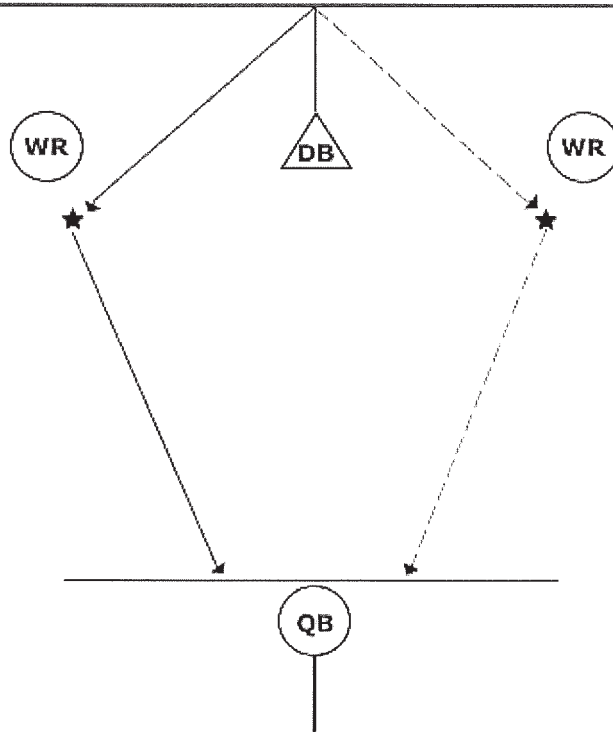


Zone Break Drill

29

Purpose:	To teach defensive backs fundamentals for reading the QB
Number of Players:	All Defensive Backs
Equipment:	Shorts or Full Pads
Time:	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.