



OFFENSIVE LINE TRAINING MANUAL

PlayMaker

KEEP GRINDING



Offensive Line Mindset

1. There is no position in football that requires more discipline or technique than being an offensive lineman.
2. The success of any football team, hinges on its ability to control the line of scrimmage.
3. To win consistently, you must win in the trenches and that means playing on your opponent's side of the line of scrimmage not yours.

PlayMaker

KEEP GRINDING

KEYS TO WINNING WITH THE OFFENSIVE LINE

1. Move fast. Get off the ball quickly; anticipate the snap count; explode from your stance.
2. Stay square. Keep your shoulders low and square, back straight, neck bowed with head up; eyes focused straight ahead.
3. Get leverage. Keep feet on ground; plant power foot forcibly; generate power from ground up through legs and back.
4. Keep your balance. Legs drive with short, choppy steps; maintain wide base.
5. Finish the play! Finish block with hip thrust and arm extension forward and upward until play ends.
6. Do not tip off the defense. When pulling, do not lean in direction of pull.
7. On double-team blocks, maintain hip-to-hip relationship, drive up and through defender; finish block together.
8. On combination blocks, both linemen start in one direction and determine blocking targets on the move.
9. On goal-line/short-yardage situations, assume four-point stance.

KEEP GRINDING

OFFENSIVE LINE and TIGHT END LEARNING PROGRESSION

YOUR STANCE: 3 Point

1. Be balanced and keep feet your underneath you.
2. Do not be too wide, toes pointed in with butt down and your head up.
3. Place hand directly underneath - never out front. This keeps your coiled and allows you to pop up

CENTER ALSO - Keep ball under head.

4. Be balanced - so you can be an athlete all the time.
5. Take the proper alignment.

Versus GAP DEFENSE = Give ball space on LOS.

Goal line/short yardage= Take all of ball with body (LOS).

6. Take the proper line split for the play. Never allow penetration to your inside gap.

KEEP GRINDING

OFFENSIVE LINE STANCES (3 Point)

*Play off finger tips not the knuckles.
By playing off finger tips will help with
a flat back and keeps you from putting
to much weight forward. Paint The grass.*



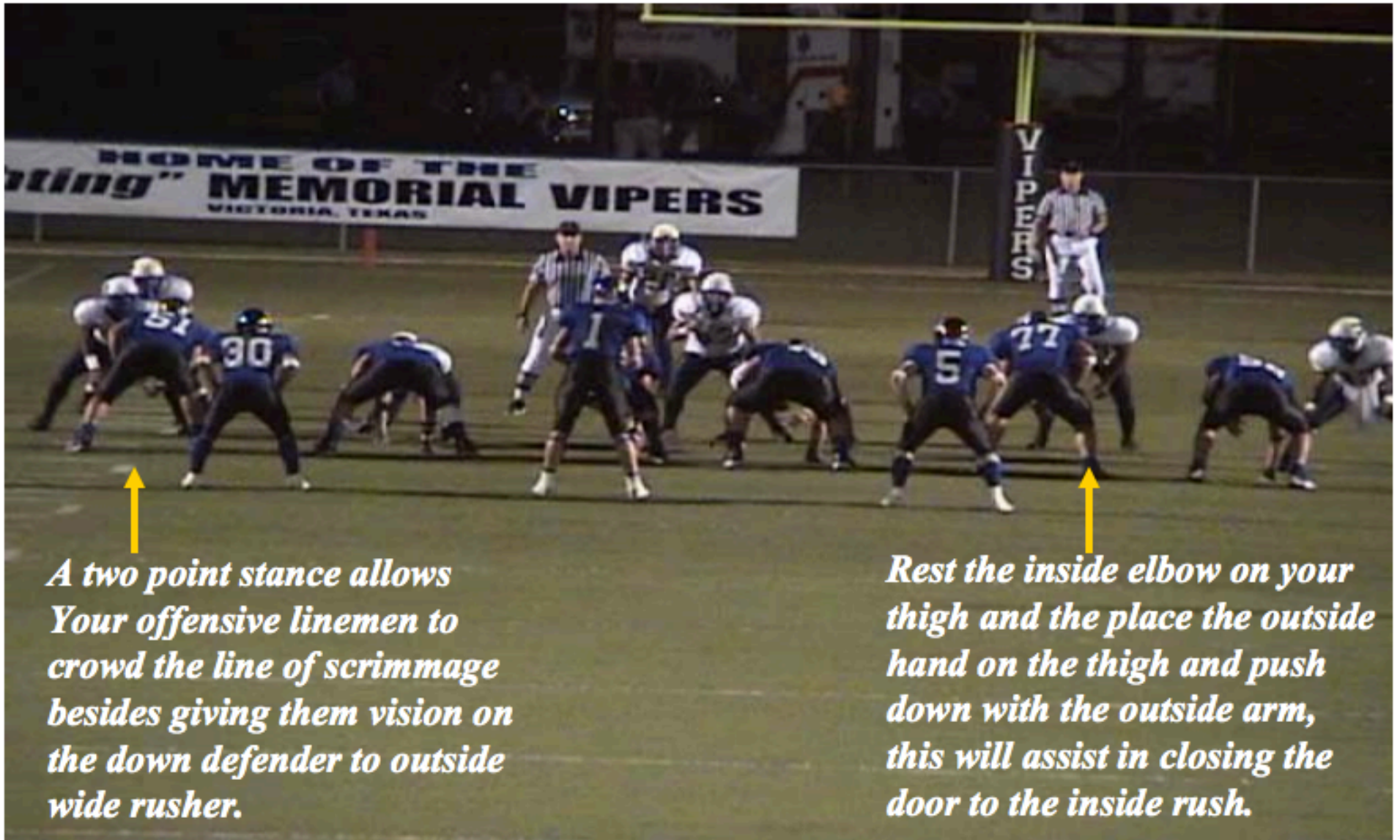
*Paint The Grass
With The Down
Hand*

*Heels Out
Toes In*

*Feet Shoulder
Width Apart*

*Hand Down
On the Inside
Of the Knee*

OFFENSIVE LINE STANCES (2 Point)



*A two point stance allows
Your offensive linemen to
crowd the line of scrimmage
besides giving them vision on
the down defender to outside
wide rusher.*

*Rest the inside elbow on your
thigh and the place the outside
hand on the thigh and push
down with the outside arm,
this will assist in closing the
door to the inside rush.*

TIGHT END: 2 Point – The Key Is Your First Step

1. Keep your feet parallel, your hands on hip, and crowd LOS (toes on hand of rest of linemen). Place your weight on your plant foot.
2. Make sure that you use hands and drop you butt (bend knees) on release.

This is the advantage of the 2 point position

PlayMaker

KEEP GRINDING

SNAPPING THE BALL UNDER CENTER

The Grip: The football is placed so that the laces are face up. Grip the ball by placing your right thumb between the second and third lace nearest the front end of the ball. The fingers and palm of the hand will grip the ball on the side so as to have complete control of the ball. The arm should be extended with your wrist straight.

The Snap: Snap the ball by turning the wrist one-quarter turn without bending your elbows. This should be one quick movement and is a lifting action. Slap the ball against the quarterback's hand. The quarterback will take the ball from you – Never throw the ball to the quarterback. Snapping and stepping with the proper foot should be one continuous movement. The Center must be the quarterback for the offensive line. The center is responsible for making calls recognizing defensive fronts and alerting the rest of the offensive line to all changes. The center must make calls loud and clear.

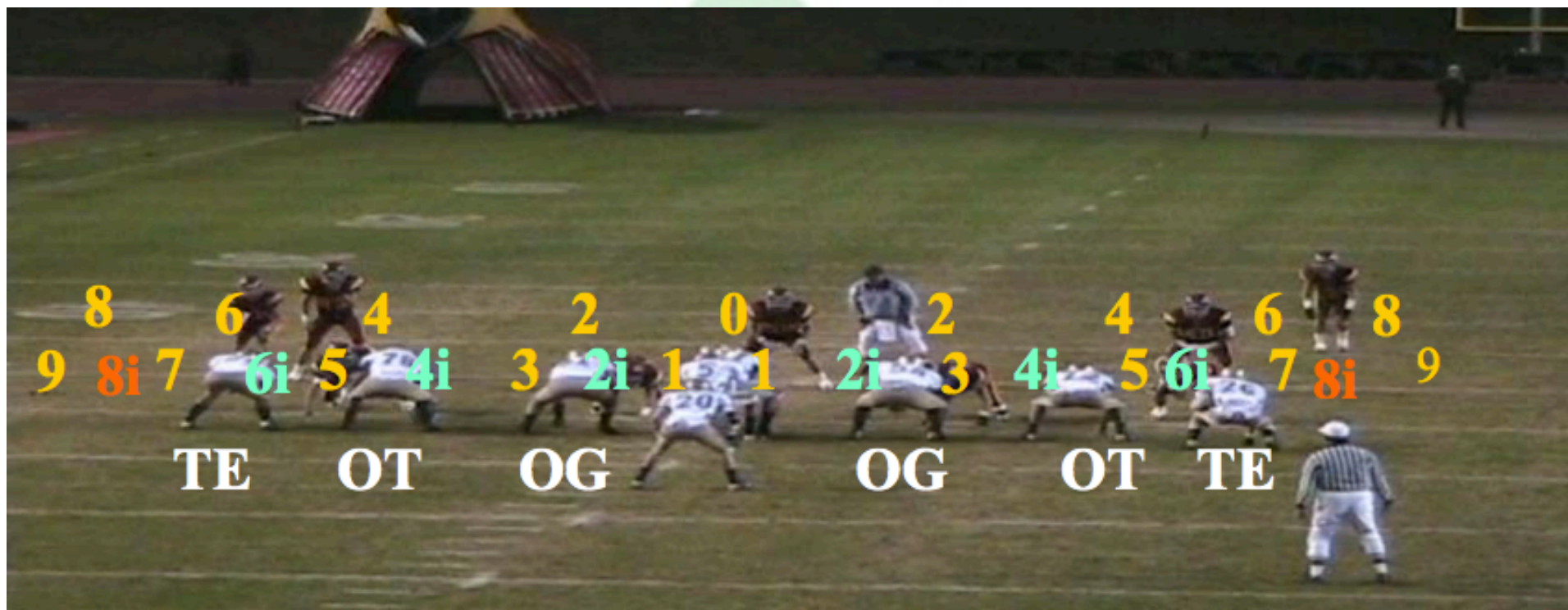
KEEP GRINDING

SNAP TAKE-OFF

1. Each player on the line must anticipate the play count.
2. You must take the proper first step, with the proper foot, then get your second step on the ground ASAP.
3. ZONE STEP = 6 inch slide at 45 degrees. Do not get base too wide.
4. You do not want your helmet to hit the defender's helmet (have an aiming point).
5. Your goal is to get your shoulder pad under helmet on chest of defender with helmet between the defender and the ball carrier (LEVERAGE)

KEEP GRINDING

Understanding Defensive Alignment Recognition



Even Numbers = Head Up Defender

Odd Numbers = Outside Defender

(i) = Inside Shades

KEEP GRINDING

2 TYPES OF LEVERAGE –

Horizontal: *Up/Down = Keep elbows in (arms extended).*

Vertical: Hands In = Keep hands low (arms extended).

2nd phase of contact - Bring knees up to defender, Keep knees underneath yourself. This forces you to keep back straight, head up and butt low. This is the DRIVE phase (steps 1-2, 1-2, 1-2).

KEY = Establish a football position and keep back side knee down midline of defender.

KEEP GRINDING

FOLD BLOCK TECHNIQUE –

We want to use blocking angles. Your blocking angles give you leverage

-Both blockers covered = Outside man goes 1st (protect inside gap)

-Only 1 blocker covered = Uncovered man goes 1st

-#1 blocker = Steps playside flat with helmet in front of defender and then butt blocks.

-#2 blocker = KICK step (4 inches) with playside foot, keeps shoulders square to LOS and then takes backside ZONE step and attacks frame of backer - punch hands on chest.

KEEP GRINDING

PASS PROTECTION TECHNIQUE –

We use FAN principle (man/zone). You must know QB setting point/depth/timing for proper leverage. Take slide step for pass set position on defender and get 2nd step down (1-2).

Maintain a football position (feet flat, knees forward, hands up) and use two hand jab (pop) to keep DEF hands off (mirror defender, maintaining balance).

hop step (both feet moving together) can be used versus bull rush defender. (We suggest that you perfect this technique before using it against opponents.)

POSITION BLOCKS

CENTER - 1st step/leverage (POWER or HOP) vs nose.

FOLD: #1 or #2, (DOWN or KICK step).

SPRINT: ZONE and backside SCOOP (get to Mike backer - cut off).

PASS: roll out (POWER step), drop back (POWER step & JAB), quick (POWER step and FIRE).

KEY - work on snap with nose defender, 1st step leverage (SLIDE step every play).

KEEP GRINDING

GUARD - 1st step/leverage (ZONE).

TRAP: (pull step - pivot) over the line and go.

FOLD: #1 or #2 (Down or Kick step).

SPRINT: Zone/Fold/Combo and backside Scoop.

PASS: Roll out (Power step), drop back (Power step & Jab), quick (Power step and Fire).

KEY - Work on pulling techniques, kick and logging defender (footwork and quickness).

KEEP GRINDING

TACKLE - 1st step/leverage (ZONE).

TRAP: (pull step-pivot) over the line and go.

FOLD: #1or #2 (Down or Kick step).

SPRINT: Zone/Fold/Combo and backside Scoop.

PASS: roll out (Power step), drop back (Power step & Jab), quick (Power step and Fire).

KEY - work on veer option 1-2-3 steps, Rip/Flatten to wall / MLB-FS, pass steps.

KEEP GRINDING

(Y) TE - 1st step/leverage (ZONE), CROSS-#1or #2, TOSS, COMBO, WASH, FLIP & RIP.

OPTION: ARC release PATH/STALK/CRACK-MR 0

KEY - work on mirror dodge drill (TOSS-POWER steps, 1-2), control/occupy defender.

Sweep block: Take proper first step versus defender (head up=zone, shade=power, ghost=kick).

Sweep block: get 2nd step on mid-line of defender and on ground NOW (power)!

Sweep block: punch inside arm-hand on far peck of chest with other hand ON outside shoulder.

*keep shoulders square to LOS, keep both feet on ground (1-2, 1-2) and hands inside (occupy)!

LINE RUN BLOCK PROGRESSION

*use phase breakdown drills to teach "parts" of offense and build to "whole" concept.

"strike progression" drill:

partners with cigar dummy

Start on hands & knees, head to side of cigar dummy, work on hip strike/shoulder block/roll

eyes to sky(keep close to dummy). Go to 3 pt stance and work first step and strike.
TTO = Snap

Cigar dummies = black



Players on all fours-head to side

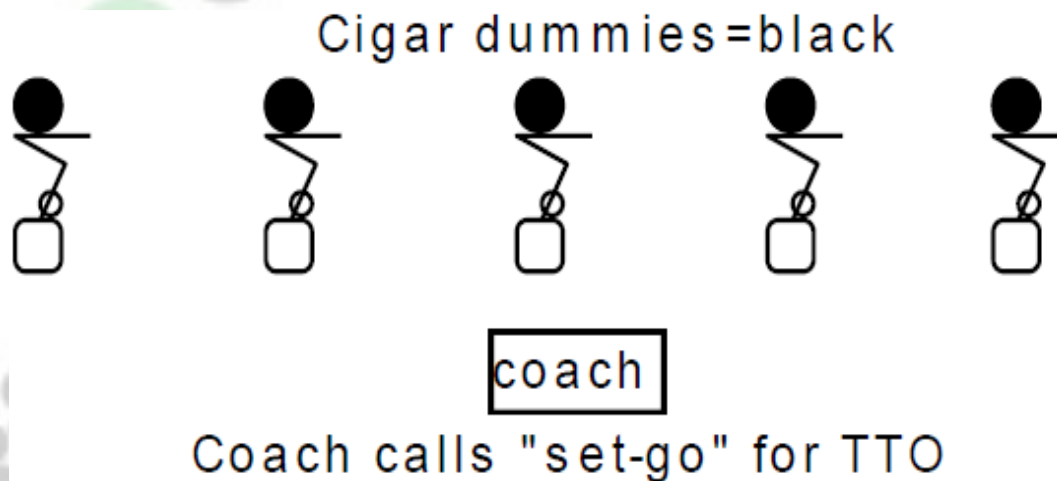
coach

Coach calls "set-go" for TTO

KEEP GRINDING

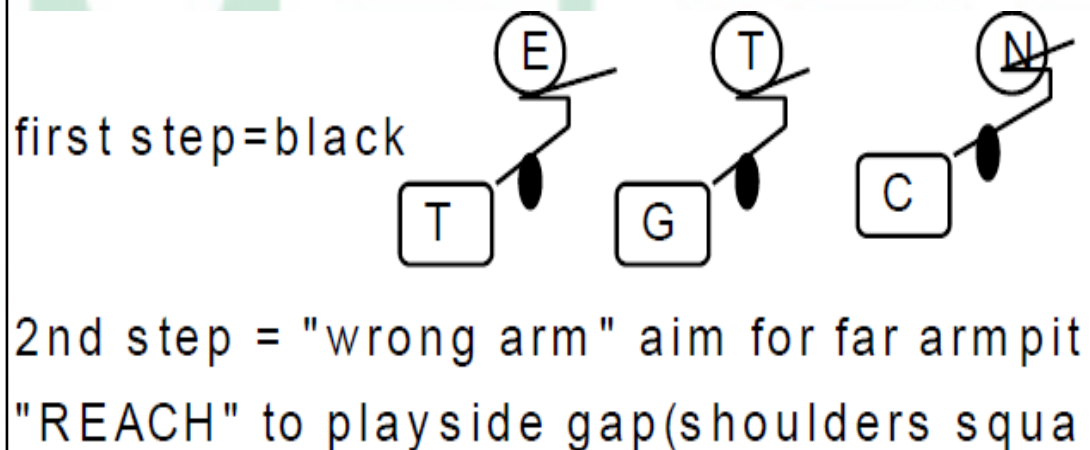
"base rule" drill: partners

Start in 3 pt stance(1 yard between dummy) and combine 1st step with hands-elbows in, 2nd step=drive(strike) and finish. Align dummy inside over- outside-near backer. Aim for center of defender(eat up).



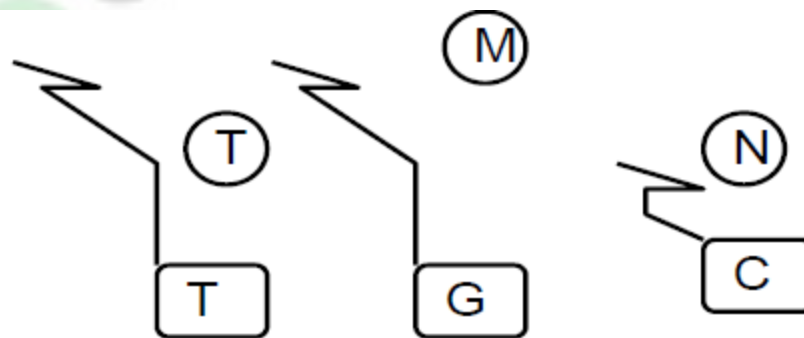
"reach" drill: 3on3(dummies)

Start with C-G-T backside versus 3 cigar dummies, align to inside gap of each. On snap/count, player with take zone step and "rock" to reach inside gap defender(single leg take down with drive step).



double drill: 3 on 3 vs front

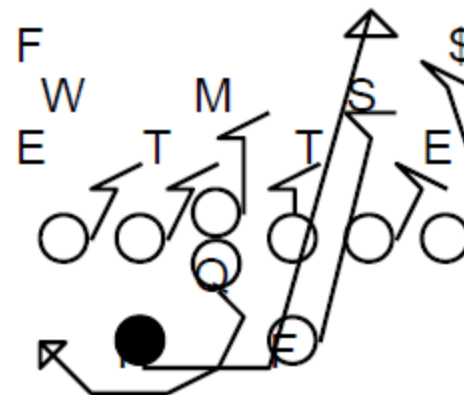
Start with playside C-G-T
versus defensive front playside
and have players make
scheme calls and execute
double team block / cross / fold.
*option zone = Key is for
players to flatten and intercept
defensive flow(hard).



option=flatten on zone step
double team blocks (comb

"inside hull" drill: 9 on 9

Offensive line plus backs
versus defensive front
players(box). Offense works
on inside running game. Drill
run inventory - game plan
versus various fronts.

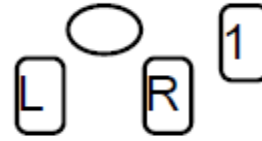


BLOCKING FUNDAMENTALS - FIRST STEPS

STEP: Zone

CALL: Zone

Six inch, 45* step play side, keeping toes pointed forward.



PLAYSIDE
6 INCHES

STEP: Power

CALL: Power

Six inch lateral step inside, keeping toes pointed forward.



INSIDE
6 INCHES

STEP: Pull

CALL: Pull

Rotate playside foot (spin on heel) 90* in place, pointing toes toward sideline. Keep your weight on balls of feet (not heel).

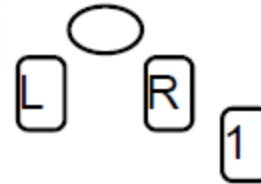


PLAYSIDE
SPIN

STEP: Kick

CALL: Kick

Six inch, 45* step outside to the rear. Use non-leverage foot(play side).

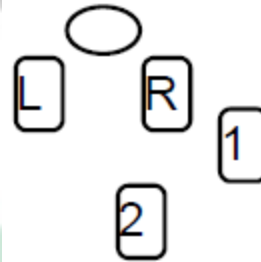


OUTSIDE
6 INCHES

STEP: Drop

CALL: Drop

Six inch step straight backwards. Using leverage foot(backside). Example=2nd step for 40 and 80(hinge) pass protection

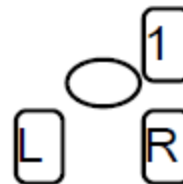


PLAYSIDE
6 INCHES

STEP: Lead

CALL: Lead

Six inch step straight forward with play side foot. Offensive back lead blocking on Play side Middle or Outside backers.



PLAYSIDE
6 INCHES

BLOCKING RULES (some calls will be different depending on coach & team)

RULE: Base – Big on Big rule

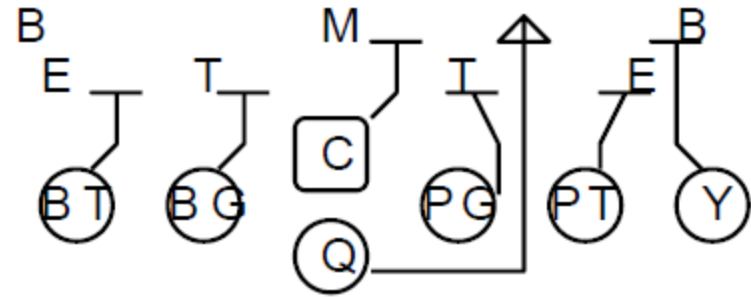
Block inside, over, outside to near backer.

1st step = Zone 2nd step = crotch

Landmark = inside hand on sternum.

*KEY= get head inside hole with shoulders square and power foot forward on ground.

CALL: "big"



RULE: Inside Zone – Tight Reach rule

Seal play side gap to backer - area scheme.

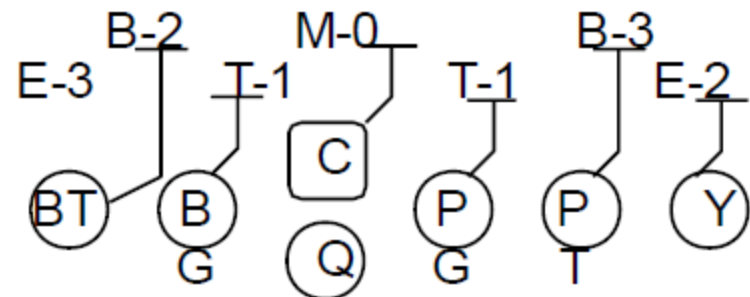
1st step = Zone 2nd step = crotch

Landmark = inside hand on far number.

Covered = tight base (fit-drive back knee)

Uncovered = tight double (see D-knee)

CALL: "zero" / "ace" / "queen" by center



RULE: Outside Zone - Wide Reach rule

Seal play side gap to backer – area scheme.

1st step = power 2nd step = crotch.

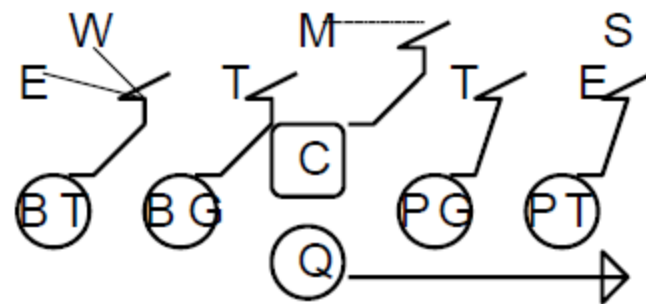
Landmark = inside hand to far armpit.

***GAP RULE** = Yrec always block gap (call).

*KEY= continue to drive inside leg in crotch.

Backside calls: king-A / queen-B / jack-C

CALL: *center pull = "wack it" vs. even



RULE: Combo rule

Uncovered Oline double team (combo) to backside backer, lead back on Sam.

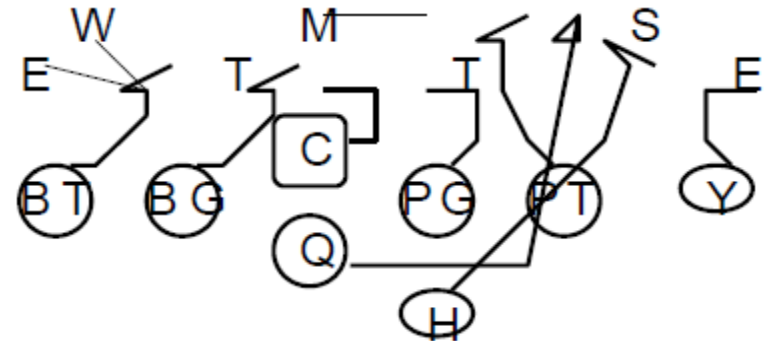
*Person at point of attack makes call.

First step = Zone toward double team

*KEY=keep shoulders square to LOS.

Call side cues: ace-A / deuce-B / trey-C

CALL: "duece" + # of backer



RULE: Sweep rule

Call side tight-Y base blocks(hook or kick).

***GAP RULE** = Yrec blocks down-back emol.

PST and Center block big to back.

PSG pulls to block Sam inside or out Yrec.

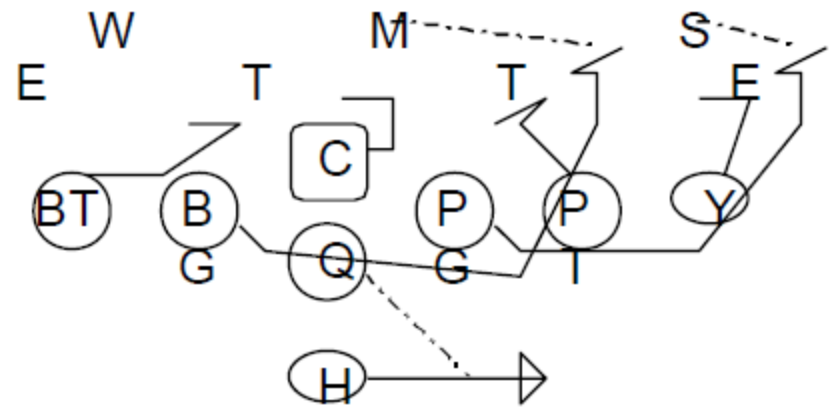
C pulls versus 62 front, "ace-you".

BSG pulls to block Mike up alley.

***call side guard makes call. "you-me"**

shoulders square to L.O.S., eye on LB.

CALL: *center pull = "wack it" vs. even



RULE: Counter sweep rule

Call side tackle combo blocks with guard to far backer. Center big to back (domino).

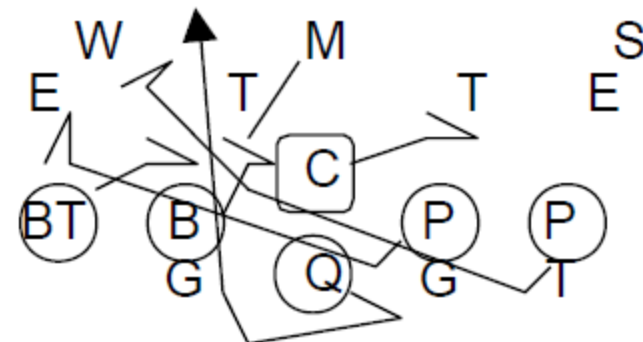
First step = 1st Oline step down.

BSGuard = pull deep and log / trap emol.

BSTackle = pull deep / read BSG lead to Lb

*we want to get outside, but read EMOL.

CALL: "duece" + # of backer



Position Drills

Stance Drill

Coach directs player up, back and side to side for 8-10 seconds.

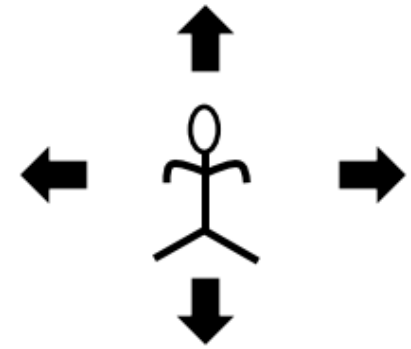
Can add down-up.

Player is not to cross feet. Keep wide base.

Stay wide w/hands up

Maintain solid mechanics

End drill on a sprint threw coach



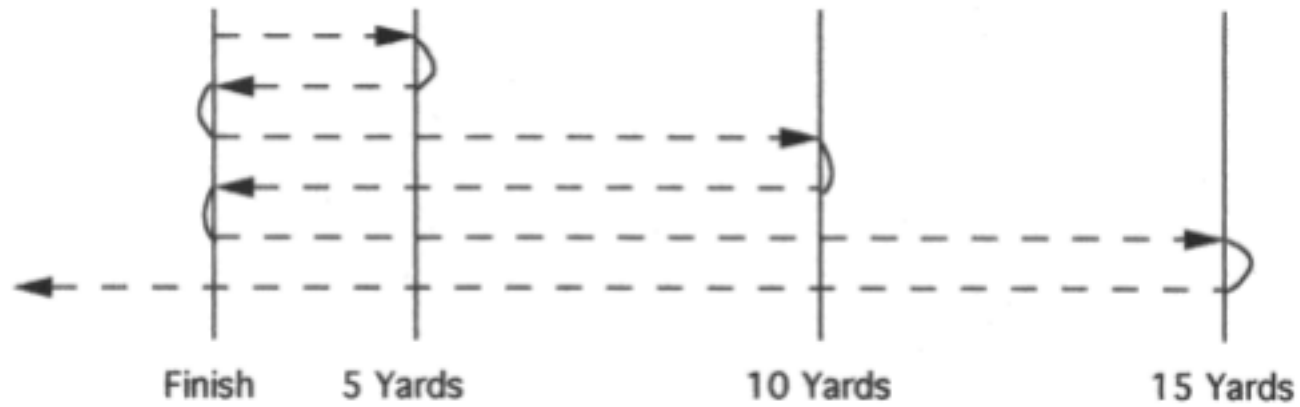
<https://youtu.be/SJv8m6Q1DXA>

PlayMaker

KEEP GRINDING

Position Drills

60 Yard Shuttle Run 5-10-5 Drill

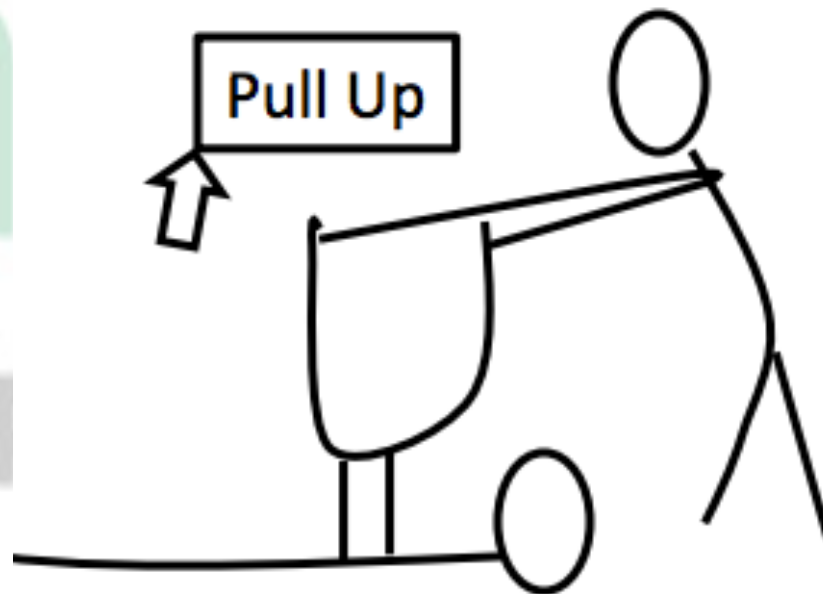


PLAYMATTERS
KEEP GRINDING

Position Drills

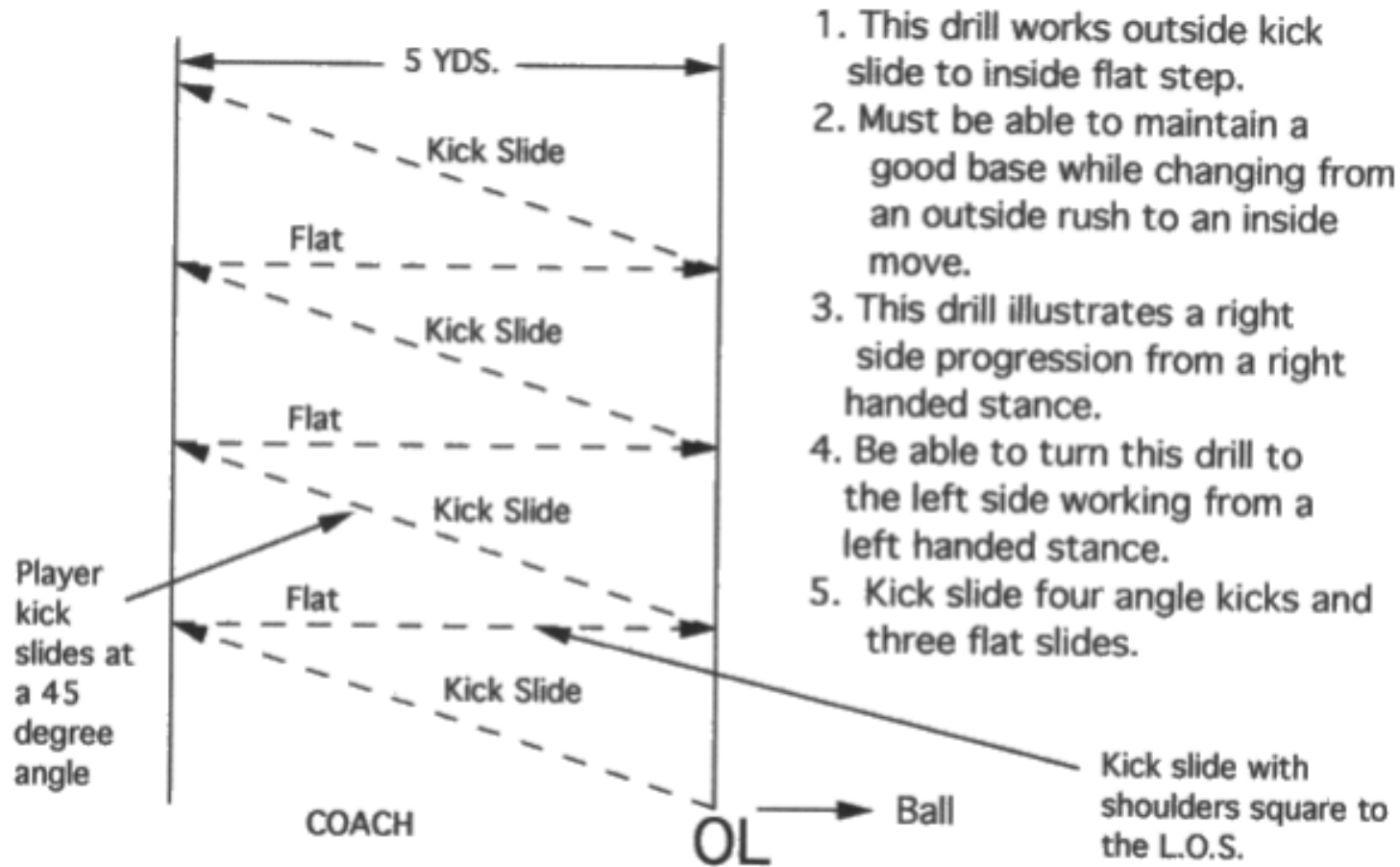
Towel Punch Drill

1. Player one lays on the ground holding a towel at the center. **Grip hard for resistance.**
2. Player two grabs towel at tips and moves it up and down with resistance from player laying on the ground.
3. Get hands up fast and inside.
4. The point of the drill is to keep your balance while punching with resistance. Can also use resistance bands



Position Drills

Kick - Slide Angle/Flat Drill



Position Drills

Ladder Drill

1. One Foot, Two Foot, Shuffle, Ickey Shuffle, Reverse Ickey Shuffle
2. This is used to increase footwork speed
3. Hands up, thumbs together
4. Start slow and increase speed as footwork improves
5. Bend in knees and hips low
6. Eyes up as much as possible
7. Sprint through cone



Playmaker

KEEP GRINDING

Position Drills

Bull Rush Drill

1. To learn to stop a bull rush while maintaining proper balance
2. Keep outside “support” foot back
3. Keep inside “post” foot forward
4. Have defender go half speed



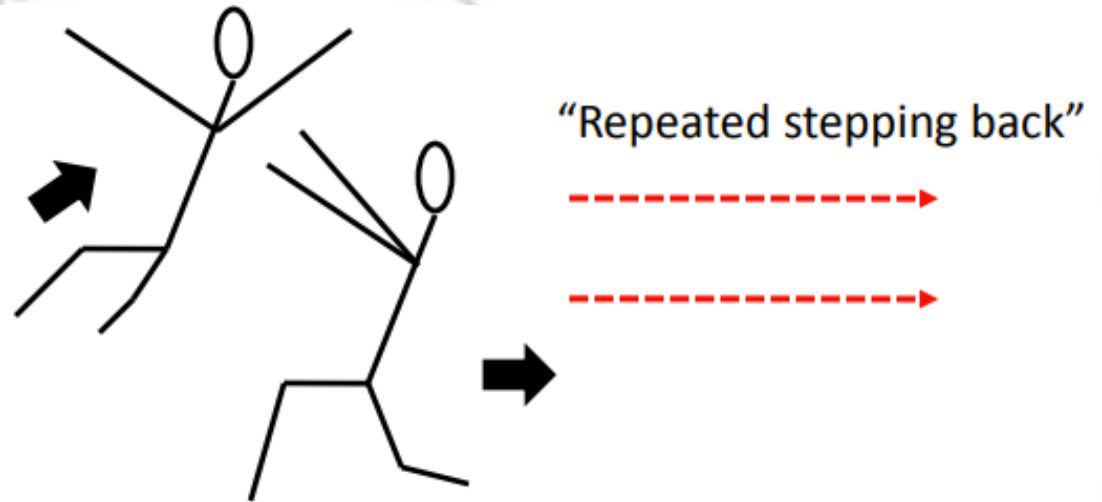
PlayMaker

KEEP GRINDING

Position Drills

Step & Punch Back

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



Play

KEEP GRINDING

MORE AGILITY AND DRILLS:

1. 1ST STEP, say count for anticipation (zone / lead / power / kick / drop / pull).
2. 1-2 STEP, say count, work on getting 2nd step on ground quick, hands on landmarks.
3. PASS: roll out (POWER step), 5 step (POWER & DROP step), quick (POWER step-FIRE).
4. LADDER DRILL (FOOT QUICKNESS) or ROPES (on ground) for agility and quickness.
5. LEVERAGE DRILL with partner.
6. STRIKE PROGRESSION from 3 point stance.
7. MEDICINE BALL DRILLS to work arm-hand jabs (start from 3 pt with ball on ground).
8. MIRROR DODGE DRILL for Football position (feet flat, knees forward, ankles apart)
9. HAND COMBATIVES for maintaining leverage inside and developing punch technique.