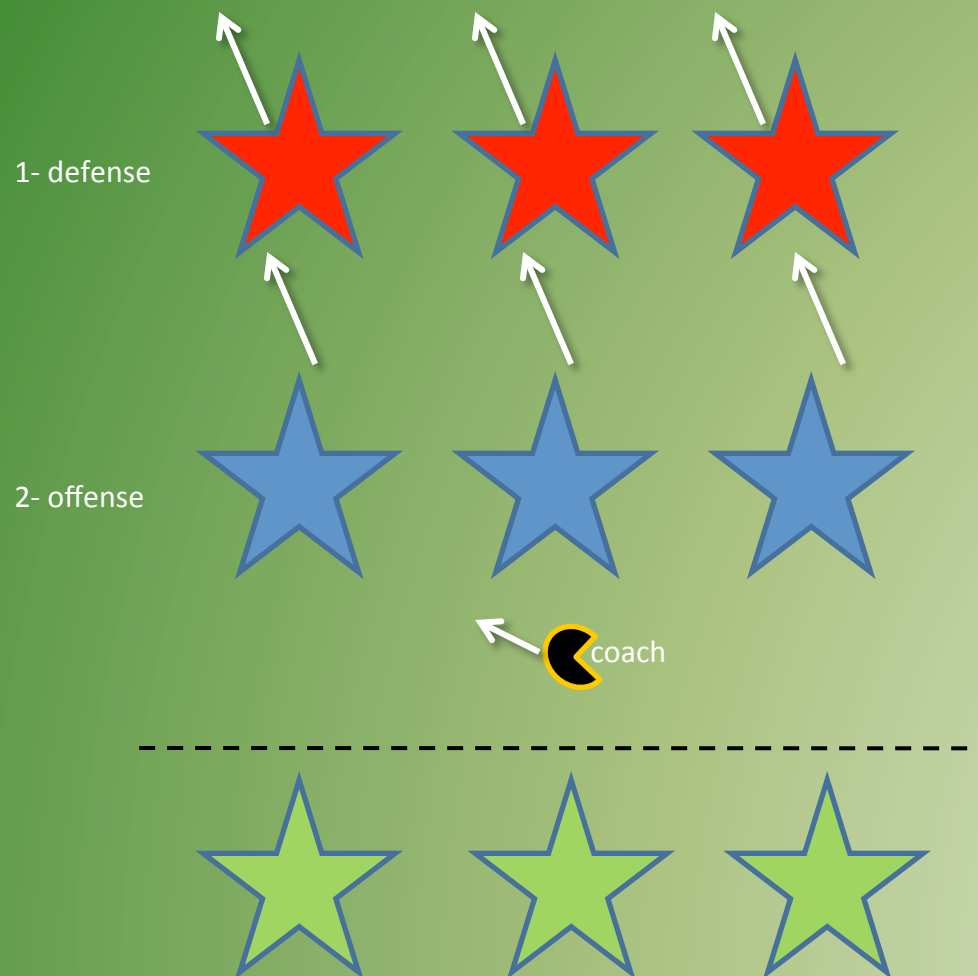


Finishing Alive Drill (OL)

This drill works on leverage, hand thrust and the hip and foot movement needed for finishing blocks



Set-Up

Place players into three lines.

Have Line 1 step out and face Line 2. Line 1 is playing defense.

Execution

The coach will stand behind Line 2 and give Line 1 a hand signal in the direction he wants them to move after the initial contact.

On command, Line Two (offense) will carry out the entire drive block from start to finish.