

Techniques of Pass Blocking

1. Rider:

Blocking uses the rushers' reactions and momentum to keep him out of the pocket. He relies on his balance, maneuverability and use of his hands to ward off hand grabs. He is most susceptible to the shoulder and quick drive, with a counter move off of each.

2. Pop & recoil:

This technique is used to stop the overpowering type player. It is an aggressive head block from the numbers up under the chin and recoiling back to position for a follow up, pop, cut or ride. He is susceptible to the pull and swipe. Quickness in getting by this type blocker before he can regain his recoil position is important.

3. Set & cut:

Generally employed by shorter players often used on short passes and as a change of pace for the overpowering type rusher and arm swiper. The use of the hands in pulling this blocker aside or head faking with a pull is effective. A rusher should jump or limp-leg this blocker occasionally. Always strive to get one leg over the cut block to insure maximum recoverability.

4. Aggressive:

This is a butt block used on play action passes. The fake of a run to disguise the pass holds the defender momentarily; however, the blocker generally is over extended and easily pulled or thrown off balance.

5. Quick action:

An aggressive head block through the groin designed to tie up the legs and keep the hands down on short passes. This technique is susceptible to quick pull or jumping over blocker.

Pass rush techniques

1. Shoulder drive:

Strong surge over outside shoulder of offensive lineman. It is designed to defeat the rider type blocker that lacks strength or sets inside too much. This is an all-out assault to whip your man physically, and must your first technique because it sets your man for all other escape moves.

No head fakes, pull or throw, but simply a Power thrust at the point where the QB

sets up.

Force the blocker back into the QB.

Once you have been successful you have forced the blocker to commit his strength to stop you. He is ready for the fake shoulder drive and throw off-shoulder, arm and hand swipe.

It is vital that the inside shoulder is forward and under the blocker and hold your leverage and momentum throughout the drive.

2. Quick drive:

This is the speed escape designed to outrun the blocker that sets inside too much, has slow footwork or crosses over to engage the rusher. Should also be used when QB does not step back into the pocket to give blocker advantage.

It is to your advantage to widen your position slightly or drive directly upfield to avoid immediate contact with blocker. You are sprinting to a point and attempting to defeat your opponent's poor footwork and quickness. The ideal time to exploit this is on an inside blitz.

Jerk blocker towards I.o.s. simultaneously stepping away from him on the side you intend to escape.

A quick head fake inside your initial move is often effective.

3. Counter:

This move is opposite the throw. You are faking a rush and pulling the blocker that sets towards you or to I.o.s. it is good against pop and recoil type, aggressive control or one who gets his head down and his weight committed forward.

Fake an inside or out rush with a strong hand grab n the shoulder pads good head fake important.

Jerk blocker towards I.o.s simultaneously stepping away form him on side you intend to escape.

4. Swim:

Charge the blockers outside and grand pull his shoulders with your outside hand. Simultaneously with this pull, reach over his shoulder with your inside arm and catapult yourself free from his block in the direction of the passer.

An inside head fake is a good combination as it is an even more effective technique if the blocker is leading away form your move.

Along with the reaching technique, the rusher should combine a quick thrust.