



OFFENSIVE LINE MANUAL

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OFFENSIVE LINE CHECKLIST

Stance

- A. Center
- B. Guards, Tackles, Tight Ends

Splits

- A. Normal
- B. Wide
- C. Tight
- D. Goal Line

Alignment

Guards

Tackles

Tight Ends

Blocks

- A. Drive Blocks
- B. Trap Block
 - 1. Short Trap
 - 2. Long Trap
 - 3. Trapping Linebacker
 - 4. Sealing Inside
- C. Double Team Block
 - 1. Post Lead
 - 2. Gap
 - 3. Linebacker
- D. Combination Blocks
- E. Gap Block
- F. Reach Block (Frontside)
- G. Scoop Block (Backside)
- H. Sweep Block (Leading Interference)
- I. Down Field Block
- J. Backside Downfield (Angles)
- K. Fold Blocks
- L. Cross Block
- M. G-Block (Down Block)
- N. Reverse Block
- O. Pass Protection

A. Play Action

B. Bootleg



STANCES

Centers

The ball should be placed with the strings up.

Feet slightly wider than shoulders.

Left hand on ground in line with the left knee with weight on fingertips.

Right hand on ball with thumb across the laces.

Both heels off ground than shoulders.

Hips slightly higher than shoulders.

Head up and eyeballs turned up looking through top of eyes.

Bring the ball up with a stiff wrist and lifting, pumping action, like starting a lawn mower. As you lift the ball, drive your elbow by your hip.

Always feel top hand of QB, you should hear the ball pop.

You must step when the ball is snapped. This should be one movement.

Guards and Tackles



1. Feet approximately shoulder width apart, slightly wider than your armpits.
2. Feet parallel toes pointing straight ahead.
3. Heal to toe, or heal to instep relationship.
4. Heals raised slightly, the foot is back that matches the down hand.

5. The down arm and hand should be extend straight from the shoulder to the ground and slightly inside of the knee.
6. Fingers of the down hand are extended, with the forward weight balanced on the fingertips.
7. The free arm should be on the left thigh near the knee cap, hands clenched but loose, and arm bent at t he elbow close to a 90 degree angle.
8. Shoulders level and square to LOS.
9. Hips, back and shoulders are on the same plane, with hips slightly higher than the shoulders, the head is tilted slightly upward.
10. Weight should be distributed equally between feet, with slight to moderate weight being placed on down hand.
11. Do not tip off intention by leaning in any direction or with your eyes or head.

Splits

- A. Normal
- B. Goal Line
- C. Tight
- D. Wide

Alignment

- A. Guards- You will align with your feet parallel. Your toes will be even with the center's heels, hands above knees with the head up.
- B. Tackles- You will align with your feet parallel. Your toes will be even with the toes of the guard. This is important. If you don't get even with your guard you will create a bend in the offensive line. You should have your hands above knees with head up.

OFFENSIVE LINE PLAY

There are many different types of blocks that we will use. They are divided into similar groups. You must learn each block in order to make adjustments on the field and be a successful blocker.

BLOCKS

1. Drive Block – Block used in a one-on-one situation.
2. Trap Block – Block that involves a pulling lineman.
3. Double Team Block- Block that involves two on one.
4. Seal Block- Block used to block gap away from play.
5. Reach Block- Block used on outside plays.
6. Scoop Block- Block used to pick up stunts- modified reach block.
7. Downfield Block- Block used by backside on play away.

COMBINATION BLOCKS

8. Fold Block- Block used to block a down lineman and flowing linebacker.
9. Cross Block- Block used by two adjacent linemen that are both covered.
10. Down Block- Block used to give tackle and end good blocking angles and releasing a guard to the outside.
11. Bump Block- Block used to help inside linemen to make his block on a down lineman.
12. Wedge Block- Block used by front side of line in short yardage situations.
13. Pass Block- Block used on all pass plays.

OFFENSIVE LINE BLOCKING TECHNIQUES

DRIVE BLOCK TECHNIQUE

The most important block you as a lineman must master is the straight ahead one-on-one Drive Block. Our success depends on it.

1. The Drive Block should be used at the point of attack when:
 - A. Lineman is on.
 - B. Lineman is inside or outside shoulder.
 - C. Lineman is over.
 - D. Lineman angles in or out.
2. Your point of aim is the down lineman's facemask. If it is a linebacker, the point of aim is then the numbers.
3. Quickness and explosion are two of the most important factor in this type of block. Get off on snap count.

4. Initial contact must be low, roll your hips under and drive through your opponent.
5. Explode with fists and forearms, making contact with the elbows out. The shoulder and head are the same as in the stance. The arms are brought up in a flipper position to widen the blocking surface.
6. You must work to keep inside leg under your opponent and keep your outside leg past your opponent and step on his toes.
7. Use short choppy steps, quick feet.
8. Take your opponent where he wants to go, but do not let him get up the field.

SECRETS OF GOOD BLOCKING

1. Do not take too long of a first step; you will make contact before you take your second step.
2. Do not overextend. You must bring your feet with you.
3. Follow through after initial explosion.
4. The difference between a winning block and a losing block is second and third effort.

DRIVE BLOCK TECHNIQUES

The most important block you must master is the straight-ahead drive block. Our offensive success depends on it.

1. Fires off front foot using thigh and calf muscles.
2. Do not change the upper body, cock the arms or dip the head or shoulders.
3. Keep height of body as close to the stance as possible for fast movement.
4. In the approach, shorten stride, keep feet at shoulder width, and keep eyes open. Neck bulled.
5. Initial contact must be low, look the numbers in, LOW! Between belt and numbers.
6. The shoulders and head are the same as in the stance the arms are brought up in a flipper position to widen the blocking surface.
7. On contact, roll your butt under and drive through the opponent. Aim for the point at which you would like for him to end up. Approximately three yards.
8. Secret to good blocking: The difference between a fair blocker and a great one is the fractional time between contact and drive. You must keep your feet moving and drive through the man.

SECRETS OF GOOD BLOCKING

1. The initial explosion from stance is important!
2. The mistake made most often by lineman is not following through after the initial explosion.
3. The difference between a winning block and a losing block is second and third effort.



**GOOD BLOCKING
STARTS WITH
GREAT STANCES!**



PULL TRAP BLOCK TECHNIQUE

To avoid tipping off the play a lineman should not change his stance when he intends to pull out of the line. Common tip-offs are: lowering the hips, cocking the body or the head and/or putting too much weight on the down hand. The stance should be the same as for any play. Any deviation will force you to take time to transfer your weight and body position before getting into proper trapping or running position.

1. You must step almost parallel to the LOS with the foot nearest to the direction you are pulling. The drive foot will pivot and supply the drive of the initial take off.
2. At the same time the first step is taken, the lead arm must be pulled sharply off the ground and ripped to the direction of the pull. At this point you must get your shoulder perpendicular to the LOS.
3. You must always keep an inside out position on your opponent. Make your course right behind the feet of the offensive lineman as they leave the line.
4. When you pull right you hit with your right shoulder; pull left, you hit with your shoulder. This keeps your head between your opponent and the ball carrier.
5. When you're pulling right, it is important that you have your right foot planted at the moment of impact. The opposite is true when you pull left.

6. Always fight to keep your hips in the running lane.
7. If opponent penetrates too deep, dip your inside shoulder into the hole
an look for the first opposite colored jersey to the inside.
8. If opponent drops low to plug up the hole, you must try to dip out the
defender by getting up under his pads.
9. If you slide over your opponent, you must drive your knees into his ribs
and keep your feet chopping.
10. When you pull outside, always get your depth on your second step not
your first.

DOUBLE TEAM BLOCK TECHNIQUE

This is strongest and most effective block in football. It is used to give blocking strength at the point of attack. Since we do sacrifice two men to block one, you must be effective 100 percent of the time on this blocking technique. There are three types of double team blocks we will use: (1) The Post Lead, (2) Gap Double Team, (3) Linebacker Double Team.

POST LEAD

1. Post Lead will be used when the opponent is on any part of the offensive lineman.
2. Post Man will execute a drive block as if he were taking him alone.
3. Post Man's head will slide to the inside as contact is made.
4. Drive Man will step with foot nearest to the Post Man.
5. Drive Man will make his point of aim the near hip of his opponent.
6. Drive Man must be low enough to get under the arms of the opponent.
7. Post Man and Drive Man must work to drive opponent straight back off the LOS.

GAP DOUBLE TEAM

1. Opponent will be lined up directly in gap between Post and Lead Man.
2. Both blockers will block as if they were Post Men.
3. Blockers step with foot nearest the opponent and execute a Drive Block.
4. Each blocker must slide his head away from the other on contact.
5. Speed off the ball is extremely important in this block.

LINEBACKER DOUBLE TEAM

1. The main point to emphasize is that a linebacker will move.
2. Post Man must execute a Drive Block with your point of aim being the numbers and sliding your head to the inside.
3. The Drive Man should take a slight hesitation step before he makes contact with linebacker.
4. When contact is made, the two offensive men should work to drive the linebacker backwards. Angle of drive is not important.

COMBINATION BLOCK TECHNIQUE

If you are facing an angle (slanting) defense there will be times when the opponent slants either into or away from the Double Team Block.

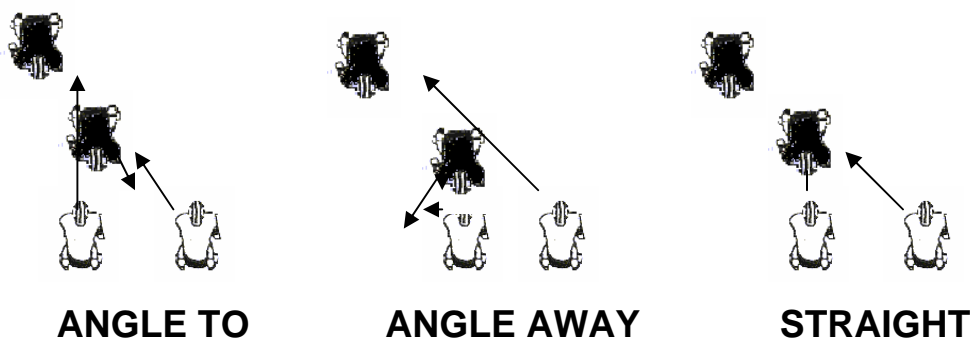
If the opponent angles (slants) away from the double team, the Post Man will then take him by himself.

Post Man must rip his forearm into opponent's numbers and drive him hard down the LOS.

Post Man must make good contact and keep his feet moving with short choppy step.

If opponent angles (slants) away from Double Team, the Drive Man will have to come off the block and pick up the scraping linebacker (when down lineman's hip disappears).

If the opponent angles (slants) into the Double Team, the Post Man becomes the Drive Man and the Drive Man becomes the Post. This block will end up being a Double Shoulder Block going straight back.



GAP BLOCK TECHNIQUE

This block is used to prevent penetration by an opponent who is positioned in the gap.

1. Blocker must step with the near foot.
2. Blocker must drive head across the front of the opponent (stop penetration).
3. Drive opponent parallel to LOS.

REACH BLOCK TECHNIQUE

The Reach Block Technique is used away from the pint of attack to keep opponent from pursuing to the outside. This block will be used to the frontside on sweeps and other outside plays including sprint out passes and to the backside at any time.

The point of aim in the Reach Block is normally the outside shoulder of the opponent.

First step should be at a 45-degree angle or in a straight line to the opponents outside leg.

On second step the inside forearm should rip into the outside number of the opponent.

The head must be worked by the outside shoulder as the arm rips up.

On the third step you should square up and work your head and shoulders upfield

SCOOP BLOCK TECHNIQUE

The Scoop Block is a combination involving the center and backside guard or the guard and tackle.

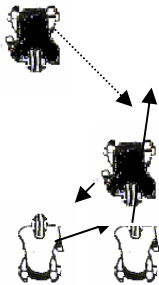
Reach Block opponent on or outside you. If opponent angles away you must keep your feet and come up looking for the backside linebacker.

The Guards point of aim is for the far hip of the down lineman.

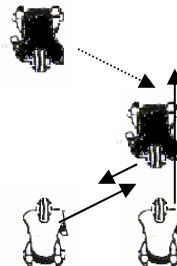
The guard's first step is at the far hip.

If opponent angles to you, drive helmet and shoulders past far leg and work your body upfield.

The Scoop Block technique will be used on the backside almost every play.

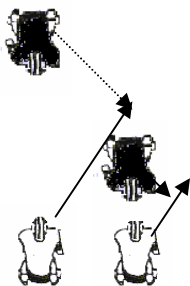


G/C- Angle Away

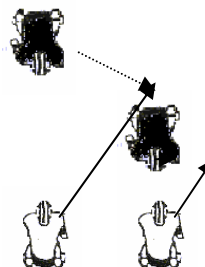


G/T- Angle Away

The Scoop Block technique will be used on the backside almost every play.



G/C- ANGLE TO



G/T- AMGLE TO

DOWNFIELD BLOCKING TECHNIQUE

Downfield blocking is 90 percent **Desire and Hustle**. Every running play should be at least two offensive linemen downfield. There are two types of downfield blocking: (1) Blocking in front of a back as you lead him downfield, (2) Crossfield or backside downfield block.

LEADING INTERFERENCE

A pulling lineman will usually have to execute this type of block.

1. You must block the first man you see as you turn the corner.
2. The first place you look for an opponent is to the inside (usually a linebacker; second, look to the safety; third, look to the outside (usually a cornerback or monster).
3. Technique will be simply a running Drive Block.
4. When blocking step on the defender's toes, stick him in the numbers with the running Drive Block, and run over and through the defender.

BACKSIDE DOWNFIELD BLOCK TECHNIQUE

This block is usually executed by a backside lineman coming across field to try to get in front of the ball carrier. It is one of the most important blocks in football.

Do not relax when play is run away from you. GET TO THE POINT OF ATTACK.

Never let a defender cross your face.

You must get to the junction. The junction is the point of aim for the downfield block. This point should be about one yard in front of the ball carrier as he reaches a certain point.

Your course must be shallow, right behind the linebackers.

You must SPRINT!! Look up the nearest threat to the ball carrier.

Technique will be a Crossbody Block. You should get as close to the defender as possible, rip the inside forearm through the neck of the defender. At the same time, the hips should be thrown into the waist of the opponent.

ROLL THREE TIMES!!

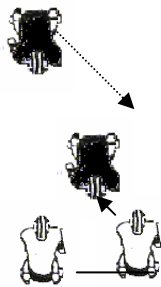
Downfield Block for off tackle play junction point 4 yds. Deep.

Down Field Block for sweep play junction point 7 yds. Deep.

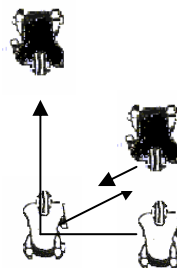
FOLD BLOCKING TECHNIQUE

Fold Blocks are often used at the point of attack to get better blocking angles on your opponents. Fold Blocks are used to cut off the flow of a fast moving linebacker or to confuse defenses.

1. The Fold involves blocking a down defensive lineman and a flowing linebacker.
2. The uncovered lineman will always go first with the covered lineman folding around.
3. The uncovered lineman will execute a Drive Block.
4. The Folding lineman's first step will be almost lateral to LOS (do not step back).
5. The folding lineman's second step should find the lineman squarely in the hole with feet wide, knees bent and back flat.



G -T OUTSIDE FOLD



G-T INSIDE FOLD

CROSS BLOCKING TECHNIQUE

Cross Blocks are used by two adjacent linemen, both which are covered by down linemen.

1. This Block is quicker than the Fold Block.
2. The man blocking to the inside or towards the center should always go first.
3. The man crossing behind will be blocking what turn out to be a short trap.
4. The point of aim for the crossing lineman will be the near hip of down lineman directly to this outside.
5. The crossing lineman must keep his head in front of his opponent.

DOWN BLOCKING TECHNIQUE

The Down Block involves the entire frontside of the line with the exception of the center. This block is used to give the tackle and end good blocking angles to the inside while releasing the guard to the outside or point of attack.

1. The point of aim for the end and tackle should be the near hip of the first inside opponent.
2. The tackles and ends heads must drive in front of opponent to stop penetration.
3. The tackle and end will use a Drive Block.
4. The guard will use his pulling technique, trapping to the outside.

BUMP TECHNIQUE BLOCKING

The Bump Block is used by two adjacent linemen. This block is for the blocker nearest the down lineman to Drive Block this man while the outside blocker delivers a blow to the down lineman and bounce off to the linebacker.

The lineman closet to down lineman will use a Drive block technique.

Blockers must lead with foot nearest to opponent they are to block.

If the defensive man angles (slants to the play, the block will end up a double team). If defensive angles away from play, the Drive Blocker will then take opponent alone and drive him to the inside.

The Bump Man must cut his split down.

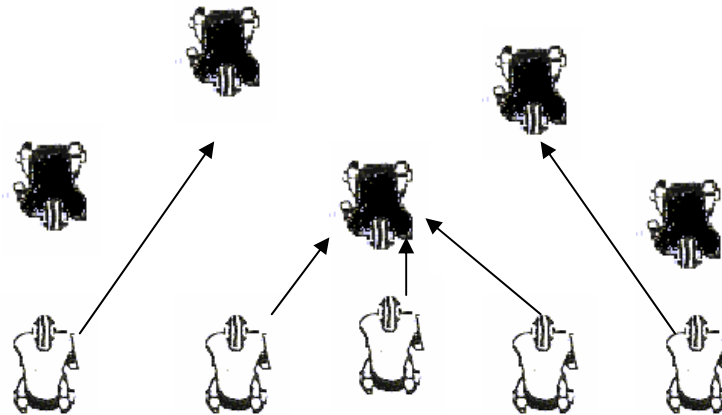
The Bump Man's point of aim is the near hip.

The Bump Man delivers a blow, when you feel pressure from the Drive Man you slide off and block the linebacker.

WEDGE BLOCKING TECHNIQUE

The Wedge Block is a combination block used by the frontside of the LOS in short yardage situations or on the goal line.

1. The call man will drive straight ahead, blocking the first man he comes to.
2. The men on either side of the call man will step with their foot to the call man and square their shoulders to the LOS. They will block the first man they come to.
3. Splits must be at a minimum.
4. No opponent can penetrate.
5. You cannot fall down; you must stay on your feet and keep driving.



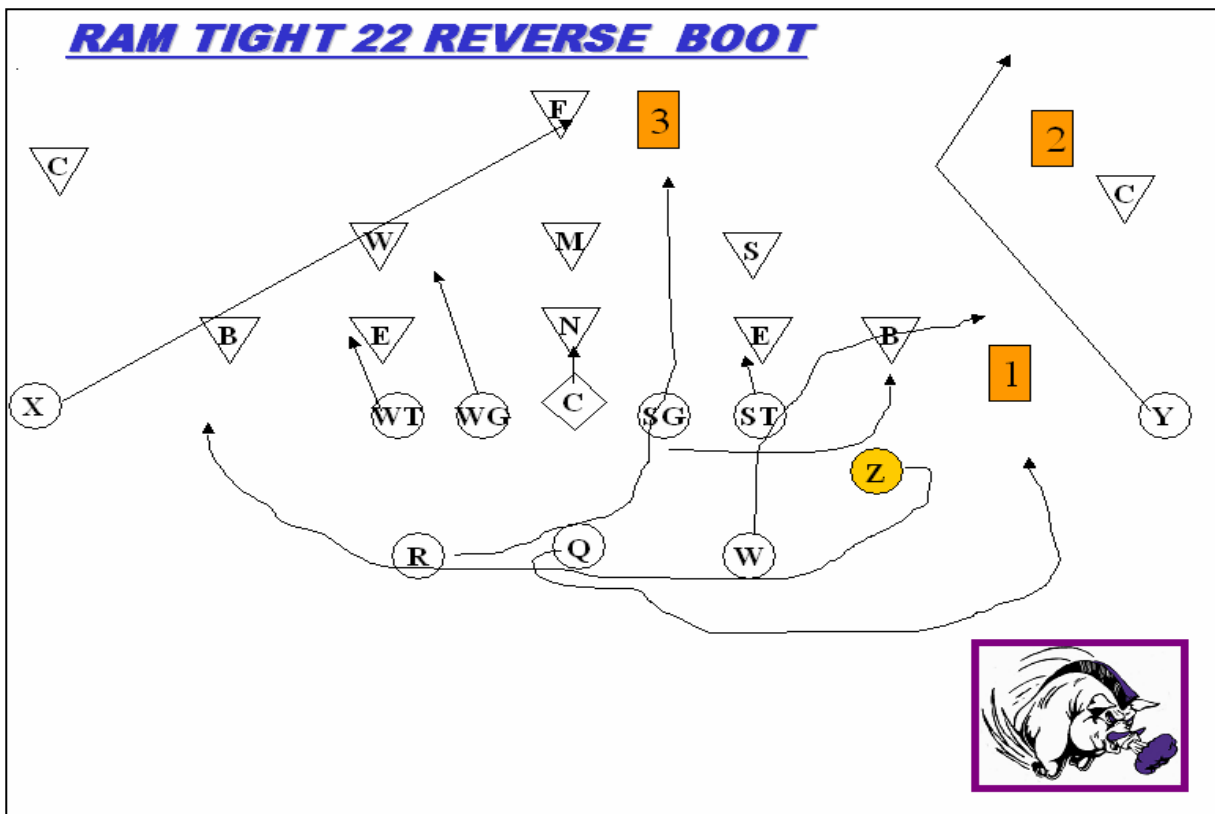


PASS PROTECTION

There are three basic Passing situations, the play action pass, the sprint out pass, and the pocket pass.

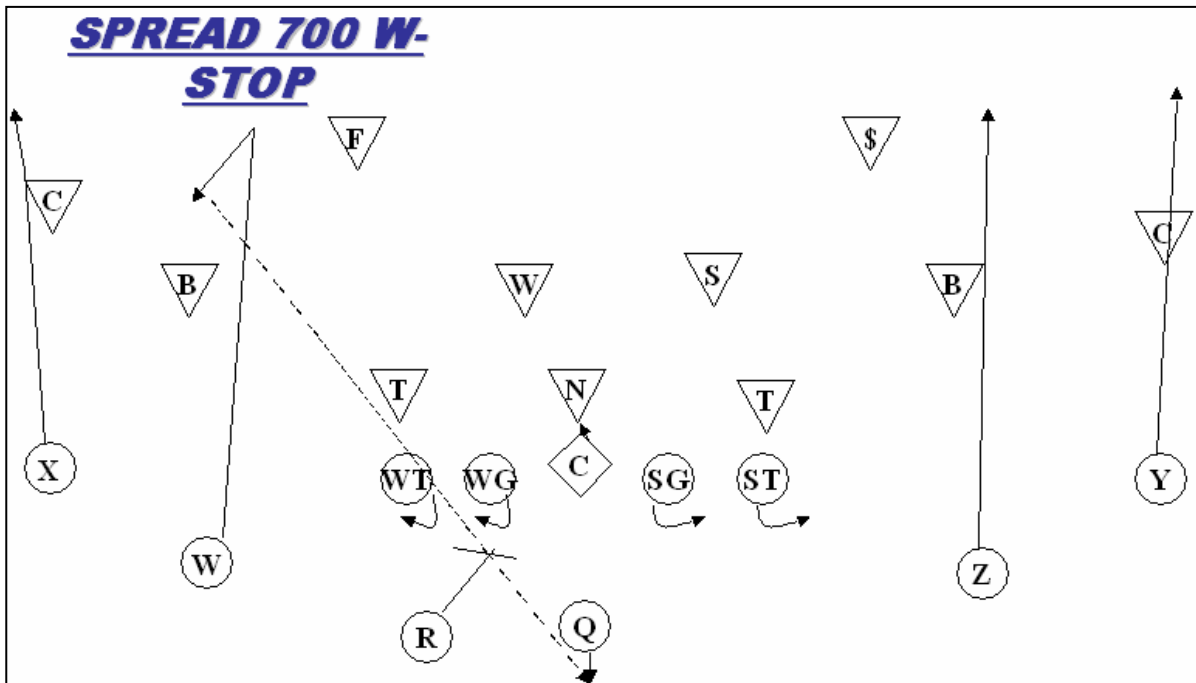
PLAY ACTION PASS-

The QB will fake a running play, and then proceed to throw.

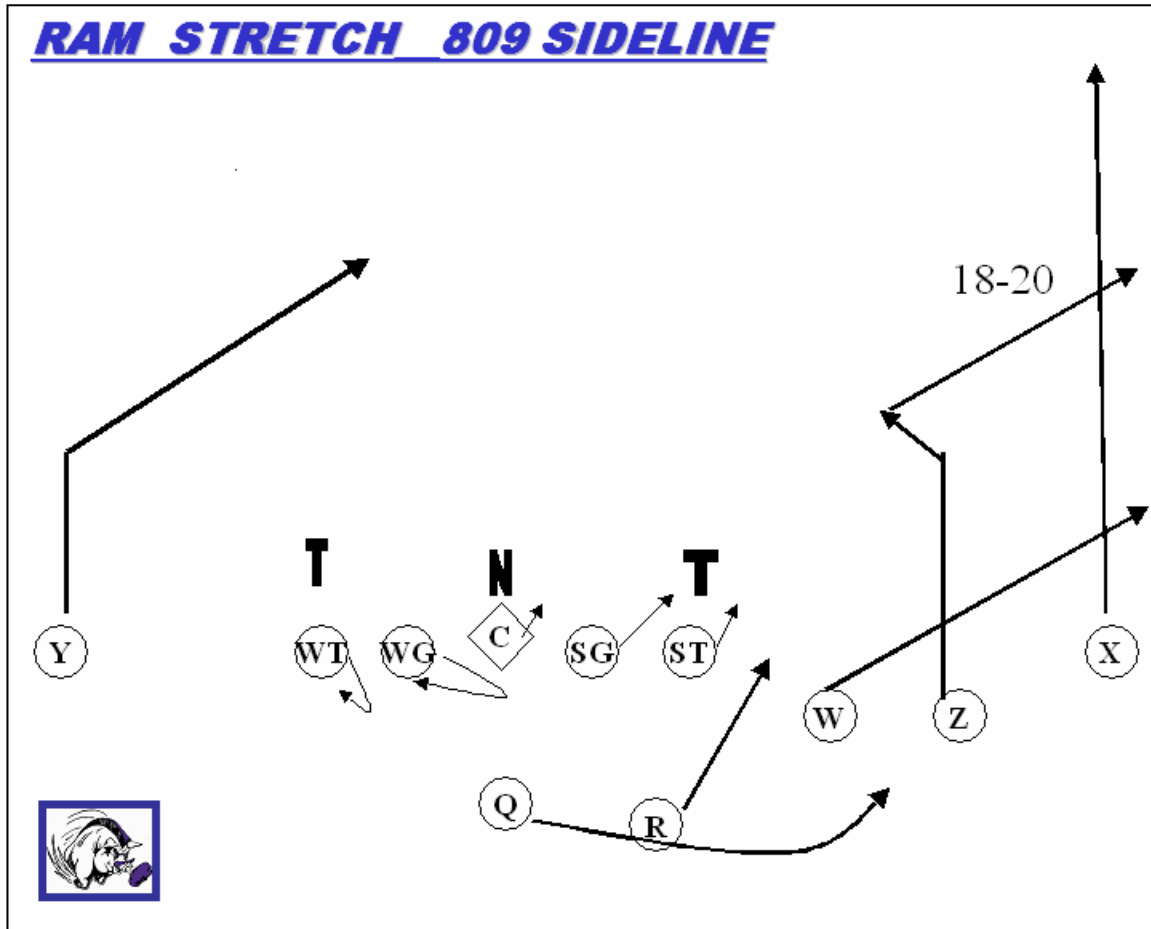


POCKET PASS-

The QB will drop straight back, semi-roll over the tackle, or semi-roll over the end.



SPRINT OUT PASS



PLAY ACTION PROTECTION

The Play Action Pass Protection was designed to catch the defense reacting to a successful running play and throwing a Pass Play off the same action.

TECHNIQUES

1. Blocking must be aggressive.
2. Basic rule for Play Action Protection is to block the same as the running play called, with the exception of blocking linebackers who are off the LOS.
3. The point of aim for blocking will be the belt buckle.
4. You must keep driving to keep the defender hands down.
5. Blocking linebackers who are off the LOS.
 - (A) Drop to the ground after contact had been made so you won't get called for ineligible receiver downfield. Stay on the ground until whistle blows the play dead.
 - (B) If linebacker drops off, hinge backside as late as possible.
6. The backside of line will step and hinge.

FIRE PROTECTION

This type of protection is used on short "POP" passes or quick outs.

TECHNIQUE

1. Blocking must be aggressive.
2. Basic rules for fire protection is straight-ahead base blocking.
3. The point of aim is the knees.
4. Block hard off the ball and drive your helmet or shoulder through the knee of the defender.
5. Drive to get the defenders hands down.

PASS BLOCKING TERMS

1. Reach Block- Step laterally in direction of play, keeping shoulders parallel to line of scrimmage, set up and block opponent.
2. Quick Block- Look block in and cut 'em—from good football position. Bring forearms on opponent's numbers and look block in, recoil, set up and look block in again or cut.
3. Ricochet Block- After reach step and shuffle, keep shoulder parallel to line of scrimmage and bounce from side to side covering an area.
4. Half – Hinge- After reaching, drop outside foot back so shoulders form 45 degree angle with the line of scrimmage.
5. Full –Hinge- After reaching. Drop outside foot back and form a 90 degree angle with line of scrimmage.
6. Collapse Block- After reach step; sprint backward at a 45 degree angle from the line of scrimmage for three yards, set up to look block in.
7. Cover- After release of ball reacts to get in front of ball along the line of scrimmage.

Theory of Reach Blocking

1. Puts the offensive pass protectors in the most advantage position to do the job.
2. The blockers are protecting an area and are not assigned a particular man.
This enables the offensive men to pick up any type of stunt used by the defense.

Pass Protection – Reach Blocking

Techniques are the same to reach in the onside or offside direction. The onside linemen are those linemen in the direction of the play call. The offside linemen are those away from the play call.

Onside Tackle

1. Step in direction of play laterally along the line of scrimmage with shoulder parallel to the line.
2. Read movement of man over you as you step
 - (a) If he comes - - take him using the quick block.
 - (b) If he slants to the play side – take him—quick block.
 - (c) If he slants away from the play- - ignore him and look for the LB scrapping off to the outside.

Onside Guard

1. Step laterally in direction of play with shoulder parallel to line.
2. Take a shuffle- shuffle step as you read the LB over you.
 - (a) If LB comes, quick block him.
 - (b) If LB scrapes off T to the outside look for T coming down on a slant.
 - (c) If LB stunts to the backside of play, look for nose man coming.
 - (d) If LB shows pass and goes to hook, go to half – hence and look to help the inside.

Center

1. Snap- step laterally along line shoulder parallel to line
2. Read man over as you move-
 - (a) If he comes- quick block him
 - (b) If he slants away form play let him go and look for LB coming on a stunt.
 - (c) If he slants to the play- - take him.

Backside Guard

1. Step in direction of play with shoulder parallel to line of scrimmage.
2. Take a shuffle- -shuffle step as you read the LB over you.
(Reach blocking vs. 5-0)
3. Go to a half- hinge position as you read LB - -
 - (a) If he comes – take him.
 - (b) If he stunts away from play, look for defensive tackle coming hard on slant.
 - (c) If he goes, stunt to the play, look for nose man slanting back to you.

(d) If LB goes to pass coverage – check area to help then go to full hinge to help with backside end rush.

Backside Tackle

1. Rule will always be collapse—reading defensive linemen or LB as you go.
2. Take nearest threat to the ball from a good collapse position.

Reaching Blocking vs. Stacks

Onside Tackle

1. Step reach—read defensive man on inside gap and stacked LB.
2. If lineman slants toward play – take.
3. If lineman blows the gap look to LB, if LB is forcing, take.
4. If lineman slants away—look to LB coming on stunt.
5. If LB shows pass—ricochet and help inside—turning your butt toward the QB.
6. Same technique IS used in 5-0, where tackle is covered by down man.

Onside Guard

1. Step to reach down lineman in your outside gap.
2. If man comes, take him.
3. If man slants away from play, you will take him
4. If he stunts toward the play let go and look for LB coming.
5. Step reach and read man on inside gap and the stacked LB.
6. If lineman is blowing gap, look to LB take him if he is forcing. IF he shows pass look to help inside turning your butt to QB.
7. If lineman stunts toward play, take.

8. If lineman stunts away look for LB coming on stunt.

Cen

1. Reach step shuffle-shuffle, read backside LB and defensive man in backside gap.
2. Ricochet block-
 - (a) Pick up lineman if he stunts toward play.
 - (b) Look to pick LB if lineman stunts away from play.
 - (c) IF lineman blows gap and LB shows pass, turn butt to QB and help- take first threat.

Reach to lineman in gap toward the play- take him if he blows gap or stunts away from play.

3. If down lineman stunts in direction of play, look for LB coming on stunt.

Backside Guard

1. Step reach- shuffle- shuffle; take man in gap if he comes.
2. If defensive man slants or stunts away from play go to half- hinge and wait for him.
3. Step reach- shuffle- shuffle, go to half – hinge and wait for first lineman or LB.

Backside Tackle

1. Use collapse technique and take first threat.

Board Drills

Starts

1. Equipment: Bevel –edged board- 12”x 8” –balls for center.
2. Commands: Down- Set- Hike
3. Organization: Align board evenly allowing adequate spacing. Player assume good ready position in front of boards. On command assume set position. Fire out on snap count and sprint down board. Break off second coach. Return around the outside. Types straight ahead, reach right, reach left.
4. Coaching Points:
 1. Good Stance
 2. First step (gain ground 6” TO 8”)
 3. Back stays level and low
 4. Sweep hand back coming off ball.
5. Objectives:
 1. Alignment and ready position

Good Stance.

Take off of group

Individual explosion

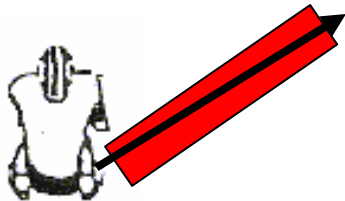
Coordination and discipline



Pull Starts

1. Equipment: Bevel edged boards.
2. Command: Down- Set- Hike
3. Organization: Align players in good, ready position facing in a direction perpendicular to the board. On command player assumes a good stance. On proper cadence, players come out of stance using pull technique down the board. At the end of the board, played does a forward roll and comes up sprinting. He then peel to the outside and comes back to the end of the line. Should be done with players facing in opposite direction to execute pull in the other direction.
4. Objective: 1. Entire line works on pull technique
2. Check ready position and stance.
3. Discipline
4. Cardiovascular Endurance
5. Proper steps.

PULL STARTS RT. AND LT.



BOARD DRILL- STICK (DRIVE & SCRAMBLE)

1. Equipment: Board, balls, and blocking shield.
2. Commands: Down- Set- Hike
3. Organization: Same board alignment and spacing as start drill. Shield or bags are held on board in front of each lineman. Can be set up as a lineman or linebacker. Players assume a good ready position in front of boards. On command do down to good stance. Fire out on snap count driving dummy down the board.
 - a. Stance – Start Phase: Check for proper stance and good take off.
Neck bowed with face up. Flat back with tail slightly higher than head.
Good first step with pads low. Sweep hand back for lift and to keep shoulders down.
 - b. Stick phase: Contact at base of numbers. Face up, neck bowed, back bowed. Lift with arms to broad blocking surface- elbows high and broad. Hips rolled with broad base.
 - c. Drive phase: From good stick position, maintain broad base and drive bad down board with short choppy steps. Roll hips up under body cylinder. Face up, neck and back bowed.
 - d. Scramble Phase: At end of board have blockers go into scramble on bag. Blockers need to keep knees bent up under them. Scramble on all fours. Maintain scramble for five yard, then roll back into bag as a last effort. Get up and help holder return bag to position and become holder.

- e. Objectives: 1. Stance and start.
- 3. Teach contact phase.
- 4. Teach drive phase.
- 5. Scramble technique
- 6. Discipline and conditioning

BOARD DRILL- REACH BLOCK (DRIVE & SCRAMBLE)

1. Equipment: Same as stick drill
2. Commands: Down- Set- Hike
3. Organization: Same as stick block except for initial alignment of blockers in relation to board. Blocker should offset his alignment right or left of the board to simulate reach in the other direction.



“Reach Right”



“Reach Left”

Player should assume a good ready position and take a good stance on the proper command.

- A. Start and Reach Phase: First step with foot in direction of reach. Angle of step will depend on alignment of defensive man, but can be approximated at 45 degrees. Drive head across thigh to far side hip, with face up, neck and back bowed. Lift with inside shoulder and forearm. Pin defensive man in V of neck with elbow and forearm high to provide good surface. Work feet around to get body in N/S position as quickly as possible. Reach side hand should be on ground to provide balance. Maintain contact with defensive lineman and finish up block with a roll if needed.

4. Objectives: 1. Check stance, alignment, explosion

1. To work on footwork.
3. Conditioning and discipline