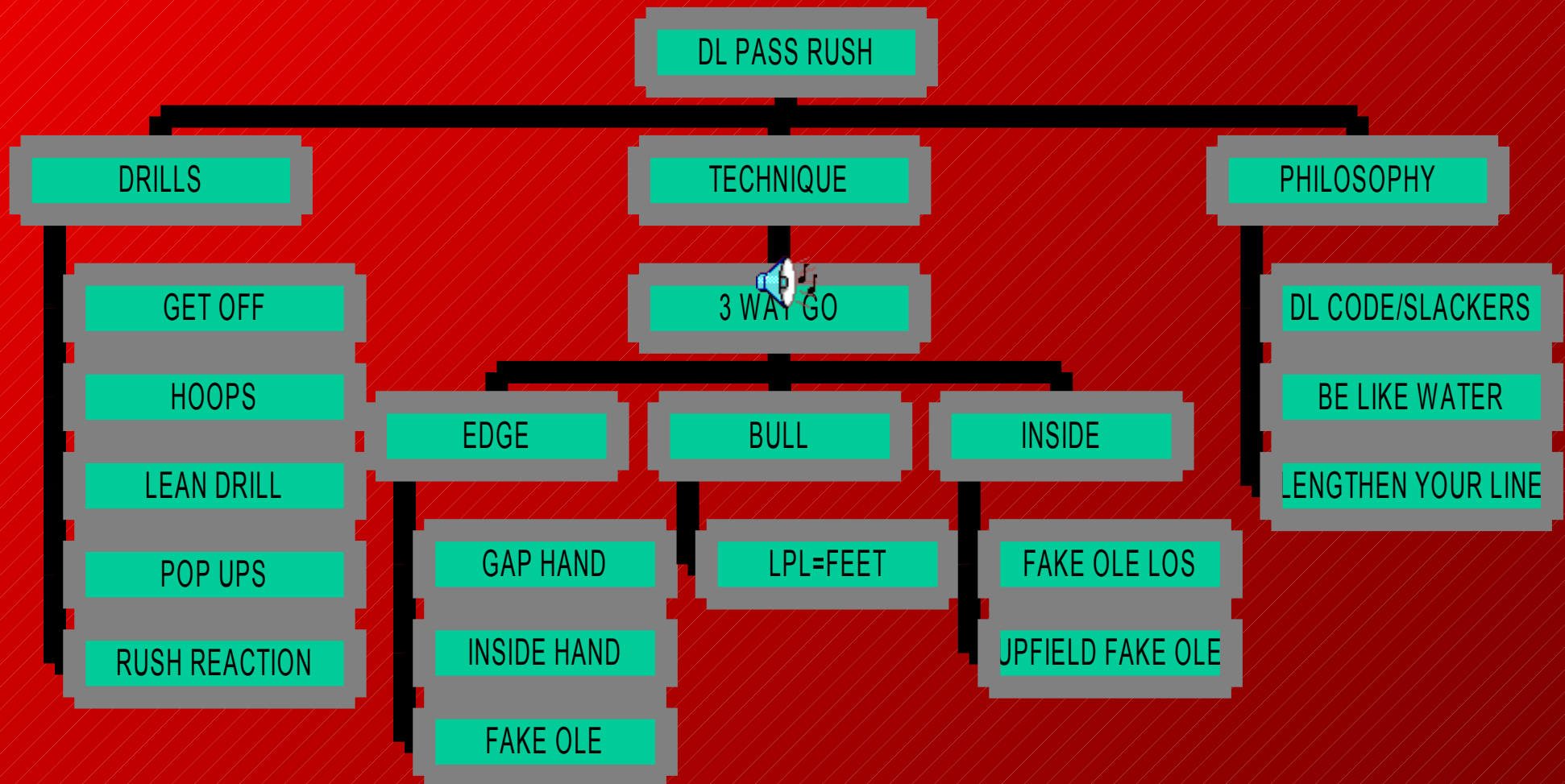




DEFENSIVE LINE PASS RUSH TECHNIQUES

**DAVE ARANDA
ASSISTANT FOOTBALL COACH
TEXAS TECH UNIVERSITY**

DL PASS RUSH FLOW CHART



DL ACCOUNTABILITY

DL CODE

- PLAY HARD
- MAX SPEED
- FINISH
- BE SMART
- LIVE & LOVE FOOTBALL

• DL SLACKERS

- FEET STOP VS. THE RUN
- CHANGE OF PURSUIT SPEED
- PASSED UP BY FELLOW DL
- NO RUSH (FEET STOP)
- NO RUSH MOVE
- NO TURN & GO WHEN BALL THROWN
- ON THE GROUND TOO LONG

PRINCIPLES OF PASS RUSH

- **ANTICIPATION OF PASS SITUATION**
- **KNOW YOUR OPPONENT**
- **KEYS**
- **INITIAL MOVE**
- **ESCAPE BLOCKER**
- **RESPOND TO PASSER (RUSH LANES)**
- **RESPOND TO BALL**

PASS RUSH OBJECTIVES

- **FORCE THE QB TO THROW ON TIME WITH ONLY 1 READ (T.D.)**
- **RESTRICT QB'S VISION (HANDS & BODIES)**
- **CONTAIN**
- **SACK**
- **FORCE FUMBLES**
- **CREATE INTERCEPTION (T.D.)**

PASS RUSH FUNDAMENTALS

- **STANCE (ALIGNMENT)**
- **WEIGHT DISTRIBUTION**
- **GET OFF**
- **FEET UNDER YOU**
- **GET TO SPOT**
- **POINT OF TECHNIQUE (HANDS & FEET NEVER STOP)**
- **VISION & AWARENESS**
- **TURN – HIPS & SHOULDERS (ON EDGE)**
- **SINK – POINT INSIDE FOOT & TOE AT PASSER**
- **KILL ZONE (BURST)**

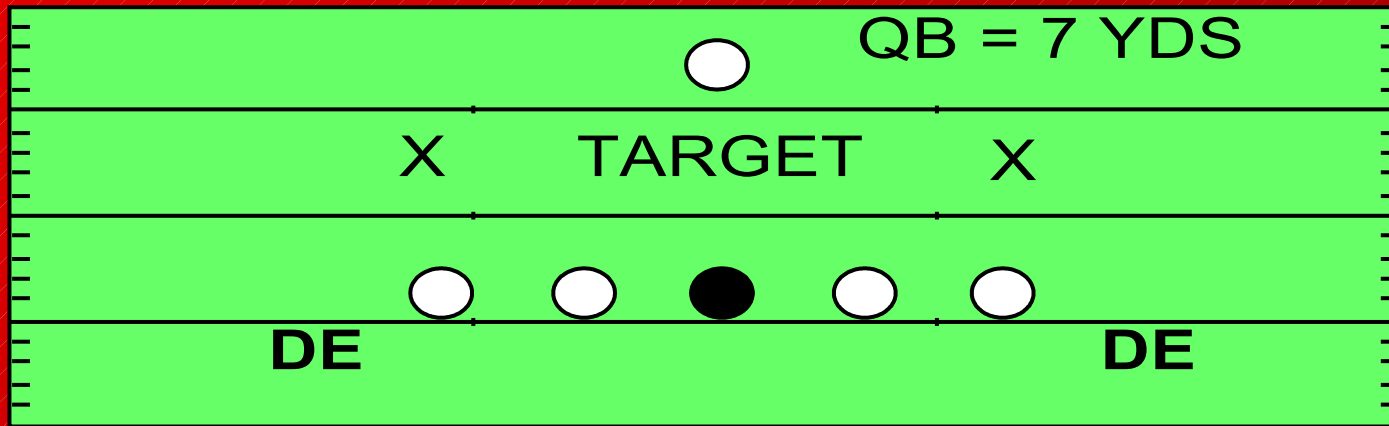
LOOK BEYOND



PASS RUSH ZONES

- **GET OFF**
- **POINT OF TECHNIQUE (JEDI)**
- **KILL ZONE**

TACKLE SET LINE PRINCIPLE



T.S.L. PRINCIPLES (DE'S)

- GET OFF
- FIRST 2 OR 3 STEPS THE SAME (RUSH & GAMES)
- MAKE OT COME OUT & STOP SPEED RUSH –IF NOT KEEP GOING
- OT CROSSES THE T.S.L., PLANT O/S FOOT HARD & CLUB HIM OUT
- CANNOT READ OT OR SETS ON THE T.S.L. = SPEED RUSH
- CLUB-RIP (1-2)
- IF OT FLOATS = BULL

PASS RUSH DRILLS



GET OFF

- **BELLY BUSTERS**

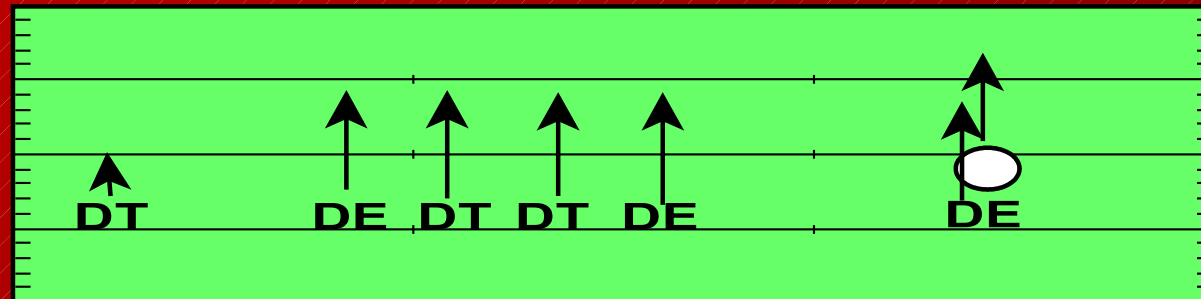
- TAKE 1 HARD STEP THAT REPLACES YOUR DOWN HAND AND ACCELERATE YOUR BODY FORWARD, LANDING ON YOUR BELLY.

- **FULL LINE GET OFF**

- USE FOOTBALL FOR THE KEY
- MODIFIED TO INCLUDE COD, GETTING HANDS UP IN PASS, SLANTS, CHUTES

- **TAG**

- OL LINES UP AT 3-5 YARDS FROM DL
- ON OL MOVEMENT DL GETS OFF TRYING TO SPRINT TO THE BACKPEDDLING OL
- TENNIS BALLS



PASS RUSH DRILLS

HOOPS

- **TURN THE EDGE DRILL**
 - **START ON BALL MOVEMENT**
 - **RUN & LEAN AROUND CIRCLE (DIP I/S HIP & SHOULDER) TOES IN**
 - **ADD ANOTHER PLAYER I/S CIRCLE (PRE-FIT)**
- **TURN OF HIPS**
 - **WIDE ALIGNMENT**
 - **START ON BALL MOVEMENT**
 - **READ SET OF TACKLE (QUICK/DEEP SET)**

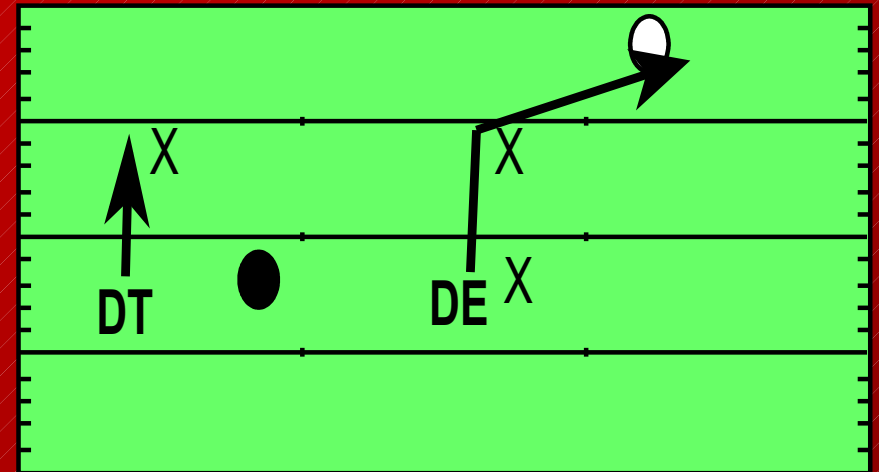
PASS RUSH DRILLS

- **SET POINT DRILL**

- **START ON BALL MOVEMENT**
- **EXPLODE TO SET POINT 4 YARDS DEEP**
- **BIG 1ST STEP**
- **PLAY AT HEIGHT OF STANCE**

- **LEAN DRILL**

- **ALIGN WITH I/S SHOULDER O/S THE FIRST CONE**
- **START ON BALL MOVEMENT**
- **SPRINT TO SET POINT (2ND CONE) & DIP I/S HIP & SHOULDER**
- **SPRINT UNDERNEATH LAST CONE (QB)**



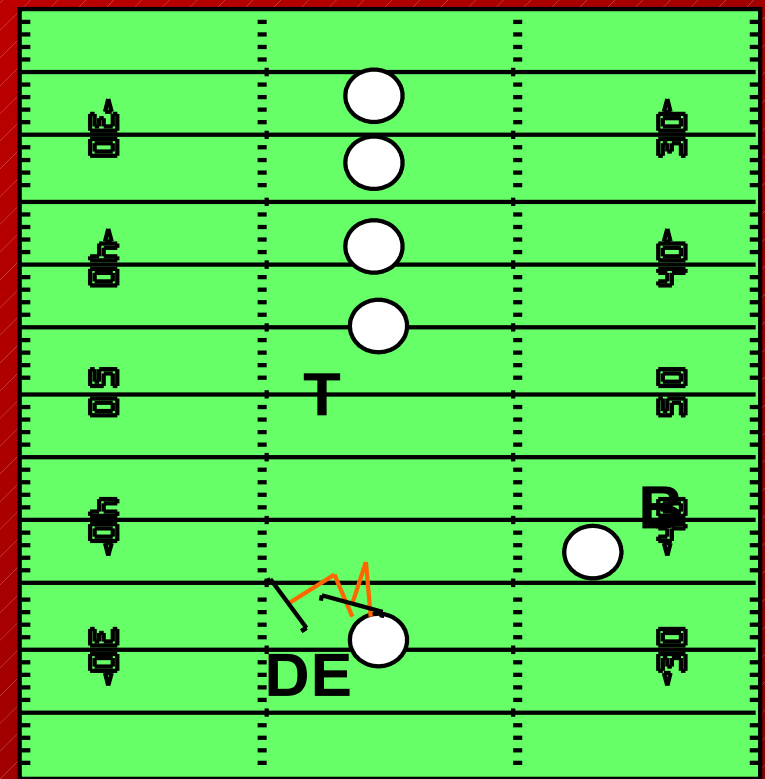
PASS RUSH DRILLS

POP UPS

- BAGS IN STRAIGHT LINE (SQUARE)
- PROGRESSION THRU BAGS (CLUB/RIP/JAB)
- WORK EDGE
- SCRAPE PAINT

RUSH REACTION (WHEN INSIDE MOVE)

- OT TWO MOVEMENTS (SETS)
 - 45 DEGREE ANGLE TO HEAD UP
 - SET TO TIGHTER ANGLE
- DE START ON BALL MOVEMENT
- READ SET OF OT
 - EVEN OR OVERSET - UNDERNEATH
 - TIGHTER - RACE 4 YDS UPFIELD & TURN CORNER



MOVIE



ENEMY OF THE STATE

BE LIKE WATER

BRUCE LEE

PASS RUSH 3 WAY

PASS RUSH=GET TO BACK (GTB)

THE ONLY BLOCKER WHO CAN BLOCK YOU; IS YOU!

KNOCKDOWNS, SACKS! (UPSET IF WE BLITZ)

EFFECTIVE (4 MAN) PASS RUSH UNIT

1-2 CLUB RIP OR JAB

1-2-3 FAKE OLE/CHOP-CLUB-JAB



EDGE

- 1. GAP HAND=CLUB/CHOP**
- 2. INSIDE HAND=SWEEP/SWAT**
- 3. FAKE OLE=IN/OUT**
- 4. NO FEET=SPEED**
- 5. NO HANDS=CLUB (GTB)**

BULL

- 1. LOW PAD LEVEL=FEET**
- 2. BUTT-ESCAPE**
- 3. SLIDE-STEP**
- 4. BULL SPIN**

INSIDE

- 1. FAKE OLE (LOS)**
- 2. UPFIELD FAKE OLE**
- 3. SPIN (CHOP/RIP)**

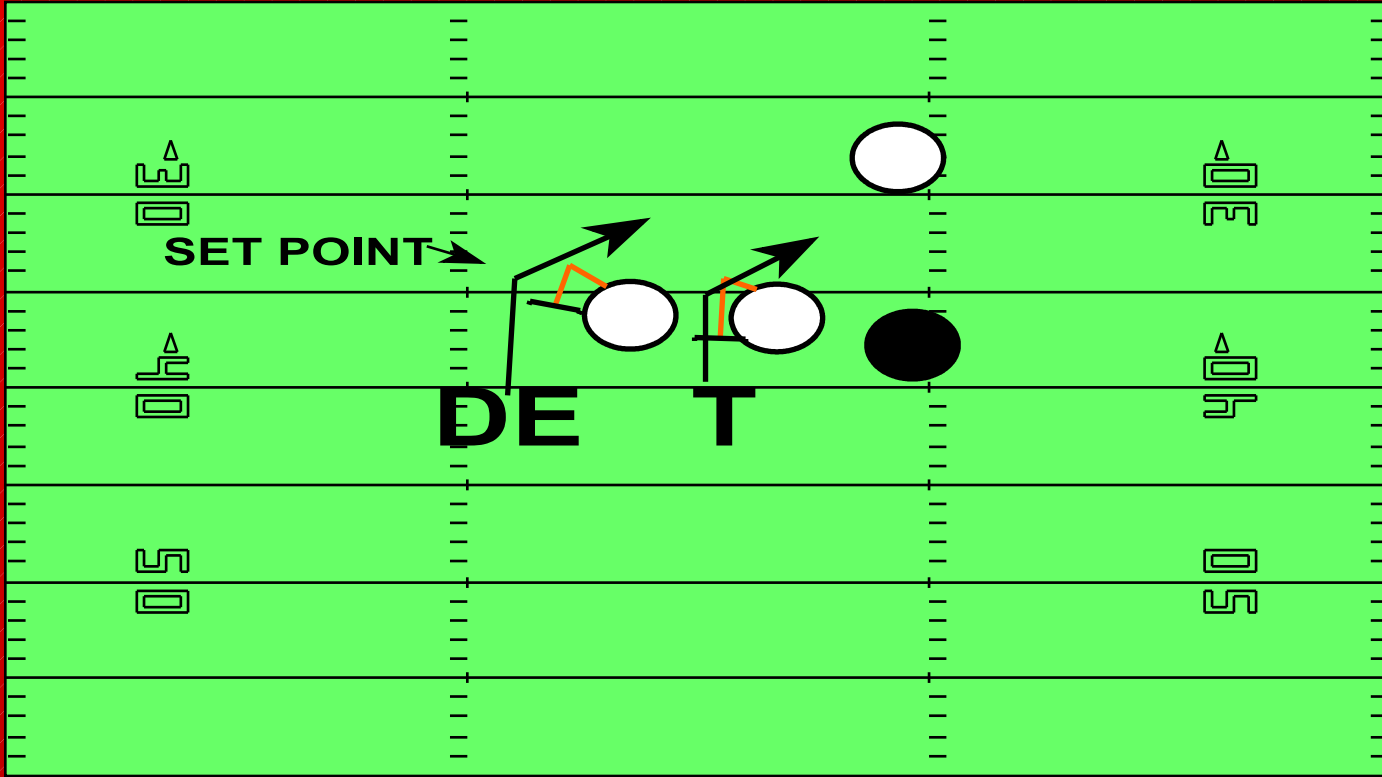
EDGE PASS RUSH

GAP HAND

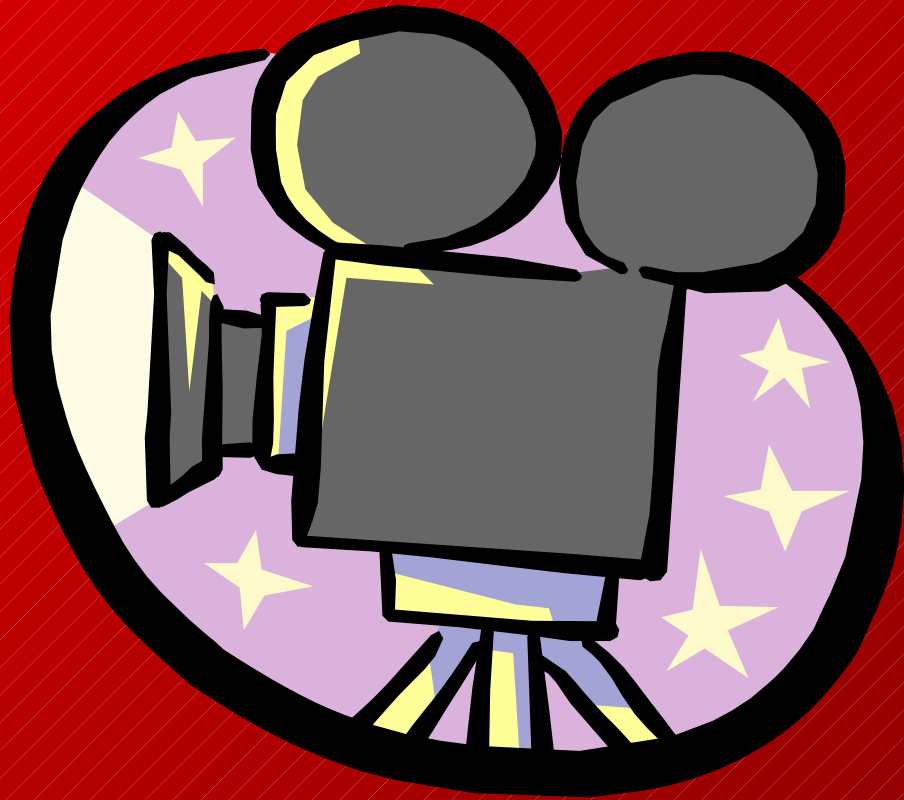
- **PICK A SPOT (SET POINT) (LOOK BEYOND)**
- **GET OFF (WORK EDGE – MOVE CENTER)**
- **CLUB-RIP**
 - **KNOCK GAP HAND (ELBOW AREA) STEP FOR WIDTH**
 - **STEP WITH I/S FOOT AS LOWER I/S HIP & SHOULDER TO THROW RIP (SCRAPE PAINT)**
 - **LEAN & LEVERAGE (SCRAMBLE BRAIN WITH THUMB)**
 - **REACH WITH OPPOSITE ARM (RIP ELBOW) (FINISH)**
- **CLUB-JAB**
 - **FORCE BLOCKER TO STOP FEET**
 - **KNOCK GAP HAND (ELBOW AREA) STEP FOR WIDTH**
 - **STEP WITH I/S FOOT AS THROW JAB OVER NEAR SHOULDER**
 - **CHECK! (POINT TOE) (FINISH)**
- **CHOP (SPEED RUSH)**
 - **OL HAND EXTENDED – CHOP HAND DOWN – GET IT BACK UP TO REPLACE**
 - **LEAN & LEVERAGE**
 - **FINISH (RIP ELBOW)**

EDGE PASS RUSH

GAP HAND



EDGE PASS RUSH GAP HAND

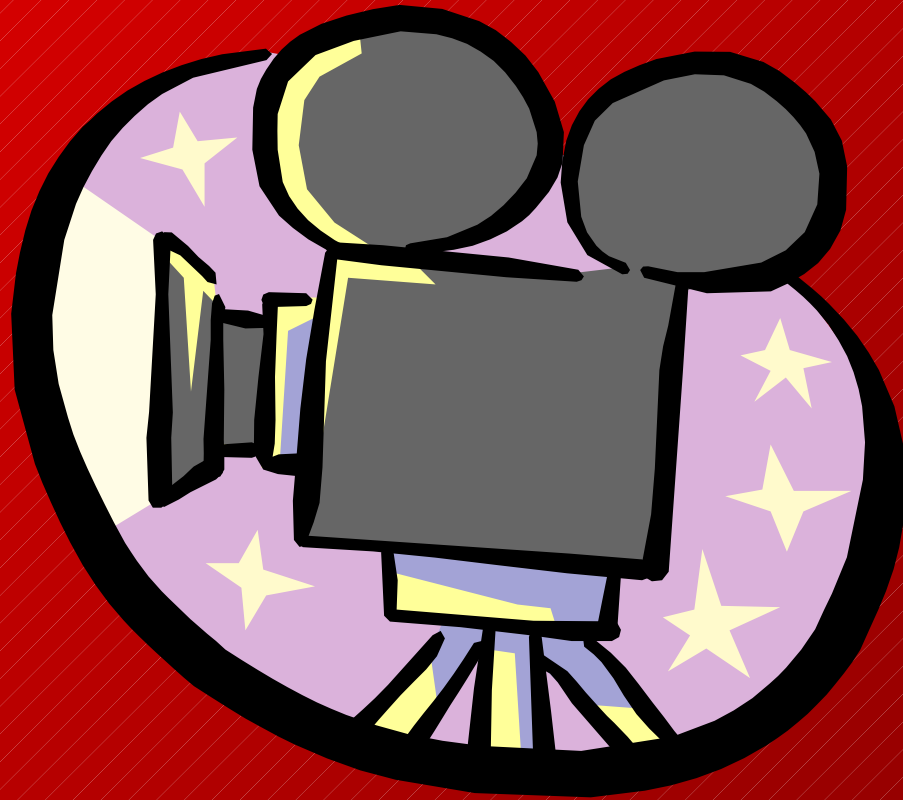


VIDEO CLIPS

EDGE PASS RUSH

- **PICK A SPOT (SET POINT) (LOOK BEYOND)**
- **GET OFF (WORK EDGE – MOVE CENTER)**
- **SWEEP**
 - **WANT QUICK & TIGHT MOTIONS**
 - **W/ HANDS COME RIGHT OVER OFFENDER'S HANDS & TAKE DOWN (VIOLENT)**
 - **DL INSIDE HAND COMES OVER THE TOP & TAKES HANDS DOWN & IN**
 - **HIPS AROUND - FINISH W/ A RIP (SCRAPE POINT)**
- **SWAT**
 - **BOTH ARMS SWAT (VIOLENT) ABOVE ELBOW AREA (OL HEAVY TOP)**
 - **HIPS AROUND – FINISH W/ A RIP (SCRAPE PAINT)**

EDGE PASS RUSH INSIDE HAND

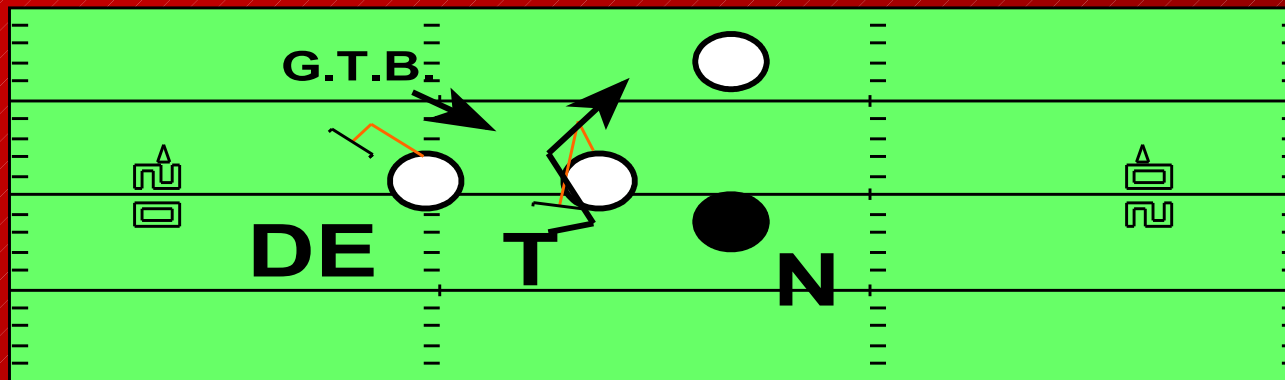


VIDEO CLIPS

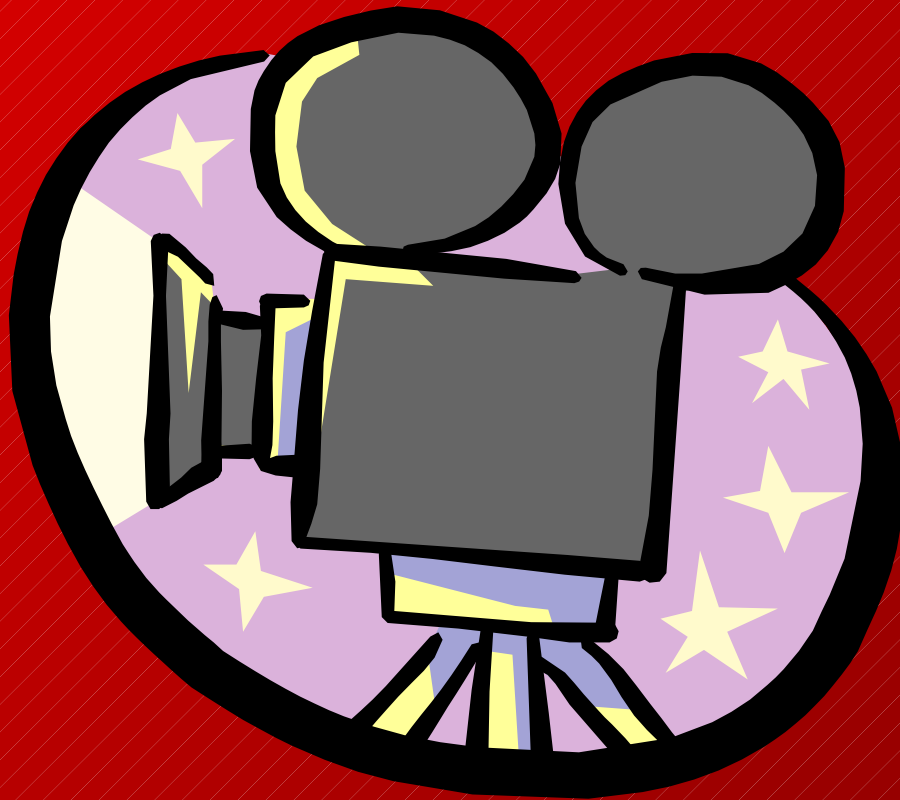
EDGE PASS RUSH

- IN/OUT

- GET OFF (PREDETERMINED)
- TORQUE BODY SO OFFENDER THINKS GOING INSIDE
- TORQUE BODY W/ FIRST SLAP (WEIGHT ON FRONT FOOT)
- PUSH OFF – COME BACK & SWAT OUTSIDE (LEVERAGE)
- G.T.B. – FINISH W/ A RIP (POINT TOE) (CHECK)



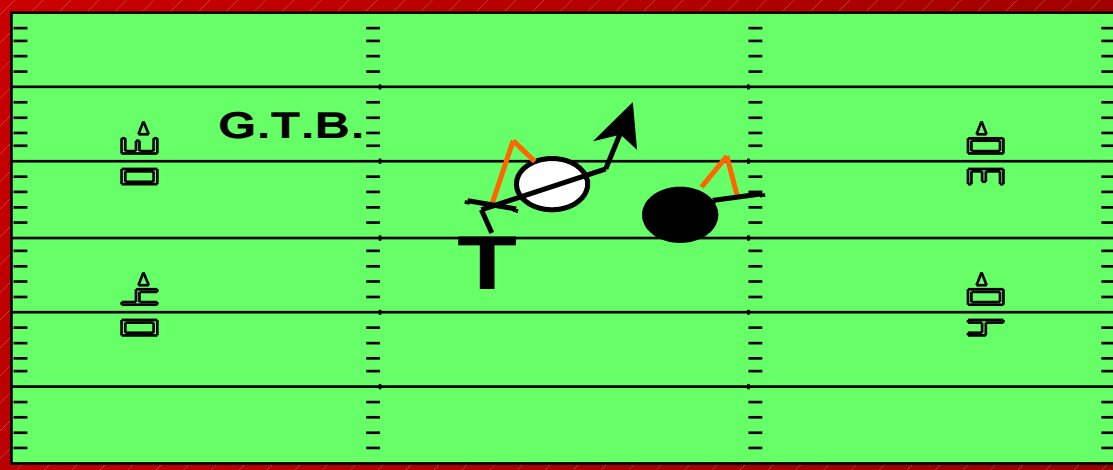
EDGE PASS RUSH
FAKE OLE



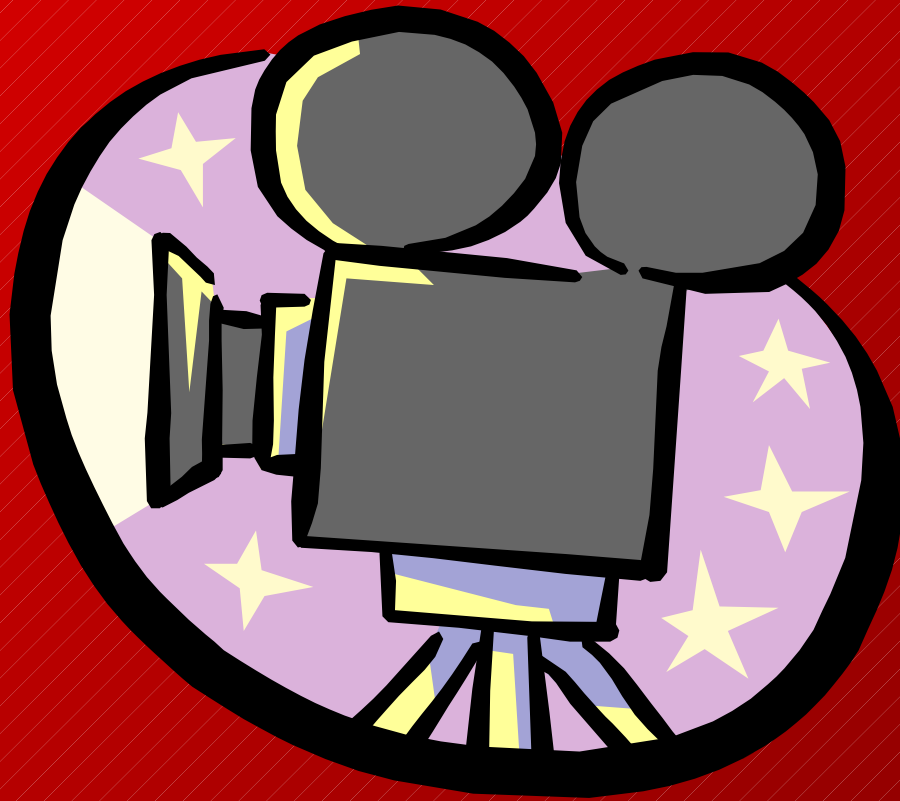
VIDEO CLIPS

INSIDE PASS RUSH

- GET OFF (PREDETERMINED)
- TORQUE BODY IN GAP (SHIFT WEIGHT) (EYES)
- PUSH OFF FRONT FOOT & SWAT INSIDE (VIOLENT)
- GET PAST HIP – FINISH W/ RIP (CHECK)



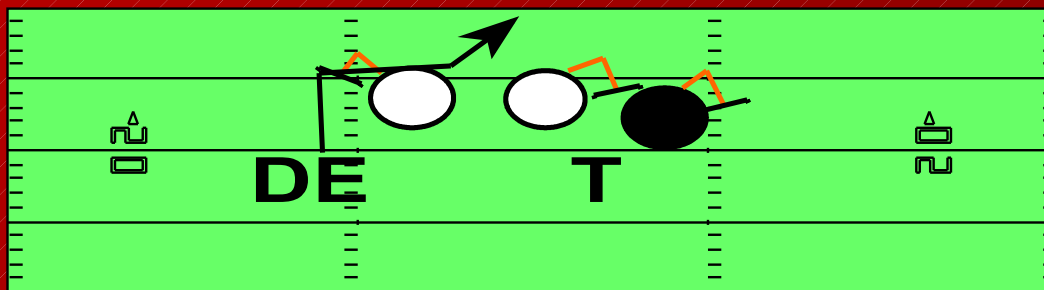
INSIDE PASS RUSH FAKE OLE LOS



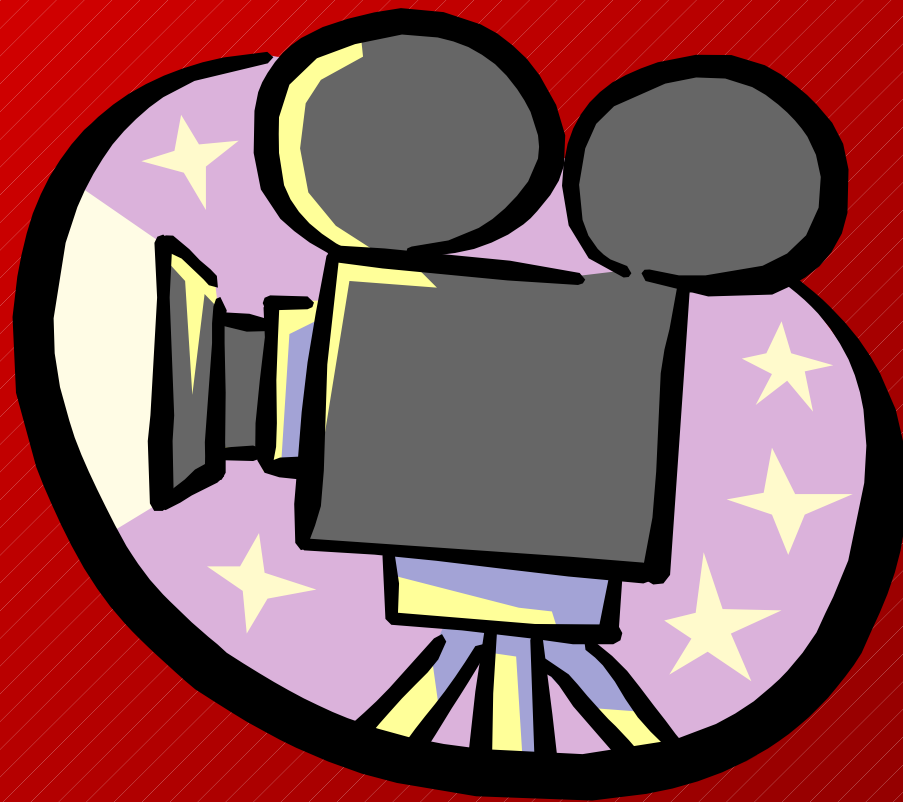
VIDEO CLIPS

INSIDE PASS RUSH

- **PICK A SPOT (SET POINT)**
- **GET OFF (WORK EDGE-MOVE CENTER)**
- **HUMP**
 - **OFFENDER IN VERTICAL SITUATION**
 - **CREATE MOMENTUM TO COUNTER MOMENTUM (RIP)**
 - **SINK I/S HIP & SHOULDER**
 - **WITHDRAWL THE RIP – GET I/S HAND ON HIP & WIDEN THE RUSH LANE**
 - **SHRUG OFFENDER BY (REPLACE FEET)**
 - **CLUB-RIP TO FINISH (CHECK) (TIGHT)**



INSIDE PASS RUSH UPFIELD FAKE OLE



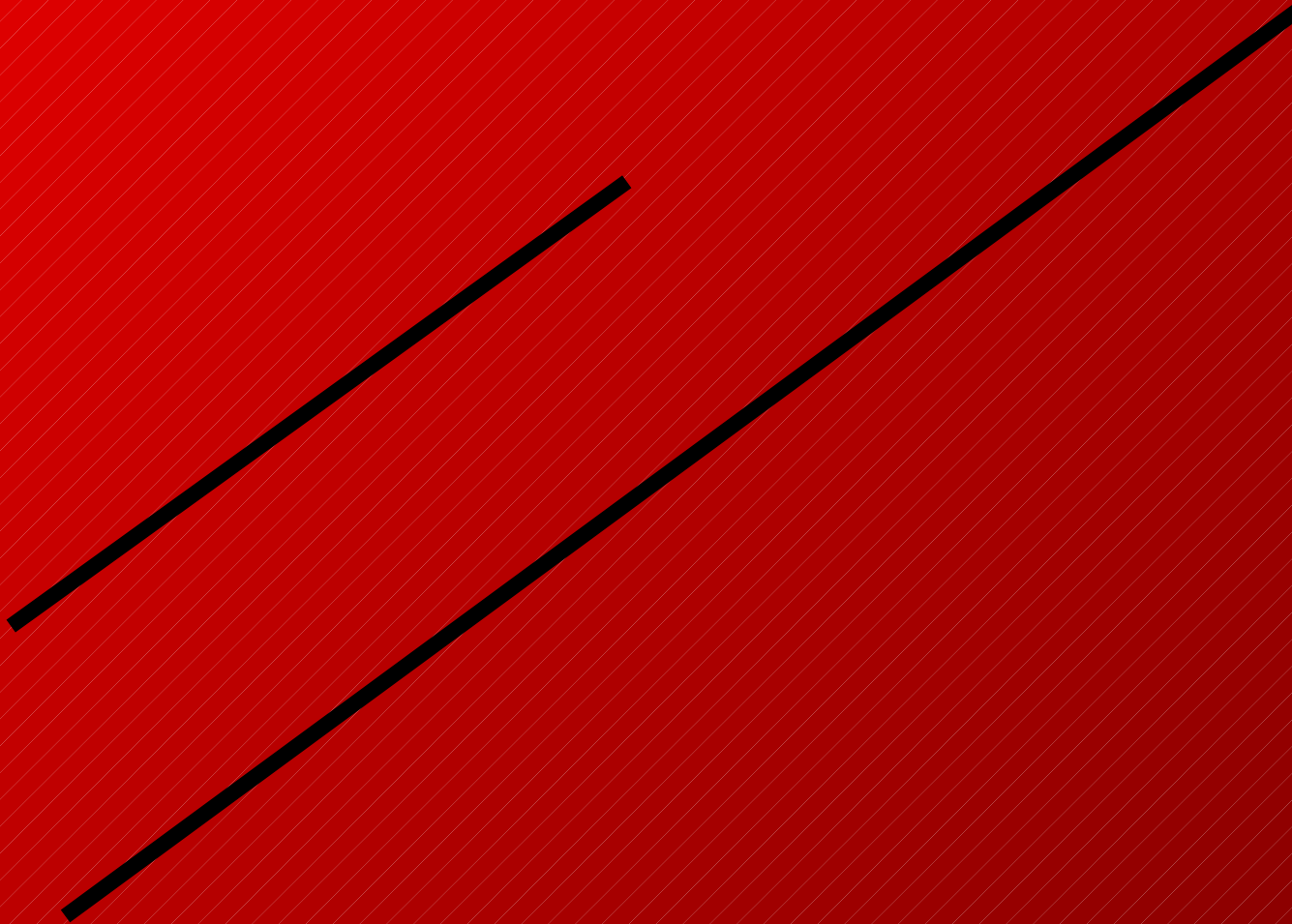
VIDEO CLIPS

STAR WARS

MOVIE

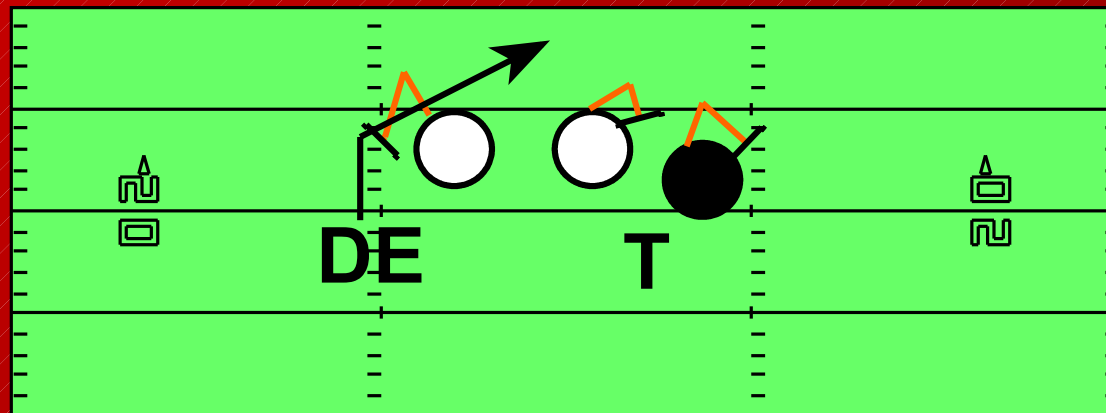


LENGTHEN YOUR LINE



BULL

- **PICK A SPOT (SET POINT)**
- **GET OFF (OL ON HEELS)**
- **3 POINT PUNCH (EXPLODE HANDS / CHIN IN)**
- **WORK TO AN EDGE TO FINISH**



LPL FEET

VIDEO CLIPS

BULL

LPL = FEET

