

VIII. CUT & SCRAMBLE (BIG BAG)

OBJECTIVE: This is tied in with the Crowther Sled. Learning to create a low block, and keep defender away from the block.

- A. Align in a 2 point stance inside of bag, 3 yards away.
- B. Accelerate into bag, emphasizing eyes on the hip area and stepping on the two area.
- C. On contact, keep eyes to the sky and lock eyes to the target. Accelerate in a scramble position.

IX. ONE MAN SLED

OBJECTIVE: Learning how to base block. Stay in the fight 4 seconds.

- A. Align 2 yards away, directly in front of sled.
- B. Step into the sled in a good football position (LB'er stance). No false steps.
- C. Place hands under arm pits, keeping the eyes up. Accelerate feet with good base.

X. PASS PROTECTION (VS. LINEBACKERS)

OBJECTIVE: To develop pass blocking skills in the five and seven step dropback game. Base protection.

- A. Align running back in a two point stance in a split back position/.
- B. Linebacker will align in an outside rush position.
- C. The first linebacker will rush the QB on the whistle command, on the second whistle the running back will get in position for the second rusher.
- D. Each player will engage two separate defenders.

Goals:

- A. To develop good body positioning in pass protection.
- B. Create awareness of the pocket area.
- C. Create good hand - eye coordination in pass protection.

XI. SCORE DRILL (GROUP WORK) VS. LB'ERS

OBJECTIVE: Learn to keep great pad level and take the blaster drill to a live situation.

- A. Align 5 yards from the goalline between two bags. LB'er in on the goalline.
- B. On Snap - Go Score.