

# DO'S AND DON'TS OF THE PASS SET

Here are our coaching points (for technique) for BOB 5-step protection

## 5 Step Pass Protection (Man Technique)

### Overview

5-step pass pro can be difficult for players to learn because we are asking them NOT to attack forward. This is obviously much different than run blocking. We want to emphasize to the kids that even though we are not attacking, we are still expected to be violent and aggressive. Pass protection is no time to take it easy or be 'soft'. We want our linemen to take great pride in their job as pass protectors. It is our responsibility to not only protect our QB, but to give him time to do his job.

### Pass Set

When a blockee goes from his three point stance to his pass set, it needs to be done explosively. The two main objectives he wants to achieve with his pass set are:

1. Alignment- in a man situation, the O-lineman wants an outside eye to inside eye relationship (OL's outside eye to DL's inside eye). This will ensure that the OL will not get beaten inside
2. Foot Position – the OL wants to achieve a staggered stance where his post foot (inside foot) is forward and his kick foot (outside foot) is slightly back.

## Pass Set Stance

- Back straight, torso is in an upright position, NOT leaning forward.
- Butt down, chin tucked into chest.
- We want to talk in terms of the OL sitting in a chair to ensure that we are not leaning too far forward.
- OL's leverage is in the butt and favors the post foot (more weight on inside half of post foot).
- Elbows in, thumbs up. Arms coiled at chest height ready to punch. Hands are 1-3 inches from chest and very close together (think hand-cuffed).

## Dos

- Do emphasize that 90% of Pass Pro is footwork (kick and post).
- Do emphasize post foot leverage. NOTHING beats us inside.
- Do maintain inside to outside eye leverage.
- Do keep your shoulders and torso upright when punching.
- Do keep your shoulders square (as square as possible) to the LOS.
- Do be violent and aggressive with your punch.
- Do coordinate the punch and footwork (post or kick) with the punch to create more power.
- Do fight for inside leverage with your hands.

## Don'ts

- Don't attack forward towards defender. This will make your shoulder vulnerable to a rip or swim.
- Don't be soft. Pass Pro is violent!
- Don't turn shoulders to block an outside rusher. This would give the defender a two-way-go and make you vulnerable to a counter move inside. Instead kick, kick, kick, at the proper angle to achieve inside to outside alignment while maintaining your post

foot and therefore protecting the inside. (Obviously there will be times when our O-linemen have to turn their shoulders, but we don't want to coach it because that is the easy way out. Perfect technique until you know you are beaten. Then do what you gotta do.)

Don't sacrifice your QB for perfect technique!

Once you know you are beaten, technique goes out the window. If and when you must turn your shoulders to catch an outside rusher, fully commit to it and take the defender down field. Our QB will be coached to step up.