



OFFENSIVE LINE DRILLS

Farmington Youth Football Association
2025

INTRODUCTION

The following slides provide an overview of the **Offensive Line Drills** that will be used across the Farmington Youth Football program. These drills will help improve the **technical skills** of offensive linemen, focusing on blocking techniques, footwork, and communication.

As we work to develop our players and prepare them for a successful transition to the High School level—while keeping the experience fun and engaging—program-wide alignment and consistency are key. Staying on the same page helps ensure every player gets the foundation they need to grow and succeed.

If you have any questions or suggestions about the drills, please reach out to your designated grade leader.

OFFENSIVE LINE POSITIONS

Pre-Set, Stance, and Hitting

The **Pre-Set, Stance, and Hitting** positions are the foundation of effective offensive line play. Mastering these mechanics is crucial for executing successful blocks while minimizing the risk of injury.

OFFENSIVE LINE POSITIONS

Pre-Set Position

The Pre-Set position prepares the player to transition smoothly into the Stance position.

- Feet set shoulder-width apart.
- Toes pointed slightly inward (pigeon-toed) to allow natural movement into stance as the feet straighten.
- Heels raised about $\frac{1}{4}$ inch off the ground—never flat-footed to avoid giving away run or pass intentions.
- Hands resting on thigh pads.
- Hips lowered with the tail dropped for balance and stability.

OFFENSIVE LINE POSITIONS

Stance Position

A proper stance allows offensive linemen to explode into a run block or set up for pass protection with control and balance.

- Hips slightly higher than the head.
- Weight evenly distributed—**50% on the balls of the feet, 50% on the fingertips.**
- Eyes focused forward, looking through the eyebrows—**avoid pulling the head back to prevent neck strain.**
- One hand down, aligned with the knee, with fingertips lightly touching the ground.
- Off-hand cocked beside the knee, ready for quick engagement.

By developing consistency in these positions, offensive linemen improve their ability to react quickly, maintain leverage, and execute their assignments with power and precision.

OFFENSIVE LINE POSITIONS

Hitting Position

The correct **Hitting Position** is crucial for maximizing strength, maintaining balance, and reducing injury risk.

- Form a **tripod base** with the **hairline of the head and the heels of the hands**.
- Keep the **head up** at all times.
 - **Never drop the head**, as it weakens the player's position and increases injury risk.
 - Visualize a "**Power Line**" running from the feet through the top of the head—this line must stay intact. **Bending at the waist and lowering the head breaks the power line and weakens leverage.**
- "**Turtle**" the head before contact to protect the neck.
 - **Shrug the shoulders up** around the neck to create a natural brace.
 - This technique safeguards the head and neck from impact.

By maintaining a strong hitting position, offensive linemen can engage with power, control, and safety while executing their blocks.

DRILLS

1. Stance to Start
2. Drive Block vs Head-Up Defensive Player
3. Reach Block
4. Down Block
5. Scoop Block
6. Center & Guards vs 40 Stack
7. Veer Block
8. Arc Blocking with Tight End
9. Gap Call / Vertical Double-Team
10. Fold Block / Tight End & Tackle
11. Fold Block / Guard & Tackle
12. Pulling Drill (Guard/Tackle)
13. Zone Block
14. Pass Protection Mirror Drill
15. Double-Team Drive Drill

STANCE TO START

- **PURPOSE:**

To ensure players can transition **quickly and efficiently** from the Stance position while mastering a **controlled first step**. This step is critical for maintaining balance, power, and proper positioning.

- **COACHING TIPS:**

- **High repetitions** are key—repetition builds muscle memory and improves reaction time.
- **Avoid overstepping!** A wide step can cause the player to lose balance and be ineffective against a defensive lineman.
- **Always maintain ground contact** with both feet when making contact with a defender to stay balanced and in control.

By refining these movements, players will develop quicker, more powerful starts, giving them an advantage on every snap.

Execution

SETUP:

- This drill can be conducted with **any number of players**, positioned anywhere on the field.
- The **coach should be nearby** to call commands and provide feedback.

1. **Start in the Pre-Set Position.**
2. **On "Down" command** – players transition into the **Stance position.**
3. The **coach evaluates form**, correcting any mistakes.
4. **On "Go" command** – players execute a **pick-up step** and freeze in position.
 - **Thumbs move toward the breastplate** (like cocking a gun).
 - Pick up the indicated **foot slightly forward** and set it down.
 - Maintain a **flat back** for stability.
5. **Coach re-evaluates form** and makes corrections:
 - **Hands open, thumbs cocked up.**
 - **Balanced posture.**
 - **Pads parallel over knees.**

DRIVE BLOCK VS HEAD-UP DEFENSIVE PLAYER

- **PURPOSE:**

This drill focuses on **executing a proper drive block**, a fundamental blocking technique used against a defender positioned directly in front of the offensive lineman. The drill is divided into two parts:

- **Part One:** Focuses on footwork and initial contact.
- **Part Two:** Incorporates **forward movement**, driving the defender (bag) off the line of scrimmage.

- **COACHING TIPS:**

Solid foot placement before contact – both feet should be firmly on the ground before striking the bag.

Avoid lunging – ensure the partner holding the bag is close enough so the blocker doesn't have to reach.

Game application:

- The first step should correspond with the play direction.
- **If the play is going right, the blocker starts with a right-foot pick-up step.**
- **If the play is going left, the blocker starts with a left-foot pick-up step.**

By consistently practicing this drill, players will develop the power, balance, and footwork necessary to effectively drive defenders off the ball in game situations.

Execution

Part One – Initial Contact

1. **Coach calls** “Right pick up” or “Left pick up” to indicate the first step.
2. Players **start in the Pre-Set position**, with their partner holding the bag a few feet away.
3. On “**Down**” **command** – players transition into the **Stance position**.
4. On “**Go**” **command** – players take a **pick-up step** with the designated foot.
5. Players **quickly follow with a catch-up step**, then **explode into the bag** with a powerful punch and **freeze** in position.
 - Impact should be **visible and audible** when striking the bag.
6. **Coach evaluates form**, ensuring:
 - Feet are **parallel and shoulder-width apart (or slightly wider)**.
 - Hands are **inside with thumbs up**, locking out after the punch.

Part Two – Full Drive Block

1. Follow **steps 1-6 from Part One** to set up the stance and initial contact.
2. After the punch, players **lock out their arms** and begin driving forward.
 - **Feet should move like pistons**, maintaining constant, quick steps.
 - Maintain a **strong base** to stay balanced and generate power.
3. Players continue to **drive the bag forward** until the **coach blows the whistle** to end the rep.

SETUP:

- Any number of players can perform this drill.
- Each player needs a **partner** holding a blocking bag.
- The **coach should be nearby** to call commands and provide corrections.

REACH BLOCK

- **PURPOSE:**

This drill teaches offensive linemen how to properly execute a **reach block**, which is crucial when blocking a defender using an **outside technique**. A reach block allows the lineman to gain leverage and seal off the defender without accidentally forcing them into the path of the ball carrier, as might happen with a drive block.

- **COACHING TIPS:**

- **First step must be forward, not lateral** – the reach block is not a sidestep move. Stepping sideways immediately **loses control of the line of scrimmage**.
- **Avoid swinging the hips too wide** after making contact – this could inadvertently block the **running back's lane**.
- **Keep a strong base** to maintain leverage and avoid being overpowered.

By practicing this drill consistently, players will develop the proper technique for **sealing off defenders on outside plays**, improving their ability to execute **zone and stretch run blocking schemes** effectively.

Execution

SETUP:

- Can be performed with **any number of players** on the field.
- Each player needs a **partner** holding a blocking bag.
- The **partner should align in an outside technique** relative to the blocker.
- The **coach should be nearby** to call commands and provide feedback.

1. **Coach calls** “Right pick-up” or “Left pick-up” to indicate the first step.
2. Players begin in the **Pre-Set position**, with their partner holding the bag a few feet away in an **outside technique**.
3. On “**Down**” **command** – players transition into the **Stance position**.
4. On “**Go**” **command** – players take a **pick-up step** toward the **defender’s outside knee**.
 - **Avoid overstepping** to maintain a solid base.
5. On the **second step**, the blocker aims their **face and hands** toward the defender’s **outside shoulder pad**, creating a slight angle.
 - **Controlling the outside shoulder** limits the defender’s ability to make a tackle.
6. **Coach instructs players to either:**
 - **Freeze in position** for form evaluation.
 - **Continue driving the defender upfield** until the whistle blows.

DOWN BLOCK

- **PURPOSE:**

The **down block** is used to **seal off an inside defender** who is attempting to penetrate the line of scrimmage. The goal is to effectively block the defender while maintaining forward momentum and **moving the line of scrimmage**.

- **COACHING TIPS:**

- **Avoid “stepping under the head”** – this occurs when a blocker twists their foot instead of stepping directly at the defender’s head. This mistake **allows penetration**, making the block ineffective.
- **Maintain a strong base** – stepping too far can cause **loss of balance and power**.
- **Drive through the block** – players should maintain leverage and keep their hips low while continuing to **push the defender off the line**.

By reinforcing proper **footwork, hand placement, and balance**, players will become more effective at sealing inside defenders and controlling the line of scrimmage.

Execution

SETUP:

- This drill can be performed with **any number of players**.
- Each player needs a **partner holding a blocking bag**.
- The **partner should align as an inside defender**, positioning the bag at the blocker's **outside eye**.
- The **coach should be nearby** to call commands and provide corrections.

1. **Coach calls** “Right pick-up” or “Left pick-up” to indicate the first step.
2. Players begin in the **Pre-Set position**, with their partner holding the bag a few feet away in an **inside alignment**.
3. On “**Down**” **command** – players transition into the **Stance position**.
4. On “**Go**” **command** – players take a **pick-up step** toward the **defender’s head (or middle of the bag)**.
 - **Avoid overstepping** to maintain a solid base.
5. On the **second step**, the blocker **punches up into the bag**, engaging forcefully.
6. **Coach instructs players to either:**
 - **Freeze in position** for form evaluation.
 - **Continue driving the defender back** until the whistle blows.

SCOOP BLOCK

- **PURPOSE:**

The **scoop block** is a crucial technique for option offenses. This block prevents a **zero-technique nose tackle** from sliding down the line and disrupting plays. The **center** works to cut off the defender by engaging at a low angle and driving on all fours.

- **COACHING TIPS:**

- **First step must move forward at a 45-degree angle**, not straight to the side—this ensures the blocker gains position on the defender.
- **Maintain a low pad level** and work on all fours to stay engaged.
- **Emphasize footwork before adding full-speed reps** to develop proper technique.

Execution

SETUP:

- Can be performed with **any number of players**.
- Each player needs a **partner holding a blocking bag**.
- The **coach should be nearby** to call commands and provide feedback.

1. Players **begin in the Pre-Set position**, with their partner holding the bag a few feet away in a **zero-technique alignment (head-up on the center)**.
2. On “**Down**” command – players transition into the **Stance position**.
3. On “**Go**” command – players execute the scoop block:
 - **Take a 45-degree step**, aiming to get the **head across the defender’s knee**.
 - Ensure the **first step moves forward, not laterally**, to maintain leverage.
4. Players stay **low on all fours**, driving forward with controlled aggression.

Progression & Variation

Once players master the basic scoop block, introduce **combination drills** where multiple linemen execute different blocks simultaneously.

Example Drills:

A. Mixed Blocking Assignments:

- **Center:** Runs a **scoop block**.
- **Play-side guard:** Executes a **reach block**.
- **Offside guard:** Executes a **down block**.

B. Dual Scoop Blocks:

- **Center and offside guard:** Both run **scoop blocks** against the zero-technique defender.
- **Play-side guard:** Runs a **reach block** to seal the edge.

By integrating **live-action scenarios**, players will develop a **better understanding of blocking schemes** and execution in game situations.

CENTER & GUARD VS 40 STACK

- **PURPOSE:**

This drill teaches offensive linemen how to effectively block against a **40 Stack defense (4-3 front with stacked linebackers)**, ensuring protection of the **A-gap** on inside running plays. It focuses on communication, recognizing linebacker movement, and executing proper blocking techniques.

- **COACHING TIPS:**

- **The center always steps play-side gap first** with his near foot—this ensures proper leverage.
- **React to linebacker movement** – blockers must quickly adjust based on the LB's path.
- **Stop and correct improper technique immediately** – if mistakes are made, **blow the whistle, freeze all players**, and provide corrections.

By running this drill consistently, linemen will develop the ability to read defensive movements, communicate effectively, and execute precise blocks, making them more effective against stacked defensive fronts.

Execution

1. Players **begin in the Pre-Set position**.
2. On “**Down**” **command** – players transition into the **Stance position**.
3. On “**Go**” **command** – linemen execute their assigned blocks:

When running the play to the right:

- **Right Guard (RG):** Blocks the **3-technique defender** with a **reach block**.
- **Center (C):**
 - Takes a **drop step toward the play-side gap**.
 - If the **right-side linebacker attacks the A-gap**, he engages him.
 - If the **linebacker steps away**, he pivots **backside** and blocks the **left-side linebacker**.
- **Left Guard (LG):** Executes a **cutoff scoop block** on the **2i defender**, staying low and driving on all fours.

3. The **coach blows the whistle** to end the drill.

SETUP:

- **Seven players total** (3 offensive linemen vs. 4 defenders).
- Offensive linemen: **Center, Right Guard, Left Guard**.
- Defensive players: **Two interior defensive linemen (3-technique & 2i) and two stacked linebackers**.
- The **coach should be nearby** to call commands and provide corrections.

VEER BLOCK

- **PURPOSE:**

The **veer block** is a critical blocking technique used across all offensive line positions. The goal is to prevent the defensive player from getting access to the **top of the shoulder pad** and pushing the offensive player inside, thus closing the **veer lane**. Instead, the offensive player should aim to **turn the shoulder** and allow the defender to glance off by using the **flat part of the shoulder pad**.

- **COACHING TIPS:**

- **Focus on the “dip and rip” technique** – Players should emphasize **dipping and ripping** their shoulder while keeping the **elbow close to the body** to avoid getting hooked by the defender.
- **Ensure proper stance and first step** – Make sure players are in a **solid stance**, take a **good pick-up step**, and aim properly at the target.
- **Inside shoulder and pad mechanics** – The second step should be executed with a **strong roll of the inside shoulder and shoulder pad** to ensure the defender glances off without forcing the offensive lineman inside.
- **Avoid pushing inside** – If both steps are aimed inside, the offensive player will be pushed into the **veer lane**, closing it off. Always aim to stay **outside and up the field** to maintain proper blocking lanes.

By focusing on this drill, players will better execute the **veer block** in game situations, making sure they **maintain proper angles** and **protect the run lane** for the ball carrier.

Execution

SETUP:

- **Line up players in a straight line** across the width of the field.
- Players should focus on a **target** (either a real target or an imaginary one) to aim toward during the drill.
- The **coach should be nearby** to give commands and correct form.

1. **Players begin in the Pre-Set position.**
2. The coach says “**Down**”, and players move into their **Stance position.**
3. The coach says “**Go**”.
4. Players take **one pick-up step** toward their target (the linebacker) and freeze.
 - **Freeze** after the first step to ensure proper form.
5. **Repeat the pick-up step** several times to help players focus on the correct movement toward the target.
6. After several repetitions, players perform a **two-step motion** and freeze after the second step.
7. **On the second step**, players should **roll their inside arm and shoulder** to execute the veer block.
8. The coach blows the **whistle to end** the drill.

ARC BLOCKING WITH TIGHT END

- **PURPOSE:**

This drill is specifically designed for **tight ends** to teach them how to get outside and block the **force player**—the defensive player coming up to challenge the pitch on an outside run. The goal is to help tight ends effectively seal off the defender and create a lane for the ball carrier.

- **COACHING TIPS:**

- **Parallel Movement** – One common mistake is moving **up the field** instead of staying **parallel to the line of scrimmage**. This leads to losing **outside leverage** on the force player, which can give the defender a chance to turn the play inside.
- **Leverage** – The tight end must **establish outside leverage** on the force player to either give the running back the **sideline** or create an **inside/outside cut option** for the ball carrier. The key is to prevent the defender from turning the play back inside.
- **Keep Head Up** – Always maintain awareness by keeping the head up and identifying the force player during the drill.

This drill helps **tight ends** perfect their blocking technique for outside running plays, ensuring they can seal off defenders and create space for the running back to gain yardage.

Execution

SETUP:

- Line up tight ends **parallel across the field.**
- The **coach should be nearby** to give commands and provide feedback.

1. **Players begin in the Pre-Set position.**
2. When the coach says “**Down**”, the players move into the **Stance position.**
3. The coach says “**Go**” to begin the drill.
4. The first part of the drill has players take **one open step parallel** to the line of scrimmage and **freeze.**
5. Next, the players take **two steps**—an open step followed by a crossover step—and **freeze** again. **Keep the head up** during this motion to maintain awareness.
6. Players now take **three steps**: the open step, crossover step, and plant step, and then **freeze.** This is the point where, in a game, they should identify the **force player.**
7. Once the coach is confident the players understand the fundamentals, the drill continues through all three steps. Players should now **get their shoulders parallel** to the line of scrimmage and **move up the field** to engage the force player.
8. The coach blows the **whistle to end** the play once the engagement happens.

GAP CALL / VERTICAL DOUBLE-TEAM

- **PURPOSE:**

This drill helps offensive linemen learn a key block to use when a **defensive player** is trying to exploit a gap in the offensive line. The goal is to execute a **vertical double team**, where both offensive linemen work together to move the defender backward, closing the gap and preventing penetration.

- **COACHING TIPS:**

- **Inside and Up Movement** – Ensure that the offensive linemen **move inside and up**, and avoid slanting toward the defender. Slanting could allow the defender to **split the double team**, potentially causing penetration.
- **Timing is Crucial** – The success of the **vertical double team** relies on **timing**. Both players should make contact with the defensive player at the **same time** to ensure maximum effectiveness.
- **Head Placement** – Offensive linemen should focus on getting their **head and hands** into the proper position for effective control of the defender.

This drill emphasizes **teamwork** and **timing** between offensive linemen in executing a powerful **vertical double team**, which is essential in closing gaps and neutralizing defensive pressure.

Execution

SETUP:

- Two **offensive linemen** and two **defensive players** are required.
- The offensive linemen should line up opposite the **defensive linemen**, with a **linebacker** (the second defensive player) lined up off the line of scrimmage.
- The **coach** should be nearby to give commands and offer feedback.

1. **Players begin in the Pre-Set position.**
2. The **coach** says “**Down**”, signaling players to move into their **Stance position**.
3. The coach then says “**Go**” to start the action.
4. Each **offensive lineman** performs a **roll-step**, moving **inside and up** to form a **vertical double team** on the **defensive player**.
5. The players aim to get their **faces and hands** on the **defender's breastplate at the same time**, ensuring both offensive linemen are in sync and driving the defender backward.
6. The coach blows the **whistle to end** the drill once the players have established the double team.

FOLD BLOCK / TIGHT END & TACKLE

- **PURPOSE:**

This drill teaches the **tight end** and **tackle** how to effectively execute a **fold block** to widen the **B** and **C** gaps. The goal is for the tackle to clear the defender, allowing the tight end to come in and engage the linebacker.

- **COACHING TIPS:**

- **Tackle's Block:** Ensure the **tackle** steps directly to the **head** of the **defensive lineman**, driving through with **power** to widen the gap.
- **Tight End's Bucket Step:** The **tight end** must take a **good bucket step** to properly clear his hips, allowing the tackle to come through without interference.
- **Timing and Flow:** The tight end and tackle must work in **synchrony** to ensure that the tackle clears the lineman effectively and the tight end moves smoothly upfield to block the linebacker.

This drill focuses on **collaboration** between the **tight end** and **tackle**, emphasizing technique and proper movement to widen the gaps and allow for a successful block.

Execution

1. **Players begin in the Pre-Set position.**
2. The **coach says “Down”**, signaling the players to get into the **Stance position**.
3. The coach will then say **“Go”** to start the drill.
4. **Tackle's Role (Kickout Block):**
 - The **tackle** uses a **down block** with **inside technique** to engage the **defensive lineman**.
 - The goal is to clear the **B-gap** and **widen** the gap as much as possible.
5. **Tight End's Role (Fold Block):**
 - The **tight end** takes a **bucket step** to clear his hips and create space for the tackle to come through.
 - Once the tackle is clear, the tight end should **rip his shoulder** and **proceed upfield** to engage the **linebacker**.
6. Run the drill a few times with the players taking **two steps and freezing** to ensure the **proper technique**.
7. After reinforcing the technique, run the drill all the way through, ending with the **tight end blocking the linebacker**.
8. The **coach blows the whistle** to end the drill.

SETUP:

- **Tight end and tackle** lined up against a **defensive lineman**.
- A **linebacker** is positioned off the line of scrimmage to be blocked by the tight end.
- The **coach** should be nearby to give commands and provide feedback.

FOLD BLOCK / GUARD & TACKLE

- **PURPOSE:**

This drill focuses on teaching the **guard** and **tackle** how to execute a **fold block**, which is crucial for increasing the **A** and/or **B** gaps. The goal is to clear the defender and open up space for the running back or quarterback.

- **COACHING TIPS:**

- **Guard's Down Block:** Ensure that the **guard** maintains a **solid base** and keeps his **head up** during the down block. The block should start with a **pick-up step**, followed by **driving through** the defender to open the gap.
- **Tackle's Fold Block:** The **tackle** should have **square shoulders** and use a **good turn of the shoulder pads** when executing the fold block, ensuring he doesn't get "clogged up" by the guard's down block. After the initial step, the tackle should **veer off** and continue **upfield** to find and block the linebacker.
- **Timing and Coordination:** The **guard** and **tackle** should work in sync, with the **tackle** not stepping too early or too late, and the **guard** focusing on maintaining control of the defender.

This drill helps develop the **chemistry** between the **guard** and **tackle**, as they work together to increase the gap and clear a path for the offensive play.

Execution

SETUP:

- **Guard** and **tackle** are lined up against a **defensive player**.
- A **linebacker** is positioned off the line of scrimmage to be blocked by the tackle.
- The **coach** should be nearby to provide instructions and feedback.

1. **Players begin in the Pre-Set position.**
2. The **coach** says “**Down**”, signaling players to move into the **Stance position**.
3. The coach will then say “**Go**” to start the action.
4. **Guard's Role (Down Block):**
 - The **guard** begins with a **pick-up step**, then uses a **down block** to engage the **defensive lineman**.
 - The goal is to drive the defensive lineman and create space in the **A** or **B gap**.
5. **Tackle's Role (Fold Block):**
 - The **tackle** takes a **bucket step** to position himself for the fold block.
 - After the initial step, the tackle **veers** off and proceeds **upfield** to engage the **linebacker**.
6. The coach blows the **whistle** to end the drill.

PULLING DRILL (GUARD/TACKLE)

- **PURPOSE:**

This drill is designed to help **guards** and **tackles** practice **pulling** in various situations, improving their ability to execute the block when moving to the outside.

- **COACHING TIPS:**

- Focus on **staying low** while pulling to maintain balance.
- The **guard** should be quick but also **controlled** to avoid missing blocks.
- Timing between the **guard** and **running back** is essential to create running lanes.

Execution

SETUP:

- Two offensive linemen (guard and tackle) line up against two defensive players.
- The coach should be nearby to call commands.

1. **Pre-Set position:** Offensive linemen should be in their standard stance.
2. The coach says “Down” and the players move into **Stance**.
3. The coach says “Go” to initiate the action.
4. The **guard** will pull to the outside, taking **two steps** and focusing on **staying low** with a **good angle** while looking to block the **first defender** he sees.
5. The **tackle** will stay in position, engaging with any defensive player in front of him.
6. After blocking the defender, the guard should aim to **get in front of the play** and lead for the running back.
7. The coach will blow the **whistle** to end the drill after the **pull** and block.

ZONE BLOCK

- **PURPOSE:**

This drill teaches offensive linemen how to execute the **zone block**, a fundamental blocking technique used in various running schemes (inside zone, outside zone).

- **COACHING TIPS:**

- **Footwork** is essential for the **zone block**; players should step at a **45-degree angle** to keep the line moving in unison.
- Make sure that **hips are square** and **hands are inside**.
- Focus on **communication** between the offensive linemen to ensure proper blocking assignments.

Execution

SETUP:

- Offensive linemen are in their positions, with defensive players lined up accordingly.
- The coach can use cones or bags to represent the defensive players.

1. **Pre-Set position:** Offensive linemen should be in the **stance** to prepare.
2. The coach calls “**Down**” and the players get into **stance**.
3. On “**Go**”, each lineman executes a **zone step**, aiming to keep **hips square** while working to block the **defender** in front of them.
4. The **offensive line** should move in unison, with all players stepping to the **right/left**, depending on the play call, keeping **hands inside** and **shoulders square**.
5. After **one or two steps**, players should focus on **driving** their defenders to the outside or inside.
6. The drill is completed when the offensive line has successfully created a lane for the ball carrier. The **coach** will call out the **finish** after a successful execution.

PASS PROTECTION MIRROR DRILL

- **PURPOSE:**

This drill helps offensive linemen develop their **pass protection skills** by practicing mirroring defenders and using **punching** techniques.

- **COACHING TIPS:**

- Players should keep their **hips square** and **hands inside**.
- Focus on **quick feet** and maintaining a **strong base** throughout the drill.
- Always keep your **eyes on the rusher's chest**, which will help to anticipate their moves.

Execution

SETUP:

- Pair up offensive linemen and defensive players.
- Each offensive player should be in a **pass protection stance**, and the coach can provide a defender with a **bag** or **pad** to simulate a pass rusher.

1. The offensive lineman begins in a **pass protection stance** with the defensive player **across from them**.
2. The coach gives a **start command**, and the **defender** will move side to side, simulating different pass rush moves.
3. The offensive lineman's goal is to **mirror** the defender's movements, keeping their **feet** and **hands** in sync, ensuring they don't get **beat to the outside** or **inside**.
4. The coach will call out different **pass rush moves** to make the drill more dynamic (e.g., **spin**, **bull rush**, **speed rush**).
5. After **10 seconds**, the coach blows the whistle and the next offensive lineman rotates in.

DOUBLE-TEAM DRIVE DRILL

- **PURPOSE:**

This drill teaches offensive linemen to work together in a **double team block** to push a defender off the line of scrimmage.

- **COACHING TIPS:**

- Both players should stay low to **maintain leverage**.
- Focus on **working together** and **driving the defender**.
- The **double team** should be coordinated to ensure that both linemen hit the defender simultaneously, maximizing the power of the block.

Execution

SETUP:

- Line up two **offensive linemen** against one **defensive player**.
- The coach should provide commands to direct the players on when to start and stop.

1. The **offensive linemen** should line up with **feet shoulder-width apart** in the **stance**.
2. On “**Go**”, the **two offensive linemen** work together to perform a **double team block** on the **defender**.
3. Both offensive linemen should work in **unison** to drive the defender **backward** while maintaining good **body position** and **hand placement**.
4. The drill ends when the **defender** is driven off the line or the **coach blows the whistle**.