

Offensive Line Drills





Offensive Line Drill Library

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Offensive Line

Pass

Protection

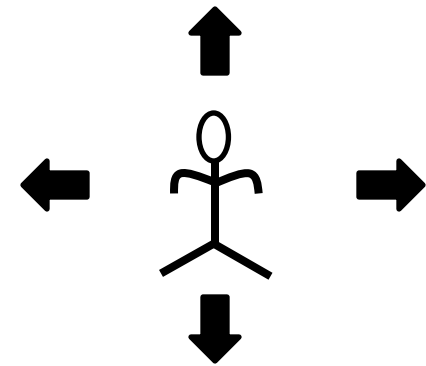
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Duct Demeanor

“Duct Demeanor”

- Coach directs player up, back and side to side for 8-10 seconds.
- Can add down up.
- Players line up in single file.
- Stay wide w/hands up
- Maintain solid mechanics
- End drill on a sprint threw coach



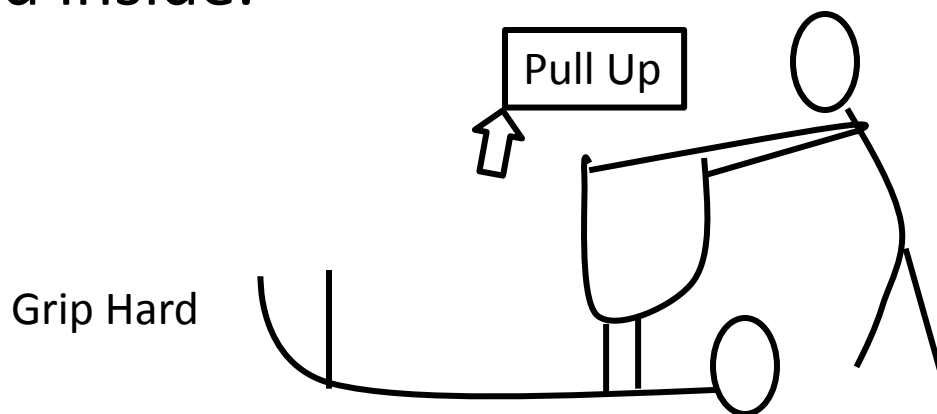
Coach



Towel Punch

“Towel Punch”

- ❑ Player one lays on the ground holding a towel at the center. Grip hard for resistance.
- ❑ Player two grabs towel at tips and move it up and down with resistance from player laying on the ground.
- ❑ Get hands up fast and inside.





Kick Slide and Punch

“Step & Punch Back”

- ❑ One player kick slides back while punching another player in the chest with both hands. Player who is being punched is jumping up and forward exposing his chest. Drill is repeated for designated distance.

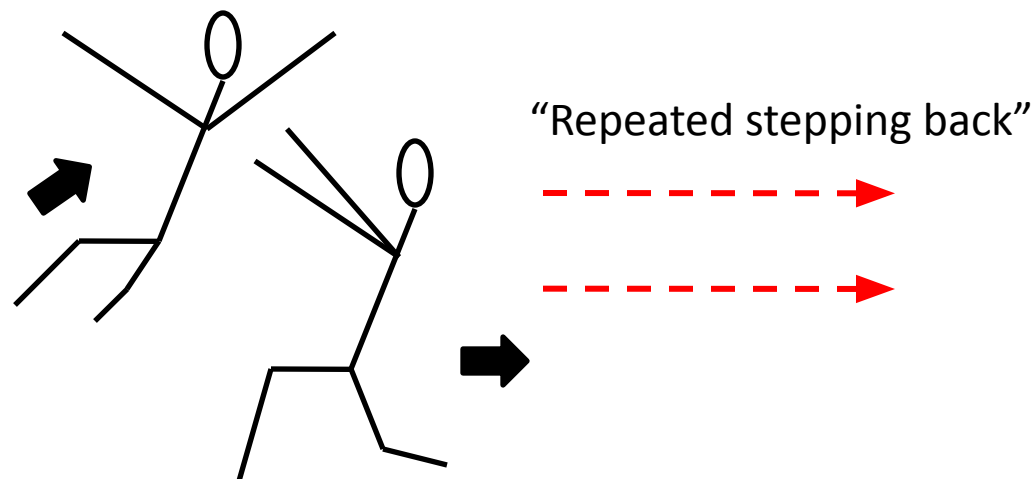
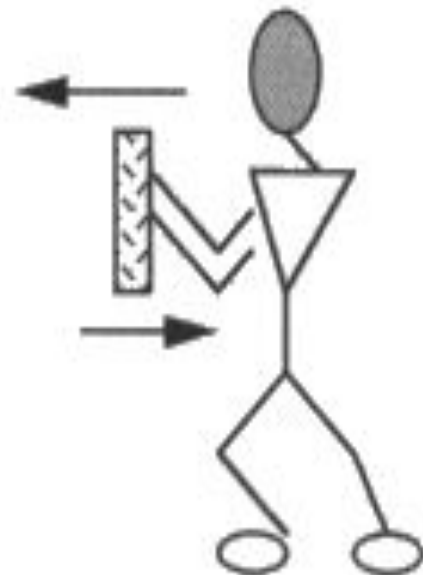




Plate Punch Pass Pro

1. From A Good Pass Pro Set - With A Good Base Work Punch Using Wt. Plates From Wt. Room.
2. Begin Your Progression Using 25 Lb Plate - 35 Lb. Plate - 45 Lb. Plate
3. 3 Sets - 10 Reps Each.
4. Doing A Slow Burn / Work With Full Extension Of The Arms Hold Wt. Plate For 15 Seconds - 30 Seconds Etc.
5. Do Every Other Day With Plates - Use A Medicine Ball On Off Days Working Punch And Snatch.



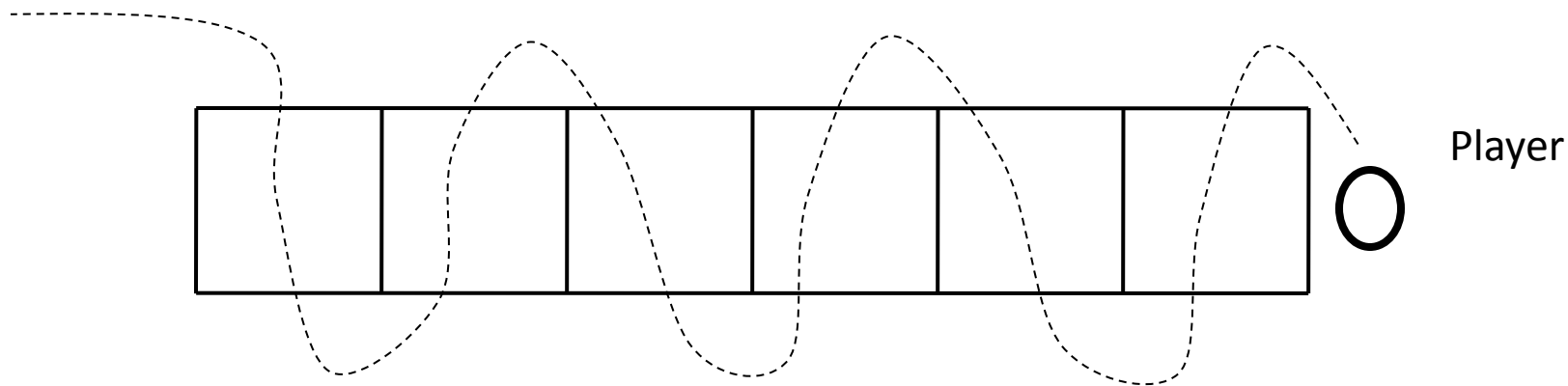
Many different drills can be used with the plate punch, especially the mirror drill for example. Two players can mirror each others movement.



Snake

“Chutes Snake”

- ❑ Player has low and wide base. Shuffles with chest up in a snake like pattern until chute is completed. Player behind are in a single file line starting when lead player completes half way.
- ❑ Also use Kick Slide-Power Step facing forward.
- ❑ Also see Drills DVD.

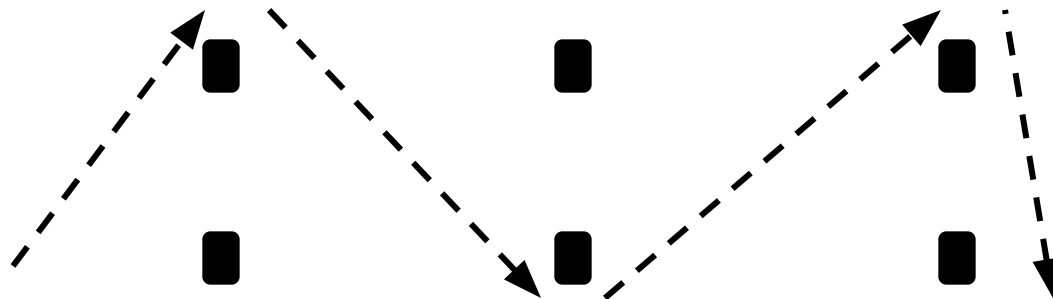




Six Cone Duck

“6-Cone Duck”

- ❑ From position stance player power steps forward with inside lead foot. After going over the top of the cone player kick slides back at a angle. Once drill is completed it is reversed.

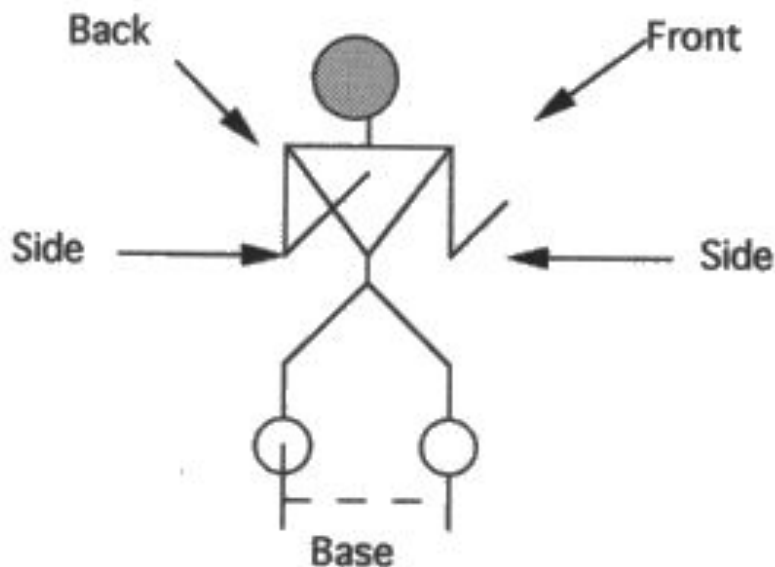




Pass Pro Base Disrupt

“Pass Pro Base Disrupt”

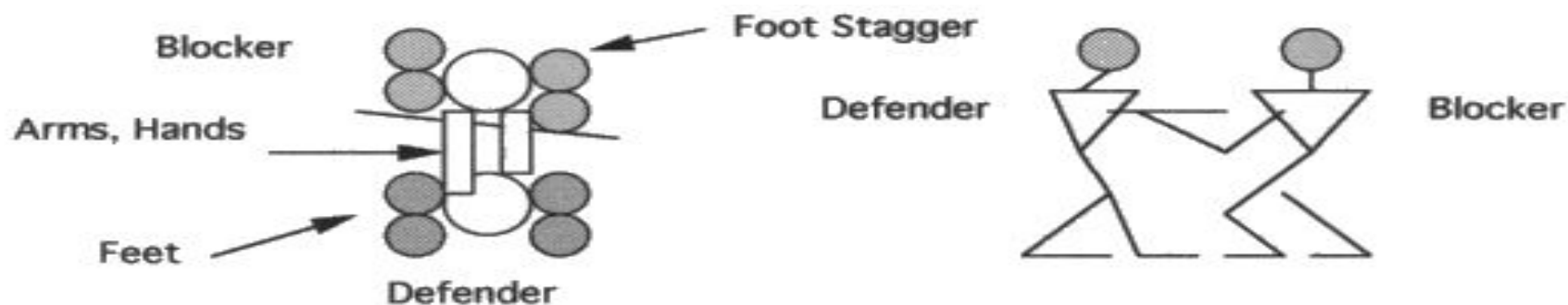
- ❑ Partner up and go for about 0:20-0:30 seconds.
- ❑ Keep your base no matter what!



1. Have offensive blocker get into a good pass pro set.
2. Have partner push from different sides, trying to make blocker lose his wide base set.
3. Partner can either try push or pull.
4. Make blocker maintain his base by sliding to recover, never cross your feet - never lose shoulder width base.
5. Blocker should first start out with arms behind him and then work base with arms fully extended.



Hand Striking



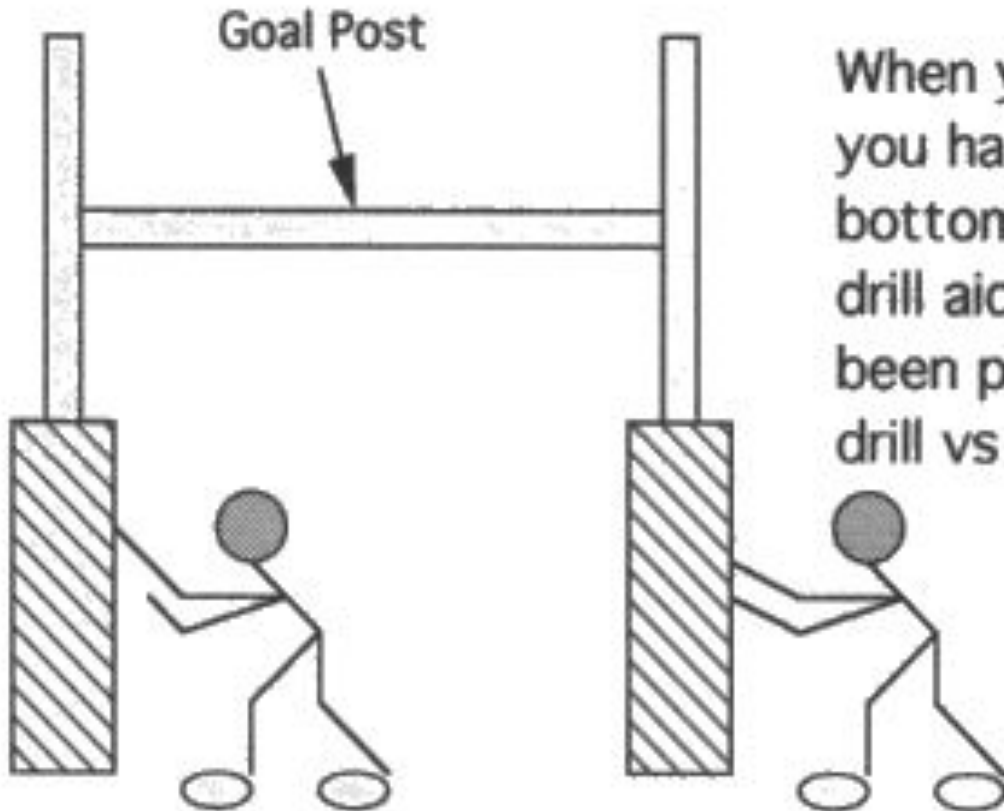
1. Face both the blocker and defender off together with the blocker in a pass pro set.
2. The blocker should have his hands attached in a snatched position.
3. Defender will try and remove hands of the blocker by clubbing down over the top or by clubbing from underneath and rising upwards to remove the blockers hands.
4. The blocker will replace his hands rotating his arms and hands accordingly. (wax on wax off)
5. Once you feel comfortable with this exercise than begin to kick slide your feet maintaining proper base working wax on wax off technique.
6. This drill must be considered one of the most important drills that you try an master during the off season because proper leverage and punch is the key to our success as an offensive line.



End Zone Punch

“End Zone Punch”

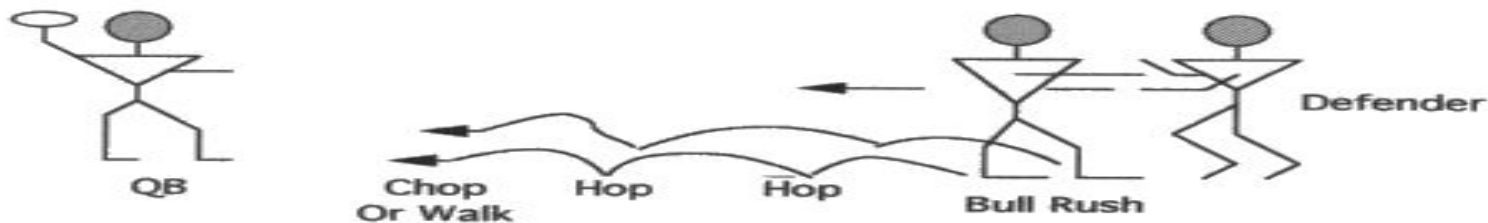
- ❑ When there is no sled one can use the goal post.



When you have no sleds available, but you have a goal post with padded bottoms. Goal posts make excellent drill aides when the bottom poles have been padded. Can work stance and fit drill vs poles.



React to Pass Rush



CENTERS AND GUARDS

1. If defender is power rushing / bull rush.
2. Maintain contact with defender, if charge can't be stopped at L.O.S. and defender is rushing thru blocker use a hop - hop and then a chop block to cut the defender.
3. The chop helps keep the depth of the pocket. Only chop as last result we want to stay on our feet.
4. While hopping maintain your good base and feet shoulder width apart, this keeps the defender from making a move.

TACKLES

1. If rusher is power rushing / bull rush.
2. If defender has the momentum to rush thru you hop - hop and then walk.
3. Don't leave your feet.
4. Try and widen defender on your second hop or start to flatten inside. Don't open your shoulders to the QB.
5. The hop is designed to stop a rushers momentum by planting your hop steps.
6. Don't allow the pocket to restrict / keep the width of the pocket.

NOTE:

The purpose of the "HOP - HOP" is too first try and stop the charge of a rusher who is trying to rush thru the blocker. Usually by the second hop a defender will try and make some sort of move. This occurs because it takes alot of energy on the part of the defender so he then takes the path of least resistance. If after the second hop and defender is still bull rushing and is still closing the pocket cut him, if you play tackle widen him or flatten the defender inside don't leave your feet.

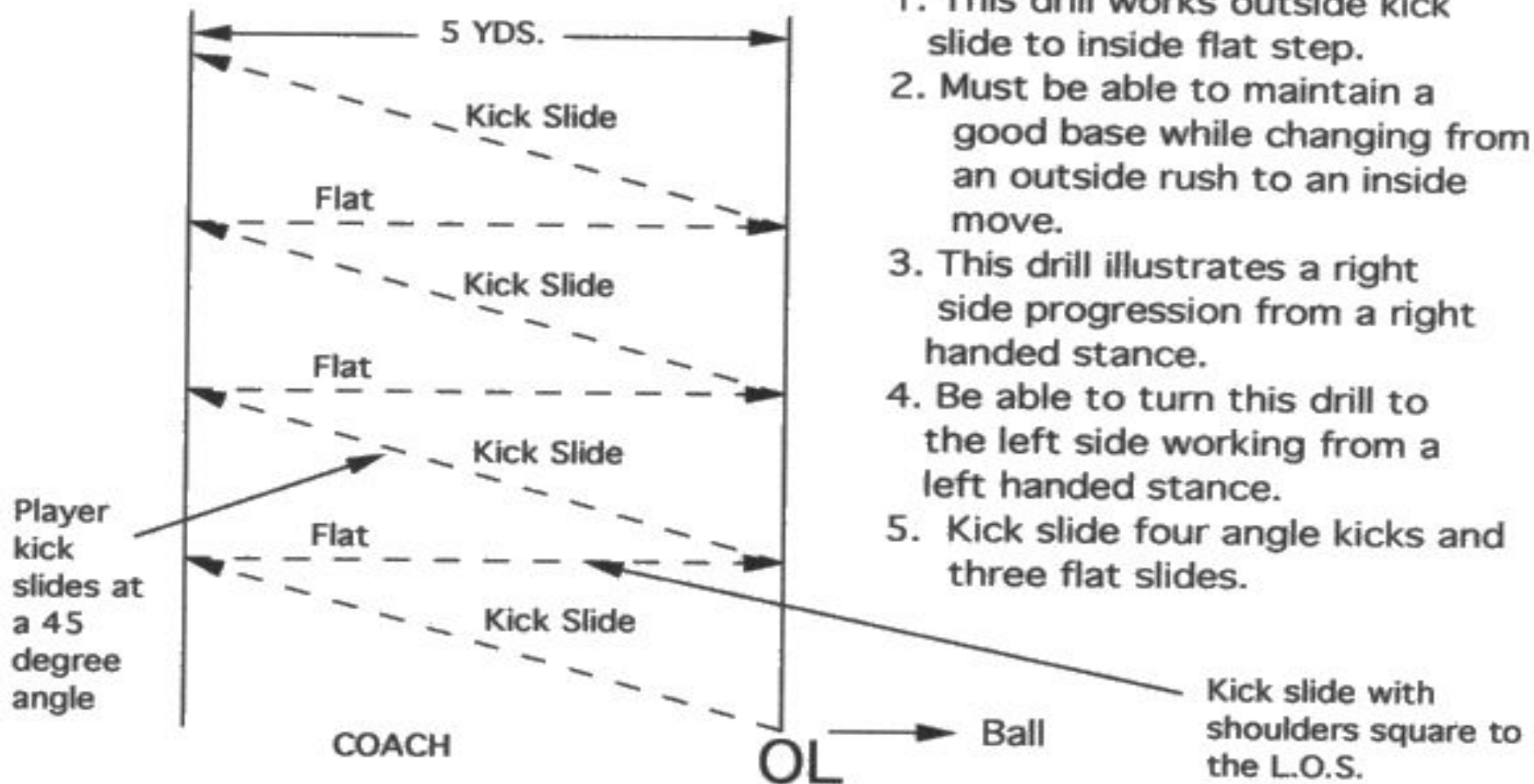
Take Defender
To The Ground

→ Cut





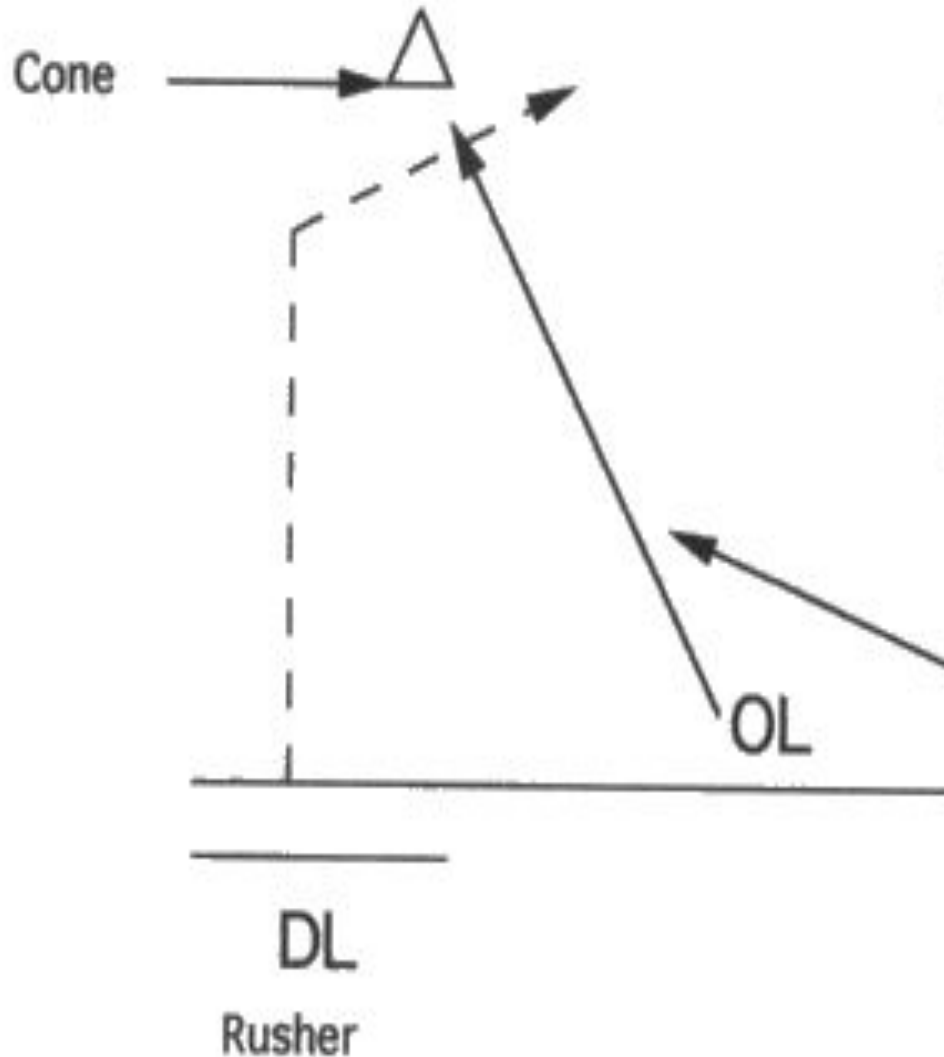
Shuffle and Kick Slide



1. This drill works outside kick slide to inside flat step.
2. Must be able to maintain a good base while changing from an outside rush to an inside move.
3. This drill illustrates a right side progression from a right handed stance.
4. Be able to turn this drill to the left side working from a left handed stance.
5. Kick slide four angle kicks and three flat slides.



Edge Pass Pro



1. Kick slide keeping inside out relationship on defender.
2. Cannot allow defender to beat blocker inside of cone.
3. Learn kick slide from 3 and 2 point stance.

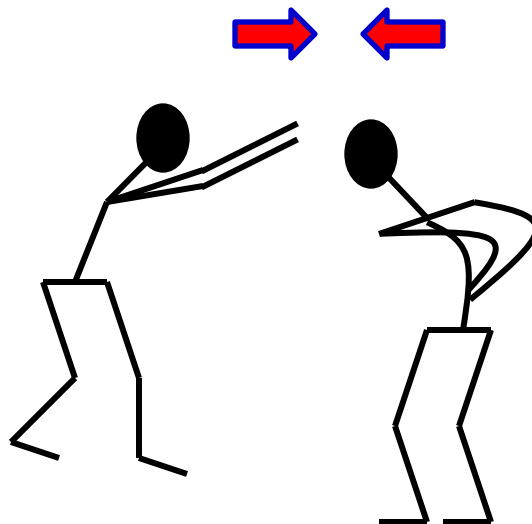
Keep half man advantage,
don't allow defender to
make an inside move.



Push/Pull Drill

Other Player

1. Grab Back of Shoulders
2. Push forward
3. Pull Back
4. Make it hard for other player to keep balance



Drill Player

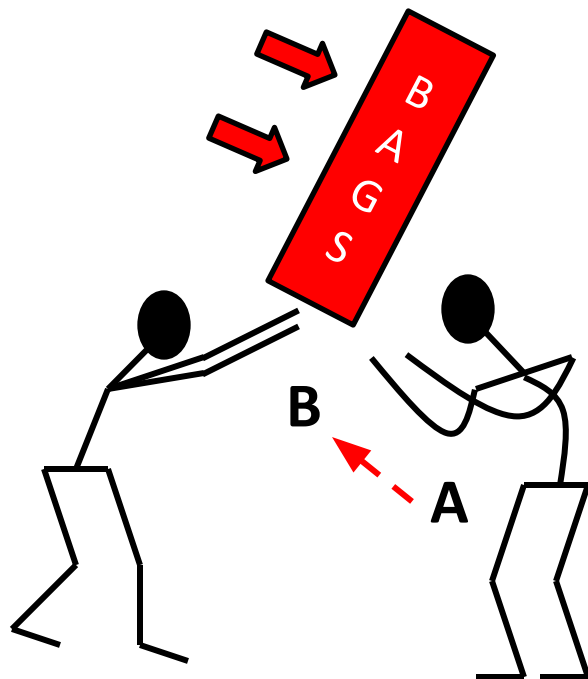
1. Stay wide
2. Steps are 6" & 6"
3. Head Up
4. Control & React



A-B Drill

Other Player

1. Strike w/Bag
2. Strike High



Droll Player

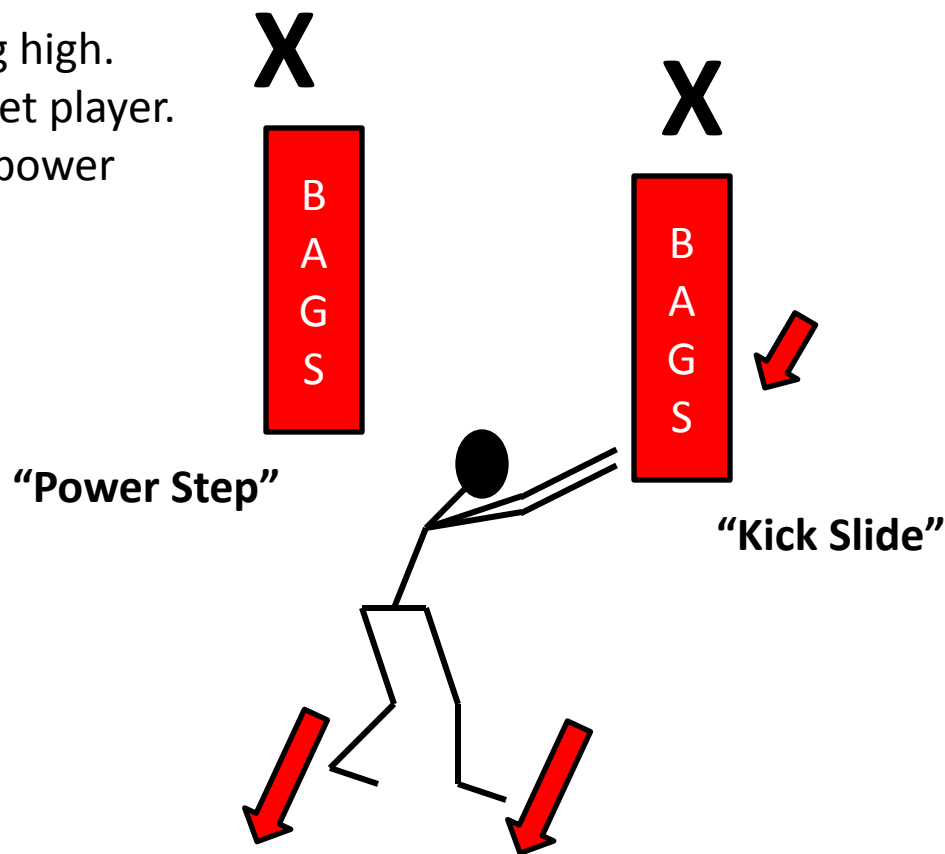
1. Hands up Quick
2. Go from 2 Point stance
3. Strike Dummy & Step
4. Hands from A-to-B



2 Man Jam Drill

Bag Holder

1. Strike w/bag high.
2. 1st strike is set player.
3. 2nd strike is power player.



Note

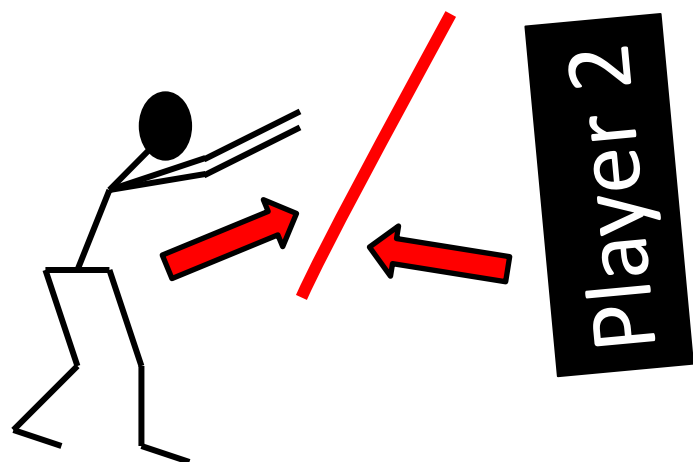
1. Set on 1st bag & Strike with good hand placement.
2. Power step back on 2nd bag.
3. Bags can always be mixed up.



Sticks

“Sticks”

- ❑ Stick is gripped by both players. Work push, pull and different maneuvers.
- ❑ One player (2) works as a defender attempting to put off the O-Line player.
- ❑ Keep chest up, peck on quad and play with good leverage.





Offensive Line

Run Blocking

(1-12)



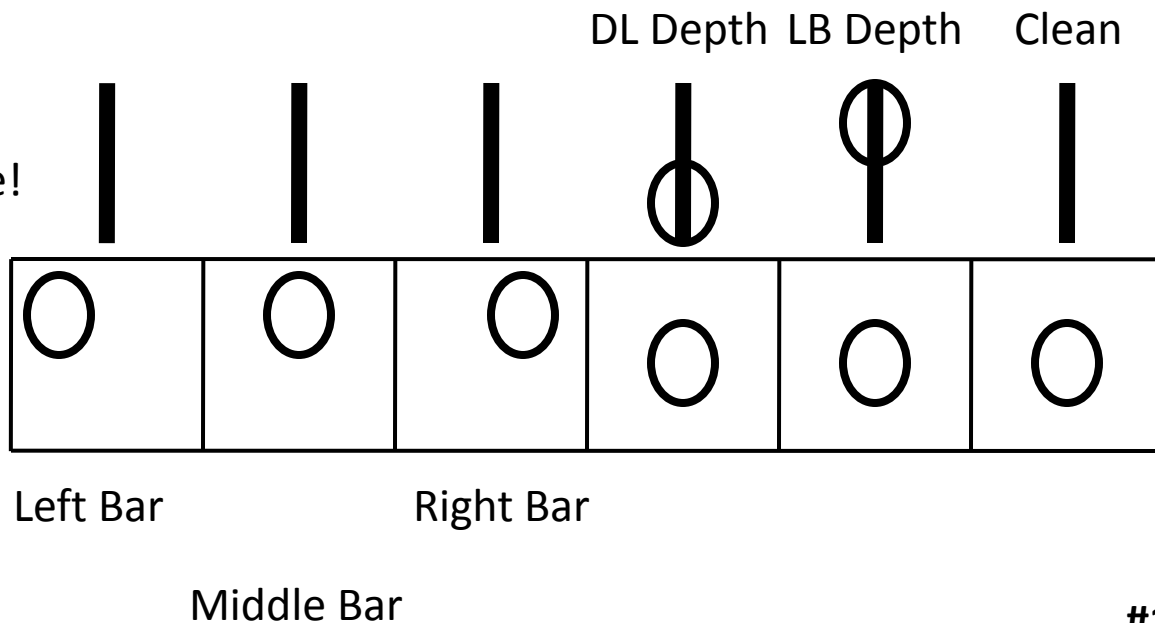
Chutes Form

Chutes

- 1st Step (L,R)
- Two Steps (L,R)
- All Together (L,R)
- Fit to Fire (L, M, R, Clean & DL Depth) x2
- Full (L, M, R, DL Depth & LB Depth) x2
- Also see Drills DVD.

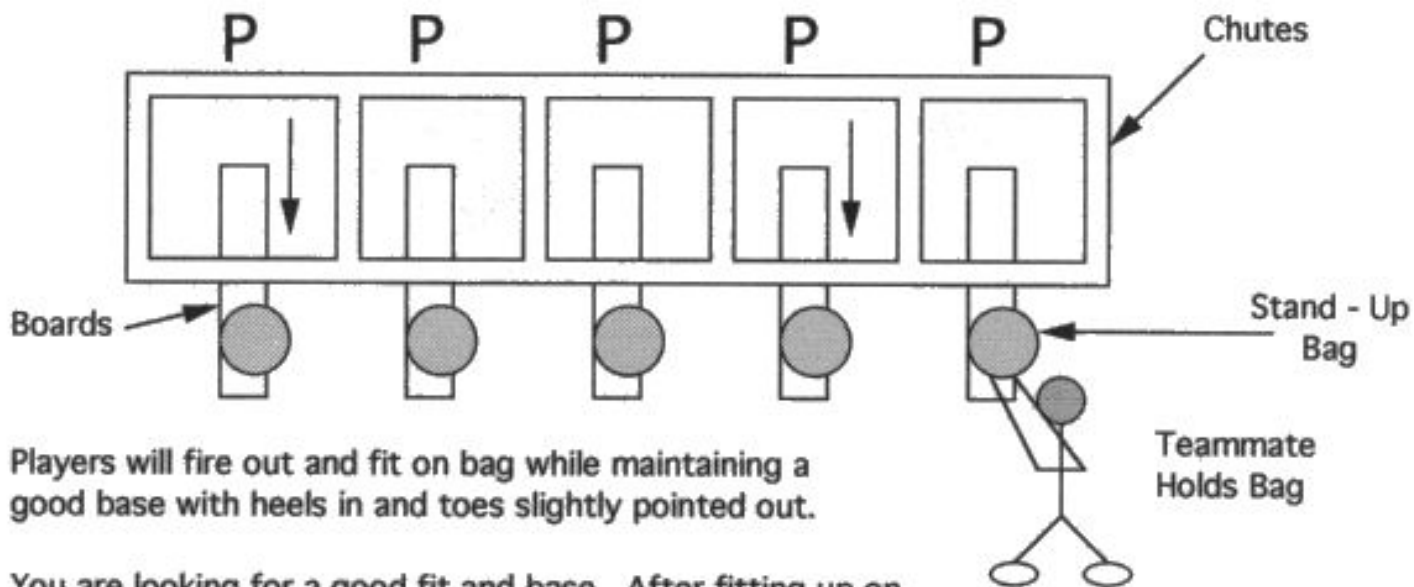
Full
- Drive to whistle!

Fit to Fire
- 1st two steps





Chutes Form w/Bags



Players will fire out and fit on bag while maintaining a good base with heels in and toes slightly pointed out.

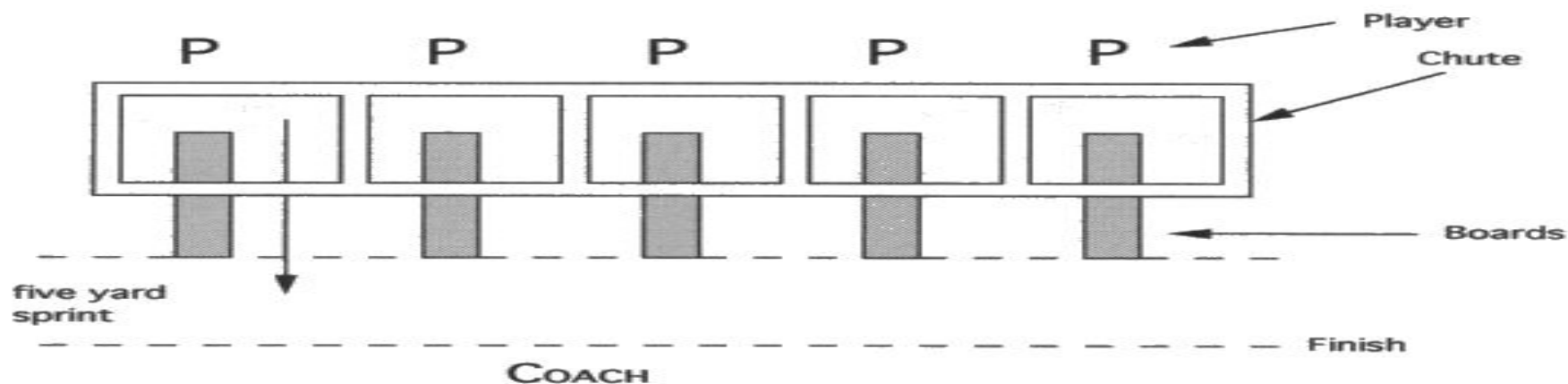
You are looking for a good fit and base. After fitting up on the bag players will drive the bag, once getting to the end of the boards players will incorporate their finish.

The player holding the bag will hold bag firm and give ground as the bag is being driven.

On command from the coach player will fire out using their proper footwork as it applies to the type of play being practiced.



Chutes Form DD



Chute drills incorporate get - offs / base / fit / finish.

On command from the coach, players will fire out according to the footwork asked of them. You can incorporate boards to make sure they maintain their base throughout the drill.

Players will fire out and duck walk through the boards and then sprint a hard five yards once getting to the end of the boards.

As we talk about chute drills you want to make sure that you talk heels in and toes out while maintaining a great playing base (shoulder width apart).

As your players travel through the chutes you want to talk hammer and nails. This means keep tight elbows and as you drive or duck walk through the chute act as if you are holding a hammer in your hands. Simulate as if you are trying to hammer a nail behind you as you bring the hammer forward and back again, repeat, repeat and repeat.

Remember: Tight elbows , Hammer and Nail - maintain base heels in and toes slightly turned out.

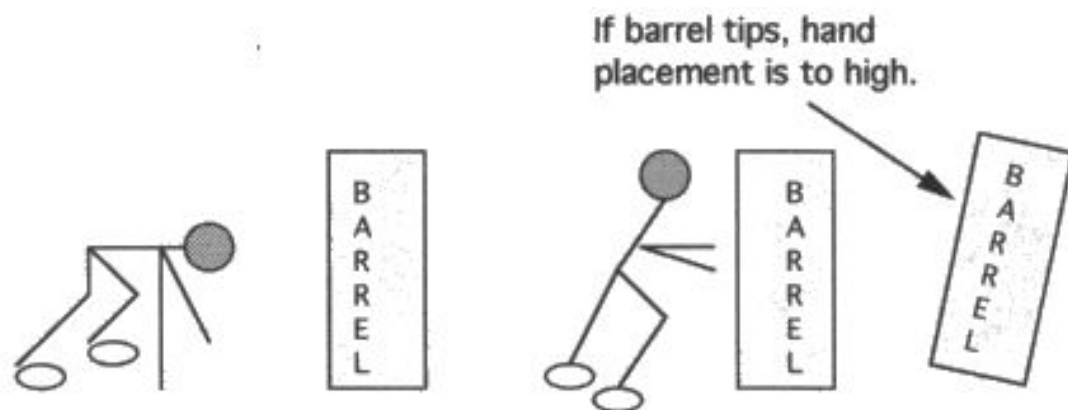




Barrel Drive Block

“Dummies Drive Block”

- We can substitute a barrel for red stand up dummies.



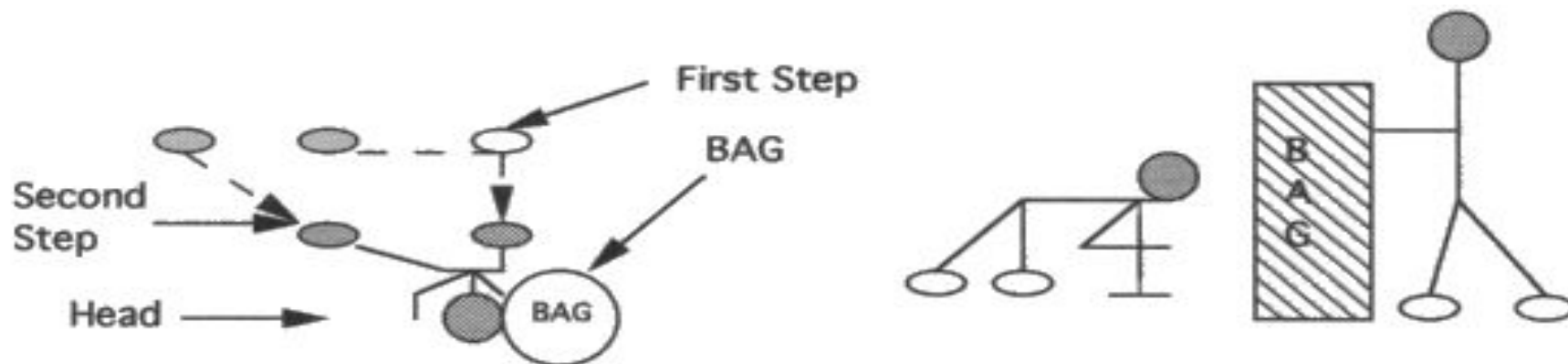
The fit and finish drill is started from a 3 point stance upon command from the coach. Player will fire out and fit up on the barrel, trying not to knock the barrel over.

If the barrel tips over it tells you that the fit is to high. Player should be able to look over the top of the barrel.

Upon fit up on the barrel, the barrel should slide not tip. One key coaching point is a wide base with center of gravity never going out past the toes.



Barrel Drive Steps



The words that I use to describe the L - Step is that the **FIRST STEP TIES THE SECOND STEP WINS**. By flat stepping with the first step you are setting up the defenders movement. The second step is the most important because this is the drive step.

Head placement or aiming point for inside plays is the near ear of the defender that you are blocking. Remember always keep butt pointed straight back always following the running back.

Always finish this drill with a great base still emphasizing heels in toes out, head up see with your eyes. Hand placement and punch will be to the near number of the defender.

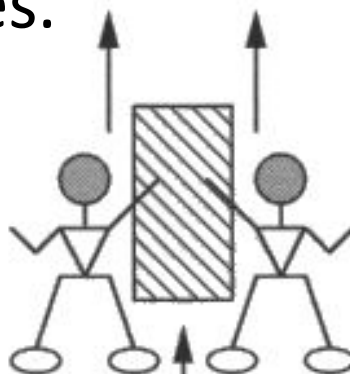


Barrel Combo Block

“Dummies Combo Drive Block”

- We can once more substitute a barrel for red stand up dummies.

Good drill to work Ace, Duece, and Trey combo's.



The fit and finish combo drill incorporates two players working together.

Both linemen will fire out of their stance and fit to the barrel then drive the barrel until the coach signals them to stop.

Maintain base shoulder width apart

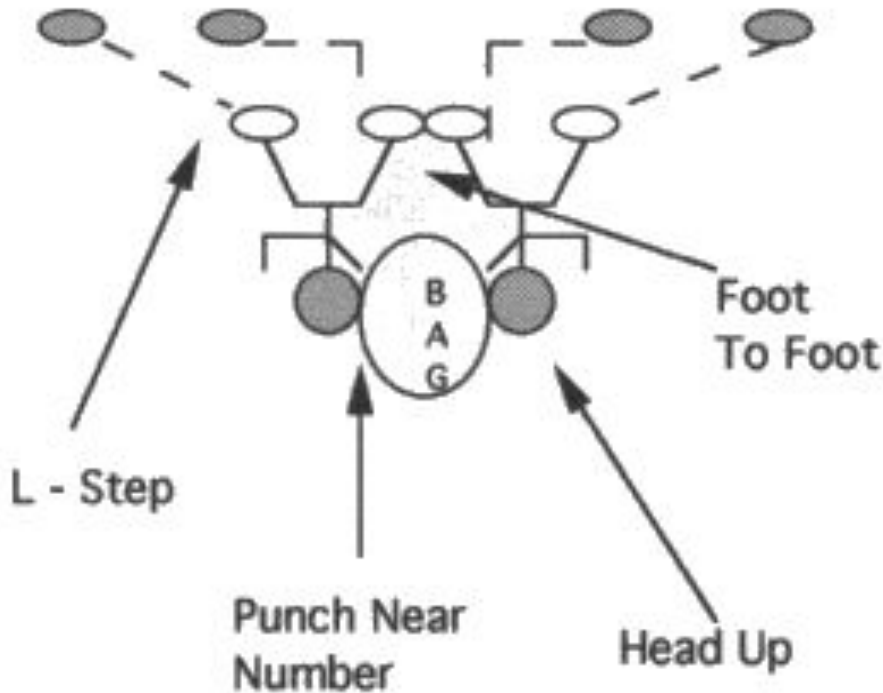
Barrel should not tip over.

Remember, if the barrel tips over then both players have fit to high. Both players should be able to see over the top of the barrel. One coaching point is the base of both players, each should almost step on each others inside foot.

COACHING POINT: The use of barrels gives you a good look at both inside and outside zone combo's.



Combos vs. Bag



This drill incorporates combination footwork with Ace, Duece, and Trey blocking.

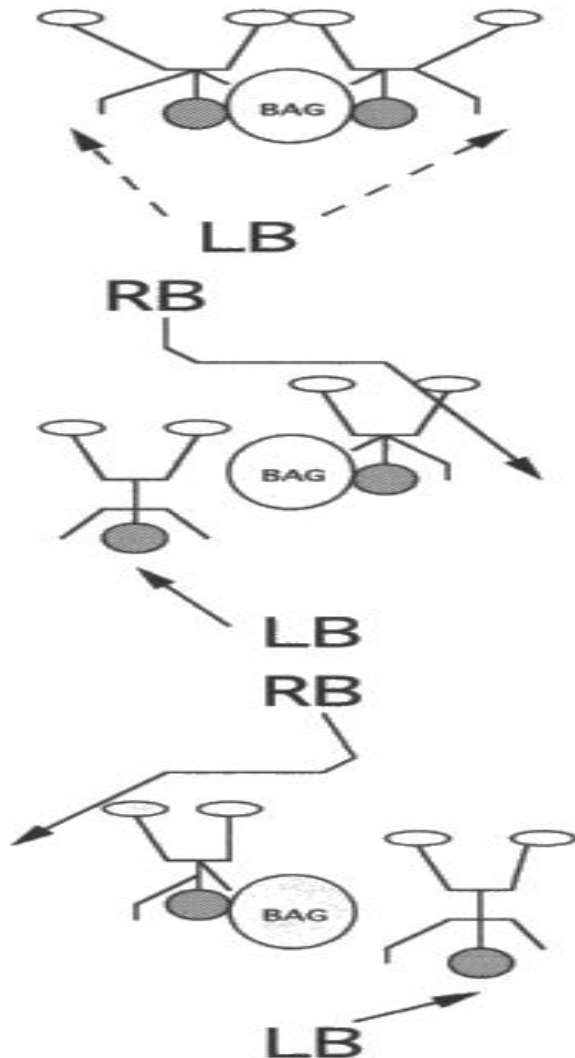
The key coaching point when working your L - Step and combination blocks is that the flat step by the two blockers should almost step on each others feet.

As the Two blockers drive the bag you are looking for both players to punch the near number of the bag like a number on a jersey.

Coaching point, look for both players to get hip to hip with each other after L - Stepping. Always keep butts pointed straight back. Drive block bag until coach signals both blockers to stop. Weight should be focused on the inside of the feet to get maximum push.



Combo Variation



With combo pick - up both linemen will incorporate the same technique as the previous illustration. Combination blocking with flat step is a drill to help inside zone blocking technique.

The key to inside zone blocking is never to chase the second level linebackers. Let the linebackers come to you, the running back will cut vs the fill by the linebacker.

As both linemen push the bag they will keep their heads up, butts pointed straight back at the running back.

Remember anytime you go into a combo situation you are working a down defender to a linebacker. Must be able to keep your head up and locate the direction in which the linebacker is going to fill.

Once you have completed working your combination drill you then can place a linebacker behind the bag which can scrape to either side of the bag.

What ever side the linebacker scrapes towards, the lineman to that side will come off the combo and pick-up the linebacker scraping to his side.

You want to work this drill everyday. One off the most important coaching points to this drill is never chase the second level, let the linebacker come to you. The running back will cut his running path opposite the scraping linebacker. As you look at the following illustrations you will notice that you always have an offensive lineman between the ball carrier and the running back, no matter what direction the linebacker scrapes to.

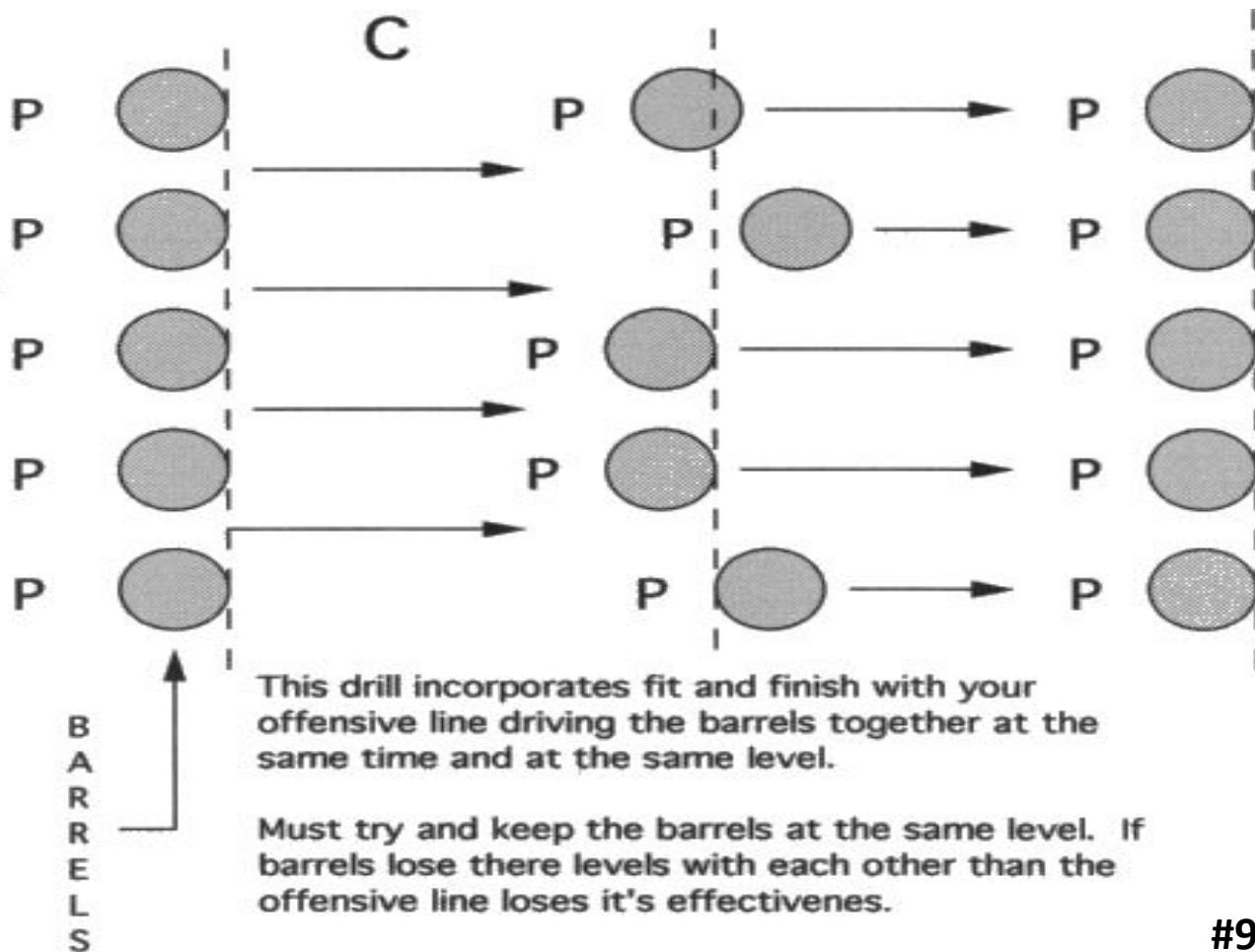
Always take flat step towards the lineman that you are going to combo with. This will help pull the defender over. By staying hip to hip with your block the defender cannot split the block.



Team Barrel Drive Block

One on one with barrels.

On command from the coach your offensive linemen will fit and finish, drive barrels looking for the push of the barrels at the same level. If one lineman falls behind he must accelerate his movement and catch up with the others. If one linemen gets ahead than the others must catch up, must keep your offensive line all at the same level.

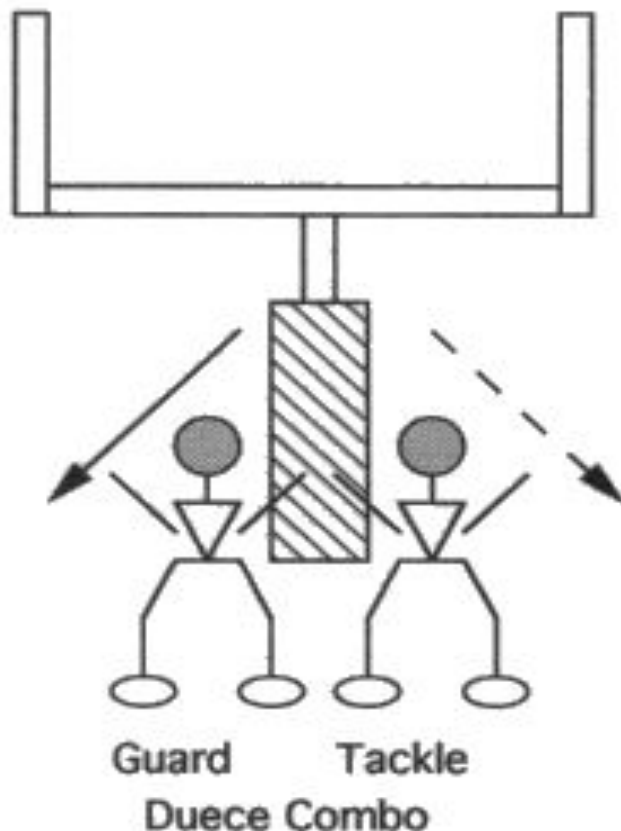


This drill incorporates fit and finish with your offensive line driving the barrels together at the same time and at the same level.

Must try and keep the barrels at the same level. If barrels lose there levels with each other than the offensive line loses it's effectiveness.



Combo Scrape Pick Up



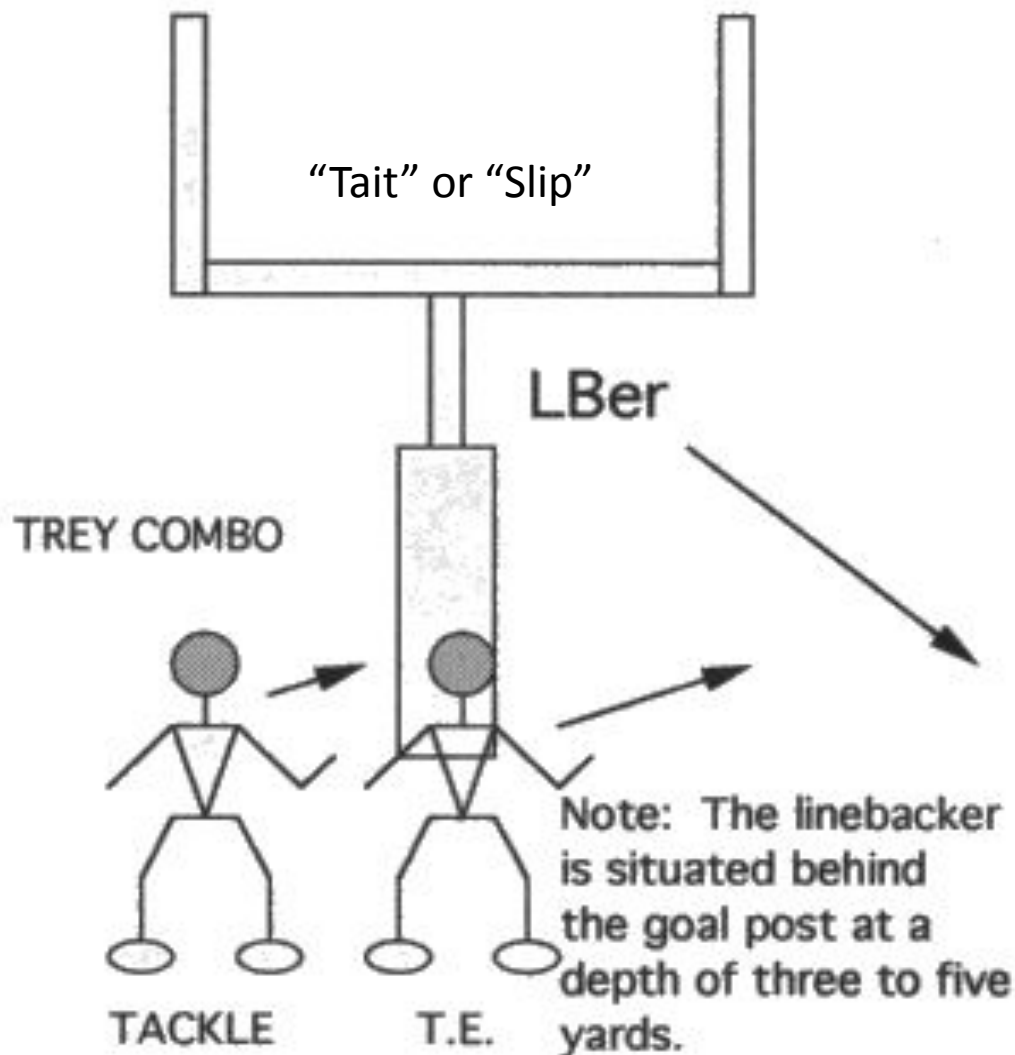
Linebacker sits at a depth of three to five yards and then begins his scrape once both linemen have fit up on the bag.

1. Combo scrape and pick-up is great for punch and fit with a player simulating a linebacker scraping off the backside of the goal post.
2. Depending on which side the linebacker scrapes will dictate which lineman will pick-up the flowing linebacker.
3. Both linemen start from their stance, upon firing out and fitting up with the bag they will not come off their combo with each other until the scraping linebacker gets to the same level as the blockers.

COACHING POINT: This is a great drill for practicing your zone foot work, both inside or outside zone.



OL/TE Combo



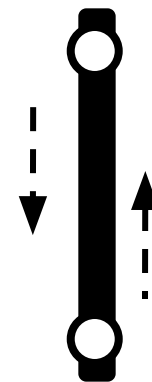
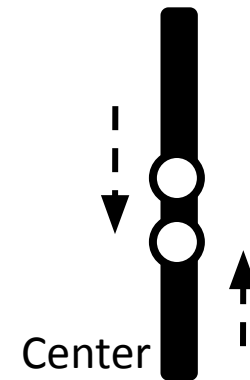
1. Fast combo pick-up is used to develop a quick or fast zone block. Both linemen start from a three point stance.
2. Using this example you are simulating a tackle and tight end fast combo pick-up.
3. With a fast combo pick-up in this diagram shows the tight end drop stepping to pick-up Lber with the backside tackle taking over for the tight end on the bag.
4. If you have a goal post with double post then you can simulate two scraping linebackers with either a Ace, Duece or Trey Pick-up.



You vs. Me

“You vs. Me”

- Select 1: Players start in center and push back and forth until one player's feet are no longer straddling the board in the center.
- Select 2: Multiple players in a team compete in same format.
- Select 3: Players start at the end of the board and collide at the center in the same compaction format.



End of board



Offensive Line

OL

Fundamentals

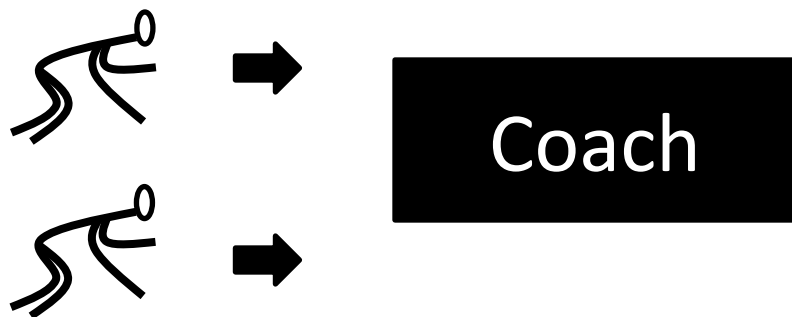
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Position Starts

“Stances and starts”

- ❑ Two players at a time behind the line in position stance.
- ❑ Coaches going through cadence to release player for a 10 yard sprint.



The stance no matter what level of football you are coaching is basic to sound execution. Base should be shoulder width apart. If the base is too wide, it tends to cause you to false step or to over extend the base on the snap of the ball.

Feet: Toes pointed slightly in, to get this position the heels should be turned slightly out. This position will force the power through the inside of the knees to the balls of the feet.

Stance and starts should be used to get your practice started with your linemen. Object is to check proper stance technique and base.

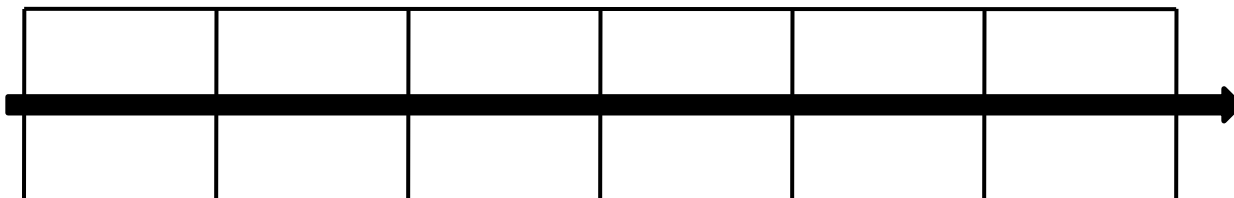


Speed Ladder

“Ladder Drill(s)”

- Wide Down Hill. Wide base with chest up and arms in pass protection profile.
- Tight rope Right/Left. Wide base with chest up and arms in pass protection profile.
- Wide Shuffle Right/Left. Face sidewise with wide base while shuffling.
- Also see Drills DVD.

Start



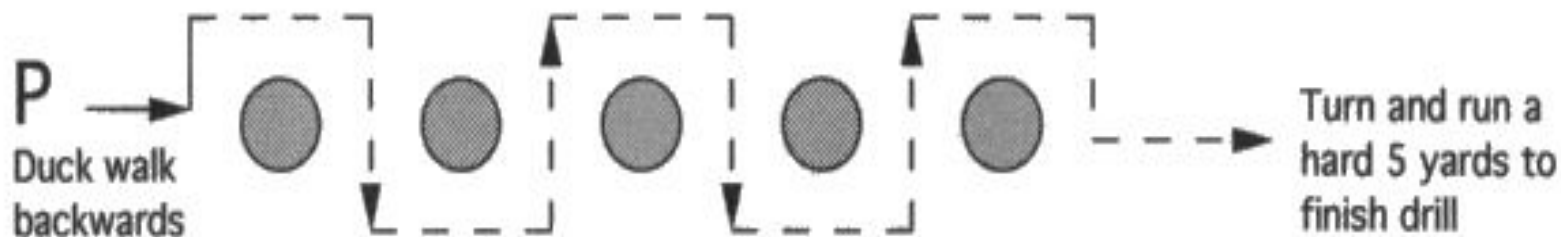
Finish



Duck Walk Snake

“Duck Walk Snake”

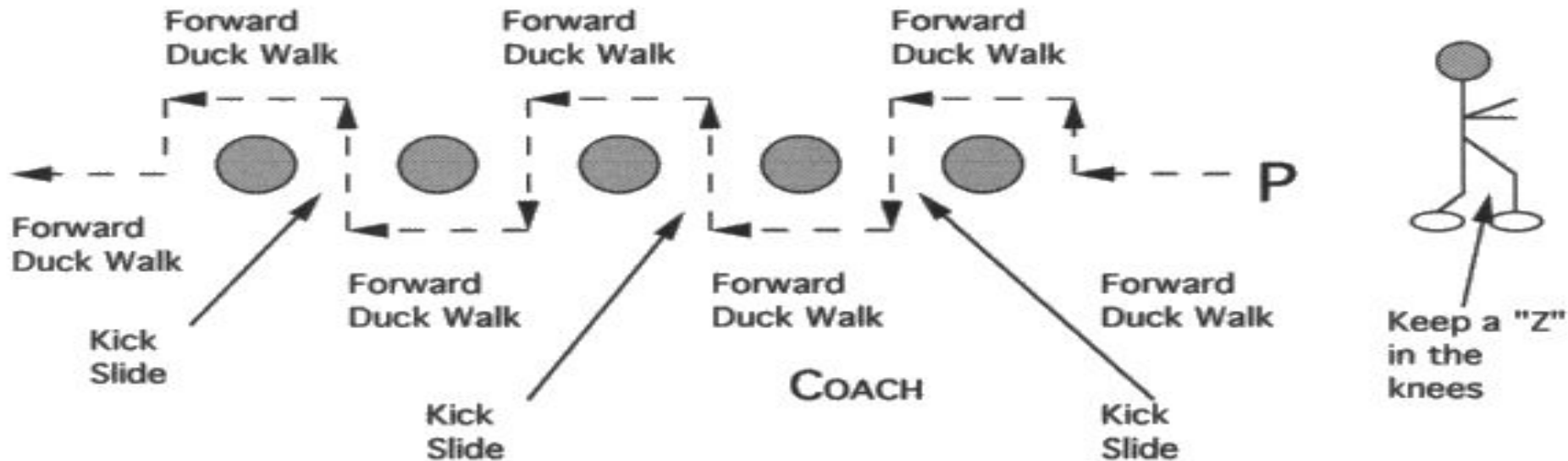
- ❑ Use dummies or barrels in place of chutes.
- ❑ Head up, chest up with thumbs together.



Duck Walk and Kick Slide backwards simulates pass protection. As your athlete finishes the drill have him turn and run at the end. Look for quick feet and base. As each athlete masters this drill, push them to move their feet faster each time that they go through the drill.



Duck Walk Snake #2



Kick Slide and Duck Walk the barrels forward. This drill is a weave between the barrels, just another drill that you can use with the 50 gallon drum barrels.

Step 1, Duck walk forward maintaining a good base with a "Z" in the knees.

Step 2, Look for heels in and toes out. Use hammer and nails with the hands and arms when duck walking for run simulation.

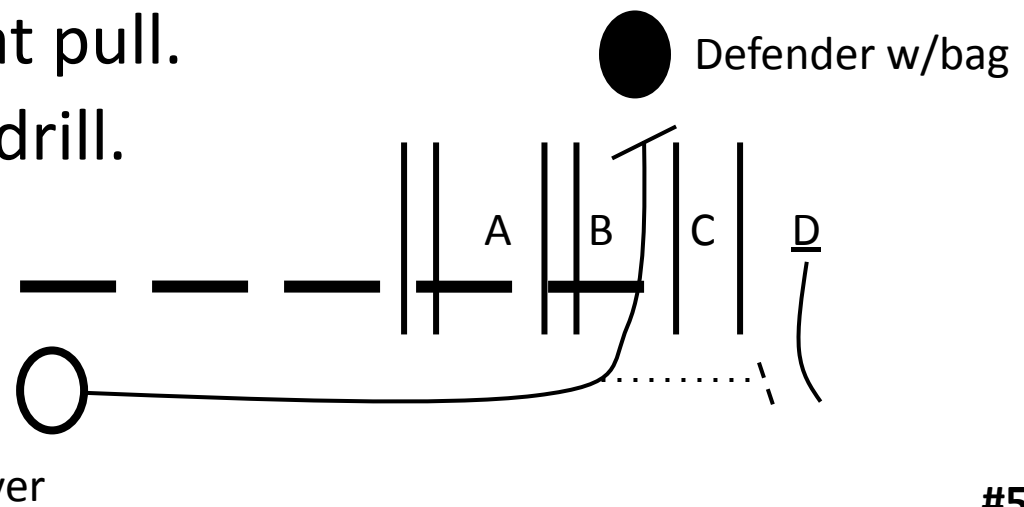
Step 3. These drills help develop feet and change of direction.



Pulls

“Pull Drill”

- From position stance, Open up hips and pull down line up assigned hole. On e at a time on the whistle or cadence.
- Drills can also be for trap blocks.
- Remember head on the inside for trap.
- Use all positions that pull.
- Can add boards for drill.



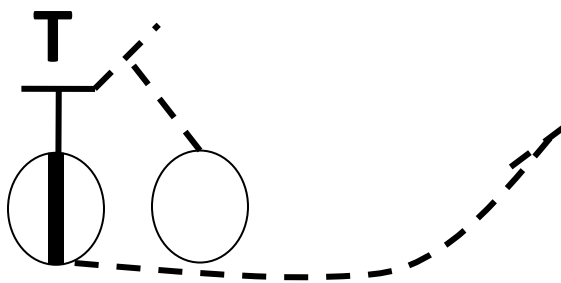


Pin Pulls

“Pin & Pulls”

- ❑ Step down and aim for outside number w/strike. Place head in middle digit. Do not allow penetration or over the top release.

Have DT use hand shield with numbers for aiming points.



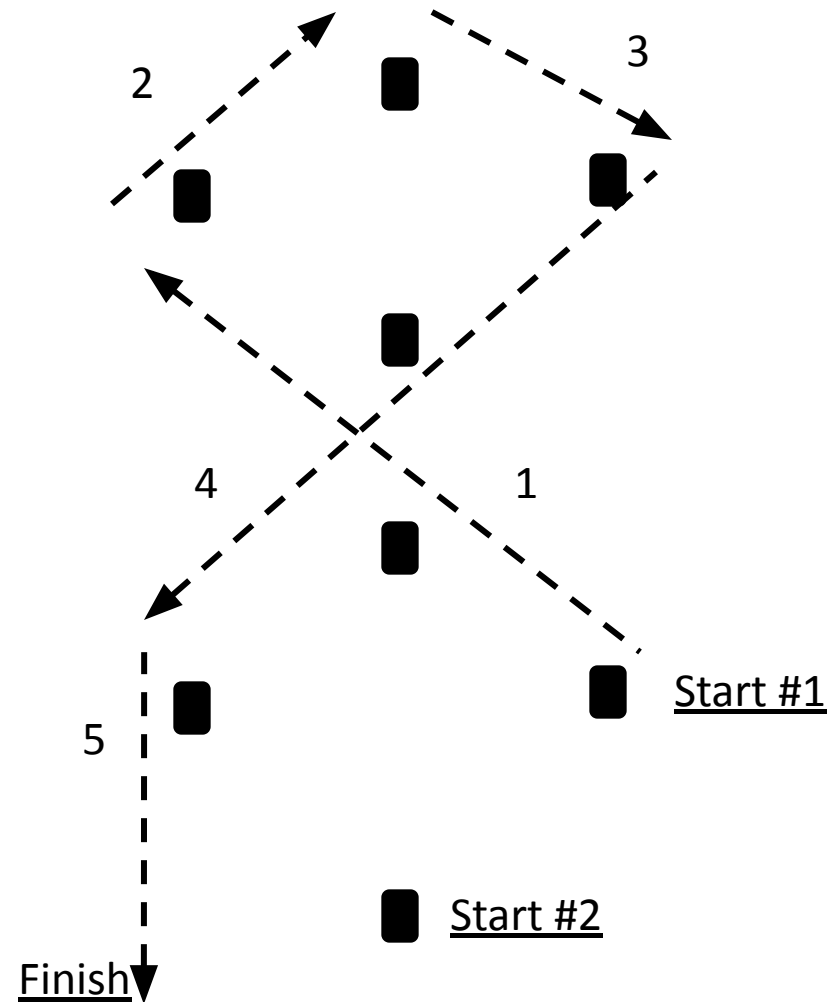
If jersey is #78 we want hand strike on the 8 and head in between numbers.



Fox and the Hound

“Fox & Hound”

- ❑ Fox starts at start #1 and hound starts at start #2.
- ❑ Hound chases fox through assigned path attempting to tag while not touching or cutting off cones.

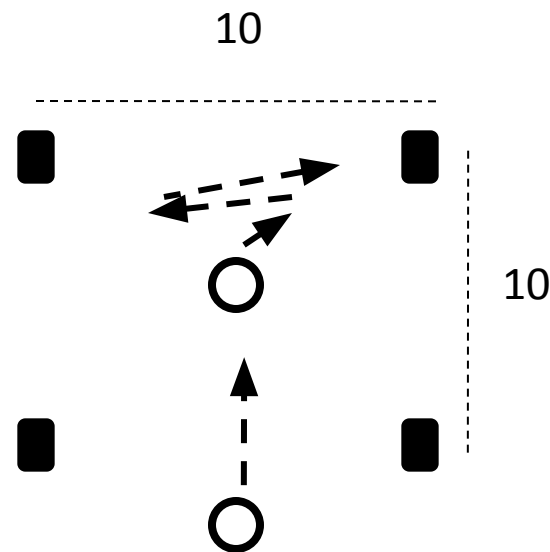




Miami

“Miami Drill”

- ❑ Player inside 10x10 must do whatever it takes to stay inside box and avoid player outside. On whistle player on outside must do whatever it takes to get player on inside out of box. Drill limit is 5 seconds.

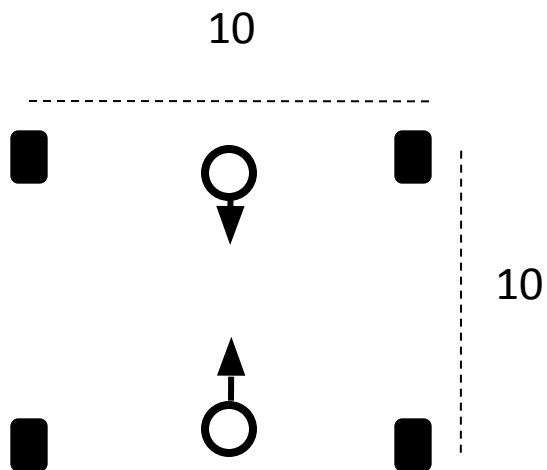




Sumo

“Sumo Drill”

- ❑ Player to stay on feet/ in box last wins!

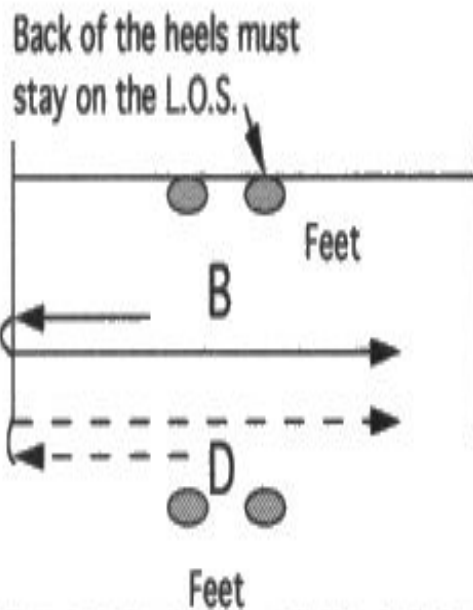
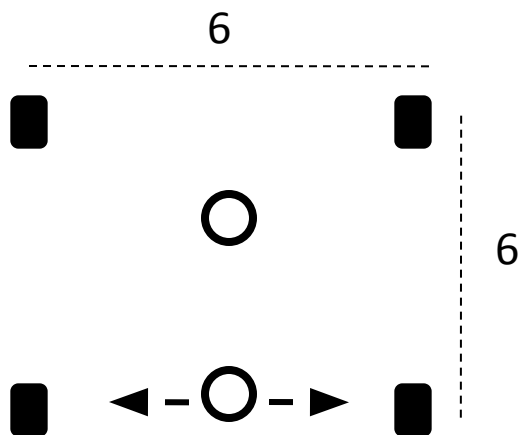




Mirror Drill

“Mirror Drill”

- Defensive player moves in jagged, jerking patting trying to shake offensive player. Offensive player keeps wide, low base with chest up attempting to keep defensive player in front.



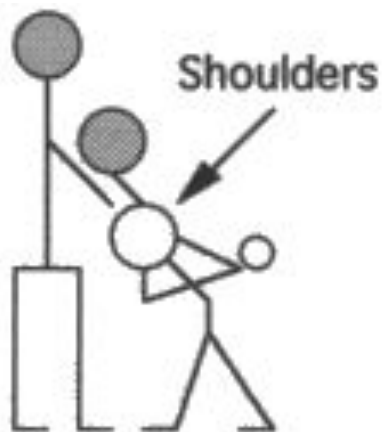
1. Blocker Will Set And Mirror Movement By The Defender.
2. Blocker Must Keep His Base With Feet Shoulder Width Apart.
3. The Back Heels Of The Blocker Must Stay On The Line While Mirroring The Defender.
4. Don't Allow Yourself To Chase Or Retreat From The Defender.



Mirror Drill Shoulders

“Mirror Drill Shoulders”

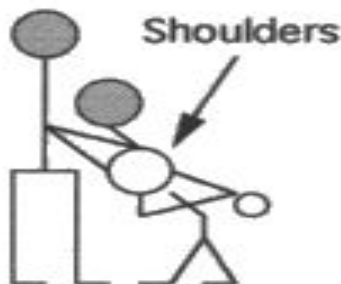
☐ Just like mirror except with shoulders and face.



1. Have your offensive linemen place their face into the numbers of the defender.
2. Make your linemen always look upwards through the numbers this helps set their hips.
3. Have your linemen put their hands behind their back.
4. Have the defender place his hands on top of the the shoulders of the offensive lineman, helping to keep the offensive linemen's face into his numbers.
5. On command from the coach your offensive linemen will mirror the movement of the defender always working to keep his face in the numbers.
6. Work proper base and footwork always keeping hand clasped behind the back.

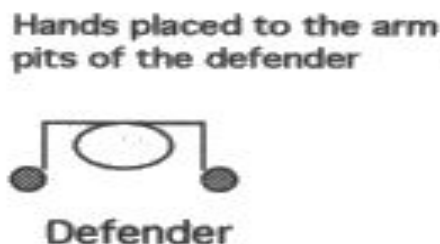
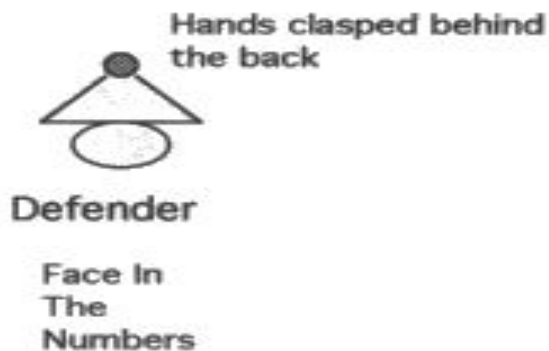


Mirror Drill and Finish



1. Use the same steps as the mirror drill
2. Have the defender work back and forth, side to side.
3. on a whistle command by the coach have your offensive linemen shoot their hands to the arm pits of the defender, still maintaining their face in the numbers, and still working their base and feet.
4. On the command of the second whistle have your offensive linemen lock out their arms and finish. This drill of all the drills that I use I like the best, because it combines alot of points that need to be observed and corrected if needed.

Note: If you have access to shoots the mirror drills can be started from their, this will give you additional drills that apply to the shoots.

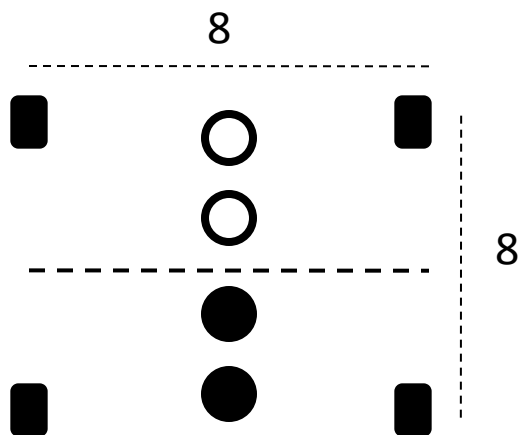




Oklahoma

“Oklahoma Drill”

- ❑ Two defensive players vs. two offensive players. LB/DL vs. RB/OL or DB/DB vs. WR/WR and other relevant combinations. Object is for offense to score and defense to stop them or push them out of the area.

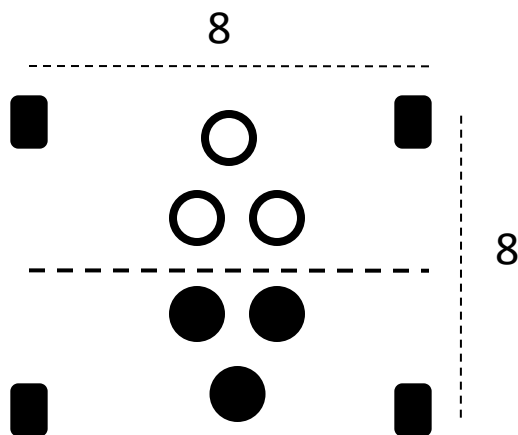




Penn State

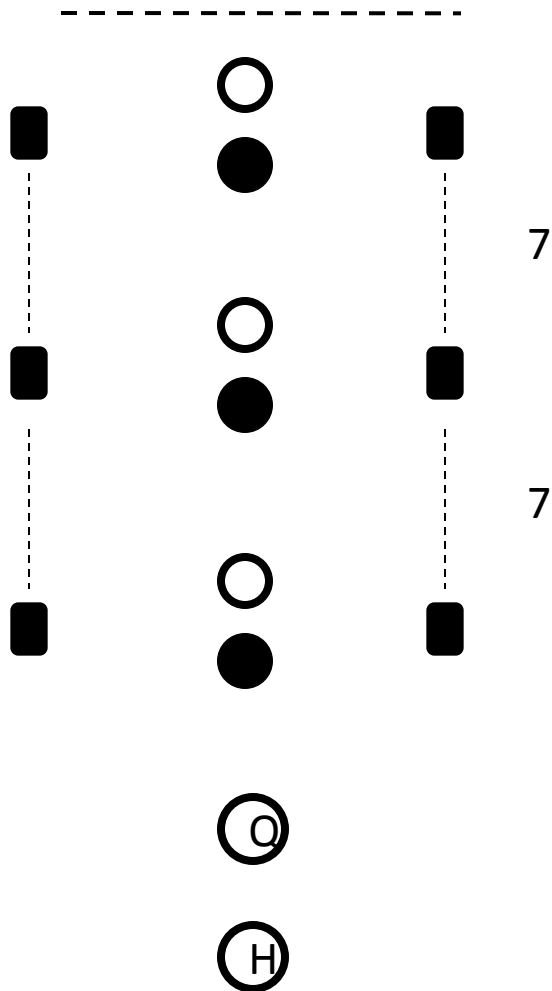
“Penn State Drill”

- ❑ Three defensive players vs. Three offensive players. Much Like the Oklahoma drill only with more players. Object is for offense to score and defense to stop them or push them out of the area.





Syracuse



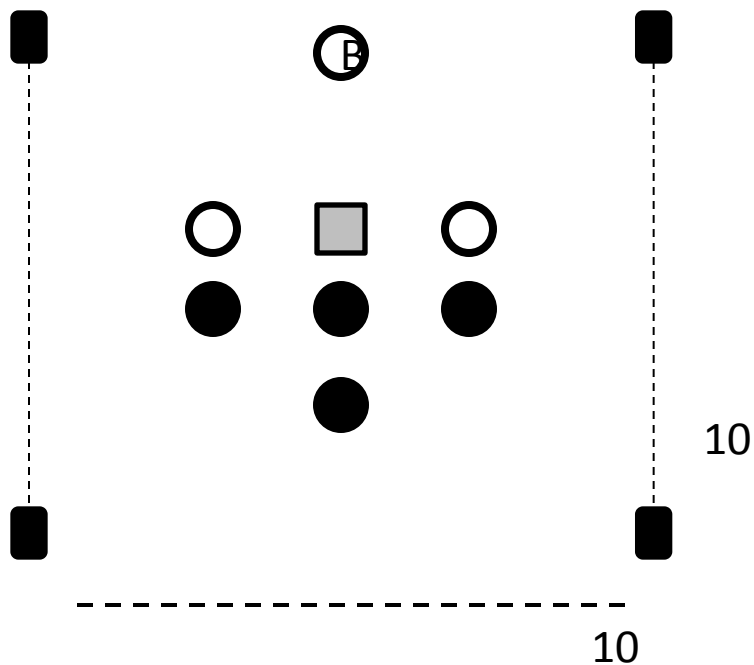
“Syracuse Drill”

- Three defensive players at different levels vs. 3 offensive players. All players start engaged at attempt to block/shrug to get to ball.



Georgia

“Georgia Drill”



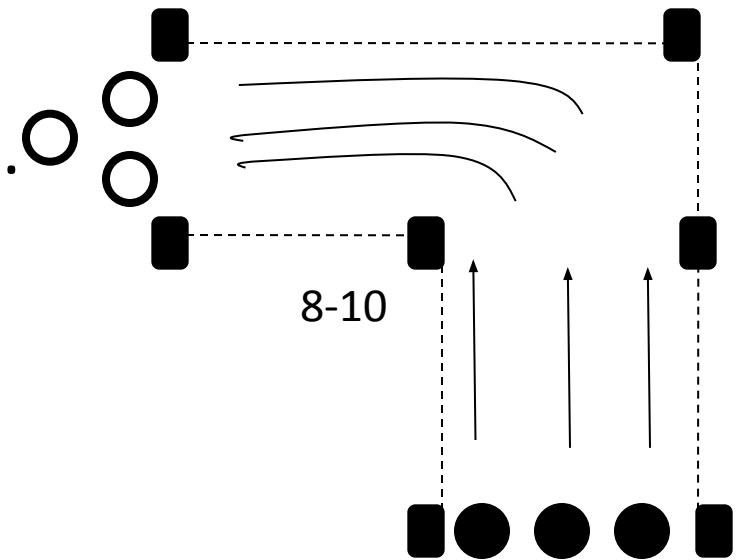
- 10 by 10 yard box. 3 blockers vs. 3 defenders. The offense has 3 downs to go to yards. The defense has 3 to stop them.



Streets of Compton

“Streets of Compton”

- ❑ Three offensive players and three defensive players. On the whistle offense and defense takes off and turns the corner. Offense attempts to score while defense attempts to stop them!!!
- ❑ On the streets of Compton You never know what's coming.
- ❑ Don't go too long because drill can be a killer.

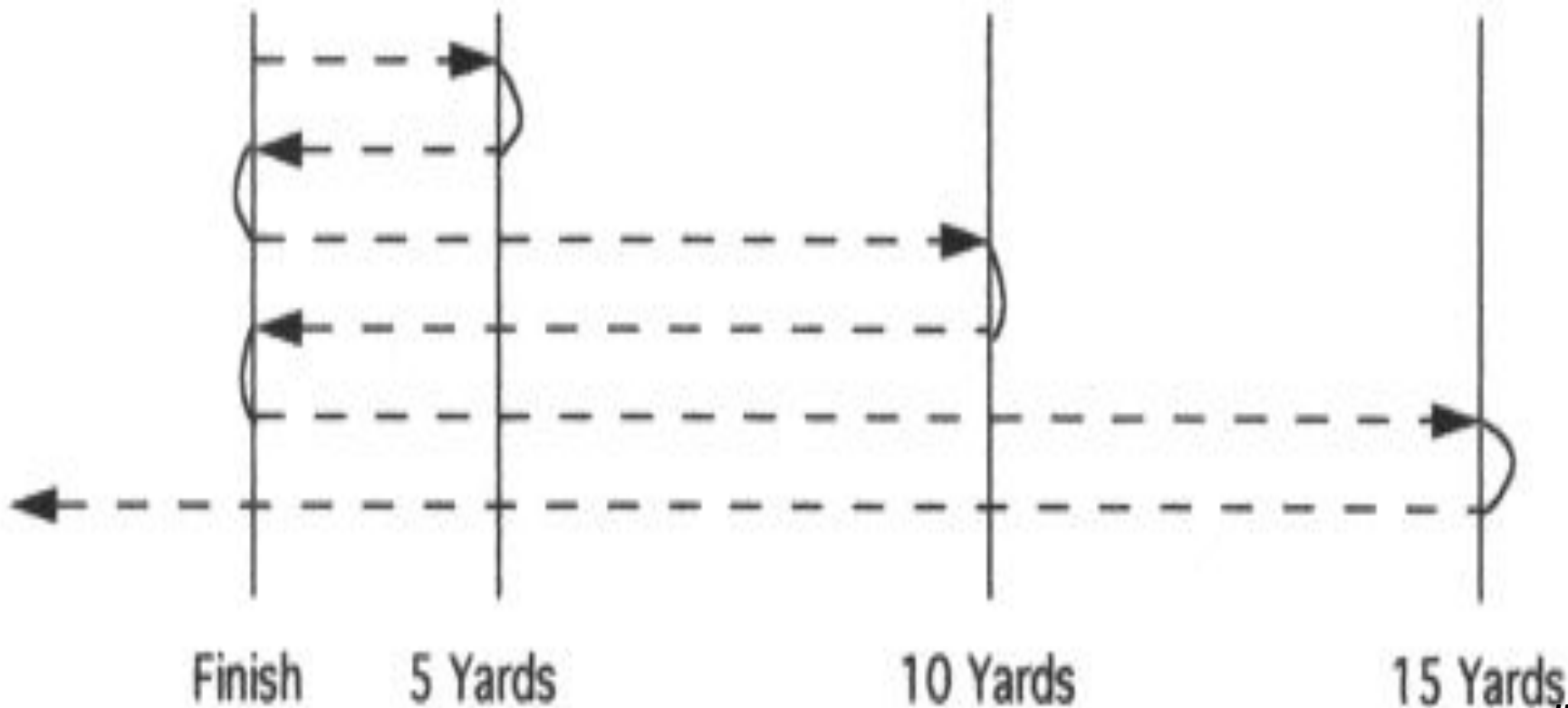




5-10-15

“5-10-15”

- ☐ Shuffle, Sprint, Power Step or Kick slide.

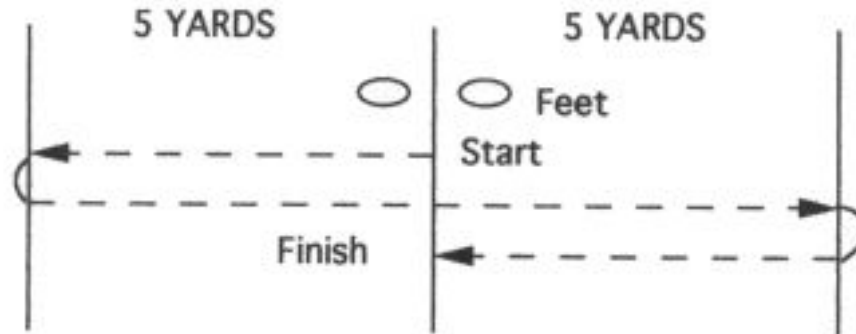




5-10-5

“Pro Agility”

- ❑ Must use 3 Point stance.

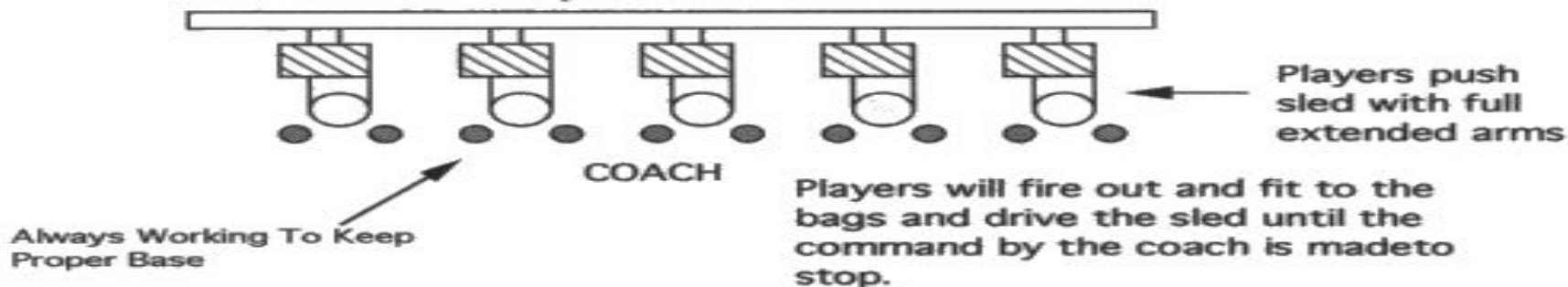


This drill requires a course that has three lines which are five yards apart.
procedure:

1. From a three point stance straddle the middle line.
2. Can start to either the right or left side.
3. Sprint to the line toward the specified direction and touch it with your hand. (don't allow your feet to cross the line this takes extra time)
4. Push off forcefully and sprint back across the middle line to the far line and touch that line with your opposite hand.
5. Sprint back, finishing back at the middle line, always finish by sprinting past the middle line.



5 Man Sled



NOTE: Several sled drills can be incorporated into the fit and finish drills. Since most of my run blocking schemes come off the zone concept, I always stagger the bags. I always have my linemen stepping right or left with their first step not straight ahead, this simulates zone footwork. Whenever you have your linemen work off the sled with movement have them finish the drill by sprinting a hard 5 yards.

DRILL #1 - FIT

1. From a good three point stance have your offensive linemen fire out with a good punch to the bag and with their face in the numbers.
2. Drive the sled looking for a good base with heels slightly turned in and toes out.
3. The push power should come from the inside of the feet, and drive the sled until your players are given the command to stop.
4. Keep your players face into the bag of the sled, trying to focus their eyes upward as if they are looking over the top of the numbers of a defender.

DRILL #2 - FIT AND FINISH

1. Follow the same steps as above, this drill requires two commands from a coach.
2. The first command is the get off and drive with face in the numbers, the second command is the full extension of the arms which we call the finish. Players are still driving their feet until the coach commands them to stop.
3. A real coaching point with the finish drill is to try and have your offensive linemen on the second command lock their arms upwards which will bring the sled off the ground.
4. One goal for your offensive linemen will be to lock the sled out in an upwards motion. This means they are rollin g their hips upwards not out.