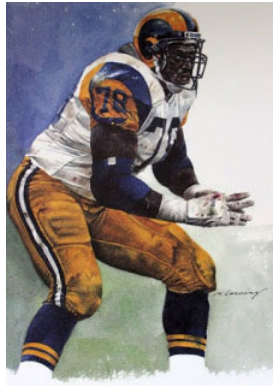

CHAPTER 16



Easy to Install Pass Protections

Your linemen need to understand where the quarterback will be when throwing the ball and how that release point correlates with protection. The protection that you use needs to be functional for the desired drop of the quarterback. The alignment of the defender will determine the pass set of the offensive lineman.

The key in the pass set is for the lineman to position his body as if he were going to "urinate" on the defender's rush lane. Although graphic, this phrasing seems to stick well with players and this concept is key to understanding the pass set.

CARDINAL RULE OF PASS BLOCKING:

Make the pass rusher go around you to get to the QB

Our protections fall into these categories.

- BOOT PASS
 - We can pull both guards (Special), backside guard (X), or no guards (Max).
- 80
 - Belly, Down, and Counter Passes
- 70 PROTECTION
 - 3 Step Passing Game
- 90 PROTECTION
 - Sprint Out Passing Game
- 60 PROTECTIONS
 - Cadillac and Cadillac Flood, and Passes from Gun Empty



going is responsible for the “C Gap” on the backside and will not go into a route. He will step down inside just as the OT on that side. If we are throwing away from the TE then he will set inside and if we are throwing the 70 game to the Tight End side the WB on the backside will step inside and not run a route.

FINAL THOUGHTS ON PASS PROTECTION

If the concept of rule blocking is taught in the correct way, it can be easily understood. No substitute exists for repetition when the offensive line is first trying to learn or completely understand the schemes in the Wing-T.

Your offensive linemen must understand that they can depend on the rules of each specific play. No matter what the defensive alignment, the rule progression will take care of their assignment. Linemen need to know their rules to be completely effective on game day. It is the job of the coach to prepare the offensive line to play against each defense anticipated, and no situation should arise during a game for which your linemen are unprepared.

We are not into a deep well defined, pass, throw, kick, slide, vertical sets and you can't be a great running team or predominant run team and have enough time in your offensive passing game to be a great protection team, and handle all the blitz pick-ups, and where your QB throws hot, etc.

With the challenge of time constraints and the amount of knowledge that the Wing-T line coach must teach to his players, the pass-protection drills may be tough to fit in. It is the job of the coach to avoid using the limits of time as an excuse, but instead to be creative with his use of time and combine drills as frequently as possible. The mirror progression could be taught in a pre-practice segment, while the kick-step and power-step drills could be used as a conditioner. Again, know what the run-to-pass ratio will be in your offense and plan accordingly.

