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Offensive Line Drills Phase #2

1. Speed Ladder 10 Play Drive

- The speed ladder is a great tool to improve body control and agility. To warm up we try and simulate a 10 play drive on the ladder. Pick 5 standard drills, rep them twice consecutively then 15 second break in between. This is an exhausting drill and greatly improves coordination.

2. Duck Walk with weight and rolling Med. Balls

- Make sure the athlete does not come to a complete stop then pick up the ball and fire it back, the duck walk must continue!!

3. Triangle Drill. (Set the man/Set the line/ Jump Set).

- The triangle drill is great for on field awareness. It allows the athlete to get used to the amount of space allowed in pass protection. (Centers 2 yards, Guard 3 Yards, Tackles 4-5 yards.)

Set the Man (STM): Simple aim for where the defender is headed. This could be anywhere from 1-3 kicks or 1-3 power steps. Always remember weight is inside out... **HEAVY ON THE INSIDE LEG!** (Near point/Far Peck)

Set the Line: This is great for Offensive Tackles with speed rushers. Take Three Vertical Steps with the post leg never leaving the "line." If you can establish a vertical line the only way the defender can go is on a looping circle around the Quarterback.

Jump Sets: Jump sets can be very affective with bull-rush defenders. If you have been using the "set the man" technique all day the jump set is a great change-up. It is a 1-2 step, 1st step in the bucket, 2nd



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step should be up the field splitting the crouch of the defender. It is extremely important to establish inside leverage and attack that near point.

4. Stance and Starts with Swinging Bags.

- **This drill is so important because it teaches the athlete to hit with their hands not their heads!! Make sure to do this drill without helmets!**
- **Keep your eyes open, chest up, and hit with the heel of your hands!**

5. Lineman Conditioning

- **With our advanced lineman we always end our skill sessions with “finishers.”**
- **Phase Two finisher: Prowler spring 10yards and back, 100 pound sandbag clean and carry 15 yards and back, 5 Medicine ball tosses from the knees.**
- **This drill takes the oxygen away from the athlete from the get go and forces them to finish with strength and power.**

6. Three way Hip's (Front, Over the top, Side) 1 second hold.

- **Continue with hip circuit from phase 1, as the flexibility increase's the DB's should get heavier and the duck under bars should gradually get lower.**

