

IMG ACADEMY

Offensive Line

1. Outlook
2. Teaching Progression
3. Fundamentals
4. Drills & Skills Development
5. Identification & Terminology (Off / Def)
6. In-Season Routine
7. Player Evaluations

Do Your Job!

1) **Providing Mentorship**

- Self-Discipline
- Self-Respect
- Positive Mental Attitude

2) **Leadership Behaviors**

- Character
- Competence
- Connection
- Professionalism

3) **Overcoming Adversity**

- Mental / Physical Development
- Constant Self-Improvement
- Fight Through It – No Matter What!

4) **Serving the Players**

- Passion For Educating & Coaching Players
- School, Life, Football

Philosophy For Success

1) **Build Confidence**

- Belief – In Yourself & The Plan To Win!
- Relentless Competitor – School, Life, Football
- Be Proud Of Your Qualities

2) **Create Togetherness**

- Working Towards Common Goal
- Goal is more important than Individuality
- Cohesiveness Creates Positive Environment

3) **Accountability = Accomplishment**

- Attitude & Effort Are Paramount
- Take Pride In Being Self-Less!
- Accept / Excel At Your Role!

4) **Strive For Consistency**

- “One Play / Practice / Game At A Time” Mentality
- Ownership In Your Responsibilities
- Attention To Detail!

**BE IN THE RIGHT PLACE...
AT THE RIGHT TIME...
AND DO THE RIGHT THING!**

**I want 'SMART' football players
Who do the Right Thing ALL the
Time!**

Before you can focus on the moment, you must know where you are going!

Set Goals For Yourself

- **Short / Long Term**
- **Academically**
- **Athletically**

**Seek To Get Better
Everyday**

—

Through Your Actions!

**There will be an absence of
special privileges.**

—

**understand that the unit
can only progress with
trust and respect.**

Fight Through It!

—

No Matter What!

**Today's Preparation
Determines
Tomorrow's
Success!**

**The Road To
Success Is Always
Under Construction!**

“Close the Fist”

“Be First”

SMART

ADJ. / 'SMÄRT/

1. **MENTALLY ALERT, BRIGHT,
AND KNOWLEDGEABLE**
 2. **WITTY AND CLEVER**
 3. **SHARP FORCEFUL ACTIVITY
AND VIGOROUS STRENGTH**
-

TOUGH

ADJ. \ 'TEF \

1. ENDURING STRAIN, HARDSHIP,
AND SEVERE LABOR
 2. SEVERITY, UNCOMPROMISING
DETERMINATION, DISCIPLINE
 3. UNRULY AND ROWDYISH
-

DEPENDABLE

ADJ. \DI-'PEN-DE-BEL\

1. CAPABLE OF BEING TRUSTED,
OR DEPENDED ON
-

**How Do You Want
To Be
Remembered?**

IMG Academy

Offensive Line

Teaching Progression

Motor Learning

Motor learning is the study of the processes involved in acquiring and refining movement skills.

Knowing basic concepts, techniques & strategies allow finding the best instructional sequences and progressions to teach & learn skills.

Stages Of Learning

1. Cognitive – “Figuring Out The Skill”

- Beginner is attempting to understand the task.
 - Ex: “How to place the feet.”
- May not know how to correct errors on their own.
- Understanding “what body parts must move / where eyes have to look / how to navigate from start to finish.”

2. Associative – “Getting Better”

- Start to Understand Fundamentals of the Skill.
- Performances are more consistent.
- Learn what is relevant to success.
- May start to detect errors on their own.

3. Autonomous – “It’s Second Nature”

- Skill has been learned and performed in preparation for competition.
- Can perform skills with few errors and knows how to self-correct.
- Focus goes to more advanced aspects of skill.

IMG Academy

Offensive Line

Fundamentals

Fundamentals

What Are Fundamentals?

- Habits & physical skills one may revert to.
- Primary principle on which something is based.
- Belonging to one's innate or ingrained characteristics.

1. Implementation:

- Teach Players HOW TO BLOCK – “Drills”
- Teach Players WHO TO BLOCK – “System”

2. Fundamentals Require:

- Balance – the ability to maintain the center of mass over a support base.
- Mobility – the ability to move freely.
- Agility – the ability to change direction (at speed) without losing control.
- Flexibility – the ability to bend without breaking.
- Explosive Strength – the ability to exert a maximal amount of force in the shortest possible time interval.
- Power – Directing a movement with exceptional speed.

Teaching Fundamentals

1. Explanation – Hear It! – (Auditory)

- Verbal Direction
- “Coaching Points”
- Measurable & Comprehensive – can they be understood & able to be accomplished?

2. Demonstration – See It! – (Visual)

- Technique & Tempo – Film Clips
- Presentations – Progressive

3. Performance – Do It! – (Kinesthetic)

- Drill Work
 - Start Point
 - Finish Point
- Repetition (In-Season, Off-Season, Year-Round)
 - vs. No Obstacle (Air)
 - vs. Obstacle (Shield)
 - vs. Defender

Assessing Fundamentals

1. Direct Feedback

- Immediate Coaching Points
- Clean, Clear, Corrective, Concise
- Repeat Drill If Necessary – Builds Conditioning

2. Film Review

- Appropriate Angle / View Point
- Use Grids & Lines
 - Measurable for Footwork, Start & Finish Points
- Gather Players' Feedback / Understanding

IMG Academy Offensive Line

Fundamental Drills & Skill Development

Stance

1. Balance

- Be relaxed.
- Relaxed Muscles fire quicker than tense muscles.

2. Base

- Feet directly under armpits (Narrow Base improves mobility).
- Stagger = Toe-to-instep / Toe-to-Heel Alignment

3. “Reverse Arc”

- Torso Positioning / Posture
- Bent Knees, Loaded Hips, Shoulder Blades Pinched.

4. Hand Placement

3 Point

- Down hand = Even with the shoulder, Thumb under eyeball.
- Off Hand = Clamp behind inside knee.

2 Point

- Down hand = Rest on Knee.
- Off Hand = Rest on Thigh.

5. Eyes

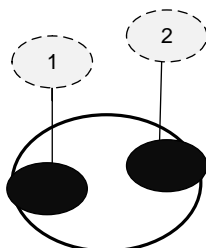
- Always up and focused on Defender / Area.
- “See What You Strike.”



Footwork

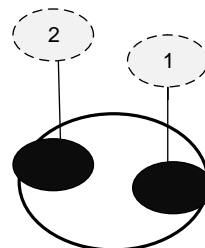
VERTICAL LEFT

- **First step (Position)** – LEFT foot vertical step – heel replaces toe
- **Second step (Power)** – RIGHT foot vertical step – heel replaces toe



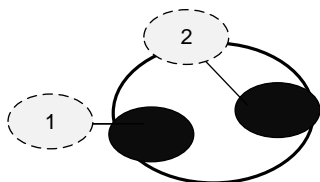
VERTICAL RIGHT

- **First step (Position)** – RIGHT foot vertical step – heel replaces toe
- **Second step (Power)** – LEFT foot vertical step – heel replaces toe



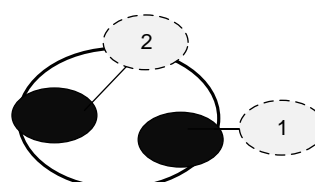
LATERAL LEFT

- **First step (Position)** – LEFT foot tight lateral step (big toe replace pinky toe) with toes pointing straight ahead
- **Second step (Power)** – RIGHT foot step vertical, straight up the field to match the defender's down-hand; BS knee aim for defender's crotch



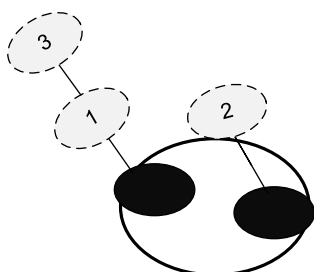
LATERAL RIGHT

- **First step (Position)** – RIGHT foot tight lateral step (big toe replace pinky toe) with toes pointing straight ahead
- **Second step (Power)** – LEFT foot step vertical, straight up the field to match the defender's down-hand; BS knee aim for defender's crotch



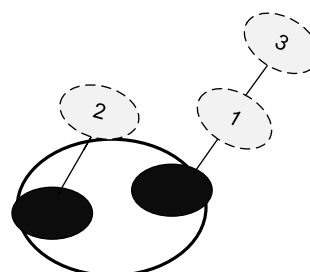
DOWN LEFT

- **First step (Power)** – LEFT foot step @ the defender's near shoulder.
- **Second step (Position)** – RIGHT foot step to maintain base.
- **Third step (Power)** – LEFT foot through the defender's near shoulder.



DOWN RIGHT

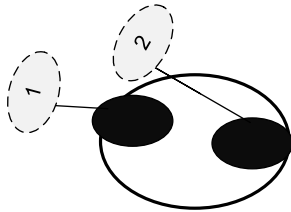
- **First step (Power)** – RIGHT foot step @ the defender's near shoulder.
- **Second step (Position)** – LEFT foot step to maintain base.
- **Third step (Power)** – RIGHT foot through the defender's near shoulder.



Pulls

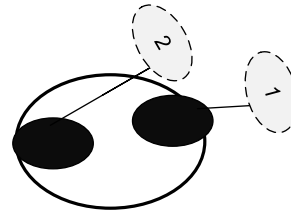
KICK-PULL LEFT

- **First step (1)** – LEFT foot flat step with toe pointing towards the kick-out defender's inside shoulder
- **Second step (2)** – RIGHT foot on path to defender's inside shoulder.



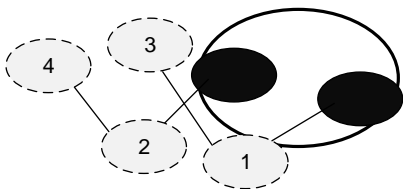
KICK-PULL RIGHT

- **First step (1)** – RIGHT foot flat step with toe pointing towards the kick-out defender's inside shoulder
- **Second step (2)** – LEFT foot on path to defender's inside shoulder.



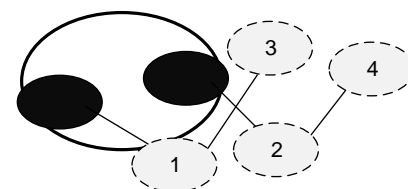
SKIP PULL LEFT

- **First step (1)** – RIGHT foot drop step for width and depth for 1 yard behind stance; hips stay square.
- **Second step (2)** – LEFT foot drop step, shoulders & hips stay square.
- **Third step (3)** – RIGHT foot crossover step to advance towards LOS.
- **Fourth step (4)** – LEFT foot vertical step towards the LOS to propel into position on 2nd level defender.



SKIP PULL RIGHT

- **First step (1)** – LEFT foot drop step for width and depth for 1 yard behind stance; hips stay square.
- **Second step (2)** – RIGHT foot drop step, shoulders & hips stay square.
- **Third step (3)** – LEFT foot crossover step to advance towards LOS.
- **Fourth step (4)** – RIGHT foot vertical step towards the LOS to propel into position on 2nd level defender.

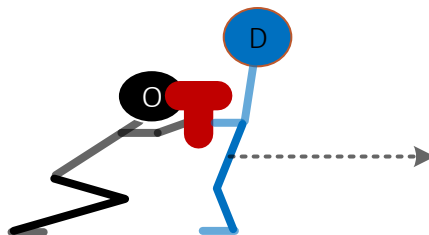


Leverage

Proper “Fit” Position for Run Blocking.

“Inside & Underneath”

- Eyes on Aiming Point
- Flat Back
- Nose under nose
- Elbows Tight
- Chest on Knee
- Vertical Steps
- “Run Off The Ball”
- Knee Drive
- FINISH!!!



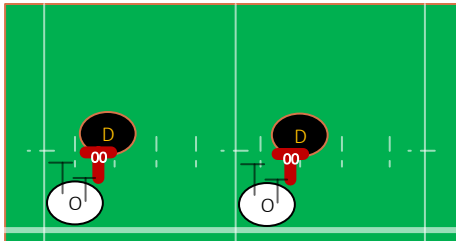
Base Block

Individual Run Block vs. Head-Up & Out-leveraged Defender

Aiming Point = Near Number

1st Step = “Power Step” vertical
through crotch.

- Eyes on Aiming Point
- Flat Back
- Nose under nose
- Control Defender with Hands (thumbs up)
- Elbows Tight
- Chest on Knee
- Knee Drive!
- FINISH!!!



Tight Reach

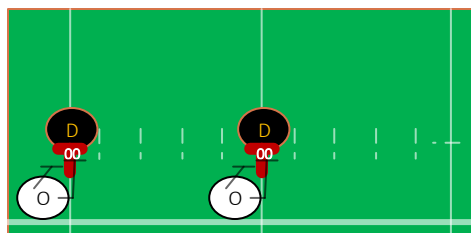
Individual Run Block vs. Out-Leveraged Defender (Inside Zone)

Aiming Point = Playside Number

1st Step = “Position Step”
relative to alignment.

2nd Step = “Power Step”
Backside Knee & Elbow through
crotch.

- Eyes To Aiming Point
- Lead with BS Pad
- Elbows Tight
- Control Defender with Hands (thumbs up)
- BS Knee Vertical
- Drive Knees / Run & “Pound Ground”
- FINISH!!!



Wide Reach

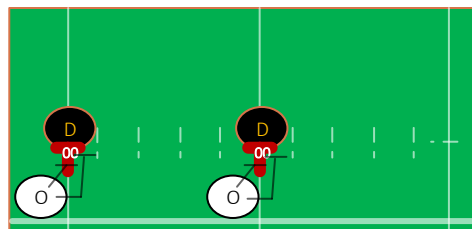
Individual Run Block vs. Out-Leveraged Defender (Wide Zone)

Aiming Point = Playside Armpit

1st Step = “Position Step”
relative to alignment.

2nd Step = “Power Step”
Backside Knee & Elbow through
Defender’s PS #.

- Eyes To Aiming Point
- Lead with BS Pad
- Elbows Tight
- Control Defender with Hands (thumbs up)
- Square Shoulders / toes
- BS Knee Vertical
- Drive Knees / Run & “Pound Ground”
- FINISH!!!



Sweep Reach

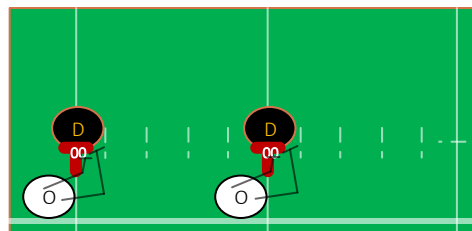
Individual Run Block vs. Out-Leveraged Defender (Outside Zone)

Aiming Point = Playside Shoulder

1st Step = “Position Step”
relative to alignment.

2nd Step = “Power Step”
Backside Knee & Elbow through
Defender’s Playside Shoulder.

- Eyes To Aiming Point
- Lead with BS Pad
- Elbows Tight
- Control Defender with Hands (thumbs up)
- Square Shoulders / toes
- BS Knee Vertical
- Drive Knees / Run & “Pound Ground”
- FINISH!!!



Down Block

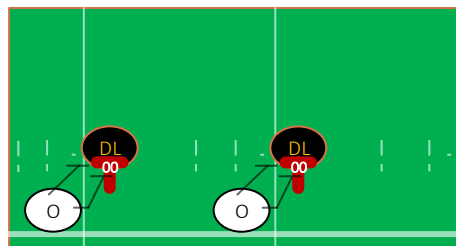
Individual Run Block vs. Inside Defender (Gap Scheme)

Aiming Point = Near Number

1st Step = “Power Step”
relative to alignment.

2nd Step = “Position Step”
Balance Body & Lift DL Off the
Ball.

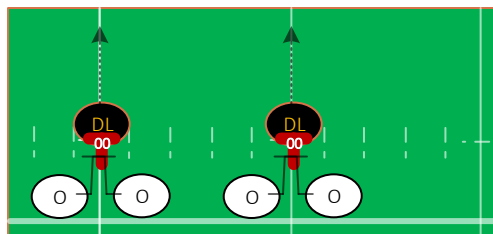
- Eyes To Aiming Point
- Pad Under Pad
- Elbows Tight
- Control Defender with Hands (thumbs up)
- Drive Knees
- Helmet Adjust
- FINISH!!!



Blade Drill

Combination & ½ Man Concept

- Two adjacent OL stepping together to engage DL (aligned straddling the line).
- OL Attach:
 - foot to Foot.
 - Hip to Hip.
 - Shoulder to Shoulder.
- On contact, Pads under defender's chin.
- Sprint square and drive the DL directly back.
- Outside Hand Free.
- Strong Inside Knees Drive Through Defender.
- Communicate – Come off on LB / Helmet Adjust.
- FINISH!!!



Zone Combo

Covered & Uncovered Lineman (Inside & Outside Zone Scheme)

Covered Lineman = “Tight Reach”

1st Step = “Position Step”

2nd Step = “Power Step”

Uncovered Lineman

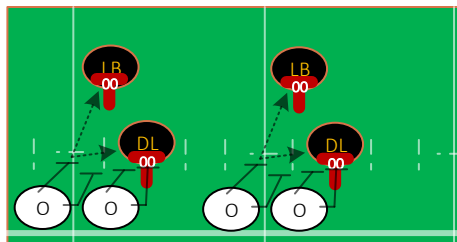
Key = Near Knee of PS DL.

1st Step = “Position Step” & Read Key

2nd Step = Overtake DL or Vertical to LB

- Key DL Reaction:

- DL TO = Overtake & Block PS #
- DL Away = Vertical to LB
- DL Heavy = “Blade” to ID LB
- “Divide Key” = STOP and set an edge!
(put the brakes on)



Gap Combo

Covered & Uncovered Lineman (Gap Scheme)

Covered Lineman (Lift)

Aiming Point = Inside Number.

1st Step = “Up and Down” / Vertical.

2nd Step = Vertical Through Crotch.

Uncovered Lineman (Drive)

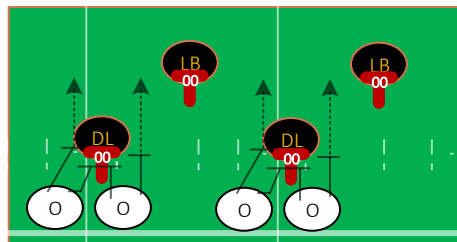
Aiming Point = Near Shoulder.

1st Step = “Power Step” & Square.

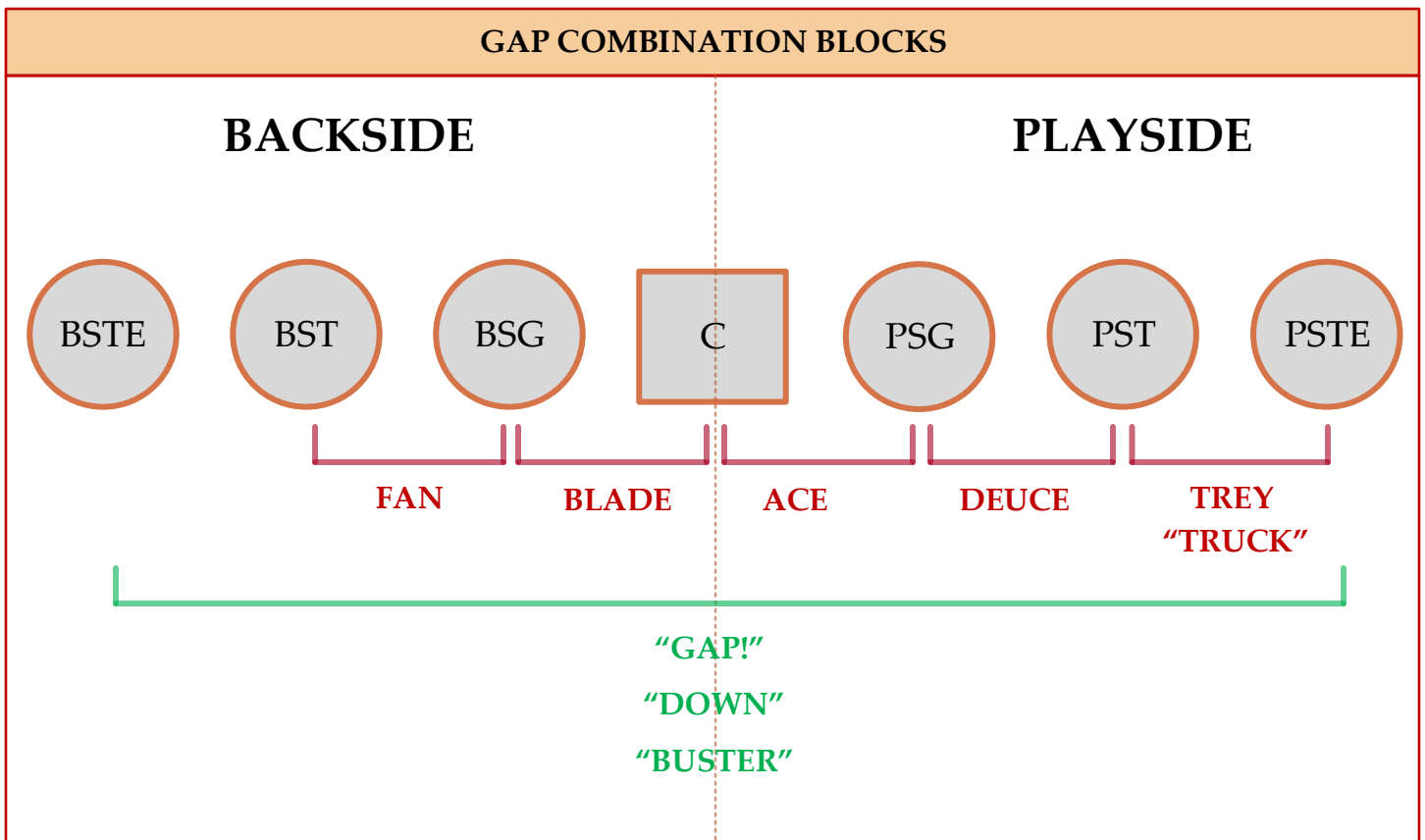
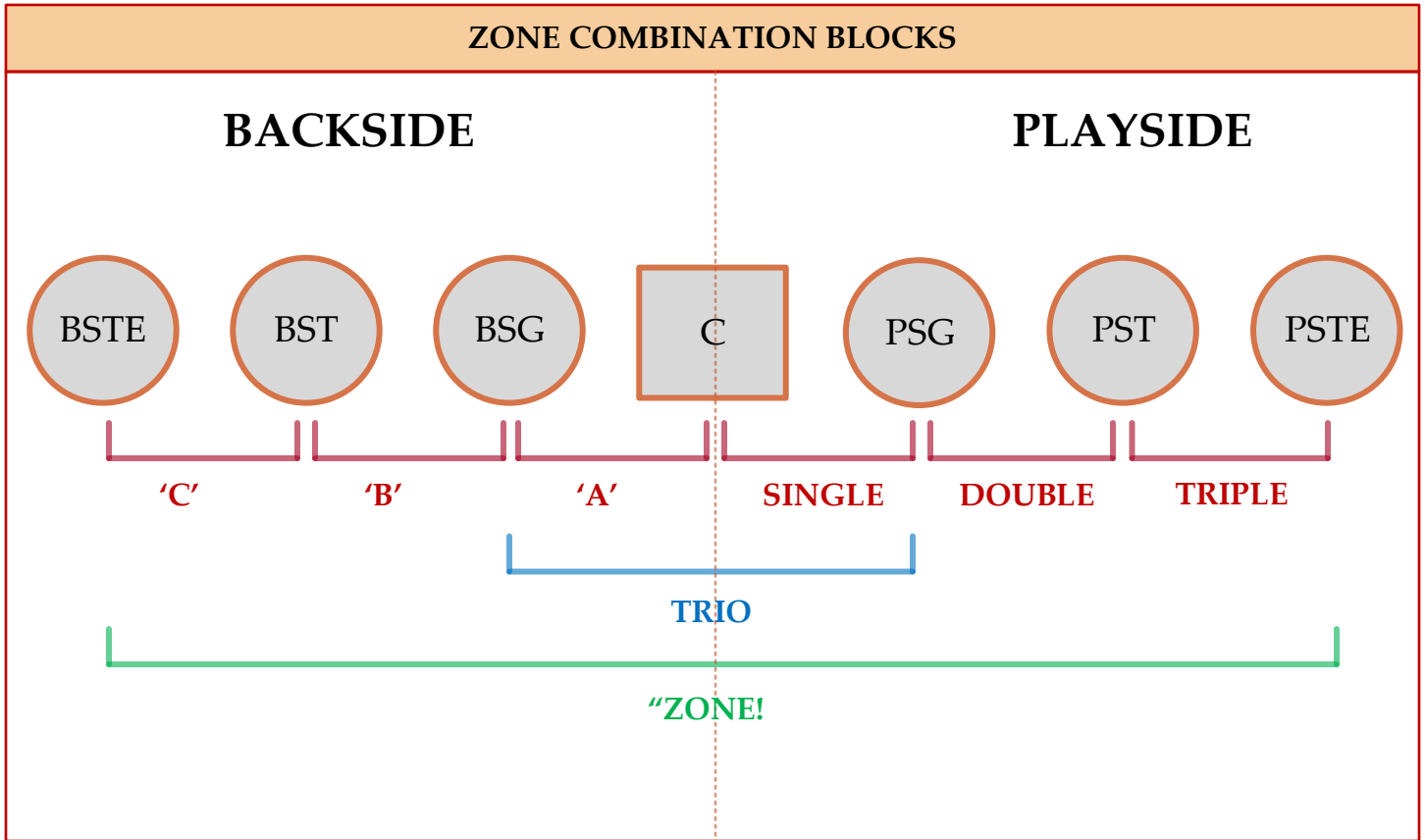
2nd Step = Vertical & Square.

- Uncovered Keys DL Reaction:

- DL Stays = “Blade” to ID LB
- DL Towards = Uncov... Pin / Cov...Climb to ID LB
- DL Away = Uncov... Climb to ID LB / Cov... Pin



OL Combo Terminology



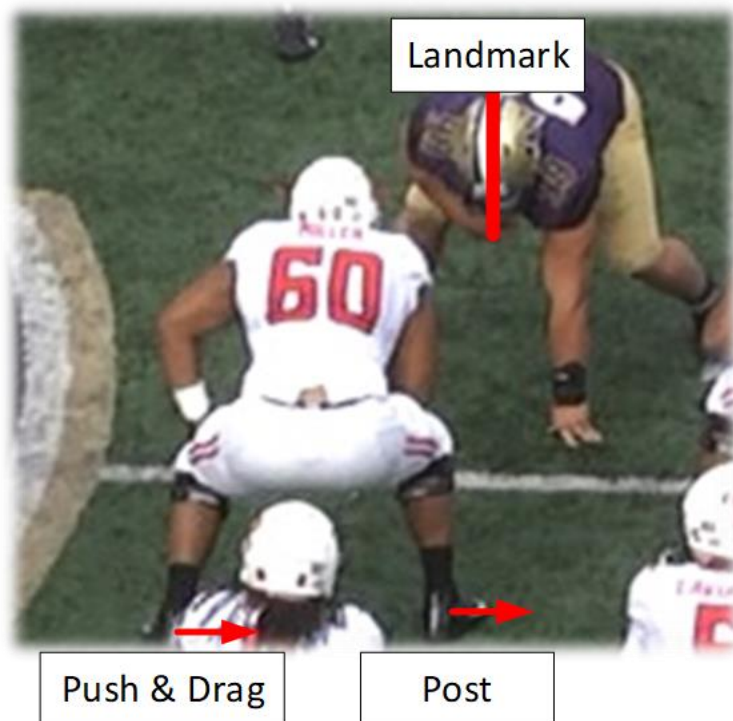
Pass Set – #1

Covered DL to the Inside.

Aiming Point = Nose-to-Nose (slightly inside).

1st Step = Post Foot, Inside Lateral.

2nd Step = Push & Drag outside Foot.



Pass Set – #2

Covered DL head up.

Aiming Point = Nose-to-Nose (slightly inside).

1st Step = Post Foot (shorter)
Inside Lateral.

2nd Step = Push & Drag outside Foot.



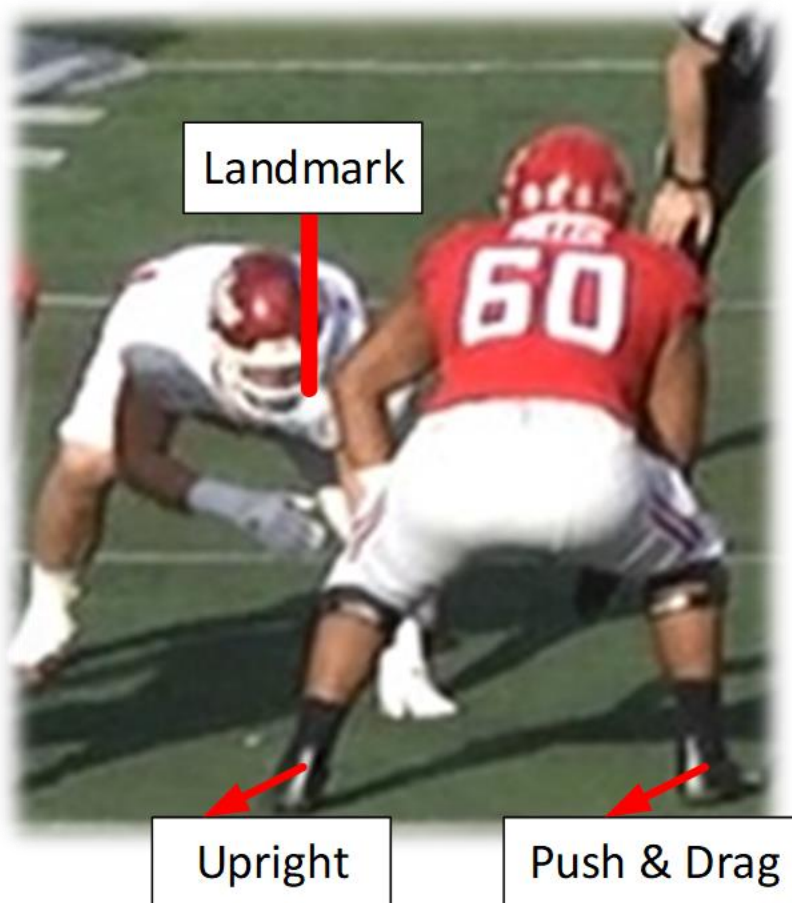
Pass Set – #3

Covered DL to the Outside.

Aiming Point = OL's o/s eye on DL's i/s eye.

1st Step = Kick Foot, Vertical / Upright.

2nd Step = Push & Drag Inside Foot.



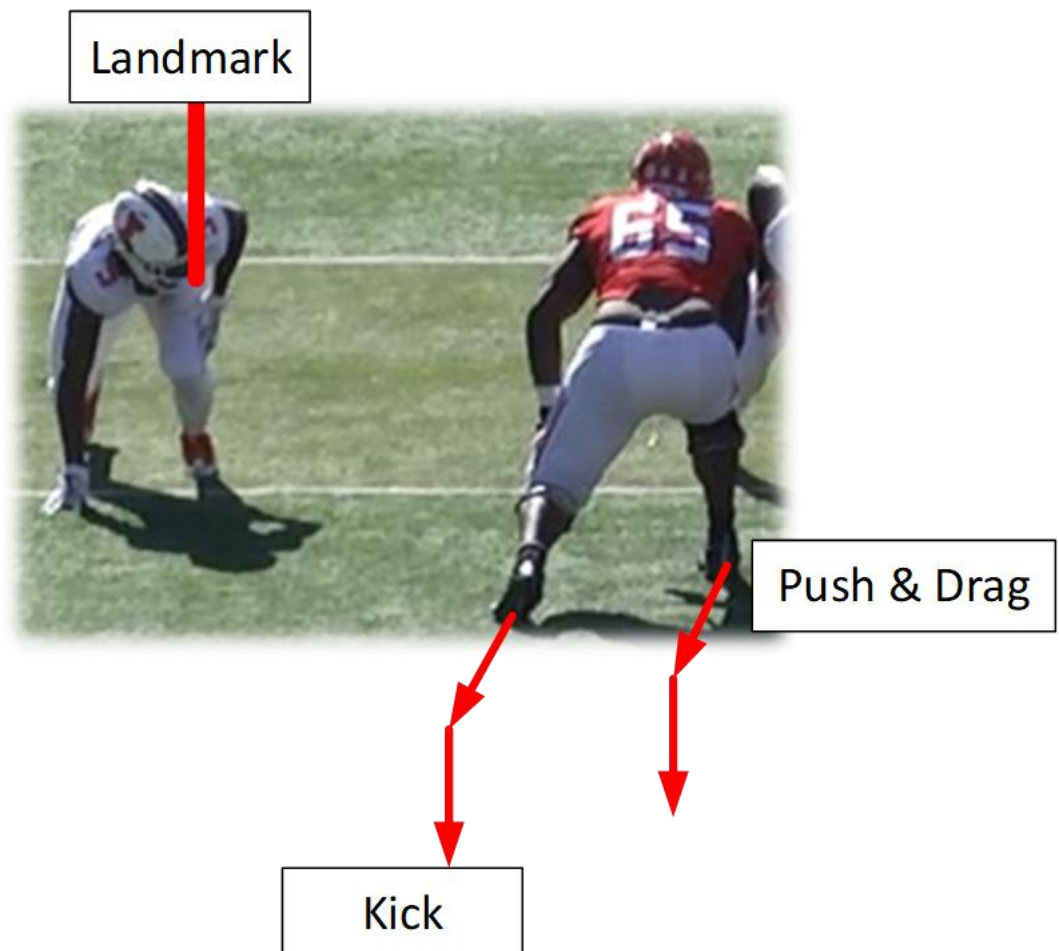
Pass Set – #4

Covered DL to the Outside (wide).

Aiming Point = OL's o/s eye on DL's i/s eye.

1st Step = Kick Foot, Vertical / Upright.

2nd Step = Push & Drag Inside Foot.



IMG Academy

Offensive Line

Identification & Terminology

(Off / Def)

Center Front Identification

1. Front Recognition System:

- “EVEN” – OC uncovered – both G covered.
- “ODD” – OC covered (to call) – PSG uncovered.
- “OVER” – OC covered (away from call) – PSG covered.
- “OKIE” – OC covered – Both G uncovered.
- “BEAR” – C & both G covered.

2. Location of Mike LB – Home Base:

- “EVEN” – Aligned on the OC.
- “ODD” – Aligned on the PSG.
- “OVER” – Aligned on the BSG.

3. Location of Mike LB – Directional Call:

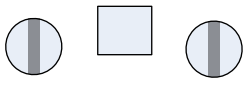

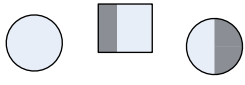

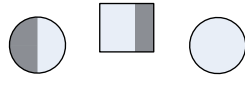

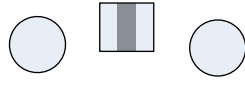
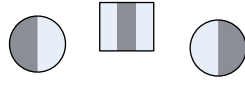
- “RIP” – Call declaring MLB to the Right.
- “LIZ” – Call declaring MLB to the Left.
- “00” – Call declaring MLB to the Middle (3 LB Box)

4. Counting System:

- We will number all defensive fronts.
- We will number from inside to out.
- Declare who “0” is by scheme & front call every play.
- We will always number to “3” on each side.
- Treat Like A Number Line (-2, -1, 0, +1, +2)

5. Counting System:

1. Center ID’s Front
2. Center makes any additional calls.
3. Guards make any necessary calls.
4. Tackles make any necessary calls.
5. Tight End makes any necessary calls.
6. *Uncovered OL should initiate all calls.*
7. *Covered OL should echo all calls.*

OC – FRONT ID's	LB – ID's
<p>W M</p> <p>N T</p>  <p>“EVEN”</p>	<p>lb</p>  <p>“00”</p>
<p>W M</p> <p> N T</p>  <p>“ODD”</p>	<p>lb</p>  <p>“RIP”</p>
<p> M W</p> <p>T N</p>  <p>“OVER”</p>	<p>lb</p>  <p>“LIZ”</p>
<p>B M</p> <p> N</p>  <p>“OKIE”</p>	
<p> B</p> <p>T N T</p>  <p>“BEAR”</p>	

In-Season Routine

TELL THE TRUTH SUNDAY

1. Take coaching points from Saturday's game in a constructive way and remember the next opponent watches the same film.
2. Take care of injuries so you can get back on the practice field on Tuesday.
3. Lift and run to work out soreness from Saturday's game.

MONDAY

1. Eat a good breakfast.
2. Get to all your classes.
3. Watch cut-ups of next week's opponent so the Tuesday scouting report will mean more. You must get into a routine to maximize your day off. Scouting reports will be on iPad.
4. Get treatments if needed.
5. Attend study hall.
6. Get your body rested for a great week of practice.

TUESDAY

1. Eat a good breakfast.
2. Get to all your classes.
3. Do a great job in the weight room and get treatments if needed.
4. Take detailed notes and ask questions about scouting report.
5. Use Run Thru as a period to get better. It may not be full speed, but take proper alignment, stance, and use proper technique in this period.
6. Work hard in Individual periods. Use this time to develop our basic fundamentals all season.
7. Post-practice film study on your own or with the unit. Study with a purpose!
8. Get to dinner and study hall.

In-Season Routine

WEDNESDAY

1. Eat a good breakfast.
2. Get to all your classes.
3. Get all your ticket requests done.
4. Continue to study and get familiar with our game plan.
5. Get a great practice in. The better we practice, the better we play.
6. Post-practice film study on your own.
7. Get to dinner and study hall.

THURSDAY

1. Continue to eat breakfast and go to class.
2. Continue a high level of concentration, discipline and dedication to the skills that will show up on Saturday. Perfect Thursday!
3. Must get a great night of sleep.

FEEL GOOD FRIDAY

1. May travel if it's an away game.
2. Get plenty of rest.
3. Visualize what you need to do to help us win on Saturday.
4. Pack scouting reports and OL Test, Tips & Reminders for hotel.

SATURDAY

1. If you have worked on all the right things with dedication and purpose all week, you have given us a chance to win.
2. When we have prepared right, Saturday is the easiest day of the week.
3. Game Time Reminders:
 - ID your assignment.
 - Decide your plan of attack.
 - Let all hell drop on that poor guy across from you!!!

IMG Academy Offensive Line

Player Evaluations

PLAYER POSITIVES

1. _____

2. _____

3. _____

AREAS FOR IMPROVEMENT

1. _____

2. _____

3. _____

PRESENT WEIGHT: _____

PRE-SEASON WEIGHT: _____

SUMMARY:

Pride Points

To measure the physical production of Offensive Lineman in Scrimmage / Team / Game situations with positive or negative point values.

Positive point values

- 1st to Ball Carrier (+1)
- Cut (+3)
- Knockdown (+5)
- Tackle on Turnover (+10)
- Fumble Recovery (+10)

Negative Point Values

- Mental Penalty (-5)
- Physical Penalty (-3)

This can change the way your offensive line practices, trains, competes, and approaches practice / games. They will look to compete to have the most point values. It can change the tempo of a practice in an instant, and force the players to elevate their intensity / physical style of play!

Name: _____

Date: _____

INDY DRILL: Tight Reach

Point of Emphasis: _____

Self-Analysis: _____

INDY DRILL: Wide Reach

Point of Emphasis: _____

Self-Analysis: _____

INDY DRILL: Leverage

Point of Emphasis: _____

Self-Analysis: _____

