









Oakridge Line Play

-  **Athletic** – a multi-sport athlete, besides weight training
 -  basketball, baseball, track & field, motocross
-  **Aggressive** – making the first move, beating his opponent to the point of attack
-  **Confident** – in his abilities and those of his teammates; a true belief that we are going to win
-  **In Control** – going with the flow of the game, good or bad, able to make decisions, emotions in check, not costly
-  **Mobile** – able to move his feet in all directions, be an athlete in space

Philosophy

- The “Golden Rule”
- The only position on the field that hits every play
- Names not mentioned, but pride in the points and the wins
- Use the tools in the kids within the group
- Mental & physical toughness
- Film watching, teach the tricks
- Play within the rules
 - Who do those players represent?



Back to Basics

- Line play does not have to be complicated
- Establish the basics, build from there
 - 3 point stance
 - Feet apart, R/L stagger, weight distributed
 - “Ready” – sink hips, elbows on knees, back arched in, eyes up (Z’s in the ankles, knees, & hips)
 - “Set” – hand on ground under eye, flat-ish back, eyes up (Z’s)

Check list: down hand placement, eyes up, back position, Z’s, knees out over toes, heels out and not too high

Power Step

- Getting out of the stance
 - Short 6-8 inch step straight ahead with back foot (later practice stepping with the play side foot), which basically changes the stagger of the stance
 - Don't step on the broom handle or yard line
- Still have Z's – hips low, back arched in, chest up, eyes forward
- Hands are placed at chest level, backed into the armpits, elbows back – summer lifting
- Practice right and left foot power step

Punch Step

- Natural need to take a nd 2 step out of Power Position for balance

- Another short step to reestablish the beginning stagger, begins choppy feet

- Step over the broom handle or yard line

Still have Z's - hips low, back arched in, chest up, eyes forward

Punch hands forward and up

Thumbs up, elbows slightly bent and inside body framework

- Choppy feet for 5 yards maintaining low body
- Finish on "Finish"

Drive Block

- Works best with a straight one-on-one block form the line of scrimmage
- This is the best to practice the Power Step and Punch Step with resistance
 - With the DL offering light resistance, this is a perfect opportunity to emphasize the hips into the block

Drive Block

- “Hips on Hit”
 - Hips are thrown forward upon making contact with the DL during the Punch Step
- 2 point stance drill
 - Z’s in knees, big chest, R/L stagger, aim at DL chest
 - On “Hit” hips are pushed forward before a step is taken, stay low to emphasize the lift of the DL, try to look up at your hands

Variations

- Down block

- Drive block with a small change in the angle of direction
- Power Step in that direction
 - Turns the hips and shoulders
 - Drive block
 - Targets
 - Face in front, inside hand in front, outside hand pushing on shoulder = no penetration

Variations

- Trap block

- Drive block with larger change in direction
 - Short (DL), wide (DE), or around DE to CB/ILB
- Pull step in that direction, throw the elbow
 - Turns the hips and shoulders
 - Accelerate, Drive block
 - Targets - DL & DE
 - Head in the hole, outside hand in sternum, inside hand punch up through armpit, do not hesitate, keep feet moving
 - Around DE
 - Stay low, eyes up, run on their toes (get in their way)

Variations

- Reach block

- Drive block with a Reach step into position

- Aligns OL better with shaded DL

- Power (Bucket or Reach) step R/L

- Keep shoulders parallel to the LOS

- Targets

- Punch step to midline of DL, inside to sternum

- Head in the hole (outside), punch up through the armpit

- “Steer the bus”

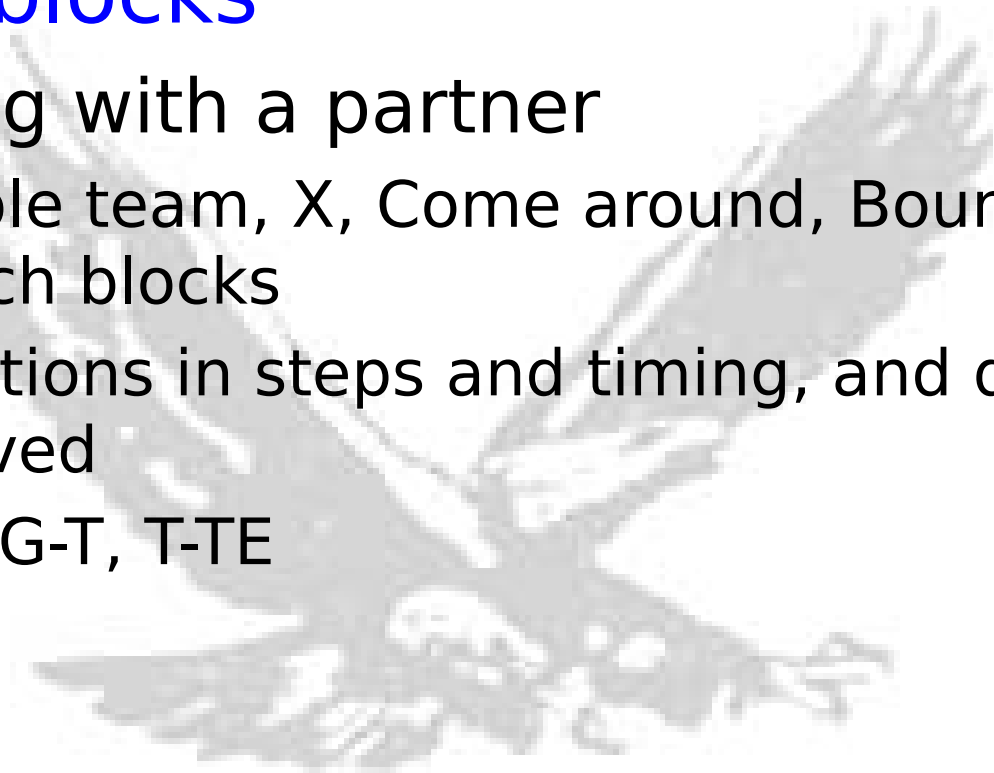
- Hips and shoulders turn after DL’s

Variations

- Combo blocks

- Working with a partner

- Double team, X, Come around, Bounce, Zone, and Stretch blocks
 - Variations in steps and timing, and defenses involved
 - C-G, G-T, T-TE



Pass Protection

- The type of protection depends upon the pass play
 - 3 step
 - 5 step
 - Roll out
 - Screen



Pass Protection

- 3 step
- Quick pass a few yards past the LOS
- Defensive threat is penetration, getting into throwing lanes, interrupting the throw
 - Aggressive pass protection is required
 - Power and punch steps to the point of contact, maintain low blocking position and hold your ground
 - Feet keep moving, but not down the field
 - Keeps DL low and draws LBs up, thinking run

Pass Protection

- 5 step
- Deeper throw requires more time for QB reads and longer receiver routes
- Defensive threat is leaving DL or LB unblocked due to miscommunication by OL
 - True pass blocking
 - Smaller Power and Punch steps (with less hands) to assigned gap/man, maintain low blocking position not to get pushed back or lose balance, stay with your assignment - TRUST
 - Feet keep moving, but not down the field
 - Form the pocket, more movement from Ts, than Gs, than C

Pass Protection

- Roll out
- Variety of routes in the direction of the QB roll
- Protection also moves with the QB
 - Play side OL provide more aggressive protection, often working with a TE or RB
 - Back side OL allow more passive protection, often blocking a gap/man toward the play, or opening up to the end of the LOS away from the play

Pass Protection

- Screens
- Play designed to fool the defense
- Defensive threat is not penetrating
 - Pass protection is enough to cause the defense to rush harder
 - OL then release from the pass protection to block downfield
 - The goal of open field blocks is to run interference on the defender, trying to knock him down could make OL miss

Practice

- Group O

- Small group practice after learning the basics
 - Practices blocking specifics for each position
 - C vs NG/LB
 - OG vs LB/DT
 - OT vs DT/LB
- Play preview of the script for the day
 - Tackle to tackle (or TE) versus various opponent defenses
 - Show defensive stunts
 - Ready for offensive team period, questions answered