
CHAPTER 16



Group & Team Drills

No coach on the field has more to accomplish in a shorter period of time than the offensive line coach. Unfortunately, the line coach cannot use the excuse of not having had enough practice time when things are not getting done on game day. The following suggestions will help you work within the confines of the practice schedule to accomplish what needs to get done.

The line coach will always need more indo time. Don't limit him to just the offensive Indo period. The efficient line coach will do more individual work during 7on7, Perimeter Run, and during special teams. After Indo time we have two types of Group Periods in practice: Linemen Only and Lineman + Backs

The main drills in this Chapter are as follows:

GO DAY	BELLY DAY	JET DAY
G Drill (no backs) – 5 min	½ Line Belly – 5 min	
G Drill (w/back) – 5 min	½ Line Baylor – 5 min	
GO Drill (no backs) – 5 min	½ Line Belly Pass – 2 min	
GO Drill (w/back) – 5 min	½ Line Down – 5 min	
GO Pass Drill (no backs) – 5 min	½ Line Cal – 5 min	
GO Pass (RB+TE+WR) – 10 min	½ Line Down Pass – 2 min	

To make these drills go fast we have a simple rule: **replace the bag that you hit**. So if I am the backup right guard I should be standing on defense in whatever position that the right guard blocks on that play. Then when I get blocked, he takes the bag from me and I sprint into the Right Guard position. Not only does this make things go fast, but it also forces the bag holders to learn their plays because they have to know who their position blocks on that play. A RG on belly will be a 1-tech NG when ON blocking and then the D-End when TUG blocking.



Guard trap drill

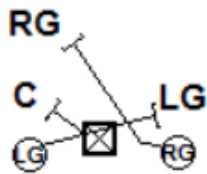
OL DRILLS

GO DAY

G DRILL

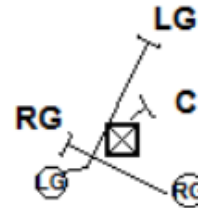
Whatever bag a player hits is the bag that you replace.

32 G vs EVEN

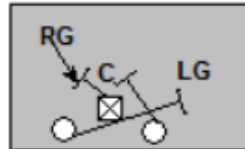
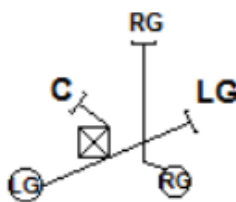


1 time vs Base D
2nd time vs A-gap blitz
3rd time vs B-gap blitz

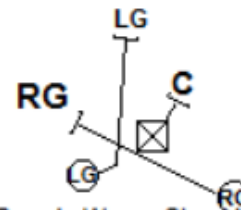
31 G vs EVEN



32 G vs EVEN

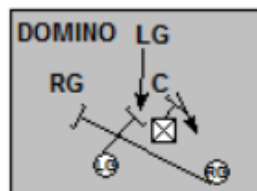
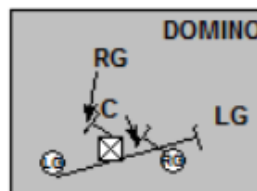
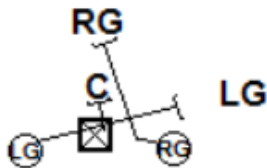


31 G vs EVEN

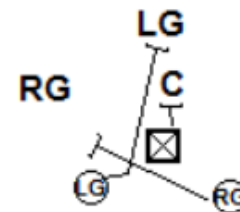


Simulate 4-3 shaded defense. Collision Mike LB & Guard. Wrong Shoulder the puller.

32 G vs ODD

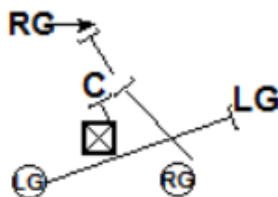


31 G vs ODD



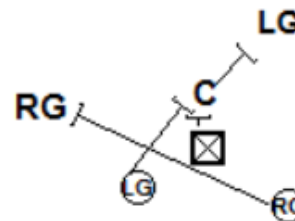
Simulate 3-3 Stack. Have RG blitz A gap & NG slant opposite A gap.

32 G vs ODD



1 time vs Base D
2nd time vs scraper
3rd time vs A-gap blitz

31 G vs ODD



Simulate 3-4. if backside LB blitzes, C chips off. If backside LB scrapes over double team, G chips off



GO SWEEP DRILL

11-STEP PULLING DRILL

When the players do this drill, they take 11 steps. Actually, they take 10 steps and, on their eleventh step, are getting back down in their original position. You walk the linemen through a pull technique where the linemen pull flat, work up the field as if they are going to wall off or log block, and then come back to the same spot they lined up in. You walk the linemen through it about one time, so they can see what you want. Then, you sprint through the complete sequence. You do not want to have the linemen walking through this and counting steps the whole year, because you can make robots out of them.



PLAYSIDE GUARD

The playside guard is the kick-out Guard and is going to pull step on a 45-degree angle away from the line of scrimmage. On that step, his eyes go right to his target. You have two players holding shields in the positions where you are going to execute the sweep blocks. If you are playing against a penetrating strong safety or corner, you put the shield two yards deep in the backfield. His second step is also at a 45-degree angle away from the line of scrimmage. His third step flattens out, and his fourth step starts downhill tight off the wingback's block.

“BACK – BACK – FLAT – ATTACK”

The guard is going to work inside out and should be so close to the Wing Back's block that he will “**scrape paint**” off his pants. He wants his head inside, whether the defender has penetrated the backfield or he has to go up the field to kick him out. This block is with the right shoulder when you are going to the right, with the left shoulder when you are going to the left. This footwork will allow you to come downhill and get an inside-out path on the kick-out block.

BACKSIDE GUARD

The backside guard takes a flat pull step with his right foot and takes two flat steps until he is past the guard. He needs to be flat so that he will not trip the QB when the QB is under center. When the backside guard gets to the right guard's position, he is going to gain a little bit of depth so he can step around any trash. He will attempt to “re-trace” or follow the playside guards path. The backside guard must not get knocked off by penetration. As he pulls, his eyes go immediately to the playside inside linebacker, and he needs to be ready for the linebacker to be scraping to the outside. The guard is going to “**scrape paint**” off the wingback's block. The guard is going to wall the scraping backer off, so his head will be upfield, and he will use a left-shoulder block.



Coach Points

Playside guard

- The first steps are off the line with 45-, 45-, 90-degree footwork.
- On the third step, this blocker must head downhill to kick-out the first defender that shows.
- The kick-out will be made with the right shoulder.
- He must come tight off of the wingback's down block on the end man.
- The split end sweep necessitates only one step of depth at 45 degrees.

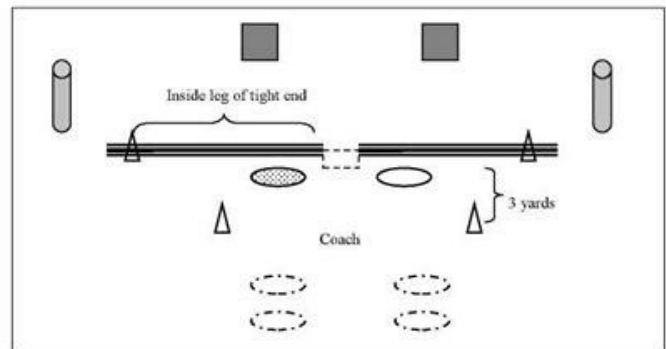
Backside guard

- This blocker performs a pull step flat down the line.
- He must immediately locate the frontside backer.
- He must gain some depth to get around penetration by D-Linemen.
- He should dip his shoulder around the cone to wall off the linebacker with the left shoulder.
- The wall-off action may turn into a kick-out, depending on the flow of the linebacker.

It is important that you cross train your Guards. So when the Right-playside Guard kicks out an OLB, he grabs that bag and becomes the next OLB. The OLB jumps in at Left-backside Guard. The Left-backside guard hits the scraping Inside backer and grabs his bag. That backer jumps in at Right Guard. This rotation will ensure that everyone learns both positions. Every repetition is rapid-fire in order to get as many reps in as you can. You have taught all the linemen how to play guards on waggle and also on the sweep.

Drill Setup

- ✓ We make our spacing boards every year by simply painting some boards in our school colors.
- ✓ Place cones two yards behind the tackles area on the spacing boards.
- ✓ The second set of cones are placed on the outside tip of the tight end area on the spacing boards.
- ✓ A bag is laid down parallel to the spacing boards a yard off the center area. This forces the backside guard to stay flat and not trip the QB feet as he is getting off the midline.
- ✓ We put a coach between the Tackle and the cone, but the coach has his back to the defense...so both guards have to run around his belly. And he can really coach them up as the pull around the coach.
- ✓ We want the Right guard blocking another right guard. Our rotation is the you grab the bag you hit, the bag holder sprints to end of line, the next guard in line gets on LOS for next rep.
- ✓ All guards rep both positions, not only to cross train, but to better understand each other's role.



You are going to cross-train again. You have two guards up in position, in the guard spots, on the spacing boards. The cones are now placed two yards deep in the backfield and right on the inside leg of the tackle, which is marked by the second dark spot on the spacing boards. The coach is in a central location..

OL DRILLS	G.O. (Buck) DRILL	GO DAY
26 G.O.	Whatever bag a player hits is the bag that you replace.	45 G.O.
<p style="font-size: small;">C is playside - ON - sway</p>	<p><i>Playside G: 1st 3 steps get depth Back, Back, Flat then attack LOS</i></p> <p><i>Backside G: 1st 2 steps flat Then 3 depth steps.... re-tracing playside G steps On 5th step, find HB block, scrape tight off his block & find playside LB</i></p>	<p style="font-size: small;">C is playside - ON</p>
<p style="font-size: small;">Have injured player take a knee or put a bag down to simulate HB block</p>	<p style="font-size: small;">Have Force Player start on LOS (DE) and come from depth (4-3 defense)</p>	<p style="font-size: small;">C is playside - ON</p>
	<p>EDGE BLITZ</p> <p><i>Hard blitz into pulling G...Log him. Backside Guard goes around Log so that HB can bounce to outside.</i></p>	
	<p>DOMINO</p> <p><i>If both "A" gaps are threatened,, playside G stays home and backside G is kickoff</i></p>	
	<p>INSIDE BLITZ</p> <p><i>Backside G has to "track" the ILB if ILB tries to shoot window between T down block & HB torpedo block...</i></p> <p><i>backside G has to see that & pull up inside the HB torpedo block</i></p>	



SWEEP SCENARIO #1

The first scenario simulates a basic two-backer look. The backers flow in the direction of the guard pull as the outside kick-out defender comes upfield to simulate a force defender (Figure 7-2).

The playside guard pulls 45, 45 degrees and then flattens on his third step. He must come downhill and execute a right-shoulder kick-out block on the defender.

The backside guard pulls flat to the right and gets a visual on the playside backer. He must gain some depth at the opposite B-gap area and wall off the backer with his left shoulder.

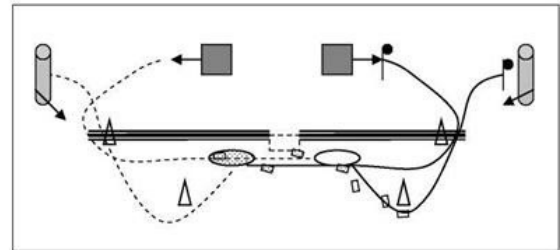


Figure 7-2. Sweep scenario #1

SWEEP SCENARIO #2

The second scenario adds the challenge of a hard blitz from the outside. On the snap, the backer will flow as in scenario # 1, but the outside kick-out defender will come aggressively off the edge (Figure 7-3).

The playside guard pulls 45, 45 degrees and then flattens on his third step. He must come downhill and execute a right-shoulder kick-out block on the blitzing defender.

The backside guard pulls flat to the right and blocks the ILB.

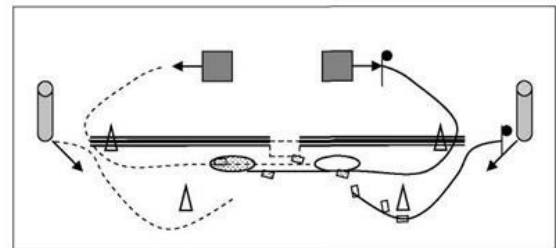


Figure 7-3. Sweep scenario #2

SWEEP SCENARIO #3

This scenario shows the linebacker's reaction to the 4-3 defense. Depending on the alignment of the strongside outside linebacker (stacked), the frontside guard will execute his kick-out on this defender. If the backer is back and slow to react, then the kick-out may take place on the next defender outside (Figure 7-4).

It is very important for the playside guard to come downhill tight off of the halfback's block so that the stacked backer is accounted for. The backside guard pulls flat to the right and gets a visual on the middle backer in the 4-3 alignment. In the 4-3 defense, the middle backer is often a natural X-technique player and will flow into a kick-out position (as shown in Figure 7-4). If the backer stays tucked inside with the read from the tailback on the trap fake, the block would then remain as a wall-off.

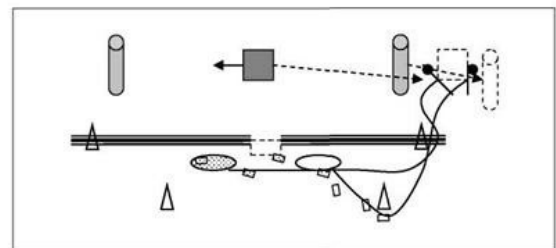


Figure 7-4. Sweep scenario #3



While this is the signature play of the Wing T offense, it is also one of the more difficult plays to get really good at since there are so many moving parts. The timing between guards and running backs takes some time to perfect and we use the following drills. We also cross train all the linemen in the fundamental pulling techniques since you never know when we will have to shuffle players around due to injuries.

With the increased popularity of the fly, or jet sweep, series, the sweep drill may not be quite as necessary as it once was, but plenty of true wing-T coaches still value the 20's and the complementary characteristics of the sweep and the waggle. I highly recommend to coaches new to the Wing -T to replace G.O. Buck Sweep with Liz Jet Sweep.

Waggle drill

You want to have the first defender in a position where the first guard will pull and log on the waggle. You want to have the second defender in a position where he simulates an OLB who has just blitzed off the edge and has started to penetrate the backfield.

When we first teach the drill the End stands still and the OLB rushes straight upfield. The playside Guard will pull to his 4yd depth and hook the End. Then we let the End come hard which triggers an immediate log block. The OLB can rush or drop back. If he drops back then the backside Guard waves his arm to tell the QB to run behind him.

As we get more advanced we let the two edge defenders do whatever they want. They can stand side by side, stand in tandem behind each other or can move them around.

If the backside guard has kicked out, the quarterback will step underneath the kick-out and can either run or throw from there. If you get the flank logged, the quarterback can continue on his path, get around the end, and have a good end run. If no penetration happens, the backside guard will listen for a go call, lead the quarterback up the field, and block the next threat showing. That threat will either be a corner or a defensive back. If those defenders have dropped off, the guard can look to his inside for a linebacker scraping on second contain.

Waggle Rules:

The playside guard pulls and blocks the #2 defender on the line of scrimmage.

The backside guard pulls and reads the block of the playside guard.

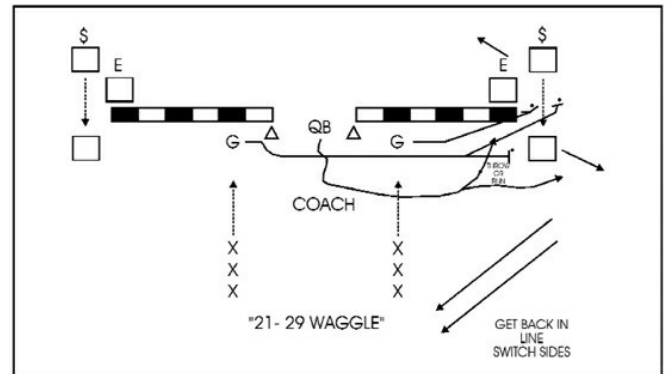


Diagram 5.14



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.

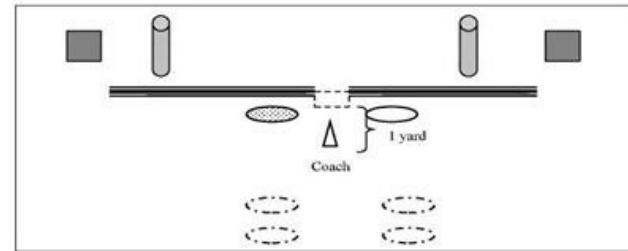


Figure 7-5. Basic waggle drill set-up

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.

GUARD FOOTWORK

- ✓ Playside guard pulls just under the 4yd cone, eyes on last man on LOS. His landmark is 1 yard past and 1 yard deep. He pivots, **"Take A Picture"** and attacks this defender:
 - If Squeezes: Log him early, don't run past him.
 - If Sits on LOS: Block into LOS with helmet in front of defender.
 - If Down LOS toward sideline: Log him back towards the Center.
- ✓ Playside guard never kicks out. If end man comes straight up field, leave him for backside guard.
- ✓ Playside guard takes a straight path at 4 yards depth to kick out whoever comes upfield.
- ✓ If nobody upfield, turn upfield with arm motion signaling QB to run behind him.

Coaching Points

Make sure the two edge players really mix up their looks. Rush both, rush one, or don't rush any. The end man needs to squeeze, stay, charge, and slide down LOS toward sideline



OL DRILLS

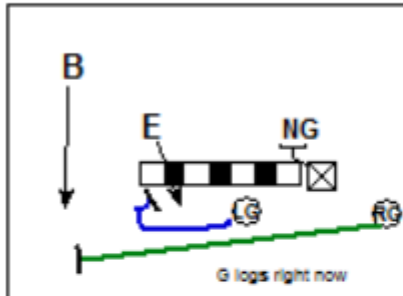
G.O. Pass (Waggle)

GO DAY

17 GO PASS

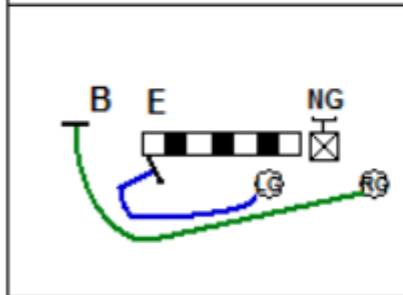
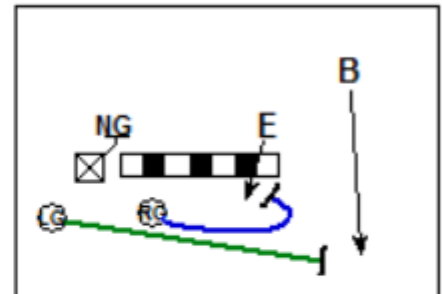
Whatever bag a player hits is the bag that you replace.

18 GO PASS



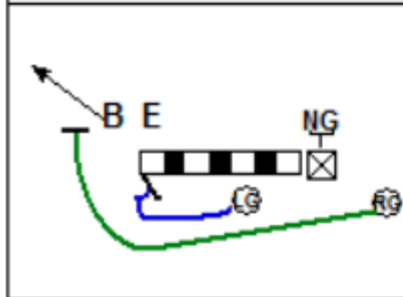
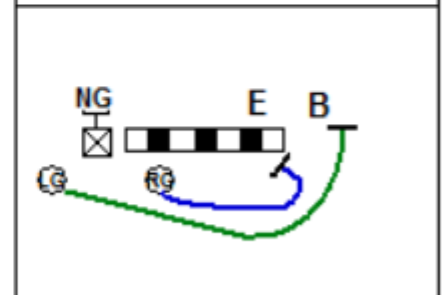
**END SQUEEZES HARD
FORCE PLAYER ATTACK**

*PLAYSIDE G: Immediate LOG block
BACKSIDE G: Kickout Force Player*



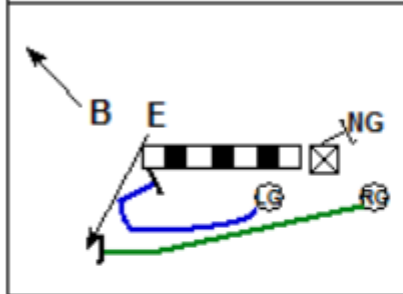
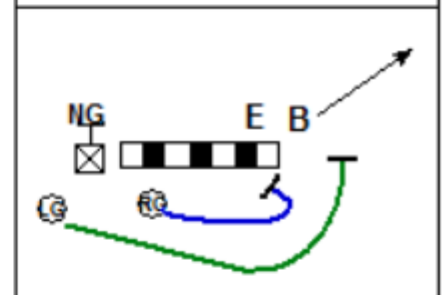
**END DELAY BLITZ
FORCE PLAYER ON LOS**

*PLAYSIDE G: HOOK block
BACKSIDE G: LOG Force Player*



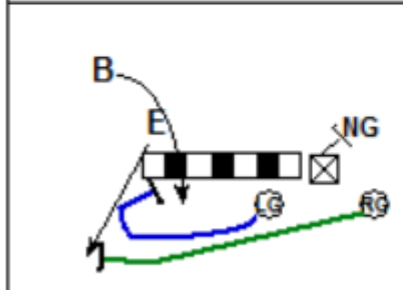
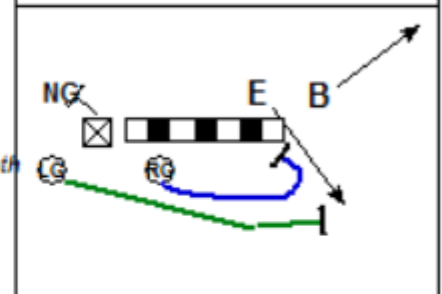
**END DELAY BLITZ
FORCE PLAYER IN FLATS**

*PLAYSIDE G: HOOK block
BACKSIDE G: Waive arm to signal QB
to run with football*



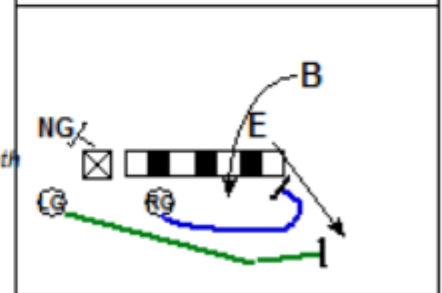
**END ATTACKS QB
FORCE PLAYER IN FLATS**

*PLAYSIDE G: Stop & Turn inside at 4yd depth
Block inside pursuit of QB
BACKSIDE G: Kickout out DE*



**END ATTACKS QB
FORCE BLITZ INSIDE**

*PLAYSIDE G: Stop & Turn inside at 4yd depth
Block inside pursuit of QB
BACKSIDE G: Kickout out DE*



DE who immediately chases QB in this path is caused by poor backfield fakes



Waggle Scenario # 1

This scenario simulates an even front with the guard and tackle covered. This front is good to start with in the teaching progression of the drill. The playside guard pull steps right. He takes an inside-out path for the #2 defender and executes a log block.

The backside guard pulls and performs crossover footwork to the right. He reads the log by the guard and continues at the flank to execute the block on the next defender. In this scenario, the defender is outside and on the line of scrimmage. The lineman should log this defender and turn him inside, giving the quarterback a clean flank.

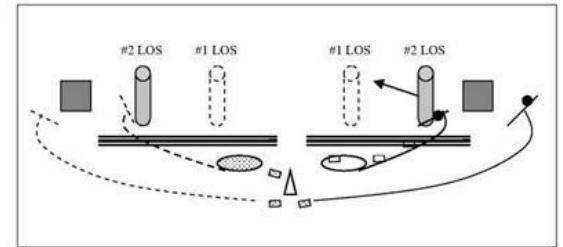


Figure 7-7. Waggle scenario #1

Waggle Scenario # 2

This scenario addresses perhaps the most common reaction to the waggle play, and one with which your linemen will have to become very familiar. With the motion in the backfield, some defenses will have an automatic stunt off the edge to stop the waggle play. The playside guard must take an inside-out path for the #2 defender and execute a log block.

The backside guard must read the log by the guard and see the blitz off the corner. He should keep consistent, with an inside-out path, and then kick-out the stunt. This kick-out will allow the quarterback to step underneath and continue to attack the flank.

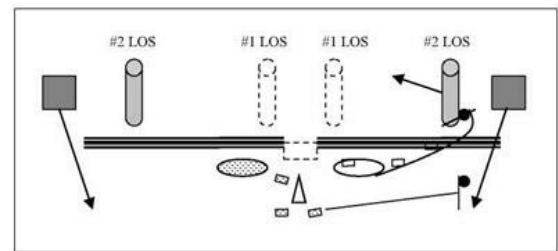


Figure 7-8. Waggle scenario #2

Waggle Scenario #3

This scenario is the most difficult and will test the understanding of the drill and the rules of the waggle play for your linemen. The base 50 provides a different look, as the defensive end works immediately upfield and is not in a position where he can be logged. The backer is on an outside move for secondary contain, working hard upfield (Figure 7-9).

The playside guard executes a log block on the #2 defender. The backside guard must read the kick-out block by the guard and be ready to fill to the inside while looking for a backer. In this situation, the backer shows and a log block should be executed. If the backer does not plug, then the guard will dip inside looking for the next defender. The quarterback will dip inside, following the backside guard and working to the flank.

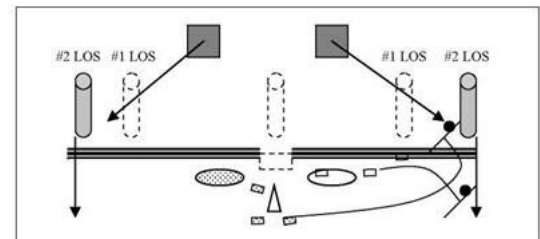


Figure 7-9. Waggle scenario #3



Half Line Belly

We run this drill every Tuesday. It doesn't matter what defense we are going to face, we want to make sure our players understand **"Railroad Tracks"** and that they have areas, not men. As the season progresses, we will just tell the defense to do whatever they want, including blitzing.

This is what we call a **"Slobber Knocker"** drill...we want it to be intense & physical.

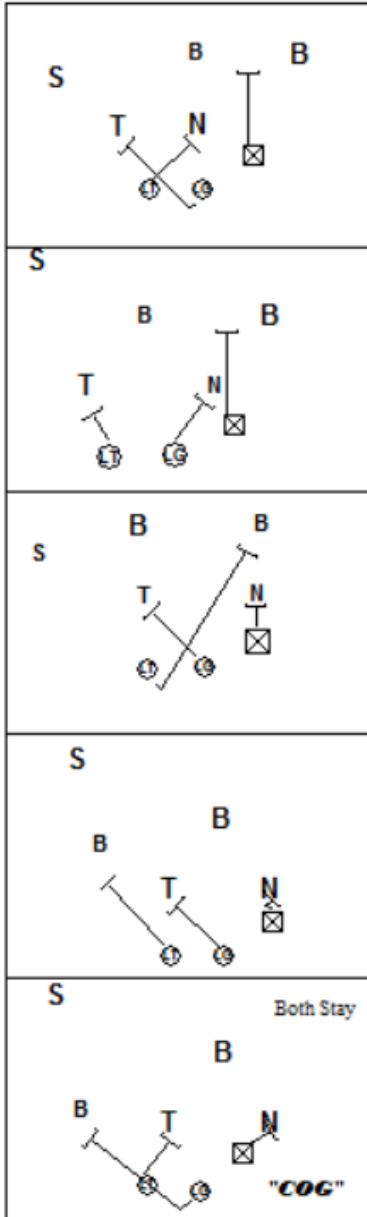
OL DRILLS

BELLY HALF LINE

*The defensive players that the offensive player hits plays the same position as that offensive player so that the rotation goes quickly
Rep each box twice....total of 5 minutes.*

BELLY DAY

33 Belly



PLAYSIDE

"TUG"
start headup on G
E is outside shade.

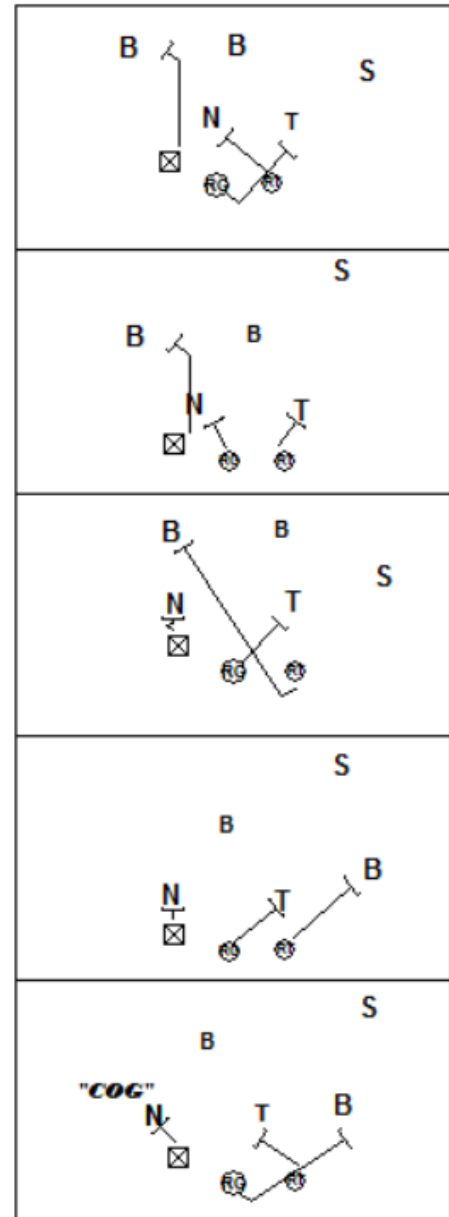
"ON"
NG moves 1/2 man

"GUT"
T moves 1/2 a man
C blocks NG whichever way he wants to go
TB has to read NG

"OUT"
C blocks NG whichever way he wants to go
TB has to read NG

"TUG"
T moves 1/2 a man
C is doing a "COG" block with backside G

34 Belly

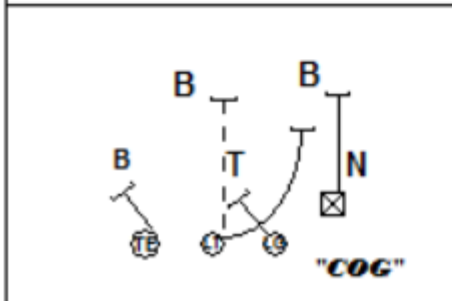
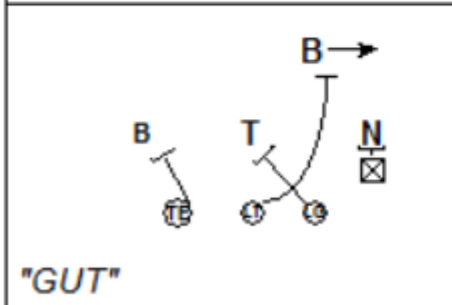
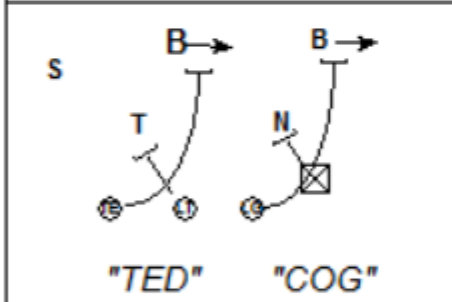
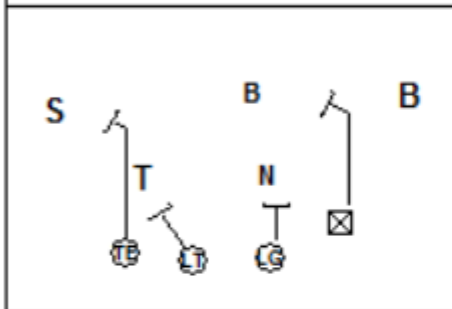
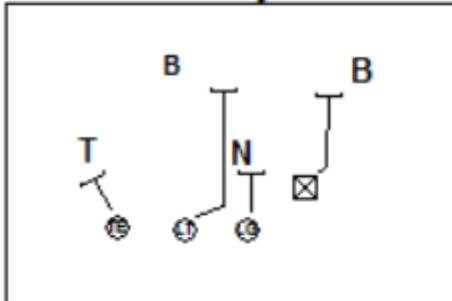


OL DRILLS

BELLY HALF LINE

BELLY DAY

34 Belly



BACKSIDE

"ON"

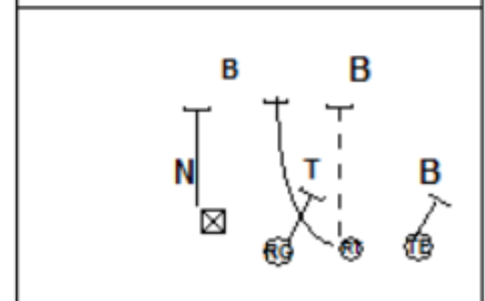
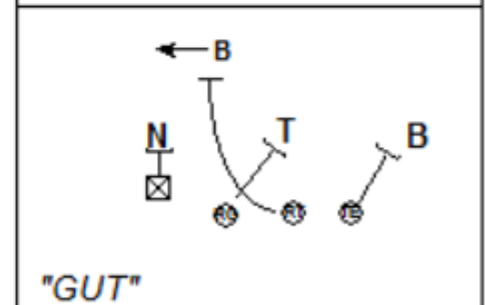
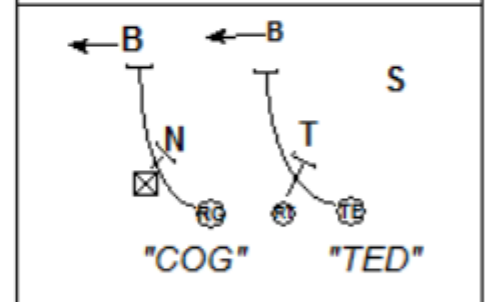
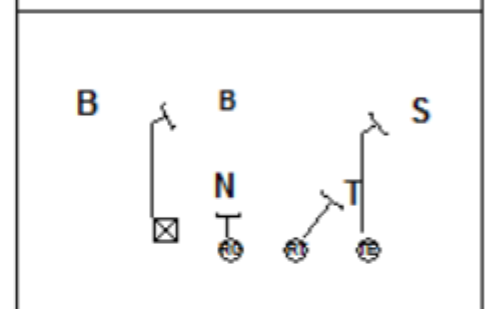
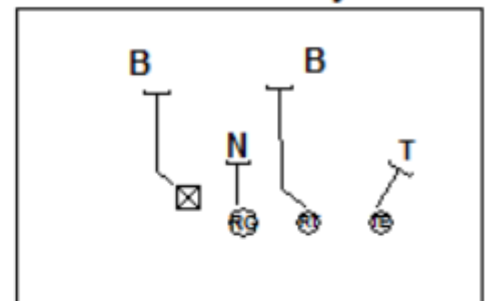
Could COG if NG been pinching A gap

"GUT"

Windback good vs 3-3 with shaded DL...

"TUG"

33 Belly



HALF LINE DOWN

Lorem

OL DRILLS	DOWN HALF LINE	DOWN DAY
		<p>start headup on G E is outside shade.</p> <p>NG moves 1/2 man</p> <p>T moves 1/2 a man</p> <p>Switch running backs after these 3 plays</p> <p>T moves 1/2 a man</p>



