



DEFENSIVE LINEMEN MASTER GUIDE



THE PERSONALITY OF A GREAT DEFENSIVE LINEMAN

- Poised and physical
- Finish everything you do
- No detail is too small to overlook
- Effort & hustle are everything
- Intelligent
- Great passion for the game
- Accountable, credible
- Relentless for four quarters
- Never-ending hunger for victory



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THE SKILLSET OF A GREAT DEFENSIVE LINEMAN

- Good technique, fundamentally sound
- Understands offensive scheme
- Comprehends all pass and run assignments, and alignments & angles
- Knows the gameplan inside and out
- Leads by example
- Strong, both physically and mentally

- Smart, Tough, Physical



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THE WORK ETHIC OF A GREAT DEFENSIVE LINEMAN

- Works hard in all situations
- Takes advantage of every rep
- Film study is a daily routine
- Embraces all competition
- Understands the difference of hurt vs. injured
- Determined to achieve all personal and team goals
- Constantly striving for perfection



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GOALS AT FOOTBALL UNIVERSITY

- Improve technically, mentally, and physically
- Improve agility and footwork, thus increasing overall football playing ability
- Improve eye-hand coordination
- Learn the concepts of the opponent
- Learn the concept of leverage, to increase and unleash core power



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MOVEMENT PREP / WARM-UP

Long arm skip (forward & backward) – 20 yards

Lateral overhead skip – 2 sets, 20 yards

Carioca – 2 sets, 20 yards

Tapioca – 2 sets, 10 yards

Snapioca – 2 sets, 20 yards

High-knees – 2 sets, 10 yards

Butt kicks – 2 sets, 10 yards

Leg cradle – 2 sets, 10 yards

Forward lunge – 2 sets, 10 yards

Forward lunge (with twist) – 2 sets, 10 yards

Backward lunge (with twist) – 2 sets, 10 yards

Forward lunge (elbow to instep) – 2 sets, 10 yards

Hand walks – 4 sets, 10 yards

Hamstring march – 2 sets, 15 yards

Hamstring skip – 2 sets, 15 yards

Lateral lunge – 2 sets, 10 yards

Drop-step lunge – 2 sets, 10 yards

Linear skip (forward & backward) – 15 yards

Lateral skip – 2 sets, 10 yards



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OFFSEASON WORK / JANUARY - JUNE

Drills designed to strengthen core and lower body

- 4x a Week
 - Lift And Flip -- 20 reps, alternating pass rush moves (rip, swim, bull, club, etc.)
 - One-on-One -- 30 minutes with an offensive lineman that has similar or greater skills
 - Bags -- 5 sets through a row of 5 bags, alternating rush moves
 - M-Drill (cones) -- 5 sets



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PLYOMETRIC ROUTINE / JANUARY - JUNE

Linear – [Monday & Thursday]

- Linear Bound - 3 Sets, 8 Reps
- Box Jump - 5 Sets, 10 Reps
- Vertical Pop - 3 Sets, 8 Reps
- Hurdle Jump - 3 Sets, 8 Reps
- Wall Squat - 3 Sets, 30 Seconds Each Set
- Single Leg Squat - 3 Sets, 8 Reps Each Leg

Multi-Directional – [Tuesday & Friday]

- Lateral Bound - 3 Sets, 8 Reps
- Lateral Box Hops - 5 Sets, 10 Reps
- 180-Degree Box Jumps - 3 Sets, 8 Reps
- Lateral Shuffle: 6 Cones - 4 Sets



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WORDS OF WISDOM

The journey of a thousand miles starts with a single step. Football success is a long road, walked one day at a time.

Bounce up every time you are knocked down. Get up and get some more. It's not where you are, it's where you are going.

Be overprepared for the opportunity you wish to receive -- whatever it may be (starting, playing, etc.) it may come just once in your career. Be ready.

Leave your ego at the door.



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WORDS OF WISDOM

“You want to get a little better? Work a little harder.” – Jerry Rice

“When it comes down to that moment, when it’s me against you, you know in your head whether you worked hard enough. You can try to lie to yourself. You can try to tell yourself that you put in the time. But you know – and so do I.” – J.J. Watt



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