



CAMP SCHEDULE AND STATION DESCRIPTIONS

8:00 – 9:00 REGISTRATION

9:00 – 9:30 WELCOME

- Defensive Run Lecture – (Ms/Jv)
- Defensive Pass Lecture – (Varsity)

9:30 – 10:30 STRETCH AND AGILITY PERIOD

- Run Groups - (stretch in groups)
 - STRETCH AND DYNAMIC WARMUP – TOGETHER 13 MIN.
 - STANCE IN ALL GROUPS – 15 MIN.
 - AGILITY/BAG DRILLS 8 MIN. AT STATION
 - GROUP ONE – BAGS
 1. STRAIGHT THRU
 2. LATERAL SHUFFLE
 3. SIDE TO SIDE SHUFFLE
 - GROUP TWO – MOVEMENT DRILLS
 1. SEAT ROLLS – STANDING
 2. SEAT ROLLS – ALL FOURS
 3. REACTION DRILL
 - GROUP THREE – BAGS
 1. LATERAL SHUFFLE – REACT TO COACH
 2. W THRU BAGS DRILL

**PLAY
THRU THE
WHISTLE**

- GROUP FOUR – GET OFF THE BALL
 1. GET OFF THE BALL
 2. GET OFF THE BALL THRU CHUTES

- Pass Groups stretch together –
 - STRETCH AND DYNAMIC WARMUP
 - STANCE IN ALL GROUPS
 - AGILITY DRILLS/BAG DRILLS 8 MIN. AT STATION
 - GROUP ONE – BAGS
 1. STRAIGHT THRU
 2. LATERAL SHUFFLE
 3. SIDE TO SIDE SHUFFLE
 - GROUP TWO – MOVEMENT DRILLS
 1. SEAT ROLLS – STANDING
 2. SEAT ROLLS – ALL FOURS
 3. REACTION DRILL
 - GROUP THREE – BAGS
 1. LATERAL SHUFFLE – REACT TO COACH
 2. W THRU BAGS DRILL
 - GROUP FOUR – GET OFF THE BALL
 1. GET OFF THE BALL
 2. GET OFF THE BALL THRU CHUTES

10:30 – 12:00 RUN/PASS DEFENSIVE STATIONS

RUN DEFENSE STATIONS

MS/JV GROUPS (20min. each)

- STATION 1 – DEFEATING TRAPS
- STATION 2 – DEFEATING THE REACH AND BASE
BASE BLOCK

- STATION 3 – DEFEATING DOUBLE TEAMS AND COMBO BLOCKS
- STATION 4 – FORM TACKLING
 1. HEADUP
 2. ANGLE

PASS DEFENSIVE STATIONS

VARSITY GROUPS (20min. each)

- STATION 5 – CONTAIN ON RUN AND BOOTLEGS
- STATION 6 – PASS RUSH MOVES
 1. PUSH AND PULL
 2. SWIM
 3. RIP
- STATION 7 – OFF THE BALL AND SLANTS
- STATION 8 – FORM TACKLING
 1. HEADUP
 2. ANGLE

12:00 – 12:45 LUNCH

12:45 – 1:15

- Defensive Run Lecture – (Varsity)
- Defensive Pass Lecture – (JV and MS)

1:15 – 2:15 STRETCH AND AGILITY PERIOD

- Run Groups - (stretch in groups)
 - STRETCH AND DYNAMIC WARMUP – TOGETHER 13 MIN.
 - STANCE IN ALL GROUPS – 15 MIN.
 - AGILITY/BAG DRILLS 8 MIN. AT STATION
 - GROUP ONE – BAGS
 1. STRAIGHT THRU
 2. LATERAL SHUFFLE

- 4. SIDE TO SIDE SHUFFLE
- GROUP TWO – MOVEMENT DRILLS
 1. SEAT ROLLS – STANDING
 2. SEAT ROLLS – ALL FOURS
 3. REACTION DRILL
- GROUP THREE – BAGS
 1. LATERAL SHUFFLE – REACT TO COACH
 2. W THRU BAGS DRILL

- GROUP FOUR – GET OFF THE BALL
 1. GET OFF THE BALL
 2. GET OFF THE BALL THRU CHUTES

- Pass Groups stretch together –
 - STRETCH AND DYNAMIC WARMUP 13 - MIN.
 - STANCE IN ALL GROUPS – 15 MIN.
 - AGILITY DRILLS/BAG DRILLS 8 MIN. AT STATION
 - GROUP ONE – BAGS
 1. STRAIGHT THRU
 2. LATERAL SHUFFLE
 3. SIDE TO SIDE SHUFFLE
 - GROUP TWO – MOVEMENT DRILLS
 1. SEAT ROLLS – STANDING
 2. SEAT ROLLS – ALL FOURS
 3. REACTION DRILL
 - GROUP THREE – BAGS
 1. LATERAL SHUFFLE – REACT TO COACH
 2. W THRU BAGS DRILL
 - GROUP FOUR – GET OFF THE BALL
 1. GET OFF THE BALL
 2. GET OFF THE BALL THRU CHUTES

2:15 – 3:30 RUN/PASS DEFENSIVE STATIONS

RUN DEFENSE STATIONS

MS/JV GROUPS (20min. each)

- STATION 1 – DEFEATING TRAPS
- STATION 2 – DEFEATING THE REACH AND BASE
BASE BLOCK

- STATION 3 – DEFEATING DOUBLE TEAMS AND
COMBO BLOCKS
- STATION 4 – FORM TACKLING
 1. HEADUP
 2. ANGLE

PASS DEFENSIVE STATIONS

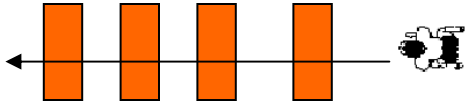
VARSITY GROUPS (20min. each)

- STATION 5 – CONTAIN ON RUN AND BOOTLEGS
- STATION 6 – PASS RUSH MOVES
 1. PUSH AND PULL
 2. SWIM
 3. RIP
- STATION 7 – OFF THE BALL AND SLANTS
- STATION 8 – FORM TACKLING
 1. HEADUP
 2. ANGLE

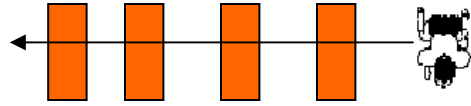
3:20 – 4:00 COME TOGETHER WITH OLINE CAMP

- REVIEW OF THE DAY
- ACADEMICS
- LIFE LESSON
- T-SHIRT ISSUE

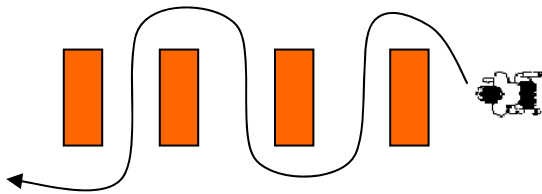
BAG DRILLS



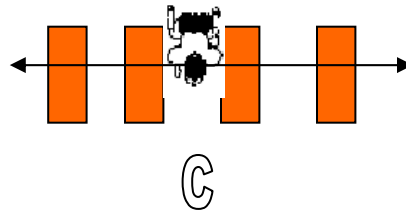
STRAIGHT THRU



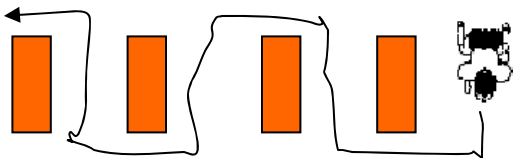
LATERAL SHUFFLE



SIDE TO SIDE SHUFFLE



LATERAL SHUFFLE



W THRU BAGS

Defensive Line Fundamentals

Stance, Get-Off, Separation, Pursuit-

1. Stance

-Feet.

Should be shoulder width to a little wider than shoulder width. Should be up on the balls of the feet. (Depending upon technique, players will want to stagger their feet. A head up technique should limit the stagger. 1, 3, and 5 techniques can increase their stagger some what. The foot closest to the man should be back.)

-Butt.

Stick it out. Player should look like they are ready for a whoopin'. This forces the back to be straight to having a slight arch.

-Elbows.

Players, when lining up, should next place their hands on their knees with their elbows locked. The combination of their butt position and elbows will force them to bend their knees and keep their head up.

-Hand Placement.

The hand closest to the man across from you should be down. Weight should be on the fingertips. Hand should be slightly in front of the facemask. The free hand needs to be cocked and ready.

-Head.

The players head needs to be up and aware. The player must be able to see shifts, motions and other various keys from the offense.

2. Get Off

-Shoot the Hands.

Hands are the closest to the offensive lineman. The hands need to be used to shock the o-lineman in an explosive manner. By "shooting" the hands, defensive linemen must explode from the ready position into the numbers of the lineman's jersey. Keeping inside hands is vital. Thumbs should be up to ensure that the elbows are in.

-Explosion.

Defensive linemen must fire off the ball in an explosive manner. The defense does not know the snap count, so we must move quickly in order to regain the advantage.

-Drive with the Legs.

Players must continually push with short choppy steps. Leverage has to be maintained at all times and we cannot get our shoulders turned. This is prevented by constantly moving our feet. This allows for a quick change of direction without having to use big movements.

-Vision.

Players must explode into the blocker, but they must see past the blocker. Our aiming point is going to be the nape of the neck, looking through the shoulder. Blockers must be controlled utilizing "Feel," while the ball must be found through vision.

3. Separation

-Inside Hands.

Again inside hands are the key to everything. This gives us leverage to set up and utilize escape moves.

-Escape Moves.

Players must have at least two solid escape moves that they can rely on to get free from a blocker once they have separation.

4. Pursuit

-Fly to the Football.

Once free from the blocker, D-linemen must fly to the football. In most instances, this will involve running the line of scrimmage.

-Take the Proper Angle.

We cannot be so anxious to make the tackle that we give up the cutback or vacate our gap of responsibility. Attack the runner's backside hip in order to limit cutback.

-Make the Tackle.

The key to being a good, defensive lineman is shedding the block and making the play. Aiming point for the facemask is the numbers, moving to the ball on contact. Hands should shoot from the hip up and through the ball carrier. Roll the hips and drive with short, choppy steps.

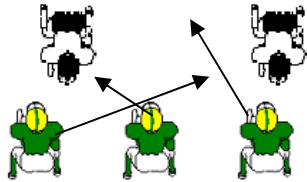
HOW TO TACKLE PROPERLY

1. Close distance with the ballcarrier as fast as you can. When you are almost in arms reach, get low and face the ball carrier and basically strafe and make your steps short. This is known as "breaking down" and it is a valuable skill to practice and perfect. Breaking down allows you to not get thrown of by jukes or cuts.
2. Watch the ballcarriers numbers (chest). Offensive players are taught to deceive defenders by rolling their shoulders, taking false steps, and misdirecting with their eyes. But they can't move their chest around.
3. Keep your head up. If you don't, you run the risk of serious neck and spinal injuries.
4. Choose a side. Put your helmet on a side of their body. Some people put their head on the side of the ball to kind of headbutt it out while they are tackling them, but alot of people find it easier and more comfortable to put their head on the other side.
5. Get low, and go cheek to cheek (your cheek should be around his butt cheek). Don't fall into a crouch, as you lose all power. Imagine that you are doing a squat and you want to absolutely come up with as much power and explosiveness as possible.
6. Wrap your arms around his waist/butt or legs on contact. You could also wrap their free hand up(the hand without the ball) to make the tackle harder to break and so he can't stiff arm you or use the other hand to help protect the ball. If you can't make this work you could, grab his jersey and swing him, dive at his legs and clip him, drive your shoulder into his face mask, or simply just wrestle him to the ground. However, keep in mind its alot easier for the ballcarrier to break those tackles.
7. Try to hit the ball with the facemask of your helmet. If you hit the ball or the ball carrier with your head down, it can cause severe injury of the neck (see #3). It is very difficult for a ball carrier to hold onto the football if a defender's helmet makes direct contact. The majority of forced fumbles in pro football occur because a defender "put his hat on the ball" or "bites the ball".
8. Drive your hips and feet trying to drive the person you are tackling backwards.
9. Make sure to keep your feet moving. If you stop moving your feet, then you lose all the power of your tackle. If you do keep your feet moving, then it is much harder for him to maintain his balance, and much easier for you to make the tackle. Also use your weight to kind of fall with him and help bring him down(this works best when his legs/knees are wrapped up)
10. By this point, he's hopefully on the ground. If he isn't, get back up and hustle to the tackle.

Don't worry about leveling this person as hard as you can focus more on making the tackle and proper form (however a big hit never hurt anyone... unless you're the ball carrier...

RUN STATIONS

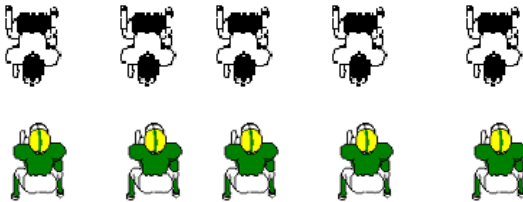
STATION ONE - DEFEATING TRAPS



OFFENSE

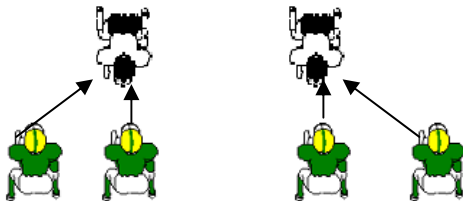
TRAP EITHER WAY - DL
BEATS CENTER BLOCK
BACKSIDE - OTHER DL
SQUEEZES DOWN BLOCK OF
OL AND WRONG ARMS
TRAPPING OL

STATION TWO - DEFEATING THE BASE AND THE REACH BLOCK

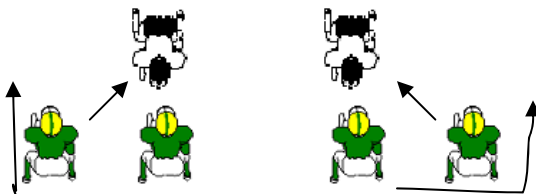


DL DEFEATS BASE BLOCK
DL DEFEATS REACH BLOCK
TO BOTH SIDES

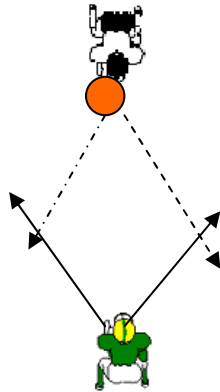
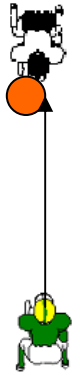
STATION THREE - DEFEATING DOUBLE TEAMS AND COMBO BLOCKS



DL DEFEATS DOUBLE TEAM
BLOCK FROM EITHER SIDE.
DL DEFEATS COMBO BLOCK
X BLOCK TO BOTH SIDES



STATION FOUR – FORM TACKLE



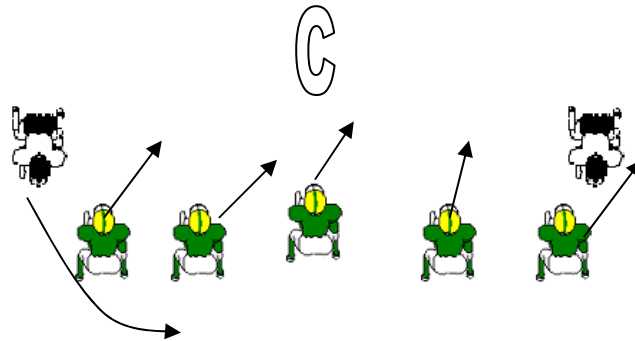
**DL PERFORMS PERFECT
HEADUP FORM TACKLE.**

**DL PERFORMS PERFECT
ANGLE FORM TACKLE TO
EACH SIDE**

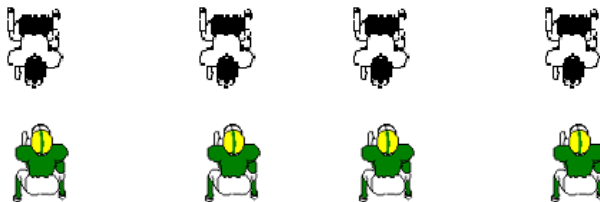
PASS STATIONS

STATION 5 – CONTAIN ON RUN AND BOOTLEGS

COACH POINTS TO FLOW SIDE –
BACKSIDE HAS CONTAIN



STATION 6 – PASS RUSH MOVES



PASS RUSH MOVES

- PUSH AND PULL
- SWIM
- RIP

1. Shock/Push and Pull

-Defensive Linemen will align across from a partner head up. The lineman will fire into the offensive lineman keeping inside hands, a flat back, and running the feet. The player will get good extension of the hands, shocking the offensive lineman. The defensive lineman will then snap the player by throwing his wrists towards his backside hip. The player will then get to heels depth, find the ball, and make a play.

2. Shock/Rip

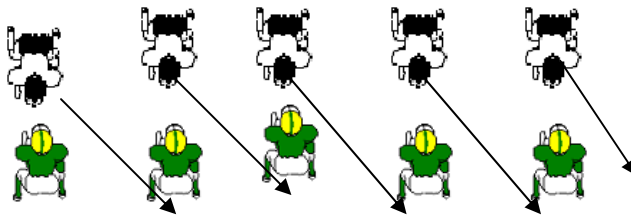
- Defensive Linemen will align across from a partner head up. The lineman will fire into the offensive lineman keeping inside hands, a flat back, and running the feet. The player will get good extension of the hands, shocking the offensive lineman. The defensive lineman will then dip his backside shoulder, rip his arm up through in an uppercut motion, and throw his backside elbow into the back of the offensive player (the play side hand should be used to snap the blocker the

same as in the shock/snap exercise). The player will then get to heels depth, find the ball, and make a play.

3. Shock/Swim

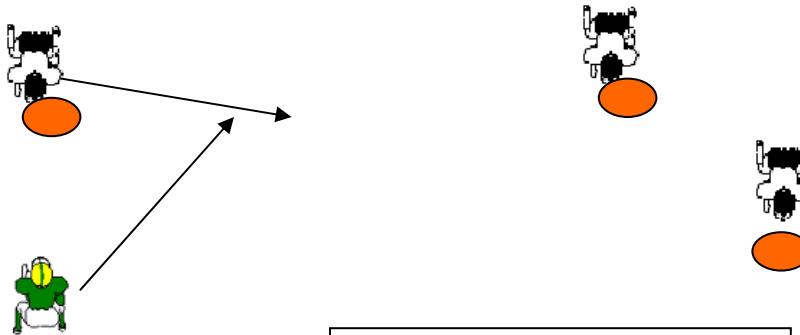
- Defensive Linemen will align across from a partner head up. The lineman will fire into the offensive lineman keeping inside hands, a flat back, and running the feet. The player will get good extension of the hands, shocking the offensive lineman. The defensive lineman will then rotate his backside arm over the blocker's head, bringing it down behind the blocker, pressing into the blocker's back (the play side hand should be used to snap the blocker the same as in the shock/snap exercise). The player will then get to heels depth, find the ball, and make a play.

STATION 7 – OFF THE BALL AND SLANTS



- OFF-THE-BALL
- SLANT RIGHT
- SLANT LEFT

STATION 8 FORM TACKLE



OUTSIDE FLOW
AND TACKLE

- PUSH AND PULL-
PUSH AND PULL
- SWIM - SWIM
- RIP - RIP
- FINISH WITH
TACKLE

