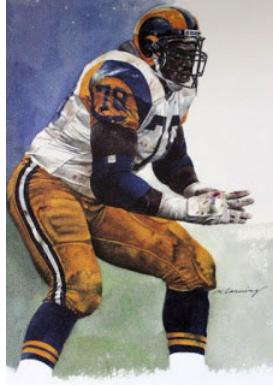

CHAPTER 20



Offensive Line Position & Combo Drills

In this chapter, we are going to cover position-specific drills of our offense. To run this system with the most versatile blocking system, the linemen not only have to learn all the blocking rules below, but also the techniques necessary to execute these blocks. This chapter will cover the fundamentals of the blocks listed below.

- Post/Lead
- G & X
- Bucksweep Pulls
- Speed Sweep Pulls
- Ride M Slam
- Ride GM
- Rid G
- Down Blocks
- Turnout Blocks
- Reach Blocks
- Release to LB
- Speed Sweep Combo
- Bump Drill
- BD
- W-Reverse

We are going to hit all these blocks where the beginning is the actual technique, and these are the actual blocks or the application of these techniques.

POST/LEAD

This is a big block in our offense because one of our most basic blocking rules are that every blocker who is playside of a backside puller is assigned the post lead principle.

- Post lead drills are for any of our **Trap Puller Plays** -- *Backside Puller* per se.
- This drill is going to involve the **Center** and a **Playside** guard
- This is going to work **Back blocks, Influence pulls, A-gap double teams**, etc.
- It is a **Great Trap Drill** when you turn this thing into a three-man drill.
- Weekly cover Post/Lead **versus both odd and even fronts**, which they are taught both in the summer.



POST/LEAD EVEN FRONT

Our Post Lead Principles starts with the “**Call Man**”, which is the first man from the call. For the representation of the drill, we will make our **center the call man**, but in the offense any of the blockers can be the call man depending on the play call. Let’s use Fullback Guard Trap as an example for explanation purposes. We call our double team blocks “AD”.

CALL MAN - Center

1. Post: if covered. Lift his pads anticipating the double team.
2. Lead: if uncovered. Block away from the play (Lead).

So in our example, the center is the Call Man and since there’s nobody in the post, he leads away from the play.

FIRST MAN - Guard

If the first man from the call man is a GUARD, then his rules are: **Lead, Load, Influence**. This only applies to plays 0-9 X. If the call man is NOT a Guard and the pull is not the backside Guard, then the rules are just **Lead-Influence**.

In our Guard Trap example, the Right Guard is the first man from the Call Man (center). There's no Nose Guard to lead because the center is not covered. There are not two linebackers between the call man and the next 2 adjacent linemen, so it's not a loaded look. Hence, he’s going to influence and turn out.

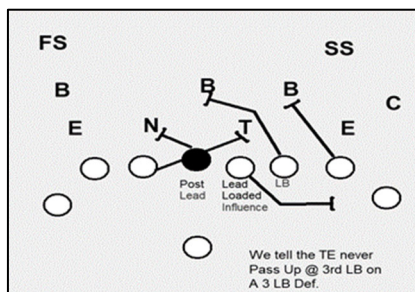


Fig 20-1: Lead Influence

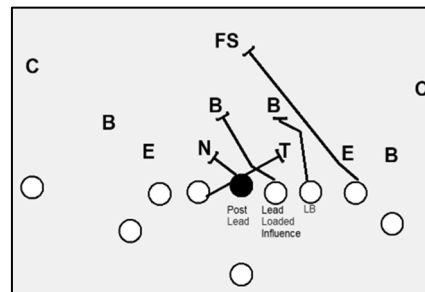


Fig 20-2: Lead Load Look

INFLUENCE

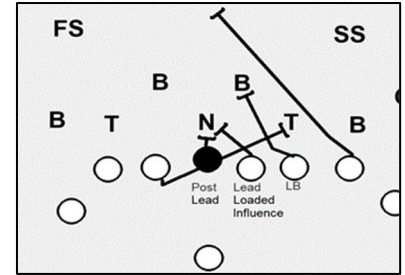
I’m going to briefly talk about our “Influence Pulls” and what we do. The three things we enjoy dabbling and doing here, and we find most effective are these:

1. A **buck sweep influence** which has been very good to us over the years and is something that our kids know in their sleep. If they’re keying that, flowing in and chasing then the buck sweep influence would be great.
2. If they start sitting at home, we go with a **pass set influence**. You’ve heard people, defending the Wing-T say, “Never honor an outside pull, it’s an influence.” So, we go with a pass set influence to get our defenders’ shoulders up, get them upfield and create a trap.
3. The third is just a simple **reach block influence**. What we try to teach, and it coincides, is this, when we teach our pass set influence it is very similar to our rock step on G. It’s a rock step on G, where you just have your hands up and ready and then we’re able to get our trap.



POST/LEAD ODD FRONT

Let's assume that we're running a full back trap to the left. My center is covered and so we know that we have to post the defender. When we say the term “post” that means lift the defenders’ pads and allow the double team lead blocker to get the angle movement he needs on the play.



We want our center to lift his pads straight up and let the guard lead, which starts with a fire step.

We use the term: “**Zip Your Hip**” when teaching double teams. This is about zipping your hip with both of your inside feet/near feet to the defender. You’re being zipped from your ankle, all the way up to your hip, with no space, so the defenders can't split us. Here, we would work in unison at a Wing T angle to create a double team space.

As seen in the picture, you see that the hips are connected, and we tell them to push and lean against each other. However, I don't like the inside foot getting turned. If I'm the post blocker center in the figure, I'm going to pick my foot up, put it down and move while literally leaning in to the guard. I might actually feel that man it just might be tight! Now, if I'm the lead blocker guard, I will have my shoulder block, leaning in, pressing at an angle for a wing T football play.



KEY POINTS

The most important thing that your players have to understand is that anytime we put two on one defender, **we expect a lot of movement**. Win the day with a double team! The deal is, in all trap plays, there's a misconception that the puller has to be this great big guy that needs to get a lot of movement. We feel that the puller seals the play, but the double team creates the mood. If our puller creates a stalemate on his kickout, but we get movement from the post lead double -- then our fullback on trap or our wing on counter will still be able to get yards.

DOUBLE TEAMS

Double team blocking is essential for power and is the most solid block in football, including the Wing-T schemes. Although the double team is basically just two blockers moving one defender, coaches can make this confusing for players by using a bunch of clinics talk such as “Duece”, “LPIO”, “post”, and “lead”. These terms have more meaning for the coaches than they do for the players. If double teams are taught with a bunch of technical terms, confusion will arise, slowing down your players as they have to think.

While the best double team is to simply drive the D-Lineman back into the Linebacker, we do have to coach which man is responsible for the Linebacker based on four possible alignments.

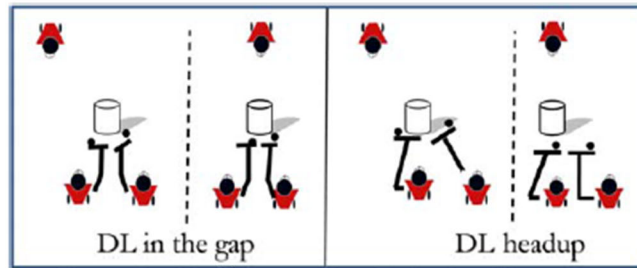


DL in gap; LB inside;

DL in gap; LB headup

DL headup; LB inside;

DL headup; LB headup



All Doubles are worked off the Post/Lead principles. The covered Lineman will be the “Post” Blocker and the uncovered Lineman is the Lead Blocker. Post blockers take the universal step to square the defender, and with an aggressive Flipper block he will lift the defenders’ pads and try to raise him.

Lead blocker will step to the toe of the Post Blocker and deliver the blow to move the defender. The lead blocker once engaged will press his hip to the post blocker (Zipping the Hip) and in a unified motion they will drive the defender to the second level. Our buzzword is **Hip to Hip, Shoe to Shoe, Shoulder to Shoulder**.



In the figure you can see a great example zipping the hip up. A really good Wing-T double team will have great push on the D-Lineman. To accomplish this the two blockers need to be square, then lift, and attack the toe. They do not want their feet under their body, but rather behind them so they can lean their square body on to the defender.

We try creating contact where there is no way any defender can split the double team. Also, what I really enjoy is the lead blocker changing the angle to be in an angle Wing-T double team. The center's job once we get in and once the lead blocker comes, is to shift his body to zip and once the center does this, he's going to place us on the perfect Wing-T angle to create a perfect double team.

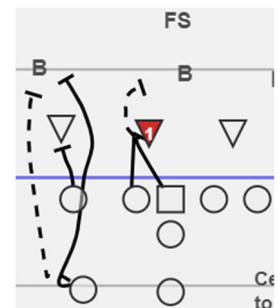
Tip! Now, the biggest deal I can tell you is this. If you were trying to use and perform this offense, **you have to get Wing-T heavy bags**, 50-65 lbs that are weighted all the way through. Those things are the greatest blocking invention for Wing-T linemen in the world and we use them every single day for individual work. We use the L-shaped ones for the team periods.

BELLY-RIDE COMBO BLOCKS

There are three basic variations of the ride play or what we call the weak belly.

RIDE M SLAM

- Drill works on Ride (Weak Belly) blocking for the PS Guard and Center
- Drill vs 4-3 front
- Slam block consists of PS Guard Playing straight through the PS Shoulder of the NG for the MIKE
- Center works head through to the NG Playside half with urgency to overtake the Guards block.



Now, we're getting to what a lot of people coined the "**Weak Belly**", and what we call our, "**Ride.**" We have three blocking variations that we try to do in this drill. First is what we call "**In-slam**" -- it is a 4-3 or a 4-4 blocking principle with an even front with a one technique to the play.

We have already stated in earlier chapters that we do not "chip to backer". So, when we do have to have to chip off a double team to get a backer, we designate who's coming off and it is more of a takeover block. It is not a chip, it's a takeover.

The playside guard is going to cut his split down to six inches from the center on any Belly-Ride since we don't know where that NG is going to line up. Then, we tell our Guard that he can use his hands if that is easier for him. His first step on the slam is going to be vertical. Then on the second step he will get his hand or flipper on the defender and the center is going to take his hand and butt and push the Guard off the nose. When this happens, the Guard can drive for the mike backer.

There is a concern that if the Center does not overtake the NG, his outside will be free, and the NG has a direct path to the ball carrier. While I prefer the Guard use a flipper, our veteran guys who have a couple years in the weight room will use their inside hand. What is important is that the initial contact is violent, so the the NG turns his shoulders. The slam block has got to consist of the guard running straight through the defender and that playside shoulder has got to turn on the defender. Then it is very important that the Center gets his ear hole on the Guard's hip. The Guard is the post block, he has to keep his base so that he can get to the LB'er when the Center takes over. why I think being shoulder blocker out the guard, turns that shoulder and allows us to get to the slam. We tell the Guard -- "**settle approach to the mike.**"

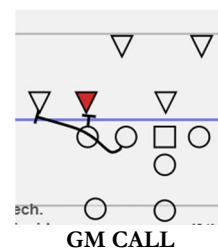
The tackle has to turn a 5-tech out using our, "**turnout technique**". We teach our turnout technique in a three-step progression. A Left Tackle would be left-shoulder blocking, so his steps are right, make contact on the left foot step, and then turn the man out on the 3rd step.

The Nose Guard might widen immediately because of the motion or the Full Back lateral step. So, if that 1-technique stretches, the guard will end up staying on the Nose Guard and the Center will go get the Line Backer. The fullback is reading the Nose Guard and when he sees him aggressively working to the B-gap, the Full Back is thinking wind back to the A-gaps and follow the Center thru the hole.

Ride GM

This drill is like additional variation to an odd front, a 50 or a 3-4.

- Drill works on Ride (Weak Belly) Blocking for the PS Guard and Center
- Center works Reach PS(Playside) on the Nose Guard
- PS Guard works Kickout pull on a long path to a 9 Technique which is incorporating a (Rock Step) and the tackle is going to work a man block, **the word GM stands for Guard (G) blocks, tackling (M) blocks, man blocks on this play.**



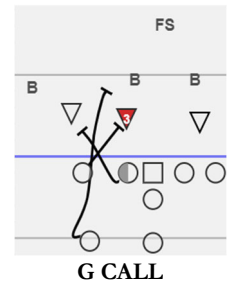
inside. The tackle has to put his head inside, but if the DT pinches hard inside, then we will just wash him down to the Center with his left shoulder. We also tell our lineman that if you're going to rise up on contact, it's gonna be very hard to play. Against odd fronts, the Full Back eyes go from NG to our Tackle's butt. So the FB will run outside that wash block.

RIDE G

This drill is the quintessential X-block play of the Weak Belly where you've got a three technique and a five technique, and this works for blocking any of that X block spacing that you need for this play.

- Drill works on Ride (Weak Belly) Blocking for the PS Guard and Center
- Drill vs Covered Guard with a 3 technique Weak.
- Drill works a down block from the Tackle and A Rock Step Kick Out from the PSG

In this drill, we're going to work the down block by the tackle and the kick out from the guard. The G in our system means the playside Guard pulls out to kick out the first man past the call and everybody outside the G blocks down.



Also, when we talked earlier about swinging our second step. When it is not swinging then I can't drive to take away a gap block because any penetration will kill the weakside Belly play.

So, these are our three basic variations of the ride play or what we call the weak belly.

TURNOUT BLOCKS

Going back to the Weak Belly Ride, we discuss this next drill.

- This drill involves Tackles and can also incorporate Tight Ends.
- Player's feet will be on a line to ensure flat steps by the offensive players.
- Player's 1st step attacks the Defenders inside armpit and after contact a punch with the blockers off hand turns their hips on a flat blocking path.
- Player's head must be between the defender and the ball carrier.
- No Hip Swing by offensive players
- Off hand is important because it places blocker on the ride/ correct path

As we work on this, we talked about our player's first step is going to attack the inside armpit of the defender, then we're going to drive in our second which gets us into a power step flipper spot. Then, we're going to throw our flipper on three to incorporate the turnout portion of the block. Note that, **the attacking of the armpit is the biggest thing that can get us in a turnout position.** This is a banana type track for our tackles.



Mistakes that linemen need to avoid is throwing his flipper too early, because now the blocker will end up running into the defender with his flipper, instead of throwing the flipper violently. You have to teach blockers to throw the flipper on the 3rd step so you can have the violence of the block. The hips work in unison when the flipper is thrown. The third step right after contact is vital to putting yourself on the correct blocking angle of the play.



G & X

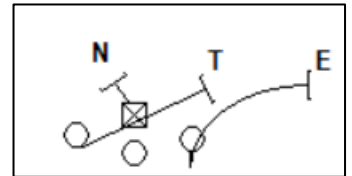
The next position drill is the G & X.

- It involves both Guards and Center.
- It is a guard driven drill where the center works his blocks.
- This works track pulls, the down play, back blocks and reaching the playside A-gap or center scoop.
- We pull into the line using the rocker step.

Note: A good way we try to teach trap blocks is this: We're always going to trap with our play side arm because that allows our hat to be in between the defender and the ball carrier. **“PULL RIGHT HIT RIGHT”**

G & X EVEN FRONT

The figure shows a G & X to an Even Front. The center works his back block but can also work on scooping a Nose if we put someone head up on him. The Right Guard practices his **Rock Step** on Belly, or the Delaware Down play. The Left Guard is practicing his **“X”** pull on Fullback Trap.



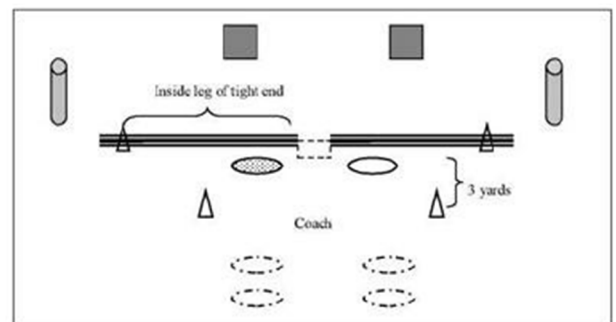
The biggest thing is to not let there be a pause by the backside guard. If the center is blocking a giant, then he's got to be in a great base and leaning over the defender attacking the hip and midpoint of the defender. There will be a bit of raise by the Right Guard on the Rock Step, but great way to work that banana track, or what a lot of guys call the **J trap out of a kicker block**.

Don't ever stop coaching the low pads and putting ourselves in a position where we don't spend our energy **seeking** rather, we spend our energy **throwing** into defenders.

BUCKSWEEP PULLS

This is my favorite drill as a wing T offensive line coach--**the bucksweep pulls**.

- Drill allows guards to get a feel for each other and work on reading the path.
- Center works bucksweep rule -- which is to **reach the playside A-gap**. If the gap is vacant, he blocks back.
- We are going to run this drill with cones to ensure our path.
- PSG Depth is 2 ½ yds - this is the biggest deal for us. Pull 3 steps to get 2 ½ yards, then flat for 2 steps, then run the banana track to kick his inside number out.



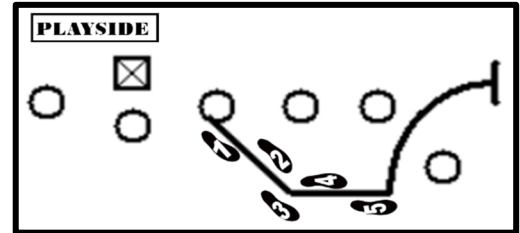
It is important that you cross train your Guards. The Right Guard replaces the OLB that he kicks out. That OLB jumps in at Left Guard. The Left Guard replaces the Inside Linebacker that he just blocked. The backer jumps in at Right Guard.



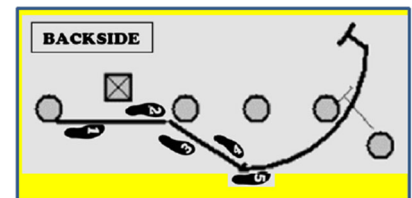
We use boards that are used for baseboards in a house for spacing. We paint 2foot squares in school colors to simulate spacing between Guard-Tackle-Tight End. The boards are 12 feet in length, 3-4 inches wide, and less than 1 inch in thickness. We place cones behind the tackles and at the inside leg of the Tight End. We put a coach between the tackle and the cone with his back to the defense. Both Guards have to run around his belly. A bag is laid down parallel to the spacing boards a yard off the center that forces the backside Guard to stay flat on not gain depth until he clears the QB.

PLAYSIDE GUARD (1/2 YARD DEEP)

Once I take my first step, I'm going to crank that lawnmower and start stepping one, two and when I get to the third step that would be two and a half yards deep. Once my third step hits the ground, I'll find the force player and make eye contact. Here's why: one, is so you know who you're blocking and two is so you know who is blocking your blocker. I need the force player to see me for my next two steps.



After the three depth steps, the Guard takes two steps flat to get the force player to widen. After those two steps, the Guard wants to J track inside, and eventually there is the banana track to kick that defender out. What we're telling him is this: It's simple. **The Playside guard kicks the first man past the wing man's block. We tell him: "Find the first man and feel the wing back."**



BACKSIDE GUARD PAST CENTER

Now we're going to talk about the back side guard, using this chair as the center where I am a good two foot split from him. The key is this: **Remember our hands are on the shoelaces of the center.** You gotta have swag/swagger to be a backside guard here. What we tell them is this: We're two steps flat, once he gets to the center, gain 2 1/2 yards depth.

Tracking the Inside Linebacker is like Olympic ice skating. We also tell the Guard that when he goes up in that hole to meet that Linebacker, he has to have "Swag". Have swag like, walking into your prom you got swag or push the door open it has swag.

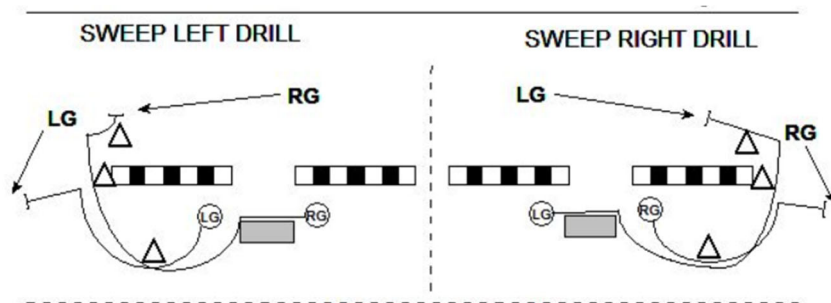
Track the playside linebacker -> Feel the wingback's block -> Track, feel-> Attack square to the line of scrimmage so the back can cut off your block. Very important to meet the Linebacker on HIS side of the LOS...make sure your backside Guard crosses enemy lines before making contact the Linebacker.

Remember, anytime we're a kick out player we're gonna use our flipper. The backside guard uses his hands because the Inside Linebacker is a second level defender. The **Backside guard** cannot get high.

Make sure we do not false step first or crossover, that was wrong, it will allow for him have to drop to get in a blocking posture.



The key is this though: Run this play with reckless abandon. Because when the buck series is rolling, it opens up the trap, down, and so many other things which make this offense so fun to coach.



BOOTLEG PULLS

This drill is just a variation of the Buck Special/BuckSweep Pulls. A lot of people call this “waggle”, but we like to call it “Booty one or Booty two.”

- Center works his bootleg rules which are: Block the NG if covered. Block back if uncovered.
- This drill allows guards to get a good feel for each other and work on reading the path, because this play for us is really the only play in our offense where the guards read each other fully.
- PSG Depth is 2 ½ yds. Reading the EMOL.
- BSG Flat past center, push back two steps with eyes on PSG (Kick or Log) and block off of his commitment.

PLAYSIDE GUARD (½ YARD DEEP)

As the Guard pulls for 3 steps to get his 2 ½ yards depth, he has his eyes on the end man on the line (EMOL). It is very important that we “hook” this End and we do that by getting 1x1 past the End. Now, that's the big deal. What I don't want to do is be on the line of scrimmage and face him up where get outside. The Guard needs to get 1yd past, then stick his foot in the ground to hook, creating green grass on the edge for the quarterback.

Now, if the End is an up the field guy, -- 1,2 steps, then kick, kick, kick, kick, kick, kick! We use our hands **on bootleg because it turns into catch protection on contact**. I am now the go call guy which means I go downfield to block for the QB who has decided to tuck it and run. The bootleg is a run-pass option. I think it's the very first one in football and we're gonna make sure we are prepared for that play in all phases.

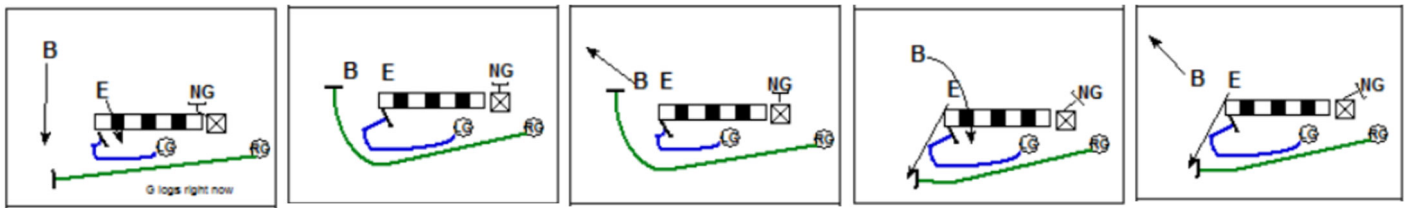
Sometimes the end man will drop into coverage. The playside Guard turns back towards the center to become a personal protector, but **never set up in the quarterback's path**. If my defender leaves, a personal protector turns inside at the LOS and look for the Inside Linebackers who have been assigned QB on rollouts.



BACKSIDE GUARD

The Backside Guard is going to **read the butt of the front side guard**. On his first two steps the backside Guard is looking for two things: if the front side guard's butt is pointing in, then he knows it's a **kick out** by the playside Guard. When it's a kick out, the backside Guard needs to go into the line of scrimmage and become the personal protector looking inside-out.

If I take my steps and I see the front side guard's butt is pointing out towards the sideline, then it's a **log**. I have to personally protect outside and I'm the go call guy now. But the key, just like the frontside guard, is I have to set up at the line of scrimmage. If I am too deep that's going to change the quarterback's path and he has to be able to get those shoulders downhill to throw the ball.



Drill Setup

- ✓ First set of cones 4 yards behind tackles and second set of cones off edge of LOS.
- ✓ We start with bags set where the block should happen, but quickly progress to shields so that we can change the movement off the edge.

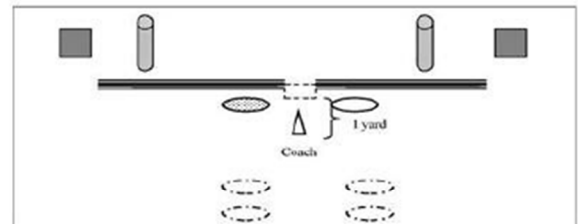


Figure 7-5. Basic waggle drill set-up

Coaching Points:

Playside guard

- This blocker should pull step for a kick-out path similar to that used in the cross block
- He must log block the #2 defender on the line of scrimmage.
- He could perform a kick-out if hard upfield penetration occurs.
- He must finish the block away from the flank

Backside guard

- This blocker pulls and performs crossover footwork
- He continues flat down the line while reading the block of the playside guard.
- Three possibilities exist at the flank
 - He may log the end man on the line.
 - He may kick-out the force defender (alert call).
 - He may continue to the flank with eyes inside awaiting the "go" call from the quarterback
 - He must execute the proper block to secure the flank for the quarterback



SPEED SWEEP PULLS

- This is a drill that involves Center and Playside Guard because everybody on the backside of our speed is what we call the **“Big Scoop, or the second level scoop.”**
- The Center in this drill is working in big Scoop Blocks.
- Drill allows guards to get a feel for the play and work on the path and here’s what we tell them: **Get as much depth as you need.** We don’t tell him to get the 1 ½ or tell them to get a one, we tell them to get as much as you need.
- When I was getting married, my great, aunt who raised me, was making my wife a cookbook for some of my favorite things that I had growing up. My wife asked, “Well, how much do we need” and she said, “just as much as you want.” “How much butter did I need? “About as much as you need.” She was the best cook I ever had. So that’s why I tell my players, “just as much as you need.” **Don’t waste too much time, get as much as you need and find the daylight of the play.**

We do not overcoach the Guard position on the speed sweep. We tell him to **“pull for daylight.”** We’ve heard coaches question why we pull the Guard when often times they don’t block anyone. We believe that just running interference on the edge is better than blocking a D-Lineman or backside Linebacker from the Guard position. His inside-out pulling path allows the wingback to cutback when defense overflows and the Guard hooks a slow flow guy. When the Guard pulls, we tell them to get enough depth to not get caught in the trash.

The other thing we tell the pulling Guard is to push and keep on pushing and just go. Don’t overcomplicate or over-coach where the play hits. It is important to gain ground on the first step and after that, th Guard just needs to run! We try to coach them to reach the box and get to space green.

The Wing-T offense requires a lot of hard coaching and teaching of finer details. But when you look at the success we have had with Speed, or what others call Jet, it is because it's one of the few where we just say, “Run and Play”.

SPEED SWEEP/BUMP COMBO

This is a comfort type of drill and is something that takes time. You are not going to be an efficient Bump Combo team the first day you do it! The Tackle and Tight End have got to get to know each other.

- Drill will be worked to both a 7 and 9 Technique.
- Tight End will reach through the Outside Shoulder of the Defender.
- Tackle will take an overtake step and within 3 steps must decide to Overtake or Climb.
- If overtaking he must push the Tight end off of the defender with a “Bump” call
- If climbing the Tight End will stay locked to the defender, and the Tackle will address the second level.

So, when we work the Bump Combo drill, the first thing that we teach is that we're going to tighten our splits down to the play side. When we do that, it's going to create a friendlier bump environment for this play because we hit that form.

The thing about the bump drill is you can work this with two tackles, or you can work this with just two tight ends, and it is just a universal thing that will work.



COMBO

In combo we're going to work with a 9-technique in a 2 on 2 setup. The Tight End is going to reach the 9-tech and the tackle will track his near hip. The first priority is to reach that 9 technique. The Tight End takes a reach step and then attacks on his 2nd step. This second step is where he will take that inside arm and work through the middle of the defencer to try to get his hat outside. **Great reach blocks are made with great feet and a strong playside hand to pull the hitter in.**

If the Tackle continues to see the tight ends near hip and he doesn't see any Linebacker at the LOS, **then he climbs.** The key for the tackle is this: Stay in the hip pocket as far as his leverage goes. If his leverage is carrying him too high, he'll never be able to bump. The tackle should only have to take one step when bumping and he is pressing that hip as he makes his bump call to take over blocking the D-End, releasing the Tight End to Linebackers.

The Tight End does not have to get a tremendous amount of width initially versus a seven technique. The tackle should take over the reach block of a 7-tech rather quickly, in fact, the tackle should be able to reach block the 7 right away so that the Tight End can have a clean release to the Linebackers.

For me, as the cover player, the first thing I got to decide **is the leverage of play.** Versus a 7-tech, the Tight End knows that he has positive leverage. He knows that he has to be firm enough long enough for the Tackle to get over. Now if the End is a 9-tech then the Tight End has negative leverage, and he knows that he has to get him reached.

BUMP

Now let's look at the bump. They take 3 steps and make a bump call. The tackle needs to be firm with his outside hand in order to knock the tight end off. The tight end cannot turn his shoulders, he must remain square when taking on the Linebacker. **Once the tackle calls bump, the tight end should drop his outside hand** because it allows his shoulders to catch a second level scrape defender.

Blockers cannot cross over, must push off with inside foot, and not gain ground. The Tackle has go overdrive to overtake the D-End.

Bump is the block we use on our rocket sweep. In this play we are blocking nobody from the C gap-end so we will run the rocket sweep and where the tackle will try to overtake the 9. This block is no different than the end-slant/slam that we had on the ride play. The Tackle & Tight End will narrow their split down to a 6-inch split and we're asking the TE to slam through to the outside shoulder block.

Then the tackle will stick his helmet right in the near hip of the tight end by the time he takes his 2nd step. He's forcing his head across. If the Tackle is not in the TE hip on his second step, then he will climb to the next level. We're teaching it exactly the same as we teach the block between the center and guard on the backside slant.



DOWN BLOCKS

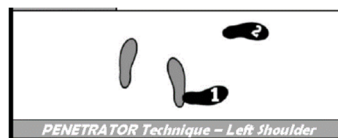
We're getting into a tackle and tight-end type individual session now working on down blocks.

- Player's feet will be on a line to ensure that we are taking flat steps by the offensive players
- Two types of blocks in this drill are the: Gap Block vs (Penetrators -which hat is front of the defender) and the Down block (Hat Readers goes upfield)
- No Hip Swing by offensive players where we shift our backfoot so we can drive.
- Bucksweep/ Down/ Weak Belly type of Blocking

Film study is very important to determine if the opponent is going to try to penetrate with their D-Line or will they sit on the LOS and read the OL movements. Even if we think we know what the opponent is going to do, we still prepare for both Gap-Lock and Down Block Hat Reader.

DOWN BLOCK (PENETRATOR)

In this type of down block, the first thing we're going to do is take that flat step and get the shift of our foot so we can sink. The figure shows type of footwork to me, where we have to be more deliberate with our feet, hat in front, and there's no elbow pull to get us on the right track. When down blocking to the right, we want our linemen to rip thru with their left arm to get the hips squared towards the D-Lineman. Then they need to drive the flipper on the second step to get a great gap lock. We've got to be firm with the outside hand and we're working that block straight down the line.



DOWN BLOCK (READER)

This is our second portion of the down blocks, which is what we call our **down block hat reader block**. We're still going to take a flat step, however, after after this first step if the D-Lineman does not penetrate then we need to adjust and get our hat up the field. The biggest deal for me about the hat reader down block is making sure that **the hat works up the field** so we can keep our hat between the defenders and ball carriers. It goes back to that premise of all our blocks, where as long as our hat guys maintain leverage between defenders and ball carriers, then we're going to have creases to run the ball.

So, take the flat step but when the defender sits, adjust your track and fit the flipper with our play side arm.

This is a technique that we teach throughout the week, throughout camp and throughout summer, where we understand that we need to gap block all of our down stuff but must always be prepared for a hat reader. We got to make sure that we have our base and that it never varies. Our base is never going to vary whether it's a down or gap block. Lastly, we're going to make sure that our offhand adjusts to get us locked in to that more vertical approach to the down block



REACH BLOCKS

Drill which worked on some of our power schemes and speed sweep. A lot call this drill a “tight reach” but for us, we call this a **man reach block**. We say man because we want to give the illusion of a man-based block first then our hat will slide to the outside. As we work this drill, we're going to attack the middle and our feet and hat are going to allow us to slide off and be in a proper man reach position.

- Drill involves Tackles and can also incorporate Tight Ends.
- Player's feet will be on a line to ensure flat steps by the offensive players.
- Player's 1st step attacks the Defenders middle to simulate a base block.
- Player's head works the middle of the defender, and as the outside arm works and hip moves the head slides to the outside armpit of defender.
- No Hip Swing by offensive players
- Off hand is important because it places blocker on correct path

Here, our feet have to chase, and our hat is going to slide to get to the right spot. What we want to make sure of is this: Player to the right, his hat never gets through, he attacks the middle and as his feet keep working around, his hat stays and he spins like a top, which is not what we need. Player 2 here on the other hand, his hips and hat keep working and he almost overruns the defender.

What we try to do is when we say this hat goes to the middle, the foot goes outside then the second step on this is going to drive through to the crotch of the defender. Once my second step drives through the crotch of the defender, that is what allows me to man reach the player.

I'm going to be here, we got a five technique and I'm trying to sit toe-to-toe, hat down the middle, and as I go for my second step here, I'm going to attack his crotch and that's where my footwork comes through. Now my hat is outside all pain gets me hooked and that's how I get a great **tight man reach block**.

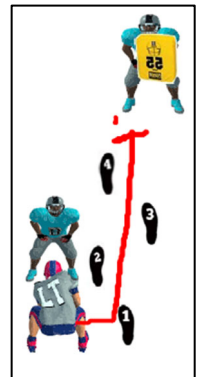
So, you see once I get my hat through the middle, my second step is going to drive and that's what's gonna allow my hat to continue to work. Then, my off-hand hooking is what finishes my hat placement to the outside.

RELEASE TO LINEBACKER

This is a tackle or guard tight-end drill.

- Player's feet will be on a line to ensure flat steps by the offensive players.
- Players must take a flat 1st step (universal step/fire step) in order to create distance from the DE.
- 2nd step “Pulls” the blocker through the defender with a great arm rip.
- Blocker then pushes themselves back vertically to their correct path to block a LB.

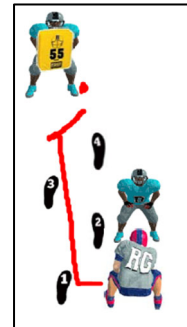
The first step is a **flat, lateral, fire step with his right foot to create distance between blocker and defender**. Then he will pull the left leg through with what we call “**stacking the hip of the defender.**” The blocker will rip thru with his left arm at the same time that he is trying to get his left foot even with the defender's hip. The stacking of the hip is something that we have found that we really enjoy doing and we feel really helps us.



When the players rip thru, the O-Line coach should have them pick up a towel or tennis ball off ground. Ripping this low will make it hard for the defender to put hands on the blocker because there's just not enough surface area.

So, we're going to take a fire step and then we're going to rip. In this drill, I need to see the fire step. Also, when we say stack, it's stack the hip and not cross.

Stack the hips NOT! CROSS OVER



W-REVERSE

This is our tackle trap double hand-off drill. The Tackles are on a Trap Path and digs into the line for the defender. The Tight end is opening to 1 ½ yds. depth and hitting the B Gap vertically to take on a 2nd level defender for the Reverse play. The pullers are trying to strike a “match” on their path from the guard to the center. We also try to be progressive with our cones in this drill and try to set our cones up in a line that is into the line of scrimmage representing the guard, center, and our trackpad.

The tight end guy is working his reverse pull. We're trying to tell him no deeper than 1 ½ yards, and he is going to hit his shoulder square when he gets to the Guard.

So, this really marries well together because it works a trap and it gives our tight end a distinct pull for this drill.

We tell our tight end to attack the hole with his inside elbow, ripping that elbow to square my shoulders up. Square shoulders allows him to take on a flowing linebacker, because he can't take on the player with too much space. Take space and take the play on square!

What I don't like to want to see from the tackle is racing and not wanting to to strike. They don't want to strike in this type of trap. Be a runner in the hip and time to flip the throw. **IMPORTANT!** The key to a great trap block is to **Win the freeze point of the block!** Anytime there's a collision block, both the defender and the offensive player's feet pops. The guy who wins the block is the guy who wins that point! And we call that, **“the freeze point”** where we both have a great collision and then we freeze. If I can get my feet activated and back running through that freeze point first, then I win the block and become a great trap blocker -- and that freeze point is huge for anybody!

I hope you got a lot of information out of not jut this chapter, but all 3 of the Offensive Line chapters. The key is to get your kids to drink the **“Kool-Aid”**. Be all in! We can all remember as kids when our mom would make Kool-Aid with extra sugar in the summer, and we were all in. That is what you got to do with Wing T offensive line coaching. Drink the Kool Aid and buy what the coaches are selling to my kids and let's do it together!



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