THE PERSONALITY OF A GREAT OFFENSIVE LINEMAN

• Poised and physical
• Finish everything you do
• No detail is too small to overlook
• Effort & hustle are everything
• Intelligent
• Accountable, credible
• Relentless for four quarters
• Never-ending hunger for victory

FBU
Technique Plus Talent
Beats Talent Alone
THE SKILLSET OF A GREAT OFFENSIVE LINEMAN

• Good technique, fundamentally sound
• Understands offensive scheme
• Comprehends all pass and run assignments, and alignments & angles
• Knows the gameplan inside and out
• Leads by example
• Strong, both physically and mentally
• Has a great stance

• Smart, Tough, Physical
THE WORK ETHIC OF A GREAT OFFENSIVE LINEMAN

• Works hard in all situations
• Takes advantage of every rep
• Film study is a daily routine
• Embraces all competition
• Understands the difference of hurt vs. injured
• Determined to achieve all personal and team goals
GOALS AT FOOTBALL UNIVERSITY

• Improve technically, mentally, and physically
• Improve hand ability
• Learn how to effectively watch and study film
• Learn the difference between luck and preparation
• Learn how to take proper angles
• Learn how to effectively use leverage
MOVEMENT PREP / WARM-UP

Long arm skip (forward & backward) – 20 yards
Lateral overhead skip – 2 sets, 20 yards
Carioca – 2 sets, 20 yards
Tapioca – 2 sets, 10 yards
Snapioca – 2 sets, 20 yards
High-knees – 2 sets, 10 yards
Butt kicks – 2 sets, 10 yards
Leg cradle – 2 sets, 10 yards
Forward lunge – 2 sets, 10 yards
Forward lunge (with twist) – 2 sets, 10 yards
Backward lunge (with twist) – 2 sets, 10 yards
Forward lunge (elbow to instep) – 2 sets, 10 yards
Hand walks – 4 sets, 10 yards
Hamstring march – 2 sets, 15 yards

Hamstring skip – 2 sets, 15 yards
Lateral lunge – 2 sets, 15 yards
Drop-step lunge – 2 sets, 10 yards
Linear skip (forward & backward) – 15 yards
Lateral skip – 2 sets, 10 yards
OFFSEASON WORK / JANUARY - JUNE

Drills designed to strengthen core and lower body

• 4x a Week
  – Fifty Pass Sets
  – Foot Quickness (ladders, dot mat) --
  – Hand Punch (single-hand, two-hand) -- fifty each
  – Change-of-Direction (short shuttle, hurdles/bags) -- 5 sets
  – Departure Angle Footwork -- work all run plays and pass pro sets
PLYOMETRIC ROUTINE / JANUARY - JUNE

Linear – [Monday & Thursday]
• Linear Bound - 3 Sets, 8 Reps
• Box Jump - 5 Sets, 10 Reps
• Vertical Pop - 3 Sets, 8 Reps
• Hurdle Jump - 3 Sets, 8 Reps
• Wall Squat - 3 Sets, 30 Seconds Each Set
• Single Leg Squat - 3 Sets, 8 Reps Each Leg

Multi-Directional – [Tuesday & Friday]
• Lateral Bound - 3 Sets, 8 Reps
• Lateral Box Hops - 5 Sets, 10 Reps
• 180-Degree Box Jumps - 3 Sets, 8 Reps
• Lateral Shuffle: 6 Cones - 4 Sets
The journey of a thousand miles starts with a single step. Football success is a long road, walked one day at a time.

Bounce up every time you are knocked down. Get up and get some more. It’s not where you are, it’s where you are going.

Be overprepared for the opportunity you wish to receive -- whatever it may be (starting, playing, etc.) it may come just once in your career. Be ready.

Leave your ego at the door.
“You want to get a little better? Work a little harder.” – Jerry Rice

“When it comes down to that moment, when it’s me against you, you know in your head whether you worked hard enough. You can try to lie to yourself. You can try to tell yourself that you put in the time. But you know – and so do I.” – J.J. Watt