

## SAB – Severe Angle Block

Pulling is RUNNING & BLOCKING! That’s it.

They won’t know what to do if we DON’T TEACH.

### Who to block? How to block?

DRIVE --> LEVERAGE --> SURFACE (hands/forearms) --> FOOTWORK -->STANCE

Alignment:

2 (TWO) Point STANCE

Helmet in line with the CENTER HIPS

SPLITS

**T**\_2.5\_**G**\_1\_**C**\_1\_**G**\_2.5\_**T**

FIRST STEP is ALWAYS 45degrees:

LEFT SIDE 2:00p

RIGHT SIDE 10:00p

| <b>MISTAKES</b>         | <b>FIX</b>                                   |
|-------------------------|--|
| Stand Up right away     | Step to Point of Attack, always move Forward |
| Too Close to LOS        | Check alignment – Move Back                  |
| Too flat, Too much lean | Head UP, Butt DOWN                           |
| Moves AFTER SNAP        | Moves WITH SNAP                              |

FootFIRE Agility Drills EVERY DAY

- Zig Zags
- 4 Corners
- T Drill
- Foot FIRE