

Blocking and Block Destruction

June 9 2021

Blocking Overview

1. Feet Before Hands
2. Hands Inside
3. Low man wins
4. Once you're on stay on.
5. Dominate your angle



Offensive Line

Types of Blocks: Pin, Man, Reach, Combo (Pin/Man), Flat Pull, Square Pull

Practice on all of the angles necessary

Key Points:

- Both feet in the ground
- Hands come as second step is in the ground.
- Stay Low and Drive.

O-Line Blocks Explained

Pin, Man, Reach, Combo (Pin/Man), Flat Pull, Shuffle Pull

Pin: Angle block down or out to DL or LB. Split hand punch, 1 hand on the sternum 1 hand on the rib cage. Can also modify to shoulder block (head in front).

Man: Straight ahead block trying to drive your man down field.

Reach: Aim for the far armpit and far shoulder of the man you're blocking. The depth of your step changes based on the width of the defender.

Combo: Inside Man is Man blocking, outside man is pinning down, modify from split hand punch to punching the hip (deliver him back to your buddy).

Flat Pull: Open up and run down the LOS to kick out (pin) the defender. Make contact with same foot same shoulder (pulling right hit with right etc.)

Shuffle Pull: Drop Step open and shuffle square to the LOS looking for first insert point to take on a LB (Man).

RB Blocks Explained (J, Reach, Fill, Kickout)

“J” Block: Mainly a pass protection block, the running steps forward with opposite foot first then works inside out blocking the first thing he sees.

Reach Block: Pass protection or outside sweeps. RB attacks the EMLOS aiming for his outside shoulder to try and hook him so the ball carrier can get outside. Must aim for where the defender is going not where he is.

Fill: Usually after a fake and filling for pullers. Make a good fake and make the defense try and tackle you. Getting tackled is much easier than trying to pass protect. The better the fake the easier the block.

Kickout: Usually made by a full back, same foot same shoulder. Same steps as the J block but this is a run based block and must be made to move the player out instead of just to stay in front of him.

WR Blocks Explained (Stalk, Push Crack, Seal)

Stalk: Sprint off the LOS towards the DB until you break his cushion (if you can get him to turn and run do it). Break down, keep feet moving and position yourself between the ball carrier and the defender. Make the defender go through you to get the ball carrier. Once he closes in “Catch and Carry Him” where he wants to go.

Push Crack: Run a deep slant to block the safety. Great vs. man coverage because you end up blocking two people with 1 guy. The DB will initially follow you on your deep slant. All other cues from stalk take over once you get there.

Seal Block: Slot receiver going inside to block an ILB or a wing helping seal the edge on a defensive end. Break down keep feet moving and position yourself between the defender and the outside running lane. Make the defender go through or inside of you, do not let him go over the top (U-Out)

Block Destruction

1. Gets you in position for the tackle.
2. Use Hands to get extension away from the blocker.
3. Fight Pressure
4. Controlled Penetration

Defensive Line Block Destruction:

BDSD: Block Down= Squeeze Down

Man Block: Attack the V of the neck hands inside with lower leverage. Rip Club to escape once you see the ball carrier.

Down Block: BDSD squeeze down the line of scrimmage staying square and collision what is coming at you (FB or puller) keep your outside arm free and close the space the RB has inside.

Reach: Do not just run to the sideline. Press vertical to create a bubble in the scheme while you fight to gain outside leverage.

Double Team: Initial reaction will be to the man block, once you feel the second blocker “Hip In” to him and torque down and away on the man blocker (post man).

BLOCK REC

BASE



REACH



DOWN BLOCK



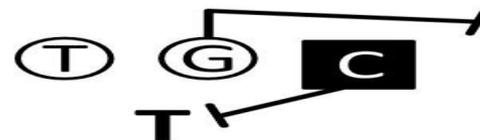
COMBO



TUG



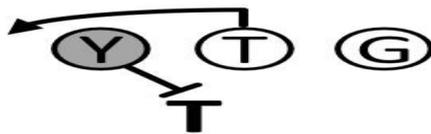
INSIDE PULL



DOUBLE



U



FOLD



Linebackers Reactions

Fill open windows and scrape over top of closed windows.

Gap Open: Fill it full speed taking on block leaving your playside arm free. Make the play cut back to your buddy.

Gap Closed: Scrape outside over top of the last down block.

Drive Block: Take on half a man with shoulder leaving playside arm free

Down Block: Blade technique to get over top of the block.

Reach Block: Press vertical and continue to fight to regain outside leverage.

Pull Away: Call Pull and fill the far side A gap

Pull Out: Run to get outside (similar to reach).