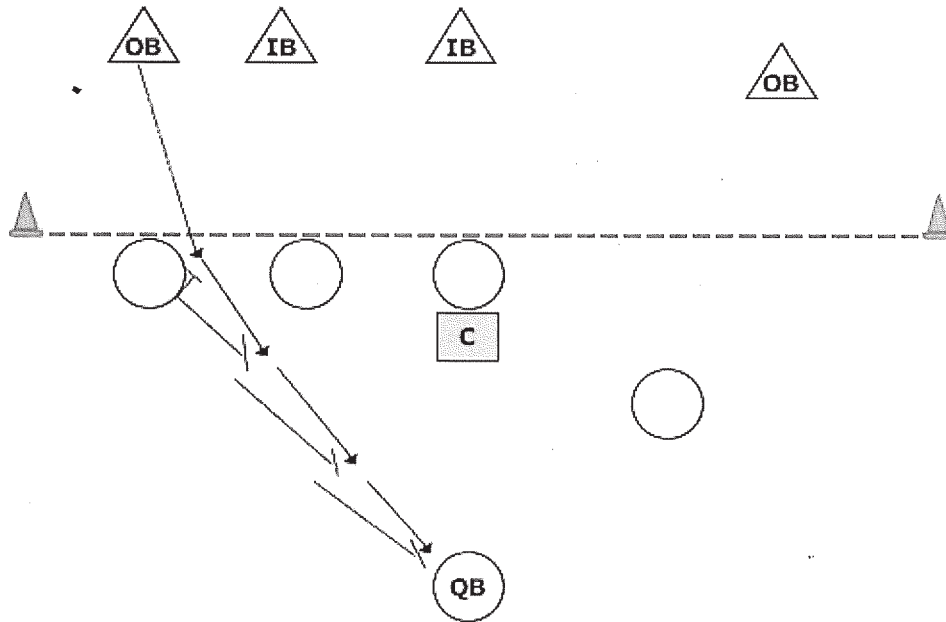


# Bull Pass Rush Drill

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|                           |   |
|---------------------------|---|
| <b>Purpose:</b>           | To teach linebackers the bull rush technique for pass rushing |
| <b>Number of Players:</b> | All Linebackers   |
| <b>Equipment:</b>         | Shorts or Full Pads   |
| <b>Time:</b>              | 2 minutes/everyday  |



## Drill Execution:

- 1) Coach designates which LB and blocker will run the drill, only one pair at a time will run the drill.
- 2) Prior to starting the drill the LB should picture the spot where the QB will be setup once the play is run.
- 3) On the "HUT" command the blocker sets up to pass block.
- 4) The LB watches the ball snap and begins his blitz and see the offensive linemen setting up to pass block.
- 5) Once the LB has pushed the blocker back to the target area the coach blows the whistle or calls "STOP"
- 6) Rotate, switch sides or repeat as required.

## Coaching Points:

- 1) When first teaching this pass rush technique have the LBs go at half speed so they are using the technique not just trying to outrun the linemen, cause that wont always work on game day.
- 2) As always the first step is FORWARD.
- 3) The LBs initial charge is towards the line.
- 4) As he nears the blocker, he shortens his stride, lowers his hips and keeps moving forward.
- 5) Both hands come up, palms facing the blocker and LB drives hands under the shoulder pads of blocker.
- 6) As he makes contact he should extend his arms to create separation.
- 7) LB should be prepared to continue angle to QB and be ready to engage block again since the blocker is willing to give up some ground to retreat backwards and reset for a better block.
- 8) Set the goal for the LBs to force the linemen back into the QB if they cannot beat them outright.