

# OFFENSIVE LINE MINI-CLINIC

## JANUARY 18, 2013

“It’s important for a coach to pinpoint the plays he is most likely to use so that he doesn’t waste practice time working on something that will not pay off in the upcoming game plan. Players absolutely hate practicing things that they never use.”

“Come game day, it’s not what the coach knows that matters, it’s what the players know.”

Bill Belichick  
Head Football Coach  
New England Patriots

“When you are in trouble think of players, not plays.”

Marty Schottenheimer  
Former  
NFL Head Coach

“Crown Point will always be in the position to be the best offensive line come playoff time. We simply have a belief and work system that will prevail over the course of a season.”

Dave Egofske  
Football Fanatic

“Do they have the will to get better everyday?”

Chip Pettit  
Former  
Head High School Coach

## **BLOCK AND TACKLE** (Effort Drill) **Everyday drill**

- I. Drill: Block and Tackle (15 minutes, 1's vs. 1's and 2's vs. 2's)
  - A. **Point of Emphasis**
    1. Flipper by covered player
    2. Reach by uncovered player
    3. Movement of D-lineman to the LB
  - B. **Coaching Points**
    1. Run feet
    2. Block through the whistle
    3. Expect pancakes
  - C. **Common Corrections**
    1. Lack of movement, poor flipper
    2. Hand placement by the uncovered player
    3. Slow feet through the linebacker

## **BOARD DRILLS** (Chutes)

- II. **Drill:** Drive Step (3 right, 3 left) **Everyday drill**
  - A. **Point of Emphasis**
    1. Head to first step, eyes on target
    2. Hands back into holster
    3. Gain ground on the first two steps (12 inches on each step) Blocker must pound his feet into the ground (all seven spikes must be in the ground)
  - B. **Coaching Points**
    1. Strike must take place on the second step
    2. Thumbs up and back flat
    3. Physical strike
  - C. **Common Corrections**
    1. False first step
    2. Reaching for the defender on the strike phase
    3. Hand placement (Thumbs)
- III. **Drill:** 45 Degree Inside Zone Step (3 right, 3 left) **Everyday drill**
  - A. **Point of Emphasis**
    1. Overtake the play side shoulder of the defender
    2. Head to play side call
    3. Physical punch
  - B. **Coaching Points**
    1. 45 degree step with toe pointed outside of the defender
    2. Second step must be up field and at the defender's crotch
    3. Backside hand must get in and out the holster to the play side hand
  - C. **Common Corrections**
    1. Swinging of the backside foot
    2. Lackadaisical backside hand strike
    3. Reaching for the defender

IV. **Drill: 90 Degree Outside Zone Step (3 right, 3 left) Everyday drill**

**A. Point of Emphasis**

1. Flat 90 degree step with the toe pointed at the sideline
2. Second step must be up field and at the defender's crotch
3. Sprinter speed mentality

**B. Coaching Points**

1. Toe must be pointed directly at the sideline, on the first step (Bucket Step)
2. Second step must be at the crotch of the defender
3. Aggressive hand action of the backside hand

**C. Common Corrections**

1. False first step
2. Swinging of the backside foot
3. Hand placement of the backside hand

**BOARD DRILLS** (No Chutes)

V. **Drill: Trap Block (3 right, 3 left) Everyday drill**

**A. Point of Emphasis**

1. Speed
2. Square to target
3. Flat back

**B. Coaching Points**

1. First step must gain ground
2. Wide feet
3. Frame the block with the offside hand

**C. Common Corrections**

1. False first step (heel in the air)
2. Narrow feet on contact
3. Turning of the shoulders on the strike

VI. **Drill: Level Two Linebacker (3 right, 3 left) Everyday drill**

**A. Point of Emphasis**

1. Fast feet and high knees
2. Head to play side
3. Wide feet

**B. Coaching Points**

1. Drop rear end prior to strike and accelerate feet through the defender
2. Run to the toes of the defender
3. Physical strike, snap and finish

**C. Common Corrections**

1. Skating of the feet
2. Reaching for the defender
3. Speed through the defender

## **LINE OF SCRIMMAGE DRILLS**

- VII. Drill:** 2 Level (7 minutes right, 7 minutes left) **Everyday drill**
- A. Point of Emphasis**
1. Movement of the down defender, carry the down defender to the LB
  2. Stay on the double team
  3. Hip to hip double
- B. Coaching Points**
1. Proper foot and head placement by the covered lineman
  2. Physical flipper by covered lineman
  3. Uncovered lineman must get his hand together, and second foot to crotch of the down lineman
- C. Common Corrections**
1. Lackadaisical flipper by down man
  2. Screening the LB instead of an aggressive run through and finish
  3. LB must be patient and scrape opposite of the slanting defender in hip-to-hip fashion

## **PASS PROTECTION DRILLS**

- VIII. Drill:** Pass Set Whistle Drill out 2 and 3 point stances (3 right, 3 left) **Everyday drill**
- A. Point of Emphasis**
1. Cut-off step to the inside
  2. Kick-step's to outside
  3. Balance and feet attached to an elastic band
- B. Coaching Points**
1. Head and eyes back
  2. Shoulders square to the line scrimmage, elbows in thumbs up
  3. Feet apart
- C. Common Corrections**
1. Bending at the waist
  2. Feet together
  3. Lazy hand positioning and aggression
- IX. Drill:** Individual Team 1 on 1 Pass Rush (6 to 7 rotations) **Everyday drill**
- A. Point of Emphasis**
1. Pass set quickly
  2. Hands up elbows in
  3. Shoulders square to the line of scrimmage
- B. Coaching Points**
1. Patience wait for the defender to get into your strike zone (Tackles)
  2. Set the plate by the center and guards
  3. Wash an inside rusher into the garbage
- C. Common Corrections**
1. Bending at the waist
  2. Narrow stance (Feet come together)
  3. Lack of confidence on blocking the wide rusher (Patience)

## **PRE-SEASON DRILLS** (Winter and Spring Conditioning)

1. Stance
  - Placement of feet
  - Placement of hands
  - Weight distribution (Four way-“go”)
2. Wall Fit
  - Eye placement
  - Thumbs and arm placement
  - Big chest, square, shoulders, and flat back
  - Square stance
3. Two Step to Engagement
  - Eyes at the target
  - Perfect wall fit
  - First toe aimed outside of the defender
  - Second step, contact and at the crotch of the defender
  - Pound feet into the ground
4. Behind the Back Fit
  - Eyes at the target
  - Arms behind the back
  - Maintain perfect fit posture
  - Pound feet into the ground
5. Form Fit Resistance
  - Defender must hold up blocker and squat “jump” as if being bull rushed
  - Maintain perfect fit posture
  - Stay balance on redirect’s
6. Flipper Drill
  - First foot pointed outside of the blocker
  - Second step at the crotch of the defender
  - Physical shoulder and forearm blow into the defender with the backside arm
  - Frame up the block with front side hand
7. Two Step Superman Cut
  - Flat 90 degree first step with toe pointed to the sideline
  - Fast and flat second step
  - Stretch to cut by leading with your chest by gaining altitude
  - Roll toward the goal-line
8. Power Pull Arc (Center Jump)
  - Set-up around free throw line arc or center jump area
  - First step is a slight drop step
  - Run your feet
  - Dip backside shoulder on turn

- Run to the toes of the defender, drop your hips and accelerate through the defender
9. Mirror Dodge (Down the Line)
    - Two point stance drill
    - Perfect Pass Pro posture with inside foot on the line
    - Post leg must pound into the ground on the inside threat
    - Kick step must be performed while keeping the shoulders square vs. the outside threat
  10. Assembly Line
    - A. Iso
    - B. Power
    - C. Kick
    - D. Inside Zone
    - E. Outside zone

## **IN SEASON TEAM AND GROUP SEGMENTS**

1. Inside run
2. 11 on 11(½ line) Pass Skeleton
3. 7 on 7 Pass Skeleton
4. Goal line
5. 2 minute
6. First down runs
7. First down passes
8. Second down runs
9. Second down passes
10. Third down runs
11. Third down passes
12. Screens and Deceptives

## **RESOURCES**

Jim McNally, Retired Offensive Line Coach (COOL)  
 Howard Mudd, Offensive Line Coach, Philadelphia Eagles (COOL)  
 Dave Christiansen, Head Coach, Wyoming and Offensive Line Coach, Missouri  
 Bill Callahan, Offensive Line Coach, Dallas (COOL)  
 Paul Boudreau, Offensive line Coach, Atlanta Falcons (COOL)

Coaches  
 Of =COOL  
 Offensive  
 Linemen

Mushroom Society: The similarity of the “O-line” coach and fungus-both are kept in the dark and fed garbage, yet continue to flourish!