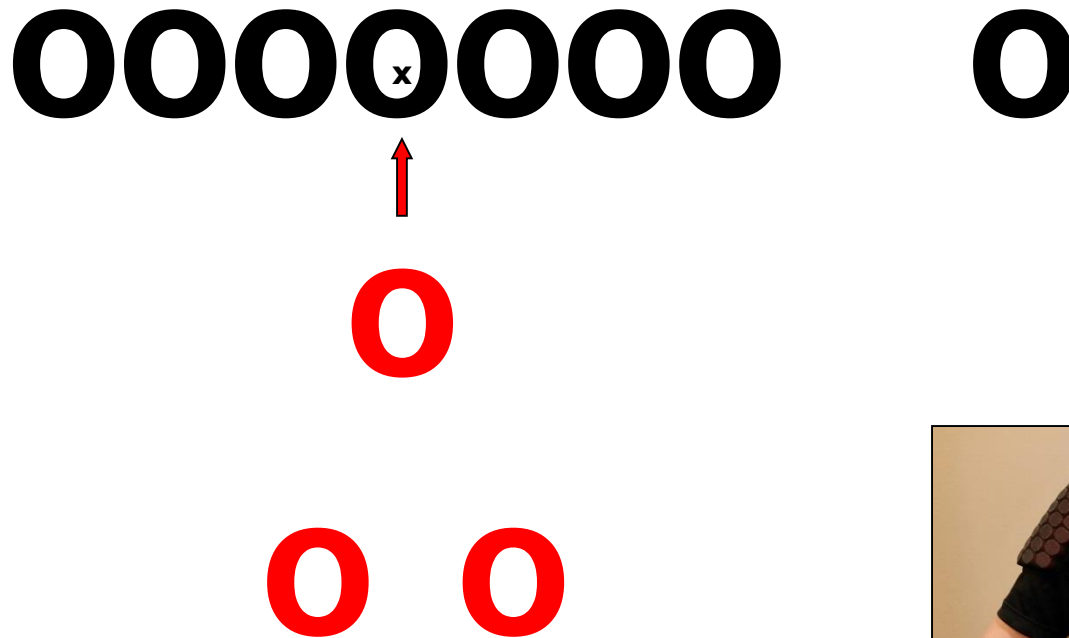
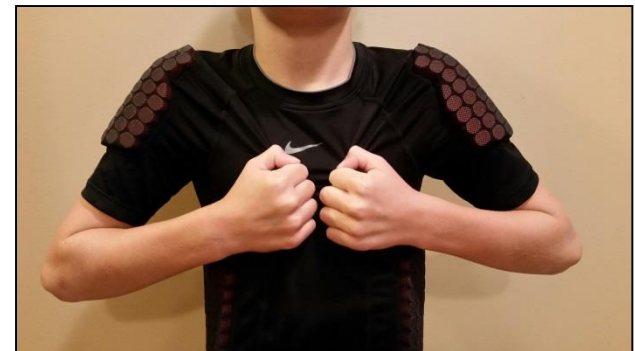


# Offense - **NOT Allowed**



**O-Line Blocking**



# Defense – Do's & Don't's



X

X

X

X

X

X X X ↓ X X X

O O O x O O O



Must be 5 yards off  
the line of scrimmage

O

**D-Line (NO Grabbing)**

O

O O

