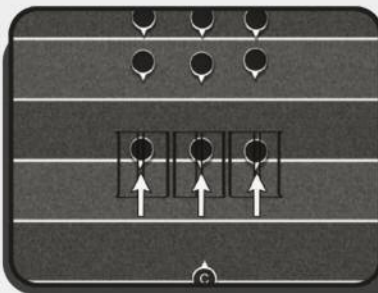


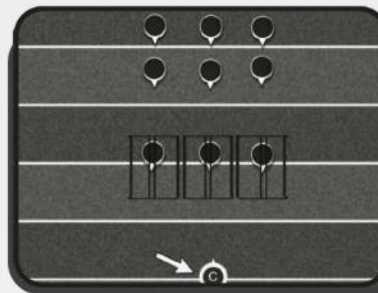
DRILLS

Chutes



01 ★

Blockers line up behind chutes



02 ★

Coach sets up across from linemen



03 ★

Blockers explode out of stance and move through chutes

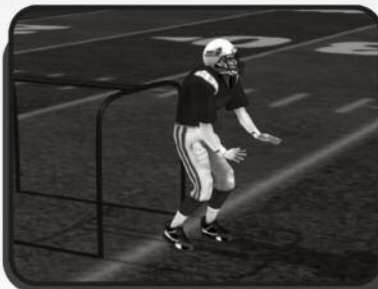


Proper Stance

Explosive First Step

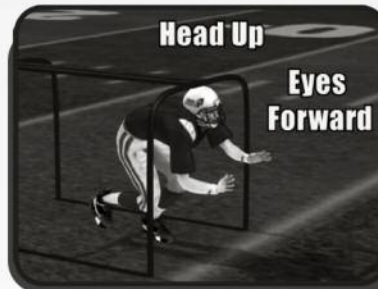
04 ★

They begin with proper stance and explode on first step



05 ★

First step must not be too long

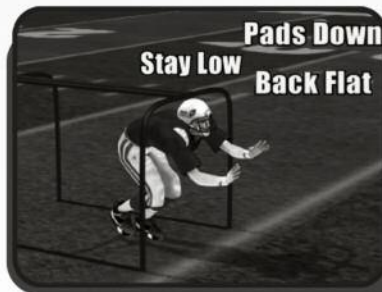


Head Up

Eyes Forward

06 ★

Linemen keep head and eyes up



Pads Down
Stay Low
Back Flat

07 ★

They must stay low, keeping pads down and back flat

Notes: