



# 2008 Swanton Bulldogs Defensive Line Manual

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**BULLDOG DEFENSIVE LINE MANUAL**

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# **SWANTON DEFENSE MISSION STATEMENT**

## **Swanton Bulldogs' Defensive Philosophy and Attitude**

- I. Big Defense Wins Big Games!
- II. Play Aggressively. Attack then React.
- III. Play Physical (Be the Hammer not the Nail).
- IV. Stymie the Opponent's Running Game; Control their Passing.
- V. Adversity is Opportunity (Thrive on Sudden Change).
- VI. Defensive Football Must be Played with Great Enthusiasm.
- VII. Speed and Quickness will Win Over Size.
- VIII. Relentless Pursuit of the Football. Swarm and Stick.
- IX. Do your 1/11. Individuals are crucial to team success.
- X. Be Consistent.
- XI. Be Coachable. We will Have Great Attitude and Focus.
- XII. The Football is the Single Most Important Aspect of the Game (Take it Away).
- XIII. Make Big Plays!

Always Keep in Mind That You Are Special! Not Everyone Can Play Defense at Swanton High School.



## **DEFENSIVE UNIT GOALS:**

### **Weekly Defensive Goals:**

- I. WIN!
- II. Allow 13 points or less.
- III. 3.3 Rushing Yards/ Attempt.
- IV. 5.0 Passing Yards/ Attempt.
- V. Force 3 Turnovers, or +2 Ratio.
- VI. No Run Over 15 Yards.
- VII. No Pass Over 20 Yards.
- VIII. Red Area Efficiency= 60%
- IX. 3<sup>rd</sup> and 4<sup>th</sup> Down Efficiency= 70%
- X. Coming Out Efficiency= 100%
- XI. 2 Minute Efficiency= 100%
- XII. No Touchdown Passes.
- XIII. 93% Pursuit Effort.



## **DEFENSIVE LINE PHILOSOPHY**

We are the “front line” of our unit. It is our responsibility before anyone’s to defend our endzone and shut down the opposition with violent force. Also, with our style of defense, without great effort from us on every single play, the rest of our defense cannot function properly. If we do not jam up offensive lineman, they will slide off and occupy our linebackers. If we do not fire off the ball in pass situations and disrupt the quarterback, he will have time to complete passes and give our secondary problems. We will be fundamentally sound and win the battle in the trenches. It takes a special type of athlete to play on the “dark side” of the ball, these athletes must have the 3 essential qualities of a :

*Offenses win games, but **DEFENSE** wins championships !*

## **The 3 Essential Qualities of a Bulldog Defensive Lineman**

### **DESIRE**

“A burning determination to give your best effort on every single play”

### **DISCIPLINE**

“The team that makes the least amount of mistakes will win”

### **TOUGHNESS**

Mentally and Physically, we will NOT quit”

**YOU MUST TAKE EVERY SINGLE OFFENSIVE PLAY AS A PERSONAL INSULT  
THAT THE OTHER ARE TRYING TO SCORE ON YOU**



## **GENERAL COACHING POINTS**

1. Always know your technique, keys, and responsibilities. If you don't know or understand something, ASK ! If you don't understand what a coach is saying, ASK ! Remember there is no such thing as stupid questions, just stupid people who don't ask questions.
2. Keep your feet moving ! Fight like hell to stay on your feet and get to the ball. The best defensive linemen stay on their feet and make plays!
3. Think about your primary responsibilities constantly. Each time you break out of the huddle, think about the 3 R's
  - RELAX: Your doing what you love, be ready to have some fun
  - REHEARSE: Visualize the task at hand
  - REACT: Quick movement to defeat the blocker
4. Energy, energy, energy. Nothing is ever going to be fun without enthusiasm. You have one of the greatest opportunities in the world, to play the game of football.
5. You play like you practice. There is no such thing as a "gamer". Everything you do must be done at 100% , maximum effort. Every single play, every single practice, you either get better or worse. You make the choice.
6. Never use your head to lead a hit. This includes spearing, as cool as it looks on film, it is not worth the pain you, me, your family and friends would have to suffer if something would happen.
7. Always keep your shoulders parallel to the line of scrimmage.

8. STAY LOW !
9. Know your pass rush lane. If you have outside contain responsibility, make sure you keep the quarterback on your inside shoulder.
10. Make your active alignments convincing without tipping off your assignment
11. Be prepared for possible quick counts. There is no excuse for not being set before the play begins.
12. Take care of yourself. Eat and drink properly. Especially in the warmer months, drink plenty of fluids. See the trainer and tell the coach about any injuries.
13. Develop a swagger. Only a real BMF plays defense here at Swanton. Take pride in this opportunity.
14. Wear appropriate gear in practice and games. No do-rags, bandanas, arm bands. Gloves are ok but only if they are black.
15. Never talk back to a coach. You will answer questions by yes coach/no coach.
16. Become a student of the game. Study your playbook and scouting reports. Watch your weekly cut up DVD. Ask questions. Watch football on television. When watching it on television, don't just watch the game, watch your position and the techniques they use.
17. Practice is not a time to socialize. I expect your full attention during all drills and meetings. Monday through Thursday is when we will win games. Friday night is just a byproduct.



I CANNOT STRESS THESE POINTS ENOUGH. YOU WILL PROBABLY HEAR THEM NUMEROUS TIMES THROUGHOUT YOUR CAREER FROM ME, BUT THE SOONER YOU ACCEPT AND APPLY THESE POINTS, THE BETTER OFF YOU WILL BE.



"You never win a game unless you beat the guy in front of you. The score on the board doesn't mean a thing. That's for the fans. You've got to win the war with the man in front of you. You've got to get your man."

## **COMMON TERMS**

**Cadence-** The quarterbacks phrase that is said before the snap of the ball, for example “blue 22 blue 22 set-go”

**Focus Point-** The very small, specific area the defender will watch that will trigger him to fire off the ball.

**Get Offs-** The term used to name and describe the first action of a defensive lineman after the ball is snapped

**Grab Cloth-** Refers to the phase of tackling where the defender is wrapping arms around the ball carrier and grabbing the back of his jersey to gain a grip on the ball carrier before finishing the tackle

**Lock Out-** Refers to wrists, shoulders, elbows, being set to “punch” blocker.

**Motorcycle Starting-** a common error when firing off the ball when the heels touch the ground before stepping towards the line of scrimmage.

**Power Step-** the first step the defender will take after the ball is snapped. This is a 8-10 inch quick step with the dominant foot.

**Punch-** The term used to describe the actions the defender will do with his hands to attack the blocker after taking his power step

**Pursuit Angle-** The proper path a defender will take to attempt to make a tackle

**Push-Pull-** A type of pass rush move where the defender will quickly jerk the blocker forward towards himself, then turning their body to make themselves skinny and rip/swim/club past him

**Rip-** A type of pass rush move where the defender will rip the inside arm through the armpit of the defender in a uppercut-like style

**Roll the Hips-** Refers to the last phase of tackling a ball carrier where the defender is thrusting the pelvic region into the ball carrier as you are grabbing cloth which will force him off balance and to the ground.

**Shade-** Refers to the defenders alignment on the blocker. It could be inside, outside, or head up on the blocker.

**Shed-** The move the defender will use to disengage from the blocker in order to pursue the ball

**Swim-** A type of pass rush move where the defender will bring his arm over the blocker quickly in a swim like motion.

<p><b>SWANTON FOOTBALL</b></p> <p><b>DEFENSIVE LINEMAN FILM WORKSHEET</b></p>
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*Grading Scale*

1- Excellent 2-Above Average 3-Average 4-Poor

What must you do to defeat this player ?

**1. The Basics**

Who will you be going up against ?

**2. Agility- Body Control 1 2 3 4**

Does he have any noticeable weaknesses ?

Does he play with good bend of knees ?

Can he maintain balance ?

**3. Speed / Quickness 1 2 3 4**

Does he have a quick first step ?

**4. Strength / Explosion 1 2 3 4**

Does he have a good punch ?

Does he make contact then sustain drives well ?

Does he have good lower body strength ?

Does he have good upper body strength ?

**5. Pass Blocking 1 2 3 4**

Does carry his hands high ?

Does he absorb or attach the rush ?

Does he have quick hands ?

Does he sustain blocks ?

Does he have a good punch ?

**6. Run Blocking 1 2 3 4**

Does he have good initial contact ?

Does he sustain blocks well ?

Does he lean when pulling ?

Does he change his stance for runs or pass ?

Is he disciplined ?

Any other comments or notes:

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## **STANCE**

We will be using a **four point stance** here at Swanton. The basics of the four point stance include:

**FEET:** Feet should be as parallel as possible. They should also be no wider than shoulder width. You should be on the “balls” of your feet with your knees in and heels off the ground.

**ARMS:** Your hands should be on your fingertips. NOT on knuckles or palms ! 70 % of your weight is on your fingertips. You are a “coiled spring” ready to explode. To describe the placement of your hands; imagine if your both of your eyeballs were to fall out, they should land straight down on your hands. See picture below:



#33 Justin Bezeau '07

**BACK:** Back should be relatively flat with your butt only slightly over your head.

**HEAD:** Head should be up with your eyes focusing on straight ahead on your next victim.

"Football is a great deal like life in that it teaches that work, sacrifice, perseverance, competitive drive, selflessness and respect for authority is the price that each and every one of us must pay to achieve any goal that is worthwhile."

## **TACKLING**

We feel that there are 6 basic elements to every tackle. We work these 6 elements into every tackling drill we do:

**Feet-** Your feet should never come together. Also, always run through the target. Have a wide base (feet about shoulder width apart).

**Eyes-** Your eyes should always be on the ball carriers numbers.

**Head Placement-** Your head should ALWAYS be up and across the ball. NEVER lead with the top of your head

**Chest-** You should lead with your chest not your head.

**Grab Cloth-** As you are finishing the tackle, throw your arms up and around the ball carrier, grabbing cloth.

**Hip Roll-** As you are exploding into the ball carrier, act like you have a quarter in your cheeks and you don't want it to fall out meaning, thrusting the pelvic region into the ball carrier as you are grabbing cloth which will force him off balance and to the ground.



Above: Demonstrating proper eye level



Above: Demonstrating rolling the hips and grabbing cloth

# **GET OFF'S**

## **1. "THINK SMALL"**

The first and in my opinion, most important aspect to coming off the ball fast, is your vision. As you know, playing defensive line is based on movement, not the cadence of the offense. The first thing you need to do in every game is find a focus point.

**What is a focus point ?** A focus point will be the area you watch that will trigger you to fire off the ball. The smaller the target is, the quicker your reaction time will be.

*FOCUS POINT EXAMPLES:*

**Noseguards:** The very tip of the football flinches (breaks position from its beginning state) you are going fire off the ball.

**Defensive Tackle or End:** I suggest focusing on something small such as the fingernail of the blocker.

## **2. PROPER WEIGHT DISTRIBUTION**

As mentioned in the stance section, 70 % of your weight is on your fingertips. You are a "coiled spring" ready to explode. Your heels need to be off the ground. By putting the majority of your weight on your fingertips, when you are firing off the ball you will have more moment going forward.

## **3. POWER STEP**

The power step is the most important fundamental of our defensive line techniques. A power step is 8-12 inch step with your dominant foot going forward towards your assigned gap or blocker. The foot should almost land where your hand previously was. Stay chest to knee, staying at the thigh pad level of the offensive lineman, re establishing the line of scrimmage. This step needs to be very quick and be combination with your punch.

## **4. THE PUNCH**

The next important aspect of get offs is the punch. Your target is a little higher than the sternum of the blocker. Your thumbs should be up with your wrist locked, using the heels of

your hands using the muscle group of the biceps, triceps, deltoids, and pectorals. It is also very important that you keep your elbows in, meaning pointing towards the ground. As you make contact with the blocker, you want to grab cloth and push up. You must theoretically “punch through him”. This will be done in combination as you are maintaining proper.....

## **5. BODY POSITIONING**

Your body needs to be in a good football stance. As you are grabbing cloth and pushing up you are maintaining a good bend in your knees, keeping a balanced stance (not leaning forward or back too much), staying low to maintain leverage, and slightly rolling the hips forward.

## **6. SEPERATION**

After making contact with the blocker and reading the play, you need to separate yourself from the blocker. Also during this time you need to have your eyes open looking to make the play. This phase needs to be a timed release and PLANNED AHEAD OF TIME. Every single play you should have an escape and pass rush move. If your wrists are locked out, separating and shedding the blocker should be easy. Some examples of escape moves include ripping through, swimming, and clubbing. I will give a description of these techniques later on. As you are escaping from the defender, you want to try to push/throw the blocker away from the direction in which you are pursuing. An explosive strike is also an escape!

## **7. PURSUIT**

Once you are free from the blocker, you must fly to the football. It is very, very important that you do not get too far up the field and take yourself out of the play. In most instances, this will involve running the line of scrimmage. Also you cannot be so anxious to make the tackle that you give up the cutback or vacate your gap of responsibility. Attack the runner's backside hip in order to limit cutback and take the proper pursuit angles.

## **8. PUNISH**

And the most fun part of it all, punishing the opposition. Attack the ball carrier, driving him backwards if possible. Use your proper technique and drive him into the ground. Try

to force fumbles and steal the football. Punish him so he does not want to carry that ball again. This is your pay off for the hard work you put in Monday – Thursday, make sure you collect!

"The harder you work, the harder it is to surrender."

## **PRE-SNAP PROCESS**

### ✓ Down And Distance

1. What Are Their Scouting Report Tendencies ?
2. 1<sup>st</sup> and 10 more likely to run, 3<sup>rd</sup> and long pass situation etc.
3. Are they more likely to run to the wide side of the field ?

### ✓ Splits

1. Wide splits often mean inside run unless it is a goal line or short yardage situation.
2. Narrow Splits Often Mean Outside Run Or Pass

### ✓ Stance

This is the most important one !

1. White Knuckles (firing forward)
2. Fingers barely touching ground (pass or pulling)
3. Foot Back (Pulling)
4. Leaning in stance
5. Alignment forward or backwards more in accordance to rest of offensive line.



✓ Knowing Your Opponent Beforehand

1. **STUDY THE SCOUTING REPORT!**
2. Watch your Weekly DVD
3. Using your film study sheet, determine which moves will work against the blocker you will be facing and decide on counter moves, also know the strengths and weaknesses of the blocker you will be facing

**THE 10 COMMANDMENTS OF PASS RUSHING**

1. **A pass defense is only as good as it's rush.**
2. **You must get off the ball.**
3. **Your transition to pass read must be instant.**
4. **You must flip your hips and grab cloth.**
5. **Never attack a full man.**
6. **Always have a counter move ready.**
7. **Any chance when hitting the QB, hit from the shoulders and down**
8. **Keep hands moving at all times !**

**9. Never get in a wrestling match with the blocker, stay on the move**

**10. Think Small (when focusing on get off key)**



## **The Fundamentals of Pass Rushing**

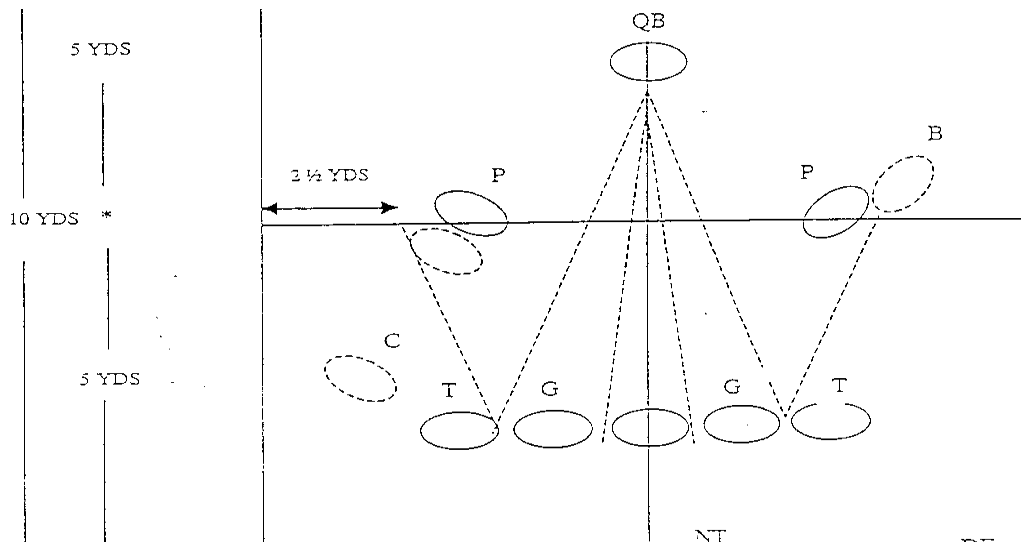
- **Pass Rush Objectives**
  - PUT VIOLENT HITS ON THE QB
  - DISRUPT QB'S TIMING
  - FORCE THE QB TO CHECK DOWN
  - LIMIT QB READ PROGRESSION OF THE SECONDARY
  - RESTRICT QB'S VISION (HANDS & BODIES)
  - FORCE TAKEAWAYS
  - CONTAIN RUNNING QBs

- CREATE ITERCEPTIONS
- SACKS

- **Individual Techniques Notes:**

Body Position- Weight forward, attacking with hands-hips-feet in that order. May use 3 point “sprinters stance” with coach’s permission

QB Depth- Know the depth of the QB’s drops. Based on our scouting report you will know whether he will use 1,3,5, Sprint Out, etc. step drop technique. We must be in our lanes as we approach that depth. For example:



Fire Off- The average QB will get rid of the ball within 2.7- 3.3 seconds. Through mental and physical preparation and using your technique, you must fire off the ball and get to him.

- **3 Types of Pass Rush Moves**

**Speed-** beating offensive lineman at the point of attack

- Better against big slow tackles or centers,

**Power-** Bullrush, used to physically dominate the blocker,

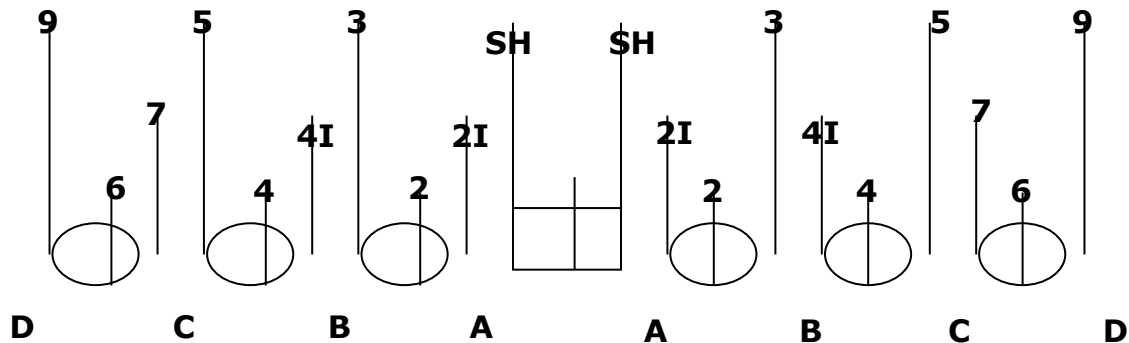
- Better against tall, fairly skinny lineman. If the blocker is giving you ground, use power moves

**Finesse-** technical moves, for example: rips, swim, clubs

- If the blocker is meeting you on the line, use finesse moves

*Remember:* Your opponent will reveal his weakness in movement eventually. Get him to move!

### **DEFENSIVE LINE SHADES and GAPS:**



### **PASS RUSH MANEUVERS**

#### **Push Pull:**

Any good offensive lineman is taught to sit down in a balanced stance with pass blocking, the Push Pull move is designed to take advantage of offensive lineman that are not disciplined enough and either lean forward or backward too much

- 1- Fire out of stance taking power step and shooting hands at the blocker's breastplate, delivering a sharp and violent blow
- 2- Take 8-12 inch step forward with foot nearest to assigned gap, as you are stepping forward grab cloth and push as hard as possible to draw resistance from blocker
- 3- As you feel the blocker start to put weight forward and lean towards you, quickly jerk him forward, turning your body to make yourself skinny and rip/swim/club past him

4- Get to heels depth and pursue to the ball

NOTES:

- This works great for those who bullrush often as a changeup
  - The pull must be a quick jerk and pursuit to heels depth
- 

**Rip:**

1- Fire out of stance taking power step and shooting hands at the blocker's breastplate, delivering a sharp and violent blow

2- Take 8-12 inch step at assigned gap with outside foot, as you are taking the step, slightly cock the inside arm (nearest to defender)

3- As you are bringing your back foot through the assigned gap, you want to rip your inside arm through the armpit of the defender in a uppercut-like style, punching to the sky with your bicep going through his armpit area

NOTES:

-It must be a quick and violent rip

-Have a counter move in mind incase it does not work (club and swim)

- As your arm is upper cutting, be sure to keep chin down, eyes focused on the ball carrier

**Swim:**

1- Fire out of stance taking power step and shooting hands at the blocker's breastplate, delivering a sharp and violent blow

2- Take 6-8 inch step at assigned gap with inside foot, as you are taking the step, slightly cock the inside arm (nearest to defender)

3- With outside arm, make a fist and club the shoulder of the blocker that is going to be swam over

4- As you are bringing outside foot through, slightly turn body (make yourself skinny) and swim inside arm over the shoulder of the blocker, DO NOT LEAVE YOUR FEET ! As you are bringing your swim arm over, with your hand in a fist, bring the fist down on the blockers back for extra push off

5- As you complete swim move, sit down at heels depth and read play

## NOTES:

- You must fire out of your stance low
  - The actual swim move must be quick as a good offensive lineman can easily defend it
  - Have a counter move in mind such as a rip move
- 

### **Other moves:**

**Bull Rush-** Taking power step, with inside hand (of assigned gap) punch the outside 1/3<sup>rd</sup> of the blocker, grabbing cloth. Keep opposite hand and feet moving and drive the blocker into the backfield. Be sure to keep head down focusing on what is going on in the backfield.

**Club-** Coming out of stance, with outside (of assigned gap) or both hands, club away blockers hands. Can also be used to set up other moves such as rip, swim,

**Club & Rip-** Coming out of your stance, with the outside hand (of the assigned gap) club away the blocker's hands and then execute a rip technique.

**Rip & Pick-** when ripping the OL and he is holding you by the neck. Take the off arm and pick it off

**Jab Rip/Swim-** Head/foot fake to opposite gap then cross back performing a rip or swim move. Only to be used by quicker defensive lineman.

**Jab Ole-** Only to be used by quicker defensive lineman. Head / foot fake to opposite gap then cross back to your assigned gap, turning hips if needed

**Snatch and Throw-** Violently attack the breastplate of the OL and throw him away from the way you are pursuing

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## **COMMON PASS RUSHING MISTAKES**

- *Waiting too late to execute pass rush maneuver.* There needs to be at least 10-12 inches in between you and the blocker at beginning moment of execution
- *Too much weight forward/on legs.* By having too much weight forward/on legs it will slow down your first step and reduce your chances of getting to the Q.B.

- *Feet too far forward.* By having your feet too far forward, it will cause you to stand up higher thus giving the offensive lineman a better chance of blocking you.
- *Feet too far back.* By having your feet too far back, it will cause you to take extra steps than needed thus slowing you down and reducing your chances of rushing the Q.B.
- *Getting too far up field.* This is a big one. Make sure once you have defeated the offensive lineman, that you stop at heels depth.
- *“Motorcycle Starting”* . When firing off the ball, make sure that you are on the balls of your feet and your heels do not touch the ground even after the snap. 95 % of players do this and it is another way of reducing your speed.
- *Being unprepared.* Have a move in mind every time you come to the line. Master 2-3 moves with a counter move for them. Know what works for you.

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## **HANDFIGHTING TECHNIQUES**

If you happen to get into a “wrestling match” with the offensive lineman or he is getting away with holding you, you will need to use our hand fighting techniques. When executing these techniques, you need to also concentrate on gaining ground, making one or two moves. We will focus on these techniques more so in the offseason and in pre-season training camps.

- These moves should be performed inside an imaginary box that starts at the belly button and vertically stretches to the top of the nose and is horizontally shoulder to shoulder.

### **HANDFIGHTING PROGRESSION:**

Recognize pass set (high hat, sit back etc.) > Get on an edge, try to get to the hips of the blocker > engage in hand fighting technique and attempt escape move > pursue to the ball

**Double Sweep-** Sweep with both arms, outside arm is the sweep arm, inside hand is the hook hand. Get the hook hand in between the arms of the blocker. You want to aim deep and snag his

wrist with the hook hand. As you are doing this, begin to bring your feet through with the inside arm. Burst through the hip, making sure you stay tight to his hip as well. Stay in your rush lane and knock the blocker's momentum away from yours.

**Single Sweep-** Aim with single sweep hand (your outside hand). Inside arm and hand needs to pin behind the blocker's outside bicep. As you sweep, rip with the inside arm.

**Hammer-** In a "wax on-wax off" like motion, with your hands in fists, club away at the wrists of the blocker

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## **COMMON BLOCKS & HOW TO DEFEAT THEM**

### **Chop Block-**

Or as I like to call it, a garbage block. This is when the offensive lineman fires out and attempts to drive his shoulder pads into anywhere between your shins and thighs, attempting to take you off your feet. If you see this coming, staying low with a good bend of the knees, quickly push their heads into the ground and step on/over them on your way to making the play.

### **Cut Off-**

This is when the blocker is trying to cross your face by taking a 45 degree step, usually towards where the ball is going. As your taking your power step, you want to punch as hard as possible into the sternum of the blocker, pushing up if possible, delaying his attempt to get to our linebacker and read the play. Primarily used by backside players to get to the 2<sup>nd</sup> level to occupy linebackers.

### **Double Team Block-**

This block occurs when two offensive lineman step towards one another to team up against a single defender. The block will start out as a drive block by the closest (usually head up) blocker. Take your power step and punch the nearest blocker's shoulder grabbing cloth. As you see the helper (2<sup>nd</sup> offensive lineman), throw your butt into the gap, keeping your eyes on the backfield. If you feel like you are being overpowered, drop to the ground and bear crawl causing a pile up.

### **Down Block-**

The down block is a 45 degree step performed by the blocker. If you are being down blocked, using your hand fighting and shed techniques, you want to shed the blocker and get back to the



line of scrimmage or heels depth if possible. If the down block occurs inside of you, expect a kick out block coming at you. Primarily used on trap and power plays.

**Drive/Base Block-**

This is your basic step-straight-ahead block by a lineman. First you must create separation by taking your power step and delivering a blow. As your grabbing cloth, get your face in the gap. Your helmet should be lower than his facemask. After attacking and securing your assigned gap, get to heels depth.

**Kickout Block-**

This block is set up by a down block. It is usually committed by a pulling lineman or fullback coming downhill or the line of scrimmage to kick out the defender. If you see a down block occurring inside of you, keeping your shoulders square to the line of scrimmage, squeeze down and when you see the trapper coming, turn and wrong arm (rip) through the middle of the trapper. The wrong arm must be violent and cause a cluster in the backfield.

**Reach Block-**

This is the toughest block to defeat. You must plain and simple, be an athlete and be faster than him. It may start out like a drive block. You must first create separation by taking your power step and delivering a blow. As you have your wrists locked out, you want to rip with your inside (nearest arm to blocker) arm to the blocker’s opposite hip. You want to get to the hip of the blocker and sit down in your gap. This type of block is primarily used on sweeps, and certain zone schemes.

DEFENSIVE LINE STIMULUS RESPONSE CHART

STIMULUS (BLOCK)	RESPONSE
Base	Power step – Punch - Read
Set back in stance	Rip, Club, Swim,
Reach	Power step, Punch, Rip to outside hip
Down	Traps coming, wrong arm
Double Team	Hip in gap, cause pile up
Chop Block	Push down and attack
Cutoff	Jam up and read

**CREATING TURNOVERS**

The team that commits the least amount of turnovers will win the game the majority of the time. In addition to gaining possession of the ball, turnovers create momentum that can be used to crush the opposition. We will work on creating turnovers at least once a week during individual period in addition to our team turnover circuit.

## Rules for Altering or Batting a Pass:

1. Always raise the opposite hand up when trying to deflect a pass.
2. When fitted up on a blocker, don't jump because the offensive lineman is taught to either pull you down or throw you down causing you to be ineffective in your attempt to alter the pass
3. If there is a blocker in between you and the QB and you are not fitted up, then you are allow to jump and use whichever hand needed to deflect the ball
4. If there is a clear path to the QB, continue to converge without jumping while using the opposite hand up to deflect the pass. You must be able to tackle the QB with the other arm if he decides to pull the ball down.

## Stripping the Ball:

If the QB is in the pocket: When you are getting close to the QB, use a “chopping” technique with the outside free arm. Aim for the wrists if possible. You must be able to make the tackle with your down arm.

If the QB is on the run: If the ball is being carried loosely, away from the body, you should use the chopping technique across the ball carrying hand. If it is being held close to the body we want to wrap up if possible and either punch at the ball or rip at the ball.



# EXPECTATIONS

## **WHAT I WILL EXPECT FROM YOU:**

- **To be in attendance and on time (5 minutes early) for all workouts, meetings, and practices unless excused by the Head Coach**
- **Your full attention and cooperation during all meetings and practices**
- **Discipline on and off the field. You will be great football players, but even greater men**
- **To give your absolute best effort on the football field, in the weight room, in meetings, and most importantly at home and in the classroom every single day**
- **To abide to all rules of the team and Swanton High School.**
- **To put the greater good of the team before yourself.**

## **WHAT YOU CAN EXPECT FROM ME:**

- **Enthusiasm. I will give you my absolute best effort every single day to help you reach your goals and become better football players and men**
- **Honesty. I will never lie to you. I will tell you how it is whether it is good or bad and I expect the same honesty in return**
- **Fairness. I will only do what is best for the team**
- **Discipline. I will never yell at you for not being able to do something because of a physical issue, but beware I will not tolerate mental errors.**
- **Communication. I am open to talk 24 hours a day, 7 days a week about things on and off the field. My contact information is on the following page.**

# CONTACT INFORMATION

Kyle McElvany

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Swanton High School, Swanton Ohio

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Swanton Bulldogs Football Website:  
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