

## Terminology

This card will assist you in the terminology you will encounter in your CoachDeck for Football

**LOS:** Line of scrimmage **RB:** Running Back

**QB:** Quarterback **WR:** Wide Receiver

**LB:** Linebacker **DB:** Defensive Back

**C:** Center (Snapper) **O:** Offense **D:** Defense

**R:** Right **L:** Left **Yd(s):** Yard(s) **Pt(s):** Point(s)

**Shuffle:** a player moving sideways by sliding their feet sideways without crossing over any legs or feet

**Handoff:** Player handing ball to another player on the same team

**Zone Coverage:** Defense in which defensive backs cover an area of the field, not an individual player

**Man-to-Man Coverage:** Defense in which defensive backs are covering a specific player

## How to Use CoachDeck

Tips to more effectively use the drills in this deck.

**Color-coding:** Each CoachDeck card is color-coded for instant recognition. **Gold** = Basics – These drills focus on the basic fundamental building blocks necessary for a strong team/player foundation **Blue** = Team – These drills focus on full team concepts **Green** = Offense – These drills mainly relate to offensive skills **Red** = Defense – These drills mainly relate to defensive skills

**Modify as you see fit:** Adjust drills for age level. Some drills call for players to be stationed a certain number of feet apart, but you may feel this is too short or too great a distance for your players. Other drills may require certain skills your players are not ready for. You can ask players to perform less challenging skills while maintaining the basics of each drill.

Many coaches like to use one card of each color, 10-15 minutes each, before working on the playbook. Another fun tip is to reward a player by letting them choose a card from the deck to do next.

**Key Points:** The "Key Points" are items you or your players need to know to maximize each drill's effectiveness.

**Make it a Game:** An ordinary drill turns exciting when turned into a competition. Nearly every drill in CoachDeck can be performed as a fun game your players will love.

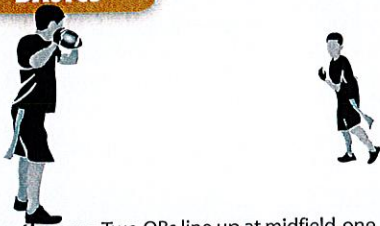
**Equipment:** Most CoachDeck drills require no special equipment beyond footballs and cones. Agile pads and a stopwatch may be helpful in some drills.

**No experience required!** The information in CoachDeck is presented so that even the most novice volunteer coach can run a Perfect Practice every time!

## PASSING LINES

Passing and Receiving Warm-up

### BASICS



**Where they go:** Two QBs line up at midfield, one throwing only to left side, other throwing only to right side. Two receiver lines (Inside WR and Outside WR) for each QB.

- Starting QB calls out route for Inside WR. Player runs route and catches pass. 2nd QB runs same play. Then first QB calls out route for Outside WR. Receivers run (not throw) ball back to QB and switch sides.

- Start with short routes, build to longer ones. Switch sides halfway through drill. 3rd or 4th QB's can rotate in with 2nd QB.

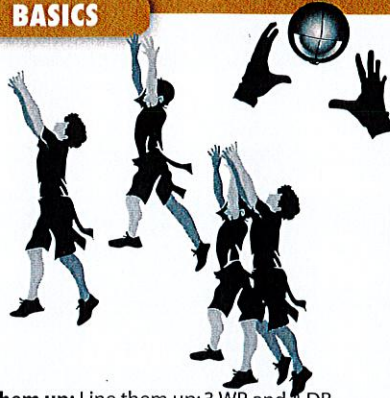
**Key Point:** Receivers run crisp routes, catch and tuck ball, run 10 yds after catch. Excellent pre-game drill.

**Make it a game:** Each QB counts how many passes completed by end of drill.

## HAIL MARY

Positioning on ball and strong hands

### BASICS



**Line them up:** Line them up: 3 WR and 4 DB playing deep. Cone placed 15-20 yds out, midfield.

- All players run toward cone. Coach throws ball high in air.

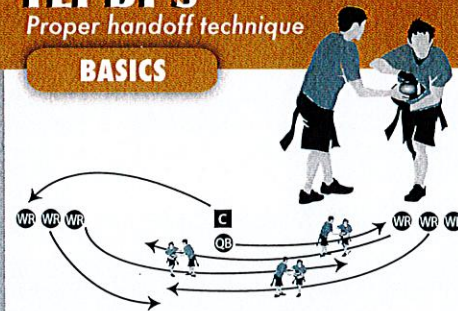
**Key Point:** Players should be taught to "high point" ball.

**Make it a Game:** Each catch one point for either offense or defense. First team to ten points wins.

## FLY BY'S

Proper handoff technique

### BASICS



**Line them up:** C in front of QB and a line of wideouts on both sides of ball.

- Ball snapped to QB who runs towards receiver on right of the ball.
- He/she attempts a handoff to receiver coming towards QB.
- As ball is snapped, C runs to left side of ball with that line of receivers.
- Handoffs between receivers will continue until coach blows whistle.

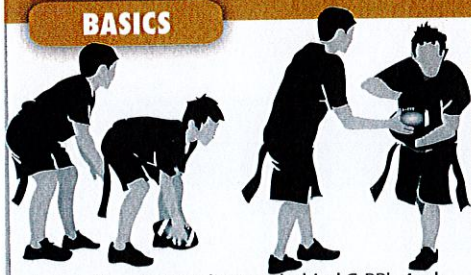
**Key Point:** Always handoff with ball away from defense.

**Make it a Game:** Count successful consecutive handoffs.

## SNAP DRILL

Taking snaps and hand-offs

### BASICS



**Where they go:** QB lines up behind C, RB's 4 yds back. QB calls cadence, C snaps to QB, who hands off either right or left to RB. QB should vary cadence to prepare team for games.

- If two centers and QB's, line up in opposing directions. RB's get hand-off, run across line of scrimmage, give ball to other center - rotate. Centers switch halfway through drill so QB's practice with both.

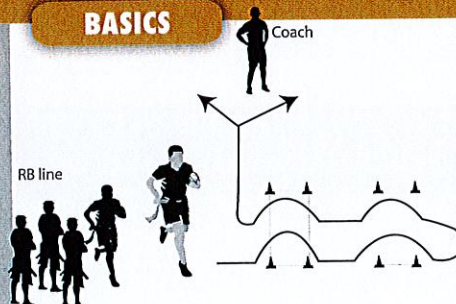
**Key Point:** QB's put pressure upward with top (throwing hand); RB's take hand-offs with left arm up when going right and vice versa. RB's eyes on where they're going, not ball.

**Make it a game:** First QB with 10 good snaps and hand-offs (no bobbles) wins.

## SHUFFLE STEP

Conditioning, proper running technique

### BASICS



**Line them up:** Line team up 5-7 yds left of 2 rectangles made of cones, narrow enough to jump over.

- Front 2 players in line have ball. On "go," first player runs sideways, hops over rectangles twice, back and forth, then runs to coach.
- Coach points or says what direction to run past, then player runs back in line.

**Key Point:** Staying on toes and keeping head up when running ball.

**Make it a Game:** Time individual players or time entire team.

## ROULETTE

Flag pulling, gap running

### BASICS



**Line them up:** Big circle of players with one player in middle.

- Coach throws ball to player in middle and calls out name of player who tries to take flag of player with ball.
- Player with ball tries to run through gap without getting flag pulled.
- Player who loses goes in middle. Change player if in middle 3 times.

**Key Point:** Be alert to different angles of defenders' approach.

**Make it a Game:** Every player's name called 3 times, undefeated players go to championship round.

## BLITZ DRILL

DL, DB's and LB's blitzes

### BASICS



**Where they go:** Cones or upside down plastic trash cans simulate O-line. Safeties, DL, and LBs line up multiple fronts and run blitz called by coach.

- Coach snaps a ball or simulates cadence so D can time blitz and not go offside.
- Advance the level by adding RB or QB, requiring blitzing players to find and adjust to ball.

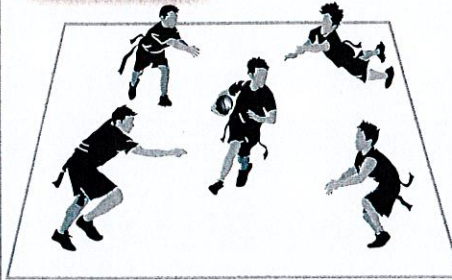
**Key Point:** Players start half-speed and build to full-speed.

**Make it a game:** Divide into two groups. Keep track of perfectly executed blitzes. Group with highest ratio wins.

## THE SWAMP

Flag pulling, evasive running

### BASICS



**Line them up:** Set up grid large enough to surround entire team. One player in the middle has ball and is surrounded by teammates.

- Player with ball runs within boundaries as long as he/she can until flag is pulled or out of bounds.
- Once player's flag is pulled, next player gets ball with 3s head start.

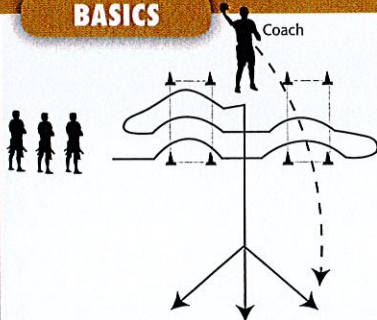
**Key Point:** Defenders learn to work together to trap runner.

**Make it a Game:** Who has longest time with ball?

## CHOP AND ROLL

Conditioning, proper running technique

### BASICS



**Line them up:** Line of players 5-7 yds from two rectangles made of cones.

- On "go," players run sideways, back and forth, over both areas.
- Before the player's 3rd time over area, coach says "center," "left," or "right." Coach or QB lobs ball up for player to catch.

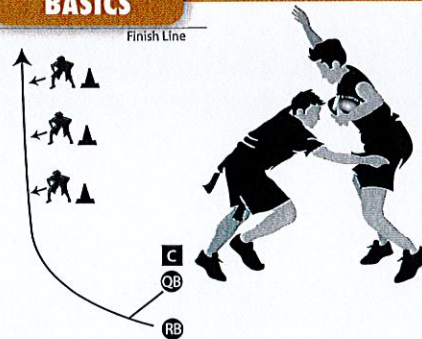
**Key Point:** Players must not step in rectangle.

**Make it a Game:** Catch pass, rest. Drop pass, back in line.

## CHEST UP

Using body to avoid tackle

### BASICS



**Line them up:** QB under C. RB 5-7 yds behind QB. 3 cones 5-10 yds apart down field. Defenders at each cone.

- QB hands off to RB. RB sprints past 3 cones, turning body so chest faces cones. Defenders try to grab a flag.

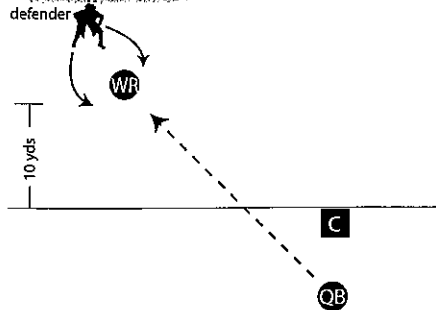
**Key Point:** Runners turn bodies to make it tough for defenders to grab flag. No flag guarding.

**Make it a Game:** Timed race. Add 2 seconds for each flag lost. Fastest time wins.

## DIME CITY

Throwing passes to avoid interception

### OFFENSE



**Line them up:** QB under C. WR 10 yds down field and defender 2-3 feet behind WR.

- WR cannot move feet. QB throws ball in front of WR so DB can't make a play on ball without penalty.

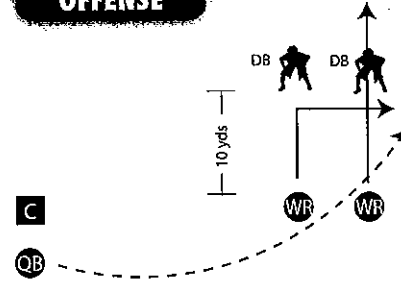
**Key Point:** Get QB and WR used to catching balls where DB's can't make a play on them.

**Make it a Game:** Count consecutive completed passes in front of WR. Add defenders for double/triple coverage.

## BAIT DRILL

Teach quarterback to read defenses

### OFFENSE



**Line them up:** QB under C. 2 WRs spread out on one side of ball. 2 DBs back 10 yds from WRs.

- Ball snapped to QB who waits to see if both DBs cover same WR, stay 1 on 1, or play a zone. If 1 on 1 or zone, throw to most open WR.
- QB tries to look off defenders and throw to open WR.

**Key Point:** WR's run different routes each time. Coach signals DB's if they are zone or man coverage before each snap.

**Make it a Game:** Consecutive passing record is...

## GUNSLINGER

QB warm-up

### OFFENSE



**Where they go:** QBs face each other at 10-15 yds. Start on one knee facing partner, (knee opposite throwing arm is down). QB starts with football on ground, brings it up by the ear using only throwing hand, throws to partner. After 10 throws, switch down knee.

- After 20 throws on knees, stand up, move 5 yds further apart, feet shoulder-width and parallel. Start with ball at waist, with two hands, bring up near ear and throw to partner, feet still.
- After 10 of these, QBs work on 3 step, step-up and throw.

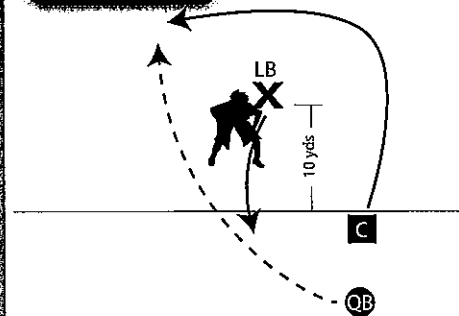
**Key Point:** Emphasize rotating waist and shoulders, hitting target.

**Make it a game:** QB gets 1 pt for throwing ball that is caught or should be. Lose point for throwing bad pass or dropping catchable pass.

## FFBR

Rushing the quarterback, passing under pressure

### OFFENSE



**Line them up:** QB under C. LB 10 yds from line of scrimmage.

- Ball snapped to QB, C runs short route to L or R.
- LB closes in on QB from same direction as route so the throw is tougher.

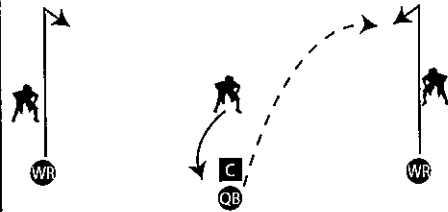
**Key Point:** Teach rusher to force QB into tough situation.

**Make it a Game:** Sack: 5 points/ throw away: 3 points/ across field incompletion: 3 points.

## HELP

Receivers running a help pattern for QB under duress

### OFFENSE



**Line them up:** One WR on each side of ball. Defender on each WR.

- Ball snapped to QB. WRs run 8-10 yds before coming back to catch ball.
- LB in middle rushes QB, tries to pull flag. Remaining 2 defenders must try to cover receivers.
- QB throws to first open receiver.

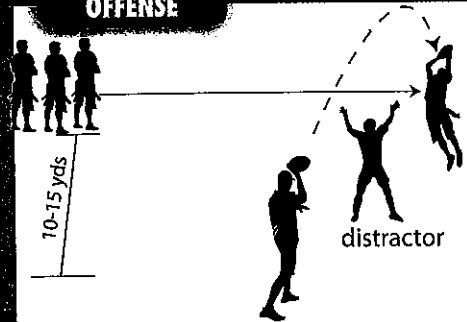
**Key Point:** Get WRs comfortable with quick passes and short routes.

**Make it a Game:** Completion = 5 pts for offense. Incompletion = 5 pts for defense. Sack or INT = 10 pts for defense. First to 50 pts.

## DISTRACTION-REACTION

Catching the ball while being distracted

### OFFENSE



**Where they go:** Receivers line up 10-15 yards from coach with defender on same path to cause a distraction.

- Receivers run on line parallel to LOS and coach. Coach throws ball just over waving arms of scout player. When all receivers have gone, line up again to come back other way. Rotate players to "Distracter."

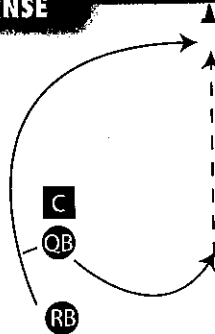
**Key Point:** Distracter does not touch ball or receiver.

**Make it a game:** Receiver drops pass, goes to Distracter.

## ROLLOUT TO RB

QB passing while rolling, RB catching

### OFFENSE



**Line them up:** RB 5-7 yds behind QB. Cone 15 yds in front of QB.

- Ball is snapped to QB who fakes to RB. RB runs to cone. QB rolls out opposite direction of fake and throws to RB.

**Key Point:** Allow RB to be comfortable becoming a WR from backfield and QB to be comfortable running out of pocket.

**Make it a Game:** Every drop = 5 pushups for both QB and RB.

## LINE OF FIRE

Catching while running toward the QB.

### OFFENSE



**Where they go:** Players line-up in a single file line about 25 yards from Coach/QB.

Player runs fast toward Coach/QB, who throws ball as hard as QB that age can throw. Player reacts, catches ball, runs it in to Coach/QB, then back in line.

Next turn, require players to break right or left at 45 degree angle and make catch. Player gets 2 hands on ball but no catch = back in line + 10 push-ups.

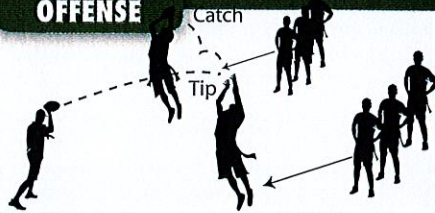
**Key Point:** Players should catch ball away from body. Soft hands, look it in, tuck it away.

**Make it a game:** Points for each catch. Most points wins.

## TIP DRILL

Catching a tipped ball while running toward the QB

### OFFENSE



**Where they go:** Players in two single file lines. "Catching Line" 25 yds away from Coach/QB; "Tip Line" 20 yds away.

Both players run full-speed at Coach/QB. Ball is thrown softly to tip player who "sets" it (like volleyball). Other player reacts, catches ball, runs it into Coach/QB.

Catch ball away from body, soft hands, look it in, tuck it away. Dive if necessary. Next turn, players break right or left at 45 degree angle, then tip and catch ball. Rotate lines.

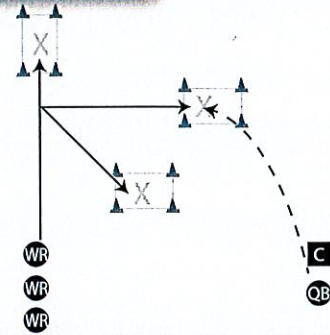
**Key Point:** If ball tipped high enough, should be caught at highest point.

**Make it a game:** Divide players into pairs. Rotate tipper and catcher after each rep. Ball dropped = out. See which pair is last in.

## X MARKS THE SPOT

Seam, cross and comeback routes

### OFFENSE



**Line them up:** QB under C. Line of WRs. Boxes set up where coach would like receivers to catch ball.

- QB and WR decide route. QB tries to complete pass to WR in a box.

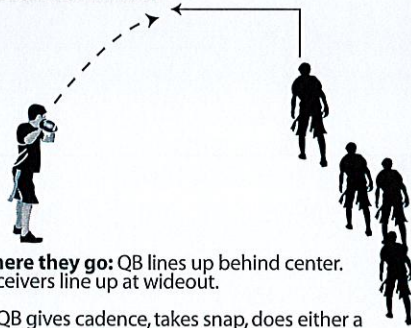
**Key Point:** QB's learn to lead receivers by throwing to box before WR there.

**Make it a Game:** Catch in seam box = 5 pts. Cross box = 3 pts. Comeback box = 1. Team gets 30 pts in 20 passes, no conditioning.

## SPRFT

Passing From Various Angles

### OFFENSE



**Where they go:** QB lines up behind center. Receivers line up at wideout.

- QB gives cadence, takes snap, does either a sprint-out, play-action/bootleg, roll-out, 5-step, or 3-step drop. Throws ball to indicated receiver.

- Start one direction, then switch so QB's throw both L and R.

**Key Point:** Rotate QBs and centers each rep to keep drill moving. Only one receiver at a time. On sprint-out, QB throws from same foot as throwing arm.

**Make it a game:** Each QB keeps track of completed passes. Highest % wins.

## SOFT HANDS

Catching the ball away from body

### OFFENSE



**Where they go:** Receivers line-up to coach's right, 5 yds away on LOS.

- Player runs straight out, half speed, looking at coach who throws an easy ball to catch. Catch with RT hand only, using fingertips. Secure next to body.

- After catching with one hand, use two hands, again using fingertips to catch it softly (no noise). Secure with claw grip, high and tight. Switch to left side.

**Key Point:** Catch ball with thumbs together when facing coach if ball is above waist. Pinkies together when facing away, (over the shoulder catch) or if ball is below waist.

**Make it a game:** Drop 1-handed catch, out. Catch it, back in line. Last man standing.

# HANDOFF RELAY

Proper handoff technique, conditioning

## TEAM



**Line them up:** Two sets of cones 20-30 yds apart. Two teams with half of each team facing each other behind a cone.

- On "Go", first player in line from each team races with ball to opposite cone where teammate awaits. After crossing cone, handoff to teammate who runs back to starting cone. Continue until final player crosses finish line.
- Ball dropped, pick up and keep going.

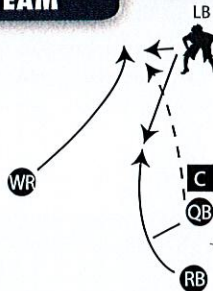
**Key Point:** Show ball early before handing off. Accept ball properly.

**Make it a Game:** Relay race. If few players, each can go twice.

# FAKE OUT

Linebacker reading pass or run

## TEAM



**Line them up:** QB under C. RB 5-7 yds behind. WR and LB 10 yds in front of C.

- Ball snapped to QB who either gives delayed handoff to RB or throws ball to WR as soon as he/she breaks route.
- Once LB sees QB throw ball or let RB run, they must either pull RB's flag or disrupt pass.

**Key Point:** LB must learn to play back before play is unfolding and not take bait of pass or run too early.

**Make it a Game:** Open field tackle: 2 points/ pass disruption: 2 points/ interception: 3 points.

# BREAKTHROUGH

Juking defenders, tackling

## TEAM



**Line them up:** One player in middle of circle of players. Players in circle at least 2 yds apart.

- Player in middle with ball around inside circle looking for gap to break through. Ten second time limit.
- Circle players move to close gaps. Try to pull flag. If runner gets through they then run around the outside trying to break back inside.

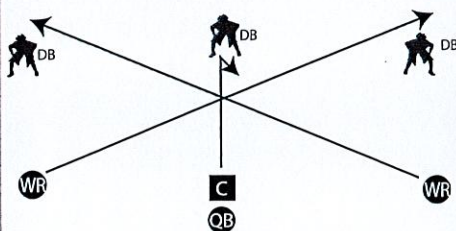
**Key Point:** Runner will need to make good fakes to find a hole.

**Make it a Game:** See which player has most breakthroughs.

# NEEDLE IN A HAYSTACK

Throwing into tight coverage

## TEAM



**Line them up:** 2 WRs and QB behind C. Line of 3 DBs.

- WRs run short routes crossing field. C runs 7-10 yds up and comes back.
- 3 DBs play man or zone coverage.
- Goal is to score TD in close game situations.

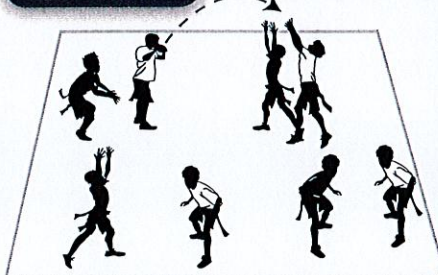
**Key Point:** Improve QBs' accuracy in tight coverages.

**Make it a Game:** Score TD = Go again.

# KEEP THE BALL

Evasive running, tackling, passing, catching

## TEAM



**Line them up:** Mark off section of field large enough for entire team. Should be tight, but not too narrow.

- Divide full squad into Team A and Team B. One team should have jerseys or something else to differentiate.
- First team starts with ball while coach begins counting out loud. Other team attempts to tackle player or intercept/knock down pass. Team with ball can run, or pitch or pass to each other.

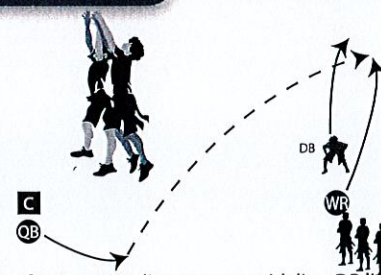
**Key Point:** If ball intercepted, dropped or hits ground, other team picks up and coach begins counting again.

**Make it a Game:** Team possessing ball longest wins.

# JUMP BALL

Battling for position on a thrown ball

## TEAM



**Line them up:** WR lines up near sideline. DB lines up on WR.

- Ball snapped to QB who rolls out of pocket, throwing ball downfield between WR and DB.
- WR and DB run downfield and battle for ball positioning as ball is thrown.
- WR becomes DB, DB goes to end of WR line.

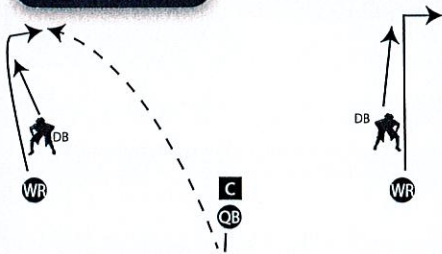
**Key Point:** Get WRs comfortable gaining ball positioning to make catch downfield.

**Make it a Game:** See which player makes most catches after five turns.

## POST CARDS

Offense and defense on pass routes

### TEAM



**Line them up:** QB right behind C. WR near both sidelines. DBs man to man on WRs.

- Ball snapped to QB, 3-step drop, throw to open WR.
- WR runs any route they want. Must step hard one direction and run other way to create separation from DB.
- WRs become DBs. DBs go to end of WR line.

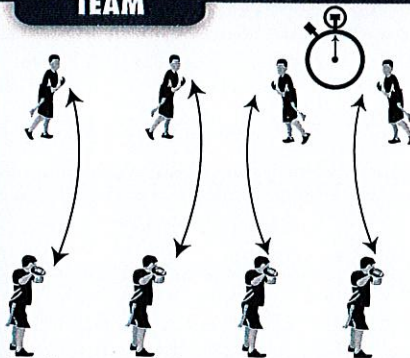
**Key Point:** Receivers have hard first step before breaking in and out of routes.

**Make it a Game:** Player who intercepts pass chooses any position to play.

## PASSING PARTNERS

Passing and catching

### TEAM



**Line them up:** Every player with a partner 5-10 yds away.

- Set stopwatch for one minute. On "Go" players pass back and forth as fast as they can.
- When time is up, see which team had most catches. Rotate to new partners, go again.

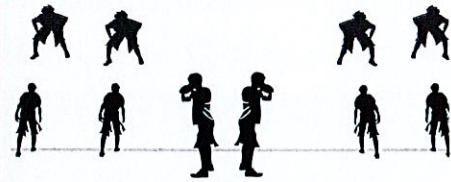
**Key Point:** Each team counts their own caught passes.

**Make it a Game:** Dropped pass or tackle, new player in at WR. Cross goal line, new player in at QB.

## ONE-ON-ONE

Running routes and catching against man coverage

### TEAM



**Where they go:** Two QB's line up at midfield. Four receiver lines, two on each side. Defender assigned to each line. Each WR runs route against defender.

- Rotate defenders and receivers as needed. Two-way players do drill both O and D.

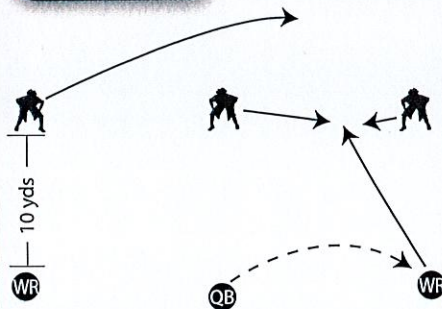
**Key Point:** Run only one receiver at a time. Allow quick coaching for both O and D before next route run. Mix up the man techniques (backpedal, press and bail).

**Make it a game:** Offense: Completion + 10 yds = 6 pts. Completion, less than 10 yds = 1 pt. Dropped pass = minus 1. Defense: Ball knocked down or stripped = 3 pts. Interception = 6 pts

## THREE ON THREE

Help defense

### TEAM



**Line them up:** QB at LOS with WR left and WR right. Each with defender lined up ten yds back.

- QB throws to either WR, who tries to run upfield.
- Defender from that side and middle converge and try to make tackle.

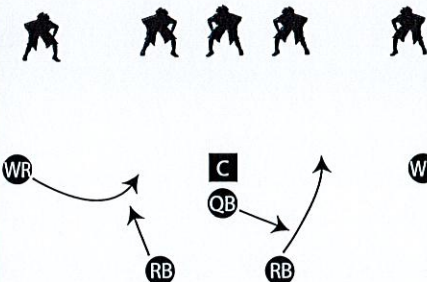
**Key Point:** Defender on side not thrown to should run back as safety valve.

**Make it a Game:** Defenders allow a TD, they go again until they make tackle.

## STONE WALL

Running against defense expecting a run

### TEAM



**Line them up:** Offense in any formation. Defense next to one another, 7 yds away from line of scrimmage.

- Offense can run any running play. Defense tries to allow as little yardage as possible.

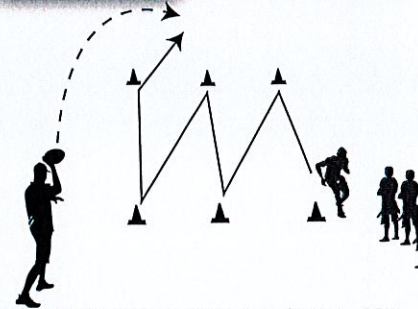
**Key Point:** Defense works to limit lanes available to RB.

**Make it a Game:** Hold offense to under 20 yds in 3 downs or offense wins.

## ROLL AND GO

Backpedaling to cover receiver

### TEAM



**Line them up:** 3 lines of cones 5 yds apart. QB 5 yds from last cone and defender at 1st cone.

- Defender will backpedal to cone behind him/he then run up to the next cone, repeating until they arrive at 3rd cone, then roll over and catch lob coach throws downfield.

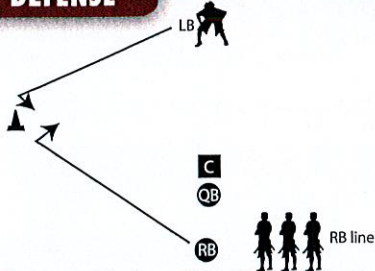
**Key Point:** Teach defenders to not allow WR to pass them in game.

**Make it a Game:** Make catch, go again. See who is last player standing.

## JUKE STEP

Open field tackling

### DEFENSE



**Line them up:** C in front of QB. RB 5-7 yds behind QB. LB 10-15 yds away from line of scrimmage in front of C.

- QB hands off to RB who runs upfield until they reach cone and has to make hard step one direction and run opposite direction.
- On "hike," LB runs up to that cone, plants, and tries to tackle runner without moving their feet.
- RB becomes LB, LB goes to end of RB line.

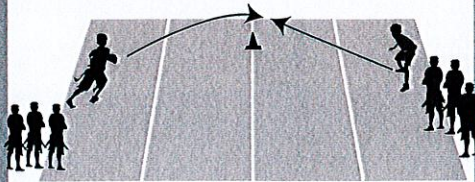
**Key Point:** Get players comfortable with strong first step.

**Make it a Game:** RB vs. LB

## CORNERS

Defending with sideline

### DEFENSE



**Line them up:** Line of defenders, line of runners 15-20 yds apart from each other. Place cone halfway between, two yds from sideline.

- On "go," runner tries to get through defender between cone and sideline. Defender tries to either tackle or force runner out of bounds.
- Offense goes to defense line, defense goes to offense.

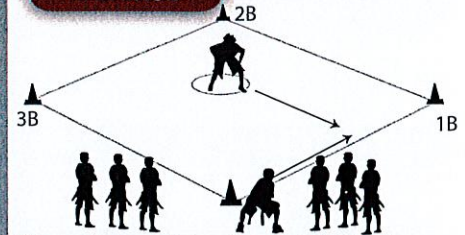
**Key Point:** Teach players to use sideline as extra defender

**Make it a Game:** Runner gets past defender, gets to stay on offense.

## BASEBALL

Angle and open field tackling

### DEFENSE



**Where they go:** Make a "baseball field" with cones 10 yds apart. RB starts at home plate, runs toward first base. Defender starts in middle (pitcher's mound), attempts to tackle RB.

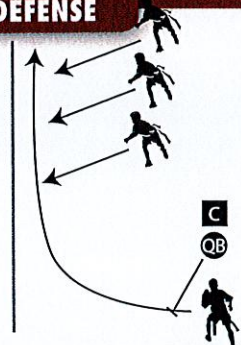
- RB can avoid tackle, but must stay in "baseline." RB safe if he gets to first base before being tackled. He may stay there or keep running to next base. Defender continues attempting tackle. When lead runner stays at base, new RB starts at home and new defender in middle. RB tackled between bases = 1 out and all other RB's go back to previous base.

**Make it a game:** Divide into two teams. Three outs (tackles), runners go to tacklers and vice versa. Play 5-inning game, see who scores most runs.

## OPEN SEASON

RB tries to get past all three

### DEFENSE



**Line them up:** QB under C. RB 5-7 yds behind QB. Three defenders 5-7 yds apart from each other.

- Ball snapped to QB who hands ball off to RB. RB runs down sideline.
- Three defenders run towards sideline, try to pull runner's flag. Flag puller goes to offense, runner goes to defense.

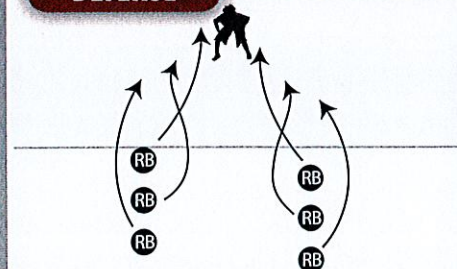
**Key Point:** Defenders work on taking proper angles.

**Make it a Game:** Which player can grab most flags?

## MATADOR

Reaction time pulling flags

### DEFENSE



**Line them up:** Defender 5 yds behind LOS. RB at LOS on left side. Another RB one yd behind LOS on right side. Continue staggering runners 2 yds back, total of six RBs.

- Coach calls "Go" and all runners sprint forward past defender close enough he can grab a flag.
- Defender counts how many flags pulled and goes to RB line. New player is defender.

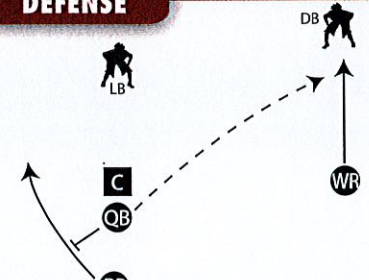
**Key Point:** Defender must shift right and left quickly as runners go by.

**Make it a Game:** Leading tacklers play off against each other for championship.

## MAGICIAN DRILL

Teach defenders to read fakes

### DEFENSE



**Line them up:** QB under C. WR split to side. RB 5-7 yds behind QB. LB 10 yds back and DB lined up 15 yds from WR.

- Ball snapped to QB who can either fake pass to receiver and hand off to RB, or fake handoff to RB and pass to receiver.
- QB can fake handoff, fake pass to WR and then pass to RB in flat.

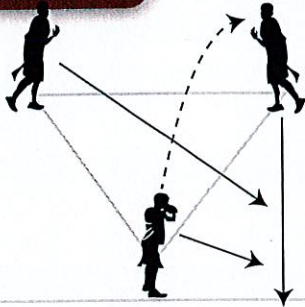
**Key Point:** Defense needs to read and react.

**Make it a Game:** How many times in a row can offense gain 10+ yds?

## TRIANGLE PICK

Passing, catching, tackling

### DEFENSE



**Line them up:** QB with two WR 5-10 yds downfield, 5-10 yds apart, forming triangle.

- QB throws straight pass to either player. Both QB and other WR now become defenders.
- Player catching ball tries to get past line where QB started.

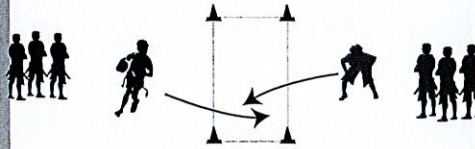
**Key Point:** QB can throw to either WR.

**Make it a Game:** Dropped pass or tackle, new player in at WR. Cross goal line, new player in at QB

## ZONE PULL

Aggressive tackling

### DEFENSE



**Line them up:** Create "Tackle Zone" with four cones in 3 yd x 6 yd rectangle. Two teams – Offense and Defense. Each team lines up 10 yds behind their side of rectangle.

- On whistle, first player from each team runs toward each other.
- Offensive ball carrier tries to get past defender.

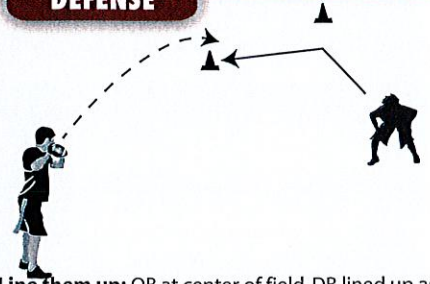
**Key Point:** Defender must run in with speed but control.

**Make it a Game:** Flag pulled before runner reaches zone = 5 pts. Flag pulled in zone = 3 pts. Flag pulled after zone = 1 pt. Runner gets by defender = 5 pts. Each team takes turn on offense and defense. Most points wins.

## ROUTE JUMP

Teaching defenders how to break in and intercept

### DEFENSE



**Line them up:** QB at center of field. DB lined up as if covering WR near sideline. Cones placed 10 yds downfield, one 5 yds from sideline, the other 7 yds

- On whistle, DB runs back to far cone. When DB reaches cone, QB throws pass to near cone. DB tries to intercept.

**Key Point:** DB's learn to cut off routes and intercept passes.

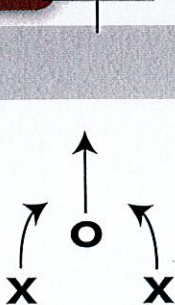
**Variation:** Same drill but QB throws deep sideline ball

**Make it a Game:** If QB can hit cone with ball, DB must sit out. DB knocks pass down = 5 pts. INT = 1 pts. First DB to 30 pts wins.

## RUNDOWN

Pulling flags in open field from behind

### DEFENSE



**Line them up:** Runner 3-5 yards in front of defenders. Boundary for TD area 10-15 yds away.

- Runner 1-2 yds in front of defenders.
- On "go", runner and defenders run full speed.
- Defenders try to grab runner's flag before runner crosses goal-line.

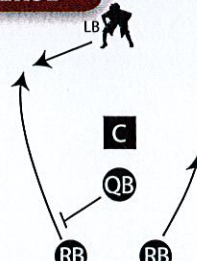
**Key Point:** Speed in game-time situations. Games decided by breakaway tackle or TD.

**Make it a Game:** Runner vs. defenders.

## SPLIT BACKS

One-on-one

### DEFENSE



**Line them up:** C on ball. QB 5-7 yds back. 1 RB on each side of QB. LB 7-10 yds away from line of scrimmage.

- Ball hiked to QB who fakes or hands off to a RB. Both RBs run upfield.
- LB pulls flag of RB/ QB with ball.
- C becomes LB, RB becomes other RB or C, LB goes to end of RB line.

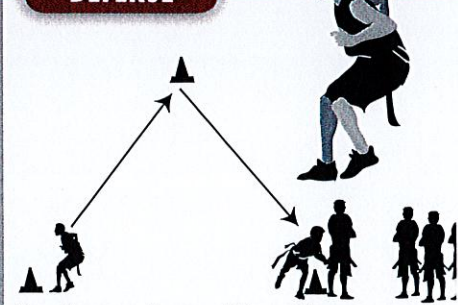
**Key Point:** Allow QBs and RBs to get comfortable with fake handoffs and selling play to defense.

**Make it a Game:** Which defender pulls most flags after 10 repetitions.

## STOP N GO

Tackling, rushing passer

### DEFENSE



**Line them up:** 3 cones, 5 ft apart from one another. Player starts at 1st cone.

- Defender backpedals toward cone behind them then sprints and pulls flag of player standing at last cone.

• Defender becomes player at last cone, player at last cone goes to end of defender line.

**Key Point:** Backpedal with knees bent, chest over feet, body low.

**Make it a Game:** Fastest time wins.