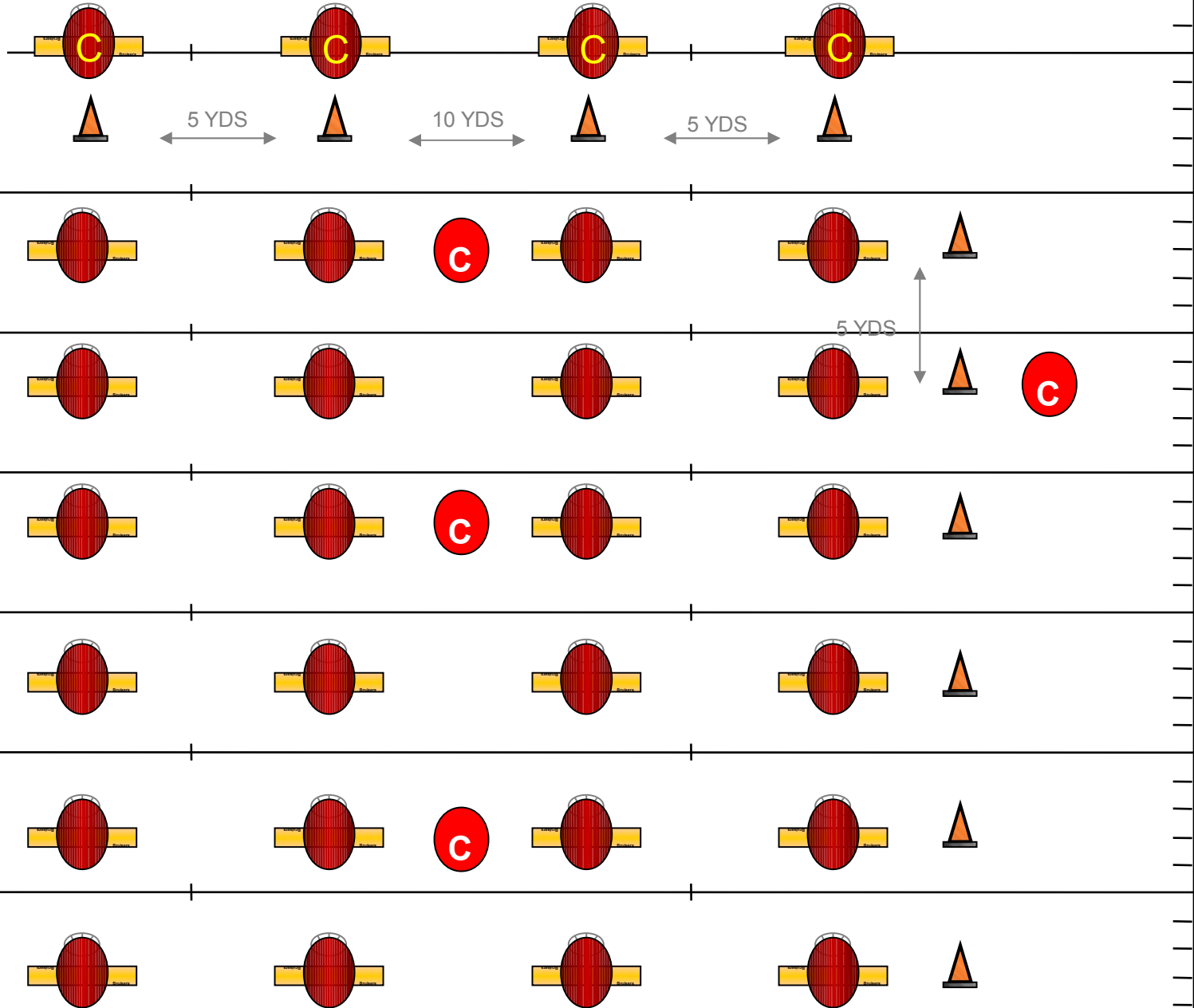
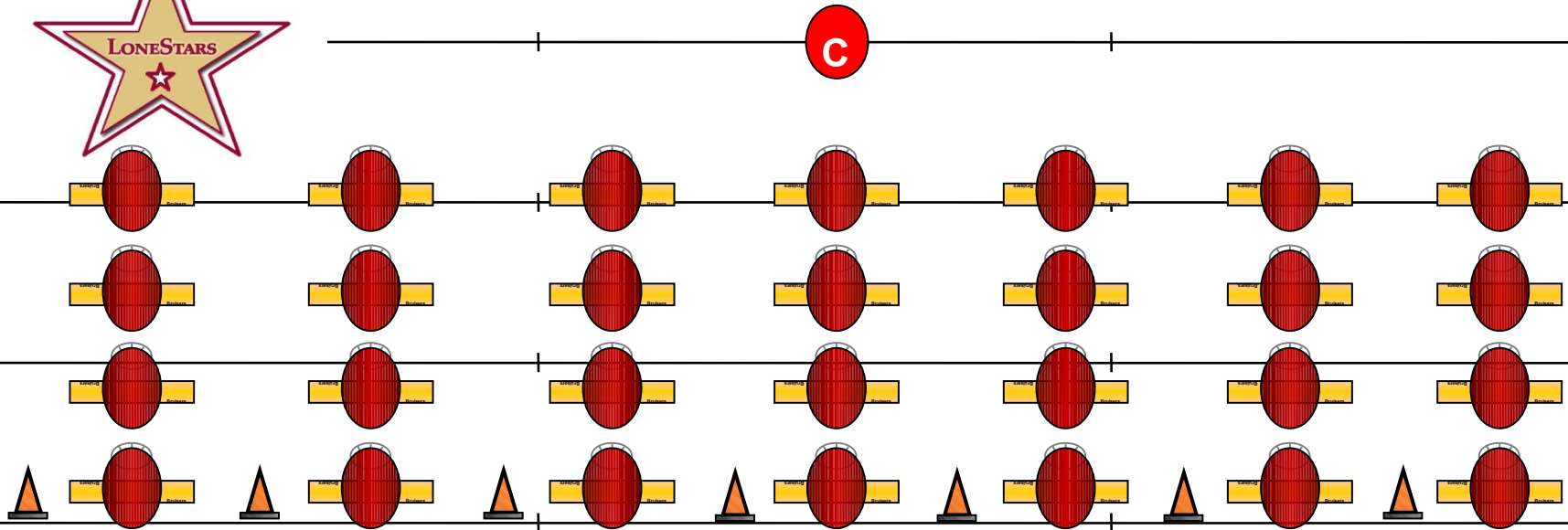




Stretching & Calisthenics Formation



Form Running Formation



5 YDS 5 YDS 5 YDS 5 YDS

20 YDS

20 YDS





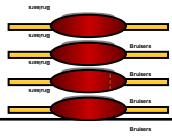
Conditioning Drills

Football Handoff Relay

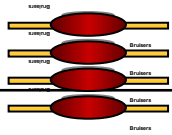
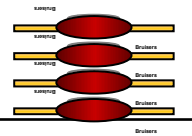


Drill Instructions:

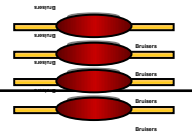
- Players handoff ball's to each other
- Losing team must do pushups
- Players take a knee when completed run



30 YDS



30 YDS



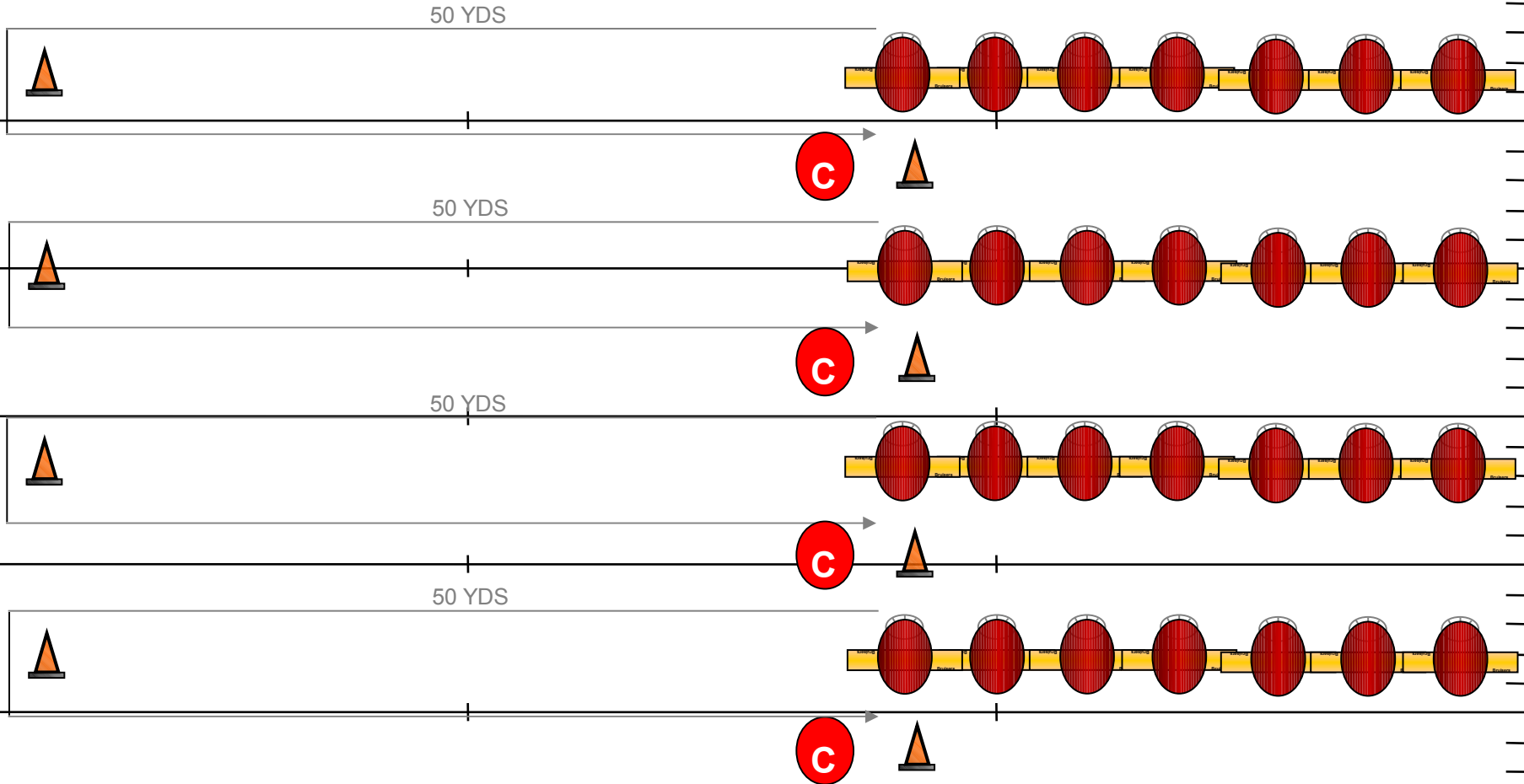


Conditioning Drills

Football Parachute Relay

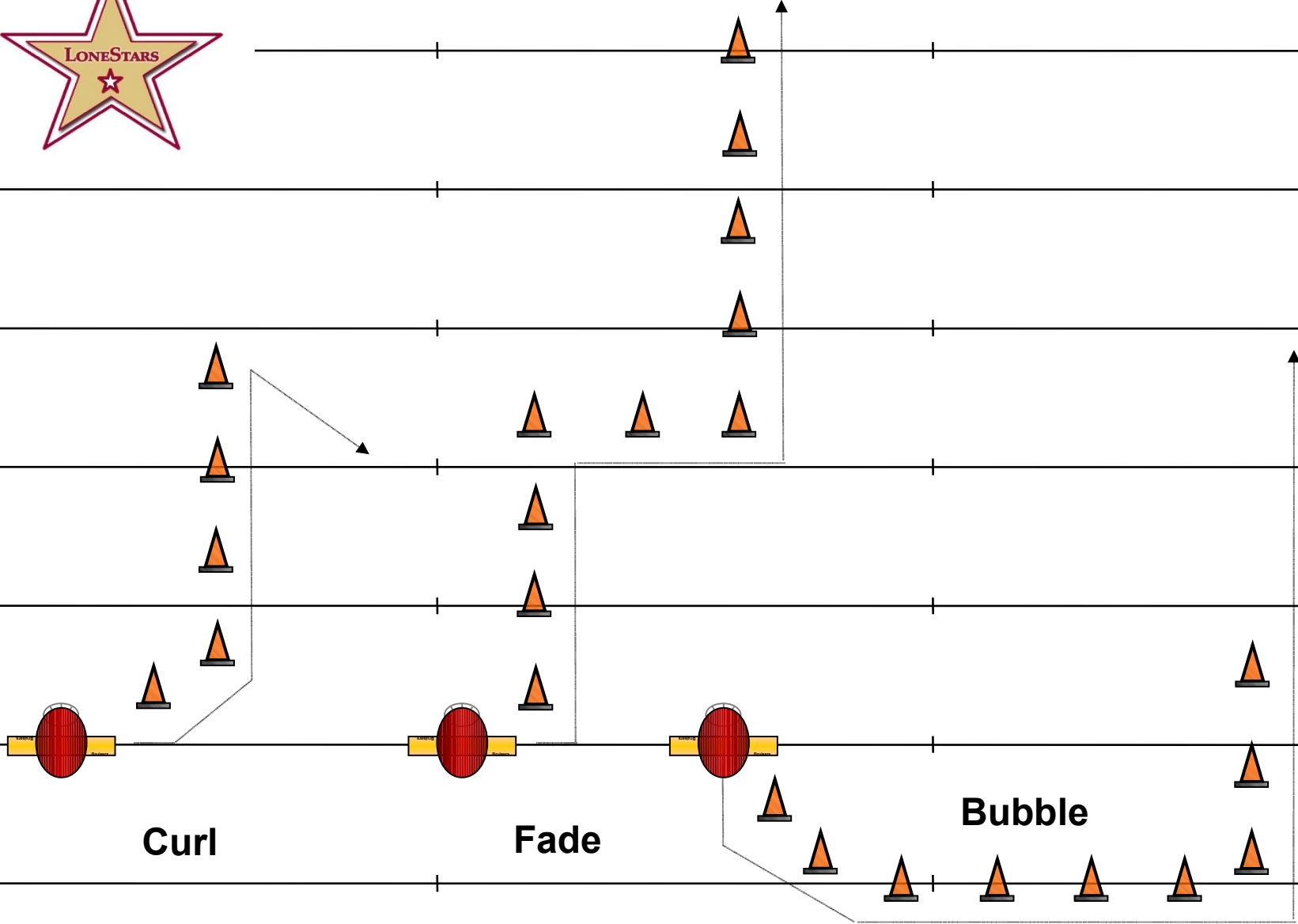
Drill Instructions:

- Players strap on parachutes and run to cones and back
- Losing team must do pushups
- Players take a knee when completed run





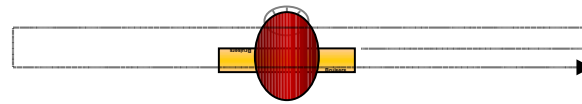
Pass Routes





Conditioning Drills

T - Sprint

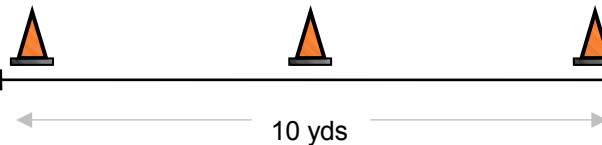


Drill Instructions:

- Player In three point stance touches outside lines on each side and accelerates thru

Coaching Points:

- Record times
- Verify player touches outside lines on each side and accelerates thru
- To increase speed open up hips and point outside toes to line
- Use left hand to touch left side and right hand to touch right side.
- Verify player keeps head forward and does not cross-over



Objective:

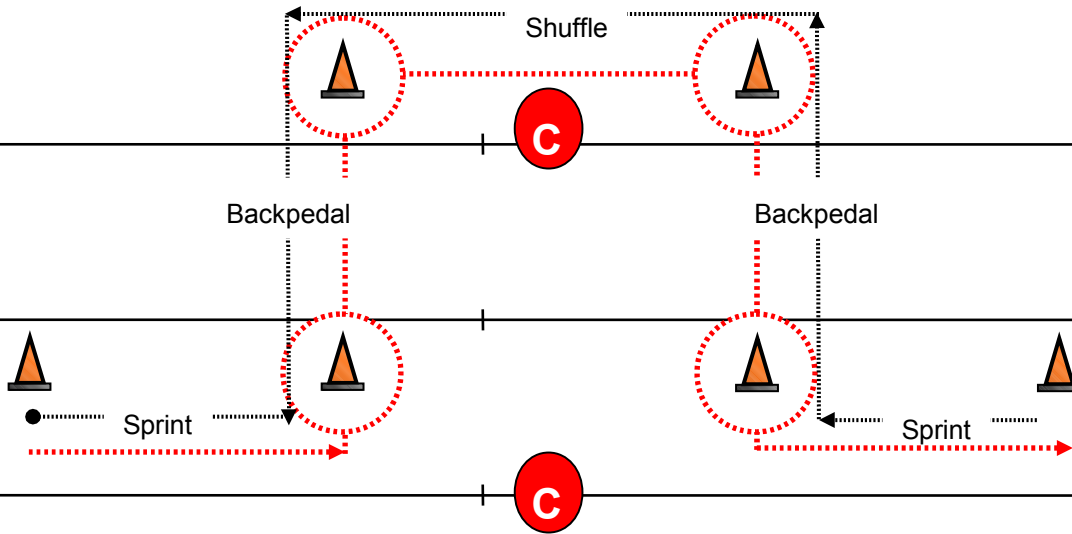
- Good for determining speed and potential RB's who have cut back ability



Conditioning Drills

Box Multi-Drill Station

Sprint - Backpedal - Shuffle - Bear Crawl



Drill Instructions:

- Player In two point stance
- Sprints to cones and performs designated discipline.
- **Sprint** - teach proper plant foot.
- **Backpedal** - verify head over toes pump arms, keep butt low.
- **LB Shuffle** - feet should not cross-over
- **Bear Crawl** on all four around cones.

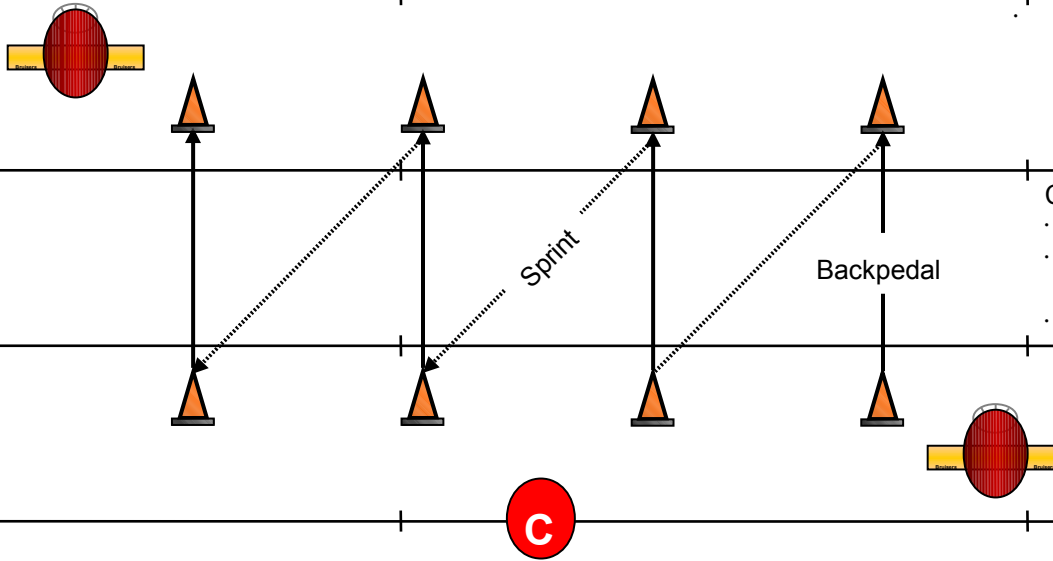
Coaching Points:

- Head should be up and forward
- Have player in a breakdown stance to begin.
- Feet should not click when shuffling
- Have coach use shield when player Shuffles across cones



Conditioning Drills

(Nebraska) **Backpedal - Acceleration**



Drill Instructions:

- Player starts at on end backpedaling vertically until they reach a cone then sprints diagonally to next cone performing a zigzag pattern.

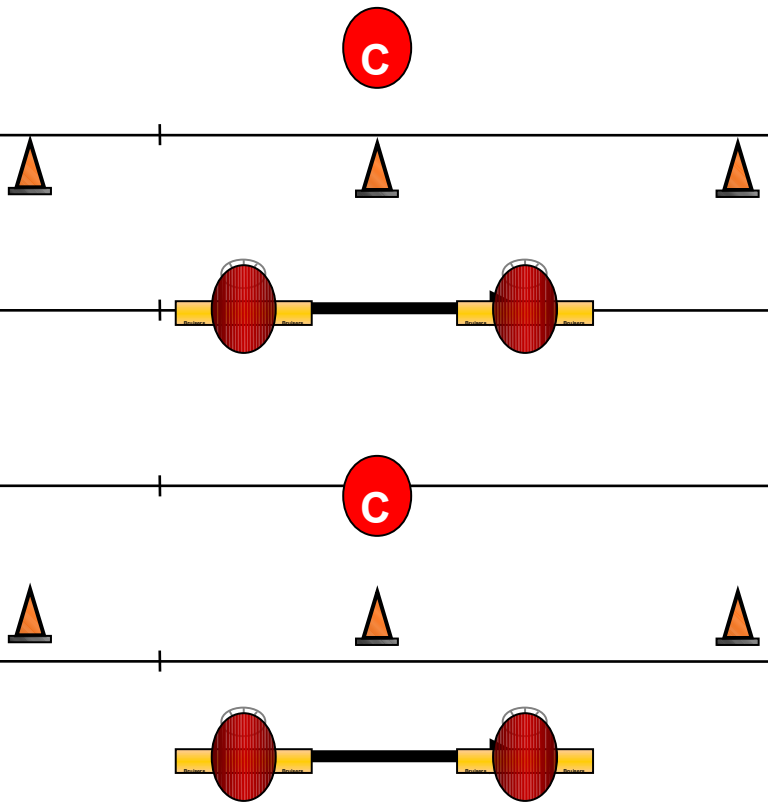
Coaching Points:

- Sprint - teach proper plant foot.
- Backpedal - verify head over toes pump arms, keep butt low.
- Have player in a breakdown stance to begin.



Conditioning Drills

Tug of War



Drill Instructions:

- Players are attached to a rope harness
- The first player to reach there cones wins

Coaching Points:

- Good for measuring Lineman strength and endurnace



Conditioning Drills

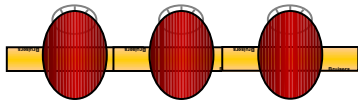
Rabbit Hops - High Knees - Side Steps

Drill Instructions:

- Player starts at on end performing various drills designated by coach.
- Rabbit Hops - Players hop over cones feet together
- High Knees - Repeat from other side
- Side Steps - Repeat from other side

Coaching Points:

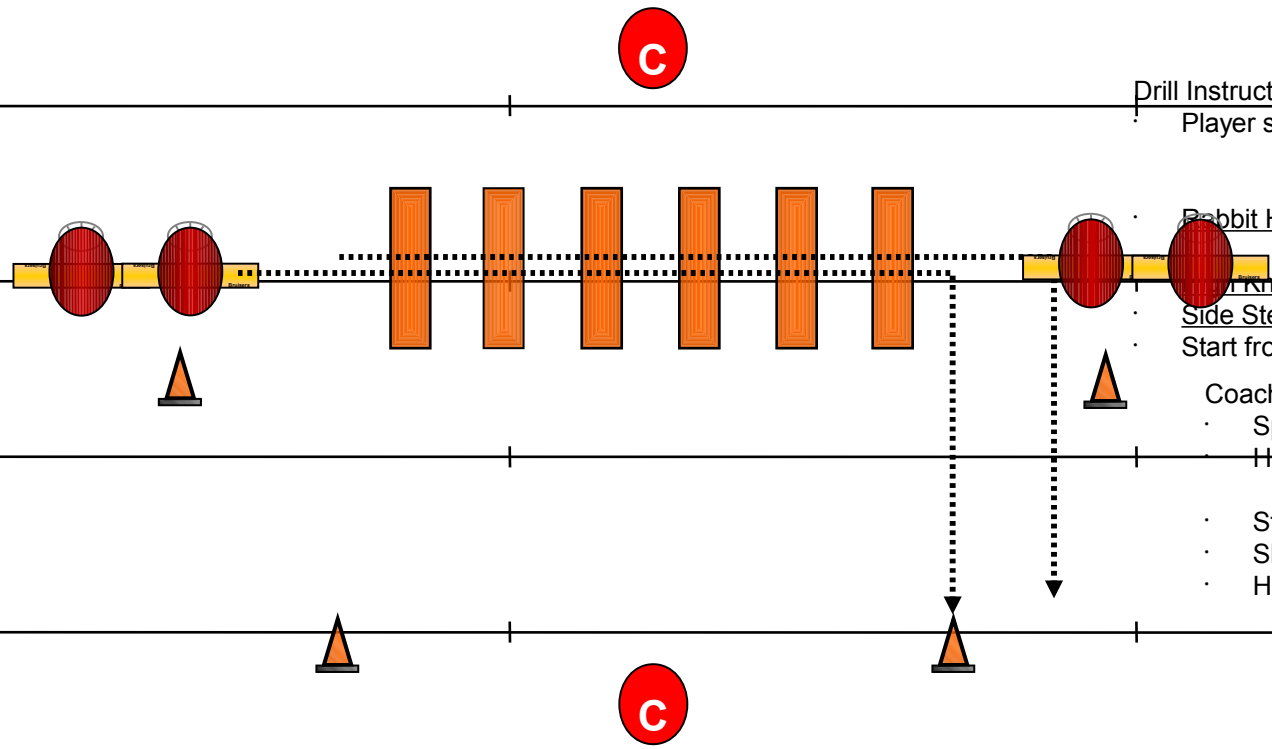
- Sprint - teach proper plant foot.
- Have player in a breakdown stance to begin.





Conditioning Drills

Rabbit Hops - High Knees - Side Steps



Drill Instructions:

- Player starts at on end performing various drills designated by coach. Then accelerate to cone.
- **Rabbit Hops** - Players hop over cones feet together
- **High Knees** - Repeat from other side
- **Side Steps** - Repeat from other side
- Start from left then right

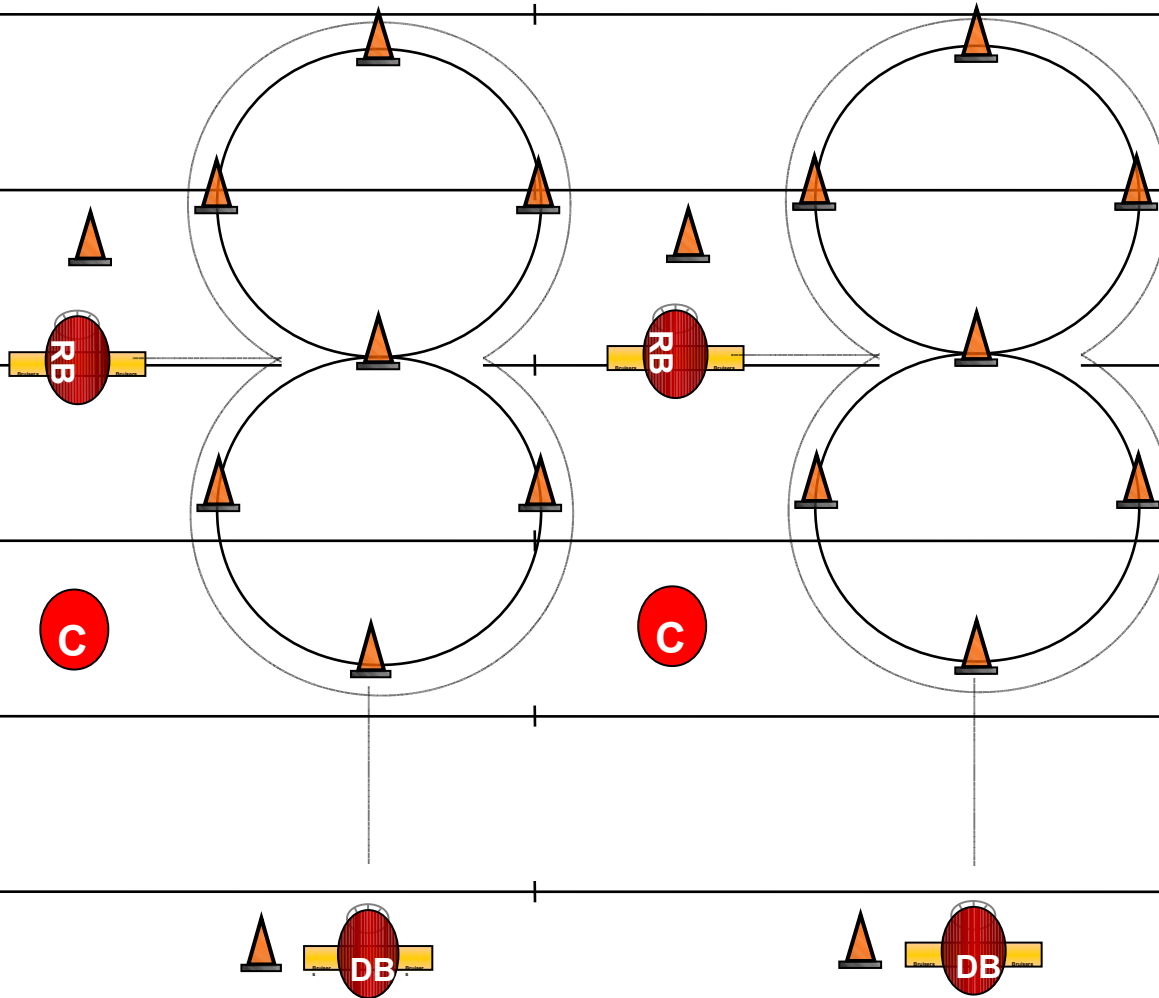
Coaching Points:

- Sprint - teach proper plant foot.
- Have player in a breakdown stance to begin.
- Step over - knee up
- Shoulders square
- Head up and forward



Conditioning Drills

Figure-Eight Rabbit & Hound



Drill Instructions:

- On Coaches whistle players runs and touches each cone. RB then runs around cones in a figure eight DB chases RB until he touches RB or until RB completes two laps.

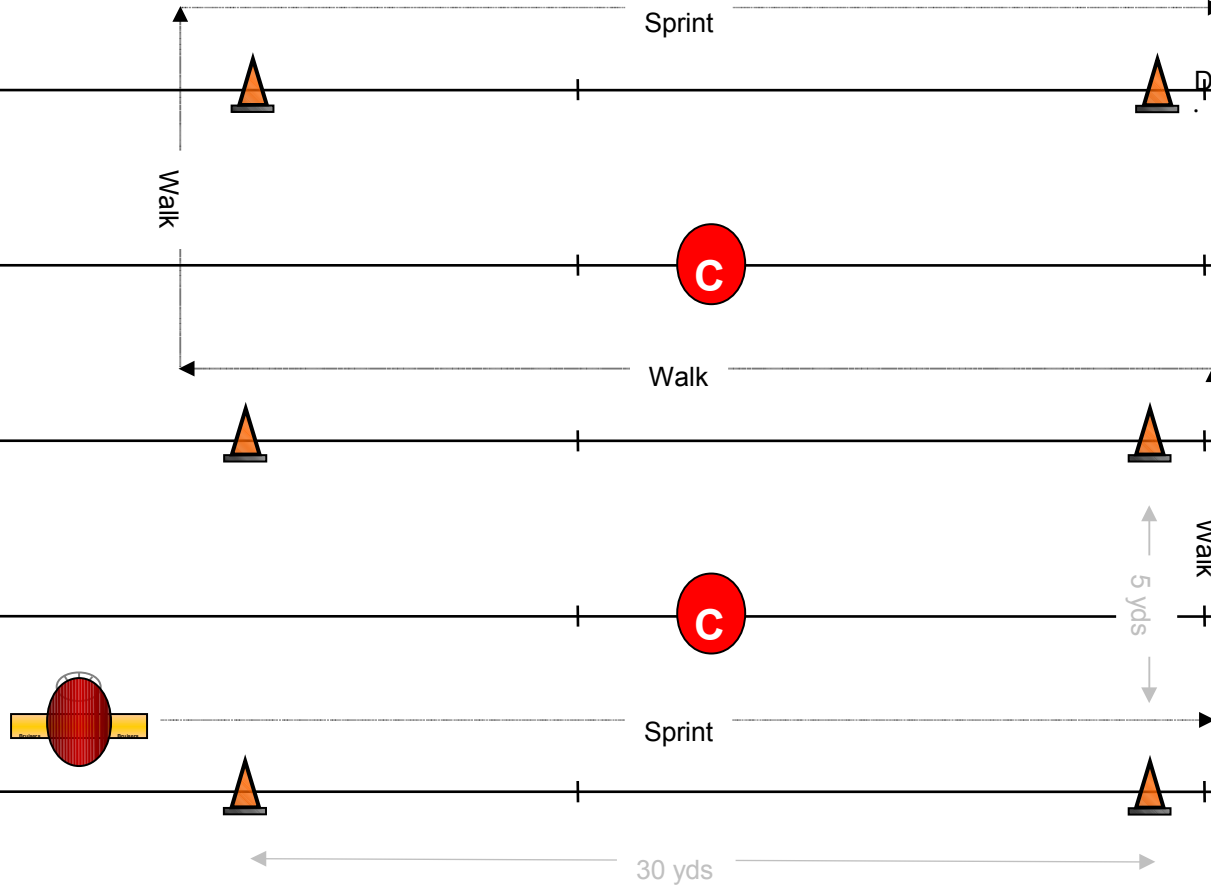
Coaching Points:

- Run two drill simultaneous one with a winner (rabbit) and losers (hound) circle
- Pursuit Competitive drill
- Players should alternate between RB and DB positions.
- Use a towel to increase difficulty



Conditioning Drills

Acceleration - *Sprint*



Drill Instructions:

- Sprint to end of cone. Walk next cones rotate sprinting and walking at end of cones repeat.

Coaching Points:

- Verify players accelerate and maintains Good running form.
- Release a new player when first player has gotten half way.
- Repeat with players backpedaling When backpedaling maintain weight over toes or you will lose balance and fall backwards

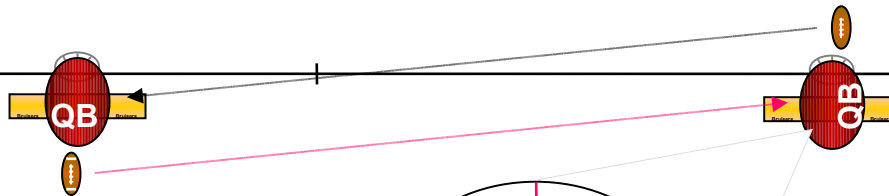
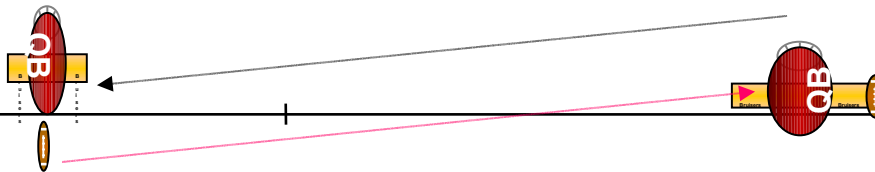
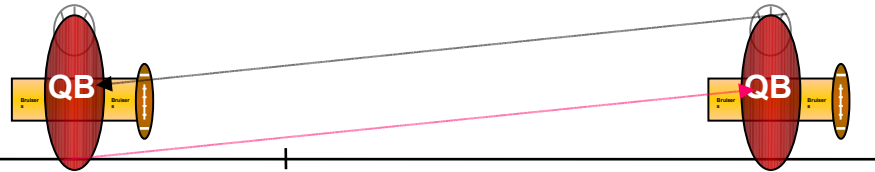
Objective:

- Acceleration and conditioning



QB Drills

Throwing Motion - Hips



Drill Instructions:

- Hold the ball securely with both hands in the middle of the chest.
- QB's face each other with feet parallel. QB rotates hips and with throwing motion throws to opposite player. Feet do not move.

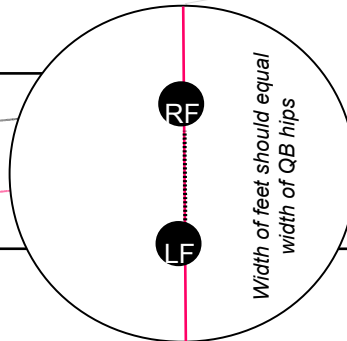
Coaching Points:

- Rotate waist front shoulder and hip pointed downfield at target. Feet stay parallel and do not move.
- Raise(hitch) Ball to side of head
- Keep throwing arm elbow bent and above shoulder pads.
- When throwing the ball, hand and ball should start from left eye and cross over the right eye.
- Allow throwing hand to rotate to the inside, with palm of hand and thumb facing down.



LF Left Foot

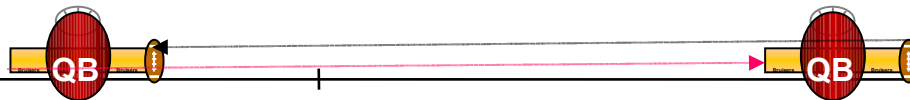
RF Right Foot



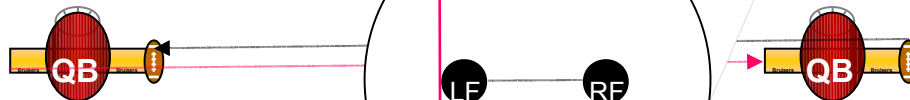


QB Drills

Throwing Motion – Vertical Left Hips

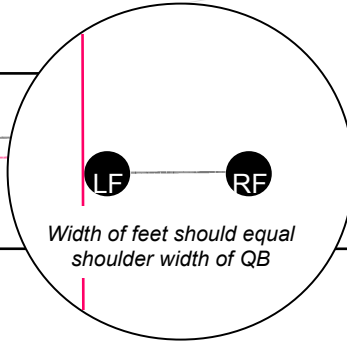


C



LF Left Foot

RF Right Foot



Drill Instructions:

- Hold the ball securely with both hands in the middle of the chest.
- QB's face each other with feet vertical left foot on line. QB rotates hips and with throwing motion throws to opposite player. Feet do not move.

Coaching Points:

- Rotate waist front shoulder and hip pointed downfield at target. Feet stay parallel and do not move.
- Raise(hitch) Ball to side of head
- Keep throwing arm elbow bent and above shoulder pads.
- When throwing the ball, hand and ball should start from left eye and cross over the right eye.
- Allow throwing hand to rotate to the inside, with palm of hand and thumb facing down.

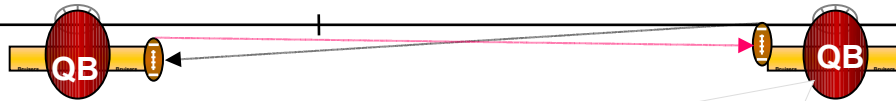


QB Drills

Throwing Motion – Vertical Right Hips

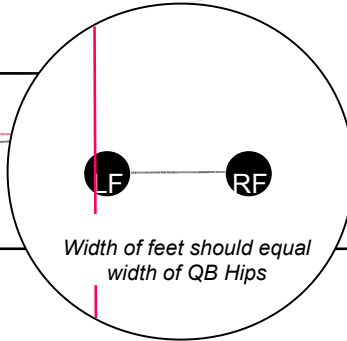


C



LF Left Foot

RF Right Foot



Drill Instructions:

- Hold the ball securely with both hands in the middle of the chest.
- QB's face each other with feet Vertical Right foot on line. QB rotates hips and with throwing motion throws to opposite player. Feet do not move.

Coaching Points:

- Rotate waist front shoulder and hip pointed downfield at target. Feet stay parallel and do not move.
- Raise(hitch) Ball to side of head
- Keep throwing arm elbow bent and above shoulder pads.
- When throwing the ball, hand and ball should start from left eye and cross over the right eye.
- Allow throwing hand to rotate to the inside, with palm of hand and thumb facing down.

QB Drills

Sprintout Pass



WR



QB



C



QB



WR



Drill Instructions:

- Open hips and sprint out to sideline
And pass to WR

Coaching Points:

- Verify shoulders are square when
pass is thrown
- Reverse player position to throw
from opposite direction.

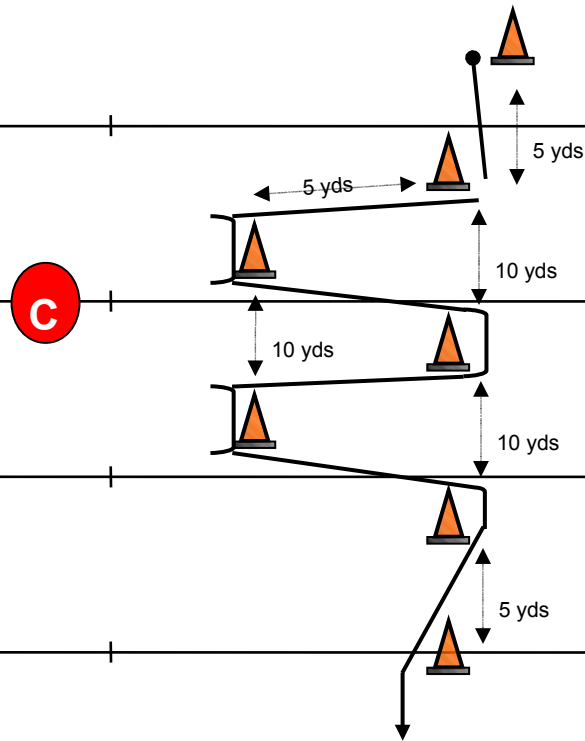
Pass Routes:

- Fade
- Curl
- Bubble



RB Drills

Angle Burst Cuts



Drill Instructions:

- Accelerate to cones shimmy and plant appropriate left/right foot when making cut around cone.

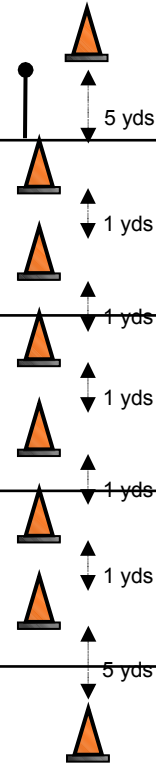
Coaching Points:

- Verify RB plants and cuts with appropriate left/right foot.
- Ball is tucked under arm correctly and not lose.
- Eyes/Head are up when running



RB Drills

Hip Twister



Drill Instructions:

- Accelerate to cones shimmy, twist hips and plant appropriate left/right foot when making cut around cone..

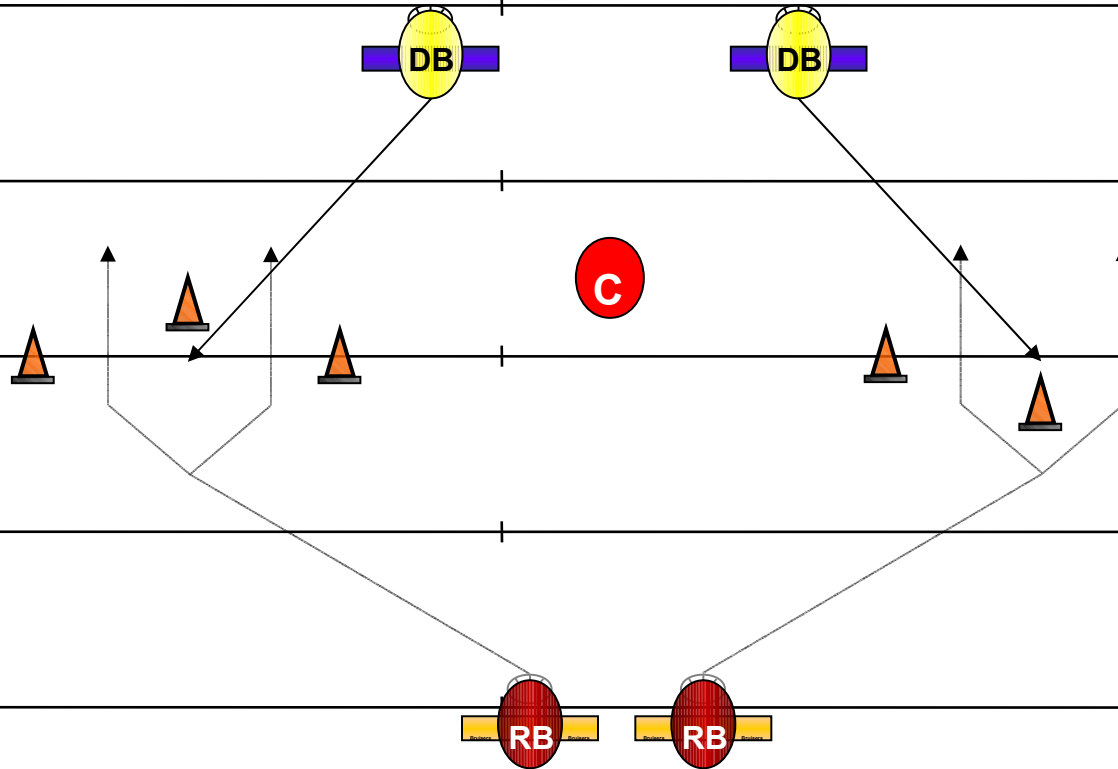
Coaching Points:

- Verify RB plants and cuts with appropriate left/right foot.
- Ball is tucked under arm correctly and not lose.
- Eyes/Head are up when running



RB & DB Drills

Fake - Drive



Drill Instructions:

- RB accelerate to forward cone fakes and plants appropriate left/right foot when making cut around selected cone.

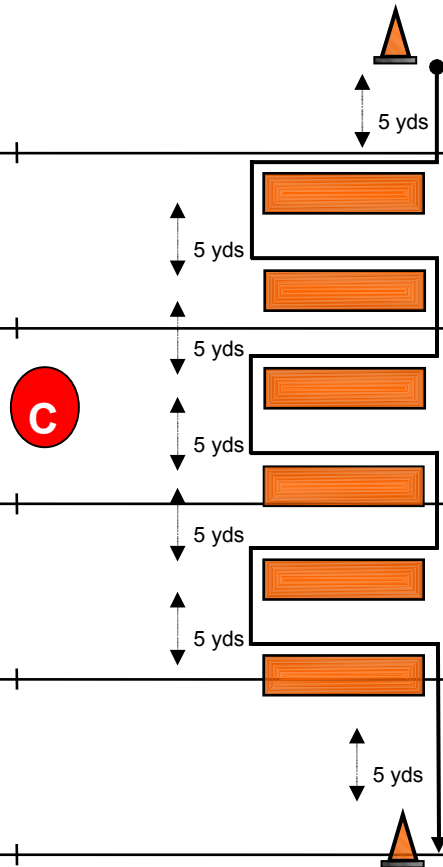
Coaching Points:

- Use speed progression (Walk Thru - Thump - Game Speed)
- RB makes fake as close to defender without being tackled
- Verify RB plants and cuts with appropriate left/right foot.
- Ball is tucked under arm correctly and not lose.
- Eyes/Head are up when running
- If DB over plays fake outside and cut inside
- If DB plays inside run fake inside and go outside.
- DB should practice angle tackling



RB Drills

Open Field Lateral Slide



Drill Instructions:

- Accelerate to bags shimmy, slide across bags and plant appropriate left/right foot when making cut around bags.

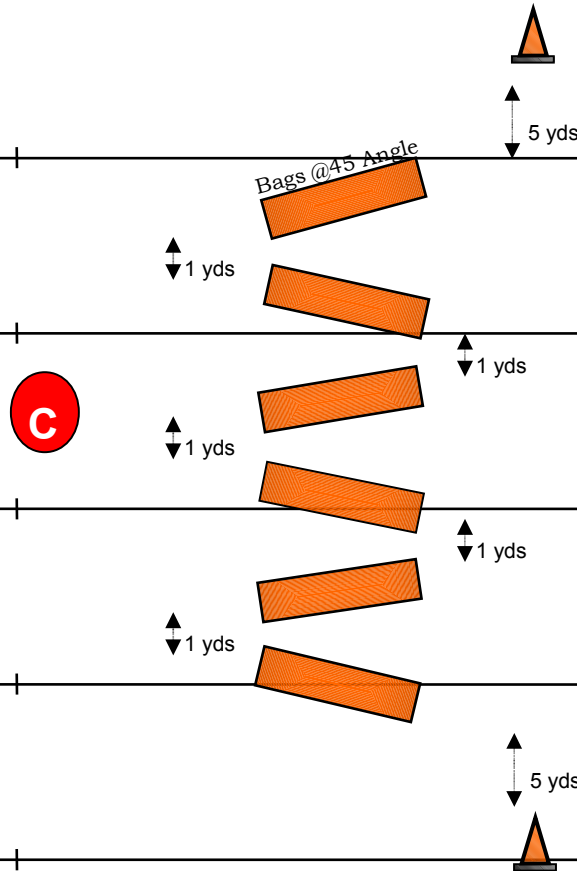
Coaching Points:

- Verify RB plants and cuts with appropriate left/right foot.
- Ball is tucked under arm correctly and not lose.
- Eyes/Head are up when running
- Legs do not cross.



RB Drills

Slalom



Drill Instructions:

- Accelerate to bags shimmy, slide across bags and plant appropriate left/right foot when making cut around bags.

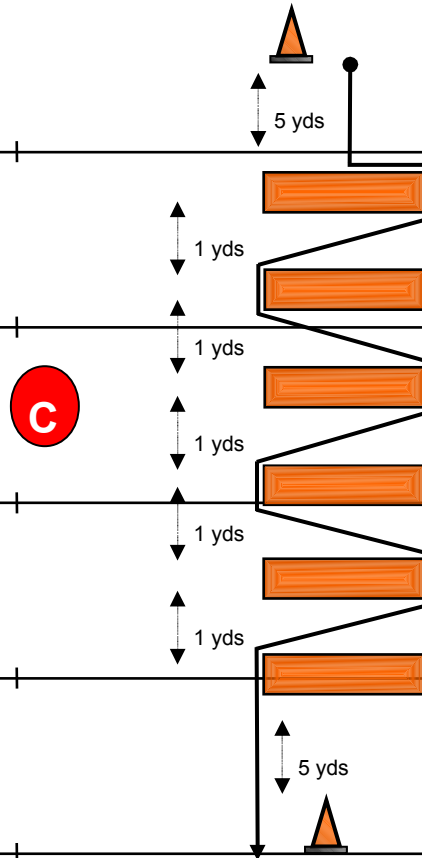
Coaching Points:

- Verify RB plants and cuts with appropriate left/right foot.
- Ball is tucked under arm correctly and not lose.
- Eyes/Head are up when running
- Legs do not cross.



RB Drills

Tight Lateral Slide



Drill Instructions:

- Accelerate to bags shimmy, slide across bags and plant appropriate left/right foot when making cut around bags.

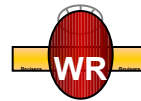
Coaching Points:

- Verify RB plants and cuts with appropriate left/right foot.
- Ball is tucked under arm correctly and not lose.
- Eyes/Head are up when running
- Legs do not cross.



WR Drills

Analyze WR Stance



Drill Instructions:

- Inside foot forward.
- Chest even with front foot
- 70-80% of weight on front foot
- Slight bend in front leg
- No bend in back foot
- Hands up and even
- Head positioned at 45' degree angle
- Turn toe in for better balance

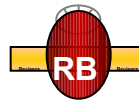
Coaching Points:

- Eliminate false step with proper stance
- Should not be able to rock back if in proper stance. If it happens 70-80% of weight not on front foot.
- Back foot steps forward first



RB Drills

Analyze RB Stance



Drill Instructions:

- Player in Two point and Three point Stance.
- Chest out
- Straight Back
- Hands on thighs
- Head positioned forward
- Turn toes in for better balance

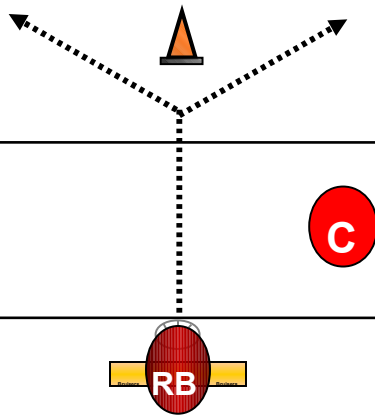
Coaching Points:

- Eliminate false step with proper stance



RB Drills

Ball Handoff Drill



Drill Instructions:

- Coach hands-off ball to RB
- RB should form pocket to receive ball
- Coach hand-offs to RB
- RB Locks Ball with two arms and then with one arm.
- RB makes cut when cone is reached

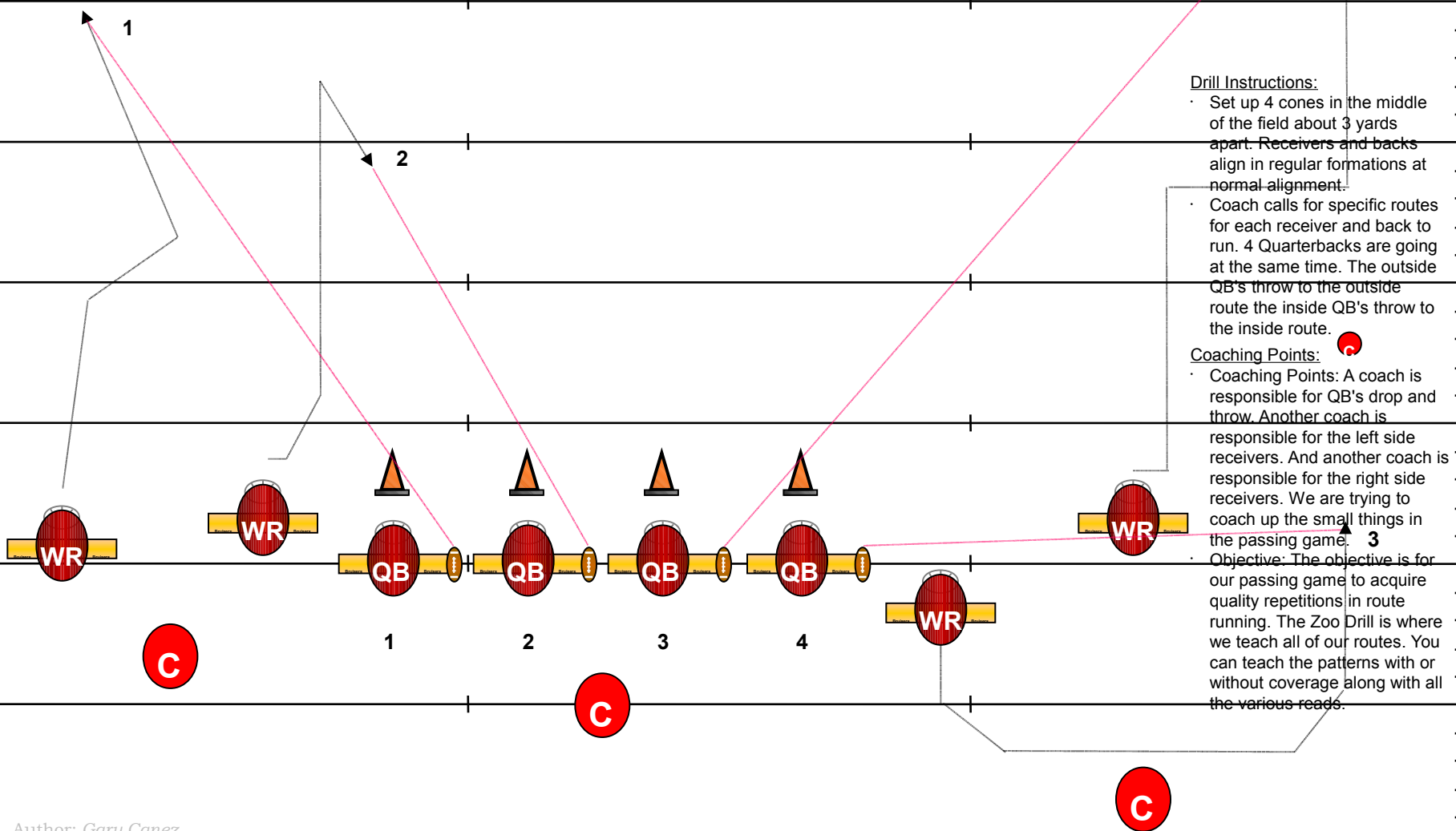
Coaching Points:

- Eliminate false step with proper stance
- Ensure wide pocket



WR Drills

Zoo Passing and Receiving



Drill Instructions:

- Set up 4 cones in the middle of the field about 3 yards apart. Receivers and backs align in regular formations at normal alignment.
- Coach calls for specific routes for each receiver and back to run. 4 Quarterbacks are going at the same time. The outside QB's throw to the outside route the inside QB's throw to the inside route.

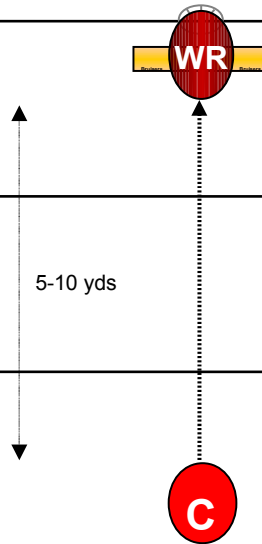
Coaching Points:

- Coaching Points: A coach is responsible for QB's drop and throw. Another coach is responsible for the left side receivers. And another coach is responsible for the right side receivers. We are trying to coach up the small things in the passing game.
- Objective: The objective is for our passing game to acquire quality repetitions in route running. The Zoo Drill is where we teach all of our routes. You can teach the patterns with or without coverage along with all the various reads.



WR Drills

Low Ball Catch



Drill Instructions:

- Coach throws football to WR below the waist or a group of WR's face each other and throw ball back and forth with Coach monitoring.

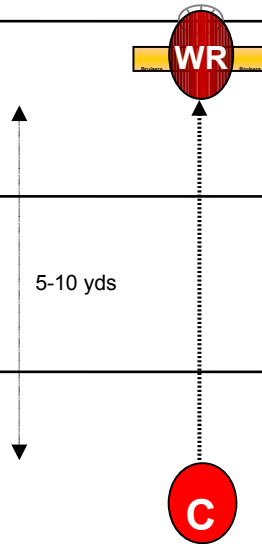
Coaching Points:

- When catching low balls verify WR has pinkies together and elbows in.
- Tip of Ball is looked into arm where it is tucked (locked) under the arm before the WR runs or throws the ball back..



WR Drills

High Ball Catch



Drill Instructions:

- Coach throws football to WR above the waist or a group of WR's face each other and throw ball back and forth with Coach monitoring.

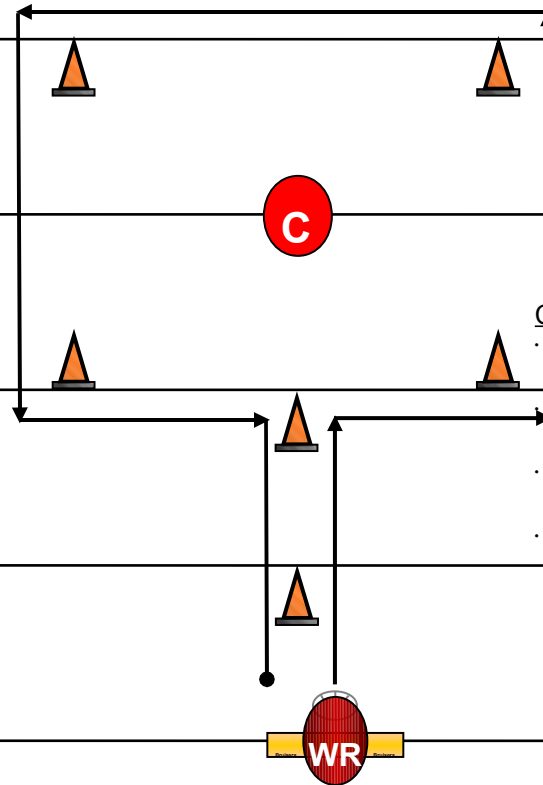
Coaching Points:

- When catching balls verify WR has thumbs and forefingers forming a triangle with hands slightly extending out. WR looks thru triangle and catches ball.
- Tip of Ball is looked into arm where it is tucked (locked) under the arm before the WR runs or throws the ball back..
- Verify WR's nose is positioned in the middle of the thrown football when catching.



WR Drills

Breakdown-Plant-Drive



Drill Instructions:

WR's run to each cone breakdowns (shimmy), then plants right foot from right side or left foot from left side. Accelerate to next cone and repeat.

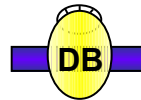
Coaching Points:

- When WR's plants foot verify plant foot is a half-step.
- Verify WR's keeps his head up when running.
- Verify body is low not high when cutting.
- Optional – Have WR throw head fake. Just move head left or right (sideways) after planting foot. Fake should equal same side of plant foot.

WR Drills



Slap Chop - Aggressive



Drill Instructions:

- WR takes a small step, (side of chop to DB) and aggressively slaps DB hands or elbows and undercuts or swims past DB.

Coaching Points:

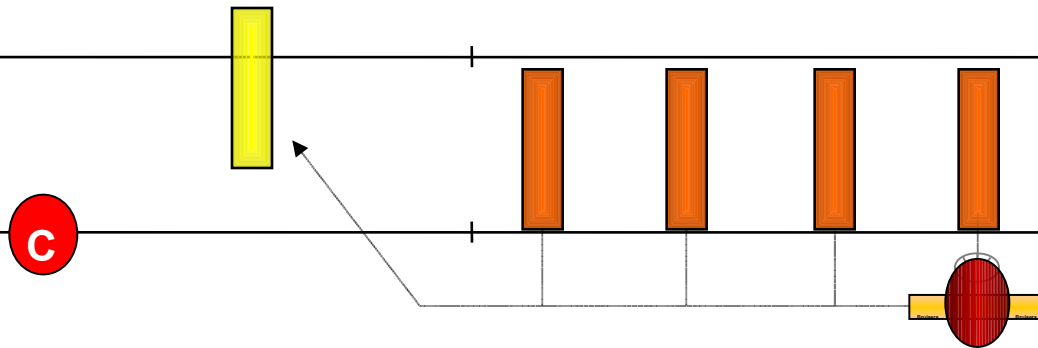
- WR must not get wide when cutting or swimming or DB will be able to recover.





WR & RB Drills

Block and Double Block



Drill Instructions:

- WR with wide feet and chopping feet jams each bag twice with hands then proceeds to next bag. On final bag RB or WR double blocks (tackles) above the waist

Coaching Points:

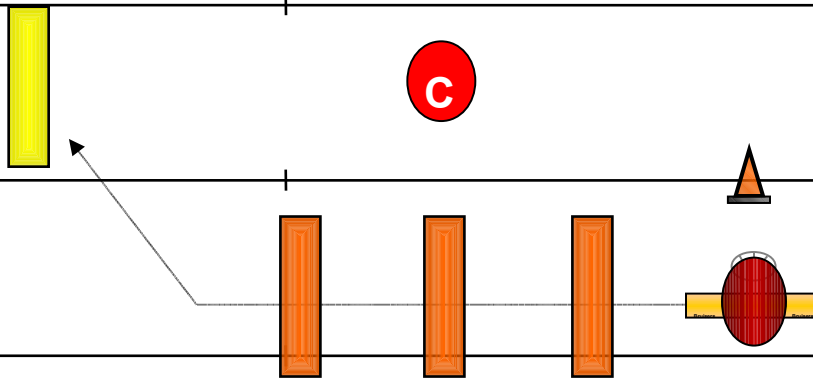
- Verify WR's keeps his head up when running.
- Verify body is low not high
- Verify feet do not cross-over and are moving
- On final Blue bag Player should maintain Constant contact with bag. Emphasize hands on bag with constant pressure.

Objective: Maintaining block for run support



Defensive Drills

LB Step Over and Tackle



Drill Instructions:

- Player assumes LB Stance then steps over each bag then accelerates and tackles dummy bag.

Coaching Points:

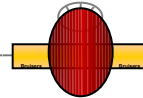
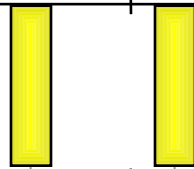
- Maintain LB Stance when stepping over bags butt low.
- Verify LB's keeps head up when stepping over bags.
- Verify body is low not high
- Verify hands are up
- Verify feet do not cross-over
- Verify feet do click
- On final bag LB should demonstrate proper tackle form
- Coach can use blocking dummy to simulate shedding of blocker
- Objective: Simulate LB game conditions

Author: ASU Robin Plufgard WR Coach



WR & RB Drills

Block and Double Block



Drill Instructions:

- WR or RB with wide feet and chopping feet jams each bag twice with hands then proceeds to next bag. Player then must block double blocks (tackles) DB above the waist.
- QB runs a sweep avoiding DB
- DB tries to avoid block and tackle QB

Coaching Points:

- Verify WR's keeps his head up when running.
- Verify body is low not high
- Verify feet do not cross-over and are moving
- WR or RB should maintain constant contact with DB. Emphasize sealing DB with hands.

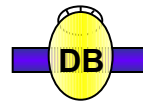
- Objective: Maintaining block for run support





WR Drills

Jam - Slap Chop - Aggressive



Drill Instructions:

- WR jams with both hands to chest of defender chopping feet as he goes across bags, (side of chop to DB) and aggressively slaps DB hands or elbows and undercuts or swims past DB.

Coaching Points:

- WR must not get wide when cutting or swimming or DB will be able to recover.





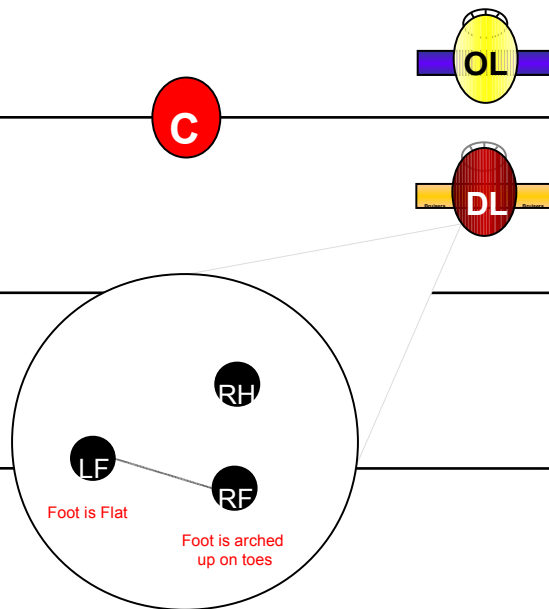
DL Drills

3 point DL Stance

LF Left Foot

RF Right Foot

RH Right Hand



Drill Instructions:

- DL 3 point stance review

Coaching Points:

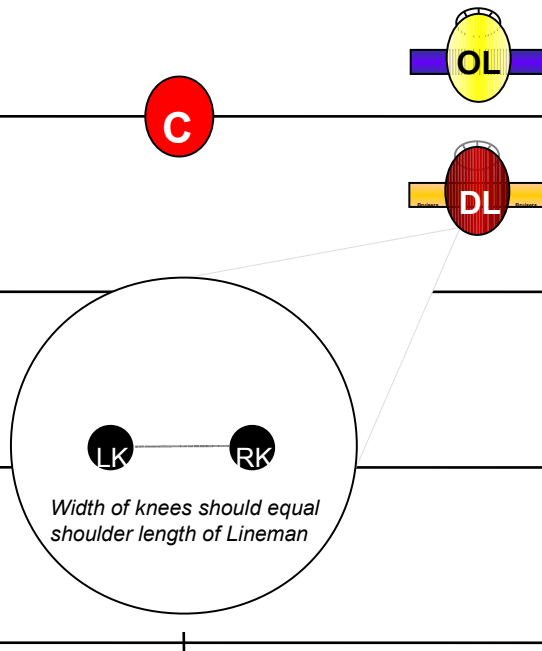
- DL should have flat back not arched.
- Staggered back foot should be aligned to heel of up foot
- Free hand should be on up knee to push off from to gain extra momentum
- Weight should be slightly forward



DL Drills

Jam - Quick Hands

LK Left Knee
RK Right Knee



Drill Instructions:

- DL on knees and with hands on knees explodes from position and jams OL breastplate. Repeat slowly then quickly

Coaching Points:

- Get hands and elbows inside of OL hands
- Thumbs should be up close together
Turn palms inside and place on breastplate
- Hips should be back for leverage
not rolling forward since this will raise DL he needs to stay low for leverage. Just snap hips. Roll hips when rushing the passer or when ready to make a tackle
- Drill used to train hands to counter OL run block
- Cadence "RESET HIT"



DL Drills

Shock Two Step

Drill Instructions:

- DL in a three point stance stays low fires off line jams and lockouts OL or bag and moves feet in two step patterns.

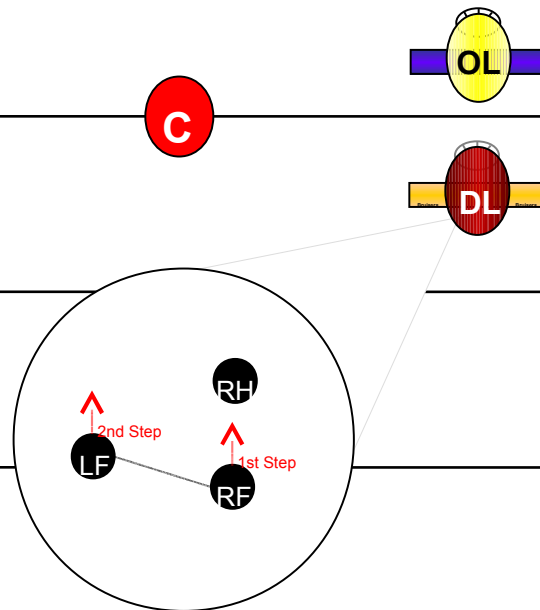
Coaching Points:

- Get hands and elbows inside of OL hands (breastplate)
- Thumbs should be up and on breastplate
- Hips should not roll forward since this will raise DL he needs to stay low for leverage
- DL should take a first step followed by a second step in patterns of two. (right leg attack step followed by left leg step)
- Watch for DL who only takes one step, stress the second step and two step patterns.
- DL hips and feet should be back for leverage too close will cause him to lose leverage.
- If DL face makes contact to OL chest verify he does not leave it there or else he can no longer see the play. Head needs to monitor play.

LF Left Foot

RF Right Foot

RH Right Hand





DL Drills

Shock Two Step With Step Over Pad

Drill Instructions:

- DL in a three point stance stays low fires off line, steps over pad with both feet jams and lockouts OL or bag and moves feet in two step patterns.

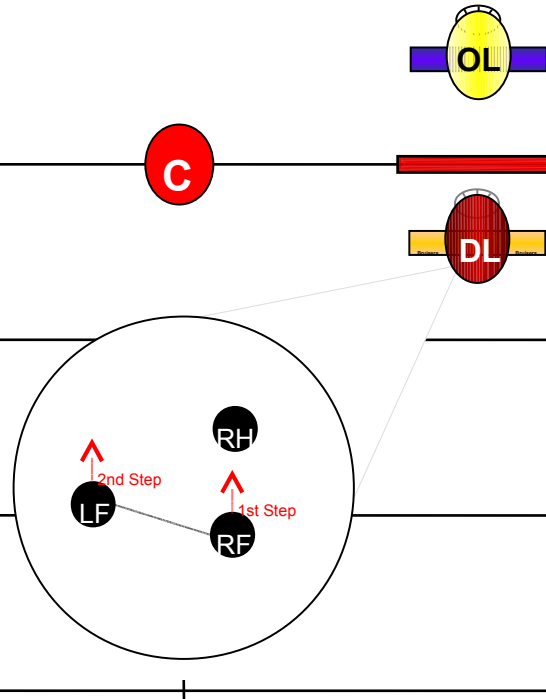
Coaching Points:

- Get hands and elbows inside of OL hands (breastplate)
- Thumbs should be up and on breastplate
- Hips should not roll forward since this will raise DL he needs to stay low for leverage
- DL should take a first step followed by a second step in patterns of two. (right leg attack step followed by left leg step)
- Watch for DL who only takes one step, stress the second step and two step patterns.
- DL hips and feet should be back for leverage too close will cause him to lose leverage.
- If DL face makes contact to OL chest verify he does not leave it there or else he can no longer see the play. Head needs to monitor play.

LF Left Foot

RF Right Foot

RH Right Hand





DL Drills

Rip Escape

Drill Instructions:

- DL in a three point stance stays low fires off line jams, lockouts and then rips under defender

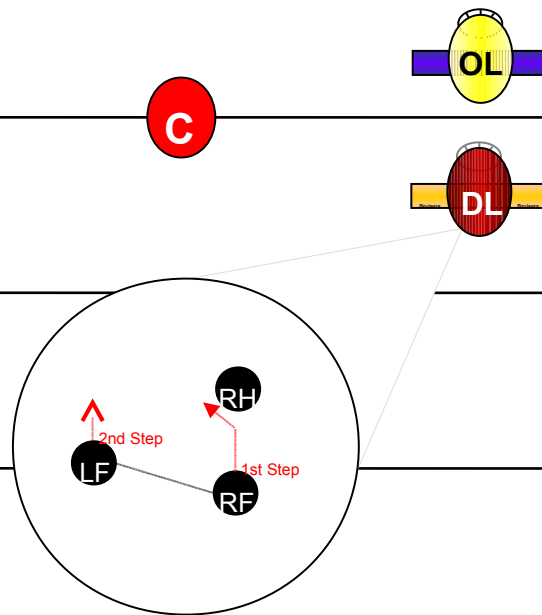
Coaching Points:

- Get hands and elbows inside of OL hands (breastplate)
- DL keeps pads down with inside foot steps outside and rips arm under outside of OL.
- Thumbs should be up and on breastplate
- Hips should not roll forward since this will raise DL he needs to stay low for leverage
- DL hips and feet should be back for leverage too close will cause him to lose leverage.
- If DL face makes contact to OL chest verify he does not leave it there or else he can no longer see the play. Head needs to monitor play.
- Used when ball carrier is behind OL

LF Left Foot

RF Right Foot

RH Right Hand





DL Drills

Swim Escape

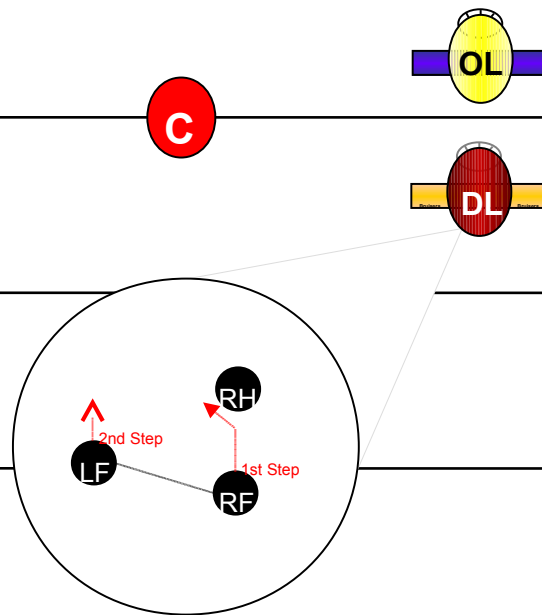
Drill Instructions:

- DL in a three point stance stays low fires off line jams, lockouts and then swims past defender

Coaching Points:

- Get hands and elbows inside of OL hands (breastplate)
- DL keeps pads down with inside foot steps outside and swims arm over OL.
- Thumbs should be up and on breastplate
- Hips should not roll forward since this will raise DL he needs to stay low for leverage
- DL hips and feet should be back for leverage too close will cause him to lose leverage.
- If DL face makes contact to OL chest verify he does not leave it there or else he can no longer see the play. Head needs to monitor play.
- Used when ball carrier is behind OL

- LF Left Foot
- RF Right Foot
- RH Right Hand





DL Drills

Crossover Swim Escape

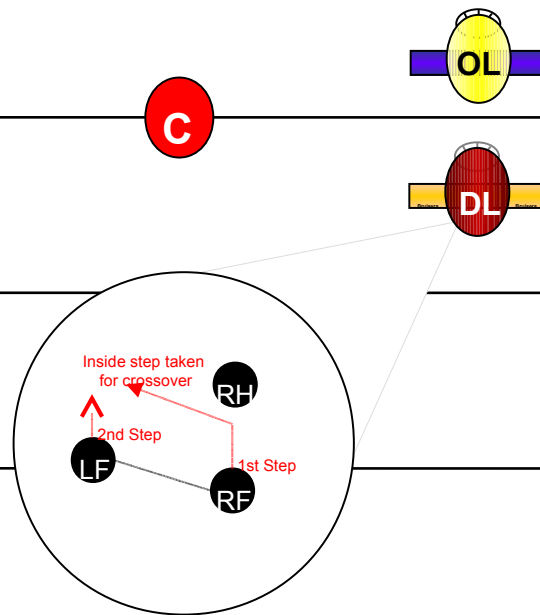
Drill Instructions:

- DL in a three point stance stays low fires off line jams, lockouts and then crossovers OL arms

Coaching Points:

- Get hands and elbows inside of OL hands (breastplate)
- DL opens hips knocks down OL arms and crossover with inside foot and arm.
- Used to pursue outside run
- Thumbs should be up and on breastplate
- DL hips and feet should be back for leverage too close will cause him to lose leverage.
- If DL face makes contact to OL chest verify he does not leave it there or else he can no longer see the play. Head needs to monitor play.

- LF Left Foot
- RF Right Foot
- RH Right Hand





DL Drills

Spin Escape

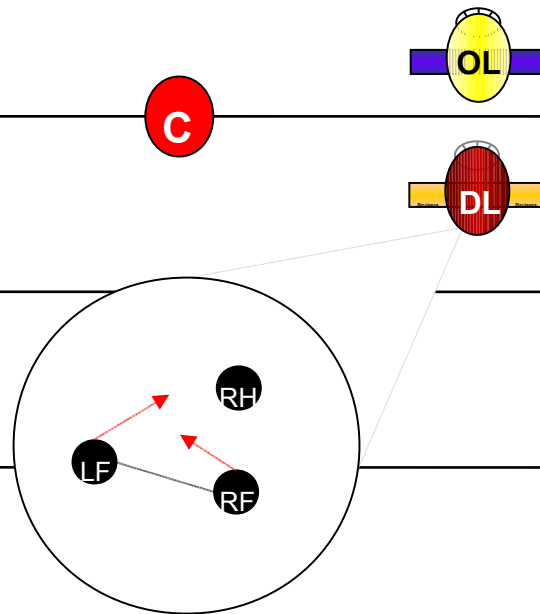
Drill Instructions:

- DL in a three point stance stays low fires off line jams, lockouts and then spins away from opponent

Coaching Points:

- Get hands and elbows inside of OL hands (breastplate)
- DL spins body away from opponent.
- Thumbs should be up and on breastplate
- If DL face makes contact to OL chest verify he does not leave it there or else he can no longer see the play. Head needs to be up to monitor play.
- Used when jammed or locked with offensive player

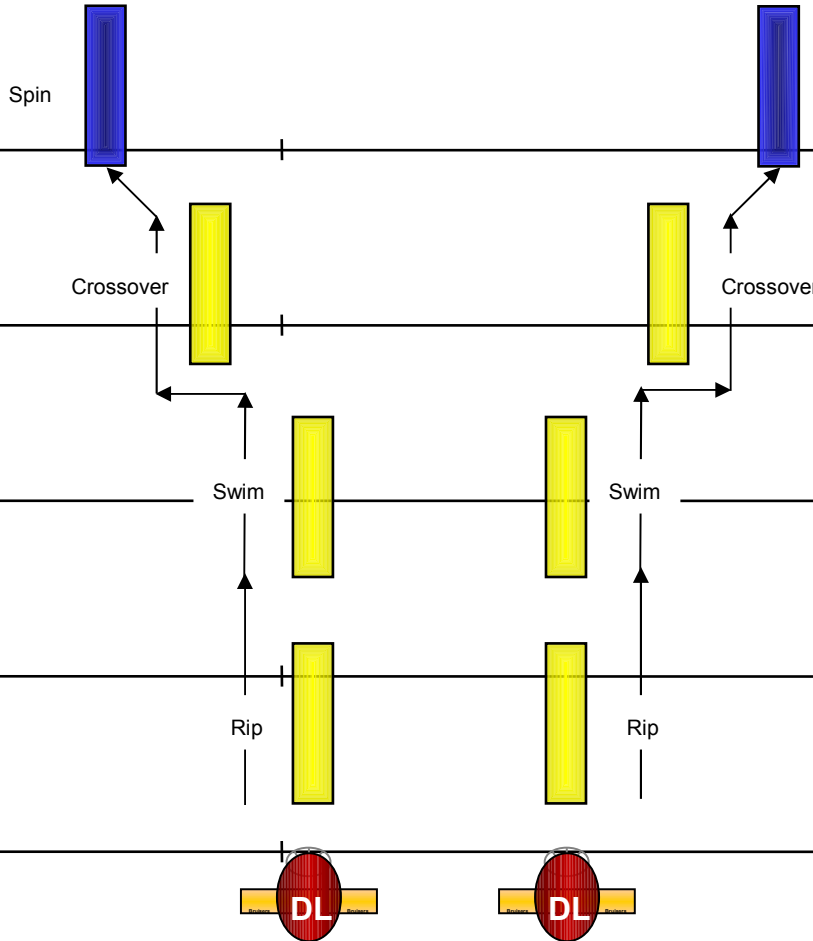
- LF Left Foot
- RF Right Foot
- RH Right Hand





DL Drills

Rip - Swim - Crossover - Spin



Spin Instructions:

- DL in a three point stance stays low fires off line Rips first defender. Swims second defender, Crossover third defender and spins or angle tackles last defender.

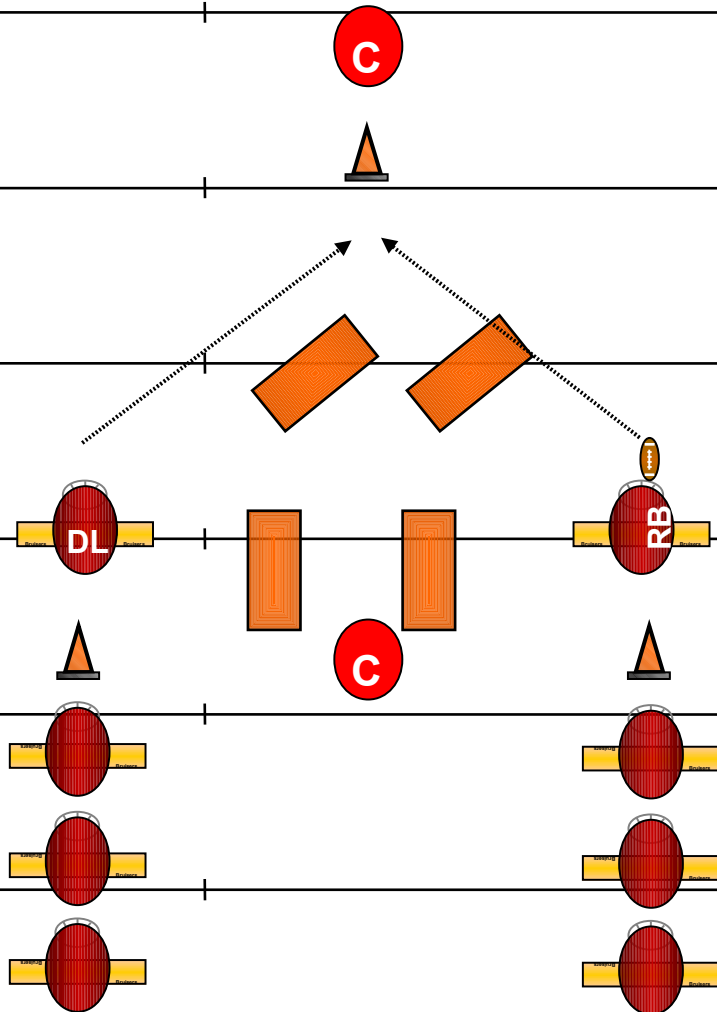
Coaching Points:

- ESCAPE 1 - RIP (undercut swing - of inside arm)
- ESCAPE 2 - CROSSOVER SWIM to outside (inside arm swims over to side of OL not over)
- ESCAPE 3 - SWIM over defender's outside shoulder with inside arm, driving elbow into his back.
- ESCAPE 4 - SPIN move off OL



Defensive Drills

Angle Tackle Drill



Drill Instructions:

- RB and DL (LB Stance) in two point stance runs toward cone. Defender angle tackles RB.

Coaching Points:

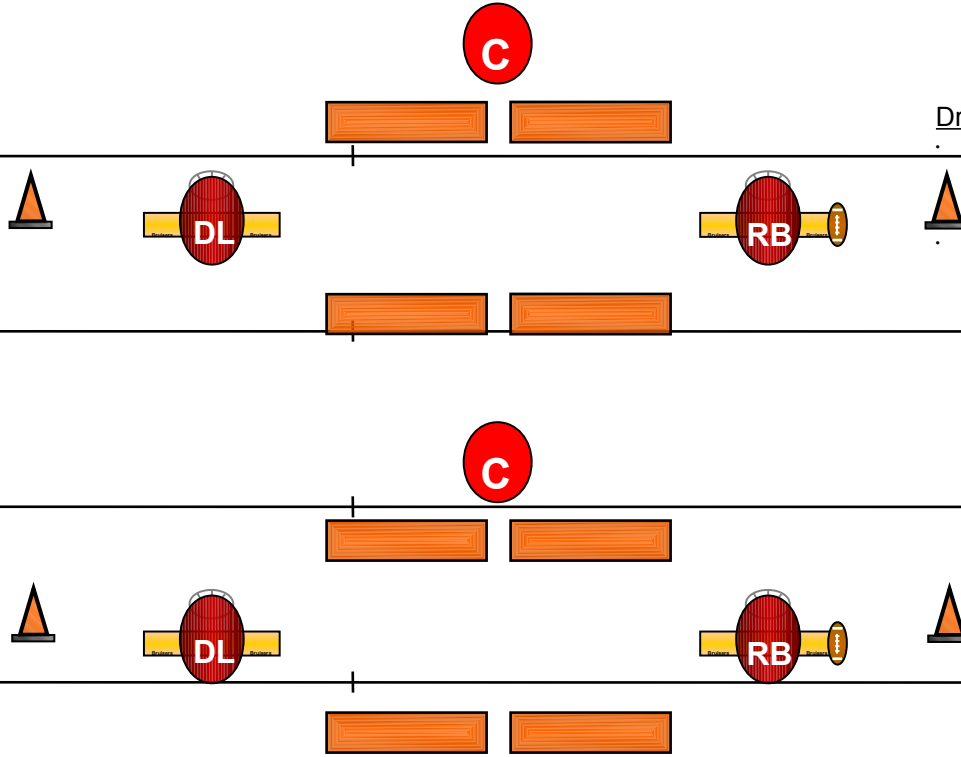
- Verify defender stays low wraps up RB has helmet across front of body of RB
- Wraps up at waist level and lifts RB when engaging.
- Defender should have chopping feet when engaging defender.
- When walking thru and thump speed have RB jump into defender.

Progression of Drill: Walkthru - Thump Speed - Full Speed



Defensive Drills

Tackle Drill



Drill Instructions:

- RB and Defender lay down opposite each other. On whistle Players get up and run toward each other.
- Players rotate from one line to the other

Coaching Points:

- Verify defender stays low wraps up RB has helmet on chest of RB.
- Wraps up at waist level and lifts RB when engaging.
- Defender should have chopping feet when engaging defender.
- When walking thru and thump speed have RB jump into defender.

Progression of Drill: Walkthru - Thump Speed - Full Speed



Defensive & Offensive Drills

Pass Blocking & Tackling Drill

Drill Instructions:

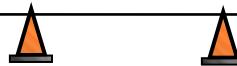
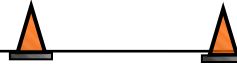
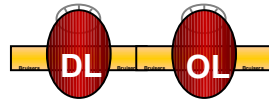
- OL & DL in 3 point stance
- DL tries to tackle dummy
- Time DL players.
- Players rotate from DL to OL.

Coaching Points:

- Verify defender stays low
- DL Shocks OL with both hands on chest then slide off to make the tackle
- DL thumbs should be up
- DL butt down & feet have wide base
- Wraps up at waist level and lifts RB when engaging.
- DL should have chopping feet when engaging defender.
- OL first step will be to RB hole to seal DL

Progression of Drill: Walkthru - Thump Speed - Full Speed

C





Defensive & Offensive Drills

Shock & Tackle Drill

Drill Instructions:

- DL in 3 point stance shocks OL then tackles RB going thru holes 1,2 or 3
- Coach indicates what hole to run thru to the OL and RB.

- Players rotate from DL to OL then to RB

Coaching Points:

- Verify defender stays low
- DL Shocks OL with both hands on chest then slide off to make the tackle
- DL thumbs should be up
- DL butt down & feet have wide base
- Wraps up at waist level and lifts RB when engaging.
- DL should have chopping feet when engaging defender.
- OL first step will be to RB hole to seal DL
- When walking thru and thump speed have RB jump into defender.

Progression of Drill: Walkthru - Thump Speed - Full Speed



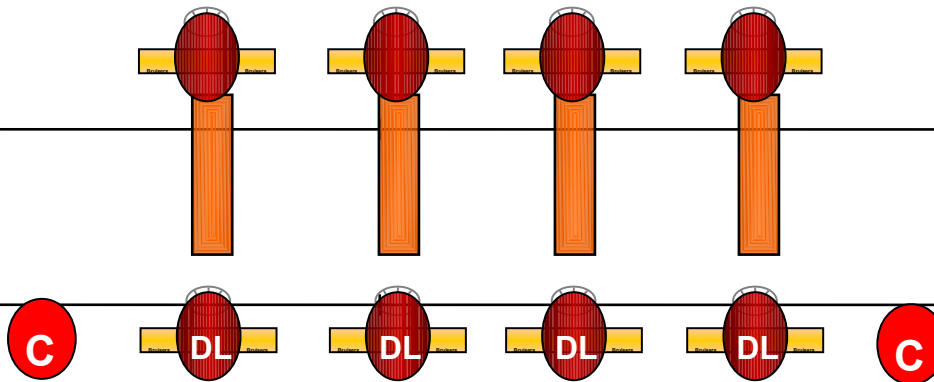


Defensive Drills

Defensive Form Tackling

Drill Instructions:

- DL on Knees explodes from position wraps up dummy & lifts Dummy.
- Have players rotate holding dummy bag.
- Progression:
 - **Knees with dummy**
 - **Three Point Stance & Dummy**
 - **Three Point Stance & DL(Left, Middle, Right)**



Coaching Points:

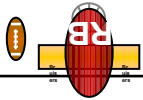
- Hands on thighs
- Explode from knees and wrap both arms around dummy
- Arch back and roll hips lift dummy
- Keep back Straight, head up, with eyes focused on chest of dummy

Progression of Drill: Walkthru -
Thump Speed - Full Speed



Offensive/Defensive Drill

Multiple Discipline



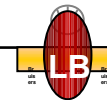
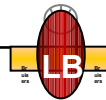
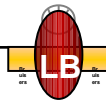
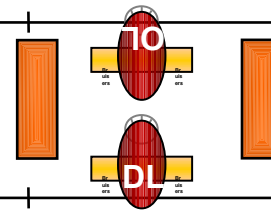
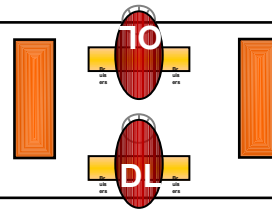
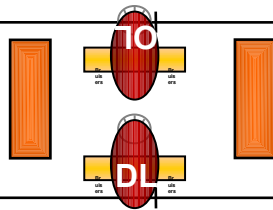
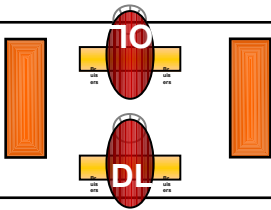
Drill Instructions:

- RB runs between bags OL and DL lineman work on their techniques. Defensive players try to tackle RB.

Coaching Points:

- RB powers thru lineman and LB
- OL drives DI back
- DI lineman rips or swim OL
- LB explodes and makes tackle with proper technique

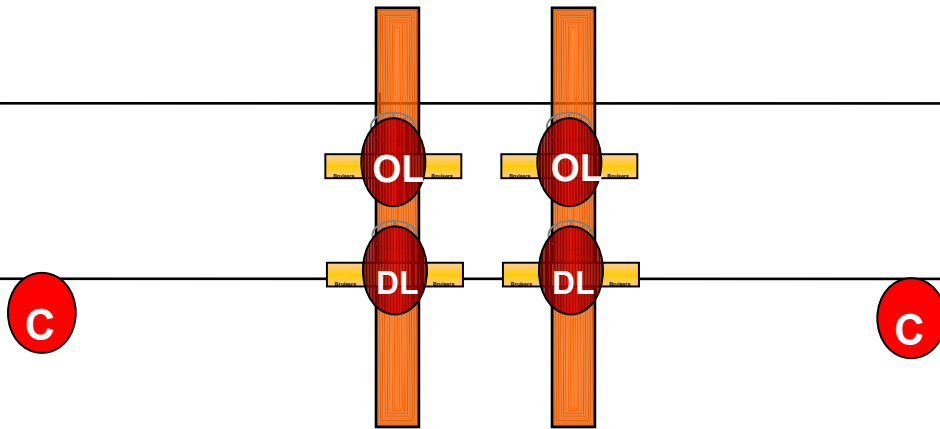
Progression of Drill:
Walkthru - Thump
Speed - Full Speed





Offensive Drills

Offensive Lineman Blocking Drill



Drill Instructions:

- Lineman in three point stance block each other until one player pushes the other player to the end of the rubber board.

Coaching Points:

- Hands on thighs
- Explode from knees and wrap both arms around dummy
- Arch back and roll hips lift dummy
- Keep back Straight, head up, with eyes focused on chest of dummy

Progression of Drill: Walkthru -
Thump Speed - Full Speed



Defensive Drills

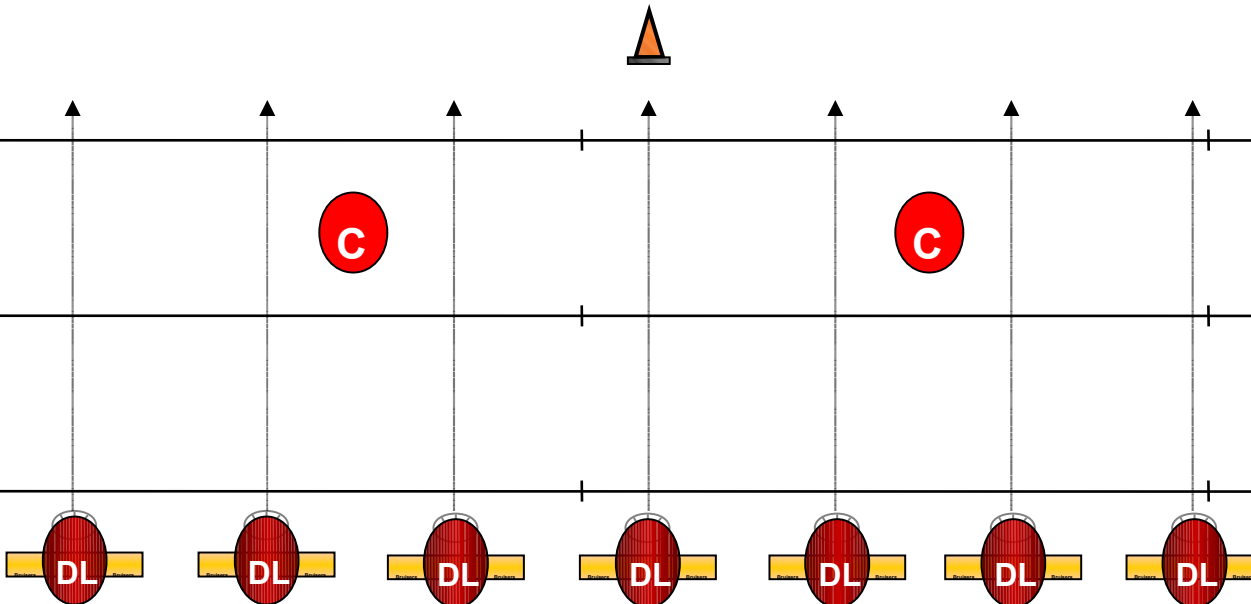
DL Three Point Stance & Get Off

Drill Instructions:

- DL in 3 point stance
- Get off on coaches ball movement

Coaching Points:

- Stand up with feet even, width of hips
- Take step back with outside foot, aligning toe behind heel of other foot..
- Bend knees so forearms rest on the inside of thighs.
- Reach straight out with hand on the side of foot that is back
- Place hand on ground slightly ahead of shoulder pads.
- Keep shoulders even, with back straight.
- Have weight on hand and balls of feet.
- Rest other arm on thigh palm of hand facing forward.
- On Get Off have player stay low



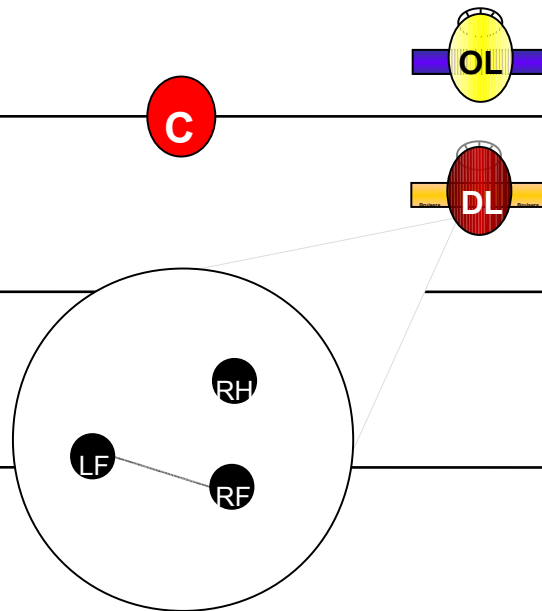
Progression of Drill: Walkthru -
Thump Speed - Full Speed



DL Drills

Jam - Lockout - Lockup & Escape 1-4

- LF Left Foot
- RF Right Foot
- RH Right Hand



Drill Instructions:

- DL in a three point stance stays low and jams and locks bag. Then lockups and escapes.
- JAM - Both hands jam bag on numbers
- LOCKOUT - Both hands lockout bag
- LOCKUP - Both hands raise bag
- ESCAPE 1 - RIP (undercut swing - of inside arm)
- ESCAPE 2 - CROSSOVER SWIM to outside (inside arm swims over to side of OL not over)
- ESCAPE 3 - SWIM over defender's outside shoulder with inside arm, driving elbow into his back.
- ESCAPE 4 - SPIN move off OL

Coaching Points:

- Inside (LF) foot down bringing second (RF) step up to gain power finishing with hips coming thru Then getting off (escape) the block.
- Drive bag back six inches and escape



OL Drills

Pass Block Technique

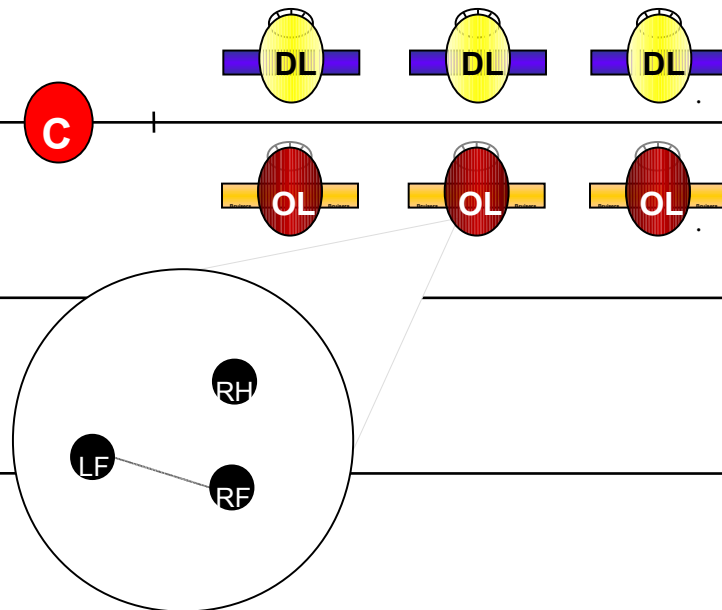
Drill Instructions:

- OL in a three point stance takes an inside step and then squares up and with both hands jam breast-plate of DL then hands reset as defender attacks and jams again
- Have defender put both hands behind his back and step to the left and right sides. OL should be able rotate accordingly
- Multi-players can lineup and do drill

Coaching Points:

- Get hands and elbows inside of DL hands (breast-plate)
- Thumbs should be up and on breastplate
- Hips should not roll forward since this will raise OL he needs to stay low for leverage
- Feet should also be back for leverage
- Verify Inside foot takes and inside step
- Feet should not cross over
- OL should be low butt down and feet wide as if riding a skateboard

- LF Left Foot
- RF Right Foot
- RH Right Hand





OL Drills

Hook Block Technique

Drill Instructions:

- OL in a three point stance takes an Outside step and then squares up and with both hands jam breast-plate of DL then hands reset as defender attacks and hooks again
- Have defender put both hands behind his back and step to the left and right sides. OL should be able rotate accordingly
- Multi-players can lineup and do drill

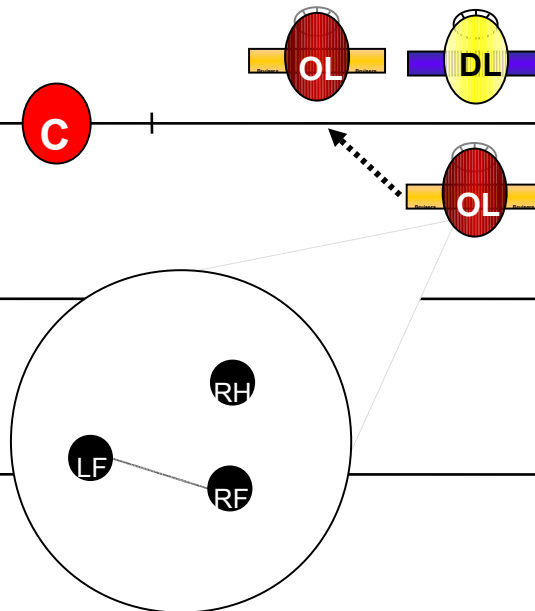
Coaching Points:

- Get outside hand on back of DL, inside hand on (breast-plate)
- Inside thumb should be up and on breastplate
- Hips should not roll forward since this will raise OL he needs to stay low for leverage
- OL body should be square to outside of DL
- OL should maintain constant contact with DL
- Feet should also be back for leverage
- Feet should not cross over
- OL should be low butt down and feet wide as if riding a skateboard

LF Left Foot

RF Right Foot

RH Right Hand





OL Drills

Angle Block Technique

Drill Instructions:

- OL in a three point stance takes an Outside step and angle blocks DL.
- DL put both hands behind his back and steps to the left and right sides. OL should be able rotate accordingly
- Multi-players can lineup and do drill

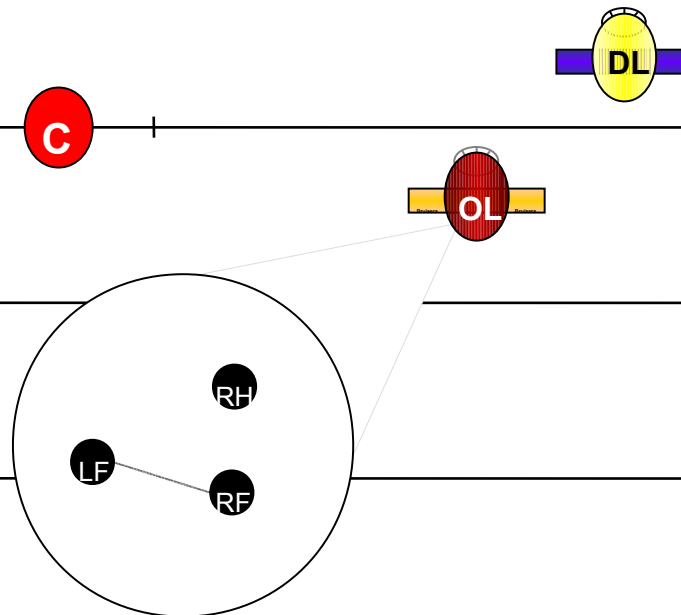
Coaching Points:

- OL in a three point stance takes an Outside step first step.
- Jam outside hand on breast-plate of DL, inside hand on back of DL.
- Helmet locked on waist of DL
- Inside thumb should be up and on breastplate
- Hips should not roll forward since this will raise OL he needs to stay low for leverage
- OL should maintain constant contact with DL
- Feet should also be back for leverage
- Feet should not cross over
- OL should be low butt down and feet wide as if riding a skateboard
- and then with outside arms jam breast-plate.

Inside hand

Author: ASU DL Coach

- LF Left Foot
- RF Right Foot
- RH Right Hand





OL Drills

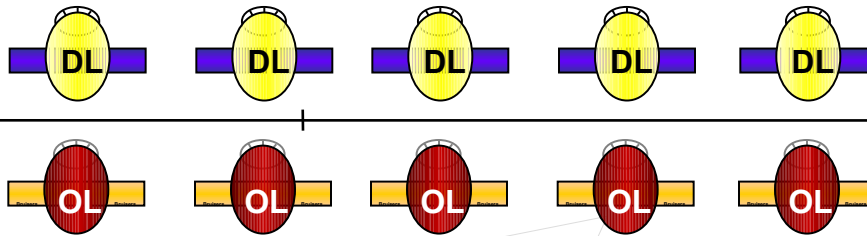
First Step Quickness

Drill Instructions:

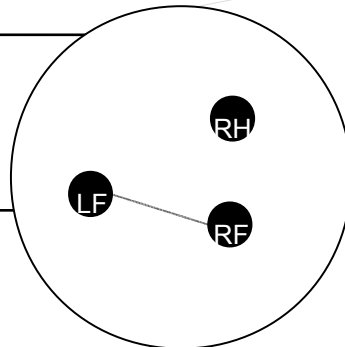
- The linemen are positioned in lines of five. On command the first line assumes a stance. On the first whistle each lineman will take a six inch step with his right foot straight ahead (dive block), and bring his hand to a proper thumbs up and together position, and then he immediately returns to his stance as quickly as possible. Then the same thing will happen with the second whistle but this time with his left foot.

Coaching Points:

- Verify they take a proper step with each whistle. Verify after every step, they assume a proper stance. Verify hands are in proper position with every step.
- Turn palms inside to achieve thumbs up and elbows together



- LF Left Foot
- RF Right Foot
- RH Right Hand

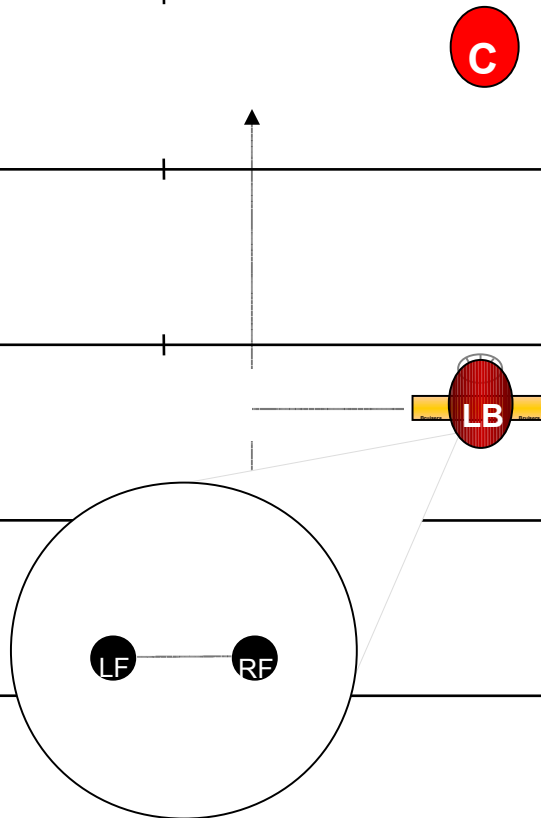




LB Drills

Plant - Backpedal - Drive

LF Left Foot
RF Right Foot



Drill Instructions:

- LB In two point stance moves left or right on coaches direction then plants with appropriate foot accelerating forward

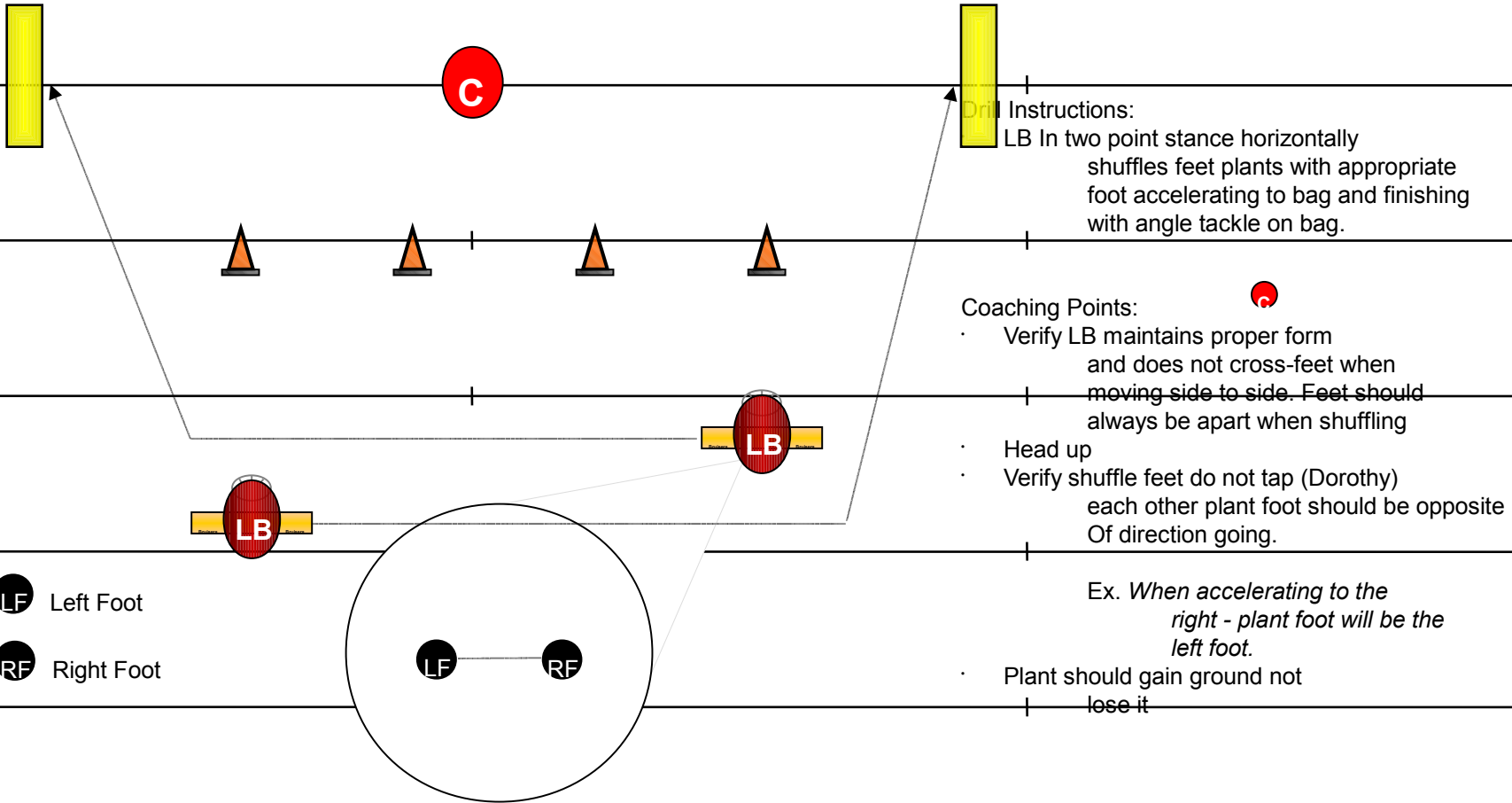
Coaching Points:

- Verify LB maintains proper form and does not cross-feet when moving side to side
- plant foot should be opposite Of direction going.
Ex. *When accelerating to the right - plant foot will be the left foot.*
- Plant should gain ground not lose it
- When backpedaling maintain weight over toes or you will lose balance and fall backwards



LB Drills

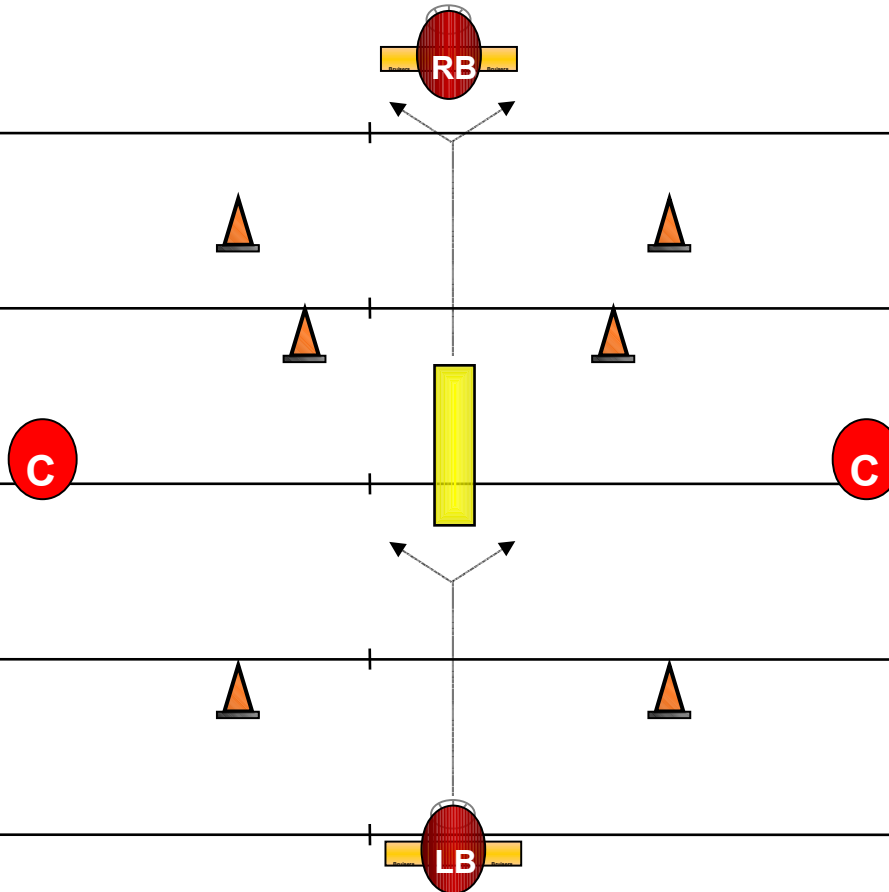
Shuffle - Pursuit





LB & RB Drills

Shimmy - Drill



Drill Instructions:

- LB In two point stance tries to tackle RB

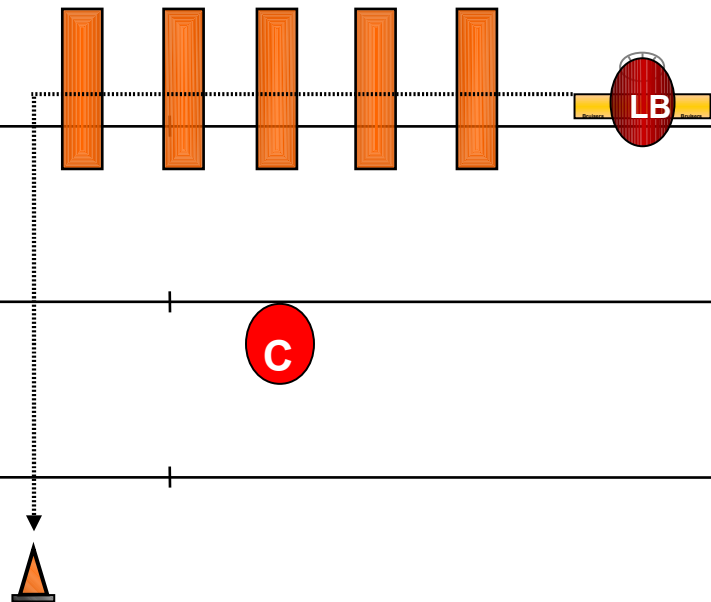
Coaching Points:

- Verify LB gets feet down
- Drive chop



LB Drills

Shuffle Press - Drill



Drill Instructions:

- LB In two point stance shuffles over bags then accelerates at 45 degree to cone.

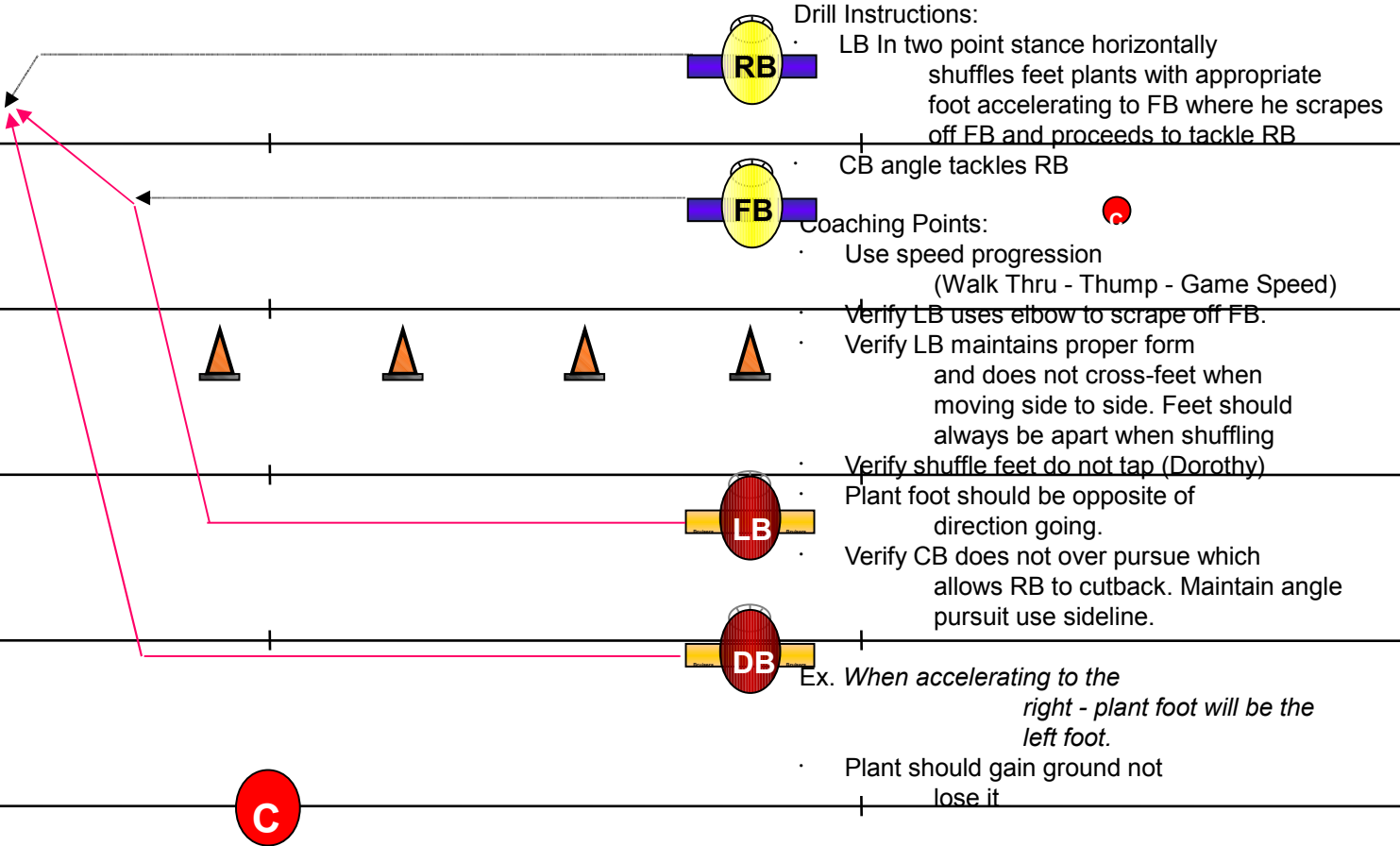
Coaching Points:

- Step over - knee up
- Shoulders square
- Head up and forward



DB/LB Drills

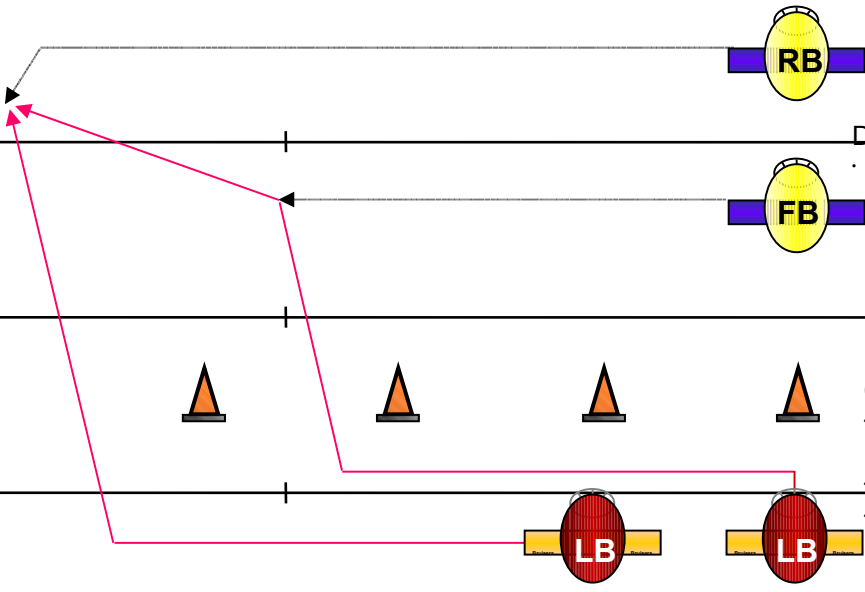
Shuffle - Pursuit - Scrape





LB Drills

Pitchfork



Drill Instructions:

- LB In two point stance horizontally shuffles feet plants with inside foot accelerates to FB where he scrapes off FB and accelerates to tackle RB. Outside LB takes a contain pursuit then angle tackles RB.

Coaching Points:

- Use speed progression (Walk Thru - Thump - Game Speed)
- Verify LB uses elbow to scrape off FB.
- Verify LB maintains proper form and does not cross-feet when moving side to side. Feet should always be apart when shuffling
- Verify shuffle feet do not tap (Dorothy) plant foot should be inside foot.

Ex. When accelerating to the right - plant foot will be the left foot.

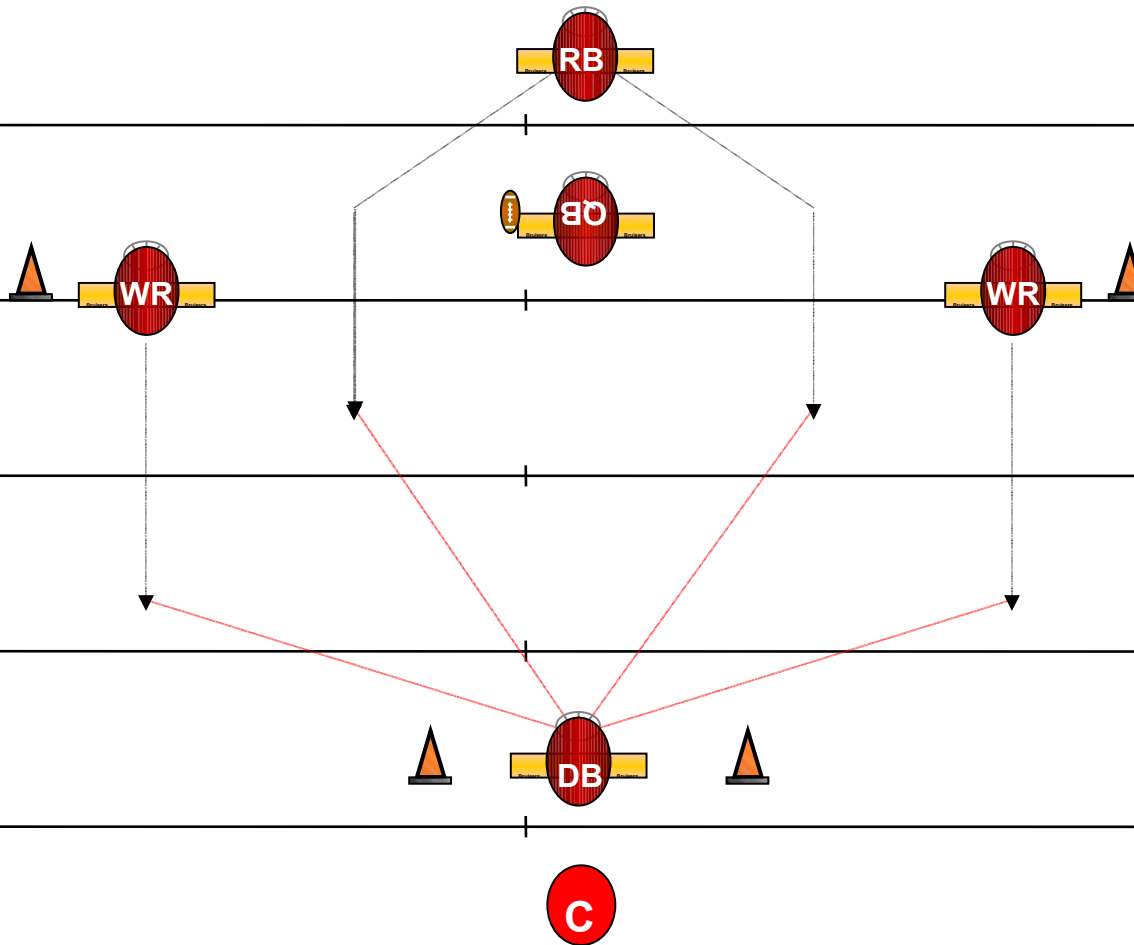
- Plant should gain ground not lose it





DB Drills

DB Read and React



Drill Instructions:

- A Coach or QB is positioned on LOS between the two cones. Receivers will form two lines just inside of cones on LOS. A Running Back (RB) will align 5 yards behind coach/QB. The Defensive Back (DB) positioned between cones the two cones that were placed 10 yards downfield.
- On the start command: Receivers - Run streak routes. Running Back - When receiving handoff, is to break the "plane" between the cones 10 yards downfield. Quarterback/Coach - Will drop back either handing ball to RB or executing fake and setting up on 5th (or 7th) step and throwing to one of the Receivers. Defensive Back - begins backpedaling and will read QB. He will attack the RB on handoff executing an open field tackle, or react to QB line of sight sprinting to intercept pass at point of catch.

Coaching Points:

- When simulating run support we want the RB tackled before reaching the downfield cones, attack maintaining good base and head up. When reading pass DB takes crossover step angling to point in front of Receiver, we stress getting up to take ball at highest point.
- Objective: Improves reaction of secondary personnel while incorporating key phases of position (agility, recognition, coverage, and run support)