

Offensive Line Skills & Drills



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Plainsmen Football*

Essential Skills for Offensive Linemen

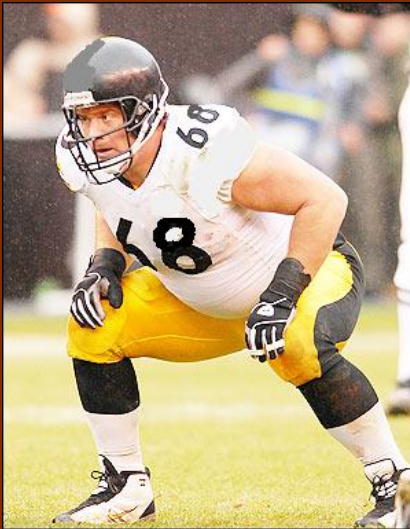
- *Proper stance*
- *Explosion out of stance*
- *Proper footwork*
- *Execute proper base run blocking technique*
- *Execute proper pulling technique*
- *Execute proper zone combo technique*
- *Execute proper pass pro technique*



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

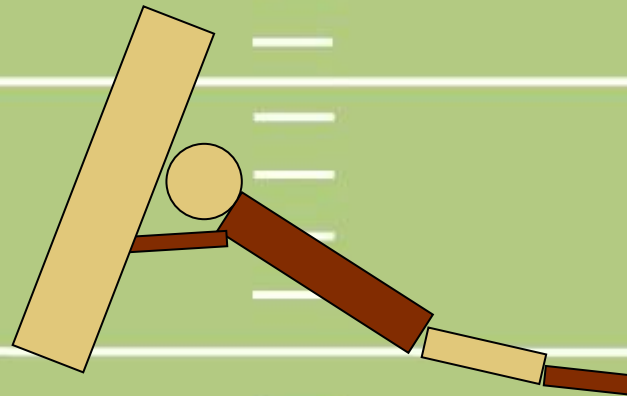
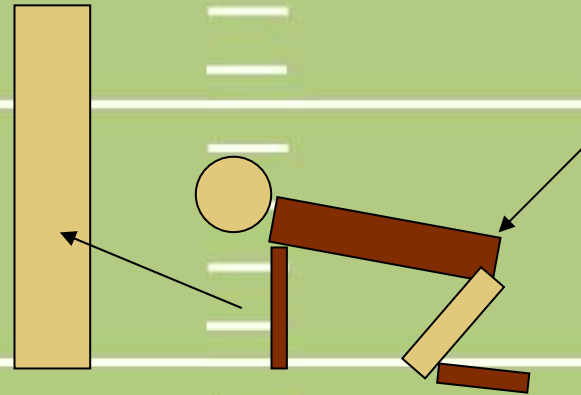
- *Let the defender come to you*
- *Set up with outside foot back*
- *HOT technique – Hands On Torso*
- *Keep feet moving and deliver a blow to the numbers with the palms of your hands*
- *Do not let defender beat you inside*



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

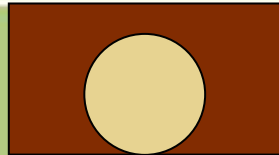
- *Chase the defender back – accelerate*
- *Maintain a solid base*
- *Drive through to the whistle*



Footwork: First Two Steps

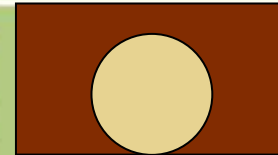
Ball to Right of O Lineman

- 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*

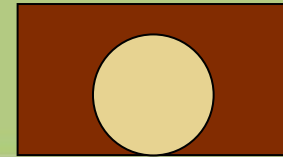
• *Pull arms back*

• *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

- Have it at practice with you
- Helps with development of practice plan
- Helps you to keep track of drills that have been covered



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	



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

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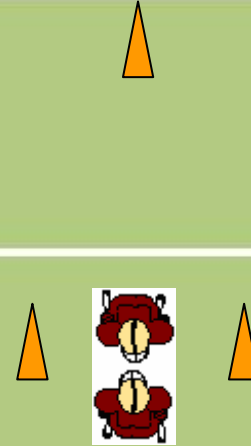
Agilities: Fit & Drive

• *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

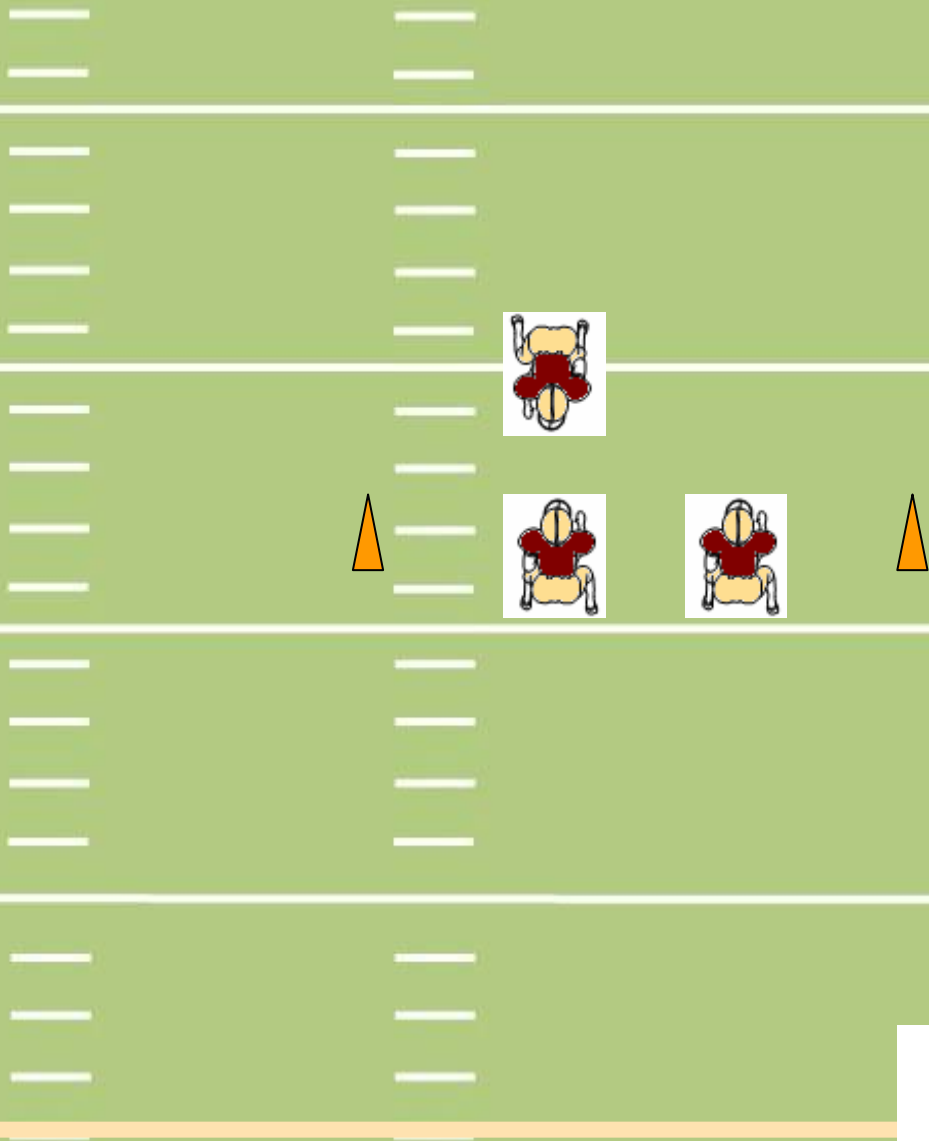
•Used for many schemes/plays such as trap and slide

•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



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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



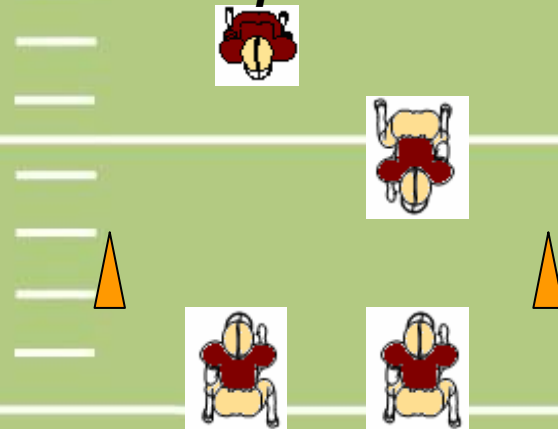
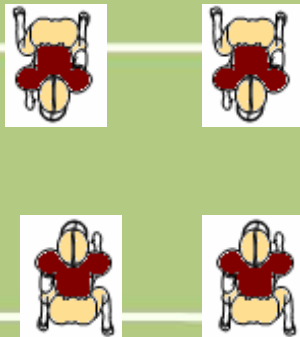
Run Block: Cross

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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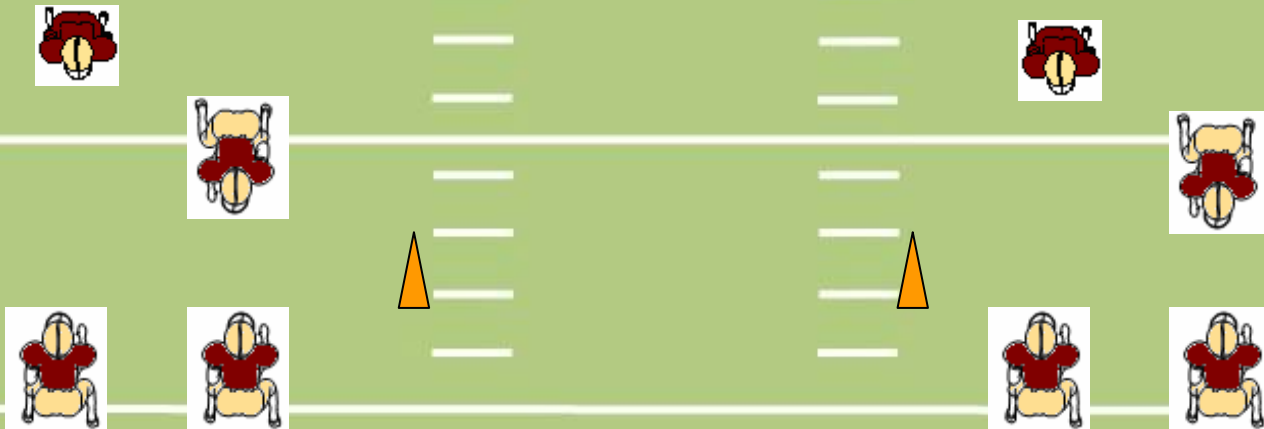


Run Block: Combo/Go

- *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



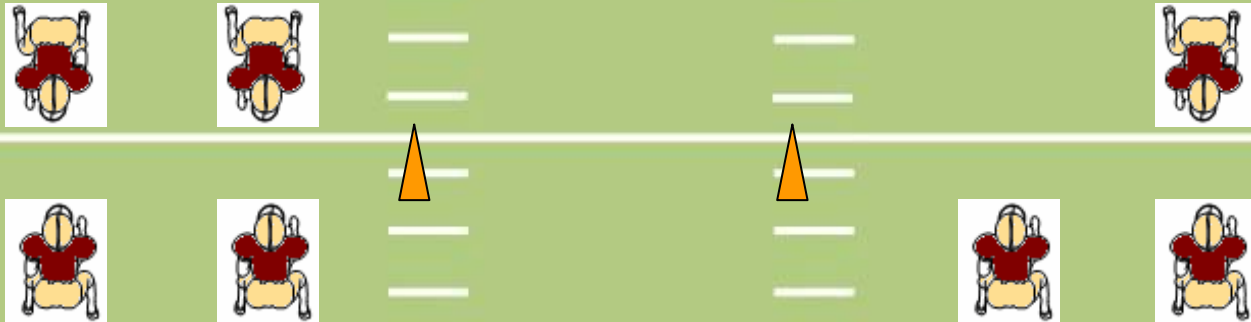
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Pass Block: Twist/Stunt

- 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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QB

QB



Pass Block: Half Line

- Center, Guard and Tackle

- Use individual pass pro techniques

- Work together as a team

- Allows for realistic game feeling pas pro but is a small enough group for a coach to work with



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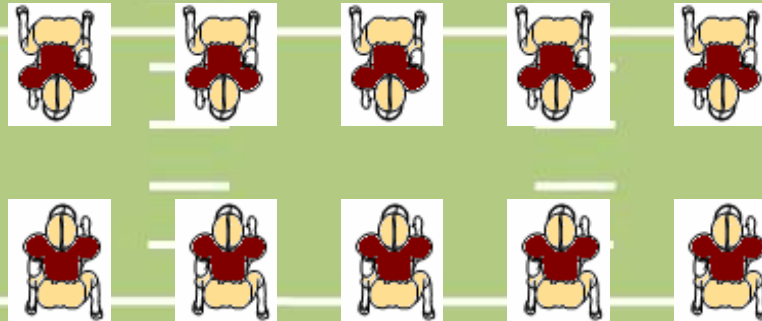


Pass Block: Full Line Pick A Defender

- 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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