

LINEMAN UNIVERSITY

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IN THE TRENCHES

Phase 3 Drills

- 1. Cont. with Agility drills/Duck Walks/ & Flexibility**
 - **As a coach you cannot stress footwork and flexibility drills to your players enough.**

- 2. STM/STL/JS on Air**
 - **It is important to review these sets on a daily basis. The player has to understand “surroundings” without the triangle set-ups.**

- 3. Power/Kick Cone Drill. (Banded)**
 - **This drill is a great tool for getting your players to REPLACE BASE! If you do not take powerful 6-8 inch steps you will fall flap on your face!**

- 4. STM/STL/JS with over speed bands.**
 - **40's times are for the fans, for a lineman getting back into their sets quickly is what matters most! This is a great drill because if you are leaning at all in any direction the band is very unforgiving and mistakes are very apparent.**

- 5. Lineman Conditioning.**
 - **It is important to condition lineman similar to the way they play the game. I like to incorporate short bursts of up to 4-6 secs. At a relentless tempo. Examples: Stance Starts on hill, Prowler bursts/Duck Walks sprints etc.**



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