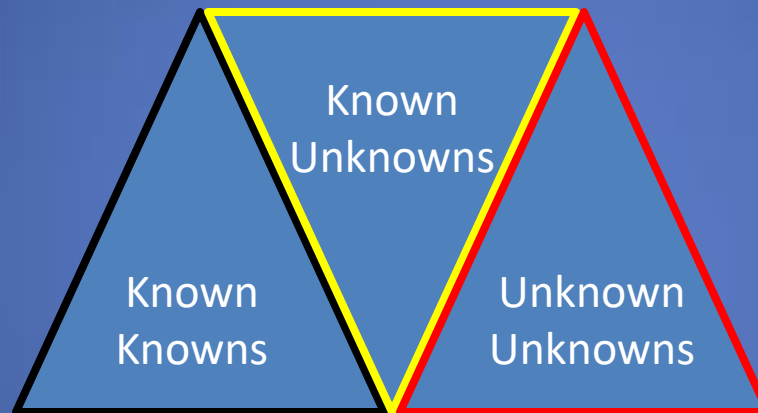


Offensive Line Fundamentals from 4th through 8th Grade



Tonight's Objective



Offensive Line Mindset

I AM

**TWO MOST POWERFUL
WORDS,
FOR WHAT YOU PUT
AFTER THEM SHAPES
YOUR REALITY.**

1 AM . . .

I AM . . .

IMPORTANT

I AM

PART OF A PACK

I AM

THE AGGRESSOR

I AM

A SMART PLAYER

I AM . . .

TOUGH

I AM

HARD WORKING

I AM

A SERVANT

Accountability



Our players will place importance on what we praise.

Accountability



The 1-2-3 numbering system.

Accountability



The Hustle/Loaf System

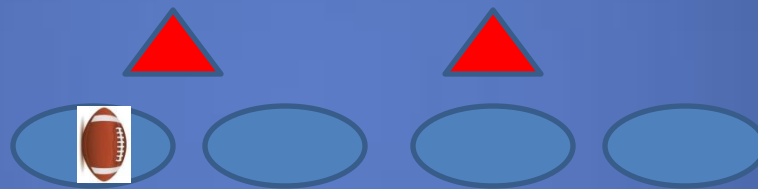
Match Your Offensive Philosophy – Stance and Splits



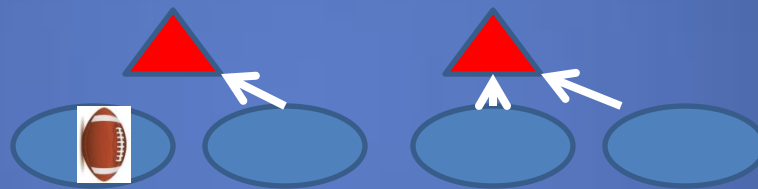
Match Your Offensive Philosophy- Blocking Rules

- GOD
- GOOD/GOO
- GOB/GOL
- TKO/SAB

GOD Blocking



GOD Blocking



Flexibility



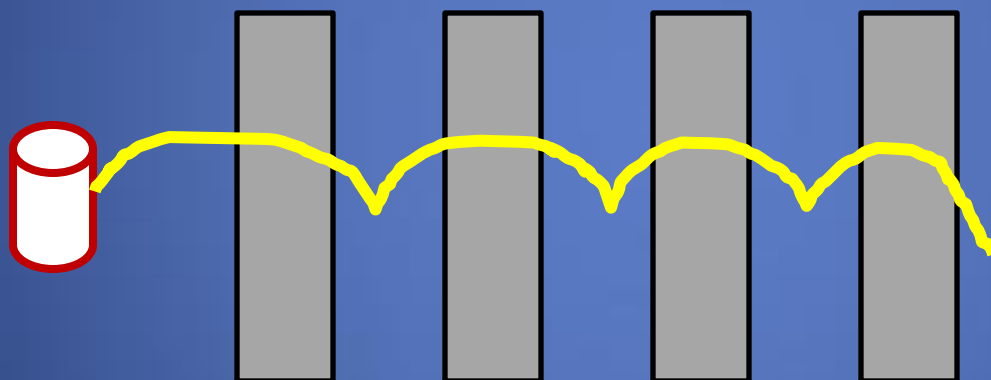
Footwork



Footwork Drills

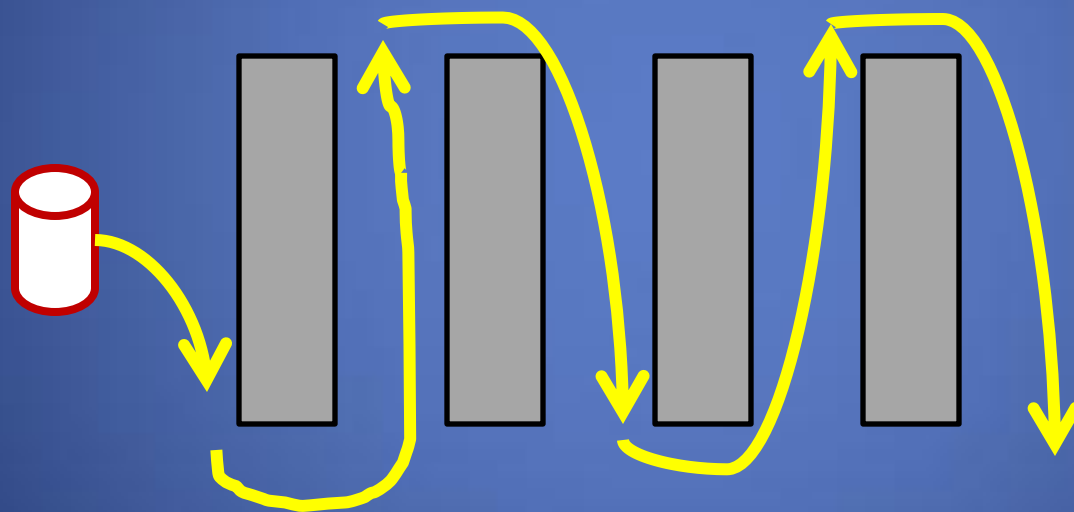


Footwork Drills



One Foot
Two Feet

Footwork Drills



Front/Back

Stance



Stance

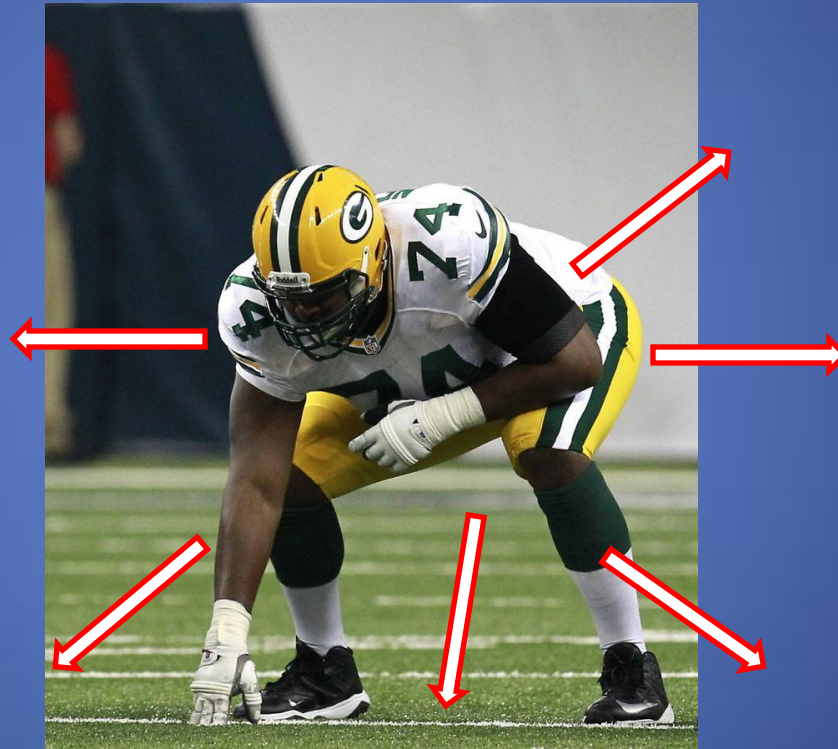


No ballerinas
Outhouse
Eyeball
Paper

Stance – Flat back to Slightly Downhill



Stance – Six Directions



Two-point Stance



Center Stance





BAD STANCE



Four-Point Stance



Splits



Drills



Power Scheme Drills – One Step/Two Step Drills



Do fit and drive technique having players chop their feet outside the carpet





Power Scheme Drills - Sumo



Power Scheme Drills - Hippo



Zone Scheme Drills

Two Step Drills

Sumo Drill

Zone Scheme – Board Drills



Coach Chennis Berry Offensive Line Drill Tape: Inside Zone techniques broken down and detailed according to the style of Coach Chennis Berry, Offensive Line Coach/ Co-Offensive Coordinator at Howard University.

Zone Scheme – Combo Drills



Pass Protection

What scheme are you running?

Man-on-Man (Big on Big)

Slide Protection

Combination

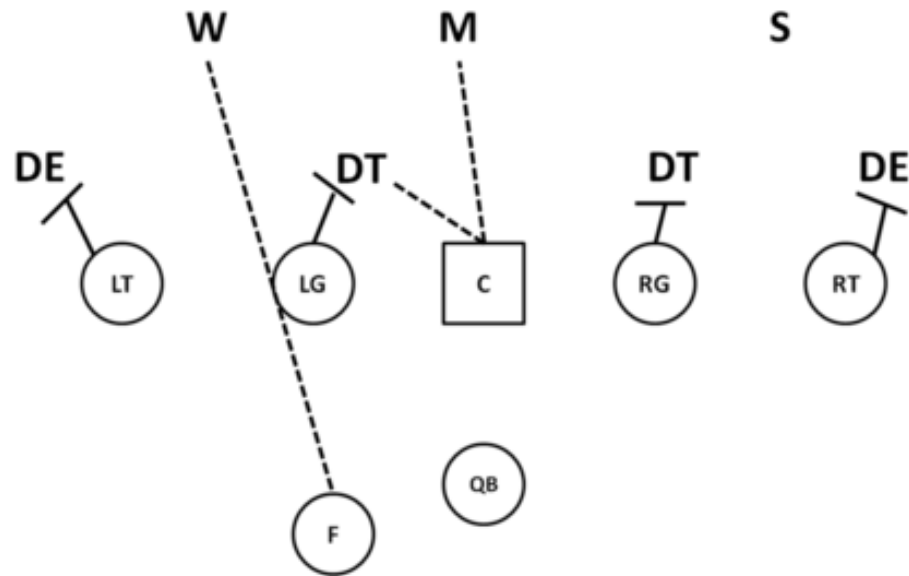
Rule-based (GOO)

Hinge

Quick

Pass Protection Man/Big on Big

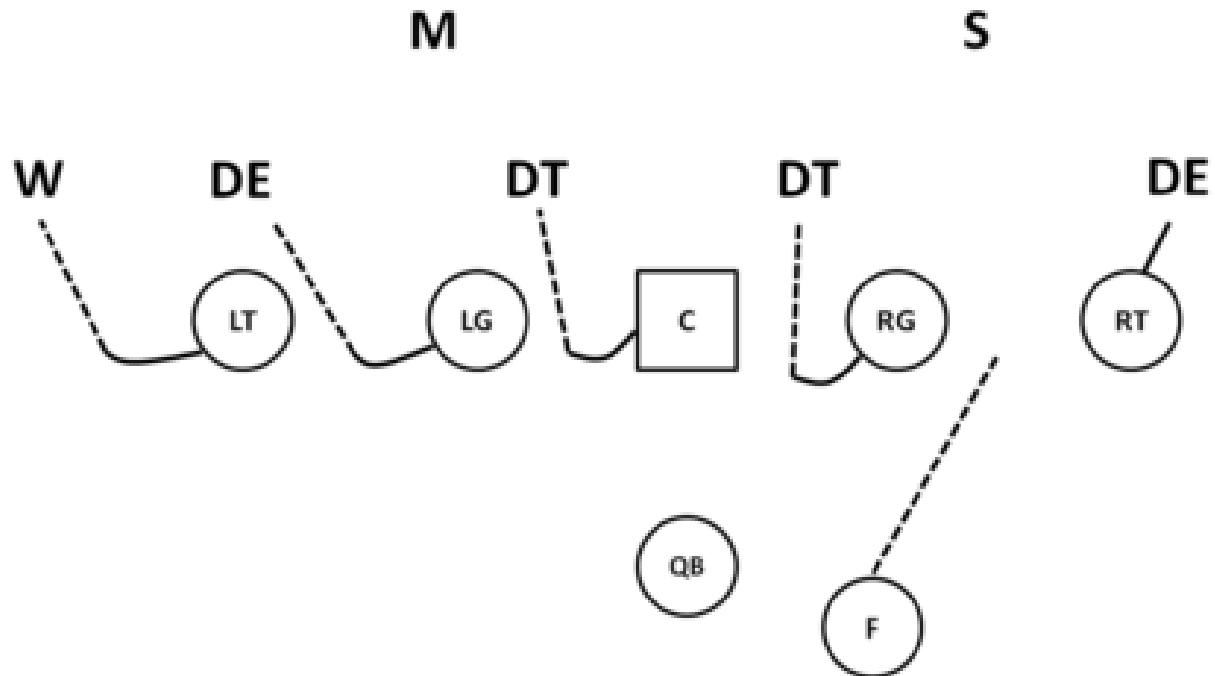
Big On Big (B.O.B)



Obviously linemen will not move forwards during pass blocking, the assignments are just easier to see and comprehend when drawn this way.

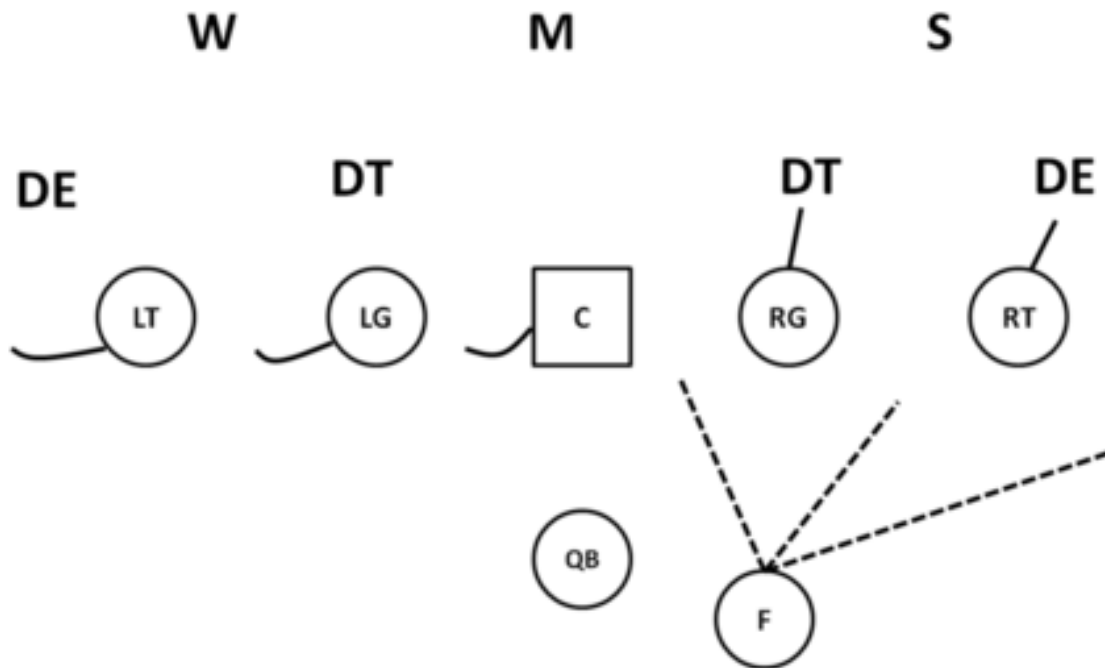
Pass Protection Slide or Gap

Slide

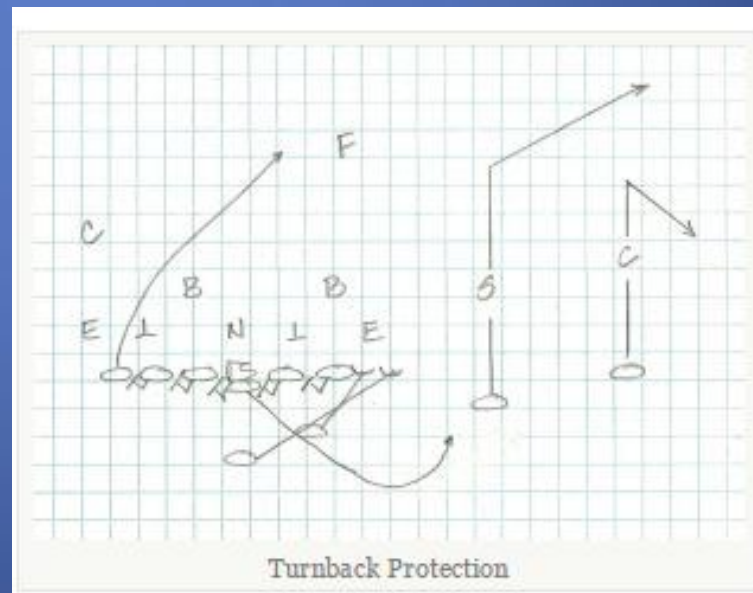
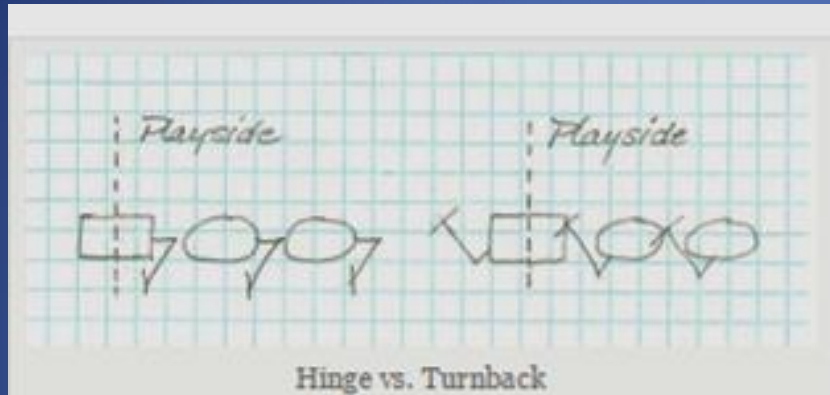


Pass Protection Combination

Combination ("Combo")

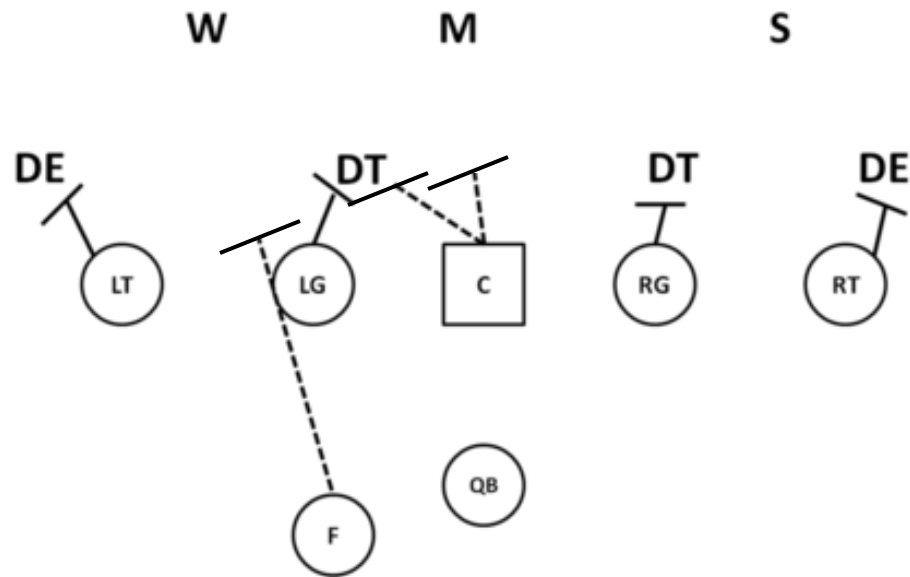


Pass Protection Slide or Hinge



Pass Protection Quick

Big On Big (B.O.B)



Obviously linemen will not move forwards during pass blocking, the assignments are just easier to see and comprehend when drawn this way.

Kick Slide on Air



YouTube – Power Step Kick Step Cone Drill – Football Tutorials

Mirror Drill



YouTube – Offensive Line Agility Drills – Coach Ryan

Attack the Post



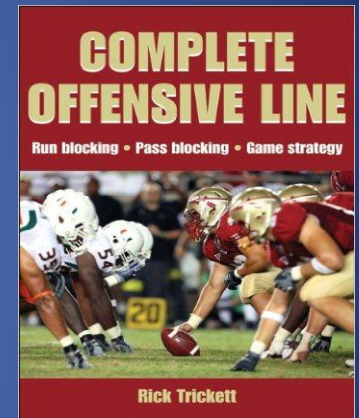
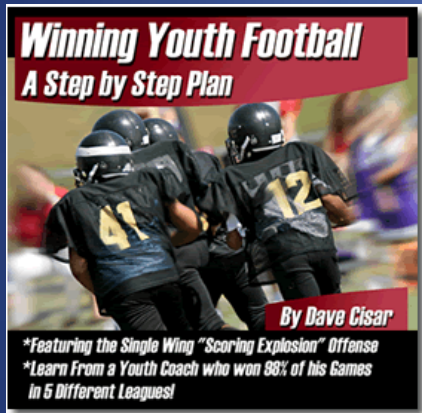
YouTube – Offensive Line Agility Drills – Coach Ryan

Kick Slide Three Man Punch



YouTube – Power Step Kick Step Cone Drill – Football Tutorials

Resources



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