

BLOCKING FUNDAMENTALS (5 BASIC BLOCKS)

STANCE:

Explosive and balanced to enable the blocker to move in four (4) directions with vertical leverage. Eyes are up (strain thru the eyebrows).

LANDMARK:

Point of aim, target. Area on defender to place the hands and direct the feet.

LEVERAGE:

- A. Vertical: Pad under pad (PUP)
- B. Horizontal: Lateral

FOOTWORK: (Step at landmark with vertical leverage).

- A. First step = directional; playside – 6” step – step at the landmark. Adjust your first step to the horizontal alignment of the defender (I.E. width and depth).
- B. Second step = quickness to get this step down to create power and suddenness.

HAND PLACEMENT:

Thumbs up with the elbows in tight to your framework.

FINISH!!!!!!

#1: BASE DRIVE BLOCK

PURPOSE:

- A) Used at the P.O.A.
- B) 1 on 1 block.
- C) Take defender where he wants to go.
- D) Get movement – sustain.
- E) Back – option run.

1. Explode out.
2. Short first step (1/2 way to fingers of down hand; knee rolls over toe – NOT behind).
3. Back flat.
4. Bull neck.
5. Proper aiming point (aim face at throat of DLM; base of #'s of LB).
Look the block in.
6. Second step MUST be beyond first step to win. Make contact on second step (most important step). Hit 1 yard through defender.
7. Whip the arms.
8. Blocking surface (drive the elbows inside & make contact with a triangle of hat & hands (thumbs up) to a lockout; contact the short ribs & "lift him out of his socks" on a 45 degree angle with fork lift motion).
9. Shoot the hips (unlock the power).
10. Driving steps.
11. Feet under you – good base.
12. Maintain contact.
13. 2nd & 3rd effort.

QUESTION: When do you whip the defender?

ANSWER: When he tries to escape the block – you come alive and finish (STAY ON BLOCK).

#2: REACH BLOCK

PURPOSE: Used to prevent a defender a defender from escaping laterally to playside. Drive defender off the ball and reach him later.

1. Step up and out with the near foot.
2. A.P. = playside arm pit.
3. 2nd step bisect the crotch.
4. Inside hand to chest.
5. 3rd step – outside defender's shoe and upfield.
6. Control the playside shoulder.
7. Knock defender off the ball – work to get hips square.
8. Footwork – 1, 2-3, 2-3.

#3: CUTOFF BLOCK

PURPOSE: A backside block used to seal off lateral pursuit to the playside (example: outside zone block on play that will cut back).

1. Step up and out with near foot.
2. A.P. = playside number, arm pit, helmet in gap.
3. 2nd step bisect the crotch.
4. Dip and rip backside forearm through playside number (inside hand to chest). You use shoulder & forearm, OR hat & hands to a lock-out.
5. Work to stay square.
6. Good head and neck squeeze.
7. Work defender upfield.
8. Prevent defender from crossing your face (IT IS A "PRIDE" BLOCK)!

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#4: DOWN BLOCK

PURPOSE: Stop penetration and prevent defender from escaping laterally by blocking him from outside-in.

1. Step with near foot:
2. A.P. = the nose of your helmet for the near tip of his shoulder pad, hip, or belt buckle (belt buckle if expecting penetration; or hip if he's fighting outside; or near tip of shoulder pad when you don't know what he is going to do).
3. Strike – inside hand to chest (stops penetration) and outside hand to just above bicep.
4. Must control the near shoulder and keep a good base.
5. If penetrator:
 - aim for belt buckle
 - lift near shoulder

If reader: control near shoulder

If spinner: - work defender upfield
 - control near shoulder

If he aligns off ball
 - put ear on near hip and wall off

#5: LINEBACKER FLOW BLOCK

PURPOSE: Used to prevent a Lber from escaping laterally to the playside.

1. Good route.
2. A.P. = playside number (Inside Zone), and outside armpit (Outside Zone).

- 3. Dip before contact.
- 4. Use running drive block (Inside Zone), or running reach block (Outside Zone).
- 5. Finish with hips square.

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