



What is Severe Angle Blocking

- It is an aggressive angle blocking scheme
- It is designed to collapse the defense with blockers in unison AND deny gap penetration
- If properly executed, it handles ANY alignment, blitz or stunt
- It creates more defined running lanes and allows the use of landmarks to focus on

Rules of Severe Angle Blocking

- Angle blocking scheme at a 30-degree angle on play side. Inward or Outward
- Slide or scoop block the back side
- Blocks an imaginary 30 degree track to the boundary
- Exploding off the LoS is KEY!
- Sound engagement technique and good footwork.
- Is used with OR without pulling and trapping

The HOW of SAB

- Using angles to block the defense gives the blockers a force advantage ($F=ma$)
- Force is not scalar (only magnitude) but rather a vector (magnitude and direction), so using angles when blocking gives us a clear advantage on the LOS against bigger and/or faster defenders
- Blocking an opponent at an angle gives the blocker a 1.5x to 3x advantage depending on the angle of attack

The HOW of SAB

- The sharper the angle, the more net force that is generated
- A 45-degree down block generates 1.5-2x net force
- A 30-degree down block generates 2-2.5x net force.
- A kick out or trap block can generate 2.5-3x the net force

How SAB Works

- Blockers will follow a track - not aim for a particular defender
- It allows blockers to wall off defenders
- It blocks blitzes at the LOS and takes them away from the hole
- It picks up stunts in the same manner
- It forces LBs to over-react, making them susceptible to misdirection (scraping high and fast to avoid the wall off)
- It allows back-side linemen to pull FLAT along the LOS

Fundamentals of SAB

5 Keys to Sound Fundamentals

- Stance - balanced two-point stance
- Footwork - Explode step, Power step, Engagement step, and Drive step
- Hat and Shoulder placement
- Arm and Hand placement
- EXPLODE off the LOS

O-Line Priorities

- Protect the Inside Gap
- Negate leakage across the entire front
- Attack the POA with more blockers than there are defenders
- Reacting to the cadence quickly and correctly
- **Give SMALLER and LESS talented linemen a technical and physical advantage**

Blocking Basics

Blocking Basics:

1. Good stance
2. Get off the ball
3. Maintain a wide base
4. Maintain a solid blocking surface
5. Keep feet moving
6. Stay lower than the defender

Simple Rules:

1. EXPLODE off the ball!
2. Block a track, NOT a person
3. Block at a 30-degree angle
4. All linemen PLAYSIDE block SAB
5. All linemen BACKSIDE slide/scoop

Simple Adjustments

- Increase or Decrease the line splits will alter angles of attack on defense
- Moving playside blockers up to LOS or back off LOS will also adjust angles of attack

Moving your Blockers

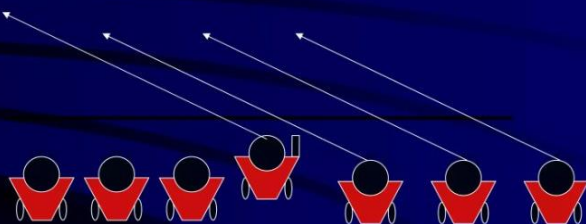
Normal Path



Normal path with center up allows the PSG to get incidental double team with center.

Moving your Blockers

Widen the splits



By increasing the splits to a foot this allows the blockers that reach the second level to seal off closer pursuit.

Moving your Blockers

Moving them back



This allows you to concentrate your blockers more at the interior LOS. Good if your facing overloads in the middle.

Moving your Blockers

Moving them up



Allows playside to get into second level better; especially the PSG. Good if you have a PSILB scrapping hard to play.