**The Code of the Samurai**

The greatest honor of feudal Japan was that of the Samurai! These highly trained, highly skilled warriors posed exceptional strength in mind, body,

and spirit. Their approach and principles to combat are the stuff of legend

(In the Game of football your Mind, Body, and Spirit is your weapon)

(Don’t Talk About It Be About It)

**No Fear**

Whatever your fear, Face it. Face it head on and defeat it. Respect your opponent, but do not fear him. Always believe you have what it takes to be victorious.

**No Surprises**

Know your opponent better than he know himself. Be aware of every situation and anticipate what will happen next. Expecting what is coming next means No Surprises

**No Hesitation**

React! Don’t wait for the action to come to you. Make the decision to pull the trigger. The Warrior that is prepared for battle does not need to think when the fighting starts, his reflexes become second nature

**No Doubt**

Don’t waste time dwelling over past mistakes. If you make a mistake make it going 100 miles an hour. Trust yourself,your teammates, and your coaches. FIDO…..Forget It and Drive on

**HOW TO BE SUCCESFUL AT ANYTHING**

1. ***PASSION*** – Having a goal and loving the ride; appreciating the good and recognizing adversity only makes your stronger. Passion for the game – in order to be great you have to LOVE it. You have to love being violent, you have to love hitting people, you have to love your craft, and you have to love winning. This is a man’s game, it is a physical game, and it is a game that will prepare you for life. If you don’t LOVE what you do or you’ll never ACHIEVE the goals you wish to ACCOMPLISH.

***What does it look like***: Watching film, watching youtube videos for drill instruction, asking questions of your coach, putting in extra work in your off time (weightroom/agilities/tire flips/drills), taking care of your body, playing the game for fun, studying your opponents, helping your team-mates, getting hit hard and clapping and getting excited about it, communicating, focus in meetings.

1. ***COMMITMENT*** – Be a man of your word. If you say you’re going to do something, do it. No excuses and stick it out. A man is only as good as his word. Being committed to something means that even if something is not going to plan, or going bad, you remain faithful and determined to conquer any obstacle. You will NEVER let anything stand in the way of your commitments. Not a girlfriend, not drugs, not hanging out with friends. You MUST be 100 percent committed in order to be successful. Commitment is showing up everyday despite the circumstance with an intent to make your team better. Commitment is deciding not to drink and smoke because you know it will hinder your goal. Commitment means that you NEVER EVER quit. Quitting is a habit. You quit once it becomes easy to quit at everything. Nothing in life is given, it has to be earned and those who are committed will reap the blessings.

***What does it look like***: 100% attendance, pushing yourself when you are tired, listening to your coaches, focus on your goal, full buy in: physically, athletically, acadameic, and socially. Getting enough sleep, putting the right things in your body, eliminating the things in your life that can potentially stand in the way of your goals.

1. ***DETERMINATION*** – You determine your own success and will not let anything keep you from your goals. You’re achievement is directly tied to your motivation to achieve that goal. If you and you’re family are starving in the street; you would DO ANYTHING necessary to feed them. If someone was drowning you, you would scratch claw and fight with everything to get a breath of air. When you want success at your goal THAT badly, that you would do ANYTHING to achieve that goal, you will achieve it. Want vs. NEED! - Wanting it is not enough. Wanting to get better and be the best at something is the equivalent to a wish. If you want something it means you you’d like to have it, you can live without it. Have the “I MUST” attitude. When our mindset changes from I want to be the best, to I MUST be the best; we will achieve team success. Never allowing an excuse. I either accomplished my goal or I do not; I CANNOT fail.

***What does it look like:*** Making process goals, holding yourself accountable, having a team-mate hold you accountable, never showing weakness, getting up after getting drilled excited for the next play, striking and squeezing a OL bigger and stronger than you, winning your gap by any means necessary, pushing yourself beyond your breaking points, mentally willing yourself to achieve a goal, never allowing an EXCUSE, using any moment of free time to help you achieve your goal

**Why Defensive Line Play is Critical to Our Team Success**

* Defensive line play is most critical to overall team success.
* Past 15 NCAA National Champions all have phenomenal defensive line units
* Why? Re-establishing the line of scrimmage makes an offense one dimensional
* Why? We have the ability to eliminate both the run and the pass
* Why? Ability to create negative yardage plays / takeaways for ourselves and for our team-mates
* Why? We can gain the mental edge of the game by physically dominating at the point of attack

***Player Expectations***

1. Show up 100% of the time with a burning desire to learn the game
2. 100% effort all of the time. **We are all gas no brakes!!**
3. Listen to your coaches and each other. When I give a direction everyone should follow. When your teammates are trying to give you advice you should listen. Accept criticism and get better. Arrogance is self-confidence based off no evidence. We can have disagreements in why and how we do things; but if you’re going to disagree you better do your research, have evidence, and have a solution. Not doing something the way we are teaching it because “I don’t think it will work” or “because I’m not comfortable” is not a solution; its an excuse. Everyone has room to improve. The greatest players are humble and always seek ways to improve.
4. Stay level-headed. If you let someone frustrate you then you are letting them win. You can’t play as well when you’re frustrated because you’re not thinking clearly. If you remain calm throughout you will unnerve the opponent. Nothing is more frustrating than trying to talk trash and the other person saying nothing. Be that other person.
5. Never turn on each other. We are a family. If one person messes up we don’t blame them, we work harder to make up for it. Let the coaches coach; your job is to love and encourage each other.
6. **Expect to be great!!** A man’s expectations often define his reality. Set your sights high and you will succeed.
7. Come prepared. This means physically and mentally. For practice you should be dressed and stretched. For film sessions and meetings you should have done the required preparatory work. For both you should have prepared your mind and spirit to succeed in that day.
8. **Never make excuses!!** The only way to get better is to own your mistakes. Failing is part of succeeding, but you have to own the fact that you failed and work harder to make up for it.

**Defensive Line Traits**

In order to be successful at this position and to help our team win ball games you have to develop all of the following traits. These traits take zero talent in order to accomplish; these are all a mindstate and can be developed!

* ***Toughness***: Physically and mentally. You’re going to get held. You’re going to get double teamed. You are going to be cheap shotted. You’re going to get yelled at for something that “wasn’t my fault.” Get over it. There will be times we are shutting the other team out, but we threw a pick 6 and fumbled the next snap on the ten. Take it as a challenge and an opportunity to prove to yourself that you are TOUGHER than the next guy. When your opponent sees that things cannot get in your head, you will start to see the fear in their eyes.
* ***Determination***: Getting your job done by any means necessary. Determine you will do your job. Determine that you will relentlessly pursue and bring a ball carrier down even if he’s on the other side of the field. Determination means YOU decide to get it done. No EXCUSES! There are times you will be asked to line up in front of someone who is bigger, stronger, or more explosive than you; and be asked even though he may be more gifted; that you have to win your gap, use your hands, and keep him off a LB. In order for us to be successful as a team you HAVE to get that job done. In life you will face challenging obstacles that may seem impossible to win. You have to have DETERMINATION to get through them. Determination is willing yourself to get the JOB done, no matter the circumstances placed in front of you.
* ***Selflessness***: When we win a game or we lose a game; nobody says “Johnny beat Deltona” they say “Pine Ridge beat Deltona.” In order to WIN games it takes SACRIFICING your EGO! This means you may be asked to play a position you do not prefer. You may be asked to execute a role you don’t like executing. If we are asking you execute a role we are doing so because we feel that you are the BEST at that role and that role is CRITICAL to us getting a TEAM WIN! It might require using my hands, squeezing a blocker, and tackling a dive player when you think you can make a big play. Take pride in and do your job and only your job. All it takes is one selfish player not doing his job on one play to get 6 points scored on us.

***Defensiveline Mentality***

What our mindset needs to be and how we need to play on every single play. If we play this way while executing our job we will be vastly successful as a defense. Our mindset in any should be Explosive, Violent, and Relentless.

***EXPLOSIVE – VIOLENT – RELENTLESS (E.V.R.)***

* **Explosive –** Off the snap, into the blocker, off the blocker, to the ball, and into the ball carrier
* **Violent** – Violent strike with hands, violently grab cloth, violently throw the blocker away from me, violently bring the ball carrier down, violently strip the ball away.
* **Relentless** - Relentlessly pursue the ball carrier. Every play is yours to make. The average football play is 6 seconds long, as a football player you are athletic enough to give 100 percent effort for 6 seconds at a time. Make a play!

**Essential Skills**

* Pre-Snap (Situation / Scouting / Tendencies / Tells)
* Great Stance
* Knowing AKA for every play (Alignment/Key/Assignment)
* Explosive Start
* Violent Blow Delivery
* Gap Control and Lateral Movement
* Violent Escape
* Relentless Pursuit
* Tackling
* Pass Rush Ability

***Pre-Snap***

What do I need to be thinking about Pre-Snap to give me an indication what might be coming at me? For defensive lineman. Typically we do not want you to think; we want you to react however there are some things that can help me predict what is coming.

1. Scouting Report – every week you will get a scouting report. Majority of run / pass techniques will be called from sideline; however understand
   1. Down and Distance: Run/Pass % on 1st down; 2nd and Long; 3rd and Long
   2. Formation: ex Run/Pass % with 2 backs and TE
   3. Personnel: When #26 is in the game they like to run what play
   4. Game situation: Down 5 with a minute left in game (likely pass)
   5. Specials: When do they run screens and draws?
2. Eyes of my blocker – Where are his eyes. Does his eyes give away where he is going.
3. Down hand – Is he heavy on his hand? Indicator of forward movement. Is he light on his hand indicator of pass protection or pulling
4. Stance / Hat – Butt up head down? Run. But low helmet up. Pull or pass. Is he leaning a direction?

How will we practice this skill?

* 1. Team Meetings
  2. Inside Run
  3. Team (Situation)

***Stance***

Great defensive line play starts with a great stance. A great stance prepares to be able to execute your technique. A poor stance will PREVENT you from being able to execute a technique. We must be balanced, weight evenly distributed, hips loaded, flat back, butt over shoulders, eyes up, with hand ready to strike. It takes ZERO TALENT and ZERO ABILITY to have a great stance.

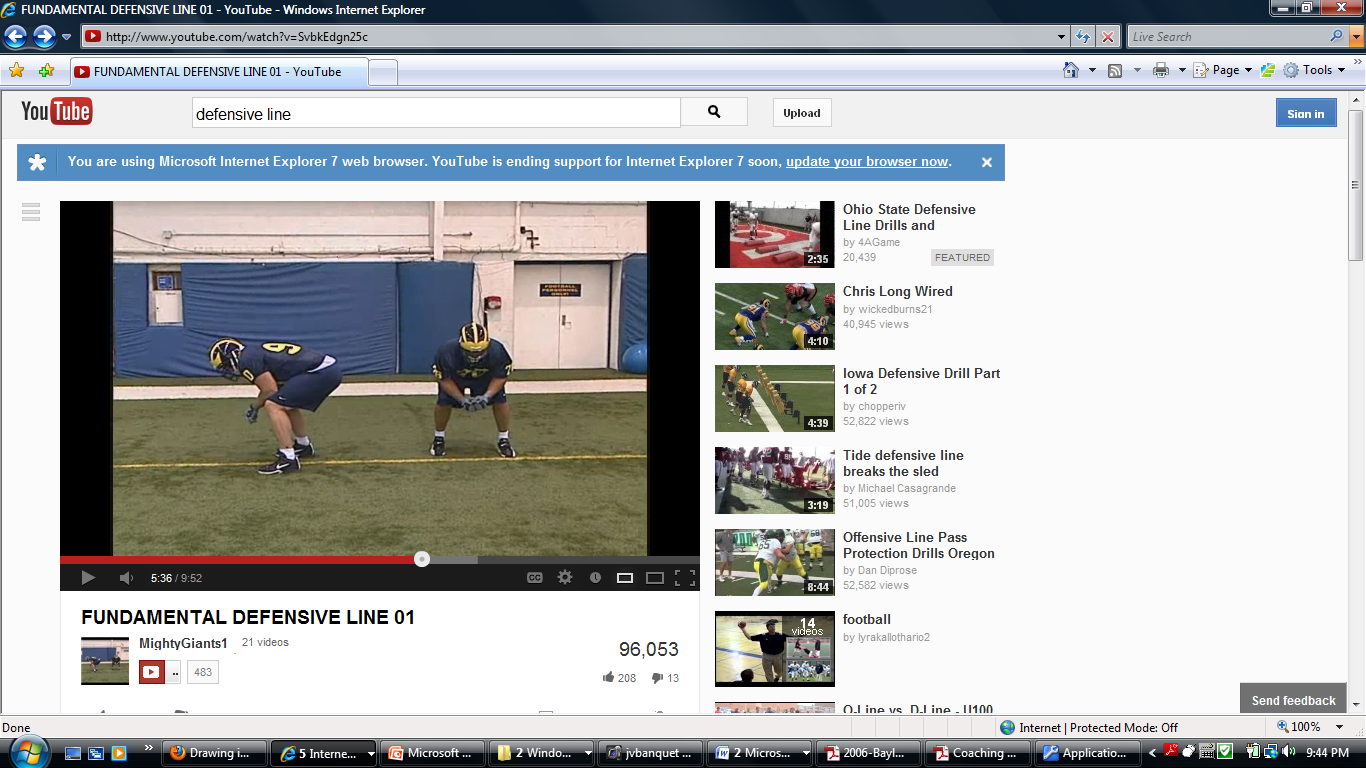
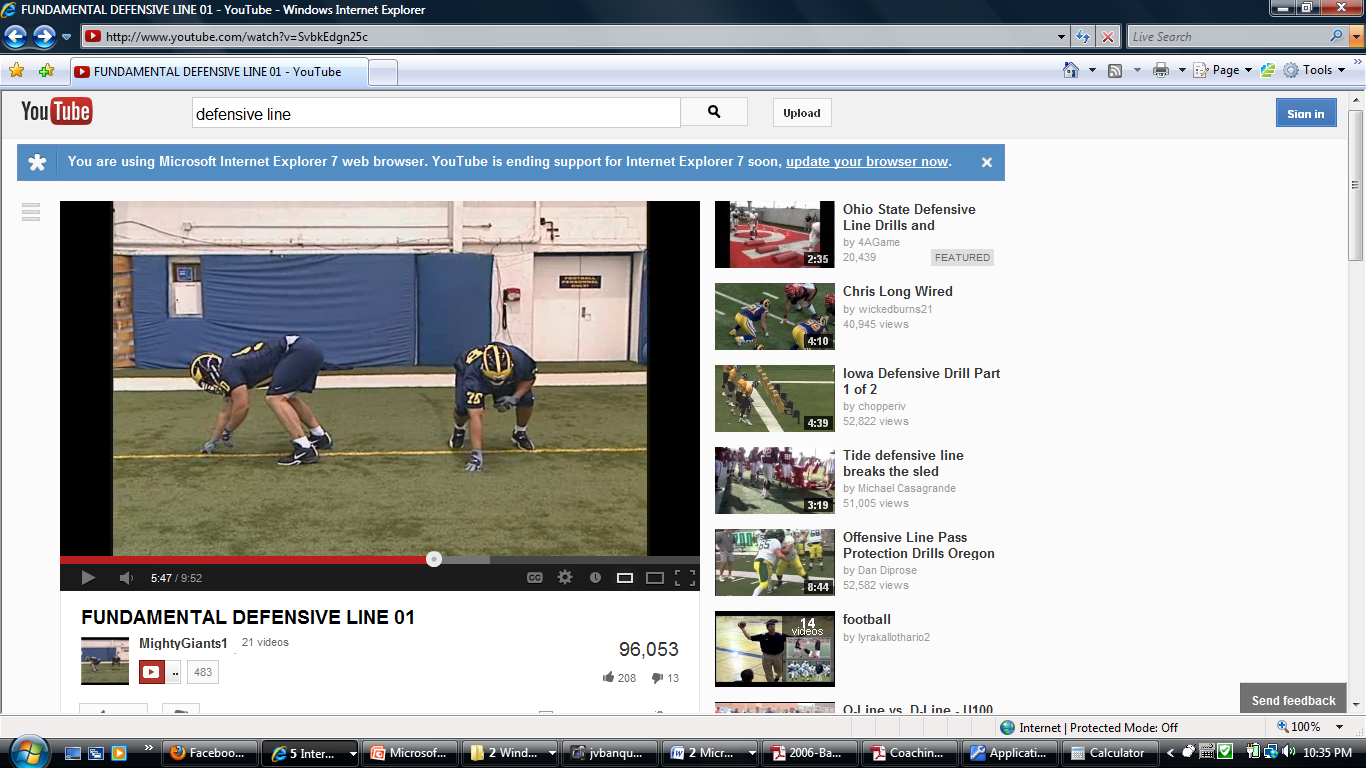
WE MUST BE ABLE TO GET INTO A RIGHT or LEFT HANDED STANCE! Our inside hand is always down, our inside foot is always back! This is to ensure we always step into a power position on a blocker.

Our inside hand is ALWAYS! In front of our helmet, this is to ensure we never line up offsides.

WE MUST BE BALANCED! Our job is based on being able to move laterally just as much as vertically, if I have too much weight forward I will fall forward.

MY EYES must be up! I do not have to bow my head, but I should look up through my eyebrows to see my key.

WE NEVER kick our feet back after getting down in our stance. This eliminates our power and causes us to fall forward on our face.

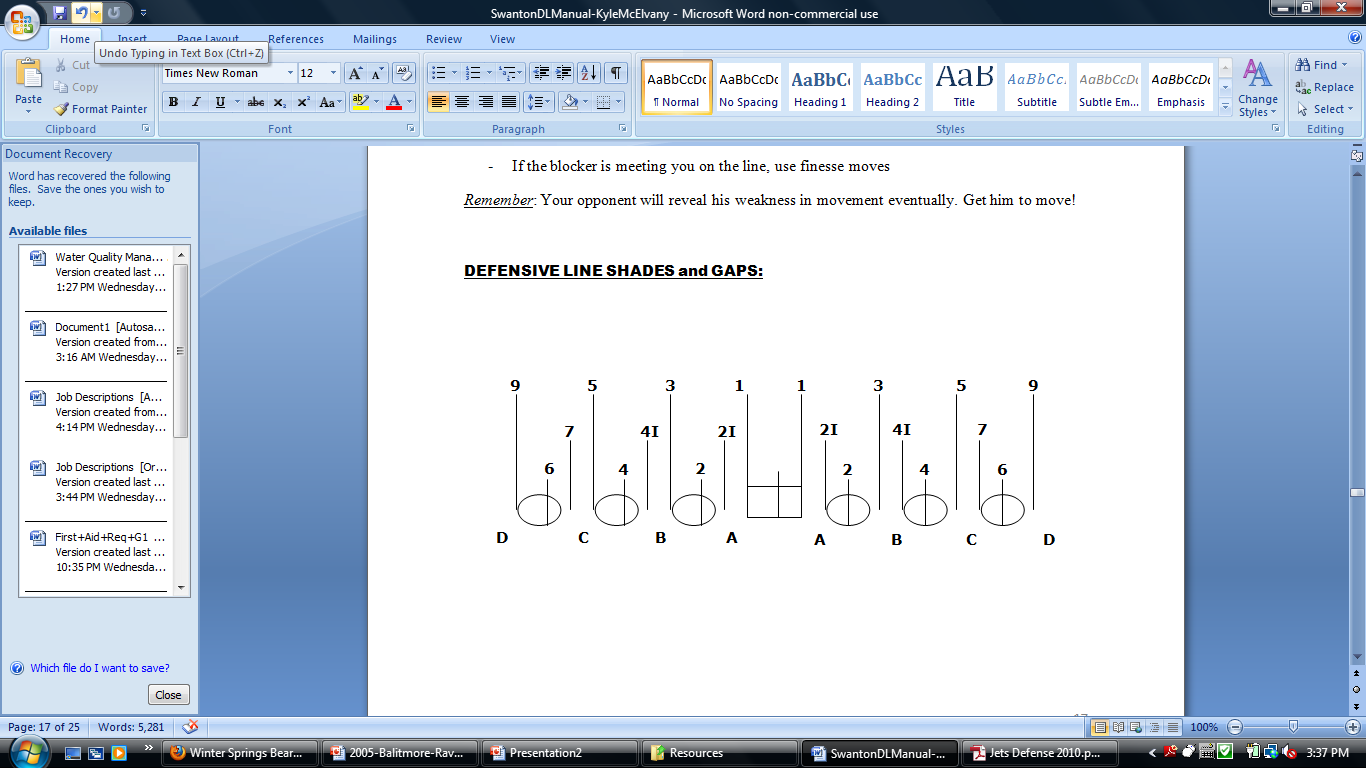
***Stance Progression***

* Feet Underneath Armpits
* Toe to Instep Stagger (Inside Foot Back)
* Screw Upfoot Cleat Into Ground
* Forearms to Thigh boards (Flat back / hips back)
* Stretch Inside Hand (inside hand down, placed with our helmet behind hand)
* Tripod Fingertips
* Coiled Spring (Push my hips back / load up)
* Butt slightly over shoulders
* Eyes Up
* Even Weight Distribution
* Off Hand Up Ready to Strike

**How will we practice this skill?**

* First several days of practice in individual.
* On your own in a mirror. Practice your stance often; step w/ hips and move.

**Alignments and Gaps**

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***Alignment*** means where I line up. Vertically and horizontally.

*Vertical alignment* is almost always “credit-card” alignment. Meaning my down hand should be close enough to slide a credit card between myself and the invisible line of scrimmage dictated by front tip of the football.

*Horizontal alignment* is based off a number system. We use odd numbers for outside. Even for head up alignments. And “I” for inside alignments.

Odd #’s = Outside shade alignments: ex: 3 tech (my inside eye should be on guards outside eye)

Even #’s = Head up alignments: ex: 2 tech (both my eyes should be even with the guards eyes)

Even # “i” = Inside shade alignment. Ex: 2i (I’m shaded inside the guard, my outside eye is aligned with his inside eye)

***Gap*** referes to the space or air between the blockers. We are a gap sound defense which means everyone is assigned a gap. My gap WILL move on the snap of the football. I MUST win my Gap!

***Shade*** – Means one “eyeball” to one “eyeball” alignment. Ex: Outside shade = My inside eye, should be directly across from my blockers outside eye.

***Head Up*** – Both my eyes should be aligned with both my blockers eyes.

***Modifiers*** – Can be added at a call or on sideline to tell us how to play our technique that is called.

Tough = Head Up technique – keying man on – step with hips - hat/hands wherever my key goes

Read Blitz = Head up technique; half yard off the L.O.S.; outside foot back; reading the blocker. If he is inside I step outside and squeeze. If he comes at me or out I go inside.

***Keys***

Key means where are my eyes; what is telling me a) when to go and b) where to go.

Defensiveline wise we ALWAYS have TWO keys.

Trigger Key – Means what tells me WHEN to go. The front tip of the ball is ALWAYS our trigger key. We must use our prephrieal vison to “see” the trigger key.

Visual key – Means what tells me WHERE to go. Where are my eyes? My vision should ALWAYS be on the HIP of the offensive lineman in which I am moving to.

***Explosive Start – GET OFF!***

My hands and hips are tied to the tip of the football. I use my prephrial vision to “see” the football; my eyes stay on the lineman I am moving to. When the tip of the ball moves it pulls my hands and hips off the football and directly into where my key goes. This is called “GET OFF”

If we get moving off the ball before the offensive blocker does we will stone them at the line of scrimmage or blow by them vs pass to get a sack

How Will We Practice This Skill?

* Get Off Drill
* Towell Drill
* Line Drill

***Violent Blow Delivery***

In order to win in the run game we must DESTROY blockers as they come at us. Quite often not only will we be giving up significant size vs offensivelineman, but they also know the snap count and can get a jump. This is why it is critizal that we are able to tie our hands, hat, and hips together in order to create a blow that shocks a blocker back to the LOS.

* Hat, hands, and hips are tied together. I leave my feet in the ground and STEP WITH MY HIPs in the direction my key goes.
* Quick hands, I have to get my hands on 1st; 1st to get hands on typically wins.
* My hands lead my hat to my AIMING points (Outside arm to bicep/shoulder, inside hand to sternum, eyes peak around the elbow). Man who gets hands on 1st typically is the man that wins.
* We want to acheieve HIP EXTENSION with a flat back (think Jammer). My hips are stronger than my hands
* I must keep the blocker away from my chest. We have to keep our arms extended, we can achieve arm estention by keeping my elbows tight together and my thumbs up!
* Control out pad level by keeping my eyes below my hands, we must bend with a Z in the knee. Keeping my butt back, chest down, eyes up and run my feet.

How will we practice this skill?

* Quick Hands – Aiming Points
* 6 Point Hip Explosion
* 3 Point Hip Explosion
* Shoot Drill

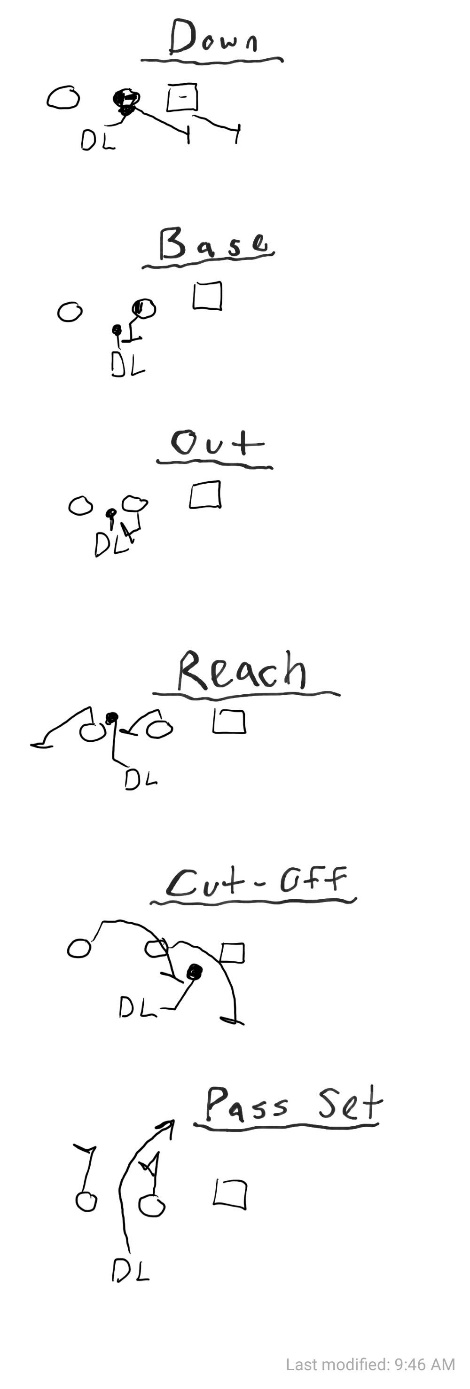
***Gap Control and Laterall Movement***

In order to shut down the run we have to control our gaps and be able to move laterally down the line of scrimmage in order make plays. In order to do this we must DESTROY the block coming at us, react to our adjacent lineman, and move quickly laterally while staying square.

Types of Blocks a DL will see – at the end of the day there are only 2 things an offensive blocker can do. He can COME at YOU; or he can GO AWAY; either way we want to create a violent collision with our hands, body square to the blocker, while keeping our outside arm and leg free. Once we understand how to play single blocks, we can begin to recognize and play combination blocks.

***Defining Single blocks***

Down Block – Blocker goes away from me inside.

Base Block – Blocker comes directly at me; trying to move me back.

Out Block – Block comes directly at me; trying to move me out.

Reach Block – Blocker comes at me; trying to get his hat and hands past my outside shoulder.

Cut Block – Blocker comes directly at me, low attempting to get his head and hips across and through my thigh boards and far knee.

Pass Set – High Hat, blocker works for depth; does not attack me.

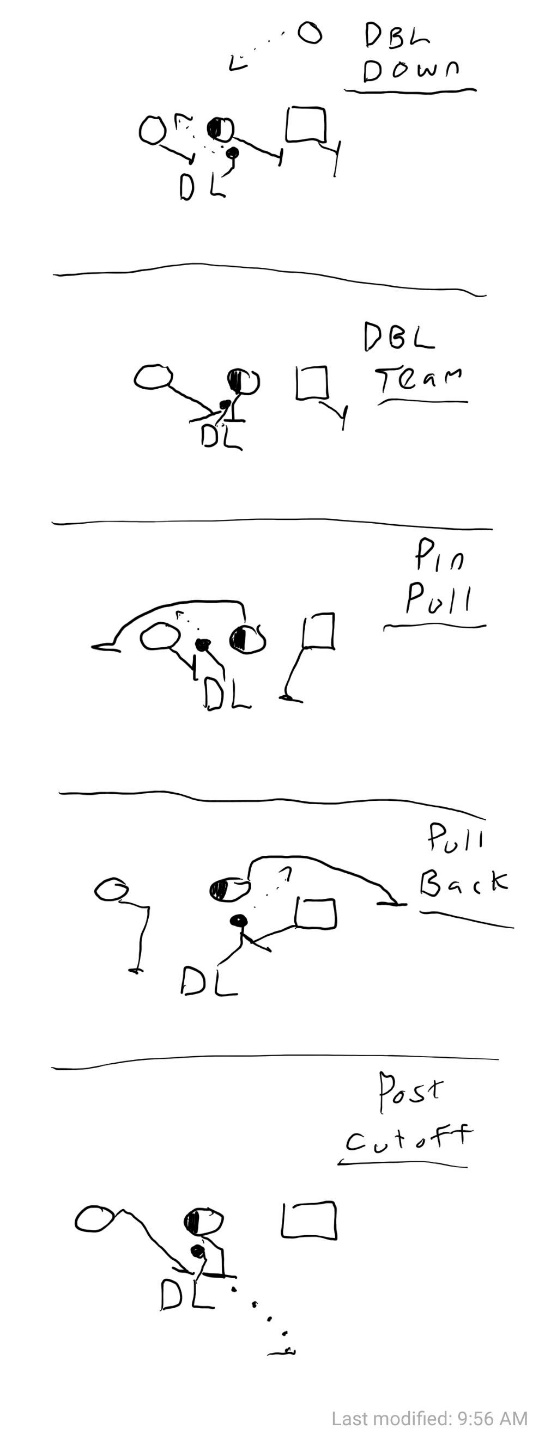
***How to play each SINGLE block***

Down block – Blocker goes inside. Step with hips in the direction he moves (inside), stay square, get inside hand to grab cloth to the sternum or near number; outside hand to shoulder or hip. Move feet laterally and keep your near pec on his peck.

Base block – Blocker comes directly at me. Step with hips in direction he moves (upfield) and shoot hands, grab cloth to the sternum and bicep/shoulder pad. Keep eyes blow hands. Work for extension, fast fire feet, keep outside arm leg free. Peek around the elbow. DO NOT get moved backwards!

Out block – Blocker comes at me, puts his facemask in my inside arm bit and turns his hips out to try to move me outside. Step with hips in the direction he move (outside), shoot hands, grab cloth, and constrict the gap. Fight pressure with pressure; keep outside arm and leg free. Try to squeeze his butt back into the hole. DO NOT cross face or shrug past the blocker; unless the back has cleared the blockers front side hip.

Reach block – Blocker comes at me; typically using a drop step to turn his hips and run; trying to get his inside hand and hat across my outside shoulder. Step with my hips in the direction he moves (outside), shoot hands, and grab cloth; fight to keep my hat in the crack, and outside arm and leg free. Push with my outside hand, pull with inside hand to turn the blockers shoulders and dip-rip with my inside hand to beat the blocker with speed. Or move feet laterally and shrug the blocker away from me. Other options including, dropping hands to run. If I do get reached; reverse push pull and run to the sideline trying to win the gap from behind.

Cut Block – Blocker comes at me; typically one foot it the ground, hat drops right away and lunge at your far knee. Step with hip and have hands ready to punch for top of the shoulder pads or the crown of the helmet. Keep your hips back and do not rush up field. Keep him in the dirt and laterally step over to win gap.

***Combination Blocks***

Double Down – Blocker goes inside. Step with hips in the direction he moves (inside), stay square, get inside hand to grab cloth to the sternum or near number; outside hand to shoulder or hip. Move feet laterally and keep your near pec on his pec. Feel pressure collapse your outside arm. Fight back pressure with pressure slip and backdoor or cross face late.

Double Team – Blocker comes directly at me; trying to move me back AND a blocker from my outside collapses my outside arm and I feel pressure outside. Step with hip directly into key, shoot hand grab cloth feel pressure. Dip outside shoulder and step with my outside foot throwing hip into the outside player preventing him from climbing to next level. Must stay low and dip outside leg, shoulder, and hip to prevent being washed. Don’t allow the post man to come off onto the 2nd level.

Pin / Pull – Blocker pulls outside and outside player downblockers. Throw hips towards key (outside), as you feel pressure collapse your outside arm, post with your outside arm; stay square and dip your outside shoulder. Constrict the gap; if his facemask is on your ourside shoulder push pull to backdoor. If his hat is across towards chin to far shoulder look to cross face over the top.

Pull / Back – Blocker pulls inside and inside player outblocks. Throw hips towards key (inside), as you feel pressure collapse your inside arm, post with your inside arm; stay square dip your inside shoulder. Constrict the gap; if his facemask is on your inside shoulder push-pull to backdoor. If his hat is across towards chin to far shoulder look to cross face over the top.

Post / Cutoff – Blocker attacks inside shoulder pad, trying to turn you out allowing for the outside blocker to scoop and reach your inside shoulder; attemption to get his helmet across your inside pec. Throw hips toward key (upfield) and grab cloth; feel pressure collapse your outside arm. As your post player tries to move off to the next level, pull him close to you, dip your outside shoulder pad and rip your outside arm across the scoop players face. Maintain your hat in the crack and laterally move your feet to keep your hips clear.

***Violent Escape***

In order to make a play we have to be able to get off a blocker. In order to do this we must achieve extension, we must clear or hip, and we must violently separate. Proper blow delivery, leverage, and lateral movement is 80% of block escapes; the other 20% we must work on. Remember the key points of

***LOCK > PEAK > SHED –*** Achieve full lock out (butt/press), peak your hat / hip into gap, and violently pull the blocker away from where you are trying to go.

* Grab cloth; we want to violently grab cloth so we can control the blockers body.
* Work to achieve full seperation off the snap of the ball, if the OL’s hands and hat cannot get to my chest / his aiming point he cannot hope to block me.
* If he does get his hands tight and his helmet into me we have to work on regaining seperation. In order to do this we must butt and press; dropping our outside foot at a 45 degree angle while locking out our arms. Then I violently pull him back and away from my gap, ready with an arm under rip or an arm over swim with my inside hand to clear the blocker. Use the blockers momentum to slingshot myself in the direction of my gap

***Cross Face / Fold Under***

We typically do not cross face unless absolutely necessary. When we cross face of the blocker we want to ensure that the blocker has fully cleared our gap of responsibility.

Fully cleared means the runners hips have cleared the hips of the blocker; at which point I butt press, gain seperation; shrug away from where I am trying to go and violently use a chop or a rip to clear the blocker.

DL Key Terms

* **AKA** – What you must know before any play starts. Alignment, Key, Assignment.
* **Alignment** – Where and how do I line up? (Ex: 9 technique (inside eye on outside eye of TE)
* **Key** – Where are my eyes, what am I looking at, what is telling me to move?
* **Assignment** – What is my job on the specific play ex: Win “B”-Gap
* **Gap** – The space of area between offensive blockers. Labeled from inside out A, B, C, D.
* **Block Destruction** – Rolling my hips out of my stance, getting my hat/hands on blocker rocking him back in the direction in which he moves; keeping him on the line of scrimmage.
* **Hat and Hands** – Exploding out of stance with arms extended in front of helmet into a blocker
* **Step With Hips** – Throwing my but in the direction that my key (blocker) goes. Keeping the core of my body in front of him, while keeping my gapside arm and leg free; my hat in the crack.
* **Hat in a Crack** – As blockers move, my gap will move; I must keep my outside arm, leg, and helmet in the “crack” or daylight at all times. I CANNOT lose my gap.
* **Staying square** – Body is parallel to the line of scrimmage; I do not turn my shoulders.
* **Squeeze** – Staying square, working my feet laterally and using my body to run with a blocker; leaving no daylight .
* **Constrict** – Means I do not give up ground horizontally or vertically. (ex: vs Outblock I constrict the gap; meaning I push his butt back into the gap and I do not run upfield
* **Push-Pull** –Technique used to play a reach or cut off block. I push the blockers outside shoulder upfield, and pull his far shoulder towards me to turn his shoulder/hips so I can dip and rip to get through clean to the outside.
* **Spill** – Technique used when we purposely use the “wrong arm” (outside arm) to rip through the inside shoulder of blocker causing the ball to bounce outside.
* **Plug/Force** – Using the correct arm (inside arm) to punch through the midline of a kickout blocker stopping his momentum. Keeping outside arm and leg free to FORCE the ball to go inside. Nothing gets outside of me!

**THOUGHTS > WORDS > ACTIONS > HABITS > LEGACY**

Top psychologists have learned that quite literally you can achieve anything that you put your mind to. In order to develop a winning mindstate you must first learn to control your thoughts and your words. If you have a goal and that goal is important to you write it down somewhere where you can see it often. Whenever you have a thought of self doubt or think you cannot achieve what you are being asked to do; stop yourself in your mind and change the thought from “I can’t” to “I will”. Then say it. When your words go from, I need to do this; to I must do this. More than likely you will do it. These repeated actions; if repeated everyday for 30-45 days will become a habit. You’re habits over time end up being your legacy. If your habits are building towards you’re success you WILL achieve greatness!

**Setting and Achieving Goals**

You cannot get to where you want to go, if you have no idea where you are trying to go, or how to get there. Goals are like roadmaps to the destination of success. If you want to achieve success you have to have a goal, a plan to achieve that goal, and something to hold yourself accountable to that goal. Our job as coaches is to help you identify your goals and to motivate you to get where you are trying to go.

**Process vs. Outcome Goals**

You want to ensure that your goals are more focused on the PROCESS than on OUTCOMES; because process goals have less hindering factors; than outcome goals; and process goals help achieve desired outcomes.

*Outcome goal example*: “Win a district championship” – this is a great goal to have. However as an individual it is going to be very difficult for you to guarantee your success in achieving this team goal due to a number of mitigating factors. Team-mates, offense, opponents, officials etc can all stand in the way of this goal. It also tells me nothing in order to achieve this goal. Having a desired outcome is goal; but if this is my goal; what are the THINGS I can accomplish that will help our team achieve this goal.

Outcome goals are good; but break them down further. What can I do to help win a district title for our team. Well where do I have to get better. I have to be a great tackler, I have to get in better shape, I have to learn more about the game, I have to learn to be a better pass rusher. Once we know what we must accomplish we write a plan to address each need using the S.M.A.R.T. format. If I wish to get better tackling

*Process goal example*: “Improve my tackling by spending 10 minutes a day post practice working sink-strike-suffocate with my coach”

Remember when setting goals to ensure that they are in the S.M.A.R.T. format.

***Specific*** – Meaning it is a very specific goal. What do I need to do to be a better player? Ex: Improve tackling; improve my speed; improve my knowledge of the game.

***Measurable*** – Meaning it can be measured. Example I either did or did not achieve the goal. Or ex: Get faster is not measurable. Improving my 40 time to a 4.6 is measurable.

***Accountable*** – How am I going to be held accountable to my goal? Who is going to check in on me to ensure that I am achieving my goal?

***Realistic*** – Is my goal realistic. Ex: Improve my bench press by 200 lbs by next week; is a unrealistic goal.

***Timely*** – There has to be a time component so you can measure the goal. Ex: Improve my bench press by 15 lbs in a month by doing extra auxiliary work at the gym 3 times a week.

<https://www.youtube.com/watch?v=cjk-rEb2tjY&t=34s> – LSU DL Start / Redirect / 6 pt / Lateral Steer / Cross Face etc

<https://www.youtube.com/watch?v=LVhiYkOBNf4> – Aiming Points / Hands / Hips

<https://www.youtube.com/watch?v=kJXm590_8Gw> – Wash St. Lock / Peak / Shed

<https://www.youtube.com/watch?v=sgMJHP-vNBg> – Random…Key Drills 4:05

<https://www.youtube.com/watch?v=apEfwo5g59M&t=265s> Georgia DL Tape stance start etc

<https://www.youtube.com/watch?v=AZAvRhNYLs8&list=PLDjME13KxK4pI4aKA8iRbYUHJ0MdUMg6t&index=21> – Mich State footwork around barrels for pass rush