
CHAPTER 18

STANCE & SLED PROGRESSION



THOUGHTS ON PLAYING OFFENSIVE LINE

Building a competent offensive line can be very challenging for the high school football coach. The number of kids playing high school football is twice as much as any other single sport, however, young boys don't run around the playground blocking each other. They grow up throwing, catching, and running with the ball because that is the fun part. If a kid is really aggressive, he may enjoy tackling, but he's not running around saying "I want to play offensive guard."

I found it difficult to find players who wanted to play offensive line and even more difficult to teach the position. It is **PHYSICALLY** very challenging to attempt to move someone – his size or larger – on many consecutive plays. The techniques necessary are not natural and have to be taught from the ground up. It is **MENTALLY** difficult, because the lineman must know whom to block, how to block him, and on a variety of different plays with the defense rarely in the same spot two plays in a row. Most difficult is the **EMOTIONAL** challenge – never being allowed to fulfill those desires that were most fun as a youth (playing with the ball itself) and receiving much criticism if the offense doesn't move the ball, and receiving little recognition when the offense does move the ball well.

The other challenge is finding a good offensive line coach. Since there are 22 positions in football, the chances that a coach played offensive line is 5/22, or 23%. As a head coach I understood that our offense started and ended with a good offensive line, but since I played Quarterback, I had no idea what it was like to play there. But since I knew the importance, I spent many years early in my career trying to learn everything about how to play and coach the offensive line. What I found is that I needed an offensive line coach who:

- Was very **DEMANDING**, but not a screamer or yeller. O-Linemen never get public praise or recognition, and the only people understand how important they are to a team's success are their coaches and their mommas.
- Has to be a great **TEACHER** of fundamentals and cannot get bored with repetition.
- Has to **WORK** as hard as the defensive coordinator on film study and schemes. He cannot show up unprepared.



The offensive line coach gets handed the kids who are too slow for defense and not athletic enough to play back or receiver. This coach is asked to take these slow, unathletic kids and make them into a cohesive unit where all 5 moving parts are in complete synchronization.

A great offensive lineman is going to be great in any offense, but a below average lineman can be great in the wing-t offense. The wing-T lineman can "get it done," even if he is a below-average player. Because smaller players can succeed, it also increases the number of potential linemen on your roster.

I have coached at schools with over 2,000 students and at the migrant, field worker school of McFarland with 600 students. All of the challenges that I have listed become much more difficult in small schools (with less players) and in rural areas (with less coaches). However, success for a football team cannot exist with a good offensive line. I believe that the Wing T offense offers more solutions for high school than any other offense because it does not require large, dominating linemen and does not depend on a superior athletic QB or RB.

#1) WING T OFFENSE DOES NOT REQUIRE LARGE LINEMEN

This offense utilizes gap blocking schemes, angle leverage, and pulling schemes. None of these require large linemen and in fact allow smaller players to be effective against much larger defensive linemen because the area of impact is on the side and at the hip. If I was going to fight someone stronger than me, I would not try to stand toe to toe with him. I would move around and hit him from all sides. I would also try to get a running start and hit him with a full head of steam. And if I had to move an object larger than me, I would get low and use leverage. The Wing T linemen gets to do all of that.

#2) WING T OFFENSE DOES NOT REQUIRE GREAT BLOCKS

The deception of the backfield freezes defenders and directs their attention on a back who does not have the ball. It is a lot easier to defeat someone whose eyes are focused somewhere else. Basically, a confused defender becomes easy to block. I cannot count how many long runs we had when literally all 5 linemen "missed" their block!

#3) WING T OFFENSE IS FUN

Nobody enjoys doing the same thing over and over. And nobody enjoys getting their butt kicked over and over. The blocking schemes not only put the high school lineman in a position to be successful, he gets to do different things on every play. And ask ANY linemen in ANY offensive scheme what his favorite thing to do is and his answer will be "PULLING".

Once I was able to convince a kid to play line, put him with a line coach who loved him, and we did things to make him feel special. . . . there was no turning back. In fact, we always ended up creating an environment that had kids BEGGING to play O-Line. The end of this chapter offers some ideas to promote your linemen.



One of the most important aspects of an offensive line coach's job is to make personnel decisions.

Personnel determination can be made using the following criteria, which are listed in order of importance:

- ✓ **Knowledge.** Knowing your assignments is more important than strength and size. Linemen who make mental mistakes and miss their assignments cannot be on the field. You must also find a team of 5 who works well together..
- ✓ **Toughness.** No substitute exists for toughness. A tough player is always preferable to a player who simply "looks the part." It is very important to film practices to evaluate who is your best drive blocker. Don't assume!!!
- ✓ **Execution.** Linemen, as a rule, are a great bunch to coach because they are naturally hard-working and do not feel the need to defend themselves by making excuses. It is important for them to realize that they simply have to get the job done. The player who executes the most often needs to be the starter, not the player who can squat the most or is the largest player on the team. The definition of execution for an offensive lineman is when his man does not make the play.

"If you are versatile, tough and smart you will be a successful offensive lineman."

-Grey Ruesgarber (Offensive Lineman for the New York Giants).

That's a great Wing-T offensive lineman quote. We talked about it, the way we check plays, the way we try to get our kids to perform different blocks. You have to be versatile, tough, and smart. It didn't say anything about being big and fast. Those things help, don't get me wrong, but those three things right there, versatile, tough, and smart, I believe can win you a lot of games in the Wing-T.

TRAINING THE WING T LINEMAN

My name is Lance Helton. I'm the head football coach of Jeff Davis High School in Hazlehurst, Georgia. Prior to being at Jeff Davis, I served as Coach Holmes' offensive line coach for 8 years. I grew up in a system that was an I-formation, downhill football team. We took pride in knocking you around and being downhill in everything we did. As a collegiate player, I played in the pro-style offense at Ball State University in Muncie, Indiana and in the Tony Franklin Air Raid type of system at Valdosta State. Coming into coaching, I fell in love with the system that was the Wing-T offense, but more so than that, Coach Holmes' system of offense. That is what I still do today and that's what I'm here to share with you guys right now. I believe this wholeheartedly: our system is the most versatile and best offensive system in the country.

I think the most important thing first and foremost when training offensive linemen is as an offensive line coach especially in this offense, have to find a way to have your kids buy all the way in to your approach. For example, every guard in our offense if we were an I-formation will be a Fullback. What are we going to do to make that guy believe that playing offensive guard position in the Wing-T is the premier offensive position in football? For us, it's about the 5 guys moving as one. When you hear me out in practice, you're going to hear me talk about our Guards and Centers as Cadillacs. We're the baddest dudes on the road. Find an identity for your guys and make sure that the offensive line position is known as the most sacred position on your football team. Buy in and have your kids buy in, because if you believe in it and get them to believe in it, this offense is as successful as anything in the country.

THOUGHTS

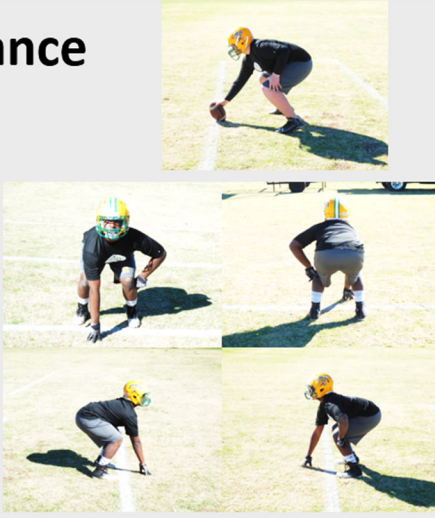
- **This isn't the right way or only way, it's just our way.**



- We believe fully in what we do, and we try to convey that to our kids. We believe this that it ties so well into our schematic approach, it ties so well into the type of players we have. Like I said, we're going to sell our way because it's our way.
- **Shoulders vs. Hands**
 - Once again, I played at the Division 1 level and coached at the Division 2 level and everything we did, it was with our hands and with our face. I believe blocking with shoulders gives us an advantage. What it teaches is the art of pad level. So, blocking with shoulders for us, has given us a distinct advantage over the years from an offensive line stand point.
- **Collision vs. Contact**
 - This is a collision sport. Contact sport is playing in the low post in basketball. You have got to be able to have a train wreck atmosphere from play to play on what you do. Also, you can get by with being a collision man if you have perfect angles and perfect execution of your blocks being a shoulder block.
- **If you believe, and get your players to believe, you can be successful.**
 - We believe that is an art here and we buy fully into that.
- **The measure of who we are is what we do with what we have. -Vince Lombardi**
 - That's the beauty of coaching high school football. We don't recruit our players. We're able to develop and get the most out of our people. We try to have our kids understand this. Raise your hand as high as you can and get them to be able to raise two extra inches even if they got to stand on their tip toes. Get the most out of it if you can and that for us is being the Wing-T offensive linemen in the system is about.

Stance

- Feet just wider than shoulder width apart
- Feet are always Parallel
- Flat footed as possible in stance
- Back should always be flat with solid bend in knees
- Player should be able to pick their hand up without a change in their stance
- Players eyes should always be up so that they can see the field



- **Feet just wider than shoulder width apart**
 - What we try to tell our guys is big toes through our armpit. That allows us to push either way through our check system. Also, it's going to allow us the base we need on our base blocks and down blocks to be in a blocking position. We'll talk more about that in a second.
- **Feet are parallel at all times.**
 - To me, the most imperative thing about stance is parallel feet. Since our QB checks plays at the Line, our linemen have to be prepared to go in any direction.



- What we don't play with is a big stagger. If we were going to check a play, our footwork would not allow us to get on the tracks we need as a blocker, to be an angle blocking team.
- **Flat footed as possible in stance**
 - One beautiful thing about our offense is the poetry in motion aspect of guys pulling, angles, and it just looks very smooth. We would not be able to do that if we had white knuckles in our stance and we were on the balls of our feet.
- **Back should be flat at all times with solid bend in knees.**
 - We have got to be flat footed, and our back should be flat at all times with a solid bend in our knees. We got parallel feet, are flat footed and we're going to take our rear end and we're going to push it back from our heels. This causes our bend. When I bend, I'm going to push my butt back and I'm going to rest my forearms on my thighs. The buzzword for this is simply "BEND".
 - Next, we're going to use the command "STANCE". When I say stance, I'm going to place my hand on the ground. Not in the middle, right past my play side eye. If I'm a right-hand stance guy, on the right side of the line of scrimmage, I've want to have my right hand down. If I'm on the left side of the line of scrimmage I'm going to have my left hand down.
 - In our bend position, we're in our stance position now, flat back. All fingers are in the ground and we should have a flat back, solid bend in our knee.
 - What we're going to do with our off hand is it's going to rest right outside of that knee for the purpose of pulling. We're not resting it there for the purpose of trying to drive block.
- **Player should be able to pick their hand up without a change in their stance.**
 - The key part of our stance though is this. This is what makes us a little bit different. It allows us to be multifaceted in our approach and in our checks.
 - When we're in our stance, and we're flat, we've got a flat back and our off hand is here, we're in a great stance. We should be able to pick our hand up and our back should never waiver because what it allows us to do is it's going to allow us to take an angle approach of every block we have.
 - This approach does give up some true drive off the ball block. But here's the beauty of our offense, 98% of the time when we're asking you to drive your post player, and you've got a lead double team coming for you.. I'm telling you guys this stance allows us to be very successful on the offense and very multifaceted.
- **Players eyes should be up at all times so that they can see the field.**
 - Our linemen must scan the front with their eyes the same as our QB and Fullback scan from left to right. We are a rule driven offense up front and when our eyes are up and we're going to go through our rule progression and understand.
 - We want our guys to cheat to win in their stance, but it has to be "invisible weight". This means our player should be the only one that understands and not tip off the defenders with our stance. That is a big no, no for us.

Our center is little bit different as far as the placement of their hand. We want to extend that football as far as we can away from the Noseguard, at least 3 feet of distance. That's a lot of distance for defensive linemen, especially when the NG is lining up offsides. Not only does this give us space, but it also allows space from every defensive lineman where we can take down blocks steps and be able to take the flipper system and have space to block.



TEACHING STANCE

- Players will stand with toes on the line in an athletic position
- On command players will snap down in an urgent fashion
- Player will hold stance until command is given to stand up
- While up players are waiting for the command to snap back down
- This is done 3-5 times consecutively



Players will stand with toes on the line in an athletic position. On command players will snap down in an urgent fashion, players will hold their stance until a command is given to stand up. We talk about toes under the armpits. The two players on the right in the picture are in great stances. Got to have enough bend in our back half of our butt and our knees and have some hamstring flexibility where we can be in a flat back.

This isn't supposed to be comfortable. A football stance isn't supposed to be comfortable; it's supposed to put you in the best position to be successful that it can be. It is about muscle memory and holding these things. What if it's the state quarterfinals and we've got to check the play of the line of scrimmage, and it takes you 20 seconds. You've got to be disciplined, not comfortable, enough to be in a perfect stance in order for us to get the right play.



We're going to hold this stance until we're given command and we're going to do this 3-5 times consecutively for a few reasons. It should take you less than a minute. It's going to teach us the importance of snapping down in our stance. It's going to teach us the urgency of getting our eyes up to read the defense and it's going to teach us to the discipline of being flat back and Cadillac at all times.



Hand



- Players will stand with toes on the line in an athletic position
- On command players will snap down in an urgent fashion
- Player will hold stance until command is given the “hand” command
- Players will then lift their hand off the ground, and they will not move from their stance
- On the “down” command, players will place their hand on to the ground and line in their proper 3 pt. stance
- This is done 3-5 times consecutively
- Makes sure that all weight is in the players feet and mid section, and that their stance is not being compromised

We must have weight through our midsoles, all five fingers on the ground, and no white knuckles. We talked about when we lift our hand up, our backs should be flat., the player will lift their hands off the ground, and they will not move from their stance. Their backs are going to stay flat; eyes are going to be up.



On the “down” command, they’re back on their normal 3 pt. stance with no shifting of weight, no shimmy in their feet. It’s going to be stance, hand, down, and that will be a few times, 3-5 times consecutively. We’re going to make sure that the weight of our players feet is through the mid-section, and that their stance is not being compromised. Hand, down. Hand, down. That’s the command. That’s how we’re going to run that.

Now you see in the back left, we’ve got a little bit of rocking. That means his weight is a little bit too much back on his heels. It also means that he has to push himself up which can mean he’s got too much weight on his hand. Right here, front right, very good posture with our stance. Too much lift on the back left. We want it to be flat and uniform. Once again, I understand when you sit there thinking, you say when we’re giving something up on the base block, but being in a Wing-T team, we aren’t in this to just do base blocks on every play. What we’re giving up on base blocks, we’re gaining in traps, g’s, buck sweeps, speed 42 g’s, and rocket at 1 and 2, midline, that’s why we run the Wing-T.



STANCES & FLOPPING

We would prefer that linemen on the left side of the line have their left hand down and right side of the line has their right-hand down. However, at the end of the day, I believe in letting your kids be the best football players they can be. I believe that we can all over coach it too much. If the hand placement is a comfortable thing to them, it will allow them to still be successful. I think as coaches every year we have to make decisions to allow our kids to be the most successful they can be. We try to make evaluations and adjustments year to year on what makes our kids successful and what has them ready to go.

A balanced stance is the most important thing. And we talked earlier about our weight on our hand and how we are able to pick it up. Our weight goes through the midsole of our feet and we are on an athletic posture.

We don't believe in flopping our offensive linemen. There's an old saying around our office and in our fieldhouse, that we can win a lot of games with a pair and a spare. What I'm talking about a pair and a spare is we got two starters and then we've got that spare, and we're not flipping the offensive line. In our system of playside pullers and post-lead pullers, we don't teach Right Guard or Left Guard. We teach our system. Three guards we can inter mingle and plug and they can go play either position all day just like our tackles. If we flopped then we would have a backup Strong Guard and a backup Quick Guard. Well, one of them is going to be better than the other and I don't want my starter going down and I am putting in my 4th best Guard, so we teach our 3 best Guards to play both and our 3 best tackles to play both.

Alignment

- **Center**
 - Ball should be extended as far as possible to give the offense depth from the Defense.
- **Guards, Tackles, and Tight Ends**
 - Hands will all be on the shoelaces of the center
 - If you look at the offensive line they should be in a straight line if looking at their helmets
- **Points of Emphasis**
 - Guards splits should be 2 feet away from Center
 - Tackles splits should be 2 ½ feet from the Guard
 - Tight Ends splits should be at 3 feet from their tackle
 - Certain plays mean different size splits (Base alignments are what is listed above)
 - Be a stickler for alignment and splits

Our Center sets our alignment on every play. He is the first to the ball and he is extending, and we're going to set our depth and splits off of him. Once the other linemen get to the line of scrimmage, they place their hands on the shoelaces of the Center. If you take a picture from the offensive line, you should be able to see your hands and hats in the same straight line. Right on the shoelaces of the Center. We want to be as far back as legally possible to give ourselves room. You just got to be able to touch the hip and clear the hip. What you're going to notice is, with hats and hands being aligned, the butts will vary, because you've got longer torso guys, lower limb guys.





As far as points of emphasis from an alignment standpoint for us, we try to tell our guards, 2 foot splits from the Center. What we've noticed over the years, as kids get tired, they're unfamiliar with the offense, the first thing they want to do is tighten their splits. The difference with our offense is we run at butts of offensive players. So, when we tighten everybody down, it does not allow the track for the Fullback to be the same. If I could give you a recommendation as you install this offense it's this; take your second o-line coach and every now and then, periodically, have him watch the offensive line from the side to make sure that everything is aligned.

We love having helmet stripes because it just allows us to see where we are. It allows me to know if our heads are up or down and it allows me to understand if we're looking side to side or in the right spot.

SURFACE AREA

We are a shoulder blocking program, and we have a shoulder blocking philosophy. I understand that there is a lot of differences and disputes in football today of shoulder blocking vs hands and here's what I can tell you. I've seen a lot of people that don't believe that shoulder blocking works. All I can tell you is, just give one of us a call, and let us throw a flipper and you tell me if it works. It is very physical, it is violent, and it is a great way to take "undersized" players, work leverage and intensity, and be able to go block people that you're not supposed to by physics.

When we work with shoulders, the number one difference is we attack hips. We look for that body bend. There's a great clip-on social media right now of a Wingback from Citadel going to block a 260-pound offensive lineman from Alabama. He's in the crease of his hip and he's driving him all over Bryant-Denny Stadium.

We're talking about surface area. When you block back in the day, right when I was playing, the surface area was where we're getting our hands and where our face is. Surface area for us in the Wing-T is we're creating a surface area by our flipper. What we try to teach on day 1 is, we say raise your hands. We got our hand raised, take your thumb down and make a circle and we want to place it right over our nipple.



Our elbow is at 90° and that is creating our surface area as a blocker. This part of our body is what is going to be into the defender. We use this 90° elbow to try and pinch the defender between the forearm and the helmet. I think the key



to being a great shoulder blocker is this. When we attack the hip, and we're down here, we've got great surface area and head pinch, you have to be violent with your off hand on the defender's hip. Everybody wears the 5 or 7 pad girdles and has the hip pad integrated in. We try to grab the hip pad with our off hand. We've got great surface area, we're going to be pinching our head, and now we're placing it tight with that off hand locked into that hex pad of that girdle.

Now let's cover our SLED PROGRESSION:

Sled Progression

- 6 pt. Explosion
- 2 pt. Fit
- 3 pt. First Step
- 3 pt. Fit
- Fit Drive
- 3 pt. Drive



The key to shoulder blocking is to teach a violent throw when you block with our shoulders. What we try to teach in the sled part, number one, is our 6-point explosion. You're going to see our arms be back, it's an over exaggeration. In the game of football, a lot of times you're not going to see a flipper come this far back. We over exaggerate so the motion of the block gets us where we need to be.

We're going to dig our 6 points in the ground. Our 6 points are the toes, knees, and fingertips. Our backs are going to be locked and our eyes are up. We're going to give what we call a "cocked" set from our offensive line. We're going to take our face mask and we're going to place our face mask into the sled. We're going to have our knees and our butt at a 90° angle to the ground. When we're touching from there, all we're going to do is we're going to walk our butt back and hands back and lock our back out.

6 PT. Explosion



- Toes, Knees, Fingers
- Back locked, Eyes up
- Cadence is "Set, Hit"
- On "SET" call arm cocks back in an aggressive manor
- On "HIT" Players explode through the sled with their flipper and drive their hips toward the ground
- Flipper surface
- Head Pressure

We're going to teach shoulder blocking from a right shoulder and left shoulder stand point. Our cadence on this drill is "set-hit". When I say "ready", the players roll their butt back on their calves. I'm going to say, "left shoulder block". When I say "set," that arm cocks and then hit. We're throwing our self into the 5-man sled. When I say throw yourself, we're taking that arm and it's lifting through, and our hips that follow or what is going to close our surface, on to the defender.



Now, we're going to explode through the sled with our flipper and we're going to drive our hips towards the ground. What we're trying to tell our guys is to put your pecker in the dirt. Once my pecker hits the dirt, I know I'm fully extended. We're going to have a flipper surface and we're going to take the time to coach that up. We're going to take the time to coach flipper surface up, if the elbow drops, we're going to have the coaches pick it up, making sure we're in the right posture. We're going to make sure our head pressure is right where we are.

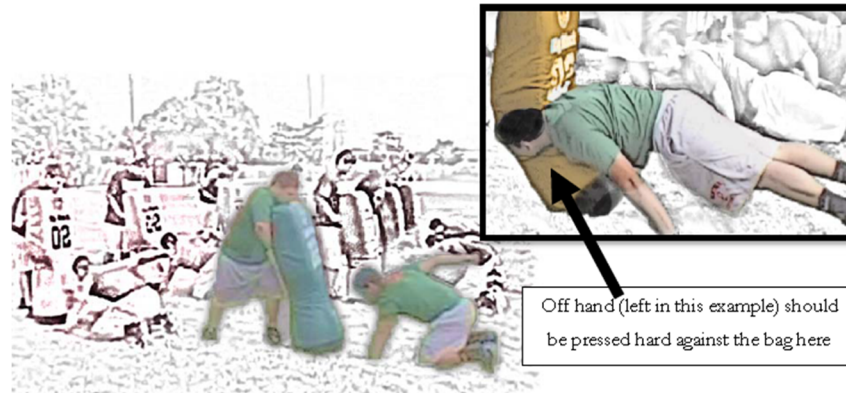


Fig 5-6: Six Point Surface Drill

The first time we do this drill, we just try and get the kid to just throw. We have him throw, apply head pressure and that off hand is still on the ground. Then we progress to throw head pressure and our off hand is grabbing the sled to try to give some sort of simulation of grabbing the hip.

What we tell our players is this, we have three different guys. If you are above the numbers, you don't play on Fridays. You're more of a Thursday guy. If you get into the numbers, you play a little bit on Fridays, but great Wing-T offensive linemen shoulder blockers block below the numbers on any bag we block here. That's kind of our progression and it gives our kids a visual of where we are.



Even though the players are freezing and staying in their fit position on the sled, we still want to see the sled jump on impact. Coaches should try to look at elbow angles, making sure elbows are at 90°. I also want to try to make sure that the helmet line is straight, if not inverted. That is the first part of our drill where you see some hands on the ground.



2 PT. Fit

- First Power step has been taken (Feet will be staggered)
- Flipper arm is the arm of the back leg in the stance
- Knee bend, Eyes, Arm back
- At or before Contact
- “Off Hand” placed on hip of defender (Simulated on dummy) with pressure
- Head pressure to Dummy
- End in perfect form with great leverage



The difference between a shoulder blocker and a hand blocker is this. Our steps are just a hair different. We're going to take a power step and then throw with a flipper. Power step flipper, you're going to hear that a lot. If I'm executing a left shoulder block, and I'm in my stance, my power step is with my right foot. Power step with my right and then I throw my flipper with my left. Power step, throw, and that third step catches. That third step is what engages you in the block. What we do is we hammer home the third step. We take three step progression with Wing-T offensive linemen.

If we're not coaching a third step, then that knee is going to tuck and drag and we're not going to have that power with our off hand in the hip. That is going to allow the defenders even on a drive block or down block to cross our helmet and face. It's going to allow that defender to push up field, then you're going to get your ass beaten anyway. What you have to do is hammer the third step as a shoulder blocker. I believe this with all my heart.

We've talked about the power step. At this point, we have already taken our power step and our block. Now we're teaching, knee over toe, chest over knee, eyes up, our arm is back here. The power step is called power for a reason. It's not a regular step. We say power, it's 6 inches. We've got a great bend, we're flat back Cadillac, arm up, and now we're going to try to just get a perfect fit into this bag.



The flipper is thrown at or before contact, that's the key. The thing that comes right after contact is the third step which is going to close down on the hip of the defender. Our off hand is placed on the hip of the defender and we're going to apply head pressure to the dummy. I think this is the key. You need to end in perfect form with great leverage. You might have to get behind their big tail to push them into great leverage, but they have to know what it feels like to block correctly.



As we go arms up, we're going fit, strike, and settle. People think that shoulder blocking is high chest, but it is about leaning on the midsoles of your feet. We tell them this: let your hands, head, and hips do the work and allow your feet to catch ya. You've got lean because we know that we're engaging the block. We've got lean, surface area up, head squeezed in, and we've got our off hand on that hip, and now we are moving defenders.



We've already simulated the power step and we have tried to teach throwing the flipper and being engaged, tight hips, knees a little inside, having great blocker surface. Now, we're going to just work on the very first step. We're going to give a command; this can be right shoulder or left shoulder. We're in a great stance. Great stance in the Wing-T is big toes under our armpits, pushing our butt back, flat back, and we're going to work in a 3-point stance.

First step right there, knee over toe, chest over knee, eyes up, and arm back. That's what we're just working there, making sure that we're not raising our self, we're flat back, and being ready to throw our flipper into the defender. We're going to watch our Right Tackle, because our first step should be taken with our opposite foot. For example, if it is a left shoulder block, we step with our right foot. Vice versa. That's our power step. We're going to cock that arm back in an aggressive manner and it's going to be knee over toe, chest over knee, and our eyes up.



What we try to tell these guys when we cock our arms back is this. If your grandma is giving you a dollar as you leave the house, grab the dollar from your grandma as you leave. We're going to be in a flat back stance, as we take our first step, we're just reaching back and exaggerating. Now, we're able to really get the lever action and throw the flipper into the defender. We're going to end right there, eyes up, chest over my knee.



3 pt. Fit

- Perfect 3 pt. stance
- Right or left shoulder block will be called
- First Step will be with opposite foot (I.E. right shoulder block = left foot)
- Arm used in the shoulder block will "Cock" back in an aggressive manor
- Knee over toe, Chest over knee, Eyes up
- Take First Step (R/L Shoulder)
- First Power step has been taken (Feet will be staggered)
- Flipper arm is the arm of the back leg in the stance
- Knee bend, Eyes, Arm back
- At or before Contact
- "Off Hand" placed on hip of defender (Simulated on dummy) with pressure
- Head pressure to Dummy
- End in perfect form with great leverage

Once again right or left shoulder block will be called. The first step will be with our opposite foot again, a left shoulder blocker, power step is with right foot. Our arm is used once again in the shoulder, and it's going to be cocked back in an aggressive manner. Knee over toe, chest over knee, eyes up.

After the power step has been taken, there will be a slight stagger on our stance and then our flipper arm is going to fire with our second step into our defender. The key is to be forceful enough where you do not raise your chest. You don't want to run your feet up under your privates. You want to have progressive body lean as a blocker. Where you see a lot of guys that aren't flexible enough to fire that second step. You'll see this and you'll see a raise and now your feet are up underneath your crotch and you have zero power.

You want to still make sure our weight is through the middle and it's going to be a throw and now we latch on with our third step onto the defender. Knee bent, eyes and arm back, and we have to throw that flipper at or before contact. That's the biggest thing. Our off hand is placed on the off hip of the defender, it's got to be driven on the hip of the defender and it's got to have pressure. Head pressure again into the dummy and end in perfect form with great leverage.

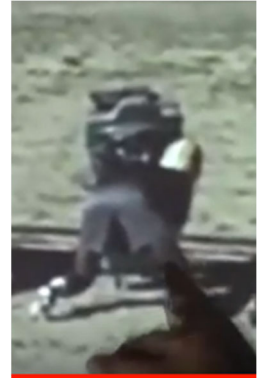
We want the flipper and the off hand to hit simultaneous - that off hand finishes the security of the block. When these things happen at the same time, it allows straight back.



The playside power step on a base block has to be straight ahead and vertical, it cannot be outside. Now the second step follows. If that first step is outside, then the second step follows, and it puts the flipper vertical and it gets us out of blocking position. This forces adjustments and creates separation from the finish.

So make sure that the knee stays inside of the big toe on a drive blocker. This creates a vertical step that allows me to get my base on the defender and get where we need to be.

Fit drills are like Monday. Monday is my favorite day of the week as an O-line coach. We can either continue to develop and build upon a good week or we can erase bad and start over. The thing about fit drill is if you've been doing something well, you can build upon it and be great. If you've been struggling, erase it and get fit in the perfect blocking position. That's why I think the fit drill is important as the shoulder blocker.



Fit Drive

- Perfect Fit Position on Sled
- On Whistle drive sled with good base (Feet no closer than shoulder width apart) and great power steps (Short choppy steps 3-6 inches apart)
- No Typewriter



We have ended two different times in a perfect fit position, so our kids should understand what that feels like. Now we're going to start in a perfect fit position, and it is important that they take short choppy steps, 3-6 inches apart. We try to tell our kids don't be a typewriter. Typewriters move fast but they don't gain any ground and don't ever move. They don't go anywhere. We want to be progressive with our feet so that the sled is moving. We don't want that sled to turn, we want this thing to be in unison. Eyes got to be up, and we're driving down.

COACHING POINTS: As players are driving the sled they will tend to drop their flipper arm and lose the surface area. Their knees will bow out, and when their knees bow out, it doesn't allow them to be deliberate and drive with their steps. Knees must stay inside of the big toe to put them into good drive posture. To make sure that the players eyes stay up, we have a 2nd coach call out "fingers" and the players have to call out the number that coach is holding up.

We don't have our eyes up for the purpose of chip blocking because Wing-T teams believe in true double teams. We have our eyes up to make sure we're going to keep our surface area on the defender so we can stay engaged on the block as long as we can.

Now we're going to put this thing all together with our 3-point drive.



3 pt. Drive



- Perfect 3 pt. stance
- Right or left shoulder block will be called
- Player will step through his Shoulder block progression and drive the sled in as close to a vertical fashion as possible maintaining a good base “hitting on the rise”
- Aggression, Grit, Determination
- Everything on the whistle

In the previous drill the players started in a fit position but now they will start in a 3 pt stance. Once again we’re hitting on the rise, we’re in a good block posture where our hips are low, our chest is down, and we rise as we block. When I say rise as we block, I don’t want to be rising on contact. We want to make sure our hips are down and our feet are behind as we work. Everything is on the whistle. Sometimes, we will end in a perfect fit.



In the picture you notice that the sled is starting to turn. We don’t like our sled to turn. The player on the far right has let his feet come together. He is what we call “walking on a tight rope”. We use that term a lot. When we block on a tightrope, it is very difficult to be strong, because everything you’re doing is just trying to balance. The center does a good job on his feet, but his hips are too high which makes his eyes go down.

When my hips rise, right before contacting my feet right up underneath me, I can’t be strong. Once again, I want you to know we’re high school football coaches and I’m trying to show you the wrong and the right of what we’re doing.

Do not ever underestimate the power of a perfect stance. If you’re not preaching it day in day out, minute by minute, day by day, they’re not going to do it.

That’s what blocking is. Blocking, it defies physics, it defies science as moving people against their will. That’s why blocking is the most gratifying thing in football.



WATCH COACH HELTON DEMONSTRATE ALL THE FOOTWORK

While you are reading about it in book;

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That goes with the drawing in the book.

All the pictures in the O-Line chapters are screen shots from the video!!.

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FOLLOW ALONG WITH VIDEO

Every chapter in this section literally goes word-for-word.

Just have the book open while you watch the video

And Coach Holmes will take you thru each Chapter and all the drawings.

DRILLS BUNDLE

- 1. Drills Playbook**
- 2. Practice Schedules & Installation**
- 3. O-Line Drills & Techniques**
- 4. O-Line: Stance, Chute & Footwork**
- 5. O-Line: Position & Combo Drill**

\$80

The advertisement features a green background with white brushstrokes. On the right side, there is a stack of four items: a spiral-bound book titled 'WING T DRILLS & PLANNING' by Roger Holmes, and three DVD cases. The DVD cases are titled 'Practice Schedules & Installation of the Wing T', 'Offensive Line: Position & Combo Drills', and 'Offensive Line: Stance, Chutes & Footwork'. The book cover also features the text 'THE COMPLETE WING-T MANUAL' and 'THIS IS THE "HOW" TO RUN THE OFFENSE'.

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