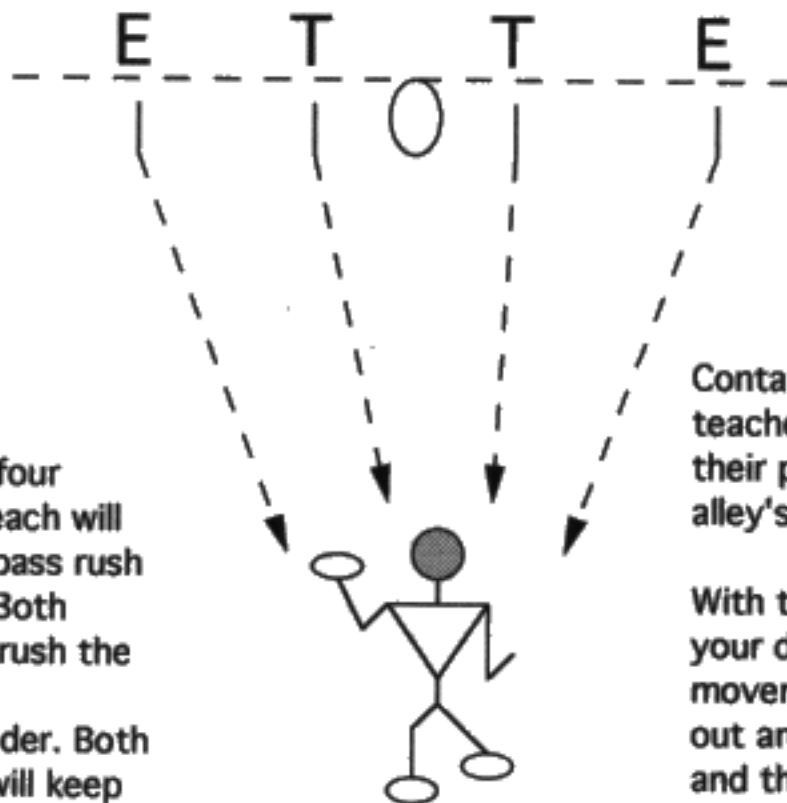


## Four Man Rush



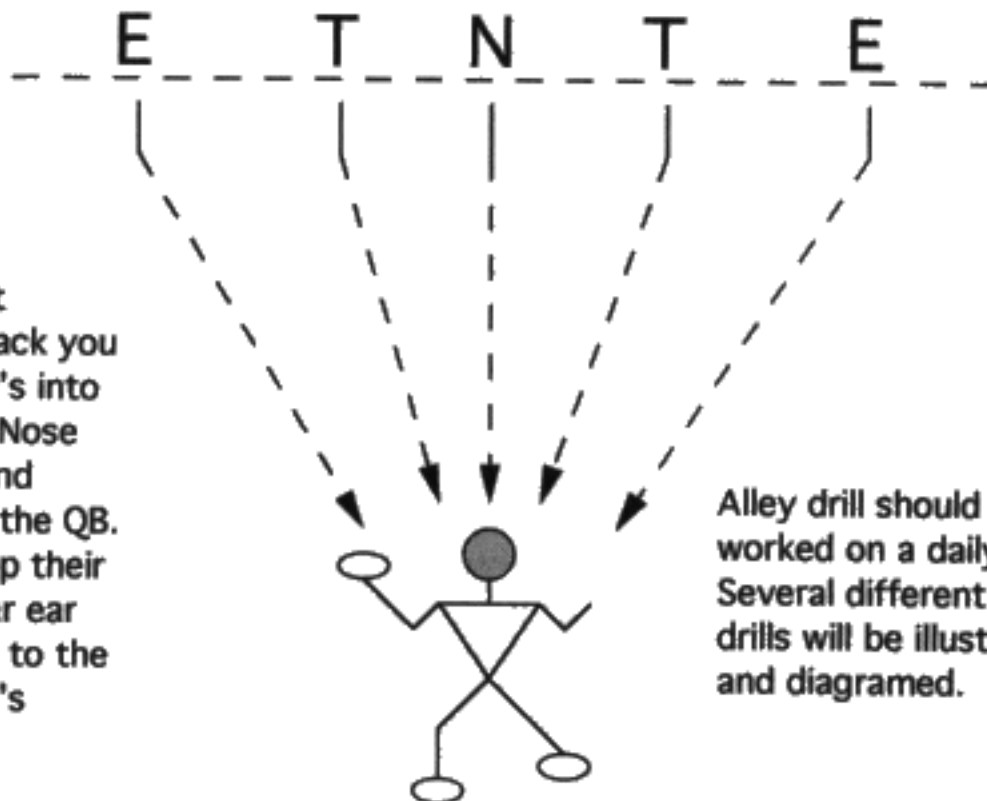
### COACH

When rushing with four defensive linemen each will have a designated pass rush landmark or alley. Both defensive ends will rush the outside tip of the quarterback's shoulder. Both defensive tackle's will keep their landmark or alley on the near ear.

Contain and alley drill teaches the defensive line their proper pass rush alley's.

With this drill you can start your defensive line on movement of the ball to fire out and hit their stomachs and then come up and react to the movement of the quarterback.

## Five Man Rush



With a five man front rushing the quarterback you now divide your alley's into five landmarks. The Nose guard will keep his landmark on the nose of the QB. Both tackle's will keep their landmarks to the near ear and defensives end's to the outside tip of the QB's shoulder pads.

Alley drill should be worked on a daily bases. Several different alley drills will be illustrated and diagramed.