



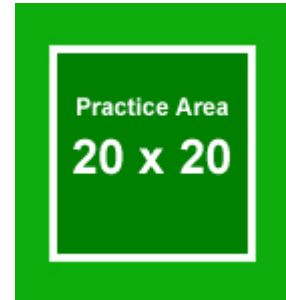
# Let's Talk Defense

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## 3 Point Stance



### Organizational Set Up



- ▣ Individual technique demonstration
- ▣ Anywhere in practice area

### Coaching Points:

We are now going to look at some stances in the defensive line.  
The most important thing with the defensive lineman is their stance.

- Feet should be a little outside shoulder width apart.
- When they get in the “ready position” they need to crouch down so their rear end and hips are back. So that way when they go into the 3 point stance all they need to do is shift the right leg back.
- Extend one arm down and put their fingers on the ground so they are nice and low.
- Keep the head up.

### NOTES: