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Welcome to Ultimate Youth Football Drills!

Football is often broken down into a game of inches. And while we celebrate the spectacular catch or the picture perfect throw, we only see the glamour, and this can lead some players astray. What they don't realize, and what we try to hammer in every practice, and in every drill, is that it's your fundamentals that will ultimately make the difference between you making that spectacular play, or any other plays for that matter.

Every misstep or extra step is an inch your opponent can gain. Every half second you hesitate is one that your opponent takes advantage of. By focusing on the fundamentals and eliminating as many of the hitches you possibly can, you give your players the best possible chance to succeed.

That's why these drills focus so heavily on the fundamentals – because regardless of what level you're coaching, how great or terrible your players are, establishing good fundamentals can and will make the difference between winning and losing.

So start off slow. Walk through the drills. Make sure your players are performing every movement as efficiently as they can, no matter what it is, and you'll give yourself the best chance to come home with the 'W'.

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Offensive Drills

Offensive Stance and Starts

Difficulty Level: Beginner.

Setup: You'll need four cones, and three lines of players. They'll be separated by position; running backs, wide receivers and the offensive line.

Purpose: To evaluate and/or correct each player's stance, as well as to eliminate any unnecessary steps as they come forward out of it.

Execution: With the players set up in three lines, go through your regular offensive cadence. When you say set, they should immediately get into stance, and on hut, they'll all explode forward past the cones in front of them, turnaround, and get ready to do the drill again.

You'll also want to add another aspect to the drill, instructing players with which foot they take their first step with. Often times when players have to step forward with a foot they aren't comfortable with, they'll do what we call a false step, taking a step back to set their feet, then moving forward. By doing so they not only slow themselves down, but leave themselves unbalanced and easily dealt with by a defender.

Coaching Tips:

Remind players to just keep their weight forward, and to just let their natural momentum carry them forwards and they should find it easier to deal with. This is also not a drill that you do at the beginning of practice and then forget about – you need to be vigilant the entire practice, making sure to correct any sloppy stances or footwork on sight.

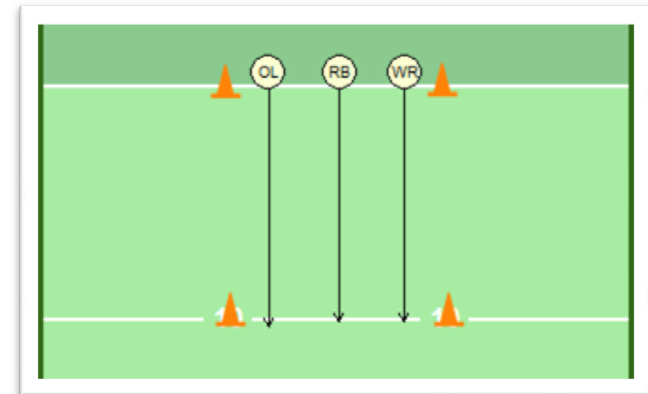


Figure 1.1: Stance and starts setup.



Figure 1.2: Proper receiver, offensive line, and running back stances.

Teaching the Handoff

Difficulty Level: Beginner.

Setup: You'll need two cones, one football, and to separate your players into two groups, one at each cone, facing each other.

Purpose: To develop the correct technique for receiving handoffs.

Execution: Have each group lineup on the left side of the cone. The player at the front of the line with the football will start to walk across to the other line, with the football clamped down tight. Once he nears his teammate, he will take the ball out of the pocket, and handoff to his teammate, who will be walking forward presenting a pocket of his own.

Again I must reinforce how important it is to walk through the first couple times you run a drill. Letting the players run loose immediately will cause them to ignore the fundamentals, and will hurt them in the long run.

Coaching Tips: If your players are unfamiliar with how to take a handoff properly, there are a couple things for them to keep in mind when forming the pocket. First, they'll want to put their hand straight out and forward, as if they're reaching for a high five. Next they want to spread their fingers wide, and rotate their hand so that their thumb is planted square in their chest. Their elbow should be up at shoulder level, providing a nice big target for the quarterback.

Next, he'll extend his other arm, palm up, at roughly waist level. Then he'll separate his fingers, and rotate his arm, bringing his pinky into his stomach, and point the thumb out and down, with his palm still up in the air. By forcing that thumb down he'll lock his elbow in, creating a great big pocket area for the quarterback to place the ball.

The last step is simple – just clamp down with both arms securing the football!

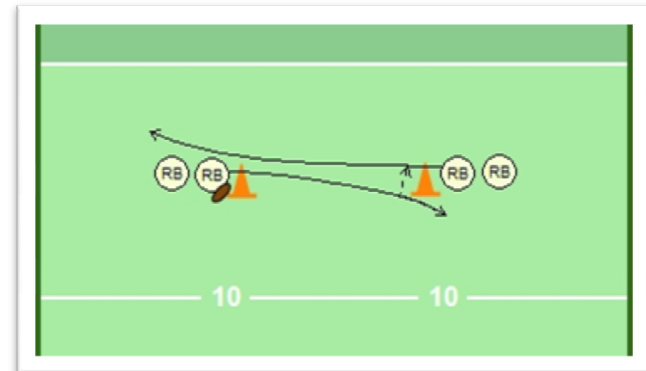


Figure 2.1: Birds eye view of the handoff drill.



Figure 2.2: Coach showing proper pocket technique.

Handoff Transfer Drill

Difficulty Level: Beginner.

Setup: For this drill you'll need two cones, two quarterbacks, two running backs, and two footballs.

Purpose: To give your players a more game-like situation in which to practice giving and receiving handoffs.

Execution: With each quarterback behind their cone, football in hand, and the running backs in tow behind as well, call hike.

On this signal, the quarterbacks should pivot, opening up to the right side, as the runningbacks run up to receive the handoff with their pocket open wide. They'll then clamp down and burst past the cone, then turn around and come back to do the same drill again – to the left side this time.

Coaching Tips: You want to make sure your players are getting a good 'mesh' as well. By mesh I mean that as the handoff is happening, the runningback should just brush the quarterback with his inside shoulder. Otherwise, you run the risk of the running back coming out too wide or too tight, forcing the quarterback to overextend or get jammed up.

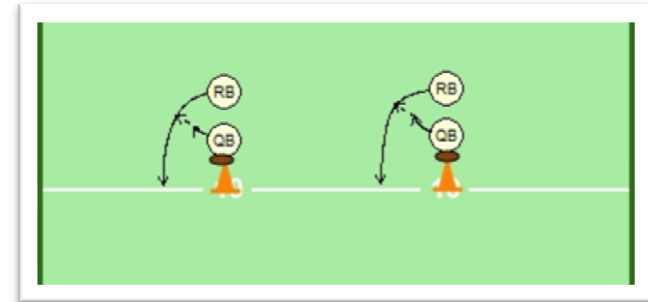


Figure 3.1: Setup for the handoff transfer drill.



Figure 3.2: The handoff transfer drill in practice.

QB Swivel Drill

Difficulty Level: Beginner.

Setup: You'll need five small round discs and a cone. Any small circular household item will do – as long as its flat and the edges won't cause any injury hazards.

Purpose: To teach your quarterbacks how much to pivot and open on the handoff, depending on the type of play you're running.

Execution: The idea here is to help the players visualize a clock, and teach them the various pivots they might use. For example for a quick dive play, you would only want your quarterback to open up to three or nine o'clock. The great part about this drill is that we have an auditory cue that lets us know if the player has stepped on the lid, allowing us to know immediately whether they executed the drill properly.

To start off, call out the times and let the players ingrain these moves into their muscle memory. Once and only once they become fully comfortable with that you can take away the lids.

Coaching Tips: If they start to find this too easy, even without the lids, you can also try calling out play names instead of times, allowing you to test the players knowledge of the playbook and forcing them to do a bit of critical thinking before making the move instead of just moving to a dial on the clock.

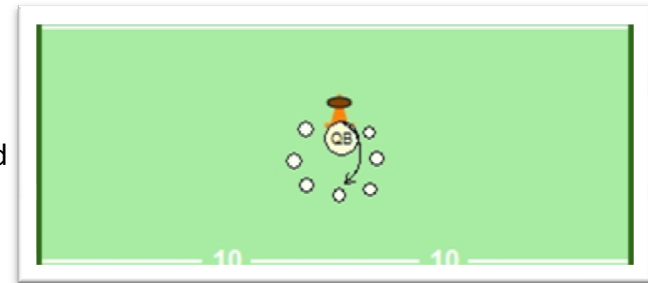


Figure 4.1: Bird's eye view of the "pivot clock".

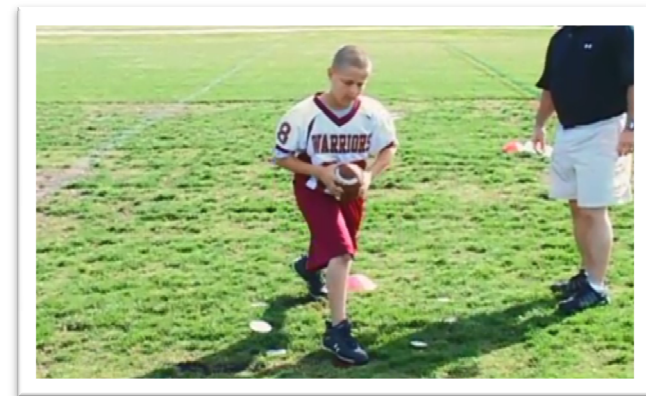


Figure 4.2: Quarterback executing a 6 o'clock pivot.

QB Drops Drill

Difficulty Level: Intermediate.

Setup: Five cones in total will be needed for this drill, laid out in the pattern you see in figure 5.1. The depth and width of these cones will be dependent on the age and size of your quarterback – make sure you adjust accordingly. Your quarterback will also need a football.

Purpose: To teach our quarterbacks the depth that they need for 3, 5, and 7 step drops, as well as for rollouts.

Execution: The quarterback will start off at the first cone, with his knees bent in a quarterback stance (holding the ball already though) and on his hike, will start off by walking back a 3 step drop. His back heel should land at the depth of the first cone. Now the challenge comes in trying to end up in the same exact spot for each drop, slowly working up from walking to full speed. Your quarterbacks goal is to replicate the exact same footwork every snap, so that they always end up in the same position, balanced and ready to throw.

When working on the rollouts, we want the quarterback to reverse pivot, faking a handoff to side opposite the one he's about to roll out to. The quarterback should be beginning to curve around to the wide cone somewhere between the three and five second drop markers evening out and stopping in place on the cone.

Coaching Tips: Once the players are used to it, get rid of the cones and evaluate their ability to maintain that consistency in their drops – this is the best way to get a read on how much they're improving.

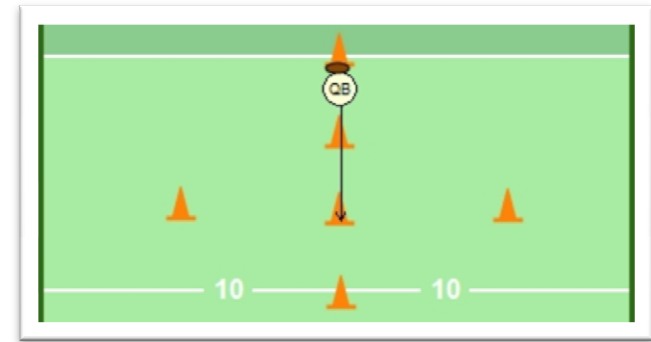


Figure 5.1: The setup for the QB drops drill, with the QB executing a 5 step drop..

Agility Circuit

Difficulty Level: Beginner.

Setup: Whatever kind of marker works best for you will do – I personally just stick with cones. Set them up so that the course is bookended by larger gaps. This way we can encourage players to explode out at the end of each run, a technique that is especially important for your running backs and receivers to learn.

Purpose: To improve your players agility, running technique, and coordination.

Execution: Have each player weave through the cones, with the player next in line waiting until their teammate has gotten past the fourth cone to run through.

As soon as a player has run the course, they should get in line, ready to go back the other way as soon as everyone has gone through once.

Our next step is to separate the cones by a couple of yards, creating some strong Vs for the players to run through. The key here is for them to get low and sink their hips when they pass the cone, plant with their outside foot, and explode forward to the next cone.

Coaching Tips: Great thing about this drill is that it is beneficial to every single player on your team. The agility is important, but even just developing the correct running technique – the arms are pumping, the knees as well, and their head is right over their knees.

It can also be a great help to place this drill directly on a line. The younger players especially, who's motor skills are just developing will see huge gains in coordination

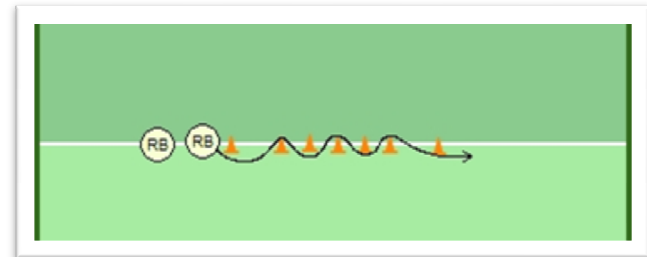


Figure 6.1: The first agility drill from a bird's eye view.



Figure 6.2: A player running through the course.

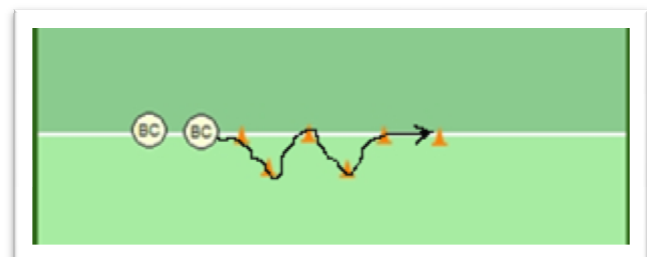


Figure 6.3: A bird's eye view of the second agility drill setup.

ESPN Drill

Difficulty Level: Beginner.

Setup: Two cones, with a line at each end. There will be just one quarterback on one end, and a number of receivers on the other.

Purpose: To emphasize catching with their 'eyes', and using proper catching technique.

Execution: The quarterback will throw to the player at the front of the line, who will zero in on the ball with their eyes and catch it – and then freeze. This is so that you as the coach can make sure they're looking the ball in and not just grabbing at it with their hands.

If you can get a quarterback to throw the ball for this drill instead of having to do it yourself, you'll free yourself up to focus more on the players technique, and allow your quarterback to get some reps throwing the football – always a good thing. Just make sure to remind him not to always throw the ball dead center. Have him work on locations; up, down, left, right. This will not only make the receivers work more, but it will keep your quarterback dialed in and challenged.

Coaching Tips: While you do want your players to avoid catching with their body, it's actually more important that they catch with their eyes. When they see the pass coming, they should form a triangle with their index fingers and thumbs, and stare the ball down through this triangle. I tell them to imagine that their nose and the football are connected on a string, and where ever that football goes, their nose should follow!

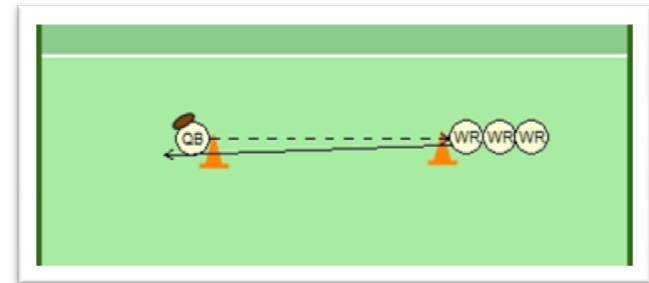


Figure 7.1: The ESPN drill diagrammed from the top.



Figure 7.2: Coach demonstrating proper catching technique.

Globetrotter Drill

Difficulty Level: Beginner.

Setup: Have 6-8 players circle up. You'll also need two tennis balls and two footballs.

Purpose: To teach players to focus in on the football, to keep nice soft hands, and to always be aware of their surroundings.

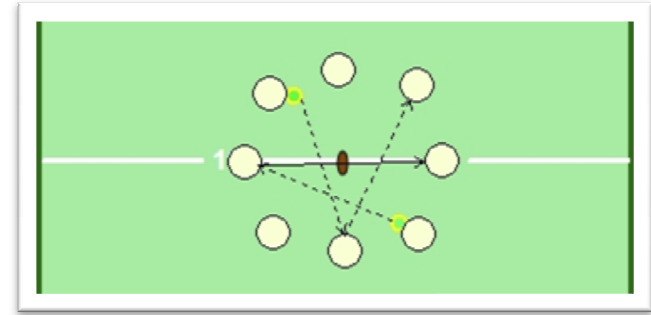


Figure 8.1: The globetrotter drill in action.

Execution: Have the players huddle up, then all take two steps back to get a nice big circle. Now give one player a tennis ball, and have them throw it back and forth in the circle, throwing to any other player at any time. It's important that these are soft, catchable passes and the players aren't just whipping the ball at each other.

Once they've gotten into a rhythm, throw in a second tennis ball, and watch things really turn up. Next, take away the tennis balls, and do the same drill, but with one, and then two footballs.

Coaching Tips: This is a great fun drill for the players, perfect at the beginning of practice as the players filter in.

Building Blocks Drill

Difficulty Level: Beginner.

Setup: All you'll need for this drill is two players and a blocking pad.

Purpose: To teach the fundamentals of any block on the numbers your offensive line will need to do.

Execution: There is a three part breakdown to this drill that I use to make it simple for the players. They are 'fit', 'hit', and 'drive'. To start, the players should be about a yard and a half apart with the offensive player in a relaxed standing position and the defender holding the blocking pad, ready for impact.

When you call out fit, the offensive player will get into a low, strong, athletic position, with their hands up close to their chest, ready to pop.

Next, when you call out hit, they will make contact, delivering the blow and establishing the hands inside. After the hit, the player should freeze, to allow you to evaluate them.

The last part of the drill is drive. Here the player will drive his opponent back, taking three small steps.

Coaching Tips: To get the whole team involved, just have the players lineup parallel to each other and after each command take the time to walk up and down the line to check balance, arm position, and anything else you might need to correct.



Figure 9.1: The player freezing after initiating the 'hit' portion of the drill.

Double Block

Difficulty Level: Intermediate.

Setup: You'll need two defensive players, an offensive player, and a defensive player. If you have one available, a blocking pad can be a huge tool.

Purpose: To teach players the correct technique when executing a double block.

Execution: Setup much like the previous drill, with the offensive players separated by a yard and a half from the defenders. Now on your hike, they're going to explode forward and begin to drive the defender back, each taking half of his body.

Coaching Tips: To further encourage them staying tight with their hips together, I like to wedge a blocking pad in as soon as they come off the line. This works as a reminder for them because they know they need to maintain that pressure to keep the pad there, and it also makes it very easy for you to evaluate whether they're executing the proper technique.

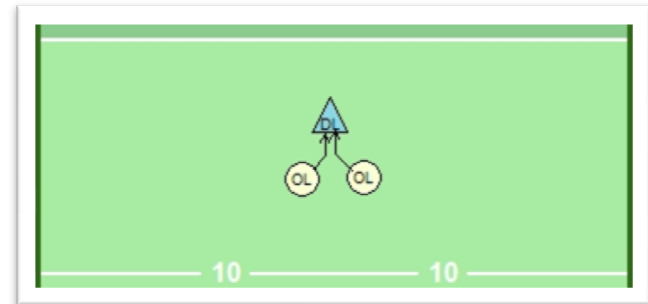


Figure 10.1: A birds eye view of the double block drill.



Figure 10.2: Two players wedging the blocking pad between them as they execute a double block.

Defensive Drills

Defensive Stance and Starts

Difficulty Level: Beginner.

Setup: Four cones, used to create a rectangle about 10 yards wide and 5 yards deep. Your players will form four lines on the long side of the rectangle, separated by position – defensive linemen, defensive ends, linebackers, and defensive backs.

Purpose: Teaching the proper stance, and ensuring players are balanced and able to come out of it explosively in any direction.

Execution: Once the players are in stance take a second to correct any mistakes. Then stand or crouch across from them on the other side of the rectangle, and hike the ball off the ground. The players will all explode out of their stance on the movement of the ball, slowing down to a stop once they've crossed the rectangle, and returning to the back of their respective lines.

When they're comfortable with that, we'll add a second aspect to the drill. Instead of just hiking the ball, hold it out to the left or right. The players will then move in the corresponding direction, adjusting accordingly as you move the ball left, right, and lastly pointing it behind you, signaling them to explode past you.

Coaching Tips: Don't underestimate the importance of a strong stance. At every level, from PeeWee up to the NFL, the stance is the first thing you should go over in practice. It makes for a good warmup, and drills in the importance of getting a great first step.

You also want to keep in mind that every position is going to have a slightly different stance – your defensive backs aren't going to be playing out of a three point stance in games, so there's no point in having them do so in practice. This is why we separate the lines by position.

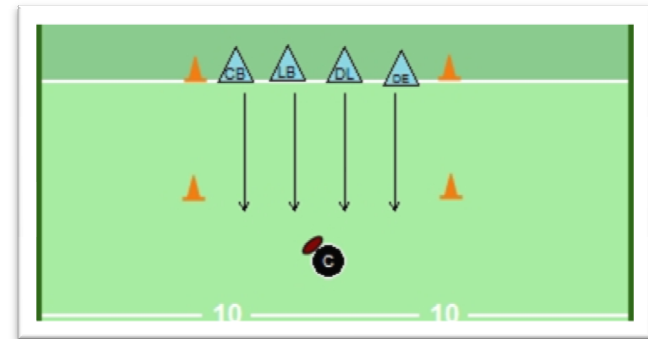


Figure 1.1: The first part of stance and starts.



Figure 1.2: Adding lateral movement to the drill.

W Drill

Difficulty Level: Beginner.

Setup: Five cones, used to create a 'W', with each cone roughly 5-7 yards apart from the next. The players will line up at one end of the 'W', with the first player facing everyone else in the line.

Purpose: To improve the players ability to backpedal at a 45 degree angle, then change direction and explode forwards.

Execution: The first player in line will begin the drill by backpedaling at a 45 degree angle until they pass the first cone, at which point they will change directions, running forward to the next cone.

They will continue this pattern until they complete the 'W', where they will stand off to the side and wait for the rest of their teammates to finish. Once done, they will run the drill again, just in the opposite direction, starting from the same side of the 'W' they just finished at.

For the first couple times through , start off slowly – even have them walk through it. From there work up to about 75%, and eventually 100% once the players are all completely comfortable.

Coaching Tips: This is an important drill for linebackers, defensive backs, and even some defensive ends, depending on your team's schemes. The technique is fairly simple; the player should have their knees just slightly in front of their toes, sink their behind, and pump their arms with every step. Every player is going to go about it a little bit differently, and that's fine - as long as they're able to move backwards efficiently and balanced, and able to change directions with ease.

Most players first instinct is to turn back and look to see where they're going. But even a quick look back will cause them to lose track of the ball, because on defense, everything will be happening in front of them.

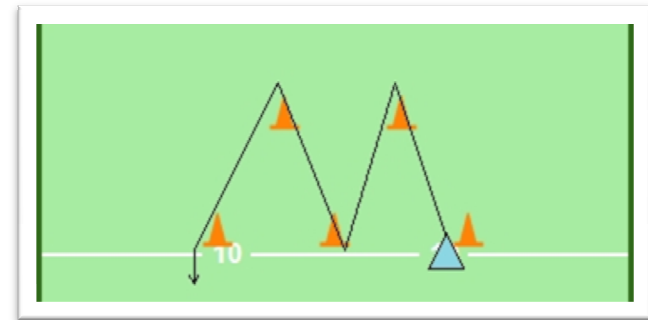


Figure 2.1: Overhead view of the 'W' drill.



Figure 2.2: Two players executing the 'W' drill.

45° Drill

Difficulty Level: Beginner.

Setup: Two cones, with the second about 5-7 yards behind the first at a 45 degree angle. The players will line up at the first cone, with the first player facing the line.

Purpose: To teach players how to open up their hips and run properly.

Execution: The players will start facing forward with the second cone at about their 8 or 4 o'clock. The first movement will be to drop the back foot, opening up the hips and allowing the player to run backwards a diagonal angle, all while keeping their head looking forwards, keeping their eye on the quarterback. Once they get to the second cone they will stop, pump their feet for a couple seconds, then return to the back of the line.

In the second part of the drill, we'll have the players explode forward once they get to the second cone, allowing them to practice the footwork necessary to make a change in direction.

Coaching Tips: Remember to start off at half speed and allow your players to grasp the fundamentals before moving faster. Remind them not to cross over their feet – this can trip them up if they have to make a quick change in direction.

It's also important you give them a chance to practice all directions. Most players already have a natural feel for running diagonally forwards though, so focus on going backwards to the right and left.

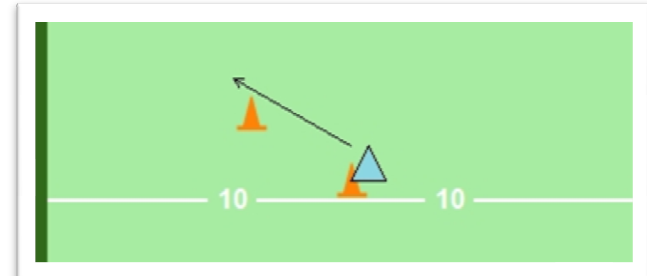


Figure 3.1: Setup for the 45 degree drill.



Figure 3.2: A player executing the 45 degree drill, as his teammate gets ready to follow.

Backpedal Drill

Difficulty Level: Beginner.

Setup: Place two cones, roughly 10 yards apart, directly on a line. Have your players line up on one end of the cone.

Purpose: To improve your players motor skills and confidence when it comes to backpedaling.

Execution: Get the first player in line to turn around. There are four things they need to do in this drill, keep their nose on the line, keep their hips on the line, pump their arms and stay in a low, athletic stance.

Everybody's backpedal is going to look a little bit different – this is something you don't want to over coach. The most important things are that they keep their eyes on the play, they're balanced, and they're moving efficiently. If the answer to all three of those questions is yes, they should be fine.

Coaching Tips: One of the biggest reasons players don't like backpedaling is that they can't see what's behind them. They either move too gingerly or keep looking back behind them taking themselves out of the play. To deal with this at the start of the drill, I have the first player get in stance and ask him if there is anything behind them that could possibly trip them. They will say no, and you will say then they have absolutely no reason to look back.

Like all the other drills we've gone through so far, start off at half-speed, having them walk through and work your way up, and remember to correct any mistakes you see the players making.

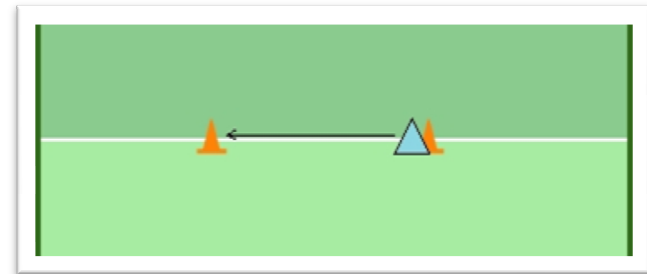


Figure 4.1: Setup for the Backpedal Drill.



Figure 4.2: A player running through the drill.

Ball Strip Drill

Difficulty Level: Intermediate

Setup: For this drill we just need two players and a football.

Purpose: To teach the player a number of techniques for stripping the football.

Execution: With the players in pairs, go over the following techniques, and allow them to get familiar with them in a practice environment.

The first technique, as seen in figure 5.1, is a punch from the bottom. This is for a defender coming at a player from the back, who will start off by swinging their fist to punch the ball out, then grabbing the ball carrier with their off hand.

The next technique in 5.2 were going to look at is a great one to use when a teammate of yours already has the ball carrier wrapped up. To pull it off, have the defender push the nose of the football down and the elbow of the ball carrier up, forcing the football to pop right out.

The third technique is another technique we use from behind. As we see in figure 5.3, instead of coming and swinging up from the bottom, were going to reach over top and rip the ball out, again going for the football first and then wrapping up with our off-arm after.

The last technique is for when were coming directly at the ball carrier. The defender is going to slam down directly on the football with their strong hand in a clubbing motion to force the ball out. You can also combine this move with the second technique, and apply some pressure to the elbow at the same time as well.

Coaching Tips: The reason we want to go for the ball before wrapping up the ball carrier is that as soon as we grab with our off-arm, any savvy ball carrier is going to cover up the football and brace for a hit or strip. By attacking the ball immediately, the ball carrier doesn't have a chance to prepare themselves to protect the football.



Figure 5.1: Punch from the bottom.



Figure 5.2: Two handed strip.



Figure 5.3: Rip from behind.



Figure 5.4: Club from the front.

Ball Wrestling

Difficulty Level: Beginner

Setup: One or two cones to create a finish line if need be, and a football for every two players that are running the drill.

Purpose: To work on both ball security offensively, and stripping the football defensively.

Execution: The offensive players are going to hold the ball firmly, with the defensive players lining up next them with two hands on the ball. On your command, the offensive player will begin running, trying to get to the finish line before the defensive player can rip the football out.

Coaching Tips: This is a great competition drill, that allows both the offense and defense to work on their skills, and as such, has become a player favorite in our practices. However unless they're in full pads, you'll want to have them keep the intensity at little bit below 100%.

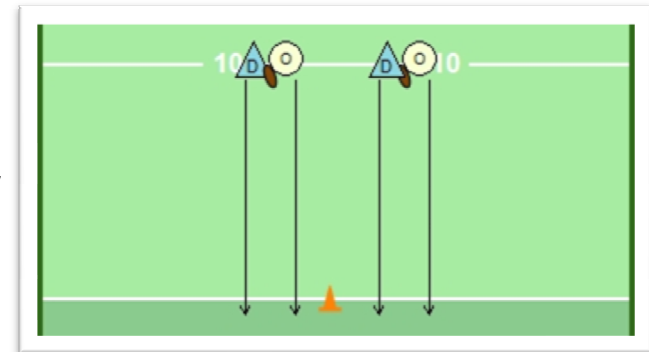


Figure 6.1: A birds eye view of Ball Wrestling.



Figure 6.2: Four players executing the drill.

D Line Scramble

Difficulty Level: Intermediate.

Setup: You'll need two cones, 3-4 flat bags or blocking shields (or anything else that you could use as an obstacle), a standup pop bag, and one extra coach or player with a football.

Purpose: To put the defensive lineman through a gauntlet of sorts, working on a variety of necessary skills.

Execution: Again, remember to start off slowly and work your way up until the players are comfortable to go full speed.

The player will start off in a 4-point stance then proceed to bear crawl through the obstacles, going around the three bags. After they pass the third bag, they will start to run, sprinting out to the second cone, pivoting, and tackling the pop up bag. The assistant coach will throw a football on the ground, creating the illusion of a forced fumble, which the defender needs to scoop up and take off down the field for the score.

Remember to correct technique, while there may be no technically correct technique to bear crawling, don't let the players cheat to make it easier by putting their butt way up in the air or letting their head drop down - no shortcuts!

Coaching Tips: There are a variety of ways you can adjust this drill to your liking, anywhere from having them do a seat roll after one of the bags, to having them swat a pass down instead of scooping the fumble, to my favorite – setting up two courses and getting a relay race going at the end of practice! Don't be afraid to experiment and come up with new ways to expand this drill!

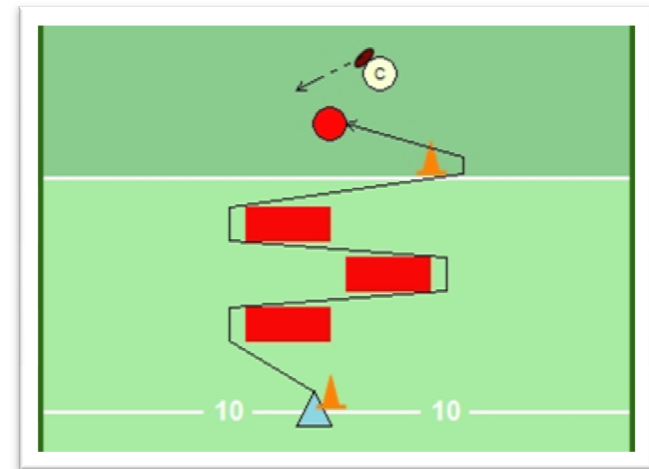


Figure 7.1: The setup and course of action for the D-line scramble.



Figure 7.2: A player in mid-bear crawl.

Fumble Hunt

Difficulty Level: Beginner.

Setup: One cone, one football, and two players.

Purpose: To teach the players the correct series of instincts when a fumble occurs.

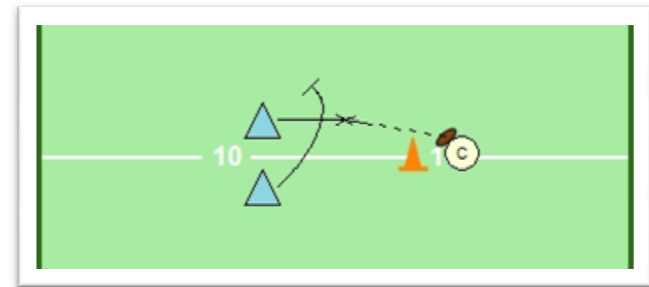


Figure 8.1: The Fumble Hunt drill.

Execution: Standing behind the cone, with the players lined up about 10 yards in front of you, throw or roll the football to one side. The player closest to the football will dive on it, secure it, and curl into the fetal position to protect it. His teammate will circle around and look to protect his teammate from any opponents who may be looking to pile on and pry the football loose.

Coaching Tips: If the players don't have pads on, keep it simple, roll the ball, and have just one player go for the football. If this is the case were working on simply developing technique and muscle memory, and we want to avoid contact and injury.

If the players have got pads on, then you can make it a more competitive drill. Instead of rolling the football, you can really bounce it off the grass, forcing the players to react to the unpredictable bounce and then forcing them to compete – you can even run the drill as a competition in which they fight to see who can win the most fumbles in a series of five, for example.

Shed and Go

Difficulty Level: Intermediate.

Setup: You'll need five total players and three cones, as well as three blocking pads and a football.

Purpose: To combine three separate skills into one drill – shedding a block, getting out into open space, and making the tackle.

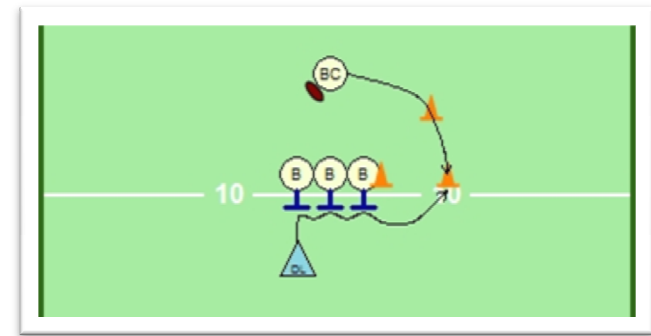


Figure 9.1: Bird's eye view of the Shed and Go drill.

Execution: Three of the players will line up as the center, guard, and tackle of one side of an offensive line, with each holding a blocking pad. There will be a cone just outside the foot of the tackle, with another about 3-5 yards further down the same line. The third and final cone will be just a couple of yards deeper than the widest cone, and the ball carrier will stand 5-7 yards directly behind the center.

Your defender, the player running through the drill, will line up directly in front of the center. The defensive player is going to explode out of his stance, and pop each bag, shedding sideways as he does so. When the ball carrier sees the defender shed the guard's block, he will begin running, following the line of the two cones set up in the backfield.

Once the defender has shed the third block, he'll shuffle over to the wide cone in stance, and then wrap up the ball carrier as he comes through the hole.

Coaching Tips: Make sure the defender is really popping the o-line and not just going through the motions. A strong pop will move the o-lineman onto his heels, allowing the defender to slide over and disengage from the block.

Also, the defender shouldn't be looking to just lay the boom on the ball carrier as he comes up through the hole – this is a form tackling drill, where the focus is on wrapping up the defender with both arms and taking him down.

Tip Drill

Difficulty Level: Beginner.

Setup: Four players and a football is all we need here.

Purpose: Teaching players how to stay focused on the football after it has been tipped up into the air.

Execution: With the four players in line about an arms length apart, the coach will toss the football up to the first player in line. The first player will tip it up in the air and keep moving forward, volleyball setting it so that when the player behind him runs to the front of the line, the ball is coming back down again.

The first three players will continue this until the fourth, who will instead catch the ball. Make sure to run the drill through four times, so that each player gets a chance to be the one catching the football.

Coaching Tips: Your defense should have what's called a turnover call. This is so that when one player on the defense forces a turnover, he can let the rest of the defense know what's happened. This drill is the perfect time to start getting players used to making that call, so whatever word you decide on, have the fourth player in this drill yell it immediately after making the catch.

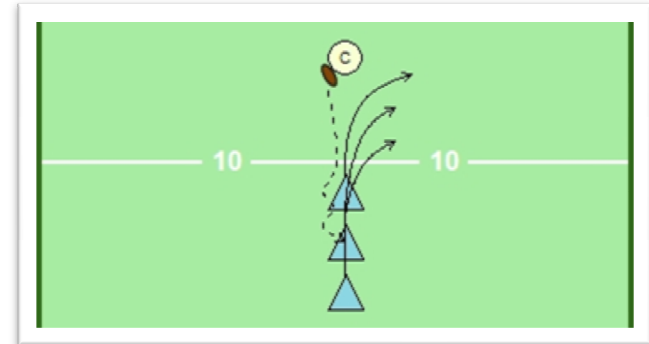


Figure 10.1: The tip drill in action.



Figure 10.2: The fourth player getting ready to make the catch to end the drill.

Distraction Drill

Difficulty Level: Beginner.

Setup: Again all we need is a football and four players.

Purpose: Teaching players to locate a football in flight and make the catch.

Execution: Set your players up in pairs, all roughly the same size. For this drill, the player at the front of the line is going to take a step forward, at which point you will throw the football directly to them. This first player will take another step forward, and duck. The second player will now have to find the football and catch it in a split second before it gets to him.

Start off easy, throwing the balls pretty light, but once the players get used to it, you can start to put some heat on it, and have the players move out of the way by dodging left or right as well instead of just ducking.

Coaching Tips: The more footballs at your side, the quicker you can fire through the reps of this drill, and keeping it going at a consistently quick speed will definitely turn up the intensity.

This is a great drill for your linebackers and defensive backs, as often things will change in their line of sight very quickly, and every once in a while that change will allow them the opportunity to get their hands on the football.

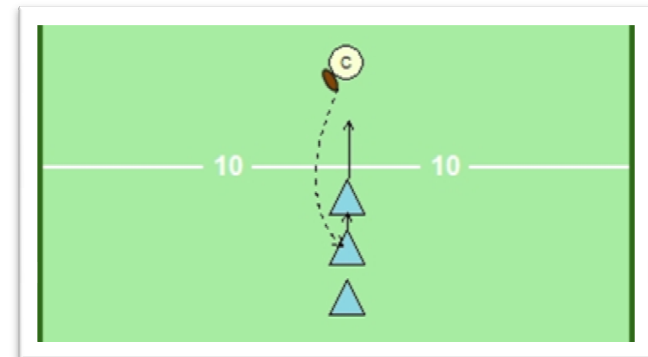


Figure 11.1: The distraction drill.



Figure 11.2: A player dialed in to make the catch during the distraction drill.

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