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# FOOTBALL DRILLS AND PRACTICE PLANS

by Coach Steve Tucker

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# Introduction... How to Use this Book!

Football skills are at a premium in the competitive world of football. It is one of the most popular sports in North America, and coaches are looking for great drills to help their players build the skills necessary to win championships. This book is going to provide drills that will help players build fundamentals for being exceptional all around players.

## The 7 Training Blocks








“Practice Makes Perfect!”

We have all heard that saying, and it really is true. Repetition of skills is the best way to get your players to perform better. Knowing what to do when the opportunity presents itself is one of the hallmarks of a good player. The more you practice, the more inclined your players are to do the right thing at the right time.

A majority of successful football coaches share one very important characteristic- they are extremely organized and methodical in their approach to practice planning.

Football is one of the most challenging sports to coach because there are so many different positions, skills, and plays that need to be worked on throughout a practice. Having an organized, structured practice plan allows you to cover the most amount of material in your allotted practice time.

The most effective football coaching practice structure involves dividing time into structured “Training Blocks”. There are 7 key Training Blocks which should appear in each of your practices:

-  Warm-up & Stretching
-  Review of New Team Plays and/or Conditioning
-  Individual Techniques by Position
-  Special Teams
-  Group Work
-  Game Preparation and Team Drills
-  Cool-Down

### Warm-Up & Stretching

Begin practice by having one coach or a team captain lead the team in warm-up activities. One way to kick off practice is to have the entire team run one lap around the field, followed by full body stretching exercises. To assist in attendance taking, have the team stretch in a large circle. While the team stretches, the coaches can take attendance, correct stretching technique, and outline the goals of the day’s practice.



## Review of New Team Plays and/or Conditioning

When introducing new offensive or defensive plays, it is best to get them taken care of towards the beginning of practice before your team has tired mentally and physically. Explain to your team how long you need their focused energy to help reduce distractions. By providing a timeline to the players of how long they need to focus on a task, they will generally be more committed. A player who knows he needs to focus on a new play for 10 minutes will generally outperform a player who was not given a timeline.

When reviewing a new play or defense, focus first on specific assignments. Give a quick explanation followed by a run-through at half speed. If possible, try to only introduce 1 play at a time (2 at the most). It is much better to have a team who can execute a smaller number of plays than a team who does a poor job executing a large number of plays.

If you do not have new team plays to review, this time is best spent on conditioning exercises. Completing conditioning exercises towards the start of practice will prepare your team for success in the second half of games. Players need to be able to play good football even when they are tired.

## Individual Techniques by Position







Divide the team up by position into as many groups as possible based on the number of coaches available. Each group should be taken to a specific corner of the field. When you blow the whistle and say “Individual Techniques” the players should immediately run to their corner of the field without hesitation. Your team will gain 10 minutes of solid practice time if you are able to transition your players from one Training Block to the next quickly. This practice transition speed will increase with consistency.

During this block it is important to rotate the players through a number of position specific drills. This is technical coaching; the nitty-gritty of each position needs to be taught. This is the time to get players excited about their position, make sure they clearly understand their responsibilities and role on the team.

Each drill in this book will include one or more abbreviations following the drill title. These abbreviations represent the positions of the players on your team who will participate in the drill.

For example, drill “5.1 Form tackle”, is followed by (DL, LB, DB). This means that the drill should be performed by defensive linemen, linebackers, and defensive backs.

Below is a key for interpreting these abbreviations:

-  OL: offensive linemen (including offensive guards, offensive tackles, and centers)
-  QB: quarterbacks
-  RB: running backs (including halfbacks and fullbacks)
-  WR: wide receiver (including tight ends)
-  DL: defensive linemen (including defensive ends and defensive tackles)
-  LB: linebackers

 DB: defensive backs (including cornerbacks, free safeties, and strong safeties)

### Special Teams




Plan to cover two elements of the kicking game during each session (ie. Punt and punt return on one day, Field goal and field goal block on the next, Kickoff and kickoff return on the next).

### Group Team Work

This block of practice is devoted to playing segments of the offense against segments of the defense using small groups. For example, the OL and DL can practice with each other on run blocking and pass blocking. The QB, RBs, TE, WRs can be working with the LBs and DBs on a passing drill. This is a time to get reps in. To avoid injury, begin by running drills at half speed. Later in the season, as your players have mastered their fundamentals, you can run these drills full speed with light tackling.

### Game Preparation and Team Drills

During this training block you want to focus on preparing your team for game situations. The entire offensive team will work against the entire defense. This block should be used to:

-  Fine-tune the timing of your offensive and defensive plays
-  Ensure players understand and can execute their assignments
-  Prepare your team for game speed play.

During the season, use this time to prepare your team for what they might see against upcoming opponents. During half of the block, the defense should try to give the offense a look at the alignment of the opponent's defense. During the second half, the offense should run plays similar to those the defense can anticipate their opponent's running.

Don't be afraid to take a player aside and correct mistakes during this block. Make notes of drills that can be run the next day to address mistakes or errors that you see during this block.

In this book, we have provided you with a number of game preparation drills you can use for this block. Alternatively, you can practice plays from your own playbook to take advantage of this time.

### Cool-Down

Most coaches don't take advantage of the cool-down period like they should. It is important to take the intensity down a few levels during this period, but don't forget that this is a FOOTBALL practice. You can have a football based cool-down where you run plays at half speed against no one.

This way you get MORE repetitions in with your players and can correct alignment or other mistakes. Also, your players will most likely prefer to run through football movements as opposed to jogging.

If you've had a particularly strenuous practice, you may want to lead them in a short period of cool down stretching. Also remind the players to hydrate themselves once practice is over.

At the end of practice be sure to praise players who performed well. Provide some feedback on positives or negatives you are seeing during practice. Give the team an idea of what is to come the next day.

## Customizing Practice For Your Team's Skill Level

This book is designed to be customizable for all competitive levels of Football. Each of the drill sections below use a coding system that indicates what skill level each individual drill is appropriate for:



This symbol represents drills that are appropriate for **Beginner Level** teams and higher (ie. Pop Warner and up). The focus on these drills is basic fundamentals. For younger, less experienced teams, the majority of your practice time should be spent working on these drills. Older teams can also use these drills to break down specific skill sets and remind players of the correct techniques to use.



This symbol represents drills that are appropriate for **Intermediate Level** teams and higher (ie. middle school and up). The focus of these drills is building on the basic skills of each football position, and beginning to use those skills in more game-like situations. Many of these drills are run during Group Work, and match up offensive players vs. defensive players in small numbers.



This symbol represents drills that are more appropriate for **Advanced Level** teams (ie. high school and up). The majority of Advanced drills assume that the player has already learned the basic skills of his position. Instead, these drills focus on integrating those skills into full-speed game situations, as well as incorporating football strategy.

**IMPORTANT NOTE:** This coding system is purely a guideline for you to use. I encourage you to read through all of the drills and determine which ones are most appropriate for your team.

Some Pop Warner teams may have the skill and experience necessary to execute Advanced Level drills, while some varsity high school teams may be more comfortable focusing on Intermediate or All Level drills.

## Planning practices

After you have a few more drills under your belt, it is important to structure those drills into an effective practice. We will also include 45 different practice plans to use throughout a season. Each of these practice plans will be geared towards a specific skill or set of skills and each will continue to build off one another.

There are 10 practice plans designed for Beginner teams (which mostly use Beginner Level and Intermediate Level drills), 10 practice plans designed for Intermediate teams (which mostly use Intermediate Level drills), and 10 practice plans designed for Advanced teams (which mostly use Intermediate and Advanced Level drills)

You don't have to use all of the practice plans! We have included several different ones so you can choose the ones that work best for you and your team. As a coach, you will probably only choose the ones where your team needs the most attention. With our practice plans, you can simply print the ones you want off your computer and you will be ready to go!

## Ready to go!

The first section of this book contains 143 drills broken down into Conditioning, Individual Techniques, Special Teams, Group Work, and Game Preparation. Next, you will find the 45 practice plans customized for the 3 different skill levels.

Once you have gone through this book, you will be armed with a number of great drills and an idea of how to implement them for your team! Then, you watch as their skills get better and you become more confident as a coach!

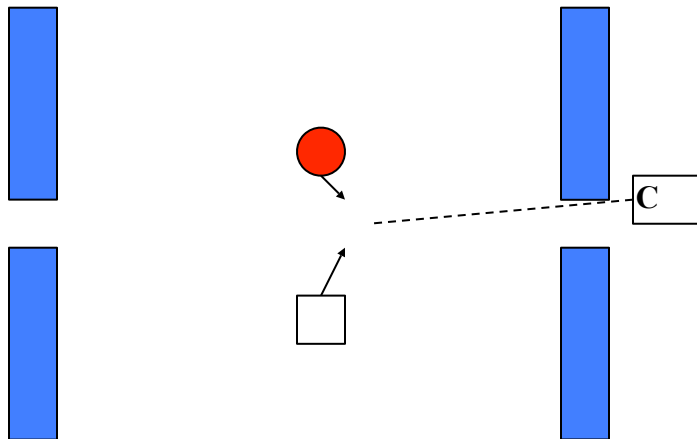
# Team Conditioning Drills



## 1.1 Fumble Recovery Drill (all players)

This drill will help your players learn how to recover a fumble with the highest rate of success

**What you need** – Set up two players of equal size against each other. This could be offensive linemen against defensive linemen, running backs against linebackers, or wide receivers against defensive backs. They will be in an area cordoned off by tackling dummies. The coach will put the ‘fumble’ into play. See diagram below.



**How this drill works** – The players will lineup opposite of each other, inside the tackling dummies (blue). The coach will put the ball into play (roll, toss, bounce, etc.) and the players will go after it.

Coaches should coach the proper fumble recover technique – and this means NOT necessarily with the hands. The slide technique, where a player uses their body to shield the other player from the ball, while corraling the ball with their hands is the most effective way to teach players to bring in a fumble. Far too often fumbles are not recovered because players want to try to pick it up and run with it.

Possession of the football should be stressed over the actual advancement of the ball after it has been recovered.

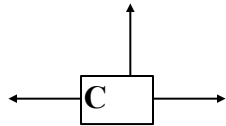
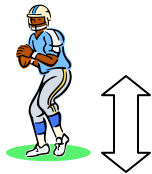
**Result** – Your players will increase their overall success of getting control of a loose ball on the ground with repeated practice of this drill.



## 1.2 Foot fire and drop (all players)

This is a great conditioning drill for football players that helps work on a breakdown position, but also keeping the feet moving, which they should be doing on all plays.

**What you need** – Have your players make four lines. It doesn't matter which players are in which lines, and they can mix about in each line. The coach will stand about 10 yards in front of them.



**How this drill works** – The players will all be lined up in their lines, and the first four players will step forward. The players will start in the breakdown position – knees bent, arms in front of them, bottoms dropped – essentially the way one would be prior to tackling.

The players will start quickly chopping their feet up and down, continuing this until the whistle blows. Once the whistle blows, the players quickly drop down to their belly and then bounce back up to their feet, which will still be moving rapidly.

You can add an extra element to this drill by having the coach point one direction or another, and players must shuffle their feet in the direction the coach is pointing, while keeping them moving up and down – shown with the player in the left corner of the diagram.

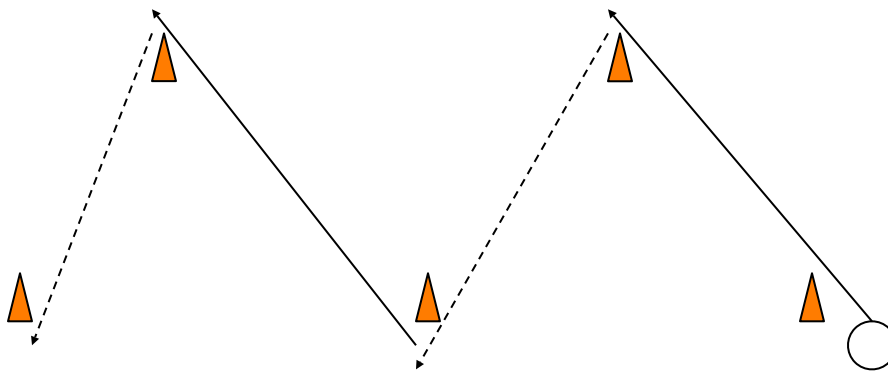
**Result** – This is a great conditioning drill for all players.



### 1.3 Zig Zag Agility Drill (all players)

This is similar to the foot fire drill, but now this one adds a little bit of movement

**What you need** – You can set up a couple of different stations for this drill, and then divide the players in half. See the diagram below for station set up and how the drill works.



**How this drill works** – This drill can be done a number of ways, depending on position. Essentially it will combine the forward (or side) movement and then a backward movement.

The player will start at the right cone (solid arrow) by shuffling, foot fire (quick feet in breakdown position) or, straight ahead sprinting. Then when a player reaches the next cone, he backpedals, shuffles backward, or in the case of offensive linemen, this is a great opportunity to have the player assume a pass blocking position and shuffle back in pass pro.

The variations that a coach can run are endless, but they will all achieve one thing – agility for your players. Try running just a straight ahead sprint and then backpedal; then you can run it with a shuffle forward and a crossover backward.

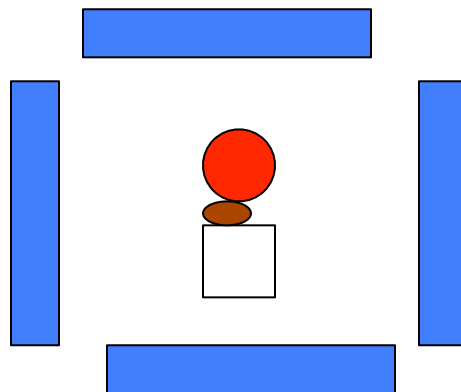
**Result** – Your players will develop better agility by doing this drill and drills of this sort during the season.



### 1.4 Ball fight drill (all players)

Maintaining possession and also fighting for possession of the ball are two important elements of football. This drill will work on both aspects.

**What you need** – Match up the entire team – put players of same size and skill together. Put tackling dummies around the area that ball needs to be recovered in.



**How this drill works** – Give each two players a ball (you may have to go in waves of two groups depending on the number of balls). Both players will get a good hold of the ball and be in a ready position.

When the coach blows the whistle to start the drill, each player will fight to get full control of the ball. If the ball falls to the ground the first one to gain full possession wins the drill.

Coaches can divide this drill between offense and defense, with one trying to maintain possession, and the other trying to strip the ball. Award a point for each full possession.

**Result** – Both sides will learn to fight for the ball, and also to try to maintain possession of it.

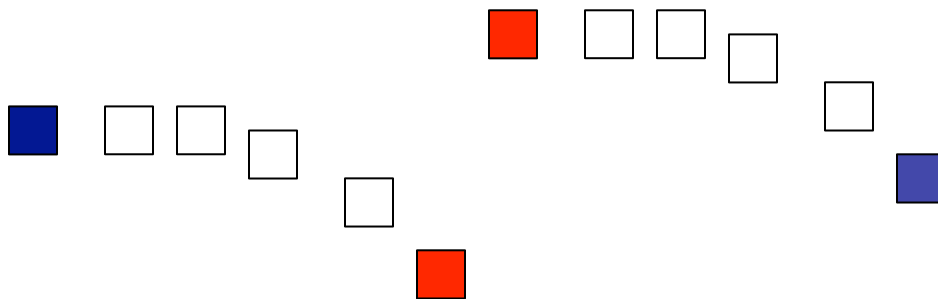




## 1.5 The worm (all players)

This drill might be more effective for younger players – but you can always give it a try with the older ones.

**What you need** – Divide the players up into teams of five or six and cordon them off in an area that is about 20 yards by 20 yards. The players should be in a single file line, grasping the jersey of the player in front of them. See the diagram.



**How this drill works** – The front players (Red) will lead the group of players around in the 20X20 area. The team must stay connected; otherwise those that break off from the main leader (Red) will be removed from the game.

The red player must lead the team around the box in order to pick off the last player in the line of the other side. They must do this without losing any of their players.

The teamwork comes in when players work together to move forward, to the side, or to chase the other side. If players are doing their own thing, they will end up breaking off of the chain.

The side that ends up picking off all of another side's players and reaching the front player wins this competitive drill.



## 1.6 Follow the ball (All players)

Players at an early age should get used to following the ball or the **flow** of a play.

**What you need** – all of the players spread out in a 25 yard by 25-yard area.

**How this drill works** – Coach will point the ball in different directions: forward, back, left and right and the players must follow.

Your players should understand that it is important to focus on where the ball is during the game, and they are required to follow where the ball goes in order to make the tackle.

**Result** - This is a basic drill for players to learn to follow the ball during the play of the game

# Individual Techniques: Offense

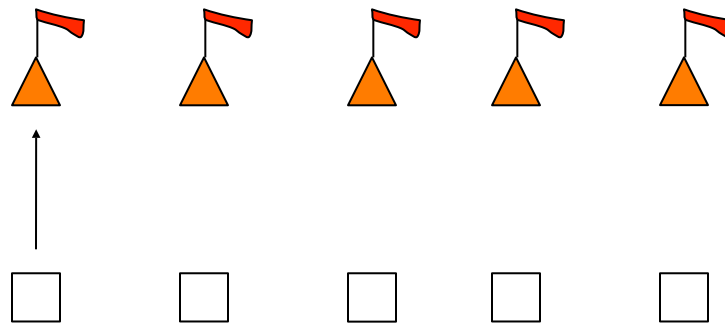
## OFFENSIVE LINE DRILLS



### 2.1 First to the flag (OL)

Firing out to make blocks is important for offensive linemen to learn – especially at a young age.

**What you need** – You can line up 5 offensive linemen at a time, or in smaller groups if you don't have the numbers. You will need a pylon with a flag for each person. See the diagram below for set up and execution:



**How this drill works** – One of the problems encountered by coaches that are coaching younger players is that they aren't firing out of their offensive line spots in order to make a block. This drill should help that.

Line up the line in their typical positions. Each player should be across from a pylon with a flag, as shown above. Using a standard cadence (down, set, hut), when you get to 'hut', the lineman needs to burst forth and get to the flag and bat it with their hand (the flag should be about 2 to 3 yards away).

The player that gets out of their stance first and touches the flag gets to sit out the next tries. Then the next fastest gets to sit out... and so on until you get to the last player. The last player should understand that they need to work on bursting out of their stance to get to the flag – similar to firing out at a block during a game.

If a false start occurs, the offensive lineman that would be penalized will have to continue in the drill, even if they are the first person to get to the flag.

**Result** – This should reinforce to your offensive lineman that they need to fire out on the snap of the ball, and that it should be an instantaneous response.

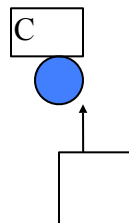


## 2.2 All Blocks Drills (OL)

This drill will help provide some of the fundamentals of all blocking for offensive lineman.

**What you need** – You can match an offensive lineman up with a defensive lineman – or, to start, coaches can hold a dummy while the lineman perfects technique.

**How this drill works** – When the coach blows the whistle, the lineman will engage the dummy or the defender and coaches will watch for the following:



- Feet shoulder width apart at impact, and feet are moving in short, quick, choppy steps
- The shoulders are square and low
- Neck is bowed
- Hips push up and forward when making contact
- Maintain contact until the whistle blows

**Result** – During this drill, the coach can watch for the technique of the offensive lineman. Corrections can be made at this point for technique.



## 2.3 Run block (OL)

This is the first of two types of basic blocks young players will learn.

**What you need** – Coaches with tackling dummies to start, and then you can move into putting player together once the understand what they are doing.

**How this drill works** – You want to teach kids to essentially drive block in this drill. Which means that they need to learn the basics of leveraging their body to open up running lanes for their running backs. This is a key component to a successful running attack, so good attention should be paid to it at this level.

The body should have a good base, with the feet just under shoulder width apart. The lineman should engage their opponent with their head up, and their feet under the core of their body. Too far extended and the defensive player can pull you forward. Leaning back too much, and they will continue to knock the OL backward. The player should engage the defensive player by driving his hands underneath the chest part of the shoulder pads and then using his body to drive the player away from the hole.

**Result** – The basics of run blocking will be learned.



## 2.4 Pass blocking (OL)

Pass blocking is the second element of blocking young players should understand.

**What you need** – Coaches with tackling dummies to start, and then you can have pass rushing players once the players understand the technique.

**How this drill works** – What you can do is explain to the players that the idea of this drill, compared with the run block, is that the run block is an attacking block, while the pass block is a protection, or a defending block.

The same rules of thumb apply with having a strong base to block from. But the block is executed differently. The pass block involves the offensive lineman creating a base first and then repelling the oncoming attack either by: standing his ground, using his arms to keep the defender at bay, or by pushing them around the quarterback (the pocket).

Coaches will try to penetrate into the backfield, while the young players learn their technique for pass blocking. At some point, you can add in real defenders.

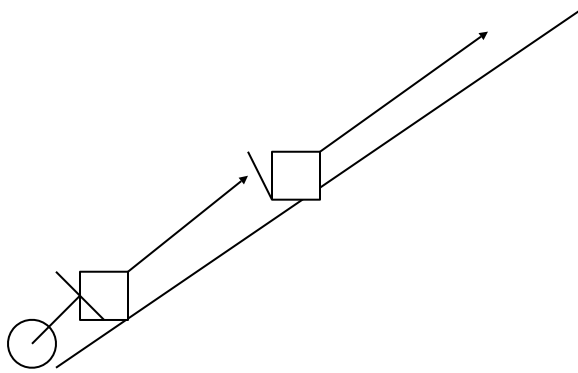
**Result** – The knowledge of pass blocking and how it works.



## 2.5 Hill Drill (OL)

This is a great conditioning drill for your big guys, but also gets them used to firing out and driving their blocks.

**What you need** – As you can guess by the name, you will need a hill for this drill. You will need an offensive lineman and 2 defensive linemen for this drill as well. If you don't want your defensive linemen in this drill, any players with arm shield (blocking dummies) will suffice. See diagram below for set up and execution:



**How this drill works** – The coach will inform the offensive linemen of the snap count and when the ball is snapped, the O-lineman (circle) will fire out and drive the defender (square) up the hill. The defender will resist, but they will not fight by the O-lineman.

After driving for about 5 yards, the D-lineman releases, and then the O-lineman engages the next blocker by firing out and driving them up the remainder of the hill. This is a fantastic conditioning drill for your offensive linemen. Not only that, but it provides a great deal of resistance that will build power in their drive blocks.

**Result** – Your offensive linemen will probably hate you every time you run this drill, but they are going to be much better linemen because of it. This drill will make their drive blocking explode into defensive linemen.



## 2.6 Pass footwork drill (OL)

Footwork and proper set up is essential for offensive linemen

**What you need** – You can create two lines of lineman, and a coach has a tackling dummy in one hand. A pylon should be set up no more than three to five yards behind the player.

**How this drill works** – On the snap of the ball, the coach will move forward with the tackling dummy as though they were a defensive lineman. The lineman needs to focus on three things:

Solid base with feet should width apart and knees slightly bent. The foot closest to the Center position should be slightly forward.

The bottom should drop dropped, the waist bent slightly forward and the weight of the body centered over the balls of the feet, but overall solid balance.

The arms should be up in a prepared position as the player shuffles back – but no more than the 3 to 5 yards of the pylon.

In a pass block situation, the lineman should be focused on creating a pocket for the quarterback, preventing penetration and riding the defensive lineman to the outside.

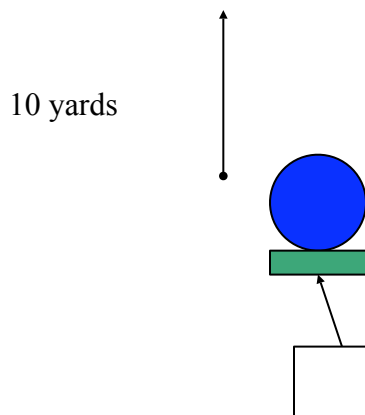
**Result** – Once proper footwork is achieved, the players will see an improvement in their overall pass blocking skills.



## 2.7 10-yard drive (OL)

It is important for offensive linemen to learn to drive block, and continue driving for the entire play.

**What you need** – To start, you only need the offensive lineman and a coach (or players will work) to hold a tackling dummy. See diagram below for set up and execution:



**How this drill works** – Often times younger offensive linemen believe they have executed their block correctly as soon as they fire out and make contact. Coaches do not impress upon them the importance of gaining position on the block, maintaining the block and, on running plays, driving that block.

The offensive lineman (square) in this drill will engage the coach holding the dummy with the proper drive block form (head up, feet shoulder width apart, feet moving, hands in tight underneath shoulder pads, etc).

Once engaged, the offensive lineman will hold this block and drive it at least 10 yards before letting go. Coaches should offer a little resistance on the bag, to give the lineman the feeling of having to ‘drive’ a player off the ball.

You can take this one step further by placing a pylon out 10 yards, but at an angle – to demonstrate angle blocking to open a hole – another element of a good drive block.

**Result** – This drill should help your offensive lineman to understand that blocking is not just about hitting a player once and then letting them go. It is about engaging, maintaining and driving that block out of the hole.



## 2.8 Pancake drill (OL)

This drill helps to prepare younger offensive linemen to execute a drive block, and possible a pancake when run blocking.

**What you need** – To start, you can have two lines of offensive linemen with a coach and a tackling dummy at each line. You can add defensive players once the offensive linemen master the pancake.

**How this drill works** – On the snap of the ball, the offensive lineman will drive forward and engage the tackling dummy, instead of having the tackling dummy meet him (as in a passing situation). Coaches should watch for the following three things:

Solid base (too far forward and the lineman’s momentum can be used against them; too far back and they won’t get the leverage they need.)

Arms extended, but in tight (inside of shoulder pads on defensive linemen).

Feet moving forward at all times, while the arms are engaged with the tackling dummy.

After driving the tackling dummy for five yards, the coach should release the dummy to give the player the feeling of ‘pancaking’ the dummy. This means driving the dummy to the ground.

**Result** – Offensive linemen will learn and understand the essential element of run blocking on the offensive line.

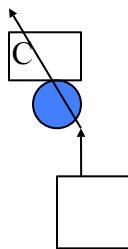




## 2.9 Drive Block (OL)

More blocking skills are learned with this drill. The drive block is essential for creating running lanes for the running back

**What you need** – You can set this drill up the same as you set the previous blocking drill up.



**How this drill works** – When the coach blows his whistle, the lineman will step straight toward the defender or the dummy. At this point, the feet must be planted and the body leans forward and the palms of the hands strike the center of the chest.

The elbows remain close to the body to maintain control of the defender and the hands should slide up under the defenders pads. The lineman should continue pushing the defender back with the hands engaged, until the whistle blows.

The key here is for the offensive lineman to keep the feet moving, the hands engage (without holding), and to DRIVE the dummy out of the hole.

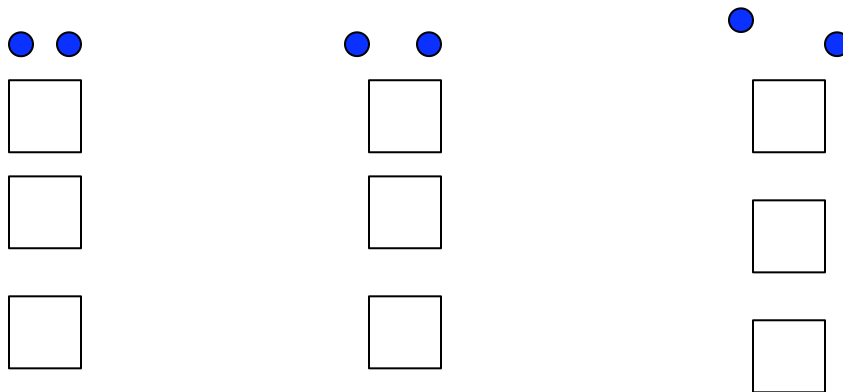
**Result** – Better technique on the drive blocks will help your running game as the holes are driven open with this blocking technique.



## 2.10 Punch Strength Drill (OL)

This drill works on o-line punch technique, and also build strength in their punches.

**What you need** – Set up two or three lines of offensive linemen. Each line has a set of two weights between 5 and 15 pounds (lighter for younger players heavier for older players). See diagram for set up:



**How this drill works** – The punch is the offensive line technique to keep defensive lineman from using their hands to get by an offensive lineman, and to keep the DL from getting a lock and then driving the OL back.

This drill starts with the offensive lineman setting up in a proper pass blocking frame: feet shoulder width apart, inside (closest to center) foot slightly ahead of the other, bottom down and slight bend forward at the waist – ready to engage. The arms are extended.

Each player at the beginning of a line will grab the two weights, with one in each hand. On the coaches' whistle, the players will chop their feet up and down, and they will punch the air as though they are pass blocking against a defender.

Strength is an important factor in being able to keep defensive lineman at bay when they are pass rushing. Coaches should watch that the offensive linemen have good form, and should stop and instruct during the drill when needed.

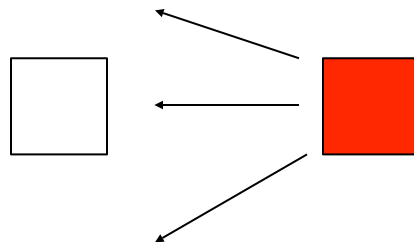
**Result** – This drill not only works on pass blocking form, but builds increased strength in the O-linemen's arms so they can impact and punch block more effectively.



## 2.11 Bear crawl block (OL)

In a four point stance, one often looks like a bear – and learning to block from this position can build agility and strength in the blocks.

**What you need** – Pair up offensive lineman together, one will be the bear and the other will be the pass rusher. See the diagram for details.



**How this drill works** – The offensive lineman will be on his hands and feet, but in a slight crouch position. The pass rusher will start about 2 yards away from him.

When the coach blows the whistle, to start the pass rusher will just simply go one direction or the other at about half speed. The offensive lineman in the bear crawl position will stay in the bear crawl, but try to get in front of the defensive lineman to prevent penetration.

Often times linemen will be pushed down, and still be called upon to make a block. This drill will help offensive linemen with those blocks and build the agility to make a block – even when they get knocked down. They will be making those blocks from a bear crawl-like position.

Increase the speed of the rusher as the blocker gets more adept at making good blocks from the bear crawl position.

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## QUARTERBACK AND RECEIVER DRILLS



### 3.1 Snap and drop back (QB, C)

The snap is the first element of starting a play that kids should learn early. It is a very important exchange to start each play.

**What you need** - You will need your center and a quarterback. If you have more than one of each – great! You can have them working together.

**How this drill works** – The quarterback will set up behind the center and the coach will call the cadence. On the final hutt, the center will snap the ball, the quarterback will receive it and then begin the drop back.

The drop back should focus on proper form: good crossover back, holding the ball with two hands (with the throwing hand on the laces), and holding the ball at shoulder height with the head up looking downfield.

**Result** – This is where each play begins – if you can't master this aspect of the offense, then your team is going to have a hard time moving the ball.



### 3.2 Catching triangle (QB, WR, RB)

This is the basic way for kids to learn to catch a ball.

**What you need** – pair up, or put players in groups of three to throw the ball back and forth.

**How this drill works** – Passes should be caught with fingers outstretched and palms out, with the index fingers and thumbs nearly meeting to create a triangle window. Once caught, the ball should be brought down and secured to the body.

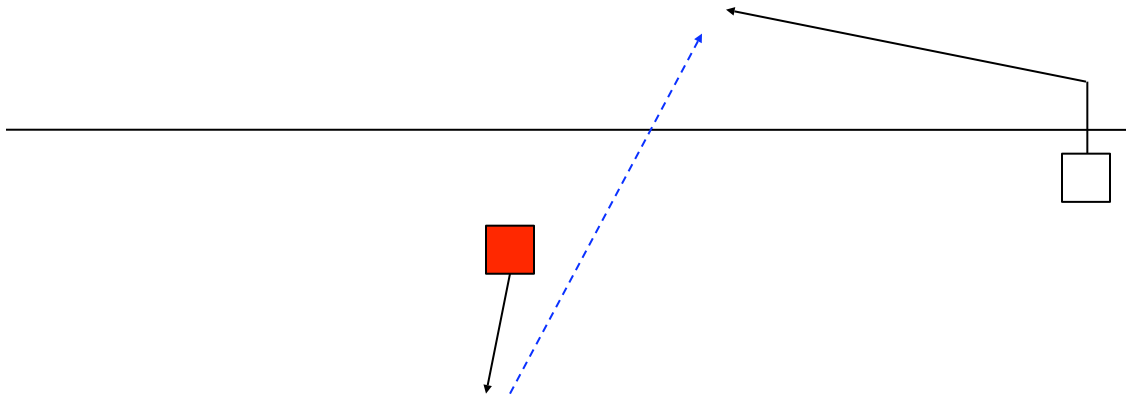
**Result** – Kids will have the basics for catching the ball.



### 3.3 3 Step, Look and Fire (QB, WR)

Quick drops and then release are important for quick timing pass plays. Holding on to the ball is going to disrupt timing.

**What you need** – You can line up receivers with the quarterbacks in this drill, but they will only be running quick slants, or hooks. See the diagram for further details on this drill.



**How this drill works** – The emphasis of this drill is on the desire to get the ball out of the hand as quickly as possible. Holding on to the ball on a three step drop will get your QB hammered.

Upon the snap of the ball, the receiver will run a 2-yard slant. The QB will drop back three steps with his head looking forward (not at the receiver), and then once planted on the three step drop, he will turn his shoulders slightly at his target, look, and deliver the ball.

This all happens instantaneously. A pass with a three step drop should take no more than three seconds to complete – if that. Learning to make the throw as quickly as possible is important.

Make this drill more difficult by having a defender there to watch for the slant pattern. Combine this drill with the previous one, so the QB has an outlet pass.

**Result** – Improved quickness throwing the ball. This can be applied to a variety of patterns, and you might want to vary the pattern to increase the quarterbacks understanding of where they need to throw the ball.



### 3.4 Catch concentration (QB, RB, WR)

Catching the ball through a maze of hands, arms and while distracted makes a good receiver great.

**What you need** – Two lines – one of receivers and one of distracters.

**How this drill works** – The ball will be thrown to the receivers, but between the receiver and the ball is the distracter. The distracter will be waving their arms, shouting and generally trying to keep the receiver from catching the ball – without touching the receiver.

**Result** – With regular work on catch concentration, your receivers will develop the skill to focus on catching the ball and bringing it in no matter what sort of distraction they might face.



### 3.5 Passing Tree (QB, RB, WR)

The passing tree is a staple in any passing offense.

**What you need** – Most teams will have an established passing tree – or a basic description of each passing route – hook, slant, square in, square, out, post, flag, fly, etc. You can have two QB's side-by-side and receiver lines on each side.

**How this drill works** – In each line, the receivers will run the routes included in the passing tree and the quarterback will throw them the ball. It sounds like a simple drill, but here is where the coach can make a bigger impact.

In any drill, if a player is left to do things themselves, they may not do it properly and they can develop bad habits. But, with a coach there in the drill, he can instruct the player on areas where they could improve a route, or a pass.

**Results** – This has a variety of results: the QB's and receivers will be on the same page when a passing route is called; the timing with the players will improve because they are used to working with each other; and receivers will learn proper routes.



### 3.6 Ball Adjust (QB, RB, WR)

The ball isn't always thrown exactly where it is supposed to be, and receivers are going to need to learn to react to where the ball is thrown.

**What you need** – Two lines of receivers working with two QB's.

**How this drill works** – This is a drill that allows receivers to learn to adjust to the ball when it is in the air. They may have to adjust because of a poor pass, or the wind, or to get around a defender.

Once the ball is snapped, the receiver is going to run their regular route, but the QB is going deliberately thrown an errant pass. One of the easiest ways to begin this drill is with a fly route. Traditionally thrown to the inside shoulder, sometimes the ball is on the outside and the receiver needs to adjust his body to make the catch.

Furthermore, the ball can often be behind the receiver or they may have to turn the body completely in order to make a catch. This is called adjusting to the ball.

**Result** – With practice, receivers will be able to make on the fly adjustments during their routes to get them into better position to make catches if a pass is not thrown perfectly or is disrupted in the air.



### 3.7 Progression drill (QB, RB, WR)

Quarterbacks have to go through receiver progressions to make the best passing decisions on the field.

**What you need** – You need a quarterback and a three-receiver combination (2 WR, 1 TE or 2 WR, 1RB, etc).

**How this drill works** – On the snap, the receivers will run their patterns at  $\frac{3}{4}$  speed as the quarterback drops back. The quarterback should have his head up, and looking downfield at his receivers. The coaches should have a primary, secondary and tertiary target picked out before the play.

The quarterback will look at each of his targets in this drill before deciding which one is the best choice. He will make the pass to the appropriate player. The ball should be released within 3 seconds of setting at the end of his drop. Quarterbacks at this age can work up to that point.

**Result** – Recognition skills are crucial for making the right pass at the right time during a game. Learning this skill early will help the player at higher levels.



### 3.8 Cones and cuts (QB, WR, RB)

It is imperative in many cases for a receiver's cut to be at exactly the right spot

**What you need** – For each passing route requiring a cut, the coach will place the cones where he wants the player to make the cut. This will vary, depending on the length and type of route the receiver is running.

**How this drill works** – Upon the snap, when the quarterback drops back, the receiver will be running his route. The quarterback should know where the ball should go, so he should pass it to that area.

The receiver will sprint to the cone, and make a quick fake and then the proper cut. Even with the fake, the cut needs to be made at the proper time – not a step before, or a step after – or the pass will likely be missed.

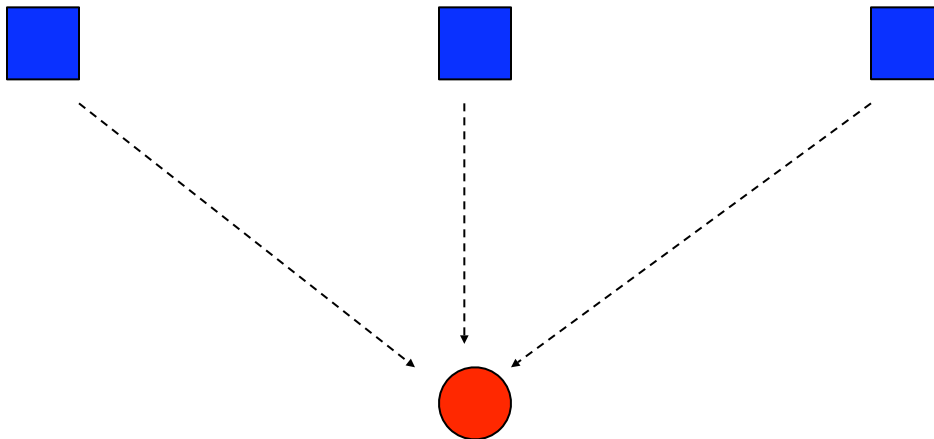
**Result** – Many pass patterns are run off of timing, and the quarterback is throwing to an area they expect the receiver to be in at a given time. If the cut is not proper or executed on time it can result in a turnover.



### 3.9 Lightning catch drill (QB, WR)

Your receivers are going to develop quick hands and good concentration with this drill. It is also a good drill for your quarterbacks and their work on throwing accurate passes.

**What you need** – One line will be for receivers and you will line up three quarterbacks for this drill. See the diagram below for further details.



**How this drill works** – With the players lined up as above (Quarterbacks in blue, receiver in red), the drill starts when the coach blows the whistle. When initially beginning this drill, the quarterback to the receiver's right should start by throwing to the receiver.

Once the receiver catches and secures the ball, then the middle quarterback will throw. The receiver must drop the other ball and prepare to catch the next ball. Then, once the second ball is secured the third quarterback will throw, and the process repeats itself.

Then the third quarterback throws again, then middle, then left – with the same catch, secure, throw repeated for each one. The receiver will handle six balls total. Coaches can increase the complexity of the drill by having the quarterbacks throw quicker, making the receiver catch and release much quicker.

**Result** – Your receivers will use this drill to develop better hand-eye coordination and work on catching and securing the ball. Quarterbacks will be able to work on accuracy and making quick release throws.



### 3.10 Hook and turn (QB, WR, RB)

This is a basic pass with an extra move that will help gain yards. It is a basic hook move that all offensive players should learn.



**What you need** – You can put your quarterbacks in one line (to alternate throwing this pattern) and your receivers in another. Or, you can have two quarterbacks working side by side, with one line of receivers to the right of them (for one QB), and another receiver to the left of them (for the other QB).

**How this drill works** – Upon the snap of the ball, the receivers will run 10 yards and then stop and step back 2 yards **toward** the QB. This is the hook pattern. The QB will throw the ball to them, the receiver will use the catch, tuck and tap, and then give a quick quarter-turn one way, then go the other.

This is a fake and turn the other way for all receivers. Both receivers and quarterbacks should switch sides for receiving and throwing.

**Result** – This is a basic maneuver for receivers to use on this pattern, and one of the most common patterns QB's will throw. It is good to learn the timing (for QB's) and the turn for receivers.



### 3.11 Cut up field (QB, WR, RB)

Sometimes players have a habit of running parallel to the line of scrimmage and not forward for yards.

**What you need** - The running back should be behind the QB in his normal position and the WR's should be lined up in their spot as well.

**How this drill works** – Upon the snap, the QB will execute either a running play or a passing play. In this drill, the object is for the player carrying the ball to turn and square up to the line of scrimmage so they can drive the ball forward, rather than run parallel to the LOS. You can add a few defensive players in here to make the drill more interesting.

**Result** – Your players will start to develop the habit of running up field, rather than juking a jiving sideways all of the time.



### 3.12 Roll out passing (QB, WR, RB)

Quarterbacks need to know how to properly throw on the run

**What you need** – Have two quarterbacks side by side taking snaps. You will have a line of receivers about 10 yards downfield facing the QB.

**How this drill works** – Upon the snap, the quarterback will sprint out to the right or left (open side of the drill) keeping between 6 and 8 yards away from the line of scrimmage.

The receivers will break towards the sideline, and the quarterback will need to square up his shoulders, hips and head toward the target area so the throwing arm can come through properly toward the target. The quarterback has to try and hit the receiver before he gets to the sideline.

**Result** – A greater ability to maneuver and throw outside the pocket.



### 3.13 Over the shoulder (QB, WR)

The deep pass is one of the toughest passes to catch on the run – especially for younger players.

**What you need** – Once again, you can have two quarterbacks side-by-side, one with a line on his left, and another with a line on his right.

**How this drill works** – The receivers will take off down the field in a straight fly pattern. When you first start this drill, the QB should throw the ball within the first 5 yards or so. This makes it a short pass, and the receiver can get used to catching the ball over his shoulder.

As the QB and the receiver are able to get on to the same page with the deep ball, they can start running the patterns a little deeper, giving the receiver better development of this skill. Coaches should be watching for proper cradling of the ball when it is received – and the catch, tuck and tap.

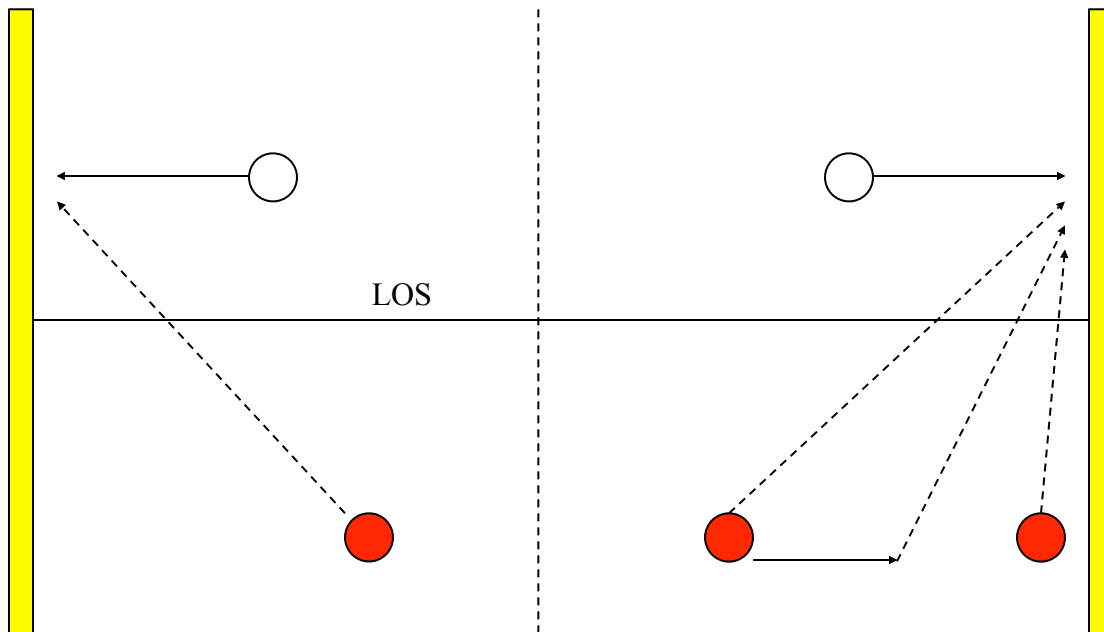
**Result** – Receivers will learn to catch the ball over their shoulder and QB's will perfect the deep pass.



### 3.14 Sideline catch drill (WR, QB)

Catching the ball with the feet in-bounds is an excellent receiving skill to work on. For quarterbacks, throwing the ball to the sideline helps build accuracy for this throw.

**What you need** – You can split this drill into two stations, one on each sideline, each station with a quarterback (or two), and a line of receivers about 10 yards out from the sideline. See the diagram below for set up.



**How this drill works** – This drill is the same for receivers each time it is run, however it can be done three different ways for quarterbacks.

In the first one, on the snap of the ball the receiver sprints toward the sideline and the QB takes a three-step drop and then fires the ball to the sideline. The catch must be made in bounds.

In the second one, on the snap of the ball, the QB can be on a sprint out and attempts to make the same pass.

For the third part, you can have the quarterback right up against the sideline and throwing directly in front of him to the receiver at the sideline. This can be done on either sideline. QB's and receivers should switch up the side they are on to get work on both sides.

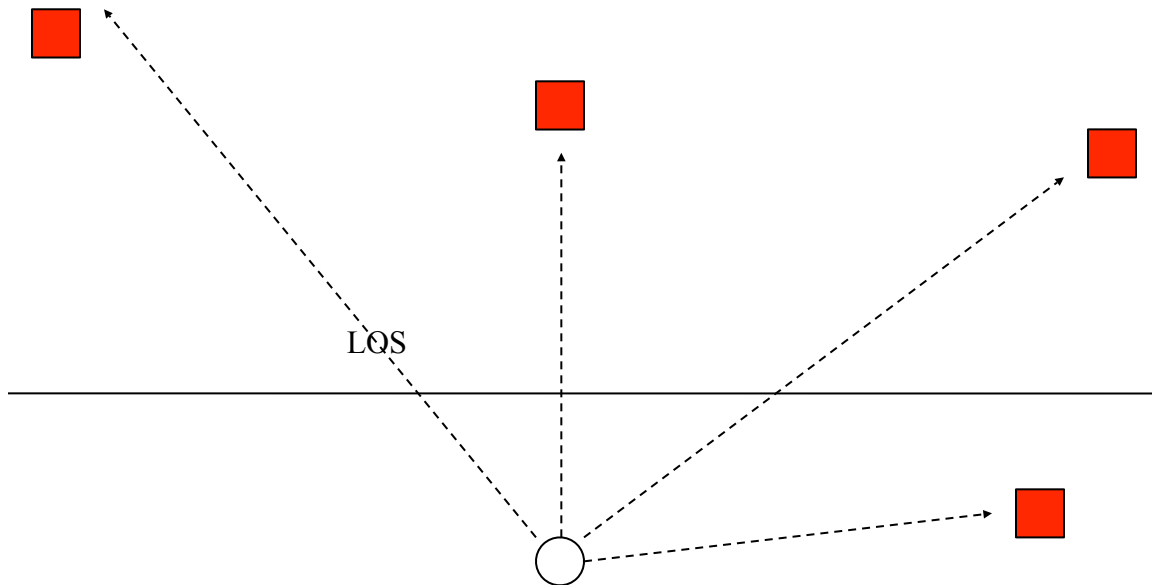
**Result** – QB gets work throwing sideline routes and receivers work on concentrating on the ball while making sure they are in bounds.



### 3.15 QB Read and Accuracy drill (QB, WR)

This drill will work on reads and progressions and then making the right pass for quarterbacks.

**What you need** – You can set this drill up with your quarterbacks and 4 targets, shown below in the diagram. The targets can start off as tackling dummies, and can eventually work up to live receivers.



**How this drill works** – In this drill, the QB is going to work on making progression reads and hitting the targets. At first the targets will not be moving, but as the QB progresses, the targets will be live.

On the snap of the ball, the quarterback will make his first read and then throw the ball. Then on the next snap, the QB will look at his first read, then progress to the second read and then throw the ball. Then progress to the third read, throw and so on – right to the fourth read and throw.

Once you add live targets, this drill becomes more difficult, as the quarterback will have to make the read and then gauge the speed of the receiver to make the throw. The diagram above denotes four targets (red), but, a coach can place the targets where he wants, according to where a receiver might be on a set play.

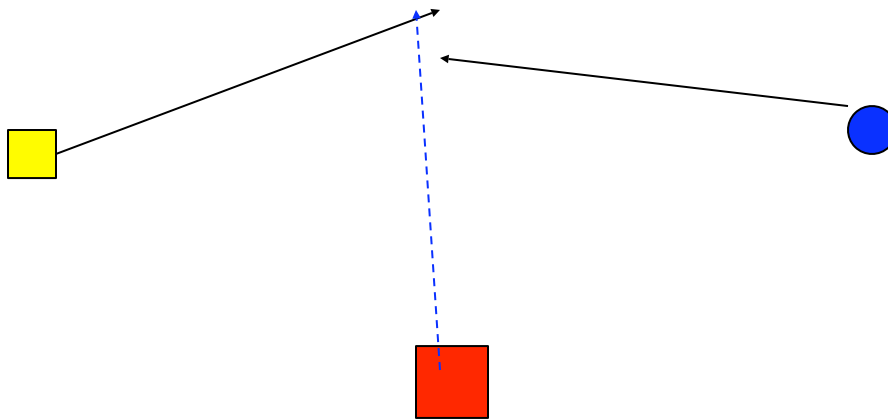
**Result** – This is another drill where QB's can learn to make their proper reads and progressions in order to make the right throw on the field.



### 3.16 Over the middle (QB, WR, RB)

Maintaining concentration on pass routes over the middle is something every coach battles with – from Pop Warner to the pros.

**What you need** – Two lines – you can split receivers up, or you can have defensive backs in the other line if you like. See diagram for further set up and execution of this drill.



**How this drill works** – You've heard of the term 'hearing footsteps' when it comes to players dropping passes they should otherwise have. This drill aims to eliminate that from happening.

The receivers (yellow) will sprint across the field at an angle so they catch the pass at about the 15 yard mark (or less for younger players). The 'footsteps' (blue) will be barreling towards the same spot – making noise, waving their hands, and even feigning a hit on the wide receiver, but they **WILL NOT** actually hit the receiver.

The defender will just stop short of hitting the receiver coming across the middle, mainly because this is more of a concentration drill just to get a receiver used to catching the ball over the middle in traffic.

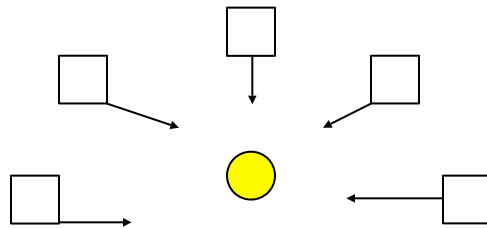
**Result** – In time, this repetition will prepare receivers to catch the ball over the middle of the field and NOT be tentative when they try to receive a pass. At some point down the road, you may consider making quarter contact, or a 'pop' once the receiver catches the ball – in preparation of future contact in a game situation.



### 3.17 Pocket pressure (QB, WR)

A quarterback needs to learn to feel the pressure in the pocket, and release the ball, or eat it when the pressure arrives.

**What you need** – 5 players, or coaches with tackling dummies. One quarterback is needed for the drill. You can set up one or all of your wide receivers, depending on the level of difficulty. See diagram for set up and execution:



**How this drill works** – In most cases, coaches want their QB to find a receiver, or make a decision to scramble within 5 to 7 seconds from the snap of the ball.

In this drill the 5 players (or coaches) with tackling dummies, will gradually creep closer to the QB as each second passes. They should be at the quarterback with their tackling dummies raised as high as they can, to impede any possible pass.

The QB needs to be aware of the closing pocket, and make a quick read and then set up to pass within this 5 to 7 second window. With a blitz, sometimes this amount of time can be much less.

This will help a QB to prepare for and avoid sacks due to a collapsing pocket.

**Result** – Your QB will become more aware of the pass rush around them and become more comfortable with dropping back, making the reads and then passing the ball to the right player.

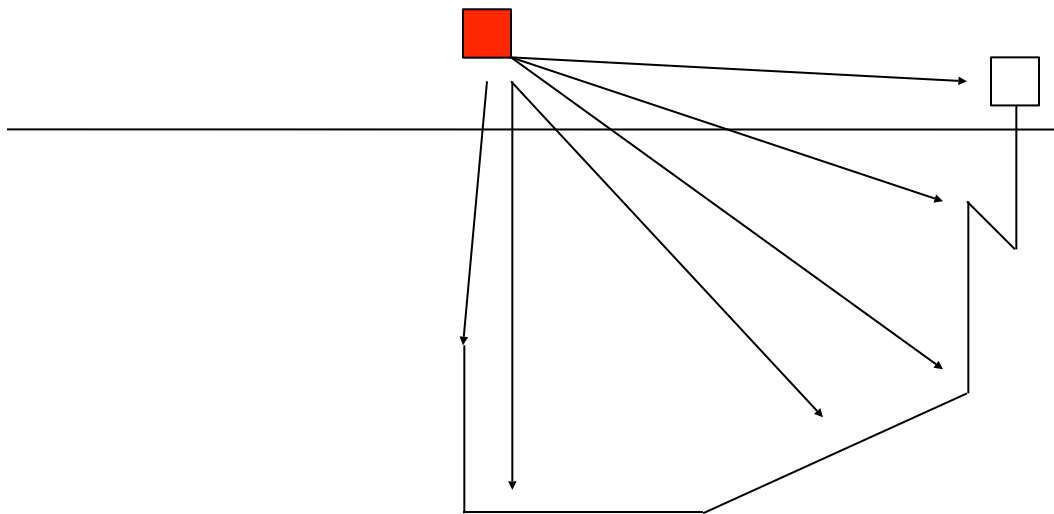
You can make this drill more difficult by adding in defensive backs to cover the receivers.



### 3.18 Continuous Pattern drill (QB, WR)

This is a great conditioning drill, but it is also a good drill to help receivers maintain focus while running crisp pass routes.

**What you need** – Two QB's and a coach should be feeding balls between routes. You will need a line of wide receivers. See diagram for set up and execution.



**How this drill works** – Two QB's will be dropped back, the first one will start by passing a hitch to the wide receiver (then the coach gives him another ball), then the second receiver hits the hook pattern (then coach gives him another ball). Then you go back to the first QB again, who is going to hit the go route (at 15 yards), then the next throw is to the post, next to the crossing route, and then the final pass will be made to the come-back route over the middle.

Each time the QB will alternate, and the coach will give them balls in the backfield. After the throw, the QB must reassume the proper throwing position to get ready for their next pass. Improper preparation means inaccurate throws.

The receiver will catch 6 balls, and this drill should be done at full speed.

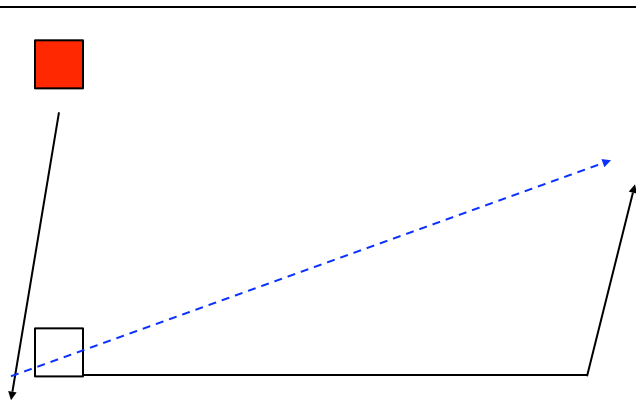
**Result** – Passing accuracy for QB's on selected routes, and good work on hands and conditioning for receivers.



### 3.19 Check off pass (QB, RB)

Checking downfield and then making the dump pass is a tough skill for many quarterbacks to master.

**What you need** – Have the quarterbacks working with the running backs on this drill, but the drill is more for the QB recognition. See the diagram below for the set up of this drill.



**How this drill works** – To start the drill, the QB will be under center and they will snap the ball and drop back – 3 or 5 steps. They need to check downfield first for receivers (which are not there in this drill), and then they need to make the decision to throw to their safety valve running the flare route.

QB's need to be aware of looking downfield, and then if they have no targets, to turn their shoulders towards their target and make the pass to the advancing RB. Far too often QB's will just side arm the ball over to the RB and this sacrifices accuracy.

**Result** – Once the quarterback becomes comfortable throwing this pattern it will become second nature and it will be completed on a far more regular basis.

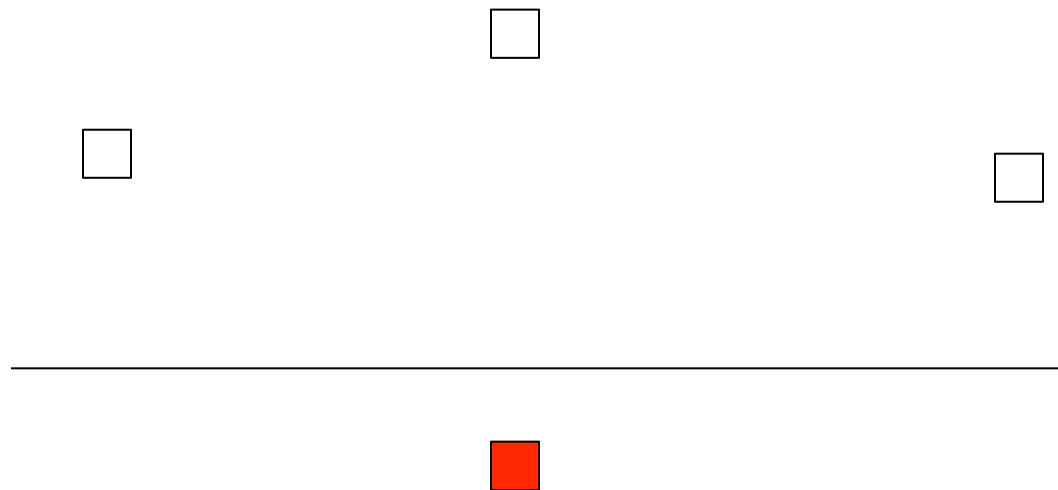




### 3.20 Raise hand recognition drill (QB, WR)

QB's always need to improve their downfield recognition skills, and this drill is certainly going to help.

**What you need** – You will need a quarterback and three or four receivers to do this drill. Each receiver is between 10 and 25 yards away from the quarterback, and spread about the field. One in the middle deep, one middle short, and the other two near the sidelines (get rid of the middle short with only three receivers). See diagram for details.



**How this drill works** – The coach will stand behind the QB (red), and prior to the snap, will point to the receiver that is going to be open. The QB will not know the player that is going to be open. The coach will tell the QB how many steps the drop will be (3, 5 or 7) before he needs to find the receiver and complete the pass.

At first, the player will raise one hand to show that he is the intended receiver. But, to make the drill more difficult, and more important for the quarterback to read, the players will all raise one hand, and the intended target will raise TWO hands. This forces the QB to make quick reads and hit the proper target.

The coach should enforce a three second release rule for the QB after he reaches his drop. And to increase the difficulty, you can extend this to 5 receivers (an RB flat pattern), and you can lengthen the throws.

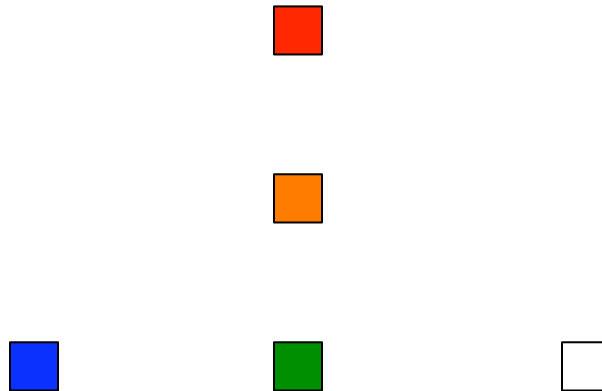
**Result** – The QB will dramatically increase his ability to find and complete the passes to his intended targets down the field.



### 3.21 Catch Pyramid (WR, RB)

Quick reactions and the ability to find and collect the ball in the air is a good skill to work on for receivers and backs.

**What you need** – 5 players and 3 footballs. The set up for this drill is shown below.



**How this drill works** – This is a drill that works on hand quickness and the ability to find and catch the ball. Balls start at the Red, Green and White positions to begin the drill. Here's how it goes. Red starts the drill by passing to orange, and looks to receive from blue.

At the same time, orange passes to green and green decides to pass to white or blue. White or blue (whichever has the ball) will pass back up to red again. It should make a continuous passing between the all of the players. The passes should not be option-type tosses – they need to be passes.

The quicker your receivers can get at this drill they better they will become. You can switch the players every 20 total catches, so about 6 times through the drill. Reward the players if they can make it through the entire drill without a dropped pass.

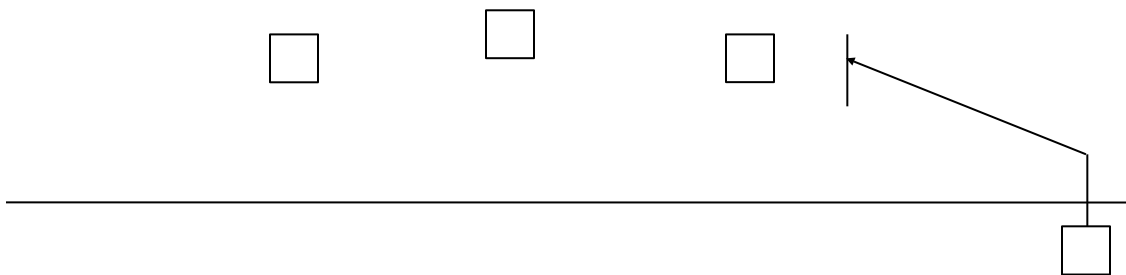
**Result** – You will notice the improvement in the hand and eye coordination of your receivers, and their ability to locate the ball quickly and then focus on making the catch.



### 3.22 Receiver crack block (WR)

Learning to effectively and legally block down from the receiver position is an excellent skill to teach.

**What you need** – You can start this drill with groups of receivers and a coach or a player with a dummy, acting as a linebacker. See the diagram for further details on the drill.



**How this drill works** – On the snap of the ball, the slot receiver, or the wide receiver will execute a **legal** seal block on the linebackers. The advantage of this block is that it prevents the linebacker from making a play, but there are disadvantages – your receiver could get blown up by a backer, or they could cause injury to the LB if they don't execute the block correctly.

**The block is ALWAYS above the waist** – never should this block be executed below the waist. The lateral movement of the linebacker exposes their knees.

**The block is NEVER from behind** – if the LB has his back turned, you become an impediment to their movement – not cracking them from behind.

The best crack blocks engage the linebacker in the midsection, with the head up, just to get in their way.

Properly executed, this can be a great block to add to your scheme. **Note:** Some leagues do not allow crack blocking, but most at the high school level will allow receivers to down block on LBs and DL.

**Result** – Another blocking tool for when you run your running plays.

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## RUNNING BACK DRILLS



### 4.1 Juke, spin, stiff arm (RB)

Running backs need to learn a few good moves and some standard ones in order to gain a few extra yards.

**What you need** – Three dummies in a single file line held by coaches or by other players waiting their turn in this drill. A line of running backs to go through the drill.

**How this drill works** – On the snap of the ball, the running back will receive a handoff (or have the ball already) and at the first dummy, the runner will make a juke around the dummy then sprint to the next dummy.

At the next dummy, the runner will drop the inside shoulder on the path they take and then spin off the dummy and head to the next one. At this one the running back will decide which side to run to – left or right – and they will change the side they are carrying the ball on and then stiff arm with the other.

**Result** – This drill is a good one for backs as they will have to employ each of these running tactics in order to try and maximize their yards carrying the ball. Also, it helps them learn to do the drills in succession and react to where the defender is.



### 4.2 One cut drill (RB)

Getting RB's up field can be a challenge, but this drill should help

**What you need** – Set up pylons where the different running holes should be. Have a running back in the backfield and a shadow linebacker on the defensive side.

**How this drill works** – This teaches RB's to make a quick read where the hole is, and then to cut up field. Too many RB's will try to juke and jive to avoid tackles instead of taking the opening and accelerating through it.

RB's get one up field cut and then they have to accelerate forward in this drill.

**Result** – Your runners will learn to take the openings that they have and making positive yardage instead of trying too hard to make something happen and not gaining the positive yards they need.



### 4.3 The Exchange (QB, RB)

The exchange between the quarterback and the running back is nearly as important as that between

the QB and the center.

**What you need** – You will need a QB and RB in order to do this drill. The RB should take up his normal position behind the quarterback.

**How this drill works** – upon the snap of the ball, the running back should head towards his hole in the line imaginary offensive line, and the QB should go there to meet him. This is the basic format of most running plays.

The QB will hand the ball to the running back so he can go through the hole. Coaches should be watching for the proper reception by the running back and that the exchange is seamless.

**Result** – Timing will be improved and the QB and RB will definitely reduce exchange fumbles between them.



#### 4.4 Cut and switch (RB, WR)

Carrying the ball in the proper arm is great for kids to learn early.

**What you need** – Set up a cone course with the cones about 5 yards apart, and staggered down a 10-yard section of the field. Each player will need a football as they negotiate the course.

**How this drill works** – As each player runs through the course, they need to run outside of each cone, and zig zag (cut) from cone to cone. As they are going down the course, the ball carrier needs to switch the ball back and forth between arms to keep the ball in the outside arm as they go around the cone.

Coaches should watch for the proper transfer of the ball from arm to arm.

**Result** – After kids get used to this, it will become second nature to them and it will carry through their entire football career. Keeping the ball to the outside reduces the number of fumbles caused by defender hits.



#### 4.5 Run the Gauntlet (WR, RB)

Preventing fumbles by protecting the ball is important for players of all ages.

**What you need** – Many football organizations have an apparatus that players can run through that offers resistance and it also affects the player's ability to hang on to the ball. Or, you can have a column of players that runners will go through.

**How this drill works** – Whether it is the apparatus or the column, ball carriers must run through this area and protect the ball from being knocked out of their grasp. Coaches should watch that players use both arms to protect the ball going through the gauntlet.

**Result** – Better ball control from each player.



#### 4.6 Catch, tuck and tap (QB, WR, RB)

This is a pattern that many players, once they learn it in their youth, take the habit with them into higher levels.

**What you need** – Two lines of players throwing the ball back and forth.

**How this drill works** – This is more of a habit-forming drill, and what it entails is a series of movements that a ball carrier should do when they receive the ball from a pass (every time).

The player will catch the ball, tuck it down into a carrying position, and then when it is secured, the player will tap the top of the ball.

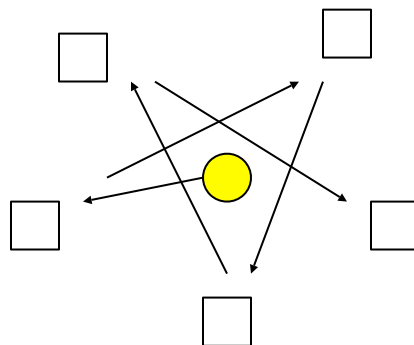
**Result** – This will help players get used to catching the ball, securing and then tapping it so they know they have the ball secure.



#### 4.7 Hold the Ball (RB, WR)

Holding on to the ball upon contact, and staying on your feet are hallmarks of a good offensive football player.

**What you need** – You need to have 5 players holding blocking dummies (held in the hands) or they can go without. See the diagram for set up and execution.



**How this drill works** – This drill is to help your players learn to handle contact, stay on their feet, and maintain control of the ball.

At first, the ball carrier (yellow) will start out in the middle of the five tackling players (square). On the coaches' whistle, the player will run towards one of the defenders, absorb a 'pop' hit, then go right across to the other side for another pop hit, then down and across for another, etc.

The drill does not end for the ball carrier until they hit all five players that are standing around them. If they lose the ball, they will start again. If they get knocked down, they must get up and continue on with the last player that knocked them down.

The defenders must not tackle the ball carrier, they must simply hit them hard enough to knock the players around and possibly to the ground. This isn't a tackling drill for the defenders as much as it is a drill for the ball carriers to learn to absorb punishment.

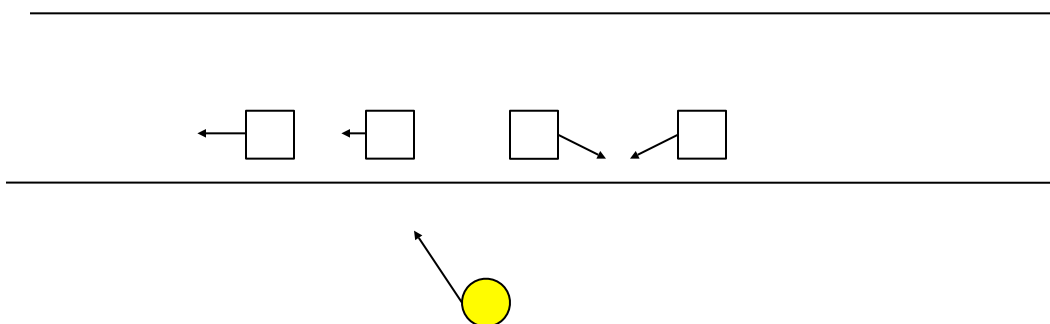
**Result** – The ball carriers will learn to protect the ball, absorb the hits but not fall and then they will also start to learn the advantage of initiating contact rather than just taking it.



## 4.8 Running Back Read (RB)

Even though a play might be diagrammed a certain way, running backs need to be able to read their blocking and make cuts quickly to take advantage of openings.

**What you need** – See diagram for set up. You can set up four coaches or four players with tackling dummies.



**How this drill works** – As any coach knows, the hole that you want to run a play through isn't always open. So, it is important for your running back to learn to burst through a hole and to anticipate where a hole is going to be. This drill will help with that.

The running back will start off in their normal position. The coach will be the quarterback and they will call a certain play (off tackle, inside guard dive, etc), and the players holding the dummies won't know where that play is supposed to go. On the snap of the ball, the coach will hand off the ball as if it were a regular play. The players with the dummies will shuffle one way or another, and they can do so at a different pace (some fast, some slow).

Once the running back gets the ball, he must make a decision to move upfield very quickly. This requires him to make a split second judgment on which hole to take. If he runs into a dummy, or bumps into one, he made an unwise choice. The best choice is one where he cuts up through a hole untouched.

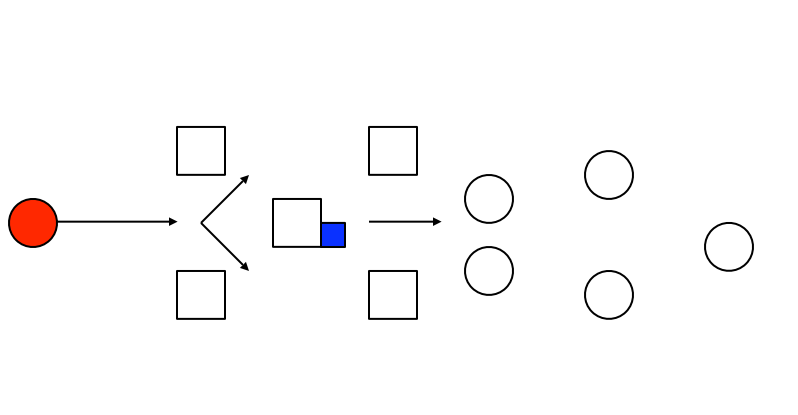
**Result –** The best running backs are able to make split second decisions on the field and make cuts in spots where others might not see holes come up. This drill should help your running backs learn to anticipate and then cut upfield where there are holes in the line.



#### 4.9 Goal line drill (RB)

There is a lot of traffic at the goal line and RB's need to be able to find a way through it.

**What you need –** You will need standing tackling dummies, 5 players, a coach and 3 hand shields (hand dummies). See the diagram below for set up.



**How this drill works –** The running back (red) will have to go through the first set of obstacles (the tackling dummies set up as a diamond, with a coach behind the middle one). When going through, the coach (blue) will step to one side or the other of the middle bag and the RB must cut and go the opposite way.

Once the RB is through the tackling dummies, the first two players are ball strippers. The RB will have to get through them without the ball being stripped. Then the next two players will have hand shields, and when



the RB gets through the ball strippers, those two players will throw their hand shields at the RB's feet to try and trip him up. The RB will have to high step over these.

Finally, the last person will have a hand shield and they will try to shove, bump and drive the RB to the ground. The RB must get to the goal line in order to win this drill!

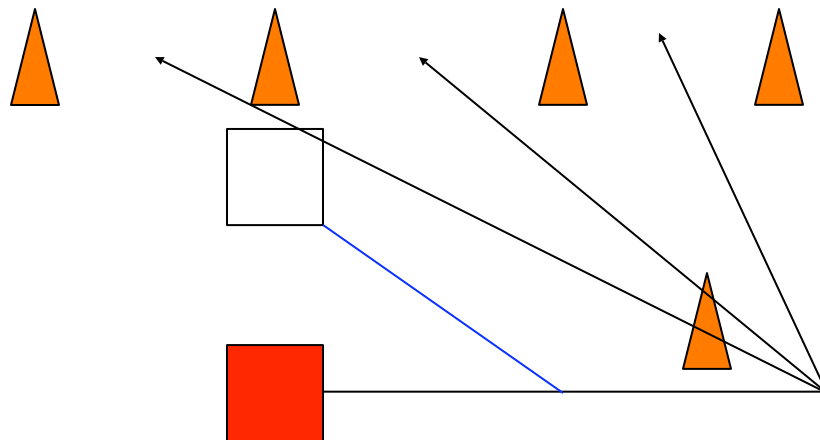
**Result** – Your RB's will have a much greater success running in traffic and learning how to fight through some of the traffic they encounter.



#### 4.10 Cutback Drill (RB, QB)

Being able to find the cutback lane when the outside looks stuffed, is a great trait for a running back to learn.

**What you need** – Set up a small area for running backs to work with pylons and the quarterback. See the diagram for details.



**How this drill works** – RBs need to be able to identify the holes in their lines and where the defense might be a little weak and easy to exploit. Sometimes, when a play is called outside, the defense will over-pursue the play, and that allows for cutback lanes.

In this drill, the QB will toss the ball to the RB on a sweep play; then the RB, once reaching the first cone, must decide which lane to cut into. The cut should be quick and decisive and the runner must get up field. A coach can be standing in different cutback lanes in order to prevent the runner from going into those lanes.

Runners need to be able to quickly survey their surroundings and make the most of what might look like a poor situation. While cutbacks are often an 'instinct' runners have, you can also improve the 'instinct' of players by teaching them to look for the cutback lane when it is there.

**Result** – Your RBs will increase their ability to find holes in order to get up field to gain valuable yards for your team.

# Individual Techniques: Defense

## DEFENSIVE LINEMEN AND LINEBACKER DRILLS



### 5.1 Form tackle (DL, LB, DB)

It is a **must** for kids to learn to tackle properly at an early age – otherwise serious injury can result.

**What you need** – At first, you need a few tackling dummies to use for the littler players. Have coaches, parent helpers or other players hold them when the players use them to tackle.

**How this drill works** – In this drill you want to go over the fundamentals of tackling: the breakdown, the lean, keeping your head up, and then the thrust through with your hips and midsection to drive the player back.

**Note** – I can't emphasize enough the importance of teaching kids the proper tackling technique – **it will reduce the risk of serious neck injuries.**

Kids will approach the tackling dummy at half speed and go through each motion very deliberately before they get to do it full speed. They need to be able to execute the proper form before they get to hit the dummy hard, or start tackling other players.

Result: fewer injuries down the road – and teaches them the best way to tackle their opponent.



### 5.2 Agility tackle (DL, LB)

Put barriers in the way of players making tackles

**What you need** – Lie tackling dummies on the ground around the player and then move the ball one way or another.

**How this drill works** – As you move, your player should follow, and still try to avoid the tackling dummies littered on the ground. They will need to keep their head up and also see the dummies to elude them and make the tackle.

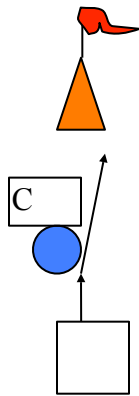
**Result** – This is a great drill for building a young player's agility.



### 5.3 D-Line Fight Drill (DL)

Defensive linemen often find themselves down on the ground fighting to get back to their feet and into the play. This drill will help them build quick-reaction skills to do just that.

**What you need** – You can run several stations at one time, and each one will have a defensive lineman and either another player or coach with a tackling dummy. Put a pylon behind the player with the tackling dummy and have a flag or other object on the pylon for the player to grab.



**How this drill works** – Defensive lineman will start in the prone position (on the stomach), with the player holding the tackling dummy above them, securely holding the dummy.

On the whistle, the defensive lineman will try to get back on his feet, with the player holding the tackling dummy beating them back down to the ground. The defensive lineman needs to get to his feet, or to his knees and make it to the pylon to grab the flag.

**Result** – During a play, the defensive linemen will often find themselves on the ground with an offensive lineman on them. They still need to find a way to get into the play and close holes in the line, or get penetration.



### 5.4 The Bull Rush (DL)

The Bull Rush is one of the best pass rush moves and penetration skills that you can learn as a defensive lineman.

**What you need** – Pair up defensive linemen against each other. They should be approximately the same size. See the diagram for set up.



**How this drill works** – With the two defensive linemen matched up with one another, one needs to be the 'offensive' lineman to start, as the other practices the bull rush.

The player that starts as the offensive lineman will turn his back to the defensive lineman to start the drill. The offensive lineman will provide resistance to the defensive lineman by pushing back as the defensive lineman pushes forward. The object of this drill is to get work on the bull rush.

Once the defensive lineman starts to push, in the beginning the offensive lineman should just give limited, but firm resistance. Then, the should drop quickly into a sit position and the defensive lineman not only needs to hold him up, but needs to push him forward. The sit position automatically provides more resistance to the DL.

**Result** – Your defenders are going to get better with their bull rushes and begin to build the strength they need to collapse the pocket on pass plays.



## 5.5 Attack the QB (DL, LB)

Defensive players love to get the chance to rush the quarterback.

**What you need** – You won't need a QB for this, but a tackling dummy will suffice as the QB for now. Tackling dummies on the outside will act as offensive lineman for defensive lineman to execute their moves.

**How this drill works** – Defensive lineman should start to develop a series of moves to elude the blocking of the offensive lineman. This is one way to do that.

Defensive lineman will lineup in their stance opposite the standing tackling dummy. On the snap, the defensive lineman will execute a quick move around the tackling dummy (spin, swim, bull rush) and then take an angle of pursuit at the tackling dummy that is a quarterback.

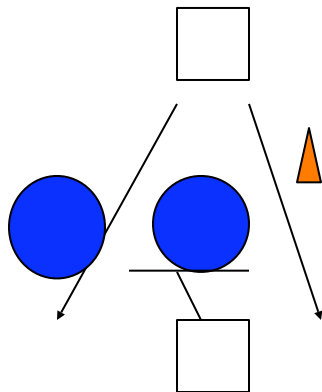
**Result** – As your defensive lineman start to improve their repertoire, they will be able to put even more pressure on the quarterback. One note – as your players are learning these moves, they need to remember that some of the moves can put them out of position for the run.



## 5.6 Hold and tackle (DL, LB)

A defensive lineman often has to hold a block to fill a gap or a hole, and then must shed it to make a tackle.

**What you need** – You can have two coaches on tackling dummies (or players), and you will need a defensive linemen. You can run this at more than one station.



**How this drill works** – On the snap of the ball, the lineman, or linebacker will engage the tackling dummy (blue) and have quick chopping steps, but stay in a stationary position.

When the runner comes along, the defensive player must disengage from the dummy and try to make the tackle. The defensive player must stay engaged until the runner reaches the pylon – and then they can shed the block and try to make the tackle.

To make this drill more difficult, add another tackling dummy, or make the line live and have the defender have to fight through the blocks in order to make the tackle. In that case, make sure the offensive lineman give the defender a chance to shed the block and make the tackle.

**Result** – The defensive linemen are going to be able to fill the gaps, and then make the tackle once the runner gets through the line.



## 5.7 Rip, swim and bull rush (DL)

This is a defensive line drill that will teach younger players a few of the basic defensive line maneuvers.

**What you need** – Two lines of defensive linemen with a coach and a tackling dummy (offensive lineman) opposing them.

**How this drill works** – At the snap of the ball, the defensive lineman has one step forward before he has to make a move on the offensive lineman. Coaches should teach the following basic techniques – the rip (using the offensive lineman's momentum to 'rip' him forward); the 'swim' when the DL uses his arms to lift and then 'swim' around the offensive lineman, and the bull rush, which is a straight ahead charge forward to the hole or lineman they are supposed to be against.

It is important to also teach the players to execute these moves, but also to keep their eye on where the play is headed – sometimes a move may work, but it takes you right past the opposing offensive players and out of position. Primarily pass rush maneuvers.

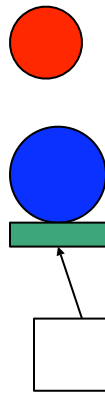
**Result** – Teaching defensive linemen a few moves to put in their pass rush arsenal is a good idea. They will need to learn how to avoid being locked up with offensive linemen, where they can be neutralized.



## 5.8 Hands up (DL)

A pass rushing defensive lineman needs to get his hands in the air to cover potential passing lanes for the QB.

**What you need** – You can run this drill with a defensive lineman, and a coach on a tackling dummy, or with and offensive lineman. You will need a quarterback or a coach who will throw the ball. See the diagram for set up.



**How this drill works** – To start, you might just want to run this drill with a coach or another player on the tackling dummy. It is a little easier that way, until a defensive lineman can learn to read the play and then make the appropriate reaction.

On the snap of the ball, the defensive lineman (square) will rush (3/4 speed) to the tackling dummy. The dummy will push back to simulate an offensive lineman blocking. The quarterback will take a three step drop and throw the ball in the direction of the defensive lineman.

Although the idea of this drill is not to necessarily knock the ball down, it is to help defensive lineman read where the ball is going to go, and then get the timing down for putting their hands up in the air.

To add difficulty to the drill, you can have an offensive lineman there, trying to protect the QB and trying to keep the defender's hands down.

**Result** – A good defensive lineman can anticipate when the ball is going to be thrown by the way a QB sets up in the pocket. While rushing the passer, the DL needs to be wary of this, and close off passing opportunities by raising his hands.

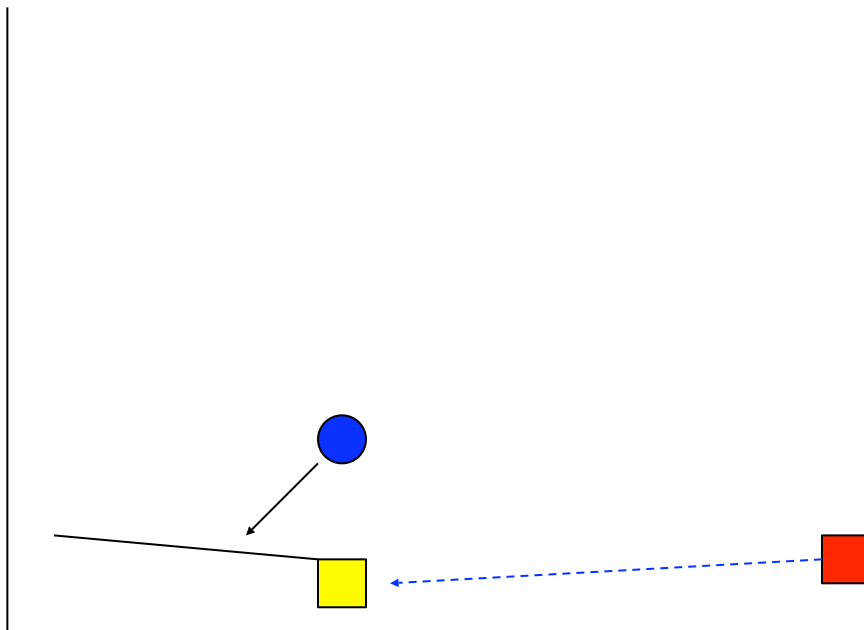




## 5.9 Drive to sidelines (DL, LB)

The LB's need to get away from arm tackling and learn to get their body across and in front of ball carriers

**What you need** – This will be a drill that just the linebackers can do to start. Defensive lineman can participate as well. Set up and execution are in the diagram below.



**How this drill works** – This is a very simple tackling drill that you can run, to get your players used to tackling with their bodies, rather than with their arms. The thrower (red) tosses the ball to a receiver (yellow – can be a linebacker or other D-lineman in this drill), and the blue player must approach the ball carrier with his arms outstretched as though he were going to make a tackle.

The IMPORTANT part of this drill is that the player NOT wrap, but make sure his head is up and that the head goes to the sideline side of the ball carrier's body. Then he must continue to drive that player to the sideline, without using the hands.

The ball carrier should not run at full speed. Instead this is a drill about the proper way to tackle when going to the sidelines. Players should not rely on their arms to make tackles.

**Result** – Better tackling technique and a reduction in attempted arm tackles.



### 5.10 Target Blitz (LB)

Blitzing linebackers have to secure an area on the field during their blitz.

**What you need** – Use a tackling dummy or a colored rag or towel to denote the area to which the linebacker needs to run (about 7 yards behind the LOS). Separate the different gaps by using tackling dummies.

**How this drill works** – When the whistle blows (or the coach delivers a cadence), the linebacker has to sprint from his position, through the proper gap to the area on the field where he is supposed to blitz.

The linebacker should not hesitate once the whistle blows to get to the blitz area. One bit of hesitation can cause the blitz to be ineffective. The coach might want to time the players to make sure they are getting to their target area in less than 5 seconds to start – and then they should get there in less than three seconds.

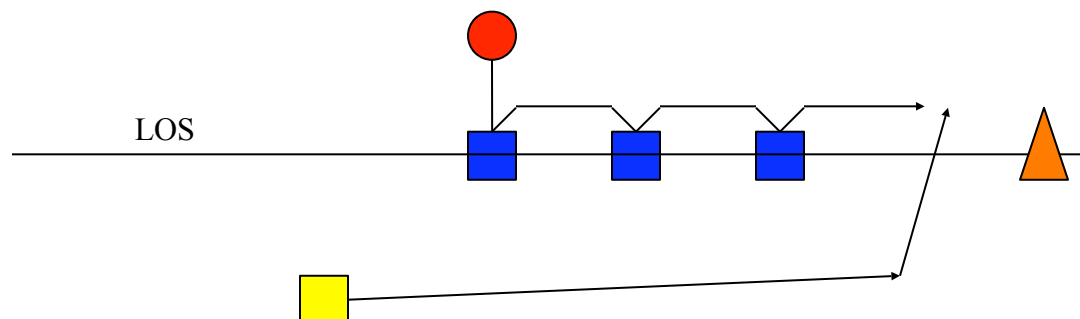
**Result** – Once the linebackers know where they should be going, they should be able to get to the blitz area instantaneously off a snap.

### 5.11 Shed the blocker and tackle (LB, DL)



Linebackers and defensive lineman will often have to shed several blocks to try and string a play out to the sideline and then make the tackle.

**What you need** – Line up the defender at one end, with 3 players or tackling dummies lined up across from them (see the diagram below). There will also be a runner that the defensive player must tackle in this drill.



**How this drill works** – The runner (yellow) starts with the ball and runs  $\frac{3}{4}$  speed to the right. Once the runner reaches the outside of the final tackling dummy (blue) then they can turn up field at full speed.

In the meantime, the defender (red) will sprint to the first bag, punch it (heel shiver with both hands), go to the second bag, punch it and then the third bag and punch it – then on to make the tackle. The defender must try to do this at full speed in order to catch up with the runner.

The object of the drill is to help linebackers and defensive linemen quickly shed blocks in order to string a running play to the outside and then make the tackle on or near the sidelines.

You can make this slightly more difficult for the defender by replacing the tackling dummies with actual lineman or lead blockers.

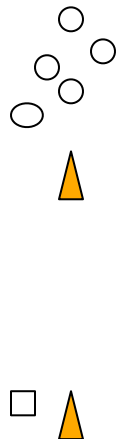
**Result** – Your defensive players will build their ability to shed blocks and make a defensive play even after contact.



## 5.12 Tackle Search Drill (defensive players)

Reading the play and reacting to the ball carrier is an excellent skill for good linebackers to learn.

**What you need** – You can divide players into groups of 5 or 6 and have two pylons placed about 5 yards apart. The players line up, single file behind the first pylon. The first player steps out to the second pylon, with his back to everyone else. See diagram for set up.



**How this drill works** – The player alone at the first cone will have his back to the rest of the players to start the drill. The coach will give the ball to any one of the players left in the group of 5. When the whistle blows, the lone player must search through the other players to find the ball carrier and make the tackle. The players come out one at a time.

The players coming out, that do not have the ball must 'pop' the linebacker at the other cone. The linebacker must shed that block and prepare to take on the next block, or to make the tackle if it is the ball carrier.

Watch for good stable technique when the player is shedding blocks (power stance, good stable core, and shoulders and knees lowered). Then, of course, good tackling technique is a must.

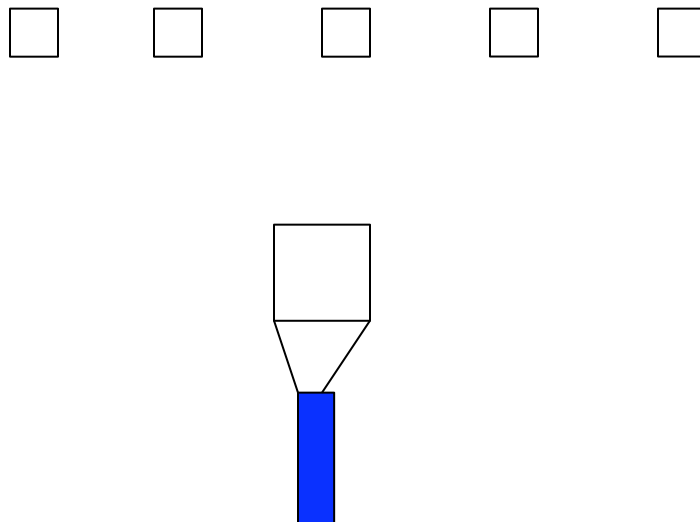
**Result** – This is a great drill to learn which of your defensive players has a head for the game of football. It can become an intense drill, especially with the older players, and you will see your best players rise above the rest in this drill.



### 5.13 Dummy Drag (DL, LB)

Learning to react quickly and then make it to the point of attack is important in preventing long gains. This drill will help.

**What you need** – A harness of some sort that will fit over a player's shoulder pads, with ropes that will tie to a tackling dummy or other heavy bag. See diagram for details.



**How this drill works** – Reacting quickly and then getting to the point of attack with a burst is important in stopping a play before it can become a big gain. This is a neat drill that can help develop a player's quick burst and strength towards a play.

With the harness attached, and a 25 or 30 lb. dummy on the end, the player is going to be dragging a little extra weight (not to mention clumsy weight) behind them. When they have to do this, they get used to burst-

ing quicker and harder towards the play. With the bag on the back, they have the resistance and this develops quick twitch response and will help them build strength.

You can run a few plays with each player having the bag on, and then watch the difference when the bag is off. Repeated work with this technique can improve the quickness of your defensive front seven.

**Result** – Improved quickness and burst towards the play –stopping plays from becoming big gains.



### 5.14 D-Line Chop Drill (DL)

Defensive linemen need to be wary of where the offensive lineman's hands are in order to prevent getting locked up with them.

**What you need** – Pair up defensive linemen and one of them can hold a small arm shield, to be used for the drill. See diagram for details.



**How this drill works** – When an offensive lineman sets up for a pass block, they extend their arms to try and keep the defensive lineman in front of them and at arm's length.

This drill helps the defensive lineman learn to penetrate past those arms and then move forward.

The player with the arm shield will try to move the shield towards the defensive lineman –either to the right or left side. The defensive lineman must use his hands to chop away the arm shield, as though he is pushing the arms of the offensive lineman away. He should do this before the arm shield makes contact with his body.

The player with the arm shield should vary the direction and area where the arm shield is going, in order to provide a defensive lineman with a variety of angles and appearances.

**Result** – Defensive linemen will be more adequately prepared to handle an offensive lineman that is extending his arms to keep the rush at bay.

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## DEFENSIVE BACK DRILLS



### 6.1 Backpedal and change direction (DB, LB)

Backpedaling is important for defensive players to get adequate coverage on pass plays, and to drop into zones.

**What you need** – You just need a few lines of players in their respective positions (DB's, LB's and Safeties).

**How this drill works** – The coach – or a quarterback – will deliver the cadence and snap the ball. At this point, the coach (or Qb) will drop back and so will the defensive players.

Coaches should watch for the proper backpedal: quick steps backwards, good balance with the center of gravity right over the shoes, the behind dropped a bit and the head up.

The next stage of this drill is to add receivers or for the QB to move in the pocket. Part of backpedaling effectively is also being able to open up the hips and be able to go from straight backpedal to either a side-ways or full sprint downfield. This should be covered in this drill.

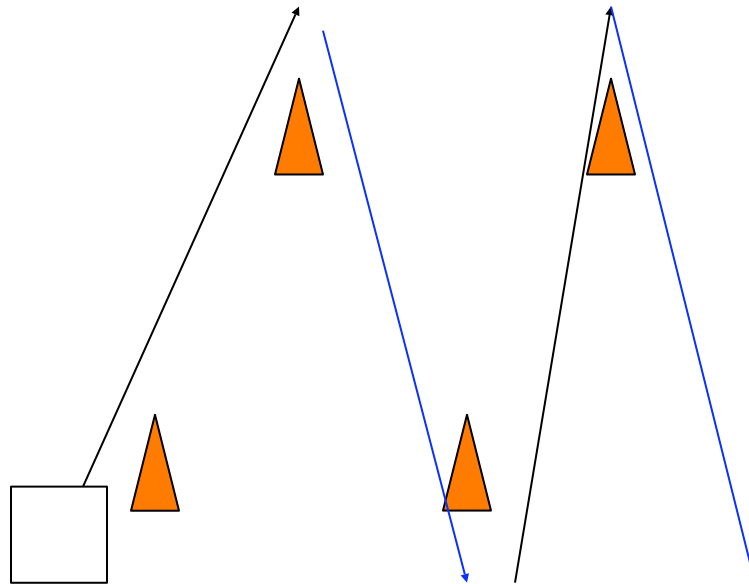
**Result** – With work on the backpedal and the footwork, your DB's and LB's are going to reach their zones quicker, and not get burned by receivers.



### 6.2 Back and forth drill (DB)

Defensive backs do a great deal of forward and backward movement – this drill works on good footwork for it.

**What you need** – Set up a cone course for the defensive backs. You can set up more than one course in order to get the repetition for players. See the diagram below for set up.



**How this drill works** – This is a straight footwork and agility drill for your defensive backs. When reading a play, the defensive back might be forced to back peddle to begin, and then sprint forward to make a play.

This drill starts when the coach blows the whistle – the DB will sprint forward to the first cone, stop, and then proceed to the next cone in a back peddle. Make sure the DB is dropping their behind a little and not just taking little steps backward – and ensure they are using their arms to help them move backward – and head is always up, not at the feet. Watch for a good break out of the back peddle forward to the next cone.

Go through the entire course.

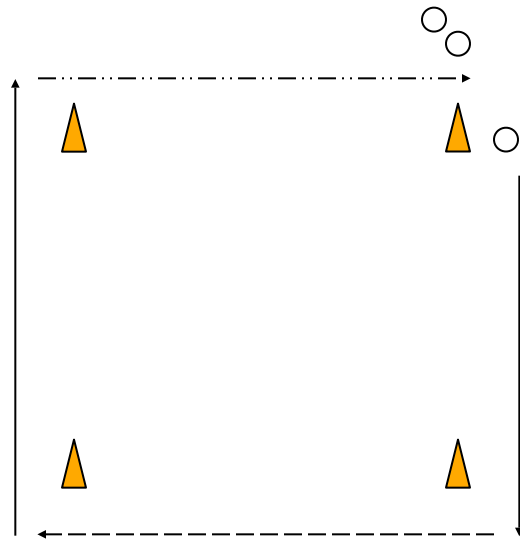
**Result** – Improve footwork for your defensive backs.



### 6.3 The Square Drill (DB)

The proper footwork is essential for developing good defensive backs. This drill will help.

**What you need** – Four pylons set up in a 15-yard by 15-yard square. The defensive backs can line up to begin at one pylon (all the same pylon). See diagram for set up.



**How this drill works** – The DB starts at the first cone with his back toward the next cone. On the whistle, he will back peddle to the next cone, the carioca to the cone, then sprint forward to the next cone, and then finally he will shuffle to the final cone.

Coaches should be watching for the proper footwork, and the proper defensive crouch position. At the first cone, coaches should be watching for proper footwork as the player opens their hips to begin carioca. The player's shoulders should always remain parallel to the line of scrimmage.

Stop the drill if the players are getting lazy with their form. You can have each player do this three times, and the line can run continuously – with the next player starting after the player ahead of them reaches the next cone.

**Results** – Improved footwork for the players on defense. You can even have linebackers participate in this drill.

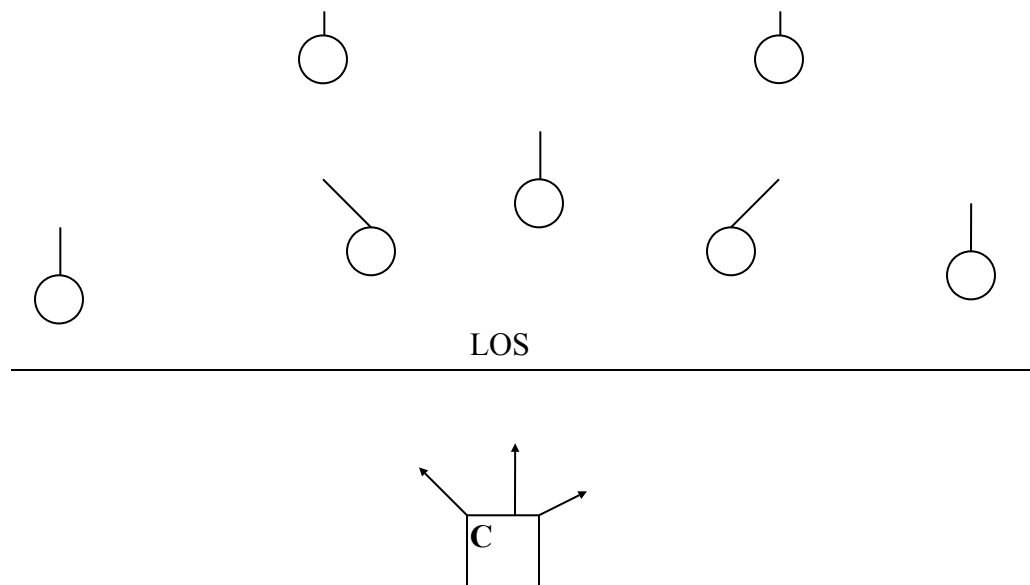




## 6.4 Follow the QB (DB)

Shadowing the direction of a QB's pivot helps defensive players read the quarterback better during pass plays.

**What you need** – You should field a back seven(8) (3 or 4 LB's and 4 DB's), and they should start out in their regular position. See diagram below for how this drill should be set up.



**How this drill works** – When the coach 'snaps' the ball, the defensive players will immediately backpedal into their zone pass defense position. This would simulate how they would react once a QB received the snap and dropped back into throwing position.

From here, the coach (QB) will raise the ball up, like a quarterback, and pivot to aim the shoulders in a certain direction. In this drill, the defensive players will react to the direction the QB is pivoted.

If the QB turns his shoulders to the right, the defensive players strafe (shuffle) to **their** left. If the QB is straight ahead, then they go back to their original zones, to the left, then the defensive players go to their right.

This drill gets defensive backs and linebackers into the habit of following the quarterback's eyes while not leaving their zone.

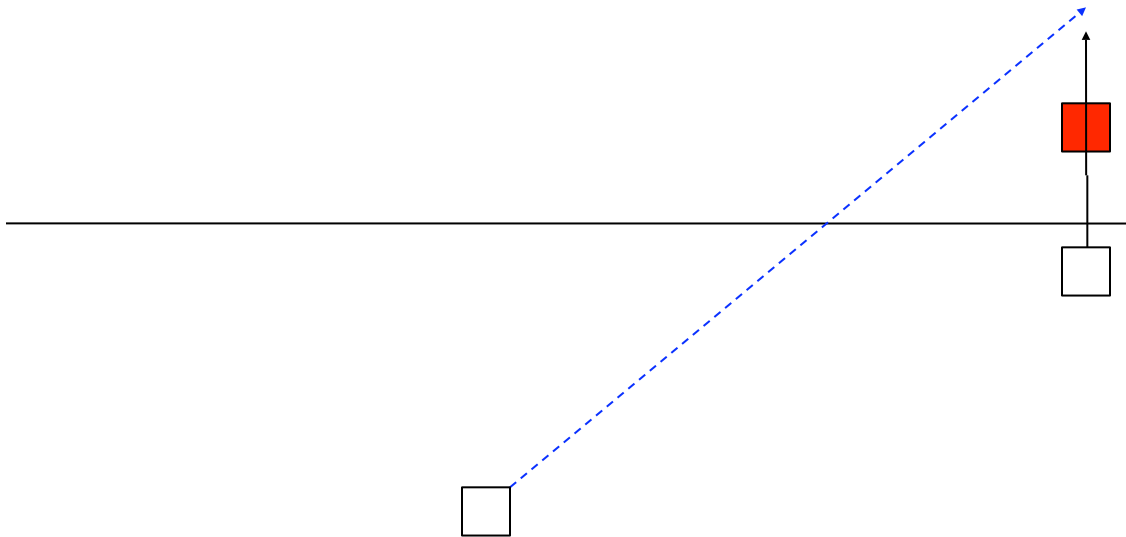
**Result** – Improved zone coverage as the quarterback shifts the direction of his body.



## 6.5 Jump timing (DB)

Getting the ball at its highest point is a good skill for defensive backs to work on.

**What you need** – You can either run this drill against other defensive backs, or you can have the DBs work against receivers. See the diagram for details.



**How this drill works** – The coach or a QB can throw the ball up for grabs in this drill, but it essentially pits two players against one another in a jump ball situation. Often times the ball is just thrown up for a receiver to grab and the defender that can time his jump effectively can often break up the play.

DBs should work on seeing the ball in the air, and watching the trajectory – essentially figuring out where it is going to go. Then they need to make sure when the ball is at a particular height, they are able to plant and jump up to knock the ball away, or intercept it.

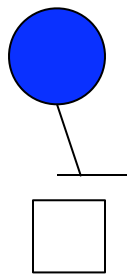
**Result** – Defensive backs with better jump timing will intercept or defense more passes that come their way.



## 6.6 Jam and run (DB, LB)

Disrupting a TE or Slot receiver's timing on a passing play can be done by jamming a player on the line, inside the 5-yard area.

**What you need** – You can run two or more stations of this, just to get repetitions for the linebackers and the safeties. See the diagram for set up and execution.



**How this drill works** – In most cases, defenders can make contact with a receiver within a 5-yard area from the line of scrimmage. This is to help them disrupt the timing on passing plays.

In this drill, the linebacker or safety (blue) will step up and jam the TE or receiver on the snap of the ball. The LB or safety must release any contact if the receiver gets by the 5 yard mark – at which point they must cover the receiver.

This drill focuses on getting a good jam at the line of scrimmage – for disruptive purposes. At first, have the receivers play along while the LB's get the right technique, and they don't get caught out of position. Gradually build up to full speed drills.

To go one step further, you can make the LB or safety continue the coverage downfield for a pass play.

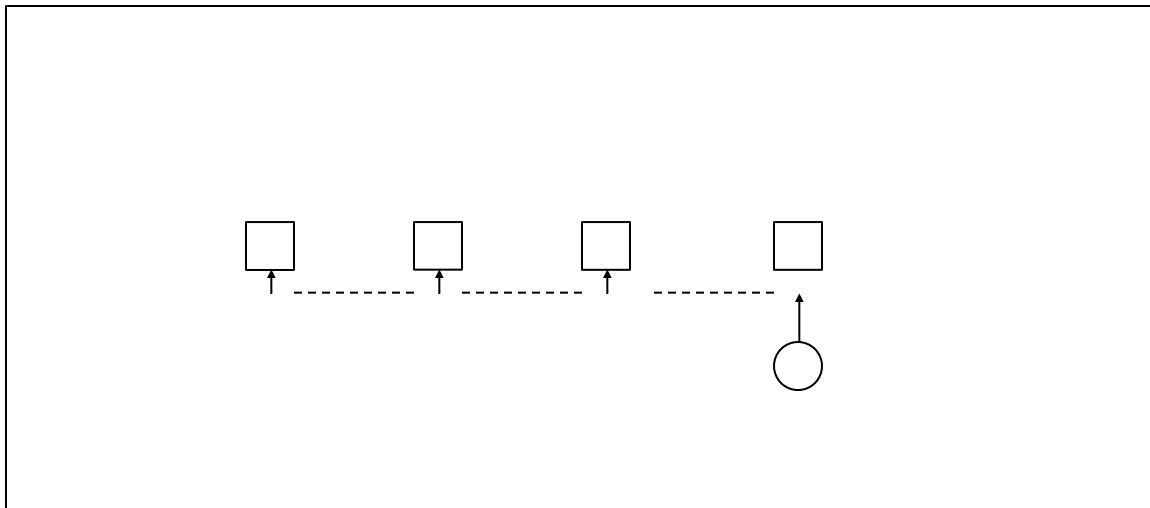
**Result** – The defender is going to learn to create an effective jam on the line, and then continue to cover their man down the field.



## 6.7 Get some get up drill (all defense)

When players get put to the ground they will need to get up – face more blockers and then try to make a tackle.

**What you need** – Set up four tackling dummies or if you have a blocking sled, you can use this as well. See the diagram for details.



**How this drill works** – This drill starts when the coaches whistle blows and the player hand shivers and holds the sled or tackling dummy while chopping their feet up and down, and then when the whistle blows again, they drop down, roll to their left, and then hit the next part of the sled or the dummy. Then you repeat.

By the end of this drill, your player is going to be tired, however, they are going to be much better prepared to engage blockers, be knocked over, engage and then get back into the play. Getting knocked down is a part of football that you can't really avoid – missing the play because of it is something they have control over.

To add an extra element to this drill, you can have a running back or receiver come straight off tackle and the defensive player needs to make the hit on them when they cross the line of scrimmage.

**Result** – Improved agility and ability to get back into the play if they have been blocked to the ground.



## 6.8 Zone recognition (DB, LB)

Defensive backs and linebackers can help their defensive teammates by calling out where they see the receiver in their area going.

**What you need** – The defenders should line up in a skeleton defense, and only one receiver and one quarterback will work on each given play.

**How this drill works** – Upon the snap of the ball, the receiver will job downfield, while the defensive back is in a full backpedal, 20 yards from the line of scrimmage. The purpose of this drill is for the defensive back to alert his teammates where he believes the receiver is going to run his pattern.

When the receiver is between the LOS and 6 yards, he calls out short. Once the receiver hits the 7-yard to 12-yard area, the DB or LB calls out 'medium'. And once the receiver is past the 12-yard mark, then the DB or LB calls out 'deep'.

**Result** – Your defensive players will recognize the different zone areas and begin to work as a more cohesive unit in the secondary.

# Special Teams Drills



## 7.1 Fire drill (special teams)

Younger players (even older ones) sometimes forget their special teams positions and get caught in the heat of the action. This drill will reinforce players and their readiness for special teams assignments. This becomes crucial if a team needs to get the special teams players on the field quickly.

**What you need** – You should be running a regular special teams practice when you plan this drill.

**How this drill works** – At any time during a game, you might need to rush your special teams players on to the field. Sometimes, in the confusion, players forget that they are on a special teams unit, and a time out needs to be called, or you go without a full compliment of players.

During your special teams practice, at any time, you should blow the whistle and call out at special teams unit and have them take their place on the field. They need to be able to take their position instantly.

If a player does not remember their position, or they fail to listen or get there, the entire team will do an extra conditioning drill.

**Result** – Your players will more readily react to getting on the field when they need to for special teams.



## 7.2 Contain drill (special teams)

Good contain reduces the chance of an opponent breaking a big run on return.

**What you need** – You can run this with just the returners (2) and the kickoff team.

**How this drill works** – The ball is kicked off or punted and the kickoff team moves downfield. As each person has a lane they are responsible for, the contain player needs to maintain discipline and make sure that nothing gets outside of him. The other players **do not** aid the contain person in this drill, they stay in their lanes.

The returners can try to do any sort of misdirection in order to fool the contain players, but if they get outside the contain, they are awarded a point.

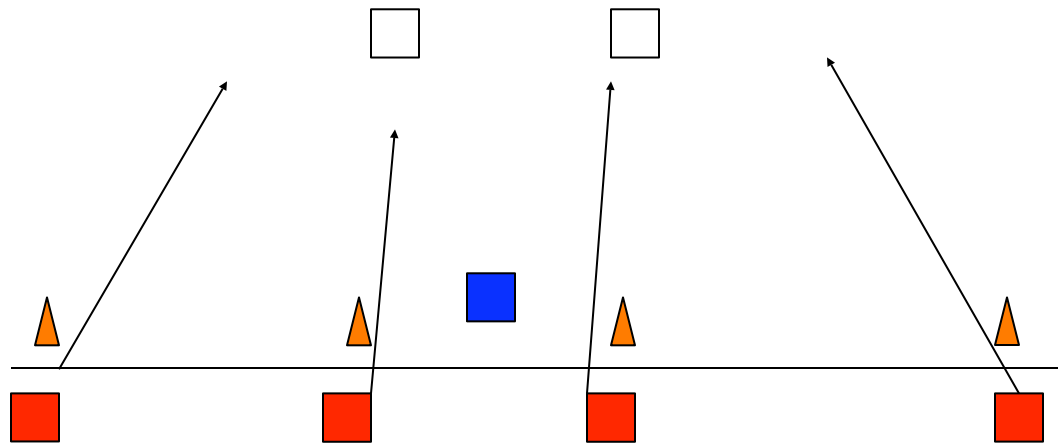
**Result** – After getting beat a couple of times, the contain players will learn to responsibly take care of their contain duties.



### 7.3 Breakdown Kick Cover (special teams)

Remember, special teams is 1/3 of the game, and without a good special teams, your team could be susceptible to untimely losses.

**What you need** – Four lines behind four cones (as shown in the diagram below), with two kick returners and one punter or kicker. See diagram below for set up and execution.



**How this drill works** – This is a simple kick cover drill that any player can take part in during a special teams practice. The returners are at midfield, and the punter has the ball. As the punter is about to kick the ball, the cover men start to move forward.

Once the ball is kicked, the outside men are responsible for contain, and the inside men are responsible for the middle. They must stay in their lanes going downfield, staying approx. 10 yards apart.

The returners need to communicate who is going to get the ball and then try and get the ball to the goal line where the ball was kicked from.

Good communication is essential here if the return team is going to score, and to make sure that all of the lanes are covered on the coverage. This can be a great competitive drill, with the coverage guys against the return team.

**Result** – Good fundamental drill for the special teams players.

We have attempted to offer a few more drills in this second volume that are going to help your team reach a higher level of play. In doing so, we would like to include a few special teams drills to help your team in this area.



## 7.4 Wedge Drill – Kick Return (special teams)

Proper wedge formation is important for getting great return yardage on kickoff returns.

**What you need** – You need the five players (this can be anyone) who will be forming the wedge on your team during kickoffs.

**How this drill works** – The ball will be kicked off (or a whistle can be blown to simulate wedge formation), and the wedge team will form where the ball is going to be received.

The keys to a good wedge are that they all players meet together and that they all move up field together as a unit. The kickoff team will have players that are going to try and disrupt the wedge (wedge busters), and it is important that the wedge stay intact and moving at the same time.

**Result** – Work on the wedge will help to improve the overall effect of your kick return game. The wedge is where the yards are gained on special teams.



## 7.5 Punt Cover (special teams)

This is a common battle during special teams play.

**What you need** – Punter and one cover man on each side of the field, along with the two punt cover blockers that will try to prevent the man from getting downfield.

**How this drill works** – It is always a battle when the punt outside contain players need to get downfield. The punt cover men usually have to fight off two blockers to try and get downfield to cover the punt.

This drill works on that aspect of the punt cover process. Both the punt blockers and the punt cover players will get work on this drill.

**Result** – These players will learn new skills to get past the punt blockers, and the punt blockers will have the task of trying to keep the punt cover man off the returner.



# Group Work

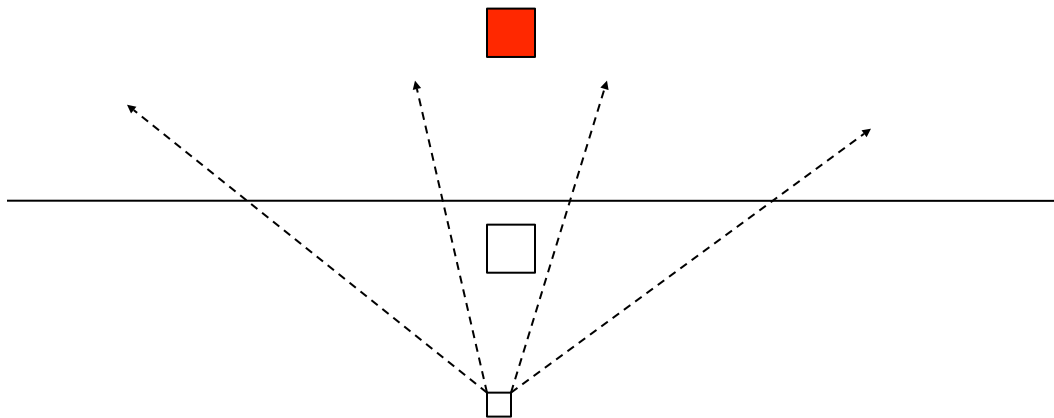
## OFFENSIVE LINE vs DEFENSIVE LINE & LINEBACKERS



### 8.1 Tennis Ball Block (OL vs LB)

Blocking according to the reaction of the linebacker is an essential skill for offensive lineman to learn.

**What you need** – Offensive lineman and linebackers will do this drill. You will need a tennis ball as well. See diagram for the set up and execution of this drill.



**How this drill works** – The object of this drill is for the offensive lineman to prevent the linebacker from picking up the tennis ball. The tennis ball in this drill is the runner. The coach (small square) will roll the ball to different areas of the field. The offensive lineman will know where the ball is going to be rolled, and then needs to make a good first power step toward his block, and then make sure he gets to the linebacker before the backer scoops up the ball.

You don't want the lineman to throw the block too early, because the ball could still be rolling and the linebacker may wait to get the ball and avoid the block just to make the tackle.

You can also do this drill with more offensive lineman, as they can mimic the blocks they would have to make on certain offensive plays.

**Result** – Solid run blocking on the linebackers is learned with this drill.

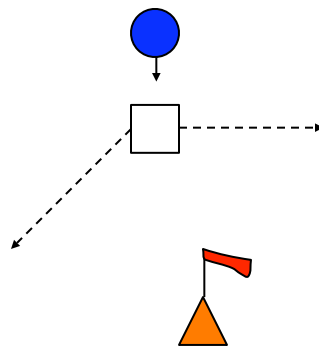
**Result** – Improve agility and ability to make blocks even when out of position on the offensive line.



## 8.2 Protect the flag (OL vs DL)

Linemen need to learn to hold a block – both in pass protection and on run blocks

**What you need** – This is a drill that can pit offensive and defensive lineman against each other. However, if you are trying to teach the basics of sustaining a block, you might try it with a coach, or with other offensive linemen. See diagram below for set up:



**How this drill works** – To start, the defensive lineman (or coach) should line up opposite the offensive lineman. When the whistle is blown, the offensive lineman engages the defensive lineman and must protect the flag that is set up on a pylon behind him.

The offensive lineman continues to block and pancake the defender as long as he is coming after the flag. This will continue until the coach blows the whistle, or the defensive player gets the flag. The offensive lineman must follow the defensive lineman wherever he goes in order to protect the flag.

You can pit the offensive and defensive linemen against each other in a competition with this drill.

**Result** – Ideally, the result is to get the offensive lineman to maintain the block and stay prepared – even if their man is down on the ground. Protecting the flag for up to 10 seconds is a good way to reinforce that skill.



### 8.3 Break the double team (OL vs DL)

Often times your best defensive lineman will be double-teamed by opposing offensive lineman.

**What you need** – Two offensive linemen battling against one defensive lineman.

**How this drill works** – The two OL will prevent the DL from coming through the line on a pass block. It is up to the DL to break the double team using whatever legal movement he can.

This will be a bit of competition between the two sides, and for each time the OL lets the DL through, they should be penalized.

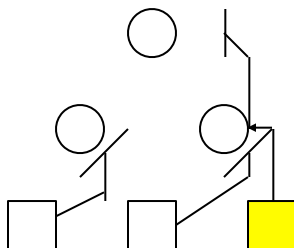
**Result** – This will work on both the linemen's ability to double team, and it will force the DL to think of innovative ways to crack the double team they are facing.



### 8.4 Punch then backer engage (OL vs DL, LB)

A quick hit, then the offensive lineman goes after the linebacker to open the hole. Reading where to go is important for the lineman.

**What you need** – Set up a half offensive line and two defensive line positions with a LB. See the diagram below for set up.



**How this drill works** – This drill can work a number of ways – it will assist your lineman in reading the play and deciding which offensive lineman will attack each defensive player. In the above diagram, we have shown what the drill might look like if the defensive linemen are lined up in the gaps between the center and the guard, and the guard and tackle – with the running play being a straight ahead dive.

You can switch up the assignment of the offensive linemen and their blocking responsibilities by changing the direction of the running play, and by changing where the defensive linemen are lined up.

On each play, two linemen are going to engage the defensive lineman, and the third lineman will ‘punch’ the defensive lineman in aid of one of his teammates, before heading out to hit the linebacker to open up the hole.

To make this drill more complex, you can add in another defender (linebacker) and you can put in another offensive player – probably a tight end. This makes the communication and blocking assignments a little more intricate.

Still, having your lineman understand where their blocking assignments are depending on the direction of the run and where the defensive line is situated are going to help prevent miscommunication when a play is run.

**Result** – Effective communication between lineman, and overall better run blocking.



## 8.5 Camera on your back (OL vs DL)

This is a technique used to help lineman understand how far their blocking assignment should be taken.

**What you need** – You can set up an offensive line against tackling dummies first, and you can put a running back in the backfield. Later, you can add in the real defensive line.

**How this drill works** – First, as every good coach would, you have to lay an elaborate story about how the linemen have a national television camera on the back of their jerseys, and the only way for the world to see how good they blocked (and how good the RB is) is to maintain their block, and to turn their body to seal the hole for the running back – **so the camera stays on the running back.**

For example: if the RB is moving through the 2 hole (between center and guard) their blocking assignments will likely be the middle linebacker and the defensive tackle. So once they open the hole, they should stay with their blocks and seal them off so the running back doesn't have to worry about players catching them from behind.

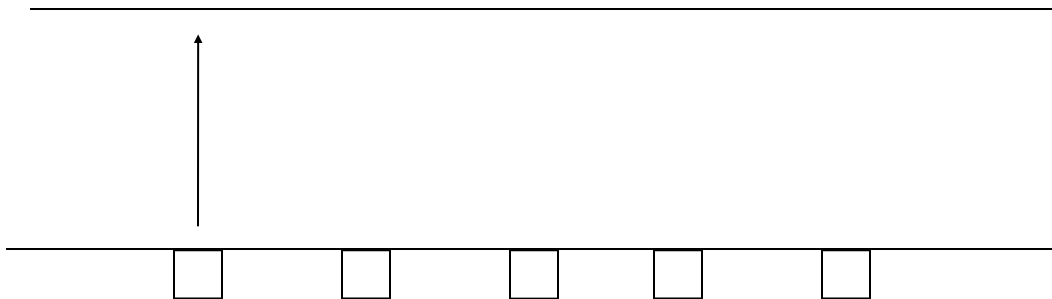
**Result** – the running back has a clear hole to run through, and the offensive line stays with their blocks until the play has ended. The cameras need to stay on the RB!



## 8.6 Fire out – from the 30 (OL & DL)

This is a drill that will reward the offensive linemen that fire out of their stance and drive their block for 10 yards.

**What you need** – Line up all of your offensive and even defensive linemen across the 30 yard line and have them face towards the goal line. See diagram for further set up and execution:



**How this drill works** – As much a conditioning drill as it is a drill to get your players to learn to come off the ball quickly, this drill starts with each player in a 3-pt stance on the 30 yard line.

When the whistle is blown, each player must burst forward and sprint for 10 yards, and then get back into a 3 point stance on the 20 yard line. The first five to complete this will get to sit out the rest of the drill. The remaining player must stay in their 3-pt stance until the next cadence and 'snap' of the ball.

The players burst out again, and they must drive for 10 yards. First five get to sit out the next one. And so on.

Players will soon understand that getting off the ball quickly significantly increases their chance of reaching the 10 yards before others. Coaches should emphasize this to players that are having a difficult time competing. Eventually, the idea would be to have every player participating in this drill to hit the 10 yard line at the same time.

**Result** – Ideally, each of the players will begin to understand the importance of firing out quickly when they have to continue running in this drill.



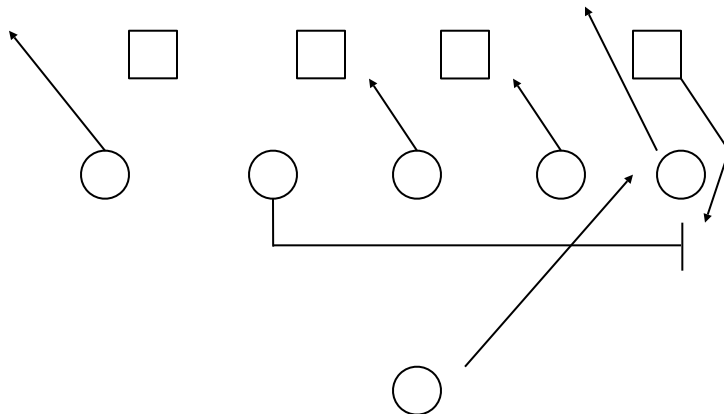
## 8.7 Pull block (OL vs DL)

This drill will help offensive linemen learn to pull and block effectively.

**What you need** – At first you can set up a full offensive line, and a 4 man defensive front. The blocked defender can either be a rush end, or an outside linebacker. The coaching staff may want to try and run both – depending on the play called.

**How this drill works** – Most pull blocks that happen on the interior will involve the guards, anything outside may involve the tackles as well. To start, if running the ball to the right, the far side guard will pull and make the pull block. (See diagram below)

Each of the other offensive linemen will block down one to the left, leaving one defensive player on the line unblocked. This will be the target of the pulling guard.



The above is a basic trap play that many offenses will use. The tackles will take the linebackers that are in their gaps, and the pulling guard will attempt to crush the defensive lineman, or linebacker that is trying to rush into the backfield.

For the block to be successful, the guard must open their step parallel to the line in the direction they are pulling. The other linemen must drive forward, and the guard then runs parallel to the line of scrimmage and then engages the open defensive lineman.

**Result** – You can vary this drill depending on the play that you run, but once a lineman understands how to pull block successfully, without getting caught up in the rest of the lineman or the other offensive players, then he can execute many of the other pull blocks as required.



## 8.8 Reach block (OL vs DL)

The defensive line might not always be lined up directly across from the offensive linemen. This requires a reach block.

**What you need** – Line up a full offensive and defensive line for this drill. For younger players you might want to start off with tackling dummies so the offensive linemen can learn to execute this type of block.

**How this drill works** – On the snap of the ball the offensive lineman is going to have to decide which player he is to block. Often, there is no defensive lineman across from them, so they need to reach to the right or left depending on the direction of the play.

The reach block is a quick first step to try and get across and in front of the defensive lineman. If they were to move straight ahead, they may not engage any defensive lineman at all – that is why they need to reach.

Part of this drill is recognizing which player the offensive lineman is to block on a particular play. Then, once the ball is snapped, it is a quick step and reach toward the defender they are to engage, and then a regular drive block. This is primarily a run block skill.

**Result** – Offensive line players will be able to recognize which blocks they should make and then execute a reach block in order for that block to be successful.



## 8.9 Off the snap (OL vs DL)

This part of the game is very important if the offensive or defensive line wants to get a jump on their opponent.

**What you need** – You should line up both the offensive and defensive lines against each other. The coach will simulate the quarterback's cadence for the lines to work with.

**How this drill works** – The importance of getting off the line quickly should be stressed at this level so players can learn how it affects each play.

The coach will go through the cadence (which only the offensive line will know), and when the coach huts the ball, both lines will explode into one another. Players cannot get a jump on the snap of the ball or it is a penalty. The offense will have an advantage because they know the snap count, but they should be penalized in practice for moving early.

**Result** – Players will learn to get a jump on the snap count and to explode from their stance when the ball is put into play.



## 8.10 Block, release and tackle (OL vs DL, LB)

In this drill, we are going to give the DL and LB a chance to make tackles after shedding blocks.

**What you need** – Coaches will start off with two or three tackling dummies to start, working with the defensive players. Later, the offensive line can work with the defensive line, to help them perfect this skill.

**How this drill works** – At first, this drill should be run at half speed. This will be the ideal way for linemen and linebackers to build the skills they need to shed tackles and make plays.

Upon the snap of the ball, coaches with tackling dummies will assume the positions that the blockers would take. The defensive lineman will work on the following: fighting against the direction of the block, using their hands to fight the block off, recognizing where the ball carrier is, and then making the tackle.

Linebacker will work on the following: recognizing where the ball is going, fighting off any blockers, and following the flow of the play until the ball carrier is taken down.

When you add real offensive linemen, continue to run the drill at half speed and make sure the linemen allow the DL and LB to work on their technique to make the plays.

**Result** – Your defensive line and linebackers will develop the necessary skills to meet, shed and make tackles on the defense.

**Note to coaches** – Tackling and blocking technique is a crucial element of the game of football and should be worked on regularly. Too many team fall short because they do not know how to tackle or block properly. Work on these skills at quarter or half speed until players have the technique down **pat**. Only then do you speed it up. But it still should be something that is worked on in every practice at the younger levels of football.



## 8.11 Against the blocks (OL vs DL, LB)

For the defense, fighting off blocks is the key to making plays.

**What you need** – Coaches on tackling dummies, and then when the offense and defense are brought together, they can each work on their respective skills.

**How this drill works** – The coach will pretend that he is an offensive lineman and trying to make a block on the defensive lineman. The player should attempt to make contact and then shed the block once he knows which direction the blocker is trying to push him. Or, they should use their arms to try and fend off a block to get in better position.

Defensive players should be taught to go against the flow of the **block** – not the flow of the play. If the offensive lineman is pushing them to the right, they need to fight left, and vice versa.

**Result** – Learning to fight off the block of offensive players will increase a defensive player's chance of making a play on the ball.

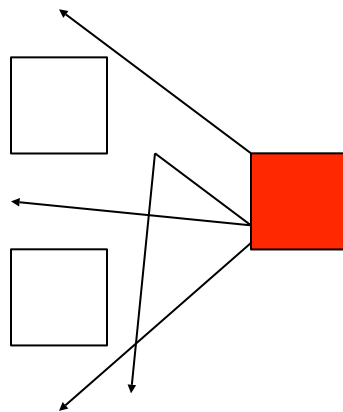




## 8.12 Double Team fight off (DL, LB vs OL)

Good defensive linemen are often double-teamed when they are on the field. Fighting through those double teams is a great skill to learn.

**What you need** – You will need two offensive linemen, and a defensive lineman – or you can have two coaches with dummies or shields acting as an offensive lineman. See the diagram below for set up.



**How this drill works** – The object of this drill is to help your defensive linemen understand how to break a double team. It isn't easy, but they should work on methods of upsetting the offensive line scheme in order to break free of the two blockers.

First, they can try to split the linemen by going hard up the middle, and hoping neither reacts fast enough to prevent the split. Second, the DL can fake one way and get the offensive linemen to shift that direction, and then go around them. And third, the DL can try to hit the outside shoulder of one of the offensive linemen, as a speed rush. This might catch them off guard.

The DL needs to learn how they can bust through a double team when necessary. Learning a variety of moves and then when to use them is going to help them build the skills necessary to continue being a menacing pass rusher to opposing offenses.

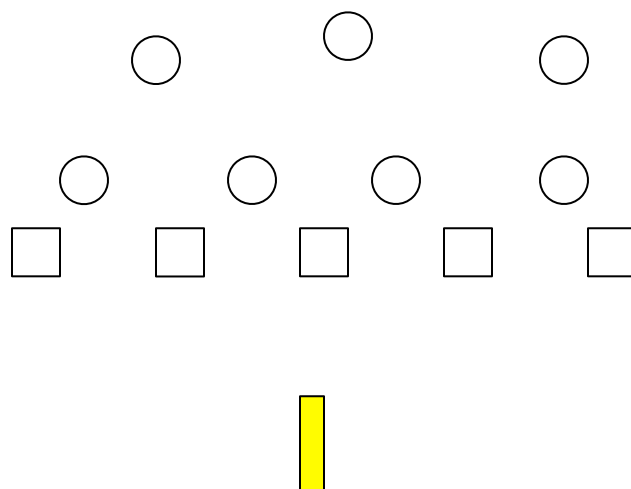
**Result** – Improved skills as a pass rusher.



## 8.13 Hat on Dummy – 7 on 5 (OL vs DL, LB)

This is a full-speed drill that will assist offensive linemen in learning to pick up blitzes and stunts.

**What you need** – You should have a full complement of offensive lineman, and a defensive line and linebackers (7 players) – either in a 3-4 or 4-3 alignment. A tackling dummy with a hat on it is also needed. See diagram below for set up:



**How this drill works** – This is a basic rush drill, however, before the play the defense is going to decide the type of stunt or blitz that it is going to run. **They do not rush all 7 defenders.** This is to help both the offensive line learn to pick up blitzes and for the defense to execute its blitzes well.

The ball will be snapped, and the defense will run their stunt. The offensive line will protect the inside lanes first, and then the outside lanes. The object is for the defensive players to get to the hat on the tackling dummy (yellow) within 5 seconds.

To make this drill more difficult for the defense, and to add another element for the offense, add a TE or an RB into the mix.

**Result** – Both the offense and the defense get work on with blitzes and blitz pick ups.



### 8.14 Block the backer (OL vs LB)

When a lineman doesn't have a blocking assignment on a defensive lineman, he often takes on a linebacker.

**What you need** – Have two tackling dummies about 3 yards apart, with the lineman in the middle. There will be a single RB in the backfield and a coach will stand in the defensive backfield. The linebacker will be directly ahead of the OL, but about 5 yards in front.

**How this drill works –** The coach will indicate from behind the linebacker which side of the lineman he wants the RB to run. The RB must stay within the two tackling dummies in order for this drill to work.

When the ball is snapped, the RB will go in the hole where he has been instructed and the OL will block for that hole. So, if the RB is told to go off the OL left hip, then the OL tries to meet the linebacker and drive him in the opposite direction.

The linebacker is going to attempt to shed the block (or avoid it) and make the tackle.

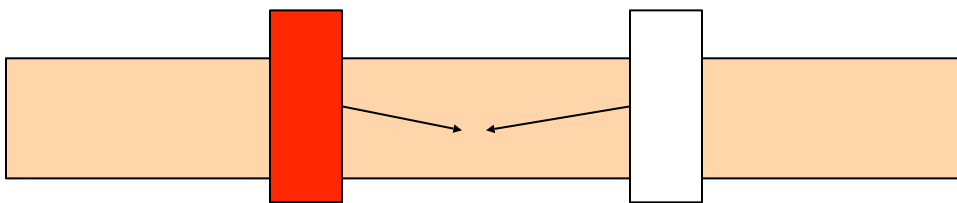
**Result –** The lineman will learn to get position and block linebackers, and the linebacker will have a test to get the tackle.



### 8.15 Wide Board Blocking (OL vs DL)

Maintaining the proper distance between the feet is important for an offensive lineman to keep a stable blocking platform. This drill helps that skill.

**What you need** – You will need a 2x12” plank that is about 10 or 12 feet long. You can match up offensive lineman and defensive players on this drill, but this drill is primarily for the offensive lineman. See diagram for set up.



**How this drill works** – The offensive lineman must have a good stance when he is trying to maintain a good base when he is blocking. This drill helps that by teaching them a decent distance to have their feet apart.

Starting in a 3-point stance, straddling the 2x12, the offensive lineman will fire out at the defensive player and engage them. This whole time they need to make sure they are keeping their feet outside the plank. Once they bring their feet too close together, they are going to fall, slip, or be knocked over by the defensive player.

This can also be adapted to work with pass blocking as well – always trying to maintain that good base to make the blocks. A wide base is essential for the offensive lineman to maintain during the entire block.

This drill is done when the coach blows the whistle.

**Result** – Better footwork by your offensive linemen means better blocks overall.



## 8.16 Stunt and Read (OL vs DL)

Stunts and stunt protection are both important, so this is a drill that can be worked on with the offensive and defensive lines.

**What you need** – Line up both an offensive line and a defensive front four (front seven to make the drill more complex for O-linemen).

**How this drill works** – Sometimes there are stunts (misdirection on the defensive line) and offensive linemen need to learn to pick these stunts up. If they don't learn this, or a team doesn't work on it, quarterbacks and running backs may face a long game day with opposing defensive linemen in the backfield all day.

In this drill, the defense will decide on a line stunt before the snap of the ball. Both offense and defense will approach the line like they would at the beginning of any play. Upon the snap of the ball two things are going to happen:

- The defense will execute the stunt
- The offensive line will have to read it and pick up the stunt

This is going to require discipline and communication on the part of the offensive line. They need to play their positions when pass blocking, making sure they don't get caught out of position allowing D-lineman into the backfield.

This drill can also be run with running backs and an offensive line, against a defensive line and linebackers. Then it would be a blitz drill. Each of the linemen would attempt to pick up a D-lineman or linebacker, while the running back would try to fill in the holes in the offensive line, from the inside of the line to the outside.

**Result** – Defensive linemen are going to learn to stunt effectively and to disguise their stunts, while your offensive linemen are going to learn how to defend against line stunts.



## 8.17 Inside and out (OL vs DL)

Blocking with an inside and out mentality is important to prevent sacks from up the middle and to create a pocket for the QB.

**What you need** – Set up an offensive line (with TE if you need to), and also have either two defensive linemen, or two coaches with tackling dummies. The defensive lineman will start at the gaps between center and the two guards.

**How this drill works** – On the snap of the ball, the defensive linemen will pop up and engage the center, then back away quickly, and then engage the guards, then the tackles, etc.

The object of this drill is for the offensive line to get in the habit of looking inside on pass protection to the outside. The primary pass blocking scheme is for players to prevent penetration up the middle and to shed everything on to the outside of the line. This gives the quarterback more time to get the pass off.

You can make this drill more difficult if you add a single blitzing linebacker or if you have the defensive linemen stunting. The bottom line is to make sure that the offensive linemen are thinking of their inside responsibility and maintaining the discipline.



### 8.18 Engage, Drop and Tackle (DL vs OL, RB)

Defensive linemen are going to get put down to the ground, but they need to learn to get back up and try to make the tackle.

**What you need** – Have a center and two guards line up with a running back for the offense, and one defensive lineman lined up directly across from one of these positions.

**How this drill works** – On the snap of the ball, the defensive lineman will engage the offensive lineman across from him with a quick pop, then will drop down to his knees, read the play and then bear crawl over to try to tackle the runner.

The offensive lineman where the play will be running will stay in position and try to keep the defensive lineman from making a play on the runner.

This is a tough drill for the defensive lineman, going up against three offensive linemen, however, it is often the case when defensive linemen are knocked over and to the ground, and must get back up immediately to fill a hole where the runner might be coming.

The quicker a defensive lineman can make the initial contact, drop to his knees and then read the play, the greater the chance he can make a play on the runner, and avoid the block from the other defensive lineman.

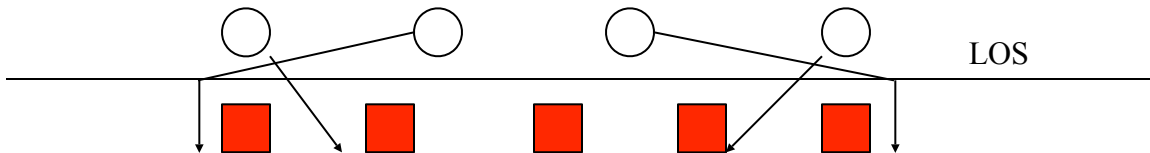
**Result** – Defensive linemen will get a taste of the trenches with this drill – helping them to learn to hit, drop and then fill running lanes.



### 8.19 Quick Stunt Drill (DL vs OL)

Defensive linemen will often be called upon to stunt on the line in order to create confusion with the offensive line. Good stunts require timing to be successful.

**What you need** – You can set up a mock offensive line with tackling dummies to start, and they try the real thing as players learn their responsibilities. See the diagram below for further instruction.



**How this drill works** – This drill is intended to help the defensive linemen learn to get off the ball quickly and into their stunts. Poorly timed stunts can be disastrous for a defense – opening holes in the line and delaying a pass rush through poor execution.

In the above diagrammed play, the defensive ends will cross down on to the gap between the guard and the tackle, drawing both the guard and the tackle into a double team. At that point, the defensive tackle will stunt to the outside and have an angle of attack to the quarterback (or the runner).

This is only one example of a defensive line stunt, and others can be run in this drill to perfect the timing. Again, the purpose of this drill is to get a jump off the ball and to help the defensive linemen learn the execution of each stunt.

**Result** – As your defensive linemen work on the different stunts, they will learn to execute them properly and to get off the ball quickly, and with good timing they will increase the probability of success.

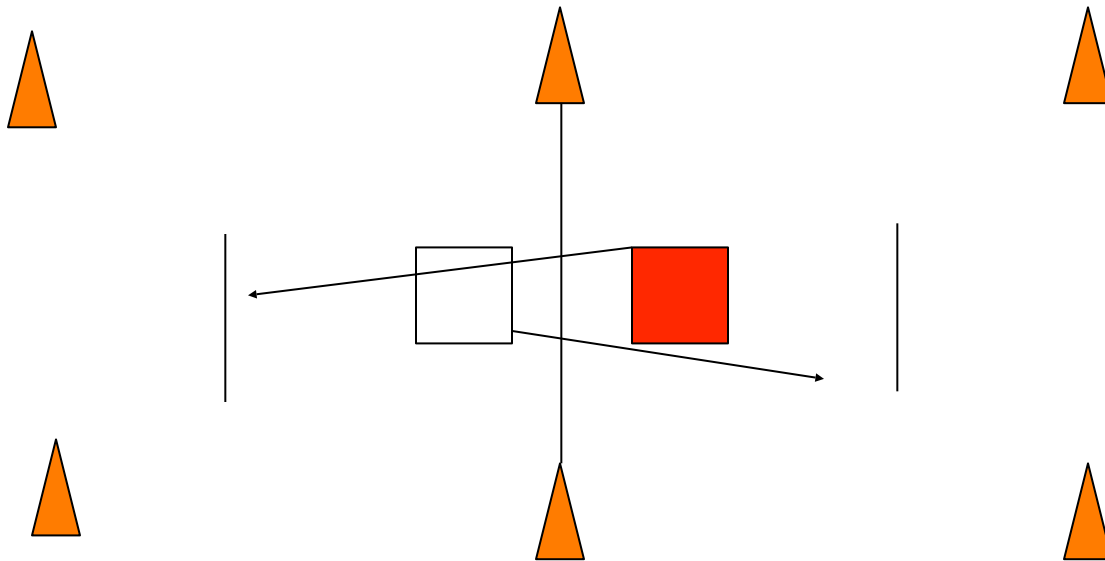
**Coaches' Note** – this drill can be run with any designed stunt. Use practice dummies first, then use offensive linemen.



## 8.20 Push of War (DL vs OL)

This is the battle of the bull rush versus the pancake. Only one will win... or it could be a stalemate.

**What you need** – Create an area about 7 yards wide and 10 yards long. Match up offensive and defensive lineman of similar size and strength. See the diagram below for further details.



**How this drill works** – On the coaches whistle the two big men will engage. One must push the other across the line in front of them (behind as well). This is a straight ahead drive blocking / bull rushing drill. There are no moves (no spins, swims, chops, etc) – this strength on strength to see who can get the better position and who can drive harder to push the other over the edge.

The players can continue to push for 10 seconds before calling it a stalemate.

**Result** – The bull rush and the pancake drive block are two important elements of blocking and rushing the QB. This drill works on them both and provides for a competitive element between opposing linemen.



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## RUNNING BACKS vs LINEBACKERS



### 9.1 Roll over and recover (LB vs RB)

Linebackers will be put on the ground because of blocks and they need to get up and make plays.

**What you need** – Create a hole for the running back to go through (off tackle) and have the linebacker line up as the middle LB. The linebacker will be on the ground.

**How this drill works** – When the whistle blows, the linebacker will roll over and then get up to try and make the tackle.

This is going to be difficult for the backer, but it will help them build agility and quickness and will provide them with the instinct they need to get up from being blocked in order to get back into the play.

You should reward your linebackers for making a play, and penalize the running backs if they get brought down.

**Result** – the linebackers will improve their ability to recover from a knockdown to get up and possibly make a play on the ball.



### 9.2 Angle of attack (LB vs RB)

Players don't always get a straight on attack at a player when they try to tackle.

**What you need** – Have a linebacker face a RB in this drill, about 10 yards apart. 10 yards to the right or left, you will also have cone.

**How this drill works** – The RB will already have the ball, so upon the snap he takes off toward the outside of the cone and the linebacker will need to pick an angle of pursuit to make the tackle.

Proper angle tackling technique should be taught to players (helmet across, in front), and coaches should go over how a player should approach a player when then are trying to tackle at angle (pick good angles).

**Result** – The players will have a greater understanding of angle pursuit.



### 9.3 Drop and react (LB vs QB, RB)

Linebackers need to drop back into zone coverage, and then react to a running play.

**What you need** – Set up your standard linebacker alignment (3 or 4 backers), and one quarterback and running back.

**How this drill works** – On the snap of the ball, the linebackers will drop into their zone assignment. At this time, they need to react to the play and then close on the running back.

The quarterback and the running back can do a number of things to throw off the linebackers, like: play action, straight running play, or just a straight drop back pass. This is what the linebackers are trying to learn.

**Result** – As a linebacker starts to learn to read the plays, he will be able to back into his zone and then react quickly and break towards the runners.



## 9.4 Ball switch with tackler (RB vs LB)

It is important for the ball to be in the right hand in order to stay away from the defenders – who will most definitely be after it.

**What you need** – Have the running back and the linebacker each start 10 yards directly apart from each other behind the center. Set up two cones 7 yards laterally to each side of where the center snaps the ball.

**How this drill works** – The coach will stand in the center, where the center would actually be. He will face the running back with his back to the linebacker to indicate a direction the play will go.

On the snap of the ball, the running back will go in the indicated direction and hold the ball in the proper side. If the RB goes to the right side, then he should hold the ball away from the defender in the right arm. To the left, and it should be in the left arm.

The linebacker will meet the ball carrier and try to pry the ball loose.

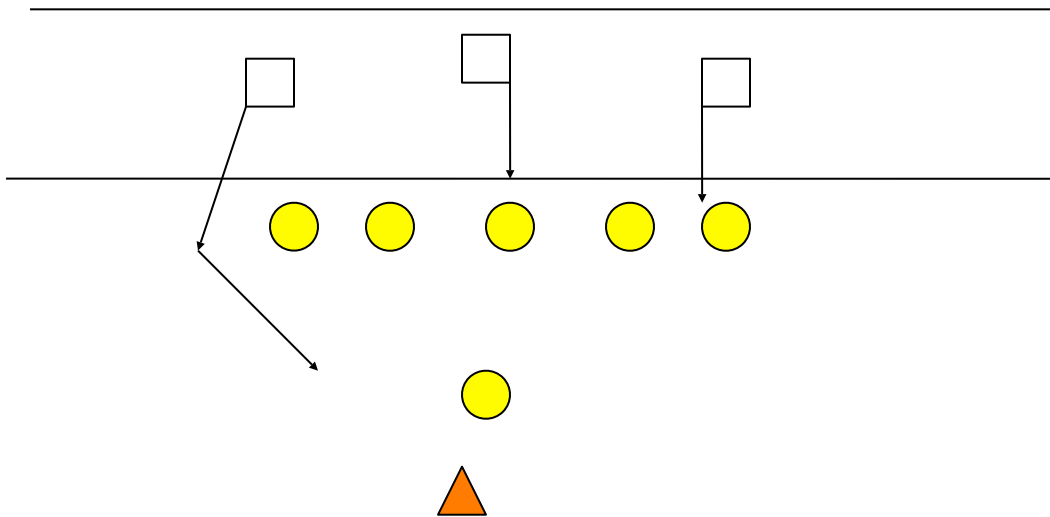
**Result** – The RB will learn to keep the ball in the outside arm, and change it if the defenders switches the side he is on.



## 9.5 See the blitz (RB, OL vs LB)

Seeing the blitz and learning to pick it up is an important attribute for a good running back.

**What you need** – Set up an offensive line, and on the other side of the ball are just linebackers. There will be an RB in the backfield. See the diagram below for set up and execution:



**How this drill works** – This drill will emphasize the ‘inside out’ blocking philosophy. On the snap of the ball, the offensive line will simulate pass blocking and they will stop only two of three linebackers. The running back will not know which one they are going to let through.

The running back must scan the interior of the line from center to tackle on both sides, and then identify where the blitzing linebacker is coming through. Then he must get in position quickly to stop the blitz from getting to the pylon in the backfield (QB).

The RB must get good position and have a strong base to stop the LB, otherwise the LB will run right over him. Also, the RB, must not put his head down to make a block, because most LB’s will just fake and go around him to the pylon. The idea is to create a stalemate at the point of the block.

**Result** – Your RB’s will identify the blitz much quicker and then get in proper position to make a quality block.

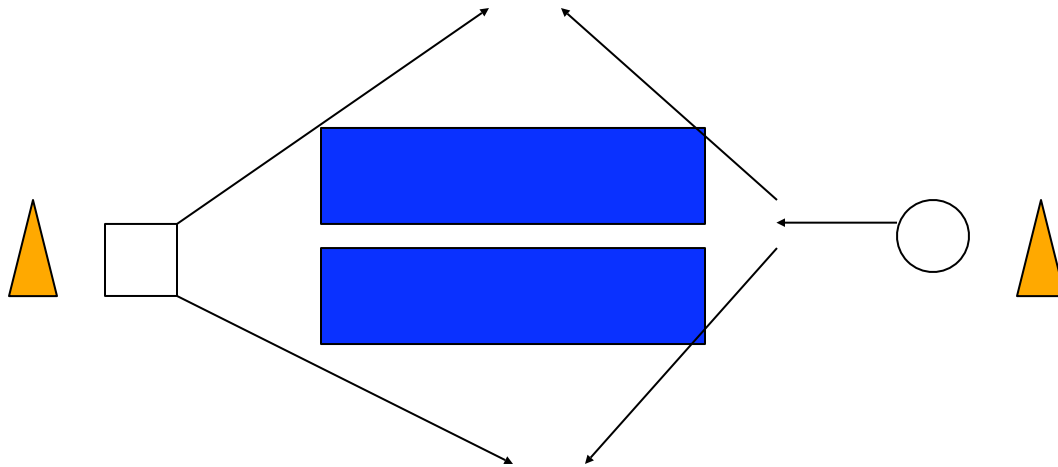


## 9.6 Hide and Seek Drill (RB vs LB)

This is a great drill to get your linebackers some ‘game-like’ action reading the cuts of a running

back.

**What you need** – A line of running backs on one side, and a line of linebackers on the other. Two of the biggest tackling dummies will be in between them. The groups should be about 10 yards apart. Pylons will show the area where the players start. See diagram for details.



**How this drill works** – The linebackers start at the left cone (square) and the RB's start at the right cone (circle). They should be about 10 yards apart, with the tackling dummies in the middle, laying on the ground.

On the whistle, the RB will run forward, and then make a cut one way or the other. The linebacker will chop step, reading the play and then reacting with a forward scrape and then they need to run downhill towards the runner – in order to get their head across and in front of the runner to stop them.

Linebackers should not take a drop step, as they lose reaction time when this happens, possibly allowing the runner to get by them, or to gain extra yards. The first step should be lateral, or in the direction the RB is headed.

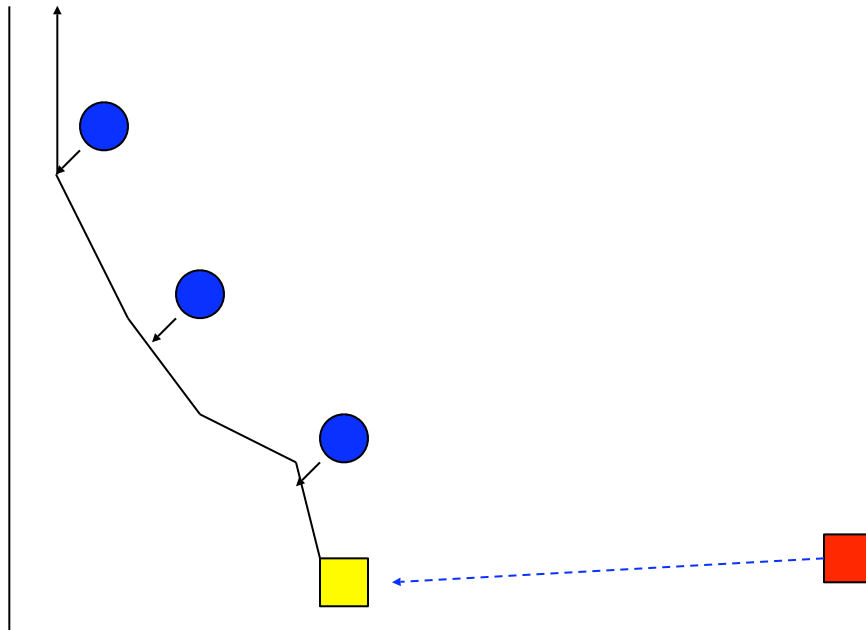
**Result** – This is another read and react drill for the linebackers to perfect their game.



## 9.7 Sideline Running (RB, WR vs LB, DB)

Gaining a few extra yards down the sideline without being pushed out is a great skill to develop.

**What you need** – Set up a line of runners, and then set up three defenders staggered down the field. See diagram for set up and execution.



**How this drill works** – This is a good drill to help players learn to initiate contact and continue to make yards upfield, when they are on offense.

This drill starts with the quarterback (red) tossing the ball to the receiver or running back on the left (or on the right for balance), and then the ball carrier moving upfield.

There are three defenders, and the ball carrier must meet each of the three defenders. The carrier initiates contact and the defender simply ‘pops’ the ball carrier – and does NOT tackle them. This simulates the potential contact from defensive players as the ball carrier turns the corner and runs the sidelines.

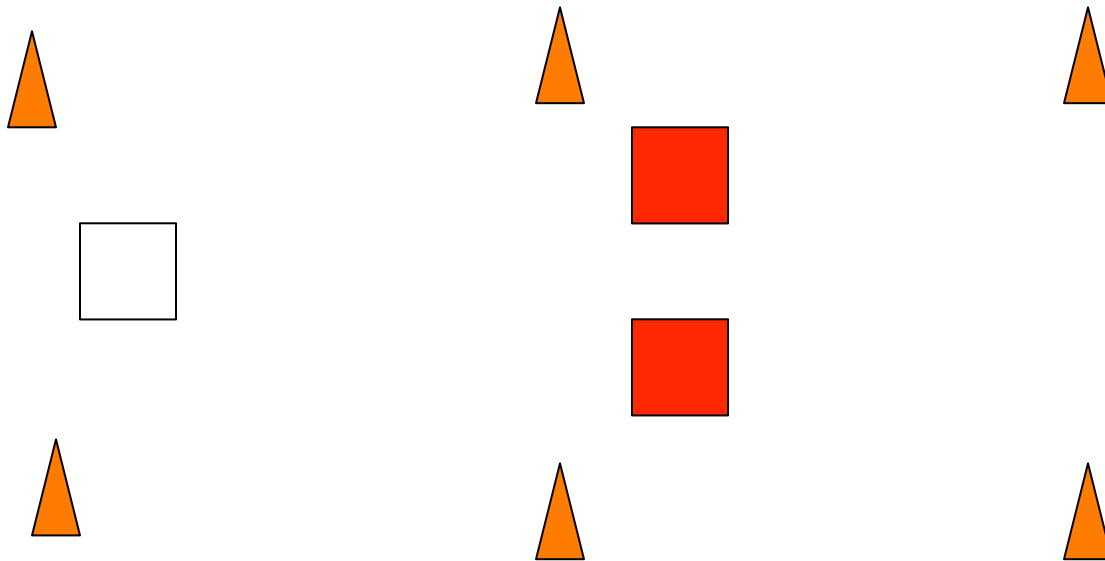
**Result** – Your ball carriers will get practice initiating contact, but also in absorbing and bouncing off of hits that shouldn’t impede their forward progress on the field.



## 9.8 Strip Drill (RB vs LB)

Stripping the ball for a turnover is an excellent skill to learn on defense

**What you need** – Set up a ‘pit’ area for this drill to take place. You will have two linebackers and one RB. See the diagram for details.



**How this drill works** – The RB's are going to take a little bit of punishment here, but it will simulate game action for them. The basic idea of this drill is for the LB's to make contact and then strip the ball.

The drill will start with the RB carrying the ball. The coach will blow the whistle and the RB bursts forward. The first linebacker will make contact with the RB, and then the second LB will come up and attempt to strip the ball away from the runner.

The RB can choose to take on the attack, avoid it or to get as much forward progress as possible, and protect the ball. This is a great drill for the RBs to learn to hold on to the ball.

LBs should be taught to find the tip of the ball in the runners arms and then use their body as leverage to ‘rip’ it away from the runner. The runner, upon contact should learn to cover the ball with both arms for protection.

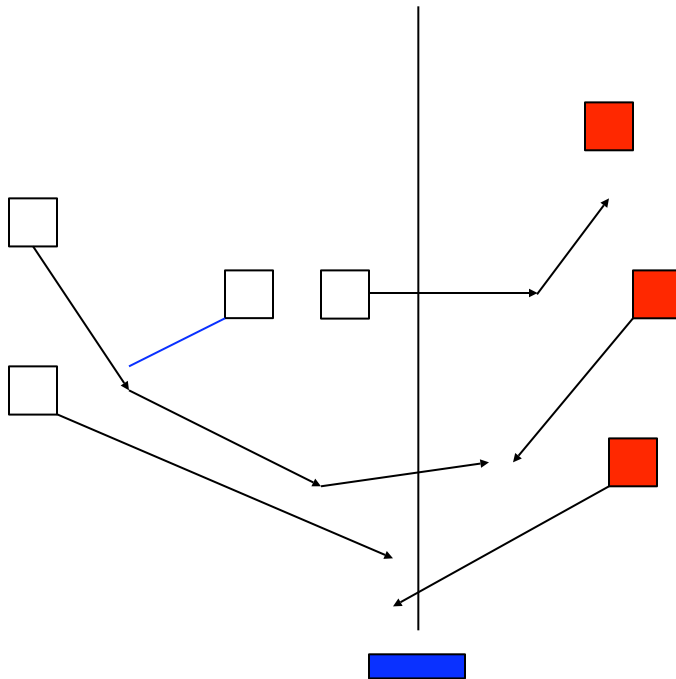
**Result** – LBs will learn to find the ball and pull it away from runners, and the RBs will learn a little bit better ball control.



## 9.9 Outside shoulder drill (RB vs LB)

Taking the outside shoulder and making sure a play cannot turn the corner is one way to get a runner to go back inside.

**What you need** – A skeleton offense, and a linebackers (maybe more later). See the diagram for details.



**How this drill works** – This is a running play to the outside, and the lead back is going to take on the first linebacker to make the block so the RB can get to the outside and make a big run.

The object for the outside linebacker is to get to the outside shoulder of the blocker (shoulder nearest the sideline) in order to turn the play back inside where there is defensive help. **The outside shoulder is key!** If a player goes for the inside shoulder, they can be caved inside and the play can easily get outside.

Repeat this play until the defense can force the ball inside and make the play. Switch up linebackers and RBs each time the drill is successfully run by the LBs.

**Result** – You will save a lot yards on the outside if you can teach your LBs to attack the outside shoulder of blockers on their way to making a tackle.



## 9.10 Oklahoma drill (RB vs LB)

There are several different variations of this drill, but no matter which way you slice it, running backs go up against linebackers.

**What you need** – Cordon off an area that is about 15 yards long and about 7 yards wide. You will have two running backs and two linebackers for this drill. They will line up one behind the other.

**How this drill works** – On the snap of the ball, the running back in behind must try and cross the 15-yard mark with the ball and without being tackled. The full back, or blocking running back must take on the initial block, (or both) and create an opening for the running back.

It is the responsibility of the linebackers to prevent the running backs from breaching the 15-yard mark of this particular drill. The front linebacker takes on the block and the rear linebacker takes on the runner.

**Result** – Both sides gain something from this drill, as the running backs learn to block to open a few holes, and the linebackers learn to shed blocks, take on blocks and make tackles.



## 9.11 Blitz pick up (RB vs LB)

RB's need to know how to pick up the blitz, and LB's need to know how to avoid being blocked.

**What you need** – You can set up an imaginary line of 5 dummies, in order to signify the blitzing lanes that the LB might come through. One linebacker and one running back per play, to start.

**How this drill works** – On the snap of the ball, the running back must read where the blitz is going to go. The linebacker will pick up one of the lanes between the dummies and blitz through there.

The running back has the same responsibility when blocking as offensive lineman do – inside, then out. So they need to look to the inside and then they need to block out. When the RB's block, they need to try and keep the blitzer to the outside, in order to maintain the pocket.

For the linebackers, it is important to try and fight off the block, or run right through it to get to the quarterback.

To make this drill more challenging, have two LB's, switch the one that is blitzing, so the RB has to read the play.

**Result** – RB's are going to learn their blocking assignment against blitzing linebackers and the LB's will learn to shed the block on the way to the QB.





### 9.12 Tip Drill (RB, WR vs DB)

This drill can be used at any level for developing concentration and reaction skills.

**What you need** – You coach to throw the ball and a single file line with the appropriate catching players.

**How this drill works** – The first person in the line will be the tipper and the next in line will be the catcher. The coach will toss the ball and it is the tippers job, not to knock down, but to tip or deflect or to distract the player catching the ball. The receiver tries to catch the ball regardless of what the tipper does.

Once you go through the first pair, then the receiver will go to the tip position, and the person behind him will be the catcher – and you continue the drill.

**Result** – The result will be better concentration for tipped balls – something that happens a great deal at all levels of football.



### 9.13 Pit Drill (RB vs LB, DL)

This is a head to head match up between your running backs and the defensive front seven.

**What you need** – You need to create a ‘pit’ area, with tackling dummies lining both sides, and the players in the participating positions gathered around to create the pit.

**How this drill works** – This is head to head football, and it can be teeth rattling with some of the hits. Defensive players are going to go up against their arch-rivals on the other side of the ball – the running backs.

When the coach blows the whistle, the pit begins and the running back (or any ball carrier) must go within the area of the tackling dummies and either drive over the linebacker or defensive lineman, or juke and jive their way through.

Linebackers and lineman must take the ball carrier down, and not let them get by. On most football teams, this is one of the fiercest drills going.

**Result** – A competitive one-on-one tackling drill that will build the competitive edge in your players.



### 9.14 Lead block (RB vs LB)

This is a drill that will help the fullback and the RB work together to gain the most yards.

**What you need** – You can use tackling dummies to create holes that the players must run through, and you can have a linebacker in the hole, about 5 yards from the LOS.

**How this drill works –** The fullback / running back relationship is an important one. They need to be on the same page as each other in order to gain the most from a run. The running back needs to be able to read the block of the fullback in order to make a cut up field.

On the snap, the fullback and running back will head through a hole, and the fullback engages the line-backer. At this point, the running back needs to make a decision based on the block by the fullback where he is going to run the ball. He can run it straight ahead, or cut to the right or left.

This drill should be run at half-speed to start, so they FB and the RB can get on the same page and learn what each other is going to do. Then, at full speed it makes a great competitive drill.

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## QUARTERBACKS & RECEIVERS VS DEFENSIVE BACKS



### 10.1 Timing the jump (WR vs DB)

When the ball is in the air, defensive backs and receivers are going to fight for the ball and timing the jump is important in defending, and also out dueling the defender for the ball.

**What you need** – Match up different defensive backs and wide receivers on each play. You can run this from two sides if you have two quarterbacks that need work.

**How this drill works** – On the snap of the ball the wide receiver is going to run a fly pattern. The defensive back must try to stay with the receiver while there is no contact between the two of them.

Once the ball is in the air, both players must wait for it to come down, and while it is in the air, they must time their jump to try and compete for the ball.

**Result** – Both offensive and defensive players will learn to time their jumps accordingly when the ball is in the air.



### 10.2 Bat down (DB vs QB)

Defenders need to be able to get position on a throw and knock the ball out of the way.

**What you need** – You will need to set up a tackling dummy at different areas of the field. Defensive backs should be lined up at the various dummies. The quarterback (or coach, if necessary), will throw the ball at the dummies.

**How this drill works** – The defensive back's break to the ball will help them bat the ball down from the receiver, and that is what this drill works on. As the QB (or coach) drops back, he will survey the field and decide which dummy to throw the ball at.

The defensive backs need to read where the quarterback is going to throw and then make an adjustment to get into position to knock the ball away. Once the ball is thrown, the defensive back must break towards the ball and attempt to knock it out of the way – **without** making contact with the dummy (pass interference).

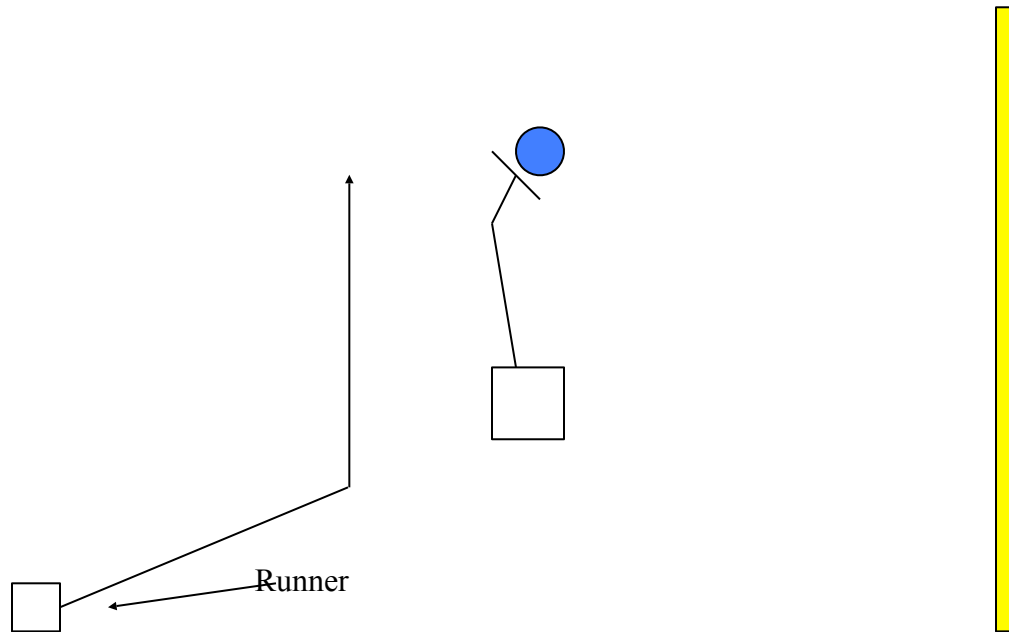
**Result** – Defensive backs will make a few more plays in the secondary.



### 10.3 Wide-out Stock Block (DB vs, WR, RB)

Good run blocking by receivers is essential for a good ground attack.

**What you need** – Put a defensive back up against a wide receiver. You can add a runner for drill's sake later on.



**How this drill works** – When the coach blows the whistle, the wide receiver will attempt to block out the defensive back. While this is not a drive block, like an offensive lineman would execute, the essential tactic for the wide receiver is to get in front of the defensive back and screen him out of the play – without holding him.

Receivers must try to stay engaged with the defensive back for at least 7 seconds – the estimated amount of time it would take for the running play to get to that side and past the defensive back. The defensive back tries to fight off the wide receiver and make the play.

**Result** – More work on blocking for the wide receivers will show in your ground game, as defensive backs will be prevented from making plays on the ball.



## 10.4 Zone discipline (WR vs DB, LB)

Discipline is important in maintaining tight and effective zone coverage.

**What you need** – Have defensive backs (and linebackers, if you want) line up in their starting defensive positions.

**How this drill works** – On the snap of the ball, the defensive players will drop into their zones, similar to the drill at the beginning of this section. The difference with this drill is that a group of receivers and / or running backs will be tasked with running their patterns through this zone.

The defensive backs should get accustomed to staying in their zone and not following the receivers going through their zone, **unless they believe the ball is going to be thrown**. If a zone defense is stretched, holes open up for a team to pass to – that is why zone discipline is important.

**Result** – With regular practice, your defensive backs will continue to gain discipline and stay within a tight zone. This will make your pass defense a little tighter and less likely to be beaten.



## 10.5 Mirror drill – Defensive backs

Part of being a good defensive back is to be able to follow the receiver that you are covering – essentially mirroring them.

**What you need** – Put a defensive back and a wide receiver together.

**How this drill works** – On the snap of the ball, the defensive back will try to mirror all of the movements of the wide receiver. When a receiver takes off on a fly pattern, so does the cornerback. If the receiver stops, the cornerback has to stop immediately as well.

The idea of this drill is to get the defensive back to be able to react immediately to what the receiver is going to do. Learning this will allow the defensive back to become more accustomed to watching different receivers and the stopping and starting the often goes with playing the position.

**Result** – This will build better man-to-man skills for the defensive backs.



## 10.6 Jam the receiver (DB, LB vs WR)

In some defenses, it is important to break the timing of receivers and quarterbacks by jamming them at the line.

**What you need** – At first, you can just have two lines of defensive backs and linebackers with coaches and tackling dummies until the players learn a good technique for the jam. Add real receivers once the jam is perfected.

**How this drill works** – When the ball is snapped (or the play begins) the defensive back, instead of beginning a backpedal, with step forward like he is going to make a block, and engage the wide receiver.

While the set up is similar to a block (because you need a solid base, or you will get knocked over), the contact is hard, brief and more to cause annoyance to the player, rather than to wrestle him to the ground.

The idea at first would be just to give a quick jam, under the shoulder pads at the chest, and then to get into your backpedal, or to open the hips and start side sprinting with the receiver.

**Result** – If you can execute a good jam, your players will cause havoc with a team that works on timed passing routes.



## 10.7 Jam on the line (WR vs DB)

The jam is a play designed to disrupt the timing of a passing play on offense. Fighting through the jam is an important skill to learn.

**What you need** – Once again, you are lining up defensive backs and wide receivers against each other. You can run two sides if you have QB's that need the work.

**How this drill works** – Contact between receivers and defensive backs is allowed within 5 yards of the line of scrimmage. That's what this drill is going to do – teach defensive backs to execute a good jam, and for receivers to fight it off.

So, defensive backs will maintain contact without holding a receiver up within the 5 yard zone, and receivers are going to try and avoid it, or fight it off. Receivers can use jukes, or swim moves to beat the defensive back, or they can try to overpower them.

The receivers will attempt to maintain their routes, while the defensive backs will do their best to disrupt the timing of the play. QB's have 5 seconds to release the ball.

Receivers will go against defensive backs in this drill in a head to head match up.

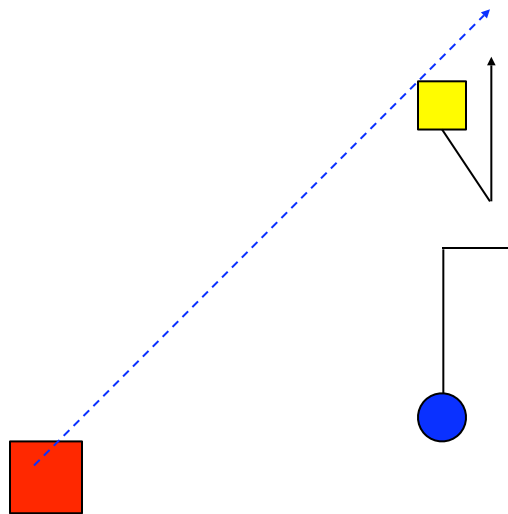
**Result** – Both receivers and defensive backs stand to gain a lot from this drill as they work against each other in a battle for points in this drill.



## 10.8 Double Move Defend (DB vs WR, QB)

Cornerbacks can get burned on a double move. Teaching players to notice what the quarterback is going to do when he passes the ball should help that.

**What you need** – A line up of receivers and defenders along with a quarterback. Set up and execution in the diagram below.



**How this drill works** – This is a drill where the cornerback must divide his attention on the quarterback and the receiver.

The receiver (blue) will run out about 7 yards, do an out pattern, but then turn it up field. Many cornerbacks can get sucked in by the out, hoping to get a good, clean break on the ball to either intercept it, or to try and make a quick tackle.

This can create problems, as the defender commits to the pass and the receiver turns his route up field and right by the defender. So, the defender needs to watch the quarterback out of the corner of his eye – to see if the shoulders are aimed his way, if he has both hands on the ball, and if the QB takes a step forward.

In this drill, the QB should attempt to throw the out pass occasionally, but then try the deep ball. The defenders need to learn to be patient, and that a short 6 or 7 yard gain is much more appealing than a long touchdown pass over their heads.

**Result** – Once a defender knows what to expect from a wide receiver and the QB, they will have a greater success ratio against a double move.



## 10.9 Drop zone (WR vs DB)

Learning to drop into the proper zone, and having discipline to stay in the zone is an important element of the defensive coverage.

**What you need** – To run this drill, you should have your defensive backs line up as though they were in their regular position to start the play.

**How this drill works** – Your team will likely have several different zone defense packages, and you will need to teach your players their responsibility in each of the zone defenses you call.

On the snap of the ball, the defensive players will drop into the zone that they are going to cover. Once you have that part covered, you can add in wide receivers, and / or running backs to simulate game play in these situations.

Another element you can add are the linebackers, who will also play an important role in a zone defense.

Your defensive backs must have the knowledge of where they drop to, and the discipline to cover the zone and not follow the men across the field, abandoning their zone.

**Result** – Your defensive backs will have a better understanding of a zone defense and their responsibility within it.



## 10.10 Between the cones (QB, RB, WR vs DB)

Accuracy and timing are essential when you start to put the defense on the field to defend passes.

**What you need** – You need two cones that are about 5 yards apart, and two lines on either side of the cones, about 5 yards from the edge of each cone. One will be the receiving line and the other will be the distraction line.

**How this drill works** – At the snap of the ball, the quarterback will drop back, and the players on each side will run half-speed toward each other, but on opposite sides of the cones.

The quarterback will need to drop back and make the pass to the receiver in between the cones. The defender will try to get in the way of the pass (but not deflect it).

**Result** – Passing in a certain area is crucial because often QB's only have a window in order to get a pass in. Having the defender involved in this makes it even more crucial to be accurate and for the timing to be bang on.





### 10.11 Progression with defenders (QB, WR, RB vs DB)

Add defenders into the progression and it adds a whole new level to this drill.

**What you need** – Line up the skeleton offense (2 WR, 1TE, 2 RB) against matching defensive backs. Add in a middle linebacker to cover the receiver out of the backfield.

**How this drill works** – This is where the quarterback will need to read not only his receivers, but also where the defenders are in relation to them.

When the QB drops back, the defense will be in one of their defensive coverages. The QB needs to read what the defense is doing while going through his progressions. This will help him make the best decision on the field. This should all be done within 3 seconds of setting at the end of his drop.

Sometimes the play is already scripted and it HAS to go to a particular player, in this case, look at that player first, and then go to a secondary target.

**Result** – This is one of the most important skills for a quarterback to learn in order to go on to excel at the next level. The QB needs to know where his players are going, move through his reads and then make the pass.



### 10.12 Two receivers, two defenders (QB, WR vs DB)

This drill will pit defenders against receivers to see who can come out on top.

**What you need** – Two QB's side to side, each with two receivers (one slot, one split out), and they are matched against two defensive backs.

**How this drill works** – The defense will have its coverage and the offense will call its own play. At the snap of the ball, the receivers will run their patterns, the QB will drop back, make a read and throw – all with the defenders trying to cover them. If the ball is caught, the play does not end until the receiver is taken down.

The coach will award points to the offense for catches and broken tackles, and to the defense for passes deflected (and not caught), and intercepted passes.

**Result** – Your receivers and QB's will get work against defensive backs, and the DB's, likewise, will get work from the WR's.



### 10.13 High, low passing (QB, WR, RB vs DB)

The ball doesn't always come in an optimum spot to catch it.

**What you need** – Two QB's side by side, and lines for receivers on the left and on the right.

**How this drill works** – As the receivers go out for their pass patterns, the quarterback will drop back and then throw to the receiver. Instead of throwing a picture perfect pass, the QB will throw it over the head of the player (forcing them to adjust their catching position), or below the waist (again, an adjustment needs to be made).

Passes rarely come in the perfect spot – because the QB's doesn't always have perfect accuracy or he is under pressure, or because the optimum place for his receiver is the optimum place for the defender as well. In this case, the QB's must throw the ball to where only his receiver can catch it, and the receiver needs to be able to bring the ball in, no matter where it is thrown.

**Result** – Your receivers will understand the fundamentals of catching no matter where the ball comes in from the quarterback. This drill will be very valuable for your receivers.

# Game Preparation and Team Drills



## 11.1 Slo-mo Offense (offense vs defense)

Timing and proper execution are crucial to making sure an offense is successful.

**What you need** – At first you can just line up the offense against tackling dummies. Later, once the execution is better, the defense can step in – but this drill is always run at half speed or less.

How this drill works – The offense will call a play and they will approach the line as normal. The QB will call out the cadence and snap the ball all at full speed. Once the ball is snapped, everything is done in slow motion (or at walking speed). This will allow players to make deliberate movements to the proper place in order for the play to work.

This is important on offense, more so than defense because the execution of a play is essential to move the ball downfield.

**Result** – Players will have a great understanding of their responsibilities.



## 11.2 Half skeleton (QB, RB, WR)

This is a good way for beginning quarterbacks to see what their receivers are going to do on each play.

**What you need** – Set up with just a quarterback, a running back (to one side) and two receivers to one side. This will represent a half of an offense for the quarterback.

**How this drill works** – When the quarterback drops back, he will see what his players are going to do in each situation when a play is called. At an early age, they don't always know what is going to happen during each play – because they don't know the terminology and where to expect their players to be.

Likewise, this is an opportunity for coaches to show the RB and WR what they are supposed to do on each play. You can coach the different point on each play so that the players know what they should be doing for those plays.

The reason it is done in a skeleton form (without anyone else) is so that players can get that extra attention for skill development and so they get the repetition of the play when it works.

Coaches should see that players execute all of the fundamentals on the plays that are called: proper drop back and holding of the ball, proper pass routes and cuts, and then proper delivery of the ball to the receiver.

**Result** – The half skeleton will give younger players the chance to see and learn what their teammates are doing on a given play, and when there is no pressure.



### 11.3 Hole numbers (offense)

At a young age, learning the hole numbers is key to helping them learn where they are supposed to be blocking.

**What you need** – You can line up an entire offense so everyone knows where the different holes are in relation to the position.

**How this drill works** – At first, this drill is nothing more than explaining the holes in an offensive line, and then possibly explaining to kids what it means when a certain play is called. This will likely be their first introduction to this concept, so it is best to take it slow.

If you have to, you can use numbered markers, or even use numbers cones to denote the different holes. The common hole numbers are shown below:

8      6      4      2 0    1 3    5      7      9

outside run

outside run

**Result** – In this drill, your players will learn the holes and then they will learn how to block them when a play is called. This drill will require a great deal of repetition to begin. But, once players start to understand how the numbers correspond to the holes, they will start to make sense of everything.



### 11.4 Man cover (defense)

Players should learn how to cover their receivers properly

**What you need** – Put three players together of similar skill and give them a football.

**How this drill works** – Each player will get the chance to play all of the different positions in this drill/game for the kids. One player will start off as the quarterback and another player as the receiver. They will use one of the routes from the team passing tree against the defensive back.

The defensive back has to try to cover the receiver so they cannot make the pass completion. Coaches should be coaching players to help them have the right backpedal, recognition of the route, and then to show them how to break on the ball. Coaches should also reinforce to players that they cannot make contact with the receiver until they catch the ball. Rotate the players each time a play is run.

**Result** – Players will soon learn to identify the different ways a player will run a pass route and be able to defend it when they see it.



### 11.5 Outside push (offense vs defense)

The quickest way to the QB is through the middle, that's why pushing out is the most important on pass protection.

**What you need** – You can start this drill with a full offense and then add the defense in later for half speed drills.

How this drill works – The defenses will look to go inside to get to the QB the quickest, that is why pass protection needs to be thought of in this way – inside out. This means that the offensive line protects the gap inside them first, and then pushes everything to the outside. RB's should also follow this mentality when they are pass blocking. It is always better for a pass rusher to be pushed outside than inside.

**Result** – Players will see the benefit of keeping pass rushers to the outside versus letting them come up the middle.



### 11.6 Contain (defense)

This is a great time for your players to learn the discipline of contain on their side

**What you need** – Line up the defensive line on the ball. You can also add linebackers into this drill, especially if you are running a 3-4 defense. Have a tackling dummy as a barrier for where a defensive end can go.

How this drill works – An eager defensive end can get burned to the outside (or a linebacker) if they do not remember their contain responsibilities. This drill reminds them of that.

A tackling dummy has been placed perpendicular to the LOS at the outside of the tackle. If the defensive end has contain responsibility, he cannot go inside this area or get blocked into this area or otherwise the contain is lost and the team can run the ball outside. The same applies for a linebacker.

**Result** – Once a player gets burned on their contain coverage a few times, they will learn the importance of discipline in that position.



### 11.7 Open the hole (OL, QB, RB vs DL)

O-linemen need to open holes, and the DL need to close them.

**What you need** – Field an entire offensive and defensive line, along with one QB and a running back.

**How this drill works** – The coach will stand in the defensive backfield, and the offensive line, QB and RB will be shown which hole the coach wants the play run. So, the offense knows what they are doing and so they have the responsibility of opening up the hole for the RB to run through.

The defensive line doesn't know where the play is going, so they need to be aware of which way the o-lineman is pushing them and fight against that direction to make the tackle.

This is a battle between the offensive and defensive lines.

**Result** – Both lines get to work on their technique and their blocking and tackling skills.



### 11.8 Drop and run cover (offense vs defense)

Often a defense will drop into a zone and then realize it is a running play.

**What you need** – Run this with the same skeleton offense and defense (no lines).

**How this drill works** – The offense will line up, and the defense will call a defensive pass coverage (zone coverage). Upon the snap of the ball, the defense will drop into their coverage.

Occasionally, the offense should throw in a running play, so the defenders have to react to the run after they have dropped back into their respective zone. Coaches need to watch that players are making quick breaks to the ball once they read and recognize that this particular play is a run.

**Result** – The result is actually two fold: first the players will learn to read and recognize the plays that are coming, and second, they will learn to get into their zone and then be prepared to come up and make the plays for run support.



### 11.9 Read and recognize (offense vs defense)

Reading what the offense is doing is essential in having a jump on making the tackle for a loss, or giving up a big play.

**What you need** - Without the offensive or defensive lines, line up a quarterback, two RB's and two WR and a TE. On the defensive side of the ball, have linebackers, cornerbacks and safeties line up opposite.

**How this drill works** – Reading what is going to happen on a play is a key element of a great defensive player. If you can build the recognition skills of players it will improve your overall defense.

Upon the snap of the ball, cornerbacks will cover their men, but keep an eye on the play. Linebackers may drop into zone coverage, or they may be waiting to pick up their men on coverage. But, they also have to be aware of a running play. This is when they read the way the play develops.

Results – Players will learn to read the actions of offensive players and be able to react better.



### 11.10 Defender pass recognition (offense vs defense)

Understanding the kinds of pass patterns that are coming is a good drill to learn for linebackers and defensive backs.

**What you need** – You can run this as a skeleton drill – linebackers and defensive backs on defense, and a QB, 2 RB, 2 WR, and 1 TE.

**How this drill works** – On each snap, the defense should get into their coverage, and then they need to call out **Pass!**, and then if they can identify the route the offense is going to run (screen, hook, post, etc), then they should.

This will help the other players on the team to read and recognize what is going to happen on this play, and they can get in better position to make a play.

**Result** – Pass recognition will help all of the players in the secondary area.



### 11.11 First to the QB (defense)

Quick reaction and a desire to get into the backfield are great defensive traits.

**What you need** – You can set up tackling dummies for each defensive player to work with on the offensive line and as RB's (held by players, etc.)

**How this drill works** – The coach will call out the cadence, and upon the snap of the ball, each defensive player gets one quick move against the tackling dummy and then they have to get to the quarterback.

They cannot make more than one move, because this takes too much time to reach the QB, so players who try to make too many moves will not usually get to the QB. Emphasize one quick move and then to the QB. First one there gets a point.

**Result** – Players will learn to break off the snap of the ball, make a move and get to the ball carrier.



### 11.12 Quick slant (QB, WR)

This is a great pass play for the middle-aged player to learn.

**What you need** – You can have two quarterbacks side-by-side with two receivers to the left and two to the right.

**How this drill works** – Sometimes you can see when the blitz is coming – even at this level, when a linebacker is up at the LOS – and your QB needs to make a quicker pass than the one that has been called.

This isn't an early audible, but rather recognition that they need to get the ball off quickly. They will make a preset call (Quick slot, quick slot!), and that triggers the slotback (inside WR) to immediately run a quick slant (2 yards forward, then in), so the quarterback can make a one or three step drop and then pass to avoid the rush.

**Result** – Some coaches might consider this a more advanced play, but if you can get your QB to avoid some of the pressure at this age (they will understand it), you might avoid several sacks during the season.



### 11.13 Stunt men (DL)

Learning the stunts on a defensive line is a slightly more advanced skill, but it is important for players to understand why it is done during a game.

**What you need** – You can have the players line up on the defensive line in their normal positions. Lie tackling dummies on the ground to denote offensive lineman. Stand a tackling dummy in the area where the stunt should finish (say in the backfield).

**How this drill works** – After you have explained the purpose of a stunt, and how it works, you will set the linemen up and then have them run a stunt. They will cross, twist, etc., as you have shown them, in order to get to the tackling dummy that is standing up.

Try all sorts of different stunts for all of the players to get into the action. Have them understand who goes first, where the second player goes, etc.

**Result** – Your defensive line will get their first taste of a stunt on the defense.



### 11.14 Blitz the QB (offense vs defense)

In this drill, players will learn which player is going to blitz on any given play.

**What you need** – Line up your defensive line and linebackers in a standard formation. The coach will be in the backfield.

**How this drill works** – The players will line up as though they are getting ready for a play. The coach in the backfield will point at one of the linebackers, and that linebacker needs to blitz the line as hard as he can in order to get to the quarterback (coach) as fast as possible, where he should tag the coach.



The player should not hesitate when the ball is snapped, they should go straight through the line to the coach, for the tag.

One thing you can do for the players in this drill is to vary where they need to get to for the blitz, and you can also teach them to try and time the snap count so they can get a good jump on the ball (be careful with this).

**Result** – This will be the first taste of blitzing as a linebacker for the younger kids.



### 11.15 Wide out blocks (WR)

Blocking for the WR is important on any running play.

**What you need** – To start, you can just use a tackling dummy held by a coach or player, lined up directly across from the WR.

**How this drill works** – If the running play is coming to the WR side, then he needs to be able to block the defensive back out of the play. If they don't make the block, then often times the DB will get into the backfield to drop the RB for a loss.

In this drill, the WR simply needs to get their body in the way of the tackling dummy, to literally block their path to get to the runner. They should follow the same blocking basics: strong base, hands in front and make contact under the shoulder pads at the chest and then keep the person in front of you (even camera on the back).

**Result** – Receivers will learn to block for the running play called and they will increase their value as a player by being a good blocker on running plays.



### 11.16 Inside runner (RB vs DL, LB)

It is important for defensive players to understand the advantage of turning a runner back to the inside of the field.

**What you need** – You can line up a defensive line and linebackers if you like, or just linebackers – either will work.

**How this drill works** – At half speed to start, a RB should run the ball wide and the LB need to react to this. The idea of this drill is to get the runner to cut back inside where there is more help for a tackle.

Coaches should emphasize to players that turning a play back inside limits the chance that a player will get beat one-on-one – which could result in a long gain. This will be achieved by showing players the proper angle to get to the outside so they force the runner to cut the ball up the field earlier than he wants.

You can up the speed as players begin to understand the skill and when they perfect the technique.

**Result** – In a game situation this could make the difference between a long inside gain and a short run stopped by pursuing tacklers.



### 11.17 Half side (OL, QB, RB, vs DL, LB)

This is a great full speed drill that only involves select members of the offense and defense.

**What you need** – This is primarily a drill for running plays so the only players we will need are the center, guard, tackle, QB and 1 RB for this drill – and a DT a DE and one linebacker.

**How this drill works** – The coach will stand behind the defense and show the offense which hole they are going to run the ball to. The offense will approach the line of scrimmage and run the play.

On offense, the object is to execute each block, and to seal the linebacker for the runner to make it through the line unscathed. The defense needs to fight against the block, and the linebacker has to shed or avoid the block and make the tackle.

Give the offense one point for the RB making it through the line, and give the defense a point for a tackle within 5 yards and 2 points for a tackle behind the LOS.

**Result** – Aside from the healthy competition, this is a great blocking and tackling drill that simulates game situations.



### 11.18 Blitz read (offense vs defense)

The offensive line and RB's will need to read and pick up the blitzing players to protect their quarterback or other player.

**What you need** – Line up a full offense and full defense for this drill (or front 7 versus front 7).

**How this drill works** – The defense will call a blitz for their play, and the offense will just line up on the ball with no play called. When the ball is snapped, the blitzer will find his way into the backfield to try and make a play.

Start this one off half speed so players know what to expect. At this time, the OL should be trying to recognize where the play is coming from and then react to that blitzing linebacker. They can communicate amongst each other to read the blitz.

The second line of defense is the RB, who must read what the OL is doing and then react to any blitzers that have made it through.

**Result** – Your offensive players will learn to read and react to any blitz pressure that is put on their team.



### 11.19 String it out (offense vs defense)

The defensive players learned to turn a play inside, but they can also string out a play by stuffing the different gaps and taking on blocks early in an offensive play's development.

**What you need** – You can field a full offense and defense for this drill, but it should only be run at half speed to illustrate the tactic.

**How this drill works** – On any play, pursuit is important. Pursuit on an outside play should try to plug up all holes and take on all blockers so there is no blocking downfield for a runner.

In this drill, the defense has to try to plug all of the holes and take on all of the blockers in order to string the outside running play right to the sideline.

**Result** – Filling holes and taking on blocks makes it hard for an RB to find a place to run.



### 11.20 Read and recognize skeleton (offense vs defense)

Quarterbacks will have to read what defense is being called and react to it by throwing to the right spot.

**What you need** – Have a skeleton offense and defense comes together (should be 7 on 7 or so).

**How this drill works** – Each side will call a play (without the line involvement), and upon the snap, each person will execute his duties on the field – whether it is a pass pattern, dropping into a zone, etc.

The quarterback will need to read the defense, recognize where players are going and then make the right pass to the WR. This is a fundamental skill that needs to be learned for the quarterback to be successful at the next level.








Coaches should look at all of the players and how they are executing their individual assignments. Maybe a route isn't being run correctly or a player isn't dropping far enough into a zone.

**Result** – All players in the skeleton will be able to improve their skill level as the speed of this drill increases.

# Running a Football Practice

As you know, running a football practice is a little different than running a basketball or baseball practice. Each player has a variety of skills they need to learn before they bring them back to a team environment where all of those skills mesh together to form a cohesive unit.

The most effective football coaching practice structure involves dividing time into structured “Training Blocks”. There are 7 key Training Blocks which should appear in each of your practices:

-  Warm-up & Stretching
-  Review of New Team Plays and/or Conditioning
-  Individual Techniques by Position
-  Special Teams
-  Group Work
-  Game Preparation and Team Drills
-  Cool-Down

There are 10 practice plans designed for Beginner teams (which mostly use Beginner Level and Intermediate Level drills), 10 practice plans designed for Intermediate teams (which mostly use Intermediate Level drills), and 10 practice plans designed for Advanced teams (which mostly use Intermediate and Advanced Level drills)

Generally speaking the Beginner practice plans are best for elementary school aged teams. The Intermediate practice plans are best for middle school aged teams. And the Advanced practice plans are best for high school aged teams.

## How to use the practice plans

Each practice plan has been divided into timed slots for each drill. Each drill includes a reference number which refers to the drill descriptions in the first part of the book.

Here are a few tips for using our practice plans:

- You don’t have to follow them exactly. If you want to insert a certain drill into the practice, adjust the time block to reflect that drill.
- You don’t have to use all of the practice plans – you might use some to brush up on different skills, and others just get your team motivated to practice a little more.
- The practice plans are a guideline to keep you on schedule – don’t be afraid to stray from them or alter them to make them suit you. These are generic practices that will give you a head start on each practice and provide guidance to keep the practice moving along.

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- If you only have 60 or 90 minutes to practice, try shortening down the time spent on each drill. You can also skip the Conditioning sections and ask your players to work out on their own time.

Go through the practice plans and find out which ones work for you. Don't be afraid to take charge and make the practice plans work for you and your coaches. They will help you organize your practice and your team so you can get the most out of their game play.

Best of luck!

## Beginner Practice Plan #1

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	1.5 The worm (all players)	Or introduce new plays
00:35 - 00:45	2.1 First to the flag (OL) 3.2 Catching triangle (QB, WR, RB) 5.1 Form tackle (DL, LB, DB)	Fire out to make the block Fingers outstretched and palms out Use dummies at 1/2 speed to start
00:45 - 00:55	1.2 Foot fire and drop (all players)	Lift feet only 1-2" off the ground
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	7.1 Fire drill (special teams)	Or review special teams plays and substitutions
01:10 - 01:25	2.2 All Blocks Drills (OL) 3.1 Snap and drop back (QB, C, WR, RB) 5.2 Agility tackle (DL, LB) 6.2 Back and forth drill (DB)	Shoulders square and low Keep head up, looking downfield Player follows coaches movement Drop butt down to stay low
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.1 Slo-mo Offense (offense vs defense)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

### Coach's Notes:

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## Beginner Practice Plan #2

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	1.1 Fumble Recovery Drill (all players)	Or introduce new plays
00:35 - 00:45	2.3 Run block (OL) 3.3 3 Step, Look and Fire (QB, WR) 4.2 One cut drill (RB) 5.5 Attack the QB (DL, LB) 6.3 The Square Drill (DB)	Use dummies at 1/2 speed to start Play should take less than 3 seconds Accelerate through the hole Use tackling dummy for the QB Backpedal, carioca, sprint, shuffle
00:45 - 00:55	1.3 Zig Zag Agility Drill (all players)	Break the drill into four 2.5 min "quarters"
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	7.1 Fire drill (special teams)	Or review special teams plays and substitutions
01:10 - 01:25	8.1 Tennis Ball Block (OL vs LB) 9.1 Roll over and recover (LB vs RB) 10.1 Timing the jump (QB, WR vs DB)	OL: don't throw the block too early Reward linebackers if they make a play Try with different pass patterns
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.2 Half skeleton (offense) 11.4 Man cover (defense)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

### Coach's Notes:

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## Beginner Practice Plan #3

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	1.3 Zig Zag Agility Drill (all players)	Or introduce new plays
00:35 - 00:45	2.4 Pass blocking (OL) 3.4 Catch concentration (QB, RB, WR) 5.5 Attack the QB (DL, LB) 6.1 Backpedal and change direction (DB)	Use dummies at 1/2 speed to start Keep hands up and focus on the ball Practice spin, swim, bull-rush Center of gravity right over shoes
00:45 - 00:55	2.3 Run block (OL) 3.5 Passing Tree (QB, RB, WR) 5.4 The Bull Rush (DL) 6.6 Jam and run (DB, LB)	Used dummies at 1/2 speed to start Practice hook, slant, post, flag etc. Match up D-lineman of similar size Jam inside the 5-yard area
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	7.2 Contain drill (special teams)	Or review special teams plays and sub- stitutions
01:10 - 01:25	8.2 Protect the flag (OL vs DL) 9.2 Angle of attack (LB vs RB) 3.5 Passing Tree (QB, RB, WR vs DB)	Hold the block for 10 full seconds Judge speed to determine proper angle Use DB's to provide token defense
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.3 Hole numbers (offense) 11.4 Man cover (defense)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

Coaches Notes:

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## Beginner Practice Plan #4

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	1.4 Ball fight drill (all players)	Or introduce new plays
00:35 - 00:45	2.2 All Blocks Drill (OL) 3.4 Catch concentration (QB, RB, WR) 5.1 Form tackle (DL, LB, DB)	Neck bowed, quick choppy steps Distractor yells and waves hands Master the form before going full speed
00:45 - 00:55	2.5 Hill Drill (OL) 3.5 Passing Tree (QB, RB, WR) 5.2 Agility tackle (DL, LB, DB)	Use dummies at 1/2 speed to start Stop the drill to correct technical mistakes Keep head up and focus on coach moving
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	7.3 Breakdown Kick Cover (special teams)	Or review special teams plays and substitutions
01:10 - 01:25	8.2 Protect the flag (OL vs DL) 9.3 Drop and react (LB vs QB, RB) 10.6 Jam the receiver (DB, LB vs WR)	Hold block for 10 full seconds Drop into zone, then close on the RB Hard, brief contact to delay, not tackle
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.5 Outside Push (offense vs defense)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

### Coaches Notes:

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## Beginner Practice Plan #5

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	1.6 Follow the ball	Or introduce new plays
00:35 - 00:45	2.4 Pass blocking (OL) 3.2 Catching triangle (QB, WR) 4.1 Juke, spin, stiff arm (RB) 5.1 Form tackle (DL, LB, DB)	Create base, then repel the attack Index fingers & thumbs form a triangle Change the sequence to mix it up Live tackles once players master form
00:45 - 00:55	2.3 Run block (OL) 3.1 Snap and drop back (QB, C, RB, WR) 5.2 Agility tackle (DL, LB, DB)	Open running lanes by drive blocking Throwing hand stays on laces Keep head up while seeing dummies
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	7.1 Fire drill (special teams)	Or review special teams plays and substitutions
01:10 - 01:25	8.2 Protect the flag (OL vs DL) 9.4 Ball switch with tackler (RB vs LB) 10.2 Bat down (QB, WR vs DB)	Pancake the attacker and stay ready Hold ball in outside arm Good jump once ball is released
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.6 Contain (defense) 3.5 Passing tree (offense)	Or review your playbook
01:50 - 02:00	Cool down	Light stretching, warm down

### Coaches Notes:

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## Beginner Practice Plan #6

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	1.1 Fumble Recovery Drill (all players)	Or introduce new plays
00:35 - 00:45	2.2 All Blocks Drill (OL) 3.4 Catch concentration (QB, RB, WR) 5.1 Form tackle (DL, LB, DB)	Neck bowed, quick choppy steps Distractor yells and waves hands Master the form before going full speed
00:45 - 00:55	1.3 Zig Zag Agility Drill (all players)	Break the drill into four 2.5 min “quarters”
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	7.1 Fire drill (special teams)	Or review special teams plays and substitutions
01:10 - 01:25	8.2 Protect the flag (OL vs DL) 9.2 Angle of attack (LB vs RB) 3.5 Passing Tree (QB, RB, WR vs DB)	Hold the block for 10 full seconds Judge speed to determine proper angle Use DB's to provide token defense
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.2 Half skeleton (offense) 11.4 Man cover (defense)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

### Coach's Notes:

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## Beginner Practice Plan #7

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	1.5 The worm (all players)	Or introduce new plays
00:35 - 00:45	2.3 Run block (OL) 3.5 Passing Tree (QB, RB, WR) 5.4 The Bull Rush (DL) 6.6 Jam and run (DB, LB)	Used dummies at 1/2 speed to start Practice hook, slant, post, flag etc. Match up D-lineman of similar size Jam inside the 5-yard area
00:45 - 00:55	2.4 Pass blocking (OL) 3.2 Catching triangle (QB, WR) 4.1 Juke, spin, stiff arm (RB) 5.1 Form tackle (DL, LB, DB)	Create base, then repel the attack Index fingers & thumbs form a triangle Change the sequence to mix it up Live tackles once players master form
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	7.1 Fire drill (special teams)	Or review special teams plays and substitutions
01:10 - 01:25	2.2 All Blocks Drills (OL) 3.1 Snap and drop back (QB, C, WR, RB) 5.2 Agility tackle (DL, LB, DB)	Shoulders square and low Keep head up, looking downfield Player follows coaches movement
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.6 Contain (defense) 3.5 Passing tree (offense)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

Coach's Notes:

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## Beginner Practice Plan #8

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	1.4 Ball fight drill (all players)	Or introduce new plays
00:35 - 00:45	2.5 Hill Drill (OL) 3.5 Passing Tree (QB, RB, WR) 5.2 Agility tackle (DL, LB, DB)	Use dummies at 1/2 speed to start Stop the drill to correct technical mistakes Keep head up and focus on coach moving
00:45 - 00:55	2.3 Run block (OL) 3.1 Snap & drop back (QB,C, RB,WR) 5.2 Agility tackle (DL, LB, DB)	Open running lanes by drive blocking Throwing hand stays on laces Keep head up while seeing dummies
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	7.3 Breakdown Kick Cover (special teams)	Or review special teams plays and substitutions
01:10 - 01:25	8.2 Protect the flag (OL vs DL) 9.3 Drop and react (LB vs QB, RB) 10.6 Jam the receiver (DB, LB vs WR)	Hold block for 10 full seconds Drop into zone, then close on the RB Hard, brief contact to delay, not tackle
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.5 Outside Push (offense vs defense)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

### Coaches Notes:

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## Beginner Practice Plan #9

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	1.6 Follow the ball	Or introduce new plays
00:35 - 00:45	1.3 Zig Zag Agility Drill (all players)	Break the drill into four 2.5 min “quarters”
00:45 - 00:55	2.3 Run block (OL) 3.1 Snap and drop back (QB, C, RB, WR) 5.2 Agility tackle (DL, LB, DB)	Open running lanes by drive blocking Throwing hand stays on laces Keep head up while seeing dummies
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	7.1 Fire drill (special teams)	Or review special teams plays and substitutions
01:10 - 01:25	8.2 Protect the flag (OL vs DL) 9.4 Ball switch with tackler (RB vs LB) 10.2 Bat down (QB, WR vs DB)	Pancake the attacker and stay ready Hold ball in outside arm Good jump once ball is released
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.1 Slo-mo Offense (offense vs defense)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

### Coaches Notes:

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## Beginner Practice Plan #10

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	1.3 Zig Zag Agility Drill (all players)	Or introduce new plays
00:35 - 00:45	2.4 Pass blocking (OL) 3.4 Catch concentration (QB, RB, WR) 5.5 Attack the QB (DL, LB) 6.1 Backpedal and change direction (DB)	Use dummies at 1/2 speed to start Keep hands up and focus on the ball Practice spin, swim, bull-rush Center of gravity right over shoes
00:45 - 00:55	8.1 Tennis Ball Block (OL vs LB) 9.1 Roll over and recover (LB vs RB) 10.1 Timing the jump (QB, WR vs DB)	OL: don't throw the block too early Reward linebackers if they make a play Try with different pass patterns
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	7.5 Punt cover (special teams)	Or review special teams plays and substitutions
01:10 - 01:25	8.2 Protect the flag (OL vs DL) 9.3 Drop and react (LB vs QB, RB) 10.6 Jam the receiver (DB, LB vs WR)	Hold block for 10 full seconds Drop into zone, then close on the RB Hard, brief contact to delay, not tackle
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.3 Hole numbers (offense) 11.4 Man cover (defense)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

### Coaches Notes:

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## Intermediate Practice Plan #1

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	1.3 Zig Zag Agility Drill (all players)	Or introduce new plays
00:35 - 00:45	2.2 All Blocks drill (OL) 3.5 Passing tree ((QB, WR, RB) 5.7 Rip, swim and bull rush (DL) 6.1 Backpedal & change dir. (DB, LB)	Maintain contact until whistle blows Crisp routes and accurate passes Use blocker's momentum to rip past Quick, choppy steps
00:45 - 00:55	1.1 Fumble Recovery Drill (all players)	Slide to the ground to recover
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	7.2 Contain drill (special teams)	Or review special teams plays and substitutions
01:10 - 01:25	8.5 Camera on your back (OL vs DL) 9.6 Hide and seek (LB, ,RB) 10.10 Between the cones (QB, WR, vs DB)	Seal the hole for the RB LB 's first step is lateral or downhill Focus on accuracy and timing
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.10 Defender pass recognition	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

### Coaches Notes:

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## Intermediate Practice Plan #2

**Date Used:** \_\_\_\_\_ **Coach:** \_\_\_\_\_ **Team:** \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and prep for drills
00:25 - 00:35	1.2 Foot fire and drop (all players)	Or introduce new plays
00:35 - 00:45	2.7 10-yard drive (OL) 3.7 Progression drill (QB, WR) 4.4 Cut and switch (RB) 5.6 Hold and tackle (DL, LB, DB)	Drive the attacker 10 yards back Release ball within 3 seconds of drop Transfer ball to the outside arm Stay engaged until runner reaches pylon
00:45 - 00:55	2.8 Pancake drill (OL) 3.8 Cones and cuts (QB, WR, RB) 5.3 D-Line Fight drill (DL) 5.5 Attack the QB (LB) 6.5 Jump timing (DB)	Solid base, arms extended, feet moving Quick fake before making the cut Start flat on stomach w/ head up Use tackling dummy for the QB Watch trajectory to time your jump
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	7.1 Fire drill (special teams)	Or review special teams plays and substitutions
01:10 - 01:25	8.6 Fire out from the 30 (OL & DL) 9.7 Sideline Running (QB, RB, WR vs LB, DB)	Explode off the line Pop the ball carrier (don't tackle)
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.7 Open the hole (offense vs defense) 11.11 First to the QB (defense)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

**Coaches Notes:**

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### Intermediate Practice Plan #3

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	1.4 Ball fight drill (all players)	Or introduce new plays
00:35 - 00:45	2.9 Drive block (OL) 3.9 Lightning catch drill (QB, WR) 4.8 Running back read (RB) 5.2 Agility tackle (DL, LB, DB)	Keep hands engaged until whistle blows Focus on pass accuracy Read the opening and burst through Keep head up and watching coach
00:45 - 00:55	8.7 Pull block (OL vs DL) 9.8 Strip drill (RB vs LB) 10.1 Timing the jump (QB, WR vs DB)	Open the step parallel to pull direction LBs: look for the tip of the ball then rip it Reach for ball at your highest point
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	8.8 Reach block (OL vs DL) 9.10 Oklahoma drill (RB vs LB) 3.5 Passing tree (QB, WR vs DB)	Quick first step in front, then engage DL RB's learn to block for each other Run routes against token defense
01:10 - 01:25	7.5 Punt cover (special teams)	Or review special teams plays and substitutions
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.7 Open the hole (offense vs defense) 11.11 First to the QB (defense)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

### Coaches Notes:

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## Intermediate Practice Plan #4

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	1.1 Fumble Recovery drill (all players)	Or introduce new plays
00:35 - 00:45	2.9 Drive Block (OL) 3.10 Hook and turn (QB, WR, RB) 5.8 Hands up (DL, LB) 6.2 Back and forth drill (DB)	Create running lanes for RB 10 yards out, then 2 yards back Anticipate timing & direction of QB's throw Use arms to propel movement, head up
00:45 - 00:55	2.2 All blocks drill (OL) 3.11 Cut up field (QB, WR, RB) 5.9 Drive to sidelines (DL, LB) 6.3 The Square Drill (DB)	Shoulders square & low, neck bowed Run up field, rather than juking sideways Get body across & in front of ball carrier Backpedal, carioca, sprint, shuffle
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	9.5 Blitz pick up (RB, OL vs DL, LB) 3.5 Passing tree (QB, WR vs DB)	RB picks up loose LB and protects pylon Once routes are mastered, DB's play 100% defense and try to intercept
01:10 - 01:25	11.8 Drop and run cover (offense vs defense)	Or review special teams plays and substitutions
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.9 Read and recognize (offense vs defense)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

**Coaches Notes:**

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## Intermediate Practice Plan #5

**Date Used:** \_\_\_\_\_ **Coach:** \_\_\_\_\_ **Team:** \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	1.2 Foot fire and drop (all players)	Or introduce new plays
00:35 - 00:45	2.3 Run block (OL) 3.12 Roll out passing (QB, WR) 4.3 The Exchange (QB, RB) 5.4 The Bull Rush (DL) 6.1 Backpedal and change (DB, LB)	Engage attacker with head up Square shoulders, hips, head to target Seamless exchange, focus on timing Once mastered, match up against OL Butt low, quick choppy steps
00:45 - 00:55	2.4 Pass blocking (OL) 3.13 Over the shoulder (QB, RB, WR) 6.7 Get some get up (all defense)	Create firm base and stand your ground Start with 5 yd passes, then move deeper Explode off the ground and into dummy
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	7.4 Wedge Drill (special teams)	Or review special teams plays and substitutions
01:10 - 01:25	7.3 Breakdown kick cover (special teams)	Or review special teams plays and substitutions
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.10 Defender pass recognition 11.12 Quick slant (QB, WR)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

### Coaches Notes:

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## Intermediate Practice Plan #6

**Date Used:** \_\_\_\_\_ **Coach:** \_\_\_\_\_ **Team:** \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	1.1 Fumble Recovery drill (all players)	Or introduce new plays
00:35 - 00:45	2.2 All Blocks drill (OL) 3.5 Passing tree ((QB, WR, RB) 5.7 Rip, swim and bull rush (DL) 6.1 Backpedal & change dir. (DB, LB)	Maintain contact until whistle blows Crisp routes and accurate passes Use blocker's momentum to rip past Quick, choppy steps
00:45 - 00:55	2.2 All blocks drill (OL) 3.16 Over the middle (QB, WR, RB) 5.9 Drive to sidelines (DL, LB) 6.3 The Square Drill (DB)	Shoulders square & low, neck bowed Run up field, rather than juking sideways Get body across & in front of ball carrier Backpedal, carioca, sprint, shuffle
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	7.1 Fire drill (special teams)	Or review special teams plays and substitutions
01:10 - 01:25	8.6 Fire out from the 30 (OL & DL) 9.7 Sideline Running (QB, RB, WR vs LB, DB)	Explode off the line Pop the ball carrier (don't tackle)
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.9 Read and recognize (offense vs defense)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

**Coaches Notes:**

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## Intermediate Practice Plan #7

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	1.1 Fumble Recovery drill (all players)	Or introduce new plays
00:35 - 00:45	2.8 Pancake drill (OL) 3.8 Cones and cuts (QB, WR, RB) 5.3 D-Line Fight drill (DL) 5.5 Attack the QB (LB) 6.5 Jump timing (DB)	Solid base, arms extended, feet moving Quick fake before making the cut Start flat on stomach w/ head up Use tackling dummy for the QB Watch trajectory to time your jump
00:45 - 00:55	8.7 Pull block (OL vs DL) 9.8 Strip drill (RB vs LB) 4.5 Run the Gauntlet (QB, WR, RB)	Open the step parallel to pull direction LBs: look for the tip of the ball then rip it Reach for ball at your highest point
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	9.5 Blitz pick up (RB, OL vs DL, LB) 3.5 Passing tree (QB, WR vs DB)	RB picks up loose LB and protects pylon Once routes are mastered, DB's play 100% defense and try to intercept
01:10 - 01:25	11.8 Drop and run cover (offense vs defense)	Or review special teams plays and substitutions
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.7 Open the hole (offense vs defense)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

Coaches Notes:

## Intermediate Practice Plan #8

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	1.2 Foot fire and drop (all players)	Or introduce new plays
00:35 - 00:45	2.9 Drive Block (OL) 3.10 Hook and turn (QB, WR, RB) 5.8 Hands up (DL, LB) 6.2 Back and forth drill (DB)	Create running lanes for RB 10 yards out, then 2 yards back Anticipate timing & direction of QB's throw Use arms to propel movement, head up
00:45 - 00:55	2.2 All blocks drill (OL) 4.6 Catch, tuck and tap (QB, WR, RB) 5.9 Drive to sidelines (DL, LB) 6.3 The Square Drill (DB)	Shoulders square & low, neck bowed Run up field, rather than juking sideways Get body across & in front of ball carrier Backpedal, carioca, sprint, shuffle
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	8.8 Reach block (OL vs DL) 9.10 Oklahoma drill (RB vs LB) 3.5 Passing tree (QB, WR vs DB)	Quick first step in front, then engage DL RB's learn to block for each other Run routes against token defense
01:10 - 01:25	7.4 Wedge Drill (special teams)	Or review special teams plays and substitutions
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.10 Defender pass recognition 11.12 Quick slant (QB, WR)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

Coaches Notes:

## Intermediate Practice Plan #9

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	1.4 Ball fight drill (all players)	Or introduce new plays
00:35 - 00:45	2.4 Pass blocking (OL) 3.13 Over the shoulder (QB, RB, WR) 6.7 Get some get up (all defense)	Create firm base and stand your ground Start with 5 yd passes, then move deeper Explode off the ground and into dummy
00:45 - 00:55	2.9 Drive block (OL) 3.15 QB Read and accuracy (QB, WR) 4.8 Running back read (RB) 5.2 Agility tackle (DL, LB, DB)	Keep hands engaged until whistle blows Focus on pass accuracy Read the opening and burst through Keep head up and watching coach
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	8.8 Reach block (OL vs DL) 9.10 Oklahoma drill (RB vs LB) 3.5 Passing tree (QB, WR vs DB)	Quick first step in front, then engage DL RB's learn to block for each other Run routes against token defense
01:10 - 01:25	7.4 Wedge Drill (special teams)	Or review special teams plays and substitutions
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.10 Defender pass recognition 11.12 Quick slant (QB, WR)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

### Coaches Notes:

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## Intermediate Practice Plan #10

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	1.2 Foot fire and drop (all players)	Or introduce new plays
00:35 - 00:45	2.7 10-yard drive (OL) 3.7 Progression drill (QB, WR) 4.4 Cut and switch (RB) 5.6 Hold and tackle (DL, LB, DB)	Drive the attacker 10 yards back Release ball within 3 seconds of drop Transfer ball to the outside arm Stay engaged until runner reaches pylon
00:45 - 00:55	2.3 Run block (OL) 3.14 Sideline catch drill (QB, WR) 4.3 The Exchange (QB, RB) 5.4 The Bull Rush (DL) 6.1 Backpedal and change (DB, LB)	Engage attacker with head up Square shoulders, hips, head to target Seamless exchange, focus on timing Once mastered, match up against OL Butt low, quick choppy steps
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	8.5 Camera on your back (OL vs DL) 9.6 Hide and seek (LB, ,RB) 10.10 Between the cones (QB, WR, DB)	Seal the hole for the RB LB 's first step is lateral or downhill Focus on accuracy and timing
01:10 - 01:25	7.5 Punt cover (special teams)	Or review special teams plays and substitutions
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.7 Open the hole (offense vs defense)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

Coaches Notes:

## Advanced Practice Plan #1

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	1.2 Foot fire and drop (all players)	Or introduce new plays
00:35 - 00:45	2.2 All Blocks Drill (OL) 3.5 Passing tree (QB, WR, RB) 5.3 The Bull Rush (DL) 6.3 Square Drill (DB, LB)	Head up, solid base Focus on crisp routes and accuracy Keep feet moving with quick steps Pay attention to form when tired
00:45 - 00:55	2.11 Bear crawl block (OL) 3.17 Pocket pressure (QB, WR) 4.9 Goal line drill (RB) 5.11 Shed the blocker (LB, DL, DB)	Begin at 1/2 speed, then increase Use dummies to start, then real def. Tuck the ball and fight through traffic Heel shiver with both hands
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	7.2 Contain drill (special teams)	Or review special teams plays and substitutions
01:10 - 01:25	8.2 Protect the flag (OL vs DL) 9.11 Blitz pick up (RB vs LB) 10.10 Between the cones (QB, RB, WR, DB)	Run it competitively and keep score Increase difficulty by adding 2nd LB Focus on accuracy and timing
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.13 Stunt men (defense) 11.2 Half skeleton (offense)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

Coaches Notes:

## Advanced Practice Plan #2

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	2.10 Punch strength drill (OL) 3.18 Continuous pattern (QB, WR, RB) 5.14 D-Line Chop Drill (DL) 6.7 Get some get up (DB, LB)	Start with 5 lb. weights, then move up Maintain focus as receivers get tired Avoid getting locked up and tangled Keep feet moving with choppy steps
00:35 - 00:45	8.10 Block, release and tackle (OL, LB, DL) 9.9 Outside shoulder drill (RB vs LB) 10.3 Wide-out stock block (DB, WR, RB)	Focus on technique, run at 1/2 speed LB wants to turn the play back inside Screen out the DB without holding him
00:45 - 00:55	8.11 Against the blocks (OL vs DL, LB) 9.12 Tip Drill (QB, RB, WR vs DB)	DL/LB: Go against flow of the block Keep hands up & fingers outstretched
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	8.13 Hat on dummy (OL vs DL, LB) 10.11 Progression with defenders (QB, WR, RB vs DB)	OL learns to read blitzes and stunts No contact until the jump-ball
01:10 - 01:25	8.14 Block the backer (OL vs LB) 9.13 Pit drill (RB vs DL) 10.12 Two receivers, Two defenders (QB, WR vs DB)	OL focus on getting into position Make it competitive and keep score
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.18 Blitz read (offense vs defense)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

### Coaches Notes:

### Advanced Practice Plan #3

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	1.3 Zig Zag agility drill (all players)	Or introduce new plays
00:35 - 00:45	2.8 Pancake drill (OL) 3.20 Raise hand recognition (QB, WR, RB) 5.13 Dummy drag (DL) 6.8 Zone recognition (DB, LB)	Keep arms extended, but in tight Lengthen throws to increase difficulty Focus on bursting quick and hard Secondary must talk to each other
00:45 - 00:55	8.9 Off the snap (OL vs DL) 9.5 See the blitz (RB vs LB) 10.8 Double Move Defend (DB vs WR, QB)	Penalize OL for moving early RB keeps head up to make the block DB watches the QB's shoulders
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	7.4 Wedge drill (special teams)	Or review special teams plays and substitutions
01:10 - 01:25	8.12 Double Team fight off (DL, LB vs OL) 10.13 Hi-lo passing (QB, WR, RB, vs DB)	Use swim and rip moves to beat it Concentrate on ball trajectory
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.14 Blitz the QB (offense vs defense) 11.15 Wide out blocks (WR)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

### Coaches Notes:

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## Advanced Practice Plan #4

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	1.4 Ball fight drill (all players)	Or introduce new plays
00:35 - 00:45	2.9 Drive block (OL) 3.21 Catch pyramid (QB, RB) 4.10 Cutback drill (RB) 5.10 Target blitz (LB) 5.14 D-Line Chop drill (DL) 6.3 Square drill (DB)	Butt down, neck bowed Complete 20 catches w/out a drop Quick and decisive cut No hesitation after whistle blows Use hands to chop away arm shields Shoulders stay parallel to LOS
00:45 - 00:55	8.15 Wide board blocking (OL vs DL) 9.14 Lead block (RB vs LB) 10.5 Mirror drill (QB, WR, vs DB)	Maintain wide base when blocking RB reads & reacts to the FB's block DB follows WR's movements exactly
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	11.17 Half side (OL, QB, RB vs DL, LB) 10.9 Drop zone (DB vs WR)	Or review special teams plays and substitutions
01:10 - 01:25	10.4 Zone discipline (QB, WR vs DB, LB) 8.16 Stunt and read (OL vs DL)	Stay in zone as long as possible OL communicate and pick up
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.19 String it out (offense vs defense) 11.20 Read & recognize (offense vs defense)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

Coaches Notes:

## Advanced Practice Plan #5

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	2.7 10-yard drive (OL) 3.22 Receiver crack block (WR) 4.10 Cutback drill (QB, RB)	Or introduce new plays
00:35 - 00:45	4.7 Hold the ball (QB, RB, WR) 8.17 Inside and out (OL vs DL) 5.11 Shed the blocker (LB, DB)	5 straight “pops” before ending Allow QB time to get pass off Start with dummies, then add blkers
00:45 - 00:55	8.18 Engage, drop, tackle (DL vs OL, RB) 10.11 Progression w/ def. (QB, WR, LB, DB)	Make contact as quickly as possible Pass within 3 seconds of drop
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	8.19 Quick stunt drill (DL vs OL) 10.13 Hi-lo passing (QB, WR, RB vs DB, LB)	Or review special teams plays and substitutions
01:10 - 01:25	8.20 Push of War (DL vs OL) 9.13 Pit drill (RB vs LB) 10.10 Between the cones (QB, WR, vs DB)	Bull rush vs. Pancake block Keep score and make it competitive DB distracts, but doesn't deflect
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.17 Half side (offense vs defense) 11.18 Blitz read (offense vs defense)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

Coaches Notes:

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## Advanced Practice Plan #6

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	1.3 Zig Zag agility drill (all players)	Or introduce new plays
00:35 - 00:45	2.8 Pancake drill (OL) 3.20 Raise hand recognition (QB, WR, RB) 5.13 Dummy drag (DL) 6.8 Zone recognition (DB, LB)	Keep arms extended, but in tight Lengthen throws to increase difficulty Focus on bursting quick and hard Secondary must talk to each other
00:45 - 00:55	8.15 Wide board blocking (OL vs DL) 9.14 Lead block (RB vs LB) 10.5 Mirror drill (QB, WR, vs DB)	Maintain wide base when blocking RB reads & reacts to the FB's block DB follows WR's movements exactly
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	7.2 Contain drill (special teams)	Or review special teams plays and substitutions
01:10 - 01:25	8.13 Hat on dummy (OL vs DL, LB) 10.11 Progression with defenders (QB, WR, RB vs DB)	OL learns to read blitzes and stunts No contact until the jump-ball
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.19 String it out (offense vs defense) 11.20 Read & recognize (offense vs defense)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

Coaches Notes:

## Advanced Practice Plan #7

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	1.2 Foot fire and drop (all players)	Or introduce new plays
00:35 - 00:45	2.2 All Blocks Drill (OL) 3.5 Passing tree (QB, WR, RB) 5.3 The Bull Rush (DL) 6.3 Square Drill (DB, LB)	Head up, solid base Focus on crisp routes and accuracy Keep feet moving with quick steps Pay attention to form when tired
00:45 - 00:55	8.15 Wide board blocking (OL vs DL) 9.14 Lead block (RB vs LB) 10.5 Mirror drill (QB, WR, vs DB)	Maintain wide base when blocking RB reads & reacts to the FB's block DB follows WR's movements exactly
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	7.5 Punt cover (special teams)	Or review special teams plays and substitutions
01:10 - 01:25	8.2 Protect the flag (OL vs DL) 9.11 Blitz pick up (RB vs LB) 10.10 Between the cones (QB, RB, WR, DB)	Run it competitively and keep score Increase difficulty by adding 2nd LB Focus on accuracy and timing
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	10.4 Zone discipline (QB, WR vs DB, LB) 8.16 Stunt and read (OL vs DL)	Stay in zone as long as possible OL communicate and pick up
01:50 - 02:00	Cool down	Light stretching, warm down

Coaches Notes:



## Advanced Practice Plan #8

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	1.4 Ball fight drill (all players)	Or introduce new plays
00:35 - 00:45	8.18 Engage, drop, tackle (DL vs OL, RB) 10.11 Progression w/ def. (QB, WR, LB, DB)	Make contact as quickly as possible Pass within 3 seconds of drop
00:45 - 00:55	2.9 Drive block (OL) 3.21 Catch pyramid (QB, RB) 4.10 Cutback drill (RB) 5.10 Target blitz (LB) 5.14 D-Line Chop drill (DL) 6.3 Square drill (DB)	Butt down, neck bowed Complete 20 catches w/out a drop Quick and decisive cut No hesitation after whistle blows Use hands to chop away arm shields Shoulders stay parallel to LOS
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	7.3 Breakdown kick cover (special teams)	
01:10 - 01:25	8.20 Push of War (DL vs OL) 9.13 Pit drill (RB vs LB) 10.10 Between the cones (QB, WR, vs DB)	Bull rush vs. Pancake block Keep score and make it competitive DB distracts, but doesn't deflect
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.17 Half side (offense vs defense) 11.18 Blitz read (offense vs defense)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

Coaches Notes:

## Advanced Practice Plan #9

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	2.7 10-yard drive (OL) 3.22 Receiver crack block (WR) 4.10 Cutback drill (QB, RB)	Or introduce new plays
00:35 - 00:45	2.10 Punch strength drill (OL) 3.18 Continuous pattern (QB, WR, RB) 5.14 D-Line Chop Drill (DL) 6.7 Get some get up (DB, LB)	Start with 5 lb. weights, then move up Maintain focus as receivers get tired Avoid getting locked up and tangled Keep feet moving with choppy steps
00:45 - 00:55	11.17 Half side (OL, QB, RB vs DL, LB) 10.9 Drop zone (DB vs WR)	Or review special teams plays and substitutions
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	8.10 Block, release and tackle (OL, LB, DL) 9.9 Outside shoulder drill (RB vs LB) 10.3 Wide-out stock block (DB, WR, RB)	Focus on technique, run at 1/2 speed LB wants to turn the play back inside Screen out the DB without holding him
01:10 - 01:25	4.7 Hold the ball (QB, RB, WR) 8.17 Inside and out (OL vs DL) 5.11 Shed the blocker (LB, DB)	5 straight "pops" before ending Allow QB time to get pass off Start with dummies, then add blkers
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.14 Blitz the QB (offense vs defense) 11.15 Wide out blocks (WR)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

### Coaches Notes:

## Advanced Practice Plan #10

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup: Passing, catching, sprints	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25	Jog around the field	Limbering up and preparing for drills
00:25 - 00:35	2.11 Bear crawl block (OL) 3.17 Pocket pressure (QB, WR) 4.9 Goal line drill (RB) 5.11 Shed the blocker (LB, DL, DB)	Begin at 1/2 speed, then increase Use dummies to start, then real def. Tuck the ball and fight through traffic Heel shiver with both hands
00:35 - 00:45	8.11 Against the blocks (OL vs DL, LB) 9.12 Tip Drill (QB, RB, WR vs DB)	DL/LB: Go against flow of the block Keep hands up & fingers outstretched
00:45 - 00:55	8.9 Off the snap (OL vs DL) 9.5 See the blitz (RB vs LB) 10.8 Double Move Defend (DB vs WR, QB)	Penalize OL for moving early RB keeps head up to make the block DB watches the QB's shoulders
00:55 - 01:00	Water break	Players sprint back to coaches location as soon as whistle is blown
01:00 - 01:10	7.4 Wedge drill (special teams)	Or review special teams plays and substitutions
01:10 - 01:25	8.12 Double Team fight off (DL, LB vs OL) 10.13 Hi-lo passing (QB, WR, RB, vs DB)	Use swim and rip moves to beat it Concentrate on ball trajectory
01:25 - 01:30	Water break	Players sprint back to coaches location as soon as whistle is blown
01:30 - 01:50	11.18 Blitz read (offense vs defense)	Or practice plays from playbook
01:50 - 02:00	Cool down	Light stretching, warm down

### Coaches Notes:

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## Customizable Practice Plan

Date Used: \_\_\_\_\_ Coach: \_\_\_\_\_ Team: \_\_\_\_\_

TIME	DRILL	COACHING TIPS
00:00 - 00:10	Warmup	Loosen up and work on skills
00:10 - 00:15	Team Stretch	Captain leads
00:15 - 00:25		Limbering up and preparing for drills
00:25 - 00:35		Team Conditioning
00:35 - 00:45		Individual Techniques
00:45 - 00:55		Individual Techniques or Group Work
00:55 - 01:00	Water break	
01:00 - 01:10		Special Teams work
01:10 - 01:25		Group Work
01:25 - 01:30	Water break	
01:30 - 01:50		Team Drill & Game Prep
01:50 - 02:00	Cool down	Light stretching, warm down

Coaches Notes:

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*A special insider opportunity for you to get something NO OTHER COACH in your league will EVER even know about....*

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Tuesday, 12:34 PM

To: "e-Hotlist" Member  
Re: "Offensive Line Secrets" Online Video Clinic

Dear Friend,

You may think I've lost my mind with that long headline up there... but I haven't.

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And in just 90 seconds, you're gonna discover them, too.

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It reveals (in the most effective manner ever recorded) the **TRUTH** about coaching your offensive line... and for the lucky coaches that get in on this Introductory Offer, it'll be like a "**di-vine revelation**".

You may already know the instructor: Coach Jonathan Himebauch.

Yes - **THE** Jonathan Himebauch - Offensive Line Coach at San Diego State University and BY FAR the most popular "underground" o-line instructor alive today.

For nearly a decade, he's been helping o-lineman at every level (from Pop Warner to the Pros) learn the



## "Shortcut Secrets" To Wickedly Effective Run Blocking And Pass Protection

Look... I could go on and on about Jonathan's background... how he was a **Blue Chip All-American** at Palos Verdes Peninsula High School... then went on to *captain* the perennial national powerhouse **USC Trojans**, propelling his team to the 1993 Freedom Bowl, the 1995 Cotton Bowl and the 1996 Rose Bowl...

And how he starred at center for the NFL Europe's Rhein Fire, the CFL's Toronto Argonauts, and the XFL's champion Los Angeles Xtreme -- before being snatched up into the coaching profession as one of the **brightest young offensive line minds** in America.

But the fact is... as impressive as Jonathan's resume is, he still remains relatively unknown to regular youth and high school football coaches like you and me.

You'll have a tough time finding this "recluse" at national coaching clinics... and that's the way he likes it.

He's simply a super-private guy that very few people **EVER** get to meet.

But when you look at the mind-boggling speed that he's *skyrocketed* up the o-line coaching ladder in just the past 4 years...

(from High School... to Junior College... to Big Time NCAA Division 1 and the Professional Ranks)

*You figure there's gotta be something to this.*

And there is - as you'll quickly discover the moment you start watching the "Offensive Line Secrets" online video clinic.

You see... Jonathan insists he only needs a short time to teach even the CLUMSIEST kids to develop pro-level blocking mechanics that'll have your team **marching the ball into the end zone** possession after possession.

And it doesn't matter how *small* your linemen are right now, or how little "natural athletic talent" they possess.

None of that matters.

In fact, Jonathan actually PREFERS to teach unathletic kids with little or no "feel" for the game.

Because he shows them exactly how to get

## Real Good, Real Fast

The focus is on run blocking and pass protection fundamentals.

The **specific secrets** of stance, footwork, body mechanics and hand placement that nobody seems to get right...

nobody **ever** teaches...

and nobody but the *greatest linemen in history* have ever figured out on their own.

Baltimore's All Pro tackle Jon Ogden knows these secrets...

4-time Pro Bowler Walter Jones knows 'em...

And Navy's Antron Harper (who at 5'11" and 260 lbs is the *smallest o-linemen in the NCAA*) **definitely** has 'em down pat.

In fact, almost every elite level offensive lineman in the NFL knows these simple secrets about blocking mechanics, but not one in a thousand could actually TEACH them to you.

But Coach Himebauch can.

**He's cracked the code**, revealing the cold hard o-line coaching facts that makes winning football games almost...

## TOO EASY!!!

But you don't have to camp outside of Coach's office, or stalk him with endless voicemails and emails to grab a moment of his valuable time.

Nope - 'cuz we already did it for you.

A couple months back, we dragged Jonathan into a "players-only" meeting room **deep within the bowels of SDSU...** and **forced** him to record his amazing secrets in a full-length video clinic.

And when we staggered out of that room... brain **teeming** with loads of never-seen-before football coaching tactics... I felt like we had

## Broken Into Fort Knox... And Made Out With All The Gold!

And today - for the first time ever - a select group of coaches on my "e-hotlist" can cash in on Coach Himebauch's o-line coaching secrets.

(without risking a single penny of your own money)

**Here's how this works...**



For this special Introductory Internet Offer, we've pulled together an incredible "learn-it-fast" offensive line package that's guaranteed to *launch you into a lifetime of coaching success*.

To start, you'll get access to two full-length video clinics:

The first is called "**Run Blocking Secrets**". This clinic gives you a step by step coaching system that'll have your kids blowing defenders right off the ball...

***Punching gaping holes through the defensive line that even a double-wide trailer could saunter its way through!***

Here's a small taste of what you'll discover:

- ✓ How to teach a run blocking progression using walk-throughs and demonstrations (your players will grasp these techniques *4-5 times faster* using this simple formula)
- ✓ **Step by step instructions to execute the drive block... scoop block... zone block... reach block... cutoff block... down block... double team progression... pulling... trapping and more.**
- ✓ Everything is broken down in plain English and explained with detailed instructions, diagrams, and live demonstrations... so you'll grasp it immediately, *even if you've never coached o-line before!*
- ✓ **When to crowd the ball... when to play even with the center... and when to play deep (and why 8 out of 10 coaches get this DEAD wrong!)**
- ✓ *How to stagger your feet* for maximum balance and explosiveness. This "no-brainer" (yet usually overlooked) tip instantly infuses your guards and tackles with the lateral agility to adjust and sustain blocks on the move
- ✓ **The "credit card alignment" rule that practically forces your linemen to explode off the snap with a powerful leg drive... neutralizing even the most aggressive defender**
- ✓ How to "grab the grass" with your toes and explode out of your stance with a tight first step

- ✓ **How to shock and jolt a much larger defender using a devastating hand punch technique**
- ✓ The little-known (but dangerously effective) footwork tactic that instantly gains 12 inches on your defender
- ✓ **The Real Reason some players shy away from contact... and how to turn the most timid kid into a nasty, mean brawler who loves to mix it up in the trenches**
- ✓ How to make sure your o-linemen get their third step in before the defense... and why this virtually guarantees they'll win the line of scrimmage
- ✓ **On a zone block, your players should lock in and power through the defender's play side number (we'll also reveal the exact, specific aiming points for every situation your linemen will encounter)**
- ✓ Why a "white-knuckle stance" *instantly* telegraphs your play to the defense (and the simple tip to avoid this classic mistake)
- ✓ **How to generate massive drive blocking power using the jealously guarded "footfire" technique**
- ✓ *What your o-linemen can learn from an old pickpocket's trick.* This little known technique will have them widening the rush lanes with ease (even if they lack upper body strength)
- ✓ **The one and only run blocking situation where you'll actually ask your linemen to lose ground on the first step. This "tricky" tactic uses a bull-rushing defender's momentum against him, allowing you to blow open huge holes in the defensive line and run for massive gains**
- ✓ How to execute flawless double teams... this simple step by step formula instantly neutralizes a dominant attacker, giving your running back time to pick out and punch through the holes
- ✓ **How to outflank a larger defender using Coach Himebauch's patented "cross-over step"**

- ✓ *The single biggest mistake players make when down blocking... and the simple footwork trick to easily avoid this costly blunder*
- ✓ **How to use your outside arm to instantly stop any spin, swim, or counter move (size and strength are utterly meaningless when you master this "sneaky" maneuver)**
- ✓ Why a 6 inch lateral step away from the defender actually sets your lineman up to turn and steer a bull-rushing defensive tackle off the line
- ✓ **How to automatically open massive rush lanes on pulls and traps... HINT: using short pitter-patter steps is essential!**
- ✓ The four different kinds of pull blocks... and when you should use each one
- ✓ **Why starting a lawnmower gives your linemen the decisive edge in kickout blocks**

And much more...

The second online clinic is called "Pass Protection Secrets"... and inside, you'll discover the amazingly simple secrets that'll have your team walling off the pocket like the Hoover Dam...

Giving your QB enough time to take his 3-step drop... sip a cold glass of iced tea... and then select the best receiver to pass to.

(even if your kids know nothing about pass protection right now)

Some of what's included:

- ✓ Master the 6 fundamental pass protection sets. You'll discover the "insider" secrets to the kick set... head set... power set... jump set... shuffle set... and sink set... equipping you with the fundamental techniques and tactics to super-charge your passing game and rack up more touchdowns that you ever thought possible!
- ✓ **How to develop the "short-area quickness" and nimble footwork to retreat and protect the pocket (without sacrificing aggression)**

- ✓ Why your linemen should never open their outside edge (this all-too-common gaff virtually hands over your QB on a silver platter)
- ✓ **Why your o-linemen need to be put into uncomfortable body positions during practice... this simple tip will transform any drill into an intensely realistic game simulation!**
- ✓ Details of Coach Himebauch's "Target Punch" drill (It's the easiest, most effective method for teaching a punishing hand jolt that pummels unsuspecting defenders straight to the turf!)
- ✓ **How to use a "sink set" to create a moving pocket... frustrating the defense and buying your QB valuable time**
- ✓ The biggest o-line training mistake coaches make in practice (HINT: never keep your players feet stapled to the ground!)
- ✓ **What your o-linemen can learn from Bruce Lee... and how his legendary martial arts techniques will help your kids smother a blitzing linebacker, then move onto another target without missing a beat**
- ✓ The Edge Pressure drill that teaches players to stay square and rely on their feet
- ✓ **Why a blocker's knee should always stay inside his foot... and how this tiny adjustment makes it easy to redirect and mirror the edge rushers**
- ✓ *The low-down and stealthy* (yet 100% LEGAL) way to keep your hands on a defender right up until the whistle blows... and NEVER get called for holding!
- ✓ **How to use the "shuffle set" to protect the QB as he rolls out of the pocket. This technique gives your quarterback loads of extra time to scan the field, pick a receiver and make an accurate pass (without fear of a painful sack)**
- ✓ Video demonstrations of the *outrageously effective* Ball Punch drill... showing your kids how to shock and jolt the defender with an aggressive hand punch
- ✓ **How to use the Mirror Doge to keep the hips loose and change direction fluidly**

- ✓ The simple training technique that teaches your linemen to work with *furious intensity* for 8 second spurts
- ✓ **How to teach players to keep their weight back and create space from an attacking defender (this incredible drill is also a great cardio workout)**

And much more...

Both clinics are super-easy to watch and use. You don't need any special equipment and there's no extra software to install.

Just watch right 'em over the computer by clicking on the "play arrow". (No need to call in the IT Dept. Nerds)

If you're connected to the Internet [click here to place your secure order now!](#)

Or, if you're reading a printout of this report, hop on to your computer and go to

[www.coachstevetucker.com/ar/olinesecrets.html](http://www.coachstevetucker.com/ar/olinesecrets.html)

These drills, tactics, and game strategies will *instantly propel you to "master coach" status...*

And your coaching staff, players, and team parents will be **blown away** with your newfound knowledge and understanding of the game.

(even if you're totally clueless about o-line play right now!)

But wait... there's more!

As part of this Introductory Offer, you'll also get 3 additional coaching bonuses for FREE.



Your first bonus is a groundbreaking new report called:

"The 7 Biggest Mistakes Offensive Linemen Make, And The Simple Tips Even a 'Rookie' Coach Can Use To Correct Them!"

This mega-valuable reference is **jam-packed** with tips, drills and strategies to isolate and fix the deadly o-line mistakes that are crippling your offense right now.

Here's a small taste of what you'll discover:

- ✓ **The single biggest mistake your o-linemen make when they're tired... and why it puts them at crippling psychological disadvantage**
- ✓ The TRUTH about why your players forget the snap count... and the simple "color-coding" technique that guarantees they'll never make this costly mistake (pg 5)
- ✓ **Exact step by step instructions on how to pick up stunts and blitzes... plus, the simple techniques that make teaching it to your kids fast and easy**

✓ *3 little-known (and dangerously effective) hand jolt techniques* to set, pop and stop a Bull Rushing attacker cold in his tracks. These simple secrets really work... even if your lineman's only 5'6" and 120 lbs!

✓ **How a secret "2-inch change" in foot position literally forces your linemen to fire out and shock a lethargic defender.**

**(This "insider" strategy will have your softest kid exploding off the snap and utterly dominating his opponent... right up until the whistle blows!)**

✓ A truly no-brainer (yet usually overlooked) method to locating second-level defenders on the move (pg 18)

✓ **How to develop powerful "paws" to wall off and neutralize edge rushers with ease**

And much more!

This report could easily sell for \$35 on its own. But it's yours FREE as part of this Introductory Offer!

You'll also get 2 mega-valuable Coaches Study Guides (one for each clinic).

They include Jonathan's personal teaching notes, pointers and hot-button techniques.

You even get definitions of key terms and an "o-line glossary"... explaining every concept and technique in step by step detail.

**Think of it as a front-row seat to a PRIVATE coaching clinic.** Just you and Jonathan... talkin' o-line and devising ways to improve your team.

If Coach Himebauch were to take you through ALL this material during a private session, it would probably take 4 or 5 hours.

And at his usual consulting rate of \$150 an hour... well - you can see that it would get pretty expensive pretty fast.

But as part of this Introductory Offer, you can get the entire package for just ~~\$147.77~~.

## Special Introductory Price: Only \$97.77!

That's less than what it costs to buy a couple decent footballs.

And you'll walk away with the coaching tips and tactics that'll transform you team into an offensive juggernaut.

But you must order before midnight tonight.

After that... I reserve the right to increase the price back to \$147.

[Click here to place your secure order now!](#)

Or, if you're reading a printout of this report, log on to:

[www.coachstevetucker.com/ar/olinesecrets.html](http://www.coachstevetucker.com/ar/olinesecrets.html)

So just to recap... here's what's you get when you order today:



**"Run Blocking Secrets"** video clinic (55 mins - \$89 value)



**"Pass Protection Secrets"** video clinic (50 mins - \$89 value)



**"The 7 Biggest Mistakes Offensive Linemen Make"** special report (\$35 value)



**"Run Blocking Secrets"** study guide (\$35 value)



**"Pass Protection Secrets"** study guide (\$35 value)

That's over \$283 worth of material. And if you get in on this clinic today, it's all yours for only \$97.77 -- an astonishing deal.



[Click here to place your secure order now!](#)

And what's really cool is that you can be watching the videos and poring through the study guides

## In Just 90 Seconds!

After your order is processed, you'll instantly be taken over to your secure video clinic download page... where you can access all the material.

You can stream the videos over your Internet connection... or, you can save them to your computer.

You can even burn them to a DVD and bring 'em to practice to show your players.

Bottom line: Once you're in... **you're IN**. Registering for this online clinic gets you complete lifetime access to everything.

Which means

## You Can Watch The Clinic As Many Times As You Want!

**There are no time limits... no hassles... and no pressure.** You learn everything on your own schedule.

[So click here to place your secure order right now!](#)

Remember... even if you've got a junior Ladainian Tomlinson or a mini Peyton Manning in your backfield... your "big kids" on the o-line are the catalyst to your offense.

...and without effective run blocking and pass protection your team won't even score HALF the points you're capable of.

***This is your opportunity to steal all the secrets from an o-line "Jedi Master" in his coaching prime.***

[Click here to order now!](#)

Still not convinced?

I know that there's a ton of coaching info out there. And it's hard not to be a little skeptical when the next "big thing" comes around.

So here's what I want to offer you: There's never been a package like this before in offensive line instruction for football.

That's just the truth. We're honestly "***giving away the farm***" here... and if you act right now, you can see these amazing coaching secrets yourself, absolutely risk-free... Because you're completely protected by our world famous...

**No-Risk,  
No Hassle,  
200% Guarantee...  
For 2 Complete Months!**

That means you can order this entire clinic package, watch it, read the study guides and special report, master all the secrets...

**And if you're not completely blown away** with the improvements you'll immediately see in you offensive line play, you'll be rushed a complete 100% refund of your purchase price.

And here's the "200%" part...

**You Can Still Keep All  
The Material For FREE!**

This is the kind of deal that drives the "bean counters" nuts... but I don't care.

We'll give you a **complete** refund, and you can *STILL* keep everything for absolutely no charge... the videos, the study guides... everything - and it won't cost you a penny.

*That's how confident I am that this stuff will blow your mind and completely transform your team.*

The refund comes with no questions asked.

And no hard feelings, either - I insist that we treat every customer the way I want to be treated when I buy something... and that means, simply, that the customer is always right.

So get started with these drills, tips, and strategies right away. I guarantee that you'll be shocked and delighted at how dramatically your offensive production will skyrocket... almost overnight!

And if you're not... just let me know and we'll refund your payment right away, and you can still keep everything for free (maybe you have a friend who might like it).

**You have absolutely no risk.**

But you must click here to order now. Today, in fact. This special offer is only available until midnight tonight.

If you come back tomorrow the price could be increased back to the regular level... and I may be taking the "7 Biggest Mistakes" report off the table and selling it on its own.

So you must order right now, while it's fresh in your mind - you risk absolutely nothing and you can learn everything for free if you choose...

Good luck and good coaching...

Sincerely,

A handwritten signature in black ink, appearing to read "Steve Tucker". The signature is stylized with a large, looping "S" and a cursive "Tucker".

Coach Steve Tucker

PS - **Remember**, the entire clinic package is covered by an unprecedented 200% guarantee.

You can try out all these techniques for a full 60 days... and if it hasn't transformed your team into an offensive powerhouse, I'll refund your full payment with no questions asked.

**AND - you can still keep everything for FREE!**

That's an *outrageously* fair offer, don't you think? It means you get \$283 worth of coaching material at no charge, and with no risk whatsoever.

But don't hesitate. The end of the Introductory Internet Offer is fast approaching... and it would be a shame to miss this opportunity.

After all.. your risk here is zero!

[Click here to order now, before it's too late](#)

Or, if you're reading a printout of this report, hop on to your computer and go to

[www.coachstevetucker.com/ar/olinesecrets.html](http://www.coachstevetucker.com/ar/olinesecrets.html)

PPS - Here's what coaches who **KNOW** are saying...

*"**Massive improvements** in our offensive line play and ability to move the ball upfield. It's like a sneaky advantage other teams can't figure out."*

**- Tyler Bell**  
**Jefferson HS,**  
**Georgia**

*"Last year, we were 3 and 5, middle of the pack. Your concepts helped develop a stronger practice program to develop these skills in fun ways the players enjoyed. This year **we went 8 and 1 and won the league championship!**"*

**- John Moffit,**  
**Stanfield Wildcats**

## **Echo, Oregon**

*"I loved the way each mistake was noted and specific drills were introduced to deal with each mistake. I found the sections on Pre-snap focus and footwork extremely helpful."*

**- Neil Lopez Jr,  
Arizona**

*"Our record was 10-1, reaching the semi-final game. Without your coaching strategies we would have wasted valuable time in our teaching of core fundamentals and not realized the great success we had."*

**- Michael Gorseth  
Seneca Valley Stallions  
Cranberry Township, PA**

*"Simple, but effective... The best o-line information I've come across. As a running back and linebacker I never focused on the o-line other than the concern of opening a hole. I think the small things that you explain like first step, correct stance and base are important keys to developing good habits and as the player advances he is able to be more competitive because of the tools learned."*

**- Sid Smith  
West Jordan, UT**

*"The O-Line is often least glamorous position on the team (even the kicker gets more ink). This report has given me a fresh perspective and new verbal cues to help motivate the line. I LOVE the tennis ball on the baseball tee idea. **I broke out that drill at practice and the guys loved it.**" Thanks!"*

**- Ray Narsone  
New York**

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**"We were 12-1 this past season.** The previous season, the team finished 1-9 and did not make the play-offs. Your tips gave us a disciplined practice schedule which kept the boys focused for two hours. The best part was that we could give some elements of structure to the linemen."

**- Dave Surfus**  
**Visalia Fighting Irish**  
**Visalia, CA**

**"Great video** on O-line about the punch ball drills. The video shows great foot-work with the kick steps for lineman. I will be using this as part of our coaches meeting to demonstrate how I want our assistant coaches to coach the position.... extremely valuable."

**- Chris D.**  
**Varsity High School Coach**

**"For the last 2 years I have been playing guard and center on the semi pro level. I am going to impliment these training tips into my own workouts as they seem as though they will be very helpful. Thanks for the tips!"**

**- Jason N.**  
**Semi Pro Offensive Linemen**

**"That was totally and amazing HELPFUL video.** I coach POP WARNER level, 9-10, talented kids, but would love to teach all that I can and with your help, hope these kids can learn. My son is a center, and I was QB so I need all the help I can to help him!"

**- Anthony S.**  
**Pop Warner Coach (9-10 yr olds)**

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*"Just watched your video on ball punches. **That's thinking outside of the box!** No contact needed to work on form. I'm going to use this before we get into pads to get correct form started and when we get in pads I can use it to correct the form. Thanks!"*

**- Coach Sam G.**