Our football team and program will only be as successful as the development of our offensive line. We must instill in our offensive linemen that they are responsible for our first downs, touchdowns, and controlling the pace of the game. We must develop a cohesive unit with a great work ethic that takes great pride in being able to line up and consistently move the ball versus any opponent in our conference.

We will do some things to aid us in developing a dominant offensive line:

1. Flip-flop our line (Power-side and Quick-side). Gives us the ability to run the majority of the time behind our best people and cuts our teaching time in half.

2. Quick huddle break; allows us to create momentum, tempo, and makes our unbalanced lines more effective. *(Have to get good at this, the younger the better, looking for speed)*

3. Simplicity of the offense (few plays to remember) develops great confidence in execution.

There are 3 phases that we will be our backbone of every block!!!

1. Approach (Stance/Alignment and 1st step)
2. Contact (Striking w/shoulder pad and forearm)
3. Drive (Fit w/head up and chugging arm)

**Basic O-Linemen Drills**

For drill work it is easiest to get your linemen in groups of 3. Establish a “matrix” on the 1st practice and all of your drills can flow out of that.

**Cornerstones**

1. Stance
2. Footwork
3. Power position
4. The Block

**The Sullivan “Matrix”**

For drill work it is easiest to get your linemen in groups of 3. Establish a “matrix” on the 1st practice and all of your drills can flow out of that.

**Approach Phase (Blocking Progression 1)**

**Stance, Alignment & Step:**
For our offensive attack we need to develop a solid stance that we can get into and out of quickly and confidently. Upon take off we stay low, hit, and maintain a good power position with great footwork.

1. Toe-instep relationship/balanced/head-up/ back straight

2. Catcher’s stance/put hand down

**Weight distribution should be 60-40 between feet and down hand. *FLAT BACK***

**If right handed, right foot is in the instep of the left foot. Rt hand is placed directly in line with the Rt foot. ***Don’t let the HAND drift to the inside the foot or stance***
3. Stance and take off

Maintain low COG with “z’ in knees

4. Football walk/slow motion/five steps

Approach phase to be practiced everyday once is learned:

Proper steps/footwork are essential for creating our blocking angles. The huge advantage for us is that we will be able to block a few plays in multiple ways.

Step Drills are done on 3 quick whistles:
1st Whistle = OL executes proper first step, reset
2nd Whistle = OL executes proper first step, reset
3rd Whistle = OL executes proper first step and goes hard for 5 yards

Footwork to be practiced everyday

(All steps are shown from stance and should be drilled in both directions)

1. Lead step = Straight ahead

2. Down step = 45 degree angle

3. Bucket step = Small backward step then 45° angle step

4. Pull Step = 90° angle (OL makes ¼ turn prior to this)

5. Hinge Step = Sprint out pass block
(OL takes play-side step and hinges at 45° angle)
CONTACT PHASE (Blocking Progression 2):

A. **Making Blocking Surface:**
   Have your linemen make a fist. Place the top of the fist, with palm side facing the body, directly below their nipple. We want the blocking surface to be as big as possible, so make sure that their elbows are pointing straight out from the body. Point the elbow down, up, or back reduces the size of the blocking surface. The blocking surface includes; the front of the shoulder and top of the chest, top of the arm and the forearm and fist.

B. **Fit Perfect Block:**
   From power position fit into bag for block/Head Up/Squeeze neck into bag

   ![Diagram of blocking position]

   **Power (Clean) Position**  **Power Position**  **Fit Position-side view**  **Fit Position-Front view**

**Drive Phase (Blocking Progression 3)**

C. **Fit & Drive:**
   Fit perfect block/ Bring hips/ Chop feet and drive. Emphasis placed on “re-chambering once extension has occurred and the “push” is happening. In other words, work back to power position while chopping feet in order to avoid overextending and being shed by defensive player.

   ![Diagram of drive phase]

   **PROBLEM**  **Fit Position-side view**  **Bring Hips-“Soft back”**  **Bring Hips-extension**  **“Re-chambering”**

D. **Step to Fit:** (diagrams on page 2)
   Using Lead/ Down/ Bucket/ Pull Steps to fit bag. Proper footwork and squaring into bag

E. **Step to Fit and Drive:** (diagrams on page 2)
   Using Lead/ Down/ Bucket/ Pull Steps to fit bag. Proper footwork with “squaring into bag” and then drive. Can break it down into segments or as continuous process. Head tight, free arm is chugging. Drive feet with short choppy steps and once you get the “D” moving then steps can get a little bigger

***CAN USE ALL OF THE ABOVE DRILLS ON SLEDS***
Chute Drills (if no chutes) - Set up on your new 5 man BLOCKING SLED

Drills are done using the chutes and emphasizing staying low coming out of your stance, transitioning into a power position, and then making the block. Planks may be used to force players to maintain a wide base with their feet.

A. Drive Block:
* Proper Step = Lead
* Hit and drive
* Maintain balance
* Drill both shoulders

B. Down Block:
* Blockers are offset in the chute
* Proper Step = Down
* Hit and drive
* Maintain balance
* Drill both shoulders

C. Pull Block:
* Head is up field
* Right shoulder block

D. Trap Block:
* Proper Step = Bucket
* Hit and drive
* Maintain balance
* Use both shoulders

E. LB’er Block:
* LB moves on OL motion
* Proper Step = Down
* Hit and drive
* Maintain balance
* Use both shoulders
* May have to use hands if LB doesn’t attack hard (stay low)

* Position LB farther away to allow flow
* Head across LB pursuit angle

Alignment in chute is between chutes with nose on pole at start position.
If there is a horizontal bar between chutes align this way
Scheme Drills:

We will use “contextual settings” to practice blocking techniques and schemes. In other words, set up your blocking drills as segmented portions of our key offensive plays. All practice time is valuable and this enables us to effectively teach, re-teach and drill our lineman on our offense.

For Example, **Sweep** can be broken down into blocking segments.

Drill work can be done in groups of 1-4 depending upon your needs. Be sure to practice running drills in both directions.

You can also set up your drill work versus varying defensive fronts:

- **TRAP vs 4-4**
- **TRAP vs 5-2**
- **TRAP vs 3-5**