



PASS BLOCKING DRILLS

SHUFFLE -TOUCH DRILL

Purpose: Develop knee bending and hip flexibility

Technique: From two point stance, lineman will shuffle down line touching the ground with hands during each shuffle. Make sure lineman touch the ground with their hands each time and bend with their legs not their back. Lineman should keep a vertical back. This is a slow drill not intended for speed or quickness.

NO HAND SLIDE DRILL

Purpose: Teach lineman to shuffle feet while keeping back straight and knees bent. Teach lineman not to lean on defender.

Technique: Put offensive lineman in two point stance with arms behind back holding wrists. Put defensive lineman opposite about 1 yard away. Defensive lineman walks at angle towards shoulder. Lineman staggers stance while keeping shoulders square to LOS and eyes on DLineman's chest, offensive lineman should be in the middle of the defensive linemans chest. DLineman then redirects to other shoulder and Offensive lineman adjusts stagger and shuffles keeping shoulders square. This drill is just faster than walking speed.

SHUFFLE SET DRILL VS AIR

Purpose: Teach pass protection set, and arm pump shuffle.

Technique: From a 3 point stance, lineman throws playside hand back into hip pocket as lineman takes a step and throws shoulders back. lineman then throws backside hand into hip pocket as he steps with backside foot. Continue for about five yards giving a little bit of ground and pumping arms with each step and shuffle.

MEDICINE BALL PUNCH DRILL

Purpose: Develop Quickness out of stance and into pass protection

Technique: Put medicine bail between the legs of offensive lineman just in front of them. Have lineman in two point ready position. On cadence lineman picks up ball, fires shoulders back and throws the ball forward as quick as possible.

MEDICINE BALL ROLL DRILL

Purpose: Teach lineman to shuffle in bent knee position.

Technique: Have 1 lineman line up on a line five yards away from coach. Coach will have a medicine ball and roll the medicine ball diagonally so lineman have to shuffle and retrieve ball. Lineman then rolls the ball back and coach again rolls the ball so lineman must shuffle to it. Make sure lineman have good knee bend and do not let them cross over their feet. This drill should be at about 1/2 to 3/4 speed

DODGE BALL BOUNCE DRILL

Purpose: Teach lineman to shuffle in bent knee position and react to ball.

Technique: Have 1 lineman line up on a line five yards away from coach. Coach will have a medicine ball and bounces the medicine ball diagonally so lineman have to shuffle and catch the ball. Lineman then throws the ball back and coach again bounces the ball so lineman must shuffle to it. Make sure lineman have good knee bend and do not let them cross over their feet. This drill should be at about 3/4 to full speed

BLINDFUL PUSH PULL DRILL

Purpose: Teach lineman balance in pass protection without depending on vision

Technique: Tie a blindfold around offensive lineman. Have offensive lineman lock up with defensive lineman, defensive lineman will shuffle right, left, bull rush and push pull. Offensive lineman must stay with and shuffle. Use in summer time with no pads

BAG PUNCH SETS

Purpose: Teach pass protection sets.

Technique: Offensive lineman should be in a 3 point stance. Line two bag holders one on each shoulder of lineman. On cadence, lineman sets to right bag, getting to center of bag in low knee bent position. Lineman then resets in stance and repeats setting to left bag. Focus on quickness of sets and body position. Progress to no bags and have lineman grab armpits on sets.

PASS PROTECTION REDIRECT DRILL

Purpose: Teach lineman to widen defensive lineman and redirect on counter moves

Technique: Offensive lineman will be engaged with bag holder with bagholder slightly to one side at the start. Bag holder will rush one way and then on coaches signal redirect. Lineman must shuffle trying to cut off bagholder with hip and keep low pad level and straight back. Start off slow and pick up tempo to 3/4 speed.

MIRROR DRILL

Purpose: Teach lineman timing of punch in Pass protection

Technique: Set two cones about 5 yards apart on a line. Offensive lineman will set from this line. Put a defensive lineman 3 yards away in 2 point stance. Have defensive lineman move forward at 3/4 speed, Offensive lineman shuffles and punches defender while still chopping feet. Defensive lineman then backs out 3 yards and comes forward again. Lineman should get 3 -4 punches before switching.

TWIST STUNT EXCHANGE DRILL

Purpose: Teach lineman to exchange assignments on twist stunts

Technique: Align two offensive lineman next to each other in three point stance. Opposite them line two defensive lineman in 3 point stance. On Cadence, have 1 of the defensive lineman slant between the olineman and the other defensive lineman loop around. Have defensive lineman repeat with same player as the slanter and the same player as the looper each time. Repeat 3 times for each pair of offensive lineman. Offensive lineman must shuffle to hip to hip and exchange responsibilities each time. Coach lineman to stay square to the LOS and stay on the same level and yell out switch. Looper lineman is responsible for calling switch and bumping lineman off. Start at half speed and progress to finally full speed.

1 ON 1 PASS RUSH DRILL

Purpose: Teach lineman full speed man pass protection

Technique: Line up 2 cones 5 yards apart and 5 yards away from the LOS. 1 offensive lineman and 1 defensive lineman line up on LOS. On cadence, offensive lineman must keep Dlineman at LOS and push him outside of the two cones. Focus on teaching lineman to keep body square to LOS and shuffle with defensive lineman.

5 ON 4 PASS RUSH DRILL

Purpose: Teach full speed pass protection against defensive lineman.

Technique: Line up offensive line and 1 defensive lineman across from each in their technique. On Cadence every lineman is full speed until contact. Prior to snap, one defensive lineman is chosen to be live(full speed). The live defensive lineman tries to pass rush while the offensive lineman pass protects.

Half line Technique: Same as above except half of the line is full speed. Usually we will work on twist games during this drill.

SOME OTHER PASSING BLOCKING DRILLS.

1. Mirror: Set cones (or some marker) 3-5 yards apart. The O-lineman gets in his pass set (emphasize proper demeanor. . Another player acts as the defender. The defender stands on the other side of the cone and moves back and forth between the cones. The O-lineman has to shuffle (maintaining demeanor and hand position) to keep in the "middle" of the defender. It emphasizes position and works a little stamina.

2. Mirror Protect: Same as above, but defender can attack the O-lineman at any time. We usually allow the defender to "attack" 3 times during a drill session (usually 15-20 seconds). When the defender attacks, the O-lineman has to time his punch and run the defender towards either cone. After each attack, the O-lineman has to reset into the starting position and begin the mirroring process again.

3. Fight Pressure: Involves 1 O-lineman and 2 defenders. The O-lineman gets in a pass set (proper demeanor, hands in the ready position). 1 Defender shades each shoulder. Each defender takes turns attacking the O-lineman. The o-lineman has to judge which side the defender is attacking and punch and extend to that side. The O-lineman keeps working to try and square up on the defender. The defender can attack the shoulder they are already shading, or the opposite shoulder. This drill works really well for tackles or wider shades on guards/centers that try to attack one shoulder.

4. Timed Punch: Usually we get in in two lines. One line is the offensive line and the other (directly across and facing the offensive line) is the defenders. The first o-lineman in line begins shuffling down the line. The defender runs with him and attacks periodically. The o-lineman has to time his punch to strike the defender. The areas of emphasis are timing the punch for ultimate force and placement of the hands. The hands should be thumbs up, the elbows need to be tight to the o-lineman's side (elbows out is our biggest problem). Once the olineman times the first punch, the next person in line goes. We end up shuffling about 15 yards which usually allows 3 punches for each o-lineman.

5. Back Sits: We do these every day, a little more often early in the year. Each player with a partner stands back to back. On the coaches command, they get in slightly exaggerated pass pro set. They lean back to back. This strengthens their legs and conditions them to get used to the position. Unlike wall sits (which also work well), you only have the strength of your partner to hold you up. It really gets the kids used to staying low. We usually do 20 seconds at first then work to 30 seconds.

6. Hand replace (Wax on, Wax off): The offensive lineman gets in a pass pro position (maintaining proper demeanor) and places their hands as if they have already landed their punch (do not grab jersey, just place the hands on the shoulder pads). The defender then attempts to knock their hands off. The defender can hammer the down, up, try and lift and grab the hands, anything to get the offense's hands off of them. They can do one hand, or both hands. The o-lineman then violently replaces their hand back in proper position with a punch. It starts to look like hand fighting if done right. It teaches the o-lineman to replace their hands as D-linemen are taught to get the o-lineman's hands off. Must emphasize proper technique. No chicken wings (elbows out) and thumbs up. Also emphasize proper placement of the punch.

7. Jack Hammer Drill (defending the spin): Have the o-lineman get in proper pass set. The defender lines up across from them. Have the defender attack the o-lineman and do a classic spin move. When the o-lineman feels the defender start to spin, have the o-lineman take 1/2 step backwards and start repeatedly punching the defender in the back. Essentially like a jack hammer, until the defender turns back to face the o-lineman. D-linemen want to keep the spin tight, so as o-lineman, we want to give them some space and shuffle along with them.