

The Pass Rush Bible

The definitive guide to
pressuring the quarterback

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Types of rushers

Speed rusher

Are you a track star? Have you never lost a foot race? Is your nickname Flash?

If the answer is yes to any of these questions then my guess is you're a **speed rusher**.

Speed rushers are unique athletes who often don't even need to touch their opponent to beat them.

click [here](#) to see example



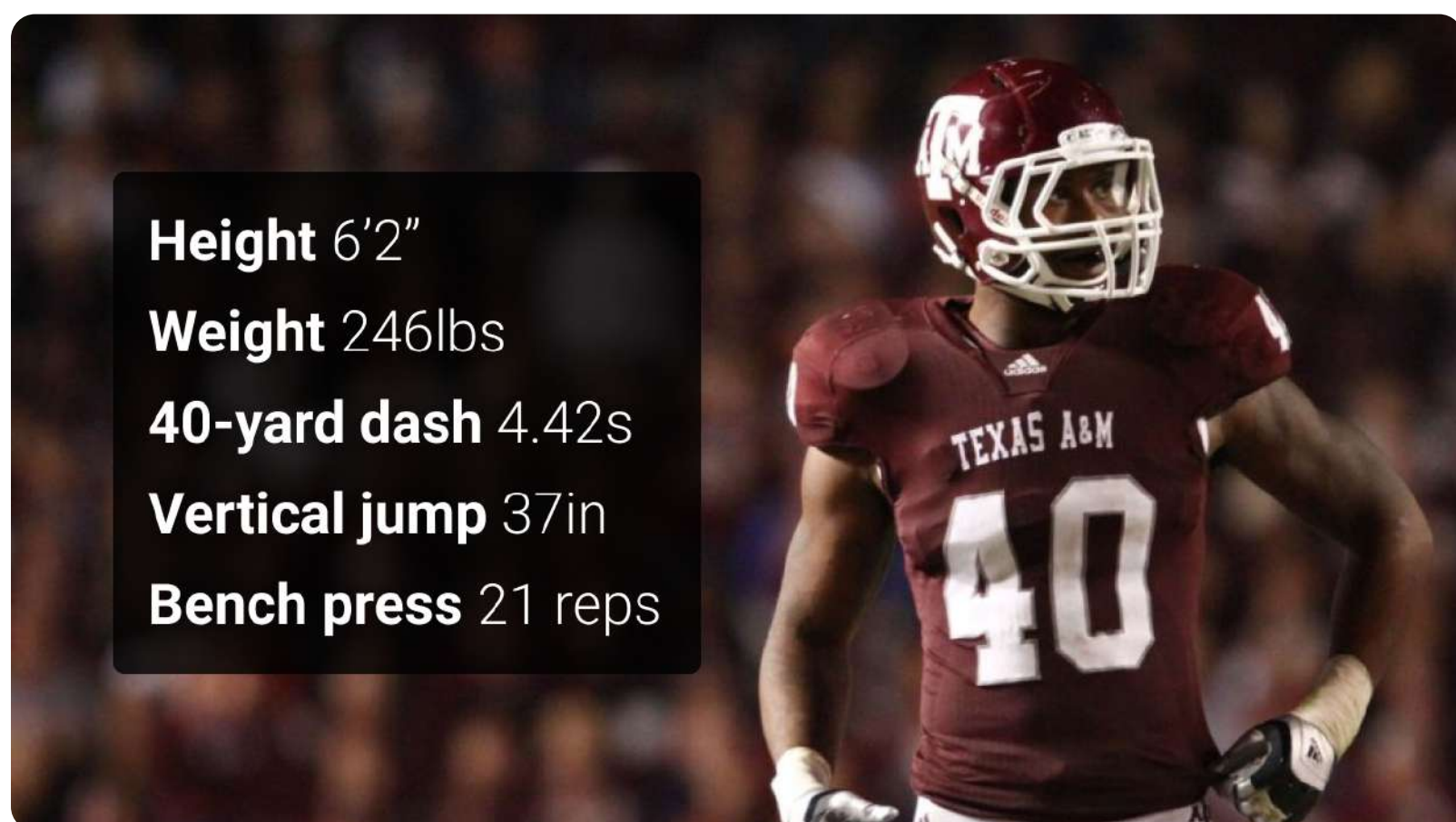
Speed rusher prototype

There are many great examples of speed rushers out there, but one of the best is **Von Miller**. Let's rewind back to 2010 when he came out of Texas A&M

Back in 2010, Von Miller put up some pretty amazing numbers at the NFL combine.

The most impressive was his 40 yards dash. The guy ran a **4.4 second** forty. That's laser time folks. Not uncle rico in the backyard with a stop watch.

Here are a few other stats from his combine...



At 6'2" 240 Von was lighter and shorter than most D-Lineman coming out that year who averaged around 6'4" 265 pounds.

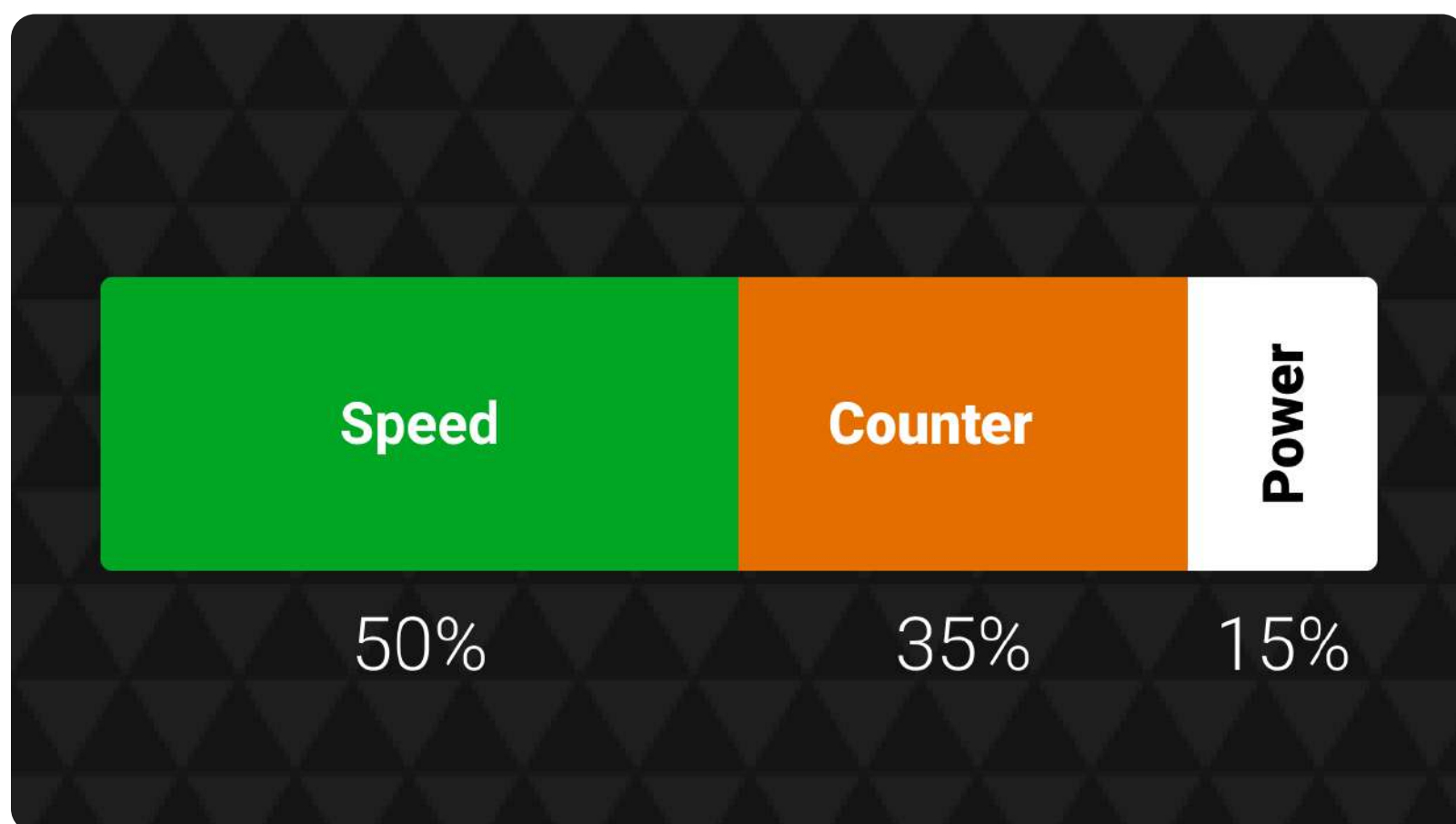
It's typical though for speed rushers to be **smaller**.

When you have speed you don't need the weight and height.

Speed rushers can create pressure and power with their speed.

Pass rush moves breakdown

If you were to break down Von's rushes in a game it would look like the below chart...



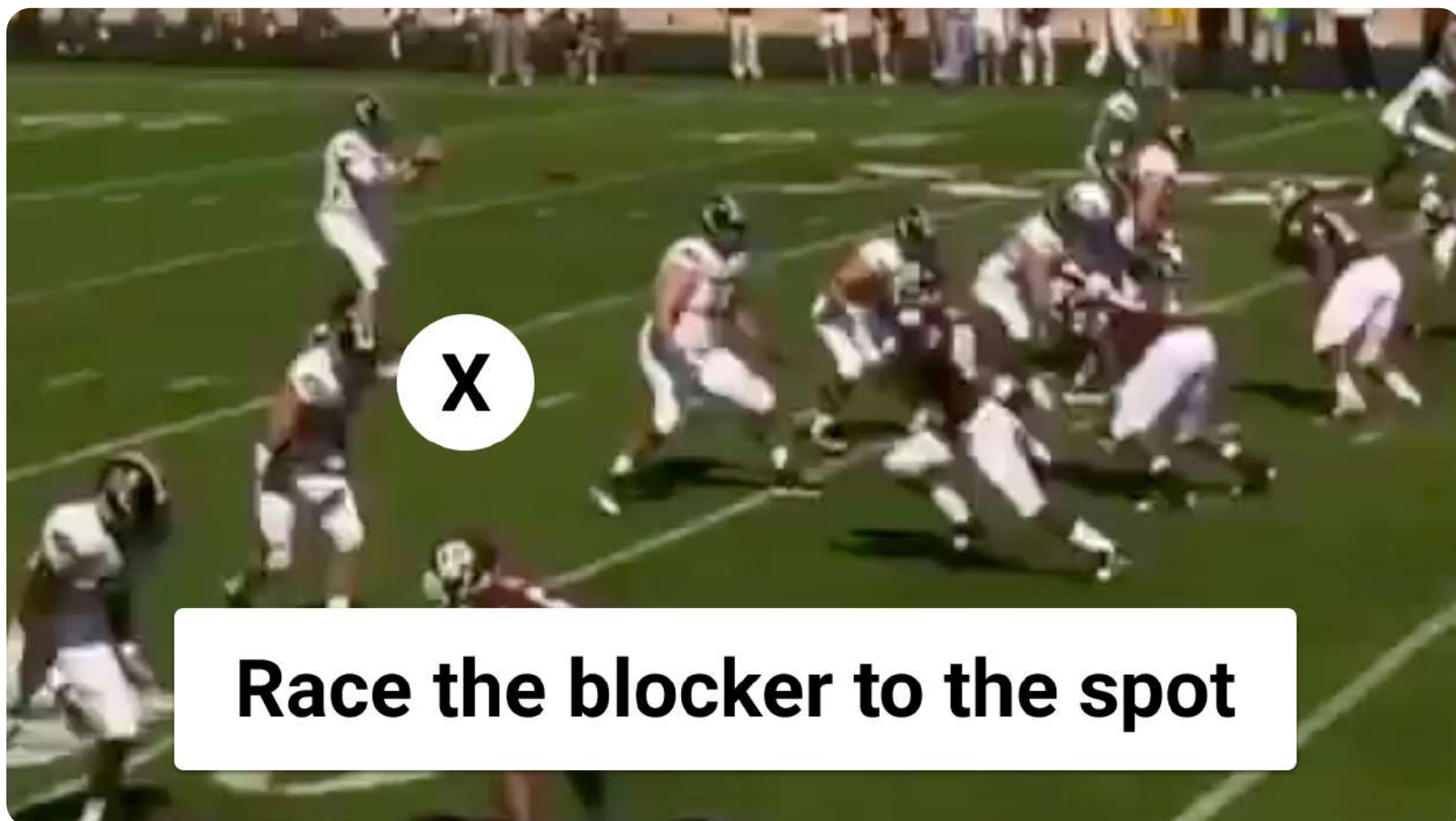
The majority of his rushes are **speed rushes** however he also has a fairly high amount of **counter rushes**.

That's because when you're a speed rusher, you can **race your opponent to a point**.

What I mean here is that a speed rusher can pick a point 2-3 yards behind his opponent and race him to that spot.

If he beats his opponent to the spot, **he stay's on his line to the QB**. But, if his opponent beats him to the spot, **he simply counter inside**. You can see a full example below.

click [here](#) to see example



The reason this works is because for a blocker to beat a rusher with elite speed to “the spot” **they will have to abandon square hips and balance to do so.**

This puts them in a vulnerable position and often opens up their inside.

If you don’t have elite speed this sort of technique just doesn’t work because you don’t generate enough upfield momentum.

When it comes to power rushes, a speed rusher should only use them **a couple times** a game.

The key here is to sell speed and surprise your opponent with power. This can be a great change up that can often result in you throwing a 300+ pound man to the ground.

Are you a speed rusher?

Von Miller is a once in a decade sort of player so if you're not running a 4.4 don't fret. It is still possible to be a speed rusher.

Just ask yourself...

Are you as fast as many of the skill players on your team?

Could you speed rush the majority of the game and still get pressure?

Do many of your opponents deep set to protect the edge?

If you answered yes to more than 2 of these questions then you are a speed rusher.

So, make sure to use this unique ability to your advantage. Speed kills baby!