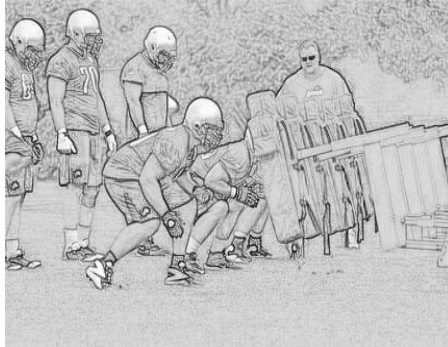

CHAPTER 6



Individual Blocks

This section is where the lineman learns to combine stance, footwork, and shoulder into an actual block.

Fundamentals and Coaching Points

Let's review some very important fundamentals that have already been explained in Chapters 4 and 5.

- **Great First Step:** *The first 3 steps are the most important in football, on both sides of the ball.*
- **Second Foot on the Ground:** *The shoulder and both fists must make contact as foot hits the ground.*
- **14-Cleat Rule:** *Avoid rising up on your toes. Get entire foot in the ground to maximize Traction.*
- **Violent Shoulder-Fist Contact:** *Inherent in this is the “opposite foot, opposite shoulder” concept*

FORCE = (Shoulder-Fist Impact) x (Mass) x (Acceleration of 1st two steps)

- **Flat Back with Eyes Up:** *You must be lower than your opponent and flat back leverage uses the larger muscle groups as opposed to the weaker tricep and forearm muscles. While we want to “roll” the hips for power, we do not want to “pop” the hips and cause the lineman to rise up. Even while extending the arms upward in an incline press motion, the blocker must remain lower than the defender during entire block.*
- **Wide Base:** *You If a lineman loses leverage and rises up even with the defender, he can still defeat his man if he can keep the defender between his legs, which are in a wide base and continuing to pump throughout the entire block. The buzzword here is “Keep Him in Your Midline”*
- **Off Hand Holding:** *Keep the hand that is opposite the shoulder making contact inside the framework of the defender’s shoulder pads. Use it to grab the jersey and do not pump the off fist.*
- **Hit Right, Turn Right:** *An advantage of using the correct shoulder is the lineman not having to think about getting their helmet between the defender and the hole. They also do not have to think about pointing their tailpad towards the hole. Our buzzwords are: “Hit Right, Turn Right” and “Butt Hole Rule”.*



Equipment

The line coach needs to use different types of equipment (bags, shields, live bodies, sleds, chutes), not only to change the type of resistance but to also eliminate a feeling of monotony, give the players some variety.

- **Bags:** *Do not try to save money buying lighter, cheaper bags. This offense uses the round, cylindrical bags a lot and you need the 70 to 80-pound bags. The Rogers bag you want are: “Big Block Pro”, “Delaware”, or “Delaware Pro” These large bags allow linemen to develop explosion and violent impacts, however, bags do not move. Hand shields give a realistic feeling of fitting on a defensive reaction. But hand shields slide to the side of the defender leading to poor technique.*
- **Live Body:** *This obviously gives the most realistic effect in terms of resistance, get-off, and how a defender will fight back against the particular block. This still needs to be done in moderation because one of two things can happen: The two players get to competitive, leading to sloppiness or injury. Or the two players play “buddy-buddy” and keep the drill to friendly for any true improvement to occur. Buzzword: **“Make Your Team Mate Better!”***
- **Sled:** *Great teaching tool but do not use the sled before mastering footwork and technique on the bags. Valuable teaching time can be lost keeping the sled straight and setting it up. Also, do not use the sled for conditioning.*
- **Chutes:** *Great for teaching linemen to stay low but you can only get 3 or 4 lineman going at once so there is a lot of standing around. I prefer the large trap chutes (Fig 42), but at McFarland we made our chutes using 1-inch schedule 40 PVC pipe (Fig 49). Another low budget solution is to have the linemen fire out under an outstretched hose or rope. I have also seen homemade trap chutes using 8 foot sections of chain link fence.*

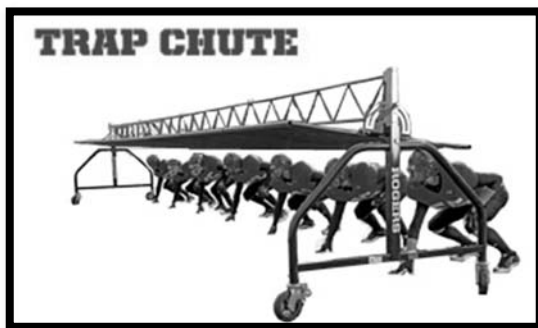


Fig 47: Trap Chute or “FUNHOUSE”

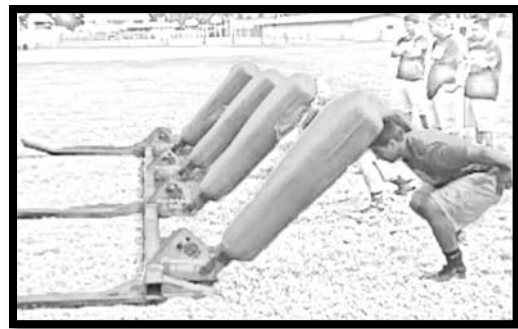


Fig 48: Rogers PowerLine Sled

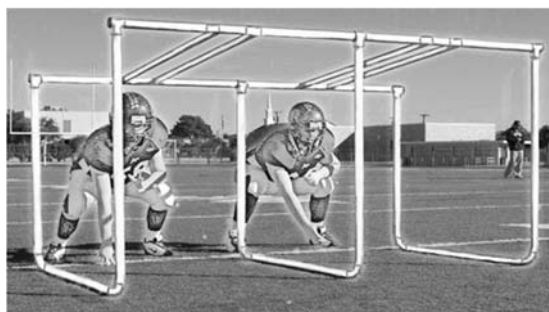


Fig 49: Home made PVC chutes



Drill Organization

The ultimate goal is to get as many reps in as possible. This is called MASS TEACHING. My rule of thumb is to get every player 4-5 reps of a drill every minute and to be able to run 3 plays every minute. Coaching this fast also teaches players to process information and make corrections at game speed. To move this fast and efficiently requires the following:

- No lines. Players cannot learn if they are standing in a line. The exception here is the sled.
- Learn buzzwords to make corrections **“on the fly”**. Do not stop entire drill to correct one player. Correct a player while the drill is still being ran. If coaching by yourself, a player can give the commands while you correct an individual player.
- In the summer teach the players how to setup and run the drill. Don't waste time in Aug demonstrating a drill.

The picture below is called a HOMER'S DAIRY. We use this in every practice during spring, summer, and August. During the season we will use it every Monday and Wednesday. We use one end of a practice field and starting from one sideline, paint a line every 5 yards. These lines run from the goal line to the 15-yard line, so they dissect the 5 and 10-yard lines. What we end up with are 5yd x 5yd squares. The lines provide great references for footwork and blocking paths. It also allows us to setup a drill again very quickly after bags go flying everywhere after a drill is ran. Notice the center snapping ball to another player.

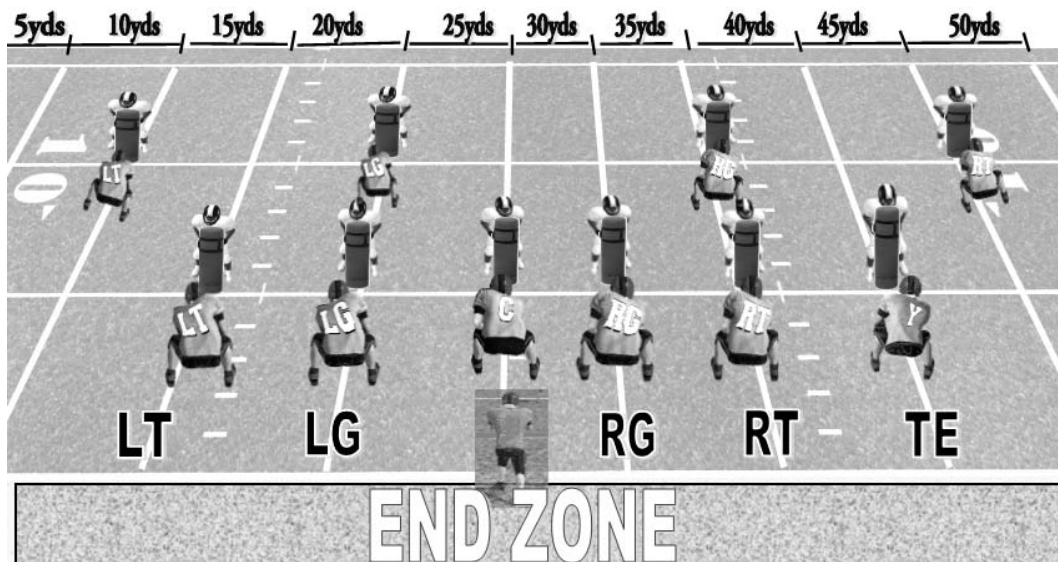


Fig 50: HOMER'S DAIRY

Mass teaching allows you more time to CROSS TRAIN. Everybody learns everything. Our starting center will just focus on that position, but our backup center is usually one of our tackles. Our other tackles learn the guard technique and vice versa. Now we may not have time to teach them all the assignments, but everyone learns all the techniques. In regards to learning blocking assignments on each play, our guards learn both left and right, same with the tackles. Do not get stuck in the mindset that you need 2 at every position. I go into every season with 3 tackles, 3 guards, and 1 center. One of my 3 tackles are usually my backup center. Even when I was at a school of 2,000 students, I was barely able to find 7 good linemen.



SECTION TWO

Injuries happen and you want to be able to always put your best 5 linemen on the field. If our right guard goes down and our 6th best lineman is our backup tackle, all we have to do is brush him up on assignments, because he has learned all the techniques. We probably wouldn't make a change like this on Friday night, but could easily do it during game week. If an injury happens during the game then we put that positions backup in since he knows all the blocking assignments.

It is important to understand that the blocking rule and technique used are separate, independent decisions. The lineman has a set of rules on each play, for example, Gap-Down-Backer. These rules are listed by priority and the first thing the lineman has to decide is which rule applies based on the defensive alignment. Once he decides which blocking rule applies, he then decides which technique to use.

HIT & RUN BLOCKS

On: *Straight base block on head-up lineman*

Reach: *This is an ON block on a DL in the gap. First step is a lateral 90-degree step.*

~~Fire~~*: *This is a REACH block on a shaded lineman. First step is a 45-degree angle step*

Down: *Angle block vs DL inside of blocker. Helmet is in the back so DL doesn't read & crossface.*

~~Gap~~*: *Angle block vs DL who is shooting upfield hard. Helmet in front of DL chest.*

Cut: *Chop block a superior DL who is headup or used to cutoff backside pursuit.*

<p>ON BLOCK Straight ahead base block vs defender directly in front of blocker</p> <p>Ex) 33 Belly vs 1 & 4 tech</p>		<p>REACH BLOCK ON block vs defender on same side as attack hole. 45-degree step if shaded, 90-degree if in gap.</p> <p>Ex) Liz 28-Reach</p>	
<p>DOWN BLOCK Angle block vs defender on side opposite of attack hole. Helmet can be in front or back of defender.</p> <p>Ex) Down 36-0 or 26 G.O.</p>		<p>CUT BLOCK Chop on head up defender or angle cut on backside vs shaded or gap aligned defender</p> <p>Ex) Purple or backside run</p>	

Note that I do not use the word FIRE. It just adds another rule to the lineman's vocabulary. When they hear that their assignment is "REACH", they have to decide whether to take a 90 or 45-degree step. Same with the word GAP, a word we use in other areas. We simply give them the assignment to DOWN block and they have to decide which side to place the helmet based on the reactions that the defensive has been showing us that night.

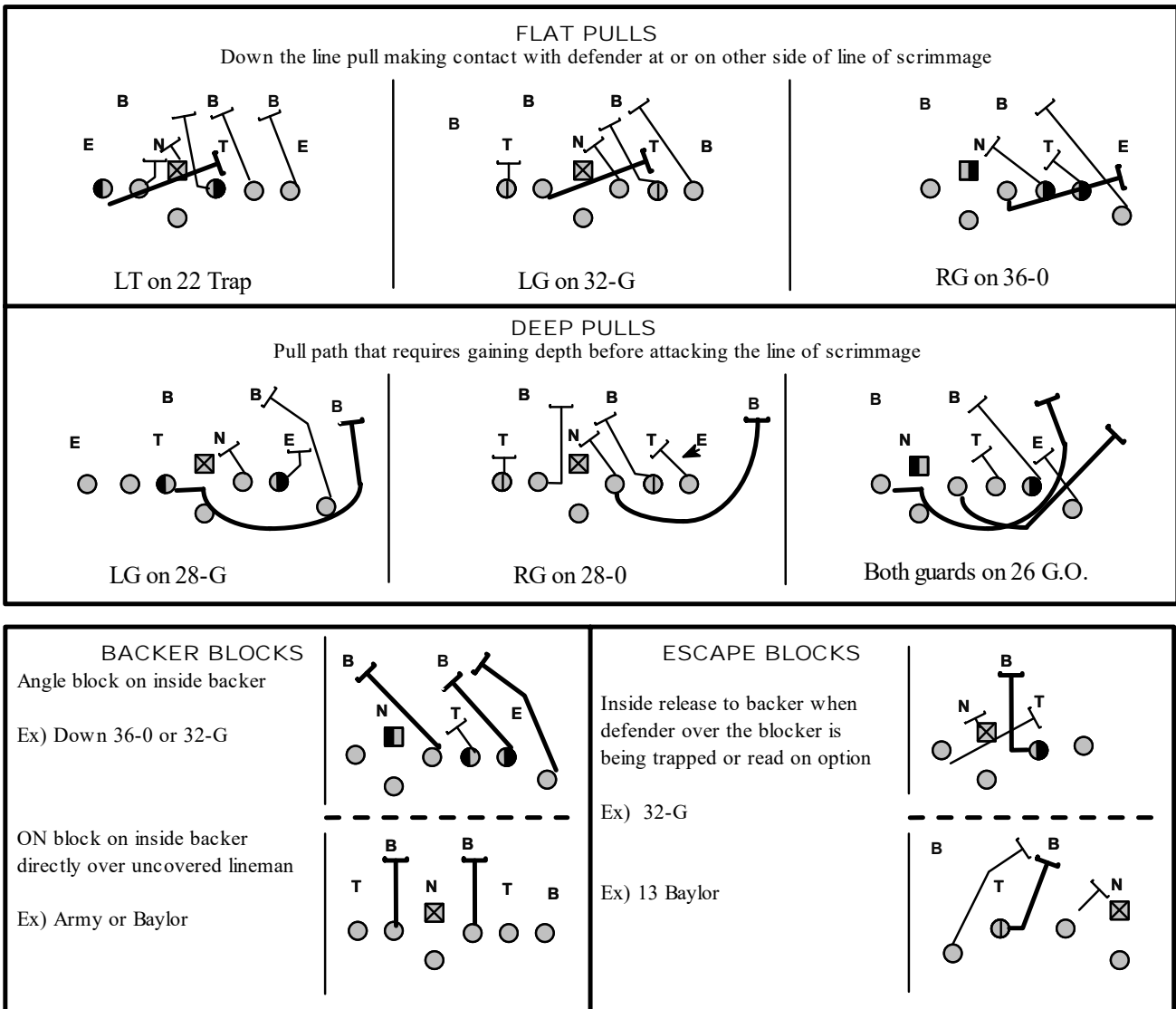


RUN & HIT BLOCKS

Backer: *There are many ways & angles that an offensive linemen is asked to block linebackers.*

Escapes: *This is the move used to get past, or under, a D-Lineman in order to block the linebacker.*

Pulls: *Flat pulls, Deep pulls, Perimeter pulls, Hooks, and Logs.*



III. HIT & RUN

These are blocks where contact is made on the 2nd or 3rd step by the linemen. These follow the **“opposite foot, opposite shoulder”** rule. They are solo blocks where blocker is not getting any help from a teammate.

On Block (fit & drive)	Down Block (angle block)	Reach Block	Cut Blocks (stationary, moving, reach)
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Coaching Point

- These are usually taught on Homer's Dairy, which is much faster & efficient.
- We can do them in the funhouse to emphasize staying low.
- We progress from Large Bags → to sled → to shields → to live bodies.

ON BLOCK (RIGHT SHOULDER)

Description: This block simulates a defender lined up directly over the top of an offensive blocker. The offensive player begins in a three-point stance. To perform an on block right, the offensive lineman steps with the left foot first to perform a right shoulder block. They will drive the man straight for 5 yards, then turn him right by swinging the tail, keeping the man between the legs, and take him in a flat direction to the right. To perform an on block left, the offensive lineman steps with the left foot first and performs a right shoulder block.

Coaching Point

Opposite-Foot Opposite-Shoulder Principle

Teach and drill your players that this is the base way of blocking.

On Block Right: Left fist on defenders right hip; Right fist under the shoulder pad breast plate.

This requires “flat back” for 10 yards, which is over exaggerated by 7 yards.

The theory is the same as running. If I train for a 3-mile race by always running 10-miles, when I have to compete in a game, the 3-miles will be easy.

Drill Command & Procedure

1. “GameSpeed” Players get in 3-point stance
2. “On Block, Left Foot Right Shoulder On Ready”
3. Count to three and say **“Ready”**
4. Step with left foot and strike a blow with your right shoulder on 2nd step.
5. As contact is made, accelerate feet and drive the bag 5 yards off the ball to the next line.
6. Turn the tail pad to the left and drive the bag 5-yards to the right, down the line.



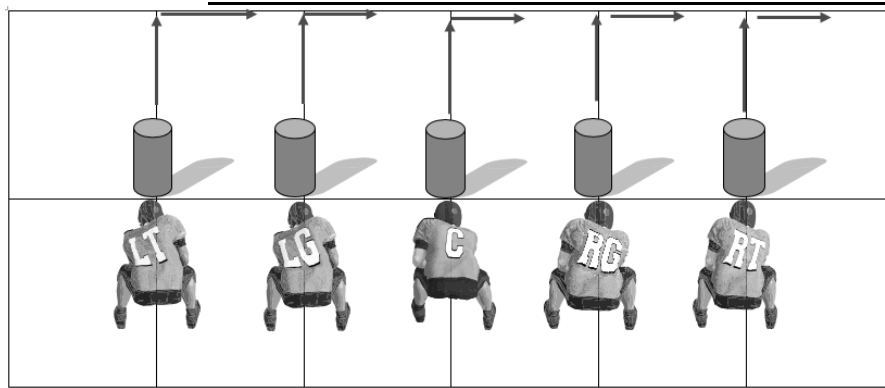


Fig 51: On Block Drill on HOMER'S DAIRY

Once the blocker has drove the bag to the opposite corner, he switches with his partner, takes the bag, and both sprint back to their spots so that the player holding the bag can perform the same ON BLOCK RIGHT block.

ON BLOCK LEFT (LEFT SHOULDER)

Description: The offensive lineman steps with the right foot first and performs a left shoulder block.

Drill Command & Procedure

1. “GameSpeed” Players get in 3-point stance
2. “On Block, Right Foot Left Shoulder On Ready”
3. Count to three and say “**Ready**”
4. Step with Right foot and strike a blow with your Left shoulder on 2nd step.
5. As contact is made, accelerate feet and drive the bag 5 yards off the ball to the next line.
6. Turn the tail pad to the right and drive the bag 5-yards to the Left, down the line.

REACH BLOCK LEFT – SHADED DEFENDER, 45° ANGLE STEP

Description: With the majority of defenses having shaded defensive lineman, this block is executed a lot in the Wing-T offense. This block is executed when blocking a defender who is lined up on the outside shoulder. Not only is it a common block on the backside, chances are that one of the 5 linemen will perform this block on every play.

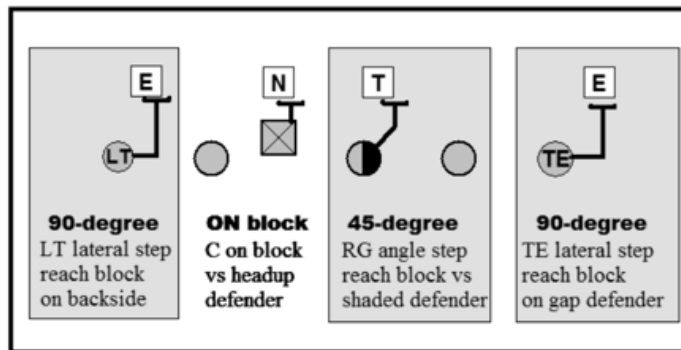


Fig 52: Two Types of Reach Block Steps



Coaching Point

- Place bag slightly off the line to the left of the blocker to simulate a shaded defender on shoulder of blocker.
- Steps with left foot at 45-degree angle with the toes pointed north and south.
lineman must transfer his weight over the left foot. **“Shoulder Over Foot”**
- 2nd step with right foot is aimed at crotch of defender, driving right knee thru middle of the defender.
- Left fist is pinned against the defender’s right hip; Right fist is under the shoulder pad breast plate.
- Drive the helmet thru the armpit and perform a right shoulder block.
- Drive the man straight for 5 yards, maintaining a flat back the entire 5 yards.
The blocker should not have to consciously turn his body.
The goal is to accelerate the feet so fast that the tail pad will naturally turn to the left sideline.
The defender’s shoulders should be facing the sideline.

Drill Command & Procedure

1. “GameSpeed” Players get in 3-point stance
2. “Reach Block Left, Left Foot Right Shoulder On Ready”
3. Count to three and say **“Ready”**
4. Step with left foot and strike a blow with your right shoulder on 2nd step.
5. As contact is made, accelerate feet and drive the bag 5 yards off the ball to the next line.

Once the blocker has drove the bag to the next line, he switches with his partner, takes the bag, and both sprint back to their spots so that the player holding the bag can perform the same REACH BLOCK LEFT block.

REACH BLOCK RIGHT – SHADED DEFENDER, 45⁰ ANGLE STEP

Drill Command & Procedure

1. “GameSpeed” Players get in 3-point stance
2. “Reach Block Right, Right Foot Left Shoulder On Ready”
3. Count to three and say **“Ready”**
4. Step with right foot and strike a blow with your left shoulder on 2nd step.
5. As contact is made, accelerate feet and drive the bag 5 yards off the ball to the next line.

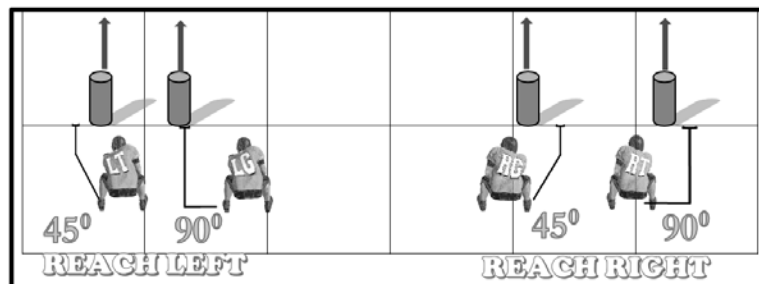


Fig 53: Reach Block Drill on HOMER'S DAIRY



REACH BLOCK LEFT – GAP DEFENDER, 90° LATERAL STEP

Description: When the defender that needs to be reached blocked is not shaded on the blocker but rather lined up in the gap, or worse, he is shaded on the next lineman over, then we take a 90-degree flat angle step with toes pointed north and south. After the first step, all reach blocks are the same. A great block would be still swinging the tail pad around the defender and turning him back inside, however, we are happy if the blocker can just square up the defender, getting him between the legs, and driving him towards goal line.

Coaching Point

Place bag one full man (3 to 4 feet) to the left of the blocker to simulate a defender in the gap.

Step with left foot laterally at 90-degree angle with the toes pointed north and south.

lineman must transfer his weight over the left foot. **“Shoulder Over Foot”**

2nd step with right foot is aimed at crotch of defender, driving right knee thru middle of the defender.

Left fist is pinned against the defender’s right hip; Right fist is under the shoulder pad breast plate.

Drive the helmet thru the armpit and perform a right shoulder block.

Drive the man straight for 5 yards, maintaining a flat back the entire 5 yards.

Drill Command & Procedure

1. “GameSpeed” Players get in 3-point stance
2. “Reach Block Left, Left Foot Right Shoulder On Ready”
3. Count to three and say **“Ready”**
4. Step with left foot and strike a blow with your right shoulder on 2nd step.
5. As contact is made, accelerate feet and drive the bag 5 yards off the ball.

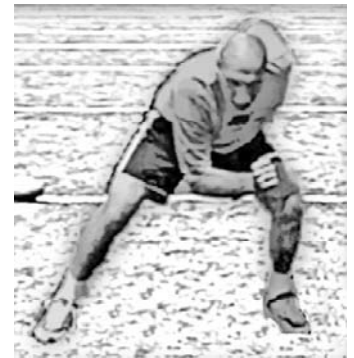


Fig 54: 90-degree Lateral Step

Once the blocker has drove the bag to the next line, he switches with his partner, takes the bag, and both sprint back to their spots so that the player holding the bag can perform the same REACH BLOCK RIGHT block.

DOWN BLOCKS

This block is the basic foundation of the entire offense. The entire philosophy of gaining advantages through angles & leverage is predicated on mastering this block. There are two variations based on the defensive lineman’s reaction: If he is flying upfield, aggressively trying to get into the backfield, then we use the PENETRATOR technique and place our helmet in front of the defender’s body. If the defender stays on the line trying to read the blocks and then attempting to “cross-face” around the down block, then we use the READER technique and place our helmet in the defender’s back.



This block is best taught on Homer's dairy because the player can drive the bag through the diagonal of the square. That is a 7-yard flat back down block. Again, we do it 7 yards in practice so that the 3-yards we want in the game is a piece of cake!!! Very important that the bag is across the Line of Scrimmage when teaching the penetrator block because contact is made after the D-Lineman has came up field at least 2 steps.

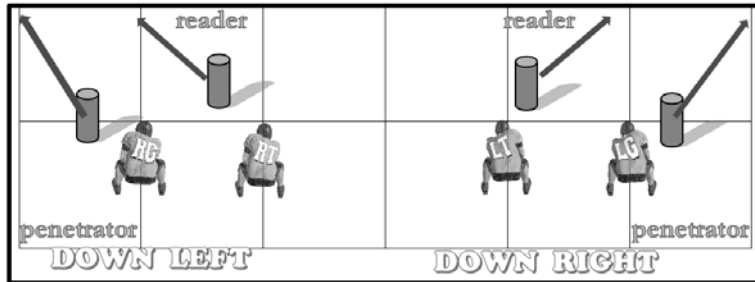


Fig 55: Down Block Drill on HOMER'S DAIRY

DOWN BLOCK LEFT: Technique used versus a "Penetrator".

Description: This very important block cuts off penetration and traditional Wing-T coaches call this a gap block. In this drill, the man holding the bag lines up in the neutral zone, simulating a defender who has just penetrated the line of scrimmage. The blocker has to pull step flat down the line, get his head across the front of the bag, and finish the block down the line of scrimmage.

Coaching Point

- Follows the “opposite-foot, opposite-shoulder” rule.
- Down block to the linemen’s left requires a left foot first step and right shoulder contact. The first step is the same as the flat pull step.
- Helmet is in front of the defender. Buzzword is **“Earhole to Bellybutton”**
- Right fist is under DL left armpit; Left fist is under the shoulder pad breast plate.
- Make sure bag stays between the legs. The angle makes it easy to slide off center.

Drill Command & Procedure

1. “GameSpeed” Players get in 3-point stance
2. “Down Block Left vs Penetrator, Right Shoulder on Ready”
3. Count for 3 seconds and then coach says “READY”
4. Players drive bag initially down the line but turn the bag towards that opposite corner of the square.



Once the blocker has drove the bag to the opposite corner, he switches with his partner, takes the bag, and both sprint back to their spots so that the player holding the bag can perform the same DOWN BLOCK LEFT block.

DOWN BLOCK RIGHT: Technique used versus a "Penetrator".

1. "GameSpeed" Players get in 3-point stance
2. "Down Block Right vs Penetrator, Left Shoulder on Ready"
3. Count for 3 seconds and then coach says "READY"
4. Players drive bag initially down the line but turn the bag towards that opposite corner of the square.

DOWN BLOCK LEFT: Technique used versus a "Reader"

Description: This down block is used against a reading defensive lineman and traditional Wing-T coaches call this a down block. This is the one individual block that violates the "opposite foot, opposite shoulder" concept. Shoulder contact is made with the shoulder of the same foot with which the lineman first steps.

Coaching Point

- The bag stays on the defensive side of the line but simulates being in the gap by offsetting 4-5 feet to the left of the blocker.
- The 1st step has to be at an angle to adjust if defender tries to penetrate;
 - Important to use hand shields so blocker can practice reading the defender who might penetrate.
- Instead of telling the players which shoulder, we call this a "**Wrong Shoulder Down Block**"

Drill Command & Procedure

1. "GameSpeed" Players get in 3-point stance
2. "Down Block Left vs Reader, Wrong Shoulder on Ready"
3. Count for 3 seconds and then coach says "READY"
4. Players step at 45⁰ degree angle with left foot aimed at crotch of defender.
 - a. If defender stays on line to read, continue at 45⁰ angle with 2nd step.
 - b. If defender supprises with upfield penetration, crossover with 2nd step to get helmet in front.
5. Second step with right foot pointed at the heel of the defender.
6. Make contact on the bag with their left shoulder, head in the back.
7. Accelerate feet on contact, flat back during entire down block thru the diagonal of the square.



DOWN BLOCK: Counter Moves

Many defenders will spin out or go around down blocks. We teach two counter moves as an advanced technique to use versus a penetrating defender who surprises the blocker with a spin move. Remember that cutting off penetration is the most important part of a down block and to only use a counter as a last resort.

Reverse Crab: Good technique for linemen who can block at hip level. On contact, if the penetrator spins out, swing rear end immediately up field, drop to all fours, and work feet toward the defender. Resembles a backward bear crawl.

Basketball Box Out: This requires a higher aiming point from hip to chest level. When the penetrator spins out, pivot off of their up field foot (right foot), and spin opposite the defender like a basketball player boxing someone out.



Fig 56: Box Out Counter Move

CUTS

The cut block can be a very effective tool for the offensive lineman. It is important to note that the cut should not be taught as a primary block, but instead taught after the general skills are learned. Teaching the cut block too soon will create and reinforce poor habits for the linemen.

Stationary Cut

Description: The blocker still makes "opposite foot, opposite shoulder" contact. He should throw the forearm through the thigh pad of defender. The blocker must finish with his head upfield, then "roll" into the legs. Mistakes are diving downward or looking down, which allows the defender to push the blocker into the ground, freeing up the defender to block the QB's throw. Buzzword is "**Face Mask in his Pecker**"

Reach Cut

Description: The reach cut is primarily used on backside when filling for a puller. The blocker reach steps and rips the backside arm through the playside thigh of the defender.. To reach cut right, the player takes his footwork as if executing a reach block right. Often times our players will "dive" in full prone position across the thigh pads. They look like Superman flying thru the sky so we call this a "SUPERMAN" block.



Cut blocking is used primarily on Purple Pass Game and backside run plays. Our center will cut block superior noseguards who are larger on all run plays to the 5, 6, 7, or 8 hole.

This concludes the four individual HIT & RUN blocks. They are the 1-on-1 blocks. They are the first blocks that you teach. They are essential to everything you do. Other blocks exist, like trap and log, that you could teach as individual blocks, but you get those blocking techniques in the combination blocks.



Coaching Points for ALL Hit & Run Blocks:

1. Hit the bag at full speed run knocking the bag off the line.
2. Make sure shoulder makes contact, Eyes to the Sky, and squeeze the bag with a tight neck squeeze.
3. Accelerate (run) feet on contact. Sometimes there is a slight pause where neither players feet are moving. This is because during the contact phase both feet are on the ground for balance and power.
4. Keep the butt over the heels and maintain wide base.
5. **Toes point outward.** DON'T push off the toes -- it will create a narrow base, and feet will cross over. Their bodies will get to far out over their center gravity to remain on their blocks for an extended period over time.
6. When you point your toes slightly outward you push off of your insteps to create natural wide base. This is the same power body position while teaching squats (feet approximately shoulder width apart toes slightly pointed outward). Great carryover from weight room to the field

IV. RUN & HIT

We go through all the blocks that require running before making contact. These are our PULLS, blocking BACKERS, and ESCAPE to backer techniques. They are done on Homer's Dairy and the Sled.

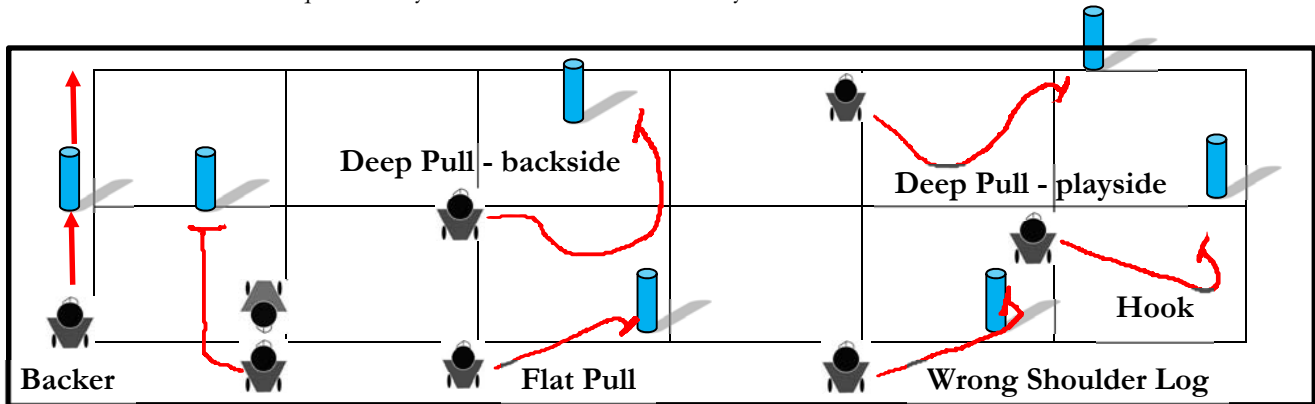


Fig 57: Different Types of Run & Hit Blocks Taught on HOMER'S DAIRY

PULLS

The Wing-T offense requires a lot of pulling and there are two basic techniques: FLAT and DEEP pulls. As with the different reach blocks, the difference between the two lies in the first two steps. After that the rule is the same:

Pull Right, Hit Right

Pull Left, Hit Left

This rule basically ensures that our helmet is between the defender and the ball carrier.

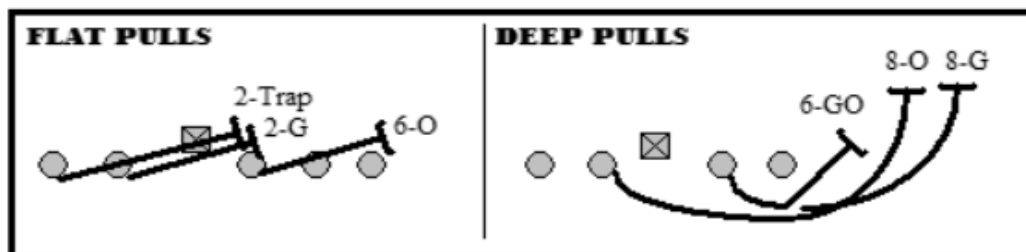


Fig 58: Different Types of Pulls



Basic 4 Rules When Pulling

1. GAIN GROUND: *Don't bucket or false step. 1st step needs to be towards the target.*
2. HIT THE MIDGET: *This is to throw the elbow back, forcing the hips to open.*
3. DIP & RIP: *At the moment before impact, sink the hips to ensure a lower center of gravity than the defender.*
4. PULL RIGHT, HIT RIGHT: *This reminds the player which shoulder to use*

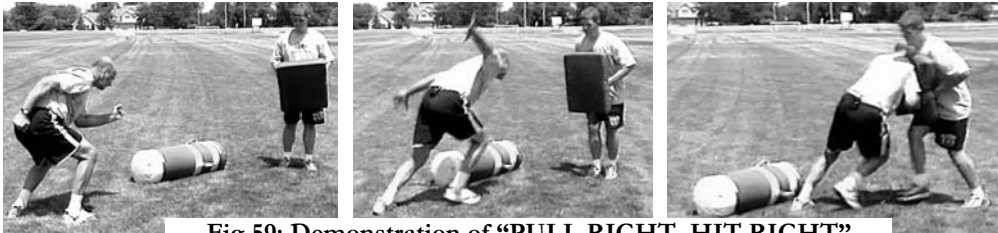


Fig 59: Demonstration of "PULL RIGHT, HIT RIGHT"

FLAT Pull Right

Flat pulls are the traditional "pull & kickout" blocks on plays like Guard Trap (31 / 32-G in PISTOL WING T) and off tackle Power/Down plays (Down 36-0 in PISTOL WING T). Basically this is a block used when the lineman has to block a down lineman who is lined up 2 or 3 gaps away. The footwork and technique is very different from pulls that require blocking perimeter players outside the tackle box, like outside linebackers, which are called "DEEP PULLS".

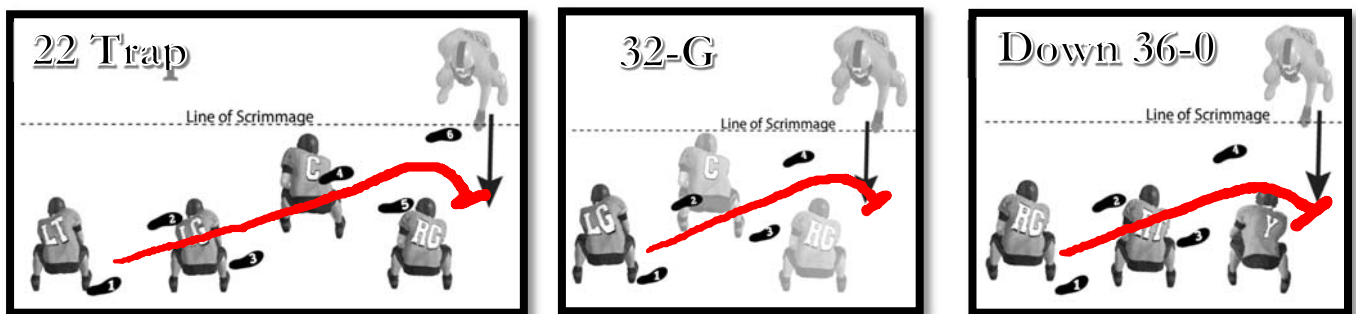


Fig 60: Flat Pull Steps

Notice that in all three examples I left out the contact step, which is the 7th step for the Left Tackle on Tackle Trap and the 5th step on the Guard pulls on 32-G and Down 36-0. On the last contact step the blocker is actually turning back upfield towards the opponents goal line in an attempt to drive the defensive lineman farther upfield. He forms a letter "J" path, which we refer to as a FLAT PULL PATH.

Coaching Points

- Pull steps can't lose ground. The first right step has to go towards the sideline (Fig 50).
- Throw the right elbow to open the hips up as fast as possible. **"HIT THE MIDGET"**
- Pick the right foot up and put it down pointing their toe to the sidelines. **"PICK IT UP PUT IT DOWN"**
- The 2nd left foot crossover step should be angled towards the Line of Scrimmage.
- Offensive player should cross the Line of Scrimmage before contact.

This creates a path that would resemble the letter "J" as he turns to kick out defender with right shoulder.



We have a rule that anytime a coach says “Pull Right” the player(s) that he is talking to finish the sentence with “Hit Right”. Same for “Pull Left”. So if the coach shouts “Flat Pull Right”, all players shout: “Hit Right”.

“Game Speed” → “FLAT Pull Right” → [players echo “Hit Right”] → count to 3 → “Ready”

Command and Procedure

1. Bag holders move to the next line to the right of their partner (Fig 61)
2. “GameSpeed” Players get in 3-point stance
3. “FLAT Pull Right” [players echo “Hit Right”]
4. Coach counts to three and gives command of “READY”
5. As blocker approaches the bag, they should cross the line so that defender does not cross your face.
6. Explode into bag with right shoulder at same time right foot makes contact with ground.

When the players first perform this drill, have them walk through their entire blocking path. They need to really understand the first two steps, how to cross the line to form the question mark, when to sink the hips so that they can DIP & RIP, and how to hit with the same shoulder as the direction that they are pulling in.

Once the blocker drove the bag 3 steps after contact, he takes the bag, switches with his partner, and both sprint back to their spots so that the player holding the bag can perform the same FLAT PULL RIGHT block. The better players will knock the bag back so violently often times their partner is knocked down, making it impossible to drive the bag.

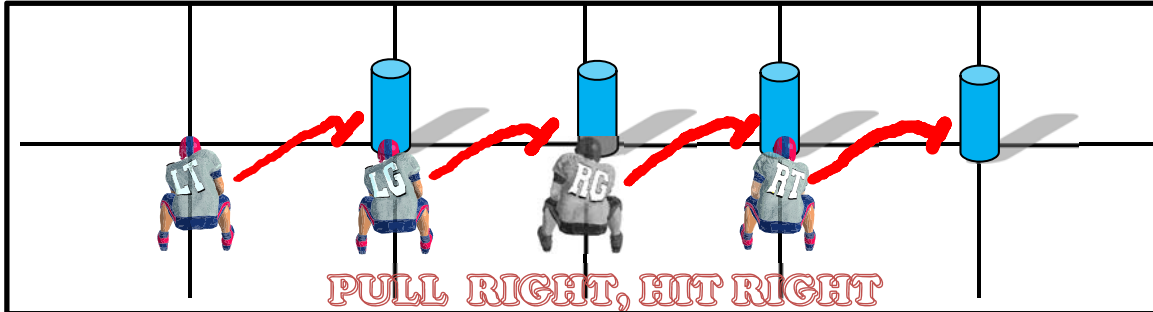
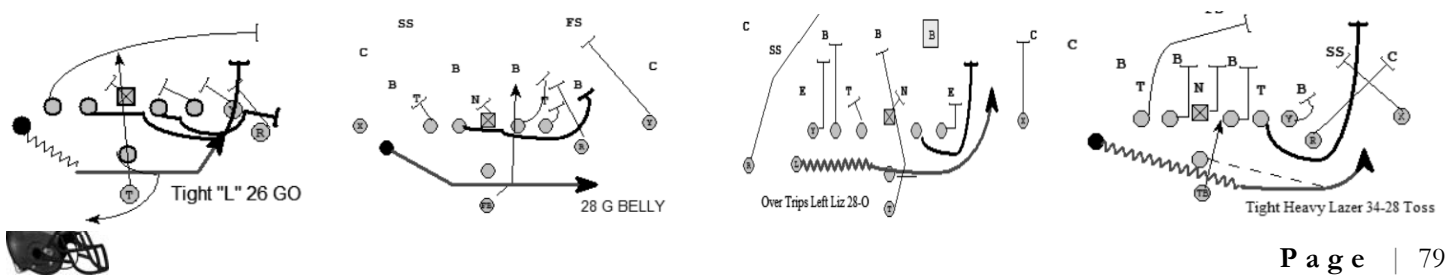


Fig 61: Flat Pull Drill on HOMER'S DAIRY

DEEP Pull Right

Deep pulls require blocking perimeter players that are outside the tackle box, such as outside linebackers. This would include our backside Left Guard pulling to lead block on the edge for the Left Wing on “NoMo 34-28 G”, otherwise known as Belly Sweep Right. It is also the playside Right Guard lead blocking for the Left Wing on “NoMo 36-28-0” (Down Sweep) or “Liz 28-0” (Jet Sweep Right).



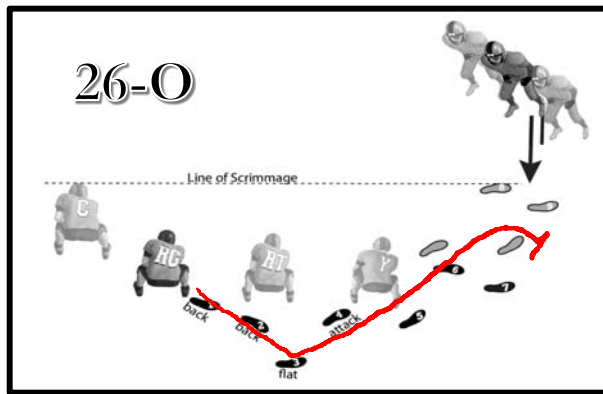


Fig 62: Deep Pull Steps by playside Guard

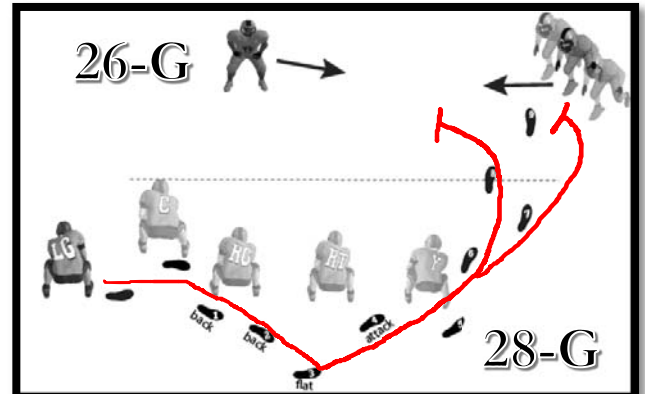


Fig 63: Deep Pull Steps by Backside Guard

Coaching Points

- “BACK-BACK-FLAT” are the first 3 steps taken on a Deep Pull.
- Step one still gains ground toward the sideline, but it is 120-135° deep.
- Step two is a crossover step that puts the lineman 2-3 yards behind the line of scrimmage (Fig 62). The 2nd step is flat if pulling to an edge that has no TE (split-end flank)
- Step three is a flat step, which he pushes off of to change direction so that he can attack the line.
- VERY IMPORTANT: Don’t let the lineman “round” off this path.
- We still throw the elbow to “**HIT THE MIDGET**” so that we can open the hips.
- Kick out will still be made with the right shoulder.

IMPORTANT

The Deep pull can take on a couple of scenarios and it is important that you simulate them during the drill. If the force defender, who is usually lined up outside the wing (not shown here), blitzes hard off the edge then contact is usually made on the 7th step behind the LOS. We always tell our pullers to aim **One Man Inside**, or in other words imagine that there are 3 defenders that you have to kick out. The real defender is in the middle, but you aim at the imaginary defender inside. This give the kick-out man only one path, which is to go outside the pulling lineman and prevents any “cross-face” action, which would cause the puller to “whiff” or miss altogether.

If the defender is a traditional outside backer in a 4-4 or 3-4 alignment, contact will probably happen at the line of scrimmage on the 9th step. The last scenario is against 4-3 teams who do not roll the safety up to the TE-Wing flank, or a defense playing a 2-high shell because the offense without a Tight End in their LOOSE formation. In this case contact will be made across the line of scrimmage on the 11th step. It is important to simulate all 3 scenarios.

Figure 58 shows the path of the backside guard on deep pulls. To make teaching easier to understand we do not “count” the first two steps, which are flat. These flat steps are to clear the Quarterback whenever he is under center and again, to make teaching uniform, we always teach it that way even if the Quarterback is in Pistol. The other difference with the backside guard deep pull is how they attack the line of scrimmage. They are always trying to hook their defender, whether it be the inside linebacker on 26 G.O. (Buck Sweep) or the outside linebacker on 28-G (Belly Sweep).



Command and Procedure

1. Bag holders need to have shields and get to the appropriate place on Homer's Dairy (Fig 64)
2. Blockers line up according to position as shown in Figure 64.
3. "GameSpeed" Players get in 3-point stance
4. "DEEP" Pull Right" [players echo "Hit Right"]
5. Coach counts to three and gives command of "READY"
6. First Scenario: the defender slow plays it, which makes the blocker cross LOS to make contact upfield.
7. Second Scenario: the defender attacks the LOS (not blitz), so contact is made at the LOS
8. Third Scenario: the defender blitzes into backfield, forcing contact in the offensive backfield.

Do not go to scenario until all players have mastered the first scenario. Always switch partners everytime a bag is hit.

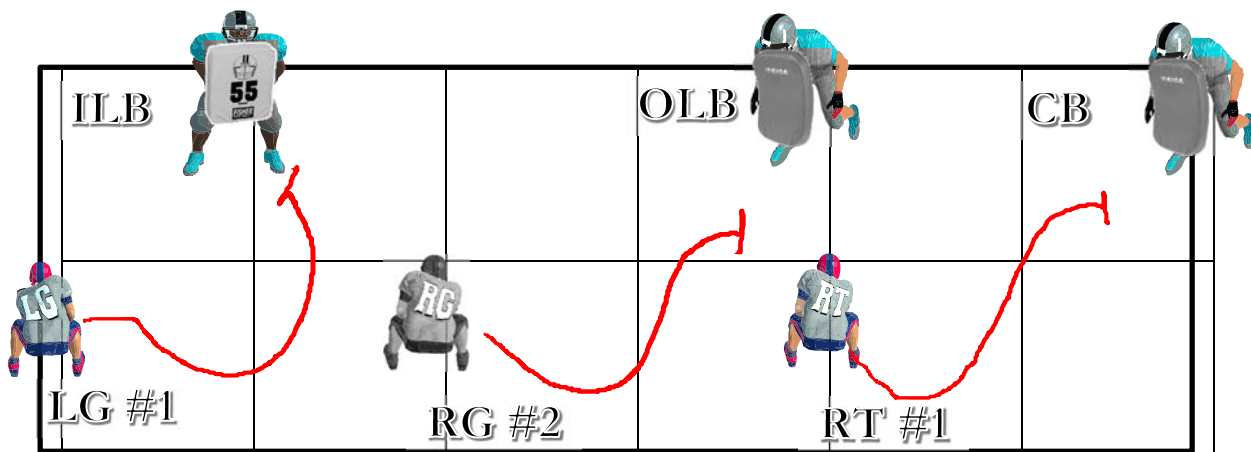


Fig 64: Deep Pull Drill on HOMER'S DAIRY

The LG #1 deep pulls to simulate what he does on 26 G.O. (Buck Sweep). He will take the bag and become ILB on rotation. RG #2 deep pulls to simulate what he does on 26 G.O. and will take bag to become OLB on next rotation. ILB will become RG #2 and OLB will become LG #1 on next rotation. If you have four tackles, then two tackles are on the left (not shown) practicing deep pull left and two tackles on right (shown here) are practicing deep pull right. In my experience I usually only havw 3 tackles rotating because one of my tackles would rep center during this drill.

All guards go through the first scenario before the defenders are allowed to go onto scenario #2, which is when they attack the LOS aggressively. Save the blitz scenario until they have mastered the first two scenarios. Remember every line in Fig 59 is 5 yards away from the other line. Each is 5 yards x 5 yards.

We then repeat all 3 scenarios as if running 28-G for the backside Left Guard and 28-0 for playside right guard. On these two plays both pulling guards are attempting to hook their linebacker inside in order to seal the edge. The tackles also repeat the drill but the defender is an alley force player who is also going to be hooked inside by the tackle. Tackles will hook linebackers & alley players whenever the playside wing makes a "you" call and kicks out the corner.

IMPORTANT: backside Guard on 26 G.O. has to track the ILB on his 2nd step. Common mistake is to look at he pulling Guard in front of him or try to find the wing's down block. When this happens, he will lose the ILB on blitzes in the B-gap.

IMPORTANT



LOG BLOCKS – “Wrong Shoulder Pulls”

We want the Log block to be violent and not a Hook block. The best way to make that happen is to not tell the linemen to try to hook block. Do not change their path. Do not try to consciously turn their butt pad around. My analogy to them is this: “If I was running full speed and stuck my arm out to grasp the flag pole as I passed by, wouldn’t my body naturally turn?”. That is how we want to Log block a squeezing defender. Take the same path as a FLAT PULL kickout, but when you see the defender squeeze, stay on the same path but hit him violently with the opposite, or wrong shoulder. If they consciously think about switching shoulders or hooking inside, they will lose aggression & not hit with violence.

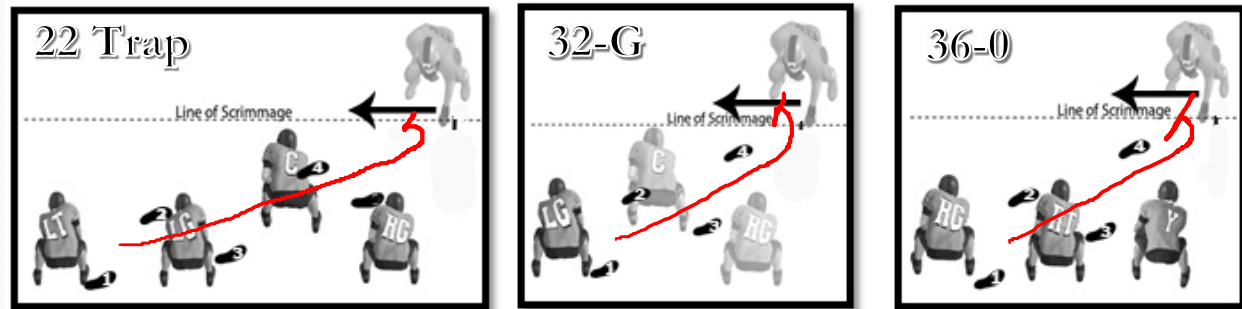


Fig 65: Wrong Shoulder Log Block

Coaching Point

- The bag is in the same place as Flat Pull Drill (Fig 61), but on “Ready”, bag holder moves quickly laterally down the line towards blocker.
- Advanced drill is to let bag holder squeeze or step upfield. Blocker has to read & react.

Drill Command & Procedure

1. Bag holders move to the next line to the right of their partner (Fig 61 on page 79)
2. “GameSpeed” Players get in 3-point stance
3. “FLAT Pull Right” [players echo “Hit Right”]
4. Coach counts to three and gives command of “READY”
5. As blocker approaches the bag, they should cross the line so that defender does not cross your face.
6. Explode into bag with right shoulder at same time right foot makes contact with ground.



HOOK PULLS – “Take a Picture”

The playside guard perform this pull on GO Pass (Waggle). We don’t spend too much time in EDDs on it as we can perfect it during our GO Pass group drill (Chapter 11).

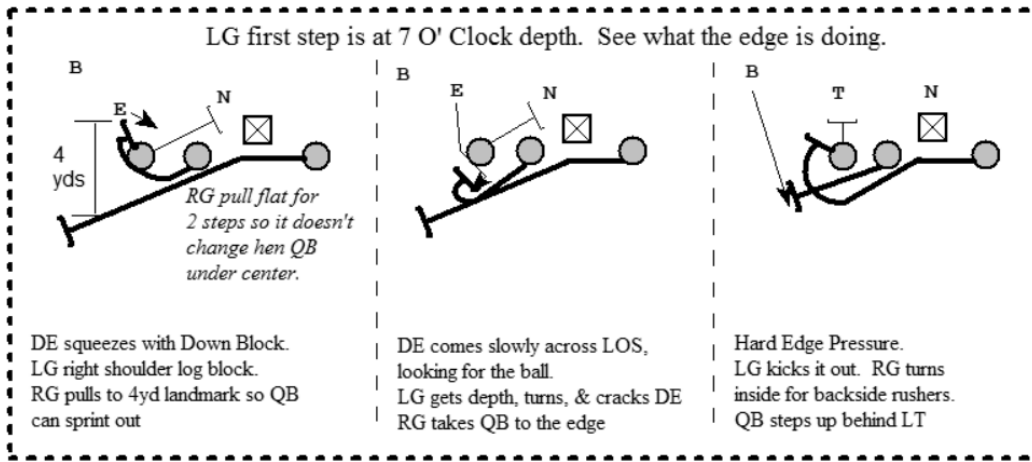


Fig 66: Hook Block on GO Pass

Coaching Point

- Playside Guard first step is a deep pull “Back” step.
- He takes a straight path towards a landmark that is 4 yards deep from line of scrimmage.
- His eyes are on the edge. **“TAKE A PICTURE”**
 - If defender sits on LOS or there is not edge pressure, get to landmark, stop & pivot, ready to attack anything inside. Basically “crack” block any late penetration inside of you.
 - Defender squeezes down the line, leave your path to wrong shoulder log block.
 - Defender hard up field. Try to log block but may be forced to kick him out.

BACKER BLOCKS – “CUT HIM IN HALF & TAKE HIM WHERE HE WANTS TO GO.”



Many schemes in the offense have a "gap-down-backer" rule or a "reach-on-backer" rule in which an offensive lineman is asked to make a block at the linebacker level. These second-level blocks are common and require some coaching points if they are to be done effectively. Again, early in the insertion schedule, this block should be taught as an individual block. As the season progresses, it can be coached during the combination blocks progression..



SECTION TWO

Description: Shields or live bodies should be used to simulate the movement of the defender. The aiming point should be the playside number, trying to make contact with shoulder so that the helmet is between the LB and the ball carrier. However, blocking linebackers is difficult and we have to be OK if there is no shoulder contact. At the minimum we are happy if our linemen can make contact, drive the backer in a direction, and let our backs read the block, cutting off whichever direction our lineman blocks him.

We teach it a lot like open field tackling. A lineman will either go straight at a linebacker who is squared up to the blocker. Or the offensive lineman will be coming at an angle similar to what we call “profile tackling”. This angle block basically follows the same technique as a Down Block vs a penetrator. The lineman can go full force to initiate a very devastating shoulder block, aiming the helmet across the chest of the linebacker. The squared up situation is much more difficult and needs to be practiced more.

Coaching Point

SQUARED UP BACKER BLOCK

- *Short, choppy steps with butt over the feet.*
- *Take an angle that puts the blocker between the backer and the hole.*
- *Explode when lineman reaches the LB; making contact with the shoulder on the playside number.*
- *Hands need to be inside the defender’s shoulder frame to legally hold.*
- *Do not extend the arms or accelerate until contact is made. Early separation helps the LB*

ANGLE BACKER BLOCK

- *Attack with far shoulder at close to full speed. Expect LB to turn & rip with his far shoulder.*
- *Helmet in front of LB, forcing him to scrape over the top.*
- *Same as before, accelerate the feet and extend the arms at moment of contact.*

In summary, take good angle with short steps, explode into defenders’ playside number with the shoulder at moment of contact, hands inside defender’s shoulder frame, and accelerate after contact.

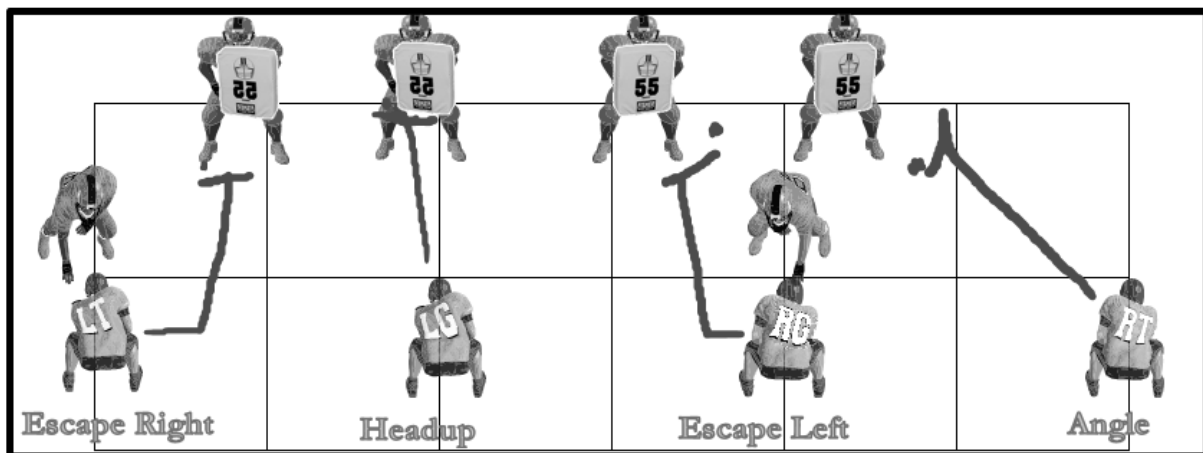


Fig 67: Backer Blocks

Notice the Dot at end of each block to indicate helmet placement.

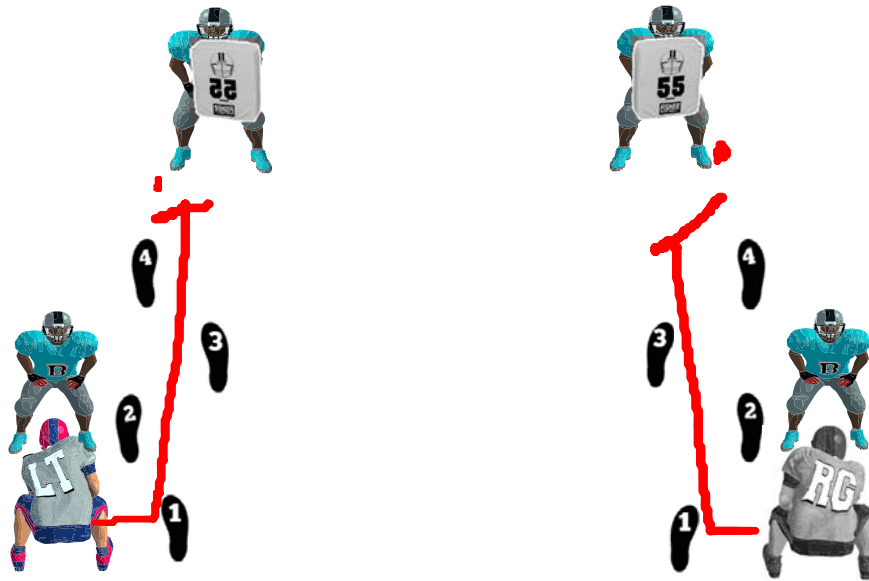


RELEASES

These are the techniques for getting a clean release to block a linebacker without having the defensive lineman "sting", hold, or knock you off your path. This move needs to be practiced a lot because it is a very common block in this offense. Once the lineman has escaped, he will perform the "Squared Up Backer" technique described on the previous page.

Escape Right To Backer

- Players are in groups of three and setup like the two escape examples in Figure 67.
- Headup D-Lineman has no pads. The Linebacker has a hand shield or no gab.
- D-Lineman start in crouched position with hands in bench press position: elbows back, thumbs against the nipples.
 - They are going to try to put both hands on O-lineman, stand him up, & stop him from getting to LB.
 - At first, D-Line cannot move feet. As players get better, allow one lateral step, then let free movement.
- O-Line technique is to lateral reach step with right foot;
 - **Grab grass** with opposite left hand as opposite left foot crosses over, attempting to plant past D-Lineman.
 - The left hand should rip up & thru the defender. **"Kiss the Bicep"**



RELEASES: Advanced Moves

We teach two advanced release moves to use against very well coached defensive linemen.

Fake Reach Release:

Lineman will Reach step to the outside on their first step.

This fools the defensive lineman into thinking that he will be reach blocked to the outside.

When the defender reacts outside, step back inside and escape to backer.

Slam Release:

Come off the ball and On block the defensive lineman with a double fistful punch.

When the defender reacts to defeat the drive block the offensive linemen will then perform a Rip or Swim move to the inside and block the linebacker to their inside.



V. SLED PROGRESSION

*The goal of this progression is to lift the defender straight up which makes it easier to push him
Like lifting heavy door off ground. Once the door is straight up, it topples right over*

TYPE OF SLED: We recommend the Rogers PowerLine sled. We only use for our step progression and do not make our linemen drive it up & down the field. We want the linemen to enjoy their sled time. We will however let the entire team drive both our O-Line sled and our our D-Line Rogers Lev Sled up & down the field for conditioning.

1) **FIRST STEP - Blastoff**

- A. 1 arm length away from bag
 - 1) Load arms past the butt cheeks
 - 2) Step 6 inches straight ahead
 - 3) Do not raise up, back straight, chest on thigh
 - 4) Body is tense and ready to explode
 - 5) Neck should be bowed, Eyes up and on the target
- B. Take 5 steps with each foot



2) **SECOND STEP - Execute**

- A. Aim the 2nd foot for the crotch of the defender
 - 1) Head up so the hips will come forward
 - 2) Get 2nd step down before defender's 1st step comes down
- B. Unload the arms and punch the bag
 - 1) Aim both hands for the outer edge of the bag
- C. Right foot 1st step, Right shoulder 5 times
- D. Left foot 1st step, Left shoulder 5 times



3) **THIRD STEP FIT POSITION - Elevate**

- A. Start with 2nd step already in crotch and forearm on the bag
 - 1) Back knee is not on ground. It is even with the front heel of the other foot
- B. From this position lift and push the bag as far as you can



4) **THIRD STEP - Finish**

- A. Unload arms, Punch the bag, and LIFT it off the ground
- B. 3rd step is very long and “runs” through the defender as you lift him up
- C. Bring the hips through



DOWN BLOCKS

- D. Linemen angle 45 degree to bag.
- 1) First step is the same 6 inch step
 - Watch for false steps
 - 2) Right foot still aims at crotch of defender
 - This is a Longer step which gives you even more power and momentum
- E. Facemask aims for far armpit of defender

PULL & TRAP

- F. Get 3 - 4 yards from sled or bag
- G. This is just a longer Down Block
- 1) Still get the foot & thigh under the defender and lift



PULL & WALL OFF (Fold Block)

- H. Line up two bags off centered of the bag you are going to hit
- I. Crossover step, plant step, scrape paint of down block
- 1) Don't shuffle the feet and take baby steps before hitting the bag
- J. Slow Down & Get Under the bag
- K. Hit all the bags at the same time for safety reasons



FIRST 3 STEPS are the MOST IMPORTANT in Football!!!



SUMMARY OF BLOCKING TECHNIQUES

SHOULDER SKILLS		
SURFACE-Fit	<i>Just fit on bag, shield, sled. No stance.</i>	
SURFACE-Strike & Freeze	<i>6-pt stance. Strike bag & freeze in prone position</i>	
SURFACE-Rapid Fire	<i>6-pt stance. Strike bag 3 times, rapidly. Freeze on last one</i>	
STEP & HIT		
Fit & Drive Drill	<i>2-pt stance vs shield. Fit into man & drive on command 5 yds.</i>	
Same Foot, Same Shoulder-Fit	<i>2-pt stance, start with 1st step taken. Hit bag with shoulder & both hands at same time 2nd step hits ground. Slow drill.</i>	
SFSS-Strike & Freeze	<i>Same as SFSS-Fit, but explode into bag & freeze in fit position</i>	
SFSS-Rapid Fire	<i>Same, but explode into bag 3 times, freeze on last hit.</i>	
HIT & RUN		
ON Block	<i>Straight ahead block vs defender on or shaded.</i>	Belly, Army, Baylor, Cal
REACH Block-45 degree	<i>Angle first step when reaching a headup defender.</i>	Backside & plays to 7 or 8 hole
REACH Block-90 degree	<i>Lateral first step when reaching a gap defender.</i>	Backside & plays to 7 or 8 hole
DOWN Block-Penetrator	<i>Angle block with helmet in front. 1st step is lateral.</i>	36-0, 26-GO, 26-G Lead, Cal
DOWN Block-Reader	<i>Angle block with helmet behind. 1st step is behind.</i>	36-0, 26-GO, 26-G Lead, Cal
CUT Block	<i>Facemask to pecker. Take defender's legs out.</i>	Purple, NG on off tackle play
RUN & HIT		
PULL-Flat	<i>Pull towards LOS. Attempt to get even with LOS and "J" hook the DL upfield. "PULL RIGHT-HIT RIGHT"</i>	G, Trap, Down, Counter
PULL-Wrong Shoulder Log	<i>Pull towards LOS, but DL squeezes down the line. "PULL RIGHT-HIT LEFT". Use on inside runs.</i>	G, Trap, Belly Pass, Down Pass
PULL-Deep	<i>Back-Back-Flat steps to get 2-3 yds behind LOS. Then attack down hill. Used when need to get to perimeter.</i>	26-GO, 28-G, 28-0, Toss
PULL-Hook	<i>Pull towards 4yd landmark on GO Pass. "Take A Picture" because timing of the block depends on DL action.</i>	GO Pass
BACKER Block	<i>Technique used when blocking a Linebacker</i>	Almost every play
ESCAPE Release	<i>Lateral 90° step, "Grasp Grass & Kiss Bicep" to avoid DL and get block a Linebacker.</i>	Army, Baylor, Cal, G, Trap
COMBINATION BLOCKS		
TUG	<i>Tackle-Guard cross block. Tackle goes first (playside)</i>	Belly & Down vs gap defenders
GUT	<i>Tackle-Guard cross block. Guard goes first</i>	Belly vs odd fronts
COG	<i>Center-Guard cross block. Center goes first (backside)</i>	Backside of belly vs 1 or 2i tech
OUT	<i>Both G & T block out vs 3-4 with OLB up on LOS (playside)</i>	Playside belly block vs 3-4
TED	<i>Tackle-TE cross block. Tackle goes first (backside)</i>	Backside of belly vs 5 or 7 tech
TEE	<i>Tackle-TE cross block. TE goes first (playside)</i>	36-0 vs odd fronts
DOUBLE TEAM	<i>2 vs 1 block when a DL is being kicked out or read.</i>	Army, Baylor, Cal, 26-G Lead
SCOOP	<i>2 blockers vs 1 DL + 1 LB.</i>	Backside & plays to 7 or 8 hole

