

# How to Be an Offensive Lineman

By Jonah Schuman, Editor

Today's offensive linemen need to be versatile, smart, adaptive and swift on their feet. It takes time and hard work to achieve all of these, but even the offensive linemen that are not as strong as other's can still be successful. If you're willing to put in the hours on the practice field, you can really shut down a defense. Here is how to be a good offensive lineman.

## Step 1

Understand that, no matter your size, strength or level of ability, blocking is all about technique. You've got to find the best methods of run blocking and pass blocking for you. Because every offensive lineman has a different size, mass and level of strength, they are technically a little different. Find out how to best cater to your size and shape, and you'll be better off for it.

## Step 2

Have quick hands. Leverage is very important in football, but with the amount of contact that an offensive lineman sees over the course of a game, week or season, how you apply your leverage is imperative. Make sure you have

quick hands, and that you can keep them free when you are pass blocking. If your hands get tied up in a run block, you can still drive your man back, but even then you'll need your hands to push him in the right direction. Learn to use your hands quickly and efficiently to become great.

### Step 3

Use your leverage. Chances are if you're a lineman, you are one of the heavier or at least taller players on the field. If you are, figure out the best way to use all that weight. Use your excess size to make yourself hard to move. It's not enough to just stand in front of a defensive lineman; you have to make him do what you want him to do. Using your excess weight is very important in doing that.

### Step 4

Watch the film. Being an offensive lineman is all about shoving your opponent around, right? Wrong. There are a lot of details that go into being an offensive lineman. If you can't watch a video of yourself and correct the problems you see, you'll have a hard time getting yourself to the next level. If you don't have gamefilm of yourself (many of players don't), then watch the games on TV. Watch the professional and college offensive linemen very carefully and try to implement any strategies that would help you

improve.

## Step 5

Recognize the defenses. Aside from quarterbacks, the offensive linemen have to do more recognition than any other players on either side of the ball. All seven or eight of the defensive linemen and linebackers must be accounted for on every play. You need to be able to call audibles and make adjustments from the time you break the huddle, right up to the snap.

IF YOU FOLLOW THESE FIVE STEPS – YOU CAN BECOME A GOOD OFFENSIVE LINEMEN NO MATTER WHAT SIZE YOU ARE!

REMEMBER THIS OLD FOOTBALL QUOTE –

***“IT IS NOT THE SIZE OF THE DOG IN THE FIGHT.... IT IS THE SIZE OF THE FIGHT IN THE DOG THAT COUNTS!”***