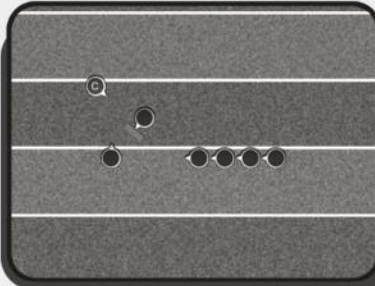


Angle Blocks



01



Form a single line of OL and have one step out to hold the shield.



02



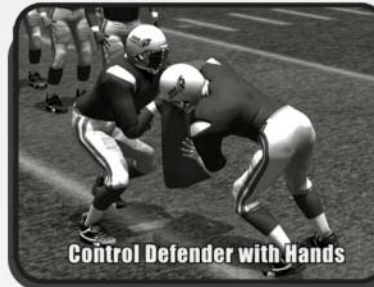
The next lineman begins in perfect 3-point stance.



03



On the snap count, OL fire out and execute an angle block on a flat angle.



04



Pad level is low, feet have a solid base and hands control the defender.



05



OL continues with great base and low pad level, maintaining control.



06

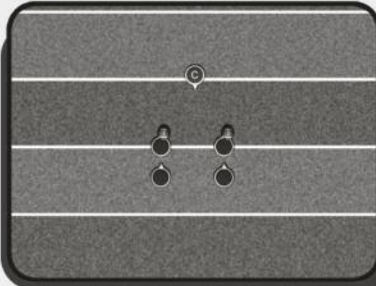


OL must finish the block, playing all the way to whistle.

Notes:

For more useful tips on coaching youth football, log on to www.usafootball.com.

Center Snap



01 ★

Line up Centers on same line 3 yards apart, and include a QB with each center.



02 ★

Center starts in 4-point stance and places one hand on the ball.



Grip Forward Half of Ball

03 ★

The ball is under the hand, laces on top, gripping forward half of ball, with thumb on top.



04 ★

On count, center snaps ball up and between his legs.



Turn Ball Sideways During Snap

05 ★

He turns ball sideways during the snap.



Laces are Forward

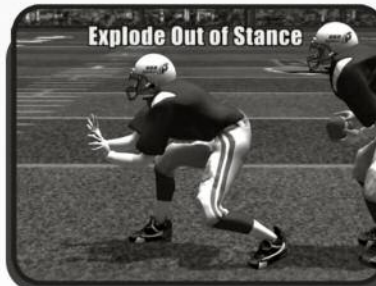
06 ★

Laces are forward as he places ball firmly in QB's hands.



07 ★

QB's hand placement must minimize distance from start of snap to finish.



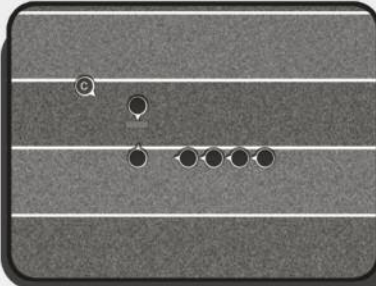
Explode Out of Stance

08 ★

After exchange, center must explode out of his stance.

Notes:

Drive Blocks



01 ★

Form a single line of OL and have one step out to hold the shield.



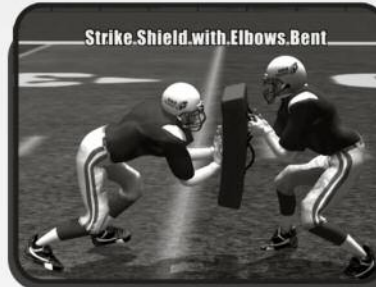
02 ★

The next lineman begins in perfect 3-point stance.



03 ★

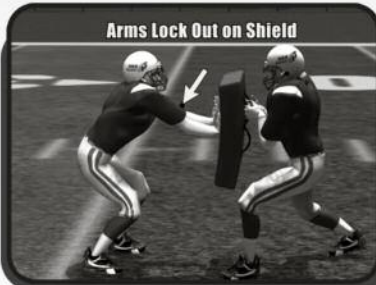
On the snap count, OL fire out and execute a drive block.



Strike Shield with Elbows Bent

04 ★

Pad level is low, feet have a solid base and hands strike shield with elbows bent.



Arms Lock Out on Shield

05 ★

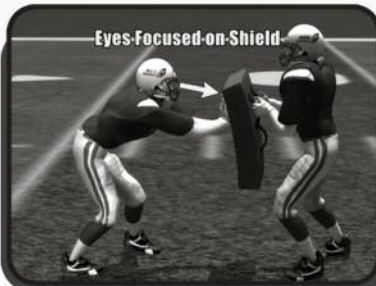
Arms should lock out on the dummy.



Drive Feet and Move Player Upfield

06 ★

OL continues to drive his feet and move the player upfield, maintaining control.



Eyes Focused on Shield

07 ★

Head is up and eyes are focused on shield.

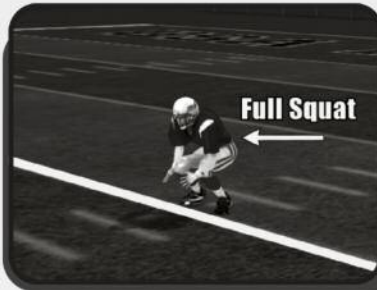


08 ★

OL must finish the block, playing all the way to whistle.

Notes:

Duck Walk



01



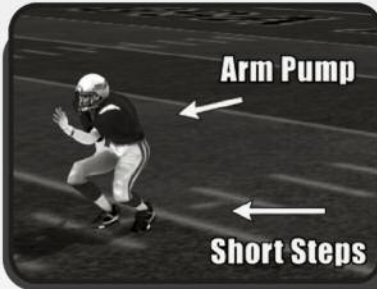
Line up on a yard line in full squat with feet at shoulder width



02



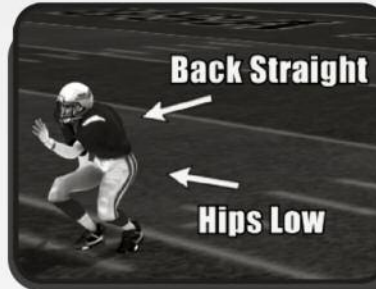
Turn heels with toes pointed out slightly



03



Walk 20 yards using short, choppy steps and arm pump



04



Hips are low and back is straight.



05

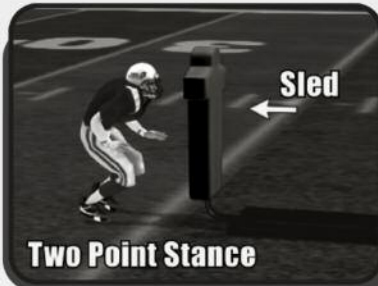


Then walk 20 yards backwards

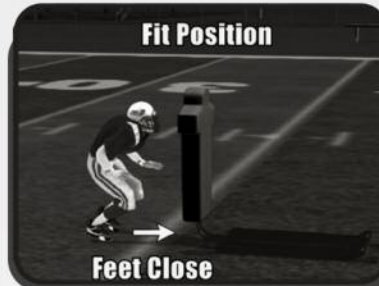
Notes:

For more useful tips on coaching youth football, log on to www.usafootball.com.

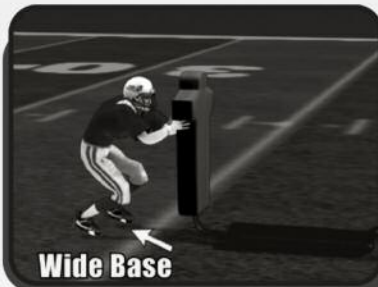
Explosion Drill



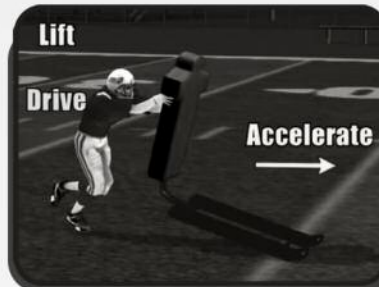
01 ★
Blocker is in 2-point stance in front of sled



02 ★
Feet close enough to sled to explode into "fit" position



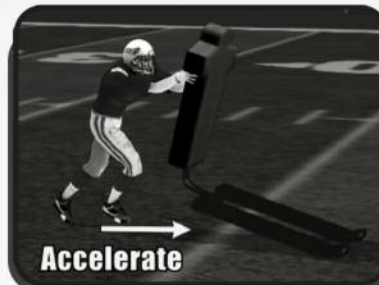
03 ★
Lineman explodes into sled with hands, a wide base.



04 ★
Then he accelerates, lifting and driving the sled.



05 ★
Using 2-hand drive, he rolls hips to lift the sled



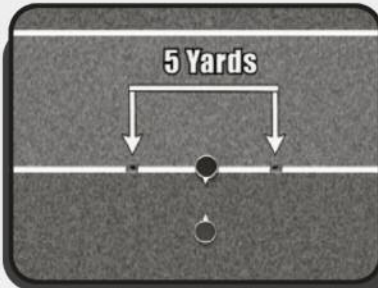
06 ★
Feet must accelerate upon contact and keep moving

Notes:

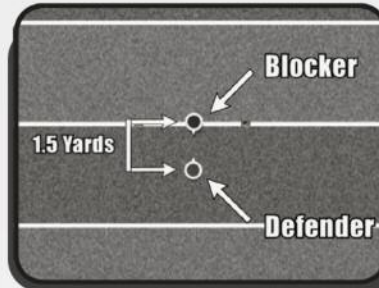
[Empty space for notes]

For more useful tips on coaching youth football, log on to www.usafootball.com.

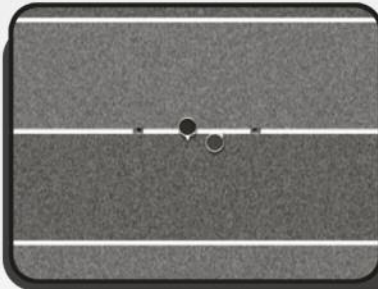
Mirror Drill



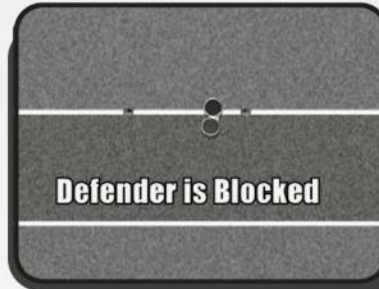
01 ★
Place 2 cones five yards apart.



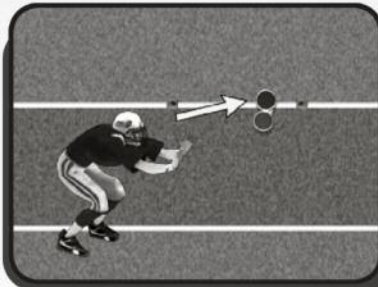
02 ★
Blocker sets up between the cones and defender faces him 1 1/2 yards away



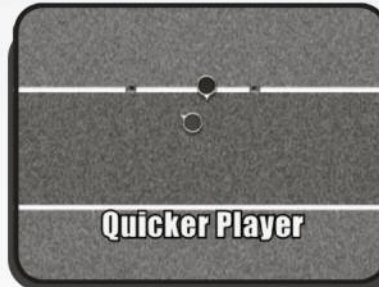
03 ★
Defender moves quickly to penetrate the line and circle a cone



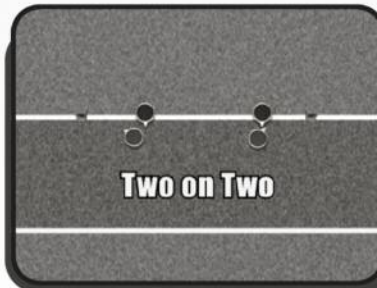
04 ★
Blocker mirrors movement to keep him from crossing the line



05 ★
He keeps his head up, shoulders square and feet under him.



06 ★
To make more challenging, add quicker players

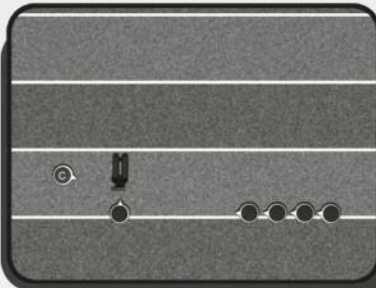


07 ★
As variation, widen cones and work 2 on 2.

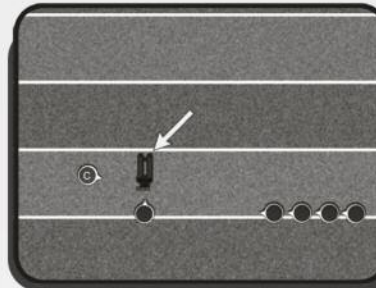
Notes:

Blank area for notes.

One Man Sled



01 ★
Line up OL in one line.



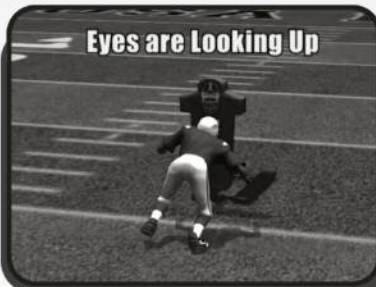
02 ★
Place one-man tackling sled in front of 1st player, who starts in 3-point stance.



03 ★
On snap count, player explodes out of his stance.



04 ★
He attacks sled with drive block fundamentals, driving sled straight back.



05 ★
Pad level is low, base is solid and eyes are looking up.



06 ★
If sled moves off track, OL adjusts feet and rear end, continuing to drive.

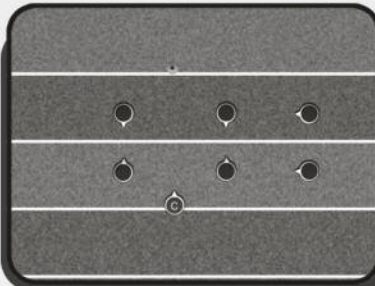


07 ★
Keep feet moving at all times.

Notes:

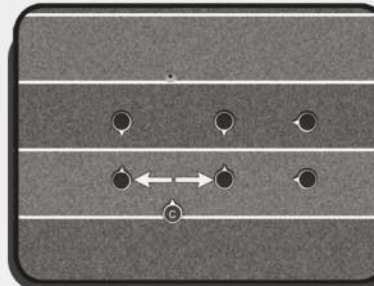
For more useful tips on coaching youth football, log on to www.usafootball.com.

Pass Protection



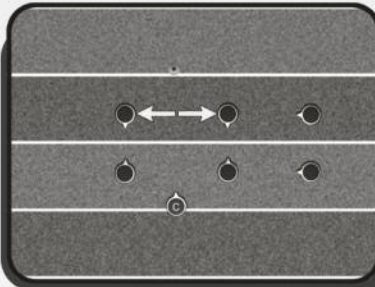
01 ★

Divide OL into 2 lines about 6 yards apart.



02 ★

The 1st player steps out and is the rush defender.



03 ★

The next player is the offensive lineman.



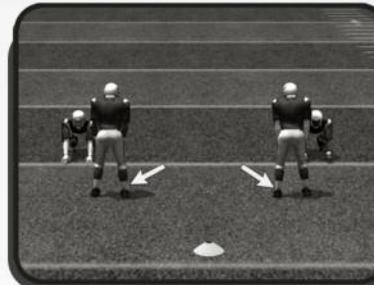
04 ★

On the snap count, the OL push off and step back to set for pass protection.



05 ★

They cannot give up too much room from the LOS.



06 ★

OL must keep good base, low pad level and have quick feet.



07 ★

The defender rushes and tries to get to the cone before the whistle blows.

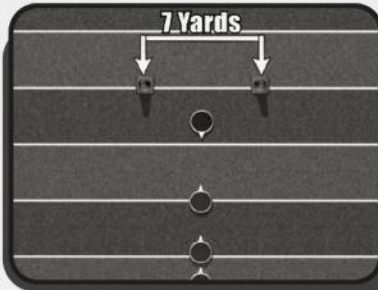


08 ★

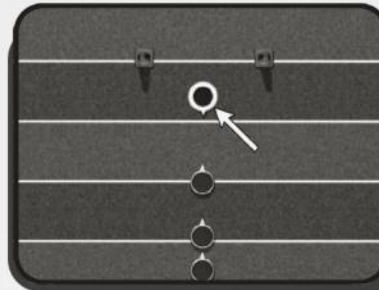
The OL must control the rusher with their hands without grabbing or reaching.

Notes:

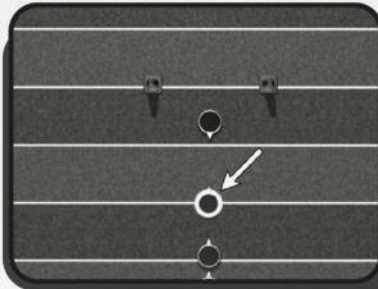
Protect the Cone



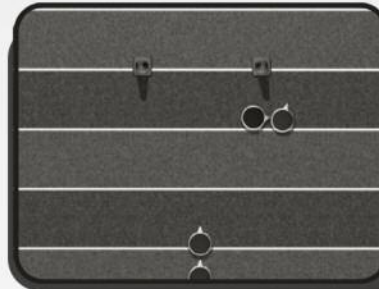
01 ★
Place 2 cones 7 yards apart on a line



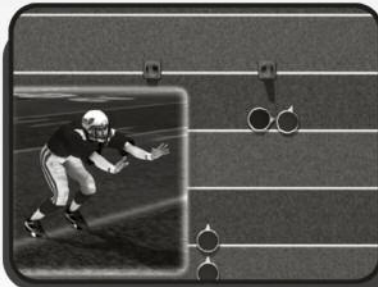
02 ★
Blocker lines up in middle, 3 yards from the line



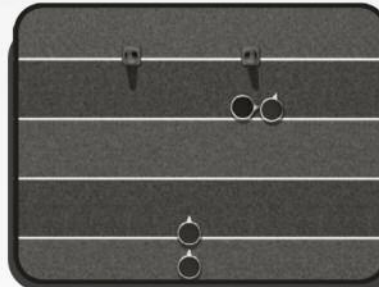
03 ★
Defender lines head up on the blocker



04 ★
Defender rushes the cone, while blocker keeps him away



05 ★
Lineman has good base with bent knees and shuffles his feet



06 ★
He keeps hands up and arms free and extended

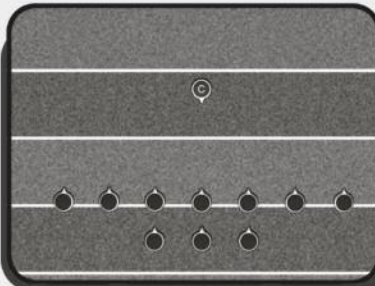


07 ★
After defender passes cone, blocker sprints back to start

Notes:

Blank area for notes.

OL/TE - Stance



01 ★

Line 7 OL across a yard line with 2 yard splits.



02 ★

Each OL should have his feet spread about shoulder width.



03 ★

The OL squat down and reach out with both hands into a 4 point stance.



04 ★

Check for straight back, good base and head up.



05 ★

Then OL pick one hand up and place free arm across the leg.



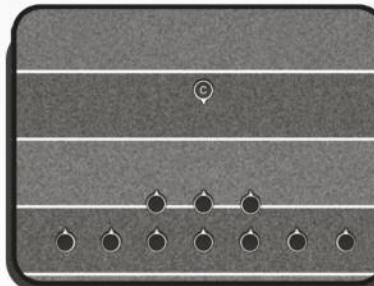
06 ★

Make sure position is maintained in 3-point stance.



07 ★

With all 7 in a perfect stance, have them explode out.



08 ★

Rotate linemen through, giving each several opportunities.

Notes: