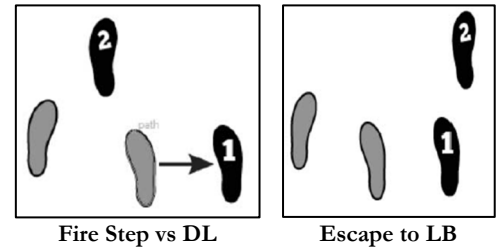


We've talked about all shoulder blocking being on a 2-step progression, at times we have to vary this to a 3 step on our fire step. Our fire step is a short lateral step and then try to post through the crotch of the defender on our second step.

On the crossover step the offensive lineman reaches down and "GRABS GRASS" with the same arm as the foot that is crossing over. Right foot crossover means grab grass with the right hand if escaping to the left. Left foot crossover means grab grass with the left hand. This forces the OL to get low on the crossover step and does not provide any surface area for the D-Lineman to put his hands on.



The fire step allows us to be able to get our angle right on the defender. For example, on our post-lead stuff, this allows us to square body our defender and lift his pads so that our double teaming and lead blocker gets the movement.

COACHING POINT is to not rise up too much, which is very easy to do on a fire step. Chest over knee, knee over toe. Make sure we have the leverage we need and finish defenders the right way.



## Fire Step LB

- This Drill uses a lateral step to put blocker on proper blocking track and give linemen proper body position for execution
- Used by our "Post Blocker" during double teams which will be explained later
- Give a simple Fire Step Right/Left Command
- Player will take the outside of their PS foot and place it on the inside edge of their Shute Board and then line down in a great stance.
- Player will take a short lateral step across their board with their playside foot, and then take a forward step with their backside foot.
- Players will then work down the board in an athletic position and fire through the defender at the end of the board with great hat and hand placement.



Now we're fire stepping to a linebacker, which means having to evade the D-Lineman. Just like before the player is going to take the same foot and put it on the inside edge, he's going to be lateral and drive. Although we are a shoulder blocking team, we use our hands on second level players because of their flow. We're not taking on second level players in a square body fashion like a trap or a base block. Linebackers will be flowing and scraping, so we want to be able to shoot our hands and throw at second level defenders.

