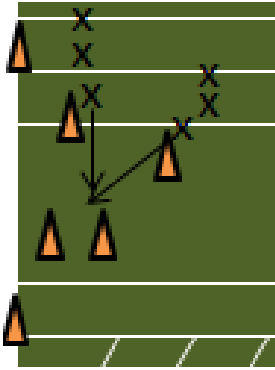


**Stations** – choose from the stations on the following pages to use at each practice.

## Station A - Defense/Tackle drills



**Pursuit – Ideal to run with five players rotating offense and defense each time**

Offensive Player starts with the ball near side line

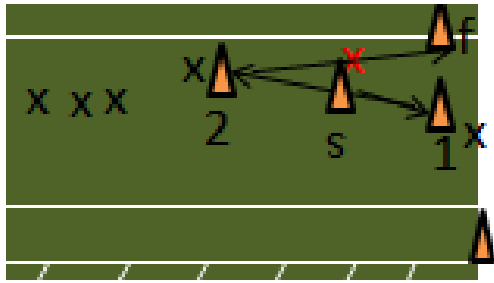
Defensive player starts 2 yards up and to the side of the Offensive player

Offensive player runs between two cones near the goal line

**Coaching point** - Defender takes the angle to the runner

If defender beats the runner to the cones, turn and square up with runner forcing them to run out of bounds or inside where there is more defensive help.

## Station B - Defense/Tackle drills



### **Shuttle flag pull - Ideal to run with three or four players rotating each time**

Defender starts where red X (s) is.

Two players stand at the other two cones.

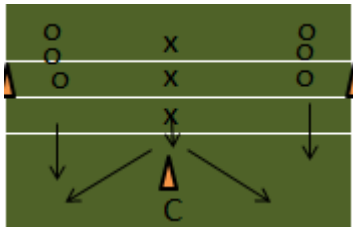
Defender moves to player at forward cone 1, pulls flag

Turns runs back to player at other cone 2, pulls flag

Then runs as fast as possible to through third cone (f).

Rotate through from Left to right

## Station C - Defense/Tackle drills



**Pursuit - Ideal to run with the whole team, may want to cut the field down in size and restrict where offensive players can run, should be able to get this drill moving pretty fast without a lot player down time**

Two lines of offensive Players ball in both lines.

Defensive players start in center facing offensive players.

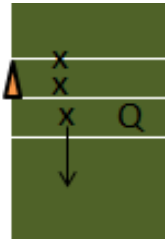
Coach (C) behind defensive says "go".

Defense starts to back peddle

Coach then points to one player or the other to run.

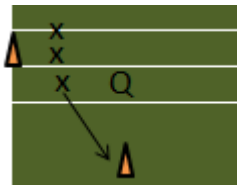
Player turns and pursues.

**Station D** - Receiving – Three routes – all three can be run at the same time, split team into three groups, rotate every 5-10 minutes



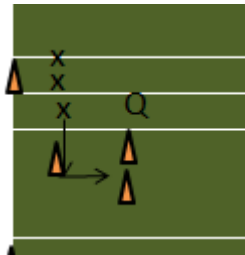
Coach is QB – player three steps looks back to the QB toss the ball

**Coaching point** – How to hold hands to catch the ball (diamond with pointer fingers and thumbs). Throw ball to hands, not an over the shoulder throw on this drill.



**Slant**

Place cone for kids to run to.



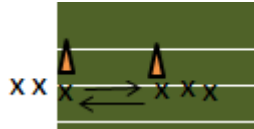
**IN**

3 yards/steps up the straight cut towards QB

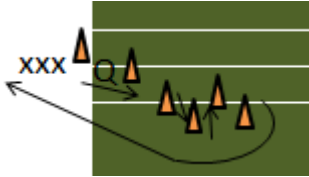
Place cone where to cut

Place two cones for runners to go through

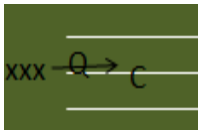
# Station E – Handoffs - Running



**Step one** – two line facing each other. First player starts with ball runs towards other line to receive the hand-off. That player should wait and concentrate on holding their hands before moving.

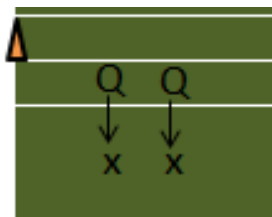


**Step two** – setup cones on both right and left side approx. 4 cones in the tight formation which will cause players to have to make good cuts through the cones.



**Step three** –Have players rotate at QB to practice the “hike” and exchange. Coaches simulate defensive position for player to run away from.

## Station F – Passing



### Coaching point – Arm and Shoulder

- Instruct how to hold football
- Shoulder turn when about to throw
- Elbow parallel to the ground
- Follow through

**Step one** - Two lines about 5 yards apart, player with ball on one knee throwing to other player - practice upper body mechanics of throw.

### Coaching point – Footwork

- How to stand - 70% weight on back foot (loading)
- Step forward - slightly out
- Unload turning the hips while moving weight forward
- Combine with motion from step one.

**Step two** - Stand up about 7 to 10 yards apart. Throw with proper stance and throwing motion. (if possible use other kids that have good mechanics as an example)

**Step Three** – Have kids run routes– Concentrate on throwing, leaving emphasis on catching in the receiving station. Teach how to lead the runner.

**Game – Competitive Shark and Minnow (5 minutes)**

Divide team into two groups

Put one group on each side

Os have to run through to next cones, Xs have to take flags.

Each team/group goes once; whoever gets the most flags win the round.

If there is time rotate X group over one, play again.

