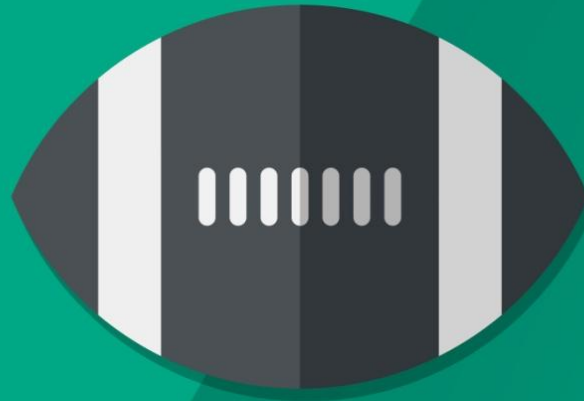




ESSENTIAL FOOTBALL CONDITIONING DRILLS

29

CUTTING EDGE DRILLS
FOR STRENGTH, SPEED, AGILITY AND TOUGHNESS

Copyright Notice - IT IS ILLEGAL TO POST THIS DOCUMENT ONLINE

The material enclosed is copyrighted. You do not have resell rights or giveaway rights to the material provided herein. Only customers that have purchased this material are authorized to view it. If you think you may have an illegally distributed copy of this material, please contact us immediately. Please email support@knowledgespotinc.com to report any illegal distribution.

Copyright © CoachSteveTucker.com and Knowledge Spot Inc. All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying or by information storage and retrieval systems. It is illegal to copy this material and publish it on another web site, news group, forum, etc. even if you include the copyright notice.

Legal Notices

While all attempts have been made to verify information provided in this publication, neither the author nor the publisher assumes any responsibility for errors, omissions or contrary interpretation of the subject matter herein. The publisher wants to stress that the information contained herein may be subject to varying state and/or local laws or regulations. All users are advised to retain competent counsel to determine what state and/or local laws or regulations may apply to the user's particular operation. The purchaser or reader of this publication assumes responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, federal, state and local, governing professional licensing, operation practices, and all other aspects of operation in the US or any other jurisdiction is the sole responsibility of the purchaser or reader. The publisher and author assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials. Any perceived slights of specific people or organizations is unintentional. The author and publisher of this document and their employers make no warranty of any kind in regard to the content of this document, including, but not limited to, any implied warranties of merchantability, or fitness for any particular purpose. The author and publisher of this document and their employers are not liable or responsible to any person or entity for any errors contained in this document, or for any special, incidental, or consequential damage caused or alleged to be caused directly or indirectly by the information contained in this document.

Consult Your Physician

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

CONTENTS

INTRODUCTION	4	DOT AND CONE DRILLS	
TEAM CONDITIONING DRILLS		UP AND BACK DRILL, RIGHT FOOT DRILL	23
FUMBLE RECOVERY DRILL	5	LEFT FOOT DRILL, BOTH FEET DRILL	24
FOOT FIRE AND DROP DRILL	6	180 DRILL	25
ZIG ZAG AGILITY DRILL	7	FOUR CORNER DRILL	26
BALL FIGHT DRILL	8	PRO AGILITY DRILL	27
THE WORM DRILL	9	60 YARD SHUTTLE	28
FOLLOW THE BALL DRILL	10	THREE CORNER DRILL	29
BACK AND FORTH DRILL	11	NEBRASKA AGILITY DRILL	30
DUMMY DRAG DRILL	12	MORE COACHING RESOURCES	31
AGILITY LADDER DRILLS			
TWO STEP HIGH KNEE DRILL	14		
HIGH KNEE DRILL	15		
RIGHT LEGGED THRUST DRILL	16		
LEFT LEGGED THRUST DRILL	17		
DOUBLE FOOT SHUFFLE	18		
SINGLE FOOT SHUFFLE	19		
SPEED DRILLS			
SPRINTS, SPRINT & JOG, KNEES HIGH	20		
LONG STRIDES, CHOPPY STEPS, FIRING OUT	21		

INTRODUCTION

Good conditioning is essential to the success of any football team. You need players who are strong and agile and who won't tire easily.

In this mini-book, we have included eight conditioning drills that will not only help get your players into excellent condition but will also teach them valuable football skills, such as ball security, proper footwork and closing quickly to the point of attack.

If you want a well-conditioned, fundamentally sound football team, these conditioning drills are a good place to start.

The drills are divided up into 4 sections:

- 1) Team Conditioning Drills, which are designed as full-team activities to improve endurance, competition and toughness on the field
- 2) Agility Ladder Drills, which are essential for improving an athletes power, flexibility and body control
- 3) Speed Drills, which will improve an athletes sprint mechanics, quickness and overall speed
- 4) Dot & Cone Drills, which are excellent for developing nimble feet and short area quickness

Let's get started!

FUMBLE RECOVERY DRILL

Level:

Beginner

Purpose:

Improves players ability to recover a fumble as well as improves their conditioning level.

What you need:

Line up two players opposite each other in an area cordoned off by tackling dummies. See diagram at right.

How this drill works:

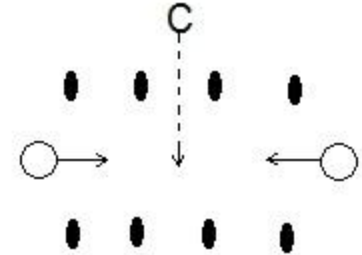
Coach says “Go” or blows whistle and puts the ball into play by rolling, tossing or bouncing it in between the players. Each player then attempts to recover the ball before the other player.

Result:

Players work on speed and conditioning while also improving their ability to pursue and recover a loose ball.

Coaching Tips:

- Stress gaining possession of the football over ball advancement.
- Players should focus on using slide technique, where a player uses their body to shield the other player from the ball, when recovering the fumble.



Players both run forward to recover the fumble.

FOOT FIRE AND DROP DRILL

Level:

Beginner

Purpose:

A great conditioning drill that also helps players work on the “breakdown position” – which is essentially the position they will need to be in before making a tackle.

What you need:

Line up players in four columns. Coach stands about 10 yards in front of the players.

How this drill works:

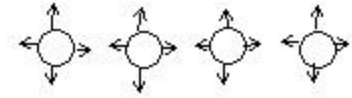
The four players that are making up the front line step forward and get in the breakdown position with knees bent, arms out in front, bottoms dropped. Coach will blow whistle and players will start chopping their feet up and down quickly. At the whistle players drop to their belly and get back up quickly where they continue to chop their feet.

Result:

Players improve their conditioning, foot speed and agility.

Coaching Tips:

- You can add an extra element to this drill by having the coach point one direction or another, and players must shuffle their feet in the direction the coach is pointing, while keeping them chopping up and down.



C

On the whistle, players chop their feet.
On the coach's direction they can also
move side to side and up and back.

ZIGZAG AGILITY DRILL

Level:

Beginner

Purpose:

This drill is designed to improve players' conditioning and agility.

What you need:

You need about a 20-yard area of field where you'll set up stations (marked by a cone or tackling dummy) in a zigzag pattern.

How this drill works:

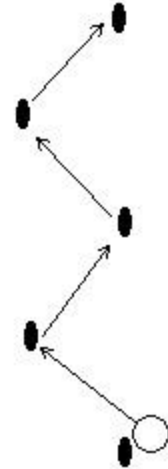
You can run this drill a number of different ways. Basically players will use forward, side or backward movement to go from station to station. That means players can use rapid foot fire, shuffling, sprinting or backpedaling. You decide how you want the players to proceed.

Result:

Players improve their conditioning, foot speed and agility.

Coaching Tips:

- In the case of offensive linemen this drill can be a great opportunity to have the player assume a pass blocking position and shuffle back as he moves between stations.
- You can use multiple areas of the field and divide your team into two or more groups to move this drill along faster.



Players move quickly from station to station.

BALL FIGHT DRILL

Level:

Beginner

Purpose:

This drill stresses the importance of both ball possession and of fighting for the ball.

What you need:

Match up the entire team in groups of two, putting players of similar size together. You should also put tackling dummies or cones around the area the ball needs to be recovered in.

How this drill works:

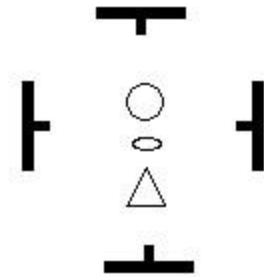
Two players enter the marked off area and are given one ball. Each player grabs hold of the ball and on the coach's whistle they fight for possession. If a ball falls to the ground the first player to gain position wins the drill.

Result:

Players improve conditioning while also learning the importance of both ball security and of being able to take the ball from the other team.

Coaching Tips:

- A good variation on this drill is to make it offense versus defense with the offense trying to hold onto the ball and the defense trying to strip it away.



Players learn good ball security in this conditioning drill.

THE WORM DRILL

Level:

Beginner

Purpose:

This fun drill teaches players to work together while improving their conditioning.

What you need:

A 20-yard by 20-yard area. Divide your players into two lines.

How this drill works:

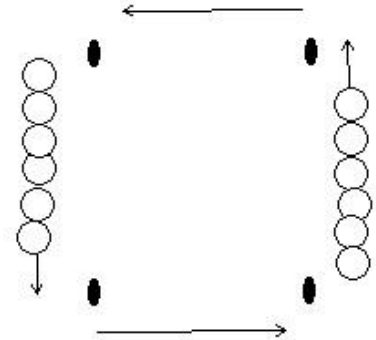
In each line, each player (except for the one at the front of the line) grabs the jersey of the player in front of him. The front player then leads his line around the field trying to catch the end of the other line and pick the players off one by one. They must do this without breaking their own chain. The side that ends up picking off all of another side's players and reaching the front player wins this competitive drill.

Result:

Players learn teamwork as they must work together to move forward, to the side, or to chase the other side. If players are doing their own thing, they will end up breaking off of the chain.

Coaching Tips:

- This drill often works better for younger players but older players might enjoy it (and benefit from it) as an occasional change of pace drill as well.



In this competitive conditioning drill two teams try to catch each other.

FOLLOW THE BALL DRILL

Level:

Beginner

Purpose:

Players learn to follow the ball.

What you need:

Players spread out over a 25-yard by 25-yard area.

How this drill works:

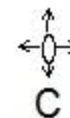
Coach points the football in different directions and players head in that direction.

Result:

This drill stress the importance of always keeping your eye on the ball. It is also a very effective conditioning drill.

Coaching Tips:

- Be sure to mix up the directions you point (forward, back, right and left).
- Also make sure players have their heads up and are watching the ball instead of each other.



Coach points the ball in the direction he wants the players to go.

BACK AND FORTH DRILL

Level:

Beginner

Purpose:

Designed to help players improve their footwork and agility.

What you need:

Set up cones in an up-down pattern over a 10 yard area.

How this drill works:

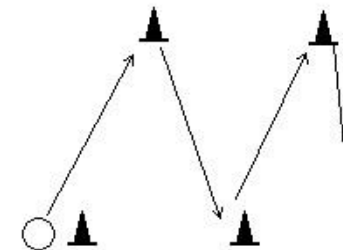
Starting at the first cone, player sprints forward to the second, then backpedals to the third, sprints to the fourth and backpedals home.

Result:

Players improve conditioning and footwork.

Coaching Tips:

- Make sure defensive backs are dropping their behind and using their arms to move backward instead of just taking little steps backward
- Players heads should always be up and never down looking at their feet
- Watch for a good break out of the back peddle and into a sprint to the next cone



DBs practice going from a backpedal to a sprint in this conditioning drill.

DUMMY DRAG DRILL

Level:

Advanced

Purpose:

Helps players, especially defensive lineman and linebackers, react quickly and get to the point of attack faster.

What you need:

A harness of some sort that will fit over a player's shoulder pads, with ropes that will tie to a tackling dummy or other heavy bag.

How this drill works:

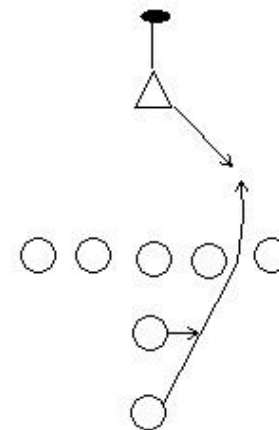
Offense runs a play and the player dragging the bag reacts and tries to get to the point of attack as quickly as possible.

Result:

The extra weight and resistance helps the player start bursting harder and quicker toward a play. The player also builds quick twitch response, strength and conditioning.

Coaching Tips:

- Make sure players are giving maximum effort when dragging the bag.
- Also don't let players get discouraged by the clumsiness of dragging the bag – that clumsiness can help them improve their agility and balance.



Players improve their burst toward the point of attack in this challenging conditioning drill.

AGILITY LADDER DRILLS

The Agility Ladder is a simple piece of equipment that is great for improving an athlete's power, flexibility and body control. As the name suggests, it resembles a ladder (a rope ladder) with two lines running along the length of the ladder and ropes running across at intervals of approximately one foot. The Agility Ladder can be used indoors or outdoors.

You can purchase them from any sports equipment retailer for under \$30. Or simply, make your own by creating a grid of 10 connected boxes – each one roughly 18" by 18".

The main advantage of a "real" agility ladder is that it will immediately expose poor form. If an athlete is over-striding or under-striding, his feet will get caught in the ropes and it will be immediately apparent to any observer.

In this section we'll review seven simple agility ladder drills that can be used with all ages.

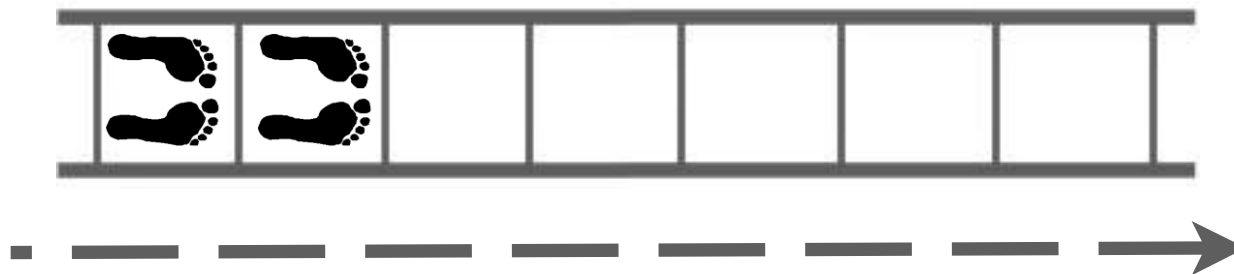
Pay close attention to technique and form as your players go through these drills. Don't be afraid to stop the drill and make corrections where necessary.



TWO STEP HIGH KNEE DRILL

The Two Step High Knee Drill will require the athlete to step both feet into the ladder, one at a time, as he moves forward. It's important that both feet land in each space.

Throughout the drill the athlete's knees should be coming up past the level of his hips. His arms should be pumping fast and hard in a regular running motion. The faster the hands go the quicker the feet will go. To maintain balance and speed, the athlete should remember to stand erect and maintain backward mobility at all times.

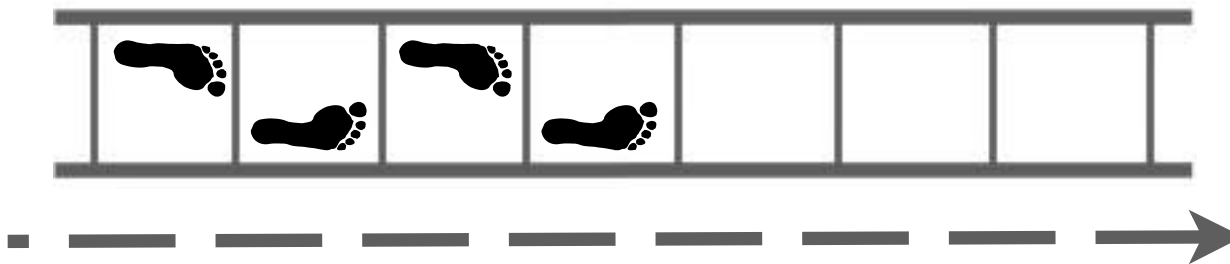


THE HIGH KNEE DRILL

This drill is very similar to the Two Step High Knee Drill. The one major difference is that the athlete will only be landing one foot in each space on the ladder.

The same form and technique should be kept with the arms pumping and knees coming up past the athlete's hips. However, the athlete will now be striding out more because there is only one foot per space. This means the athlete should be running closer to a normal stride and he should go through the ladder faster.

Make sure the athlete's arms continue to pump fast and hard and that his knees continue to come past the level of his hips.

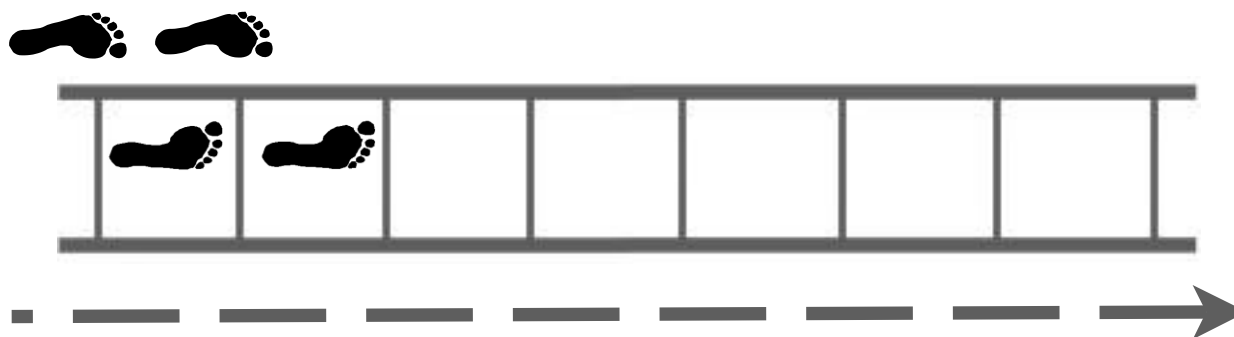


THE RIGHT LEGGED THRUST DRILL

For this drill only the right leg will be inside the ladder. The left leg will be on the outside and will only be used for balance and support. There will be no pushing off with the left leg. All the work of moving will be done by the right leg.

Because the arms and hands lead the legs to where an athlete wants to go, only the right arm should be pumping hard and fast. As the right arm goes all the way back, the right leg should rise up and go beyond the level of the hips.

So, the athlete will begin by throwing his right arm back, bringing the right leg up with the knee high and stepping into the first space of the ladder. Then the left leg will take just a small step (or it will slide) until it's even with the right leg. Then the process will be repeated until the entire ladder has been gone through this way.

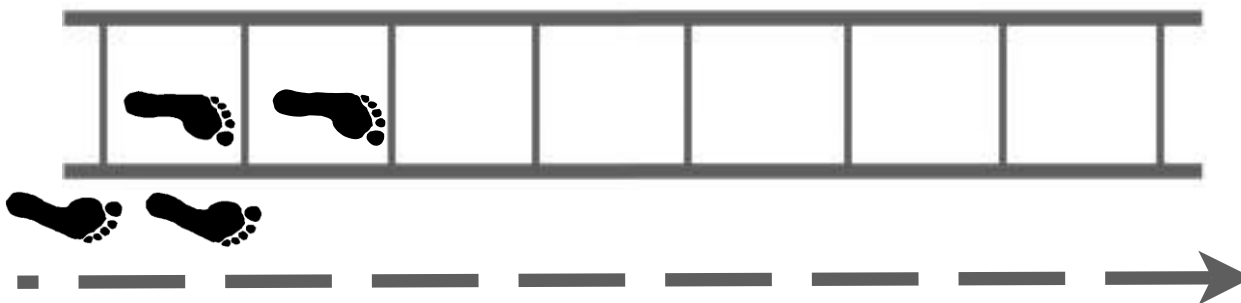


THE LEFT LEGGED THRUST DRILL

This drill is the same as the Right Legged Thrust Drill except everything is opposite. As the name of the drill suggests, this time the athlete will concentrate on the left leg.

The left arm should come all the way back as the left leg comes up. Meanwhile, the left leg should step into the spaces on the ladder while the right leg slides alongside.

It's also important to point out here that athletes' non-dominant sides tend to fatigue sooner than the dominant sides. So, if an athlete is right-handed, be watchful for fatigue while the athlete is doing the Left Legged Thrust Drill. Fatigue will cause laziness and laziness will destroy technique. Be sure to force the athlete to keep the proper technique all the way through to the end of the drill.



THE DOUBLE FOOT SHUFFLE DRILL

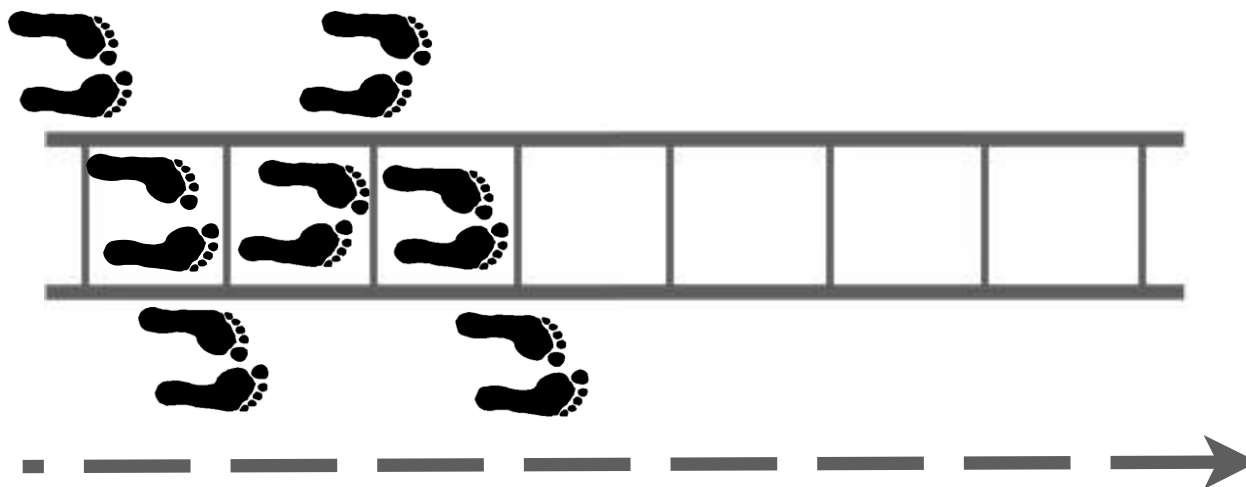
For this drill the athlete will be moving side to side (shuffling) through the ladder. This will work on stability and outside movement.

The athlete will begin on the left side of the ladder, directly beside the first space. Then he will step both feet into the first space (right foot first, then left foot) and then step both feet into the outside to the left of the ladder (again, right foot first, then left foot).

As he steps outside the ladder, he should plant with the outside foot (the right foot) and then step into the ladder's second space (this time, left foot in first, followed by the right foot).

Again both feet should step into the ladder and then both feet should step outside the ladder (even with the second space this time); the left foot will plant, and then the athlete will step into the third space with his right foot. The process will be repeated until the athlete finishes the ladder.

Make sure the athlete is stepping down with both feet outside the ladder every time. This will help him re- main stable at all time.



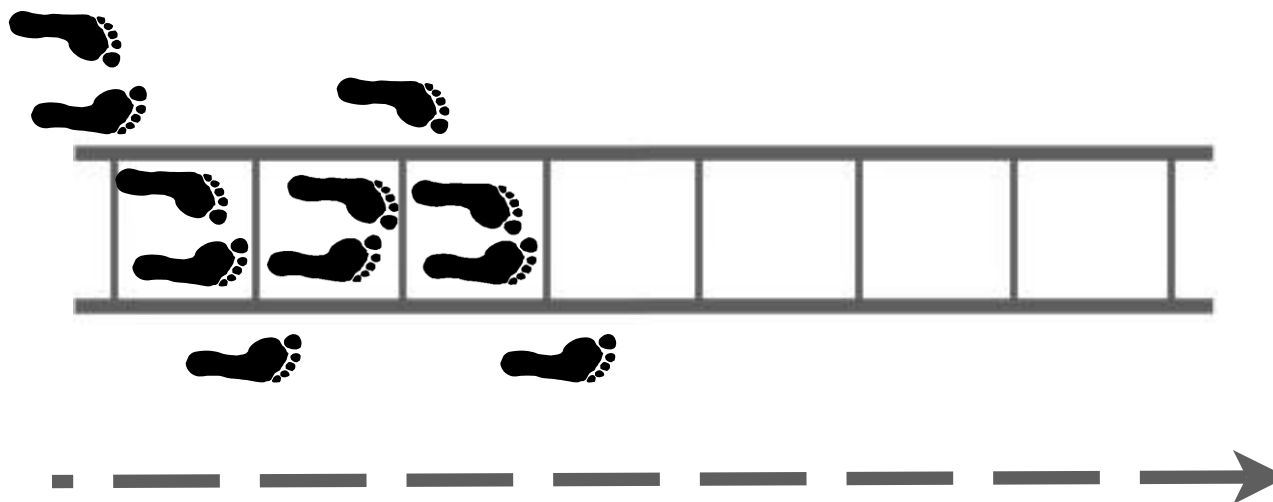
THE SINGLE FOOT SHUFFLE DRILL

This drill is basically the same as the Double Foot Shuffle Drill. Instead of working on stability and outside movement, the Single Foot Shuffle Drill will improve an athlete's quickness and hip movement.

The Single Foot Shuffle Drill begins the same way as the other drill. It requires the athlete to move the same way with one exception: While moving through and out of the ladder, only the outside foot will come down on the outside of the ladder.

So at the beginning the athlete will step into the ladder with both feet one at a time (right foot, then left foot). Then he'll step out on the other side with just the outside (right) foot. Then he'll step into the second space with his left foot, step with the right, step outside the ladder with his left foot, and then step into the third space with his right foot.

Obviously, this drill should be performed quicker than the Double Foot Shuffle Drill.



SPEED DRILLS

The following drills can be done as straight sprints, or using resistance, such as a running parachute, resistance bands, or a weighted sled. Sprinting with resistance is a great way to for football players to improve sprint speed, explosiveness, acceleration, stride length and stride frequency.

Sprints

With the resistance attached, all the athlete will do is run a series of sprints. A single set will involve running several sprints of differing lengths. So, you'll have the athlete run 2 x 10 yard sprints, 2 x 20 yard sprints, 2 x 30 yard sprints, then 2 x 20 yard sprints again, and finish with 2 x 10 yards.

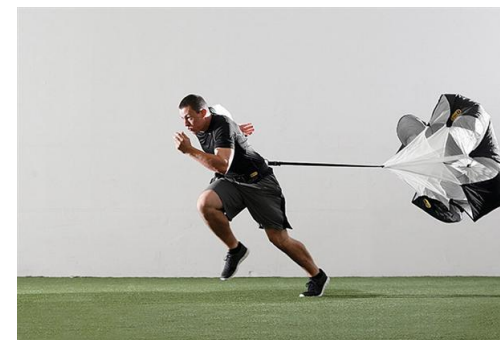
Sprint and Jog

As the name suggests, this exercise requires the athlete to alternately sprint and jog. With the resistance attached and starting at one goal line on a football field, the athlete will sprint for ten yards, and then jog for ten yards, then sprint and jog all the way down the field. The exercise should finish with the athlete sprinting from the goal line to the back of the end zone. Once length of the field counts as one "set".

Knees High

The athlete runs with the resistance attached and lifts his knees up above the level of his hips. Alternate every ten yards between knees high running and jogging, for the full length of the football field. Be sure the athlete is throwing his arm back as his knee is coming up.

Remind him that the speed of his arms determine the speed of his legs. Make sure he's using both his arms and his legs to move forward. One length of the field counts as one "set".



Sprints with Parachute



Sprints with Resistance Band



Sprints with Weighted Sled

SPEED DRILLS

Long Strides

With resistance attached, the athlete should run at three quarter speed for the entire length of the field. While he is running, he should concentrate on planting his feet and springing off the foot. Then he should glide through the air – taking long strides – and land, plant, and spring off the other foot. His arms should also be in sync with his strides. One length of the field counts as one “set”.

Short Choppy Steps

This exercise is the opposite of the Long Strides exercise. Again, the resistance should be attached. Instead of long strides the athlete will run in short, choppy, and powerful steps. His arms should be quickly moving up and down only about three inches. His shoulders should be back and his head should be up. One length of the field counts as one “set”.

Firing Out

The final exercise involves the athlete getting down into his stance with the resistance attached. The athlete will line-up on one goal line in the stance of whatever position he plays. Then he'll fire out as fast as he can and sprint for 10 yards. Then he'll walk to the 15 yard line, assume his stance, fire out, and sprint for another 10 yards. He'll repeat this process all the way down the field, counting as one “set”.

DOT & CONE DRILLS

These exercises are all designed to improve an athlete's acceleration, deceleration, and short area quickness – all essential skills for football players. The small, short movements required in these exercises also strengthen the stabilizing muscles in the ankles and knees, where many football injuries occur.

The Up and Back Drill, Right Foot Drill, Left Foot Drill and Both Feet Drill, are performed using three to five Agility Dots placed on the floor. These colored circles can be placed on any hard surface, including a gym floor, football field, or track. You can purchase Dots from a sports equipment retailer, or simply mark spots on the floor using tape.

The Four Corner Drill, Pro Agility Drill, 60 Yard Shuttle Drill, Three Corner Drill and Nebraska Drill are typically done using Cones.



Agility Dots



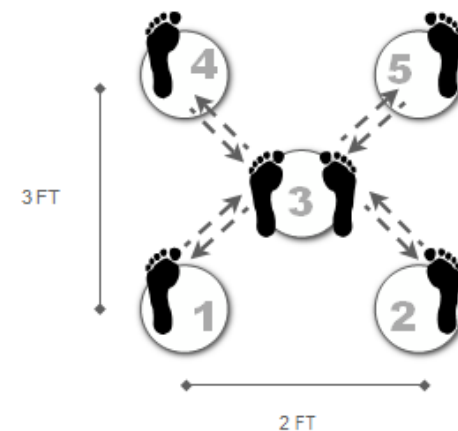
Agility Cones

THE UP AND BACK DRILL

As the name of this drill suggests, this exercise requires the athlete to jump forwards, then backwards in a succession of quick hops. To start, arrange the dots as shown in the diagram.

The player begins with his left foot on dot 1 and his right foot on dot 2. Then he hops and lands with both feet on dot 3. Then he hops again and lands his left foot on dot 4 and his right foot on dot 5.

Then he hops backwards with both feet, landing on dot 3 again. Lastly, he hops back again, spreading his feet so that the left foot lands on dot 1 and the right foot lands on dot 2. Completing those 4 jumps counts as one "set".

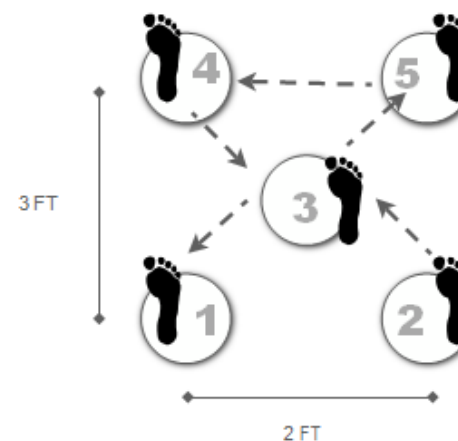


RIGHT FOOT DRILL

Arrange the dots as shown in the diagram. Begin this drill with the athlete's left foot on dot 1 and his right foot on dot 2 again.

This time, he will hop on all the dots with just his right foot. So, on the first hop, the player lands on dot 3 with his right foot, keeping the left foot raised in the air and not touching the ground.

He continues by hopping on his right foot to dot 5, then dot 4, then back to dot 3, then finishing by hopping on his right foot to dot 1. Completing the 5 hops counts as one full "set".

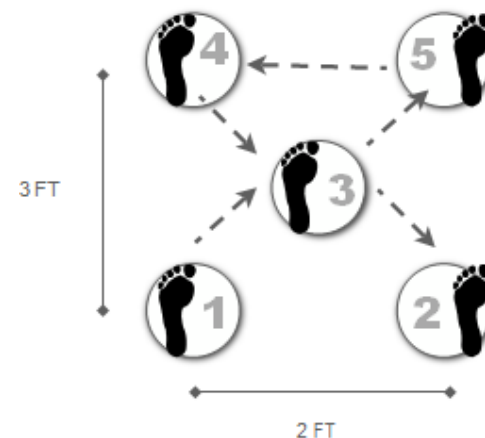


LEFT FOOT DRILL

Arrange the dots as shown in the diagram. This drill is like the Right Foot Drill but it's done with the left foot.

He starts out with the left foot on dot 1 and right foot on dot 2. On the first hop, the player lands on dot 3 with his left foot only, keeping the right foot raised in the air and not touching the ground. He continues by hopping on his left foot to dot 4, then dot 5, then back to dot 3, then finishing by hopping on his left foot to dot 2.

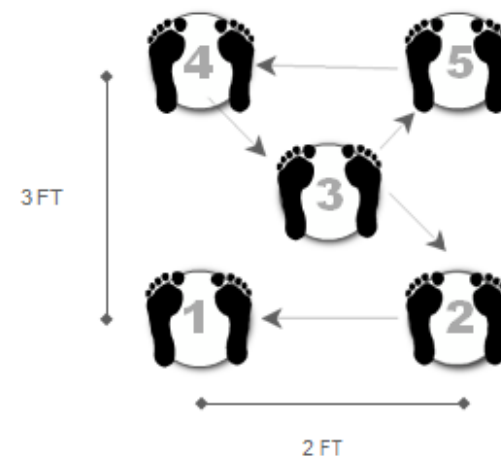
The athlete can also combine this drill with the Right Foot Drill. To do this, at the end of the Right Foot Drill, instead of landing on his right foot at the end, the athlete simply jumps to dot 1 with his left foot and then follows the rest of the drill as written above. Again, completing the 5 one-footed hops counts as one "set".



BOTH FEET DRILL

Set up the dots as shown in the diagram. Start with both feet on dot 3.

Then, using short quick hops, jump from dot 3 to dot 5, then to dot 4. Jump backwards from dot 4 to dot 3, then backwards again to dot 2. Finish by jumping sideways to dot 1.

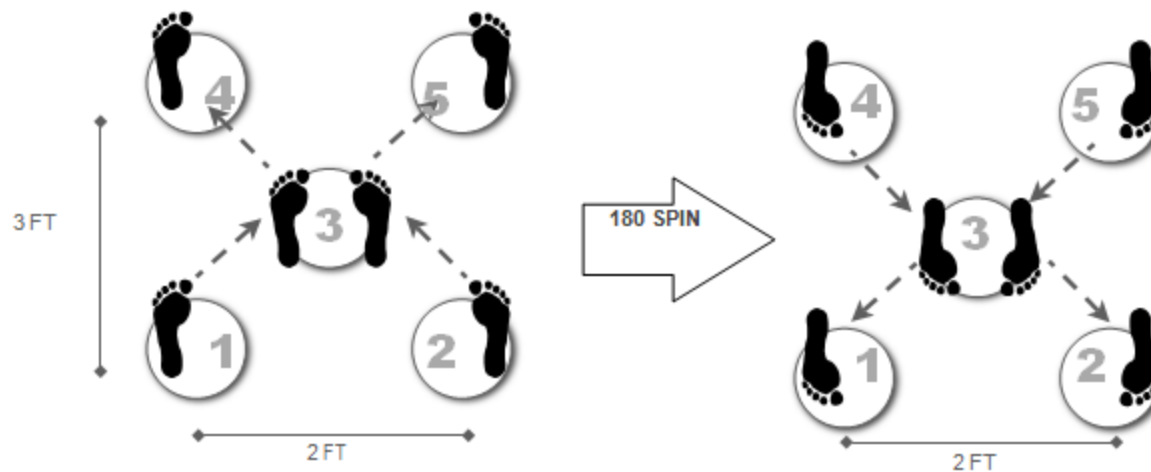


180 DRILL

The athlete should begin this drill with the right foot on dot 2 and left foot on dot 1. Set up the dots as shown in the diagram above.

Start by hopping to dot 3 and landing with both feet, then immediately hopping again, spreading the feet and landing on dot 4 with the left foot and dot 5 with the right foot.

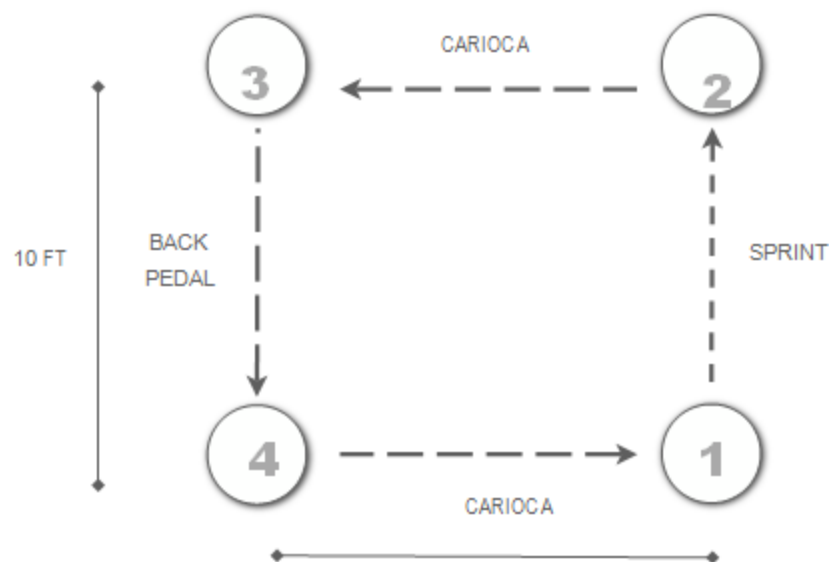
Then the athlete should jump and turn 180 degrees in the air, so that he lands with his left foot on dot 5 and his right foot on dot 4. (The athlete is now facing the other way.) He then hops to dot 3, landing with both feet, then hops again, spreading the feet to land with the right foot on dot 1 and the left foot on dot 2. One series of 5 jumps (going up and back) counts as one “set”.



FOUR CORNER DRILL

This drill begins with 4 cones spread 10-15 feet apart in a box formation. Set up the box as shown in the diagram below. The athlete begins by sprinting down the right side of the box from dot 1 to dot 2. At dot 2, he makes a reverse pivot right, throwing his shoulder counter clockwise.

Next, he cariocas from dot 2 to dot 3. At dot 3, he reverse pivots again, throwing the right shoulder backward. He then backpedals from dot 3 to dot 4. At dot 4, he cariocas across the width of the box until he reaches dot 1. One four corner “circuit” counts as one “set”.

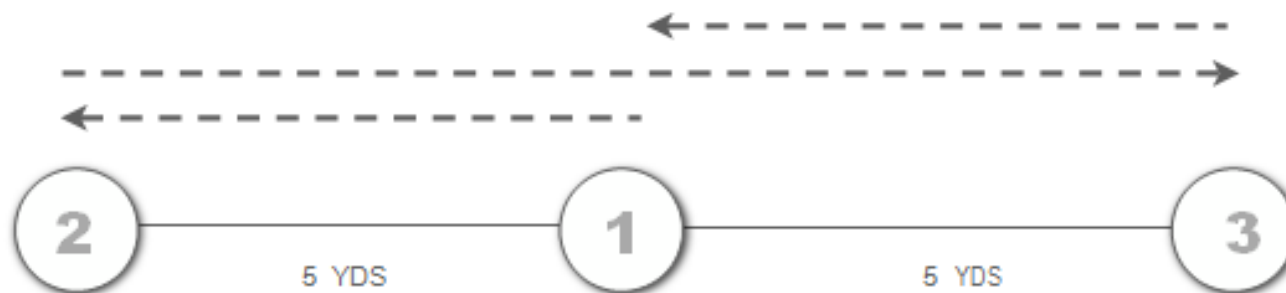


PRO AGILITY DRILL

Set up 3 cones in a line 5 yards apart, as shown in the diagram below.

The athlete should begin at cone 1, getting into his stance and with his toes pointed perpendicular to the line created by the cones. When the coach blows the whistle, he sprints from cone 1 to cone 2, touches the cone, pushes off with his outside foot and sprints from cone 2 to cone 3.

He touches cone 3, pushes off the outside foot again and sprints back to cone 1, finishing strong past the finish line. This counts as one "set".

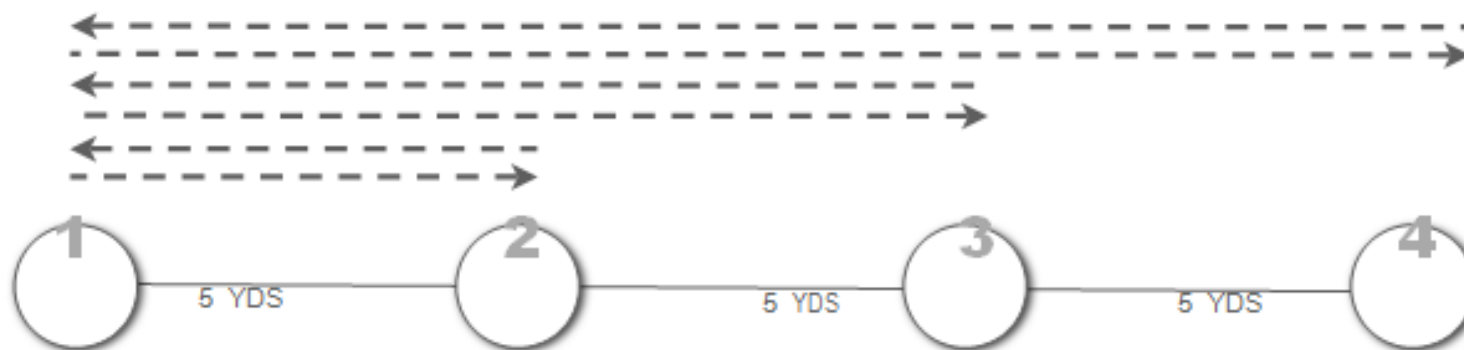


60 YARD SHUTTLE DRILL

Set up 4 cones at interval of 5 yards, as shown in the diagram below.

Start on the first cone, sprint to the second cone, touch it and run back to the first cone. Touch that cone and then run to the third cone. Touch it and return to the first cone. Repeat the process going to the fourth cone and touching it and then returning.

This counts as one "set".

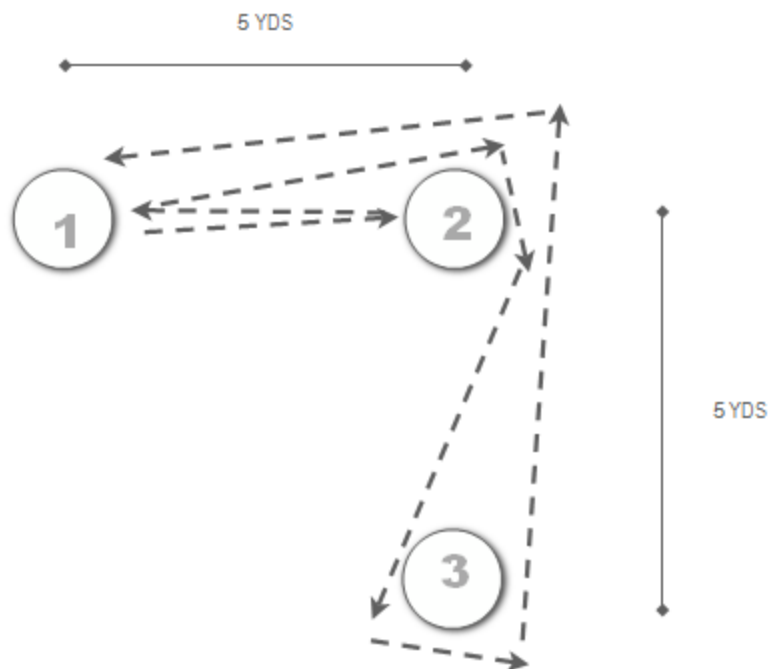


THREE CORNER DRILL

Place 3 cones in “L” shape, 5 yards apart, as shown in the diagram below.

Start at in a two point stance at cone 1. When the whistle is blown, sprint the 5 yards to cone 2. Touch cone 2 with both hands and immediately sprint back to cone 1. Touch cone 1 with both hands then immediately sprint around the outside of cone 2 and to cone 3. Cut to the inside of cone 3 and sprint around it, then come back up to cone 2. Finish by making a tight turn around cone 2 and sprinting through to cone 1 at the finish line.

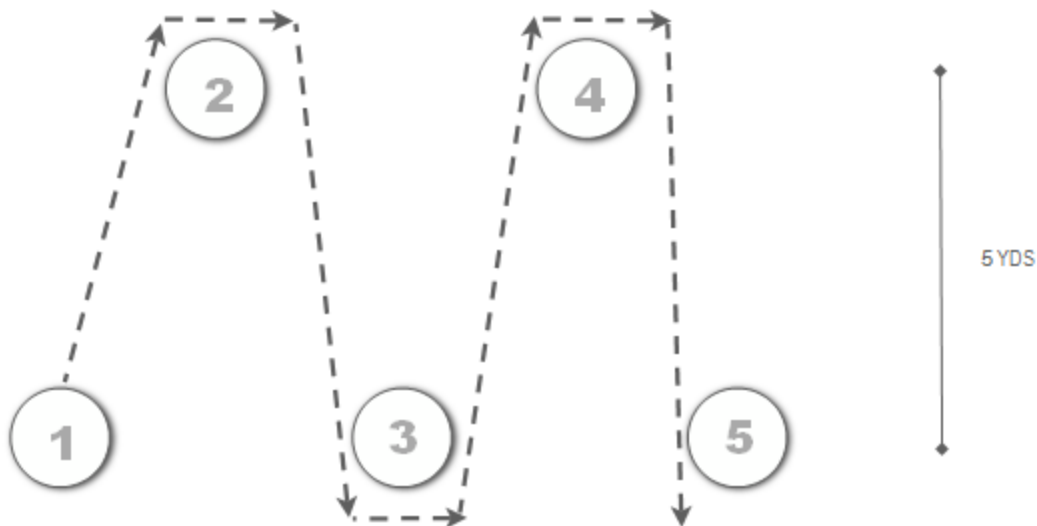
One run through the 3 corners counts as one “set”.



NEBRASKA AGILITY DRILL

Place 5 cones approximately 2 yards apart. The second and fourth cones should be advanced 5 yards up from the second cone, as shown in the diagram below.

Begin in a three point stance next to cone 1. Sprint to cone 2, and make a right-hand turn, rounding the cone and sprinting back to cone 3. Round cone 3 with a left hand turn, then sprint up to cone 4. Round cone 4 with a right hand turn, then sprint hard through cone 5. One circuit through the 5 cones counts as one “set”



Looking For More Football Coaching Resources?

If you haven't had a chance yet – you can upgrade your order to include the complete Essential Football Drills collection by going to:

<http://www.football-tutorials.com/p/upgrade-essential>

Complete playbook collection: <http://www.football-tutorials.com/playbooks/>

Complete drillbook collection: <http://www.football-tutorials.com/drillbooks/>

Online video clinics for coaches: <http://www.football-tutorials.com/football-coaching-videos/>

Or, check out my free coaching blog at <http://www.football-tutorials.com>

Like my Facebook page for free drills and plays!

<https://www.facebook.com/FootballDrillsandPlays>