

Stalk Blocking

“If you can’t block for us, then you cannot play for us.” With the popularity of RPOs it is easy to substitute a stalk period to work extra quick game or some other drill that incorporates a different skill set. I have used RPO’s for years, but I have to designate time to stalk. I do not believe you can coach this during team periods in detail. We have a progression and system that we use only for stalking. I encourage working some sort of stalk drill twice a week. I have five main drills I get in every week, which are Halo Fit Drill, Drive Drill, Goal line Punch, Pride Drill, and a live 3 on 3 Perimeter Drill. I have some variety of all these drill, but these four drills are non-negotiable in a game week. They are a must, and I as a coach must make time to fit them in the schedule. We can typically do all four in a ten-minute period, but to break up monotony of the drills becoming stagnant I sprinkle them in. It is my belief that this works and increases drill productivity. I normally take them down to the speakers where we blare music to increase aggression and “juice” for the drill. I encourage coaches to use music in practice if you are a tempo team. For us, we could not do without it. We truly believe it helps our tempo and enthusiasm especially during a stalk period.



Progression & Keys To Great Stalk Blocking

Progression

1. Fire Off
2. Halo
3. Fit
4. Drive

-“We take pride in our blocking.”

-“If you can’t block for us, you can’t play for us.”

Definition of Halo

“Halo” *The distance of 1 to 2 yards between you and the defender, your feet are hot and you are making a force-field around defender. You butt is in a chair. Don’t lose vertical/horizontal leverage, and mirror the defender.

1. Come off the ball; make every snap look the same. (Run or Pass)
2. Attack Technique; know where we want to run the ball.
3. Sprint at DB break down when DB breaks down.
4. Make the Halo, a half-circle around the defenders body. Keep your hips square to his.
5. When DB makes a move, breakdown and bring hips and feet to the party.
6. “Sit in a Chair”- Get your butt down, back up and arms extended.
7. Drive with your head under his chin-strap, arms locked and thumbs up and duck walk. (Never Hold!)
8. Go to work, drive with wide choppy steps, and don’t overstep your fit.
9. Do not let Defender escape your HALO.
10. Fight until the Whistle! Make the guy guarding you work overtime.
11. If you lose horizontal leverage “RUN HIS CLOSEST NUMBER.”

***Slot Receivers vs. Invert/Hip Backers**

1.) Sprint at B-line towards Invert. If you get hands on him drive him where he wants to go. If you cannot get to him climb to the next MDM. (MOST DANGEROUS MAN)

*Play with your splits to get him in a bad position.

*Always make Halo and Look for work.

*There are no plays off. *100% Effort

1 alignment



2 alignment



3 alignment

