

**THE MOORE
METHOD**

**BELIEVE
IN THE BASICS**

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THE JOE MOORE AWARD





The Joe Moore Award | Talking Points

The Name: The Joe Moore Award for the Most Outstanding Offensive Line Unit

What makes it unique: It is the only current college football award that honors a UNIT instead of an individual.

Why that matters: Football is the ultimate team sport and the offensive line represents that more than any other position. When they work together, great things happen. If one player missteps, the whole team pays the price.

Who is Joe Moore?

- The award honors the legacy of Joe Moore, widely regarded as one of the best offensive line coaches in college football history.
- Was all about toughness and teamwork. Had a unique ability to get his players to exceed their own expectations.
- He coached most notably at the University of Pittsburgh and Notre Dame.
- He coached and developed several All-Americans throughout his storied career:
 - Bill Fralic
 - Mark May
 - Russ Grimm
 - Jimbo Covert
 - Mark Stepnowski
 - Andy Heck
 - Aaron Taylor
- Coached 52 players who went on to play in the NFL, several of whom are in the Pro and College Football Hall of Fames.
- Famously said, ““There is no greater joy in life than moving a man from Point A to Point B...against his will.”

How will units be judged: The toughest, most physical offensive line unit in the country will be chosen based on six (6) criteria:

- Toughness
- Effort
- Teamwork
- Technique
- Consistency
- Finishing

Who chooses the winner?

- All 130 current OL coaches at the FBS/Div 1 level.
- Legacy Committee of former coaches, players, & colleagues of Coach Joe Moore.
- Select Media - only those that played, coached, or evaluate the OL position.

About the trophy

As the only current college football award to honor a unit, the Joe Moore Award trophy is worthy of a group, so it is the largest trophy in college sports and potentially the largest ever.

Who is behind the Joe Moore Award?

The Joe Moore Award is presented by the **Foundation for Teamwork**, a non-profit organization dedicated to fostering the essential aspect of all great societal endeavors: teamwork. The mission is to bring that spirit of collective achievement not only to sports, but also to schools, organizations, businesses and communities.

How can we follow the process?

Find out more at joemooreaward.com and follow us on Instagram (@joemooreaward), Twitter (@joemooreaward) and Facebook at facebook.com/JoeMooreAward.



The Joe Moore Award O-Line Credo

Teamwork. It's what defines football as a sport and it is displayed in its greatest glory – in its most profound necessity – in the play of the offensive line. For it is there that individual achievement only matters if the entire unit is performing. When we execute together, great things happen. But if one player missteps, the rest of the team pays the price. That idea – along with hard work and the willingness to strive to be your best – embodies what Coach Joe Moore instilled in his players.

But it's about more than football. It's about how we live our lives, how we contribute to society, how we participate in the realization of great things. Teamwork is a bond. It's a promise. And it's a commitment to put the greater good above ourselves. It's the greatest form of individual achievement because it requires total sacrifice – of focus, of effort, of ego. The road to success requires an unwavering commitment to purpose that creates an unbreakable bond between each of us. And it makes that success one of the greatest achievements on the planet.

“I AM BECAUSE OF US.”

JOE MOORE





JOE'S BELIEFS



“Football is still a game of toughness,” Moore said. “For years people have been trying to figure out a way to win without anybody perspiring. It is not a chess game; it’s a game of will and contact.”

“There are two thing you win with: defense and running the football. If you don’t have those two ingredients, you’re just not going to win the big ball games. If you can’t run the ball, you must have a tremendous defense to keep getting the ball back. I just don’t see championship teams that can’t run the ball...everybody has to be able to run the ball.”

“I prefer to look at what we’re doing because the opponent can change. You can look at film all night and it tells you what they’ve done. But we just played three teams (Purdue, Stanford and Air Force) and they did nothing that was shown on the films.”

“When you’re a 6-5 team, then film have greater meaning. What you see on film is what you’ll see in the game, but when you’ve won 19 in a row, everybody you play is going to try something different.”

“But hey, it isn’t a matter of them lining up and us punting the ball because they’re in a certain defense. No matter what they’re lined up in, there are always things there to attack. As the season wears on, there are only so many different looks you can see. We should know them all pretty well by the end of the year.”

“When you get to this level, there are no magical teaching secrets a coach can use to get them to play better. It has to come from within the hearts of the players. There’s a barometer inside every football player. What level each player can attain is dictated by the barometer.”



JOE'S BELIEFS



TEACHING

“I learned a long time ago that you never react as a teacher or a coach to the other person’s emotions, whether they are up or down,” Moore said. “If they’re down, you have to sense that and pick them up. But there are things they have to learn, and you can’t be concerned whether or not they like you... I’ve had kids threaten that they’re going to beat me up. I just laugh because there’s such a long line now, they’d be so far back in the line that by the time they got to me, there would not be anything left.”

BUILD BELIEVERS

“I have never told a kid he can’t do something. The worst thing you can do is have them think that you think they can’t do something.”

COACHING DIFFERENT ABILITIES

“You can’t get on a kid who can’t do something. I’ve had kids on this team who I’ve never really gotten on because they weren’t capable of doing it. All I try to do is encourage those kids to enjoy football as much as they can. The ones that are capable...they have to enjoy football through success.”

EXCUSES... NO ONE CARES

“Injuries are important before a game. After a game it’s, ‘Did you win?’ It’s like (poor) weather. Weather always affects the losing teams. I’ve always been lucky. My linemen **stick together. They help one another.** If they see I’m really on a kid, they’ll pick him up.”

PLAYER IMPACT ON THE SCHOOL

“I’ve never had a great player who wasn’t good for the University. That’s more important than being a great player.”

“They’re only here for a short period of time, and if their mark is negative, it isn’t worth it. If they’re not a positive force within the university, then I don’t think they should represent the university.”



JOE'S BELIEFS



CORRECT NEGATIVE

“When you’re on the field, you have to make sure they get the job done. Whether you realize it or not, every kid out there is special to somebody. I always try to maintain that thought because I wouldn’t want that to happen to my own kid. I believe in correcting negative things, but not a negative viewpoint.”

CONFIDENCE

Confidence, according to Moore, comes in great part through fundamentally sound technique and strong work habits.

“The thing that I’ve found in my coaching career is you show me 1,000 coaches and I’ll show you 1,000 guys who will talk fundamentals. And out of that 1,000, there aren’t three who really believe in it. I think it’s the most talked about area in coaching, and it’s the least emphasized.”

FUNDAMENTALS

“I observed as many coaches as I possibly could, I watched films of as many coaches as I possibly could. And that’s when I realized that there were very few people who believed in fundamentals. I also realized that those who believed in them may have not always had the best record, but always had winning records. They may have not had the best players, but they always had winning records.”

“People who don’t have strong fundamentals – they always have to search for a weakness in the defense. But if you’re good enough fundamentally, you don’t have to search – they’ll give you the weakness. You just have to be good enough to take advantage of it.”

“The only advantage you can have is to be more efficient with what you do than they are with what they do.”

STANDARD RELATIVE TO PLAYER’S CAPABILITIES

“Once I make a judgement as to what they can achieve, I’m going to work with them to get to that level. I’ll be darned if I’m going to walk on the football field with a negative attitude.”



JOE'S BELIEFS



DAD'S ADVICE

"The best advice I've ever got in coaching came from my father," Moore said. "Before I left for my first job," he said, "Teach 'em to aim their pads the way I taught you to aim your bat." In other words, **repetition**. The most important thing a coach can say is '**Do it again!**' because you learn through reps."

DAILY CHALLENGE – KEEP YOUR LIFE SIMPLE

"You got up in the morning and did your job no matter what. Everything was centered around the family, the community and the neighborhood, but the family was the whole thing."

AVOID DISTRACTIONS FROM BEING GREAT

"Kids grow up now with another voice in their ear – radio, TV, music, whatever – in no matter what they're doing. They have a different approach to life."

BEST PLAYERS

"I think they all had, deep inside, the goal to be the best," says Moore, when asked about his role in the development of his Pitt All-Americans."

"All I know is I love to coach kids. I don't know of a kid I've ever coached who I made worse. I never aspired to be an offensive coordinator or a head coach. You have to understand the things you enjoy in life and pursue the things that make you personally satisfied. I'm an offensive line coach and I've never wanted to be anything else."

"Coach Moore is nothing but positive," tri-captain/quick tackle Andy Heck said, "**We practice to play at a championship level.**"

FOCUS ON ACADEMICS & ATHLETICS

"Everybody wants a social, an academic and an athletic life. If you do those 3 things, you better be one bright person. There are 24 hours in a day and that's plenty of time for two of those three pursuits – academic and athletic. Every kid I've seen who has had trouble in college was someone tried to fit all three."



JOE'S BELIEFS



“I truly believe this team is close to being one of those teams that won’t let anything affect it. **I think that comes from the leadership of these seniors.**”

GREAT TEAM

“The thing that stands out about this group is the fun they have playing the game. **It’s something you can see in their eyes.** Practice can be difficult, but you can see they enjoy their time on the field. There’s one other telltale sign. The louder the pops of the pads, the more you know they enjoy it.”

GREAT PLAYERS HATE BEING BEAT

“It’s easy to be aware of the misgivings of others, but how many people can actually evaluate themselves accurately? The good, the really good offensive linemen can’t stand to be beat, and they do something about it. The ones who accept failure never improve. That’s why there are so few great offensive linemen, not nearly as many as proclaimed.”

HONEST SELF-EVALUATION

“When you find a guy who gets beat and doesn’t try to rationalize it, then you’ve found a guy who has a chance to get better.”

FUNDAMENTALS

Great fundamentals are the foundation of every block.

The more your master fundamentals and skills, the better chance there is for success.

Fight to improve fundamentals – EVERY drill, EVERY day



JOE'S BELIEFS – CLINIC NOTES



TALKING ABOUT TEACHING FUNDAMENTALS

AS A HIGH SCHOOL COACH

“I said there’s one thing that I know that I can improve on a kid **no matter what**, I could teach them to at least get on somebody and stay on. I find most coaches don’t believe it. They don’t believe you can block the guy opposite you, I ALWAYS felt you can. I believe you teach your kid and you work with them and you give them the right fundamentals and you **take time to coach them** and you get enough time in practice. When I was a HS head coach we would go a minimum of an hour, I was at four HS’s and all four lost before I got there, and we won at all four of them.”

“If you get good enough fundamentally, your going to make the defender compensate so that he’ll give you something. If your good enough fundamentally you don’t have to search for a weakness in the defense, they’ll give it to you then you have to be good enough to take it.”

YEARS LATER AT NOTRE DAME

“I am always looking for more time. If they gave me two hours a day to work fundamentals, I never got bored with fundamentals. Sometimes I get 45 to 50 minutes. It seems like 5 minutes. We go team for 45 minutes it seems like three days. So if there’s one thing I believe in is you can teach a kid.”

“My dad was a great baseball guy and when I first was leaving for my first job the thing he said to me was to teach them to aim their pads, like I taught you to aim the bat. He meant it would be repetition, repetition, repetition. You can never give a kid enough reps. I’m a rep guy and I just keep doing it, keep doing it, keep doing it. I think if you do the fundamentals, what ever play your going to run, its going to work now. I believe in fundamentals, and you have to teach a kid he CAN block.”

STUDIED BLOCKING

Joe’s best friend, Dan “Bad Rad” Radakovich, the greatest assistant coach of all time, would spend hours talking blocking. “I studied great blockers like Munoz in the pros and great players I coached like Russ Grimm, Jimbo Covert, Bill Fralic I didn’t have to do much with them, but I studied them when I had them and I study to this day. Get films and study them.”

“I talk to coaches and I believe about 10% of what coaches tell me and 100% of what I see on film. For 18 years as a high school coach I would find out where spring ball was and go watch the guy coach it was a great experience for me.” “I observed as many coaches as I possibly could, I studied films and that’s when I realized that there were very few people who believed in fundamentals. I also realized that those who believed in them may not always had the best record but they always had winning records.”



JOE'S BELIEFS – CLINIC NOTES



COACHING & BELIEVING

“The players I coach have to think they are UNSTOPPABLE, that we’re going to somehow get under people, we’re going to block them”

“My offensive linemen are NEVER afraid.”

“I want you to start in an athletic position to be a football player, I don’t care where you play, you have to be an athlete, No matter what he does, if his feet aren’t under him, he will not be successful. If he is successful its because the kid he played against stinks. Eventually, he’s going to play against somebody pretty good. You cannot play football unless your feet are under you. You can’t play basketball, can’t play golf, can’t play anything.”

STANCE & TAKE OFF

- Toes out a little - Weight on balls of feet - Down hand under chin.
- About toe instep stagger with inside foot up.
- No false movements on anything he does
- Elbows should NEVER leave his side.

“If I'm watching from behind them, and I can see his elbows, he’s not performing the block the way we want it. (*armless from behind*) That way I don’t have to spend a lot of time on the hand placement. This doesn’t get them off balance. Anytime we’re coming off the ball, just flying off the ball, we’re going to have someone covering our backside.”

FOOTWORK

“A rule was getting pad under, keep your hands inside, get your LEVERAGE and just RUN THROUGH PEOPLE... The first step is the single most important step because all it does is get you into your position to get leverage. We want balance at all times. The first step is to get us into position. If I'm going to block somebody who’s right here (tight) with a base block, naturally, my first step isn’t much. The next two steps are the ones that make it, how fast you get into him, then you accelerate like hell. By accelerating, I mean just accelerate, go like you are full sprinting on the guy, once you’ve made contact.”

AIMING POINT

“The next most important point is to have an aiming point. (*Spot on defender that gets him in a position of LEVERAGE*) The near foot leads to that aiming point. The blocker must lead with his eyes and not his face mask, he must look his block in.



JOE'S BELIEFS – CLINIC NOTES



LEVERAGE

“There are two types of leverage. UP and down leverage; your pads lower than his. That's the next thing you have to work on all the time. That's your aiming point, where your going to hit them and you got to get under the pad. Your always going to work under pad, under pad... First thing you want to do is make contact with our shoulder. The only way you can bring your feet up under you is if you make contact with our shoulder. Our goal is to get our shoulder on his chest. I got to look my block in at all times. I must look it in and kind of turn my head into the block once I get there... The first thing you do, we want to make contact with our shoulder then bring your feet up under you... You have to work leverage in all your drills, you have to do it.”

“The other leverage is INSIDE. That's why your elbows have to be in, I got to get my hands inside. In 1-1s vs DL, he tried to get his shoulder pad under my helmet, I tried to get my shoulder pad under his helmet. He tried to get his hands inside my hands and we tried to get our hands inside his.”

“I'm always searching for under and inside, under and inside, and I'm going to accelerate like hell, I want to go crazy on the block.”

“We want to get in a good stance and then find the aiming point, after that we must get Pad under Pad. It's a LEVERAGE GAME. If the two players are equal, the man with leverage will win every time, if the two players are not equal, the man with leverage will win every time. If the blocker stinks and the defender is great, leverage will not matter.”

“We want to keep the helmet to the play side. Our 1-1 drills teach them to keep their helmet to the play side. This is where the elbows and hands come into play. The STRENGTH is inside with the arms and hands. We do not want them to turn the defender, we want to get movement on the defender-through the aiming point. We do not want the defender to cross the helmet-accelerating is the key.”

HANDS

“We want our hands inside defenders hands. I like to coach from behind or in front and the main thing I look for are the elbows. If I can see the elbows from behind he's not blocking properly. Keep the elbows in at your side. If you start stressing the hands too much, you lose other key points. We do teach them to use their hands, but we stress other things much more. We feel the hands will take care of themselves when the elbows are in. Don't get me wrong, the hands are important. I'm not saying our kids don't hold. We do not teach them to hold and tackle on offense.”

BRING YOUR KNEES

“We tell them to bring their knees, we try to bring our knees to the block. You're going to drive your knees and try to bring the knees up into the guy, which then brings your feet up under you. We'll drive forward with our knees. Their legs must go with the blocker. That's where the STRENGTH is. If the feet aren't under the blocker, the first thing that happens is he loses contact. He must get on and stay on the defender.”



JOE'S BELIEFS – CLINIC NOTES



CONFIDENCE-BELIEF

“We would do something like 30 Double teams in a row in practice. It got boring, BUT in games, they became second nature. We would go into games with complete confidence because we knew what we were doing. He emphasized that you can't play well you don't have that confidence or BELIEF in what your doing.” Tim Grunhard-former ND player-NFL player 10 + years

“Said there's one thing that I know that I can improve ,no matter what type of kid,I could teach them to at least get on somebody and stay on.I find that most coaches don't believe it.They don't believe you can block the guy opposite you. I always did.

“I WILL NEVER TEACH SOMETHING THAT HAPPENS NATURALLY.”

“I've never said roll your hips because if your making a great block, it happens naturally and if you teach a kid to roll his hips the first thing he is going to do is stop his feet. Now it comes naturally, he comes underneath the guy and gets movement, his eyes are up and he's on his chest, he will climb up naturally. Rolling hips is a term I have never believed in and no ones allowed to say that to my linemen.”

DOWN BLOCK

“One thing on a down block that I've learned is you never set-to a down block. You just turn on your heel. I'm a tackle blocking down on a 3 Tech all I want to do is turn. (If the guy is going to run up field the you can step and drive him it won't matter.)

DOUBLE TEAM

“On double teams you must be square to be in position to come off on LBers. Example, the RT can never let his right foot be ahead of left foot, can't stay square and the double team can be split.”

GENERAL THOUGHTS FROM MEETINGS WITH JOE

The sole purpose of the blocks is to get the mans chest, his whole purpose is to keep the blocker away from his body. You must get the shoulder pad under his pad.If you can get too his chest and get your pad under his pad, you have a great chance to block him.

Allow no penetration in running game

REPETITION

REPETITION - do in practice what you want to do in the game.

Drills should be done at game speed

Offensive line sets the pace

Players must know exactly what to do on each play and pass protection.

“Your RG doesn't know what he is doing. He's conflicted, unsure-conflicted..” There are no such thing as “little things” all are important.”

You move defenders with ass and legs.

Watch film with players... “how would you make this block next time?”

Must stay between your man and the ball.

Pride - keep your man off the ball. Blocking is what you do....

Determined - when things aren't going well.

The enemy is from within...

It's your will vs the defenders - who's will be greater.

Let the Coach set the standard for the player-then player needs to go after it.

ALWAYS work to improve.



JOE'S BELIEFS – CLINIC NOTES



GENERAL THOUGHTS FROM MEETINGS WITH JOE CONTINUED

Put an o-line on the field not mentally prepared is the coach's fault. To put O-line on the field not physically prepared is players' fault. Need confident players who think "coach believes in me."
Need to give incentives ex. 0 penalties, 0 sacks, never be the reason a drive is stopped. Higher than 20% body fat is unacceptable.

Pass Pro - Make defender take short steps and no direct route to QB. Once they are short, you have him. Longer strides are a problem.

Pass Sets - OT's slide technique - Push off inside foot and slide for depth.

WATCH FILM VS. STUDY FILM

"When I'm talking to coaches that have not studied films I know that person does not know what he is talking about. I have talked to coaches that have been in the game 30-40 years. They have watched films but never studied the films. I know they do not study the films when they'll tell me to roll the hips. We do not teach them to roll there hips. People will roll the hips, but they do it naturally. We don't teach what happens naturally. If we roll our hips on contact, we lose strength.

7 MAN SLED

"I used to drive by a school that was always working on a 7 man sled. I figured I had a chance to beat that team. I asked the coach why, and he said to get the OL to come off the ball at the same time. I'm not to smart, but I do know this - if they get off the ball at the same time, they are not getting off the fastest man, but they are getting off as the slowest man. If you can watch 7 guys at one time you are better than I am, I have trouble watching a man's left arm. If you can watch 7 guys at a time you should be on Saturday Night Live. I'm not against the 7 man sled for conditioning. If you start coaching them when they are working on conditioning, you are wasting your time."



WHAT'S IMPORTANT



BAD RAD

"I have learned a great deal from Dan Radakovich. He is the best I have ever been around. I have adapted some things on my own, but Rad chews me out about them when he is watching us on film..."

STUDY

"I do not care who you are, you get in a habit of seeing things that you want to see. You are about 95% of the time on your film, but that 5% can make you a better coach"

TO HIGH SCHOOL COACHES

"If you believe football is something worthwhile, then you will know how to approach them In most schools that are losing in football, the good athletes plays basketball and baseball."

"I was at four schools and all four of them had losing programs when I went there. I had to go get the athletes in all four schools."

LINE PLAY & WINNING

"I can't think of any lineman that we have gotten that was ready to play where the high school coach was not a winning coach. There must be some correlation between offensive line and winning."

"It is so damn important. You do not need to just sit and listen, you need to go watch people coach."

STRENGTH

"One thing I believe in is strength. The number one area where you need strength is in the legs. Kids like to work with the arms because it makes them look better in a t-shirt. I talk to a lot of good football coaches about strength in the legs. They all stress the squat."

LEARN HOW TO COACH

"I have been lucky in that I have been able to go watch other coaches. I go watch and listen and I pay attention. I approach everything as if I do not know anything about it. If I see someone teaching something that I think is wrong, or if I think he is teaching it wrong, it makes me a better coach. Always challenge your mind and your thoughts. Always try to get better. Always associate with winners."

STANCE

"They must be able to move in any direction that the offense requires without any false movement. It is that simple. If they have to take a false step or a false movement, then you need to change that stance."

"The only way you will know if they have a good stance is by studying the film. Look for false movement."

FIRST STEP

"The first step is to get you into position to make a block."



WHAT'S IMPORTANT



“The next most important point is to have an aiming point. The near foot leads to that aiming point... It is a leverage game.”

LEVERAGE

“The sole purpose of the block is to get to the man’s chest. His whole purpose is to keep the blocker away from his body. You must get the shoulder pad his pad. If you can get to his chest and get your pad under his pad, you have a great chance to block him. The elbows must be kept inside.”

“The block must lead with his eyes and not his face mask... If the feet are not under the blocker, the first thing that happens is he loses contact.... We want to keep the helmet to the play side.”

PREVENT FACE CROSSED

We do not want the defender to cross the helmet to the play side. If the blocker has his feet up under him and the elbows are in, it is more difficult for the defender to cross the helmet.”

DEFENSIVE COACHES

Defensive coaches are nice people, but you can’t trust them. They will lie to you. They will lie, cheat, and do everything to look good in practice. So, I do not even bother with them. I never ask our defensive coaches what they are doing. I have no idea what front they are running in practice and I don’t care.... Anytime they ever told me they were using a front it was the one they were using yesterday. Don’t get involved with all of that crap.”



OFFENSIVE LINE CHARACTERISTICS OF EXCELLENCE



HOW YOU EMBRACE THE FOLLOWING POINTS WILL DETERMINE HOW GOOD YOU AND OUR LINE BECOMES ON AND OFF THE FIELD. INDIVIDUALLY AND COLLECTIVELY. IT TAKES SACRIFICE TO BE GREAT AT ANYTHING.

- TWO WAYS----** 1. YOUR DAILY **ATTITUDE** AND **ACTIONS** - BOTH 100% IN YOUR CONTROL
2. DEMONSTRATE OUR **TEAM TRAITS** — ATTITUDE, FOCUS, DETAIL, SMART, GRIT

1. **SET THE EXAMPLE** - 'AT ALL TIMES' (AAT) - 'NO MATTER WHAT' (NMW). BODY LANGUAGE IS YOUR COMMERCIAL. (WHO YOU ARE)
2. **DISCIPLINE** - DO WHAT NEEDS TO BE DONE - **WHEN** IT NEEDS TO BE DONE - AS WELL AS
3. **TCB** - FIRST OPPORTUNITY.
4. **100% CLASS ATTENDANCE** - PARTICIPATE, COMPLETE ALL ASSIGNMENTS ON TIME
5. **LIMIT PHONE ATTRACTION** - BUILD PRODUCTIVE HABITS - TIME MANAGEMENT. **TEAMMATE.**
6. **PLAN DAILY** - WHAT NEEDS TO BE DONE. **CALENDAR.**
7. **COMPETE TO DOMINATE** - YOUR MAN EVERY OPPORTUNITY. 1-1, 1/2 LINE, TEAM, SCRIMMAGE.
8. **FLIP THE SWITCH** - IN WEIGHT ROOM, CONDITIONING, DRILLS. PREPARES YOU FOR HOW YOU WANT TO **PLAY THE GAME.**



YOU DECIDE THE LEVEL OF THESE



1. **TOUGHNESS** - DEMONSTRATED AT ALL TIMES
 - A. MENTAL - ALLOWS YOU TO BE AT YOUR BEST... ON COMMAND
 - B. PHYSICAL - OUT HIT & FINISH DEFENDERS, PHYSICAL ELEMENT IN EVERY PLAY
2. **NO BREAKING POINT** (ARA)
 - A. DEVELOP STRENGTH & STAMINA THROUGH DAILY TRAINING & PRACTICE
 - B. PUSH WHEN TIRED, RELENTLESS ATTACK - TRAINING, PRACTICE, GAME.
3. **EXECUTION** (TEAM THAT MAKES FEWEST MISTAKES... WINS)
 - A. CONCEPTS VS DEFENSES. BASE-BLITZ-BOX
 - B. NO LIMITS TO IMPROVING FUNDAMENTALS & EXECUTION.
 - C. WE TURN NO ONE LOOSE

OUR STANDARDS EVERY DAY

OFF THE FIELD

1. MAN OF YOUR WORD
2. RESPECTFUL
3. 100% CLASS ATTENDANCE
4. TCB = FIRST OPPORTUNITY
5. BE A STUDENT OF THE GAME
6. FUNDAMENTAL OBSESSION
7. NUTRITION/REST
8. STRENGTH IMPROVEMENT

OFF THE FIELD

1. DEMONSTRATE TOUGHNESS (AAT)
2. DO YOUR JOB
3. PLAY FUNDAMENTALLY SOUND
4. PRACTICE HARD TO PLAY HARD
5. K-POC - FLIP YOUR SWITCH
6. PHYSICAL - TAKE NO SHIT, NO CHEAP SHOTS
7. PLAY WITH ONE SET OF EYES
8. DOMINATE OBVIOUS SITUATIONS
 - GOALLINE - 4TH DOWN
 - 3RD & LONG

JOE MOORE BELIEFS

DAILY CHALLENGE - KEEP YOUR LIFE SIMPLE:

"YOU GOT UP IN THE MORNING AND DID YOUR JOB NO MATTER WHAT. EVERYTHING WAS CENTERED AROUND THE FAMILY, THE COMMUNITY AND THE NEIGHBORHOOD, BUT THE FAMILY WAS THE WHOLE THING."

JOE MOORE BELIEFS

GETTING MORE TIME FOR FUNDAMENTALS:

"I AM ALWAYS LOOKING FOR MORE TIME. IF THEY GAVE ME TWO HOURS A DAY TO WORK FUNDAMENTALS, I NEVER GOT BORED WITH FUNDAMENTALS. SOMETIMES I GET 45 TO 50 MINUTES, IT SEEMS LIKE 5 MINUTES. WE GO "TEAM" FOR 45 MINUTES AND IT SEEMS LIKE THREE DAYS. SO IF THERE IS ONE THING I BELIEVE IN IS YOU CAN TEACH A KID."

JOE MOORE BELIEFS

ROLE OF A COACH / BEST VERSIONS OF SELF:

"YOU CAN'T GET ON A KID WHO CAN'T DO SOMETHING. I'VE HAD KIDS ON THIS TEAM WHO I'VE NEVER REALLY GOTTEN ON BECAUSE THEY WEREN'T CAPABLE OF DOING IT. ALL I TRY TO DO IS ENCOURAGE THOSE KIDS TO ENJOY FOOTBALL AS MUCH AS THEY CAN. THE ONES THAT ARE CAPABLE... ***THEY HAVE TO ENJOY FOOTBALL THROUGH SUCCESS.***"

JOE MOORE BELIEFS

REPETITION:

“THE BEST ADVICE I’VE EVER GOT IN COACHING CAME FROM MY FATHER,” MOORE SAID. “BEFORE I LEFT FOR MY FIRST JOB, HE SAID, ‘TEACH ‘EM TO AIM THEIR PADS THE WAY I TAUGHT YOU TO AIM YOUR BAT.’ IN OTHER WORDS, REPETITION. THE MOST IMPORTANT THING A COACH CAN SAY IS ‘DO IT AGAIN!’ BECAUSE YOU LEARN THROUGH REPS.”

JOE MOORE BELIEFS

HOLDING PLAYERS TO THE STANDARD

“I LEARNED A LONG TIME AGO THAT YOU NEVER REACT AS A TEACHER OR A COACH TO THE OTHER PERSON’S EMOTIONS, WHETHER THEY ARE UP OR DOWN,” MOORE SAID. IF THEY’RE DOWN, YOU HAVE TO SENSE THAT AND PICK THEM UP. BUT ***THERE ARE THINGS THEY HAVE TO LEARN, AND YOU CAN’T BE CONCERNED WHETHER OR NOT THEY LIKE YOU.***”

JOE MOORE BELIEFS

CHARACTERISTICS OF EXCELLENCE / HONESTY WITH ONE'S SELF

“IT’S EASY TO BE AWARE OF THE MISGIVINGS OF OTHERS. BUT HOW MANY PEOPLE CAN ACTUALLY EVALUATE THEMSELVES ACCURATELY? THE GOOD, THE REALLY GOOD OFFENSIVE LINEMEN CAN’T STAND TO BE BEAT AND THEY DO SOMETHING ABOUT IT. THE ONES WHO ACCEPT FAILURE NEVER IMPROVE. THAT’S WHY THERE ARE SO FEW GREAT OFFENSIVE LINEMEN, AND NOT NEARLY AS MANY AS PROCLAIMED.”

“WHEN YOU FIND A GUY WHO GETS BEAT AND DOESN’T TRY TO RATIONALIZE IT, THEN YOU’VE FOUND A GUY WHO HAS A CHANCE TO GET BETTER.”

INSPIRATION / THE BAROMETER

“WHEN YOU GET TO THIS LEVEL, THERE ARE NO MAGICAL TEACHING SECRETS A COACH CAN USE TO GET THEM TO PLAY BETTER. IT HAS TO COME FROM WITHIN THE HEARTS OF THE PLAYERS. THERE’S A BAROMETER INSIDE EVERY FOOTBALL PLAYER. WHAT LEVEL EACH PLAYER CAN ATTAIN IS DICTATED BY THE BAROMETER.”

MINDSET/APPROACH/CONFIDENCE:

“I HAVE NEVER TOLD A KID HE CAN’T DO SOMETHING. THE WORST THING YOU CAN DO IS HAVE THEM THINK THAT YOU THINK THEY CAN’T DO SOMETHING.”

JOE MOORE BELIEFS

CASE FOR FUNDAMENTALS:

“THE ONLY ADVANTAGE YOU CAN HAVE IS TO BE MORE EFFICIENT WITH WHAT YOU DO THAN THEY ARE WITH WHAT THEY DO.”

”PEOPLE WHO DON’T HAVE STRONG FUNDAMENTALS – THEY ALWAYS HAVE TO SEARCH FOR A WEAKNESS IN THE DEFENSE. BUT IF YOU’RE GOOD ENOUGH FUNDAMENTALLY, YOU DON’T HAVE TO SEARCH – THEY’LL GIVE YOU THE WEAKNESS. YOU JUST HAVE TO BE GOOD ENOUGH TO TAKE ADVANTAGE OF IT.”

“THE THING THAT I’VE FOUND IN MY COACHING CAREER IS YOU SHOW ME 1,000 COACHES AND I’LL SHOW YOU 1,000 GUYS WHO WILL TALK FUNDAMENTALS. AND OUT OF THAT 1,000, THERE AREN’T THREE WHO REALLY BELIEVE IN IT. I THINK IT’S THE MOST TALKED ABOUT AREA IN COACHING, AND IT’S THE LEAST EMPHASIZED.”

“I OBSERVED AS MANY COACHES AS I POSSIBLY COULD, I WATCHED FILMS OF AS MANY COACHES AS I POSSIBLY COULD. AND THAT THAT’S WHEN I REALIZED THAT THERE WERE VERY FEW PEOPLE WHO BELIEVED IN FUNDAMENTALS. I ALSO REALIZED THAT THOSE WHO BELIEVED IN THEM MAY HAVE NOT ALWAYS HAD THE BEST RECORD, BUT ALWAYS HAD WINNING RECORDS. THEY MAY HAVE NOT HAD THE BEST PLAYERS, BUT THEY ALWAYS HAD WINNING RECORDS.”

JOE MOORE BELIEFS

KNOW THYSELF:

“ALL I KNOW IS I LOVE TO COACH KIDS. I DON’T KNOW OF A KID I’VE EVER COACHED WHO I MADE WORSE. I NEVER ASPIRED TO BE AN OFFENSIVE COORDINATOR OR A HEAD COACH. YOU HAVE TO UNDERSTAND THE THINGS YOU ENJOY IN LIFE AND PURSUE THE THINGS THAT MAKE YOU PERSONALLY SATISFIED. I’M AN OFFENSIVE LINE COACH AND I’VE NEVER WANTED TO BE ANYTHING ELSE.”

JOE MOORE BELIEFS

ENJOYING WHAT YOU DO:

“THE THING THAT STANDS OUT ABOUT THIS GROUP IS THE FUN THEY HAVE PLAYING THE GAME. IT’S SOMETHING YOU CAN SEE IN THEIR EYES. PRACTICE CAN BE DIFFICULT, BUT YOU CAN SEE THEY ENJOY THEIR TIME ON THE FIELD. THERE’S ONE OTHER TELLTALE SIGN. THE LOUDER THE POPS OF THE PADS, THE MORE YOU KNOW THEY ENJOY IT.”

THE CODE:

“THERE ARE THREE THINGS THAT I CARE ABOUT IN A PLAYER:

- 1) CAN I TRUST YOU?**
- 2) ARE YOU TOUGH?**
- 3) ARE YOU WILLING (COACHABLE)?**

OFFENSIVE LINE POINTS OF EMPHASIS





OFFENSIVE LINEMEN - EVALUATION



MUSTS:

**TOUGH
SMART**

**ATHLETIC ENOUGH
GOOD QUICKNESS**

FIND OUT:

1. LEVEL OF DRIVE TO BE HIS BEST.
2. NEVER MISSES PRACTICE.
3. IS THIS SOMETHING HE DOES, OR DOES HE ATTACK IT?
4. DOES HE LOVE TO TRAIN & WANTS TO MEET WITH THE STRENGTH COACH?
5. WHAT IS IMPORTANT TO HIM?
 - THE NUMBER OF OFFERS/PUBLICITY
 - FINDING THE BEST SCHOOL – ACADEMICS & FOOTBALL
6. HAS HE HAD TO OVERCOME ANY ADVERSITY?
7. DO HIS PARENTS PUSH HIM OR MAKE EXCUSES?

FILM:

PHYSICAL

DO YOU SEE HIM HIT WHEN HE HAS THE OPPORTUNITY, OR DOES HE FIT INTO CONTACT? IS HE A HITTER?

ATHLETIC

WHEN HE RUNS, DOES HE LOOK ATHLETIC? CANNOT BE STIFF/SLOW. SEE HIM STAY ON A BLOCK & FINISH. STAYS OFF THE GROUND.

QUICKNESS

MOVEMENT OUT OF STANCE – DOES HE GET THERE? CAN HE GET IN FRONT?

LEVERAGE

SEE HIM GET PADS LOWER THAN THE DEFENDER'S AND USE THEM. MUST BEND HIS KNEES.

HANDS

DOES HE HAVE AN IDEA ON HOW TO GET HIS HANDS INSIDE?

ASK COACH:

1- POOR | 2 – BELOW AVERAGE | 3 – AVERAGE | 4 – ABOVE AVERAGE | 5 - EXCELLENT

1. COACHABLE: _____

2. TOUGHNESS: _____

3. TEAMMATE: _____

OL POINTS OF EMPHASIS



OFFENSIVE LINEMEN - EVALUATION



PLAYER EVALUATION FORM

NAME:		POSITION:		JERSEY #:	
ELIG REMAINING:		HOUSING - ROOMMATES:			
PARENTS:		DAD CELL #:			
		MOM CELL #:			
HOME ADDRESS:					

PERFORMANCE INFORMATION

TEAM/SCRIMMAGE	PLAYS:	PLUS:	MA:	MINUS:
	MA:	M/M:		
WT:	GOAL:	BP:	GOAL:	
FAT %:	GOAL:	225:	GOAL:	
LEAN WT:	GOAL:	BJ:	GOAL:	
		CLEAN:	GOAL:	
		SQUAT:	GOAL:	
WEIGHT ROOM:	COMMENTS:			
STRENGTH COACH	1-5			
ACADEMICS:	COMMENTS:			
ACADEMIC ADVISOR	1-5			
TRAINING ROOM:	COMMENTS:			
ATHLETIC TRAINER	1-5			

SKILL PERFORMANCE	5=EXCEPTIONAL	4=VERYGOOD	3=GOOD	2=FAIR	1=POOR
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RUN BLOCKING	SKILL	PASS BLOCKING	SKILL	MENTAL	SKILL
FOOTWORK		FOOTWORK		ASSIGN - RUN	
AIMING POINT / RELATIVE POS		SET		ASSIGN - PASS	
UNDER - PAD LEVEL		BODY POSITION		TOUGHNESS	
BACKSIDE LEG		NEAR LEG - STRONG		UNDERSTAND	
INSIDE - HAND/ELBOWS IN		PUNCH		CONCEPTS	
A.O.C.		REACT TO MOVEMENT		WILLING	
FEET UNDERNEATH		HANDS ON/IN			
FIGHT TO FINISH		FIGHT TO FINISH			

IMPORTANT TO SUCCESS	YES (Y)	NO (N)	NEEDS IMPROVEMENT (NI)	NOT APPLICABLE (NA)
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PHYSICAL TOUGHNESS				
CAN I TRUST YOU?				
GREAT TEAMMATE				
ACCEPT COACHING				
DAILY ATTITUDE				
GENERAL EVALUATION				

STRENGTHS:

AREAS TO IMPROVE:

1: _____

2: _____

3: _____

4: _____

5: _____



FILM STUDY



1. DEFENSE EYES UP FOR PRE-SNAP LOOK

BASE / BOX / BLITZ

- GENERAL FRONT & COVERAGE
- BASE OR BLITZ
 - IF BLITZ, WHAT ARE THE INDICATORS?
- MUST ESTABLISH WHAT BASE ALIGNMENTS ARE TO CONFIRM BLITZ INDICATORS
- RECOGNIZE FIELD OR BOUNDARY
- OFFENSIVE PERSONNEL & FORMATIONS INFLUENCE ON DEFENSE.
 - EX: TE - # OF WIDE RECEIVERS, OPEN END

2. EXECUTION OF THE PLAY

WAS THE PLAY EXECUTED CORRECTLY? YES OR NO?

- IF NO, THEN WHY? BREAK IT DOWN & BE SPECIFIC.
- UNDERSTAND WHAT PREVENTS A PLAY FROM WORKING & HOW TO AVOID IT.
- UNDERSTAND WHAT MAKES A PLAY WORK.

3. FUNDAMENTALS

- STUDY WHAT WORKS WHEN YOUR POSITION HAS A GOOD BLOCK
- CHECK THE BASICS
 - STANCE – FOOTWORK – LEVERAGE – TARGET – ETC.
- WHAT WORKED AND WHY DID IT WORK? WHAT DID NOT WORK & WHY?
- THIS WILL HELP YOU WITH WHAT TO **EMPHASIZE** AND WHAT TO **AVOID**



GENERAL OFFENSIVE LINE PRINCIPLES



THE OFFENSIVE LINE IS THE MOST DIFFICULT TO PLAY. YOU MUST COMBINE SKILLS, ATHLETIC ABILITY, STRENGTH AND TOUGHNESS. THE OFFENSIVE LINEMEN MUST UNDERSTAND WHAT THE PLAY IS TRYING TO ACCOMPLISH AND BE ABLE TO ADJUST DURING A GAME TO BE ABLE TO GET THE JOB DONE.

THE SKILL OF BLOCKING CAN BE DEVELOPED MORE THAN ANY OTHER SKILL ON THE FOOTBALL FIELD BECAUSE IT IS THE **MOST UNNATURAL SKILL TO LEARN**. THERE ARE MANY DETAILS THAT MUST BE UNDERSTOOD AND EXECUTED.

KEYS TO BLOCKING

EFFORT

- NOTHING IS ACCOMPLISHED WITHOUT GREAT EFFORT IN YOUR PREPARATION AND PLAY.
- GREAT EFFORT CAN OVERCOME POOR TECHNIQUE. OUT WORKING YOUR MAN.
- GREAT EFFORT ALLOWS YOU TO IMPROVE QUICKER (AND YOU CONTROL IT).

TOUGHNESS

- ABILITY TO DRIVE YOURSELF LONGER AND HARDER THAN ANYONE, NEVER LET UP.
- MENTAL: FIGHT THROUGH ADVERSITY, EXECUTE WHEN TIRED.
- HIT AND PLAY PHYSICAL, EVERY DAY, BECOMES WHO YOU ARE.
- NEVER MISS ANY PRACTICE TIME.

STRENGTH

- MUST HAVE IT AND MUST BE DEVELOPED – EMPHASIS ON LEG STRENGTH.
- RUN BLOCKING – STRONG ENOUGH TO MOVE DEFENDERS BY BRUTE FORCE.
- PASS BLOCKING – STRONG ENOUGH TO STOP DEFENDER AT LOS.
- ALLOWS YOU TO HANDLE THE PHYSICAL NATURE OF THE GAME.

CONDITIONING

- BEING IN GREAT PHYSICAL CONDITION ALLOWS YOU TO PLAY YOUR BEST.
- IT ALLOWS YOU TO PRACTICE HARDER TO MASTER SKILLS.
- ALLOWS YOU TO MAKE THE LAST BLOCK OF A GAME AS HARD OR HARDER THAN YOU DID THE FIRST BLOCK OF THE GAME... **NO MATTER WHAT.**
- ALLOWS YOU TO THINK CLEARLY & PROCESS INFORMATION IN AN ORGANIZED MANNER **NO MATTER WHAT.**

FUNDAMENTALS

- THE MORE YOU MASTER FUNDAMENTALS AND SKILLS, THE BETTER CHANCE THERE IS FOR SUCCESS.
- LEVERAGE, FEET UNDERNEATH, ELBOWS IN, EYES TO TARGET ARE CRITICAL FUNDAMENTALS FOR ALL BLOCKS.
- FIGHT TO IMPROVE FUNDAMENTALS – EVERY DRILL, EVERY PRACTICE.

KNOWLEDGE

- BE A STUDENT OF THE GAME – UNDERSTAND YOUR OFFENSE.
- STUDY YOURSELF MORE THAN OPPONENT FOR IMPROVEMENTS.
- UNDERSTAND DEFENSIVE STRUCTURE & THE DIFFERENT ALIGNMENTS
 - FOR BASE VS. BLITZ DEFENSE AND DIFFERENT ALIGNMENTS
- UNDERSTANDING PLAYS HELPS YOU BLOCK.
- KNOWLEDGE OF DEFENSIVE FRONTS AND PHILOSOPHIES. LOOK FOR TIPS IN ALIGNMENTS, STANCES, AND Demeanors.
- THINK AND TALK FOOTBALL – IMPROVE.



WHAT'S IMPORTANT



1. **BE MEN OF OUR WORD** – MEN DO WHAT THEY SAY, BE ABLE TO BE COUNTED ON, NO MATTER WHAT (NMW). FIRST OPPORTUNITY – DO IT, AT ALL TIMES (AAT).
2. **BE MISSION DRIVEN** – NOT EMOTIONALLY DRIVEN. FOCUS ON THE DETAILS OF GETTING BETTER.
3. **NEVER BE SATISFIED** – NOT DOWN ABOUT IT, BUT ALWAYS LOOKING FOR WAYS TO IMPROVE.
4. **ATTACK** EVERY OPPORTUNITY TO IMPROVE. WEIGHTS, MEETINGS, FILM, FUNDAMENTAL WORK, PRACTICE.
5. **STUDY** YOUR FILM. ANYTIME YOU ARE ON VIDEO, STUDY IT. WRITE DOWN WHAT YOU NEED TO IMPROVE ON, WORK IT, **HARD**, BEFORE THE NEXT PRACTICE. DAILY ROUTINE. PICK 1 RUN TECHNIQUE & 1 PASS PRO TECHNIQUE TO IMPROVE ON.
6. **WORK EXTRA** – TO IMPROVE, NO LIMIT ON YOUR MISSION TO IMPROVE IT. ONLY LIMITS ARE ONE'S YOU PUT ON YOURSELF!!
7. **DAILY SACRIFICE** WILL SEPARATE YOU.
8. **GET THE JOB DONE** – MOST EXCUSES ARE BS AND THE REST NO ONE CARES.
9. **WINNERS** “BLAME NO ONE, EXPECT NOTHING, AND DO SOMETHING.” - BILL PARCELLS
10. **FLIP THE SWITCH** – TO ATTACK WHAT YOU ARE DOING WITH THE HIGHEST **INTENSITY** LEVEL YOU HAVE AT THE MOMENT. (SEPARATOR)
11. **ADVERSITY HITS** – “LOSERS ASSEMBLE IN SMALL GROUPS & COMPLAIN, **WINNERS** ASSEMBLE AS A **TEAM** & FIND A WAY TO **WIN**.” - BILL PARCELLS



1. **ESTABLISH LEVERAGE (“INSIDE & UNDERNEATH”)**:
 - A. PADS: UNDERNEATH DEFENDERS.
 - B. HANDS: INSIDE, KNUCKLES UP, ELBOWS IN.
2. **ACCELERATE** AT THE POINT OF CONTACT (AOC).
3. **RUN** – BACKSIDE ARM / BACKSIDE LEG.
4. **PASS** – PLAY SIDE ARM / PLAY SIDE LEG (NEAR ARM / NEAR LEG).
5. **QUICKNESS** OFF LOS – HOW QUICKLY YOU PUT YOUR STRENGTH TO WORK, WILL DETERMINE HOW MUCH POWER YOU GENERATE.
6. **TWO PASS PRO POSITIONS** – A. OWN BODY POSTURE. B. RELATIVE TO QB
7. **NEAR POINT** – THE AREA OF THE SHOULDERS OR TORSO AS THE DEFENDER TURNS ON HIS APPROACH THAT ENDS UP CLOSEST TO YOU. FIRST THING – THAT’S WHAT WE PUNCH.
8. **THE FINISH** – TO BRING TO AN END: TERMINATE – THE ABILITY TO FINISH IS A GREAT INDICATION OF A PLAYER’S PRIDE AND WILL. TERMINATE OUR MAN, THEN WE GET TO THE BALL.
9. **CLEAR MIND** – CONDENSE. SIMPLIFY YOUR THOUGHTS.
10. **FULL SPEED** – IS A MUST TO IMPROVE.
11. **PSL** – PRE SNAP LOOK AT DEFENSE. ALIGNMENT + Demeanor (TIPS). BASE, MOVEMENT OR BLITZ.
12. **ALIGNMENT** ON BALL (TZ/IZ/GAP/PA/OBV. RUN) OFF (OZ/DRAW/DROP BACK/OBV. PASS).
13. **IMPROVE** EVERY DAY – NOTHING CAN STOP YOU, BUT YOU. BE SPECIFIC ... DAILY.
14. **FIRST STEP** PUTS YOU IN A POSITION TO GAIN LEVERAGE AND BRING BS LEG (VS RUN).
15. **RE-GROUP** – GET HANDS BACK INSIDE.
16. **NO HOLDING** – SHUTS YOUR FEET DOWN. PRESS HANDS TO HIS CHEST, MOVE HIM WITH LOWER BODY.
17. **DOUBLE TEAM** – COV: CLOSE THE SEAM, UNCOV. ATTACK DL (START FIGHT).
18. **CENTERS** SNAP EVERY DAY + MOVE AT FULL SPEED (QUICKNESS).
19. BRACE **POWER RUSH** WITH BOTH FEET AND LOWER TAIL.
20. **NO WIND UP** – EFFICIENT – QUICKNESS TO DEFENDER WITHOUT WASTED MOTION.
21. **PRIDE** = NOT ALLOWING RB/QB TO PAY THE PRICE FOR OUR MISTAKES.
22. **ADVERSITY** – FOCUS ON WHAT YOU WANT...
23. **TEMPO / PACE** – OL FOCUSED AND GOING HARD – IMPOSSIBLE TO HAVE BAD PRACTICE.
24. **NEVER CLASH** HELMETS, UNDER OR TO SIDE.
25. **OT’S** – NEVER GET BEAT INSIDE. SET 1” ABOVE RUSHER AT POINT OF CONTACT, WITH INSIDE CREASE / TARGET.
26. **BLOCKING** IS A SKILL, WE CAN BLOCK ANYONE 1-1.
27. **LEG STRENGTH** – MOVE DEFENDERS WITH LOWER BODY – CONTROLLED WITH HANDS.
28. **STANCE** – MUST BE ABLE TO PERFORM HIS JOB WITHOUT ANY WASTED MOTION.
29. **AIMING POINT** – FOCUS EYES ON TARGET. BODY FOLLOWS EYES.
30. **BRING YOUR KNEES** – KEEPS YOUR FEET UNDER BLOCKER.
31. **WHAT I DO – IS WHO I AM** – EVERYDAY EFFORT.
32. **WEAKNESS** – OBSESS ON IMPROVING THEM, NO LIMIT.
33. **HELP** – KNOW AND USE YOUR HELP. NEVER GET BEATEN AWAY FROM IT.
34. **REPETITION** IS OUR WAY OF LIFE, HOW WE IMPROVE.
35. **DO IT RIGHT** OR **DO IT AGAIN** – JOE MOORE
36. **BAG HOLDERS** TECHNIQUE, MATCH PLAY WITH GREAT EFFORT.
37. **BIGGEST OPPONENT** IS IN THE MIRROR.



KEY FUNDAMENTALS FOR RUN BLOCKING



BE ON BALANCE AT ALL TIMES

- HAVE YOUR FEET UNDER YOU.
- ABLE TO CHANGE DIRECTION.
- GIVE YOU POWER TO MOVE DEFENDER.

FIRST STEP IS MOST IMPORTANT

- MUST PUT YOU IN POSITION TO MAKE YOUR BLOCK.
- **WHEN IT IS BAD**, YOU SPEND REST OF BLOCK TRYING TO RECOVER.
- MUST ALLOW BACKSIDE LEG TO FIRE INTO DEFENDER. MUST BE POWERFUL.

ELBOWS IN – “ARMLESS FROM BEHIND”

- GIVES YOU THE BEST CHANCE TO GET INSIDE LEVERAGE.
- MAXIMIZES POWER – ELBOWS IN VS. ELBOWS OUT.

GET AND MAINTAIN LEVERAGE ON DEFENDER

- WANT OUR PADS UNDERNEATH DEFENDER’S PADS. B.S. PAD TO CHEST.
- WANT OUR HAND INSIDE DEFENDER’S HANDS.
- AIM PADS UNDERNEATH DEFENDERS AND KEEP ELBOWS IN.
- STRAIN TO DEFENDER.
- BACKSIDE ARM, BACKSIDE LEG.

SPLITS

- BASIC SPLIT IS TWO FEET.
- USE COMMON SENSE AND CHANGE SPLITS TO AID IN DOING YOUR JOB.

ALIGNMENT – TZ/IZ/GAP/PLAY ACTION/NAKEDS

- CROWD THE BALL.
- DOWN HAND ON REAR TIP OF BALL.
- ALLOWS US TO GET OUR HANDS ON DEFENDERS QUICKLY IN PASS PRO AND LIMIT THE ROOM THEY HAVE TO PENETRATE OR ANGLE IN RUN AND PASS.



RUN FUNDAMENTALS & DRILLS



STANCE – TARGET – APPROACH – LEVERAGE – RUN – FINISH ESCAPE

1. **INCREASE LEG STRENGTH - SQUAT**

8 – 10 REPS OF HEAVY WEIGHT
TRAIN BODY TO STRAIN. PLAY AFTER PLAY

ATTACK

2. **PROWLER PUSH SLED**

DRIVE KNEES

10 – 15 YARDS FULL SPEED. 20 SECOND REST... AGAIN.
ELBOWS IN

3. **STANCE & TAKE OFF**

VS. AIR, VS. SHIELD

PS DRIVE	PS # VS. SHIELD – 10 YDS+
PS REACH	PS ARMPIT (DEFEND GAP... ESCAPE TO RB)
BS DRIVE	PS ARMPIT – 10 YDS+
BS REACH	HAT ACROSS (DEFEND GAP – 10 YARDS) ANGLE.

- STANCE – BALANCED / FOOTWORK – EYES TO TARGET – NO WASTED MOTION (FEET OR BODY)
- TARGET – BODY FOLLOWS EYES
- LEVERAGE – LOWER & INSIDE
- ELBOWS IN TO GET HANDS INSIDE
- RELATIVE POSITION TO RB. AT THE POINT OF ATTACK, WORK SQUARE.

PASS FUNDAMENTALS & DRILLS

YOUR **SET** IS THE MOST IMPORTANT PART OF PASS PRO.

THINGS THAT DETERMINE YOUR SET:

1. DEFENDER ALIGNMENT
2. DEFENDER TYPE
3. HELP OR NOT

OT – SET DRILL

SMOOTH
SLIDE
OVER
& OVER

1. DROP & SLIDE LINE (10 YDS)
PUSH & DROP TO SLIDE BACK
2. 3 PUNCH (2 BACK)
3. RUSH DIFFERENT ALIGNMENTS
(MIX: EDGE – BULL – INSIDE)

COACHING POINTS

MUST
HAVE
THIS

- PUSH OFF UP FOOT, DO NOT DRAG IT!!
- 2 BACK W/ INSIDE TARGET. NO WIDTH.
- BOTH FEET STAY CLOSE TO GROUND
- SLIDING SMOOTH – BALANCED – NO WASTED MOTION
- HANDS READY – KNUCKLES UP
- AT POINT OF CONTACT (PUNCH) BLOCKER IS: SLIGHTLY ABOVE W/ INSIDE TARGET
- SQUARE OFF INSIDE RUSH – FLATTEN HIM

OG – SET DRILL

1. SET DRILL – 1, 2, 3, W
2. MIX: 1-3, 3-1
3. RUSH DIFFERENT ALIGNMENTS
(MIX: EDGE – BULL – INSIDE)

COACHING POINTS

- START THE FIGHT, RELATIVE POSITION
- KNUCKLES UP, PUNCH NEAR POINT
- ELIMINATE WASTED MOTION
- ONLY BACK UP TO STAY IN FRONT OF DEFENDER
- CLOSER = FIRMER SET

**PRACTICE****PLAY THE WAY YOU PRACTICE****“WHAT WE ACCEPT, WE ENCOURAGE”**

- 1. COACH FUNDAMENTALS HARD**
- 2. TWO SPEEDS**
 - 1. WALK THROUGH**
 - 2. FULL SPEED (GAME SPEED)**
- 3. DEFENDERS / SCOUT TEAM MUST WORK (COMMIT TO THIS)**
- 4. DRILLS REFLECT WHAT HAPPENS IN THE GAME**
- 5. CHALLENGE THEM TO GET A LITTLE BETTER EVERY DRILL, EVERY DAY**
- 6. REPETITION – NO ONE BATS 1000, BUT TAKE BATTING PRACTICE EVERYDAY**
- 7. NEED CONFIDENT PLAYERS – IF THEY ARE AFRAID TO FAIL, MAY PLAY UPTIGHT.**
- 8. DEMAND 5-6 SECONDS OF EFFORT (TIME IT). EVERY DRILL. ONLY WAY TO GET WHAT YOU NEED IN THE GAME.**
- 9. OUR PLAYERS MUST KNOW EXACTLY WHAT WE WANT.**
- 10. PLAYERS NEED TO CONCENTRATE ON WHAT THEY WANT TO DO, NOT WHAT THEY DON'T WANT TO DO. HOW WE COACH THEM, MATTERS.**



OFFENSIVE LINE REMINDERS



1. **O-LINE SETS THE EXAMPLE** FOR THE TEAM – DO WHAT IS REQUIRED.
EX. TEAM RULES – WEIGHT ROOM EFFORT – PREPARATION
2. **BE MEN OF YOUR WORD.** DO WHAT WE SAY. FIRST **OPPORTUNITY** RULE.
3. DEMONSTRATE DISCIPLINE – “DOING WHAT NEEDS TO BE DONE – WHEN IT NEEDS TO BE DONE – AS WELL AS IT CAN BE DONE – DO IT THAT WAY ALL THE TIME.”
4. WORK EXTREMELY HARD TO DEVELOP “**NO BREAKING POINT.**” - ARA PARSEGHIAN
5. BE **TOGETHER** – BUILD UNIT **TOGETHERNESS** TO PLAY WITH “**ONE SET OF EYES**”.
6. DEMONSTRATE **TOUGHNESS** AT ALL TIMES. YOUR **BODY LANGUAGE** IS YOUR **BUSINESS CARD.**
7. RELENTLESSLY PURSUE IMPROVEMENT – ID WHAT NEEDS TO IMPROVE – PLAN IT – DO IT **HARD.**
8. *“THE BEST ADVICE I’VE EVER GOT IN COACHING CAME FROM MY FATHER. BEFORE I LEFT FOR MY FIRST JOB, HE SAID, ‘TEACH ‘EM TO AIM THEIR PADS THE WAY I TAUGHT YOU TO AIM YOUR BAT.’ IN OTHER WORDS, REPETITION. THE MOST IMPORTANT THING A COACH CAN SAY IS ‘DO IT AGAIN!’ BECAUSE YOU LEARN THROUGH REPS.”*
- JOE MOORE
9. **SACRIFICE** INDIVIDUALITY TO PROMOTE **TEAM.**
10. **TOGETHER** – ATTACK THE WEIGHT ROOM – MEETINGS – PRACTICE – GAMES
11. AVOID REPEATING MISTAKES – SHOWS YOU DON’T CARE.
12. **ACCEPT COACHING...** HOW: *“YOU CAN EASILY SEPARATE ‘TEAM GUYS’ FROM ‘ME GUYS’ BY HOW THEY ACCEPT COACHING. THE GUYS THAT ACCEPT IT ARE ABOUT WINNING”*
- BILL PARCELLS
13. *“WE LEARN WHEN UNCOMFORTABLE – BE WILLING TO GO THERE. THE HARDER IT IS, THE FARTHER WE GO.”*
- MARCUS LUTTRELL

FUNDAMENTALS RUN





BELIEVE IN THE BASICS



RUN BLOCKING

KEYS

0 PENETRATION

1. ESTABLISH LEVERAGE

APPROACH

- Pad **under** pad
- Hands **inside** (Elbows In)
- Relative position to RB

2. A.O.C (Accelerate on contact to move him)

- Hit Target
- BS Arm – BS Leg – Bring Knees

3. FINISH ESCAPES

- Lift head – regroup hands – run him.
(vs. spin / rip / swim, etc.)
- Eliminate wasted motion.
- Under & inside
- Re-group to counter
- Feet under you

STANCE
TARGET
FOOTWORK



STANCE & ALIGNMENT



It is important that the players use a stance that allows them to do what is asked of them **efficiently**. **Must eliminate wasted motion.**

FEET

- **BASE** – Armpit width, to slightly wider than shoulders.
 - **Stagger Feet** - Toe to midfoot
 - **Weight** – Slightly more on ball of push foot
- **KNEES** – Bent, face forward over toes – create power producing angles.
Z in knee. Knees over feet.
- **SHOULDERS** – Parallel to LOS.
- **HAND** – Down hand reach out to create a forward stance (Right hand under right eye, Left hand under left eye.)
- **HEAD** = Up – Sight target through eyebrows.
- **BACK** = FLAT

COACHING POINTS - Normal Downs

- Stance should allow blocker to **come off the ball**
- Lead with either foot, pull, pass set, etc.
- Have no wasted motion

NORMAL D & D

- Balanced
- Execute Base Offense

OBVIOUS RUN

- Crowd the Ball – Hat just behind
- More weight on hand
- Tail higher than shoulders
- Cut Splits
- Up on Balls of Feet

OBVIOUS PASS

- Off the ball – Hat on waist of C
- Less weight on hand
- Tail lower than shoulders
- OT – 2pt / OG – 3pt
- Vs. Odd – OG & OT 2pt



TAKE OFF & TARGET DRILL



GENERAL: ATTACK MENTALITY – RUN OFF THE BALL.
PURPOSE: WORK STANCE & CADENCE – EFFICIENT MOVEMENT & SIGHTING TARGETS.
ALIGNMENT: INSIDE TOE AT LINE
 ALIGN ON LINE – IN BALANCED STANCE.

1) VS AIR - IMAGINE HEAD-UP DEFENDER

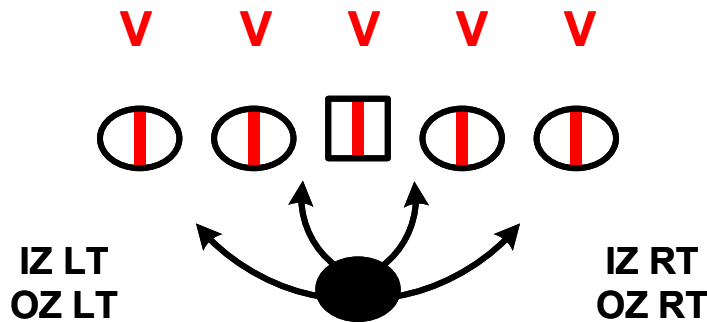
QB/COACH CALL CADENCE & PLAY.

TIGHT – RIGHT + LEFT – CROWD BALL

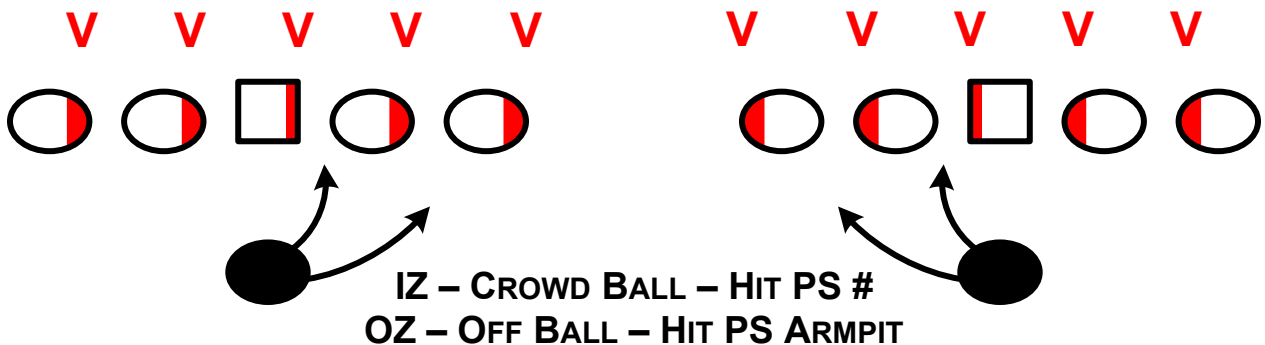
WIDE – RIGHT + LEFT – OFF BALL

- FOOTWORK – SHORT GG STEP W/ PS FOOT TO TARGET – BS LEG ACROSS LINE.
- EYES UP - #'S OVER KNEES.
- WORK QUICKNESS OFF THE BALL
- FAST – FULL SPEED – LOW THRU 5 – FINISH THRU 10.
- RUN – NATURAL ARM ACTION - LIKE A SPRINTER.

2) VS HEAD UP



3) VS SHADE TO THE PLAY



COACHING POINTS:

- ALIGNMENT, TAKE OFF DRILL, TARGET DRILL NOT RESISTANCE EMPHASIS. WORK BASICS.
- DL WORK WITH OL – ALIGN 1 YARD OFF BLOCKED UNLESS CENTER – GIVE ENOUGH RESISTANCE.
- HANDS FOLLOW SHOULDER ONTO DEFENDER – ELBOWS IN.



LEVERAGE DRILLS



TWO TYPES:

1. PAD LEVERAGE – “UNDER”

BLOCKER GETS HIS PADS UNDER THE DEFENDER’S PADS.

2. HAND LEVERAGE – “INSIDE”

BLOCKER GETS HIS HANDS INSIDE THE DEFENDERS HANDS. ELBOWS IN.

LEVERAGE DRILL:

1. HANDS INSIDE DRILL - BLOCKERS FACE TO FACE

- COMPETE FOR INSIDE HAND POSITION.
- RE-GROUP ONLY WHEN HE GETS LEVERAGE.
- DRIVE ON CADENCE. (BAD RAD DRILL – FULL SPEED)

2. FIT – DRIVE DRILL

- DRIVE- RUN DEFENDER. 10 YARDS. DRIVE BS LEG - KNEE OVER TOE.
- OTHER MAN DRIVE BACK.

COACHING POINTS:

- FOREHEAD UNDER CHIN IN FIT – ELBOWS TIGHT.
- DRIVE FORWARD FIRST – MOVE DEFENDER WITH ASS & LEGS.
- STEADY, FIRM RESISTANCE FROM DEFENDER.
- DRIVE DEFENDER, HANDS AT BASE OF NUMBERS, KNEES TO DEFENDER.

3. FIT – DRIVE – SWITCH AT 5 YDS (2x)

COACHING POINTS:

- ON SWITCH, DIP AND GET LEVERAGE (UNDER & INSIDE) ACCELERATE.
- BLOCKER SWITCH TO DEFENDER, SAME RESISTANCE.
- LIFT HEAD – WORK HANDS INTO DEFENDER FOR BALANCE.
- USE ASS & LEGS TO MOVE HIM AND HANDS TO FINISH HIM.

4. FIT – OFFSET TO PLAYSIDE TARGET – DRIVE BACKSIDE LEG

- BS – SHOULDER TO CHEST.
- PS – TURN EYES TO HIS EYES – ACCELERATE TO SQUARE.
- BS – DRIVE 3-4 STEPS – WORK SQUARE WHERE P.O.A. IS.

COACHING POINTS:

- PS DEFENDER - MOVE LITTLE – GOOD RESISTANCE.
- BS DEFENDER – PRESSURE BLOCKER TO CROSS FACE.
- EMPHASIS ON LEG DRIVE & NO WASTED MOTION – FORWARD 1ST.
- MAKE HIM STRAIN TO GET IT INTO & THRU

PLAYSIDE



BACKSIDE





DRIVE BLOCKING OBJECTIVE



1. KNOCK DEFENDER OFF THE BALL.
2. ESTABLISH & MAINTAIN **LEVERAGE UNDER & INSIDE**
3. KEEP DEFENDER FROM THE BALL CARRIER.

DRIVE BLOCK

FIRST STEP

- PUTS YOU IN POSITION TO GET LEVERAGE ON YOUR BLOCK.
- MUST ALLOW BS LEG/FOOT TO **GAIN GROUND**, TO MOVE DEFENDER.
- AIM YOUR PADS UNDER DEFENDERS. NO WASTED MOTION.
- EYES TO TARGET.
- ELBOWS IN – NEVER LEAVE YOUR SIDE
- HANDS READY AT CONTACT, WITH **KNUCKLES UP**.

CONTACT

- MADE WITH BS SHOULDER PAD TO CHEST – UNDER CHIN.
 “THE ONLY WAY YOU CAN BRING YOUR FEET UP AND UNDER YOU IS IF YOU MAKE CONTACT WITH YOUR SHOULDER PAD.” - JOE MOORE
- EYES TO TARGET. 2ND STEP GAINING GROUND MOVES DEFENDER.
- ACCELERATE ON CONTACT. **RUN BACKSIDE LEG, ARM & PAD** INTO DEFENDER.
- EVERY MUSCLE WORKS IN LINE THROUGH TARGET, TOGETHER.
- HELMET PLAY SIDE ON CONTACT. **DRIVE WHAT YOU HIT**.

FOLLOW THROUGH

- **BRING KNEES** & ACCELERATE YOUR FEET, GAINING GROUND.
- HANDS **LOW & INSIDE**. ARMLESS FROM THE BACK.
- **TURN EYES** INTO DEFENDER & SQUARE UP AT THE **POINT OF ATTACK**.
- MAXIMUM PRESSURE INTO DEFENDER.
- **FINISH** HIS ESCAPE BY BRINGING KNEE FOR POWER AND BALANCE, PRESS HANDS, NO GRABBING.



DRIVE BLOCK DRILL

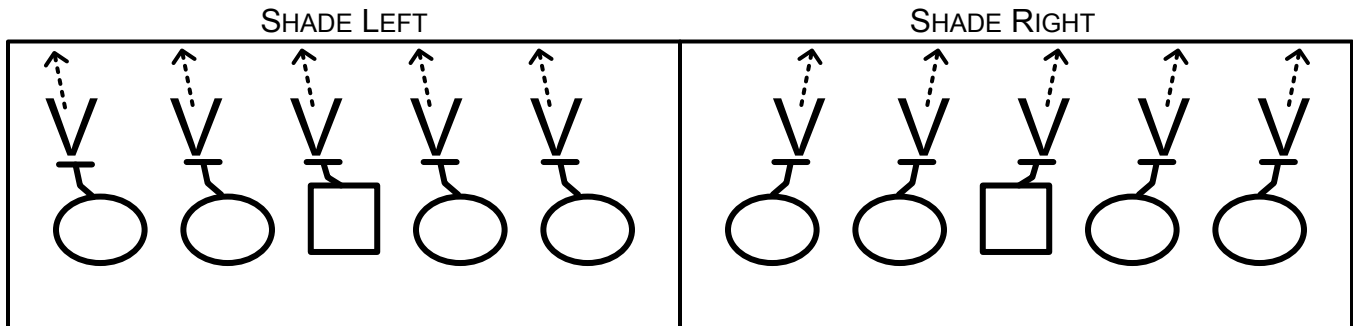


TO DRILL OUR DRIVE BLOCK WE WILL LINE UP ACROSS A LINE WITH OUR BACK FOOT CLOSE TO THE LINE SO WE CAN EASILY FOLLOW THE SECOND STEP. WE WANT LEVERAGE, THEN ACCELERATE OUR KNEES TO THE DEFENDER. WE LIKE TO GO TWO AT A TIME. WE EMPHASIZE DRIVING DEFENDER VS PRESSURE, 10 YARDS OR ON THEIR BACK. DEFENDER – ALIGN IN GIVEN SHADE. DELIVER A BLOW, ANCHOR AND MAKE BLOCKER WORK FOR LEVERAGE. WE WANT DEFENDER TO RESIST SO THE BLOCKER HAS TO STRAIN AND USE HIS ASS & LEGS TO MOVE THE DEFENSE. AT TIME WE WILL INCORPORATE AN ESCAPE THE DEFENDER USES AT THE P.O.A. FEET UNDER BLOCKER; KEY TO FINISHING ESCAPES.

1. TEACH THE FUNDAMENTAL – GREAT RESISTANCE.
2. BLOCK ESCAPES WHEN COACH DESIGNATES

1) TIGHT ALIGNMENT (FULL LINE):

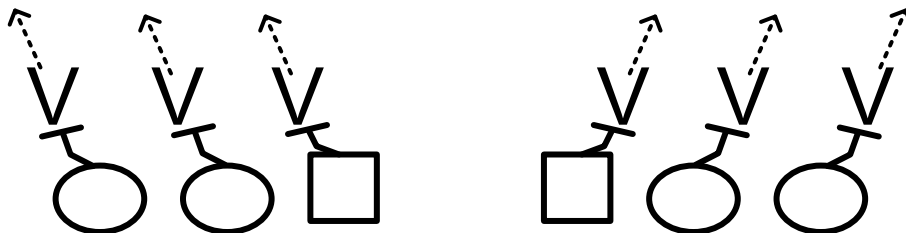
CAN MIX HEAD UP ALIGNMENTS IN.



*BACKSIDE GUARD AND TACKLE ARE WORKING ON B.S. DRIVE BLOCKS

2) LOOSE ALIGNMENT (1/2 LINE):

BETTER WITH 1/2 LINE BECAUSE OF BLOCKERS RUNNING DEFENDERS.



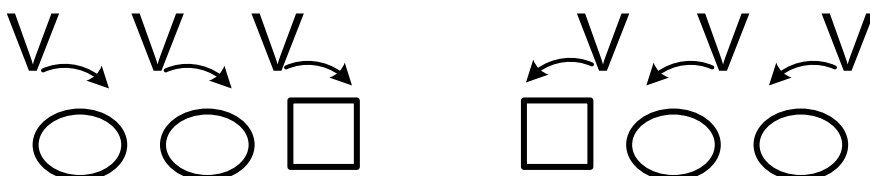
BLOCKER: POINT TOE TO TARGET – GAIN GROUND.

MORE WIDTH W/ 2ND STEP

AIMING POINT IS STILL PLAY SIDE # FOR INSIDE RUN – ARMPIT FOR OUTSIDE RUN.

DEFENDER: LOOSE SHADE, ATTACK, FIGHT TO KEEP OUTSIDE LEVERAGE.

3) PINCH:



BLOCKER: GET SECOND STEP INTO DEFENDER. DRIVE KNEES, ALERT FOR SPIN OUT.

DEFENDER: PINCH HARD TO GAP, PENETRATE, REACT TO THE BALL.



CHALLENGE DRILL



SIMILAR TO DRIVE BLOCK DRILL, THIS DRILL IS USED TO GIVE THE BLOCKER WHAT “FULL SPEED” FROM A DEFENDER FEELS LIKE. IT FORCES THE BLOCKER TO REALLY STRAIN TO MOVE THE DEFENDER. HELPS SHOW BLOCKER HOW IMPORTANT THE BASICS ARE TO MOVE A DEFENDER. 1-ON-1 VS. DL OR ½ LINE VS. DL ARE CHALLENGE TYPE DRILLS THAT WILL ALSO HELP PREPARE THE BLOCKERS FOR THE GAME.

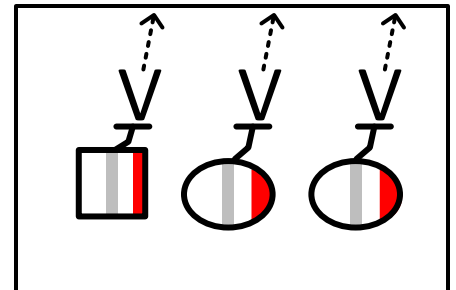
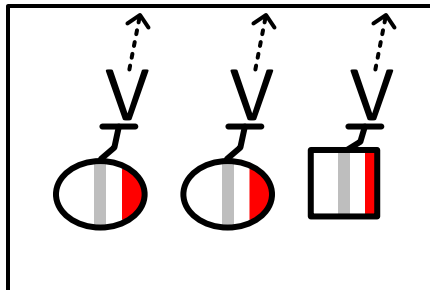
DEFENDER

- SHIELD HELD WITH LEVERAGE – FORWARD ON CADENCE.
- FULL SPEED – STOP HIM – MAKE HIM MOVE YOU.
- STAY OFF THE GROUND – STAY IN FRONT OF THE BLOCKER WITH FULL RESISTANCE – FULL SPEED.

WE MIX IN THE CHALLENGE DRILL DAILY. ONE PLAY SIDE – ONE BACKSIDE. 10 YARDS OR ON THEIR BACK. 5-6 SECONDS OF ALL OUT EFFORT.

BALL TO THE RIGHT

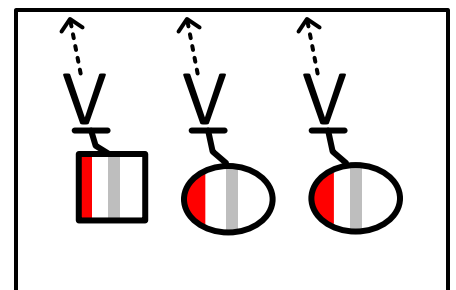
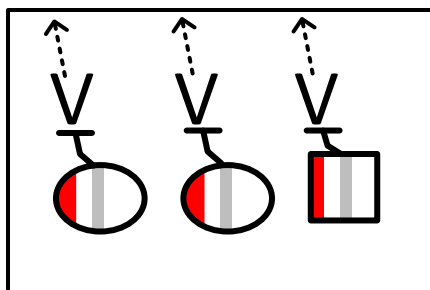
MIX HEAD-UP AND PS SHADE ALIGNMENTS



BALL TO THE LEFT

½ LINE

WORK 2 CENTERS ALWAYS SNAPPING THE FOOTBALL





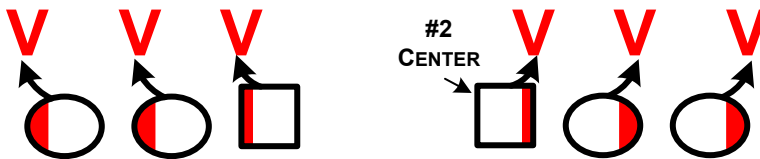
REACH BLOCK



TO DRILL REACH BLOCK WE WILL ALIGN THE SAME AS THE DRIVE BLOCK. DIFFERENCE IS WE NEED MORE SPACE Laterally, AND WE WANT AN ESCAPE ON ALL PS REACH BLOCKS.

PS BLOCKERS

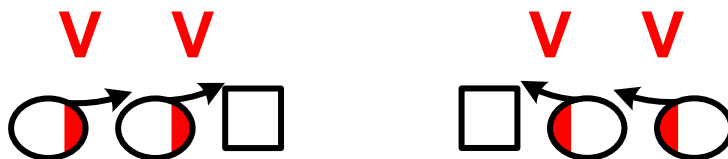
- TARGET IS ARMPIT WITH EYES.
- FIRST STEP FOR MORE WIDTH, TO TARGET.
- BS PAD TO HIS CHEST – BS HAND IN.
- PRESSURE INTO DEFENDER WHILE STAYING BETWEEN DEFENDER & RB.
- ESCAPE IS ONE OF TWO THINGS.
 1. DEFENDER REACHED – DEFENDER FIGHTS OUTSIDE.
 2. DEFENDER CONTAINS – DEFENDER FIGHTS INSIDE.



ONE AT A TIME
ESCAPES – RIP/SPIN/SNATCH

BS BLOCKERS – CUT OFF DEFENDERS

- TARGET IS EAR TO HIP OF NEXT OL.
- FW – USE LINE TO STEP OVER TO GAIN GROUND.
- CLOSE SEAM – NO AIR – RUN TO GET HAT ACROSS

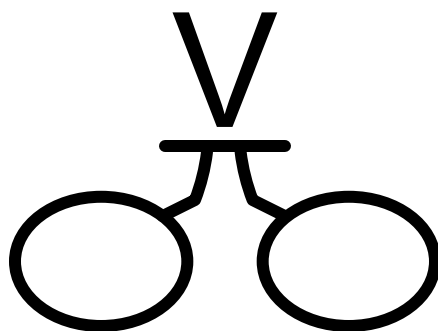
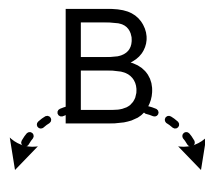




DOUBLE TEAM DRILL



PURPOSE: TO DRILL BLOCKERS IN FUNDAMENTALS OF DOUBLE TEAM. WE WANT THE MAXIMUM MOVEMENT ON DOWN DEFENDER OFF THE BALL.



DRILL:

1. **FIT BLOCKER IN – MOVE FORWARD FIRST. (No LB)**
DRIVE 10 YARDS. HIPS TIGHT, NEAR FOOT STRONG.
2. **STANCE WITH ONE FOOT SPLIT-STEP TOGETHER. NEAR FOOT.**
DRIVE 10 YARDS (No LB)
3. **DL – CHALLENGE BLOCKERS LB – SLOW FLOW TO PLAY**
➤ DL MOVE TO SIDE OF BLOCKER RELEASING FOR LB

COACHING POINTS:

1. **STEP WITH NEAR FOOT. STAY HIP TO HIP. EYES ON LBER.**
2. **NEAR PADS TO DEFENDER'S NEAR #. GET LEVERAGE, AOC.**
3. **EYES ON LBER FOR FLOW. DRIVE TO THE LB, LB COMES YOUR WAY FEED YOUR BUDDY. DIP, HIT, AND DRIVE BLOCK PLAY SIDE # OF LB. WHEN LB DECLARES WHICH SIDE HE IS GOING, THE B.S. BLOCK YELLS "GO."**
4. **LB CHANGE'S DRILL BY MIXING SLOW FLOW, FAST FLOW AND RUN THRU.**
5. **NEVER AVOID DL, WORK THRU HIM TO GET TO LB.**



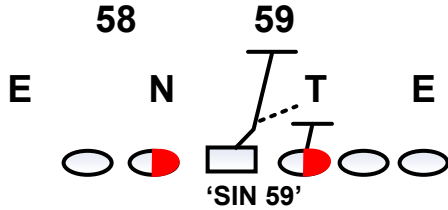
PLAYSIDE ZONE SCHEMES & CALLS



SINGLE

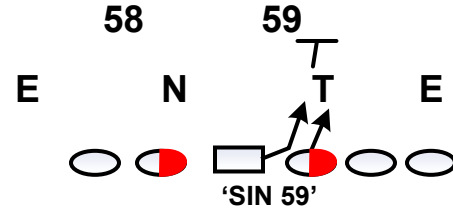
(C & PSG)

Center gain ground to A gap, see near knee of DT. DT spikes, drive block him. If DT works out, climb to LB's target (TZ/IZ = Chin / WZ = PS #). Grey = double drill. **Guard** gain ground, drive block, PS #. If DT spikes block LB. Grey = double drill.



TIGHT/INSIDE ZONE

PSG - PS #



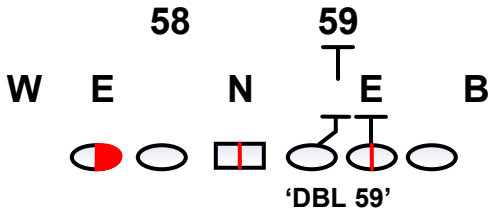
OUTSIDE ZONE

PSG - PS ARMPIT
C - CLOSE SEAM

DOUBLE

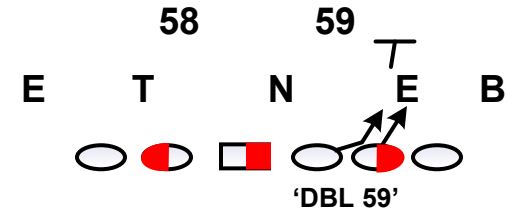
(PSG & PST)

Guard gain ground to B gap, see near knee of DE. DE spikes, drive block him. If DE works out, climb to LB's target (TZ/IZ = Chin / WZ = PS #). Grey = double drill. **Tackle** gain ground, drive block, PS #. If DE spikes, block LB. Grey = double drill.



TIGHT/INSIDE ZONE

PST - PS #



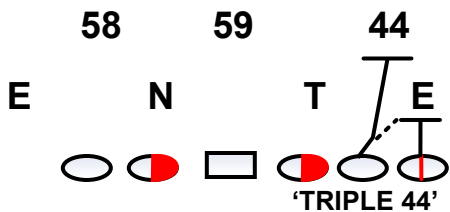
OUTSIDE ZONE

PST - PS ARMPIT
G - CLOSE SEAM

TRIPLE

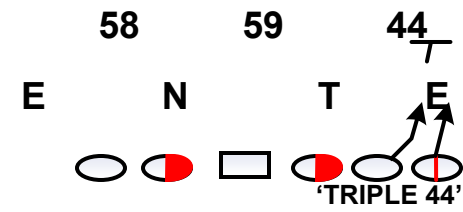
(PST & TE)

Tackle gain ground to C gap, see near knee of DE. DE spikes, drive block him. If DE works out, climb to LB's target (TZ/IZ = Chin / WZ = Chin). Grey = double drill. **Tight end** gain ground, drive block, PS #. If DE spikes block LB. Grey = double drill. TE - B.S. leg through DE.



TIGHT/INSIDE ZONE

TE - MIDDLE



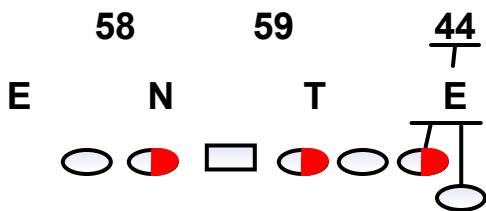
OUTSIDE ZONE

TE - PS ARMPIT
T - CLOSE SEAM

HOMER

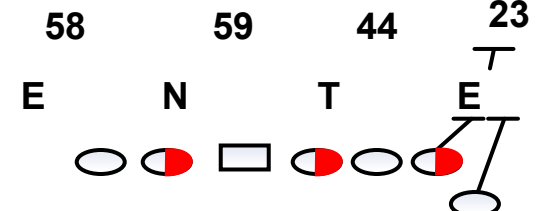
(TE & WING)

Tight end gain ground to D gap, see near knee of DE. DE spikes, drive block him. If DE works out, climb to LB's target (TZ/IZ = Chin / WZ = Chin). Grey = double drill. **Wing** gain ground, drive block, PS #. If DE spikes, block LB. Grey = double drill.



TIGHT/INSIDE ZONE

'HOMER 44'



OUTSIDE ZONE

'HOMER 23'



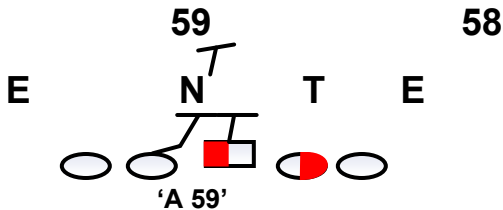
BACKSIDE ZONE SCHEMES & CALLS



A

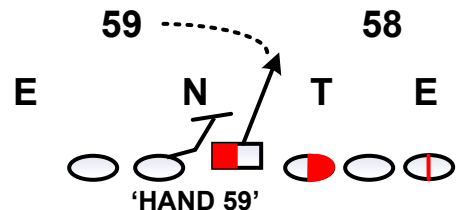
Center gain ground to playside, BS shoulder through chest & drive block target. NG angle drive block to LB target. If it's grey = double drill.

(C & BSG) **BSG** gain ground to A gap & close the seam, see near knee of NG – angle to drive block (hat across). If NG spikes, block LB target.



PSG – V-NECK/PS #

TIGHT/INSIDE ZONE



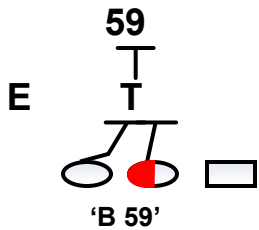
PSG – PS ARMPIT

OUTSIDE ZONE

B

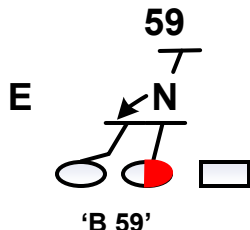
BSG gain ground to A gap. LB alignment sets angle, BS shoulder thru, drive block to LB (see LB).

(BSG & BST) **BST** step to target & close the seam. LB alignment sets angle, drive block to LB (see LB).

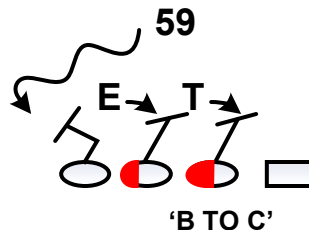


BSG – PS #
BST – MIDDLE / BS # (LB ALIGN)

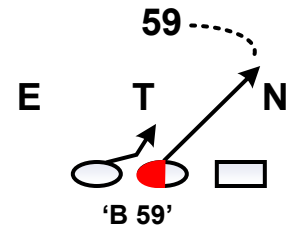
TIGHT/INSIDE ZONE



TIGHT/INSIDE ZONE



TIGHT/INSIDE ZONE



BSG – HEELS OF NT.
BST – TO PS HIP.

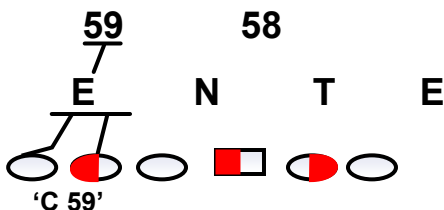
OUTSIDE ZONE

C

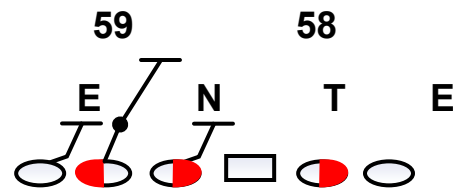
BST key LB for angle. TE & drive block DE to LB. **BST** gain ground to B gap.

(BST & TE)

TE key LB for angle. Close seam to OT. Double drill to LB.



TIGHT/INSIDE ZONE



BST – “HAND” FOR TE, CUT-OFF LB

OUTSIDE ZONE



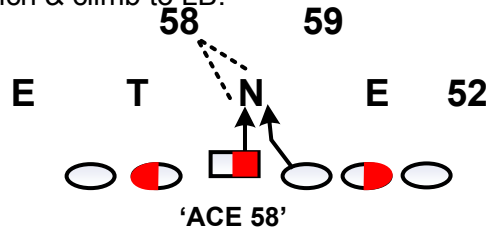
PLAYSIDE GAP COMBINATIONS



ACE (PSG & C)

Center – Jab step with offside foot, 2nd step through NG crotch. Hip to hip with guard. If the NG plays to the guard, block the NG with him ready to climb to the LB & meet him flush with hat across forcing him to bubble. If the defender plays thick, the guard will work through his hip to LB. Alert for run through LB.

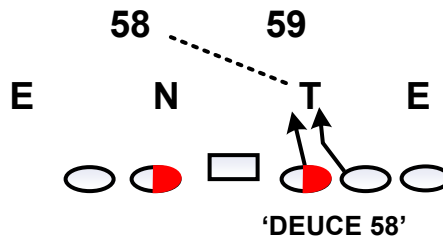
Guard – Step at near hip of NG. If he comes your way, explode into near number & drive block him. If near hip goes away, punch & climb to LB.



DEUCE (PSG & PST)

Guard – Gain ground to A gap, sell ‘B’ block to 3T. Drive 2nd step through 3T. Run through contact to BSLB. If the 3T spikes to you, drive block & keep him inside of you. Get hat across on LB. Alert for LB run through.

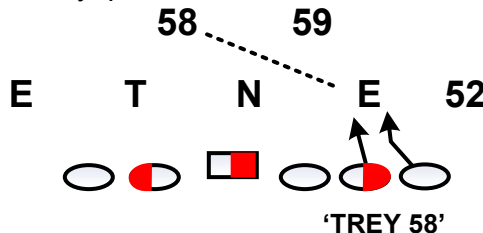
Tackle – Step at near hip of 3T. If he comes your way, explode into near number & drive block him. If near hip goes away, punch & climb to LB. Get hat across on LB.



TREY (PST & TE)

Tackle – Gain ground to B gap, sell ‘C’ block to 5T. Drive 2nd step through 5T. Run through contact to BSLB. If the 5T spikes to you, drive block & keep him inside of you. Get hat across on LB. Alert for LB run through.

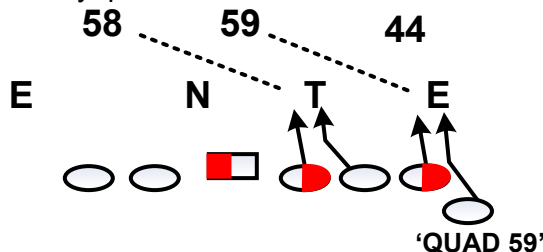
Tight End – Step at near hip of 5T. If he comes your way, explode into near number & drive block him. If near hip goes away, punch & climb to LB. Get hat across on LB.



QUAD (TE & WING)

Tight End – Gain ground to C gap, 2nd step through DE (6/9T). Run through contact to BSLB. If the DE spikes to you, drive block & keep him inside of you. Get hat across LB. Alert for LB run through.

Wing – Step at near hip of DE (6/9T). If he comes your way, explode into near number & drive block him. If near hip goes away, punch & climb to LB. Get hat across LB.





FUNDAMENTALS OF THE CENTER SNAP



QB UNDER CENTER

Stance

Shoulder width or slightly wider (similar to squat stance). Feet are parallel to the ground feeling the weight in the balls of your feet. Shoulders square to the LOS with back parallel to the ground. It will be necessary at times to shift weight to opposite foot before stepping. The "snap & hit" are one motion. One hand will be used to snap the ball while the other will be extended outward & in front of the knee, slightly outside & at back point of the ball. Stance stays the same whether QB is under or in gun.

Grip

Grip the top half of the ball with the laces up. Put your thumb on the laces. This will give you a better grip, especially in a "wet ball" situation.

Snap

Bring the ball back in a quick & firm motion so that you feel the ball slap the QB's hands. The ball position is at a 45 degree angle in the crotch. Make no effort to turn the ball as it will turn naturally. It is critical that you put the ball firmly into the QB's hands (not short or too deep). A good aiming point is the middle of your ass.

Reminders

When snapping the ball, always keep a flat back & your ass level. Abruptly raising or lowering your back end during a snap can cause a mishandled exchange. When pulling, take extra care to get the ball up. Again, a short snap is difficult for the QB to handle. Most short snaps occur when pulling, or vs. a tightly aligned NG that you feel rushed to get your hands on. Make use of your off hand to help buy you time to properly secure the exchange with the QB.

SHOTGUN

Grip

Grip the ball with your fingers over the laces, much like you would to throw a ball.

Snap

Bring the ball back in a smooth motion so that your elbow contacts your inner thigh. Release the ball in the same manner you would naturally throw a ball. Always remember that accuracy is more important than the speed of the ball.

Reminders

Just as when the QB is under center, most low snaps occur when you have a tightly aligned NG. Once again, make good use of your off hand & deliver a smooth accurate ball. Gun snaps on run plays have a tendency to be high & hard. Any time you have to make a gun snap on a run play, a lighter throw than normal will help control the accuracy of the ball. Keep wrist firm and release the ball at target. The ball tends to drift opposite of the way you move so adjust the release to hit target. (Moving right - release middle. Moving left - release normal.)



CENTER STANCE & EXCHANGE



The center will use a 3 point stance with the weight evenly distributed on the fingertips and balls of both feet. The stance provides the best opportunity to run and pass block.

- **Base**: Shoulder width or slightly wide with feet straight up field.
- **Feet**: Parallel. Heels slightly off the ground feeling the weight in the balls of your feet.
- **Shoulders-Back-Tail**: Shoulders square to LOS with the back parallel to the ground. Tail is slightly higher than shoulders.
- **Ball to Center Head-Relationship**: Ball should be pointing slightly up in front and is ahead of the center. This should cause a reach out effect.
- **Initial Movement**: It will be necessary at times to shift weight to opposite foot before stepping. The snap and hit-out are one motion.
- **Hands**: One hand will be used to snap the ball while the other hand will be extended outward and in front of the knee, slightly outside, and at the back point of the ball.
- **Grip**: The football will be placed so the laces are up. The center will grip the ball by placing his thumb between the second and third lace nearest the front end of the ball. A natural V formed. The fingers will grip the ball on the side in order to have complete control of the ball. ALERT: Center should always leave the ball on the ground prior to snap. Address it only when ready to snap.
- **Exchange**: "Pull stake out of the ground"-Seat the ball into quarterback's hands. No slapping at the ball. The natural elbow movement will end up just outside right leg. Do not turn the ball with your wrist. Let the natural movement do it. Move forward as the ball is snapped. "Pop-it" into the QB's top hand. "Fill the top hand."

Coaching Points:

- Sit on QB's hand-QB keep center's "platform" level.
- Keep elbow tight to rib cage on snap.
- "Pull" the ball up - keep wrist firm.
- "Finish" every snap to QB's top hand.



CENTERS

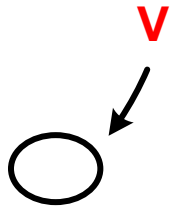


#1 Strength – Lift to get stronger, drills are to help you be a better football player.

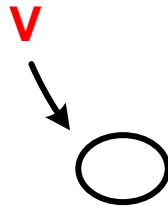
Habit – Every time you do any workout, take time to work on your fundamentals.

Snap and Block – Gun & Under Center – FINISH EACH SNAP

- Execute a block as fast as possible... QUICKNESS
- Footwork – Target – Leverage (Pads Lower / Hands In)



DRIVE RT (10 YDS)
REACH RT
PASS SET



DRIVE LT (10 YDS)
REACH LT
PASS SET



DRIVE RT (10 YDS)
DRIVE LT (10 YDS)
REACH RT
REACH LT
PASS SET (RT FOOT JAB)

DEFENDER

- Shield to work Resistance. Mix escapes (Rip/Swim/Spin) & Rush's.
- No shield to focus on hands in. (Knuckles Up)
- Pass Rush - Mix: Bull, cross, edge. (Fundamental then react)

RUN (Leverage & Leg Drive)

- Stance -Snap
 - Eyes to Target -FW for Leverage.
 - Hit Target, Run BS leg through.
 - Lift head - Regroup hands.
 - Finish Escape.
-
- Resistance for strain - Escape.
 - Elbows In - Hands In.
 - Quickness

PASS

Stance -Snap -Set Footwork vs. Alignment. Fast hands.
Lift head -Regroup hands. Finish Rush.

- Work fundamental, then mix rush's.
- Knuckles up to regroup.



BACK BLOCKS



RESPONSIBLE FOR A-GAP

VS. 3 TECH (B-GAP PLAYER)

- Push off BS foot use pull (open) technique (flat)
- 2nd step parallel – trap 3T
- Turn & run sideways – drive block 3T off puller
- Take away penetration first
- Play % may get bear over the top at times
- True reader – aim for near shoulder – contact – rip to finish

VS. TIGHT 3 or 2 TECH

- Aim to inside of defender's outside foot. Get 2nd step down fast
- Aiming point near tip of shoulder pad with nose of helmet

VS. SHADE or GAP

- Drive Block Angle – stop penetration. A.O.C. No bracing
- Aim for “V” of the NG's neck
- Point toe & drive – vs. defender over the top. Turn head into him – rip late.



RUN BLOCKING REMINDERS



1. **First Step** puts you in position to **Earn Leverage** on
A. Your man. B. Between you and the ball.
When first step is bad you spend rest of block trying to correct / paying the price.
2. **Hit** your Target and **Bring Your Knees** (AOC).
3. **Combination Blocks** – Covered – **Attack**. Uncovered – Close the Seam – **AOC**.
4. Be sure to aim your pads lower than the defenders.
5. Elbows In – Keep elbows tight to your sides.
6. Hit or be Hit – be sure defender feels your pads.
7. vs. Penetrating DL – Hit with Pads and Hands follow.
vs. Moving DL – Hands first – Bring knees.
8. Eyes **Always** Up. Look All Blocks In.



RUN BLOCKING DRILLS



4-6 SECONDS OF STRAIN

- **PS DRIVE** – Vs. Resistance – 10 yds or on their back
- **PS DRIVE ESCAPE** - Use escapes your opponent uses
- **BS DRIVE** - Vs. Resistance – 10 yds or on their back
- **BS DRIVE ESCAPE** - Use escapes opponent uses
- **PS REACH** – Penetrate (Edge Setter) Escape off blockers hat.
- **BS REACH** – Penetrator = Cut / Reader = Run
- **Gap & Back blocks** – 1. Penetrator 2. Reader
- **Combinations** – T/G (B/DL) C/G(Single/A) *All Alignments
 - **Must incorporate** – **Penetration** , **Movement** , and **Escapes**
- **Challenge Drill** –Full Speed vs. Shield – (Any single block).
- **Leverage Drill** —Generate power through aiming point.
- **Double Drill** – 2 vs. 2 No Play. Penetrate / Escape / LB Move.
- **Gap & Pull Drill** – Gaps, 3T, G-Bubble, Bear.
- **Zone Drill** - Drive/Reach blocks and uncovered **closing seam**

*Mix Cadence (Focus)

***Challenge defenders** for game speed look. Must have the right amount of resistance. Contact on cadence.

***Teach & Rep Fundamentals first, then incorporate reaction .**

*Blocker must be able to handle movement/escapes.

Defender — Penetrate, Read, Move, Escape.

- **Escape Technique** - (Push Pull, Rip, Arm Over, Spin, ETC...)
- **Combinations** - Defender attack covered man
- **Backside LB** - Penetrate Gap, Over Top, Backdoor, Run Through.

FUNDAMENTALS PASS





BELIEVE IN THE BASICS



PASS BLOCKING

PROTECT INSIDE OUT

1. PASS SET

- Move fast, to relative position – TARGET (Inside crease).
- Hands up & ready (Knuckles Up).
- Slightly above at point of contact.

2. PUNCH

- Near point – **Start the FIGHT.**
- 2 Hands to stop him.

STANCE
TARGET
FOOTWORK

3. FINISH

- Near arm, near leg strong
- Lift head – slide hands – keep separation – control rushes
- Slide feet – **only back up to stay slightly above**

- Eliminate wasted motion.
- Take away inside
- S.A.P.C.

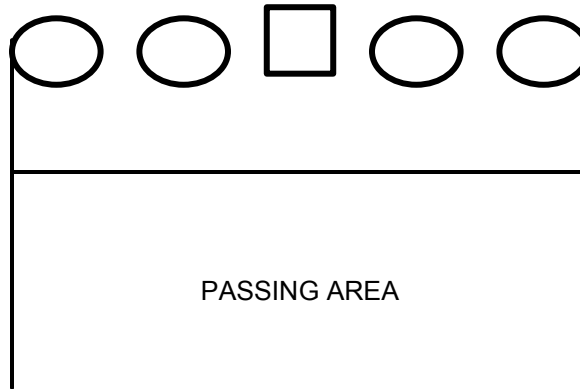


PASS PROTECTION OBJECTIVES



PASSING AREA

- IT IS THE DUTY OF THE OFFENSIVE LINEMAN TO PREVENT PENETRATION OF THE PASSING AREA. PROTECT INSIDE OUT.
- THE PASSING AREA IS AN AREA FROM A DEPTH OF 3 YARDS TO 9 YARDS, WITH THE OUTSIDE SHOULDERS OF THE OFFENSIVE TACKLES FORMING THE EDGE OF THE COMBAT AREA.
- THE GUARDS AND CENTERS ARE RESPONSIBLE FOR MAINTAINING THE DEPTH OF THE POCKET. THE TACKLES ARE RESPONSIBLE FOR THE WIDTH.



HANDLING THE RUSH

1. HEAD UP RUSH

- SET QUICK BE READY TO TAKE HIM ON. KNUCKLES UP.
- FOCUS EYE AT THE MIDDLE OF THE THROAT.
- LOOK THROUGH THE WINDOW FRAME FORMED BY YOUR HANDS.
- AS THE DEFENDER CHARGES – DRIVE BOTH HANDS TO NEAR POINT.
- KNOCK HIS SHOULDERS BACK. STOP HIS RUSH.
- KEEP THE CHIN BACK AND THE HEAD OUT OF THE BLOCK.
- KEEP YOUR KNEES BENT AND FEET UNDER YOU.
- WE WANT A FULL LOCKOUT. COUNTER HIS INTENTIONS. RESET HANDS ONLY WHEN NECESSARY. SLIDE THEM AND MAINTAIN CONTACT KEEP HANDS ON.

2. INSIDE RUSH – THIS IS THE MOST DANGEROUS RUSH AND THE ONE WE MUST CONSTANTLY BE PREPARED TO DEFEAT.

- SET QUICKLY AND BE READY TO TAKE HIM ON. NO WASTED MOTION – HANDS ON.
- MIRROR THE DEFENDER.
- WHEN HE MAKES HIS INSIDE MOVE, SLIDE INSIDE. PUNCH HIM, DENY PENETRATION (FLATTEN HIM).
- PUNCH TO NEAR POINT. BE STRONG WITH INSIDE HAND AND LEG. (NEAR HAND – NEAR FOOT).
- WORK TO STAY SQUARE ON THE DEFENDER.

3. OUTSIDE RUSH – WHEN THE RUSHER CHOOSES AN OUTSIDE ROUTE, THE BLOCKER HAS THE ADVANTAGE IN THAT HE HAS MORE TIME IN WHICH TO REACT. THE BLOCKER MUST BE CAREFUL NOT TO COMMIT HIMSELF TO SOON TO BLOCKING THE OUTSIDE RUSH AND THEN GET BEATEN INSIDE.

- SET QUICKLY AND SLIDE TO SPOT SLIGHTLY ABOVE WITH INSIDE TARGET.
- MUST BE BETWEEN THE RUSHER AND THE QUARTERBACK.
- PUSH OFF INSIDE FOOT – DROP OUTSIDE WITH SOME WIDTH.
- INSIDE FOOT SHOULD POINT UP FIELD – TURN LATE.
- WHEN HE MAKES HIS OUTSIDE MOVE, SLIDE OUTSIDE FOOT AND SINK INSIDE FOOT.
- KEEP SHOULDERS AS SQUARE AS POSSIBLE. HELMET INSIDE OF HIS HELMET.
- WHEN THE RUSHER REACHES THE “POINT OF NO RETURN” APPROXIMATELY 5 YARDS DEEP, DROP YOUR OUTSIDE FOOT AND DIRECT HIS RUSH UP FIELD AND PAST THE QB.
- WHEN BLOCKING THE OUTSIDE RUSHER, NEVER TURN YOUR SHOULDERS PARALLEL TO THE SIDELINES UNLESS YOU ARE IN CONTACT WITH RUSHER.



TWO POSITIONS



1. BODY POSITION - BLOCKER'S POSTURE

YOUR BODY POSITION/POSTURE, THAT ALLOWS YOU DO WHAT IS REQUIRED WITHOUT WASTED MOTION: MOVE Laterally AT AN ANGLE AND BACK WITH POWER & BALANCE.

- **HANDS UP & READY, KNUCKLES UP, EYES LOOKING OVER TOPS OF FINGERS.**
- **HEAD UP. BREATHE. ATHLETIC POSITION (PLAYER CAN MOVE HIS BEST)**
- **BACK STRAIGHT, BODY UPRIGHT.**
- **WEIGHT ON THE BALLS OF FEET AND STAGGERED. OUTSIDE FOOT BACK.**
- **EYES TO TARGET – SHOULDERS SQUARE TO LINE OF SCRIMMAGE**

2. RELATIVE POSITION – BETWEEN RUSHER & QB

SET TO THE POSITION THAT INTERSECTS THE RUSHER & QB

- **PICTURE A LINE FROM THE RUSHER TO THE QB, SLIDE TO STRADDLE.**
- **AT POINT OF CONTACT, BLOCKER MUST BE SLIGHTLY ABOVE WITH AN INSIDE CREASE TARGET.**
- **FIGHT TO STAY IN FRONT OF RUSHER. SLIDE FEET.**
- **STRONG NEAR HAND, NEAR FOOT**
- **ALWAYS TAKE AWAY INSIDE RUSH. KEEP THIS RELATIVE POSITION.**



PASS PRO POSITION & HANDS DRILLS



1/4 TURN:

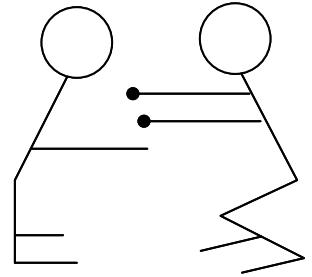
WORKS ON MAINTAINING PASS PRO POSITION OF BLOCKER & KEEPING SEPARATION.

- FORCES BLOCKER TO SLIDE HANDS WHILE DEFENDER TURNS AND PRESSURES HIM.
- DRILL WILL LAST 10 SECONDS.

BLOCKER:

START DRILL IN GREAT PASS PRO POSITION WITH HANDS UP & READY.

- KNUCKLES UP – PRESSURE THRU THE PALM OF HANDS.
- MUST MAINTAIN SEPARATION – SLIDE HANDS TO MAINTAIN IT.



DEFENDER:

- LEAN ON BLOCKER – KEEP PRESSURE THRU OUT THE DRILL. BODY WEIGHT ON HIM.
- HAVE DEFINED 1/4 MOVEMENTS – SIDE TO BACK TO SIDE. NON-RHYTHMIC.

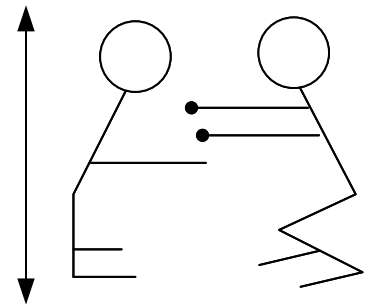
1/4 TURN MIRROR:

START DRILL THE SAME AS 1/4 TURN.

- DEFENDER WILL NOW ADD MOVEMENT Laterally.

BLOCKER:

- SAME EMPHASIS AS 1/4 TURN DRILL.
- NOW MUST INCORPORATE FEET. SLIDE TO STAY IN FRONT. FOOT FIRST MOVEMENT.
- MAINTAIN SEPARATION.



DEFENDER:

- SAME EMPHASIS AS 1/4 TURN DRILL.
- ADD LATERAL MOVEMENT TO FORCE BLOCKER TO STAY IN FRONT. SLOW DODGER.
- KEEP PRESSURE W/ BODY WEIGHT AS YOU MOVE.



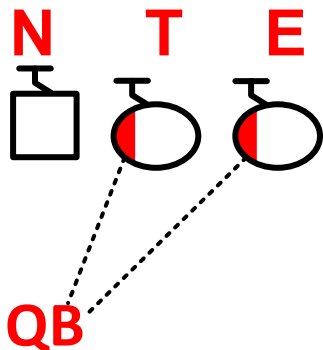
PASS SET



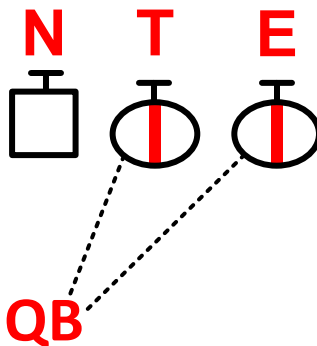
- MOST IMPORTANT PART OF A PLAYERS SUCCESS.
- WIN THE FIRST SECOND (START THE FIGHT)
ACTION IS QUICKER THAN REACTION.
CLOSER = FIRMER
- SET AS QUICKLY AS POSSIBLE TO THE TWO POSITIONS.
 1. YOUR BEST BODY POSITION (BODY POSITION)
 2. BETWEEN RUSHER AND QB (RELATIVE POSITION)
- HANDS MOVE TO "POSITION" AS FEET MOVE. KNUCKLES UP & READY TO PUNCH.
- DEFENDERS ALIGNMENT DETERMINES FOOT MOVEMENT.
(WHICH WE CALL "PUSHING" & "SLIDING")
- BLOCKER MUST BE SLIGHTLY ABOVE THE RUSHER AT THE PUNCH.
WITH RELATIVE POSITION. INSIDE CREASE TARGET.
- ALWAYS TAKE AWAY THE INSIDE RUSH.
- EYES TO TARGET AS YOU ESTABLISH RELATIVE POSITION.
ONLY BACK UP TO ESTABLISH RELATIVE POSITION.
- FASTER YOU SET THE BETTER YOU CAN START THE FIGHT.
- NEVER HOLD. GRABBING RESTRICTS YOUR ABILITY TO MOVE YOUR FEET.
- MIRROR – NEVER RELAX FROM WAIST DOWN.
SLIDE HANDS & FEET TO MAINTAIN LOCK OUT AND RELATIVE POSITION

PASS SET DRILLS

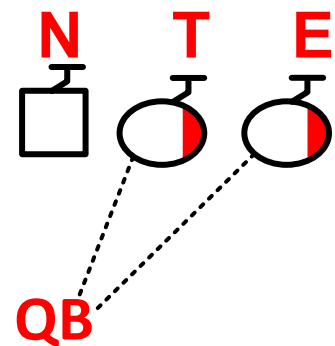
1 SET = INSIDE ALIGNMENT
TARGET – CHIN (MIDDLE)



2 SET = HEAD UP ALIGNMENT
TARGET – INSIDE CREASE



3 SET = OUTSIDE SHADE
TARGET – INSIDE CREASE





PASS PRO PUNCH & MIRROR



PUNCH

- TWO HAND PUNCH TO NEAREST POINT
- HANDS UP IN FIELD OF VISION – HELPS JUDGE TIMING OF PUNCH AND HARDER TO KNOCK HANDS DOWN
- GOAL IS TO STOP RUSHER – NOT A KNOCKOUT - BALANCE
- ESTABLISH SEPARATION AND KEEP IT
- KNUCKLES UP – CONTACT WITH PALMS OF HANDS
- VIOLENT, NOT FORWARD

MIRROR

- SLIDE FEET TO MAINTAIN RELATIVE POSITION.
- WEIGHT ON BALLS OF FEET. FEET STAY AS CLOSE TO THE GROUND AS POSSIBLE TO CHANGE DIRECTION.
- ONLY GIVE GROUND TO STAY IN FRONT.
- DO WHAT IS REQUIRED. **SLIDE, RUN SIDEWAYS, TURN & RUN.**
- KEEP HANDS ON & DEFENDER OFF YOU.
- NEAR HAND & NEAR FOOT MUST BE STRONG.

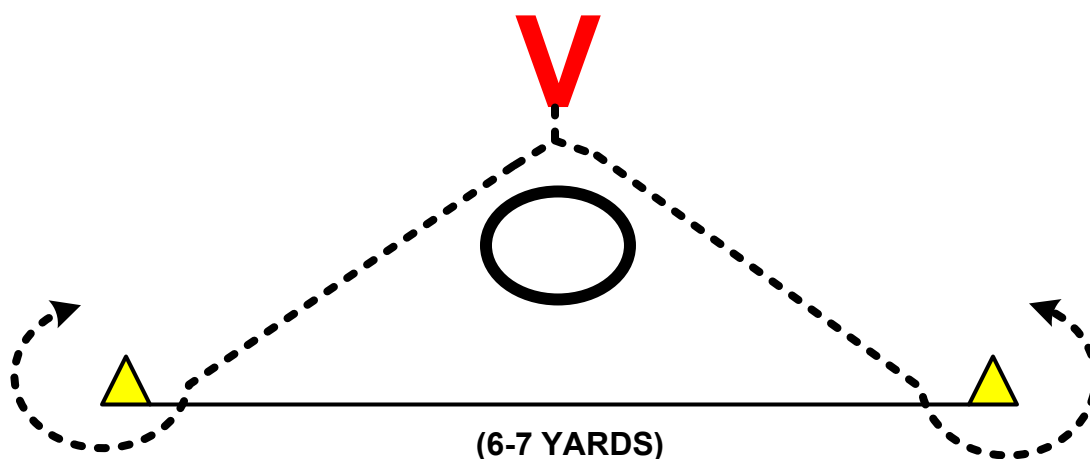


MIRROR DODGE



THIS IS THE BEST DRILL TO CHALLENGE THE PASS BLOCKER THE WAY HE WILL BE CHALLENGED IN THE GAME.

A CONTINUOUS DRILL WHERE THE GOAL OF THE DEFENDER (RABBIT) IS TO SCORE BY CROSSING THE LINE BETWEEN THE CONES. DRILL SHOULD LAST 10-14 SECONDS. BASE ALIGNMENT FOR CONES IS 6-7 YARDS. MUST HAVE SCORING TO LEARN.



BLOCKER:

- USE PASS PRO TECH – NOT “WWF”
- DEFEND THE LINE & CONES.
- FEET IN FRONT & HANDS ON.
- NEAR FOOT TO CONE IS CRITICAL
- SWAT HANDS – QUICK REPLACE – FB POSITION
- NEVER PUNCH TO THE SIDE.
- FOCUS ON STAYING IN FRONT – BEING BEATEN 2-3 TIMES IS A GOOD DRILL.

RABBIT: - KEY TO THE DRILL - HOW GOOD OF TEAMMATE?

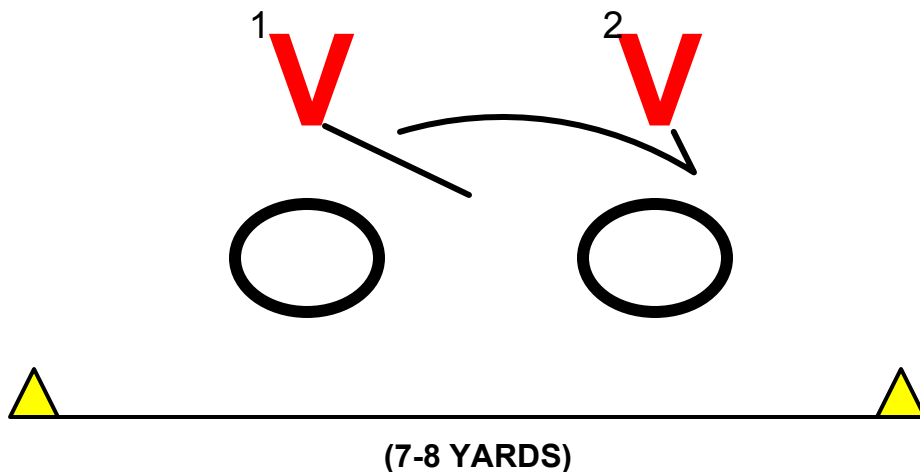
- HAVE A PLAN – GAME SPEED
- USE MOVES HE STRUGGLES WITH
- RIP TO EDGES – SPIN VS FORWARD
- WORK EDGES – NOT BULL RUSH
- MUST BEAT THE BLOCKER TO HELP HIM IMPROVE.



2v2 MIRROR DODGE



THIS IS A GREAT DRILL FOR THE BLOCKERS TO WORK ON TWISTS, WORKING TOGETHER AND HANDS. TWO RUSHERS WILL DESIGNATE A PENETRATOR AND A LOOPER. WE WANT 3-4 GOOD TWISTS.



BLOCKERS:

- USE TECHNIQUE – HANDS MUST BE UP
- NEVER ALLOW PENETRATOR TO HIP
- VS. PENETRATOR YELL “GAME”
- STAY ON SAME LEVEL
- KEY YOUR MAN FOR PENETRATOR OR LOOPER
- STAY IN FRONT OF YOUR MAN - NO GUESSING

PENETRATOR & LOOPER:

- DESIGNATE WHICH RUSHER IS THE PENETRATOR, WHICH IS THE LOOPER
- PENETRATOR REMAIN PENETRATOR FOR DRILL
- USE HEAD FAKES AND WORK TOGETHER
- RUSH OL IF NOT STAYING IN FRONT



OT'S VS. WIDE RUSHER



OT'S HAVE THE CHALLENGE OF A WIDE ALIGNMENT AND SPACE TO COVER. ID THE TYPE OF RUSHER, AND IF YOU HAVE HELP OR NO HELP. ALSO, EACH WEEK THEY MUST TAKE TIME WORK, GAME ON LINE, PASS RUSH. THEY WILL FALL BACK TO THEIR PREPARATION TO EXECUTE DURING ONE OF THE TOUGHEST SITUATIONS FOR A LINEMEN. EVERYONE KNOWS HIS TEAM HAS TO THROW THE BALL TO WIN THE GAME, AND THE OT'S BLOCK CAN BE THE DIFFERENCE IN WINNING OR MISERY.

1. SLIDE THE LINE

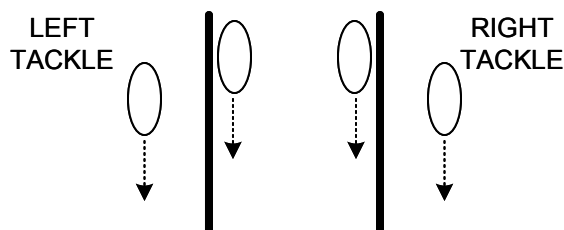
- ALIGN WITH THE LINE BETWEEN FEET – INSIDE FOOT TO EDGE OF LINE IN A 2 PT.
- PUSH OFF BALL OF INSIDE FOOT – DROPPING WITH SOME WIDTH THE OUTSIDE FOOT. WHEN YOU PUSH, THE GRASS SHOULD INDENT.
- WE WANT THE INSIDE TOE FACING GOAL LINE FOR 10 YARDS.
- SHOULDERS ARE SQUARE AS YOU SLIDE IN FOOTBALL POSITION.

2. 3 PUNCH – 3 INDIVIDUAL RUSHES – FUNDAMENTALS

- ALIGN THE SAME WAS AS “SLIDE THE LINE”.
- OT WILL EXPLODE 2 BACK AND THE DEFENDER WILL THEN RUSH.
- OT MUST TIME HIS PUNCH EACH TIME THE DEFENDER GETS CLOSE TO HIM TO LOCK OUT AND STOP FORWARD MOVEMENT.
- THESE WILL BE 3 SEPARATE SETS & PUNCHES. DEFENDER MUST TIME HIS MOVEMENT BASED ON SET OF THE OT.

3. LIVE RUSH – DEFENDER WILL USE MIXTURE OF RUSHES OT NEEDS

- OT WILL ALIGN IN HIS 2PT STANCE.
- THIS WILL BE A LIVE PASS RUSH DRILL WHERE THE DEFENDER WILL MIX PASS RUSH MOVES THAT OT MUST WORK:
 - SPEED TO EDGE (SWAT / RIP)
 - INSIDE (JAB & IN / JAB & SPIN IN / HEAD FAKE)
 - BULL / STAB





PASS BLOCKING REMINDERS



1. TAKE AWAY INSIDE RUSH.
2. YOUR SET IS THE MOST IMPORTANT PART OF YOUR TECHNIQUE.
3. START THE FIGHT WITHOUT BEING FORWARD.
4. STAY IN THE PROTECTION – MAY HAVE TO SINK BACK AT TIMES.
5. NEVER BEATEN AWAY FROM YOUR HELP.
6. BE SLIGHTLY ABOVE AT POINT OF CONTACT WITH INSIDE TARGET.
7. PUNCH THE NEAREST POINT – KEEP HANDS ON – KNUCKLES UP.
8. CLOSER YOU ARE TO YOUR MAN THE FIRMER YOU ARE – HANDS ON.
9. MAN SIDE OF PROTECTION = INSIDE TARGET DISCIPLINE.
10. ALWAYS BE PREPARED TO PASS PROTECT TO WIN THE GAME.
11. IN EVERY PASS PROTECTION THERE COMES A TIME WHEN YOU NEED TO TAKE A STAND – STOP THAT RUSH.



PASS PROTECTION



1. PROTECT INSIDE – OUT. POCKET FIRM. *FEET AND HANDS-QUICK
*SLIDE-SMOOTH-BALANCE
2. KNOW THE CONCEPT AND LAUNCHG POINT.
3. PASS PRO POSITION
 - BODY POSITION – YOUR BODY ANGLE FOR MOVEMENT (POSTURE)
 - RELATIVE POSITION – BETWEEN DEFENDER AND QB.
4. THE **PASS SET** IS THE KEY TO YOUR SUCCESS, HANDS UP, PUNCH WITH NO WASTED MOTION.
5. KNOW WHERE YOUR HELP IS COMING FROM.
 - **NEVER** GET BEAT AWAY FROM YOUR HELP.
6. CENTER AND GUARDS ARE RESPONSIBLE FOR DEPTH OF POCKET AND OT'S THE WIDTH.
7. THE TIGHTER THE TECHNIQUE/ALIGNMENT OF THE DEFENDER, THE FIRMER THE SET (FASTER, HANDS ON).
8. PRE SNAP LOOK AT DEFENSE FOR TIPS. COMMUNICATE (BLOOD, CLEAR, TIGHT, SLOW, GO)
9. BE IN A FUNDAMENTAL BODY/RELATIVE POSITION ON EACH PASS RUSH. CONSISTENCY.
 - PUNCH NEAR POINT AND MAINTAIN SEPARATION. KNUCKLES UP-HANDS ON, TIME IT.
 - MAKE THEM BEAT YOU – NO GUESSING.
 - (P.S. HAND/LEG IN PASS) (B.S. HAND/LEG IN RUN)
10. OT's vs. WIDE RUSH. Vs. SPEED – EDGE
 - SLIDE BACK (2B) SMOOTH. **PUSH OFF INSIDE FOOT.**
 - SLIGHTLY ABOVE AT POINT OF CONTACT. **PUNCH.**
 - **INSIDE** TARGET – NO DRIFT OR FORWARD.
 - SQUARE OFF INSIDE MOVE.
 - FINISH WITH HANDS ON ... REGROUP.
 - SECOND “BACK” WITH INSIDE FOOT IS CRITICAL. A LITTLE WIDTH IS OK.
 - KEEP DEF ON OUTSIDE PAD. HOLD THAT LINE AS LONG AS POSSIBLE.
11. GAMES
 - **NEVER** ALLOW DEFENDER TO HIP OF YOUR LINE MATE.
 - MAN SIDE TARGET KEEP YOU FROM DRIFTING. INSIDE CREASE ... EYE FOCUS.
 - SCREAM “**GAME**” VS. PENETRATOR (OR ANY DEFENDER CROSSING FACE).
 - OT'S 2 BACK SQUARE WITH INSIDE HAND READY.
 - OBVIOUS PASS VS. WIDE 3T ... SET FOR TE.
12. DL RUSH
 - HIGH SHOULDERS – ALERT FOR FINESSE OR LOOPER
 - LOW SHOULDERS – ALERT FOR SPEED, BULL, OR PENETRATOR



POINTS OF EMPHASIS



- **START THE FIGHT – ACTION IS QUICKER THAN REACTION. CLOSER = FIRMER.**
- **NO GRABBING, SLIDE YOUR HANDS – 2 HANDS – 2 PRONGS.**
- **MAINTAIN UPRIGHT POSITION. USE EVERY BIT OF YOUR ATHLETIC ABILITY TO STAY IN FRONT.**
- **BACK UP ONLY TO GET IN FRONT OF DEFENDER.**

- **HANDS UP, IN YOUR FIELD OF VISION – (EASIER TO JUDGE DISTANCE FOR TIMING, HARDER TO KNOCK).**
- **GREAT EFFORT CAN OVERCOME POOR TECHNIQUE. FIGHT TO WHISTLE.**
- **STAY ALIVE IN THE PROTECTION, MAY HAVE TO SINK TO DO IT.**
- **PUNCH TO STOP AND DISRUPT RUSHER.**
- **FREE MAN ... PHYSICAL HELP.**

OT's vs WIDE RUSH:

- **RECOGNIZE RUSHER TYPE (SPEED OR POWER).**
- **SLIDE BACK (2B) SMOOTH. PUSH OFF INSIDE FOOT.**
- **SLIGHTLY ABOVE AT POINT OF CONTACT (PUNCH).**
- **INSIDE TARGET – NO DRIFT OR FORWARD.**
- **SQUARE OFF INSIDE MOVE.**
- **FINISH WITH HANDS ON – TO WHISTLE.**

GAMES:

- **NEVER ALLOW DEFENDER TO THE HIP OF THE LINEMAN INSIDE OF YOU.**
- **MAN SIDE TARGETS KEEP YOU FROM DRIFTING (INSIDE CREASE) ALERT (ET) (TN).**
- **SCREAM "GAME" VS. PENETRATOR, AND JUMP HIM.**
- **Vs. 3 TECH OT's 2 BACK WITH INSIDE HAND READY. ALERT (TE).**



PASS PROTECTION DRILLS



DRILLS

- SET DRILL - 1, 2, 3 OT (2, 3, W) Mix 1-3,3-1
- ¼ TURN FIT - Vs. RESISTANCE
- ¼ TURN FIT, MIRROR - Vs. RESISTANCE
- MIRROR PUNCH - TIMING TO SHOULDER. NON-RHYTHMIC.
- MIRROR CROSS FIELD (SIDE/HASH) - LITTLE CONTACT. LOWER BODY FULL SPEED
- SINK vs. RUSH TECHNIQUES - (BULL, SWAT, STAB, FORK, SPIN, RIP, SWIM).
- MIRROR DODGE - CLOSE QUARTERS (4-5 YARDS), SCORE (6-7 YARDS)
- 2-2 MIRROR DODGE - 7 YARDS APART FOR GAME SWITCH
- TACKLE SLIDE LIVE - 3 PUNCH - RUSH'S
- C/G - 3 vs. 4 - RUSH / MOVE / GAME/ BLITZ
- 2 BAG DRILL (3 BAG FOR CENTERS)

COACHING POINTS

- TEACH & REP PASS PRO FUNDAMENTAL, THEN MOVEMENT SPECIFIC RUSHES. MAKE THEM REACT.
- MIX CADENCE (FOCUS)
- ATTACK BLOCKER - LEARN FROM FILM (THE WAY DL RUSHES).
- KEEP HANDS ON RUSHER.
- MIX IN DRILLS THAT FORCE 8-10+ SECONDS OF EFFORT.

DEFENDER

- ATTACK ON CADENCE.
- **HAVE A PLAN** - RUSH & COUNTER TO RUSH.
- NON-PREDICTABLE FOR BLOCKER.
- MAKE HIM STOP YOU.
- USE DIFFERENT ALIGNMENTS.
- USE HEAD FAKES TO GET TO EDGE.
- ALWAYS CHALLENGE HIM WITH AN INSIDE MOVE.
- BLOCKER SOFT SET – BULL.

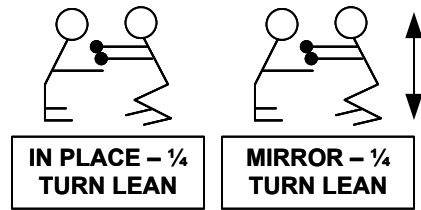


PASS DRILLS



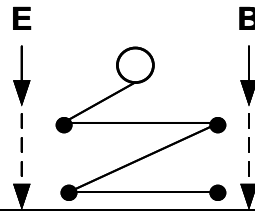
HANDS ON DEFENDER – LEAN ON

- A. KNUCKLES UP – ABLE TO SLIDE HANDS
KEEP SEPERATION VS. PRESSURE
¼ TURN (IN PLACE) – CHANGE HANDS, CONTACT SHOULDER & BODY
- B. LEAN ON BLOCKER – MIRROR



TWO BAG DRILL

- SLIDE & PUNCH
- A. WORK FUNDAMENTALS
- B. ONE MOVE AT CONTACT.



6 x FUNDAMENTAL (3 E – 3 LB)
4 X 1 MOVE (2 E – 2 LB)

- SLIGHTLY ABOVE – INSIDE TARGET
- SLIDE APPROX. 3YD ANGLE

RUSH RETREAT VS. RUSHES

- A. SAME SET & COUNTER – 3x IN ROW (WORKING COUNTER)

EX. 3 x STABS (TRAP STAB)
3 x SPINS

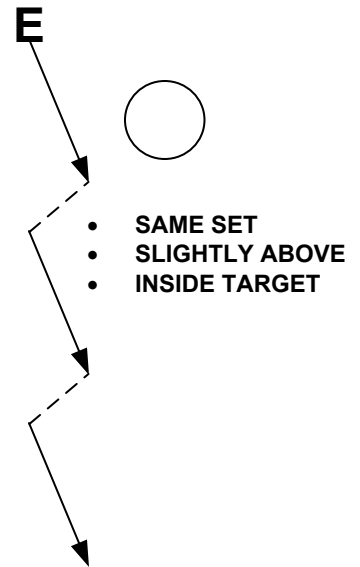
WORK TOGETHER 3 x SWATS, ETC. (REPLACE – TIGHT)
3x BULL (DROP HIPS)

BLOCKER SHOULD KNOW WHAT IS COMING

- B. MIX RUSHES

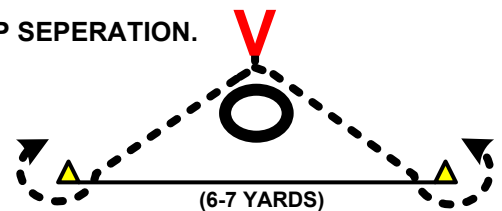
EX. 2 STAB, 1 SPIN (HEAD FAKE/ SPIN)
BULL – STAB – SPIN (BULL/ SPIN)

BLOCKER SHOULD NOT KNOW WHAT IS COMING



MIRROR DODGE – DEFENDER: MUST WORK FOR YOU. HE MAKES THE DRILL GOOD OR BAD

- SLIDE TO STAY IN FRONT OF THE DEFENDER. NEAR FOOT TO THE CONE, NEAR HAND STRONG.
- HANDS UP & READY, PUNCH NEAR POINT OF DEFENDER. (FIRST THING)
- DEFEND THE LINE. NO BACKING UP. HANDS ON, SLIDE HANDS, KEEP SEPERATION.
- FULL SPEED WITH DEFENDER WORKING EDGES TRYING TO SCORE
- RIP, SWIM, STAB, SPIN, FORK, ETC.
- NO BULL RUSH



“HARDER YOU WORK... HARDER IT IS TO SURRENDER.”

DRILLS

- WORK FUNDAMENTAL MOVEMENTS
- BLOCK PLAYS & DEFENDER REACTIONS (ESCAPES – RUSH)



DRILLS



1. **TEAM RUN**

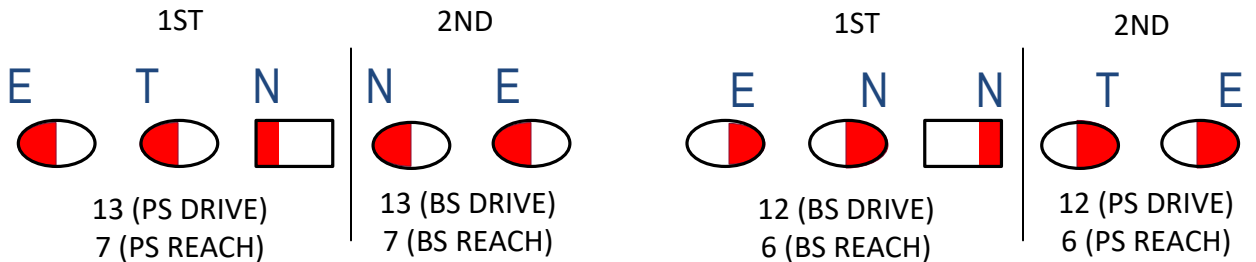
2. **OFFENSE CADENCE / TAKE OFF DRILL**

3. **INDIVIDUAL: DRIVE/REACH**

1 vs 2 (2x)
2 vs 3 (2x)
3 vs 1 (2x)

**ALIGN – STANCE – TARGET – FW
HIT TARGET W/ LEVERAGE – PADS TO HANDS
ACCELERATE ON CONTACT**

**10 yds OR ON
BACK**

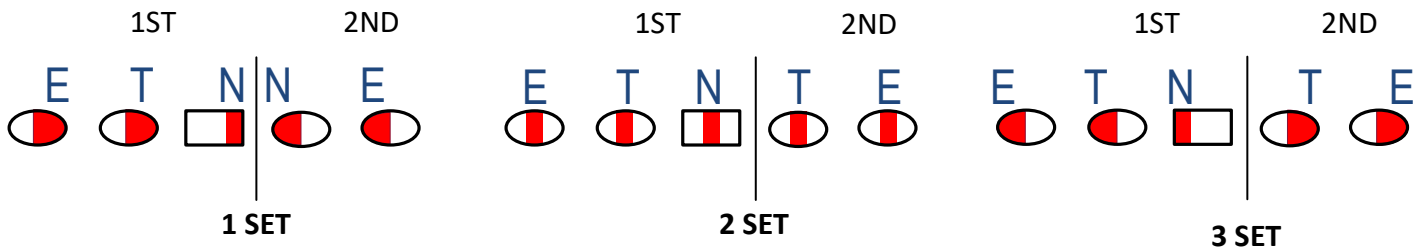


SETS

1 vs 2 (3x)
2 vs 3 (3x)
3 vs 1 (3x)

**ALIGN – STANCE – TARGET – FW
FW – HANDS UP – FB POS – REL POS.
NO WASTED MOTION**

FAST

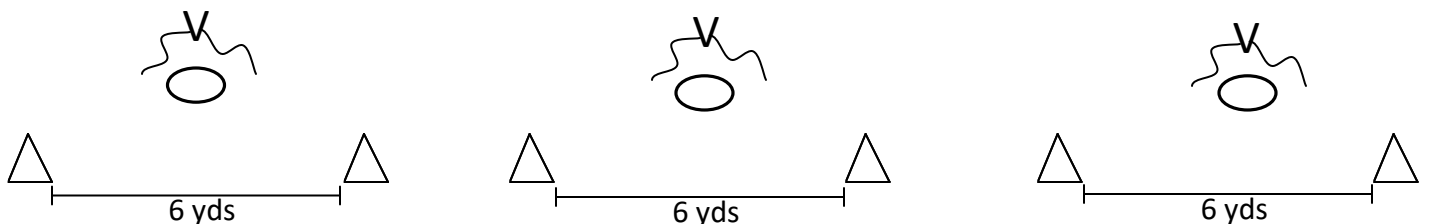


MIRROR DODGE

3 SETS
OF CONES

**6 yds
12 SECONDS PER REP (TIMER)
MOVES: HEAD FAKE, SPIN, RIP, ARM OVER, STAB**

SCORE DRILL



BONUS MATERIALS

**HARRY HIESTAND'S NOTES FROM PERSONAL MEETINGS
WITH JOE MOORE & DAN "BAD RAD" RADOKOVICH**



JOE MOORE

HA NOTES.

Joe Moore

NOTES FROM MEETINGS
W/JOE.

Erie Prep

Recruit:

quickness
hitter / can't make them
tough
can run
no fat guys to trim down

O-LINE sets the pace
"What will it be"?

Teach them how to play.

Become unstoppable.

Drive Block

First step - put us in position to get leverage
determined by alignment and play

Second Step - fire it depending on help - no help

*Down quick no help & tight align

*Bring it through more w/help

*when to fire it - Blocker MUST know.

*DR^{DRIVE} - move defenders with your legs / leg drive. First get leverage

*How would you make this block next time? - ask player ... MUST LEARN

and know what they are
doing

*Point MLB every snap.

*Want removal / explode

*What is your aim point? How do you get there?

" your LG does NOT
know what to do "

ILLINOIS FILM SESSION
W/JOE 1998 SPRING

AIM POINT gets you BETWEEN
RB and Defender - "go like hell"

General - Season

The Enemy's From Within - ON our sideline Mistakes Focus ETC.

- This team can't beat you unless you beat yourself.
- Build hate for MF's across the field. - enemy - Attack Them, Hit or be hit.
- Be determined to get it done when things are not going well.



- Your will vs. the defenders - who's will be greater.



- I will not allow you to set your own standard. Let me decide, then you go after it.

- Always work to improve.

BASIC'S - Every Day
NOT when they Feel Like it.

- Must always be on the same page.

Coach's - Coach's
Coach - PLAYERS

NEVER SATISFIED ...Lombardi - He made the PLAYERS BETTER
Whether they Liked it OR NOT.

• Treated Them Like SHIT and MEN.

- NEVER LET a player settle where they WANT
- REFUSE to LET PLAYERS SET OWN STANDARDS.
Good coach decides then goes to work... EVERY DAY.

- Challenge as individuals and as group – Both mental & physical

Put O-Line on the field not mentally prepared is Coach's fault. To put O-Line on the field not physically prepared in players fault. *

- Fearful of making mistakes & demotion is not a winning player
- Need confident players "coach believes in me"
- Let them know coach has confidence – battle errors occur – all out effort
- Give them incentives to shoot for: O-penalties, O-sacks, never stop a drive, finish
- 5 – 6 seconds of effort – finish
- Change up looks in practice – make game easier
- Drills – game situation
- 20% or higher body fat unacceptable
- Quickness
- Unstoppable line – best in Big 10 – get under people and block them



JOE MEETING W/ LG IN MY OFFICE – SPRING 1998



- How determined are you to make your block?
- How do you react to pressure – give in or strain?
- [OUR JOB TO PUSH THIS]
- Are you thinking about football, how to punch, how to lock? Do you talk about it?
- Write on the board what you are thinking on this block.
- Take what you learn & apply it better – your situation.
- Solve your problems by studying the film.
- Make your body use the techniques we teach. Don't allow what defender might do fool you up.
- “Only matters what the player is thinking... Is it right? Must ask to find out.
- “Not going to beat me” Player is in charge.... **MIND**
- Two Speeds: Walk Thru & Full Speed.
- Strong where he attacks... No Give.
- Knock my outside hand down - I'm strong with my play side leg.
- What problems the player is having – solution between the player and coach.
What to do!
- How to correct it = _____
- Player must know and learn.

Joe meeting w/LG in my office 1998 SPENS

due. Do b
TO Push
↑ This.

- * How bettered our goal to make your work.
- * How do you work w/ pressure, give w/ or STRAIN
- * Are you thinking about football, how to punch how to block. Do yourself about it.
- * ^{on this sheet} Write on board what you are thinking. ^{DRIVE}
- * Take what you learn & apply it better - your situation.
- * Some problems by...
- * ... use the... We don't...
- * ... that you...
- *

"Only matters what the player is thinking... IS it right?
 "NOT going to beat ME"
 Player is in charge... MIND MUST ASK to FIND OUT.

Two speeds - Walk thru
 Full speed

Strong where he attacks. NO GIVE

Knock my outside hand down - I'm strong with my PS Leg.

Player must know - learn.
 What problems the player is having - SOLUTION between player and coach. What to do!
 How to correct it = _____

General

- Repetition – do in practice what you want to do in game
- Game Speed – drills
- Set the pace
- Power play #1 play
- Block each play individually – Slant, P.O., Press, Etc. They must know the differences. When can they come off the ball.
- How to block – now how to block the play/protection
- Man Free, Cov. O vs. Run Game Tough. vs. Zone run it
- Steps in running – longer stride = faster
- Believe 10% of what coach's tell you, 100% of what's on film
- Believe you can block the man over you
- Reps – keep working at it. No one bats 1000 or makes every free throw in practice
- We can get on a defender & stay on him
- Step near foot
- Never clash helmets – separation in run is BAD
- Never teach something that happens natural (hip roll). No bags over boards, no little things.
- Move defenders with legs (knees to him)
- How would you make this block next time?
- Stay between your man and the ball.

Must know:

1. play-snap count
2. assignment
3. direction of the ball

PLAYER MUST KNOW – –
ASK + LISTEN + CORRECT.
Be sure they understand.
will say "Got-it" and
DO IT. Your Job.

Pride – M/M RB – QB Pays your depth

Block – That is what you do

Determined – When things aren't going well

Tough times are part of the game – Determined to improve.

RELATIVE
POSITION

C's Step & Snap

Center – step snap

- shoulder through
- elbows in
- knees to def.
- accelerate – sprint through

Stance

- toes out a little
- balls of feet
- do all things – no false step (get in balance) drive/reach/down/
dbl team/playside

- *No penetration – this run game ... can't happen.
- *Get underneath
- *Elbows in/never leave side
- *Step to get leverage
 - 2 & 3rd down quick – accelerate into block
- *Look in – square up
- *Leverage – knees to defender
- *Must have feet underneath you
- *Bring knees to block – drive forward
 - feet under you
 - get square – on balance
 - leverage – under / hands in
 - get feet on ground quick
 - accelerate
- *Make contact with shoulder – feet up under – hot – feet are behind
- *Get our shoulder on his chest – feet under
- *Steps are as much as you can get at anytime
- *Defender wide, better – bigger first step
- *Never want to clash helmets – looking
- *Turn head into block on contact
- *Goal – get into his chest and climb him
- *Eyes up
- *Under balance – square – go crazy on defender
 - FB – come off ball – zone FB
 - TB – 1st second – down to defender
 - Step w/near foot
- Down Block – turn on heel – stay in balance
- Dbl Team – foot to foot – right side – right foot never ahead of left
 - OT stay square – stay square near foot of DE
 - Step w/near foot on dbl team / OT square

*Center & OT's key

Center – Coach step ten snap

Run

Step Snap

Shoulders through – elbows in

Drive – 10 yards

Base – reach

accelerate through

knees forward

reach – helmet outside his helmet

Crab

Knees up under

Pads under

Get square up

Double

Never go out on any double

Drive near foot to defender – up in front

EYES ON LB

Reach

Get square

Up & down leverage

In & out leverage

Down Block / Back Block – make no ground

STANCE

- TOES a little out
- WEIGHT ON BALLS OF FEET
- NO FALSE MOVEMENTS
- ELBOWS should NEVER leave his side.

Somehow ~~end~~ end up square at P.O.A.
(PB behind you)

Feet always under

Progress -- Mentally Tougher (From standards and relentless coach)
AGGRESSIVE... ATTACKING ATTITUDE

Coach Each Other

- Players engaged on field
- Help each other improve...
- Can't be a friendly football player.

ND v OHIO ST Q

Demand of each other

<u>Drive</u>	<u>Down</u>	<u>Drive block</u>	<u>Stay on Balance</u>
Reach	Dbl Onside	Dble Team p.s.	Feet Under
	Dbl Backside	Down B.S.	Stay Square

*As we go NC

*Look block in at all times

Turn head into block once I get there

*Never clash helmets – it keeps me away from his body

*Goal is to get into his chest

Then climb him

- happens natural – under hips will climb – roll hips not said

Never teach something that happens naturally

Square – at P.C.A.

On Balance

Leverage Under – Inside

Accelerate like hell – go crazy on block

Come off the ball – have someone cover our backside – Cover B.S.

TB Run – 1st

- never move inside foot
- Know where we are going

Down Block – never step to down block

- turn on heel
- never make ground

Double Team – step foot to foot

- near foot forward
- keep inside foot ahead of outside
- stay square

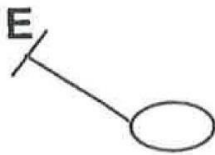
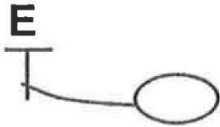
Run

Def – only move as far as backside leg

59 – heel out in stance/more aggressive with feet

OT
Drive block vs. loose alignment – threaten tech.

Second step should not gain much ground
B. side foot flatter vs. wide align



Fan Block

Backside leg – strain up into defender

Backside hand

Backside shoulder

Elbows in

Out hands lower & up through chest

Contact more w/front of shoulder pad not top

Keep fighting to bring leg through

Lead – PST vs. 5 Tech "MAN"

inside foot never moves

1" out 1" back w/outside foot

Run Fundamentals

- Toes slightly out
- Elbows in – keep to side – balance & power
- First step – get leverage for block. If bad, spend rest of block recovering
- Believe you can block the man
- Get on them – stay on them
- Dad baseball – teach them to aim pads like you were taught to aim bat
- Repetition
Shoulder pad under
square
on balance
underneath / elbows in
accelerate like hell
go crazy on block
- Step near foot
- Down block / Back block – never make ground, stay on balance , turn on heel
- TB
Firsts – can't move inside foot until you see where he is going
- First to get in position to block
- Next two steps make it, how fast you get into him how fast you get feet on ground. Faster than him.
- After that – sprint (once you made contact) the guy

Pass Pro

Hands up - Fast as possible

Punch to lock out - extension
through from shoulder
hands stay up
punch inside of #
feet through shoulder
short punch
fighting position
score-no score

Mirror Dodge

slide feet
elbows in
close to cover
square up
Never Punch Off to Side
(6-7 yards cones)
don't turn
punch
stay square
no reach
move both feet at same time
stay on balance
feet underneath

Move foot to set. Step to get up - no roll

Set flat or back on all sets.

Getting beat -

Cannot recover with foot that's getting beat

Must recover with backside foot

Slide down line (OT's)

Goal - keep him off (punch) keep engage

SETS

- MOVE FOOT FIRST - hands up.
- NO WASTED MOTION - EFFICIENT
NO "ROLL INTO IT".
- NEVER STEP FORWARD - Flat or Back.
- ONLY back up to STAY IN FRONT.
- BEAT - RECOVER w/ back FOOT.

Feet under you (AAT)

can recover.

- HIT QUICK
- MAKE DEFENDER TAKE
SHORT STEPS -- PUNCH.

Tackle drop down line, defender ball rush. Tackle needs hands out in front and short push. Keep him away from body, try to lock arms.

Line up w/defender head up. Defender rush hard straight at the lineman and fight for inside hand position. Always finish by pushing hands thru the defender, not pulling your hands back.

OT'S VS WIDE RUSH - BASICS.

Tackles down line as quick as possible about 12-15 yards. (4-5x). Tackles drop down line, someone speed rush around the tackle (4-5x). Tackle drop line, defender either speed rush or stop and go inside. Tackle should be able to get back just as quick and be able to stop and slide inside. He should be smooth like a dancer (4-5x)

Pass Pro

- OF NEXT OL

Rule: Keep off hip – don't get beat inside

Center – set with a little depth

No one gets to anyone's hip – when in doubt set with some depth

Get on your hip or centers

never get beat inside (unless help)

Start by taking away inside rush

C & G Square

Tackle SETS

OT – outside foot never past (behind) inside foot
set on inside leg

CRITICAL

"serious problem"

Slide Back

* Push off inside foot

Drop & slide back

Answer to H/C – total resp.

B.S. Leg up field – drive the leg

Coach the Coach's – what we wanted – remember what we said

Always – all on same page.

Holtz – Drive Def. Coach

- Pick out certain things

- Exactly what they were teaching – how they were teaching

- Be best

- Football Important – only sport that will help in life

 - Way of life – not a game (not like b-ball)

- Michigan – Ferentz – Mich.

BAD RAD NOTES

HH + Plug

Harry Hiestand

From: Harry Hiestand
1987 - USC Lounse - Big John + Leverage.
To: Harry Hiestand
Subject: RAD

OT-Sets vs runaround DE.

- slide, smooth. Feet close to ground.
- vs wide...slide back, vertical.
- stay a little above him. 1".
- must work on inside move, show them you can get back.
- must be inside him.
- punch, hands on to disrupt him.

Double teams

- stay tight, close the seam.
- be sure of DL with hands, before you climb to LB.

Hayden Fry wouldn't let rad in practice.

OL coach- Not going to let them hold
Want OL to make first contact.

Paterno started camps. QB, WR, Centers because some parent asked him if he would for 100.
Joe Moore sent all his linemen and told them to play center so Rad would coach them all.

In that camp Rad started 10 yards or on their back vs shield canvas, had them wear wrestling head gear. Every Snap.....

Moment of contact...accelerate your feet.....don't let them shut down.
Get there...go.

No Drop step, athlete turns as he goes.....natura.
Faster back foot

Zone = double team, close seam with shoulders. Run like hell..keep seam closed.

REGROUP- get hands back in

ROLL HIPS- dumbest ever. Weak position. At contact your ass sticks out, back arches. Reality.

ORNE Block Basics

Body in position for contact.
Aim Point to one side not head on.
END up head up.
TURN HEAD in to def.

Basics

Roll hips – NO

- Point of contact
- Ass sticks out
- Back arch
- Any movement
- Up is weak

GYMNAST

- Body in position for contact
- Aim point to one side
- Not head on
- End up head up – turn hand to him

TURN IN

Zone

1. Outside
2. Inside

Out G/T OZ Protect seam

In Slug

Slip Head up

Slug

Play straight – In/Z
Out/Z

WHAT THAT COUNTS

1. No wind up
2. Regroup

Joe – Steeler Jimmy John

Belief-INTENSITY

HANDS INSIDE

Win – reset hands

Fight harder

Fanatic with me – go crazy

Real believer – do it

Reality

Believer

8 years – Palko

Bar – forearm him

Went inside – I'll break your neck

Key TO it ALL

Real Believer ... JOE - BAD

THAT THE PLAYERS CAN BELIEVE.

NO HOLD

Keep there
Reset

DRILL Venus – Dimilo - "she has a NO ARMS"

No arm rusher
Can't block SPWS....
Side hands to
100% vs. Venus all angles

BILLY GOAT - Bull

Head down, flat back
Forward at rusher

DIFFERENT TECH IS on Pass Rush to mix in DRILLS.

Swim
Rip
Club – Reggie
Grab
Stab – G Charles Mann
Ready White double knock
Dent – knock down
Slide hands

Mirror Dodge
Rush Drill etc.

RECOVERY DRILLS

Strike First
Stick out hands
All moves
Work hands vs. rusher

Can it play the drill - -
cheat = lose eventually

PING PONG – Drill – what trying to achieve

Without Holding – hands extending

RAD

- Punch – move hands on
- Close seam on double team
- OT stay above DE vs (run around)

RUN AROUND – can they make it?

- Vertical – be above
- Be able to flatten. Inside rush

Type of Rusher?
Part of Blocking.

MOVEMENT

Be full speed
(let him initiate)

Mirror goals at different distances

5. not enough
Scoring – thru and run

Mirror Dodge

SCORE DRILL

Force him to move
Embarrass him

MIRROR – can't move – can't play

can't bend - - can't play (JOE)

STOP THE DEFENDER – (not a punch) WITH HANDS

MOVEMENT

Mirror

FULL SPEED

Lower body

FIRST STEP

Attack turns as he goes

MIRROR – Need all

8 yards
10 yards >more scoring

VARY IT

Distances – 4, 6, 8, 10
More scoring better

How Good

Can't run over
Juke

MIRROR DRILL

500 hours to grad upper st. claim
Joe did mirror Dodge

RACKET BALL – never kill ball

Lateral movement

- Work on lateral movement
- Not play to win, play to improve

Purpose - improvs MOVEMENT
- Help STAY IN FRONT OF DEFENDERS

LOCK OUT – Power Rush

Do what you want to do

2-2 Mirror

Hand team here and there
Full Speed

Pass Set 99 yards of Pass Pro
Set opposite your help

PASS SETS

Stance to between man & QB
Movement basic athletic stances

PROTECT THE SEAM

USE YOUR HELP

SETS

INTENSITY BELIEF

key to it all

HEAD GRAB OFF SET

Let Go (Forward)

SURVIVOR

Hands Up
Stick them out

HANDS QUICK

A-B No Up Hitch

JUCKLES UP knuckles up

Skill not drill (team fundamental)

SQUARE OFF INSIDE Push

Slide hands – no grab
Stop wide out

RECOVERY DRILL

Swim
Rip
Grab
Grab & Pull you push

Put defenders in successful
Position for them – start drill – RECOVER

SUMMER DRILLS

Grab – Push Off

PULL UPPER

Hands – push down
Two hands at all times
Two prong on
Pound pull away

Two Hands at all times

OT's v wipe Rush

SLIDE BACK vs. run around

- Straight back
- Moment of contact 1" deeper
Expect square off

PASS SET -

- Basic athletic stance 1" above
- Worse is face him

HAND BALL - RACKET BALL FORMATION

MIRROR - 500 hours to grad u st, hair - JOE

RACKET BALL

- Never kill ball volley
- Getting better laterally
Different was to more laterally
Hand ball
Racket ball
Mirror

STUTTER

Tennis
Man basketball
Mirror
Wave Stutter
War run - moving laterally

LEARN SKILL

Full speed MUST

BLIND

Visual game

WAVE

SIGNAL

For each
How you move is what you see

GETTING THERE

Stopping
COD
When you need to be there

Plug Notes 2017

Read
Plus Notes

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC				
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

- You EITHER GET BETTER OR YOU GET WORSE. YOU NEVER STAY THE SAME. Patterns

- CONCENTRATE ON FIXING THE LITTLE DETAILS. COMBINED THEY TURN INTO THE BIG THINGS

- DON'T BE AFRAID TO TAKE A RISK - ESPECIALLY IF YOU HAVE A GUT FEELING.

- BEST ATHLETES IN THE WORLD - TENNIS PLAYERS (LATERAL MOVEMENT)

- ~~Carroca~~ CARROCA - IS JUST EXERCISE - POINTLESS DRILL.

- DRILLS SHOULD ALWAYS REFLECT GAME LIKE SCENARIOS/SITUATIONS.

- SHOULD ALWAYS BE FULL SPEED. NO PROGRESSION

- SHOULD FOCUS ON THE SKILL BEING TAUGHT NOT THE DRILL BEING RUN.

RAD 10's - DRILLS RUN EVERY DAY

- WAVE DRILL

- SHIELDS → TEN YARDS OR ON THEIR BACK. (Single and ~~Double~~ Doubles)

- MIRROR - MIRROR DODGE - 2 MAN MIRROR

- ~~SETS~~ SETS - 1, 2, 3

inside shade, head up, ^{outside} shade

- IF YOU WANT TO BE GOOD AT SOMETHING, IT HAS TO BE IMPORTANT TO YOU.

IS

- KICKING ASS IS A SKILL - LEARN THE SKILL AND BELIEVE IN THEM.

- PLAYERS + COACHES CANNOT BE "FACTORY WORKERS" IF THEY EXPECT TO BE GREAT.

↳ "FACTORY WORKERS" - SHOW UP WHEN THEY ARE SUPPOSED TO LEAVE WHEN THEY ARE SUPPOSED TO - LEAVE WORK BEHIND THEM AND FORGET ABOUT IT.

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC				
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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PASS BLOCKING

Nearest Point

- Get HANDS on DEFENDER AS SOON AS POSSIBLE. Make Contact where they are
- GOAL of PASS PRO IS TO STOP THEIR RUSH. JUST STOP THEM. ↳ Strongest
- ALWAYS TWO HANDED PUNCH. ↳ DON'T NEED TO KILL THEM
- BE IN AN ATHLETIC POSITION - ~~NEVER~~ DON'T SQUAT TOO DEEP, DON'T STAY STRAIGHT UP.
- ~~TO~~ MOVE Laterally - JUST SLIDE - DON'T STOP ~~and~~
 - ↳ NEVER GAIN GROUND UNTIL TRAIL FOOT ~~MOVES~~
- SLIDE AWAY FROM YOUR HELP.
- IF ALONE - SET on DEFENDER - SLIGHTLY DEEPER. GET DEPTH NOT WIDTH
- ONCE YOU HAVE CONTACT w/ DEFENDER - KEEP HANDS ON UNTIL DEFENDER BREAKS CONTACT.
 - ↳ DON'T BE AN ACCORDION
 - ↳ ARMS SHOULD BE LIKE STEEL RODS
 - ↳ MAKE CONTACT w/ PALMS OF HAND
 - ↳ NOT FINGERTIPS
 - ↳ NOT THUMBS UP.

DEFEATING SPIN MOVE

- SLIDE HANDS - DON'T RECOIL HANDS - (ACCORDION ARMS)
- ↳ GIVE GROUND IF YOU NEED TO. (VENUS DRILL)
- ↳ MOVE FEET TO STAY IN FRONT (MIRROR DRILL)

DEFEATING UPPER CUT/REP MOVE

- PUSH AWAY @ POINT OF IMPACT ^{NEAR} (Shoulder) - DON'T PUSH HIPS - THAT'S NOT POINT OF IMPACT

- NEVER HAVE TE or RB/FS Block DL ALONE UNLESS QUICKS.

* - WORK BLITZ PICK UP w/ QB'S + RB'S FROM DAY 1.

~~DRILLS~~ ADD'L DRILLS - DONE 1 or 2 x per week

Bully Drill

Venus Drill

Billy Goat Drill

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC				
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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RUN BLOCKING — SHIELD HOLDERS ARE THE MOST IMPORTANT PART OF ALL DRILL

* — ALWAYS GAINING GROUND.

↳ MAKE CONTACT AND ACCELERATE YOUR FEET ON CONTACT.

" HAVE YET TO SEE A GUY FALL OFF A BLOCK BECAUSE THEIR FEET ARE TOO

JOS/RAD

NARRAN

ELIMINATE

— NO WIND UP — FALSE STEPS

— POINT OF IMPACT DICTATES BODY POSITION — DON'T ROLL HIPS.

— BUT SHOULD BE BEHIND AND ~~SHOULDER~~ HIPS WILL ROLL WITHIN ON FINISH.

— REGROUP HANDS AS YOU DRIVE BLOCK, GET INSIDE HAND POSITION.

↳ TWO TYPES OF LEVERAGE — VERTICAL + HORIZONTAL

↳ THE WHO GETS HIS HANDS INSIDE WILL WIN — HAVE TO BELIEVE THIS

— WHEN BLOCKING FOR OZ OR BLOCKING BACK — YOU DON'T HAVE TO STEP. CAN JUST HEEL IT. GAIN GROUND WHEN TRAIL FOOT MOVES. Gain Ground w/ BSLED.

— WHEN KICKING OUT @ L.O.S. — USE SHOULDER — WHEN DEFENDER SEES YOU COMING — USE HAMMS TO KICK OUT

DOUBLE TEAMS

HAND WHEN DEFENDER DOES NOT SEE YOU COMING.

— MOST IMPORTANT THING FOR DOUBLE TEAMS — CLOSE THE SEAM.

— SHOULDER TO SHOULDER / FOOT TO FOOT

— WHEN DOUBLING — 4 HANDS ON (DOWN DEFENDER) 4 EYES UP (LINEBACKER)

— STAY OUTBL for as long as possible until LB commits either downhill or overtop
↳ TALKS WHEN DISENGAGING DOUBLES — YOU, ME CALLS.