

## **ALL Drills (sorted alphabetically by name)**

### **All – Bird Dog drill**

**Purpose:** To go over blocking assignments and proper first step

- Procedure:**
- Set up 11 cones or players into a 4-4, 5-2 or 6-3 defense
  - Line up the offense to execute a play and on the QB cadence, they only take the first step on their assignment.
  - They hold that position until the coaches check them. This allows you check each player to ensure they understand their blocking assignments and first step.
  - Run reps to both sides, but do so multiple times
  - You can rep the line only as well.

### **All – Bird Dog drill variation**

**Purpose:** To go over blocking assignments.

- Procedure:**
- Set up 11 cones or players into a 4-4, 5-2 or 6-3 defense
  - Line up the offense to execute a play and then each offensive player takes a knee.
  - On the snap, each offensive player points to whom he is blocking, or points to where he is going
  - They hold that position until the coaches check them. This allows you check each player to ensure they understand their blocking assignments and first step.
  - Run reps to both sides, but do so multiple times
  - You can rep the line only as well.

### **All – Form tackling (no pads)**

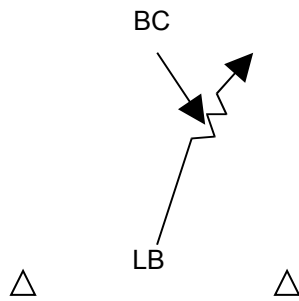
**Purpose:** Teaches proper form and hitting position.

- Procedure:**
- Runner – stand erect, hands together behind back, head up. Small jump up, and let tackler lift and carry you.
  - Tackler - Hit position, 1 foot from runner, Lock, lift, drive for 5, arch back and keep eyes to sky

### **All – Form (angle) tackling (with or without pads)**

**Purpose:** Teaches proper form and angle tackling position.

- Procedure:**
- Line up a defender facing the ball carrier about 5 yards apart.
  - Put a cone about 3 yards to the right and left of the linebacker and have the running back attack the inside of the cone.
  - Defender should make the tackle on the running back with his head in front and hit with his inside shoulder. He should make contact with his shoulder at the hip of the ball carrier and run his feet through on contact.
  - Make sure the defender is wrapping his arms around the ball carrier. Repeat drill with Ball carrier going other direction

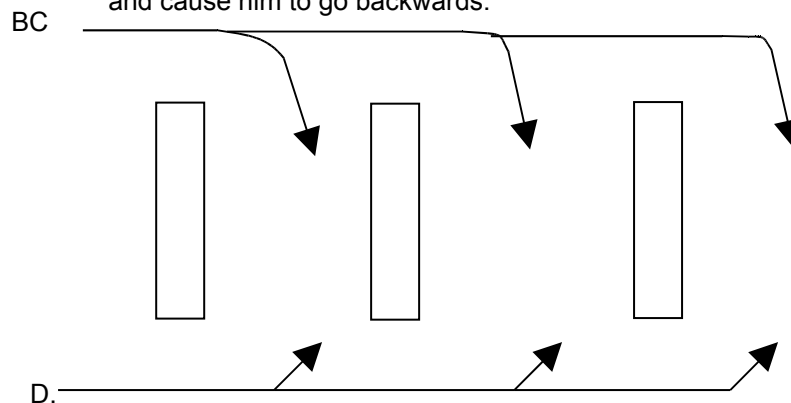


## All - Form (pick a hole drill) tackling (with or without pads)

**Purpose:** Teaches proper form and hitting position.

**Procedure:**

- Line up three agility bags about 3 yards apart. Have the defender line up on the end of one bag and the ball carrier on the opposite side of the bag.
- On coaches cadence the ball carrier will run with his shoulders perpendicular to the line of scrimmage and attack one of the three holes.
- The defender must shuffle until the back has committed and then attack the hole and wrap up the ball carrier and run through contact.
- The defender should reverse the momentum of the ball carrier and cause him to go backwards.



## All - Form tackling (with or without pads)

**Purpose:** Teaches proper form and hitting position.

**Procedure:**

- Pair up players facing each other. Start with defender facing ball carrier with right shoulder in mid section, head to the left side with bowed neck and right foot slightly staggered.
- On Cadence, linebacker should step with right foot through the crotch of the ball carrier.
- The defender should wrap arms vertically behind the ball carrier and clinch wrists together at lower back. These are a form rep activity and should only be done at about half speed.

- Repeat with both shoulders

### **All - Form tackling (no pads) with shield**

**Purpose:** Teaches proper form and hitting position.

- Procedure:**
- At least one player holding shield, backpedal upon contact, offering moderate resistance
  - Tackler - Hit position, 1 feet from runner, Lock, lift, drive for 5, arch back and keep eyes to sky

### **All - Form tackling (with pads)**

**Purpose:** Teaches proper form and hitting position.

- Procedure:**
- Runner – stand erect, hands together behind back, head up. Small jump up, and let tackler lift and carry you.
  - Tackler - Hit position, 1 feet from runner, Lock, lift, drive for 5, arch back and keep eyes to sky

### **All - Form tackling (with pads) with shield**

**Purpose:** Teaches proper form and hitting position.

- Procedure:**
- At least one player holding shield, move forward into contact, offering moderate resistance
  - Tackler - Hit position, 1 feet from runner, Lock, lift, drive for 5, arch back and keep eyes to sky

### **All - Form tackling (with pads) from backpedal with shield**

**Purpose:** Teaches proper form and hitting position.

- Procedure:**
- At least one player holding shield, move forward on snap
  - Tackler starts by backpedaling 5 yards, then reverse direction, and make tackle

### **All - Form tackling (with pads) from up/down with shield**

**Purpose:** Teaches proper form and hitting position.

- Procedure:** Same as above, but tackler will backpedal 5 yards, do one “hit it,” pop up, then move forward and make tackle

### **All - Horizontal Tackle Drill**

**Purpose:** Teaches quickness, and proper hitting/tackling form

Procedure: Cones are used in this drill and placed 5 yards apart as a boundary for drill participants. Position two players flat on their backs helmet to helmet but not touching (6 inches apart), with one player the ball carrier (holding ball) and the other the tackler. On the coach's whistle or cadence, the players rise and the ball carrier run a straight path at the defensive player who must execute a good form tackle.

Coaches should make sure that proper technique and form is used in this tackling drill.

## **All - Machine Gun Drill**

Purpose: To teach proper foot work, to shed a block, then make a tackle

Procedure: Place one "tackler" on one line, 10-15 yards from the remaining players, who are lined up single file; the last player in line carries a football. On the whistle, the first player in line sprints to the tackler and makes contact. Tackler gets set, absorbs the hit, and then sheds the block. As soon as the first player makes contact, the second player in line starts sprinting towards the tackler. The tackler must shed the first block, re-establish good position, and then shed the second block. This continues until the last player, whom the tackler must meet, and bring to the ground. We're looking for good form here (head up, wrap arms, get low, etc.)

## **All - Pursuit Drill**

Purpose: Teaches defensive personnel proper pursuit angles and provides conditioning.

Procedure: The defense huddles on a selected line of scrimmage. Align two cones, one on each side of the field on top of the numbers. Position a running back on each hash mark, five yards behind the selected line of scrimmage. The coach calls out the defensive play. The defense lines up accordingly in proper stance and alignments. On the cadence, the coach either drops straight back and throws the ball deep or turns and simulates a toss sweep. If the coach drops straight back, the defensive line rushes and the secondary and linebackers drop to respective zones. The coach throws the ball deep, and the defender intercepts the football at its highest point and returns it up the near sideline. The remaining defenders set up a wall leading the ball carrier into the end zone. If the coach simulates a toss sweep, the ball carrier on the hash mark sprints around the cone and down the sidelines.

## **All – Shoulder-on-Shoulder Bang Drill**

Purpose: Teaches players the protective value of their shoulder pads and to build confidence in hitting due to that protection.

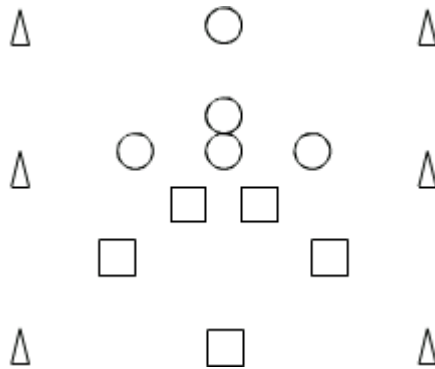
Procedure: Divide players into two lines, facing each other, on all fours, about 1 yard apart. On the "snap", the players will spring at each other making contact shoulder pad to shoulder pad, trying to bump the other player back.



## All – West Point Drill

**Purpose:** To develop team-building in small groups, with a controlled environment for tackling, blocking, and ball carrier and pursuit skills.

**Procedure:** Use cones to mark off a 5-yard wide by 10-yard long field. You need three OL, one QB (a coach can play QB) and one RB on offense. On defense, you need two A-gap DL, two B-gap ILB (playing 4-yards off LOS), and one S (playing 9-yards off LOS). The offense gets four tries to “score,” getting one point each time. After four tries, the two sides switch. The OL can block anyway they want, using drive blocks, double teams, pulling, etc. The defense can use stunts, blitzes, etc.



## Conditioning – Bear Crawl w/ Cones Drill

**Purpose:** Conditioning

- Procedure:**
- Set up a course of alternating pylons (one on the left, one on the right) so players have to move to the outside of the cones. The course should be between 7 and 10 yards long.
  - With the pylons set up in an alternating fashion, a player gets down on all fours, but instead of on the knees, the player is on his hand and feet. The behind should be raised and the knees or elbows should never touch the ground.
  - The player will navigate the course in this fashion to the end and back.
  - Result – Players will often get knocked down during a game, or blocked, and they have to get back up. You will often notice that a player will naturally get into this type of stance from a four-point stance on the defensive line.
  - This drill mimics that, and when done along a course, builds strength and cardiovascular improvement along the way.

## Conditioning - Four Corners Drill

**Purpose:** Conditioning

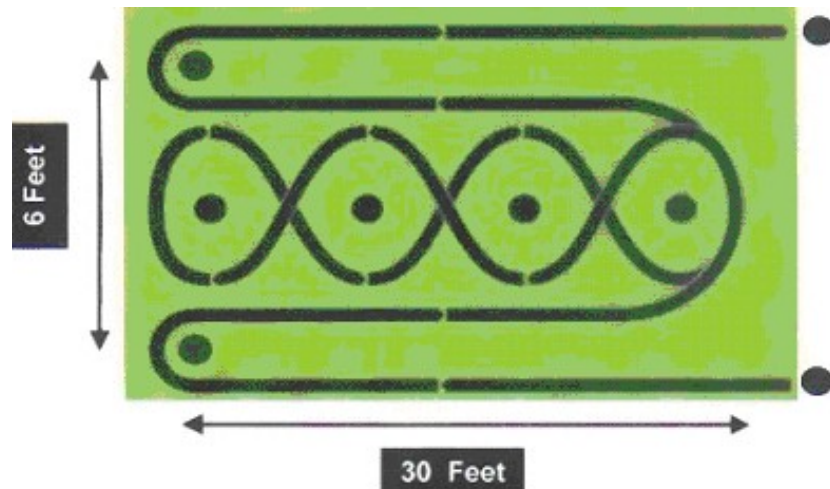
**Procedure:** Place four cones about 10 yards apart to form a square.  
-The first 10 is a sprint  
-Then Shuffle  
-Then Backwards sprint  
-And finish with a bear crawl

## Conditioning – Illinois Test Drill

**Purpose:** Conditioning

**Procedure:**

- Requires 8 cones
- Sprint the entire course



## Conditioning – Interval Sprints Drill

**Purpose:** Conditioning

**Procedure:**

- Players start in 3-point stance
- On whistle, sprint 20 yards, jog 10 yards, sprint 20 yards, jog 10 yards, etc. all the way down the field.
- Once they reach the other end, turn around, get back in your stance, and do it again.

## Conditioning – Leg Matrix

**Purpose:** Conditioning & leg strength

**Procedure:** Complete one full circuit with NO rest. Start with 6, and work up to 25 of each

- Squats
- Alternating lunges (3 each leg)
- Lunge jumps (3 each leg)
- Squat explosions

## Conditioning – Michigan State Drill

**Purpose:** Conditioning

**Procedure:**

- Set up two coaches, 20 - 40 yards apart, and line up your players along the line of one of the coaches. Players begin this conditioning drill by getting on their knees, with their feet underneath them, in preparation for [squat jumps](#). The drill involves doing a number of different motions, following by a sprint to the other coach.
- **Execution**
  - On the coach's signal, the players are to rock back onto their heels and do 10 squat jumps.
  - Immediately following their squat jumps, the players sprint to the other coach where they will do 10 sit-ups upon crossing the line he represents.
  - After their 10 sit-ups, the players then sprint back to the other coach for 10 up-downs.
  - Sprint followed by 10 push-ups.
  - Sprint followed by 10 mountain climbers.
  - Sprint followed by 10 heel touches.
  - Sprint followed by 10 jumping jacks
  - Sprint followed by 10 push-ups
- Sprint one 20 to 40-yard dash to finish the drill

**Conditioning - PT Drill****Purpose:**

Conditioning

**Procedure:**

- Break the team up into four groups
- Have one group with a coach at each corner of the football field
- On the whistle, two groups diagonal from one another will begin doing push-ups, while the other two groups sprint around the field
- Once each of the sprint groups arrive back to their original corner, they begin doing push-ups while the other two groups run
  - That's one rep.
- For subsequent reps, do crunches/sit-ups, mountain climbers, lower back stabilizers, squat jumps, etc. instead of pushups.

## Conditioning – Running Drills

**Purpose:** Conditioning

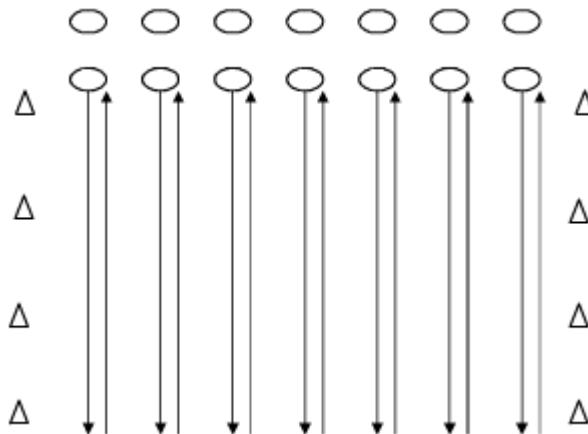
- Procedure:**
- Wind sprints
  - 20 yard footwork drills
    - Carioca 20 yards, then sprint back
    - Shuffle 20 yards, then sprint back
    - Etc.
  - 10 yard drop and go
    - Sprint 10 yards, do a “hit it”
    - On the whistle, pop up, sprint another 10 yards, do another “hit it”
    - Etc.

## Conditioning – Speed Test Drills

**Purpose:** Conditioning, speed and agility

**Procedure:** Set up five cones (ten if you have them) one on the LOS, and at 5-yard intervals off the LOS (a cone at the 5-yard mark, the 10-yard mark, etc.). Each player will perform the following exercise, going to each cone, touching the ground, then going back.

- Jog
- High knees
- Butt kickers
- Walking lunges
- Duck walk
- Squat explosions
- One-legged hops
- Sprints



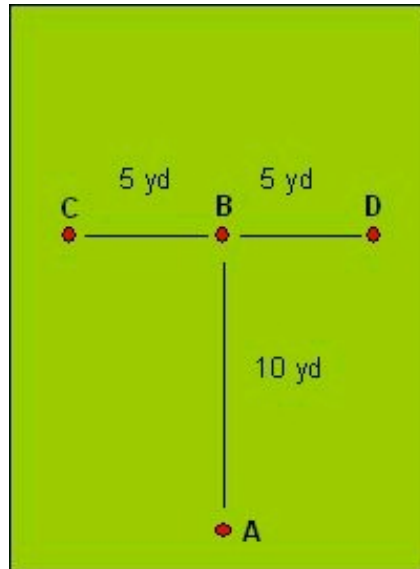
## Conditioning – T-Test Drills

**Purpose:** Conditioning

- Procedure:**
- Requires four cones



- Start at A, sprint to B
- Shuffle to C (do not cross feet!)
- Shuffle from C to D
- Shuffle back to B
- Run backwards to A



### Defense - Angle Tackle Drill

Purpose: Combines tackling skills with proper pursuit and leverage and position.

Procedure: Align two cones five yards apart. Divide defenders into two single file lines five yards apart facing one another and designate one group as the ball carriers and the other group as the defenders. The coach stands behind the first defender and signals the direction to the ball carrier. On the coach's cadence, the ball carrier takes off the designated cone. The defender closes the distance and executes a proper angle tackle. The drill should be conducted so that all defenders work angle tackling to both the right and left sides.

### Defense – Shed and Tackle Drill

Purpose: Teach defender to take on, then shed a block, and make a tackle.

Procedure:

- Line up defender about 5 yards from an offensive player between two bags that are about 5 yards apart. Behind the lineman should be a ball carrier with the ball.
- Coach will give the offense a direction to go either right or left.
- Defender must read the direction of the lineman, attack his hip and make the tackle of the ball carrier between the two bags

### DL - Find and React Drill

Purpose: Teach DL to find the ball carrier and to react quickly.

Procedure: Two or three defenders take their respective stances at the line of

scrimmage. A Center snaps a ball to a lone back who takes off at full sprint to either sideline. A coach calls out the snap count trying to draw the defenders offside. On the snap the defenders fire off the line and pursue the ball carrier.

When time and or manpower allow, two offensive linemen and an extra ball carrier can be used to perfect the defenders ability to "find" the football.

### **DL - Rapid Fire Drill**

Purpose: Works on pass rush techniques in a controlled environment

Procedure: Divide defensive linemen into two groups. Position three defenders in a single file line, three yards apart. The defensive player will face the first of three blockers in a line. On the coach's command, the defender will consecutively engage and execute a pass rush technique on each of the blockers. The drill should be conducted until all defenders have had sufficient number of repetitions.  
Check for proper form and technique in each of the defender's moves.

### **DL - Read and React Drill**

Purpose: Teaches the defensive lineman to read and recognize the type of block of the opposing offensive lineman by the first head movement.

Procedure: This is a progressive drill:  
First have 3 defensive linemen at a time lineup and face the coach, who will do the head motions. The defensive line man must react quickly to the head movements.  
Next pair up the defensive linemen, and a coach standing behind the designated defensive lineman signaling the kind of block and snap count to the designated offensive lineman. Have the defensive lineman react to the movement of the opposing offensive lineman.  
Finally, lineup one defensive lineman against three offensive linemen to work on correct reactions to away and combination blocks. Again the coach will stand behind the defensive lineman and signal block and snap count.

### **LB – 1-step Drill**

Purpose: Teaches linebackers how to make contact with an offensive player

Procedure: Pair up linebackers facing each other. The linebacker will line up opposite a bag holder and be shaded to the left. The linebacker's right foot should be slightly back and in the middle of the bag. The right shoulder should be on the bag. On command, LB will take a six inch step with his right foot to the bag and throw his forearm through the bag. The foot should make contact on the ground at the same time the forearm hits the bag. Emphasize a quick step and contact and accelerate through contact. Repeat drill with left shoulder

### **LB – Block Shed Drill**

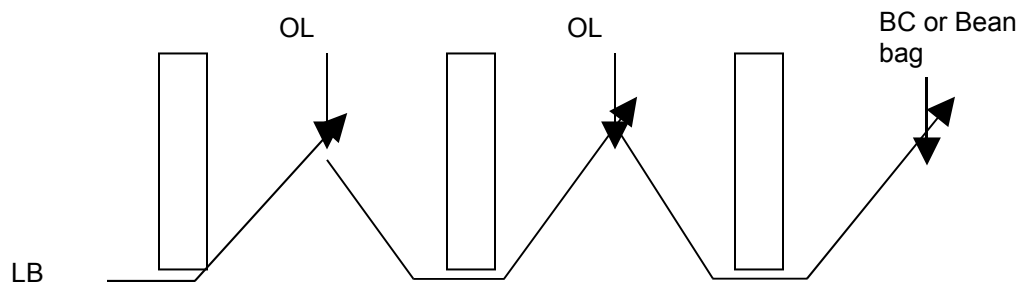
Purpose: Teaches linebackers how to attack, then shed a blocker

Procedure: Line up LB head up on bag holder about 5 yards away. On cadence, have LB attack the bag with his right shoulder. The LB should aim his right shoulder at the hip of the defender. LB should look to make contact with his right foot, right shoulder and forearm at the same time and get to the hip of the blocker. LB should break down after getting to the hip of offensive lineman and redirect to football

## LB – Multiple Shed Drill

Purpose: Teaches linebackers how to attack, then shed a blocker

Procedure: Line up 3 agility bags on the ground about 5 yards apart. Linebacker will line up outside the first bag. In between the first two sets of bags is a blocker that the linebacker must take on with his shoulder outside the third bag is a ball carrier that they must wrap up and form tackle. Linebacker takes on first blocker, turns and drops, shuffles, takes on second blocker, then backs up shuffles and form tackles either a ball carrier or a giant bean bag



## LB – Read Drills

Purpose: Teach Linebackers to react to most common blocks by offensive line

Procedure: **Technique:** Line up Linebacker facing the lineman about 4 yards (technique would be used in game) off LOS. Linebacker should key the feet and shoulders of the Offensive lineman to alert them on what to do.

**Base Blocks:** If Offensive lineman attacks your playside number, attack playside hip of the offensive lineman. Hit the lineman with your inside shoulder and break down when you get to his hip.

**Reach Block:** If offensive lineman zone steps and aims for your outside shoulder work down the line and attack playside hip of the offensive lineman. Hit the lineman with your inside shoulder and break down when you get to his hip. Linebackers must recognize the difference between zone reach steps and down blocks.

**Down Block:** If offensive lineman turns shoulder down the LOS, replace the hip of the offensive lineman (where he started from). Look to adjust path to lineman blocks.

**Pass:** On pass set by the offensive lineman, drop to your coverage and look for receivers attacking your zone. Settle down in zone and have your eyes on the QB's shoulder.

## **LB - Shuffle Drill**

**Purpose:** Teaches linebackers to keep their shoulders square and develop feet agility.

**Procedure:** Linebackers stand in a single file line behind the cone. The coach gives a "set" command and the first linebacker steps up to a good football hitting position. On the next command, "hit", the linebacker shuffles over the bags leading with his right foot. As the linebacker crosses the last dummy, he turns and sprints past the cone. Make sure you work the drill to both sides.

## **OL - Blocking LBs**

**Purpose:** To teach offensive lineman the proper angle to take when blocking an LB and to help them be more effective delivering a blow when the LB reacts to the ball carrier

**Procedure:** Requires at least one OL, a tennis ball, and one LB with a shield. A coach will tell the OL which way the ball carrier (represented by the tennis ball) is going to run, and will stand behind the OL. On the snap, the coach rolls the ball in the assigned direction, and the OL must fire out and block the LB. The LB, on the snap, will read the direction of the play (based on the direction the OL leads, and then finding the ball carrier), and attack. The OL needs to block the LB at the point where the LB attacks the ball carrier.

## **OL - Body Position Drill**

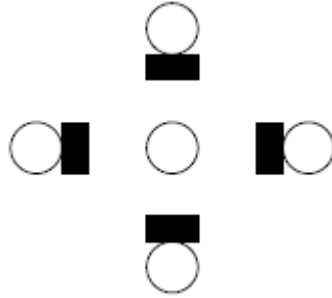
**Purpose:** Teaches proper body position for pass blocking.

**Procedure:** The defensive lineman aligns in a challenge position with his hands grabbing the shoulders of the blocker. The blocker assumes the proper lock out position. Align a cone in the backfield, representing the quarterback. On the coach's command, the blocker shuffles his feet, maintaining an inside position as the defender moves side to side and toward the passing point.

## **OL – Four winds drill**

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

**Procedure:** Requires 5 players and four shields.  
We use five players for this drill with four that have shields. One on each direction East, West, South, and North face a player that is in the middle. The coach gives each shield player a number. When their number is called they rush the center player who sets in that direction and delivers a "wishbone block" looking to drive the player back. We size the players up so that the weights are close. This teaches players to deliver a blow and keep a low base. It gives them confidence in themselves to deliver a good blow. He should be hit by all four directions before leaving the square. After the players become good at it you can remove the shields. The square is three yards from the center player.



## OL - Good Balance Drill

**Purpose:** Teaches linemen and blocking backs to keep their feet apart and keep their bodies from being pushed, pulled or tipped from side to side.

**Procedure:** Have the players lineup across from each other and grab the shoulder pads of the player opposite them. On the coach's command, one of the players, the defensive player, tries to get his opponent off balance by pushing, pulling and tipping from side to side. This forces the offensive player to get low, get a wide base, and move his feet to keep his balance. Switch offensive and defensive players and continue drill.

## OL - Hat on the Dummy Drill

**Purpose:**

- Improve 5-man line dynamic coordination in pass blocking. Improve pass pocket formation and protection.
- Improve timing of scripted blitzes against an offensive line.
- Improve offensive reaction to blitzes.
- Teaches the O-Line to work together in dynamic situations and provides fast repetitions while giving the defense front 7 pass rush and scripted blitz practice at the same time.

**Procedure:** You will need all 5 interior offensive linemen, defensive front 7 including down linemen and linebackers, 1 heavy blocking/tackling bag, 1 cone and 1 football. Set offensive line at LOS with heavy bag positioned at 5 or 7 step QB distance behind center. Place cone on top of bag just for fun. Set defensive front 7 at LOS in their usual alignments. On coach's cadence and snap count, center snaps ball out of the way and drill begins at full speed with offensive line dropping for pass protection. Defensive front applies pass rush attempting to tackle heavy bag or retrieve cone within 5 seconds of the snap.

Defense is permitted to run any of its scripted blitz schemes but must be encouraged not to recklessly rush all 7 men just to defeat the offensive line. This drill is intended to be productive for both the offense and defense at LOS. Coach blows whistle 5 seconds after snap ending the drill if defense has not sacked QB (bag).

Repeat drill moving bag to different pocket locations and changing defensive front to give different looks for the offensive line. Offensive line must protect the QB for 5 seconds while defensive front must apply aggressive pass rush to sack QB within 5 seconds. Add 1 RB to backfield to improve pass protection once blitz schemes start to dominate O-Line.

**Coaching Points:** Make sure O-Line protect inside lanes first  
Coach O-Line to keep heads up looking for the blitz  
Check proper pass drop and contact techniques for O-Line  
Make sure defensive down linemen use varying techniques - bull, swim, rip, stunt.  
Make sure linebackers do not hesitate when their number comes up for scripted blitz

## **OL - Hip Extension Drill**

**Purpose:** Teaches players how to use his big muscle group in drive block

**Procedure:** Setup one player holding blocking shield and a “blocker” on his knees in front of the shield. The blocker must be on his knees with his toes pointing backwards (do not let him curl his feet under because we don’t want him pushing off with his toes). On the snap, the blocker fires out and into the shield with his shoulder pad using his hips, back and thigh muscles.

## **OL - Lock on Drill**

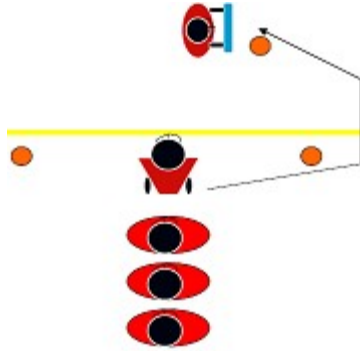
**Purpose:** To teach the blocker to maintain contact in the follow through phase of blocking.

**Procedure:** Align the offensive blocker under the chute in a three-point stance, standing at the edge of the board. Place the defender one foot away in a two-point stance. (Alternate the defenders between two and three-point stance). On the cadence, the blocker will fire out of his stance and drive the defender down the board. The defender will collide with the blocker and give resistance as he is being driven back. As the drill progresses, vary the distance between the blocker and the defender. When the defender reaches the end of the board, the coach will give a direction to spin. The blocker must continue to fight pressure where he feels pressure, lock on, and finish the block.

## **OL – Pull around drill**

**Purpose:** To teach the OL to read inside to outside.

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



## OL - Punch Drill

**Purpose:** To teach the correct method of delivering a blow when pass blocking.

**Procedure:** Pair up offensive linemen on a line of scrimmage. The blocker aligns in a three-point stance with the defender in a challenge position. On the coach's command, the blocker sets up in the proper pass protecting position. From the set position, the blocker will punch the defender using proper technique (The punch should be made with the butt of the hands to the inside framework of the defender's body.). The drill should be conducted so that all linemen receive a sufficient number of reps.

## OL - Quick Hit Drill

**Purpose:** Teaches linemen and blocking backs to quickly get from their stance to a blocking position.

**Procedure:** Have the players lineup in a circle in a good stance. On the coach's command, they pop up into a correct pass protection position, taking a quick step with the outside foot, putting their hands up in a punch position, and assuming a squat position, ready to strike a blow. Have the players continue to repeat drill - up, down, up.

## OL – Shoeshine drill

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

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

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

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



## OL - Three Ball Drill

Purpose: Teaches footwork and pass block techniques.

Procedure: Set Up: This drill requires three tennis balls

Procedure: Players are to line up in a single file line facing the coach who is on one knee about 5 yards in front facing the player. On the coach's command, the player is to have his feet about shoulder width apart with his butt down and head up in a good football stance. The coach is then going to roll one ball to one side and the player is to SHUFFLE to the ball and roll it back. Immediately roll another ball to the opposite side and continue this for about 15 seconds. Once time is called, the next player is to move into position for his turn. Each player should get at least 5 reps before going to another drill.

### Coaching Points:

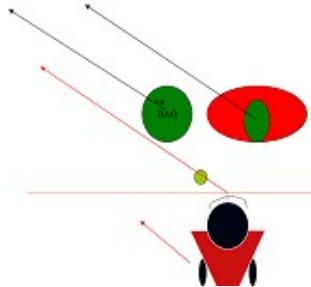
Players have a tendency to drop their heads and bend their back to get the ball. Make sure they are using their legs to squat. Also watch their feet as they will cross over as fatigue sets in. Be sure and mix up the directions you roll the ball and roll it to the same side sometimes so the player will not get into the habit of guessing or anticipating the direction the ball will be coming from.

## OL – Tennis ball drill

Purpose: To teach OL to EXPLODE out of his stance

Procedure: Have the blocker get in a good stance and get arms length away on his 30-degree track Tell the blocker that when you drop the tennis ball from head height he must explode with his gap side foot first and catch the ball as it bounces off the ground on the first bounce. Teach him to explode with his away foot and hip power step and follow through. As he improves move farther down the track; if he can catch the ball 5 feet out then he is exploding off the LOS.

Now place a bag a foot behind the ball (on track) as it drops he now must get his away side shoulder into the bag and head in front with good form after he catches the ball. Later in the season you can work on near shoulder and head in back farther out.



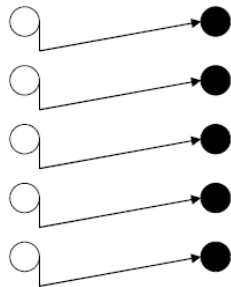


## OL – Trap block drill

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

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

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

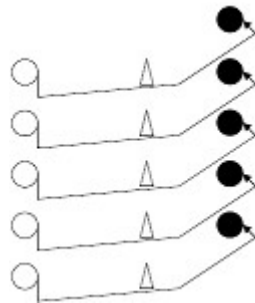


## OL – Trap block drill #2

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

**Procedure:** Needs – 1 to 5 cones and the same number of shields, dummies  
A proper pull block like all blocks starts with the proper footwork and technique. He starts in a three-point stance and on “GO” he takes a drop step and does his best to keep his shoulders square to the LOS until he pulls around the cone which is 2 yards away and come around and meet the bag. He must attack the bag and block it. Make the bag pop when you hit it. Let the blockers drive the bag 3 yards back. The holder should provide moderate resistance and be pointed at the point where the blocker will meet the bag. Try for 3 reps to each side.

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



## OL - Whistle Drill

**Purpose:** To teach proper first step, and to improve that first step quickness.

**Procedure:** Line up the OL either one-at-a-time or as a group. Get in proper 3-point stance. On the snap, each OL takes proper 6-inch step with right foot (drive block), bringing his hands up in the proper position (thumbs up, ready to grab DL's armpits), then freezes so coach can check for proper position (firing OUT, not "up", back straight, head up, feet shoulder-width apart, etc.). Next, get back into stance, and have OL fire out with left-foot. We can use this drill to teach pass blocking, trap blocking, or pretty much any blocking technique.

### **OL & DL - Beat Your Man Drill**

**Purpose:** Teaches good fundamentals of blocking, holding the block, and fighting through the block.

**Procedure:** Set-up bags or cones on both sides of the players 5-6 feet apart. This limits the lateral distance each player can move. The coach stands behind the defensive player and assigns the direction he wants the blocker to take the defender. The defender needs to read the block and fight through the pressure to the hole.

### **OL & DL - Finish Alive Drill**

**Purpose:** Teaches proper leverage, hand thrust, along with hip and foot movement to finish a block.

**Procedure:** Place players into three lines. Have line one step out and face line two. Line one (defense) will face line two. The coach will stand behind line two and give line one a hand signal in the direction he wants them to move after the initial contact. On command, line two (offensive) will carry out the entire drive block from start to finish.

### **OL & DL - One on One Pass Protection**

**Purpose:** To teach the OL to maintain his block and to protect his QB. Also to teach DL to defeat the block and get to an area.

**Procedure:** Setup boundary 3 to 5 yards wide. DL must stay within this boundary and get to QB. OL tries to drive DL outside the boundary. Set up dummy as "QB dropping back to pass". On the snap, DL rushes the passer using bull rush, rip, and/or swim techniques, while OL tries to protect his QB.

### **RB - Bag Drill**

**Purpose:** Teach players how to receive a proper handoff and keep the head up to make the proper read and cut.

**Procedure:** This drill involves the center, quarterback and running backs. The quarterback takes the snap from the center and hands the football to the running back. The running back has his eyes up field running towards a dummy, (the defender), held three yards away by a coach. As the player approaches the dummy, the coach will move it to the right or the left, indicating that the back should cut in the opposite direction. Players should be running at full speed.

## **RB - High Knee Drill**

Purpose: Develops high knee running and body awareness.

Procedure: Setup five bags in a row, five feet apart. Have a back run at full speed over each bag in succession. Make sure runners keep their eyes downfield and knees high. Check for proper ball carrying throughout the entire drill. Variation - at the end of the last bag place a coach or player with a shield hit the runner coming over the last bag.

## **Receivers - Cross Drill**

Purpose: To teach receivers to concentrate on the football while having their vision obstructed..

Procedure: Divide the receivers into two groups facing each other on a selected line of scrimmage. One receiver will run across the field behind the defensive man crossing from the opposite direction. The quarterback or coach will throw the ball to a point where the two players are about to cross. Instruct the defender to wave his arms and try to distract the receiver. .

## **Receivers - Full Gauntlet Drill**

Purpose: To teach receivers the fundamentals of catching the ball and tucking it in before contact.

Procedure: Position players in two parallel lines facing each other approximately two yards apart. The first receiver stands at one end approximately five yards away. On cadence, the receiver runs towards the gauntlet, receives the pass, tucks the in and runs through the gauntlet. Instruct players on both sides to try and rip the ball loose.

## **Receivers - Over the Shoulder Drill**

Purpose: Works on proper techniques and fundamentals involved in catching the football over the shoulder.

Procedure: Divide receivers into two groups. Align the first group on the right hash mark. On the quarterback's cadence, the receiver executes a take off route. The quarterback takes a short drop and throws the ball over the outside shoulder of the receiver. The quarterback alternates throwing to each line and the receiver should switch lines every time

## **Receivers - Concentration Drill**

Purpose: Works on getting the receiver to focus on the ball and watch it all the way into the hands, even though they know they are going to get hit.

Procedure: Have three players holding hand shields lineup 10 yards deep and 3 yards apart from each other in an equal triangle. Have a receiver run a pattern into the middle of the triangle. As the receiver enters the triangle the coach or quarterback should throw the receiver a high pass. The receiver must jump up to catch the pass, when his hands touch the ball, the three defenders should jam the receiver with their shields.

## **QB - Set, Find and Fire Drill**

Purpose: Improve the quarterback's reaction upon setup.

Procedure: The quarterback takes a quick drop and sets up to deliver the football. Station three or four players downfield, facing him in a horizontal line spread evenly across the field. Each player has an assigned number. The coach calls out a number, the quarterback must quickly set his feet in the direction of the designated player and throw the football.

## **Receivers - Turn Drill**

Purpose: To force the receiver to get into a position to see the ball and concentrate on catching it.

Procedure: Form two lines of receivers on each side of the field, with a quarterback throwing to each line. The first receiver in each line has his back to the quarterback. The quarterback yells "go" as he passes the ball to the receiver. On the "go" command the receiver must snap his head around quickly, locate and catch the ball, tuck it in, and turn up field. Receivers should change lines after each throw