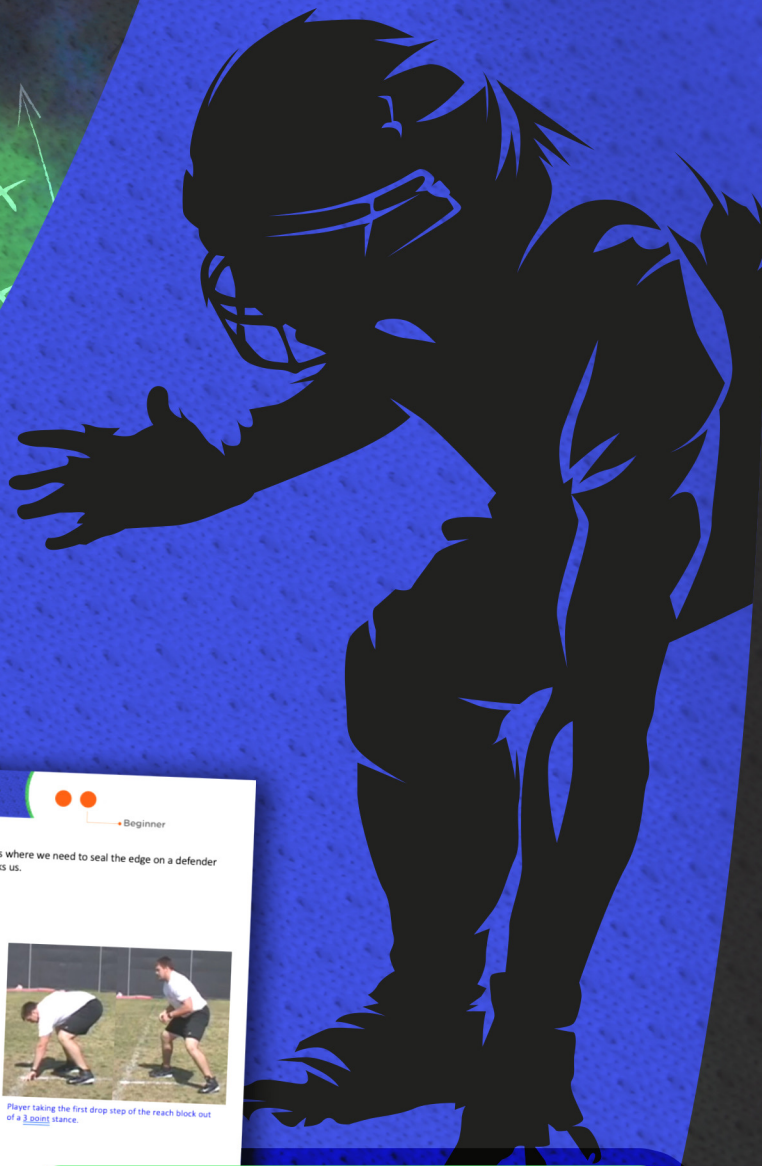


OFFENSIVE LINE MASTERY

24 SKILLS AND DRILLS TO DOMINATE THE LINE OF SCRIMMAGE



REACH BLOCKING

Beginner

Definition: A block used on outside perimeter players where we need to seal the edge on a defender begun the play in an alignment that outflanks us.

Head around the Playside Defender

Blocker an aiming point here around the man and over commit, to slip back underneath and behind before it even gets started.

Keeping Shoulders Square

We will give up ground on the side losing ground so that we can keep the importance of keeping the head and the shoulders square.

Offensive linemen to cross their arms when they do this – but not drop step, they won't be in position for this maneuver and it will be too late.

Up on the Defender

Blocker should be on the shoulder; if they are not, they are not fast, but if they are on the shoulder, they can block and starting to get into the play.

Inside Hand

Drop step, with the arm of the defender.

Defender Sideways

Blocker must react and identify the best target to punch, whether that be the sternum, shoulder, back or anything else.

The defender will continue to attempt different moves with the blocker delivering punch after punch for about 30 seconds fore switching offense to defense.



Player taking the first drop step of the reach block out of a 3-point stance.

PRINTABLE

TARGET PUNCH

Beginner

Equipment: N/A

Purpose: To improve a blockers ability to identify and punch the near target as the defender attempts a variety of pass-rush moves.

Setup: Pair players off with teammates of similar size and skill. They set up on the LOS across from each other.



Player preparing punch as defender attempts a pass rush move.



Player delivering punch to the near target – the defenders shoulder – as the defender attempts a rip move.

INSTRUCTIONS

- On the coach's signal, the defender will attempt a variety of pass rush moves whether that be a bull rush, swim move, rip move etc.
- The blocker must react and identify the best target to punch, whether that be the sternum, shoulder, back or anything else.
- The defender will continue to attempt different moves with the blocker delivering punch after punch for about 30 seconds fore switching offense to defense.

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OFFENSIVE LINE *MASTERY*

RUN BLOCKING



Overview: To teach an offensive lineman how to get into a strong fundamentally sound stance.

SKILL CHECKLIST

☐ **Balanced Stance**

A good 3-point stance should have the feet shoulder width apart, outside foot dropped back about 6 inches even with the instep of the inside foot, down in stance like they're sitting in a chair, outside hand down in the dirt as if they dropped their outside eyeball and were picking it up.

☐ **No Wasted Movement**

Ensure that players take no false steps – wasted steps = wasted time. This also applies to their off-hand in the dirt – they should have their hand down like a tripod, as putting a fist in the dirt may look cool but will result in unnecessary motion at the snap.

☐ **Alignment & Splits**

When up on the line, we want our linemen to take 2-foot splits and be in one of three alignments: **A:** Crowd the ball, **B:** Even with the Center, **C:** As far back as possible.

☐ **Assess the Defense**

After breaking from the huddle and approaching the line, the player should scan and assess the defense, checking the defensive personnel, formation, whether they are covered or uncovered, etc.

☐ **60% of Weight Forward**

Keeps stance neutral, so that the defense can't guess which way you're going.

☐ **Flat Back, Tight Elbows & Power Angles**

The blockers back should be flat, and their elbows should be tight into their stance, with their ankles, knees, hips, neck, elbows, and shoulders all bent at strong 45-degree angles to ensure balance and power.

☐ **Credit Card Alignment**

Should be able to *just* slide a credit card under their heels; if you can't slide it under they have too much weight on their heels, if it's a larger gap than it means they have too much weight on their toes.

☐ **Off-Hand**

Resting forearm on thigh, riveted to side of the knee, center can even have it up close



Player in 3-point stance, resting comfortably and able to move forward backward or to either side on the snap of the ball.



Overview: A run block used when the defender is heads up over the blocker and we want the blocker to drive them straight back.

SKILL CHECKLIST

☐ Step with Outside Foot

The player should be looking to gain 6 inches with the first step. A smaller step won't gain enough ground to be effective and if we take a longer step we will be overextended. Overstride = stand up = no leverage.

Offensive line is all about leverage. Squeeze toes in their inside foot (Grab the Grass with their toes!).

☐ See What You Hit

Emphasize the importance of keeping their head up and safely engaging in blocks with good body position, looking up through their facemask and never leading with the crown of the helmet.

☐ No Hand/Arm Wind-Up

As soon as the blocker takes that first step their hands should extend out to the defender – we don't want any wasted movement or time by winding up the arms to deliver the blow.

☐ 2nd Step with Inside Foot

The next step will be with the inside foot and again only be a 6 inch step forward. This will usually be the point of contact with the defender.

☐ Strike Through the Defender

Players should be striking out at the defender's chest, pushing them back using similar motion to incline bench press.

☐ The Player who Gets the 3rd Step in First Will Win the Battle of the LOS

Once the blocker has come off the line and engaged with the defender, their goal is to drive back the defender and get their 3rd step into the ground before the defender does. The player who gets their 3rd step into the ground first will win the battle of the line of scrimmage.



Player in performing a drive block on their teammate.

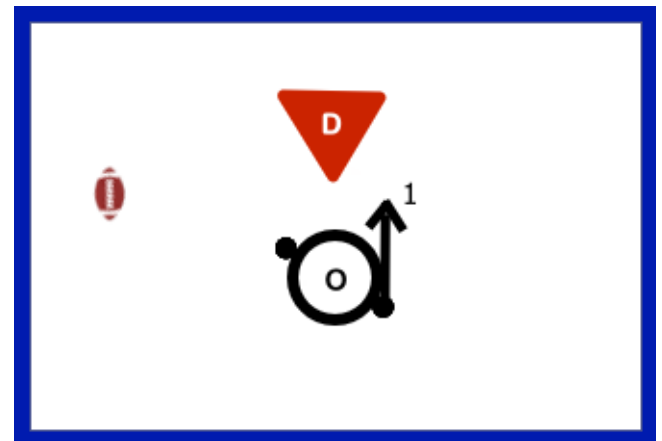


Diagram of the defender's alignment and proper footwork for a drive block.



Overview: A block used on the inside and outside zone, used to get the defense moving laterally so that we can cut them off vertically.

SKILL CHECKLIST

☐ Aim for the Playside Number

This will force the defender to step wide with you as that will be their area of responsibility on the play. This will allow us to get our 2nd step in the ground and drive the defender back from that point, allowing the ball carrier to make a read and cut to either the inside or outside as they see fit.

☐ Step 6 Inches at a 45 Degree Angle

This will allow us to outflank the defender without giving up any ground off the snap. Our 2nd step will also be at that same 45 degree angle, gaining us a foot in that direction, with the 3rd step

☐ Give Each Step a Name

This will make it easier for the players to remember what they are trying to accomplish with each step and break the footwork down into simple digestible steps. We name the first step the scoop step, the 2nd step the drive step, and the 3rd step the square step.

☐ Run Your Tracks & Trust The Blocker Next to You

Each player is responsible for their own lane, like a set of train tracks at a 45 degree angle. Players need to be able to trust that if their defender slants off their block that they can let him go and continue to move downfield knowing that their teammate will be right there next to them to pick them up.

☐ Step on the Toes of the Defender

Whether it's a defensive lineman right on the line or a linebacker a few yards off of it, the blockers should be looking to 'step on the toes of the defender', meaning we want to be driving them backwards and taking the space they were occupying.

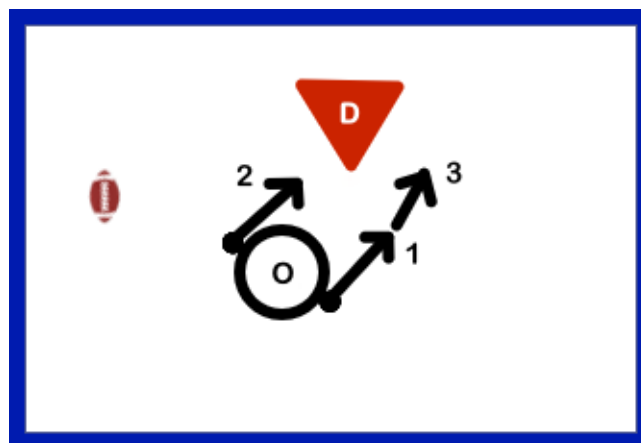


Diagram demonstrating the proper footwork for a zone block.



Overview: A block used on outside perimeter players where we need to seal the edge on a defender that has begun the play in an alignment that outflanks us.

SKILL CHECKLIST

☐ Aim to get your Head around the Playside Shoulder of the Defender

It's important to give the blocker an aiming point here because if we just run around the man and over commit, the defender will be able to slip back underneath and disrupt the play in the backfield before it even gets started.

☐ Kick Out While Keeping Shoulders Square

One of the few times that we will give up ground on the initial step off the line – we are losing ground so that we can gain ground. Emphasize the importance of keeping the toes pointed straight ahead and the shoulders square.

☐ Crossover Step

Very rarely do we tell our offensive linemen to cross their feet, as they have no power when they do this – but because they took that initial drop step, they won't be in contact with the defender during this maneuver and it will be safe to do so.

☐ 3rd Step Squares Us Up on the Defender

Focus on the defender's inside shoulder; if they are playing fast, we need to play fast, but if they are playing away from the reach block and starting to get behind us, we need to slow it down.

☐ Strike with your Backside Hand

We should make contact with the 3rd step, with the backside hand striking the sternum of the defender.

☐ Don't Hook or Turn the Defender Sideways

This would put us at a disadvantage and allow the defender to drive us back into the play.

☐ Cut-Off Block Works Similarly

The difference between the cut-off block and the reach block is the initial step. On a cut-off block, we are moving inside and will be taking that first step with the inside foot. We still want to follow the same progression of a drop step, crossover step, and square up step, but that initial drop step will have to be larger because the inside foot will be offset ahead of the outside foot at the begin inning of the play.



Player taking the first drop step of the reach block out of a 3 point stance.

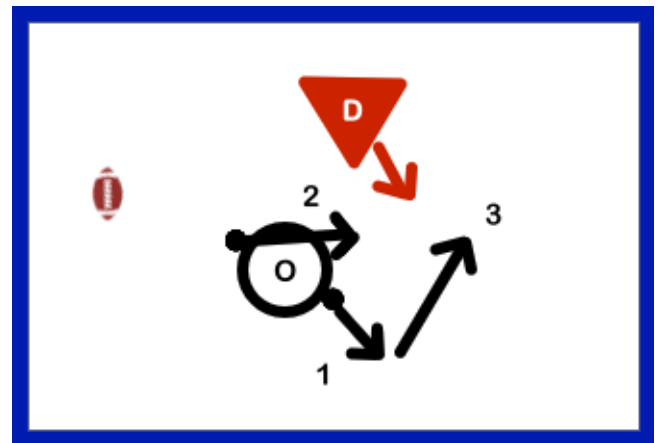


Diagram of the footwork required to execute a reach block on a defender looking to penetrate to the outside of the blocker.



Overview: A block used when the defender is aligned inside of the blocker and they are blocking back on the defender.

SKILL CHECKLIST

☐ Step to the Man

We don't want to allow the defender to get any penetration into the backfield so we will begin by stepping at a 45-degree angle directly towards the defender with our inside foot, pointing the toes right at them and using the 2nd step to square up with the defender and prepare to deliver a strike.

☐ High Outside Hand

After squaring up to the defender, we want to place our head at the 'V' of their neck, and our inside hand on their inside shoulder, but the key to a successful down block is getting the outside hand high on the defender's outside shoulder. By placing our head at the 'V' of their neck we will give ourselves a strong base to prevent any penetration into the backfield and the outside hand will prevent any kind of spin or counter move that the defender might attempt to get free on the playside.

☐ Priority Is Preventing Penetration

While we would like to be able to drive the defender back at that 45-degree angle, ultimately it is more important that we stay engaged, not allowing the defender to defeat the block and get free or create penetration and extra traffic in the backfield.

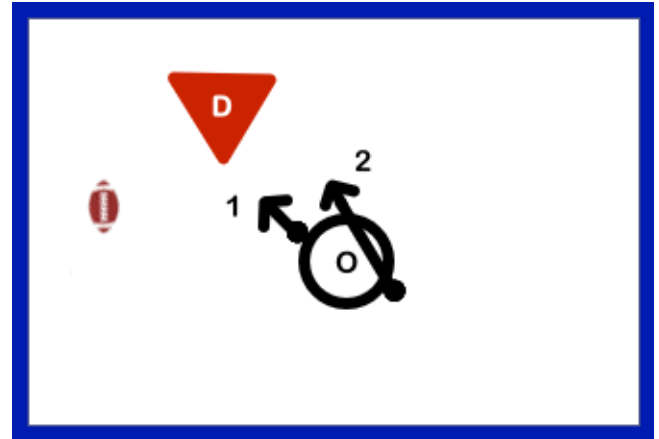


Diagram demonstrating the proper footwork for a down block.

DOUBLE TEAM



Overview: A combination block that is usually used on the play side, with a puller coming across the formation and the double team flowing from the line of scrimmage to the linebacker flowing to the play side. Generally used in plays like a Power, Off-Tackle, or Counter.

SKILL CHECKLIST

☐ First Step is 6 inches to the Weak Side

While it may seem counterintuitive to step away from the defender off the snap, we are preventing the bigger threat, which is the getting overextended and allowing the defender to get loose inside. With the outside lineman also taking that 6-inch step inside, we are protected from the outside by our teammate

☐ Move Up to the 2nd Level

After double teaming the defender off the line, we want to block the back side linebacker as they flow with the ball and try to get into the play. If the linebacker flows over the top, the outside blocker will pick him up, and if he comes up through the inside, the inside man will slide up.

☐ 2nd Step is Right Through the Defender

We want to move this defender out of the gap and off the line quickly and efficiently – we have a double team, so our blockers have a big advantage.

☐ Don't Put Your Entire Body on the Defender

A good key for the inside blocker is that they should keep their inside arm free and avoid putting their entire body on the defender, keeping them on the outside shoulder and working them with their outside arm as they move down the field.

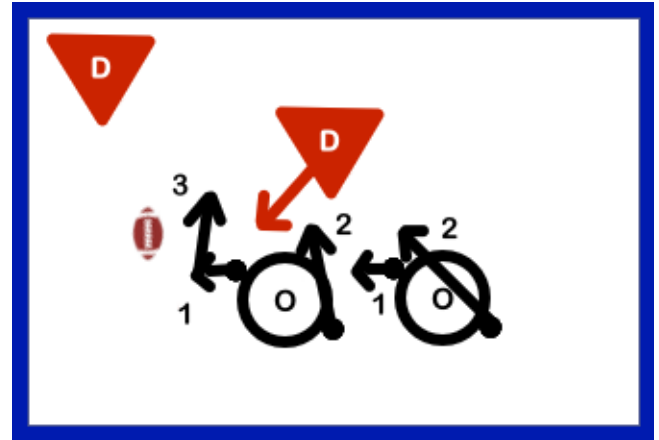


Diagram of double team, with both players taking initial lateral steps before combination blocking the defensive lineman.



Overview: An exchange block on the play side with the outside blocker executing a down block and the inside blocker pulling outside to block.

SKILL CHECKLIST

☐ Tight Pull Around the Down Block

The puller's first step will be a kick step 45 degrees back, with the 2nd step crossing over and the 3rd step starting to square them up and get them moving downfield. The pull should be tight to the down block in front of them – a good teaching point can be that the player should imagine be able to pickpocket their teammate as they run past them.

☐ Essentially a Running Drive Block

After they have squared themselves and moved past their teammate, we want them to finish through the defender and move them downfield, using all the same teaching points established when teaching them the drive block.

☐ Can Be Used Against LB or DL

We can use this to free up a lineman as lead blocker on the linebacker in the 2nd level or coming across on a down lineman to open up the hole at the line of scrimmage.

☐ Use Props To Illustrate The Desired Movement

One of the best ways to get players comfortable with this footwork is to put a trash can in place of the down block and have them just run reps around the trash can. It can also be very effective to create a 'lane' with cones that they must follow and stay within.

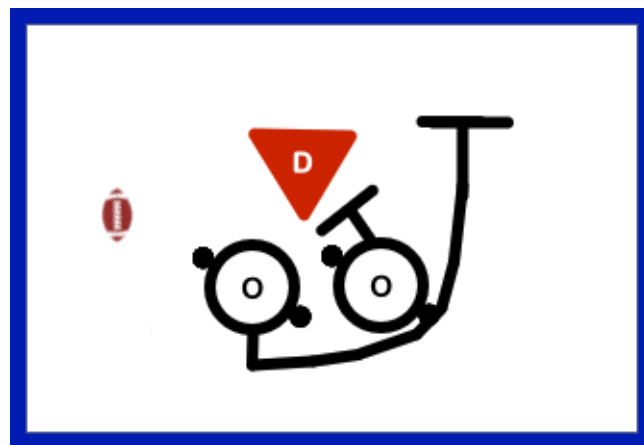


Diagram of player performing a fold pull.

PULLING: LONG PULL



Overview: A block often used by an offensive tackle coming from the opposite side of the football to a linebacker, like on a counter or misdirection play for example.

SKILL CHECKLIST

☐ 1st Step Is a Drop Step

The 1st step is to create depth off the line of scrimmage and with the 2nd step, they can turn their shoulders to the sideline. Whereas on the fold pull we want the blocker to keep their shoulders pointed downfield for the duration of the play, because of the distance we need to cover on this kind of block we are fine with the blocker turning their shoulders so that they can move more quickly. That said, we want to make sure they are keeping their eyes downfield and tracking their linebacker.

☐ Come Tight Off the Down Blocks

Even though we're covering a lot more ground, when we do turn downfield to drive on the defender we still want to stay tight to our teammate executing the downblock, coming off their outside hip.

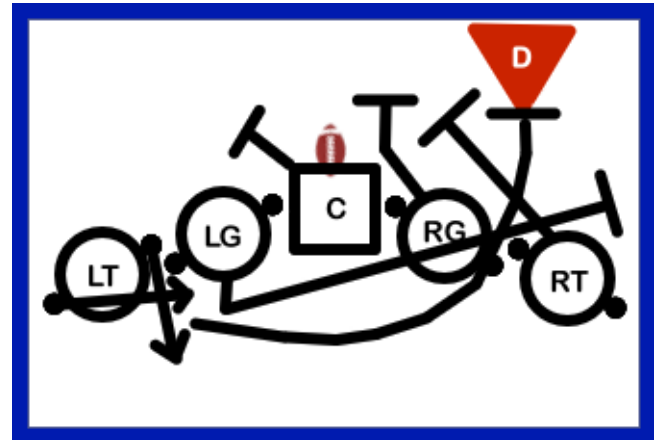


Diagram of entire offensive line with the left tackle performing a long pull block on the strong side linebacker.

PULLING: TRAP PULL



Overview: A block designed to take advantage of and over aggressive defense where the blocker pulls and comes down the line to kick out on the defender and create a hole inside for the ball carrier.

SKILL CHECKLIST

☐ Drop Step, Come Up In to the LOS

The first step will be a drop step with the inside foot, picking up and pointing at the target, seeing where we want to go.

☐ Aim to Get Your Head Inside of the Defender

The worst thing we can do is outflank the defender and allow the to come back inside – most of the time when we are using a trap pull the ball carrier will be running up inside of that block.

☐ Pull Your Hand Out of the Ground

The blocker should be yanking their hand off the ground like they are starting a lawn mower, this will pull them off the line of scrimmage and allow them to take a direct line across the line of scrimmage to the defender.

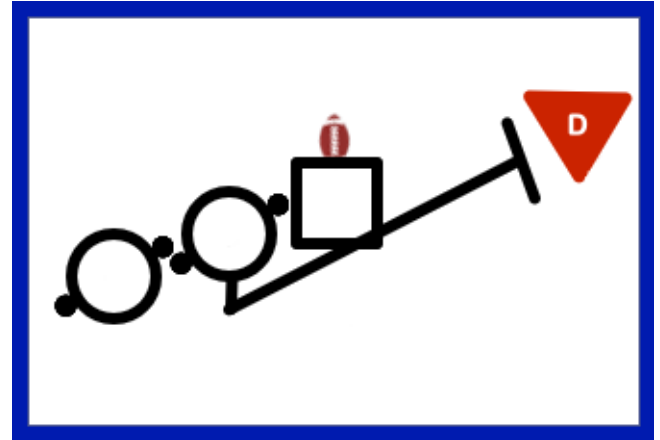


Diagram demonstrating the correct technique for a trap pull.



Player executing a drop step and getting into the trap pull out of 3 point stance.

PULLING: SKIP PULL



Advanced



Overview: To develop the proper foundation for a defensive backs footwork and technique when moving in pass coverage.

SKILL CHECKLIST

☐ 1st Step Will Be with the Outside Foot

Take that first step back with the outside foot before dropping the inside foot as well. This will allow us to keep our shoulders square downfield, seeing the target, as well as being able to quickly generate speed out of the momentum as we skip behind the down blocks to the inside.

☐ Requires Fluid Footwork

We want the defender to actually skip out of their stance and stand-up. While we will usually preach staying low and in stance, the blocker won't be in contact with any defenders, and the skip, almost like a carioca, will allow them to clear the blocks in front of them and accelerate downfield and sink our pads back down as we prepare to initiate the block.

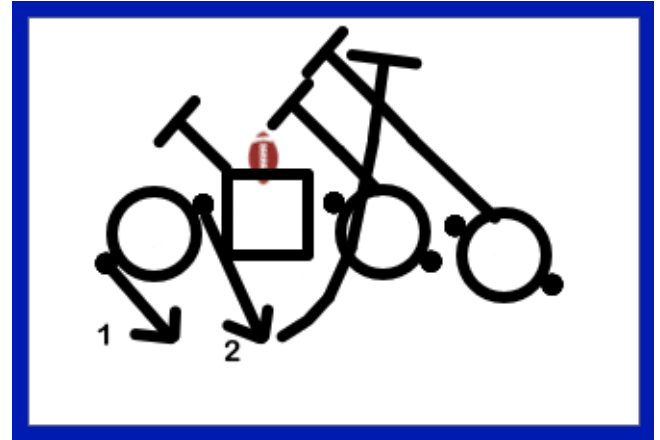


Diagram of left guard performing a skip pull before accelerating downfield.



Player performing the initial skip step required on the skip pull out of the 3 point stance.



OFFENSIVE LINE *MASTERY*

PASS PROTECTION



Overview: A pass protection set that will be used anytime the defender is aligned outside of you, usually when the QB is taking a 5-7 step drop.

SKILL CHECKLIST

☐ **No-Show Stance**

Stay balanced pre-snap – we don't want to give away the play or what our first step will be based on the way we are lined up in our stance.

☐ **1st Step with Outside Foot**

Kick the first step 6 inches to the outside, sliding and dragging the inside foot back right after.

☐ **Stay Square to the Defender**

Make sure we don't open the outside edge, as this will give the defender a direct line to the QB right around the outside of you. Keep your knee inside of your foot, and your toes pointed straight ahead.

☐ **Play Pass Protection Aggressively**

Just because we're moving backwards doesn't mean we're playing passively. After we get set, we want to be strong and ride that defender to the outside, giving our QB 3-5 seconds to find an open man and deliver the pass.

☐ **80/20 Weight Distribution On Pass Sets**

Anytime we pick up our inside foot in pass protection, all of our weight goes to the outside foot. This leaves us very vulnerable to a cut-back up the inside and opens up the most direct route to the QB. To prevent this, we will remind our players that we want the blocker to keep 80% of their weight on the inside foot and just 20% on the outside foot. With this weight distribution, the player is incapable of picking up their inside foot.

☐ **Strike With Their Hands, Keep Their Heads Back**

We want to aim for the sternum, striking with both hands, with thumbs together and elbows in, sitting down and anchoring right underneath the defender.

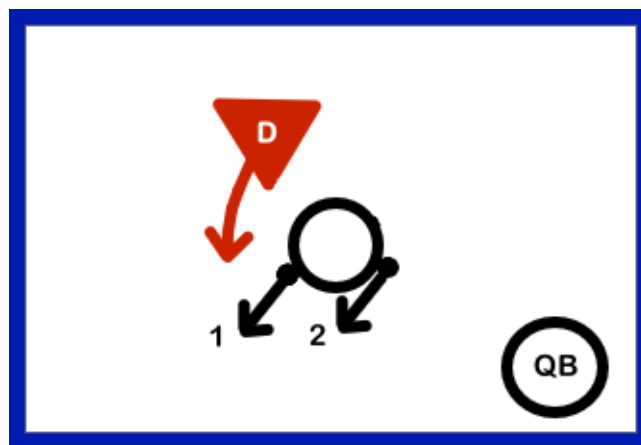


Diagram demonstrating the kick set.



Overview: A pass protection set that is used when the defender is heads up over the blocker.

SKILL CHECKLIST

☐ Don't Need To Go Anywhere

Don't beat yourself with a bad set. When the defender is lined up heads up over the blocker and the QB is behind/inside of us, there is no need to get ourselves out of position by playing overly aggressive.

☐ Start The Motorcycle

Our first step we will pick up our outside foot and put it right back down into the ground, giving us a firm set and anchoring us to deliver a strike to the defender – as if the blocker were kick starting a motorcycle.



Player executing the 'start the motorcycle' technique by picking up and pointing their toes.



Overview: A pass protection set used when we need to block a defender that is aligned to the inside of the blocker.

SKILL CHECKLIST

☐ Rare Pass Protection Set That Starts with the Inside Foot

On most pass protection sets we will take our initial step with the outside foot – in a kick set for example we will be moving backwards at a 45-degree angle. For the power set we will stay on that same 45-degree track, but instead of moving backwards, we will move forward into the defense to initiate contact.

☐ Pass Protection Is Similar to Playing Defense in Basketball

On defense in basketball, we will remind players constantly that they need to stay between their man and the hoop, and the same principle applies here. Instead of the hoop though, we are trying to stay between our man and the quarterback.

☐ Blocker Should Always Stay Square to the Defense

By staying square to the defender, we create a bigger obstacle for the defense to get around. If the blocker turned sideways, he would have the least surface area possible – we want to get as big and wide as possible and present the most surface area to the defense that we can.

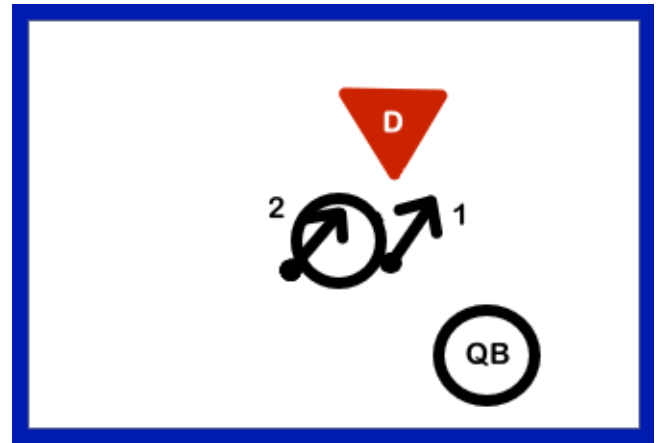


Diagram of player performing a power set technique.



Overview: A pass protection set that is often used when the QB is taking a quick 3-step drop.

SKILL CHECKLIST

☐ **Climb the LOS on the Snap**

Since we are looking to gain ground and go towards the defender on the snap, we want to start off by crowding the line of scrimmage pre-snap to give us the biggest advantage and try to prevent the defender from getting out of their stance and getting their hands up to swat the pass.

☐ **Pound the Arch of their Foot**

We don't want them up on their toes, we want them to get their whole foot in the ground and have equal weight distribution.

☐ **Keep Toes Pointing Straight Ahead**

While there is a bit of lateral movement to the step forward we want to emphasize that the blocker keep their toes pointed ahead and their shoulders square so that we maximize the surface area presented to the defender.

☐ **Maintain Contact After the Initial Punch**

Be aggressive and keep the pressure on the defender – we don't want to allow them to generate any kind of power. Maintain contact and hold the defender. As long as blockers keep their hands inside the framework of the defender, they can grab onto some jersey and use that to keep the defender in place. If the defender is able to get outside or around the blocker, we have to let go or move our feet to keep ourselves in front of the defender.

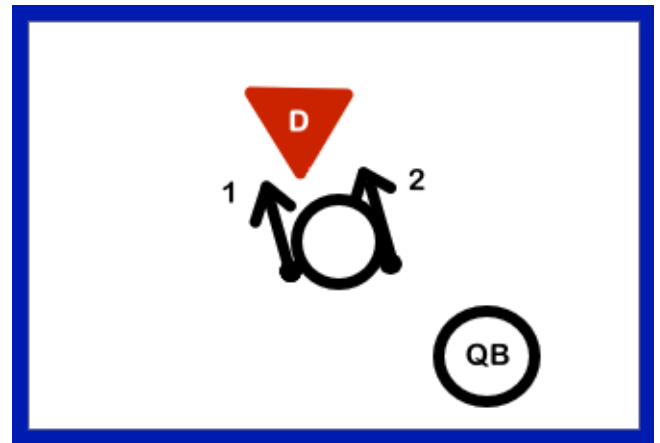


Diagram demonstrating the jump set technique.

PASS PROTECTION SETS: SHUFFLE SET



Overview: A pass protection set used when the QB rolls out of the pocket.

SKILL CHECKLIST

☐ Understand Where the QB's Setup Point Is

While it may seem obvious, it can be difficult as an offensive lineman to be aware of where the QB is rolling out to as they are blind and it isn't the kind of drop-back they are used to pass protecting for. It is good to change your QB's setup point as it can disorient the defense, but the danger is that it can have the same effect on your blockers if they aren't prepared. They must know when and where the QB is running to so that they can protect them long enough to get the pass off.

☐ Do Not Drop the Play side Foot

The first step will be with the inside foot, much like a power set, but instead of staying there, the blocker will shuffle laterally and continue to pound the play side foot as they move down the line. Emphasize the importance of keeping that play side foot high - if we drop the inside foot the defender will gain leverage over us and be able to move freely into the backfield.

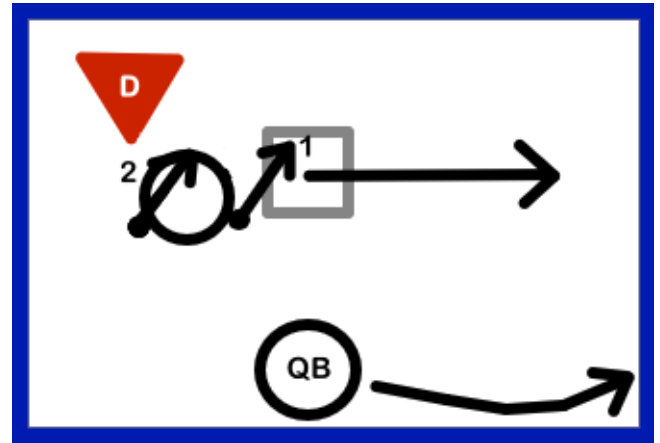


Diagram of player executing the shuffle set.



Overview: A pass protection set used on the backside of a roll-out, providing a moving pocket for the QB.

SKILL CHECKLIST

☐ Often Used With a Shuffle Set Play-Side

Trying to stay engaged at the line of scrimmage with a normal kick set or shuffle set is asking a lot of the blocker on this kind of play – that is a long time that they need to stay engaged with the block, and if they are defeated early it will blow up the play early. By using the sink set on the back side, we allow the blockers to create a moving pocket for the quarterback to safely deliver the ball downfield.

☐ Similar to Skip Pull Technique

Where on the skip pull, we are looking to regenerate that momentum into power going downfield, here we will start with similar initial footwork getting a drop off the line, but instead will continue to shuffle backwards for a few steps.

☐ Retreat for 3-4 Steps, Make a Stand on the 5th

After those first few initial sink steps back, we need the blocker to sit down and anchor themselves, otherwise the defender will be able to simply run right past them and get a free blind shot on the QB.

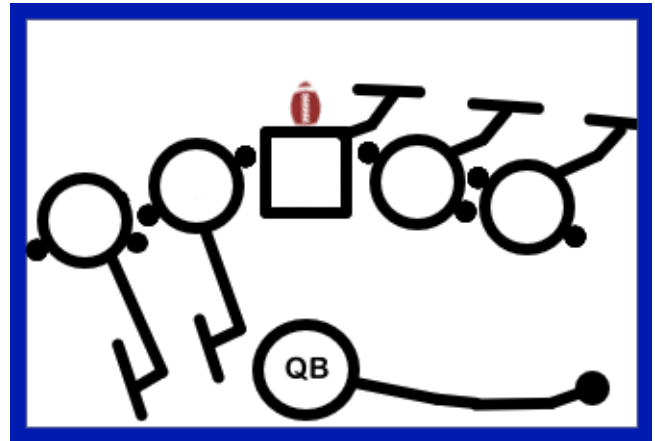


Diagram of LT and LG demonstrating a sink set.



OFFENSIVE LINE *MASTERY*

OFFENSIVE LINE DRILLS

BALL PUNCHES



Equipment: Medicine Ball (10 lbs. or less)



Purpose: To work on initial punch off the line.



Setup: Have two players line up about 5 yards apart from each other, one of them starting with a medicine ball.



Player begins ball punch drills down in stance with ball at their feet.



Player kick stepping and pushing the ball out to their teammate.

INSTRUCTIONS

1. Player will take their initial step, picking up the ball and pushing it out and toward their teammate.
2. Teammate will catch the ball, roll it back to his teammate and continue.
3. After about 10 reps swap and have the puncher receive passes from his teammate.

COACHING TIPS

- Emphasizes the importance of delivering a strong hard punch immediately as they come out of their stance.
- Make sure players are using a variety of sets; kick sets, power sets, etc., as well as practicing coming out of their right handed stance as well as their left handed stance.

SET & REACT



Equipment: N/A



Setup: Player will start in 3 point stance.



Purpose: To develop a blockers ability to move and react while staying in a good position ready to deliver a punch.



Player in stance with teammate ready to begin set & react drill.



Player reacting to command and shuffling.

INSTRUCTIONS

1. On the coach's signal, the blocker will take their initial kick step off the line.
2. The coach will then point to either the left or right with the blocker reacting appropriately and shuffling while staying on their track.

COACHING TIPS

- This drill can be done with pointing or verbal commands, and in fact it is a good idea to practice both.
- Tackles may work on a more 45 degree angle, sliding up and down the track, whereas centers and guards will move at a more horizontal angle.
- This is very much like a basketball drill, again emphasizing that playing offensive line is very similar to playing defense in basketball.

MIRROR DODGE



Equipment: N/A



Purpose: To develop the defender's ability to change direction quickly and in control when in pass coverage.



Setup: Pair players off and have them line up as if they were defender and blocker on the LOS.



Player in 3-point stance with teammate ready to begin Mirror Dodge drill.



Blocker performing punch after mirroring teammate.

INSTRUCTIONS

1. On the coach's signal, the defender will start to try and get around the blocker.
2. For about 6-8 seconds, the defender will move back and forth, with the blocker mirroring every step, using their punch to keep the defender off-balance and in front of them.
3. Break for 30 seconds and repeat.

COACHING TIPS

- You can do this drill without contact – if you really want to emphasize the footwork and agility aspects of this drill you can even have the offensive lineman do the drill with his hands behind his back.
- This is a great drill for teaching how to stay square and knowing when to punch the defender.
- We don't want the defense to be going at 100% - the key here is getting the offensive player reps and getting them comfortable with mirroring their defender.

DOWN THE LINE PUNCHES



Equipment: N/A



Purpose: To develop a blockers timing on their punch and ability to see and hit the near target



Setup: Pair players off with teammate of similar size. They will line up perpendicular to each other, with the defender facing the sideline.

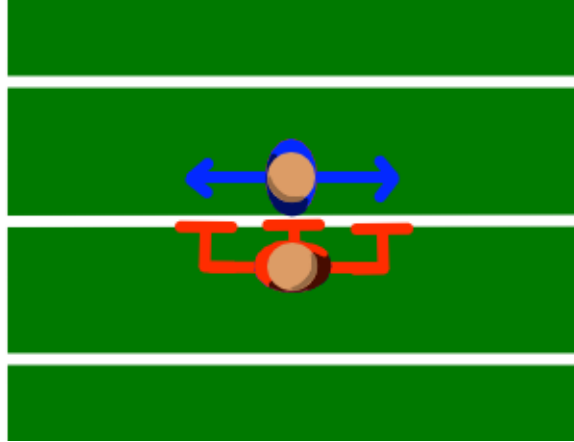


Diagram of Down the Line punches drill.

INSTRUCTIONS

1. The defender will start to move laterally, with the blocker moving up and down the line with them.
2. When the defender approaches the line, the blocker will punch the near target.
3. The defender will continue to move laterally back and forth, with the blocker continuing to move with them and deliver punches whenever they get to close to the LOS.

COACHING TIPS

- We can do this as a one-on-one drill, or you can even have a whole line of defenders in front of the blocker and have him move up and down the line punching different players.
- You can incorporate lots of movement into this drill – have the defender drop to the ground roll and get back up and continue to simulate a defender falling down and continuing to rush for example. Anything we can do to prepare our blockers for game-like situations and keep it fresh, challenging and engaging.

TARGET PUNCH



Equipment: N/A



Purpose: To improve a blockers ability to identify and punch the near target as the defender attempts a variety of pass-rush moves.



Setup: Pair players off with teammates of similar size and skill. They set up on the LOS across from each other.



Player preparing punch as defender attempts pass rush move.



Player delivering punch to the near target – the defenders shoulder – as the defender attempts a rip move.

INSTRUCTIONS

1. On the coach's signal, the defender will attempt a variety of pass rush moves whether that be a bull rush, swim move, rip move etc.
2. The blocker must react and identify the best target to punch, whether that be the sternum, shoulder, back or anything else.
3. The defender will continue to attempt different moves with the blocker delivering punch after punch for about 30 seconds before switching offense to defense.

COACHING TIPS

- By giving players game-like situations we develop game-ready skills. Constantly driving the sled may be good for developing power, but sleds don't move and that isn't football. It can also wear on players doing the same drills repeatedly. Switch things up and make you are taking the time to prepare them for a variety of in-game situations.

BULL AND HOP



Equipment: N/A



Purpose: To develop a blockers ability to deal with the bull rush.



Setup: Pair players off with teammates of similar size and skill. They set up on the LOS across from each other. With the defender putting his hands on the blockers chest and the blocker putting his hands behind his back.



Defender bull rushing blocker as they sit down and attempt to stop the defender in their tracks.

INSTRUCTIONS

1. The defender will start the drill pushing the blocker in the chest.
2. The blocker will need to lower their center of gravity and sit down, using their legs to prevent themselves from being driven back any further.

COACHING TIPS

- Because the blocker doesn't have their hands to work with, they are forced to really sit down, get wide and use a prop foot to maintain their balance.
- We can also run this drill with the blocker keeping their hands outside, training them to come back up inside and deliver a punch to the defender as they sit down.

EDGE PRESSURE



Equipment: N/A



Purpose: To emphasize the importance of staying square and teaching blockers how to read and react to edge pressure.



Setup: Have two defenders line up over the blocker, one on the inside half, one on the outside half. Coach will line up 5 yards behind the blocker.

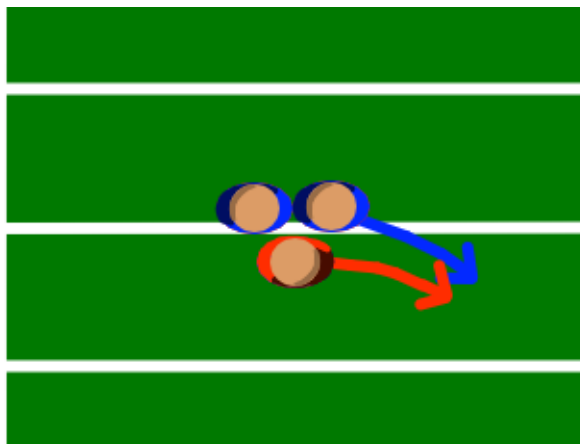


Diagram of players performing the Edge Pressure drill.



Player reacting to edge pressure to their right and shuffling to stay square as they maintain contact with their outside hand.

INSTRUCTIONS

1. The drill will start with the blocker placing a hand on the inside shoulder of each of the players in front of them.
2. The coach will point at one of the two defenders, who will then immediately try to beat the blocker to the outside on their assigned side.
3. The blocker must shuffle their feet and stay wide and square, using their outside and their footwork to contain the outside pressure from the defender.

COACHING TIPS

- Players will learn quickly that they need to rely on their feet to have success with this drill, not their hands. If they can shuffle their feet and get out wide while keeping their shoulders square downfield, they will greatly enhance their chances of keeping the defender at bay.
- This can be a great drill to use for players who get called for holding a bit too much, as they are forced to work with their lower body to have success in this drill. If they are doing a good job staying square and pump their feet, they will essentially be able to block the defender with their hip.

INSIDE/OUTSIDE PUNCHES



Equipment: 2 Blockings Bags.



Purpose: To teach an offensive lineman on how to deal with twist or stunt.



Setup: Have the offensive player get on the LOS with a defender on either side of them with a blocking bag.

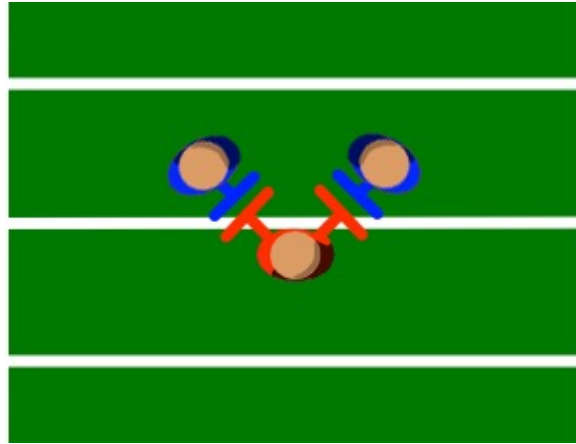


Diagram of Inside/Outside PUNCHES drill.

INSTRUCTIONS

1. On the coach's signal, the blocker will punch on the outside defender.
2. They will then immediately reset and punch back to the inside defender.
3. The blocker will continue, doing this 1-2 punch 3 more times before ending the rep.

COACHING TIPS

- Twists and Stunts can be very confusing, even overwhelming for young blockers and giving them time in practice to get familiar with blocking these sorts of techniques is crucial.
- This is great practice for the defender to get used to reacting quickly and confident using their hands and feet in concert with each other, staying square downfield and delivering strong punches on the near target to the defense.