



1. Have your offensive linemen place their face into the numbers of the defender.
2. Make your linemen always look upwards through the numbers this helps set their hips.
3. Have your linemen put their hands behind their back.
4. Have the defender place his hands on top of the the shoulders of the offensive lineman, helping to keep the offensive linemen's face into his numbers.
5. On command from the coach your offensive linemen will mirror the movement of the defender always working to keep his face in the numbers.
6. Work proper base and footwork always keeping hand clasped behind the back.