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# Keys

- Meet all Year – Personnel
- Youth Program
  - Coaches Meet
  - Coaches / Players Attend Practice
  - Host Practice
- Assume Nothing
- Good H.S. Players – 4 DI in 7 years
- Read / Learn / Ask – Still much to do
- Best Job - Teach / Coach



# Basics

- Discuss / Study – Winter / Spring
- Personnel All Year
- Off-Season Drills
- June – Meet / Instruction
- July – Instruction
- Double Sessions Work
- Game Week Work
- Specifics



## Practice / Game

- Scouting Report
- Specialists – Before
- Kicking – During
- Offense / Defense – Add to Period
- Thursday – Situations
- Friday – Meet Before / Video / Halftime
- Saturday – Review Game
- Sunday – Personnel / Adjustments



## Issues

- 2 way players divide time
- Varsity vs. JV Time
- Players distracted – Counting who above and behind
- Blocking / Ball Security - Touches



# Qualities of Good Running Backs

- Superior Ball Security
- Elusive
- Take **Pride** in Blocking
- Yards After Contact
- Catch Football with Hands
- Save a **GEAR**



# Drill Phase

1. Talk it
2. Walk it
3. Run it



# Camp Days





# Stance and Starts

- 3 Point Stance
- 2 Point Stance
- Lead Step
- Counter Step
- Draw Step



# Receiving a Hand-off

## TIPS

Make a pocket with outside arm. Inside arm is up.

Do not grab the ball.  
Let the quarterback put the ball.

Ball Stays in your outside arm.

The running backs and quarterbacks work together daily on receiving hand-offs as we install plays. The running back will have to use the proper footwork prior to receiving the hand-off.



# Ball Security

Claw The Ball.

Rest Between Forearm  
And Rib Cage.

Elbow Tucked Without  
Any Air Between  
Elbow And Rib Cage.

## DRILLS

- Ball Wrestle
- Ball Rip
- Switch Drill
- Maze Drill
- Bag Drill



# Shallow Cuts

- The running back needs to be able to make shallow cuts at full speed, without getting caught from behind.
- Shallow Cut Drill
- Rabbit



# Hands

- The running back needs to be able to catch the football with his hands.
- Handle a pitch or toss
- Flare route
- Flat route
- Vertical



# Camp Practice Plan

- 35 minutes individual
- 20 minutes team

## Breakdown

10 minutes with QB's  
Install Lead, Draw,  
Flare Routes.

15 minutes ball security,  
shallow cuts, rabbit.

10 minutes with QB's,  
WR's running routes.



Two-A-Days



# Footwork and Agility

- Shallow Cut
- Shallow Cut w/Rabbit
- Jump Cut
- Single Cut
- Double Cut
- In and Out
- Nebraska Drill
- Bag Drill
- Agilizer
- Box Drill
- In and Out Drill
- Warm-up Circuit





# Reading and Vision

- Line Drill
- Split Defenders
- 1 on 1 Open Field
- Slow To Fast Thru
- Butt Drill( Run To The Butt Of Your Teammate)
- Blaster – Split Defenders and Cut Away from Bag



# Weapons “ The Element of Surprise”

- Stiff Arm (Angle Burst)
- Spin Move (Spin away from 2 arms)
- Flipper
- Wrong Shoulder Move
- 1 Cut



# Ball Handling – Every Drill

- Option Pitch or Toss (Blaster) (Indy Warm-up)
- Bow Tie Drill
- 3 Ball Cone Drill
- Bad Ball Drill
- Flat Route (Inside arm up so when you catch the ball, its in your outside arm)
- Swing or Flare
- Vertical



# Blocking

Great Running Backs Take Pride  
in Being a Physical Blocker.



# Kick-out

- Use the shoulder of the direction that you are going.
- Take an inside out course.
- Lead with shoulder, forearm, and lock the defender out.
- Low pad level and never stop your feet!
- If you get a spill player, pin them with your opposite shoulder if you cannot get outside of them.



# Kick-out Drills

- 3 Step Progression
- Soft Top Cage or Arcs
- Wrong Arm with Spill Player
- 1 on 1 with D-ends
- “Dave” Drill
- Incorporate Butt Drill By Adding a Ball Carrier to Run to The Butt of his Teammate( Read and Vision)



# Isolation

- Stay Square on the Defender so the Ball Carrier has a 2 way go.
- Lead with your shoulder No Matter Where You Make Contact with Defender.
- Low Pad-level and Never Stop Your Feet!



# Isolation Drills

- 3 Step Progression
- Soft Top Cage or Arcs
- Sled Work (1 Man, 2 Man, or 7 Man)
- 1 on 1 with Lbs
- Incorporate Butt Drill By Adding Ball Carrier





# Blocking in Space

- Take the defender where he wants to go.
- If he attacks, kick him out or square up on him.
- If the defender does not attack, mirror him as you attack him, square up, and step on his toes as you block him.



# Blocking in Space Drills

- Corner Drill ( Kick, Hook, or Square up)
- Safety or LB Drill
- Incorporate Butt Drill by Adding Ball Carrier



# Pass Blocking

- Attack the defender. Do not sit and wait on the defender to get a head of steam.
- Mirror the defender. Keep his numbers in front of you.
- Push (Bench Press) the defender to make him reset. Your hands should be inside on numbers of the defender's jersey. Do not rest hands on defenders. Keep punching.
- Never give up your inside.



# Pass Blocking Drills

- Punch (Sled or Pads)
- Sand Bags
- Med-Ball Pass
- Mirror Drill
- Mirror and Go Drill
- 3 Step Progression Pass Pro
- Blitzing LB
- Screen Drill
- Sprint Out



# Two-A-Day Practice Plan

## Morning Practice

### Schedule

- 30 Minutes of individual
- 20 Minutes of team

## Breakdown

- 10 minutes with quarterbacks installing lead, power.
- 10 minutes ball security, 3 step progression lead blocking.
- 10 minutes footwork and agility.



# Two-A-Day Practice Plan

## Afternoon Practice

- 20 minutes individual
- 10 minutes 7 on 7
- 20 minutes team

## Breakdown

- 10 minutes mirror drill, pass pro
- 10 minutes footwork, agility, stiff arm
- 10 minutes 7 on 7
- 20 minutes team



# Game Week Practice Plan

## Monday

30 Minutes of Individual

10-15 spent with the quarterbacks working on installation & cleaning up, footwork of plays.

10-15 spent on agility/footwork drills, and run blocking.

7 on 7 or with O-line working on timing and breakdown of plays.

Team Period

## Tuesday

Ball security or option pitch handling after warm-up

30 Minutes of Individual:

15 Inside Run

15 7 on 7

Team period



# Game Week Practice Plan

## Wednesday

Pass Pro After Warm-up

10 Minutes Outside Run

10 Minutes -

Option/Screen Period

15 Minutes - 7 on 7

/Blitz Pick-up

Team Period

10 Minutes After

Practice

## Thursday

10 Minutes 7 on 7

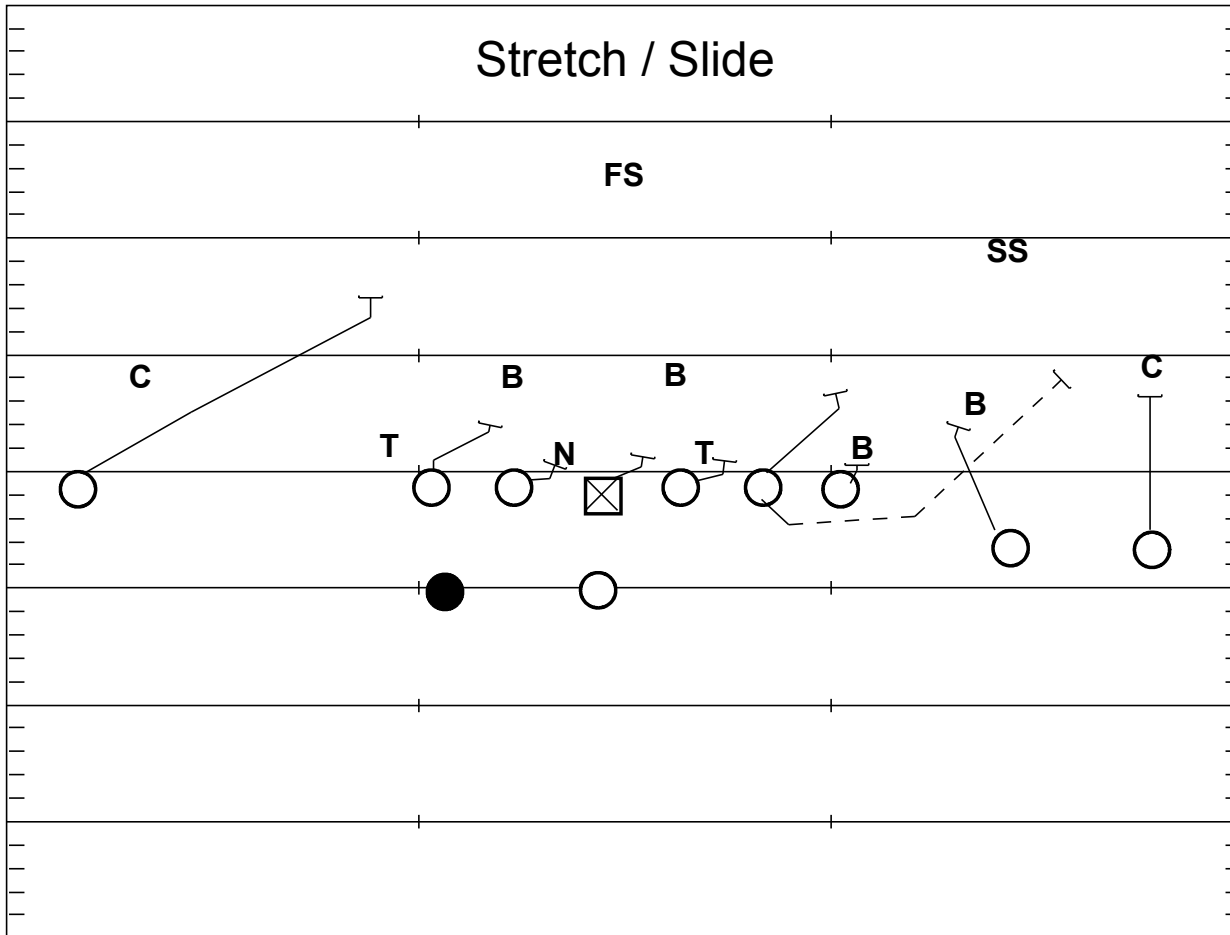
Pride Drill

Simulated Game





# Stretch / Slide





# Stretch

- Tailback will take a slight jab if in the “I”, catch the pitch and get to the fullbacks outside shoulder. If he kicks out alley player, cut inside. If he gets outside leverage, keep running. Run to the butt of your teammates.
- If 2 back gun, receive hand-off and get to fullback’s outside shoulder and follow same rules as the “I”.
- If 1 back, receive hand-off and replace # 2 receivers outside shoulder. Run to the butt of your teammates.
- Fullback ‘s course will take him right off the butt of the tight end or tackle and he will block the alley player. If he can get outside leverage take it. If alley player attacks LOS, Kick him out and the tailback will cut accordingly.

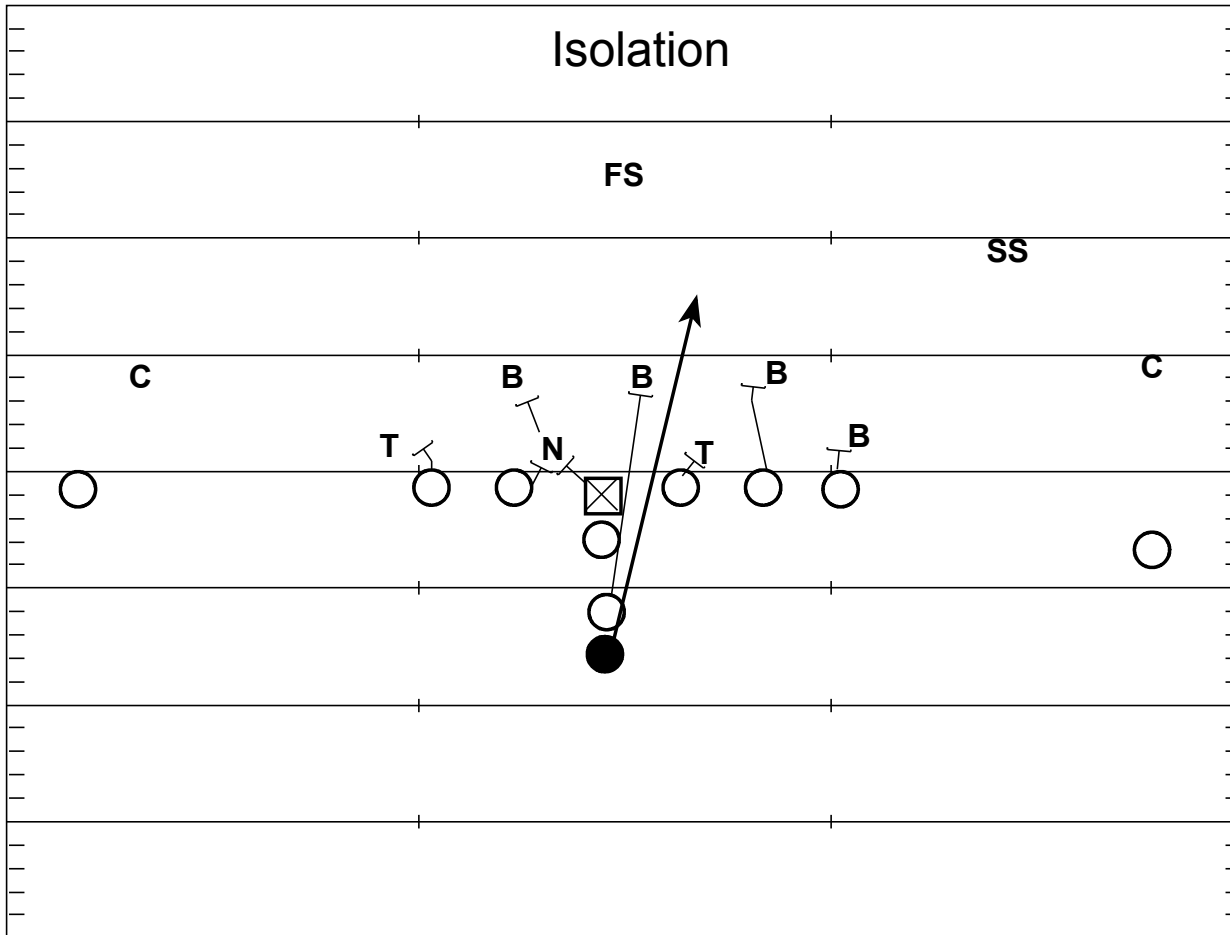


# Slide

- Tailback's course is 2 yards outside of the tight end or tackle. Make the quarterback bring you the ball with course. Get outside. If you cut inside, get back outside.
- Fullback 's course will take him right off the butt of the tight end or tackle and he will block the alley player. If he can get outside leverage take it. If alley player attacks LOS, Kick him out and the tailback will cut accordingly.



# Lead / Smash





# Lead

- Tailback will take a lead step at the 3 or 7 hole getting shoulders square as he takes the hand-off. Cut off of the Fullback's lead block. Keep eyes on the Mike Linebacker. If he over pursues the play, cut it back.
- If we are in the gun, receive the hand-off and get vertical. Cut off the fullback's lead block.
- Fullback will take a lead step at the 3 or 7 hole and attack the Will Linebacker. He must meet the Will on his side of the LOS, and lead block him. Try to stay square as possible giving the tailback a two way go.
- If we are in the gun, same rules apply.



# Smash

- Tailback will take a lead step at the 4 or 6 hole, receive the hand-off, and cut off the fullbacks block on Mike.
- If gun, same rules apply.
- Fullback will take a lead step at the 4 or 6 hole, lead on the Mike meeting him on his side of LOS. Stay square to give the tailback a two way go.
- If gun, same rules apply.