

5 Ways to Improve Your Film Watching

*By John Shea, Head Football Coach,
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WATCHING FILM IS a common practice at the high school, college and professional levels of football. The idea is that players improve their performance when they can objectively see what they're doing right and wrong, and what they need to do to improve their performance. All too often, however, players dread these sessions as they get constantly blasted by the coaches for their mistakes.

Watching film can be a great benefit to your athletes. It can increase player motivation, strengthen commitment and improve skill level. You must, however, have a plan to accomplish those goals. Film sessions shouldn't be about assigning blame. They're about fixing mistakes, strengthening positives and furthering the understanding of what you're teaching.

Film-Watching Strategies

The following are five strategies we've found helpful in keeping our film sessions upbeat and constructive.

1. Keep group sizes as small as possible. The smaller the group, the more individual attention each player can receive. Rarely have we been able to break up into more than two groups, but even that doubles the amount of time that can be spent on each player. We usually watch film on our weight-lifting day. If we only have access to one VCR, we allow the backs to watch film while the linemen lift weights. Then we switch.

2. Focus on the positives. One of the best, and least-used, possibilities of film watching is to reinforce the techniques that players are already performing well. When you see an example of a well-done technique, show it several times and explain to your players why it was so effective.

Not only does this build confidence in the player that performed well, but it also motivates everyone on the team to want to be the person praised during the next film session. Also, this gives the entire team (or unit) a clear picture of how a particular skill should be performed.

3. Relate positives to your drills. Another thing we'll do while we are reviewing positive plays is to relate the skills demonstrated on film to our drills. Showing your players how the big plays of the game were accomplished by simply executing the drills they perform every week in practice can greatly increase the intensity of your future drill work.

As coaches, we're always trying to explain to players the importance of drill work. A live example demonstrated during a well-executed play can go a long way toward accomplishing that goal.

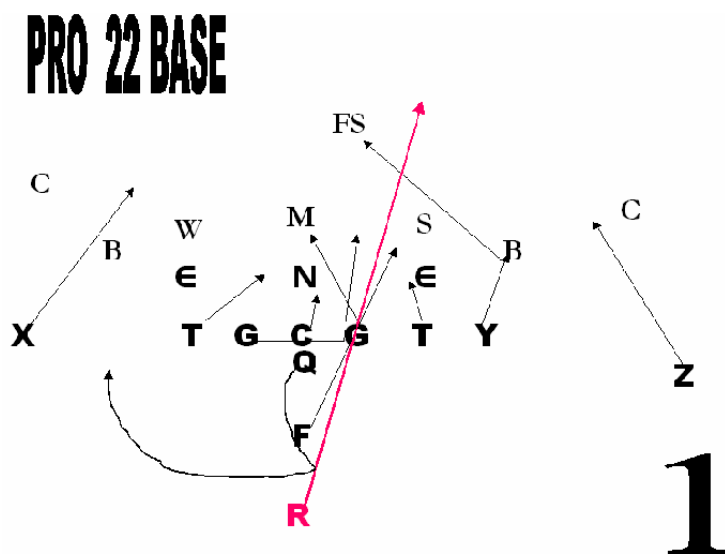
Sometimes you'll be able to pause the film on a certain play and ask, "What drill is being performed here?" When your players come up with the answer themselves, it can be a powerful experience that will carry over to your next practice and drill-work session.

4. Relate individual techniques to schemes. When players see how different techniques come together to form your team's schemes, it will improve their commitment. Defensive players, for example, need to see why there always needs to be a contain player, a fill player, a cutback player and how these techniques complement each other. Your players will work harder at developing their skills when they understand how it improves the team's chances for success and how they are each responsible for one another on every play.

5. Correct mistakes effectively. Most coaches consider mistake correction to be the main reason to watch film. While it is certainly a very important reason, over the years our staff has found a few strategies that can help keep mistake correction from becoming a miserable experience for players and coaches alike.

First of all, try to watch the mistake a minimum amount of time. You don't want your players to form too strong a picture of how not to execute a technique. Show the mistake once or twice just to make sure the player understands what you're trying to show him, then pause the tape and walk everyone through the correction.

You want your players to see and feel the technique being performed correctly. After you've walked through the correction, have the player write down the correction in his notebook. If the player needed to stay lower during the technique, he simply writes, "stay low" in his notebook. If the player makes the same mistake later in the film, don't make him stand up and perform it again. Instead, have him enter it into his notebook again. If at the end of the film session a player has "stay low" written down eight times, he'll know what he needs to work on during the week.



Teaching Offensive Linemen How To Pick Up Stunts

By Tom Bass, 30-Year NFL & College Coach, President of Football Federation U.S.A., Rancho Santa Fe, Calif.

ONLY AFTER YOUR offensive linemen have mastered the fundamentals and have shown an ability to pass protect in 1-on-1 situations, should they begin to work on stunt pick-up blocking.

During the course of a game it's sometimes necessary for two or more offensive linemen to work together to block defenders who may be "crossing" or "stunting" with one another.

These defensive maneuvers may be blocked by one of two methods:

1. Man-To-Man Blocking. Also referred to as "man" pass blocking, the offensive lineman stays with and blocks his assigned man, wherever he goes.

2. Zone Blocking. In "zone" pass blocking, the offensive lineman retreats and blocks any defender who comes into his assigned area of responsibility.

Man-to-man blocking seems the easiest to teach. The offensive lineman, whose defender goes behind or second on the stunt, gives ground and picks up the pass rusher when he appears from behind the stunt.

Drills For Picking Up Stunts

There are several good drills for teaching your linemen how to pick up stunts. Begin by dividing your offensive linemen into three groups, with a coach supervising each group. Each group works individually with the defensive players executing a "stunt" (1 defender rushing behind the other) as they pass rush.



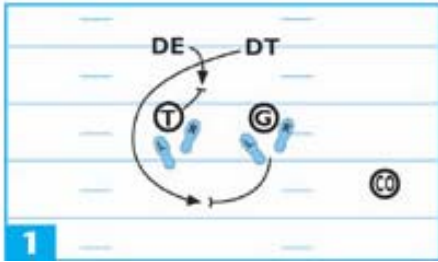


DIAGRAM 1: Picking Up Stunts (Drill A).

Prior to the offensive linemen taking their stances, the coach watching over the drill designates which of the two defenders are to go first in the stunt.

Both the offensive guard and offensive tackle should power-step with their inside foot, protecting against a single inside pass rush. When the blocker sees that his man isn't charging straight ahead, but is instead looping around behind the adjacent defensive player, he must give ground.

If his man is going away from the target area, the blocker must give enough ground and wait for the defensive player to reappear, once again attacking the target.

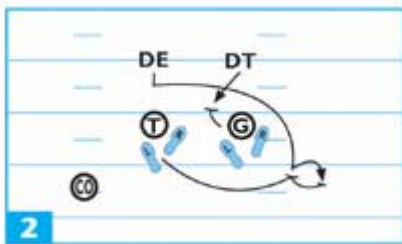


DIAGRAM 2: Picking Up Stunts (Drill B).

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 into good position to stop the defender's charge.

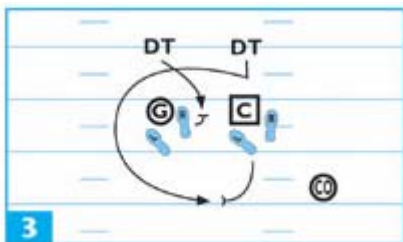


DIAGRAM 3: Picking Up Stunts (Drill C).

In this drill, incorporate your center into the mix and have the center work with both offensive guards to learn stunt pick-up technique.

**TAKING THE BITE
OUT OF STUNTS!**



Dealing with "Uncovered" Linemen

If you do not anticipate a great deal of stunting by the defense, instruct your linemen to stay with man-to-man pick-up rules for all stunts. Each offensive lineman, therefore, knows which man is his responsibility before the ball is snapped.

No matter the stunt, the lineman knows doesn't have to "over-think" the play and have confidence as to which defender remains his responsibility to block until the play is over. Indecision is a great hindrance — with man-to-man blocking there is no indecision.

Against certain types of defensive fronts, one or more of the offensive linemen may find themselves uncovered, that is, without a defender "in front of them" on the line of scrimmage.

If an "uncovered" lineman has no one directly over him at the start of a play. The lineman's first responsibility then is the linebacker in front of him.

Uncovered-Linemen Drills

When using drills to teach uncovered-linemen pass-protection technique, use the aforementioned 3-group approach with groups consisting of the following primary groups:

Group 1. Left OT, left OG and Center.

Group 2. Left OG, Center and right OG.

Group 3. Center, right OG and right OT.

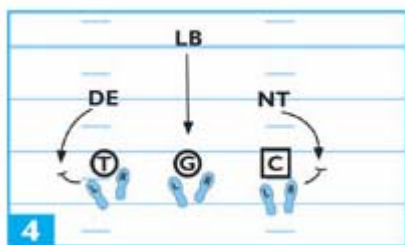


DIAGRAM 4: Uncovered Linemen Drill (Vs. LB Rush).

Prior to the snap, the coach indicates to the person playing LB whether to rush the passer or drop off into pass coverage.

At the snap, the uncovered lineman's first responsibility is to block the LB positioned in front of him (if the LB comes with a straight-ahead rush or stunts with one of the defensive linemen).

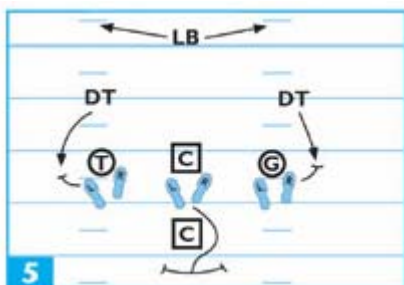


DIAGRAM 5: Uncovered Linemen Drill (Vs. LB Drop Into Coverage).

If the LB doesn't rush, the offensive blocker must quickly back away from the LOS so that he can see where help is needed and move toward that area.

HOW TO WIN!

Essential Outline For Developing A Winning Tradition

*By Jim Bob Bryant, Co-Offensive Coordinator
Williamston High School, Williamston, N.C.*

THE FOLLOWING outline is one that our program has used as a guideline to build program success over a number of seasons. Some parts may or may not be applicable to every program or situation, but you can modify it to fit your program's needs.

I. Administration

- A.** Work closely with administration.
- B.** Administration and the coaching staff should be on the same page.
- C.** Neither should have a hidden agenda over the other.
- D.** Go through the proper administration channels before doing anything (using purchase orders, scheduling trips, camps, combines, etc.).
- E.** Get the administration to work and talk with athletes so that you're allies and not enemies.

II. Develop, Hire A Quality Staff

- A.** Hire good people that share your philosophy, or teach and build on the staff that you already have.
- B.** A team is only as good as its coaching staff. Therefore, the staff must work together for the good of the program.
- C.** Each coach should be happy with his job and enjoy what he does. Remember:
 - A happy coach is one that feels like he has real input as it pertains to offense, defense, special teams, conditioning and academics
 - Find out what each of your coaches is good at and put them to work.
- D.** Outline a brief outlook of the season from summer, in-season and off-season workouts, to camps, strategies, coaching responsibilities, practice schedules, meetings, etc.
- E.** Have this printed before the season begins and give each coach a copy

III. Get To Know Your Players

- A.** Go to their homes.
- B.** Meet with them at school.
- C.** Organize a pizza party to bring the team closer together.
- D.** Find out everything about your kids, not just the athletic part. Remember the old saying, "Kids don't care what you know, they just want to know that you care."
- E.** If you win a player's heart, you have a soldier that will go to war for you.

IV. Booster club

- A. Approach boosters about fundraisers and season tickets.
- B. If you do not have a Booster Club, start one.
- C. Involve the players *and* their parents.
- D. Start with small projects and get progressively bigger. For example: combine, camps, Lift-a-thons, etc.
- E. Get cheerleading squad involved in fundraisers.

V. Academics

- A. Check all players' eligibility prior to your first game.
- B. Check local graduation requirements.
- C. Academics must be a priority, stress this to your players.
- D. Initiate a study hall for athletes who are struggling with school work.
- E. Communicate with the teachers and get them involved.
 - Get a progress reports from each athlete after each 3-week period.
 - Do not let your players get behind in their schoolwork — academics come first.
 - Stress that athletics are an extension of the school day.

VI. Strength And Conditioning

- A. Build a solid strength-and-conditioning program.
- B. Install an In-Season, Off-Season and Summer program.
- C. Make the players excited about training (Make lifting fun)
 - Give rewards for players who attend workouts, make gains and for being on time
 - Award T-shirts and certificates to those players who consistently show up for workouts and show improvement.
 - Make charts, boards and clubs for those who show outstanding progress in the weight room.
- D. Take your players to other schools and show them other workout programs and facilities
- E. Go to colleges and mingle with college athletes and coaches
- F. Start a power-lifting team that consists of your football players.

VII. Field, Equipment

- A. Your playing field is your home turf, treat it as such.
- B. Always update, recondition and keep your equipment looking great.
- C. Never put off tomorrow what you can do today.
- D. Your field and equipment must always be neat and organized.
- E. Design signs and on the field to signify your team's number of wins.

VIII. Enter Players In As Many Camps And Passing Leagues As Possible

- A. Get your players involved, get your athletes some exposure!
- B. Have players attend college camps and passing leagues, etc., — anything to bring them closer together and they learn while having fun.

IX. Start Your Own Camp, Combine

- A.** Have an offensive or defensive team camp.
- B.** Start your own football combine
 - Bring college recruiters to your campus
 - Get your players exposure and possible college scholarships
 - Raise money for the needs of your program.
 - Invaluable learning opportunity.

X. Teach Fundamentals

- A.** Blocking (All Angles).
- B.** Tackling (All Angles).
- C.** Catching passes.
- D.** Carrying ball correctly.
- E.** Taking handoffs.
- F.** Defending passes.
- G.** Techniques and fundamentals of each position.

XI. Install Offensive, Defensive And Special-Teams Systems That Best Fits Your Athletes

A. Your offensive system must:

- Use multiple set fronts, motions and shifts to confuse defense.
- Be simple to teach and learn.
- Stay hard for a defense to figure out.
- Spread the field and attack the defenses' weakness.
- Get the ball in to the hands of your best athletes.
- Develop all phases of the game (the more the defense has to prepare for, the less time they will spend on each phase).
- Install a good short, intermediate and screen passing game
- Power running game
- Finesse running game
- Play-Action passing game
- Trick plays (These also help keep practices upbeat.)

B. Your defensive system must:

- Utilize an attacking and aggressive style of defense.
- Do not sit back and react to what the offense does to you.
- Make the offense adjust to what you are doing.
- Be predicated on speed.
- Stress tackling, tackling, tackling!
- Every player on defense must get to the ball.

C. On special teams you should:

- Spend some quality time every day working on special teams.
- Set up designated times for specialists to work before practice (Kickers, Punters, Holders, Long Snappers and Returners).
- If your school has a soccer team, use that resource to find kickers.
- Focus on special teams as you do on all other phases of the game (If the players see that you're serious about it, then they will be serious as well.).
- Kickers and punters should start kicking during summer.
- Do not assume that your kids understand everything about special teams, teach them your philosophy and make it theirs.

XII. Embrace The Past

- A.** Seek out athletes from your program's past and use them to promote the program.
- B.** Have former players come back and talk to your team.
- C.** If the former athletes feel that they are involved, then they will get involved (fundraising, donations, taking active roles in athletics again, etc.)
- D.** Get the community behind you.
 - Have a "Meet-The-Players" night.
 - Involve the cheerleading squad.
 - Give away coffee, doughnuts or something to bring them there
 - Once they are there, sell your kids and your program (make them want to see these kids compete)
- E.** If you have to bring in a famous athlete to draw the crowd, then let the athlete help with the selling of the program.

XIII. Feeder Program

- A.** Go and talk to the players who are participating in your feeder programs.
- B.** Make sure to go and talk to your middle school coach, recreation coach and hire a good JV coach.
- C.** Get them involved in your program (give them free passes to games, have them on the sidelines, have them at practice and get them to come and work your camps and combines.)
- D.** Your feeder coaches must install a basic version of your offense and defense with the same terminology and assignments.
- E.** Every feeder program from recreation to JV should be done basically the same way.

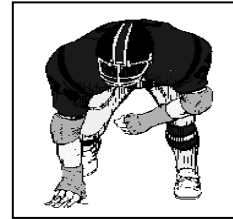
XIV. Win! Have Fun! Win!

Offensive Line 101

If you were to conduct a poll asking football coaches what the most difficult skill to teach players is; the majority would probably say blocking. What is it that makes this task so difficult? After all isn't blocking just one player throwing their body into another player? On the contrary, blocking is a very complex, multi-step process that involves a multitude of skills that takes time and practice to develop. The following is a detailed breakdown from start to finish of the essential elements of fundamental Level 1 and Level 2 blocking.

Critical Elements of Effective Blocking

The Mental Game



Attitude and belief. Most players need coaching instruction on what it takes to break the huddle with an attitude and belief that they can execute the proper block against their defender and eliminate him from the play time after time. The player does this by getting off the ball hard, low, and fast with intensity and by executing the proper techniques.

Assignment. It is our job to coach the players as to what their specific assignment is on each play and why. Most blocking errors are not due to effort, but we yell at them to “get it done” and blame their effort while we have failed to show them and explain the concept of the entire play. We need to show them and explain exactly what the play is designed to do and what role their specific job plays in the overall execution of it. We use a statement as coaches to hold each other accountable in our teaching that says, “If you know – you go”. This reminds us that if our players know exactly what they are supposed to do, they will do it hard and fast. If there is any uncertainty, they will play with hesitancy.

Level 1 Blocking

Level 1 blocking refers to the mono a mono blocking that your typical offensive lineman engages in at the line of scrimmage on every running play. There are several different Level 1 blocks but they all share common elements and fundamentals. If a young player is properly taught the basic concepts of blocking then it is much easier for them to adapt to more complex blocking as they progress to higher levels of play. Every Level 1 run block consists of the following elements:

1. Stance
2. Shoulder Pad Level
3. Foot placement (Steps) and Handwork
4. Head and Shoulder Aiming Points
5. Fit Position
6. Finishing the Block

STANCE

You would think that getting a youngster to get down into a balanced three point stance would be a no-brainer. This should be the easiest thing in the world but for some reason most kids can't do it without a lot of instruction. It is easy for a coach to

overlook the importance of a good three point stance but coaches must be diligent and discipline their players to get it right. The importance of a proper stance cannot be overstated, if a player is not balanced and in the proper position their ability to execute an effective block will be compromised. Stress the following points:

Base: Feet at shoulder width. If a player has difficulty with lateral movement have him adjust his stance so that it is slightly less than shoulder width.

Feet: Feet perpendicular to the Line of Scrimmage. Feet should be flat on the ground, with a slight stagger, toe to instep. Weight should be on the ball of the feet. You do not want your players to be on their toes or heels. It may seem contradictory to have the weight on the balls of the feet and yet remain flat footed. However it is not

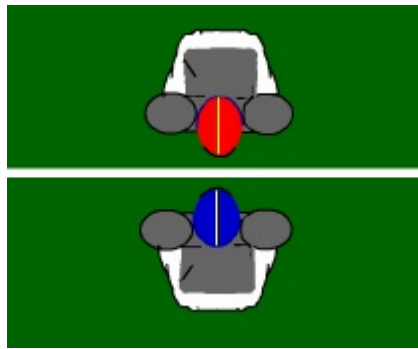
only doable but necessary in order to keep the offensive lineman from leaning forward and thus being off balance. If there is forward lean the lineman will never be able to get back and pass block effectively.

Power Producing Angles: A good description is to get a "Z" in the leg from the thigh to the foot. This creates good power angles in the hips, knees and ankles. Arm and Hand: The down hand should be placed on the ground inside the knee and under the eye. Fingertips should be on the ground, not a fist. Weight should be distributed so that the hand can be picked up with a slight lean. The off-hand is placed alongside the off leg in a cocked position, not resting on the knee. If the off-hand is placed across the knee it will slow the player down when they come out of their stance.

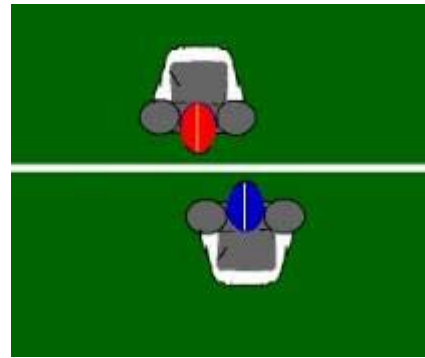
Shoulders-Back-Tail-Head: The shoulders must remain square to the LOS, with the back parallel to the ground. The tail must be in a position that it does not force the lineman's head into the ground. The head of an offensive lineman must be up with eyes focused on his target, not down looking at the ground. The offensive lineman should be able to see the Defensive Lineman and the lower 1/2 of the Linebacker.

Shoulder Pad Level: When young players are learning to block for the first time they always, almost without exception have a natural inclination to stand straight up as they attempt to engage a defender. When a blocker stands straight up it automatically gives the defender an advantage. The term "Low Man Wins" is a common phrase that coaches bark at their players to reinforce this concept. It is a simple matter of physics; the player with the lower pad level has a mechanical advantage and thus can out-leverage his opponent. Getting youngsters to adhere to this fundamental law of the universe is one of the biggest challenges that a coach can face. It takes many reps and constant attention and reinforcement for young blockers to develop the discipline to maintain a lower pad level than the defender throughout the course of a block

Footwork and Handwork: Football players that have been properly schooled in the art of blocking have the ability to use their feet and hands in a coordinated effort to gain a positional advantage over an opponent. Hands and feet must work together to block effectively. The first step a blocker takes is critical and the placement of the first step will depend upon how the defender is aligned over the blocker. Some youth football leagues assign a head-up alignment where defensive linemen have to line up directly over the offensive linemen as shown in the graphic below.



(Head-Up Alignment)
Red = Defense
Blue = Offense



(Shading Alignment)
Red = Defense
Blue = Offense

*When demonstrating blocking to young players a very helpful concept is the “half-man” technique. Ultimately you want your blockers to out-maneuver the defenders by positioning themselves between the defender and the ball and then drive the defender away from the play. The half-man is a way to visually divide the defender into two vertical halves and then focus the attack on the ball side. A simple way to illustrate this concept is to have your players visualize the defender with a vertical line running from the center of his forehead, straight down to the ground dividing the defender into two halves.

When a defender is aligned head-up, the first step is directly on the imaginary half-man line. In the above graphics for instance, if the ball were being run to the right side, the first step would be to the half-man position with the left foot, followed by a quick second step into the gap with the right foot. If a defender is shading the blocker, then the first step would be into the gap with the right foot and the second step would be on the half-man line. If all goes according to plan, the blocker will in a position to keep the defender away from the play providing that the hands have been doing their job. As the first step is being taken the hands are being brought to a cocked position similar to a gunfighter. As the second step is taking place the hands are coming up hard from the hips to the chest plate of the defender within the frame of the defenders body, forming a “W” with the thumbs up just below the chest plate of the defenders shoulder pads. * (As long as the hands are within the framework of the body and the blocker is not grabbing the defenders jersey, it is not holding. The referees will usually only call a hold if the hands stray too far out or they see a jersey being tugged on).

Head and Shoulder Aiming Points - The second step is also when the aiming points of the head and shoulder are being zeroed in on. The aiming point for the head is to the outside of the ball-side shoulder and the aiming point for the inside shoulder is the center of the defender's chest. When a blocker gets his head in the correct position alongside the defender, it makes the defender's job much more difficult, having to fight through the head of the blocker.

Fit Position – As a blocker has worked his way through the blocking progression and has established his position and hit his aiming points he is now in the “Fit” position. The Fit position is simply a solid, balanced position of leverage which will allow the blocker to maintain contact and finish the block. In the fit position the blocker's pad level is lower than the defender, his back is straight, his hands are on the chest plate of the defender, his head is properly positioned and his feet have established a wide base.

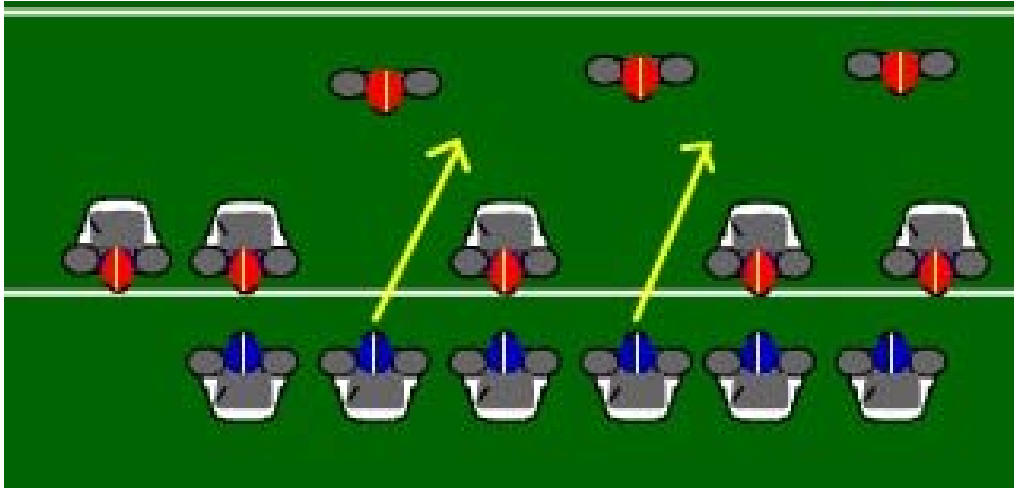
Finish - The final key is to finish the block and play through the whistle. The keys to finishing effectively are to maintain contact in the fit position while maintaining a lower pad level than the defender and to keep the feet moving fast from a wide position. The feet should move in short choppy steps, not long steps, to keep the feet moving but on the ground as much as possible.

Level 2 Blocking –

A second level block, is a block beyond the line of scrimmage on a Linebacker or Defensive back. A second level block has the same objective and the same elements as a first level block. The second level block differs from the first level block only in the amount of ground that is covered before contact is made and the added elements of the approach and breakdown. Young offensive linemen will have a tendency to lunge at their target and miss their assignments if they aren't shown these two basic elements.

Approach - As an offensive lineman fires out of his stance and approaches the defender he has to maintain his discipline and not charge at the defender with the idea that he is going to pancake his man. The idea instead, is to close the distance to within a yard or two of the defender, breakdown, establish the half-man position with the first step, lock in the aiming points with the second step, engage the defender in the fit position with short, quick steps and then finish, and maintain contact long enough for the ball carrier to pass by.

Angle of Attack – As the blocker is firing out of his stance and approaching the defender he must realize that the defender is going to be reacting to the play; therefore the blocker must adjust his approach angle to compensate for the movement of the defender. A good defender will not just stand there and wait to be blocked; he will be flowing to the ball and the blocker must focus his attack to where the defender will be. (See Graphic Next Page)



***In the above graphic the play is a generic off tackle run to the right. The left offensive guard is responsible to occupy the WILL and must take an attack angle to the right of the WILL. The right offensive guard must occupy the MIKE using the same attack angle as the left offensive guard. Taking the proper angle will allow the blockers a better chance of being in the proper position to make an effective block.**

Pass Blocking

Pass blocking is a different mindset than run blocking in that the blocker must exercise patience and sit, wait, and then repel the defensive man's attack. The idea is to repel the attack with a punch and recoil technique until it is necessary to fully engage the defender with Level 1 and Level 2 blocking techniques. In order for a blocker to get into the proper position he must move fluidly from his three point stance into his pass blocking position (Fight Position). To do this, see to it that your players understand the importance of being balanced while in their three point stance. The down hand cannot have a lot of weight on it nor can the off hand rest on the leg, it must be off of the leg in a cocked position. Proper foot position is also crucial; the feet need to be positioned heel to toe with a slightly narrower base. All of these elements will allow the blocker to make a quick drop step and establish the proper position.

Fight Position - Whereas first and second level blocking have the Fit Position, pass blocking has the Fight Position. The Fight Position in pass protection is the most important fundamental. The Fight position is not a natural one; it is uncomfortable and awkward at first. However, it is essential to master if a lineman is going to become an effective pass protection player. The essential elements of establishing the Fight Position are as follows:

Drop Step – A quick fluid drop step must be taken with the same foot as the down hand. It is very important that the blocker keeps his pad level low and not stand straight up. Young players especially will want to stand straight up as they are making their drop step, see to it that they do not develop this habit. It is also important to keep the shoulders as square as possible to the line of scrimmage.

Base – Feet slightly wider than shoulder width with the hips down to allow for more effective lateral movement.

Back -The back must be straight with shoulders back

Head - The head must be back over the hips. Forward head lean will get the blocker to lunge forward and get off balance.

Hands - The hands must be in at the chest, almost looking as if the person is praying.

When all of these elements are put together, the final Fight Position will resemble a person sitting in a chair. This analogy gives the blocker a mental picture of what the final position should look like.

Technique

Mentality - As mentioned above, pass blocking has a different mindset than run blocking. The blocker must exercise patience and be disciplined enough not to stand straight up or lunge at the defender and lose his balance.

Shoulders – Keep them parallel to the line of scrimmage as long as possible.

Feet – Keep them on the ground which provides a solid anchor. All movement is a shuffle step.

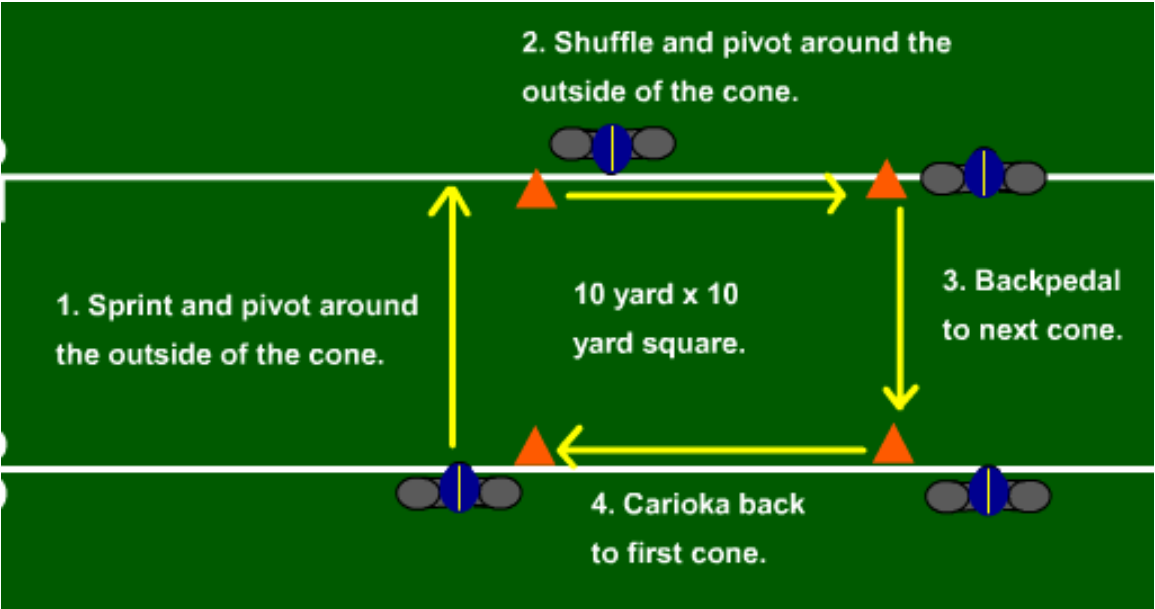
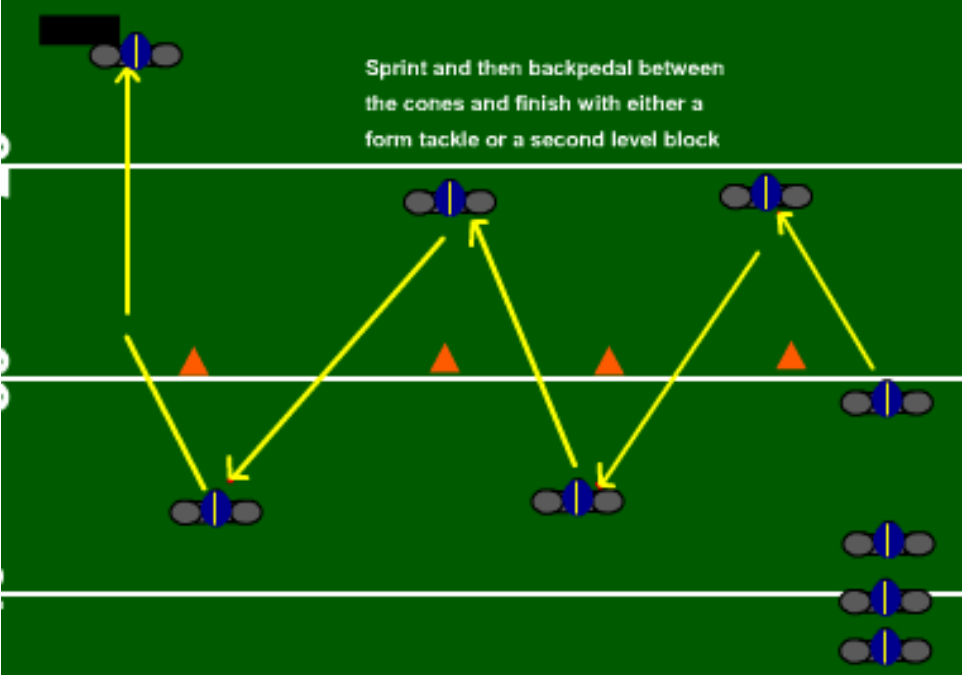
Hands - The hands are used to punch and reset. With the punch and reset technique comes the aiming point of pass protection. The aiming point is the dead center of the chest plate (Above the heart) with the heels of both hands. The idea is to make a quick hit with the hands and then reset, make a quick hit and then reset, similar to the quick jab of a boxer. It is important to use the punch and reset as long as possible, keeping the backside to the passer.

Engagement - Once the blocker is forced to fully engage the defender the goal is to maintain contact and ride the defender away from the passer. Once engagement commences all of the previous techniques of first and second level blocking, come into play. First step half-man, second step aiming points, fit and finish.

Blocking is probably the hardest thing to teach and the hardest thing to learn in football. The burden can be lessened if the coach can communicate *exactly* what the objective is and how to achieve it. As a coach there is a list of blocking elements that you must be aware of and discipline your players to get it right.

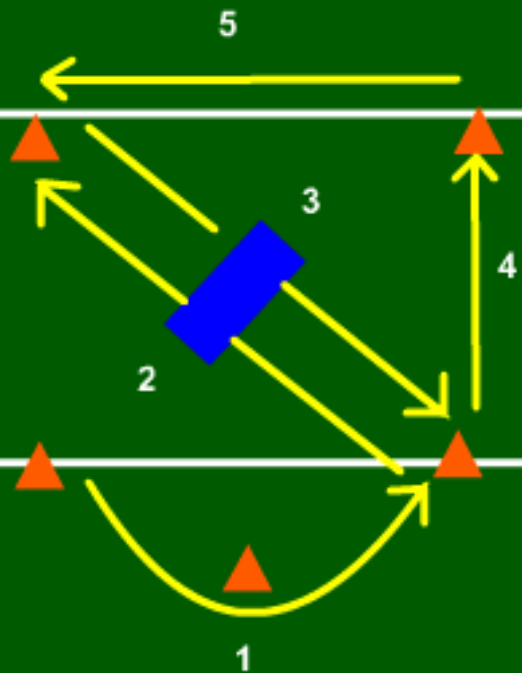
When your players are running their drills make sure they always have a good, solid, balanced 3-point stance. They must also know their footwork, handwork and finishing the block in order to be effective. The overall objective at best, is a pancake or to move the defender as far from the ball as possible and at least to occupy the defender long enough for the ball to pass by them.

OFFENSIVE LINE DRILLS



Performance Agility

1. Sprint around arc and then pivot inside.
2. Sprint to next cone, hurdle center object, pivot inside.
3. Sprint back, hurdle object, pivot outside cone.
4. Sprint to next cone, make a speed cut at cone.
5. Sprint to next cone finishing the drill.



4. Pivot, Drop Sprint,
Head on a swivel.



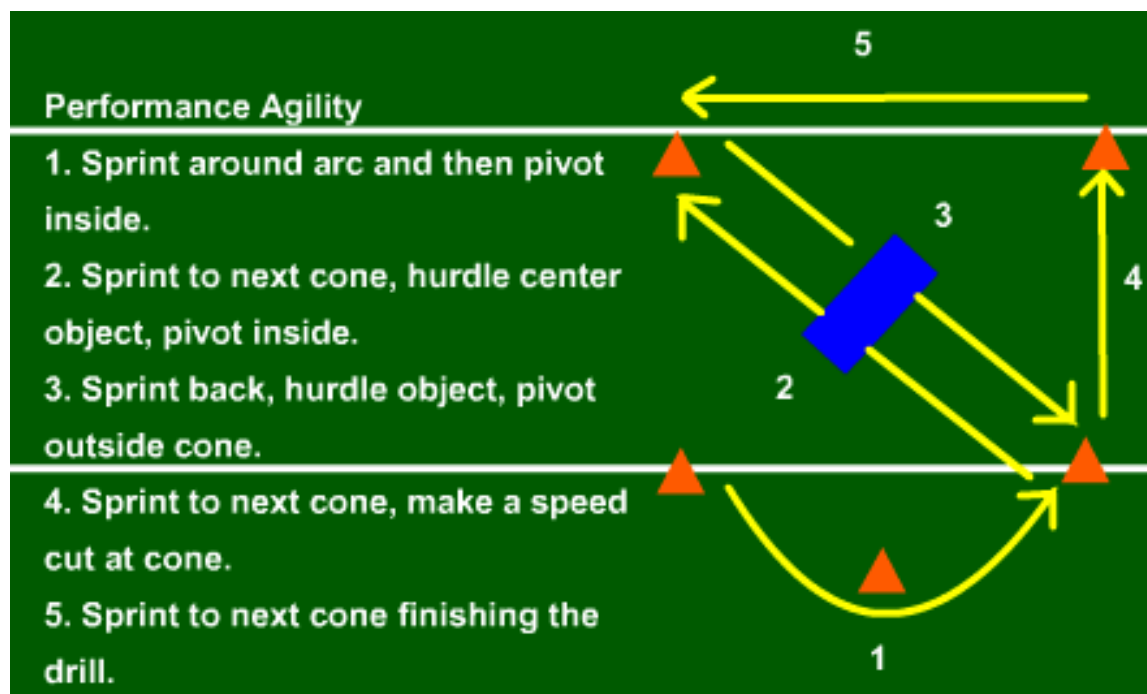
3. Shuffle (Quick Feet)



2. Pivot and
breakdown



1. Drop Sprint, Head on a swivel,



STANCE AND STARTS

STANCE: The offensive lineman's stance is the basis of sound execution. Without a proper stance linemen are unable to execute their assignments or techniques properly. A proper 3-point stance consists of the following elements.

Base: We will be at shoulder width. We would rather the stance be slightly more narrow than wide. This allows for better lateral movement.

Feet: We want feet perpendicular to the LOS. Feet should be flat on the ground, with a slight stagger, usually toe to instep. Weight should be on the ball of the feet. We do not want to be on our toes or our heels.

Power Producing Angles: A good description is to get a "Z" in the leg from the thigh to the foot. This creates good power angles in the hips, knees and ankles.

Arm and Hand: The down hand should be placed on the ground inside the knee and under the eye. Fingertips should be on the ground, not a fist. Weight should be distributed so that the hand can be picked up with a slight lean. The off-hand placed alongside the off leg in a cocked position.

Shoulders-Back-Tail: The shoulders must remain square to the LOS, with the back parallel to the ground. The tail must be in a position that it does not force the lineman's head into the ground. The lineman should be able to see the DL and the lower 1/2 of the LB.

"1-2-3 Progression":

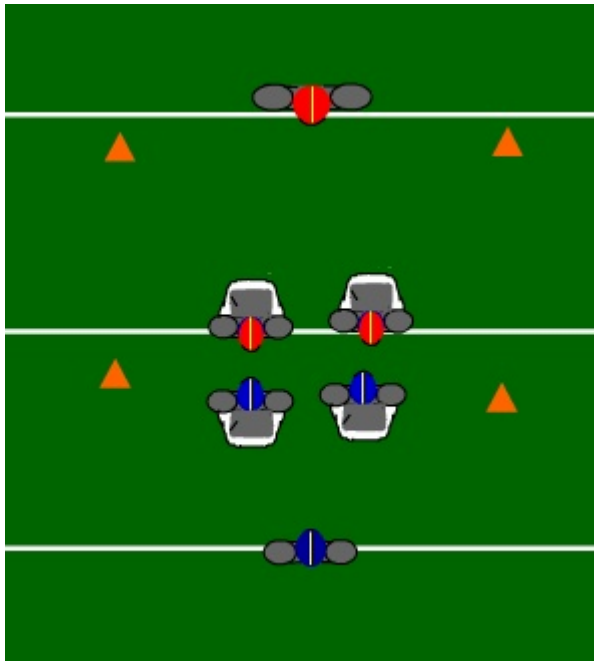
- Have players form 4 lines.
- When the coach yells "**One**" all players in the first line will properly set their base
- On "**Two**" players lower themselves down so that their elbows are on their knees and their head is straight ahead.
- On "**Three**" players place one hand on the ground and the other in a cocked position, level their back, and get their head up so they can see. .

Coaching points:

Go slow. Make sure that each athlete is in the correct position at every level.

Athletes need to learn to get comfortable in a stance, so keeping them down for a time is good.

- Have the players in the lines behind them coach the athlete that is performing the drill. This will help the coach and the players behind the drill.



Oklahoma Drill

This is an excellent drill for your offensive linemen. Line up two blockers and one running back against two defensive linemen and a linebacker. Have your blockers create a running lane to the left, right or up the middle. The coach stands behind the defense signaling which way to run the play.