

**Shepherd Hill Football
2018 TE Offseason Manual**

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Workout Opportunities

Monday

AM: SH workout, post workout drills/conditioning

PM: Rest

Tuesday

AM: SH agility workout, post workout drills

PM: Speed Camp

Wednesday

AM: SH workout, post workout drills/conditioning

PM: Rest

Thursday

AM: SH agility workout, post workout drills

PM: Speed Camp

Friday

AM: SH workout, post workout drills//conditioning

PM: Rest

Saturday

Rest Day

Sunday

AM: Rest Day

PM: Passing League (For Centers)

OL/TE Offseason Drills

****Run Blocking is our PRIMARY job- if the OL are working run block drills you should be working with them!!!**

Stance

- Feet are staggered with inside foot set back and toes slightly angled out.
- All cleats in the ground.
- Knees are bent to provide flat back with hips over the heels
- Inside hand down with no weight on it.
- Head is up. Head, shoulder, hips are square to the line of scrimmage.
- Wrist or forearm on opposite knee.

Partner Leverage Drill

- Hips back, feet wide chest to the ground, throw hands with knee to partner.
- Big step with all cleats in the ground. Partner leaning with resistance.
- Throw arms and match feet violent with the legs
- Progression is one whistle for each step to whistle to start, then second whistle to accelerate.

One-Man Sled Hit Step Progression

- Good Stance, all cleats in the ground, flat back, hips over heels, head up, opposite forearm placement on knee, preload opposite foot.
- Fast 6-inch wedge step with arms cocked, flat back, head up, all cleats in the ground.
- Good start with arms cocked, flat back, head up, all cleats in the ground.
- Hands hit shield and foot hit grounds at same time.
- Hips stay up and back stays flat
- All cleats in the ground.
- Drive knee to chest of defender
- Delivers with violence.
- Flat back
- Hands and elbows inside
- Feet wide
- Head up
- 3 points of contact
- Violent steps into the ground (no skating)

T Shield Hit Step Progression

- First whistle stance to wedge step (right and then left foot step)
 - Good Stance, all cleats in the ground, flat back, hips over heels, head up, opposite forearm placement on knee, preload opposite foot.
 - Fast 6-inch wedge step with arms cocked, flat back, head up, all cleats in the ground.
- Second whistle wedge step to hit step
 - Good start with arms cocked, flat back, head up, all cleats in the ground.
 - Hands hit shield and foot hit grounds at same time.
 - Hips stay up and back stays flat
 - All cleats in the ground.
 - Drive knee to chest of defender
 - Delivers with violence.
- Third whistle hit step to drive for five.
 - Flat back
 - Hands and elbows inside
 - Feet wide
 - Head up
 - 3 points of contact
 - Violent steps into the ground (no skating)

3 Man Sled Hit Step Progression

- From wedge step start hit step into the sled.
- Looking for the following
 - Good start with arms cocked, flat back, head up, all cleats in the ground.
 - Hands hit shield and foot hit grounds at same time.
 - Hips stay up and back stays flat
 - All cleats in the ground.
 - Drive knee to chest of defender
 - Delivers with violence.
- Do right foot and then left foot start.

TE Route Running Drills

**** TE's should make pass catching a priority in the offseason. Schedule times to work with the QB's whenever possible- Catch Catch Catch Catch**

- **15 yard out**

From a three point stance step with your inside foot first exploding off the line at the 6-7 yard mark break for the near sideline continuing to gain ground- A great 15 yard out means you finish at 15 yards!

- **Pylon**

From a three point stance step with your inside foot first exploding off the line you must run FULL Speed to the near pylon- your eyes and shoulders are looking over the outside shoulder to catch the ball- this is our home run route!

- **Post**

From a three point stance step with your inside foot first exploding off the line you must run FULL Speed to the near field goal post- your eyes and shoulders are looking over the inside shoulder to catch the ball- this is a big play route!

****Can also work on the Post "up" which is the same route stopped at 12 yards**

- **15 yard Drag**

From a three point stance step with your inside foot first exploding off the line at the 6-7 yard mark break across the field for the far sideline continuing to gain ground- A great 15 yard drag is completed on the opposite side you started from as you're on your way to the far sideline. Turn up the sideline and SCORE!

TE Conditioning Drills

Tuesday-Thursday

Captains will lead all players through workouts designed to increase agility, speed and conditioning on the SH turf or lower fields. Some of the conditioning workouts include:

300's

40 yard dash

Tire workouts

The Wolverine

The Devil (new this year)

The Eagle

The Fitchburg 50

Speed Camp

It's encouraged that you sign up and participate in Coach Holland's Speed Camp on Tuesday and Thursdays. The camp is designed to increase explosive speed and agility.