



YOUTH FOOTBALL USA

DEFENSIVE LINE DRILLS

DEFENSIVE LINE DRILL #1 OF 8

Generally speaking, defensive backs push off with the front foot, then take a short step back with the rear foot. Defensive Backs are tough players who always are alert to the snap on every play, react quickly and decisively in pursuing the play, make solid tackles, stay between the receiver and the goal line on all pass plays, quickly recognize pass patterns, and effectively strip the ball from the carrier. Defensive backs and linebackers (and occasionally defensive ends) combine to form a variety of Zone and Man to Man pass coverages. In the Man to Man Coverage Defense the "open" DE and the strong side LB are responsible for the back coming out of the back field, and the DE to the strong side is responsible for detaining the TE on the line of scrimmage.

DEFENSIVE LINE DRILL #2 OF 8

Drills for Defensive Ends include fighting the double team, containment, pass rush, and short zone coverages. Ends must quickly recognize when they are being double teamed and strive to punch through the blockers with the rip technique. If the shoulders are turned in this effort, they must quickly be squared again to the play. The rule of thumb is for the End to never be driven back or out of the hole. Ends are taught to go to the ground if necessary to avoid being expelled from their area of responsibility.

DEFENSIVE LINE DRILL #3 OF 8

Often the primary responsibility of the defensive end is containment. The End takes on the blocker with the inside shoulder keeping the outside shoulder and hand free to the sideline side. The defensive end drives through the blocker and attempts to close down any inside running lanes forcing the ball carrier to the outside where the End has a free arm pinching the runner back into pursuit. The End's ultimate responsibility is not to allow the runner to his outside shoulder or beyond.

DEFENSIVE LINE DRILL #4 OF 8

Defensive End's run the passer in a looping motion and never in a straight line. This forces the passer up and to the inside rather than allowing the passer to get to the outside of the End. DEs also must be able to guard a small area against the pass in certain situations. Knowledge of the short passing zones and pass patterns are therefore a must.

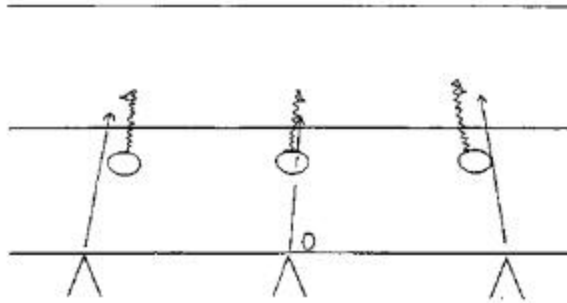
DEFENSIVE LINE DRILL #5 OF 8

Defensive Linemen should utilize the five or seven man sled much as the Offensive Linemen do. Defensive Linemen can line up single file in their respective stance and fire off and strike the dummy hands extended, then shuffle (slide down) or roll (on the ground, rising quickly) to the next dummy. Contact can be driven on coach's commands or not. Defensive Linemen should also use the one man sled to perfect the various techniques listed on this page.

DEFENSIVE LINE DRILL #6 OF 8

Defensive Linemen must learn to never stop pursuing the play until its conclusion. Film will show players who do not pursue each play through so that these players might be replaced. Defensive Linemen learn to use their arms to keep would be blockers away from the torso and legs. Defensive Linemen are skilled players who know how to strip the ball from the ball carrier and scramble aggressively for the football.

DEFENSIVE LINE DRILL #7 OF 8



Purpose

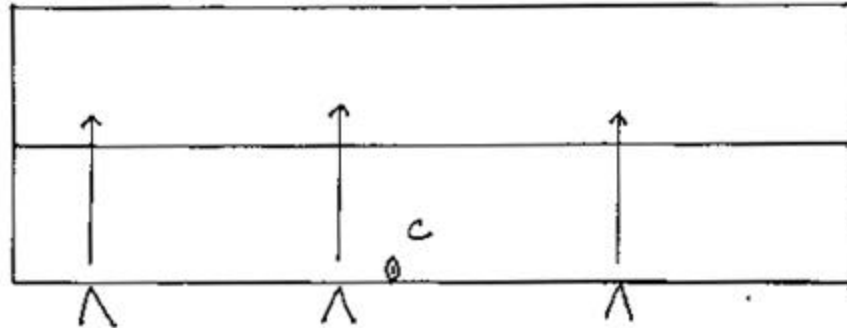
- ?? To develop quickness and good body position while closing the distance between offensive blocker while pass rushing.

Description

- ?? Defensive lineman assumes good pass rush stance on LOS, offensive lineman aligns off of defender approximately 3 to 4 yds. off of LOS. On snap of football the offensive lineman shuffles straight back trying to avoid the defensive line, while defensive line is close to offensive lineman with good body lean and execute a pass rush technique when reaching OL.

DEFENSIVE LINE DRILL #8 OF 8

OFF THE BALL



Purpose

- ?? To develop quick reaction on movement of the ball for defensive line.
- Description

Description

- ?? Defensive lineman assumes good stance on designated line. On movement of football defensive line comes off the ball with good pad level, sprinting 5 yds. Coach shall call out different signals to train defensive lineman to move only on movement of football.