



Press Man Technique & Drills

LAMARCUS HICKS

EASTERN MICHIGAN UNIVERSITY

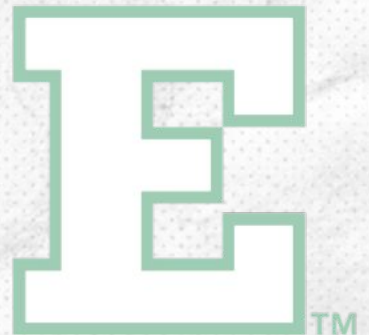
CORNERS COACH

 **@LAMARCUSHICKS**

TYPES OF MAN COVERAGE

- COVER 1 – 4 MAN RUSH, 5 MAN RUSH
- COVER 0
- 2 MAN

- OFF MAN
- PRESS MAN



THINGS THAT AFFECT TECHNIQUE

- **WR SPLITS**
 - **NORMAL, CLOSE, STACKS**
- **SITUATIONALS**
 - **FIELD ZONES**
 - **D & D**

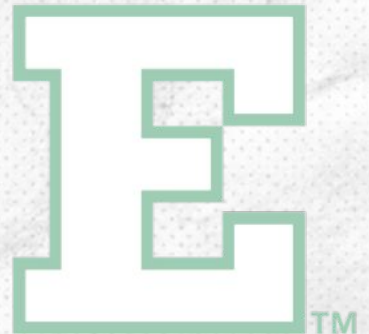


3 PHASES OF A ROUTE

- PHASE 1: THE RELEASE
- PHASE 2: THE STEM
- PHASE 3: TOP OF THE ROUTE
 - BREAK POINT
 - FINISH

RELEASE PHASE (PRESS MAN)

- **OBJECTIVE: BE DISRUPTIVE**
 - DELAY
 - WIDEN
- **MIRROR/KICK**
- **EYES, FEET, PATIENCE**



STEM PHASE (PRESS MAN)

- OBJECTIVE: GET INTO CONTROL POSITION
- SEE THE SHOULDER
- SQUEEZE & REACT

