

OFFENSIVE/DEFENSIVE LINEMAN ONE-ON-ONE PASS PROTECTION

Purpose:

Allow offensive lineman to work on specific blocking techniques while defensive lineman work on reading the technique the lineman is using and individual moves to beat the offensive lineman. Both linemen must work in space around the other lineman.

Equipment Needed:

None

Instructions:

1. Offensive lineman and defensive lineman line up in a full line.
2. The offensive coach tells the offensive lineman what techniques to use one at a time.
3. On the coach's sound, the offensive lineman executes the techniques while the defensive lineman attempts to use hand-fighting techniques and moves to get to the quarterback.
4. As soon as the first group is finished, the second group should be ready to go.
5. Adjacent offensive lineman may punch with hands on defensive lineman while remaining stationary.
6. The drill may be adopted to use one side of the line at a time so that defensive lineman can use two man stunts.

Coaching Tips:

1. Offensive Lineman:
 - a. Ensure that initial steps are correct.
 - b. Ensure that shoulders stay square to the line of scrimmage.
 - c. Feet stay moving at all times.
2. Defensive Lineman:
 - a. Make sure lineman get off the ball hard with head up so they can read.
 - b. Lineman should use different alignments and techniques.
3. Have next pair ready so drill progresses quickly.

Drill Diagram:

Diagram to come