



# SKILLS THROUGH CONDITIONING DRILLS

Farmington Youth Football Association  
2025

# DRILLS

## **SPEED & AGILITY**

1. Stops & Starts
2. Cone Agility
3. Ball Pushups
4. Hex Jumps
5. Med Ball High Knees
6. Resistance Running
7. Cone Conditioning
8. Ladder Hops to Carioca

## **BALL CARRIER**

1. Jump Cut
2. Shuffle & Switch
3. X
4. Hop & Switch

## **RECEIVING**

1. Around the World
2. Goalie
3. Wall Catch
4. Blind Sides
5. Route Tree Agility
6. Resistance Running
7. Cone Conditioning
8. Ladder Hops to Carioca

## **PASSING**

1. Arm Warmup
2. Circle
3. Pocket Presence
4. Pressure Escape
5. Sudden Change
6. Solve the Problem

## **KICKING**

1. Field Goal Footwork
2. No Step
3. Follow Through
4. Hop & Switch



SPEED & AGILITY

# STOP & STARTS

- **PURPOSE:**

Develops straight-line speed, acceleration, and deceleration.

- **TIPS & VARIATIONS:**

- Can also be done with a side shuffle or carioca step.
- Keep hips low, head up, and maintain control during direction changes.

# Execution

## SETUP:

- Line up 5 cones in a straight line, 5 yards apart.
- Line up at the 1st cone.

1. Sprint forward to the 2nd cone, then backpedal to the 1st cone.
2. Sprint to the 3rd cone and backpedal to the 1st cone.
3. Continue this pattern until sprinting to and from each cone.

# CONE AGILITY

- **PURPOSE:**

Enhances speed, agility, and acceleration.

- **TIPS & VARIATIONS:**

- Chop feet down at each turn to reduce injury risk.
- Keep head up.
- Can incorporate backpedaling, sidestepping, or carioca.

# Execution

## SETUP:

- Place 4 cones in a box shape, 5 yards apart.
- Line up at the bottom right cone.

1. Sprint to the top right cone, go around it, and sprint diagonally to the bottom left cone.
2. Round the bottom left cone and sprint to the top left cone.
3. Round the top left cone and sprint back to the bottom right cone.

# BALL PUSHUPS

- **PURPOSE:**

Builds grip, core, and upper body strength.

- **TIPS & VARIATIONS:**

- Start with one hand on the ball, the other on the ground.

- Try push-ups with both hands on a single football.

# Execution

## SETUP:

- Place a football under each hand while in a push-up stance.

1. Perform push-ups while keeping the body aligned.
2. Lower chest just above the balls and push back up.
3. Complete 10 reps, rest, and do 30 total push-ups.

# HEX JUMPS

- **PURPOSE:**  
Improves footwork, reaction time, and agility.
- **TIPS & VARIATIONS:**
  - Try using one leg at a time.

# Execution

## SETUP:

- Draw a hexagon with 1-foot-long sides using tape or chalk.
- Player starts inside the hexagon.

1. Jump forward over the front line and back to the center.
2. Jump diagonally over the top right line and back.
3. Continue clockwise, then repeat counterclockwise.
4. Perform for 45 seconds, rest for 30 seconds, and repeat.

# MED BALL HIGH KNEES

- **PURPOSE:**

Develops core strength and conditioning.

- **TIPS & VARIATIONS:**

- Beginners can start with a high knee march.
- Drive knees up to thigh level.
- Can be done with a walking lunge or high knee skip.

# Execution

## SETUP:

- Use an agility ladder on a flat surface.
- Player starts at one end holding a medicine ball overhead.

1. Perform high knees through the ladder while holding the ball overhead.
2. Turn around and return.

# RESISTANCE RUNNING

- **PURPOSE:**  
Enhances agility, balance, and lower body strength.
- **TIPS & VARIATIONS:**
  - If no partner or resistance band is available, perform the drill on a hill.

# Execution

## SETUP:

- Use a resistance band or rope around the waist.
- Arrange 4 cones in a diamond shape, 5 yards apart.
- Assign a number to each cone.

1. Partner calls out a cone number (e.g., "Two!").
2. Player sprints to the cone, stops, and backpedals to start.
3. Repeat for 1 minute, rest for 30 seconds, and continue.

# CONE CONDITIONING

- **PURPOSE:**  
Improves conditioning and endurance.
- **TIPS & VARIATIONS:**
  - Adjust sprint distances and reps based on fitness level.

# Execution

## SETUP:

- Set up 2 cones 40 yards apart.

1. Do 10 squat jumps at Cone 1.
2. Sprint to Cone 2, do 10 sit-ups.
3. Sprint back to Cone 1, do 10 burpees.
4. Sprint to Cone 2, do 10 push-ups.
5. Sprint to Cone 1, do 10 mountain climbers.
6. Sprint to Cone 2, do 10 jumping jacks.
7. Sprint to Cone 1, do 10 sit-ups.
8. Sprint to Cone 2, do 10 push-ups.
9. Finish with a final 40-yard dash.

## LADDER HOPS TO CARIOCA

- **PURPOSE:**  
Enhances lateral agility, balance, and explosiveness.
- **TIPS & VARIATIONS:**
  - Try forward-facing hops.
  - Perform high knees, one-footed hops, or sprints instead of carioca.

# Execution

## SETUP:

- Set up an agility ladder on a flat surface.
- Place a cone 20 yards beyond the ladder.

1. Hop laterally in and out of each ladder square.
2. At the end, perform carioca to the cone and back.
3. Hop back through the ladder.



BALL CARRIER

# JUMP CUT

- **PURPOSE:**

Improves jump cut footwork, balance, acceleration, and deceleration.

- **TIPS & VARIATIONS:**

- When cutting right, plant the left foot hard and explode laterally while keeping hips and shoulders facing downfield (and vice versa).
- Players should carry the ball in their outside hand.
- Increase acceleration distance to 7-10 yards as players progress.
- Widen the jump cut zone from 1 yard to 1.5 yards.

# Execution

## SETUP:

- Use 4-7 cones.
- Place one cone at the starting position and another 5 yards in front.
- Create a T-shape by placing cones 1 yard to the left and right of the second cone.

1. Player accelerates forward from the first cone to the second.
2. At the second cone, perform a lateral jump cut, then accelerate up the field for 5 yards.
3. Repeat the drill.

# SHUFFLE & SWITCH

- **PURPOSE:**

Enhances ball security, center of gravity control, and maintaining squared shoulders.

- **TIPS & VARIATIONS:**

- Add a defender with a blocking pad to force a final move before the sprint.

# Execution

## SETUP:

- Lay down 4-6 agility bags or pool noodles, 2-3 yards apart.
- Start at one end holding a football.

1. Accelerate toward the first bag, make a move, and jump cut left.
2. Sprint to the next bag, shuffle across while keeping shoulders north/south.
3. At each bag's end, explode forward and cut back inside while switching the ball to the outside hand.
4. After the last bag, explode forward for another 5-10 yards.

X

- **PURPOSE:**

Improves agility, balance, and the ability to recover after a stumble.

- **TIPS & VARIATIONS:**

- Finish with a juke or stiff arm move.
- A partner can replace the dummy, providing light defensive pressure to force the runner to react.

# Execution

## SETUP:

- Place 4 agility bags, pool noodles, or gym bags in an X pattern.
- Set up two more bags 3-4 yards away and a stand-up dummy or obstacle another 3-4 yards past them.
- Player starts with a football in one hand and their free hand down in the center of the 'X.'

1. Player rotates through the bags, keeping one hand down and cycling both feet through each section of the 'X.'
2. After completing one full rotation, player stands up and runs over the two flat bags using high knees.
3. Player finishes by spinning off the dummy and sprinting 5 yards.

# HOP & SWITCH

- **PURPOSE:**  
Develops balance, explosion, and ball control while switching hands.
- **TIPS & VARIATIONS:**
  - Focus on a strong push-off and secure ball handling, rather than speed.

# Execution

## SETUP:

- Player starts on the right leg, with the ball in the right hand and the left hand touching the ground.

1. Player pushes off the right foot and left hand, jumping into the air while switching to the left foot.
2. In mid-air, the player switches the ball to the left hand and extends the right hand toward the ground.
3. Repeat for 20 yards.
4. Rest and return to the start, hopping back another 20 yards.



RECEIVING

# AROUND THE WORLD

- **PURPOSE:**

Improves hand-eye coordination and catching from different angles.

- **TIPS & VARIATIONS:**

- For an extra challenge, start lying on your stomach and flip onto your back to make the catch on your partner's signal.

# Execution

## SETUP:

- Lie on your back while a partner stands a few yards away with a football.

1. Partner circles around the player, throwing a pass every second step.
2. Player catches and immediately tosses it back.
3. Complete two full circles—one clockwise and one counterclockwise.

# GOALIE

- **PURPOSE:**

Focuses on catching difficult, off-target passes.

- **TIPS & VARIATIONS:**

- Start with simple five-yard routes, then progress to deeper, more difficult patterns.

# Execution

## SETUP:

- Grab a partner to pass. Set up a net, wall, or fence 10-15 yards downfield to stop errant throws.

1. Passer snaps the ball, and the receiver runs a route in front of the net.
2. Passer throws high, low, or behind the receiver.
3. Receiver must adjust and make the catch.
4. Repeat.

# WALL CATCH

- **PURPOSE:**

Develops reaction time and hand coordination.

- **TIPS & VARIATIONS:**

- Increase difficulty by using one-handed catches.
- Use a tennis ball for an advanced challenge.

# Execution

## SETUP:

- Stand facing a wall with your back to your partner.

1. Partner throws the ball off the wall unexpectedly.
2. Player reacts and catches the ball on the rebound.
3. Return the ball and repeat for 10 total catches.
4. Complete another set.

# BLIND SIDES

- **PURPOSE:**

Improves reaction time, catch radius, and body control.

- **TIPS & VARIATIONS:**

- Increase difficulty by increasing distance, throwing harder, or using one-handed catches.

# Execution

## SETUP:

- Stand 10 yards away from a partner with your back turned.

1. Start by looking over your left shoulder while keeping your partner just in your peripheral vision.
2. Partner throws the ball just off your right shoulder.
3. As the ball is released, snap your head around to locate and catch the ball.
4. Repeat for 10 catches on each shoulder.

## ROUTE TREE AGILITY

- **PURPOSE:**

Develops agility, footwork, and route-running precision.

- **TIPS & VARIATIONS:**

- Can be modified using side shuffles or carioca steps.
- Emphasize low hips, controlled movement, and proper head positioning.

# Execution

## SETUP:

- Set up six cones in a zig-zag pattern, each five yards apart.

1. Start at the first cone and use a foot fire or a juke to get off the line.
2. Run a slant to the second cone.
3. Cut downfield to the third cone.
4. Make an out cut, sitting down at the fourth cone and facing the ball.
5. Explode downfield, break-in at the fifth cone, and sprint toward the sixth cone.
6. Execute a double move at the sixth cone, then run a deep post around the final cone.
7. If playing with a partner, make a catch after passing the last cone.



PASSING

# ARM WARMUP

- **PURPOSE:**  
Develops proper throwing mechanics, release, and warms up the arm.
- **TIPS & VARIATIONS:**
  - Continue moving back 5 yards every 5 throws until you can no longer make a strong throw while keeping your feet planted.

# Execution

## SETUP:

- Quarterback starts on one knee, facing a partner 5 yards away.

1. Throw 10 passes while focusing on mechanics.
2. Stand up and move back to 10 yards, keeping feet planted shoulder-width apart.
3. Throw another 10 passes, using torso rotation for power.

# CIRCLE

- **PURPOSE:**

Improves throwing accuracy while on the move.

- **TIPS & VARIATIONS:**

- Can be performed with a side shuffle or carioca step.
- Keep hips low, head up, and maintain control when changing direction.

# Execution

## SETUP:

- Place a single cone on the ground.
- Quarterbacks stand 5 yards apart, facing each other.
- Have multiple footballs ready to avoid downtime.

1. First QB begins in an athletic stance, throws a pass, then runs to the right.
2. Both QBs run in a circle, maintaining a 10-yard cushion while passing back and forth.
3. After 30-60 seconds, take a break, then switch direction.

# POCKET PRESENCE

- **PURPOSE:**  
Works on pocket movement and keeping eyes downfield.
- **TIPS & VARIATIONS:**
  - A partner can cue the QB on which side pressure is coming from.

# Execution

## SETUP:

- Place two hula hoops 5 yards behind the line of scrimmage, 2 yards apart.
- If working alone, place two garbage cans 10-15 yards downfield as targets.

1. QB starts at the line of scrimmage, snaps the ball, and takes a 5-step drop between the hula hoops.
2. QB plants, then hitches up to avoid the pass rush before resetting in the pocket.
3. After resetting, QB locates the target and makes an accurate throw.

# PRESSURE ESCAPE

- **PURPOSE:**  
Teaches QBs how to escape pressure while keeping eyes downfield.
- **TIPS & VARIATIONS:**
  - Start with isolated footwork drills before adding the drop-back and throw.

# Execution

## SETUP:

- QB starts at the line of scrimmage with the ball.
- Place two hula hoops 5 yards behind the QB, 1 yard apart.
- If practicing alone, set up 1-3 targets downfield; otherwise, have receivers ready.

1. QB snaps the ball and takes a 5-step drop.
2. After planting, QB simulates feeling pressure up the middle.
3. QB pushes off with the dominant foot, stepping outside the pocket to their weak side.
4. QB lands on their plant foot and immediately transitions into a throwing motion.

# SUDDEN CHANGE

- **PURPOSE:**  
Improves footwork, target recognition, and quick decision-making under pressure.
- **TIPS & VARIATIONS:**
  - Maintain balance, open hips, and release the ball confidently.

# Execution

## SETUP:

- Place two hula hoops 3-5 yards behind the QB, 1 yard apart.
- Have two receivers (or targets) 10-15 yards downfield on both sides.

1. QB snaps the ball and takes a 5-7 step drop.
2. On the last step, QB quickly turns 180 degrees to face up field.
3. Coach (or self) identifies the receiver, and QB makes a quick, accurate throw.

# SOLVE THE PROBLEM

- **PURPOSE:**

Develops a QB's ability to process information while dropping back.

- **TIPS & VARIATIONS:**

- Change receiver locations and math problems for variety.
- Add hula hoops to simulate a pocket for an extra challenge.
- If receivers are available, have them run real routes.

# Execution

## SETUP:

- Line up five cones in a straight line, 5 yards apart.
- Set up three or more targets using trash cans, players, or other objects.
- Assign each target a number (Primary = 1, Secondary = 2, Tertiary = 3).
- A coach provides math problems during the drill.

1. QB starts the drop back. As they move, the coach calls out a simple math equation (e.g.,  $1+3-2$ ).
2. QB solves the problem while finishing the drop, plants, and throws to the correct receiver (e.g., answer = 2).



KICKING

# FIELD GOAL FOOTWORK

- **PURPOSE:**

To refine kicking footwork, enhance efficiency, and build comfort in the motion.

- **TIPS & VARIATIONS:**

- The standard approach for setting up a field goal kick is taking three large steps backward and two small steps to the side (left for right-footed kickers).
- Even though this is a footwork drill, maintain a natural backswing, follow through on the kick, and land in a balanced position.

# Execution

## SETUP:

- Place a kicking tee where the ball would be positioned.
- Mark key spots with tape: your starting position, your first step, and your plant foot location.

1. Start with your kicking foot, stepping in a straight line toward the ball. Keep your foot slightly open, pointing at approximately 1 or 2 o'clock relative to the tee.
2. Place your plant foot about a foot away from the football, ensuring it's aligned with the ball.
3. Begin at the tee, take your setup steps, and practice executing the footwork, finishing with a kick.
4. Repeat the drill to develop consistency.

# NO STEP

- **PURPOSE:**

To improve foot-to-ball contact and serve as a warm-up for the kicking leg.

- **TIPS & VARIATIONS:**

- At the moment of impact, focus on three key aspects: keep your body upright, maintain a straight kicking knee, and angle your foot slightly outward (around 2 o'clock).
- Aim to strike the ball with the top of your instep, hitting the “sweet spot” about one-third of the way up from the bottom of the football.

# Execution

## SETUP:

- Position a football on a kicking tee. Stand with your plant leg a couple of feet from the tee, as if you've already taken your plant step.

1. Extend your kicking leg slowly toward the football, finding the ideal contact point.
2. Ensure you are stable and balanced on your plant foot.
3. Reset by bringing your kicking foot back down and getting into a comfortable stance.
4. Take a natural backswing and strike the ball cleanly, transferring your weight through the kick while maintaining balance.

# FOLLOW THROUGH

- **PURPOSE:**

To develop consistent, natural kicking mechanics while improving accuracy and power.

- **TIPS & VARIATIONS:**

- Initially, take your setup steps to find the ideal starting position, but after that, focus on isolating the kicking motion rather than resetting every rep.
- This drill emphasizes a smooth, natural kicking motion that translates well into real game situations.

# Execution

## SETUP:

- Place a football on a tee at the intersection of the sideline and end zone. Align the goal line with your target.
- Position three cones several yards from the tee on the plant foot's side.

1. Line up a few steps behind the tee.
2. Approach the ball with your usual two-step motion and execute the kick.
3. After following through, your kicking foot should be aligned with the third cone, pointing directly at it and remaining parallel to the goal line.