

# DEFENSIVE LINE TRAINING FOR FOOTBALL

***ELEVATE YOUR GAME TO THE NEXT LEVEL***

## BE TRAINED BY SCOTT O'DONNELL

- 22 years of coaching experience in high school and college (*Lake Catholic, St. Ed's, John Carroll*).
- 2 time All-American at John Carroll University as a Defensive Lineman/Outside Linebacker
- All time sack leader at John Carroll University- 48 ½ sacks
- All-Ohio football player as DE/TE at Lake Catholic High School
- 2 time state champion at Lake Catholic High School

My focus will be on *technique*, areas included in the training will be:

- **Stance**
  - Run & Pass
- **Start-Get off**
- **Block Destruction**
  - Hand placement
  - Getting off blocks
- **Run block recognition and reaction**
  - Base
  - Down
  - Reach
  - Double
- **Pass rush technique**
  - Get off- quickness
  - Closing the gap,
  - Attack half man,
  - Use of hands
  - Pass rush moves
    - Speed with club off edge
    - Club and rip inside (counter)
    - Long arm when OL sitting back (counter)



## TRAINING FOR DEFENSIVE LINEMAN IN GRADES 9-12:

- 60 minute sessions, once a week on Tuesday @ Lost Nation Sports Park
- 6 sessions @ \$25 per session for a total of \$150
  - Start on March 5th through April 9th, 8:00 pm to 9:00 pm
  - \$150 is due prior to starting on March 5th
  - Week 2, training on Monday March 11<sup>th</sup>, 8:00 pm to 9:00 pm
  - **Sign up NOW**, there will be 10 player max, first 10 to sign up will become better defensive linemen

CONTACT SCOTT O'DONNELL WITH ANY  
QUESTIONS OR TO SIGN UP @

[SODONNELL91@HOTMAIL.COM](mailto:SODONNELL91@HOTMAIL.COM) OR

(440) 289-2989

***SIGN UP AND GIVE YOURSELF THE BEST  
SHOT TO BE THE BEST DL IN THE  
AREA!***

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