



HAWG TUFF! OLINE CAMPS

HAWG TUFF! YOUTH OLINE FORMAT

BLOCK ONE

Stance 10 min

On step 5 min

Fire step 5 min

Reach Step 5 min

Form and fit 5 Min (this can be done with hands and shoulders)

Strike a blow 5 Min

Drive block with on step 5 min

BLOCK TWO

Stance and check 2-4 min

Steps 8 min

Form and fit and strike a blow 8 min

Drive block 10 min

Fire Block (45 degree step and block a man quarter shaded) 10 min

BLOCK THREE

Stance 2 min

Steps 5 min

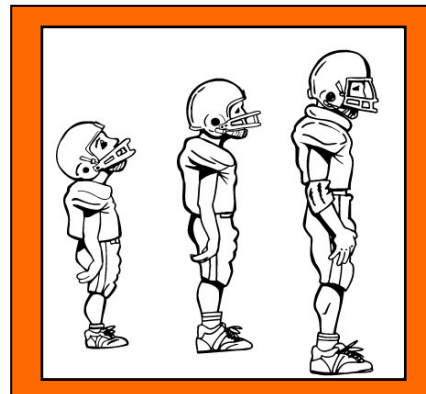
Form and fit and strike a blow 5 min

Drive block 5 min

Reach block 5 min

Trap Block 8 min

Gap plus trap 3 on 8 min



BLOCK FOUR

Stance 2 min

Down Block 8 min

Gap Block 8 min

Down plus trap 2 on 2 (for belly) 10 min

Double team (Post lead no chip no scrape) 5 min

Set-up Punch for pass block 7 Min

I left out zone blocking drills and pass pro. If you think there is too much in the stance and start period in the first three blocks some pass pro drills you may consider adding are:

Set up

Reaction drill

Mirror drill

Chop feet and recover

One on one pass rush

Five man BOB read the defense

Punch Drill

Softball Drill

Drive and Maintain