

## **King Of The Boards**

**Objective:** Teach the Drive Block

- Keep your feet moving, stay low and drive.
- Need a 10 foot board about a foot wide.
- Paint it your school colors, use about six coats.
- After the paint has dried, wax it or apply poly urethane.

Have two Linemen straddle the board facing off in a three point stance, the middle of the board is the L.O.S . At the coaches command they fire off into each other. The player that can drive his opponent to the other end is the winner.

**Coaching Points:**

1. Make sure each player gets off quick
2. Check that each player fights to keep the lock out position
3. If a player steps on the board he loses. KEEP THE BOARD SLICK!
4. Stress explosion and drive.