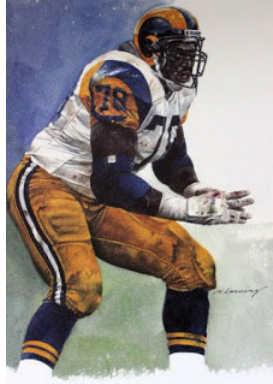

CHAPTER 21



Pass Protections Drills

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

While many drills can be done, and many pass protections can be drawn up, the high school lineman only needs a few necessary skills to become a good pass protector in a high school setting.

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

The protections for the sprint-out game and play-action attacks use the run-blocking techniques already discussed in Chapters 16 through 18.

The teaching progression outlined in this chapter will be as follows:

- (1) Hands and punch**
- (2) Footwork**
- (3) Stance**
- (4) One on One**
- (5) Balance**



We start by teaching the use of the hands, called the “PUNCH”. Although pass blocking begins with the footwork, the footwork drills require something being done with the hands, so we feel like hands should be taught first. With that said, the ability to move the feet is the most important aspect of pass blocking. After we have taught footwork, we then teach how to use the hands and shoulders in unison with the feet. Tying together the hands and the footwork is the concept of balance in order to fight the pressure of a pass rush. Once the techniques are learned, we then teach specific blocks that are used within each scheme.

It is important to know the four types of individual pass sets. The types of blocks are briefly described here so that you can understand why we are doing certain drills:

TYPES OF PASS SETS TO USE BASED ON ALIGNMENT

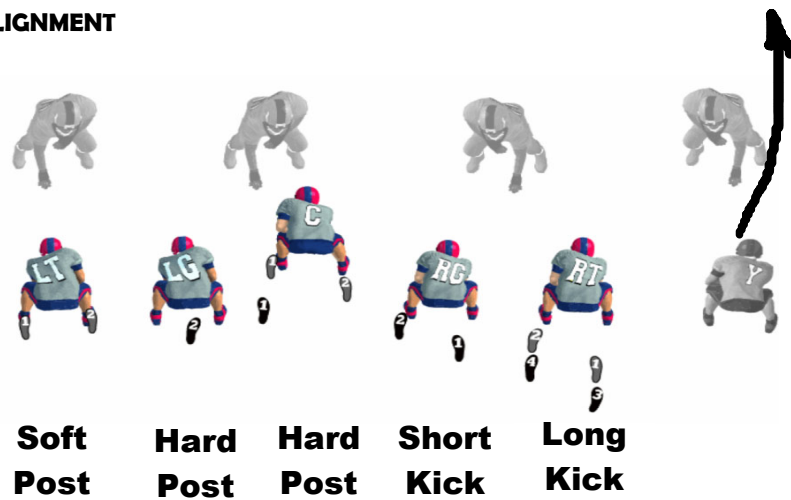


Fig 10-1: Types of Pass Sets

Hard Post - vs *inside shade defender*

- Uncovered Guard vs offset/shaded DL use these steps but keep outside arm free. Shoulders square.
- 90° lateral step inside, pushing off outside foot and leading with inside foot. 2nd foot also follows laterally.
- Feet stay in close contact with turf. Set inside. Steps are quick, hard, jab steps

Soft Post - vs *headup defender*

- The head up defender is a threat to both gaps, so blocker is cognitive that he cannot get beat inside.
- Pickup both feet and put them down in same place as quickly as possible to allow time to rise out of stance.

Soft Kick - vs *outside shade defender*

- Kick outside foot back and out at a 45° angle, getting even with defender's crotch.
- Don't lunge. Keep weight on inside foot. Cover up the inside of the defender.
- Shoulders square until moment of impact.

Long Kick - vs *very wide outside defender. Tackles only.*

- Kick straight back with outside foot, keeping shoulders square until just before the moment of impact.
- If shoulders and hips open to early, vulnerable to inside move.



FOOTWORK

MIRROR DRILLS

We do a series of drills that teach the footwork. The blocker faces the defender, and both are standing up, but the blocker is in a proper pass protection stance as describe on the previous pages. Two cones are set up five yards apart, the defender moves between the cones, and the blocker “mirrors” or follows him while maintaining a good stance. The drill duration is five to seven seconds. Footwork is the most important part of being a good pass blocker, and these mirror progressions are the best way to teach this skill.

Coaching Points:

- Keep the defender between the legs at all times.
- Keep at least one foot between the feet and stay off the toes
 - He must not "click" the heels together.
- Maintain foot contact with the ground and brush the top of the grass with the cleats of the shoe.
- Teach the blocker to "sit" on a stool with the chest proud and chin up.
- The lead step is with the foot in the direction of defender flow.

Mirror Line Drill

Blockers have their hands behind their back. You do not want the linemen using their hands in this drill yet, because you want them to learn to move their feet. The defenders go back and forth, right and left, and make their partners move his feet and mirror him. You do the mirror drill with all the offensive linemen facing a partner. You do it with all the linemen at the same time.



The offensive player must keep the defender between the legs with the chest proud. As they mirror, they lateral step with the KICK FOOT first. This is the foot that is slightly back in the staggered stance. This step allows them to always have space between their feet. The trail foot “slides” and follows. So the buzzword is: “**Kick-Slide**”

Mirror Jam Drill

The second part of the pass-protection progression is jam drill (Fig 10-7). In this drill, the offensive pass blocker is going to assume a good pass-blocking position, with knees bent, shoulders back, neck pulled, and target with his hands. He is going to block through the picture window created by his hands at his target. The defensive partner will come forward. The blocker will jam one good shot, then recoil, and separate. The defensive man will keep coming. Then, the pass blocker will jam again, lock him out, and ride the defender upfield past the quarterback.

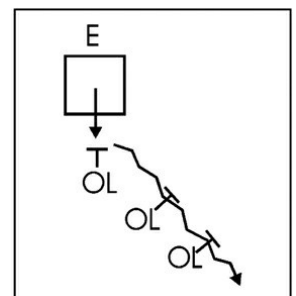


Fig 10-7: Mirror Jam Drill

