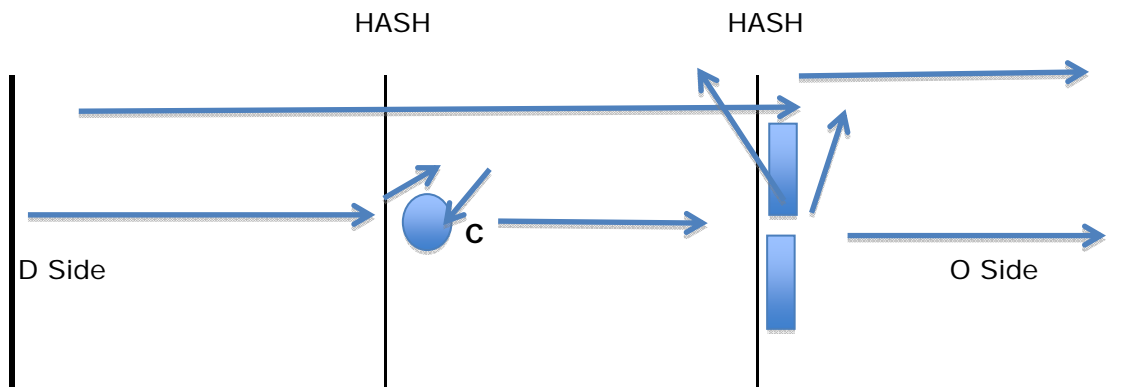


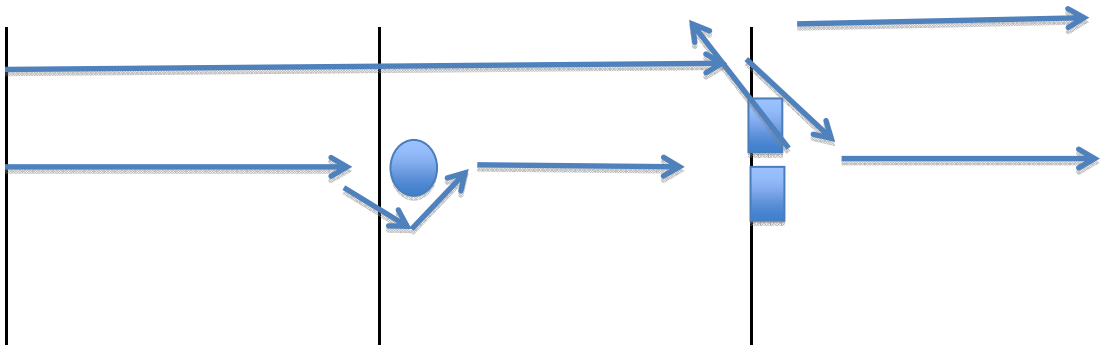
## KICKOFF COVERAGE DRILL #!



Set up three Stations as above - 1 Stand Up Bag, 2 Half Rounds

- 1) Split into four groups
- 2) Player on D Side sprints toward stand up bag held by coach
- 3) Coach tilts bag either direction
- 4) Player changes direction away from block (tilt) and gets back on track as quickly as possible
- 5) O Player starts **after** D player has gone past Coach
- 6) O Player cuts either direction, and hugs edge of dummy
- 7) D Player gets across, squared up, and tags off on **outside** hip
- 8) **Coaching Point:** O Player is responsible to keep from collision

## KICKOFF COVERAGE DRILL #2



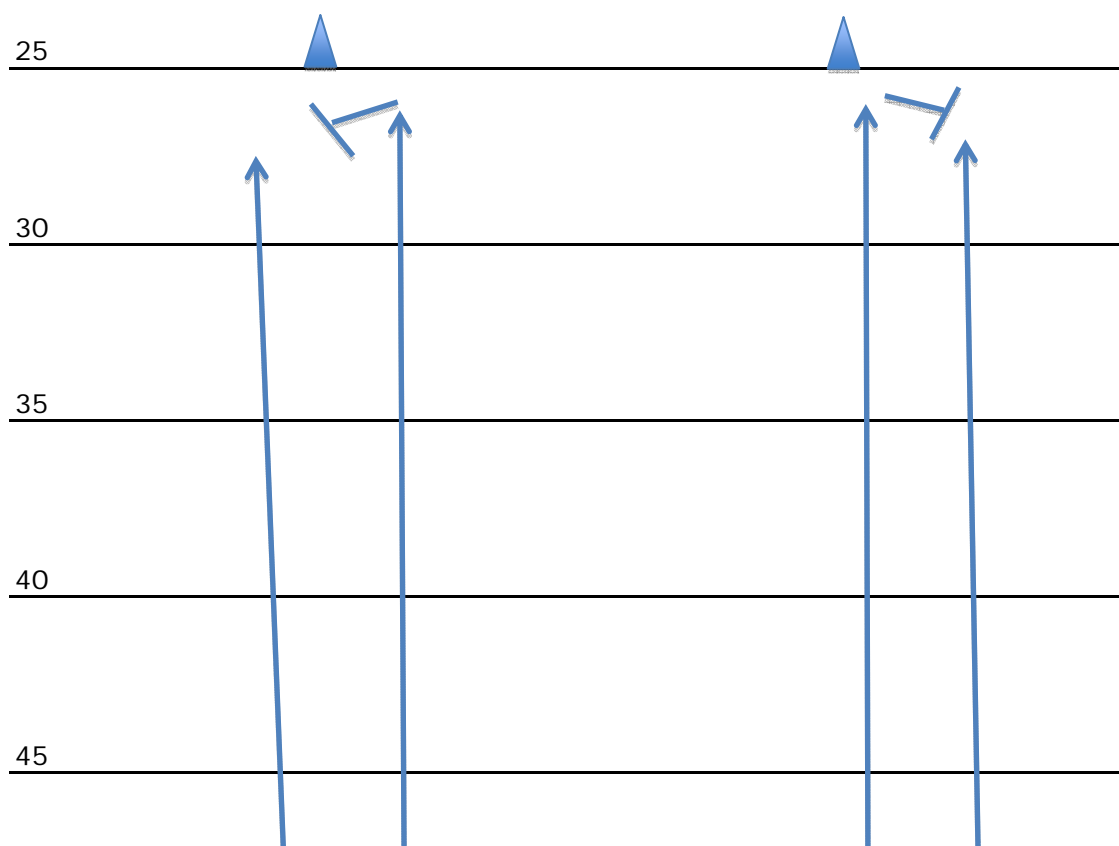
Set up three Stations as above - 1 Stand Up Bag, 2 Hand Helds

Same as above, #1-5

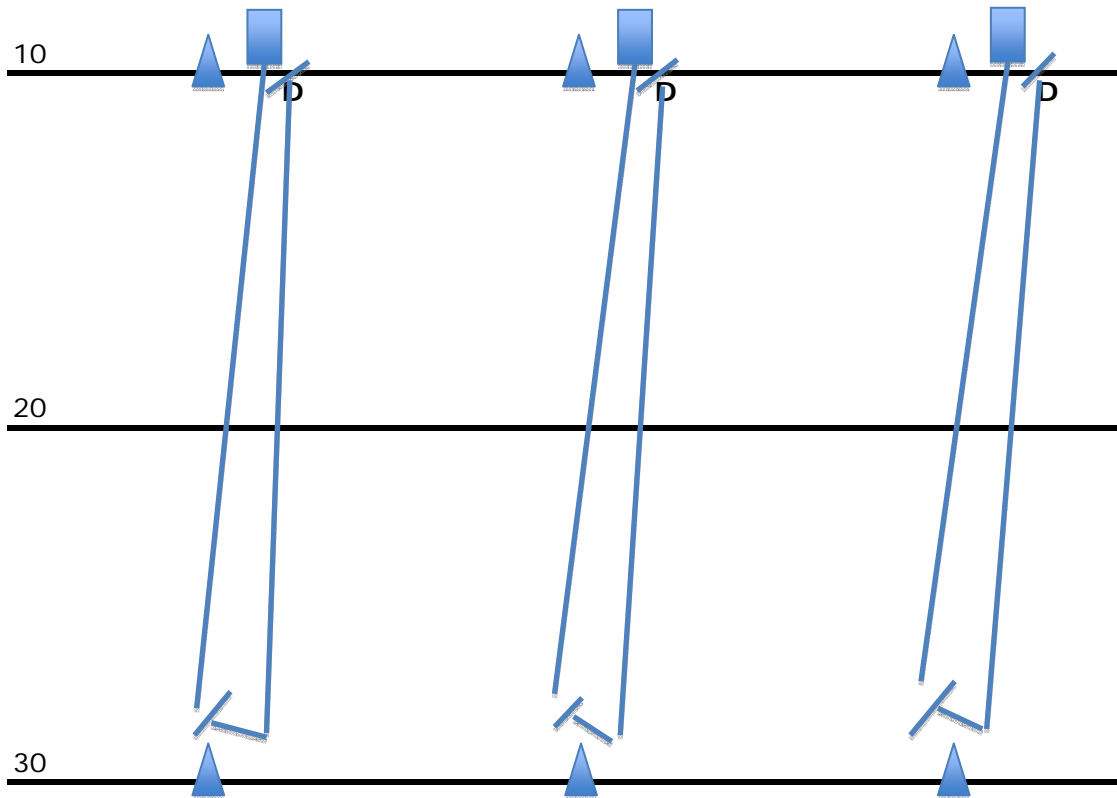
- 6) One of the two players or coaches holding dummies steps forward as the
- 7) O player cuts toward the bag that stepped up D approaches
- 8) D Player rips through, gets across, squared up, and tags off on **outside** hip
- 9) **Coaching Point:** O Player is responsible to keep from collision

## KO RETURN DEPTH DRILL

- 1) Divide into four groups
- 2) Use 12 Hand Held Dummies to keep drill moving
- 3) Use a cone for each line as a landmark - 25 yards downfield
- 4) Return Player line up on the 50, facing Coverage Player who is holding a dummy
- 5) As Coverage Player begins to run (with hand held), Return Player flips hips to sideline and runs to beat Coverage player to landmark, maintaining leverage position
- 6) Return Player sinks hips at landmark and blocks Coverage Player, get low to use LIFT technique, lock on and run feet
- 7) If Coverage Player breaks cushion, make block at that point

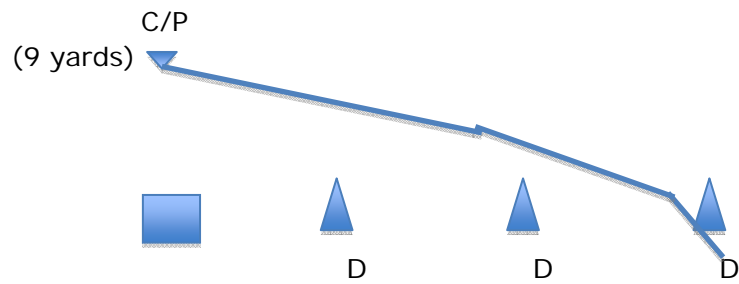


## PIN/RIDE/LIFT - Punt Return



- 1) Divide into three groups - use 12 handheld dummies to keep drill moving
- 2) Punt Team player has handheld - Punt Return Player lines up in outside eye shade
- 3) PIN - Violent strike and hold up coverage player - Force inside release
- 4) RIDE - release inside hand, flip hips and run with hand on assignment's outside hip
- 5) LIFT - Return Player sinks hips at landmark and blocks Coverage Player, get low to use LIFT technique, lock on and run feet
- 6) Alternate between Punt Team Player and Return Player; Alternate Sides

## PUNT BLOCK DRILL



- 1) Use a live snapper - set cones at outside edge of blocker
- 2) Key snap and explode on movement
- 3) Dip and rip through inside gap
- 4) Flatten out to Block Point - 9 yards
- 5) Hands and arms fully extended, crossed at the wrists
- 6) Take the ball off the punter's foot - do not dive
- 7) May add in blockers with handhelds later

## LEVERAGE WAVE DRILLS

(10 YARD LINE)

R

20

30

40

50

40



- 1) Set up as above, with four bag holders at the 45
- 2) Bag holder tilts bag one direction, Coverage Play avoids away from tilt, gets back on track
- 3) Returner starts as Wave passes second cone - can go any direction he wants, staying between the Numbers
- 4) Coverage Wave adjusts to maintain leverage, coming to balance on Returner