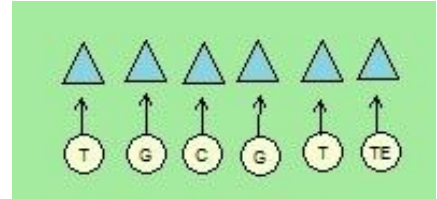


Blocking Cheat Sheet

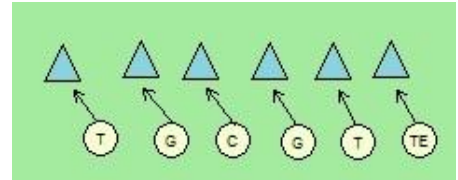
Drive Block

1. Players move straight into the defender.
2. Get feet square
3. Arms explode inside defender's armpits
4. Move feet with 6" steps (duckwalk)



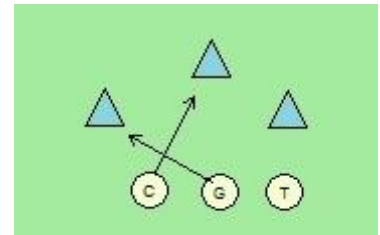
Angle Block

1. First step is 6" power step to target
2. Second step is to gather power & confirm target
3. Hands from hips to head of target
4. Move feet to clear defender
5. Keep head across his chest
6. Aiming point is play-side hip, or near-side hip of defender.



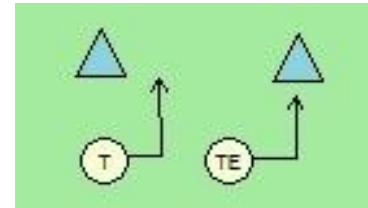
Kick Out (Trap) Block

1. First step is down the line of scrimmage
2. Second step is aimed at target (playside arm swings back to open hips)
3. Contact is made (continue to move feet)
4. Stay low and work up body
5. In this example, guard pulls under center and attacks play-side hip of defender.



Reach Block

1. First step is in direction to gain width
2. Second step toward target (split the defender)
3. Third step contact is made to outside hip
4. Work up the shoulder pads, putting pressure on the outside shoulder to turn the man



Pass Protection

1. Player must deliver a blow to stop the charging defensive player
2. Must keep back straight and avoid leaning forward with head and shoulders
3. Must be a protector and not an aggressor. Form a pocket around the quarterback
4. Must maintain proper footwork, shuffling feet, never crossing them

