BARRICADE LINEMAN · FREE GUIDE

5 DRILLS EVERY O-LINEMAN SHOULD DO WEEKLY

Simple, low-equipment drills for stance, drive-catch footwork, pass sets, hands, and finish — plus a one-page weekly plan. Built for youth and high school offensive linemen, their parents, and their coaches.

SPECIALIZE IN TEACHING THE SKILLS AND TECHNIQUE REQUIRED TO BATTLE IN THE TRENCHES.

#BARRICADELINEMAN

Coach Pila Langi · Des Moines and South King County, Washington

READ THIS FIRST

FIFTEEN MINUTES, TWO DAYS

You need shoes and a line on the ground. A cone, a shoe, or a backpack can be a landmark. A partner with a pad helps the hands drill. You do not need a sled.

SAFETY

These are teaching reps, not a collision drill. No full-speed contact in a yard or a driveway. If something hurts, stop. This guide is practice, not medical advice, and it does not replace your team coach.

PARENTS

You do not have to coach the fine points. Call the cue on the page and keep the clock. Film one set on a phone once a week if you can. Watch the hips and the first step.

COACHES

The plan fits a 15-minute individual period. The January coach program goes further, with practice-plan templates and a drill library.

DRIVE-CATCH

> Drill 2 uses drive-catch footwork: a short drive step into the ground, then a catch step that rebuilds the base. That approach comes from LeCharles Bentley and O-Line Performance. Barricade Lineman is an independent coach and is not affiliated with, sponsored by, or endorsed by O-Line Performance or LeCharles Bentley.

DRILL 01 · STANCE

STANCE SETTLE

Purpose. Get into a stance you can fire from, every rep.

Setup. A line on the ground. No other equipment.

1. Toes slightly out. Feet about armpit width.
2. Hips sink. Weight on the insteps. Heels light.
3. Down hand is a tripod, fingers and thumb, inside the foot and under the shoulder. Not a fist.
4. Eyes up. You should be able to talk.
5. Hold five seconds. Stand up. Reset.

Reps. 8 holds.

> Cue: heavy feet, light hands, eyes up. Common miss: sitting on the heels, or looking at the grass.

DRILL 02 · STEPS

DRIVE-CATCH FIRST STEP

Purpose. The first two steps of a run play, without a defender.

Setup. Two landmarks, one a short step ahead and one about a yard ahead. Start in your stance.

1. On a clap, the play-side foot takes a short drive step. It punches the ground forward, not a long lunge.
2. The trail foot catches and rebuilds a base about as wide as you started. Feet do not cross. The base does not get tiny.
3. Freeze. Hips still low. Eyes up. Base back under you.
4. Walk back. Repeat to the other side.

Reps. 6 each direction.

> Cue: drive the ground, catch your base. Common miss: a big first step that stands you up.

DRILL 03 · PASS SETS

THREE-STEP SET TO A LANDMARK

Purpose. Set to pass protection without drifting or standing up.

Setup. A landmark about 3 yards deep and slightly outside. Inside foot on a line.

1. Set the outside foot back and out toward the landmark. Stay low.
2. The inside foot replaces so the base stays wide. Two more set steps.
3. Stop at the landmark with hips square and hands ready. Do not hop. Do not click the heels.

Reps. 5 right, 5 left.

> Cue: low hips, replace the width. Your team's real protection set wins on game day. Use this drill for body position, then match the scheme.

DRILL 04 · HANDS

HANDS INSIDE, THEN RESET

Purpose. Strike inside the frame and be ready to strike again.

Setup. A partner with a shield or a cushion, or a wall. If you have nothing, shadow the punch on camera.

1. Fit both hands inside. Thumbs up. Wrists firm. Aim for the numbers, not the shoulders.
2. Punch a short distance. Elbows stay close enough that you do not open the gate.
3. Reset the hands near the chest. Do not drop them to the thighs.
4. Punch again.

Reps. 10 punches, rest, 10 more. A partner gives light resistance and stays still. No live bull-rush. Do not punch a person who is not holding a pad.

> Cue: thumbs up, inside, reset.

DRILL 05 · FINISH

FINISH PAST THE MARK

Purpose. Run the feet and work through a block to a finish point.

Setup. A cone or a shoe 2–3 yards ahead. Optional: a partner with a shield who walks backward slowly.

1. Drive-catch out of the stance.
2. Keep the feet running. Short steps. Hips stay under you.
3. Hands stay inside and active.
4. Work past the mark, then stop under control. Do not dive.

Reps. 6. Quality over speed.

> Cue: feet keep going until you are past it. If you use a partner, they give a steady walk-back, not a collision. Save live finish work for practice, with your coach.

ONE-PAGE WEEKLY PLAN

Two days. About 15 minutes. If you only have one day, do Day A.

Day	Work	Time
A	Stance settle × 8, drive-catch × 6 each way, hands × 2 sets of 10	~15 min
B	Stance settle × 4, pass set × 5 each way, finish × 6	~15 min

Stop a rep that stands you up and do it again lower. These reps are not a promise of playing time, weight gained, or a scholarship.

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GAMES ARE WON IN THE TRENCHES.

Coach Pila Langi. Des Moines and South King County, Washington. The brand started in 2021, paused during COVID, and is relaunching.

January 2027: Coach the Youth O-Line, $149. February 2027: Barricade Film Room, $19 a month. March 2027: 4-Week O-Line Fundamentals, $99. Film review is $50. Small groups are $40–50 per athlete.

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> Drive-catch is named here so you know where the idea comes from. This guide is not published by, affiliated with, or endorsed by O-Line Performance or LeCharles Bentley.

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