

Defensive Lineman should not watch the ball

When a defensive lineman jumps offside anywhere in the world, you will hear someone yell “watch the ball”. I believe that except for the nose guard, you can’t watch the ball and the offensive lineman across from you. Watch the lineman across from you and go on his movement. If you watch the ball, you will be slow to fire out and will probably be blocked. Move on the movement of the offensive lineman. He’s your key!

Submitted by Mike Stanley