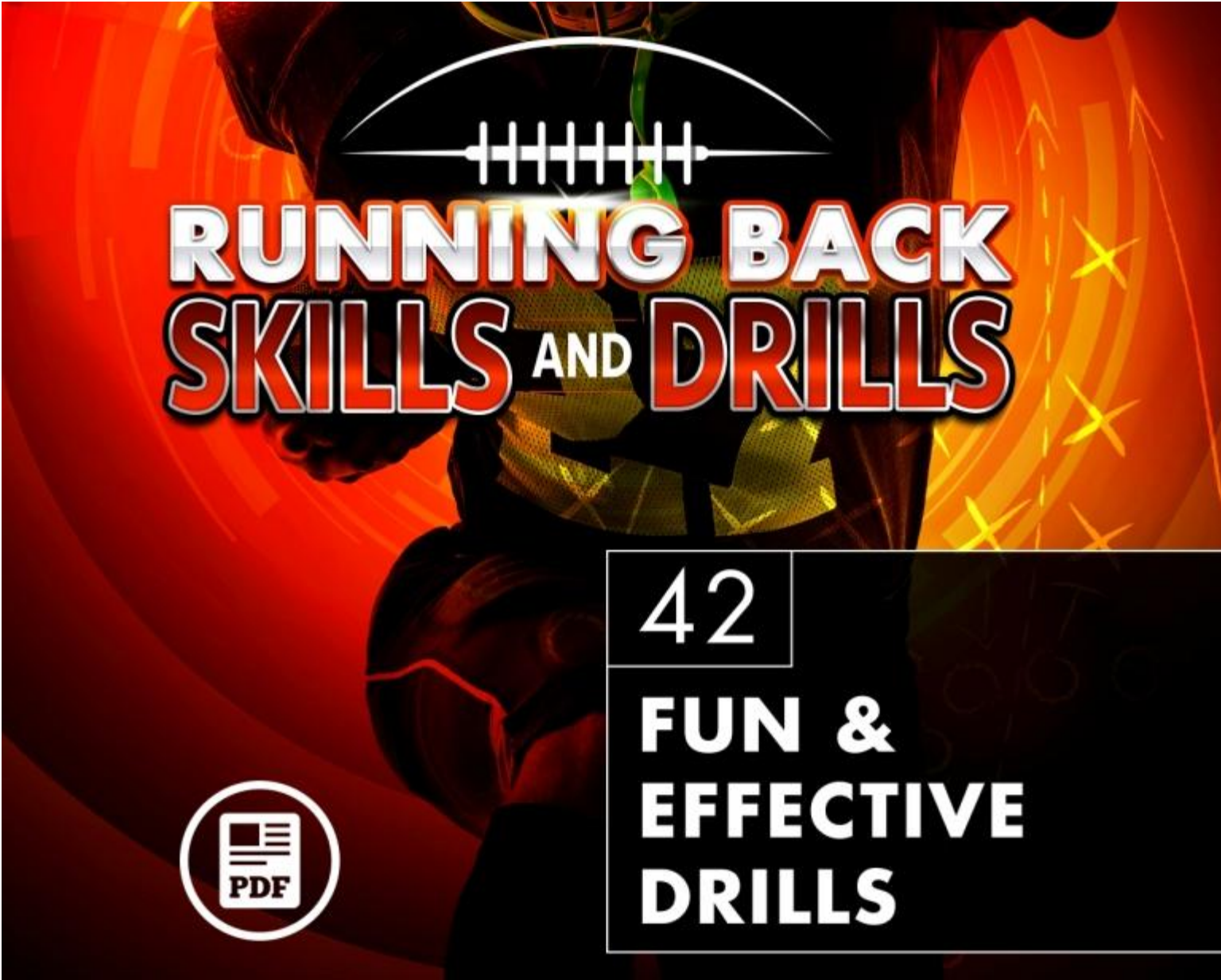




RUNNING BACK SKILLS AND DRILLS

42

**FUN &
EFFECTIVE
DRILLS**



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See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

INTRODUCTION

Running backs are an important part of any football team – and especially at the youth and high school levels.

A great running back can singlehandedly transform an offense and make you a juggernaut instead of a team that struggles to score.

For a coach, few things are better than knowing you can get a great gain on first down running the football. That one act opens up your playbook and allow you to keep the defense guessing

Of course, if your running backs are especially good, keeping the defense guessing may not even be necessary. You can simply give the ball to your workhorse and dare them to stop him.

In this guide, we have included 42 drills designed to help running backs develop the skills necessary to succeed at this difficult position.

There are agility drills, ball security drills, pass catching drills, running drills, blocking drills and more – everything your running backs need to become more complete players.

Have your players practice these drills so that the actions involved become like second nature to them and then watch your running game improve dramatically.

If you'd like to see all these drills on video, simply upgrade your package to include the Running Back Skills and Drills Online Video Clinic:

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



ACTIVE WARM-UP

Purpose: To get players properly stretched and warmed up for practice.

Setup: Players line up anywhere on the field. The coach should be nearby to call commands.

Execution:

Phase One – Lunge

1. Players perform forward lunge steps over a 10 yard period while practicing ball security and keeping heads and eyes up.

Phase Two – High Knees

1. Players jog 10 yards while bringing their knees high up to their hips

Phase Three – Carioca

1. Players go 10 yards while swiveling hips.

Coaching Tips:

- Players should have a good shoulder lean and have shoulders square as they perform these warm-up exercises .
- Watch for smooth ball transition during the drills. Players should change hands at the halfway point of each warm-up.
- One way to ensure players keep their heads up is to flash numbers with your hands and have them call them out as they perform the warm-up.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

Players perform warm-up exercises



Lunges



High Knees



Carioca

DRILL #1 – BAG DRILLS

Purpose: These bag drills are designed to improve players' agility. In particular they focus on planting, controlled cutting, keeping knees high and maintaining balance – which are all important to success at the running back position.

Setup: Line up six “sausage-style” bags anywhere on the field. The coach should be nearby to call commands.

Execution:

Phase One:

1. Players cut through the bags, focusing on planting with the outside foot and redirecting.

Phase Two:

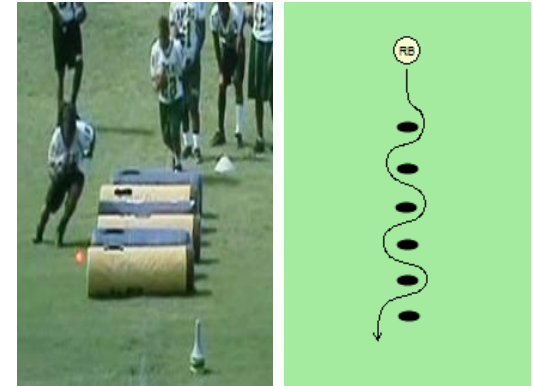
1. Players step over the bags maintaining high knees while the coach tosses them a ball.

Phase Three

1. Go laterally across the bags, halfway through players change the direction they are facing and switch the ball into their other hand.

Coaching Tips:

- Look for balance, rapid arm and foot movement and ball security during these drills.



Above left, a player navigates through the bags during phase one. Right, a diagram of phase one.



Player catches the toss from the coach during phase two.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #2 - POPCORN

Purpose: This fun drill focuses on developing agility and the ability to catch the football.

Setup: Player and coach line up approximately five yards apart anywhere on the field. The coach has two balls.

Execution:

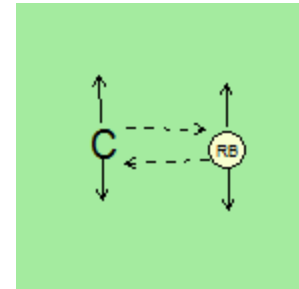
1. The coach says “Go” and immediately starts tossing the balls to the player – throwing one and then the other in rapid succession.
2. The player attempts to catch each ball and toss it back to the coach.
3. The player slides from side to side to catch the balls.

Coaching Tips

- Make sure players don’t “click” their feet or crossover. This drill is all about improving lateral movement and hand-eye coordination.
- Players should also stay on the yardline as they move back and forth – not stray forward and backward.
- If a player catches five in a row they are doing a good job.



Player sets to catch the ball during the Popcorn drill.



Popcorn Drill.

DRILL #3 – BAGS & CANS DRILL

Purpose: This drill teaches agility and demeanor in traffic. In particular, it teaches running backs to move their hips once they get through the line of scrimmage and into the second layer of the defense.

Setup: Place three flat bags followed by three cans anywhere on the field. The coach should be nearby to call commands.

Execution:

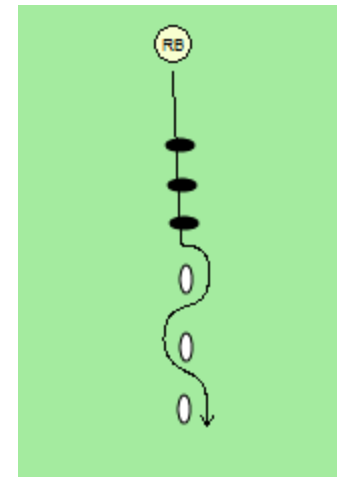
1. Players step over the three flat bags.
2. Players then use hip movement and lateral steps to move around the cans.
3. Players then explode upfield.

Coaching Tips

- Players should not crossover. Look for quick lateral movement from a strong base.
- Also make sure players practice good ball security during the course of this drill.



Player performs the Bags & Cans Drill.



Bags & Cans Drill

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #4 – HIGH KNEES DRILL

Purpose: In this drill players should focus on keeping their knees high and on maintaining good balance.

Setup: Place six “sausage-style” bags anywhere on the field. The coach should be standing to the side near the last bag.

Execution:

1. Coach says “Go.”
2. Players run through the bags, stepping over each bag with high knees.
3. Coach flashes a number with his hand as the players go through the bags.
4. Players call out the number they see.
5. Players clear the last bag and explode upfield.

Coaching Tips

- Flashing a number during the drill will force players to keep their heads and eyes upfield.



Player clears the last bag during the High Knees Drill.



Players should be bringing their knees to their waist or higher.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #5 – LADDER DRILLS

Purpose: Helps players develop and practice all of the following: rapid foot movement, crossing over on breaks, plant and drive without clicking heels and quick change of direction.

Setup: Lay the ladder anywhere on the field. The coach should be nearby to call commands.

Execution:

1. The coach says “Go.”
2. Players move rapidly through the ladder.
3. Among the drills you can use are “Stick It,” in which players try to get two feet or one foot into each “pocket” and Zig-Zag, which teaches players to plant and drive without crossing over.

Coaching Tips

- Make sure players are using rapid hand movement as they progress through ladder drills.
- Flashing numbers to players with your hand during these drills is a great way to force them to keep their eyes upfield.



Players perform various ladder drills.



A sample ladder. In Stick It, for example, players would try to touch both feet within each ladder pocket.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #6 – BALL TRANSFER DRILL

Purpose: Teaches players to seamlessly transfer the ball from one hand to the other while maintaining balance. Players learn to keep their feet at all costs and to use their post hand to maintain balance and keep moving.

Setup: Players line up anywhere on the field. Coach stands 10 yards in front of the players.

Execution:

1. The coach says “Go.”
2. Players start out in a three point stance with the ball securely tucked.
3. Players hop into the air and transfer the ball from one hand to the other while in the air.
4. Players land and touch the hand without the ball to the ground.
5. Players continue hopping and transferring the ball for 10 yards.
6. Players now turn and go back, hopping and transferring the ball until they reach back where they started.
7. Coach blows the whistle to end the drill.

Coaching Tips:

- This is a very good drill to teach balance and to get players used to using their off hand as a “post hand” so be sure players are following all the way through when performing the drill and touching their post hand to the ground.
- A way to increase the difficulty of this drill is for the coach to take a bag and pop the player with the bag as he comes off his hop.
- Another variation is to do the drill for five yards and then have players sprint upfield.



Top and bottom, players perform the ball transfer drill using their off-hand as their post hand.



Correct landing position for the drill would be two feet and one hand on the ground.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #7 – FREE HAND POST DRILL

Purpose: Players work on using their post hand to maintain balance and keep moving upfield.

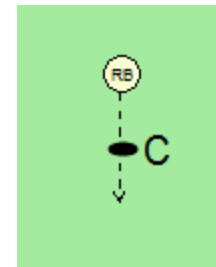
Setup: Players line up anywhere on field. Coach stands in front of the players with a bag.

Execution:

1. Coach says "Go."
2. Players start moving forward while keeping their post hand on the ground.
3. Coach hits player with bag.
4. The player uses his post hand to maintain balance and keep moving.
5. After five yards, the player sprints five more yards.

Coaching Tips:

- Running this drill with two coaches, each with a bag, will allow you to run two lines and get more reps.



Player runs through bag hit from coach.



In top photo, coach prepares to hit player with bag. In bottom photo, player uses post hand to get by bag hit and continue upfield.



See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #8 – ALTERNATE HANDS DOWN DRILL

Purpose: This drill teaches ball transfer and balance.

Setup: Players line up anywhere on the field . The coach should be nearby to call commands.

Execution:

1. The coach says "Go."
2. Players sprint forward five yards.
3. Players then place their post hand on the ground and do a full rotation.
4. Players then sprint forward five more yards and transfer the ball to their other hand.
5. Players place their post hand on the ground, do a full rotation and sprint back to the starting position.
6. The second time through, players turn the opposite way from what they did the first time.

Coaching Tips:

- You can use cones and hoops for this drill if you want to get players to be more precise in their movements.



Players perform a full rotation during the Alternate Hands Down Drill.



Players transfer the ball from one hand to the other between rotations.

DRILL #9 – FIRST STEP AND POCKET DRILL

Purpose: This drill focuses on two things – taking the first step and maintaining a good pocket to receive the football.

Setup: Players line up anywhere on the field. Coach stands three to four yards in front of players facing them.

Execution:

1. Coach says “Go.”
2. Player take first step and then explode up with proper pocket.
3. Coach hands player the ball and player continues upfield.

Coaching Tips:

- Watch that player is forming proper pocket with inside elbow up and palm of the hand on the top of the jersey. Elbow should be tight to the body.
- You can run this drill for zone, counter, trap and draw.



First step.



Player takes first step and prepares to receive the handoff.

DRILL #10 – JUMP CUT DRILL

Purpose: Helps players develop skills for cutting through and eluding traffic.

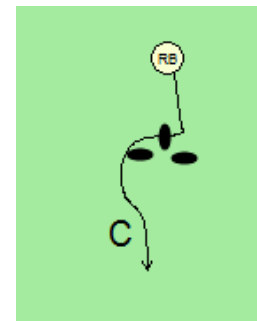
Setup: Place three bags on the ground – two horizontal and one vertical. Players line up behind the bags. The coach lines up in the linebacker area on the other side of the bags.

Execution:

1. Coach says “Go.”
2. Player sprints up to bags, does a jump cut over the vertical bag.
3. Player moves around the horizontal bag and heads up field.
4. Coach steps toward player, forcing him to make a break around the coach.
5. Player heads upfield.
6. Drill should be worked both to the left and to the right.

Coaching Tips

- If you want to make this a three phase drill you can add a handoff to the beginning of the drill.



Jump Cut Drill.



Player does a jump cut before heading up field during the linebacker (coach).



Player cuts by linebacker (coach) and continues upfield.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #11 – DOUBLE JUMP CUTS DRILL

Purpose: This drill teaches agility and demeanor in traffic.

Setup: Place four bags on the field. The first two in a horizontal L shape and then the other two in a flipped L shape. The coach should be nearby to call commands.

Execution:

1. Coach says "Go."
2. Player runs to the first set of bags and does a jump cut right.
3. He moves upfield and does a jump cut left at the second set of bags.
4. Player then sprints upfield.

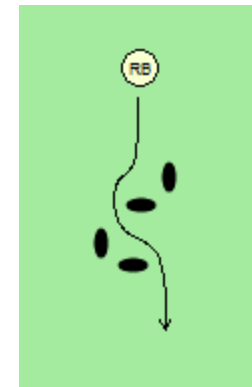
Coaching Tips

- Again, if you would like to add another phase to the drill and improve mesh between the quarterback and running back you can include a handoff at the beginning.

- This drill can be run from an inside zone play, a stretch play or a counter play.



In this drill, a player makes two jump cuts.



Double Jump Cut Drill.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #12 – JET SWEEP MESH DRILL

Purpose: This drill teaches proper course to the running backs. It's also a great way to develop timing and practice pocket development.

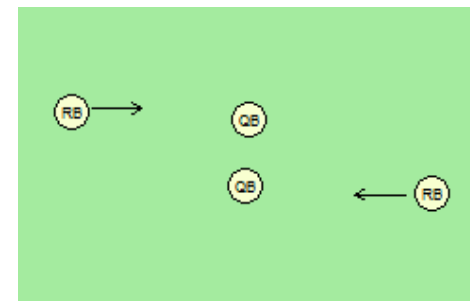
Setup: Two quarterbacks line up facing each other. Running backs are positioned outside in a jet sweep position. The coach is nearby to call commands.

Execution:

1. The quarterback signals the running back to go in motion (for example, by shifting their leg back)
2. Running back sprints toward the quarterback.
3. Quarterback hikes the ball when motioning player is near where the tackle would be if the offensive line was on the field.
4. Quarterback turns and hands the ball off the running back who continues sprinting across the field.
5. Players alternate sides.

Coaching Tips

- This drill should be run at full speed to develop timing.
- Make sure players are maintaining proper form throughout the drill from their stance at the beginning of the drill to the creation of the pocket to receive the handoff.



Running backs line up outside and motion in.



Players go in motion during the Jet Sweep Mesh Drill.



Quarterbacks hand the ball off to the running backs.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #13 – COURSE BAG DRILL

Purpose: This drill teaches proper footwork and agility.

Setup: Line up five bags anywhere on the field. The coach should be nearby to call commands.

Execution:

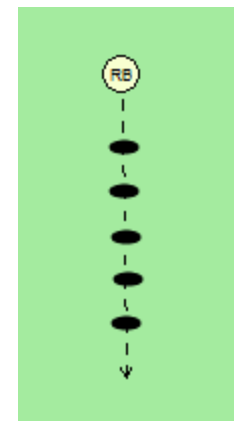
1. Coach says “Go.”
2. Player takes a first step and then explodes upfield taking a proper course toward the bags.
3. He runs through the bags, using rapid foot and hand movement and keeping his knees high.
4. After clearing the bags, he then heads upfield.

Coaching Tips

- Emphasize no false steps during the drill. Players should open up with a 45-degree first step and then take a proper course, pressing the line of scrimmage,
- Make sure players are keeping their heads and eyes up throughout the drill.



The Course Bag Drill.



Players should keep their knees high when running through the bags.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #14 – ZONE MESH DRILL

Purpose: Combines steps, mesh and course into one drill. Also requires the running back to read a lineman.

Setup: Can be setup going both ways for added reps. You need two quarterbacks, two linemen, one for each way and the running backs. Coach should be nearby to call commands.

Execution

1. Quarterback simulates the snap.
2. Running back takes the handoff
3. Running back reads the lineman and goes opposite to the direction he moves – for example, if the lineman goes outside, the running back cuts inside.
4. Players alternate sides.
5. The coach tells the lineman which way to go.

Coaching Tips

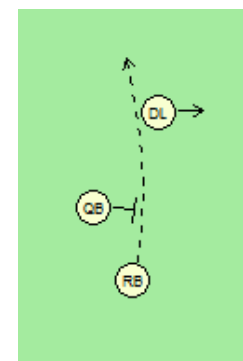
- Make sure players are paying attention to ball security during the drill. Ball security is an important habit that must be developed. Don't let players be lackadaisical with the ball as this can carry over into games and lead to turnovers.



Setting up for the Zone Mesh Drill.



Running back cuts inside as the defensive lineman goes outside.



Running back takes handoff and heads upfield.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #15 – FULL SPEED CUTS DRILL

Purpose: Helps players maintain balance in the open field.

Setup: Set up five cones at staggered intervals over a 10-yard area. Three of the cones should be in a straight line five yards apart. The other two cones should be to the right. One cone in-between cones one and two and one cone in-between cones two and three. Coach should be nearby to call commands.

Execution

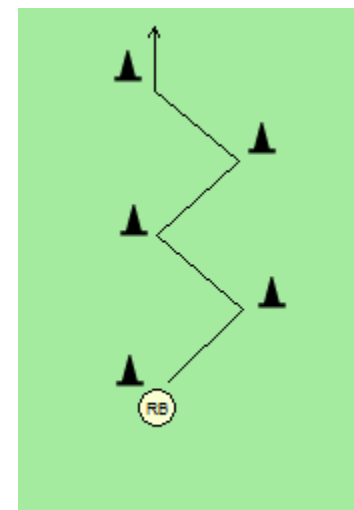
1. Coach says “Go.”
2. Players run forward making full-speed cuts at each cone.

Coaching Tips

- Make sure players are planting and pushing off at each cut and pointing their opposite foot in the direction they want to be going.



Full speed cuts.



Players should make full-speed cuts at each cone.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #16 – POCKET DRILLS

Purpose: Helps players perfect the art of receiving the handoff.

Setup: Players form two groups and line up opposite each other approximately 10 yards apart.

Execution

Phase One – Pocket Drill

1. Coach says “Go,”
2. The first player from each group runs toward the other.
3. One player has a football which he hands off to the other player.
4. The player with the ball then hands it off to the next guy and so on back and forth.

Phase Two – Pocket Form Drill

1. The distance between the groups is shortened to five yards and focus is concentrated on forming the pocket, which should be done in a slower, more exaggerated fashion to stress the fundamentals

Phase Three – Partner Pocket Drill

1. Two players stand next to each other and practice receiving the handoff, focusing on arm movement and clamping down on the ball.

Coaching Tips

- You can adjust the difficulty of these drills by speeding them up or slowing them down.
- Make sure elbow and hand remain tight to the chest during pocket formation.

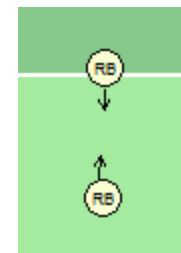
See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>



Player receives handoff during phase one of pocket drill.



Players practice receiving the handoff during the Partner Pocket Drill.



In Phase Two, players line up 5 yards apart and focus on forming pocket.

DRILL #17 – 45 ANGLE APPROACH

Purpose: This drill focuses on catching the football.

Setup: Players line up opposite the coach, about 5 to 10 yards away.

Execution

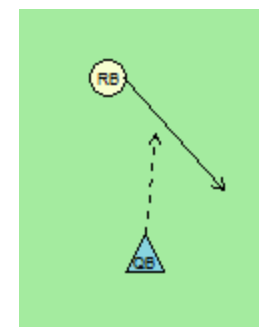
1. Coach says "Go,."
2. Player takes off at a 45 degree angle.
3. Coach throws the ball to the player.
4. Player catches the ball, tucks it away and heads upfield.

Coaching Tips

- Players should have thumbs up if the ball is above their waist and thumbs down if the ball is thrown below their waist.
- Once a player catches the ball he should smoothly tuck it away and sprint upfield.



Player makes the catch during the 45 Angle Approach Drill



Running back runs at a 45 degree angle to quarterback or coach.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #18 – TUCK & TAP DRILL

Purpose: Helps players focus on looking the ball into their hands, catching it and securing it.

Setup: Two groups of players line up five yards apart facing each other. The coach should be nearby to call commands.

Execution

1. Coach says "Go,."
2. Players in one group throw their balls to the other group.
3. Receivers emphasize looking the ball into their hands, then catching it and tucking it away.
4. Once they tuck the ball, they should tap it.

Coaching Tips

- The transition from catching it to tucking it away should be fast and smooth. Make sure players then tap the ball to ensure it is firmly tucked away.



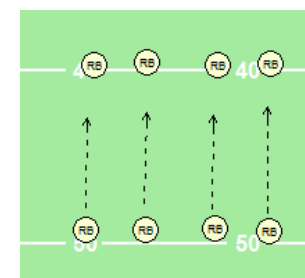
Player catches the ball.



Player tucks the ball.



Player taps the ball.



Players throw the ball back and forth, being sure to tuck and tap when they catch it.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #19 – CATCH & HIT DRILL

Purpose: Teaches players to catch the ball while anticipating the hit and then maintaining ball security during the hit.

Setup: Players run down a yardline, catch a ball and are hit by a pad swung by the coach. You'll need a player to throw the ball to the running backs.

Execution

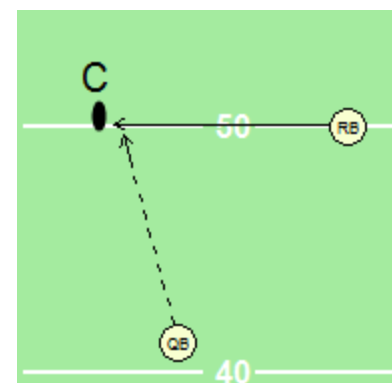
1. Coach says "Go,,"
2. The first player runs down the yardline.
3. He catches the ball.
4. The coach swings a pad and hits the player just after he makes the catch.
5. The player tucks the ball away, absorbs the contact and heads upfield.

Coaching Tips

- Make sure players are securing the ball tight to the body.
- Also make sure that players are not taking their eyes off the ball as they brace for contact.
- Players should stay on the line and not veer out.



Player catches the ball, takes the hit and continues upfield.



Catch and Hit Drill.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #20 – LINE DRILL

Purpose: Helps players improve their ball security.

Setup: Players line up anywhere on the field. The coach is nearby to call commands.

Execution

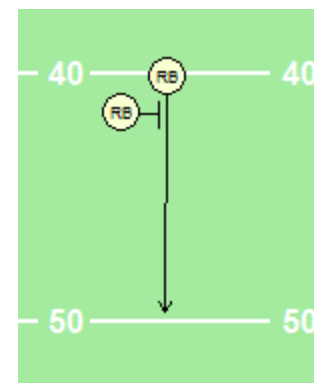
1. Coach says “Go,.”
2. One player runs forward with the ball securely tucked away.
3. A second player tries to strip the ball away from the first player.
4. The players run 10 yards and stop.

Coaching Tips

- Run this drill with helmets and pads to up the fun quotient and see how far a player can go with another hanging all over him. It’s a great way to see the drive and competitiveness of a player.



Offensive player protects the ball as defensive player tries to strip it.



Running back must protect the ball for 10 yards in this drill.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #21 – GOAL POST CATCH DRILL

Purpose: Helps players learn to catch the ball with their hands and fingertips instead of their body.

Setup: Player stands behind the goal post. The coach stands with the ball about five yards away.

Execution

1. Coach says “Go,.”
2. Coach (or another player) throws the ball.
3. The running back, who is standing behind the goalpost with his arms stretched out in front of it, catches the ball.
4. The running back then brings the ball around the goal post and securely tucks it away.

Coaching Tips

- The emphasis of this drill is the player getting his hands out in front of the goal post and forming a pocket to catch the crosshair of the football.
- Players should also squeeze the ball with their fingertips, tuck it away securely and then tap it as they run away.
- Throw balls at 12, 3, 6 and 9 so that players get used to making difficult catches.



Goal Post Catch.



When catching the ball above the waist, thumbs up. When catching the ball below the waist, thumbs down.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #22 – PYRAMID COURSE DRILL

Purpose: This drill emphasizes body control while also helping players improve their catching ability.

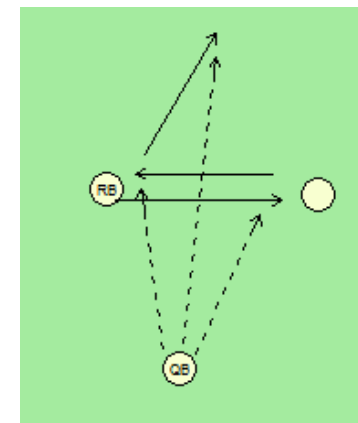
Setup: Running backs line up behind a yard line. Coach stands in front of the players five yards away. Another player stands directly across from the players 10 yards away – so that a triangle is formed.

Execution

1. Coach says “Go.”
2. Running back runs across the field toward the player directly opposite him.
3. Coach throws the ball to the running back, who catches it and tosses it to the player.
4. Running back changes direction and heads back toward the group.
5. Coach throws another pass to the running back who catches and tosses it back toward the coach.
6. Running back then changes direction again and heads deep.
7. Coach throws a long pass to the running back who attempts to catch it over his shoulder on the run.

Coaching Tips

- Another way to run this drill is to say if they drop one of the balls they are done with the drill. Then you can make it a contest to see who is the last man standing.



Running back tries to catch three passes in this drill.



Player catches the ball crossing back across the field.



Player goes deep.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #23 – MEAT GRINDER DRILL

Purpose: This drill helps running backs develop their concentration and focus.

Setup: Running back stands between two linebackers with pads. Coach, or another player, stands five to 10 yards away and throws passes to the running back.

Execution

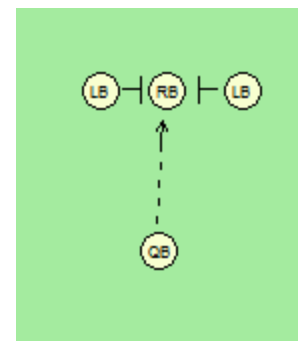
1. Coach says "Go,,"
2. Linebackers hit, push, shove the running back with the pads.
3. Running back is thrown 10 passes to see how many he can catch out of the 10 while under constant harassment.

Coaching Tips

- One way to increase the competitiveness of this drill is to offer an incentive after practice to the player who catches the most passes.
- Running backs should be focused on creating a good frame and target for the ball. You can help improve players' catching ability by throwing passes at different locations, such as 12, 3, 6 and 9.



Meat Grinder Drill.



Player must catch the ball under duress in this drill.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #24 – SETTLE & NOOSE DRILL

Purpose: Designed to help running backs find the space between the linebackers.

Setup: Set two bags five yards apart. Coach, quarterback, or another player, stands in front of the bags about half way between them.

Execution

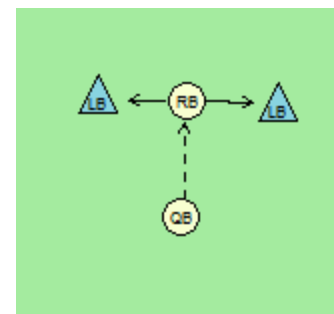
1. Coach says “Go,.”
2. Player runs from one bag to the other, reverses direction and runs back to the original bag, then reverses direction again and “settles” in the space between the two bags.
3. The ball is thrown to the player, who catches it, turns and runs upfield.

Coaching Tips

- Make sure players are “settling down” with their hips low and their foundation solid. Then creating a good target, catching the ball properly, tucking it and tapping it.
- Another option would be to add a person with a bag to pop the running back when he catches the ball.



Running back “settles down” in the open space between the two linebackers (bags) to catch the pass.



Running back must find the open space.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #25 – ONE HAND WARMUP DRILL

Purpose: This drill is usually run before practice to help players warmup and focus on body control and catching ability.

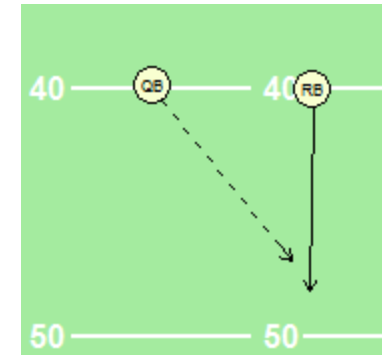
Setup: Two groups of players line up opposite each other about 20 yards apart. Players run straight down the field, stay and when it's their turn come back the other way.

Execution

1. Coach says "Go,,"
2. Player takes off straight down the field.
3. Quarterback throws the ball.
4. Player tries to catch it with one hand – his upfield hand.
5. Player then turns around and when it is his turn repeats the process going back the other direction.
6. Drill starts out being run at half-speed on the hash. In phase two, the running backs move to the top of the numbers so the ball travels a farther distance. In phase three, the players move to the bottom of the numbers and run full speed.

Coaching Tips

- Players should be focused on catching the ball solely with their upfield hand. The ball should only travel 10-15 yards in the air at the beginning of this drill.



One Hand Warmup Drill.



Player makes the one-handed grab.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #26 – OVER THE SHOULDER DRILL

Purpose: Helps players improve their ability to catch the ball over their shoulder.

Setup: Players line up along a yardline anywhere on the field. Coach, or another player, stands beside the group with the football.

Execution

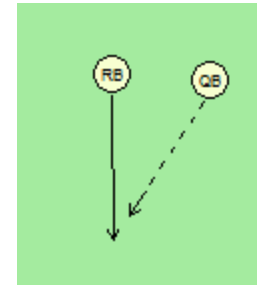
1. Coach says “Go,,”
2. The first running back runs straight ahead.
3. Coach, or another player, throws the football.
4. Running back attempts to catch the ball over his shoulder. He should attempt to catch the ball with one hand but can use two if necessary.

Coaching Tips

- The person throwing the football should switch sides as the drill progresses so that players get experience catching the ball over both shoulders.
- To add difficulty to the drill you could add a defender with a bag who hits the running back in the mid-section as he tries to catch the ball over his shoulder.



Player makes the over-the-shoulder catch.



Over the Shoulder Drill.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #27 – OPPOSITE HIP DRILL

Purpose: This drill is designed to help players learn to catch the ball when it is thrown poorly toward their opposite hip.

Setup: Players line up anywhere on the field. Coach stands three to four yards away with the football.

Execution

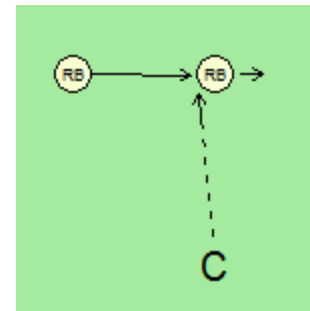
1. Coach says “Go,,”
2. Player runs across the field, crossing in front of the coach.
3. Coach tosses the ball behind the player who attempts to catch it.

Coaching Tips

- Players should not break continuity of movement. They should continue running across the field as they try to catch the ball.
- You can include the quarterback in this drill to build familiarity but you don’t want to use him too much as this could lead to the development of bad habits.



Player attempts to make the difficult catch.



Opposite Hip Drill.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #28 – SIDELINE CATCH DRILL

Purpose: Helps players learn to catch the ball along the sideline.

Setup: Lay a sausage-style bag or trash can about five yards from the sideline. Quarterback stands approximately 10 yards away.

Execution

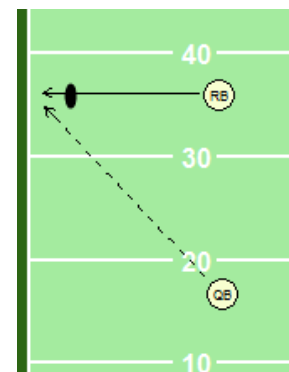
1. Coach says "Go,,"
2. Running back runs and jumps over the bag or can and tries to catch the ball while getting both feet inbounds.
3. Increase difficulty of the drill by moving the bag or can closer to the sideline.
4. Drill should be run from both directions.

Coaching Tips

- Make sure players are staying under control and when necessary are using the proper toe drag.
- Another variation of this drill is to ask players to try to remain under control and head up the sideline instead of going out of bounds after they catch the ball.



Player gets both feet down inbounds.



Sideline Catch Drill.



Move the cans closer to the sideline to make the drill even more difficult.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #29 – STRIKE DRILL

Purpose: Designed to help running backs improve their blocking ability.

Setup: Two running backs get on their knees on a yardline. Two other players with pads stand in front of them. The coach stands nearby to call commands.

Execution

Phase One

1. Coach says “Go,.”
2. Players on their knees launch themselves forward, striking and extending into the pads.

Phase Two – Extension

1. Players now get in a football stance and extend and strike into the player with the pad.
2. In this phase, you are simulating a blitz where the running back has to hit and extend to block a rushing linebacker.

Phase Three – Finish

1. Players get in a two-point stance and drive into the defender, putting both hands inside his frame and then driving him backward.

Coaching Tips

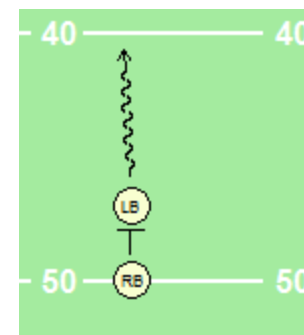
- Make sure players are getting their hips low and striking up and into the players with the pads during phase one. They should be striking the pads with the insides of their arms.
- During phase three, you can use pipes or boards to force players to go outside or a certain direction.



Players on knees during strike drill.



Running backs drive the defensive players backward during the Finish phase.



Strike Drill.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #30 – PADS OUT VS LINEBACKER

Purpose: Another drill designed to help running backs improve their blocking ability. This drill simulates the running back having to block a rushing linebacker.

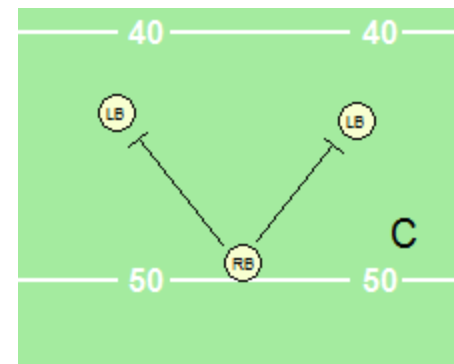
Setup: Running back lines up anywhere on the field with two players with pads standing one on each side in front of him.

Execution

1. Coach calls direction – either right or left.
2. Running back moves forward and blocks that player, striking and extending into the target.
3. Running back returns to set position.
4. Coach calls direction.
5. Running back moves forward to block that player, striking and extending into the target.
6. Coach blows whistle to end the drill.

Coaching Tips

- Make sure players are extending their arms up upon contact and finishing their blocks.



Coach calls direction running back should block.



Opening position for drill.



Running back engages defensive player on the right.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #31 – 1 on 1 VS BLITZ

Purpose: Takes the skills learned during previous blocking drills and puts them all together in a one-on-one live drill versus the linebacker.

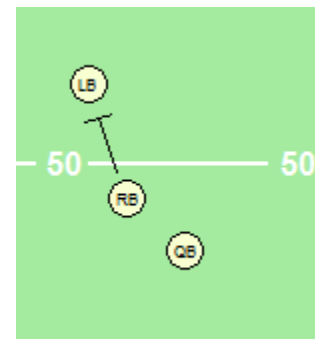
Setup: Running back lines up in front of quarterback or simulated quarterback. Linebacker lines up opposite the running back.

Execution

1. Coach says "Go,."
2. Linebacker rushed toward the quarterback.
3. Running back attempts to block the linebacker, striking inside out and driving with his feet.
4. Players play until the whistle with the linebacker continuing to try to get to the quarterback and the running back attempting to keep him away.

Coaching Tips

- In phase one of this drill, linebackers blitz from the outside. In phase two, you can have them come straight up the middle.



In this drill, the running back protects the quarterback from a rushing linebacker.



1-on-1 versus the linebacker.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #32 – TWO-SIDED STRIP DRILL

Purpose: Improves a running back's ball security.

Setup: Running back lines up with a football in each hand. One player lines up on each side the running back. The coach is nearby to call commands.

Execution

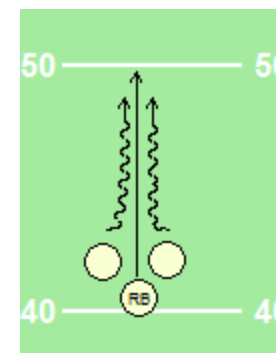
1. Coach says "Go,."
2. Running back runs forward attempting to hold onto each football as the other two players attempt to strip the balls away.
3. Player runs 10 yards and then stops.

Coaching Tips

- Make sure players are gripping the footballs properly and holding them tight to their body for maximum ball security.



Player must protect two balls from two defenders.



Two players run beside the offensive player trying to strip away the balls.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #33 – TOSS SIDELINE DRILL

Purpose: Teaches players to stay inbounds and get maximum yards when near the sideline.

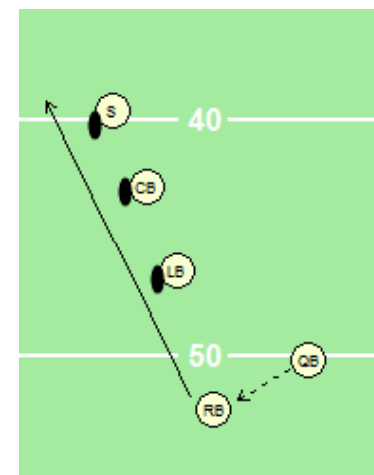
Setup: Running backs line up near the numbers with coach five yards in front. Three players with pads stand near the sideline approximately four yards apart from each other.

Execution

1. Coach says “Go” and tosses the ball to the running back.
2. Running back heads toward the sideline and turns upfield attempting to stay inbounds as the players with the pads hit him.

Coaching Tips

- Players should be squaring up when they get to the bottom of the numbers. Also, watch for good ball transfer.



Toss Sideline Drill.



Running back prepares to square shoulders and turn upfield during Toss Sideline Drill.



Sideline Toss Drill, opposite direction.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #34 – TURN & CATCH DRILL

Purpose: Designed to help running backs improve their catching ability as well as ball security.

Setup: Players line up across the field in front of the coach who stands five to 10 yards away. Players have their backs to the coach.

Execution

Phase One

1. Coach calls the players number and throws the ball to that player.
2. Upon hearing his number the player immediately turns and tries to catch the ball which is already in the air.
3. In the second phase of this drill, add a player with a bag to hit the running back as he attempts to catch the ball.

Coaching Tips

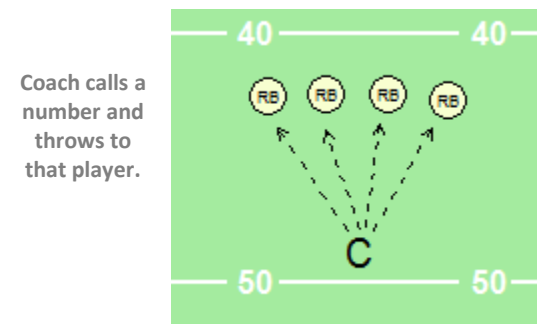
- Players should be catching the ball with their fingertips and then tucking and tapping after every reception.



Players with their backs to the coach during the Turn and Catch Drill.



Player turns and makes the catch.



See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #35 – BLAST & SPIN DRILL

Purpose: Helps running backs improve their agility on the field.

Setup: Two players or coaches with pads line up directly opposite the running back with about five yards of distance between them. The coach stands nearby to call commands.

Execution

Phase One

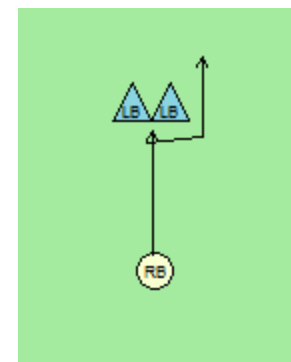
1. Coach says “Go,.”
2. Running back runs forward and “blasts into the pads.”
3. Running back then spins off the pads and heads upfield .

Coaching Tips

- You can also stagger the players with pads so that the running is striking one, spinning and then as he’s heading up field he gets hit again. This is another good way to teach demeanor on the field and reminding a player to get his shoulders square.



Player spins out of traffic.



Player hits the defenders, spins off and heads upfield.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #36 – BLASTER DRILL

Purpose: Another effective drill for teaching agility and demeanor in traffic.

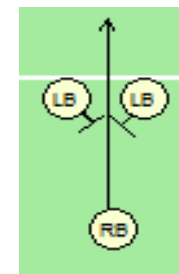
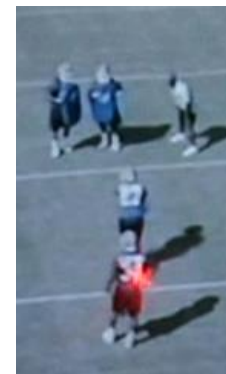
Setup: Two players with pads stand five yards upfield from the running back. The coach stands nearby to call commands.

Execution

1. Coach says “Go,,”
2. Running back gets his shoulders square and heads upfield toward the players with pads.
3. Running back lowers his shoulder and explodes through the two players with pads, continuing upfield while protecting the football.
4. In phase two, you can move the drill to the sideline and have the players focus on staying inbounds as they run past the defenders with pads.

Coaching Tips

- Make sure players are maintaining good ball security during this drill with a proper grip on the football.
- Players should be lowering their shoulder and “dipping and ripping” as they hit the pads.



Blaster Drill.

Player splits the double team.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #37 – MASS STRIP DRILL

Purpose: This drill teaches ball security.

Setup: Two players, one with a ball line up anywhere on the field. The coach stands nearby to call commands.

Execution

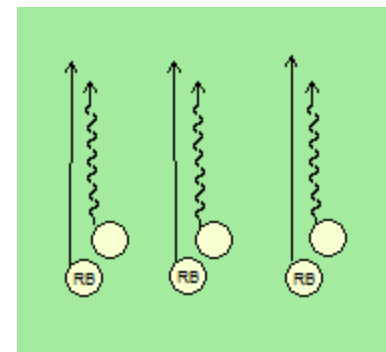
1. Coach says “Go,,”
2. Player with the ball runs forward.
3. The player without the ball attempts to strip the ball away from the player who has it.
4. The drill goes for 10 yards.
5. Players then turn around and go the opposite direction.

Coaching Tips

- Make sure the player with the ball is running forward with knees high to maintain balance and enhance forward progress.



Mass Strip Drill.



One player tries to steal the ball from the other in this ball security drill.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #38 – GAUNTLET DRILL

Purpose: Teaches ball security by having the running back run through three different hits.

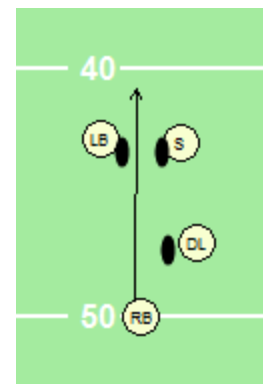
Setup: Three players with pads line up in front of the running backs. The coach stands nearby to call commands.

Execution

1. Coach says “Go,,”
2. Running back runs forward, absorbing the three hits and running upfield while protecting the ball.

Coaching Tips

- You can add more defenders to make the drill even more difficult.
- Also, be sure to run the drill both directions so that players get work protecting the ball on each shoulder.



Running back faces three (or more) defenders in the Gauntlet Drill.



Gauntlet Drill teaches players to hold onto the football during contact.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #39 – 1 on 1 TACKLE DRILL VS DEFENSIVE BACKS

Purpose: Lets running backs utilize the ball security skills they've learned in other drills in a one-on-one showdown against a defensive back.

Setup: Defensive backs line up opposite the running backs. The coach stands nearby to call commands.

Execution

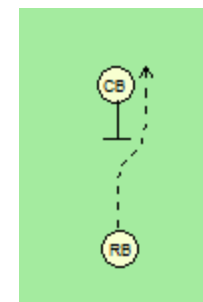
1. Coach says "Go,,"
2. Running back takes the ball and heads upfield.
3. Defensive back tries to tackle the running back.
4. Running back attempts to elude the defensive back and continue on upfield.

Coaching Tips

- Running backs must head upfield and not toward the sideline. You should have them focus on making one cut and then heading upfield.



Running back attempts to get by a defensive back.



1 on 1 Tackle Drill

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #40 – UP DOWN STRIP DRILL

Purpose: This drill is designed to teach running backs balance and security in an unexpected situation.

Setup: Running back lines up on a yardline with a player next to him. The coach stands nearby to call commands.

Execution

1. Coach says "Go,,"
2. Player runs in place with knees high.
3. Coach says "Down."
4. Player falls to the ground and attempts to get back up while protecting ball.
5. The player next to the running back attempts to strip the ball away as the player goes down and attempts to get back up.

Coaching Tips

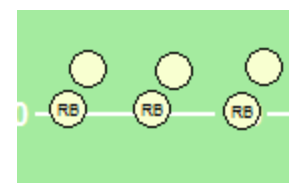
- Watch for good ball security. Players should have a tight elbow and five point control over the football at all times during this drill.



Left, offensive player runs in place.



Right, defensive player attempts to strip the ball as offensive player gets back up.



In this drill, players stay in one place on the field.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #41 – SEAT ROLL AND SPRINT DRILL

Purpose: Designed to teach ball security.

Setup: Running backs line up anywhere on the field. The coach stands nearby to call commands.

Execution

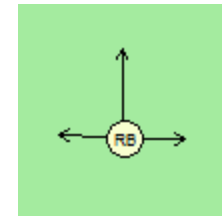
1. Players start in a three-point stance.
2. Coach directs players to do seat rolls in the directions he calls out.
3. After performing seat rolls, players somersault forward and head upfield.
4. Players keep the ball firmly tucked away during the course of the drill.

Coaching Tips

- Run the drill in both directions to ensure players work both hands.
- Ball should always be held tight to the body, never loose.



Players roll during Seat Roll & Sprint Drill.



In this drill, players roll side to side and then somersault forward.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

DRILL #42 – FOUR CONE STRIP DRILL

Purpose: Players work on making good, precise cuts while protecting the football.

Setup: Make a square on field with four cones. Have a defender stand at three of the cones.

Execution

1. Coach says "Go,,"
2. Player starts from the cone without a defender and runs to each of the other cones.
3. Upon reaching each cone the player cuts and protects the football from the defender who tries to strip it away.

Coaching Tips

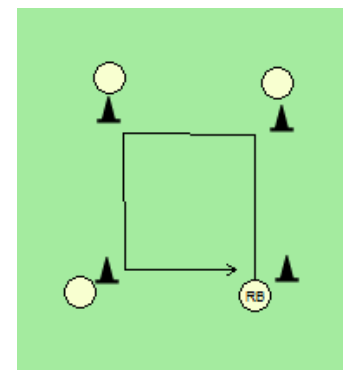
- Make sure players are keeping their heads and eyes up and protecting the football at each cone.



Four Cone Strip Drill works on ball security and cuts.



Player protects the ball while cutting.



Four Cone Drill setup.

See all these drills demonstrated on video → <http://football-tutorials.com/p/rb-upgrade>

Looking For More Football Coaching Resources?

If you'd like to see all these drills on video, simply upgrade your package to include the Running Back Skills and Drills Online Video Clinic:

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

Additional Resources

- Downloadable Football Drillbooks: <http://www.football-tutorials.com/drillbooks/>
- Downloadable Football Playbooks: <http://www.football-tutorials.com/playbooks/>
- Online Video Clinics for Coaches: <http://www.football-tutorials.com/football-coaching-videos/>
- Check out my blog for free drills and plays: <http://www.football-tutorials.com>
- Join our Facebook community and share strategies with like-minded coaches!
<https://www.facebook.com/FootballDrillsandPlays>