

## **OFFENSIVE LINE DAILY TEACHING PLAN**

### **PRE PRACTICE**

#### ***I. LADDER FOOTWORK DRILL***

1. 1 FOOT EACH HOLE
2. 2 FEET IN EACH HOLE
3. 1 FOOT IN EACH HOLE SIDEWAYS
4. 2 FEET IN EACH HOLE SIDEWAYS

#### ***II. TUNCH'S PUNCHES***

1. FRONT
2. UP AND DOWN
3. SIDE TO SIDE

### **PRACTICE**

#### ***III. STANCE***

#### ***IV. ONE STEP- POP AND RECOVER LEFT AND RIGHT***

1. LEAD STEP
2. DOWN
3. ZONE Laterally
4. PULL
5. LATERAL PASS PRO
6. KICKSTEP

***V. PUNCH DRILL ON SLED OR DUMMIES- THUMBS UP, ELBOWS TIGHT, PUNCH, RECOIL AND SLIDE DOWN SLED.***

***VI. FIT AND FINISH DRILL- DUCK MENTALITY, FEET GO OUT, STAY ON INSIDE OF FEET, HANDS DOWN AND IN NOT EXTENDED, FINISH WHEN DEFENDER TRIES TO SEPARATE.***

***VII. DOWN BLOCK DRILL- AIM FOR THE NEAR HIP OF DOWN MAN, USE BACKSIDE ARM TO CUT HIM OFF AND KEEP HIM FROM CROSSING YOUR FACE.***

***VIII. CUT DRILL-PLACE PLAY SIDE ELBOW THROUGH FAR KNEE.***

***IX. BACKSIDE THROUGH DRILL-DRIVE TO CONE AND CUT BACKSIDE PURSUIT OFF.***

#### ***X. 2 ON 1 DRILL***

1. INSIDE ZONE WITH LINEBACKERS
2. OUTSIDE ZONE WITH LINEBACKERS
3. SCOOP

***XI. PULLING DRILL- HALF MOON PULL, FLAT PULL.***

***XII. ASSIGNMENT POINT DRILL.***

### **PASS PRO DURING SKELLY**

***XIII. PASS SET DRILL- GUARDS ALWAYS SET Laterally- NEVER MOVE INSIDE FOOT, UNLESS A SWITCH CALL IS MADE. FEET WIDE, BUTT DOWN, BUG EYES, CHEST OUT, ELBOWS IN AND PRESSED TO SIDES. WITH PUNCH ARMS BECOME STEEL RODS. WEIGHT ON BALLS OF FEET, HANDS GO OUT AND BACK. SCURRY ON INSIDE OF FEET.***

1. KICK SLIDE

2. POWER STEP

- XIV. **LATERAL SET DRILL**-KEEP INSIDE FOOT PLANTED, POP UP AND RESET.
- XV. **WAVE DRILL**- FROM UP POSITION, SCURRY BACK AND FORTH.
- XVI. **PUNCH TIMING DRILL**- TWO LINEMEN, SCURRY BACK AND FORTH PUNCH WHEN DL LEANS
- XVII. **LEAN DRILL**-2 CONES 5 YARDS APART, PUNCH WHEN DL TURNS AND TWISTS.
- XVIII. **MIRROR DODGE DRILL**- OL ON LINE BETWEEN CONES DL AVOIDS AND TRIES TO GET PAST DL.
- XIX. **WAX ON WAX OFF DRILL**-GET HANDS BACK INSIDE.
- XX. **RECOVERY DRILL**-FIGHT PRESSURE WITH PRESSURE. WHEN YOU GET A SHOULDER PULLED PRESSURE BACK AND LOCK OUT THAT WAY.
- XXI. **BULL RUSH RECOVERY DRILL**- DL WILL BULL RUSH, OL WILL ANCHOR AND REFIT.
- XXII. **WILDCAT DRILL**- LIVE PASS RUSH OL VS. DL.