



## Jim McNally

Offensive Line

28 Years NFL Experience

15 Years Collegiate Experience

43 Total Years of Coaching Experience

Throughout coach Jim McNally's career he was one of the most highly regarded position coaches in the League. Coach McNally made an immediate impact on every team when hired to coach their offensive line.

With the Bills in 2005, McNally helped second-year tackle Jason Peters develop into a starter. Peters, an undrafted free agent and former tight end at Arkansas, started the final nine games of the season at right tackle and the offensive line paved the way for Willis McGahee's career-high 1,247 yards.

With the Bills in 2004, McNally tutored an offensive line that limited opponents to 38 sacks, the lowest number allowed by a Bills team since 1998. Also with the Bills, McNally's line paved the way for McGahee to rush for 1,128 yards and 13 touchdowns in 11 starts.

Prior to retiring from the NFL with the Bills, McNally coached the offensive line for the New York Giants (1999-03) and helped maintain offensive line success with little personnel continuity on the line during his tenure.

In 2000, McNally guided an offensive line with three new players to a successful season which culminated in the Giants' rise to the NFC Championship. Prior to joining the Giants, McNally coached the offensive line for the Carolina Panthers (1995-98) and the Cincinnati Bengals (1980-94).

In McNally's time at Carolina, the Panthers advanced to the NFC Championship game in the team's second season of existence.

Jim's longest tenure was as the offensive line coach for the Cincinnati Bengals. In his time at Cincinnati, McNally helped establish one of the most potent rushing attacks in the League between 1986-90. He coached Hall of Fame offensive tackle Anthony Munoz and the Bengals advanced to the Super Bowl two times during his tenure.

Before entering the NFL coaching ranks, McNally coached the offensive line at Wake Forest (1978-79), Boston College (1975-77), and Marshall (1971-74).

Jim initiated his coaching career at his alma mater, the University at Buffalo, and coached there for six seasons (1965-70).

## DVD HIGHLIGHTS

### *Introduction to Run*

Stance - Splits - Levels - Duck Demeanor

### *Basic Run Blocking Techniques Part I*

Blocking on the Angle - Head Position - Jump Turn - Phases of Contact (Dbl Under/ Lazy Forearm / Rip / Shoulder Pry / Hand Check)

### *Basic Run Blocking Techniques Part II*

Ways to Finish - (Climb / Climb & Shove / Climb & Torque / Resetting the Hat) - Lateral Footwork - Set Turnout - Backside Blocking - Blocking LB's - Blocking in Space

### *Basic Pass Blocking Part I*

Kick Step - Target - 3/5 Tech Defender - Punching (Point Peck / Point Counter / Point Under / Dbl Under / Resetting the Point Hand) - Stretching the Outside Shade - Tight 3 Tech - Post Step - Post & Cross Shove

### *Basic Pass Blocking Part II*

Jumping - Tackle Pass Sets and Angles - The Bull Rush - Center Pass Blocking Techniques - DBP Drills

### *Introduction to Zone Theory*

Mid Zone - Inside Zone - Outside Zone - Wide Zone - Backside

### *Zone Theory/Best Package*

Mid Zone Weak - Wide Zone Strong - Blocking Fronts

### *Double Teams and Plays with Double Teams*

Versus Different Type Defenders - Techniques - The Duo Play - Power Play - Iso - Lead Draw

Originally from Buffalo, McNally played guard at the University at Buffalo from 1961-64 and the combination of his playing career and his coaching expertise earned him a spot in the university's Hall of Fame.

Now retired from Coaching, Jim is nationally known for his clinics on offensive line coaching, which he conducts in the off-season.

Jim is now dedicated in providing coaches of all levels his coaching strategies of all facets of Offensive Line in a professional and affordable teaching DVD Series.

Don't miss this opportunity to learn from the one of best in the comfort of your home or office, over and over for the price of going to a clinic!

## ABOUT THE DVD SERIES...

Since I stepped away from coaching in January of 2008, I have been as busy as ever, traveling the country and working with high school, college, and NFL teams as a consultant for all aspects of Offensive Theory and, of course, Offensive Line play.

### *Important Additions to Earlier Topics*

The Medicine Ball - Lateral Footwork - Square Blocking - New Pass Protection Ideas

### *Voice Over Drill DVD*

Voice Over Demonstration of Many of Coach McNally's Staple Drills. To help in Teaching Technique and Building your Individual Teaching Periods for Practice.

### *Current Trends in Offense Line Play Clinic Presentation*

Coach McNally's Presentation from the 2009 Annual Offensive Line Clinic. The focus of the presentation is solving problems line coaches face in a number of schemes, plays, and techniques from research over the past year while working with programs of all levels.

*Advanced Techniques from Coach McNally's Updated Research: Run Blocking*  
Power Angles - Feet - New Duck Drill - Splits - Backside Blocking Techniques - Toe Step - Power Hook - Fast Feet- Kick & Hold - Jet Tech - Bluffs & Much More.

*Advance Techniques: Pass Blocking & Labeling 3 Man Fronts for Pass Protection Rules*  
Knees - Pigeon Toe on Angle A/B - Getting to the Spot - # of Kicks - Pivoting - Keying the Near Arm - Bull Rush - Cutting Pressure - Identifying 3 Man Fronts for Pass Protection Rules.

### *New Misdirection Plays "The Scissor & Handback Series"*

Bob Scissors - Bob U Scissors - Bob Both Scissors - Bob Sniper vs Under - Handback Plays.

*Rules & Techniques for Blocking Inside, Outside, and Wide Zone Plays*  
Premises of Zones - Problem Fronts - The Inside, Outside, and Wide Zone Plays versus Multiple Fronts with Techniques - Solving Problem Fronts - Zone vs the Bear Defense - G Force on Wide Plays - Tackle Pull Techniques on Wide Plays.

I am truly committed to helping coaches of all levels with the coaching points and knowledge of the game I have developed from 43 years on the sideline as a coach in the college and NFL ranks.

This new juncture in my career has been a great opportunity to work with coaches of all levels in the clinic and consulting setting, providing hints and tips about Offensive Philosophy and Offensive Line play. In this time period, there has been a tremendous interest in putting my coaching points and theory on DVD. In working with people I trust, I found an affordable way to bring all I know to you in a professional, step-by-step teaching series. This is just a starting point, but it is a tremendous fundamental base for Offensive Line play and Offensive Theory.

I look forward to your feedback and suggestions on topics for future DVD's and seeing you on the Clinic circuit. I hope this Nine Piece Teaching Set is a great help to you as I believe it will be!

**JIM McNALLY TEACHING SERIES DVD SET**

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## Teaching Series