
SECTION TWO

DRILLS



Chapter 4 : Quarterback Drills

Chapter 5 : Receivers and Tight Ends

Chapter 6 : Running Backs

Chapter 7 : Offensive Line

Offensive Line



This chapter will only BRIEFLY cover what we teach our offensive linemen in the offense. Since we cover it in such great detail in the 225-page OFFENSIVE LINE MANUAL FOR THE WING T Offense, this chapter will merely summarize that book.

There are only two people who love and recognize how important Offensive Linemen are: The O-Line coach and the players mommas. This makes finding competent offensive line very challenging for the high school football coach because they all want to carry the ball or play defense. It is PHYSICALLY very challenging for big men to move so much on every play and It is MENTALLY difficult, because of all the blocking assignments. It is also the least fun position to play during practice. No other position works as hard during INDO period than offensive linemen.

Qualities

While the great ones are going to be great in any offense, most high schools have kids who are too slow for defense and not athletic enough to play back or receiver. The great thing about the Wing-T offense is that a below average lineman can be great in the wing-t offense. Because smaller players can succeed, it also increases the number of potential linemen on your roster.

We also do a good job selling our backup Tailbacks and backup Linebackers on playing offensive line. Once we get them pulling and ear-holing defenders in scrimmages, they LOVE, LOVE IT !!!

- Wing T Offense Does Not Require Large Linemen
Angle blocking & pulling allows smaller players to block larger ones.
- Wing T Offense Does Not Require Great Blocks
Backfield deception freezes defenders and directs their attention away from point of attack.
- Wing T Offense Is Fun
Blocking schemes allow different things on every play and they all love to pull.

The Wing-T lineman is not a “finesse” player, he develops a toughness that will be contagious to other players and carry over to your defense. They work very hard mastering all the footwork and techniques that are not naturally taught to boys growing up. Backs & receivers do not have to learn their skills because most of it is genetics. So don’t insult your linemen by calling your backs and receivers “skill players”. Your linemen will work harder than any other position learning their techniques and skills. We simply refer to our players as: **BIGS, BACKS, and SKINNY’s**

Personnel

We do not flop our linemen because it slows down the tempo and gives the defense tendencies. The short learning curve is negated when a left guard has to play right guard due to injury. We “cross-train” all of our players because of injuries and smaller rosters. Our depth chart will have 3 tackles, 3 guards, and 2 centers.

CENTERS

Making the snap is the most important aspect. Durability and dependability are the next most important characteristics. Shorter players, with strong legs are good vs a strong NG. Of the 5, your center can be your weakest player because he can chop block a dominant NG or 1 tech.

Snapping the Ball

The center will hold the top cone of the ball while the bottom cone sits on the ground. The laces will face outward to the right if the QB is right handed. He will snap the ball so that it does not spin or rotate, but “knuckle ball” so that the laces land on the fingertips of the QB right hand. The center cannot flex, or snap his elbow or wrist. He keeps his entire arm solid as he releases the ball at “calf length”.



Fig 7-1: Pistol Snap

The center cannot flex, or snap his elbow or wrist. He keeps his entire arm solid as he releases the ball at “calf length”.

**Don't ever let the center do any drill without snapping to somebody.
Don't ever let QB run any drill without ball being snapped to him.**

OFFENSIVE GUARDS

Our Guards would play fullback for an I-back team. They have to be quick and have good lateral agility because they are asked to root out larger DT and NG while also pulling to block players in open space. They can be your weakest pass protectors. They have to be smart football players because they have the most to learn with the exception of the QB.

OFFENSIVE TACKLES

Our Tackles are the larger players on the team. The only player larger might be our Defensive Tackle. The size is necessary for the Down Blocks, however, they need to have some agility because they have to pull and escape to Backers. The Left Tackle should be the better pass blocker if you have a right handed QB.

STANCE & FIRST STEPS

There are many different philosophies about effective stances for offensive lineman, but the wing-T lineman has to accomplish all of the following from his stance:

**Pass-protect
Reach Block**

**Straight-ahead block
Escape to Backer**

**Angle block
Pull in both directions**

In a perfect world, our LT and LG would be in left handed stances and RT and RG would be in right handed stances. This makes down blocking so much easier. We start teaching right & left handed stances at the lower levels, so a O-Lineman who has played the position over multiple years will be fine. HOWEVER, if we move a kid to line his senior year we will not fight a kid who is not comfortable doing this. We want a balanced stance that will allow our linemen to take off in all four directions without "tipping the defense" and giving them a pre-snap read.

Balance: body weight evenly distributed on all three points of contact with the ground.

Comfort: overrides everything, as long as the job gets done.

Knuckles: even, or parallel with the Centers heels

Feet: parallel, but a slight stagger is permissible.



Trouble with D-Line penetrating is probably due to depth of O-Linemen.

The first 3 steps are the most important in football. We spend a lot of time in spring and summer on stance and get-offs, but when we open August camp we stop teaching stance. Linemen do “Get-Offs” during dynamic warmup period before practice. We continue to Bird Dog until game 2 or 3 because it is important.

HOMER’S DAIRY

This is a powerful teaching tool that we do STANCE, FOOTWORK, and all of our BAGWORK on. At one end of the field we paint lines from the Goal Line to the 10yd line. These lines are 5 yards apart starting from the sideline, so they form a series of 5yard by 5yard boxes.

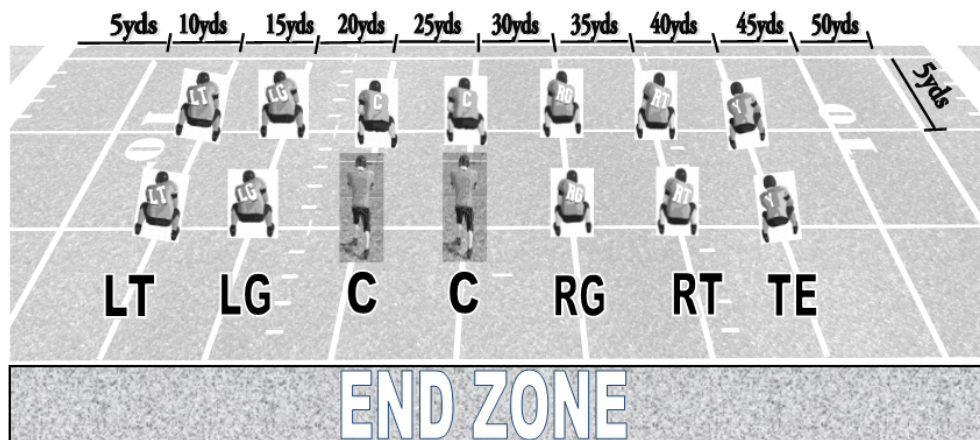


Fig 7-2 Homer's Dairy

SNAP COUNT SIMULATION: In order for us to snap the ball 3-seconds after breaking the huddle, I will do a 3-second pause after every command, then yell “READY”, which is the word we snap the ball. This trains the O-Line brain that 3-4 seconds after hearing the play in the huddle, the ball will be snapped.

BIRD DOG – 1ST & 2ND STEP

We bird dog during OL Indo and during team. So during O-Line INDO period and during team, if I yell “BIRD DOG” everyone knows that they will take one step after the snap count and freeze. They stay frozen until I yell “TWO” and they take a 2nd step and re-freeze. We repeat for “THREE” and “FOUR”. No player moves until the coaches are done correcting.

After the 3rd or 4th step I will say: “JOG IT OUT” and the players finish the block or the play.

The first step of any block while in BIRD DOG will have **“Hands in Holster”**: (Ch 4, pg 47).

Another way we like to teach the FIRST STEP is with RAPID FIRE. This helps them master the 6 inch placement, with a flat back. After I say “READY” and they take the 1st step freeze, I’ll say “BACK” and they will put that first step foot back where it started. I’ll pause for a 3 count and repeat the “READY” snap count and they will fire the first step again. We will repeat this several times for each foot.

GET OFF PERIOD

This period is how we start every practice and is done on the Dairy or under the Trap Chute. It replaced our Dynamic Warmup, which we stopped doing as a team in 2011. All of our players “warm-up” with position specific movements in their position groups.

The linemen line up 2-deep by position. They will BIRD DOG the first step of every block. Then explode and sprint on the 2nd step for 5 yards. Wait for the next player in their position line to bird dog and sprint for 5yds. From the 5yd line going back to the Goal line, they repeat the same block but change shoulder and foot to going back.

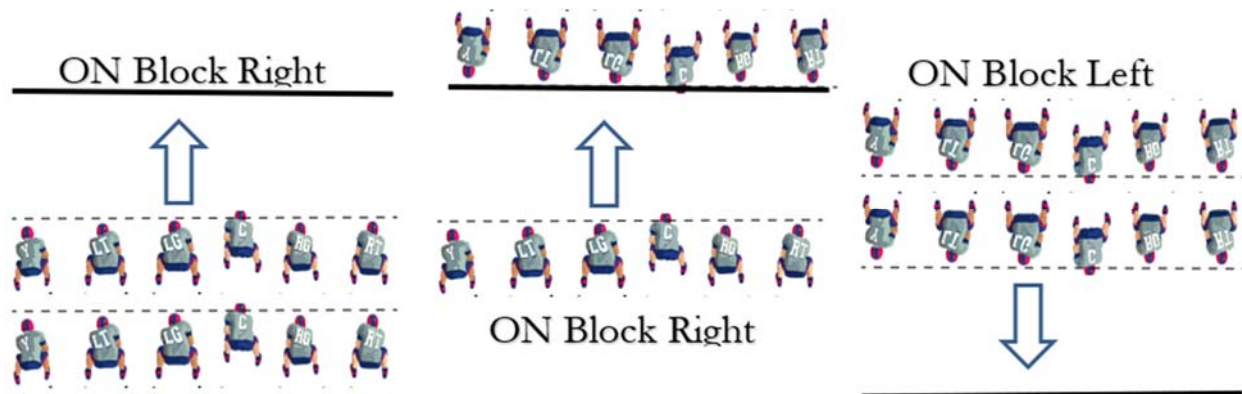


Fig 7- 3 GET OFFS

We cover the following blocks: ON – DOWN – REACH – ESCAPE – PULLS.

INDIVIDUAL BLOCKS

SUMMARY OF BUZZWORDS

- ON BLOCK: “Bird Dog. Right Shoulder ON Block, Left Foot Freeze”
“Game Speed. Right Shoulder ON Block. Hit Right, Turn Right”
- DOWN: “Bird Dog. Right Shoulder DOWN Block, Left Foot Freeze”
“Game Speed. Right Shoulder DOWN Block. Hit Right”
- REACH: “Bird Dog. REACH left, Right Shoulder, Left Foot Freeze. Lean on the thigh”
“Game Speed. REACH Left. Right Shoulder”
- ESCAPE: “Bird Dog. Escape Left, Grab Grass, Kiss the Bicep”
“Game Speed. Escape Left”
- PULL: “Bird Dog. Pull Right, Hit Right. Hit the Midget”
“Game Speed. Pull Right, Hit Right”

BIRD DOG – BIRD DOG. Line put forearms on thigh and don’t get in 3-pt stance.

GAME SPEED – GAME SPEED. Get in 3-pt stance and explode out of their stance.

HEEL REPLACES TOE: Refers to first step which is short. Don’t over stride.

EARHOLE TO BELLY BUTTON: Reminder to put helmet in front and stay low

HIT RIGHT, TURN RIGHT: Turn your man in the direction of your hitting shoulder.

BUTT HOLE RULE: Butt should point to the hole when block is finished

TRAINS DON’T TURN: Stay on your tracks. Don’t turn to block anyone out

DON’T CHASE COWARDS: While on tracks don’t chase LB who goes around you.

SWITCHING PARTNERS

On all of our drills, we have the starter and his backup partnered up with a bag. If we are ever short bags or have an odd number players, we NEVER let a starter be in a rotation of three players to a bag. Starters have to get the most reps. When the player has hit the bag with a particular shoulder, coach yells “**ROTATE**” and he switches with the bag holder as fast as humanly possible. Do not waste time switching and train your players to do everything fast.

Shoulder Skills are performed during the very first part of individual. At the beginning of August, we will spend 15 minutes, but very quickly cut it back to 5 minutes and keep it lasting from 3 to 5 minutes every day for the rest of the pre-season. During the season we will do Shoulder Skills at least once that week.

FLIPPER vs HANDS

Modern rule changes have made blocking with your forearm (Fig 7-4) obsolete. Even Greg Perry, the Delaware O-line coach who helped invent and develop the Wing-T offense has stated that he would teach the use of hands instead of flipper if he were still coaching today.

We believe that using hands is more natural and makes it easier to extend the arms as we rise-up, making it easier to pancake D-Lineman. We still use the shoulder to make contact, but “pin” the elbow tight against the rib cage in order to get the hand under the D-Lineman’s armpit. We call this the T-Rex Flipper. (Fig 7-4).

“**Four Point Contact**”: Shoulder (1), foot (2), and both hands (3) & (4) all make contact at same time.

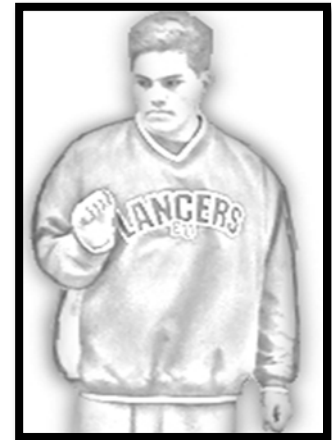


Fig 7-4: T-Rex Flipper

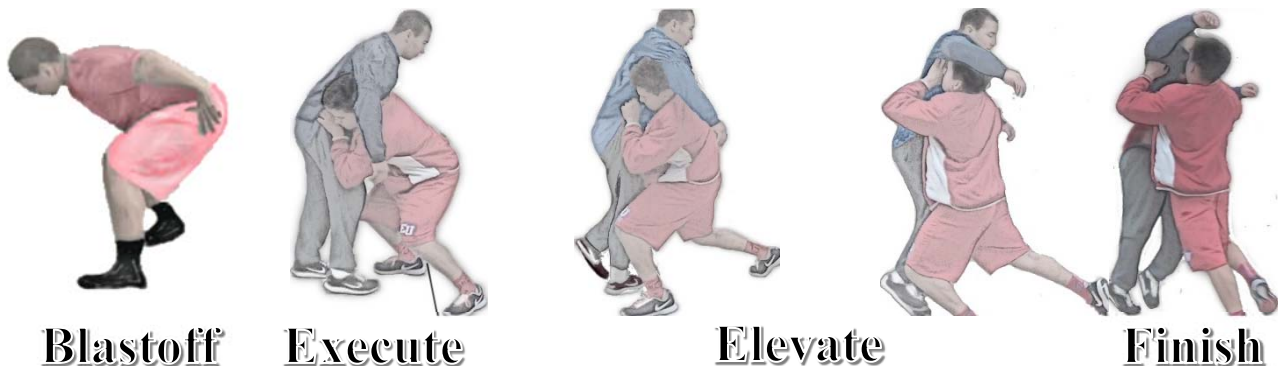
B.E.E.F

B.E.E.F.

To summarize the entire sequence: Blocker takes a 6-inch first step with the foot opposite the shoulder that will make contact (**BLASTOFF**). As the second foot lands, the shoulder and both hands make contact in strategic places (**EXECUTION**). The arms extend out and up as the hips explode forward (**ELEVATION**). As the third and fourth steps drive forward, the blocker is standing the defender straight up using a motion similar to a military or incline pressing motion (**FINISH**).



Fig 7-5: Hand Placement



Blastoff

Execute

Elevate

Finish

BAG WORK

Our “Shoulder Skills” period could easily just be called “Bag Period”, however, because we use the same progression of teaching whether we are on bags, hitting the sled, or hitting live bodies.

Shoulder Skills are performed after the footwork drills and is done every day during spring, summer, and the beginning of August. We will spend 15 minutes on shoulder skills at first but cut it back to 5 minutes a day from 2nd week of August up to our first game. It then becomes a 5-minute review one day per week until Game 6 week, at which point all individual periods are eliminated.

The shoulder skills progression is broken into four teaching groups:

Surface: We start with a slow FIT drill, then explosive STRIKE-&-FREEZE, and then RAPID FIRE.

Step and hit: FIT & DRIVE followed by three levels of SAME FOOT-SAME SHOULDER

I. SURFACE FIT

We start the teaching of every block by having the players START by fitting up against a bag. It is very important that they understand the 4 POINTS OF CONTACT. We stop doing Surface Fits in summer as soon as we are confident that the players understand.

SURFACE - Strike & Freeze



Fig 7-6 : Six Point Surface Drill

Drill Command & Buzz Words

1. "[insert name of block] Left Foot, Right shoulder Freeze on Ready"
2. Players reach back with right arm, ready to strike (Fig 7-9)
3. Coach counts to three and then says "READY" and the players will fit in with the right shoulder.
4. Players stay frozen against the bag until coach comes around & makes all corrections.
 - a. Knees cannot touch ground until coach has seen every player and made corrections.
 - b. Bag holders also help coach 'em up. Partner a returner with a new player.

SURFACE – Rapid Fire

Players still on all fours in 6-point stances, this is a series of three blows delivered as quickly as possible.

Drill Command & Buzz Words

1. "[insert name of block] Left Foot, Right shoulder Rapid Fire on Ready"
5. Players cock their arm back as far as possible behind them.
6. Coach silently counts to three and then shouts "**READY**".
7. After contact, Coach shouts "**BACK**" and players immediately recoil back into 6-point stance.
8. Three seconds after the "**BACK**" command, coach says "READY" and players quickly strike again.
9. Coach shouts "**BACK**" and three seconds later says "**READY**".
10. Players quickly execute a 3rd shoulder blow, remaining in fit position until coach makes corrections.

After perfecting the Fit in spring ball, we start shoulder skills with RAPID FIRE for rest of season.

II. STEP & HIT

Before we start blocking out of a stance or combining our footwork with our surface, we teach and drill the players to "**beat the freeze**", as well as understand how it feels to block a live body. "**BEAT THE FREEZE**" is our buzzword to remind players to NOT stop moving their feet once contact is made

Same Foot, Same Shoulder - Fit

Teaches the lineman how to strike the opponent with the shoulder & both hands at the same time the Second foot hits the ground. In other words, as the 2nd step is planted in the ground at same time that the shoulder & hands are hitting the opponent.

The blocker begins in a two-point stance, one arm's length away from the bag, elbows are on knees.

Drill Command & Procedure

1. "BIRD DOG – BIRD DOG" Players get in 2-point stance
2. "[insert name of block] 2-step freeze on Ready"
 - a. When the coach says "READY", player takes a 6-inch step with left foot & freezes with both arm cocked back "**in the holster**", ready to strike.
3. Coach then slowly says "S-L-O-W-L-Y" followed by abrupt "HIT".
4. Take the 2nd step at half speed, making simultaneous contact with the shoulder and both hands.
 - a. Players remain frozen while coach goes around making corrections.
 - b. The right heel should be even or slightly in front of the Left toe.
5. Coach: "Left Foot in concrete, do not move it. Bring Right heel back even with Left Toe".
 - a. Players rewind in slow motion, bringing right foot back, hands back in the holster.
6. Coach then says "READY", pause for 3 count, then shouts "HIT"
7. Players repeat the right foot step & right shoulder fit at half speed.
8. Repeat this Hit – Rewind – Hit – Rewind – Hit several times so players form muscle memory.

Make sure that players understand the reason they are moving on HIT and not on Ready. It is because this movement happens after the ball is snapped.

Eventually the players hit bag with full force instead of half speed. That is called **SAME FOOT, SAME SHOULDER – Strike & Freeze**.

Then we do **SAME FOOT, SAME SHOULDER – Rapid Fire**. First step remains in concrete, but other foot goes back & forth quickly while player hits bag quickly in 3 rapid successions.

III. 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.

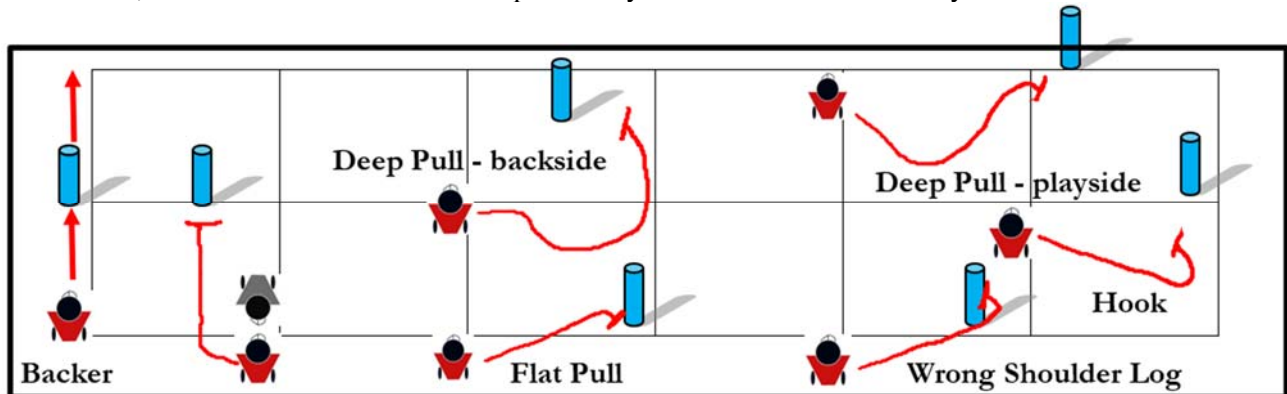


Fig 7-7: Different Types of Run & Hit Blocks Taught on HOMER'S DAIRY

Pulls

The Wing-T offense requires a lot of pulling and there are two basic techniques: FLAT and DEEP pulls. The difference between the two lies in the first two steps. After that the rules are the same. We always tell our pullers to aim **One Man Inside**,

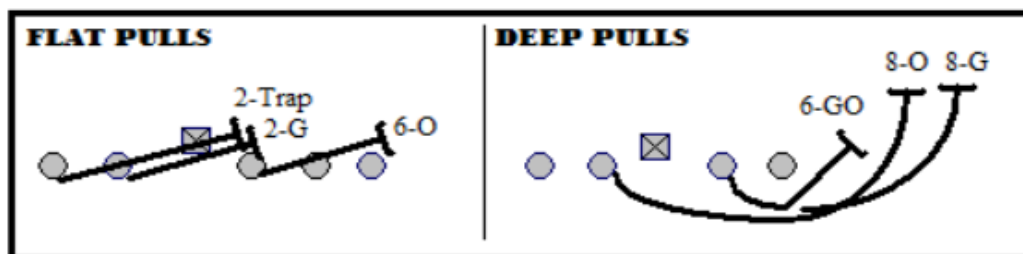


Fig 7-8: Different Types of Pulls

FLAT Pull Right

Flat pulls are the traditional "pull & kickout" blocks used on 32-G, 36-O, and 22-Trap.

Command and Procedure

9. "GameSpeed" Players get in 3-point stance
10. "FLAT Pull Right" [players echo "Hit Right"]
11. Coach counts to three and gives command of "READY"
12. As blocker approaches the bag, they should cross the line so that defender does not cross your face.
13. Explode into bag with right shoulder at same time right foot makes contact with ground.

We would repeat this with the other 3 pulls described on pages 79-83 in OFFENSIVE LINE MANUAL.

LOG BLOCKS – "Wrong Shoulder Pulls"

Same path as a FLAT PULL, but use opposite shoulder versus squeezing defender squeeze.

DEEP Pull Right

Blocking on "NoMo 34-28 G" (Belly Sweep), "NoMo 36-28-0" (Down Sweep), or "Liz 28-0" (Jet Sweep).

HOOK PULLS – "Take a Picture"

Used on GO Pass (Waggle). Not done in EDDs. It is perfected during out GO Pass group drill.

Linebacker Blocks

Perfects our blocks on 2nd level defenders using shields or live bodies. Taught a lot like open field tackling.

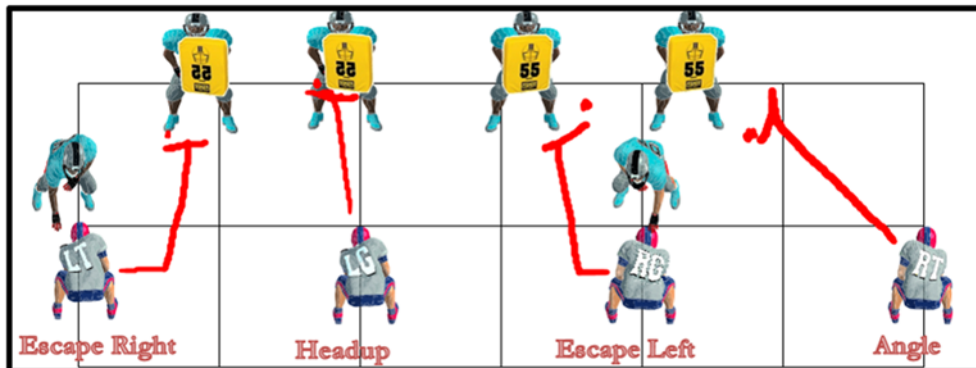


Fig 7-9: Linebacker Blocks

SLED PROGRESSION

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.

First Step – Blastoff

14. One arm length away from sled.
15. Take 5 first steps with the same foot to practice
16. “HEEL REPLACES TOE”
17. Same as our SURFACE RAPID FIRE DRILL.



Second Step – Execute

18. Aim the 2nd foot for the middle of the bag.
19. Unload shoulder and both hands on the bag as the 2nd foot hits the ground
20. Go slow and have the player rewind the 2nd step several times to player can get the timing down.



Third Step – Fit & Elevate

21. Start with 2nd step already under the middle of the bag
22. Back knee is not on ground. It is even with the heel of the front foot
23. From this position lift and push the bag as far as you can. Do not drive it.

Third Step – Finish

24. Unload arms, separate the bag off the shoulder,
25. LIFT it off the ground
26. 3rd step is very long and “runs” through the bag as you lift up.
27. Bring hips through



We also do our PULLS and DOWN blocks on the sled. On the Down blocks our players turn at 45-degree angle to the bag.

COMBINATION BLOCKS

Combination blocks are when two offensive linemen both block one or 2 defenders. They are:

BELLY CROSS BLOCKS

- TUG: *Cross Block Tackle first*
- GUT: *Cross Block Guard first*
- COG: *Cross Block Center first*

DOUBLE TEAM BLOCKS

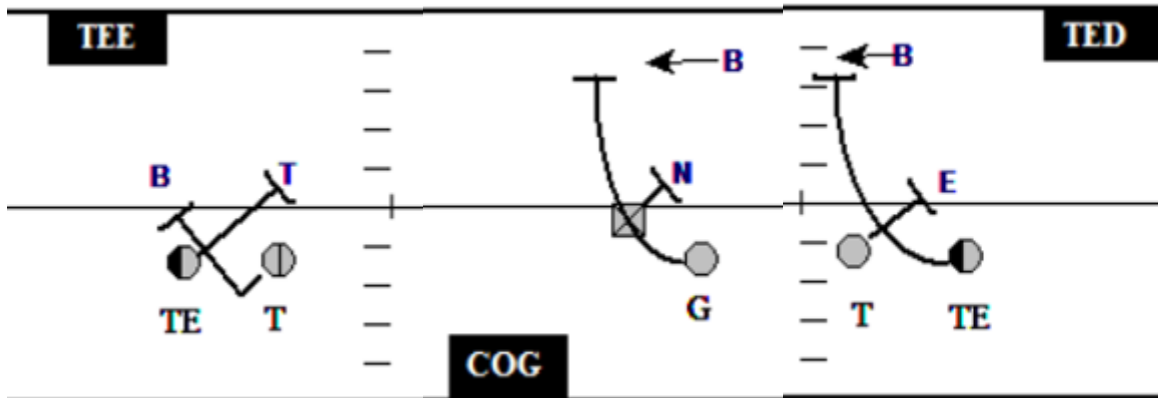
- CONVENTIONAL
- CONDITIONAL

SCOOP BLOCKS

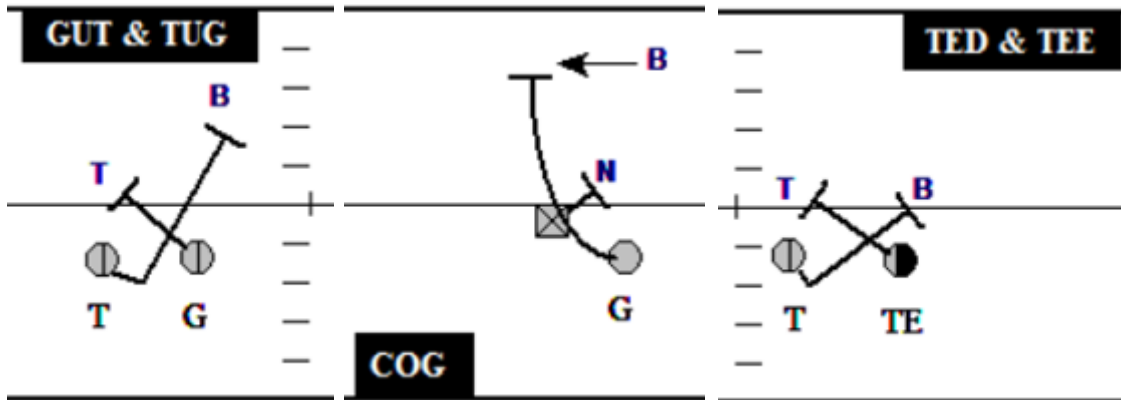
- Tight 2-man Reach
- Wide 2-man Reach

normally we do not have the Center & NoseGuard present, however, it is perfectly fine to include them. There are a couple of options to rep the COG, TED, and TEE cross blocks, depending on your roster size.

DRILL SCENARIO #1



DRILL SCENARIO #2



G.O. Drill (sweep)

G Drill (Guard Trap)

GO Pass Drill (waggle)

Drills

As stated previously we start the teaching of double teams with a simple 2 vs 1 drill to teach **Hip to Hip, Shoe to Shoe, Shoulder to Shoulder**. We teach this with both head-up DL and gap DL so players learn how to fit regardless of which foot and shoulder is being used. Once the comfort level is high, then we introduce the Linebacker (Fig 7-11).

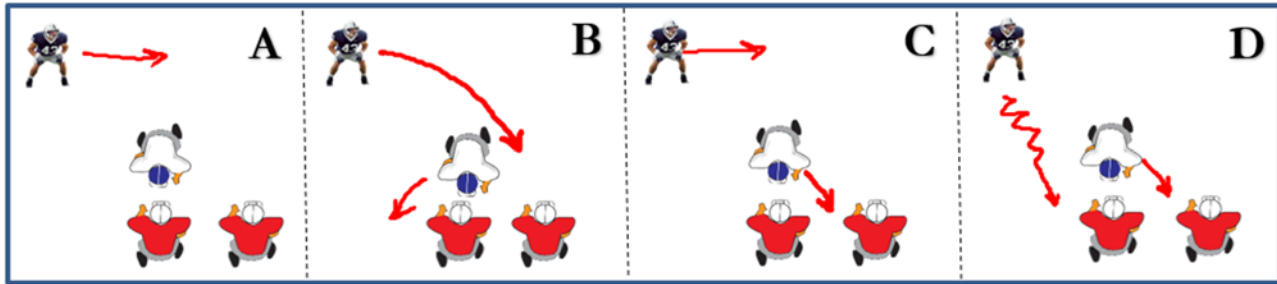


Fig 7-11 Double Team Drill

Once the players have mastered Fig 7-11, repeat the drill with the LB stacked behind the DL. Then repeat the drill a third time with the DL in the gap and a fourth time with the LB stacked behind the gap DL.

We introduce double team blocking versus movement by telling the blockers where the movement will occur. In other words, they know which way the DL is going to slant before the snap. Obviously, the final progression is the blockers not knowing.

SCOOP Block

This block is two offensive blockers versus one D-Lineman and one Linebacker. This scheme is used whenever the blocking assignment is Reach-On-Backer. One of the two blockers is going to reach block the defensive lineman on the line of scrimmage and the other blocker is going to come upfield to block the linebacker. Both blockers are reading and reacting to the D-Lineman to determine who is going to climb to linebacker.

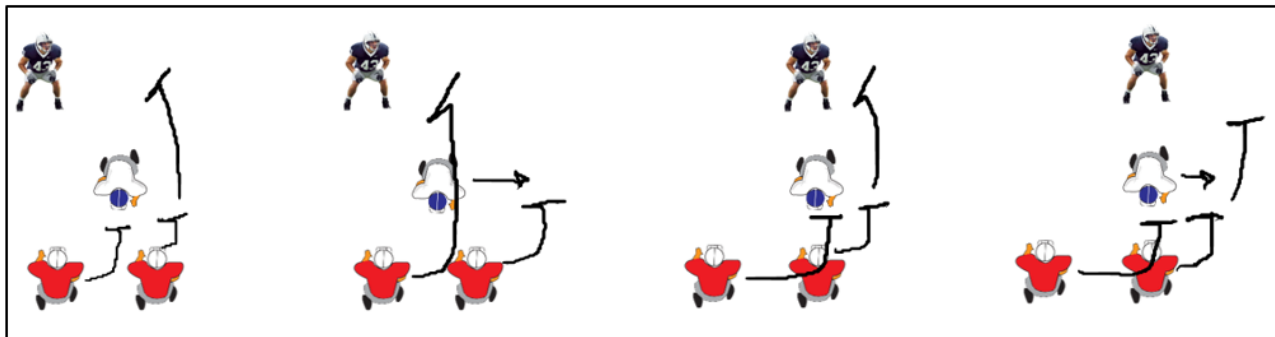


Fig 7-12 Different Scenarios of Scoop Blocks

The different blocking schemes in which a scoop block is used as opposed to a double team is this. We use a double team if we have another blocker (pulling guard or TB lead) kicking out at the point of attack. We use Scoop block when the two blockers have to seal the edge and are getting no help from a kick-out or lead blocker. Most of the time we use double teams when the point of attack is interior playside (A, B, or C-gaps) and use Scoop blocks when we are trying to get to the edge. We also use Scoop blocks a lot on the backside. The PISTOL WING-T playbook calls it “Gap Highway”.

Out of all four alignments we cover 3 Scenarios: 1) DL mirror steps with outside blocker. 2) DL slants hard outside. 3) DL slants hard inside.

PASS BLOCKS

The PISTOL WING-T is very tough to defend because there is so much in the arsenal, however, this also creates great time constraints to fit everything in. Even if your offense does include a dropback game, limited time will be available to teach the skills necessary to be effective pass protectors. Therefore, before the offensive staff decides what the package of plays will be for a certain season, it must consider the effect the package will have on the line coach above all others, because he has the most to teach.

With that said, this book will cover all facets of passing because it is impossible to know which facet of the passing game will fit the many different coaches who will read this book. In other words, just because all of these techniques and protections are in this book, does NOT mean that Coach Stewart is suggesting that you try to run all of them. While many drills can be done, and many pass protections can be drawn up, the high school lineman only needs a few necessary skills to become a good pass protector in a high school setting.

The coaching staff actually works backwards when deciding how to teach pass blocking. First they need to decide which pass plays will be ran that season. Once the type of pass plays have been determined, then protection schemes can be drawn up, which then tells the line coach what skills will need to be mastered. The major factor that decides what the pass attack will be is practice time.

The protections for the sprint-out game and play-action attacks use the run-blocking techniques already discussed in Chapters 4 through 7. Therefore, the passing section of this book will focus on the skills & techniques needed in a dropback passing attack. All of these drills and protections can be skipped if your passing offense is only going to play-action, sprint-out, and screen pass. The teaching progression outlined in this chapter will be as follows:

- (1) HANDS AND PUNCH (2) FOOTWORK (3) STANCE
(4) ONE ON ONE (5) BALANCE

The last drills for the linemen during individual period are pass protection (pass pro) drills. In the beginning of the season, while learning their skills, the linemen do pass protection drills against themselves, and, as the linemen become more proficient, they progress to blocking more active defensive players.

Pass pro drills should take no more than 10 minutes, and, as the season progresses, you will be able to finish those in five minutes.

I. HANDS & PUNCH

Knee Punch • Knee Clap • Lean Punch • 3-Punch Drill • Line Slide Punch

II. FOOTWORK

Mirror Line • Mirror Jam • Mirror Spin • Ninja • Machine Gun

III. STANCE

STANCE TO START: Soft Kick • Long Kick • Soft Post • Hard Post
Line Post • Line Kick Mirror • Line Kick Step • Combo Drill • Sand Bags

IV. ONE ON ONE

Post Sets • Kick Sets • Kick Slide 3-man Punch

IV. BALANCE

Sumo Pass • Push Pull • Quarter Eagle • A-B Drill

HAND PUNCH

The techniques involved in the dropback passing game require a punch of the hands.

Drill Progression Punch Progression:

- Knees punch: Go thru progression listed in OL Manual
- Lean punch: Good for Quick Passing Game
- Three-punch settle
- Line side punch

FOOTWORK

We do a series of drills that teach the footwork.

Drill Progression Punch Progression:

- Mirror Jam Drill: Good drill to immediately follow Line Side Punch
- Mirror Spin: Most popular pass rush move in high school.
- Ninja
- Machine Gun



Fig 10-2: Knees Punch

STANCE

The philosophy of the PISTOL WING-T is to use formations to our advantage and gain leverage over the defense. We don't believe in getting in a 2-point stance for passing situations and declaring to the defense that we are passing the ball. So while traditional pass blocking teaching is done from a 2-point stance, the Wing-T lineman has to adapt from the 3-point stance, which is really not that difficult to do.

Drill Progression Punch Progression:

- Line Post: teach proper post-step technique with inside POST FOOT
- Line Kick Step: teach proper kick-step technique with outside KICK FOOT.

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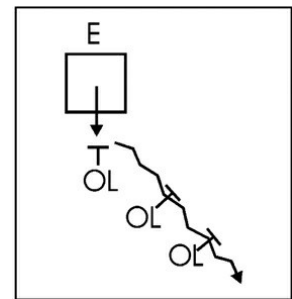


Fig 10-7: Mirror Jam Drill

SUMMARY OF BLOCKING TECHNIQUES

SHOULDER SKILLS		
SURFACE-Fit	<i>Just fit on bag, shield, sled. No stance.</i>	
SURFACE-Strike & Freez	<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, "Grap 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