



OFFENSIVE



LINE

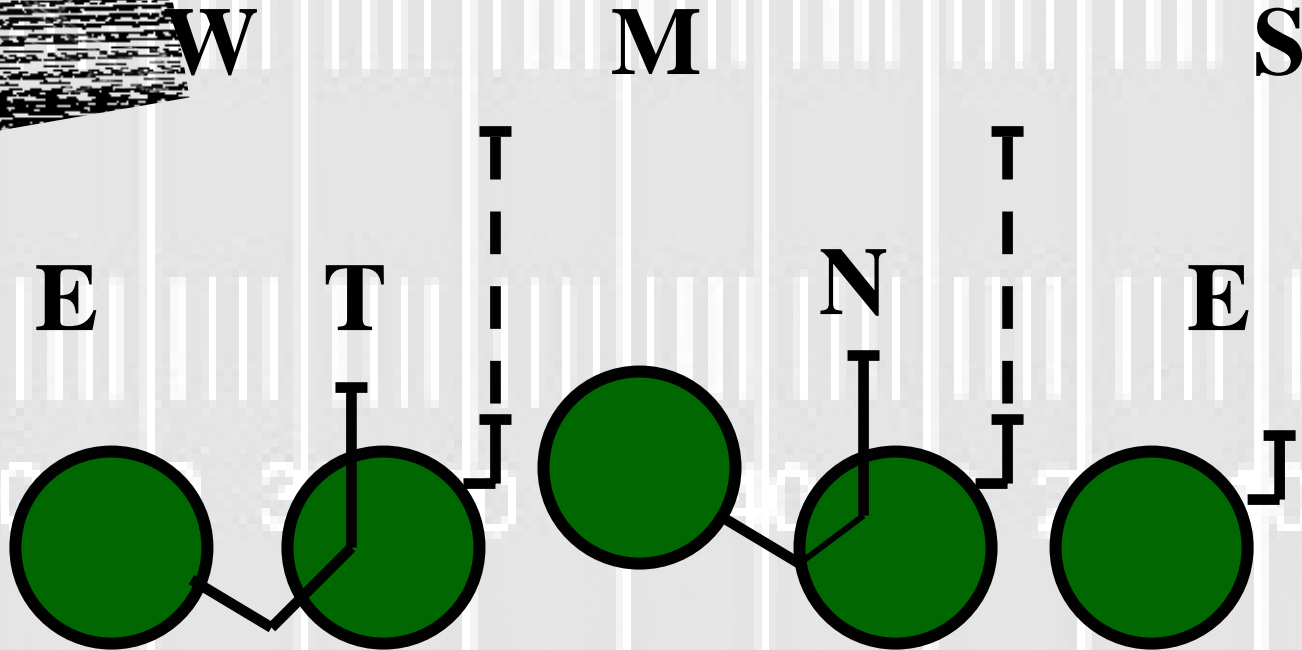
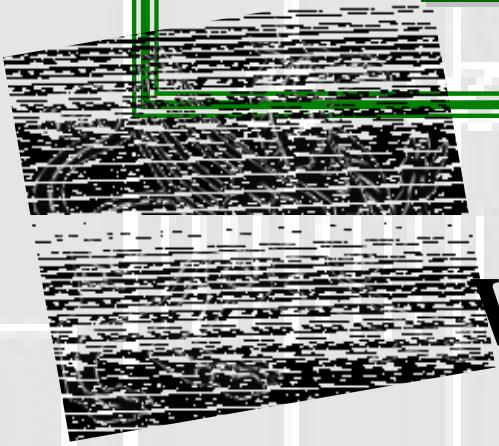
DRILLS

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Offensive Line Drills



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A football with a logo of a bird or dragon-like creature. The logo is dark green and features a creature with wings and a long tail, possibly a phoenix or a dragon, standing on a red base. The football is brown with white laces and is positioned in the center of the image. The background is a light gray with a grid pattern.

THE STANCE

STANCE

KEY COMPONENTS:



Bunch your stance - a slightly tightened stance (feet under the armpits) - to allow for controlled stepping. The proper foot alignment generates the proper footwork and the proper power.



A wide stance or too much weight forward will cause linemen to false step or hop, it does not allow for controlled stepping. A balance stance is the key (weight should be evenly distributed on all three points).



An approximate instep-to-toe relationship (45 degree angle) between the set foot and the post foot. The body generates the most power and strength in a staggered position. Toes pointed straight up field. If the toes are pointed out it takes away from the power generated to produce an efficient block.

STANCE



Fingers (5-finger bridge) of the down hand (same hand as the set foot) are placed on the ground in front of the post foot toes and slightly outside the set foot eye.



Back is parallel to the ground or the back is a slight angle with the butt higher than the shoulders. Weight is slightly forward (may vary for pass).



Rocking the weight forward slightly provides power producing angles at the ankles, knees, and hips. Knees are over the toes and hips are over the ankles (cock your levers). Heel of post foot is slightly off the ground. It is imperative that the knees stay in line with the feet and the hips.

STANCE



Keep the head up (look through the eyebrows) to allow as much visioning of the defender as possible. The eyes need to scan the defense; rotate the head 180 degrees.



The elbow of the off hand is placed outside the knee, which will square the shoulders. Hand is open and relaxed ready to strike the defender.



Weight is distributed on the insteps or the mid-foot below the balls of the feet. If linemen play flat footed they will stick and stay becoming unexplosive.

POOR STANCE = POOR START

STANCE

STANCE AND GET OFF:



For an offensive lineman to be an effective blocker he must be in the correct stance with proper alignments both vertically and horizontally.



On the snap count the offensive lineman must be explosive and instantaneous to be effective. Time of domination is imperative for the success of any block.



On contact the proper hand and pad leverage must be established and maintained throughout the block.



Poor body angles along with poor footwork will defuse the power need to generate an effective block.



***THE THREE
POINT
STANCE***

THREE POINT STANCE



The three point stance is designed to give an offensive lineman the best body position for blocking.



An offensive lineman must be able to move in 8 directions with the same efficiency, forward, backwards, inside, outside, pull left or right and pass set for pass protection.



A balanced staggered stance is imperative. Therefore, a balanced staggered stance will allow for proper weight distribution on all three points (feet and down hand).



Weight and poor angle distribution can be adjusted by an offensive lineman by simply shifting his weight.

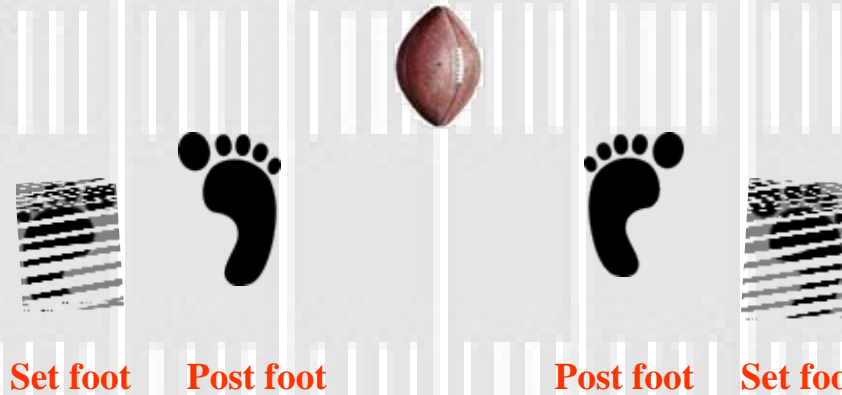
THREE POINT STANCE

COMPONENTS OF THE 3 POINT STANCE:

1. Feet shoulder width.
2. Instep to toe or heel relationship (45 degree stagger). The stagger will put the body in a configuration that will generate the most power.
3. Squeeze the knees.
4. Toes are aligned straight ahead with weight on the insteps of the feet (the mid-foot or right below the balls of the feet).
5. Flat back, parallel to the ground.
6. Five finger bridge.
7. Off arm is placed on the outside of the knee with hand open and ready to strike.
8. Look through the eyebrows, scan the defense 180 degrees.

RIGHT AND LEFT HANDED STANCES

FOOT PLACEMENT FOR THE RIGHT AND LEFT HANDED STANCE



Left handed stance

Right handed stance

10 20 30 40 50 40 30 20 10

A football is centered in the background, featuring a logo of a bird with wings spread. The football is set against a light gray background with white yard lines and numbers (10, 20, 30, 40, 50, 60, 70, 80, 90) visible. The entire scene is framed by a double green border.

***THE TWO
POINT
STANCE***

TWO POINT STANCE

COMPONENTS OF THE 2 POINT STANCE:

1. Feet shoulder width.
2. Instep to toe or heel relationship, (post foot and set foot aligned at a 45 degree stagger). Stagger may vary. Weight distribution is on the insteps of the feet or the mid-foot below the balls of the feet.
3. Toe on set foot back and slightly out (toe out slightly) post foot toe is aligned straight ahead.
4. Inside hand, forearm on thigh board with hand open relaxed and ready to strike.
5. Outside hand on thigh board.
6. Flat back (find the wall).
7. Head is up to scan the defense.
8. Chin is tucked.



***THE
CENTER'S
STANCE***

THE CENTER'S STANCE

COMPONENTS TO THE CENTER'S STANCE:



Feet are parallel and slightly toed out with the weight is on the insteps of the feet to generate power with a little heel raise and weight balanced. Also, with the toes slightly toed out and with the weight is on the insteps of the feet which will allow the center to make blocking adjustments. Stretch the ball out as far as possible.



Have the center pick the ball up from the stance. If he cannot pick the ball up there is too much weight on the ball the center would need to adjust his weight distribution. Place the thumb on the second lace of the ball.

THE CENTER'S STANCE



The off hand is similar to that of the other offensive linemen. The elbow of the off hand is placed outside of the knee of the set foot, which will square the shoulders. Hand is relaxed and ready to strike. However, a center needs to strike with the off hand first because the other hand is used to snap the ball, which puts the center at a disadvantage. So it becomes a punch, punch.

THE CENTER'S STANCE

FOOT PLACEMENT FOR THE CENTER



Center's stance

10 20 30 40 50 40 30 20 10

THE CENTER'S PUNCH

THE CENTER'S PUNCH:



Defenders will try to attack the snap hand of the center; therefore he is at a slight disadvantage.



Have the center punch with the off hand or the non-snapping hand first. Then the center will punch with the snap hand. This will be a punch, punch on the defender.



Have your center get extra work in early outs on his snapping and his punch, punch. This is a hard technique to master but through hard work it can be done.



Give the centers their own footballs and have them work on snapping, stepping, and punching in your run and pass fundamental periods.



***THE STANCE:
FOUR STEP
TEACHING
PROGRESSION***

STANCE: FOUR STEP TEACHING *PROGRESSION*



4 STEP TEACHING PROGRESSION:

1. *Check your feet*: Feet under the armpits.
2. *Stagger*: 45 degree stagger.
3. *Sit*: Place forearms on thigh boards.
4. *Reach out*: Reach out placing down hand slightly outside the set foot eye and inside the set foot knee.



***A BALANCED
STAGGERED
STANCE***

A BALANCED STAGGERED *STANCE*



An offensive lineman must maintain a balanced staggered stance in both the run and pass game. A balanced staggered stance is key because a lineman must be able to move in 8 possible directions; right or left from a right or left handed stance.



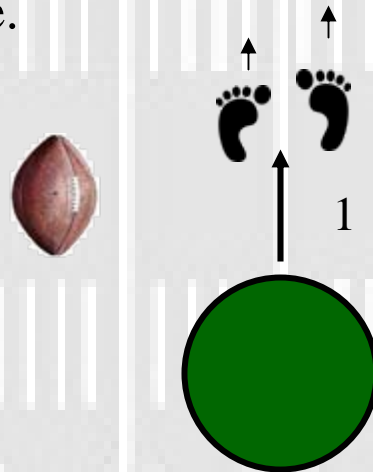
A balanced staggered stance by an offensive lineman will not tip off his intentions or assignment to the defense.



A balanced staggered stance is having the proper weight distribution on all three points. The insteps of the feet and the down hand.

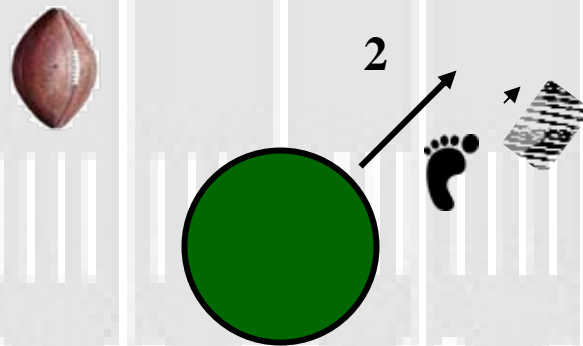
A BALANCED STAGGERED STANCE

1. Drive step or drive block straight ahead from a left or right handed stance.



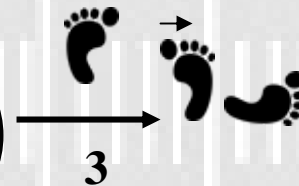
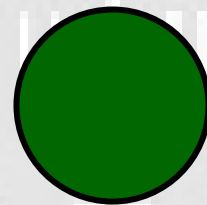
A BALANCED STAGGERED *STANCE*

2. Down block or angle block to the right.



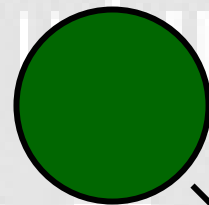
A BALANCED STAGGERED *STANCE*

3. Lateral jab step, post step with the post foot to the right or a pull to the right.

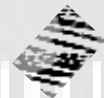


A BALANCED STAGGERED STANCE

4. Bucket step or a kick step with the set foot to the right.

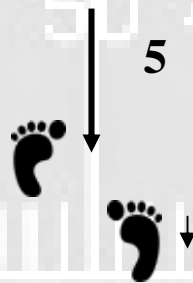
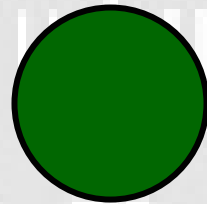


4



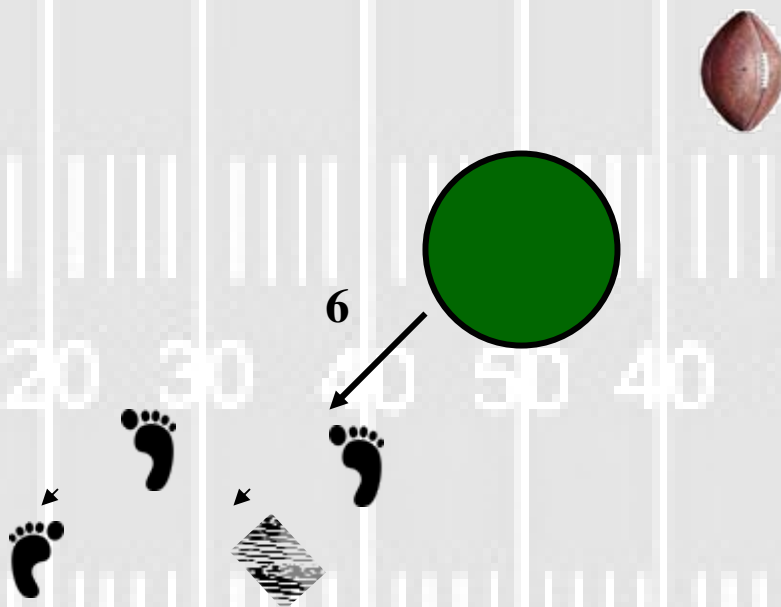
A BALANCED STAGGERED STANCE

5. Straight back or drop cross over to the right or left side from a right or left handed stance.



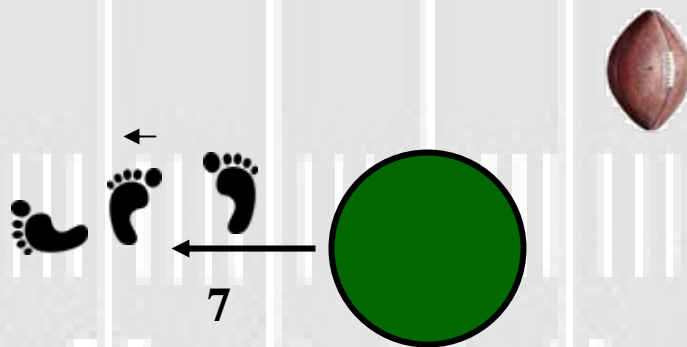
A BALANCED STAGGERED *STANCE*

6. Bucket step or kick step with the set foot to the left.



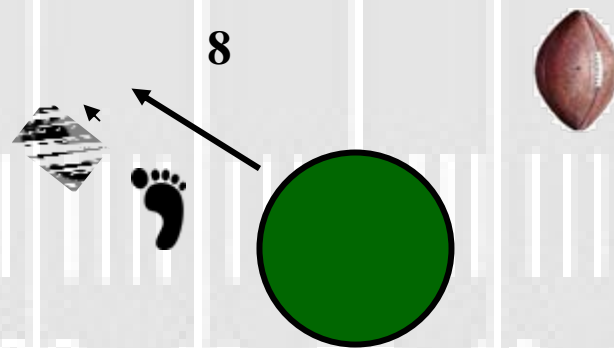
A BALANCED STAGGERED *STANCE*

7. Lateral jab step, post step with the post foot to the left or a pull to the left.



A BALANCED STAGGERED STANCE

8. Down block or angle block to the left.



A football is centered in the image, featuring a detailed dragon logo. The dragon is depicted in a dynamic, leaping pose with its wings spread and tail curved. The football is set against a background of a football field with yard lines and numbers (10, 20, 30, 40, 50, 60, 70, 80, 90) visible. The entire scene is framed by a double green border.

THE DRILLS

DRILLS



WHEN TEACHING DRILLS:

1. Teach a handful of drills.
2. Teach the fundamentals “Fundamentals Wins Games.”
3. Rep everything and get as many reps as possible, but remember attention to detail. *Repetition must be accepted as a way of life for an offensive lineman.*
4. The drills you teach must transfer.
5. It is important you coach the defenders in your drills.
6. Demand great effort from your players.
7. Your players must finish. *Teach it, Coach it, Demand it.*
“Ten yards and they’re on their back.”

DRILLS



DUCK WALK DEMEANOR DRILL



PIPE DRILL



BOARD DRILL (14 inch 2-by-4)



ZONE READ DRILL



ZONE DRILL WITHOUT LINEBACKER



BOARDS AND CHUTE DRILL



FIVE MAN SLED

A football is centered in the background, featuring a duck logo. The entire scene is set against a light gray grid pattern. The text is overlaid on the football.

***DUCK WALK
DEMEANOR***

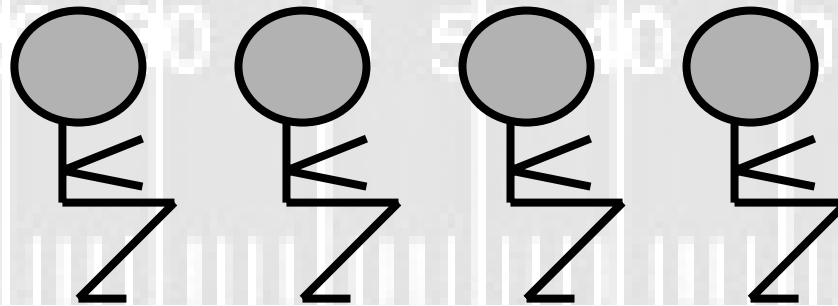
DUCK WALK DEMEANOR



The purpose of the duck walk demeanor drill is to teach linemen to maintain a wide base. They will sink their hips and keep their weight distributed through the insteps of their feet. The feet will be slightly toed which will help maintain their balance.



Push off the insteps of the feet and take short power steps (toe to instep), pumping the arms. Each lineman will duck walk for ten yards while maintaining the proper demeanor.



10 yards



DUCK WALK DEMEANOR



Place four linemen on a line. I believe it is important to have linemen work drills on lines for reference and visual landmarks.



Each linemen will start in the proper duck walk demeanor (hands are not to be placed on the tight boards), with a slight arch in the back, a wide base (feet are shoulder width apart), knees bent, feet are flat on the ground and slightly toed in with the weight on the insteps of the feet.



Give a snap count and have them duck walk for ten yards maintaining the proper demeanor while pumping the arms.

DUCK WALK DEMEANOR



Teaches offensive linemen to have explosive footwork (toe to instep), body position and body balance in the running game (run blocking demeanor.)



Weight is distributed on the insteps of the feet with the offensive linemen taking power steps driving the feet into the ground.



The feet need to be explosive while driving off each step.

DUCK WALK DEMEANOR

COACHING POINTS:



1. Proper duck walk demeanor stance.



2. Arch in the back, wide base, feet flat on the ground and slightly toed in (not on the balls of the feet) and weight on the instep of the feet.



3. Sink their hips.



4. Eyes up, pumping the arms and not resting on the thigh boards for 10 yards.

A football is centered in the image, featuring a Native American design of a Native American figure in a dynamic pose. The football is set against a background of a football field with yard lines and numbers (10, 20, 30, 40, 50, 60, 70, 80, 90). The entire scene is enclosed in a double green border.

PIPE DRILL

PIPE DRILL



The objective of the pipe drill is to teach the proper footwork in 5 blocking techniques against air.

5 PHASES of the PIPE DRILL

1. Lateral jab step, (set to drive for zone)
2. Bucket step (set to reach for zone)
3. Down block
4. Trap-pull
5. Drive block

PIPE DRILL



Linemen are placed in two lines on both sides of the pipe. Right handed stances on the right and left handed stances on the left side. (Two at a time).



There are two cones placed 5 yards up field on both sides of the pipe.

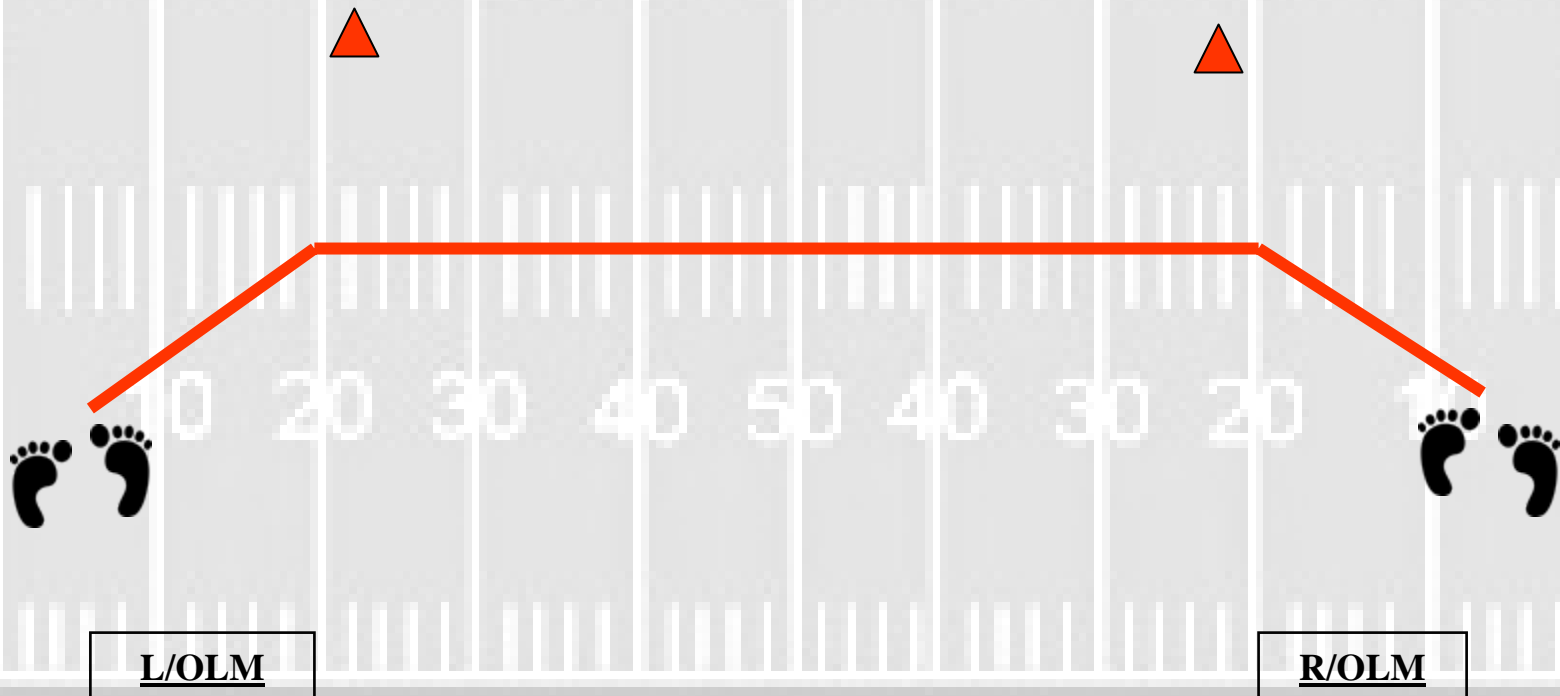


Each linemen will perform the proper footwork for all phases of the drill and work up field in the proper run blocking demeanor past the cones. Linemen will simulate the punch to be used when performing the block.

PIPE DRILL

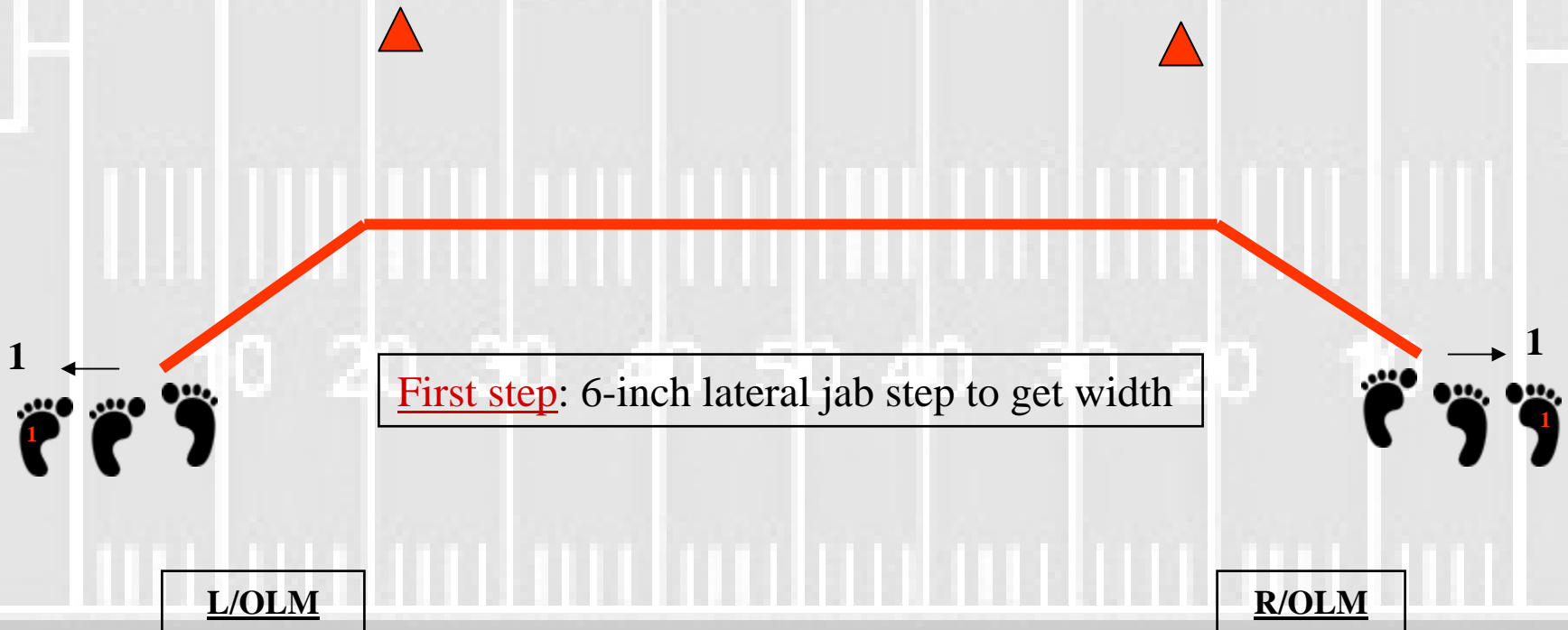


1. Lateral jab step (set to drive): (covered) **first step** 6-inch step to get width. Drive the **second step** to and through the crotch of the down defender, maintain inside leverage, keep shoulders square. **Third step** will square the offensive lineman up field.



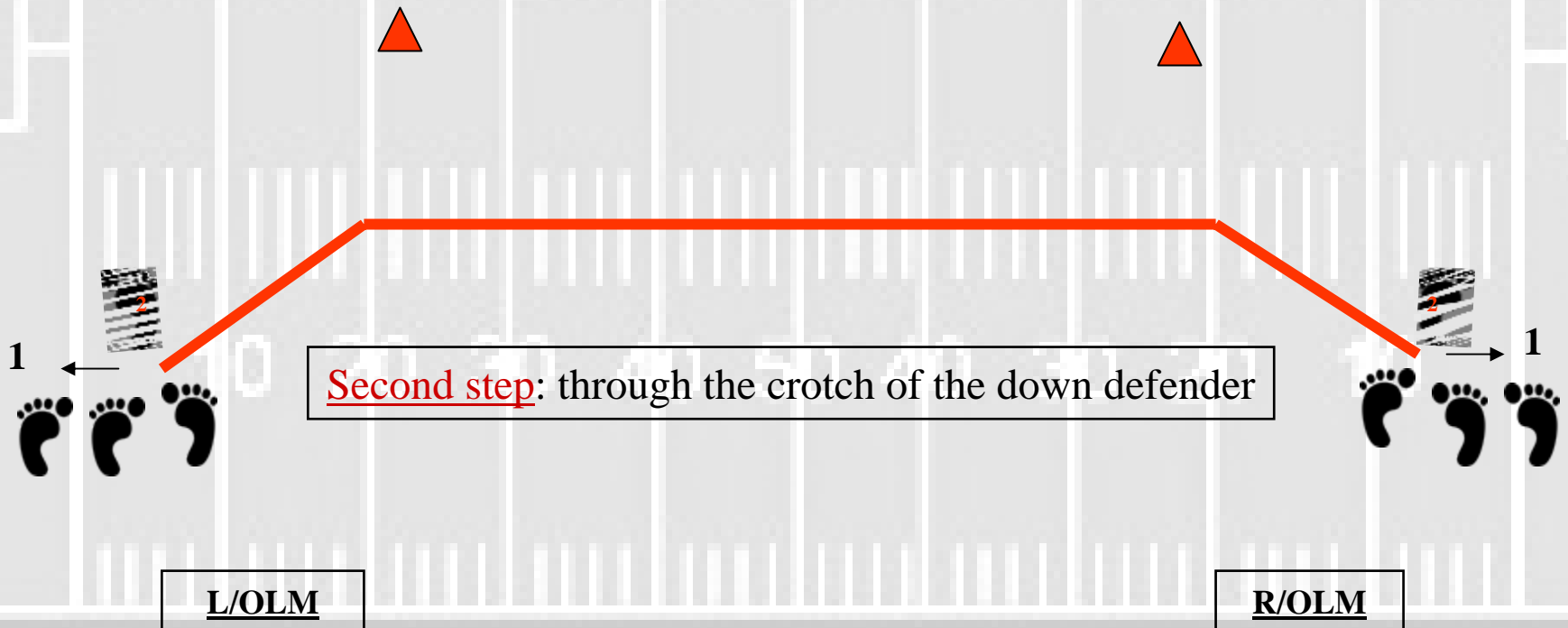
PIPE DRILL

1. Lateral Jab Step



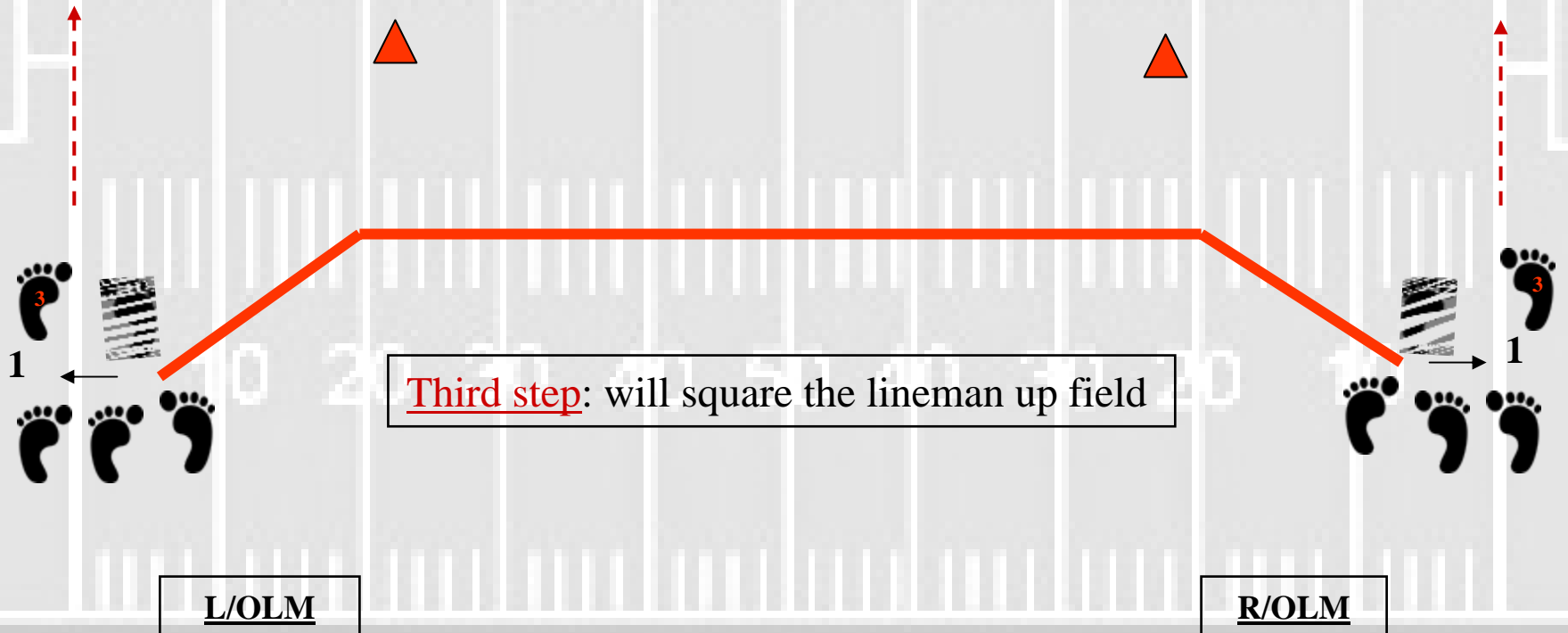
PIPE DRILL

1. Lateral Jab Step



PIPE DRILL

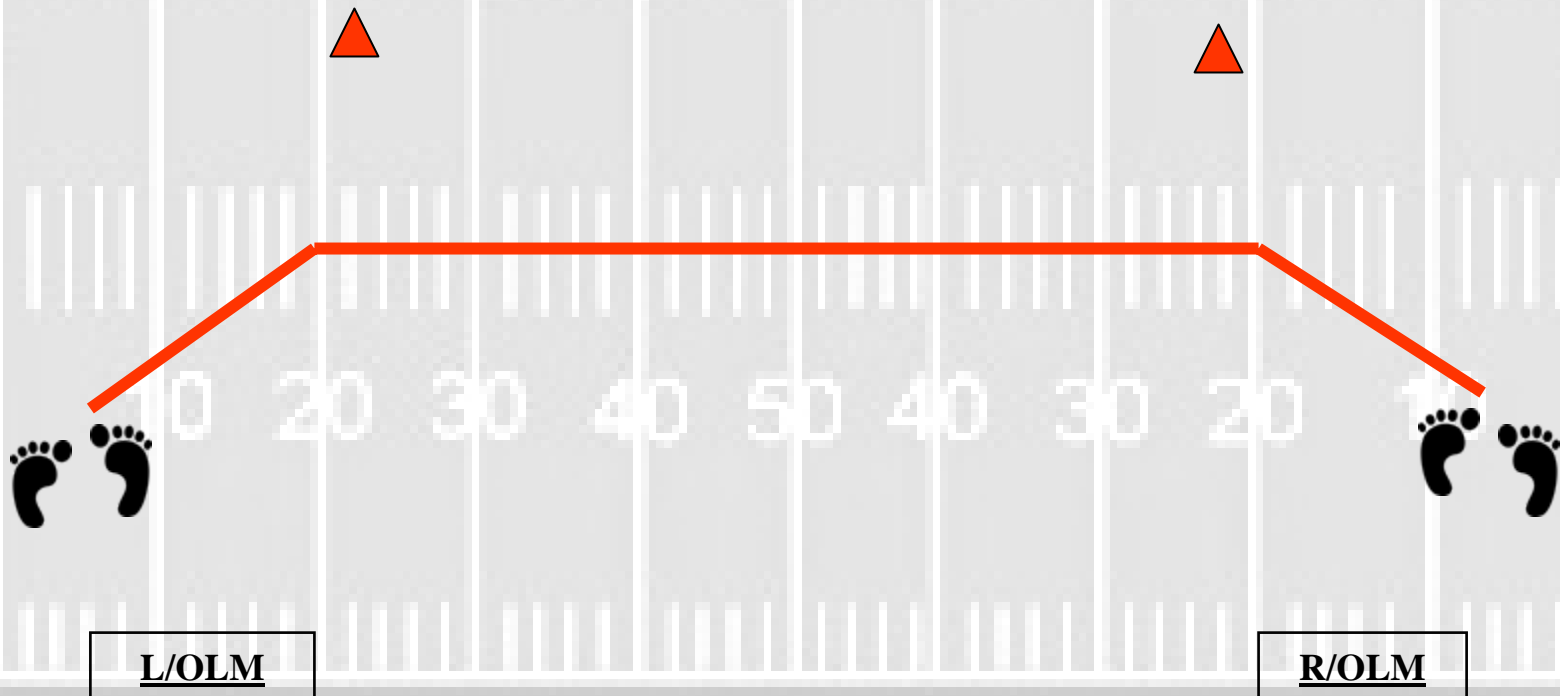
1. Lateral Jab Step



PIPE DRILL

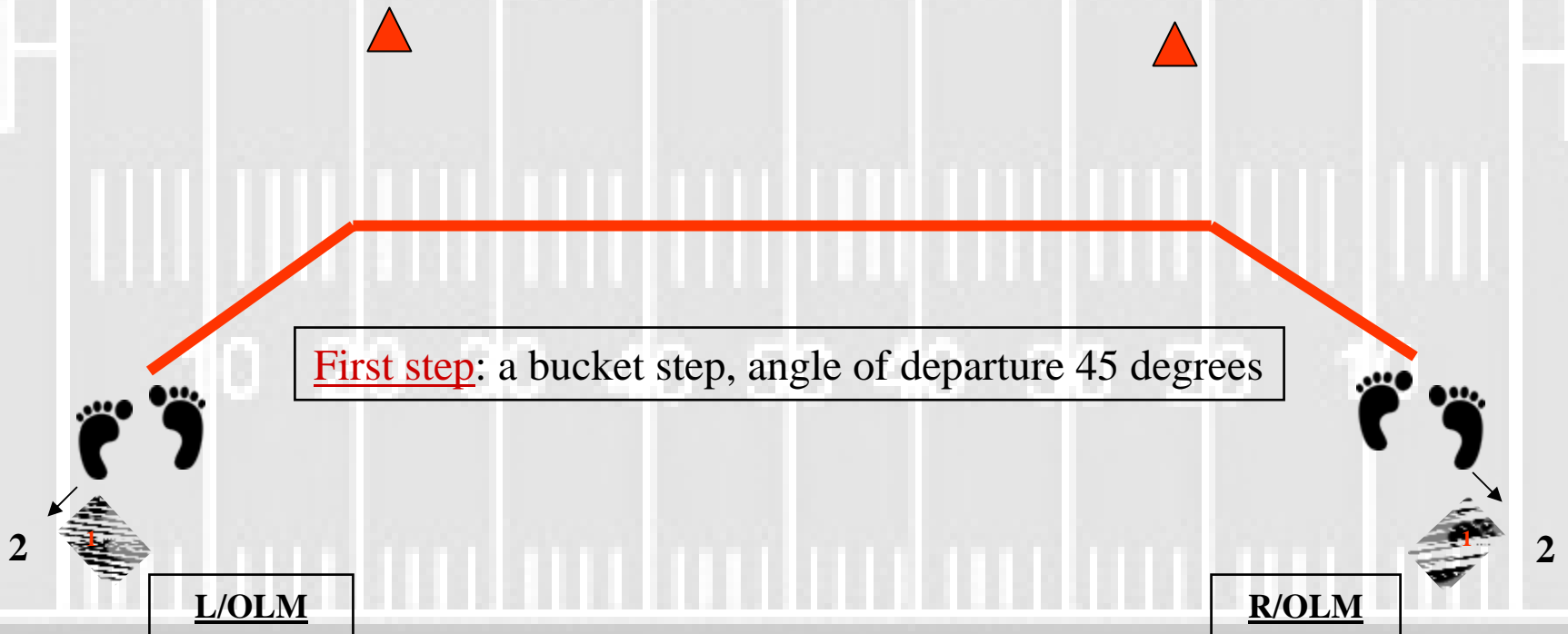


2. Bucket step (set to reach): (uncovered) **first step** is a bucket step, angle of departure is at 45 degrees (call side hip will also open at a 45 degree angle). Drive the **second step** to and through the defenders crotch. **Third step** will square the offensive lineman up field.



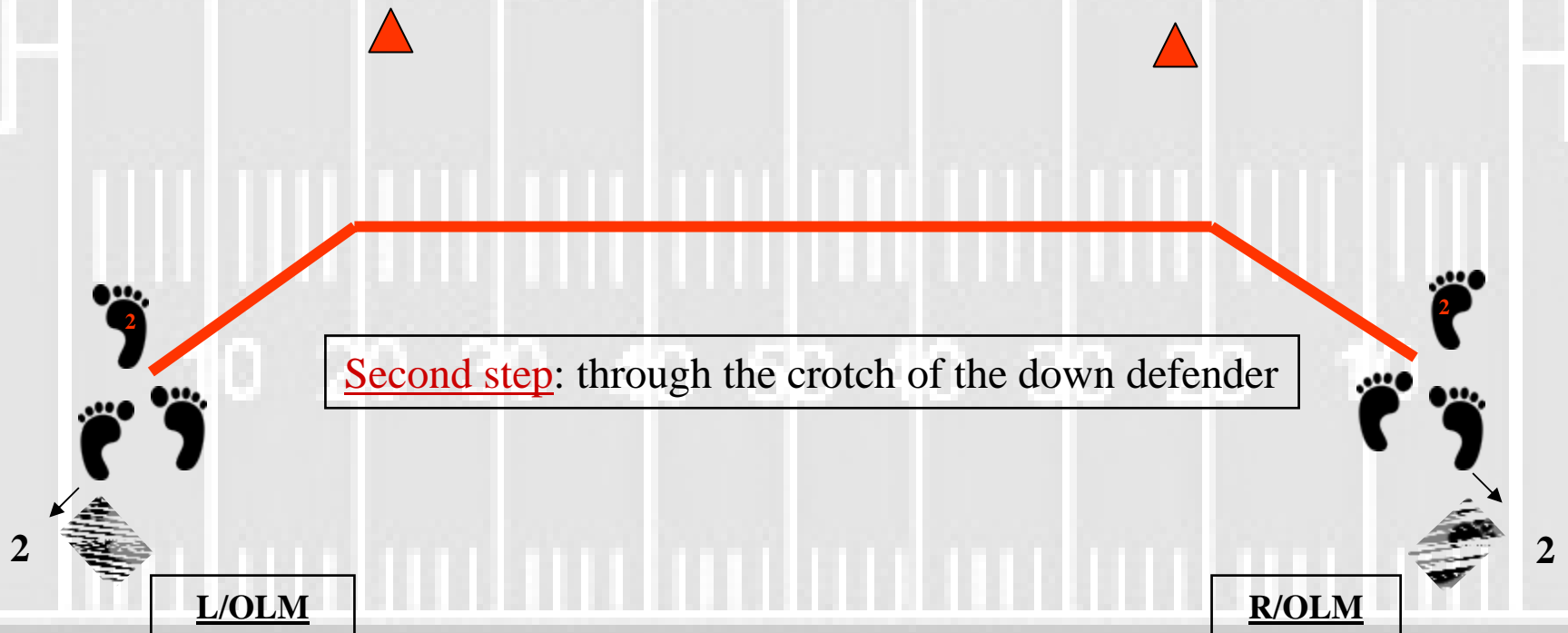
PIPE DRILL

2. Bucket step



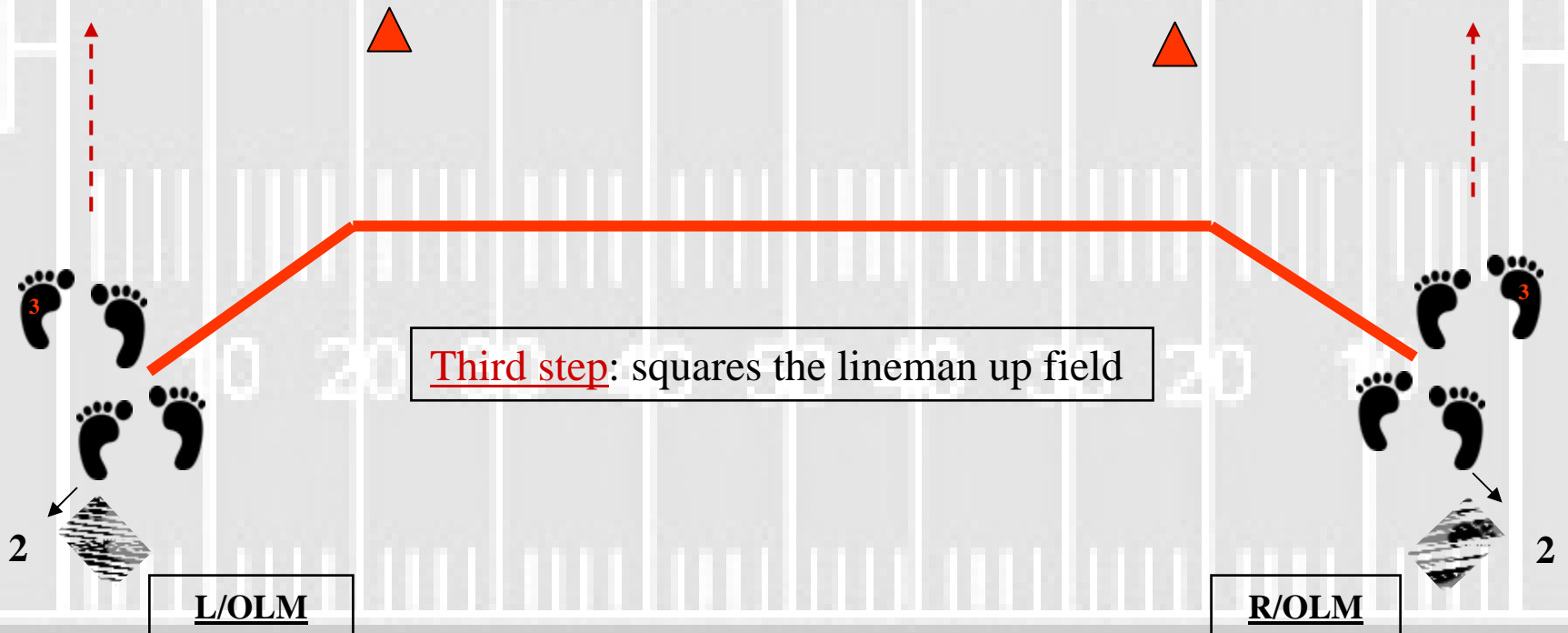
PIPE DRILL

2. Bucket step



PIPE DRILL

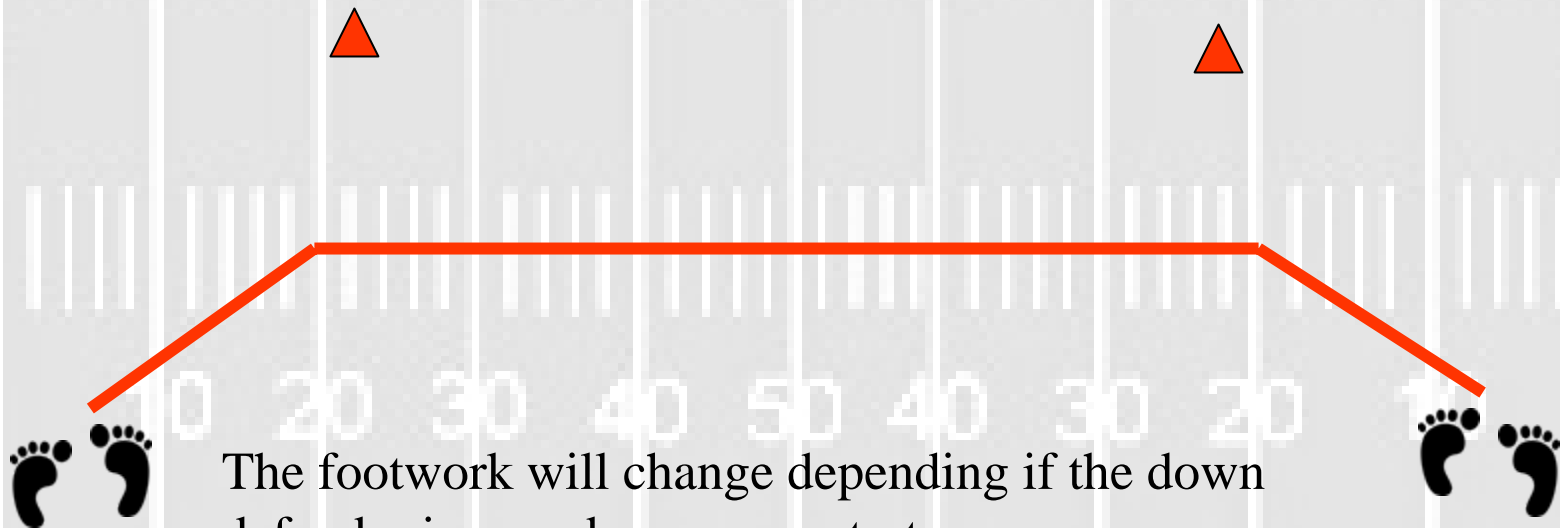
2. Bucket step



PIPE DRILL



3. Down block: **first step** is at a 45-degree angle, thus turning shoulders at a 45-degree angle. **Second step** across the LOS. Landmark is the point of the near hip of down defender.



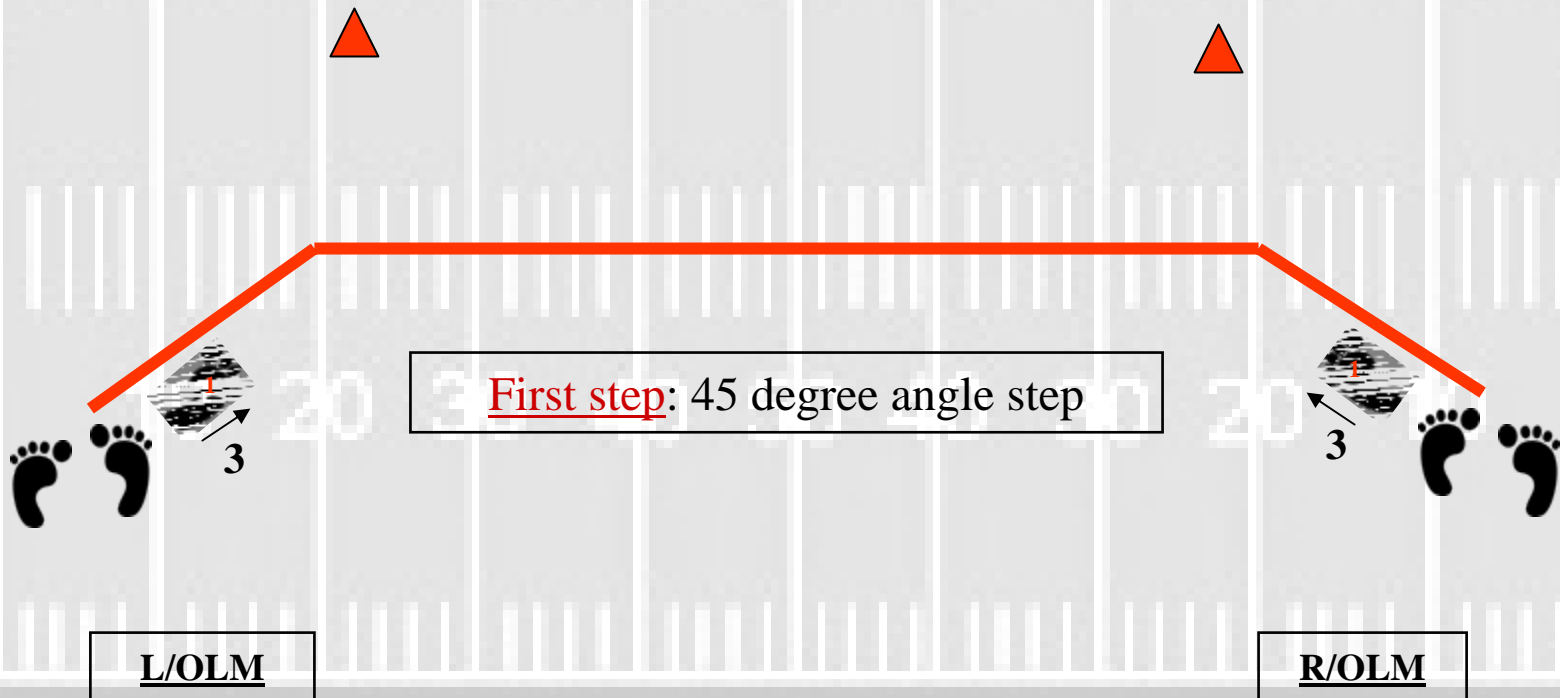
The footwork will change depending if the down defender is a reader or a penetrator.

L/OLM

R/OLM

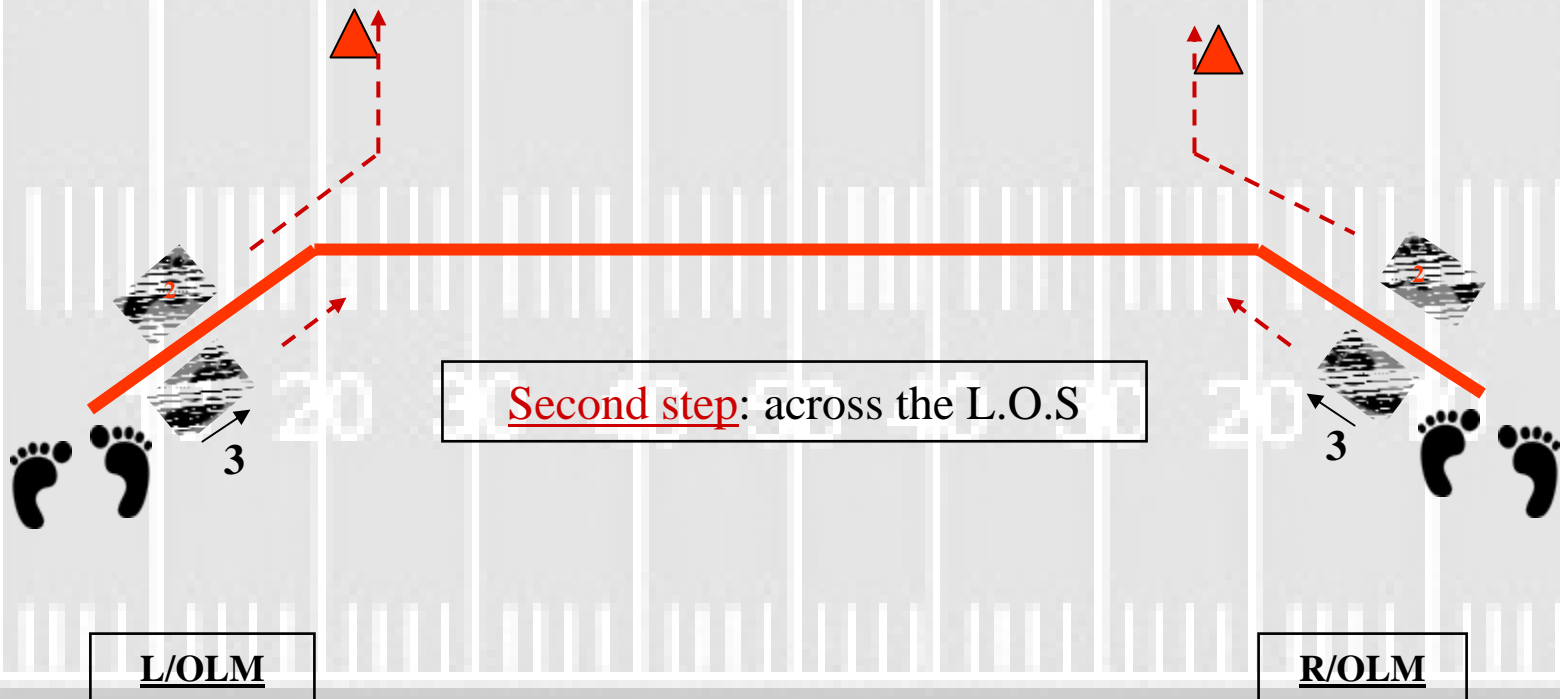
PIPE DRILL

3. Down block



PIPE DRILL

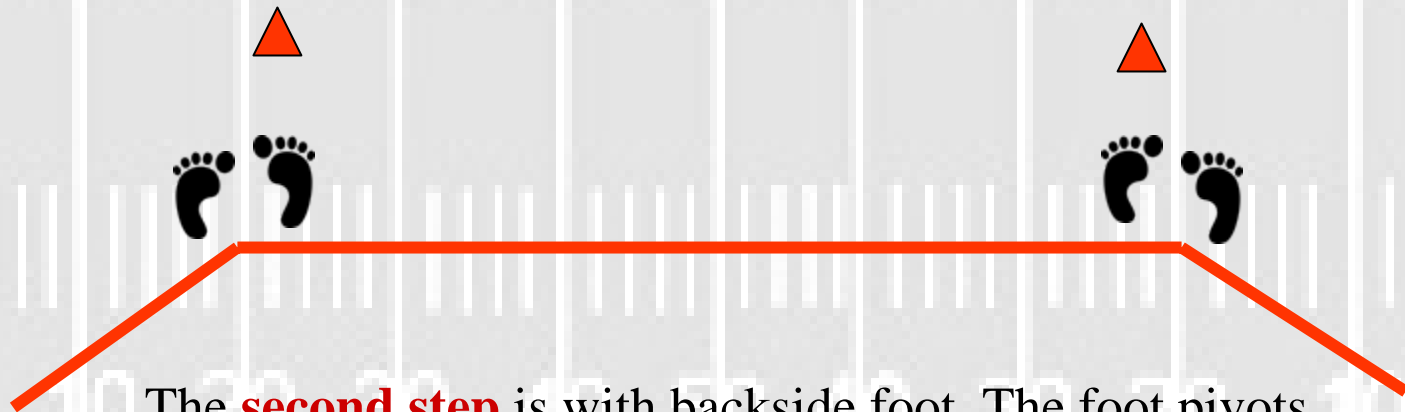
3. Down block



PIPE DRILL



4. Trap-pull: squeeze the toe away. Jerk the elbow backwards; the lead hand opens to the direction or path the offensive lineman will take. The **first step** is with call side foot. The lineman will pick and point to the desired path of the trap angle.



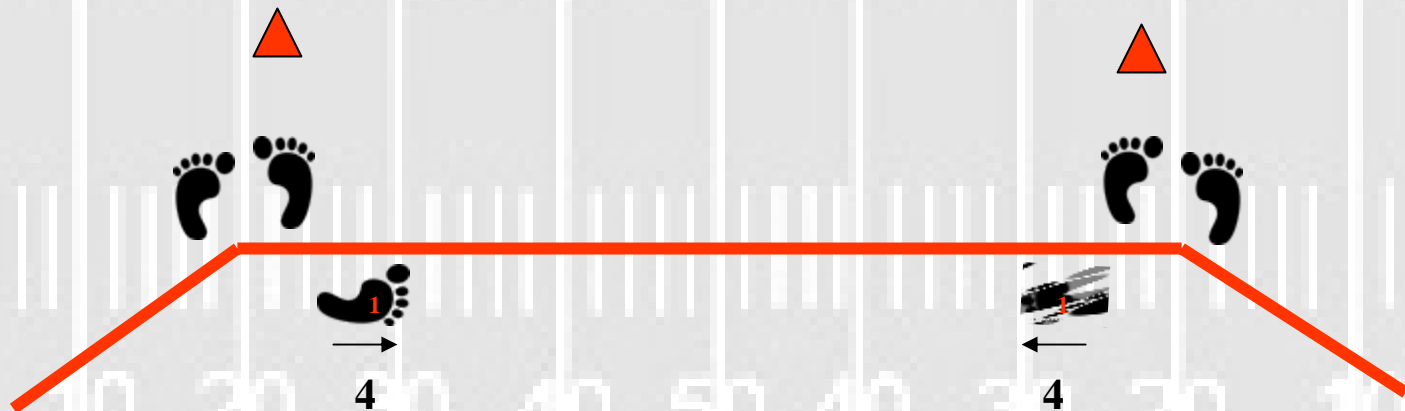
The **second step** is with backside foot. The foot pivots and pushes to the desired path at the aiming point of the trap angle.

L/OLM

R/OLM

PIPE DRILL

4. Trap-pull



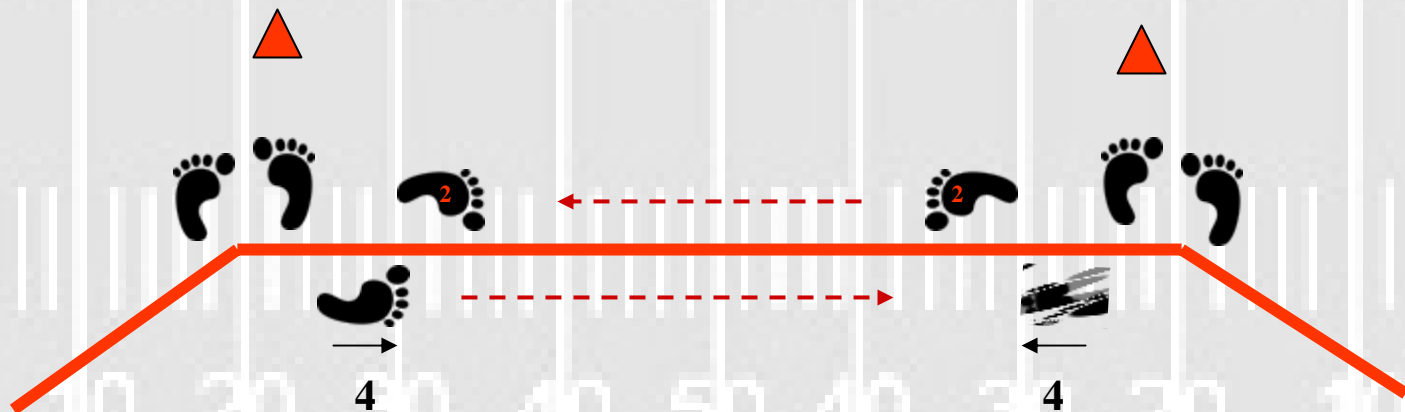
First step: pick and point

L/OLM

R/OLM

PIPE DRILL

4. Trap-pull



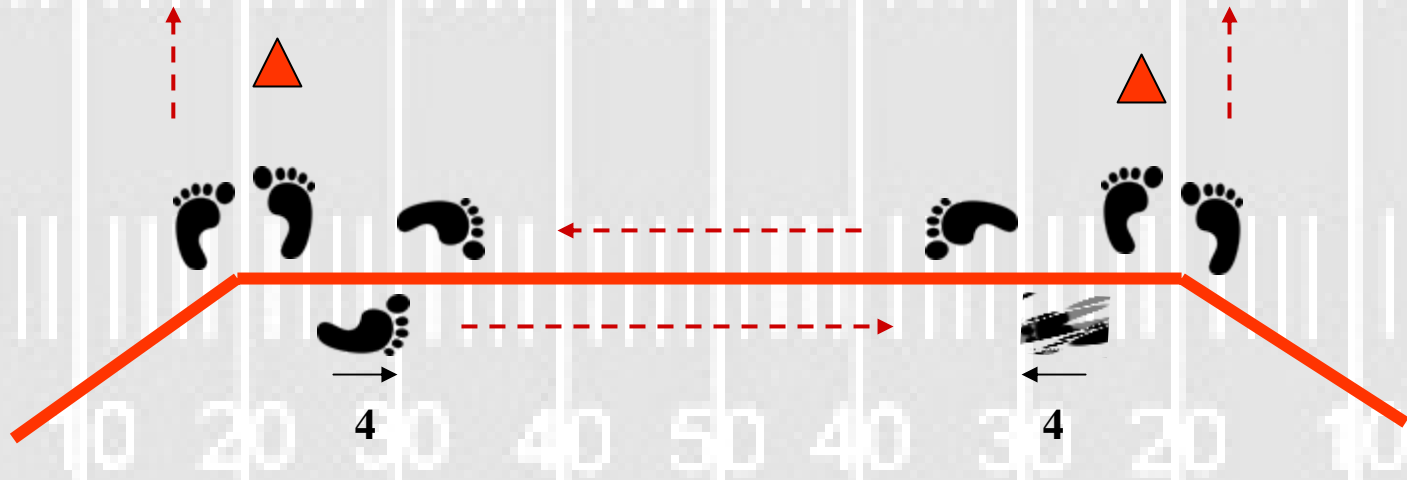
Second step: pivots and pushes

L/OLM

R/OLM

PIPE DRILL

4. Trap-pull



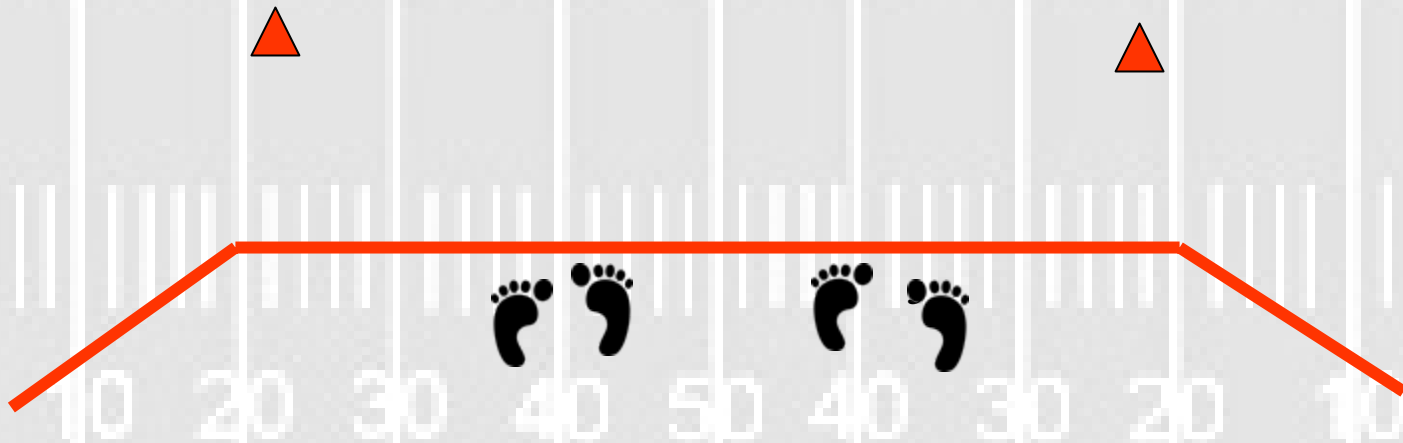
L/OLM

R/OLM

PIPE DRILL



5. Drive block: **first step** is a 6-inch vertical or lateral jab step (set to drive) with the directional step. The **second step** is the power step getting vertical push over and up on the down defender, driving the knee through the down defenders knee.



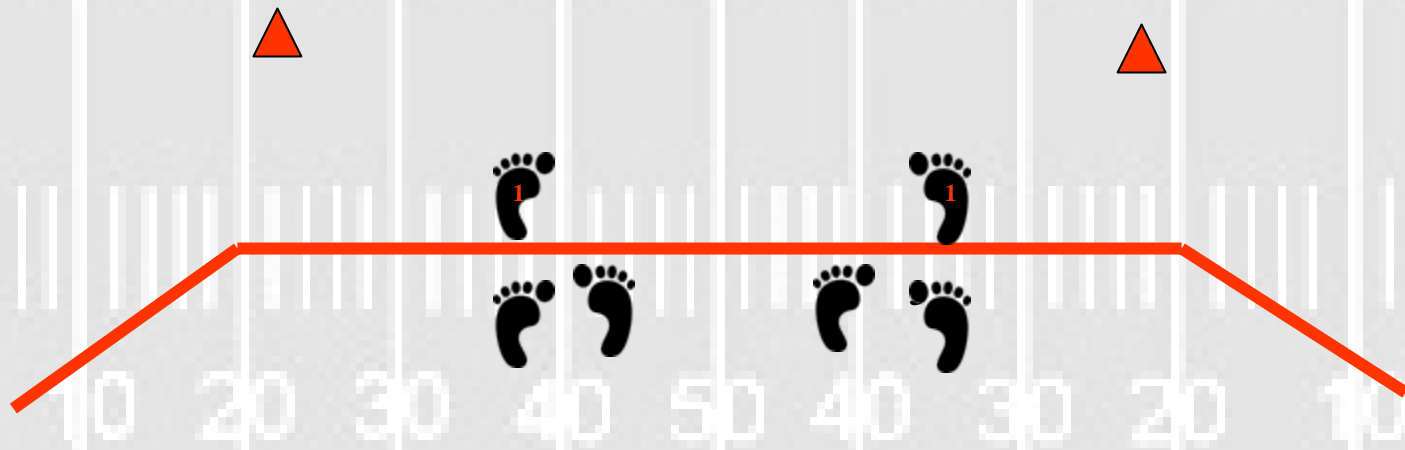
The first step is determined by the alignment of the down defender.

L/OLM

R/OLM

PIPE DRILL

5. Drive block



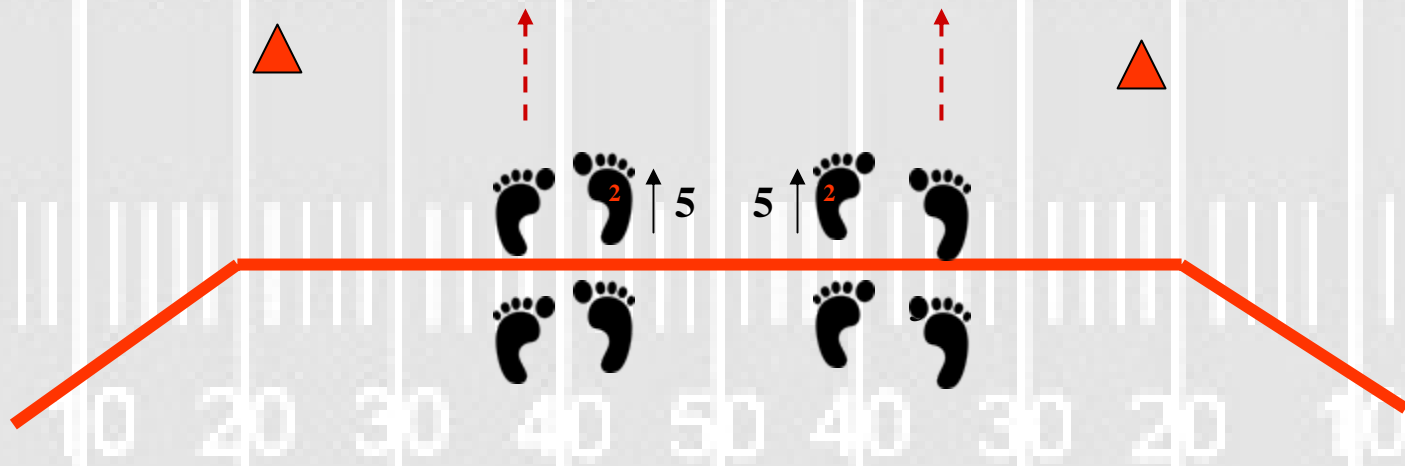
First step: 6-inch vertical step

L/OLM

R/OLM

PIPE DRILL

5. Drive block



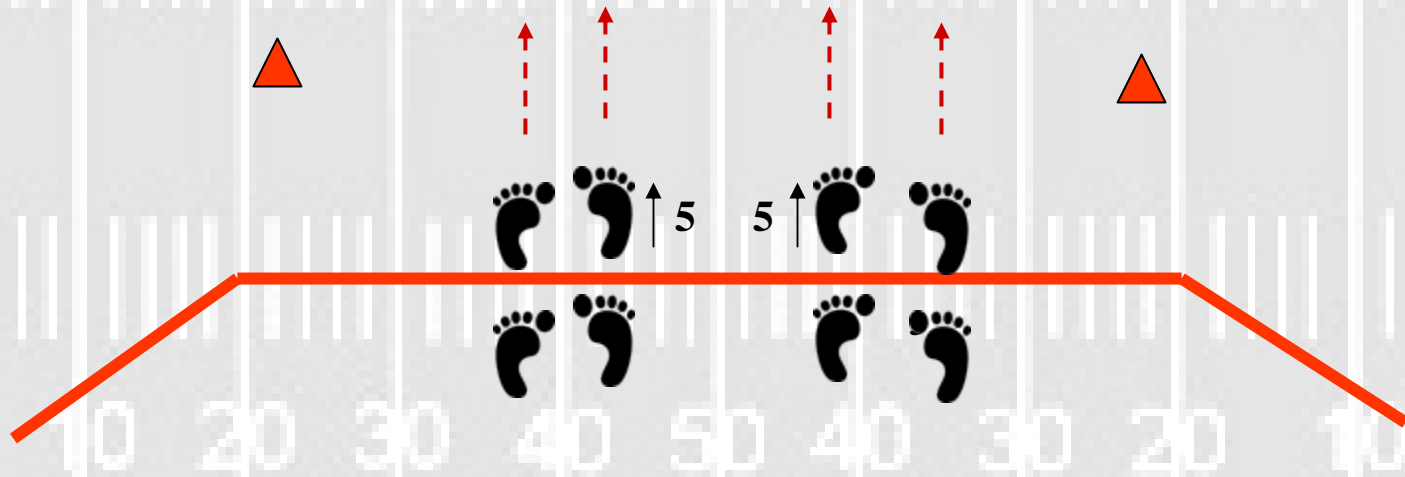
Second step: vertical power step

L/OLM

R/OLM

PIPE DRILL

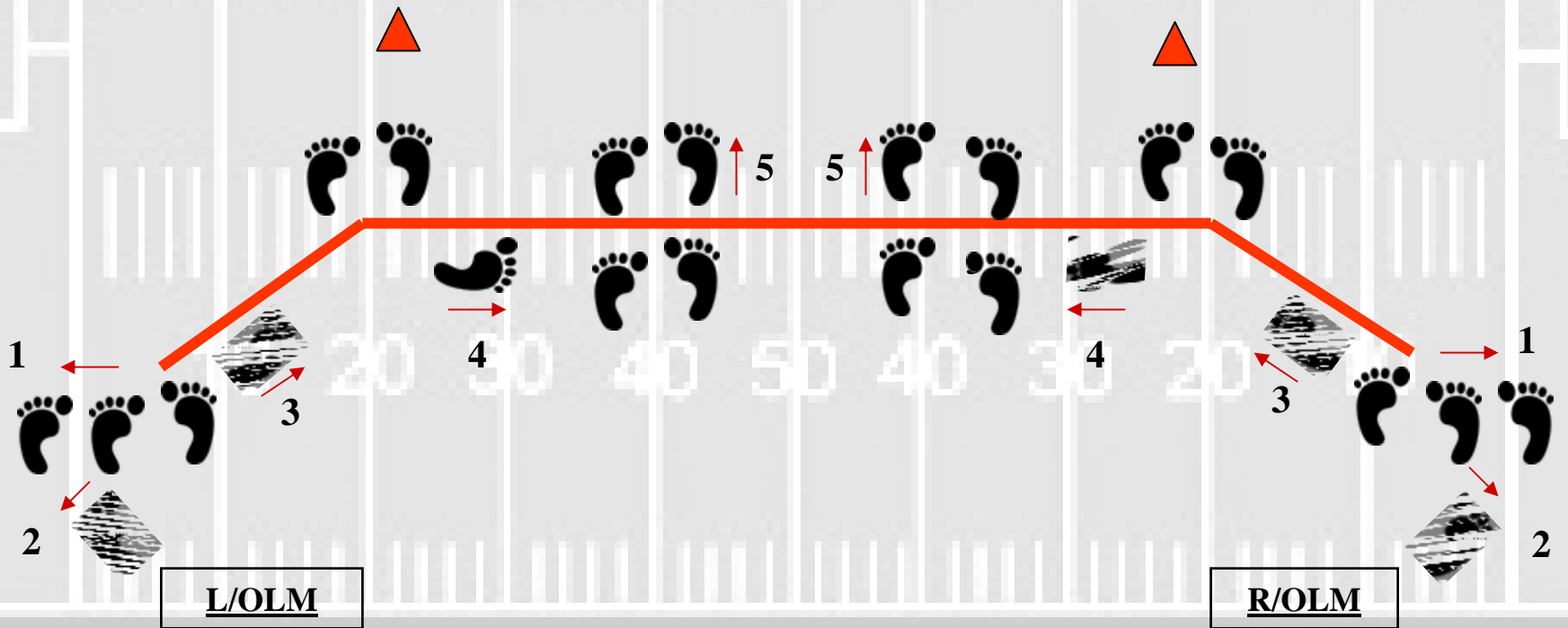
5. Drive block



L/OLM

R/OLM

PIPE DRILL



PIPE DRILL

COACHING POINTS:



1. Check for a proper stance.



2. Check to make sure each lineman is executing the proper footwork in all 5 phases; stepping with the proper directional foot and pushing off the proper power foot. Always watch the second step.



3. Check to see each lineman is executing the proper punch when stepping.



4. Check for pad level and run blocking demeanor.



5. Make sure each lineman is finishing the drill.

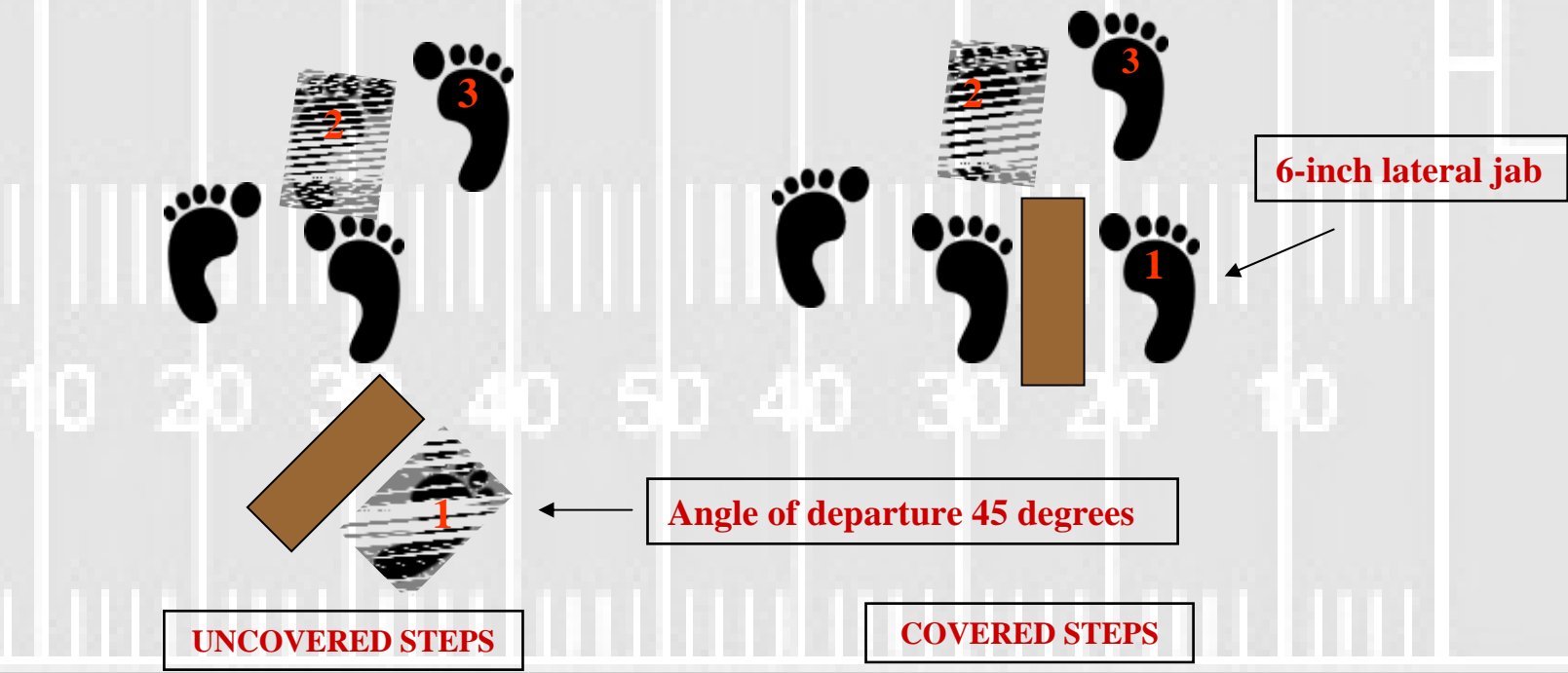
A brown leather football is centered in the image, featuring a detailed black and white eagle logo on its surface. The background is a light gray football field with white yard lines and numbers (10, 20, 30, 40, 50, 60, 70, 80, 90) visible. The entire scene is enclosed within a double-lined green border.

***BOARD
DRILL***

BOARD DRILL



The objective of the board drill is to work on covered and uncovered steps on zone using boards (2- by- 4, 14 inches long) as a visual reference.



BOARD DRILL



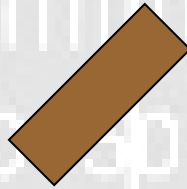
Uncovered steps: Place the board at a 45 degree angle and back to work the bucket step (set to reach). Have the linemen place their call side heel at the top and the left corner of the board. Linemen will work on their angle of departure.



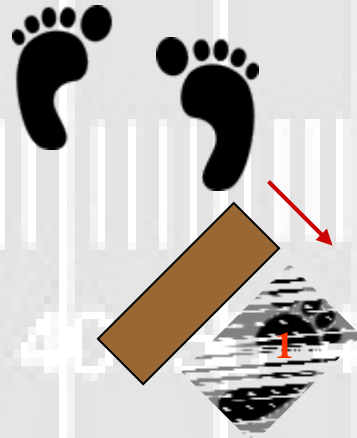
Give a snap count and from a 3-point stance have the linemen take the 1st step and hold. Then 2nd step (to and through the crotch of the down defender). Then 3rd step. Then work the 1st step to the finish.

10 20 30 40 50 40 30 20 10

UNCOVERED STEPS



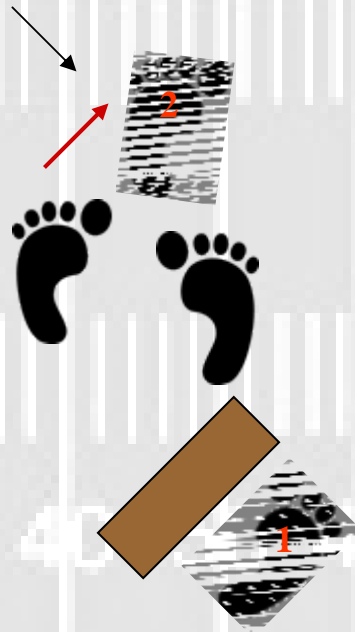
UNCOVERED STEPS



1. Angle of departure 45 degrees

UNCOVERED STEPS

2. Vertical step to and through defenders crotch



UNCOVERED STEPS

3. Will square lineman up field



UNCOVERED STEPS

3. Will square lineman up field



BOARD DRILL

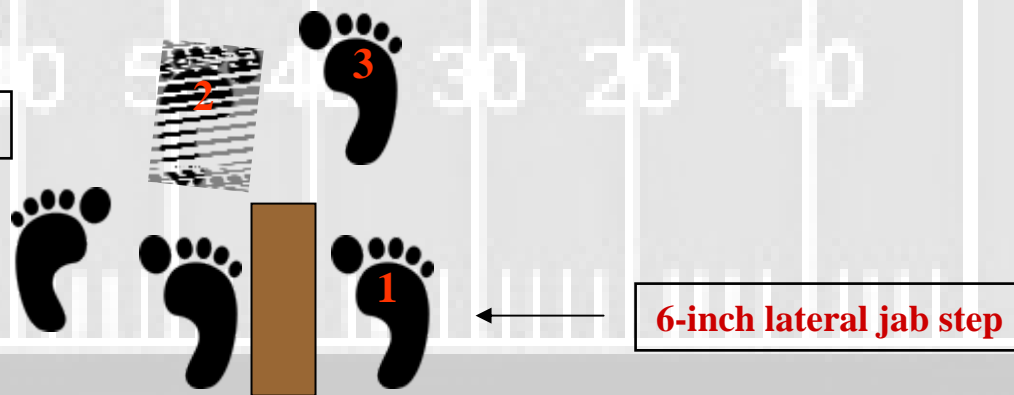


Covered steps: Place the board next to the call side foot of the lineman (zone to the right). The call side foot is placed in the middle of the board.



Give a snap count. From a 3-point stance they will take one step, a **6-inch lateral jab** step (set to drive), with the call side foot over the board. Have them hold their step to make sure they are not losing ground. Look for balance and proper weight distribution. Then the 2nd step and the 3rd step. Then 1st step to finish.

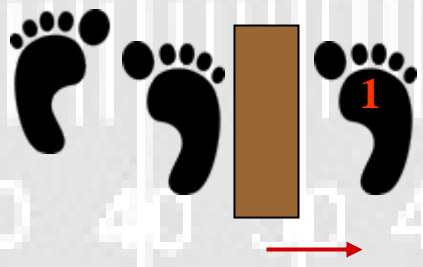
COVERED STEPS



COVERED STEPS



COVERED STEPS

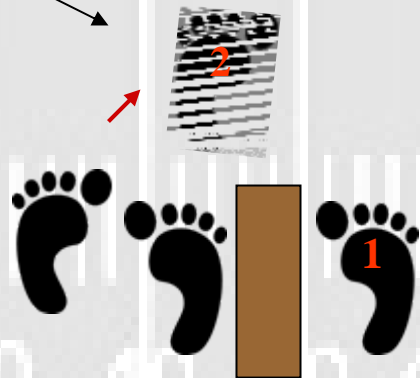


1. 6-inch lateral jab step to gain width

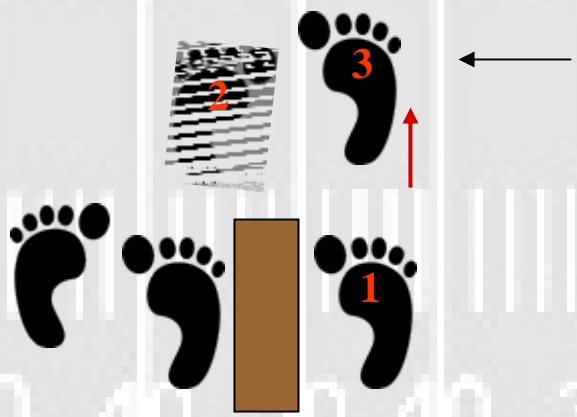


COVERED STEPS

2. Vertical step to and through defenders crotch

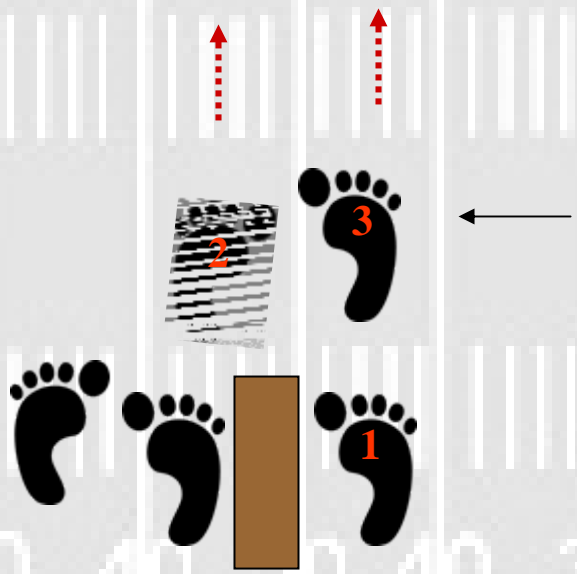


COVERED STEPS



3. Will square lineman up field

COVERED STEPS



3. Will square lineman up field

BOARD DRILL

COACHING POINTS:



1. Check for a proper stance.



2. Check to make sure each lineman is executing the proper footwork.



3. Check to see each lineman is executing the proper punch when stepping.



4. Check for pad level and run blocking demeanor.

A football with an eagle logo is centered on a grey football field background. The field has white yard lines and numbers (10, 20, 30, 40, 50, 60, 70, 80, 90) visible. The football is brown with white laces and a grey eagle logo on its side. The text "ZONE READ DRILL" is overlaid in green, bold, italicized font.

***ZONE READ
DRILL***

ZONE READ DRILL



Objective of the zone drill is to teach offensive linemen all the components when executing the zone block (inside and outside).



The down defender will hold a hand shield. The second level defender will also hold a shield. The covered lineman will execute covered steps and one arm bench his inside arm through the outside half of the hand shield, keeping his outside hand free. If the down defender goes away he will work to the second level defender. The uncovered lineman will execute uncovered steps reading the hips of the down defender (hand shield) if the hip comes to him he will take over the block if the hip goes away he will work to the second level defender. Calls will be made.

ZONE READ DRILL



The first two steps and hand placement are the most important.



Aiming point is the call side armpit of the down defender.



The offensive linemen must anticipate stunts and blitzes but never guess.

10 20 30 40 50 40 30 20 10

ZONE READ DRILL

01 02 03 04 05 06 03 02 01

HS

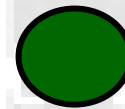
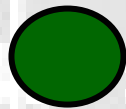
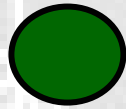
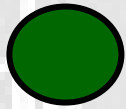
HS

HS

HS

HS

HS



HS = Hand shield

ZONE READ DRILL

01 02 03 04 05 06 03 02 01

HS

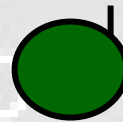
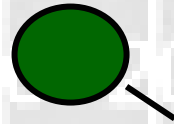
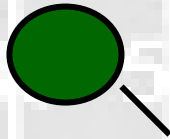
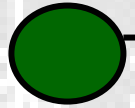
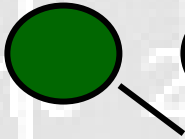
HS

HS

HS

HS

HS



ZONE READ DRILL

01 02 03 04 05 06 07 08 09 10

HS

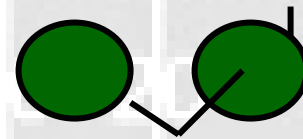
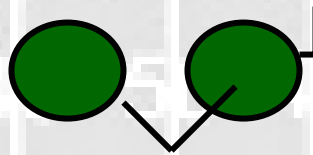
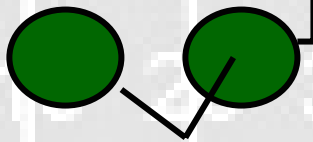
HS

HS

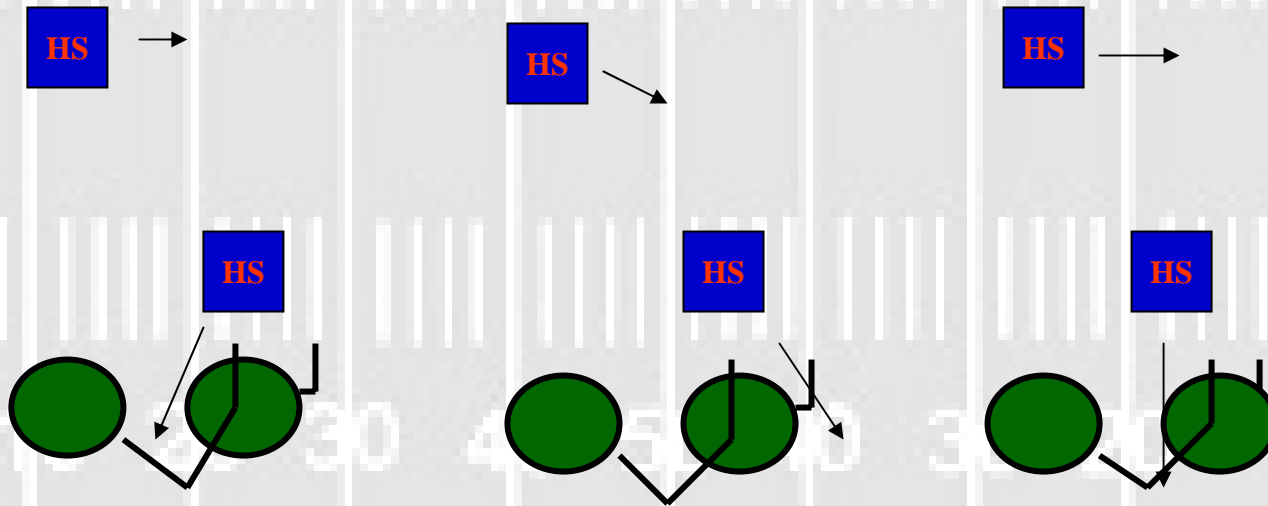
HS

HS

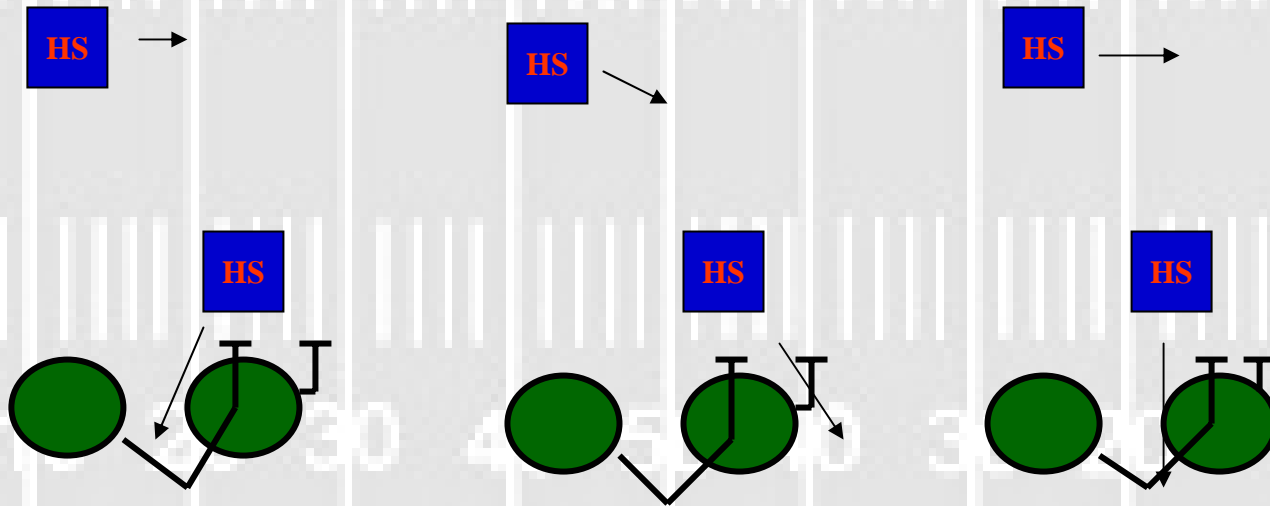
HS



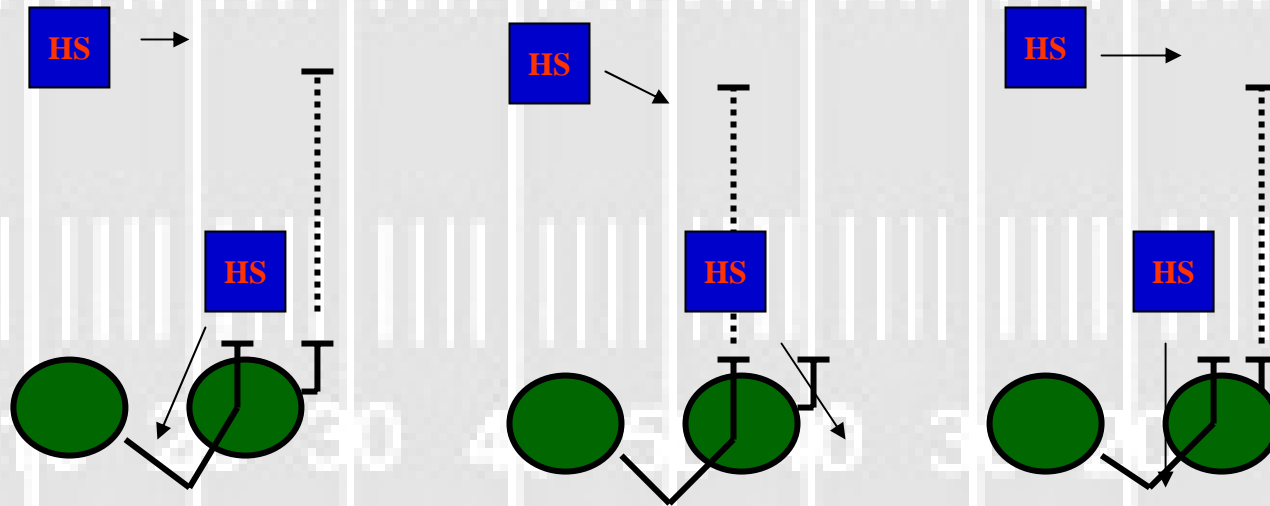
ZONE READ DRILL



ZONE READ DRILL



ZONE READ DRILL



ZONE READ DRILL

COACHING POINTS:



1. Check for a proper stance.



2. Check to make sure each lineman is executing the proper footwork.



3. Check the eyes, are they reading hips and landmarks and keeping eyes open for the linebacker attempting to scrape.



4. Check to see each lineman is executing the proper punch when stepping.



5. Check for pad level and run blocking demeanor.



***ZONE DRILL
WITHOUT A
SECOND LEVEL
DEFENDER***

ZONE DRILL WITHOUT A SECOND LEVEL DEFENDER



Objective of the zone drill is to teach offensive linemen to block a first level defender when executing the zone block (inside and outside).

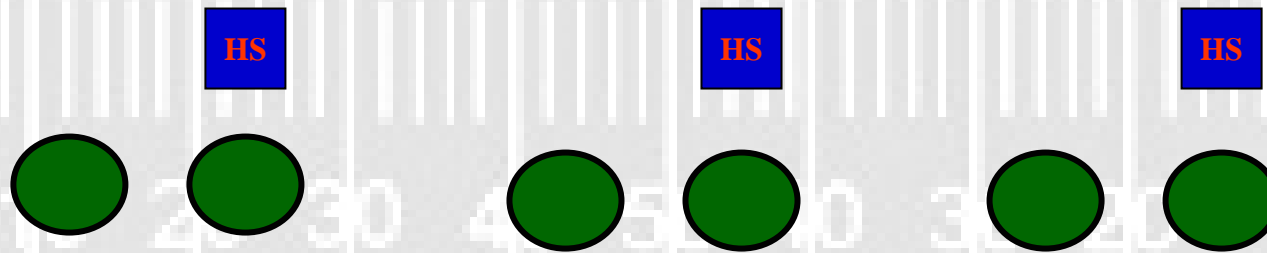


The down defender will hold a hand shield. The covered lineman will execute covered steps and one arm bench his inside arm through the outside half of the hand shield, keeping his outside hand free. The uncovered lineman will execute uncovered steps maintaining leverage on the down defender.



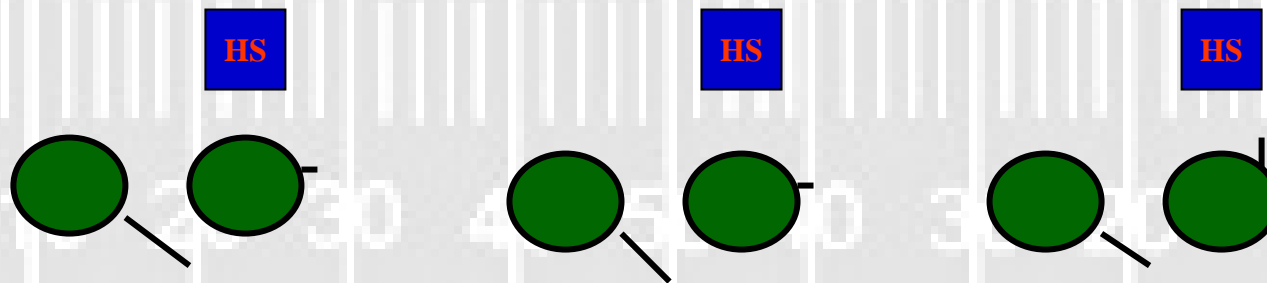
Down defenders make tackles for losses, Second level defenders make tackles. **BLOCK THE FIRST LEVEL FIRST!**

ZONE DRILL WITHOUT A SECOND LEVEL DEFENDER

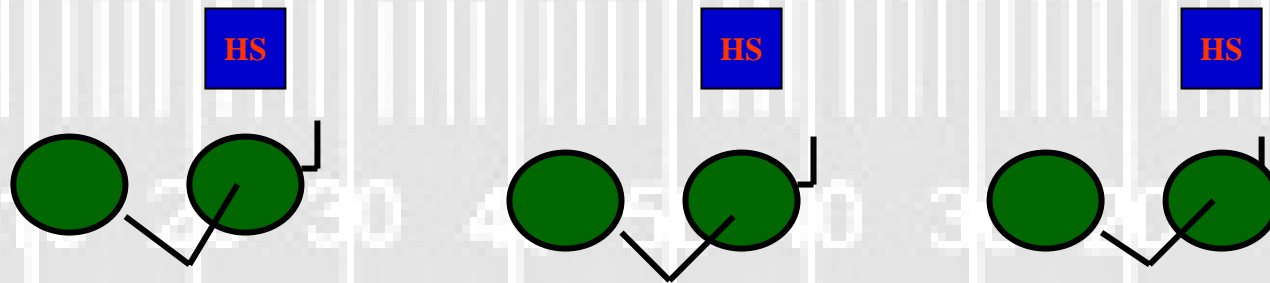


HS = Hand shield

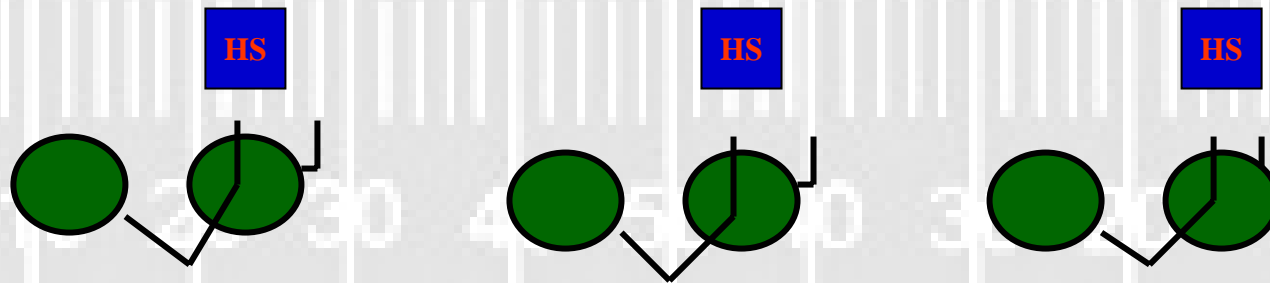
ZONE DRILL WITHOUT A SECOND LEVEL DEFENDER



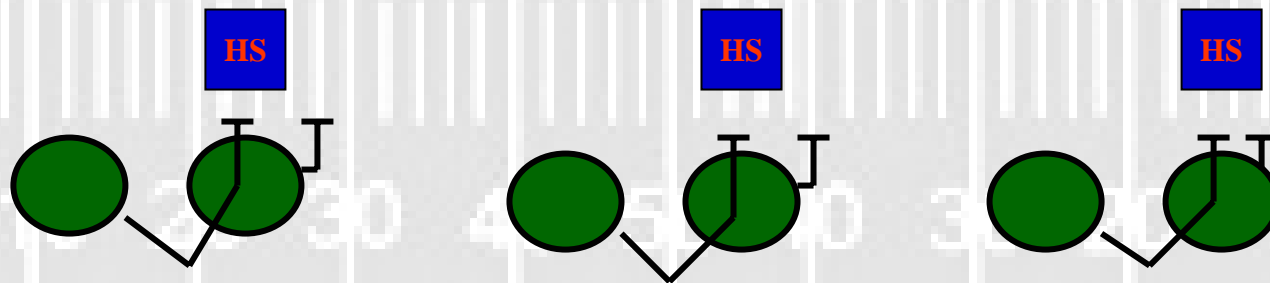
ZONE DRILL WITHOUT A SECOND LEVEL DEFENDER



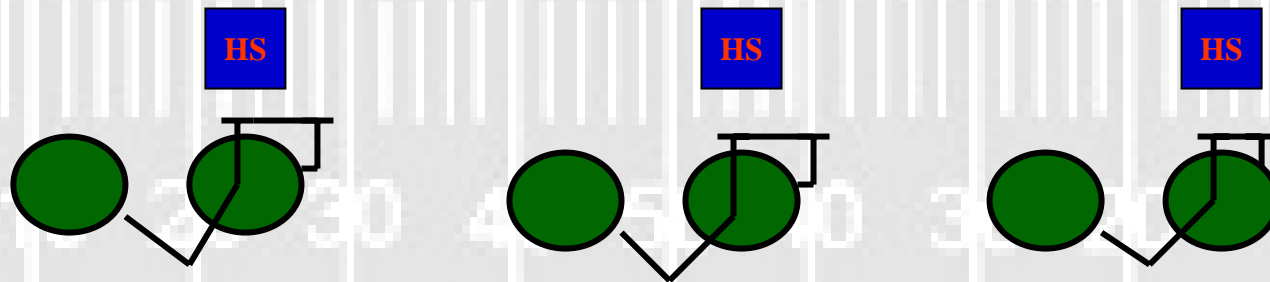
ZONE DRILL WITHOUT A SECOND LEVEL DEFENDER



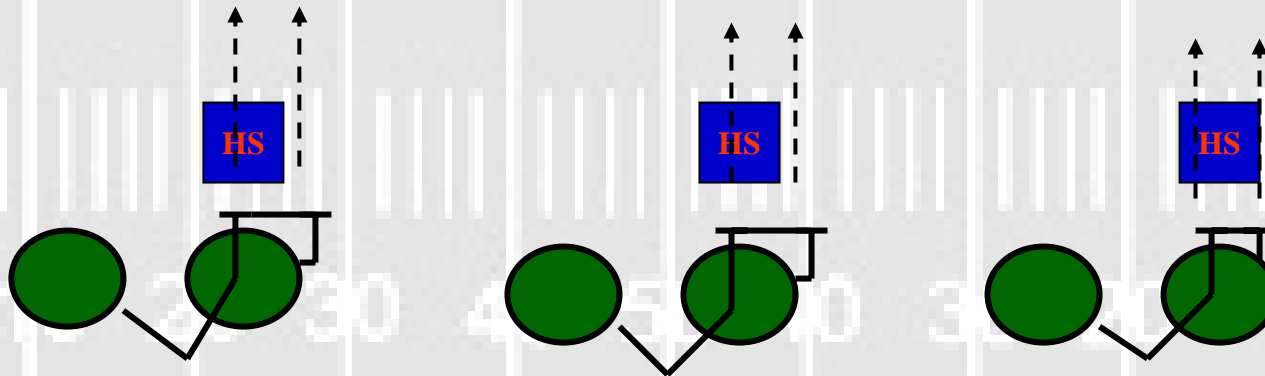
ZONE DRILL WITHOUT A SECOND LEVEL DEFENDER



ZONE DRILL WITHOUT A SECOND LEVEL DEFENDER



ZONE DRILL WITHOUT A SECOND LEVEL DEFENDER



Linemen need to understand they need to block the first level first.

ZONE DRILL WITHOUT A SECOND LEVEL DEFENDER

COACHING POINTS:



1. Check for a proper stance.



2. Check to make sure each lineman is executing the proper footwork.



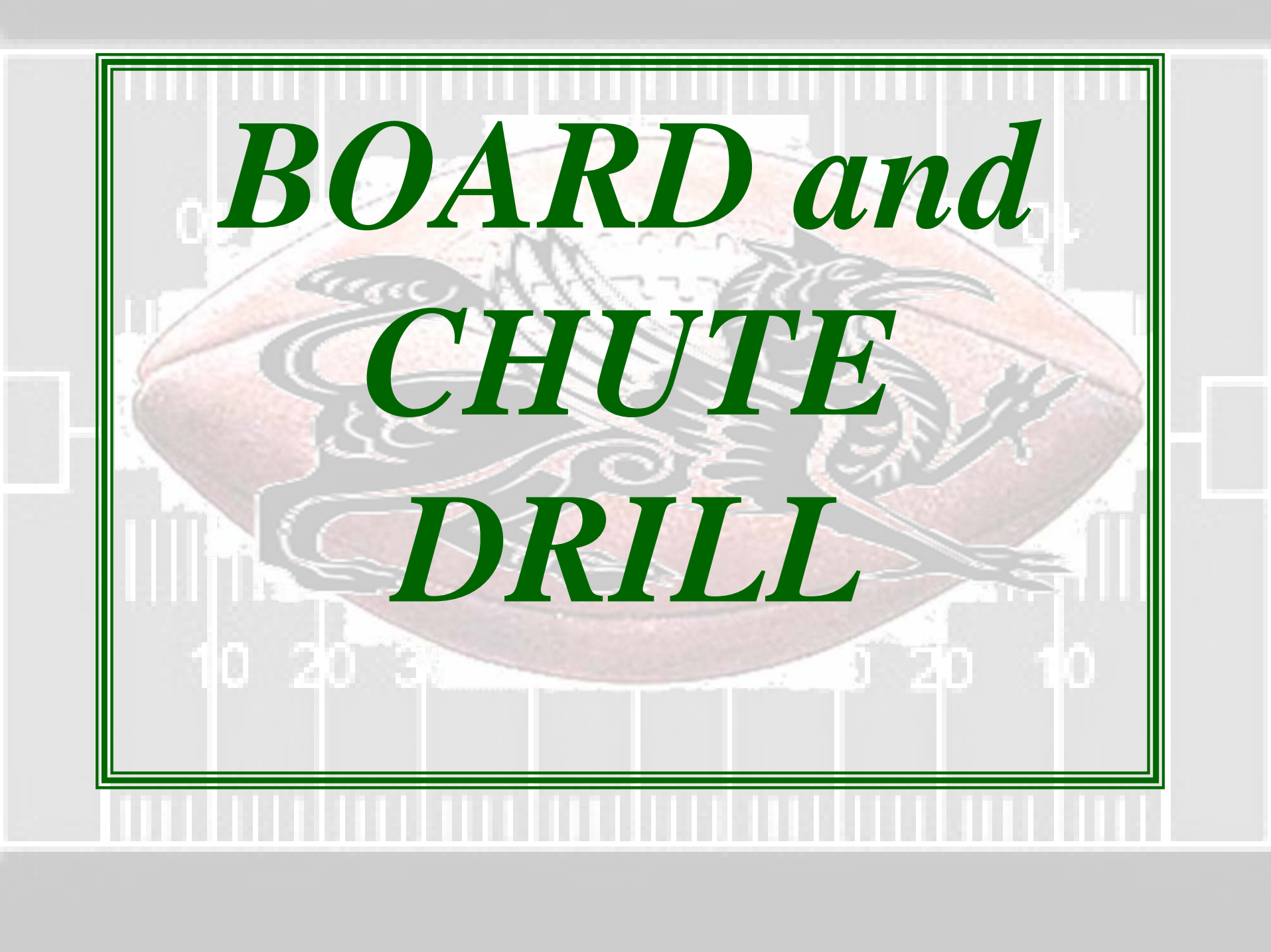
3. Check the eyes, are they reading hips and landmarks.



4. Check to see each lineman is executing the proper punch when stepping.



5. Check for hand, pad leverage, and run blocking demeanor.



***BOARD and
CHUTE
DRILL***

BOARDS and CHUTE DRILL



Object of the boards and chute drill is to work on all steps and components of zone blocking.



The boards will help linemen develop a good base.



The chutes will help linemen keep their shoulders (pad leverage) down (power producing angles) as well as maintain leverage hand leverage.

RUN BLOCKING PROGRESSION

CHUTES

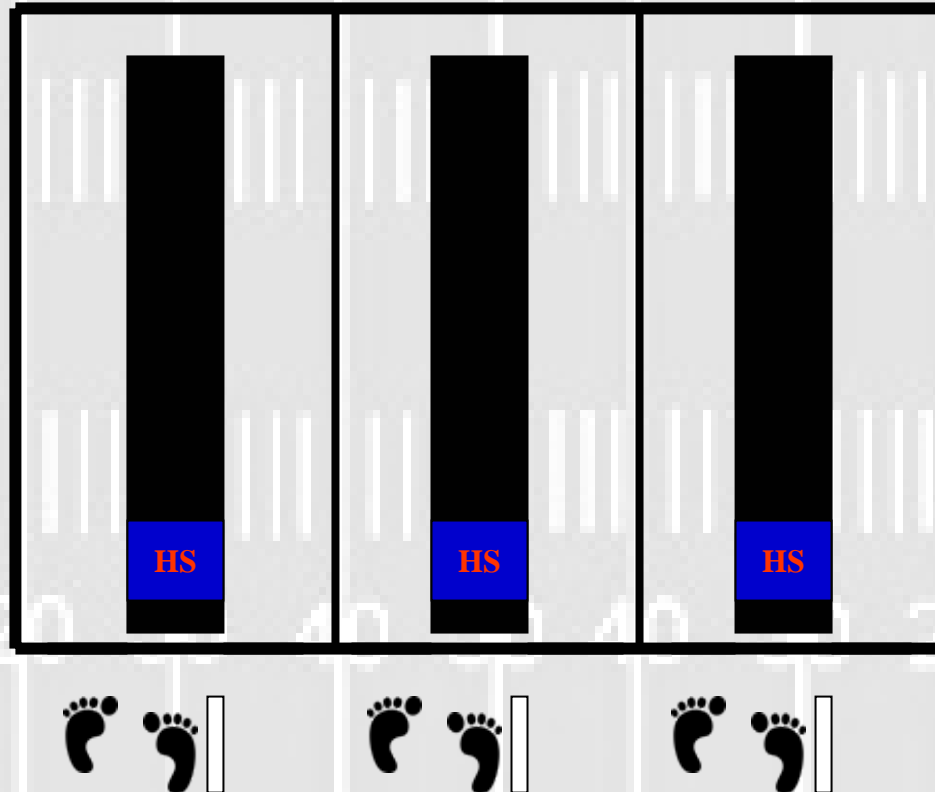


CHUTES (ZONE):

1. One step: Off set, bucket step (set to reach) with angle of departure 45 degrees (with towels as visual landmark).
2. One step: 6-inch lateral jab (set to drive) step (with towels as visual landmark).
3. Two step: Punch (load guns, deliver a blow up and through the defender).
4. Drive block down the boards.
5. Finish.

BOARDS and CHUTE DRILL

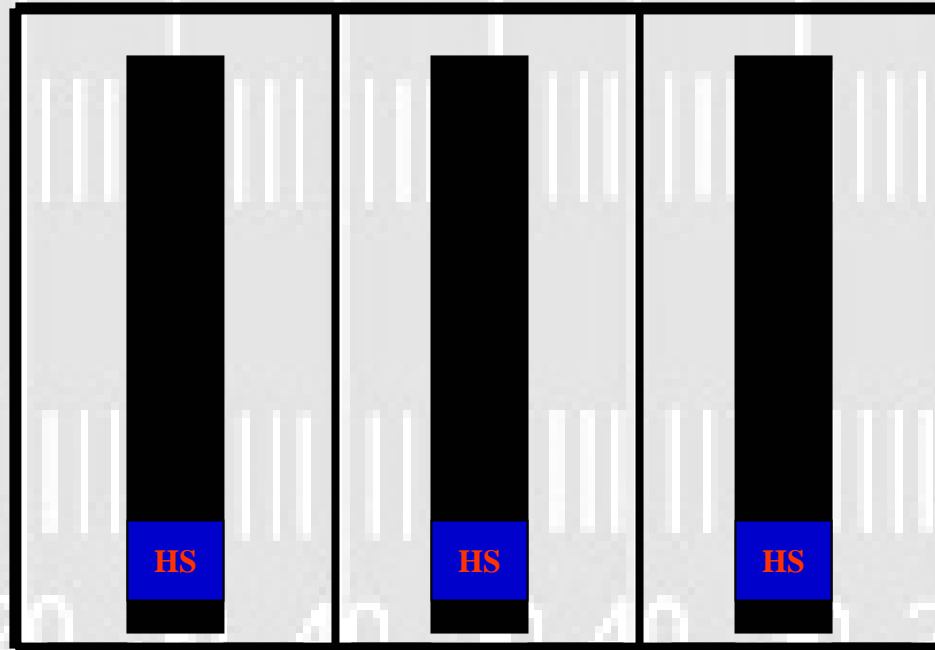
COVERED STEPS WITH BOARDS & CHUTES



HS = Hand shield

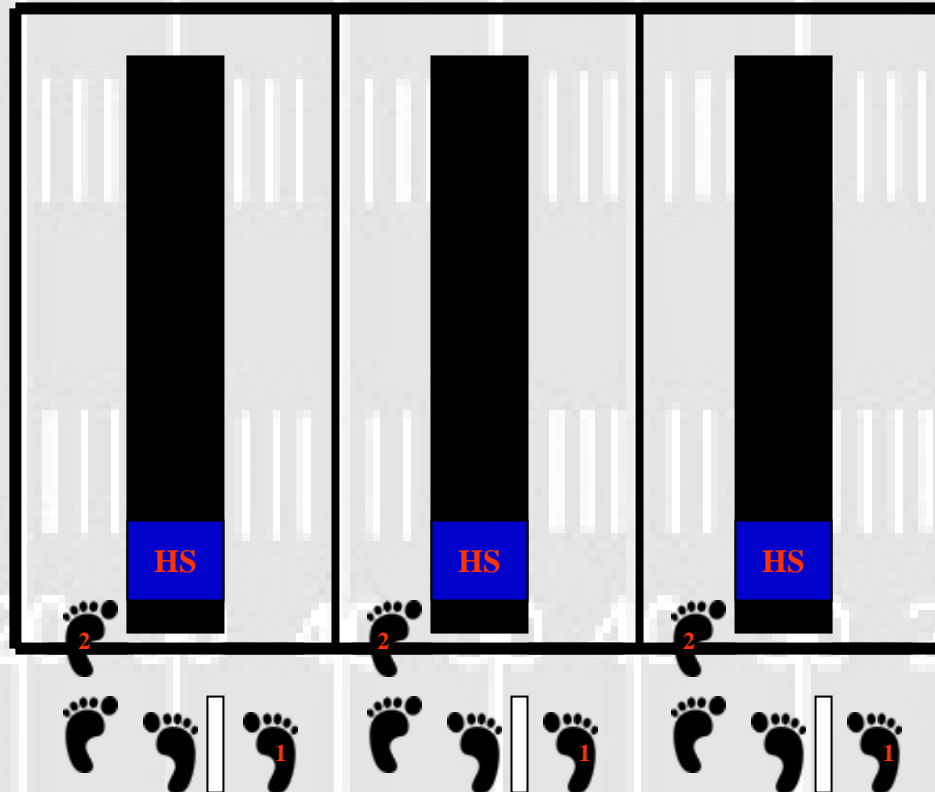
BOARDS and CHUTE DRILL

COVERED STEPS WITH BOARDS & CHUTES



BOARDS and CHUTE DRILL

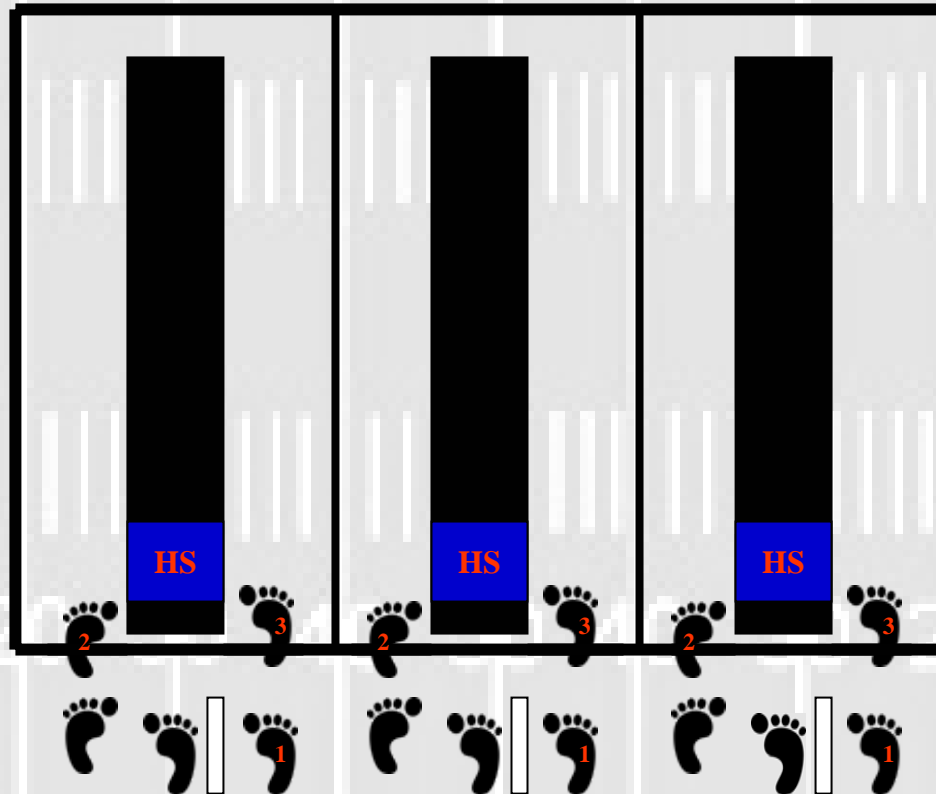
COVERED STEPS WITH BOARDS & CHUTES



TWO STEP, PUNCH

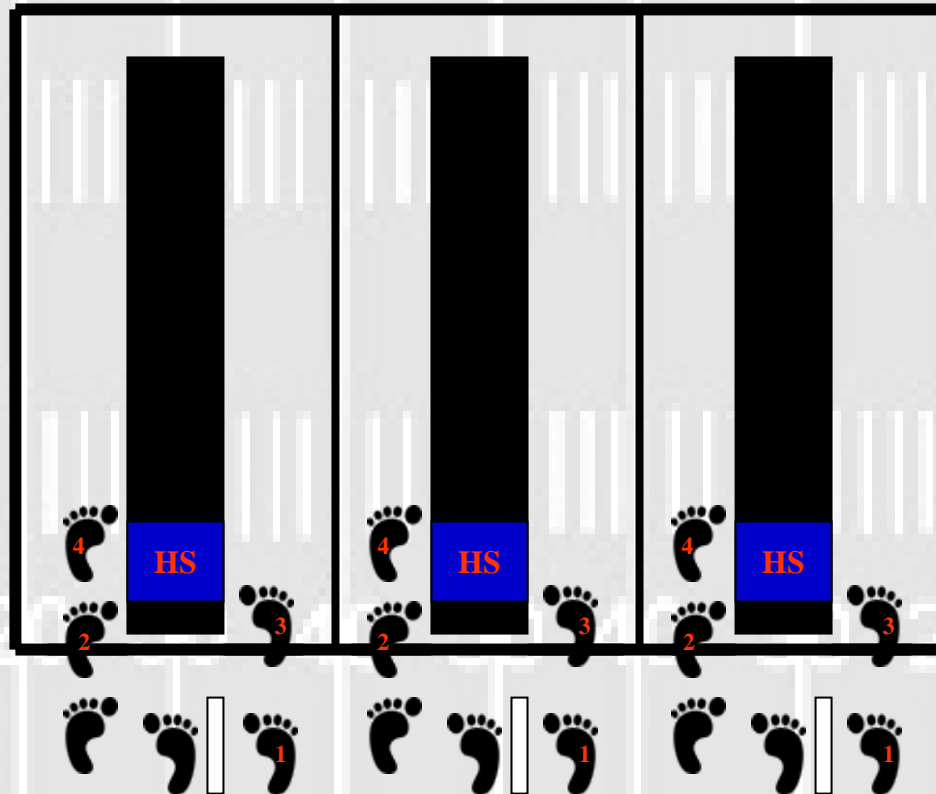
BOARDS and CHUTE DRILL

COVERED STEPS WITH BOARDS & CHUTES



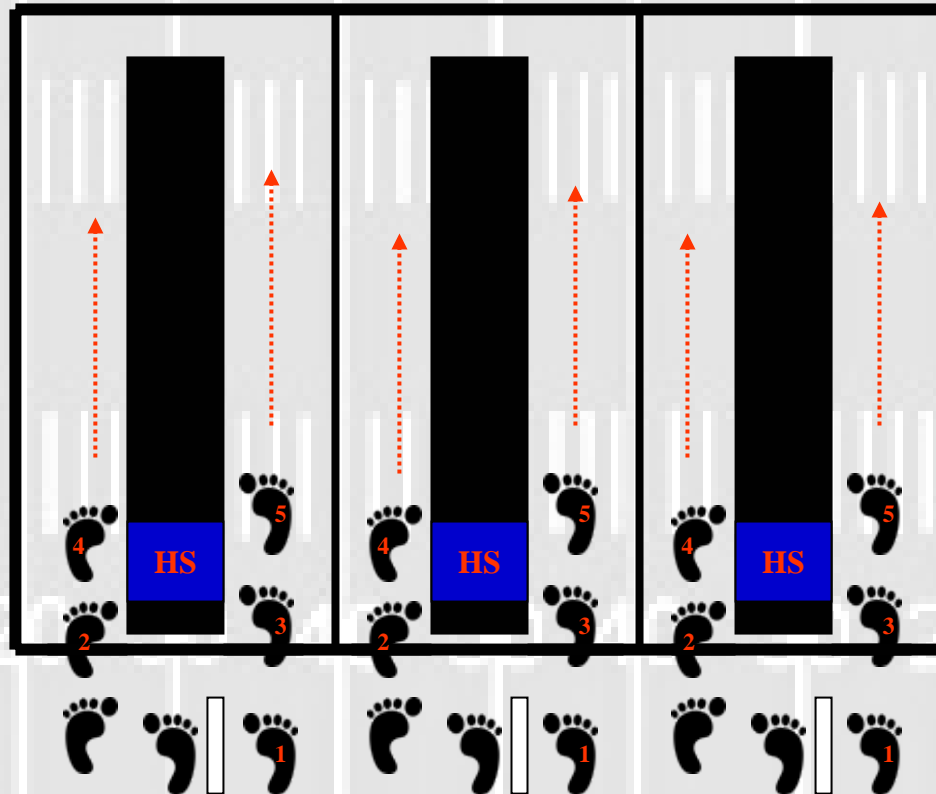
BOARDS and CHUTE DRILL

COVERED STEPS WITH BOARDS & CHUTES



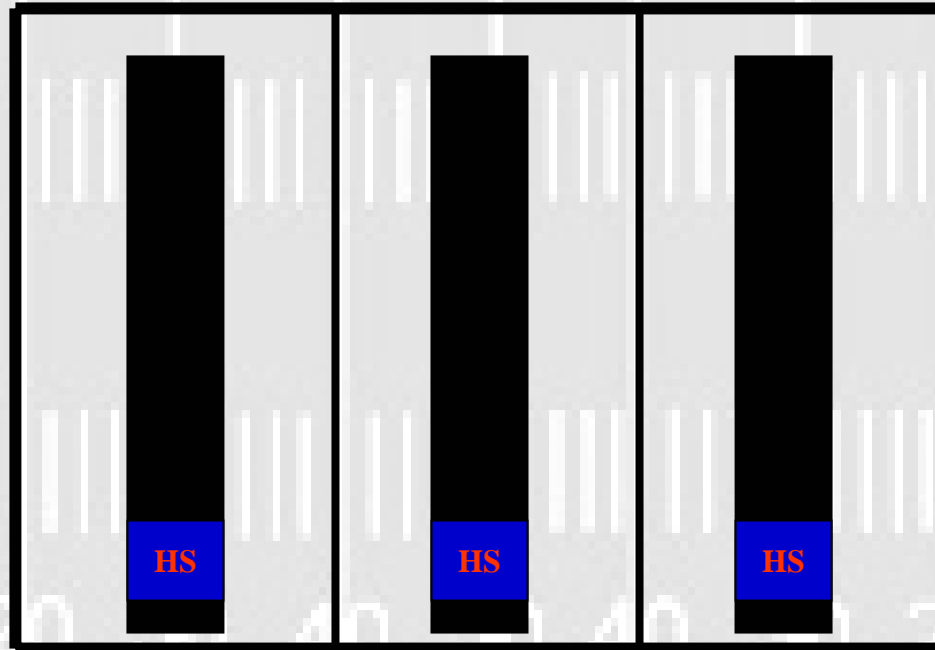
BOARDS and CHUTE DRILL

COVERED STEPS WITH BOARDS & CHUTES



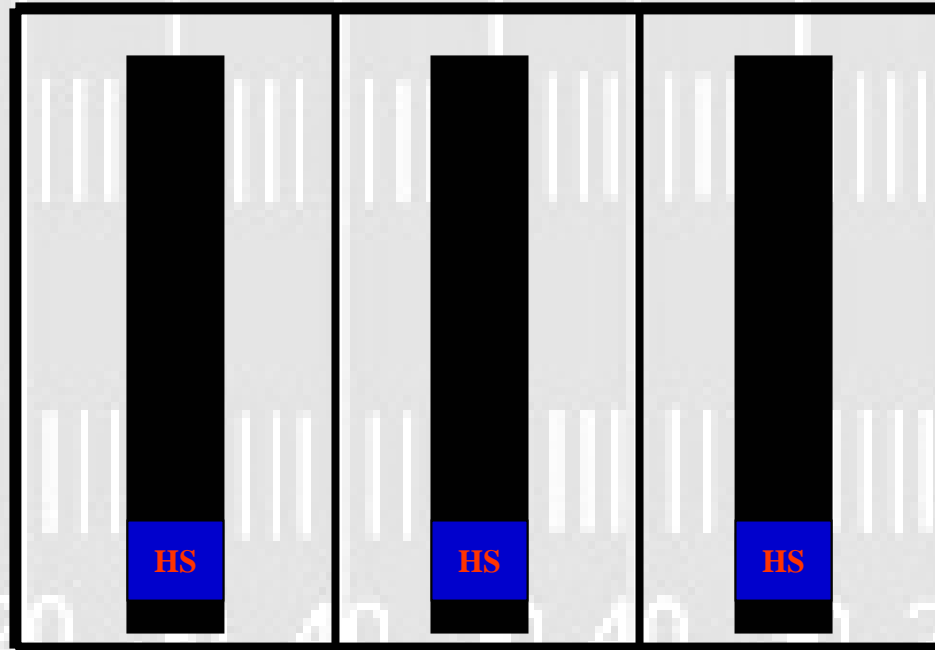
BOARDS and CHUTE DRILL

UNCOVERED STEPS WITH BOARDS & CHUTES



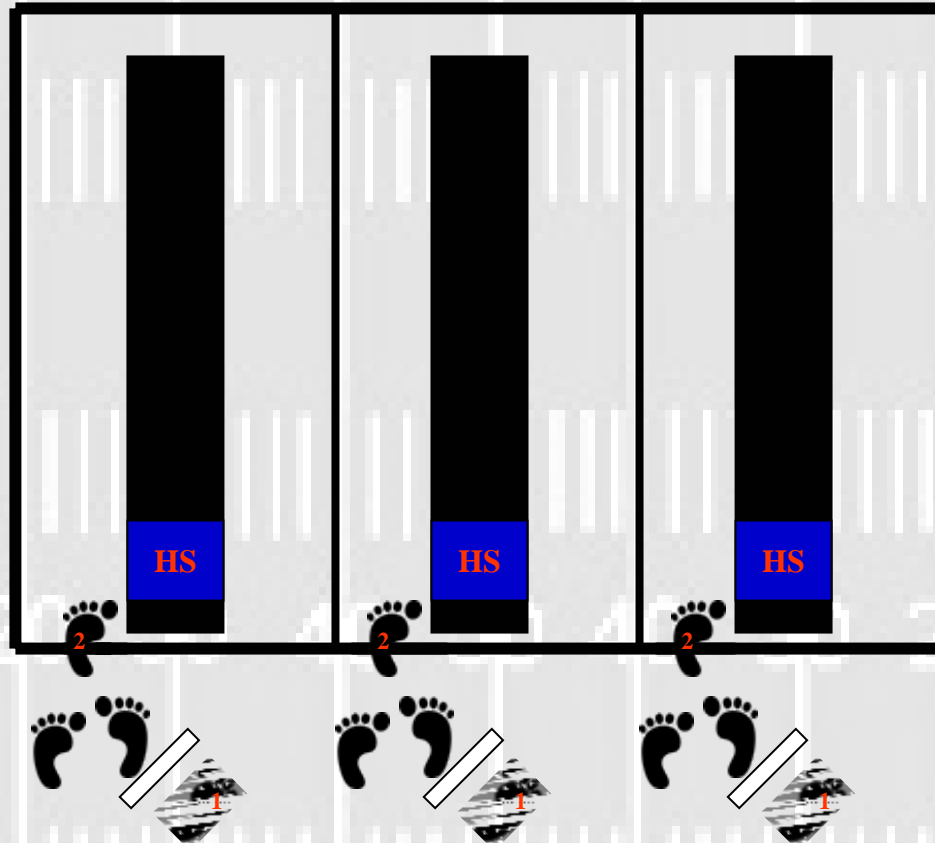
BOARDS and CHUTE DRILL

UNCOVERED STEPS WITH BOARDS & CHUTES



BOARDS and CHUTE DRILL

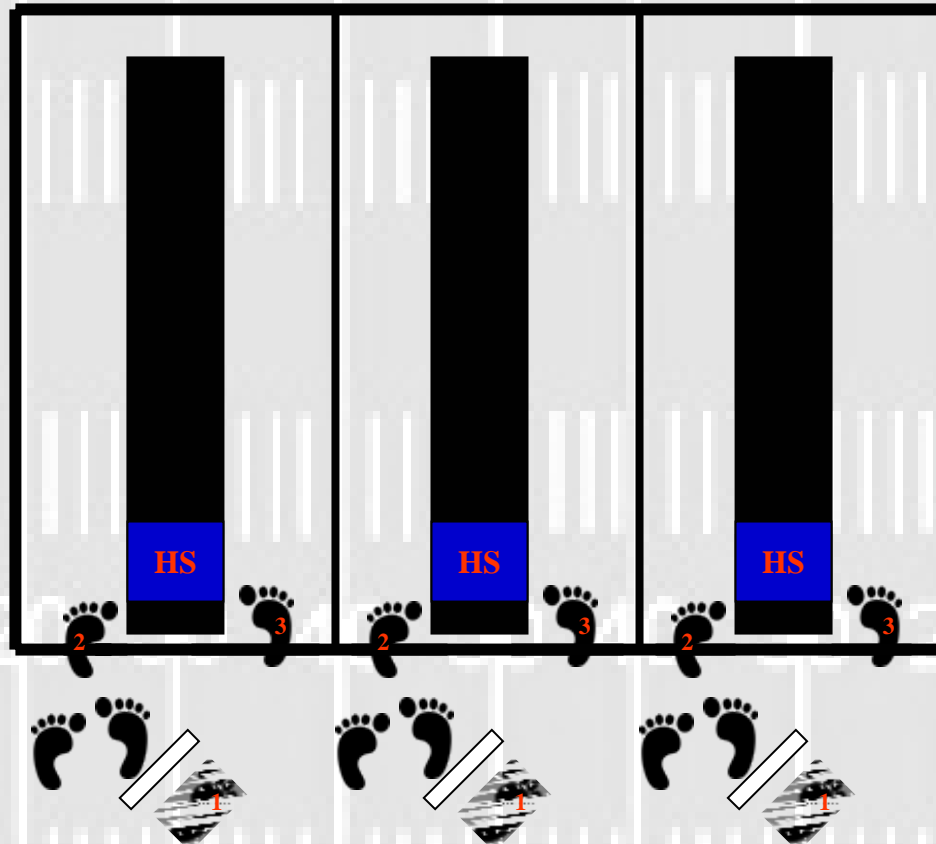
UNCOVERED STEPS WITH BOARDS & CHUTES



TWO STEP, PUNCH

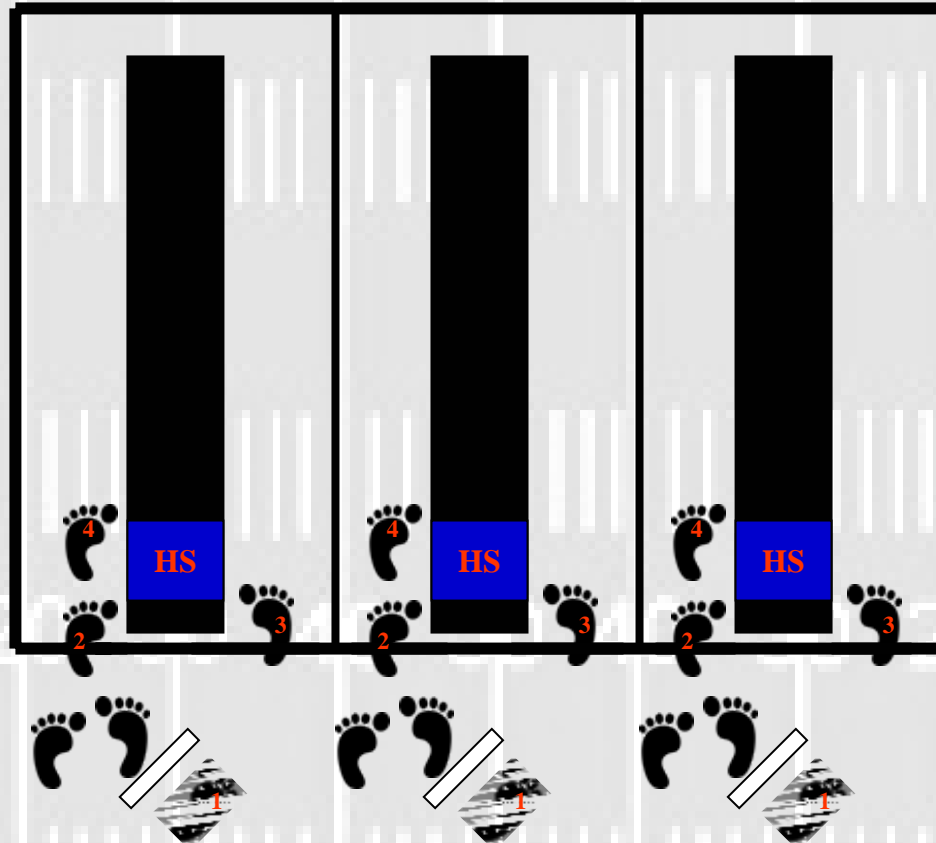
BOARDS and CHUTE DRILL

UNCOVERED STEPS WITH BOARDS & CHUTES



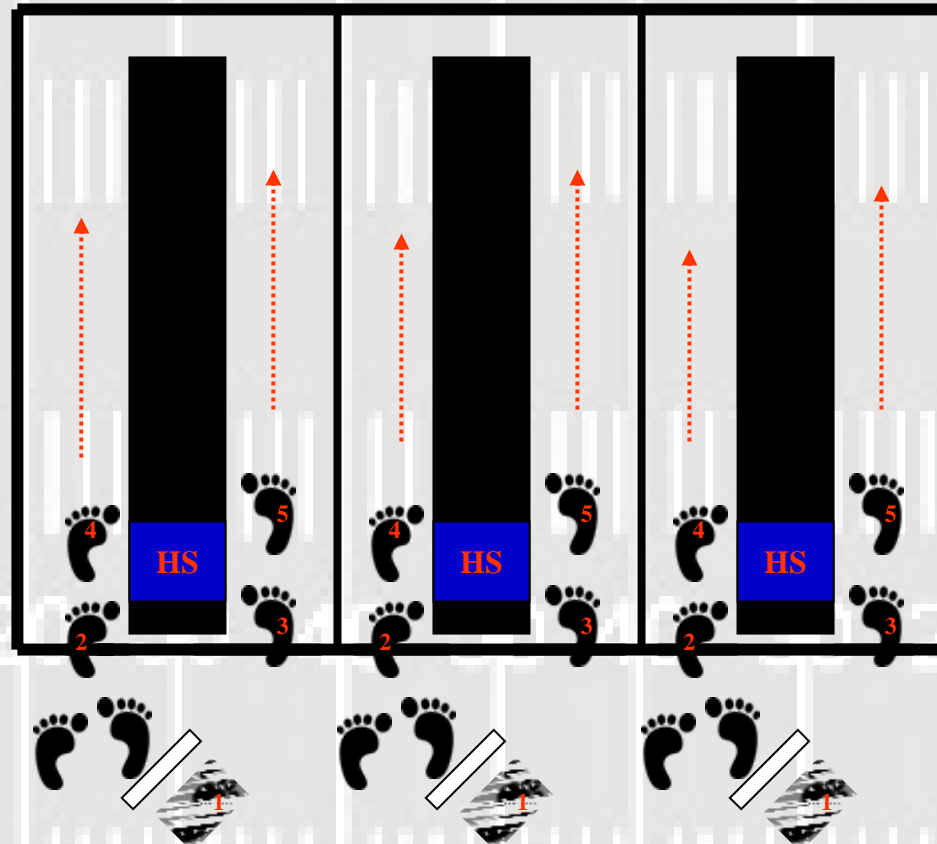
BOARDS and CHUTE DRILL

UNCOVERED STEPS WITH BOARDS & CHUTES



BOARDS and CHUTE DRILL

UNCOVERED STEPS WITH BOARDS & CHUTES



BOARDS and CHUTE DRILL

COACHING POINTS:



1. Check stance.



2. Proper footwork, good base.



3. Eyes, landmarks and aiming points.



4. Run blocking demeanor, hand and pad leverage (maintain leverage).



5. Finish, unlocking the hips. Looking for all the components.

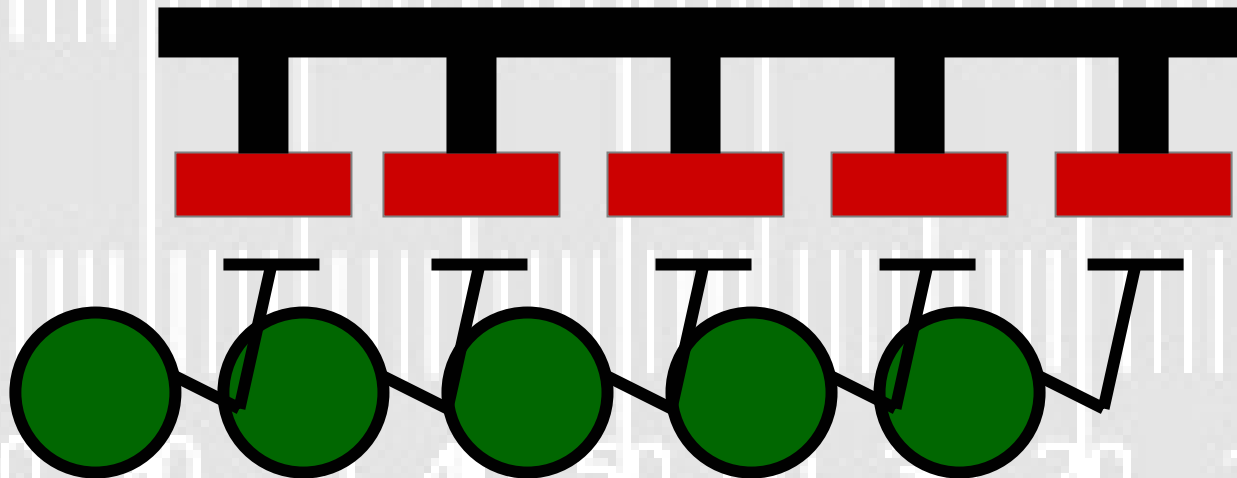
A football with a tiger logo is centered in the background. The football is brown with white laces. The tiger logo is black and white, showing a tiger in a pouncing position. The background is a light gray football field with white yard lines and numbers (10, 20, 30, 40, 50, 60, 70, 80, 90) visible. The entire scene is framed by a double green border.

ZONE STEPS
vs. a SLED

ZONE STEPS vs. a 5 MAN SLED



Each lineman will off set to the left and to the right working both uncovered and covered zone steps. Sled work will help them explode off the ball as a unit while driving their hands through the pad and extending the arms as they drive the sled.



Each lineman will take two steps (getting the second step in the ground) and striking the pad. The set to drive (covered step) or the set to reach (uncovered step) and then the attack step.

SLED TEACHING PROGRESSION

SLED (ZONE):



1. First step directional, second step attack: Off set, bucket step (set to reach) with angle of departure 45 degrees.
2. First step directional, second step attack: 6-inch lateral jab (set to drive) step.
3. Two step: Contact on the second step. Punch (load guns, deliver a blow up and through the pad). All the components: flat back, ankles and knees bent, proper punch with the thumbs up and elbows tight to the side.
4. Drive the sled in the proper run blocking demeanor and finish.

SLED

COACHING POINTS:



1. Check stance.



2. Proper footwork, good base, weight on the insteps of the feet.



3. Eyes, landmarks and aiming points.



4. Run blocking demeanor, hand and pad leverage (maintain leverage).



5. Finish, unlocking the hips. Looking for all the components in the zone run blocking concept.

CONTACT INFORMATION

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