
101 Defensive Line Drills

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The drills in 101 Winning Defensive Line Drills are designed to develop the fundamentals and techniques needed for a successful defensive line. This comprehensive drill book is applicable to any defensive plan at any level of play.

101 Defensive Line Drills DVD by Mark Snyder, one of many ...

How to Perform a Double Team Drill . A defensive lineman lines straight up on an offensive player. Second offensive player lines up next to the first offensive player. On command, a double team block, a head-on block or a down block will be

performed. The defender must recognize which of the three blocks is being attempted.

Drills for Defensive Line Practices

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Coach 001 **Defensive**

**Line Drills ::
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This defensive back
drill works like
this: a QB sets up
fifteen yards in
front of the

defensive back with
receivers on each
hash. The QB takes
a three-step drop
and turns to one of
the receivers to
make a pass. After
reading this
movement of the QB,
the defensive back
breaks on the ball
and completes the
interception.

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~~MOVES) Ino Vitale D-~~ *drills designed to*
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~~Shed Blocks \u0026~~ *line play. The book*
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~~Line Stances \u0026~~ *agility, tackling, run-*
~~Get-Offs Defensive~~ *play, pass-rush, and*
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The drills in 101
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the fundamentals and
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for a successful
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to any defensive
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play.

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?Consists of 101 proven drills designed to develop the basic skills for defensive line play. The book covers drills on agility, tackling, run-play, pass-rush, and movement.

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must become adept at
shedding blocks,
stopping the run,
attacking the
passer, and tackling
with proper
fundamentals. Below,
you'll find our
favorite defensive
line drills to help
your team shut down
your opponents and
dominate the line of
scrimmage.

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