



CAMP SCHEDULE AND STATION DESCRIPTIONS

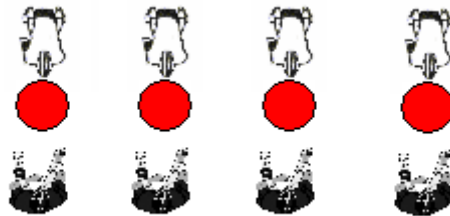
8:00 – 9:00 REGISTRATION

9:00 – 9:30 WELCOME

- Run Blocking Lecture – (Ms/Jv)
- Pass Blocking Lecture – (Varsity)

9:30 – 10:00 STRETCH AND DRIVE BLOCK/POWER-KICKSLIDE

- Run Groups - (stretch in groups) –
Teach Drive Block in Four Groups



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

1. Chase him with Feet and accelerate
2. Maintain Base.

**PLAY
THRU THE
WHISTLE**

- Pass Groups stretch together – Teach Power Kickslide in One Group



COACH

TEACHING PROGRESSION

POWER RIGHT - POWER LEFT - KICKSLIDE RIGHT
KICKSLIDE LEFT - COMBINE STEPS

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.

PASS BLOCKING IS BALANCE AND SMARTS!



10:00 – 12:00 RUN/PASS BLOCKING STATIONS

RUN BLOCKING STATIONS

MS/JV GROUPS (30min. each)

- STATION 1 - TRAPS
- STATION 2 - ZONE BLOCKING
- STATION 3 - COMBOS
- STATION 4 - DRIVE / REACH

PASS BLOCKING STATIONS

VARSITY GROUPS (30min. each)

- STATION 5 - BOOTLEGS
- STATION 6 - DEFEATING MOVES
- STATION 7 - PASS PRO
- STATION 8 - PUNCH

12:00 – 12:45 LUNCH

12:45 – 1:00 Run/Pass Lecture

- Run Blocking Lecture – (Varsity)
- Pass Blocking Lecture – (MS/JV)

1:00 – 1:30 STRETCH AND DRIVE BLOCK/POWER-KICKSLIDE

VARSITY - RUN BLOCKING

MS/JV - PASS BLOCKING



1:30 – 3:30 RUN/PASS BLOCKING STATIONS

RUN BLOCKING STATIONS

VARSITYGROUPS (30min. each)

- STATION 1 - TRAPS
- STATION 2 - ZONE BLOCKING
- STATION 3 - COMBOS
- STATION 4 - DRIVE / REACH

PASS BLOCKING STATIONS

MS/JV GROUPS (30min. each)

- STATION 5 - BOOTLEGS
- STATION 6 - DEFEATING MOVES
- STATION 7 - PASS PRO
- STATION 8 – PUNCH

3:30-4:00 END CAMP!

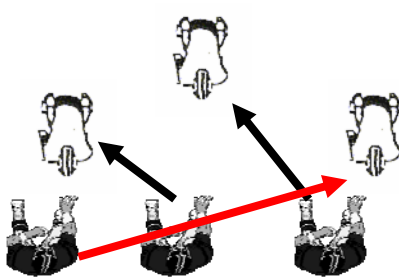
- REVIEW OF THE DAY
- ACADEMICS
- LIFE LESSON
- T-SHIRT ISSUE

**WE MUST PROTECT
OUR QUARTERBACK!**

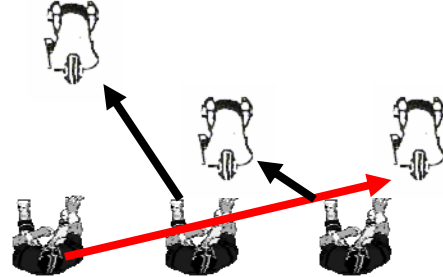


RUN STATION DESCRIPTIONS

STATION ONE – TRAPS

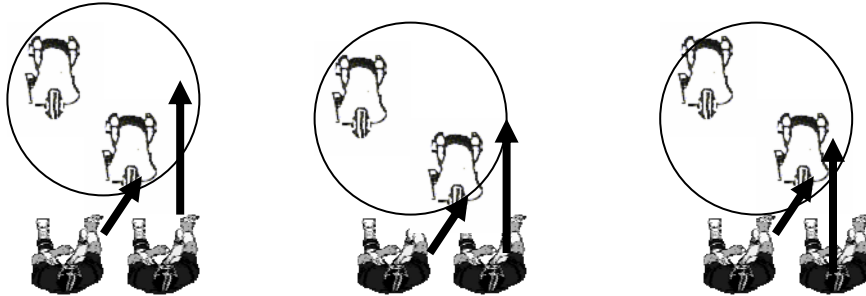


SHORT TRAP RT – SHORT TRAP LT



LONG TRAP RT – LONG TRAP LT

STATION TWO – ZONE BLOCKING



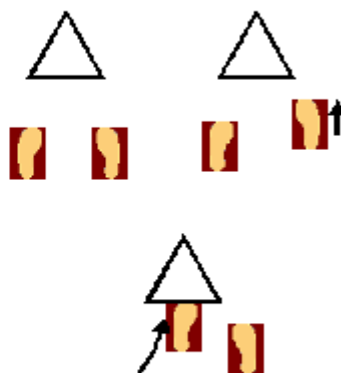
ZONE RT – ZONE LT.

First Two Steps

- The initial movement of the lineman begins with two steps. If a lineman is covered, there is a jab step and a gather step
- If a lineman is uncovered, there is a scoop step and a gather step

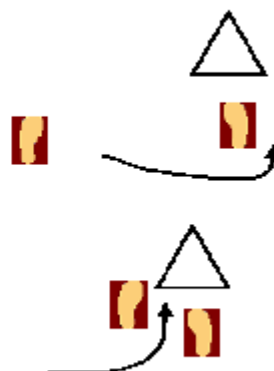
Covered Lineman

- 1st step is a six inch playside jab step, drawing elbows back
- 2nd step brings the trailing foot up field in between defenders feet, explode arms forward at PS #
- Shoulders square to LOS



Uncovered Lineman

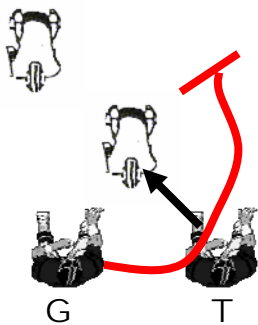
- 1st step is a playside scoop step, drawing elbows back
- 2nd step brings the trailing foot up field in a sweeping manner, explode arms forward
- Shoulders square to LOS



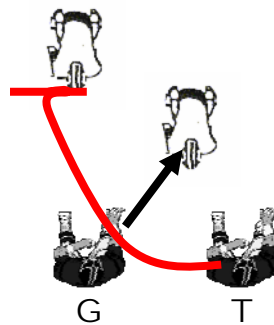
***OLINEMEN ARE
TUFF! GUYS!***



STATION 3 - COMBO BLOCKS

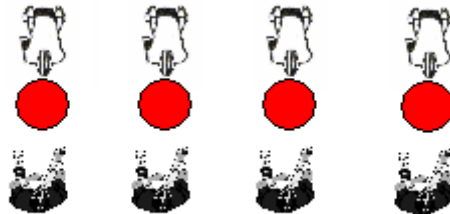


INSIDE FOLD RT - LT
TACKLE BLOCKS DOWN
GUARD SLIDE STEPS AND
MEETS LB IN THE PASS



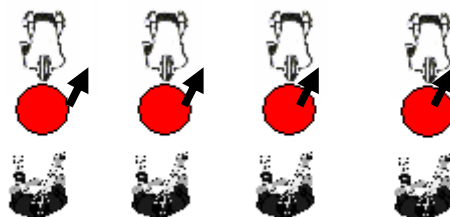
OUTSIDE FOLD RT - LT
GUARD OUT BLOCKS
TACKLE SLIDE STEPS AND
MEETS LB IN THE PASS.

STATION 4 - DRIVE/REACH BLOCKS



DRIVE RT AND DRIVE LT. 10 MINUTES

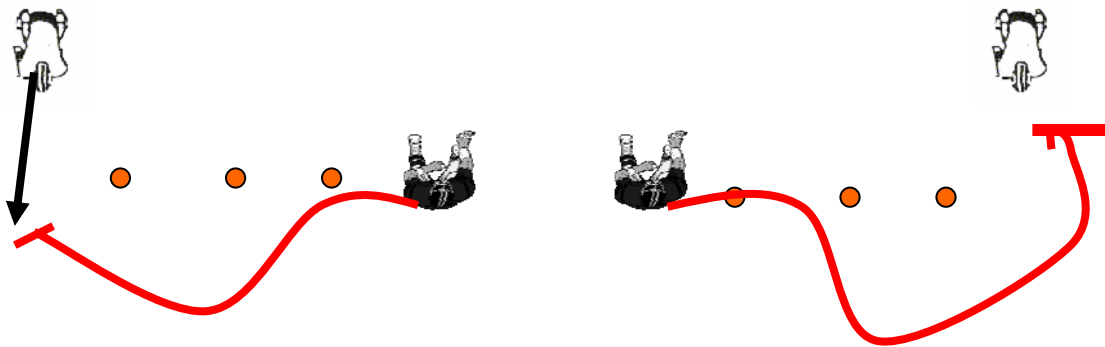
REACH RT AND REACH LT 10 MINUTES



ROOT HOG WITH CROWTHER SLED OR CAR TIRE FOR 10 MINUTES

PASS STATIONS DESCRIPTION

STATION 5 – BOOTLEGS



BOOTLEG RT – LT – IF DEFENDER RUNS UP FIELD ...KICKOUT;
IF DEFENDER SQUATS...POWER KICKSLIDE

STATION 6 - DEFEATING MOVES



DEFEAT SWIM RT – LT RIP RT – LT SPIN RT - LT

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



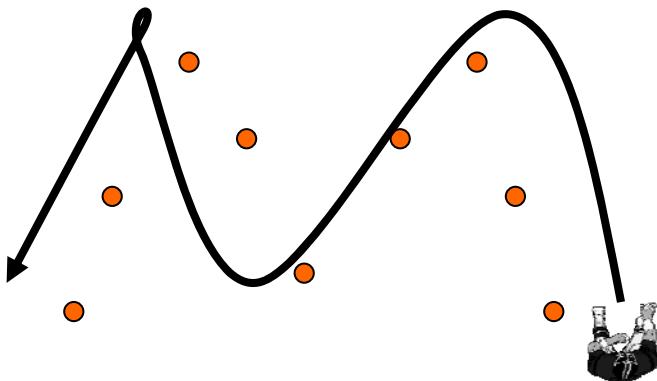
STATION 7 - PASS PRO



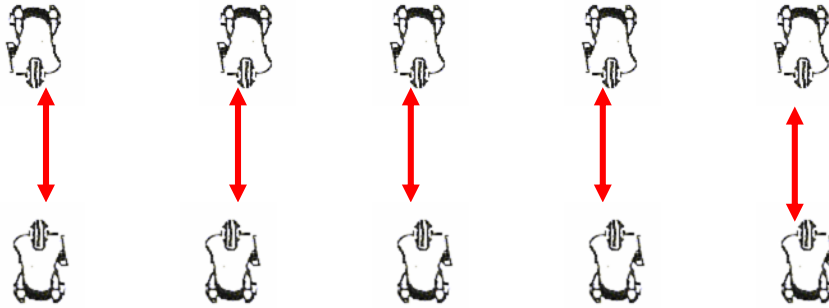
PARTNER WORK

WORK POWER RT - POWER LT KICKSLIDE RT - KICKSLIDE LT
FOR 10 - 15 MINUTES.

M - DRILL - 10 - 15 MINUTES POWER LT...KICKSLIDE
RT....POWER LT.....KICKSLIDE RT.
AFTER DOING THIS REVERSE TO THE OTHER WAY.



STATION 8 - PUNCH AND BODY POSITIONING



1. ALL OLS ARE IN PROPER PASS PRO STANCE
THEY ROLL SOFTBALLS BACK AND FORTH IN
A STATIONARY POSITION
2. ALL OLS ARE IN PROPER PASS PRO STANCE
THEY ROLL SOFTBALLS BACK AND FORTH AND
MOVE RT AND LT WITH SIX-INCH STEPS AND SLIDE
3. ALL OLS ARE IN PROPER PASS PRO STANCE
THEY PUNCH MEDICINE BALLS BACK AND FORTH