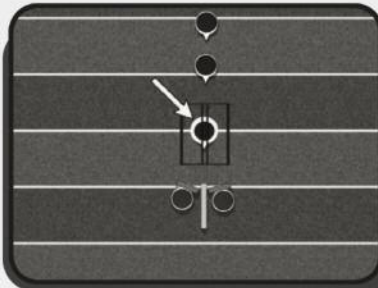
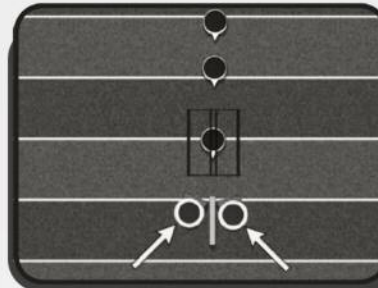


Effort Drill



01 ★

Line up blocker inside the chute



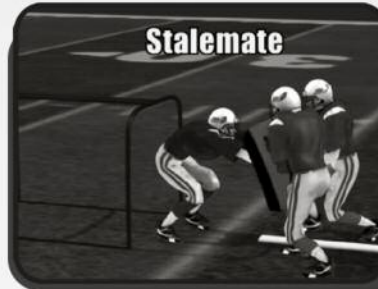
02 ★

2 defenders with shields line up outside chute, straddling the board



03 ★

Blocker explodes into shields on snap



Stalemate

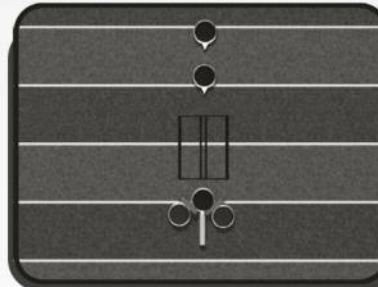
04 ★

Defenders offer full resistance



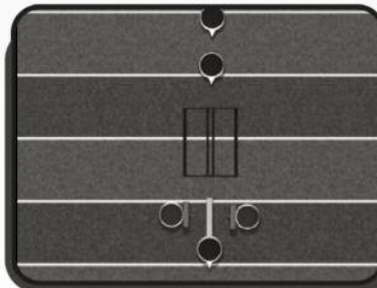
05 ★

Lineman keeps feet moving and hips low



06 ★

Shields remain touching and provide a low target



07 ★

After 3 seconds, coach blows whistle to release resistance

Notes: