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# CHAPTER 4



## Stance, Footwork, & Technique

Everything obviously starts with stance and I believe that the first 3 steps are the most important in football. To teach this we break it up into THREE main parts: Stance, Bird dog, and Shoulder-Hand Execution. We spend a lot of time in spring and summer on these three things, but when we open August camp we stop teaching stance. Get-Offs becomes our pre-practice warmup that replaces most teams dynamic warmup period. We continue to Bird Dog however, until game 2 or 3 because it is that important.

### STANCE & FIRST STEPS

There are many different philosophies about effective stances for offensive lineman, but the wing-T lineman has to accomplish all of the following from his stance:

Pass-protect  
Reach Block

Straight-ahead block  
Escape to Backer

Angle block  
Pull in both directions

**Balance** It is also important that the stance remains consistent and does not "tip" an observant defensive player and become predictable. It is also critical that the stance be comfortable. The body weight should be evenly distributed on all three points of contact with the ground.

**Comfort** We do not need to dictate to the lineman which hand must go to the ground. Comfort overrides everything, as long as the lineman can get his job done. As a rule, the feet should be parallel in the stance, but a slight stagger is permissible, assuming that the job is getting done.

**Power Angles** The positioning of the lower body and flexibility of the hips, knees, and ankles are all important to consider. The lower body must be coiled into an efficient and potentially powerful position.

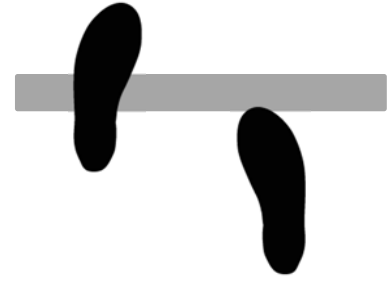
We want a balanced stance that will allow our linemen to take off in all four directions without "tipping"



the defense" and giving them a pre-snap read.

### FEET

- We set our feet while standing upright. It helps to put right toe on back of a line and left instep on the line.
- If right handed, place right toe in the left instep & step out laterally.
- Both feet should be slightly wider than shoulder width
- **Turn toes in slightly.** This makes sure that when they bend their knees, their toes don't point outward. If they turn their toes in it also helps to lock their power in and as their knees bend their toes will straighten out naturally and become parallel.



### KNEES

- Have them shake hands with themselves and bend their knees.
- Squat down and place elbows on the thighs. Head up & back straight.
- They should bend their knee enough at this point so their hands can touch the ground.

### DOWN HAND

- Place hand on the ground just under the chin, keeping head up & back arched. All five fingers in the ground.
- Equal weight on hand and both feet. If coach grabs the hand & moves it off ground, the player should not fall forward. But there should be some weight on the knuckles.
- Heel level is off the ground about an inch.

### OFF ARM

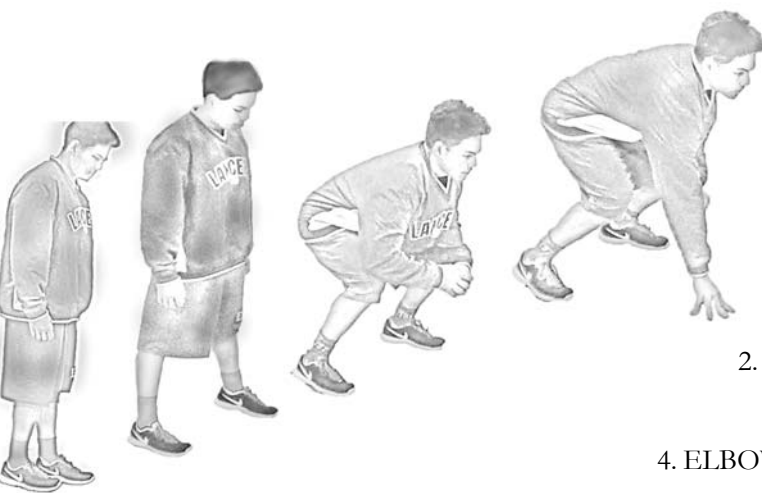
- Have them place the muscle part of their forearm on the hinge of their knee.

### BODY

- Flat back in athletic position
- Eyes through the knee caps of the defender



### Commands



1. FEET TOGETHER: Right toe in left instep.
2. OUT: Step out comfortably past shoulder width.
3. PIGEON TOE: Point Your Toes In Slightly
4. ELBOW TO THIGH: Drop Your Elbows to Your Knees
5. HAND ON GROUND: Put Your Hand Down Under Your Chin
6. ROCK & SWING: Swing the Down Arm Slowly Back & Forth Under the Chin. Slight rock back & forth on feet.



## SNAPPING THE BALL

The center will hold the top cone of the ball while the bottom cone sits on the ground. The laces will face outward to the right if the QB is right handed. He will snap the ball so that it does not spin or rotate, but “knuckle ball” so that the laces land on the fingertips of the QB right hand. The center cannot flex, or snap his elbow or wrist. He keeps his entire arm solid as he releases the ball at “calf length”.



Fig 33: Pistol Snap

### KEEP UNDER CENTER ALIGNMENT

There will be scenarios when your backup center or quarterback has to go in the game. You might be playing in heavy rain or snow, especially come playoff time. For these reasons I have designed the backfield action to make it very easy to run plays from both under center and out of PISTOL.

Having the ability to be in both alignments also puts more pressure on the defensive coordinators. They will stay up all weekend trying to find tendencies, which is why it is very important to not have any. My quarterback and I go off gut feeling week to week as to how much Pistol vs under center we will run.

**Under Center Direct Snap:** Put center in his stance. The QB holds the ball in his throwing hand, fingers on the laces the way he would like the ball snapped to him. The QB places the top part (backhand) of his throwing hand against the center’s butt while still holding the ball. While still in his stance, the center takes the ball from the QB and brings it down to the ground in the opposite motion he would use to snap. He then snaps it to the QB, who steps back away from the center after receiving the snap. They then keep repeating this process, the QB passing the ball back through the center’s legs while he is in his stance.

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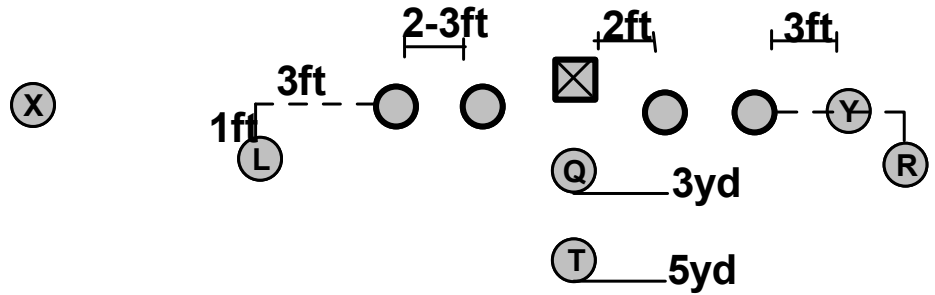
**Don’t ever let the center do any drill without snapping to somebody.  
Don’t ever let QB run any drill without ball being snapped to him.**

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## ALIGNMENT & DEPTH

As the center takes his alignment over the ball, the guards and tackles get their spacing and place their hands even with the heels of the center's feet. Being as deep as possible off the line of scrimmage helps the linemen pull, sets up better trap angles, but most important, it helps on down blocks vs penetrating linemen.

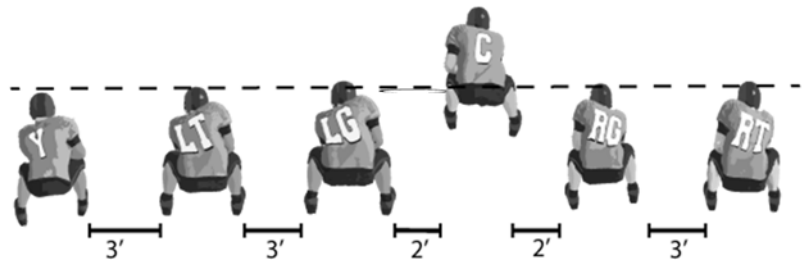


Our alignments do change but at the same time must be very precise. We have a **“cheat for success”** rule that allows our players to adjust according to their abilities, the play call, and the defense. The advantage of breaking the huddle so fast does not give the defense time to pick up on these changes.

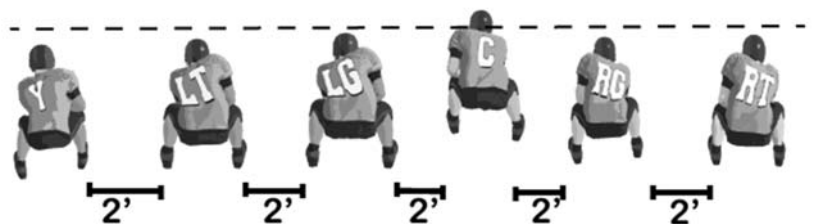
**SPLITS:** The Tackles will get a 2 foot split from the Guard if uncovered (4-4 or 4-3 defense).

They will widen to a **3 foot split if covered (3-3 or 3-4 defense)**. The TE will get a 3 foot split if the Tackle is uncovered. Our Guards will always get a 2 foot split from the center.

### OFF Alignment



### ON Alignment



## OFF VS ON ALIGNMENTS (VERTICAL)

Our base alignment is to have our linemen as far back as the referee will allow. We tell them to place their hands even with the center's heels. While in a stance, their face mask just barely breaks the plane of our centers waist. In fact we will keep inching backwards until the referee tells us to move back up, which we will comply for the rest of that series. The next time we get the ball, we will inch back again and will not move up until the ref calls a penalty.

In short yardage and goal line situations, we will move our linemen up. The tip of their hands are 1 inch from tip of ball while in their stance. We will also narrow our horizontal splits down to 2 feet, in fact we might even get the Center-Guard splits to 1 foot. We don't call the ON ALIGNMENT in the huddle...it is the Guards job to remind everyone.

## Bird Dog – 1<sup>st</sup> & 2<sup>nd</sup> Step

When we are still teaching stance we will do bird dog on the Homer's Dairy (explained in Chapter 5) so that the players can use the white lines to get correct foot placement. The lines also helps with measuring the 6 inch first BLASTOFF step. As they progress this period is more effective in the Funhouse. The first step is very important and must be perfect if the approach to each block is to be perfect.

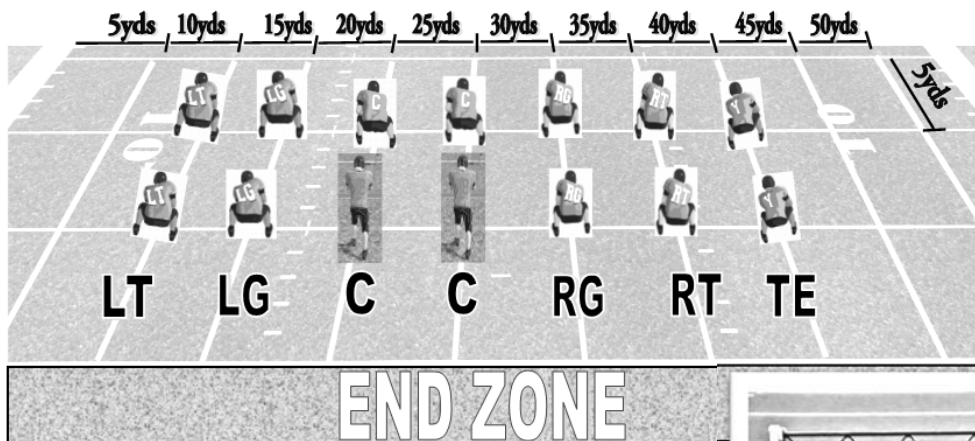


Fig 34: Homer's Dairy



Fig 35: Trap Chute aka FUNHOUSE



The first-step drills are a good way for your linemen to become familiar with some of the basics and learn the proper body mechanics involved in the first steps. These drills will help the lineman focus on the importance of the second step. The second step is the most important step in any block. Force is developed from the base created with both feet on the ground upon contact with the defender. Many linemen can get to the point of mastery with the first step, but if the initial step is too big and only one foot is on the ground at the point of contact, the defender will have the advantage.

**Contact with the defender needs to occur on the second step.**

The blocks that the Wing T lineman has to master are:

|                                |              |                         |
|--------------------------------|--------------|-------------------------|
| <b>On</b>                      | <b>Reach</b> | <b>Down</b>             |
| <b>Pulls (trap, log, hook)</b> | <b>Cuts</b>  | <b>Escape to Backer</b> |

## *THE FIVE PHASES OF PERFORMING A BLOCK*

### STANCE

**B**lastoff: 6 inch first step

**B.E.E.F**

This is the first step. It is extremely important, should be short, and should open up your hips up in the direction you need to go. We coach 6" power step & flat back during this phase.

**E**xecute: 2nd step in the crotch; Surface fit.

This is the second step & when contact is initiated. We want to step in the crotch of the defender with contact initiated at belt level. The EXECUTION is getting both hands and the shoulder to make contact at the same time that the 2<sup>nd</sup> step hits the ground.

We coach the shoulder to make contact with the defender's hip but realize that it will be slightly higher during a game. Depending on the block, we want one hand under the shoulder pads at the breast plate and drive the pads up into the chin. The other hand is in the ribs and drives up thru the armpit.

**E**levate: 3rd step; lift defender up & under shoulder pads

We use the 3rd step to lift the defender with the hand movements just described. Once upright, he is very easily moved.

**F**inish: Flip defender on his back.

**If Your Lineman is Face Down, He Will Nosedive Down...  
If Eyes Up, Hips will Follow Up**



**Procedure**

Perform each step from a perfect stance. On a command your players will take a perfect step with the proper foot and hold it until the command to return to their stance is give.

**IMPORTANT**

**Commands**

To go on first sound it is very important that the O-Line coach simulates the snap count on every drill. This is how the linemen get used to getting off on first sound. Since we snap the ball approximately 3 seconds after breaking the huddle, the O-Line coach ALWAYS gives the command, then silently counts to 3, and then says “READY”. So the players FIRST move on ANY drill has to start on the “R” in ready.

- 1st) Tell them the SPEED: **“Bird Dog”** tells players that they will freeze on every step.  
**“Game Speed”** tells players that they will perform the drill at game speed.  
 As soon as either of these commands are given, players immediately get into their stances.
- 2nd) Tell them which BLOCK they are making.
- 3rd) Count to 3 silently and yell “READY”.
- 4th) At **“Bird Dog”** speed players take their first step on Ready and freeze. They take 2<sup>nd</sup> step when coach says “TWO” and then they freeze again. Take a 3<sup>rd</sup> step on coach command “THREE” and freeze. After 4 or 5 freeze steps, coach says “AND GO” which means to jog through to the end of their assignment

**Player Technique when BIRD DOGGING**

**“Hands in Holster”:** On the 1<sup>st</sup> step the players put both hands back as if drawing a gun.

**“Four Point Contact”:** Contact is made with Shoulder (1) at the same time their foot (2) hits the ground. The off hand (3) should also strike the breast plate at the same time. The 4<sup>th</sup> point of contact is the other hand or the forearm depending on whether you decide to teach shoulder or hands technique.



Fig 36: Six Inch 1st Step



Fig 37: Hands In Holster



Fig 38: Four Point Contact on 2nd Step



Since we let our kids get in a stance that is comfortable for them, our Left Tackle could be in a right or left handed stance. So while the “heel replaces toe” rule will never be adjusted, the second step could be slightly longer if it is the foot that is staggered back. Of course the solution to this is to teach stances with both toes parallel. We have tried this but our players did not feel comfortable. I have never coached with a tape measure in my hand and I have never “over-coached” things...as long as my players can get the job done then I am OK with slight adjustments that make them feel comfortable.

***DIFFERENT DOG, DIFFERENT LEASH***

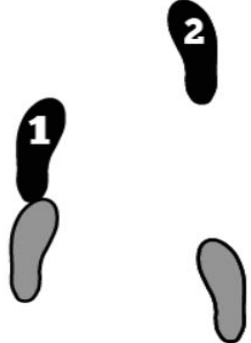
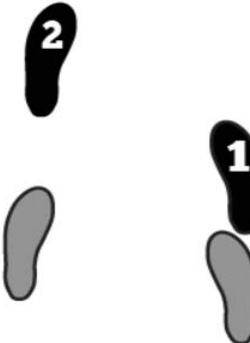
**RAPID FIRE** the first step when first teaching this. Do not move on to 2<sup>nd</sup> step until they have mastered the 6 inch placement, can keep a flat back, and their heads do not rise up. After I say “READY” and they take the 1<sup>st</sup> step freeze, I’ll say “BACK” and they will put that first step foot back where it started. I’ll pause for a 3 count and repeat the “READY” snap count and they will fire the first step again. We will repeat this several times for each foot. This is what it sounds like:

“READY” -- “BACK” – pause 3 count -- “READY” -- “BACK” – pause 3 count -- “READY” -- “BACK”

**ON STEP (STRAIGHT AHEAD)**

The on block is one of the least used blocks in this offense. Rarely will an offensive lineman be asked to block a defender aligned directly in front of him. Most of the time, a defender will be slightly off-set one way or the other. In the wing-T offensive system, the on block is most frequently seen in the execution of man schemes as a playside block. The on block is the simplest of the blocks to execute, because of its straight-ahead nature.

**Table 5: ON Steps**

| COMMAND   | “Bird Dog - Right Shoulder On Block<br>Left Foot Freeze”   | COMMAND  | “Bird Dog - Left Shoulder On Block<br>Right Foot Freeze”  |
|---|--|--|---|
|  | <b>TECHNIQUE</b>   |  | <b>TECHNIQUE</b>  |
|   | <p><i>6-inch step, left heel replaces toe. Hands in holster.</i></p> <p><i>Flat Back. Helmet should not rise...it remains same height as it was while in the stance.</i></p> |  | <p><i>6-inch step, right heel replaces toe. Hands in holster.</i></p> <p><i>Flat Back. Helmet should not rise...it remains same height as it was while in the stance.</i></p> |
| <b>ON – Right Shoulder</b>  |  | <b>ON – Left Shoulder</b>  |   |





## DOWN BLOCKS

The down block is used when blocking a man lined up inside of the attack hole. The defender could be lined up in the the gap next to the lineman, could be head up on the next man, or may be as far as two gaps over. This block could be a tight end blocking down on the man over the tackle or a tackle blocking all the way down to the noseguard. It could also be the center blocking back on a backside defensive lineman. When blocking a defender to the inside there are two things that can happen: The D-Lineman will try to “penetrate” through the gap or he will try to go around (cross-face) the down blocking O-Lineman.

Traditional Wing-T blocking rules call a block versus a penetrator a GAP block and a block versus a non-penetrator who is trying to read and cross-face a DOWN block. So traditional wing-t “gap-down-back” rule does NOT refer to the gap that the D-Lineman is lined up in, it tells the linemen which type of block to perform. He can GAP block (helmet in front) versus a D-Lineman in the gap right next to him or in the adjacent gap.

In order to be less confusing to the high school lineman, we use the words “GAP” and “DOWN” to refer to the gap that the D-lineman is in. Our Left Tackle makes a DOWN block versus a D-Lineman that is head up on the Left Guard, is in the gap between the LG and C, or on the noseguard head up on the Center.

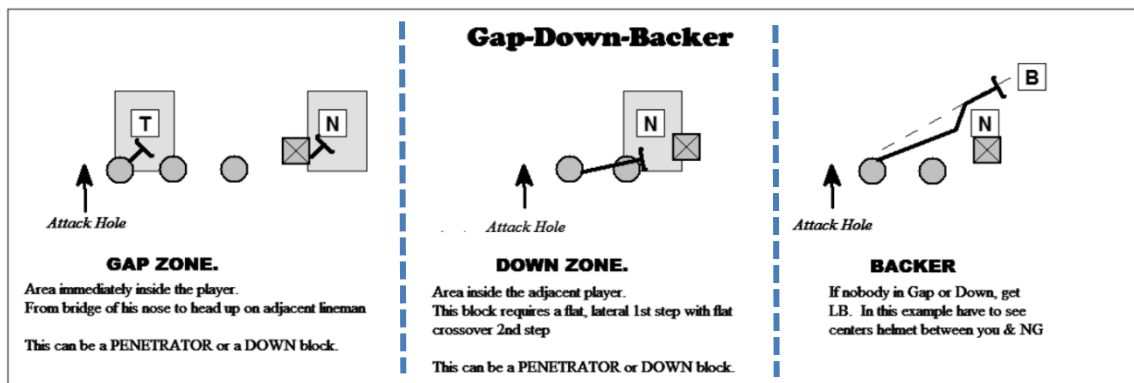


Figure 39: Example of "GAP-DOWN-BACKER" rules

Regardless of where the D-Lineman is aligned, we then use these TECHNIQUE words: PENETRATOR or READER to tell the lineman where we want his head placement. As a wing-T coach, you are going to see a lot of opponents try to penetrate the line of scrimmage against you, so the PENETRATOR block is very important and the most common block. We always assume penetration to start the game and do not execute our wrong-shoulder READER technique until the D-Lineman has spun out, swam over, or stepped laterally around our blocks at least twice.


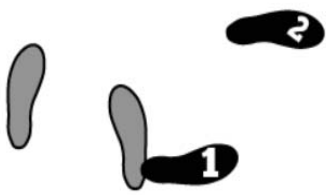
**"Aim Where They're Gonna Be, Not Where They Lineup."**

Down block versus a PENETRATOR: Flat step and get head across front of defender.

Down block versus a READER: Wrong shoulder block while aiming the helmet behind the defender

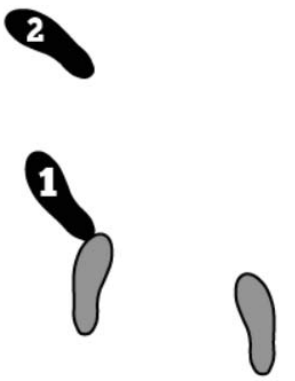
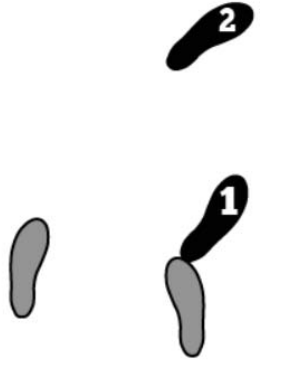


Table 6: DOWN block vs a Penetrator

|  |   |  |   |
|--|---|--|---|
| COMMAND  | “Down Block vs a PENETRATOR”<br>“Right Shoulder Left Foot Freeze”   | COMMAND  | “Down Block vs a PENETRATOR”<br>“Left Shoulder Right Foot Freeze”   |
| TECHNIQUE  | Pivot with left heel so that toe is pointing to the sideline.<br>The buzzword is<br><b>"Earhole to Belly button"</b><br>to remind them to put helmet in front.<br>Right fist is under DL Left armpit and left fist is under DL right chest. | TECHNIQUE  | Pivot with right heel so that toe is pointing to the sideline.<br>Left fist is under DL Right armpit and right fist is under DL left chest. |
|  <p>The diagram shows a top-down view of a player's feet. The left foot is labeled '1' and is flat on the ground. The right foot is labeled '2' and is pivoted so its toe points towards the sideline. The right shoulder is positioned over the left foot.</p> |   |  <p>The diagram shows a top-down view of a player's feet. The right foot is labeled '1' and is flat on the ground. The left foot is labeled '2' and is pivoted so its toe points towards the sideline. The left shoulder is positioned over the right foot.</p> |   |
| PENETRATOR Technique – Right Shoulder  |   | PENETRATOR Technique – Left Shoulder   |   |

The first step is going to be the same as a FLAT PULL step. When you progress to the 2<sup>nd</sup> step, remember the basic rule: “HEEL EVEN WITH TOE”. So on a Right Shoulder Penetrator block, the right heel is even with the left toe. The Right shoulder and both hands should make contact at the same time that the right foot hits the ground. The back and the helmet have not risen up during either step. Back & shoulder should be same level on the 2<sup>nd</sup> step as where they were while in the stance.

Table 7 DOWN Block vs a Reader

|   |  |   |  |
|---|--|---|--|
| COMMAND   | “Down Block vs a READER”<br>“Left Shoulder Left Foot Freeze”   | COMMAND   | “Down Block vs a READER”<br>“Right Shoulder Right Foot Freeze”   |
| TECHNIQUE   | Left heel replaces left little toe. Left toes pointing at crotch of defender.<br>The buzzword is<br><b>"Helmet in the back"</b><br>to remind them to put helmet behind defender. Right fist is on DL tailbone and left fist is under DL Left nipple. | TECHNIQUE   | Right toes pointing towards crotch of defender.<br>Left fist on tailbone and right fist under DL Right nipple.<br>We call this a WRONG SHOULDER block. |
|  <p>The diagram shows a top-down view of a player's feet. The left foot is labeled '1' and is flat on the ground. The right foot is labeled '2' and is pivoted so its heel is under the left foot. The left shoulder is positioned over the left foot.</p> |  |  <p>The diagram shows a top-down view of a player's feet. The right foot is labeled '1' and is flat on the ground. The left foot is labeled '2' and is pivoted so its heel is under the right foot. The right shoulder is positioned over the right foot.</p> |  |
| READER Technique – Left Shoulder  |  | READER Technique – Right Shoulder   |  |

The READER technique is called a WRONG shoulder block because it does not follow the “OPPOSITE SHOULDER – OPPOSITE FOOT” rule. When down blocking to the left versus a reader, the LEFT shoulder is being used on a block that still requires a LEFT foot first step.



## REACH STEP

The reach step is really an ON block vs a defender who is not lined headup over the blocker. With the prevalence of shaded defenses, one of the 5 linemen are taking a REACH step on every play. Backside linemen perform these steps a lot and the assignment is called "GAP-HIGHWAY". Traditional Wing-T purists the 90-degree lateral step a reach step and the 45-degree angle step a FIRE step. I have chosen to simplify this for high school. The different blocks are:

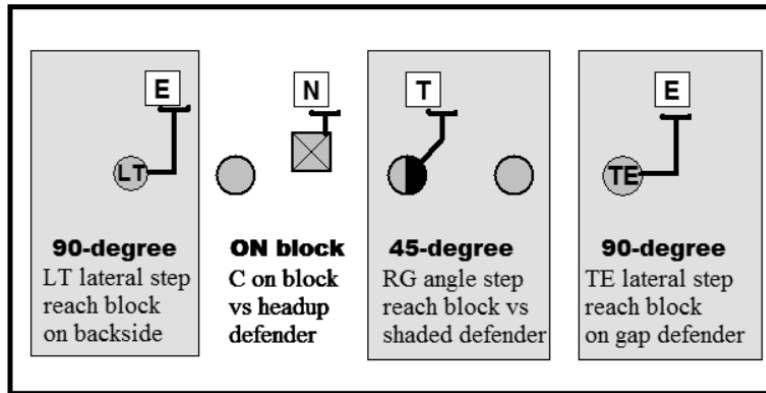


Table 8: REACH Steps

|  |   |  |   |
|--|---|--|---|
| COMMAND                                  | "Reach Step vs GAP defender"<br>"Right Shoulder Left Foot Freeze"   | COMMAND                                      | "Reach Step vs SHADED defender"<br>"Left Shoulder Right Foot Freeze"  |
| TECHNIQUE                                | 90-degree 12 to 14 inch lateral step, with toes still pointing north and south. Shoulders stay square. the buzzword is "Right Shoulder over Right foot"<br>2 <sup>nd</sup> Left step at the crotch of the defender<br>Left shoulder attack the DL left hip. | TECHNIQUE                                    | 45-degree 6 to 8 inch Angle step. Toes north and south. The buzzword is "Right Shoulder over Right Hip"<br>Left foot at the crotch of the defender.<br>Left shoulder attacks the DL left hip.<br>Helmet under armpit, |
| <p><b>REACH LEFT vs GAP defender</b></p> |   | <p><b>REACH RIGHT vs SHADED defender</b></p> |   |

### Coaching Points

- 90-degree Lateral step is a weight transfer from thigh to foot.
- 45-degree ANGLE step is a weight transfer from thigh to hip.
- Helmet in armpit. Outside fist lift up DL arm. Inside fist in breastplate of the shoulder pads.



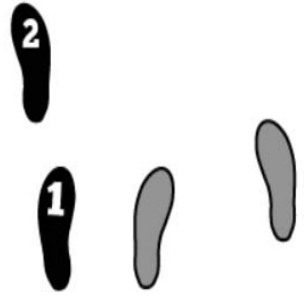
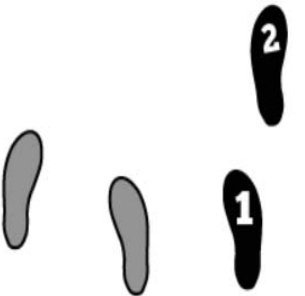
FILL FOR PULLER

These steps are for the Tackles filling for guard pulling away from them. On rare occasions, the Center will use this step. The player takes the longest reach step possible, often times hopping laterally down the line to get in front of a D-linemen who is over the adjacent pulling lineman. The techniques are the same as a Reach block: aim helmet for the far opposite hip of the D-Lineman. Sometimes our linemen enjoyed doing the “Superman” block. The would dive across the thighs of the D-Lineman, attempting to get into a full prone position that looked the same as Superman does while flying thru the air.

ESCAPE STEP

These steps are for linemen trying to get to a backer because the defender in front of them is being trapped or read on the option. The goal is to not let the D-Lineman get hands on the OL and preventing him from getting to linebacker.

Table 9: ESCAPE Steps

| COMMAND  | “Escape Left”   | COMMAND   | “Escape Right”  |
|--|---|---|---|
|  | TECHNIQUE   |  | TECHNIQUE   |
|  | <p><i>Reach step with Left foot.</i></p> <p><i>Crossover with Right foot, attempting to get even with D-Lineman’s feet.</i></p> <p><i>Grab grass with right hand on crossover step and rip up &amp; thru any D-Line contact with Right Arm.</i></p> |   | <p><i>Reach step with Right foot.</i></p> <p><i>Crossover with Left foot, attempting to get even with D-Lineman’s feet.</i></p> <p><i>Grab grass with left hand on crossover step and rip up &amp; thru any D-Line contact with Left Arm.</i></p> |
| <b>ESCAPE LEFT – Rip with Right Arm</b>  |   | <b>ESCAPE RIGHT – Rip with Left Arm</b>   |   |

Coaching Points

On the crossover step the offensive lineman reaches down and “GRABS GRASS” with same arm as the foot that is crossing over. Right foot crossover means grab grass with the right hand. Left foot crossover means grab grass with the right hand. This forces the OL to get low on the crossover step and does not provide any surface area for the D-Lineman to put his hands on.

Then the same arm that grabbed grass then “RIPS” up thru the D-Lineman’s armpit which will force the D-Line hands to slide off the back of the O-lineman. The buzzword for this is “KISS THE BICEP”.

Command Words (if bird dogging)

“Bird Dog” → “Escape Left” → silent count to three → “Ready”

On the first lateral step, coach says “SHOULDER OVER FOOT”...”LEAN”.

Then say “CROSSOVER, GRAB GRASS, KISS THE BICEP”.

It is awkward to birdog the crossover step, so we walk thru the entire sequence.



## PULL STEP

The pull step is used often in the wing-T. Frequent pulling creates the necessity to understand this step. We break pulls into two categories: FLAT pulls and DEEP pulls. The FLAT pull step is also the first step used in the execution of the down block vs a penetrator in this offense.

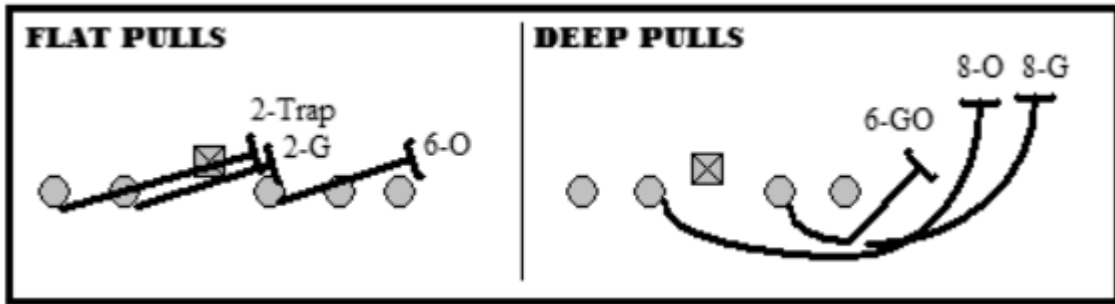


Table 10: Two Types of Pull Techniques

| <i>“DEEP Pull Step Left”<br/>“Use 5-GO, 7-G, 7-O”</i> | <i>“FLAT Pull Step Left”<br/>“Use 1-G, 1-Trap, 5-O”</i> | <i>“FLAT Pull Step Right”<br/>“Use 2-G, 2-Trap, 6-O,”</i> | <i>“DEEP Pull Step Right”<br/>“Use 6-GO, 8 G, 8 O”</i> |
|---|---|---|--|
|   |   |   |  |
| <b>DEEP PULL LEFT</b>                                 | <b>FLAT PULL LEFT</b>                                   | <b>FLAT PULL RIGHT</b>                                    | <b>DEEP PULL RIGHT</b>                                 |

### Coaching Points

- Pull steps can't lose ground.
- Pull steps are short drop steps and must open the hips up as fast as possible.
- Pick the right foot up and put it down pointing their toe to the sidelines. “PICK IT UP PUT IT DOWN”
- Your left toe will pivot until your left foot is also pointing to the sidelines.

We use the following buzzwords to teach pulling::

- 1st) “GAIN GROUND”: 1<sup>st</sup> step is outside the shoulder & towards the sideline. Back foot must pivot
- 2nd) “HIT THE MIDGET”: “Rip” the corresponding elbow through the near hip.
- 3rd) “BACK-BACK-FLAT” are the first 3 steps taken on a Deep Pull.
- 4th) “DIP & RIP”: The moment before impact, sink the hips and “rip” the forearm up & thru the defender
- 5th) “PULL RIGHT HIT RIGHT”: Use right shoulder on pull right; left shoulder on pulls to the left



### Command and Procedure

We have a rule that anytime a coach says “Pull Right” the player(s) that he is talking to finish the sentence with “Hit Right”. Same for “Pull Left”. So the first thing the coach says of course is “Bird Dog” to tell them the tempo and at this point players get into a 3-point stance. Then the coach tells them the type of pull and direction. So if the coach shouts “Flat Pull Right”, all players shout: “Hit Right”. Coach then silently counts to three to simulate the time it takes to break the huddle and shouts “Ready”.....

“Birddog” → “FLAT Pull Right” → [players echo “Hit Right”] → count to 3 → “Ready”

Coach shouts “BACK” and all players return to their stance.

Repeat the first sequence of commands.

### Two Step Drill

Once we have perfected the first step using our RAPID FIRE drill on Homer’s Dairy, we then do our 2-step drill. This is at BIRD DOG tempo, so the players take their first step and freeze on the coaches command: “READY”. Then the coach shouts “TWO” and players take their second step. They simulate the hand placement on the 2<sup>nd</sup> step but this is all on air because we want total focus on the footwork. Players get back in the stance and repeat the same block.

This continues all the way down the field. I might do “ON BLOCK RIGHT” for 20-yards and then do “ON BLOCK LEFT” for the next 20-yards. A players will get 8-9 block sequences in a 20-yard segment. As players get more advanced, I will change the block every time they get back in their stance. At first I repeat the same block but in the opposite direction. Finally, we give entirely different blocks every time they get back in the stance.

### GET OFFS

This drill eventually becomes the dynamic warmup that our linemen do at beginning of practice. It can be done on the Homer’s Dairy or in the Funhouse. Get Off Drill “puts it all together” by tying together the stance, first-step, and the step drills. It is important that our linemen learn how to move out of their stance. An important component of this is to maintain a wide base. This means being less like a track athlete (who has a very narrow base) and more like a train on a track.

We line up all the players by position as shown in Figure 29 and they fire out of their stance doing the correct steps and continue sprinting 10 yards downfield. As soon as the first line of players have left, the next in line immediately get into a stance and execute the same block at game speed. Once all the players have sprinted 10 yards they turn around and get back in their lines. On the next command they will execute the same block but in the opposite direction, using the other foot. They sprint 10 yards and are now back at the beginning.

