



# OL PRACTICE PROGRESSION

I have modeled most of our drills from Coach Searles (Former OL coach at LSU – now at Georgia). I coached at a school last year that used a platoon practice format so we had 45-50 minutes of individual time. I now coach at a smaller school where we use the split practice format so I only use certain drills on specific days.

## 1. Chutes

- Right foot lead takeoffs on board
- Left foot lead takeoffs on board
- zone steps on board
- pull technique on board
- engage drill - linemen set up in a takeoff position against a hand shield held by the defender. The linemen would drive the defender on command.

## 2. Sled

- hand fits/hip thrust - the linemen dig their toes into the ground and sit back. On command the linemen lead with their facemask and shoot hands into the dummy while getting full extension of arms for separation and rotating their hips in the direction of the sled.

- Right foot lead drive
- Left foot lead drive
- zone right technique
- zone left technique

### 3. Combo Drills

We group the linemen vs different techniques. For example, Our Left tackle and Left guard vs a 1 tech and backer would execute the zone scheme to the right, then center/right guard, right guard and right tackle. We then flip it and go the other way. (We did zone schemes on Mondays and Wednesdays, gap schemes on Tuesdays, and man blocking on Wednesdays (lead/iso) and run review on Thursdays)

### 4. Pound/Kick Drill

2 rows of 4 cones set about 5 yards apart. The linemen start at the top left corner and pound step to the cone to the right, then kick slide to the back left cone, then pound kick to the cone on the right of the second row, etc.

### 5. Head Catch

We have one group of linemen in stances and a defender standing in front of each of them. On command the defender attempt to try to grab the back of the helmet of the offensive linemen. I use this to teach the linemen to quickly get their head back upon the snap.

## 6. Punch Drill

We have one group of linemen in stances and another group holding hand shields in front of the linemen. Upon command the group with hand shields will swing the shield like a baseball bat and attempt to hit the linemen in the V of the neck. The linemen should learn to get their hands up and extend quickly.

## 7. Hand Replacement

We had one group of linemen in a pass set fit into a defender. The defender was then instructed to slap away one of the hands of the offensive linemen and the linemen was instructed to quickly replace their hand in a fit position.

## 8. Push Pull Drill

One group of linemen aligns in a pass set and lock into a defender. Upon command the defender will either attempt to push the linemen or pull the linemen back. The linemen will learn how to shift their body weight and either drop their hips when being pulled or dig their toes into the ground vs a bull rush.

## 9. Pull Drill

I have the centers and guards in this drill. I set up two cones to each side where the DE would align. One cone would be placed to show where a DE would be if he were to squeeze down. Another cone would be placed on the same side where a DE would be as if he raced upfield. I stand behind the OL and signal the number one or two to the DE telling him which cone to attack. When the guard pulls, he reads the position of the DE and either kicks or logs him.

During this time our Tackles are working on down blocks and also their kick slide technique vs a wide DE or a DE who races upfield.

## 10. Run Review on Mondays/Wednesdays

I had a grid painted on our part of the practice field. Since we were no huddle, I had my assistant stand to the side of the grid and signal the run play to the linemen while I stood behind them. We would run our plays at a rapid fire pace. Once one play was executed, the linemen would race back to the grid, get the signal, and then run the next play. I normally did this for 8-12 plays.

At this time, we went to group with the DL. We worked one vs one pass pro and then group blitz pickup. All corrections needed would be made at this time.