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SEMI-PRO LINEMEN HOME OF THE HOGS

Semi-Pro Linemen Made By Linemen For Linemen:Linemen Linemen Drills

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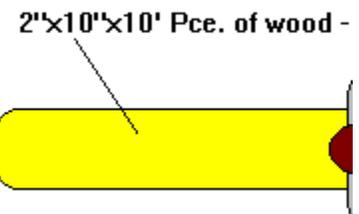
FOOTBALL COACHING CLINICS
Click on image to view drills

Great site for drills

Board Drill Coach:Mark Miller

Set Up:

All that is needed is a about a 2 inch thick piece of wood, roughly 1 ft wide by ten foot long. Paint the piece of wood with glossy outdoor paint, so that the wood becomes slick.



Procedure:

This is a man on man drill in full pads, full speed. The offensive lineman is in a 3 point stance and fires off at the defensive directly in the middle of the piece of the wood, straddling the piece of wood (wo Coach blows the whistle and the offensive lineman practices keeping a good wide backwards without getting his feet too close together. Feet too close, and the p

Coaching Points:

Teach linemen to start their 3 pt. stance with their feet shoulder width apart. F the rest of his steps are quick, shoulder width, choppy steps.

Objective:

Teaches linemen proper balance and leg drive.

Dive and Drive Drill Coach:Morten Midtsund

Set Up:

You can use all offensive linemen on the team one at a time or set up in pairs. Eq Chute.

Procedure:

Player starts in his three point stance and dive forward, much like a swimmer. A1

Ads by Goooooogle

Offensive Linemen Videos

Offensive Linemen training videos, by pro & college coaches.
hitrunscore.com

Football Conditioning

Drills on ropes, Agiles, and cones improve quickness and footwork.
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Football Playbook

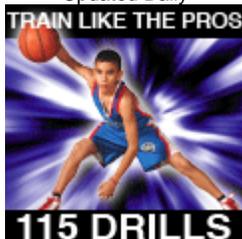
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on the blocking shields. The player will just land on his belly using the power step

Second: Same drill using running step and try to move forward as much as he can

Third: Same drill using opponent with blocking shield and driving his opponent ba

Coaching Points:

Look for his power step and short chop steps during the third part, also make su the purpose off drill.

Objective:

The objective off drill is to teach a good and pure drive block (base block). Teac Offensive Linemen will learn to be the first man to hit. Remember first man to h

Whistle Drill Coach: Randall Rogers

Set Up:

All Offensive Line Personnel & A Whistle!

Procedure:

The lineman are positioned in lines of five. On command the first line assumes a : lineman will take a six inch step with his right foot straight ahead (dive block), a and together position, and then he immediately returns to his stance as quickly a happen with the second whistle but this time with his left foot. The next steps v the last steps are pulling steps. On the last whistle they will pull to the left and : players get faster with their steps, I shorter the time between whistles. This di quickness.

Coaching Points:

Make sure that wthey take a proper step each whistle.

Make sure that after every step, they assume a proper stance.

Make sure their hands are in proper position with every step.

Objective:

Improve first step quickness.

Work on a proper first step.

Easy drill to teach all of your blocking steps.

Two Hit Drill Coach: Thomas Kleinlein

Set Up:

Five O linemen, five defenders, Five blocking boards. Place O lineman in 3 point s defender covers an O-lineman in a 2 point stance.

Procedure:

Each O-lineman takes their first step and second step and gets in a fit position c the fit position to see if it is correct. If position is correct, Coach gives second is first to get into a good fit position and second to roll hips and finish block on s

Coaching Points:

- ▶ [Standings](#)
- ▶ [About ePointz](#)
- ▶ [ePointz Hints](#)

This drill can be worked versus a inside shade, outside shade, or a head up defen

Check O-lineman's hips - must not rise to get into fit position.

Check hands - must be placed in proper fit position.

O-lineman must not cross feet over board throughout the entire block.

Objective:

Objective is to execute the proper feel, steps, and position of a run block. This c
of his player at different points of the block.

Hip Extesnion Drill Coach:Morten Midtsund

Set Up:

Offensive Line and Blocking Shields.

Procedure:

Player is on his hands and knees, with toes pointing backwards. Opponent standin
The offensive linemen fires out and little upwards making contact with his shoul

Coaching Points:

Watch players toes they must be point backwards, DO NOT allowing him to push
extension is what we are looking for here.

Objective:

Teaches players how to use his big muscle group in drive block (hip, back & thigh

Ladder Drill Coach:William Hill

Set Up:

We have a piece of equipment that looks like a ladder. There are 16 inches BETV
approximately 5 feet long and 3 feet wide. These are made of 1 inch metal tubin
spots on our chute.

Procedure:

The player will get in his normal stance with his toe up against the first rung. On
through the chute. After the players get accustomed to doing this we put a defe
must get him out of the chute. The player must put a foot in each opening. This r
inch step on his first 3 steps. It will not allow him to overextend on his steps.

Coaching Points:

Make sure the player puts a foot in EACH opening. Otherwise his first two steps

Objective:

This drill will improve body lean. It will also improve footwork and explosion off c

Punch and Sit Drill Coach:Ben Dew

Set Up:

All you need are your linemen and some 25lb or 35lb weights.

Procedure:

Get players into three or four equal lines. Have the first group step out and get their butts down.

On the command have the players start chopping their feet and punching out with have them stay looking in one direction or have them turn on command while still for building arm strength and making them bend their legs. You can time them or short as you want.

Coaching Points:

Make sure they keep their butts down and their arms fully extend. If the player drill or make them do it right.

Objective:

This drill is great for punch strength and leg bend. This drill will make them work season.

Hill Drill Coach: Andy Brown

Set Up:

You will need 2 shields for each line. You **MUST** have a hill with a decent slope and an O-lineman at the base of the hill and 2 defensive players on the uphill side. Set and you can coach.

Procedure:

The O-lineman assumes a 3 point stance on the flat area at the base of the hill. (D-lineman with a shield in a proper 3 or 4 point stance. (The shield is worn on one yet still protect the linemen from injury.) Approximately 5 yards away on the same stance with a shield on one arm. The second player is on the hillside. The O-Lineman which shoulder block to use.

On the count, the O-Lineman executes a good drive block and begins to drive the whistle or "break" call, he leaves his first block, accelerates up the hill and executes defender. The drill ends on the whistle or when the defender is driven to the top.

Coaching Points:

The emphasis is on a good drive block, staying low, feet are shoulder width, short flat, forearm blow, and good follow thru.

The 2nd defender will have a clear advantage by being uphill. The O-lineman must then just prior to collision, widening his base which will dip the shoulders for better he must use speed, leverage, and accelerate the feet after the collision.

Objective:

Teaches the O-Lineman to drive block off the LOS, gain the advantage, release, level. Emphasizes the use of short choppy steps to move the uphill man and place

leverage. Good for conditioning too! It will challenge even your best linemen since great advantage when placed uphill so it makes 'em all give you 100% and then so the hill and now you have a pull/trap drill.

Three Ball Drill Coach:Cliff Dew

Set Up:

This drill only requires three tennis balls and can be done indoors or outdoors.

Procedure:

Players are to line up in a single file line facing the coach who is on one knee about the coach's command, the player is to have his feet about shoulder width apart in a football stance. The coach is then going to roll one ball to one side and the player is to play back. Immediately roll another ball to the opposite side and continue this for about 10 seconds. The next player is to move into position for his turn. Each player should get at least 10 reps!

Coaching Points:

Players have a tendency to drop their heads and bend their back to get the ball. Remind them to squat. Also watch their feet as they will cross over as fatigue sets in. Be sure they don't roll it to the same side sometimes so the player will not get into the habit of always getting the ball from the same side.

Objective:

This drill is to work on footwork and good pass blocking technique. We did this a lot last off season and it works.

Chute Drill Coach:Willy Termine

Set Up:

A chute, and bags

Procedure:

1st- place boards in front of chute and have them run through forward and pull in
2nd-place bags in front of lineman in the chute. have them take their first explosion
repeat this about 10x with each group. works on explosion and stamina to keep linemen

3rd-have a player stand in front of the lineman, base block the d-player the length of the chute
on stamina

4th-put bags(linebackers) at end of boards have lineman fire out and attack with bags
(make sure they stay low until they make contact with the bag).again repeat this before switching.

5th-get rid of boards and bags. have linebackers standing 5 yards off the chute
snap. have the lineman fire out of the chute and meet the linebackers where the

Coaching Points:

Do this with many reps and preach the fact that the last drill must be done with

4th quarter. make sure they don't start forgetting fundamentals when they are 1

Objective:

I do this everyday before we do anything else. It takes about 20 minutes, but it: fundamentals sharp and keeps them in shape. NO 4TH QUARTER LETDOWNS F

Hat on the Dummy Drill Coach: Dan Cole

Set Up:

You will need all 5 interior offensive linemen, defensive front 7 including down lin blocking/tackling bag, 1 cone and 1 football.

Set offensive line at LOS with heavy bag positioned at 5 or 7 step QB distance 1 just for fun.

Set defensive front 7 at LOS in their usual alignments.

Procedure:

Indicate to the offense and defense which side of the offense is to be viewed a formation. (This is for the benefit of the defense blitzing Sam or Willy)

On coaches cadence and snap count, center snaps ball out of the way and drill be dropping for pass protection. Defensive front applies pass rush attempting to ta seconds of the snap.

Defense is permitted to run any of its scripted blitz schemes but must be encour just to defeat the offensive line. This drill is intended to be productive for both Coach blows whistle 5 seconds after snap ending the drill if defense has not sack

Repeat drill moving bag to different pocket locations and changing defensive fro offensive line. Offensive line must protect the QB for 5 seconds while defensive to sack QB within 5 seconds. Add 1 RB to backfield to improve pass protection o Line.

Coaching Points:

- 1) Make sure O-Line protect inside lanes first
- 2) Coach O-Line to keep heads up looking for the blitz
- 3) Check proper pass drop and contact techniques for O-Line
- 4) Make sure defensive down linemen use varying techniques - bull, swim, rip, stu
- 5) Make sure linebackers do not hesitate when their number comes up for script

Objective:

- 1) Improve 5 man line dynamic coordination in pass blocking
- 2) Improve pass pocket formation and protection.
- 3) Improve timing of scripted blitzes against an offensive line.
- 4) Improve offensive reaction to blitzes.
- 5) Teaches the O-Line to work together in dynamic situations and provides fast r front 7 pass rush and scripted blitz practice at the same time.

Stalemate Recovery Drill Coach: John McEachran Perham HS**Set Up:**

You need a blocking shield or a light standing dummy for each player in the drill. I do the drill with 5-6 offensive linemen and 5-6 players holding the dummy.

Procedure:

I tell the players the count and have them in a 3 point stance. On the count they execute a drive block. After initial contact I call out Stalemate. The dummy holding offensive lineman widens and quickens their feet while maintaining a proper fit. The defensive holders will release pressure and move in the direction I point. The offensive lineman moves in the direction they move, keeping proper head and body position.

Coaching Points:

1. Widen feet and quicken the steps as soon as the stalemate occurs.
2. As soon as pressure is released accelerate and drive man in the direction he
3. Maintain proper head position and body mechanics.

Objective:

This drill will help your lineman stay on their blocks and finish the block even after initial block

One on One Pass Protection Coach: Dave Mulgraw**Set Up:**

One dummy or other tall object (e.g. chair, step ladder, pole)

Two players (defensive and offensive lineman)

Mark an area of about 3 yards in width and 5 yards in length

Place the object at the end of the five yard area

Procedure:

Have the O-Lineman get in a three point stance at the beginning of the 5 yard set. The D-Lineman in a four point stance approx. 1 yard in front of the offensive lineman. As the O-Lineman will rush the quarterback (object) staying within the 3 yard wide boundary block him as long as possible. After about ten seconds or if the D-Lineman touches

Coaching Points:

Watch for good pass blocking technique (but low, knees bent, short choppy steps)

Objective:

To practice pass rushing and blocking with a limited amount of equipment and personnel

Hand Drill Coach: Jim Brown Dunellen High School**General Information:**

Having quick hands is an important element for an offensive lineman. This drill will punch.

Set Up:

The drill can be set up a number of ways. I have explained the procedure as if it however, you can also use the following

Players holding pads

Players aligned across from each other with one group as the offense and the other in an upright position with their hands behind their back and chest leaning forward or in the position listed below.

Procedure:

Line players up in front of the sled

Players align in a pre-set position.

On the coaches' command, the players quickly punch the sled, emphasizing quick good technique on their punch. Palms cupped, thumbs up, and elbows in and under. The next part of this drill is to have the players hit and then extend to lockout. lift the sled off the ground.

The final part of the drill is to have the players combine both stages the punch stance

Coaching Points:

Emphasis hand quickness and technique.

Emphasis roll of hips and elbow position. (in close to the body and elbows are under) Simulate getting leverage on the defender, emphasis power, quickness (hands and

Objective:

To develop quick hands on the offensive line and to work on getting leverage and

Blocking LB's Coach: Dan Dillon Grayslake High School**General Information:**

I'm the Head Football Coach at Grayslake High School in Illinois. We are a multi-3 defense..

Set Up:

All offensive linemen (including TE)

1 Tennis Ball

3 to 4 offensive linemen line up 4 yards apart with a defender with a shield in a 1 Coach stands behind offensive line either to the right or to the left.

Procedure:

The coach will roll the tennis ball either hard or soft to the right or to the left. LB's MUST react and attempt to get to the tennis ball while it's on its path. They move towards the LB's and meet him at the point in which the LB attacks the ball.

Coaching Points:

Tell the offensive line which way you are rolling the ball. Tell the offensive line not to throw their block too early. Alternate between an Iso, sweep or zone play. Don't stop blocking until the echo of the whistle.

Objective:

To teach offensive linemen the proper angle to take when blocking LB's and to block a blow when the LB reacts to the ball carrier.

Go-Go Drill Coach: Tim Pike**General Information:**

I assist at Big Bear High School in Southern California. We are a balanced attack with a Power I but have sets with no backs, one back or three backs in the backfield. We do not zone block nor do we "pass-off" a slanting lineman. Once we lock up, then the whistle blows. It is imperative that we have athletic linemen who can move the

Set Up:

We use ten inch cones laid end to end to form two lanes. You don't want your lane over whatever you are using. You can use shields but don't use the big blocking

Set up with an offensive lineman on the outside of the two lanes. The defense is on offense.

Procedure:

On the snap count, the offensive lineman sits on an imaginary bench and punches the defender "lock the man out." If this happens, the defender moves to the first lane. The offensive lineman "sits" and "punches" again. They then shuffle to the next lane and go again to the first lane and then to the starting position.

Once back to the starting position the defender tries to get up field by making the offensive lineman move sideways. Hence the name "Go-Go".

You do this drill from both sides. It takes five minutes of practice time to put a team through it.

Coaching Points:

Butt down, sit on the bench, punch and recoil.

Don't fire your punch until the defender gets close enough to be inside your "belly." Move your feet, be athletic.

Objective:

This drill teaches every aspect of pass blocking and forces the linemen to move

Three on One Drill

"Three on One Drill

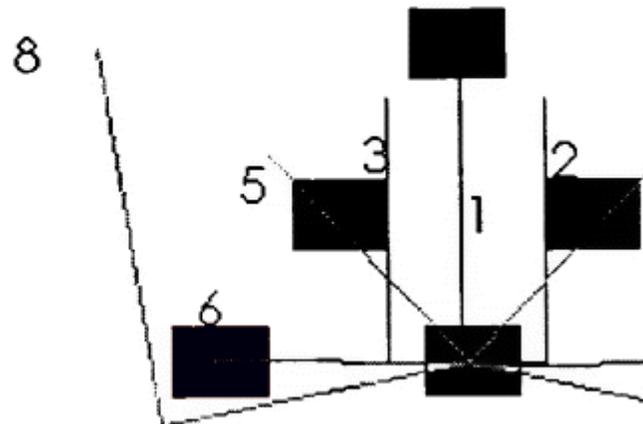
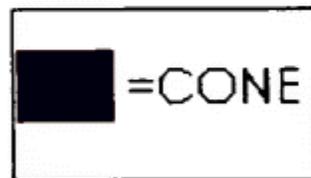
Goal: Teach proper pass set techniques against various defensive alignments...

Description: One OL gets into his stance with three defensive players align across right in front of the OL, the other two are shaded on the outside and inside shoulder outside and working one at a time to the inside alignment, each defender starts in a kick set, short set or power set in accordance with the defender's alignment. The player completes his punch and moves to the next defender...

Equipment: Ball "

Cone Drill

LINE DRILL
25-30 MIN
9 WAYS



Helmet Fitting

Helmet fitting takes time. The procedure must be well planned and conducted in the individual responsible for fitting can concentrate on the details of the fit. This exercise is in safety but an educational experience with lasting benefits to the player.

1. All helmets should be laid out according to size. Various sized jaw pads should be available. Crown adjustment pads and cervical neck pads should be readily available.
2. The fitting room should be set up so that the player being fit, the person fitting, no more than two on-deck players be present at one time. Because of the height of the helmet, it is easier and exacting if the player is seated on a high stool.
3. Urge players to maintain a moderate to short hair style during the season. See the coach for a new evaluation of the fit.
4. Players should dampen their hair to approximate their sweat conditions. Towel dry.
5. Each player should be measured with a measuring tape or head caliper at 1" above the hair.

of his head. This measurement will provide the basis for selecting the helmet wh right size, you avoid the problems of unnecessary bulk, top-heaviness and bounce performance on the field.

HOW THE HELMET SHOULD FIT

1. The front of the helmet should sit one inch above the eyebrow. This is the poi is the point at which you can encompass the largest percentage of head mass.

When pressing the helmet downward with the fingers interlocked on the top of 1 the crown of the head and not on the brow. This is considered a good crown adju visibility.

2. The chin strap should be exactly centered and without slack, to anchor the he comfortably and snug. The skin of the forehead should move with the sweatband

3. The jaw pads should feel firm against the face.

4. The suspenssion should provide firm contact with the maximum amount of hea shell should cover the brain stem area.

5. The various components of a good fit must be maintained during play.

PLAYERS!! CHECK THE FIT OF YOUR HELMET EVERYDAY BEFORE PRACTICE

FITTING CHECK LIST

1. BUCKLE UP BEFORE THE MIRROR.

2. APPLY PRESSURE TO THE TIP OF YOUR HELMET. HELMET SHOULD SIT O

3. GRAB THE FRONT-SIDES OF THE HELMET AND TWIST, FOREHEAD SKIN MOVES.

4. GREAT CONTACT WITH JAW PADS.

5. CHIN STRAP CENTERED WITHOUT SLACK.

6. SEE YOUR COACH, EQUIPMENT MANAGER, OR TRAINER IF ADJUSTMEN

**** POST THIS IN EVERY LOCKER ROOM IN THE UNITED STATES ***

Four Corners

One of the oldest and best drills for conditioning. I like to place my cones about

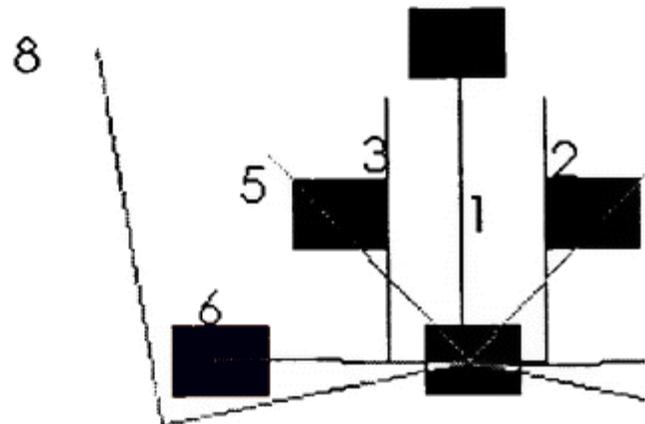
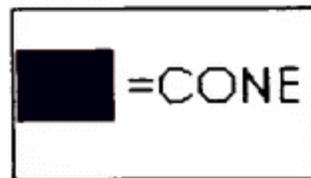
- The first 10 is a sprint
- Then Shuffle
- Then Backwards sprint

-And finish with a bear crawl

I suggest 3-5 one way then turn around and go the opposite direction.

OLine Cone Drill

LINE DRILL
25-30 MIN
9 WAYS



SET UP

- put one cone to be the center of the line of scrimmage
- place the second and third cones on the line of scrimmage where the TE would be
- put a second row of two cones to simulate a pair of line backers in a 4-4 or 5-2
- put a third row of cones 10 yards from the center cone as a stopping point for 1

Drill Explanation

1. This is a 10 yard fire out

- low fire out
- punch thru the defender

2 & 3. This a simulated inside or outside release for a trap

- low fire out
- proper lead foot
- head up looking at defenders position

4 & 5. This a simulated 45 degree angle to cut off a line backer

- low fire out
- proper lead foot
- head up looking at the defenders position

6 & 7. This is a simulated 90 degree pull route

- low fire out
- proper lead foot
- tight to the line of scrimmage
- under control

8 & 9. This is simulated sweep pull route

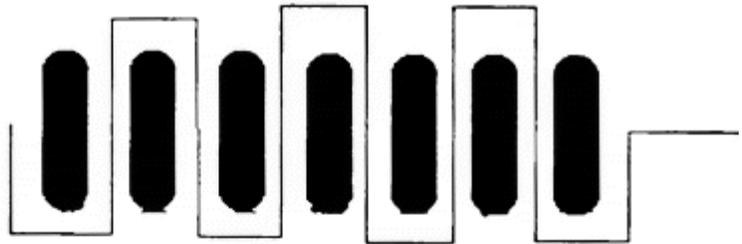
- low fire out
- proper lead foot
- tight to the line of scrimmage
- eye up field
- tight cut around end

Oline Bag Drills

BAG DRILLS

25-30 MIN

SHUFFLE
BOTH
DIRECTION



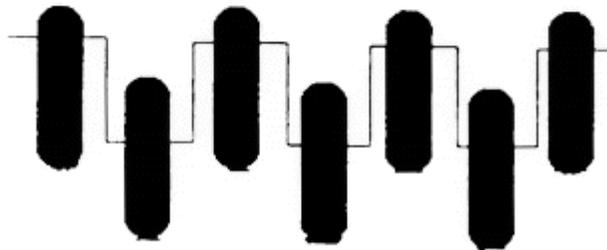
HOP OVER

-EVERY HOLE
-EVERY OTHER
ONE LEG AND
TWO LEGS



SHUF
SIDE
-ONE
-TWC

TWO FOOT
HOP
BOTH
DIRECTIONS



BAC
SPRI

THE LENGTH OF THE DRILL IS DETERMINED BY THE SIZE (GROUP. LEG DRIVE AND QUICK EXPLOSIVE BURST AR

Dot Drill

The purpose is to develop quicker feet

3. 3.
- 2.
1. 1.

The 5 dots will take the shape of a 5 on a set of dice. Each of the five dots is 1 y

The pattern can be painted in the grass with regular field paint.

Drill 1

The player will start with one foot on each of the #1 dots, then jump and land with each foot on one of the #3 dots. The player will then hop back to the position. This drill should last for 30 seconds, and the focus should be on quick footwork.

Drill 2

The player will start with one foot on one of the #1 dots then proceed to hop on the #3 dots for 15 seconds per leg.

Drill 3

This drill is just like drill 1, but after the player has landed on the #3 dots he or she will hop back to the #1 dots and start forward in the other direction. This drill should last for 30 seconds.

Keep stats on your player's progress and see how they improve over time.

Conditioning Tip

You should not condition linemen the same as other players. You wouldn't want to train a 300 pound man to run a 1.7 second 40 yard dash (his life is in danger). I would much rather have a 300 pound man running a 1.7 second 40 yard dash. Condition with short burst, linemen specific exercises.

Fire Out Drill

This drill is used to teach proper stance and technique from the start position.

Spread out the offensive linemen across a straight line. The coach will determine the distance. On the cadence, the offensive linemen fire out for approximately five yards. After the drill will then turn around and repeat this drill in the opposite direction.

Key Point To Look For

1. The first step should replace the down hand to help maintain a good base and balance.
2. The players should keep a flat back, head up and point in the direction of travel.
3. The first step should be followed by the next steps very quickly, and should reach the desired distance.
4. Focus on explosion off the ball and the quick pop with their hands.

101 Line Drills

This book is a must have for any level of line coach.

Improve Your Fire Out

Use the following leg program for superior explosion off the ball.

1.Power Squats: Stand in front of a power squat rack and bend your knees so you drop before your takeoff in a vertical jump (a point well above the bottom position on the supporting pins at that exact position. Slide underneath the bar at that point, and stand up as fast as you can, going right up onto your toes. Since the bar is 4-5 inches, you can handle hundreds of pounds.

Perform 3 sets of 3-5 reps, with 75%-80% of your 1 rep max.

2.Speed Squat: Use 50%-60% of your one rep max. Descend slowly in squat form. Then explode up as fast as you can, going all the way onto your toes and back straight.

Perform 3 sets of 10 reps with 50%-60% percent of your 1 rep max

3.Step Up: This is done with either an Olympic bar across your back or two dumbbells on a block 6-12 inches high and step up with the other leg, then step back down.

Perform 3 sets of 10 reps per leg with 50% percent of your 1 rep max.

I recommend the following leg workout for the ultimate in bone crushing fire out

1. Squat: 3 sets of 10 reps at 75% of max
2. Speed Squat: 3 sets of 10 reps at 50%-60% of max
3. Deadlift: 3 sets of 10 reps at 75% of one rep max
4. Step-Up: 3 sets of 10 reps per leg at 50% of one rep max
5. Power Squat: 3 sets of 3-5 reps at 75%-80% of one rep max
6. Power Clean: 3 sets of 3-5 reps at 70% of one rep max

Complete book of drills

Quick Pop

You need a blocking bag for this drill. Get on your knees in front of the bag. Place your hands just in arms reach of the bag. Then on coaches sound pop the bag. Do not lunge, but pop with your arms like a punch, but in pass block form. Stop just before your arms are

Pulling Drill

You will need seven cones. Set the cones up in a normal 4-3 defense.(You can set up a 3-4 defense) The lineman will start at the center position and pull to his right and left. He will tackle and turning up field on a linebacker. Continue down the line to guard, and tackle both guards and both tackles) It is a good idea to practice backside pulls as well

Overspeed

All you need for this is a steep decline. (Hill)

Stand at the top of the hill, when ready run down the hill as fast as possible. Work on running faster than normal on a flat surface. This will help increase your pick



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"The highest of all goods achievable by humans is the realization of one's true potential." - Aristotle

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