



**A Great Pass Rush
Is The Best Pass Coverage
Pass Rush Is All About Attitude
Attack The Half Man
Get Your Shoulders Out Of Parallel
As fast As Possible**

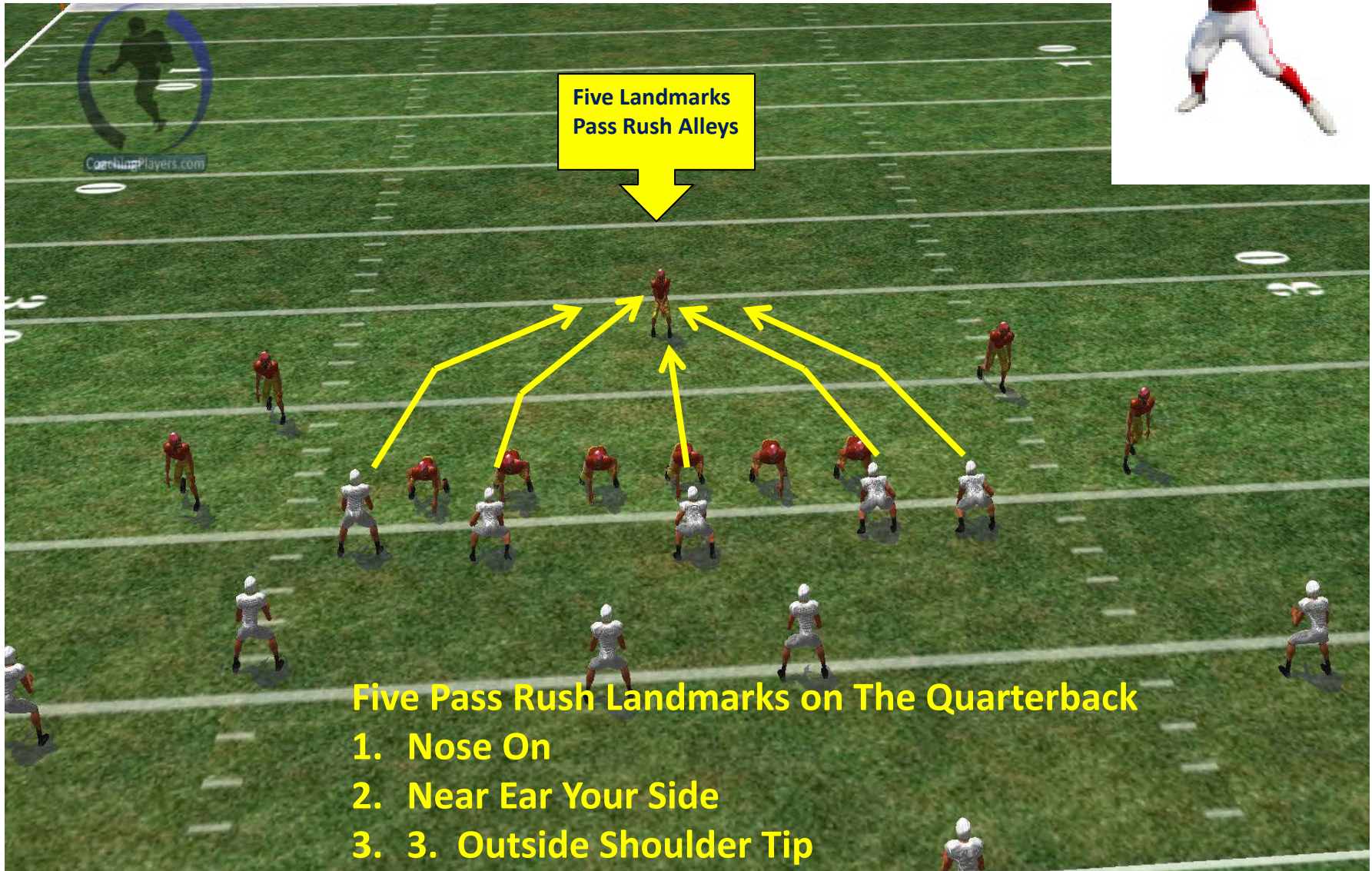
Attacking the ½ Man

Get The Blockers Shoulders Out of Square



**MUST GET THE OFFENSIVE LINEMAN'S
SHOULDERS TURNED. DON'T WANT HIS
SHOULDERS SQUARE TO THE L.O.S.**

5 Points of Pass Rush



Five Pass Rush Landmarks on The Quarterback

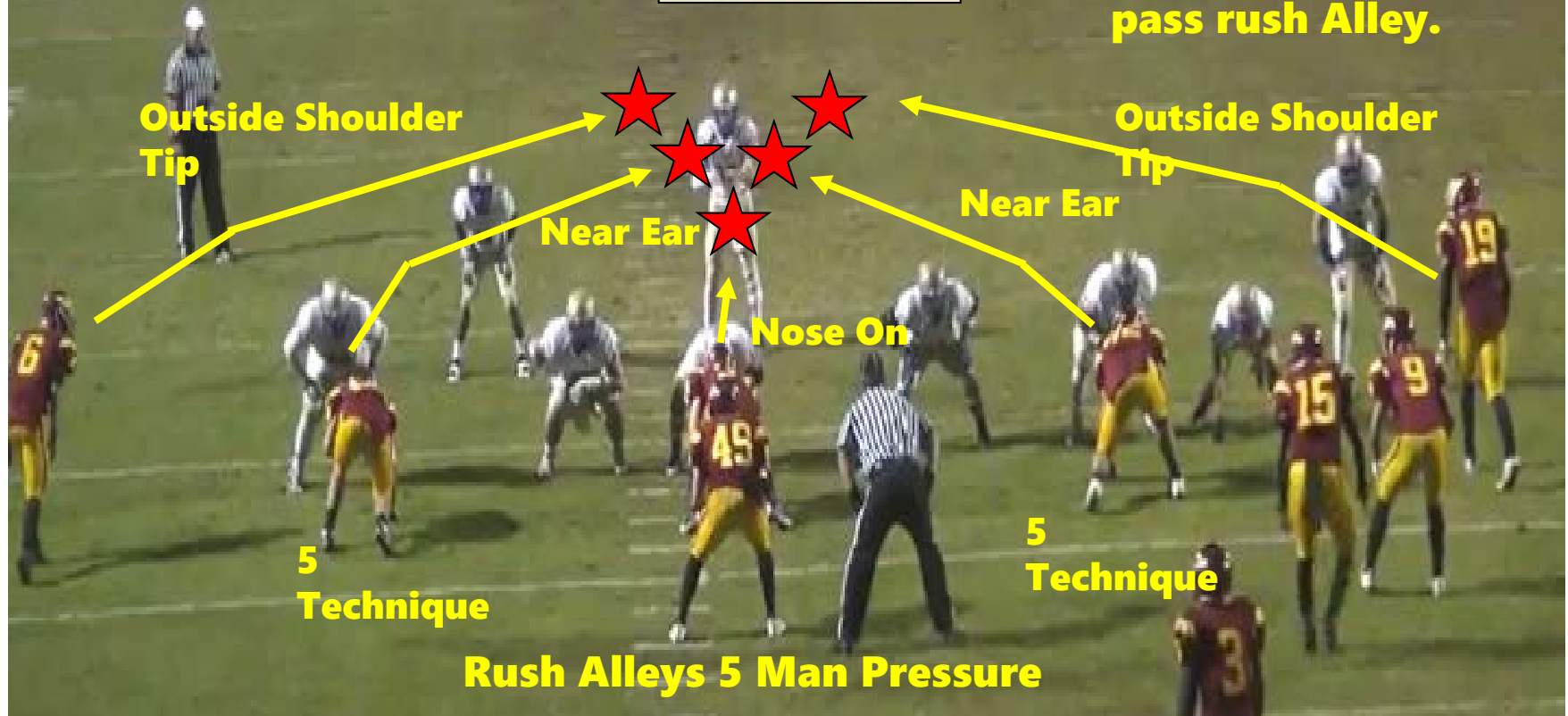
1. Nose On
2. Near Ear Your Side
3. 3. Outside Shoulder Tip
4. 4. Inside Shoulder Tip
5. 5. Outside Shoulder Tip

Establishing 5 Man Pass Rush

The outside pass rushers will use the outside shoulder Tip of the QB as their pass rush alley



The 4 techniques in This illustration have Near Ear to their side As their pass rush Alley.

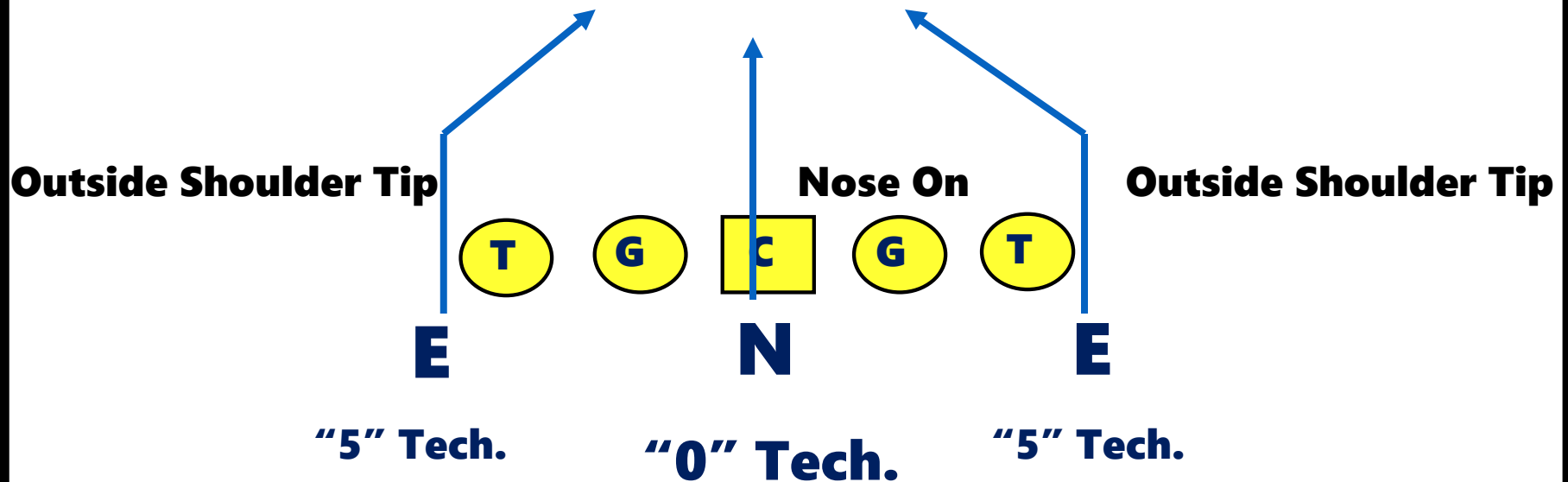


Establishing Your 3 Man Pass Rush

The outside pass rushers will use the outside shoulder Tip of the QB as their pass rush alley



With a 3 man pass rush the "0" technique will use the nose of the QB for his rush alley

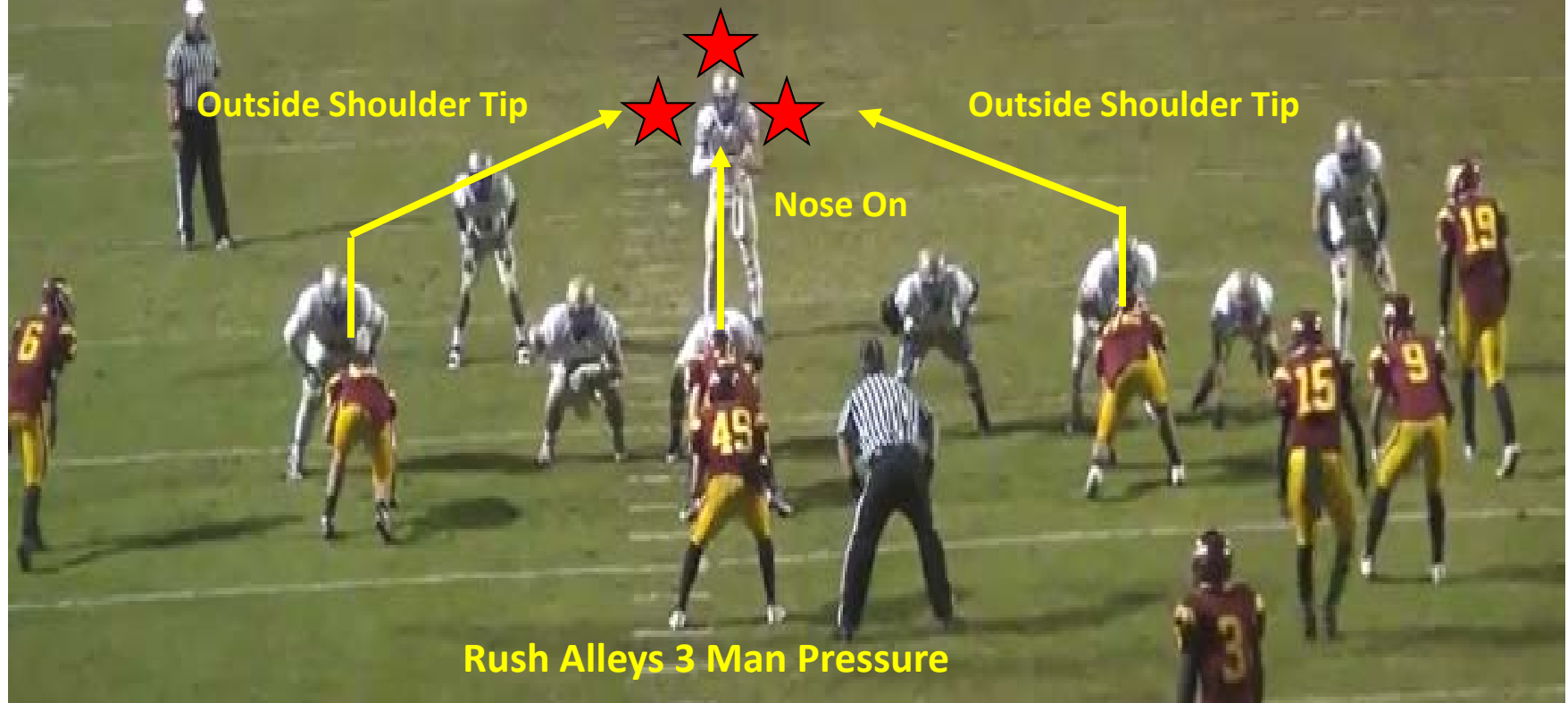


Establishing Your 3 Man Pass Rush

**The outside pass rushers
will use the outside shoulder
Tip of the QB as their pass
rush alley**



With a 3 man pass rush the "0" technique will use the nose of the QB for his rush alley

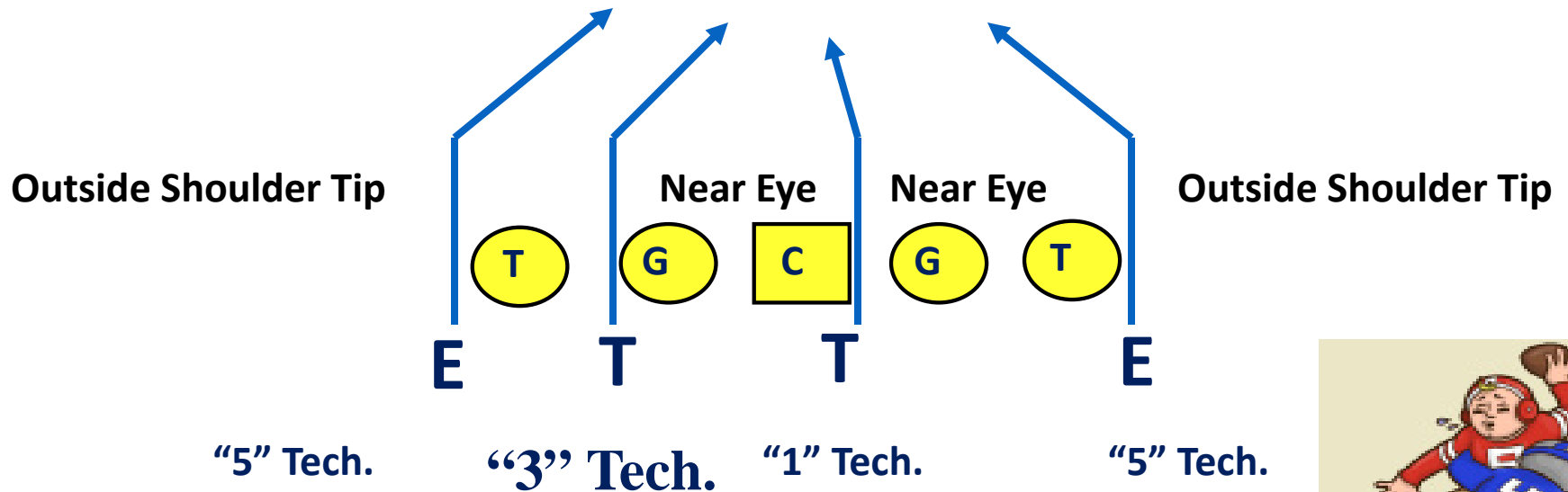


Establishing a 4 Man Pass Rush

The outside pass rushers will use the outside shoulder Tip as their pass rush alley



With a 4 man pass rush the “3” technique will use Near eye of the QB for his rush Alley as well as the 1 technique.

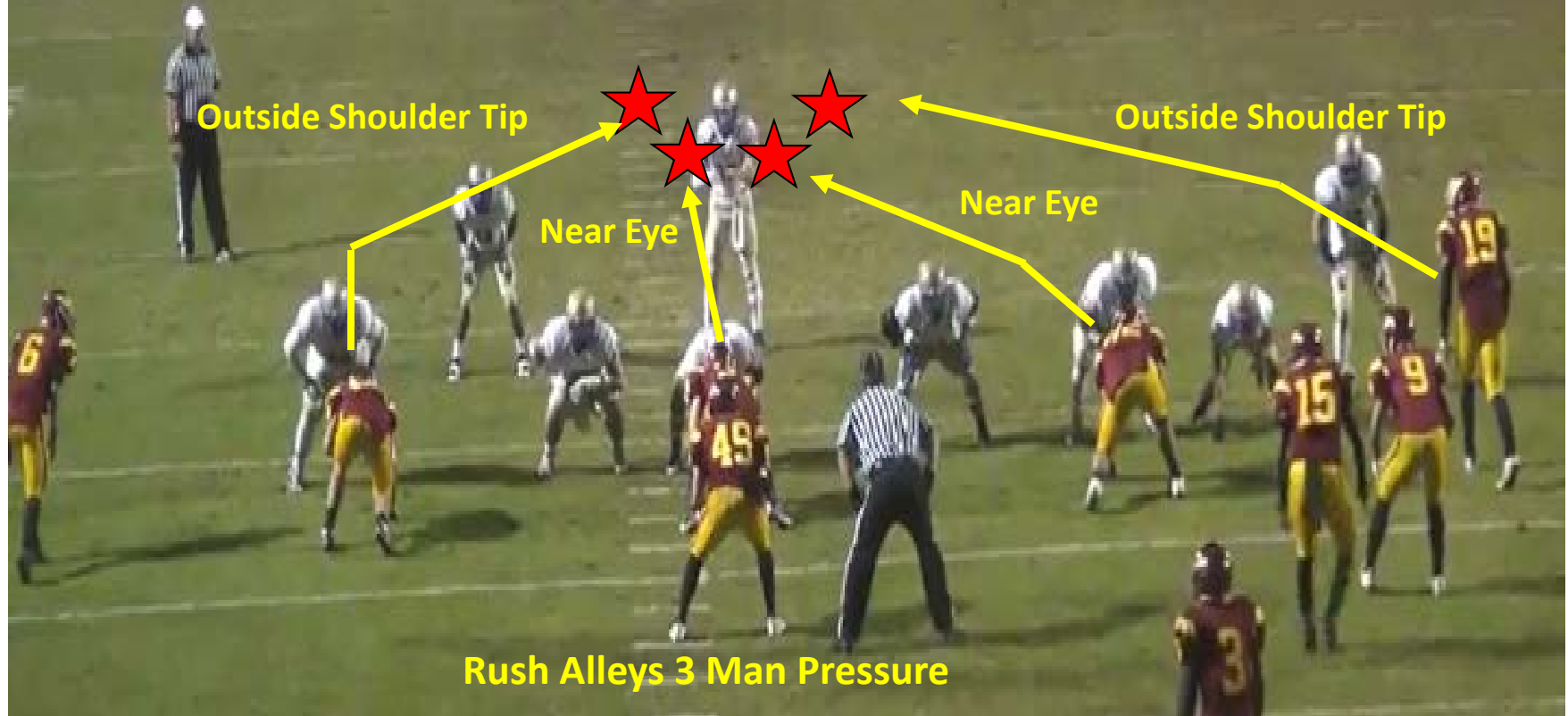


Establishing 4 Man Pass Rush Alleys

The outside pass rushers will use the outside shoulder Tip of the QB as their pass rush alley



With a 4 man pass rush the "0" technique will use Near ear of the QB for his rush Alley as well as the 5 technique.



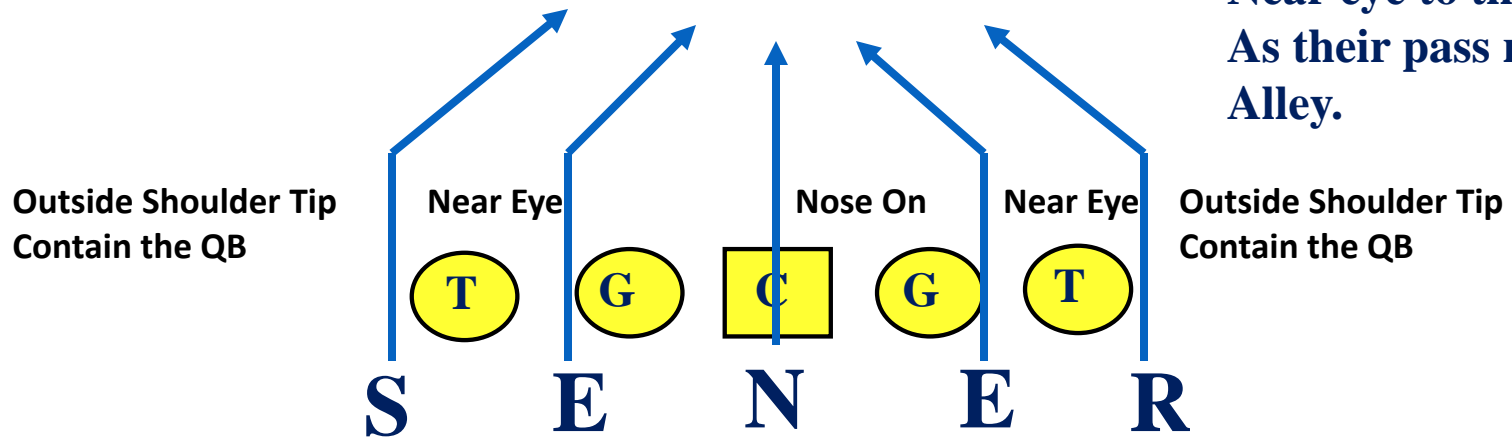
Establishing a 5 Man Pass Rush

The outside pass rushers will use the outside shoulder Tip as their pass rush alley



With a 5 man pass rush the “0” technique will use the nose of the QB for his rush alley

The 3 techniques in This illustration have Near eye to their side As their pass rush Alley.



“5” Tech.

“3” Tech.

“0” Tech.

“3” Tech.

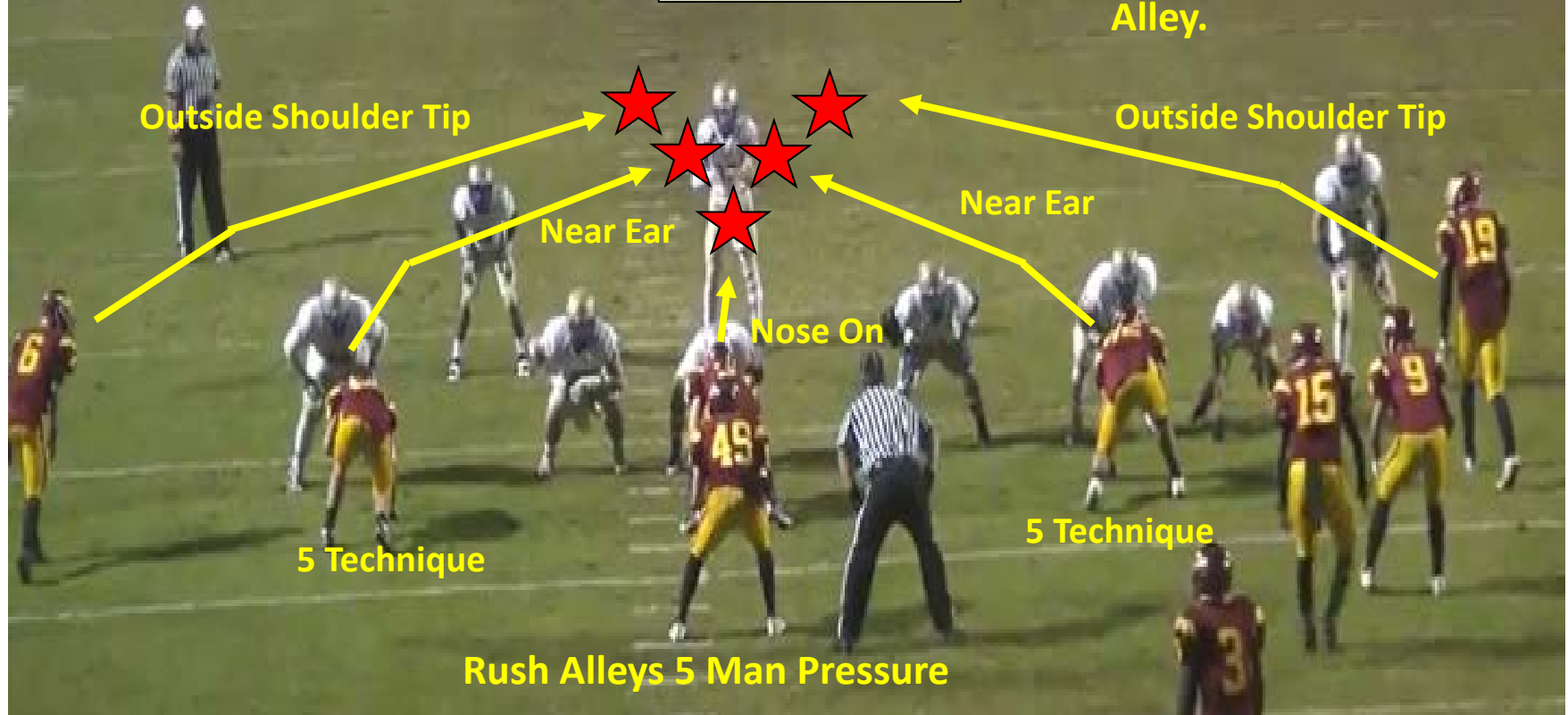
“5” Tech.

Establishing 5 Man Pass Rush Alleys

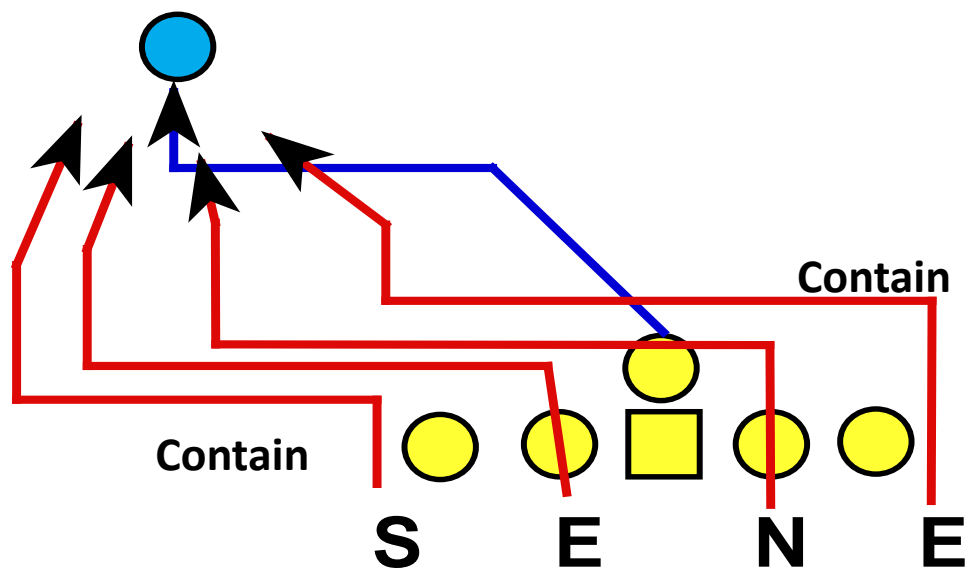
The outside pass rushers will use the outside shoulder Tip of the QB as their pass rush alley



The 4 techniques in This illustration have Near Ear to their side As their pass rush Alley.



Maintaining Proper Pass Rush Alley's For QB That has Been Flushed From The Pocket



Pass rush vs sprintout

Whenever having to adjust your pass rush alley due to a QB on sprintout or being flushed out of the pocket will break down and run to the side line until the QB pulls up, this should put them in the proper rush alley.

**Vs. sprint out(DASH),
backside DE must respond to throwback
screen. Add frontside LB
Boomer.**

