

**Look Inside!!!
Preview...**



JAWS

**Coaching Youth
Football
O-Line
Blocking**

**JAW Blocking
Eat the Defense**

Coaching Youth Football O-Line Blocking

CoachParker.org

September 2020

Version 1.962020

Stephen C. Parker

Thoughts on Blocking

Blocking is the key to a consistent scoring offense in youth football. Too many youth football coaches try to find a fast tailback and win by running back talent alone. In the long run that skilled RB talent may move, get hurt, let you down, and or not be the fastest running back in your league. You might only end up with less talented RBs but a top tier offensive line. Like Defense, the Offensive Line wins football games and most importantly Championships.

If you want to win youth football games, focus on blocking. I personally love coaching the offensive linemen. Remember you get what you coach, if you do not coach how and who to block then well, do not yell at your players in the game to block better. I hear this from the sideline all the time; “someone block!”

So many coaches ask me why the Beast Offense power play works. They know I run the Beast Tank. They scout my team and they still have trouble stopping the Beast Tank play. The Beast Tank play is about the offensive line blocking. We focus on how this play is blocked and work on it every week at practice. Reps!

There are usually 15 to 25 players on each youth football team. If you as the Head Coach and or Offensive Coordinator just focus on 4 to 6 running backs and throw two thirds of your pee wee football team over to an inexperienced O-Line assistant coach, you might be in for a real shock in your first scrimmage. Make sure to have an experienced youth football coach working with your offensive lineman. I cannot over emphasize this coaching issue. Make sure your offensive line is coached by an experienced o-oline coach that knows how to coach blocking or is willing to learn how to coach the o-line.

Until youth football coaches realize some of the smartest players on their football team are playing offensive line and they can do a lot more than just “block the guy in front of you” they will only be an average youth football coach.

For more on Blocking and update articles

<https://coachparker.org/2016/04/20/blocking-in-youth-football-coaching-clinic/>

<https://coachparker.org/offense/coaching-offensive-line-in-youth-football/>

Choosing OLM

Thoughts on O-Lineman

When I coach youth football players from 2nd grade to 6th grade, I prefer to protect the Center – Quarterback exchange as much as possible; Guard, Center, Guard. By protecting the middle we can snap the ball and the QB can make the necessary hand offs in the backfield. Your number one priority on offense is to get the snap off cleanly and this is tough when your opponent knows you have less than effective guards and center. Another advantage of a strong middle offensive lineman positions is the wedge play in youth football.

Many seasons I have a play side oline (strong) and a backside line (weak) so my strongest G, T and E will move to play side for better blocking. I also overload the O-line with an extra Power Tackle since pulling a backside guard seldom achieves the same success as an overloaded offensive line in my experience coaching youth offensive lineman positions, especially at non-Select travel team levels.

Something that I learned late was that you should expect your offensive lineman to learn advanced blocking calls just like your running backs must learn running lanes, holes, and pass routes. Lineman can handle the challenges of advanced blocking techniques if you expect them to do so.

Lombardi said football is blocking and tackling, so don't forget to spend a majority of your time teaching the majority of your youth offensive players in the offensive lineman positions how to block during your offensive time period. I know working with the running backs is very popular and fun, but championships are won in the trenches.

And finally before moving to the individual offensive lineman position specifics, do not forget to involve your running backs into your blocking schemes. Many coaches forget to teach their running backs who to block and any adjustments for shifts or blitzes. You can't block all 11 defenders with just your offensive lineman. Your main blocking back usually your Full Back should be able to block LBs and Defensive Ends in the open field. Make sure you teach open field blocking and how to push a pile to your running backs.

When choosing youth football lineman, remember weight should not be your biggest factor determining offensive lineman. Look for quick feet and hands. Our best blocker last season was our 85 pound half back / quarterback. He could easily block much slower 130 pound lineman without much trouble. We actually made up several plays called "playerX chow" so this particular HB moved to the OL so he could chow the opposing defensive player and our running backs ran over his block.

Most of the time, a smaller but quicker OL will outperform a slower oversized OL. If you are drafting an offensive line, try to draft big FBs. These versatile players in youth football are diamonds.

Offensive Guards

Since I prefer big Centers, I like my offensive guards to be medium size and very quick footed with good hand speed. Usually in youth football the “A” gaps are filled with MPP defensive players so a good Center can handle them and let the offensive guards pull, double team with the OT or track to the LBs. The OGs also must help protect the Center on mi-line stunts and blitzes. We have a blocking call for “A” Gap LB blitzes to protect the middle, “Cannon”

My play side guard will usually be one of my top blockers on the team and my weak side guard will be an expert at crab blocking (fill block) or quick enough to pull / track a play side LB / SS. As a general rule of thumb, slow FBs make great offensive guards and fill nicely in most offensive lineman positions.

For advanced teams and Spread team, According to TCU’s Coach Dutch Meyer who wrote the original **Spread Formation Football** book, says the two guards must be two intelligent and quick offensive linemen. Their pulling ability and judgement on who to block is critical to the success of the Spread Offense.

On them will depend the success or failure of almost every operation.

.... We look for men who can move and think.

– Dutch Meyer

Most youth football the Offensive Guards are there to guard the Center / QB Exchange and block the A gaps from Nose Guards and blitzing Linebacker stunts. Sometimes you can play minimum play players at the backside guard and have them crab block. In the WMSO this will not be the case, since you will be pulling both Guards on many plays.

I prefer quick footed Guards to bigger slower Offensive Guards. Slow fullbacks are a good place for your Spread formation guards. They are quick and fast enough to get out of the LOS and big enough to attack the MLB, OLB or OT.

If you are lucky, you will draft at least one Fullback type Offensive Guard to use as your main pulling guard or play side overloaded OL guard which I call the “Knight.” You can probably get away with pulling one guard in youth football and maybe overload one side of the o-line.

But for a Spread Offense to be truly effective you need to highly skilled blockers at the offensive guard position. So, between your Sniffers, Fullbacks and Guards you might be able to set up a rotation and let them carry the football now and then. This might help your recruiting these type players to play guard. Of course it is always good to have dedicated players playing a position.

Most of the time in youth football recreational team one of you guards will be a Minimum Play Player. The Center will most likely need to help this player. Male sure to teach this weak guard how to inside step hard, crab block and work with the Center filling that A Gap, otherwise is might be a long youth football season.

Ranking & Grading Players

- Ability to Learn Quickly; Listen?
- Football IQ
- Exp at a Position
- Remember Plays
- Desire to hit
- Desire to Win
- Character
- Leadership
- Ability to Tackle
- Ability to Block
- Throwing Ability
- Catching Ability
- Speed
- Quickness
- Footwork / Hands
- Coachable
- Good Teammate
- Attendance / Tardiness
- Communication
- Parents
- Age

OLM Practice

Blocking Practice – Linemen 1

- Expectations and Goals
 - Best O-Line in league
 - Most in Shape, Physical and Meanest Offensive Line that punishes opponents
 - 2 blocks is a good block or a bootucky block, blocking just one person on a play is too easy
- Stance, Alignments, Gap Splits, Snap Count – Then From Huddle (5 to 10 reps)
 - 2 or 3 Point Stance – Faster take offs / Hands are Weapons – Lead with Hands
 - Even Set / Unbalanced Overloaded Set – “Big” / “Even”
 - Outside linemen align your inside toe on the inside toe of inside linemen – Keeps OL Straighter
 - Gap Splits 6 inches to 24 inches / o Splits on Power, SW Formations and Wedges
 - Guards must protect Center may only have 6 inch split or less.
 - Guards high knee into opponent A Gapper crotch of rusher. The OLM thigh should be in the way of defender
 - Review, Huddle and line up 5 to 10 times with Snap Count Get Offs – Watch Inside Steps
 - Football is named Inside Down (emphasize inside steps and protecting the QB / Football / Center)
- Steps 1 – 2 – 3 and Quick Get Offs (5 to 10 reps each step)
 - O-line quick steps inside jab step – One step first – 5 reps. Short heel to toe replacement
 - Emphasize inside gap more important gap since closest to football and QB
 - Make sure hands are up – no lazy hands – elbow in knee cap or just off
 - Do not lunge with first step and be off balance
 - Quick 2 Steps – 2nd step more of a drag directional step to set the direction – Hands Up Engage Def
 - 3rd Step Power and should be completely engaged with opponent so hands up inside chest
 - Rolling hips on this step or next step to push off LOS – driving for 10 steps downfield or until 1 second after whistle
 - Finish the block and put your man on his bootucky – Helmet Awards for Defenders on Ground – Be Mean

Blocking Calls / Terms

Blocking Vocabulary

Many youth football coaches have heard GOD, GOO, MOMA, and GOL, but what do they mean? They refer to blocking rules. Here are a few rule blocking terms that you should include in your offensive blocking vocabulary.

- ❖ **GAP** – refers to space between the linemen. GAP rule is block GAP toward the ball or play side for Center.
- ❖ **On or Over** – On refers to the defensive linemen who are head up or outside shade of o-lineman, Over refers to Linebackers
- ❖ **Down** – Continue blocking the next man on the line.
- ❖ **Downfield** – Block down field
- ❖ **GOD** – Gap ON Down or Downfield or near Defender
- ❖ **GOLD / GODLI** – Gap On LB Near Defender / Gap On Down Inside LB
- ❖ **GOO** – Gap On Over or Outside (Use for pass blocking and backside TE with a hinge block)
- ❖ **ION** – Inside Gap, On
- ❖ **MOMA** – Man on Man Away (Good Center Rule)
- ❖ **Linebacker** – block the most dangerous Linebacker
- ❖ **GOL** – Gap, ON, Linebacker
- ❖ **Inside or Outside** – block d-linemen in the GAP or On the next lineman to his inside or block outside gap and over for outside call.
- ❖ **Fill** – Tells lineman to block any defender in pulling lineman's area
- ❖ **SAB** – Severe Angle Blocking – track angle blocking scheme at 30% angle on play side either in or out.
- ❖ **Track** – blocking a zone or area not a single defender – like on a railroad track anything gets in way then block
- ❖ **JAW** – Inside SAB Track Call – Simplified GOD call.

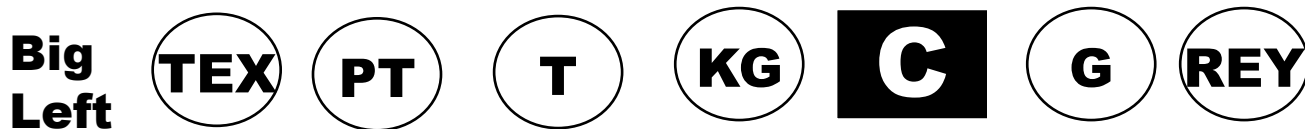
GOD is probably the most popular youth football blocking rule. If you are not using blocking rules with your youth offensive line, you should develop a set of simple rules today. For younger players I use JAW which is a simplified GOD inside track blocking call.

More Oline Vocab & Calls

1. **Ted** – Def End
2. **Bill** – Nearest inside LB
3. **Carl** – Corner Back
4. **Fred** – Free Safety
5. **Dan** – Def Tackle
6. **George** – Def Guard
7. **Ned** – Nose Guard
8. **Log** – Seal block inside
9. **Kick-Out** / PopCorn – Kickout block
10. **Dracula** – Man Count System

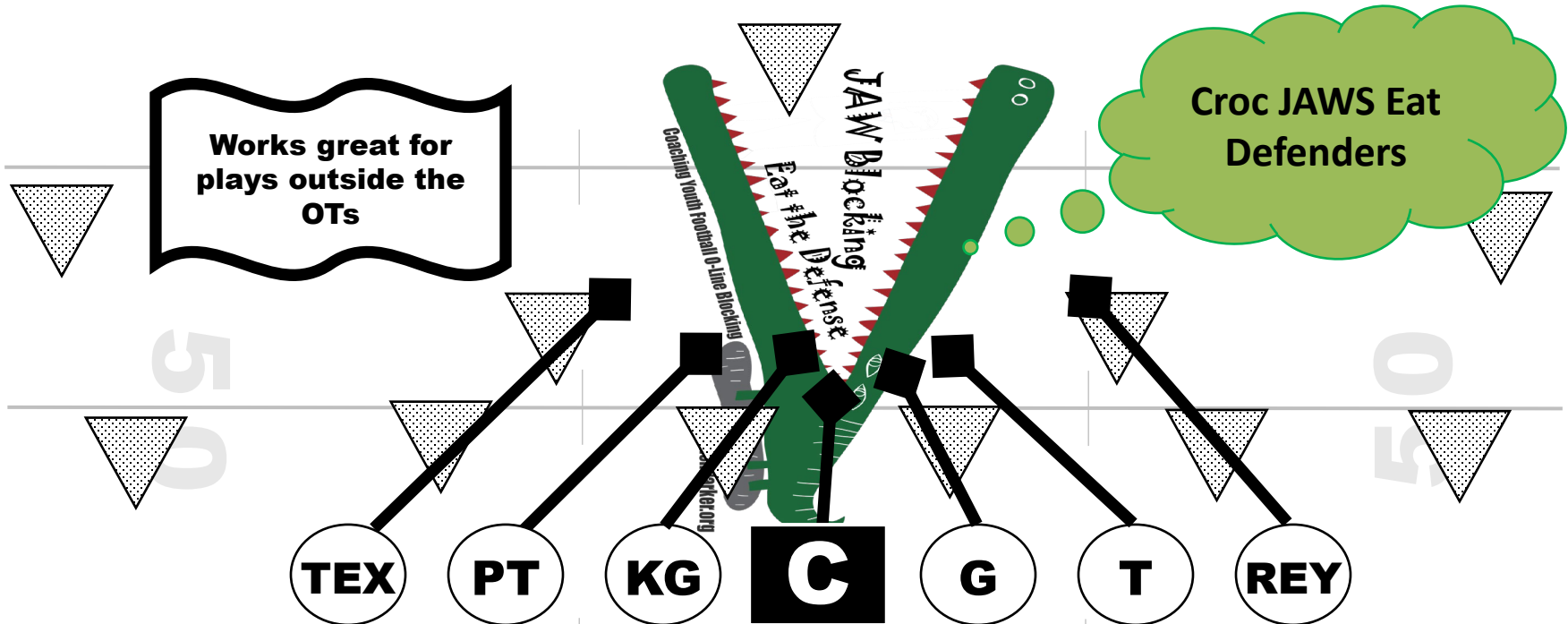
OLM Alignments / Splits

Even & Unbalanced “Big” Offensive Line R / L



Blocking Call Diagrams

JAW – Inside Track Block

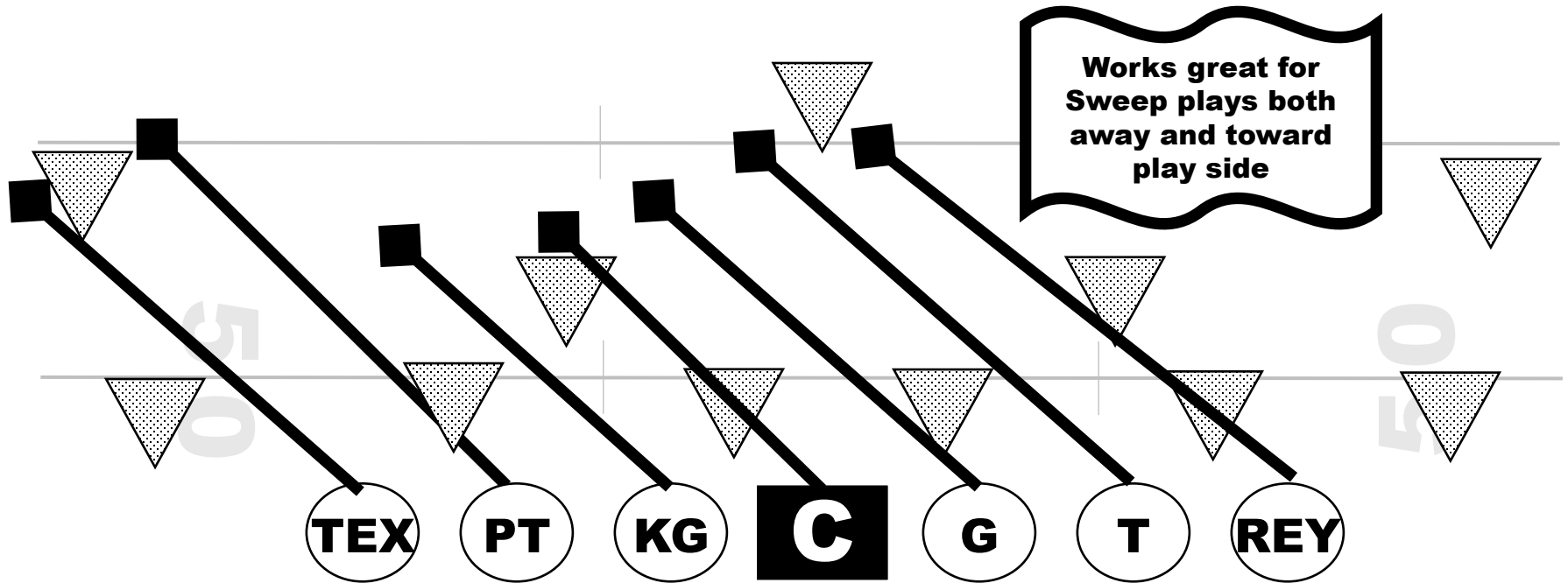


- Hard Inside Step with Inside Foot
- Blocking on an angle track less than 45 degree angle
- Not assigned a man but an inside angle track to sidelines
- Trying to create double and triple teams at LOS
- Pretty good for inside run plays too, simple wedge
- Can be called from Big Line too



Not as effective for blocking LBs. Make sure LM do not angle pinch too much if no one there to block. Track a few steps then hunt.

Larry- Track Left



- 30 to 45 Degree angle track block to sidelines
- Simple Zone blocking rule
- Not assigned a man but a angle track inside
- Pick up any man in the track at snap but do not chase running out of track before contact
- Trying to create double and triple teams at LOS



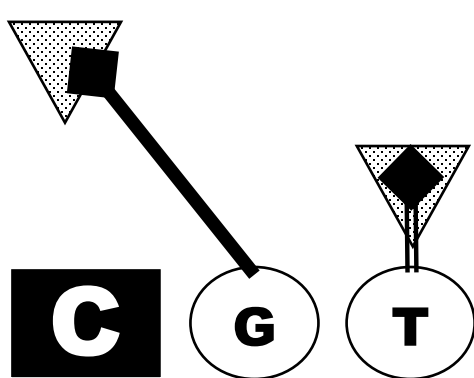
Watch left gap next to Center. A quick Guard and slow Center will create a huge hole. Have left side oline take quick inside jab step then move to track left.

GODLi Rule Explained

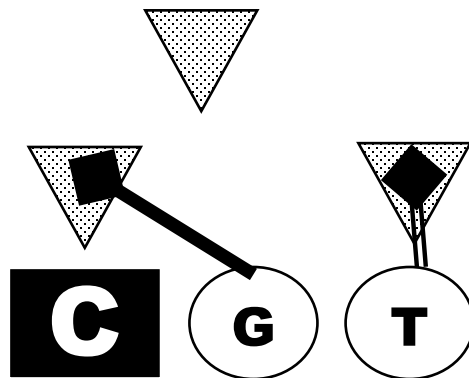
iGap – On – Down – LB

Progression Rule – Stop at First Yes

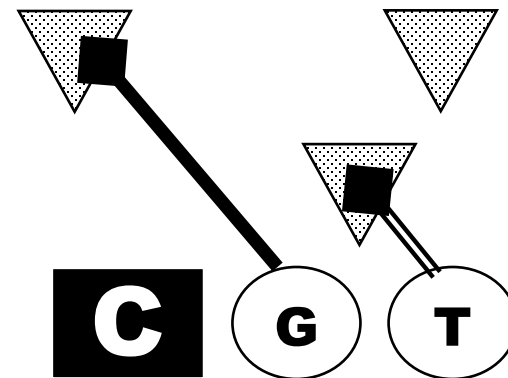
Block LOS inside, on or down Defenders First, then on or inside LBs



Inside Gap – No
 On – No
 Down – No
 LB Inside - Yes



Inside Gap – No
 On – No
 Down – Yes
 LB Inside - Yes

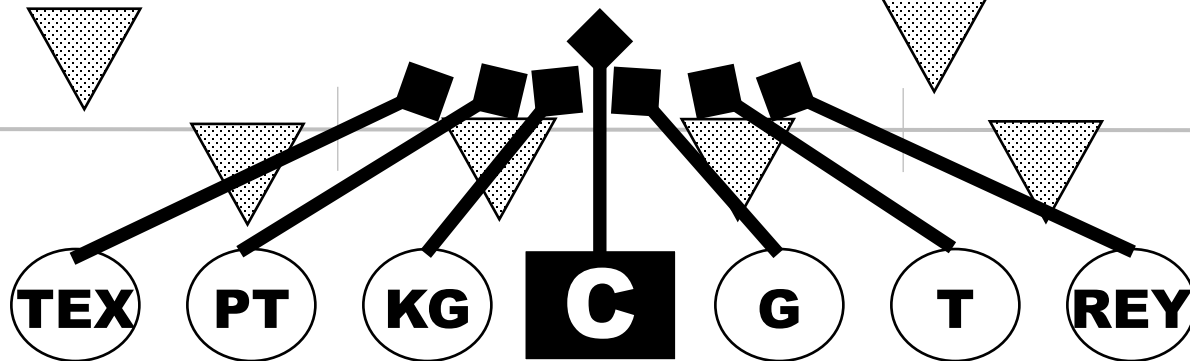


Inside Gap – No
 On – No
 Down – No
 LB Inside - Yes

Example for Right Guard

Wedge

Great call for 0,1,2
hole plays.
Demoralizes
defenses.



- Wedge Block Rule
- Great for 0,1,2 hole plays
- I prefer biggest 3 linemen are point of Wedge block
- Must teach and practice every week
- RBs must learn how to run in the Wedge

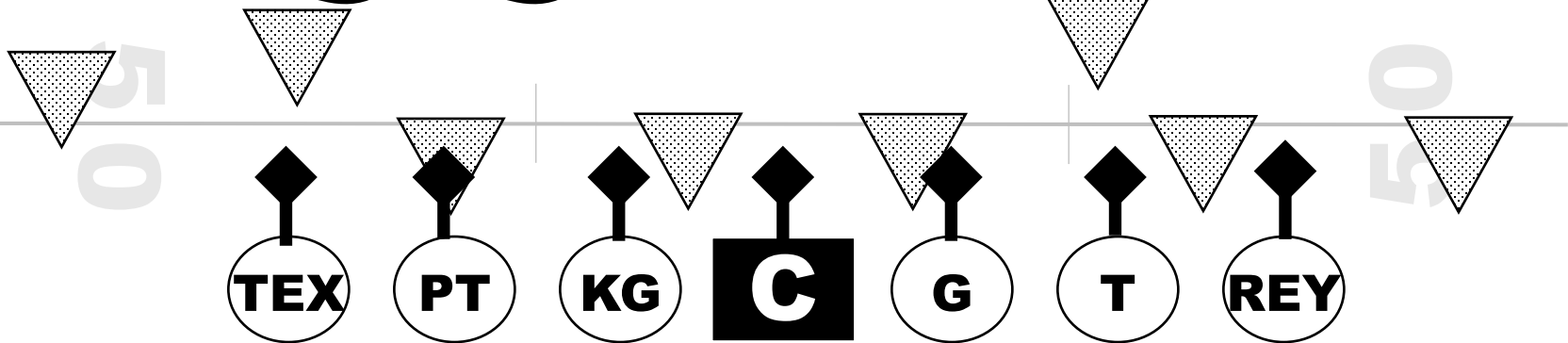


Submerging defenses can sometimes nullify the Wedge blocking. Players do not like to step on opposing players hands and arms. Small center can be a problem.

Pass Blocking Calls

GOO or GOOP - Gap On Outside

**General Purpose
Pass Blocking Rule.
Good Rule for
backside TEs.**



- Inside Gap Outside Blocking Rule
- Progressive Rule Block First Yes Answer to Rule
- Good Base Pass Blocking Rule
- Pass Blocking Do not Fire off but Take Drop Step and set up
- Also use for mail rule for backside EMOL blockers or TEs



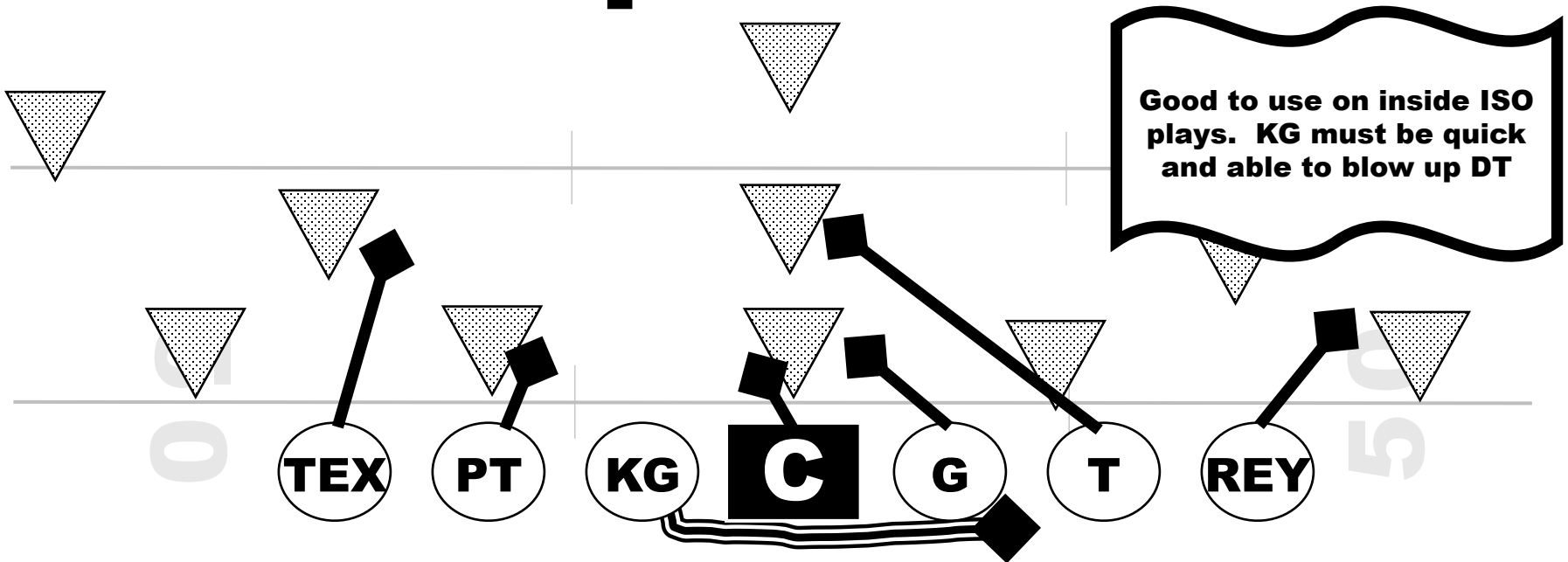
Protect inside Gap and slide bucket steps to block outside defenders but first protect inside gaps.

Pulling Call / Concepts

Pulling Call & Concepts

- Pull Guard = “Knight”, Pulling Tackle – “Pawn”
- Inside Trap = “Trap”
- Outside Trap = “Kick Out”
- Guards Pulling Left = “PuL”
- Guards Pulling Right = “PuR”
- Tackles Pulling Outside = “Scoop”
- Tackle Pulling Inside = “Skip”
- Both Guards Pull – “Giants” R / L
- Knight Guard & Pawn Tackle Pull – “PKP” R / L
- Knight Guard & Pawn Tackle Pull / Trap – “KPO”
- Guards and Emu Pull – “Titans” R/L

BB@6 K-Trap



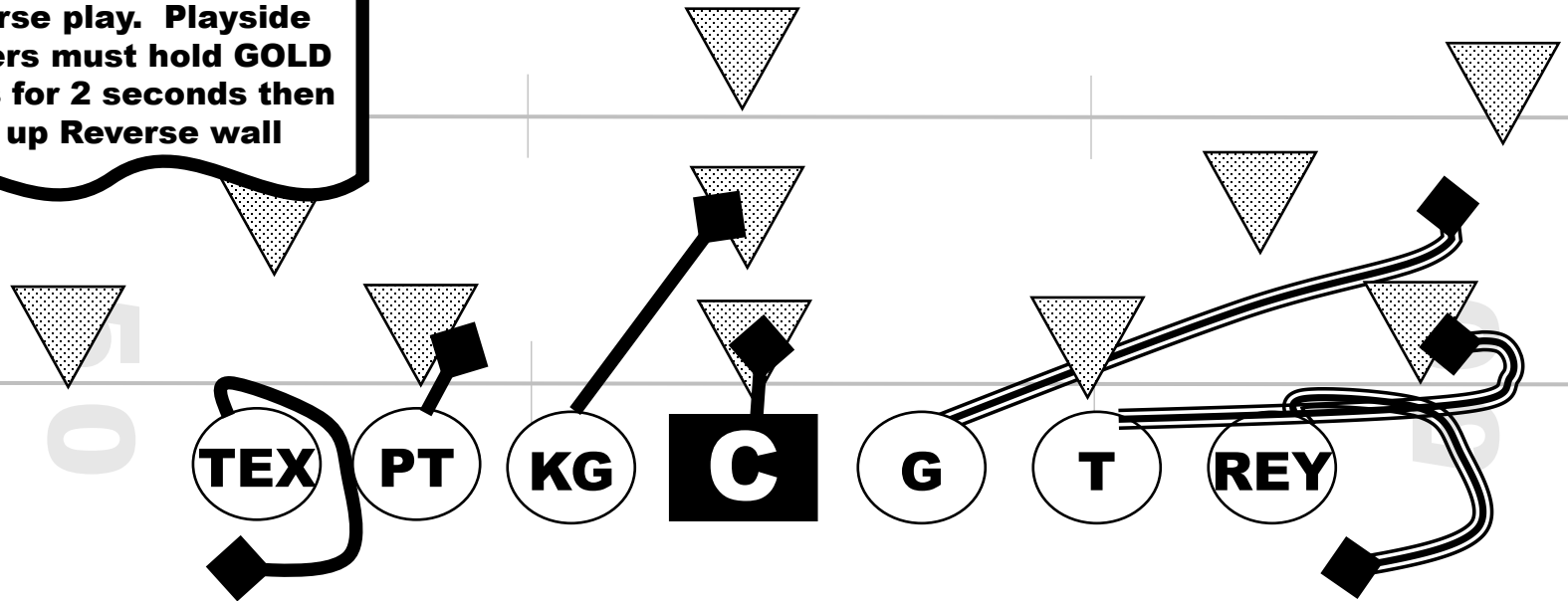
- K-Trap is an inside Trap blocking call for the Knight Guard
- KG traps inside at the hole called
- FB will either lead through hole or Fill for OG pull
- Trap calls work great for plays inside OTs
- Works well with RB Counter footwork



KG must be quick enough to beat RB to the hole and make the block on the OT.

Reverse Block Right

This is specific to the Reverse play. Playside blockers must hold GOLD blocks for 2 seconds then set up Reverse wall



- Reverse block called is used for wide outside reverses from the Spread or Speed formations.
- OL must set up wall after initial blocks.
- Must practice setting the wall up.
- RBs must sell the Fakes for this wall to work.



OLM cannot just set up wall immediately. They must block for count of 2 before creating the reverse wall.

Advanced Blocking Calls

Zone Blocking Issues at Youth Football Level

- Tier 1 Offensive Linemen are at a premium
- Linemen Coaches that understand Zone blocking and how to coach it are at a premium
- Most Youth OL have slow feet (players still growing)
- Youth Center is slow and opens A gap Leakage
- Youth Defenses are 5,6,7,9 man fronts and blitz everyone most of the time

Techniques / Common Issues

Stop Leaking A Gap

If you are getting defensive players shooting gaps, your OLM gap splits might be too wide. We do less than 6 inches or “Bear Claw” We make a fist like a Bear claw and that should be our gap width unless we make a swider split call. We are hands on first into chest engaging then maybe lean in for shoulder block but I like to engage the defenders with hands then inside with helmet, neck or shoulder to help turn the defender. We will engage or hold opponent shoulder pads with Trex arms inside and steer the defender where we need them. If Trex arms extend then we get holding penalties. If we are having issues with blitz splitting gaps we will go to a crab / bear crawl block with helmet into gap and butt up in air and side bear crawl our hips into the defender. This will usually cut off two people. We cut Center foot in half then toe up on all others. I don’t worry about that too much really.

I really worry about inside steps since we usually block some type of Gap On down rule. We want to put our knee cap into the opponents crotch or help shooting a gap. We hard 30 degree angle step into the down gap to cut off defenders. If the OLM step straight the inside gap is huge especially if his neighbor blocks down hard and he is stepping straight. Watch for that issue. Usually there is always an issue in the A Gaps since most youth football Centers are slow to snap and get off. Make sure your guards are “GUARDING” the Center, QB and football.

Also slow OLM may need a two point stance vs three . We make them get in an Elephant stance so low their arms are like a truck out in front of them on their knees ready to engage.

- 1) Hard inside Gap Step — knee in helmet of gap defender hard angry step
- 2) Small Gap Splits to speed up step
- 3) Quick Hands to the chest
- 4) Steer and drive left or right straight back is too hard
- 5) Drive for 5 or on butt and find another one to put on ground
- 6) Do not watch a tackle become part of the tackle and push defenders off your RBs
- 7) Help up your RBs don’t let them lay there

OLM Drills

More from Coach Parker

<https://coachparker.org/youth-football-playbooks-store/>



Wildcat Multi Spread Offense



Offensive Playbook for Youth Football



End

Contact me anytime....

<https://coachparker.org/about-coach-parker/contact-me/>