



*PASS PRO TECHNIQUES
BY THREE OUTSTANDING
PRO OLIN COACHES!*

Joe Bugel - Redskins:

PASS PRO TECHNIQUES (FEET & BALANCE = 2 MOST IMPORTANT THINGS):

1. Quick set (especially the Center & Guards – never drop back). Jump set – get hands on him as quick as possible – drop anchor – fight him. Explode thru ass & thighs – tight hands – neck bridge – then mirror (shuffle)!
2. Keep head back.
3. Keep a good pad level (knee bend).
4. Tight Hands (& know where to put hands). Press – hit & roll hips. If your hands get knocked off – come back under as quick as possible.
5. Use “steering wheel” technique to control your man. Lock onto jersey of defensive lineman, a hand on either side of his sternum, then use that grip and leverage to steer the man one way or another. As long as you keep your hands inside the defender’s shoulders, holding will not be called.
6. Jon Jansen: “It’s all a matter of position and angles and I’ve got to be a lot smarter and more efficient in what I do”. “I have to concentrate on specifically getting my hands in certain positions. My hand placement has to be a lot better because if I fall, there’s nothing to stop me. I fall right on my face”.
7. Jon Jansen: “All I can do is hit a guy, stay in front of him and keep hitting him and make sure I keep my hands inside, not because I don’t want to get

called for holding, but because I need to use maximum power, and that's how I have to do it."

8. OT vs. edge rusher (wider than a tight 5 technique) – kick to an imaginary fence post and be able to cover 5 yards in 3 ½ steps (on both 5 & 7 step drops).

9. Once you get turned (perpendicular) it becomes a drive block.

10. Break on the ball when it is thrown ("your buddy needs your help down there").

11. Play with toughness and intensity ("TOUGHNESS IS CONTAGIOUS")

JIM HANIFAN - Redskins - PASS PRO

1. BE AGGRESSIVE (on 3, 5, & 7 step drops). Step & strike like a boxer.

2. Shuffle & slide – don't cross over. Stay flat footed (not on balls of feet). Be like a defensive basketball player.

3. Get set QUICK (snap up quick – snap hands up – snap butt under you). (Pat Ruel: Your outside eye on his inside eye).

4. Jab step – get foot down – strike (come over foot) with power. Don't come over both feet – keep one foot at home. (Pat Ruel: Keep post foot – inside foot – up).

5. Step and strike on the rise – strike up (not out). Do not overextend (over-extension is the biggest problem in pass protection). Don't bend at the waist. Don't wind up on punch.

6. Balance and feet: Give ground grudgingly – stay low ("sit down") –don't overextend.

7. OT vs. edge rusher – first step shouldn't be too deep, or turn your shoulders. Use two cones to get the proper first step: OT doesn't step back or laterally. Short first step on an angle between the cones (below).

RT-C
C

“THROUGH REPETITION YOU WILL ACHIEVE SUCCESS”

Pat Ruel (So. Cal, & Seahawks): PASS PROTECTION

I. FUNDAMENTALS:

- A. Vertical Flat-Backs
- B. Bend in knees
- C. Inside Post Foot
- D. Hands tight
- E. Eyes on target
- F. Leverage to QB
- G. No edges/cover up (outside eye on his inside eye)
- H. Punch Lock/Separate (only if he goes away in zone pro)
- I. Find work
- J. Finish!

****WIN THE FIRST 1.5 SECONDS OF THE RUSH AND YOU BEAT THE RUSH!!!**

II. CONCEPTS

A. 3 STEP

- 1. Emphasis on aggressive short set
- 2. Snap out of stance
- 3. Attack defender
- 4. Do not give ground
- 5. Maintain leverage to QB

B. 5 STEP

- 1. Emphasis is on control/cover up

2. Snap out of stance
3. Cover up/no edges
4. Angle awareness
5. Intersect points
6. Trust your sets

III. OTHER COACHING POINTS

A. THINK WITH YOUR FEET

1. Not interested in how much you bench press
2. React and strike
3. Maintain leverage to QB

B. PUNCHING EFFECTIVELY

1. Tight hands
2. Punch with the heels
3. Punch and lock
4. Punch and reset (if man goes away in zone scheme)

C. PASS SET DRILL (VS MAN HEAD UP/INSIDE SHADE/OUTSIDE SHADE)

1. Outside rush
2. Spin move
3. Re-direct
4. Bull rush
5. Inside rush

IMPORTANT: RUNNING BACK: You cannot wait on your Pass Pro block – create maximum distance between point of block & where QB sets up.

Read more:

<http://prostylefootball.proboards.com/index.cgi?board=pps&action=display&thread=615#ixzz1MQWraCNw>

