

Offensive Line Chute Drills

All drills are done in the chutes or with proper aiming points on bags or sled.

I. Perfect Fit - (5 minutes)

- A. Fit, Fit to Drive, Stance to Fit, Stance to Drive

II. No Bags- (5 minutes)

- A. Stance
- B. Position Step-- 6 inch step repeated several times for each foot.
- C. Stance to Start-- Through chutes full speed past cone.

III. Bags- (10 minutes) Lineman is inside the chute with bag on the chute. All Bag drills start with a Set---Hit and end with two whistles. The first is to have the players stop and form up in Perfect Fit, and the second is for them to break or change bagmen.

- A. Stance
- B. Position Step-- 6 inch step repeated several times for each foot.
- C. Second Step-- To crotch of defender.
- D. Third Step-- Hands on defender.
- E. Fourth Step-- Finish the block to the whistles.
- F. Full Speed-- Finish the block to the whistles.
- G. Repeat A-F for all types of blocks. Base, reach, "now", and trap.

IV. Bags- (10 minutes) Lineman is outside the chute with bag on the opposite end of board or at the opposite side of the chute. All blocks are executed at full speed at this station. All Bag drills start with a Set---Hit and end with two whistles. The first is to have the players stop and form up in Perfect Fit, and the second is for them to break or change bagmen.

- A. Base Block-- Left and Right lead steps.
- B. Reach Block-- Left and Right lead steps.
- C. "Now" Block-- Left and Right lead steps.
- D. Trap Block-- Left and Right lead steps.

V. Sled- (10 minutes) All sled drills start with a Set---Hit and end with two whistles. The first is to have the players stop and form up in Perfect Fit, and the second is for them to break.

- A. Stance to Fit-- Left and Right lead steps.
- B. Stance to Drive-- Left and Right lead steps.
- C. Do A and B for both the Reach and the Base blocks.

VI. King of the Board- (5 minutes) This is a full contact, one-on-one drill. It is very important to stress the basics of blocking at all times. This drill may be executed inside or outside the chutes. This should be a very high energy drill and it should be encouraged to be enthusiastic!

- A. Stance to full speed.
- B. Coach calls out left or right lead and shoulder
- C. Objective is to push the opponent past his end of the board
- D. Go until the whistle. Only one whistle to end the drill.
- E. Stalemate or miss = redo from beginning.
- F. Single elimination to the last two linemen.
- G. Winner gets award.

VII. Defense Bag Drill- (10 minutes) This is a live blocking drill vs. bags. All Bag drills start with a Set---Hit and end with two whistles. The first is to have the players stop and form up in Perfect Fit, and the second is for them to break or change bagmen.

- A. Offensive line is on the line and gets the play there.
- B. Bagmen move around as much as they want but must be set by snap of the ball.
- C. Block the play to whistles.

VIII. Tire Drill- (10 Minutes) This is the world's strongest man competitions contest. Works on explosion and strength.

- A. Start with tractor tire on one end and say go.

- B. Flip the tire end over end until the relay is done.

Offensive Line Pass Protection Drills

IX. No Bags- (5 minutes)

- A. Stance
- B. Position Step-- 6 inch step repeated several times for each foot.
- C. Stance to Set-up.
- D. Foot position-- Post foot/stagger.
- E. Hand position-- "patty-cake" picture frame.
- F. Head position-- Tuck chin.
- G. Shuffle on line.

X. Shields- (5 minutes)

- A. Stance
- B. Position Step-- 6 inch step repeated several times for each foot.
- C. Stance to Set-up.
- D. Send bag holder to play side shoulder.
- E. Shuffle on line to cone.
- F. Fight to get across bag holders face.
- G. "Z's" in the knees.
- H. Down and back for each lineman.

XI. Disadvantage- (5 minutes)

- A. One on one.
- B. Defensive man one man over with shields.
- C. Offensive man reach and shuffle to cone.
- D. Start in set-up position
- E. Progress to stance to Delay D.
- F. Progress to stance to full speed.

XII. Two on Two- (5 minutes)

- A. Two O-line vs. one D-line and one Linebacker with shields.
- B. Stance to set-up (O-line).
- C. Send Defensive players to holes.
- D. Progress to no shields.

XIII. Tailgate- (5 minutes)

- A. Full line.
- B. Reach protection right or left.
- C. If you have no block tailgate.
- D. Go until the whistle.
- E. Rush with shield from opposite side of reach.
- F. Bagmen bring the bags full speed.
- G. Progress to no shield on rusher.

XIV. Three Bag Pass Pro- (5 minutes)

- A. Three bag men facing one offensive lineman.
- B. Coach points to the bag man to rush or fake rush.
- C. Go for about ten seconds per man.

XV. Defense Bag Drill- (10 minutes) This is a live blocking drill vs. bags. All Bag drills start with a Set---Hit and end with two whistles. The first is to have the players stop and form up in Perfect Fit, and the second is for them to break or change bagmen.

- A. Offensive line is on the line and gets the play there.
- B. Bagmen move around as much as they want but must be set by snap of the ball.
- C. Block the play to whistles.