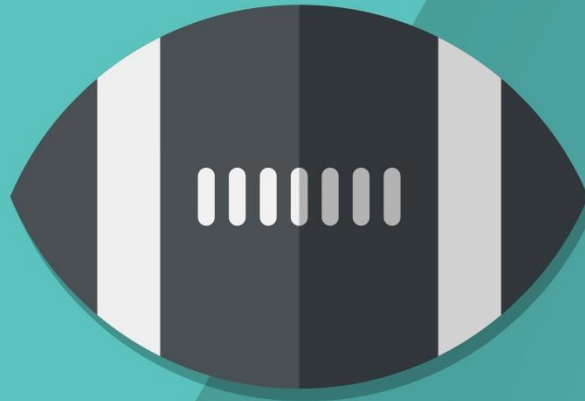




ESSENTIAL FOOTBALL SPECIAL TEAMS DRILLS

5

FUNDAMENTAL DRILLS
FOR THE PUNTING AND KICKING GAME

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INTRODUCTION

Special teams play is one-third of the game and without players who excel at it you could be susceptible to poor field position, turnovers and much more that could cost you the win.

In this mini-book, we have included 5 special teams drills that will help your players improve their skills and avoid making costly mistakes.

To help you better understand each drill we have included the skill level of each drill (beginner, intermediate and advanced) as well as its purpose, what is needed to run it, how it works and the expected result of the drill.

We have also included coaching tips to help you get the most out of each of the drills that you choose to run.

Perform these drills consistently with an attention to basic fundamentals and your special teams' play will soon become one of the strengths of your football team.

FIRE DRILL

Level:

Beginner

Purpose:

Reinforce players' special team assignments and helps ensure they will be ready to go when called upon.

What you need:

You should be running a regular special teams practice when you use this drill.

How this drill works:

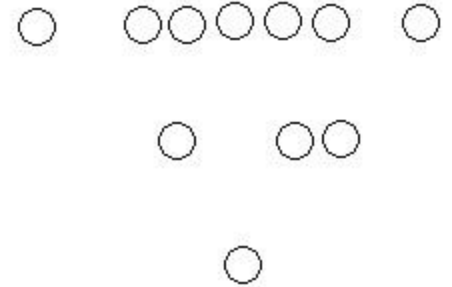
At random times during practice, you should blow the whistle and call out at a special teams unit and have them take their place on the field.

Result:

Players learn to react faster to getting on the field when they need to for special teams.

Coaching Tips:

- If a player does not remember their position, or they fail to listen or get there, the entire team should do an extra conditioning drill.



Players line up in punt formation.

CONTAIN DRILL

Level:

Beginner

Purpose:

Players learn to maintain good contain, which reduces the chance of an opponent breaking a big run on a return.

What you need:

You can run this with just the returners (2) and the kickoff team.

How this drill works:

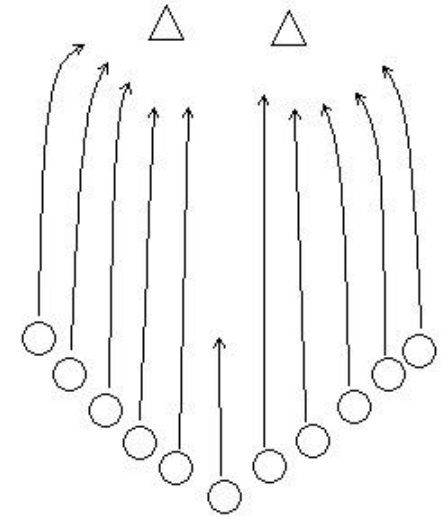
The ball is kicked off or punted and the kickoff team moves downfield. As each person has a lane they are responsible for, the contain player needs to maintain discipline and make sure that nothing gets outside of him. The other players do not aid the contain person in this drill, they stay in their lanes.

Result:

Contain players learn to responsibly take care of their contain duties.

Coaching Tips:

- Instruct the returners that they can try any sort of misdirection in order to fool the contain players.



Players learn the importance of maintaining contain in this special teams drill.

BREAKDOWN KICK COVER DRILL

Level:

Intermediate

Purpose:

To teach players how to excel on special teams.

What you need:

Four lines behind four cones with two kick returners and one punter or kicker.

How this drill works:

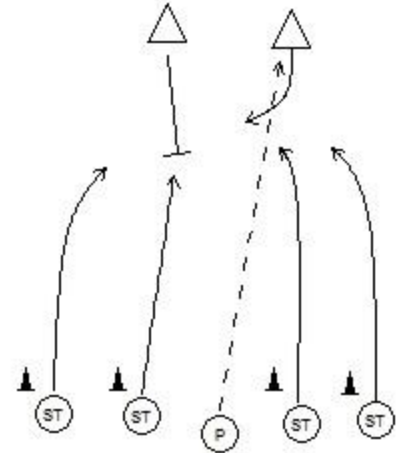
The returners are at midfield, and the punter has the ball. As the punter is about to kick the ball, the cover men start to move forward. Once the ball is kicked, the outside men are responsible for contain, and the inside men are responsible for the middle. They must stay in their lanes going downfield, staying approx. 10 yards apart.

Result:

Players learn good special teams fundamentals.

Coaching Tips:

- Stress to players that good communication is essential both if the return team is going to score and to make sure that all of the lanes are covered on the coverage.



This competitive drill pits the return guys against the coverage guys.

WEDGE DRILL

Level:

Intermediate

Purpose:

Players learn how to make a proper wedge formation, which is important for getting great return yardage on kickoff returns.

What you need:

You need the five players (this can be anyone) who will be forming the wedge on your team during kickoffs.

How this drill works:

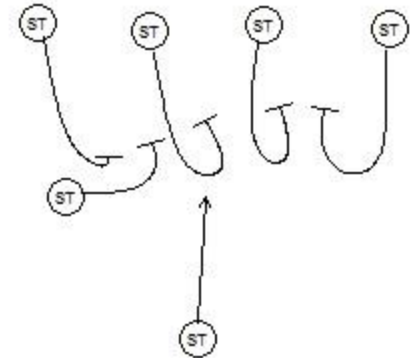
The ball will be kicked off (or a whistle can be blown to simulate wedge formation), and the wedge team will form where the ball is going to be received.

Result:

Players learn to form an effective wedge which will allow your team to gain more yardage on kickoff returns.

Coaching Tips:

- The keys to a good wedge are that they all players meet together and that they all move up field together as a unit. The kickoff team will have players that are going to try and disrupt the wedge (wedge busters), and it is important that the wedge stay intact and moving at the same time.



Players form a wedge during a kickoff return.

PUNT COVER DRILL

Level:

Intermediate

Purpose:

This drill highlights a common battle on game days an outside cover man versus two punt blockers.

What you need:

Punter and one cover man on each side of the field, along with the two punt cover blockers that will try to prevent the man from getting downfield.

How this drill works:

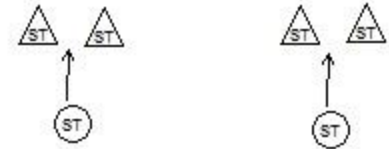
The punt cover men try to fight off two blockers so they can go downfield and cover the punt.

Result:

Players learn new skills to get past the punt blockers, and the punt blockers improve their abilities to keep the punt cover man off the returner.

Coaching Tips:

- Make sure players give maximum effort and battle all the way down the field.



Punt cover can be an intense, and important, battle. This drill helps both your blockers and your cover man improve their skills.

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