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In this  
defensive  
lineman drill,  
players use the  
skills they've  
learned from the

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other drills to  
defeat the  
blocks. Some  
coaches require  
players to shout  
out the style of  
block they are  
facing.

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**Drills for  
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The drills in  
101 Winning  
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Drills are  
designed to  
develop the  
fundamentals and  
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This  
comprehensive

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drill book is applicable to any defensive plan at any level of play. x

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Drills Despite  
of having to be  
as strong as an



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ox to take on  
one or sometimes  
two offensive  
linemen who are  
trying to move  
him out of the  
way. For a  
defensive  
lineman it is  
not enough  
“just” to hold  
his ground, he  
also has to have  
the agility to

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free himself  
from the block  
and persue the  
ballcarrier and  
make the tackle.

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Twist &  
Slant/Angle  
Drills  
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Drills - Hand  
Placement for

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Shock and Awe.  
Watch this  
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line drill to  
teach your  
defensive  
linemen to  
properly place  
their hands with  
"Shock and Awe"  
as they attack  
the offensive  
lineman . link  
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| DEFENSIVE LINE**

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**The objective is  
to see a line of  
defenders moving  
up and back  
together, while  
keeping the  
spacing between  
themselves**

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constant. What  
to get your  
players to do.  
Drill 1. Two  
sides with equal  
numbers of  
players line up  
opposite each  
other. You stand  
behind one line,  
the defenders.  
You direct the  
attackers to  
move left and

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world.

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linemen must  
become adept at  
shedding blocks,  
stopping the



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run, attacking the passer, and tackling with proper fundamentals. Below, you'll find our favorite defensive line drills to help your team shut down your opponents and dominate the

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scrimmage.

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all competitive  
levels. The book  
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to the  
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run-blocking

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blocking drills,  
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Drills are  
essential for  
defensive line  
players to  
achieve the



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skills necessary for recognizing blocks, breaking through the line and rushing the quarterback or making a key tackle. Everyday drills offer a great way for defensive line coaches to get the most out of practice time

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while keeping  
the players'  
interest.

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Football Run  
Defense Drills.  
Dip and Rip  
Drill on Air.

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This is an excellent that can be done on the first day of practice. It is a drill that can be done without any equipment. We do a similar drill with my players every single practice.

**Defensive Line**

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The drills in  
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**This**  
comprehensive  
drill book is  
applicable to  
any defensive  
plan at any  
level of play.

5 Must-Do Drills  
for Defensive  
Linemen | STACK  
Defensive Line  
Movement Drills:  
"Twist" Drill.

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In the "Twist" drill, we work on our twists and stunts. Send the defensive tackle through the B-gap, and his aiming point is the butt of the offensive tackle. The tackle is going to take one step to set up the

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tackle and skim  
it tight off of  
the defensive  
tackle's butt.

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Consists of 101  
proven drills  
designed to  
develop the

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basic skills for  
defensive line  
play. The book  
covers drills on  
agility,  
tackling, run-  
play, pass-rush,  
and movement.

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