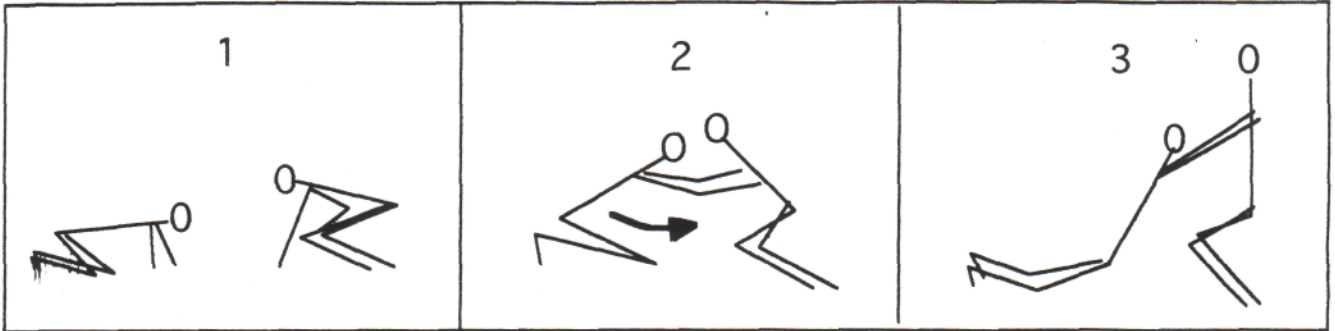


1. 4 point explosion - Blocker begin in a 4 pt. stance, Def. aligns in a 3 pt. stance and fires out towards the blocker. The blocker makes 3 point contact - gets his hands on the bottom of the #'s / and looks in the block. He should snap his hips into the block (fig.2) and then lock out his arms finishing with his hands above his eyes.



2. Fit position - 2 point stance vs. defender. Punch and Snap hips and drive feet keeping base.
- Same thing 1 yard away, now initiate contact then finish as above.
 - Same thing 3 yards away, etc.
 - Same thing 5 yards away, etc.
 - Same thing 5 yards away with the defender moving to right or left.
3. Popsickle Sled - Align 3 or 5 yards away - punch / lockout / exccelerate feet keeping a good base. Work on keeping your base and staying in a good FB position (not rising up)
4. Block Each Other - Form a circle - The two players start 3 yards apart, on the whistle each guy becomes the blocker and tries to block each other out of the ring. Work on getting leverage and hand position under/ inside the other's. Also emphasizes driving an object not willing to move, good base, and finishing the block.
5. Man in Front - Blocking LBer with linemen in front of you that you must avoid first. Coach stands behind and signals to the Lnm / LBer where to go.

