Offensive Line Manual

STANCE AND START

I. Stance

In our system the Offensive Line is asked to do a number of athletic movements. For our lineman to execute proper blocking techniques they must first be in a good football stance.

A. Feet (with proper foot placement a solid base can be created)

1. Placement of the feet should be just wider than shoulder width and parallel.
2. Toes are pointed straight ahead
3. Knees should be in line with the inside portion of feet, with patella over the toes.
4. When in stance feet are flat on the ground with little or no rise in the heels.
5. Weight of the lineman should be distributed on the instep of feet.

2. Power Angles

1. Lineman should understand that power angles are formed at ankles, knees, and hips, using these joints to lower their center of gravity. With this understanding they will be able to make the proper steps and always be in a good football position.
2. Allow the ankles to be flexible and push the patella over and ahead of toes keeping feet flat on the ground
3. Lower hips so thighs are parallel to ground, and create the “Z” in the knee.

3. Hand

1. Placement of the down hand should be just in front of the shoulders and just inside of the knee.
2. Weight is slightly forward and supported by down hand. The athlete should be able to move in any direction.
3. Free hand is flexed in a comfortable position to the lineman’s side as tight to the body as possible ready to deliver a blow.
4. **Shoulders**

1. When in a stance, shoulders should be as level to the ground as possible.
2. Shoulders must be square to the line of scrimmage.
3. Shoulders and butt are even to create a flat back

5. **Head**

1. Naturally cocked, not strained
2. Head and eyes up
3. Focus on aiming point through eyebrows

**Summary:** the lineman should use his stance as the foundation of each play. He must be able to take his steps and always be in a **GOOD FOOTBALL POSITION** while executing his assignment.

II. **Start and Steps**

1. **Steps** – First step is a step we use to put our lineman in the best possible position to be powerful and successful. This is a directional step that will direct player in the correct direction and help him complete his blocking assignment. In run blocking it is important to keep pad level over toes.

**The following are steps that will offensive lineman will drill every day.**

1. **Drive Step**- a six-inch straight-ahead step used during drive blocking.

2. **Lateral Step**- is a step used to gain position on the defender. A lateral step can vary in length according to the alignment of the defender. If alignment dictates for the lateral step to be more than eight inches (which will cause a poor base) a drop step should be used.

3. **Replacement Step**- is used a timing step in zone blocking techniques and during various combo blocks. Used when the first level defender is leveraged.
4. **Weight Transfer Step** (Weight Adjustment)- It is quick. Powerful, step which allow the lineman shift weight from balance stance to the direction of the blocking assignment. This step allows for a cross over step to follow, which enhances the amount of ground that can be covered by the offensive lineman during zone blocking.

5. **Bucket Step**- Used by guards and tackles when pulling to a second level defender. This allows the lineman to get depth without getting caught in the slush of the line of scrimmage.

### III. Contact

1. **Base**- feet should be just wider than shoulder width, with a slight stagger.

2. **Punch**- is the first contact point of the block, thumbs up punching upward not outward squeezing elbows together, aiming point is the left, right, or center of the breastplate depending on the play. Head should be lower than the defenders chin with the neck bulled with eyes up. **NEVER MAKE CONTACT WITH HEAD FIRST.**

3. **Demeanor Walk** (blocking the defender)- Offensive lineman must maintain a wide base with the proper power angles (“Z” in the knee) while driving the defender the offensive lineman must keep as many cleats in the ground as possible, Simulate pushing a parked car.

4. **Finish**- drive through the defender while benching the defender away, trying to step on his toes.

### Splits and Levels

### I. Splits

A. Line splits are used to gain and advantage over our opponent and may vary based on the technique of the defender and offensive play called. Splits combined with levels are very effective and essential in every blocking scheme. Base line splits are two feet. In zone blocking it is the responsibility of the uncovered lineman to expand or reduce the split to gain the advantage. In man blocking schemes it is the responsibility of the covered lineman to adjust his splits to gain the advantage. **Note:** covered and uncovered are not the only criteria for the adjustment of splits. Consideration must be given to the players involved in the blocking scheme and the point of attack.
II. Levels

A. Levels are the vertical depths off the football that can give offensive lineman advantages in executing different blocks.

1. **Level 1** - Line should crowd the ball/line of scrimmage as much as possible.

   ![Level 1 Diagram]

2. **Level 2** - Alignment is such that the head of the offensive lineman is intersecting the numbers of the center.

   ![Level 2 Diagram]

3. **Level 3** - Alignment is such that the head of the offensive lineman is intersecting the belt of the center. Offensive lineman should be as deep as possible.

   ![Level 3 Diagram]
**REACH DRIVE BLOCK**
This technique is used when we have to block a defender solo and we must prevent him from beating us to the point of attack. The first two steps are very important. The first step is referred to as lead step, the second step is referred to as the crossover step.

**LEVEL:** 2

**TECHNIQUE:** Take a *Replacement, Lateral, or Weight Transfer* step with your front side (Lead) foot. Then take a crossover step with your backside (Trail) foot. How big of a lead step and crossover step you take will depend on three things.  
1) *Shade of the defender.*  
2) *Movement of the defender.*  
3) *Point of Attack.*  
Based upon these three elements you will use one of three types of second steps. *Tight Crossover, Middle Crossover, and Large Crossover.*  
Tight Crossover, Middle Crossover, and Large Crossover refer to the degree of which your crossover step comes in front of your body and subsequent aiming point of the punch. Tight and Middle Crossover will be use along with a *replacement* or *lateral* lead step. Large Crossover will be used with a *Weight Transfer* Step.

**Below are the types of Reach Drive Blocks.**

- **On a Tight Steps Reach Drive,** the aiming point of your crossover step will be the near foot of the defender. Your outside hand will be used as your control hand and control the outside breast plate of the defender. This technique will be used when the play is inside you to the play side. When a defender is slow moving or shaded to your inside

- **On a Middle Steps Reach Drive.** The aiming point of the crossover step will be the midline of the defender. The punch will be with the inside hand to the middle of the defender, and your outside hand will be used as leverage and control of the defender. This technique will be used when the play is inside you to the play side, when a defender is pursuing with regular speed or aligned on you.

- **On a Large Steps Reach Drive,** the aiming point will be the outside knee of the defender. The punch will be with the inside hand to the outside breast plat of the defender. The lead hand will be used as a control hand
and to maintain leverage on the defender. This technique will be used on plays where the point of attack is not near the blocker, or the defender is pursuing quickly or is aligned to your outside. **Note:** head placement will be on the outside number on Tight Reach Drive.

**Follow Through:** a Demeanor walk technique will be used to finish off the block. Demeanor Walk is a series of weight transfer and crossover steps, with the degree and speed of the crossover based upon movement of the defender and point of attack. (Butt Block)
Zone Blocking Techniques

Power Scoop

The Power Scoop is a two adjacent Reach Drive Blocks by a covered and uncovered with “Zone” principles.

Level: 2 (Covered) 2 to 3 (Uncovered)

Technique: (Covered Lineman-Lead Man)- Execute a tight, middle, or large Reach Drive block technique working to a fit double team with zone principles. Priority for the OL is to move the first level defender with a fit double team while reading the second level defenders (LB). The second level defender determines who will either stay on the first level defender (DL) and performing a reach drive block or climb to the second level defender executing a reach drive block. If the second level defender plugs or runs through trail gap he becomes the trail mans responsibility while the lead man executes a Reach Drive Block on the first level. (Example A). If the second level runs over the top of the double team the trail man pushes the lead man off to the second level and over takes the first level defender. The lead man climbs to the second level defender and executes a Reach Drive Block (Example B). If the second level defender sits behind the first level defender the lead and trail man stay on the fit double team and the two together put the first level defender in the second level defenders lap. (Example C)

(Covered Lineman-Lead Man)

(Uncovered Lineman-Trail Man)- Execute a tight, middle, or large Reach Drive block technique with zone principles, reading the second level defenders (LB) for the OL to read either to stay with the first level defender (DL) or climb up to the second level defender. If the second level defender plugs or runs through he becomes the trail mans responsibility and the trail man executes a Reach Drive Block on the second level defender (Example A). If the second level runs over the top of the double team the trail man pushes the lead man off and over takes the first level defender and performs a Reach Drive Block on the first level defender (Example B) If the second level defender sits behind the first level defender the lead and trail man stay on the fit double team and the two together put the first level defender in the second level defenders lap. (Example C)
Follow Through: Demeanor Walk

Example A

Example B

Example C

Application of Tight, Middle, or Large Crossover

INSIDE ZONE

MIDDLE ZONE

OUTSIDE ZONE
**ZONE CALLS** - these calls will be made between the offensive line to reassure blocking assignment. The first letter in the call identifies the trail man and the last letter keys trail man.

### O-LINE CALL SHEET

**ZONE CALLS**
- **CAGE** - CENTER & GUARD DOUBLE TEAM TO THE LB
- **COG** - CENTER & GUARD DOUBLE TEAM TO THE LB
- **GUT** - GUARD & TACKLE DOUBLE TEAM TO THE LB
- **TAG** - TACKLE & GUARD DOUBLE TEAM TO THE LB
- **TATE** - TACKLE & TIGHT END DOUBLE TEAM TO THE LB
- **FAT** - FULLBACK & TACKLE DOUBLE TEAM TO THE LB
- **RAT** - RAM & TACKLE DOUBLE TEAM TO THE LB
- **HIGH WALL** - TIGHT END OR FULLBACK BACKSIDE ON ZONE
- **TRIPLE** - WHEN THE END TWO MEN ON THE LOS ARE COVERED, BRING THE NEXT INSIDE GUY ALONG

**30 SERIES CALLS**
- **CHEVY** - MAN BLOCK
- **BLUNT** - STRAIGHT DOUBLE TEAM TO THE LB
- **ROPE** - PULL BLOCK
- **BACK** - CENTER BLOCKS BACK ON DOWN MAN
- **STICK** - DETERMINES WHO IS STAYS ON “G”

**PASS GAME CALLS**
- **SOLID** - VS. 4-3 & 5-2 CENTER & TWO GUARDS ON NOSE AND TWO BACKERS
- **RIP/LIZ** - VS. 4-4 IF TACKLE TO TIGHT END SIDE IS UNCOVERED, CENTER GOES AWAY, IF COVERED, CENTER WORKS TWO THE TIGHT END SIDE
- **HOME** - THE TIGHT END IS DEAD
- **SQUEEZE** - BETWEEN THE TACKLE AND GUARD IF THE TE CAN NOT GET TO THE SAM BACKER
- **CLOSIT** - TELLS THE BACK TO PICK UP THE DE VS. “B” GAP WALK UP- TACKLE AND BACK CHANGE RESPONSIBILITY
**CUT OFF/ HIGH WALL**- this is used on the off/ backside of inside zone. This block is executed by a fullback or tight end on the end man on the line of scrimmage or the C Gap defender.

**TECHNIQUE:** Execute a reach drive technique (Middle or Large). If the defender stays to the outside take steps with inside foot up field, pivot hips to stay to the defender and use control hand to punch up field shoulder of defender.

**NOTE:** If defender squeezes execute a butt block

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**CUT BLOCK**- this technique is used when we want to get a defender off his feet. It is most effective when used as a change up on a defender.

**TECHNIQUE:**
Aiming point is the inside part of the outside leg of the defender. Use your inside arm to punch through aiming point. Do not throw your body. Punch when you are stepping on the defenders feet. Get your body north and south on defender and lock your hip on him.

**Follow Through:** Crab Demeanor
**DRIVE BLOCK** - this is used in short yardage goal-line situations

**TECHNIQUE:** Take a lead step with inside foot. With second step adjust to the defender. (Pinch, Slant, or Angle) The second step should keep you square with the defender. The punch should be executed on the second step and with two fists through the defender numbers with lifting action on the third step working towards a good football base. (Width)

**Follow Through:** Demeanor Walk

**PULL BLOCK** - this technique is used in a man-blocking scheme by our tackles, fullbacks on counter and guards on “G”. It allows us to bring an additional blocker to second level defender at the point of attack.

**LEVEL:** 3

**TECHNIQUE:** Tackle takes a bucket step with his inside foot to get depth, followed by a crossover with his outside foot. The offensive lineman will run parallel to the line of scrimmage while keeping his shoulders square and eyes up. Offensive lineman must anticipate the path of the second level defender based on the point of attack. When engaging with the second level defender the blocker’s aiming point must be to the inside number while remaining square to the line of scrimmage, giving the ball carrier a two way go.

**Follow Through:** Demeanor Walk

**Example Below:** Left Tackle Pulling to Sam linebacker

![Diagram](image-url)
**TRAP BLOCK**- This technique is used in a man-blocking scheme by our guards in an on counter trey and guard trap. It allows us to pull a backside lineman behind the LOS to trap a defender.

**LEVEL:** 3

**TECHNIQUE:** The offensive lineman takes a drop step with his inside foot and a replacement step with his outside foot. Pivots hips and works down hill for the designated trap man. If the defender opens to the trap- attack the up field number, if the defender keeps shoulder square/ parallel to the LOS attack the V-of neck using the free hand on defenders hip for leverage. Trap must be block inside out.

**Follow Through:** Demeanor Walk

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**Trap on Counter**

**Trap on Guard Trap**
**Tackle & Guard Double** - technique is a combo block used on the front side of Counter Trey and Power play. This is used when the front side guard is covered. The double team is between the front side guard and front side tackle to the first second level defender in A-Gap or behind.

**LEVEL:** 2

**TECHNIQUE:** Front side guard should execute a drive block on the defensive lineman while securing A gap understanding that help will come from the adjacent tackle. Tackle will take down block steps punching through the play side shoulder of the down defensive lineman while securing B gap. The purpose is to have a double team at the point of attack and to create movement. Depending upon the movement of the second level defender will determine who will climb to the second level. If the second level defender runs over the top the tackle will chip off to the linebacker. If the second level defender runs through A gap the guard will chip off to the run thru while the tackle will overtake the down defender. If the second level defender sits behind the double team the guard and tackle will stay on double team until the chip off is decided. When climbing to the second level it is important for the lineman chipping off to be under control and not to swing and miss at the second level. **General rule is physically on the first level and mentally on the second level.**

**NOTE:** It is important to get movement on the first level and be patience moving to the second level.

**Follow Through:** Demeanor Walk
DOWN/ BACK BLOCK- is executed when an offensive lineman blocks the next down defender away from the point of attack.

LEVEL: 2

TECHNIQUE: take a six inch position step at the defender down hand, depending upon the defenders speed/ quickness, alignment and reaction would justify adjustment to aiming point. Aiming point should be the V-of neck to the near up field number. The blocker should step behind the heel defender allowing the defender to be pinned or wall off from the point of attack. The punch should be aggressive and used to maintain control of the defender. 

NOTE: Must not allow penetration or the defender to cross face down the LOS

Follow Through: Demeanor Walk
**Tackle & Tight End Double:** This technique is a double team used by the tackle and tight end to a defender outside the point of attack. The block is executed on LB/DE covering the tight end to LB/SS aligned outside the point of attack.

**LEVEL:** 2

**TECHNIQUE:** Tight end should execute a drive block on the down defender while securing edge and understanding that help will come from the adjacent tackle. Tackle will take back block steps punching through the near shoulder of the down defender while securing C gap. The purpose is to have a double team at the point of attack and to create movement. The movement of the second level defender will determine who will climb to the second level. If the second level defender runs over the top, the tackle will chip off to the linebacker. If the second level defender runs off the edge, the tight end will chip off to the linebacker while the tackle will overtake the down defender. If the second level defender sits behind the double team the tight end and tackle will stay on double team until the chip off is decided. When climbing to the second level it is important for the lineman chipping off to be under control and not to swing and miss at the second level. **General rule is physically on the first level and mentally on the second level.**

**NOTE:** It is important to get movement on the first level and be patience moving to the second level.

**Follow Through:** Demeanor Walk
Center Guard Double: This combination is executed between the center and play side guard. This double team will secure play side A and B gap at the point of attack chipping off to the first linebacker A gap or behind.

LEVEL: 2

TECHNIQUE: Front side guard and center will use lateral steps to half of the down defender staying shoulder to shoulder, hip to hip while keeping shoulders square to the LOS. Reading the second level is key if the defender runs through A gap the center will chip off. If the second level defender runs through B gap the guard will chip off.

NOTE: Be physical on the first level, and think mental on the second level.

Follow Through: Demeanor Walk
PASS BLOCKING TECHNIQUES

Pass Protection Keys
- Phases of pass protection
- Set the feet (Quick to the Set)
- Balance the body (Wide base with stager)
- Control the Punch (attack the defender)

Teaching Progression

Fundamentals
1) Know where the QB is to set and the depth of his set.
2) Understand alignments and movement of rushers.
3) Use correct levels/ splits and stance
4) Maintain your “square” balance and angles (Keep the door close, feet lead hands)
5) All set should maintain leverage between QB and rushing defender
6) Operate under controlled aggressive, never lose poise
7) Always know where your help is.

Stance
- Feet should be shoulder width apart
- Post Foot – Closest to QB
- Set (Kick) – Away from QB
- Weight Balance- distribution on instep of your feet
- Knees Buckled- should be locked inward to shrinks expansion of your hips, and controls weight distribution

Back & Shoulders
- Erect – should be perpendicular to ground and create 45 degree angles with your legs

Head & Eyes
- Up & Out- should control chin in upward manner
Arms
• Relax set high and tight to body ready to deliver punch to defender.
• Elbows cocked

Sets
• Aggressive at LOS
• Drop set checking 2nd level defender inside out
• Vertical – Edge Rushers
• Open- Slide side work depth 1st then width
  Inside Rusher
  Outside Rusher
  Wide Rusher

Positioning & Targeting
• Inside out relationship
• Square to defender / Square to QB
• Frame feet to target
• Focus on target

Movement (feet) keep feet active
• Uncovered Drop 1st step with inside step (Active Feet)
• Slide Shuffle (Kick)
• Tilt (Head) opposite movement/ punch
• Maintain Square (keep door closed to LOS)
• Mirror defender
• Slide Shuffle keep feet active (Keep the door close, feet lead hands)
• Aggressive set take as much of the ball as you can
• Once inside leverage is gained walk demeanor the defender away from QB

Punch
• 1st meaning touch wins.
• Measure the defender (understand your punch radius)
• Patience is the key (don’t give defender what he wants)
• Elbows tight & cocked
• Snap wrist- contact in an upward motion with heel of hand (Not outward)
• Target the punch – aiming point is the inside portion of numbers of a relative position. (Inside leverage wins)
• Feet & Hand active before punch never be stationary
• Maintain posture Keep even tilted and shoulders back
• One hand vs. two hand
• Lock out
STANCE

1. FEET
   a) Post Foot- is the foot closest to the quarterbacks set (inside). It should be slightly forward.
   b) Kick Foot- is the foot furthest away from the quarterback set (outside). It should be slightly back.
   c) Weight- Balance, distributed on instep of feet.

2. KNEES
   a) Buckled, should be cocked inward to shrink the expansion of your hips and control the weight distribution

3. BACK & SHOULDERS
   a) Erect at 90 degrees- shoulders should be perpendicular to ground and create 45-degree angle with legs.

4. HEAD & EYES
   a) Eyes should up and out, control chin in an upward manor

5. ARMS
   a) Arms should be raised and relax within the framework of the chest.

MOVEMENT
After set it is important to be square on the defender protecting the inside gap. Mirror slide technique should be used to maintain pass set on the defender. Countering lateral movement of the defender with feet first never reach with hands. When moving lateral lead with near foot and follow with trail foot. Keeping shoulders square to the line of scrimmage while keeping a solid base.

CONTACT
We want to time the punch, being patience is the key (don’t give the defender what he wants) Use a one handed or two-handed punch depending upon the alignment of the defender. The aiming point of the punch is the inside number of the defender understanding the comfort zone. On the punch we must maintain our posture, keeping weight even and head and shoulders back. Punch up not outward. During movement and contact we will rely on hand to hand combat or a lockout to finish the defender with the demeanor walk.
### Pass Protection Sets

<table>
<thead>
<tr>
<th>Set</th>
<th>Diagram</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>3 Tech- 3 Set</strong></td>
<td><img src="image" alt="Diagram" /></td>
<td>Fundamentals vs a 3 Tech- Call 3 Set. Kick step keep weight on Post Foot (Pound). OT use a Vertical Set if Lineman inside has a 2 or outside technique.</td>
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<tr>
<td><strong>2 Tech - 2 Set</strong></td>
<td><img src="image" alt="Diagram" /></td>
<td>Fundamentals vs 2 Tech- Call 2 Set, Replace Kick Foot keeping weight on Post foot. Protect inside (Heads Up for Press Slant or Twist).</td>
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<tr>
<td><strong>1 Tech - 1 Set</strong></td>
<td><img src="image" alt="Diagram" /></td>
<td>Fundamentals vs 1 Tech- Call 1 Set. Set on Post (Pound) Foot (Gain inside leverage on defender.) Keep weight on Set (Kick) Foot.</td>
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<tr>
<td><strong>Loose 3 - L 3 Set</strong></td>
<td><img src="image" alt="Diagram" /></td>
<td>Fundamentals vs Loose 3 Tech- Call L-3 Set. Set with Set Foot (Kick). Bring Post Foot (Pound) if needed. OT use a Vertical Set if Lineman inside has a 2 or outside technique.</td>
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<tr>
<td><strong>Gap 1 - G 1 Set</strong></td>
<td><img src="image" alt="Diagram" /></td>
<td>Gap 1 Set- Call G-1 Set - Set with Post Foot 2x (Pound) Gain inside Leverage on defender.</td>
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D-Line Stunts

Press

Crush

T

Route

Nut

Pinch

X

Punch
D-Line Movement

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<tr>
<th>E/N Twist</th>
<th>SS</th>
<th>N/T Twist</th>
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<th>N/T Press T Loop Weak</th>
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<td><img src="image9.png" alt="Diagram" /></td>
<td><img src="image10.png" alt="Diagram" /></td>
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MAN ON MAN

**STICK**- used when a down defender is head up or in an inside or outside shade. This is used in our drop back protection (3 & 5 step drop). The set of the quarterback and alignment of the defender will determine the set by the offensive lineman. Protection will be set inside out. The offensive lineman will with either a post foot or a kick slide taking away the inside charge of the defender. During pass protection technique it important to emphases **SMALL QUICK MOVEMENTS**.

![Diagram of football positions]
**SIFT** - a tackle uses this technique when blocking a wide rush end that is set on a ghost or the next man outside. The tackle can use a pre kick set in order to cut off the angle. As the tackle sets he wants to drop and widen, keeping his shoulders square to the LOS until he is at the depth of the quarterback set. The relationship to the pass rusher outside leg is splitting the crouch of the defender. During pass protection technique it is important to emphasize **SMALL QUICK MOVEMENTS**. During a vertical set a basic rule is set no deeper than 3 kick steps without engagements.

**COMBINATION PASS BLOCKING**

**TWO MAN COMBINATIONS**

**CLOSIT** - Technique used by the tackle and guard in pass protection used in securing A and B gaps.
**RIP/LIZ** - Technique used by the center and guard to secure A and B gap in pass protection

**THREE MAN COMBINATION**

**SOLID** - this is used in a 3 and 5 step max protection with three defenders in the box. When the center and two guards will work combinations between the down lineman and or linebackers inside the box. Must create a wall keeping the shoulders square to LOS protecting the inside.
LT vertical sets when DE Press inside LT will fix pressure with Post Foot Snap Punch. RG uses Replacement step with Kick Step. When NG starts to loop RG follows loop by dropping loop side foot to hunt up penetrating DL getting Traping (Snap Punch) while head in front a squaring up asap.
DEFENSIVE FRONTS

50

EAGLE

40 SHADE

BEAR

EAGLE STRONG

COLLEGE

STACK SHADE

STACK

PRO SHADE

TRIPLE

STACK SLIDE STRONG

COLLEGE SLIDE WEAK

40 SPLIT

6-5

6-2

M

SS

C

M S S C

W E N T E S

W E N T E S

W E N T E S

W E N T E S
Gap Identification

D C B A A B C D

Hole Numbering

9 7 5 3 1 0 2 4 6 8

X

SHADE STRONG SHADE

1 7

6 4 I 2 1 0 1 4 I 7

QB

Z

FB

TB
### OFFENSIVE LINE PASS SET DRILLS

<table>
<thead>
<tr>
<th>Drill Type</th>
<th>Diagram</th>
<th>Description</th>
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<tbody>
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<td><strong>Chicago Bears Pass set V</strong></td>
<td><img src="image1" alt="Diagram" /></td>
<td>Set cone 5 Yards apart. The OL start at cone 1 Pound Slide to 1st cone, then Kick Slide to last cone.</td>
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<tr>
<td><strong>Left Side Player</strong></td>
<td><img src="image2" alt="Diagram" /></td>
<td>Pound Slide Start → Kick Slide → Pound Slide → Kick Slide → Pound Slide → Kick Slide → Pound Slide → Kick Slide → Pound Slide → Kick Slide</td>
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**Pipe Drill**

Working the first step the OL will set to side of a 2 foot long PVC pipe. On coaches cadence the OL will execute the 1 step. Maintaining a good football position.

**Run**

1. Wt Transfer
2. Weight Transfer & Crossover (2 steps)
3. Drive Step
4. 45 angle step
5. Pull step

**Pass**

1. Pound Step
2. Kick Step
3. add the slide for 2 steps

**Boards, Pipes, & Bags**

Use 4 Boards, 4 Hand Shields, 4 Pipes. Stance & Starts (Fit & Finish) on the Boards. All combinations can be used or just selected ones.

- Set pipe in middle of board offset OL to side give direction of 1st step & cadence. execute Reach Drive Technique with proper footwork, Fit & Finish. (Also work Down/Back Technique)

**I-Hop (Pancake) Drill**

Set a defender on the Board (Loaded) using proper drive blocking technique have the OL drive the defender the length of the board finishing off on a landing pad set at the end of board. This drill gives the OL the feel of FINISH after executing Stance, Start, Fit, and finish.

**3 Man Fire (Pass Pro)**

O-Lineman Sets works kick slide with punch and Kick pound Punch:

DL # 1 Holds hands over OL to force him to drive head upwards, the OL Kicks and sets punch on # 2 then repeat to DL # 3 and # 4. For a change up the OL Kicks out to # 3 and set punch then pounds back to DL # 2 set and punch then kick slide to DL # 4 set and punch (run past pocket) or simulate cut block.