

9U Offseason Lineman Technique Workout Plan

Overview

Frequency: 3 days per week
Session Length: 30 minutes each

Program Goals

- Develop proper offensive line fundamentals
- Build functional strength and agility
- Improve balance and coordination
- Create consistent training habits and maintain fitness during downtime

Equipment Needed

- **Minimal Equipment Required**
- Open space (garage, backyard, or living room)
- Wall for wall sits and drive blocks
- Optional: Resistance band, agility ladder, or jump rope

Household Alternatives

- **Agility Ladder** → Sidewalk chalk boxes or masking tape squares
- **Resistance Band** → Old towel for resistance work
- **Cones** → Water bottles or shoes
- **Timer** → Phone stopwatch or parent counting

How to Use Video Demonstrations

Each drill includes a direct link to a YouTube video demonstration. Simply:

1. **Click the video link** below each drill
2. **Watch the demonstration** with your player
3. **Practice the technique** shown in the video
4. **Refer back** as needed during workouts

Note: Videos will open in YouTube app or web browser

Weekly Schedule

Day	Focus	Key Skills
Day 1	Footwork & Agility	Quick feet, lateral movement, mirroring
Day 2	Strength & Balance	Core stability, functional strength
Day 3	Technique & Power	Blocking fundamentals, explosive movement

Day 1: Footwork & Agility

Warm-Up (5 minutes)

- **Jumping Jacks** – 3 sets of 20 reps
- **High Knees** – 3 sets of 20 seconds
- **Arm Circles** – 2 sets of 15 each direction

Main Workout (20 minutes)

1. Ladder Footwork (or chalk boxes)

- **Sets:** 5 sets of 5 reps
- **Tip:** Move your feet fast and stay on your toes
- **Progression:** Week 1-2 focus on accuracy, Week 3+ add speed

 **Watch Demo:** [Football Agility Ladder Drills](#)

2. Shuffle Steps

- **Sets:** 4 sets of 10 yards
- **Tip:** Stay low and keep your chest up
- **Focus:** Don't cross your feet, maintain athletic position

3. Set Position Hold

- **Sets:** 3 sets of 10 seconds
- **Tip:** Feet shoulder-width apart, knees bent, hands ready to punch
- **Key Points:** Weight on balls of feet, eyes up

4. Punch & Mirror Drill

- **Sets:** 4 sets of 15 seconds
- **Tip:** Keep your hands inside and follow your partner's movement
- **Solo Option:** Mirror your reflection in a window or door

 **Watch Demo:** [Offensive Line Hand Placement Drill](#)

5. Wall Sits

- **Sets:** 3 sets of 30 seconds (progress to 45 seconds by Week 4)
- **Tip:** Keep your knees at a 90° angle and back flat against the wall

Cool-Down (5 minutes)

- **Toe Touches** – 2 sets of 20 seconds
 - **Quad Stretch** – 2 sets of 20 seconds each leg
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Day 2: Strength & Balance

Warm-Up (5 minutes)

- **Jump Rope** – 3 sets of 30 seconds (or jumping in place)
- **Arm Swings** – 2 sets of 15 reps
- **Bodyweight Squats** – 2 sets of 10 reps

Main Workout (20 minutes)

1. Push-Ups

- **Sets:** 5 sets of 10 reps (progress to 20 reps by Week 6)
- **Tip:** Keep your body straight and chest touches the ground lightly
- **Modification:** Knee push-ups if needed

 **Watch Demo:** [Perfect Push-Up Form](#)

2. Bodyweight Squats

- **Sets:** 4 sets of 10 reps
- **Tip:** Keep your feet shoulder-width apart and chest up
- **Focus:** Full range of motion, control the movement

3. Drive Block with Band or Wall

- **Sets:** 5 sets of 5 reps
- **Tip:** Stay low and push through your legs
- **Key Points:** Drive with legs, not just arms

 **Watch Demo:** [Drive Block Fundamentals](#)

4. Plank Hold

- **Sets:** 3 sets of 20 seconds (progress to 30 seconds by Week 6)
- **Tip:** Keep your body straight from shoulders to ankles
- **Focus:** Tight core, don't let hips sag

5. One-Leg Balance

- **Sets:** 3 sets of 15 seconds each leg
- **Tip:** Try not to wobble; keep your eyes forward
- **Challenge:** Close eyes for advanced players

Cool-Down (5 minutes)

- **Shoulder Stretch** – 2 sets of 20 seconds
 - **Butterfly Stretch** – 2 sets of 20 seconds
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Day 3: Technique & Power

Warm-Up (5 minutes)

- **Jog in Place** – 3 sets of 30 seconds
- **Arm Circles** – 2 sets of 15 each direction
- **Lunges** – 2 sets of 10 reps

Main Workout (20 minutes)

1. Kick Step Drill

- **Sets:** 5 sets of 5 reps
- **Tip:** Step back fast, keep your base wide, and don't cross your feet
- **Focus:** Quick first step, maintain balance

 **Watch Demo:** [Pass Protection Kick Step](#)

2. Run Blocking Drill (Find a partner!)

- **Sets:** 4 sets of 10 reps
- **Tip:** Thumbs up, hands inside shoulder width, punch and recoil
- **Key Points:** Quick hands, proper spacing

 **Watch Demo:** [Run Blocking Drill](#)

3. Mirror Drill

- **Sets:** 4 sets of 10 seconds
- **Tip:** Stay balanced and keep your hands ready
- **Focus:** React quickly, maintain athletic position

4. Bear Crawls

- **Sets:** 3 sets of 10 yards
- **Tip:** Keep your knees close to the ground and move smooth
- **Challenge:** Increase distance as strength improves

Cool-Down (5 minutes)

- **Hamstring Stretch** – 2 sets of 20 seconds
 - **Deep Breathing** – 2 sets of 5 slow breaths
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For Parents & Guardians

How to Help Your Young Lineman

1. **Encourage Effort Over Perfection:** Celebrate improvement, not just results
2. **Be Patient:** Skills develop over time with consistent practice
3. **Make it Fun:** Use positive reinforcement and celebrate small wins
4. **Safety First:** Ensure proper space and supervise when needed
5. **Track Progress:** Help them see their improvement week-to-week

What to Look For

- **Good Form:** Quality over quantity always
- **Consistent Effort:** Regular participation is key
- **Positive Attitude:** Keep it enjoyable and stress-free
- **Gradual Improvement:** Small gains add up over time

Red Flags to Watch

- Persistent pain or discomfort
- Loss of interest or motivation
- Frustration with progress
- Skipping multiple sessions

Questions or Concerns?

Contact Coach Dwonn at (404)-932-8712

Always give effort, listen to your body, and have fun getting better each week!

Tracking Progress

Measurable Goals

Track these improvements over time:

- **Wall Sit:** Start at 30 seconds → Goal: 60 seconds
- **Plank Hold:** Start at 20 seconds → Goal: 60 seconds
- **Push-Ups:** Start at 10 reps → Goal: 20 reps
- **Ladder Footwork:** Track time for 5 reps

Weekly Checklist

Print and use this simple tracking system:

Week	Day 1 Complete	Day 2 Complete	Day 3 Complete	Notes
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Good luck, and see you on the field in the spring!