

Lock-On Drill

To teach the blocker to maintain contact in the follow through phase of blocking

Set Up

Align the offensive blocker under the chute in a three-point stance, standing at the edge of the board.

Place the defender one foot away in a two-point stance. (Alternate the defenders between two and three-point stance).

Execution

On the cadence, the blocker will fire out of his stance and drive the defender down the board.

The defender will collide with the blocker and give resistance as he is being driven back. As the drill progresses, vary the distance between the blocker and the defender.

When the defender reaches the end of the board, the coach will give a direction to spin. The blocker must continue to fight pressure where he feels pressure, lock on, and finish the block.

