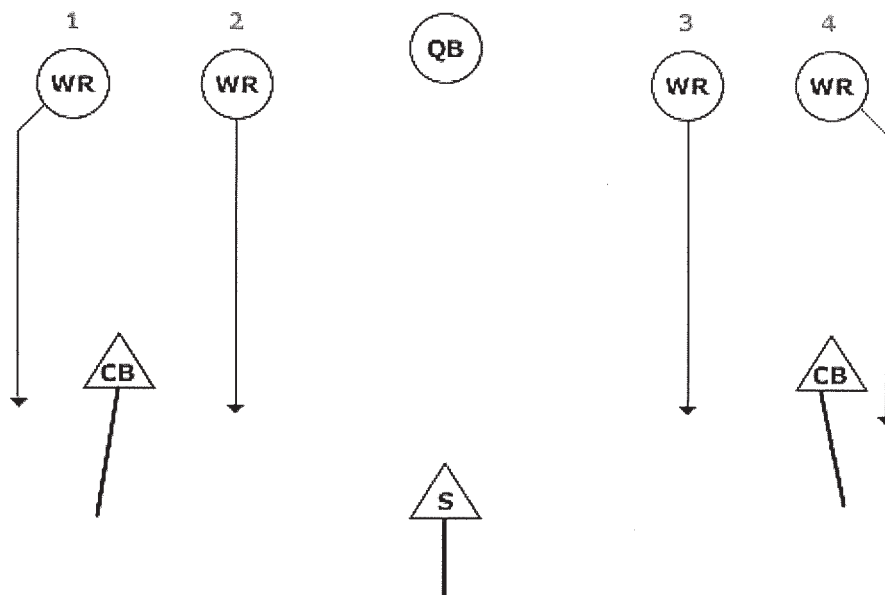


# Vertical Coverage Drill

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<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.