

**MIDDLE TENNESSEE  
STATE UNIVERSITY**

**FOOTBALL  
DRILL BOOK**

# 1999 MIDDLE TENNESSEE FOOTBALL SCHEDULE

---

<u>DATE</u>	<u>OPPONENT</u>	<u>TIME</u>
September 4	at Mississippi State	6:00 p.m.
11	at Arizona	9:00 p.m.
18	WOFFORD	6:00 p.m.
25	at Southwestern Louisiana	7:00 p.m.
October 2	TROY STATE (Homecoming)	6:00 p.m.
9	at Arkansas	6:00 p.m.
16	at Louisiana Tech	3:00 p.m.
23	Open Date	
30	at Northeast Louisiana	2:00 p.m.
November 6	TENNESSEE-MARTIN	6:00 p.m.
13	CENTRAL FLORIDA	6:00 p.m.
20	EAST TENNESSEE	6:00 p.m.

\*Times are tentative and subject to change. All times are central.

# THROW THE HANDS DRILL

**OBJECTIVE:** To develop a defensive lineman's ability to play with violent hands.

**EQUIPMENT:** Football, Hand Shields, Form Tackling Dummy

**DESCRIPTION:**

The players form two lines. The defensive linemen who play on the defensive left form the left line, while the defensive linemen who play on the defensive right form the right line. A teammate who is holding a hand shield just above his knees stands in front of each defensive lineman. The coach kneels between the players and moves the ball. On the movement of the ball, each defensive lineman gets off on movement and shoots his hands into the hand shield. The defensive lineman strikes the shield with the heel of his hands and drives the shield upward. The defensive lineman drives the shield holder backward for two or three steps, then releases and sprints to a tackling dummy located at a point 3 yards to his outside. The defensive lineman should then execute a form tackle on the dummy.

**COACHING POINTS:**

1. The coach should check the stance of each player.
2. The coach should check the length of the first step.
3. The coach should emphasize the explosive punch of the hands and make sure the shield is driven upward.
4. The drill may be done live by players wearing shoulder pads.

**MIDDLE TENNESSEE  
STATE UNIVERSITY**

**DEFENSIVE  
LINEMEN  
DRILLS**

# GET OFF DRILL

**OBJECTIVE:** To develop the ability of a defensive lineman to explode off the ball.

**EQUIPMENT:** Football

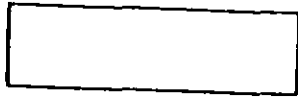
**DESCRIPTION:**

The players form two lines. The defensive linemen who play on the defensive left form the left line, while the defensive linemen who play on the defensive right form the right line. The coach kneels between the players and moves the ball. On the movement of the ball, the defensive linemen get off on the movement and sprint 5 to 10 yards ahead. Each player should anticipate ball movement while taking the proper first step as he explodes from his stance.

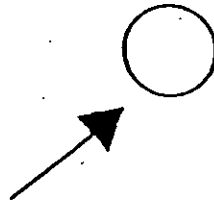
**COACHING POINTS:**

1. The coach should check the stance of each player.
2. The coach should watch pad level.
3. The coach should provide input to each player on his first step.
4. The coach can have an entire defensive unit perform the drill together.

Tackling Dummy

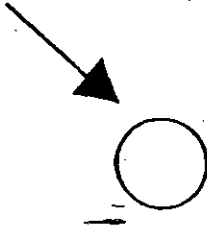


Shield Holder



D

Coach



D

Shield Holder

Tackling Dummy



## HOOP DRILL

**OBJECTIVE:** To develop a defensive lineman's ability to turn the corner in a pass rush situation while emphasizing body lean.

**EQUIPMENT:** Football, 2 Hoops 8 ft. in diameter (PVC Pipe), 2 Cones

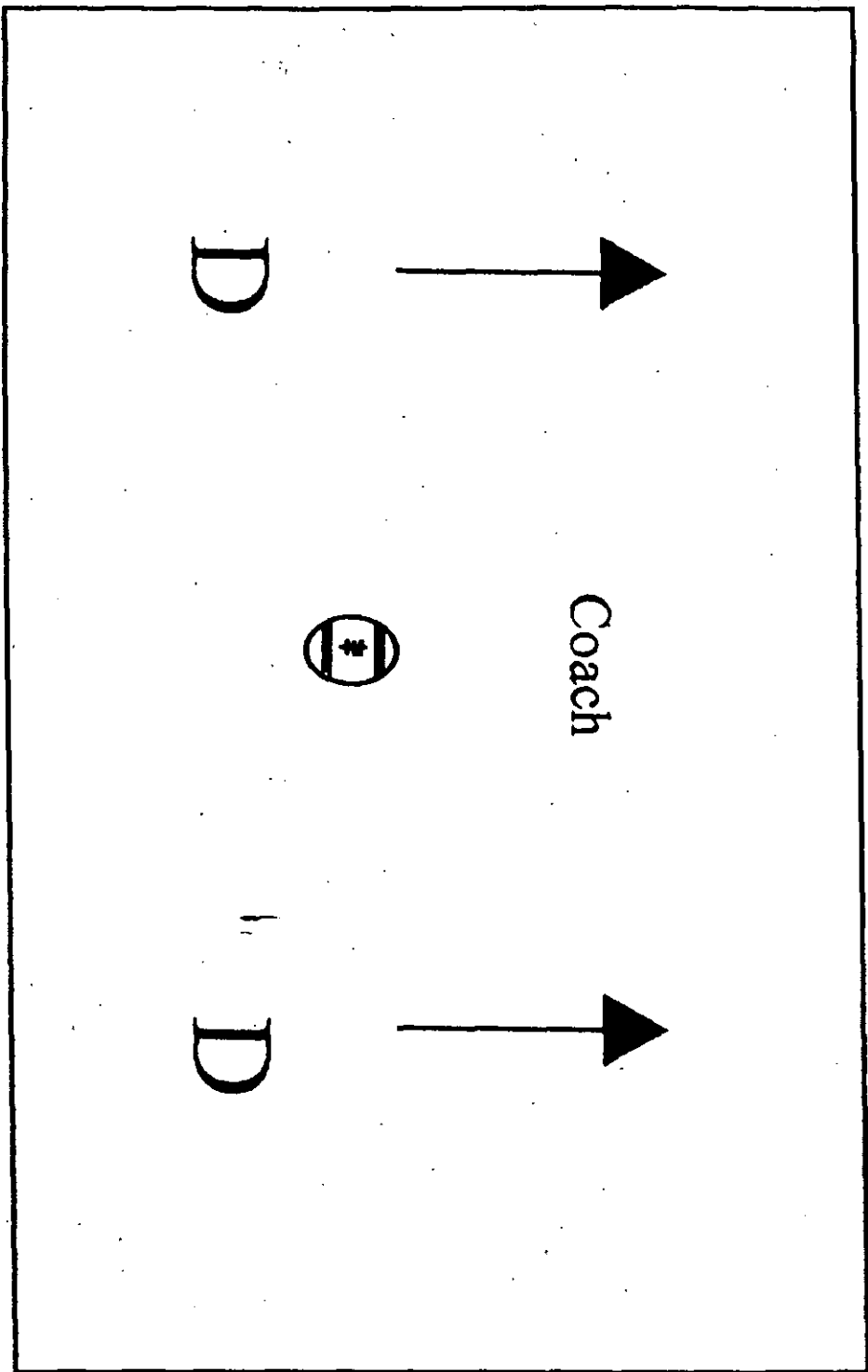
**DESCRIPTION:**

The coach kneels inside one of the hoops with the ball. The defensive lineman crowds the outside of the hoop in a pass rushing stance while keying the ball. On movement of the ball, the defensive lineman runs a figure 8 course through the hoops trying to stay as tight to the hoops as possible. The defensive lineman should remember to dip his inside shoulder around each turn and explode through the cones when he finishes. Make sure the defensive lineman is running in a natural manner.

**COACHING POINTS:**

1. The coach should check the stance of each player. This is a pass rush drill and D.L. should be in a sprinter's mode.
2. The coach should check the D.L. ball get off.
3. The coach should check the D.L. pad level. Many times D.L. raise up and expose their breast plate when rushing the passer.
4. The coach should make sure the D.L. is dipping his inside shoulder when rounding a turn. This is no different than dipping and ripping past an O.T.
5. The coach should make sure the D.L. stays tight to the hoops. Don't allow the D.L. to drift.
6. The coach should make sure the D.L. explode through the cones. Many times you see D.L. make a great initial move but have no explosion to the QB. This is where your sacks occur.

**NOTE:** There are several other drills that can be incorporated on the hoops.





# PURSUIT DRILL

11  LC

10  W

9  F/S

8  LT

7  N

6  M

5  RT

4  S

3  R

2  R/C

1  S/S

C

RC  11

S/S  10

R  9

RT  8

N  7

S  6

LT  5

F/S  4

M  3

W  2

LC  1

C

4  
F/S  
9

11  
RC  
2

10  
S/S  
1

9  
R  
3

8  
RT  
5

6  
S  
4

7  
N  
7

3  
M  
6

5  
LT  
8

2  
W  
10

1  
LC  
11

1. Bottom #'s to Def. right.
2. Top #'s to Def. left.
3. Ball will be thrown for interception and brought back past goalline.
4. Players will sprint to their cone and hit the ground and get up on every whistle.
5. When players get to their cone, they must turn back to the ball and run in place until commanded to return.
6. We must have the following:
  - a) Perfect huddle
  - b) Perfect break from huddle
  - c) Perfect stance and alignment
  - d) Perfect hustle to cone
7. Huddle Call
  - a) LB will say Pursuit Drill
  - b) S/S will say with Perfect Hustle
  - c) S/S will say ready play hard

**MIDDLE TENNESSEE  
STATE UNIVERSITY**

**INSIDE  
LINEBACKER  
DRILLS**

**MIDDLE TENNESSEE  
STATE UNIVERSITY**

**OUTSIDE  
LINEBACKER  
DRILLS**

## DEFLECTION DRILL

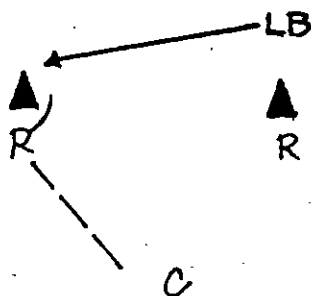
SET: Player in hitting position with feet moving.

HIKE: Upon movement of coach, by stepping toward either the right or left cone, player will break laterally toward the indicated cone. When players get between the cone and the stationed "receiver", the coach will throw through the outstretched hands of the receiver. Player must catch the deflected pass and sprint pass the coach.

WHY:

1. Break on ball.
2. Proper break angle.
3. Concentration on ball.
4. Catching the deflection.

EQUIPMENT: 2 cones - 1 ball.



## BREAK DRILL

SET: Players in hitting position with feet moving.

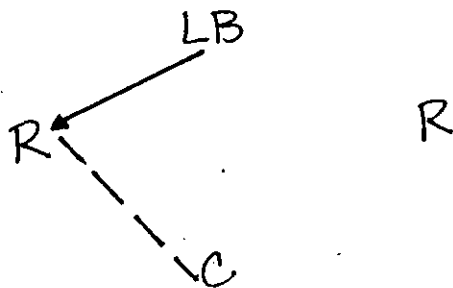
HIKE: Player breaks laterally to receiver on the first motion of the coach. The coach will either step right or left. The player must break in front of the receiver and intercept the pass.

WHY:

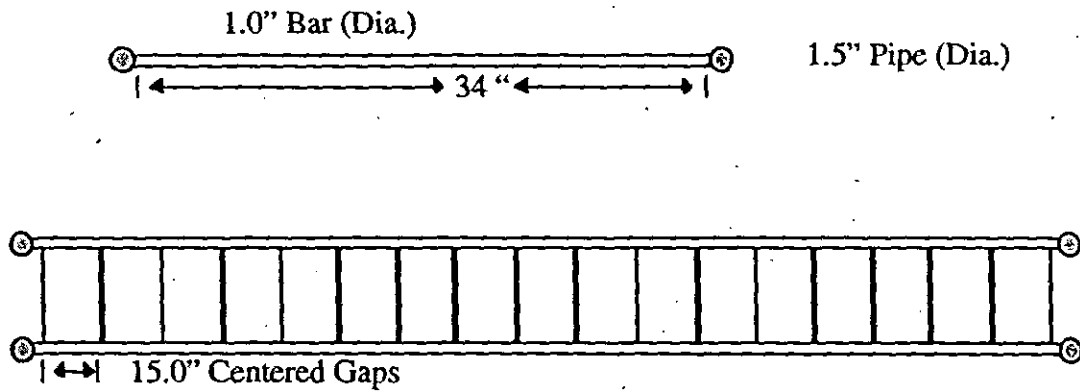
1. Proper break angle.
2. Break on QB.
3. Intecption.

EQUIPMENT: 1 Ball

COACHING POINTS: Player must break on first indication of the passer. Players must catch the ball in their hands at its highest point.



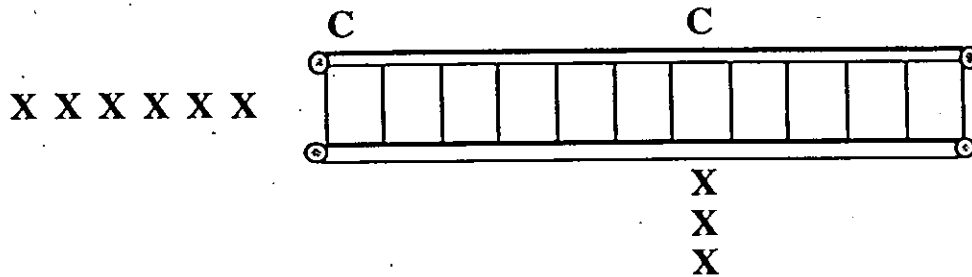
**Weld At Bottom of Pipe (Not the Middle)**



**Total Ladder Length  $\cong$  20 feet**

**Total # of Gaps = 16**

## LADDER DRILL



### Objective

To teach the linebackers to move their feet quickly with the shoulders square and the hips down. The ladder allows us to buzz with the feet with short choppy steps. We work hard to keep the nose over the toes.

### Procedure

One line of linebackers facing one end of the ladder. 1st linebacker will be in a good stance and will start on "GO" by the coach. When he is halfway down the ladder, the next linebacker will start from a good stance.

Four (4) Movements:

1. Both Feet In The Hole
2. One Foot In The Hole
3. LB Faces Coach - 2 Feet In Working Lateral
4. LB Starts In The Middle Of The Ladder - Works Lateral Each Direction On Coach's Signal - Do Not Cross Feet - Two In The Hole

### Coaching Points

1. Start With A Good LB Stance
2. Shoulders Down And "Nose Over The Toes"
3. Want The Arms Pumping With Elbows Inside
4. LB's Should Be On The Balls Of The Feet
5. Bend At The Hips

## AGILITY BAGS

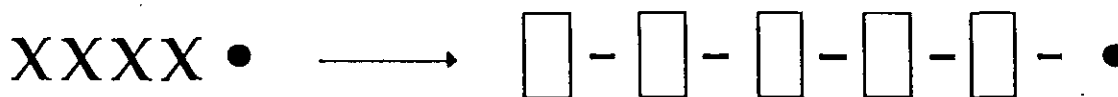
### I. Straight Run

#### Objective:

To teach the Linebackers to run with their feet off the ground to avoid people throwing at their feet or laying on the ground. We want to run in good hitting position.

#### Procedure:

- Start in good LB stance.
- On cadence - full sprint through the dummies changing feet after each dummy.
- Finish the drill on the cone.



C

#### Coaching Points

1. Start with a good LB stance.
2. Shoulders down and "nose over the toes".
3. Bend at the hips.
4. Elbows inside.
5. We will finish drill on the cone or with a ball (fumble - intercept).

---

### II. Two Feet Shuffle

#### Objective:

To teach Linebackers to move lateral in good football position getting their feet up to avoid people on their feet or on the ground. Develop quick feet with eyes up.

# Break Drill

## Stance And Alignment

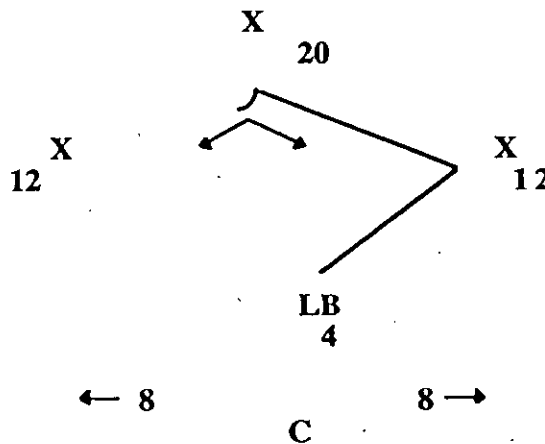
- One line behind coach with the 1st LB 4 yards in front in good LB stance.

## Objective

- To improve opening your hips and getting to pass drop area.
- Improve reading eyes and shoulders of QB.
- Improve breaking on the ball.

## Procedure

The drill starts with the coach pointing the ball the direction he wants the LB to open. The LB will get to the cone with pads down - feet buzzing - shoulders square. The coach will direct him to the next cone. The LB will break to the cone. The coach will throw the ball to the LB.



## Coaching Points

1. Starts With Good LB Stance.
2. Get To The Cone As Fast As Possible.
3. Get To Cone - Shoulders Square - Feet Buzzing - Eyes On The Coach.
4. Get To Middle Cone - Break On Coach Hand Off The Ball - Shoulders.
5. Catch The Ball - Tuck Away.



Coaching Point:

1. End the drill with sprint through cone. Intercept - Fumble.
2. Make sure it is a turn and run - not a shuffle.
3. Keep shoulders down in good LB position.

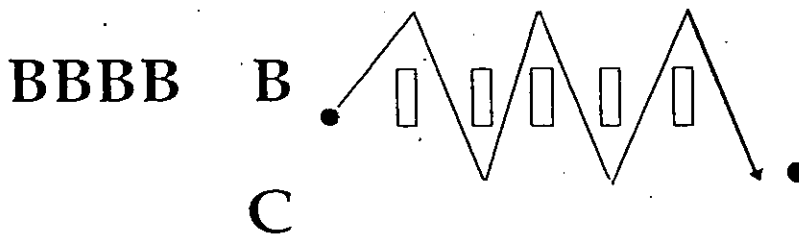
#### IV. Speed Break

Objective:

To teach Linebackers the backward run and to break on the football with the feet always buzzing. To teach the LB's to take away false steps when breaking on the ball. Develop quickness in change of direction.

Procedure:

- Start in good LB stance facing coach.
- Take 1st step - shuffle to coach - then start in backward run.
- Sprint to LOS - then come under control and start in backward run.

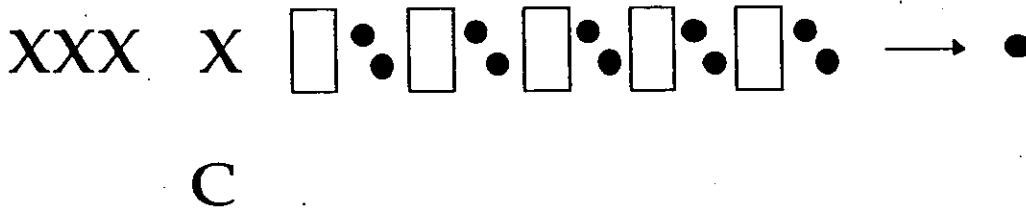


Coaching Point:

1. Start with good LB stance.
2. Keep your "nose over toes" in your B run.
3. Keep your feet tight, ankles rubbing.
4. When you break, keep feet buzzing - accelerate to LOS.
5. Good running form - elbows inside.
6. Finish the drill with sprint through cone - Intercept-Fumble Drill.

Procedure:

- Start in good LB stance facing coach.
- On cadence take near foot and step in the dummies followed by back foot.
- Always have two feet in the hole.
- Keep shoulders down - bend at the hips.
- Keep eyes on coach (occasionally toss ball while they run through).



Coaching Point:

1. Finish drill with sprint past the cone or have Fumble - Intercept Drill.
2. Maintain good LB position.

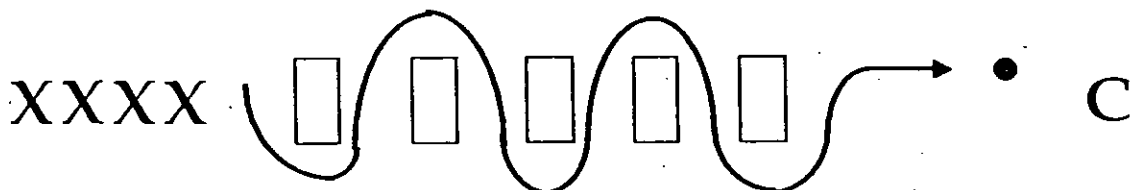
### III. Run Thru

Objective:

To teach and work the Linebackers on their hip flexibility and change of direction. Also, helps to develop their overall foot speed.

Procedure:

- Start in good LB stance facing the dummies.
- On cadence - start on side directed by the coach and sprint through the dummies.
- DO NOT SHUFFLE - this is a run through.
- Stay as tight to dummies as possible without hitting them.



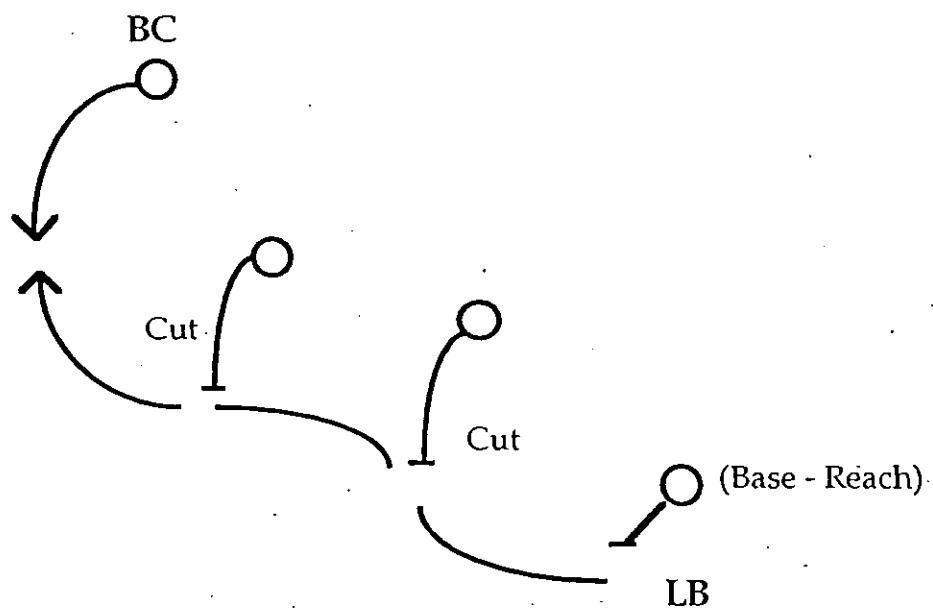
## SHED - SKATE - TACKLE

Objective:

To teach proper technique of shedding a block - beating the cut block, and making a form tackle on the move.

Procedure:

- Starts with a good LB stance in front of a blocker.
- Block will try to base (reach) LB.
- Defeat the block, as LB comes off he will have a cut block to defeat.
- Beat the cut block and then perform an open field tackle.



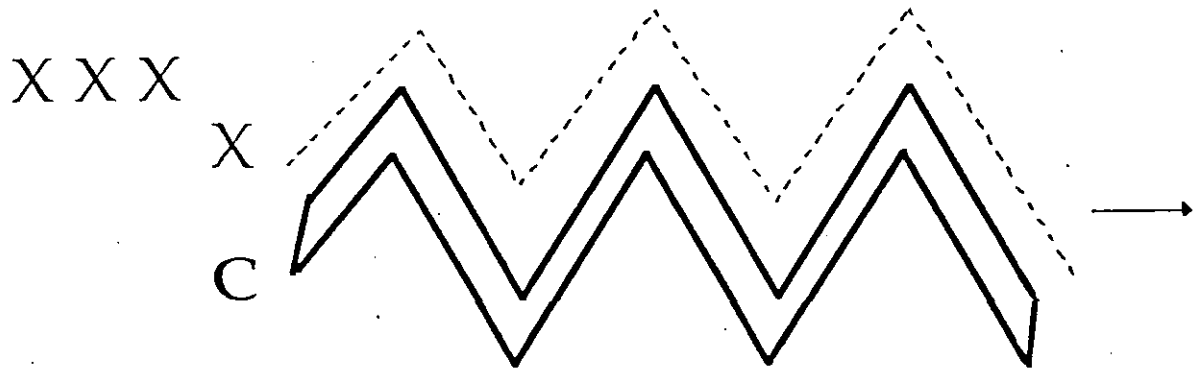
## V. Shuffle Hips

Objective:

To develop quickness and change of direction to the LB's, keeping good LB position - never crossing feet.

Procedure:

- Start in good LB stance - eyes up at the coach
- Shuffle through the dummies popping the hips as quickly as possible and continue shuffling
- Maintain good leverage position



Coaching Point:

1. This is a shuffle - quick hip drill.
2. Do not cross feet!
3. Maintain leverage with shoulders down - eyes up.
4. Stay tight with dummies.
5. finish the drill with sprint through cone.

## VI. Straight - In

Objective:

To teach the LB to catch the ball on a full sprint setting the hands in front of the body.

Procedure:

- One line facing the coach
- When coach raises the ball in throwing position, the LB starts to him

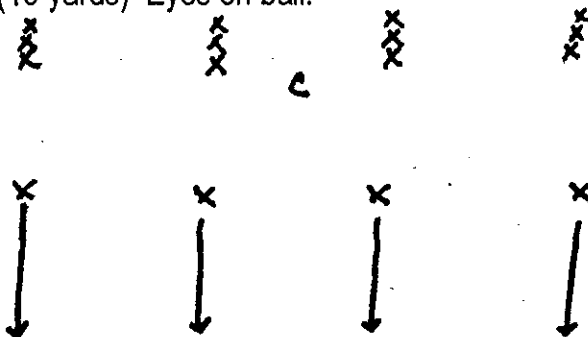
Defensive Back Drills at Middle Tennessee State University are broken down into three areas.

### Movement Tackling Ball

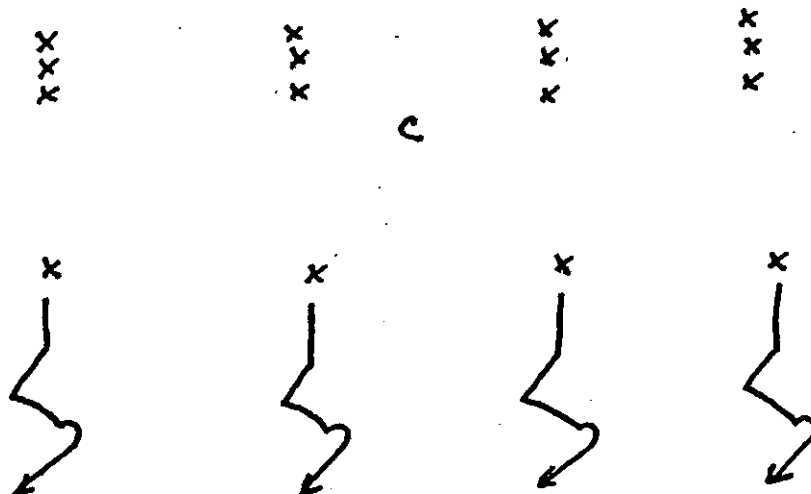
These drills are used every practice with emphasis on movement and tackling.

1. **MOVEMENT DRILLS** - The purpose of movement drills is to improve technique, quickness, and speed.

A. Backward Run - Good stance, slight bend at knees, slight bend at waist, eyes on ball. Feet close together, outside foot back, arms relaxed to side. On movement, push off front foot, rock off back foot. First step back is with front foot. (Push, Rock, and Step). Emphasize quick short steps, feet close to the ground, work arms and stay low. (10 yards) Eyes on ball.



B. 45/45/Roll - Good stance. On movement, backward run. Coach turns shoulders Rt. or Lt. DB explodes out of backward run at 45 degree angle, head and eyes on ball. Coach then turns appropriate way and DB changes direction (opening to ball) in opposite direction at 45 degree angle. Coach turns shoulders again and DB rolls (turns his back to coach and whips his head around back to coach at 45 degree angle).

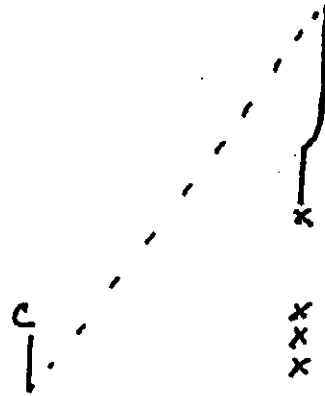


**MIDDLE TENNESSEE  
STATE UNIVERSITY**

**DEFENSIVE  
BACK  
DRILLS**

3. **BALL DRILLS**

- A. Deep Ball - The purpose of this drill is to find out who your athletes are and to improve judging and meeting the ball at its highest point. Good stance. One movement DB starts backward run. When coach's front shoulder pops up, DB explodes out of backward run, staying low and fading to the outside (open to ball). Coach throws the ball deep and high. DB adjusts to ball, attacking it at its highest point.

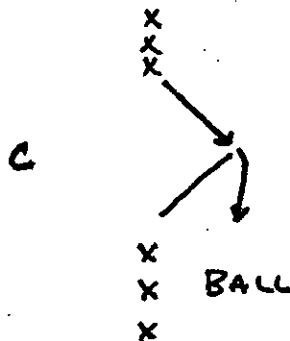


- B. Strip Drill and Fumble Recovery - Purpose of drill is to emphasize the turnover and properly recover the fumble or pick it up and run (progression). Ball carrier starts running with ball in outside arm. DB closes ground and strips ball either coming down on top of football or coming from under and punching ball loose. Once ball is on the ground, the ball is recovered or picked up going the other way.

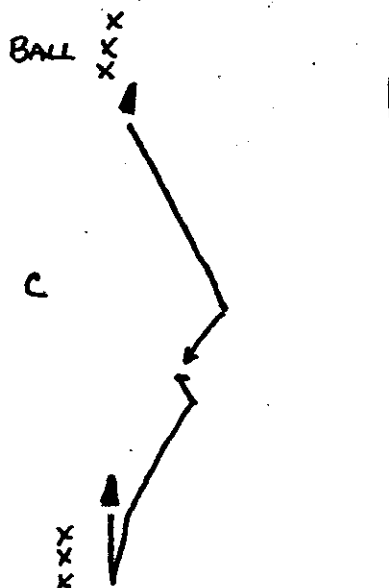


## 2. TACKLING DRILLS

- A. Angle Tackling - The purpose of this drill is to emphasize unlocking the hips, wrapping up the ball carrier and running through. Two lines facing each other three yards apart. Ball carrier runs at 45 degree angle with ball in outside arm. DB runs to ball carrier eyes up, slight bend at knees and waist, and explodes into ball carrier unlocking the hips, ripping arms in upward motion and accelerating feet on impact. Emphasize running to, through, and beyond ball carrier.



- B. Sideline Tackling - The purpose of this drill is to emphasize open field tackling using angles, the sideline, and taking away the cutback. Two lines facing one another 10 yards apart, 6 yards from the sideline. On coach's command DB starts backward run, speed break and back to original line. At this time, ball carrier tries to get to a point five yards beyond the DB's starting point between the sideline and the cone. Emphasis is on DB staying behind, (not getting head up) staying low, good base, feet moving, eyes up and make the open field tackle using the sideline and taking away the cutback. Eyes and feet should be emphasized while asking the question, "Did you make the tackle or not?"





# FOLLOW THRU DRIVE BLOCK

---

## OBJECTIVES:

1. Drill violent arm whip, hat placement and hip extension.
2. Emphasize wide base, three power producing angles and short choppy steps. (Piston)
3. Instruct blocker to maintain leverage throughout. Drive blocks.
4. At point of defender's breakaway or disengagement, to accelerate foot work, maintain leverage and balance and adjust to finish block!!!

## DESCRIPTION:

The third phase in our Base Block progression is the "Follow-Thru" or FINISH segment of the Drive Block. AFTER the SIX POINT EXTENSION and the TWO STEP EXPLOSION DRILLS, we will drill and perfect the art of finishing or dominating the final stage of Run Blocks. We will arrange this drill to work the follow-thru of the Base Drive, Angle Drive and Climb Drive.

## EQUIPMENT NEEDED:

- A. Chutes
- B. Boards
- C. 3 Flat Hand Shields

## PROCEDURE:

We will align the offensive lineman into three lines, leaving one open chute between the lines. The lineman in the rear will grab a lightweight hand shield and go around in front of the chutes and face the OL while straddling the boards. He will place the bag firmly against the front of the chutes while breaking down in a good football position.

**MIDDLE TENNESSEE  
STATE UNIVERSITY**

**OFFENSIVE  
LINE  
DRILLS**

# LINEBACKER CLIMB DRIVE / CHOP

---

## OBJECTIVES:

1. Improve take off, approach and angle toward blocking 2nd level defender - defender in SPACE!
2. Drill proper aiming points, landmarks, contact and "FIT" when executing the Climb Drive / Chop.
3. Emphasize fundamentals of knocking defender DOWN In "space" and drill techniques involved.

## DESCRIPTION:

Drill designed to implement and perfect fundamentals of successfully blocking defender in "SPACE"! We stress getting as many Reps as we can in an five (5) minute period while emphasizing proper take-off, approach, fit and finish of a "Climb Drive" or "Chop Block" technique.

## EQUIPMENT NEEDED:

- A. 6 Cones
- B. 3 Flat Hand Shields

See Next Page for Procedure and Diagram

# FOLLOW THRU DRIVE BLOCK

---

The OL will step up into the chute, place his right/left foot forward, establish a good wide base and the three power producing angles in his ankles, hips and knees. The blocker will be instructed to cock his arms back into a "whip" position and give a landmark to press his forehead against (Right/Left #).

On command, the linemen will explode off of front foot, rip his fist THRU the cylinder of defenders body as he extends up and thru, knocking defender back and getting that most important 2nd step on the ground. Blocker will drive defender down the board keeping leverage (Pad Under Pad), taking short choppy steps (*Piston Steps*), maintaining a wide base, and continuously controlling defenders CYLINDER with pod level and hand position (*Tripod*).

## THE CONCLUSION

As the Defender works and fights against the Blocker giving ground GRUDGINGLY, he will execute and escape maneuver at the end of the board. After getting a direction from the coach, when the defender arrives at the end of the board he will:

- A. Drop Step
- B. Disengage
- C. Cross Face And Run To The Ball.

This will further emphasize to the linemen to not only maintain proper position, foot work and weight distribution; but will teach them to react and respond to defender's disengaging block.

# MIRROR DODGE DRILL

---

## OBJECTIVES:

1. Post/Power foot position, base and "close to the ground" foot work involved perfected.
2. Emphasize body posture (3 power angles), weight distribution, square to LOS and arm/hand positioning.
3. Continuously teach and instruct proper mechanics of the Punch/Stab.

## DESCRIPTION:

Pass protection drill that emphasizes the proper body/hand position, footwork, base and over all protection mechanics once lineman is set in two point position. In addition, we incorporate the various "stab" and "punch" combative techniques to emphasize separation, leverage and counter moves.

## EQUIPMENT NEEDED:

- A. 3 Flat Hand Shields
- B. 6 Cones

## PROCEDURE:

The offensive lineman will be aligned in 3 lines, single file, 5 yards apart. The lineman in rear of line will come around to front, grabbing flat hand shield. Offensive lineman will put his right/left foot forward - placing toes at edge of line while keeping "Toe to Heel" stagger with back (Power Foot). OL will get into perfect Pass protection position:

## Key Elements:

1. Wide Base W/Post-Power Relationship
2. 3 Power Producing Angles
3. Posture, Weight Distribution And Balance
4. Hips & Shoulders SQUARE To LOS
5. Hands Up (Throat Level) thumbs together, 45° bend in elbows, martial arts clinched fist!

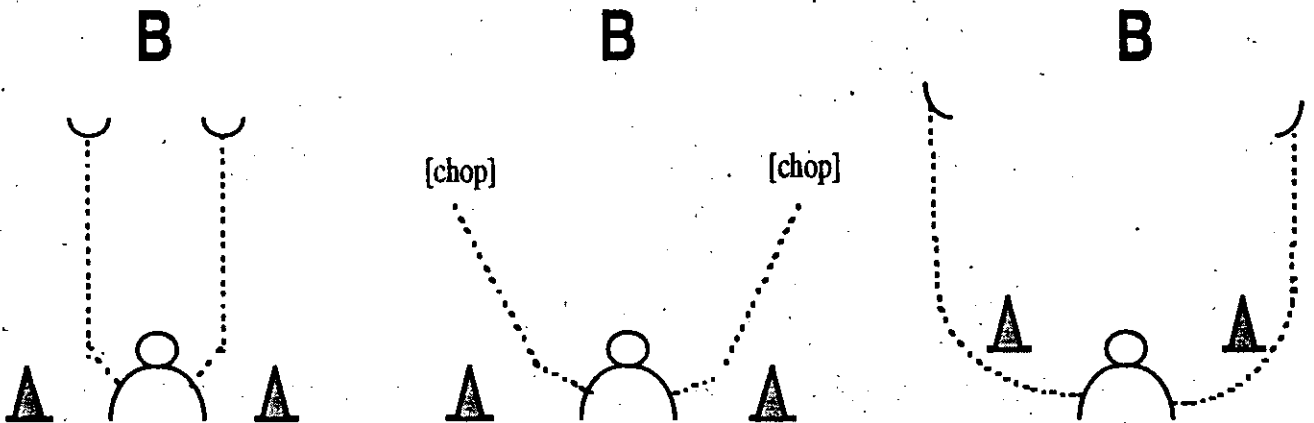
# LINEBACKER CLIMB DRIVE / CHOP

---

## PROCEDURE:

As pictured below, offensive lineman will be aligned in **THREE (3)** lines separated by cones. Linemen will be five (5) yards apart, with cones being set at two (2) yard separation. Linemen in rear will jump around to face linemen in front, five (5) yards away, and break down in football position.

Offensive linemen will be instructed as to direction, type of block and snap count. On cadence, all three linemen will explode out of stance and execute Climb/Chop Block assigned, full speed, and then jog to rear of line.



**MIDDLE TENNESSEE  
STATE UNIVERSITY**

**TIGHT END  
DRILLS**

# MIRROR DODGE DRILL

---

On command, Defender will move quickly left to right working laterally in an intense effort to make protector move and lose leverage, perfect pass protection body posture while getting OUTSIDE his cylinder. Offensive lineman will maintain all the proper position techniques we emphasize through total time of drill. At the conclusion, the lineman will yell "COVER" and sprint 10 yards down field and jog to rear of line.



## TIGHT END RELEASES

Unless route is designed for inside release and defender gives you an inside release right away, tight end should always step outside. Exception being covered head-up by man defender.

## SLAP AND SWIM TECHNIQUE

Mainly used when you have a slight edge on defender or he hesitates also on man defenders. Always step for outside shoulder of defender and with hand open, slap hard for upper elbow of defender. Slapping it down and inside. (Do not use defensive technique of grab and pull because you do not have time and also possible for defender to still get hands on you and delay route). At the same time, bring free hand over and around in swimming motion making sure to complete a whole circular motion. This is to ensure that if the slap wasn't totally successful, then you have another chance to free yourself. Important that you do not raise up during this technique. You must be fairly low and always coming forward so defender has less time to react. Feet take steps forward, never cross over.

\*Technique can be used to the inside after outside step has been taken.

## DIP AND RIP TECHNIQUE

Mainly used on down linemen or counter move when locked up. Step quickly outside about 6 inches to a foot, step back inside no more than 18 inches laterally and 12 inches forward at the same time slapping quickly the inside arm of defender (this is just a real quick slap just in case defender has his arm out). Then step through with outside foot trying to stay as tight as possible to the inside leg of defender. At the same time ripping up through the inside arm of defender. Rip must go full cycle to dislodge any holding on by defender.

\*Freedom to switch up steps is allowed against covered man defenders.

# PRESS DRILL

## \*TEACHES GOOD TECHNIQUE OF A DRIVE BLOCK.

1. Blocker is already in an engaged position on defender. Knees bent with a slight forward lean.



2. Elbows bent at 45 degree and hands inside at defender's armpits. Hat planted in defender's sternum with eyes straight forward.



3. The defender leans entire bodyweight with his arms wrapped around the back of blocker's head.



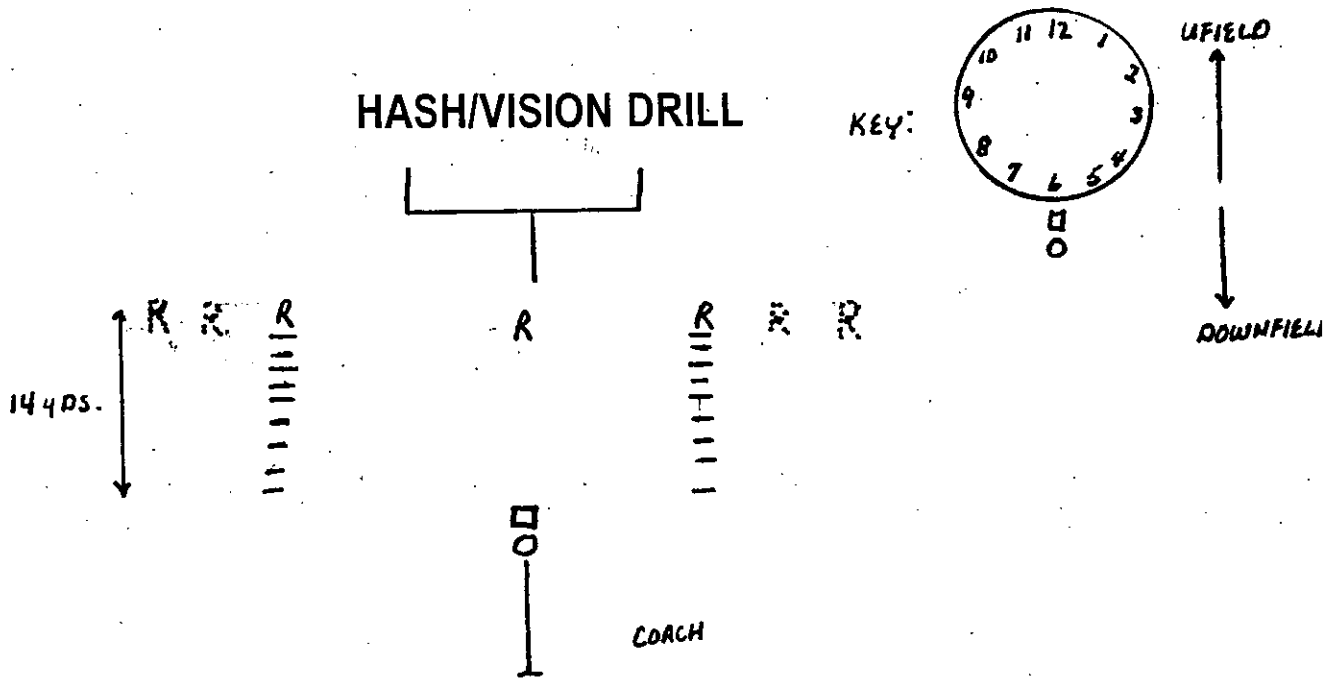
4. On command, the defender is pulling the head of the blocker down while giving resistance as he is being driven. Meanwhile, the block is to press and drive the defender 10 yards while maintaining the same form throughout the block.

\*Make sure blocker is fighting to keep his head up (eyes never should be down because he can not see), knees stay bent and that he keeps pressing off defender. Defender must apply all of his body weight on blocker and constantly pull his head down.

### Technique and Advantage

1. Knees Bent - blocker can change direction.
2. Elbows Bent - no over-reaching tendencies and perfect for pressing power.
3. Hands in Armpits - leverage on defender and harder to disengage.
4. Hat in Sternum - for leverage control and power blow.
5. Eyes Up - to stay focused on assignment and less likely for head to drop and defender to shed block.

\*Later change of direction by defender can be added.



### I. Equipment Needed

- A. Offensive center (snapping machine or manager can snap)
- B. 5 - 8 footballs (minimum of 2)
- C. 3 people to catch (additional QBs are best: can use managers or receivers)

### II. Purpose of Drill

- A. Improve snap count and taking the snap from center (5 passes per QB)
- B. Work mechanics of drop (5 step)
- C. Improve field vision

### III. Execution of Drill (Quarterback)

- A. Align properly under center and point to imaginary unblocked defender
  1. Feet are ampit width apart with toes pointed upfield
  2. Big toe on big toe with weight on insides of each foot (no stagger in stance)
  3. Toes are removed from butt of center to the point where there is a slight bend in the elbow of top and bottom hand (do not crowd the center with your feet; must have freedom of movement).
  4. Slight flex through the hips; shoulders slightly forward; head and eyes in a scan mode.

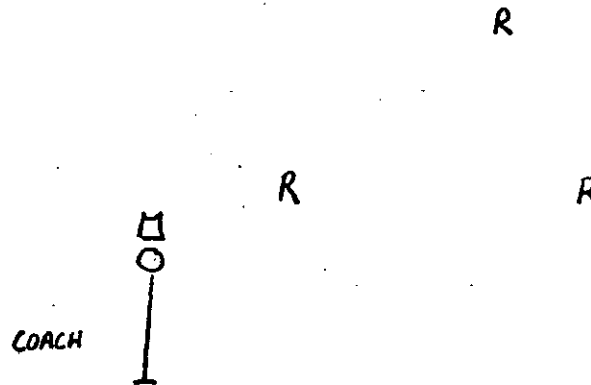
**MIDDLE TENNESSEE  
STATE UNIVERSITY**

**QUARTERBACK  
DRILLS**

- B. Coach stands over an imaginary offensive tackle 7 yards deep and at some point during drop will point to one receiver.

V. Options Within Drill

- A. Receivers on hashes can widen off hashes as QB improves
- B. Coach can point to 2 receivers (both will extend hands) - really helps QB with foot placement on plant
- C. Coach can point to none of the three receivers -QB now must shift body (eyes precede feet) - can throw ball away or scramble into LOS.
- D. Can set drill up in pattern configuration and work a particular pass. If this be the case, eyes stay through MOF for 3 step then work pattern.



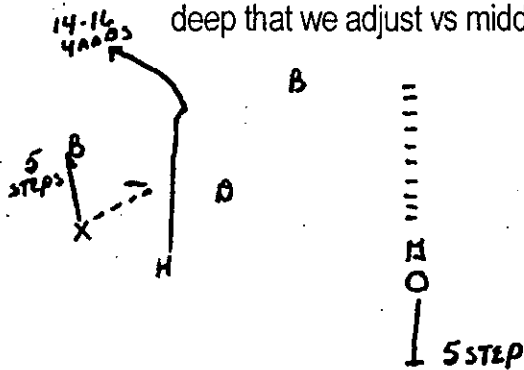
5. Top hand (rt. hand for rt. handed player - lt. hand for lt. handed player) wrist deep on center's butt with the space between the knuckle of the index finger and the knuckle of the middle finger on the center's "brown" spot. Fingers of the top hand should be spread comfortably. The bottom hand (non-throwing) is meshed with the top hand. First joint of the thumb (non-throwing hand) is placed on the space between the first and second joint of the top hand (throwing hand). The fingers of bottom hand should be spread comfortably and pointed at opposite foot of the center.
- B. Cadence (Snap Count) - In the proper stance with head and eyes moving, go through snap count with emphasis on clarity and using the different points at which the ball may be snapped.
- C. Snap to Completion of Drill (Quarterback). On the appropriate sound, the QB will take the snap and open with his rt. foot (rt. handed QB) at 6 o'clock while putting his eyes through the middle of the field (MOF). To get this step up and down we must drive off the inside of the lt. foot with as little rotation of the lt. foot as possible. At the completion of the first step the football should be on the downfield PEC; the second step is a crossover and the ball should be on the upfield PEC. The third step is a stretch step and must work for depth. Ball should be on the downfield PEC. Steps four and five (crossover/open) must be shortened and the fifth step (rt. foot) should be ever so slightly offset to the right and stuck in the ground on the inside of the plant foot. At the completion of the fifth step the quarterback will hitch (gather back) and make the appropriate throw. The important points during the drop are as follows:
1. Hands follow center (up & out)
  2. Pressure on center (comes from top hand but applied by strong bottom hand - don't let hands get split on snap)
  3. Eyes through middle of field during drop - lead shoulder down, chin on lead shoulder
  4. Relaxed through arms and shoulders with slight ball movement (PEC to PEC) during drop (do NOT lock elbows on rib cage)
  5. As throwing motion starts the ball is pushed back and up
  6. Really stress feet

#### IV. Execution of Drill (Receivers and Coach)

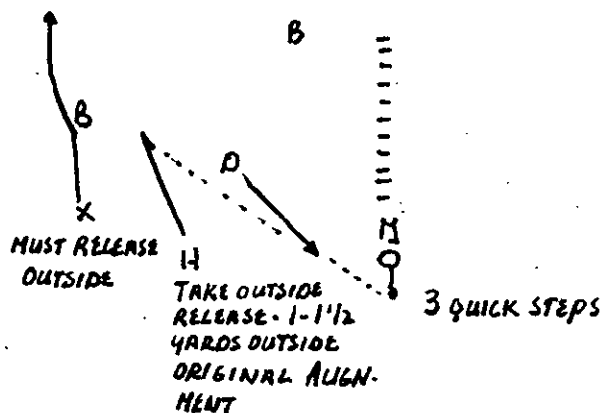
- A. Receivers (3) will align 14 yards deep (can align shorter or deeper) with one in middle of field and one on each hash. All 3 will face the QB. The receiver to whom the coach points will extend his hands to catch the football when the coach points; the other two receivers will cross their arms in front of their chest signifying "no throw".

### III. Pattern Called and Adjustment

- A. Pattern working is a 5 step hook by number 1 and a 14-16 yard adjusted corner by number 2. This is normally a corner route that runs out of bounds 18-22 yards deep that we adjust vs middle of the field open (see below).



- B. The adjustment made vs blitz is an outside released takeoff by number 1 and a 5 step outside released hook by number 2 (see below).

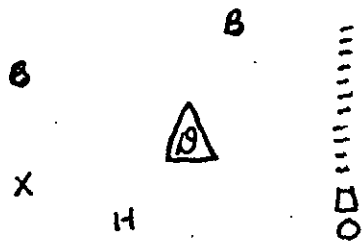


### IV. Execution of Drill

Quarterback will align properly under center (feet, hips, hands, shoulders, head). All those things talked about in previous drill.

- A. The QB will take the snap and open with his rt foot (rt handed) at 6 o'clock. As on all drops the 1st step must get up and down. The lead shoulder (lt for a rt handed player) must be down and the chin must be on the lead shoulder (must pick up blitz defender with eyes on snap).
- B. The 2nd and 3rd steps by the QB is actually a very quick hop and the back foot is offset very slightly to the right and is planted on the inside of the rt foot. On the hop both feet are off the ground at the same time and it is imperative that the QB's hips stay down and that his feet stay as close to the turf as possible.
- C. As the plant foot hits, the ball is pushed back and up and must come out immediately. The ball is put on the outside number (downfield number of #2).

# BLITZ ADJUSTMENT DRILL vs Middle of Field Open



Key: #1 = Outside Receiver  
#2 = Inside Receiver  
D = Unblocked Defender  
B = Bags for Contour of  
Cover (Pop-Up Bags)

## I. Equipment Needed

- A. Offensive center (snapping machine or manager can snap)
- B. 5 - 8 footballs (minimum of 2)
- C. Number 1 and 2 Receivers
- D. A body that can blitz or drop (an additional QB)
- E. Bags placed in different position to show secondary coverage (can also use additional QBs, Receivers, or Managers)

## II. Purpose of Drill

- A. To work eyes on slight adjustment vs unblocked defender blitz and different secondary contours
- B. Lead shoulder and chin in proper alignment
- C. Work adjustment with feet on 5 step drop vs blitz and contour of secondary

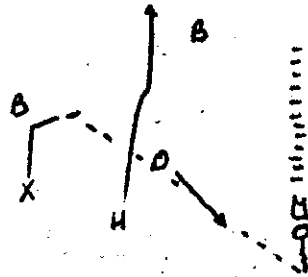


**MIDDLE TENNESSEE  
STATE UNIVERSITY**

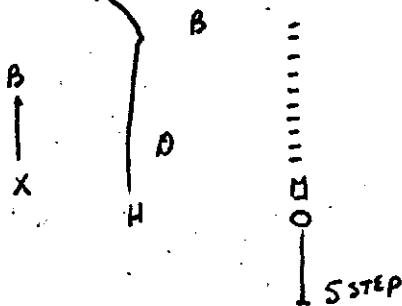
**WIDE  
RECEIYER  
DRILLS**

## V. Variations of Drill vs Middle of Field Open

The sight adjust route can be changed to a 3 step slant by number 1 and a takeoff by number 2. The slant is run at less than 45 degrees and the takeoff clears the safety.



\*Note: If there is no blitz, the pattern called will be worked.



## Proper Throwing Technique

**Basic Philosophy - "Less the motion, the greater the opportunity for you to get the moveable parts in sync!"**

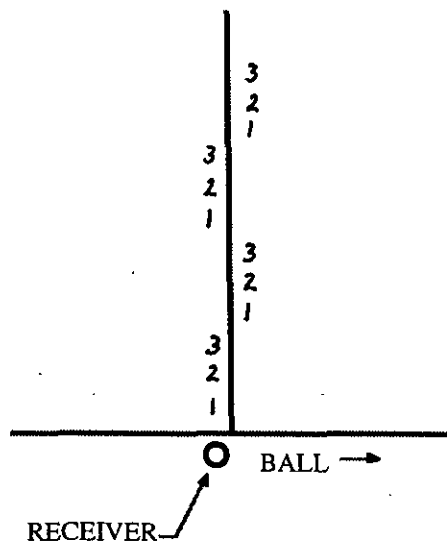
- A. Inside of Plant Foot
- B. Bent Front Knee
- C. Chin on Lead Shoulder
- D. Ball Back and Up
- E. Left Toe subtly on Ground as we step to throw (rt. handed)
- F. Body Tilt so that Rt. Shoulder is Higher than Lt. (rt. handed)
- G. Elbow Up Yields Accuracy
- H. Off Elbow Into Off Hip
- I. Elbow - Laid Back and Lead With It
- J. Pronate Wrist
- K. Finish with Balance - Just as you start with Balance

## WEAVE DRILL

The weave drill is the first basic introduction of running a man-to-man route. The purpose of the drill is to teach the receiver how to gain leverage (The most advantageous position to create separation on the cut) on the defensive back. The weave drill is where we introduce them to the step method. We teach them the steps on the drill as we do on the pass routes. We have found there is a change that takes place on the odd number steps. We go 3, 3, 3, or 3, 5, 3, or any combination of odd steps.

To start the weave drill each receiver will place his inside foot outside the line. On the movement of the ball the receiver will start sprinting and counting, "One, two, three; change; one, two, three, change." We want the receiver to get where they can adjust the steps on their routes without the defender aware of the changes being made. (DIAGRAM #2)

**DIAGRAM #2**

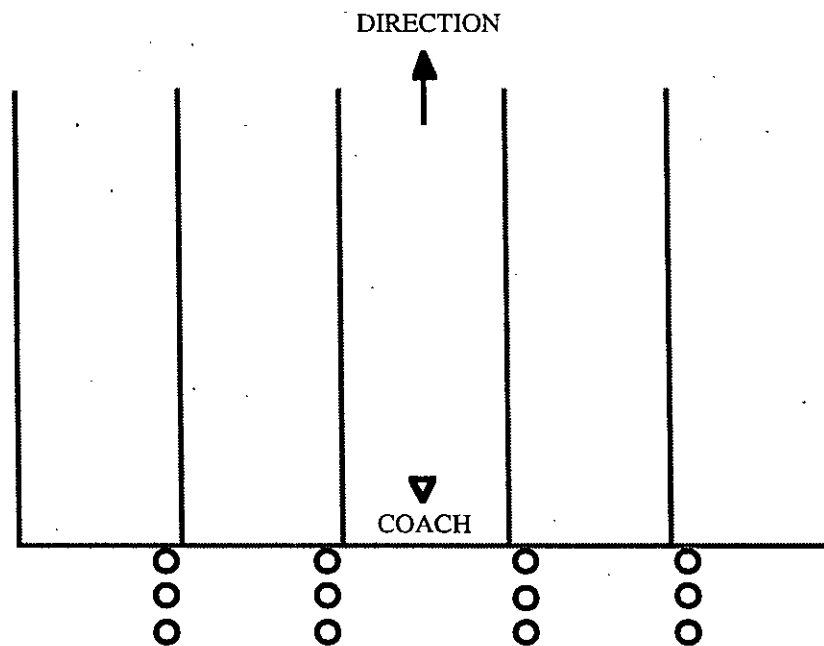


### DRILLS FOR ROUTE RUNNING

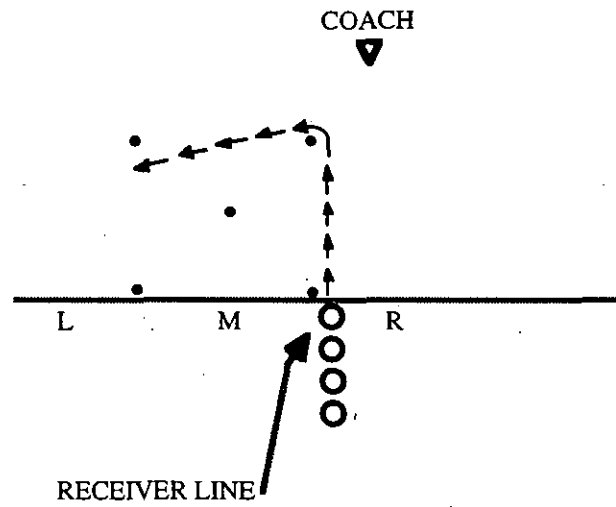
The first drill we work on is stance and starts. I get in the middle of our receivers on the stance and starts and move the football when I want them to go (we go on the movement of the ball, not the cadence). (DIAGRAM #1) We start with our inside foot up. The distance between the front and back is one walking step. We emphasize on our front leg to place our knee over the toe, the chest over the knee with our head looking inside at the football.

We work on the lines going across the field. We get four to six repetitions of vertical full speed burst.

**DIAGRAM #1**

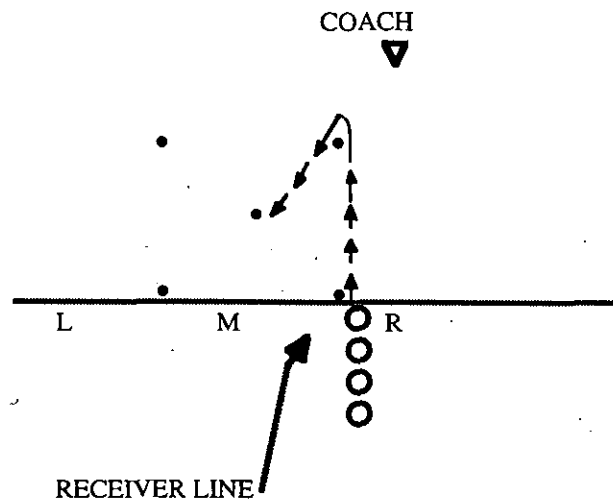


**DIAGRAM # 4**



or for the curl cut or comeback cut again depending on ball placement in the drill. (DIAGRAM #5)

**DIAGRAM # 5**

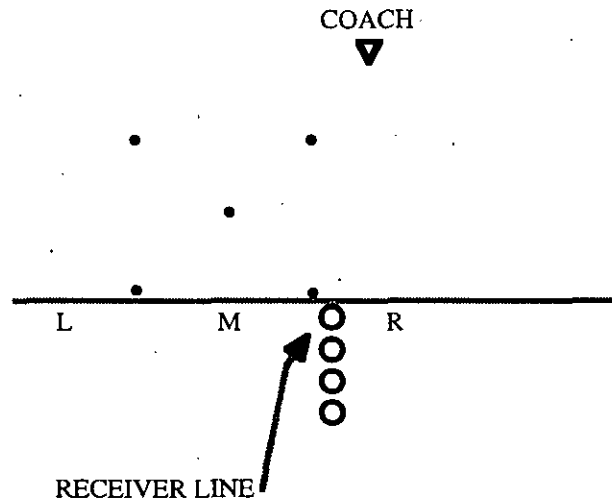


## SQUARE DRILL

The purpose of the drill is to teach and develop proper techniques of getting in and out of the cut.

To run the drill, we set up the cones in a five yards by five yards square with a fifth cone exactly in the middle intersecting all four corners. (DIAGRAM #3) The ball can be positioned in either L - M - R with a manager pulling the ball as a center does a snap. The coach is positioned down field where he can see the receiver as a defensive back would and can coach the techniques.

### DIAGRAM # 3



The first thing in this drill is to have a discipline stance. On the snap of the football, the receiver will explode vertical off the line putting his eyes down field on the coach and simultaneously rolling off the front foot. We stress hiding his numbers from the coach on the vertical push. At the top of the route we explode into and out of the cut hiding our numbers going around the cone. We also stress getting our eyes on the ball (the ball represents the quarterback). The drill finishes exploding underneath the next cone for the dig cut or the out cut depending on ball placement in the drill; (DIAGRAM #4)

# CUT DRILL

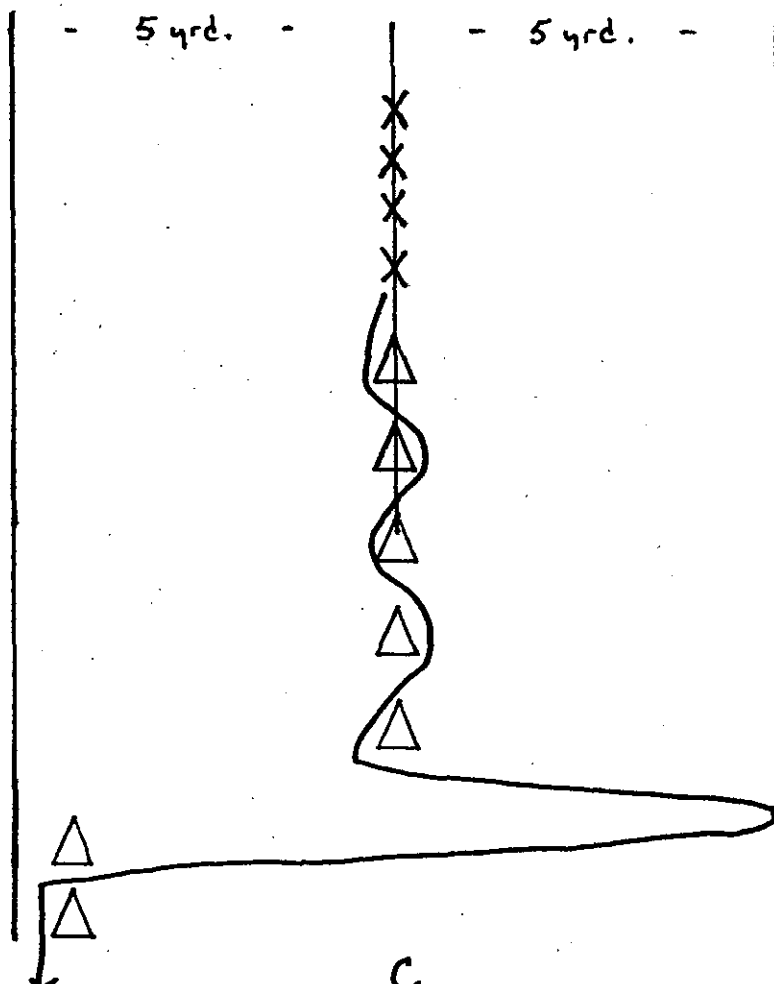
**PURPOSE:** The purpose of the drill is to improve the player's cutting ability while running and maintaining proper pressure points on the ball.

## PROCEDURE:

1. Players will align behind 5 cones that are a yard and a half apart.
2. A player will start with the ball tucked under his left arm.
3. He will start on the right side of the 1st cone.
4. On the whistle he will cut between each of the cones.
5. After the fifth cone he will sprint to marker 5 yards from the cones. He will place his right hand down for balance and he will cut back 180 degrees.
6. He will then sprint between the two cones and cut upfield without stepping out of bounds.
7. When all of the players have gone, they will switch sides.

## COACHING POINTS:

1. Stress quick feet while cutting.
2. Emphasize covering ground while cutting.
3. Emphasize carrying the ball properly while cutting.
4. Finishing the drill full speed.



Coaching points at the top of the route are very critical and we have found the best way is to develop key words to describe the top of the route. Here are a few examples we use for communication:

Good or Perfect - tells receiver he did it the right way.

Helicopter - tells receiver his arms are not tight to his body, but flying out too wide.

Too High - tells receiver he is not hiding his numbers.

Baby Steps - tells receiver he is taking too many steps to stop and break out of the cut.

We repeat each route on both sides using full speed tempo. In doing so the receivers get a high number of repetitions in a short period of time and work on each cut from both sides.

As our receivers get better and more confident in the drill we will add passing to the drill, but do not start throwing passes until your receivers have developed the techniques you are coaching.



**MIDDLE TENNESSEE  
STATE UNIVERSITY**

**RUNNING BACK  
DRILLS**

# MAZE DRILL WITH CONTACT

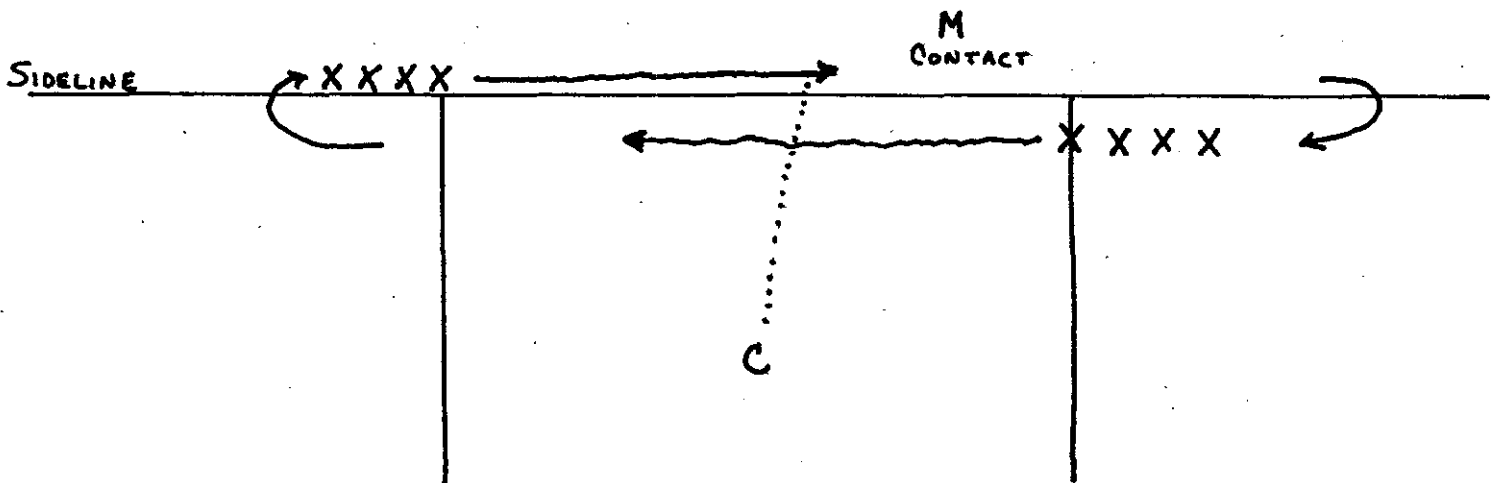
**PURPOSE:** Purpose of the drill is to improve player's concentration on catching the ball while improving his confidence as well.

## PROCEDURE:

1. Divide receivers into two groups.
2. Place one group ten yards from the coach on the sideline.
3. Place the defending group nine yards from the coach (one yard from the sideline).
4. The receiver jogs along the sideline focusing in on the ball thrown. He catches and tucks the ball and jogs to the back of the defenders line.
5. The defender will jog one yard in front of the receiver to distract him without making contact with the receiver. He will then jog to the back of the receiver line.
6. Manager needs to be in position opposite the coach to make contact with receiver during the catch. (use a dummy)

## COACHING POINTS:

1. Throw the ball at various positions so that receiver practices various adjustments.
2. Throw bad balls.
3. Emphasize focusing on the ball and not the defender or the contact.
4. As players gain confidence, speed up the process.
5. Stress watching ball all the way into the tuck.
6. Emphasize receiver does not fade away from ball. (stay jogging along sideline)



## FOOTWORK DRILL (45 Degree Drill)

Take 6 cones and divide and off-set them 5 yards apart from each other, and 5 yards down field from one another.



Have running backs align in single file starting at the first cone. The objective of the drill is to have each RB take 5 steps and make his cut on the fifth step. The C.P. points are to stick the fifth step and use the inside arm to get your shoulders and body headed at a 45 degree angle.



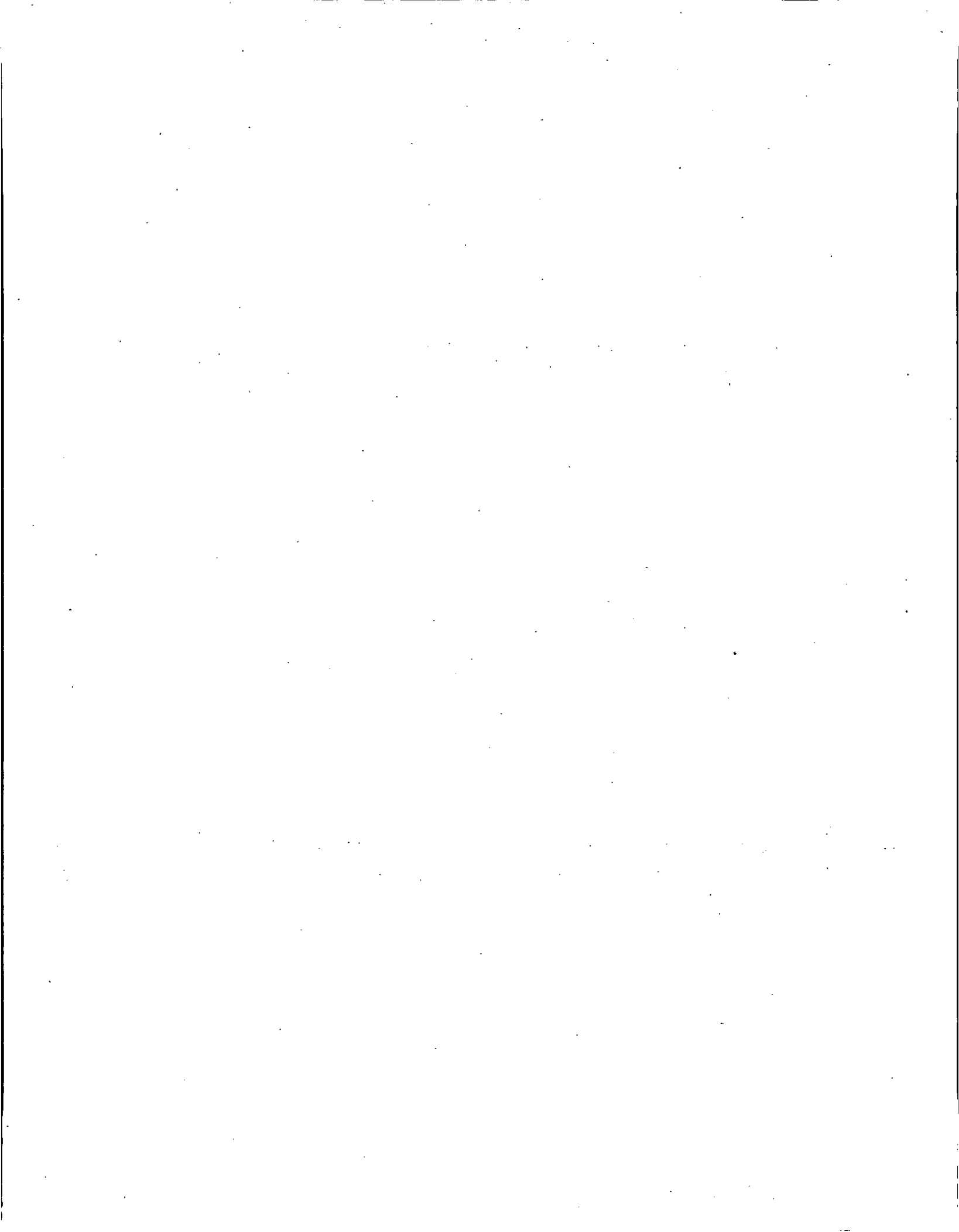
## HAND OFF DRILL

Divide the running backs up into two lines. Have the two lines line up 10 yards apart facing each other. Place the footballs into the hands of line A. On coach's command, the first player in each line will start at each other with line B being slightly off-set from line A. As line B approaches line A, line B will raise his inside elbow and roll his thumb down creating a good pocket for the ball to be placed in. Line A will act as the QB placing the ball in line B's formed pocket as they pass.

LINE A

X X X →

← X X X LINE B



## SCORE DRILL

(To be done vs DB's or LB's)

Place a cone on the corner of the goalline. Then take two additional cones placing one on the 5 yard line and 5 yards away from the sideline, and the other cone will be placed 5 yards deep in the endzone and 5 yards from the sideline. The RB will be on the 5 yard line going into the endzone. The defensive player will be in the endzone coming out.

On the coach's command, the RB with the ball and the defensive player will start for the cone that sits on the G.L. The objective is for the RB to score, and the defensive player not to let him score (angle tackling). The RB can not go out of bounds!

