



O-Line Camp

OFFICIAL OLINE MANUAL

What is **Hawg-Tuff!**? It is a frame of mind, a work ethic, an inspirational idea, a life-style, and a great plan to live by. I believe that in the trenches, we learn more about ourselves and our teammates than in any other situations that we encounter in life. We learn to cooperate, push ourselves and our teammates to high goals or expectation levels, accept victory with grace and loss with dignity, and learn a lot about discipline along the way. **Hawg-Tuff!** O-Linemen never lose this mind-set, even as they go on in life.

In the over thirty years that I have participated in and coached football; I have learned to love and respect the positions that make up football's offensive line. They are sometimes un-appreciated by football fans and media, but all good football people know that a good offensive line is one big key to having a successful football team. It is with this in mind that I and a number of great O-Line Coaches have created this **Hawg-Tuff!** Camps. It is a labor of love and it is our goal to make South Carolina's O-Linemen the best in the country.

This is our camp, there are no glamour-boys (Running Backs, Quarterbacks or Receivers), **ONLY HAWGS!** This is our day to work, laugh, sweat and learn. This is your camp, so get, everything out of it that you can. Do not be last in line - be a **LINE LEADER!**
Do every drill to the best of your ability.

Hawg Inspirational's

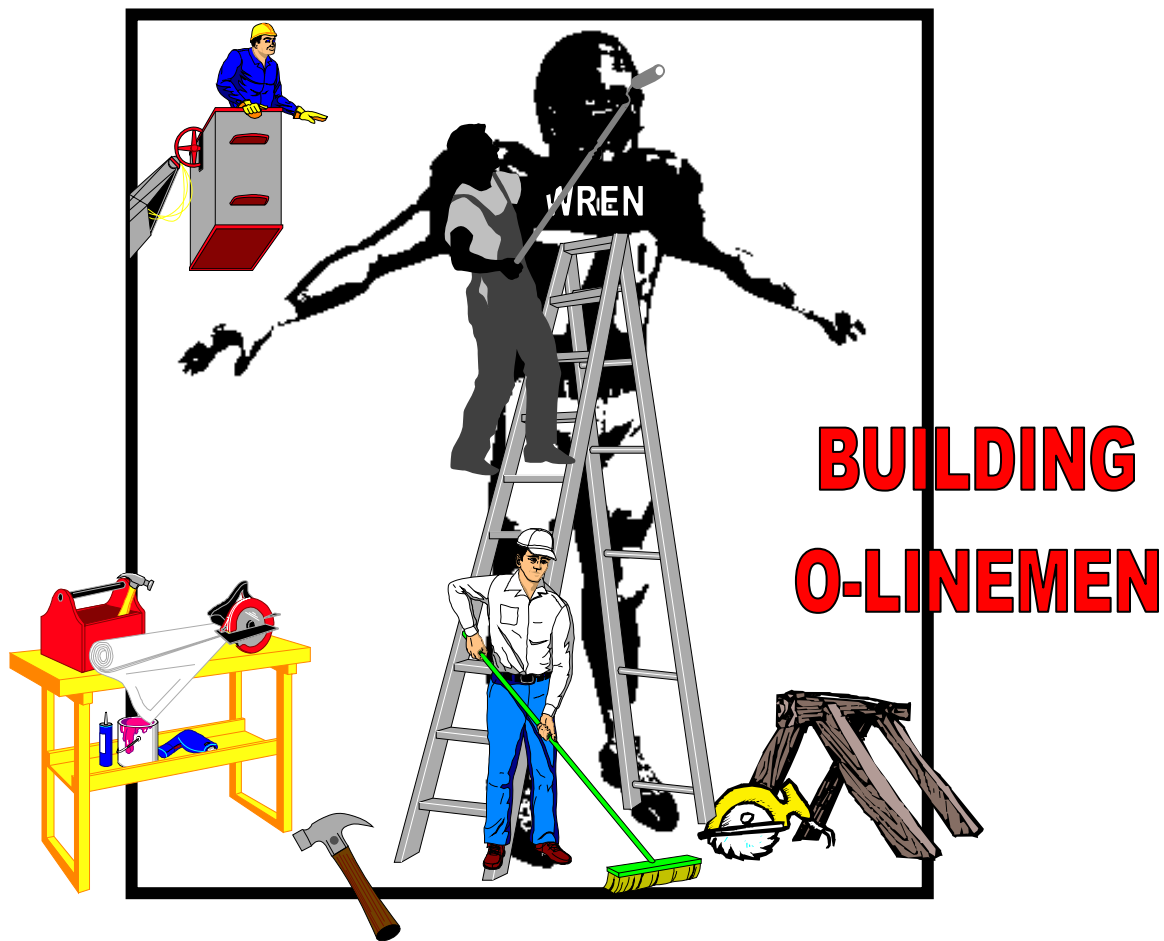
- Enter the game a gentleman, and leave the same!
- Success requires more backbone than wishbone!
- **HUSTLE**... another word for **SURVIVAL!**
- Do not blame the officials for your mistakes! Ideas are funny little things; they do not work unless you do!
- For any gain there must be some pain!
- ***Take Pride in being a HAWG!***

OUR THOUGHTS ON PLAYING IN THE OFFENSIVE LINE

The heart and soul of any good football team is its offensive line. There's no position that requires more discipline or technique than offensive lineman. Success as an offensive football team hinges on their ability to control the line of scrimmage.

To be a good offensive line requires more than just discipline or good blocking technique, it requires pride -- pride in yourself; your group and your team. A team with pride is a hard team to beat, because they're willing to do the little things that most teams aren't willing to do.

No detail should ever be overlooked, regardless of how minute it may seem. The difference between winning and losing often lies in the failure to do the little things. Not every player can be an "All-Pro," or even starter, but *everyone* can hustle and hit and be a good team man.



OFFENSIVE LINEMEN ARE BUILT NOT BORN!



It is the goal of the Hawg *Tuff!* O-Line Camps to provide fun, inexpensive, well organized and high quality learning experience for any young man who would like to be an Offensive Lineman.

HAWG MUSTS!

- An effective blocking line is an integral part of any championship team.
- The most important part of offensive line play is for all linemen to know their assignments' and techniques thoroughly.
- Repetition must be accepted as a way of life for offensive linemen. It is important that you know the defenses used by your opponents and the individual position techniques and assignments of the defenses that you see.
- We must study our opponents and know them!
- Anticipating what your opponent is going to do and the application of the proper technique is most important to the success of a properly executed block. .

To win.....It has to be like this....All of us must concentrate, have self-discipline, be willing to pay the price, and take great personal pride in what we do as a team and as an offensive line.



The Basic Fundamentals: The *little things*

1. The huddle. This is where every successful play begins. Listen and try to visualize your assignment; calls if any; keep the starting count in your mind. Jog to the line of scrimmage -- never walk -- this is a positive psychological advantage over your opponent.

2. The starting counts. In order to control the line of scrimmage, it's extremely important to execute the starting count. The single greatest advantage the offensive line has over the defense is that they know when the ball will be snapped and where the play is going. You want your offensive line to explode out together -- like a well-oiled machine.

3. The pre-set. Guards and Tackles should use a pre-set upon reaching the line of scrimmage.

- **Base:** Shoulder-width but never wider.
- **Feet:** Toes pointing straight ahead with feet parallel to one another -- the weight is evenly distributed on the balls of both feet.
- **Elbows and hands:** Elbows resting slightly above the knees, with hands forming fists facing one another.
- **Shoulder, back, tail:** The shoulders should be square to LOS with the back flat or parallel to ground. The tail should be an extension to the back and shouldn't be in a drooping position.
- **Head and neck:** The head and neck should be an extension of the shoulders, back and tail. You want your neck to be in a semi-bowed position, not in a "bulled-neck" position that forces the tail to droop.
- The *little things* are the basic fundamentals that pertain to offensive line play before the different techniques of blocking can be mastered, the offensive line must show tremendous discipline and take great pride in doing these *little things* correctly.

The fundamentals that need the constant emphasis and repetition are as follows: pre-set; stance; one-step explosion; pull technique; line up and splits; takeoff; and proper sets for pass protection. These so-called *little things* will not be improved by just paying lip service to them. They need to be done as often as time will allow.



THE OFFENSIVE LINEMAN'S STANCE

The most basic thing, and often overlooked weapon in our arsenal, is the stance. We have practiced it since we were infants playing with our parents. Yet, I see linemen using bad form all the time. A proper stance is one of the most important things for offensive linemen and can be the difference between victory and defeat.

Key Points To Remember

The feet should be about arm pit width, no wider than your shoulders. (Avoid the SUMO or SPRINTER style stances)

The toes should point straight ahead; we don't want to point the defender in the right direction. (Trick) Test the defender across from you: Point one of your feet in a direction opposite the play. Then see if he goes with your bluff. If he does, you will need to make sure your stance is textbook perfect from now on. If he doesn't bite for your lure, you may be able to get away with a little cheating (this is something I do early in the game.)

Once your feet are set, drop into a squatting position and extend the down hand slightly inside the near foot, forming a tripod. Use the hand closest to the ball as your down hand. The weight should be distributed between the ball of the feet and the down hand in a 60-40 ratio. The off hand needs to be ready for quick use (I prefer to have the off hand resting above my knee between my wrist and elbow).

Your shoulders should be square to the line of scrimmage and parallel to the ground. The back flat with the shoulders elevated slightly. KEEP YOUR HEAD UP! It is hard to see the blitz if you are looking at the ground. Adjust your stance so that you can see what is going on without any neck strain. Neck rolls and xxx shoulders pads may reduce your ability to lift your head. If this is the case, drop your butt to the ground and rotate your hips forward.

The stance is the basic key to all good things on the offensive line. If you start having problems with a defender, go back to the basics and see if you are slacking off with your stance.

There are three basic stances for offensive linemen, the 2-point stance, the 3-point stance, and the 4-point stance.

The two point stance has the lineman in a stance where the fingers are not touching the ground. Neither are the player's hands to rest on the knees as this is often an indication of fatigue. The hands should be slightly extended in front of the body, palms down, fingers flexing, elbows tight to the body, knees bent, and slightly bent over at the waist. Weight should be centered on the whole of the foot or slightly shifted toward the balls of the feet, but never on the heels. Feet are shoulder width apart, toes directly ahead. Many coaches allow the offensive line to use the two point stance in obvious passing situations.

The three point stance continues from the two point stance. The player bends over at the waist and places the three forward fingers of the strong hand to the ground. The rear end drops parallel to the ground as the knees bend. The head is up and looking straight ahead. The strong side foot (the same as the hand) is one foot behind the other foot with the ball of the foot touching the ground. The player drives off with the up foot first. A good way to test the player's stance is to quickly remove the hand from its anchor to the ground. If the player

falls forward, too much weight was supported on the hand. A player should be able to drop his hand to the ground, and pick it back up without obvious torso movement.

In the four point stance the player places the second hand to the ground as well. The weight ratio between the hands and feet in the four point stance is 1-1. This stance is often used by linemen in obvious running downs to keep the line low and firing out at the opponent. It is also used by many power running teams as they pass very infrequently. It is difficult to pass block from the four point stance. A player may have a natural affinity for a particular stance, or even have modified a stance to his liking, and a coach should be sure to use the one best for each specific instance.



Coaching Points of the DRIVE BLOCK

Duck

1. Knees bent and inside ankles.
2. Back arched. Weight balanced.
3. Feet slightly wider than shoulder width.
4. Work off of insteps.
5. Toes pointed slightly to outside.

Fit

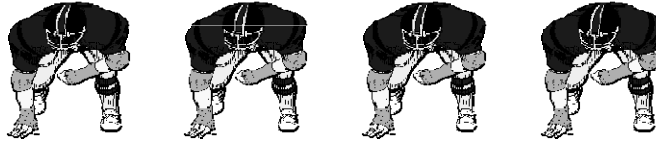
1. Eyes lower than defenders, get a bite.
2. Punch and grab under pectoral pads.
3. Lift- snap hips on movement.

Finish

- Chase him with feet, accelerate.
- Maintain Base.

Play through to whistle.

GOOD LINE DRILL!



Purpose: To improve the fundamentals of offensive line play in a non-contact drill.

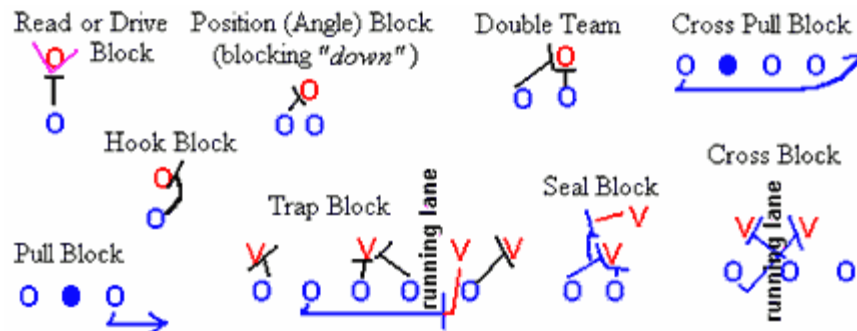
Equipment: Work off of lines -- back end of the end zone or a side line will be excellent -- lines will aid the players in getting into a good square-up position.

Instruction: Offensive linemen will align along the line so that they can place their hand on the line when in a three-point stance. Work the entire group at the same time so that they can get more repetition within a shorter period of time.

- **Pre-set:** Good base -- feet parallel, weight on balls of the feet. (Work on snapping down together to a three-point stance).
- **Stance:** Toes towards goal line -- "Z" on knee, slight stagger, weight evenly distributed on three points.
- **One-step explosion:** Ability to explode out of stance on different angles: a) straight ahead; b) angle right; c) angle left.
- **Pull technique:** Right -- whip and pivot; left -- jump turn.
- **Line up and splits:** Guards set the lineup -- align with down hand along center's belt line. Tackles -- align on up foot and down hand of the guard.



BLOCKING TECHNIQUES



There are ten basic types of block an offensive lineman uses. There are three Golden Rules of Blocking. First, the blocker must keep his head between the defender and the play, maintaining proper position. Second, the feet never stop moving. And third, blocks are maintained until the whistle.

The Drive Block calls for the blocker to fire out low and hard on the defender hitting him squarely between the numbers, pumping the legs vigorously and driving the defender from a specified area. During the driving motion the open hands extend and the elbows lock.

The Read Block calls for the blocker to make contact with the defender in the middle of the torso and "read" the defender. The idea is the defender will choose a shoulder to attempt to go around, and the blocker then proceeds to assist the defender in that direction.

The Position Block has the blocker position himself between the play and the defender. If the defender to be blocked is already lined up in such a manner, this block might be referred to as an Angle Block. If the defender has the superior angle on the blocker, then the blocker will attempt to "Hook" the defender. This is accomplished by making contact with and sliding the head to the outside of the defender. The blocker turns his behind to the running lane fully placing himself between the defender and the play. The hands are extended.

The Double Team Block is when two blockers block the same man usually to expose an area or isolate a defensive back with a running back.

The Trap Block is when a blocker (usually a Guard) pivots the foot furthest from the direction he is going, driving of that foot and coming down the line of scrimmage in order to trap or kick out a defender left unblocked for this very purpose. More times than not the unblocked defender will penetrate into the back field making the trap block both highly visible and effective.

The Cross Pull Block has the pulling blocker coming from his own side of the line across the Center position to the other side. The Pull Block occurs when the pulling player pulls to the same side of the line he is on, going even wider toward the side line.

The Seal Block occurs when a blocker's main objective is to seal off defensive pursuit from one side of the line of scrimmage to the other.

The Cross Block attempts to take advantage or pre existing angles at the point of attack. Which blocker "goes first" is determined by the running lane and defensive alignments and tendencies. Good communication between the offensive linemen is a must in order to properly execute a good cross block.

"THRUSTING THE HIPS"

A drill too often over looked, but wholly fundamental to the offensive line is the duck walk. Time and time again linemen stand up during the execution of plays on the field during games; yelling for them to stay low is not enough. This drill will help with the execution of the "thrusting the hips" because it establishes the hitting position for the lineman; which differs from a linebacker or defensive lineman. Offensive linemen need endurance in their legs above all to maintain low hitting position and to move during pass protection.

Coaching the drill:

Position One: Begin with the feet shoulder width apart and slightly staggered (either one foot slightly further back than the other).

Position Two: Bend the knees, not the back, to a 90 degree angle so that hips are parallel with their knees. This is a weightlifting squatting technique.

Position Three: Bend at the waist setting belly on the thighs. This will naturally bring their hips up slightly. Their back should be as flat as a table.

Position Four: With a flat back, do not let them pick their bellies up from their thighs, roll their neck back so that their eyes are looking forward.

Coaching Point: Necks rolled back and bellies on thighs try this for five yards.

The lineman's legs should fatigue pretty quickly. Over time lengthen the distance from 5 yards to 10 yards and so forth.

This drill will help them in the chutes, and get them comfortable with going out on linebackers low and ready to explode up through them. Don't let your lineman go out on linebackers half way cocked; have them stay down!!

INSIDE RELEASE



Equipment Needed

- A large blocking dummy, two cones, football

Purpose

- To teach and practice the proper fundamentals and techniques of executing an inside line release.

Procedure

1. Lay a large blocking dummy in the neutral zone at the offensive tackling position on a selected line of scrimmage. Place two cones downfield relative to the positions of the pass drop of two inside linebackers. (See diagram)
2. Position a tight end in his stance in his normal position. Other tight ends stand behind the first drill performer.
3. A defensive end is aligned over the tight end and is instructed to prevent his release.
4. The quarterback (coach) with football is positioned in normal alignment.
5. On quarterback's (coach's) cadence and snap count, the tight end executes his inside release and runs his predetermined pass route. (See diagram). When the quarterback passes him the football, he makes the catch and turns and sprints upfield.
6. Drill continues until all tight ends have had a sufficient number of receptions.
7. Drill should be conducted both left and right and from various field positions.

Coaching Points

1. Always check to see that the tight ends are aligned correctly and are in their proper stance.
2. In executing the inside release, instruct tight end to take short jab step at 45° angle to the inside with the inside foot. They then should drive up field off the inside foot and escape the defensive end by executing a forearm blow to the inside shoulder of the defensive end.
3. Instruct the tight ends not to use cross over steps.
4. Insist that all tight ends execute their predetermined pass routes correctly and at full speed.

Safety Factors

1. Proper warm-up should precede drill.
2. Drill area should be cleared of all foreign objects.
3. The coach should monitor closely the intensity of the drill.
4. Instruct the defensive end not to be overly aggressive.
5. Instruct tight ends as to the proper fundamentals and techniques in executing the inside release.

Drill Variations

1. Can be used as an outside release drill.
2. Can be used as a slot back drill.
3. Can incorporate linebackers.
4. Can be used as a linebacker and defensive end drill.

PASS BLOCKING

Use a "Two Point Stance." When beginning with a "Three Point Stance," the lineman pushes up with the down hand to get into a "Two Point Stance" position.

Feet - take a small step toward the center with the inside foot...

Knees - knees flex to lower the hips...

Hips - parallel to the line...

Elbows - close to the body, bent...

Hands - a few inches from and even with the lineman's numbers, thumbs touching, fingers point up, palms facing the defender...

Shoulders - parallel with the line. The offensive linemen "stiff arm" the defenders with locked elbows and open hands. The offensive linemen then recoil, and deliver another blow. This sequence is repeated until the pass has been thrown.

Offensive linemen do not block in pass protection until a certain count; rather they maintain their blocks for several reasons. The pocket is designed to push the pass rush to the outside edges of the pocket. For this reason, the outer edges of the pocket are usually the first to break down. When and if the quarterback feels pressure from the outside, he steps forward. When the QB steps up, the linemen are given new angles to resume their pass blocking.

For short, quick passes, offensive linemen do not recoil or step back. Instead they fire off aggressively hitting the defender to the mid section. This "Fence Blocking Technique" serves two purposes. First, it tends to keep the defenders hands down so as not to allow the defender to reach out and bat down or tip a passed ball. Second, it keeps the offensive linemen from stepping back and getting in either the quarterback's way or the passing lane.

PASS SET PUNCH

Often times the core fundamentals of execution are lost in everyday practice. Here is an overview of an offensive line tactic designed to reset the pass rusher, and fundamentally assist in protecting the quarterback.

1. Hands must come up from the ground not from the hips, on set. Get hands up to eye level with the thumbs up and elbows slightly bent and inside the frame work of the body.
2. Snap head and hands up and sit in a coiled position with a good wide base.
3. Bend at the knees not at the waist. Waist benders will give their shoulders up to pass rushers. Throw the chest out, work for an arched back and keep separation.
4. Keep thumbs up and palms open. Snap through the jab with elbow extension. Try to get the defender to reset his feet.
5. Punch out and up. Jam must be inside the framework of the body.
6. Focus on the target. Punch through it.
7. Do not wind up the punch. The punch is more of a 6" to 8" jab. Maintain contact with your feet on the ground.
8. If you miss on the jab, reset and jab again. Jab feels good if the defender has to reset himself.

STANCE AND START

4. Stance

In our system the Offensive Line is asked to do a number of athletic movements. For our lineman to execute proper blocking techniques they must first be in a good football stance.

A. Feet (with proper foot placement a solid base can be created)

1. Placement of the feet should be just wider than shoulder width and parallel.
2. Toes are pointed straight ahead
3. Knees should be in line with the inside portion of feet, with patella over the toes.
4. When in stance feet are flat on the ground with little or no rise in the heels.
5. Weight of the lineman should be distributed on the instep of feet.

B. Power Angles

1. Lineman should understand that power angles are formed at ankles, knees, and hips, using these joints to lower their center of gravity. With this understanding they will be able to make the proper steps and always be in a good football position.
2. Allow the ankles to be flexible and push the patella over and ahead of toes keeping feet flat on the ground
3. Lower hips so thighs are parallel to ground, and create the "Z" in the knee.

C. Hand

1. Placement of the down hand should be just in front of the shoulders and just inside of the knee.
2. Weight is slightly forward and supported by down hand. The athlete should be able to move in any direction.
3. Free hand is flexed in a comfortable position to the lineman's side as tight to the body as possible ready to deliver a blow.

D. Shoulders

1. When in a stance, shoulders should be as level to the ground as possible.
2. Shoulders must be square to the line of scrimmage.
3. Shoulders and butt are even to create a flat back

E. Head

1. Naturally cocked, not strained
2. Head and eyes up
3. Focus on aiming point through eyebrows

Summary: the lineman should use his stance as the foundation of each play. He must be able to take his steps and always be in a **GOOD FOOTBALL POSITION** while executing his assignment.

5. Start and Steps

A. Steps – First step is a step we use to put our lineman in the best possible position to be powerful and successful. This is a directional step that will direct player in the correct direction and help him complete his blocking assignment. In run blocking it is important to keep pad level over toes.

The following are steps that will offensive lineman will drill every day.

1. ***Drive Step***- a six-inch straight-ahead step used during drive blocking.
2. ***Lateral Step***- is a step used to gain position on the defender. A lateral step can vary in length according to the alignment of the defender. If alignment dictates for the lateral step to be more than eight inches (which will cause a poor base) a drop step should be used.
3. ***Replacement Step***- is used a timing step in zone blocking techniques and during various combo blocks. Used when the first level defender is leveraged.

4. **Weight Transfer Step** (Weight Adjustment) - It is quick. Powerful, step which allow the lineman shift weight from balance stance to the direction of the blocking assignment. This step allows for a cross over step to follow, which enhances the amount of ground that can be covered by the offensive lineman during zone blocking.
5. **Bucket Step**- Used by guards and tackles when pulling to a second level defender. This allows the lineman to get depth without getting caught in the slush of the line of scrimmage.

I. Contact

1. *Base*- feet should be just wider than shoulder width, with a slight stagger.
2. *Punch*- is the first contact point of the block, thumbs up punching upward not outward squeezing elbows together, aiming point is the left, right, or center of the breastplate depending on the play. Head should be lower than the defenders chin with the neck bulled with eyes up.
NEVER MAKE CONTACT WITH HEAD FIRST.
3. *Demeanor Walk* (blocking the defender)- Offensive lineman must maintain a wide base with the proper power angles ("Z" in the knee) while driving the defender the offensive lineman must keep as many cleats in the ground as possible, Simulate pushing a parked car.
4. *Finish*- drive through the defender while benching the defender away, trying to step on his toes.

SPLITS AND LEVELS

I. Splits

- A. Line splits are used to gain an advantage over our opponent and may vary based on the technique of the defender and offensive play called. Splits combined with levels are very effective and essential in every blocking scheme. Base line splits are two feet. In zone blocking it is the responsibility of the uncovered lineman to expand or reduce the split to gain the advantage. In man blocking schemes it is the responsibility of the covered lineman to adjust his splits to gain the advantage. *Note:* covered and uncovered are not the only criteria for the adjustment of splits. Consideration must be given to the players involved in the blocking scheme and the point of attack.

II. Levels

A. Levels are the vertical depths off the football that can give offensive lineman advantages in executing different blocks.

1. **Level 1**- Line should crowd the ball/ line of scrimmage as much as possible.

LEVEL 1



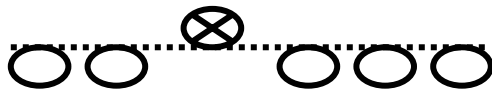
2. **Level 2**- Alignment is such that the head of the offensive lineman is intersecting the numbers of the center.

LEVEL



3. **Level 3**- Alignment is such that the head of the offensive lineman is intersecting the belt of the center. Offensive lineman should be as deep as possible.

LEVEL



REACH DRIVE BLOCK

This technique is used when we have to block a defender solo and we must prevent him from beating us to the point of attack. The first two steps are very important. The first step is referred to as lead step, the second step is referred to as the crossover step

LEVEL: 2

TECHNIQUE: Take a *Replacement, Lateral, or Weight Transfer* step with your front side (Lead) foot. Then take a crossover step with your backside (Trail) foot. How big of a lead step and crossover step you take will depend on three things.

1) Shade of the defender. 2) Movement of the defender. 3) Point of Attack.

Based upon these three elements you will use one of three types of second steps. **Tight Crossover, Middle Crossover, and Large Crossover.** Tight Crossover, Middle Crossover, and Large Crossover refer to the degree of which your crossover step comes in front of your body and subsequent aiming point of the punch. Tight and Middle Crossover will be use along with a replacement or lateral lead step. Large Crossover will be used with a Weight Transfer Step.

Below are the types of Reach Drive Blocks.

- On a **Tight Steps Reach Drive**, the aiming point of your crossover step will be the near foot of the defender. Your outside hand will be used as your control hand and control the outside breast plate of the defender. This technique will be used when the play is inside you to the play side. When a defender is slow moving or shaded to your inside
- On a **Middle Steps Reach Drive**. The aiming point of the crossover step will be the midline of the defender. The punch will be with the inside hand to the middle of the defender, and your outside hand will be used as leverage and control of the defender. This technique will be used when the play is inside you to the play side, when a defender is pursuing with regular speed or aligned on you.
- On a **Large Steps Reach Drive**, the aiming point will be the outside knee of the defender. The punch will be with the inside hand to the outside breast plat of the defender. The lead hand will be used as a control hand

and to maintain leverage on the defender. This technique will be used on plays where the point of attack is not near the blocker, or the defender is pursuing quickly or is aligned to your outside. **Note:** head placement will be on the outside number on Tight Reach Drive.

Follow Through: a Demeanor walk technique will be used to finish off the block. Demeanor Walk is a series of weight transfer and crossover steps, with the degree and speed of the crossover based upon movement of the defender and point of attack. (Butt Block)

Zone Blocking Techniques

Power Scoop

The Power Scoop is a two adjacent **Reach Drive Blocks** by a covered and uncovered with “Zone” principles.

Level: 2 (Covered) 2 to 3 (Uncovered)

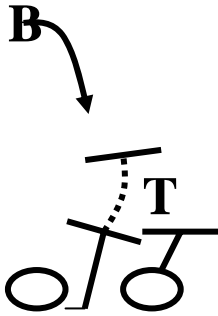
Technique: (Covered Lineman-Lead Man)- Execute a tight, middle, or large Reach Drive block technique working to a fit double team with zone principles. Priority for the OL is to move the first level defender with a fit double team while reading the second level defenders (LB). The second level defender determines who will either stay on the first level defender (DL) and performing a reach drive block or climb to the second level defender executing a reach drive block. If the second level defender plugs or runs through trail gap he becomes the trail mans responsibility while the lead man executes a Reach Drive Block on the first level.

(Example A). If the second level runs over the top of the double team the trail man pushes the lead man off to the second level and over takes the first level defender. The lead man climbs to the second level defender and executes a Reach Drive Block **(Example B)**. If the second level defender sits behind the first level defender the lead and trail man stay on the fit double team and the two together put the first level defender in the second level defenders lap. **(Example C)**

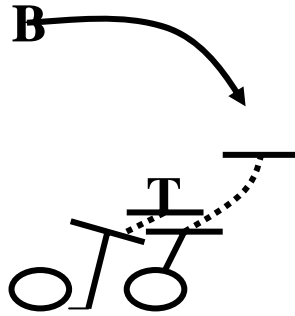
(Uncovered Lineman-Trail Man)- Execute a tight, middle, or large Reach Drive block technique with zone principles, reading the second level defenders (LB) for the OL to read either to stay with the first level defender (DL) or climb up to the second level defender. If the second level defender plugs or runs through he becomes the trail mans responsibility and the trail man executes a Reach Drive Block on the second level defender **(Example A)**. If the second level runs over the top of the double team the trail man pushes the lead man off and over takes the first level defender and performs a Reach Drive Block on the first level defender **(Example B)** If the second level defender sits behind the first level defender the lead and trail man stay on the fit double team and the two together put the first level defender in the second level defenders lap. **(Example C)**

Follow Through: Demeanor Walk

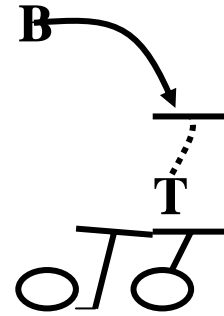
Example A



Example B



Example C



Application of Tight, Middle, or Large Crossover

INSIDE ZONE



MIDDLE ZONE



OUTSIDE ZONE



ZONE CALLS- these calls will be made between the offensive line to reassure blocking assignment. The first letter in the call identifies the trail man and the last letter keys trail man.

O-LINE CALL SHEET

ZONE CALLS

CAGE- CENTER & GUARD DOUBLE TEAM TO THE LB

COG- CENTER & GUARD DOUBLE TEAM TO THE LB

GUT- GUARD & TACKLE DOUBLE TEAM TO THE LB

TAG- TACKLE & GUARD DOUBLE TEAM TO THE LB

TATE- TACKLE & TIGHT END DOUBLE TEAM TO THE LB

FAT- FULLBACK & TACKLE DOUBLE TEAM TO THE LB

RAT- RAM & TACKLE DOUBLE TEAM TO THE LB

HIGH WALL- TIGHT END OR FULLBACK BACKSIDE ON ZONE

TRIPLE- WHEN THE END TWO MEN ON THE LOS ARE COVERED, BRING THE NEXT INSIDE GUY ALONG

30 SERIES CALLS

CHEVY- MAN BLOCK

BLUNT- STRAIGHT DOUBLE TEAM TO THE LB

ROPE- PULL BLOCK

BACK- CENTER BLOCKS BACK ON DOWN MAN

STICK- DETERMINES WHO IS STAYS ON "G"

PASS GAME CALLS

SOLID- VS. 4-3 & 5-2 CENTER & TWO GUARDS ON NOSE AND TWO BACKERS

RIP/LIZ- VS. 4-4 IF TACKLE TO TIGHT END SIDE IS UNCOVERED, CENTER GOES AWAY, IF COVERED, CENTER WORKS TWO THE TIGHT END SIDE

HOME- THE TIGHT END IS DEAD

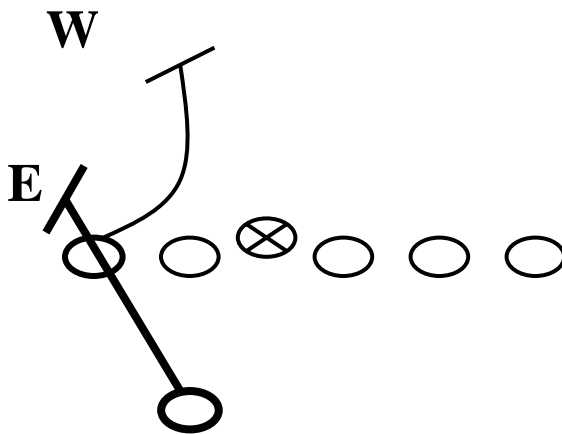
SQUEEZE- BETWEEN THE TACKLE AND GUARD IF THE TE CAN NOT GET TO THE SAM BACKER

CLOSIT- TELLS THE BACK TO PICK UP THE DE VS. "B" GAP WALK UP- TACKLE AND BACK CHANGE RESPONSIBILITY

CUT OFF/ HIGH WALL- this is used on the off/ backside of inside zone. This block is executed by a fullback or tight end on the end man on the line of scrimmage or the C Gap defender.

TECHNIQUE: Execute a reach drive technique (Middle or Large). If the defender stays to the outside take steps with inside foot up field, pivot hips to stay to the defender and use control hand to punch up field shoulder of defender.

NOTE: If defender squeezes execute a butt block



CUT BLOCK- this technique is used when we want to get a defender off his feet. It is most effective when used as a change up on a defender.

TECHNIQUE:

Aiming point is the inside part of the outside leg of the defender. Use your inside arm to punch through aiming point. Do not throw your body. Punch when you are stepping on the defenders feet. Get your body north and south on defender and lock your hip on him.

Follow Through: Crab Demeanor

DRIVE BLOCK- this is used in short yardage goal-line situations

TECHNIQUE: Take a lead step with inside foot. With second step adjust to the defender. (Pinch, Slant, or Angle) The second step should keep you square with the defender. The punch should be executed on the second step and with two fists through the defender numbers with lifting action on the third step working towards a good football base. (Width)

Follow Through: Demeanor Walk

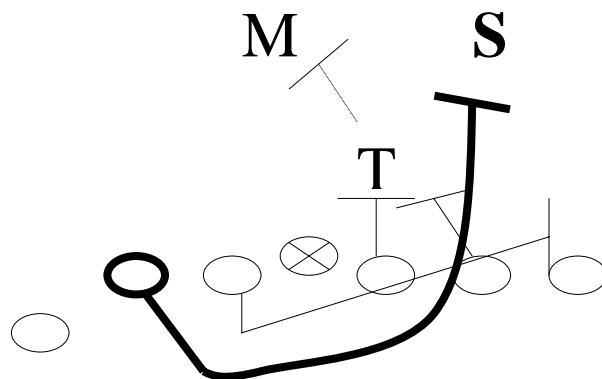
PULL BLOCK- this technique is used in a man-blocking scheme by our tackles, fullbacks on counter and guards on "G". It allows us to bring an additional blocker to second level defender at the point of attack.

LEVEL: 3

TECHNIQUE: Tackle takes a bucket step with his inside foot to get depth, followed by a crossover with his outside foot. The offensive lineman will run parallel to the line of scrimmage while keeping his shoulders square and eyes up. Offensive lineman must anticipate the path of the second level defender based on the point of attack. When engaging with the second level defender the blocker's aiming point must be to the inside number while remaining square to the line of scrimmage, giving the ball carrier a two way go.

Follow Through: Demeanor Walk

Example Below: Left Tackle Pulling to Sam linebacker



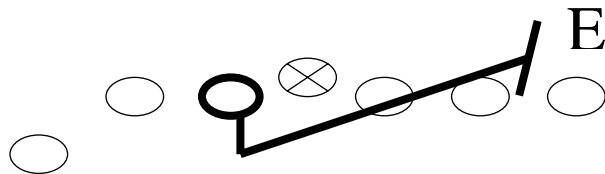
TRAP BLOCK- This technique is used in a man-blocking scheme by our guards in an on counter trey and guard trap. It allows us to pull a backside lineman behind the LOS to trap a defender.

LEVEL: 3

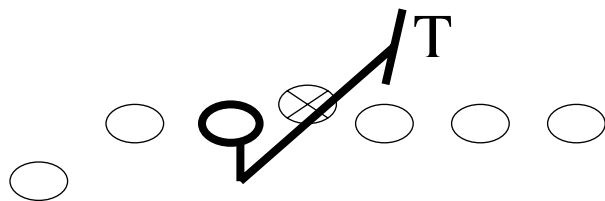
TECHNIQUE: The offensive lineman takes a drop step with his inside foot and a replacement step with his outside foot. Pivots hips and works down hill for the designated trap man. If the defender opens to the trap- attack the up field number, if the defender keeps shoulder square/ parallel to the LOS attack the V-of neck using the free hand on defenders hip for leverage. Trap must be block inside out.

Follow Through: Demeanor Walk

Trap on Counter



Trap on Guard Trap



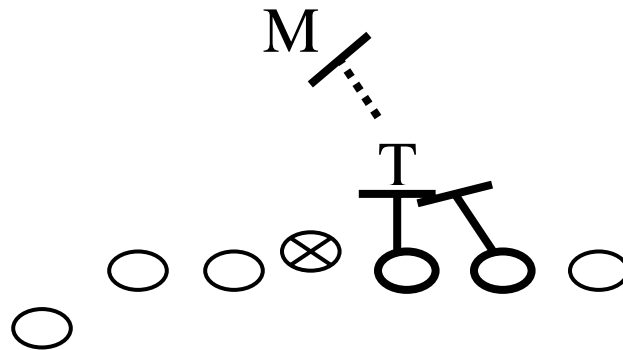
Tackle & Guard Double- technique is a combo block used on the front side of Counter Trey and Power play. This is used when the front side guard is covered. The double team is between the front side guard and front side tackle to the first second level defender in A-Gap or behind.

LEVEL: 2

TECHNIQUE: Front side guard should execute a drive block on the defensive lineman while securing A gap understanding that help will come from the adjacent tackle. Tackle will take down block steps punching through the play side shoulder of the down defensive lineman while securing B gap. The purpose is to have a double team at the point of attack and to create movement. Depending upon the movement of the second level defender will determine who will climb to the second level. If the second level defender runs over the top the tackle will chip off to the linebacker. If the second level defender runs through A gap the guard will chip off to the run thru while the tackle will overtake the down defender. If the second level defender sits behind the double team the guard and tackle will stay on double team until the chip off is decided. When climbing to the second level it is important for the lineman chipping off to be under control and not to swing and miss at the second level. **General rule is physically on the first level and mentally on the second level.**

NOTE: It is important to get movement on the first level and be patience moving to the second level.

Follow Through: Demeanor Walk



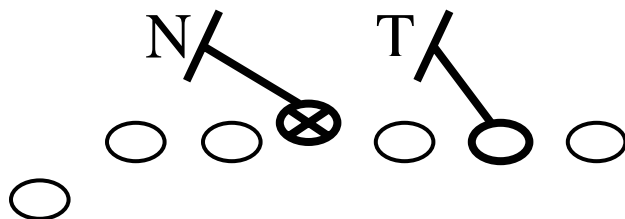
DOWN/ BACK BLOCK- is executed when an offensive lineman blocks the next down defender away from the point of attack.

LEVEL: 2

TECHNIQUE: take a six inch position step at the defender down hand, depending upon the defenders speed/ quickness, alignment and reaction would justify adjustment to aiming point. Aiming point should be the V-of neck to the near up field number. The blocker should step behind the heel defender allowing the defender to be pinned or wall off from the point of attack. The punch should be aggressive and used to maintain control of the defender.

NOTE: Must not allow penetration or the defender to cross face down the LOS

Follow Through: Demeanor Walk



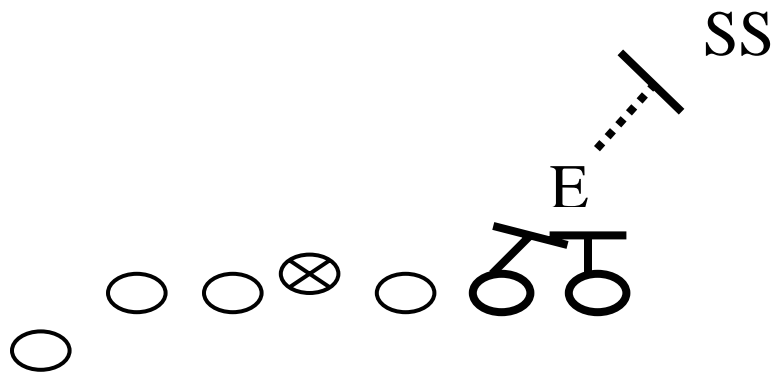
Tackle & Tight End Double: This technique is a double team used by the tackle and tight end to a defender outside the point of attack. The block is executed on LB/ DE covering the tight end to LB/ SS aligned outside the point of attack.

LEVEL: 2

TECHNIQUE: Tight end should execute a drive block on the down defender while securing edge and understanding that help will come from the adjacent tackle. Tackle will take back block steps punching through the near shoulder of the down defender while securing C gap. The purpose is to have a double team at the point of attack and to create movement. The movement of the second level defender will determine who will climb to the second level. If the second level defender runs over the top, the tackle will chip off to the linebacker. If the second level defender runs off the edge, the tight end will chip off to the linebacker while the tackle will overtake the down defender. If the second level defender sits behind the double team the tight end and tackle will stay on double team until the chip off is decided. When climbing to the second level it is important for the lineman chipping off to be under control and not to swing and miss at the second level. **General rule is physically on the first level and mentally on the second level.**

NOTE: It is important to get movement on the first level and be patience moving to the second level.

Follow Through: Demeanor Walk



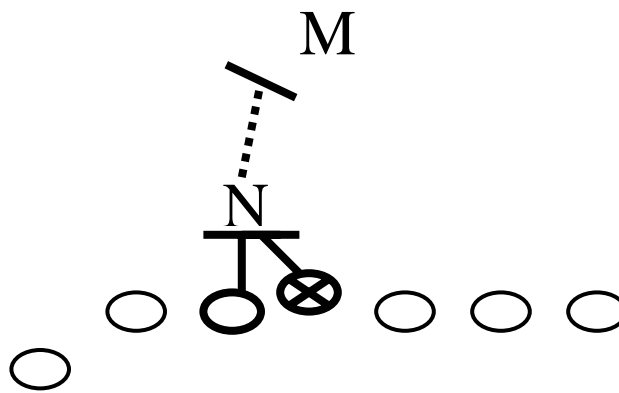
Center Guard Double: This combination is executed between the center and play side guard. This double team will secure play side A and B gap at the point of attack chipping off to the first linebacker A gap or behind.

LEVEL: 2

TECHNIQUE: Front side guard and center will use lateral steps to half of the down defender staying shoulder to shoulder, hip to hip while keeping shoulders square to the LOS. Reading the second level is key if the defender runs through A gap the center will chip off. If the second level defender runs through B gap the guard will chip off.

NOTE: Be physical on the first level, and think mental on the second level.

Follow Through: Demeanor Walk



PASS BLOCKING TECHNIQUES

Pass Protection Keys

- **Phases of pass protection**
- **Set the feet (Quick to the Set)**
- **Balance the body (Wide base with stager)**
- **Control the Punch (attack the defender)**

Teaching Progression

Fundamentals

- 1) Know where the QB is to set and the depth of his set.
- 2) Understand alignments and movement of rushers.
- 3) Use correct levels/ splits and stance
- 4) Maintain your "square" balance and angles (Keep the door close, feet lead hands)
- 5) All set should maintain leverage between QB and rushing defender
- 6) Operate under controlled aggressive, never lose poise
- 7) Always know where your help is.

Stance

- Feet should be shoulder width apart
- Post Foot – Closest to QB
- Set (Kick) – Away from QB
- Weight Balance- distribution on instep of your feet
- Knees Buckled- should be locked inward to shrink expansion of your hips, and controls weight distribution

Back & Shoulders

- Erect – should be perpendicular to ground and create 45 degree angles with your legs

Head & Eyes

- Up & Out- should control chin in upward manner

Arms

- Relax set high and tight to body ready to deliver punch to defender.
- Elbows cocked

Sets

- Aggressive at LOS
- Drop set checking 2nd level defender inside out
- Vertical –Edge Rushers
- Open- Slide side work depth 1st then width
 - Inside Rusher
 - Outside Rusher
 - Wide Rusher

Positioning & Targeting

- Inside out relationship
- Square to defender / Square to QB
- Frame feet to target
- Focus on target

Movement (feet) keep feet active

- Uncovered Drop 1st step with inside step (Active Feet)
- Slide Shuffle (Kick)
- **Tilt (Head) opposite movement/ punch**
- Maintain Square (keep door closed to LOS)
- Mirror defender
- Slide Shuffle keep feet active (Keep the door close, feet lead hands)
- Aggressive set take as much of the ball as you can
- Once inside leverage is gained walk demeanor the defender away from QB

Punch

- 1st meaning touch wins.
- Measure the defender (understand your punch radius)
- Patience is the key (don't give defender what he wants)
- Elbows tight & cocked
- Snap wrist- contact in an upward motion with heel of hand (Not outward)
- Target the punch – aiming point is the inside portion of numbers of a relative position. (Inside leverage wins)
- Feet & Hand active before punch never be stationary
- Maintain posture Keep even tilted and shoulders back
- One hand vs. two hand
- Lock out

STANCE

1. FEET

- a) **Post Foot**- is the foot closest to the quarterbacks set (inside). It should be slightly forward.
- b) **Kick Foot**- is the foot furthest away from the quarterback set (outside). It should be slightly back.
- c) **Weight**- Balance distributed on instep of feet.

2. KNEES

- a) Buckled, should be cocked inward to shrink the expansion of your hips and control the weight distribution

3. BACK & SHOULDERS

- a) Erect at 90 degrees- shoulders should be perpendicular to ground and create 45-degree angle with legs.

4. HEAD & EYES

- a) Eyes should up and out, control chin in an upward manor

5. ARMS

- a) Arms should be raised and relax within the framework of the chest.

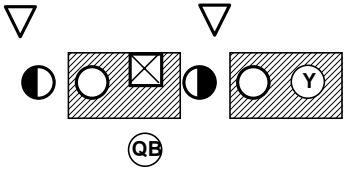
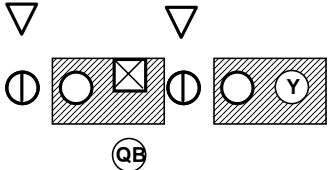
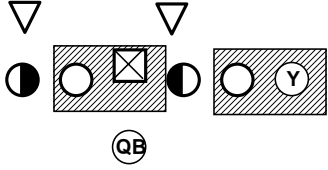
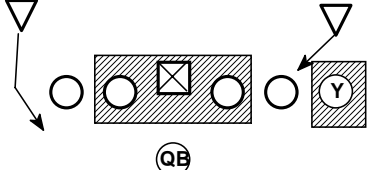
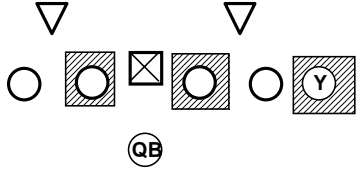
MOVEMENT

After set it is important to be square on the defender protecting the inside gap. Mirror slide technique should be used to maintain pass set on the defender. Countering lateral movement of the defender with feet first never reach with hands. When moving lateral lead with near foot and follow with trail foot. Keeping shoulders square to the line of scrimmage while keeping a solid base.

CONTACT

We want to time the punch, being patience is the key (don't give the defender what he wants) Use a one handed or two-handed punch depending upon the alignment of the defender. The aiming point of the punch is the inside number of the defender understanding the comfort zone. On the punch we must maintain our posture, keeping weight even and head and shoulders back. Punch up not outward. During movement and contact we will rely on hand to hand combat or a lockout to finish the defender with the demeanor walk.

Pass Protection Sets

<p>3 Tech- 3 Set</p> 	<p>Fundamentals vs a 3 Tech- Call 3 Set. Kick step keep weight on Post Foot (Pound).OT use a Vertical Set If Lineman to inside has a 2 or outside technique</p>
<p>2 Tech - 2 Set</p> 	<p>Fundamentals vs 2 Tech- Call 2 Set. Replace Kick Foot keeping weight on Post foot. Protect inside (Heads Up for Press Slant or Twist)</p>
<p>1 Tech - 1 Set</p> 	<p>Fundamentals vs 1 Tech- Call 1 Set. Set on Post (Pound) Foot (Gain inside leverage on defender.) Keep weight on Set (Kick) Foot.</p>
<p>Loose 3 - L 3 Set</p> 	<p>Fundamentals vs Loose 3 Tech- Call L-3 Set. Set with Set Foot (Kick). Bring Post Foot (Pound) if needed. OT use a Vertical Set If Lineman to inside has a 2 or outside technique.</p>
<p>Gap 1 - G 1 Set</p> 	<p>Gap 1 Set- Call G-1 Set - Set with Post Foot 2X (Pound) Gain inside Leverage on defender</p>

D-Line Stunts

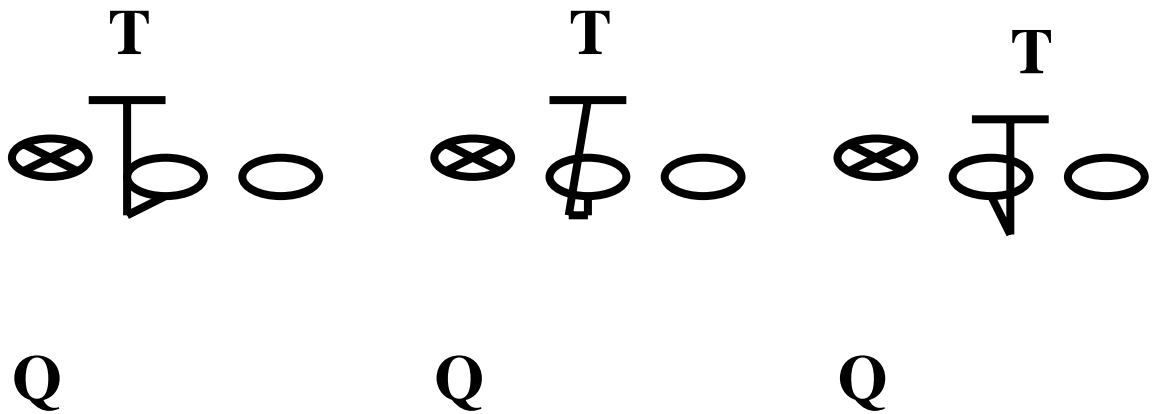
<p>Press</p> <p style="text-align: center;">W M S SS</p> <p style="text-align: center;">E N T E</p>	<p>Crush</p> <p style="text-align: center;">W M S SS</p> <p style="text-align: center;">E N T E</p>
<p>T</p> <p style="text-align: center;">W M S SS</p> <p style="text-align: center;">E N T E</p>	<p>Route</p> <p style="text-align: center;">W M S SS</p> <p style="text-align: center;">E N T E</p>
<p>Nut</p> <p style="text-align: center;">W M S SS</p> <p style="text-align: center;">E N T E</p>	<p>Pinch</p> <p style="text-align: center;">W M S SS</p> <p style="text-align: center;">E N T E</p>
<p>X</p> <p style="text-align: center;">W M S SS</p> <p style="text-align: center;">E N T E</p>	<p>Punch</p> <p style="text-align: center;">W M S SS</p> <p style="text-align: center;">E N T E</p>

D-Line Movement

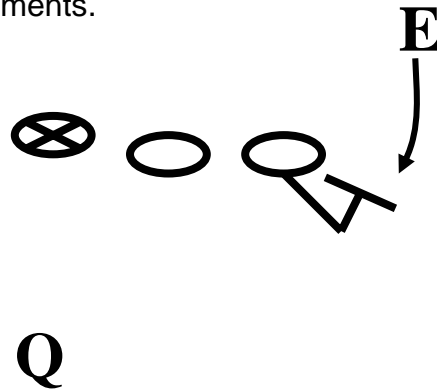
<p>E/N Twist SS</p>	<p>N/T Twist SS</p>
<p>E/T Twist</p>	<p>T/E Twist</p>
<p>N/T Twist</p>	<p>T/N Twist</p>
<p>E/T Press N Loop Strong</p>	<p>N/T Press T Loop Weak</p>
<p>Slant</p>	<p>Angle</p>

MAN ON MAN

STICK- used when a down defender is head up or in an inside or outside shade. This is used in our drop back protection (3 & 5 step drop). The set of the quarterback and alignment of the defender will determine the set by the offensive lineman. Protection will be set inside out. The offensive lineman will with either a post foot or a kick slide taking away the inside charge of the defender. During pass protection technique it important to emphases **SMALL QUICK MOVENMENTS**.



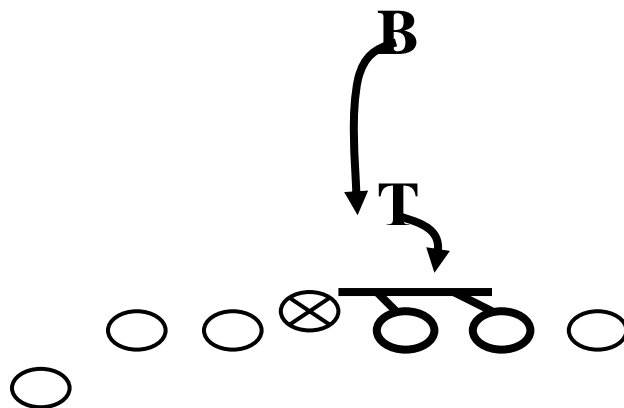
SIFT- a tackle uses this technique when blocking a wide rush end that is set on a ghost or the next man outside. The tackle can use a pre kick set in order to cut off the angle. As the tackle sets he wants to drop and widen, keeping his shoulders square to the LOS until he is at the depth of the quarterback set. The relationship to the pass rusher outside leg is splitting the crouch of the defender. During pass protection technique it important to emphases **SMALL QUICK MOVENMENTS**. During vertical sets a basic rule is set no deeper than 3 kick steps without engagements.



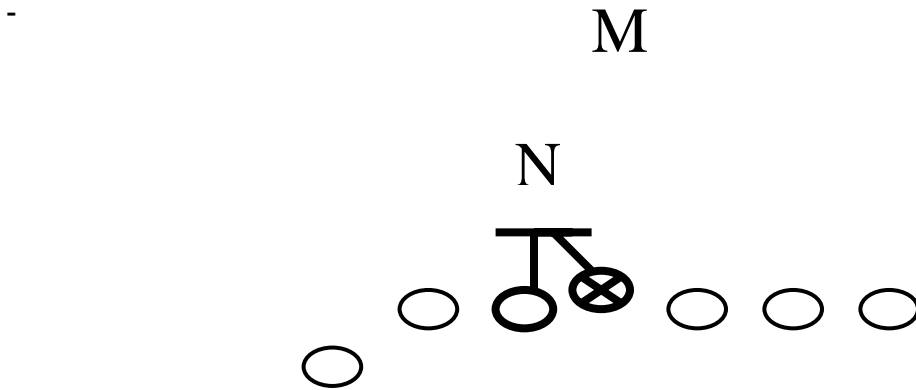
COMBINATION PASS BLOCKING

TWO MAN COMBINATIONS

CLOSIT- Technique used by the tackle and guard in pass protection used in securing A and B gaps.

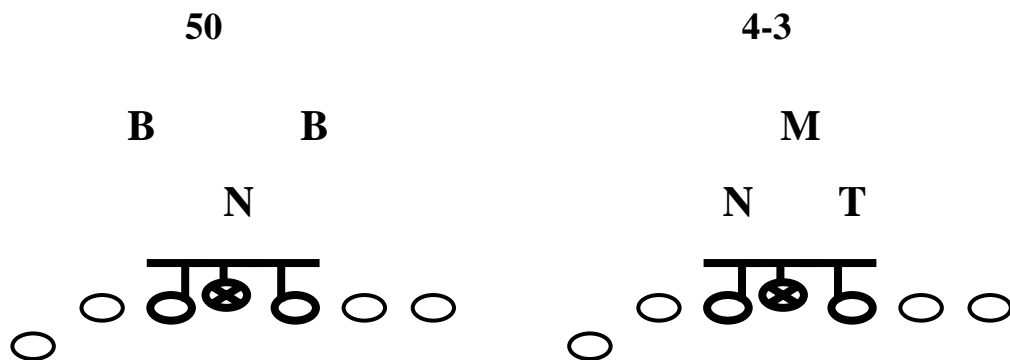


RIP/ LIZ- Technique used by the center and guard to secure A and B gap in pass protection

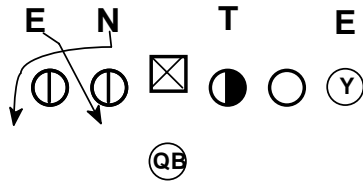


THREE MAN COMBINATION

SOLID- this is used in a 3 and 5 step max protection with three defenders in the box. When the center and two guards will work combinations between the down lineman and or linebackers inside the box. Must create a wall keeping the shoulders square to LOS protecting the inside.



E/N Twist



Twist Pick Up

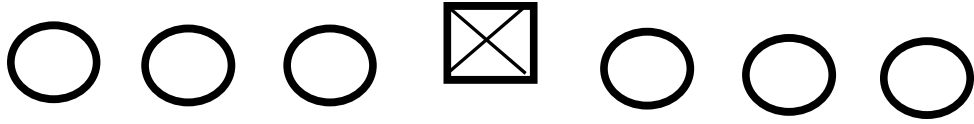
LT vertical sets when DE Press inside LT will fig pressure with Post Foot Snap Punch. RG uses Replacment step with Kick Step. When NG starts to loop RG follows loop by dropping loop s foot to hunt up penetrating DL getting Traping (Snap Punch) while head in front a squaring up asap.

DEFENSIVE FRONTS

<p>50</p> <p style="text-align: center;">W M SS</p> <p style="text-align: center;">E T N E S</p>	<p>EAGLE</p> <p style="text-align: center;">SS W M</p> <p style="text-align: center;">E T N E S</p>	<p>40</p> <p style="text-align: center;">W M S SS</p> <p style="text-align: center;">E N T E</p>	<p>40 SHADE</p> <p style="text-align: center;">W M S SS</p> <p style="text-align: center;">E N T E</p>
<p>BEAR</p> <p style="text-align: center;">W M SS</p> <p style="text-align: center;">E T N E S</p>	<p>EAGLE STRONG</p> <p style="text-align: center;">SS W M</p> <p style="text-align: center;">E T N E S</p>	<p>COLLEGE</p> <p style="text-align: center;">W M S</p> <p style="text-align: center;">E N T E</p>	<p>COLLEGE SHADE</p> <p style="text-align: center;">W M S</p> <p style="text-align: center;">E N T E</p>
<p>STACK</p> <p style="text-align: center;">W M S</p> <p style="text-align: center;">E N T E</p>	<p>STACK SHADE</p> <p style="text-align: center;">W M S</p> <p style="text-align: center;">E N T E</p>	<p>PRO</p> <p style="text-align: center;">W M</p> <p style="text-align: center;">E N T E S</p>	<p>PRO SHADE</p> <p style="text-align: center;">W M</p> <p style="text-align: center;">E N T E S</p>
<p>TRIPLE</p> <p style="text-align: center;">W M S</p> <p style="text-align: center;">E N T E</p>	<p>STACK SLIDE STRONG</p> <p style="text-align: center;">W M S</p> <p style="text-align: center;">E N T E</p>	<p>COLLEGE SLIDE WEAK</p> <p style="text-align: center;">W M S</p> <p style="text-align: center;">E N T E</p>	<p>40 SPLIT</p> <p style="text-align: center;">W M S SS</p> <p style="text-align: center;">E N T E</p>
<p>6-5</p> <p style="text-align: center;">C M FS SS C</p> <p style="text-align: center;">W E N T E S</p>	<p>6-2</p> <p style="text-align: center;">M SS</p> <p style="text-align: center;">W E N T E S</p>		

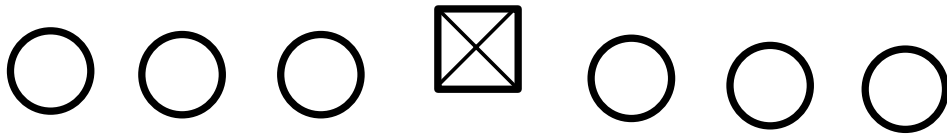
Gap Identification

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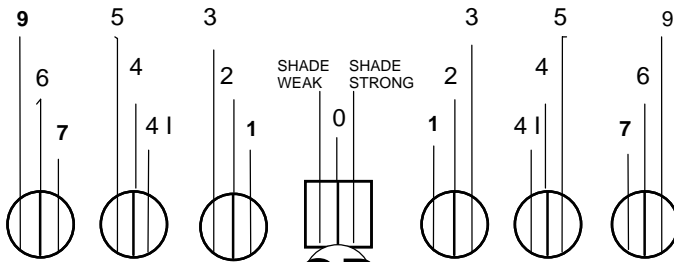


Hole Numbering

9 7 5 3 1 0 2 4 6 8



X



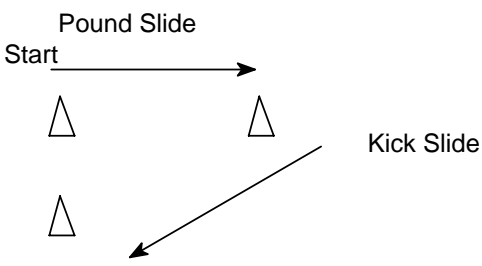
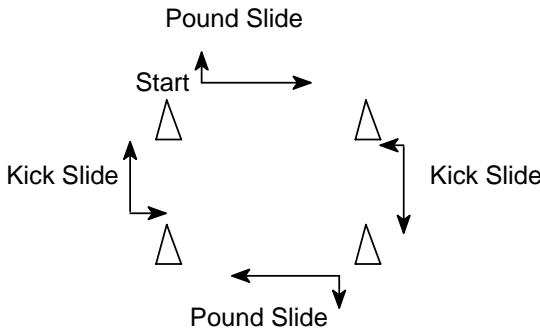
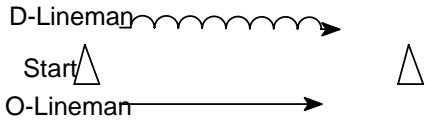
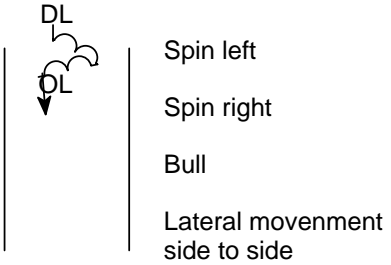
QB

Z

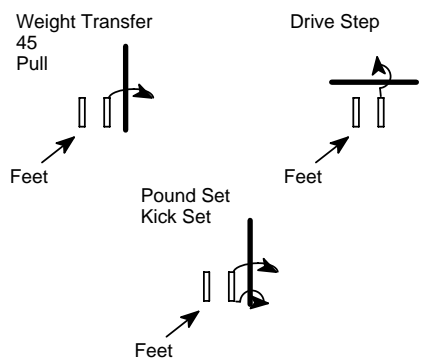
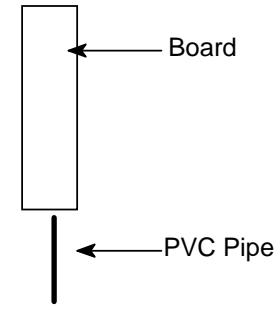
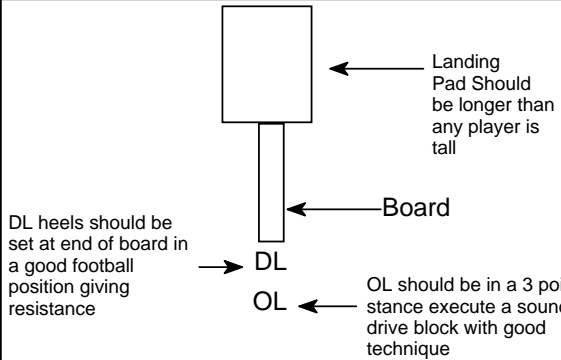
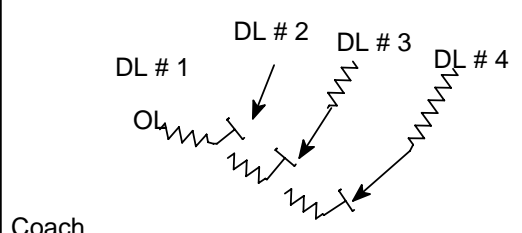
FB

TB

OFFENSIVE LINE PASS SET DRILLS

<p>Chicago Bears Pass set V</p> <p>Set cone 5 Yards apart. The OL start at cone 1 Pound Slide to 1st cone, then Kick Slide to last cone</p>	<p>Left Side Player</p> 
<p>"Around the Square"</p> <p>OL starts set at top of square facing out will Pound set to 1st cone, then face in and Kick slide to next cone, face out and Pound slide to next cone, turn face in and Kick slide to last cone</p>	<p>Left Side Player</p> 
<p>"Down the Line"</p> <p>The OL will mirror the DL using pass protection fundamentals. The DL must show the OL each of the following 1. Shoulder, 2. Chest, 3. Hand Slap, 4. Shoulder Grap</p> <p>Coaching Points</p> <ol style="list-style-type: none"> 1. Shoulder- focus on small punch area 2. Chest- focus on V of neck 3. Hand Slap- Reset hands quickly (wax on/off) 4. Shoulder Grab- follow hand attack DL maintain inside leverage. 	
<p>Pressure Wave</p> <p>Similar concept as "Down the Line" The DL will work up the field and side to side within a 5 yard grid. The DL will show a 1. SPIN, 2 Bull Rush</p> <ol style="list-style-type: none"> 1 Spin- Reset the hands quickly while moving the feet. 2 Bull Rush- When over taken the OL will use a Hop technique to regain leverage. Have the DL move lateral towards end of drill for a finish feel. If OL can't regain Leverage CHOP 	

OFFENSIVE LINE DRILLS

<p>Pipe Drill Working the first step the OL will set to side of a 2 foot long PVC pipe. On coaches cadence the OL will execute the 1 step. Maintaining a good football position</p> <p>Run 1. Wt Transfer 2. Weight Transfer & Crossover (2 steps) 3. Drive Step 4. 45 angle step 5 Pull step</p> <p>Pass 1. Pound Step 2. Kick Step add the slide for 2 steps</p>	 <p>The diagrams illustrate three key steps of the Pipe Drill. The first, 'Weight Transfer 45 Pull', shows a player's feet in a 45-degree stance with arrows indicating weight transfer and a pull motion. The second, 'Drive Step', shows a player's feet in a 3-point stance with an arrow indicating a forward drive. The third, 'Pound Set Kick Set', shows a player's feet in a 3-point stance with arrows indicating a downward pound and a forward kick.</p>
<p>Boards, Pipes, & Bags Use 4 Boards, 4 Hand Shields, 4 Pipes. Stance & Starts (Fit & Finish) on the Boards. All combinations can be used or just selected ones. -Set pipe in middle of board offset OL to side give direction of 1st step & cadence. execute Reach Drive Technique with proper footwork, Fit & Finish. (Also work Down/ Back Technique)</p>	 <p>The diagram shows a vertical rectangular board with a vertical PVC pipe attached to its center. Arrows point from the labels 'Board' and 'PVC Pipe' to their respective components.</p>
<p>I-Hop (Pancake) Drill Set a defender on the Board (Loaded) using proper drive blocking technique have the OL drive the defender the length of the board finishing off on a landing pad set at the end of board. This drill gives the OL the feel of FINISH after executing Stance, Start, Fit, and finish.</p>	 <p>The diagram illustrates the I-Hop drill setup. It shows a board with a landing pad at one end. A DL (Defensive Lineman) is positioned at the other end of the board, and an OL (Offensive Lineman) is positioned in front of the board. Arrows and text provide instructions: 'DL heels should be set at end of board in a good football position giving resistance', 'OL should be in a 3 point stance execute a sound drive block with good technique', and 'Landing Pad Should be longer than any player is tall'.</p>
<p>3 Man Fire (Pass Pro) O-Lineman Sets works kick slide with punch and Kick pound Punch DL # 1 Holds hands over OL to force him to drive head upwards, the OL Kicks and sets punch on # 2 then repeat to DL # 3 and # 4. For a change up the OL Kicks out to # 3 and set punch then pounds back to DL # 2 set and punch then kick slide to DL # 4 set and punch (run past pocket) or simulate cut block</p>	 <p>The diagram shows a sequence of four defensive linemen (DL # 1, DL # 2, DL # 3, DL # 4) and an offensive lineman (OL) in a line. Arrows indicate the OL's path and actions: from DL # 1 to DL # 2, then to DL # 3, and finally to DL # 4. The word 'Coach' is written below the diagram.</p>