



YOUTH FOOTBALL USA

OFFENSIVE LINE DRILLS

OFFENSIVE LINE DRILL #1 OF 13

Drive Block

Basic block that is used when we want a one on one block against the defender. The offensive lineman will take a 6 to 8 inch power step just outside the defender's base toward the play side call. The second step will drive over the first and will be planted in the ground simultaneously as the hands and helmet strike the top of the play side # to create a hard surface. The lineman will then attempt to get downhill movement on the defender while keeping a flat back and #'s over the knees. We will finish every block, if we can't keep up, if the defender disengages, or if the defender gets outside the framework (do not stretch the jersey) climb, accelerate your feet for the pancake.

OFFENSIVE LINE DRILL #2 OF 13

Scoop Block

The Scoop block is primarily a backside-blocking scheme in our offense. We use it on inside, outside veer, and load option. The basic thing that we want to accomplish is to cut off pursuit of the defender. It is very productive when the ball is being run wide or against in inside slant. The technique of this block is to push off strongly with the inside foot. Set to reach with the lead foot to gain inside leverage up field. The blocker must throw the backside arm through the defender's crotch, square the shoulders and bear crawling to the second level (keep moving do not let your feet die). At the second level, snap to feet and sprint to the alley. This is a quick and sharply executed block. Do not be concerned with the reaction of the defender. If a stalemate occurs snap to feet quickly and get to the second level.

OFFENSIVE DRILL #3 OF 13

Blocking a Linebacker

Take a aiming point of where the LB going to be not where he is lined up. Know where the play is going and how the LB is going to react. If the LB pads are square to the LOS we will drive block him high. At about 1 to 1 1/2 yards out come under control maintain your base, bend your knees and drive block him. You may use a two hand punch or a fore arm lift. Come off the line low and hard with your aiming points in mind. If the LB turns his pads away from the LOS and is running, cut him. Do this by getting your head to the play side and driving your shoulder pads through his knee. Do not dive (shamu) keep your feet moving. You may engage high than work down to the knees also. Do not show the cut to soon. Be sure you can touch him before you cut him.

OFFENSIVE LINE DRILL #4 OF 13 **Fold Block**

In dealing with the fold block the uncovered lineman will always go first with the covered lineman folding around. The offensive man blocking the down defender will aim for the near hip of the defender. The first step will be with nearest foot toward the defender. The step will be a 6 to 8 inch power step and will be short and quick. On the second step contact should be made. The blocker will then explode his hands through the mid-section of the defender accelerating his feet keeping a flat back with #'s over knees. The lineman must make sure that his butt does not swing up field on contact, as this would allow the defender to roll off inside possibly catching the play from behind.

OFFENSIVE LINE DRILL #5 OF 13 **Alley Block**

Backside cutoff block is carried up to the second level and third level. Once the cutoff blocker has worked up field to cut-off the pursuit of the first and second level defenders, the blocker then turns and sprints to the sideline. Make your width the width of the play. Get as wide as the alley and seven yards deep. Learn to intercept the alley just as ball carrier hits the alley with his shoulders square. When the alley is tight the angle will be further up field (10 -15 yards).

OFFENSIVE LINE DRILL #6 OF 13 **Combo Block**

The combination block is used when we would like to initiate movement along the LOS by using two blockers on one defender and still pick up either the front side or backside linebacker. The neat thing about this block is that our linemen merely need to know if they are covered or uncovered. If the lineman is covered we tell him to execute a drive block. If he is uncovered he will check for slant by the lineman, check for plug, and then help the covered lineman get a push on the defender. The uncovered lineman first step will be at the defender. By taking this step the uncovered lineman can stop a slant by the defender, allowing the covered lineman to re-direct and help get push on the defender. The second step by the uncovered lineman is at a imaginary point just behind the near foot of the defender prior to the snap. By taking the two steps properly the uncovered lineman's head should be on the up-field side of the defender. The linebacker is the primary responsibility of the uncovered lineman. He must stay with the combo and only come off when he can touch the linebacker. This method again helps maintain a down field push on the defender. If the tackle does slant and the linebacker comes around the rolls are now reversed. The call for this block will be "combo".

OFFENSIVE LINE DRILL #7 OF 13

Combo Block

The down block involves the entire front-side of the LOS with the exception of the center. This block is used to give the tackle and end good blocking angles to the inside while at the same time, releasing the guard to the outside or to the point of attack. The point of aim for the down blockers should be at the near hip of the defender. At the snap the lineman must lead with the near foot toward the defender. On contact, the head must drive to the front of the defender to eliminate penetration by the defender. The blockers should drive the defenders as far inside as possible. Do not let the defender get penetration he could blow up the play. The center can still down block and usually does when the backside guard pulls. The center will then execute a fill block where essentially he is filling for the pulling guard.

OFFENSIVE LINE DRILL #8 OF 13

Reach Block

The reach block is used at the point of attack to keep the defender from running the play down to the outside. This block has many different names such as, the cutoff, read block, or shield block. The reach block is used when we want to get movement parallel to the LOS. This block can either be a one on one block or can be used with the combo block. The first step will be a flat step at a 45-degree angle outside of the defenders base. The second step will be at the inside of the defender's far leg. The blocker must get his play side hand and helmet to the # on the far sleeve. He must then try to quickly get the other hand to the near armpit. We would like the blocker to work his outside leg and head past the defender accelerating his feet and getting his shoulders parallel with the goal line.

OFFENSIVE LINE DRILL #9 OF 13

Trap Blocks – short and long

The basic steps and arm motion will be the same for all of the trap blocks, but the course and direction will be different. The first step will be a short quick step slightly parallel with the LOS. At the same time the blocker will whip his elbow and head in the direction of the trap. The far arm will be brought close to the body to aid in rapid running. The far foot will pivot and become the drive foot. Your aiming point is the defender's inside hip, be sure to get your head down field on the long trap. Bend your knees and run through the defender. Stay low and keep your feet moving do not clog the hole. If the defender squeezes the hole so tight where you can not trap, shift your aiming point to the defenders outside hip and log him. Seal his outside hip and stay on your feet so the defender cannot play off your block. Log him only as a last resort.

OFFENSIVE LINE DRILL #10 OF 13 **Sweep Blocking**

The first step on the sweep will be the same as the long trap with the exception of the depth that the lineman will try to gain. This depth will change on the type of play, what front the defense is in, and what position the lineman is in when he initiates the pull. We would like him to gain at least one yard by the third step. We want them to get deeper as they travel down the LOS but never more than three yards deep.

OFFENSIVE LINE DRILL #11 OF 13 **Double Team Blocking**

The double team is used to give blocking power at the point of attack. The block will consist of two linemen, the post and the drive man. The post man will execute a drive block. He will perform this block as if he was blocking the defender alone. The drive man will take his normal stance with the exception that he will cut his split down so he can arrive at the double team early thus cutting down the risk of the defender splitting the double. His point of aim will be the near hip of the defender. When the drive man makes contact he will stay low and drive the screws of his helmet and hands through the defender not allowing his feet to die. If the post man delivers a good drive block and can stand the defender up, the drive man's contact to the mid-section should create movement. This block will be called "dumbo".

OFFENSIVE LINE DRILL #12 OF 13 **Double Team Blocking**

The scramble and cut block begin with the same stance and steps as the drive block. The target of the cut block will be inside the defender's knee at knee level. It is important for the blocker not to drop his head. Punch the play side hand inside the backside knee and keep the feet moving while maintaining a flat back. The scramble block target will be the helmet and shoulder to the outside play side knee. Again it is important not to drop the head. To finish the block lock off play side knee between shoulder and hip, keep pressure and bear crawl.

OFFENSIVE LINE DRILL #13 OF 13 **Double Team Blocking**

The cross block is used when two adjacent linemen are covered and there is an exchange in responsibility. A much quicker block than the fold the cross block can be used to confuse defensive keys as well as create better blocking angles. The inside man who is the man closest to the center should go first.