

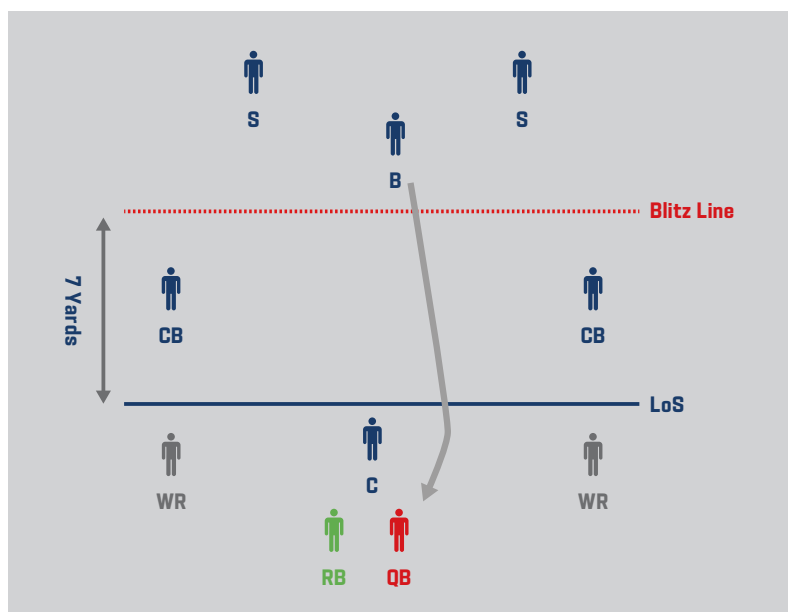
## WARM UP

### ORGANISATION

The blitz, in which a defending player attempts to remove a flag from the quarterback prior to the release of the football, is a high risk, high reward defensive tactic.

Defences using the blitz can put pressure on the quarterback and potentially push an offense backwards, but it also leaves a gap in coverage and more space for the offense to move into should the blitzer not arrive in time.

A blitzing player must be at least 7 yards from the line of scrimmage; this will be marked clearly by a side judge. If the blitzer successfully pulls the quarterback's flag before the ball is passed or handed off, the down ends and the ball is placed at the point at which the flag was pulled. When attending a competition, check in advance whether blitzing is within the rules, as some events prohibit this tactic, especially in younger age groups.



## WARM UP



### ORGANISATION

#### Blitz Flag Attack

- Split the group in half and designate one team as blitzers and the others as QBs.
- Blitzers job is to take the flags of the QBs while they try to evade the Blitzers. If a QB loses both flags they are out and must step to the side of the playing area.
- Continue until all flags have been pulled or for a set amount of time.

#### Progression

Give half of the QBs a ball. The Blitzers can only pull the flag of a QB with a ball in their hands. QBs can avoid being sacked by throwing the ball to a teammate. If they catch the ball they get themselves a point. Blitzers will gain a point for pulling the flag of a QB with the ball. They must keep hold of the flag.

At the end the team with the most points (QBs catches made vs Blitzers flags pulled) are the winners.



### NFL SCOUTING REPORTS

Look online for examples of play action passes. Report back next week.

ONLINE:

WATCH: ORGANISATION



## WARM UP

### ORGANISATION

#### Blitz and Redirect

- The purpose of the drill is for players to increase confidence and competence in blitzing and flag pulling.
- Divide players into equal pairs. Players create a square of 7 x 7 yards.
- The blitzer (defender) will start at the top of the square, directly opposite the offensive player and will raise their arm above their head to designate them the blitzer.
- On the signal, the coach will call either 'left' or 'right' to designate the direction the offensive player will slowly shuffle towards the cone of the direction called. The blitzer must adjust their angle to pull the flag of the offensive player.
- After a few attempts players switch positions.



## TEACHING POINTS

#### Flag Pulling

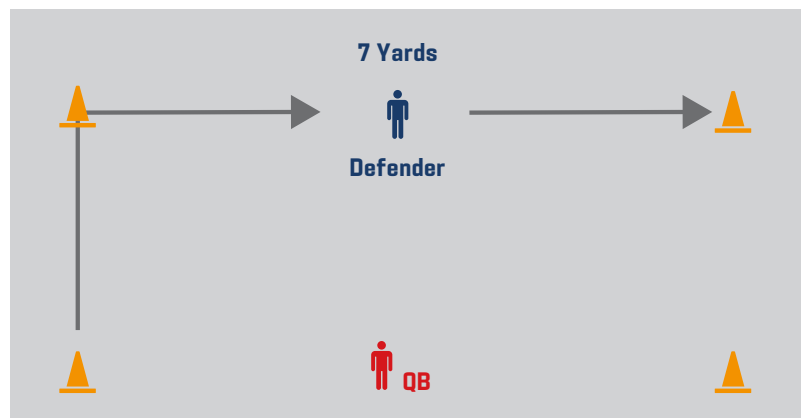
- Eyes on the hips.
- Stay low, stay square (breakdown position).
- Reach for the top of the flag (hip).

#### Blitzing

- Stay low and balanced while maintaining speed towards the ball carrier.
- Reduce speed slightly when reaching ball carrier to allow for time to adjust to a change in angle, bending at the knees and taking shorty, choppy steps.
- If the QB is looking to throw the ball, put your arms up to attempt to block the throw.

#### Progression

- Allow offensive player to increase their speed of shuffle towards the cone.
- Increase the size of the area.



### ORGANISATION

#### Blitz and Redirect

- Divide the players into equal pairs. Players create a square of 7 x 7 yards (the same space used for the Blitz and Redirect drill).
- The blitzer (defender) will start at the top of the square, directly opposite the offensive player and will raise their arm above their head to designate them the blitzer.
- On the signal, the blitzer will chase the QB, attempting to pull either of their flags within the 7 second play clock. The QB is allowed to evade the blitzer.
- The activity ends when either flag of the QB is pulled or when the 7 seconds is finished.



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Look online for examples of play action passes. Report back next week.

**NFL FLAG ONLINE:**

**WATCH: BLITZ AND REDIRECT**

