

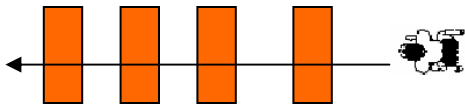


## OL - DL CAMP SCHEDULE

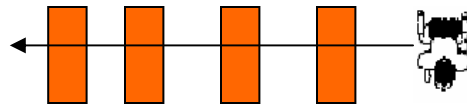
8:00 - 9:00	REGISTER FOR CAMP
9:00 - 9:15	WELCOME
9:15 - 9:45	STRETCH AND RUNNING PROGRAM
9:45 - 10:00	RUN LECTURE OL/DL
10:00 - 10:30	DRIVE BLOCK - OL STANCE AND STARTS - DL DEFEATING DRIVE BLOCK - DL
10:30 - 11:30	RUN STATIONS - OL 20 min. <ul style="list-style-type: none"><li>▪ TRAPS AND COUNTER TREY</li><li>▪ ZONE</li><li>▪ COMBOS</li></ul> RUN STATIONS - DL 20min. <ul style="list-style-type: none"><li>▪ DEFEATING TRAPS</li><li>▪ DEFEATING DOUBLE TEAMS</li><li>▪ READING BLOCKS</li></ul>
11:30 - 12:00	AGILITIES AND BAG DRILLS



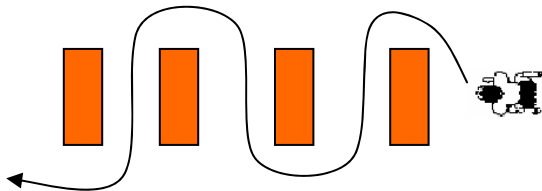
# BAG DRILLS



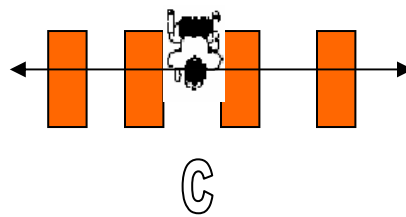
STRAIGHT THRU



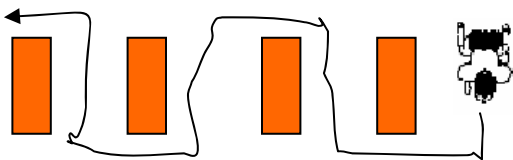
LATERAL SHUFFLE



SIDE TO SIDE SHUFFLE



LATERAL SHUFFLE



W THRU BAGS

12:00 - 12:45

12:45 - 1:00

1:00 - 1:30

LUNCH

PASS LECTURE - OL/DL

STRETCH AND RUNNING PROGRAM

1:30 - 2:30

RUN DEFENSE STATIONS - OL DL 20 min.

- DEFEATING TRAPS

- DEFEATING DOUBLE TEAMS
  - READING BLOCKS
- PASS DEFENSE STATIONS – DL 20 min.

- PASS MOVES – RIP SWIM
- TACKLING STRAIGHT AHEAD AND ANGLES
- CONTAIN PRINCIPLES

PASS STATIONS – OL

- POWER KICKSLIDE
- MIRROR DRILL
- W - DRILL
- PUNCH STATION
- BOOTBLEG STATION

2:30 – 3:30

PASS DEFENSE STATIONS – OL DL

- DEFEATING TRAPS
- DEFEATING DOUBLE TEAMS
- READING BLOCKS

AGILTIES AND BAG DRILLS – DL

3:30 – 4:00

ACADEMIC CONCERNS

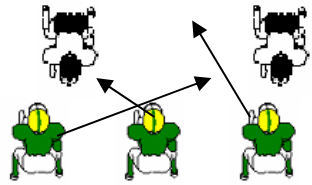
GETTING TO THE NEXT LEVEL

“BEING THE MAN ...YOU SHOULD BE!”

END CAMP AND CAMP PICTURE

# RUN DEFENSE STATIONS

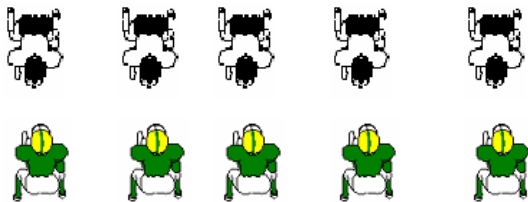
## STATION ONE - DEFEATING TRAPS



OFFENSE

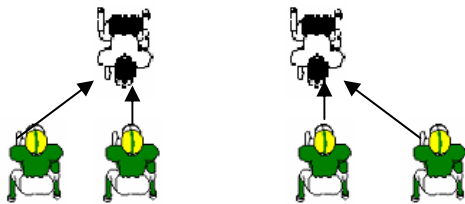
TRAP EITHER WAY - DL BEATS CENTER BLOCK BACKSIDE - OTHER DL SQUEEZES DOWN BLOCK OF OL AND WRONG ARMS TRAPPING OL.

## STATION TWO - DEFEATING THE BASE AND THE REACH BLOCK

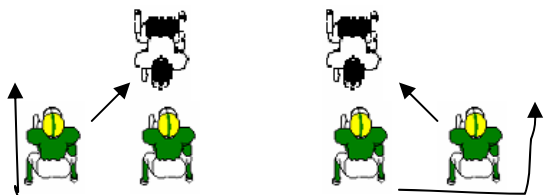


DL DEFEATS BASE BLOCK  
DL DEFEATS REACH BLOCK TO BOTH SIDES

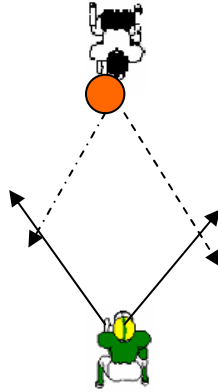
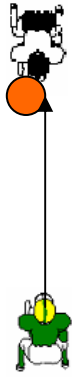
## STATION THREE - DEFEATING DOUBLE TEAMS AND COMBO BLOCKS



DL DEFEATS DOUBLE TEAM BLOCK FROM EITHER SIDE.  
DL DEFEATS COMBO BLOCK X BLOCK TO BOTH SIDES



## STATION FOUR – FORM TACKLE



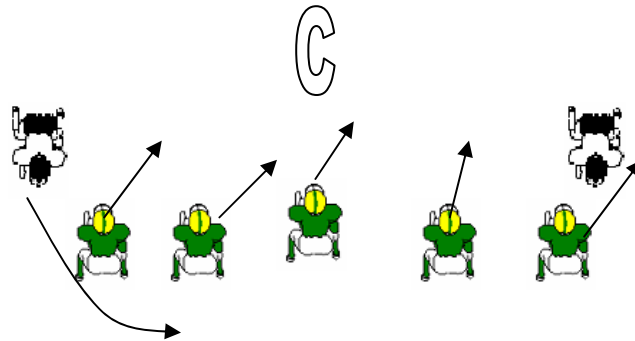
**DL PERFORMS PERFECT  
HEADUP FORM TACKLE.**

**DL PERFORMS PERFECT  
ANGLE FORM TACKLE TO  
EACH SIDE**

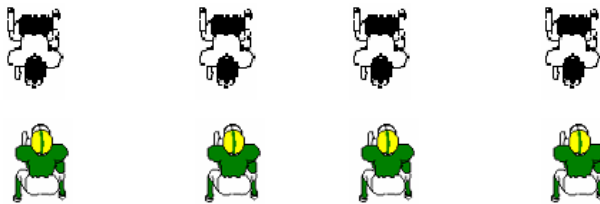
# PASS DEFENSE STATIONS

## STATION 5 – CONTAIN ON RUN AND BOOTLEGS

COACH POINTS TO FLOW SIDE –  
BACKSIDE HAS CONTAIN



## STATION 6 – PASS RUSH MOVES



### PASS RUSH MOVES

- PUSH AND PULL
- SWIM
- RIP

### 1. Shock/Push and Pull

-Defensive Linemen will align across from a partner head up. The lineman will fire into the offensive lineman keeping inside hands, a flat back, and running the feet. The player will get good extension of the hands, shocking the offensive lineman. The defensive lineman will then snap the player by throwing his wrists towards his backside hip. The player will then get to heels depth, find the ball, and make a play.

### 2. Shock/Rip

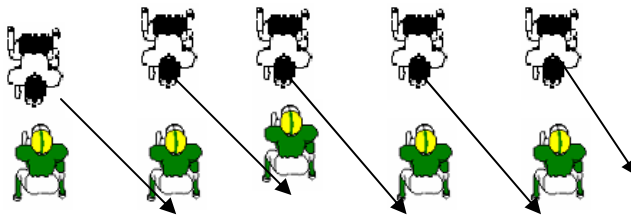
- Defensive Linemen will align across from a partner head up. The lineman will fire into the offensive lineman keeping inside hands, a flat back, and running the feet. The player will get good extension of the hands, shocking the offensive lineman. The defensive lineman will then dip his backside shoulder, rip his arm up through in an uppercut motion, and throw his backside elbow into the back of the offensive player (the play side hand should be used to snap the blocker the

same as in the shock/snap exercise). The player will then get to heels depth, find the ball, and make a play.

### 3. Shock/Swim

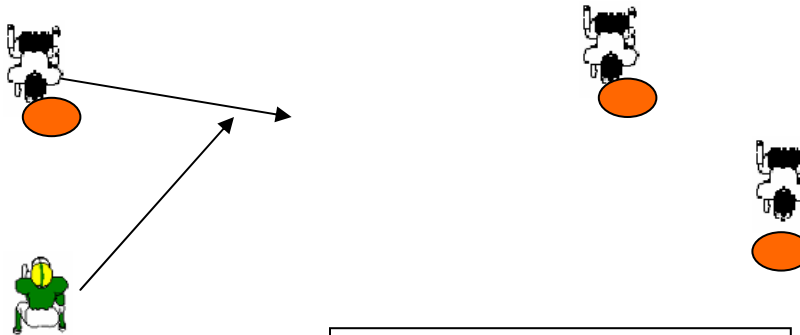
- Defensive Linemen will align across from a partner head up. The lineman will fire into the offensive lineman keeping inside hands, a flat back, and running the feet. The player will get good extension of the hands, shocking the offensive lineman. The defensive lineman will then rotate his backside arm over the blocker's head, bringing it down behind the blocker, pressing into the blocker's back (the play side hand should be used to snap the blocker the same as in the shock/snap exercise). The player will then get to heels depth, find the ball, and make a play.

## STATION 7 – OFF THE BALL AND SLANTS



- OFF-THE-BALL
- SLANT RIGHT
- SLANT LEFT

## STATION 8 FORM TACKLE



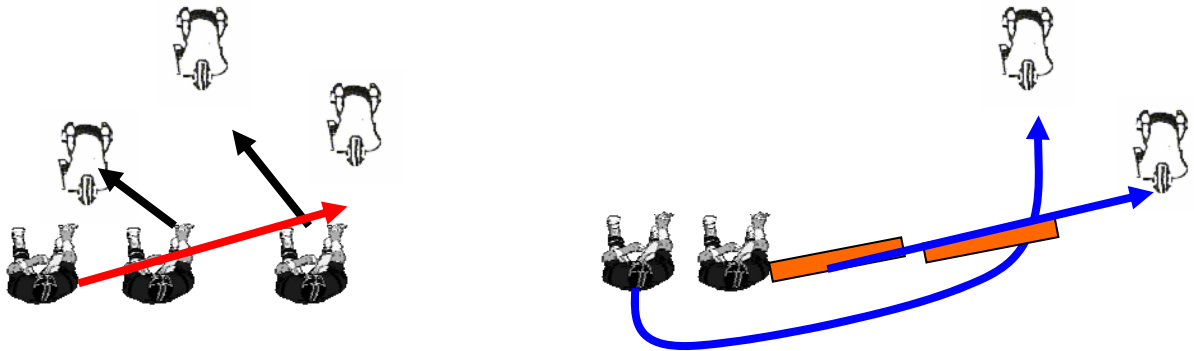
OUTSIDE FLOW  
AND TACKLE

- PUSH AND PULL-  
PUSH AND PULL
- SWIM - SWIM
- RIP - RIP
- FINISH WITH  
TACKLE



# RUN STATION DESCRIPTIONS

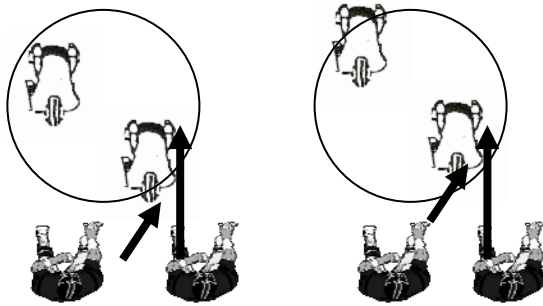
## STATION ONE – TRAPS 5 MIN EACH



SHORT TRAP RT – SHORT TRAP LT

CT TREY RT – CT TREY LT

## STATION TWO – ZONE BLOCKING



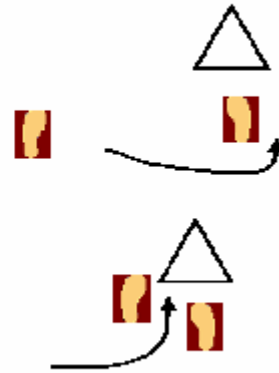
ZONE RT – ZONE LT.

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

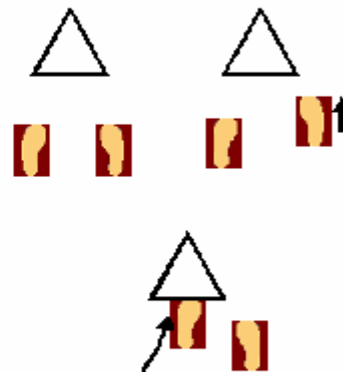
## Uncovered Lineman

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



## Covered Lineman

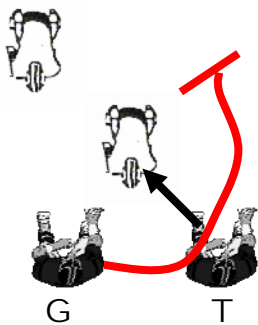
- 1<sup>st</sup> step is a six inch playside jab step, drawing elbows back
- 2<sup>nd</sup> step brings the trailing foot up field in between defenders feet, explode arms forward at PS #
- Shoulders square to LOS



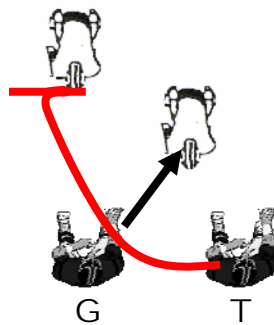
**OLINEMEN ARE  
TUFF! GUYS!**



# STATION 3 - COMBO BLOCKS

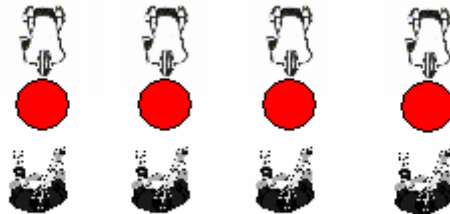


INSIDE FOLD RT - LT  
TACKLE BLOCKS DOWN  
GUARD SLIDE STEPS AND  
MEETS LB IN THE PASS



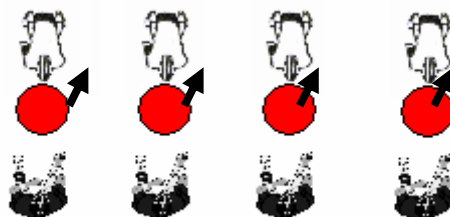
OUTSIDE FOLD RT - LT  
GUARD OUT BLOCKS  
TACKLE SLIDE STEPS AND  
MEETS LB IN THE PASS.

# STATION 4 - DRIVE/REACH BLOCKS



DRIVE RT AND DRIVE LT. 10 MINUTES JOE D BANDS

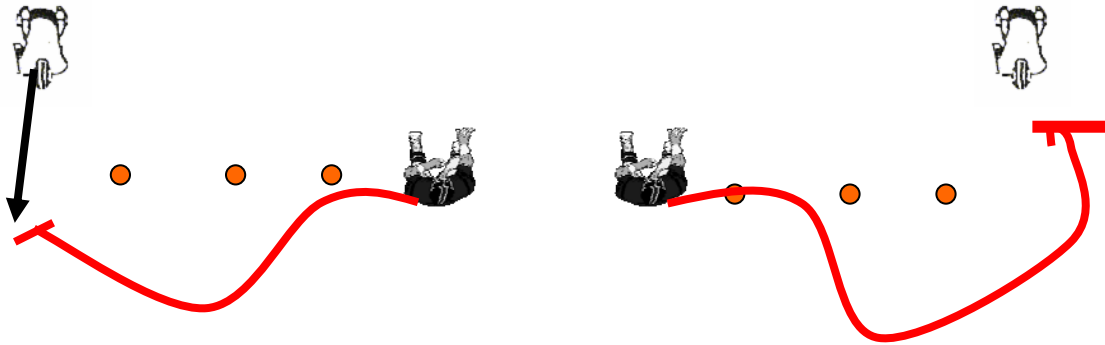
REACH RT AND REACH LT 5 MINUTES JOE D BANDS



ROOT HOG WITH CROWTHER SLED OR CAR TIRE FOR 5 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

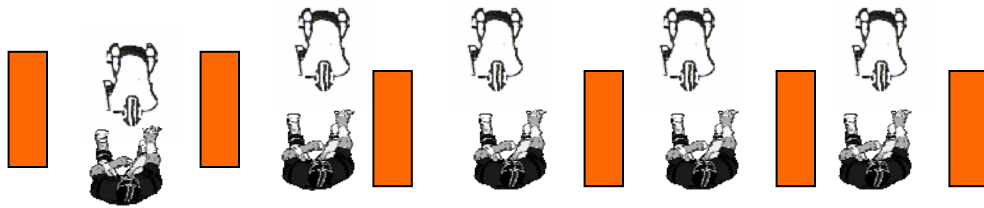


DEFEAT SWIM RT – LT    RIP RT – LT    SPIN RT - LT

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



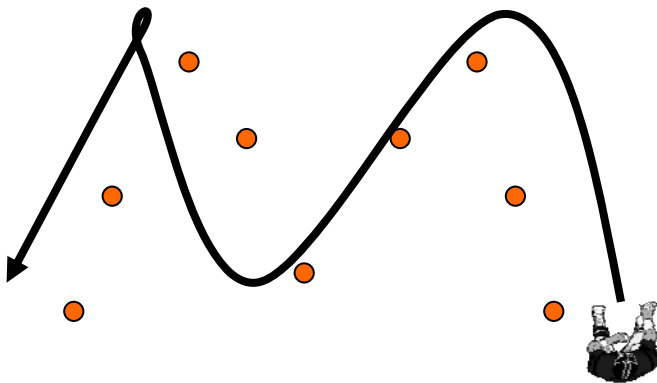
# STATION 7 - PASS PRO



**PARTNER WORK** – 5 EXTRA MIN. IF NEEDED.

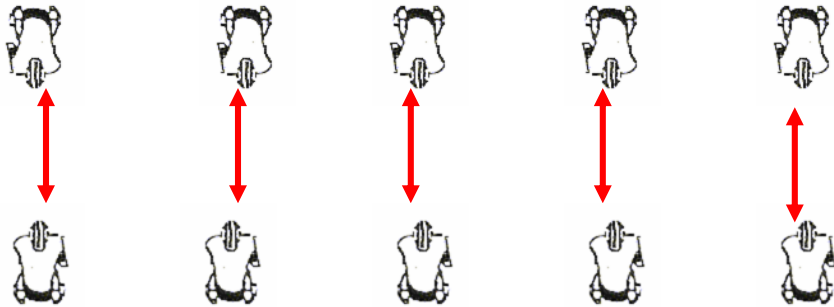
WORK POWER RT – POWER LT      KICKSLIDE RT – KICKSLIDE LT  
FOR 5 MINUTES.

**M - DRILL** – 10 MINUTES POWER LT...KICKSLIDE RT....POWER LT....KICKSLIDE RT.  
AFTER DOING THIS REVERSE TO THE OTHER WAY. 5 MIN.



POWER KICKSLIDE WITH JOE D BANDS - 5 MINUTE3

## 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 5 MIN.
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  
5 MIN.
3. PUNCH DRILL WITH JOE D BANDS 5 MIN.
4. ALL OLS ARE IN PROPER PASS PRO STANCE  
THEY PUNCH MEDICINE BALLS BACK AND FORTH  
WITH JOE D BANDS 5 MIN.