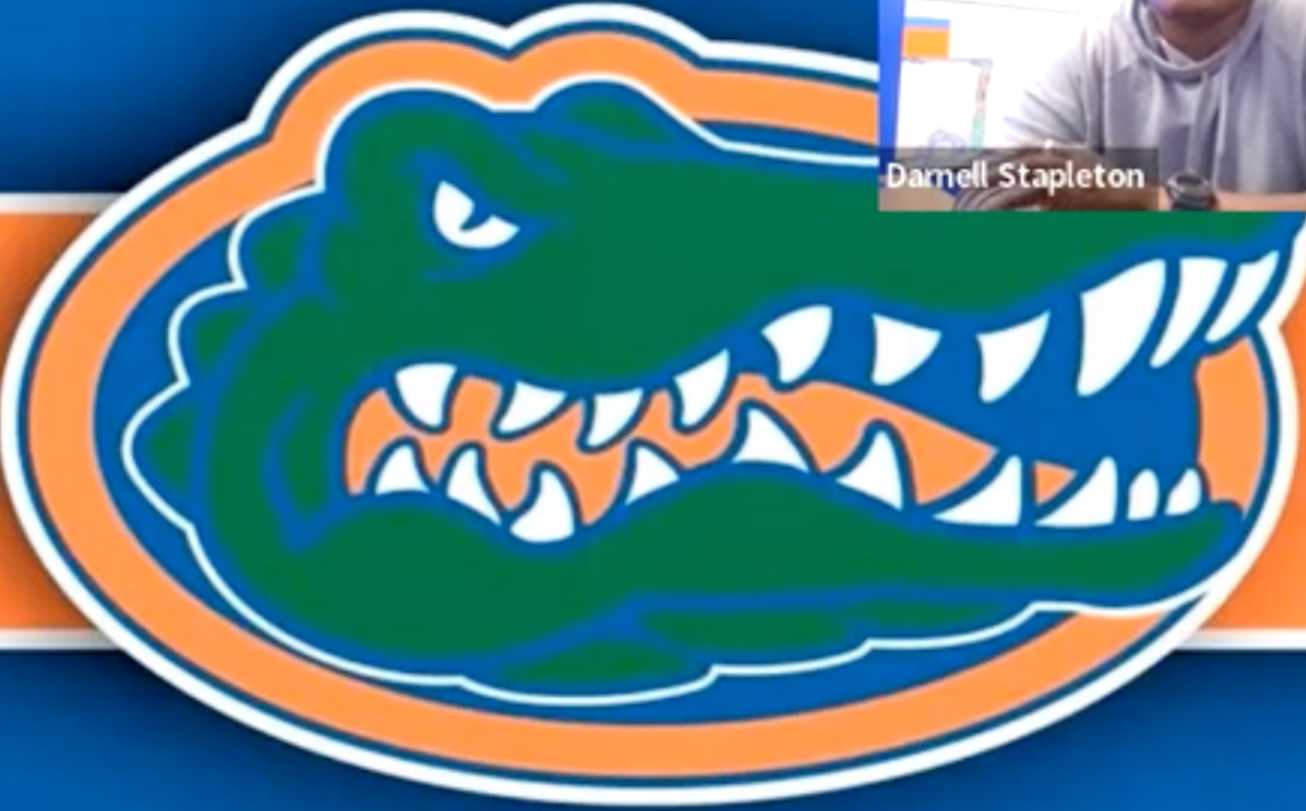




Darnell Stapleton

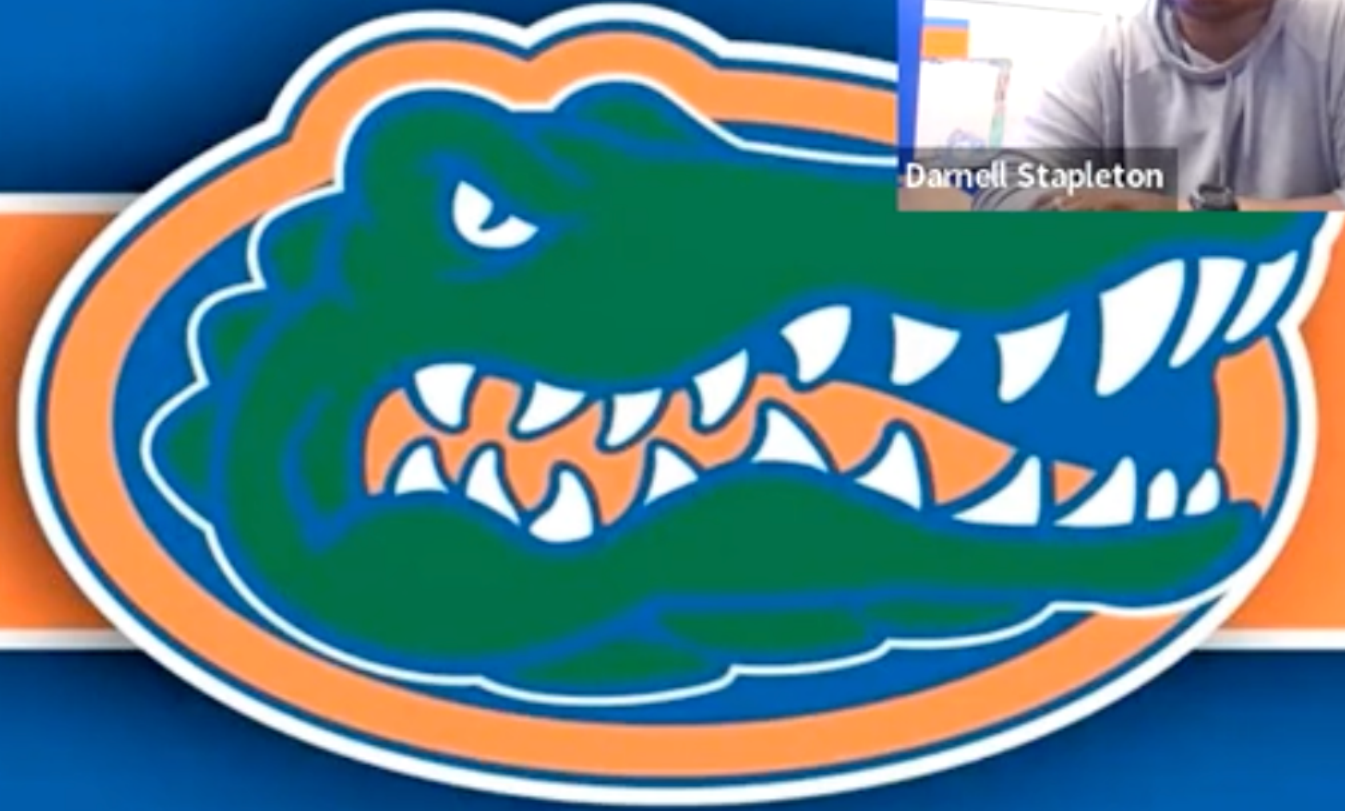


RUN GAME PHILOSOPHY

- START***
- EXPLOSION***
- FINISH***



Darnell Stapleton



RUN GAME PHILOSOPHY

START

- ***ASSIGNMENT***
- ***ALIGNMENT***
- ***TECHNIQUE***



Darnell Stapleton



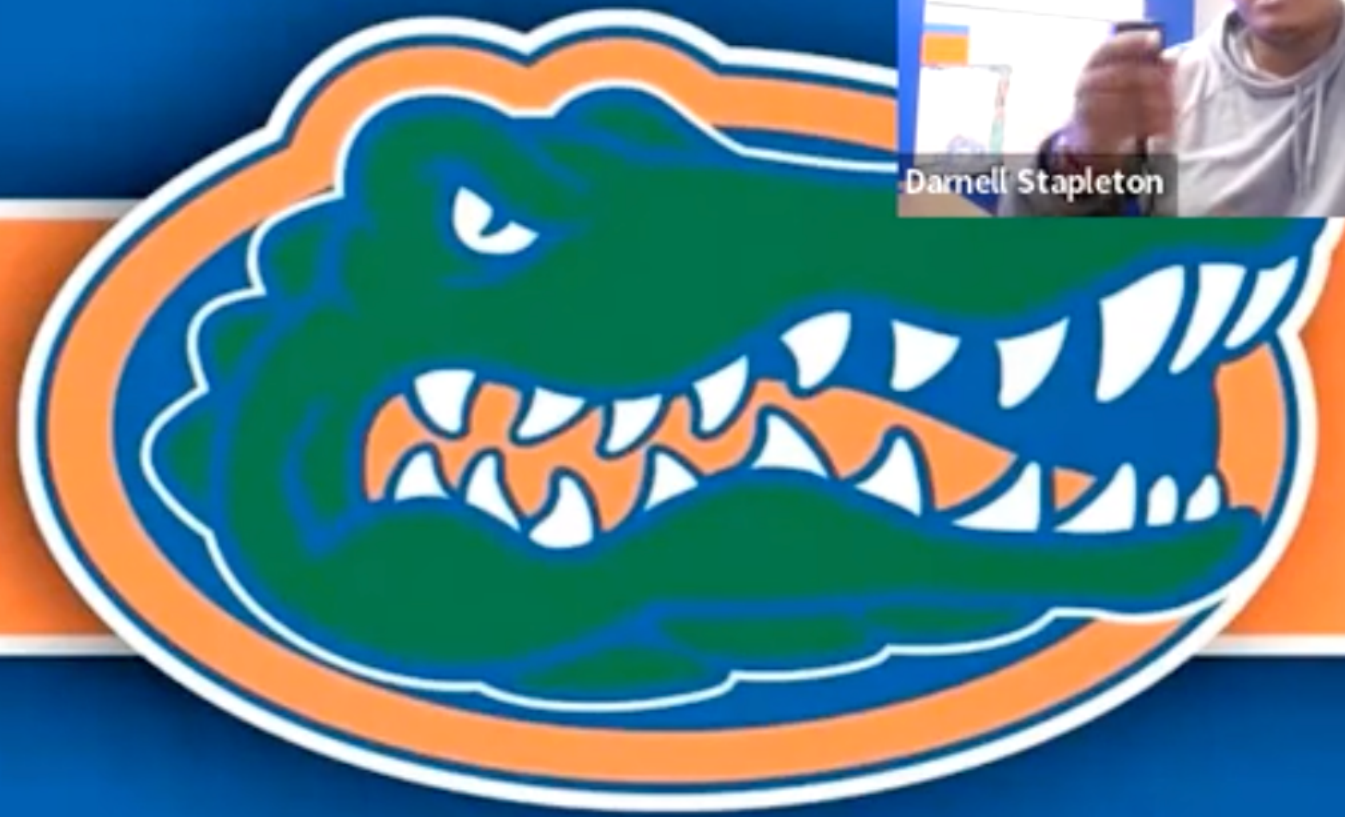
RUN GAME PHILOSOPHY

EXPLOSION

- ***HAVE A BASE***
- ***LOW TO HIGH***
- ***LIFT***



Darnell Stapleton



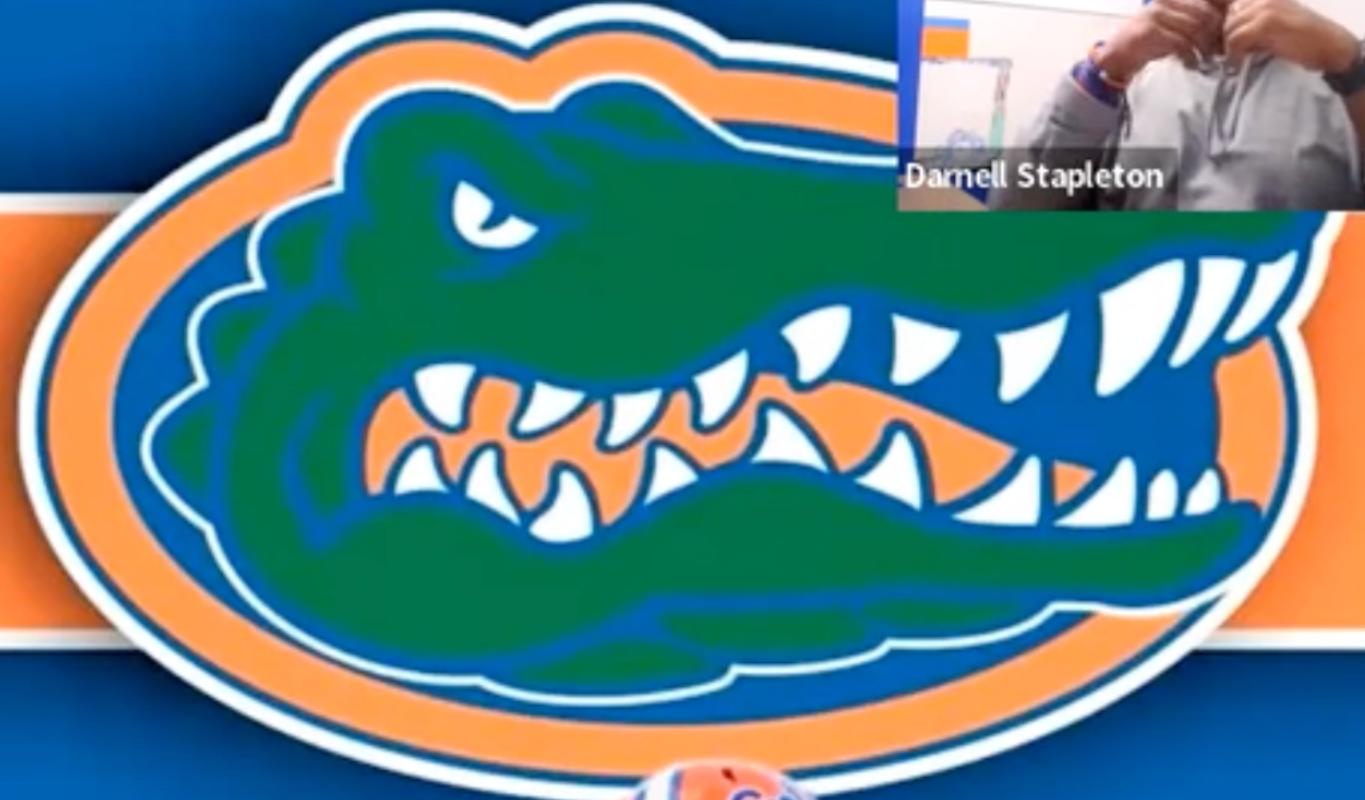
RUN GAME PHILOSOPHY

FINISH

- ***STRAIN***
- ***ANTICIPATE THE TEAR OFF***
- ***CHASE THE BALL***
- ***PUSH THE PILE***



Darnell Stapleton



PRE-PLAY

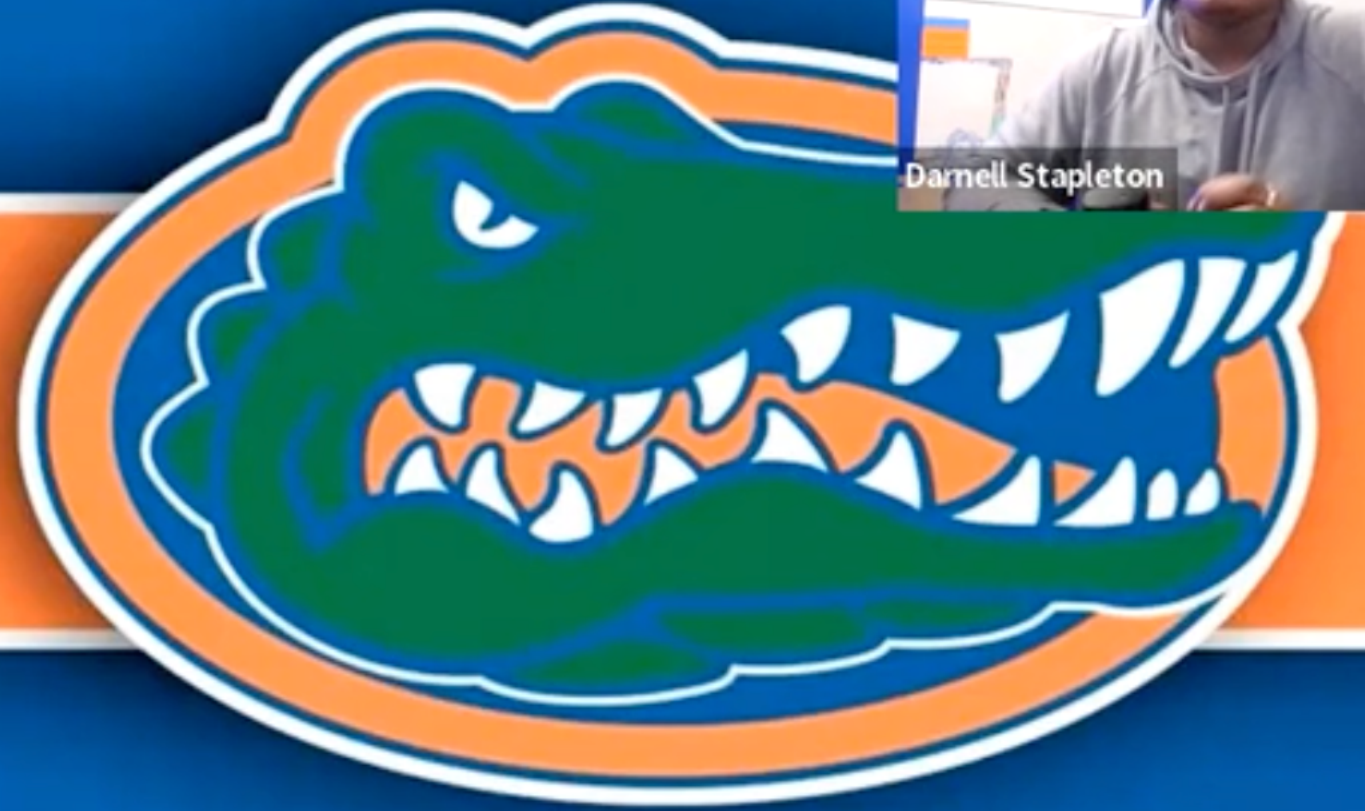
- PLAY AND CADENCE*
- RB AIMING POINT*
- FRONT ID*
- COMBINATIONS*
- TECHNIQUE*



"DETAILS BEFORE VIOLENCE"



Darnell Stapleton



RB AIMING POINT



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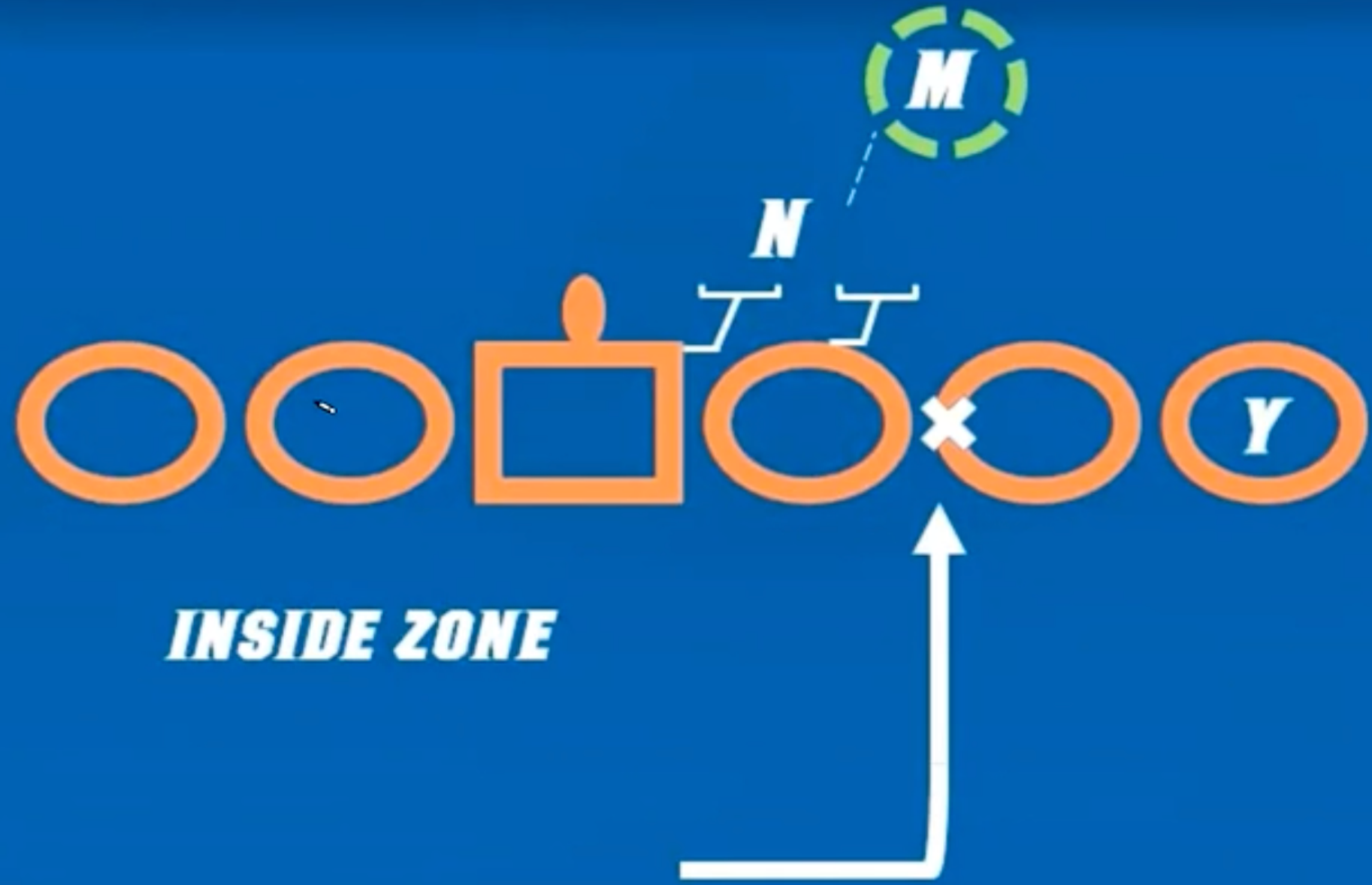
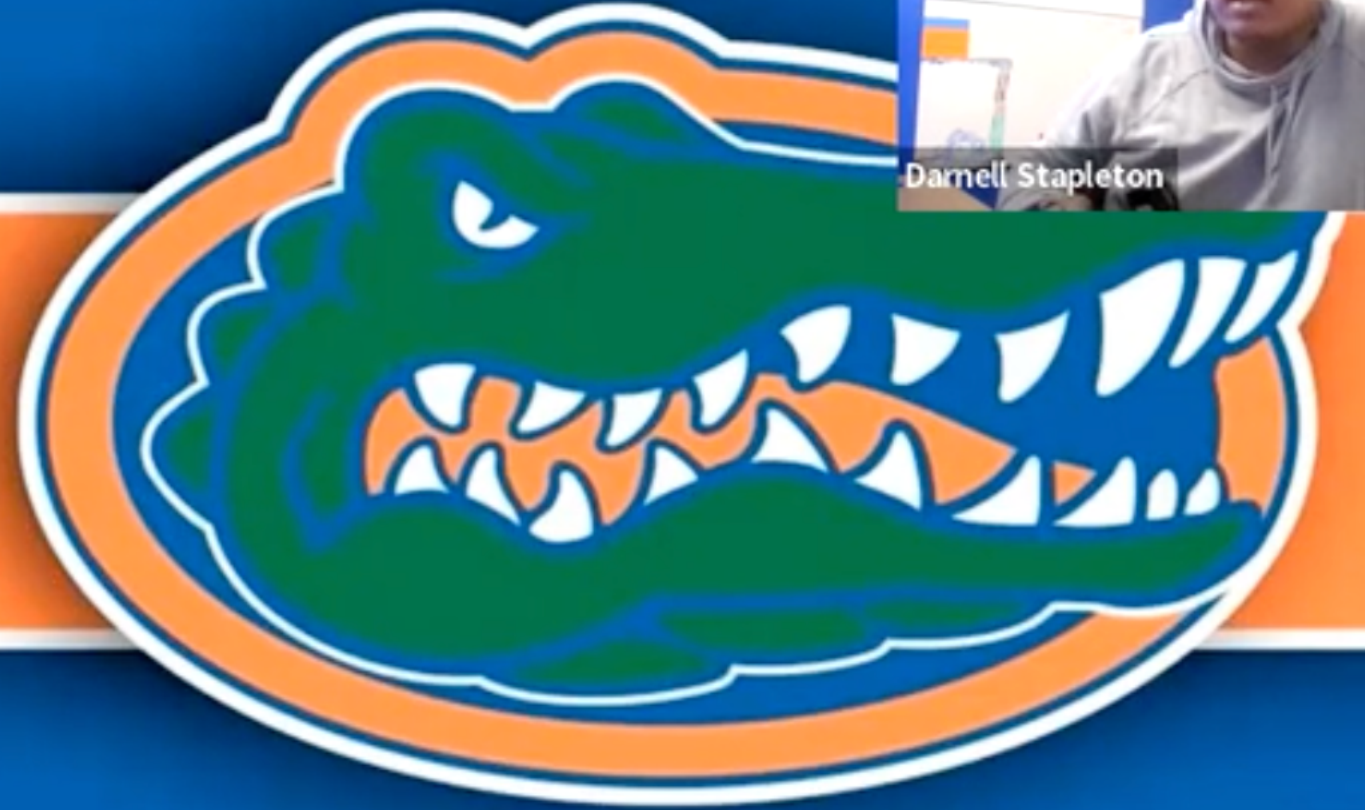
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Darrell Stapleton

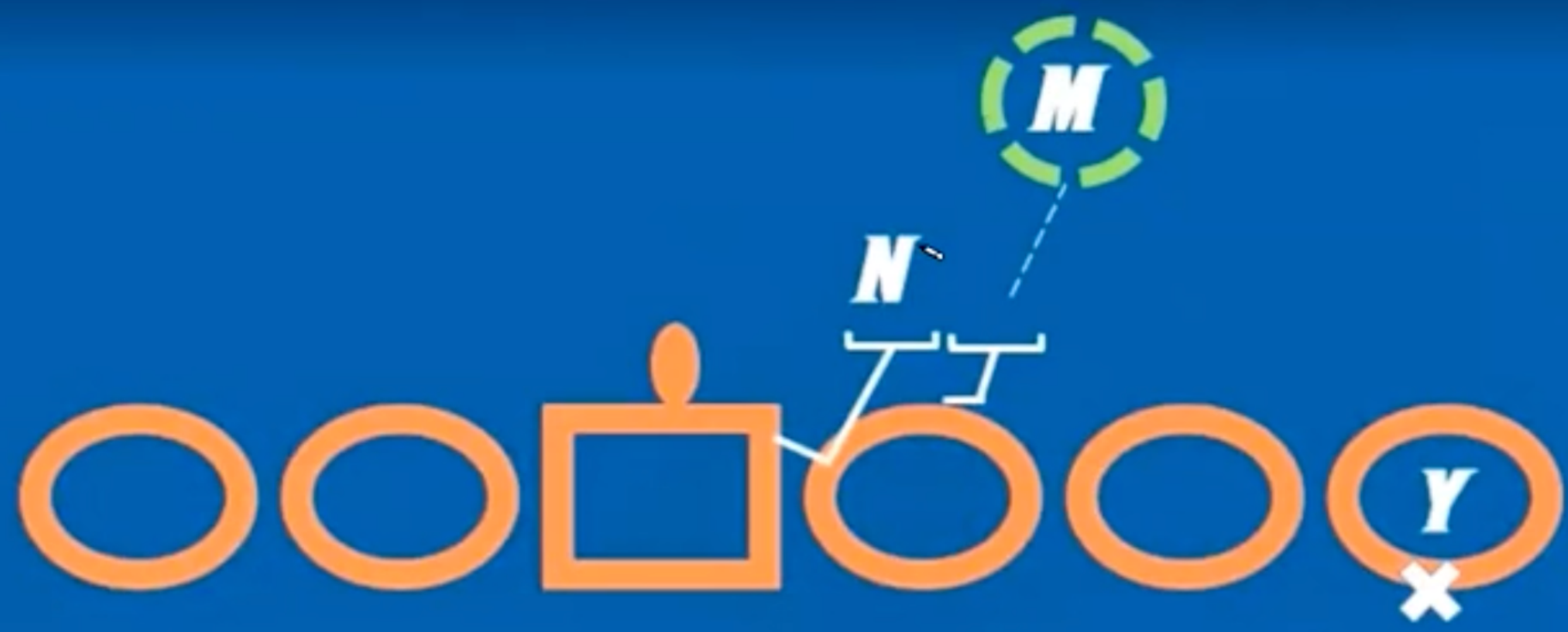
RB & OL AIMING POINT





Darrell Stapleton

RB & OL AIMING POINT



OUTSIDE ZONE

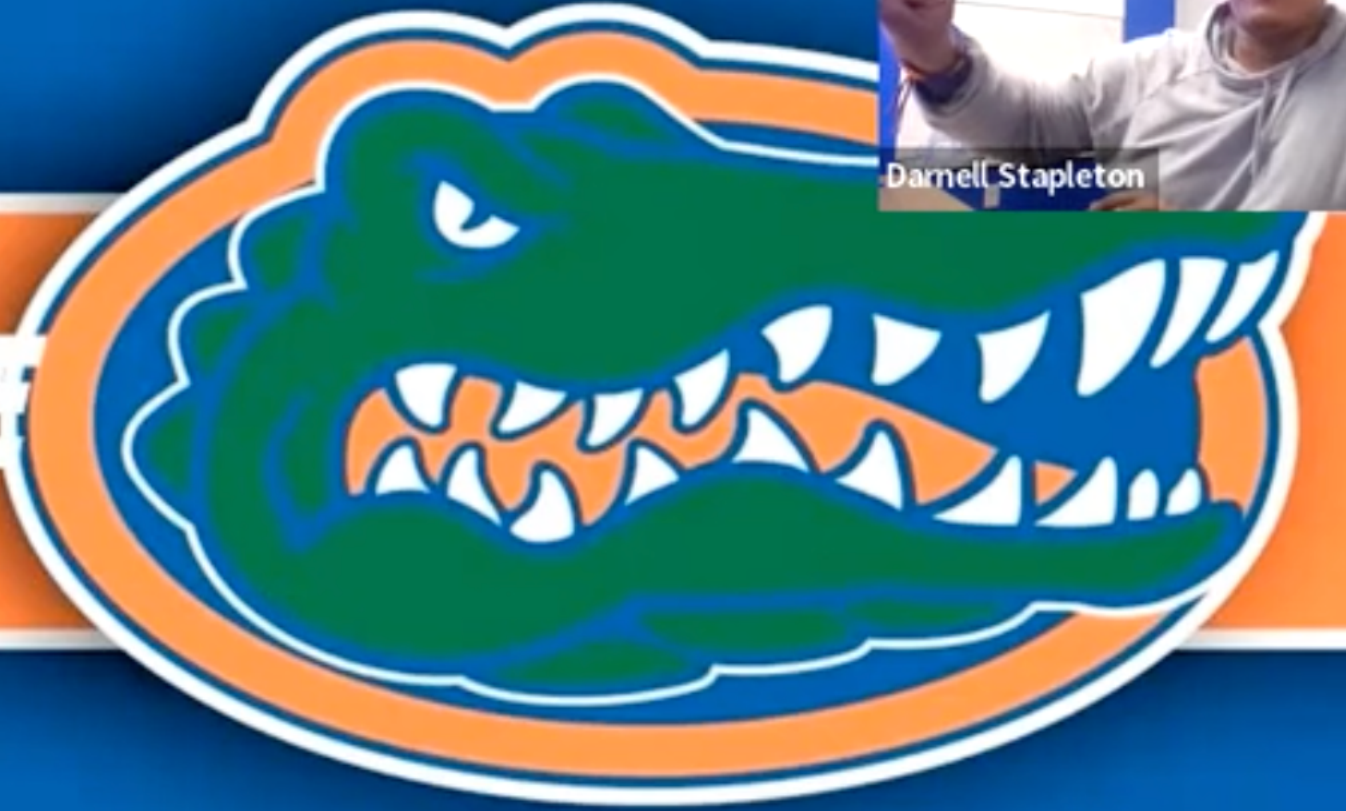


PLAYSIDE ARM PIT



Darnell Stapleton

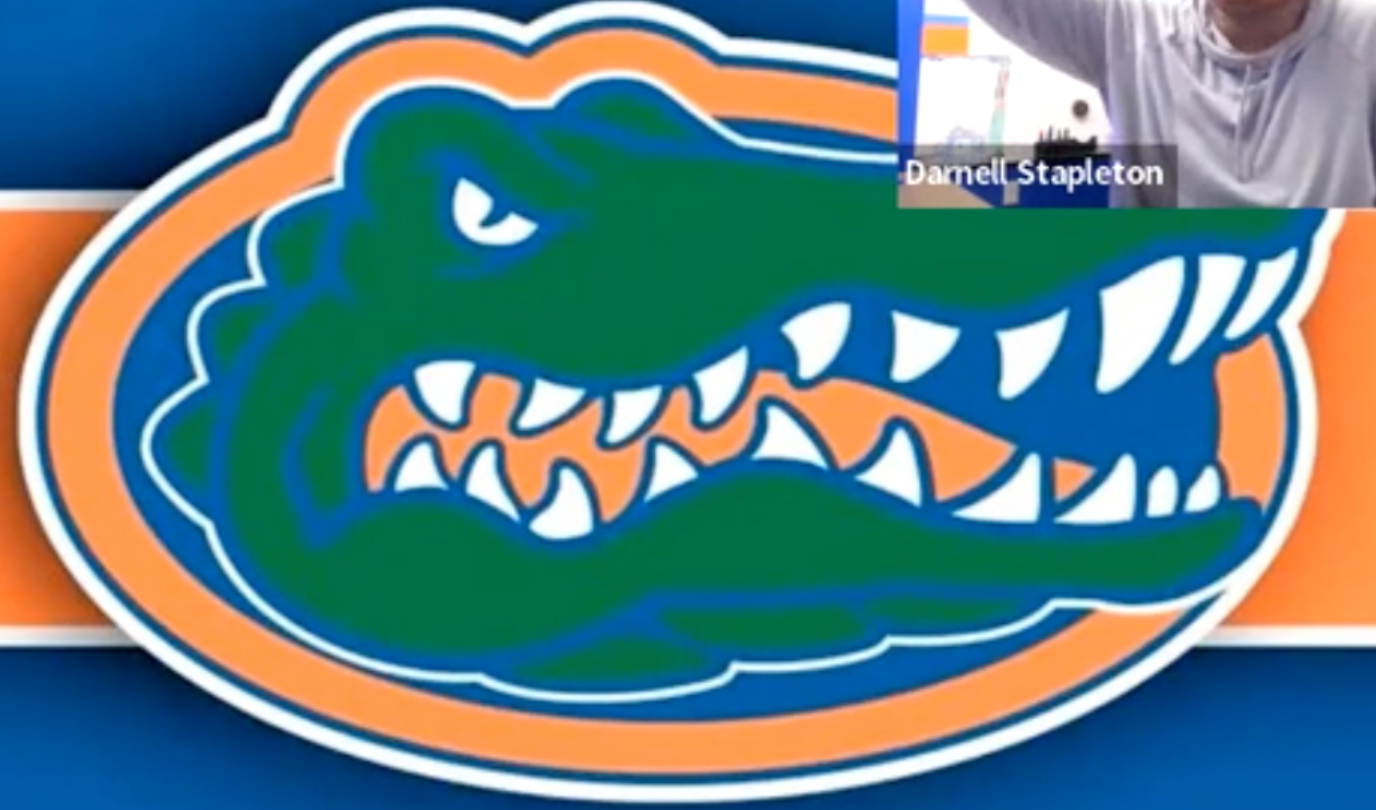
AIMING POINT ON BACKSIDE



INSIDE ZONE & OUTSIDE ZONE



INSIDE # DRIVE



ZONE COUNT RULES

CENTER = 0 TO MIKE

PSG = 1

PST = 2 ALERT 3

BSG = -1

BST = -2



ZONE COUNT

