



Drills and Tips for Offensive Linemen

Offensive Line Play

Winning Points for Offensive Line Blocking

1. Get off ball quickly; anticipate snap count; explode from stance.
2. Keep shoulders low and square, back straight, neck bowed with head up; eyes focused straight ahead.
3. Keep feet on ground; plant power foot forcibly; generate power from ground up through legs and back.
4. Legs drive with short, choppy steps; maintain wide base.
5. Finish block with hip thrust and arm extension forward and upward until play ends.
6. When pulling, do not lean in direction of pull.
7. On double-team blocks, maintain hip-to-hip relationship, drive up and through defender; finish block together.
8. On combination blocks, both linemen start in one direction and determine blocking targets on the move.
9. On goalline/short-yardage situations, assume four-point stance.

THE LITTLE THINGS

There is no position in football that requires more discipline or technique than being an offensive lineman. The success of any football team, hinges on its ability to control the line of scrimmage. To win consistently, you must win in the trenches and that means playing on your opponent's side of the line of scrimmage not yours. Information contained in this section is my personal beliefs and the basic mechanics I use when talking technique and developing the terminology I will use with my drill work. The information contained in this section will be the fundamental wording when teaching your technique and developing your drills.

It is my approach, like many other line coaches that we out - execute our opponents. This is alot easier said than done! To take this approach and to believe in this philosophy means a great deal of time must be spent on fundamentals and blocking technique. My primary goal as I prepare our blocking schemes is that they be simple and that they have a basic rule that can tie them all into one another. Thus, I try to keep the rules and line calls simple, it will give your offensive line the chance to perfect there techniques and perform them in an aggressive manner.

To be a good offensive line requires more than just discipline or good blocking technique. It requires "PRIDE" -- pride in yourself; your group; and your team. A team with "**PRIDE**" is a hard team to beat. It's my believe, the faster your offensive line understands that working for common goals as a group not as individuals builds your foundation for UNITY and PRIDE.

A group that's unified is more apt to do the "**LITTLE THINGS**" that most teams are not willing to do. No detail should ever be overlooked, regardless of how non-important it may look on the surface. The difference between **WINNING** and **LOSING** often lies in the failure to do the

little things! Not every offensive lineman that plays for you will make it to the NFL or COLLEGE or be an ALL-AMERICAN or even a STARTER, but every offensive lineman that decides to play for you can hustle and hit and be a good **TEAM PLAYER.**



HAWG PRIDE!

LINEMAN STANCE

1. FEET ARE SPREAD THE WIDTH OF THE SHOULDERS APART A LITTLE WIDER. IF YOU ARE RIGHT HANDED, THE RIGHT FOOT SHOULD BE DROPPED SLIGHTLY AS THE RIGHT HAND WILL BE DOWN (LEFT FOOT AND LEFT HAND FOR LEFT HANDERS).
2. THE RIGHT FOOT MUST HAVE NO MORE THAN A HEEL-TOE RELATIONSHIP.
3. FEET SHOULD ALWAYS BE POINTED STRAIGHT DOWN THE FIELD. THIS IS VERY IMPORTANT.
4. FROM THIS POSITION YOU DROP INTO A SQUATTING POSITION, DROPPING BOTH ARMS DOWN FROM THE SHOULDERS AND SLIGHTLY IN FRONT OF THE KNEES.
5. THE FORWARD FOOT IS NOW PLACED IN A POSITION WHERE YOU HAVE POWER PRODUCING ANGLES AT THE ANKLES AND KNEE JOINTS. TO GET THIS POSITION YOU WILL ROLL THE WEIGHT FORWARD ON THE BALL OF THE UP FOOT. THIS WILL RAISE THE WEIGHT OFF THE HEEL TO A POINT WHERE YOU CAN SEE SLIGHT DAYLIGHT UNDER THE HEEL OF THE UP FOOT. ROCK FORWARD.
6. THE HEEL OF THE BACK FOOT AFTER YOU ARE IN THIS POSITION WILL BE AN INCH TO TWO INCHES OFF THE GROUND WITH THE WEIGHT ON THE BALL OF THE FOOT.
7. THE SHOULDERS ARE PARALLEL TO THE GROUND. THE HEAD IS IN A NATURAL POSITION WITH LITTLE OR NOT MUCH STRAIN ON THE NECK MUSCLES. THE HEAD IS COCKED BACK SLIGHTLY.
8. THE RIGHT HAND IS DOWN, WELL FORWARD OF THE FEET, IN A DIRECT LINE WITH THE KNEE OF THE INSIDE LEG. THE BODY MUST LEAN FORWARD UNTIL THE RIGHT ARM IS VERTICAL WITH THE HAND DIRECTLY BENEATH THE SHOULDER. THE ARM IS PERPENDICULAR WITH THE GROUND.
9. THERE IS AN EQUAL AMOUNT OF WEIGHT ON BOTH FEET AND THE DOWN HAND IS IN A TRIPOD FASHION.
10. THE WRIST OF THE OTHER ARM SHOULD REST NATURALLY UPON THE KNEE OF THE LEFT LEG.
11. STARTING FROM THIS STANCE, YOU DRIVE OFF THE UP-FOOT, FIRING OUT WITH THE BACK FOOT. THE RIGHT HAND MOVES QUICKLY BACK ALONG THE GROUND, WHILE THE LEFT HAND IS "PUNCHED" IN THE DIRECTION OF MOVEMENT.
12. LINE UP ON THE REAR TIP OF THE BALL.
13. A GOOD STANCE IS THE FOUNDATION OF ALL YOUR MOVEMENT IN OFFENSIVE FOOTBALL.

Offensive Line - Run Blocking

The blocking techniques used by a lineman on running and passing plays naturally will be different, but there are some factors common to both.

Whether a run or pass is called, one of the most important traits for a blocker is aggressiveness. There is no better place to teach aggressiveness to a young offensive lineman than in run blocking. Coaches speak of great run blockers "blowing the defender off the ball," actually driving the defender back toward his own goal line. This is what run blocking is all about.

The basic idea in run blocking is not only to place the blocker between the defender and the offensive player with the ball, but also to forcefully move the defender away from his original location.

Run blocking should be attempted before pass blocking so that this attitude of physical and aggressive play can develop.

It is important for offensive linemen to understand that there are different types of blocks that they will need to master in order to frustrate and defeat a defensive opponent. But prior to actually blocking an individual, it is important for offensive linemen to learn to "get off the ball," or, in other words, move with great quickness on the snap count.

Defensive linemen learn to react to the movement of the ball and the movement of the offensive player. An offensive player must learn to move on a sound and to anticipate the reaction of the defensive player. Not moving the instant the ball is snapped almost always will result in an offensive lineman losing the battle to the defense. The snap count must be anticipated by the offensive player so that he can use his tremendous offensive advantage to its fullest potential.

Drill: Getting off the Ball

The coach stands behind the offensive linemen. They should be told the snap count and then asked to take their stances.

Once the coach sees that every offensive lineman is in his stance and is settled, he moves up behind the center, and simulates the quarterback calling out the cadence. From this position, the coach should accept the ball when it is snapped by the center as he moves forward.

Once the snap count is called out by the coach, the offensive linemen should instantly move forward out of their stances for five yards as quickly as they can. When coming out of his stance, each lineman should take quick, short, choppy steps, keeping his feet close to the ground. Both arms need to be pumping to give the player added forward thrust. His shoulders should stay low and square and his back should be straight. He needs to keep his neck bowed and his head up. Each lineman should have his eyes focused straight ahead, looking at an imaginary target.

At first, it may be necessary for the coach to position himself five yards in front of the offensive linemen and have each player go one at a time. By doing this, the coach can be absolutely certain that the players are moving quickly on the snap count with proper steps and body position.



COACH

Offensive Line – The Running Drive Block

The method of blocking a defender changes when the defender has positioned himself off the line of scrimmage, or when a defender has lined up in a position on the line of scrimmage, but more than one man away from the blocker.

In executing both of these blocks, it is necessary for the offensive lineman actually to run a distance before physically making contact with the defensive man.

For the offensive lineman, the running drive block is used when firing straight ahead to block a linebacker who is lined up three or four yards off the line of scrimmage, or when the blocker is asked to pull laterally and trap a defender who is lined up on the line of scrimmage.

Usually both offensive guards and the center have the most opportunities during a game to block straight ahead on a Linebacker who is lined up off the line of scrimmage. Very few defenses align themselves in such a manner that the offensive tackle is called upon to make this type of block.

Because the initial movement of each of the blocks is different, it is best to set up two separate drills for the running drive block.

Check out the following drills for the running drive block:

Running Drive Blocking, Part I

One main difference between a regular drive block and a running drive block is that the defender has a greater opportunity to move to his right or left, reacting to the offensive blocker's path. Because of this fact, the coach must not only tell the blocker the snap count, but also must make certain that the blocker understands where the ball will be going.

In the drill, the offensive lineman who is playing as the linebacker should react to the path of the blocker, moving forward to his right or left and attacking with his shoulders, arms, and hands.

The offensive blocker must make certain that he gets off on the snap count, and takes a good forward step with his back foot. Quickness off the ball is essential when blocking a linebacker.

The blocker should come off the ball in a low charge, making certain that he does not raise up into the air, and adjust' his path so that he can achieve relative position to the defender and the side of the ball. As the blocker nears the linebacker he must shorten his steps and widen his base. If he makes contact with his feet too close together, it will be very easy for the defender to knock him to the ground. At the point of contact, the offensive lineman should flex his knees, lower his hips, and explode starting from the ground and up through the big muscle groups of the lower body. Using the palms of both hands to strike into the numbers of the linebacker's jersey, the blocker should punch up and through the defender.

Because the defender will be changing his position as the blocker approaches, it is vital for the offensive lineman to focus on the defender, keeping his head up and his eyes locked on the target area. The offensive lineman should finish the running drive block in the same way that he finishes the standard drive block, by trying to knock the defender back toward his own goal line.

The running or "pulling" drive block (also called "trap block") is predominantly used by offensive guards and tackles. However, now even centers are being asked to execute this block. Basically, in a trap play a defensive lineman is influenced across the line of scrimmage then is blocked from the side by an offensive lineman pulling (leaving his position) and running down the line.

Because most players learn technique much faster when contact is eliminated, the coach should have the pulling linemen first go through their movements and steps, running over the spot where they will execute the block, without having any defenders in the drill. If necessary, a chalk path can be outlined on the ground for the blocker to follow. As the offensive linemen become more and more proficient at pulling, the coach can introduce the defensive players one at a time to the drill.



THE DRIVE BLOCK

In my opinion all blocks derive from the basic drive block. It is essential that this technique is taught first and given the proper amount of quality instructional time. When I teach the drive block I use the two hand punch technique. This is not the only way to teach this block. It is up to you as the coach to decide which technique is right for your lineman. These are the notes that I have put together for instruction at my *HAWG-TUFF!* O-LINE CAMPS.

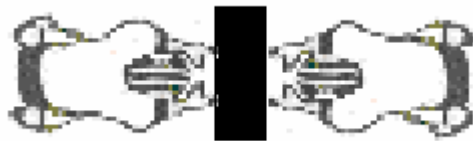
The Drive Block

A. This block is used at the point of attack when you have the option of taking the defender in any direction. The block should be taught in 4 phases.

Phases

A. Approach Phrase - Begins when you leave the huddle and ends when contact is made.

1. Alignment- this is your own personal preference
2. Stance- this is your own personal preference
3. Starts- first step ties second step wins, important to get the second step out of the box and planted before the defensive lineman does: if both the offensive and defensive player are taking the same first step, it is then important to get the second step in the ground quickly to gain the inside leverage. The first step should be a quick 6 to 8 inch power step just outside the defenders base. The next step needs to be knee to crotch. Aiming points are very important in training the young lineman and should not be over looked.



B. Contact Phase

Begins at after the first step is made and continues until the whistle is blown.

1. Fit-Form Up- aiming points: screws of the helmet at the middle of the of play side # grab cloth at pit.
2. 1-step contact- done after the form up while still in the fit position (see drill sheet).
3. Form a Triangle- screws of the helmet and hands should form a triangle

c. Follow Through Phrase

Continues from contact and ends when the whistle is blown.

1. 3rd step phase get down hill movement..... continue until the whistle blows 4th step, 5th, 6th, etc.....
2. Defender disengages accelerate feet climb and go for the pancake
3. 100% drill sustaining and straining. Live drill with shields, players block for 15 to 20 yards

I sometimes like to surprise my players and will do this in pre-practice.

D. Attitude Phase

1. Teaching Attitude!

- a. Directly- Telling the player the outcome of his assignment if done correctly.
- b. Indirectly- Your actions or reactions to certain situations.
- c. Player selection- select players to that can the job done!
- d. Remember: Try to be the coach on your staff that always has something positive to say about a kid!

DESTROY YOUR MAN!



Running Drive Blocking, Part II – The Trap Block

In this drill, the players on defense should charge straight ahead and then react to the trap block as they see it coming from one side or the other. Prior to the snap, the pulling offensive lineman must make certain that he does not lean in the direction of his pull and alert the defense as to which direction he is going to move.

When an offensive lineman is pulling and getting in position to execute a trap block, he must by necessity change the direction of his charge from straight ahead to either the right or left. Because of this, the blocker should use his first step with the foot in the direction of his pull to set his path. This should not be a long step, but it is vital that he cover some ground in the direction of the pull.

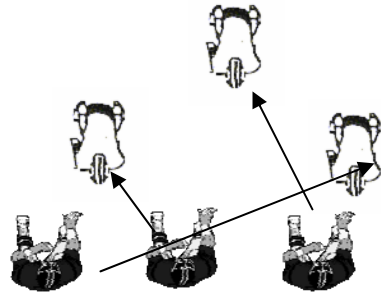
The offensive lineman then must swing his upper body around so that he is pointing in the direction of his pull. To accomplish this, the blocker should do three things. First, as he comes out of his stance, he should push off and back with the hand on the ground. Second, he must jerk the forearm around, with the arm to the side of the pull; many players describe this as swinging the arm around as if to hit someone standing behind them. Finally, he should push off the foot opposite the direction of his pull.

Once the blocker has redirected his charge, he must immediately pick up his target and focus on the blocking area. The path of the blocker should take him toward the defensive side of the line of scrimmage, allowing him to achieve an "inside-out" angle on the defender he is attempting to block.

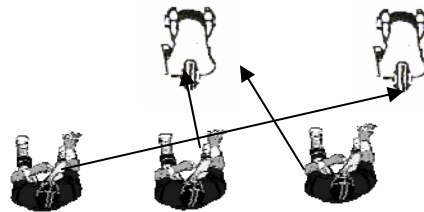
If the block is a short trap-blocking a defender only two men away the blocker must understand that the contact will come very quickly. It is essential, then, that he maintain a wide base and anticipate the defender moving into his block.

Once the offensive lineman has started his pull, redirected his body and charge, focused on the target, and moved toward the defender, he is in position to execute a running drive block. Instead of executing the block straight ahead as on a linebacker, the blocker will attack the defender from the side.

At the point of contact with the defender, the basics of the block are the same as on other blocks. Explosion should be generated from both feet on the ground in a wide base, the charge should be low and hard, the palm of the hand should aggressively and forcibly attack the side of the defender, and the blocker must finish the block by hitting up and through the defender, driving the defender out of the hole and toward the sideline, until the whistle blows or the coach calls the play to a stop.



LG C RG
**SHORT
TRAP**



RG RT TE
**LONG
TRAP**

Running Drive Blocking: Pulling Block vs. Linebacker

In this drill, the offensive guards and tackles pull long and then turn upfield and block on a linebacker.

The offensive men playing as the linebackers should focus on the man in front of them and, as they see the play develop, move forward, attacking the blocker who is moving toward them.

If the offensive player who is lined up in front of the linebacker is blocking beside the pulling lineman, it may become necessary for the pulling blocker's first step to be a short, two to three-inch drop step. At the same time, the pulling lineman should slightly raise his lead shoulder higher than he normally would on a trap block. This technique will allow his teammate to move to his block and, at the same time, gives the blocker a greater clearance when pulling and driving up toward the linebacker. By the second and third step, the pulling lineman should bring his shoulders down into a low blocking position.

With the exception of plays where it becomes necessary to use the drop step, the offensive lineman should use the same pulling technique as in the previous drill. Because of the proximity of the linebacker, great emphasis must be placed on immediately finding and focusing on the target. Failure to instantly locate the linebacker often is the biggest reason for missing this block.

It is essential that the pulling lineman understand where the ball is going in the drill so he can get proper relative position on the defender. At the point of the actual block, the blocker should employ the technique of the running drive block.

Only one offensive lineman pulled each time in the previous drills, but in the next drill, both the guard and tackle from the same side of the ball will pull.

The pulling guard will trap the linebacker at the end of the line of scrimmage and the tackle will pull up through the hole and block the linebacker who is pursuing from the inside.

Both linebackers should focus on the man in front of them and then move into position to take on a pulling lineman.

The guard's technique is the same as the one he used on a long trap play. The tackle also uses a long-pull technique and then turns upfield, locating, focusing on, and blocking the linebacker who is moving from the inside.

Both offensive players must be reminded to move to the defensive side of the ball as soon as possible, to concentrate on having a wide base on contact, and to run through the defender, always completely finishing the block.

Only one offensive lineman pulled each time in the previous drills, but in the next drill, both the guard and tackle from the same side of the ball will pull.

Offensive Line - Hook Blocking

A hook block differs from the drive block in that the defensive player is lined up to the outside of the offensive blocker rather than directly in front of him. It will be almost impossible for the blocker to drive the defender off the line of scrimmage if the defender lines up in this outside position, although this still should be the blocker's goal.

Now the blocker must concentrate on stopping the defender's penetration and moving him laterally down, rather than backward away from, the line of scrimmage.

Drill: Hook Blocking

The offensive man who is on defense should align himself on one shoulder or the other of the offensive blocker. Later, when the offensive men have some skill in executing the hook block, the defenders can widen their set, moving off the blocker's shoulder and into the gap to the right or left of the blocker. When working on the hook block, the defensive player should charge straight ahead, across the line of scrimmage, when he sees the ball snapped or the offensive player move.

As the ball is snapped, the offensive blocker must insure that the defender does not get penetration across the line of scrimmage by taking a short two to three-inch lateral step with the foot on the side of the block.

This drop step will open the offensive lineman's hips slightly, allowing him to step quickly across his body with the opposite foot. It is important that the blocker drive this foot forcibly into the ground because it will become the power foot for the hook block.

During this initial movement, it is essential that the blocker keep his shoulders low and square. If he raises up, there is an excellent possibility that the defender will get under the block and be in position to drive the blocker back into his own backfield.

As the power foot makes contact with the ground, the offensive blocker must thrust his far arm under the defender, driving up and through the defensive player's body. Using short, choppy steps, the blocker must drive his body in front of the defender's charge, stopping the possibility of any defensive penetration.

When many young offensive linemen learn the hook block, they have a tendency to narrow their base on their second step by actually trying to step too far. They find that their power foot never really has time to make contact with the ground before the defender reacts to them, knocking them off balance. If the offensive blocker is having this type of trouble, the defensive man can be moved off the line a few feet, thus giving the blocker more opportunity to set himself. As the blocker's skill level increases, the defender can be moved closer and closer to the line of scrimmage.

The coach must emphasize to the offensive lineman that on a hook block he must stay up, and not go to the ground. The blockers must continue to drive their legs, working up and through the defender, keeping physical contact with the defender until the whistle blows, and, if possible, moving the defensive man back.

Offensive Line - Angle Blocking

While drive and hook blocks are used against defensive players who are lined up directly in front of or to the side of the offensive blocker, the angle block is used versus a defender who is lined up to the right or left of the blocker.

When executing an angle block, the offensive lineman is concerned not only with stopping the defender's penetration, but also with attacking the side of the defender's body exposed in his straight-ahead charge.

In the drill below, it is important for the man on defense to attack the offensive player directly in front of him before trying to react to the angle blocker coming from the side. By doing this, the offensive angle blocker will get experience executing the block under game conditions.

Drill: Angle Blocking

For this drill we have set up three separate groups of players. The coach will move from one group to another, having only one offensive player angle-block at a time.

The offensive player who is lined up in front of the defender to be blocked should move quickly on the snap count to the side opposite the angle block.

It is important for the angle-blocking offensive lineman to understand that the defender will not be focused on him, but will instead be moving toward the offensive player directly in front of him on the line of scrimmage.

As in previous drills, the coach should give the offensive men the snap count, call out the cadence, and observe the block, making certain that it is executed correctly.

On the snap, the offensive blocker should take a short, two-inch, angle step down the line of scrimmage with the foot closest to the man he is attempting to block. This step serves two purposes. One, it allows the blocker to get his head in front of the defender, stopping penetration; and two, it allows him to open his hips, making it possible for him to attack the defender with a low, square, blocking surface.

The blocker must then bring his far foot quickly across his body, making certain that the step does not narrow his base. Because this

second step serves to set the power foot of the angle block, the blocker must be sure to drive it aggressively into the ground.

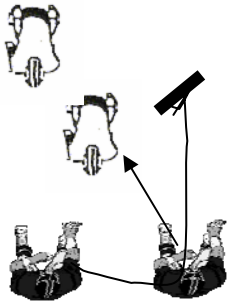
As the power foot hits the ground and the blocker explodes into the defender, he should jam the palm of the far hand into the side of the defensive player with as much force as possible.

Unlike the drive block, where the blocker can strike the defender with both hands, an angle block only allows for contact with one hand. This one hand should generate as much force and explosion as possible and should not be used merely to balance the blocker as contact is made.

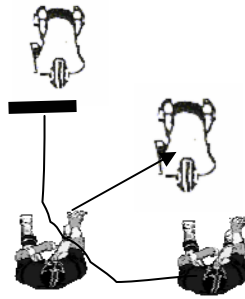
Finally, the offensive lineman must finish off the block. Maintaining a wide base, he must continue to drive his legs, thrusting his hips forward and lifting up and through the defender. The offensive blocker's goal on an angle block is not to drive the defensive player off the line, rather he should attempt to drive him laterally down the line of scrimmage until he hears the whistle or the command to stop.

During the entire block, the offensive lineman must concentrate on staying low, always trying to get under the shoulder pads of the defender. The blocker needs to take short, choppy steps, keeping his shoulders square and his back straight. As with all blocks, the offensive lineman must have his head up, neck bowed, and his eyes focused on the target.

Usually an offensive tackle or guard will execute an angle block going toward the ball, although against certain defenses both players may find that they are required to execute this block when moving to the outside. The offensive center, because of his location, will use an angle block to both his right and left.



G T
INSIDE FOLD BLOCK
TACKLE DOWN BLOCKS
GUARD SLIDE STEPS AND
MEETS LB AT THE PASS!



G T
OUTSIDE FOLD BLOCK
GUARD OUT BLOCKS
TACKLE SLIDE STEPS
AND MEETS LB AT THE PASS!

***OLINEMEN ARE
TUFF! GUYS!***



Short-Yardage/Goal-Line Blocking

One special type of run blocking is used for extreme short-yardage and goal-line plays. On these plays, the offense is not fooling anyone. Both the offensive and defensive players know that the offensive linemen are going to be blocking straight ahead and trying to move the defenders back a few inches or feet.

Often when blocking on these plays, offensive linemen completely adjust their stances. There's no need to be in a stance that allows for pulling to the right or left; the linemen only will be charging straight ahead. So many blockers revert to a four-point stance, reaching out with both hands four to six inches in front of their shoulder pads. In this position, the linemen put as much weight on their hands as possible.

The blocker should have his feet slightly wider than his hips. His hips should be up and his shoulders extended forward and lower than the level of his hips. His body must be aligned to allow him to explode straight ahead.

Once the lineman is set in a good stance the next most important thing for him to do is to concentrate on getting off on the snap count. Knowing the exact instant the play is to begin is a tremendous advantage for the offensive blockers, and utilizing this advantage to its fullest is even more important on short yardage and goal-line plays.

Short-Yardage/Goal-Line Blocking Drills

The defensive players assume a stance similar to that of the offensive blockers. Each defender's weight should be forward, shoulders low, hips up, and feet slightly wider than the width of the hips. As the defensive players see the ball snapped and the offensive men move, they should explode forward, driving their legs and trying to penetrate the offensive side of the line of scrimmage.

When first practicing this technique, only one offensive lineman at a time should block. As the efficiency and skill of the blockers increase, the drill can be run three-on-three.

The blocker must get off on the ball, exploding forward from the ground with the big muscle groups of the legs, hips, and lower back. He must keep his shoulders low and drive the defender back off the line of scrimmage with quick, short steps. It is important for the offensive lineman to focus on the defender, and expect him to come off the line in a low, hard charge. The offensive lineman should use his hands and arms only to finally push the defender. The initial contact and force of the block must be made with the shoulder pads.

Each blocker must have the resolve and dedication to move the defensive man off the line of scrimmage in a short yardage situation. This is neither the place nor the time to think of finesse blocking or trying to step laterally to get relative position on the defender. Short yardage blocking is a "gut check" for the entire offensive team, especially the offensive line, and answers the question of who is the most physical, who has the most determination the offense or the defense.

For each offensive lineman, blocking on goal line and short-yardage running plays becomes a personal battle. Each play is unique; determining if the blocker will push the defender straight back or the defensive player will penetrate the line of scrimmage and stop the play.'

Before leaving short-yardage and goal line blocking, be sure to work on double-team blocking. This usually consists of two-man blocks on one or more defensive linemen who are aligned on either side of the point of attack.

Short-Yardage/Goal-Line Combo Blocking

Both blockers must come off low and hard, charging hip-to-hip with short, powerful steps; exploding into the defender in unison with their shoulder pads together; and driving him back off the line of scrimmage.



Pass Protection

Protecting the quarterback as he attempts to pass is one of the most important jobs of any offensive lineman. While pass blocking, the offensive lineman is not asked to drive a defender off the line of scrimmage or to turn him away from the ball carrier. Instead, the blocker is asked to place his body in a relative position between the defender and quarterback.

Rather than firing out, the blocker is now asked to set up but not retreat on the offensive side of the line of scrimmage. Rather than initiating contact, he allows the defender to start his charge and reacts to his movement. Even though he is not firing out, the blocker must be aggressive at the moment of contact and strike the defender in a physical manner.

In pass protection, as in any type of offensive line blocking, pride becomes a major element in overall success. Great blockers hate to be beaten and refuse to quit until the whistle blows ending the play.

Prior to teaching the actual pass-protection techniques, the coach should spend some time with the offensive line discussing the mental aspects connected with pass blocking.

First, every offensive lineman must understand that pass protection is not passive. It must be physical and aggressive once contact begins.

Second, the offensive lineman must anticipate the charge of the defensive player. He must be aware of what the defensive man can do to rush the passer based upon his alignment prior to the snap of the ball. Before the snap, the blocker should determine if the defender is directly in front of him (a "one" position), on his outside shoulder (a "two" position), or lined up wide to the outside (a "three" position).

Defensive man to dictate it. The blocker must realize that the finally, the blocker must remember that his job is to keep the defensive man from getting to the quarterback. Each offensive lineman must determine his setup position; he must not allow the target for the pass rusher is the quarterback and that he must maintain a relative position with his body between the quarterback and the rusher. The blocker must stop the defender's momentum toward the quarterback and

cause him to restart his pass rush as many times as possible, thus giving the quarterback adequate time to throw the ball.

Setting Up for Pass Blocking

The first technique offensive linemen need to learn is how to quickly get out of the stance and set up as smoothly as possible.

In this drill we will not use any men on defense. Our only concern is to get the offensive player out of his three-point stance and into a body position to pass protect. In the beginning, it is important for the coach to have only one player set up at a time. As the offensive linemen become more and more skilled in setting up, the coach can have the entire line set at one time.

In addition to telling the offensive lineman the snap count prior to each play, the coach also should tell the blocker where the defender is lined up, in a one, two, or three position.

The offensive lineman should line up in a balanced stance. The more weight he has on his down hand and the farther out in front of the shoulder pads the hand is, the harder it will be for him to set up. There should be just enough weight on the down hand that the offensive blocker can push off the ground with the fingers of the down hand, thus allowing him to get into a two-point stance for pass protection. There should not be a big stagger in the feet; a heel-toe or heel-instep relationship between the two feet is the best.

Starting with the imaginary defensive player in a one position, the offensive player must push up and back with the down hand on the snap count. As his shoulders come up, he should take a slight step toward the center with his inside foot. This power step to the inside is necessary so he can be in position to stop the defensive player's inside charge.

The set-up technique is the same for a defender in the two position, except that now the first step of the offensive blocker - the power step - is taken with the outside rather than the inside foot.

At the same time he takes his power step, the blocker must lower his hips by flexing his knees (not by bending at the waist). He must keep his back straight and his head up, with his eyes focused straight ahead. The elbows of both arms should be in close to his body and bent so that the hands are four to five inches in front of his jersey. Both hands should be close together, thumbs almost touching, fingers up, palms facing toward the defense and even with the center of the offensive lineman's chest.

In the initial set-up with the defensive man aligned in a one or two location, it is very important that the offensive blocker always stay square to the line of scrimmage and not turn his body to the right or left.

When first teaching pass protection to the center, the coach must tell the center if he will set to his right or left with a defender in the one location.

The footwork for an offensive lineman in pass protection must change if he sees that the defender has lined up in a three location. With the defender in this wide alignment, the blocker must kick his outside foot back with a 45-degree angle step and slide his inside foot to the outside so that his body remains in a squared, balanced position in the path of the pass rusher toward the quarterback.

**OLINEMEN MUST HAVE FAITH
IN THEIR POWER/KICKSLIDE!**



Pass Protection Drills: Pass Blocking, Part I

Once the offensive line has mastered the technique for setting up on pass protection, it is time to introduce a defensive pass rusher to the drill. As with the run blocking drills, use offensive linemen to play on both offense and defense.

Initially the men on defense should try only to run by the offensive blocker to the target area, which can be a dummy, a towel, or a chalk mark seven yards directly behind the offensive center. As the offensive linemen feel more comfortable in their footwork, the pass rushers can be given the flexibility of rushing to one side and then coming back to the other side of the offensive blocker.

The coach only will have one blocker and one defensive man work on each snap. In the beginning, when trying to build the blockers' confidence and footwork, the coach should instruct the defenders to rush only to the outside from a one location.

On the snap, the blocker must power-step with his inside foot and assume a pass-protection position, keeping his shoulders parallel with the line of scrimmage. As the defensive man starts his pass rush, the blocker must gather himself, lower his hips, straighten his back, position his hands and arms, raise his head, focus on the numbers of the defensive man, and prepare to strike the defensive player.

The force for stopping the momentum of the defender must start at the ground, come up through the big muscle groups of the blocker's legs and be transferred out through the palms of the offensive lineman's hands.

It is important that the offensive blocker not bend at the waist and lunge forward toward the defensive pass rusher. In this extended position he quickly will lose his balance and find that he will be unable to stay between the pass rusher and the target area.

The offensive lineman should deliver as hard a blow as possible with his hands. Once the palms have made contact with the defensive man, the blocker must press out with his arms and maintain separation from the pass rusher.

When the defensive man's momentum has been stopped, the blocker must reset his hands and arms and shuffle his feet so that he keeps

his body between the pass rusher and the target area. By shuffling his feet, taking short, quick steps and keeping his feet close to the ground, the blocker can maintain a good, wide base. He cannot take long steps or cross his feet while he is pass-protecting. He always must stay in relative position, maintaining his stance between the pass rusher and the target area and not going out to meet the defensive man, should the defender rush wide to the outside of the target area.

When the blocker sees that the defensive man once again starts his charge toward the target, he should gather himself and prepare to strike again, stopping the defensive man's momentum and causing him to restart his drive to the target area.

The blocker should continue this action until the whistle blows or the coach calls a stop to the drill. Without a quarterback in the drill, the coach can allow the men to make contact three or four times before stopping the drill and going to the next two players.

Remember, in this drill, there should be a quick setup on the snap, a good hard blow by the blocker, balanced body position, quick shuffling foot movement, and a well maintained relative position by the offensive blocker on the defensive man



POWER RIGHT

POWER LEFT

(WORK IN PAIRS)

KICK SLIDE RIGHT

KICK SLIDE LEFT

POWER-KICKSLIDE DRILL

Pass Protection Drills: Pass Blocking, Part II

After the offensive linemen have demonstrated the ability to pass protect against an outside rusher who is starting in a one location, the coach should align the defensive man on the shoulder of the offensive blocker in a two position.

At the start, the defensive man should rush in the same manner as in the previous drill. The big difference in blocking technique for the offensive lineman is that, with the defender rushing from this position, the blocker may be able to make contact only with his outside hand as he delivers the blow.

All offensive linemen will have a tendency to attack the defender and turn to the outside to face the pass rusher. The coach must emphasize to the blocker that he must continue to shuffle back off the line, stay in relative position, and make certain that the defender must come through him to reach the target area.

Pass Protection Drills: Pass Blocking, Part III

Next, the defensive man should take an inside charge from a one location. Because the defensive man is charging toward the inside, it is best to have the other players back and away from the drill area. This alignment will decrease the possibility of injury.

When the defensive player rushes to the inside, the blocker must stop his momentum to the target at all cost. He must strike the pass rusher at the line of scrimmage. Because the pass rusher is now moving directly at the target area and not wide to the outside, it is important for the blocker to maintain constant contact and not try to disengage from the defensive man as he did when the defender rushed wide, away from the target area.

The blocker must now drive the, pass rusher down the line of scrimmage and keep him from penetrating the target area.

Pass Protection Drills: Pass Blocking, Part IV

The following covers the technique needed to block a pass rusher who attacks the target area from a wide, or three, location. Remember that in this type of defensive location the blocker sets up by kicking back with his outside foot at a 45-degree angle. This should be reviewed prior to starting the drill.

As with the other drills, there are two men work at a time. The key to pass protecting against a wide rush is that the offensive man must, on the snap of the ball, turn slightly toward the defensive pass rusher.

As the blocker moves off the line of scrimmage, he must drop in a straight line, staying perpendicular to his original alignment and fighting the tendency to move to the outside, away from the ball and into the defender.

Another tendency is to give ground too quickly. When the blocker retreats off the line of scrimmage, he gives the defensive man an opportunity to rush straight to the target area by coming to the inside. The blocker must constantly maintain a position directly between the pass rusher and the target area.

As he moves off the line of scrimmage, the lineman must slide his feet, never crossing over, and shuffle back in quick, short steps. It is important that the feet stay low to the ground so the blocker is always in position to gather himself and strike the pass rusher as he attacks the target area.

When the defender moves toward the target area, the blocker must gather himself and prepare to strike with his outside arm. If the defender continues to rush upfield, the blocker should maintain contact, riding him up the field and past the target area.

The blocker also must be prepared for the defender to rush over him or to the inside. If the defender attacks straight into the blocker, the pass protector should gather himself and strike out, stopping the defensive man's momentum. He must then extend his arms and, if possible, disengage from the defensive player's body.

It is important for the blocker to realize that the defender generates more force and momentum rushing from the three positions than he

does from a one or a two location. Because of this, the blocker must be sure he is in good hitting position, physically striking out at the defender. He must not get caught merely absorbing the rush of the defensive player.

Pass Blocking Drills: Two-Point Stance

One adjustment a coach can make for his offensive linemen in sure passing situations is to allow them to start in an upright, two-point stance.

This allows them to better focus on the rush of the defensive man, and to be in better body position to pass protect.

When taking a two-point stance the offensive lineman should flex his knees and place his outside foot slightly behind his inside foot. The blocker should place his hands on the inside of his thighs, keeping his elbows flexed so that he can push off on the snap. He should keep his back straight, his head up, and his eyes focused on the man he is to block

Winning Points to Pass Protection

- 1. Maintain relative position between defender and quarterback.**
- 2. Know location of defender and anticipate his charge.**
- 3. Get out of stance and set up smoothly and quickly.**
- 4. Lower hips by flexing knees; back straight; head up; elbows close to body; hands in front of jersey thumbs almost touching with fingers toward defender.**
- 5. Stop defender's momentum and make him restart his rush.**
- 6. Do not bend at waist or lunge toward rusher.**
- 7. Deliver hard, physical blow with palms of hands.**
- 8. Stay with defender, shuffling feet and making contact, until play ends.**

Picking-Up Stunts

Only after the offensive linemen have shown an ability to pass protect in one-on-one situations, should they work on stunt pick-up blocking.

During the course of a game it is necessary for two or more offensive linemen to work together to block defensive men who may be crossing, or stunting, with one another. These defensive maneuvers may be blocked by one of two methods: staying man to man or using zone blocking. In man to man (also called "man") pass blocking, the offensive lineman stays with and blocks his assigned man, wherever he goes. In zone pass blocking, the offensive lineman retreats and blocks any defender who comes into his assigned area of responsibility.

Man to man blocking often seems the easiest to teach. The offensive lineman whose defender goes behind or second on the stunt will give ground and pick up the pass rusher when he appears from behind the stunt.

Drill: Picking Up Stunts

The offensive line is divided into three groups. Each group will work individually with the defensive men executing a stunt (one defender rushing behind the other) as they pass rush. The coach should designate which defensive man will go first in the stunt before the players take their stances.

Both the offensive guard and tackle should power-step with their inside foot protecting against a single inside pass rush. When the blocker sees that his man is not charging straight ahead but is looping around behind the adjacent defensive man, he must give ground. If his man is going away from the target area, the blocker merely can give enough ground to allow him to wait for the defensive player to reappear, once again attacking the target.

When the opposite occurs and the defender is stunting toward the ball, the blocker must not only give ground but also must slide behind his teammate, moving toward the ball and getting in a position to stop the defender's charge.

In the third drill, the center should work with one guard and then the other when learning stunt pick-up technique.

If you do not anticipate a great deal of stunting by the defense, stay with man to man pick-up for all stunts. Each offensive lineman knows which man is his before the ball is snapped. No matter the stunt, the lineman knows that it remains his responsibility to block that man until the play is over. Indecision is a great hindrance: with man to man blocking there is no indecision.

Drill: Uncovered Linemen

Against certain types of defensive fronts, one or more of the offensive linemen may find themselves uncovered (without a man in front of them on the line of scrimmage).

When teaching uncovered linemen pass-protection technique, use the three-group approach (LT, LG, C, RG, C, RG, C, RG, and RT). The coach, prior to the snap of the ball, should indicate to the person playing linebacker if he wishes him to rush or to drop off into coverage.

At the snap, the uncovered lineman's first responsibility is to block the linebacker positioned in front of him if the linebacker comes with a straight ahead rush or stunts with one of the defensive linemen. If the linebacker does not rush, the offensive blocker should always back away from the line of scrimmage so that he can see where help is needed and move there.

CENTER'S STANCE AND QUARTERBACK EXCHANGE

The stance that I teach the offensive center is a three point stance with weight distributed evenly over the "full bottom" of both feet, with little weight forward. I want very little weight placed on the football itself.

1. **BASE:** Slightly wider than the shoulders with the feet perpendicular to the L.O.S. - no stagger.
2. **FEET:** The feet must be parallel as much as possible but never more than 2 to 3 inch stagger.
3. **SHOULDERS - BACK - TAIL:** Shoulders must be square to the L.O.S. with the back parallel to the ground. I want the center's tail to be at least as high as the shoulders (this will keep his hips up) to facilitate the snap.
4. **INITIAL MOVEMENT:** We want the center to explode out of his stance with his back parallel. Step with the near foot when exploding out to block or as it applies to the blocking scheme. **DO NOT ANTICIPATE THE SNAP COUNT.** Snapping the ball early penalizes the rest of the offensive linemen by giving the defense an advantage. Snap the ball on the proper command.
5. **POSITION OF THE BALL:** The ball should be placed slightly to the right eye and forward of the center's head. **EXTENDING THE BALL IN FRONT OF YOU** will give you better cutoff angles because the defenders will not be as close to you or the rest of the offensive line.
6. **THE GRIP:** The football is placed so that the laces are facing up. Grip the ball by placing your right thumb between the second and third lace nearest the front end of the ball. The fingers and palm of the hand will grip the ball on the side so as to have complete control of the ball. The arm should be extended with your wrist straight. **NEVER** allow your arm to be bent as this will cause a bad snap.
7. **EFFECTING THE SNAP:** Snap the ball by turning the wrist one-quarter turn without bending your elbows. This should be one quick movement and is a lifting action. Slap the ball against the quarterback's hand. The quarterback should take the ball from you

"NEVER" throw the ball to the quarterback. Snapping and stepping with the proper foot should be one of continuous movement.

The Center must be the quarterback of the offensive line. The center is responsible for making calls recognizing defensive fronts and alerting the rest of the offensive line to all changes. The center must have a clear understanding of the concept of plays used in the offense. The center must make calls loud and clear!

ALIGNMENT AND SPLITS - "THE LITTLE THINGS" make the difference. In order for an offense line to be successful with its plays, they need to play smart. Understanding splits as it applies to the inside run and outside run becomes an important factor. An offensive lineman needs to understand that a wider split helps the inside game and a tighter split benefits the outside game (helps restrict the defense). Certain plays that require combination blocks by two adjoining lineman must have a sense about themselves when working together.



Center Snap

On every down, guards and tackles must know the play, the snap count, and which defensive player they are responsible for blocking. The center has all these responsibilities, plus he has the added job of getting the ball to the quarterback.

Teaching an offensive lineman to be a center is not difficult. It does, however, require a great deal of practice in order for the center-quarterback exchange to be successful every play.

One of the easiest ways to introduce a young player to the center position is to have him get into a basic four-point stance. In this stance, the player's weight should be distributed evenly on the balls of both feet, his feet need to be parallel and spread about the width of his shoulders, and his back should be straight with his head up. The center's hands should be placed on the ground slightly ahead and inside of the outside points of his shoulders.

The coach should make certain that the player's shoulders are level and that the player's weight is distributed evenly on the balls of both feet and the fingers of both hands. Once the stance is correct, the coach should have the player charge straight ahead a few times, angle charge to his right and left a few plays and set back as if he were pass protecting for the quarterback.

The next step is to have the offensive lineman, in his four-point stance, lift one of his hands off the ground. The coach then can place the ball on the ex-act spot where the player's hand had been. The player replaces his hand, only now he will be grasping the ball, rather than touching his hand to the ground. Eventually, with practice, the center will begin to feel comfortable with the ball as a normal part of his stance, an extension of his arm and hand.

It is important that when the coach places the ball on the ground, he does so with the laces pointing to the side away from the snapping hand, at the exact spot where the center's hand previously had been resting. As the center becomes more comfortable and proficient, the

ball can be moved more into the center of his body in a position directly in front of his nose. With the ball in this location, the center can execute the snap with one or both hands on the ball. In either case, only one hand actually will grip and snap the ball. The other hand will merely rest comfortably on top of the ball to balance the center, or his non-snapping arm may rest on the inside of his thigh. These adjustments can come later; in the beginning it is easier to have success from a four-point stance.

As the center grasps the ball, his hand should be on the forward half of the ball, with the first knuckle of his thumb placed over the laces. The palm of the snapping hand would then rest on the outside of the ball and the four fingers of the center's hand should be spread, en-circling the underneath portion of the football. The center should feel that he has complete control of the ball.

The next step is to remove the ball again in order to show the center the manner in which the ball should be exchanged with the quarterback. If the quarterback is not available, the coach or another center can play the quarter-back calling signals and reaching under the center's buttocks so that the back of the top hand exerts slight upward pressure. Without any forward movement, the center should then reach back between his legs and shake hands with the top hand of the quarterback. This is the manner that the center should bring the ball up to the quarterback when he actually is making the exchange of the ball.

When the center has a feel for the proper path needed to bring his snapping hand up to shake hands with the top hand of the quarterback, the ball can be replaced under the center's snapping hand.

Using the ball, this simple drill can be repeated with the center actually placing the ball in the hands of the quarterback. Initially, because the emphasis must be on the actual exchange of the ball, neither the quarterback nor the center should move. The center should concentrate completely on making certain that he has brought the ball up correctly and that it is placed securely in the hands of the quarterback.

Once the snap and exchange are occurring without hesitation or a fumble between the center and the quarterback, movement should be added to the drill. Both the center and the quarterback will quickly feet

the difference in the exchange when they actually are moving on a play.

In practicing this, the center should either drive straight ahead, to his right or left, or set up in pass protection. For all the running plays, where the center is moving forward, the movement of the quarterback should be down the line of scrimmage to his right or left, executing a reverse pivot to the right or left, or pulling away from the line of scrimmage to his right or left. When the center is executing a pass protection set, the quarter-back should take a five-step drop and set up to pass.

The first few snaps incorporating movement can be done without the ball, thus enabling the center and quarterback to get a feel of actually moving off the line of scrimmage together in the same direction or, more difficult, of the center going in one direction and quarterback moving in the opposite direction or moving away from the line of scrimmage.

As quickly as possible, the ball should be reintroduced as part of the drill. There may be a tendency for beginning centers to shift their concentration to moving into their block and they may forget that the first - and most important - job that they have to do is to place the ball securely in the quarterback's hands.

Once the center is secure in his snapping motion, the actual quarterback (and not a coach or another lineman) always should be involved in the drill. The more these two players can work together and the greater the number of snaps that they practice as one unit, the less chance there will be in a game situation for the snap to be lost.

Offensive Line
Foundation of the Offense



Daily Technique and Conditioning Workout Drills

The following technique and conditioning workout should be followed on a every other day basis if at all possible. This workout consists of five different sets to be completed one right after the other, with a two minute rest in between sets. Can be followed throughout the year and completed on their own. The drills listed in the following five sets have been mentioned throughout the offensive drill section.

Set 1

5 Yard Sprint
40 Yard Sprint
15 Yard Duck Walk Forward
10 Yard Sprint
15 Yard Backwards Duck Walk
10 Yard Slide Shuffle Left
20 Yard Sprint
15 Yard Duck Walk Forward
40 Yard Sprint
5 Yard Backwards Duck Walk
Rest 2 Minutes

Set 3

10 Yard Sprint
15 Yard Duck Walk Forward
40 Yard Sprint
40 Yard Sprint
10 Yard Slide Shuffle Left
15 Yard Duck Walk Backwards
10 Yard Slide Shuffle Right
15 Yard Duck Walk Forward
20 Yard Sprint
15 Yard Duck Walk Forward
Rest 2 Minutes

Set 2

40 Yard Sprint
10 Yard Sprint
10 Yard Slide Shuffle Right
15 Yard Backwards Duck Walk
20 Yard Sprint
15 Yard Duck Walk Forward
5 Yard Backwards Duck Walk
10 Yard Slide Shuffle Left
15 Yard Duck Walk Forward
40 Yard Sprint
Rest 2 Minutes

Set 4

5 Yard Duck Walk Backwards
40 Yard Sprint
15 Yard Duck Walk Forwards
20 Yard Sprint
10 Yard Slide Shuffle Left
15 Yard Duck Walk Backwards
10 Yard Sprint
15 Yard Duck Walk
40 Yard Sprint
5 Yard Sprint
Rest 2 Minutes

SET 5

40 Yard Sprint

15 Yard Duck Walk Forward

10 Yard Slide Shuffle Left

5 Yard Duck Walk Backwards

15 Yard Duck Walk Forwards

20 Yard Sprint

15 Yard Duck Walk Backwards

10 Yard Slide Shuffle Right

10 Yard Sprint

40 Yard Sprint

Rest 2 Minutes

One of the most important aspects of your offensive line's ability to perform is their ability to out technique their opponent. The five sets of drills listed above should coincide with your individual running and conditioning program. The drills listed above should be followed at least three times per week and then on a daily bases as they near the start of football season. The drills listed above, if completed properly will most definitely prepare your offensive line and condition them at the same time. To complete the following set of drills, is not easy, but if your offensive linemen want the upper hand on beating their opponents or even to win a starting position they must be made to be important.

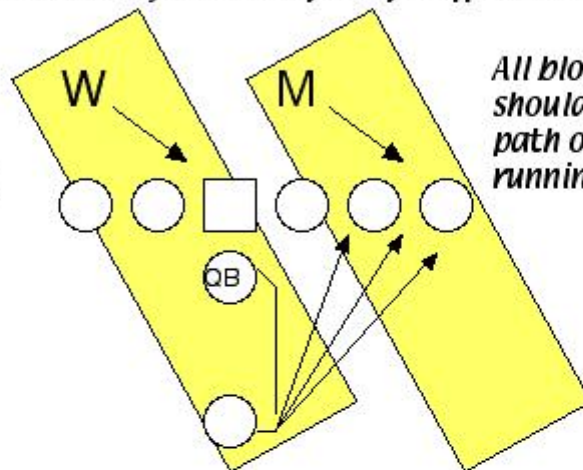
Slow Zone Blocking

Establishing Blocking Rules For *Slow Rotating Zones*

Helmet placement on plays being run at the outside hip of the guard to the inside hip of the Tight End requires our offensive linemen to take their helmets to the near ear and hand punch to the near number of the closest down defender towards the play. When working in combination with another lineman never allow you Butts to float away from each other, must be able to **keep the door closed**. Combination slowly rotates playside while tracking your combination linebacker, never allow them to play through any combination block, don't take your eyes off the linebacker.

Plays that require a Slow Rotating Push:

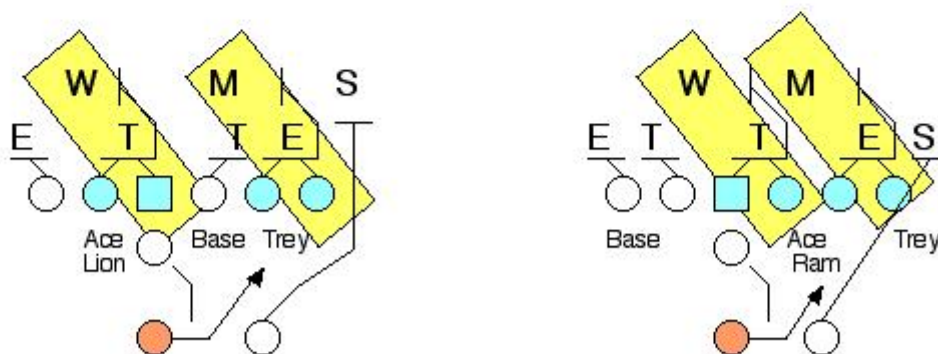
1. **18 Block**
2. **18 Lead**
3. **44 Belly**
4. **48 Bounce**



All blockers butts should follow the path of the running back.

Slow Rotating Zone

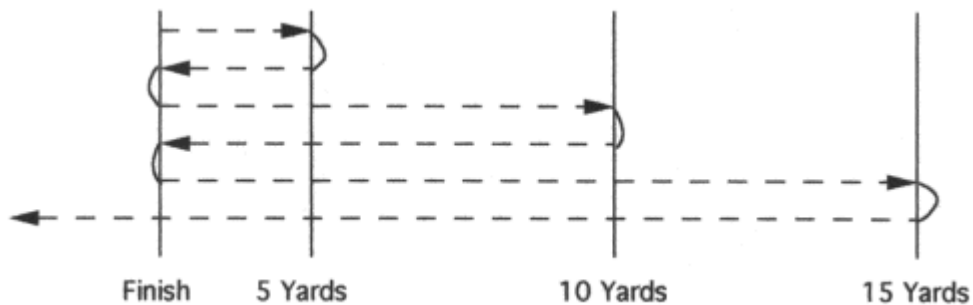
When running outside the guard and inside the Tight End we will call this a "**Slow Rotating**" scheme. The following illustrations will show how the combinations will be called and rotated.



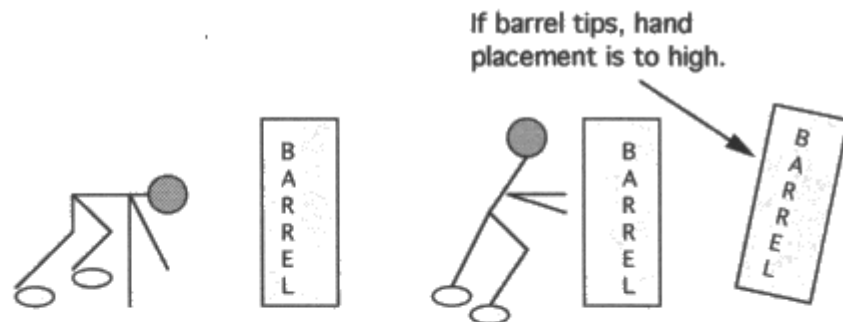
One important fact to remember with slow rotating combinations is never leave your combination to chase after linebackers, let them come to you. Never come off a combination block until your filling linebacker reaches your level.

Drills for O-Linemen

60 Yard Shuttle Run 5-10-5 Drill



Barrel Drill - Fit

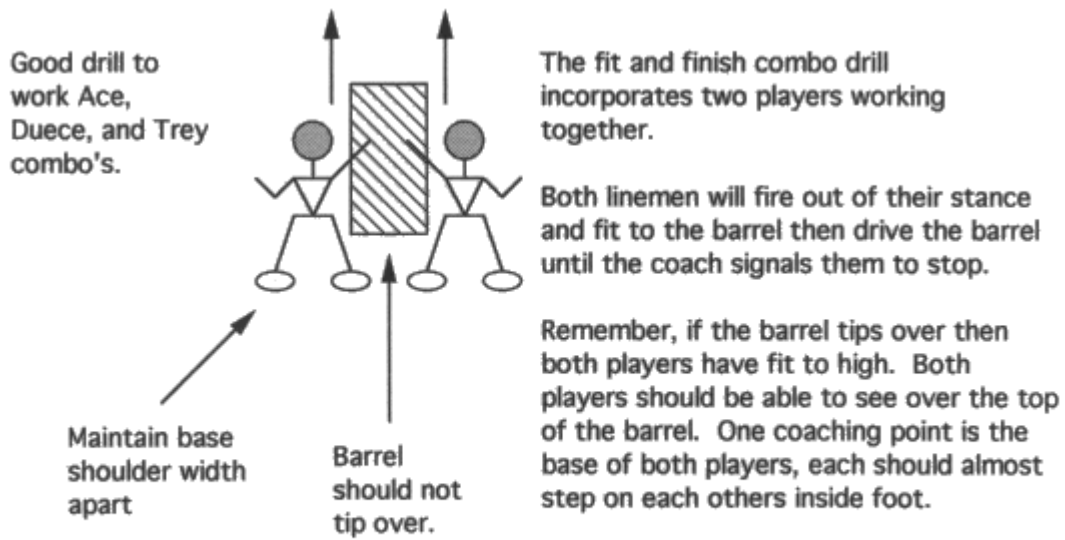


The fit and finish drill is started from a 3 point stance upon command from the coach. Player will fire out and fit up on the barrel, trying not to knock the barrel over.

If the barrel tips over it tells you that the fit is to high. Player should be able to look over the top of the barrel.

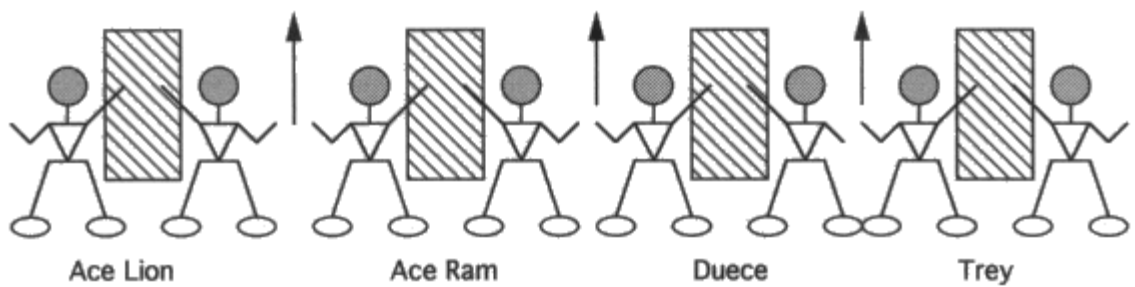
Upon fit up on the barrel, the barrel should slide not tip. One key coaching point is a wide base with center of gravity never going out past the toes.

Barrel Drill - Fit and Finish - Combo



COACHING POINT: The use of barrels gives you a good look at both inside and outside zone combo's.

Barrel Drill - Fit and Finish - Multiple Combos



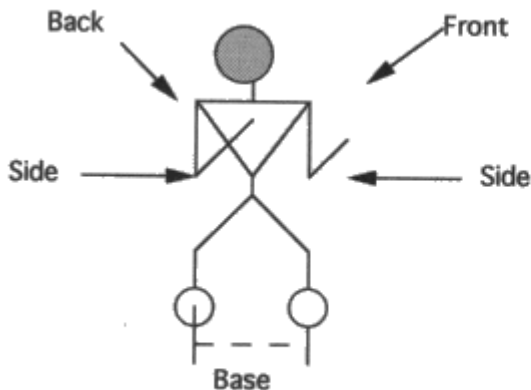
Pair your linemen up for combination fit and finish. You are looking for technique and base, must keep hip to hip if working inside zone footwork.

Barrel Drill - Fit and Finish - One Player



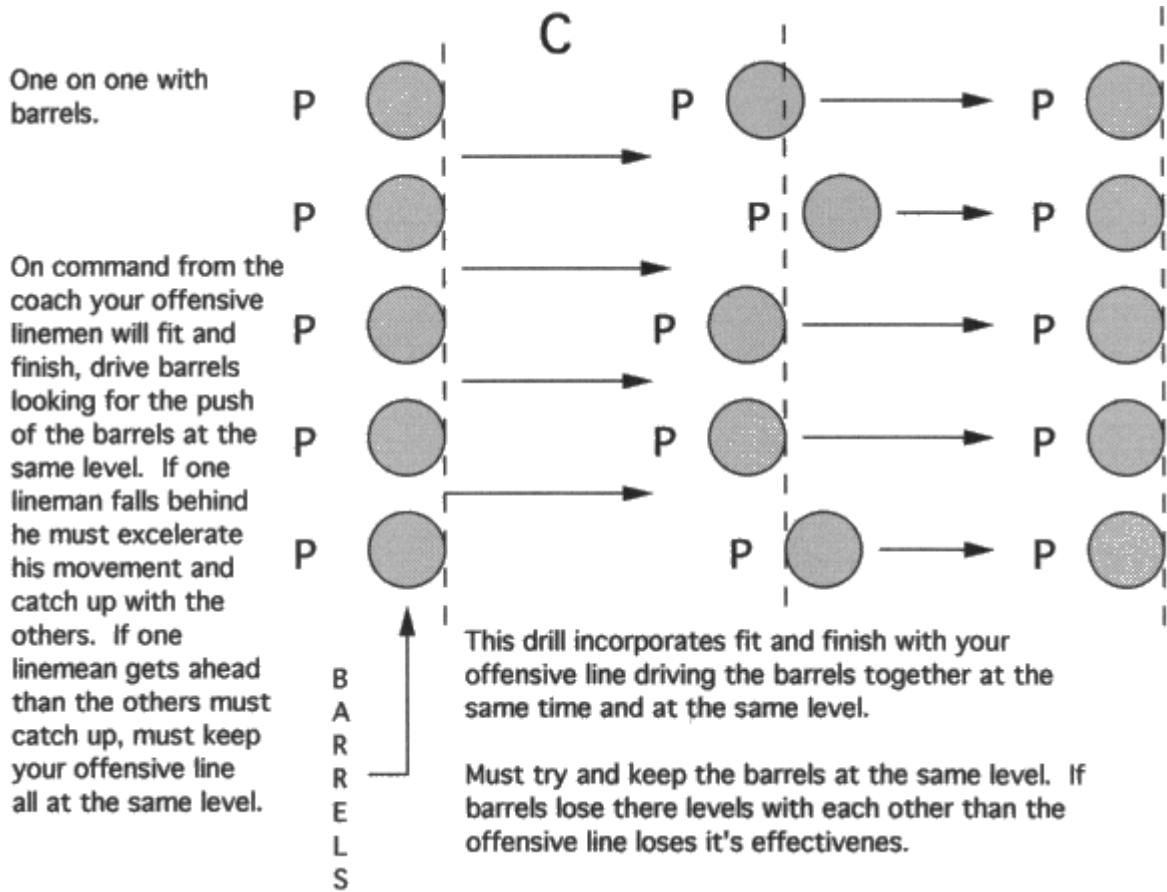
1. The fit and finish drill is exactly like the fit drill except you are now going to drive the barrel. Remember if you fit to high on the barrel it will tip over. You want the barrel to slide across the grass nice and smoothly.
2. The lineman's center of gravity should be centered directly over the top of his feet with his hips never going out over his toes.
3. Player should drive the barrel until the coach gives him the command to stop. Remember, your player should maintain a good base during the drive portion of the drill. Heels should be slightly turned in with toes out.

Base Check - Push and Pull Drill

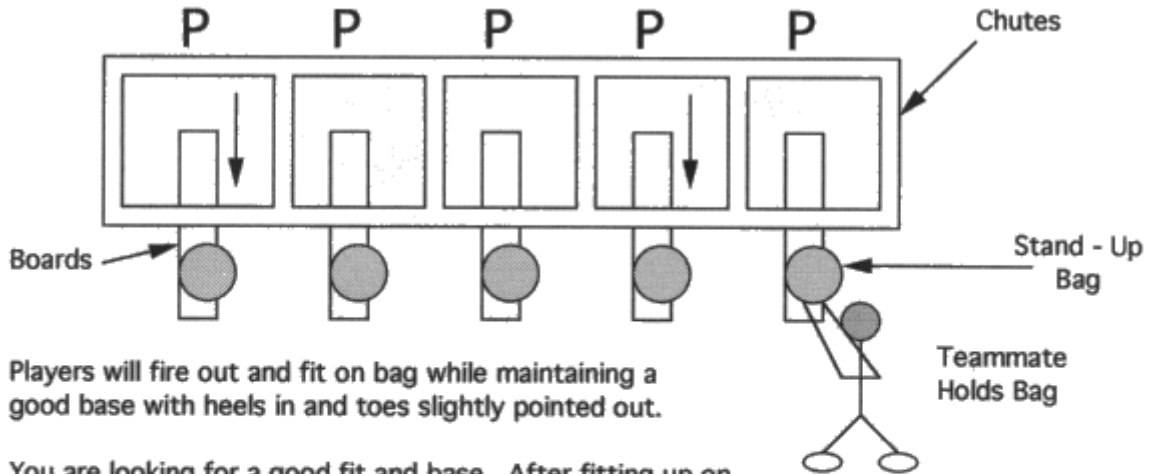


1. Have offensive blocker get into a good pass pro set.
2. Have partner push from different sides, trying to make blocker lose his wide base set.
3. Partner can either try push or pull.
4. Make blocker maintain his base by sliding to recover, never cross your feet - never lose shoulder width base.
5. Blocker should first start out with arms behind him and then work base with arms fully extended.

Barrel Drill - Fit, Finish and Drive Drills



Chute - Fire Out/Fit/Drive Drill



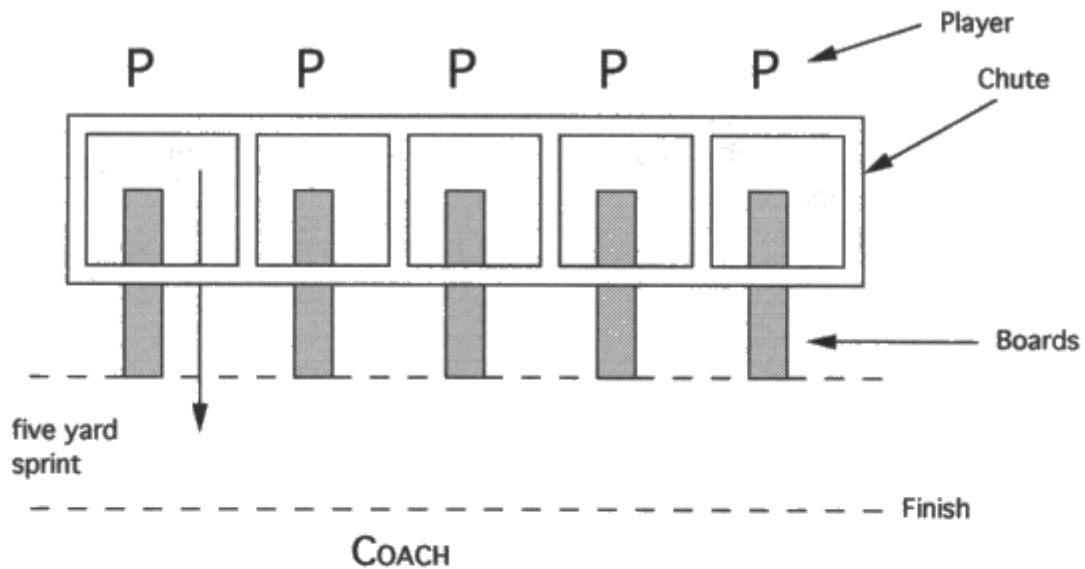
Players will fire out and fit on bag while maintaining a good base with heels in and toes slightly pointed out.

You are looking for a good fit and base. After fitting up on the bag players will drive the bag, once getting to the end of the boards players will incorporate their finish.

The player holding the bag will hold bag firm and give ground as the bag is being driven.

On command from the coach player will fire out using their proper footwork as it applies to the type of play being practiced.

Chute - Get Offs with Board Drills



Chute drills incorporate get - offs / base / fit / finish.

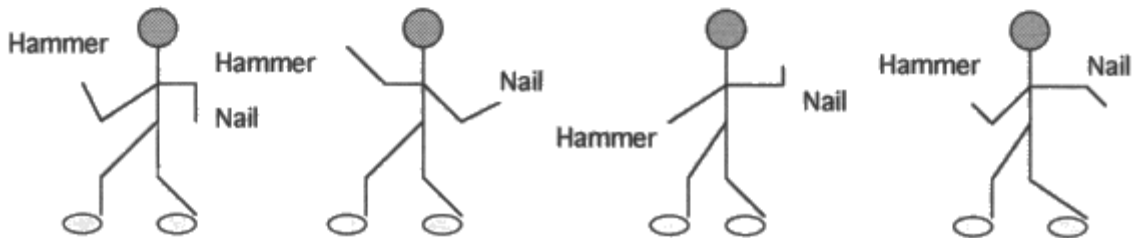
On command from the coach, players will fire out according to the footwork asked of them. You can incorporate boards to make sure they maintain their base throughout the drill.

Players will fire out and duck walk through the boards and then sprint a hard five yards once getting to the end of the boards.

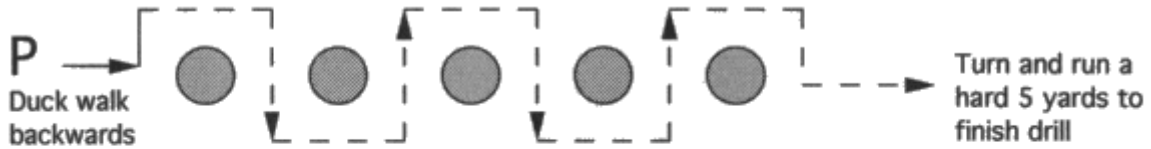
As we talk about chute drills you want to make sure that you talk heels in and toes out while maintaining a great playing base (shoulder width apart).

As your players travel through the chutes you want to talk hammer and nails. This means keep tight elbows and as you drive or duck walk through the chute act as if you are holding a hammer in your hands. Simulate as if you are trying to hammer a nail behind you as you bring the hammer forward and back again, repeat, repeat and repeat.

Remember: Tight elbows , Hammer and Nail - maintain base heels in and toes slightly turned out.

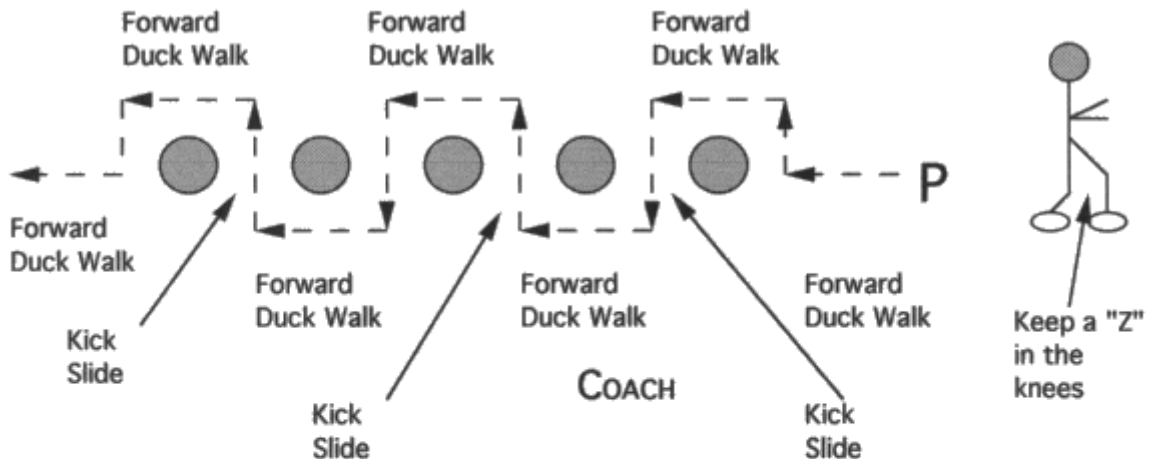


Duck Walk and Shuffle Backward Drill



Duck Walk and Kick Slide backwards simulates pass protection. As your athlete finishes the drill have him turn and run at the end. Look for quick feet and base. As each athlete masters this drill, push them to move their feet faster each time that they go through the drill.

Duck Walk and Shuffle Forward Drill



Kick Slide and Duck Walk the barrels forward. This drill is a weave between the barrels, just another drill that you can use with the 50 gallon drum barrels.

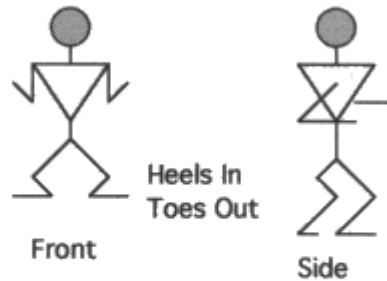
Step 1, Duck walk forward maintaining a good base with a "Z" in the knees.

Step 2, Look for heels in and toes out. Use hammer and nails with the hands and arms when duck walking for run simulation.

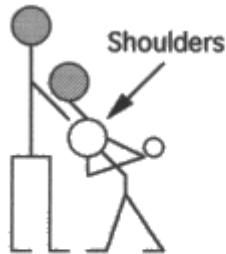
Step 3. These drills help develop feet and change of direction.

Duck Walk Drill

1. From a full squatted position with feet shoulder width apart.
2. Heels turned slightly in and toes pointed out.
3. 20 yard duck walk both forward and backwards working short choppy steps
4. Designed to burn quads and hamstrings

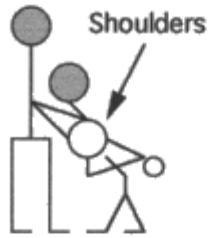


Face In the Numbers and Mirror Drill



1. Have your offensive linemen place their face into the numbers of the defender.
2. Make your linemen always look upwards through the numbers this helps set their hips.
3. Have your linemen put their hands behind their back.
4. Have the defender place his hands on top of the the shoulders of the offensive lineman, helping to keep the offensive linemen's face into his numbers.
5. On command from the coach your offensive linemen will mirror the movement of the defender always working to keep his face in the numbers.
6. Work proper base and footwork always keeping hand clasped behind the back.

Face In the Numbers, Mirror and Finish Drill

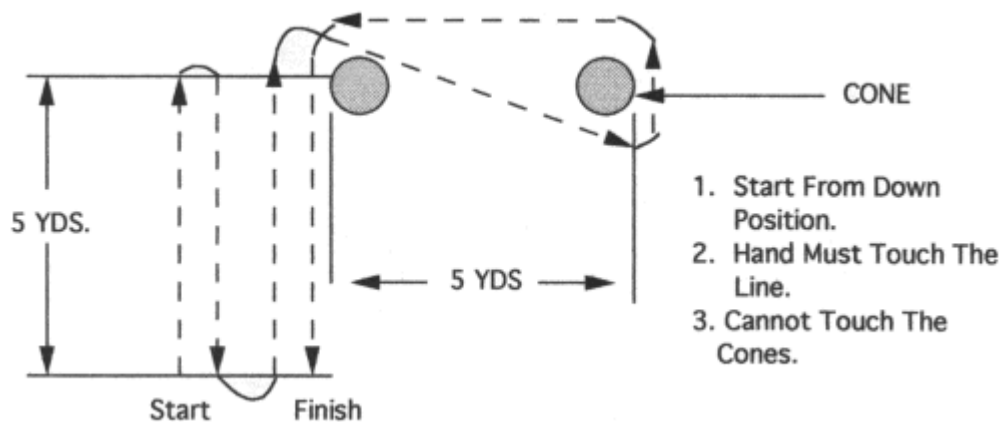


1. Use the same steps as the mirror drill
2. Have the defender work back and forth, side to side.
3. on a whistle command by the coach have your offensive linemen shoot their hands to the arm pits of the defender, still maintaining their face in the numbers, and still working their base and feet.
4. On the command of the second whistle have your offensive linemen lock out their arms and finish. This drill of all the drills that I use I like the best, because it combines alot of points that need to be observed and corrected if needed.

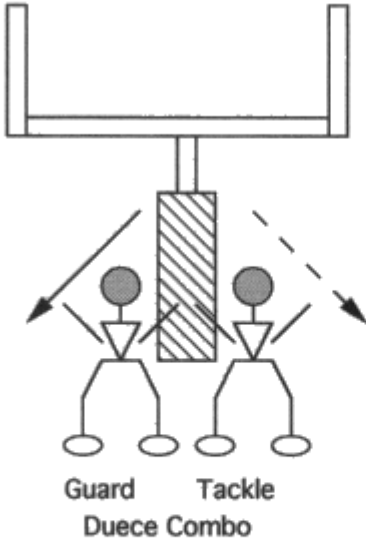
Note: If you have access to shoots the mirror drills can be started from their, this will give you additional drills that apply to the shoots.



Figure Eight Drill - Time 6.5 to 7.0



Goal Post Combo Scrape and Pick-Up Drill



The diagram shows a goal post structure with a central vertical post and two side posts. A hatched rectangular block representing a bag is positioned in front of the central post. Two linemen, labeled 'Guard' and 'Tackle', are positioned on either side of the bag. A linebacker is shown above the bag, with arrows indicating a scraping motion against its backside. Dashed lines and arrows also indicate the movement of the linemen towards the bag.

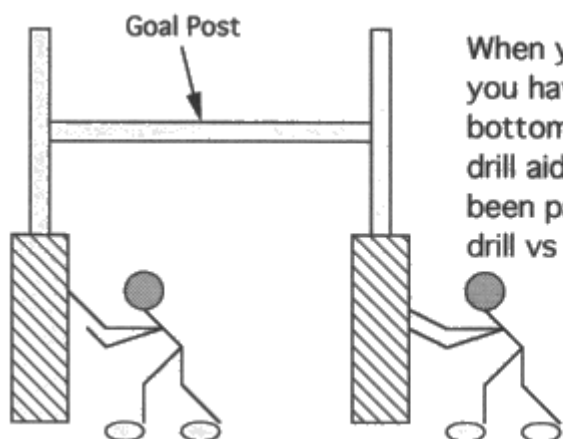
Linebacker sits at a depth of three to five yards and then begins his scrape once both linemen have fit up on the bag.

1. Combo scrape and pick-up is great for punch and fit with a player simulating a linebacker scraping off the backside of the goal post.
2. Depending on which side the linebacker scrapes will dictate which lineman will pick-up the flowing linebacker.
3. Both linemen start from their stance, upon firing out and fitting up with the bag they will not come off their combo with each other until the scraping linebacker gets to the same level as the blockers.

Guard Tackle
Duece Combo

COACHING POINT: This is a great drill for practicing your zone foot work, both inside or outside zone.

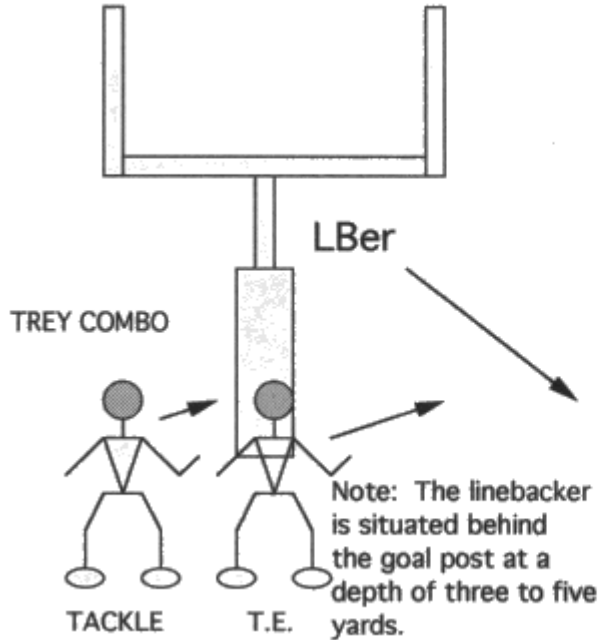
Goal Post Punch and React Drill



The diagram shows a goal post structure with two vertical posts and a horizontal crossbar. The bottom of each vertical post is padded with a hatched rectangular block. Two linemen are shown in a three-point stance, each with one hand on a padded post. An arrow labeled 'Goal Post' points to the crossbar.

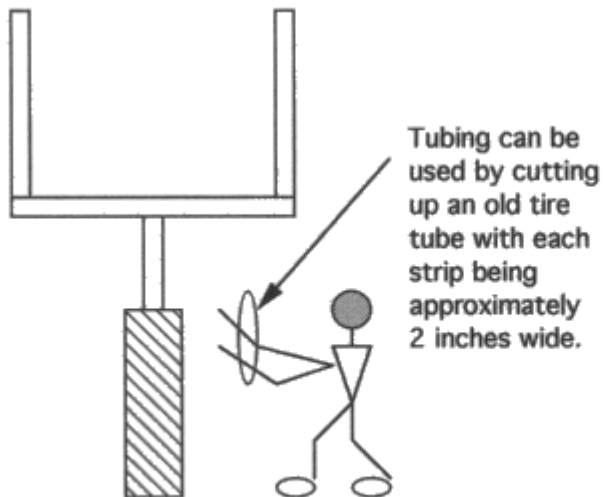
When you have no sleds available, but you have a goal post with padded bottoms. Goal posts make excellent drill aides when the bottom poles have been padded. Can work stance and fit drill vs poles.

Goal Post with Fast Combo Pick-Up Drill



1. Fast combo pick-up is used to develop a quick or fast zone block. Both linemen start from a three point stance.
2. Using this example you are simulating a tackle and tight end fast combo pick-up.
3. With a fast combo pick-up in this diagram shows the tight end drop stepping to pick-up Lber with the backside tackle taking over for the tight end on the bag.
4. If you have a goal post with double post then you can simulate two scraping linebackers with either a Ace, Duece or Trey Pick-up.

Goal Post with Rubber Tubing Punch Drill

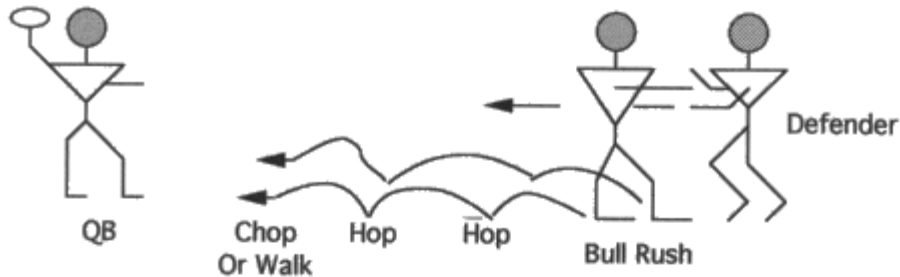


Cut up enough bands for each linemen to have one. Linemen should keep bands with them at all times.

When working your punch drill have your linemen use their bands to help keep their hands tight and endside. Great drill to keep hands inside the frame work of your opponent. Bands are put in a figure eight around their wrist.

COACHING POINT: Follow the same technique as you would with any punch drill.

Hop - Hop and Chop/ Hop - Hop and Walk Drill



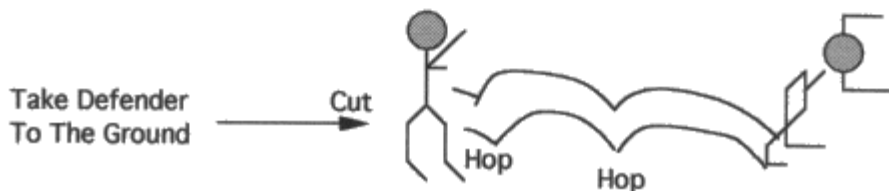
CENTERS AND GUARDS

1. If defender is power rushing / bull rush.
2. Maintain contact with defender, if charge can't be stopped at L.O.S. and defender is rushing thru blocker use a hop - hop and then a chop block to cut the defender.
3. The chop helps keep the depth of the pocket. Only chop as last result we want to stay on our feet.
4. While hopping maintain your good base and feet shoulder width apart, this keeps the defender from making a move.

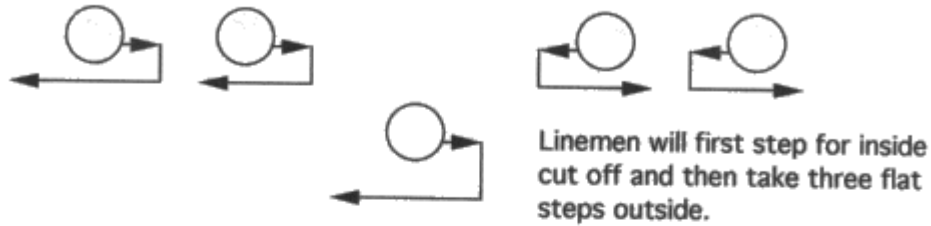
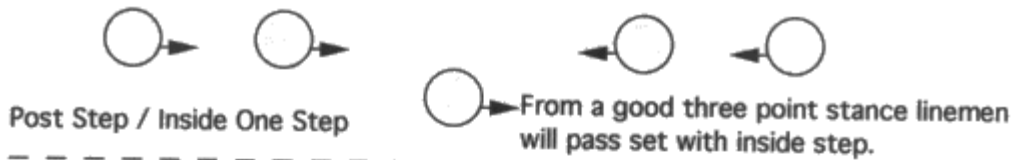
TACKLES

1. If rusher is power rushing / bull rush.
2. If defender has the momentum to rush thru you hop - hop and then walk.
3. Don't leave your feet.
4. Try and widen defender on your second hop or start to flatten inside. Don't open your shoulders to the QB.
5. The hop is designed to stop a rushers momentum by planting your hop steps.
6. Don't allow the pocket to restrict / keep the width of the pocket.

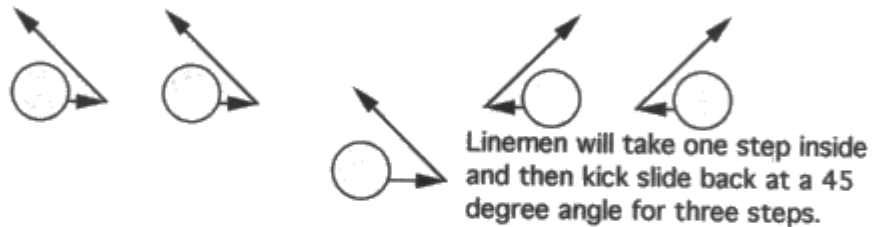
NOTE: The purpose of the "HOP - HOP" is too first try and stop the charge of a rusher who is trying to rush thru the blocker. Usually by the second hop a defender will try and make some sort of move. This occurs because it takes alot of energy on the part of the defender so he then takes the path of least resistance. If after the second hop and defender is still bull rushing and is still closing the pocket cut him, if you play tackle widen him or flatten the defender inside don't leave your feet.



Inside to an Outside - Post / Set Drill

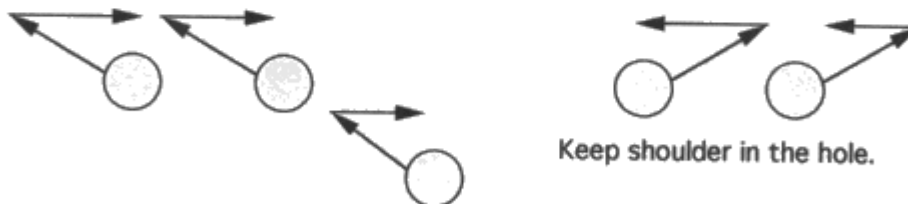


Post Step Inside One Step / Then 3 Kick Slides Outside



Post Step Inside One Step / Then 3 Kick Slides With Outside Angle

Linemen will pass set back at a 45 degree angle for three steps and then work flat for three steps for cut off.



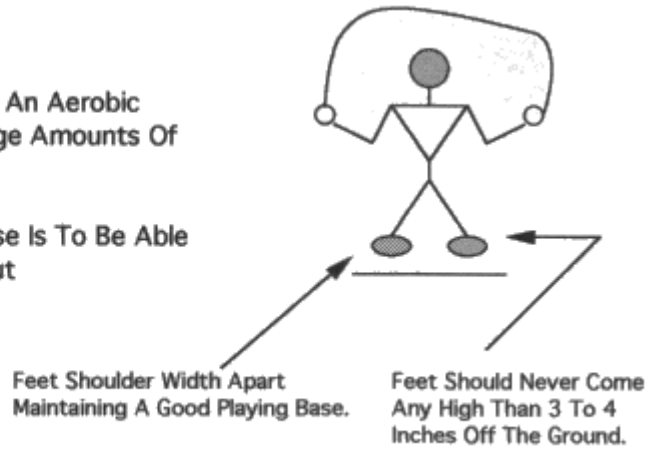
Kick Slide Out 3 Steps / Flat Step Inside 3 Steps

NOTE: Position coach out front so all players can be seen. Position your center out front so that he does not run into an adjacent lineman. Make sure you put your right handed linemen on the right side and left handed linemen on the left side. To accommodate all your linemen you can work several rows at one time.

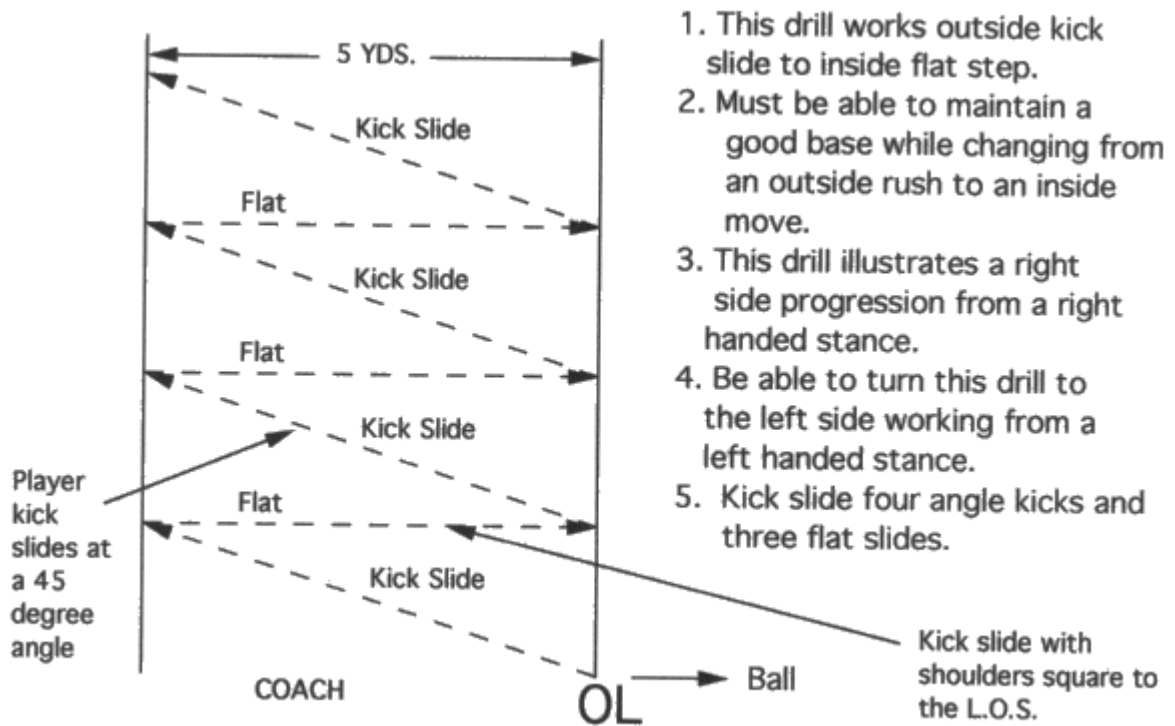
Jump Rope Progression Drill

1. This Exercise Is Designed As An Aerobic Exercise Which Requires Large Amounts Of Oxygen To Produce Energy.
2. Ultimate Goal For This Exercise Is To Be Able To Continue Jumping Without Stopping For 12 Minutes.

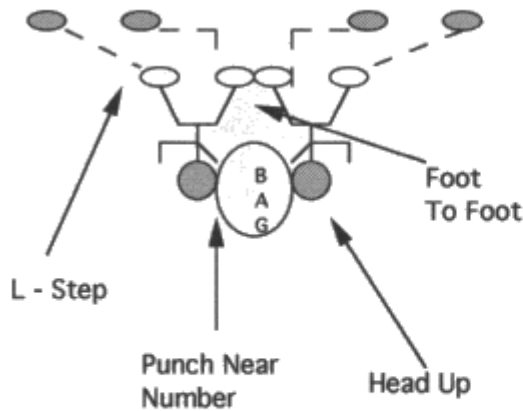
Note: This Exercise Can Also Be Anaerobic By Using Short Duration Jumps. How Many Jumps In A 15 Sec. Or 30 Sec. Interval Etc.



Kick - Slide Angle/Flat Drill



L-Step Combo: Fit/Drive/Finish Drill



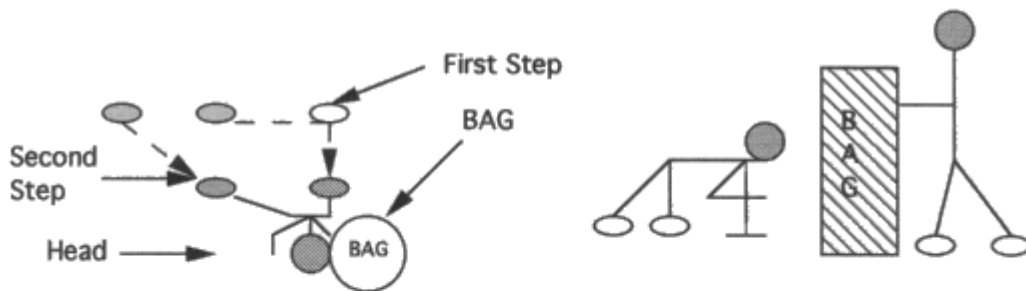
This drill incorporates combination footwork with Ace, Duece, and Trey blocking.

The key coaching point when working your L - Step and combination blocks is that the flat step by the two blockers should almost step on each others feet.

As the Two blockers drive the bag you are looking for both players to punch the near number of the bag like a number on a jersey.

Coaching point, look for both players to get hip to hip with each other after L - Stepping. Always keep butts pointed straight back. Drive block bag until coach signals both blockers to stop. Weight should be focused on the inside of the feet to get maximum push.

L-Step: Fit/Drive/Finish Drill

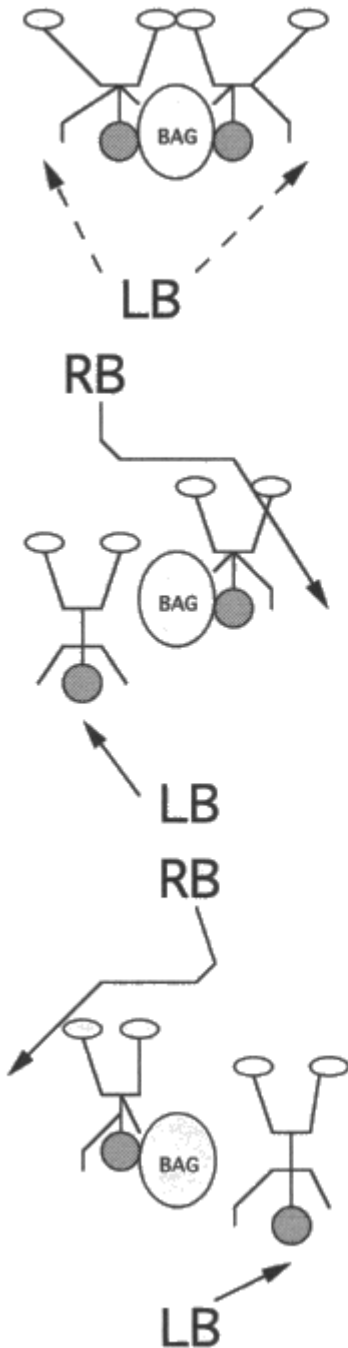


The words that I use to describe the L - Step is that the **FIRST STEP TIES THE SECOND STEP WINS**. By flat stepping with the first step you are setting up the defenders movement. The second step is the most important because this is the drive step.

Head placement or aiming point for inside plays is the near ear of the defender that you are blocking. Remember always keep butt pointed straight back always following the running back.

Always finish this drill with a great base still emphasizing heels in toes out, head up see with your eyes. Hand placement and punch will be to the near number of the defender.

L-Step/Combo - Up Drill



With combo pick - up both linemen will incorporate the same technique as the previous illustration. Combination blocking with flat step is a drill to help inside zone blocking technique.

The key to inside zone blocking is never to chase the second level linebackers. Let the linebackers come to you, the running back will cut vs the fill by the linebacker.

As both linemen push the bag they will keep their heads up, butts pointed straight back at the running back.

Remember anytime you go into a combo situation you are working a down defender to a linebacker. Must be able to keep your head up and locate the direction in which the linebacker is going to fill.

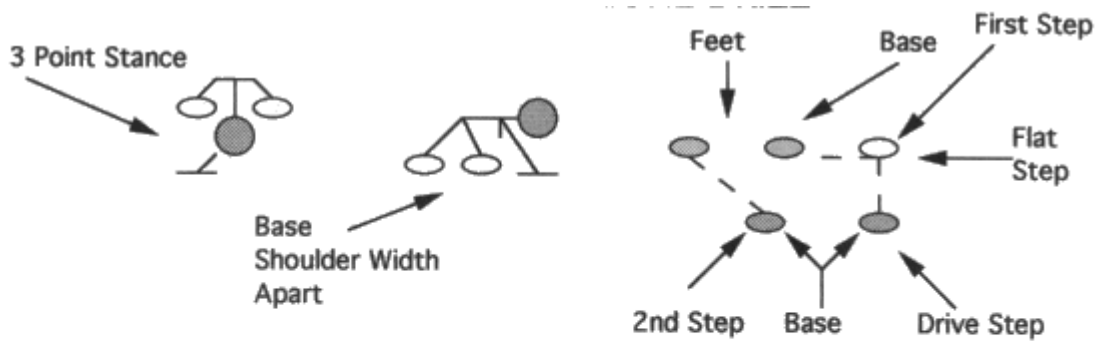
Once you have completed working your combination drill you then can place a linebacker behind the bag which can scrape to either side of the bag.

What ever side the linebacker scrapes towards, the lineman to that side will come off the combo and pick-up the linebacker scraping to his side.

You want to work this drill everyday. One off the most important coaching points to this drill is never chase the second level, let the linebacker come to you. The running back will cut his running path opposite the scraping linebacker. As you look at the following illustrations you will notice that you always have an offensive lineman between the ball carrier and the running back, no matter what direction the linebacker scrapes to.

Always take flat step towards the lineman that you are going to combo with. This will help pull the defender over. By staying hip to hip with your block the defender cannot split the block.

L-Stepping the Inside Zone Drill

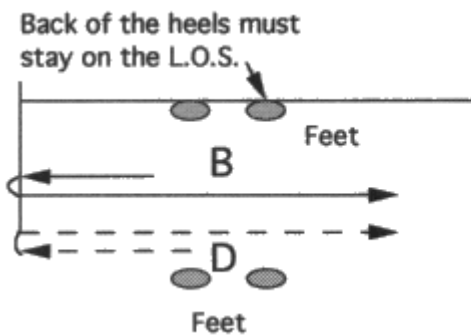


The L - Step is used for most types of plays being run from tackle to tight end.

With this drill you are looking for a flat first step with a second drive step. When taking the flat step look for the hips and butt always pointing straight back. Don't allow the hips and shoulders to rotate out of parallel to the L.O.S.

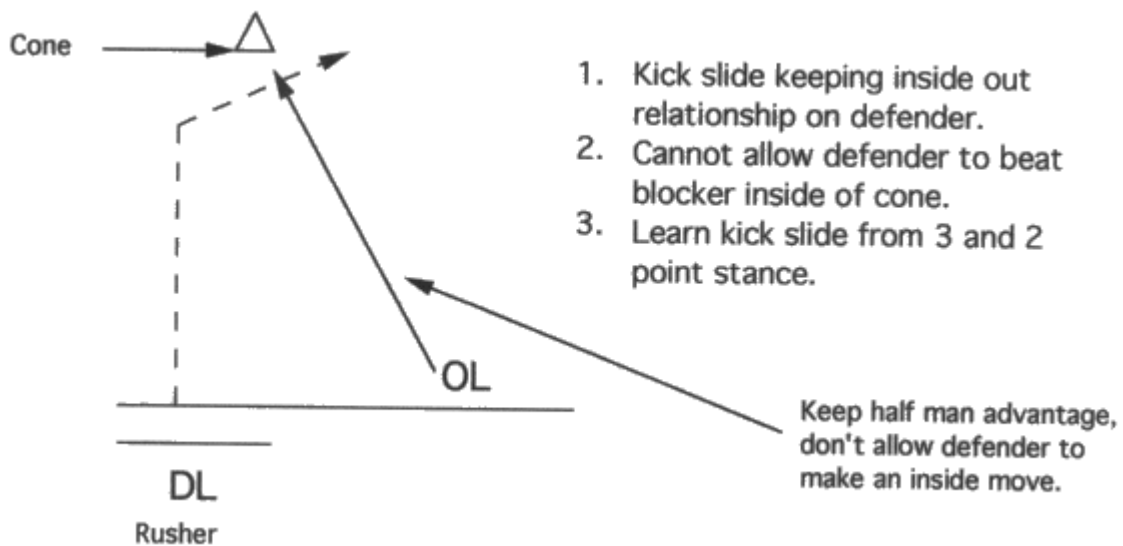
Use the L - Step drill to reinforce the footwork for inside plays. Players movement comes from a command by the coach.

Mirror with Flat Kick Slide Drill

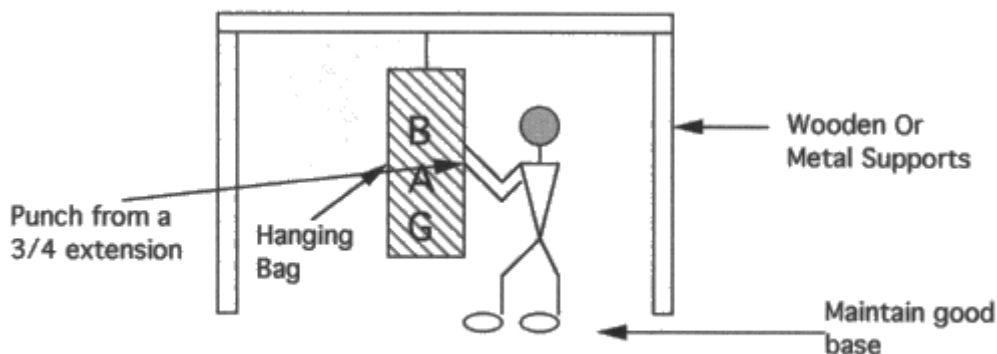


1. Blocker Will Set And Mirror Movement By The Defender.
2. Blocker Must Keep His Base With Feet Shoulder Width Apart.
3. The Back Heels Of The Blocker Must Stay On The Line While Mirroring The Defender.
4. Don't Allow Yourself To Chase Or Retreat From The Defender.

Pass Pro Set Angle Cut - Off Drill



Punch and React Drill

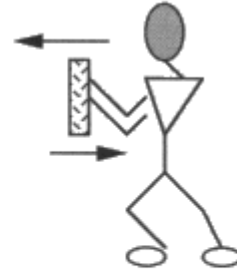


1. The punch drill is designed to develop an offensive linemen's punch and his reaction to the bag recoiling.
2. Linemen should get into a proper pass pro set with knees slightly bent and shoulders back with chin tucked.
3. Punch should come from a 3/4 extension of the arms. Work looking up through the window while delivering a blow with the pads of the hands.
4. As the punch is delivered rotate your base first to the right and then to the left after rotating around the bag, while always maintaining a proper base.

COACHING POINT: Make sure your player maintains his punch from a 3/4 extension and that his feet never come together while working a proper base.

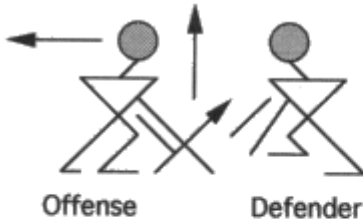
Punch Set - Weight Press Drill

1. From A Good Pass Pro Set - With A Good Base Work Punch Using Wt. Plates From Wt. Room.
2. Begin Your Progression Using 25 Lb Plate - 35 Lb. Plate - 45 Lb. Plate
3. 3 Sets - 10 Reps Each.
4. Doing A Slow Burn / Work With Full Extension Of The Arms Hold Wt. Plate For 15 Seconds - 30 Seconds Etc.
5. Do Every Other Day With Plates - Use A Medicine Ball On Off Days Working Punch And Snatch.



Many different drills can be used with the plate punch, especially the mirror drill for example. Two players can mirror each others movement.

Quick Set and Punch Drill

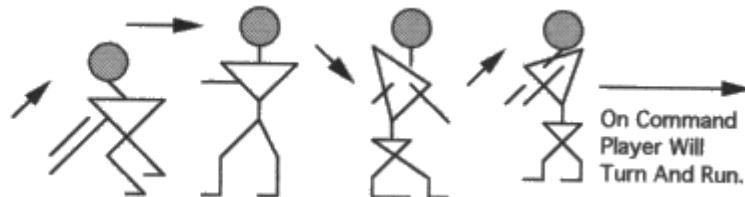


A very important point to remember is this, when an offensive man can get his hands on a defender never take them off. Don't give the defender the chance to start his rush again.

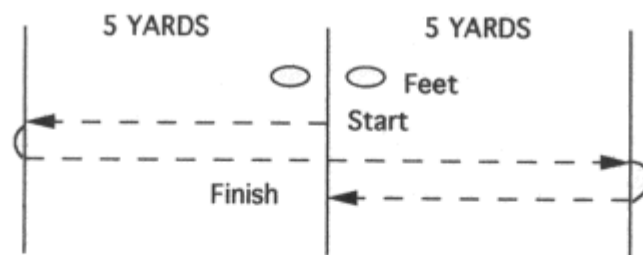
1. From a pass pro set, 2 and 3 point stance.
2. Snap into a pass set:
 - a. Throw your head and shoulders up and back.
 - b. Hands should punch out with full extension.
 - c. Arms and hands should never retract once punch has been, always maintain 3/4 extension.
 - d. Keep the head always going in the opposite direction of the punch.
 - e. Keep the chin tucked and head back.

Quick Set Drop and Cross over Drill

Coach will start players off in a 3 point stance. Look for quick set duck walk. Coach will give direction call Rt. or Lt. Looking for hip rotation and crossover.



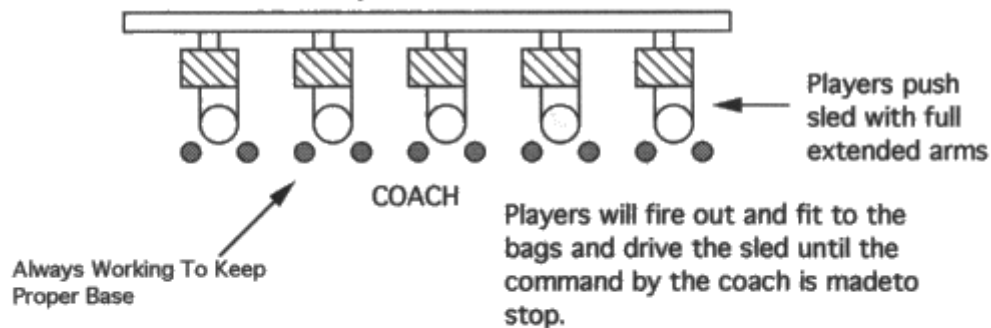
Shuttle Run 5-10-5/Time 4.55 or Better



This drill requires a course that has three lines which are five yards apart.
procedure:

1. From a three point stance straddle the middle line.
2. Can start to either the right or left side.
3. Sprint to the line toward the specified direction and touch it with your hand. (don't allow your feet to cross the line this takes extra time)
4. Push off forcefully and sprint back across the middle line to the far line and touch that line with your opposite hand.
5. Sprint back, finishing back at the middle line, always finish by sprinting past the middle line.

Sled Drills - Fit, Drive and Finish



NOTE: Several sled drills can be incorporated into the fit and finish drills. Since most of my run blocking schemes come off the zone concept, I always stagger the bags. I always have my linemen stepping right or left with their first step not straight ahead, this simulates zone footwork. Whenever you have your linemen work off the sled with movement have them finish the drill by sprinting a hard 5 yards.

DRILL #1 - FIT

1. From a good three point stance have your offensive linemen fire out with a good punch to the bag and with their face in the numbers.
2. Drive the sled looking for a good base with heels slightly turned in and toes out.
3. The push power should come from the inside of the feet, and drive the sled until your players are given the command to stop.
4. Keep your players face into the bag of the sled, trying to focus their eyes upward as if they are looking over the top of the numbers of a defender.

DRILL #2 - FIT AND FINISH

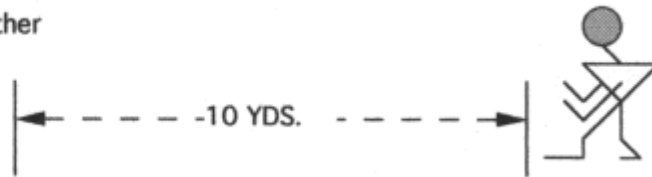
1. Follow the same steps as above, this drill requires two commands from a coach.
2. The first command is the get off and drive with face in the numbers, the second command is the full extension of the arms which we call the finish. Players are still driving their feet until the coach commands them to stop.
3. A real coaching point with the finish drill is to try and have your offensive linemen on the second command lock their arms upwards which will bring the sled off the ground.
4. One goal for your offensive linemen will be to lock the sled out in an upwards motion. This means they are rolling their hips upwards not out.

Standing Broad Jump Drill

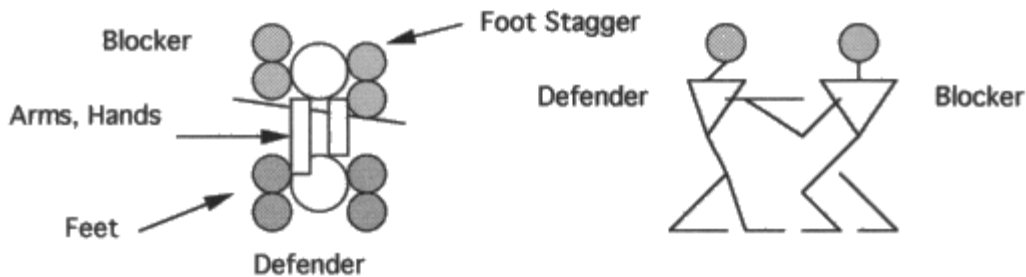
1. 8 - 9 Ft. Each Jump
2. Both Feet Must Be Together

2nd Drill

1. Standing Broad Jump
2. 3 Leaps To Cover 10 Yds.
3. Look For Hip Explosion.



Wax on Wax off - Hand Combative Drill



1. Face both the blocker and defender off together with the blocker in a pass pro set.
2. The blocker should have his hands attached in a snatched position.
3. Defender will try and remove hands of the blocker by clubbing down over the top or by clubbing from underneath and rising upwards to remove the blockers hands.
4. The blocker will replace his hands rotating his arms and hands accordingly. (wax on wax off)
5. Once you feel comfortable with this exercise than begin to kick slide your feet maintaining proper base working wax on wax off technique.
6. This drill must be considered one of the most important drills that you try an master during the off season because proper leverage and punch is the key to our success as an offensive line.



What is **Hawg-Tuff!**? It is a frame of mind, a work ethic, an inspirational idea, a life-style, and a great plan to live by. I believe that in the trenches, we learn more about ourselves and our teammates than in any other situations that we encounter in life. We learn to cooperate, push ourselves and our teammates to high goals or expectation levels, accept victory with grace and loss with dignity, and learn a lot about discipline along the way. **Hawg-Tuff!** O-Linemen never lose this mind-set, even as they go on in life.

In the over thirty years that I have participated in and coached football; I have learned to love and respect the positions that make up football's offensive line. They are sometimes un-appreciated by football fans and media, but all good football people know that a good offensive line is one big key to having a successful football team. It is with this in mind that I and a number of great O-Line Coaches have created these **Hawg-Tuff!** Camps. It is a labor of love and it is our goal to make South Carolina's O-Linemen the best in the country.

This is our camp, there are no glamour-boys (Running Backs, Quarterbacks or Receivers), **ONLY HAWGS!** This is our day to work, laugh, sweat and learn. This is your camp, so get, everything out of it that you can. Do not be last in line - be a **LINE LEADER!**
Do every drill to the best of your ability.

The Head Hawg... Mike Pope Camp Coordinator and SCVARSITY.

Hawg Inspirational

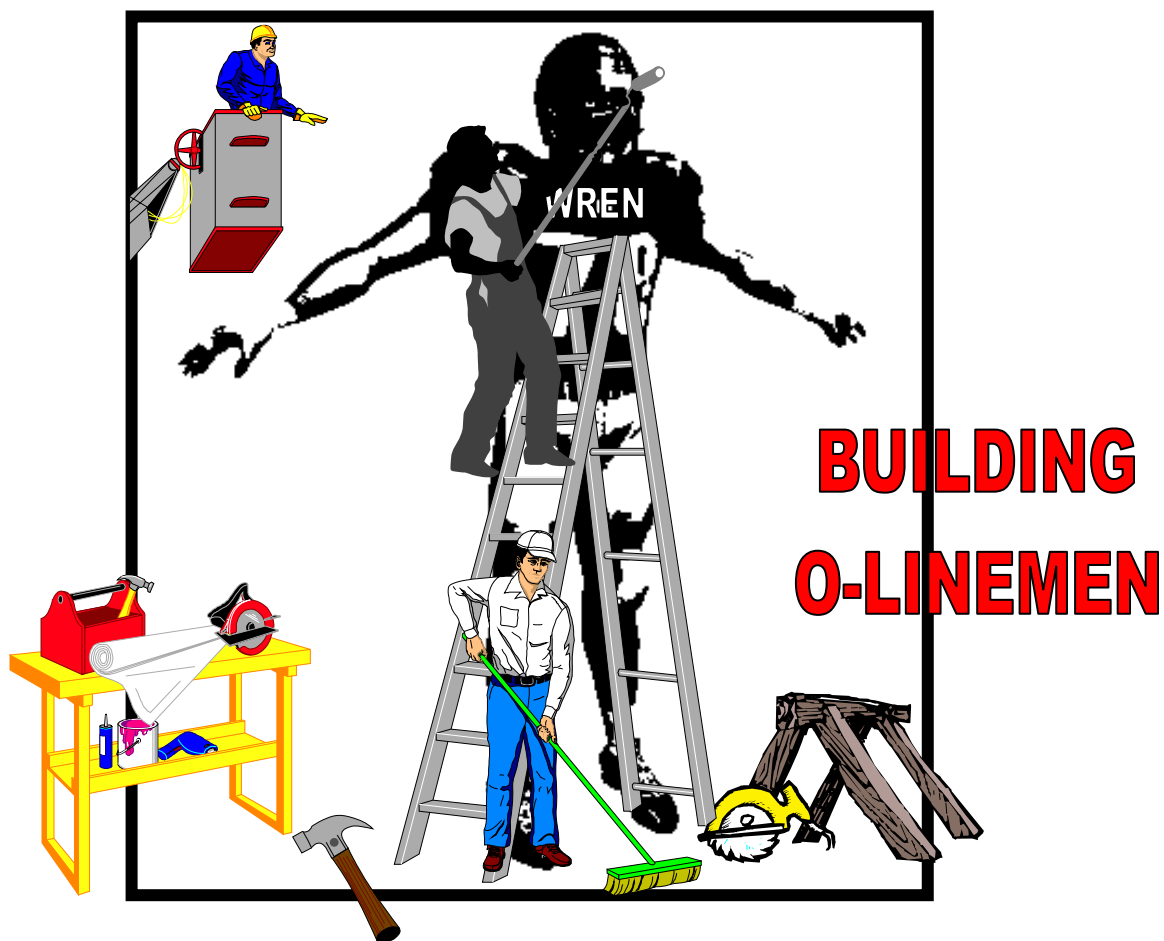
- Enter the game a gentleman, and leave the same!
- Success requires more backbone than wishbone!
- **HUSTLE...** another word for **SURVIVAL!**
- Do not blame the officials for your mistakes! Ideas are funny little things; they do not work unless you do!
- For any gain there must be some pain!
- ***Take Pride in being a HAWG!***

OUR THOUGHTS ON PLAYING IN THE OFFENSIVE LINE

The heart and soul of any good football team is its offensive line. There's no position that requires more discipline or technique than offensive lineman. Success as an offensive football team hinges on their ability to control the line of scrimmage.

To be a good offensive line requires more than just discipline or good blocking technique, it requires pride -- pride in yourself; your group and your team. A team with pride is a hard team to beat, because they're willing to do the *little things* that most teams aren't willing to do.

No detail should ever be overlooked, regardless of how minute it may seem. The difference between winning and losing often lies in the failure to do the *little things*. Not every player can be an "All-Pro," or even starter, but *everyone* can hustle and hit and be a good team man.



OFFENSIVE LINEMEN ARE BUILT NOT BORN!



It is the goal of the SCVarsity *Hawg Tuff!* O-Line Camps to provide a fun, inexpensive, well organized and high quality learning experience for any young man who would like to be an Offensive Lineman.

HAWG MUSTS!

- An effective blocking line is an integral part of any championship team.
- The most important part of offensive line play is for all linemen to know their assignments' and techniques thoroughly.
- Repetition must be accepted as a way of life for offensive linemen. It is important that you know the defenses used by your opponents and the individual position techniques and assignments of the defenses that you see.
- We must study our opponents and know them!
- Anticipating what your opponent is going to do and the application of the proper technique is most important to the success of a properly executed block. .

To win.....It has to be like this....All of us must concentrate, have self-discipline, be willing to pay the price, and take great personal pride in what we do as a team and as an offensive line.

The Basic Fundamentals: The *little things*

1. The huddle. This is where every successful play begins. Listen and try to visualize your assignment; calls if any; keep the starting count in your mind. Jog to the line of scrimmage -- never walk -- this is a positive psychological advantage over your opponent.

2. The starting counts. In order to control the line of scrimmage, it's extremely important to execute the starting count. The single greatest advantage the offensive line has over the defense is that they know when the ball will be snapped and where the play is going. You want your offensive line to explode out together -- like a well-oiled machine.

3. The pre-set. Guards and Tackles should use a pre-set upon reaching the line of scrimmage.

- **Base:** Shoulder-width but never wider.
- **Feet:** Toes pointing straight ahead with feet parallel to one another -- the weight is evenly distributed on the balls of both feet.
- **Elbows and hands:** Elbows resting slightly above the knees, with hands forming fists facing one another.
- **Shoulder, back, tail:** The shoulders should be square to LOS with the back flat or parallel to ground. The tail should be an extension to the back and shouldn't be in a drooping position.
- **Head and neck:** The head and neck should be an extension of the shoulders, back and tail. You want your neck to be in a semi-bowed position, not in a "bulled-neck" position that forces the tail to droop.

The *little things* are the basic fundamentals that pertain to offensive line play before the different techniques of blocking can be mastered, the offensive line must show tremendous discipline and take great pride in doing these *little things* correctly.

The fundamentals that need the constant emphasis and repetition are as follows: pre-set; stance; one-step explosion; pull technique; line up and splits; takeoff; and proper sets for pass protection. These so-called *little things* will not be improved by just paying lip-service to them. They need to be done as often as time will allow.



THE OFFENSIVE LINEMAN'S STANCE

The most basic thing, and often overlooked weapon in our arsenal, is the stance. We have practiced it since we were infants playing with our parents. Yet, I see linemen using bad form all the time. A proper stance is one of the most important things for offensive linemen and can be the difference between victory and defeat.

Key Points To Remember

The feet should be about arm pit width, no wider than your shoulders. (Avoid the SUMO or SPRINTER style stances)

The toes should point straight ahead; we don't want to point the defender in the right direction. (Trick) Test the defender across from you: Point one of your feet in a direction opposite the play. Then see if he goes with your bluff. If he does, you will need to make sure your stance is textbook perfect from now on. If he doesn't bite for your lure, you may be able to get away with a little cheating (this is something I do early in the game.)

Once your feet are set, drop into a squatting position and extend the down hand slightly inside the near foot, forming a tripod. Use the hand closest to the ball as your down hand. The weight should be distributed between the ball of the feet and the down hand in a 60-40 ratio. The off hand needs to be ready for quick use (I prefer to have the off hand resting above my knee between my wrist and elbow).

Your shoulders should be square to the line of scrimmage and parallel to the ground. The back flat with the shoulders elevated slightly. KEEP YOUR HEAD UP! It is hard to see the blitz if you are looking at the ground. Adjust your stance so that you can see what is going on without any neck strain. Neck rolls and xxx shoulders pads may reduce your ability to lift your head. If this is the case, drop your butt to the ground and rotate your hips forward.

The stance is the basic key to all good things on the offensive line. If you start having problems with a defender, go back to the basics and see if you are slacking off with your stance.

There are three basic stances for offensive linemen, the 2-point stance, the 3-point stance, and the 4-point stance.

The two point stance has the lineman in a stance where the fingers are not touching the ground. Neither are the player's hands to rest on the knees as this is often an indication of fatigue. The hands should be slightly extended in front of the body, palms down, fingers flexing, elbows tight to the body, knees bent, and slightly bent over at the waist. Weight should be centered on the whole of the foot or slightly shifted toward the balls of the feet, but never on the heels. Feet are shoulder width apart, toes directly ahead. Many coaches allow the offensive line to use the two point stance in obvious passing situations.

The three point stance continues from the two point stance. The player bends over at the waist and places the three forward fingers of the strong hand to the ground. The rear end drops parallel to the ground as the knees bend. The head is up and looking straight ahead. The strong side foot (the same as the hand) is one foot behind the other foot with the ball of

the foot touching the ground. The player drives off with the up foot first. A good way to test the player's stance is to quickly remove the hand from its anchor to the ground. If the player falls forward, too much weight was supported on the hand. A player should be able to drop his hand to the ground, and pick it back up without obvious torso movement.

In the four point stance the player places the second hand to the ground as well. The weight ratio between the hands and feet in the four point stance is 1-1. This stance is often used by linemen in obvious running downs to keep the line low and firing out at the opponent. It is also used by many power running teams as they pass very infrequently. It is difficult to pass block from the four point stance. A player may have a natural affinity for a particular stance, or even have modified a stance to his liking, and a coach should be sure to use the one best for each specific instance.



Coaching Points of the DRIVE BLOCK

Duck

1. Knees bent and inside ankles.
2. Back arched. Weight balanced.
3. Feet slightly wider than shoulder width.
4. Work off of insteps.
5. Toes pointed slightly to outside.

Fit

1. Eyes lower than defenders, get a bite.
2. Punch and grab under pectoral pads.
3. Lift- snap hips on movement.

Finish

- Chase him with feet, accelerate.
- Maintain Base.

Play through to whistle.

GOOD LINE DRILL!



Purpose: To improve the fundamentals of offensive line play in a non-contact drill.

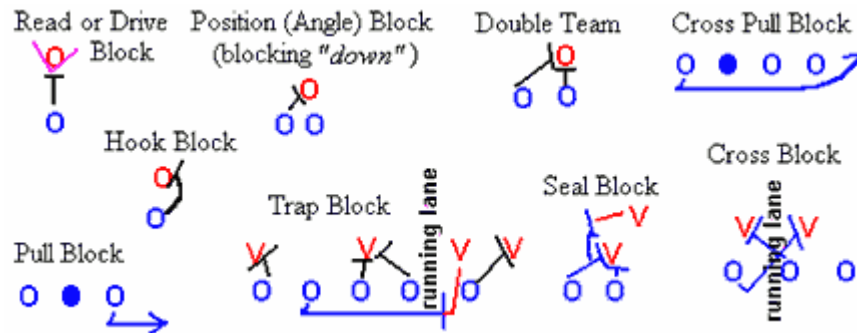
Equipment: Work off of lines -- back end of the end zone or a side line will be excellent -- lines will aid the players in getting into a good square-up position.

Instruction: Offensive linemen will align along the line so that they can place their hand on the line when in a three-point stance. Work the entire group at the same time so that they can get more repetition within a shorter period of time.

- **Pre-set:** Good base -- feet parallel, weight on balls of the feet. (Work on snapping down together to a three-point stance).
- **Stance:** Toes towards goal line -- "Z" on knee, slight stagger, weight evenly distributed on three points.
- **One-step explosion:** Ability to explode out of stance on different angles: a) straight ahead; b) angle right; c) angle left.
- **Pull technique:** Right -- whip and pivot; left -- jump turn.
- **Line up and splits:** Guards set the lineup -- align with down hand along center's belt line. Tackles -- align on up foot and down hand of the guard.



BLOCKING TECHNIQUES



There are ten basic types of block an offensive lineman uses. There are three Golden Rules of Blocking. First, the blocker must keep his head between the defender and the play, maintaining proper position. Second, the feet never stop moving. And third, blocks are maintained until the whistle.

The Drive Block calls for the blocker to fire out low and hard on the defender hitting him squarely between the numbers, pumping the legs vigorously and driving the defender from a specified area. During the driving motion the open hands extend and the elbows lock.

The Read Block calls for the blocker to make contact with the defender in the middle of the torso and "read" the defender. The idea is the defender will choose a shoulder to attempt to go around, and the blocker then proceeds to assist the defender in that direction.

The Position Block has the blocker position himself between the play and the defender. If the defender to be blocked is already lined up in such a manner, this block might be referred to as an Angle Block. If the defender has the superior angle on the blocker, then the blocker will attempt to "Hook" the defender. This is accomplished by making contact with and sliding the head to the outside of the defender. The blocker turns his behind to the running lane fully placing himself between the defender and the play. The hands are extended.

The Double Team Block is when two blockers block the same man usually to expose an area or isolate a defensive back with a running back.

The Trap Block is when a blocker (usually a Guard) pivots the foot furthest from the direction he is going, driving of that foot and coming down the line of scrimmage in order to trap or kick out a defender left unblocked for this very purpose. More times than not the unblocked defender will penetrate into the back field making the trap block both highly visible and effective.

The Cross Pull Block has the pulling blocker coming from his own side of the line across the Center position to the other side. The Pull Block occurs when the pulling player pulls to the same side of the line he is on, going even wider toward the side line.

The Seal Block occurs when a blocker's main objective is to seal off defensive pursuit from one side of the line of scrimmage to the other.

The Cross Block attempts to take advantage or pre existing angles at the point of attack. Which blocker "goes first" is determined by the running lane and defensive alignments and tendencies. Good communication between the offensive linemen is a must in order to properly execute a good cross block.

"THRUSTING THE HIPS"

A drill too often over looked, but wholly fundamental to the offensive line is the duck walk. Time and time again linemen stand up during the execution of plays on the field during games; yelling for them to stay low is not enough. This drill will help with the execution of the "thrusting the hips" because it establishes the hitting position for the lineman; which differs from a linebacker or defensive lineman. Offensive linemen need endurance in their legs above all to maintain low hitting position and to move during pass protection.

Coaching the drill:

Position One: Begin with the feet shoulder width apart and slightly staggered (either one foot slightly further back than the other).

Position Two: Bend the knees, not the back, to a 90 degree angle so that hips are parallel with their knees. This is a weightlifting squatting technique.

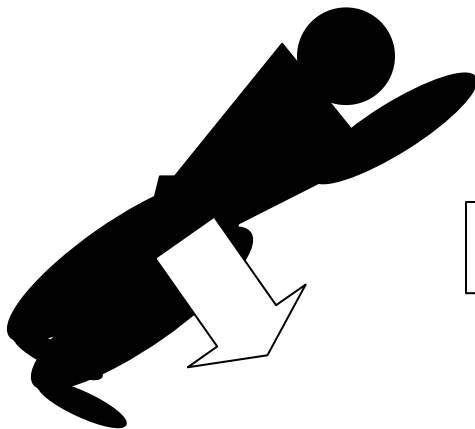
Position Three: Bend at the waist setting belly on the thighs. This will naturally bring their hips up slightly. Their back should be as flat as a table.

Position Four: With a flat back, do not let them pick their bellies up from their thighs, roll their neck back so that their eyes are looking forward.

Coaching Point: Necks rolled back and bellies on thighs try this for five yards.

The lineman's legs should fatigue pretty quickly. Over time lengthen the distance from 5 yards to 10 yards and so forth.

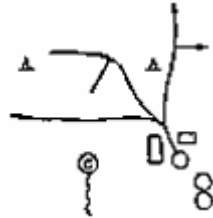
This drill will help them in the chutes, and get them comfortable with going out on linebackers low and ready to explode up through them. Don't let your lineman go out on linebackers half way cocked; have them stay down!!



Example of Thrusting
the Hips

1.

INSIDE RELEASE



Equipment Needed

- A large blocking dummy, two cones, football

Purpose

- To teach and practice the proper fundamentals and techniques of executing an inside line release.

Procedure

1. Lay a large blocking dummy in the neutral zone at the offensive tackling position on a selected line of scrimmage. Place two cones downfield relative to the positions of the pass drop of two inside linebackers. (See diagram)
2. Position a tight end in his stance in his normal position. Other tight ends stand behind the first drill performer.
3. A defensive end is aligned over the tight end and is instructed to prevent his release.
4. The quarterback (coach) with football is positioned in normal alignment.
5. On quarterback's (coach's) cadence and snap count, the tight end executes his inside release and runs his predetermined pass route. (See diagram). When the quarterback passes him the football, he makes the catch and turns and sprints upfield.
6. Drill continues until all tight ends have had a sufficient number of receptions.
7. Drill should be conducted both left and right and from various field positions.

Coaching Points

1. Always check to see that the tight ends are aligned correctly and are in their proper stance.
2. In executing the inside release, instruct tight end to take short jab step at 45° angle to the inside with the inside foot. They then should drive up field off the inside foot and escape the defensive end by executing a forearm blow to the inside shoulder of the defensive end.
3. Instruct the tight ends not to use cross over steps.

4. Insist that all tight ends execute their predetermined pass routes correctly and at full speed.

Safety Factors

1. Proper warm-up should precede drill.
2. Drill area should be cleared of all foreign objects.
3. The coach should monitor closely the intensity of the drill.
4. Instruct the defensive end not to be overly aggressive.
5. Instruct tight ends as to the proper fundamentals and techniques in executing the inside release.

Drill Variations

1. Can be used as a outside release drill.
2. Can be used as a slot back drill.
3. Can incorporate linebackers.
4. Can be used as a linebacker and defensive end drill.

PASS BLOCKING

Use a "Two Point Stance." When beginning with a "Three Point Stance," the lineman pushes up with the down hand to get into a "Two Point Stance" position.

Feet - take a small step toward the center with the inside foot...

Knees - knees flex to lower the hips...

Hips - parallel to the line...

Elbows - close to the body, bent...

Hands - a few inches from and even with the lineman's numbers, thumbs touching, fingers point up, palms facing the defender...

Shoulders - parallel with the line. The offensive linemen "stiff arm" the defenders with locked elbows and open hands. The offensive linemen then recoil, and deliver another blow. This sequence is repeated until the pass has been thrown.

Offensive linemen do not block in pass protection until a certain count; rather they maintain their blocks for several reasons. The pocket is designed to push the pass rush to the outside edges of the pocket. For this reason, the outer edges of the pocket are usually the first to break down. When and if the quarterback feels pressure from the outside, he steps forward. When the QB steps up, the linemen are given new angles to resume their pass blocking.

For short, quick passes, offensive linemen do not recoil or step back. Instead they fire off aggressively hitting the defender to the mid section. This "Fence Blocking Technique" serves two purposes. First, it tends to keep the defender's hands down so as not to allow the defender to reach out and bat down or tip a passed ball. Second, it keeps the offensive linemen from stepping back and getting in either the quarterback's way or the passing lane.

PASS SET PUNCH

Often times the core fundamentals of execution are lost in everyday practice. Here is an overview of an offensive line tactic designed to reset the pass rusher, and fundamentally assist in protecting the quarterback.

1. Hands must come up from the ground not from the hips, on set. Get hands up to eye level with the thumbs up and elbows slightly bent and inside the framework of the body.
2. Snap head and hands up and sit in a coiled position with a good wide base.
3. Bend at the knees not at the waist. Waist benders will give their shoulders up to pass rushers. Throw the chest out, work for an arched back and keep separation.
4. Keep thumbs up and palms open. Snap through the jab with elbow extension. Try to get the defender to reset his feet.
5. Punch out and up. Jam must be inside the framework of the body.
6. Focus on the target. Punch through it.
7. Do not wind up the punch. The punch is more of a 6" to 8" jab. Maintain contact with your feet on the ground.
8. If you miss on the jab, reset and jab again. Jab feels good if the defender has to reset himself.

Submitted by: [Matt Anderson](#).

