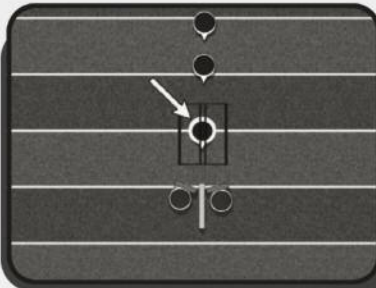
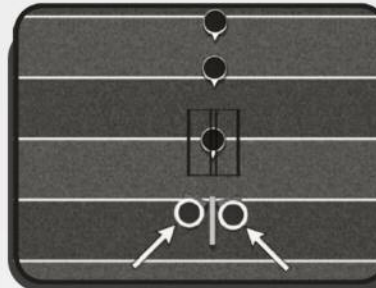


Effort Drill



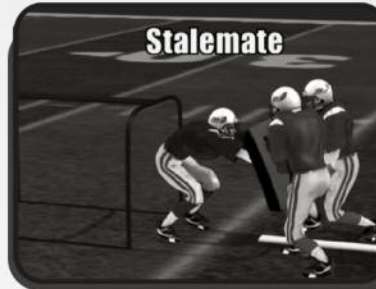
01 ★
Line up blocker inside the chute



02 ★
2 defenders with shields line up outside chute, straddling the board



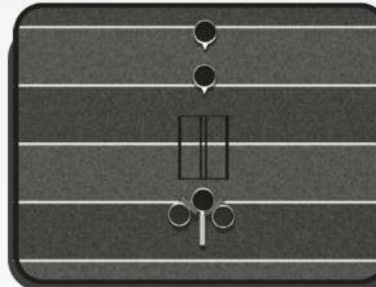
03 ★
Blocker explodes into shields on snap



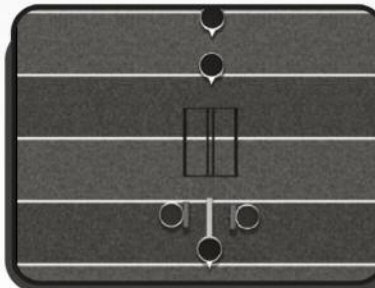
04 ★
Defenders offer full resistance



05 ★
Lineman keeps feet moving and hips low



06 ★
Shields remain touching and provide a low target



07 ★
After 3 seconds, coach blows whistle to release resistance

Notes:

Blank area for notes.