

Defensive Line Drills

Runstopping Drills

Read the head drill

Purpose

To teach the DL to read and recognize the type of block of the opposing OL by his first headmovement, and condition the correct response.

Description

This is a progression drill,

first have 3 DL at a time lineup facing the coach, who will do the head motions. Have the DL react to the motions quickly.

The second progression will be to pair up the DL, and a coach standing behind the designated DL signaling the kind of block and snapcount to the designated OL. Have the DL react to the movement of the opposing OL.

The third progression will be to line up one DL to three OL to work on correct reaction on away- and combination blocks (i.e. trap- or double-team blocks). Again the coach will stand behind the DL and signal block and snapcount. (To extend this you also can include linebackers.)

Coaching Points

- Make sure DL focus on a point of the head/helmet.
- Have them react as quick as possible.
- Work more on quickness and correct technique, than on overpowering the blocker.

Read

Purpose

The purpose of this drill is to improve the reaction of the defensive lineman to the movement of the offensive lineman.

Description

Set up 3 cones in a triangle about 10 yards apart. Put two linemen facing each other in the middle between two cones, put a designated ballcarrier at the third cone. The player facing the ballcarrier will be the defender, the other player the OL. The coach should stand behind the DL and signaling the direction and the snapcount. On the command, the ballcarrier runs in a straight line to the designated cone, while the OL blocks accordingly. The DL reacts to the movement of the OL, controls & escapes the OL and makes the tackle before the ballcarrier reaches the cone. (After the DL got comfortable with the drill, you might bring in 'real' OL and Runningbacks to increase intensity and speed.)

Coaching Points

- Defenders shoulders and hips should stay square to LOS.
- Check for proper hand and arm technique to control and escape OL,
- Feet should be moving all the time and never get close together.

Equipment

- 3 cones
- Ball, if run with offensive personnel

Contain drill

Purpose

Drill to teach the proper technique of playing the outside contain for DE and OLB.

Description

Mark an offensive line with cones or use a line-strip, have a participating player lining up as the offensive last man on the line (LMOL) and a RB or WR lining up in the backfield to run sweeps. Now put the contain man in his position, on command have the backfield player run parallel to the LOS to the contain man's side and only turn upfield outside the contain man, while the offensive LMOL tries to block the contain man to the inside. The contain man should force the ballcarrier wide, never letting him get outside.

Coaching Points

Make sure the defender first gets into the backfield and only when he recognizes that the play goes wide charges to the outside, always staying outside the ballcarrier. Make sure he's not too wide outside the ballcarrier, and rather have him give some ground than letting the ballcarrier to his outside.

Equipment

- Ball
- Cones or
- Linestrip

Block recognition drill

Purpose

To teach and practice to recognize the block the offense tries to set and how to fight and escape it.

Description

2 SPOT:

1. 2 to 3 offenders and 1 defender, depending on what blocks we will simulate.
2. Coach will point out the blocking scheme to the offenders and the offense will execute, while the defender reacts to the blocks.
3. We will always finish the drill with an escape.

BIG BALL DOUBLE TEAM

1. The big ball will act as the post player and an offender will act as the drive block.
2. Coach will roll the big ball at the defender, simultaneously, the offender will simulate the post and release, by placing his hands on the hips of the defender.
3. The defender will work his hip technique into the drive block until he feels the offender release.
4. He will use his hands and work around the ball.
5. When the offender releases, the defender will finish with an escape.

BIG BALL POWER SCOOP

1. We will play the backside cut block by collision with the big ball and we will finish by working down the line.

BIG ARM SLIDE THE HIP

1. This drill will simulate playing the reach or zone blocking scheme.
2. The key is to start off in a defeated position and make the defender work back to his gap responsibility by using the big arm and slide the hip.
3. We will finish with an escape.

Coaching Points

- don't allow defenders to cheat
- stress good body position and good technique

Equipment

- Big Ball

C

D

X X

2 SPOT

D

B X

C

BIG BALL DOUBLE TEAM

D

B

C

BIG BALL POWER SCOOP

Pass Rush Drills

Pass Rush Technique Drill

Purpose

To develop good feeling and automatism for the different passrush techniques

Description

Have DL pair up facing each other in a 2-point football position, designate one row as the passrushers and the other as passblockers. Call the technique they should use (bull, rip, swim, ...) and the side they should pass the blocker. On command the passblockers drop back like a passblocker, and the passrusher close on them and use the correct technique to pass him. On the whistle they reset, with changed designations.

This drill can be done with or without pads (without pads it's a good prepractice warm-up routine).

Coaching Points

- Since this is not a physical drill, hand quickness and correct technique is most important.

Close drill

Purpose

To develop quickness and good body position while closing the distance between offensive blocker while pass rushing.

Description

Defensive linemen assume good pass rush stance on LOS, offensive linemen align off of defenders approximately 3 to 4 yards off of LOS. On snap of football the offensive linemen shuffle straight back trying to avoid 'their' defensive lineman, while defenders close to 'their' offensive lineman with good body lean and execute a pass rush technique when reaching OL.

Coaching Points

- Good movement off of ball
- Good body lean
- Eyes on blocker
- Make defensive lineman use a move.

Equipment

- Ball

Pass rush - Get Off Drills

Purpose

To develop good footwork and body control while getting off and rushing the passer.

Description

CHUTES

1. We will start from one end of the chutes and get off to the opposite end.

CHUTE AND HOOP

1. We start off from the middle of the chute and we work our way around the hoop.
2. Finish with off arm strip technique

HOOPS

1. Start off from one end of the hoop and work to the opposite end
2. Finish with an off arm strip technique

FIGURE 8

1. Start from 1 end of the hoop and figure 8 the next hoop back to the one you started from.
2. Change speed as you approach the finish point

Coaching Points

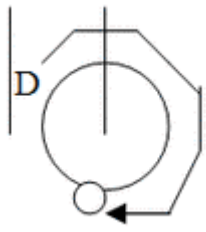
- Chutes: Emphasis on explosion and leverage
- All 3 drill variations with hoops: Stay tight to the hoop and push off your inside leg

Equipment

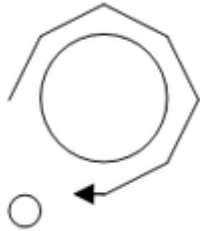
- Hoop(s)
- Chutes



CHUTES



CHUTES AND HOOP



HOOPS



FIGURE 8

Pass rush technique drills

Purpose

To practice and improve the different pass rush techniques. The pop-ups drill works feet, hips, hands and violence.

Description

HAND FIGHT

1. Basic drill for quick hands

POP UPS

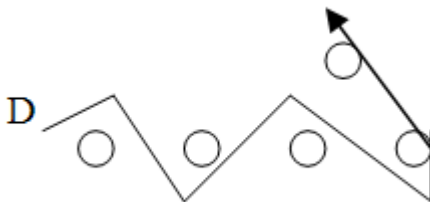
1. We work through the area in between each bag, executing a certain pass rush technique at each bag or a different technique at each bag.
2. We will always finish with our off arm strip technique at the last bag.

Coaching Points

- Good body position
- Quickhands
- make phases when you stress technique over violence and vice versa
- always stay close to the bags

Equipment

- 5 heavy stand-up bags



Passrush, Force and Recover a Fumble Drill

Purpose

Defensive Line Drill to work on the ultimate goal of a passrush: the sack with forcing a fumble and recovering a fumble.

Description

1. Put a heavy stand up dummy at the QB launch point (7yds behind LOS) with a football attached with a strong rubber band or similar. The football should be at about shoulder height of your players or on a smaller dummy as high as possible.
2. Line up 2 defensive linemen in their normal stance at their normal position.
3. 2 other defensive linemen line up as offensive blockers opposite to the two rushers.
4. The coach stands behind the pass rushers signaling to the blockers who should give serious resistance and who should give light resistance, just enough to make the pass rusher to make a move.
5. The first rusher reaching the Quarterback / Dummy tackles the dummy and tries to slap the ball free, but mainly focussing on tackling .
6. The second rusher should then find the ball and recover it, once the first pass rusher securely tackled the dummy to the ground, he will also go for the fumble, trying to recover it - or if it's already recovered by the second pass rusher, secure his recovery (protecting him from offensive players trying to steal it from him again).

Coaching Points

- Make sure that the main goal for the tackler is still to tackle and not chasing the fumble!
- Make sure both pass rushers don't arrive at the dummy at the same time.
- Blockers might use hand shields
- Ball should be firmly attached so it won't fall out on the slightest contact
- Stripping the Football and tackling should be one combined action

Equipment

- heavy stand up dummy
- football
- evtl. shields
- pylons or linestrip to mark the LOS

Tackling Drills

Tackling progression drill

Purpose

To teach and improve proper tackling technique

Description

1. Fit

On command the designated defenders walk up to their partner and into a fit position. They should stay in that position until the coach checked and possibly corrected the position.

2. Fit and lift

On command the designated defenders walk up to their partner and into a good fit position. On the next command they follow through, rolling their hips and lifting their partner and taking him back a few steps.

3. Form tackle

Partners should be about 5 yards apart. On command the designated offender jogs toward the defender.

The defender meets him in proper tackling position and performs a form tackle.

Have offenders jog in a 45° angle also.

For each progression step: start off one after the other, and as the players get better, let them execute simultaneously.

Do right and left shoulder.

Coaching Points

1. Fit

Feet shoulder width apart, knees bent, back straight, head up, arms around butt, shoulder at belt-buckle.

2. Fit and lift

Additional: hips should roll, the lift should be caused by the rolling hips and the extension of the legs. The offenders should assist the lift by hopping up on the second command. Stress the importance of leverage.

3. Form tackle

Same as above, make sure the form tackle will be done in one fluid motion. Offenders should not change direction or speed, nor fight the tackle.

Increase speed as players get better but not intensity of contact.

All drills found at Michael H.E. Roth's Footballdrills.com

Linebacker Drills

Run Stopping

Piano drill

Purpose

To develop body control, flexibility and reaction to a low block

Description

LB assume position with outside foot slightly back. On command LB shuffles back two steps in football position & then shuffles forward to line touching line with both hands to simulate taking on blocker. Repeat two more repetitions. Then flip to other side.

Coaching Points

Player must keep eyes up and outside leg back. Chest over knees and chin over toes.

Shed and throw drill

Purpose

To develop proper position to defeat potential blocker and make the tackle.

Description

On three men sled LB's assume proper football position one yard from their sled. On command they attack sled. A ball carrier is positioned 8 yards away and on command reacts in 45° angle in direction coach requests. LB's working feet and hands throw sled and accelerate to ball carrier.

Coaching Points

Have LB's place hands properly. Maintain leverage, separation and foot movement. Once in proper position find ball carrier, throw/rip and get to ball carrier.

Equipment

- 3-men sled

Read the play and react drill

Purpose

To teach the linebackers to read the block of the offensive lineman and recognize the play and react properly.

Description

Align 4 players as three OL-men plus a FB, put two players as DL on the outside two OL and a LB on the middle OL.

Signal the offensive players their assignments and a snap count.

On the snap count the offensive players carry out their blocks and the linebacker reacts accordingly. Make sure all linebackers get a sufficient number of repetitions.

Start off at half speed, and pick up the speed as players get better.

include DL personnel if you don't have enough linebackers.

Coaching Points

Make sure offensive personnel carries out its assignments correctly.

Linebackers have to be in proper stance and alignment before the "snap".

Emphasize the correct movement while reading the block/play and the correct reaction to the read play.

Don't allow any sloppiness on either side.

The intensity of contact should be low, correct and quick reaction is the purpose of this drill.

Play Recognition Drill

Purpose

To teach the linebackers to read the play by watching the backfield and executing the corresponding task, depending on the play read.

Description

Place cones to represent the offensive linemen and have a QB or Coach and two running backs (these could be LBs playing RBs).

You should have your opponents plays drawn up on cards.

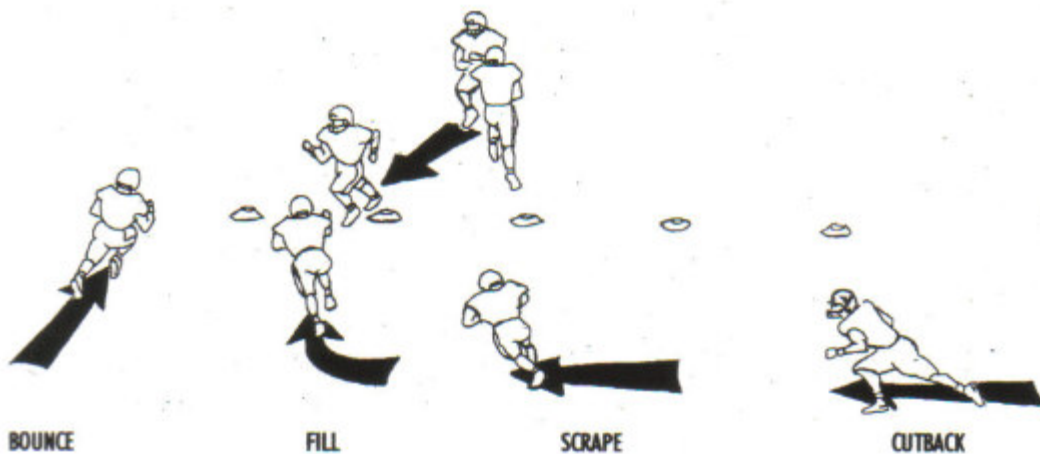
Have your linebackers read the opponents plays by watching the backfield action and get to their assignments.

Coaching Points

I believe that you have someone assigned for **FILL**, **SCRAPE**, **CUTBACK** and **BOUNCE** on every play.

Equipment

- 6 or 7 Cones
- Ball(s)



Counter Drill

Purpose

This drill will help your Linebackers play the counter effectively. The CNTR (counter) is one of the more difficult running plays in football to defend. This drill will teach a linebacker how to effectively change direction once he recognizes the play is a CNTR.

Description

Set up 3 cones, the first two will be 2 yards apart, the third will be 4 yards from those 2. (3 cones in a straight line, 6 yards long, see diagram below)

The player should be in a good two point stance, 3 yards deep straddling the middle cone.

On the coaches command the LB will take 1 or 2 short shuffles to the cone that is nearest to him.

When he reaches that cone that is when he will react as if he has seen CNTR. The LB will then change direction, begin a crossover run accelerating around the farthest cone.

Coaching points

The CP's for the short shuffle is to keep the shoulders square and do not cross your feet.

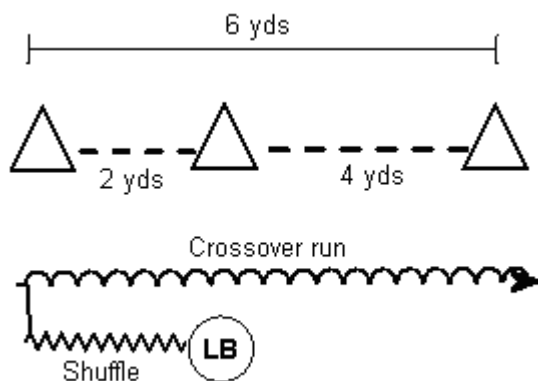
Do not HOP while shuffling. (Keep your body level).

For the crossover run, stay square to the line of scrimmage and the player should kick his heel out toward the direction he is moving. This will force the LB's hips and shoulder's to stay square.

While accelerating around the farthest cone, stay square to the line of scrimmage.

Equipment

- 3 cones



Mirror Drill

Purpose

The purpose of this drill is to teach linebackers how keep inside leverage on a running back on any outside Run (toss,,pitch,outside zone option, etc.)

It emphasizes not over playing a running back in case of a cut back.

It also teaches linebackers to shuffle without crossing there feet and staying square to the line of scrimmage.

Another important aspect of this drill is the crossover run, which is used when the ball carrier picks up speed.

Both the shuffle and the cross over run will be utilized in game situation.

Description

Set up 5 cones 10 yards apart.

There are two lines of players on either side of the cone. One line being the ball carrier and the other being the linebacker.

The running back starts out in a slow jog, the linebacker (5 yards away) will shuffle “mirroring” the ball carrier.

The LB must keep inside *leverage* on the running back, by always keeping his outside shoulder on the backside hip of the RB.

The objective is to not overplay the RB.

When the ball carrier hits the second cone he will begin a 3/4 sprint, which will force the linebacker begin a cross over run, enabling him to keep inside leverage.

When the ball carrier reaches the third cone he will then gear down to a slow jog, which forces the linebacker to get back into a slow shuffle, continuing to keep inside leverage on the ball carrier.

Finally at the fourth cone the ball carrier returns to a 3/4 sprint and the LB mirrors him with a crossover run.

The drill ends with both the RB and LB meeting on a 45 degree angle with a form tackle.

Coaching points

The CP's for the shuffle is to keep shoulders square to the ball carrier or line of scrimmage and to not your cross feet.

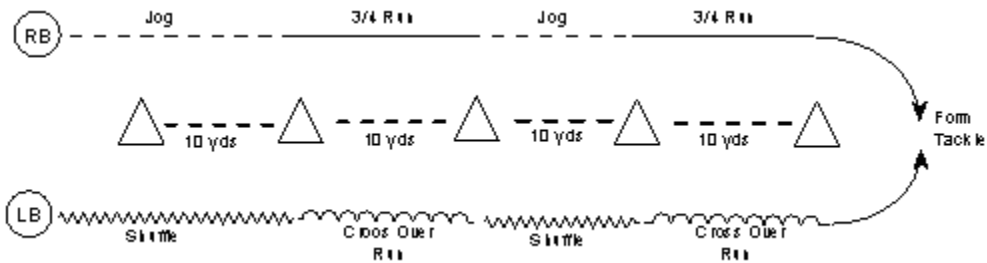
It is very important for the linebacker to NOT hop while shuffling.

For the crossover run, the player needs to stay square to line of scrimmage and kick his heel out towards the direction he is moving. This will force the LB's hips and shoulders to stay square.

To maintain inside leverage the LB must keep the ball carrier on his outside shoulder at all times.

Equipment

- 5 cones
- Football



Pass Rush

Pass rush technique drill

Purpose

To develop good feeling and automatism for the different passrush techniques

Description

Have LB pair up facing each other in a 2-point football position, designate one row as the passrushers and the other as passblockers. Call the technique they should use (bull, rip, swim, ...) and the side they should pass the blocker. On command the passblockers drop back like a passblocker, and the passrusher close on them and use the correct technique to pass him. On the whistle they reset, with changed designations.

This drill can be done with or without pads (without pads it's a good prepractice warm-up routine).

Coaching Points

Since this is not a physical drill, hand quickness and correct technique is most important.

Close drill

Purpose

To develop quickness and good body position while closing the distance between offensive blocker while pass rushing.

Description

Defensive linemen assume good pass rush stance on LOS, offensive linemen align off of defenders approximatly 3 to 4 yards off of LOS. On snap of football the offensive linemen shuffle straight back trying to avoid 'their' linebacker, while defenders close to 'their' offensive lineman with good body lean and execute a pass rush technique when reaching OL.

Coaching Points

- Good movement off of ball
- Good body lean
- Eyes on blocker
- Make linebacker use a move.

Equipment

- Ball

Tackling Drills

Tackling progression drills

Purpose

To teach proper tackling technique.

Description

1. Fit

On command the designated defenders walk up to their partner and into a fit position. They should stay in that position until the coach checked and possibly corrected the position.

2. Fit and lift

On command the designated defenders walk up to their partner and into a good fit position. On the next command they follow through, rolling their hips and lifting their partner and taking him back a few steps.

3. Form tackle

Partners should be about 5 yards apart. On command the designated offender jogs toward the defender.

The defender meets him in proper tackling position and performs a form tackle. Have offenders jog in a 45° angle also.

For each progression step: start off one after the other, and as the players get better, let them execute simultaneously.

Do right and left shoulder.

Coaching Points

1. Fit

Feet shoulder width apart, knees bent, back straight, head up, arms around butt, shoulder at belt-buckle.

2. Fit and lift

Additional: hips should roll, the lift should be caused by the rolling hips and the extension of the legs. The offenders should assist the lift by hopping up on the second command. Stress the importance of leverage.

3. Form tackle

Same as above, make sure the form tackle will be done in one fluid motion. Offenders should not change direction or speed, nor fight the tackle.

Increase speed as players get better but not intensity of contact.

2-hits and a tackle drill

Purpose

Teach and practice the correct body position on shedding a blocker and regaining it for proper tackling.

Description

Align two players about 5 to 6 yards apart. On command they jog at each other, when they meet, the designated defender will thrust his arms out to shed the would be blocker, then they backpedal to their starting point and repeat. When they meet the third time the defender performs a form tackle.

As a variation you can have them moving down a line and have the defender perform an angle tackle.

Coaching Points

Check for proper body position on each contact, and on the variation an inside out leverage as well.

Equipment

- Balls
- eventually cones to mark starting points

Angle tackling drill

Purpose

To improve inside out path to ball carrier with good leg and hip explosion

Description

On command, tackler is in good football position, feet moving. Second command ballcarrier takes two steps forward and breaks at 45° angle. Tackler moves when ball carrier does and drives through outside number and gets his number across ball carriers outside number. Tackler drives feet and ballcarrier back 2 yards.

Coaching Points

Tackler must close distance keeping on ball carriers inside half to take away cutback. Tackler must work from low plane to high plane. Hit on the rise. (For minimum contact work in 5 yards square)

Equipment

- Ball(s)
- Cones

Goalline tackling drill

Purpose

To teach and improve tackling technique to deny any gain after contact (i.e. in short-yardage situations).

Description

Place two cones three to five yards apart on any given line, representing the goalline. Place one linebacker with his heels on the goalline. The ballcarrier (another linebacker or a runningback) lines up 2-3 yards in front of him, holding a ball. On command the ballcarrier starts and tries to break the plane between the cones, while the linebacker has to prevent this.

This drill should be run at full speed and therefore not the first tackling drill of the practice.

If working against the runningbacks you can make it more competitive by keeping score and have the "losers" do some extra sprints or pushups.

Coaching Points

Tackler must make good solid contact having his whole body in front of ballcarrier. Tackler must get under ballcarrier and work from low plane to high plane. Hit on the rise. Make sure tackler makes good use of his arms (wrap-up) to prevent ballcarrier from falling forward.

Equipment

- 2 cones
- Balls

Open field tackling drill

Purpose

Improve the chances of defenders to make a tackle in the open field.

Description

Step #1

Have two LB's stand 2-3 yards away from and facing each other. One of them is the ball carrier and the other one is the defender. Have the ball carrier try to juke the defender. Constantly stress to the defender to move with him and stay broken down (knees bent and ready for him to try to run him over).

Step #2

Next blow the whistle and have the ball carrier and run at the defender full speed or walk to him half speed. Then have the defender react to what ever the ball carrier does like if he goes full speed lay a lick on him or if he goes half speed go half speed and thud him or hit lightly.

Step #3

Next have them switch such as ball carrier is now the defender and the defender is now the ball carrier. Go through this with all of your DB's and if you have an odd number of them have one who has already been pose as the ball carrier since this is a defensive position.

Coaching Points

Defender must always keep his balance and his hips square.

Equipment

- Balls

Interception Drills

Angle interception

Purpose

To improve actual angle to drop area. Aid in field awareness as well as reading QB's throwing action for break to ball

Description

Drill done with a defender in different position on the field relating to the hash marks or numbers. Drop related to coverage and player drops to landmark on QB's drop. Player sets and reacts accordingly to eyes and shoulder movement of QB.

Coaching Points

Make sure player does not continue to drift when QB sets. Player must shuffle to anticipate throw with QB's shoulders and eyes looking in opposite direction. Be in football position to break.

Equipment

- Ball(s)

Tip drill

Purpose

To improve ability to break to a tipped pass and intercept it.

Description

Let two LBs about 4-6 yards behind each other run towards the QB/Coach. The Passer throws the ball over the head of the first LB but so that he still can reach it and tip it up in the air. The second defender goes for the ball, intercepts it, calls out "Bingo", and then both sprint by the passer

Coaching Points

Stress intercepting high with arms, hands and fingers extended. Look the ball in and put it away.

Equipment

- Ball(s)

DB Drills

Tackling Drills

Come to Balance Pre - Tackling Drills

Purpose

Teach and improve feet work, body positioning and weight distribution before executing a full tackle..

Terminology:

Come to Balance - is referred to as the position in which the knees are slightly bent, feet shoulder width apart and body weight equally distributed in which a player can move in any direction in the shortest amount of time.

Shimmy - is referred to as the forward short choppy steps that a player takes after he has come to balance.

Description

Drill # 1: Come to Balance -

This drill is executed by having three defenders 5 yards apart facing the direction of the coach who is 15 yards from the defenders. On the coach's command the defenders will sprint for 5 yards and come to balance while chopping their feet in place. On the coach's next command the defenders will sprint past the coach.

Drill # 2: Come to Balance with Shimmy Steps -

This drill is executed by having three defenders 5 yards apart facing the direction of the coach who is 15 yards from the defenders. On the coach's command the defenders will sprint for 5 yards and come to balance. Once the players have come to balance they will start shimmying their feet closing the distance between them and the coach. On the coach's next command the defenders will sprint past the coach (*players should maintain a good tackling position while shimmying*).

Drill #3: Come Balance, Shimmy Steps with 45/90 degree breaks -

This drill is executed by having three defenders 5 yards apart facing the direction of the coach who is 15 yards from the defenders. On the coach's command the defenders will sprint for 5 yards and come to balance. Once the players have come to balance they will start shimmying their feet closing the distance between them and the coach. On the coach's next command the defenders will sprint at either a 45 or 90 degree angle for 5 yards. This drill will end with players coming to balance once more. (*this drill simulates a change of direction by the ball carrier. It is essential that the defender takes good directional steps in order to stay on the proper pursuit path*).

Drill #4: Putting it all together -

This drill is executed in the same manner as Drill #3 with the exception of having the defensive backs backpedal for 4 - 5 yards before executing the remainder of steps in Drill #3.

Coaching Points

- Stay on the exact path (no drifting).
- Head up and eyes on the numbers
- Back always at a 45 degree angle
- Feet shoulder width apart
- Keep feet moving at all times
- Take good directional steps

Tackling progression drill

Purpose

To teach proper tackling technique.

Description

1. Fit

On command the designated defenders walk up to their partner and into a fit position. They should stay in that position until the coach checked and possibly corrected the position.

2. Fit and lift

On command the designated defenders walk up to their partner and into a good fit position. On the next command they follow through, rolling their hips and lifting their partner and taking him back a few steps.

3. Form tackle

Partners should be about 5 yards apart. On command the designated offender jogs toward the defender. The defender meets him in proper tackling position and performs a form tackle. Have offenders jog in a 45° angle also.

For each progression step: start off one after the other, and as the players get better, let them execute simultaneously.

Do right and left shoulder.

Coaching Points

1. Fit

Feet shoulder width apart, knees bent, back straight, head up, arms around butt, shoulder at belt-buckle.

2. Fit and lift

Additional: hips should roll, the lift should be caused by the rolling hips and the extension of the legs. The offenders should assist the lift by hopping up on the second command. Stress the importance of leverage.

3. Form tackle

Same as above, make sure the form tackle will be done in one fluid motion. Offenders should not change direction or speed, nor fight the tackle.

Increase speed as players get better but not intensity of contact.

Open field tackling drill

Purpose

Improve the chances of defenders to make a tackle in the open field.

Description

Step #1

Have two DB's stand 2-3 yards away from and facing each other. One of them is the ball carrier and the other one is the defender. Have the ball carrier try to juke the defender. Constantly stress to the defender to move with him and stay broken down (knees bent and ready for him to try to run him over).

Step #2

Next blow the whistle and have the ball carrier and run at the defender full speed or walk to him half speed. Then have the defender react to what ever the ball carrier does like if he goes full speed lay a lick on him or if he goes half speed go half speed and thud him or hit lightly.

Step #3

Next have them switch such as ball carrier is now the defender and the defender is now the ball carrier. Go through this with all of your DB's and if you have an odd number of them have one who has already been pose as the ball carrier since this is a defensive position.

Coaching Points

Defender must always keep his balance and his hips square.

Equipment

- Balls

"Machine Gun" Drill

Purpose

Defensive Backs Drill to work on and improve good body balance while fighting off blocker and making the tackle.

Description

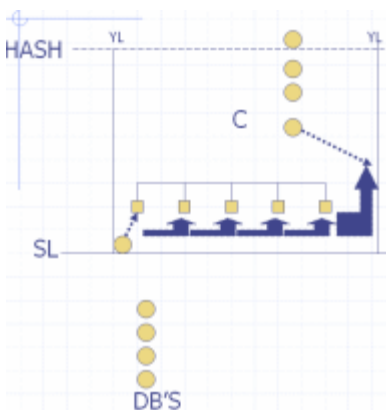
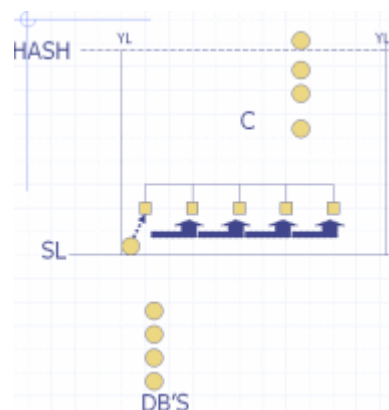
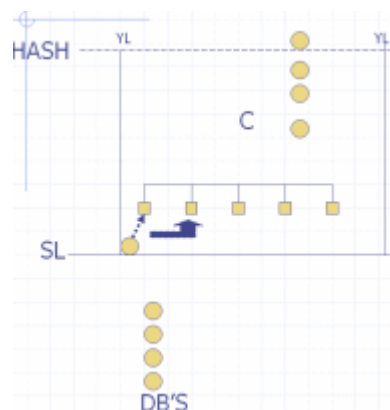
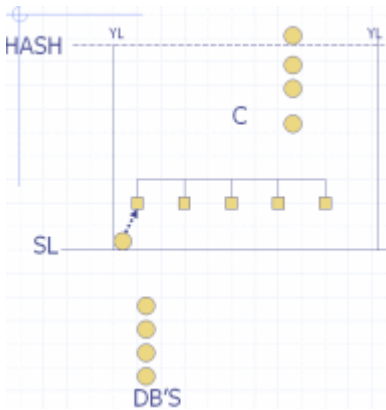
1. Step into first pad, "Jam"
2. Shuffle to and jam remaining pads
3. Come off last pad with form tackle
4. Strike once first time through
5. Strike twice second time through

Coaching Points

1. Hit position, stay square
2. Move your feet, don't lunge
3. Don't overpower pads
4. Concentrate on quick hands
5. Concentrate on quick feet

Equipment

- Blocking Sled



Head On Form Tackling Drill

Purpose

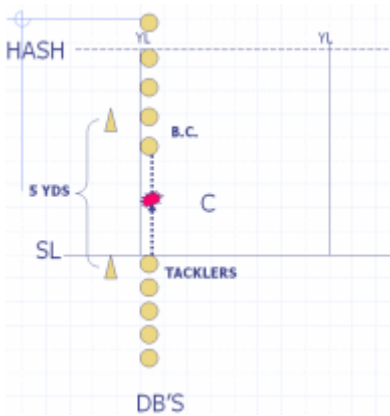
Defensive Backs Drill to teach and work on head on tackling technique.

Description and Coaching Points

1. Ball carrier runs at Defensive Back at 3/4 Speed
2. Defensive Back runs forward in hit position
3. Place face in numbers
4. Drive up through ball carrier
5. Feet apart and chopping
6. Head up and backs straight
7. Don't take ball carrier to the ground
8. Wrap arms and grab cloth
9. Feet cannot stop
10. Don't recock
11. Don't turn or dip your head

Equipment

- 2 cones
- Football(s)



Angle Form Tackling Drill

Purpose

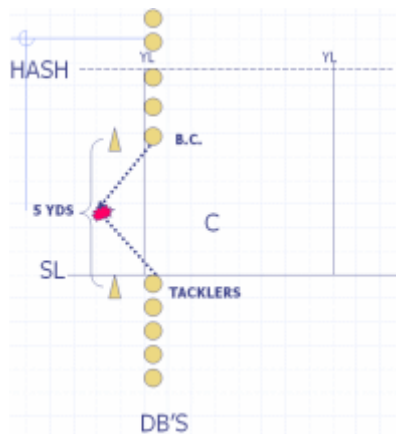
Defensive Backs Drill to teach and work on angle tackling technique.

Description and Coaching Points

1. Ball carrier breaks at 45 degrees
2. Defensive Back takes cutoff angle
3. Get head in front of ball carrier
4. Keep elbows in
5. Run "Up Through" ball carrier
6. Wrap arms and grab cloth
7. Don't "recock" keep head up

Equipment

- Cones
- Football(s)



Open Field Form Tackling Drill

Purpose

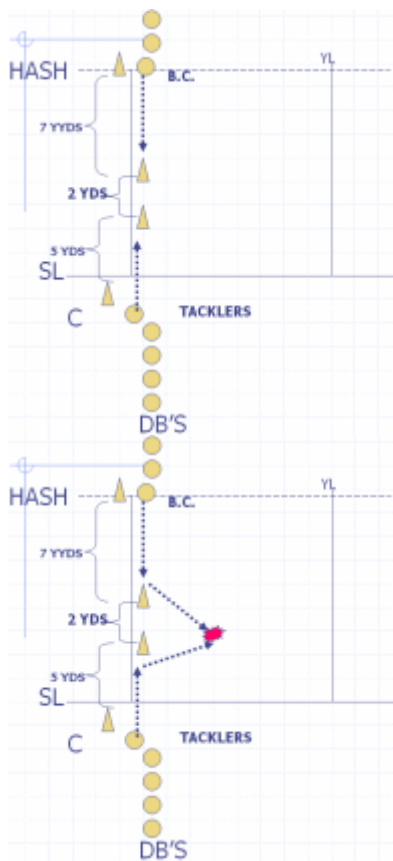
Defensive Backs Drill to teach and improve the open field tackling technique and abilities

Description and Coaching Points

1. Ball carrier and Defensive Back run at 3/4 speed
2. Ball carrier gives one or two moves
3. Ball carrier breaks right or left at cone
4. Defensive Backs can't "throw" and miss
5. Defensive Backs runs forward to the cone
6. Defensive Backs breaks down and feet moving
7. Defensive Backs' eyes on ball carrier's belt buckle
8. Defensive Backs take cutoff angle to ball carrier
9. Defensive Backs don't "flail" arms
10. You are the last line of defense

Equipment

- 4 Cones
- Football(s)



Man Maker Drill

Purpose

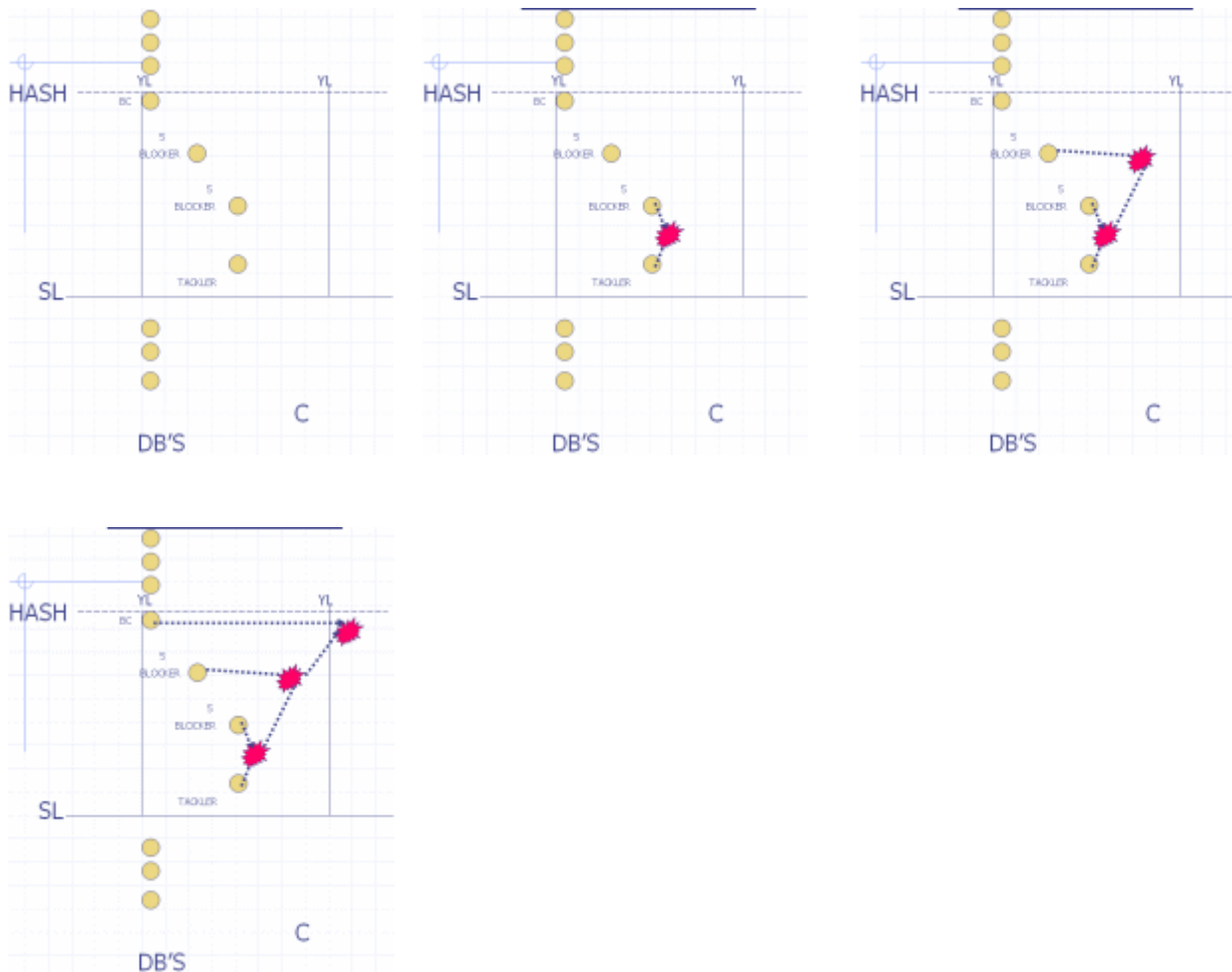
Defensive Backs Drill to work on fighting off / avoiding low and high blocks and making an open field tackle (inside out).

Description and Coaching Points

1. 1st blocker scramble blocks Defensive Back
2. 2nd blocker arc and "cut" Defensive Back
3. Ball carriers try to get outside or turn up
4. Defensive Backs stay in good hit position
5. Use hands, shed scramble block
6. Scramble block is full speed
7. Defensive Backs keep outside arm and leg free
8. Defensive Backs shed cut block of #2 blocker
9. Defensive Backs keep your eyes on blockers
10. Make inside out tackle on ball carrier

Equipment

- Football(s)



Coverage Drills

Press drill

Purpose

- To develop foot movement and lateral movement
- To develop quick reaction
- To develop ability to keep proper position on receiver

Description

Coaching Points

- They can reroute receiver with the lower body
- They can shuffle laterally without bringing the feet together
- The hands are secondary in using press technique

Counter Punch Drill

Purpose

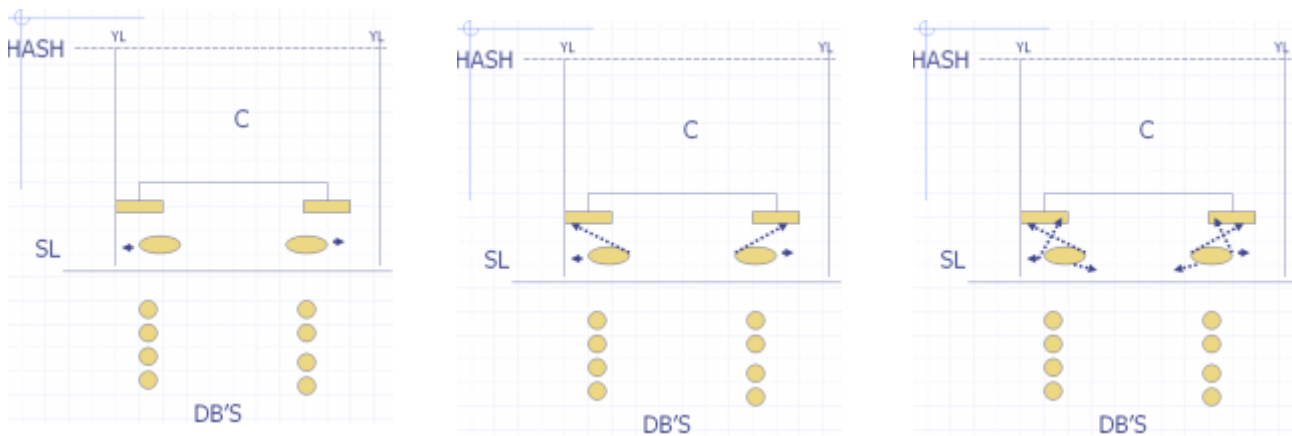
Cornerback Drill to teach and improve the punch when playing a bump technique like bump-and-run.

Description and Coaching Points

1. Hit position, stay square
2. Step to outside
3. Strike with the inside hand
4. Counter step back
5. Strike with the outside hand
6. Sprint off the sled
7. Alternate lines
8. Go through 3 or 4 times
9. Stay balanced

Equipment

- Blocking sled
- alternatively hand shields or heavy stand-up dummies



Interception Drills

Catching drill

Purpose

To develop backpedal, reaction & catching at different angles.

Description

On signal, DB will backpedal, react and drive to and intercept the football.

Coaching Points

Stress shoulders square to LOS and quick reaction

Equipment

- Balls

Turn drill

Purpose

To develop quick hip action

Description

Same as catching drill, except DB will sprint backward turning from side to side while going straight backward. React, drive and catch the ball.

Coaching Points

Stress high knee action, hip action and body control while changing directions

Equipment

- Balls

Tip drill

Purpose

To improve ability to break to a tipped pass and intercept it.

Description

Let two DBs about 4-6 yards behind each other run towards the QB/Coach. The Passer throws the ball over the head of the first DB but so that he still can reach it and tip it up in the air. The second defender goes for the ball, intercepts it, calls out "Bingo", and then both sprint by the passer

Coaching Points

Stress intercepting high with arms, hands and fingers extended. Look the ball in and put it away.

Equipment

- Balls

Bomb drill

Purpose

- To develop defenders ability to maintain proper position on the receiver and body control.
- To develop defenders ability to play the bomb and make interceptions.

Description

Defender should align in the numbers 5 yards from LOS. Coach is in position in the middle of the field. On command, defender will backpedal 5 yards, weave outside 10 yards and turn and sprint deep going for the ball at it's highest point, calling out "Bingo" and sprinting back to the LOS.

Coaching Points

All interceptions are made at the highest point and must be returned to the LOS.

Defender must weave and turn inside facing QB and the ball and drive deep.

Equipment

- Balls

Down Hill Drill

Purpose

Defensive Backs Drill to work on catching the football while running full speed forward towards the ball.

Description

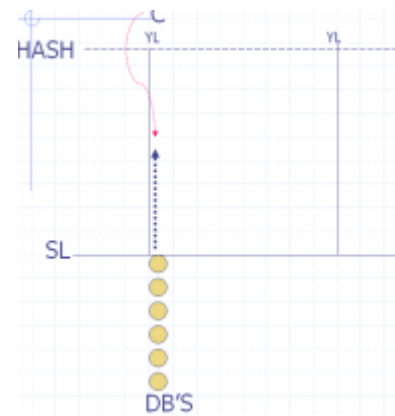
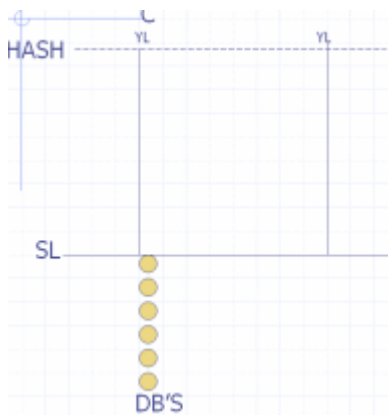
1. Defensive Backs line up in one line at the sideline
2. On command, the first Defensive Back runs full speed forward towards the coach, who is standing at the hash mark at the same yardline
3. After a few steps of the Defensive Back, the coach throws the ball directly at the Defensive Back so he can catch it at about chest to face level.
4. The Defensive Back catches the ball and runs through past the coach to "score"

Coaching Points

1. Move forward at full speed
2. Catch the ball with your hands
3. Be under control
4. Look the football in
5. "Score" run past the coach
6. Put the ball away

Equipment

- Football(s)



Break at 45 degree Drill

Purpose

Defensive Backs Interception Drill to work on catching the ball while running full speed into the flight path of the thrown football.

Description

1. Defensive Backs line up in one line at the sideline
2. On command, the first Defensive Back runs full speed forward towards the coach, who is standing at the hash mark at the same yardline
3. At about halfway the coach gives the Defensive Back a "look" to which side he should break.
4. The Defensive Back breaks immediately at 45 degree into that direction.
5. And the coach throws the ball in such a way that the Defensive Back can catch the ball at about chest to face level and without breaking his stride.
6. The Defensive Back catches the ball and runs through past the coach to "score"

Coaching Points

1. Move forward at full speed
2. "Jump" Coach's first look
3. Break at 45 degrees
4. Be under control
5. Catch ball with your hands
6. Catch ball "in front"
7. Score! Run past the coach

Equipment

- Football(s)



High Point Drill

Purpose

Defensive Backs Interception Drill to work on catching the ball at the highest possible point.

Description

Just like the [Down Hill Interception Drill](#), except that the coach throws the ball in such a way that the Defensive Back has to jump to catch the ball at the highest point.

Coaching Points

1. Move forward at full speed
2. Time your jump
3. Be under control
4. Catch the football at the highest point
5. Score! Run past the coach

Equipment

- Football(s)

Intercept and Score Drill

Purpose

Defensive Backs Interception Drill to work on catching the ball at the highest point while running full speed into the flight path of the football, and then score by breaking through would be tacklers and still maintaining balance to continue to run and score.

Description

Setup:

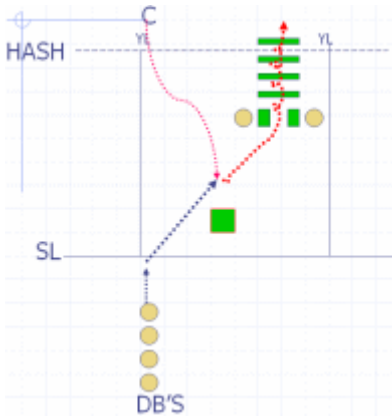
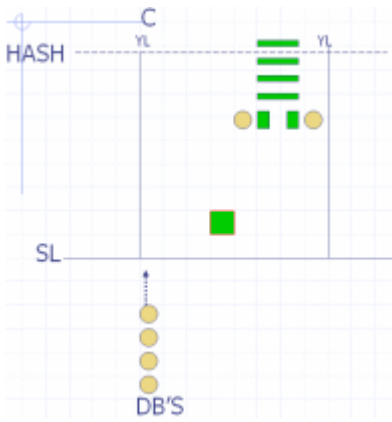
- Put a stand up dummy about 2-3 yards to the side of the Defensive Backs starting point and about 1-2 yards into the field.
 - From the hash marks about 4-5 yards next to the coach (to the same side as the dummy) lay out 4-5 square bags towards the sideline.
 - Put 2 players with hand shields about 1 yard in front of the first square bag.
1. Defensive Backs line up in one line at the sideline
 2. The coach throws the ball in an arc towards the standup dummy
 3. When the coach throws the ball the Defensive Back starts to intercept the pass
 4. Then the Defensive Back sprints to the square backs
 5. Breaks through between the players with the shields (who will jam the ball carrier)
 6. And high steps over the square bags to score.

Coaching Points

1. Move forward at full speed
2. Time your jump
3. Be under control
4. Catch the ball at the highest point
5. Don't lean into the contact, or you will fall if you don't make contact

Equipment

- Strand-up Dummy
- 2 hand shields
- 4-5 square bags
- Football(s)



Deflection Drill

Purpose

Defensive Backs Drill to work on good technique to deflect the ball while still securing to make a safe tackle in case the football cannot be deflected

Description

1. Put a heavy stand-up dummy about 3 yards to the side of the Defensive Backs and about 1 yard into the field.
2. The first Defensive back lines up about 4 yards into the field.
3. Upon command he backpedals about 6-8 yards
4. Then the coach throws "a strike" to the stand-up dummy.
5. The defensive back plants his foot and breaks forward to deflect the pass and tackle the dummy.

Coaching Points

1. Deflect pass with near arm
2. Club with the outside arm
3. Insure the tackle if no deflection

Equipment

- Heavy stand-up dummy
- Football(s)