

**Shepherd Hill Football
2018 OL Offseason Manual**

**Coach: Steve Ide
508-864-9203
side@dcrsd.org
Twitter: @STATide**

**Coach: Jason Clark
774-249-1738
jasonaclark56@gmail.com
Twitter: @JasonAClark56**



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 Offseason Drills

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.

Pass Pro:

Stance and Cleats

- Feet are staggered with outside 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
- Outside 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.

Ram Rod

- Snap out of stance.
- Outside foot picks up and puts down fast with toes out in the same location
- Hands come up inside and then out.
- Arms extended to 6 inches away from full extension.
- Weight stay on inside foot
- Three right and three left.

Vertical Steps

- Snap out of stance.
- Outside foot picks up and puts down fast with toes out in the same location
- Hands come up inside and then out.
- Arms extended to 6 inches away from full extension.
- Weight stay on inside foot
- Vertical step back with outside foot, drag front foot.

Kick Steps

- Snap out of stance.
- Outside foot picks up and puts down fast with toes out in the same location
- Hands come up inside and then out.
- Arms extended to 6 inches away from full extension.
- Weight stay on inside foot.
- Outside foot kickbacks at angle, front foot drags.

Power Down

- Snap out of stance.
- Outside foot picks up and puts down fast with toes out in the same location
- Hands come up inside and then out.
- Arms extended to 6 inches away from full extension.
- Weight stay on inside foot.
- Inside footsteps laterally to the inside.

Centers (All Offensive Linemen should know how to snap)

- 50 Under Center Snaps with QB
- 50 Shotgun Snaps with QB

****Work Hit Step Progression and Pass Pro while snapping***

OL Extra Conditioning Drills

- Leg Sled
- Tire Workouts
- 300s
- Hills
- 1-Mile Run

