

U16 Safe Contact Week Practice 3

Blocking

➔ **Equipment:** Hand shields, Butter bags, Flags, Footballs

➔ **Duration:** 60 minutes

Warm up

- Refer to Warm Up plan

Full blocking

Drill name	Equipment	Duration	Description	Visual
Open field blocking on air	None	10 minutes	<ul style="list-style-type: none"> • Have the blocker stands 3 yards from the imaginary defender • On the "hit" command, the tackler will perform a shimmy approach (short quick 3 inches step) until his chin would be on the imaginary defender's chest • Once he gets to that position, the blocker snaps his hips and hands with thumbs up and fingers out, eyes below the hands • Arms must stay bent and elbows in and tight 	<p>*Perform the drill as per the visual but without the other player holding the shield*</p>

Finish phase

Drill name	Equipment	Duration	Description	Visual
Lock up march and finish	• Butter bags	5 minutes	<ul style="list-style-type: none"> • Knees bent, head up, back straight • Elbows bent 90 degrees • Eyes at or below hands • On the "hit" command drive feet in short quick choppy steps • Maintain finish position and then extend 	

Strike phase

Drill name	Equipment	Duration	Description	Visual
Strike the bag on knees	• Hand shields	5 minutes	<ul style="list-style-type: none"> • The blocker should have his hands holstered and their butt back on their heels to ensure that their hips are hinged back and loaded • On the "hit" command, the blocker snaps his hips and hands. Snaps bag on target with thumbs up and fingers out, eyes below the hands • Arms must stay bent and elbows in and tight 	
Shimmy strike	• Butter bags • Hand shields	5 minutes	<ul style="list-style-type: none"> • Have the blocker stands 3 yards from the defender • On the "hit" command, the tackler will perform a shimmy approach (short quick 3 inches step) until his chin would be on the imaginary defender's chest • Once he gets to that position, the blocker snaps his hips and hands with thumbs up and fingers out, eyes below the hands • Arms must stay bent and elbows in and tight 	
Moving target strike	• Hand shields	5 minutes	<ul style="list-style-type: none"> • The blocker and defender should be facing each other with approximately 15 yards between them • On the "hit" command, they both start jogging towards each other. Once the blocker reaches the recognition area (3 yards away), he will sink his hips and shimmy until his chin is on the tackler's chest. • Once he gets to that position, the blocker snaps his hips and hands with thumbs up and fingers out, eyes below the hands • Arms must stay bent and elbows in and tight 	<p>*Note: Instead of having the players in pad, the defender getting blocked holds a hand shield*</p>

Approach phase

Drill name	Equipment	Duration	Description	Visual
Step off	None	5 minutes	<ul style="list-style-type: none"> Have the blocker stands 3 yards from the defender On the "hit" command, the tackler will perform a shimmy approach (short quick 3 inches step) until his chin would be on the defender's chest 	
Style points	None	5 minutes	<ul style="list-style-type: none"> The blocker positions himself 10 yards away from the defender Blocker gets in an upright running stance (Silver Surfer stance) than runs towards the defender. When the blocker reaches the recognition zone (approximately 3 yards from the defender), he sinks his hips 	
Time and distance	None	5 minutes	<ul style="list-style-type: none"> The blocker and defender should be facing each other with approximately 15 yards between them On the "hit" command, they both start jogging towards each other. Once the blocker reaches the recognition area (3 yards away), he will sink his hips and shimmy until his chin his on the tackler's chest. The blocker should freeze in a shimmy pre-contact position at the conclusion of the drill The defender is responsible for decelerating and coming to a stop when the blocker starts to shimmy 	

Full blocking

Game name	Equipment	Duration	Description	Visual
Full block on hand shield at a distance	<ul style="list-style-type: none"> Hand shield 	10 minutes	<ul style="list-style-type: none"> The blocker and defender should be facing each other with approximately 15 yards between them On the "hit" command, they both start jogging towards each other. Once the blocker reaches the recognition area (3 yards away), he will sink his hips and shimmy until his chin his on the tackler's chest. The blocker snaps his hips and hands. Snaps bag on target with thumbs up and fingers out, eyes below the hands Arms must stay bent and elbows in and tight The defender is responsible for decelerating and coming to a stop when the blocker starts to shimmy 	