

OFFENSIVE LINE DRILLS

Heads Up Blocking <https://youtu.be/2pV0ewUuSBY>

Offensive Lineman Stance -<https://youtu.be/0x1iW2XvtmE>

- 1) Line up in even lines. Usually 5/line Starting on the goal line coming out.
- 2) Feet shoulder width apart. Player bends over at the waist and places the three forward fingers of the strong hand to the ground. The rear end drops parallel to the ground as the knees bend. The head is up and looking straight ahead. The strong side foot (the same as the hand) is one foot behind the other foot with the ball of the foot touching the ground. The player drives off with the up foot first.)

Duck Waddle Drill

- 1) Line up in even lines. Usually 5/line Starting on the goal line coming out.
- 2) Get into an Offensive Lineman Stance
- 3) On Hit - While staying low players do short choppy steps forward for 5-10 yards
- 4) Repeat Drill Coming back into the Endzone

ON-Right/Left Drill <https://youtu.be/J8VVaBiLzUY>

- 1) Drill can be done on Air, Sled, Bags or another Teammate
- 2) Start in a good Offensive Line Stance
- 3) Short step in the direction you are going while keeping your head to the same side to seal off the defender
- 4) Then Player "Duck Waddles" while driving hands and hips up/forward to finish the block

Reach-Right/Left Drill

- 1) Drill can be done on Air, Sled, Bags or another Teammate
- 2) Start in a good Offensive Line Stance
- 3) Short step at **45 degree angle** in the direction you are going while trying to get your head to the outside shoulder to seal off the defender
- 4) Then Player "Duck Waddles" while driving hands and hips up/forward to finish the block

SLIDE-Right/Left Drill

- 1) Drill can be done on Air, Sled, Bags or another Teammate
- 2) Start in a good Offensive Line Stance
- 3) Goal: Pass blocking the defender in your gap, playing from your gap to head-up on the next offensive lineman. Know where the QB pocket is and keep your head and leverage between the defender and the QB.
- 4) Short step and Slide feet the direction you are going while trying to get your head between defender and QB.