

VERTICAL DOUBLE TEAM TECHNIQUE ON "POWER"/"COUNTER"

("DUECE"/"TREY"):

COACHING POINT: GET HIP TO HIP WITH KNEES WORKING NORTH & SOUTH; 4 HANDS ON DLM & 4 EYES ON LBer.

I. "POST" (INSIDE BLOCKER): GAIN VERTICAL LEVERAGE (YOUR PADS LOWER THAN DLM'S PADS). FIRST STEP DEPENDS ON HORIZONTAL LEVERAGE OF DLM ON YOU. IF HE IS TIGHT ON YOU- TAKE A 3" LATERAL STEP WITH YOUR INSIDE FOOT. IF HE HAS A WIDER SHADE ON YOU – PICK UP INSIDE FOOT & PUT IT RIGHT BACK DOWN (DON'T STEP AWAY FROM "LEAD" BLOCKER" – GIVE HIM "BODY PRESENCE"). LANDMARK = NEAR (INSIDE) PEC OF DLM. SECOND STEP = DRIVE OUTSIDE KNEE UPFIELD PLACING IT IN CROTCH OF DLM (GET SECOND FOOT IN THE GROUND AT OR BEFORE CONTACT). TWO HAND PUNCH TO NEAR PEC (TRYING TO LIFT THE DEFENDER) & EYES LOOK INSIDE IMMEDIATELY FOR LBer RUN THRU. DO NOT LET INSIDE FOOT GO BEYOND OUTSIDE FOOT – SO YOU CAN COME OFF INSIDE. WHOEVER COMES OFF FOR BS/LB AIM FOR INSIDE # OF LBer (SO HE MUST GO OVER THE TOP).

II. "DRIVE" (OUTSIDE BLOCKER). GAIN VERTICAL LEVERAGE (YOUR PADS LOWER THAN DLM'S PADS). FIRST 2 STEPS ARE A QUICK

**“GALLOP” INSIDE (IN ORDER TO GET HIP TO HIP WITH “POST”
BLOCKER). LANDMARK = NEAR (OUTSIDE) PEC OF DLM. THIRD STEP =**

**DRIVE INSIDE KNEE UPFIELD PLACING IT IN CROTCH OF DLM (GET
THIRD STEP IN THE GROUND AT OR BEFORE CONTACT). 2**

**HAND PUNCH TO NEAR PEC & STAY SQUARE (BOTH POST & LEAD
BLOCKER STAY HIP TO HIP & SHOULDER TO SHOULDER) & EYES LOOK
IMMEDIATELY FOR LB COMING OVER THE TOP. DO NOT LET OUTSIDE
FOOT GO BEYOND INSIDE FOOT – SO YOU CAN COME OFF OUTSIDE.
WHOEVER COMES OFF FOR BS/LB AIM FOR INSIDE # OF LBer (SO HE
MUST GO OVER THE TOP).**

**COACHING POINT: STAY ON DOUBLE TEAM AS LONG AS POSSIBLE &
DRIVE THE DLM BACK INTO THE LAPS PF THE LBers.**