

**YOUNGSTOWN STATE  
UNIVERSITY**

**OFFENSIVE LINE  
DRILLS**

# Y-S-U FOOTBALL DRILLS

Drill Title: SIT & HOLD

Position: OL

**PURPOSE:**

1. Agility - Strength & Conditioning
2. Reaction - No
3. Technique & Fundamentals
4. Game Situation
5. Intensity - Hard.

**KEY TEACHING POINTS:**

1. Teach good power angles
2. Butts down
3. Knees bent
4. Head back
5. Back with slight arch
6. Hands in punch position

**FIELD AREA:**

**EQUIPMENT:**

None

**SPECIAL PERSONNEL:**

**TIME REQUIRED:**

5 minutes

**DRILL DESCRIPTION:** (Diagram, Words)



Player face coach. On command, get in good sit position.

Start with 3 sets, 20 seconds.

Work up to one minute sets.

\*Can punch for last 10 seconds. Get as many punches as possible.

\*Can 1/4 turn every 15 seconds.

# Y-S-U FOOTBALL DRILLS

Drill Title: MIRROR

Position: OL

Year:

**PURPOSE:**

1. Agility - Yes
2. Reaction - Yes
3. Technique & Fundamentals
  - Shuffle feet
  - Play with bent knees
  - Quickness
4. Game Situation
5. Intensity - Hard

**KEY TEACHING POINTS:**

1. Keep feet alive
2. Bend knees - hat below hat
3. Butts low
4. Stay in cover up position
5. Defense - must go hard

**FIELD AREA:**

**EQUIPMENT:**

Cones

**SPECIAL PERSONNEL:**

**TIME REQUIRED:**

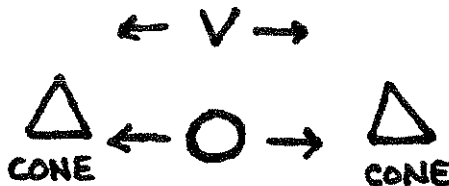
5 minutes

**DRILL DESCRIPTION:** (Diagram, Words)

On cadence defender will move side-to-side.

Offense must stay in front.

**Change Ups**



\*Offense place hands behind back - promotes straight back.

\*Make drill competitive - have defense try to cross into offensive zone. If offensive play gets in front, defense must retreat.

# Y&J FOOTBALL DRILLS

Drill Title: SOFTBALL

Position: OL

Year: 1997

**PURPOSE:**

1. Agility - Yes
2. Reaction - Yes
3. Technique & Fundamentals  
Footwork, Movement
4. Game Situation
5. Intensity - Hard

**KEY TEACHING POINTS:**

1. Lateral slide. Do not cross your feet.
2. Catch ball between your legs.
3. Bend knees.
4. Eyes up.

**FIELD AREA:**

**EQUIPMENT:**

Two cones  
Round ball(s) (tennis, softball, etc.)

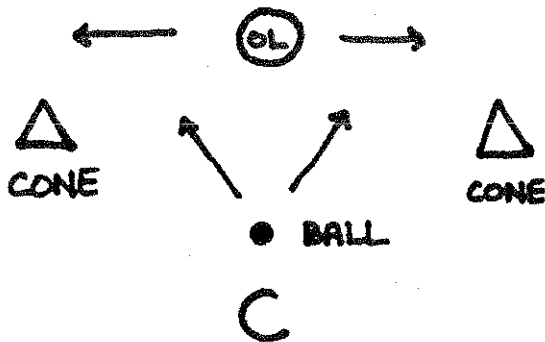
**SPECIAL PERSONNEL:**

**TIME REQUIRED:**

5 minutes

**DRILL DESCRIPTION:** (Diagram, Words)

1. Quickly roll ball in different directions.
2. Shuffle your feet to catch ball in between your legs. (Do not cross feet.)
3. Roll back to coach (repeat).



\*You can use two balls.

# Y-S-U FOOTBALL DRILLS

Drill Title: MACHINE GUN

Position: OL

**PURPOSE:** Stop a defender's charge

1. Agility - Yes
2. Reaction - Yes
3. **Technique & Fundamentals**  
Knees bent, feet moving  
Roll hips, proper punch  
Conditioning
4. Game Situation - Yes
5. Intensity - Very hard

**KEY TEACHING POINTS:**

1. Feet balance
2. Punch - hand placement
3. Reset in hitting position
4. Stay low when tired
- 5.

**FIELD AREA:**

**EQUIPMENT:**

Two hand shields

**SPECIAL PERSONNEL:**

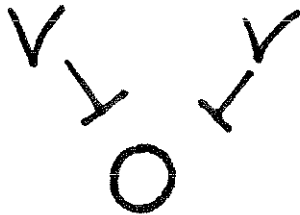
3 People

**TIME REQUIRED:**

5 minutes

**DRILL DESCRIPTION:**

**(Diagram, Words)**



Defender's alternate attacking offensive player.

Get in a good hitting position.

Deliver upward blow.

Stop their charge - recoil for the next defender.

Go for about 4-6 hits.

# Y&U FOOTBALL DRILLS

**Drill Title:** LEVERAGE DRILL

**Position:** OL

**PURPOSE:** Teach come off ball & drive & fit position

1. **Agility** - Yes
2. **Reaction** - No
3. **Technique & Fundamentals**  
Fit with hat below hat  
Elbows - pointed to ground  
Feet balanced
4. **Game Situation** - Yes
5. **Intensity** - Hard

**KEY TEACHING POINTS:**

1. Proper stance or fit.
2. Proper hand placement - hands inside on breast plate.
3. Feet should stay moving on and inside framework of a defender.
4. Defender stay firm for resistance.

**FIELD AREA:**

**EQUIPMENT:**

Can use 6' board, 8" wide

**SPECIAL PERSONNEL:**

Defensive Player

**TIME REQUIRED:**

10 minutes

**DRILL DESCRIPTION:**

**(Diagram, Words)**

Can start from a fit position or a stance.

On cadence fit & drive defender 5 yards, 3 sets.

On cadence fit & drive defender 10 yards, 3 sets.

\*Change Drill - Two defenders

Cadence - Fit & drive defender 5 yards

Switch - 2 times each

Drive 10 yards - 1 time each - Great conditioning drill.

\*Pay close attention to technique when players are tired.



# FOOTBALL DRILLS

Drill Title: HAND LEVERAGE & JAM DRILLS

Position:

Year:

**PURPOSE:** Proper punch & hand placement

1. **Agility** - Yes
2. **Reaction** - Yes
3. **Technique & Fundamentals**  
3 bent knees, quickness in punch
4. **Game Situation** - Yes
5. **Intensity** - Hard

**KEY TEACHING POINTS:**

1. Recoil of hands after punch.
2. Bent knees, stay low.
3. Velocity of punch - go for a knockout.

**FIELD AREA:**

**EQUIPMENT:**

Hand shield

**SPECIAL PERSONNEL:**

**TIME REQUIRED:**

10 minutes

**DRILL DESCRIPTION:** (Diagram, Words)

**JAM DRILL**

- #1
- A. Shield on wall
  - B. Bend pass pro
  - C. Jam shield  
3 x 15 sec (25-30 Jams)

**PUNCH DRILL**

- #2
- A. Shield on wall
  - B. Bend pass pro
  - C. Punch shield (use fist)  
3 x 15 sec

**JAM/PUNCH DRILL**

- #3
- A. Shield
  - B. Bend pass pro
  - C. Jam/Punch - Hand above (Jam)  
Hand below (Punch)  
3 x 15 each way

**VARIOUS DRILLS**

**JAM/PUNCH SWITCH**

- #4
- A. Shield
  - B. Bend pass pro
  - C. Switch - above Jam, below Punch  
above Punch, below Jam  
3 x 15 sec

**MIRROR DODGE**

- #5
- A. Pass pro defender
  - B. Defender spin, dip, swim, etc.
  - C. Punch, jam midline
  - D. Reset hands

**HAND WAR**

- #6
- A. Lineman fit/up
  - B. Knock hands out
  - C. Work on hand placement
  - D. Quickness

# Y&U FOOTBALL DRILLS

Drill Title: DEFEAT

Position:

Year:

**PURPOSE:** Contact Punch

1. **Agility** - Yes
2. **Reaction** - Yes
3. **Technique & Fundamentals**  
Beat D-line rush moves.
4. **Game Situation** - Yes
5. **Intensity** - Very hard

**KEY TEACHING POINTS:**

1. Perfect set.
2. Sit back, be patient and still strong.
3. Use punch effectively.
- 4.
- 5.

**FIELD AREA:**

**EQUIPMENT:**

**SPECIAL PERSONNEL:**

D-line

**TIME REQUIRED:**

5 to 10 minutes

**DRILL DESCRIPTION:**

**(Diagram, Words)**

**PARTNER UP**

1 on 1 Lanes

- A. **Swim Move**  
Punch shoulder of swim  
Punch hip  
Slide to head up
- B. **Bull Rush**  
Sink butt, get underneath  
Drive block
- C. **Rip**  
Punch shoulder of rip  
Punch rib cage  
Stay low and square

D. **Spin**  
Punch his back and hip on center line  
Extend arms and mirror

E. **Change of Direction**  
Slide to direction  
Punch to lock out

F. **Shoulder Pull**  
Punch to lock out  
Sink butt - move feet

**\*\*LB Blitz** - stay square, poised, drop hips  
and punch up.



# Y-SU FOOTBALL DRILLS

Drill Title: LANES

Position: OL

Year:

**PURPOSE:** Pass Pro Recognition

1. Agility - Yes
2. Reaction - Yes
3. Technique & Fundamentals

Pass Pro  
Post Foot Technique

4. Game Situation - Yes
5. Intensity - Hard

**KEY TEACHING POINTS:**

1. Perfect stance and pass set.
2. Kick slide technique.
3. Agility and balance.
4. Punch up.
5. Pocket/QB awareness.

**FIELD AREA:**

**EQUIPMENT:**

Cones

**SPECIAL PERSONNEL:**

D-line/QB

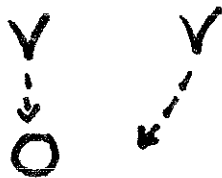
**TIME REQUIRED:**

10 to 15 minutes

**DRILL DESCRIPTION:**

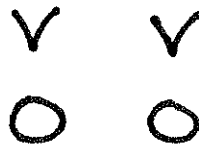
**(Diagram, Words)**

1. 1 On 1



Straight or Wide Rusher

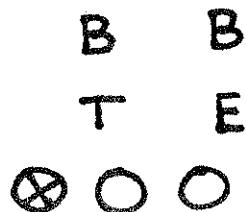
2. 2 on 2 (Twists)



Work Twists, Slants, Angles

Set cone where QB will set in pocket.

3. 3 on 4



4. 3 on 4



# Y-S-U FOOTBALL DRILLS

Drill Title: RUN WAR

Position: OL

Year:

**PURPOSE:**

1. Agility - Yes
2. Reaction - Yes
3. Technique & Fundamentals  
First steps - fit
4. Game Situation - Yes
5. Intensity - Scrimmage

**KEY TEACHING POINTS:**

1. Good stance.
2. Proper steps & fit.
3. Driving feet - hat below hat.

**FIELD AREA:**

**EQUIPMENT:**

None

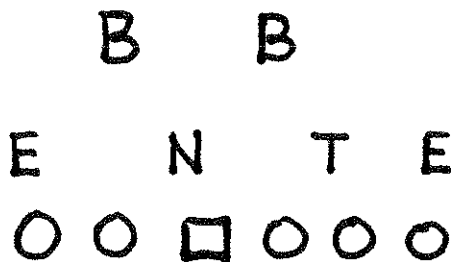
**SPECIAL PERSONNEL:**

D-line, sometimes LB's

**TIME REQUIRED:**

10 minutes

**DRILL DESCRIPTION:**      (Diagram, Words)



Offense will huddle to get play and snap count.

Coach will call out cadence.

Line will block play without QB or RB's.

\*\*Have D-line angle, slant, start.

# Y&J FOOTBALL DRILLS

**Drill Title:** 1 ON 1 BOARD

**Position:** OL

**PURPOSE:** To teach blockers to come off the ball, hit with leverage, run through a defender, maintain base.

1. **Agility** - Yes
2. **Reaction** - Yes
3. **Technique & Fundamentals**  
Hat below hat - drive feet through defender - load up
4. **Game Situation** - Yes
5. **Intensity** - Hard

**KEY TEACHING POINTS:**

1. Come off ball - low with punch.
2. Hat below hat, feet moving (load up position).
3. Drive linemen vertically up the board.
4. Line of force blocking.

**FIELD AREA:**

Linemen Corner

**EQUIPMENT:**

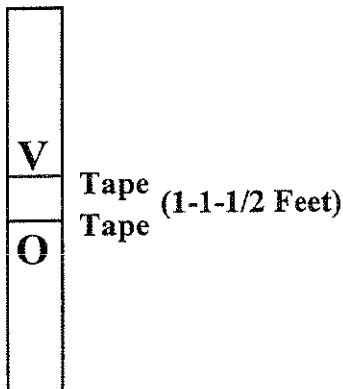
6'-8' board

**SPECIAL PERSONNEL:**

**TIME REQUIRED:**

5 minutes

**DRILL DESCRIPTION:** (Diagram, Words)



1. Align linemen in middle of board with tape to create a neutral zone.
2. Give snap count to blocker.
3. Lineman try to knock the other lineman off the board vertically.

# Y-S-U FOOTBALL DRILLS

Drill Title: MATTRESS DRILL

Position: OL

Year:

**PURPOSE:** Drive block - run through a block with explosion.

1. **Agility** - Yes
2. **Reaction** - Yes
3. **Technique & Fundamentals**  
Proper hand placement and feet drive.
4. **Game Situation** - Yes
5. **Intensity** - Very hard

**KEY TEACHING POINTS:**

1. Defender stay square - give resistance.
2. Proper stance - explode off ball.
3. Load up - elbows pointing down.
4. Quickness in finding the 2nd blocker.
5. Run through the blocker.

**FIELD AREA:**

**EQUIPMENT:**

Mattress, hand shield

**SPECIAL PERSONNEL:**

**TIME REQUIRED:**

5 minutes

**DRILL DESCRIPTION:** - (Diagram, Words)

**1. DEFENDER**

Align in a 3 point or LB stance.

Deliver blow to offensive player.

**2. BLOCKER**

Explode out of your stance and block the defender.

Load up and drive block.

On contact, drive feet and knock the defender on his back on the mattress.

Get eyes up and find 2nd blocker - run through him.

# Y&U FOOTBALL DRILLS

Drill Title: DOUBLE TEAM

Position: OL

Year:

**PURPOSE:**

1. Agility - Yes
2. Reaction - Yes
3. Technique & Fundamentals

First steps - double team fit load up - position  
Post and pressure technique

4. Game Situation - Yes
5. Intensity - Very hard

**KEY TEACHING POINTS:**

1. Look for proper first steps & 2nd step up the field.
2. Look for load position (hat below hat, elbows vertical).
3. Gap hand free - eye up LB
4. Vertical movement up the field to 2nd level.
5. Stay on double team.

**FIELD AREA:**

**EQUIPMENT:**

Two 6' boards (opt) to promote vertical movement.

**SPECIAL PERSONNEL:**

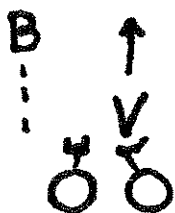
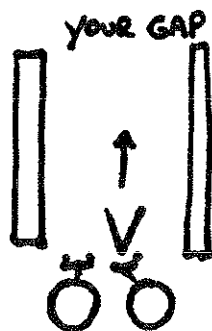
DL & LB

**TIME REQUIRED:**

10 minutes

**DRILL DESCRIPTION:**

**(Diagram, Words)**



Use in both Down and Zone Scheme.

On cadence, take proper first steps into double team.

Drive defender upfield. Defender give resistance.

\*Change drill by moving D-line away or into double team.

\*Also shoot the LB's

# YSU FOOTBALL DRILLS

Drill Title: TRAP DRILL

Position:

Year:

**PURPOSE:** Proper trap technique

1. Agility - Yes
2. Reaction - Yes
3. Technique & Fundamentals

Proper footwork & aiming point involved in the trap game.

4. Game Situation - Yes
5. Intensity - Hard

**KEY TEACHING POINTS:**

1. Good stance.
2. Drop step with playside foot.
3. 2nd step into the LOS
4. Take an inside out course aiming at the inside breast plate of the defender.
5. Run through defenders inside half.

**FIELD AREA:**

**EQUIPMENT:**

None

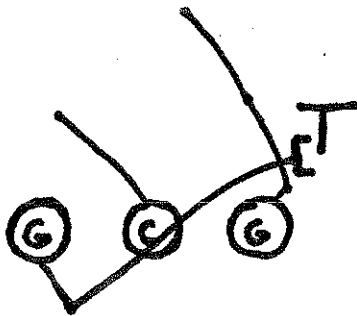
**SPECIAL PERSONNEL:**

**TIME REQUIRED:**

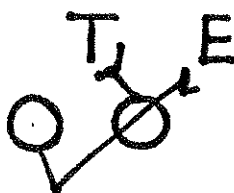
5 minutes

**DRILL DESCRIPTION:**

(Diagram, Words)



**INSIDE TRAP**



**OUTSIDE TRAP**

On cadence

\*Trap the defender using the techniques mentioned above.

\*Give trapper different looks.

Example: defender away, defender under, etc.

# Y-SU FOOTBALL DRILLS

Drill Title: PULL DRILLS

Position: OL

Year:

**PURPOSE:** Pulling Technique

1. Agility - Yes
2. Reaction - Yes
3. Technique & Fundamentals

Drop step in pulling, staying square, reading and running through a defender.

4. Game Situation - Live
5. Intensity - Hard

**KEY TEACHING POINTS:**

1. Gain ground with your drop step.
2. Stay square to the LOS.
3. Get into the hole with speed - eye your defender.
4. Run through the defender.

**FIELD AREA:**

**EQUIPMENT:**

Cones

**SPECIAL PERSONNEL:**

**TIME REQUIRED:**

10 minutes

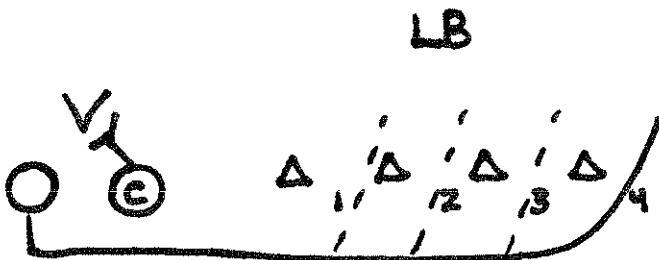
**DRILL DESCRIPTION:** (Diagram, Words)

On signal, lineman will pull eyeing up the defender.

On call from the coach, pull up in 1 of the 4 gaps for his defender.

Then run through defender.

\*Have the LB attack from different angles or blitz technique. Give different looks.



# Y-S-U FOOTBALL DRILLS

Drill Title: CUT OFF DRILLS

Position:

Year:

**PURPOSE:**

1. Agility - Yes
2. Reaction - Yes
3. Technique & Fundamentals  
 First step - Square  
 (Pressure) - Stay Low
4. Game Situation - Yes
5. Intensity - Hard

**KEY TEACHING POINTS:**

1. Outside hip to the defender's inside hip.
2. First step must be a pressure step.
3. Maintain square shoulders.
4. Feel pressure of the defender.
5. Know where ball is going - can you go to next level.

**FIELD AREA:**

**EQUIPMENT:**

**SPECIAL PERSONNEL:**

**TIME REQUIRED:**

5 minutes

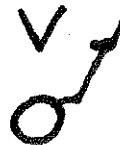
**DRILL DESCRIPTION:**

**(Diagram, Words)**

#1 Stay Cut-Off

- A. Pressure step
- B. Feel defender - keep pressure  
 If he goes over top - continue to work up  
 If he back doors you, back up with him.

\*Can use butt block technique  
 Basketball box out.



#3 Scramble Cut-Off

- A. Come off ball low
- B. Crab with speed



#2 Sift

- A. Pressure step - outside hip to inside hip.  
 Protect gap to next level.  
 Angle course to the LB.



\*First level only needs to be secured by your first steps.



# Y&U FOOTBALL DRILLS

Drill Title: **DOWNFIELD RACE** Position: \_\_\_\_\_ Year: \_\_\_\_\_

**PURPOSE:** Proper angle & speed of downfield blocking.

1. Agility - Yes
2. Reaction - Yes
3. Technique & Fundamentals

Downfield Blocking

4. Game Situation - Yes
5. Intensity - Hard

**KEY TEACHING POINTS:**

1. Good stance.
2. Take proper steps toward angle of departure.
3. Race to downfield bag or defender.

**FIELD AREA:**

Need a space

**EQUIPMENT:**

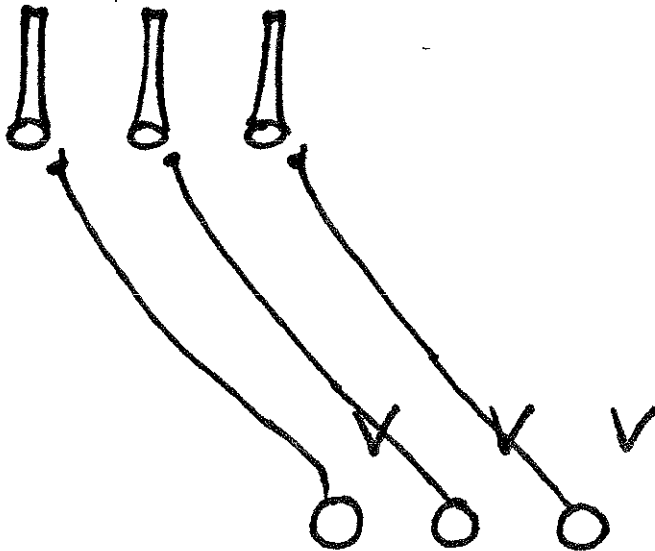
Stand up bags

**SPECIAL PERSONNEL:**

**TIME REQUIRED:**

5 minutes

**DRILL DESCRIPTION: (Diagram, Words)**



On cadence - pressure release through defender and race to bag.

\*Can have one less bag and have three OL race to two bags.

Make drill competitive.