



**HEADS UP  
FOOTBALL**

**SECTION 8**

# BLOCKING & DEFEATING BLOCKS

Part of USA Football's  
Tip of the Spear Contact System



# INTRODUCTION TO USA FOOTBALL'S TIP OF THE SPEAR CONTACT SYSTEM

USA Football's Tip of the Spear Contact System provides a detailed approach to applying and resisting force on the field. Featuring skill development drills, troubleshooting tools and classroom instruction, this system is designed to take the head out of the game by focusing its approach on mechanics. By using the hands and activating the hips to enhance blocking and defeating blocks, the Tip of the Spear Contact System helps both skill players and linemen achieve safety through superior technique and training.

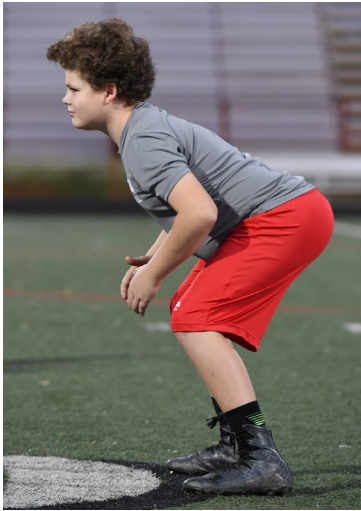
Highlights within the system include BLAST principles of contact, the CUFF teaching progression, and Bridge and Pillar fits. You'll also learn the Shape, Sharpen and Polish skill development drills and the SPPAAT self-coaching for troubleshooting technique concerns.



# B.L.A.S.T. PRINCIPLES OF CONTACT

## 1 BASE

Form a base. Posture is key to safety and the base is the foundation for success.



## 2 LONG

Playing long allows separation and takes the helmet out of contact.



## 3 ASCEND

Ascend the hips. All contact should be initiated and delivered through the uncoiling of the hips.



## 4 SQUARE

Play square. Staying square allows for "multidirectional" power and control.



## 5 TRIANGULATE

Triangulate or attack half a man. Offset the body to the opponent instead of attacking the center of the opponent's mass. Offset off the defender's midline.



# BLOCKING & DEFEATING BLOCKS



## 1 BRIDGE

- A** The Bridge is used by offensive linemen and tight ends on the line of scrimmage vs. base blocks where movement by the line is common, especially in modern zone schemes.
- B** Wide receivers, tight ends and offensive linemen will execute the Bridge when blocking in space as well as running backs in pass protection.
- C** The Bridge lifts defensive players by catching them under their pads with power being driven from the uncoiling of the hips.

## NOTES

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# BLOCKING & DEFEATING BLOCKS



## 2 [PILLAR]

- A** The Pillar is used by defensive players engaging and defeating blocks with their hands.
- B** This technique allows players to apply and resist incredible force with the Pillar strike lands long at full extension.
- C** Allows defensive players to create forceful separation to disengage from a blocker to attempt to tackle the ball carrier.

### NOTES

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