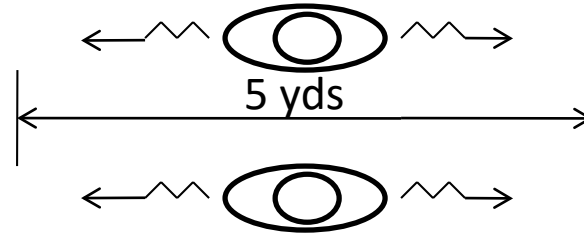


1. Push Pull Drill

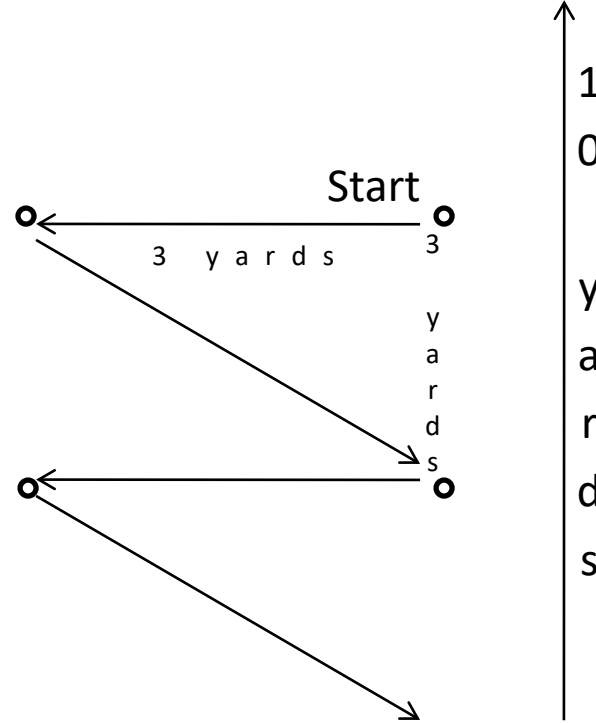
- Done with Partner
 - Offensive player is in a pass set posture (toe to heel stagger, back foot angled out, knees and hips bent, back arched, big chest) with hands behind back.
 - Partner has one hand on Offensive lineman's chest and the other on back of Offensive lineman's neck and will alternate pushing and pulling in a 3 yard space for 8-10 seconds.
 - O-lineman must react to the push by keeping weight on his back foot, fighting with his legs, shuffling feet backwards and keeping his chest in-line with his hips.
 - O-linemen must react to the pull by keeping weight on his front foot, chest in-line with hips, fight with legs and shuffle feet forwards.
 - Each Player should do this drill 3 times.
- Video at: http://www.youtube.com/watch?v=IhC_Wxxk6-g&feature=channel

2. Mirror Drill



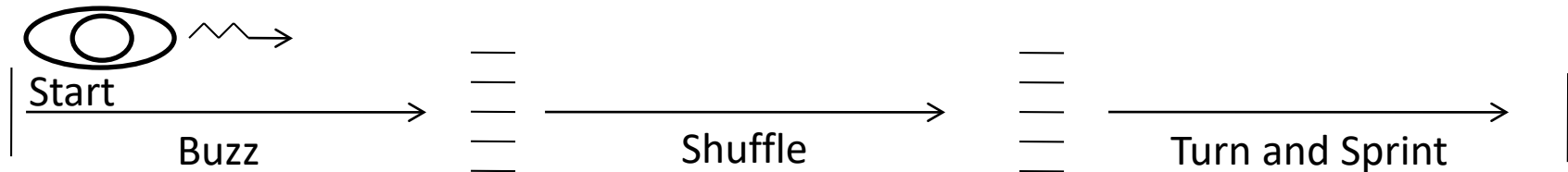
- Done with Partner
- Offensive player is in a pass set posture (toe to heel stagger, back foot angled out, knees and hips bent, back arched, big chest, hands up and ready to punch)
- Defensive player moves back and forth in 5 yard space and attempts to shake the Offensive player.
- O-lineman must react to the movement of the defensive player by shuffling back and forth keeping a good pass set posture and heel to toe stagger at all times and work to keep his back foot on the midline of the defender's body.
- Each rep will last approximately 10 seconds, Offensive lineman must be sure to switch his stagger every rep (other foot is up) each player should do this drill 3 times.
- Video at : <http://www.youtube.com/watch?v=dFJ9WcBtv6I&feature=channel>

3. W Drill



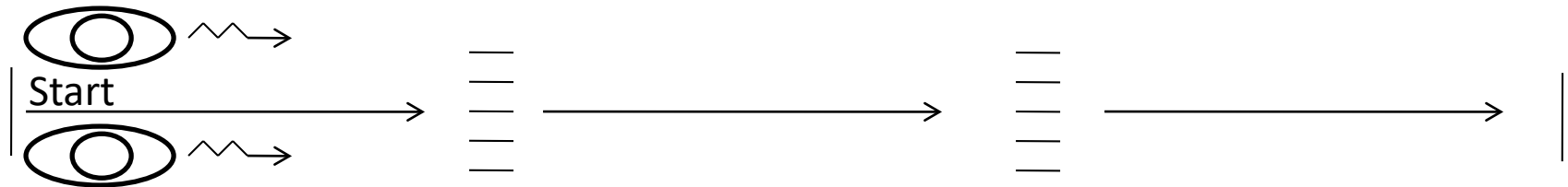
- Set up 4 cones in a 3 yard square
- Offensive player is in a pass set posture (toe to heel stagger, back foot angled out, knees and hips bent, back arched, big chest, hands up and ready to punch) at the first cone
- Start with post foot (foot that is forward in your stagger) take a 3 inch lateral step to your left, then slide your back foot 3 inches to the left to get back to your original stagger. Repeat this till you hit the second cone.
- At the second cone, take a 6-8 inch step at a 45 degree angle in the direction of cone #3 with your back foot, then slide your post foot 6-8 inches to get back to your original stagger. Repeat this until you hit the third cone.
- At the third cone, move laterally as you did before until you hit the fourth cone and then move at a 45 degree angle as you did before, at the end of the drill, sprint 10 yards forward to simulate getting back up on the ball in our Nascar pace.
- Be sure to work this drill in both directions. Start by moving at a controlled pace for 2 reps and focusing on technique, then build speed in the last 3 reps with perfect technique (total of 5 reps in each direction).

4. Wave Drill



- This drill simulates moving laterally at different speeds
- Offensive player is in a pass set posture (toe to heel stagger, back foot angled out, knees and hips bent, back arched, big chest, hands up and ready to punch) lined up on the sideline with shoulders parallel to the line of scrimmage.
- Start with post foot (foot that is forward in your stagger) take a 2 inch lateral step to your left, then slide your back foot 2 inches to the left to get back to your original stagger. Repeat this till you hit the hash mark. This is meant to simulate the speed you will use when moving laterally in a confined area.
- At the hash mark, posture and stagger will stay the same but the player will take larger steps of approximately 4 inches. This is meant to simulate moving laterally in a larger space where you need to cover more ground.
- At the next hash mark, the player will open his hips and sprint to the sideline. This is meant to simulate a situation where you have to cover so much ground that moving laterally is no longer an option.
- This should be done in both directions. The front foot in your stagger should be the foot that you lead with when moving laterally.
- Do this drill 2 times in each direction.

5. Rabbit Drill

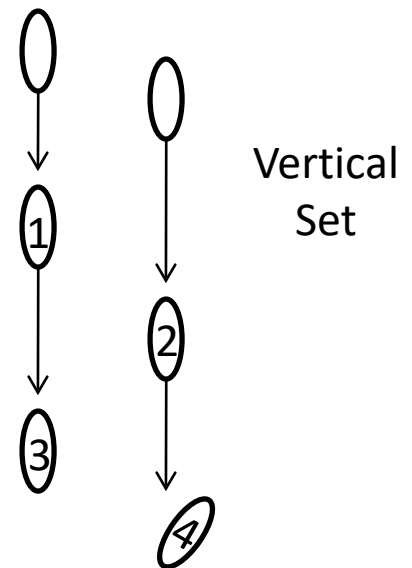
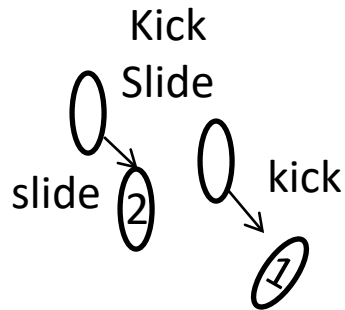
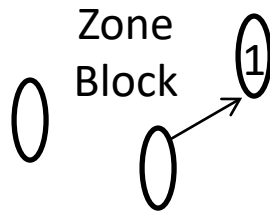


- This drill is a progression of the Wave drill and simulates moving laterally at different speeds and reacting to a defender
- Offensive player is in a pass set posture (toe to heel stagger, back foot angled out, knees and hips bent, back arched, big chest, hands up and ready to punch) lined up on the sideline with shoulders parallel to the line of scrimmage.
- Defensive player moves from sideline to sideline at varying speeds.
- O-lineman must react to the movement of the defensive player and work to keep his back foot on the midline of the defender's body by moving at a buzz, a shuffle, or turning and sprinting, based on how fast the defender is moving.
- This should be done in both directions. The front foot in your stagger should be the foot that you lead with when moving laterally.
- Do this drill 2 times in each direction.

6. Leverage Drill

- Done with Partner
 - Offensive player is in a run block fit (arched back, feet slightly wider than shoulder width, toes pointing out, knees bent, hips low, face in defenders chest, hands in an inside position on defenders chest plates with thumbs up).
 - Partner is standing tall and leaning into offensive player with hands on the outside of the Offensive players shoulder pads.
 - O-lineman keeps a good run block fit and drives partner using short choppy steps.
 - After 5 yards of driving, the partners will immediately switch roles. The partner needs to quickly go from standing tall to dropping his hips and getting into a run fit position with hands inside and driving his partner.
 - The partners will alternate roles in the 5 yard space until they have both done the Offensive role 3 times.
 - Do this drill 3 times.
- Video at: <http://www.youtube.com/watch?v=qNEC7Wc3Qv8>

7. Ball Punch Drill



Vertical
Set

- Player starts in a 3 point stance but with hands on the medicine ball (or any heavy object) instead of the ground.
- We will be working on 3 different movements out of your stance: zone block, kick slide and vertical set.
- **ZONE BLOCK:** From your 3 point stance you will pick up the ball and take a 6-8 inch 45 degree step to the direction of the zone block and throw the ball from your chest with your thumbs up and elbows in. Be sure to do this both to the right and left and in both a right handed and left handed stance.
- **KICK SLIDE:** From your 3 point stance you will pick up the ball and take a 6 to 8 inch 45 degree step backwards with the back foot in your stance, slide your front foot 6-8 inches to get back to your original stagger. You should be in a good pass blocking posture (bent knees, arched back), throw the ball with thumbs up and elbows in. Do not bring the ball all the way into your chest before throwing and be sure to keep your shoulders back when you throw and do not lunge forward. Be sure to do this in both a right and left handed stance.
- **VERTICAL SET:** From your 3 point stance you will pick up the ball and back pedal for 4 steps starting with the forward foot in your stagger. After the fourth step you must sink your hips and get into a good pass blocking posture, throw the ball with thumbs up and elbows in. Do not bring the ball all the way into your chest before throwing and be sure to keep your shoulders back when you throw and do not lunge forward. Be sure to do this in both a right and left handed stance.
- Do 5 reps for each movement for a total of 15 reps.
- Video at: <http://www.youtube.com/watch?v=Gr8edyU6xTw>