

Running Back Skills & Drills

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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

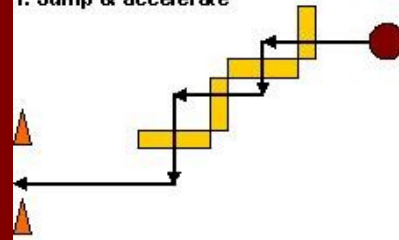
- Have it at practice with you
- Great when you need to fill a bit of time
- Keeps you from having wasted time during Indy periods
- Helps with development of practice plan



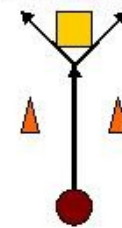
PLAINSMEN RUNNING BACK DRILLS



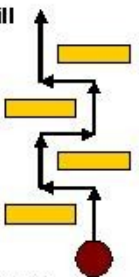
1. Jump & accelerate



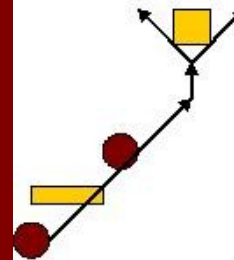
2. Read & cut drill



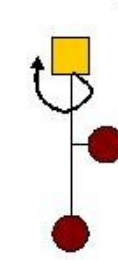
3. Jump & cut drill



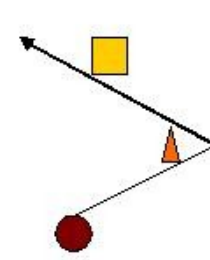
4. Off tackle & up drill



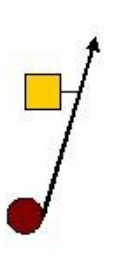
5. Handoff, hit & spin



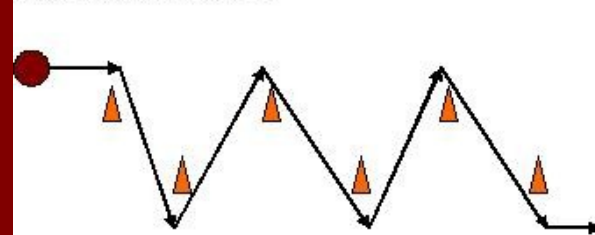
6. Cut the weak arm



7. Stiff Arm

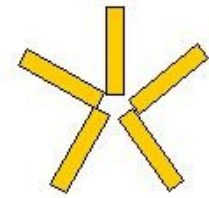


8. Sprint, plant & cut drill

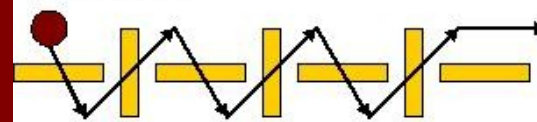


9. Star Drill

-hand down in middle, run through bags

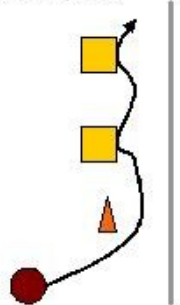


9. Step & plant drill



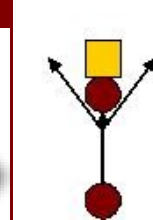
10. Sideline Extra yard Drill

-lower shoulder & explode



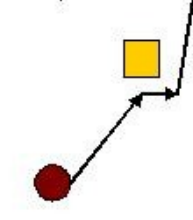
11. PowerLead

- read the block & cut

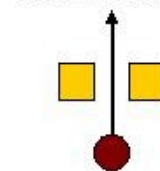


12. Skip cut to outside

- stay low



13. Short yardage



RUNNING BACKS DRILL CHART

MONTH : _____

AGILITY	MON	TUE	WED	THU	FRI
Stance					
High knees					
Ropes					
Hand-offs					
Pitches					
STEPS					
Dive					
Open (off tackle)					
Crossover (outside)					
Counter/Trap					
TECHNIQUE					
Pull Away					
Jump & accelerate					
Read & cut					
Jump & cut					
Handoff hit & spin					
Cut the weak arm					
Step & plant					
Circle the tire					
Sprint plant & cut					
Four corner					
BLOCKING					
Lead block					
Kick out					
Seal block					
Cut					
Pass Pro					
PASS ROUTES					
Swing					
Flare release					
Look in					
Corner					
Stretch					
Square out					
Fly					

COMMENTS

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

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



Drills: Agilities

- ***Bags***
- ***Ladder/Ropes***
- ***Dots***
- ***Handoffs***
- ***Pitches***



Drills: Steps

- *Dive*
- *Open (off tackle)*
- *Crossover (pitch, etc.)*
- *Counter/Trap*

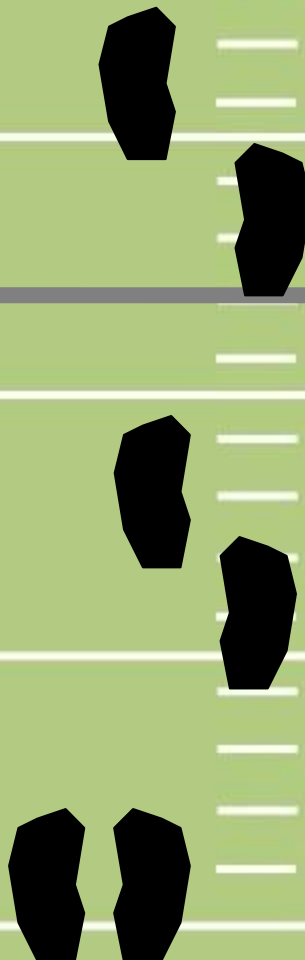


Footwork: Dive

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- *Playside Step*
- *Run through*

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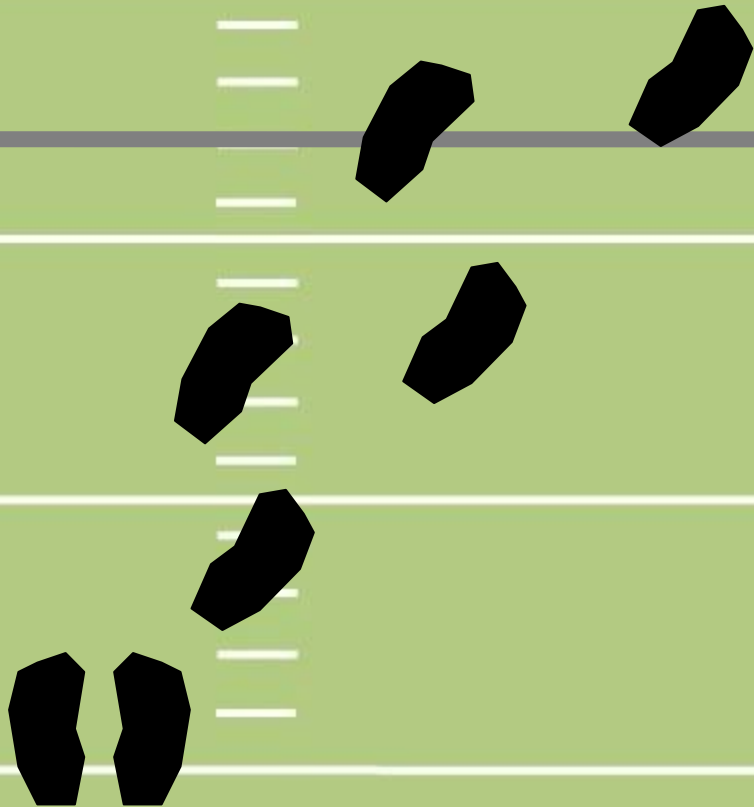
Footwork: Open (Off Tackle)

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•Playside step at an angle

•Run through off tackle

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Footwork: Crossover (Outside)

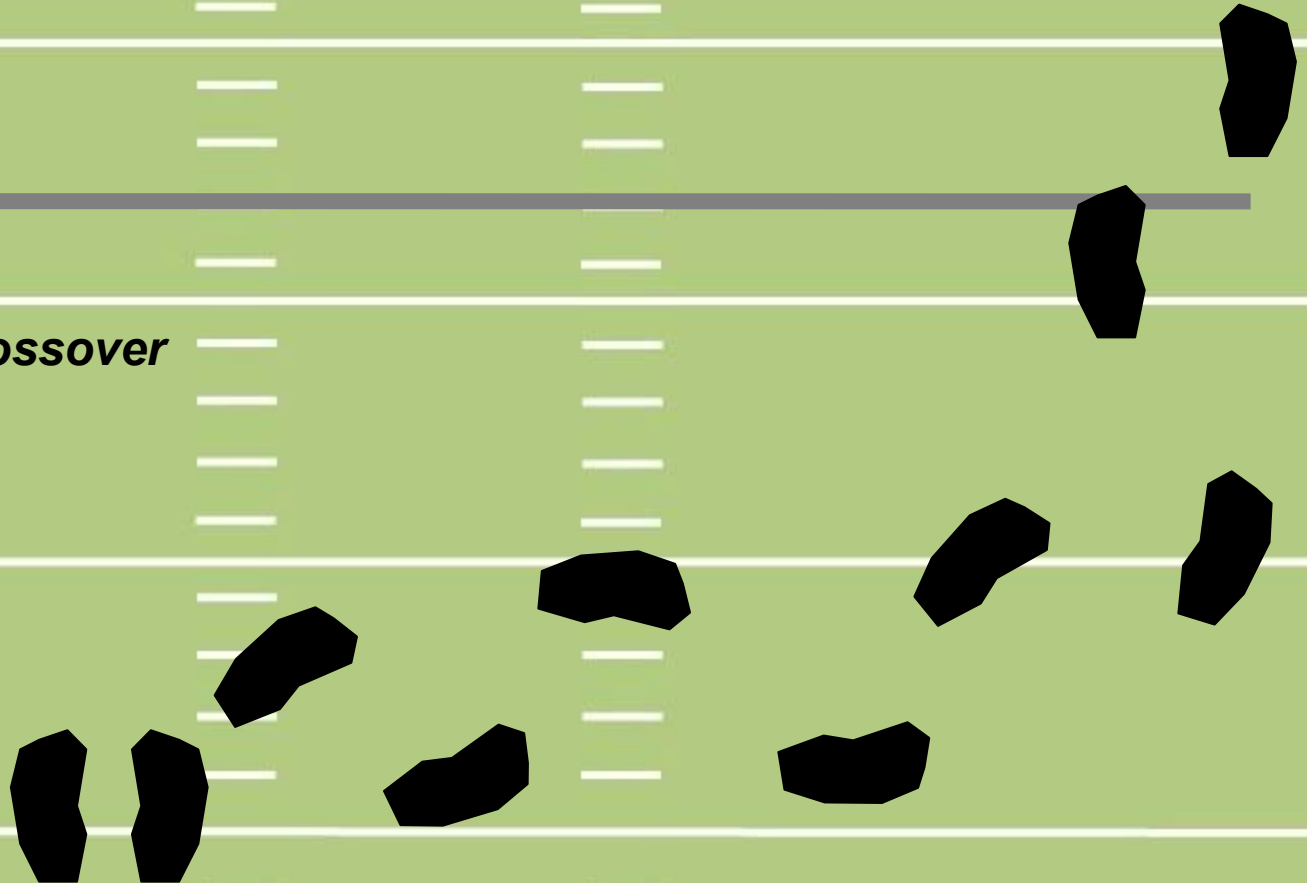
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- *Playside crossover step*

- *Run flat*

- *Cut upfield*

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Footwork: Counter/Trap

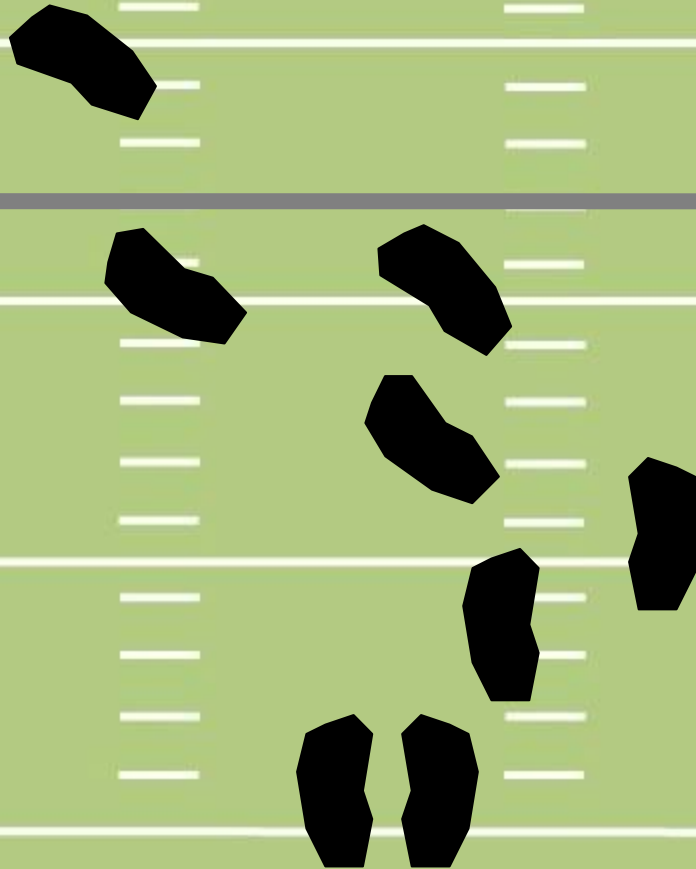
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- *Backside crossover step*

- *Plant step*

- *Angle back playside to hole*

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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***

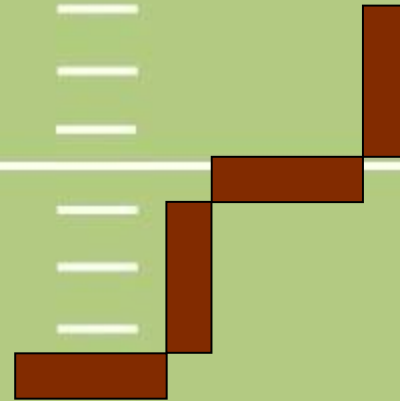


Technique: Jump & Accelerate

- Step over
- Twist hips to crossover laterally
- Emphasize control & staying low
- Run through

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Technique: Read & Cut

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

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

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Technique: Jump & Cut

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- Run straight at bag
- Emphasize hard cuts & good hip movement
- Run through

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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

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- Run straight at bag
- Take handoff
- Drop shoulder into bag (right shoulder if spinning back right, etc)

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- Run through



Technique: Cut the Weak Arm

• *Angle towards sideline*

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▼
• *Plant & cut hard inside, changing ball to other hand*

• *Swat the defender's inside (weak arm)*

• *Cut back upfield & run through*

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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



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Technique: Sprint, Plant & Cut

- Run hard at cone
- Plant & trade ball to outside hand
- Repeat at each cone
- Run through

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Technique: Star Drill

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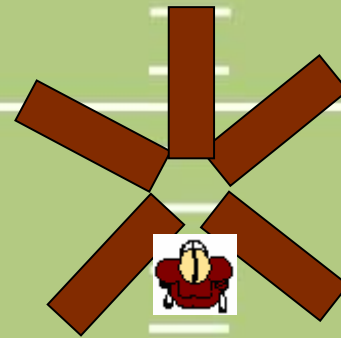
- *Player places left hand in centre of bags*

- *Ball in right hand*

- *Run through bags counter-clockwise*

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- *Repeat other direction*

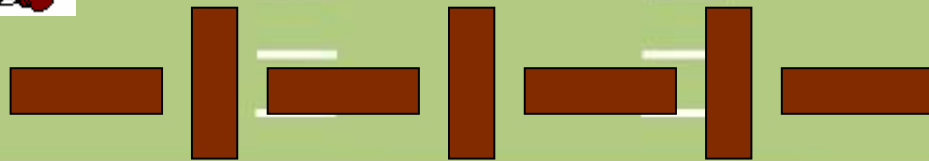


Technique: Step & Plant

- Hip movement while running through bags
- Emphasize control & staying low through bags
- Start slow & progress faster
- Run through

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Technique: Sideline Extra Yards

- *Angle towards sideline*

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- *Plant & cut hard inside, delivering a shoulder or flipper to defender's chest*

- *Stay low & keep in bounds*

- *Run through*



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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



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Technique: Skip Cut

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•Angle out at
defender closing in

•Plant hard and
skip/hop low to
outside &
immediately run
straight ahead

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Technique: Short Yardage

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- Run straight ahead
- Both hands on ball
- Keep low

- Keep feet grinding
- Run through

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- 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



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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



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Receiving: Running Catch

Low Ball

- Run towards the ball
- Bend at knees
- Make form catch & tuck ball away



Fade

- Run away from QB
- Adjust to flight of ball
- Make form catch & tuck ball away



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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

Lead

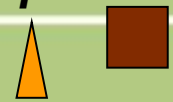
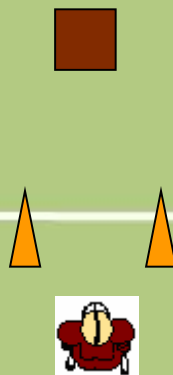
- Run towards defender
- Get low & drive defender back
- Let ball carrier cut off of your block

Kickout

- Run towards defender
- Attack inside shoulder
- Get low & drive defender out
- Kick defender out to allow ball carrier to cut upfield

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Blocking

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

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Blocking

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

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Contact Info:

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