

Inside Trap - Pull And Read

Purpose of Drill:

To teach the proper steps to create a tight trapping path to execute a perfect trap block, and to teach how to read the trapping area and trap the most dangerous defender.

Drill:

- If coaching to pull left and trap with the left shoulder, have players align 4 yards to right of the down defender. Vice versa if coaching to pull right.
- The two defenders will be assigned tasks by the coach. On the coach's cadence, the player will take a 45° trap step to the left, establishing an inside-out path, and read the defender who slants into his path.
- If down defender sits, charges upfield, or slants away, the trapping guard will move to the next level and look for a linebacker.

Coaching Points:

- Versus a d-lineman and linebacker stack situation, the puller should anticipate the worst case scenario. Be prepared for a LB stunt, and trap the first defender who slants into the trap area.
- When in doubt, trap the down lineman at the line of scrimmage.

