Football Training Film for Offensive Line Blocking

Leland Mark Bondhus

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FOOTBALL TRAINING FILM FOR OFFENSIVE LINE BLOCKING

BY

LELAND MARK BONDHUS

A thesis submitted in partial fulfillment of the requirements for the degree Master of Science, Major in Physical Education South Dakota State University 1964
This thesis is approved as a creditable and independent investigation by a candidate for the degree, Master of Science, and is acceptable as meeting the thesis requirements for this degree, but without implying that the conclusions reached by the candidate are necessarily the conclusions of the major department.

Thesis Adviser

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Date
FOOTBALL TRAINING FILM FOR OFFENSIVE LINE BLOCKING

Abstract

LELAND MARK BONDIUS

Under the supervision of Assistant Professor Stanley J. Marshall

The purpose of this study was to develop a training film to be used in the teaching and coaching of offensive line blocking in football.

The procedure followed consisted of viewing South Dakota State University football game films dating from 1958 to 1963. Evaluation checklists were used to determine which plays would be included in the training film. These checklists were developed by the author with the assistance of the South Dakota State University football coaching staff, who served as a jury of experts. The selected plays to be included in the training film were cut from the game films. These plays, along with identifying titles filmed at the Audio-Visual Department of South Dakota State University, were spliced together to complete the film. A manual describing the positions and movements shown in the football training film was prepared to accompany the film.

As a result of the findings obtained during the viewing of the South Dakota State University football game films four examples of the following blocking patterns were included in the training film:

1. Area block
2. Double team
3. Cross block
4. On-side trap block
5. Off-side trap block
6. Pull and lead block
7. Drop back pass protection
8. Action pass protection
9. Downfield block
10. Gap block
ACKNOWLEDGMENT

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Chapter I

INTRODUCTION

Reasons for Study

Present football coaching methods have brought about an extensive use of films and film strips. Coaches may employ these films to evaluate past performances of individuals and teams as well as a teaching aid to instruct athletes. By using films as a coaching aid valuable time may be saved on the practice field. Knapp and Hagman have stated that learning is greatly influenced by the use of films because of the experiences that can be shown and because of the inherent interest of films to students.

Statement of the Problem

In the coaching of football there are many fundamental and advanced skills that must be taught. It is the author's intent to develop a training film that may be used in the teaching and coaching of offensive line blocking in football. This film will deal specifically with the techniques and blocking patterns employed at South Dakota State University.

The development of a checklist to evaluate the specific plays to be selected for the film and the preparation of a descriptive manual to accompany the film are secondary problems in this thesis.
Limitations and Assumptions

1. The films used to develop this training film were limited to South Dakota State University football game films dating from 1958 to 1963.

2. The evaluation of each play in accordance with the checklist was limited to the author's judgment of proper execution.

3. It was the author's assumption that the South Dakota State University football coaching staff are experts on South Dakota State football and were therefore qualified to serve as a jury of experts in developing an evaluation checklist.

4. It was the author's assumption that it would be possible to find all the properly executed techniques and skills to be shown in the training film by viewing the South Dakota State University football game films.
Chapter II

REVIEW OF RELATED LITERATURE

Introduction

The literature revealed no research pertaining strictly to the construction of a football training film. However, the popularity, uses, and contributions of football films to players and coaches are reported in this chapter.

Report of Pertinent Findings

Hainfeld and Flanagan have stated the following in regard to football films:

Unquestionably the greatest development in coaching aids over the past quarter century has been the universal acceptance of the motion picture. Once the plaything of the super-scientific-minded coach, movies have evolved into priceless adjuncts of the coaching program.2

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In 1963 Fleischer3 conducted a survey of 622 college football coaches and found that the popularity of the football coaching film has increased to the point where 95 percent of our college coaches are now using this training and coaching aid.

---

Butler⁴ has stated that football films are an invaluable teaching tool and should play an important role in the coaching program of both experienced and beginning players. He also believes that the use of football films enables new staff members to become familiar with the system in use.

Tuttle⁵ has written that football motion pictures not only offer a means of studying the execution of plays but can be used as a valuable teaching aid. He believes films can be made with emphasis slanted to the educational point of view to train players in the execution of plays.

George⁶ has stated that visual aids are an important part of teaching and coaching. He feels that the most important and effective visual aid is the moving picture.

Katchmer⁷ highly recommends the use of football teaching films to orientate new team members to their assignments on specific

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⁷George A. Katchmer, Simplified Multiple Defense, p. 10.
plays. He feels that the viewing of properly executed plays will
impress upon the player what is expected of him.

One of the major phases of the football program at Amherst
College is built around the use of their game films. By concentrating

8James E. Ostendarp, "Getting The Most of Your Game Films," Athletic

on the effective use of films for coaching and teaching purposes their
small coaching staff and limited practice time is offset.

Olivar, head football coach at Yale University, breaks his

9Jordan Olivar, Offensive Football, pp. 92-93.

films into reels depicting a specific phase of his offense and defense.
These reels are used for coaching and teaching purposes as well as a
means of evaluating each part of his football program.

Several prominent football coaches have expressed their
views concerning the use of football films. Paul Bryant of Alabama
says: "We consider movies the most important part of our work." 10

10Hainfeld and Flanagan, op. cit., p. 12.

Ray Eliot of Illinois has this to say about the subject: "Moving pic-
tures are the most important avenue of help that coaches now possess." 11


Pete Elliott, football coach at California says: "Films have proved
to be the greatest coaching aid developed over the past decade." 12

12Ibid.

Bob Devaney of Nebraska states: "We find films invaluable, since they give us a true picture of what happens in a ball game or scrimmage." 13

13Ibid., p. 84.

Fuoss, a member of the Purdue coaching staff, is convinced that the investment in time and money in breaking down game films will pay big dividends in victories. This appears to be the opinion of the majority of college football coaches.

Conclusions

The opinions of several people concerning the popularity, uses, and contributions of football films to coaches and players have been reported in this chapter. The consensus of these individuals supports the idea that football training films are beneficial to both coaches and players.
Chapter III
PROCEDURE FOR OBTAINING DATA

Introduction

The description of the material, the description of the equipment and the procedure for constructing a football training film depicting offensive line blocking patterns are included in this chapter. Also included are the checklists used to evaluate the individual plays viewed by the author as well as a diagram of each blocking pattern featured in the training film.

Material

South Dakota State University football game films dating from 1958 to 1963 were used as the source of material for the construction of this football training film.

Equipment

The equipment used to construct this film included a 16 mm Kalart Victor projector to view the films and a 16 mm Kalart Craig projecto-editor to cut the desired film strips to be used in the training film. The identifying names and numbers in the training film were filmed in the South Dakota State Audio-Visual Department. The identifying names and numbers were spliced to the film strips with a Kalart Craig Master splicer.
Procedure

South Dakota State University game films were viewed to find the desired plays to be used in the football training film. Each play was evaluated by checklists containing the proper coaching points for each specific block shown in the training film. These checklists were developed by the author with the assistance of the South Dakota State University football coaching staff, who served as a jury of experts.

Film strips containing the proper execution of a specific blocking pattern were cut from the South Dakota State University football game films. As each strip was cut it was assigned a number corresponding with a written description of the blocking pattern to be used in the writing of the film manual.

Identifying titles, corresponding with the training film manual, were filmed at the Audio-Visual Department at South Dakota State University. These titles and the film strips depicting each blocking pattern were spliced together in proper sequence to complete the football training film.

A manuscript describing the positions and movements shown in the film was prepared to accompany it. The manuscript describes briefly, simply, and clearly the fundamental techniques employed in each blocking pattern appearing in the film. Thus, the operator projecting the film will have coincidental material which should make the film an effective teaching device.
Area Block

1. The blocker’s first step should be with the foot closest to his opponent.
2. He must block with the shoulder that will permit him to keep his head between the defensive man and the path of the ball as the play is executed.
3. After contact the feet should be at approximately shoulder width with the head up and the arms in a legal blocking position.
4. The blocker should stay low, maintain contact, and drive his opponent laterally if possible.

Double Team Block

1. The tackle must drive into the defensive man to stop his charge.
2. The end should step toward the defensive man with his inside foot and drive into him using a reverse shoulder block.
3. After contact has been made, the end and tackle should operate shoulder to shoulder and hip to hip to prevent any penetration by the defensive man.
4. The end and tackle must endeavor to drive the defensive man laterally away from the hole that is being run.

Cross Block

1. The end moves first, stepping toward the defensive man with his inside foot.
Figure I. Area Block

Figure II. Double Team
2. The end must anticipate a gap charge, to his inside, by the defensive man.

3. The end must employ a reverse shoulder block with his head in front of the defensive man.

4. After contact is made, the feet should be at approximately shoulder width with the head up and the arms in a legal blocking position.

5. The end should stay low, maintain contact, and drive his opponent laterally.

6. The tackle crosses behind the offensive end, stepping toward the defensive man with his closest foot.

7. The tackle must anticipate the charge of the defensive man and move to meet him.

8. The tackle must employ a reverse shoulder block with his head in front of the defensive man.

9. After contact is made, the feet should be at approximately shoulder width with the head up and the arms in a legal blocking position.

10. The tackle should stay low, maintain contact, and drive his opponent laterally.

On-Side Trap Block

1. The tackle steps with his inside foot toward the first defensive man to his inside.

2. The tackle must anticipate a gap charge to his inside by the defensive man.
Figure III. Cross Block

Figure IV. On-Side Trap Block
3. The tackle employs a reverse shoulder block with his head in front of the defensive man.

4. After contact is made, the feet should be at approximately shoulder width with the head up and the arms in a legal blocking position.

5. The tackle should stay low, maintain contact, and drive his opponent laterally.

6. The end steps with his inside foot toward the first defensive man to his inside.

7. The end must anticipate a gap charge to his inside by the defensive man.

8. The end employs a reverse shoulder block with his head in front of the defensive man.

9. After contact is made, the feet should be at approximately shoulder width with the head up and the arms in a legal blocking position.

10. The end should stay low, maintain contact, and drive his opponent laterally.

11. The guard should pull out of the line of scrimmage stepping parallel to the line of scrimmage with his outside foot and maintaining a good football position.

12. The guard must drive down the line of scrimmage and into the first defensive man he encounters employing sound technique for the execution of the shoulder block.

13. After contact is made, the feet should be at approximately shoulder width with the head up and the arms in a legal blocking position.
14. The guard should stay low, maintain contact, and drive his opponent laterally.

**Off-Side Trap Block**

1. The guard pulls out of the line of scrimmage stepping parallel to the line of scrimmage with his inside foot and maintaining a good football position.

2. The guard must drive down the line of scrimmage and into the first defensive man he encounters employing sound technique for the execution of the shoulder block.

3. After contact is made, the feet should be at approximately shoulder width with the head up and the arms in a legal blocking position.

4. The guard should stay low, maintain contact, and drive his opponent laterally.

**Pull and Lead Block**

1. The guard pulls out of the line of scrimmage stepping parallel to the line of scrimmage with his inside foot and maintaining a good football position.

2. The guard must drive down the line of scrimmage and turn up field at the first opportunity after reaching the designated hole.

3. The guard must drive into the first defensive man he encounters, employing sound technique for the execution of the shoulder block.

4. After contact is made, the feet should be at approximately shoulder width with the head up and the arms in a legal blocking position.
Figure V. Off-Side Trap

Figure VI. Pull and Lead Block
5. The guard should stay low, maintain contact, and drive his opponent away from the ball carrier.

Drop Back Pass Protection

1. The center must drop back approximately one yard to protect the area over the middle of the line.
2. The guards and tackles must step in with their inside foot and back with their outside foot.
3. The center, guards, and tackles should form a cup formation after making their initial move.
4. The linemen must keep their feet pumping at all times so they will be able to move quickly in front of any charging opponent.
5. If a defensive man attempts to penetrate the area of one of the blockers the offensive man in that area is responsible for keeping him away from the passer.
6. If a defensive man comes into a blocker's area, the blocker must drive into him to stop his charge. After driving into the on-rushing defensive lineman, the blocker must immediately get set for another attempt on his area.
7. The linemen must continually look from side to side to locate any defensive man coming into the area.
8. The linemen should never leave their area of the cup until the ball has been thrown.
Figure VII. Drop Back Pass Protection

Figure VIII. Action Pass Protection
Action Pass Protection

1. The center, guards, and tackles must block the defensive man in their respective areas.

2. The center, guards, and tackles must drive into the defensive man as low as possible. This will cause the defensive man to stay lower and thereby prevent him from knocking the ball down as it is thrown.

3. If there is no man in the offensive lineman’s area he must stay low and protect his area from any defensive man who might attempt to penetrate that area.

4. The linemen cannot cross the line of scrimmage until the ball is thrown unless they are in constant contact with a defensive man.

Downfield Block

1. The lineman must release on the inside of the defensive man playing in front of him as he runs down field to block.

2. If the lineman has a specific assignment he should go to the man and drive through him, preferably employing sound technique for the execution of the shoulder block. However, the most important consideration is that solid contact is made on the defensive player by the offensive lineman.

3. If the lineman has no specific assignment he should block the first defensive man he encounters past the line of scrimmage.

4. After contact is made, the feet should be at approximately shoulder width with the head up and the arms in a legal blocking position.
Figure IX. Downfield Block

Figure X. Gap Blocking
5. The blocker must attempt to keep the defensive man from assisting in the tackle.

**Gap Blocking**

1. The center must block the most dangerous defensive man, generally the closest defensive man to him.

2. The ends, tackles, and guards must block down on the first defensive man to their inside employing sound technique for the execution of the reverse shoulder block.

3. The ends, tackles, and guards must anticipate a gap charge to the inside by the defensive man.

4. After contact is made, the feet should be at approximately shoulder width with the head up and the arms in a legal blocking position.

5. The blocker should stay low, maintain contact, and drive his opponent laterally.
Chapter IV
DESCRIPTION OF THE FILM

Introduction

A manual describing the positions and movements shown in the football training film was prepared to accompany it. The manual describes briefly, simply, and clearly the fundamental techniques employed in each blocking pattern appearing on the film. It is the author's intent that this manual will make the film a more effective teaching device.

Film Manual

Area Block

The four plays selected to illustrate the area block are excellent examples of the correct technique for blocking. The offensive linemen included in these examples are the left tackle and guard, right end, right tackle, and right guard.

In the four examples the offensive blocker charges off the line of scrimmage and into the defensive man in his area. Contact is made with the shoulder that will enable the blocker to keep his head between the defensive man and the path of the ball carrier. This is important because it makes it more difficult for the defensive man to escape from the block and make the tackle on the ball carrier. After contact has been made with the defensive man the blocker proceeds to drive his opponent laterally away from the hole that is being run.
The only exception to this is in the fourth example of the area block where the guard blocks the defensive man straight back. The reason for this maneuver is that the play was designed to gain short yardage and the blocker's primary purpose was to drive the defensive man off the line of scrimmage.

It is important that the blocker maintain contact and continue to block his opponent until the play is over or until the defensive man is on the ground. This point is illustrated in the film by the fact that none of the defensive men involved in the selected blocks were able to assist in the tackling of the ball carrier. In the third example of the area block the defensive lineman playing in front of the right offensive tackle penetrated to the inside of the right tackle. If the blocker had not maintained contact and continued to block his opponent, the defensive man would have been in a position to make the tackle.

Double Team

The four blocks selected to illustrate the double team block show the correct procedure for the execution of this block. The offensive linemen included in these examples are the left end and tackle in the first example and the right end and tackle in the last three examples.

In these four examples the offensive tackle charges off the line of scrimmage and into the defensive tackle. The primary purpose of this move is to stop any penetration by the defensive man. The end
drives down the line of scrimmage and into the defensive tackle, taking his first step with the foot closest to the defensive man. This enables the offensive end to make contact with the defensive tackle in a minimum length of time.

The offensive end and tackle drive the defensive tackle laterally away from the hole that is being run. The tackle and end block with a shoulder to shoulder and hip to hip relationship as much as possible. This makes it difficult for the defensive tackle to break through the double team block and assist in the tackling of the ball carrier. The offensive end and tackle continue to block the defensive tackle until he is on the ground or the play is completed.

**Cross Block**

The four examples selected to illustrate the execution of the cross block involve the left end and tackle in the first and second play and the right end and tackle in the third and fourth play.

In the execution of the cross block the end blocks the first defensive man to his inside. The end steps toward the defensive man with his inside foot and proceeds to drive into the defensive man. The end employs a reverse shoulder block with his head across the path of the opponent. This maneuver is to prevent any penetration by the defensive lineman. After making contact with the defensive lineman, the end continues to block him laterally away from the designated hole.

The tackle steps out with his outside foot, crossing behind the offensive end, and blocks the first defensive man he encounters.
The offensive tackle also employs a reverse shoulder block and follows the same procedure as did the offensive end. The tackle and end maintain contact and continue to drive their opponents until the play is over or until the defensive men are on the ground.

In the first example of the cross block the left tackle did not maintain contact throughout the entire play. The failure of a blocker to drive his man after making contact often results in the defensive man escaping from the block and making the tackle. However, in this example the offensive tackle’s initial charge was sufficient to keep the defensive end from assisting in the tackle.

The third example of the cross block illustrates a situation that often confronts the offensive blocker. The tackle stepped out to block the defensive end and saw the end attempting to penetrate to the inside. Consequently the offensive tackle drove the defensive end in toward the center of the line rather than attempting to drive him across the path of the ball carrier. As a result of this block the ball carrier cut outside and made a substantial gain in yardage.

On-Side Trap Block

The first three plays selected to illustrate the on-side trap block feature the left guard, tackle, and end. The fourth example is executed by the right guard, tackle and end.

In the execution of the on-side trap block the techniques employed by the offensive end and tackle are identical. The end and tackle step with their inside foot down the line of scrimmage and
drive into the first defensive man they encounter. The end and tackle employ a reverse shoulder block with their heads in front of their respective defensive opponents. This maneuver is employed to prevent any penetration by the defensive linemen. After the offensive end and tackle have made their initial contact, they continue to drive the defensive men laterally away from the path of the ball carrier.

The movement of the offensive guard is simultaneous with that of the offensive end and tackle. The guard pulls out of his stance and steps parallel to the line of scrimmage with his outside foot. The guard, maintaining a good football position, drives down the line of scrimmage and into the first defensive man he encounters. When the guard has made contact with the defensive lineman he continues to block the defensive man until the play is over.

The third example illustrated on the film shows the defensive right end moving down the line of scrimmage toward the center. The left guard, after making contact, drives the defensive man toward the center instead of attempting to drive him across the path of the ball carrier. Consequently the ball carrier cuts outside of the block and makes a long gain in yardage.

In the fourth example the defensive left end is lined up on the inside of the offensive right end. The right end releases around the outside of the defensive end and proceeds to block down on the first defensive man he encounters. This procedure helps to prevent the defensive end from moving down the line of scrimmage and assisting in the tackle.
Off-Side Trap Block

The four plays selected to illustrate the techniques involved in the execution of the off-side trap block are excellent examples of trap blocking. The offensive right guard is executing the trap block in each of the four examples.

The guard pulls out of his stance and steps parallel to the line of scrimmage with his inside foot. The guard drives down the line of scrimmage maintaining a good football position. He drives into the first defensive man he encounters and continues to block the defensive lineman to the ground or until the play is over.

The effectiveness of a properly executed off-side trap block is well illustrated in the selected examples used in the training film.

Pull and Lead Block

The training film illustrates four examples of the execution of a pull and lead block. The left guard is pulling in the first illustration and the right guard is featured in the last three plays.

The guard pulls out of his stance and steps parallel to the line of scrimmage. The guard continues down the line of scrimmage and turns up field at the first opportunity. When a defensive man is encountered the guard drives into him with a solid shoulder block. He continues to block the defensive man to the ground or until the play is finished.

In the second illustration of the pull and lead block the guard appears to hesitate after pulling out of the line of scrimmage.
It can be noted in the film that the offensive quarterback caused this delay. However, the guard continues down the line of scrimmage and makes an excellent block.

The four examples of the pull and lead block techniques illustrate the effectiveness of leading a running play with a lineman.

**Drop Back Pass Protection**

The four plays selected to illustrate the procedure for blocking during a drop back pass involve the center, guards, and tackles.

After centering the ball to the quarterback the center drops straight back approximately one yard. The initial move of the offensive guards and tackles is to take one step in with their inside foot and one step back with their outside foot. After these initial moves the center, guards, and tackles form a cup formation.

It can be noted in the film that the offensive linemen keep their feet pumping at all times. This enables them to move quickly in front of any onrushing defensive man. When a defensive man attempts to penetrate the area of one of the offensive linemen the blocker drives into the defensive man to stop his charge. After driving into the defensive lineman the blocker immediately gets set for another attempt on his area. The action of the left guard in the fourth illustration is an excellent example of this procedure.
The linemen continually look from side to side to locate any defensive men coming into the area. It should be noted that the linemen never leave their respective area of the cup until the ball is thrown.

**Action Pass Protection**

The four plays selected to illustrate the procedure for blocking during an action pass involve the center, guards, and tackles.

The center, guards, and tackles charge into their defensive opponents with a solid shoulder block, just as is done on a running play. This is important as it is an attempt to make the play appear as a running play.

If an offensive lineman does not have a defensive man in front of him, the blocker sets up in a football position and protects his area from any defensive man who might attempt to penetrate that area. This is well illustrated by the action of the offensive center in the first example of action pass protection.

**Downfield Block**

The four plays selected to illustrate downfield blocking show the effectiveness of this maneuver in offensive football. The first and fourth examples involve the action of the left tackle. The right tackle is executing the downfield block in the second and third illustrations. The downfield blocks executed by the right tackle in the second and third plays of the film are instrumental in the scoring of a touchdown.
The tackles release on the inside of the defensive man in their respective areas. If the tackle has an assigned man to block, as in the third example of the film, he goes directly to the defensive man. Upon reaching his opponent the blocker drives into the defensive man and knocks him to the ground.

In the first, second and fourth examples of downfield blocking the tackle blocks the first defensive man encountered. The offensive tackle drives the defensive man out of the play and to the ground.

**Gap Block**

The four selected plays illustrating gap blocking show the effectiveness of this type of block. Gap blocking is used when the defensive team has a man opposite each split in the offensive line.

The ends, tackle and guards block down on the first defensive man to their inside. The offensive linemen, anticipating the charge of the defensive line, employ a reverse shoulder block with their heads in front of the defensive men. This maneuver prevents the defensive linemen from penetrating across the line of scrimmage.

After contact is made with the defensive lineman, the offensive blocker continues to block his opponent toward the center of the line. It is essential that contact is maintained by the blocker until the play has been executed.

The offensive center blocks to the side where the ball carrier is running. This is illustrated in the film by the fourth example of gap blocking.
The effectiveness of gap blocking is evident in the third example of the film. The offensive right end blocks to his inside and drives the defensive man toward the center of the line. The result of this block is a wide hole which enables the ball carrier to score easily.
Chapter V
SUMMARY

Statement of the Problem

The purpose of this study was to develop a training film to be used in the teaching and coaching of offensive line blocking in football.

Data

South Dakota State University football game films dating from 1958 to 1963 were used as the source of material for the development of this football training film.

Findings

Resulting from the viewing and analysis of the South Dakota State University football game films four examples of the following blocks were included in the training film:

1. Area block
2. Double team block
3. Cross block
4. On-side trap block
5. Off-side trap block
6. Pull and lead block
7. Drop back pass protection
8. Action pass protection
9. Downfield block
10. Gap block

**Recommendations**

1. The descriptive manual accompanying this training film should be utilized in the narration of the film.

2. The training film should be used in the coaching of football at South Dakota State University.

3. This training film should be used in the Football Coaching course included in the South Dakota State University Physical Education curriculum.

4. This training film should be loaned to high school football coaches and utilized at football coaching clinics for the purpose of illustrating offensive line blocking.

5. Training films illustrating backfield play, kicking, and other phases of football should be developed.

6. Training films should be developed for each sport included in the South Dakota State University athletic program.

7. Teaching films should be developed for use in the South Dakota State University Physical Education Service Program.

8. The incorporation of sound tracts in the development of teaching and training films should be considered.

9. The use of cinemасope in future filming of South Dakota State University football game films should be considered.
REFERENCES CITED


