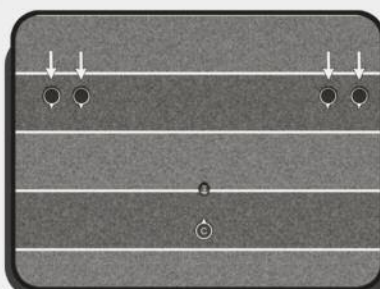


Cornerback Stance



01



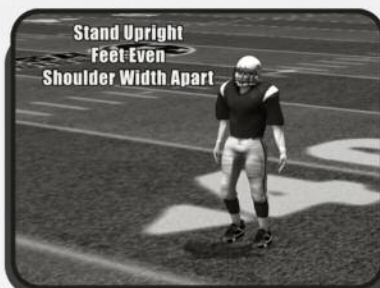
Divide CBs so that half are on each side of the ball.



02



Line up CBs 8 yards off the LOS.

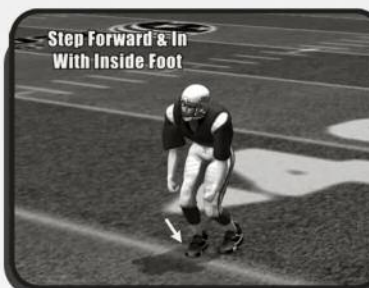


Stand Upright
Feet Even
Shoulder Width Apart

03



Stand upright, feet even and shoulder width apart.

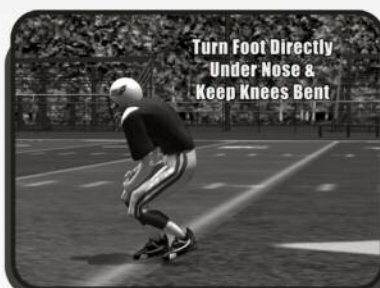


Step Forward & In
With Inside Foot

04



Step forward and in with inside foot.

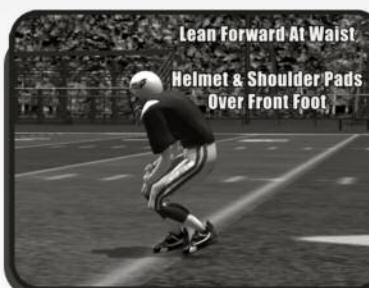


Turn Foot Directly
Under Nose &
Keep Knees Bent

05



Turn foot to be directly under the nose and keep knees bent.



Lean Forward At Waist
Helmet & Shoulder Pads
Over Front Foot

06



Lean forward at waist with helmet and shoulder pads over front foot.

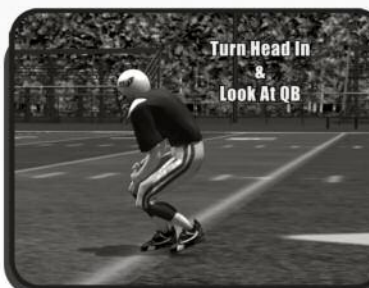


Weight Should Be
On Front Foot

07



Weight should be over the front foot; check by lifting back foot and maintaining balance.



Turn Head In
&
Look At QB

08

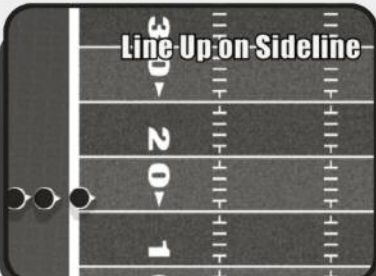


Turn head in and look at QB.

Notes:

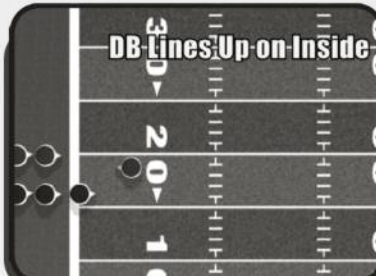
Cushion Break

Line Up on Sideline **01** ★



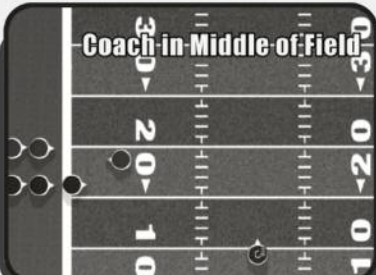
Receivers line up on one sideline and face the other sideline.

DB Lines Up on Inside **02** ★



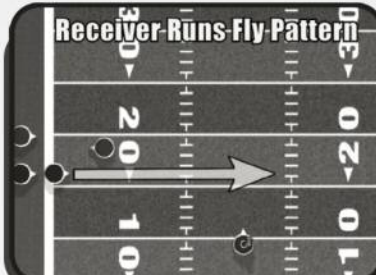
The DB lines up on the inside, 7 to 8 yds from the receiver.

Coach in Middle of Field **03** ★



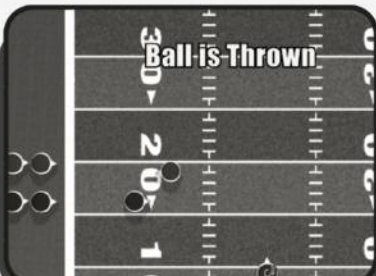
The coach is in middle of the field with the football.

Receiver Runs Fly Pattern **04** ★



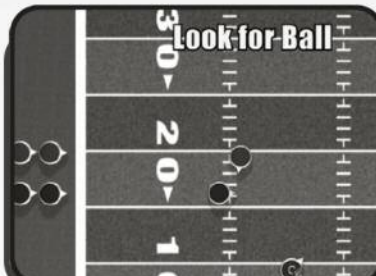
Receiver runs a fly pattern down the yard line.

Ball is Thrown **05** ★



After the receiver and DB pass by the coach, the ball is thrown.

Look for Ball **06** ★



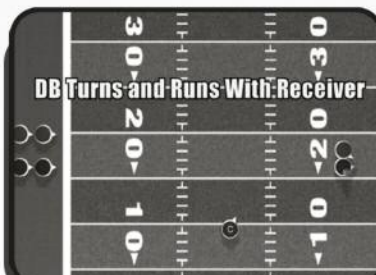
Once the DB is running with the receiver, he should look for the ball.

DB Gets Out of Shuffle **07** ★



DB gets out of the shuffle earlier rather than later.

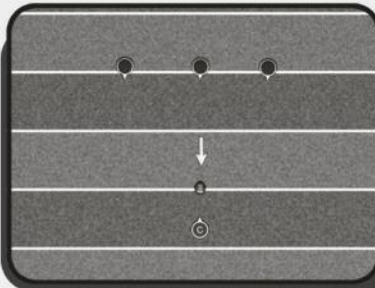
DB Turns and Runs With Receiver **08** ★



If receiver breaks DB's cushion and is still facing inside, DB turns and runs with receiver.

Notes:

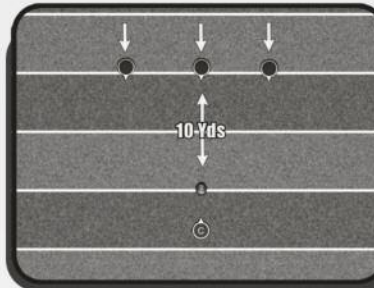
Free Safety Stance



01



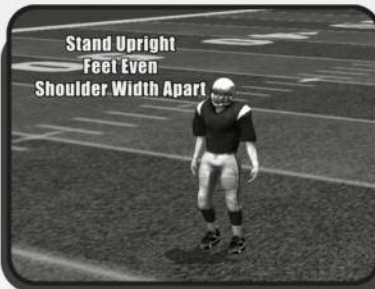
Set the ball to mark the line of scrimmage.



02



Align free safeties over the ball, 10 yards deep.

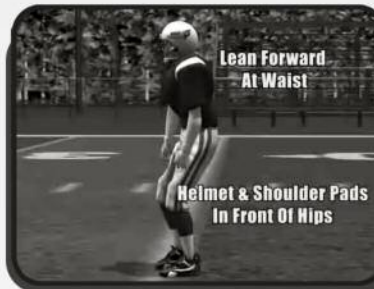


Stand Upright
Feet Even
Shoulder Width Apart

03



Stand upright, with feet even and shoulder width apart.



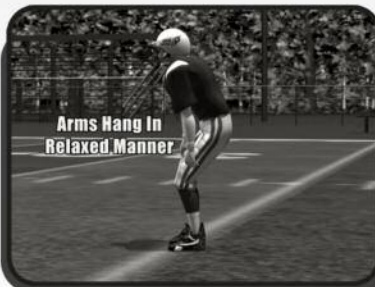
Lean Forward
At Waist

04



Bend forward slightly at waist.

Helmet and shoulder pads should be in front of hips.



Arms Hang In
Relaxed Manner

05



Arms should hang down in relaxed manner.



Focus
On QB

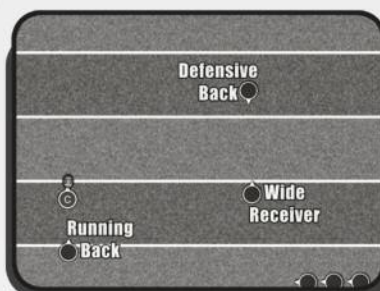
06



Focus on QB as the ball is snapped.

Notes:

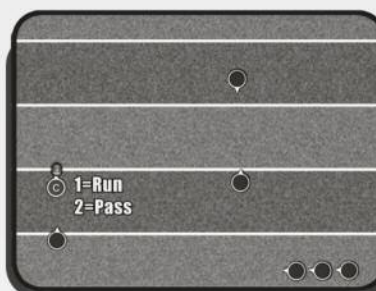
Read Pass/Read Run



01



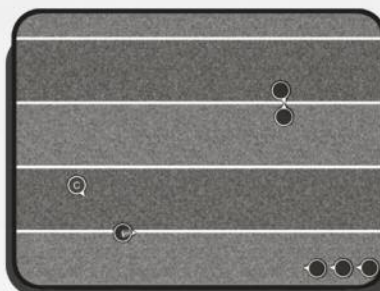
Rotate DBs to running back, wide-receiver and defensive back.



02



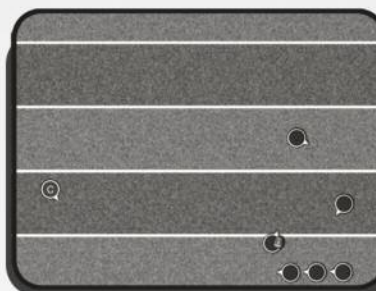
Coach signals to the offensive players a 1 (run) or 2 (pass).



03



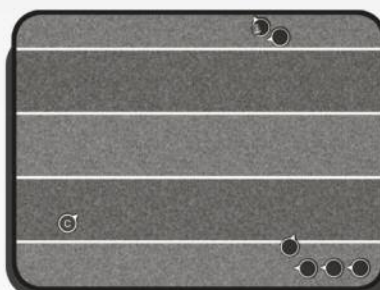
If coach calls "1," he snaps the ball and pitches it to RB on a sweep play.



04



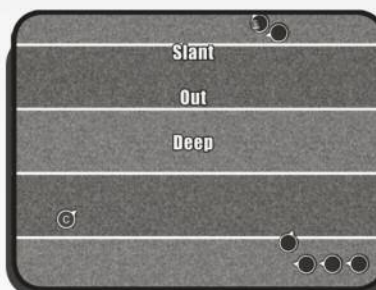
Once DB reads run, he comes up field and forces RB back to the inside.



05



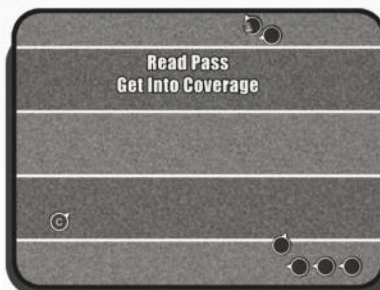
If coach calls "2," he snaps the ball, fakes a pitch and passes to WR.



06



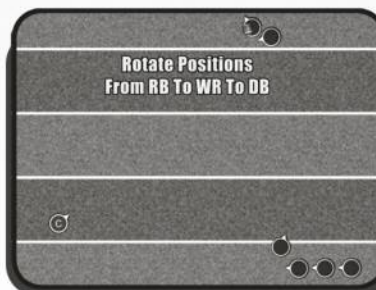
WR can run a slant, an out or deep pattern.



07



The DB must read pass and get into coverage.



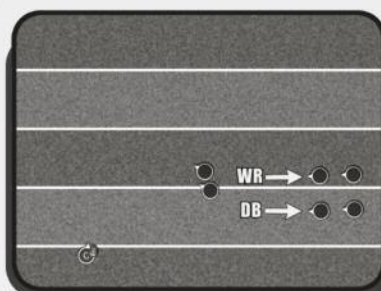
08



Players rotate through positions from RB to WR to DB.

Notes:

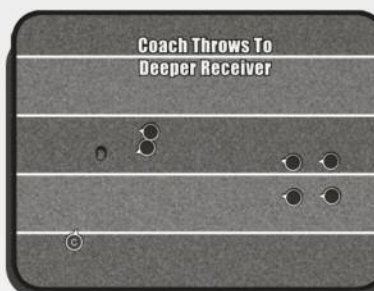
Strip the Ball



01



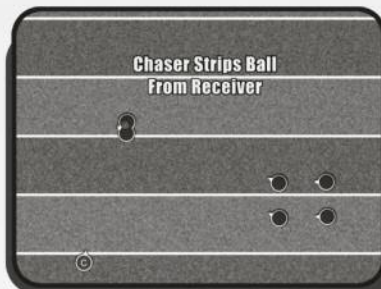
Divide DBs into 2 equal lines--one acts as receivers and the other as DBs.



02



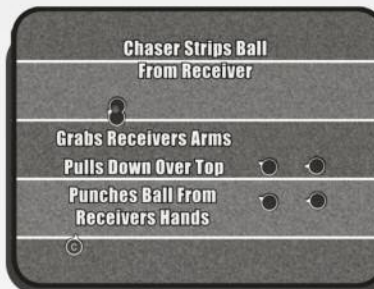
Both players take off and the coach throws the ball to the deeper receiver.



03



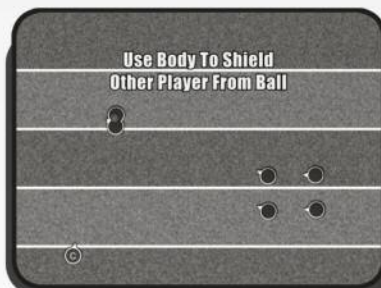
The chaser strips the ball from the receiver.



04



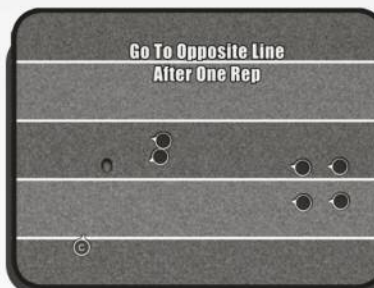
He grabs his arms, pulls down over top and punches ball out of receiver's hands.



05



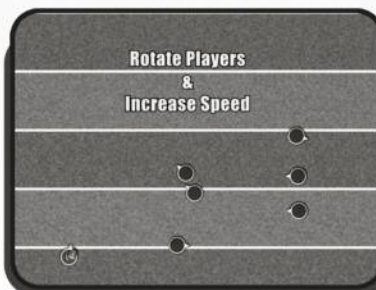
The DB and receiver use their bodies to shield the other player from the ball.



06



After one repetition, they go back to the end of the opposite line.



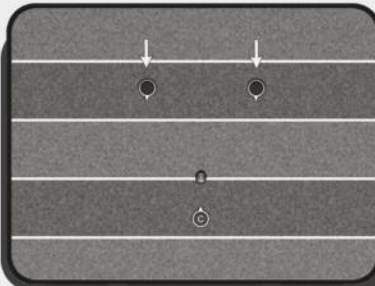
07



Rotate players through drill and increase the speed.

Notes:

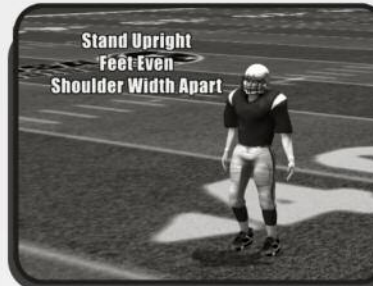
Strong Safety Stance



01



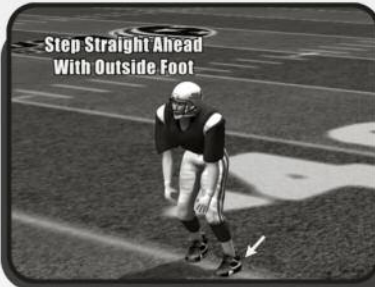
Align safeties over where a TE or wing back would be.



02



Stand upright, with feet even and shoulder width apart.



03



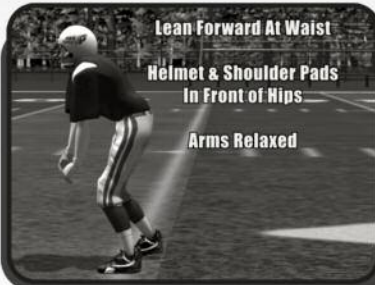
Step straight ahead with outside foot.



04



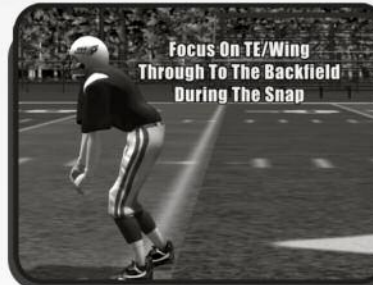
Place heel slightly ahead of toes on back foot.



05



Bend forward slightly at the waist. Helmet and shoulder pads in front of hips. Arms hang down in relaxed manner.



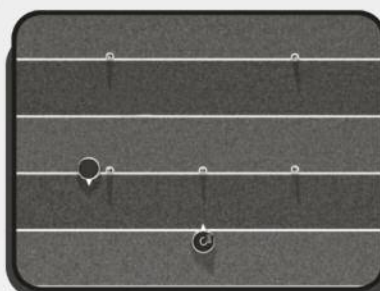
06



Focus on TE or wing, through to the backfield, as ball is snapped.

Notes:

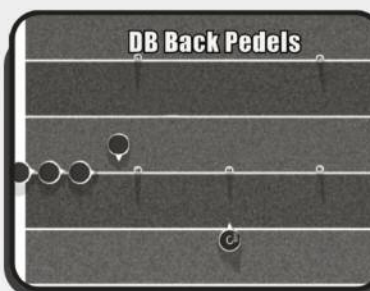
The Big W



01



DB faces the QB.

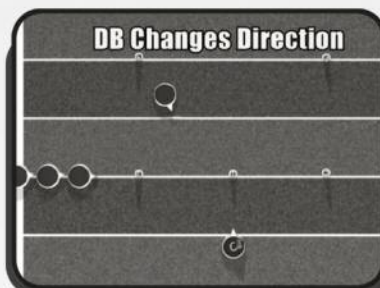


DB Back Pedals

02



The DB begins by executing back pedal in perfect form.

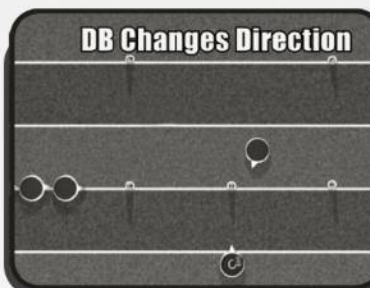


DB Changes Direction

03



At 10 yards the DB changes direction by breaking left toward the LOS at a 45-degree angle.

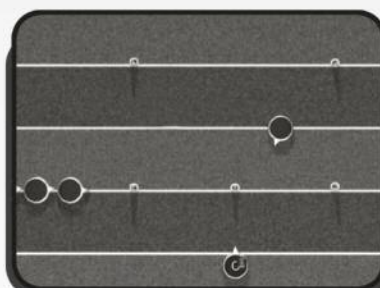


DB Changes Direction

04



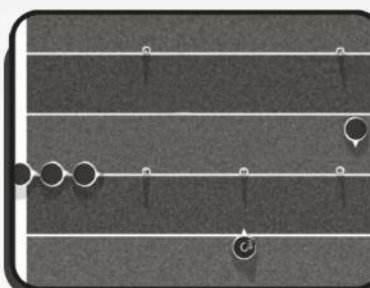
At LOS, the DB changes direction by breaking left at a 45-degree angle to same 10-yard depth.



05



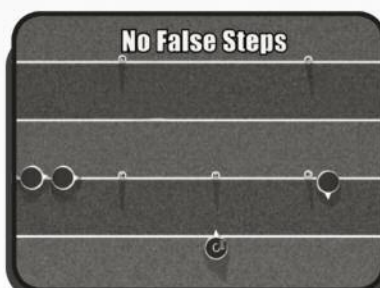
DB shortens stride and minimizes arm movement when changing directions.



06



At proper depth, the DB changes direction by coming straight down to the LOS.

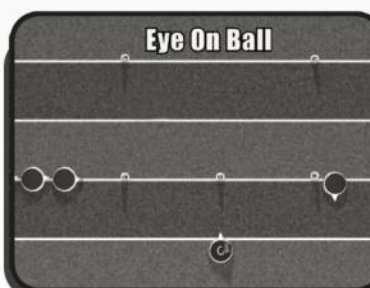


No False Steps

07



Footwork efficiency is important; the DB should take no false steps.



Eye On Ball

08



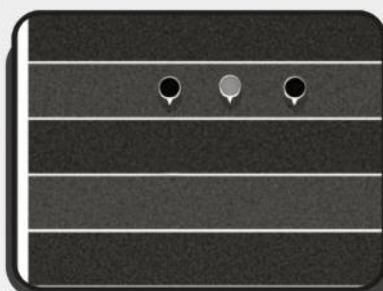
The DB must focus and keep his eyes on the ball.

Notes:



DRILLS

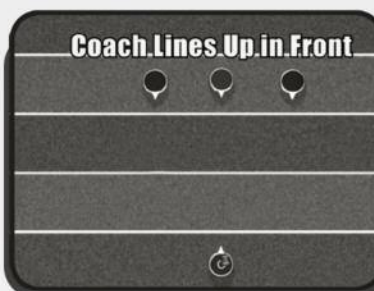
Zone Break



01



2 WR line up 10 yds apart and the DB splits the distance between them.

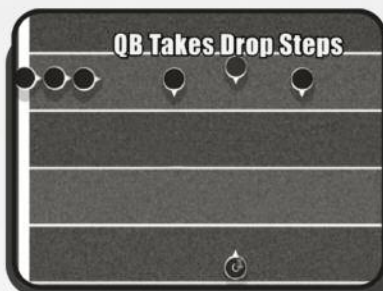


Coach Lines Up in Front

02



The Coach lines up 15 yards in front of the DB.

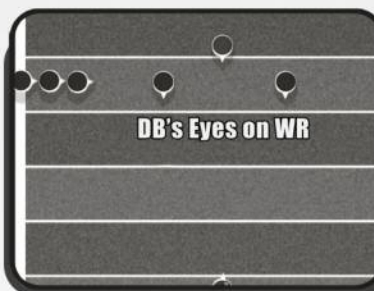


QB Takes Drop Steps

03



On ball movement, the QB takes a drop (3 or 5 step) and the DB pedals straight back.

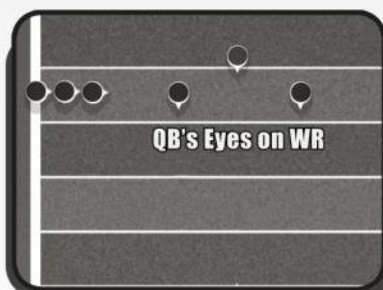


DB's Eyes on WR

04



On the break, the DB's eyes are on the WR.

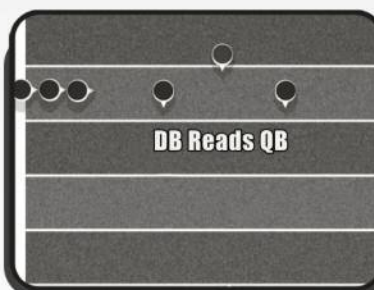


QB's Eyes on WR

05



As the QB sets, he turns his eyes and shoulders toward a WR.

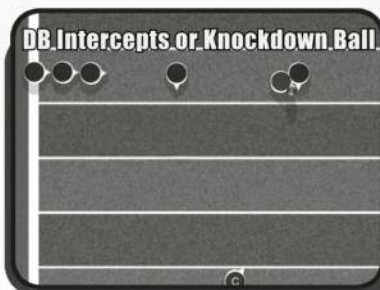


DB Reads QB

06



The DB reads the QB by checking his eyes and front shoulder.



DB Intercepts or Knockdown Ball

07



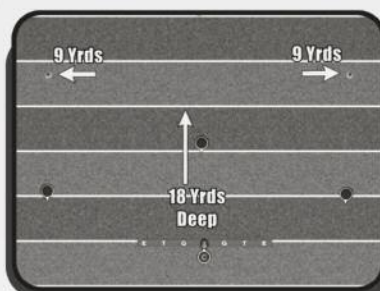
As QB's free hand comes off ball, DB plants and drives to intercept or knock down ball.

Notes:

For more useful tips on coaching youth football, log on to www.usafootball.com.

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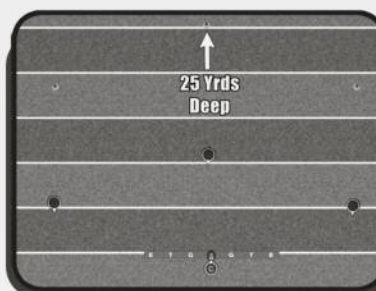
Zone Drop Drill



01



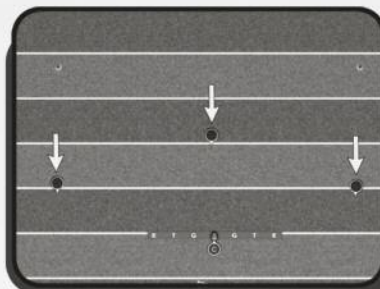
Place a cone 9 yards from each sideline and 18 yards deep.



02



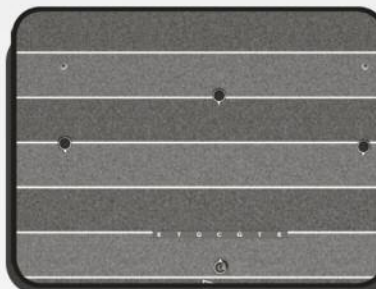
Place a 3rd cone 25 yards deep in the middle third.



03



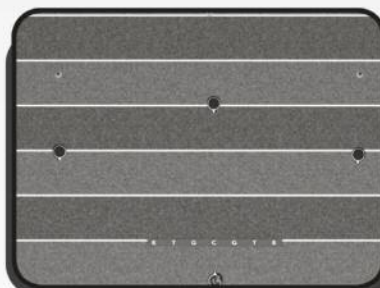
The 2 corners and free safety take proper stances and alignment.



04



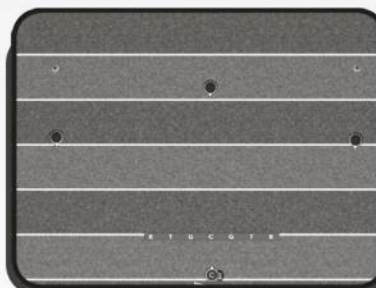
Coach snaps the ball and DBs take a pass drop.



05



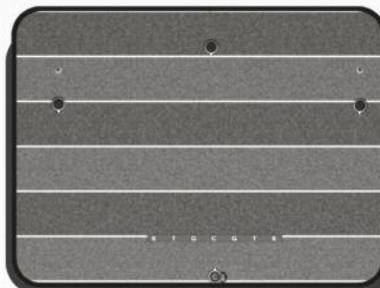
DBs execute their read steps.



06



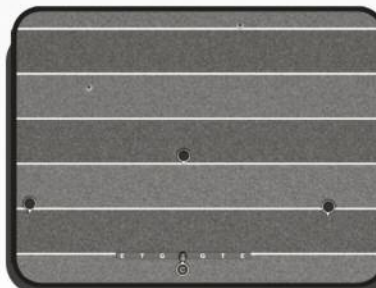
After read steps, coach raises the ball to signal a pass.



07



Once DBs read pass, they backpedal to their respective cones.



08



Perform the drill from different hash marks and adjust cones accordingly.

Notes: