

# The Pass Rush Bible

The definitive guide to  
pressuring the quarterback

By **Craig Roh**



# Film Study

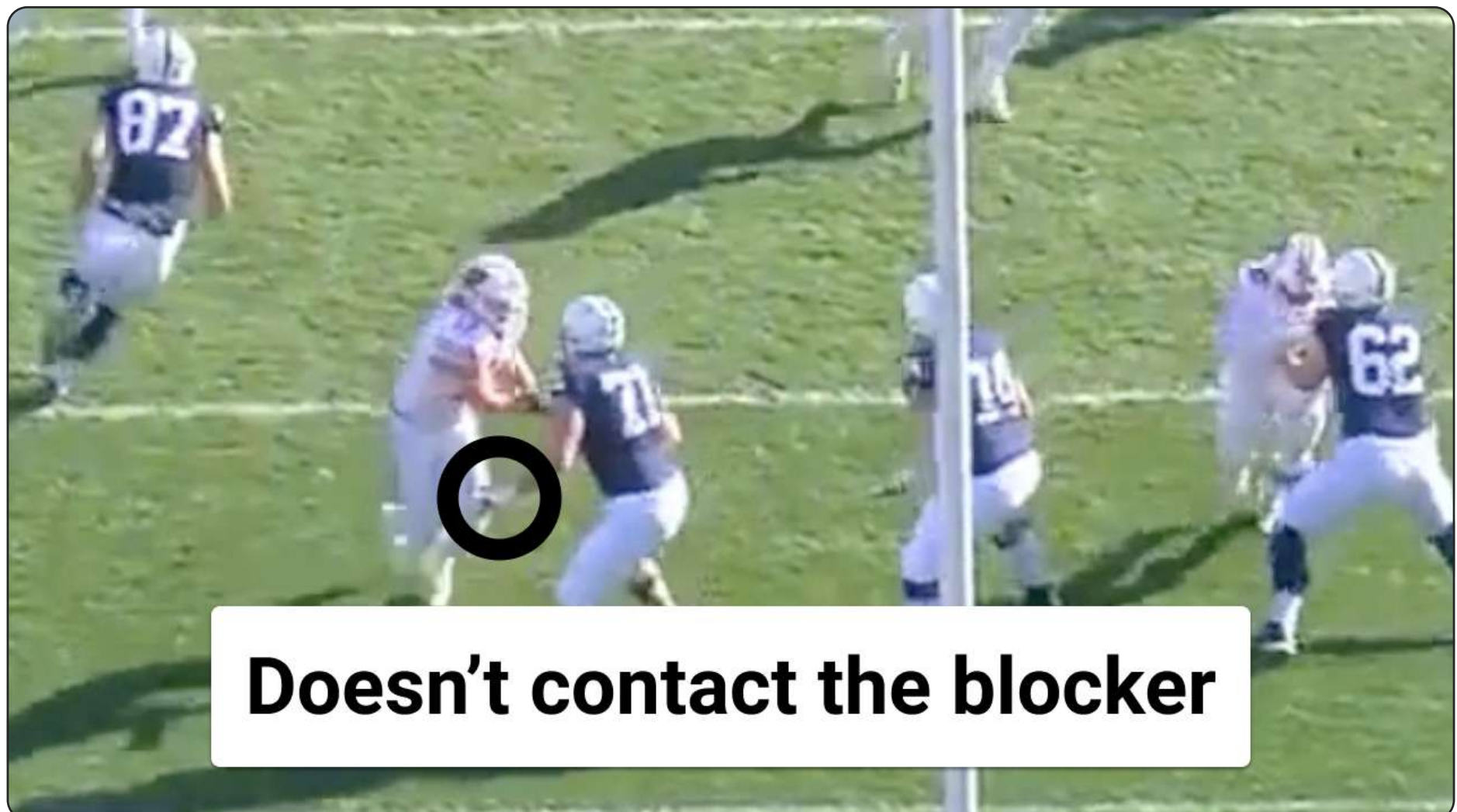
# Focus on the hands

One of a blockers most powerful tools is his hands. If he can latch those big mitts onto your chest you're going to have a tough time getting around him. That's where film study comes in.

In order to beat the hands we need to understand **how** the blocker uses his hand. All too often I see guys use moves that won't work because they don't understand **how** the blocker punches.

For example, #17 here on Wisconsin tries using an outside chop. It's a good move if done correctly, but he doesn't get close to hitting the blockers hand. Why? Because he didn't turn on the film and study his hands.

click [here](#) to see example



So what should you be studying? The first step is to identify a blocker's **hand type** and **aiming point** to determine what pass rush move to use

## Hand Type

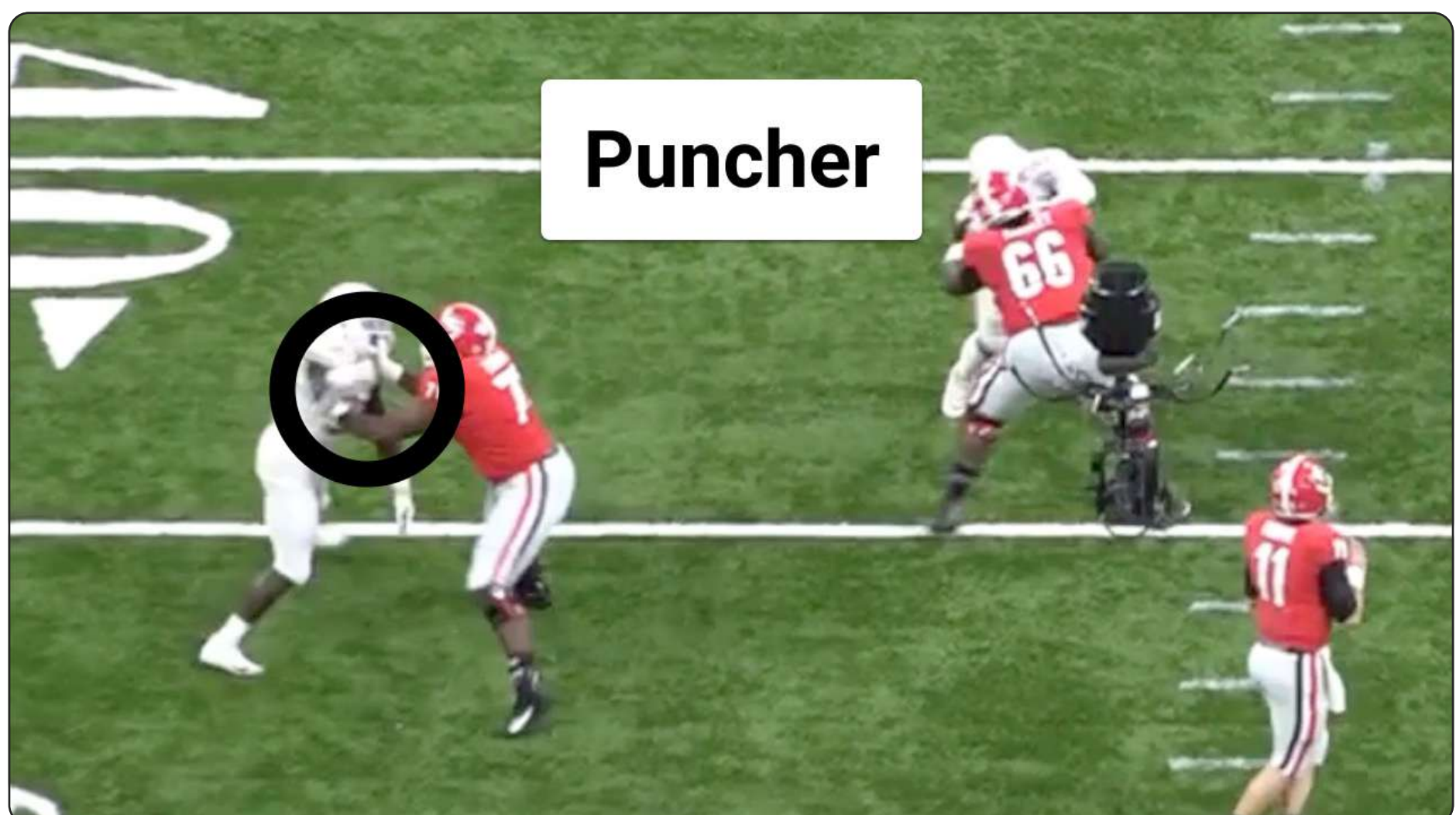
To identify hand type you're going to want to look at the path and speed with which a blocker's hands travel.

This is actually simpler than you would think because there are only 2 hand types. The puncher and grabber.

### *Puncher*

These guys will shoot their inside hand, outside hand or both hands directly at their target with violence.

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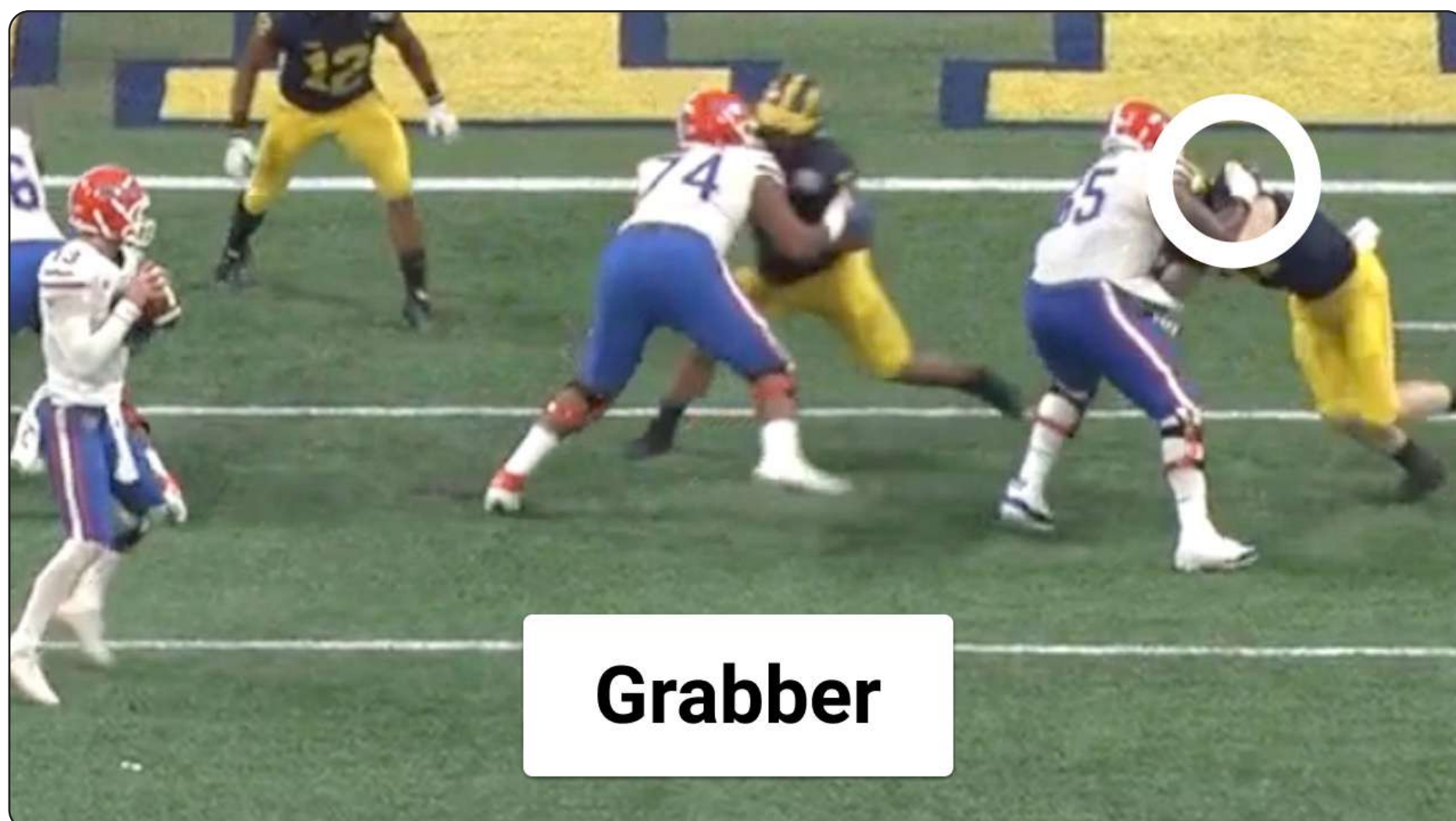




## *Grabber*

These guys will wait for you to make the first move and then loop their hands outside at their target.

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## Aiming Point

Next, identify where the blocker is aiming his punch.

Generally, blockers will aim at the **chest**, **shoulders**, **belly** or a **mix** of the 3.



click [here](#) to see example



click [here](#) to see example



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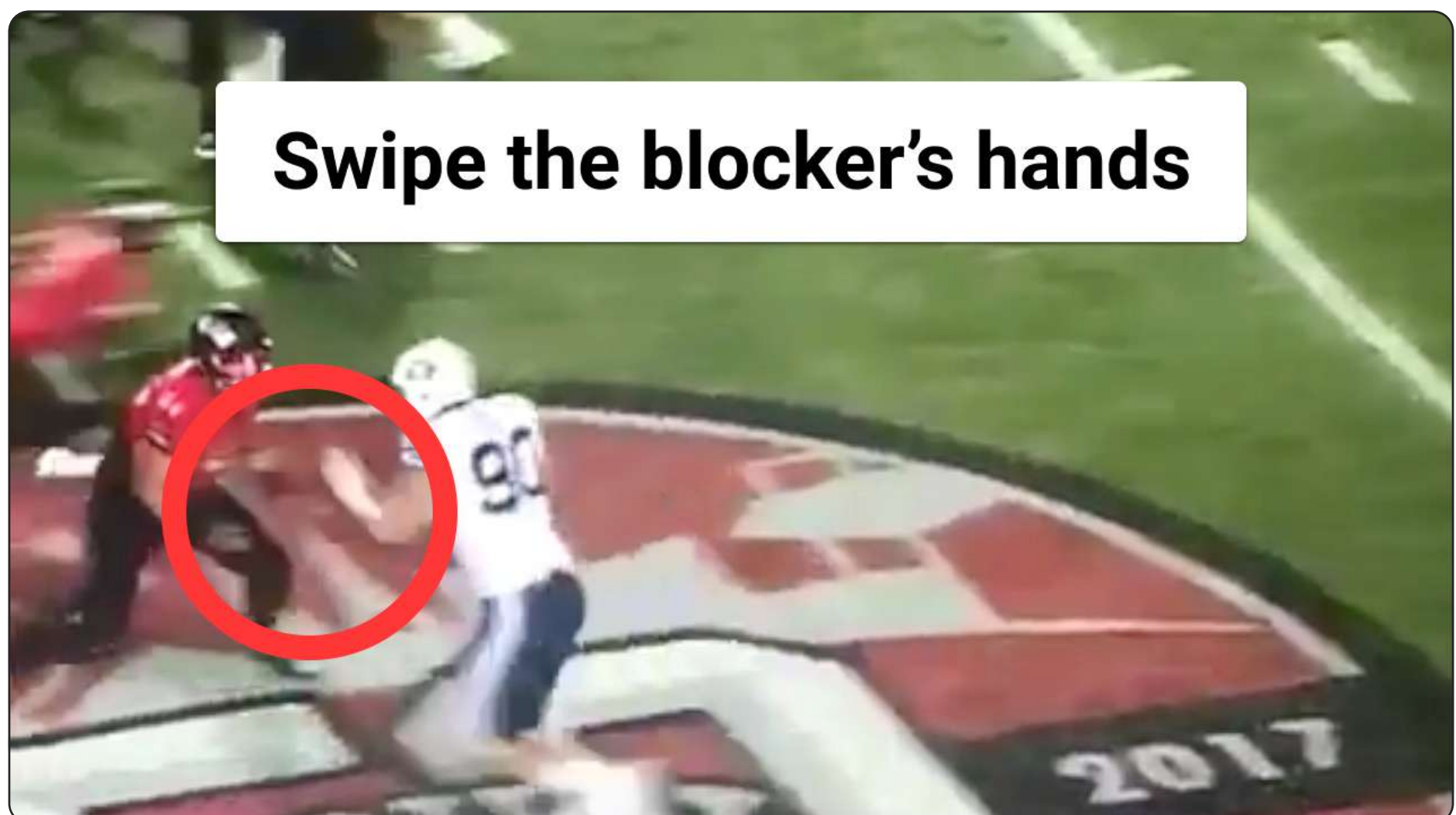
## Deciding on a pass rush move

Now that you know the hand type and aiming point of your opponent, you can decide on what pass rush move to use.

As a general rule of thumb, the **aiming point** should determine what pass rush move you use and the **hand type** should determine the speed of that move.

For example, if your opponent **punches** (hand type) the **chest** (aiming point) you could use a quick double swipe to protect your chest from the aggressive punch of the blocker

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Conversely, if your opponent **grabs** (hand type) the **shoulders** (aiming point), you should use a ghost technique to dip beneath the grab of the blocker.

via [@dlinevids1](#)

click [here](#) to see example



## One more point

There is never one perfect pass rush move for every pass rusher, but by understanding how a blocker punches you can give yourself a great chance to defeat his hand and get the sack!