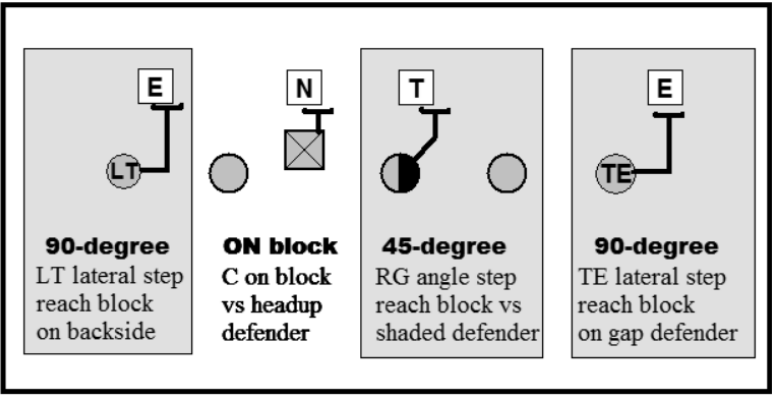
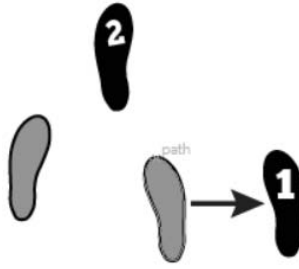


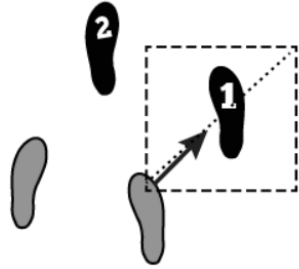
## REACH STEP

The reach step is really an ON block vs a defender who is not lined headup over the blocker. With the prevalence of shaded defenses, one of the 5 linemen are taking a REACH step on every play. Backside linemen perform these steps a lot and the assignment is called “GAP-HIGHWAY”. Traditional Wing-T purists the 90-degree lateral step a reach step and the 45-degree angle step a FIRE step. I have chosen to simplify this for high school. The different blocks are:

Table 8: REACH Steps



COMMAND	<i>“Reach Step vs GAP defender”</i> <i>“Right Shoulder Left Foot Freeze”</i>
TECHNIQUE	<i>90-degree 12 to 14 inch lateral step, with toes still pointing north and south. Shoulders stay square. the buzzword is “Right Shoulder over Right foot”</i> <i>2<sup>nd</sup> Left step at the crotch of the defender</i> <i>Left shoulder attack the DL left hip.</i>
	
<b>REACH LEFT vs GAP defender</b>	

COMMAND	<i>“Reach Step vs SHADED defender”</i> <i>“Left Shoulder Right Foot Freeze”</i>
TECHNIQUE	<i>45-degree 6 to 8 inch Angle step. Toes north and south. The buzzword is “Right Shoulder over Right Hip”</i> <i>Left foot at the crotch of the defender.</i> <i>Left shoulder attacks the DL left hip.</i> <i>Helmet under armpit,</i>
	
<b>REACH RIGHT vs SHADED defender</b>	

### Coaching Points

- 90-degree Lateral step is a weight transfer from thigh to foot.
- 45-degree ANGLE step is a weight transfer from thigh to hip.
- Helmet in armpit. Outside fist lift up DL arm. Inside fist in breastplate of the shoulder pads.



## DOUBLE TEAMS

Double team blocking is essential for power and is the most solid block in football, including the wing-T schemes. Although the double team is basically just two blockers moving one defender, coaches can make this confusing for players by using a bunch of clinic talk such as “Duece”, “LPIO”, “post”, and “lead”. These terms have more meaning for the coaches than they do for the players. The terms “post” & “lead” does not apply to different types of double teams, but to different defensive alignments. If double teams are taught with a bunch of technical terms, confusion will arise, slowing down your players as they have to think:

***“Am I the post man or the drive man on this block?”***  
***“Do I use a power block or do I chip to backer?”***

Traditional offensive linemen terminology refer to the post man as being the blocker who is covered up by the D-Lineman and the lead blocker being the uncovered lineman. This is confusing versus shaded fronts. We use a more simplified terminology to make learning easier and communication clearer:

- INSIDE Man: is the man inside of the attack hole. *This would be the POST in traditional terminology*
- OUTSIDE Man: is the man nearest the attack hole. *This would be the LEAD in traditional terminology*

While the best double team is to simply drive the D-Lineman back into the Linebacker, we do have to coach which man is responsible for the linebacker based on the four possible alignments:

DL in gap; LB inside;      DL in gap; LB headup      DL headup; LB inside;      DL headup; LB headup

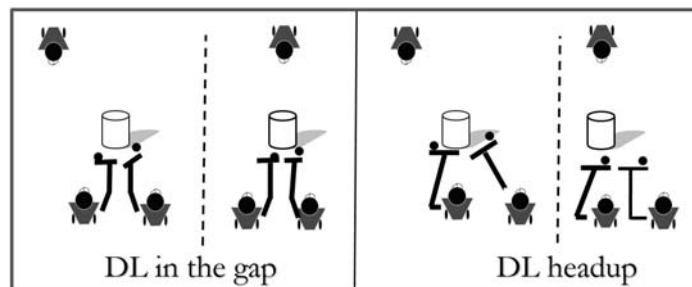


Fig 74: Double Teams vs Four Defensive Alignments

Regardless of defensive alignment, there are two things that are constant in all of our double teams: blockers must **squeeze the hips** and keep their eyes up looking for blitzing linebackers. Our buzzword is: **Hip to Hip, Shoe to Shoe, Shoulder to Shoulder**. The differences that we must teach our players is helmet placement and footwork:

	DL gap; LB inside	DL gap; LB stacked	DL headup; LB inside	DL headup; LB stacked
INSIDE Man	Foot nearest DL, 45° Helmet outside	Foot nearest DL, 45° Helmet across chest	Backside foot, 90° Helmet outside	Backside foot, 90° Helmet across chest
OUTSIDE Man	Foot nearest DL, 45° Helmet outside	Foot nearest DL, 45° Helmet outside	Foot nearest DL, 90° Helmet outside	Foot nearest DL, 90° Helmet outside

When first teaching double teams start with 2 blockers versus 1 defensive lineman and no linebacker. The blockers have to get a “feel” for each other and work as a team before introducing the linebacker.



## DRILLS

As you practice double teams against the 4 looks, you rotate each lineman using our rule: **Replace the bag you hit.** The Inside blocker replaces the D-Lineman and the Outside blocker replaces the LB. The DL becomes the Outside blocker and the LB becomes the Inside blocker.

As stated previously we start the teaching of double teams with a simple 2 vs 1 drill to teach **Hip to Hip, Shoe to Shoe, Shoulder to Shoulder.** We teach this with both headup DL and gap DL so players learn how to fit regardless of which foot and shoulder is being used.

Once the comfort level is high, then we introduce the Linebacker (Fig 76).

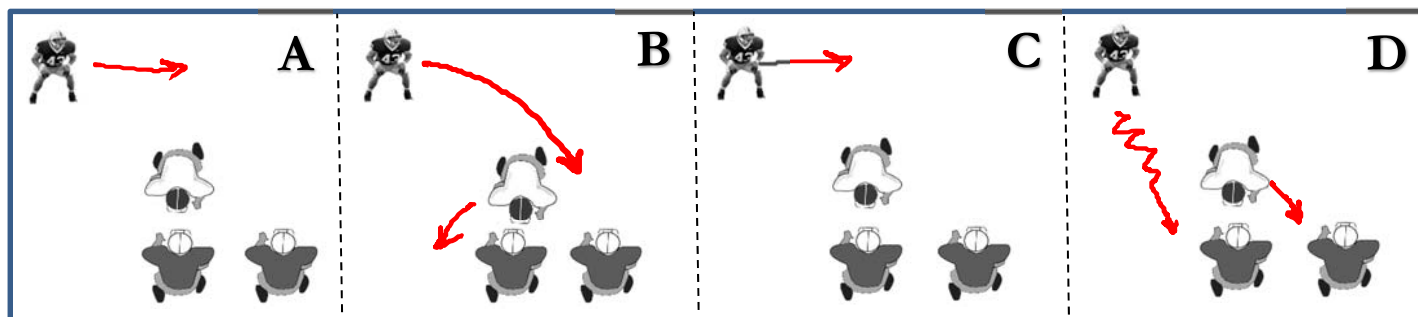
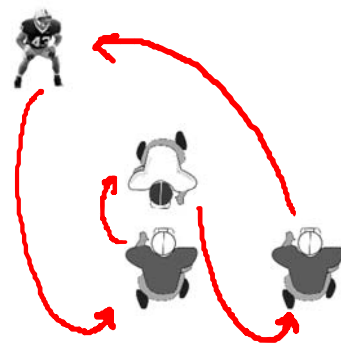


Fig 76: Different scenarios 1

All four scenarios the Outside man uses Left Foot, Left Shoulder.  
Inside Man uses Left Shoulder in A & C; Right Shoulder in B & D.

- Fig 72-A) DL does not slant. Drive man backwards into the LB;
- Fig 72-B) This is why inside man reach steps with backside foot. He puts helmet in front to not allow penetration. The Outside man eyes the DL hip, immediately going to LB when he sees DL hip leaving.
- Fig 72-C) This is why Outside man 90° reach steps and not 45°. Has to stop penetration. We found that DL can split double team when Outside man steps 45° degree. Must square the shoulders of the DL so that the inside man can get his head across and still “bump” the Outside man to LB.
- Fig 72-D) Domino Call. Both blockers execute “Penetrator” Down Block with helmet across chest.

Once the players have mastered Fig 76, repeat the drill with the LB stacked behind the DL. Then repeat the drill a third time with the DL in the gap and a fourth time with the LB stacked behind the gap DL. Fig 74 show these alignments but in all the scenarios simulate the possible movements and blitzes as shown in Fig 76.

We introduce double team blocking versus movement by telling the blockers where the movement will occur. In other words they know which way the DL is going to slant before the snap. Obviously the final progression is the blockers not knowing. The OL coach stands behind the blockers and give hand signals to the defenders.



## DOMINO CALL

This call is made at the line of scrimmage based on defensive actions. If there is a double team rule (Down-Double-Backer for Right Guard and On-Double-Away for center) on an assignment, say 32-G or 22-Trap, the “**DOMINO**” call tells the Down blocker that he is blocking by himself. In Figure 8-4, the Center’s **DOMINO** call tells the Right Guard that he is blocking the NG by himself because of the Linebacker showing blitz before the snap.

The example on the right of Figure 8-4 is actually a **STAY** call on 26 G.O. or 18 GO Pass. If the NG was headup on the Center, then the Right Guard would be yelling **DOMINO** to tell the Center that he is on his own.

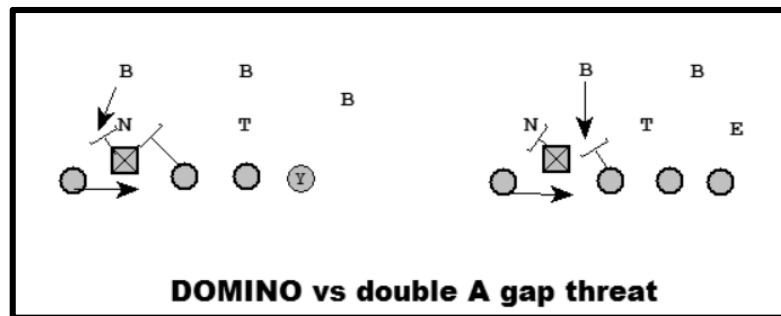


Fig 8-4: Domino & Stay Calls

There are some rare cases of DOMINO calls by Guards & Tackles on Baylor and by the Tackles and Tight Ends on Cal and G-Lead. But most of the time is when we are double teaming a NG.

## TEE CALL

Another call that is made at the line is the TEE call. This is made on Down 36/35-0 and on 25/45 G.O. Normally the playside Guard is pulling on both of these plays, but this leaves a gap that an aggressive inside Line backer can shoot through in odd defenses, especially the 3-3 stack.

So when we get a true odd defense with 0-tech headup NG and 4-tech headup DT, the offensive tackle makes a TEE call. This tells the Guard to Reach along his playside Gap-Highway to the ILB while the Tackle & Tight End cross block.

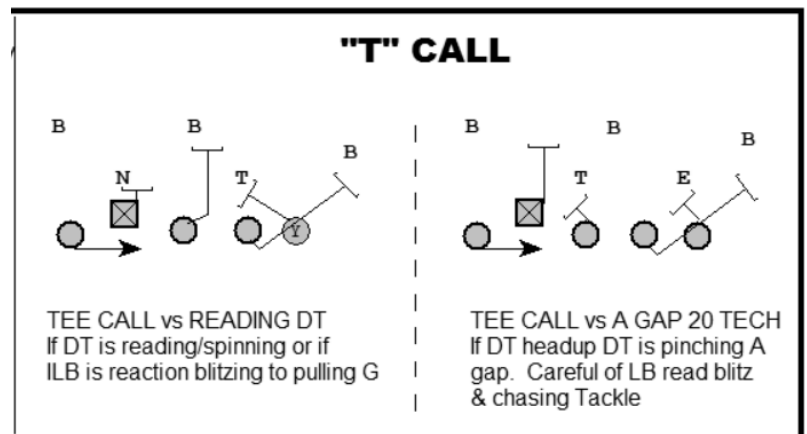


Fig 8-5: Tee Call



## JET & ROCKET FAMILY

The plays in the JET family start with Liz or Rip motion and the QB makes reads which allows him to pull the ball and run up the middle to places vacated by over pursuing LineBackers or Ends. On two of the plays the TailBack is a lead blocker and on the third play the backside Guard COG's around the center to lead block. The three plays are as follows:

1. Pulling the playside Guard and the QB reads the playside ILB, who will probably follow the pulling Guard;
2. Everyone reach blocks and the QB reads the playside End;
3. Fold the backside Guard around the center (COG) and QB reads the playside ILB.

The key for the offensive linemen is understanding which hole, or where the bubble will exist, that the QB will run through. The following terminology is recommended to achieve this goal:

- Liz 28-11 "O" tells the O-Lineman that the QB will hit the backside A-gap if he keeps it;
- Liz 28-16 "Reach" tells the OL that the QB will hit the playside C-gap if he keeps it;
- Liz 28-12 "COG" tells the OL that the QB will hit the playside A gap if he keeps it.

This type of terminology tells the TailBack that he is a blocker and does not make any fakes.

### If JET replaces Buck (G.O.)

We advocate that schools that are brand new to running the Wing T use the JET family to replace the GO family. Basically Liz 28 and Rip 47 replace 26 G.O. and 47 G.O. If you school decides to do this, then you have fake Liz and Rip motion to run Guard Trap, GO Pass (Waggle), and either tackle trap or counter. If you are going to do this, then make sure that your terminology is crystal clear in distinguishing when there is a QB run option and when there is not.

The way that we recommend doing this is to give the motion, Liz or Rip, followed by the play you want to run:

- Liz 32-G and Rip 31-G
- Liz 41 Trap and Rip 22 Trap
- Liz 17 GO Pass and Rip 18 GO Pass
- Liz 43 Counter and Rip 24 Counter

On these plays the Tail Back is either getting the ball or faking Guard Trap up the middle.

### Pulling Technique for Playside Guard

The footwork on the deep pull was explained in Chapter Six, however, on Liz 28-0 and Rip 47-0, the pulling guard needs to react off the Wings block, as shown in Fig 9-14. If the Wing can hook the edge defenders (OLB or DB), then the Guard pulls around that block and finds the next defender. If the Wing is blocking out on either the edge defender or the CB on a "Me-Me" call, then the Guard pulls up inside of that block and looks inside for scraping ILB or safeties filling the alley.

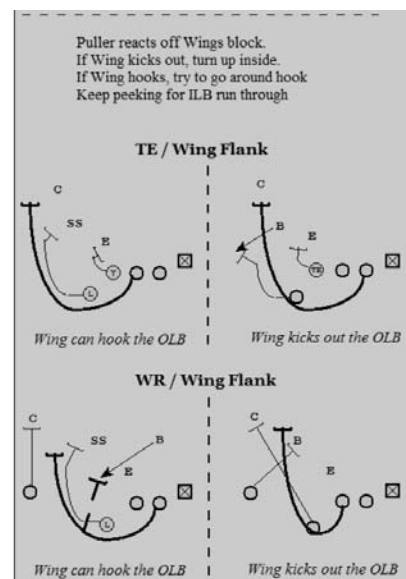
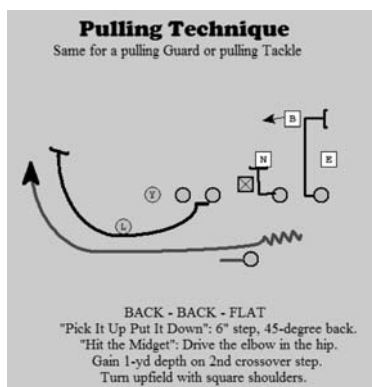


Fig 9-14: Pulling Guard Reading Wing Block



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## CHAPTER 10



### Pass Blocking Technique

The time constraints facing the line coach are discussed in Section Four, along with some suggestions on how to fit everything in. The wing-T has to establish an effective running game. Therefore, before the offensive staff decides what the package of plays will be for a certain season, it must consider the effect the package will have on the line coach above all others, because he has the most to teach.

Even if your offense does include a dropback game, limited time will be available to teach the drills necessary to be effective pass protectors. The drills and skills described in the next two chapters take that into consideration, as well as understanding the demands of a high school program. It is easy to listen to a college coach talk about pass protection and think that you have to teach all of that. While many drills can be done, and many pass protections can be drawn up, the line coach needs just the necessary skills to become a good pass protector in a high school setting.

The following is an outline of the progression that is covered in this chapter. Specific drills are found in each of the categories to reinforce the basic principles of dropback pass protection.

- **Hands and punch**
- **Footwork**
- **Stance**
- **One on One**
- **Balance**

Just like in the run game, pass blocking begins with the footwork. The ability to move the feet is the most important aspect of pass blocking. After we taught run game footwork, we then taught how to use the hands and shoulders in unison. This holds true here and we will teach the use of the hands, called the “PUNCH” after footwork is perfected. Tying together the hands and the footwork is the concept of balance in order to fight the pressure of a pass rush. Once the techniques are learned, we then teach specific blocks that are used within each scheme.



## HAND PUNCH

The techniques involved in the dropback passing game require a punch of the hands. Pass protection is executed with an initial strike with the butt of the hands into the chest plate of the defender. This motion and technique are much different than the shoulder block fundamentals of the run game.

### Coaching Points:

- Eyes on breast plate of defender
- The elbows should remain tight to the belly prior to extension.
- The fingers should be up in a clawed position.
- Use heels of the hand to punch
- Punch up and through the defender. Upon contact, the hands should be even with or above the eyes.
- Remind the blockers to lock out the elbows in the finished position.
- Goal is to stop the charge of the defender so he has to restart and redirect his pass rush
- Do not lunge. PUNCH & SEPARATE

The biggest problems will be dropping their hands after striking a punch. Carry hands high in a boxer position and strike up from the belt buckle

### Drill Progression Punch Progression:

- Knees punch
- Knees clap
- Lean punch
- Three-punch settle
- Line side punch



Fig 83: Knees Punch

### Knees Punch

Two players face each other on their knees. The offensive player starts with his hands in a pre-punch position, while the defender is holding a hand shield.

### Hand Punch Progression (Figure 8-8):

- Punch & Fit
- Rapid Fire Punch
- Single-hand punch (A in Figure 8-8)
- Double-hand punch (B in Figure 8-8)
- Single-hand diamond punch (C in Figure 8-8)
- Double-hand diamond punch (D in Figure 8-8)

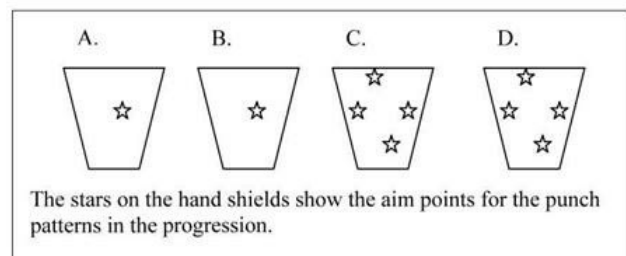


Fig 84: Hand Punch Progression



## DEFENSIVE RUSH LANES

Figures 101 show the rush lanes of the defensive linemen. As the release point of the quarterback changes, so does the protection. Your linemen need to understand where the quarterback will be when throwing the ball and how that release point correlates with protection. The protection that you use needs to be functional for the desired drop of the quarterback.

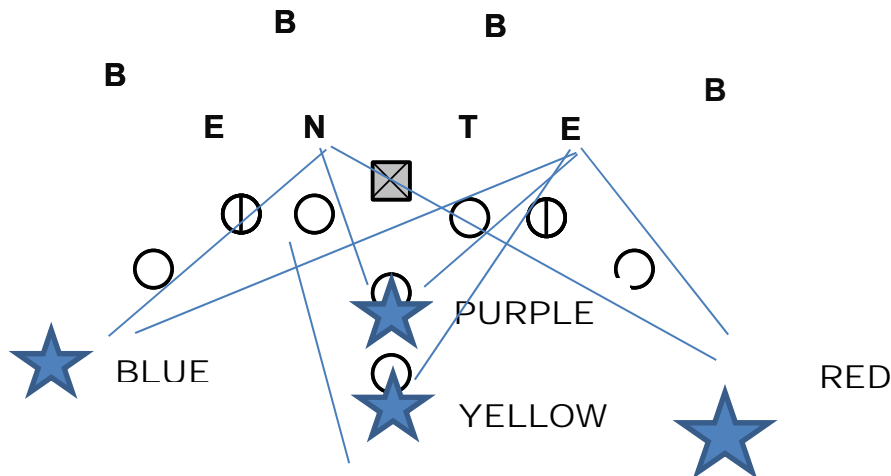


Fig 101: Defensive Pass Rush Lanes

## PASS SETS

After taking a look at the various release points and corresponding rush lanes, you can shift your focus to concentrate on the pass sets involved with the dropback passing game. The alignment of the defender will determine the pass set of the offensive lineman.

The key in the pass set is for the lineman to position his body as if he were going to "urinate" on the defender's rush lane. Although graphic, this phrasing seems to stick well with players and this concept is key to understanding the pass set.

### TYPES OF PASS SETS TO USE BASED ON ALIGNMENT

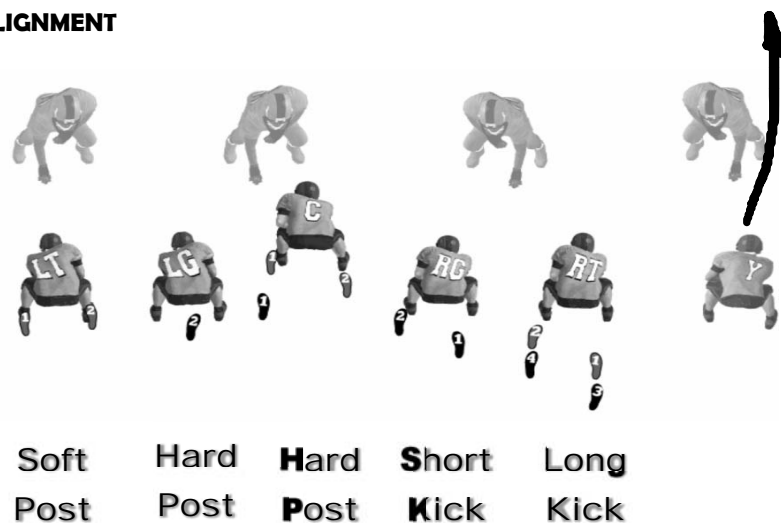


Fig 102: Types of Pass Sets





## GROUP WORK

No substitute exists for live work in the area of pass protection. The defensive line may want to get a full-speed rush look, and practicing that live tempo against the offensive line allows both parties a chance to get better. One drill can be done in a live situation that will create on-the-job training. It is important that this session be filmed so that the line coach can accurately evaluate talent and not have to slow down the drill to teach too many of the fine details.

### 2 ON 2 – OL vs DL

The last part of the pass-blocking progression is called stunt pickup. You use four players to do this drill. The two pass rushers can do any stunt or twist that they want. The rusher on the outside, a defensive end, for example, may come crashing down inside; as he crashes, the inside man takes a step forward and then loops to the outside.

You coach two ways to pick up these kinds of stunts. The first way is to **man the stunt**, which implies the blockers are going to block their man, regardless of where he goes. In order to do that, one of the pass blockers has to get a little deeper than the other. They have to be able to switch men and not run into each other.

The way that we prefer to block is to zone protect. When you zone, you are going to pass the stunt off. In order for two linemen to zone off a stunt, two things have to happen.

1. Blockers must communicate when they see their man loop somewhere else.
2. Pass blockers must block until they hear the call and until they are knocked off their man.

What happens is, as the penetrator comes down inside, the outside man keeps pass blocking him. As the inside man sees the loop, he yells, “Outside, outside!” and steps right through the hip of his adjacent blocker. He will knock him off and will take the block over, forcing the outside blocker to pick up the loop.

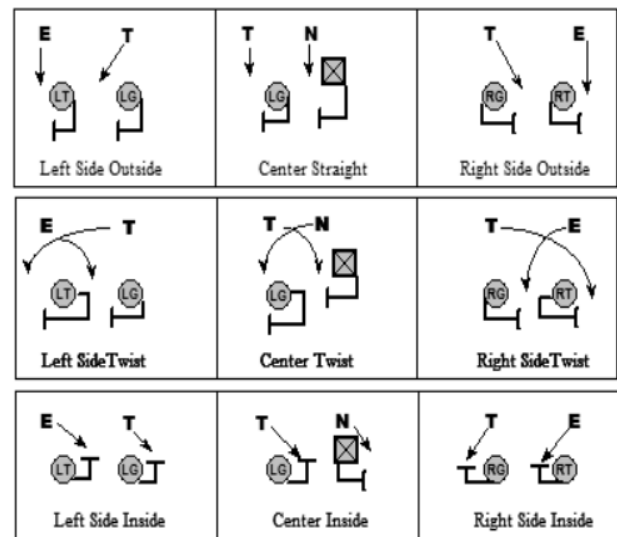


Fig 100: Types of 2 vs 2

Two things are important. One man must recognize and call the loop. Then, he must turn and knock the other blocker off the penetrator so that blocker will know he is to pick up the looper. You must be careful to stop the penetrator first, because you have plenty of time to come off on the loop. The middle row twists are examples of this.

The defense does not have to run a stunt. They can pass-rush straight up the field. The pass blockers must always be prepared to block the man on them. They have to block the man on them and be honest about that block until they hear the call and feel the bump. The blockers must not anticipate and leave early.

