

TRAP DRILL

Purpose:

To teach offensive lineman to trap block correctly.

Equipment Needed:

1. Three cones
2. One hand shield

Instructions:

1. Put all lineman in one line with the three cones placed in a line with each cone one yard apart and placed so the back edge of cone number two is even with the front edge of cone number one, cone number three's back edge with the front edge of cone number two.
2. One lineman holds the hand shield at cone number three facing the pulling lineman.
3. Each lineman takes their proper stance and on a given snap count the lineman pulls to his right and trap blocks the hand shield.
4. The lineman who pulled takes the hand shield to hold.
5. Repeat going left.

Coaching Tips:

1. The lineman must take a slight drop step with the foot in the direction of the pull with his toes pointed at the hand shield.
2. The elbow to the pull direction should be pulled back tight to the hip.
3. The lineman should not straighten up on his course to the trap and block with the shoulder to the pull. (Pulling right block with the right shoulder, pulling left use the left shoulder.)

Drill Diagram:

Diagram to come