

**WING-T
OFFENSIVE LINE
BLOCKING
TECHNIQUES
DRILLS
AND
PRACTICE
ORGANIZATION**

2014 EDITION

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A. Strike A Blow



STRIKE A BLOW ON "SET"



"SET"



FINISH WITH A PERFECT FIT INTO THE BAG



BEGIN THE DRILL IN A 6 POINT STANCE



ON "SET" COCK YOUR RT. ARM BACK TO YOUR HOLSTER (SIDE POCKET), THEN STRIKE THE BAG SIMULTANEOUSLY WITH YOUR RT. FIST, WRIST CHEEK AND THE TOP OF THE RIGHT SHOULDER, THEN FINISH IN A PERFECT FIT.



1. Objectives

- a. To teach and drill the proper techniques necessary to deliver a perfect

- shoulder forearm blow.
 - b. To drill the contact phase of performing a shoulder forearm block.
 - c. To develop more power in the execution of a shoulder forearm blow.
 - d. To teach them how to apply their four points of contact with an explosive, ballistic movement.
 - e. To teach them how to hit on a rise.
- 2. Performed from a six-point stance.
 - a. This drill is the main reason why you point your toes back when in the six point stance.
 - b. This keeps the players from pushing off of their toes. When the player pushes off of his toes his knees have a tendency to come off the ground making it harder for your players to role their hips through the block.
 - c. This also helps the blocker to better isolate his upper body, so he can better execute a powerful, sharp and explosive shoulder forearm blow.
 - d. When their toes are back, it will force them to bring their hips through more easily.
- 3. Alignment (Same as Surface drill)
- 4. Command and Procedure
 - a. “Strike A Blow, Right Shoulder On Sound”
 - b. On the Command “Set” your players will cock their right arm back to their hip, then execute a perfect shoulder forearm blow.
 - c. After contact they should remain in a fit position until you release them.
- 5. Coaching points
 - a. “Strike a Blow” is the same as Surface “ON SET” except, instead of a controlled movement, this is a live explosive movement.
 - b. Again, when coaching the players to cock their arm back, tell them to bring it straight back along side their bodies to their hip, if they go to far back it will force their head and shoulders downward.
 - c. You are coaching them to bring their arm back so they can create pre-stretch in the muscles being used. This will allow your players to generate the maximum amount of power into the bag or the defender.
 - d. FOUR POINTS OF CONTACT
 - 1. I can’t emphasize this enough. As their arm comes forward your players should make contact on the bag with an upward movement. They should concentrate on making contact with the bottom knuckle of their fist, their wrist bone, front top of their shoulder and their near cheek (side of the face mask). As they make contact & drive through the bag, their entire surface should end up on the bag on impact.
 - 2. Emphasize to your players that they must concentrate on their Pinky Knuckle and Wrist bone punching up through the bag as the top of the shoulder pad makes contact. If this all happens simultaneously they will be able to use all of the power they have locked in their body, and their entire surface will end up on the bag.
 - 3. As they make contact their head is up, their eyes are on their target and their near cheek contacting and pressed into the bag (man). This is where we refer to the tight neck squeeze or turning your head into the block.
 - 4. Emphasize to your players that as they make contact they must hit on the rise. Sometimes I refer to the contact phase as a George Foreman upper cut.

5. Your players must understand that THE CENTER OF THEIR POWER is located on an imaginary line that goes from the middle of their forehead down through the middle of their torso. Power movements that are parallel and in line with their power line will help them to create more power. It will also allow them to stay on the block longer and better aid them to finish with their hands. Movement that is wide and outside or across their power line will reduce their power potential and lessen their impact on the bag or a defender.

POINT OF EMPHASIS: This is a very important concept to get across to your players because most players, if you and your coaches use the phrase, Shoulder Forearm Blow, will envision themselves hitting with their forearm and not with their fist and wrist. They must understand that if they swing and initially hit with their forearm (the part of the arm closest to their elbow) they will swing across their bodies and in an not upward manner, where they can more fluidly use their legs and lower back to help them maintain and finish their block. Yes, if they swing across their bodies they may throw a wicked forearm, but they will have a very difficult time maintaining and finishing the block. They will swing and miss or hit and then fall off their block.

- e. Again, your player's heads will slide to the side as contact is being made to allow the entire blocking surface through the bag (defender).
- f. Coach your players to use their eyes.
 - 1. Again, you must look at the bag the whole way. Your eyes must go through the aiming point, and then slide your head along the side of the bag as contact is being made.
 - 2. When you coach your players to use their eyes it is easier to get them to keep their heads up throughout the entire drill.
- g. Throughout the entire drill your player's heads should be up, perfectly vertical to the ground (the side of his head is perfectly parallel to the bag), and their eyes are to the sky.
- h. As contact is made their hips should roll forward and their crotches (belt buckles) will be touching the ground. Strike a Blow, and surface drill are the only drills that we ever coach roll the hips. Once we get on our feet we emphasize an arched back and getting your butt up.
- i. When movement has stopped your players should all be in a perfect fit on the bag with your off arm locked into the ground (the same as Fit drill).
- j. Again, the bag holders should watch their partners as much as possible and help correct them after contact is made.

C. Step And Hit



GET AN ARMS DISTANCE FROM BAG



STANCE



BIRD DOG THE FIRST STEP



SECOND COMMAND
STICK 2ND STEP AND EXPLODE



FIT AND FINISH



GET AN ARMS DISTANCE
FROM BAG



STANCE



BIRD DOG THE FIRST STEP



SECOND COMMAND
STICK 2ND STEP, EXPLODE
THROUGH THE BAG AND KNOCK
THE BAG OFF THE LINE



RUN YOUR FEET 4 OR 5 STEPS &
FINISH WITH A PERFECT FIT

1. Objectives
 - a. To teach and drill the Approach and Contact phase of performing a shoulder block.
 - b. To teach and drill The Same Foot, Same Shoulder Principle.
 - c. To drill the timing of sticking the second step into the ground as they apply the Same Foot Same Shoulder concept.
 - a. To teach and drill the importance of the eyes for leverage, and proper aiming points.
2. Stance
 - a. You can use either a 2 or 3-point stance.
 - b. The Preferred Stance
Some coaches begin teaching step and hit from a two point stance. I prefer teaching it from a three-point stance. It may be a little more difficult to start out drilling it from a 3 point stance, but this is the position they have to learn to apply it from the most.
3. Alignment
 - a. Have your players align head up on the bag, then have them reach out until they are an extended arms distance from the bag. The middle of the bag is still directly on the intersection of the two lines.
 - b. Your players should reach out and extend their arm for the proper separation from the bag after proper knee bend is obtained. If your players reach out while they are standing they will end up to close to the bag.
 - c. Once they are in this position I have them cheat 2 inches to the left, if they are making contact with their right shoulder and to the right if they are using their left shoulder. This makes it easier for them to see their target and explode through the bag while keeping their head North and South.
4. Drill Command and Procedure (“BIRD DOG VERSION”)
 - a. “Bird Dog, Step And Hit, Stepping Left Foot, Right Shoulder Contact on set, BIRD DOG, pause “SET” .
 - b. When we initially teach Step and Hit we Bird Dog it and have the players perform the drill using two commands. On the first command we take our perfect “ON” step and hold. On the second command we contact the bag, run our feet 3 or four steps and fit into the bag.
 - c. FIRST COMMAND, “SET”
 1. On the first command, we use the term “Set”, your players will take an “ON” Step with their Left foot. Their first step is always with the foot opposite the shoulder they will make contact with. In this instance, their first step will be with their left foot.
 2. Bird Dogging their first step allows the blocker time to take better timed second step as he hits the bag.
 - d. SECOND COMMAND “HUT”
 1. They he will take their second step with their right foot as they strike the bag. They should strike the bag so hard that they knock the bag & the bag holder off of the line. As they make contact they should drive their feet 3 or 4 times. They should finish with a perfect two point fit on the bag. I never have the players perform Step & Hit without having them drive through the bag and run their feet a few times after contact.
I used to have the players perform this drill as a three step and stop

drill. I coached it this way because this is how I learned it from the traditional Wing-T line coaches. In my opinion, this caused them to stop their feet on contact during other drills and when blocking Defensive lineman. I felt doing the drill like this re-enforced a bad habit. I will never have any player perform any standing drill without coaching them to accelerate or run their feet on contact.

5. Coaching Points

a. The First Step

1. The first step is always short, so that, the blocker can stay lower and so they can get their second step off and on the ground quicker. I learned a long time ago that if you take a long first step your knee will push into your chest and force your body to elevate, causing you to come off the ball higher than the defender in front of you. If you try to stay low when taking a long first step, you must bend at the waist more, and this will cause you to over extend into the block. It is also harder and takes longer to take your second step when your first step is long.
2. Make sure your players approach the bag straight on and slide their head to the side as contact is being made.

b. The Second Step

1. The placement of the second step is also very important. For an “ON BLOCK” (straight ahead block) the second step must land through the middle of the defender or at least inside his near foot. The coaching point I use is, “stick your second step through the crotch of defender”.
2. You must get your second step down on the ground, and in the correct position as you make contact with the defender, if you want maximum power through the block. We continually remind them to stick their second step as they make contact.

POINT OF EMPHASIS: I will always demonstrate to the lineman, when we first teach this drill, what happens if you hit the bag (DEFENDER) and your second step isn't on the ground. They will see my body will go downward as I make contact, when I don't stick my second step into the ground and why it is harder to get my feet again moving after contact. Next, I will demonstrate by hitting the bag while sticking my foot into the ground on contact. When I hit the bag, since my foot is stuck into the ground, the bag leaves the ground as I hit it. This helps me to hit on the rise. I will also slow the speed down and this also shows them that it is all right to slow down your approach while you are learning how to time this technique up.

3. You must also understand that if you want to get your second step on the ground as your make contact, it can't be a very long step. It shouldn't be any longer than the length of your foot. When your players bird dog their steps, they should be aware of the length of their second step. I tell them their first 2 steps should be 1,2 not 1 pause 2.

c. **Using Their Eyes**

1. Everything that you do that is good on the football field, you do with your eyes. How you use your eyes is very important
2. I agree with former Steelers line Coach Dan Radakovich that you get your leverage with your eyes.
3. You must look at the defender the whole way. Your eyes must go through the aiming point, which is under his pad level.
4. You turn your head into the defender to obtain your tight neck squeeze with your eyes.

d. **Body Position during the contact phase of blocking**

1. Your butt will be up and back when you make your the initial contact on the defender with your shoulder. Your back will be straight or even arced a little.
2. You will have more hip roll when you are pass blocking because you are using your hands for contact.

e. **Rolling Your Hips**

1. I agree with Dan Radakovich (The former Steeler Line coach under Chuck Knoll) that rolling your hips while run blocking is one of the worst misnomers in the world of football.
2. Coach Rad believes that no football player in the history of the world ever thought of rolling his hips, until he was coached to do so.
3. Rolling your hips is a very weak movement. Try to drive or move something with your hips out in front of you. Then push or drive something with your butt up and your back straight or arch and you can feel the difference immediately. Go outside and try to push your car and see what body position works the best.
4. Any time the point of impact is with the shoulder you want your butt to stick out. This also means you will have a slight arch in your lower back.
5. You also want your butt up as you drive the man. When your knees are bent and you are run blocking a defender, you want your butt to stick out as far as possible.

f. **The Same Foot Same Shoulder Principle**

1. For maximum power, as they make contact with their right shoulder, their right foot must be planted on the ground and in front of their left foot. This is what is referred to as, "The Same Foot Same Shoulder Principle".
2. If their right foot is off the ground as their right shoulder makes contact they obviously don't have a base directly under them and they will lose a lot of power. This will force them to hit on the decline instead of on the rise.
3. When their right foot is down (sticking in the ground) as they use their right shoulder they will have more power. Also, it is almost