

Teaching the Fold Block

The fold block involves two adjacent linemen blocking a down defender and a second level defender, which is usually a linebacker. The uncovered lineman will perform a down block and the covered lineman is performing a fold block. The blocker performing fold block will loop around the lineman performing the down block working to a second level defender. The uncovered (the fold blocker) lineman will loop slightly around the down block. I refer to them as the down blocker and the looper.

When the uncovered lineman executes the down block there are two landmarks depending if the down defender is a penetrator or a reader. This can be determined through film study and game planning of the opponent.

Landmark for a Penetrating Down Defender:

The uncovered lineman performing the down block will aim for the down defenders opposite shoulder and drive his outside arm through and punch the down defenders near shoulder, which will force the down defenders shoulder to elevate. The uncovered linemen will put his facemask into the neck of the down defender. The uncovered linemen will then fit his outside hand in near armpit of the down defender preventing an escape move by the down defender, which is usually a spin. The footwork is a flat angle step.

Landmark for a Reading Defender:

The reading defender will attempt to cross the face of the uncovered lineman keeping shoulders square while dipping and ripping with his outside shoulder. The landmark for a reading

defender is the near hip, because the reader will not move forward or penetrate the L.O.S.. The uncovered linemen performing the down block will punch the near hip of the down defender with the outside hand and the inside hand will punch the chest of the defender while attempting to grab cloth. The uncovered lineman will step towards the hip of the down defender, unlike a flat angle step against a penetrating defender.

The covered lineman will take a drop step with the outside foot, which allows him to clear the uncovered lineman's block. The second step will be a slight cross over. The third step will bring the fold blocker (covered lineman) back to base, while keeping the shoulders square. The landmark for the fold blocker is the outside number of the second level defender. It is important to keep the shoulders square from the drop step to the contact point on the second level defender.

The split between the two adjacent linemen performing the fold block is important. Adjust splits accordingly:

1. The ability and quickness of the down defender.
2. The ability and confidence of the offensive linemen performing the fold block.

Fold block Combinations and Terminology

Backside Fold blocks:

EAT (End after Tackle) is a fold block between the backside tight end and tackle with the backside tackle working to the second level.

TAG (Tackle after Guard) is a fold block between the backside tackle and the backside guard with the backside tackle working to the 2nd defender.

GAS (Guard after Snapper) is a fold block between the backside guard and the center blocking the 1st level defender and the backside guard working to the 2nd level defender.

PLAYSIDE FOLD BLOCKS

SAG (Snapper after Guard) is a fold between the center and the playside guard with the guard blocking the 1st level defender and the center working to the 2nd level defender.

GAT (Guard after Tackle) is between the playside guard and the playside tackle with the playside tackle blocking the 1st level defender and the playside guard blocking the

2nd level defender.

TAE (Tackle after End) is a fold block between the playside tackle and the playside tight end with the playside tight end blocking the 1st level defender and the playside tackle blocking the 2nd level defender.