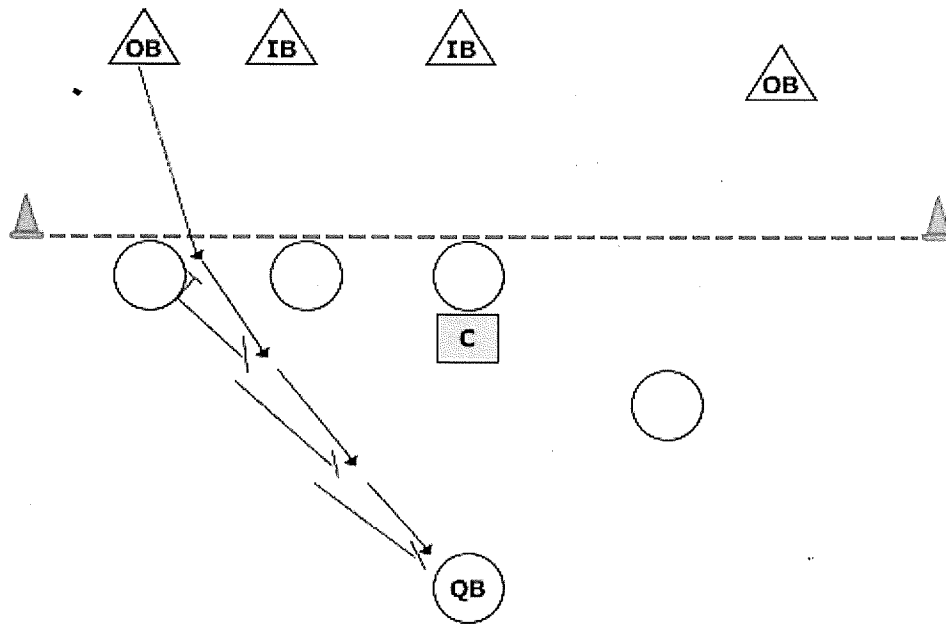


# Bull Pass Rush Drill

24

<b>Purpose:</b>	To teach linebackers the bull rush technique for pass rushing
<b>Number of Players:</b>	All Linebackers
<b>Equipment:</b>	Shorts or Full Pads
<b>Time:</b>	2 minutes/everyday



## Drill Execution:

- 1) Coach designates which LB and blocker will run the drill, only one pair at a time will run the drill.
- 2) Prior to starting the drill the LB should picture the spot where the QB will be setup once the play is run.
- 3) On the "HUT" command the blocker sets up to pass block.
- 4) The LB watches the ball snap and begins his blitz and see the offensive linemen setting up to pass block.
- 5) Once the LB has pushed the blocker back to the target area the coach blows the whistle or calls "STOP"
- 6) Rotate, switch sides or repeat as required.

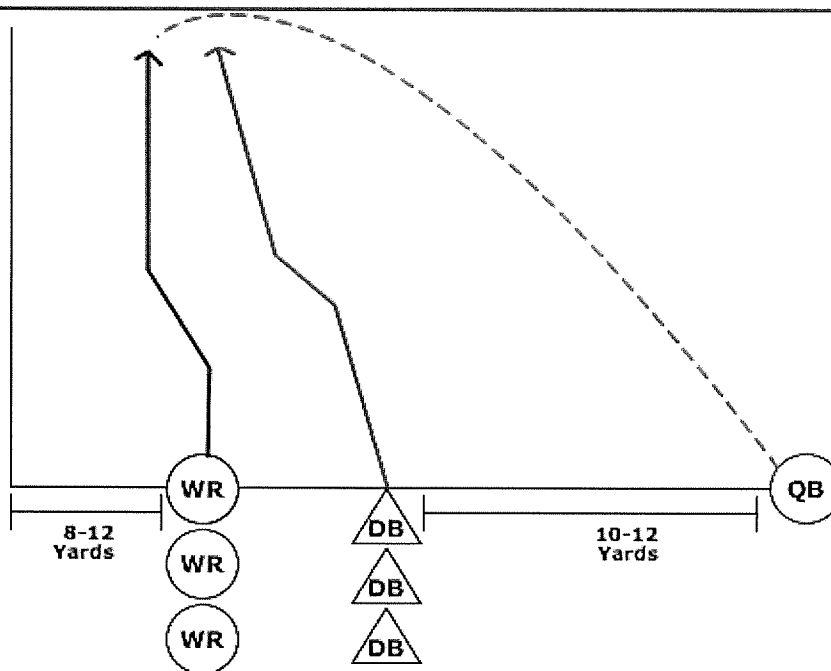
## Coaching Points:

- 1) When first teaching this pass rush technique have the LBs go at half speed so they are using the technique not just trying to outrun the linemen, cause that wont always work on game day.
- 2) As always the first step is FORWARD.
- 3) The LBs initial charge is towards the line.
- 4) As he nears the blocker, he shortens his stride, lowers his hips and keeps moving forward.
- 5) Both hands come up, palms facing the blocker and LB drives hands under the shoulder pads of blocker.
- 6) As he makes contact he should extend his arms to create separation.
- 7) LB should be prepared to continue angle to QB and be ready to engage block again since the blocker is willing to give up some ground to retreat backwards and reset for a better block.
- 8) Set the goal for the LBs to force the linemen back into the QB if they cannot beat them outright.

# Hands Drill

25

<b>Purpose:</b>	To teach defensive backs to read the hands of wide receivers
<b>Number of Players:</b>	All Defensive Backs
<b>Equipment:</b>	Shorts or Full Pads
<b>Time:</b>	2 minutes/everyday



## Drill Execution:

- 1) WR aligns 8-12 yards from the sideline with the DB one yard inside and 3 yards behind.
- 2) The QB or coach aligns 10-12 yards from the players on the line of scrimmage.
- 3) On command one group of players release downfield.
- 4) Once 15 yards downfield the QB throws the ball over the outside shoulder of the WR.
- 5) The WR fades to the sideline to make the catch.
- 6) The DB closes the gap and breaks on the ball by watching the WR's hands, not the ball.

### NOTE:

This technique is mainly focused for man-to-man coverage, however will still help during zone coverage situations as well.

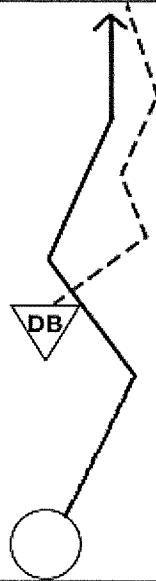
## Coaching Points:

- 1) The WR will tip off the location of the ball by his hand placement.
- 2) The DB's inside hand should be between the WR and the ball.
- 3) If ball is caught the DB should strip the ball with the inside hand.
- 4) DB should insure that the opposite hand is in position to grab on to make a tackle if ball is caught.
- 5) DB should not look at ball until he is in position to make a play and has closed the gap.

# Weave Drill

26

<b>Purpose:</b>	To teach techniques to keep proper width and depth cushion on a receiver.
<b>Number of Players:</b>	All Defensive Backs
<b>Equipment:</b>	Shorts or Full Pads
<b>Time:</b>	2 minutes/everyday



## Drill Execution:

- 1) The WR lines up on the line of scrimmage with the DB aligned properly across the line.
- 2) On command the receiver heads downfield at about  $\frac{3}{4}$  speed, the WR will take off at an angle and weave back and forth ever so often.
- 3) The DB will keep a proper 1-2 yard cushion and will rotate at the hips when the receiver makes a change in direction.
- 4) If the DB loses his 1-2 yard cushion he will turn completely to the receiver and sprint to catch up.

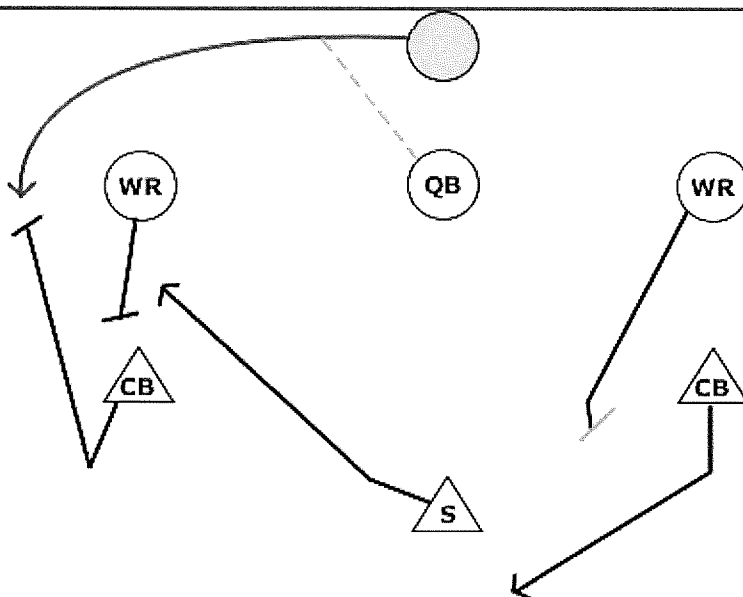
## Coaching Points:

- 1) Teach the DB to key off the WR's hips to tell when the receiver is going to change direction. Do not allow DB to focus on the feet or upper body of WR cause they can be tricky.

# Triangle Block Drill

27

<b>Purpose:</b>	To teach defensive backs how to defeat downfield blocking by wide receivers
<b>Number of Players:</b>	All Defensive Backs
<b>Equipment:</b>	Shorts or Full Pads
<b>Time:</b>	2 minutes/everyday



## Drill Execution:

- 1) DBs align in a three deep look; CBs 7-9 yards off each WR and the SAFETY about 12 yards deep. Align WRs to the right and left of the QB (or coach). The ball carrier aligns 5-7 yards behind the QB to receive the pitch.
- 2) To begin the drill the defensive coach (standing behind the defense) signals the play direction to the offense so that the defense does not know.
- 3) As the ball is pitched the WRs come off the line to block and the DBs perform a pass-run read.
- 4) After identifying a run play the CB reacts to defeat the WRs downfield block, containing the run and forcing the ball carrier inside. Or the CB will tackle the ball carrier if he runs outside.
- 5) If the ball carrier runs inside the safety makes the tackle while the far side CB is in a good pursuit angle to assist the safety.

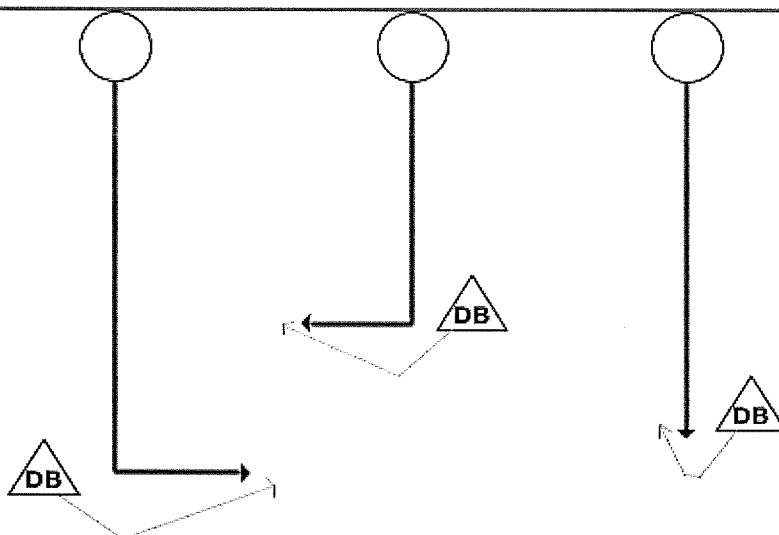
## Coaching Points:

- 1) Work in groups of 3 or four depending on your defensive scheme you can add an additional safety to the drill.
- 2) Have the QB mix in a few pass from time to time to insure the defense is being honest and doing their run-pass reads.

# Play the Pass Drill

28

<b>Purpose:</b>	To teach defensive backs pass coverage techniques
<b>Number of Players:</b>	All Defensive Backs
<b>Equipment:</b>	Shorts or Full Pads
<b>Time:</b>	2 minutes/everyday



## Drill Execution:

- 1) Prior to the drill the DB should practice the backpedal and be able to change directions (see weave drill) and understand and recognize pass patterns.
- 2) To start the drill, the DB lines up on a WR in man coverage.
- 3) The WR runs an OUT, IN or GO patent and the DB plays the ball.

NOTE:

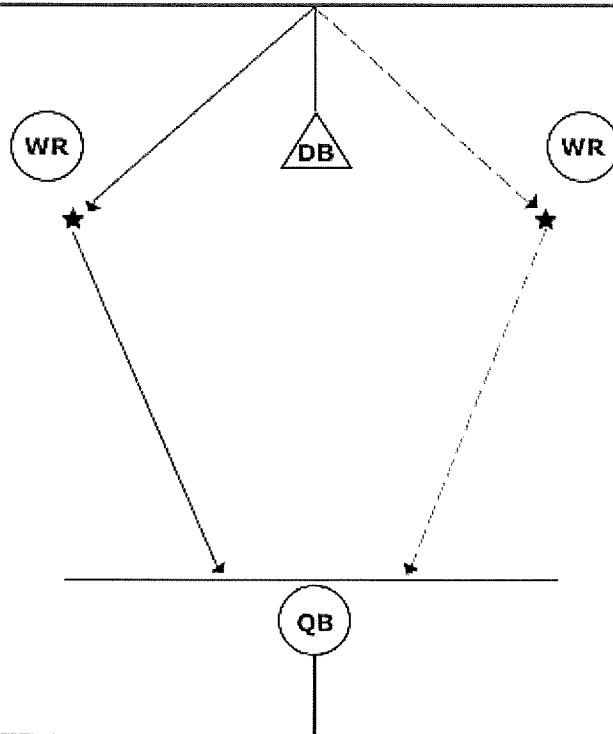
## Coaching Points:

- 1) In man coverage the DB always keeps eye contact on the receiver while looking for the ball. The DB must never look away from the receiver.
- 2) If unable to make an interception or deflect the pass, the DB will tear away the up field arm of the receiver. This is the arm farthest from the flight of the ball.
- 3) The DB knows that an incomplete pass gains no yards, which is a plus.
- 4) The coach emphasizes that each player should be the best at his position, maintain peak condition, and know his responsibility.

# Zone Break Drill

29

<b>Purpose:</b>	To teach defensive backs fundamentals for reading the QB
<b>Number of Players:</b>	All Defensive Backs
<b>Equipment:</b>	Shorts or Full Pads
<b>Time:</b>	2 minutes/everyday



## Drill Execution:

- 1) As a stationary WR aligns on each hash mark, the DB splits the difference and aligns between them.
- 2) The QB (coach) aligns 15 yards directly in front of the DB.
- 3) On the ball movement the QB takes a 3-5 step drop, at the same time the DB pedals backwards.
- 4) As the QB sets, he will turn his eyes and shoulders to the WR he will pass to.
- 5) The DB reads the QB by checking his eyes and shoulders.
- 6) As the QB's free hand comes off the ball, the DB plants drive and attempts to intercept the ball at its highest point, tucks it way and sprints downfield past the QB or until the whistle blows.

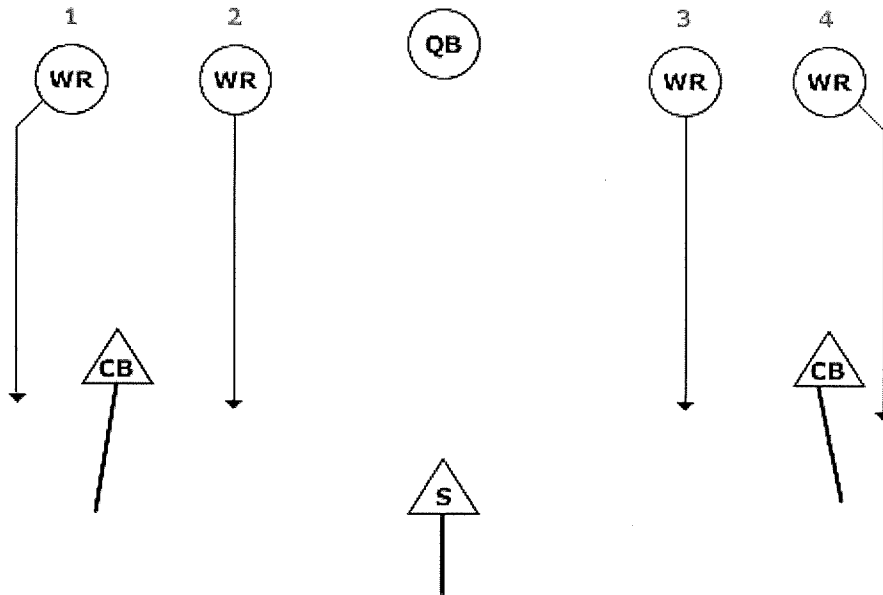
## Coaching Points:

- 1) Emphasize a correct stance and proper backpedaling technique while the DB reads the QB.
- 2) On the break the DB's eyes are on the WR, after accelerating his eyes are on the ball.
- 3) Coach the DB to gain ground as quickly as possible to avoid taking false steps.
- 4) The DB looks the ball all the way in, he catches it at the highest point.

# Vertical Coverage Drill

30

<b>Purpose:</b>	To teach defensive backs how to play vertical routes
<b>Number of Players:</b>	All Defensive Backs
<b>Equipment:</b>	Shorts or Full Pads
<b>Time:</b>	2 minutes/everyday



## Drill Execution:

- 1) Align your DBs and WRs with a QB (or coach) as illustrated above.
- 2) On the snap all WRs run an outside release and a vertical GO route.
- 3) On the snap the DBs drop back into zone coverage.
  - a. CBs release to the outside 1/3 of the field, and the safety has the middle 1/3.
- 4) DBs have to not allow any receiver past them in their zone the DB should always be the furthest downfield in his zone, and possible catch should be made in front of him, not behind.

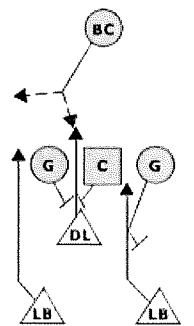
## Coaching Points:

- 1) DBs maintain a 5-yard cushion on all WRs
- 2) The DB backpedals at full speed to his respective zone, if the WR gets almost even with him the DB needs to turn his hips to the inside and sprint at full speed, do not wait till the WR is even with the DB cause it will be too late and the WR will be past the DB.

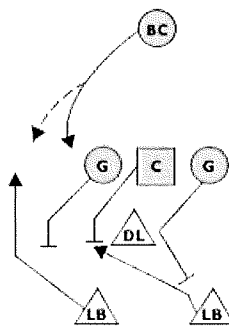
# Zone Run Drill

47

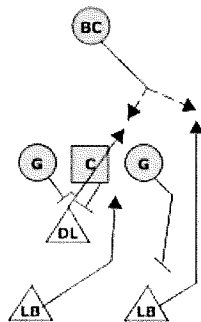
<b>Purpose:</b>	To teach linebackers and defensive ends to work together against inside runs
<b>Number of Players:</b>	All Linebackers and Defensive Ends
<b>Equipment:</b>	Full Pads
<b>Time:</b>	2 minutes/everyday



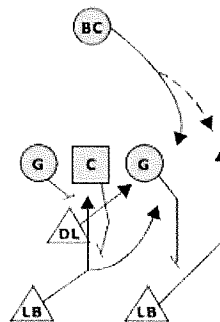
Inside Zone to Shade



Outside Zone to Shade



Inside Zone Away from Shade



Outside Zone away from Shade

## Drill Execution:

- 1) Rotate your players thru the four scenarios diagrammed above.
- 2) Start by walking them thru them and point out the difference in how the linemen will block each type of play, this will help players recognize the plays on game day and react quickly.
- 3) Then increase the speed.

## Coaching Points:

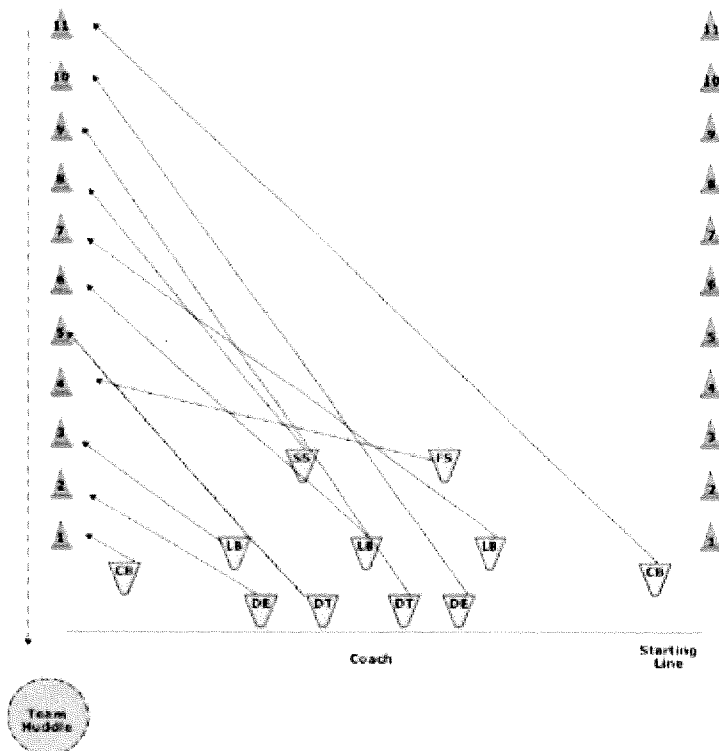
- 1) It's a good idea to have these 4 scenario diagrams during practice to show the scout offense EXACTLY what to do so they give your defensive unit a good look.



# Cone Drill

48

<b>Purpose:</b>	To teach all defensive players to execute proper pursuit angles
<b>Number of Players:</b>	All Defensive Players
<b>Equipment:</b>	Full Pads
<b>Time:</b>	2 minutes/everyday



## Drill Execution:

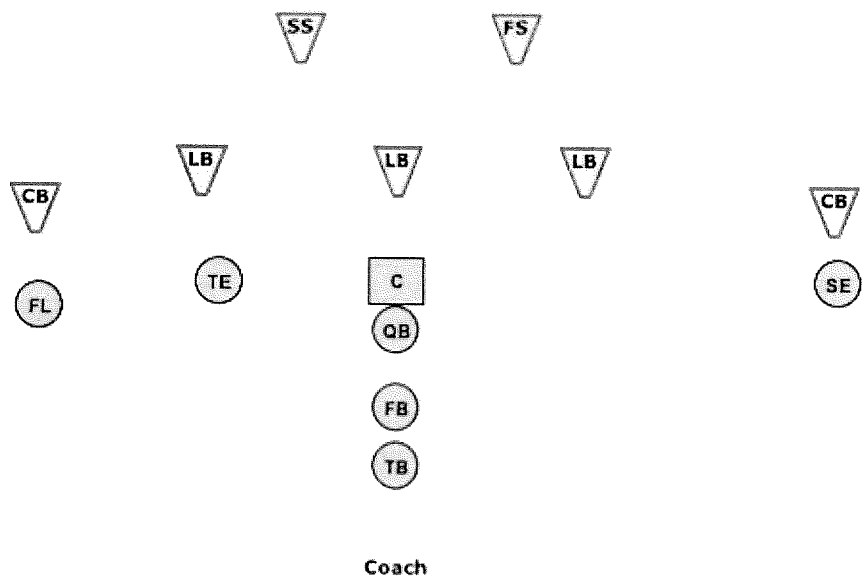
- 1) Set your defense up on a yard line.
- 2) Organize the cones on the field as diagramed.
- 3) Walk each player thru and show them their cone on each side.
- 4) The coach lines up as QB, simulates a snap count and a snap then jogs left or right, the defensive players will use the proper pursuit angle and sprint to their cone.
- 5) Once at the cone each player will jog in place until the whistle then sprint to team huddle area.
- 6) Repeat as required.

## Coaching Points:

- 1) Encourage defenders to make an all out effort this can double as a conditioning drill.

# 7-on-7 Drill

<b>Purpose:</b>	To allow linebackers and defensive backs to work together against the run & pass
<b>Number of Players:</b>	All Defensive Players
<b>Equipment:</b>	Full Pads
<b>Time:</b>	5 minutes/everyday



**Drill Execution:**

- 1) Align the 7 offensive and defensive players as illustrated above.
- 2) Have the scout team run a variety of offensive plays, passing attack and running game.
- 3) This is a great time for the LBs and DBs to shine.
- 4) If a blitz is called allow QB to make the pass so that the DBs can get the extra work.

**Coaching Points:**

- 1) Insure LBs are playing honest and using proper techniques and not taking it easy due to there not being a full offensive line.