

101 Defensive Line Drills

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Drills for Defensive Line Practices

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Defensive linemen must become adept at shedding blocks, stopping the run, attacking the passer, and tackling with proper fundamentals. Below, you'll find our favorite defensive line drills to help your team shut down your opponents and dominate the line of scrimmage.

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This defensive back drill works like this: a QB sets up fifteen yards in front of the defensive back with receivers on each hash. The QB takes a three-step drop and turns to one of the receivers to make a pass. After reading this movement of the QB, the defensive back breaks on the ball and completes the interception.

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