

Dominate the Line of Scrimmage: Unveil the Secrets of Outside Shades

Are you ready to elevate your defensive line to new heights? In the competitive world of football, gaining an edge can mean the difference between victory and defeat. And when it comes to dominating the line of scrimmage, there's no better weapon than outside shades.



Outside shades: Make your Defensive Line

UNSTOPPABLE! by Zack Leonard

★★★★☆ 4.5 out of 5

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Outside shades are a defensive technique that involves aligning your defensive linemen outside the offensive tackles' shoulders. This creates a mismatch in size and leverage, allowing your linemen to penetrate the backfield and disrupt the opposing offense.



Benefits of Outside Shades

Implementing outside shades into your defensive scheme offers numerous benefits, including:

- **Increased pressure on the quarterback:** By aligning outside the tackles, your linemen have a direct path to the quarterback. This intensifies the pressure on the passer and forces them into making hurried throws.
- **Disruption of the running game:** Outside shades also disrupt the running game by clogging up the holes that running backs attempt to exploit. Your linemen's leverage and quickness allow them to shed blocks and tackle ball carriers for a loss.
- **Confusion for the offensive line:** The outside shades alignment is unfamiliar to many offensive lines, especially at lower levels. This

confusion can lead to miscommunication and poor blocking, giving your defense a significant advantage.

Mastering the Technique

To effectively utilize outside shades, your defensive linemen must master the proper technique. Here are some key points to emphasize:

- **Alignment:** Your linemen should align outside the offensive tackles' shoulders, with their feet approximately shoulder-width apart and toes turned slightly inward.
- **Stance:** Maintain a low stance with your feet shoulder-width apart and knees slightly bent. Your head should be up and your eyes focused on the offensive lineman.
- **First step:** Explode off the line with a quick and powerful first step. Drive your feet into the ground and push off with your legs.
- **Attack the pocket:** After your first step, drive through the offensive lineman and attack the quarterback. Use your hands to push and displace him.
- **Leverage:** Use your leverage to your advantage. Get low and drive your hips under the offensive lineman to create leverage and gain an edge.

Practice and Execution

Like any football technique, outside shades require consistent practice and execution. Incorporate the following drills into your defensive drills to improve your team's proficiency:

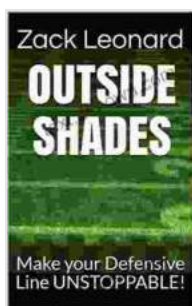
- **Bag drills:** Have your linemen practice exploding off the line and driving through heavy bags to simulate blocking.
- **One-on-one drills:** Pair up your linemen and have them practice the proper alignment, stance, and hand movement against each other.
- **Team drills:** Implement outside shades during team drills to familiarize your players with the technique.

Unlocking Your Potential

Unlocking the full potential of outside shades requires a commitment to proper technique, consistent practice, and a deep understanding of the game. By embracing the principles outlined in this article, you can transform your defensive line into an unstoppable force and take your team to new heights.

To delve deeper into the intricacies of outside shades and elevate your defensive play, we highly recommend the book "Outside Shades: The Ultimate Guide to Dominating the Defensive Line." This comprehensive guide provides detailed instructions, drills, and strategies to master this game-changing technique.

Free Download Your Copy Today and revolutionize your defensive line's performance.



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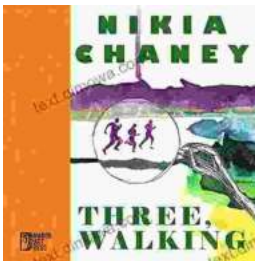
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