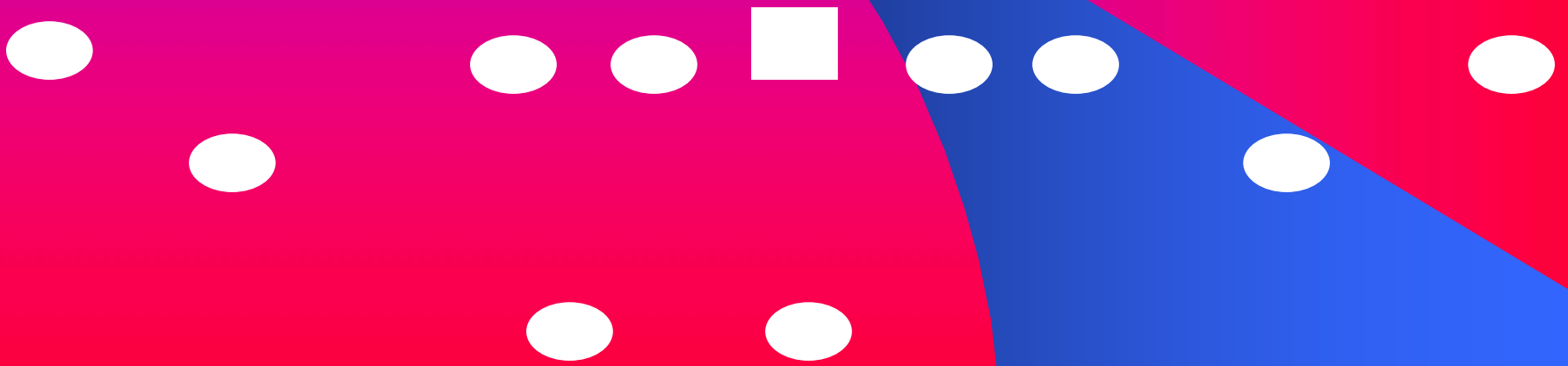


# Offensive Line Play in the Spread Offense



# Introduction

- In order to have a consistent and effective spread offense the line must be able to protect in a one on one situation to give the quarterback time to be comfortable in the pocket and the line must be able to take advantage of the running game when the defense takes players out of the box to stop the pass.

# Fundamentals

- To achieve this the entire offense must work together. The receivers and backs must be excellent blockers and run precise routes, the quarterback must deliver the ball on time and keep the offense in successful situations, the line must provide time and pick up any stunts..

# Execution

- To do this an offensive lineman must have an understanding of the play, not only in his job but also all of the other players around him. He must have confidence in his abilities and always know his assignments in different situations.

# Philosophy of the System

- Create a high percentage vertical passing game
- Be able to physically run the ball effectively by mastering the zone blocking scheme combined with misdirection
- Have the ability to attack team's weaknesses
- Create an offense that is hard to prepare for because it is so multifaceted
- Use simple formations to set the defense
- Take what the defense gives you
- Spend time teaching individual technique every practice

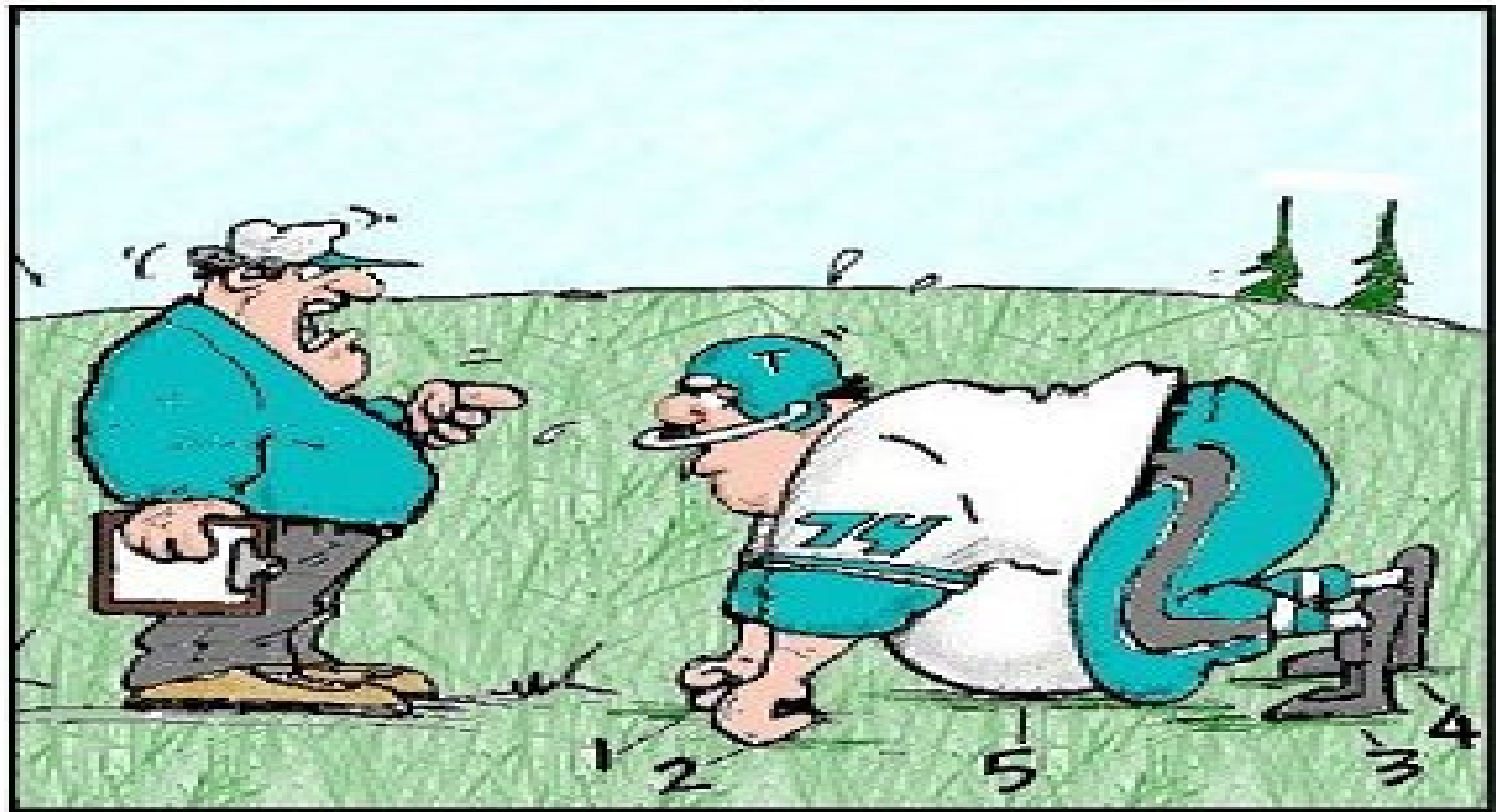
# PRACTICE / INSTALLATION

## CONCEPT

- Teach *incrementally* rather than solely using a holistic approach.
  - Teach each player individual mechanics and techniques.
    - QB – Drops, WR – Routes, RB – Paths and Routes, Line – Run block / Pass protections.

Once each player knows exactly what to do, bring groups together – then the entire offense together.

# But.. he's a Gamer! - by Jeff Larson



If your 4 pt. stance, becomes a 5 pt. stance... you have a weight problem.

# Run Blocking Key Points

- -be physical-finish blocks, cut, block down field
- -know your assignment
- -communicate
- -eliminate presnap penalties
- -pad level
- -reward and praise great effort

# Run Drills- Zone Scheme

- Form block 
- Fit & Drive
- Stance Fit & Drive
- Zone Fit & Drive
- Zone Fit Drive & Finish
- Zone Fit Drive & Get off

# Run Drills- Zone Scheme

- 2 on 2 zone
- 1/2 line zone--Zone the Dummies
- Backside cut off
- Cut drills – dummies then live

# Pass Blocking Key Points

- -have a great SET
- -communicate presnap and postsnap
- -know the depth of the quarterback's drop
- -type of protection
- -know where your help will come, if any
- -be physical

# Keys to great Man Protection

- -Get off on the snap
- -keep hips square to the LOS
- -Protect in an upright and balanced posture.
- -keep head and shoulders back
- -keep your eyes below the defenders chin
- -keep active hands
- -control the defender

# Pass Drills-Man Protection

- No hands emphasizing footwork
- Elephant steps
- Mirror Drill
- Shaded sets
- 45 degree drops
- Shuffle back sets
- Twists and Stunts-switch calls

# **The Rae Crowther Tunch Punch Ladder**

- Developed by former NFL lineman and current strength coach Tom Myslinski
- Teaches all players to use their hands and feet together
- Incorporates all facets of good pass protection skills
- [www.raecrowther.com](http://www.raecrowther.com)

# Tidbits to take with You to Use

- Counter Play-Pass/Pull by the Tackle
- Combination Play – 18/19 bubble
- Developing a Center
- Use your splits to your advantage



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