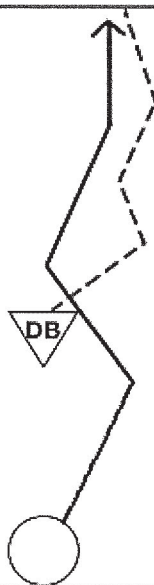


Weave Drill

26

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