

Offensive Line Skills & Drills



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Plainsmen Football*

Essential Skills for Offensive Linemen

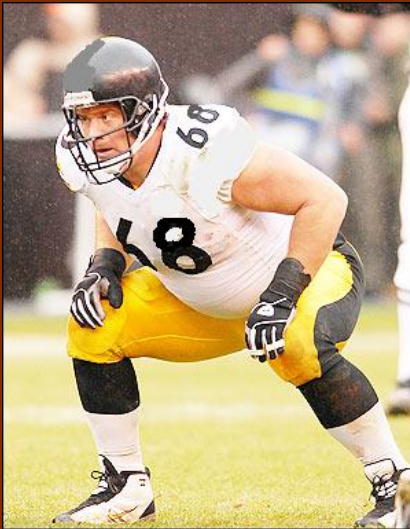
- *Proper stance*
- *Explosion out of stance*
- *Proper footwork*
- *Execute proper base run blocking technique*
- *Execute proper pulling technique*
- *Execute proper zone combo technique*
- *Execute proper pass pro technique*



Proper Stance

2 Point Stance

- Balanced
- Feet shoulder width, staggered
- Chest out
- Head up



3 Point Stance

- Balanced
- Feet shoulder width, staggered
- Back flat
- Head up



Blocking Basics

Run Blocking

- *More Aggressive blocking*
- *Attack the defender*
- *Seal the defender away from the ball carrier – point your butt to the ball carrier*
- *Keep your head up and your feet moving*



Pass Blocking

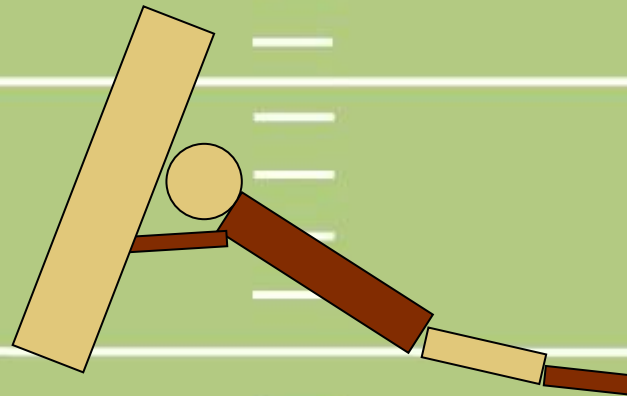
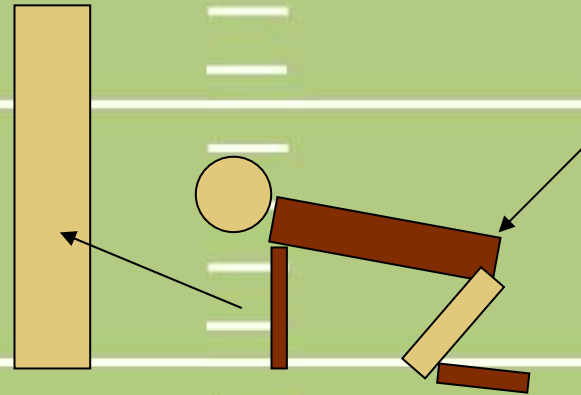
- *Let the defender come to you*
- *Set up with outside foot back*
- *HOT technique – Hands On Torso*
- *Keep feet moving and deliver a blow to the numbers with the palms of your hands*
- *Do not let defender beat you inside*



Proper Blocking Technique

6 Point Progression

- Used to teach proper hip movement
- Start on all fours – 6 points on the ground (2 hands, 2 knees, 2 feet)
- Explode through bag
- Throw arms forward
- Drive hips into the ground



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Proper Blocking Technique

Duck

- *Set position for delivering a block*
- *Squatted with butt low*
- *Knees inside of ankles*
- *Head up*
- *Chest out*
- *Back arched*
- *Toes pointed out slightly*
- *Work off of instep*

Fit

- *Set underneath defender*
- *Hands jammed into chest plate*
- *Thumbs up*
- *Lift up & drive hips through*

Finish

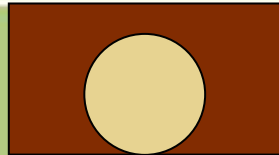
- *Chase the defender back – accelerate*
- *Maintain a solid base*
- *Drive through to the whistle*



Footwork: First Two Steps

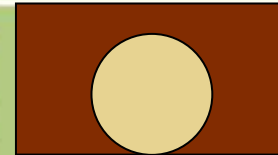
Ball to Right of O Lineman

- Six inch playside jab step with right foot
- Pull arms back
- Gather step splits the defenders legs
- Drive arms through the defender



Ball to Left of O Lineman

- Six inch playside jab step with left foot
- Pull arms back
- Gather step splits the defenders legs
- Drive arms through the defender



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Footwork: Scoop Step

Reach

• *Initial step with playside foot – a wide, slightly retreating step*

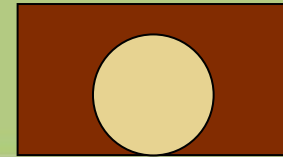
• *Pull arms back*

• *Gather step splits the defenders legs*

• *Drive arms through the defender*

• *Work to outside shoulder*

• *Point your butt to the ball carrier*



Drills

- *Make drills pertinent to your offense*
- *Drills should be done to teach a technique*
- *Break down your assignments to see what you want your player to do*
- *Make drills out of sections of plays*



Offensive Line

Drill Sheet



PLAINSMEN FOOTBALL Run Blocking Techniques



<p>Base</p>	<p>Base in Chute</p>	<p>Combo - Go 1</p>
<p>Combo - Go 2</p>	<p>Reach/Scoop</p>	<p>Reach/Scoop in Chute</p>
<p>Trap - One Call</p>	<p>Trap - Two Call</p>	<p>Down Block</p>
<p>Pull & Kick Out</p>	<p>Pull & Kick Out in Chute</p>	<p>Pull & Lead</p>
<p>Pull & Lead in Chute</p>	<p>Fold</p>	<p>Crossover Cut</p>
<p>Slide</p>	<p>Cross</p>	<p>Wedge</p>

- *Have it at practice with you*
- *Great when you need to fill a bit of time*
- *Keeps you from having wasted time during Indy periods*
- *Helps with development of practice plan*



Offensive Line

Drill Chart



PLAINSMEN FOOTBALL Offensive Line Drill Chart



AGILITY	MON	TUE	WED	THU	FRI
Pass Wave					
Fit & Drive					
Pull & Plant					
RUN BLOCKING					
Four Point Progression					
Base					
Base in Chute					
Combo					
Go					
Reach/Scoop					
Reach/Scoop in Chute					
Down					
Trap					
Pull & kick-out					
Pull & kick-out in Chute					
Pull & Lead					
Pull & Lead in Chute					
Fold					
Crossover Cut					
Slide					
Cross					
Wedge					
Sled					
PASS PRO					
Quick set					
Cut					
Mirror					
Drive the bus					
Counter 1 Move					
Counter 2 Moves					
Blitz pick-up					
Play action					

COMMENTS

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

•Have it at practice with you

•Helps with development of practice plan

•Helps you to keep track of drills that have been covered



Drills: Agilities

- *Pass Wave*
- *Fit & Drive*
- *Pull & Plant*



Agilities: Pass Wave

- Everyone is either right side or left side
- Coach points in direction of D Lineman's advancement
- O Lineman either kick step back to the outside or power step to the inside
- Diagram is with linemen being on the right side

30'

20'



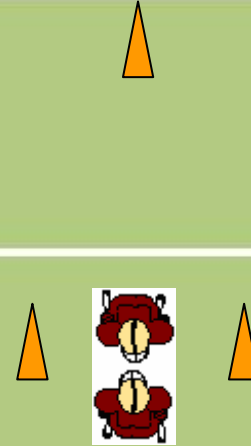
Agilities: Fit & Drive

• *Player sets up in fit position against another body*

• *Using proper form the O Lineman pushes the D Lineman straight back 5 yards*

30'

20'



Agilities: Pull & Plant

- *Player lines up on cone*
- *On whistle, player pulls left or right, plants at the second cone and heads up field past the third cone*

30'

20'



Drills: Run Blocking

- *Base*
- *Reach/Scoop*
- *Down*
- *Trap*
- *Pull & Kick Out*
- *Pull & Lead*
- *Cross*
- *Combo/Go*
- *Slide*



Run Block: Base & Reach

Base

- First two steps to establish block
- Drive defender back
- Point butt to ball carrier

Reach

- Use scoop step footwork
- Reach outside shoulder of defender
- Point butt to ball carrier

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Run Block: Down Block

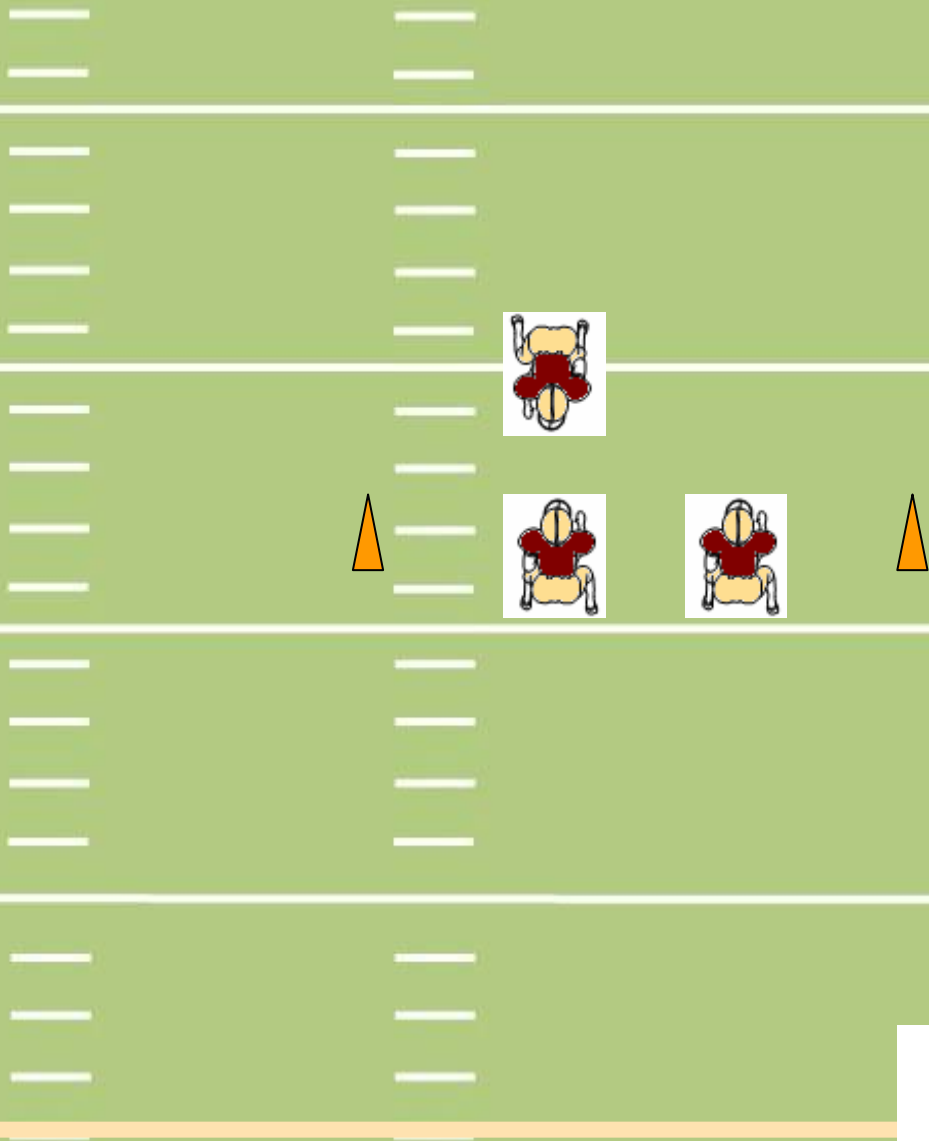
•Used for many schemes/plays such as trap and slide

•Used to fill in for a pulling lineman

•Step with BS foot at a 45 degree angle

•Head in front of defender

•Drive through hip



Run Block: Trap

Trap with 1 Call

- Drop PS foot and swing elbow back
- Pull PS and kick out D Lineman, pushing him out of the hole

Trap with 2 Call

- Drop PS foot and swing elbow back
- Pull PS and lead up hole to LB, driving him out of the way

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Run Block: Pulling

Pull & Kickout

- Drop PS foot and swing elbow back
- Pull PS and kick out D Lineman, pushing him out of the hole

Pull & Lead

- Drop PS foot and swing elbow back
- Pull PS and plant hard, cutting upfield
- Drive through to next level defender



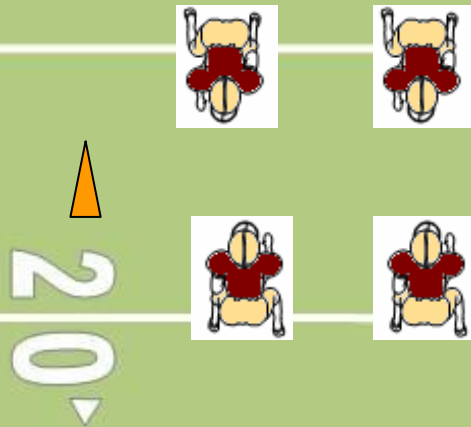
Run Block: Cross

Vs. 2 D Linemen

- Down block combined with a short trap
- Attack immediate threat 1st – closest lineman
- Outside OL down – inside OL traps

Vs. DL & LB

- Down block combined with a short trap
- Attack immediate threat 1st – closest lineman
- Inside OL down – outside OL traps



Ball Carrier



Ball Carrier



Run Block: Combo

- Covered O Lineman posts up
- Attacks PS shoulder and number
- Uncovered O Lineman scoop steps
- Attacks BS Shoulder and number
- Drive D Lineman back to LB

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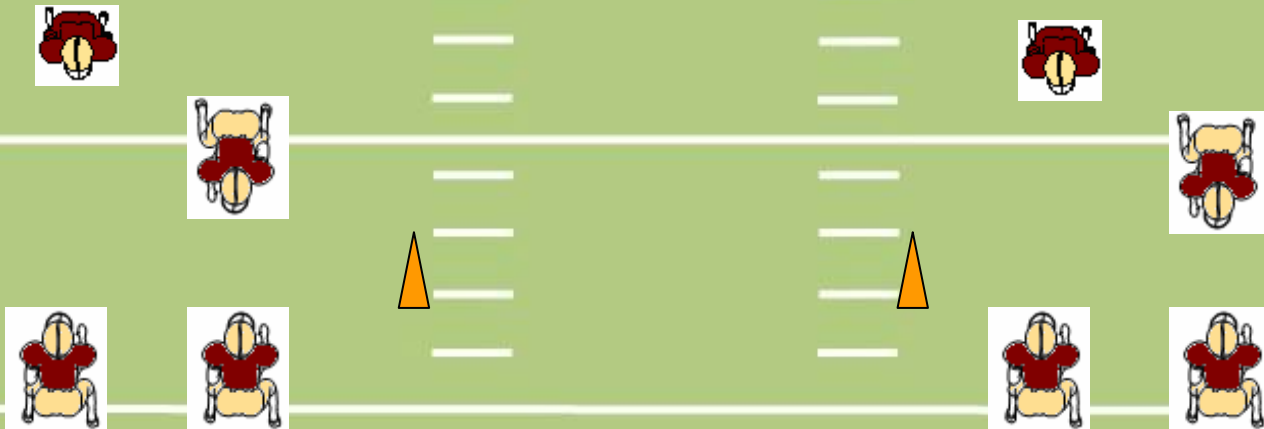


Run Block: Combo/Go

- *Start with a Combo block*
- *O Linemen keep eyes up, looking for LB*
- *Drive D Lineman back and break off of block to the side the LB chooses*

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Run Block: Slide

• **Another combination block using a down block and a short trap**

• **PS O Lineman blocks down on D Lineman in the gap**

• **BS O Lineman pulls behind the down block to the LB**



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Drills: Pass Blocking

- *Quick Set*
- *Herky Jerky*
- *Kick Step/Power Step*
- *Mirror*
- *1 on 1*
- *1 on 1 Counter*
- *Twist/Stunt*
- *Half Line*
- *Full Line Pick a Defender*



Pass Block: Quick Set & Herky Jerky

Quick Set

- Used to get the O Lineman snapping back into a proper stance
- Allows O Lineman to be ready for pass rush
- Out of 3-point stance, the O Lineman sets quickly into his pass pro stance, dropping outside foot back
- Rep out a few in a row

Herky Jerky

- Lineman is set in ready position
- Partner locks up on O Lineman's chest plate and jerks the O Lineman back & forth and side to side
- O Lineman must maintain proper base & balance

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Pass Block: Kick Step & Power Step

Kick Step

- Quick set
- Drop outside foot back
- Keep shoulders square to LOS
- Ride defender out

Power Step

- Quick step
- Drop outside foot back
- Keep shoulder square to LOS
- Drive defender inside, not letting up ground

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QB



QB



Pass Block: Mirror

1 •Used to get the O Lineman reacting properly to the defender's movements

2 •Have the defender shuffle at $\frac{3}{4}$ speed

3 •O Lineman mirrors the side-to-side motion of the defender

4 •Defender periodically steps forward – O Lineman will punch the defenders numbers when this happens



Pass Block: 1 on 1

- **Quick set**
- **Drop outside foot back**
- **Keep shoulders square to LOS**
- **Ride defender out or power step him into the pile**
- **Do not allow defender to cross your face**



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Pass Block: 1 on 1 Counter

- Same drill as 1 on 1
- Teach counters to various pass rush techniques
- Bull Rush: drop butt & sit into rush
- Spin: keep defender spinning
- Rip: clamp down on rip arm
- Swim: jack armpit or exposed biceps



QB

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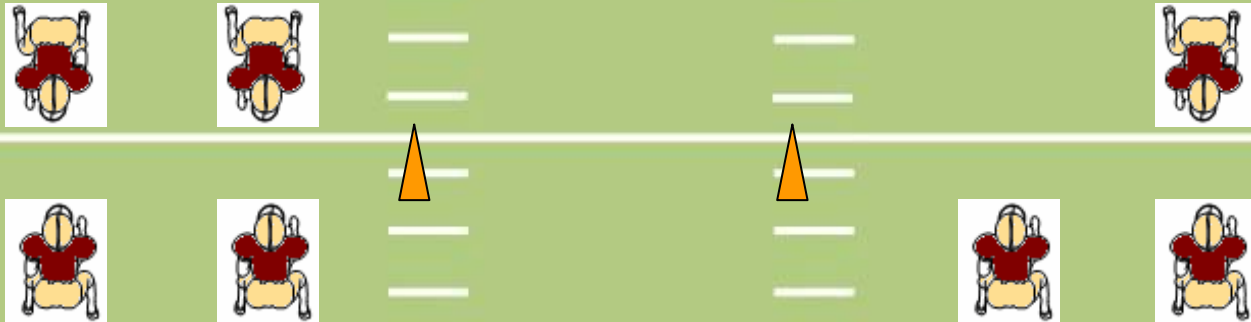
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Pass Block: Twist/Stunt

- A combination block between 2 O Linemen
- O Linemen quick set and pass pro in their zone
- One O Lineman passes defender off to partner, making a “Switch” call

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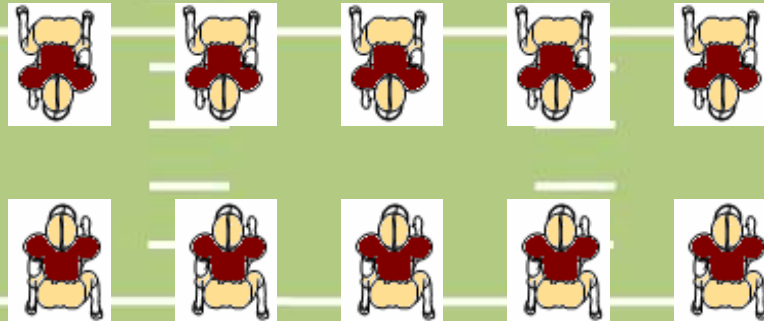


Pass Block: Full Line Pick A Defender

- Line up 5 O Linemen in their 3-point stances
- Line up 5 defenders across from them
- Coach stands behind O Line and points to one defender who will come with a pass rush
- On the snap, every O Lineman sets up in their pass pro quick set, with only the O Lineman with the rushing defender pass blocks

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COACH



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Download presentation at:

<http://savefile.com/projects/808631114>