



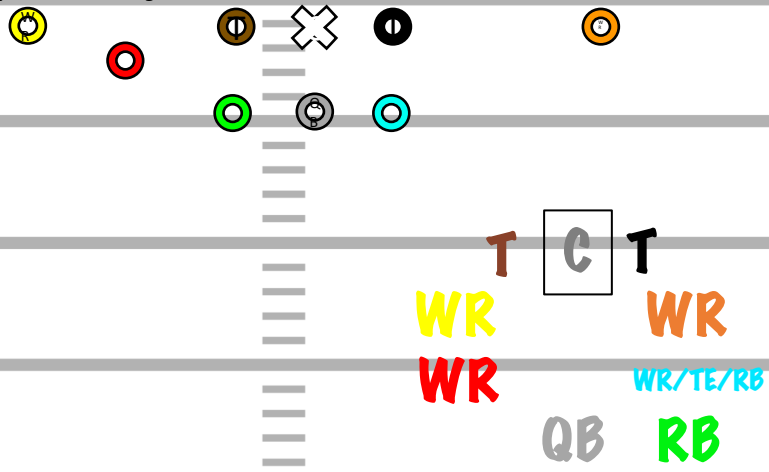
NATIONAL
FLEX
FOOTBALL

DRILL WORKBOOK

OFFENSIVE TEAM DRILLS

Huddle Drill

Learning how to break the huddle, and get lined up quickly. Coaches should be in the huddle calling plays, and using playbooks to show players where to align.

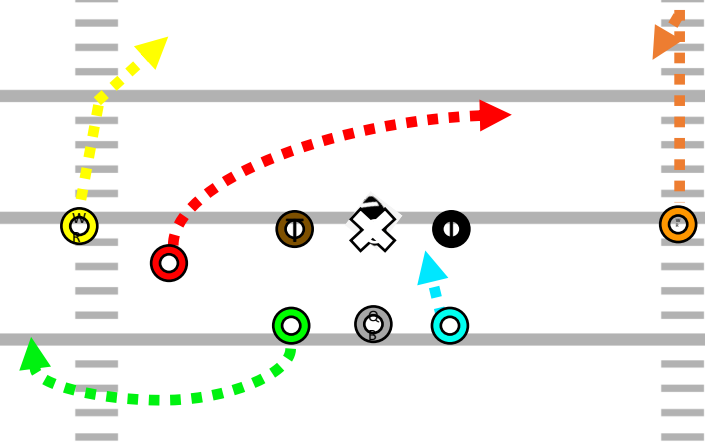


Coaching Points:

- Center sets the huddle 5 yards away from ball
- Clean Huddle
- No talking when QB or Coach is trying to explain the play
- After play call, "Ready...Break" w/ Clap is how you break the huddle
- Jog to position and get lined up ASAP
- After the play jog back to the huddle

Walkthrough Drill (On Air or vs. Defense)

Walkthroughs are a great way to introduce new plays, we recommend starting each offensive practice or team period with a quick walkthrough to get players up-to speed on new installs, and review past installs before the full speed team period.

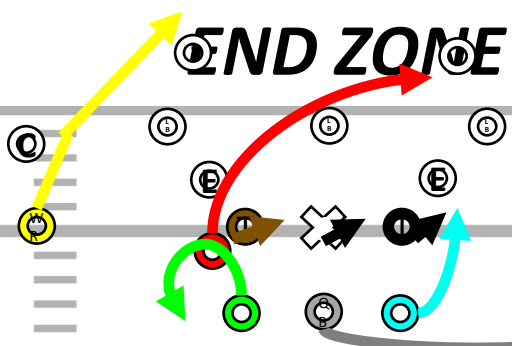


Coaching Points:

- Play execution
- Assignment
- Alignment
- Timing
- Tempo

Goal Line / Red Zone Team Drill

Goal line Team is a situational period where the offense works on executing plays within the 10 yard line and in.

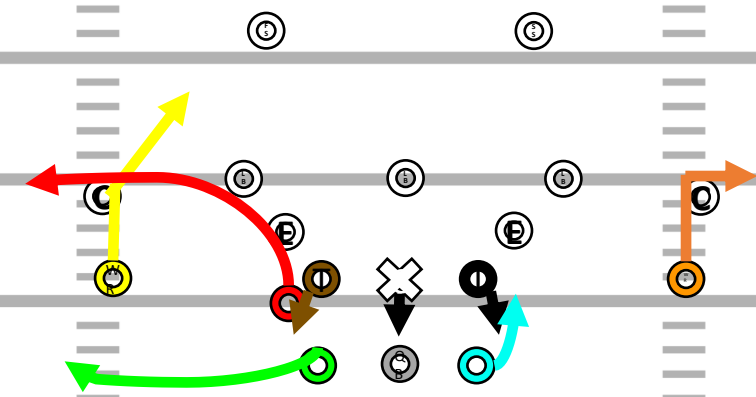


Coaching Points

- QB cannot run when ball starts in RED ZONE
- 4 downs to score
- Crossing routes work well against man coverage

Offensive Team vs Scout

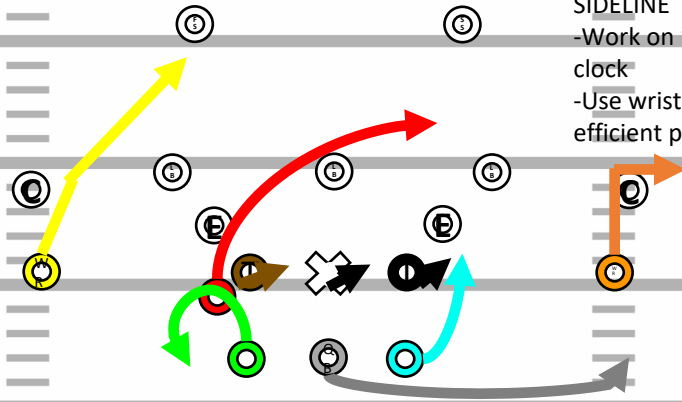
Team vs Scout, is a great way to give your offensive players a realistic look and feel to gameplay with limited numbers. With most Flex Football rosters ranging from 12-15 players, you will use the additional players who are not in that specific offensive group to play "scout" team against the offense. Not only is this a great teaching tool for offensive players, but coaching can be done with scout players on the defensive side as well.



OFFENSIVE TEAM DRILLS

2 MINUTE TEAM DRILL

Used to work the time at the end of a half or the end of a game. Plays should be scripted, and using play wristbands for players is suggested because you will not have time to huddle.

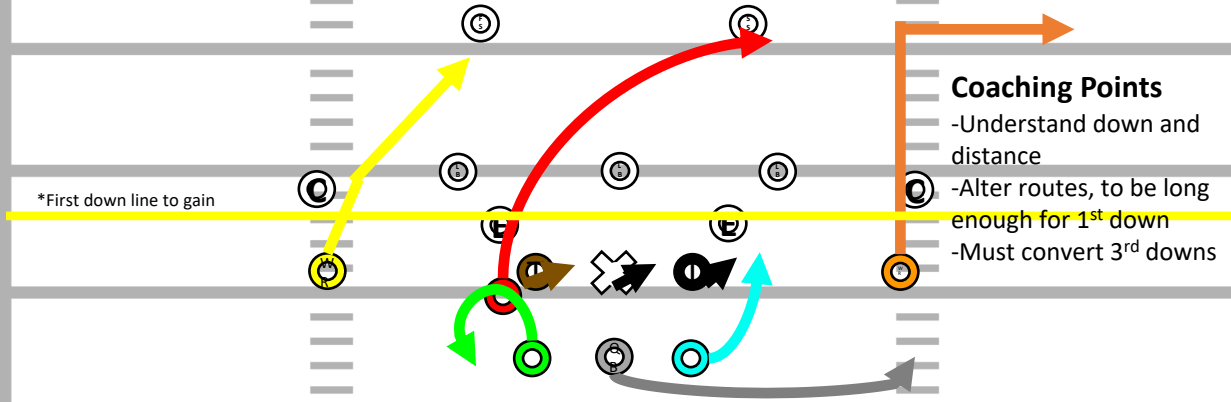


Coaching Points

- TEMPO
- ROUTES SHOULD BE CLOSE TO SIDELINE
- Work on "Spike" Play to stop clock
- Use wristbands for time efficient play calling

SHORT YARDAGE TEAM DRILL

Team period used to simulate short yardage situations such as 2nd and short, and 3rd and short. An emphasis should be placed on converting to a new 1st Down!



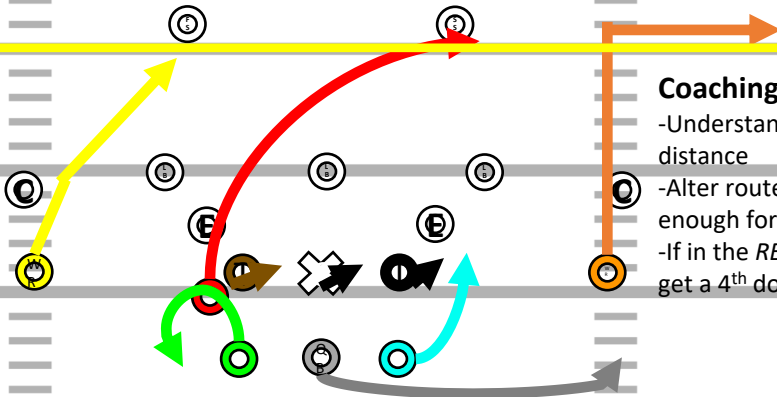
Coaching Points

- Understand down and distance
- Alter routes, to be long enough for 1st down
- Must convert 3rd downs

3rd DOWN TEAM DRILL

Goal line Team is a situational period where the offense works on executing plays within the 10 yard line and in.

*First down line to gain

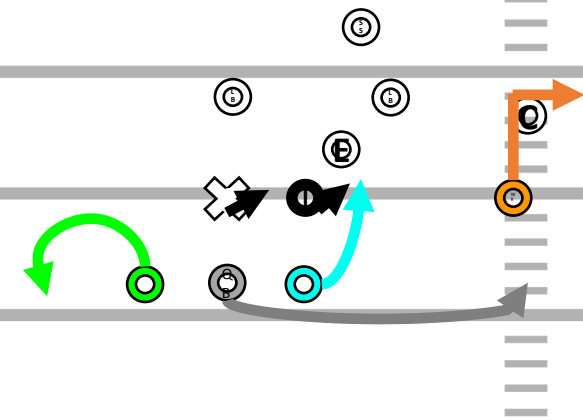


Coaching Points

- Understand down and distance
- Alter routes, to be long enough for 1st down
- If in the REDZONE, will get a 4th down.

HALF-LINE DRILL

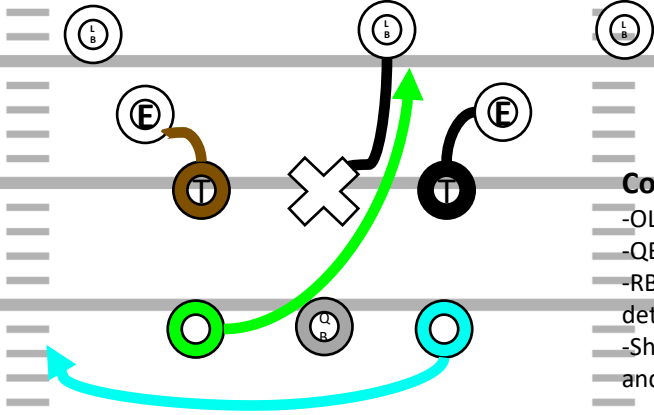
Team period used to provide a realistic look for the offense, by using ½ of an offense against ½ of a defense. With limited roster numbers, this can be a good option to run "scrimmage" practice segments.



OFFENSIVE GROUP DRILLS

INSIDE RUN DRILL

Run focused group period, with QB, OL, and RB's. Great for run game install.

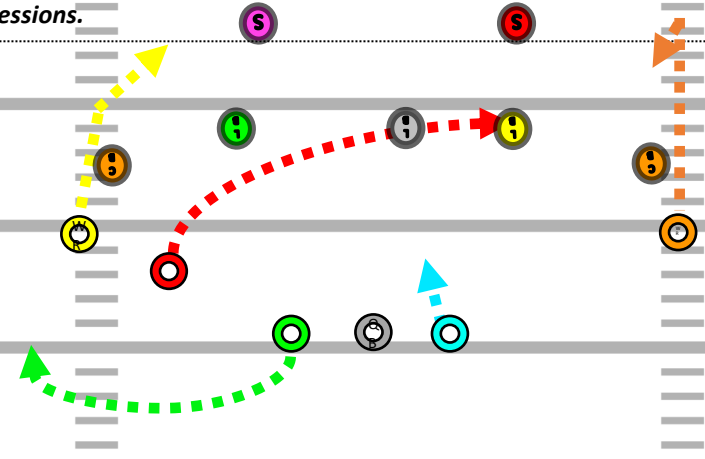


Coaching Points

- OL Block angles
- QB – RB exchange
- RB running path determined by the play
- Shotgun snaps (Center and QB Exchange)

SKELLY DRILL (On Air or vs. Defense)

Pass focused practice time, can be run on air or against a defense. The goal of Skelly is to work on the pass game. This includes any new installs and reviews of past installs. Focus on completions, crisp routes, and coaching QB progressions.

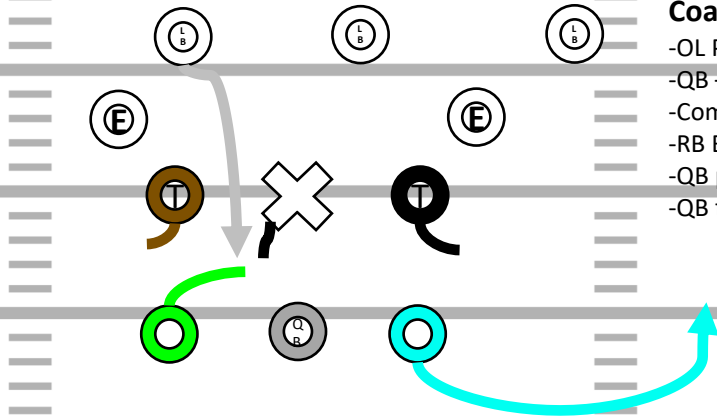


Coaching Points:

- Play execution
- Assignment
- Alignment
- Timing
- Tempo

Blitz Pick-Up (On Air or vs. Defense)

Offensive group period focused on pass protection and learning how to pick-up a blitz. The scout team defense should give the offense multiple looks

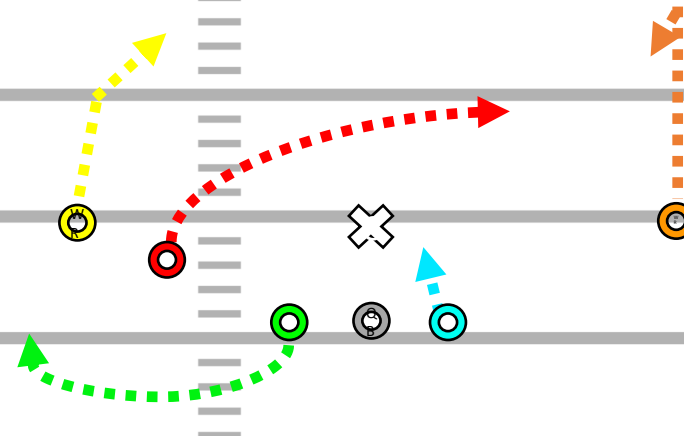


Coaching Points

- OL Pass protection
- QB – Center exchange
- Communication
- RB Blitz pick up
- QB pocket movement
- QB footwork

ROUTES ON AIR

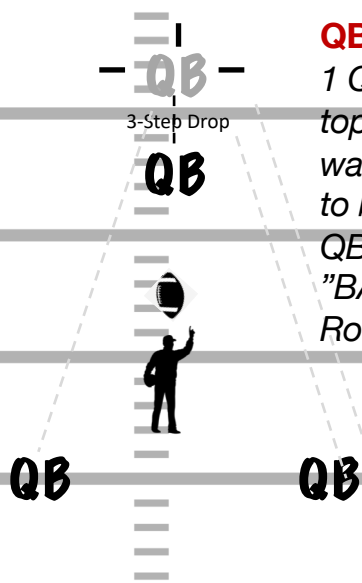
Pass focused group period with QB, RB, and WR. Great for installing pass routes and plays. Fast Tempo!!



Coaching Points:

- Timing
- QB Reads
- WR Route Running
- Alignment

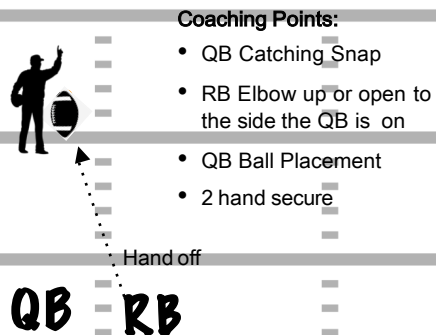
QUARTERBACK DRILLS



QB Wave Drill

1 QB starts with a 3-step drop, at the top of the drop the coach begins waving the QB side to side, and front to back. He then points to one of the QB's standing as a WR and says "BALL" and the QB thrown the ball. Rotate to the next guy.

QB/RB Mesh Drill



Coaching Points:

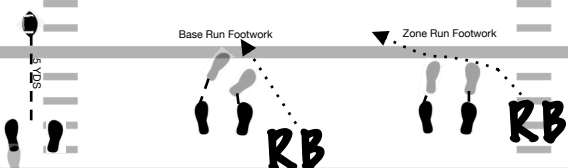
- QB Catching Snap
- RB Elbow up or open to the side the QB is on
- QB Ball Placement
- 2 hand secure

QB Pitch Relationship

Partner QB's, have them stand on yard lines 5 yards apart. Jog and work option pitch, focusing on a slow rotating catchable ball, rib-height, and finish with thumb pointing at target. Stay facing same direction, then turn around and come back (works both sides, for both QB's). Pitch back and forth like you are playing catch.

5 Yards

QB Alignment/ Footwork



Coaching points Shotgun

- Toes 5 yds from ball
- Athletic width stance
- Option to keep feet square or have foot opposite throwing hand staggered back to other heel
- Hands up

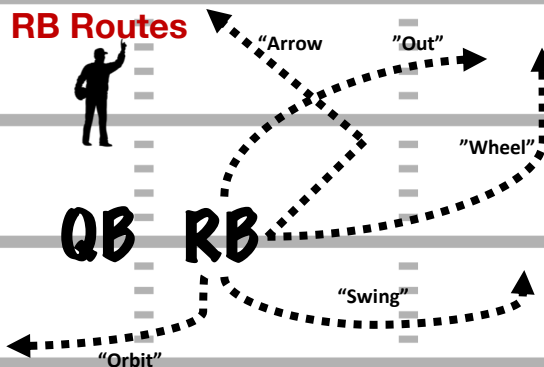
Coaching Base Run Footwork

- Goal is to put RB on a downhill path
- IF RB is on Right, step w/ R foot first 6" with foot at 45° angle
- Follow with a 1' step by your left foot at a 45° Angle
- Visa Versa if RB is on left

Coaching Base Run Footwork

- Goal is to put RB flat path.
- IF RB is on Right, step w/ R foot first 6" directly forward
- Follow with a 6" step by your left foot directly forward
- Visa Versa if RB is on left

RB Routes

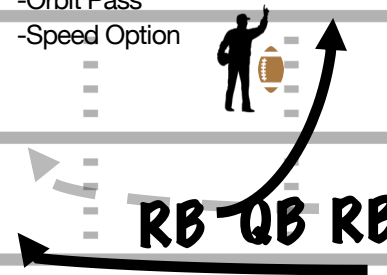


Coaching Points:

- QB Catching Snap
- QB Ball Placement
- RB Catch and Secure
- Sprint Up field after Catch

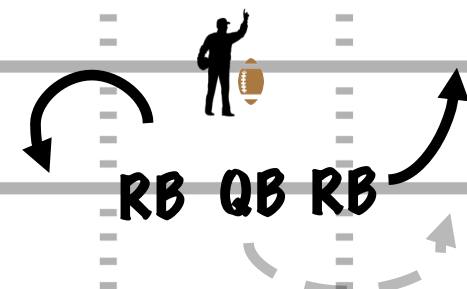
RPO Reads w/

- Handoff
- Orbit Pass
- Speed Option

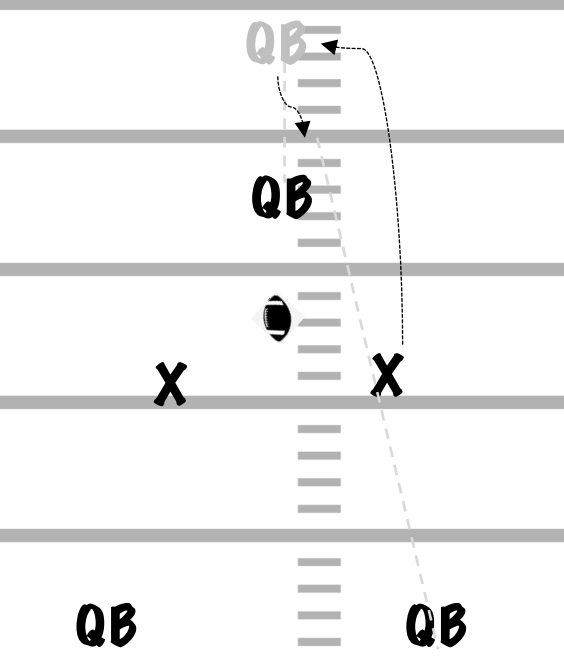


Throwback Screen/ Sprint out footwork

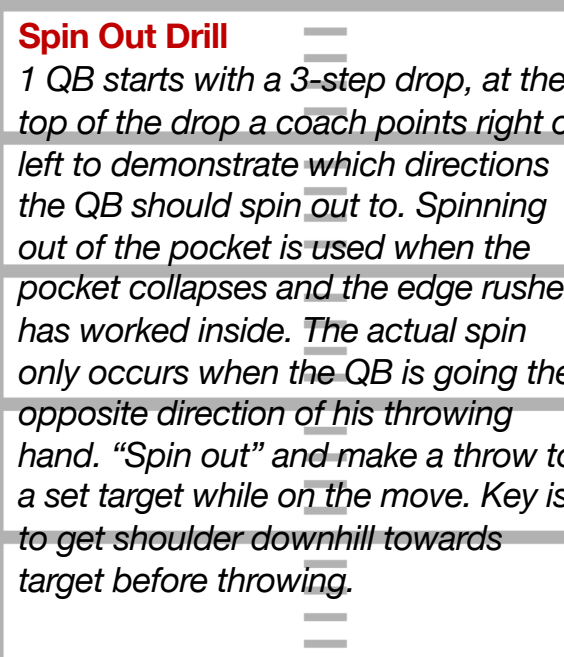
- 1/2 circle
- Depth and Width
- Option to run, throw, or throwback screen.
- On TB Screen, set feet and deliver a strike to RB, must sell sprint out



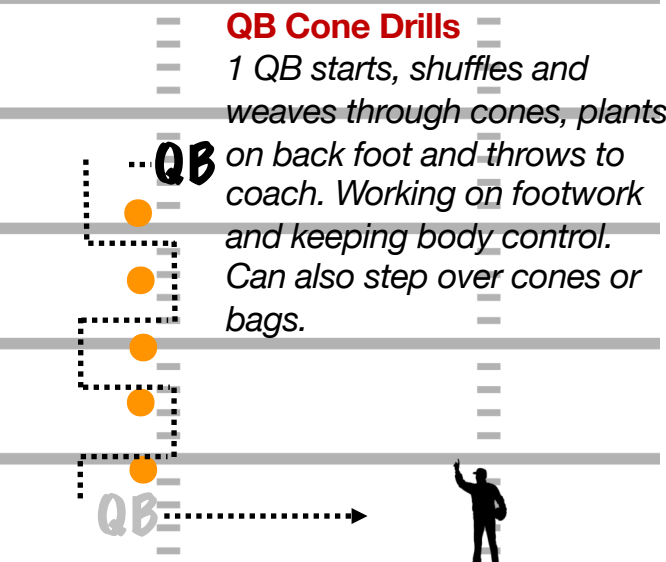
QUARTERBACK DRILLS CONT.



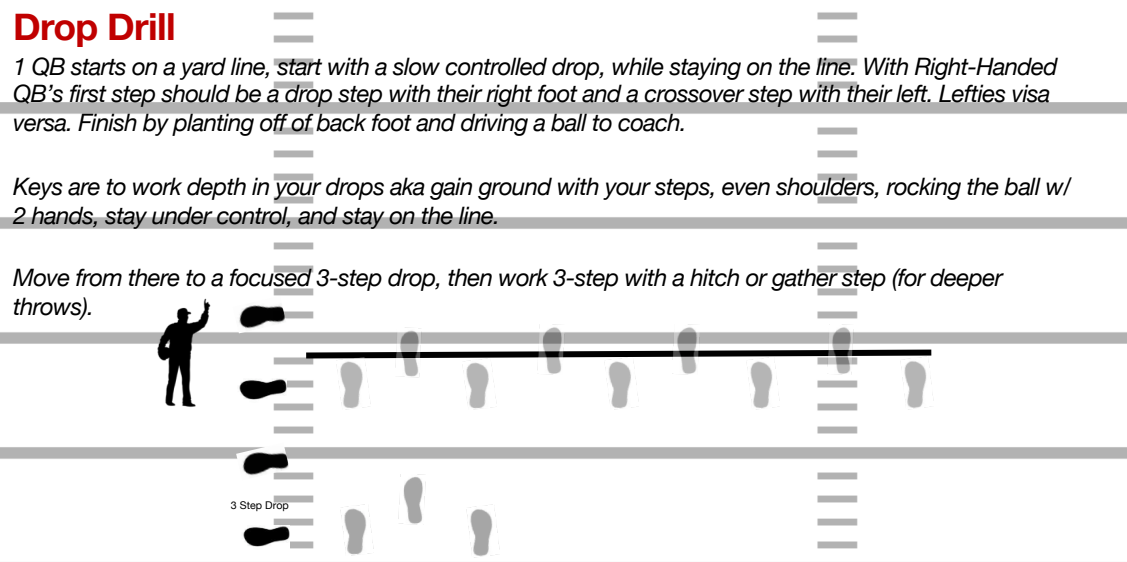
Pocket Presence Drill
 1 QB starts with a 3-step drop, at the top of the drop 1 of the 2 potential pass rushers starts his rush. The QB must avoid the rush while remaining in the pocket, keeping his eyes down field, and must make the throw once the pre-determined receiver raises his hands. This drill is about pocket presence and reaction.



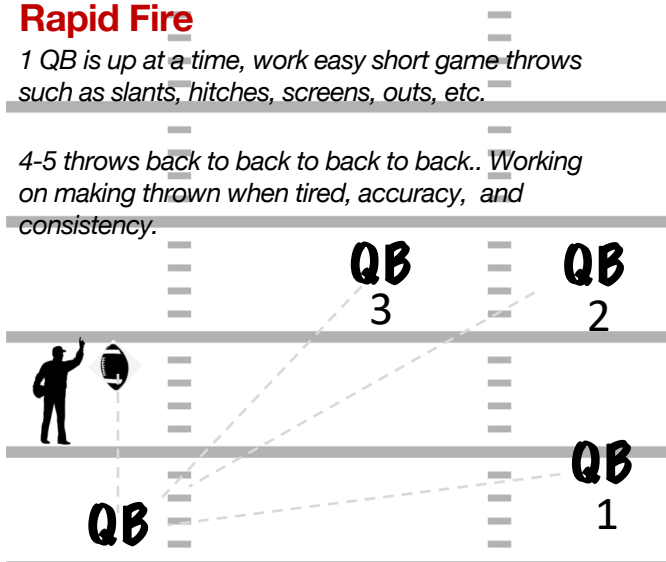
Spin Out Drill
 1 QB starts with a 3-step drop, at the top of the drop a coach points right or left to demonstrate which directions the QB should spin out to. Spinning out of the pocket is used when the pocket collapses and the edge rusher has worked inside. The actual spin only occurs when the QB is going the opposite direction of his throwing hand. "Spin out" and make a throw to a set target while on the move. Key is to get shoulder downhill towards target before throwing.



QB Cone Drills
 1 QB starts, shuffles and weaves through cones, plants on back foot and throws to coach. Working on footwork and keeping body control. Can also step over cones or bags.



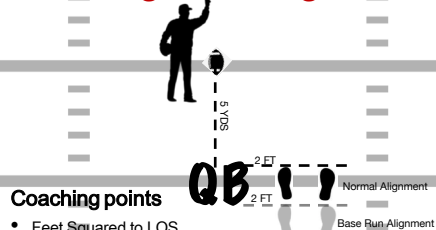
Drop Drill
 1 QB starts on a yard line, start with a slow controlled drop, while staying on the line. With Right-Handed QB's first step should be a drop step with their right foot and a crossover step with their left. Lefties visa versa. Finish by planting off of back foot and driving a ball to coach.
 Keys are to work depth in your drops aka gain ground with your steps, even shoulders, rocking the ball w/ 2 hands, stay under control, and stay on the line.
 Move from there to a focused 3-step drop, then work 3-step with a hitch or gather step (for deeper throws).



Rapid Fire
 1 QB is up at a time, work easy short game throws such as slants, hitches, screens, outs, etc.
 4-5 throws back to back to back to back.. Working on making thrown when tired, accuracy, and consistency.

RUNNING BACK DRILLS

Running Back Alignment



Coaching points

- Feet Squared to LOS
- Athletic Width Stance
- 2 FT Split from QB
- Toes Even w/ QB in Normal Alignment
- Toes on QB Heels in Base Run alignment
- Hands rest on knees w/ eyes up

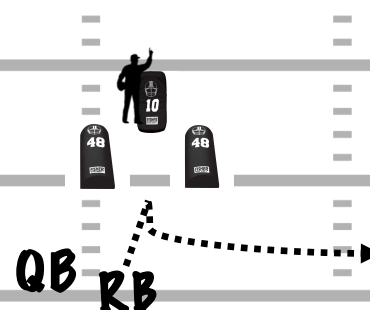
QB/RB Mesh Drill



Coaching Points:

- QB Catching Snap
- RB Elbow up or open to the side the QB is on
- QB Ball Placement
- 2 hand secure
- Work both sides

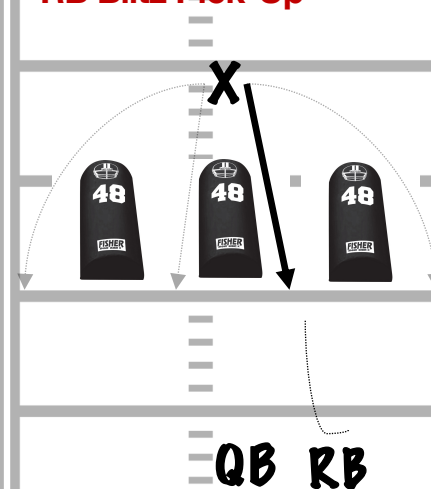
RB Check/Release Drill



Coaching Points:

- RB check for blitzers
- Coach should alternate showing blitz with bag and dropping in to coverage
- If no blitz, RB swings out as an outlet for QB

RB Blitz Pick-Up



Coaching Points:

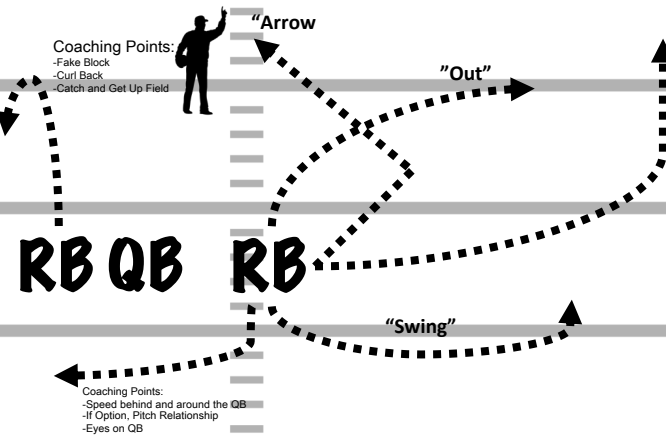
- Pre-Snap Read
- Attack, don't wait
- Hands first, bring your hips
- Move your feet on contact in the direction the defensive player wants to go
- Shoulders square to defender
- Meet defender in confined space at LOS
- Force Defender Outside

Coaching Points

- Crisp Routes
- Look ball all the way in to hands
- Eyes on QB
- High and Tight after catch

RB Route Tree

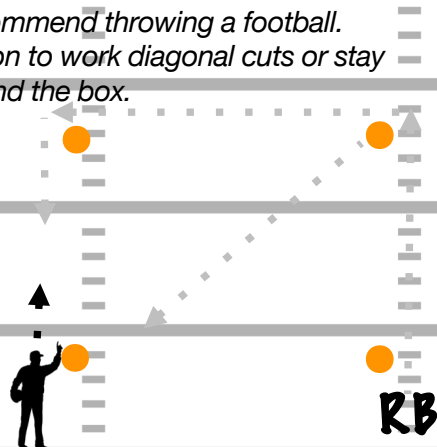
Working RB routes from the backfield.



RB/WR "BOX" Drill

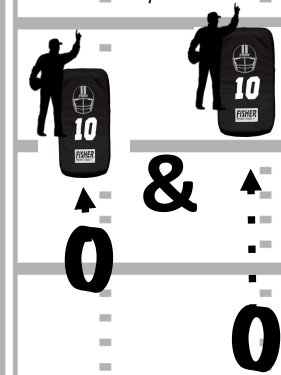
Change of direction drill. Quick cuts, break down/chop feet, finish through last cone.

Recommend throwing a football. Option to work diagonal cuts or stay around the box.



WR/RB/OL Blocking Basics

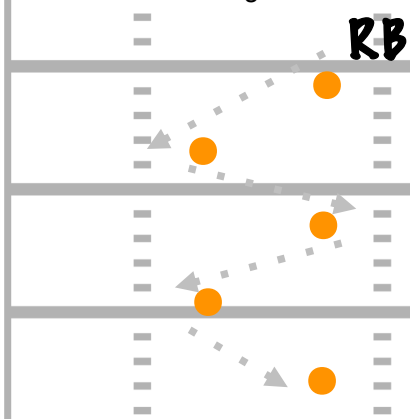
Working Blocking at the LOS and from depth. Start with initial contact against a hand shield, and progress to blocking a defender at depth.



RB/WR "W" Drill

Change of direction drill. Quick cuts, break down/chop feet, finish through last cone.

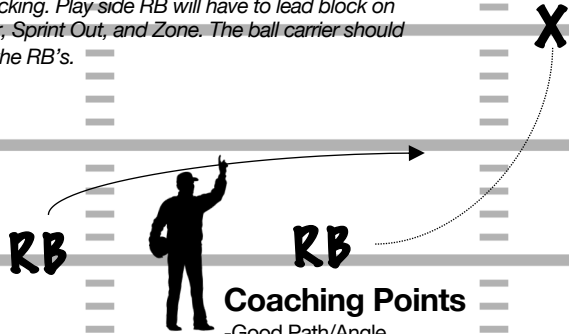
Recommend holding a football.



RUNNING BACK DRILLS CONT.

Running Back Lead Block Drill

Focus on taking a good path towards defender that they will be blocking. Play side RB will have to lead block on QB Power, Sprint Out, and Zone. The ball carrier should cut off of the RB's.

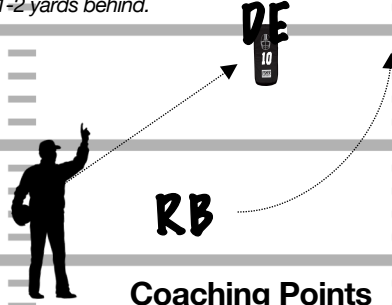


Coaching Points

- Good Path/Angle
- Strike with hands
- Run feet, on initial contact
- Hold defender close
- Lead block on sprint out, must keep defender away from QB

Option Drill

Focus on pitch relationship with QB, and timing. Pitch relationship should be 4-5 yds away from QB and 1-2 yards behind.

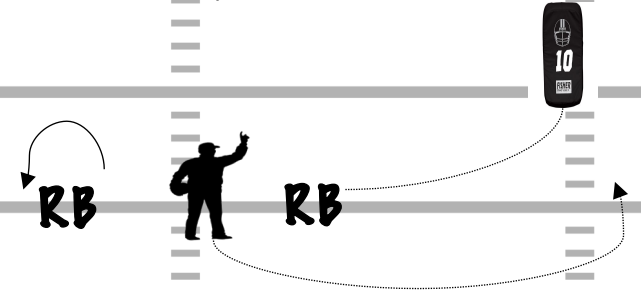


Coaching Points

- Good Path/Angle
- Pitch relationship
- Staying behind QB
- Catch Pitch, High and Tight
- Up field now

Running Back Throwback Screen Drill

Working the throwback screen to the running back. Play side RB should lead block for the QB and opposite RB should fake a block, curl back, catch ball and work up field.



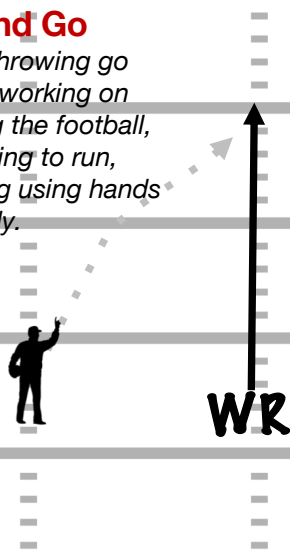
Coaching Points

- Sell the block on the back side
- Curl back with eyes on QB and settle
- Catch ball and work outside now!

WIDE RECEIVER DRILLS

Pat and Go

1 line, throwing go routes, working on tracking the football, continuing to run, catching using hands not body.

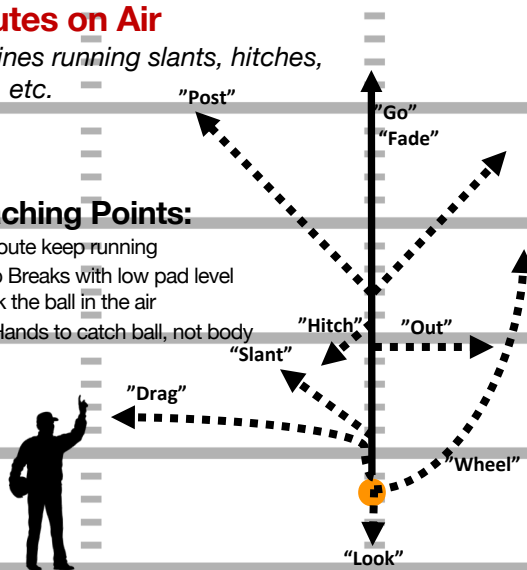


Routes on Air

1-2 lines running slants, hitches, outs, etc.

Coaching Points:

- Go Route keep running
- Sharp Breaks with low pad level
- Attack the ball in the air
- Use Hands to catch ball, not body

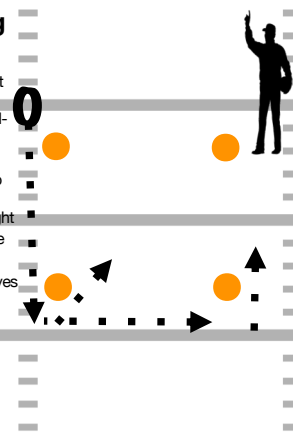


RB/WR Box Drill

Change of direction drill. Quick cuts, break down/chop feet, finish through last cone. Plant off of outside foot and chop feet around the cones. Coach throws football each rep.

Coaching Points

- Options to sprint through, shuffle-sprint, backpedal-sprint, etc.
- When sprinting, breakdown/chop feet around each cone and stay tight
- cut off of outside foot
- low pad level, eyes up



WR "Stalk Block" Drill

Goal is to coach kids on how to block in space. Work with 2 players up, one plays the slot receiver and takes an inside angle to block the would be corner, the other works a "Look Route" catches the ball and runs up field.

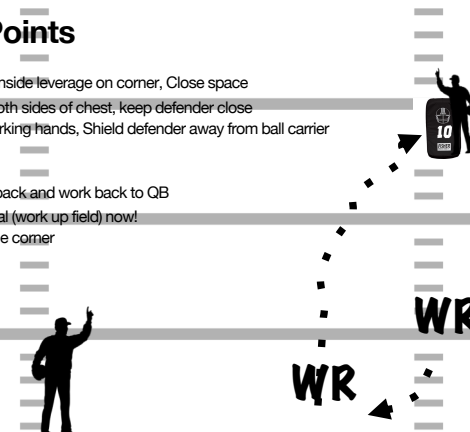
Coaching Points

STALK BLOCK

- Banana Angle, keeping inside leverage on corner, Close space
- Punch, thumbs up, on both sides of chest, keep defender close
- Move feet along with working hands, Shield defender away from ball carrier

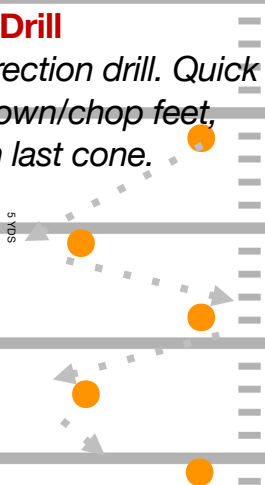
"LOOK ROUTE"

- 1 Step forward, 2 steps back and work back to QB
- Catch ball and get vertical (work up field) now!
- Cut off of the block on the corner



RB/WR "W" Drill

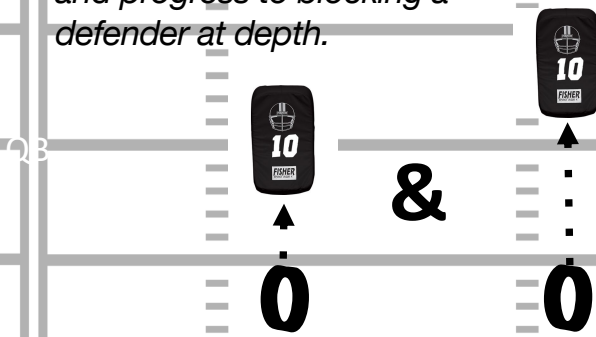
Change of direction drill. Quick cuts, break down/chop feet, finish through last cone.



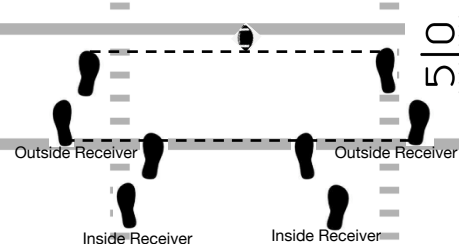
Coach throws ball at the end, catch tuck and finish through cone.

WR/RB/OL Blocking Basics

Working Blocking at the LOS and from depth. Start with initial contact against a hand shield, and progress to blocking a defender at depth.



Wide Receiver Stance



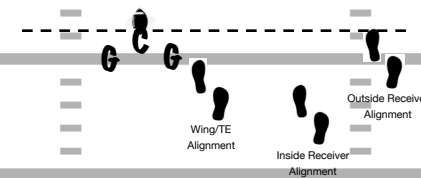
Coaching Points OWR

- Inside Foot Up, even with the back point of the football
- Athletic Width in stance with back foot 1 foot behind front foot
- Bend in Knees
- Hands up and ready
- No False Step, 1st step forward, gain ground

Coaching Points IWR

- Inside Foot Up, even with the back heel of the outside WR
- Athletic Width in stance with back foot 1 foot behind front foot
- Bend in Knees
- Hands up and ready
- No False Step, 1st step forward, gain ground

Wide Receiver Alignment

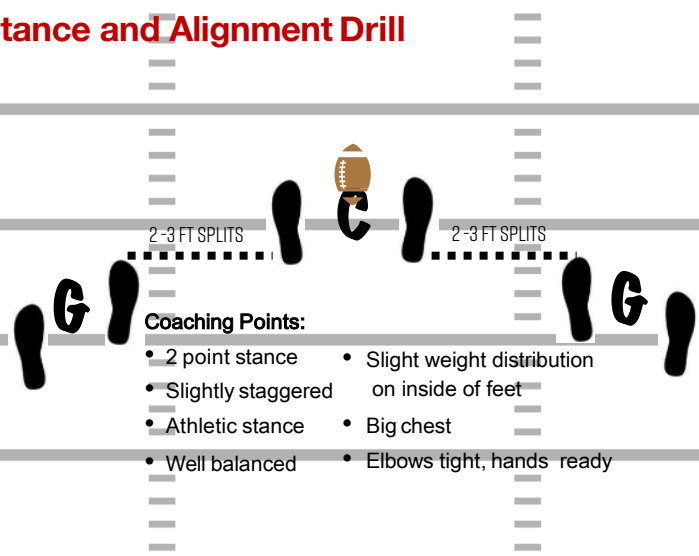


Coaching points

- Same as Stance
- TE Alignment can be either on or off the LOS
- TE alignment 1 Foot Split with front foot on back heels of OT
- Slot receiver splits the difference between OWR and OT or TE.

OFFENSIVE LINE DRILLS

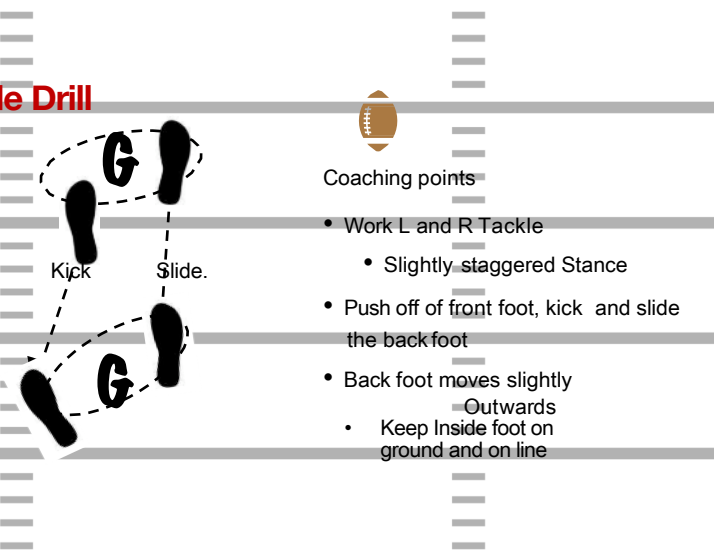
Stance and Alignment Drill



Coaching Points:

- 2 point stance
- Slightly staggered
- Athletic stance
- Well balanced
- Slight weight distribution on inside of feet
- Big chest
- Elbows tight, hands ready

Kick/Slide Drill

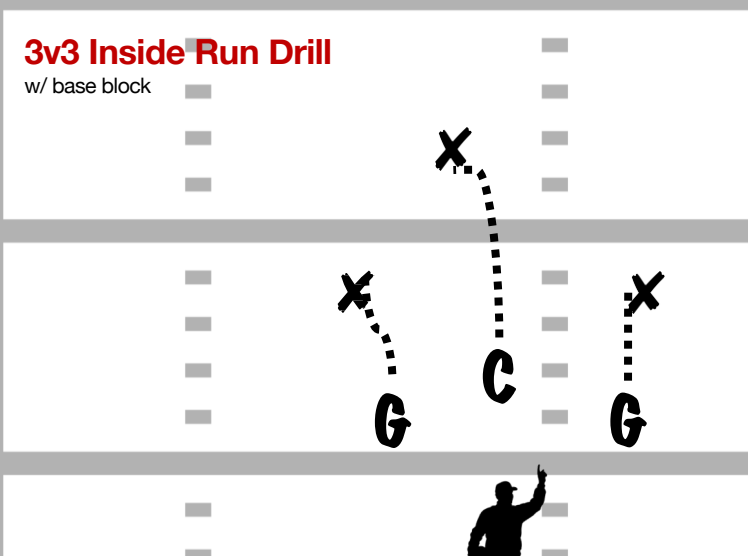


Coaching points

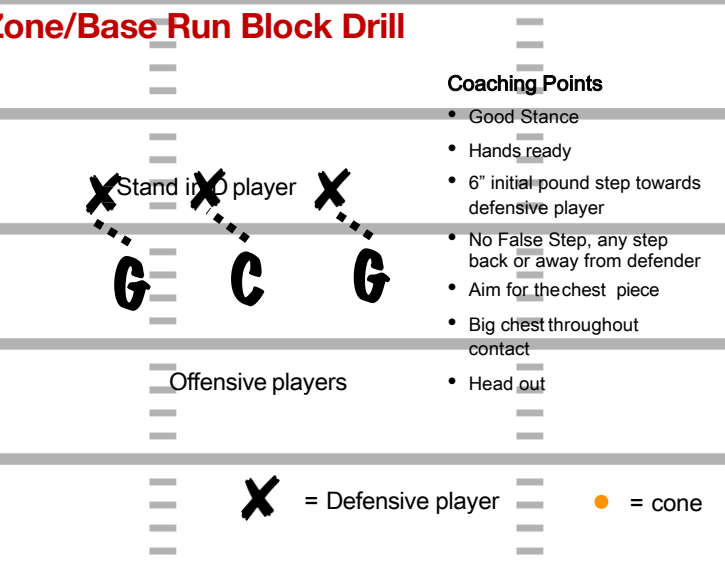
- Work L and R Tackle
- Slightly staggered Stance
- Push off of front foot, kick and slide the back foot
- Back foot moves slightly Outwards
- Keep inside foot on ground and on line

3v3 Inside Run Drill

w/ base block



Zone/Base Run Block Drill



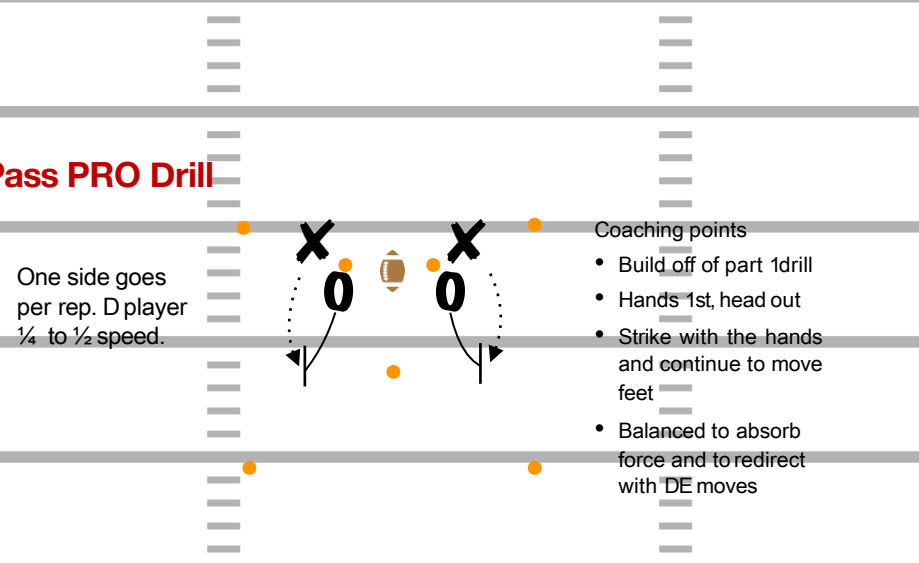
Coaching Points

- Good Stance
- Hands ready
- 6" initial pound step towards defensive player
- No False Step, any step back or away from defender
- Aim for the chest piece
- Big chest throughout contact
- Head out

Offensive players

X = Defensive player ● = cone

Pass PRO Drill



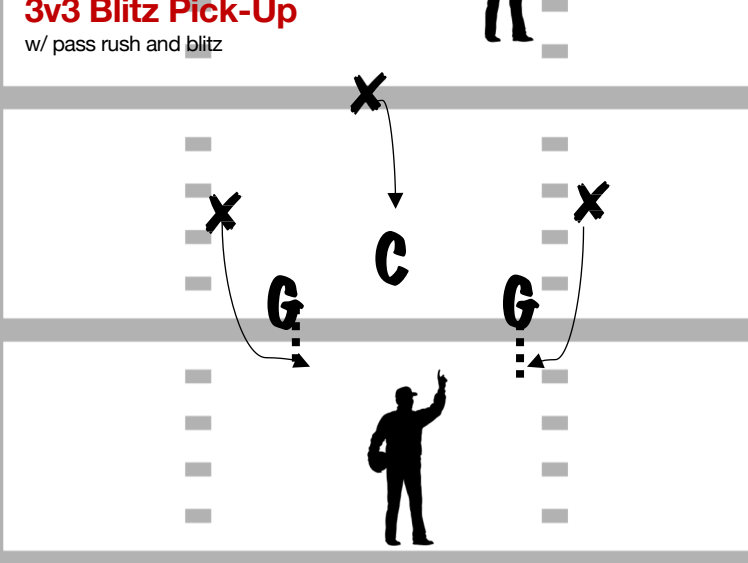
One side goes per rep. D player ¼ to ½ speed.

Coaching points

- Build off of part 1 drill
- Hands 1st, head out
- Strike with the hands and continue to move feet
- Balanced to absorb force and to redirect with DE moves

3v3 Blitz Pick-Up

w/ pass rush and blitz



OFFENSIVE LINE DRILLS

Pound and Punch



OL

Coaching Points

- Good Stance
- Hands ready
- 6" "Pound" Steps
- Athletic Base
- Low Pad level
- Loaded Legs
- All Cleats in the ground
- Loud Steps
- Finish with a Punch on Bag
- Head out, Hands First
- Thumbs Up

Reach Drill



OL

Coaching Points

- Good Stance
- Hands ready
- 6" Reach Step Outside foot first
- Use Punch and arms to turn DE's Shoulders
- Press with outside hand, pull in with inside hand
- Run

Double Team to Climb

LB



OL

TE

Coaching Points

- Double Team
- TE Helps turn the DE Shoulders
- Goal is to work to the LB
- Where he commits determines which player comes off the double team to pick him up
- In this case, if he goes inside the OT comes off to pick him up
- If he commits outside the TE comes off to seal him in
- Work both sides

Back-Side Punch and Climb

LB



OL

Coaching Points

- When on the backside of a Zone running Play
- Quick One Armed Punch with outside hand to chest of DE
- Stop Momentum and Climb to the Weak Side LB to wall him off from pursuing the play from the backside

Pin and Pull

LB



OL

TE

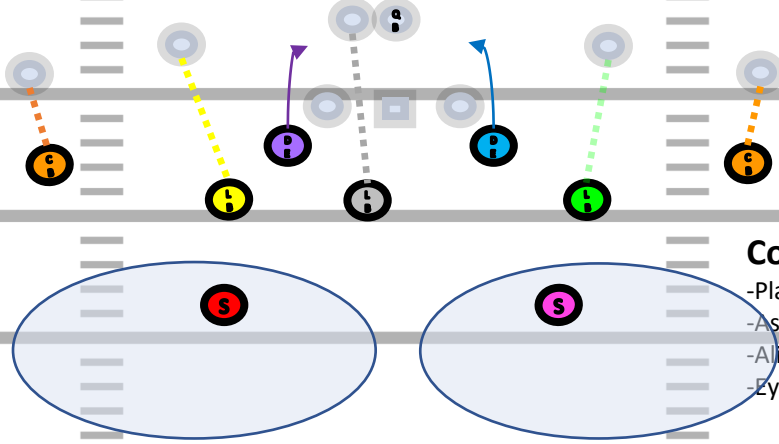
Coaching Points

- Pin and Pull occurs on a "Power" play out of 11, 12, 21, or 22 personnel
- TE will pin the DE
- OT will pull around with a "donkey step" backwards and work around staying tight to the TE's butt on the down block
- A "donkey step" is a large backwards step similar to a kick step on pass plays, that allows the OL to create a downward angle as he pulls around on the LB

DEFENSIVE TEAM DRILLS

TEAM WALKTHROUGH

Team period used to install new defensive coverages, blitzes, and movements. Should be about 50% speed, with the focus on coaching alignment and assignment. Use additional players and coaches as stand-ins, just to give players an understanding of gaps, and alignment. They do not need to move or anything, just stand there.

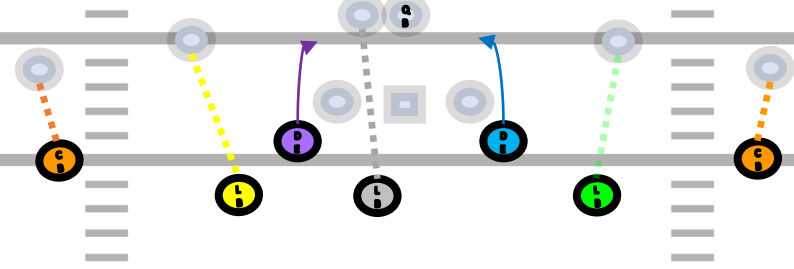


Coaching Points:

- Play execution
- Assignment
- Alignment
- Eyes

Goal line / Short Yardage Drill

Situational team period with the goal to stop the offense from gaining short yardage plays such as 3rd and 1, or goal line plays.



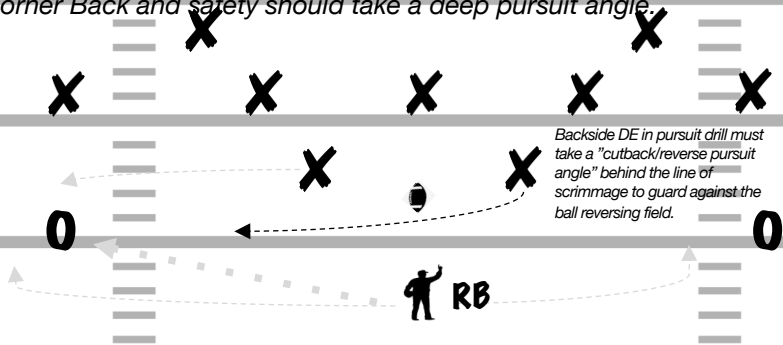
Coaching Points:

- Tight Coverage
- Penetration by DL and LB's
- Swarming Defense
- Alignment based on where you are at on the field

END ZONE

Pursuit Drill

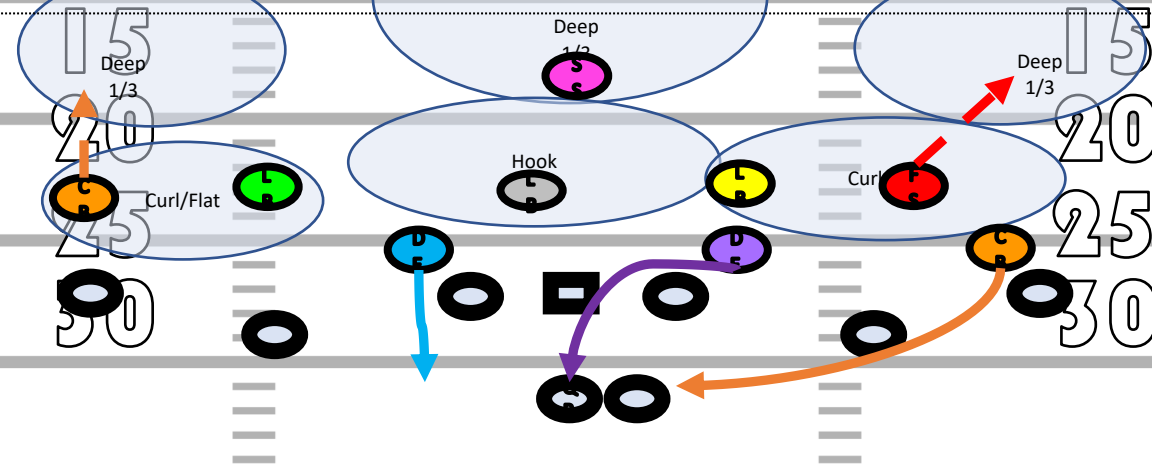
Set up with a QB, RB, and 2 outside wide receivers on either side. The coach plays QB and can either throw it quick to either receiver or hand the ball off to the RB. On "set, hut", the entire defense does an up down, finds the ball carrier, and sprints to him forming a circle around him while they run their feet. The ball carrier should jog down the field until he has been surrounded. The coach blows the whistle and they break and jog back to their positions. Repeat 2-3 times and rotate players in and to different positions. It is important to work on pursuit angles, for example if the ball is thrown to the offensive left, the backside Corner Back and safety should take a deep pursuit angle.



Backside DE in pursuit drill must take a "cutback/reverse pursuit angle" behind the line of scrimmage to guard against the ball reversing field.

3rd Down Situational Team

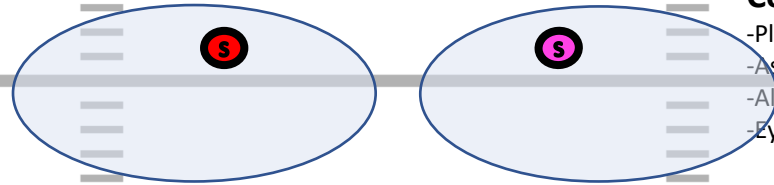
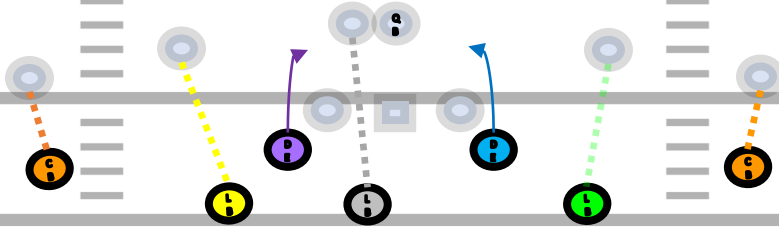
Focused on stopping the offense on 3rd down. Work different situations and play calls, 3rd and long, 3rd and medium, and 3rd and short.



DEFENSIVE TEAM DRILLS

TEAM DEFENSE vs Scout

Team period used to install new defensive coverages, blitzes, and movements. The goal is to use extra players and coaches to provide a scout team to scrimmage against. Run all plays and focus on execution and coaching specific techniques on the fly.

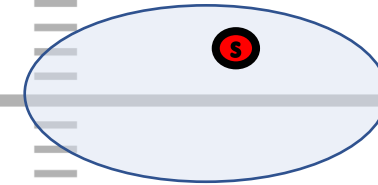
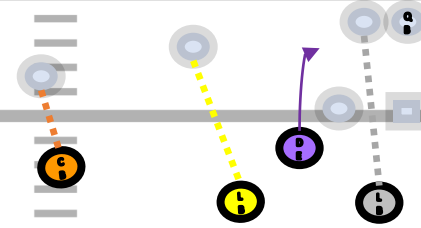


Coaching Points:

- Play execution
- Assignment
- Alignment
- Eyes

HALF-LINE DEFENSE

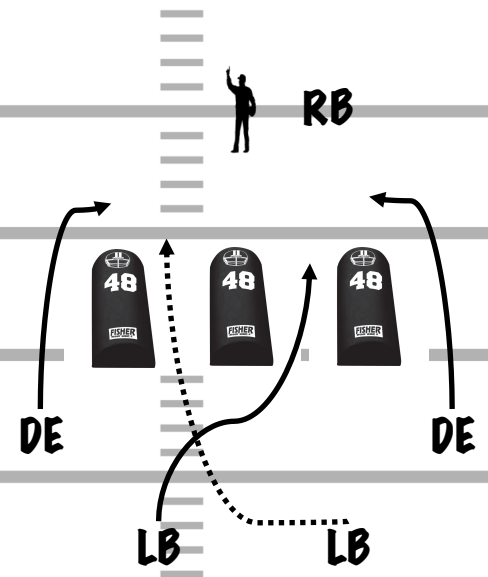
Team period used to install new defensive coverages, blitzes, and movements. Useful when limited numbers are effecting team periods.



DEFENSIVE GROUP DRILLS

BLITZ ON BAGS (DL AND LB)

Group period to work on defensive blitz and movements install with LB's and DE's. Focus on rep'ing installs at game speed, with proper alignment and assignment.
 *Bags can be substituted with extra players as a scout team.

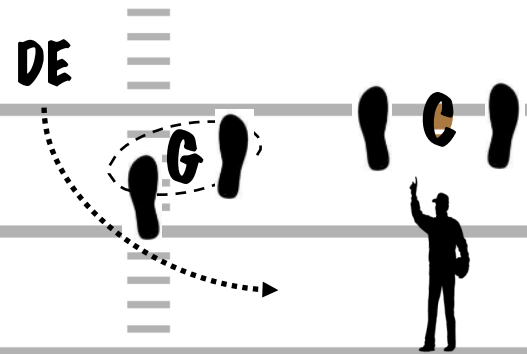


Coaching Points

- Good Drill to use for alignment and assignment install
- Use the bags to represent the offensive line
- Use Extra players as QB/RB to give a look
- Install blitzes, and coverage (drops)

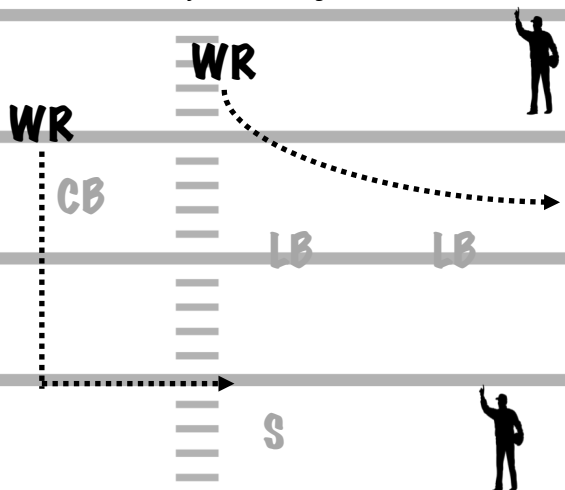
1 ON 1'S (DL)

Competition period where you have 1 Offensive Lineman go against 1 Defensive Lineman. The coach stands behind the defensive player and instructs the offensive player to run block or pass set/block, and what the snap count is. There is a center snapping the ball and either a coach or a player as the QB to catch the ball and stand in the pocket. On Run, the DE reacts as he has been coached to do (block to = set the edge, block away = shuffle squeeze). On Pass the DE is to win the pass rush by working a move (chop, swim, rip, dip, etc.) if the DE touches the QB within 4 seconds he wins, if not the offense wins. Remember NO BULL RUSHING ALLOWED, this is defined as a defensive player attempting to run through an offensive player instead of working a move.



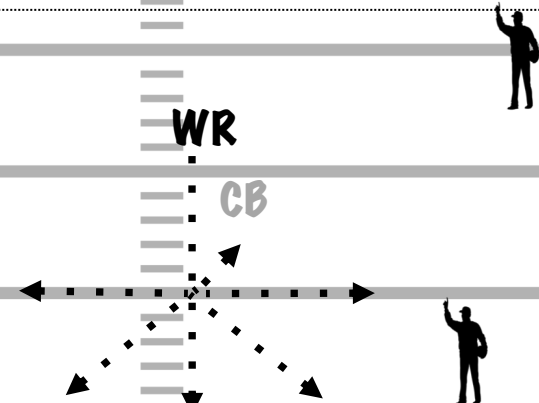
3 ON 2 (DB and LB)

Group period where DB's and LB's work on coverage installs together. A coach stands behind the defensive players and instructs receiver what routes to run and calls the defensive coverage. There is no need to include a ball in this period, the focus should be working on coverage.



1 ON 1'S (DB)

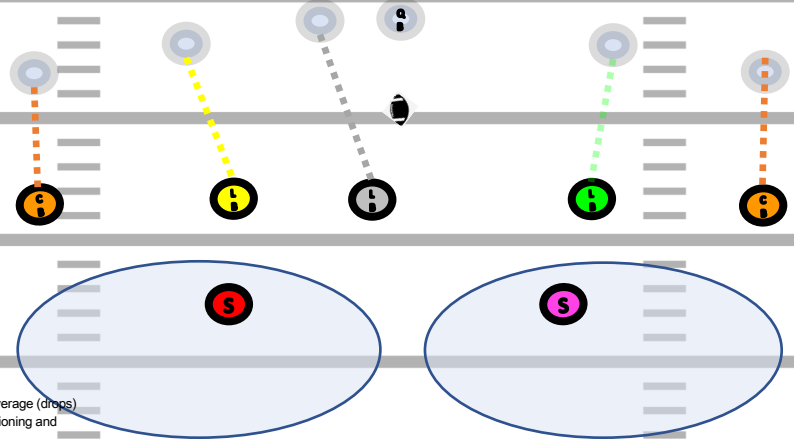
Competition period where you have 1 Wide Receiver against 1 Defensive Back. Defensive backs work man coverage with both press technique and off coverage. The coach stands behind the defensive player and gives the offensive player a route to run. Either a QB or a Coach will throw the ball based on the route, and it is the defensive players job to work proper technique (press, man turn, trail technique, and pass break up) to cover the receiver and break-up or intercept the pass. Any incomplete or intercepted pass is a win for the defensive player.



DEFENSIVE GROUP DRILLS CONT.

SKELLY DRILL (On Air or vs. Offense)

Coverage focused group period with LB's and DB's, vs. a scout team offense.

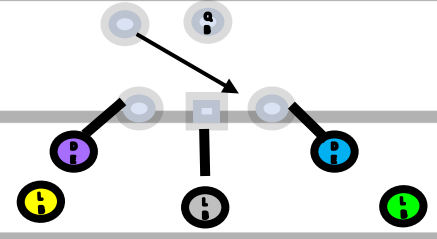


Coaching Points

- Alignment and assignment with coverage (drops)
- Man vs Zone Coverage, body positioning and eyes
- Position technique in coverage

Inside Run Drill vs Scout Offense

Run defense focused period. Work on gap alignment and fits with LB and DL against O-Line.



Coaching Points

- Alignment and assignment
- Gap responsibility
- Fits and shock, lock, release on O line
- Tagging off on the ball carrier

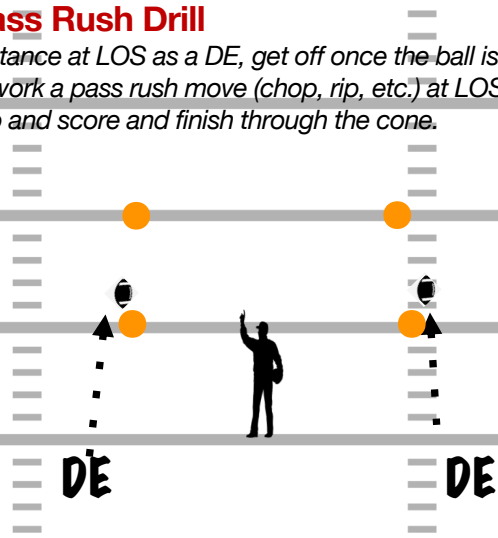
DEFENSIVE LINE DRILLS

Get Off / Pass Rush Drill

Work on good stance at LOS as a DE, get off once the ball is snapped. Option to add, work a pass rush move (chop, rip, etc.) at LOS. Turn it in to a race, scoop and score and finish through the cone.

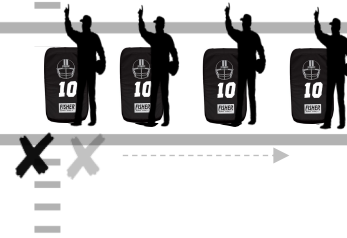
Coaching Points

- Good Stance
- Inside foot up
- Hands ready
- No false step



Punch and Go

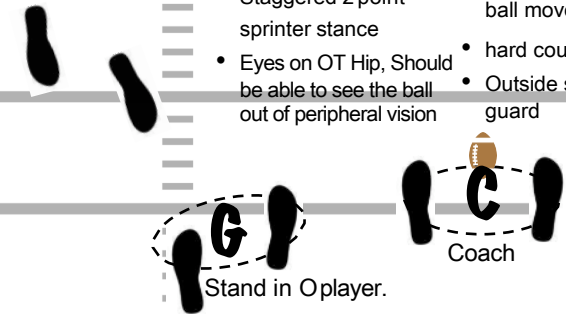
Start with a line of offensive players, and one DE up. During the first round offensive players stand like dummies and allow the defensive player to work hand placement, and punch at LOS. During the 2nd round the offensive players will extend their arms to allow the defensive player to work a pass rush move. Defensive player should get 2 reps, 1 on each side for each defensive player, then move to the next in line and repeat until the end of the line is reached. Rotate through 1-2 rounds per player. *Can use hand shields if available.



DE Stance & Get Off Drill

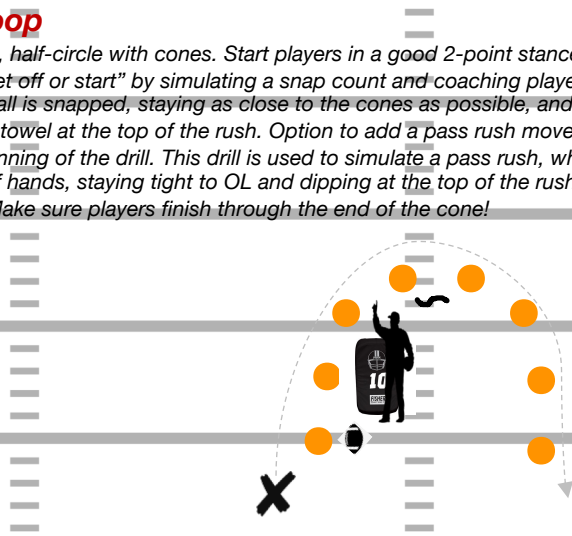
Coaching points

- Staggered 2 point sprinter stance
- Eyes on OT Hip, Should be able to see the ball out of peripheral vision
- Work on fast get off to ball movement L & R
- hard count cadence
- Outside shade of guard



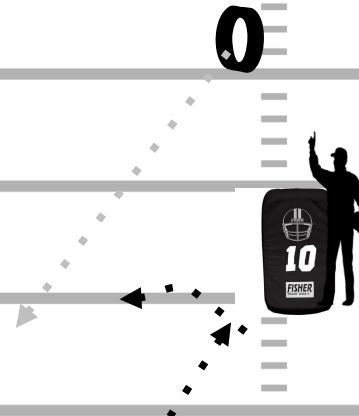
Run the Hoop

Create a C-shape, half-circle with cones. Start players in a good 2-point stance. Work on good "get off or start" by simulating a snap count and coaching players to move when the ball is snapped, staying as close to the cones as possible, and dipping to grab a towel at the top of the rush. Option to add a pass rush move on a coach at the beginning of the drill. This drill is used to simulate a pass rush, while working on use of hands, staying tight to OL and dipping at the top of the rush to turn the corner. Make sure players finish through the end of the cone!



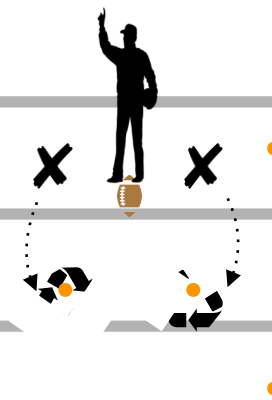
Strike and Shed

Run Drill both directions, focusing on physicality at the LOS, getting off the block, banana angle towards ball carrier, and 2 hand touch on the hip of ball carrier



Pass Rush Drill

- One side goes per rep
- Fast get off
- Work move on air at cone. Hands, spin, inside move



- Work on fast get off to ball movement L & R
- Coach or player actively moves the ball

DEFENSIVE LINE DRILLS CONT.

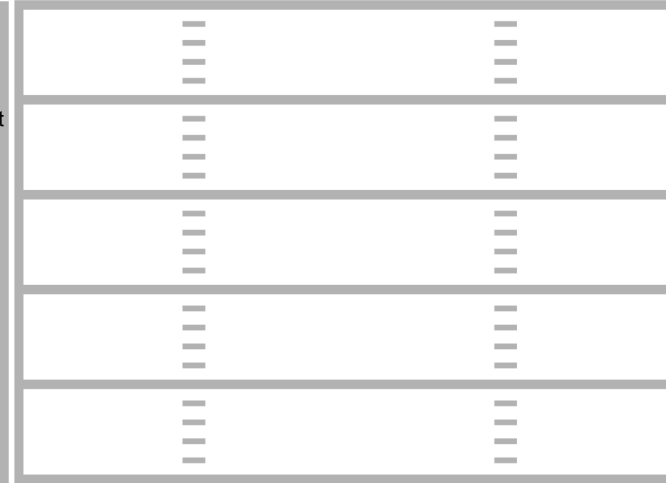
Step and Punch Drill

Stand in O player

This side works hand placement

Coaching points

- Press and extend against blockers chest
- Knock hands down
- Swim move
- Rip move
- "Shock"
- "Lock"
- "Release"



READ DRILL

Coaching Points

- Work on fast get off to ball movement L & R
- Hard count cadence
- If OT base blocks DE he should set the edge, by using inside arm to post OT and keep his outside arm free
- If the OT down blocks, the DE should shuffle-squeeze and expect a cutback.
- If the O-line gives a "high-hat" look for a pass set, the DE should rush and work a pass rush move

Defeating Blocks

• One side goes per rep.

• 1/2 speed. Advantage given to D.

• Goal is to work skills and get to cone / pylon representing the QB

Coaching points

- Build off of part 1 drill
- Hands 1st, head out
- Work moves at point of attack
- Knock hands down and rip, swim, spin move

O = offensive player **X** = Defensive player



1on1's Vs. Pass

1on1's Vs. Run

Coaching Points

- Work on fast get off to ball movement L & R
- Hard count cadence
- If OT base blocks DE he should set the edge, by using inside arm to post OT and keep his outside arm free
- If the OT down blocks, the DE should shuffle-squeeze and expect a cutback.
- If the O-line gives a "high-hat" look for a pass set, the DE should rush and work a pass rush move

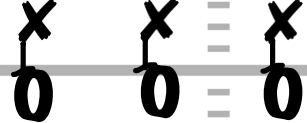
LINEBACKER DRILLS

Step and Punch Drill

Coaching points

- Press and extend against blockers chest
- Knock hands down
- Swim move
- Rip move
- "Shock"
- "Lock"
- "Release"

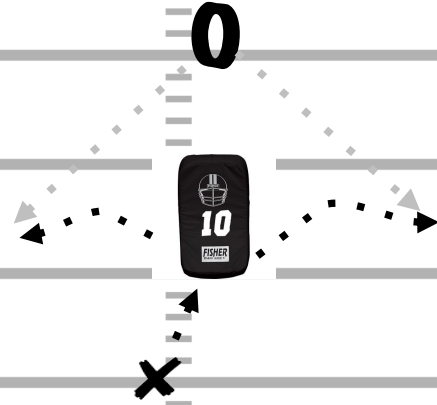
This side works hand placement



Block Shed Drill

Coaching points

- "Shock and Lock"
- Throw By and Rip to ball carrier
- Hand Placement
- Thumbs Up
- Good Base
- Head Out
- Banana Angle to Ball Carrier, takes away the cut back angle
- Break down, tag off on hip

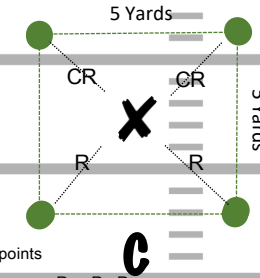


O = offensive player X = Defensive player C

Reaction Drill

Coaching points

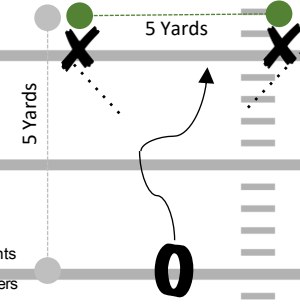
- CR - Crossover Run, R - Run
- Start, good stance, feet chop
- Stay low, Touch Cone
- Smooth arm movement
- Return Back to Center
- Coach points ball at cone to direct player
- Finish with catching the ball and a burst towards coach



Vice Drill

Coaching points

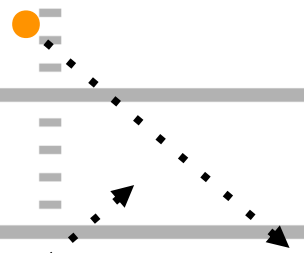
- 2 Linebackers
- LB's stay in shuffle, keep the ball carrier on inside hip
- "Vice the Ball carrier"
- Tag Off on Hip
- Stay Patient, Do not let ball carrier outside
- Drill is used to understand leverage, and getting in to proper "tackling" position



LB Box Drill (5yd x 5yd)

Run Drill Both Ways, working on Change of direction and catching the ball

1. Crossover Run



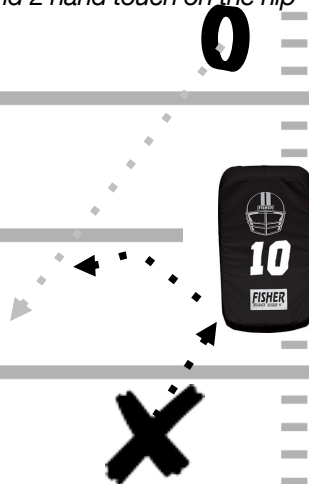
3. 45* Cut

towards coach and catch the ball

2. Shuffle Across

Strike and Shed (1-2 Coaches and a Hand Shield)

Run Drill both directions, focusing on physicality at the LOS, getting off the block, banana angle towards ball carrier, and 2 hand touch on the hip of ball carrier



LB Stance and Read Steps

Coaching Points

- Squared Stance
- Toes at 5 Yards
- Weight on toes, heels just barely off the ground aka "Credit Card Heels"
- Read Steps should be short 6" steps in the direction of the OL or the backfield
- LB's Should be lined up on same level



40 Alignment: Inside Shade of Offensive Tackle
50 Alignment: Outside of Offensive Tackle
10 Alignment: Shade on the Offensive Center

LINEBACKER DRILLS CONT.

Re-Route Drill (for LB's)

WR

LB

Coaching Points

- Inside Leverage
- Catch at 5 yards, re-route by working a punch to chest
- Man turn and stay in hip pocket
- Hand on you can look back at QB for Ball
- React to routes, Look for WR Hip Breakdown to indicate an out or in cut

Blitz on Bags

48 **48** **48**

LB **LB**

Coaching Points

- Good Drill to use for alignment and assignment install
- Use the bags to represent the offensive line
- Use extra players as stand in D-linemen or WR and QB/RB to give a look
- Install blitzes, and coverage(drops)

Mirror Drill

Coach

Coaching Points

- Use this drill to work stance, alignment, assignment and read steps
- The players mirror the coach if his 1st step is left, their 1st step is right
- Progress to 2-steps
- And eventually working from steps to coach jogging sideways and players tracking his inside hip

10 Yards

Run/Pass Read w/ Fit

RB **QB**

OL **OL**

LB **LB** **LB**

Coaching Points

- Run Look, Pass Look (High Hat and Set O-line)
- Focus on coaching players on their run gaps, and work on fitting up against O-line
- On Pass, work on simulating pass drops and good pad level
- Goal is to simulate a game look in a controlled environment

Track The Hip Drill

RB

LB

Sideline
10 Yards

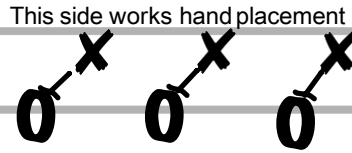
Coaching Points

- LB should start shade ½ a man behind the RB
- Close distance while remaining under control and behind RB to take away cut back
- Close distance while RB is running, downhill 45* crossover run
- Keep Shoulders square to LOS
- When RB jogs LB should stay in shuffle
- Only run when needed to stay in phase with RB
- Finish the drill with a breakdown and 2-hand touch in the hip of the ball carrier
- Turn around at the hash and get a rep going back in the other direction

DEFENSIVE BACK DRILLS

Step and Punch Drill

Defensive player



This side works hand placement

Stand in O player

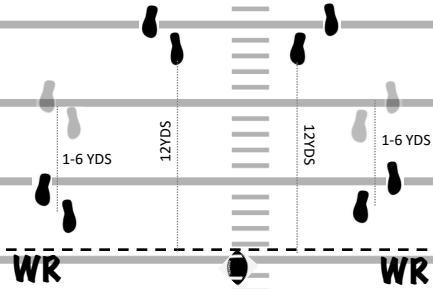
Coaching points

- Press and extend against blockers chest
- Knock hands down
- Swim move
- Rip move
- "Shock"
- "Lock"
- "Release"

DB Stance and Steps

Coaching Points

- Staggered Stance
- Outside foot back
- Outside Toe on Inside Heel
- 1st step should be back with outside foot as a read step
- 6" Step
- Safety alignment should be roughly 3 yards outside of the OT



DB Box Drill (5yd x 5yd)

Run Drill Both Ways, working on Change of direction and catching the ball

1. Back Pedal



2. Shuffle Across or Cut and Sprint

45* Downhill towards coach and catch the ball

3. Cut off of outside foot, and run towards coach who will throw ball.

Strike and Shed (1-2 Coaches and a Hand Shield)

Run Drill both directions, focusing on physicality at the LOS, getting off the block, banana angle towards ball carrier, and 2 hand touch on the hip of ball carrier

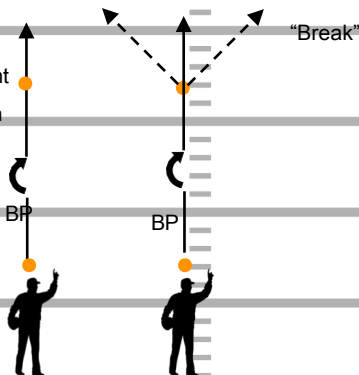
Coaching points

- "Shock and Lock"
- Throw By and Rip to ball carrier
- Hand Placement
- Thumbs Up
- Good Base
- Head Out
- Banana Angle to Ball Carrier, takes away the cut back angle
- Break down, tag off on hip

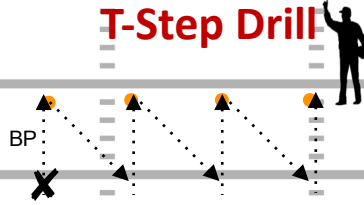
Coaching points

- BP = Back Peddle
- Stay low
- Smooth arm movement
- During turn, throw turn side elbow back
- Knee up and over
- Every angle is a rep
- 90° L / R
- Deep 45° L / R
- Can work in coach throwing the ball

Back Pedal Drill



T-Step Drill



Coaching points

- Stay low
- Smooth arm movement
- T-step outside plant foot
- Finish through last cone and catch football

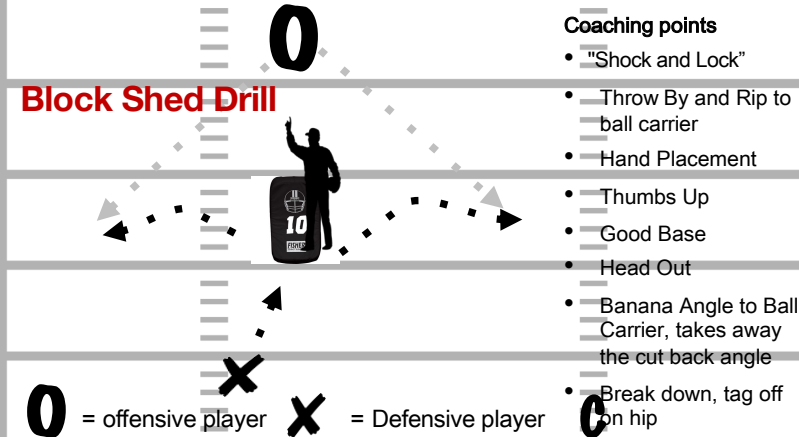
Man Trail Drill

WR
CB

Coaching Points

- For DB'S
- Inside leverage at LOS
- Press Technique
- Man Turn, stay in hip pocket with outside hand on WR Hip and Inside Hand Free
- Look for WR hips to break down to indicate a cut
- React and man turn to route
- When hand on WR okay to look back at QB
- If not within arms reach chase and close distance

Block Shed Drill



Coaching points

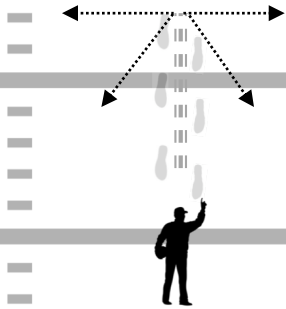
- "Shock and Lock"
- Throw By and Rip to ball carrier
- Hand Placement
- Thumbs Up
- Good Base
- Head Out
- Banana Angle to Ball Carrier, takes away the cut back angle
- Break down, tag off on hip

O = offensive player X = Defensive player

DEFENSIVE BACK DRILLS CONT.

Back Pedal and React Drill

DB starts with a backpedal along the yard-line. A coach directs them to break flat left or right or at a 45° angle back in the direction of the coach either direction. This drill is used to work on backpedal footwork, body control, and reactions based on QB movement. It trains players to begin reading QB eyes and reacting to the ball in the air.



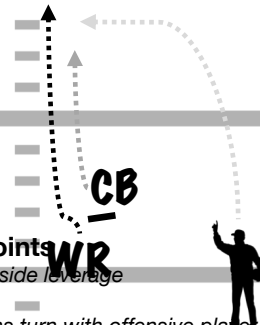
Coaching Points

- Controlled backpedal
- nose over toes, eyes up, Z's in knees aka leg bend
- react to coach, do not guess
- T-Cut on down hill 45° angle break
- Sharp flat cut, no rounding on flat breaks
- Attack ball in the air, secure high and tight after catch

Ball-In-Air Drill

DB starts inside leverage in press technique against a scout receiver. On the snap, he keeps inside leverage and presses the receiver. He lets the receiver off the line and immediately "man turns" and goes in to "trail" technique with outside hand on the hip of the receiver. The coach throws a ball, and without looking back, the defensive player waits for the receiver to raise his hands to catch the ball. He uses his inside hand to knock the ball away. Work both directions making sure every player gets a rep.

*A progression to this drill is to have defenders keep outside hand on receiver, look back for ball, and intercept the pass and return to coach.



Coaching Points

- DB start with inside leverage
- 50% Speed
- Man turn, means turn with offensive player
- After man turn, outside hand on WR hip and inside hand free
- Read WR arms and eyes, when he raises to catch ball use free inside hand to knock ball away