
CHAPTER 18



Email coach Stewart at rick@wingtcoaching.com for this section.

After clinic season he is going to re-write this entire Chapter

Putting All The Drills Together

This chapter provides recommended practice plans for the offensive line for the first 10 practices of fall football camp. These plans were created under the assumption that 125 minutes have been allocated for football practice. Some time adjustments will need to be made for practices that are shorter or longer depending on the specific situation.

The most important thing to consider when designing the practice plan concerns the insertion of plays for the particular practice session. This chapter provides sample practice schedules based on a basic wing-T practice insertion. This chapter also shows how practice planning and certain drills are tied in to the insertion for the day.

A general breakdown of practice times is as follows. Notice how ample time is available for individual technique early in the season. As the season progresses, more practice time is focused on team time and game-plan execution.



INSTALLATION SCHEDULES

We spend spring & summer introducing our players to all the drills needed to install the offense. This allows us to move along at a pretty fast pace during August installation. Our teaching methodology is

Whole --> Part --> Whole.

We introduce all 16 plays to the team during Spring, out of 1 or 2 formations, so that they can see the big picture of where we are going.

In the summer (12 practices + 2 camps) we commit to technique and teaching the drills. We continue this commitment to technique during our 20 August practices, however, we also start introducing the whole again as we are installing 1 play per day.

DAY 1 - August		DAY 6 - August		DAY 11 - August	
5min	Stance & 1st Step	5 min	Stance & 1st Step (boards)	5min	Shoulder Skills (no bags)
15min	Shoulder Skills	10min	Shoulder Skills vs shields	5min	Individual Blocks
5min	Individual Blocks (funhouse)	5min	Individual Blocks		Hook, Fill for Puller
	On, Gap-Down		On, Log, Trap, Escape	15min	Sled Progression
10min	Combo Blocks (funhouse)	10min	Sled Progression		BEEF, Down, Pulls
	Fold, Belly Cross		B.E.E.F.	10min	Combo Blocks
10min	1/2 Line Belly Drill (funhous)	10min	1/2 Line Down Drill		G.O. Drill, Double Teams
10min	Team Period (Belly)	10min	Team Period (Down)	5min	G.O. Drill w/RB
5min	Perfect Plays	10min	Perfect Plays	10min	Team Period (Buck Sweep)
				10min	Perfect Plays
DAY 2 - August		DAY 7 - August		DAY 12 - August	
5min	Stance & 1st Step (funhouse)	10min	Shoulder Skills	5min	Shoulder Skills (no bags)
15min	Shoulder Skills	5min	Individual Blocks	5min	Individual Blocks
5min	Individual Blocks (funhouse)		Gap-Down, Log, Trap, Escape	15min	Sled Progression
	On, Gap-Down, Log				BEEF, Down, Pulls
5min	Combo Blocks (funhouse)	10min	Sled Progression	10min	Combo Blocks
	Fold, Belly Cross				G.O. Drill, Double Teams
10min	1/2 Line Belly Option Drill	10min	1/2 Line Down Opt Drill	5min	G.O. Drill w/RB
10min	Team Period (Belly Option)	15min	Team Period (Down Opt)	10min	Team Period (Buck Sweep)
10min	Perfect Plays	10min	Perfect Plays	10min	Perfect Plays



DAY 3 - August		DAY 8 - August		DAY 13 - August	
5min	Stance & 1st Step (funhouse)	10min	Shoulder Skills vs shields	15min	Sled Progression
15min	Shoulder Skills	5min	Individual Blocks	10min	Combo Blocks
5min	Individual Blocks (funhouse) On, Gap-Down, Log		Gap-Down, Log, Trap, Escape		G Drill (guards) Escape (tackles)
5min	Combo Blocks	10min	Sled Progression	5min	Combo Blocks
	Fold, Belly Cross		B.E.E.F.		G, C, TB (guard trap) T, TE (double teams)
10min	1/2 Line Belly Pass Drill	10min	1/2 Line Down Pass Drill	10min	Sprint Pass Pro
10min	Team Period (Belly Pass)	15min	Team Period (Down Pass)	10min	Team Period
10min	Perfect Plays	10min	Perfect Plays	10min	Perfect Plays
DAY 4 - August		DAY 9 - August		DAY 14 - August	
5min	Stance & 1st Step (funhouse)	5min	Shoulder Skills vs shields	15min	Sled Progression
15min	Shoulder Skills		SAB, Step & Hit	10min	Combo Blocks
10min	Individual Blocks (funhouse)	15min	Sled Progression		Waggle Drill
	Gap - Down, Log, Trap, Escape		BEEF + Down		
10min	Full Line Belly Trap Drill	10min	Full Line Down Counter	10min	Sprint Pass Pro
10min	Team Period (Belly Trap)	15min	Team Period (Counter)	10min	Team Period (review GO family)
10min	Perfect Plays	15min	Perfect Plays	15min	Perfect Plays



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DAY 5 - August		DAY 10 - August		DAY 15 - August	
5min	Stance & 1st Step (funhouse)	5min	Shoulder Skills	15min	Sled Progression
15min	Shoulder Skills		SAH, Hit & Finish	10min	Sprint Pass Pro
10min	Individual Blocks (funhouse)	15min	Sled Progression	5min	Sally Blocking
	Gap - Down, Log, Trap, Escape		BEEF + Down		
10min	1/2 Line Belly Sweep Drill	10min	Introduce Sally Steps		
10min	Team Period (belly sweep)	15min	Team Period (review)	15min	Team Period (review belly / down)
10min	Perfect Plays	15min	Perfect Plays	15min	Perfect Plays

DAY 16 - August		DAY 17 - August		DAY 18 - August	
10min	Sled Progression	10min	Sled Progression	10min	Sled Progression
10min	Individual Blocks	10min	Individual Blocks	10min	Shoulder Progression review
	Reach, Escape		Reach, Escape		
10min	1/2 Line Midline/Veer Drill	10min	1/2 Line Jet / Rocket Drill	10min	Team Period (Belly,Down off Jet)
10min	Team Period (Mid / Veer)	10min	Team Period (Jet / Rocket)	10min	Team Period (Mid / Veer review)
10min	Perfect Plays	10min	Perfect Plays	10min	Perfect Plays



PRACTICE SCHEDULES

The following is our weekly routine once we start playing games.

MONDAY (Buck Sweep + Midline/Veer)

- 20min Scout review during special teams period
- 10min Shoulder Progression & Bird Dog under funhouse (use boards)
- 10min Sweep Drill, Waggle Drill, Guard Trap Drill with guards
Tackles / TE work double teams, Reach, Escape to backer
- 5min Midline / Veer vs that week's opponent
- *** End practice with 200 yard Team Sled race for conditioning.

TUESDAY (Belly, Down, 3 step passing)

- 10min Sled Progression
- 10min Individual Block review on Homer's Dairy (chop, Gap/Down, Trap, Log, Hook)
- 10min Cross, Fold, & Gut
- 20min 1/2 Line Belly, Belly Opt, Belly Pass, Down, Down Opt, Down Pass
- 10min Full line Trap & Counter

WEDNESDAY (Jet / Rocket, Sprint Passing)

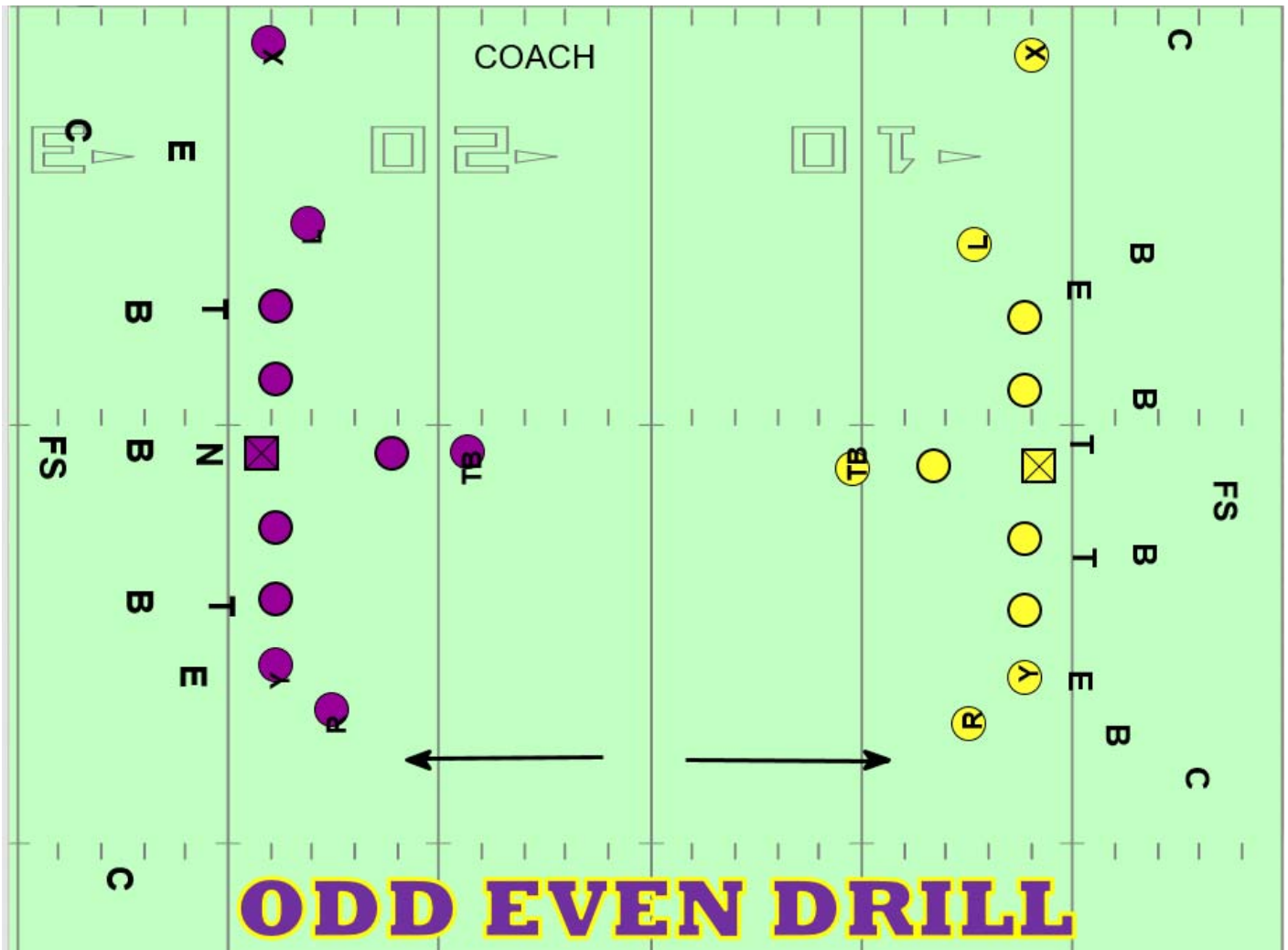
- early outs Long snapping,
- 10min Individual Block review on Homer's Dairy (On, Reach, Escape, Fill)
- 10min Sally & Sprint Pass Protection
- 10min Tackles work perimeter screen game with Backs
Guards/Centers work double teams
- *** We do alot of team & game situations on Wednesday.

We will run Belly, Belly Option, Belly Pass, Down, Down Option, & Down Pass each way versus each alignment.

It takes approximately 20 minutes to get through every scenario



ODD EVEN TEAM DRILL



One offense huddles in middle & runs same play out of 2 different formations at each defense.
 The defense can have bags or be live.

These practice plans can be used as samples for the offensive line coach. The responsibilities of the line coach are more substantial than for any other position coach, so it is important to check the insertion daily and make sure that the individual offensive line plan corresponds as necessary. It is important that when the line gets to the team period it is prepared to execute in the team situation.

