

One on One Pass Protection Drill

Set Up:

1. One dummy or other tall object (e.g. chair, step ladder, pole)
2. Two players (defensive and offensive lineman)
3. Mark an area of about 3 yards in width and 5 yards in length
4. Place the object at the end of the five yard area

Procedure:

Have the O-Lineman get in a three point stance at the beginning of the 5 yard strip (opposite to end of pole). Have the D-Lineman in a four point stance app. 1 yard in front of the offensive lineman. As soon as the O-lineman moves the D-Lineman will rush the quarterback (object) staying within the 3 yard wide boundary. The O-Lineman must attempt to block him as long as possible. After about ten seconds or if the D-Lineman touches the object the play is over.

Coaching Points:

Watch for good pass blocking technique (but low, knees bent, short choppy steps)

Objective:

To practice pass rushing and blocking with a limited amount of equipment and personnel.