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Offensive Lineman v Defensive Lineman: 3 v 1

Drill 1:

Purpose:

The purpose of this drill is to teach the proper set for an offensive lineman against defensive lineman lined-up in all different formations.

How it Works:

For this drill you will need all the offensive linemen and all the defensive linemen. There will be one offensive lineman taking on three defensive linemen. The coach will call out the cadence and stand where the quarterback would normally be so the players have a reference point for where to attack / protect.

Before the drill the offensive lineman will get into his stance. The defensive players will line-up opposite the offensive lineman. One defender will be head-up on the offensive lineman, one will be on his outside shoulder, and the final defender will line-up on his inside shoulder.

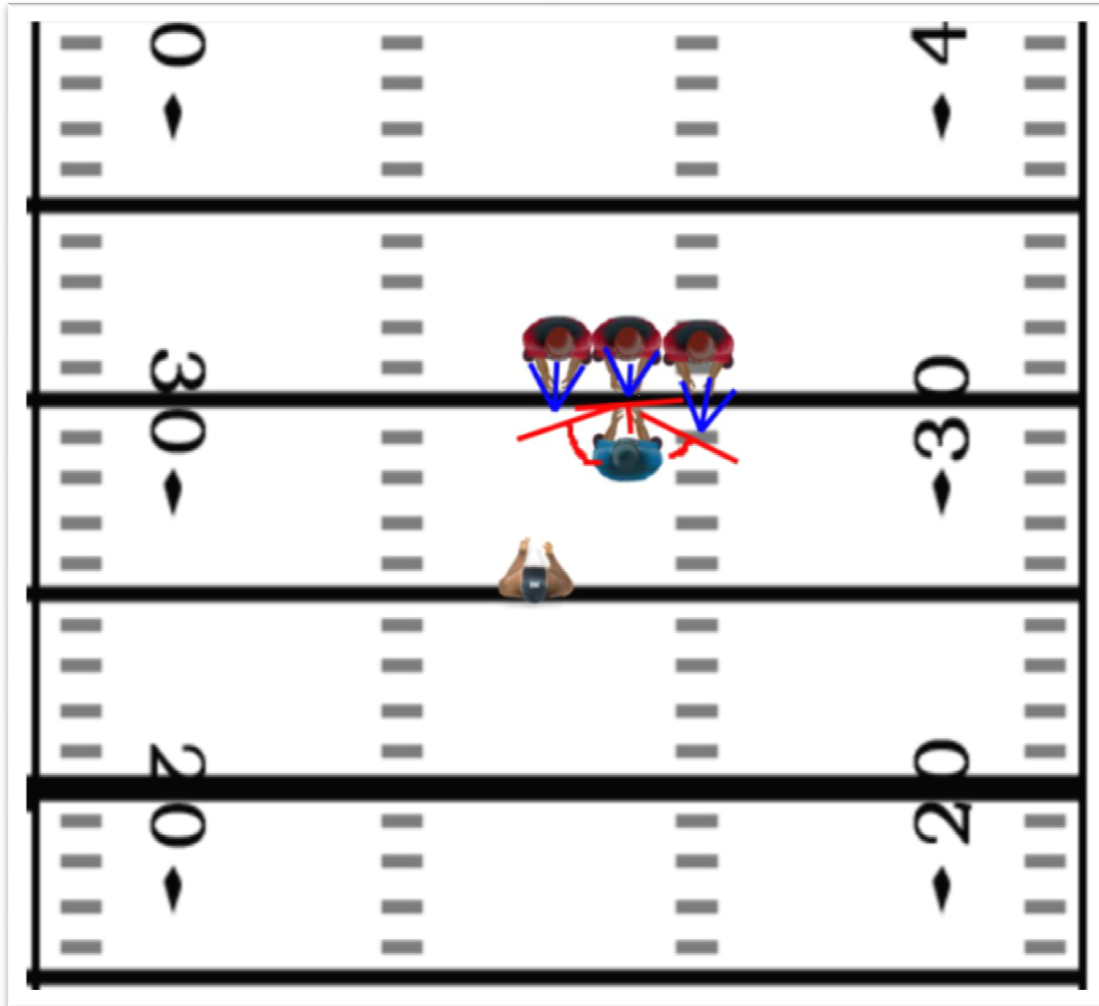
When the coach calls out the cadence the defender on the outside will rush. The offensive lineman will set and punch the rusher and use the short set, kick set, or power set (depending on the defender's alignment).

Once the first punch is done, then the outside rusher will stop and the middle rusher will go. Once the punch is done on the middle rusher then the inside rusher will go.

Coaching Points:

The coach should make sure that the offensive lineman is using proper footwork and is employing the proper blocking technique. The offensive lineman's feet should stay shoulder width apart and the offensive lineman should initiate the contact without losing his balance or his position.

Diagram:



Running Back v Linebacker: Short Yardage Drill

Drill 2:

Purpose:

This drill works on a running back getting a couple yards and short yardage situations (such as goal line) and the drill also works on linebackers tackling in such situations.

How it Works:

This drill requires a quarterback, a running back, a center, a linebacker, and a defensive lineman.

The ball is placed at the two yard line of the defense. The defensive lineman lines up over the center, the linebacker lines up behind the defensive lineman, the quarterback is under center, and the running back is behind the quarterback.

The quarterback will take the snap from center and handoff to the running back. The center will block the defensive lineman, the running back will go to the left or the right of the center and the linebacker will attack the running back. The defensive lineman will also try to tackle the ball carrier.

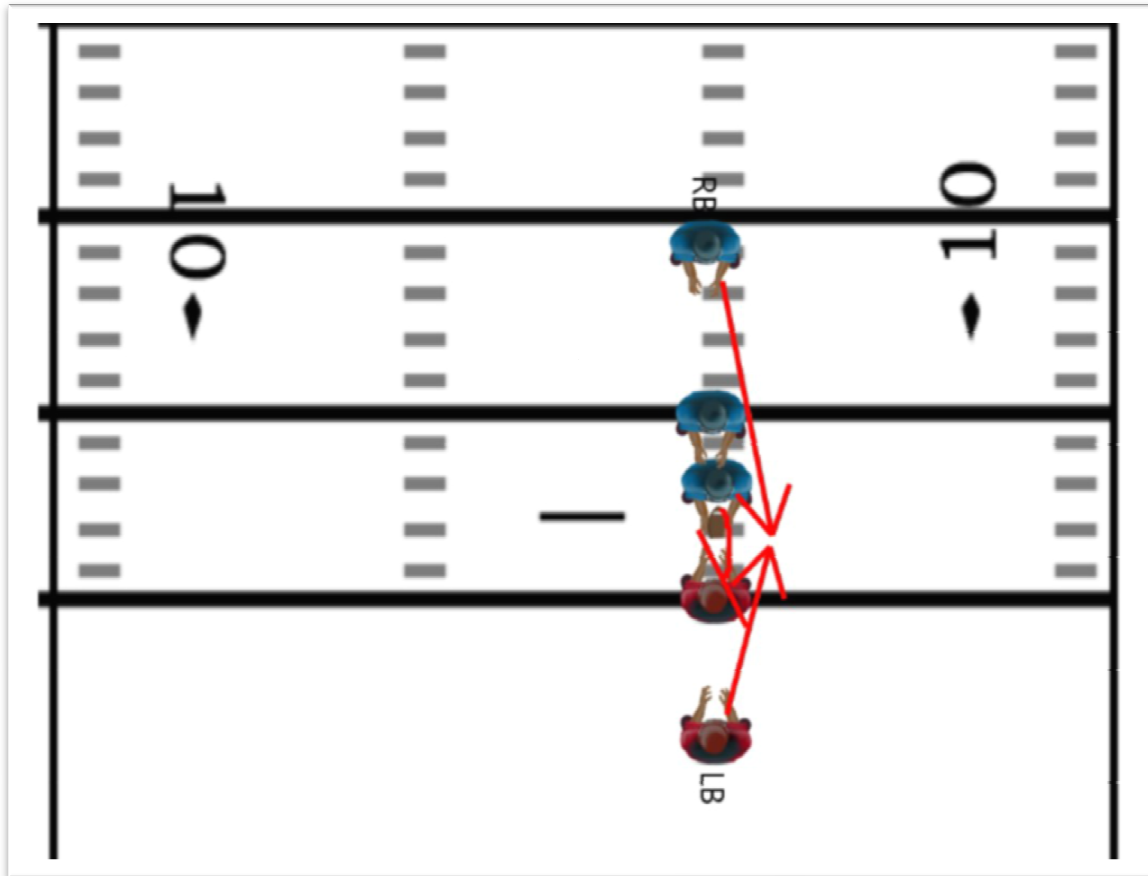
The two defensive players will try to stop the running back for no gain while the running back must try to get the two yards to the end zone.

Coaching Points:

The coach should look for the running back protecting the ball. Also, it's important for the running back to get low and drive forward. The running back should fall forward and get as much yardage as possible.

The linebacker should attack the running back and get his pads low to make a tackle. Not only should the linebacker hit the ball carrier hard, but he must also wrap-up.

Diagram:



Running Back v Linebacker: Pick-Up the Blitz

Drill 3:

Purpose:

The purpose of this drill is to work on the running back picking up the free blitz.

How it Works:

For this drill a running back will go against a blitz. Set-up three dummy blockers. Have a line of linebackers and defensive backs on the defensive side of the ball and a line of running backs on the offensive side of the ball. The first player in the defensive line will go to the right side of the blocking dummies; the second defender will go to the left side, and the first player in the running back line will step-up. The coach will stand behind the running back and signal which defender should blitz.

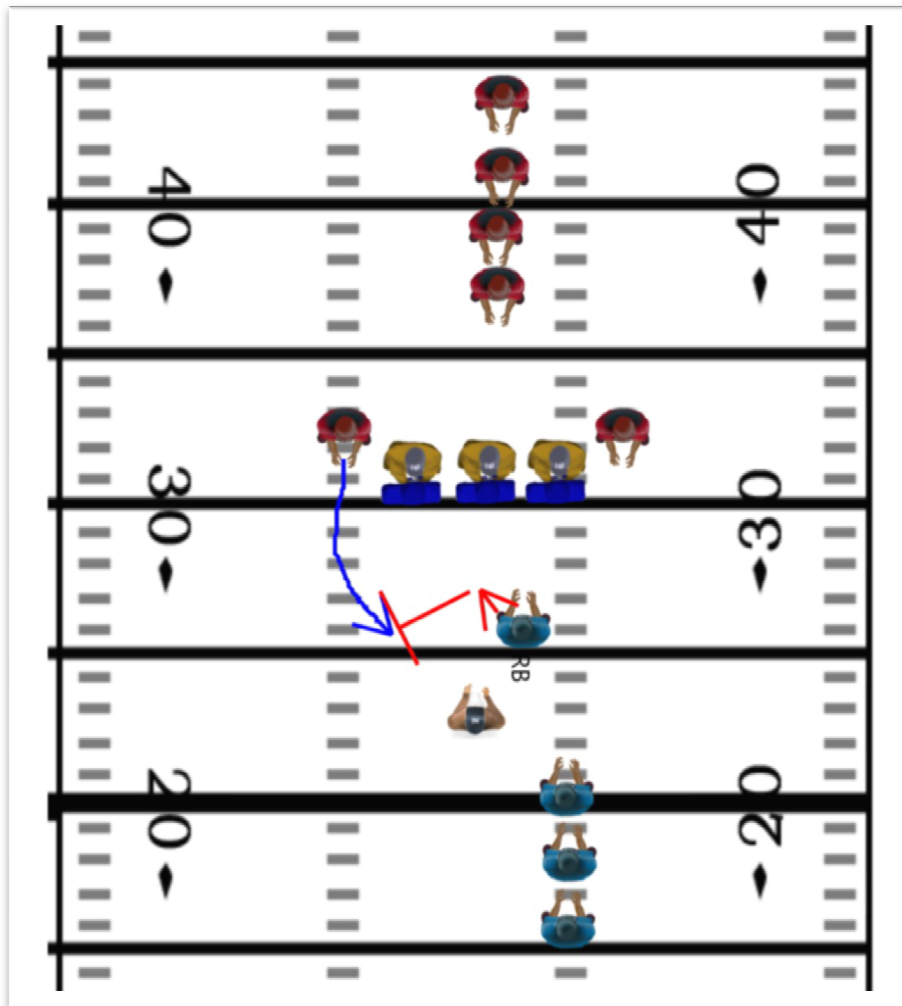
On the whistle the running back will take two steps to the inside (to protect inside first) and decide which defender to pick-up as he takes his two steps. Then he needs to move over and pick-up the blitz.

The defender who blitzes will go back to the end of the defender's line while the next player will step into his place.

Coaching Points:

The coach should make sure the running back is taking two steps to the inside (blitzes should always be picked up from the inside to the outside). The running back should recognize where the blitz is coming from and keep a solid base as he moves over to make the block.

Diagram:



Running Back / Offensive Lineman v Linebacker: Lead the Sweep

Drill 4:

Purpose:

This drill helps offensive linemen pull and block, it helps running backs learn to follow a block and cut off a block, and it helps linebackers to step-up and take on a blocker and then try to make a tackle.

How it Works:

This drill requires a coach (or quarterback), offensive linemen, running backs, and linebackers. It also requires a cone to be placed near the sideline just inside the numbers.

One offensive lineman will get into his stance. A running back will line-up behind him. The coach (or quarterback) will line-up to the right and ahead of the running back. But slightly behind the offensive linemen. A linebacker will line-up outside the cone and about 5 yards back.

The coach (or quarterback) will call out the cadence, simulate the snap of the ball, and pitch the ball to the running back.

The offensive lineman must pull around the cone and block the linebacker. The linebacker will step-up and meet the block. The running back will sweep around the cone and cut inside or outside depending on the block. The linebacker must try to shed the block and make the tackle, while the offensive lineman must try to maintain the block long enough to allow the ball carrier to come clear.

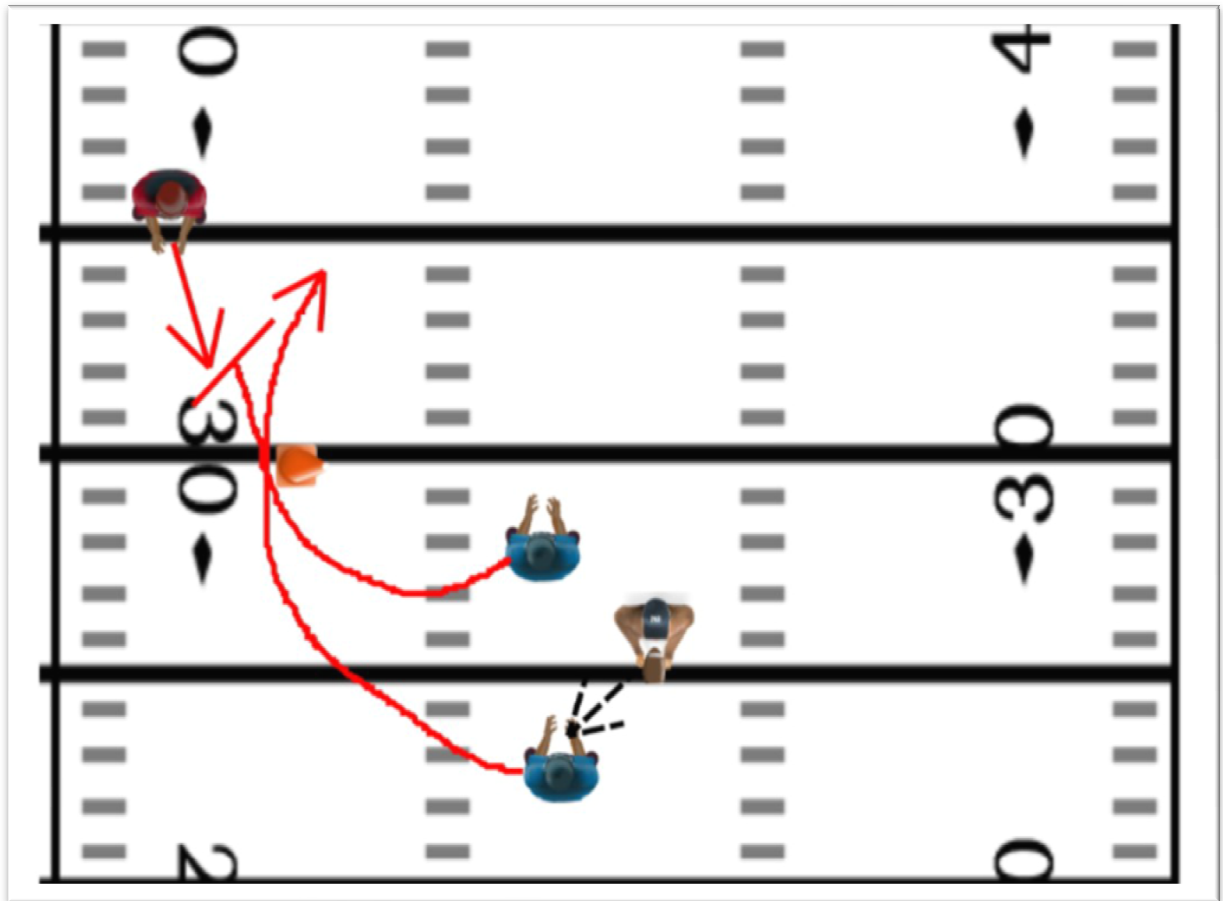
Coaching Points:

The coach should make sure the offensive lineman isn't leaning before the snap and tipping off the direction of the play. The coach should also see the lineman hustling to the edge to make the block.

The linebacker should step-up and take on the block with a strong base.

The running back should be patient and follow the block of the lineman. Then the running back should hit the corner hard or stick his foot in the ground, and cut inside.

Diagram:



Quarterback v Defensive Lineman: Scramble and Throw

Drill 5:

Purpose:

This drill helps a quarterback become comfortable evading a pass rush and throwing the ball.

How it Works:

For this drill you need a quarterback, a center, a wide receiver, a defensive back, and a defensive lineman.

The quarterback will line-up in the shotgun. The wide receiver will line-up wide right or wide left, the defensive back will cover the wide receiver, the center will snap the ball, and the defensive lineman will rush the quarterback.

The center will snap the ball to the quarterback and then allow the defensive lineman to rush the quarterback. The defensive lineman can either rush the quarterback or use a rushing move as he goes by the center and then attack the quarterback.

The quarterback will take the snap, evade the rush of the defensive lineman, and throw the ball to the wide receiver. The wide receiver should run a specified route (a hot route) or break the route off to help the quarterback. The defensive back should work on covering the wide receiver.

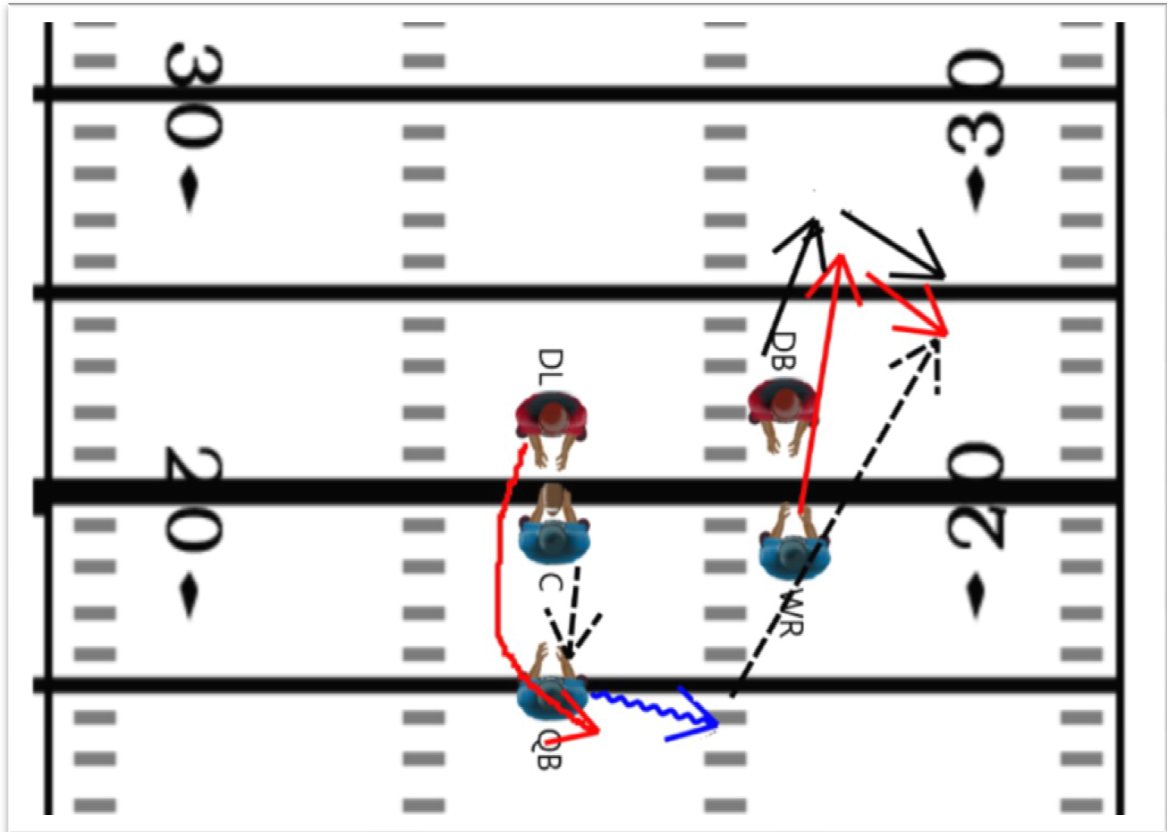
To make this drill more challenging a second receiver and second defensive back can be added. A second defensive lineman can also be added and the center can be assigned to block one of the defensive linemen.

Coaching Points:

The coach should make sure that the receiver is running the proper route and cutting the route off to help the quarterback.

The quarterback needs to scramble with two hands on the ball. He needs to secure the ball. He also needs to be aware of the rush and elude it while keeping his eyes downfield looking to throw the ball.

Diagram:



Quarterback v Defensive Backs: Modified Passing Tree

Drill 6:

Purpose:

The purpose of this drill is for the quarterback and receivers to work on all the different routes and throws while being defended.

How it Works:

This drill is run with a center, a quarterback, two wide receivers, and two defensive backs at one time. All the defensive backs and wide receivers should take turns taking part in this drill.

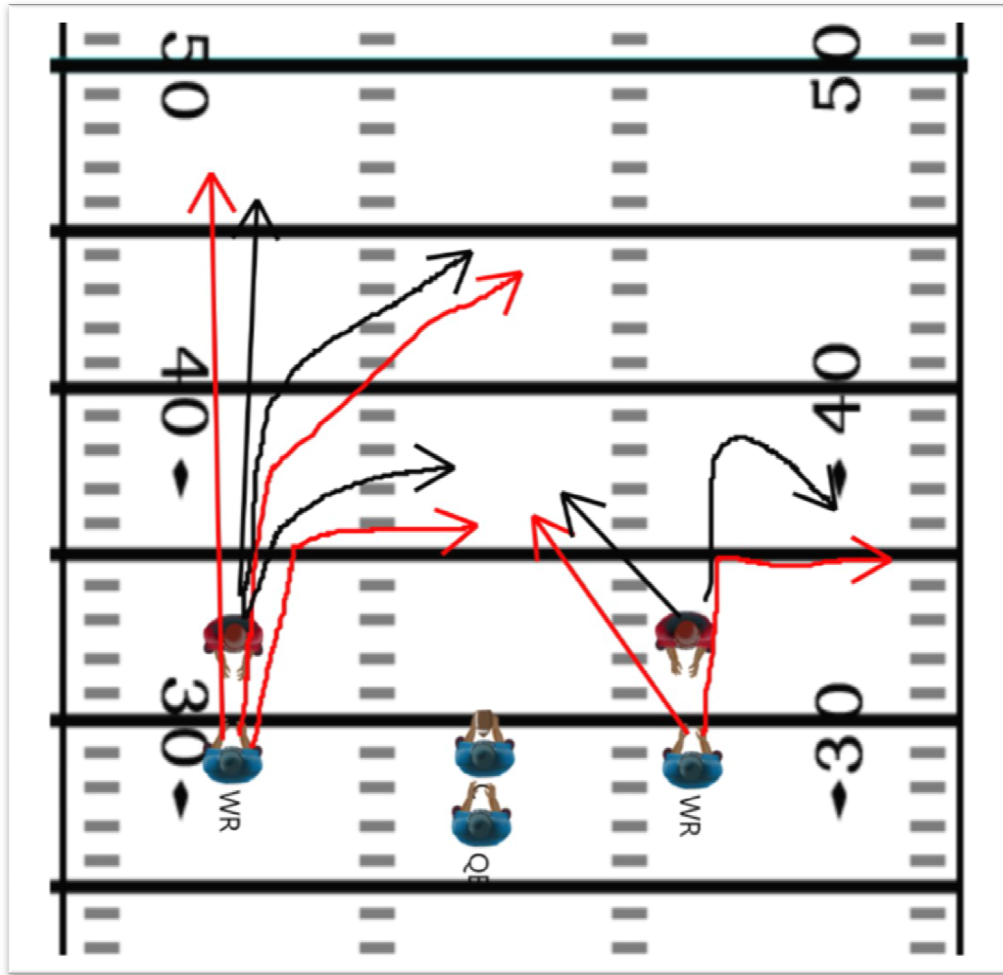
The wide receivers will take turns running all the routes that the quarterback will be required to throw. For example, the wide receiver on the right might run a 5 yard out, then the wide receiver on the left might run a slant, and then another wide receiver on the right might run a 15 yard out.

The purpose of this drill is for the quarterback to work on every throw in the offense and for the receivers to work on running every route. Also, the defensive backs will get work with man coverage. However, they should not try to make a play on the ball. They should simply try to break the receivers' concentration as the ball is coming in. The defensive backs can do this by shouting and waving their hands in front of the receiver.

Coaching Points:

A coach should make sure that the quarterback is taking the proper drop back (3-step drop, 5 step drop, etc.) and that the ball is coming out in rhythm and on time. The receivers must run precise routes. The defensive backs need to have good coverage and be sound fundamentally (turning hips, etc.).

Diagram:



Defensive Line v Offensive Line: High Speed Chase

Drill 7:

Purpose:

The purpose of this drill is to help the defensive line recognize the direction of plays and the type of plays and then to react accordingly. Since this drill is fast paced it will also help with conditioning.

How it Works:

For this drill you need four defensive linemen, all five offensive linemen, a quarterback, and a running back.

For this drill there will be three plays run in quick succession. There will be a dive with the running back, a sweep with the running back, and then a swing pass or a wheel route to the running back.

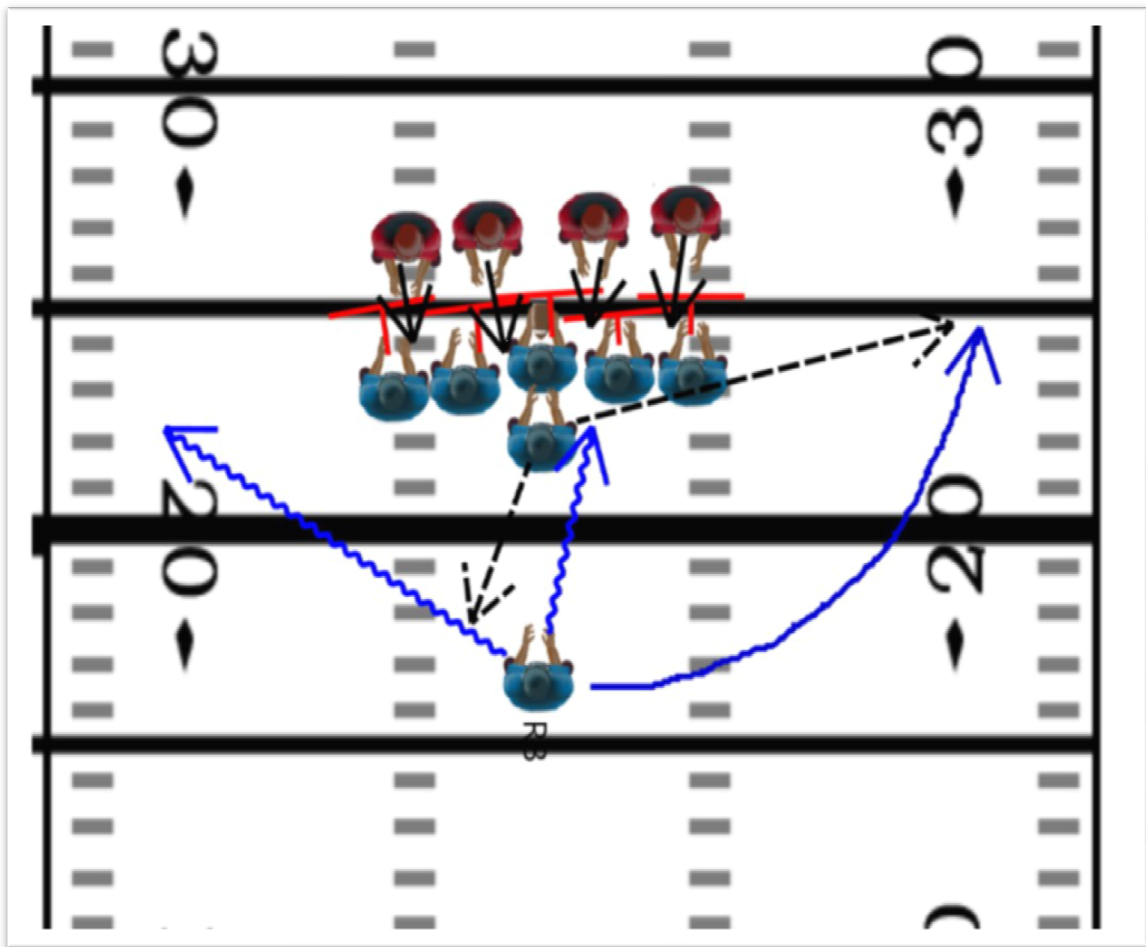
The defensive line must try to make the tackle on all three plays. On the dive and the sweep the defensive linemen should try to tackle the running back. On the pass play the line should try to break through and sack the quarterback.

As soon as one play is done then the players should immediately line-up and run the next play. All three plays should be run in quick succession.

Coaching Points:

The coach should make sure that the players aren't cheating and leaning toward where a play is going. If necessary, the order of plays can be changed so that the defense is kept honest.

Diagram:



Linebacker v Offense: Linebacker Challenge

Drill 8:

Purpose:

The purpose of this drill is to help the linebacker make all the necessary defensive plays.

How it Works:

For this drill you need a center, a quarterback, a running back, and a linebacker.

There will be three different plays all run in succession. First the running back will take the handoff from the quarterback and then run to either side of the center (it's the running back's choice), the center will snap the ball and not block, the quarterback will handoff to the running back, and the linebacker must step-up and make the tackle.

Once the play is over, all players will hurry and line-up again, the linebacker must get back into a set position, and the running back will go out for a pass and the linebacker must cover him.

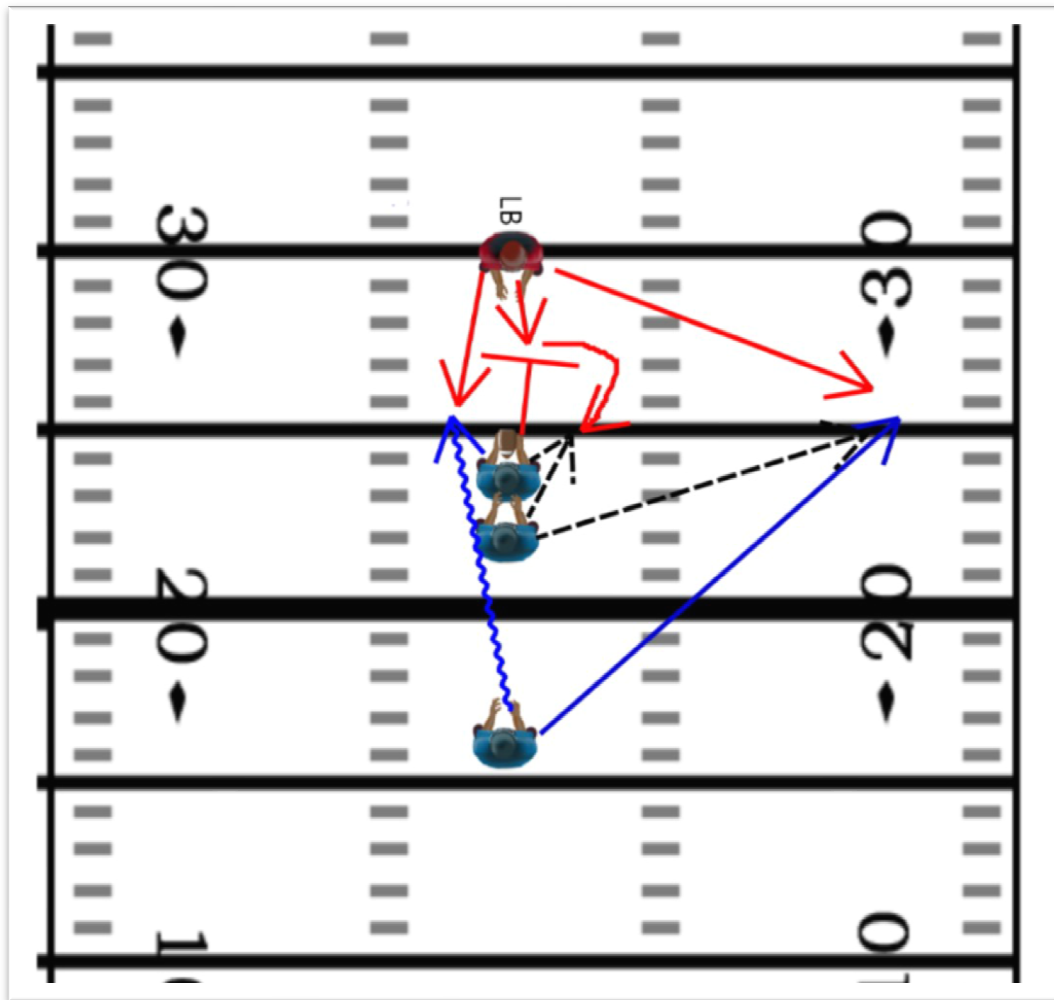
The next play begins immediately and the quarterback takes the snap and rolls the ball on the ground. The center will block the linebacker. The linebacker must shed the block and recover the ball.

Coaching Points:

The coach should look for the linebacker to step-up and fill and make the tackle on the first play. Then the linebacker should stay with the running back on the second play. Finally, on the third play the linebacker should take on the center's block, shed it, and recover the simulated fumble.

Also, the coach should make sure that the linebacker is getting back into his stance between plays.

Diagram:



Safety v Quarterback / Wide Receivers: Play Centerfield

Drill 9:

Purpose:

This drill helps a safety read a quarterback's eyes and helps the safety to break on the ball and defend long passes.

How it Works:

This drill uses a quarterback, two receivers, and a safety.

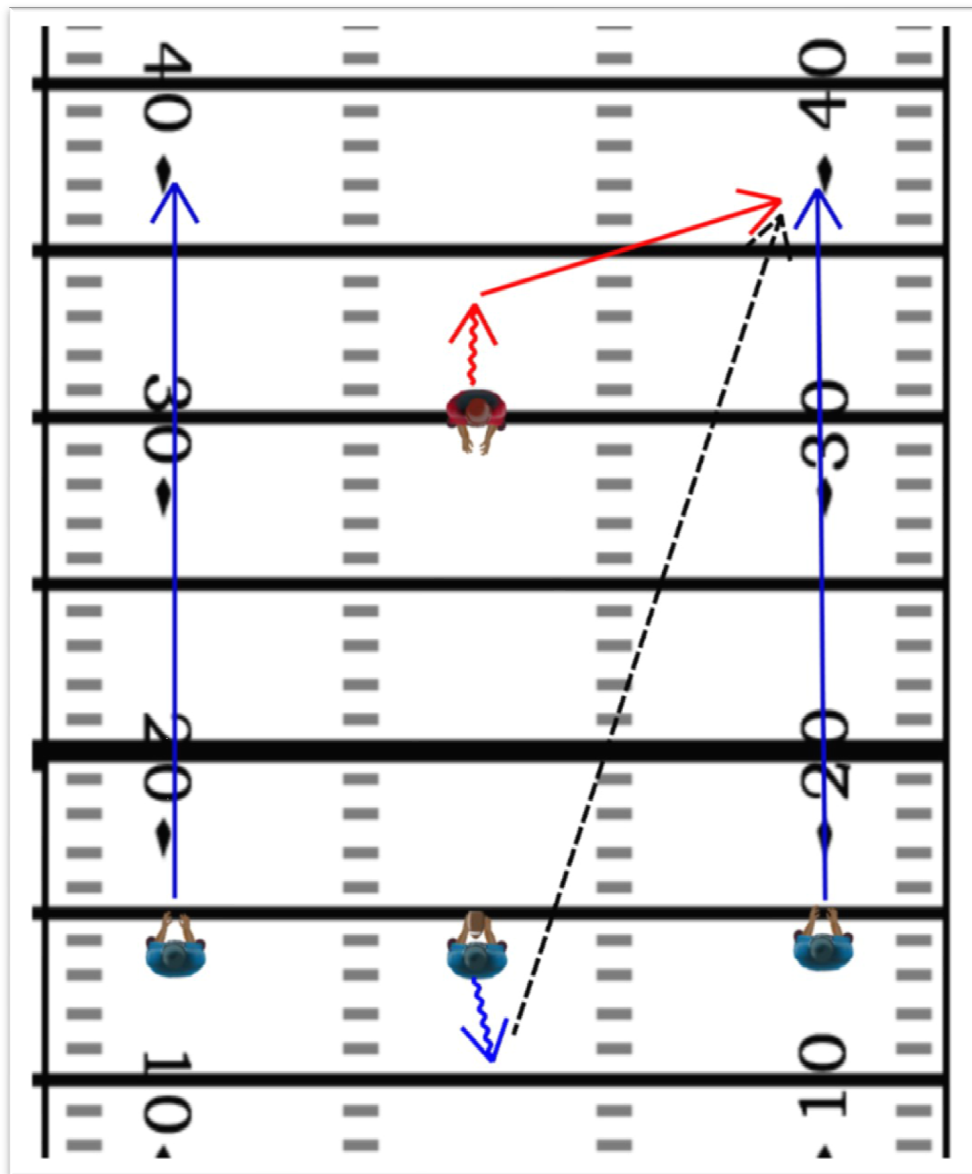
The safety will play about 15 yards off the ball in the center of the field. Both receivers will run fly routes on opposite sides of the field. The quarterback will throw to one of the receivers. The safety must break on the ball and deflect the ball before it gets to the receiver.

Coaching Points:

The coach should make sure the safety is moving backward while watching the quarterback. The safety must keep the play in front of him.

Once the quarterback throws the ball, the safety should turn his hips and sprint to where the ball is going to come down. The safety should read the quarterback's eyes for a clue as to where the ball is going.

Diagram:



Punt Team vs. Punt Receiving Team: Punting Chaos

Drill 10:

Purpose:

To help players get practice returning and covering punts.

How it Works:

This drill is run half of the field at a time. The punt team will line-up and punt the ball. The punt return team will line-up to return the punt.

The ball will be snapped and the punter will punt the ball but only the players on the right side will take part in the drill. The players on the right side of the punt team must cover the punt. The players on the right side of the punt return team must try to return the punt.

Once that play is over, the center should snap the ball immediately and the ball should be punted again. This time the players on the left side of the formation will take part in the drill. While this is happening, the right side players should be running down the sidelines and getting set-up for the next play as soon as the left side of the formation has completed their play.

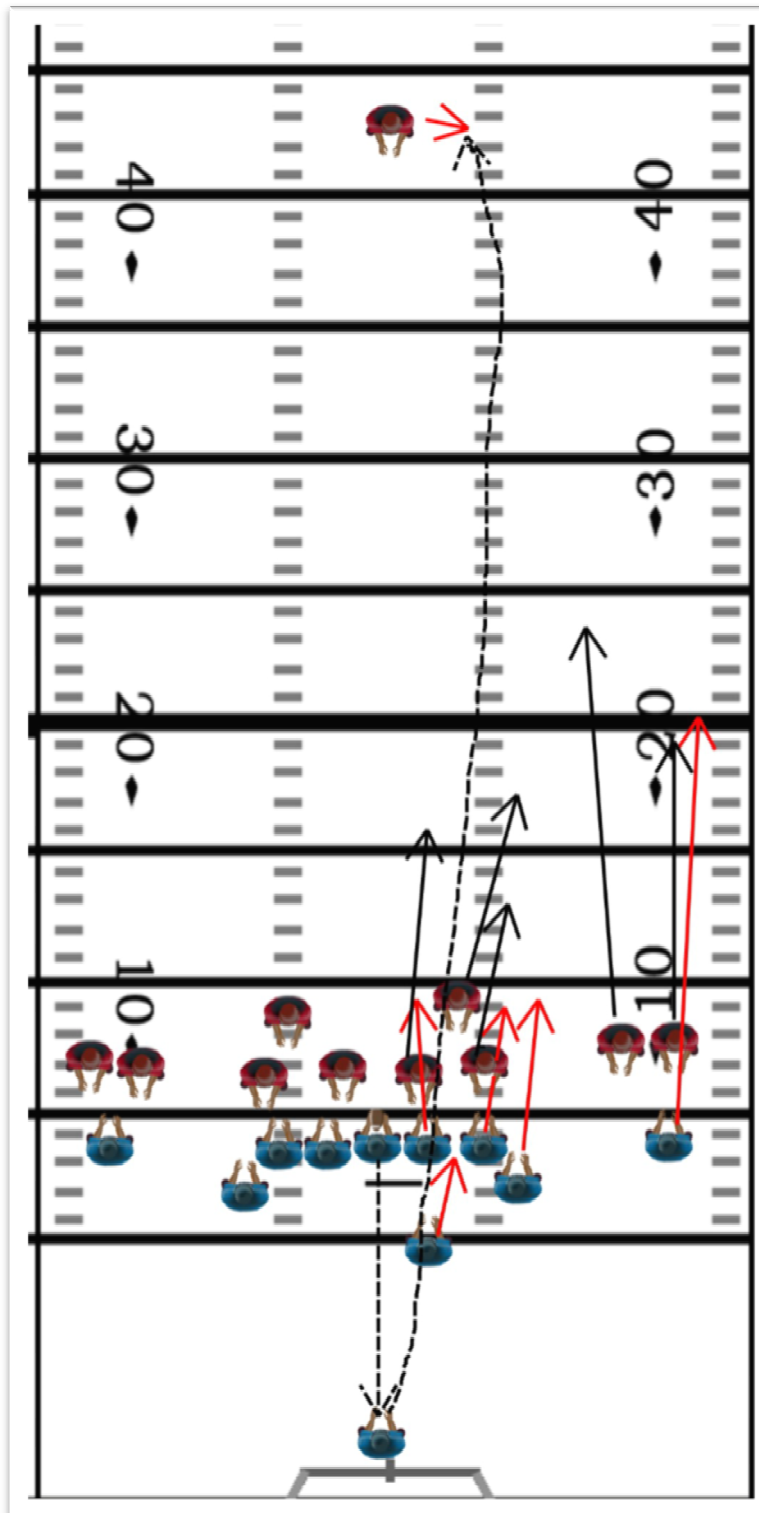
The drill continues this way for several minutes.

You will probably want to alternate punt returners.

Coaching Points:

The coach should look to make sure all players are performing their assignments. Players must hustle throughout this drill so that it is constantly moving.

Diagram:



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