

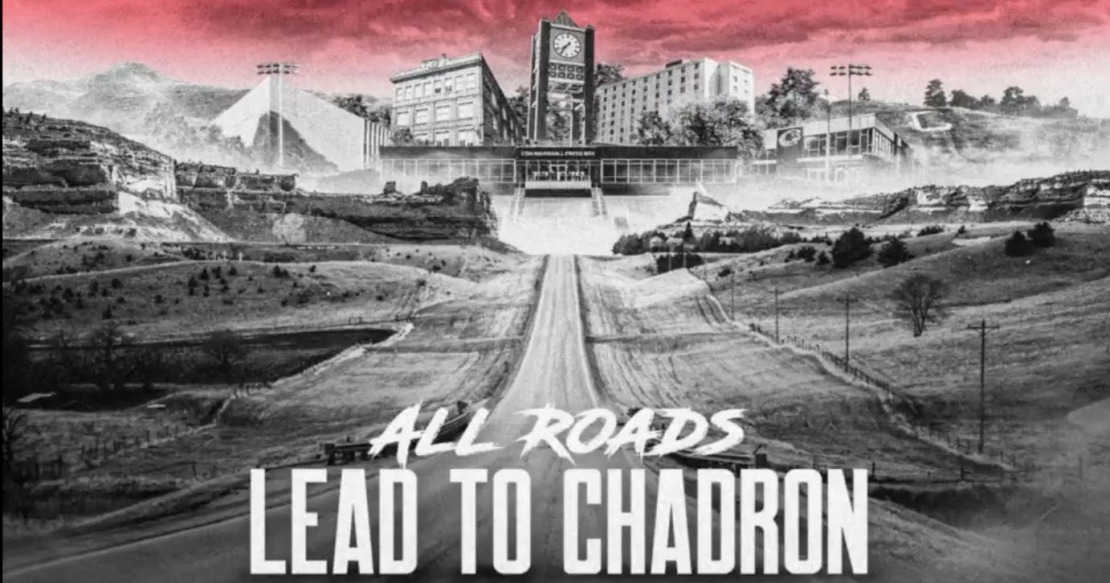
2024 Nebraska Coaches Association Clinic Notes:



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Session 1 : Drills to Teach your Lineman to Play Low & Aggressive



**ALL ROADS
LEAD TO CHADRON**



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HOW TO PLAY LOW: SILVERBACK DEMEANOR



- Create Power Angles in the body
- Arches and Triangles- The strongest shapes
- Flat Back, Pec on Knee
- Keep the Knee over Toe
- Have the Head Up



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POWERWALK CIRCUIT



- **Powerwalk at 45**
 - How to move low
- **Push the car**
 - How to drive someone
- **Windshield Wiper**
 - How to get your body in the correct position

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POWERWALK AT 45

- OL will start in a great silverback demeanor
- Make sure they stay square through out the rep
- Drive that Second Step Vertical
- Everyone should be able to hear the OL pound their feet through the drill



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PUSH THE CAR

- OL will start in a Silverback fit
- The defender will be in a wall sit and give pressure to the OL in the drill
- The OL will powerwalk at a 45 while staying tight to the defender
- Make sure the OL is square and driving their 2nd step vertical through out the drill



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WINDSHIELD WIPER



- OL will start in a silverback demeanor on the opposite number
- The OL wants to rip their head across to the play side number of the defender
- The OL needs to be violent when they rip their head across



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RUN FIT DRILL



- OL will start in a great Silverback demeanor
- OL will lock on to the defender keeping their hands tight
- Make sure there is no extension in the OL's Run Fit
- OL will have active feet, with their weight in the in-steps
- Skill Cues: "Pinch your Armpit hairs"

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BOX DRILL



- OL will start in a great Run blocking fit
- OL will drive the defender out of the Box
- Make sure the OL is keeping a wide base and keeping there in-steps in the ground



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SEESAW



- OL starts in a great run blocking fit
- Teaches the Athlete to sink hips and ladder hands inside when too high
- OL rotate on each whistle
- Great Conditioning Drill

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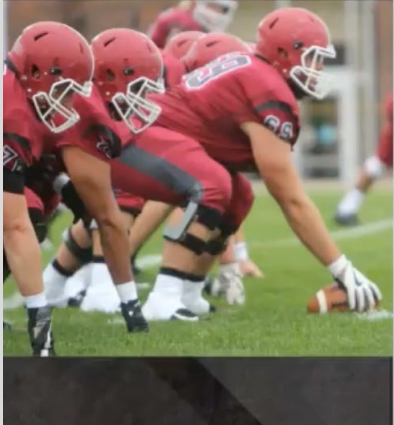


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STANCE

- **Feet** – Squat width apart with a stagger, Whatever hand is down, that foot will be back. Have the OL Start with their Big Toe under their ball of their foot. Taller guys will naturally feel more comfortable with a bigger stagger.
- **Squat**- OL will squat down, having their arms follow their Quads.
- **Stretch**- OL will stretch his hand as far as he can
- **Stance**- OL will place their hand down as far as they can without putting weight on their hand.

A great Stance needs to look the same every play no matter the step they are taking.



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EDD's (EVERYDAY DRILLS)

Each Step is used on every run play

- **DBAR**
- **Skip Pull**
- **Down the Line Pull**
- **Covered Step**
- **Uncovered Step**



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DBAR

DEEP BUCKET AND RUN

- 1st Step** – Get as much Width and Depth as possible
OL needs to create space (Like a shotput glide)
- 2nd Step** – Crossover
OL can crossover because you should not make contact until 3rd or 4th step.
- 3rd Step** – Square up, be ready to run through on contact.

Aiming Point – Play Side Armpit of the DL
Once in the Play Side Armpit of the DL, the OL needs to drive vertical to make sure they do not get 2 gapped.

Key- Have your players load their opposite Big toe of the way they are reaching to prevent a false step.



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REACH DRILLS

- **Reach on a Body**
 - Focusing on Reaching Play Side Armpit, driving vertical.
- **Reach & Bend**
 - Has the OL Reach & Run and be able to touch a cone in stride.
- **Reach Competition**
 - Spread the OL 2 yards apart, cannot make contact until 3rd or 4th step.



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SKIP PULL

1st Step – Karaoke skip and aim for as much width and depth as possible

2nd Step – Square back up

Skill Cues – Skip, Rip, Accelerate!

Aiming Point – Ripping off the Ass of the Down blocking OL, then Accelerate Downhill!

Key- Have your players load their same Big toe of the way they are skipping to prevent a false step.



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DOWN THE LINE PULL

1st Step – Gain ground, wrist roll down, Pec on knee

2nd Step – Run into the Line of Scrimmage

Aiming Point – Inside of the hip of the EMOL

DL can do 3 things: Same arm, Wrong arm, Run up field, aiming at the inside hip will allow you to kick out the defender.

Key- Have your players load their opposite Big toe of the way they are reaching to prevent a false step.



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PULLING DRILLS



- Skip Pull – Athlete needs to stay square to the LB, and accelerate downhill
- Down the Line Pull- Athlete Needs to accelerate into the line, Aiming at the inside hip of EMOL

Keys- OL needs to Run their feet through contact

Hammer Mentality- Be the Hammer not the Nail



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V OF THE NECK



- This is a Down Blocking Drill
- Opponent needs to rush up field or cross face
- Athlete needs to focus on driving their 2nd step vertical
- OL cannot let the defender cross his face

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