

Offensive Lineman Drills

What are College/Universities looking for in offensive lineman prospects?

Body Quickness (First Step), Foot Quickness (Second Step), Ankle & Knee Bend (Stance), Balance & Body Control, Hips. This is what they primarily check for before getting into specifics like pass protection, hands, decision making in second level, etc.

How will the showcase help me demonstrate and show scouts that I have the skills to play at the next level?

Our drills were selected from the NFL combine with the intention of demonstrating footwork, agility, decision making, and speed which are essential in being a successful offensive lineman in college football.

Drills:

Deep Pull – Player will start with a good stance on the cone. On the coach's command, the player will pull around the cones and sprint staying as close as possible to the cones demonstrating speed in getting out in space finishing through the last cone. This drill will be done to both the right and left. I will not be precise about the type of pull you do since every school teaches pulling differently.

What will this drill show: Good stance, opening hips, body quickness, foot quickness, speed, staying low coming out from your stance in a pull.

Pass Rush Drops – Player will start from his stance with his hand on the cone. On the coach's command, the player will pass set back towards their preferred side (you will be asked prior to starting your rep). You are expected to keep your shoulders squared and show you can gain ground while maintaining a good base the entire time with your hands ready to punch. One critical part of this drill is that you want to be under control with your rep. On the coach's command the player will switch to a power step towards the bag. After punching the bag, the player will drop back into a pass set and then after a few kicks the coach will yell go and the participant will turn and sprint 5 yards through the cone.

Tips: Players will want to keep active feet, keep their chest up, have a nice bend in the lower body, and stay under control the entire time. When it comes to punching the shield, players do not want to lunge towards the shield, but be patient and wait for the shield to get in range for them to give them a nice strong punch. Remember that in a game situation lunging toward a defender will always set up an offensive lineman to be beat. The person on the shield will be instructed to walk towards the players once they have started their rep. This drill will be done to the preference of the player.

What will this drill show: Foot work, body quickness, speed, athleticism, how fast can you gain ground in pass protection, staying low entire time, pass protection technique, knee bend.

Video Links

The following links will show you the two drills. I recommend you watch them all and just watch how collegiate offensive linemen move. You may even find it useful to take some of the techniques they use to better perform in these drills.

<https://youtu.be/bbnkhDIUj0I?si=lWG1f7I3w4Zv2WlK&t=658>

<https://youtu.be/iNHZ-26lbBE?si=K-D3BYDZSiXSBx6e&t=283>

https://youtu.be/jc_ODNhg-bw?si=L4BOU6-IAx-OzCQp

<https://youtu.be/q23VngpbVTk?si=BZyetlQKrut8TJes&t=156>

Offensive Lineman 2024 Combine Workout:

https://youtu.be/RM0TdiBQJ5g?si=41H_rVRf7MF-r9su&t=106

Do not take this lightly because it may be the only chance you get to catch a scout's eye in person. Remember do not half ass anything, not even warm up because scouts will be walking and watching you the entire time and that will be the selling point for them on you. Hope to see y'all very soon.

Best,

Coach Jesus Duran