

Drill Manual

Codes for Schedules

FORMULA FOR SUCCESSFUL COACHING

- TEACH THE FUNDAMENTALS DAILY!**
- HAVE A SMALL NUMBER OF PLAYS AND SCHEMES AND REP,PEP,REP!**
- YOU MUST TEACH YOUR PLAYERS WHAT IT MEANS TO GIVE GREAT EFFORT!**
- YOU MUST CRITIQUE YOUR PLAYERS EFFORT DAILY.**
- PLAYERS MUST BE FANATICAL ABOUT BLOCKING FROM THE SNAP TO THE ECHO OF THE WHISTLE!**
- COACHES MUST WATCH ONE PLAYER, EVERY REP, EVERY PLAY, AND TELL THEM THEY EITHER DID IT PERFECTLY OR THEY NEED TO DO THIS TO MAKE IT PERFECT.**
- THERE ARE NO MAGIC PILLS. NOTHING CAN REPLACE SOUND FUNDAMENTAL COACHING. NOTHING CAN REPLACE HARD WORK AND GREAT EFFORT!**

FORMULA FOR SUCCESSFUL COACHING

- 1. **NON-STOP BLOCKING** FROM THE SNAP TO THE **ECHO** OF THE WHISTLE.
- 2. **GREAT** FUNDAMENTALS!
- 3. FIRST LEVEL (LOS) **MUST** UNDERSTAND YOUR RULES AND BE ABLE TO APPLY THOSE RULES VERSUS **EVERY** FRONT UNDER THE SUN.
- 4. SECOND LEVEL (DOWN FIELD) PHYSICAL BLOCKING WITH **GREAT EFFORT.**
- 5. BLOCK **AGGRESSIVELY** ON PASS PLAYS.
- 6. **ACCEPT** REPETITION WITH **ENTHUSIASM.** YOU MUST LEARN EVERY DAY!
- 7. **EXPECT GREAT THINGS TO HAPPEN WHEN YOU WORK HARD!**

WHAT I'VE LEARNED

- CHALLENGE YOUR PLAYERS. SHOW THEM WHAT THEY ARE GOING TO SEE IN A GAME. PRESENT THEM WITH DIFFICULTIES. IT'S A CHALLENGE BEING A LINEMAN IN THIS OFFENSE. KEEP THE PRESSURE ON!
- ON THAT SAME NOTE: HELP THEM BE SUCCESSFUL. BUILD THEIR CONFIDENCE. LET THEM BE AGGRESSIVE. BRING OUT THE BEST IN YOUR PLAYERS.
- DON'T JUST TELL YOUR PLAYERS WHAT OR HOW. YOU WILL HAVE TO SHOW THEM WHAT OR HOW. GET PHYSICAL AND GET INVOLVED.
- DON'T USE ANY DRILLS OR EXERCISES THAT DON'T DIRECTLY PERTAIN TO FOOTBALL. IF THEY AREN'T GOING TO BE DOING IT ON THE FIELD, DON'T WASTE PRACTICE TIME. LOG ROLLS, LADDERS, BULL IN THE RING, ETC. THESE ARE NOT GOOD FOOTBALL DRILLS FOR SUCCESSFUL LINE PLAY.
- THE GREATEST THING IRV SIGLER EVER TAUGHT ME WAS TO **"WATCH ONE PLAYER – EVERY REP – EVERY PLAY"** AND TELL THEM THEY EITHER DID IT PERFECT OR SHOW THEM WHAT THEY NEED TO DO TO MAKE IT PERFECT. PRETTY GOOD IS NOT GOOD ENOUGH!

Legend

First Identifier

T=Team

OL=O-Line

QB-Quarter Back

B=Backs (may include QB)

PR=Passing and Receiving

DA=Defensive All

DB=Clyde and/or LB's

DE=Defensive Ends

DL=Defensive Line

Second Identifier

A=Aggression

BR=Bump & Run

D=Discipline

F=Fundamentals

FR=Fred

H=Handoff

KO=Kick Out

P=Pulling

PA=Pass

PL=Plays

PU=Pursuit

SAB=Sever Angle Blocking

RD=Read

S=Skills

SS=Shoe Shine

ST=Stone

T=Tackling

TR=Trap

TO=Toss

W=Wedge

Team Drills

T-A-1

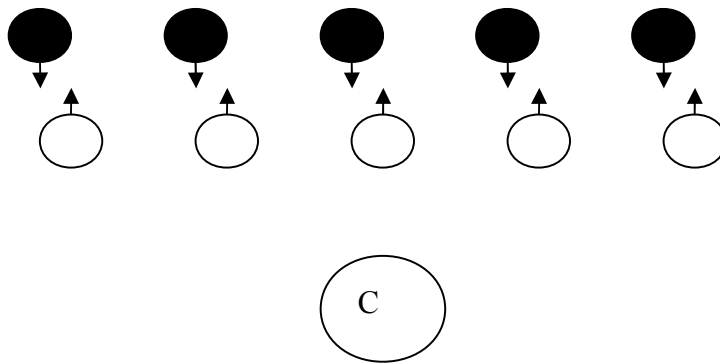
Aggression Drills

Shoulder on Shoulder "Bang Drill"

Purpose: To show the players that their pads they wear can protect them from collisions and develop confidence in themselves to deliver a blow.

Equipment: None

How: – two lines of players face each other on all fours 1 foot apart and spring at each other making contact on the same side shoulder trying to bump the other player back on the command of "GO". We do this to show the players that there shoulder pads do work and can handle the force delivered by another players blow. We also want the players to gain confidence in the equipment to protect them from injury if used properly. You should do one side for 3 reps then switch sides and do the other side for 3 reps.



Team Drills

T-A-2

Aggression Drill
West Point Drill

Purpose: To develop team building in small groups of five players at the same time providing a controlled environment for tackling, blocking, ball carrier skills, and pursuit skills.

Equipment: 6 cones in a 5 by 10 area.

How: Divide the team into groups of 5 players (preferably 2 backs and 3 line man) but any arrangement will work for this drill as long as each side as one back. We want to develop teamwork so keep the teams together throughout the drill. Let them use their imagination as long as they follow our rules for blocking, tackling, and play calling.

Offense – 3 lineman (any spacing) 1 QB, 1 RB.

Defense – two A gap defensive guards, 2 outside eye of Guard Linebackers. One Safety at the scoring line.

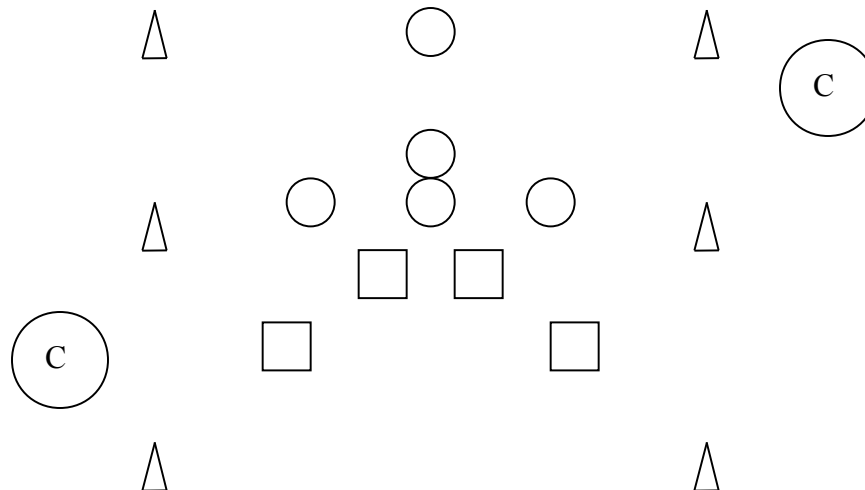
Offense gets four tries – Each time they cross the defenses end zone it is a point (4 points total). If they fumble and the defense recovers they get one point. Once one side goes the other side goes. If a tie each gets one try to punch it in then it ends in a tie.

The Offense can huddle and call dive left (RB to A gap), dive right (RB to A gap), run left (RB to B gap), run right (RB to B gap), Sneak left (QB A gap), Sneak right (QB A gap). They can block it any way they want to as long as it uses down, double teams, pulls, and traps.

The defense must play two DG in the A gaps and the Lbers must play outside shade on the B gap. They can blitz and stunt.

This drill is used to develop teamwork, confidence, and to have fun.

Break the teams down so that every team plays each other and then the best teams play each other in a champ's game



Team Drills

T-C-1

Speed Training Drill

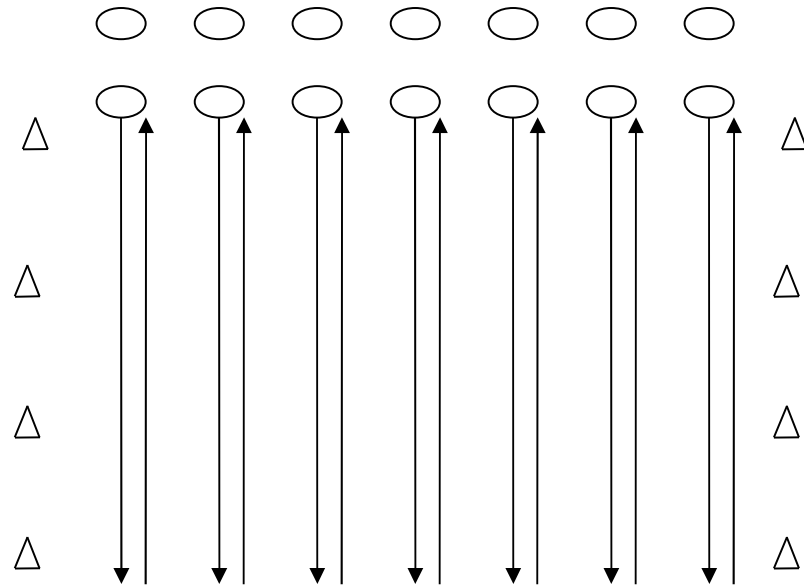
Purpose: To increase speed and agility in each player by developing all the legs muscles and create hip flexibility.

Equipment: 8 cones setup to accommodate the team and 15 yards long with cones set at 10 and 15 yards.

How: Have 6 to 12 players line up on a line with the next lines 3 yards behind. On "GO" from the coach the players conduct each segment by going 15 yards touching the line and going back. They then fall into the rear of the line. These exercises are not controlled unless sprinting then speed is the object.

In this order:

1. 1) Jog
2. 2) High knees
3. 3) Butt kickers
4. 4) Hockey lunges
5. 5) Duck walk
6. 6) Frog hops
7. 7) One leg hops (left switch to right going back)
8. 8) Bunny hops
9. 9) Sprint
10. 10) Sprint



Team Drills

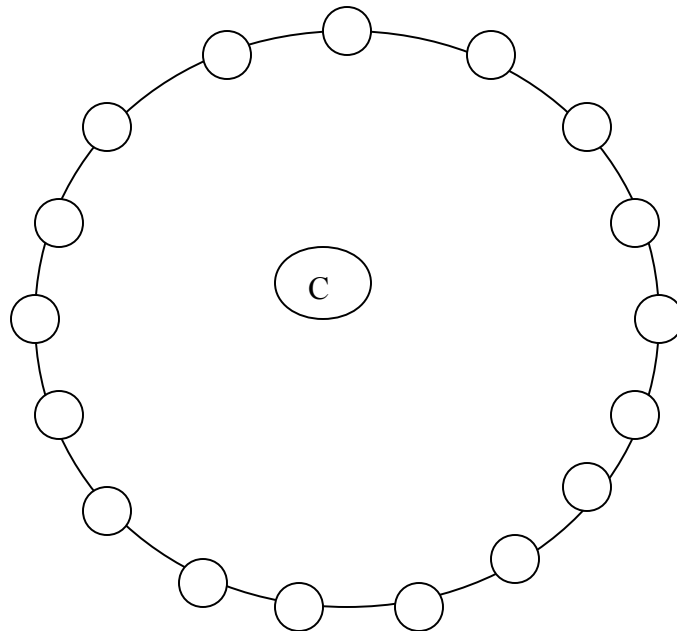
T-D-1

Team Circle Cadence Clap Drill

Purpose: To develop a good understanding and timing of our cadence system.

Equipment: Team in a Team Circle facing inwards and at the coach in the center.

How: The team forms a circle; they are spread out enough to be double arms distance from each other and facing inwards and looking at the coach with their hand a few inches apart and at their chest level. The coach will tell them what the cadence is on; "GO", "GO-READYYYY-Hit", and as they get good you can add "GO-READYYYY-Hit-Hit". On the proper cadence they clap, it should be one sharp clap by the entire team. Work for 6 to 8 reps and keep the team guessing what is going to be called. Change the inflection of your voice as you do each cadence. If a player claps reprimand him and remind the team that is a 5 yard penalty. Do not end on a bad rep.



Team Drills

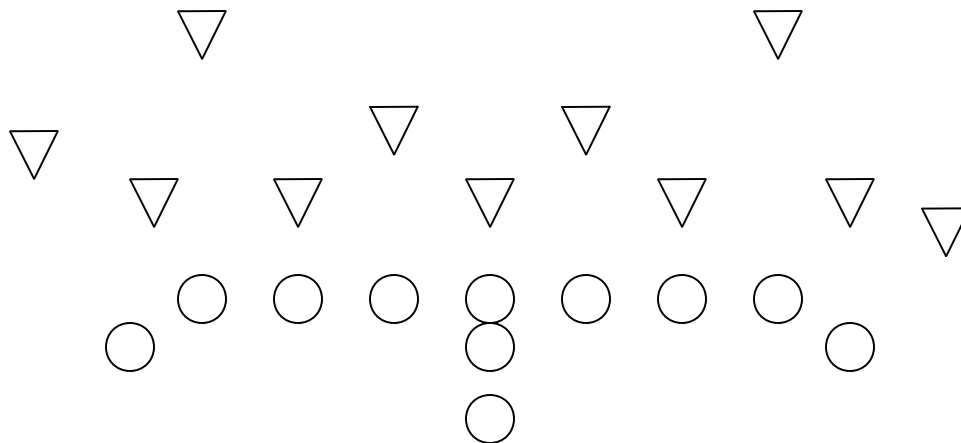
T-D-2

Point Drill (variation of Coach Wyatt's Bird Dog Drill)

Purpose: To rapidly go over blocking assignments and routes with each member of the offense.

Equipment: 11 cones placed in different defensive formations.

How: The coach sets up 11 cones into a defense, usually the most common defenses faced or the upcoming opponent's defense. He then has the offense come up and get on a knee with the QB standing behind the center and everyone else on one knee and facing the LOS as if they were actually going to run the play. The QB calls the cadence and each player points to the man he is blocking or to the location he is going too. They all hold their arms until the coach checks them. This allows you check each play and player to ensure they understand their blocking assignments. You can rep one play to either sides, or a set of plays to one or both sides. You can rep the line only as well. Rep each play to a side at least twice.



Team Drills

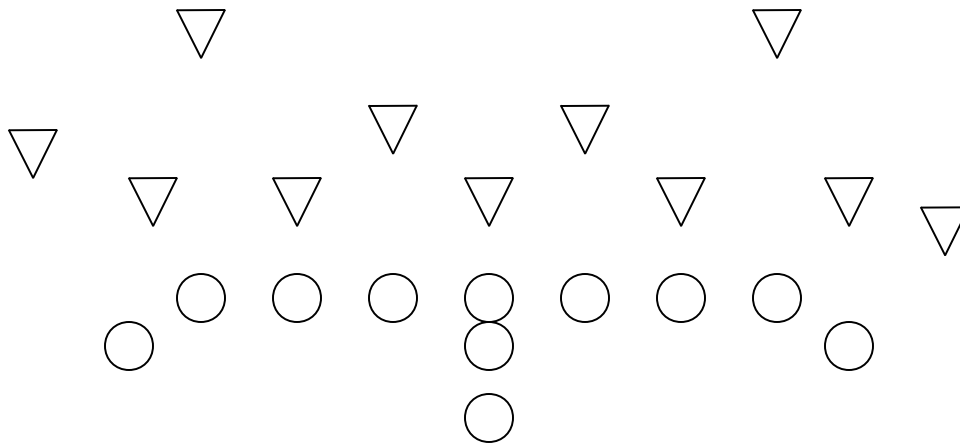
T-D-3

Bird Dog Drill (Coach Wyatt's Bird Dog Drill)

Purpose: To rapidly go over blocking assignments and proper foot placement on the first step with each member of the offense.

Equipment: 11 cones placed in different defensive formations.

How: The coach sets up 11 cones into a defense, usually the most common defenses faced or the upcoming opponent's defense. He then has the offense line up and execute a play but they only take the first step on their assignment. They hold that position until the coaches check them. This allows you check each play and player to ensure they understand their blocking assignments and first step. You can rep one play to either sides, or a set of plays to one or both sides. You can rep the line only as well. Rep each play to a side at least twice.



Team Drills

T-D-4

Pad Drill

Purpose: To review a play using contact w/shields and bags to develop timing and coordination in the offense.

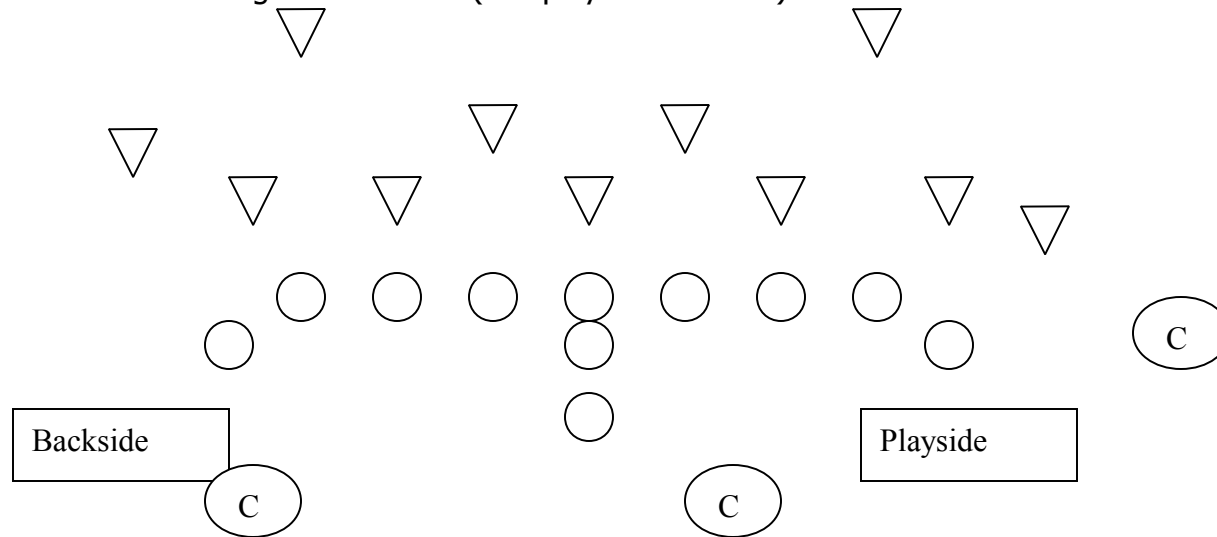
Equipment: 3 to 5 bags and 4 to 5 shields along with cones for the backside.

How: The coach sets up a defense using players and cones on the defense. All interior tackles will have blocking bags (B) and all play side defenders that don't have bags will have shields. Any player that does not have direct contact in the play can be replaced by a cone and just stand there with out a pad. The defense does not move their job is to provide moderate resistance when being blocked. The coach sets up using the most common defenses faced or the upcoming opponent's defense. He then has the offense line up and execute a play at full speed. You should have a coach for the play side blocks, backside blocks, and the backs executing the play or misdirection. This allows you check each play and player to ensure they understand their assignments and are executing them correctly. You can rep one play to either sides, or a set of plays to one or both sides. You can rep the line only as well. Rep each play to a side at least twice.

MAKE EVERY OFFENSEIVE PLAYER TO GO FULL SPEED. IF HE DOESN'T GIVE 100% HERE HE WON'T ANYWHERE ELSE!

Alternate –

- 1) $\frac{3}{4}$ speed without shield/bags
- 2) Passing drill with defenders trailing the receivers (can play B&R as well)



Teaching the Offense

Teaching progression:

Talk and Show the formations

Talk a play: show it on a white board and explain it.

Walk a play: setup a formation and walk through responsibilities.

REP IT (A LOT): Rep the play as a team to improve timing and understanding.

Split into Line and Back: Go through group drills to improve technique.

REP IT AGAIN: Rep the play again few more times.

Example:

Tight Rip Power Right

Talk/show it in a team horse shoe.

Walk it with an offense in place.

Rep it with an offense. Using Team Drills. (if they struggle go back to walk it until they rep it right)

Split into groups to work on techniques.

Rep it again using the Team Drills

Offensive Line

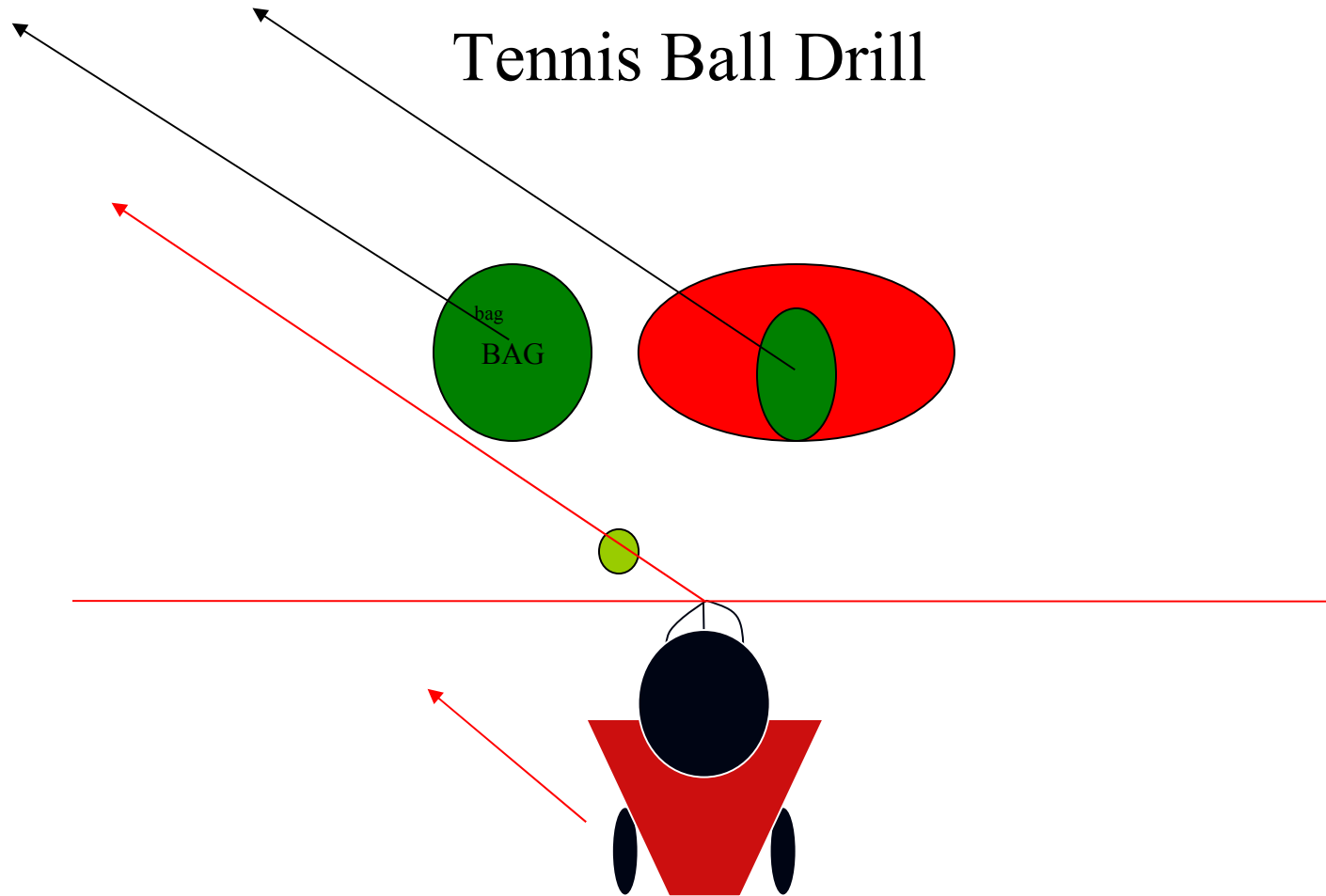
OL-SAB-1

•SAB Tennis Ball Drill - (modified Clark Wilkin's Drill) – Have several coaches or one work on the weakest linemen first. Have the blocker get in a good stance (two-point for us) and get arms length away on his 30-degree track (coach should actually be just above the track). Tell the blocker that when you drop the tennis ball from head height he must explode with his gap side foot first and catch the ball as it bounces off the ground on the first bounce. Teach him to explode with his away foot and hip power step and follow through. As he improves move farther down the track; if he can catch the ball 5 feet out then he is exploding off the LOS. Now place a bag a foot behind the ball (on track) as it drops he now must get his away side shoulder into the bag and head in front with good form after he catches the ball. Later in the season you can work on near shoulder and head in back farther out.

Offensive Line

OL-SAB-1 Cont'd

Tennis Ball Drill



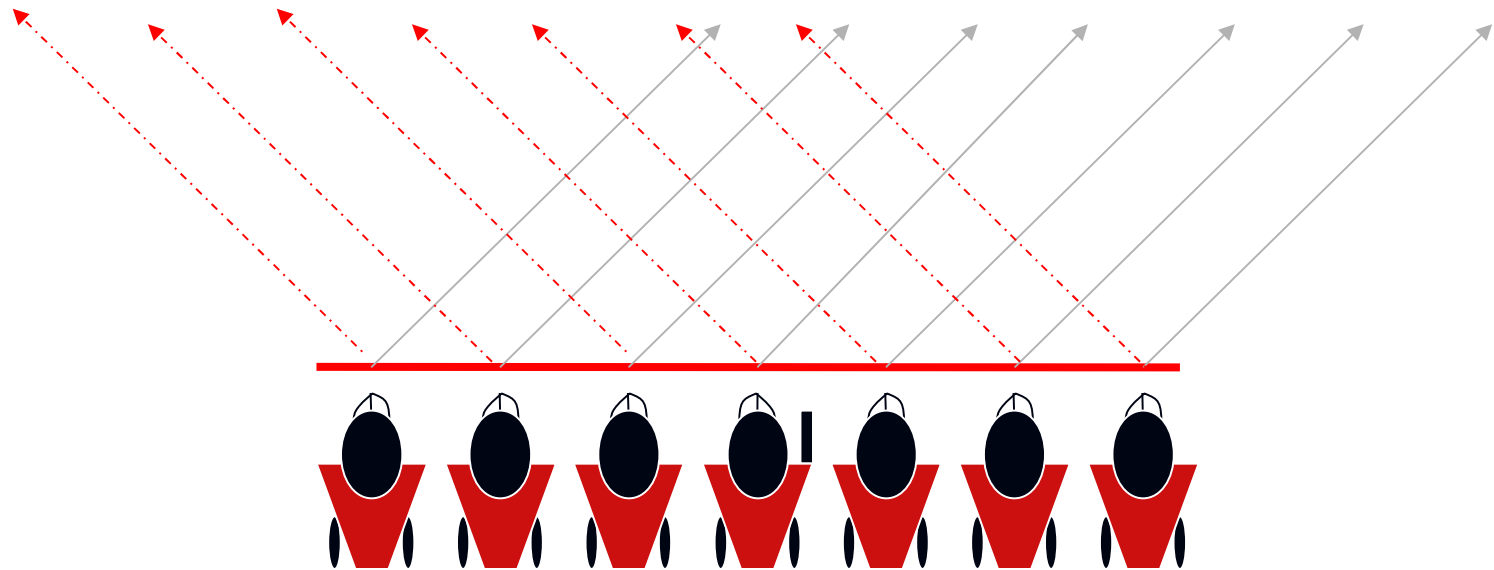
Offensive Line

OL-SAB-2

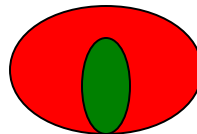
- Team Line Drill – Painted LOS with seven 30-degree lines going the left and the right in different colors that are five yards long. Five or Seven players line up with the angle lines in the center of the body. The coach calls DOWN and all of the player set in a two-point stance. On GO they explode into the SAB sprint down the line until the whistle blows. Watch for good technique; near first step, staying low on initial movement, and exploding all the way down the line. Coach should be behind the line watching that every blocker stays on his path. This is easy to see because everyone is parallel to each other. Work for 5 yards and then extend it out to the boundaries and do it to the left and the right. As they get good at it have them close their eyes and do it a few times.

Offensive Line

OL-SAB-2 Cont'd



Coach



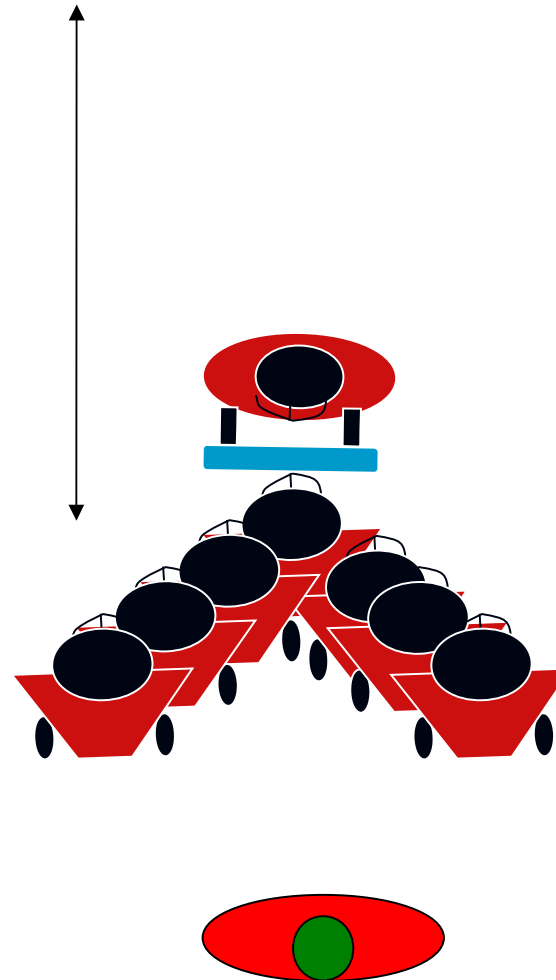
Offensive Line

OL-W-1

Wedge Blocking Progression

Base

- Line Forms Wedge on LOS facing a NT. Shows them how the wedge looks and moves. Work for 5 then 10 yards.
- Formed Wedge Eyes Wide Shut on LOS facing NT. Center's eyes are opened. Teaches them to stay together by feel. Work for 10 yards.
- From LOS in Tight and other various formations (five or seven man line) – Get into the wedge and freeze. Work on first step, second step, then getting into a tight mesh.
- From LOS (5/7) – Full speed on NT. Work for 10 yards and then as far as it will go.
- From LOS (5/7) – Full speed on NT Eye Wide Shut. Work for 5 yards. If they can go live from a formation and do this drill then you have an awesome wedge unit.



Offensive Line

OL-W-2

Wedge Blocking Progression

Base

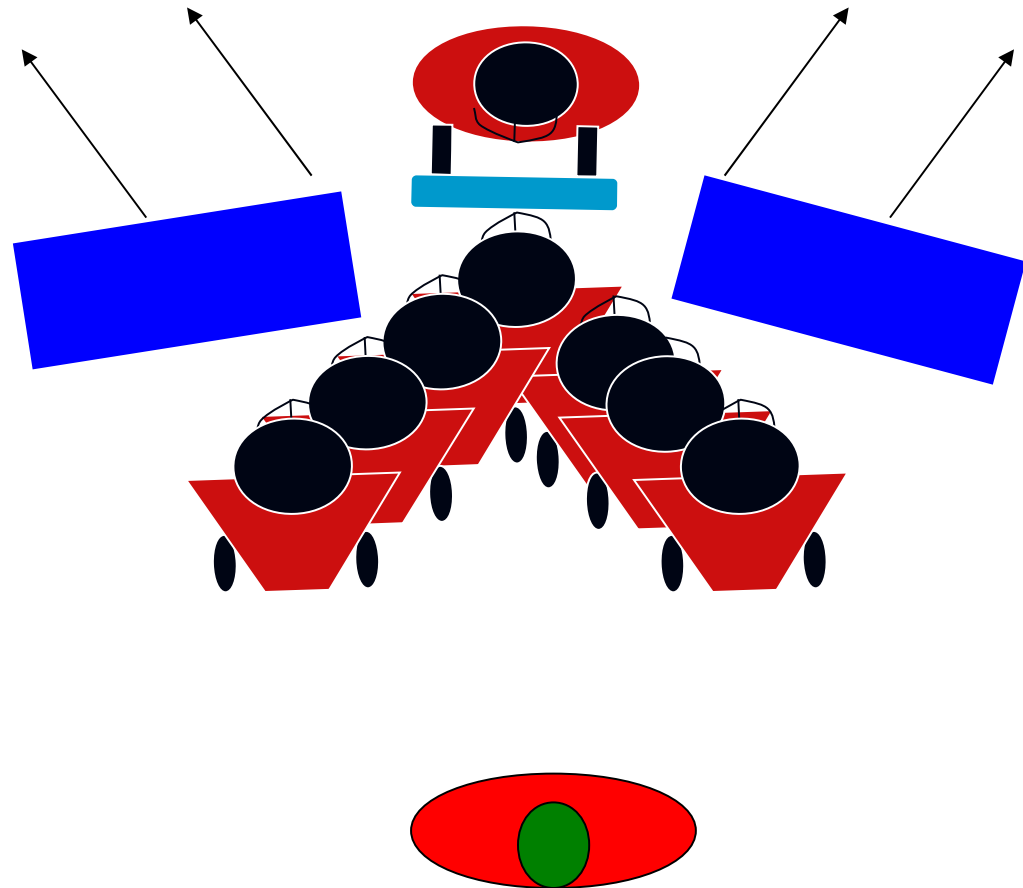
Knees and Feet Up

Two blocking bags lined up horizontally on LOS with top at the guards outside hip and the extending towards tight ends.

Stress getting the Legs and Knees up for entire group to include runner when running full offense.

The bags should roll out of the way as the line collapses inside to wedge if everyone is getting their feet and knees up. Work for 10 yards.

Don't let them jump over it. The TE and OT's will try this so be watching for it.



Offensive Line

OL-W-3

Wedge Blocking Progression

Base

Explode Drill

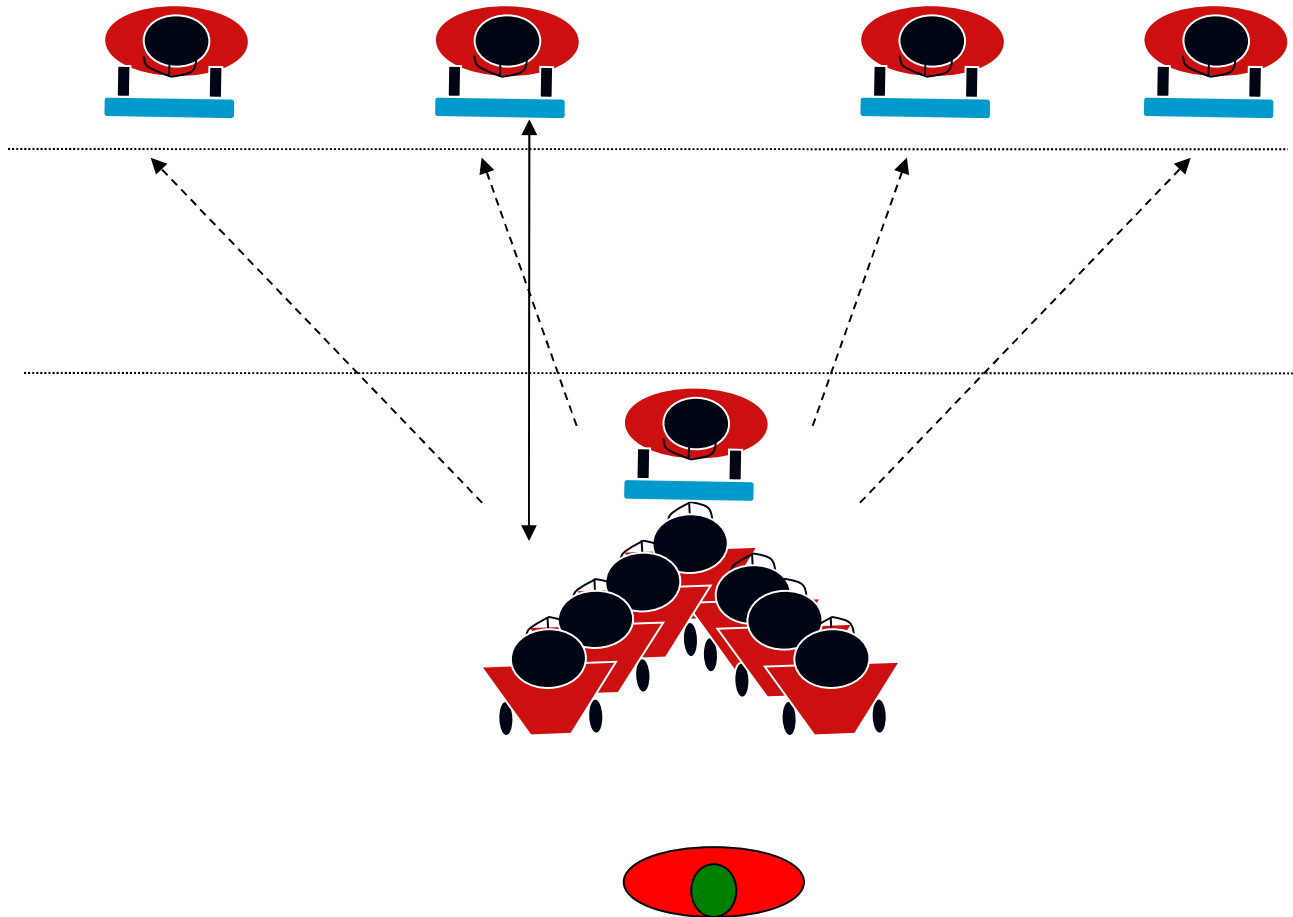
•From LOS (5/7) – Full speed on NT. Again work for 5 to 10 yards and as the BB feels the wedge slow or he sees a seam/crack of daylight he yells “EXPLODE”. Set up by setting up the line and 15 yards out there are three to five defenders with shields. On “GO” the wedge forms and moves down field. The BB stays in the wedge until it slows or shows a crack. The runner must explode up field into daylight (straight up field). The concept here is to drive the wedge into the defense and past the line backer level and as it does have the line explode and engage any defender down field as the runner explodes up field to the end zone. This makes the Wedge a home run play!

15

Yards

5 to 10

Yards



Offensive Line

OL-TR-1

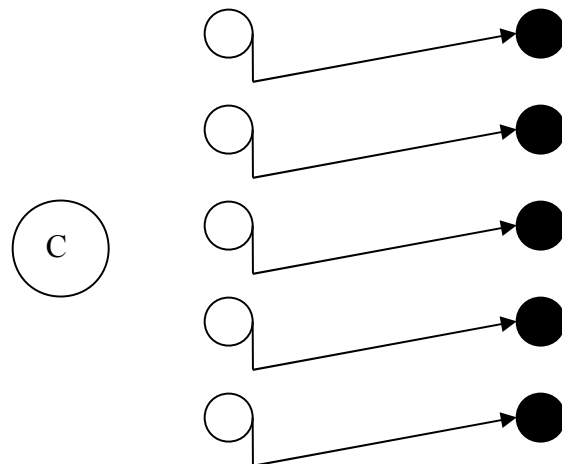
Bag and Trap Drill

Purpose – To develop a good trap technique by improving stance, footwork and take off while working on delivering a aggressive block into a blocking dummy.

Equipment – 5 blocking dummies and 5 bag holders (players)

How – A proper trap block like all blocks starts with the proper footwork and technique. He starts in a three-point DW stance and on "GO" he takes a drop step squares his shoulders to the bag and wishbone blocks it. The bag is 2 yards away. A good block is indicated by the bag popping up and back at the same time. Let the blockers drive the bag 3 yards back. The holder should provide moderate resistance and be point at the postman. Try for 3 reps to each side.

Drop Step – a short slightly backward step with toes at about 45 degrees.



Offensive Line

OL-P-1

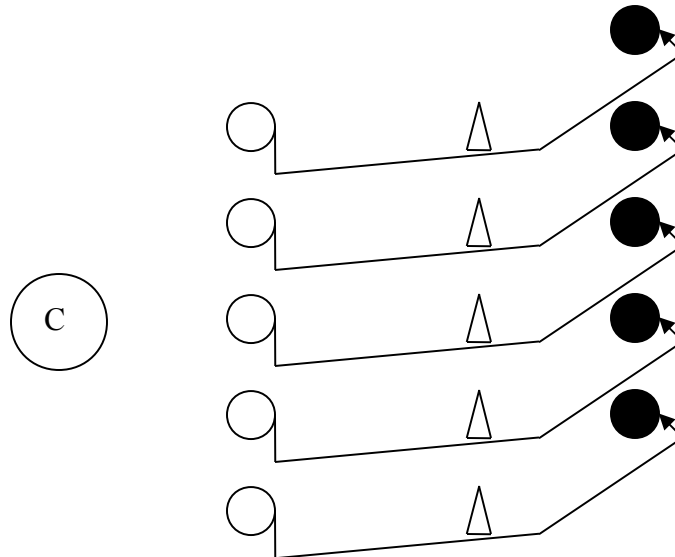
Bag and Pull Drill

Purpose – To develop a good trap technique by improving stance, footwork and take off while working on delivering a aggressive block into a blocking dummy.

Equipment – 5 blocking dummies, 5 cones, and 5 bag holders (players)

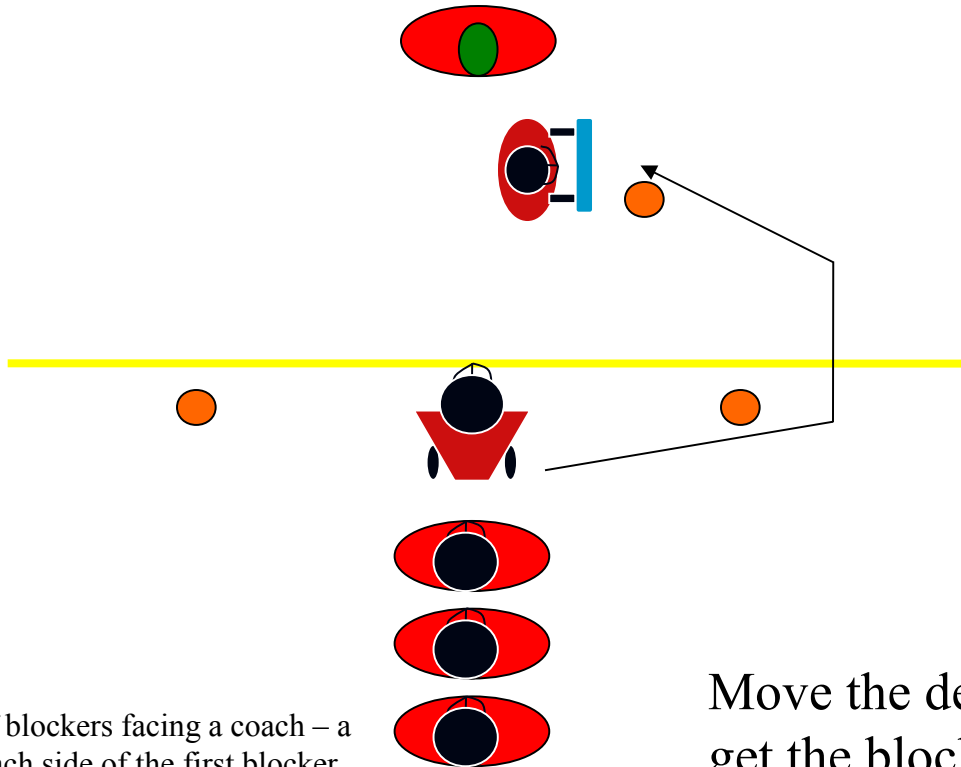
How – A proper pull block like all blocks starts with the proper footwork and technique. He starts in a three-point DW stance and on "GO" he takes a drop step and does his best to keep his shoulders squares to the LOS until he pulls around the cone which is 2 yards away and come around and meet the bag. He must attack the bag and wishbone block it. A good block is indicated by the bag popping up and back at the same time. Let the blockers drive the bag 3 yards back. The holder should provide moderate resistance and be pointed at the point where the blocker will meet the bag. Try for 3 reps to each side.

Drop Step – a short slightly backward step with toes at 45 degrees



Offensive Line

OL-P-2



Pull Around Drill – one line of blockers facing a coach – a cone is three yards away on each side of the first blocker after stepping up to the LOS and another cone is one yard up field and two yards inside on GO the blocker executes his pull as above but now as he reaches the first cone he moves upfield and inside sprinting to the inside cone. After the entire line does it they go to the other side. Stress to read Inside/Out and block the first defender he comes to

Move the defender around and get the blockers used to reading INSIDE – OUT. Use multiple defenders as well to teach them that they must read INSIDE to OUT.

Offensive Line

OL-SS-1

Shoeshine Drill

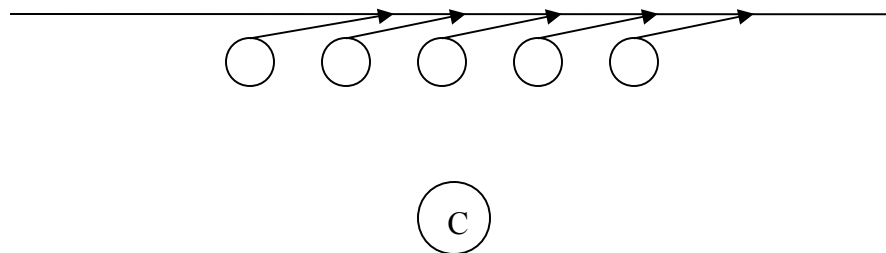
Purpose – To develop the proper cutoff block technique in our backside blockers.

Equipment – None

How – To execute a proper shoeshine block the blocker starts in a three-point DW stance. On “GO” he takes an open step and lunges to the inside (just above the nose of the next man inside) and shoots his backside/away arm across the defenders shoes and then crawls down the LOS. If each blocker executes their block correctly their backside shoulder would be near the next blockers near hip. The object is not to block the defender in the gap but to take away the gap from the defender by forcing the defender to go over or around the cutoff block. He must stay flat to the LOS and not cross it he is trying to create a wall on the backside. Let them bear crawl for 2 yards. Try to do 3 reps to each side.

Shoeshine block – a backside blocker’s technique that cuts off the inside defender on the backside when we are pulling either a backside guard or a backside guard and tackle.

Open Step – a short side-step with toes at about 45 degrees.



Offensive Line

OL-A-1

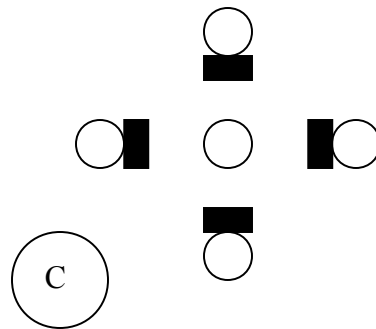
Aggression Drills

Four Winds Drill

Purpose: To develop an aggressive attitude in blocking that will foster a desire to finish off a block.

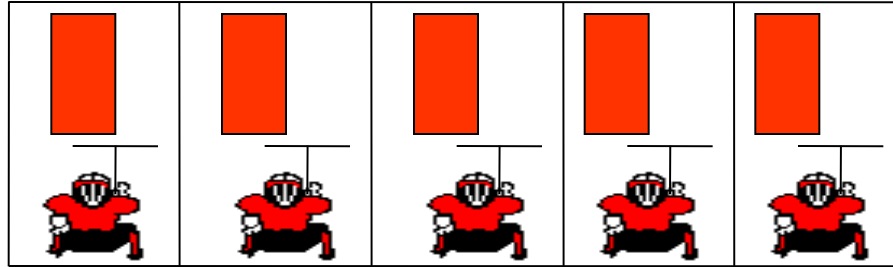
Equipment: 4 Blocking Shields.

How: We use five players for this drill with four that have shields. One on each direction East, West, South, and North face a player that is in the middle. The coach gives each shield player a number. When their number is called they rush the center player who sets in that direction and delivers a "wishbone block" looking to drive the player back. We size the players up so that the weights are close. This teaches players to deliver a blow and keep a low base. It gives them confidence in themselves to deliver a good blow. He should be hit by all four directions before leaving the square. After the players become good at it you can remove the shields. The square is three yards from the center player.



Offensive Line

OL-F-1



P.L.P. = PECKER LEVEL PERFECT DRILL

- **1. OBJECTIVES:**
- A. TO TEACH OFFENSIVE LINEMAN TO FIRE OFF THE BALL WITH A LOW PROFILE AT THE BRAKE OF A DEFENDERS BODY. EMPHASIZE TO YOUR PLAYERS THAT THE “LOW MAN WINS IN THE TRENCHES!”
- **2. ORGANIZATION AND PROCEDURE:**
- A. BAGS SHOULD BE LAYED LENGTH WISE WITH THE BUTT END IN FRONT OF THE OFFENSIVE LINEMAN. THIS GIVES THE LINEMAN A SMALL, SHORT SURFACE TO BLOCK.
- B. “RIGHT SHOULDER PLP ON CADENCE.”
- C. ON CADENCE THE OFFENSIVE LINEMAN WILL EXECUTE A PERFECT SHOULDER BLOCK AT A LOW TRAJECTORY ON THE BUTT END OF THE BAG AND WILL CONTINUE TO DRIVE THE BAG UNTIL THE WHISTLE BLOWS.
- **3. COACHING POINTS:**
- A. YOUR PLAYERS SHOULD STRIKE THE BAG WITH THEIR ENTIRE SURFACE.
- B. YOUR PLAYERS SHOULD EXPLODE INTO THE BAG LOW AND HARD ENOUGH TO KNOCK IT OFF THE LINE. AFTER CONTACT HE SHOULD KEEP HIS FEET CHOPPING UNTIL THE WHISTLE IS BLOWN.
- C. THE LINE THAT COMES OFF THE BALL THE LOWEST AND FASTEST WITH A GREAT BLOCKING PROFILE WILL MOVE THE CHAINS!

Offensive - QB

QB-TO-1

Improving the QB's Ball Handling

Toss Mechanics

Teaching proper toss mechanics:

Belt 'Em- Use an old football pants belt to wrap around your QB's arms and torso. This should strap his elbows into his sides. The object is to force his pitches to come from about waist level.

-Have him perform several tosses to you from a stationary position.

- Set him in 'snap' position with a ball in hand. Have him pivot towards you and deliver a toss.

- *Tip* The object here is to have him simply "let go" of the ball during his pivot using a minimum of force from his arms to propel the ball. The momentum from the pivot should be sufficient to deliver a controlled toss.

Offensive - QB

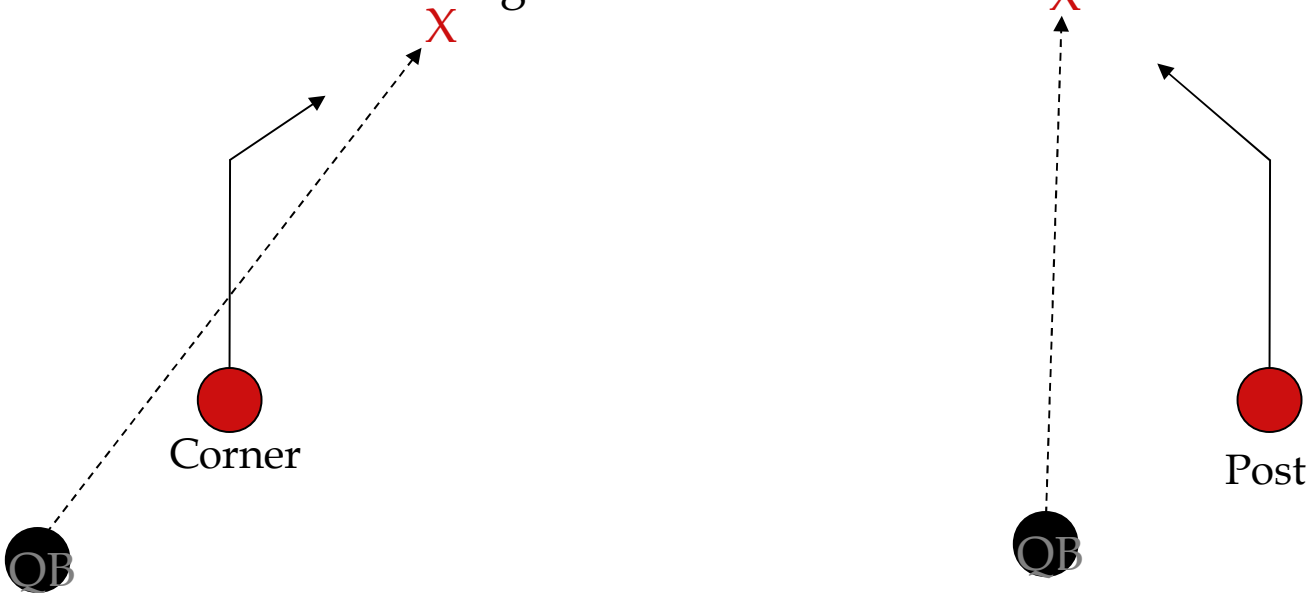
QB-PA-1

Improving the QB's Passing Game

Accuracy

Landmark Passing- QB

On any pass that is "going away" from the QB (Corner, Post, Seam, Fade, Deep Out, Fly, etc) the pass is delivered to a spot ahead of, and to the outside or up field shoulder of the receiver allowing him to "run to" the ball.



A landmark pass is delivered ahead and over the outside/up field shoulder of the receiver
<QB Landmark clips here>

Offensive - QB

QB-PA-2

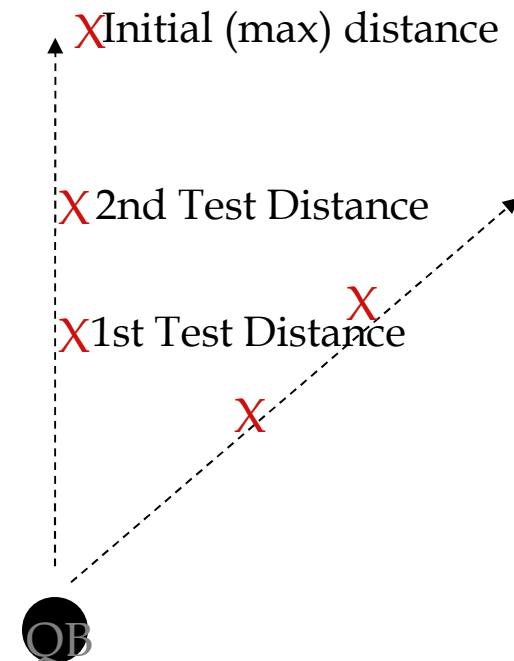
Improving the QB's Passing Game Drill

Landmark Passing

This helps teach my QBs to be consistent with their ball placement.

Have your QB stand 5 yards behind an imaginary LOS. Tell him to throw the ball as far as he can from there at a 45° angle. Mark the spot where the ball first lands. Repeat this with a throw straight up field. These are his "max" distances.

Now- Move those markers 15 yards closer and have him throw until he can land several consecutive balls (you pick the #) within a 1 yard radius of the markers. Then move it 5 yards back and repeat the exercise. Repeat until you have reached a distance that is 5 yards less than his original max throw.



Offensive – QB/Backs

B-W-1

•Wedge Handoff Drill

•Purpose: To develop proper handoff and footwork techniques for the wedge handoff.

•Equipment: 2 shields with players, 4 cones, 1 or 2 footballs.

•How: On quarterback and one running back face a skeleton line of four cones (G/C/G—E) with proper hole splits. A player with a shield is in the runners hole and another player with a shield is at the DE position facing inward. On "GO" from the QB the QB executes a proper handoff and executes a kickout block on the EMLOS (DE). The running back secures the ball properly and steps into the shield and drives it back for five yards as if simulating the driving while in the wedge. You should do 3 reps to each side for all players.

•1. B-Back (FB) Stance

- ∇• 3-point stance one hand down and same side foot back (numbers on the knees)
- ∇• Down hand is directly in front of the back foot
- ∇• Feet are no wider than shoulder width
- ∇• Very little weight on the down hand 50 to 60% of weight on front foot (bend at the knees and then place the hand down)
- ∇• Their eyes are up, tails down
- ∇• Have them get into a four point stance then move foot back and hand down

•2. B-Back Position

- ∇• Line up directly behind QB
- ∇• Should be able to almost touch the QB if you stretched your arm out
- ∇• In a 3-point stance, this helps to hide the BB and makes the deception game better.

•Quarterback's Stance

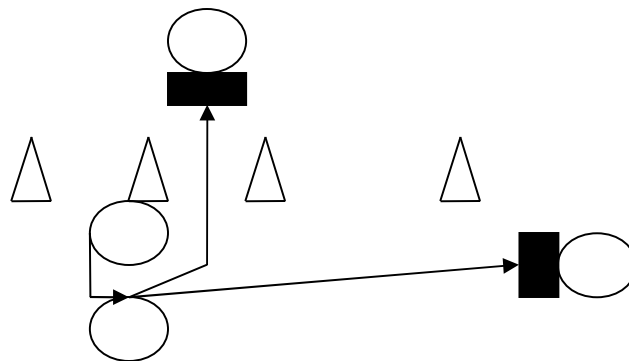
- ∇• Feet back as far as possible with arms fully extended to avoid colliding with pulling linemen (guards).
- ∇• Narrow stance with toes pointed in (pigeon toes) to make pivoting easier.

•5. Taking A Handoff

- Make a pocket using arms and hands
- ∇• Ball side arm is parallel to the ground and just above the chest
- ∇• Ball side arm is pointed outward towards the handoff location
- ∇• Palm and forearm is facing down
- ∇• Away side arm is parallel to the ground and just below the belly button
- ∇• Away side elbow is point to the opposite side of the handoff
- ∇• Palm and forearm is facing upwards
- ∇• Ball is place into the midsection and away hand secures it in a 4 point contact
- ∇• Palm – forearm – bicep – midsection
- Ball side palm is place in top of it and gives it a 5-point contact for security .

Offensive – QB/Backs

B-W-1 – Cont'd



QB

On “GO”, make sure everyone is set. Step out of the B-Back’s path with your right foot. Nothing fancy, just hand him the ball and Kick-out the play side EMLOS (DE).

B-Back

HIT QUICKLY WITH NO DELAY.

Be prepared to dive over the pile if things stack up. Otherwise push the wedge. Take lots of short, choppy, steps with the knees high. Keep your eyes open for daylight.

Offensive – QB/Backs

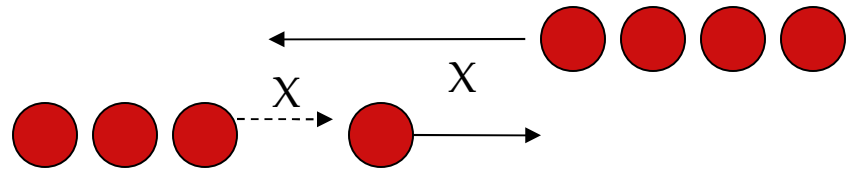
B-H-1

Drill

Handoff lines

A simple and classic old drill. Just as beneficial to QBs as it is to running backs.

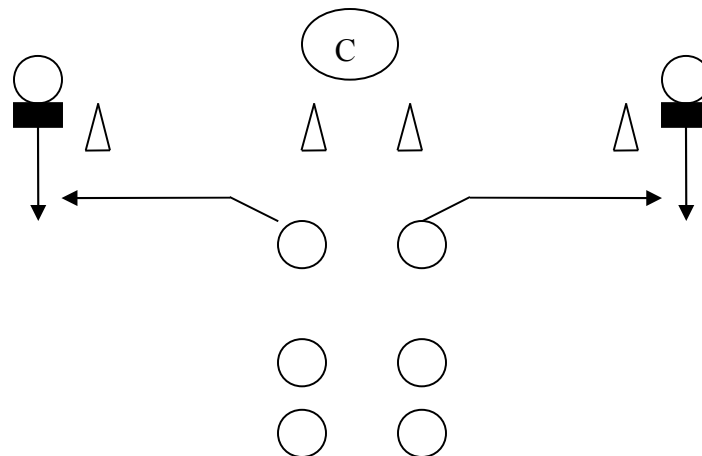
- 2 single file lines of ball carriers face each other, offset by 1 yard and about 5 yards apart.
- The first runner in each line jogs toward the opposite line. One carries a football.
- The two runners perform a handoff at the midpoint between the two lines.
- As soon as the handoff occurs the lead runner in the line facing the man with the ball takes off.
- The exchange is repeated and the cycle begins again.



Offensive - Backs

B-KO-1

- Kick Out Block
- Purpose: To develop a good kick out block technique in our running backs (B-Back).
- Equipment: 2 shields, 4 cones
- How: Two backs each line up on an inside cone the back to the left will kick out to the left and the back to the right will kick out to the right. They will then go to the end of the other line. The two defensive ends will be 1 foot deep and 1 yard away from the cone. The back will be in a three-point stance. On "GO" the DE will charge across the line with the shield on the inside arm facing the back. The back will take a open step and a direct path to the inside shoulder of the DE and "wishbone" block the DE. By attacking the inside shoulder and blocking him to the outside you create a kick out block that seals him to the outside or "Kicks him out of the hole". Make sure the back attacks the inside shoulder the center of the wishbone should be on the arm. Try for 3 reps to each side. You can also have the DE crash to the inside or spy if that particular defense has their ends do one of these techniques.
- Kick out block – an inside-out block on the first defender past the point of attack. Aimed at his inside shoulder so that he his sealed from the inside.
- Log block – an inside-out block on the first defender past the point of attack. Aimed at the outside shoulder so that he his sealed to the inside and away from the outside.
- Drop Step – a short slightly backward step with toes at about 45 degrees.



Offensive - Backs

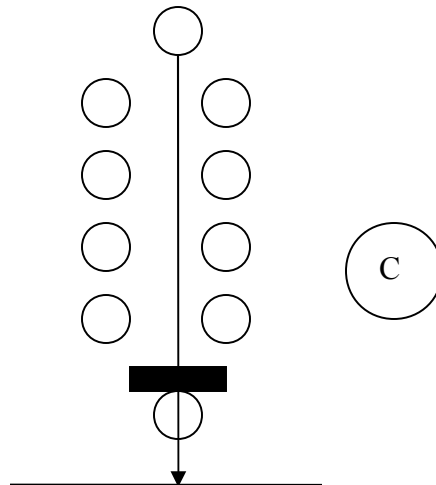
B-S-1

Gauntlet Drill

Purpose: To teach each running back to secure the ball and protect it as they make contact.

Equipment: 1 football, 6 to 12 players for the tunnel, and 1 shield and 1 player.

How: One player with a ball starts 1 yard back from the tunnel. The tunnel is formed by 6 to 12 players split and facing inward with one player at the end of the tunnel with a shield. On "GO" the ball carrier runs through the tunnel dropping his shoulders and covering the ball with a arm over arm under carry. As he enters the tunnel each player swipes at the ball from the bottom, top, or front. They all can swipe at the ball or arms to pull the ball out. Once ball carrier reaches the end of the tunnel he must drive his shoulder into the shield and keep his legs pumping until the coach blows his whistle or stops it. Let him drive the shield for 4 to 5 yards. The shield man should provide moderate resistance. This simulates attacking the LOS and then driving a defender backwards as he gains more yardage. Each back should get two to three tries at this.



Offensive - Backs

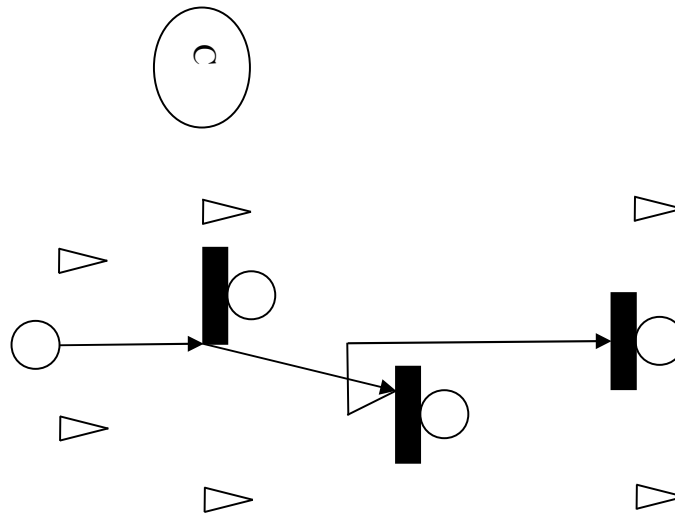
B-S-2

Stiff, Spin, and Drive Drill

Purpose: To develop good stiff arm, spin, and drive techniques.

Equipment: Six cones, one to two footballs, three shield w/players.

How: Three players with shields are five yards apart from each other and five yards from the ball carrier. The first two shields are staggered to right and left and the third is straight on line with the runner. On "GO" the runner takes off straight up field the first shield moves to attack the runners shoulder the runner must stiff arm the shield at the face mask level and keep his arm lock as he drives the shield away from and behind him as he goes by. As the runner approaches the second shield the shield attack the runners shoulder and the runner drives into the shield with his near side shoulder and then spins using his near side foot and spinning in the opposite direction of the shield. He must stay low as he does this to maintain his balance and speed. As he goes by he the second shield he gets low and attacks the last shield by driving his shoulder into the shield and driving him back for 4 to 5 yards. Each player holding a shield must keep it just above their face mask. The runner must keep a wide base with his feet and keep low at the hips and knees when making contact.



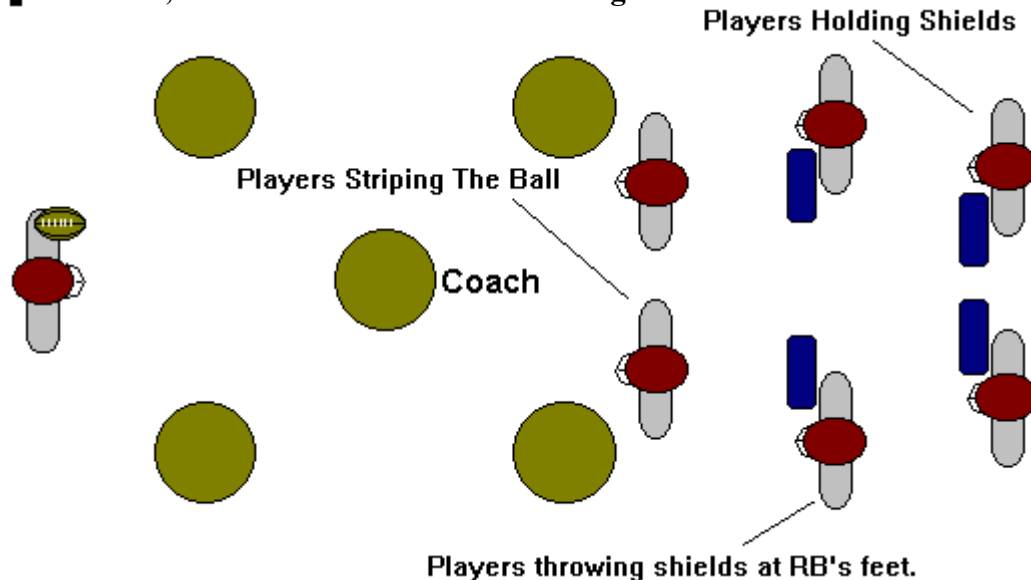
Offensive - Backs

B-S-3

Barrel Drill:

You will need 5 barrels or standing dummies will work. In a square 5 yards by 3 yards position the barrels in a 5 of diamonds formation. The barrels should be about 2 yards wide in the front and 3 yards deep. A coach stands behind the middle barrel with a hand shield and will step out in front of the runner forcing him to pick a side to run. As the runner exits the last two barrels two players try to strip the ball. As the runner passes the two players stripping the ball he must high knee to keep from tripping over the hand shields being thrown at his feet by two more players. Finally he must go through a gauntlet of two to four hand shields and dive,

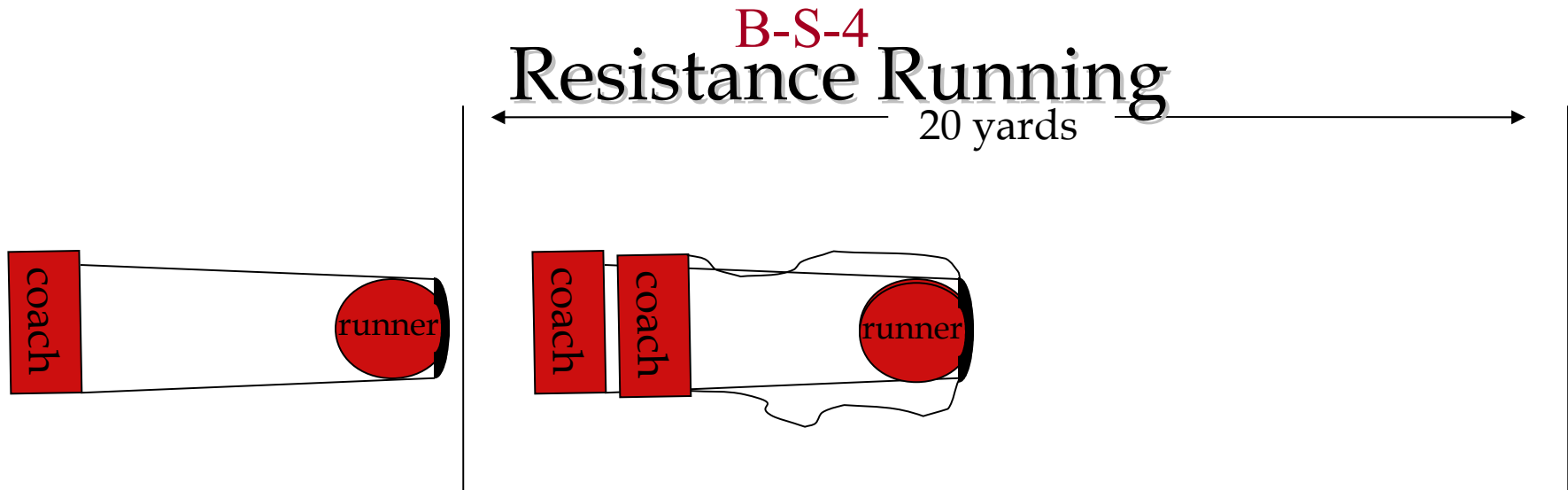
- claw, stumble or whatever it takes to get into the end zone.



Coaching Points:

RB must decide what direction to go to get around the coach. Then he must cover the ball and stay low driving through the two players trying to strip him of the ball. He must continue and high knee through the hand shields being thrown at his feet. Finally he must make it to the end zone by going through the gauntlet. They are going to be trying to knock him down so he will have to stay low and drive.

Offensive - Backs

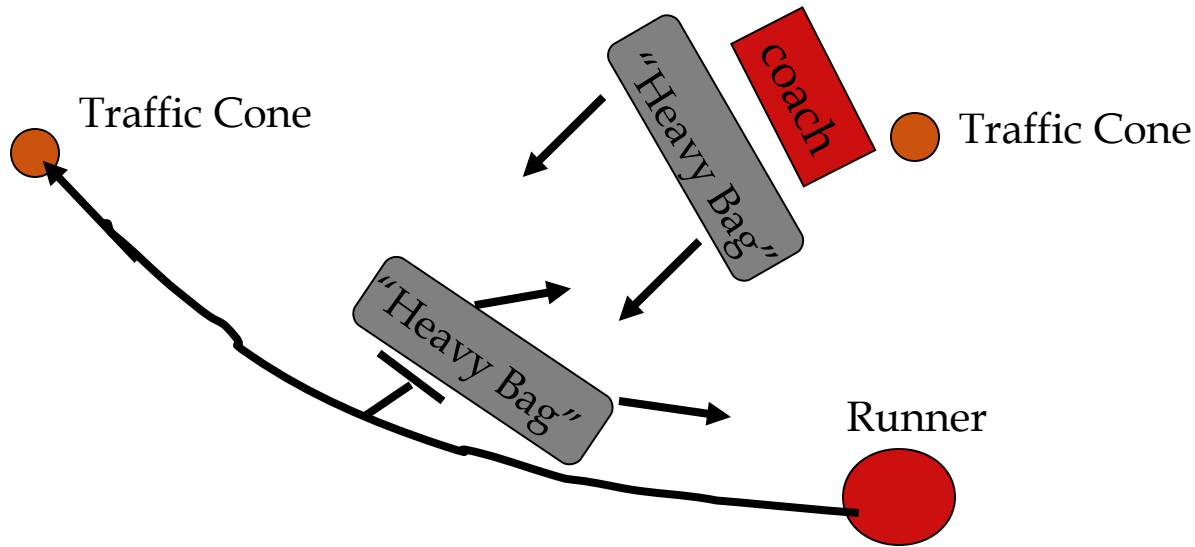


- 1) Mark 2 lines 20 yards apart. Use any type of resistance harness, fit under the arms and across the chest plate of the shoulder pads. Allow 10 ft' of rope for the coach hold on to.
- 1) The Runner should lean his weight against the harness and then attempt to sprint forward. Making sure to use good form- keep the upper body “quiet” and “out in front of the feet”
 - The coach should offer enough resistance that the runner is just able to move himself ahead.
- 3) When the runner hits the 10 yard mark. Release the tension on the harness without actually dropping the leads and allow him to sprint the rest of the way.

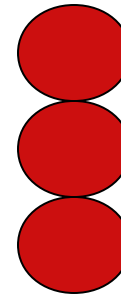
Offensive - Backs

B-S-5

Stiff Arm Drill



Waiting Players



- 1) 2 cones are set 10 yards apart from each other on any yard line. The coach puts himself over the inside cone and is holding a "Heavy Bag" style tackling dummy (if a Heavy Bag is not available, a regular tackling dummy will do). A Runner places himself 5 yards away from the inside cone, holding a ball in his outside arm. On the coaches signal he takes off heading straight for the outside cone.
- 2) The coach will heave the bag at the Runner, alternating between knee high and shoulder high throws. He should vary the angle at which he throws the Bag as well.
- 3) The Runner should attempt to use his inside hand (thumb down) as the "lever" with which to use the bag's own momentum to deflect it away from his body. If any part of the bag touches any part of the runner, he is "tackled".

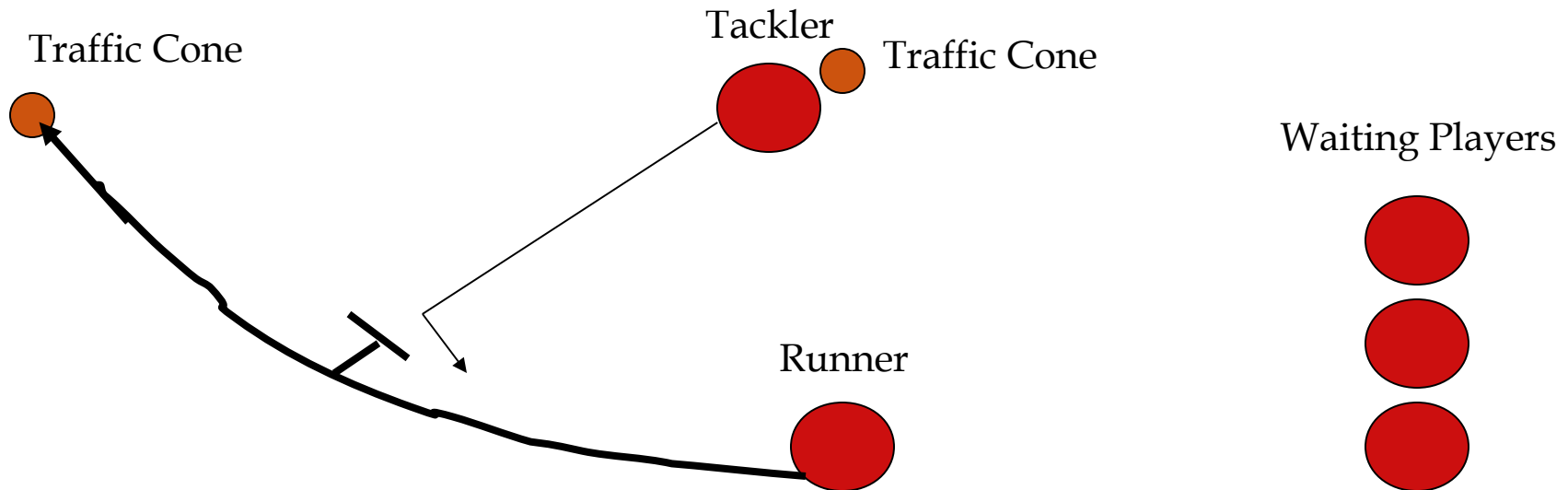
Think of this as if the runner is "pushing himself" away from the bag... instead of pushing the bag away from him.

Offensive - Backs

B-S-6

Stiff Arm Drill

When my Runners show they have mastered the mechanics of the Stiff Arm, I replace the Bag with a live tackler and run the drill with full contact or thud mode.



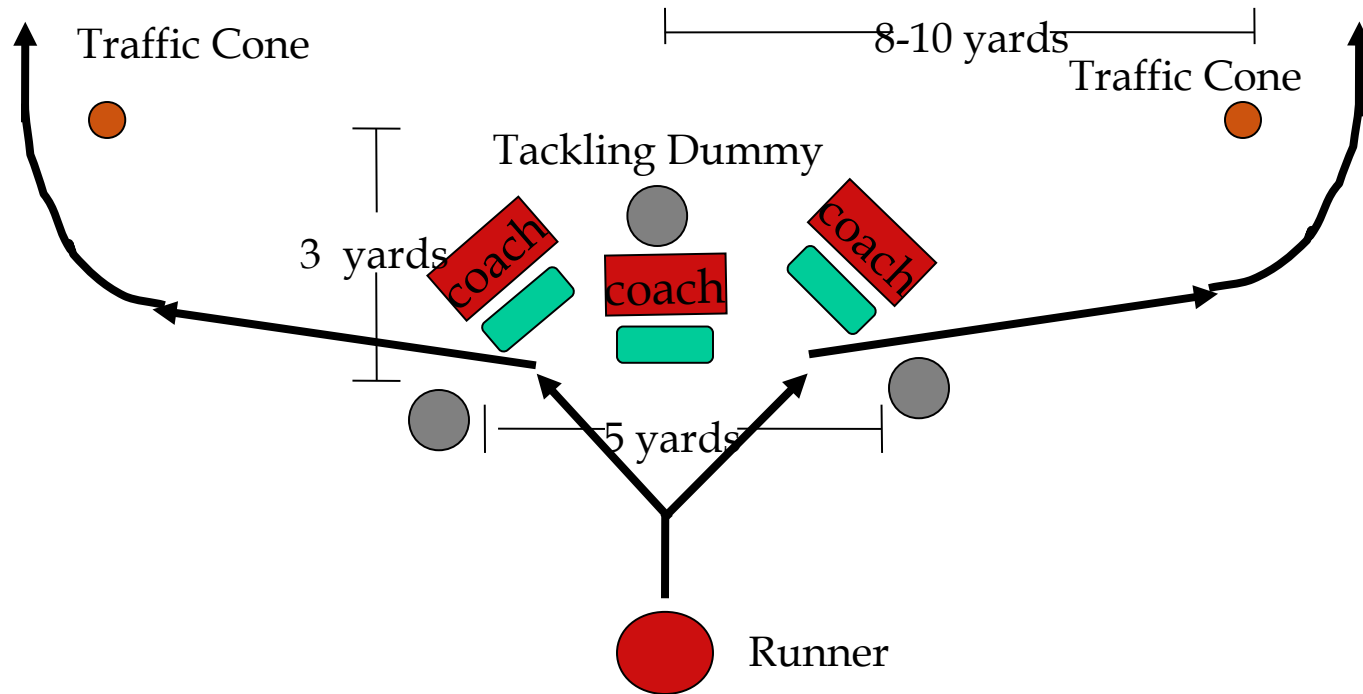
Depending on what part of the body the tackler has exposed to the Runner- The *ideal* aiming points for a Stiff Arm are:

- 1- **Top** of the helmet (not the facemask)
- 2- Top of the shoulder plate
- 3- Chest plate

Offensive - Backs

B-S-7

Triangle Drill



- 1) 3 Tackling dummies stood on end and arranged in a 3x5 triangle. 2 traffic cones are set 8-10 yards outside the center dummy. The coach stands in front of the center dummy holding a blocking shield.
- 1) The Runner starts from 5 yards in front of the triangle. As he approaches the first two dummies the coach should quickly step into one or the other "gap" - making sure to protect himself w/ the shield in case the runner goes the wrong way.
- 1) The Runner should cut AWAY from the coach and through the opposite 'side' of the triangle. We want him to bend his path back up field and around the traffic cone once he's completed his cutback.

Offensive - Backs

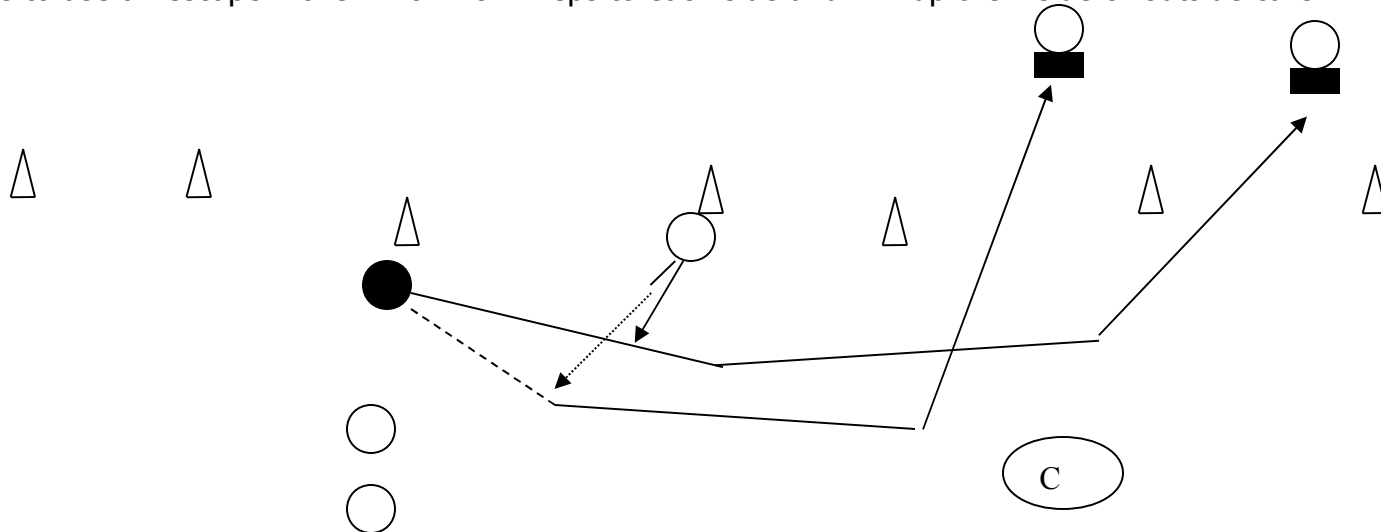
B-PL-1

Inside Outside Drill

Purpose: To teach the running back the difference between running inside (power) and outside (sweep).

Equipment: 7 cones, 1 or 2 footballs, two shields with players.

How: The line cones are center and tight ends space out to match the length of the line. The two additional cones on each side are 2 yards behind the line and 5 yards and 10 yards. The inside cone marks the boundary of the inside play and the outside cone marks the boundary of the outside play. We tell the back if it is inside or outside. He must execute a correct play. If inside the play is executed as if it is a toss the QB turns and tosses the ball. The RB must stay square until he hits the hole. He aims for the outside edge of the TE cone and stays inside of the first cone. He must use one of the three escape techniques when he reaches the defender (Stiff arm, Spin, Drive). If outside he takes the ball on a Sweep handoff from the QB. He sprints and gains little depth after taking the handoff until he reaches the playside TE and then sprints and attacks the outside cone staying inside of it (marks the out of bounds). As he meets the defender he must execute a good escape move. On the inside move we want the back to run with force and not speed so he should be trying to overpower or stiff arm the defender. When going outside we want the back to run with speed and not power. In either case he should not try to get deeper than he already has to beat a defender instead he needs to use an escape move. Work for 4 reps to each side and mix up the inside or outside calls.



Offensive - Backs

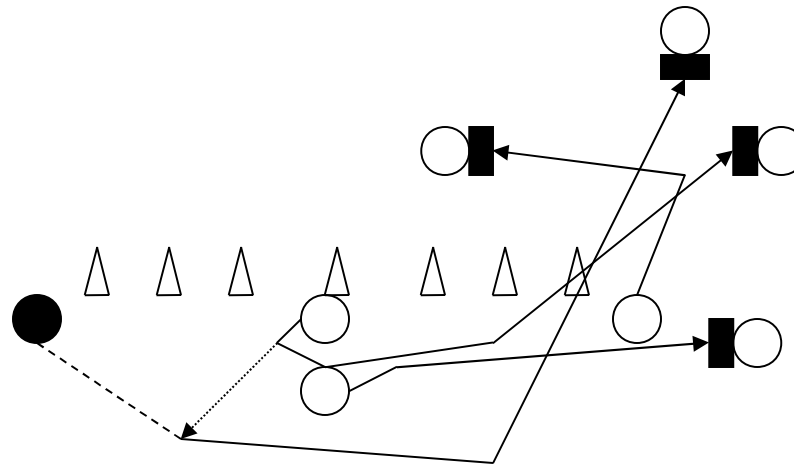
B-PL-2

Tight Power "TOSS" Drill

Purpose: To develop a good toss technique in the power play by the quarterback and wingback at the same time developing good blocking techniques in all the backs involved.

Equipment: 7 cones, 1 to 2 balls, 4 shields with players.

How: Using a proper Power Right "TOSS" technique, seal block technique, kickout technique we practice the Rip power right play with defenders. There is a kickout defender for the B-back, a inside seal defender for the wingback, a outside seal defender for the quarterback, and a defender for the running back to Stiff arm, Spin, or Drive. Work for 4 reps to each side . On "HIT" from the QB the play starts. (GO - READY - HIT). Coach calls "DOWN" as if the center.



Offensive - Backs

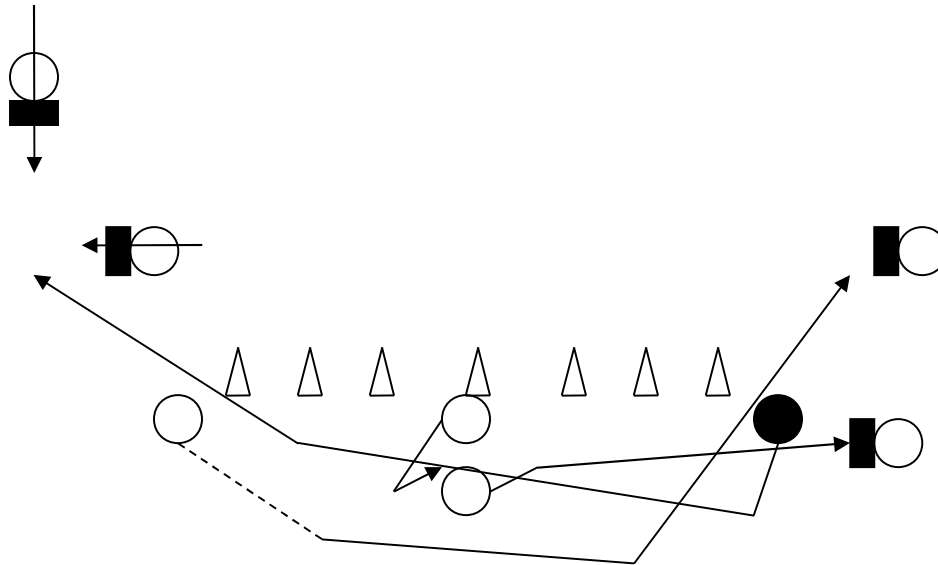
B-PL-3

Tight Counter Drill

Purpose: To develop good techniques and timing in the counter play.

Equipment: 7 cones, 1 to 2 balls, 4 shields with players.

How: Four players with shield are used to simulate contact with the backs. On "HIT" the QB makes a counter handoff to the C-back. The C-back breaks past the LOS at the outside of the LTE cone. As he does one defender player will attack his inside shoulder he must stiff arm the shield. The next defender will attempt to knock him off his feet he must deliver a drive by dropping his shoulder and driving the defender back 4 to 5 yards. The B-back executes a kickout block on the backside EMLOS (DE). The A-back executes a fake power right and drives the first defender that comes to him. We want the backs to be physical. . Work for 4 reps to each side . On "HIT" from the QB the play starts. (GO – READY – HIT). Coach calls "DOWN" as if the center.



Offensive - Backs

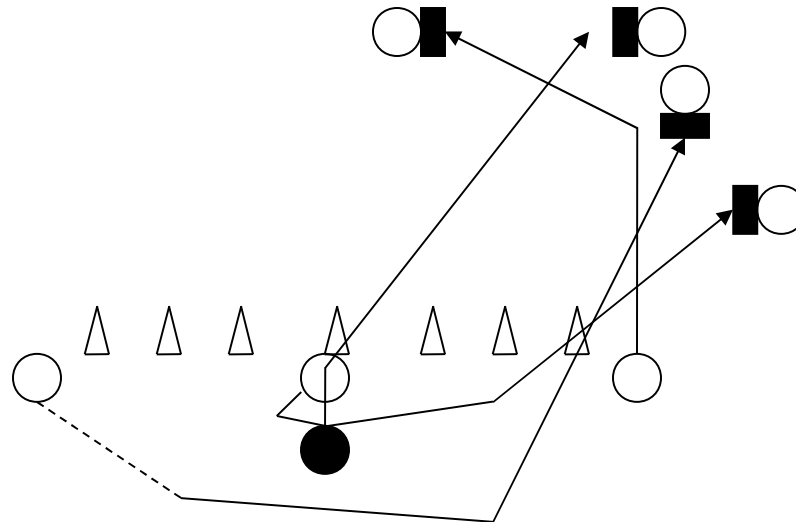
B-PL-4

Tight Trap Drill

Purpose: To develop a good running, faking, and blocking technique in the trap play by the backs involved.

Equipment: 7 cones, 1 to 2 balls, 4 shields with players.

How: Using a proper Trap technique, seal block technique, and faking we practice the Rip trap right play with defenders. There is a pursuit defender for the B-back to Stiff Arm/Spin/Drive, an inside seal defender for the wingback in the secondary, an outside seal defender for the quarterback, and an outside defender for the wing back to Stiff arm, Spin, or Drive. Work for 4 reps to each side . On "HIT" from the QB the play starts. (GO – READY – HIT). Coach calls "DOWN" as if the center.



Passing/Receiving

PR-1

Stop Drill

Purpose: To develop timing and good passing and receiving technique in the passer and the receiver using a direct pass.

Equipment: 2 balls and 3 cones (the cones are 5x5x5) (Throwing distance 7 yards)

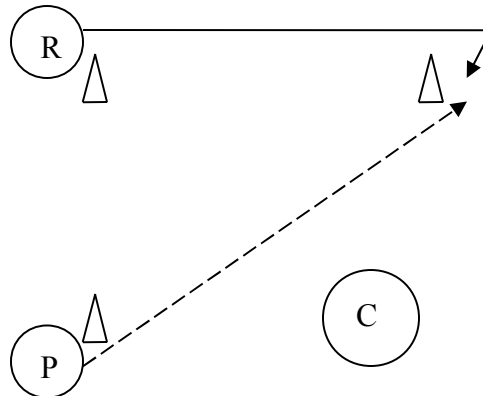
How: The receiver is in a two-point receiver stance and the passer is in a ready to throw stance. On "GO" the receiver sprints 5 yards to the next cone and stops, pivots towards the passer and looks for the ball. The passer throws the ball to the outside of the cone as soon as the receiver stops. Get 5 reps. At the start of the season have the lines rotate so that you can see the best passers and receivers. During the season the QB is the passer and the SE, TE, and Slots are the receivers. (Thrown as a Bullet/Direct)

Keys to Receiving:

- Get in your eyes on the ball and get your body in front of the ball.
- Spread your fingers and get your thumbs together to form a triangle if the ball is above your waist. Watch the ball in to the triangle and as the ball comes in wrap your hands around it.
- If the ball is below your waist get your pinkies together and form a shovel and get them under the ball.
- Secure the ball to your side.

Keys to Passing:

1. • The ball is by the ear and the throwing arm is cocked and ready to throw.
2. • The non-throwing foot is pointed at the receiver and your hips are square to the receiver as well.
3. • As you throw it starts from the twisting of your hips, upper body, and into your arms. The hand as you release the ball should point in the direction of the receiver. This forces the hand to come down on the ball creating spin.
4. • If the ball is thrown directly at the receiver the hand should be pointed at the chest of the receiver. (bullet pass)
5. • If the ball is lofted at the receiver the hand should be point above the receiver and the throwing shoulder should drop slightly. (bomb/pooch pass)
6. • A receiver moving must be lead. The distance you have to throw the receiver determines the lead. The longer the throw the more lead. A short throw should lead a receiver at least 1 yard, a long throw should lead a receiver 5 yards.



Passing/Receiving

PR-2

Indirect Pass Drill

Purpose: To develop good passing and receiving techniques using an indirect pass.

Equipment: 3 cones and 2 balls. 5x5x10 yards (Throwing distance 11 yards)

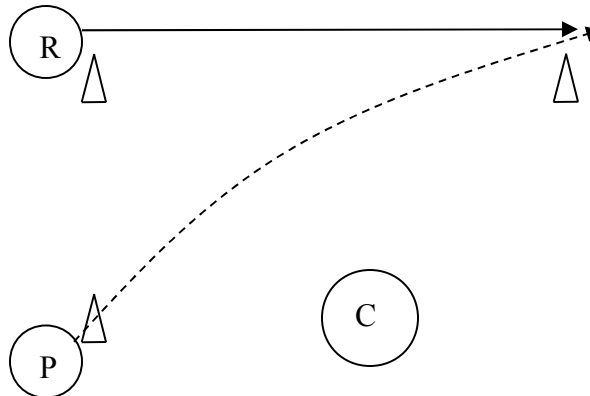
How: The receiver is in a two-point receiver's stance and the passer is in a ready to throw position. On "GO" the receiver jogs up field and as he reaches the cone looks back over his shoulder. The passer throws the ball just as the receiver reaches the cone. He must lead him and the ball is thrown indirectly. The receiver must adjust to the ball and catch it.

Keys to Receiving:

- ∨
 - Get in your eyes on the ball and get your body in front of the ball.
 - Spread your fingers and get your thumbs together to form a triangle if the ball is above your waist. Watch the ball in to the triangle and as the ball comes in wrap your hands around it.
- ∨
 - If the ball is below your waist get your pinkies together and form a shovel and get them under the ball.
- Secure the ball to your side.

Keys to Passing:

- ∨
 - The ball is by the ear and the throwing arm is cocked and ready to throw.
- ∨
 - The non-throwing foot is pointed at the receiver and your hips are square to the receiver as well.
- ∨
 - As you throw it starts from the twisting of your hips, upper body, and into your arms. The hand as you release the ball should point in the direction of the receiver. This forces the hand to come down on the ball creating spin.
- ∨
 - If the ball is thrown directly at the receiver the hand should be pointed at the chest of the receiver. (bullet pass)
- ∨
 - If the ball is lofted at the receiver the hand should be point above the receiver and the throwing shoulder should drop slightly. (bomb/pooch pass)
- ∨
 - A receiver moving must be lead. The distance you have to throw the receiver determines the lead. The longer the throw the more lead. A short throw should lead a receiver at least 1 yard, a long throw should lead a receiver 5 yards.



Passing/Receiving

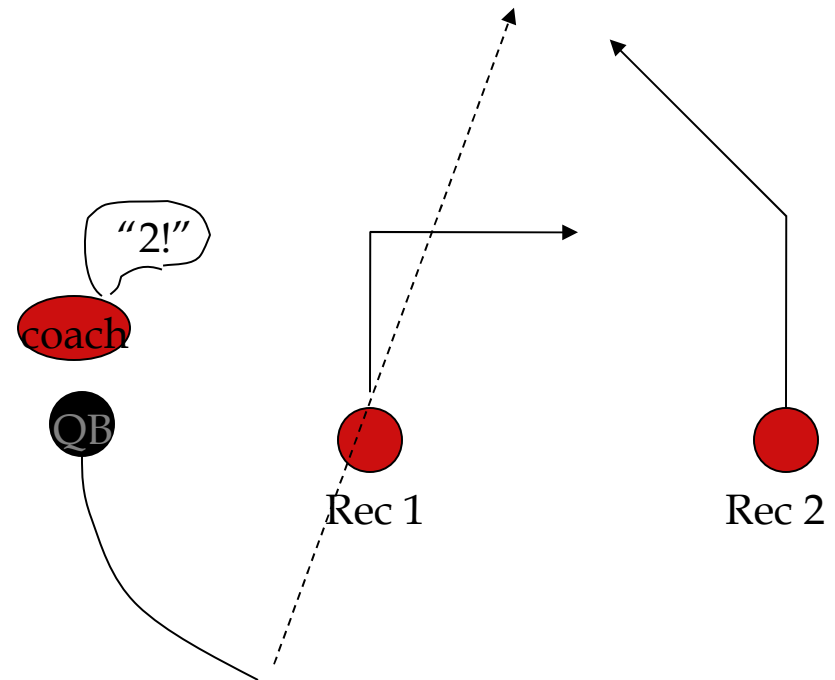
PR-3

Improving the QB's Passing Game Drill

Pass Reaction

This is not a “route reading” drill. It is for teaching decisive reactions and quick delivery

- A QB and 2 receivers align on the LOS.
- Receivers are numbered 1 and 2
- QB is assigned a play action (5 step drop, semi or full roll out).
- Each receiver is given a different route.
- 2nd QB or coach kneels opposite the QB to deliver a ‘snap’
- On cadence, all three execute their assignment.
- Just prior* to the QB completing his play action (1 or 2 steps remaining) the coach calls out the route he wants the ball thrown to.
- The QB should plant, set and deliver the ball to the designated receiver.



Passing/Receiving

PR-4

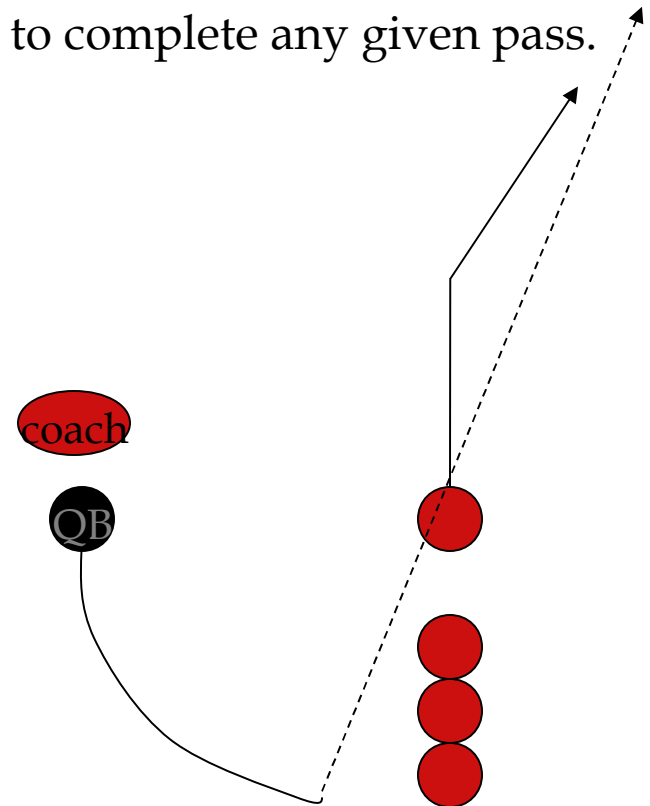
Improving the QB's Passing Game

Drill

Passing Lines

Nothing beats repetition for teaching a QB how to complete any given pass.

- 1 single file line of receivers with a QB on the LOS. Coach or 2nd QB kneels opposite to deliver the snap.
- On the QB's cadence the first receiver in the line runs the designated route.
- QB takes the snap, executes the correct drop, and delivers the ball
- Have two QBs alternate throwing and snapping.
- This focused time for just the routes you'll be using in your game.



Passing/Receiving

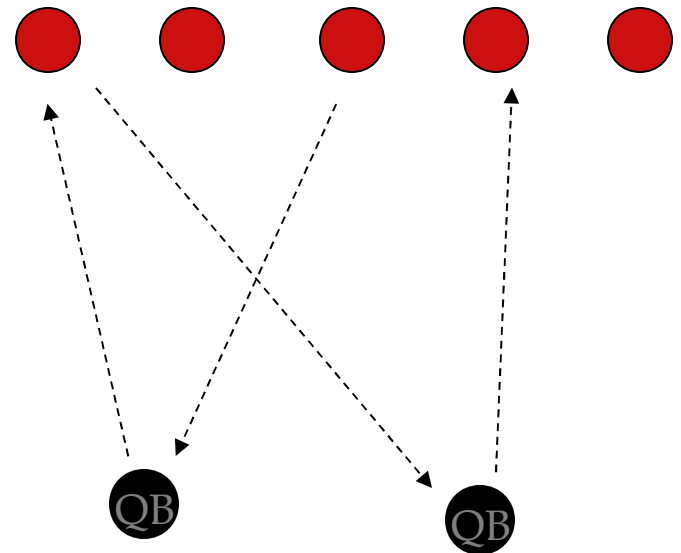
PR-5

Improving the QB's Passing Game Drill

Hot box

A great quick release and timing drill. Great for QBs and receivers alike.

- 1 single file line of 5 or 6 receivers spaced about 2 yards apart
- 2 QBs facing the receivers and 10 yards away. Each has a ball.
- The QBs randomly alternate who they throw to, never throwing to the same guy two times in a row.
- Once a receiver has caught a ball he must immediately deliver it right back to one of the QBs.
- Keep this at a brisk pace.



DEFENSIVE COMMANDMENTS

I. CAUSE TUNOVERS

II. PREVENT BIG PLAYS

III. MAKE BIG PLAYS (SCORE!!!)

IV. ELIMINATE MISSED ASSIGNMENTS

V. ELIMINATE FOOLISH PENALTIES

VI. FORCE LOST YARDAGE PLAYS

VII. DOMINATE THE GOALLINE

VIII. WIN THE KICKING GAME

Defensive - All

DA-T-1

Bag and Tackle Drill

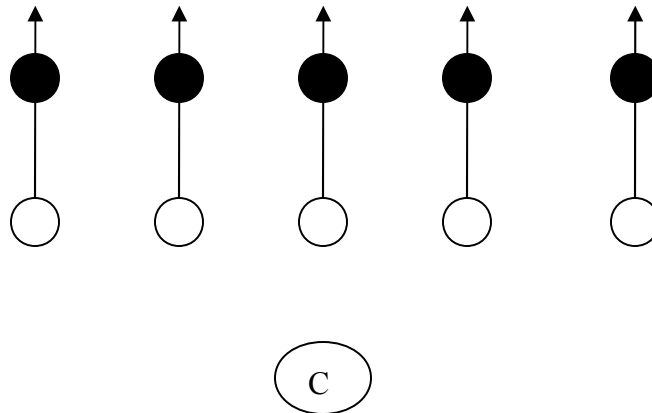
Purpose: To develop proper tackling technique while hitting a "soft target" in a controlled hitting environment. We need to emphasize the importance of keeping the head up and making a good hard tackle. We use a bag so that the player gains confidence in his hitting ability.

Equipment: 5 bags and 5 holders (players)

How: Five players will hold 5 bags with their arms extended. Their job is to hold the bag until contact is made by the tackler at the point that contact is made the holder backs up out of the way. 5 tacklers get into a good tackling stance 3 yards away from the bag they are standing in front of. On "GO" they attack the bag with a good tackle. Try for 5 reps each.

Form Tackling Technique

1. Hit (breakdown position; knees bent, tail back, arch in back, neck against helmet, eyes up)
2. Fit (shoulder to numbers, helmet to side of the ball, eyes to sky, upper body between ball carrier and goal line)
3. Lock (At instant of contact, wrap arms around ball carrier's thighs and squeeze him with your arms pressing in ward, lift his butt off the ground)
4. Lift (forward thrust of hips and driving your shoulder pads into his chest will create lift)
5. Drive (use legs, upper body holds tight, move ball carrier up and back)



SAFETY: STRESS HEAD UP
"EYES TO THE SKY", SERIOUS
NECK AND/OR SPINAL INJURY
CAN RESULT FROM PLACING

THE HEAD DOWN

Defensive - All

DA-T-2

Two Line Tackling Drill

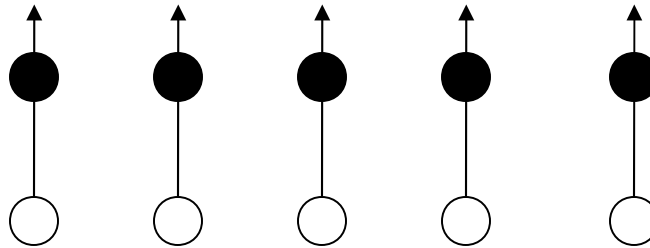
Purpose: To develop proper tackling technique while hitting a stationary player 1 yard away. This is a controlled $\frac{1}{2}$ speed tackle to $\frac{3}{4}$ speed tackle in controlled environment at a controlled distance. This emphasis's technique while controlling the speed and force of the tackle.

Equipment: Two lines of players facing each other with 1 yard of distance between the lines and 2 yards distance between each player in a line. Normally 5 and 5 but with multiple coaches you can double or triple the number of players.

How: Two lines of players facing each other and one yard of distance between them. The coach will designate the ball side. The ball carrier will place his arms up and palms facing to the rear. The tackler will start in a good tackling stance on "GO" the tackler will perform a good tackle. Recommend doing a walk through at the first two when beginning that at $\frac{1}{2}$ speed. As they improve increase to $\frac{3}{4}$ speed. Each side should do 5 reps.

Form Tackling Technique

1. Hit (breakdown position; knees bent, tail back, arch in back, neck against helmet, eyes up)
2. Fit (shoulder to numbers, helmet to side of the ball, eyes to sky, upper body between ball carrier and goal line)
3. Lock (At instant of contact, wrap arms around ball carrier's thighs and squeeze him with your arms pressing in ward, lift his butt of the ground)
4. Lift (forward thrust of hips and driving your shoulder pads into his chest will create lift)
5. Drive (use legs, upper body holds tight, move ball carrier up and back)



SAFETY: STRESS HEAD UP
"EYES TO THE SKY", SERIOUS
NECK AND/OR SPINAL INJURY
CAN RESULT FROM PLACING

THE HEAD DOWN

Defensive - All

DA-T-3

Chute and Tackle Drill

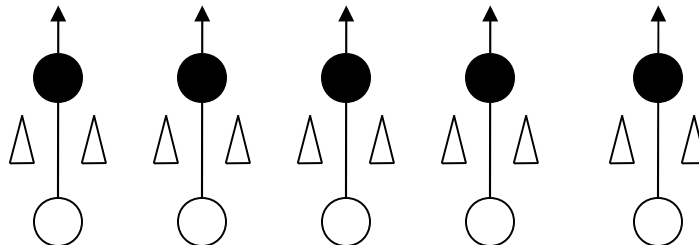
Purpose: To develop proper tackling technique in a "Real Game" situation under a controlled environment.

Equipment: 10 cones and 10 players (5 ball carriers and 5 tacklers)

How: Place 2 cones 1 yard apart from each other. Place 5 sets of these 3 yards apart (12 yards total). Have 5 players on one side and 5 players on the other side. Each pair takes a chute and gets 1-yard depth from the chute (2 yards total). Each player lies down prone facing the chute and on "GO" both pop up the ball carrier hits the chute as fast as he can and the tackler must make a good tackle before he crosses the chute. Stress to the tackler that they must be aggressive and attack the chute and the ball carrier. The coach will call the side the ball is on.

Form Tackling Technique

1. Hit (breakdown position; knees bent, tail back, arch in back, neck against helmet, eyes up)
2. Fit (shoulder to numbers, helmet to side of the ball, eyes to sky, upper body between ball carrier and goal line)
3. Lock (At instant of contact, wrap arms around ball carrier's thighs and squeeze him with your arms pressing in ward, lift his butt of the ground)
4. Lift (forward thrust of hips and driving your shoulder pads into his chest will create lift)
5. Drive (use legs, upper body holds tight, move ball carrier up and back)



SAFETY: STRESS HEAD UP
"EYES TO THE SKY", SERIOUS
NECK AND/OR SPINAL INJURY
CAN RESULT FROM PLACING

THE HEAD DOWN

Defensive - All

DA-T-4

Angle Tackle Drill

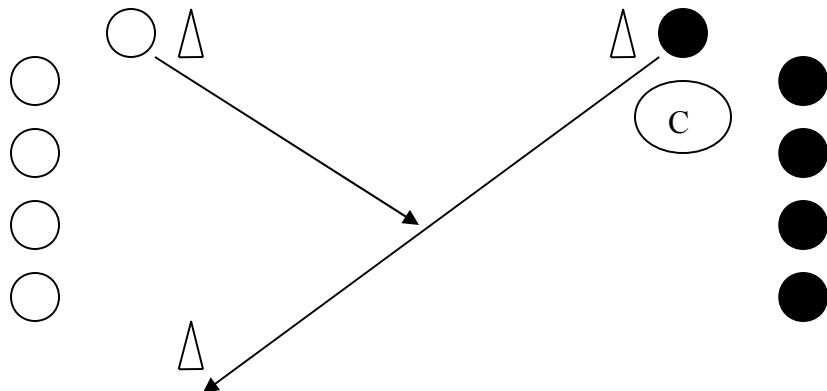
Purpose: To develop proper tackling and pursuit techniques on a ball carrier facing at an angle.

Equipment: 3 cones, ball, and a ball carrier.

How: The ball carrier waits for the coach to hand him the ball with a proper "plate". On "GO" the coach hands the ball off at the same time the ball carrier takes off towards to distant end cone. The tackler must take an angle that will bring him to the ball carrier. He has to lead the runner and his head must be in the front of the ball carrier as he tackles. As they finish they go to the end of the opposite line. This is not about speed but about taking a good angle on the runner. The slower the tackler the wider the angle.

Form Tackling Technique

1. Hit (breakdown position; knees bent, tail back, arch in back, neck against helmet, eyes up)
2. Fit (shoulder to numbers, helmet to side of the ball, eyes to sky, upper body between ball carrier and goal line)
3. Lock (At instant of contact, wrap arms around ball carrier's thighs and squeeze him with your arms pressing in ward, lift his butt of the ground)
4. Lift (forward thrust of hips and driving your shoulder pads into his chest will create lift)
5. Drive (use legs, upper body holds tight, move ball carrier up and back)



SAFETY: STRESS HEAD UP
"EYES TO THE SKY", SERIOUS
NECK AND/OR SPINAL INJURY
CAN RESULT FROM PLACING

THE HEAD DOWN

Defensive - All

DA-T-5

5 Cone Tackling Drill

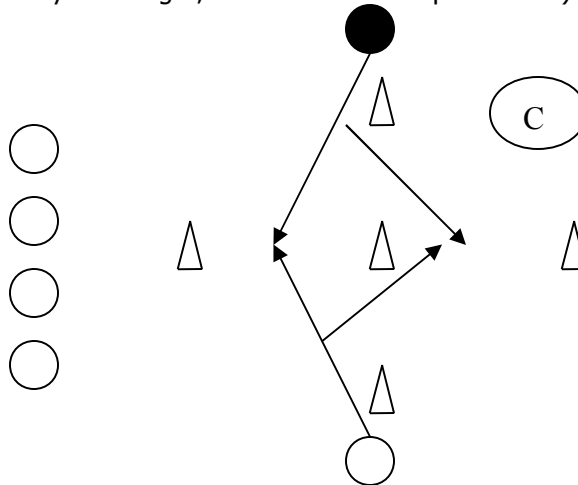
Purpose: To develop good angle, close, and tackling technique in our tacklers.

Equipment: 5 cones, 1 ball, and 1 ball carrier (player)

How: The point cones (where the players are located are 2 yards from the center cone (4 yards total) and the gap cones are also 2 yards from the center cone. The ball carrier has a ball in his hand and is ready to go. On "GO" the ball carrier hits either gap fast he has a choice once he passes his point cone to cut to the other gap or hit the gap he his aimed at. The tackler on "GO" breaks down and mirrors the runner. He must keep his body square the runner and take a good inside angle to him. If he cuts back he must mirror the runner and take a good inside angle. The object is to tackle the runner before he crosses the line.

Form Tackling Technique

1. Hit (breakdown position; knees bent, tail back, arch in back, neck against helmet, eyes up)
2. Fit (shoulder to numbers, helmet to side of the ball, eyes to sky, upper body between ball carrier and goal line)
3. Lock (At instant of contact, wrap arms around ball carrier's thighs and squeeze him with your arms pressing in ward, lift his butt of the ground)
4. Lift (forward thrust of hips and driving your shoulder pads into his chest will create lift)
5. Drive (use legs, upper body holds tight, move ball carrier up and back)



SAFETY: STRESS HEAD UP
"EYES TO THE SKY", SERIOUS
NECK AND/OR SPINAL INJURY
CAN RESULT FROM PLACING

THE HEAD DOWN

Defensive - All

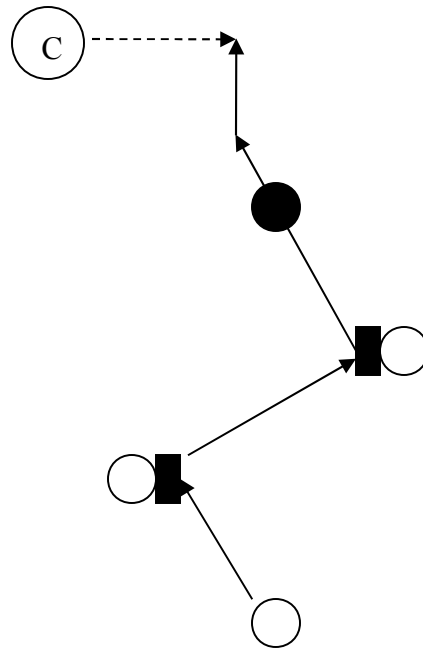
DA-T-6

Shed – Tackle – Recover Drill

Purpose: To develop an aggressive attitude and the ability to recover from a blow and deliver a tackle quickly.

Equipment: We use four players; two with shields, one with a bag and a football.

How: The player faces two players one to his left and one to his right at are staggered about three to five yards and a player w/ blocking bag five yards from the last shield. A coach stands behind ten yards behind the bag with a football. On "GO" the player heads directly at the nearest player w/shield that player attempts to knock him back off his feet he must deliver a blow with his outside shoulder and then head towards the next player with a shield and do the same thing. Once he clears the shield he gets into a good position to tackle the dummy. It should be lifted and wrapped and he should land on top of it. As soon as he lands the coach bounces a football to the left or the right and yells "Fumble" the player must move fast and recover the ball. This drill reinforces how to shed and deliver a clean tackle then recover a fumble



**SAFETY: STRESS HEAD UP
"EYES TO THE SKY", SERIOUS
NECK AND/OR SPINAL INJURY
CAN RESULT FROM PLACING**

THE HEAD DOWN

Defensive - All

DA-T-7

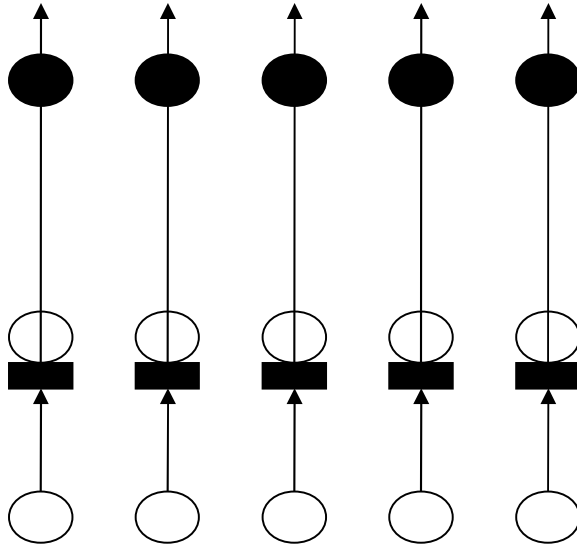
Attack Two Lines Drill

Purpose: To develop an aggressive attitude and create confidence in the players to deliver a blow and make a tackle.

Equipment: 5 bags with holders and 5 shields with holders.

How: Five players face five players with shields five yards away on "GO" they attack the shield and "wishbone block" for five yards on once they reach the coach they go around the shield and tackle the dummy in a good form tackle.

The line is spread 3 yards apart.



SAFETY: STRESS HEAD UP
"EYES TO THE SKY", SERIOUS
NECK AND/OR SPINAL INJURY
CAN RESULT FROM PLACING

THE HEAD DOWN

Defensive - All

DA-T-8

Hide and Seek Drill

Set Up:

You can run this drill with a pair of players at one time.

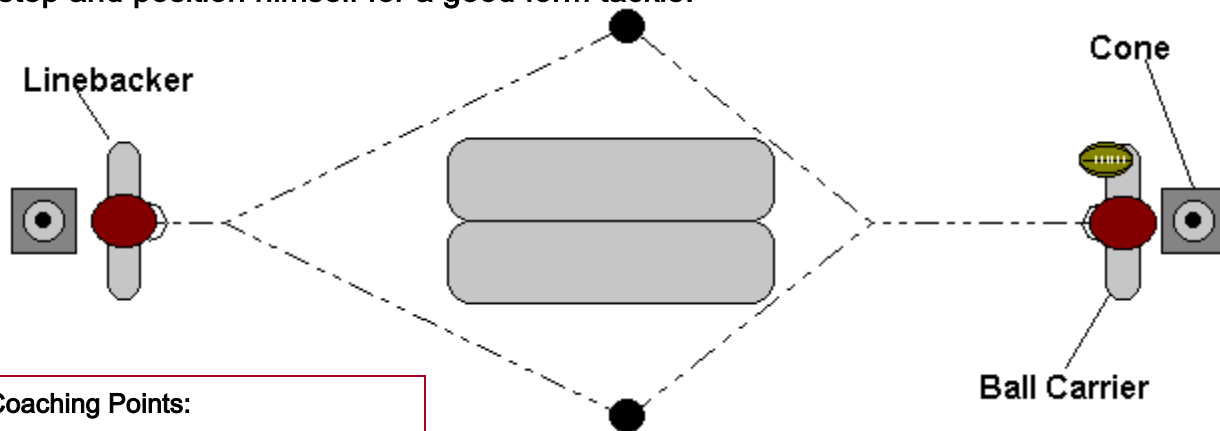
Equipment: 2 inflatable blocking dummies, preferably 6 ft. with a pair of cones or markers.

Dummies need to be side by side and cones should be set at 3 yards in front of and behind dummies as starting points.

Procedure:

Players should be lined up on opposite sides of the dummies with one line being the ball carrier (BC) and the other the LB.

On coaches command the BC should run directly to the dummies and break right or left sharply. The LB should take one read step and position himself for a good form tackle.



Coaching Points:

- Read and react
 - No "bucket" steps
 - Scrape downhill
- Get in a hitting position and get the face across the bow

Defensive - All

DA-T-9

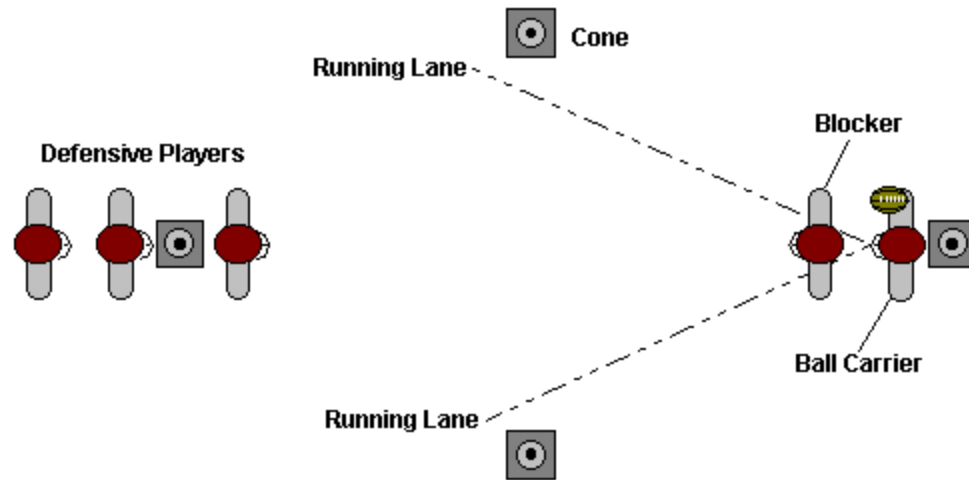
Butt, Bench & Fury

Set Up:

Equipment Needed: One football, four cones, one coach and at least three players. Place 4 cones in a diamond five yards around.

Procedure:

A line of defenders at one cone. Two offenders at the opposite cone. On first whistle, First offender attacks defender square. Defender takes on block square, benches off, and controls blocker. Second whistle, the second offender, with ball, runs to one cone designated by the coach. Defender, sheds blocker opposite and makes a form tackle.



Coaching Points:

Blocker and defender meet square, Face to Face. Great collision. Ball carrier runs inside the cone, not around it. Very controlled drill. Should be taught at 3/4 speed.

Objective:

Teaches form collisions (i.e. head-up, and bench.) Also, teaches defender to look through the blocker at ball while shedding the block.

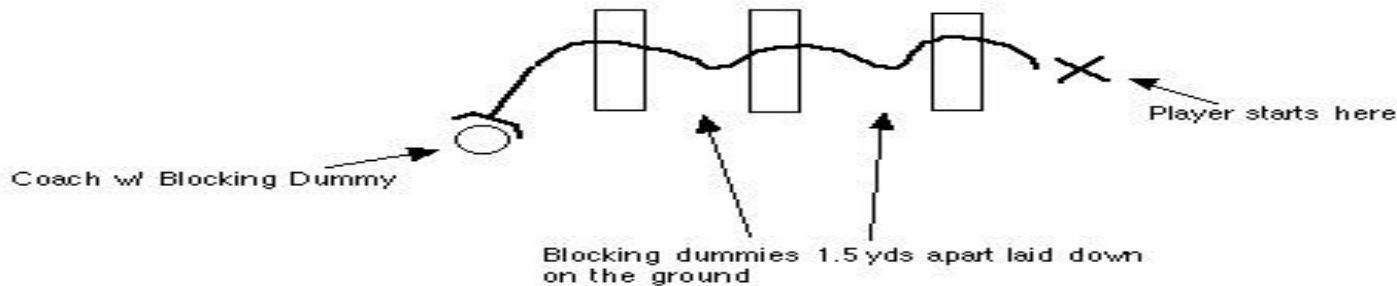
This can also be run with linemen moving the lead blocker to an O-Line position

Defensive - All

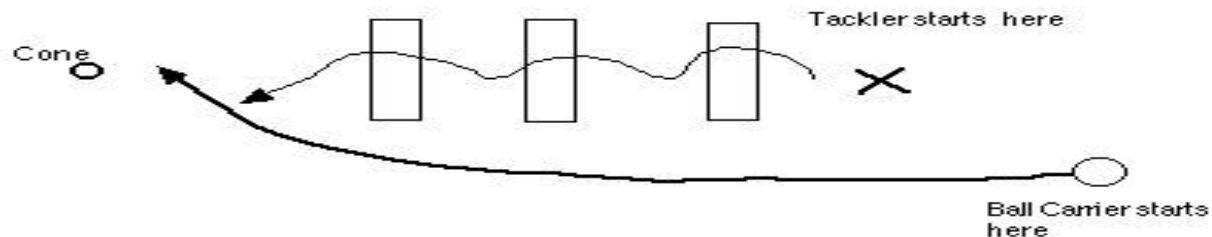
DA-T-10

Lateral Movement Drill

- FOCUS- Move feet quickly and stay balanced. MUST Keep shoulders and eyes square to the line of scrimmage as he moves over the blocking dummies. Make good, solid contact w/ blocking dummy and keep the feet moving after contact. Always wrap the arms around the dummy and drive w/ feet. Make sure to highknees / sidestep over blocking dummies- NOT hop or jump over them. Perform drill to right and left.



Advanced Form of Drill - Add a ball carrier about 2 yards farther outside the bags than the Linebacker is. On the coach's signal, the ball carrier should take off at full tilt aiming for a cone set up 2 yards outside the last bag. The Linebacker should perform the same side step over the bags and finish with an open field tackle on the ball carrier.

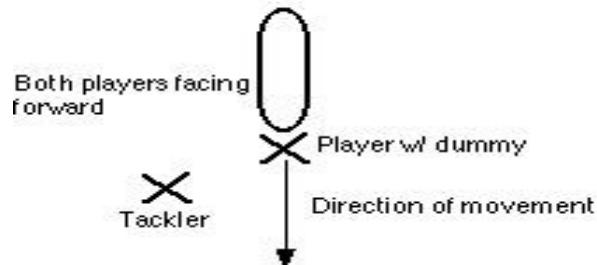


Defensive - All

DA-T-11

Reach Tackles

“Reach” Tackle - FOCUS- Making a SURE Tackle on a ball carrier who has made a move to the side of the defender. Defenders must be able to make odd-angle tackles on runners that are cutting away from them.



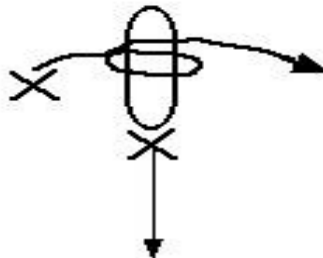
EQUIPMENT: 1 or more heavy tackling dummies.

One player holds a tackling dummy so it lays out in front of him, hands on the handles, and the front tip of the bag on the ground.

A second player stands offset and just behind the player with the bag, in hit position and facing the same direction as the man w/ the bag.

On the coach's signal, the player w/ the bag begins backpedaling, dragging the bag backwards with him.

As the bag is dragged past the tackler, he should dive sideways at the dummy, aiming to put his chest into the 'body' of the tackling dummy. As contact is made the tackler should "Wrap and Roll".



COACHING POINTS:

The player absolutely **MUST** get his upper body **INTO** the blocking dummy while 'wrapping up' with the arms. Arm tackles alone will not cut it here.

He **MUST** Wrap his arms around the bag and twist his body over the top of it, "Rolling" the dummy over on the ground.

Do several groups at a time. If possible, have a coach observe each group.

Have the players switch places after 3 reps.

Defensive - All

DA-PU-1

Pursuit Drill

Set Up:

Equipment needed: Cones to simulate offensive line splits, A football, Players to run the tailback and quarterback position.

Procedure:

Defense will line up in their designated positions. The QB will toss the ball to the TB in the direction the coach designates. The down linemen will all do an up-down before pursuing the TB, this is to ensure that the TB gets out at full speed.

All defensive players will pursue TB with the correct angle of pursuit and touch the TB with both hands. After touching the TB, the player will turn around and footfire in place until each player has touched the TB (the TB keeps running at full speed until all player touch him). The coach will then look at the angles of pursuit. The coach then blows the whistle and the defense sprints back to the huddle.

Coaching Points:

Keep head upfield, Do not follow teammates, get a good angle, Hustle, Hustle, Hustle!!!

Objective:

To teach proper angles of pursuit and hustle while pursuing a ball carrier.

Defensive - Backs

DB-C-1

Jam Drill

Purpose: To develop sound jamming fundamentals while using inside shade bump and run.

Equipment: 2 receivers

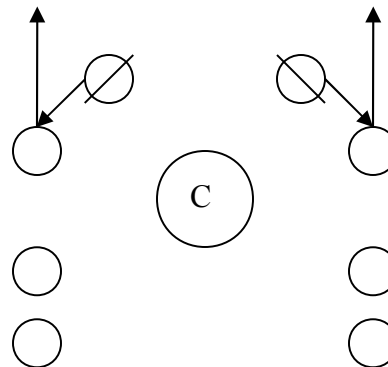
How: Two cornerbacks face two receivers in inside shade bump and run. The receiver is in a two-point receiver stance. On "GO" the receiver releases up field until he gets by the cornerback. The cornerback executes a good jam; the jam should knock the receiver off his path and disrupt the pattern for 1 to 2 second. The coach should flag the corner for holding if he grabs or locks on cloth at anytime. Once the corner completes his jam he goes to the rear of the opposite line.

Key Points to Jamming:

- 1. The cornerback aligns with his outside foot back, his knees bent, and his body bent at the waist with his arms up in a ready position to strike the receiver.
- 2. The cornerback does not move to the receiver to jam instead he mirrors' the receiver until the receiver reaches him and then he jams him. On an inside or straight up release the receiver will come to him and he strikes the receiver in the sternum (outside arm) and the shoulder (inside arm). On an outside release he moves laterally to stay in an inside relation to the receiver and as the receiver crosses he strikes the receiver as above.
- 3. The jam comes from the waist, shoulders, and then arms firing into the sternum and the inside shoulder. When he makes contact he drives the palms of his hands into the sternum and inside shoulder at the same time.
- 4. Watch the hips of the receiver if they point in the direction he moves then he intends on going there if they stay square then he plans to go the other way or straight.

Key Points to ISBR (Inside Shade Bump and Run) Coverage:

- 1. Keep your shoulders square with the receiver especially if he is moving horizontally on the LOS.
- 2. Once he cuts up field backpedal to stay with him until he crosses your hips then turn and follow him. You must turn towards the receiver which means your open side foot crosses over as you turn towards him. You must stay near his inside hip.
- When he turns his head to look for the ball you must get your near hand up in his face and your far hand up to attack the ball. Keep your eyes on the receiver until he gets aggressive and goes after the ball then you go after the ball. This is call a "Trail Technique"



Defensive - Backs

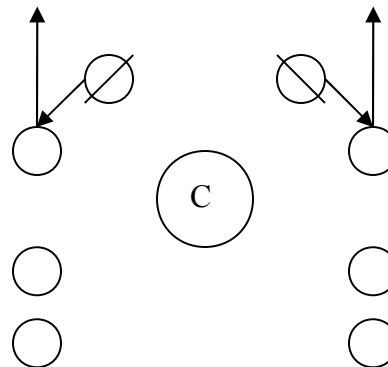
DB-C-2

Jam Drill:

The cone represents the DE. The wing aligns 1x1 off the cone. A football is placed on the ground three yards behind the cone and two feet inside. The corner matches the depth of the wing (one yard off LOS) and splitting the wing's stance, elbows tight, and palms up. On command of "Hit" the wing heads at the football at half speed. The corner moves to intercept laterally and takes one short step forward with his cone side foot just before contact. At this point both players freeze. The coach checks to make sure the defender's knees are bent and that his hands are at bottom of receiver's numbers and that inside foot is forward six inches (inside heel even with outside toe). Once proper fit is achieved, coach calls "Hit" again and play continues with receiver trying to get to the football and defender trying to keep him away from it. Defender's hands now move up to receiver's shoulders and push him in the direction he wants to go. The receiver must pick up the ball – not just touch it – and must stay off his knees when he does. If he can do so in three seconds, he wins. If he picks it up in four, it's a tie. If it takes 5 seconds, he loses.

Note: This is a "rough and tough" drill and requires full gear. It is not unusual for both players to end up on the ground. If both players end up on the ground, victory goes to the defender.

Once the corner is able to execute both phases of the drill properly, the "freeze" phase is eliminated. When coach calls hit, the receiver has 4 seconds to pick up the ball or he loses. In all phases of the drill, the receiver must first head at the football until contact is



Defensive - Backs

DB-C-3

Cover Drill

Purpose: To develop a good "Trail" technique in our defensive backs and to give the confidence in the ability to cover a receiver when isolated.

Equipment: 2 Receivers

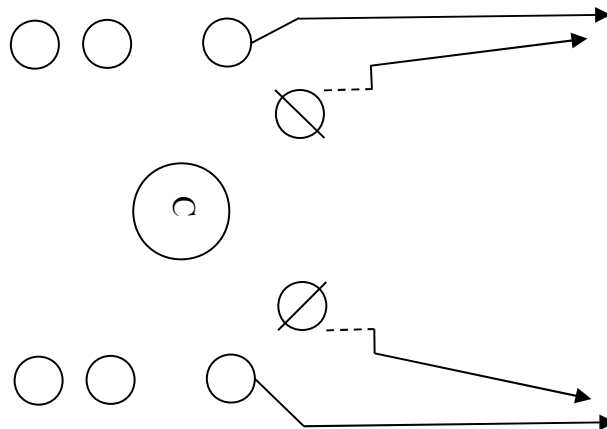
How: Two receivers in two-point receiver stances face two corner backs in ISBR coverage. On "GO" the receiver takes a release step outside and then sprints for 15 yards. The corner backpedals with the receiver until the receiver breaks past his hips then he turns and trails the receiver as close as he can.

Key Points to Jamming:

- 1. The cornerback aligns with his outside foot back, his knees bent, and his body bent at the waist with his arms up in a ready position to strike the receiver.
- 2. The cornerback does not move to the receiver to jam instead he mirrors the receiver until the receiver reaches him and then he jams him. On an inside or straight up release the receiver will come to him and he strikes the receiver in the sternum (outside arm) and the shoulder (inside arm). On an outside release he moves laterally to stay in an inside relation to the receiver and as the receiver crosses he strikes the receiver as above.
- 3. The jam comes from the waist, shoulders, and then arms firing into the sternum and the inside shoulder. When he makes contact he drives the palms of his hands into the sternum and inside shoulder at the same time.
- 4. Watch the hips of the receiver if they point in the direction he moves then he intends on going there if they stay square then he plans to go the other way or straight.

Key Points to ISBR (Inside Shade Bump and Run) Coverage:

- 1. Keep your shoulders square with the receiver especially if he is moving horizontally on the LOS.
- 2. Once he cuts up field backpedal to stay with him until he crosses your hips then turn and follow him. You must turn towards the receiver which means your open side foot crosses over as you turn towards him. You must stay near his inside hip.
- When he turns his head to look for the ball you must get your near hand up in his face and your far hand up to attack the ball. Keep your eyes on the receiver until he gets aggressive and goes after the ball then you go after the ball. This is called a "Trail Technique"



Defensive - Backs

DB-C-4

Island Drill

Purpose: To develop good bump and run techniques in the defender at the same time develop a good run support technique when the receiver commits to stalk blocking the defender.

Equipment: 2 Footballs and a Receiver.

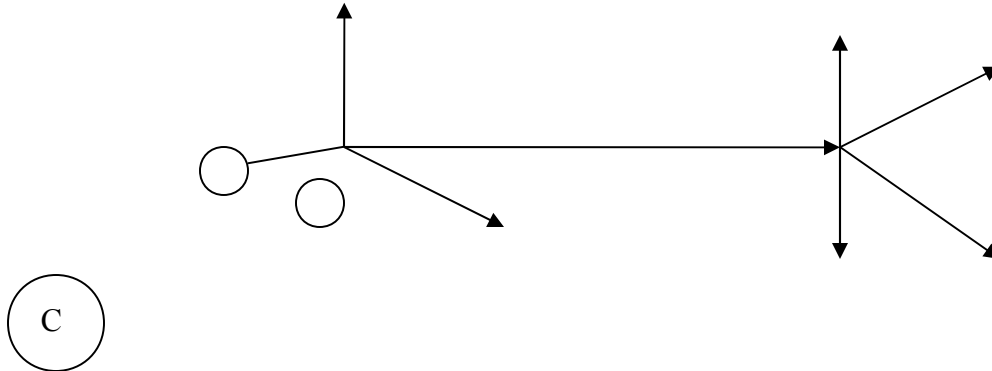
How: One receiver in a two-point receiver stance faces a corner in ISBR coverage. The Coach will inform the receiver what he wants the receiver to do; Post, Corner, Out, In, Quick, Slant, Stalk. The receiver will execute the command to the best of his ability and then go the end of the line. We will have the corner face five different receivers doing different commands. The corner should see two to three stalk blocks since the running game is 90% of a youth offense. If the corner holds are interferes with the receiver flag him and explain why it is a penalty. The Coach should attack towards the corner on a stalk block call so the corner can jam and then attack the run otherwise he stays on the receiver.

Key Points to Jamming:

- 1. The cornerback aligns with his outside foot back, his knees bent, and his body bent at the waist with his arms up in a ready position to strike the receiver.
- 2. The cornerback does not move to the receiver to jam instead he mirrors' the receiver until the receiver reaches him and then he jams him. On an inside or straight up release the receiver will come to him and he strikes the receiver in the sternum (outside arm) and the shoulder (inside arm). On an outside release he moves laterally to stay in an inside relation to the receiver and as the receiver crosses he strikes the receiver as above.
- 3. The jam comes from the waist, shoulders, and then arms firing into the sternum and the inside shoulder. When he makes contact he drives the palms of his hands into the sternum and inside shoulder at the same time.
- 4. Watch the hips of the receiver if they point in the direction he moves then he intends on going there if they stay square then he plans to go the other way or straight.

Key Points to ISBR (Inside Shade Bump and Run) Coverage:

- 1. Keep your shoulders square with the receiver especially if he is moving horizontally on the LOS.
- 2. Once he cuts up field backpedal to stay with him until he crosses your hips then turn and follow him. You must turn towards the receiver which means your open side foot crosses over as you turn towards him. You must stay near his inside hip.
- When he turns his head to look for the ball you must get your near hand up in his face and your far hand up to attack the ball. Keep your eyes on the receiver until he gets aggressive and goes after the ball then you go after the ball. This is call a "Trail Technique"



Defensive - Backs

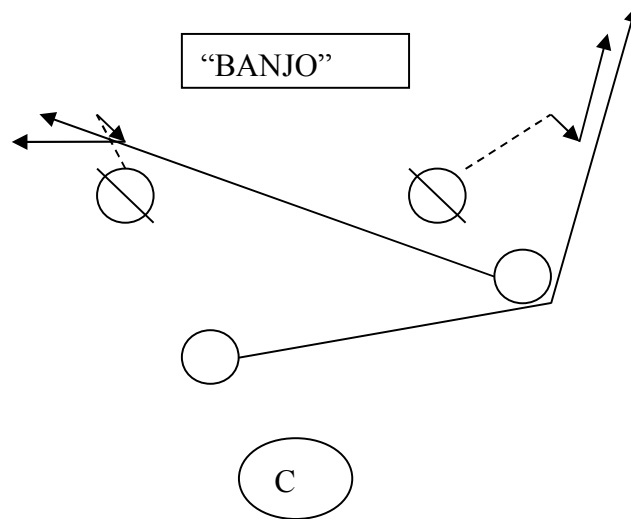
DB-C-5

Banjo Drill

Purpose: To teach our cover players how to cover receivers that are crossing either at the LOS or past the LOS.

Equipment: 2 receivers and 2 corners.

How: Two receivers 5 yards apart face two ISBR defenders. On "GO" by the coach the inside receiver radical releases under the outside receiver while the outside receiver slants to the inside. The inside defender when he sees the release to the outside yells "BANJO" and turns to face the receiver coming from the outside and steps up into his path and attempts read him. As soon as he sees the receiver look for the ball he goes for the ball by shielding the receiver off by getting in between the receiver and the passer and looking for the ball. The outside defender when he sees his receiver release inside he yells "BANJO" and drops two steps to the outside and looks for reads the receiver looking for the screen or the fade. Both defenders should attempt to jam the receivers if the receivers are not looking for the ball. Work on three reps then rotate the defenders and work for three more reps.



Defensive - Backs

DB-ZR-1

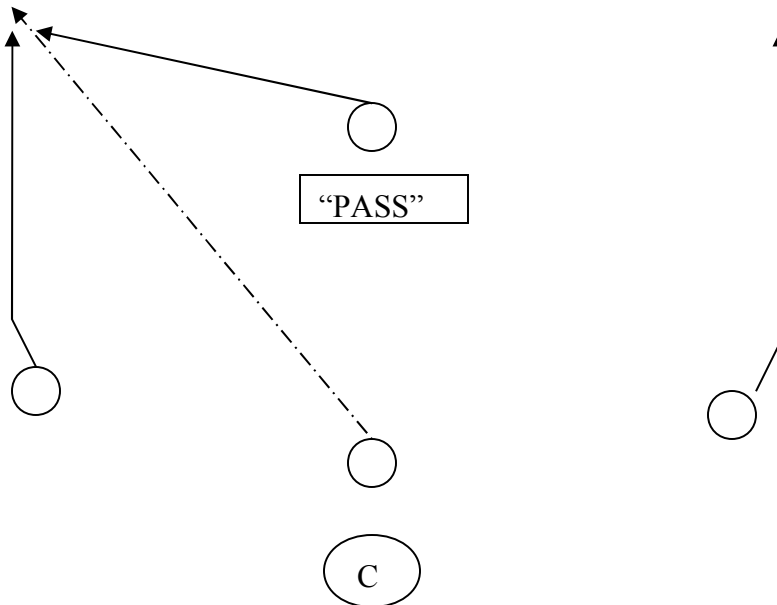
Zone Read Drill

Purpose: To Teach the safety or Middle backer how to read a pass play when defending the middle zone.

Equipment: 3 cones, 1 football, 1 quarterback, and 2 receivers.

How: A Mike backer 7 yards of the LOS (or a Safety 12 yards off) watches the QB as he drops. Two receivers' 12 yards from the QB on each side in a two-point receiver stance wait for the QB to say "GO" and release up field for 15 yards looking for the ball. The QB makes a two-step drop and then throws the ball to either receiver. If the Safety slides to one side the QB throws to the other side. On the snap of the ball/"GO" he watches the QB as he drops then the MB drops three steps and watches for the QB's pass. Once he passes he yells "PASS" and moves towards the receiver to intercept the ball. If the QB rolls the MB mirrors his movement and stays square as he reads for pass. This will more often than not take him to the receiver at this age level. DON'T LET A RECEIVER GET BEHIND YOU IF HE GOES DEEP YOU MUST CONTINUE TO DROP.

Backs can be added to teach run/pass recognition as well.



Defensive - Backs

DB-BR-1

Bump and Run Drill

Phase One: A line of three offensive players is set up on an LOS of four cones. The two inside cones are 7 yards apart and the outside cones are four yards outside of them. Receivers on the two inside cones (TE's) are in three point stances. Any receiver on the outside cone is in a two point. The Clyde's defend the two outside offensive players. Sam defends the remaining inside player. Each play there should be two TE's but the non-TE receiver changes sides every play, which causes Sam to change sides (TE's) every play too.

A coach stands behind the defense and signals the offense whether the play is run or pass and the snap count. A run play is signaled by pedaling the hands (similar to illegal procedure penalty) and pointing to who the flanker/wingback is to block (DE or corner). A pass play is indicated by a throwing motion. The snap count is indicated by fingers in the air. The coach now calls the cadence and the receivers respond with either run block or pass release. The defense executes bump and run or jam as described previously. If a "crack" is read and called out, the DE drives into the TE while Sam loops outside.

There is no football, cones, runner, or quarterback in phase one. These are only distractions to the defenders. By removing these things the defenders learn to concentrate solely upon their read. The phase one drill is far more important than the phase two drill. The phase two drill is simply to see if they learned the phase one drill (If they haven't take away the football and repeat phase one.). You can run this drill for up to 20 minutes. The DE's, if present, are added to the drill to practice stoning the weak side TE.

Defensive - Backs

DB-BR-2

Bump and Run Drill

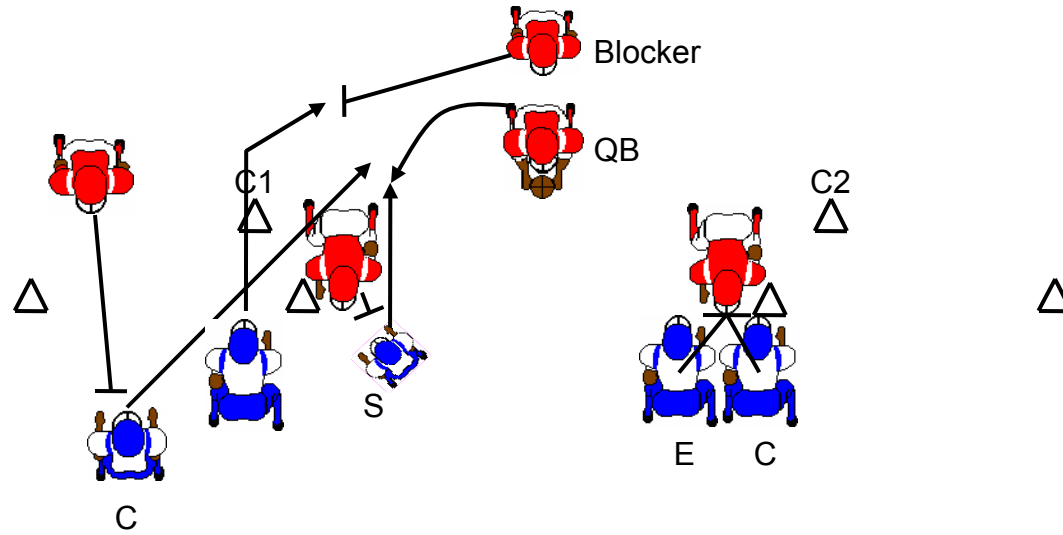
Phase Two: Needed: Four cones, one coach, one QB, one football, two corners, one Sam defender, three receivers (Optional: one blocker (a back up DE) and two DE's). This is the same drill as before only now we add two more cones (C1 and C2) a football, and a passer. The coach provides the same signals and the QB carries them out, either throwing the pass or running the ball to the side indicated. If the DE's are included, one sets up behind the QB as a blocker while the other stones.

A corner (C) aligned on the TE, such as on the right, will "stone" him along with the DE, splitting the TE's stance in three point stances with hand nearest TE's chest up and ready to strike. The Sam (S) aligns in a two point stance and "bumps" (or sometimes "posts") his receiver on movement, or loops outside on a "crack" call. The corner covering the flanker/WB will jam against an inside release, shed a straight ahead release (run block) or "bump" an outside release. None of the defenders are allowed to look at the QB (Which is the purpose of running phase one.). If the QB sees one of the defenders looking at him, he points him out and the coach makes him run a short lap. The coach stands 5 yards behind the two defenders and facing the QB, who already has the football.

The coach now signals the play. Again, a throwing motion with his arm indicates to the receivers and the QB and his blocker behind him that the play is a pass and the coach signals the snap count. The QB can pick his receiver. The blocking back will block the DE to the side of the pass call and the QB will set up behind him (The DE's can touch but not tackle the QB or this will be a very short drill.). A pedaling motion with both hands indicates the QB is to run and points the direction of the run. The blocker will now block the DE to that side and the QB must run inside cones C1 or C2. Regardless of whether the play is run or pass, the QB will turn a full circle before executing it (In order for his blocker to get out in front of him.). The coach can also signal the flanker to crack block the DE. If no signal is given, the flanker will block the Clyde covering him. If the signal is given, the flanker is to put his eyes on the DE for the corner to read. The defenders are allowed to tackle the QB on run if age 11 or under. Sacking the QB on pass is not allowed at any age.

Defensive - Backs

DB-BR-2 –
Cont'd

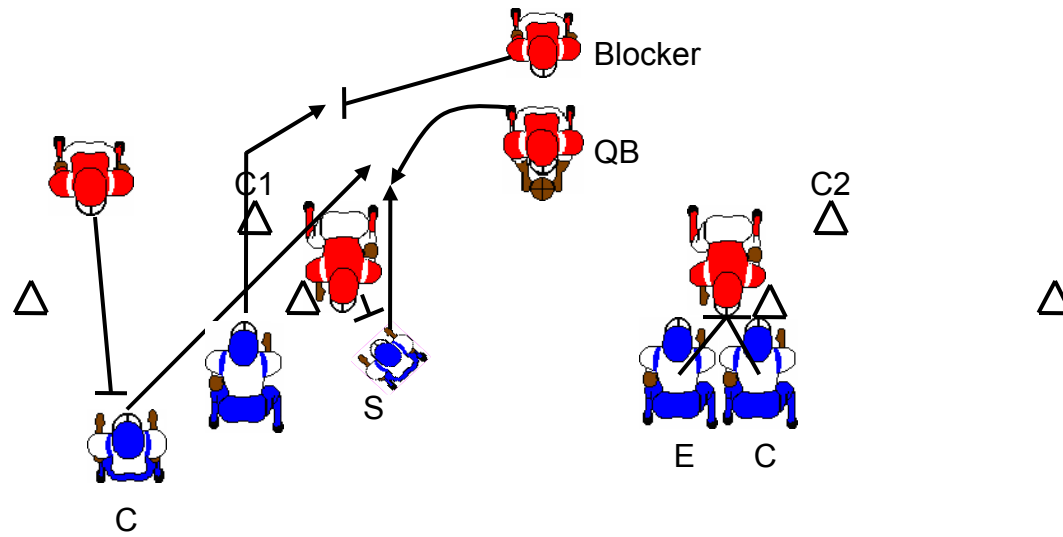


THE READ: Defenders begin by reading eyes. Some have two reads. A DE or Sam who is on a TE should look for “nearest threat” or the offensive tackle (OT) inside them (If the OT is looking at Sam or stoning DE, he plans to block them. Unfortunately, this read is not included in the drill as we have no OT’s to read but this read is made before the OT gets in his stance.). For the DE, he reads a wingback outside him first and then a TE inside him second. A wing’s eyes “on” him means “crack” and a TE’s eyes on means “grab grass” and “rip” to get by. If the DE is on a “stone” he looks inside himself first for a blocker’s eyes and then inside at the TE. If the TE is looking at the DE but not Clyde in spite of the stone, it indicates a cut block on the DE is likely to be coming.

After reading for “nearest threat” the defenders read the eyes of their assigned receiver. The receivers help them by looking at their man on run or downfield on pass. Upon movement, the two up defenders (Sam and Clyde) step into their receiver with their inside foot and strike him with their inside hand to receivers’ near shoulder and the non stoning DE will rush the near back, hit him, cross face, and keep outside arm free.. The coach focuses on four corrections. They are 1) nobody looks at the QB 2) nobody (except DE) steps outside their blocker on run 3) if a receiver gets open on pass, find out why and 4) The two Clyde’s and Sam get their inside hand on their man every play – run or pass. Sam and Clyde read their receiver as follows on movement: If their man comes at them, it is a RUN. If he releases ahead or outside, play is PASS

Defensive - Backs

DB-BR-2 –
Cont'd



THE REACTION: In the illustration used above, the play is a run. If play is RUN, the bump and run defenders (Sam and the right Clyde) executes “forearm shiver” and step forward up field to make the tackle behind the LOS. The coach MUST make certain none of the Clyde’s or Sam tries and go *around* his blocker to reach the runner. We always go THROUGH a defender. If the runner (QB) sees the stoning Clyde or Sam do this, the QB is instructed to cut back inside the defender. The defender must learn he cannot make the tackle by trying to go around the blocker. He must go inside him, using the forearm shiver technique described above. Note again that the left side Clyde, on reading his receiver as trying to block him, has shed his blocker and sprinted to fill the gap between the Sam and the DE. This is the single most important run response a corner on a wide out has. In other defenses, the Clyde would be instructed to “stay out there” and play the sweep. This is not how the DC-46 works. To leave Clyde, a small player, all alone in a big area, is an invitation to a missed tackle (We do allow this to happen from “stone”, however.). When we sprint him into the gap between the DE and Sam, three things happen. First, Clyde defends a smaller area. Second, he attacks that area with forward momentum which offsets his smaller size. Third, he turns the runner “outside” and away from that seam. The DC-46 works on the principal of using the sideline as a twelfth defender and using the DE to make the tackle deep for a loss. In the example here of the QB running strong with a lead blocker the QB’s view is of Sam and Clyde coming at him while his lead blocker engages the DE. The natural instinct of the runner is to veer away from Sam and Clyde and go around the block on the DE. Of course, this is exactly the path the DE is pursuing the play along, crossing the lead blocker’s face to make the tackle deep in the backfield. If the DE misses the tackle it is because the runner got so deep the DE simply couldn’t catch him. If that happens, the tackle is made by the “Committee” using the sideline.

Defensive - Backs

DB-BR-2 –

Additional Notes

If the strong side Clyde doesn't fill between Sam and the DE then the runner can hit that seam. If that happens, the runner is now running towards the LOS rather than away from it. We don't want that. So we want Clyde to fill that seam as soon as he reads himself being blocked and, to encourage him, we make the QB run the seam inside the DE on all non-crack plays. The result is if the runner tries to run the seam, he'll run into the corner. If he veers outside away from the corner, he'll run into the DE. If he cuts inside away from the corner, he'll run into Sam.

The weak side Clyde and DE never chase a run away from them. We make this happen automatically by "stoning" the weak side TE with Clyde on the outside and the DE on the inside. The only difference is that our Clyde is now in a three point stance. Both look inside and will come off the "stone" as the play develops. If run, Clyde defends outside while the DE defends inside. If pass, Clyde jams the TE while the DE rushes the QB. If the receiver gets away from "jam", we don't put a hand on him and it becomes a footrace.

Our strong side Clyde will shed a receiver blocking him and fill inside the DE, or "bump" the receiver going outside him, or jam him if going inside him. If he jams he must stay on his jam and prevent the receiver from getting 5 yards downfield (past the coach) for 4 seconds. If he loses his "jam" contact, he must, again, run with him WITHOUT PUTTING A HAND ON HIM. Putting a hand on him when beat is an invitation to a holding call. On bump and run, the defender must shove his receiver to the outside of the field. Set up a cone 5 yards behind the defender and five yards outside him and make him push the receiver all the way to that cone. He cannot grab onto the receiver's jersey and can only push, not pull.

The "jam" defender fights the receiver on inside pass release with both hands, getting in front of his man, and then pushing him in the direction he wants to go. Again, he uses the same cones set 5 yards back and outside him to measure whether he kept the receiver from getting 5 yards down field or not. He does not have to push his man to a cone. He is not expected to make a tackle.

When first introducing the drill, the receivers are not allowed to execute delays (block, then go out). Once the defenders have mastered their first two simple reads you can progress them to defending delays. We defend a delay two different ways. First, we rush the QB. If the defender finds himself fooled by a delay, tell him to take the free rush at the QB instead of trying to catch up with the receiver from behind (There's virtually no chance that he'll catch up with the receiver). The odds are 3 out of 5 that he'll rush the throw of the QB (incomplete) and 2 out of 7 that the FS will intercept. If rushing the QB doesn't work, we go to our second option where we prevent a receiver from "delay blocking" and then going out for a pass by jamming that receiver "all the way".

When practicing Sam and Clyde at these drills, be sure and also note where the tackle is made relative to the drill's starting line of scrimmage (LOS). Many boys will back up away from their blocker in order to shed the block and make the tackle. They do make the tackle but only after a 5 yard gain by the runner. That's no good. Make sure they make the tackle either AT or BEHIND the LOS. The only way they can do that is if they go immediately inside, not OUTSIDE, the blocker. You have to drill, drill, and drill them not to go outside. This is why we use the "phase one" drill with no football in order to drill in the correct response.

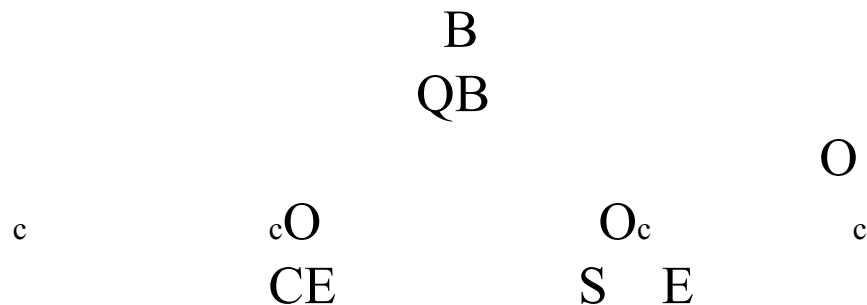
Optional: You can have your QB to run three steps as if he's keeping and then throw. This will help your defenders learn not to watch the QB but their man. If they watch the QB and he does this, they'll read run and get beat by their receiver every time

Defensive - Backs DB-BR-3

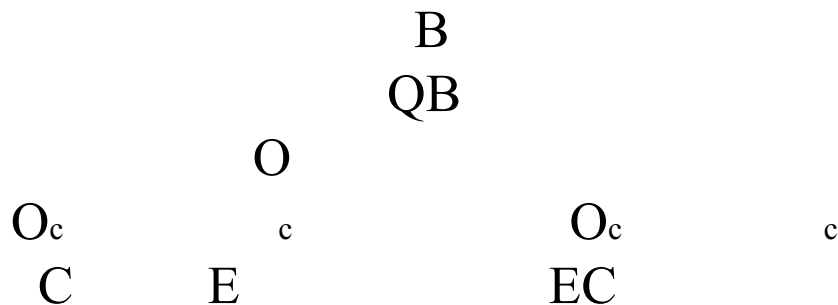
If you align “head up” on a receiver with no angle and without splitting his feet and apply “jam” to him at the snap, this is known as “posting”. You “post” a receiver to keep him from delay blocking and then running out for a pass. One of the more popular things to do against “46” defenses was to have the TE block Sam to give him a “run” read and then pass release (a delay pass). If you find the opposition is delay blocking and then successfully releasing a receiver, tell the defender out on that receiver to switch to “post”. A “posting” defender is not fooled by a delay block since the defender seldom comes off his “post” although he will defend both sides of the receiver on run. Posting is also useful when an offensive tackle clips your Sam from behind (Which is legal). Sam moves to a “post” position and the clip disappears as it is now illegal.

All the defenders must learn all three coverage techniques. The Clyde’s will use “stone” in conjunction with a DE, “bump and run” on a split end, or “jam” on flanker/wing. Sam will use bump and run on a TE or “jam” if being clipped from behind or if the TE is successfully delay blocking and then going out for a pass. All pass defenders have the same “stupid” rule: **“Nobody Gets Inside You!” Never allow your assigned man to inside release. Jam him! And while your kids may be doing complex stuff, all they’re really doing is 1) find your man, 2) hit your man, 3) play football 4) RESO.**

Here are other formations the coach can line the offense up in for this drill.



Or we can line up like this below, putting Sam on slot back. Sam must now use “jam”:



Defensive - Backs

DB-BR-4

The Reverse Drill

A cornerback can see two different types of reverse, a flanker (FL) reverse and a split end (SE) reverse. They are defended differently. An FL plays off the line and, therefore, so does our Clyde in mirroring him. When an FL runs a reverse behind the line of scrimmage (LOS) our Clyde runs behind the LOS at the same depth to follow and calls out “Reverse!” to warn Fred of the reverse. We tried running this without calling “reverse” and it didn’t work. We played against a team whose FL was so fast he simply outran our Clyde (who was the second fastest player on our team) for the score. Rather than have that happen again, we added the warning to Fred.

Defending a split end (SE) reverse though allows us to bump the SE on the line before he can run the reverse. This bump, which we can’t get on an FL, slows the SE down. By keeping a hand on the SE and running with him towards the QB on the reverse, we found our Clyde could keep up with, if not beat, the SE to the QB. We teach our Clyde to race the SE for the handoff (We have actually gotten the handoff several times in practice). However, we generally only practice this against a team that we know runs an SE reverse.

Defensive - Backs

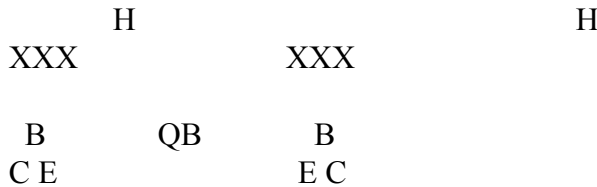
DB-ST-1

STONE CALL:

A Clyde can pull a DE over to join them in “stoning” a TE. Again, it is a *duplication of technique*. The Clyde uses the same “stone” technique as the DE. They line up on the player in three point stances with their feet touching one another’s but with the Clyde outside the DE. Where their feet touch they are splitting the TE’s stance. On movement the Sam or Clyde drives his outside hand into the offensive player’s near jersey number while inside hand goes to near shoulder, fingers pointed up. The inside hand is used to keep the offensive player from releasing off the “stone” and to “steer” him with. Clyde and the DE both step into the TE leading with their inside foot. As the TE is driven backwards, the DE looks inside for a blocker coming his way and collisions him, keeping outside arm free. The corner looks for sweep.

STONE DRILL:

Align the defenders being trained (Mike/Nick or Clyde/DE or Sam/DE) on two blockers (B). In the example below, the coach (C) is aligned at the QB position with both Clydes and the DE’s (E) being trained. Three to four yards behind each blocker (B) is a tackling dummy (xxx) with hand shields (H) on the ground behind it.



The coach pretends to have a football and assumes the QB position, holding the “ball” out in front of himself. The blocker’s eyes are allowed to look down the line at the ball. The defenders must look ahead. On the coach stepping back, the blockers fire out. Defender’s react on movement, driving inside hand to near jersey number and outside hand to near shoulder and drive the blocker backwards over the bag while looking inside.

The coach has four options:

- 1) Coach does nothing: Both blockers get driven over the bags.**
- 2) Coach drops back to show pass. Both DE’s come off their “stone” and pass rush around the bag. Both Clydes shift to “jam” coverage.**
- 3) The coach runs left: The play side Clyde comes off his stone and plays sweep. The backside Clyde switches to “jam”. The DE’s comes off their “stone” and chase the coach.**
- 4) The coach runs right: Repeat the above in reverse.**

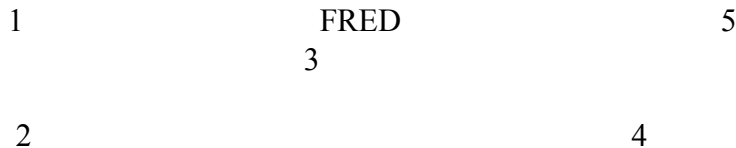
Coaching points: There is no football. When the coach runs left or right, he represents a pulling blocker, not a ball carrier. Carrying a football can distract and confuse defenders. They start looking for a ball carrier. Also, the blockers should be TE size and not offensive tackle size. The blockers do not initially try and pass release until defense become proficient at stoning them. Once the defenders have this down, the coach can have the defenders turn around while he signals pass or run to the TE’s. A pass drops and the blockers try and pass release, the coach sees if they can get open before the DE’s reach him.

Defensive - Backs

DB-FR-1

The “Fred” Drill

Place five cones on a field as shown on the next page. Fred stands at cone #3 and a coach with a football stands 15 yards in front of him. The coach now throws a football at each of the four remaining cones. Fred reads his eyes and shoulders and intercepts. Gradually widen the distance between cones and repeat.



QB

The cones to each side are staggered, the nearest cone to the QB/coach being 10 yards downfield and eight yards outside the QB/coach. The second cone is 20 yards downfield and twelve yards outside. The middle cone is 15 yards ahead of the QB/coach. Reduce or expand the pattern to fit your age group. The QB/coach must look at the cone he is going to throw at, and only that cone. He MAY NOT try and fool Fred by “looking him off” by looking at a different cone from the one he throws to.

This drill is of very short duration because the coach is very easily bored and will soon want to “fool” Fred. So the drill is only run until a pass has been thrown and caught to each cone. At the end of the drill Fred must “run” the cones. Fred moves to cone #1. On command Fred runs forward from cone #1 to cone #2. From cone #2 he runs backwards to cone #3. From cone #3, he runs forward to cone #4. From cone #4, Fred runs backwards to cone #5. The coach times him. Fred next runs the race in reverse, running from cone #5 to #4 to #3 to #2, and to #1 and is again timed. The coach notes which race Fred ran the slowest and that race is repeated.

At the end of this third race, Fred returns to the middle of the field and the “Fred” drill is repeated for five completed passes. Repeat until twenty minutes have expired.

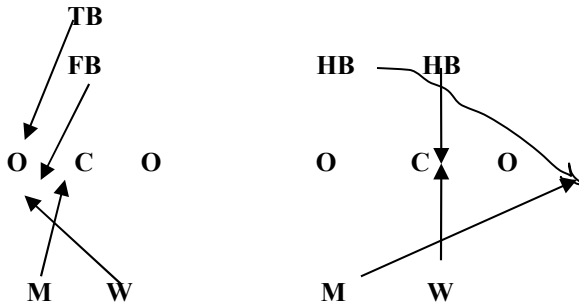
Coaching Points: Fred is not allowed to look back to find the cones he is backing up to reach. The coach directs him if he is going too far left or right by holding up the football in his throwing hand and pointing it at the cone at the same time that he looks at it. If it will help Fred, he can use a throwing motion to direct him to the cone. Once he has reached the cone (or come close) the coach points to the next cone he is to run to, signaling him to come forward. At no point in the drill does Fred ever look at a cone behind him.

Defensive – LB's

DLB-RD-1

An “Iso” play is when a running back lead blocks on a linebacker while the offensive linemen block other defensive linemen. Shown above is “23 Cross” from my DC Wing T playbook. In theory, the play should not work since Mike is unblocked and should make the tackle on the #3 back. However, if Will is in Mike's way, then Mike must “go over the top” of Will and now the play will go for yardage.

What makes the play fail is when Will aligns on outside shade of the #2 back and then comes forward when #2 HB back comes forward (“mirroring” him), meets him in that hole, and jams him, looking to play “outside arm free”. As soon as Will comes forward, he's no longer in Mike's way. The situation is now reversed. Instead of Will and the HB being in Mike's way, they're now both in the runner's way. If the runner tries to turn inside of the Will/HB collision, he'll run into Mike. If he tries to turn outside of the collision Will/HB point, he'll run into Will who is playing the run to this side with his “outside shade” and “outside arm free”. Now the play will go for no yardage. To teach Will and Mike to do this we use a modified “jam” technique. To start, each one stacks behind a DT or NG and, if possible, outside shade by splitting the back's feet. Will would now step forward immediately when his back comes forward rather than just slide and take a 6 inch power step. To keep from being “juke'd” by the back (if the back is pass releasing) he slows down just as he is about to meet the back and punches the palm of his inside hands to the blocking back's armpits. He makes contact with his inside foot splitting both feet of the back for outside leverage. He can now use forearm shiver (push/pull) to jerk his blocker inside and play the runner outside. To drill this response, you need four players (including Mike and Will), a coach, and two cones, and align them as shown:



The coach (C) stands between two cones with the running backs behind in whatever formation your next opponent uses. In this case, an “I” formation is set up in the left hand illustration and “split backs” in the right hand illustration. The coach assumes the QB position (There is never a center) and simply points to the side the iso dive is going to (Mike and Will turn heads so as not to see) and raises fingers for the count. The backs read it and, on cadence, dive this side. Runners must stay inside the cones. Mike or Will practice intercepting the lead blocker near, or at, the line of scrimmage, and forearm shiver, playing the runner outside. Whether you allow the defense to tackle or not in this drill is age related. Age 11 and under should be allowed to make the tackle. The 12-13's may require playing “touch” or simply standing the runner up and not taking him to the ground.

The key coaching point is that the linebackers are “mirroring” their man. They do what he does. If their man comes forward, so do they, and – if they make contact – position themselves where outside arm is kept free to make the tackle and the inside foot is splitting both feet of his blocker. Notice our technique is 1) find your man 2) hit your man (RESO) 3) play football.

Defensive – LB's

DLB-RD-2

CROSS KEY DRILL

Line up the backfield in “split backs” and run sweeps outside the cones. Again, the coach signals the backs the sweep direction and which one is getting the ball. If the coach points to the lead back on the sweep, it's a counter. In the lower left hand illustration the coach pointed a sweep left and for the right back (coach's right) to get the ball. The result is a sweep. In the lower right hand illustration he pointed left but for the left back to get the ball. The play is a counter or “cross buck”. Always place the fastest back as the sweep back and the slowest as the cross buck back.

← HB ← HB

HB ← HB

O C O

O C O

← M ← W

M W

Sweep left

Counter cross buck right

After a suitable number of reps, switch the backs and run these same plays in the opposite direction.

The object of the drill is to teach the linebackers, if they see their man run towards the QB, to first check the other back for “cross buck” before pursuing. The runner on an actual sweep should look to either beat the two linebackers to the outside or cut back inside them. This teaches our pursuing linebackers not to over pursue (see rabbit drill).

From this same drill you can also include practicing “Screen Blitz”. Although optional, I highly recommend using this coverage. The QB/coach drops back between the two backs and sets up to throw, with the HB's pass blocking. As soon as the two linebackers read pass block, they blitz the QB, but heading at their HB. They do not turn into the QB until they have reached their assigned back. This allows the blitzing linebacker to cover the HB for pass right up until the last second before they then turn in and take the QB. They pass in front of the HB's face to reach QB. Time the result. If they can reach the QB in 4 seconds, they will force the QB to throw into our bump and run coverage while it is still in place. If not, use “hook zone”.

Run more cross bucks than sweeps. Sweep is covered in the “rabbit” drill.

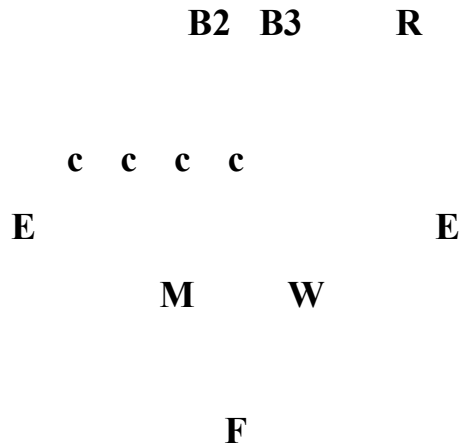
Defensive – LB's

DLB-RD-3

THE RABBIT DRILL

Purpose of drill: To train Mike (M), Will (W), and Fred (F) to run down sweeps

Required: one football and four cones (c).



Ideally, we start this drill without the DE's (E's) who are doing their own drill. However, we would add the DE's after 10 minutes. When the DE's arrive, we add B2 and replace the outside cone with a TE who will try and reach block the play side DE.

There are two running backs (B2 and B3) and the "rabbit" (R), all positioned three yards apart. The two backs are five yards off the LOS and the cones represent the center, guard, tackle, and tight end positions. B3 has the ball with B2 his lead blocker. There should be AT LEAST 27 yards of running room to the left and right.

The coach stands next to Fred on the "rabbit" side. He signals when the sweep is to begin. B2 and B3 then run a sweep left. Behind B3, the "rabbit" allows him to take two steps and then is free to chase and tackle B3. Using a "rabbit" forces B3 to run at top speed but, with a 5 yard lead on the rabbit, he can still cut back.

Defensive – LB's

DLB-RD-3-Cont'd

The response:

Mike: Mike is assigned to B2 but if B2 blocks the DE, Mike targets B3. Whoever Mike is chasing, he allows that player a one yard lead running east/west on him. B3 is told that if he sees a linebacker running even with him, that he is to cut back. Also, before the DE's arrive, Mike will be blocked by B2. If so, he is required to go "through" B2 to get to B3. By doing so he covers B2 for pass. Whether he makes the tackle or not is unimportant. That he goes THROUGH B2 is. However, when the DE's are added, he should have a clean line of pursuit as the DE's take out B2. Mike, who plays 3 yards back in this drill, should now be able to make the tackle on B3 for NO GAIN. If B3 is cutting back on Mike, it means Mike is following behind him too close. If Mike can't keep up with the play that's not a problem so long as Will does. In that case, Mike plays the cutback.

Fred: Fred is playing 8 yards back and is aligned between the two backs. On movement he takes a 3 step drop and then pursues B3. The three steps back can be as short as you want (My best safety ever only took steps of 2-3 inches back). In the first ten minutes, when B2 is blocking Mike, Fred should make most of his tackles for a TWO YARD GAIN. If Fred is making tackles for NO GAIN then he is either 1) Not taking his three step drop or 2) He needs to play 2 yards deeper. But if Fred is consistently giving up 3 yards, he is playing one yard too far back. If Fred has to play at less than "I" formation TB depth to hold the gain to two yards when the DE's are present he should be replaced.

Coaching: The coach can signal run (pedal motion with hands), reverse (He points from B3 to B2), or pass (throwing motion with hand). A run is performed as described and the results monitored by the coach, who first watches Fred for his three steps and then monitors the gain. If pass is signaled, B3 takes three steps left and then throws to B2 (On a pass, the "rabbit" does not chase or tackle B3.). The coach now monitors Mike and Fred's coverage on the play. On reverse, B3 runs towards B2 who stands and hands back to him. B3 crosses in front of B2. B2 should have 27 yards of running room to the right. Again, both Mike and Fred should make the tackle, for either a zero or two yard gain, respectively. Again, the "rabbit" does not tackle anyone on "reverse".

When the two DE's and a TE (who replaces the TE cone) are added, the coach now has his choice of two receivers on pass or runner on reverse. He can signal pass or reverse and point to either B2 or the TE (TE passes in front of B3 for the reverse).

Optional: If you elect to use the "Screen Blitz" coverage when Mike sees his man (B2) pass block, he blitzes through B2 to B3.

The DE coach watches the coach running the drill to know which of his two DE's to monitor by the play calls. On a pass, his DE's should reach B3 in 4-5 seconds (Touch only, no tackling). On run or reverse, they should get to the outside shoulder of their blocker.

Will: When Will is added to the drill his assigned back is B3. He checks B2 for reverse though before chasing B3. Neither Will nor Fred is responsible for cutbacks (Although Will may do so by accident.). Mike plays the cutback.

Optional: You can also bring over a cornerback and a wingback and add them to the drill. The wingback (B1) would line up outside the left DE. The corner would mirror him with an inside shade. B1 can 1) be a third receiver on pass, 2) crack block the DE, 3) Block the Clyde, or 4) Run off Clyde. The corner back coach signals the wingback (who is often the right side cornerback) what he wants him to do by standing behind the left Clyde so he can't see the signal.

Drill time is 20 minutes. We later run this drill a second time for 20 minutes only we now run the sweeps to the right. Everything else is run the same

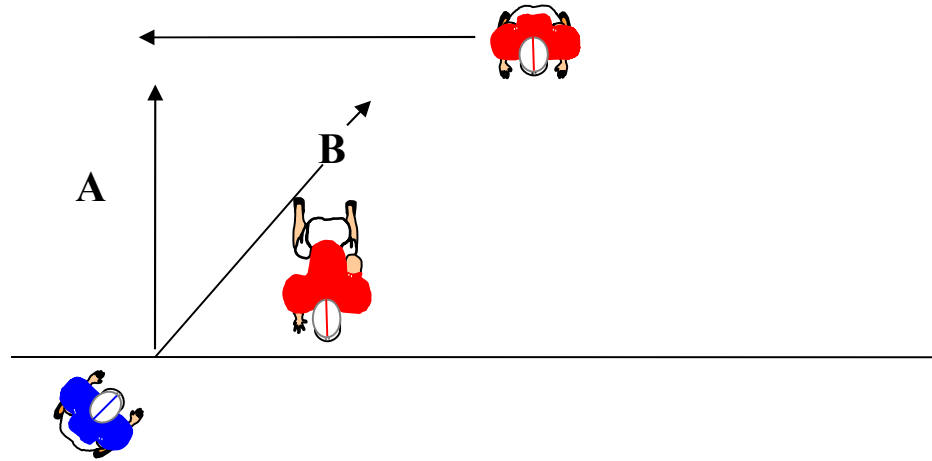
Defensive - Ends

DE-F-1

"RIP" Technique:

A "rip" occurs when the DE keeps his inside hand in a fist kept at about knee level for his first two steps. This keeps him lower than his inside blocker. As the blocker moves to make contact, he brings his right fist to his near nipple. This prevents the outside blocker from hooking him. He then uses that raised forearm to strike a blow on the blocker and gain separation to get by him. He repeats this again against a lead blocking back to get past him.

If the back didn't move on snap, the DE would track along the line "B" behind the TE and to the back's outside shoulder. If the back ran left, the DE would change his path to intercept and track along line "A". The center side hand is held at knee height.



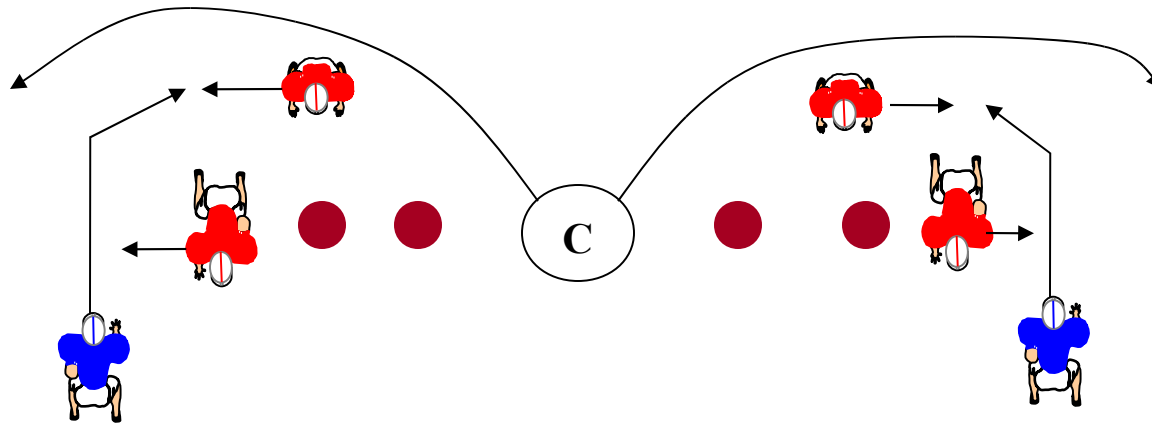
Defensive - Ends

DE-F-1

It takes one coach, zero footballs, two cones, and three DE's (one backup) to run this drill. The coach performs the role of center/QB, with one cone marking where the guard would be and the second marking the tackle position. One of the players lines up as a running back, either as a FB ("I" formation) or near HB and the other as a TE. While the DE being trained has his back turned, from the center position, the coach signals the back the play, pointing to the run hole (either between the guard/tackle cones, between TE and tackle, or outside the DE, or sweep away from the DE with HB pass or QB bootleg.) or indicating drop back pass with a throwing motion. The coach now assumes a hiking position and on cadence, hikes an imaginary ball to himself, and executes the play.

The DE being trained counts his five steps away from the coach, lets his blocker set, and then takes an extra step or two outside. He then watches the "hike" out of the corner of his eye and takes two steps straight up field, leading with outside foot to avoid the OT/TE's block and then going for the near back. He does not look directly at the "ball" on snap. His eyes are on the near back. The coach watches him for this. The DE now reacts to what the near back does by trying to collision his outside (away) shoulder. Notice, the near back never gets the ball except on sweep away and dive (And then there is no football to hand him). There is no one for the DE to tackle. THIS IS DELIBERATE. If you added a ball to the drill, you'd ruin the DE's concentration because he'd be trying to locate the ball carrier instead of finding and hitting the near back ("Find your man. Hit your man. Play football."). So eliminate the ball and let him learn to focus on the near back. Once this is learned, you can add the QB bootleg. The DE follows the QB on bootleg whether he has the ball or not (He's an eligible receiver.). Please note that on "sweep away", when the HB pulls up to throw an imaginary pass, the pursuing DE "tags" him and doesn't actually tackle him. This is done for safety reasons.

Notice also, that the other player performing the role of the near back is the other DE. We do this on purpose. We want the DE to learn a back's assignments (Pass block, ball carrier, lead blocker) and recognize which play is coming by what the back does. They learn this by playing the role of the back. Once one DE has had about 5 minutes of practice time, switch the DE's and practice the other one. When you switch them, make sure you switch the OT/TE to the other side of the coach so that the DE will get practice playing on the same side of the center as he would in an actual game. You can run this drill with the HB in a "split back" position or in an "I" formation FB position.



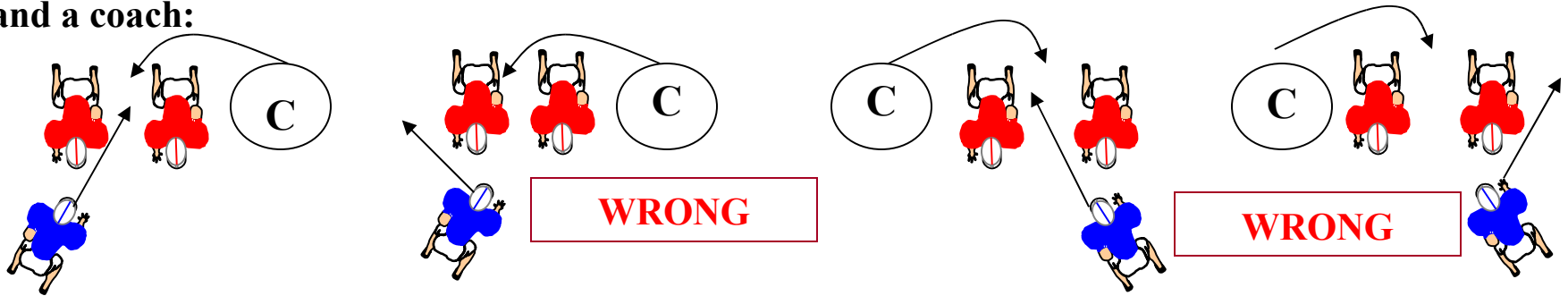
And notice his technique of how to "hit" his man is RESO.

- 1) 1) Read eyes to find his blocker
- 2) 2) Even toed stance
- 3) 3) Step off with foot furthest away from your blocker
- 4) 4) Keep outside arm free

Defensive –Line-Interior

DL-F-1

We use what we call the “monkey drill” to train and select DT’s. It requires at least three players and a coach:



The center (“C”) is the defensive line coach. He hikes the ball to himself, steps back, and stands between the guard and tackle *and holds ball out behind the guard*. If the DT is doing his job and penetrating, the coach lets him grab the football. If the DT is not in the gap (but looping or stunting outside) the coach runs through the gap with the ball for the “TD”. Even seven year olds have learned to stay in the gap when we run this drill. The coach will call out a cadence and try and pull the DT off sides (Calling “Down! Set! Go!” usually works) or snap on silent count. This teaches the DT’s to watch the ball out of the corner of their eye and move only on ball movement. We usually have DT’s who jump off sides run a short lap while another DT takes his place.

Once the DT has learned to go through his gap, the coach begins to keep the ball and stay in the center position, holding the ball out behind the guard’s back. The coach now taps the guard for his blocking instruction, taping him once to tell him to go down field (DT pins him). We usually lay a second football 3 yards out in front of the guard. The guard tries to get to it. If tapped twice, the guard is to block the DT. The guard must look where he’s going (ball or DT) and is not to try and fool the DT.

To make the drill fun and competitive, on snap the coach calls out “One monkey! Two monkeys! Three monkeys! Four! Five monkeys! Six monkeys! Seven monkeys more! Eight monkeys! Nine!” The DT’s compete to see who can get to the football in the coach’s hand in the least amount of monkeys. A time of three monkeys is good. Such a player will probably get three tackles in a game. A time of eight monkeys is bad. This player will make no tackles. If a DT is having trouble reducing his time to reach the ball in the “Monkey drill”, it usually means he’s standing up and/or turning his back to the blockers by using a “spin” move. If you must play this player, have him drop to hands and knees as soon as he makes contact with the guard and make a pile.

As a changeup, the coach can do a five step pass drop and count how long it takes the DT to reach him. A time of “Five monkeys” is good.

Defensive –Line-Interior

DL-F-2

The NG works from an even toed, four point stance; 90 degree bend to legs, crowding the ball, and breathing the center's breathe (We use a piece of PVC pipe to mark the LOS and check to make sure the NG's helmet is as close to it as possible without being off sides.). He is first taught to get both hands under the center's shoulder-pads and drive upwards on ball movement. This is done by having the NG sit on his knees in front of a center, with hands on the ground, and strike the center's pads as fast as possible on ball movement. Repeat until a full force shove is achieved UPWARDS and BACKWARDS with the hands. Now lay a tackling bag on the ground next to and parallel to the center. The NG now aligns over the bag and, on the same center's snap, dives out using both feet over the bag, hands out in front of himself with same shoving motion as before, and landing as far out on top of the bag as possible. Gradually increase the distance between him and the bag to make him lunge farther. This trains the NG to launch himself at a 45 degree angle for maximum distance (force). Once he is diving out at maximum distance with maximum hand thrust, put him back on the center again. On snap, let the NG explode out of his four point stance at that same 45 degree angle exactly as he did over the bag, powered by BOTH FEET and using the hands to drive the center straight back and up while keeping his head over the center's right shoulder pad. For fun, you can place the tackling dummy three feet behind the center with a hand shield on the ground behind it and let the NG drive the center over it as he snaps a ball to himself. Once this is mastered, the coach begins taking actual snaps as QB and, as the NG drives the center back, he looks over the center's right shoulder pad to see how the coach holds the ball. If the QB/coach is holding the ball at belt level, the play is "run" (handoff) and he continues to drive the center back while watching the QB for "keep". If the QB is holding the ball at chest height, the play is "pass" and the NG sheds the center using "push/pull" (forearm shiver technique) and sacks the QB. If the NG can push the center upwards as well as backwards fast enough, the QB will begin to fumble the snaps early. Do not try and teach all of this to a NG in a single night. Get him to first be able to drive the center up and back over a bag then add the QB and read at the next practice.

Defensive –Line-Interior

DL-F-3

If your NG isn't strong enough to drive the center back, have him shade to the center's hiking hand and "rip" that side and "swim" to the opposite side. This should keep the guard to that side from pulling. If the NG still can't get past the center, have him back off the ball a foot to avoid the center's block and let him play up and down the line on sweep or crab into the center's knees on all fours if he sees wedge. We usually change up our NG's on the center, giving him a big strong NG shoving him backwards one down and a small, fast NG ripping his hiking hand or playing up and down the line the next. The center is unlikely to be able to deal with all these situations and it's a great way to get a small player in on defense.

Defensive –Line-Interior

DL-F-4

SELECTION DRILL: Some NG types will “ease off” and not fire off into an actual center as hard as possible. To check for this, in the “jumping on the bag” phase of the drill, hold a second tackling dummy upright in front of the first and let him launch himself into it, using the dive and hands out technique. Occasionally, suddenly yank the bag out of the NG’s way just as he launches. If the NG is launching properly, he should still land on the remaining tackling dummy still on the ground. If he lands short, he is not using full power. This is hard to correct and is a sign the player is not suitable for NG.

Defensive –Line-Interior

DL-F-5

NG/Center Drill: As a weekly drill, the NG is matched up against an actual center with the coach as QB. The coach will tap the center from behind for the snap count and then call cadence. He will take the snap and drop back, holding the ball up for pass or out for handoff, then QB sneak the opposite way of the fake handoff. The NG will drive into the center and read the ball. If the ball is held low (run) he continues to drive back the center and looks to pursue the QB on keep by shedding the center to chase the QB down the LOS. If the ball is held high (pass) the NG sheds and runs to the coach for the sack.

Defensive –Line-Interior

DL-F-6

Once we have selected our DT's and NG, they need to be repetitively drilled to perform their assignments. We do this by setting up a center and offensive line of five players and a QB behind them (Not a real QB. He's usually a substitute NG waiting to get in his turn). The two DT's and NG line up on them and a coach stands behind the defense and signals the offense the play.

If the line is too tight to penetrate, they should drop and bear crawl. The NG also reads "eyes" and responds by attacking the center's legs and "making a pile" (The line is instructed to "give away" the play by looking at where they are going.).

Otherwise, the NG always reacts by first driving both hands under the center's pads, to raise him up and lower his buttocks to create the fumble. He then drives the center back into the path of pullers while reading the QB for pass or run. This prevents the center from "blocking back" on our backside DT who is following the pulling guard. If pass, he sheds the center by pushing with his pass rush side arm and pulling with the other. If run, he continues to play the QB for "keep".

Against trap, the play side DT pins the guard against the center and plays it the same as wedge. The backside DT follows the pulling guard for the tackle on the QB (Who takes a drop step for the guard to clear, then runs the hole).

The DT's will only penetrate deep into the backfield if they see the QB drop back on pass. Otherwise, they will retain leverage on the guard and play the one yard area behind the guard. Again, if a DT finds himself up against a double team he can't penetrate, he drops and bear crawls through his gap to get through and tackle whoever has the ball.

The three Primary Rules for the DT's are:

- 1) Don't allow the jump thru (block a LBer)**
- 2) Don't get reached**
- 3) Protect the nose guard from double team**