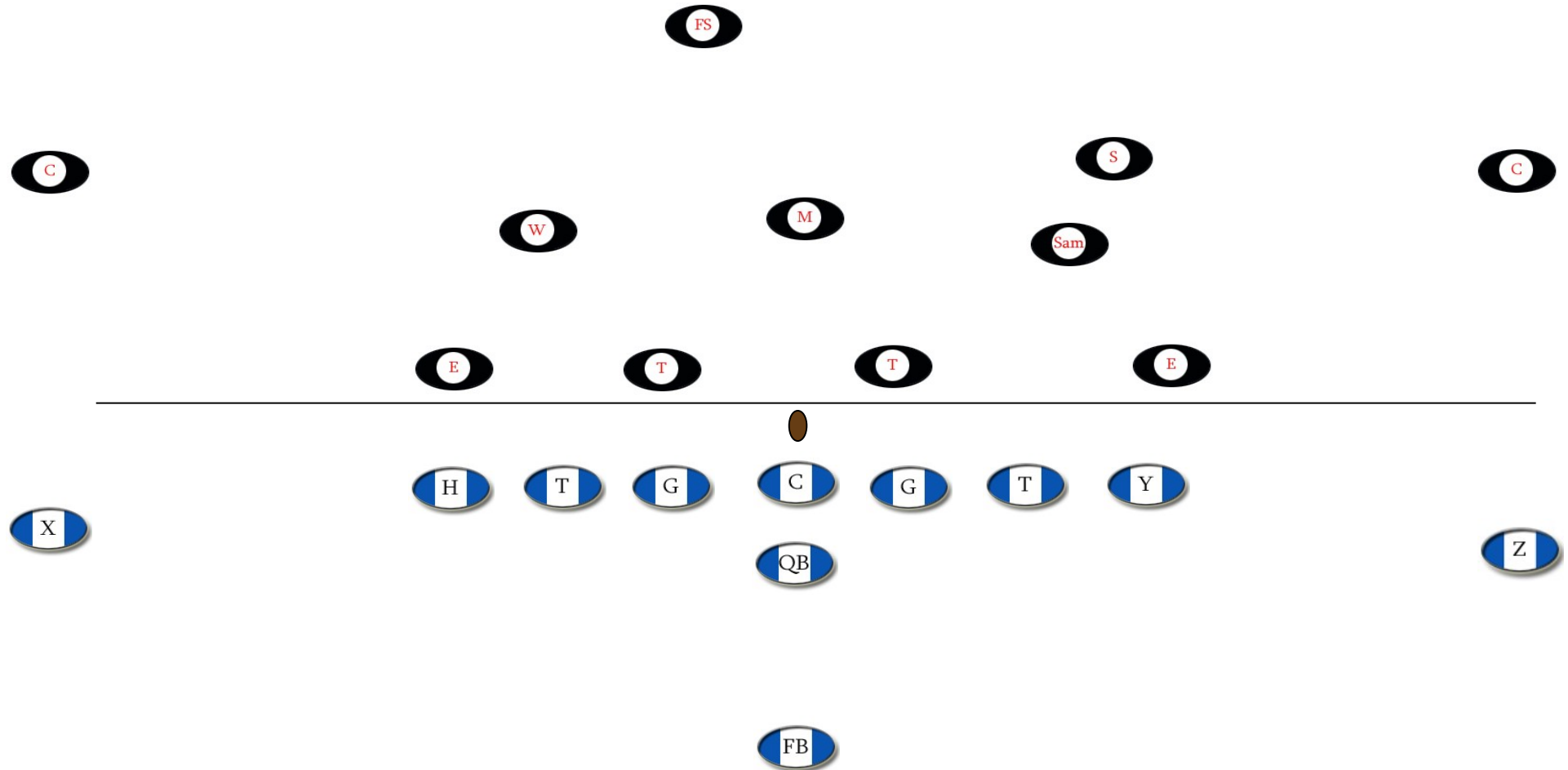
Flush

Base 4-3 Strong RT



DUCE

Base 4-3 Strong Left



FCHS Blocking Scheme

- All 90's 3 Step Drop
- All 50's 5 Step Drop
- Play Action Pass – Pee Hole Blocking

Defensive Ends

Each day I have my DE's start on reaction drills. We play a 6 technique (nose to nose on the TE) in the split defense. We teach the kids to read the TE on most plays, that brings me to the reaction drills.

The drill is easy. I get my starters about a O-lines width apart in front of me. Facing me are the TE's. I tell them where to go and the snap count. If the TE releases inside then the DE should take 2 baby steps so that he is now even with the LOS and he should squeeze the space where the TE just left. A great coaching point would be to have the DE tell you what he can expect:

A pulling guard on either a "G" block or a counter.

The QB's back facing them which could mean a bootleg.

A reverse.

You need to see the player squeezing parallel to the line with his shoulders straight and his head looking for his keys. Being that we play the split we can not let a TE inside so we give him a good jam and squeeze. Hopefully the LB is a good enough athlete and can scrap over the top of any block.

Following the reaction drills I get my left or right starter facing a TE (my other starter) and I have a offside guard and a QB facing me (the back ups). We still work on the reaction drill and also work in the counter block, the base, and the bootleg. The DE attacks each block differently.

The counter block: The ends main role in our defense is to wreak havoc and keep the pulling tackle away from our backer.

When the TE inside releases we jack him up enough to help our backer scrape to the play. We squeeze and attack the pulling guards inside knee and cut him as hard as we can. This does two things,

It cause a pile and prevents the tackle from getting a block and makes the play bounce to the outside to our outside backer.

It puts fear in the mind of that pulling guard and prevents him from playing as aggressive in the future.

The base block: When the TE comes out at us, we want to slam him and get extension and have a low base. Instantly our head goes to the backfield and we read the backfield. If it is a sweep we work parallel to the line down the LOS to keep containment. If the play goes inside we throw our man and try to help or make the tackle.

Finally, we work on the bootleg. The TE releases inside and the DE squeezes and he looks for his keys and sees the QB's back and boot. We always want to keep a 3 yard radius from the QB to prevent him from jucking us, but as soon as he turns up the field we make him pay and hit him hard.

Other drills I do include tackling, our stunts, and the traditional pass rushes. I have found that putting my kids in as many game situations the better for them and the program.

Submitted by: