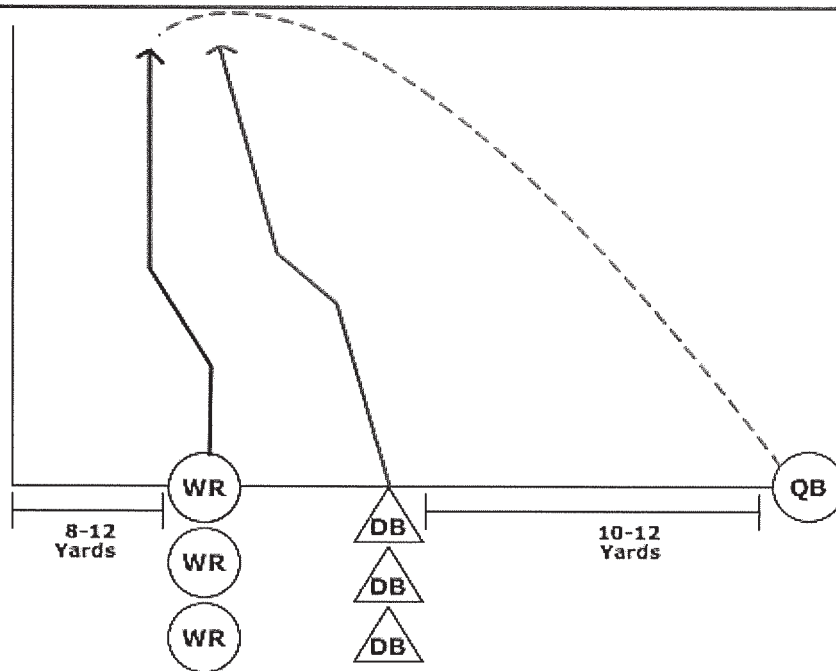


Hands Drill

25

Purpose:	To teach defensive backs to read the hands of wide receivers
Number of Players:	All Defensive Backs
Equipment:	Shorts or Full Pads
Time:	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.