

# SAMPLE SKILLS DRILLS

Incorporate these drills into your practices to help players with the fundamentals of the game.



## Angle Pursuit Drill

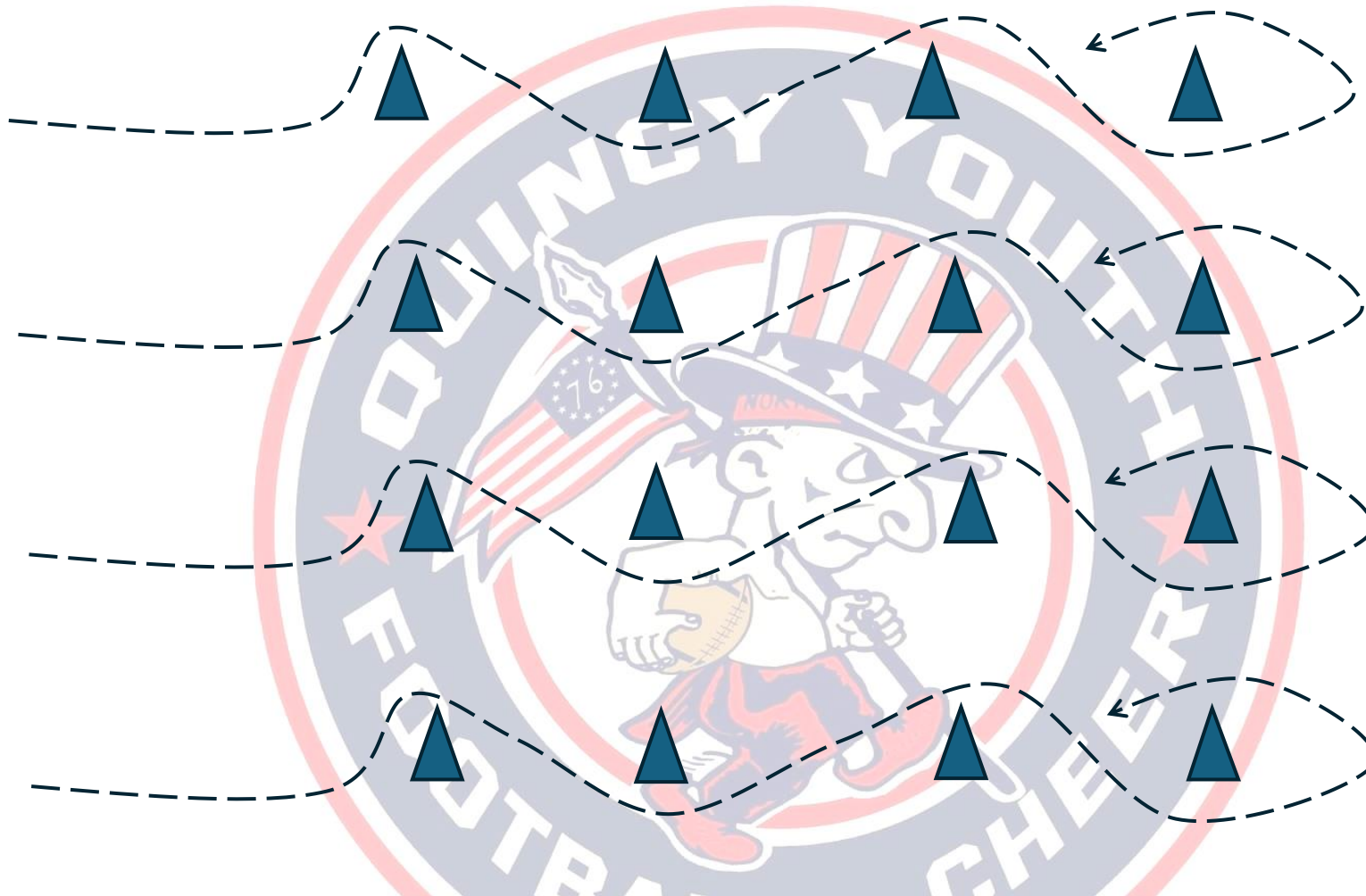
Offense players line up at beginning of cones.

Cones are the sideline. Player must stay inside the sideline and run straight.

Defense player is about 5 - 7 yards outside of Ball Carrier and about 3 yards back. Defense player is facing the Offense.

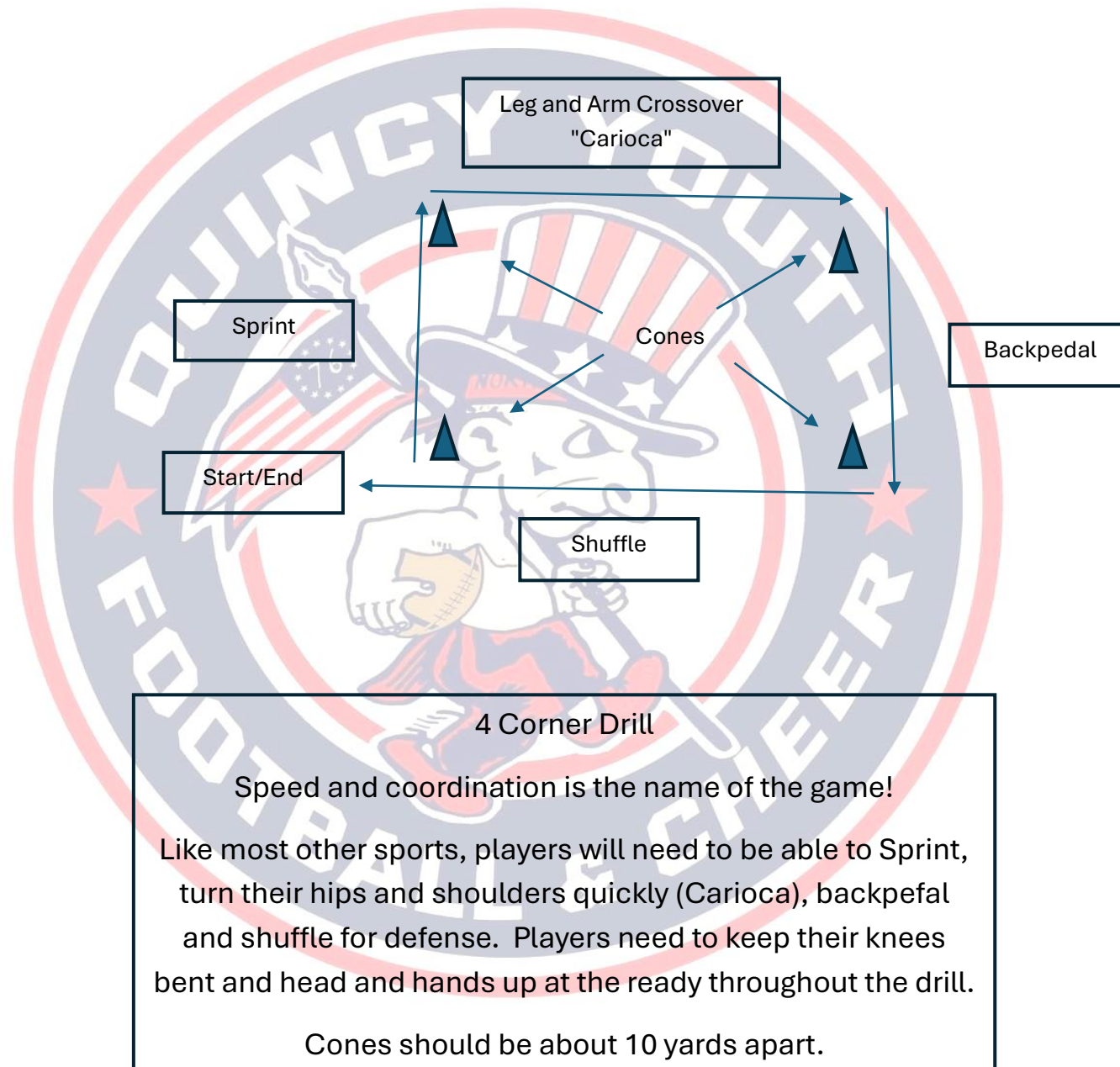
On whistle, ball carrier runs down line of cones.

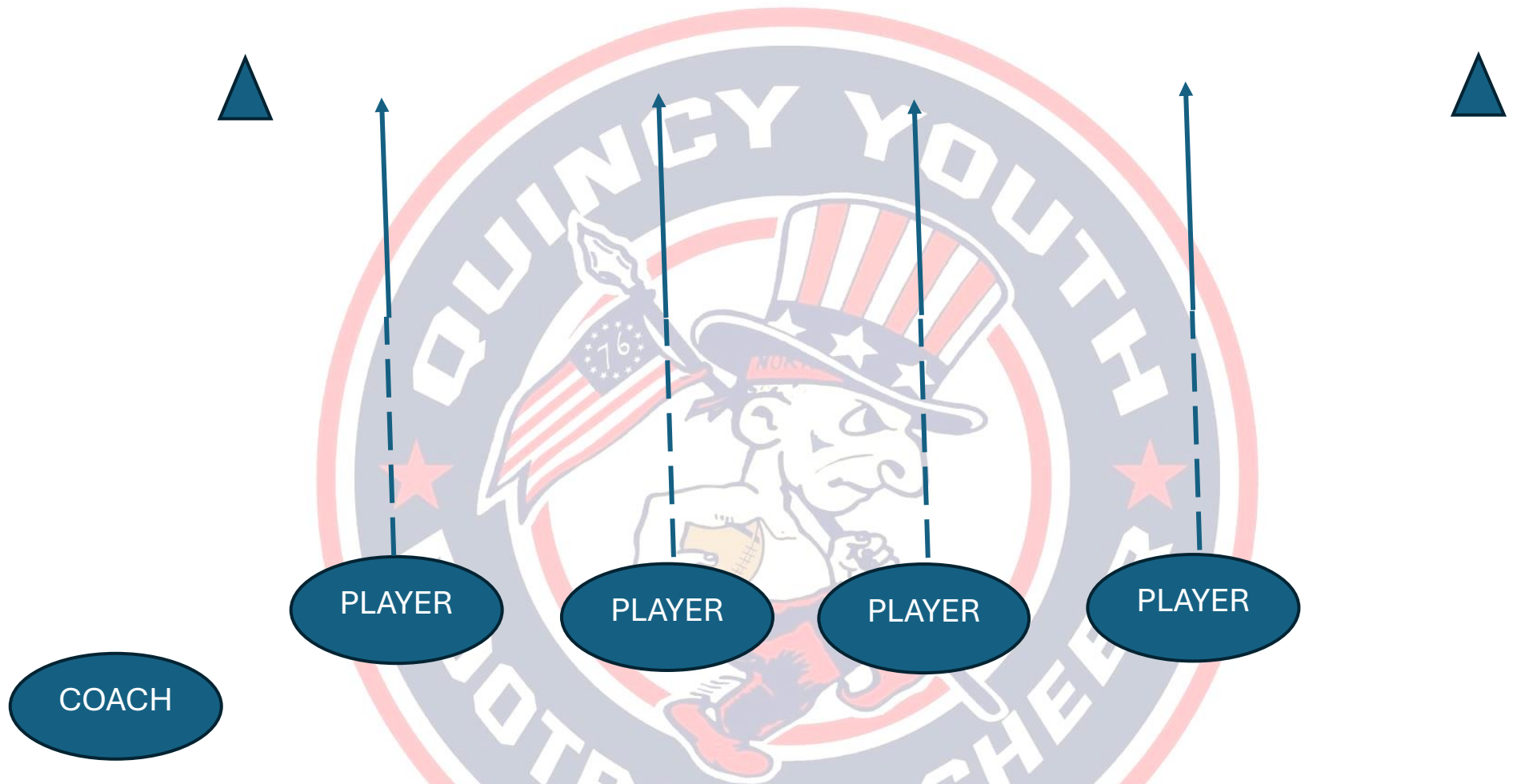
Defense player turns hips and points inside foot towards back cone and runs to meet ball carrier to pull flag.



### Running Back Cut Drill

This is a great drill for running backs. Place 4 sets of cones in a line. Each cone should be about 5 yards apart. Form 4 lines. On the whistle, players sprint through the cones in their line, planting their outside foot to make the cut around the cone. When they get to the last cone they loop around it and make the same drive through the cones on return to the line. Players hand off the ball to the next player in line.

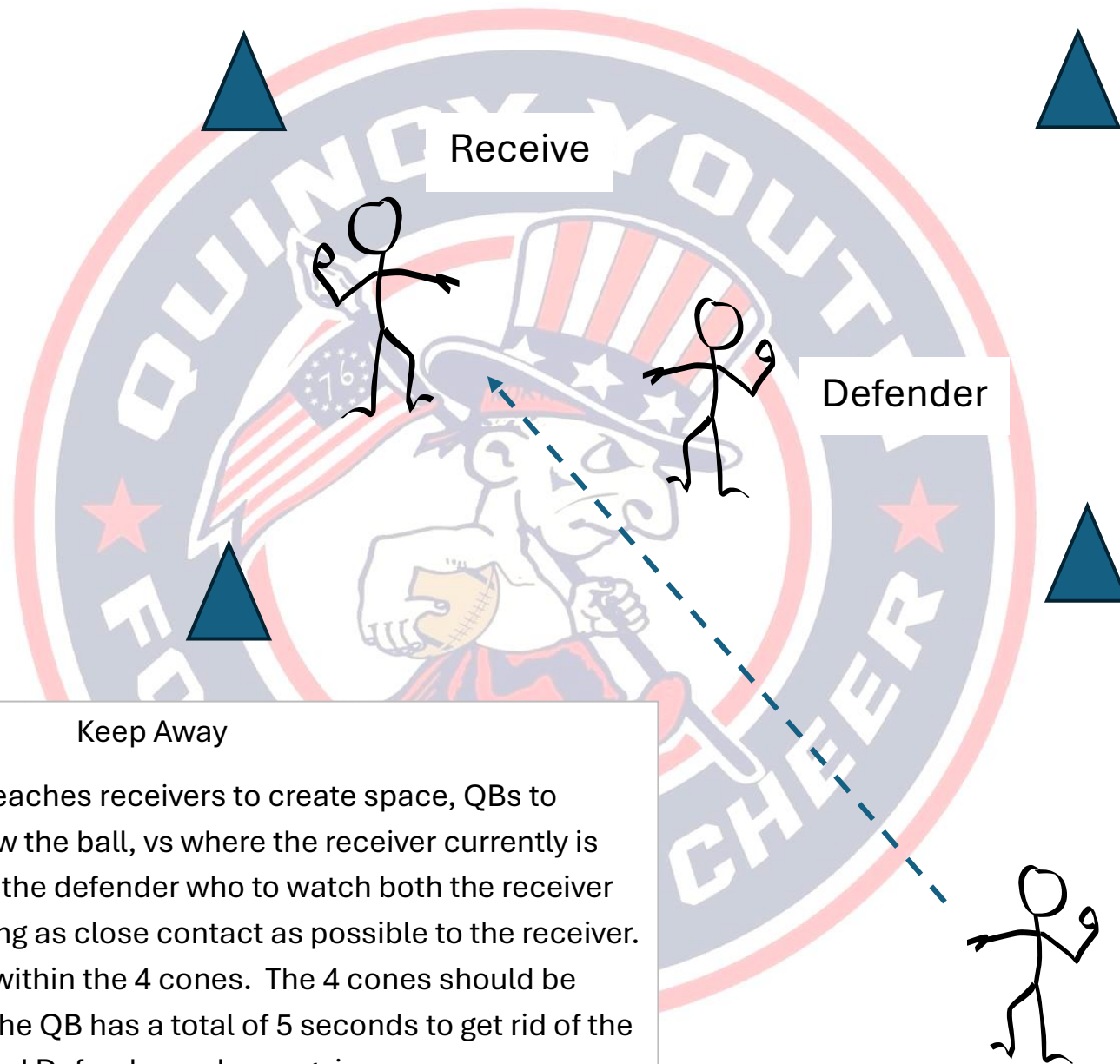




### Pedal and Sprint Drill

This drill is great for pass defense. The players start by facing the coach and begin backpedaling on the coaches whistle. On the second whistle, the players turn and sprint to the cones. When defending a wide receiver begins their route, the defense will want to maintain pace while backpedaling, so they can simultaneously look at the QB and Running Back. Once the receiver reaches the defenses shoulder, they must turn and sprint with the receiver.





Receive

Defender

QB

### Keep Away

This is a great drill that teaches receivers to create space, QBs to anticipate where to throw the ball, vs where the receiver currently is located. It also teaches the defender who to watch both the receiver and QB, while maintaining as close contact as possible to the receiver. The Receiver must stay within the 4 cones. The 4 cones should be about ten yards apart. The QB has a total of 5 seconds to get rid of the ball. Flip the Receiver and Defender and run again.



### Swarm Drill

This is a great team defense drill that teaches players to stick with their man until the ball is caught or handed off to a runner. The coach will yell out right, left, back, and forward repeatedly. The players will need to shuffle right and left and backpedal as needed. When the coach yells swarm, the team sprints to the coach which teaches them to converge on the player to pull the flag.

