



# OFFENSIVE LINE DRILLS



# STANCE DRILLS

# Stance Drills

**1. 3 Point Stance Drill**

**2. Duck Walk Drill**

# Stance Drills

## 1. 3 Point Stance Drill

**Equipment:** no equipment needed

**Objective:** To teach offensive lineman how to properly get in a 3 point stance to allow for the greatest mobility

**Directions:** Have athletes stand in a circle. Have a coach highlight the correct key concepts of the 3 point stance in the middle of the circle. Allow athletes to practice the key concepts multiple times. Repeat until all athletes can demonstrate proper three point stance.

**Coaching Points:** Feet wider than shoulder width apart. Feet should be square with shoulders. Both toes pointed in the same direction. Sink and relax the hips. Back flat and hips cocked. “Z” in the legs and hips. Keep body level low (stomach resting on thighs.) Rock weight slightly forward. Head up – looking through eyebrows. Squeeze knees in together (allows for weight transfer). Off hand should be bent at 90 degree angle with elbow placed on knee and hand in fist.

# Stance Drills

## **2. Duck Walk Drill**

**Equipment:** no equipment needed

**Objective:** To teach offensive lineman proper body demeanor, knee bend, weight distribution, and low body level in coming off the ball.

**Directions:** Have players in a straight line. On cadence, linemen come off the ball with their back flat, and their weight placed on the inside of their legs and feet.

**Coaching Points:** Initial steps and take-off should be six inch power steps. First two steps are important to get into the ground as quickly as possible. Practice using different first steps (right or left depending on play called).



**TAKEOFF DRILLS**

# Takeoff Drills

**1. Board Drill**

**2. Alignment Drill**

**3. Tennis Ball Drill**

**4. Attack Drill**

# Takeoff Drills

## **1. Board Drill**

**Equipment:** Need 10-six foot boards that are ten-twelve inches wide

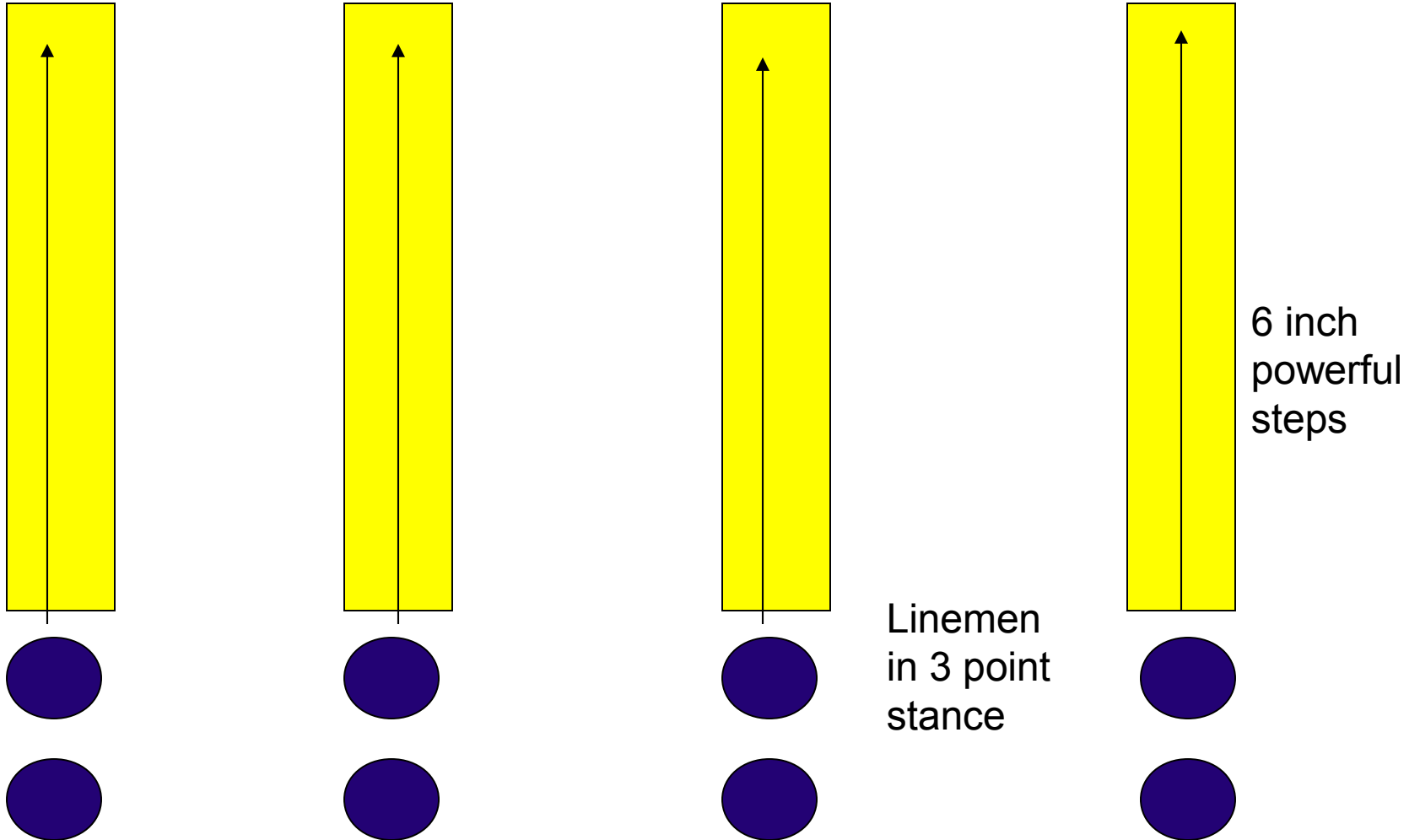
**Objective:** To teach offensive linemen to come off quickly from the ball to create a new line of scrimmage on the defensive side of the football. To teach linemen proper steps out of a 3 point stance. To emphasis explosion off of the line of scrimmage.

**Directions:** Position linemen in rows behind each board. Instruct linemen to get into a three point stance. On cadence, have linemen practice taking their first two six inch steps as quickly as possible. Finish the drill by driving six inch steps through the end of the board.

**Coaching Points:** Emphasizing first two steps six inches. Short, powerful, choppy steps. Eyes up, shoulders square, neck bulled. Low body position (stomach on thighs). Emphasizing quickness, explosiveness, and low charge out of stance



# Illustration of Board Drill



# Takeoff Drills

## **2. Alignment Drill**

**Equipment:** Football, two cones, 6 boards

**Objective:** To teach offensive lineman proper alignment at the line of scrimmage. To reinforce proper 3 point stance techniques. To emphasis proper steps out of 3 point stance. To teach linemen proper steps for drive block.

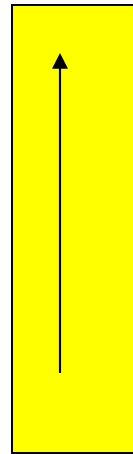
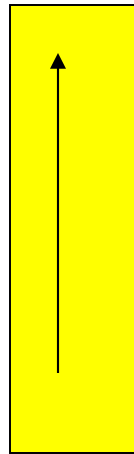
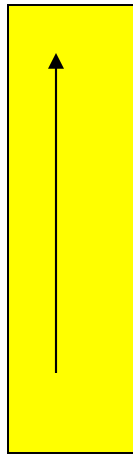
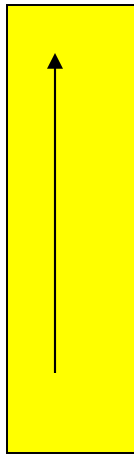
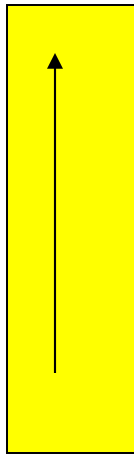
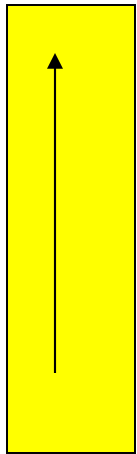
**Directions:** Instruct linemen to line up in lines of centers, guards, tackles, and tight ends. Coach gives linemen a play to run. On cadence, linemen fire out from stance, staying low and stepping with correct foot (right play-right foot; left play, left foot). Linemen finish through boards and sprint 10 yards through cones.

**Coaching Points:** Center sets the line – guards/tackles/tight ends put their toes on heel of the center. All linemen 18” splits. Start from a good 3 point stance, eyes up and looking through eyebrows.

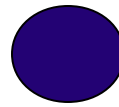
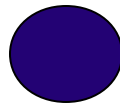
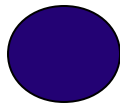
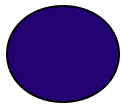
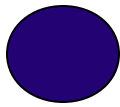
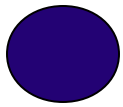
# Illustration of Alignment Drill



Race through cones



6 inch  
powerful  
steps



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G

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# Takeoff Drills

## **3. Tennis Ball Drill**

**Equipment:** 10 tennis balls and 10 boards

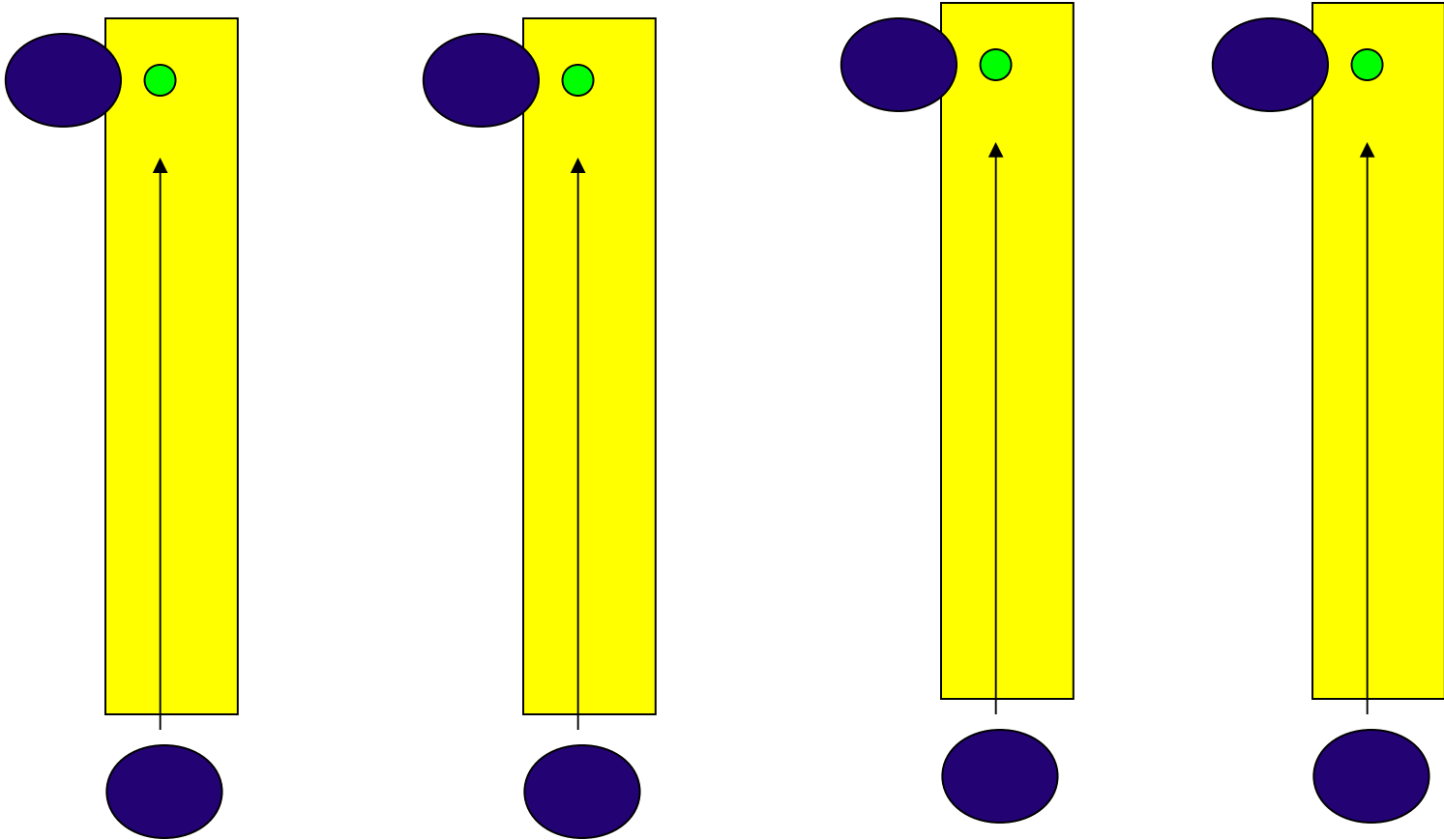
**Objective:** To teach offensive linemen to get off of the ball and keep body position low. To reinforce a good 3 point stance. To emphasis explosion and quickness off the line of scrimmage. To teach linemen to use their hands.

**Directions:** Line up offensive linemen behind a board. Instruct one player to stand on the other side of the board holding a tennis ball. On a cadence, the player holding the tennis ball will drop the tennis ball onto the board. The offensive linemen must catch the tennis ball with both hands before the ball bounces twice.

**Coaching Points:** Start from a good stance, eyes focused on the tennis ball. On cadence, step through the board to catch the tennis ball. Use both hands. Stay low and keep stomach on thighs. To increase competition, see which linemen can catch their tennis ball first.

# Illustration of Tennis Ball Drill

Linemen holding tennis balls



Linemen in 3 point stance

# Stance and Takeoff Drills

## **4. Attack Drill**

**Equipment:** 10 boards

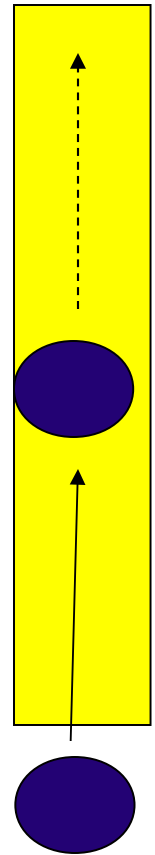
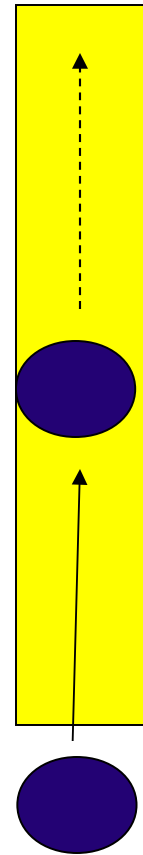
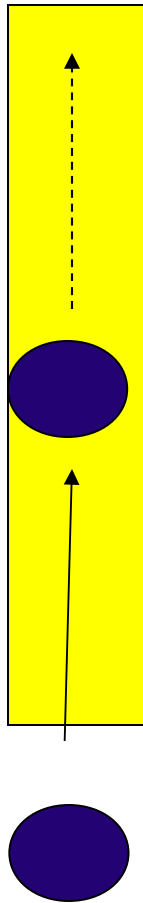
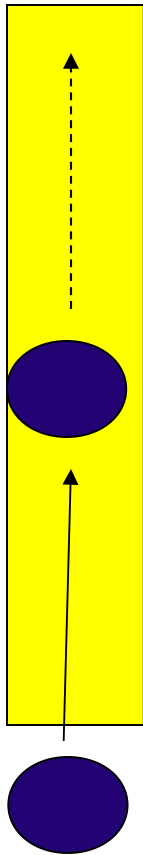
**Objective:** To teach offensive linemen to get off of the ball and keep body position low. To reinforce a good 3 point stance. To emphasis explosion and quickness off the line of scrimmage.

**Directions:** Line up offensive linemen behind a board with a partner. Instruct one offensive linemen to get in a proper 3 point stance. Instruct partner (defender) to get into a 2 point stance approximately 2 yards away. On a cadence, the defender backpedals slowly. On a cadence, the offensive player must catch the backpedaling player before the end of the board.

**Coaching Points:** Start from a good stance, eyes focused on the defender. Emphasis staying low (stomach on thighs) and working proper steps through the board.

# Illustration of Attack Drill

Backpedals



Linemen in proper 3 point stance



# DRIVE BLOCKING DRILLS



# Drive Blocking Drills

1. Punch Drill
2. Fit Blocking Drill w/ Board
3. Base Drill
4. One Step Drive Blocking Drill w/ Board
5. Two Step Drive Blocking Drill w/ Board
6. Chute Scrimmage Drill
7. Weave Blocking Drill

# Drive Blocking Drills

## **1. Punch Drill**

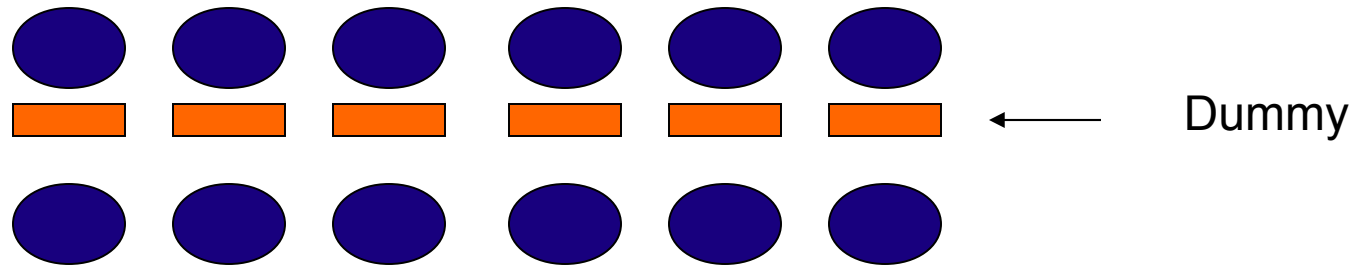
**Equipment:** 7 man sled or handheld dummies

**Objective:** To teach the proper initial punch in drive blocking. To reemphasis low body position and pad level.

**Directions:** Instruct to linemen how to properly punch a defender (hit in the middle of the numbers with palm of hand pushing upwards). Lineman begins in a 2 point stance in front of a pad. Lineman punches pad on whistle and recoils elbows back to ribs. Repeat 4-5 times. Repeat until all lineman can successfully complete this. Next, practice linemen using only one hand at a time.

**Coaching Points:** Punch to the sky with both arms together. Keep stomach on thighs. Hit and hit hard! Do not cock back elbows. Keep elbows tight into ribs.

# Illustration of Punch Drill



Looking for strong base in legs and hard upward punch. Elbows in ribs.

# Drive Blocking Drills

## **2. Fit Blocking w/ Board Drill**

**Equipment:** Stand up dummies and board

**Objective:** To teach players the proper body position for drive blocking an opponent. To reinforce low body position. To reinforce skills learned in the punch drill.

**Directions:** Instruct linemen to line up behind a stand up dummy in even lines. Having one lineman holding the dummy, instruct players to fire into the dummy and hold their fit position until coach has checked their fit position.

**Coaching Points:** Hands in front of face. Numbers in front of the knees and knees in front of the toes. Eyes up and looking straight ahead. Hips sunk and back straight. Stomach on thighs. Feet wider than shoulders apart. Good comfortable angles in the legs.

# Drive Blocking Drills

## **3. Base Drill**

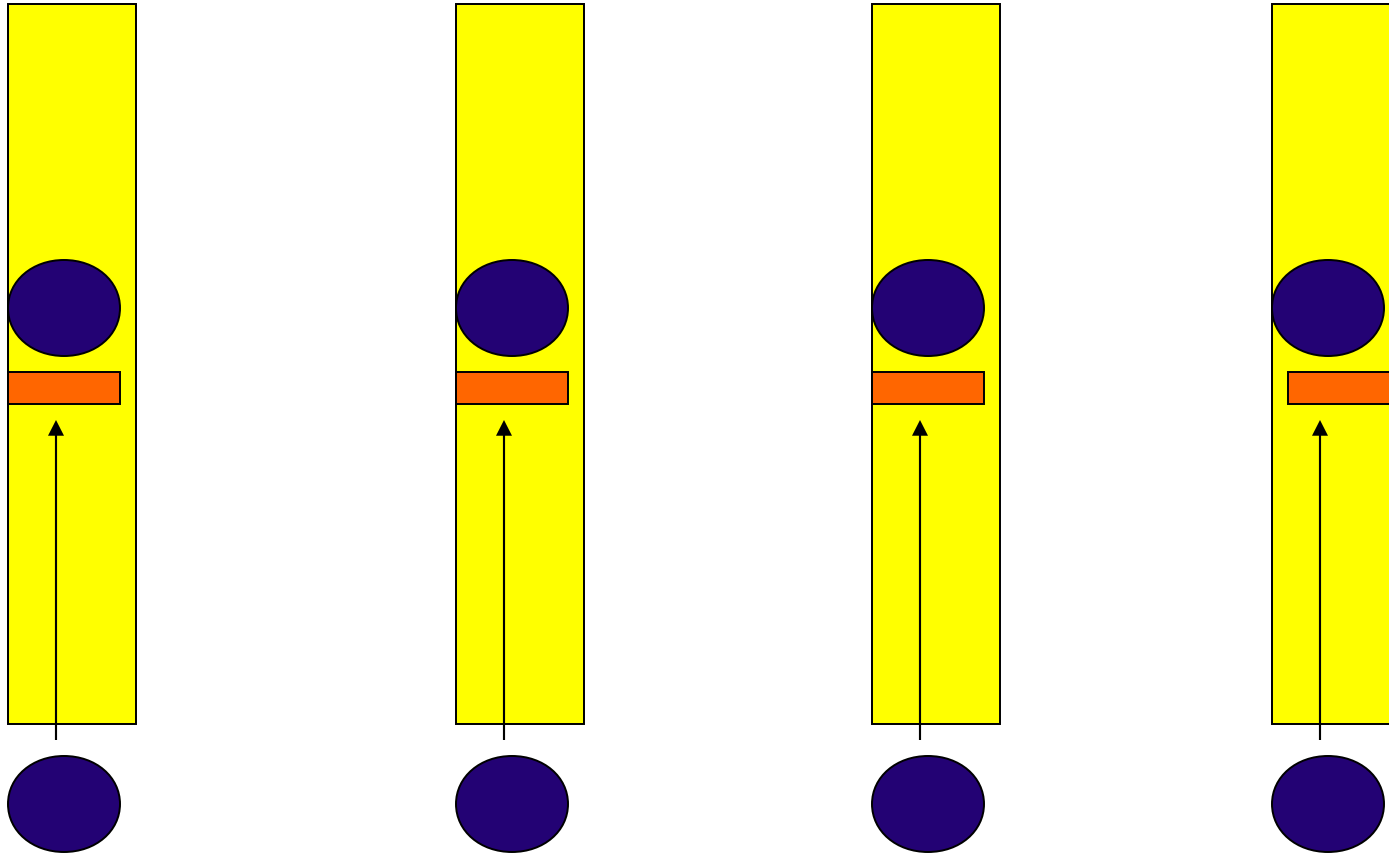
**Equipment:** Board, hand held dummy

**Objective:** To teach the players the importance of maintaining and good, strong base with their legs.

**Directions:** Instruct one defender who straddles the board to line up 1 yard from the offensive lineman. The offensive player drives the defender off of the board. The defender gives good resistance.

**Coaching Points:** Focus on the base of the block. Feet should be on both sides of the board.

# Illustration of Base Drill



Coach watching for good strong base in legs.

# Drive Blocking Drills

## **4. One Step Drive Blocking Drill w/ Board**

**Equipment:** Board and handheld dummy

**Objective:** To teach the proper first step used with drive blocking. To reemphasis low body position and pad level. To reemphasis the punch used in drive blocking. To reinforce lineman keeping a nice wide base.

**Directions:** Lineman begins in a three point stance. The coach gives the command upon which the lineman takes his first step and punches the dummy. Reloads and repeats two to three times.

**Coaching Points:** First step should be six inches to the playside. The tips of the elbows should be tight into the ribs after punch contact. Have players hold position until checked by coach.

# Drive Blocking Drills

## **5. Two Step Drive Blocking Drill w/ Board**

**Equipment:** 7 man sled or handheld dummies

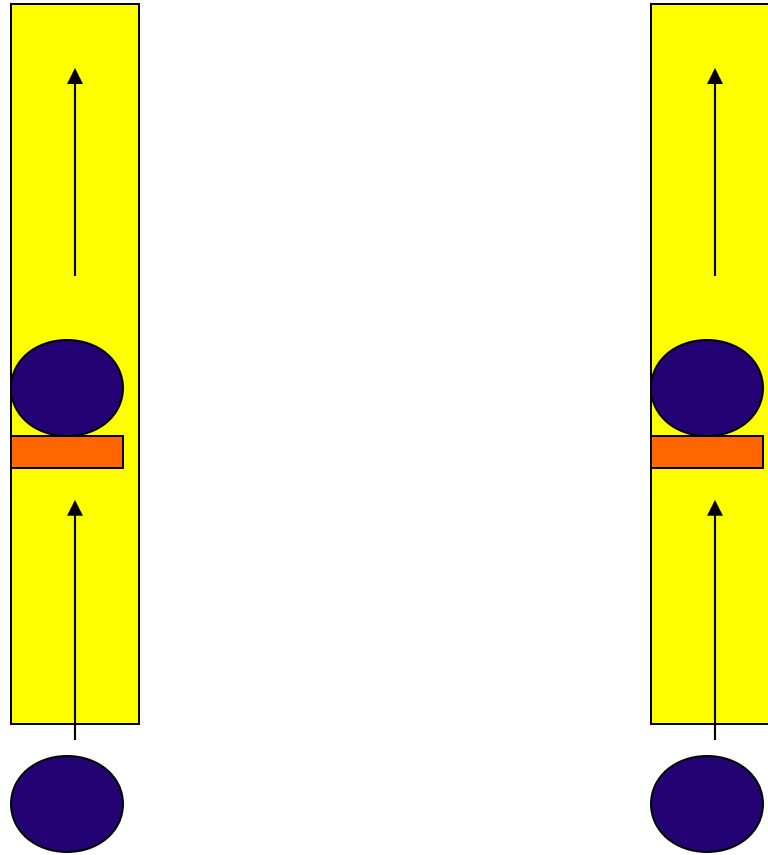
**Objective:** To teach the proper first two steps used with drive blocking. To reemphasis low body position and pad level. To reemphasis the punch used in drive blocking. To reinforce lineman keeping a nice wide base.

**Directions:** Lineman begins in a three point stance. The coach gives the command upon which the lineman takes his first two steps and punches the dummy. Reloads and repeats two to three times.

**Coaching Points:** First step should be six inches to the playside. The tips of the elbows should be tight into the ribs after punch contact. Second step should be six inches on the other side of the board. Have players hold position until checked by coach.



# Illustration of One Step/Two Step Drive Blocking Drill



# Drive Blocking Drills

## **6. Chute Scrimmage Drill**

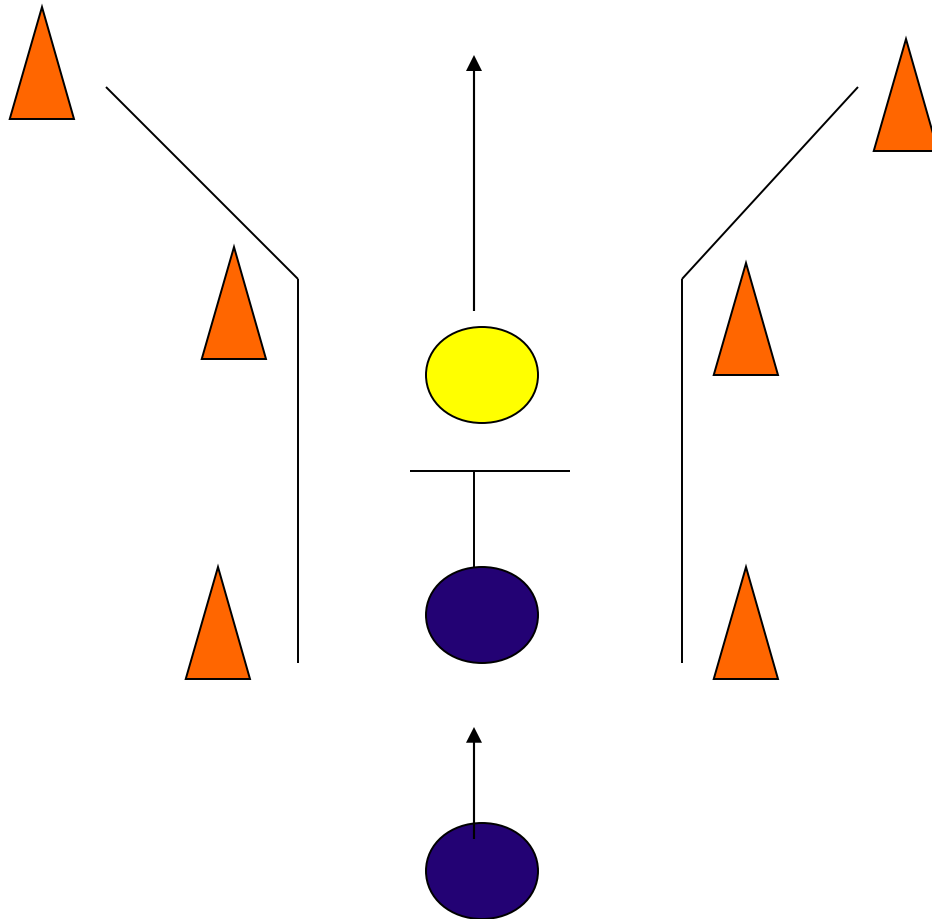
**Equipment:** 6 cones, football, 1 defender

**Objective:** To teach and develop the basic fundamentals of a drive block. To reinforce the initial punch and first steps. To teach driving the hips and getting vertical movement on a defender. To teach the offensive linemen to stay on the defender with a wide base in the legs.

**Directions:** The 6 cones are lined up as boundaries for a chute. The players form two lines – one line of blockers and one line of defenders. The drill involves a running back who is following the drive block of the defender. Essentially, the drill involves a one-on-one battle. The defender aligns head up to the blockers and attempts to defeat his base block and tackle the ball carrier.

**Coaching Points:** Puts pressure on the blocker to perform. Emphasizes all of the fundamentals with the drive block and toughness. Great competition for offense vs. defense.

# Illustration of Chute Scrimmage Drill



Note - Defender can just wrap up/touch RB so that players do not get hurt.

# Drive Blocking Drills

## **6. Weave Blocking Drill**

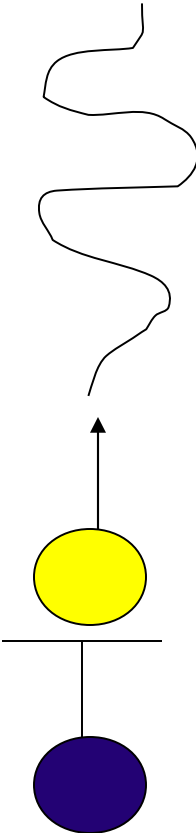
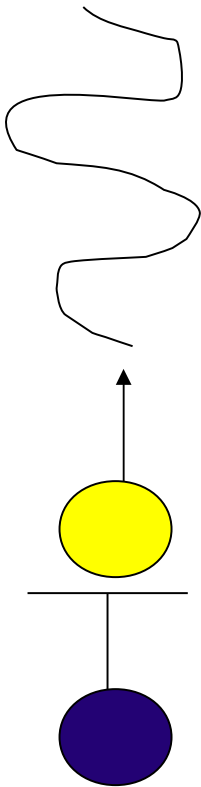
**Equipment:** Hand held dummy

**Objective:** To teach the drive blocker to keep pressure on the defender and to adjust as the defender tries to escape the block.

**Directions:** Defensive player holds a shield tight against his body. Offensive player locks onto shield. On cadence, the offensive player blocks the defender straight back. As the drill unfolds, the defender weaves from one side to the other.

**Coaching Points:** Drill forces blocker to keep pressure on the defender while moving his feet to stay with the weaving movement of the defender. The blocker must maintain a good base throughout the drill and continue leg drive of 6 six power steps.

# Illustration of Weave Drill





# Pass Protection Drills

- 1. Quick Set**
- 2. Punch Drill**
- 3. Handcuff Drill**
- 4. Hand Replace Drill**
- 5. Endurance Punching Four Corners**
- 6. Tennis Ball Shuffle Drill**
- 7. Hit and Recoil Drill**
- 8. Kick Shuffle Bag Drill**
- 9. Mirror Drill**
- 10. Lovers Lane Drill**
- 11. Zig Zag Drill**
- 12. Famous Drill**
- 13. Pass Protection vs. Different Defensive Techniques (head up, on, and outside)**

# Pass Protection Drills

## 1. Quick Set

**Objective:** To teach all linemen how to transition from their 3-point stance into a perfect pass protection position.

**Equipment:** None

**Description:** This is a drill which can be used as a warm-up prior to practice or during an individual period. On the command, the offensive linemen will all pop up out of their regular stance into a perfect pass protection position. The coach can either work on a ton of reps or can have the linemen sit in the good stance. If the coach makes the OL sit in the stance, then you have to watch to see if the OL begins to raise up or if they can properly sit down deep in the their stance and stay in that position. The reason this is important is because if they can't stay in the proper pass pro position, then they will start to stand-up during a play because they get tired. This also creates a mentality in the minds of the OL that they can sit in that stance forever.

**Coaching Points:** Make sure that the linemen get their hands out in front of them. Make sure that each lineman has their eyes up and have a low body position with knees in front of toes.



# Pass Protection Drills

## 2. Punch Drill

**Objective:** To develop the fundamentals and techniques involved in the initial punch.

**Description:** The lineman aligns in a good pass protection set with the defender within striking distance. The lineman bends his knees for proper leverage on the defender. His elbows are in with his hands at chest level with a slight bend in his arms. His shoulders are back with slight arch in his lower back. On the snap count, the lineman strikes up and out. Contact is made with the heels of the hands. His thumbs point upward with his hands forming a “W”. His aiming point is the defender’s pectorals. Have offensive lineman practice punching different areas of the defender.

**Coaching Points:** Lineman is punching out and upwards. Always keeps defender between his shoulders. Low body level and positioning.

# Pass Protection Drills

## 3. Handcuff Drill

**Objective:** To develop the ability of the offensive lineman to keep his hands tight in pass protection.

**Equipment:** Athletic tape, bicycle tire tube, old t-shirt

**Description:** Tie each lineman's wrists together using tape, a bicycle tire tube, or an old t-shirt in a figure-8 configuration. With his wrists bound by the restraints, each lineman should practice his pass protection punch against different defensive techniques. This procedure is designed to force the lineman to keep his hands tight.

**\*\*Note:** Do not do this drill in a "live" situation as each lineman could seriously hurt themselves if they should fall.

**Coaching Point:** Make sure that each lineman keeps his proper body positioning and maintains a base of shoulder width apart. Punches should be directed up and out into the defender.

# Pass Protection Drills

## **4. Hand Replace Drill**

**Objective:** To teach the offensive lineman to keep his hands inside on the chest of the rusher.

**Equipment:** None

**Description:** The offensive lineman assumes a proper pass protection position on the defender with his hands on the defender's chest. The defender proceeds to knock his hands off him in a variety of ways (club up/down, grab the wrist, etc). The offensive player must get his hands back on the defender ASAP! Try having offensive player close his eyes once they get good at it.

**Coaching Point:** Keep hands inside the defender at all times.

# Pass Protection Drills

## **5. Endurance Punching Four Corners**

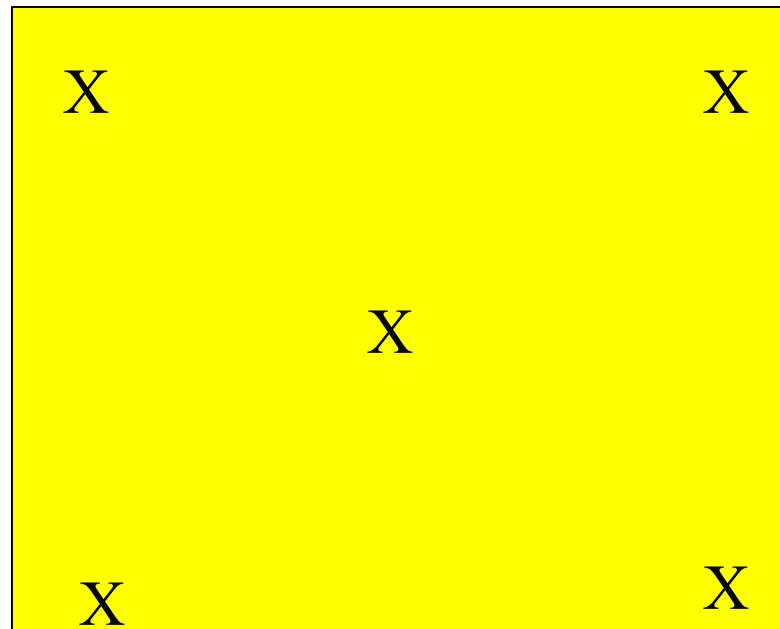
**Objective:** To develop punching endurance, quickness, and the ability to adjust to different targets with a punch.

**Equipment:** Handheld shield

**Description:** A partner holds a handheld shield tight against his body, while the lineman sets near the bag in a proper pass protection set. In 15 second spurts, the lineman punches the bag an, subsequently striking the four corner aiming points on the bag.

**Coaching Point:** Hand placement, proper body positioning, and knee bend are all emphasized as well as explosive punching.

# Illustration of Endurance Punching Four Corners



X = punching target

# Pass Protection Drills

## **6. Tennis Ball Shuffle Drill**

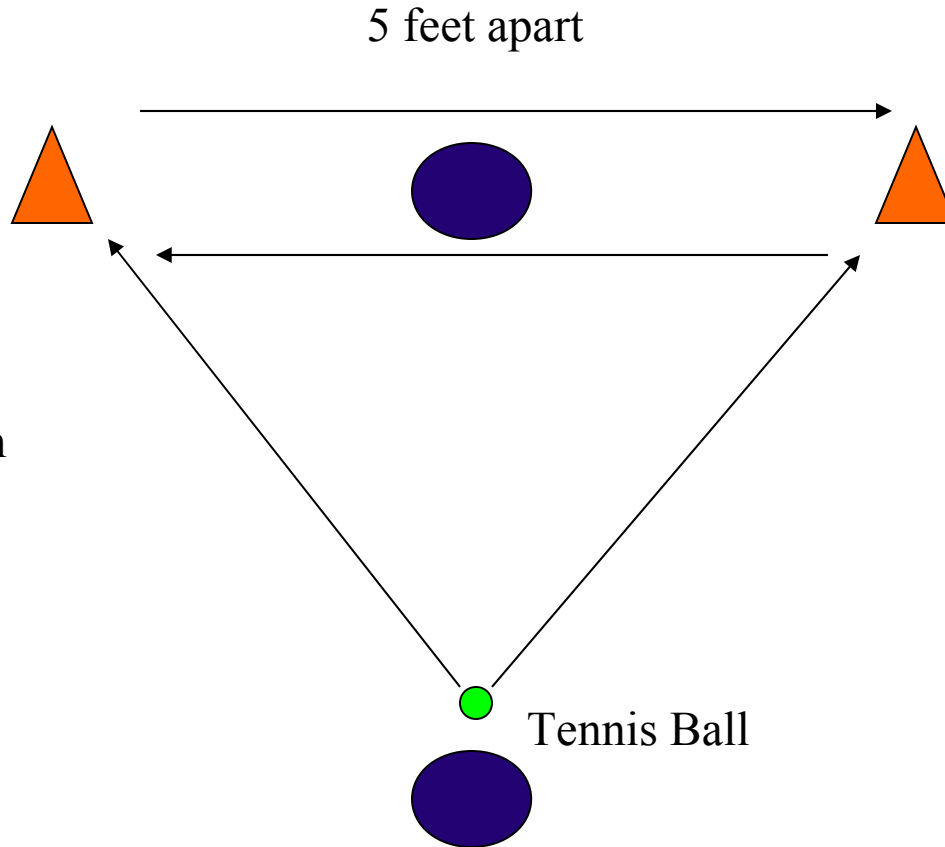
**Objective:** To develop flexibility in the hips and improve lateral footwork for offensive linemen. To further improve each athlete's pass protection set.

**Equipment:** Several softballs and two cones spaced at 10 feet apart.

**Description:** Place two cones 10 feet apart on a line. Have one offensive lineman stand next to one of the cones in the proper fundamental position. When pass setting it is important to maintain good body posture (fundamental position): knees over toes, shoulders over hips, good base, set toes slightly out. Weight should be on your hips the butt is slightly up with a slight arch in the back. Shoulders are back (big chest), chin is tucked. Good hand carriage (70 degrees). The coach is 10 feet back in the middle of the cones with two softballs. The coach will roll one softball towards the point of the other cone. The offensive player between the cones will scurry (shuffle) his feet, keeping his feet close to the ground and taking equal and opposite steps. As the coach rolls the softball towards the point of the other cone the offensive lineman will stay in the fundamental position and scurry his feet and tap the ball back to the coach. The coach will roll the ball towards the point of the other cone and the offensive lineman will repeat the process. The coach will roll the ball alternately to each cone. After about 30 seconds place another offensive lineman next to a cone and repeat the drill.

**Coaching Point:** For maximum repetition, have several drills going at once and have lineman work as partners. 1. Check for balance, weight on the insteps, and the proper fundamental position. When linemen scurry their feet they should they should take equal and opposite steps. When linemen are scurrying their feet they should bend at knees and keep a slight arch in the back. This drill is great in developing offensive linemen and can be used off season and during season.

# Illustration of Tennis Ball Drill



Start slowly and gain speed of the tennis ball as athletes gain an understanding of the drill.

Lineman should shuffle back and forth and not allow tennis ball to touch cone

# Pass Protection Drills

## **7. Hit and Recoil Drill**

**Objective:** To teach the hit-and-recoil technique in pass protection vs. a bull rush.

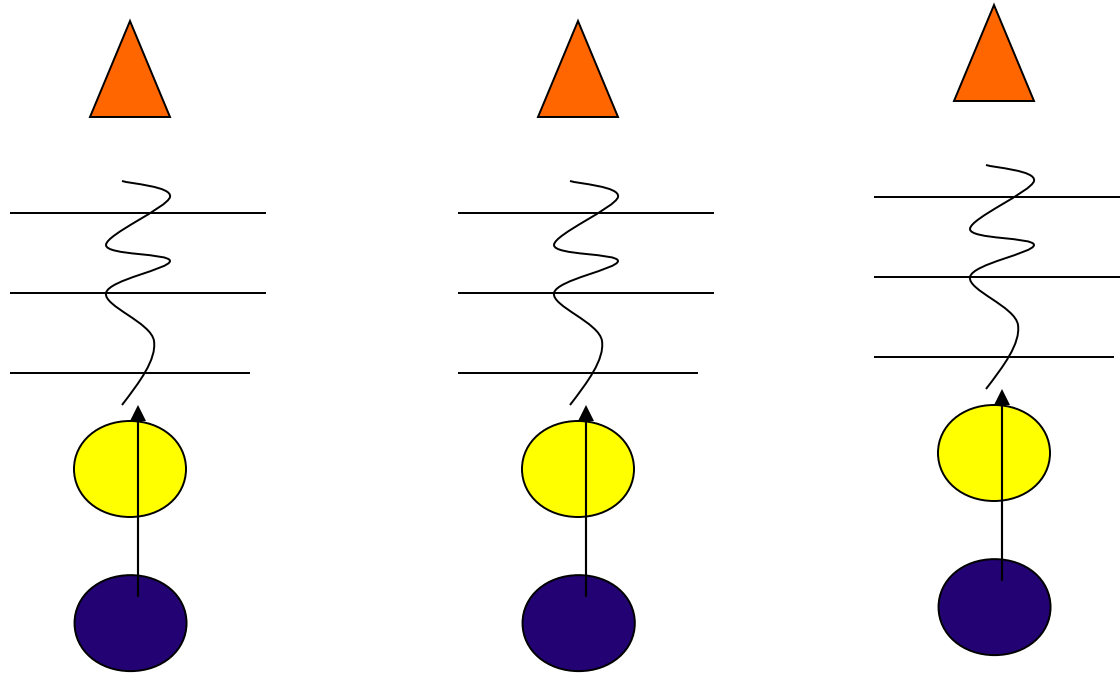
**Equipment:** Lineman placed into lines and a cone for each line

**Description:** The defenders rush live in a bull rush into the offensive lineman. The offensive lineman are in a two-point stance. On the snap, the defender comes at the blocker. The lineman must set up, hit, and recoil. Against a bull rush, the blockers must sink his hips on the recoil and not lose leverage.

**Coaching Point:** The offensive lineman should end up with his shoulders square to the cone behind him. The blockers stance, eye sight, exploding up and through, recoil, and mirror should be checked. The coach should observe this drill from different angles to ensure that each lineman can properly pass protect.



# Illustration of Hit and Recoil Drill



# Pass Protection Drills

## **8. Kick and Shuffle Drill**

**Objective:** To develop the ability of the lineman to move while maintaining a proper football position and a good base as he steps over obstacles.

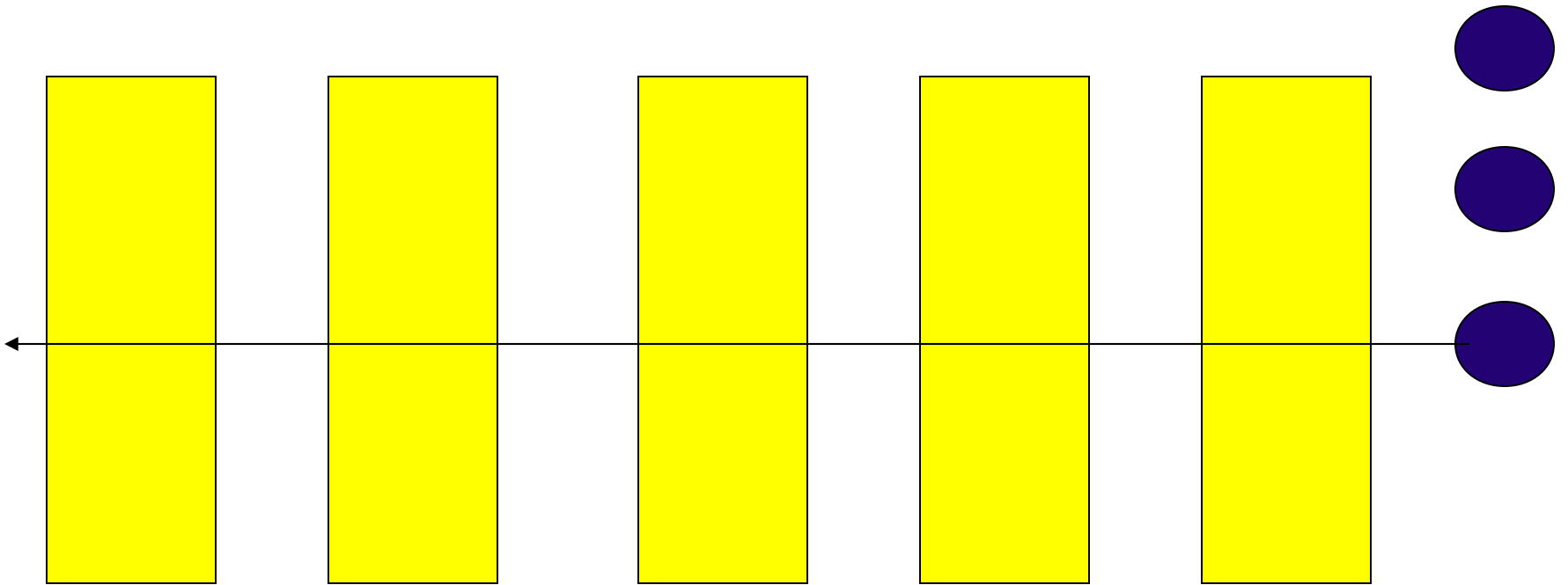
**Equipment:** Five stand up bags

**Description:** The players face straight ahead with the bags at their side. On the coach's command, each player shuffles straight down the line of bags stepping/kicking over each bag.

**Coaching Point:** The players weight should be distributed on the inside of the legs and feet. At all times, while performing this drill, each lineman should have a good base, with his knees bent, his body level low, and his hands out in front. The lineman should never cross their feet. The lineman should always lead with his near foot.

# Illustration of Kick and Shuffle Drill

Coach



Facing Coach

# Pass Protection Drills

## 9. Mirror Drill

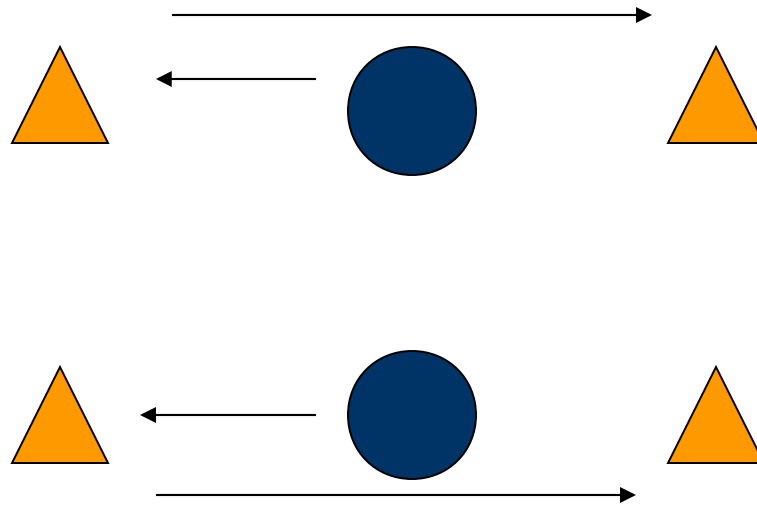
**Objective:** To develop the ability of the lineman to move while maintaining a proper football position and a good base as he steps over obstacles.

**Equipment:** 4 cones

**Description:** With a partner, have the OL put their hands behind their backs and assume a good pass pro. stance. The partner (defender) moves laterally back and forth as quickly as possible, never to go forward, as to try and beat the blocker. The pass pro. man must move back and forth as to "mirror" the defenders movements by keeping up and staying in front of the defender.

**Coaching Point:** On mirror drills, I tell the OL to look at the V in the defender's neck. Make sure the OL keeps his arm pits over his ankles; no forward lean. Keep shoulders parallel to LOS. Keep back straight. Butt low and good angles in the legs. Do not cross over feet - shuffle

# Illustration of Mirror Drill



# Pass Protection Drills

## **10. Lovers Lane Drill**

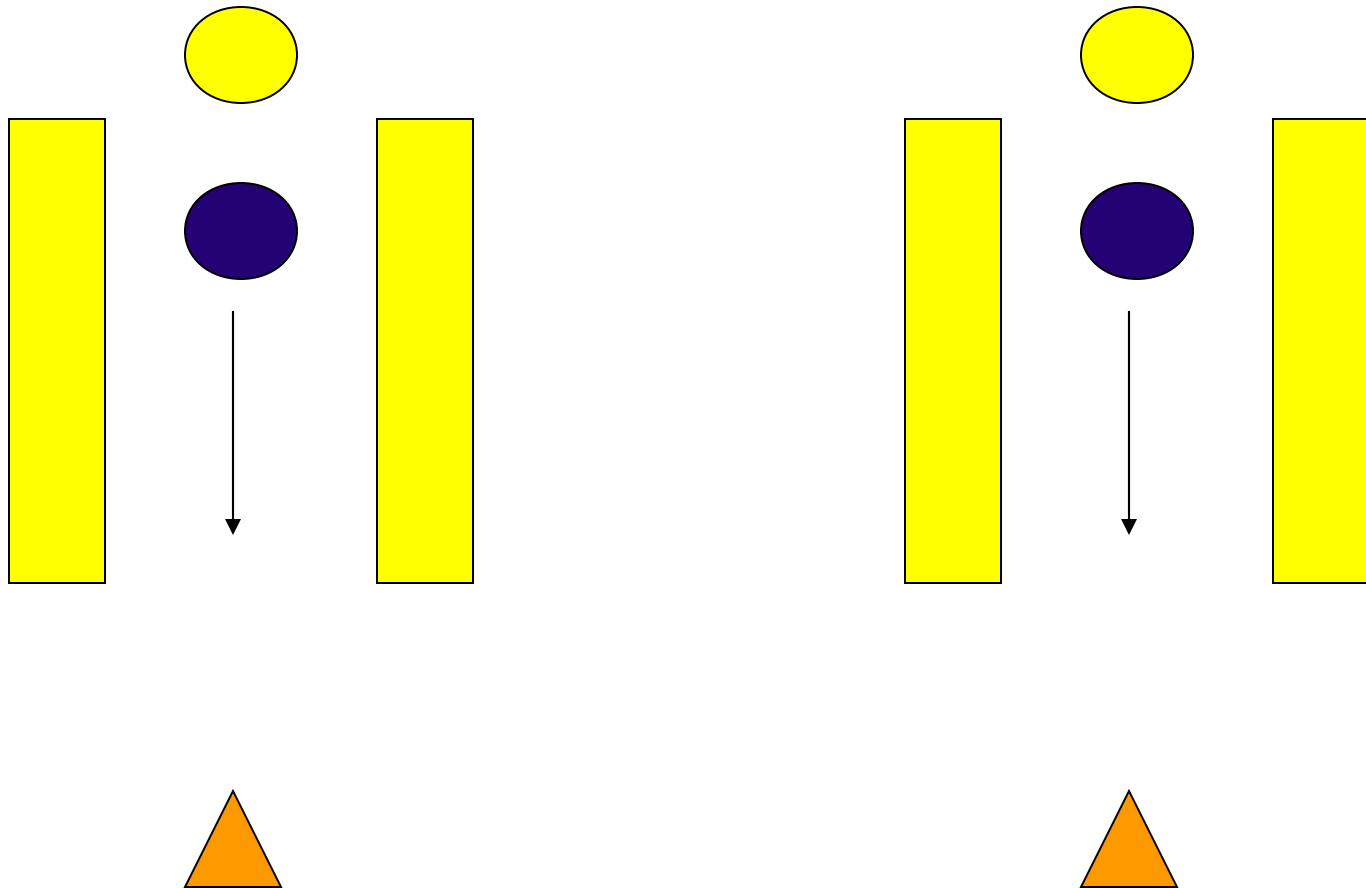
**Objective:** To teach the 1-on-1 pass block.

**Equipment:** Two large stand up dummies and cone

**Description:** Place one cone at a 3, 5, or 7 step drop. The other two dummies are laid on the ground approximately 3-4 yards apart. On the snap count, the blocker sets up, and the defender begins his pass rush. The drill continues until the defender reaches the stand up dummy.

**Coaching Point:** Great competition between offensive and defensive lineman. The need for the lineman to block the defender with his feet and match his upper body with the defender should be emphasized. Look for low body position and excellent pass protection demeanor.

# Illustration of Lovers Lane Drill



# Pass Protection Drills

## 11. Zig Zag Drill

**Objective:** To develop a lineman's footwork off the LOS and his ability to square his shoulders and maintain a proper body position against a rusher.

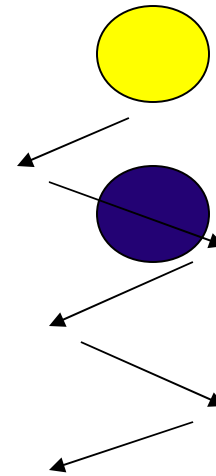
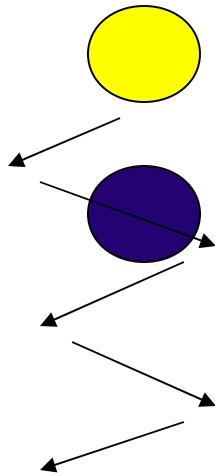
**Equipment:** none

**Description:** The lineman begins the drill in a proper pass set with his hands behind his back. On the snap count, the defender moves toward the lineman, zig zagging up the field while emphasizing lateral movement. The lineman sets off the ball, maintaining a proper inside position. He employs footwork to maintain that position.

**Coaching Point:** As needed, the lineman's alignment can be modified so that he can work on his footwork – particularly in the initial stages of his pass set.



# Illustration of Zig Zag Drill



# Pass Protection Drills

## **12. Famous Drill**

**Objective:** To develop a lineman's footwork off the LOS and his ability to square his shoulders and maintain a proper body position against a rusher.

**Equipment:** none

**Description:** This is one of the best pass protection drills you can possibly have. It will be one OL against one defender. This should be done in a very small space. The coach needs to keep in mind what position the OL plays and give the proper spot for the QB to stand. There are no helmets allowed in this drill and the only rush which can not be used by the defender is the bull rush. The OL starts in a good stance and then will pop up into a perfect pass pro position to start the drill. Once the OL has popped up, the defender starts rushing. This drill really helps to reinforce the fact that you should not use your head and shoulders during pass protections. The OL must work to get his hands on the defender, keep his head back, keep his shoulders back, and counter whatever moves the defender makes. The entire time the OL must keep the proper relationship with his feet and either play flat to the inside or give ground at a 45 to the outside.

**Coaching Point:** Start at 25% effort and build up until lineman can successfully perform this drill. Emphasize Low body position

# Pass Protection Drills

## **13. Pass Protection vs. Different Defensive Techniques (Inside shoulder, head up, outside shoulder)**

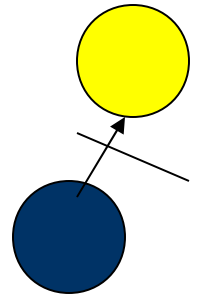
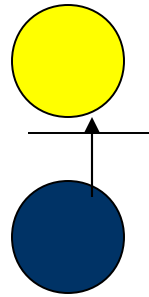
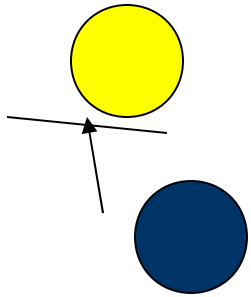
**Objective:** To develop a lineman's footwork off the LOS and his ability to square his shoulders and maintain a proper body position against a rusher.

**Equipment:** cone placed at 3, 5, or 7 step drop

**Description:** The drill involved one defensive lineman vs. one offensive lineman. Position the defender in different techniques and have the offensive player attack. The lineman should attack with proper pass protection set and punches. A quick whistle should be used to allow the coach and player to check the alignment between the launch point of the QB, the offensive lineman, and the defender.

**Coaching Point:** The blocker should take keep the defender between him and the quarterback. Keep body position low. Make contact on the LOS and keep his shoulders square. Focus his eyes on the inside V of the defender's neck.

# Illustration of Pass Protection vs. Different Defensive Techniques



**7<sup>TH</sup> AND 8<sup>TH</sup> GRADE LAKER OFFENSE SPECIFIC  
DRILLS**



**OFFENSIVE LINE  
DRILLS**



**INSIDE ZONE  
COMBINATION BLOCKING**

# Inside Zone Combination Blocking Drills

- 1. Combo Drill (2 vs. 1)**
- 2. 2 vs. 1 Hip Combination Drill**
- 3. 90-50-10 Drill**
- 4. Inside Combo Drill (2 vs. 2)**
- 5. 2 vs. 2 *shaded* Combination Drill – Inside Zone**

# Inside Zone Combination Drills

## 1. **Combo Drill (2 vs. 1)**

**Objective:** To teach offensive linemen in the inside-zone game how to get vertical movement on a down linemen. To reinforce an offensive linemen's ability to punch a defender. To teach the lineman how to identify when they are covered.

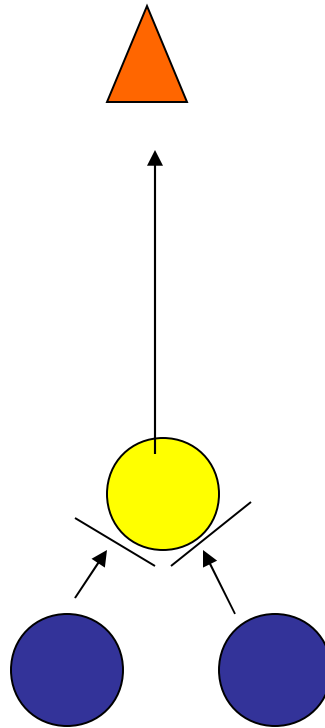
**Equipment:** none

**Directions:** Instruct lineman on how to identify if they are covered (any part of the down defender is touching any part of their body.) Need two offensive linemen working vs. one defender (one down lineman). Offensive linemen must get a good vertical push on the defender. Drive defender into the cone. Give the down defender big eyes (get the defenders eyes big when drive blocking with the initial punch)

**Coaching Points:** The linemen work hip-to-hip and maintain a good drive blocking base. Both heads on opposite sides of the defender. Elbows in, eyes up, backs straight. Numbers in front of the knees and knees in front of the toes. Once engaged, stay engaged with defender.



# Illustration of 2 vs. 1 Inside Combination Drill



# Inside Zone Combination Drills

## 2. 2 vs. 1 Hip Combination Drill

**Objectives:** To teach uncovered linemen the proper techniques vs. a down defender at the point of attack (POA).

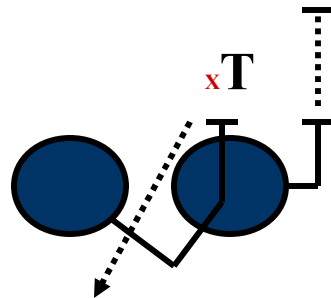
**Equipment:** none

**Directions:** As an uncovered linemen, if down defenders nearest hip movement disappears from vision, look up linebacker and work up to him. If nearest hip comes to you, attack, overtake and force adjacent offensive lineman to climb to second level (work way to backer). These rules apply for playside and backside of offensive line.

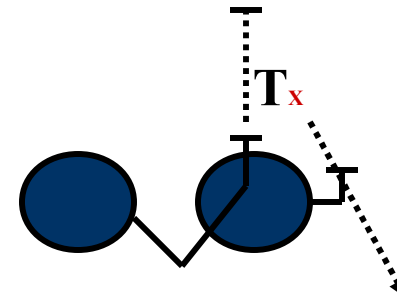
**Coaching Points:** Begin slowly at 25% speed. Allow linemen to build confidence in what they have to do. Increase speed of the drill once linemen can recognize what they have to do.

# Illustration 2 vs. 1 Hip Combination Drill

When reading the down defenders hip it is a glance at the hip, the lineman has to make a quick decision.



Hip comes to uncovered lineman



Hip goes away from uncovered lineman

X = Hips of down defender

# Inside Zone Combination Drills

## 3. 90-50-10 Drill

**Objective:** To teach 90-50-10 presnap blocking percentages for the uncovered linemen.

**Description:** Line up 2 offensive linemen vs. a down defender. By moving the down defender to different positions (outside shade of covered teammate, head up on teammate, inside shade of covered teammate) instruct linemen about the 90-50-10 rules

-If defender is outside shade on your covered teammate 10% chance you will combo.

-If defender is head up on your covered teammate 50% chance you will combo with teammate.

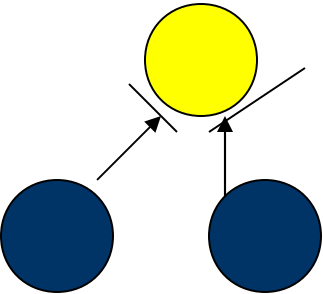
-If defender is inside shade your covered teammate, 90% chance you will combo.

Allow lineman to practice this and communicate with each other about the percentages.

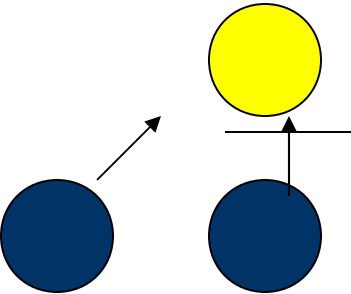
**Coaching Points:** Make sure lineman communicate the defensive technique and the percentages to one another. Make sure lineman react to what the defense is giving them. Block play side gap whether covered or uncovered.

# Illustration of 90-50-10 Drill

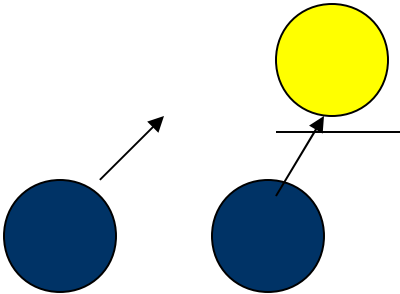
90% chance you will combo block with teammate



50% chance you will combo block with teammate



10% chance you will combo block with teammate



Play side



Have defender line up in different defensive techniques and have offensive lineman communicate the percentages

# Inside Zone Combination Drills

## **4. Inside Combo Drill (2 vs. 2)**

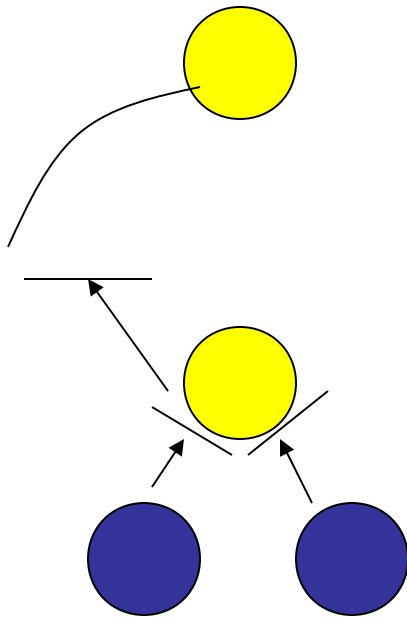
**Objective:** To teach offensive linemen in the inside-zone game how to get movement on a down linemen to the linebacker with appropriate reaction.

**Equipment:** none

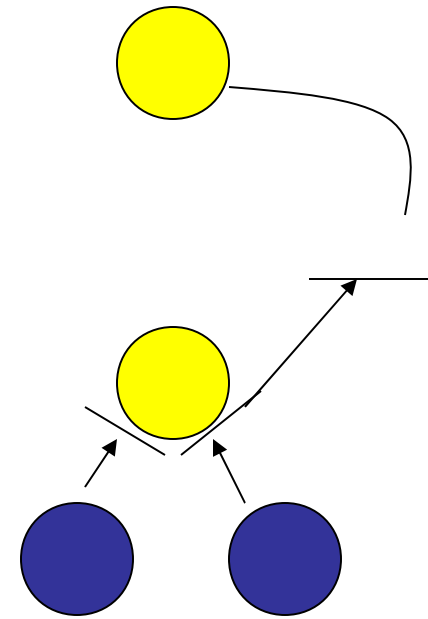
**Directions:** Need two offensive linemen working vs. two defenders (one down lineman and one linebacker). The linebacker is positioned at a depth of 4-6 yards right behind the defender while the down defender is directly across from the two blockers. After good movement is made on the down defender, the coach directs the linebacker, forcing one lineman to overtake the down defender and one to work off to the linebacker.

**Coaching Points:** The linemen work hip-to-hip and react. Once engaged, stay engaged. The linemen should not be allowed to climb to the linebacker until they get good vertical movement. Push the down defender into the linebacker. Elbows in, and eyes up.

# Illustration of 2 vs. 2 Inside Combination Blocking Drill



Playside



Playside

Get vertical push on down defender. When LB commits, crush him. Protect playside gap.

# Inside Zone Combination Drills

## **5. 2 vs. 2 *shaded* Combination Drill – Inside Zone**

**Objectives:** To teach the proper execution of the inside-zone combination block between two linemen versus a down defender and a linebacker. To reinforce a good strong base and a drive block. To emphasis quickness and getting off the football.

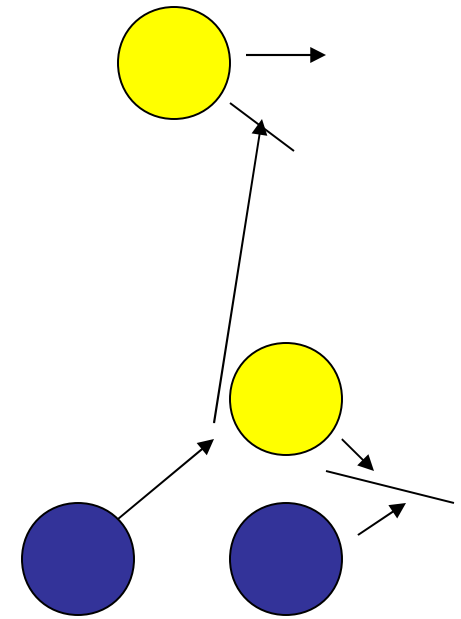
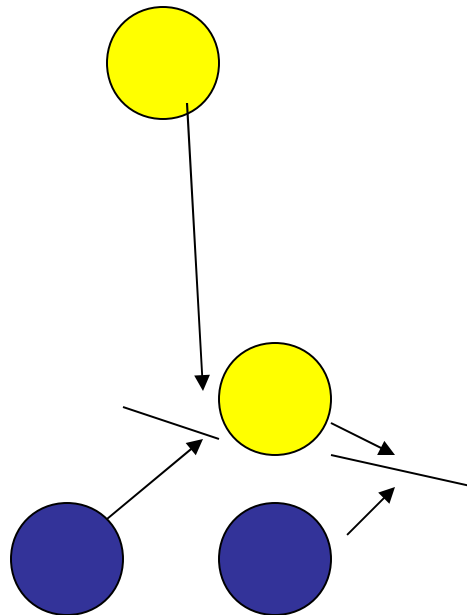
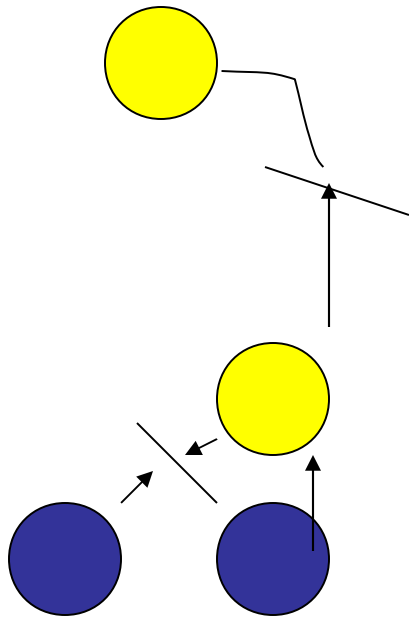
**Equipment:** none

**Description:** Before this drill can be performed, the offensive linemen will have to properly know the combination rules for blocking covered and uncovered. 2 offensive linemen vs. 2 defenders (one down linemen and one linebacker). The down defender is aligned over the outside blocker with the linebacker covering the inside blocker. The coach directs the defenders as to what defensive reaction they should employ. Linebacker is technically the responsibility of the uncovered lineman. This is a key to be looking for when scouting teams – how does the defense react to inside running plays. The offensive linemen react to the defenders movement and execute a combination block.

**Coaching Points:** The offensive lineman's aiming point should be the middle of the defender's play side number. The drill should emphasize reacting to the movement of the down lineman, denying defensive penetration, and pushing the defenders vertically, and staying square on the block. Once engaged, stay engaged with defender. Push the defender into the linebacker.



# Illustration of 2 vs. 2 *shaded* Inside Zone Combination Drill





**OUTSIDE ZONE  
COMBINATION BLOCKING**

# Outside Zone Combination Blocking Drills

- 1. Rip-Reach Block Drill**
- 2. Stretch Drill**
- 3. 2 vs. 1 Outside Combo Drill**
- 4. 2 vs. 2 Outside Zone Combo Blocking Drill**

# Outside Zone Combination Blocking Drills

## **1. Rip-Reach Block Drill**

**Objective:** To teach offensive linemen how to utilize the rip-reach block for covered linemen using outside zone. To teach offensive lineman how to rip through an opponent to gain leverage on their defender. To instruct a covered lineman how to reach the second level of the defense.

**Equipment:** Handheld dummy

**Directions:** Instruct lineman on how to identify when they are covered/uncovered when running outside zone (covered means that any part of the defensive lineman is touching you.) Instruct lineman that they will use this block when they are covered and we are running outside zone. Looking to escape to second level of defense. 1) Lineman wants to first take a hard lateral 6 inch step to the playside. 2) 2<sup>nd</sup> step crossover and rip through the playside armpit of defensive lineman. Turn the shoulders of the defensive personnel. 3). Escape for the linebacker.

**Coaching Points:** Lateral, hard, quick 6 inch step. Hard rip to turn the dummy.

# Outside Zone Combination Blocking Drills

## 2. Stretch Drill

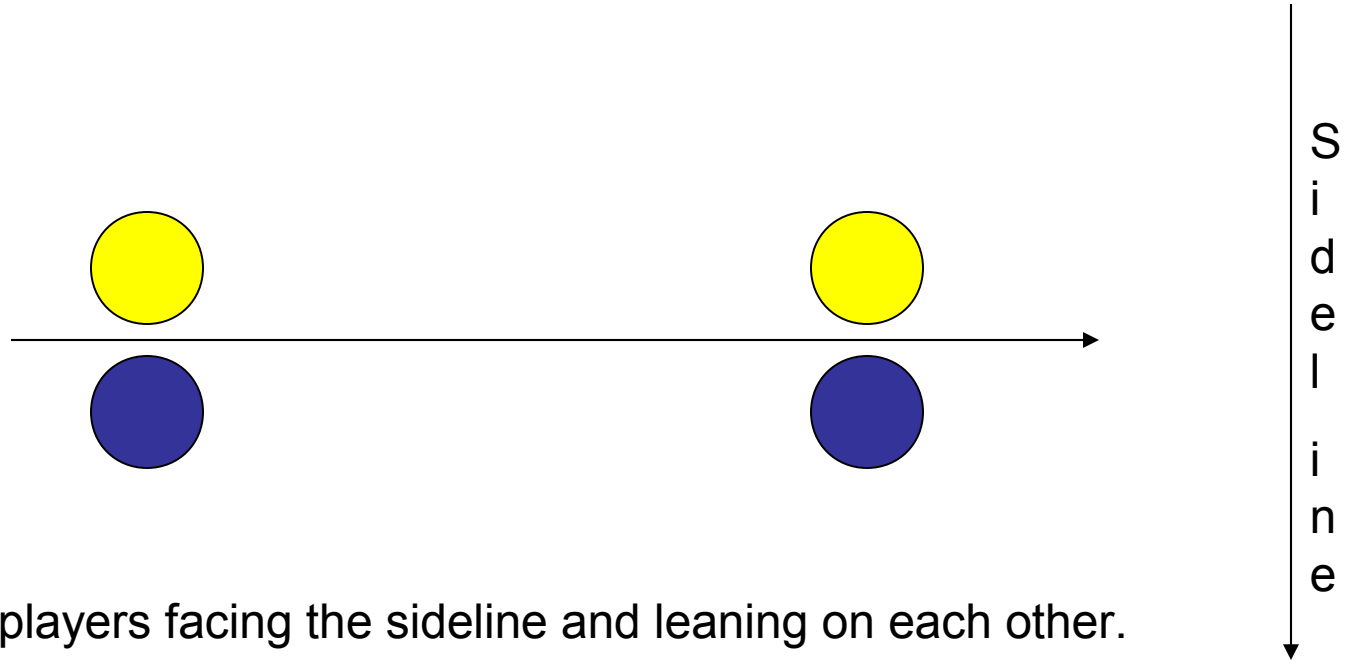
**Objective:** To teach the offensive lineman on outside zone plays or toss plays how to squeeze back into the defender and to get his hip past him to prevent pursuit to the football

**Equipment:** None

**Description:** Two players face the sideline, leaning into the other. On the whistle, both players work to get their inside hip past the other by ripping their near arm into the other player, and driving their inside foot downfield. This drill is designed to be very competitive due to the fact that both linemen are working against one another. One player is simulating the right-side blocker and the other is simulating the left-side blocker.

**Coaching Points:** Taking no false steps – each step is taken with a purpose of hooking the opponent. Use foot quickness and drive the inside foot downfield and maintain leverage on the player.

# Illustration of Stretch Drill



Both players facing the sideline and leaning on each other. Trying to hook their opponent by ripping and stepping hard with inside foot.

# Outside Zone Blocking Combination Drills

## **3. 2 vs. 1 Outside Combo Drill**

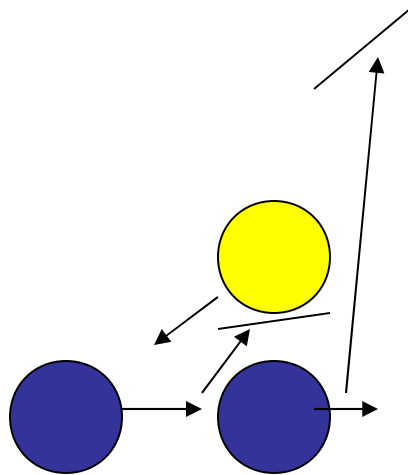
**Objective:** To teach the proper execution and technique of the outside-zone combination block between two offensive linemen vs. a down defender.

**Equipment:** none

**Directions:** The drill involves two offensive linemen working on a defensive lineman aligned over the outside blocker. At first, instruct the defensive personnel to go at 25% speed. The coach directs the defenders regarding what defensive reactions they should employ. It is critical when scouting a team to know how the defensive personnel will react to an outside play. The linemen should react to the defenders' movements and execute a combination block.

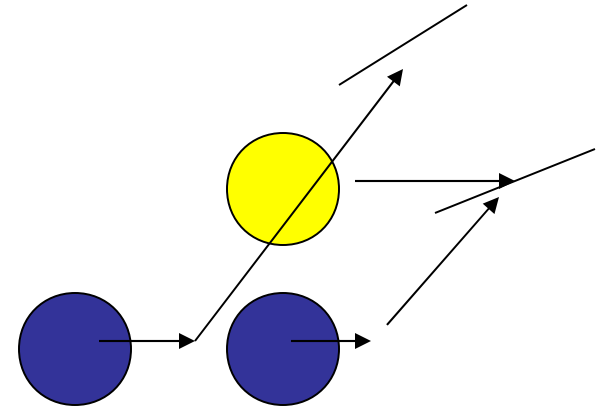
**Coaching Points:** Start slowly and increase the speed of the play as the offensive linemen gain an understanding and confidence in running outside zone plays. Linemen should both take a hard lateral playside step. Designed to stretch the defense by getting defenders to move laterally. Covered lineman's aiming point should be the arm pit of the defender. Covered lineman should attempt to rip his inside arm through the defender's arm pit. Covered lineman should work through to the second level and overtake the linebacker. Trying to force a hook block on all defenders.

# Illustration of 2 vs. 1 Outside Combo Drill



Practicing pulling and overtaking

Practicing rip-reach block





# Outside Zone Combination Drills

## **4. 2 vs. 2 Outside Zone Combo Blocking Drill**

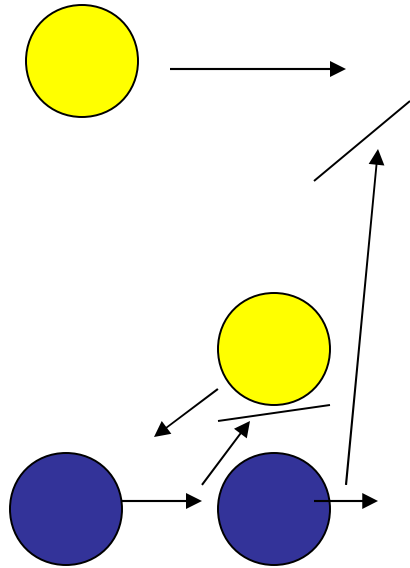
**Objective:** To teach the proper execution of the outside-zone combination block between two linemen vs. a defensive lineman and a linebacker.

**Equipment:** None

**Description:** Line up two offensive linemen against a defensive lineman and a linebacker. Instruct defenders concerning what defensive reactions they should employ. Be sure and know your opponents tendencies when running outside plays. The linemen will react to the defenders' movement and execute a proper combination block.

**Coaching Points:** The lineman's aiming point should be the armpit of the down defender. The covered lineman should practice the rip-reach block through the armpit of the defender. The covered lineman should escape to the second level and overtake the linebacker.

# Illustration of 2 vs. 2 Outside Combo Drill



Practicing  
pulling and  
overtaking

Practicing rip-  
reach block

