

The Pass Rush Bible

The definitive guide to
pressuring the quarterback

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**Step #1: Develop
the fundamentals**

Play with your eyes

Defensive line is all about **stimulus response**

To put it plainly, **The stimulus is the event during a play that triggers a physical response.**

For example, if the ball moves (stimulus) that will trigger you to explode out of your stance (response)

Below is a list of other common defensive line stimuli and responses.

stimulus	response
movement	get off
reach block	punch and drive
down block	close to hip
pass block	close distance
punch	side scissors

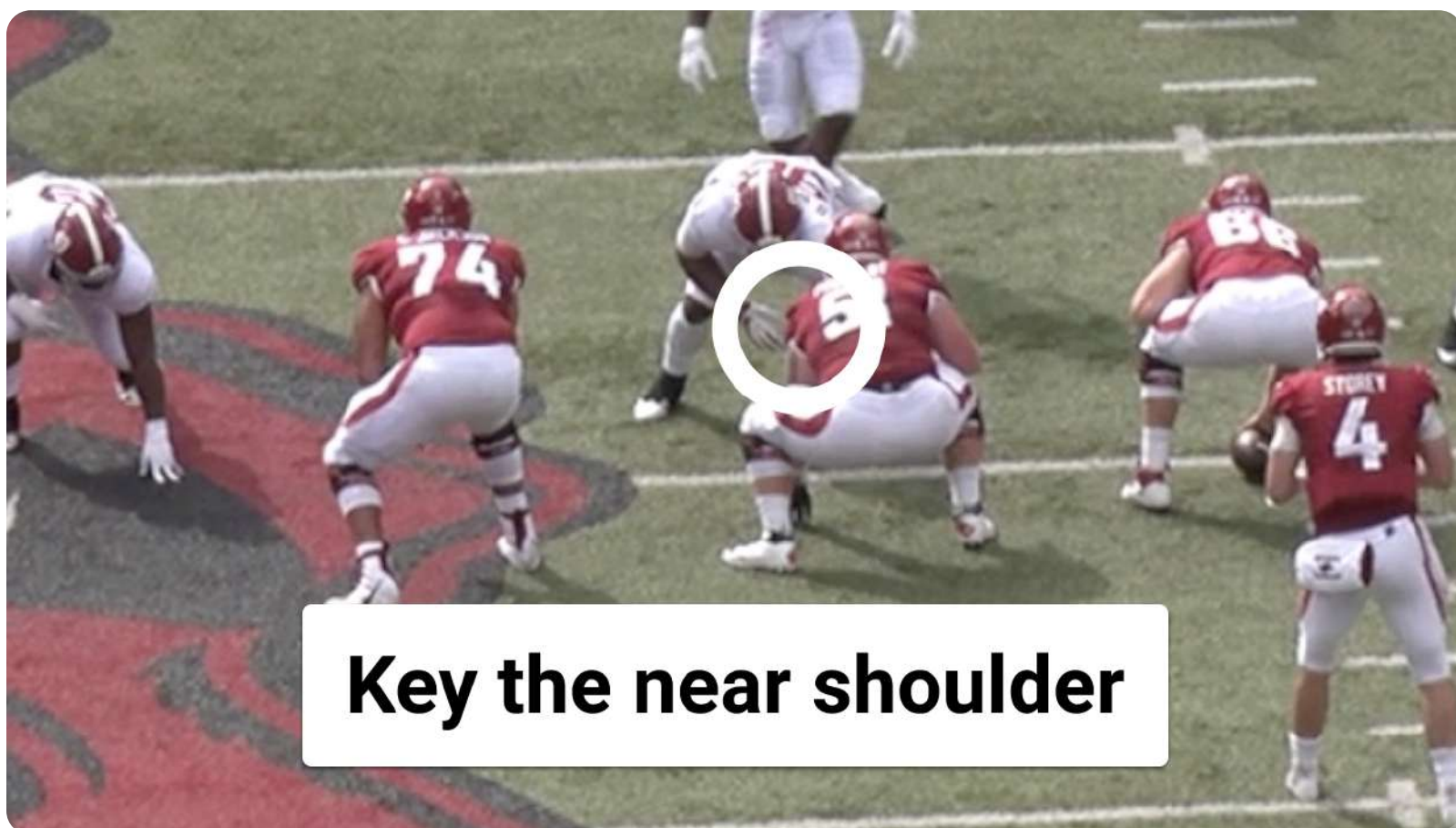
With this being said your response is only as good as the stimulus you key. **The key then is what you key.**

50/50 Keys

There are situations where an offense is equally likely to either run or pass.

I call these **50/50 situations**.

In these situations, **key the near shoulder**.



Your opponent has all blocks open to him. He can reach, pull, base and much more.

This is why you need to focus your **central field of vision** on his near shoulder.

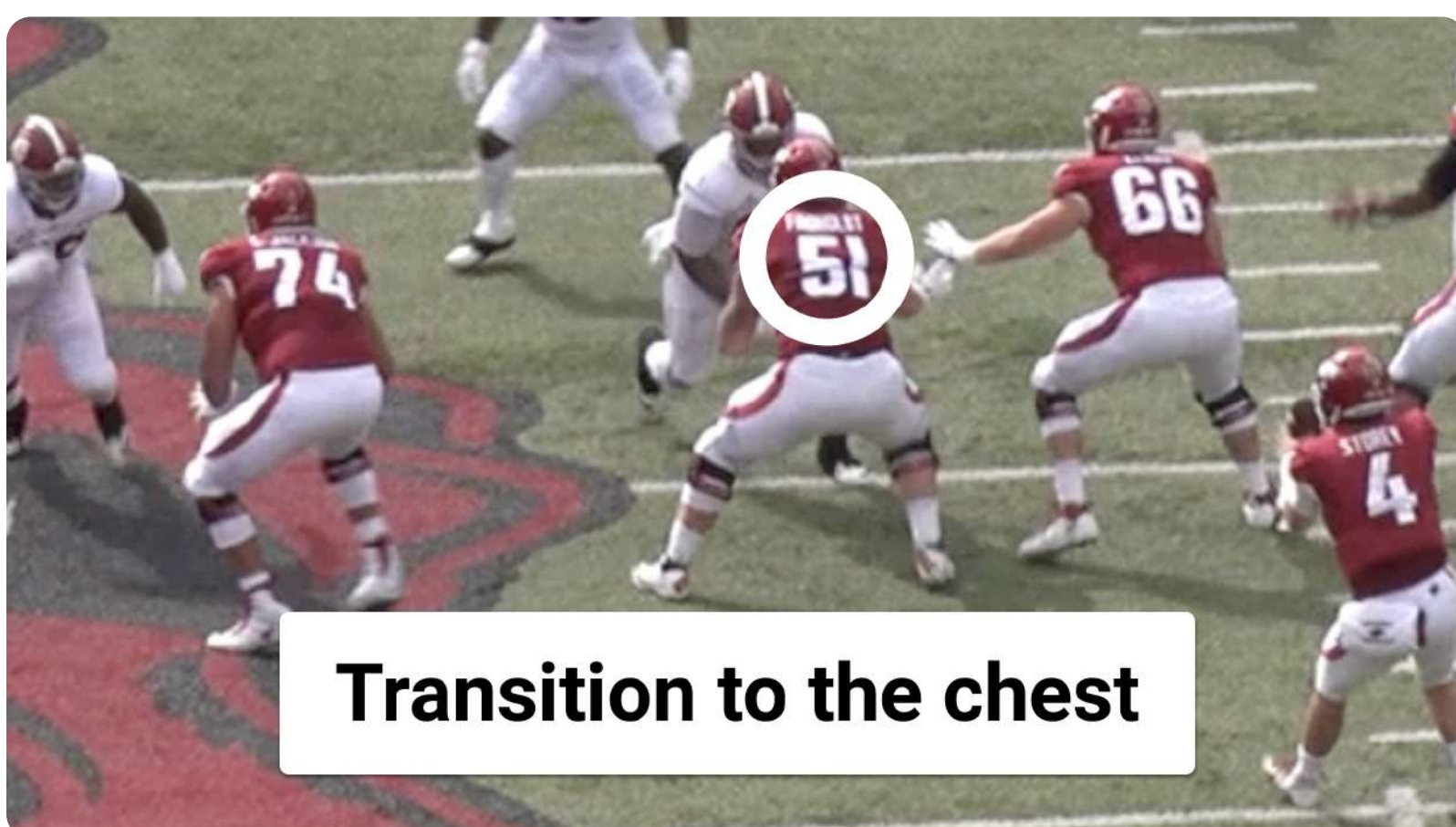
The near shoulder is the first thing that moves on a blocker's body and will give you definitive info on what block he's executing.

click [here](#) to see example



In the event that your opponent does pass set, **transition your key from the near shoulder to his chest.**

click [here](#) to see example



Focusing on this area allows you to quickly respond to the punch of your opponent.

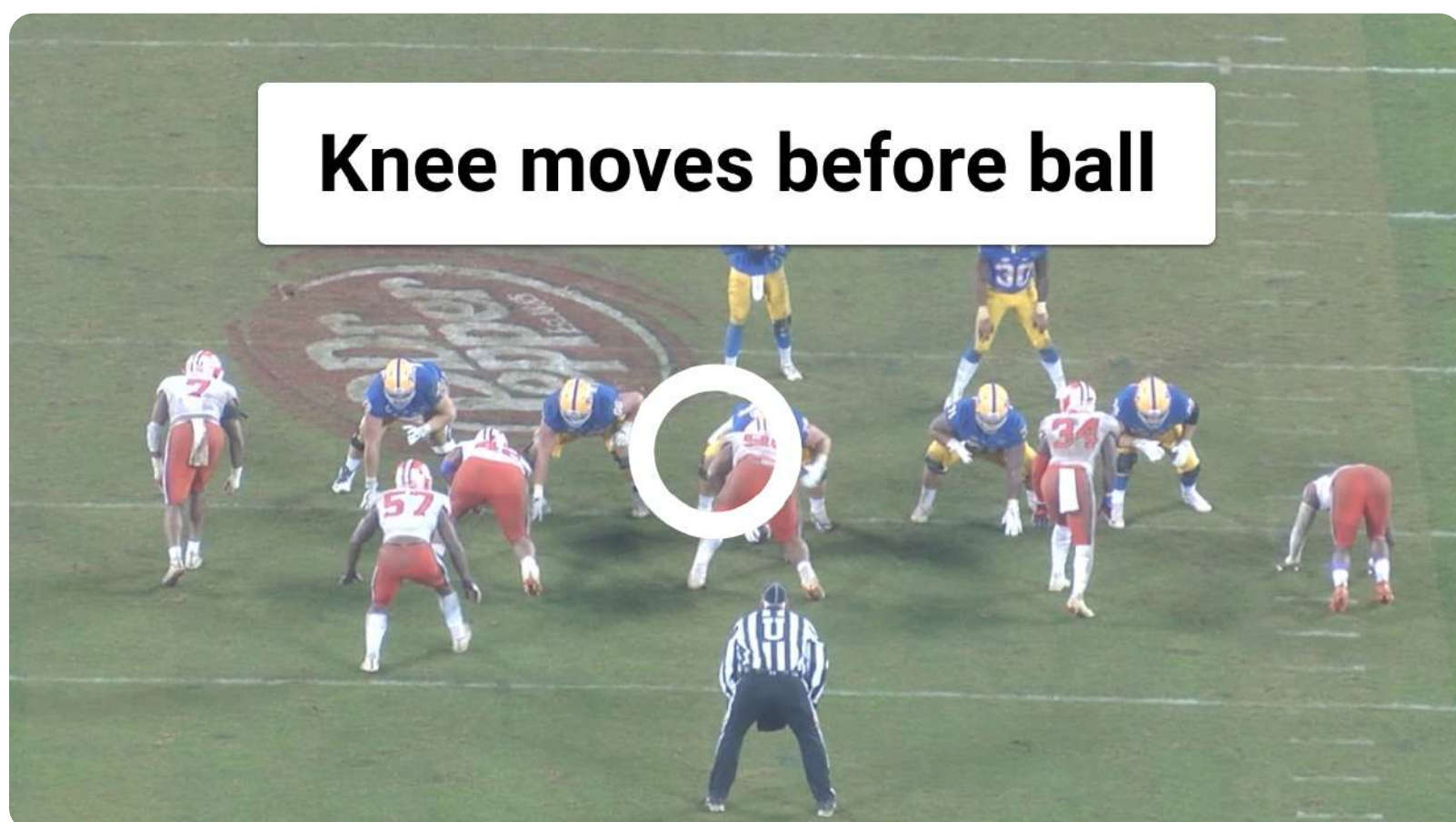
Passing situation keys

In situations where you know the offense is passing, you should **key first movement on the offensive line**.

Many coaches say to look at the back tip of the ball, but the ball isn't always the first thing to move.

Instead look at the film to see what consistently moves first on the O-line and key that.

click [here](#) to see example



Usually it will be the **hip**, **knee** or **hand** of the center.

Once the ball moves, transition your key from first movement on the O-line to **your opponents chest**.

As I said before, keying the chest will help you to quickly respond to your opponents punch.

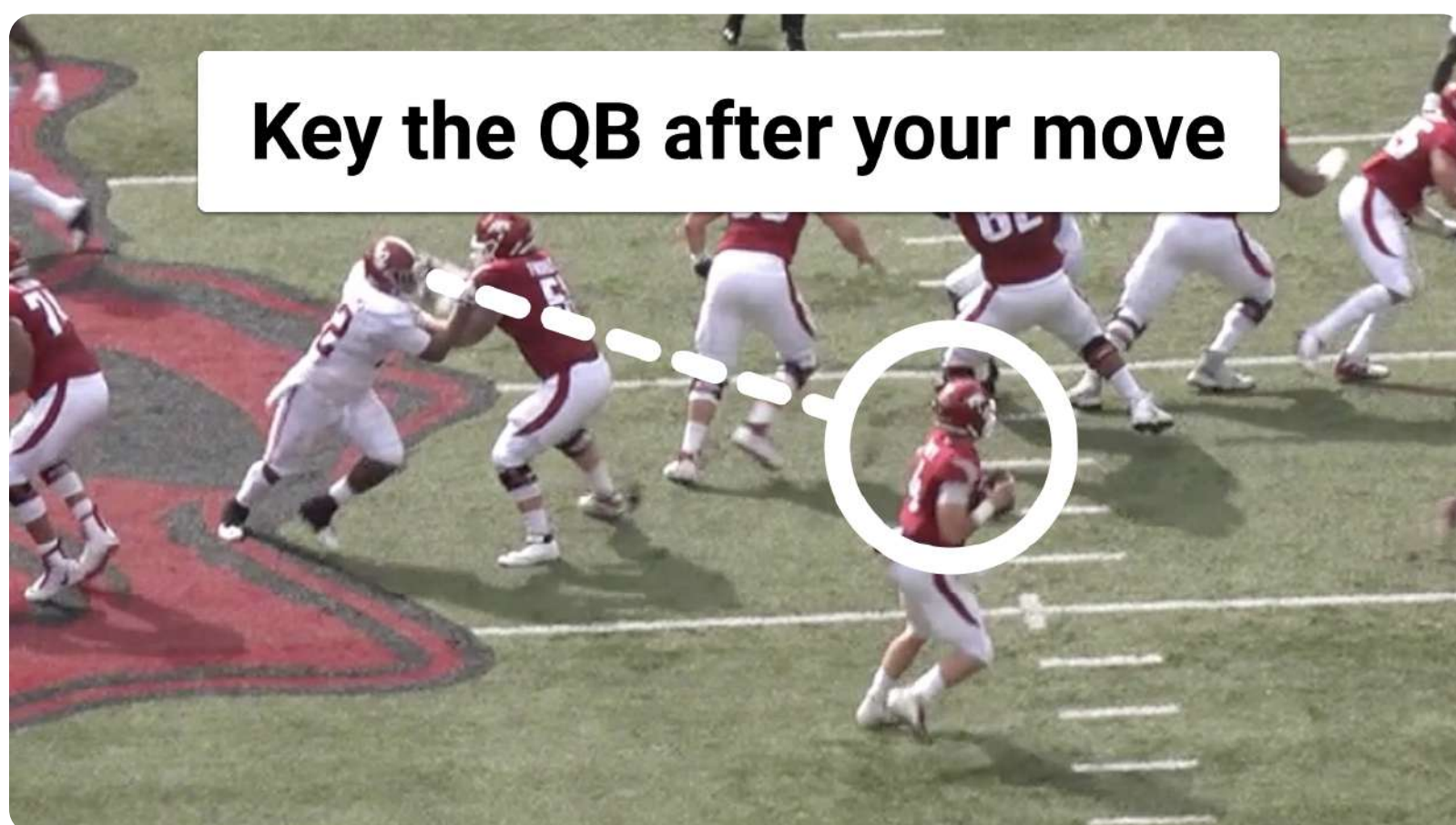
When to key the QB

Many young players want to look at the QB from the snap, but this is a massive mistake.

You can't get to the QB without first defeating your opponent.

So, **only** after executing your pass rush move should you key the QB and decide whether to stay on your rush path or counter.

click [here](#) to see example



Coaching points

- ① Key the near shoulder in 50/50 situations
- ② Key first movement on the O-line in passing situations
- ③ Key the chest when pass rushing
- ④ Key the QB after executing your move