

# Offensive Line Secrets Coaches Study Guide

## PASS PROTECTION

© 2007 All Rights Reserved

## 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](mailto:knowledgesupport@gmail.com) to report any illegal distribution.

**Copyright 2007 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

|                                                       |           |
|-------------------------------------------------------|-----------|
| <b>INTRODUCTION.....</b>                              | <b>4</b>  |
| <b>PASS PROTECTION – PART ONE – BASIC SETS.....</b>   | <b>5</b>  |
| Kick Set.....                                         | 5         |
| Head Set.....                                         | 6         |
| Power Set.....                                        | 7         |
| <b>PASS PROTECTION – PART TWO – ADVANCED SETS... </b> | <b>8</b>  |
| Jump Set.....                                         | 8         |
| Shuffle Set.....                                      | 9         |
| Sink Set.....                                         | 9         |
| <b>PASS PROTECTION – PART THREE - DRILLS.....</b>     | <b>10</b> |
| Ball punches.....                                     | 10        |
| Set and React.....                                    | 10        |
| Mirror Dodge.....                                     | 10        |
| Down the Line Punches.....                            | 11        |
| Target Punch.....                                     | 11        |
| Bull and Hop.....                                     | 12        |
| Edge Pressure.....                                    | 12        |
| In / Out Punches.....                                 | 12        |
| Rapid Fire Punches.....                               | 13        |
| Combination Punches.....                              | 13        |
| Hi-Low punches.....                                   | 13        |
| Outside arm punches.....                              | 14        |
| 4 Point Punches.....                                  | 14        |
| 2 hand, 4 point punches.....                          | 14        |

## Introduction

One of the hardest positions to coach is the offensive line. You aren't always working with the most athletic or most gifted players on the team, yet the offensive line is relied upon to win ball games time after time. So, preparing the players with good technical coaching is probably the best way to get the most out of them.

In this guide on **Pass Protection**, we are going to go through some of the main pass protection areas and describe them to you point-by-point, so you can help your players learn the best technique for playing this position. We have broken it down into core areas of pass protection and have also included some great drills that you can incorporate into your offensive line coaching.

### Here are a few general tips for coaching offensive line:

1. **Teach in a progression** – Sometimes it is tough for a young player to grasp an entire concept all at once. That's why it is important in coaching for you to instruct the player every step of the way. Good offensive line play is the sum of all of the basic parts: footwork, stance, hand movement and more. Each of these elements needs to be coached one thing at a time. Build your players from the ground up and they will have an easier time learning and executing the fundamentals.
2. **Teach safely** – Football is a fast-moving collision sport. Players should be taught in a manner that provides for a safe and effective learning environment. No one wants to get injured, and by teaching the players to conduct themselves in a safe fashion on the field helps to prevent some of those unfortunate incidents.
3. **Variety of drills** – Since you want to teach your players in a progression-style fashion, you can work on a variety of things before actually getting to the game-like situations. You can work on the kick-set, hand punches, sink protection, edge pressure drills – there is no shortage of basic, skill-building work you can do. Keep the practices fresh and your players will respond.
4. **Not always a need for contact** – This goes hand in hand with the last tip. Your players are going to get worn out if they are constantly working on hitting the guy across from them. Have them work the bags with punches, or practice footwork – rather than always locking horns with the defensive lineman.

Most of all, have fun with your players while teaching them the fundamentals of great offensive line play!

## Pass Protection – Part One – Basic Sets

### Kick Set

- This pass protection technique is used anytime a defender is set up outside the offensive line-man.
- Most often times an outside technique.
- Start in a stance that doesn't tell the defense what you are going to do.
- Be in a '**no-show**' stance.
- Stay between your man and the QB
- Looking for three to four seconds for the QB to pass the ball.
- On longer passes you might want to drop slightly from the LOS, on quick passes you might want to crowd the line in order to get the hands on the defender earlier.
- The first step is with the outside foot. The foot is going to be 'kicked' out 6 inches to the back and outside.
- You slide the inside foot back and out to the same proportion as it was before the snap.
- Do not drop straight back with outside foot as it gives the defensive lineman a more clear, straight ahead path to the QB.
- Stay inside out of the defender – this means to stay on the inside of the defender, in position to work him outside.
- Keep the knee inside of the outside foot. If the knee is inside of the foot, the defender cannot get to the outside.
- Stay square to the defender.
- Kick the heel out, so the knee is inside.
- Never pick up the inside foot. If the inside foot comes off the ground, this means all of the weight is going to the outside, meaning a good defensive lineman can go to the inside and the offensive lineman won't be able to make the block.
- Slide and drag the inside foot. 80 per cent of the weight should be on the inside foot. 20 per cent should be on the outside foot.
- With 80 per cent of the weight the lineman must drag the inside foot.

- Footwork is key in offensive line play.
- With the upper body, you don't want to be passive, even though you are backing up slightly.
- Have a '**violent upper body**' – which means you want the player to strike with the upper body.
- Teach the players to strike with their hands and keeping their head out of the contact with the defender.
- If the defender is much larger than the offensive lineman, they may need to contact with the head and the hands simultaneously to slow the bull rush.
- Never lead with the crown of the helmet. Always see what you hit.
- Strike and punch the near target. Whatever comes at the offensive lineman first, they strike. If the defender is leaning forward, they can strike the shoulders. If the defender moves straight ahead, they should aim for the sternum.
- Keep the hands close together at about shoulder height with the thumbs nearly touching in front of the chin.
- Keep the elbows in as you strike.
- Sit the backside down and anchor underneath them with a strong base.
- If the defender gives the offensive lineman a smaller target, then the lineman must take what the defender gives him. If he gives just a shoulder (for spin move) the player must punch the near shoulder.
- If the defender moves to swim, then punch the near, exposed ribs.
- Find the one thing the lineman can punch.
- Give the lineman exact aiming points for specific linemen if you can.

## Head Set

- This is when a defender is lined up head to head with an offensive lineman.
- Don't beat yourself with a bad set.
- If the player is head up, then the offensive lineman doesn't need to move anywhere.

- Teach them that the first step is straight up and down, as though they were starting a motorcycle. Just pick it up and put it down quickly.
- Inside foot does not move. Outside foot is the only one that moves.
- Stay on the man and stay inside out of him.

### **Power Set**

- This is when the defender is inside of the offensive lineman.
- One of the few pass blocks where your lineman will pick up the inside foot.
- Pick up the inside foot (also called 'post foot') and power it into the line of scrimmage toward the defender. Moves toward the outside shoulder.
- Keep the shoulders square to the defender.
- Always want to be as big as possible – so keep shoulders square.

## Pass Protection – Part Two – Advanced Sets

- A number of different pass protections
- Sometimes you want to move your QB out of the pocket.

### Jump Set

- This is for a three-step drop and quick pass.
- Linemen don't want to back up into the QB
- Tell the lineman to crowd the ball. Closer to D-lineman – so he can't get out of his stance.
- Don't lunge and lean into defender. Be in a good sitting position where you can move laterally.
- Gain ground towards the defender. Climb the line of scrimmage – easier when you have crowded the line of scrimmage.
- Find the closest target on the defender. Could be numbers or shoulders – but find the near target.
- Almost like run footwork on a zone block.
- Get to the defender quickly
- Pound the arches into the ground to make sure they are not on their toes.
- Step towards the defender and keep the toes facing forward. Forward facing toes are going to keep the shoulders facing forward and making the entire body get in the way of the defender.
- Keep the head out of contact. Keep the head up.
- Always seeing what you hit – especially when lineman goes to punch or strike.
- Not allow the lineman to get out of his stance.
- Get extension and lock out with the hands. Even when you stop the defender, keep the hands up and inside the framework of the defender.
- Key – is to move the feet to stay in front of the defender.

### Shuffle Set

- Shuffle set is for when you want to move the pocket around.
- QB rolls out and o lineman is a pulling guard from the off-side.
- Key for lineman to understand the set up point for the QB.
- Shuffle right down the line of scrimmage. A power set to start and then first step is into the line of scrimmage with the inside foot (or the direction of the roll).
- Never drop the inside foot, or the defender can easily rush inside. Keep the inside foot up into the line to prevent a forward power move.
- The defender will move with the lineman.
- Keep in contact and the feet moving until right through to the set up point. The body must stay in between the defender and the QB.

### Sink Set

- For roll outs or set ups behind the tackle.
- Sometimes the backside will sink back so the pocket is moving with the QB.
- Similar to the skip pull of running game.
- Retreat three or four steps. By the fifth step, the player must take a stand so they do not get pushed into the QB.
- Shuffle behind – similar to the skip step in the skip pull.
- Do not give up the edge by turning the body

Know the set up point and the depth of the drop of the QB.

## Pass Protection – Part Three - Drills

### Ball punches

- You don't always need to work on offensive line drills with someone head to head on the line-man.
- You can drill with footwork, body position and hand strike. Work on one thing a day (or practice).
- Start with an initial ball punch with a heavy ball (10 lbs) that the player will hold on to on their initial stance.
- On the snap, the player will use the correct footwork (with slight kick step) and then simulate the quick strike by making a chest pass to a partner 5 or 7 yards away. Don't bring the ball to the chest: start the punch (throw) as the hands are brought up from the stance.
- Work on all of the technical elements along with punch. Work on different pass pro sets, and also work on different sides.

### Set and React

- Change up your drills – you don't always have to have contact.
- Start with a pass pro set, and then they must react to you. You can give verbal commands to go right or left.
- The offensive lineman will move the feet and keep the hands at chest height, punching the air as they move. Proper technique should be worked on, including: the kick set, the shuffle or slide with the inside foot, and keeping the head up to see the target.
- Get your players to keep the head up and just watch the pointing, rather than verbal commands.
- Work on 45 degree angles (for certain pass pros), and lateral movement along the line.

### Mirror Dodge

- One of the best drills you can do for offensive lineman.

- This is a non-contact drill where the offensive lineman must literally mirror the movements of the defensive player – or coach.
- The defender will move forward and the lineman must stand his ground; the defender move left, the lineman moves right; etc.
- You can do this drill from all of the passing sets so the O-lineman can get the practice they need.
- You can do contact, either full pads, or with the defensive player holding a half-pad on the arm.
- Good conditioning drill for the players – work in 6 or 8 seconds at a time.
- Train the players to understand footwork and body position – but also how they are going to have to play during the game.

### **Down the Line Punches**

- This is a rapid-fire punch drill.
- You can have three, four or five defenders set up and the lineman must shuffle along the line and punch each one of the players.
- They must keep in mind they don't want their inside foot to leave the ground, good solid base, head up and good punches.
- It can also be one on one where the defender is moving laterally down the line.
- Work on the timing of the punch to help decide when to punch to not leave the lineman over-extended.
- Make the players move around to get in awkward positions and then get up to make blocks.

### **Target Punch**

- Good drill for players when a defender isn't going to run straight at them.
- It helps lineman learn to get into position and then choose the near target when a player comes at them – either to the outside or the inside.
- Defenders should give the lineman a different target to punch
- Make the lineman move, make them react to the moves the player wants to use on the field.

## **Bull and Hop**

- This is for when linemen are against bigger guys that want to bull rush.
- Have a defender start across from your lineman.
- The lineman has his hands behind his back.
- The defender will make contact with the lineman's shoulders or chest and the lineman must use the lower half of his body to keep the defender in front of him and prevent penetration.
- A wide base is good.
- The player needs to sit down and get in a low leverage position and then they need to hop back to keep the good leverage position with the low body.
- Another variation allows the hands, and each time the defender comes forward, the hands lift up with the body to stop the bull rush.

## **Edge Pressure**

- When a defender gets to the edge, this can be tough for offensive linemen. They are taught to rush 'half a man'. That's why it is important for linemen to stay square and not give up the edge.
- Put two defenders across from an offensive lineman.
- Have the hands extended with the thumbs on the shoulders of the defensive players.
- The coach can be behind the lineman and will point to which lineman is going to move to the outside edge of the player.
- The lineman must react and get into position and not open up the edge to allow the player an easier line to the QB.
- Fight to stay square and move the feet to keep the body in between the rusher and the QB.
- Make the edge wide by using the hip if necessary.

## **In / Out Punches**

- This is a good drill to help lineman learn to react when two players may be coming to either gap.
- Two defenders can be holding half pads and taking steps to both gap sides of the lineman.
- The lineman must keep good footwork and shuffle and punch each bag on each side.
- It should be like a one-two punch going from side to side.
- This drill forces the lineman to use their feet and their hands together.

### **Rapid Fire Punches**

- Use heavy weight punching bags (like boxing bags).
- Have good set position to start with arms raised in punch position.
- Great conditioning drill as the lineman will punch the bag consecutively for a set period of time.
- Keep the head out
- On the punch the player should remember to draw the shoulder blades back and then punch forward to stop them from over-extending.

### **Combination Punches**

- Give lineman different punch combinations.
- Make them use one hand at a time alternating on the heavy bag.
- Add quick lateral footwork side to side.
- If the target changes, then the punches need to change.
- Try a one-two set, or a one-two-three punch set.

### **Hi-Low punches**

- Easy drill, like the combination punches on the heavy bag.
- Have your players start with arms in the punch position at chest height.

- Then lineman will punch high and then low; repeating this consecutively.
- Get the two hands working together on this drill.

### **Outside arm punches**

- Great drill for offensive tackles
- Keep square to the line of scrimmage. You don't want them to turn to face outside rusher.
- Outside arm punch will start with heavy bag to the outside shoulder.
- Proper stance and then punch with the outside arm to the bag.
- Work this on both sides of the body (left and right).
- You can try two hand punches on the outside and then using the outside arm to hold the defender down.

### **4 Point Punches**

- Like the combo drills, but gives specific targets for lineman to hit. Use a bag with four dots or targets on it.
- Teach them to punch the areas that are given to them.
- You want players hitting different targets.
- Choose four points and change things up for the lineman – use high low, and combination type punches for this drill.
- You can use defender with arm shield in order to do this drill and have the lineman punch the corners in a specific order.

### **2 hand, 4 point punches**

- The same drill as above, but now the player needs to use both hands for the punch instead of single hands.
- Concentrate on keeping good footwork and keeping the head back during the punch drills. You don't want them to forget about other fundamentals while working on the punch.

- Hit with the lower half of the hand, not the finger tips.