



# TRNCHKNGS Starter Pack

**A High School Lineman's Guide to Dominating the  
Trenches**

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## SECTION 1: Welcome to the Trenches

Welcome to the trenches. This isn't where the highlight reels are made; this is where the game is won. Linemen are the backbone of every play, and the ones who dominate here control momentum, confidence, and identity.

This guide is for the high school lineman who:

- Wants to level up physically and mentally
- Wants structure, guidance, and real steps to improve
- Is tired of feeling overlooked and wants to become undeniable
- Wants to earn respect through performance, not talk

You are not "just a lineman." You are the anchor, the enforcer, and the engine that drives everything. Skill players get celebrated, linemen get remembered by the ones who truly know the game.

**What separates elite linemen from average players:**

- **Technique over size.** Anyone big can play. Few play disciplined.
- **Leverage over strength.** Pad level decides everything.
- **Hands as weapons.** Striking with purpose, not just pushing.
- **Relentless motor.** Finishing the rep when others quit.
- **Football IQ.** Seeing the play before it develops.

If you commit to mastering the trenches, you are not just becoming a better athlete, you are becoming a better leader, student, and man. The same discipline that wins battles at the line wins in life.

## SECTION 2: Fundamentals Every Lineman Must Master

To dominate the trenches, you need more than size and hustle. True linemen win with technique, discipline, and efficiency. The following five core pillars form the foundation of elite line play. Master them, and everything else elevates.

### 1. Stance and Leverage

- Keep feet shoulder width with balanced weight distribution
- Hips low, chest up, eyes forward
- Hands ready to strike, not hanging at your sides
- Pad level wins. The lower player controls movement

**Common mistakes:**

- Too much weight shifted forward causing slow reaction
- Standing tall out of stance
- Narrow or unstable base

## 2. Hand Violence and Placement

- Strike with intent, inside hand control wins
- Shoot hands through chest plate, thumbs up and elbows tight
- Reset quickly if placement is lost

### Common mistakes:

- Wide hands allowing linemen to control your chest
- Pushing instead of striking and shedding
- Slow hands with no counter move planned

## 3. Footwork and Explosiveness

- First step must be fast, powerful, and directional
- Short, choppy steps keep balance and power
- Drive through contact. Do not stop feet on impact

### Common mistakes:

- Overstriding or crossing feet
- Stopping feet on first contact
- Lunging instead of driving

## 4. Vision and Reaction

- Read shoulders, hips, and stance
- Key: see small, react fast
- Diagnose blocking schemes fast (reach, down, double, pull)

### Common mistakes:

- Looking at the ball instead of your key
- Guessing instead of reacting

## 5. Conditioning and Finishers

- Train to play full speed all four quarters
- Focus on sled pushes, hill sprints, short bursts, and grip strength
- Reps should mimic game intensity, not just weight room numbers

### Common mistakes:

- Training like a bodybuilder instead of an athlete
- Jogging reps instead of finishing with power
- Poor recovery habits

## SECTION 3: Pre Practice Warm Up Routine

A great practice starts before the first drill. Your warm up should activate power, increase mobility, and get your mind locked in. Use this quick checklist before every session.

### Warm Up Checklist (Quick Hit)

#### Mobility and Flexibility

- Hip openers
- Ankle mobility rolls
- Hamstring stretch
- Shoulder circles and band work

#### Activation and Power

- Light sled push or band resisted starts
- Explosive first step bursts (5 to 10 reps)
- Hand strike warm ups (pads or partner)

#### Nervous System Prep

- Short sprints (5 to 10 yards)
- Shuffle, plant, redirect
- Mirror drills for reaction

#### Mindset Lock In

- Three deep breaths
- One intention for practice
- Focus cue, for example "Hands first" or "Low pad level".

## SECTION 4: Game Day Execution Plan

Game day is not where you figure things out. It is where you execute what you have already prepared for. Use this checklist to lock in physically, mentally, and emotionally before stepping on the field.

#### Night Before the Game

- Review film, key matchups, and tendencies
- Hydrate throughout the evening
- Visualize first five snaps
- Stretch and get to sleep early

#### Pre Game Arrival

- Arrive early, no rushing
- Light dynamic stretch

- Activation. Sled push, band strikes, short bursts
- Walk through footwork and first step

### **Warm Up Script**

- Hips and shoulders mobility
- Hand strike activation
- Short choppy steps then explode
- Finish with three high intent reps

### **Mindset and Focus Cues**

- "Low pad level wins"
- "Strike, escape, finish"
- "Win the rep in front of me"

### **In Game Reminders**

- Reset hands every rep
- Do not stop feet on contact
- Study splits and stance for tells
- Play with controlled violence

## **SECTION 5: Mindset of a Trench King**

Being a lineman is more than playing a position. It is a mentality. You control the line of scrimmage, set the tone, and dictate how the game feels. These principles are not hype. They are how you become the player coaches trust and opponents respect.

### **The Trench King Mindset**

- I win with discipline, not excuses.
- Every rep is a chance to dominate, not just participate.
- I do not wait to be motivated. I show up ready.
- I move with purpose. Fast hands, low pads, violent finish.
- I stay calm, even when the moment is loud.
- I lead through action, not talk.
- I take coaching personally because I want to grow.
- I prepare like someone is trying to take my spot.
- I finish everything I start.
- I do not react emotionally. I execute.

### **Identity Statement**

I am built for the trenches. I do not flinch, fold, or fade. I impose my will, snap after snap.

## **SECTION 6: Strength and Conditioning Basics**

Strength matters in the trenches, but the goal is not to just get big. The goal is to be explosive, durable, and powerful for all four quarters. This section gives you a weekly training structure, key lifts that matter, and a recovery checklist to stay healthy and explosive.

## **Weekly Structure**

### **Monday: Lower Body Power**

- Squats, box jumps, hip thrusts
- Focus: explosiveness and first step

### **Tuesday: Upper Body Strength**

- Bench press, incline press, tricep work, shoulder stability
- Focus: punch power and posture

### **Wednesday: Speed and Conditioning**

- Short burst sprints, sled pushes, agility work
- Focus: in game stamina and lateral movement

### **Thursday: Full Body Strength**

- Deadlift variations, power cleans, core, grip work
- Focus: total power and durability

### **Friday: Mobility and Recovery**

- Stretching, band work, activation, light movement
- Focus: priming for game day

## **Key Lifts That Matter**

- **Power clean:** Builds full body explosiveness
- **Back squat:** Lower body strength and power
- **Bench press:** Strike power
- **Deadlift:** Posterior chain strength
- **Farmer carries:** Grip strength and durability

## **Recovery Checklist**

- Hydrate starting 24 hours before practice or a game
- Sleep seven to nine hours minimum
- Post workout stretching and band work
- Ice or heat based on soreness
- Light movement on off days

Train like an athlete, not a bodybuilder. Every rep should translate to the field.

## **SECTION 7: The Gear Checklist**

You do not need the most expensive gear to dominate. You need the right gear that fits well, protects you, and helps you perform with confidence. Use this checklist before the season and before every game.

## **Essentials**

- Properly fitted helmet
- Mouthguard, backup in bag
- Shoulder pads with full range of motion
- Cleats appropriate to field surface
- Game socks and compression gear

## **Hand and Arm Gear**

- Gloves that fit snug with grip
- Tape or wrist support if needed
- Arm sleeves, optional for turf burn

## **Protection and Support**

- Knee pads or knee sleeves
- Hip and thigh pads
- Turf tape
- Ankle braces if needed

## **Extras to Keep in Your Bag**

- Towel
- Spare gloves
- Pre wrap and athletic tape
- Extra mouthpiece
- Water and electrolytes

Gear does not make you elite. Your preparation and discipline do.

## **SECTION 8: Closing**

You have the fundamentals. Now it is on you to apply them.

If you want daily motivation and guidance built for athletes like you, stay connected and keep leveling up.

## **Next Steps**

- Follow on Instagram: [@trnchkngs.hq](https://www.instagram.com/trnchkngs.hq)
- Follow on TikTok: [@trnchkngs](https://www.tiktok.com/@trnchkngs)
- Join MENTOR99 for daily mindset tools
- Stay sharp and dominate every rep

**Finish your work. Win the Trenches.**