

CLASSIFIED



TOP SECRET

"The 7 Biggest Mistakes Offensive Linemen Make"

**And The Simple Tips Even A "Rookie
Coach" Can Use To Correct Them!**

Copyright Notice

The material enclosed is copyrighted. You do not have resell rights or giveaway rights to the material provided herein. Only customers that have purchased this material are authorized to view it. If you think you may have an illegally distributed copy of this material, please contact us immediately. Please email knowledgesupport@gmail.com to report any illegal distribution.

Copyright 2007 Knowledge Spot Inc.
All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying or by information storage and retrieval systems. It is illegal to copy this material and publish it on another web site, news group, forum, etc. even if you include the copyright notice.

Legal Notices

While all attempts have been made to verify information provided in this publication, neither the author nor the publisher assumes any responsibility for errors, omissions or contrary interpretation of the subject matter herein. The publisher wants to stress that the information contained herein may be subject to varying state and/or local laws or regulations. All users are advised to retain competent counsel to determine what state and/or local laws or regulations may apply to the user's particular operation. The purchaser or reader of this publication assumes responsibility for the use of these materials and information. Adherence to all applicable laws and

regulations, federal, state and local, governing professional licensing, operation practices, and all other aspects of operation in the US or any other jurisdiction is the sole responsibility of the purchaser or reader. The publisher and author assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials. Any perceived slights of specific people or organizations is unintentional.

Consult Your Physician

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

The author and publisher of this document and their employers make no warranty of any kind in regard to the content of this document, including, but not limited to, any implied warranties of merchantability, or fitness for any particular purpose. The author and publisher of this document and their employers are not liable or responsible to any person or entity for any errors contained in this document, or for any special, incidental, or consequential damage caused or alleged to be caused directly or indirectly by the information contained in this document.

Table of Contents

Introduction.....	4
Mistake #1: Lack of Focus During Pre-Snap Routine.....	5
Mistake #2: Poor Stance/Not Firing Off The Ball.....	7
Mistake #3: Ineffective Use of Hands.....	10
Mistake #4: Poor Footwork.....	12
Mistake #5: Inadequate Reaction To Defensive Moves.....	14
Mistake #6: Missed Blocking Assignments.....	17
Mistake #7: Sub-Par Conditioning.....	19
Conclusion.....	20

TOP SECRET

Introduction

Offensive linemen are vital to a team's success yet they rarely receive the type of recognition they deserve. If an offense plays well all the praise get heaped on the quarterback, one or more of the running backs, or sometimes even a wide receiver or two.

Yes, it's the quarterback who throws the glamorous touchdown passes. It's the running back that gets credited for the hard-earned yards and the touchdown runs. And it's the wide receivers and sometimes the tight ends that are glorified for catching bombs and touchdowns.

But in order for all of these skill positions to be successful, the offensive line has to play well. Without protection the quarterback won't be able to throw the ball with any success. Without blocking the running backs aren't going to be able to get very far with the ball in their hands. And if a quarterback can't get time to throw the ball then the wide receivers and tight ends don't stand a chance of catching anything.

So, the job of the offensive linemen is to do the dirty work while the skill players get the credit. Is this fair? Probably not but in the end it doesn't matter. Teams need their offensive line to play well. Right or wrong, that's a fact.

So, when an offensive line plays well the team will usually play well too. But when the o-line makes mistakes then the offense is usually a failure. It's these mistakes that must be minimized in a football game.

To the casual fan there's only one mistake that an offensive linemen makes: He's unable to block the man he's supposed

to block. He let's the defender get to the quarterback or the running back.

But to players and coaches, we know that getting beat by a defender is actually the result of a less obvious but much more important mistake.

When an offensive lineman fails to block his defender, it's almost always because he's made a mistake in one or more of these 7 areas:

- Mistake #1: Lack of Focus During Pre-Snap Routine
- Mistake #2: Poor Stance/Not Firing Off The Ball
- Mistake #3: Ineffective Use of Hands
- Mistake #4: Poor Footwork
- Mistake #5: Inadequate Reaction To Defensive Moves
- Mistake #6: Missed Blocking Assignments
- Mistake #7: Sub-Par Conditioning

We will take a look at each of these in depth – what the mistakes are and how they can be corrected.

You'll see that as we start to go through these mistakes, many of them are closely related to each other and even tied together. For example, firing off the ball and hand positioning are very close and melt into each other because as an offensive lineman fires off the ball it's imperative that he immediately gets his hands in the correct position. Therefore, the drills for teaching this involve both firing off the ball and hand positioning.

Also, the 7th mistake (conditioning) has the potential to affect all of the other 6 areas. So, we'll save that one for last.

Mistake #1: Lack of Focus During Pre-Snap Routine

The pre-snap routine we're talking about is everything that happens from the time the offense huddles until the ball is snapped. During this time each offensive lineman gets his blocking assignment along with the play and finds out when the ball will be snapped.

The Mistake

When breaking the huddle offensive linemen get lazy and walk up to the line of scrimmage. This gives the defense the psychological edge because they see the offense as being tired.

The Solution

The coach needs to stress to the offensive line that they should always break the huddle crisply and jog up to the line of scrimmage. This sends a message to the defense that their opponents aren't tired.

Now the offense has the psychological edge.

The center is the most important player for making sure the o-line jogs up to the line of scrimmage. Where the rest of the offensive line gets into their stances is determined by where the center lines-up. So the center always has to be the one to get out of the huddle and into his stance as quickly as possible.

During practice a coach should never allow the o-line to move slowly to the line of scrimmage. If they do, then they should be made to run extra. And during practice a coach should immediately yell out a predetermined cue to the line if he sees them walking to the line.

For example, he may drill it into their minds that when he yells "rabbit" that means they need to hurry up. This same cue should also be used in practice to get the players used to it.

The Mistake

A player can't forget what play is called between the time the huddle breaks and the ball is snapped. If he does then the entire play would and probably will be a failure. Therefore, this is a mistake that probably will happen but should be avoided at all costs.

So, when a player is concentrating very hard on remembering his assignment, it's inevitable that a player is going to miss or forget the snap count. This mistake will result in the player not reacting fast enough to the snap of the ball, which will allow the defender to dominate the offensive lineman.

To make sure a play at least has a chance to work every player on the o-line has to know his assignment and the snap count.

The Solution

From day one a coach has to make it clear that forgetting a play will not be tolerated. To help players remember the play the coach should encourage them to visualize what they'll be doing when the play is called. This will help burn the play into the offensive lineman's short-term memory.

No matter how much a coach harps on players not forgetting the snap count, it will still happen. Not all players will be able to remember both the play and the snap count 100% of the time. Since, one of the two will occasionally be forgotten, it's much easier and less costly to have the snap count be the one that's forgotten.

To prepare for a forgotten snap count, all the members of the offense should learn a code for helping the player who forgot get the right snap count.

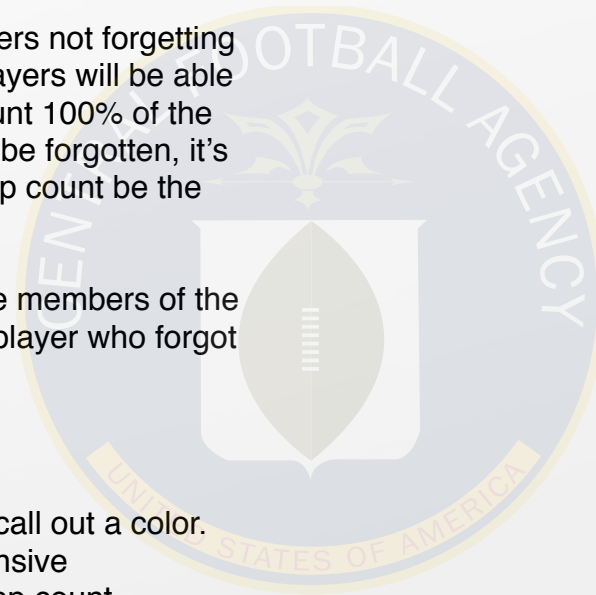
Just for an example:

A player that forgets the snap count should call out a color. When he yells a color then all the other offensive players will know he needs help with the snap count.

So, another offensive lineman hears the color being called out. He then turns to the player who called out the color and calls back when the snap will be. He calls "fire" because that means the ball will be snapped on the first sound. Or maybe he yells "island" because the ball will be snapped on hut.

Each team should decide on exactly what code they want to use.

This way the player doesn't have to be so worried about forgetting the snap count and he can be more concerned with making sure he knows his assignment for the upcoming play.



Mistake #2: Poor Stance and Not Firing Off the Ball

An offensive lineman's stance is important because the wrong stance will not allow the player to fire off the ball correctly. This will then give the defensive a decided advantage from the beginning of the play.

The Mistake

Sometimes offensive linemen will either assume their stance too far forward or too far back. If they are too far forward then they can be beat by the defender just pushing them past or even pushing them forward to the ground.

If the o-lineman is too far back in his stance, he'll have trouble firing out and he'll get pushed either deep into the backfield or right onto his back.

Either way, a wrong stance is a bad thing.

The Solution

There are two main types of stances for offensive linemen: a two point stance for pass blocking and a three point stance for run blocking. Occasionally, mostly for short yardage situations, an offensive lineman will get into a four point stance with both hands on the ground. Offensive linemen will usually line-up in a three point stance unless the play is an obvious passing down or a short yardage situation.



Use a 3-point stance unless it's an obvious passing down or short yardage situation.

A player's stance should always be the same except for obvious passing plays and short yardage plays. Otherwise the defense will be able to figure out what type of play is coming by the way an o-lineman lines-up.

For the three point stance the offensive lineman should have his feet shoulder length apart. His toes should be pointed slightly inward and his heels should be pointed slightly outward. A player should have his hand on the ground but he shouldn't balance himself on that hand.

The other type of stance is a two point stance. This is a stance with no hands on the ground and should only be used on passing downs as the stance is only used for pass blocking.

While in the two point stance the offensive lineman wants to keep his feet shoulder width apart so that he always has a solid base under him. He also wants to have his hands out in front of him so that he's ready to take on the on-rushing defender.

Once an offensive lineman knows what he's doing and is lined-up and ready to do it, the next step is to actually get it done. That means at the snap of the ball the offensive lineman has to fire off the ball and get into his block or assume a pass blocking position as fast as possible.

In the split seconds just after a ball is snapped, it's usually determined whether the offensive line or the defensive line is going to win the battle on that play. So, it's crucial that an offensive lineman fires off the ball as fast as possible.

Now let's take a look at three drills to help offensive linemen assume the correct stance and fire off the ball.

Pass Blocking Balance Drill

The first drill involves the offensive lineman getting into his pass blocking (two point) stance. Then another player should go around that player and push and pull on him from different directions. While this is happening the offensive lineman must concentrate on keeping his feet shoulder width apart. He should slide his feet and go back to assuming the two point stance as quickly as possible.

This drill helps the lineman to always have a solid stance and it also teaches good footwork, which we'll discuss further a little later in this report.

Firing Off the Ball Drill

The next drill works on an offensive lineman firing out of his stance. A coach can either stand in front or behind the offensive line as they're down in their three point stance. Then the coach calls out the snap count and when the right cadence is given the entire line has to fire forward for the first five yards.

A coach should make sure every player is firing off the ball fast enough and is keeping his body in the correct position.

An offensive lineman should fire off the ball by taking fast, choppy steps. His feet should not come off the ground more than a couple inches. His shoulder should be low and parallel to the ground and his back should be straight. Both arms should be pumping forward and his head should be up. These things will give him the greatest power and the best leverage on the defender.

Any problems the coach sees should be corrected immediately. The coach should only need to call out the body part to remind the players to stay in the proper position.

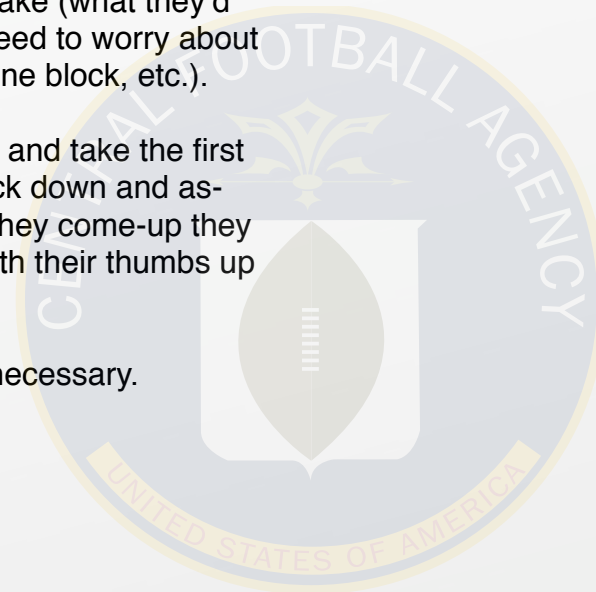
First Step Drill

This drill is especially great for linemen who have trouble with their first step off the ball. It helps with both run and pass blocking.

Have the players line-up in their three point stance. Instruct them what type of block they are going to make (what they'd be doing if it were an actual play). All they need to worry about is what their first step will be (drive block, zone block, etc.).

Then, on the whistle every player will fire up and take the first step for their block. Then they'll get right back down and assume their three point stance again. When they come-up they should fire their hands up in front of them with their thumbs up and their hands together.

This drill should be repeated as often as is necessary.



Mistake #3: Ineffective Use of Hands

It's very important that an offensive lineman uses his hands when trying to block. Of course he can't "hold" the defender but he does want to get his hands on the defender within the framework of his body. Then once he has his hands on the defender he wants to keep the hands there. If the hands are not used to stop the defender then the offensive lineman will get beat on almost every single play.

After teaching the proper techniques, a coach should be able to yell "hands" at the o-line during practice or games and the o-line should know that means they have to focus more on their hand technique.

The Mistakes

The most common mistakes an offensive lineman makes with his hands are he doesn't get them up fast enough, he doesn't thrust them forward and hold them there with enough force, or he gets his hands out around the defender and gets flagged for holding.

The Solution

Below, you'll find 3 valuable drills to correct each of these problems.

Pass Protection Punch

This drill is great for teaching an offensive lineman how to properly go from his stance to a pass protection mode.

The player should start in his stance. On the whistle he'll snap into a pass protection set. He should thrust his hands out to $\frac{3}{4}$ extension and leave them there. His shoulders and head should come up and back. His chin should be tucked in.

Always make sure the player's head is going in the opposite direction of the hand punch. Also, all of these movements should be crisp and clean. If not, the player will get beat at the beginning of the pass plays.

Hand Fighting Drill

It's very important that once the hands are thrust out and extended the offensive lineman will be able to keep them there. The rusher will try to knock the hands down, up, or to the side.

So for this drill an offensive lineman will extend his hands the proper way. Another player will act as the defender and try to knock the o-lineman's hands out of the way. The defender should try to knock the hands down, up, and to both sides.

Each time his hands get hit the offensive lineman should immediately move them around so that they quickly get back to the right position.

Punch Block with Bands

To solve the problem of the offensive lineman getting their hands too wide and outside the framework of the defender, a coach can use bands. These bands should be placed in figure eights around the players' wrists. When they are on they should be small enough so that the player can't separate his hands more than a couple inches.

With the bands on the o-lines' hands, the players will go through any one of the numerous punch drills.



Mistake #4: Poor Footwork

Footwork is very important to the success of an offensive lineman as well. If a player isn't sound in his footwork he'll get beaten on both passing and running plays. He needs to be both powerful and quick with his feet.

The Mistake

The most common mistakes offensive linemen make with their feet are not being choppy enough with them on running plays, not being quick enough with them on passing plays, and crossing their feet while pass blocking.

We've already discussed how an offensive lineman should use choppy steps (see Mistake #2) so I won't go into that again.

The quickness of feet is somewhat dependent on ability but it can be taught to a certain degree.

The crossing over of feet is something that an offensive lineman cannot do. Simply put, if an o-lineman crosses his feet, he is done. Any half-decent defender will go the other way and easily move around the lineman or the defender will run into the blocker and knock him on his back.

The Solution

The drills below will help your o-linemen develop quick, precise feet, paying off massive dividends in your team's ability to move the ball upfield.

Duck Walk and Kick Slide Drill

The duck walk will help strengthen a player's hips and the kick slide will help develop agility. Done together a player will become more sound with his footwork.

To duck walk the lineman should point his toes to the outside, his heels to the inside, and walk (like a duck); His knees should be slightly bent so his butt is out over his heels. His knees should form a "z".

For this drill five barrels will be placed about one yard apart from each other. Then each o-lineman takes turns walking forward with the duck walk and then side kicking between the barrels. The entire time the player should have his hands out in front of his body.

Once the players have done this a couple times, they should have to do the same drill except this time they'll walk backwards.

When they go forward it simulates running plays and going backward simulates passing plays.

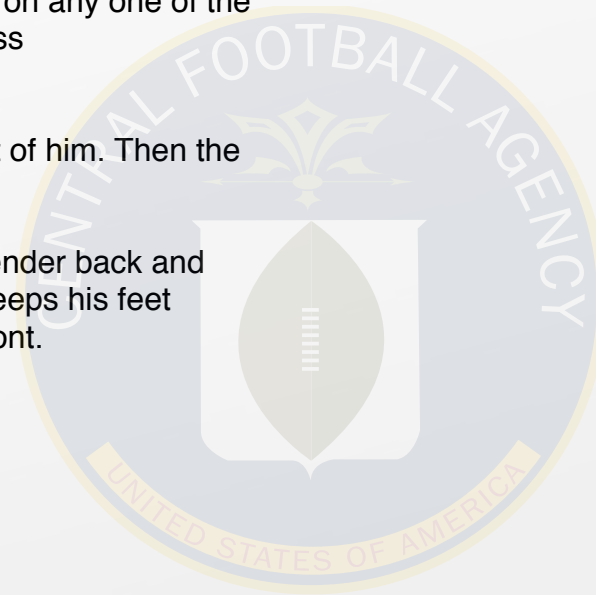
Mirror Drill

This is a simple drill but it helps an offensive lineman keep his feet shoulder length apart. It's a good drill to help an o-lineman develop movement side to side without crossing his feet.

The offensive lineman stands with his heels on any one of the yard lines. His hands are out to simulate pass protection.

A defender stands about three yards in front of him. Then the defender begins running back and forth.

The offensive lineman has to follow the defender back and forth. The o-lineman had to make sure he keeps his feet shoulder width apart and his hands out in front.



Mistake #5: Inadequate Reaction to Defensive Moves

A defensive lineman will try any one of a number of moves to get past the offensive line and to the quarterback. The more popular moves include a speed rush, a bull rush, and an inside rush. After all, the three main routes to the quarterback are outside the o-lineman, through the o-lineman, or inside of the o-lineman.

All of these moves have to be dealt with by the offensive lineman. Furthermore, the lineman can't overreact because often the defender will fake one move and then quickly switch to another.

For example, a defensive end may fake that he is going to try a speed rush around the outside but quickly switch to an inside rush.

The Mistake

The two biggest mistakes that are made by offensive linemen are a failure to react to a move and an overreaction to a move. When either of these things happens, it will almost always result in the offensive player getting beaten.

Instead an offensive lineman has to remember that he always wants to stay between the defender and the quarterback, he doesn't want to attack a defender when he thinks he knows what move is coming. If the o-lineman stays between the defender and the quarterback then it doesn't matter how many moves the defender may use, at some point that defender will

still have to go through the lineman. This will stop the overreaction.

To stop the no-reaction or improper reaction the offensive lineman should always keep a solid base so that he's ready for any move. Then he can be taught how to react to some specific moves.

The Solution

The drill ideas below are each designed to help your o-linemen recognize and react to a variety of defensive moves. Begin by running them at half-speed, then go all-out once both sides have mastered the techniques.

How to Combat the Speed Rush

When a defender tries to speed rush an offensive lineman, the defender tries to run around the outside. Basically the defender is trying to outrun the offensive lineman around the edge to get to the quarterback.

To combat this, the offensive lineman has to remember that his only jobs are to keep a solid foundation and to stay between the defender and the quarterback. Therefore, the offensive lineman just has to keep the defender to the outside.

A good drill to practice this is to set-up a cone about 1 yard wider and 6 yards deeper than the offensive lineman. Then have the o-lineman get into a two point or a three point stance.

Mistake #5

The defender will line-up on the other side of the line of scrimmage even with the cone. On the whistle the defender will try to speed rush around the offensive lineman and get by him inside the cone.

The offensive lineman has to get out of his stance, slide kick back, and force the defender to the outside of the cone. If an offensive lineman can do this then he'll be able to keep himself between the rushing defender and the quarterback.

During this drill it should also be stressed that the offensive lineman should not go out toward the defender or give ground into the backfield. That's why using a cone is important: It will teach the o-lineman to drop straight back into the backfield.

How to Combat the Bull Rush

A bull rush is when a defender tries to drive himself right into an offensive lineman's chest and then drive that lineman all the way into the backfield. The way to stop or at least neutralize a bull rush is different for the tackles than the centers and guards.

If the tackle is faced with a bull rush, he knows that his main job is just to keep the offensive lineman to the outside. So the last thing he wants to do is open his shoulders to the inside and allow the defender to slide away toward the quarterback. The tackle must concentrate on keeping his shoulders open to the outside or flattened to the pocket.

The initial contact of a Bull Rush is meant to be pretty violent. It's meant to knock the offensive lineman back on his heels.

So, the first thing the tackle should do is hop back while keeping contact. The tackle should come back down and plant hard and try to establish control over the defender.

If a bull rush is still coming then the tackle should walk and try to direct the rusher toward the outside. The tackle should try to use the defender's own momentum to let him rush right past the pocket.

If a guard or center is faced with a bull rush then he should take two hops if necessary. Each hop should finish with the o-lineman planting hard and trying to establish control over the block. A solid base should be kept at all times so the defender won't be able to easily get to the quarterback with another move.

More often than not the rushing defender will give-up on the bull rush and try another move. It takes a lot of energy to bull rush so usually a defender will abandon it if it doesn't work right away.

However, if the bull rush continues and the guard or tackle is being pushed back into the quarterback's face, the o-lineman can't allow this to happen. He should cut block the defender to take him to the ground. This will at least give the quarterback a little extra time to look down-field and throw the ball.

Bull rushing can be a one-on-one drill in practice. The coach should be looking to make sure the linemen maintain proper technique and a stable platform.



O-linemen need to keep a solid base, so they are ready for any move that comes.

times. If possible, the o-lineman should drive the defender parallel with the line of scrimmage. If this happens then more often than not both the defender and the o-lineman will get tied up with other lineman and wind up falling to the ground in a heap of players. That would certainly be a good outcome.

When the inside rush is practiced all the other players should clear a large area for the drill. The collisions are often violent (as they should be) and the play could wind-up going in a strange direction in a hurry. So other players should always leave plenty of room so that no injuries occur.

How to Combat the Inside Rush

When a pass rusher takes an inside route to the passer, he can get there really fast. Obviously the shortest distance between two points is a straight line so it's the offensive lineman's job to stop the defender from taking a straight line.

The o-lineman needs to make contact as hard and as fast as he possible can. Then he needs to maintain the contact at all

Mistake #6: Missed Blocking Assignments

Blocking assignments are much easier on running plays than on passing plays. This is because the offensive line knows where the ball is supposed to go so they can aggressively get into their blocks and attempt to create a hole for the ball carrier to run through.

Blocking assignments can be much more complicated for pass protection. This is especially true when the defense stunts or blitzes.

Below, we'll take a look at how these situations can and should be blocked.

All these situations should be covered thoroughly during practice by first drawing them on a chalkboard and showing them in a film session.

Next the offensive linemen should be faced with defenders actually performing the different types of rushes. At first the o-line should be told what's going to happen so they know what they'll do before the play unfolds.

And finally only the defense should be told what to do and the o-line should be left to block the play themselves as they would during a game. It may be necessary to repeat or go back to one of the first two steps if the o-line doesn't react well after the proper amount of coaching.

The Mistake

When an offensive lineman misses his assignment – the man he's supposed to block – disastrous things usually happen. The quarterback will usually have to get rid of the ball sooner than he wants (which may result in an interception), he'll be sacked, or he could even fumble the ball.

The Solution

The most common times an offensive lineman misses his blocking assignment is when the defense blitzes or runs a stunt. The 2 drills below will train your athletes to communicate better and avoid making costly mistakes in these situations.

Blocking Stunts

A stunt is when two defenders line-up in one spot but end up rushing at another spot. For example, a defensive tackle and a defensive end may line-up beside each other on the line of scrimmage. When the ball is snapped instead of both defenders rushing straight forward, the defensive end may rush hard inside and the tackle may loop around behind the defensive end and rush from the outside.

This can also be done with two tackles or any combination of defensive linemen with linebackers or defensive backs.

To combat stunts the offensive linemen can either block man-to-man (known simply as "man blocking") or they can block a certain zone ("zone blocking").

For “man blocking” each offensive lineman will block the defender that started opposite them at the snap. It doesn’t matter what the defenders do after the snap (unless they drop into coverage but we’ll cover this in a minute when we talk about “zone blitzing”) the o-lineman must stay with him. So, if he loops around to stunt the o-lineman should just drop back and wait for him to come back around on his rush.

For “zone blocking” the offensive lineman will each have an area they must protect. Once a defender comes into their zone they’ll block him. So, with a stunt, the two linemen will change men and block the player who rushes into their zone.

Blocking Blitzes

Blitzing is when a man other than a defensive lineman rushes at the quarterback. This is always tougher to block because the o-line doesn’t know where defenders will be rushing from until the play unfolds.

The o-line can react to a blitz with either of the two blocking schemes: “man blocking” or “zone blocking”.

Again, in “man blocking” the offensive lineman will just stay with the man who lined-up across from him. Any lineman who doesn’t have someone to block should drop back into the backfield and look for a blitzing linebacker or defensive back.

For “zone blocking”, each offensive lineman will take his own zone and block whoever rushes into it. However, an offensive lineman still must be aware of other zones and slide over to help out if the blitz is coming from somewhere else.

Now, sometimes the defense will choose to zone blitz. When this happens a defensive lineman will drop away from the line of scrimmage into coverage while a linebacker or defensive back blitzes.

When this happens, the offensive lineman whose defender dropped away from the line of scrimmage will need to drop back and look to pick up the blitz. The o-lineman can get a clue as to where the blitz will come from by watching where the defensive lineman is dropping to. Remember that defender is dropping back to cover for the blitz so where he goes should be where a blitz is coming from.

Finally, sometimes the defense will send more men than can be blocked. An offensive lineman will have to choose which man to block. In this case, the offensive lineman should block the defender to the inside. The inside defender has the quickest route to the quarterback so he should be the one who gets blocked.

Mistake #7: Sub-Par Conditioning

It's no secret that conditioning plays a huge role in the success or failure of a team. That's why the first session of most double sessions at the beginning of a season focus solely on conditioning. If a team gets tired they get beat. Even worse, if a player gets tired the possibility of him getting injured rises dramatically.

Still, we need to discuss this as one of the 7 mistakes because many players overlook how important conditioning is. And if a player is going to be in football shape at the start of the season, he better be taking part in some type of off season workout. For offensive lineman this workout should include lifting weights and running at the very least.

The Mistake

Sometimes offensive linemen fail to be in as good of shape as they can be. This results in them tiring during long series and becoming fatigued toward the end of the game. When fatigue sets in the player will lose his physical and mental edge.

Fatigue can cause every one of the six mistakes we've already discussed. In fact, it doesn't matter how well a coach prepares the team to never make one of the above six mistakes. If fatigue sets in, all the preparation is swept away because fatigue will take top precedent in the body and the mind.

The body will be too tired to jog to the line of scrimmage. The body will also resist allowing the player to fire off the ball, use his hands properly, and have the proper footwork.

The mind will make it difficult to remember the snap count and the proper blocking assignments.

Lack of conditioning is something that can not happen. During the season it's the coach's fault but during the off season it's the player's fault.

The Solution

The solution is obvious, right? So I won't bore you with the details. Coaches know how to make their players run and condition. And coaches know that they should encourage their players to workout in the off season. In fact, many schools have off season workout programs for their players. This is as important if not more important for offensive line man as it is for any other position on the football field.

One drill I will tell you about because I like it so much, though I hated it as a player: The Get to Know the Field Drill.

For this drill the players all start on one side line at the goal line. Then they run across the field to the other sideline, kick step to the five yard line, and run to the other side of the field. Then they kick step to the ten and repeat the running and kick stepping every five yards until they reach the other goal line.

Conclusion

So now we've taken a look at the 7 biggest mistakes offensive linemen make. Unfortunately each mistake isn't simple. In fact, an entire report could probably be written on each of the major areas we discussed above.

However, in this report we've touched on each mistake and we've briefly talked about the right way to do things and some drills to help the players limit their mistakes.

Every team and every offensive lineman will never make some of these mistakes and will commit some of them too often for their coach's liking. The mistakes a line makes most often should determine what a coach concentrates on during practice.

The first step in correcting a mistake is to identify it. Then the next step is correcting the mistake. In this report we've discussed the 7 biggest mistakes so coaches will be able to identify which mistakes their o-lineman make and then the coaches can correct the mistakes right away.