Running Back Skills & Drills

Kevin Boyd
Plainsmen Football
Essential Skills for Running Backs

• Proper stance
• Ball security
• Footwork
• Taking a handoff
• Making defenders miss
• Reading blocks
• Receiving
• Blocking
Proper Stance

2 Point Stance
• Balanced
• Feet shoulder width
• Chest out
• Head up

3 Point Stance
• Balanced
• Feet shoulder width
• Back flat
• Head up
Drills

• Make drills pertinent to your offense

• Drills should be done to teach a technique

• Break down your plays to see what you want your player to do

• Make drills out of sections of plays
Running Backs

Drill Sheet

• Have it at practice with you
• Great when you need to fill a bit of time
• Keeps you from having wasted time during Indy periods
• Helps with development of practice plan
# Running Backs Drill Chart

- Have it at practice with you
- Helps with development of practice plan
- Helps you to keep track of drills that have been covered

### Running Backs Drill Chart

<table>
<thead>
<tr>
<th>Month:</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agility</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stance</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>High knees</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ropes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hand-offs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pitches</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Steps</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dive</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Open (off tackle)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crossover (outside)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Counter/Trap</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Technique</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pull Away</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jump &amp; accelerate</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Read &amp; cut</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jump &amp; cut</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Handoff hit &amp; spin</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cut the weak arm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Step &amp; plant</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Circle the tire</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sprint plant &amp; cut</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Four corner</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blocking</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lead block</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kick out</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seal block</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cut</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pass Pro</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pass Routes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Swing</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flare release</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Look in</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corner</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stretch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Square out</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fly</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Comments

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
Drills: Agilities

• Bags
• Ladder/Ropes
• Dots
• Handoffs
• Pitches
Drills: Steps

• Dive
• Open (off tackle)
• Crossover (pitch, etc.)
• Counter/Trap
Footwork: Dive

- Playside Step
- Run through
Footwork: Open (Off Tackle)

• Playside step at an angle
• Run through off tackle
Footwork: Crossover (Outside)

- Playside crossover step
- Run flat
- Cut upfield
Footwork: Counter/Trap

• Backside crossover step
• Plant step
• Angle back playside to hole
Drills: Technique

• Jump & Accelerate
• Read & Cut
• Jump & Cut
• Off Tackle & Up
• Handoff, Hit & Spin
• Cut the Weak Arm
• Stiff Arm

• Sprint, Plant & Cut
• Star
• Step & Plant
• Sideline Extra Yard
• Lead Read
• Skip Cut to Outside
• Short Yardage
Technique: Jump & Accelerate

• Step over

• Twist hips to crossover laterally

• Emphasize control & staying low

• Run through
Technique: Read & Cut

- Run straight at bag
- Bag left, cut right
- Run through

- Run straight at bag
- Bag right, cut left
- Run through
Technique: Jump & Cut

- Run straight at bag
- Emphasize hard cuts & good hip movement
- Run through
Technique: Off Tackle & Up

- Run off tackle & cut upfield
- Bag left, cut right
- Run through

- Run off tackle & cut upfield
- Bag right, cut left
- Run through
Technique: Handoff, Hit & Spin

• Run straight at bag
• Take handoff
• Drop shoulder into bag (right shoulder if spinning back right, etc)
• Run through
Technique: Cut the Weak Arm

- Angle towards sideline
- Plant & cut hard inside, changing ball to other hand
- Swat the defender’s inside (weak arm)
- Cut back upfield & run through
Technique: Stiff Arm

- Run straight at bag
- Bag left, cut right & jam defender’s shoulder with stiff arm
- Run through

- Run straight at bag
- Bag right, cut left & jam defender’s shoulder with stiff arm
- Run through
Technique: Sprint, Plant & Cut

• Run hard at cone
• Plant & trade ball to outside hand
• Repeat at each cone
• Run through
Technique: Star Drill

• Player places left hand in centre of bags
• Ball in right hand
• Run through bags counter-clockwise
• Repeat other direction
Technique: Step & Plant

- Hip movement while running through bags
- Emphasize control & staying low through bags
- Start slow & progress faster
- Run through
Technique: Sideline Extra Yards

- Angle towards sideline
- Plant & cut hard inside, delivering a shoulder or flipper to defender’s chest
- Stay low & keep in bounds
- Run through
Technique: Lead Block Read

- Run straight behind lead blocker
- Cut the way the lead blocker’s butt points
- Run through

- Run straight behind lead blocker
- Cut the way the lead blocker’s butt points
- Run through

- Run straight behind lead blocker
- Cut the way the lead blocker’s butt points
- Run through
Technique: Skip Cut

- Angle out at defender closing in
- Plant hard and skip/hop low to outside & immediately run straight ahead
Technique: Short Yardage

• Run straight ahead
• Both hands on ball
• Keep low
• Keep feet grinding
• Run through
• Can use “Gauntlet” as well
Drills: Receiving

- Mechanics of the catch – hands
- Form Catch & Tuck
- Turn, Form Catch & Tuck
- Running Catch

- Routes – concentrate on routes that the RB will need to know for the playbook, then move towards ones that you may install later
Catching Mechanics

**Ball Shoulder Level or Above**
- Make a window with your hands
- Look the ball in through the window
- Concentrate on the tip
- Catch ball with hands, not body

**Ball Below Chest Level or Over the Shoulder**
- Make a basket with hands – little fingers touching
- Cradle ball in basket & bring in to body
Receiving: Form Catch & Tuck
• Standing facing QB
• Catch ball with proper mechanics
• Tuck ball away

Receiving: Turn, Form Catch & Tuck
• Standing facing away from QB
• Turn to face QB when he says “Go”
• Locate ball
• Catch ball with proper mechanics
• Tuck ball away
Receiving: Running Catch

Running Catch
• Run towards the ball
• Make form catch & tuck ball away

Ball Behind
• Run away from QB
• Turn back to catch ball thrown behind
• Make form catch & tuck ball away
# Receiving: Running Catch

<table>
<thead>
<tr>
<th>Low Ball</th>
<th>Fade</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Run towards the ball</td>
<td>• Run away from QB</td>
</tr>
<tr>
<td>• Bend at knees</td>
<td>• Adjust to flight of ball</td>
</tr>
<tr>
<td>• Make form catch &amp; tuck ball away</td>
<td>• Make form catch &amp; tuck ball away</td>
</tr>
</tbody>
</table>
Drills: Blocking

- Lead Block
- Kickout
- Seal
- Chip
- Pass Pro
Blocking Basics

Run Blocking
- More Aggressive blocking
- Attack the defender
- Seal the defender away from the ball carrier – point your butt to the ball carrier
- Keep your head up and your feet moving

Pass Blocking
- Let the defender come to you
- Set up with outside foot back
- HOT technique – Hands On Torso
- Keep feet moving and deliver a blow to the numbers with the palms of your hands
- Do not let defender beat you inside
### Blocking

<table>
<thead>
<tr>
<th><strong>Lead</strong></th>
<th><strong>Kickout</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>• Run towards defender</td>
<td>• Run towards defender</td>
</tr>
<tr>
<td>• Get low &amp; drive defender back</td>
<td>• Attack inside shoulder</td>
</tr>
<tr>
<td>• Let ball carrier cut off of your block</td>
<td>• Get low &amp; drive defender out</td>
</tr>
<tr>
<td></td>
<td>• Kick defender out to allow ball carrier to cut upfield</td>
</tr>
</tbody>
</table>
Seal

- Run towards defender
- Attack outside shoulder
- Get low & drive defender inside
- Let ball carrier run to outside lane

Chip

- Run towards defender
- Attack outside shoulder
- Push defender towards O Lineman
- Can be used in both run & pass game
Pass Protection

• Step up to blocking area (can also do 1 on 1's inside the cones)

• Sit into the blow from the defender

• Hot Technique – Hands On Torso

• Ride defender to outside of pocket – do not let inside

• Keep feet moving
Contact Info:

Kevin Boyd

jordana@westman.wave.ca