

Basic Running Back Workout – 60 Minutes

Drill	Duration	Page Reference
Active Warmup	5 mins	6
Bag Drills	5 mins	7
High Knee Drills	5 mins	10
Full Speed Cuts Drill	10 mins	21
Tuck and Tap Drill	10 mins	24
Pocket Drills	10 mins	22
Line Drill	10 mins	26

All drills are explained inside the Running Back Skills and Drills eBook → <http://football-tutorials.com/p/rb-skills>

Upgrade to the Online Video Clinic to see all 42 drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

Intermediate Running Back Workout – 60 Minutes

Drill	Duration	Page Reference
Active Warmup	5 mins	6
Course Bag Drill	10 mins	19
Bags and Cans Drill	10 mins	9
Catch & Hit Drill	10 mins	25
Pyramid Course Drill	10 mins	28
Strike Drill	5 mins	35
Gauntlet Drill	10 mins	44

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Advanced Running Back Workout – 60 Minutes

Drill	Duration	Page Reference
Active Warmup	5 mins	6
Ladder Drills	5 mins	11
Opposite Hip Drill	10 mins	33
Four Cone Strip Drill	5 mins	48
Meat Grinder Drill	5 mins	29
Settle & Noose Drill	10 mins	30
Blast & Spin Drill	5 mins	41
1 on 1 vs Defensive Backs	10 mins	45

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Running Back Agility Workout – 30 Minutes

Drill	Duration	Page Reference
Active Warmup	5 mins	6
Bag Drills	5 mins	7
Popcorn	5 mins	8
Bags and Cans Drill	5 mins	9
High Knees Drill	5 mins	10
Jump Cut Drill	10 mins	16

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Running Back Agility Workout – 60 Minutes

Drill	Duration	Page Reference
Active Warmup	5 mins	6
Ladder Drills	5 mins	11
High Knee Drills	5 mins	10
Course Bag Drill	10 mins	19
Full Speed Cuts Drill	10 mins	21
Free Hand Post Drill	5 mins	13
Alternate Hands Post Drill	5 mins	14
Jump Cut Drill	10 mins	16
Double Jump Cuts Drill	10 mins	17

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Running Back Ball Security Workout – 30 Minutes (A)

Drill	Duration	Page Reference
Active Warmup	5 mins	6
Ball Transfer Drill	5 mins	12
First Step and Pocket Drill	5 mins	15
Pocket Drills	5 mins	22
Line Drill	5 mins	26
Seat Roll and Sprint Drill	5 mins	47

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Running Back Ball Receiving Workout – 30 Minutes

Drill	Duration	Page Reference
Active Warmup	5 mins	6
Tuck and Tap Drill	5 mins	24
Goal Post Drill	5 mins	27
Over the Shoulder Drill	5 mins	44
Up Down Strip Drill	5 mins	32
Meat Grinder Drill	5 mins	29

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Running Back Blocking Workout – 30 Minutes

Drill	Duration	Page Reference
Active Warmup	5 mins	6
Free Hand Post Drill	5 mins	13
Strike Drill	5 mins	35
Pads Out vs Linebacker Drill	10 mins	36
1 on 1 vs Blitz Drill	10 mins	37

All drills are explained inside the Running Back Skills and Drills eBook → <http://football-tutorials.com/p/rb-skills>

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