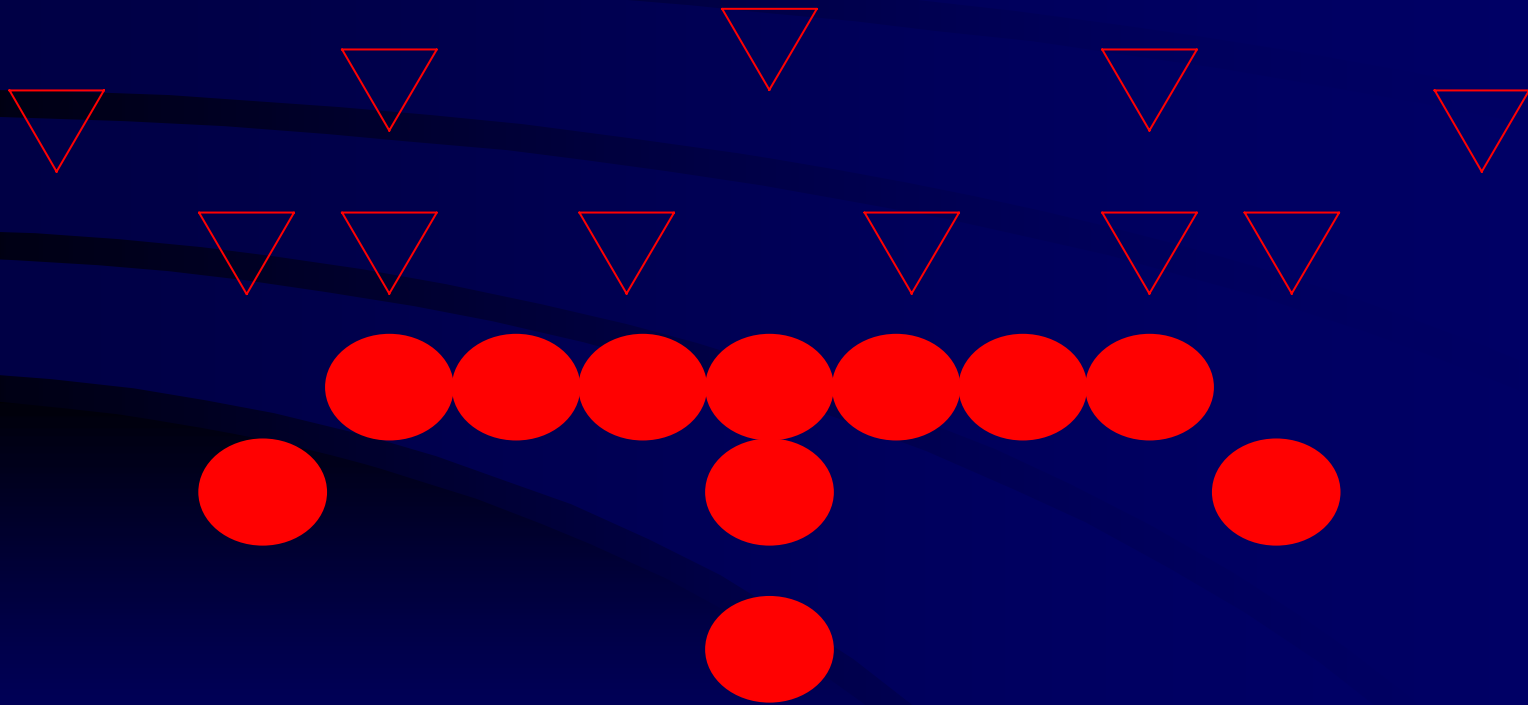
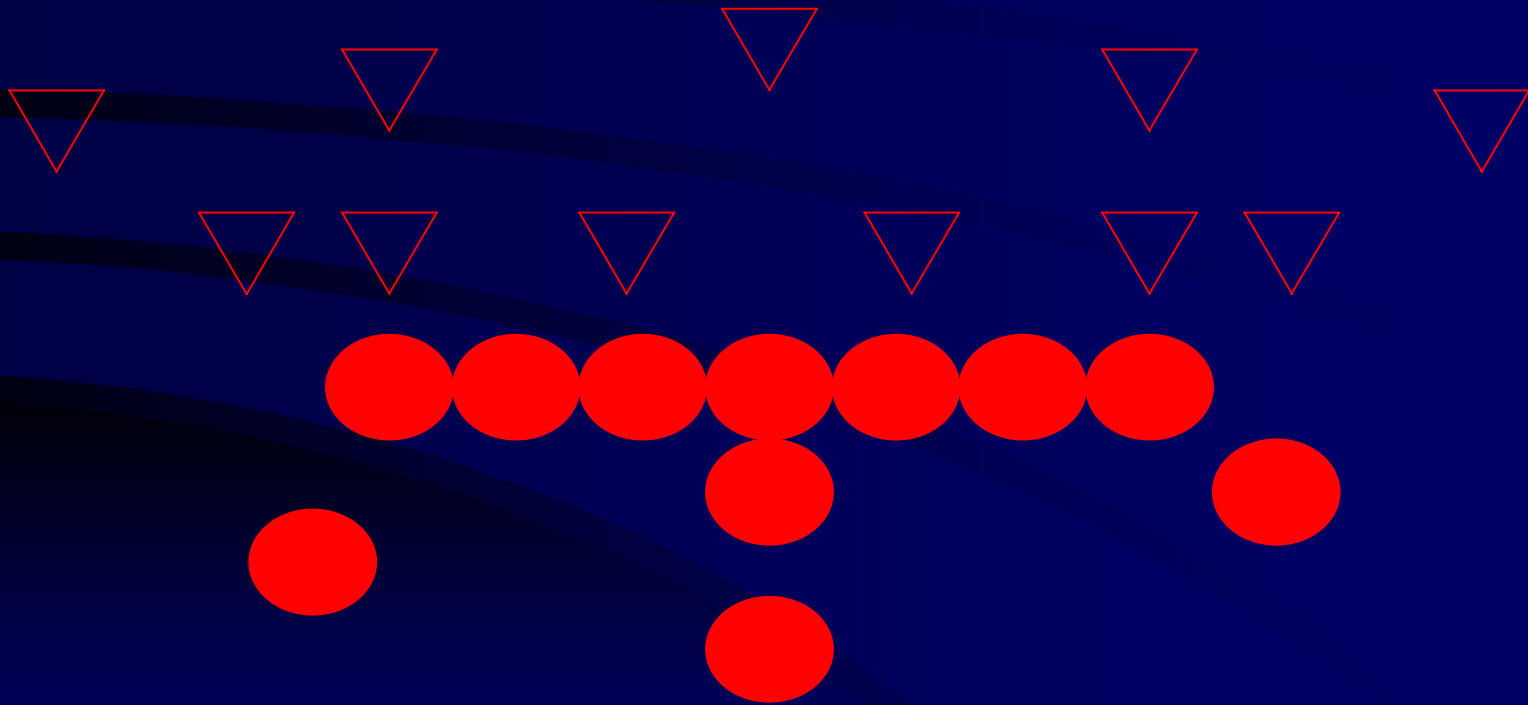


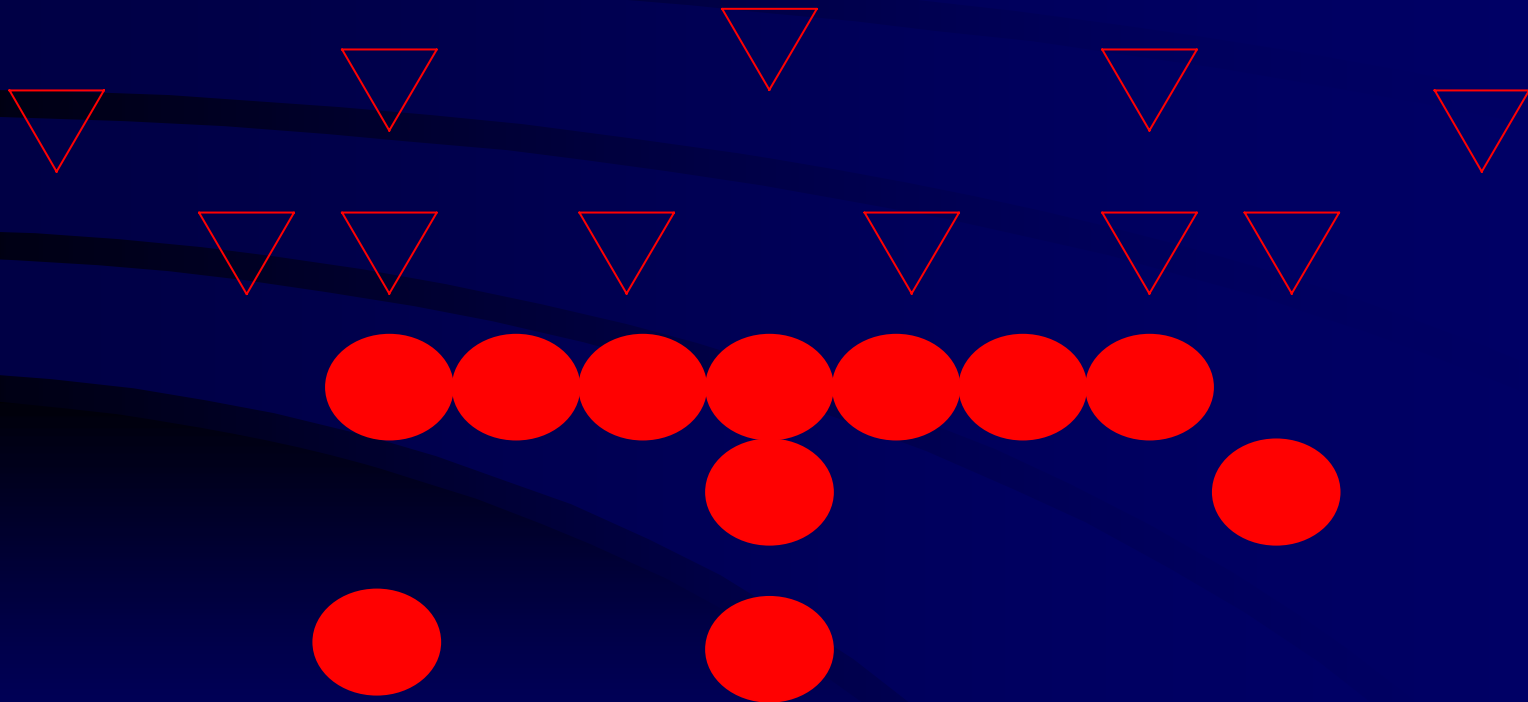
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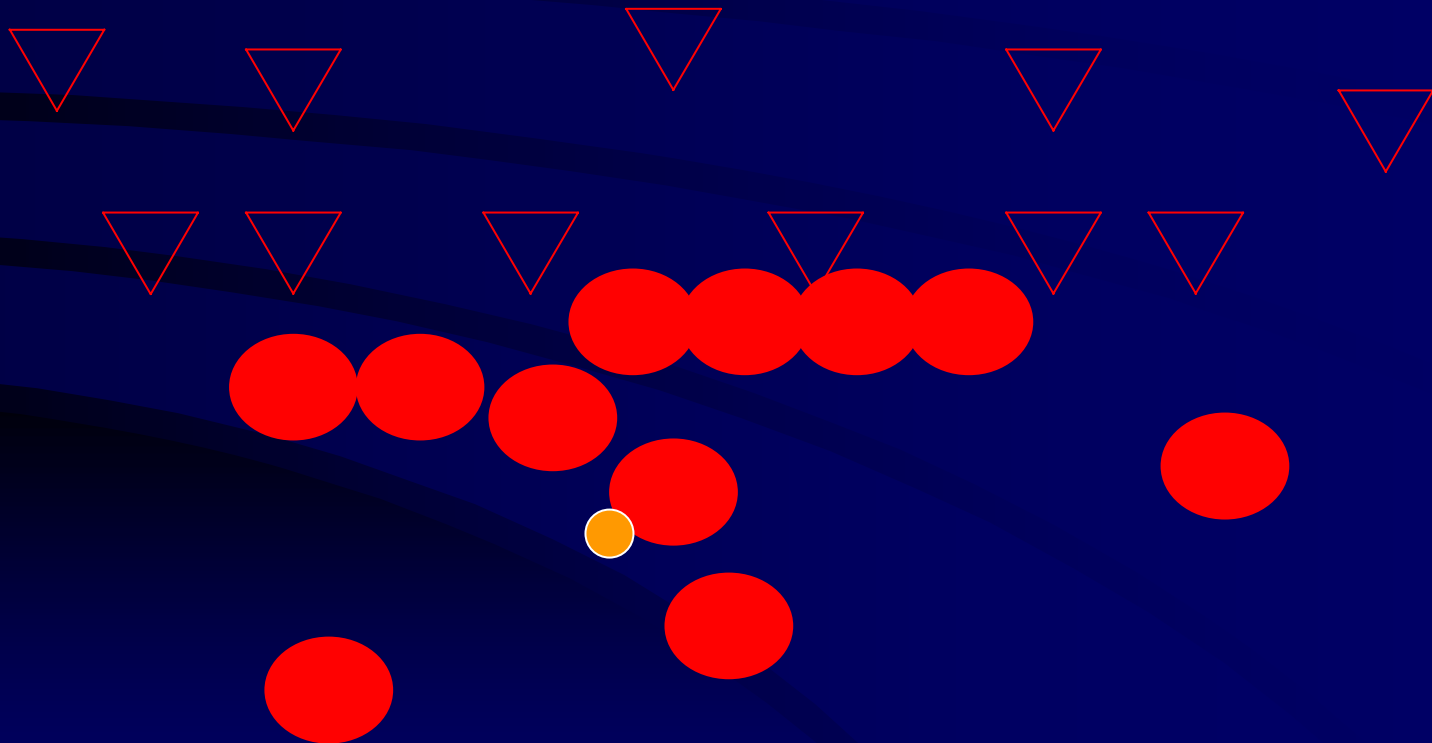
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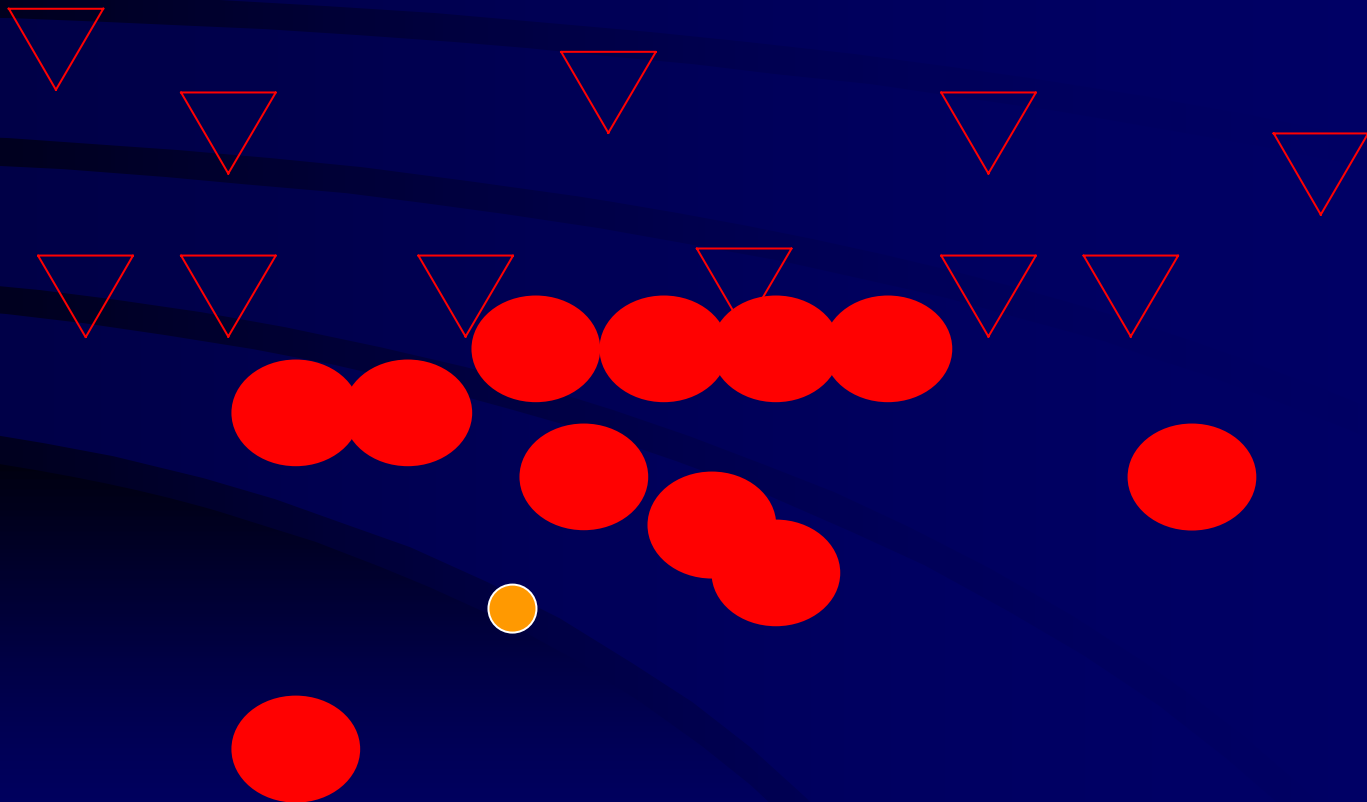
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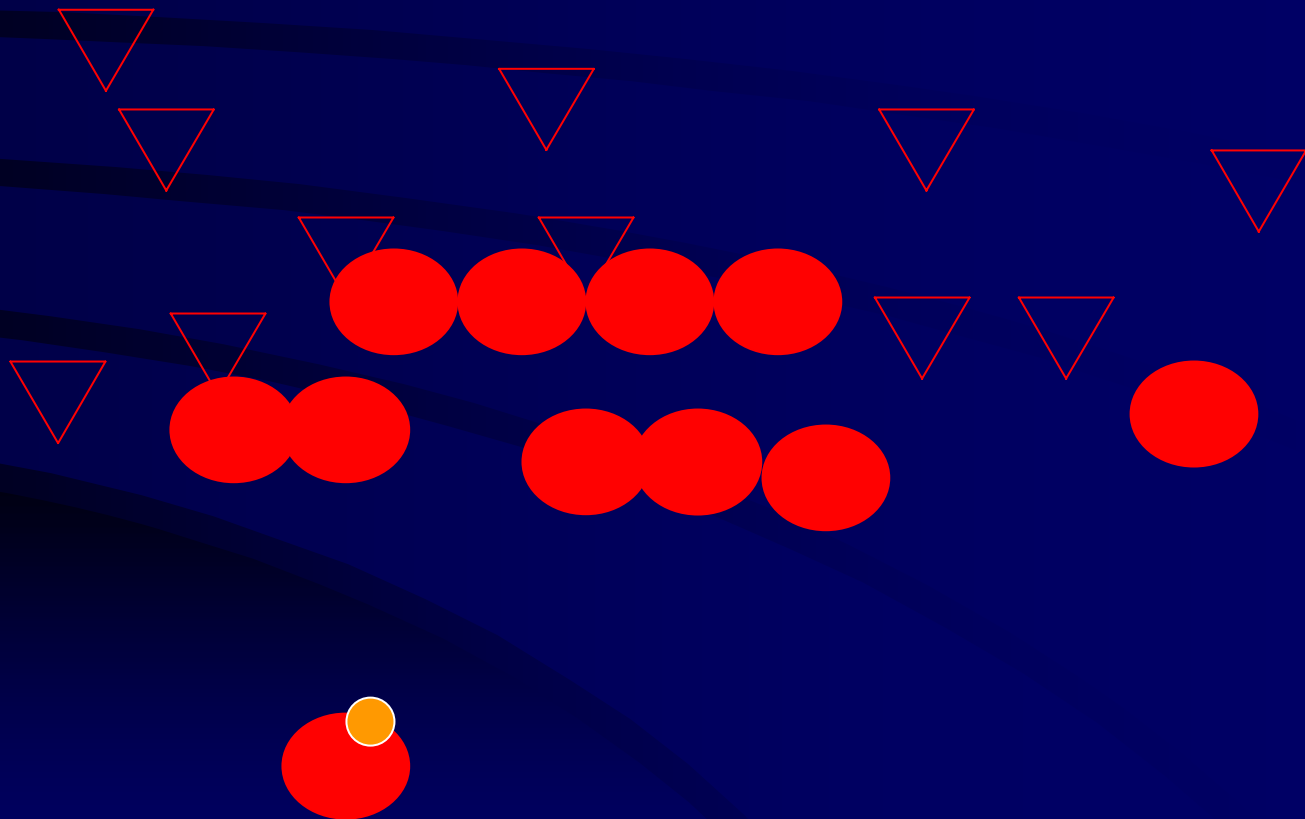
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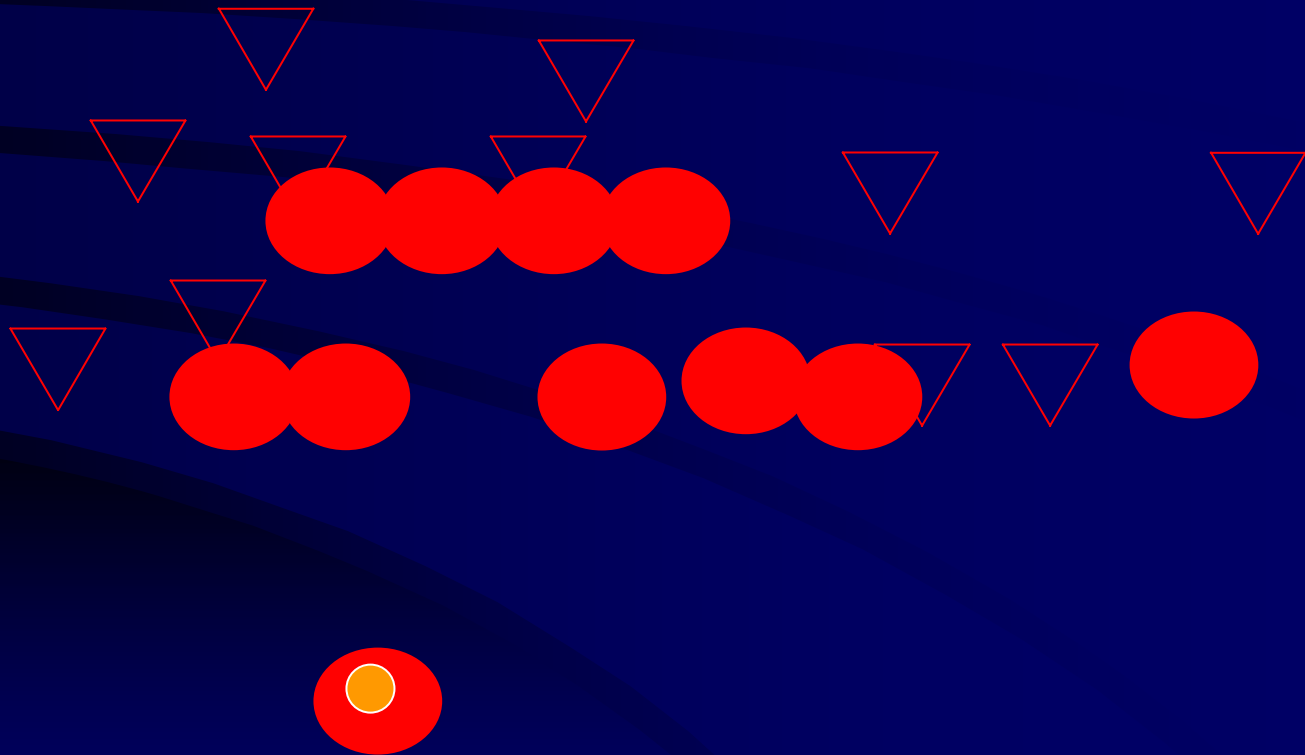
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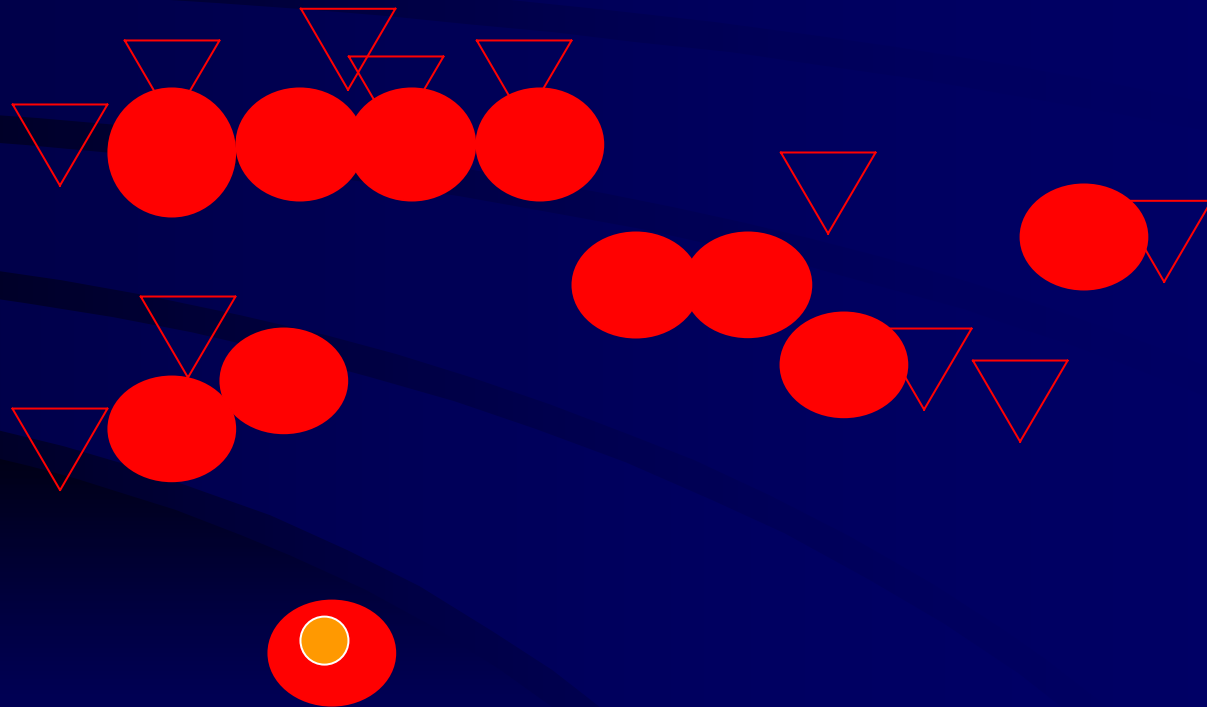
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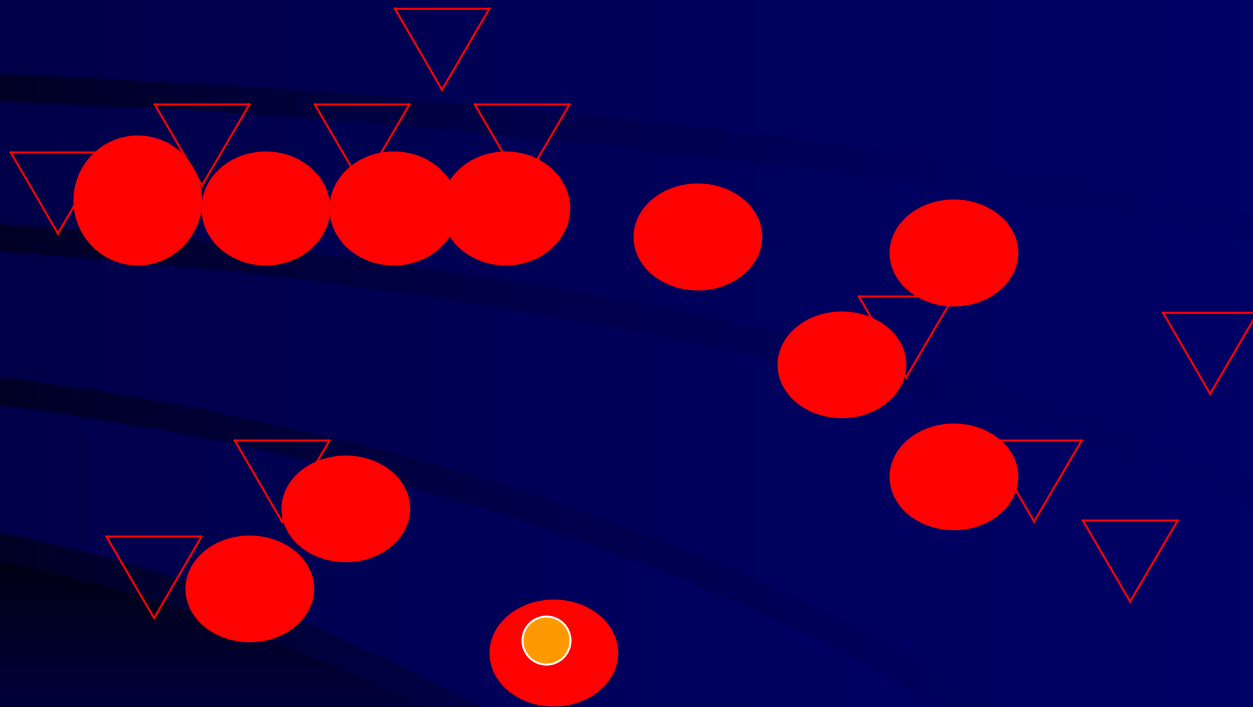
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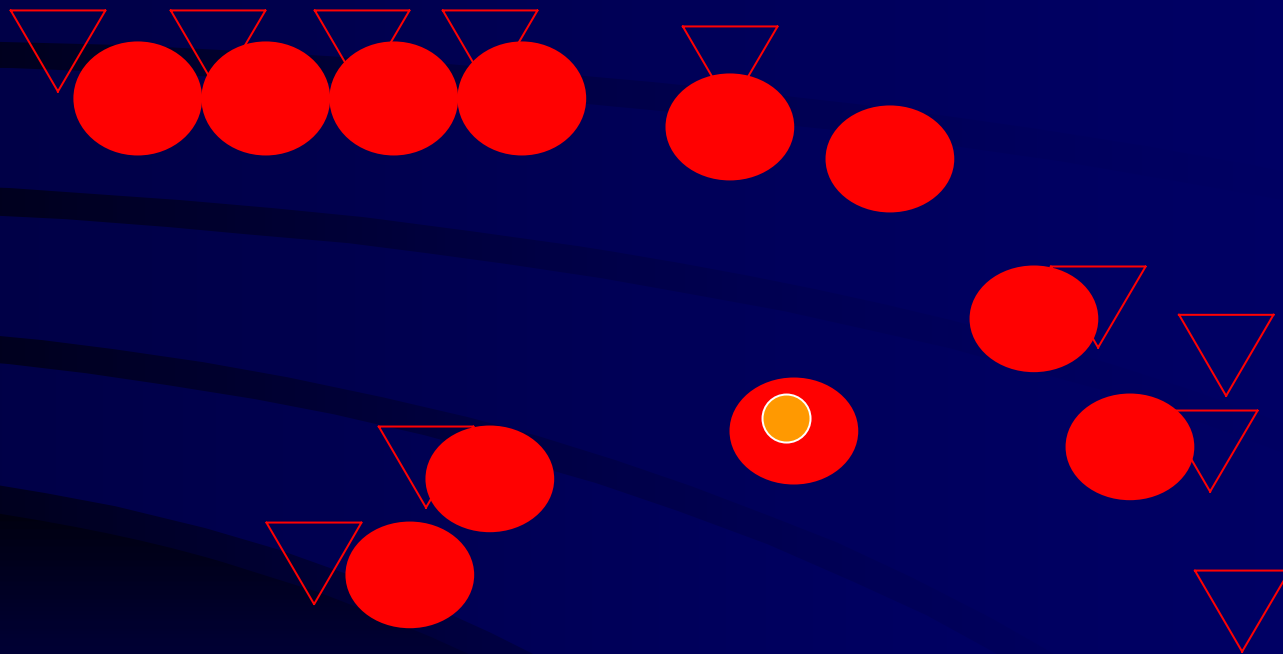
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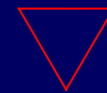
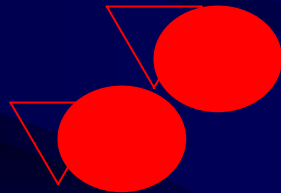
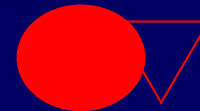
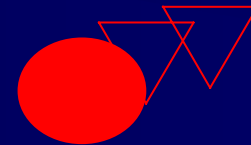
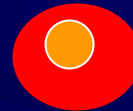
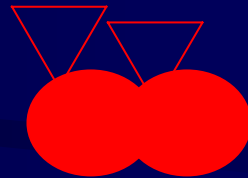
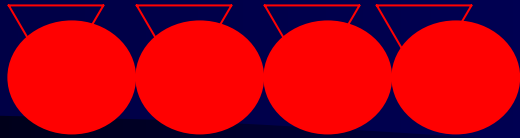
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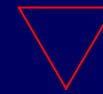
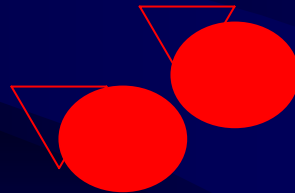
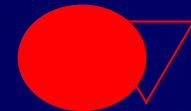
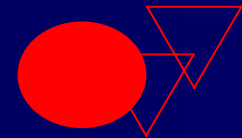
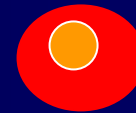
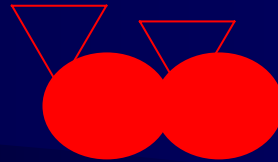
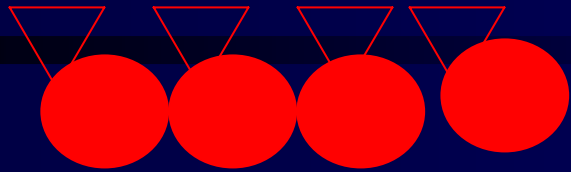
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Severe Angle Blocking



Severe Angle Blocking

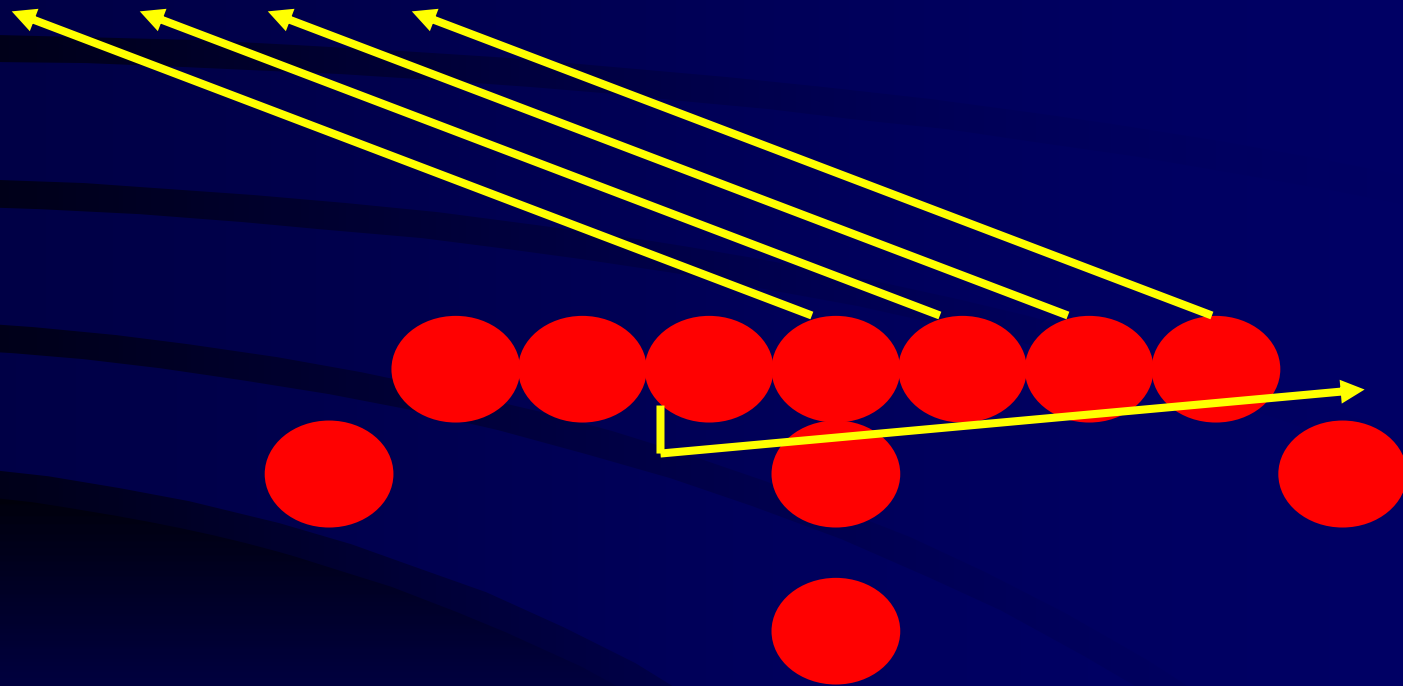


Severe Angle Blocking

Coach Jack Gregory

Opening Remarks

The Beginnings of SAB SLAM and Track Blocking



Benefits of Slam

“Slam satisfies all the criteria for a base play. The unique feature is the highly physical collapse blocking scheme in which blockers in unison and shoulder-to-shoulder down block the gaps to their inside.”

Coach Don Schnake commenting on SLAM off tackle scheme in his book Simple Six

Slam Blocking

- SAB is derived from SLAM blocking a technique used by Woody Hayes and Earl Bruce.
- It was a simple system of having the play side collapse down into the gaps. It essentially created a wall of blockers.

Benefits of Slam

“With patient encouragement and steady work, the blockers will develop a tight bonding as they create their own version of a legal flying wedge. Properly executed, this technique will handle virtually every alignment, stunt, or blitz. Assignment simplicity and camaraderie of teamwork make the SLAM a lineman’s dream .”

Coach Earl Bruce, Head Coach Ohio State and assistant coach under Woody Hayes.

Track Blocking

- All NFL and College teams use some form of Track blocking to run Powers and Counters (Trey).
- Wisconsin University and VMI both have papers that discuss the track blocking schemes they use in AFCA articles.
- It is considered a standard blocking scheme used in conjunction with other schemes.

Benefits of Track Blocking

“The objective behind this method of blocking are to attack the defense with gap-blocked play, sometimes with misdirection. We force the defense to defeat gap blocks as opposed to zone blocks , thus creating more defined running lanes for the running back.....These plays blocked on tracks are toughness plays, which create basic looks at a run for the tailback.”

Coach Barry Alvarez

What is Severe Angle Blocking

- It is an aggressive angle blocking scheme.
- It is designed to collapse the defense with blockers in unison and to deny the defense any gap to penetrate into on the LOS.
- If properly executed it is capable of handling any alignment , stunt, or blitz.
- It along with the Wedge scheme develops lineman team work and camaraderie in our offense.
- It creates more defined running lanes and allows the use of landmarks to run to.

Rules of Severe Angle Blocking

- Angle blocking scheme at a 30-degree angle on play side either inward or outward.
- Slide or scoop block the back side to seal off backside leakage.
- Blocks an imaginary 30 degree track to the boundary.
- Exploding off the LOS is KEY!
- Sound engagement technique and good footwork.
- Is used with or without pulling and trapping.

Benefits of SAB

“Two things I have noticed that are always a given is that the guy that gets off the LOS faster has a better a chance and the guy that hits at an angle always beats his man.”

Coach John Carbon on SAB.

Advantages of SAB

- Easy to understand
- Simple to teach
- Simple to implement
- Simple to execute
- Simple to adjust
- Allows your blockers to be aggressive
- Gives your lineman a force advantage
- Builds unity in the offensive line

Benefit of SAB

“The clear advantage is leverage and it picks up any stunts or blitzes because of the track blocking involved in the system. I think if you went to NASA and asked them to come up with a blocking scheme for football they would give you SAB...The fact that anytime you go “on” you best have a better athlete at that position are you are going to get beat. With SAB this is not a factor unless you have a 100lb lineman facing a 250lb DT.”

Coach John Carbon

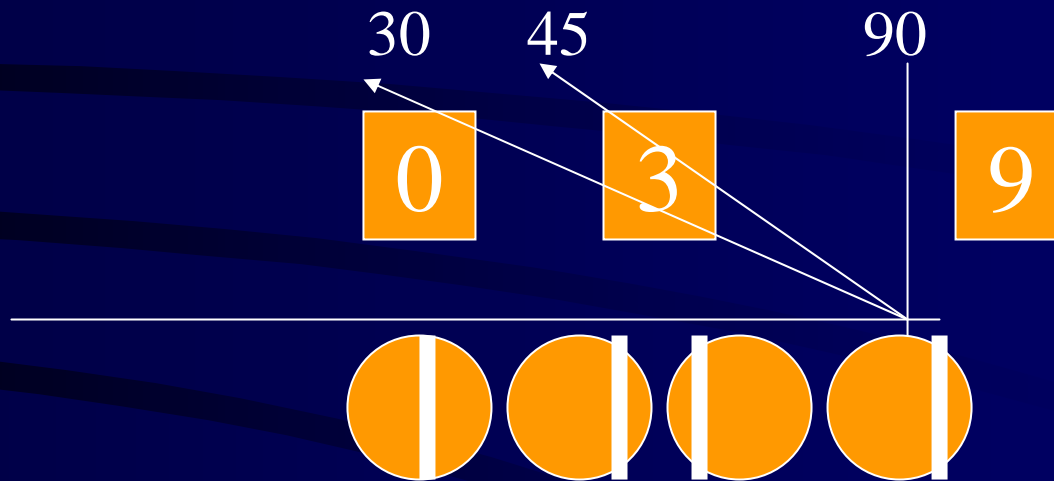
How SAB Works

- Using Angles to block the defense gives the blockers a force advantage ($F=ma$).
- Since Force is not a scalar (magnitude only) but a vector (magnitude and direction) using angles when blocking gives us a clear advantage on the LOS against bigger and/or faster defenders.
- Striking an opponent at an angle gives the blocker a x1.5 to x3 force advantage depending on the angle of attack.

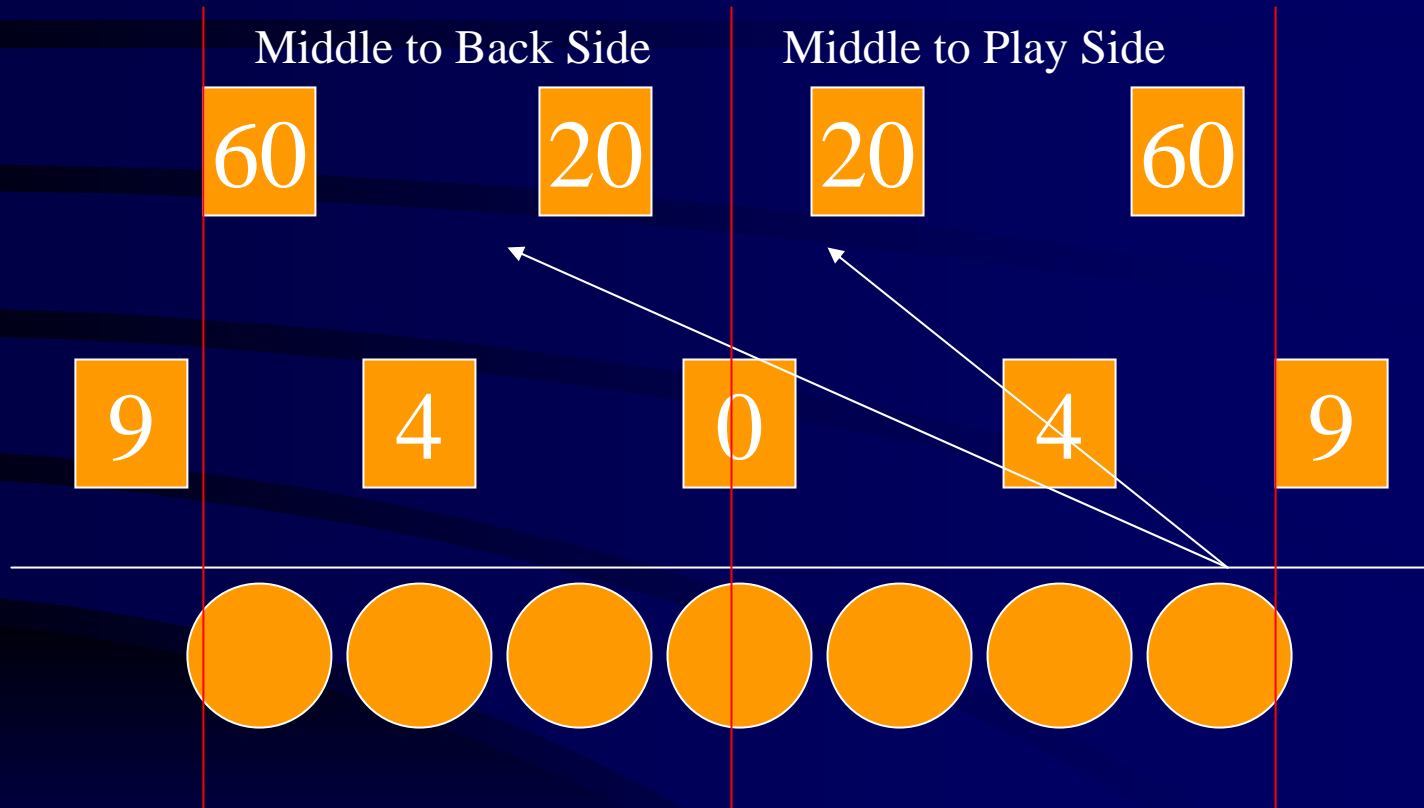
How SAB Works

- The more radical the angle the more net force is generated.
- A 45 degree down block generates x1.5 to x2 net force.
- A 30 degree down block generates x2 to x2.5 net force.
- A trap or kick out block can generate x2.5 to x3 the net force.

SAB versus Down Blocking



SAB versus Down Blocking



How SAB Works

- The use of a 30 degree down block vice a 45 degree down block is also key in defending the gaps.
- The angle allows the line to close their gaps down quickly. In two steps they can close down a 2 to 2.5 foot line split as they attack the defense.
- It allows the line to close down or wall off the defense front from getting to the runner.

How SAB Works

- It does not lock your blockers on particular defenders but an imaginary track.
- It allows your blockers to wall off defenders aggressively.
- It picks up blitzes at the LOS and walls them off and away from the hole.
- It picks up line stunts in the same manner.
- It forces line backers to over react making them susceptible to misdirection. (scraping high and fast to avoid wall off)
- It allows your back side pulling lineman to pull flat on the LOS.

How We Teach Severe Angle Blocking

Offensive Line Priorities

- Protect the inside gap.
- Negate leakage across the entire front.
- Give smaller or less talented lineman a technical and physical advantage.
- Attack the POA with more blockers than they have defenders.
- Reacting to the cadence quickly and correctly.
- Keep it simple.

Offensive Line Requirements

- Zero to small line splits.
- Line off the ball slightly (half and half).
- Balanced two point stance.
- Used in conjunction with our Wedge scheme.

Blocking Basics

Blocking Basics:

- 1) Good stance
- 2) Get off the ball
- 3) Maintain a wide base
- 4) Maintain a solid blocking surface
- 5) Keep your feet moving at all times
- 6) Stay lower than the defender your blocking

Simple Rules:

- 1) Explode off the ball!
- 2) Block track not a man!
- 3) Block at a 30-degree angle!
- 4) All lineman play side blocks SAB.
- 5) All lineman backside slide block.

FUNDAMENTALS of SAB

The key to SAB are sound fundamentals

- Stance – balanced two-point stance.
- Footwork – explode step, power step, engagement step, and drive step.
- Hat and Shoulder Placement.
- Arm and Hand Placement.
- Explode off the LOS!

Stance

- A good solid stance is key. We use a balanced two-point stance with the dominant hand being able to barely touch the ground. The head is up, the butt is down, the knees are bent and the legs are tight ready to explode. Initially the stance will not be comfortable but the more you have them get into the stance and work from it the more comfortable they will get and the more explosive they will become. The hips and feet are inline vertically and the back is up while the heels are off the ground. This is really just a lowered break down stance.
- We use this stance because it allows slower lineman to move laterally and forward much quicker and allows our lineman to see out in front of them.

Foot Work

- The first step is always the foot near the track or blocking path.
- We call the first step the **EXPLODE STEP** as they have to explode into their track with a fast short step while staying low (head up, chest on knee).
- The next step we call the **POWER STEP** as that is the back foot pushing off from the hip down and taking an additional short hard step into the track. Stay low. It is important to get this second step down as fast as possible as this is the step that first contact is made.
- The next step is the **ENGAGEMENT STEP** and the near foot steps again into the track. The key is this is a short step if engaged and it should land so that it splits the defender down the middle in front of him. If not engaged it is a longer faster step into the track to get to the next level.

Foot Work Cont'd

- The final step is the **DRIVE STEP** and it is the back foot staying on the track. It should land where the defender was on the **ENGAGEMENT STEP**. It should also be a short explosive step if engaged.
- The Engagement and Drive steps are continued until the whistle blows. If the blocker is still not engaged his step is slightly longer and fast and as he gets to the next level he stays low and looks for a target to engage on his track. He must stay on his track all the way to the boundary. The important thing to remember is a good wide base (feet apart and they never cross) and a low base (knees partially bent and hip dropped to maintain a low center of gravity). Feet are always moving in little steps. His feet must stay under him at all times. Don't lean into a defender.

Hat and Shoulder Placement

- If the defender is attacking up field the head goes in front of the defender and the far side shoulder locks into the defender below his shoulder. This forms a L that locks the defender in as he is driven into the track and away from the play and the LOS. We start teaching this by saying anyone on the LOS will be head in front. Coming towards the LOS equals attacking.
- If the defender is reading the blocker must put his head on the defender's back and the near shoulder locks in below the defender's shoulder. Driving him down the track and driving him away from the play and not allowing him to flow to the play. We tell the blockers that any defender on the second level are readers since they are obviously not in the backfield or on the LOS. Any defender flowing laterally are not moving forward is considered a reader.

Hat and Shoulder Placement Cont'd

- The key is **blocking surface** and we want to **maximize the area provided to us by the angle block**. We want our blocker's shoulder, head, and hands on the defender and driving him down the track. Never lean into a defender; keep your center of gravity low and stay under the defender as you drive him upward. Drive your hips into him so that your body stays under his. Feet constantly moving towards the defender. This leads me to the next part of the equation:

Arm and Hand Placement

The lineman cock their arms at the hips with bent elbows and palms up. As they begin to make contact with their shoulder and head they strike into the ribcage and chest (far side hand and near side hand respectively) with the palms and drives upward and forward maintaining contact and force throughout the block. You don't re-cock and strike again instead you keep driving into the defender with the palms as you lock into the defender with the head and shoulder. The reason for this is two fold; one you want to get the defender on his toes and moving down the track and secondly you want to have a large platform or blocking surface (palm of hands, head, and shoulder) that controls the defenders movements as he tries to break away. Never ever let your hands, shoulders, or head disengage the defender. **Always work to maintain your initial placement as you drive upward into the defender and drive him down the track.**

Explode off the LOS!!!

- Last but not least the linemen must learn to **EXPLODE off the LOS** and into their track and engage and clear out the first defender they cross. They must realize that they have to be the **first to move and the last to stop moving on every play.** As they engage the defender they must learn to **speed up so that the advantage they have is fully utilized and the defender is driven down the track and out of the play.**

Key Points

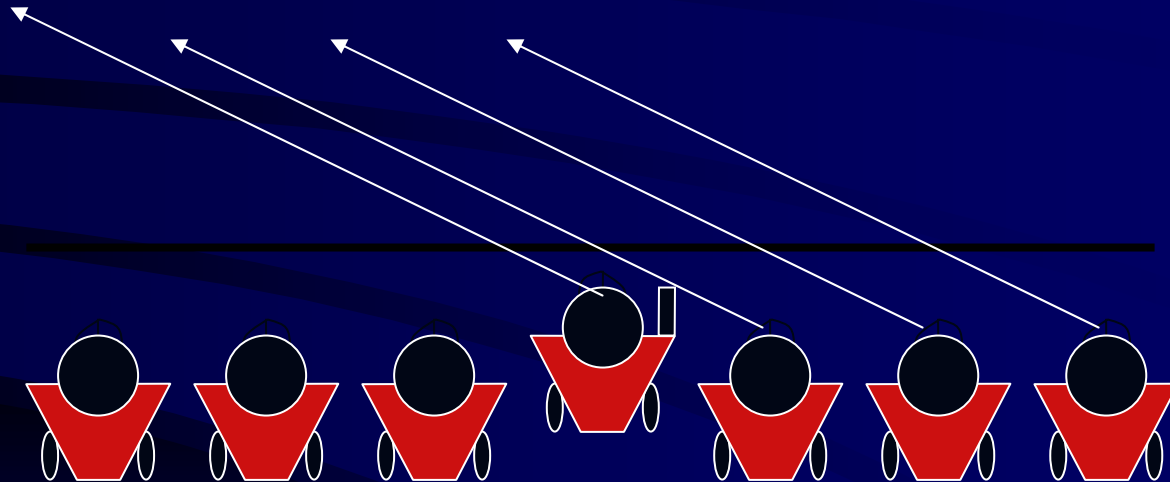
- Puts defenders on the LOS and inside in an already blocked position.
- Allows a blocker to leverage a defender's center of gravity making him lighter and the blocker heavier.
- The blocker must realize that they must keep their feet under their center of gravity and near the defender.
- Maintain blocking surface and do not slow down.

Simple Adjustments

- Increasing and decreasing the line splits alters the angles of attack on the defense. We use 0 to 6 inch splits but we can adjust out to 1 foot if needed. Coach John Carbon uses SAB with the Wing-T using 2-2-3 splits.
- Moving your play side blockers up to the LOS or back off the LOS also adjusts the angle of attack.

Moving your Blockers

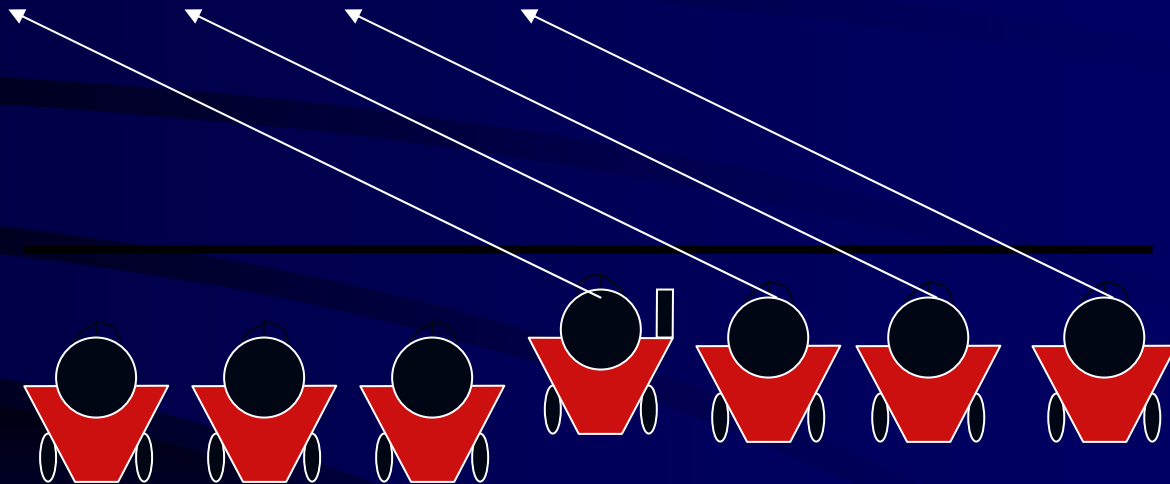
Normal Path



Normal path with center up allows the PSG to get incidental double team with center.

Moving your Blockers

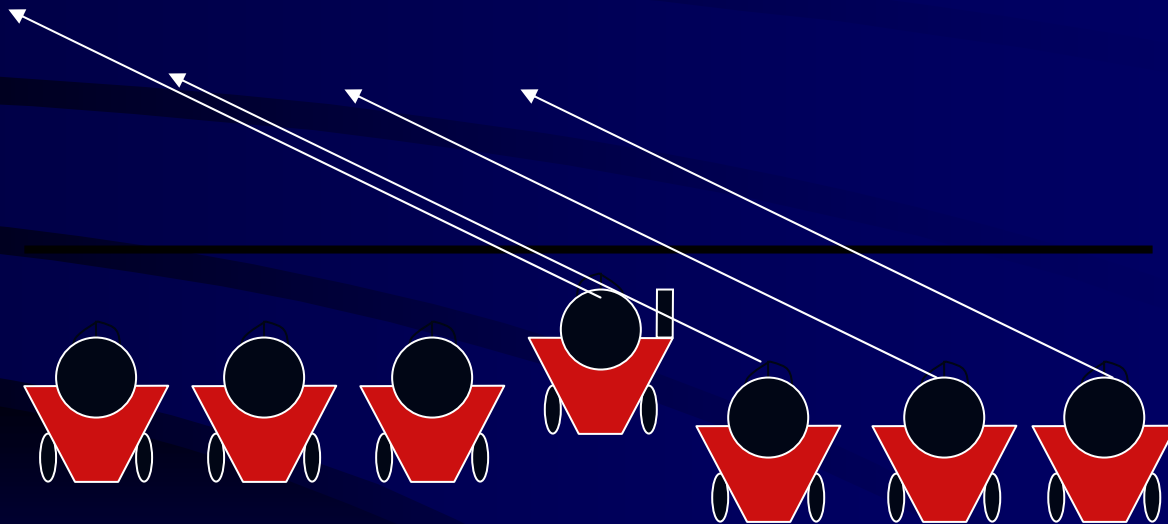
Moving them up



Allows playside to get into second level better; especially the PSG. Good if you have a PSILB scrapping hard to play.

Moving your Blockers

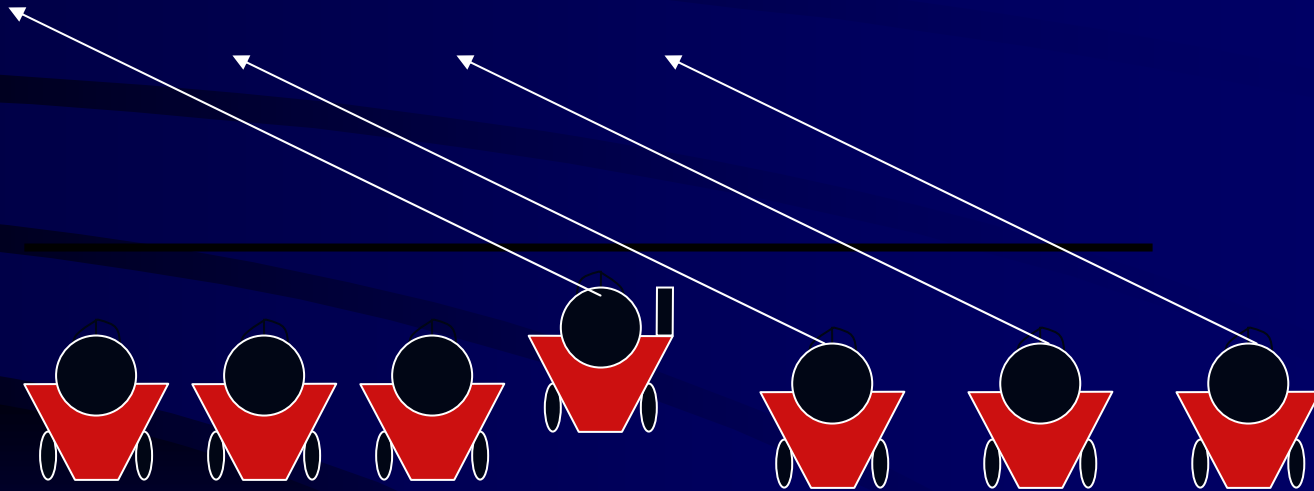
Moving them back



This allows you to concentrate your blockers more at the interior LOS. Good if your facing overloads in the middle.

Moving your Blockers

Widen the splits



By increasing the splits to a foot this allows the blockers that reach the second level to seal off closer pursuit.

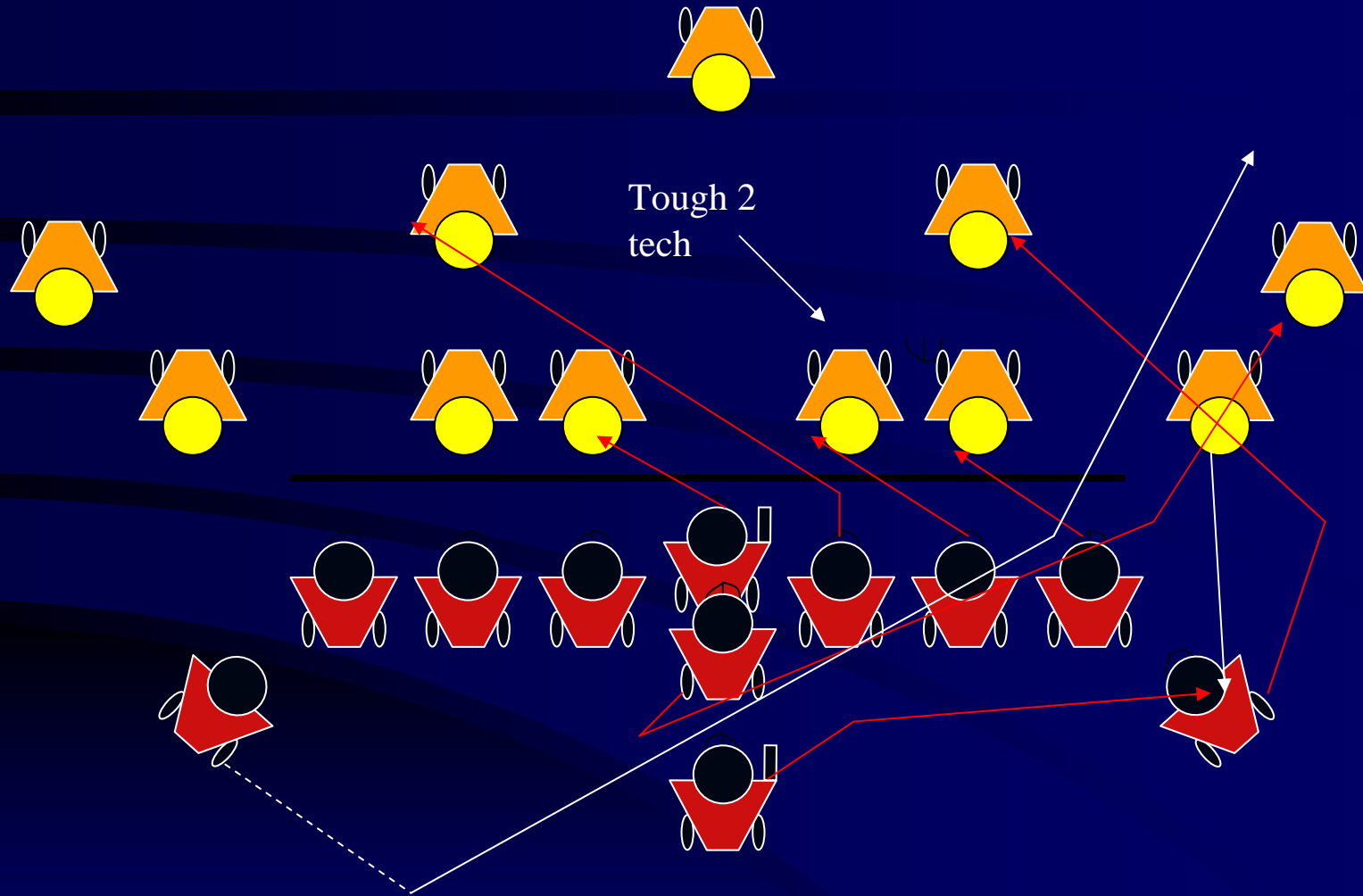
Simple Adjustments Cont'd

- BB can LOG block vice KICK OUT block.
- If the EMLOS is crashing or sliding he should be Logged.
- If the BB logs the QB, BSG, and Ball Carrier flow under him. The blocking rules for the QB and BSG still apply.
- LEAD added to block call to tell BB to counter step and lead into hole and seal first defender inside out.

Post and Track Adjustment

- Coach Barry Alvarez and Coach John Carbon use this adjustment.
- A blocker who has a head up defender or an inside eye defender can post the defender and then get in his track to negate a tough charging or slanting defender so that the next outside blocker can wall him off.
- He must not have a defender in the gap or man over to his inside.
- If that blocker calls “HELP” he calls “GOTCHA” to indicate he can POST and TRACK. If not he stays silent.

Post and Track Adjustment



SAB Blocking Schemes

Grand Prairie Blocking Schemes

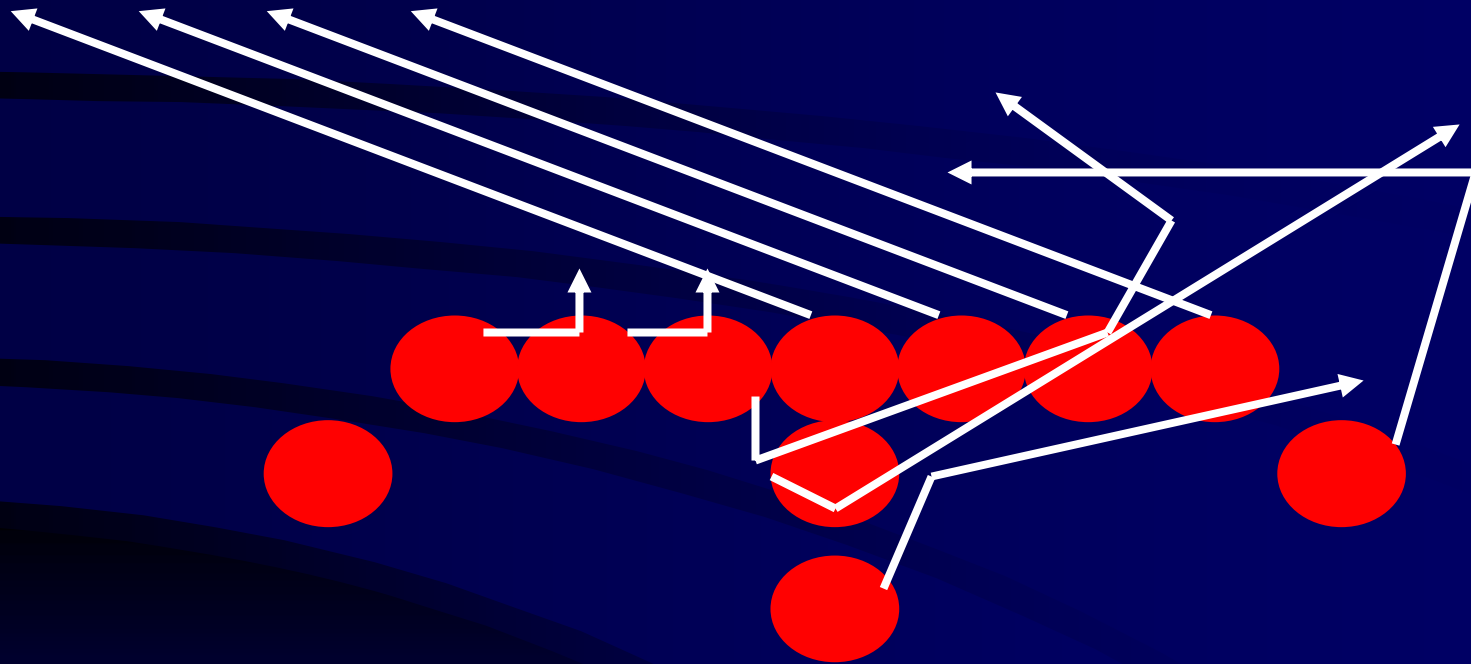
Power Scheme

- Basic Slam or Track scheme.
- PSTE to Center SAB down.
- BB aims at inside hip of PSG and then down LOS and kicks out first defender to show.
- QB pivots hands offs and bootlegs out.
- BSG pulls flat and into hole looking for leakage as he hits hole. He blocks inside out on first open defender.
- BST and BSTE slide block to seal off backside pressure.
- PSWB outside releases and goes back inside tight to the LOS and seals the first LB coming playside.

Power Scheme Adjustments

- MOMA – center call if facing a tough NT. Calls “MOMA” to alert BST he has no playside help.
- DINGO – WB SAB DOWN – playside tough 6, 5, or 7 that cannot be kicked out.
- TIGER – WB SAB UP – has a better angle on a tough 8.

Super Power Scheme



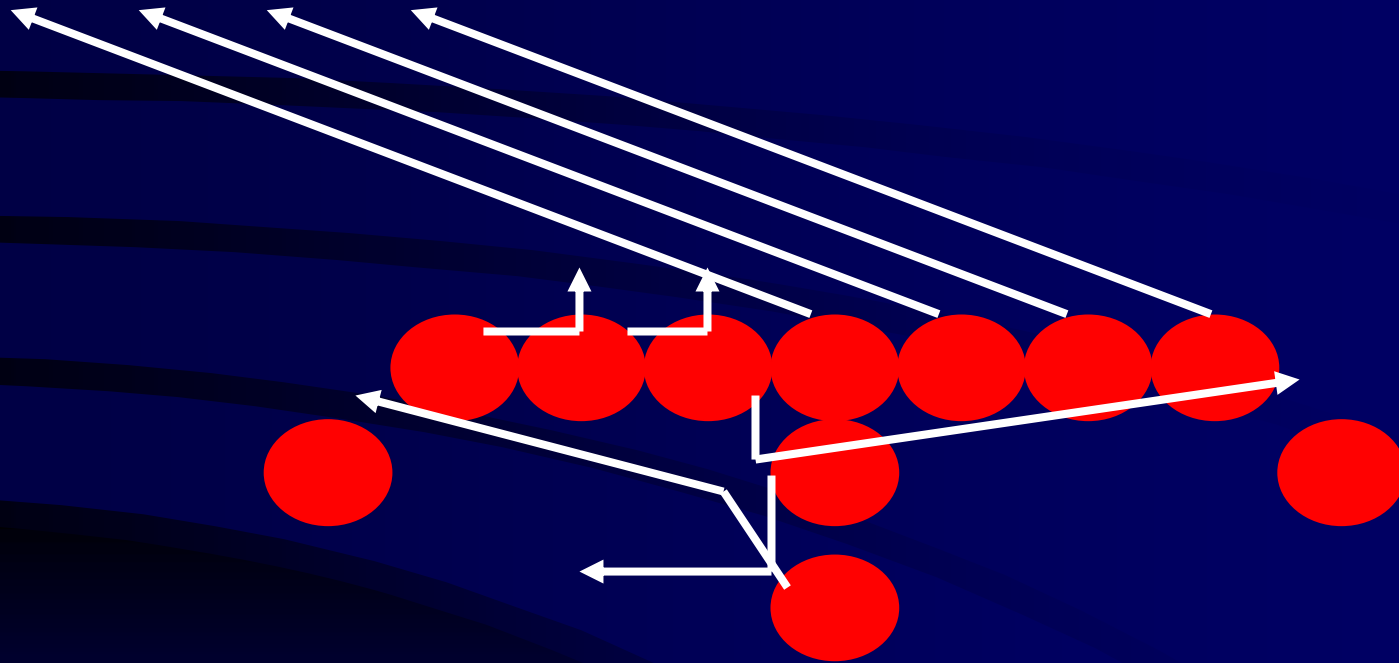
Super Power Scheme

- PSTE to Center SAB down.
- BB aims at inside hip of PSG and then down LOS and kicks out first defender to show.
- QB toss spins and then gets in hole and blocks first defender to show outside in.
- BSG pulls flat and into hole looking for leakage as he hits hole. He blocks inside out on first open defender.
- BST and BSTE slide block to seal off backside pressure.
- PSWB outside releases and goes back inside tight to the LOS and seals the first LB coming playside.
- Land Mark is PSOT's outside leg.

Super Power Scheme Adjustments

- MOMA
- DINGO
- TIGER
- DOUBLE – QB and BB double kick out a tough defender or kicks out multiple defenders.

Counter Scheme



Counter Scheme

- PSTE to Center SAB down.
- BB aims at inside hip of PSG and then down LOS and kicks out first defender to show on backside.
- QB toss spins but gains depth and goes to backside.
- BSG pulls flat on LOS and kicks out first defender to show.
- BST and BSTE slide block to seal off backside pressure.
- Land Mark is First Day light past PSG.

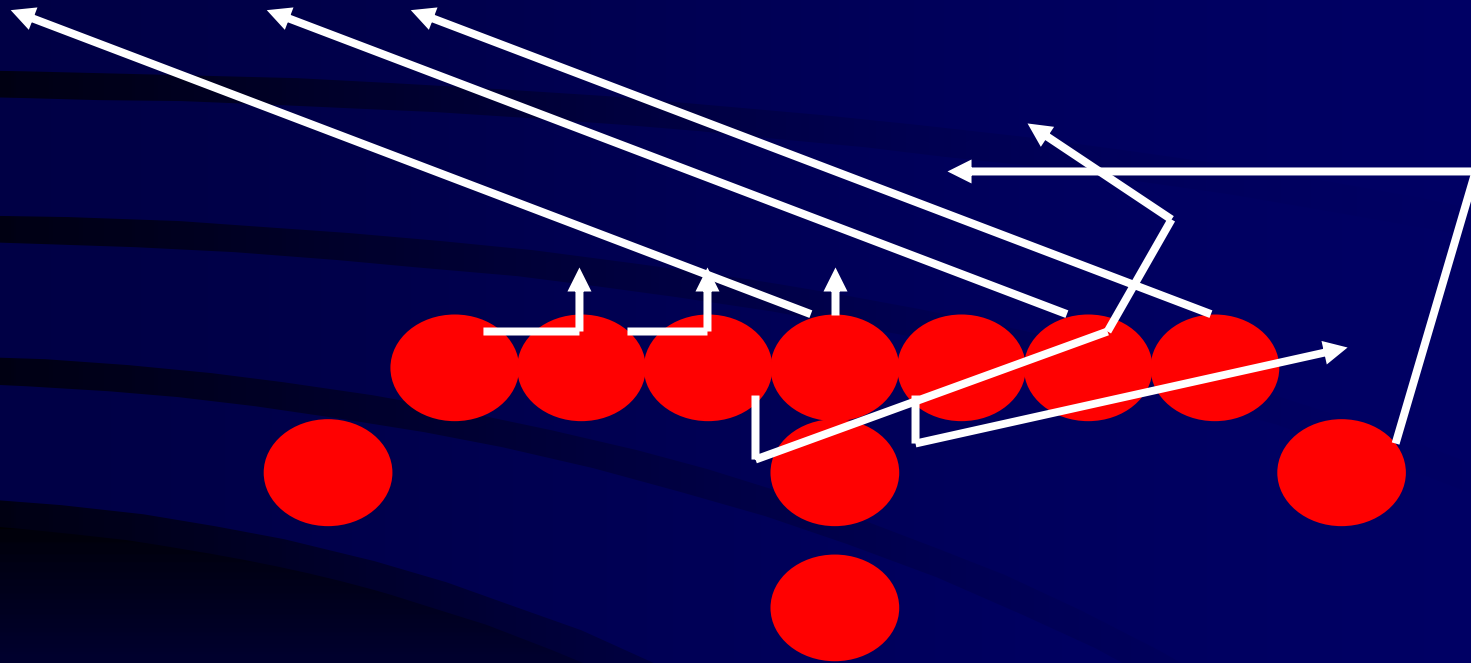
Counter Scheme Adjustments

- MOMA
- OUTSIDE for outside handoff. QB tightens slightly to LOS.
- BSG can LOG so that runner takes it outside. Good to use with an outside handoff.

Trap Scheme

- Center and PSG block SAB Down.
- PST and PSTE release clean and seal first LB inside.
- PSWB releases up field and seals safety. Cover 1 or 3 is inside, or Cover 2 or 4 outside.
- BSG kicks out first defender to show past the center.
- BST and BSTE slide blocks inside to seal off backside leakage.
- Land Mark is First Day light past Center.

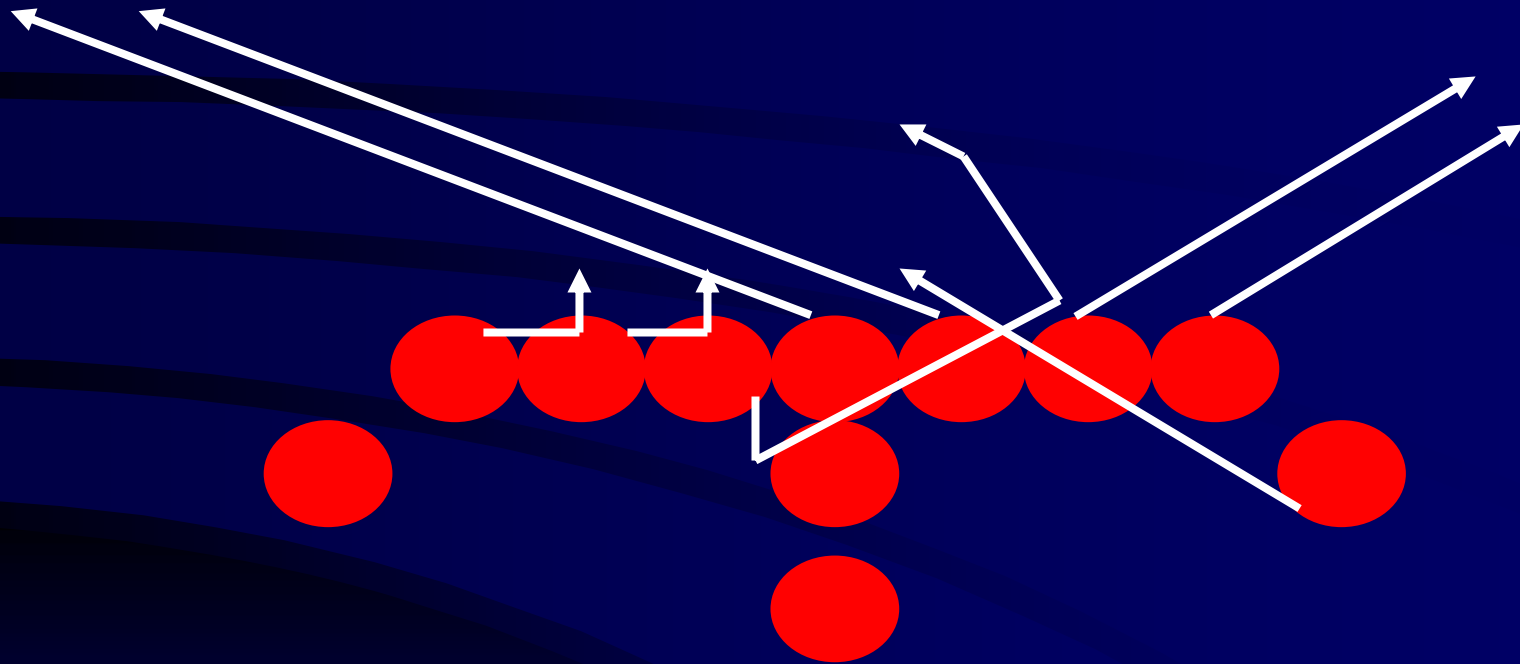
G Scheme



G Scheme

- PSTE and PST block SAB down.
- PSG kicks out first defender past PST.
- Center blocks MOMA.
- BSG pulls and seals outside in.
- BST and BSTE slide block and seal off backside leakage.
- Land Mark is PST's inside hip.

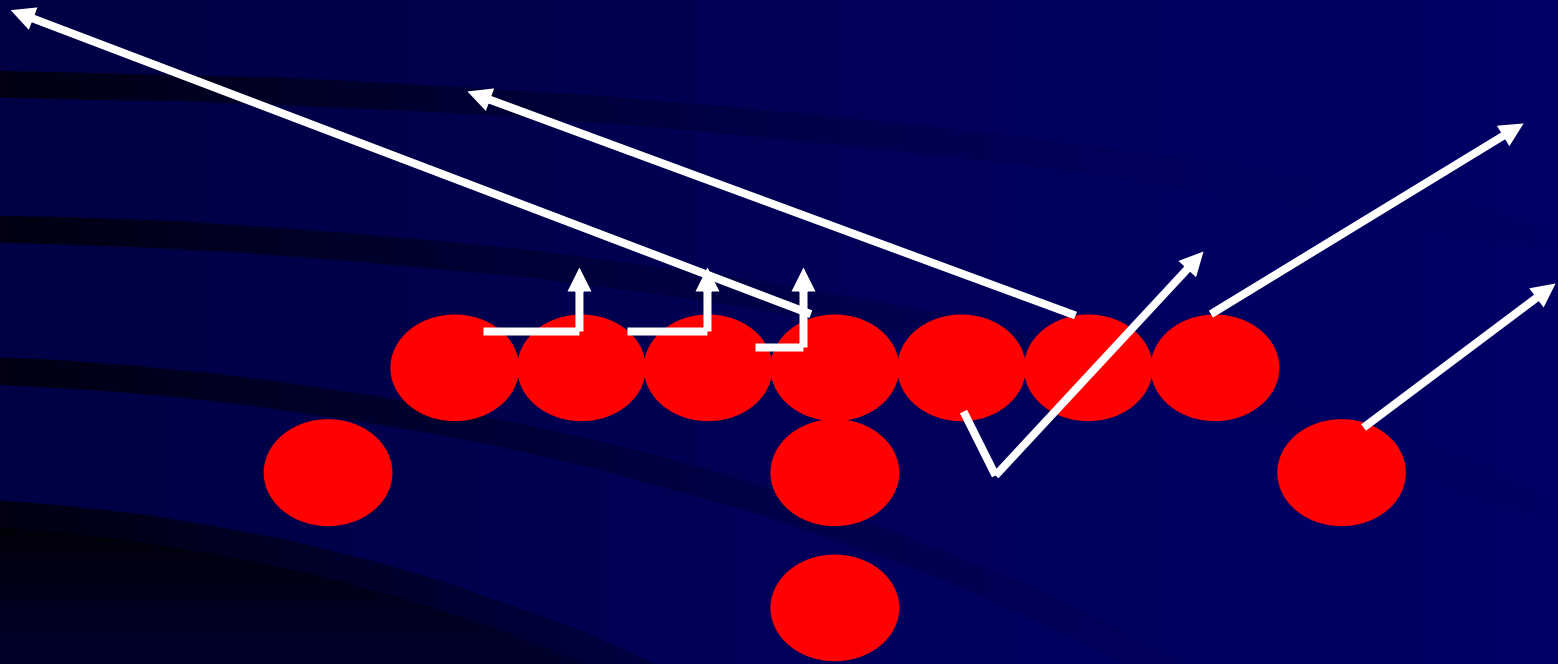
Part Scheme



Part Scheme

- PSWB drop steps and inside traps (kicks in) the first defender to show. Usually the first defensive lineman coming inside (2, 3 or 4 tech).
- PST and PSTE SAB UP.
- PSG and Center SAB DOWN.
- BSG pull and seal outside in.
- BST and BSTE slide block.
- Land Mark is PSG's outside hip.

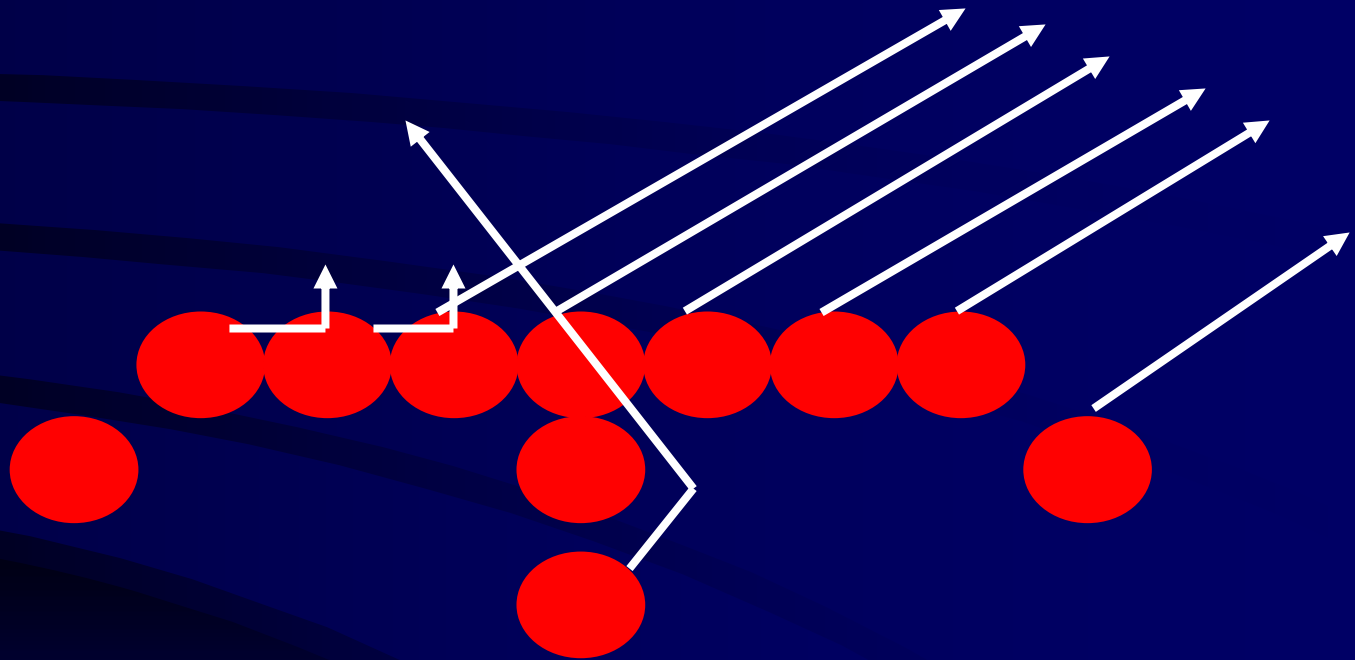
X Scheme



X Scheme

- PSWB and PSTE SAB UP Block.
- PST SAB DOWN Block.
- PSG cross blocks first defender past PST (kicks out).
- Center blocks MOMA.
- BSG to BSTE to slide block.
- Land Mark is PSG's outside hip.

Side Scheme



Side Scheme

- PSWB – can block SAB UP if no other action is required.
- PSTE to BSG block SAB UP.
- BST and BSTE slide block.
- BB buck fakes to playside and lets the BSG and Center flow to playside and then works to backside and seals first defender to show. He can be the runner and in that case no backside seal is there.
- Land Mark is 1 yard below PST's inside hip.

Effective Drills for SAB

- Positive reinforcement.
- Keep it simple.
- Mimic what happens in the trenches in drill.

Effective Drilling

- The most important thing you can do for a kid is to give them as much positive reinforcement about this system and the advantage it gives them against bigger opponents. As soon as smaller lineman whips a bigger lineman's butt using this system the light goes on and they realize they now have a tool that will allow them to succeed in the trenches. The key is using drills that first teach explosiveness and technique and then mimic what is going to happen in the trenches. Once they become fundamentally sound and realize they have a technical advantage the sky becomes the limit to what your line can do for you.
- The more explosive and more confident of their agility your linemen are the more effective your offensive line will be in this scheme or any scheme you develop. I strongly suggest you set some time away that works on leg strengthening and developing agility and quickness. At the youth level this does not require an enormous amount of time nor does it require the use of weights as the legs are not normally developed. Instead the use of hills, resisted training, and plyometrics is far better and at this age much quicker in developing the lineman's legs and hips for explosive blocking. At the higher levels the use of weights becomes more effective since you have a built in strength and conditioning program in the off-season.

Effective Drilling

- In short we teach our linemen to do three things: one we teach them to wedge block, we teach them to SAB block, and finally we teach them the various techniques of pulling and trapping. We feel if we can do these three things well individually and as a group that our line will not only be effective they will dominate their opponents and that is what we strive for as an offensive line.

Key Points of our Drills

Key points to our drills:

- Proper Stance
- Correct Cadence
- Proper Technique
- Explosiveness
- Correct Path
- Maintaining Contact
- Finishing the Block Off

Sequence of Teaching

- Stance and Cadence
- **Line Agility**
- **Line Leg Strengthening (Explosive)**
- Wedge
- **SAB**
- **Pulling**
- Playaction Pass Protection

Stance and Cadence

- Break Down Stance to Two Point Stance Drill – Circle Formation – have each player get in a break down stance and then a two – point stance.
- Cadence Clap Drill – (Coach Wyatt’s drill) Circle Formation – Coach has all players place hands up in front of face palms facing each other. Go through each leg of the cadence having them clap in unison on the call. For us our cadence is GO READYYYYYY_HIT. We also go on second HIT as well. We will work on GO and HIT firsts and then add READY and second HIT. This is a very effective way of teaching cadence and having everyone realize the importance of timing.

Line Agility

- We emphasize the importance of good footwork, agility, and quickness in our line.
- We do line agility drills every day to include getting off the ground quickly.

Line Leg Strengthening Explosive Step

- 1. Frog Hops (horizontal)
- 2. One-Legged Hops
- 3. Bull Frogs (more vertical)
- 4. Leap Frogs (classic group/team)
- 5. Bear Crawls
- 6. Up Hill Bear Crawls
- 7. Up Hill Sprints
- 8. Up Hill High Knees
- 9. Up Hill Frog Hops
- 10. Horse Backs (team of two one on back other runs for distance then switch)

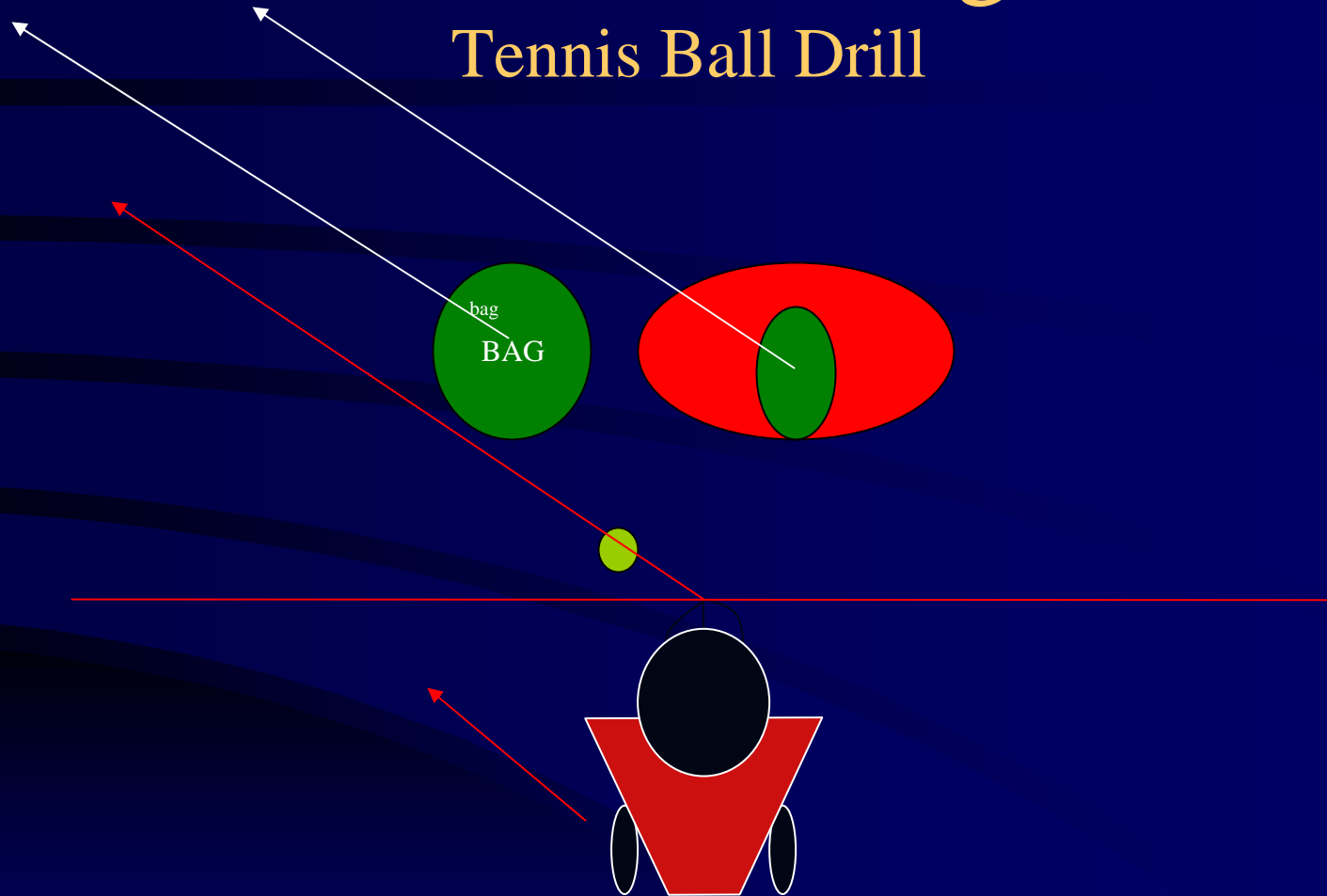
Wedge Blocking

- We believe that the wedge and the SAB compliment each other very well.
- Both are taught and reinforced every day in practice.
- Both build offensive line unity.

SAB Blocking

- 1. SAB Tennis Ball Drill - (modified Clark Wilkins Drill) – Have several coaches or one work on the weakest linemen first. Have the blocker get in a good stance (two-point for us) and get arms length away on his 30-degree track (coach should actually be just above the track). Tell the blocker that when you drop the tennis ball from head height he must explode with his gap side foot first and catch the ball as it bounces off the ground on the first bounce. Teach him to explode with his away foot and hip power step and follow through. As he improves move farther down the track; if he can catch the ball 5 feet out then he is exploding off the LOS. Now place a bag a foot behind the ball (on track) as it drops he now must get his away side shoulder into the bag and head in front with good form after he catches the ball. Later in the season you can work on near shoulder and head in back farther out.

SAB Blocking Tennis Ball Drill

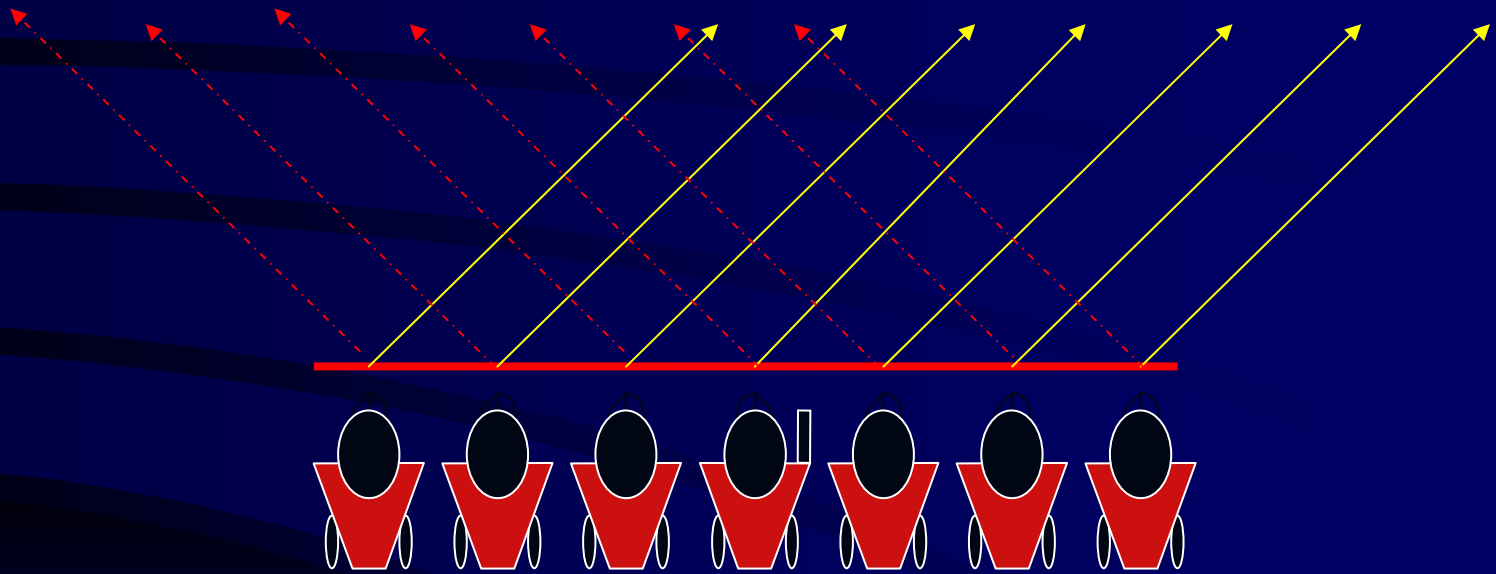


SAB Blocking

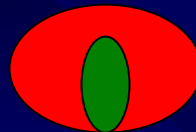
- 1. Team Line Drill – Painted LOS with seven 30-degree lines going the left and the right in different colors that are five yards long. Five or Seven players line up with the angle lines in the center of the body. The coach calls DOWN and all of the player set in a two-point stance. On GO they explode into the SAB sprint down the line until the whistle blows. Watch for good technique; near first step, staying low on initial movement, and exploding all the way down the line. Coach should be behind the line watching that every blocker stays on his path. This is easy to see because everyone is parallel to each other. Work for 5 yards and then extend it out to the boundaries and do it to the left and the right. As they get good at it have them close their eyes and do it a few times.

SAB Blocking

Team Line Drill



Coach



SAB Blocking

Team Contact and Boundary Drill – same as above but using the painted line and 7/5 blockers – have the same number of defenders place themselves on the left lines of the blockers facing the blockers at 30-degrees with the defender holding shield facing blocker. On GO the defender steps fast towards the GAP while the blocker goes from a two-point stance and explodes executing a down block at slow speed (bird dog) first stopping on initial contact. This allows you to check for good technique. Then repeat at full speed after correcting any technique maintaining contact and driving the defender to the boundary while making sure the blocker is staying on his track and not adjusting it.

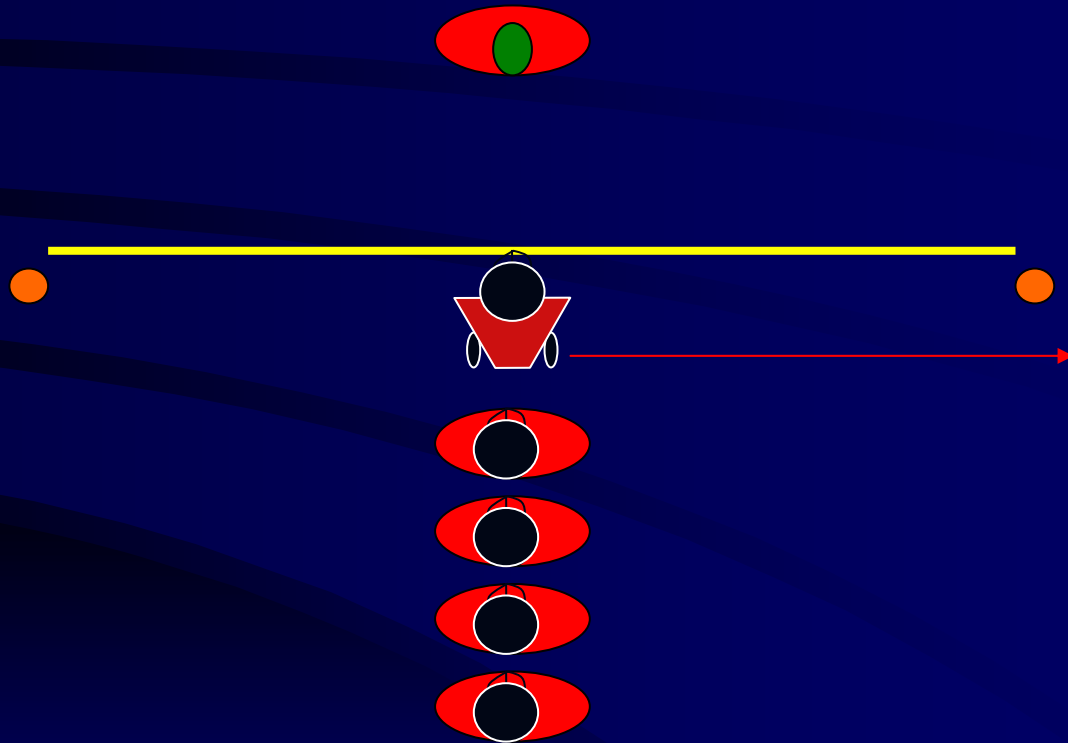
SAB Blocking

- Scheme Bird Dog Drills
- Play Bird Dog Drills
- Full Speed Scheme Drills
- Full Speed Play Drills

Pulling

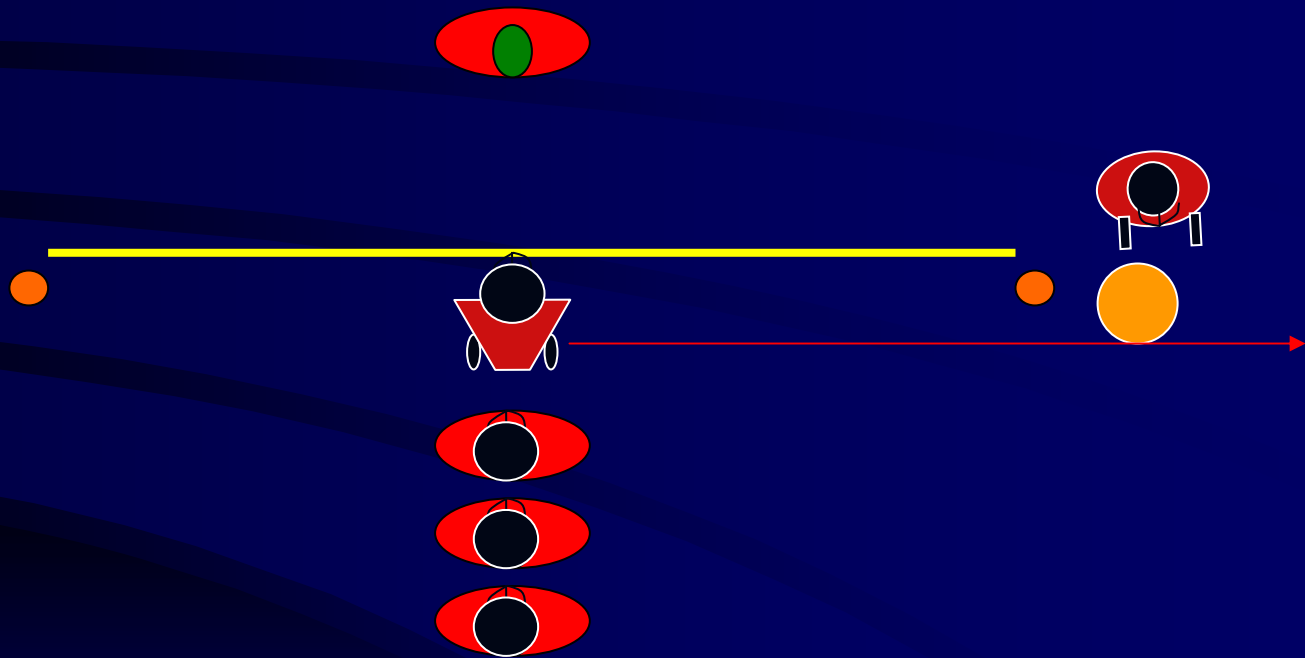
1. Pull and Fly Drill – one line of blockers facing a coach – a cone five yards away on each side of the first blocker after stepping up to the LOS and on GO the blocker drops his near foot as he swings his near elbow back and then explodes his far foot forward as he stays low and explodes to the left cone. Everyone goes through the drill and then goes to the right doing the same thing. Latter on in the season you can do everyone at once in a vertical line facing the coach with the players about 2 yards apart.
2. Pull and Contact Drill – again one line of blockers as above except a player offset so that he can hold a blocking bag on the path. The blocker is told on GO to explode down the path and using our contact technique drive through the bag while he stays on his feet and runs through.
3. Pull Around Drill – one line of blockers facing a coach – a cone is three yards away on each side of the first blocker after stepping up to the LOS and another cone is one yard up field and two yards inside on GO the blocker executes his pull as above but now as he reaches the first cone he moves upfield and inside sprinting to the inside cone. After the entire line does it they go to the other side. Stress to read Inside/Out and block the first defender he comes to.

Pull and Fly Drill

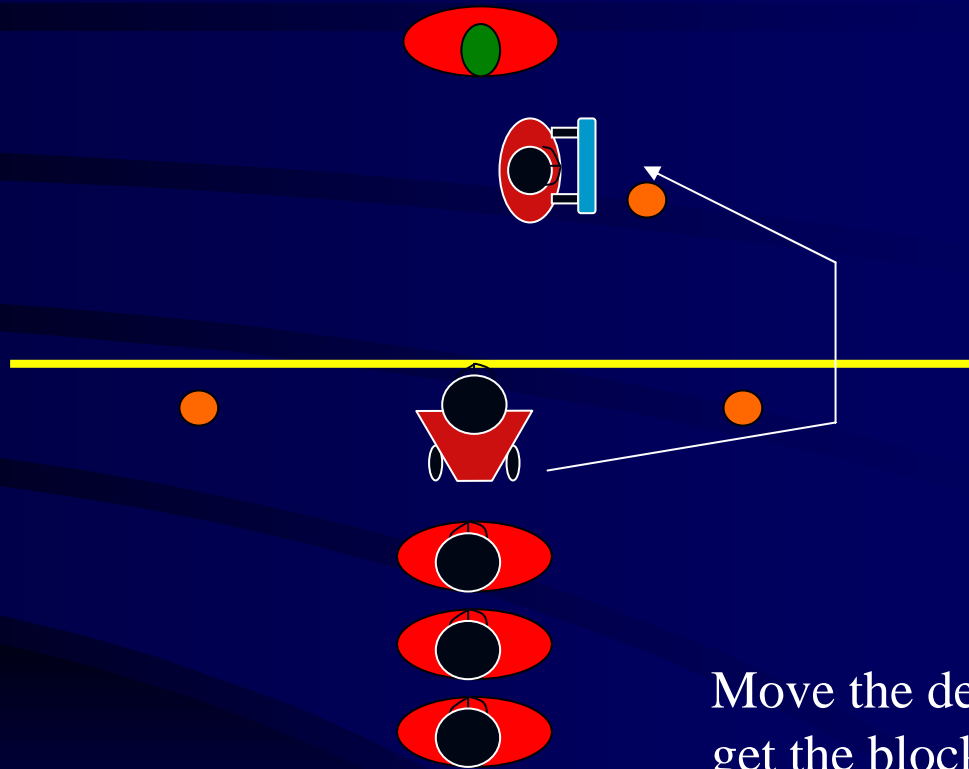


Pull and Contact Drill

Kick Out



Pull Around Drill



Move the defender around and get the blockers used to reading INSIDE – OUT. Use multiple defenders as well to teach them that they must read INSIDE to OUT.

Point of Contact

- If you would like a copy of the presentation and notes email me at:
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Closing Remarks