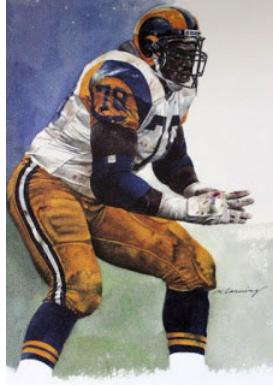

CHAPTER 20



Offensive Line Position & Combo Drills

In this chapter, we are going to cover position-specific drills of our offense. To run this system with the most versatile blocking system, the linemen not only have to learn all the blocking rules below, but also the techniques necessary to execute these blocks. This chapter will cover the fundamentals of the blocks listed below.

- Post/Lead
- G & X
- Bucksweep Pulls
- Speed Sweep Pulls
- Ride M Slam
- Ride GM
- Rid G
- Down Blocks
- Turnout Blocks
- Reach Blocks
- Release to LB
- Speed Sweep Combo
- Bump Drill
- BD
- W-Reverse

We are going to hit all these blocks where the beginning is the actual technique, and these are the actual blocks or the application of these techniques.

POST/LEAD

This is a big block in our offense because one of our most basic blocking rules are that every blocker who is playside of a backside puller is assigned the post lead principle.

- Post lead drills are for any of our **Trap Puller Plays** -- *Backside Puller* per se.
- This drill is going to involve the **Center** and a **Playside** guard
- This is going to work **Back blocks, Influence pulls, A-gap double teams**, etc.
- It is a **Great Trap Drill** when you turn this thing into a three-man drill.
- Weekly cover Post/Lead **versus both odd and even fronts**, which they are taught both in the summer.



POST/LEAD EVEN FRONT

Our Post Lead Principles starts with the “**Call Man**”, which is the first man from the call. For the representation of the drill, we will make our **center the call man**, but in the offense any of the blockers can be the call man depending on the play call. Let’s use Fullback Guard Trap as an example for explanation purposes. We call our double team blocks “AD”.

CALL MAN - Center

1. Post: if covered. Lift his pads anticipating the double team.
2. Lead: if uncovered. Block away from the play (Lead).

So in our example, the center is the Call Man and since there’s nobody in the post, he leads away from the play.

FIRST MAN - Guard

If the first man from the call man is a GUARD, then his rules are: **Lead, Load, Influence**. This only applies to plays 0-9 X. If the call man is NOT a Guard and the pull is not the backside Guard, then the rules are just **Lead-Influence**.

In our Guard Trap example, the Right Guard is the first man from the Call Man (center). There's no Nose Guard to lead because the center is not covered. There are not two linebackers between the call man and the next 2 adjacent linemen, so it's not a loaded look. Hence, he’s going to influence and turn out.

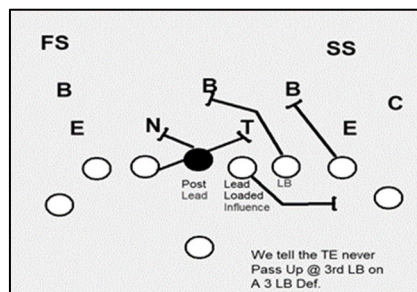


Fig 20-1: Lead Influence

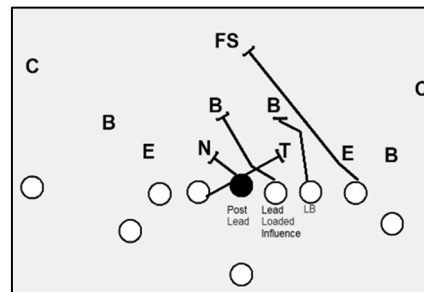


Fig 20-2: Lead Load Look

INFLUENCE

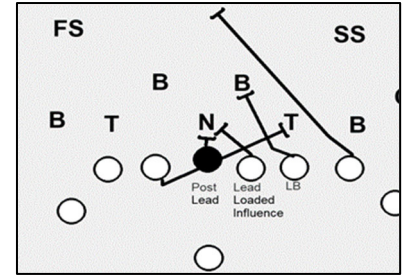
I’m going to briefly talk about our “Influence Pulls” and what we do. The three things we enjoy dabbling and doing here, and we find most effective are these:

1. A **buck sweep influence** which has been very good to us over the years and is something that our kids know in their sleep. If they’re keying that, flowing in and chasing then the buck sweep influence would be great.
2. If they start sitting at home, we go with a **pass set influence**. You’ve heard people, defending the Wing-T say, “Never honor an outside pull, it’s an influence.” So, we go with a pass set influence to get our defenders’ shoulders up, get them upfield and create a trap.
3. The third is just a simple **reach block influence**. What we try to teach, and it coincides, is this, when we teach our pass set influence it is very similar to our rock step on G. It’s a rock step on G, where you just have your hands up and ready and then we’re able to get our trap.



POST/LEAD ODD FRONT

Let's assume that we're running a full back trap to the left. My center is covered and so we know that we have to post the defender. When we say the term “post” that means lift the defenders’ pads and allow the double team lead blocker to get the angle movement he needs on the play.



We want our center to lift his pads straight up and let the guard lead, which starts with a fire step.

We use the term: “**Zip Your Hip**” when teaching double teams. This is about zipping your hip with both of your inside feet/near feet to the defender. You’re being zipped from your ankle, all the way up to your hip, with no space, so the defenders can't split us. Here, we would work in unison at a Wing T angle to create a double team space.

As seen in the picture, you see that the hips are connected, and we tell them to push and lean against each other. However, I don't like the inside foot getting turned. If I'm the post blocker center in the figure, I'm going to pick my foot up, put it down and move while literally leaning in to the guard. I might actually feel that man it just might be tight! Now, if I'm the lead blocker guard, I will have my shoulder block, leaning in, pressing at an angle for a wing T football play.



KEY POINTS

The most important thing that your players have to understand is that anytime we put two on one defender, **we expect a lot of movement**. Win the day with a double team! The deal is, in all trap plays, there's a misconception that the puller has to be this great big guy that needs to get a lot of movement. We feel that the puller seals the play, but the double team creates the mood. If our puller creates a stalemate on his kickout, but we get movement from the post lead double -- then our fullback on trap or our wing on counter will still be able to get yards.

DOUBLE TEAMS

Double team blocking is essential for power and is the most solid block in football, including the Wing-T schemes. Although the double team is basically just two blockers moving one defender, coaches can make this confusing for players by using a bunch of clinics talk such as “Duece”, “LPIO”, “post”, and “lead”. These terms have more meaning for the coaches than they do for the players. If double teams are taught with a bunch of technical terms, confusion will arise, slowing down your players as they have to think.

While the best double team is to simply drive the D-Lineman back into the Linebacker, we do have to coach which man is responsible for the Linebacker based on four possible alignments.

