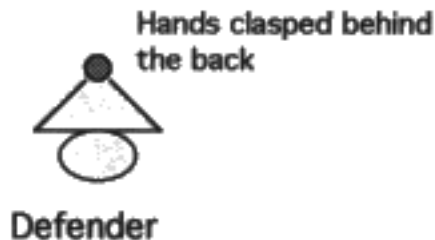


1. Use the same steps as the mirror drill
2. Have the defender work back and forth, side to side.
3. on a whistle command by the coach have your offensive linemen shoot their hands to the arm pits of the defender, still maintaining their face in the numbers, and still working their base and feet.
4. On the command of the second whistle have your offensive linemen lock out their arms and finish. This drill of all the drills that I use I like the best, because it combines alot of points that need to be observed and corrected if needed.

Note: If you have access to shoots the mirror drills can be started from their, this will give you additional drills that apply to the shoots.



Face In
The
Numbers

Hands placed to the arm pits of the defender



Hands and arms at full extension working for the finish

