

ROOT HOG

Purpose:

To teach lineman to stay low as they block and to move their feet on contact.

Equipment Needed:

Four cones or a square painted on the field on the field three yards wide and four yards deep.

Instructions:

1. Two lineman take stances facing each other the width of the ball apart.
2. On a given snap count, each lineman tries to drive the other out of the square.
3. Each pair block for five seconds.
4. Each lineman block with the same shoulder.
5. Switch shoulders the second time around.

Coaching Tips:

1. Emphasis needs to be on proper blocking technique: head up, back arched, knees bent and hit on the side with the helmet tight to the defenders body and delivering a forearm on contact.
2. As the forearm is delivered the lineman should rotate his thumb down.

Drill Diagram:

Diagram to come