

**NORM EASH
ILLINOIS WESLEYAN UNIVERSITY**

- ◆ **BASIC FUNDAMENTALS/CIRCUIT TRAINING FOR PRE-PRACTICE**
- ◆ **PASS PRO DRILLS**
- ◆ **PROTECTION SCHEMES: PASS PROTECTION AWARENESS**

BEING AN "EFFECTIVE BLOCKER":

- KNOW YOUR RESPONSIBILITIES.
- "FLY OFF" THE BALL - CONFIDENCE - SCHEME.
- MUST USE THEIR TECHNIQUE - DO WHAT HAS BEEN COACHED.
- GIVE GREAT EFFORT - THERE IS NO SUBSTITUTE.
- BE PHYSICAL AND FINISH! STARTS IN DRILLS.

OFFENSIVE LINE PLAY - POINTS OF CLARITY:

- **ON-FIELD EXPECTATIONS:**
 1. **FOCUS**
 - CONCENTRATE ON WHAT YOU HAVE TO DO.
 - BE TUNED IN!
 - KEEP MIND ON SPECIFIC TASK - WORK TO GET THE EDGE.
 - GREAT INTENSITY FOR EVERY PRACTICE.
 2. **CONSISTENCY**
 - MAKE EVERY EFFORT TO DO IT RIGHT - EACH TIME.
 - COMPETE - CHALLENGE YOURSELF - PLAY AFTER PLAY, DRILL AFTER DRILL.
 3. **IMPROVE**
 - "LITTLE THINGS" - THEN - "BIG THINGS."
 - SLIGHT IMPROVEMENT EVERY DAY CREATES AN ALL CONFERENCE PERFORMANCE.
 - IF YOU ARE NOT IMPROVING - YOU ARE GETTING WORSE!
 4. **MENTAL TOUGHNESS/PHYSICAL TOUGHNESS**
 - PUSH YOURSELF WHEN YOU'RE TIRED.
 - WHEN ADVERSITY HITS - FIGHT BACK/THROUGH IT!
 - BELIEVE AT ALL TIMES THAT YOU AND WE WILL GET JOB DONE!
 - PRACTICE PHYSICAL EVERY DAY.
 - ATTACK AND OUTLAST YOUR OPPONENT'S EVERY SNAP - DELIVER A BLOW!
 - FINISH EVERY PLAY.
 - KNOCK DEFENDER OFF FEET.
 5. **LEADERSHIP**
 - SHOW OTHER PLAYERS HOW TO PRACTICE, EVERY SNAP.
 - POSITIVE ATTITUDE, REGARDLESS HOW TOUGH SITUATION. A "LITTLE EMOTION" IS GOOD!

BEING AN "EFFECTIVE BLOCKER":

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MUST HAVE STRENGTH!

- STRONG ENOUGH TO MOVE DEFENDER!
- STRONG ENOUGH TO STOP DEFENDER!

OFFENSIVE LINE PLAY - POINTS OF CLARITY

BLOCKING IS IN SOME WAYS A VERY NATURAL SKILL, BUT IN OTHER WAYS IT IS UNNATURAL. I THINK THAT THERE IS A NATURAL WAY TO MOVE - A WAY THAT IS MOST EFFICIENT. KIDS LEARN NOW TO MOVE EFFECTIVELY ON PLAYGROUNDS WHEN THEY ARE YOUNG. WHEN THE TIME COMES FOR THEM TO PLAY FOOTBALL, THEY ARE RETAUGHT HOW TO MOVE. SOME OF THAT BASIC RE-TEACHING IS CRITICAL FOR SUCCESS IN FOOTBALL, BUT I THINK THAT MUCH OF IT IS CONFUSING AND HARDER TO PERFORM FOR THE YOUNG PLAYER. I BELIEVE THAT IF YOU WANT AGGRESSIVE LINE PLAY, THEN YOU HAVE TO TRY TO MAKE THE TECHNIQUES AS NATURAL AS POSSIBLE SO THAT THE BLOCKERS CAN MOVE FREELY AND CONSEQUENTLY PLAY HARD.

1. *STANCE:
 - NO "UNIVERSAL STANCE" - ONE THAT GETS THE JOB DONE.
 - STANCE MUST FIT YOUR OFFENSE.
 - 3-POINT BALANCE STANCE - MOVE EFFECTIVELY IN ALL DIRECTIONS.
 - HAVE LINEMEN IN "OPEN" STANCE.
 - DO NOT FLIP-FLOP OUR LINE.
 - 2-POINT STANCES ON DEFINITE PASSING DOWNS.

2. LEVERAGE:

3. LATERAL MOVEMENT:
 - QUICKEST WAY TO MOVE LATERALLY IS TO GET SEPARATION.
 - FIRST STEP IS A LATERAL OR BACKWARD STEP (BUCKET OR OPEN).
 - SECOND STEP IS A HALFWAY CROSSOVER.
 - TO ACHIEVE LATERAL POSITION, GET SEPARATION FROM DEFENDER; MOVE LATERALLY WHILE MAINTAINING SEPARATION - THEN YOU CAN HOOK DEFENDER.
 - "YOU HAVE TO LOSE SOME GROUND TO GAIN SOME GROUND."

4. *MUSTS TO BE A "GREAT OFFENSIVE LINEMAN":
 - BASE: ALWAYS MAINTAIN A WIDE BASE.
 - BALANCE: KEEP YOUR WEIGHT CENTERED - NEVER OVER EXTEND.
 - LEVERAGE: PAD UNDER PAD; DON'T ROLL HIPS.
 - TO HAVE A SUCESSFUL BLOCK, ALWAYS GET YOUR 2ND STEP DOWN BEFORE CONTACT.

5. WE DO NOT FLIP-FLOP OUR LINE BECAUSE:
 - WE PRESENTLY HAVE SIMILAR TALENT ON BOTH SIDES.
 - WE REDUCE FOOTWORK LEARNING BY 50%.
 - THE CENTER BECOMES COMFORTABLE KNOWING THE STRENGTHS AND WEAKNESSES OF EACH GUARD ON EITHER SIDE.
 - WE USE A NUMBER OF TWO TIGHT END AND NO TIGHT END FORMATIONS.
 - WE ARE ABLE TO BREAK THE HUDDLE AND GET TO THE L.O.S. MORE QUICKLY.
 - WE ARE ABLE TO TEACH EACH LINEMAN EITHER A RIGHT OR LEFT HANDED STANCE.

6. TEACH STEPS:
 - TO GET TO LINEMAN'S AIMING POINTS.
 - TO MAINTAIN BASE/BALANCE.
 - TO GET SECOND STEP DOWN BEFORE CONTACT:
 1. UPFIELD
 2. LEAD
 3. SLIDE
 4. BUCKET
 5. DROP
 6. OPEN
 7. UNDER
 - HOW FAR OUR 1ST STEP - DEPENDS ON DISTANCE BETWEEN OFFENSIVE LINEMAN AND DEFENDER.

PRE-PRACTICE CIRCUIT DRILLS

• PHILOSOPHY - I BELIEVE IN "DAILY DRILLS"

1. TEACH EARLY IN CAMP (DAY 1-2-3).
2. USE ENTIRE SEASON.
3. IT TAKES TOO MUCH TIME TO TEACH "NEW DRILLS" (ADD NEW WRINKLES).
4. NAME RECOGNITION - COMMUNICATE TO LINEMEN.
5. GIVE YOUR PLAYERS RESPONSIBILITY (OWNERSHIP, LEADERSHIP, AND ACCOUNTABILITY).
6. COVER EVERY "BASIC" FUNDAMENTAL OF OFFENSIVE LINE PLAY.
7. CAN USE AS A GENERAL "WARM UP."
8. CAN LENGTHEN AND SHORTEN DRILLS.
9. MAKE COACHES OF YOUR PLAYERS.

• POINTS OF EMPHASIS OF CIRCUIT DRILLS

1. WARM UP AND STRETCH
 - A) DON'T OVER STRETCH.
 - B) GRADUALLY WARM UP. (USING OFFENSIVE LINE TECHNIQUES)
2. PROCEDURES

A) 1 LAP WARM-UP	5) HIPS - LEGS UP
B) ARMS	6) HURDLES ROTATION
C) INNER THIGH SLIDES	7) LOW SQUAT
D) LUNGES	8) QUAD STRETCH
3. STANCE AND STARTS
 - A) CAN ALWAYS IMPROVE
 - B) EVERYDAY AWARENESS
 - C) 1ST STEP - ARMS COCKED, HANDS READY FOR CONTACT, PROPER DISTANCE, WEIGHT DISTRIBUTION, BACK/SHOULDERS DOWN.
4. SHADES AND AIMING POINTS (DRIVE BLOCK/REACH BLOCK)

SHADES:

- A) GRAY AREA (HEAD UP).
- B) HANGING OFF (INSIDE).
- C) ACROSS (OUTSIDE).
- D) REMOVED (WAY OUTSIDE).
- E) SHADES DETERMINE STEPS - AIMING POINTS STAY THE SAME.

AIMING POINTS:

- A) STERNUM.
- B) 2" PAST STERNUM (OUTSIDE).
- C) PLAYSIDE NUMBER (OUTSIDE).
- D) ARM PIT.
- E) INSIDE NUMBER.

5. LOW WADDLE/SIDEWAY SLIDES (ON BOARDS)
 - A) WARM UP LEGS/HIPS.
 - B) OVER EMPHASIZE "FOOTWORK."
 - C) "GET LOW".

6. REACH DRILL
 - A) FASTER TEMPO.
 - B) GET "FEEL" OF REACHING YOUR OPPONENT.
 - C) GET TOE ON GROUND (OPEN STEP).
 - D) KNOCK SHOULDER BACK.
 - E) KEEP HEAD OUT OF BLOCK.

7. SIDEWAYS PUNCH
 - A) FEET FLAT.
 - B) OPEN AND CLOSE STANCE - NEVER NARROW.
 - C) HANDS ON TOP/BOTTOM.
 - D) "BIG EYES."

8. REDIRECT DRILL
 - A) MOVEMENT DRILL (QUICK WADDLE).
 - B) 1ST STEP (BUCKET).
 - C) RESPOND TO DIRECTION OF OPPONENT - WEIGHT SHIFT, OPEN HIP, BRING FOOT THROUGH.

9. WADDLE ON BOARDS
 - A) UP TEMPO.
 - B) "Z" IN THE KNEES.
 - C) SHOULDERS DOWN/BEND AT WAIST.
 - D) PUMP ARMS.
 - E) PUSH OFF IN STEPS - POUND THE GROUND - "POWER".

10. GATHER DRILL
 - A) BLOCKING A LB'ER.
 - B) GET BOTH FEET ON THE GROUND.
 - C) LOWER YOUR CENTER OF GRAVITY (DIP).
 - D) KEEP PADS ON PADS.

11. ZIG-ZAG
 - A) RIGHT/LEFT HAND STANCE.
 - B) HARD POST.
 - C) ANGLE SLIDES.
 - D) KEEP SQUARE.
 - E) "Z" IN KNEES.
 - F) NO BEND AT WAIST.

12. PIPES
 - A) HARD POST STEPS - SLIDE/SLIDE.
 - B) KICK SLIDE.
 - C) BLOCK ON ANGLE.

13. QUICK SETS/HARD POST DRILL
A) WORK 1 ON 2.
B) GET OUT OF STANCE.
C) HEAD AND SHOULDERS BACK.
D) BOTH FEET ON GROUND BEFORE JAM.
E) 3 REPETITIONS RIGHT/LEFT.
14. BOARD DRILLS
A) FIT - FINISH - FIT.
B) BLOCK ON ANGLE - BUCKET STEP.
C) PICK COMBO - LEARN TO WORK WITH PARTNER.
D) VEER RELEASE - STAY ON TRACK TO LB'ER.
15. DUCK DEMEANOR
A) PRIDE DRILL - MOVEMENT DRILL.
B) WIDE BASE - FEET ON GROUND.
C) PUMP ARMS - FORWARD AND BACK.
D) HANDS IN PASS PRO - SIDE TO SIDE.
16. CENTER OF GRAVITY
A) STAY ON BLOCK - WHEN DEFENDER LEAVES.
B) OPEN HIPS - ACCELERATE FEET.
17. FLIPPER FIT/WADDLE
A) GET TWO STEPS DOWN.
B) 2ND STEP TO THE CROUCH.
C) ROLL PALM OUT - HAND AT BELT.
D) FIND THE FIT - FOREARM, ELBOW, UPPER ARM, "V" OF THE NECK
18. 3 ON 3, 4 ON 4, 5 ON 6 COMBINATION WORK
A) PICK COMBO - RIGHT/LEFT.
B) PASS PRO - WORK PROTECTIONS VS. STUNTS.

Pass Protection

TO BE A GREAT PASS PROTECTOR:

- SET QUICKLY - GET OUT OF YOUR STANCE.
- SET PROPERLY ON DEFENDER.
- MAINTAIN BALANCE AND BASE.

SETS AND FOOTWORK:

- KEY TO GET POSITIONING - IS THE INITIAL SET.
- SETS ARE BASED ON ALIGNMENT OF THE DEFENDER OR PROTECTION SCHEME.
- HAVE CONSTANT BASE TO REACT TO DEFENDER'S TECHNIQUE.
- ESTABLISH POST FOOT (INSIDE FOOT) AND STAGGERED FOOT (OUTSIDE FOOT).
- POST FOOT MUST REMAIN UP AND STAGGERED FOOT IS SLIGHTLY BACK.
- STAGGERED FOOT SHOULD ALWAYS SLIDE AND LEAD THE FOOTWORK MAJORITY OF THE TIME. POST FOOT WILL DRAG AND FOLLOW STAGGERED FOOT!
- FEET SHOULD SET "TWICE."
- ANKLE AND KNEE AHEAD OF HIP (STAGGARED FOOT).
- PLAYER'S FEET SHOULD MAINTAIN SLIDE RHYTHM - OPEN AND CLOSE STANCE, NEVER NARROW STANCE.
- MECHANICS OF SET ARE CONSISTENT - DIFFERENCE WILL LIE IN THE DISTANCE COVERED AND ANGLE TAKEN.

SETTING PROPERLY: KEY FUNDAMENTALS:

- BE COMFORTABLE IN YOUR PASS PRO STANCE.
- DROP TAIL AND SHOULDERS BACK. BE ERECT IN YOUR STANCE, MUCH LIKE YOU ARE SITTING IN A CHAIR – BE COMFORTABLE.
- TRY TO GET POST FOOT KNEE BENT AND STAGGERED FOOT ANKLE OUTSIDE OF KNEE.
- TOES SLIGHTLY TURNED OUT WITH WHOLE FOOT ON GROUND - WEIGHT ON INSTEPS.
- HANDS ARE BROUGHT "ABOVE WAIST" LEVEL WITH PALMS OUT, THUMBS UP AND ELBOWS IN - BE RELAXED!
- CHIN IS TUCKED AND HEAD IS BACK.
- ALWAYS KEEP YOUR WEIGHT CENTERED. NEVER ROCK TO OUTSIDE.

PASS PROTECTION

THE SINGLE GREATEST QUALITY OF A GOOD PASS BLOCKER IS "HEART."

AN OFFENSIVE LINEMAN MUST DEVELOP GREAT PRIDE IN FIGHTING THE DEFENDER FOR AS LONG AS IT TAKES. ONCE THIS PRIDE HAS BEEN INSTILLED IT IS THE COACH'S OBLIGATION TO TEACH TECHNIQUES TO HIS PLAYERS AND PUT THEM IN A POSITION TO BE SUCCESSFUL.

MEASURES OF GOOD PROTECTION: DEPENDS ON QB STATISTICS.

- INTERCEPTION
- QB FLUSHES
- SACKS
- HURRIES
- COMPETITIONS

A QB WITH GREAT STATISTICS HAS GREAT PROTECTORS! THE BIGGEST FACTOR IN A SUCCESSFUL PASSING ATTACK IS TO GIVE THE QUARTERBACK TIME, VISION, AND CONFIDENCE. REGARDLESS OF THE SCHEME, WE WILL TEACH AND BELIEVE IN A MAN-TO-MAN CONCEPT AS OUR BASIC FUNDAMENTAL TEACHING.

- DEVELOP YOUR "PROTECTION SCHEME", THEN DEVELOP YOUR "PASSING GAME."

BASIC FUNDAMENTALS:

- KNOW WHERE QB IS AND UNDERSTAND THE TOTAL SCHEME. KNOW WHERE YOU CAN NEVER LOSE YOUR MAN.
- KNOW THE KIND OF RUSHER YOU WILL FACE. (FILM STUDY AND PRE-SNAP CLUES.)
- NEVER LOSE YOUR "SQUARE." ONCE YOU LOSE YOUR DISCIPLINE IN TERMS OF BALANCE, FOOTWORK, SQUARENESS, AND PROPER ANGLES YOU HAVE LOST THE BATTLE.
- UNDERSTAND THE RUSH LANES OF THE SCHEMES YOU ARE FACING.
- OPERATE UNDER A CONTROLLED AGGRESSIVENESS. NEVER LOSE YOUR POISE. IF YOU MAKE A MISTAKE, EVALUATE THE REASONS FOR IT AND LEARN FROM IT.
- IF YOU LOSE YOUR MAN, NEVER COUNT ON HELP. TURN AND "CUT HIM OFF AT THE PASS."
- AIMING POINT IS THE OPPONENT'S STERNUM. SET QUICKLY, SET PROPERLY.
- "TIME THE JAM." JAM UP, NOT OUT! NEVER ALLOW THE FACE TO ENTER INTO THE BLOCK.
- ALWAYS PROTECT AND RESPECT THE INSIDE RUSH.
- KEEP HAND WITHIN THE FRAMEWORK OF THE BODY. TAKE PRIDE IN BLOCKING LEGALLY AND ALL OUT!
- IF BEING OVERPOWERED, YOU MUST HAVE A FEEL OF WHERE THE ATTACK LEVEL IS. USE TECHNIQUE AND COUNTER MOVES TO REGAIN ADVANTAGE.

COMMON CAUSES OF PASS PROTECTION BREAKDOWNS:

- FAILURE TO GET SET QUICKLY.
- NOT ESTABLISHING INSIDE LEVERAGE.
- OVER -AGGRESSIVENESS.
- DROPPING YOUR HEAD AND LOSING YOUR BALANCE (WEIGHT FORWARD).
- FEET TOO WIDE, TOES POINTING IN, LOSING MOBILITY.
- STRAIGHTENING THE LEGS AND LOSING MOBILITY.
- TURNING YOUR SHOULDERS PARALLEL TO THE SIDELINE, GIVING THE RUSHER AN ALLEY TO THE PASSING POINT.
- RAISING THE ELBOWS, GIVING THE RUSHER HANDLES TO GRASP.
- HONORING OUTSIDE FAKES.
- GIVING GROUND TOO RAPIDLY.
- BEING SURPRISED BY A CHANGE IN RUSHER'S TECHNIQUE; LACK OF CONCENTRATION.
- FAILURE TO MAINTAIN LEVERAGE (KNEES BENT - LOW HANDS).
- ALLOWING THE INSIDE RUSHER TO GAIN TOO MUCH DEPTH.
- FAILURE OF LINEMAN TO GET ENOUGH DEPTH ON LINEBACKER SET, CAUSING HIM TO GET CAUGHT IN THE RUSH AND BECOMING UNABLE TO EXECUTE HIS ASSIGNMENT.
- NOT ANTICIPATING LINEBACKER BLITZ.

KNOW YOUR OPPONENT: (STUDY FILM)

- LOCATION, STANCE, POSITION OF FEET, BODY ANGLE.
- WHAT TYPE OF CHARGE (FAST, HARD, STRAIGHT AHEAD, MAX PENETRATION).
- WHEN HE ANTICIPATES OR READS PASS, IS HE RECKLESS?
- IS HE A STUNTER (ANGLE IN-OUT); DOES HE HAVE A FAVORITE RUSH SIDE?
- IS HE A READER - OFF THE LINE?
- DOES HE PLAY CLOSE TO THE LINE AND READ ON THE MOVE?
- IS HE A COMBINATION PENETRATOR/READER/STUNTER?
- WHEN HE READS PASS OR WHEN THERE IS A BIG SPLIT, HOW OFTEN DOES HE RUSH INSIDE?
- PHYSICAL CHARACTERISTICS (ABILITY, STRENGTH, QUICKNESS, MOBILITY)?
- PERSONAL TRAITS (DEGREE OF FERVOR, INTENSITY, PERSISTENCE, LOAFER OR FRONT RUNNER)? WHAT IS HIS CONSISTENCY?
- PAY SPECIFIC ATTENTION TO HIS RUSH TECHNIQUES; THEY ALL HAVE THEIR FAVORITES.
- WHICH IS HIS FAVORITE AND MOST EFFECTIVE ARM? HOW DOES HE BEST USE IT? WHAT IS HIS FIRST MOVE TO MAKE CONTACT?

SETS BY ALIGNMENT: FOOTWORK PREDICTED UPON OPPONENT'S ALIGNMENT

- **INSIDE - EYE (HARD POST)**

2 STEP SET - STEP WITH POST FOOT, SLIDE STAGGERED FOOT - MOVE SHOULDERS. KEEP WEIGHT CENTERED. MOST DIFFICULT - BE READY TO BASE BLOCK. (DESIGN PROTECTION FOR HELP.)

- **HEAD UP (SOFT POST)**

PICK FEET UP, PUT FEET RIGHT BACK DOWN - SETTLE - DON'T MOVE SHOULDERS. BEND KNEES, BUTT DOWN, BE READY FOR CONTACT.

- **OUTSIDE EYE (KICK SLIDE)**

2 STEP SET - STAGGERED FOOT KICKED BACK AND WIDE (ANKLE OUTSIDE KNEE) - SLIDE POST BACK, ANTICIPATE POWER RUSH.

- **WIDE TECHNIQUE (BUCKET - SLIDE - BUCKET) – GET TO THE “SPOT!”**

3 STEP SET (MUST KICK UNTIL INTERCEPTS TARGET). STAGGERED FOOT KICKS, POST FOOT SLIDES WITH TOE POINTED FORWARD - SLIGHT TURN OF SHOULDERS. KEY INSIDE SHOULDER OF DEFENDER.

JAMMING:

- QUICK MIND, QUICK HANDS.
- SLIGHT BEND IN ELBOWS (45 DEGREES).
- HANDS LOW FOR STRENGTH, JUST ABOVE WAIST - CUP HANDS WITH THUMBS UP.
- TIME THE JAM - SHARP TO THE NUMBERS - STUN YOUR OPPONENT.
- CONTROL YOUR OPPONENT - WHEN SEPARATION OCCURS - STAY - REPEAT PROCESS.
- HEAD AND SHOULDERS BACK WITH JAM - KEEP WEIGHT CENTERED - PREVENT OPPONENT FROM GRABBING SHOULDER PADS.
- JAM OFF INSIDE FOOT.
- KNEES MUST STAY BENT.
- TOTAL CONCENTRATION - "EYES ON THE PRIZE" - GET EYES "BIG."
- JAM DEPENDS ON SPEED OF RUSHER OR POWER RUSHER.

COACHING POINT: MANY COACHES SUGGEST IMMEDIATE LOCK OUT.
TWO PROBLEMS:

1. HAVE VERY LITTLE POWER.
2. GOOD PASS RUSHERS WILL FACILITATE HIS MOVES BY USING THE ARMS AS LEVERS AND HANDLES.

HAND POSITIONING: KEY TO GREAT PROTECTION

- SET HEEL OF HAND.
- KNIFING PUNCH - HANDS COME BACK.
- JAMMING:
 1. 15 SECONDS CONTINUES
 2. HIGH/LOW
 3. ALTERNATE HIGH/LOW
 4. 3 PUNCH (RT/LT/RT)
 5. 4 PUNCH
 6. 6 PUNCH
 7. CROSS PUNCH
- HAND DRILLS
 1. CENTER LINE DRILL - DON'T LET DEFENDER'S SHOULDER SPLIT YOUR HANDS.
 2. SENSITIVITY - HANDS KNOCKED OFF - BACK TO CHEST.
 3. COMBO DRILL.
 4. TRAP - HANDS DOWN BEHIND OPPONENT'S WRISTS.
 5. WEDGE - HANDS UP BEHIND OPPONENT'S ELBOWS.
 6. CROSS TRAP - HAND ACROSS ELBOW.
 7. SWEEP - BOTH HANDS SWEEP OPPONENT'S ARMS.
 8. PUT IT ALL TOGETHER.

DEFENDING PASS RUSH MOVES:

1. **BULL RUSH**
 - HOP BACK (SPRAWL)
 - TRAP & HOP
 - HOP BACK AND SNATCH (PULL DEFENDER'S PADS DOWN)
2. **RIP**
 - PUNCH RIP (ARM)
 - CLUB (ARM ACROSS, HAND ON HIP)
3. **SWIM**
 - LOCK SHOULDER
 - PUSH RIB CAGE
 - DRIVE BLOCK
4. **SPIN**
 - DON'T LUNGE
 - FOCUSED ON NEAR POINT - STEP IN THAT DIRECTION
 - "DRIVE THE BUS"
 - STAY IN FRONT
5. **INSIDE ARM SLAP DOWN**
 - ASS BLOCK (KEEP YOUR HANDS HIGH)
6. **GRAB WRIST**
 - THROW HANDS DOWN
 - BACK TO CHEST
7. **KNOCKING HANDS DOWN**
 - FAKE THE JAM

LINE STUNTS:

- ET STUNTS - END INSIDE; TACKLE LOOPS
- MIX STUNT - TACKLE DRIVES OUT, END LOOPS IN
- NEST STUNT - NOSE FIRST, TACKLE LOOPS
- TWIST STUNT - TACKLE FIRST, NOSE LOOPS

***COACHING POINTS:**

1. **WHEN BEING GRABBED ON A STUNT - SPIN BACK INTO LOOP MAN.**
2. **LOOP MAN, GET DEPTH, BLOW UP DRIVE MAN.**
3. **DRIVE MAN, WAIT ON LOOP, DON'T CHASE.**
4. **SEE THE STUNT - COMMUNICATE!**
5. **WHEN TEAM IS STUNTING - CLOSE DOWN SPLITS.**

PASS PRO DRILLS

1. **DUCK DEMEANOR - DEVELOP AN ATTITUDE**
 - ALL DIRECTIONS
 - ON AN ANGLE
2. **QUICK SETS**
 - 20 SETS
 - 1 ON 2 (HARD POSTS) - 5 TIMES
3. **SETS BY ALIGNMENT (HELMET DRILL)**
4. **MOVEMENT DRILLS**
 - PLAY CATCH
 - SHUFFLES (5 YARDS)
 - PUSH PULL
 - TARGET DRILL
 - MIRROR DODGE
 - A. 1 ON 1
 - B. 2 ON 2
 - ANGLE KICKS (WEIGHTS)
5. **JAMMING DRILLS**
 - SIDE PUNCH
 - SEPARATION DRILL
 - ANTICIPATION DRILL
 - BULL IN RING
 - BLITZ DRILL
6. **SLED DRILLS**
 - SET - HIT - PUNCH
 - POUND THE POST
7. **MEDICINE BALL DRILLS**
 - SET - HIT - PUNCH
 - SHUFFLES
 - PUNCH (ON BACK)
8. **WORK THE ANGLES (CHRISTMAS TREE DRILL)**
 - KICK SLIDE
 - HARD POST
9. **SET AND ADJUST**
10. **WORK PASS RUSH TECHNIQUES**
 - BULL RUSH
 - SWIM
 - RIP
 - SPIN
11. **WORK LINE STUNTS**
 - 2 ON 2
 - 5 ON 4

PROTECTION SCHEMES: PASS PROTECTION AWARENESS
“DEVELOP YOUR PROTECTION SCHEME”
"IF YOU CAN'T PROTECT IT, YOU CAN'T PASS IT!"

- **PHILOSOPHY OF PROTECTION SCHEMES:**

1. ACCESS YOUR TALENT AND THE ABILITY OF YOUR PLAYERS. DON'T ASK THEM TO DO SOMETHING THEY CAN'T DO.
2. DEVELOP PROTECTION SCHEMES BEFORE DEVELOPING YOUR PASS PACKAGE.
3. HAVE AN ANSWER TO EVERY SITUATION THAT THE DEFENSE PRESENTS.
4. MAKE SCHEMES AS SIMPLE AS POSSIBLE.
5. DEVELOP COMMUNICATION BETWEEN LINEMEN - RUNNING BACKS - T.E. - Q.B. (LINE CALLS).
6. PROTECTION SCHEMES MUST FIT YOUR PASS PACKAGE.
7. KEEP EXCEPTIONS TO YOUR SCHEMES TO A MINIMUM.
8. HAVE PLAYERS UNDERSTAND PROTECTION CONCEPTS. (HELPS PLAYERS TO MAKE ADJUSTMENTS.)

- **PROTECTION SCHEMES:**

1. QUICK GAME - 1 STEP/3 STEP.
2. BASE PROTECTION - STRAIGHT DROPBACK - 5 STEP/7 STEP.
3. DOUBLE READ / HOT PROTECTION - 4 RECEIVERS OUT - BOTH SPLIT/T.E. SIDES.
4. 6 MAN SLIDE PROTECTION - BACK OR T.E. BLOCKS.
5. MAXIMUM GAP PROTECTION - 3 OR 2 RECEIVERS OUT.
6. 7-MAN SLIDE PROTECTION - USE WITH PLAY ACTION.
7. WAGGLE PROTECTION - PULL BACKSIDE GURAD.
8. SPRINT/ROLL OUT PROTECTION - QB OUTSIDE TACKLE.