

OLIVET COLLEGE LINE BLOCKING DRILLS



**2004 NCAA RUSHING
CHAMPIONS
417.1 YARDS PER
GAME**

SHOULDER BLOCKING

- **THE SHOULDER BLOCK IS THE PRIMARY BLOCK IN THE OLIVET COLLEGE POWER WING-T. IT IS THE BEST WAY FOR PLAYERS TO USE THEIR POWER AND BLOCK WITH A LOW PROFILE. MANY OF OUR PHILOSOPHIES FLY IN THE FACE OF THE MODERN ZONE BLOCKING TECHNIQUES, BUT IT IS THESE PHILOSOPHIES THAT HAVE HELPED US PLAY AT A CHAMPIONSHIP LEVEL.**
- **WE USE A MINIMUM NUMBER OF PLAYS, FORMATIONS, AND INTER-RELATED BLOCKING SCHEMES. EACH SCHEME IS CHOSEN FOR THE PURPOSE OF TAKING ADVANTAGE OF DEFENSIVE ALIGNMENT OR ADJUSTMENTS TO THE BASE PLAY. IN MOST ALL OF OUR BLOCKING SCHEMES THE SHOULDER IS THE PRIMARY SURFACED USED TO BLOCK WITH.**

FORMULA FOR SUCCESSFUL COACHING

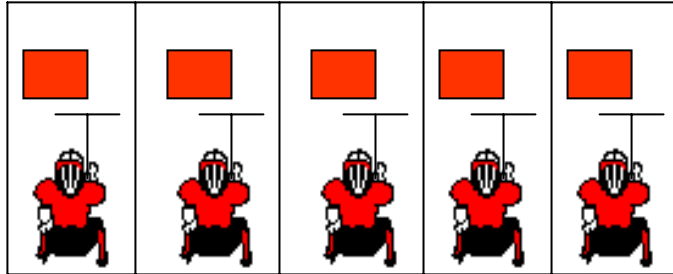
- **TEACH THE FUNDAMENTALS DAILY!**
- **HAVE A SMALL NUMBER OF PLAYS AND SCHEMES AND REP, PEP, REP!**
- **YOU MUST TEACH YOUR PLAYERS WHAT IT MEANS TO GIVE GREAT EFFORT!**
- **YOU MUST CRITIQUE YOUR PLAYERS EFFORT DAILY.**
- **PLAYERS MUST BE FANATICAL ABOUT BLOCKING FROM THE SNAP TO THE ECHO OF THE WHISTLE!**
- **COACHES MUST WATCH ONE PLAYER, EVERY REP, EVERY PLAY, AND TELL THEM THEY EITHER DID IT PERFECTLY OR THEY NEED TO DO THIS OR THAT TO MAKE IT PERFECT.**
- **THERE ARE NO MAGIC PILLS. NOTHING CAN REPLACE SOUND FUNDAMENTAL COACHING. NOTHING CAN REPLACE HARD WORK AND GREAT EFFORT!**

THE 7 COMMANDMENTS OF OLIVET OFFENSIVE LINEMEN

- 1. NON-STOP BLOCKING FROM THE SNAP TO THE ECHO OF THE WHISTLE.
- 2. GREAT FUNDAMENTALS!
- 3. FIRST LEVEL (LOS) MUST UNDERSTAND YOUR RULES AND BE ABLE TO APPLY THOSE RULES VERSUS EVERY FRONT UNDER THE SUN.
- 4. SECOND LEVEL (DOWN FIELD) PHYSICAL BLOCKING WITH GREAT EFFORT.
- 5. BLOCK AGGRESSIVELY ON PASS PLAYS.
- 6. ACCEPT REPETITION WITH ENTHUSIASM. YOU MUST LEARN EVERY DAY!
- 7. EXPECT GREAT THINGS TO HAPPEN WHEN YOU WORK HARD!

BAG DRILLS

SHOULDER SKILL DRILL



- **1. OBJECTIVES:**
- A. TO TEACH AND DRILL THE SURFACE OF A SHOULDER BLOCK.
- B. TO TEACH AND DRILL THE PERFECT FIT OF THE BLOCKING SURFACE ON THE BAG.
- C. TO GIVE THE BLOCKER THE FEEL OF HOW HIS HIPS ROLL INTO THE BLOCK.
- D. TO TEACH THE PROPER SIX-POINT STANCE.

- **2. THE SIX-POINT STANCE:**
- A. KNEEL DOWN ON THE GROUND, SO THAT, YOUR HANDS, KNEES, AND TOES ARE ALL TOUCHING THE GROUND.
- B. YOUR HEAD IS UP, AND YOUR BACK IS FLAT WITH A SLIGHT ARC IN THE SMALL OF THE BACK.
- C. IT IS EXTREMELY IMPORTANT THAT YOUR ARMS ARE EXTEND STRAIGHT DOWN FROM YOUR SHOULDERS (PALMS ON THE GROUND) AND YOUR KNEES EXTEND STRAIGHT DOWN FROM YOU HIPS LIKE THE LEGS OF A TABLE.
 - - IF YOUR KNEES ARE ALIGNED AHEAD OF YOUR HIPS YOUR HIPS CANNOT ROTATE THROUGH WHEN YOU FIT INTO THE BAG.
 - - IF YOUR KNEES ARE BEHIND YOUR HIPS YOUR BODY GETS OVER EXTENDED WHEN YOU FIT INTO THE BAG AND YOU MAY HAVE TROUBLE REACHING THE BAG.
- D. YOUR KNEES SHOULD BE ABOUT SIX INCHES APART. FORM AN I NOT A V WITH YOUR KNEES AS THEY TOUCH THE GROUND.
- E. YOUR TOES ARE FLAT AND POINTED BACK, SO THAT, YOUR KNEES STAY ON THE GROUND AND YOUR HIPS ROLE MORE EASILY. THIS TAKES THE LEGS OUT OF THE DRILL AND ALLOWS YOU TO ISOLATE ON BRINGING YOUR HIPS THROUGH MORE EASILY.

- **3. ALIGNMENT:**
- A. ALIGN HEAD UP ON THE BAG.
- B. YOUR FACE MASK OR NOSE IS TOUCHING THE MIDDLE OF THE BAG.

- **4. COACHING POINTS FOR THE SURFACE:**

- A. MAKING THE SURFACE –

- - HAVE YOUR PLAYERS MAKE A FIST. PLACE THE TOP OF THE FIST SLIGHTLY ABOVE THE NIPPLE WITH THE PALM SIDE FACING THE BODY. THE TOP OF THE FIST IS TOUCHING THE BODY AND THE BOTTOM PART IS POINTED TOWARD THE GROUND, SO IT NORMALLY HAS A SLIGHT SEPERATION FROM THE CHEST.
- - WE WANT THE SURFACE TO BE AS BIG AS POSSIBLE SO MAKE SURE THAT THEIR ELBOWS ARE POINTING STRAIGHT OUT FROM THE BODY. IF THE PLAYER POINTS HIS ELBOW DOWN, UP, BACK, OR FORWARD HE WILL REDUCE THE SIZE OF THE SURFACE.
- B. THE BLOCKING SURFACE INCLUDES –
- - THE NAP OF THE NECK.
- - THE FRONT OF THE SHOULDER AND TOP OF THE CHEST.
- - THE TOP OF THE ARM.
- - THE FOREARM AND FIST.

- **5. FITTING YOUR PLAYERS INTO THE BAG:**

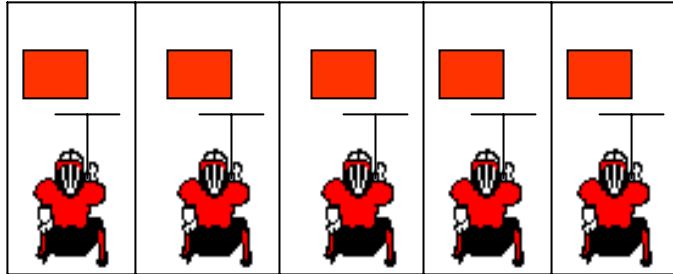
- A. BEGIN THE DRILL WITH EACH PLAYER IN A SIX-POINT STANCE. THEIR FACE MASKS ARE TOUCHING THE MIDDLE OF THE BAG.
- B. HAVE THEM MAKE A SURFACE WITH ONE SHOULDER WHILE THE OTHER HAND IS PALM DOWN ON THE GROUND.
- C. ON COMMAND HAVE YOUR PLAYER SLIDE AND MOLD HIS FACE AND CHEEK AROUND THE BAG. THE ENTIRE TIME HE SLIDES AROUND THE BAG HIS HEAD IS FACING IS FACING NORTH AND SOUTH; AND HIS SHOULDERS A PARALLEL TO THE LINE OF SCRIMMAGE (BAG) AND GROUND.
- - THIS IS CALLED *MELTING OR MOLDING AROUND THE BAG* BECAUSE YOUR PLAYERS SLIDE INTO THE FIT POSITION. YOUR PLAYERS NEVER LOSE CONTACT WITH THE BAG.
- - AS YOUR PLAYERS SLIDE INTO THE FIT POSITION MORE AND MORE OF THEIR SURFACE MAKES CONTACT WITH THE BAG UNTIL THE ENTIRE SURFACE IS ON THE BAG.

- **6. WHEN YOU ARE IN THE FIT POSITION:**

- A. THE ENTIRE SURFACE IS ON THE BAG.
- B. THEIR HIPS ARE TOUCHING THE GROUND.
- C. THEIR OFF ARM IS LOCKED AND EXTENDED WITH THE PALM OF THE HAND INTO THE GROUND. THIS ALLOWS YOUR SHOULDERS TO REMAIN PARALLEL TO THE BAG.
- D. YOUR HEAD IS UP WITH A TIGHT NECK SQUEEZE ON THE BAG. COACH YOUR PLAYERS TO SQUEEZE THE BAG WITH THEIR HEAD, NAPE OF THE NECK AND THEIR FOREARM ONCE THEY GET INTO THE FIT POSITION.

- **6. DRILL COMMAND AND PROCEDURE:**
- A. "RIGHT SHOULDER SURFACE ON CADENCE."
- B. ON THE COACHES CADENCE THE PLAYERS WILL FIT IN WITH THEIR RIGHT SHOULDER. THE COACH THEN CHECKS THAT EVERYONE HAS FIT INTO THE BAG CORRECTLY.
- C. THIS IS A NON-CONTACT DRILL.
- D. AN ALTERNATE PROCEDURE –
- - THE FIRST DAY OR TWO OR WHENEVER THE COACH FEELS THE PLAYERS AREN'T EXECUTING A PROPER SURFACE YOU CAN GO BACK TO THE BASICS AND BIRD DOG THE DRILL IN TWO STEPS. THE COMMAND AND PROCEDURE IS AS FOLLOWS:
- - "RIGHT SHOULDER SURFACE, BIRD DOG CADENCE."
- - ON THE COACHES CADENCE THE PLAYERS JUST MAKE THEIR SURFACE. THIS ALLOWS THE COACH TO CHECK EVERYONE'S SURFACE.
- - ON THE COACHE'S SECOND CADENCE THE PLAYERS WILL EXECUTE A PERFECT FIT ON THE BAG.

STRIKE A BLOW DRILL



- **1. OBJECTIVES:**
- A. TO TEACH AND DRILL THE PROPER TECHNIQUES NECESSARY TO DELIVER A PERFECT SHOULDER FOREARM BLOW.
- B. TO DRILL THE CONTACT PHASE OF PERFORMING A SHOULDER FOREARM BLOCK.
- C. TO DEVELOP MORE POWER IN THE EXECUTION OF A SHOULDER FOREARM BLOW.

- **2. PERFORM FROM A SIX-POINT STNCE:**
- A. THIS DRILL IS THE MAIN REASON WHY YOU POINT YOUR TOES BACK WHEN IN THE SIX-POINT STANCE.
- B. THIS KEEPS THE PLAYERS FROM PUSHING OFF THEIR TOES. WHEN THE PLAYER PUSHES OFF HIS TOES HIS KNEES HAVE A TENDENCY TO COME OFF THE GROUND MAKING IT HARDER FOR YOUR PLAYERS TO ROLE THEIR HIPS THROUGH THE BLOCK.

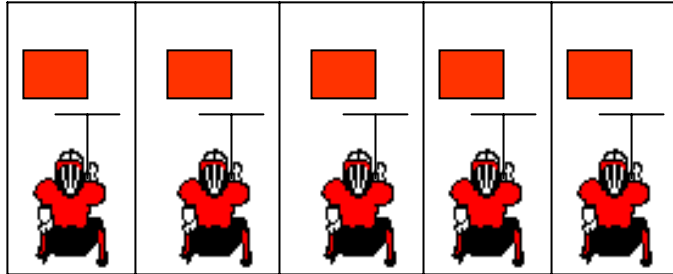
- **3. ALIGNMENT IS THE SAME AS THE SURFACE DRILL.**

- **4. COMMAND AND PROCEDURE:**
- A. "STRIKE A BLOW RIGHT SHOULDER ON CADENCE."
- B. ON THE COACHES CADENCE THE PLAYERS WILL COACK THEIR ARMS BACK AS FAR AS POSSIBLE BEHIND THEM, THEN EXECUTE A PERFECT SHOULDER FOREARM BLOW.

- **5. COACHING POINTS:**

- A. WHEN COACHING THE PLAYERS TO COACK THEIR ARMS BACK TELL THEM TO BRING IT STRAIGHT BACK ALONG SIDE THEIR BODIES AS FAR BACK AS POSSIBLE WITHOUT FORCING THEIR HEAD AND SHOULDERS DOWNWARD.
- B. YOU ARE COACHING THEM TO BRING THEIR ARM BACK SO THEY CAN CREATE AS MUCH PRE-STRETCH AS POSSIBLE. THIS WILL ALLOW YOUR PLAYERS TO GENERATE THE MAXIMUM AMOUNT OF POWER INTO THE BAG (OR MAN).
- C. AS HIS ARM COMES FORWARD YOUR PLAYER SHOULD MAKE CONTACT ON THE BAG WITH AN UPWARD MOVEMENT AND THE ENTIRE SURFACE SHOULD BE ON THE BAG ON IMPACT.
 - - COACH YOUR PLAYERS TO MAKE CONTACT OR HIT ON THE RISE.
 - - THIS BLOW IS MUCH LIKE A BOXER'S UPPER CUT PUNCH.
 - - YOUR PLAYERS MUST UNDERSTAND THAT THE CENTER OF THEIR POWER IS LOCATED ON AN IMAGINARY LINE THAT GOES FROM THE MIDDLE OF THEIR FOREHEAD DOWN THROUGH THE MIDDLE OF THEIR TORSO. POWER MOVEMENTS THAT ARE PARALLEL AND IN LINE WITH YOUR POWER LINE WILL REDUCE YOUR POWER POTENTIAL AND LESSON YOUR IMPACT ON THE BAG OR A DEFENDER.
 - - YOUR PLAYERS HEAD WILL SLIDE TO THE SIDE AS CONTACT IS BEING MADE TO ALLOW THE ENTIRE BLOCKING SURFACE THROUGH THE BAG (DEFENDER).
 - - THROUGHOUT THE ENTIRE DRILL YOUR PLAYERS HEADS SHOULD BE UP, PERFECTLY VERTICLE TO THE GROUND AND HIS EYES ARE TO THE SKY.
 - - AS CONTACT IS BEING MADE HIS HIPS ROLL FORWARD AND HIS CROTCH WILL BE ON THE GROUND.
 - - WHEN MOVEMENT HAS STOPPED YOUR PLAYER SHOULD BE IN A PERFECT FIT ON THE BAG. IF HE HITS THE BAG HARD ENOUGH TO KNOCK THE BAG BACK OFF THE LINE HIS CHEST MAY END UP ON THE GROUND.
 - - THE OFF ARM IS LOCKED INTO THE GROUND THE SAME AS THE SURFACE DRILL.

STEP & HIT DRILL



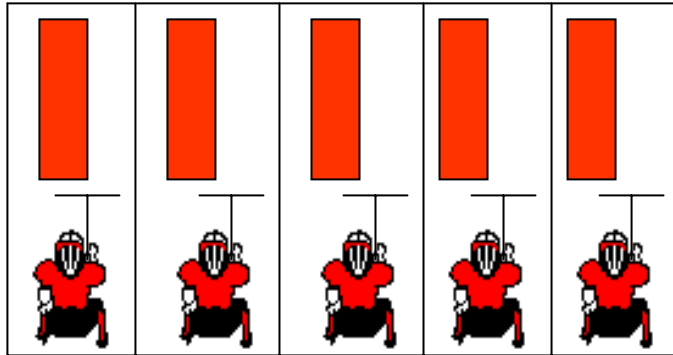
- **1. OBJECTIVES:**
- A. TO TEACH AND DRILL THE PROPER APPROACH PHASE OF PERFORMING A SHOULDER BLOCK.
- B. TO TEACH AND DRILL THE SAME FOOT, SAME SHOULDER CONCEPT.

- **2. ALIGNMENT:**
- A. HAVE YOUR PLAYERS ALIGN HEAD UP ON THE BAG, THEN HAVE THEM REACH OUT UNTIL THEY ARE EXTENDED ARMS DISTANCE FROM THE BAG.
- B. YOUR PLAYERS SHOULD REACH OUT AND EXTEND THEIR ARM FOR THE PROPER SEPERATION FROM THE BAG AFTER PROPER KNEE BEND IS OBTAINED. IF YOUR PLAYER REACHES OUT WHILE HE IS STANDING HE WILL END UP TOO CLOSE TO THE BAG.

- **3. DRILL COMMAND AND PROCEDURE:**
- A. "STEP AND HIT RIGHT SHOULDER ON CADENCE."
- B. ON CADENCE THE PLAYER WILL STEP WITH HIS OPPOSITE FOOT FIRST, IN THIS INSTANCE IT IS HIS LEFT FOOT. THEN HE WILL TAKE A SECOND STEP WITH HIS RIGHT FOOT AS HE STRIKES THE BAG. IMMEDIATELY AFTER CONTACT BRING HIS THIRD STEP SO HE CAN SQUARE HIS FEET UP.
- C. FOLLOWING THE THIRD STEP THE BLOCKER SHOULD FINISH THE DRILL WITH A PERFECT FIT ON THE BAG.

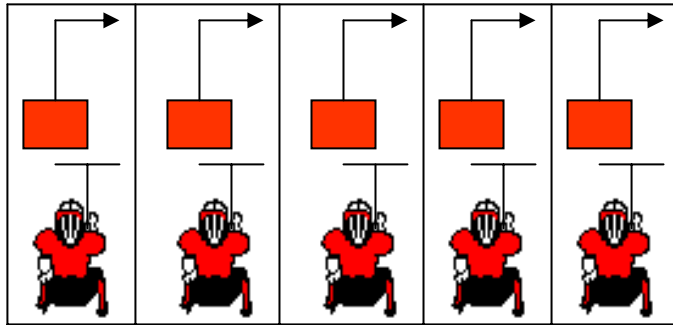
- **4. COACHING POINTS:**
- A. YOUR PLAYER SHOULD STRIKE THE BAG WITH HIS ENTIRE SURFACE.
- B. YOUR PLAYER SHOULD EXPLODE INTO THE BAG HARD ENOUGH TO KNOCK IT OFF THE LINE.
- C. WHEN YOUR PLAYER FINISHES THE DRILL HE SHOULD BE IN A PERFECT FIT INTO THE BAG, WITH THE BAG BETWEEN HIS FEET AND HIS BUTT OVER HIS HEELS.

P.L.P. = PECKER LEVEL PERFECT DRILL



- **1. OBJECTIVES:**
- A. TO TEACH OFFENSIVE LINEMAN TO FIRE OFF THE BALL WITH A LOW PROFILE AT THE BRAKE OF A DEFENDERS BODY. EMPHASIZE TO YOUR PLAYERS THAT THE “LOW MAN WINS IN THE TRENCHES!”
- **2. ORGANIZATION AND PROCEDURE:**
- A. BAGS SHOULD BE LAYED LENGTH WISE WITH THE BUTT END IN FRONT OF THE OFFENSIVE LINEMAN. THIS GIVES THE LINEMAN A SMALL, SHORT SURFACE TO BLOCK.
- B. “RIGHT SHOULDER PLP ON CADENCE.”
- C. ON CADENCE THE OFFENSIVE LINEMAN WILL EXECUTE A PERFECT SHOULDER BLOCK AT A LOW TRAJECTORY ON THE BUTT END OF THE BAG AND WILL CONTINUE TO DRIVE THE BAG UNTIL THE WHISTLE BLOWS.
- **3. COACHING POINTS:**
- A. YOUR PLAYERS SHOULD STRIKE THE BAG WITH THEIR ENTIRE SURFACE.
- B. YOUR PLAYERS SHOULD EXPLODE INTO THE BAG LOW AND HARD ENOUGH TO KNOCK IT OFF THE LINE. AFTER CONTACT HE SHOULD KEEP HIS FEET CHOPPING UNTIL THE WHISTLE IS BLOWN.
- C. THE LINE THAT COMES OFF THE BALL THE LOWEST AND FASTEST WITH A GREAT BLOCKING PROFILE WILL MOVE THE CHAINS!

DRIVE BLOCK DRILL

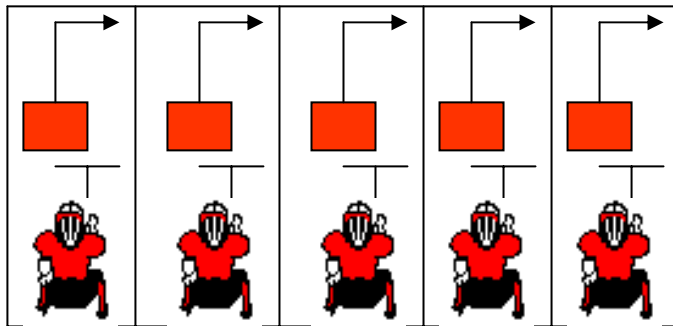


- **1. OBJECTIVES:**
- A. TO INSTRUCT PLAYERS THAT THIS IS OUR PRIMARY BLOCKING TECHNIQUE. PLAYERS SHOULD BE INSTRUCTED THAT THE BASE FUNDAMENTALS THAT ARE TAUGHT TO PERFORM A “DRIVE BLOCK” ARE THE SAME FUNDAMENTALS USED IN ALL BLOCKS.

- **2. DRILL ORGANIZATION, COMMAND AND PROCEDURE:**
- A. “DRIVE BLOCK RIGHT SHOULDER ON CADENCE.”
- B. HAVE YOUR PLAYERS ALIGN DIRECTLY OVER THE BAG AT AN ARM'S DISTANCE.
- C. POWER STEP WITH YOUR LEFT FOOT, AND STRIKE A BLOW WITH YOUR RIGHT SHOULDER. AS YOU MAKE CONTACT WITH THE BAG ACCELERATE YOUR FEET AND DRIVE THE BAG OFF THE LINE 5 YARDS TO THE NEXT LINE. ONCE YOU'VE DRIVEN THE BAG 5 YARDS WORK YOUR TAIL AROUND AND DRIVE IT TILL THE WHISTLE BLOWS. WHEN THE WHISTLE BLOWS FIT INTO THE BAG AND WAIT FOR THE COACH TO RELEASE YOU.

- **3. COACHING POINTS:**
- A. EMPHASIZE TO YOUR PLAYERS THAT THEY MUST COCK THEIR ARMS BACK BEFORE THEY STRIKE THE BAG WITH A PERFECT SHOULDER FOREARM BLOW.
- B. EMPHASIZE THAT YOUR PLAYERS ACCELERATE THEIR FEET ON CONTACT.
- C. AS YOUR PLAYERS DRIVE THE BAG:
 - HAVE THEM KEEP THE MAN THEY'RE BLOCKING BETWEEN THEIR LEGS.
 - THEY SHOULD KEEP THEIR BUTT OVER THEIR HEELS AND NOT OVER-EXTEND.
 - COACH THEM TO POINT THEIR TOES SLIGHTLY OUTWARD LIKE THEY'RE PERFORMING A SQUAT.
 - THEY SHOULD PUSH OFF THEIR INSTEPS, SO THAT THEIR WHOLE FOOT IS ON THE GROUND AS THEY DRIVE THE BAG.

FIRE OUT AND HIT DRILL



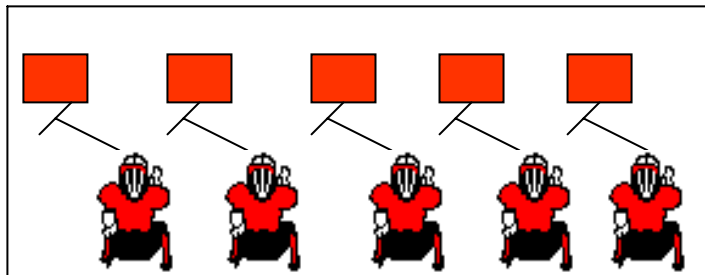
- **1. OBJECTIVES:**
- A. TO TEACH YOUR PLAYERS HOW TO STRIKE A PERFECT SHOULDER BLOW IN A RUN AND HIT SITUATION.
- B. TO TEACH AND DRILL THE PROPER WAY TO CONTACT IN A RUN AND HIT SITUATION.

- **2. ALIGNMENT:**
- A. ALIGN HEAD UP FIVE YARDS OFF THE BAG.

- **3. DRILL COMMAND AND PROCEDURE:**
- A. "RUN AND HIT RIGHT SHOULDER ON CADENCE."
- B. ON THE CADENCE THE PLAYER WILL TAKE OFF LOW AND HARD FOR THE BAG AND EXECUTE A PERFECT RIGHT SHOULDER BLOCK ON THE BAG.
- C. AS THE PLAYER MAKES CONTACT WITH THE BAG HE SIMULTANEOUSLY DRIVES THE BAG 5 YARDS DOWN THE FIELD, SWINGS HIS TAIL AND FINISHES BY DRIVING UNTIL THE WHISTLE BLOWS.

- **4. COACHING POINTS:**
- A. AS THE PLAYER MAKES CONTACT BE SURE THEY HIT THE BAG AT FULL SPEED RUN BLOCKING THE BAG OFF THE LINE.
- B. YOUR PLAYERS SHOULD HAVE THEIR ENTIRE SURFACE ON THE BAG, HEADS UP, AND SHOULD BE SQUEEZING THE BAG WITH A TIGHT NECK SQUEEZE.
- C. ACCENTUATE THAT THE BLOCKER ACCELERATE THEIR FEET ON CONTACT.
- D. THEIR FEET WILL BE CLOSE TOGETHER ON CONTACT, BUT WORK TO GET A WIDER BASE OR THEY WILL LOSE BALANCE.
- E. KEEP THE BAG BETWEEN THEIR LEGS.
- F. KEEP THEIR BUTT OVER THEIR HEELS AND DRIVE WITH POWER.
- G. THE PLAYER THAT CAN BEGIN TO MOVE HIS FEET THE FASTEST WITH POWER WILL USUALLY WIN THE BATTLE.

DOWN BLOCK DRILL



- **1. OBJECTIVES:**

- A. TO TEACH AND DRILL THE TYPE OF BLOCK USED BY AN OFFENSIVE LINEMAN THAT MUST PREVENT A DEFENDER TO HIS INSIDE FROM CROSSING THE LINE OF SCRIMMAGE AND PENETRATING INTO THE OFFENSIVE BACKFIELD.
- B. TO TEACH AND DRILL LINEMAN THE PROPER TECHNIQUES FOR BLOCKING A DEFENDER TO THEIR INSIDE GAP, OR OVER THE ADJACENT OFFENSIVE LINEMAN TO THEIR INSIDE.
- C. TO TEACH AND DRILL THE CONCEPT OF PUTTING THEIR HEAD BETWEEN THE DEFENDER AND THE BACKFIELD AND PREVENTING PENETRATION.

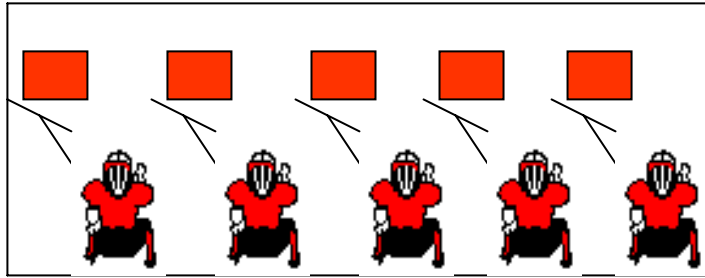
- **2. DRILL ORGANIZATION AND PROCEDURE:**

- A. "DOWN BLOCK RIGHT SHOULDER ON CADENCE."
- B. PLACE THE BAG ON THE LINE IN WHAT WOULD BE THE ADJACENT INSIDE GAPE OR OFFENSIVE LINEMAN.
- C. YOUR BLOCKER SHOULD ALIGN WITH HIS HAND ON THE LINE AT AN ARM'S LENGTH OF THE BAG.
- D. ON THE CADENCE THE OFFENSIVE LINEMAN WILL TAKE A FLAT STEP WITH HIS NEAR FOOT TO THE FAR FOOT OF THE DEFENDER EXECUTING A PERFECT SHOULDER BLOCK.
- E. THEY WILL ACCELERATE THEIR FEET ON CONTACT AND DRIVE THE BAG DOWN THE LINE UNTIL THE WHISTLE BLOWS.

- **3. COACHING POINTS:**

- A. YOUR PLAYERS MUST UNDERSTAND THAT THIS TECHNIQUE IS USED TO STOP PENETRATION. THEY CANNOT ALLOW THE DEFENDER TO PENETRATE INTO THE BACKFIELD.
- B. IT IS IMPORTANT THAT YOUR PLAYERS UNDERSTAND THAT THE DEFENDER WILL BE A MOVING TARGET. THEY MUST ANTICIPATE CONTACT AND BLOCK THE DEFENDER WHERE HE'S GOING TO BE AND NOT WHERE HE IS.

REACH BLOCK DRILL



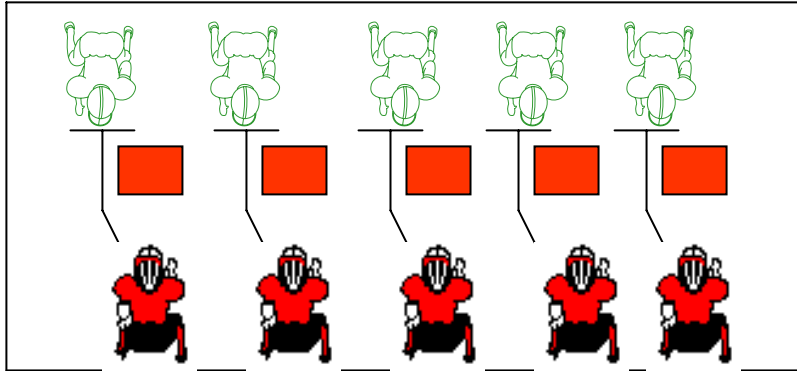
- **1. OBJECTIVES:**
- A. TO TEACH AND DRILL THE BASE FUNDAMENTALS OF A REACH BLOCK.
- B. TO TEACH AND DRILL THE TYPE OF BLOCK USED WHEN EXECUTING A REACH TO BACKER.

- **2. ALIGNMENT:**
- A. PLACE THE BAGS IN AN OUTSIDE TECHNIQUE OR GAP ALIGNMENT.
- B. THE BAG SHOULD BE PLACED ON THE LINE AND YOUR BLOCKER SHOULD BE AN ARM'S LENGTH FROM THE LINE AHEAD OF HIM.

- **3. DRILL COMMAND AND PROCEDURE:**
- A. ON COMMAND YOUR PLAYERS SHOULD EXECUTE A REACH STEP AT THE DEFENDER AND PUNCH THE FAR SHOULDER TO SLOW DOWN THE DEFENDER'S MOMENTUM AND GAIN CONTROL OF THE DEFENDER.
- B. THE SECOND STEP IS A CROSS-OVER STEP AS THEY WORK THEIR FEET TOWARD THE DEFENDER WORKING TO GAIN AN OUTSIDE LEVERAGE.

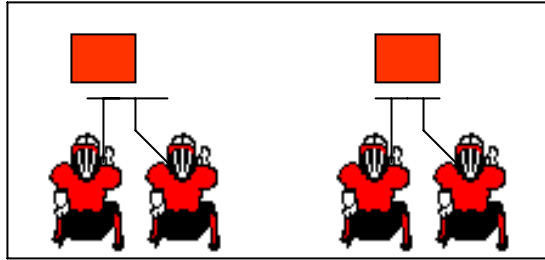
- **4. COACHING POINTS:**
- A. EMPHASIZE THAT YOUR PLAYERS KEEP THEIR SHOULDERS SQUARE TO THE DEFENDER AT ALL TIMES.
- B. IT'S IMPOSSIBLE TO EXECUTE THIS BLOCK WITHOUT TAKING SHORT CHOPPY STEPS AND KEEPING THE BODY UNDER CONTROL.

DIP AND RIP DRILL



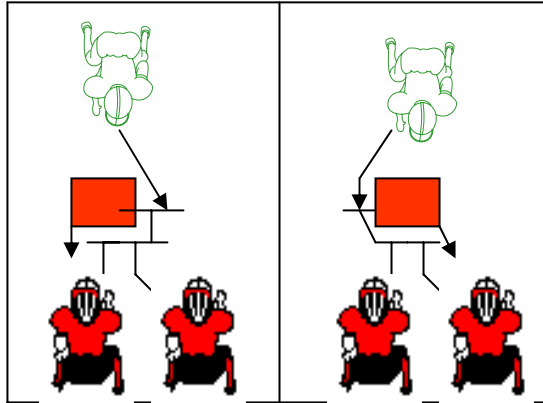
- **1. OBJECTIVES:**
- A. TO TEACH AND DRILL YOUR PLAYERS TO BE ABLE TO RELEASE INSIDE A DEFENSIVE LINEMAN EFFECTIVELY ENOUGH TO BLOCK A LINEBACKER BEFORE HE CAN ESCAPE TO THE PLAY.
- **2. ORGANIZATION AND PROCEDURE:**
- A. "DIP AND RIP LEFT ON CADENCE."
- B. ON THE CADENCE YOUR LINEMAN WILL TAKE AS LONG AND AS FLAT OF A STEP WITH THEIR LEFT FOOT AS THEY CAN HANDLE.
- C. AS THEY TAKE THEIR SECOND STEP THEY WILL RIP THEIR RIGHT ARM PAST THE DEFENDER AND CLIMB TO LINEBACKER LEVEL AS FAST AS THEY CAN.
- **3. COACHING POINTS:**
- A. EMPHASIZE TO YOUR PLAYERS THAT THE OBJECT OF THIS TECHNIQUE IS TO GET AWAY FROM THE DEFENSIVE LINEMAN AND UP FIELD SO QUICK THAT THE DEFENDER CANNOT LAY A HAND ON THEM.
- B. WHEN YOUR PLAYERS RIP, MAKE SURE THEY RIP THEIR ARM AND HAND TO THE SKY. THIS GIVES THEM MORE POWER THROUGH THE RIP AND IT ALSO TURNS THEIR BODY, SO THAT, ONLY THE TIP OF THEIR SHOULDER IS FACING THE DEFENDER. WHEN THEIR BODY TURNS IT REDUCES THE AMOUNT OF SURFACE THE DEFENDER HAS TO JAM THE BLOCKER AND PREVENT HIM FROM GETTING AROUND AND UP FIELD.

DOUBLE TEAM DRILL



- **1. OBJECTIVES:**
- A. TO TEACH AND DRILL THE BASE FUNDAMENTALS AND TEAM WORK NECESSARY TO EXECUTE A DOUBLE TEAM BLOCK.
- **2. ORGANIZATION AND PROCEDURE:**
- A. "DOUBLE TEAM ON CADENCE."
- B. THE INSIDE BLOCKER ALIGNS HEAD UP OR SHADED AT AN ARMS LENGTH FROM THE BAG. THE OUTSIDE BLOCKER ALIGNS WITH A NORMAL LINE SPLIT.
- C. ON CADENCE THE BLOCKERS WILL STEP WITH ADJACENT FEET AT THE CROTCH OF THE DOWN DEFENDER AND EXECUTE A PERFECT DOUBLE TEAM. THE TANDOM WILL DRIVE THE BAG OFF THE LINE UNTIL THEY HEAR THE WHISTLE BLOW.
- **3. COACHING POINTS:**
- A. EMPHASIZE TO YOUR PLAYERS THAT THEY NEED TO STEP WITH ADJACENT FEET AND BE HIP TO HIP AND SHOULDER TO SHOULDER. THEY ARE TO DRIVE THE DEFENDER BACK OFF THE LINE TO THE NEXT LEVEL OF DEFENSE UNTIL THE WHISTLE BLOWS. THEY MUST KEEP THEIR SHOULDERS SQUARE SO THE DEFENDER ISN'T ABLE TO SPLIT BETWEEN THEM. THIS ALSO PUTS THEM IN A BETTER POSITION TO REACT TO ANOTHER DEFENDER COMING TO THEM.

CO-OP DRILL



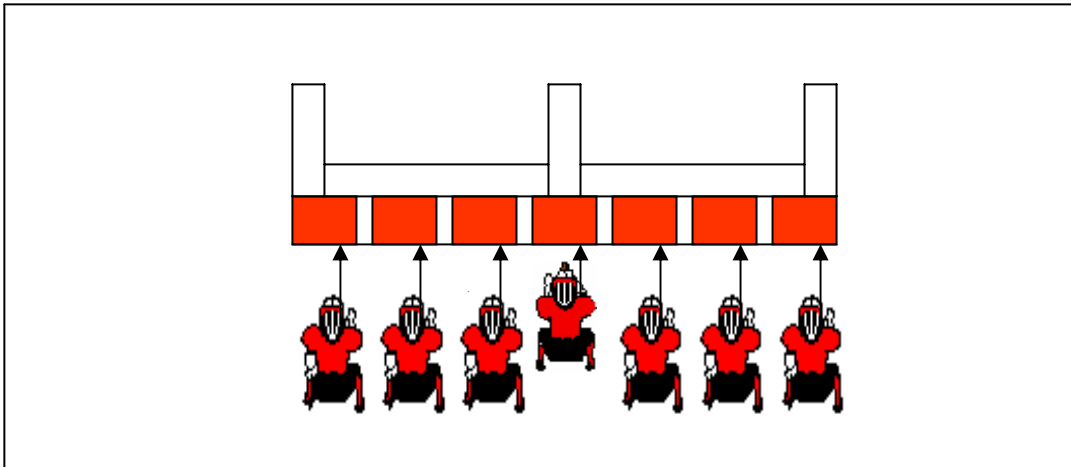
- **1. OBJECTIVES:**
- A. TO TEACH AND DRILL THE TIMING AND COOPERATION THAT IS NECESSARY TO BLOCK THE VARIOUS GAP EXCHANGE STUNTS USED BY STACK DEFENSIVE SCHEMES.
- B. TO DRILL THE CO-OP BLOCK IN ORDER TO GIVE THE LINEMAN A MORE REALISTIC FEEL OF HOW THEY MUST WORK TOGETHER.

- **2. ORGANIZATION AND PROCEDURE:**
- A. YOU NEED TWO BLOCKERS AND TWO DEFENDERS.
- B. PLACE THE FIRST DEFENDER HEAD UP OR SHADED ON THE INSIDE OFFENSIVE LINEMAN. PLACE THE SECOND DEFENDER STACKED ON THE FIRST.
- C. THE COACH SIGNALS THE DEFENDERS AS TO WHAT TYPE OF GAP EXCHANGE TO PERFORM. THE DEFENDERS MUST ATTACK THE GAP ASSIGNED.
- D. ON THE CADENCE THE OFFENSIVE LINEMEN WILL STEP WITH ADJACENT FEET AT THE CROTCH OF THE DOWN DEFENDER.
- E. THEIR EYES IMMEDIATELY FOCUS ON THE STUNT BEING PERFORMED BY THE DEFENDERS.
- F. EACH OFFENSIVE LINEMAN IS RESPONSIBLE FOR THE SECURITY OF HIS INSIDE GAP.

- **3. COACHING POINTS:**
- A. YOU MUST COACH THE LINEMEN TO STEP AT THE CROTCH OF THE DEFENDER JUST AS THEY WOULD IN A DOUBLE TEAM SITUATION.
- B. THEY MUST HAVE THEIR HEAD AND EYES UP WITH SHOULDERS SQUARE OR THEY WILL HAVE TROUBLE ADJUSTING TO THE LINEBACKER'S STUNT.

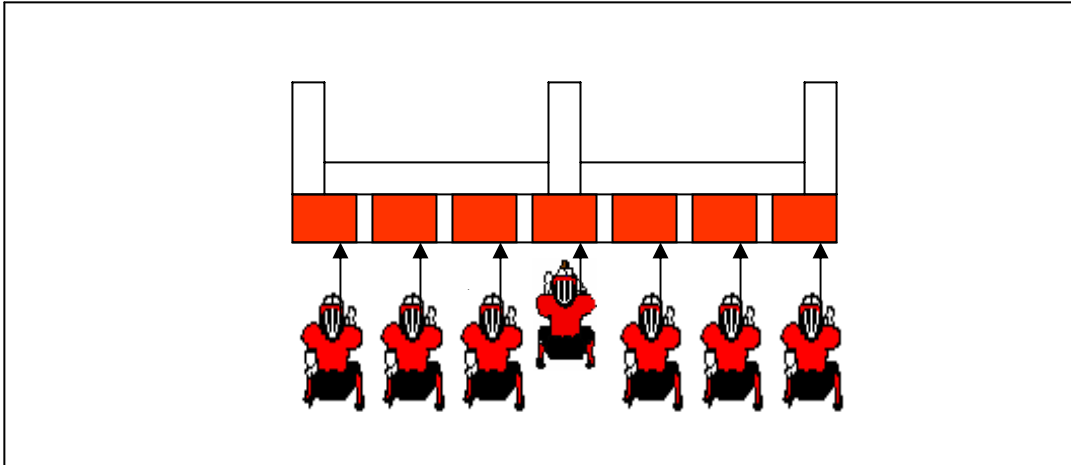
SLED DRILLS

SNAP COUNT ADVANCE DRILL



- **1. OBJECTIVES:**
- A. TO TEACH AND DRILL YOUR PLAYERS TO GET OFF THE BALL AS QUICK AS POSSIBLE.
- B. TO ADJUST A LINEMAN'S TAKE-OFF POINT IN THE SNAP COUNT WHERE THEY MAY FIRE OUT THE QUICKEST AND MOST EFFECTIVELY
- C. TO CREATE AN OFFENSIVE LINE THAT FIRES OFF IN UNISON LIKE A MACHINE.
- **2. ORGANIZATION AND PROCEDURE:**
- A. "FIRE OUT – RIGHT SHOULDER ON CADENCE."
- B. ALIGN A LINEMAN FOR EACH POSITION ON A SLED.
- C. HAVE AS MANY COACHES AS POSSIBLE WATCH THE BUTTS OF THE LINEMEN AS THEY FIRE OUT ON THE CADENCE. EACH COACH WILL WATCH ONE PLAYER AT A TIME AND THEN ADJUST THAT LINEMAN'S TAKE-OFF TO THE SNAP COUNT.
- **3. COACHING POINTS:**
- A. WATCH THE BUTT OF THE PLAYER AS THEY FIRE OUT. THEN ADJUST THE PLAYERS TAKE-OFF POINT ON THE CADENCE.
- B. IF THE CADENCE IS "HUT-ONE" AND THE PLAYER IS NOT GETTING OFF QUICK ENOUGH YOU MAY NEED TO ADJUST HIS TAKE-OFF TO THE "WHA" OF ONE OR EVEN THE "T" OF HUT IF THEY'RE REALLY SLOW. THIS WILL GET THEM OFF THE BALL QUICKER AND IN UNISON WITH THEIR TEAMMATES.
- C. EACH PLAYER WILL USE THIS AS HIS PERSONAL CADENCE TO TAKE OFF.

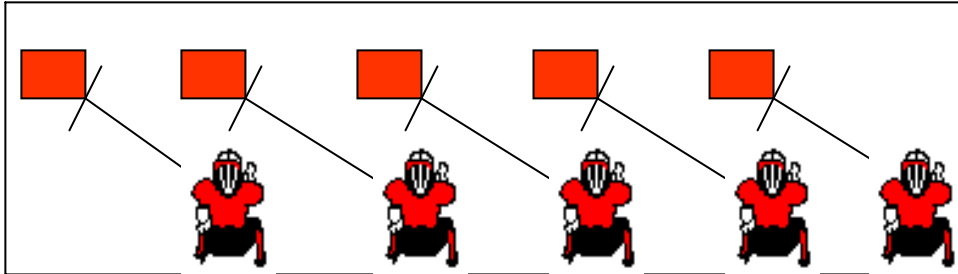
7-SECOND DRILL



- **1. OBJECTIVES:**
- A. TO TEACH AND DRILL YOUR PLAYERS TO GET OFF THE BALL IN UNISON.
- B. TO TEACH AND DRILL LINEMEN TO GET OFF THE BALL WITH A GREAT LOW PROFILE.
- C. TO TEACH SNAP COUNT DISCIPLINE TO YOUR PLAYERS BY USING A VARIED SNAP COUNT.
- D. TO TEACH, DRILL, AND CONDITION YOUR PLAYERS TO COME OFF THE BALL AND BLOCK FROM THE SNAP TO THE ECHO OF THE WHISTLE.
- **2. ORGANIZATION AND PROCEDURE:**
- A. "FIRE OUT – RIGHT SHOULDER ON CADENCE."
- B. ALIGN A LINEMAN FOR EACH POSITION ON A SLED.
- C. IF POSSIBLE, USE TWO OR THREE COACHES FOR THIS DRILL. HAVE ONE COACH WITH A STOP WATCH. HAVE ONE OR TWO COACHES WATCHING SHOULDER AND HAND PLACEMENT. HAVE ANOTHER WATCHING FOR HIGH HATS.
- **3. COACHING POINTS:**
- A. THE AVERAGE FOOTBALL PLAY LASTS FOR SIX SECONDS. WE WANT OUR PLAYERS TO BE SEVEN SECOND PLAYERS. WE MUST CONDITION THEM TO BLOCK FROM THE SNAP TO THE ECHO OF THE WHISTLE.
- B. THIS IS A RAPID FIRE DRILL. WE WANT A LINE RIGHT BEHIND THE LINE ON THE SLED. WE WANT SEVEN SECONDS OF EXPLOSION AND THEN GET ANOTHER LINE ON. DEPENDING ON THE NUMBER, WE'D LIKE TO GET EACH PLAYER 10-15 REPETITIONS ON THIS SLED DRILL.

PULLING DRILLS

INSIDE TRAP PULL DRILL



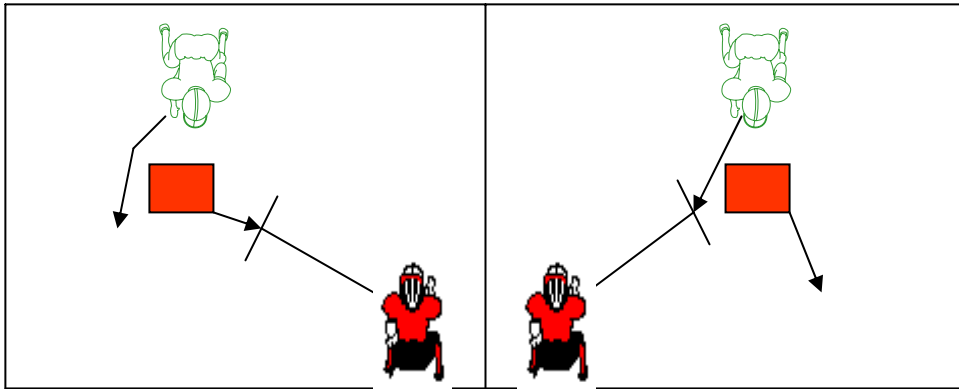
- **1. OBJECTIVES:**
- A. TO TEACH AND DRILL THE PROPER STEPS NECESSARY TO CREATE A TIGHT 45* TRAPPING PATH.
- B. TO TEACH AND DRILL THE PERFECT INSIDE OUT PATH NECESSARY TO EXECUTE A PERFECT TRAP BLOCK.
- C. TO TEACH AND DRILL THE PROPER SIDE OF THE DEFENDER TO PUT YOUR HEAD AND BODY PLACEMENT WHEN EXECUTING A TRAP BLOCK.

- **2. ORGANIZATION:**
- A. "INSIDE TRAP PULL LEFT ON CADENCE"
- B. ORGANIZATION
 - - ALL BAGS SHOULD BE ALIGNED IN A 5x5 YARD ALIGNMENT.
 - - IF COACHING TO PULL LEFT AND TRAP WITH THE LEFT SHOULDER HAVE THE PLAYERS ALIGN 4 YARDS TO THE RIGHT OF THE BAG.

- **3. PROCEDURE:**
- A. ON THE COACHE'S CADENCE THE PLAYER WILL TAKE A 45* TRAP STEP TO THE LEFT ESTABLISHING AN INSIDE OUT PATH, CONTACT THE BAG WITH HIS LEFT SHOULDER, AND DRIVE THE BAG DOWN THE LINE UNTIL THE WHISTLE BLOWS.

- **4. COACHING POINTS:**
- A. COACH THE PULLING LINEMEN TO STEP ON A 45* ANNGLE. THERE IS NO DROP STEP OR LEAD STEP IN THE TRAP PULL. THE PULLER SHOULD BE GAINING GROUND ON HIS FIRST STEP.
- B. AS THE PULLER MAKES INSIDE OUT SHOULDER CONTACT WITH THE BAG (DEFENDER) HE SHOULD HIT AND CLIMB. THIS WILL KEEP THE DEFENDER FROM REACHING OVER THE BLOCKER TO THE BALL CARRIER.

INSIDE TRAP PULL READ DRILL



1. OBJECTIVES:

- A. TO TEACH AND DRILL THE PROPER STEPS NECESSARY TO CREATE A TIGHT 45* TRAPPING PATH.
- B. TO TEACH AND DRILL THE PERFECT INSIDE OUT PATH NECESSARY TO EXECUTE A PERFECT TRAP BLOCK.
- C. TO TEACH AND DRILL TRAPPING GUARDS TO READ THE AREA THEY'RE TRAPPING AND TO TRAP THE MOST DANGEROUS DEFENDER.

2. ORGANIZATION:

- A. "INSIDE TRAP PULL ON CADENCE"
- B. ORGANIZATION
 - ALL BAGS SHOULD BE ALIGNED IN A 5x5 YARD ALIGNMENT.
 - IF COACHING TO PULL LEFT AND TRAP WITH THE LEFT SHOULDER HAVE THE PLAYERS ALIGN 4 YARDS TO THE RIGHT OF THE BAG.

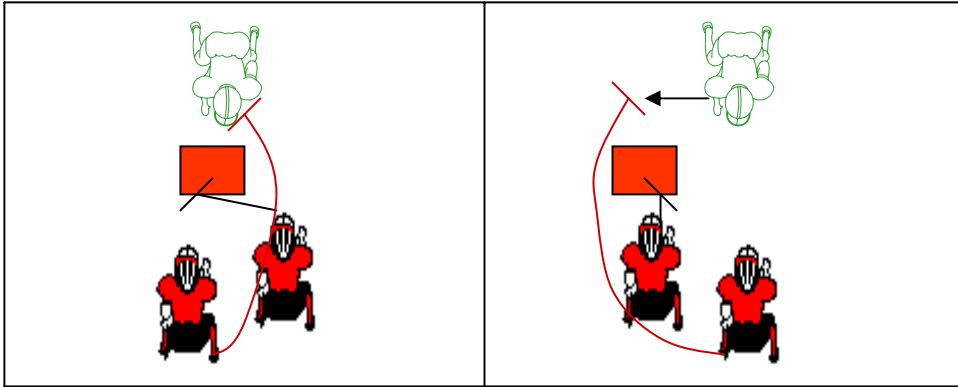
3. PROCEDURE:

- A. THE COACH WILL ASSIGN TASKS FOR THE TWO DEFENDERS.
- B. ON THE COACHE'S CADENCE THE PLAYER WILL TAKE A 45* TRAP STEP TO THE LEFT ESTABLISHING AN INSIDE OUT PATH, AND READ THE DEFENDER WHO SLANTS INTO HIS PATH.
- C. IF DOWN DEFENDER SITS, CHARGES UPFIELD, OR SLANTS AWAY THE TRAPPING GUARD WILL MOVE TO THE 2ND LEVEL AND LOOK FOR LB.

4. COACHING POINTS:

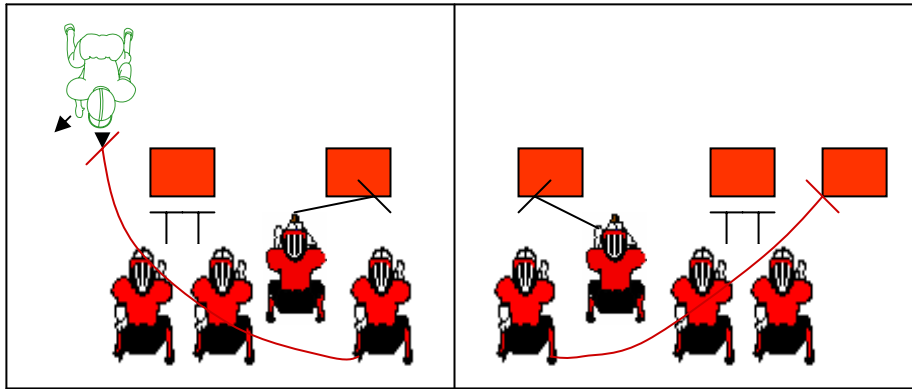
- A. VS. A D-LINEMAN AND LB STACK SITUATION THE PULLER SHOULD ANTICIPATE THE WORST CASE SENARIO AND EXPECT SOME SORT OF LB STUNT INTO THE GAP.
- B. WHEN IN DOUBT TRAP THE DOWN DEFENDER AT THE LINE OF SCRIMMAGE!

GUT PULL DRILL



- **1. OBJECTIVES:**
 - A. TO TEACH AND DRILL THE PROPER STEPS NECESSARY TO PERFORM A TIGHT GUT BLOCK.
 - B. TO TEACH AND DRILL THE PERFECT PATH TO A SCRAPING LINEBACKER.
 - C. TO TEACH AND DRILL THE PROPER SIDE OF THE DEFENDER FOR HEAD AND BODY PLACEMENT WHEN EXECUTING A GUT BLOCK.
- **2. ORGANIZATION:**
 - A. "GUT PULL ON CADENCE"
 - B. ORGANIZATION
 - - ALIGN A BAG OVER THE CENTER OR PULLING GUARD TO SIMULATE AN ODD OR EVEN FRONT.
 - - ALIGN A LB OVER THE PULLING GUARD. LB WILL SHUFFLE WITH THE GUARDS PULL TO REPRESENT A SCRAPING LB.
- **3. PROCEDURE:**
 - A. ON THE COACHE'S CADENCE THE PLAYER WILL TAKE A LEAD STEP AND GUT AROUND THE CENTER'S BLOCK ESTABLISHING CONTACT WITH THE SCRAPING LB. THE PULLING GUARD SHOULD STRIKE A BLOW WITH BOTH HANDS WHILE PLACING HIS HEAD BETWEEN THE DEFENDER AND BALL CARRIER. THE PULLING GUARD MUST SUSTAIN THIS BLOCK UNTIL THE WHISTLE BLOWS.
- **4. COACHING POINTS:**
 - A. COACH THE PULLING LINEMAN TO MAKE A PRE-SNAP READ OF THE AREA HE'S PULLING TO.
 - B. AS THE PULLER GUTS AROUND THE CENTER HE MUST REALIZE THAT HE'S PULLING WHERE THE LB IS MOVING AND NOT WHERE HE WAS BEFORE THE SNAP. THE PULLING GUARD MUST ALSO BE READY FOR A LINEBACKER TO RUN THROUGH WHEN THE CENTER MAKES HIS DOWN BLOCK.

WIDE TRAP PULL READ DRILL



1. OBJECTIVES:

- A. TO TEACH AND DRILL PULLING GUARDS THE PROPER STEPS NECESSARY FOR THE WIDE TRAPPING PATH.
- B. TO TEACH AND DRILL THE PERFECT INSIDE OUT PATH NECESSARY TO EXECUTE A PERFECT WIDE TRAP BLOCK.
- C. TO TEACH AND DRILL TRAPPING GUARD'S TO READ THE AREA THEY'RE TRAPPING AND TO TRAP THE MOST DANGEROUS DEFENDER PAST THE FST.

2. ORGANIZATION:

- A. "WIDE TRAP PULL ON CADENCE"
- B. ORGANIZATION
 - ALIGN A DUMMY OVER THE FST & FSG TO SIMULATE A DOUBLE TEAM AT THE POINT OF ATTACK.
 - ALIGN A DUMMY OR LB OUTSIDE THE FST. THE LB CAN SHUFFLE UP ON THE COACHES CADENCE.

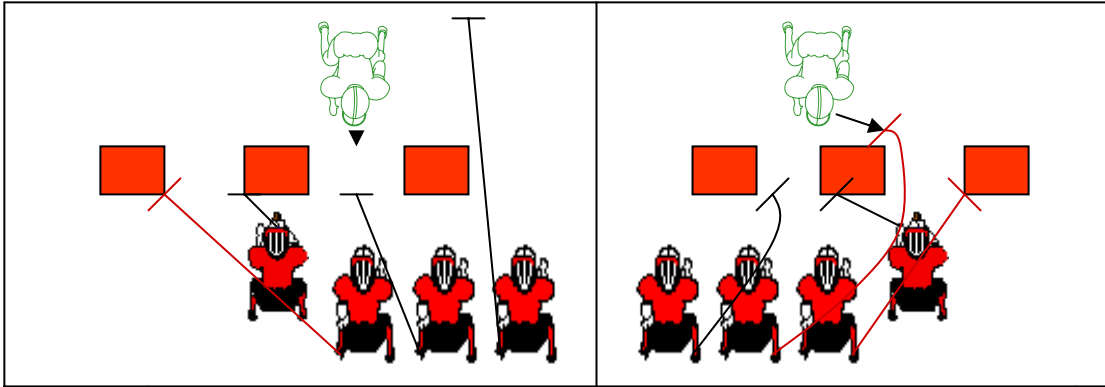
3. PROCEDURE:

- A. THE COACH WILL ASSIGN TASKS FOR LINEBACKERS.
- B. ON THE COACHES CADENCE THE PULLING GUARD WILL TAKE A SHORT LEAD STEP AND ESTABLISH AN INSIDE OUT PATH AS HE READS THE FIRST DEFENDER PAST THE FST'S DOWN BLOCK.
- C. IF DOWN DEFENDER SITS, CHARGES UPFIELD, OR SLANTS AWAY THE TRAPPING GUARD WILL MOVE TO THE 2ND LEVEL AND LOOK FOR LB.

4. COACHING POINTS:

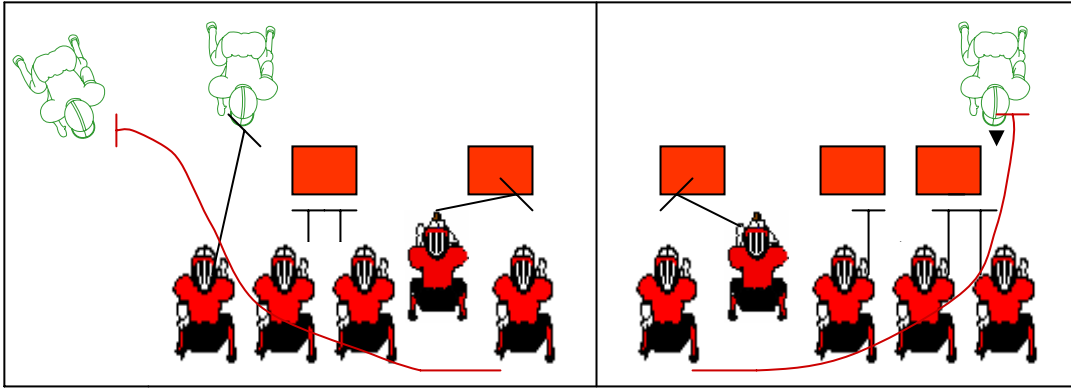
- A. VS. A DEFENSIVE LINEMAN AND LB STACK SITUATION THE PULLER SHOULD ANTICIPATE THE WORST CASE SENARIO AND EXPECT SOME SORT OF LB STUNT INTO THE GAP.
- B. WHEN IN DOUBT TRAP THE DOWN DEFENDER AT THE LINE OF SCRIMMAGE!

ARC PULL DRILL



- **1. OBJECTIVES:**
 - A. TO TEACH AND DRILL BACKSIDE TACKLES AND ENDS THE PROPER STEPS NECESSARY TO PERFORM AN ARC BLOCK.
 - B. TO TEACH AND DRILL THE PERFECT PATH TO SEAL THE BACKSIDE A & B GAPS.
 - C. TO TEACH AND DRILL THE PROPER TECHNIQUES TO STOP DEFENSIVE PENETRATION.
- **2. ORGANIZATION:**
 - A. "ARC PULL ON CADENCE"
 - B. ORGANIZATION
 - - ALIGN A BAG OVER THE CENTER OR PULLING GUARD TO REPRESENT AN ODD OR EVEN FRONT.
 - - ALIGN A LB OVER THE PULLING GUARD. LB WILL SHUFFLE WITH THE GUARDS PULL TO SIMULATE A SCRAPING LB OR RUN THROUGH WHEN THE GUARD PULLS.
- **3. PROCEDURE:**
 - A. ON THE COACHE'S CADENCE THE BACKSIDE TACKLE WILL MAKE AN ARC OR TRUCK CALL TO THE END.
 - B. IF THE TACKLE "ARCS" THE END WILL BLOCK THE FUNNEL. IF THE TACKLE "TRUCKS" THE END WILL ARC.
- **4. COACHING POINTS:**
 - A. COACH THE ARCING LINEMAN TO REACH TO THE PLAYSIDE HIP OF THE MOST DANGEROUS DEFENDER BETWEEN HIM AND THE CENTER.
 - B. THE ARCING LINEMAN MUST HAVE HEAD AND EYES UP ANTICIPATING A LINEBACKER TO RUN THROUGH WHEN THE GUARD PULLS.

3-STEP PULL DRILL



1. OBJECTIVES:

- A. TO TEACH AND DRILL THE PROPER STEPS NECESSARY TO PERFORM A 3-STEP PULL OFF-TACKLE.
- B. TO TEACH AND DRILL THE PROPER FIRST LEAD STEP TO GAIN WIDTH AND THE SECOND AND THIRD STEPS AS HE PUSHES UP INTO THE OFF-TACKLE HOLE.
- C. TO TEACH AND DRILL THE PULLING GUARD TO LOOK INSIDE OUT FOR THE FIRST UGLY SHIRT IN THE OFF-TACKLE HOLE.

2. ORGANIZATION:

- A. "3-STEP PULL ON CADENCE"
- B. ORGANIZATION
 - ALIGN MULTIPLE HALF-LINE FRONTS OVER THE FRONTSIDE END – TACKLE – GUARD TO SIMULATE DIFFERENT LOOKS FOR THE PULLING GUARD.
 - ALIGN A LINEBACKER OR DEFENSIVE BACK IN THE OFF-TACKLE AREA TO FORCE THE GUARD'S REACTION.

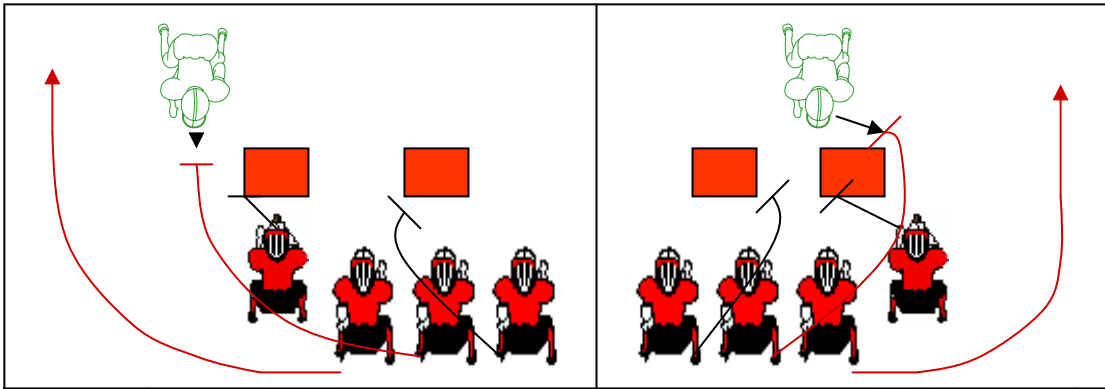
3. PROCEDURE:

- A. THE COACH WILL ASSIGN TASKS FOR LINEBACKERS AND DEFENSIVE BACKS.
- B. ON THE COACHE'S CADENCE THE PULLING GUARD WILL TAKE A SHORT LEAD STEP AND ON HIS SECOND AND THIRD STEP BEGIN TO PUSH UP INTO THE OFF-TACKLE HOLE.
- C. AS THE PULLING GUARD ENTERS THE OFF-TACKLE HOLE HE MUST SCAN FROM INSIDE TO OUTSIDE FOR THE FIRST UGLY SHIRT TO MAKE CONTACT WITH. ONCE HE MAKES CONTACT HE MUST SUSTAIN IT UNTIL THE WHISTLE.

4. COACHING POINTS:

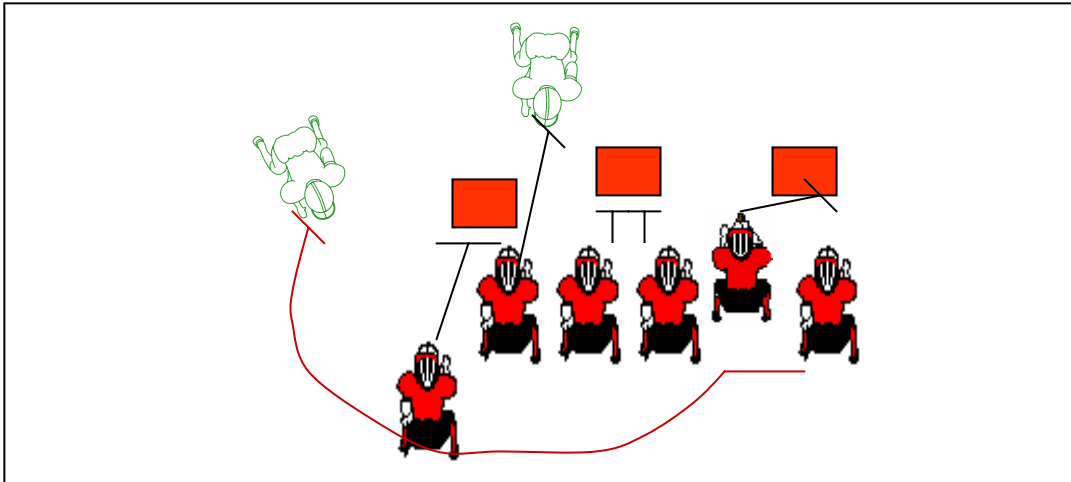
- A. A GOOD LEAD STEP IS IMPORTANT TO ENSURE THE GUARD IS IN FRONT OF THE BALL CARRIER.
- B. THE GUARD MUST HAVE EYES OPEN AND HEAD ON A SWIVEL AS HE ENTERS THE OFF-TACKLE HOLE. BE READY FOR CONTACT!

TRUCK PULL DRILL



- **1. OBJECTIVES:**
 - A. TO TEACH AND DRILL BACKSIDE TACKLES THE PROPER STEPS NECESSARY TO PERFORM A TIGHT TRUCK BLOCK.
 - B. TO TEACH AND DRILL THE PERFECT PATH TO A SCRAPING LINEBACKER.
 - C. TO TEACH AND DRILL THE PROPER SIDE OF THE DEFENDER TO PUT YOUR HEAD AND BODY PLACEMENT WHEN EXECUTING A TRUCK BLOCK.
- **2. ORGANIZATION:**
 - A. "TRUCK PULL ON CADENCE"
 - B. ORGANIZATION
 - - ALIGN A BAG OVER THE CENTER OR PULLING GUARD TO REPRESENT AN ODD OR EVEN FRONT.
 - - ALIGN A LB OVER THE PULLING GUARD. LB WILL SHUFFLE WITH THE GUARDS PULL TO SIMULATE A SCRAPING LB.
- **3. PROCEDURE:**
 - A. ON THE COACHE'S CADENCE THE BACKSIDE TACKLE WILL TAKE A LEAD STEP AND GUT AROUND THE CENTER'S BLOCK ESTABLISHING CONTACT WITH THE SCRAPING LB. THE PULLING TACKLE SHOULD STRIKE A BLOW WITH BOTH HANDS WHILE PLACING HIS HEAD BETWEEN THE DEFENDER AND BALL CARRIER. PULLING TACKLE MUST SUSTAIN THIS BLOCK UNTIL THE WHISTLE BLOWS.
- **4. COACHING POINTS:**
 - A. COACH THE PULLING TACKLE TO PULL TIGHT AROUND THE CENTER'S BLOCK AS HE LOOKS FOR THE FIRST UGLY SHIRT.
 - B. AS THE PULLER GUTS AROUND THE CENTER'S BLOCK HE MUST FOCUS HIS EYES ON THE ATTACK AREA. THE PULLING TACKLE MUST ALSO BE READY FOR A LINEBACKER TO RUN THROUGH WHEN THE CENTER MAKES HIS DOWN BLOCK AND THE GUARD PULLS.

3-STEP BUBBLE PULL DRILL



1. OBJECTIVES:

A. TO TEACH AND DRILL THE PROPER STEPS NECESSARY TO PERFORM A 3-STEP BUBBLE PULL FOR THE QB KEEP OUT.

B. TO TEACH AND DRILL THE PROPER FIRST LEAD STEP, SECOND AND THIRD STEPS, FOLLOWED BY A THREE STEP BUBBLE TO GAIN DEPTH AND GET AROUND THE EDGE.

C. TO TEACH AND DRILL THE PULLING GUARD TO BLOCK THE PRIMARY FORCE ON THE QB KEEP OUT PLAY.

2. ORGANIZATION:

A. "3-STEP BUBBLE PULL ON CADENCE"

B. ORGANIZATION

- ALIGN MULTIPLE HALF-LINE FRONTS OVER THE FRONTSIDE END – TACKLE – GUARD TO SIMULATE DIFFERENT LOOKS FOR THE PULLING GUARD.

- ALIGN A LINEBACKER OR DEFENSIVE BACK OUTSIDE AS A FORCE DEFENDER.

3. PROCEDURE:

A. THE COACH WILL ASSIGN TASKS FOR LINEBACKERS AND DEFENSIVE BACKS TO EITHER FORCE THE PLAY OR HANG LOOSE.

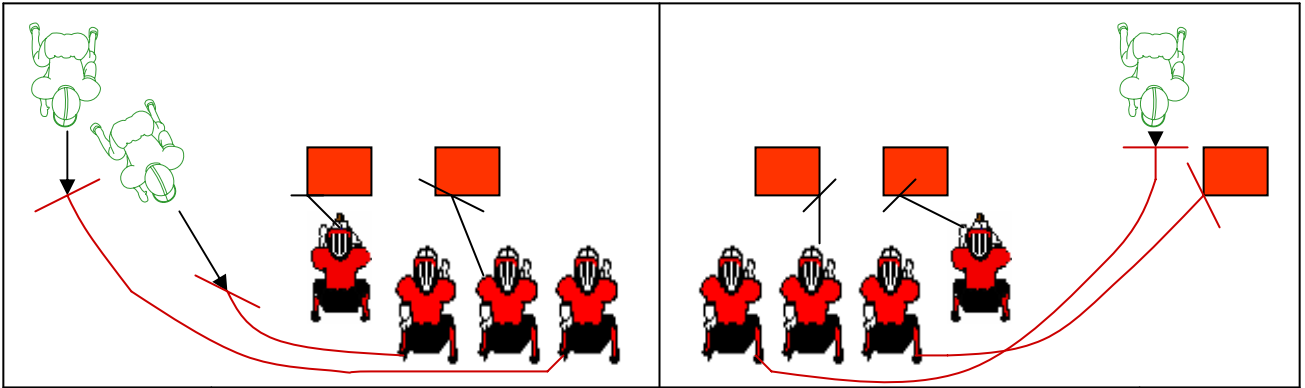
B. ON THE COACHE'S CADENCE THE PULLING GUARD WILL TAKE A SHORT LEAD STEP, SENCOND, THIRD AND THEN BEGIN A THREE STEP BUBBLE TO GAIN DEPTH.

C. AS THE PULLING GUARD GET'S AROUND THE EDGE HE MUST BE ALERT FOR A FORCING DEFENDER.

4. COACHING POINTS:

A. THE GUARD IS COACHED TO KICK OUT ON A FORCE OR HOOK A HANGER. HE MUST ANTICIPATE AN IMMEDIATE FORCE FROM THE EDGE.

REVERSE PULL DRILL



1. OBJECTIVES:

- A. TO TEACH AND DRILL BACKSIDE GUARDS AND ENDS THE PROPER STEPS NECESSARY TO PERFORM REVERSE PULLS.
- B. TO TEACH AND DRILL GUARDS ON THE STEPS REQUIRED TO EXECUTE A LONG TRAP ON THE FIRST UGLY SHIRT PAST THE FSE'S BLOCK.
- C. TO TEACH AND DRILL TIGHT ENDS ON THE STEPS REQUIRED TO REVERSE PULL OFF-TACKLE.

2. ORGANIZATION:

- A. "REVERSE PULL ON CADENCE"
- B. ORGANIZATION
 - ALIGN MULTIPLE HALF-LINE FRONTS OVER THE FRONTSIDE END – TACKLE – GUARD TO SIMULATE DIFFERENT LOOKS FOR THE PULLING GUARD.
 - ALIGN A LINEBACKER OR DEFENSIVE BACK IN THE OFF-TACKLE AREA TO FORCE THE PULLING END'S REACTION.

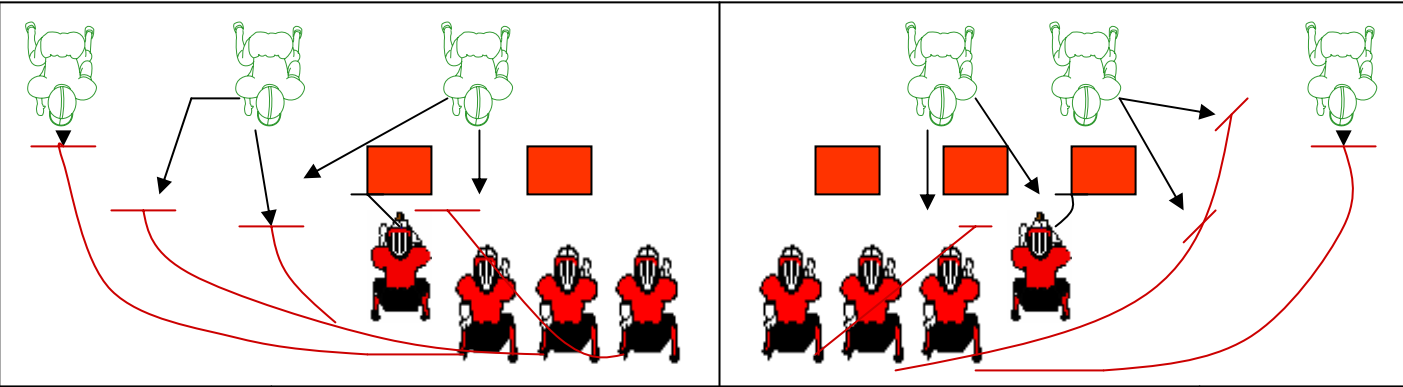
3. PROCEDURE:

- A. THE COACH WILL ASSIGN TASKS FOR LINEBACKERS AND DEFENSIVE BACKS.
- B. ON THE COACHE'S CADENCE THE PULLING GUARD WILL TAKE A SHORT LEAD STEP AND ON HIS SECOND AND THIRD STEP BEGIN TO PUSH UP FIELD TO TRAP THE FIRST UGLY SHIRT PAST THE FSE'S DOWN BLOCK.
- C. THE PULLING END MUST TAKE A BUCKET STEP WITH HIS PLAYSIDE FOOT TO GAIN DEPTH. AS HE CONTINUES TO THE PLAYSIDE HE WILL READ THE GUARD'S TRAP OR LOG BLOCK BLOCK AND BLOCK THE NEXT UGLY SHIRT TO SHOW.

4. COACHING POINTS:

- A. THE GUARD SHOULD NOT BE IN A BIG HURRY, BUT UNDER CONTROL.
- B. THE END SHOULD BE RUNNING DOWN HILL AS HE'S READING AND REACTING TO THE GUARD'S BLOCK. HE WILL EITHER GO INSIDE A TRAP OR AROUND A GUARD'S LOG BLOCK.

TRAIN PULL DRILL



- **1. OBJECTIVES:**
- A. TO TEACH AND DRILL BACKSIDE TACKLES AND ENDS THE PROPER STEPS NECESSARY TO PERFORM TRAIN BLOCKS FOR ALL SWEEP PLAYS.
- B. TO TEACH AND DRILL THE PERFECT PATH TO SCRAPING LINEBACKERS OR DEFENSIVE BACKS.
- C. TO TEACH AND DRILL THE PROPER TECHNIQUES FOR CUTTING OFF DEFENSIVE PENETRATION ON SWEEP PLAYS.

- **2. ORGANIZATION:**
- A. "TRAIN PULL ON CADENCE"
- B. ORGANIZATION
- - ALIGN A BAG OVER THE CENTER OR PULLING GUARD TO REPRESENT AN ODD OR EVEN FRONT.
- - ALIGN A LB OVER THE PULLING GUARD. LB WILL SHUFFLE WITH THE GUARDS PULL TO SIMULATE A SCRAPING LB OR RUN THROUGH GAPS TO SIMULATE DEFENSIVE PENETRATION.

- **3. PROCEDURE:**
- A. ON THE COACHE'S CADENCE THE BACKSIDE TACKLE AND END WILL TAKE A LEAD STEP AND PULL PLAYSIDE AS THEY SCAN THE LINE FOR ANY DEFENSIVE PENETRATION.
- B. THE PULLING LINEMEN WILL GET VERTICLE AND LEAD FOR THE BALL CARRIER ONCE THEY FIND A GAP TO RUN THROUGH.

- **4. COACHING POINTS:**
- A. WE EXPECT OUR BACKSIDE TACKLE TO GET AS FAR AS THE FRONTSIDE B-GAP ON ALL SWEEPS BEFORE GETTING VERTICLE AND ATTACKING LINEBACKERS OR DEFENSIVE BACKS. THE PULLING TACKLE WILL NOT RUN BY ANY PENETRATING DEFENDER.
- B. THE BACKSIDE END IS TAUGHT TO PEEL ANY DEFENDER OFF THE PULLING GUARDS AND TACKLES AS HE MAKES HIS PULL ALONG THE LINE OF SCRIMMAGE. HE WILL NOT ALLOW ANY PENETRATING DEFENDER TO CROSS HIS FACE. THE PULLING END DOES NOT USUALLY MAKE IT TO THE FRONTSIDE ON SWEEP PLAYS.

WHAT I'VE LEARNED

- CHALLENGE YOUR PLAYERS. SHOW THEM WHAT THEY ARE GOING TO SEE IN A GAME. PRESENT THEM WITH DIFFICULTIES. IT'S A CHALLENGE BEING A LINEMAN IN THIS OFFENSE. KEEP THE PRESSURE ON!
- ON THAT SAME NOTE: HELP THEM BE SUCCESSFUL. BUILD THEIR CONFIDENCE. LET THEM BE AGGRESSIVE. BRING OUT THE BEST IN YOUR PLAYERS.
- DON'T JUST TELL YOUR PLAYERS WHAT OR HOW. YOU WILL HAVE TO SHOW THEM WHAT OR HOW. GET PHYSICAL AND GET INVOLVED.
- DON'T USE ANY DRILLS OR EXERCISES THAT DON'T DIRECTLY PERTAIN TO FOOTBALL. IF THEY AREN'T GOING TO BE DOING IT ON THE FIELD, DON'T WASTE PRACTICE TIME. LOG ROLLS, LATTERS, BULL IN THE RING, ECT. THESE ARE NOT GOOD FOOTBALL DRILLS FOR SUCCESSFUL LINE PLAY.
- THE GREATEST THING IRV SIGLER EVER TAUGHT ME WAS TO WATCH ONE PLAYER – EVERY REP – EVERY PLAY AND TELL THEM THEY EITHER DID IT PERFECT OR SHOW THEM WHAT THEY NEED TO DO TO MAKE IT PERFECT. PRETTY GOOD IS NOT GOOD ENOUGH!

