

SECTION FOUR

INSTALLATION



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14: Attacking Defenses

CHAPTER ELEVEN

Individual Position Drills

OFFENSIVE LINEMEN - Individual Blocks

The following is a 9-page summary taken from my 125-page O-Line Technique & Drills Manual. Every drill has been videotaped and appears on the 120-minute Offensive Drills DVD.

We believe in using the shoulder as our main blocking surface on all of our down & pull blocks. Since the primary blocking scheme involves angle blocking, trapping, and double teams, I believe that using the shoulder for initial contact gives the youth player the best chance for success.

1. Shoulder, forearm, & chest gives much greater contact area versus the palms of our hands;
2. More power can be delivered when striking with a shoulder surface;
3. Less chance of being called for holding.



Every block is broken into FOUR phases, which we call B-E-E-F.

Blastoff (6 inch first step)

“Heel Replaces Toe - Flat Back”

This is the first step. It is extremely important, should be short, and should open up your hips up in the direction you need to go. We coach 6" power step & flat back during this phase.

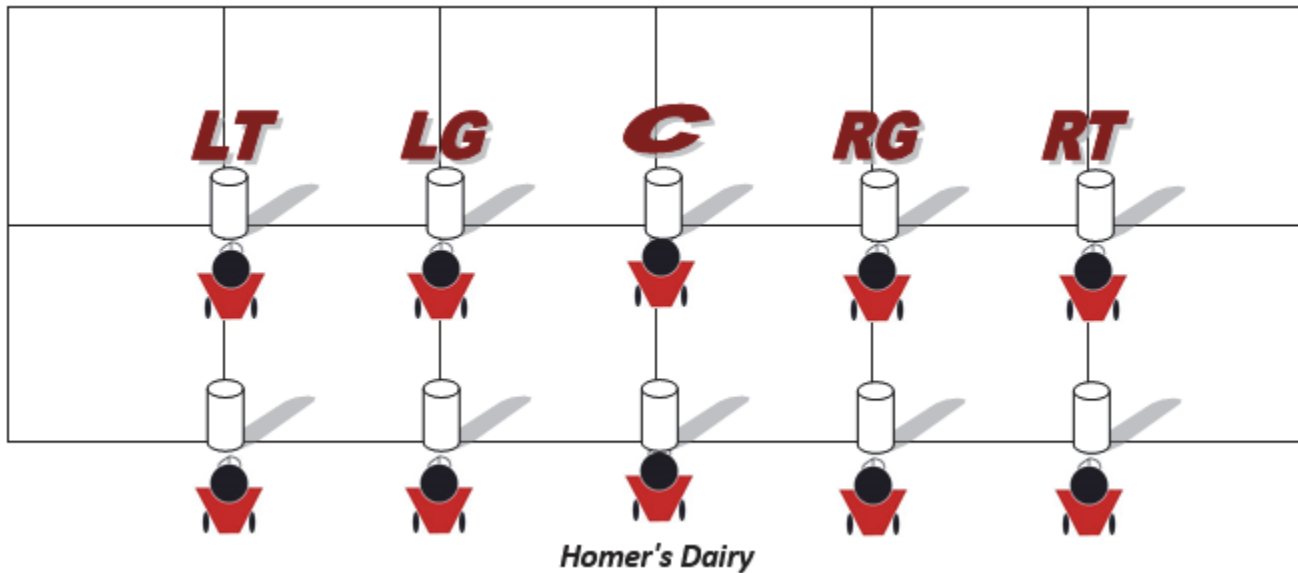
Execute (2nd step hits ground, shoulder hits ribs, and off hand hits sternum all at the same time)

This is the second step & when contact is initiated. We want to step in the crotch of the defender with contact initiated at belt level. This puts us in a great leverage position.

Elevate (3rd step, lift defender up & under shoulder pads)

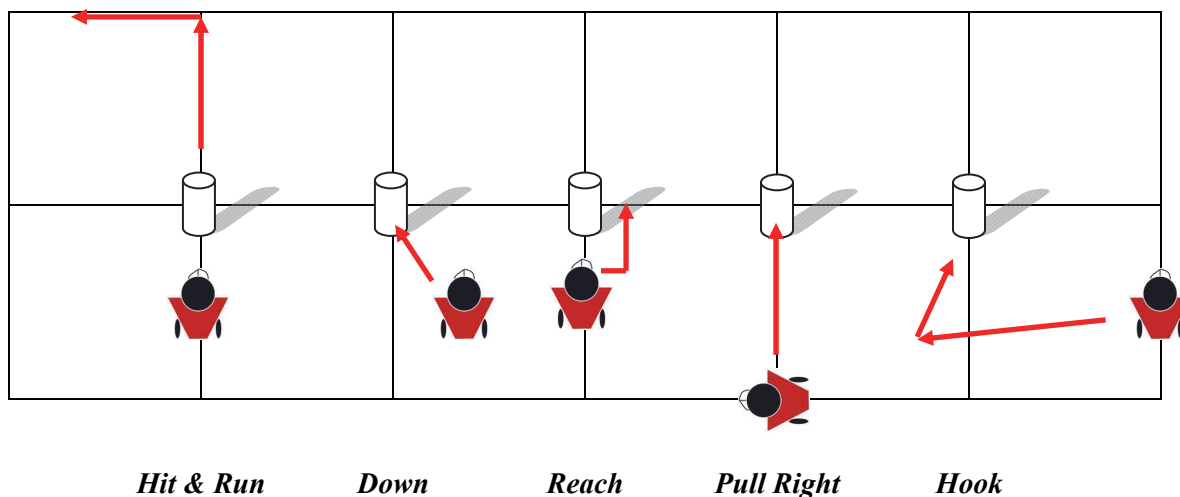
We use the 3rd step to lift the defender. Once upright, he is very easily moved.

Finish (flip defender on his back)



We do all of our shoulder skills, individual, and combo blocks on Homer's Dairy. The squares are 5 by 5 yards squares and each bag should be placed where each line intersects. Players should line up according to position and the coach stands behind the players performing each drill and is in perfect positions to correct each player more efficiently.

The following is the how each individual block would look on a Homer's Dairy. All players would be doing the same block at the same time in practice. We have illustrated the different blocks to save space.



RUNNING BACKS

HAND SHIELD
 BLOCKING BAG

GUANTLET

#1 covers ball with both hands, lowers shoulders, and runs thru #4 & #5
 #4 and #5 hit RB as hard as they can with bags or shields.
 #1 then high knees over to bags laying on ground.

As he approaches the back of #6 (who is facing #7 and #8)....
 #6 simulates a block vs air.
 #1 breaks off this block and approaches #7 or #8.
 He then straight arms or spins off #7 or #8.

#1 replaces #8...who replaces #7...who replaces #6...
 #6 replaces #5...who replaces #4
 #4 gets in back of line behind #3

ZIG ZAG

#1 RB runs at each shield in a "zig=zag" pattern.
 He straight arms or spin moves off each shield
 Ball should be in right hand as he approaches #4...
 Switch ball to left hand just before he straight arms #5

Run at #5 with ball in left hand...switch ball just before straight arm #5

At end of circuit, #1 replaces #8...
 #8 replaces #7...who replaces #6...who replaces #5...who replaces #4
 #4 gets in back of line behind #3.

EVERY DAY DRILL: RB BLOCKING

<p style="text-align: center;">Down Kickout Block</p>	<p style="text-align: center;">Sprint Pass Blocking</p>	<p style="text-align: center;">33 Belly Block</p>
<p style="text-align: center;">Down Block</p>	<p style="text-align: center;">Sweep 'ME' Block</p>	<p style="text-align: center;">Sweep 'ME' Block</p>

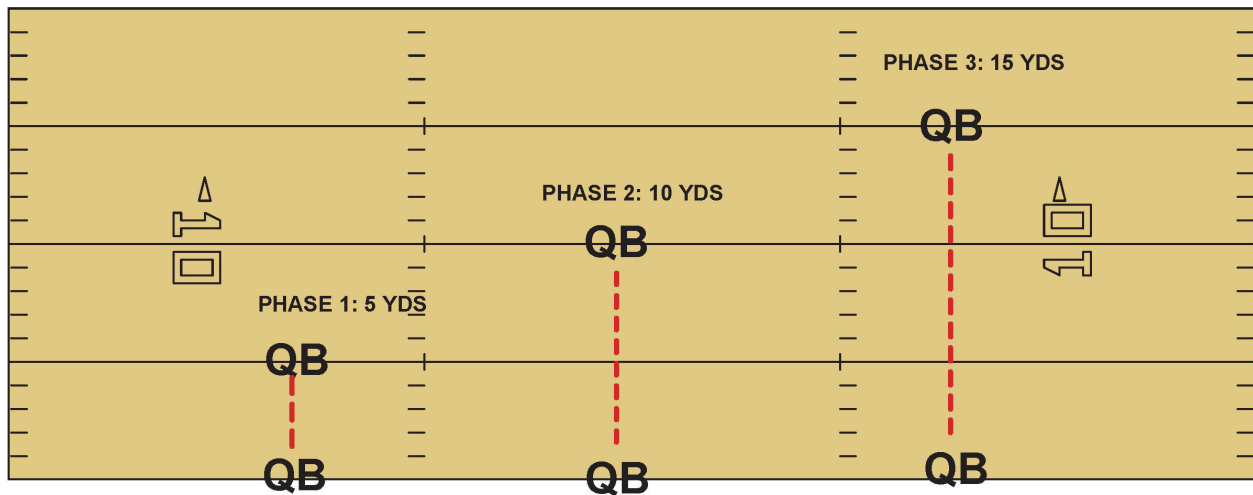
QUARTERBACKS

STATIC WARM-UP

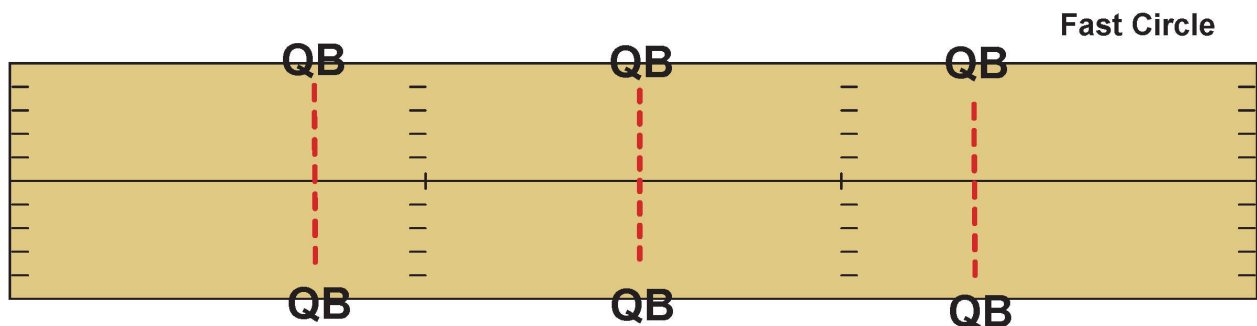
Receiving Partner ALWAYS gives target for Throwing QB to hit.

Knee Progression

5 yards apart. 5 throws off right knee, 5 off left knee, 5 off both knees.
 Back up 5 yards. and repeat 5 throws off each knee & both knees
 Back up 5 more yards (15 yards apart) and repeat 5 throws off each knee & both knees



Throwing Mechanics



THROW DARTS: Same Foot as Throwing shoulder point at target (right hand QB point rt foot).
 Focus is correct wrist snap

SQUARE UP: Start with ball on shoulder and squared up to their partner. Make quick throw without stepping.

TOE ON TARGET: Opposite Foot as Throwing shoulder point at target (right hand QB point left foot). Focus on "thumb in pocket" wrist follow-thru

Note: After squared up is complete, have QB's put "Toe on Target" and repeat the drill

CHAPTER TWELVE

Practice Organization

This Chapter is a summary of my book: "Wing T Skills & Drills Manual"

This book has 200 pages diagramming every technique and drill you need to run this offense. It also has 10 spring, 12 summer, 20 August, and in-season practice plans in print & on CD-Rom. This chapter has one example of each practice schedule

RACEHORSE MENTALITY

Move through practice quickly, enthusiastically, and efficiently. A multiple offense has a lot to cover during each practice and most youth teams are regulated to 120 - 150 minutes per evening and 7 1/2 hours per week. Therefore, during practice, we move along at a fast pace, while still getting quality repetitions. Each coach is expected to be enthusiastic, positive, and extremely efficient in his usage of time.

The basic ingredients of the Wing-T Race Horse Philosophy are

I. Keep It Simple

- a) KISS is "Keep It Simple, Stupid". "Keep It Simple" for the players and "Stupid" for coaches.
I sometimes forget the young men I'm working with want to play football not learn biomechanics.

II. One bag for every two players.

- a) This means at least half of the lineman will perform the drill at a time.
- b) This allows a lot of quality repetitions in a shorter amount of time.
- c) Lots of quality repetitions = Technique mastery

III. Coach on the Fly

- a) Create buzzwords to correct mistakes. The drill or play never stops to correct one player.
The correction has to happen while the drill is happening.
- b) If the correction takes explanation, sub the player out.

IV. Three plays per minute.

- a) Goal is to run 3 plays per minute...but 2 plays per minute is great. This includes reps during drills!

Teaching Progression

EASY TO HARD

Teach easy plays (sweep) first and progress to harder plays (Belly). There are so many other things that need to be established, such as work ethic, going fast, timing of motions, understanding different tempos / snap counts.

We don't want to add to our players frustrations by teaching a complicated play that has lots of moving parts when they are still learning how to huddle, where to line up, and what the snap count is.

PRACT	MOTION	FORMATION	RUN PLAY	PASS PLAY	MISC
M Day 1	Liz & Rip	Loose	Sweep Right & Left	You-Me Call	Huddle
T Day 2		Near & Far			
W Day 3			Rip Dive Middle / 31 G	Slant	
Th Day 4		Tight & Over	Boot Pass	Boot Pass	
Fr Day 5			Review		
M Day 6		X-Tite/X-Over	Liz Down Right 36-0	Fade	
T Day 7					
W Day 8			Down Pass		
Th Day 9					
Fr Day 10			Review		
M Day 11		Doubles	Rip 33 Belly		
T Day 12			Belly Pass	Wheel routes	
W Day 13					
Th Day 14			Belly Sweep 47-G		
Fr Day 15			Review		
M Day 16		Halves	Belly 28 & 47 G	Purple Quick [& GO]	
T Day 17				Purple Swing [& GO]	
W Day 18			Down Counter Left (45 TY)	Sprint Pass Right	
Th Day 19			Belly Counter Right (trap)		
Fr Day 20					
Sat	SCRIMMAGE				
T Day 21		Tubby	Tubby Package	Wraparound	
W Day 22		Lucky & Ringo	Lazer & Rocket 28 & 47 "T"		
Th Day 23					
T Day 24					Nascar
W Day 25	Lazer & Rocket	Lion/Ram			
Th Day 26		Wildcat, Empty			

PRACTICE ORGANIZATION

No More Stretching

Most teams in California have stopped doing dynamic warmups to begin practice. The boys have been running around all day at school and during recess, so their joints are loose. Start practice with something that has some running while at the same time they are still learning football.

No Water Breaks

The only water break our players get is 5 minutes as we transition from offense to defense. Otherwise, have your players carry their water bottles with them from station to station, so you do not lose time with players running over to mom in a lawnchair, talking, and running back. This gave us 20 more minutes of practice that we were losing with water breaks. Add that to the 10 minutes by not stretching and 20 minutes not conditioning and we are getting 50 more minutes a day than our opponent.

Eliminate TURNOVERS

If the ball touches the ground for any reason or a back forgets to fake, they immediately drop & do pushups. This includes any pass plays.

Begin Practice: Perfect Plays

Timing of motions, snap counts, and tempos are very, very important and practiced everyday. We begin every practice with "Perfect Plays". It is a review of what has already been taught and is ran against air. They have to run 4 perfect plays in under 1 minute and to add to the pressure we usually have two offenses competing at the same time. We give them a goal of 4, 8, or 12 perfect plays and they run them in groups of four, after which they catch their breath while being quickly critiqued by position coaches.

- ◆ HUDDLE: Form the Huddle, call the play, sprint to line, run the play, sprint back to the huddle, call the next play, sprint to the line, run the 2nd play, sprint back to huddle....continue until 4 plays have been ran and clock stops when everyone is back in the huddle. If anything was wrong with any of the 4 plays, then they do them again.
- ◆ NASCAR: Run the 4 plays in order two consecutive times while ball is moved downfield.

FAKING: Very important

Our running back coach always stands on defensive side of ball at 5-10yd depth. Every back, whether carrying ball or not, has to run past him. The QB always has to run to the line of scrimmage.

SWIM: Lift Elbow closest to QB and swim above his shoulder & down to your belly.

ROCK: Lean forward with both arms folded against belly and "rock the baby" 1-2 steps.

GRAB OUTSIDE: Grab hip farthest from Attack hole, simulate carry a football.do not pump arm.

PUMP INSIDE: Pump arm closes to attack hole in running motion

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