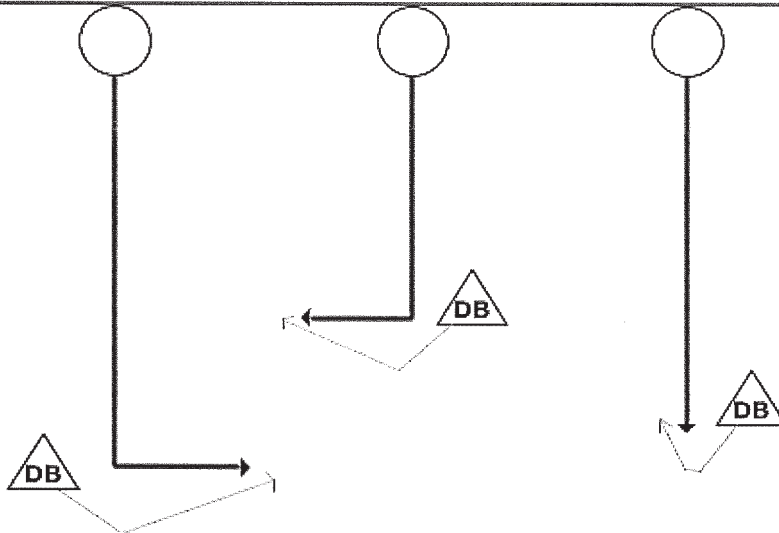


Play the Pass Drill

28

Purpose:	To teach defensive backs pass coverage techniques
Number of Players:	All Defensive Backs
Equipment:	Shorts or Full Pads
Time:	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.