

# 2023 NHSACA Coaches Clinic

Charlie Brown  
O-line /D-Line  
Special Teams Coach  
Fairfield High School  
Fairfield, MT



**"The only qualifications  
for a lineman are to be  
big and dumb.  
To be a back, you only  
have to be dumb."**

**Knute Rockne, Notre Dame**

1974-1977 Great Falls High, AA school 2,000 students, 2 yr starter

- Football, Wrestling and Track

- State Track-77

1977-1981 Concordia College, Moorhead, MN

- 3 MIAC Conference Championships, 1 National Championship

1981-1984 Fargo North High, A

1984-1987 Leeds High School-9 man

1987-88 Montana State University

- GA O-Line

1988-1989 Fergus High School Lewistown, MT

- O-line/ Defensive Coordinator

1990-1991 Great Falls High

- Freshman Coach

1991- 2020 Fairfield High School

- Head Football 1991-1994

- Head/Asst Volleyball Coach 6 years

- Assistant FB Coach 1997-2020

3-State Championships-11, 15, 18

3-Undefeated Seasons

9-State Championship Appearances

05, 07, 08, 09, 10, 11, 15, 19, 20

5 State Championship appearances in a row

17 Conference Championships

01c, 02, 05, 06c, 07, 08, 09, 11, 12, 13, 14, 15, 16, 17,  
18, 19, 20

54 Conference game win streak

189-60

Everybody always asks??

How did such a little school be so successful for as long as you did?

- Same core coaching staff for 20 years, all of us were teachers, all played college football and 2 of us coached college football.

- Created a Winning Culture-Expected

# Why the Spread Wing T??

1. Attack from any, and all positions, QB, RB, Wings, TE, WR.
2. Blocking angles for undersized lineman.
3. Develop running plays that blocks and pulls defenders out of position to allow backs to exploit the gaps in the defensive line.
4. Slow the aggressiveness of defenses, that may be more physically talented, by using misdirection, play action passes, quick motions, unusual formations, and RPO's.
5. Team-oriented attacking formations.

**“Offensive line is the only position  
in all of sports where the sole  
purpose is to protect another  
player.” -John Strollo**

FOOTBALL LINEMEN ARE  
**MOTIVATED BY A MORE**  
COMPLICATED, SELF-DETERMINING  
**SERIES OF FACTORS THAN THE**  
SIMPLE FEAR OF HUMILIATION IN  
**THE PUBLIC GAZE, WHICH IS THE**  
EMOTION THAT GALVANIZES THE  
**BACKS AND RECEIVERS.**

MERLIN OLSEN



**DEFENSIVE AND  
OFFENSIVE LINEMAN  
CONTROL THE GAME  
AND TRUE SPORTS  
FANS KNOW THAT.**

Dante Hall

# What are the 3 keys to Offensive Line Play???

-Fundamentals

The basis of everything!!

-Fundamentals

The basis of EVERYTHING

**-Fundamentals!!!!**

**THE BASIS OF EVERYTHING**

**Winners don't just learn the fundamentals, they master them. You have to monitor your fundamentals constantly because the only thing that changes will be your attention to them.**

**MICHAEL JORDAN**

# Practice schedule

Monday

- Goal-boards, Film, Install, Gassers

Tuesday

- O day EDD's, Inside hull, Pass pro, blitz pick-up, team.

Wednesday

- D-Day EDD's, Tackle, Inside Hull, Pass rush, team

Thursday

- Full practice, Special teams, situational, 2 min D, 2 min O, Team Dinner.

# O-Line Drills

- Keep it Simple (Stupid) KISS
- Make drills relevant to your blocking schemes
- Morning Practice 2 a days-Pound their legs
  - SSSD, 5 man Sled, Dummies, Shoots, Single man sled.
- Afternoon Practice-Blocking Schemes-It's all in the footwork
- Everybody rotates through drills (Freshman-Seniors) only have 12-15 kids.

# O-Line Drills

- Block until Infinity (Whistle)
- Going to where the man is going to be not where he starts
- Same Drills 2 a-days to play offs
- Very rarely go live.
  - Team, Live Games 3 vs 3, Oklahoma, etc.
  - Most drills on bags or hand shields.

# Fundamentals of O-Line Play

S-S-S-D

STANCE

Feet shoulder width apart,

Flat back, head up

Right side of line-right hand down

Left side of line left hand down

Paint the Grass

# Fundamentals of O-Line Play

## STEP

- 1<sup>st</sup> step short 6-inch step
- Step with correct foot in  
direction you are going
- Cock arms



# Fundamentals of O-Line Play

## STEP

- 2<sup>nd</sup> step quick
- Short get foot on the ground
- Gather, recover, load arms

# Fundamentals of O-Line Play

## STRIKE

- Arms extended (Bench Press)
- Thumbs up
- Hands inside
- Grab the Steering Wheel (Breast Plate of shoulder Pads)

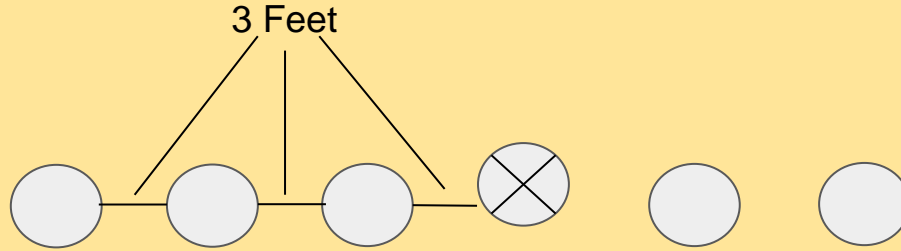
# Fundamentals of O-Line Play

## DRIVE

- Drive the Sled!!!
- Short QUICK Powerful, choppy steps
- Don't lose contact

Duck Walk/Sumo Walk

# OFFENSIVE ALIGNMENTS



Center's feet set the alignment

Guard aligns his toes on Center's heels (depending on height of guard)

Tackle aligns on guards' feet.

Most plays have some kind of adjustments in alignments

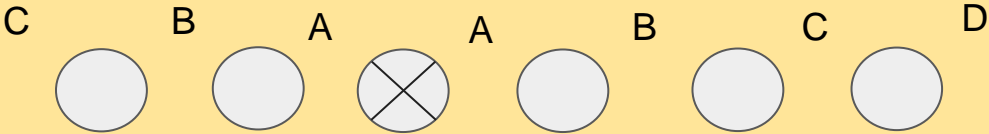
# DEFENSIVE ALIGNMENTS



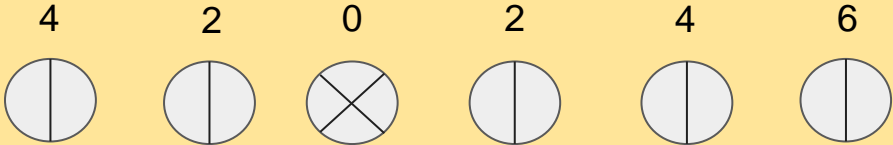
**Every play has its own rules, but the basic blocking techniques are the same.**

# DEFENSIVE ALIGNMENTS

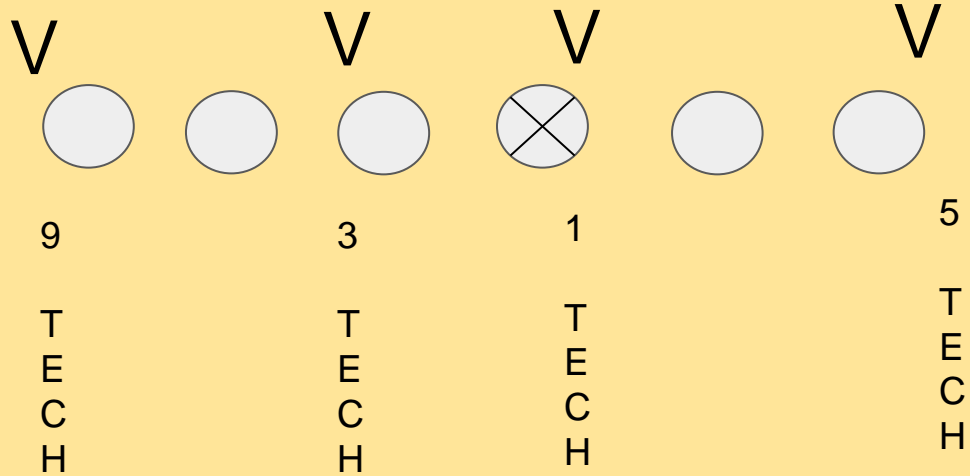
## GAPS



## Head UP Alignments



# DEFENSIVE ALIGNMENTS



# **O-Line Drills**

**Named all our blocks**

**-Reach-Ralph**

**-Down-Don**

**-Chip-Doritoes**

**-Zone Cut-off-Zac**

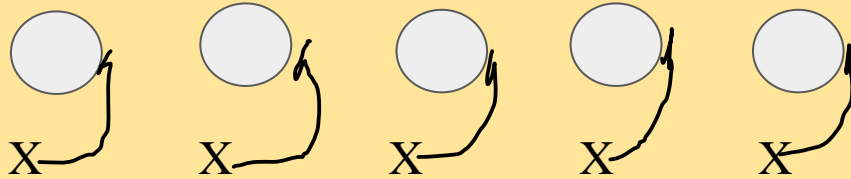
**-Trap-Racoon**

**-Guard pull-Gandolph**

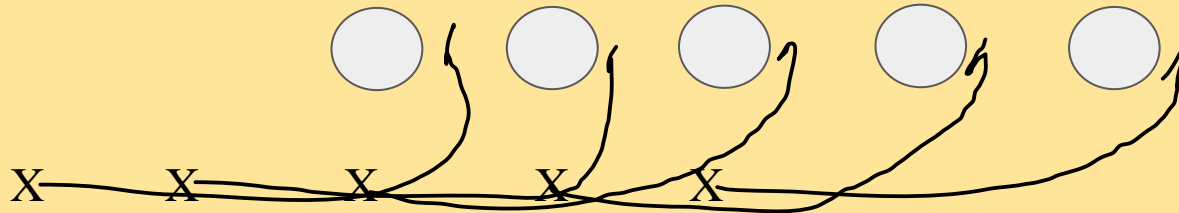
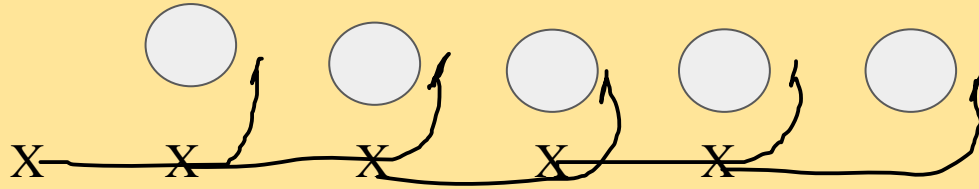
**-Guard,Tackle-GaTor**



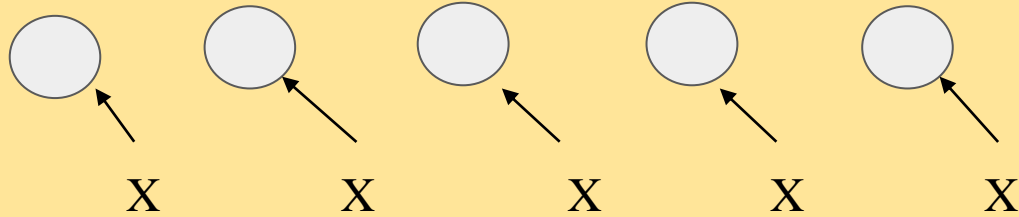
Reach. Block-Working to outside shoulder and hooking the man.



Going to the next man, if he is head up, he is the man behind you man

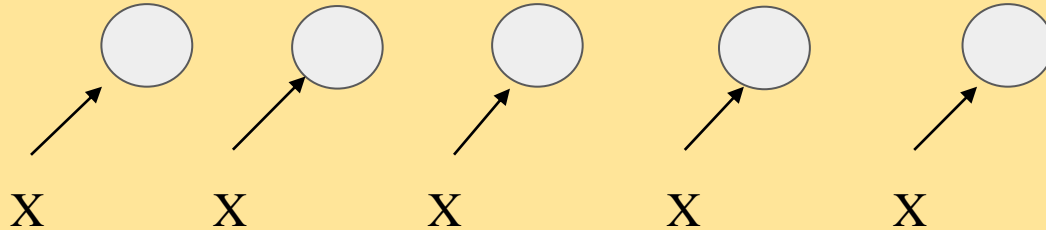


# Down Blocks



Aiming point-hip of D Lineman.

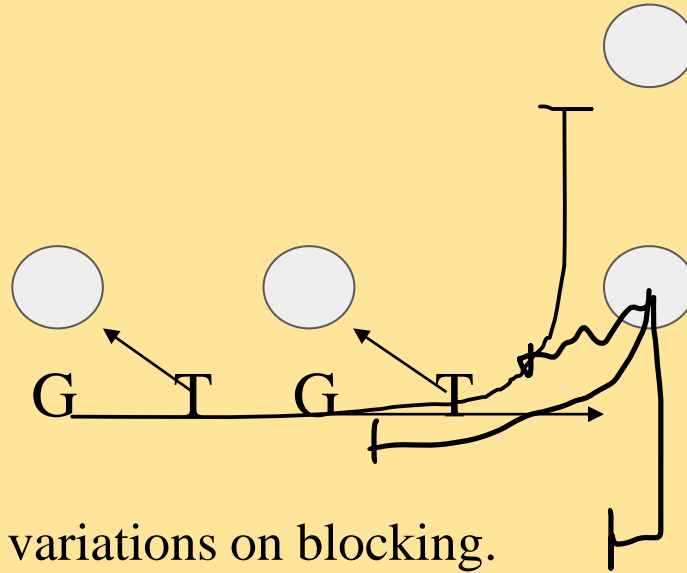
- Step in direction of block-left foot in this case
- Short quick choppy steps.
- Work both Directions



- Go to where man is going to be not where he starts.
- Bag holders must move.
- Lineman must be able to adjust their path

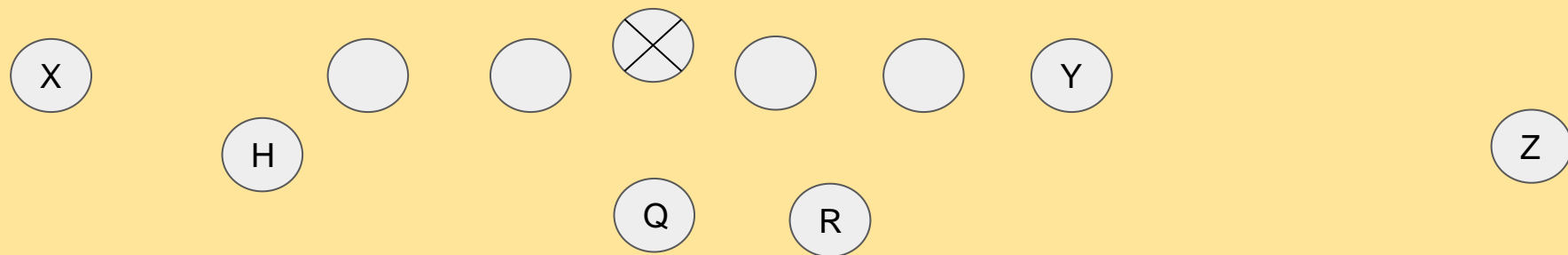
# Base Sweep Blocking drill

Pin and pull

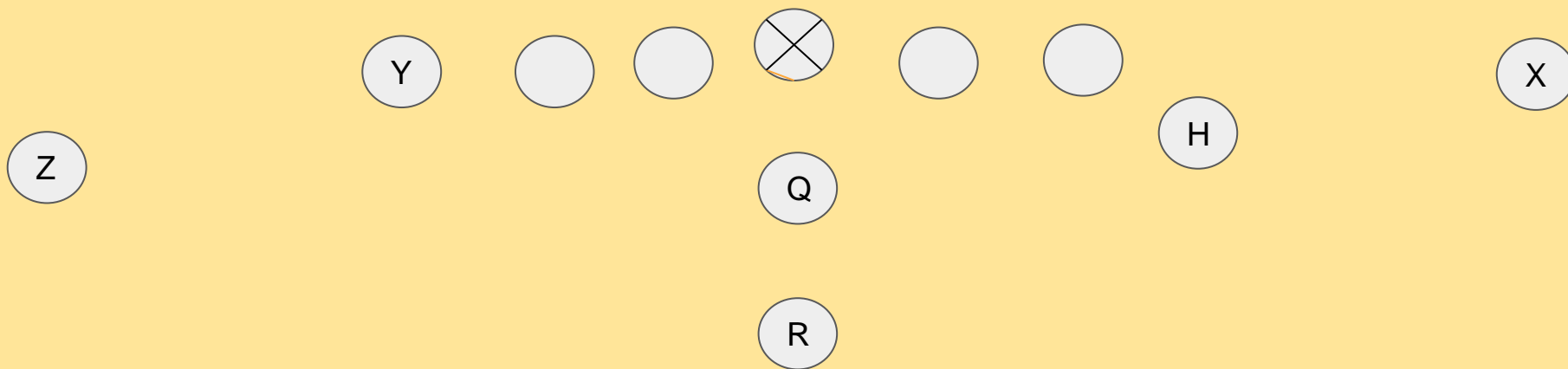


- We work several variations on blocking.
  - Box End (typical for us to see)
  - Close End
  - Sling shot end (Crash)

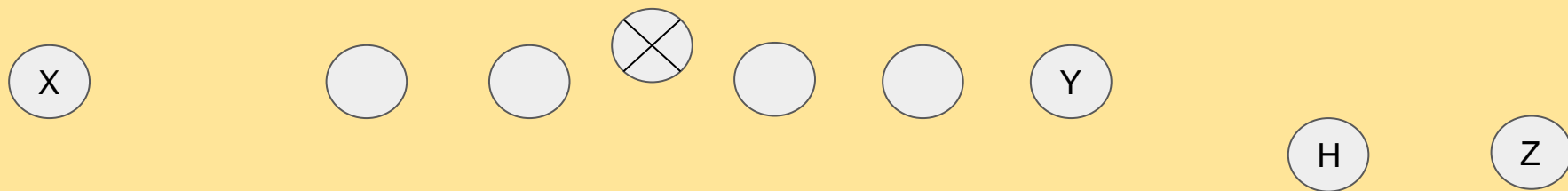
## Ruth Formation



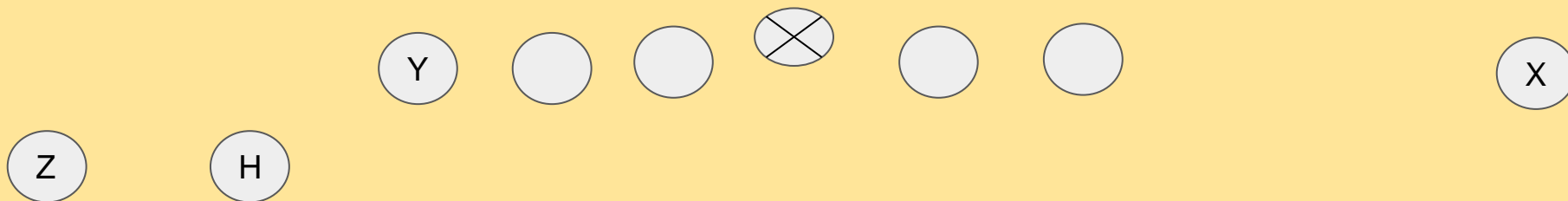
## Lee Formation



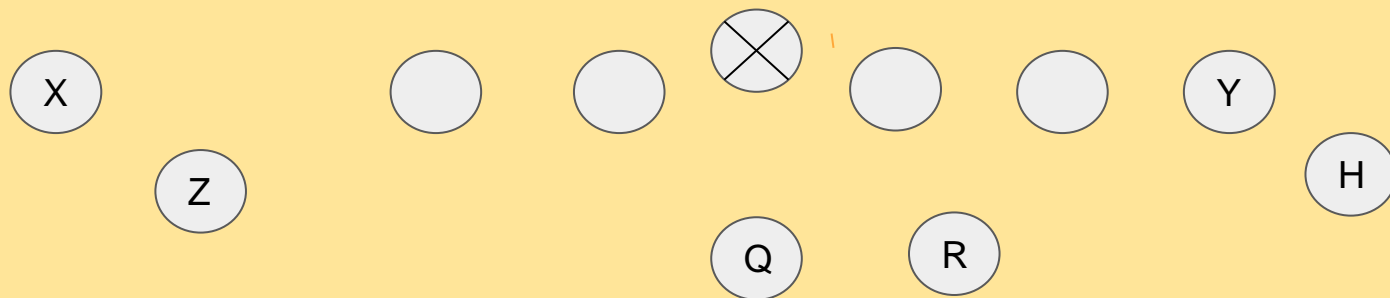
## Brown Formation-TE Trips



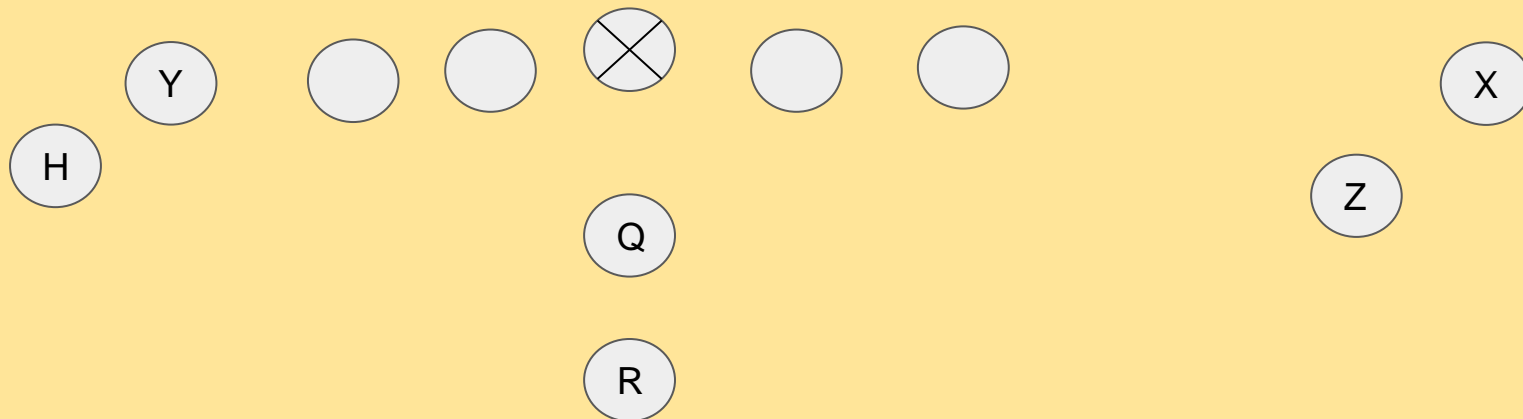
## Black Formation



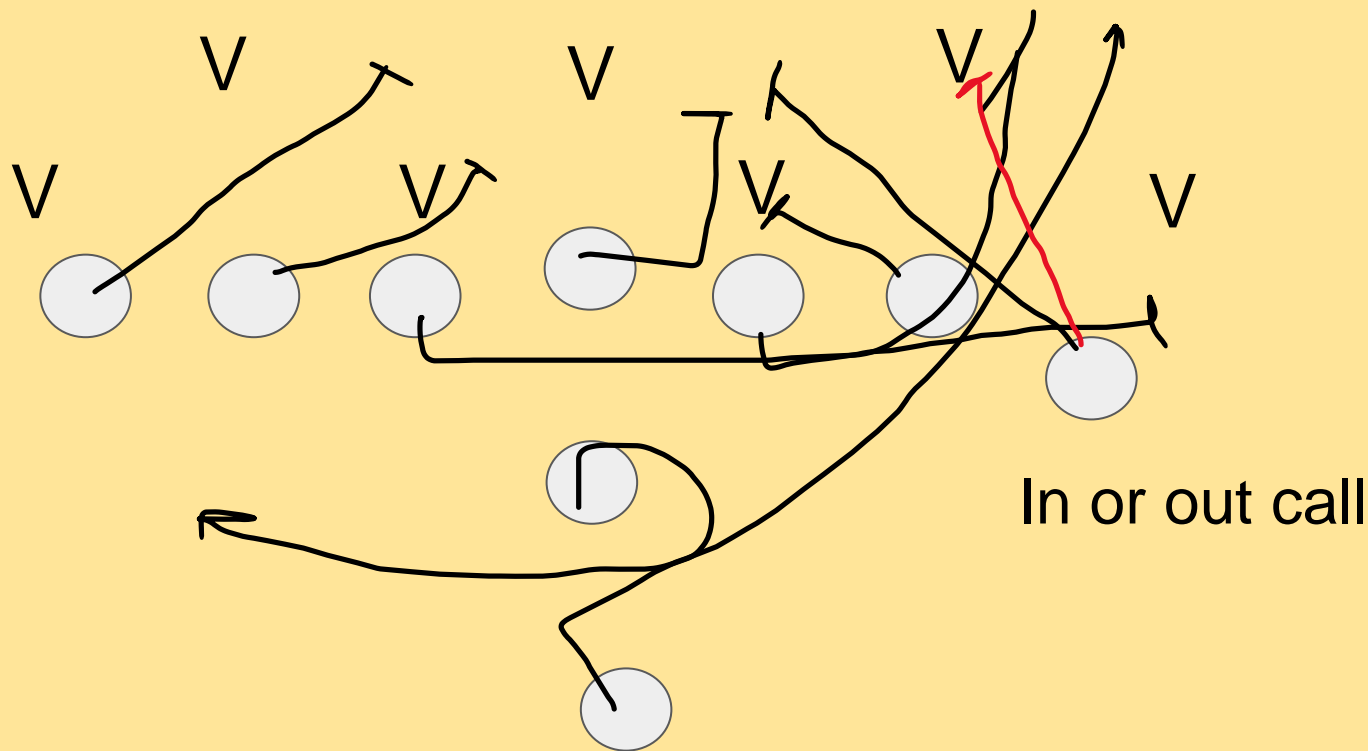
## Rock Formation



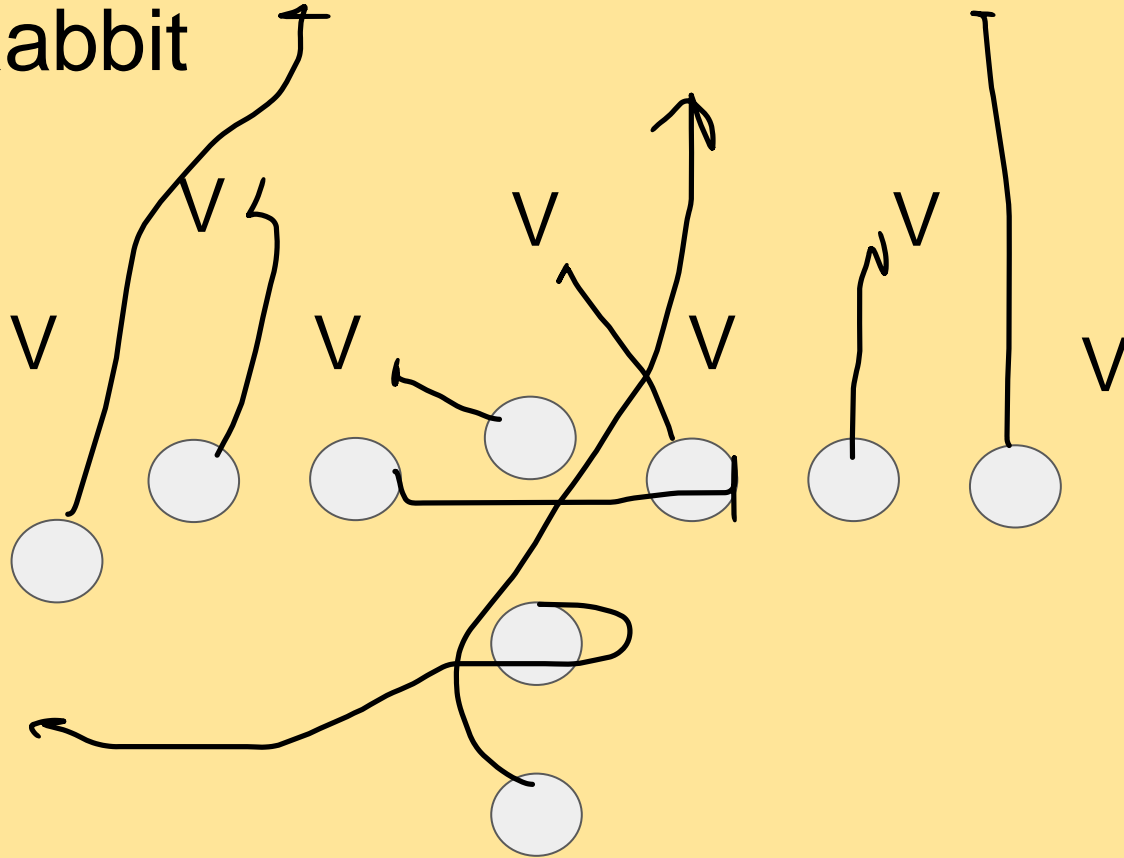
## Lou Formation



# Lee Arizona

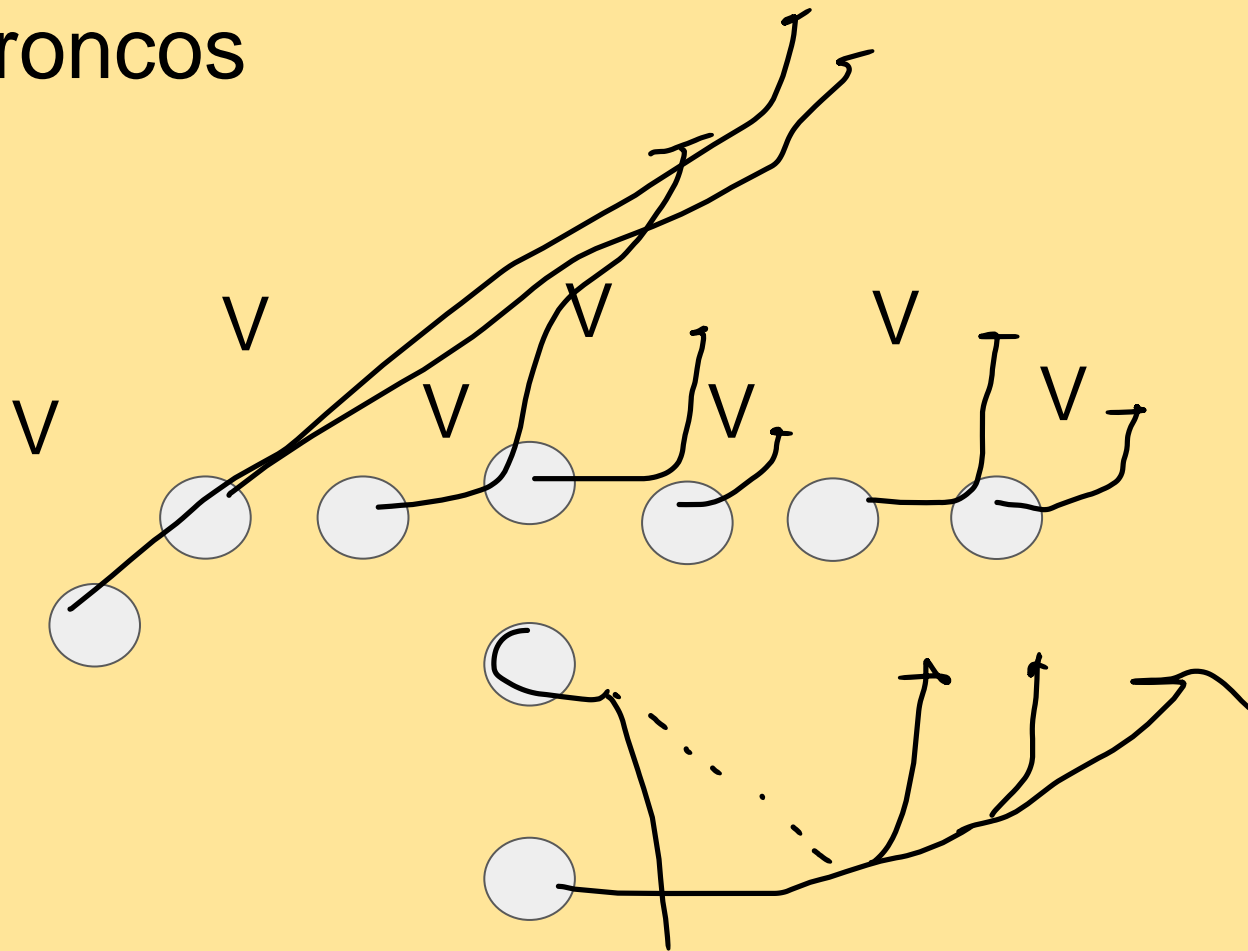


# Ruth Rabbit

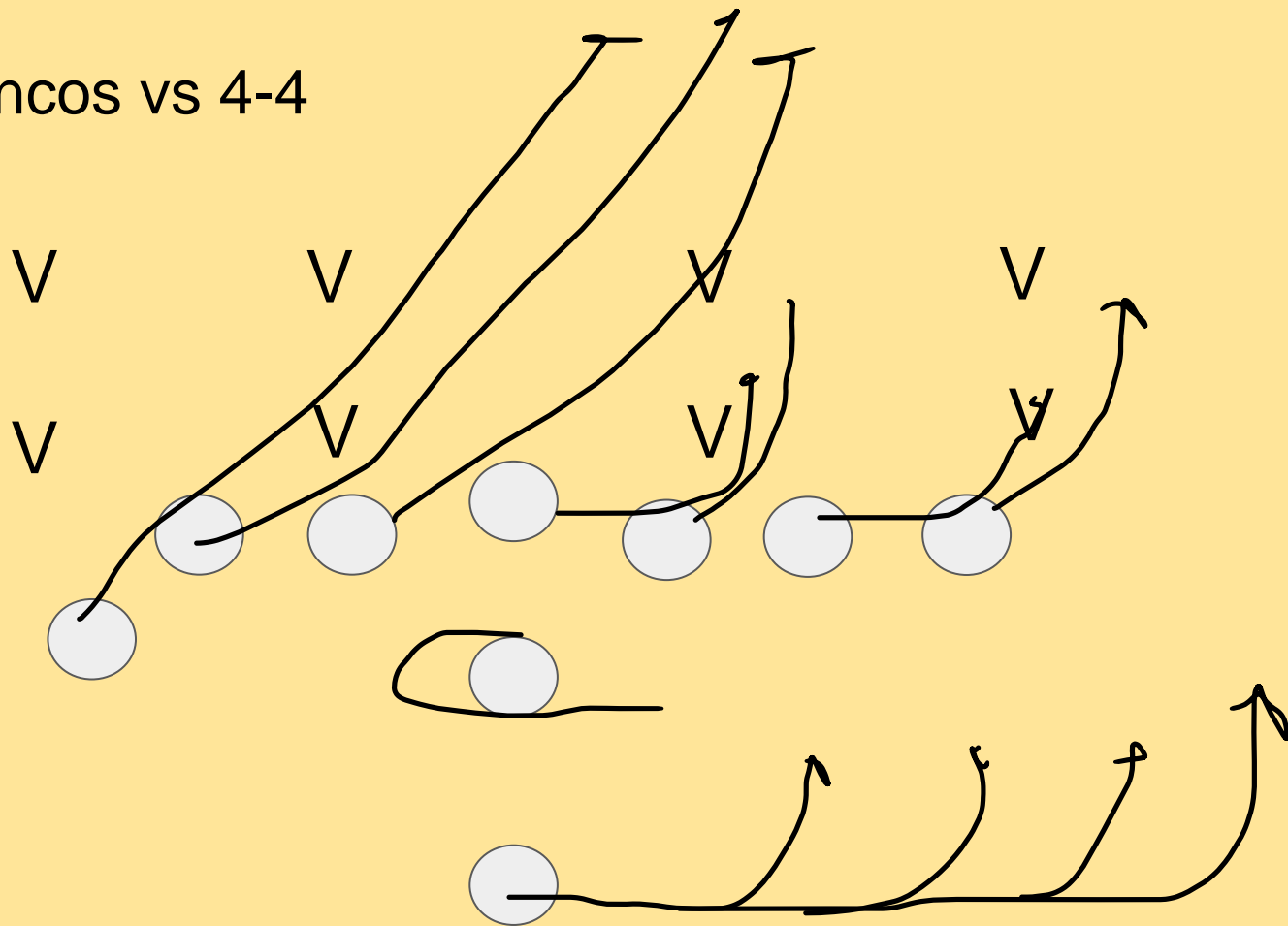




# Ruth Broncos



Ruth Broncos vs 4-4



# **O-Line Drills**

## **Pass Blocking**

**Roll out-Rodeo, Lasso**

**-Reach on front side, Cup on backside**

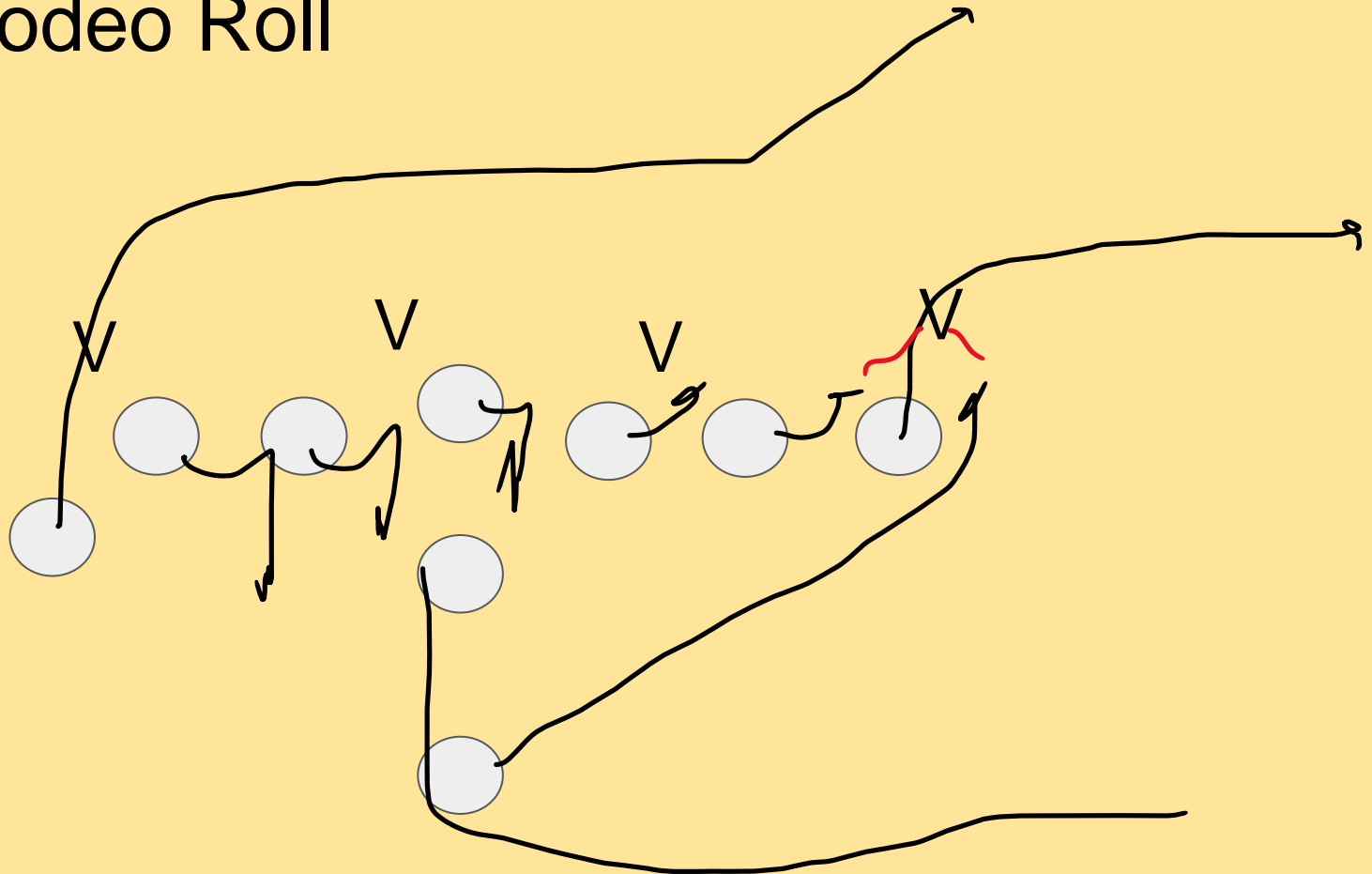
**Nickle-3-5-7 step Drop**

**Passive, very rarely aggressive**

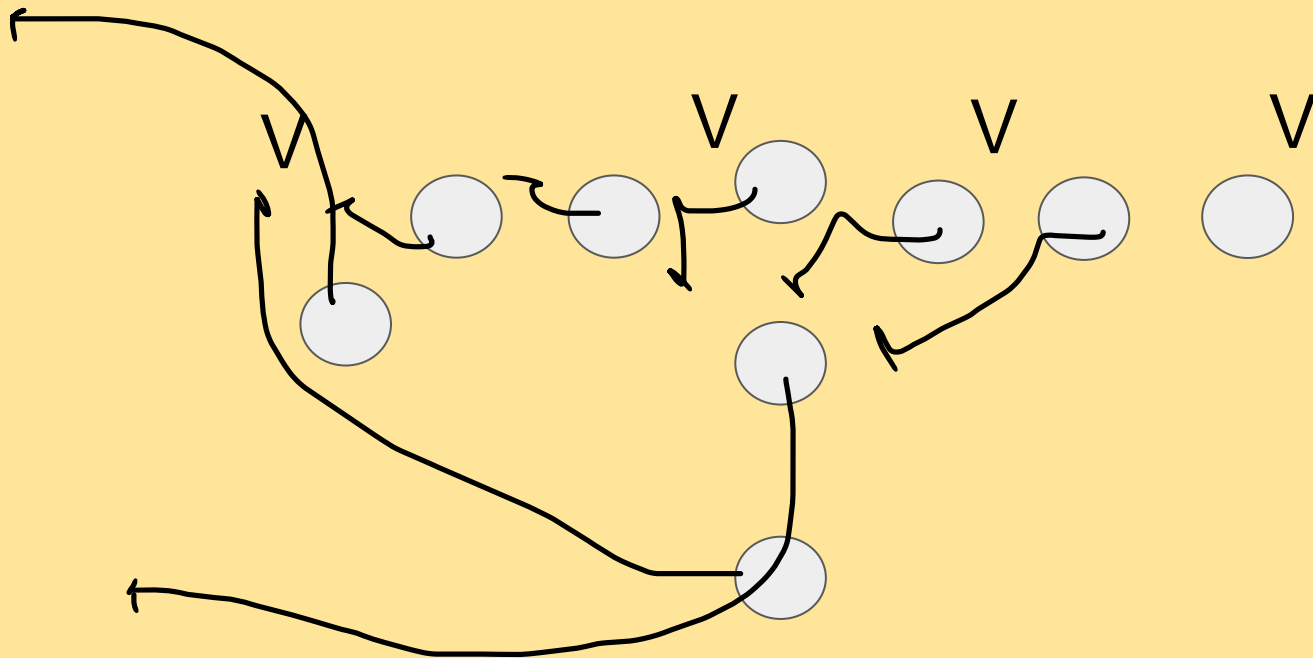
**Fan**

<https://www.youtube.com/watch?v=ubFvQGvs5dY>

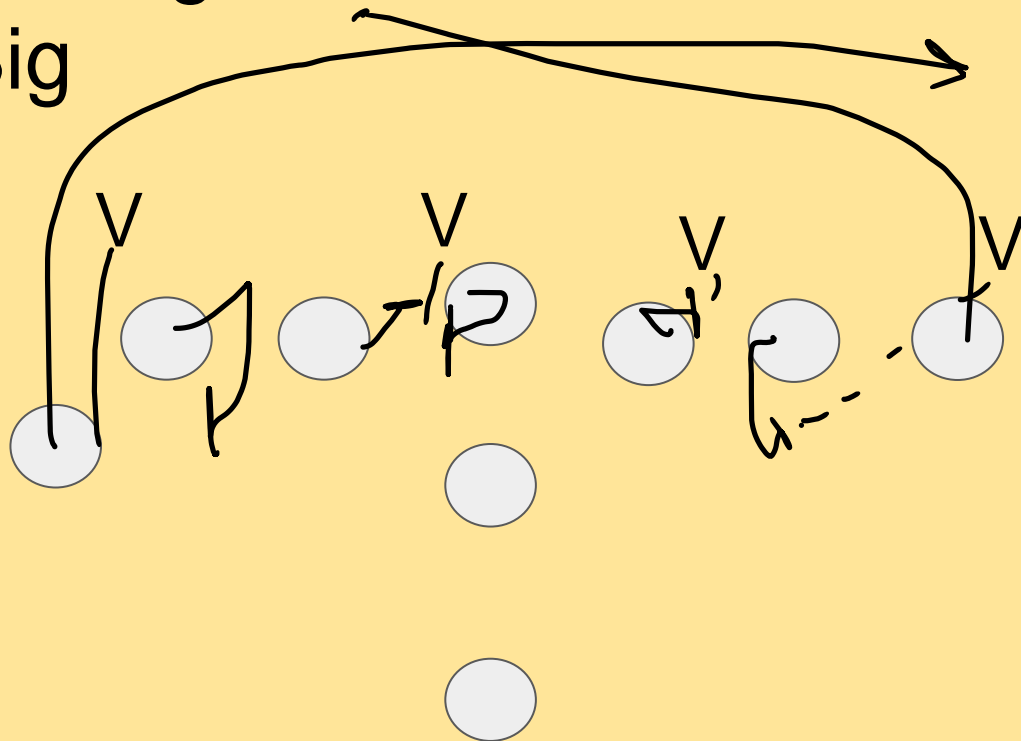
# Ruth Rodeo Roll



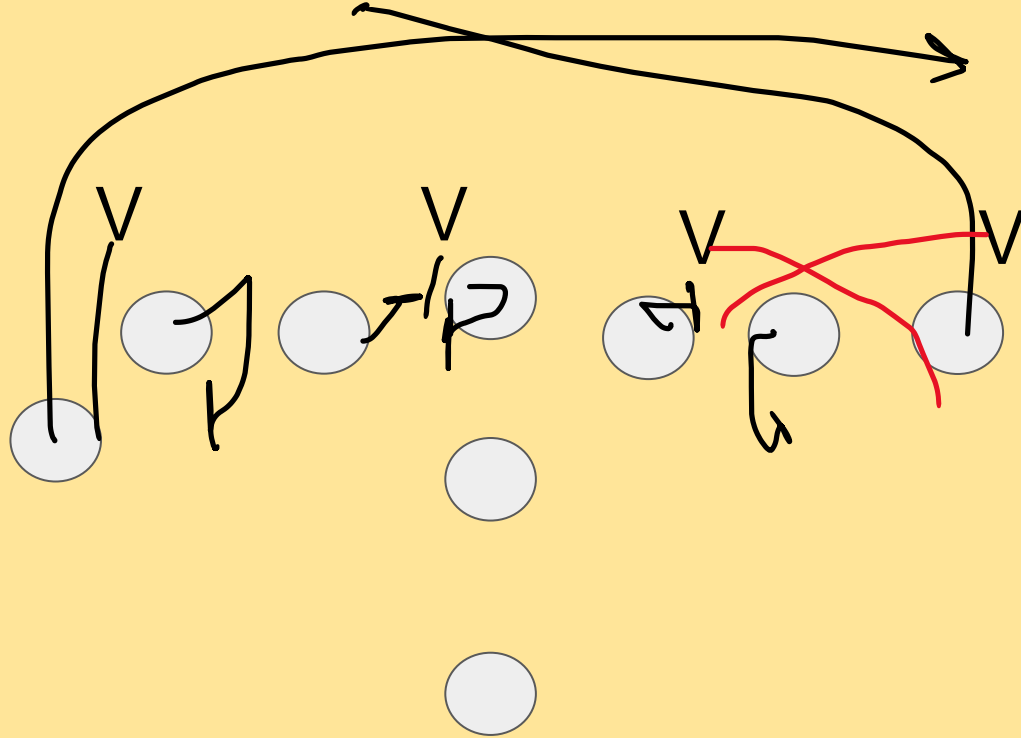
# Ruth Lasso Hugo



Nickle-Pope  
BOB-Blocking  
Big on Big

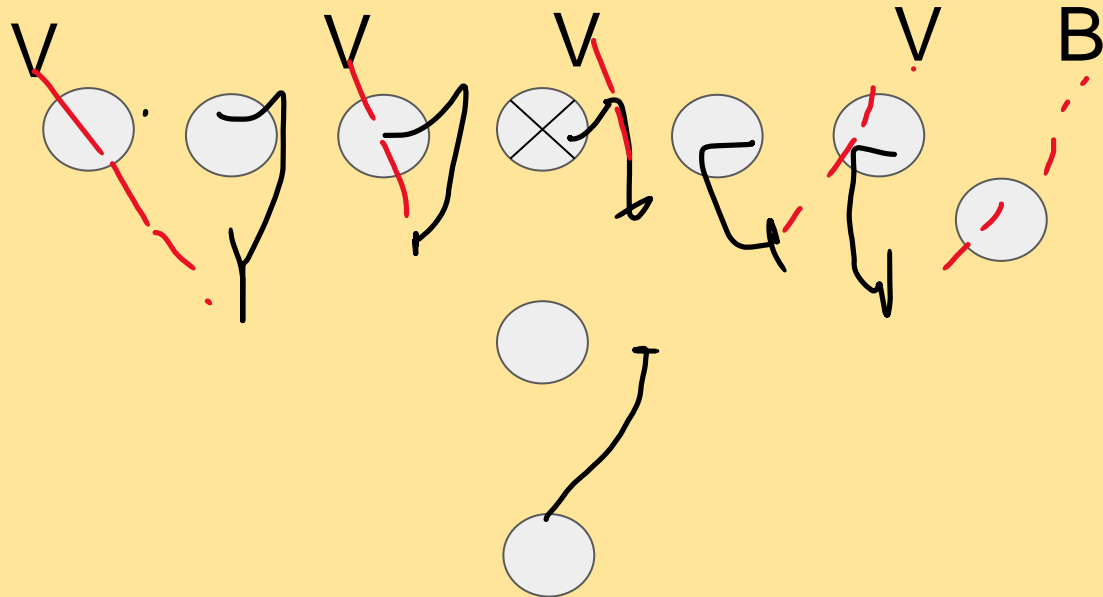


# Nickle-Pope BOB-Blocking



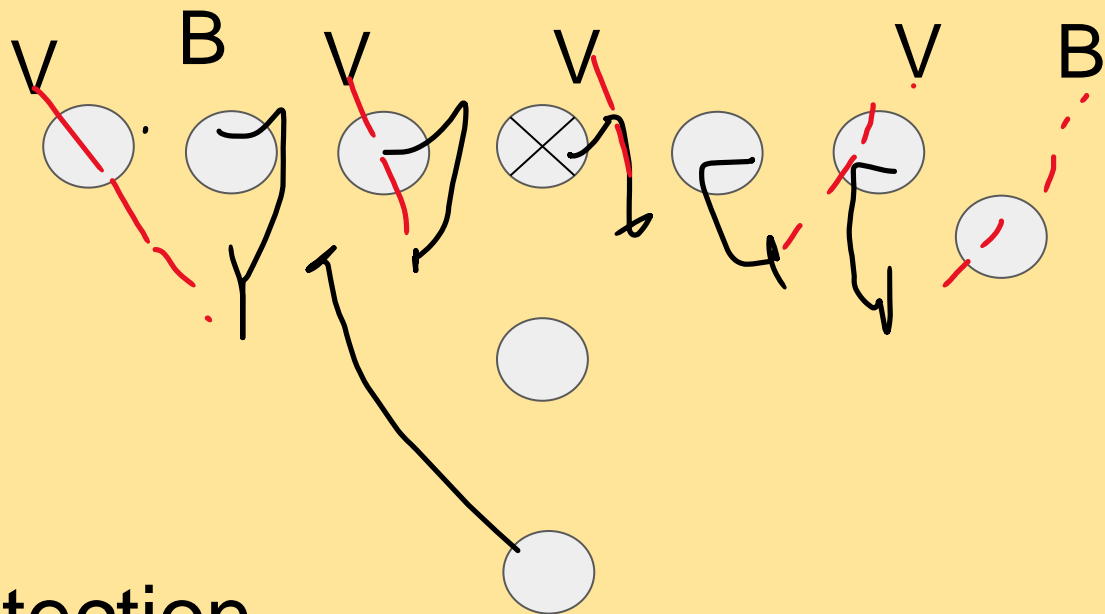
If your man leaves someone will take his spot

# Fan Right



# O-Line should always be able to Block 5 guys

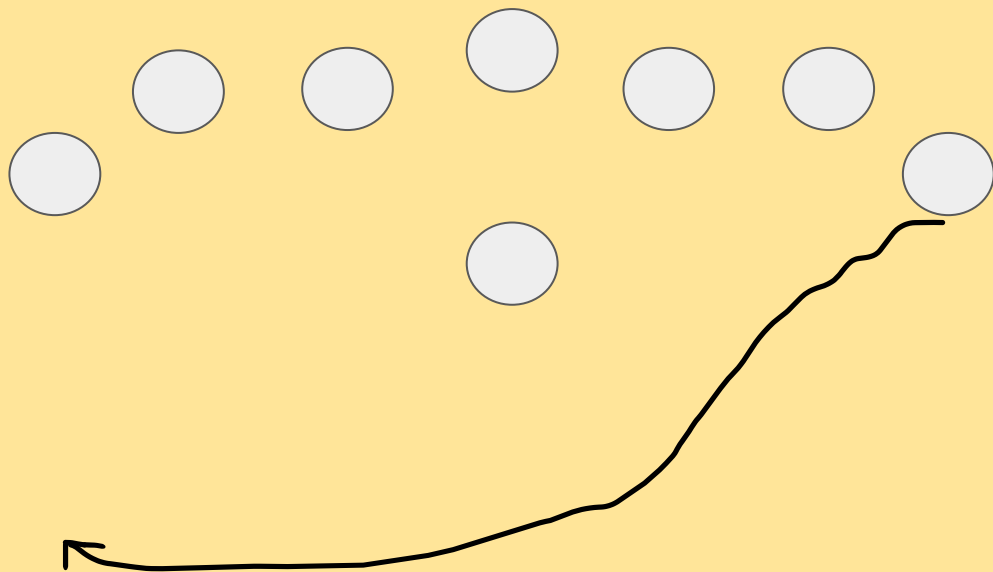




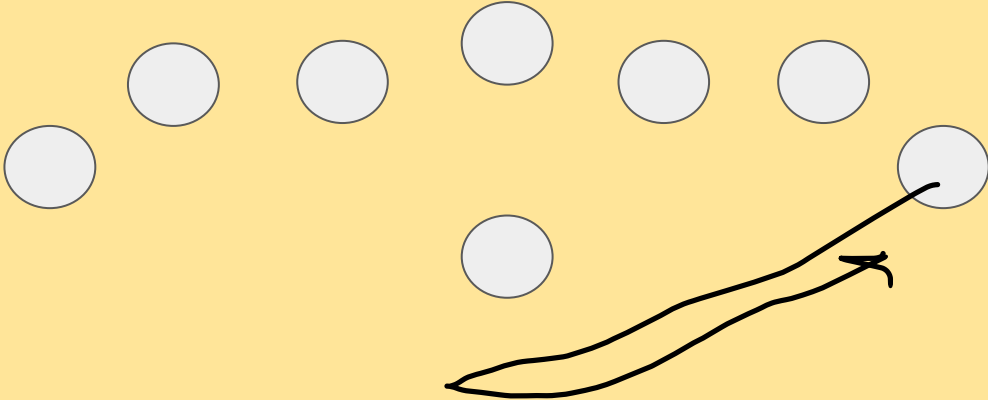
Fan Right  
RB fill Protection

O-Line should always be able to Block 5 guys

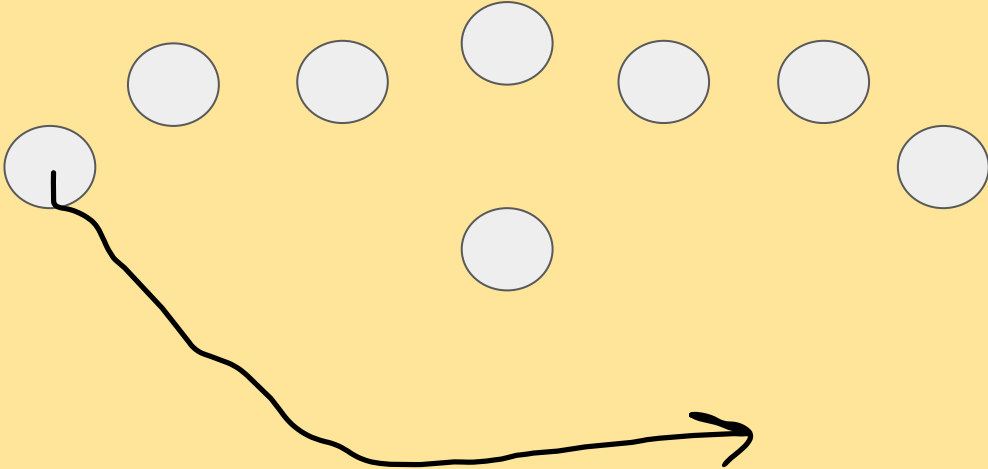
# Louie Motion



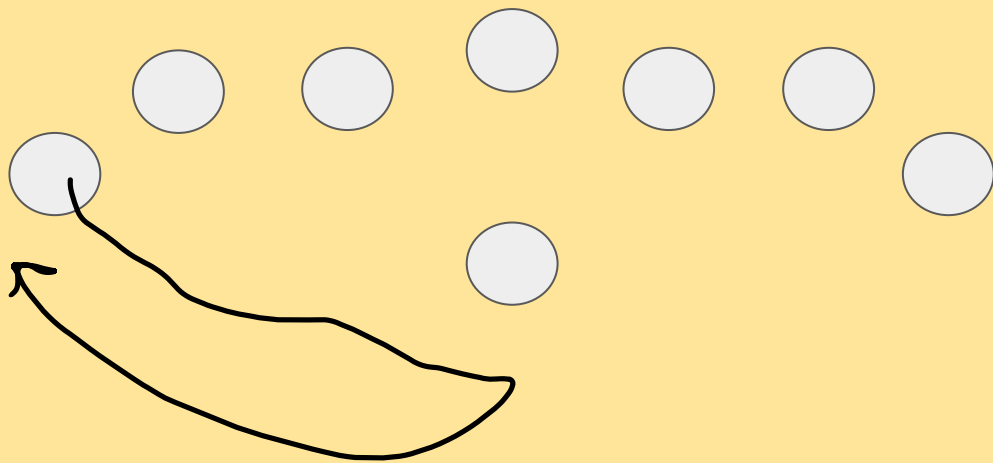
# Linda Motion



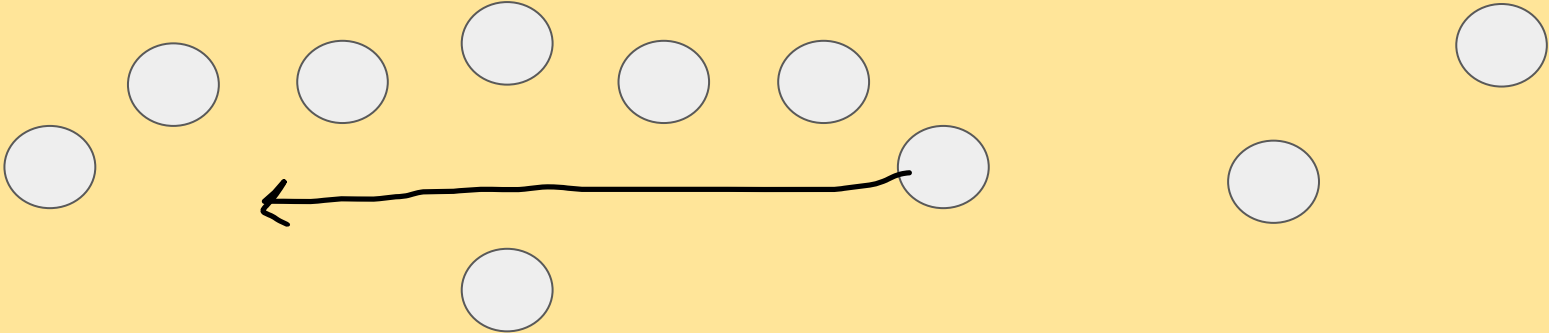
Roger  
Motion



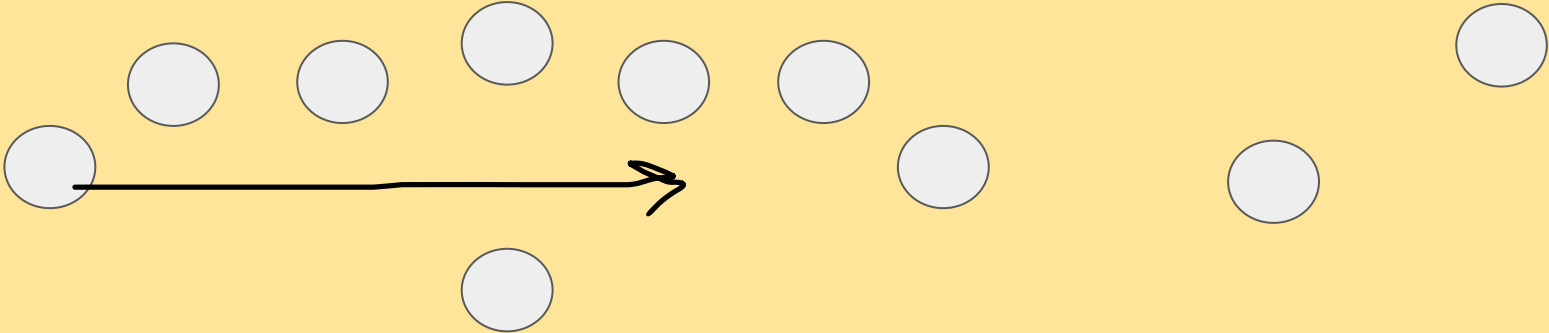
Ringo



# Helen Motion



# Harry Motion



# Zoom Motion

