

Practice Planner

Defending



● Skill Lesson – Running Backwards

Defensive Back

- Lean forward, and let your arms hang naturally.
- Your shoulders should be slightly ahead of your front foot.
- Keep your shoulders even, back straight and head up.



POSITIONS AND RESPONSIBILITIES

Defensive Back

Start

- At the snap, react with the same speed and quickness as the WR.
- Explode off your front foot, and thrust your hips backward as you take the first step with your back foot.
- As you take your second step, your shoulders should begin to rise.



POSITIONS AND RESPONSIBILITIES

Defensive Back

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- At the snap, react with the same speed and quickness as the WR.
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POSITIONS AND RESPONSIBILITIES

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● Drill 1

Zone Break

Set-up/Action

- 2 WR line up 10 yds apart and the DB splits the distance between them.
- The Coach lines up 15 yards in front of the DB.
- On ball movement, the QB takes a drop (3 or 5 step) and the DB pedals straight back.
- Emphasize correct stance and proper back pedal.
- The DB reads the QB by checking his eyes and front shoulder.
- Make sure to avoid false steps.
- As QB's free hand comes off ball, DB plants and drives to intercept or knock down ball.

DRILLS

Zone Break

Set-up/Action

- 2 WR line up 10 yds apart and the DB splits the distance between them.
- The Coach lines up 15 yards in front of the DB.
- On ball movement, the QB takes a drop (3 or 5 step) and the DB pedals straight back.
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QB Takes Drop Steps

DRILLS

Zone Break

Set-up/Action

- The DB pedals straight back.
- Emphasize correct stance and proper back pedal.
- The DB reads the QB by checking his eyes and front shoulder.
- Make sure to avoid false steps.
- As QB's free hand comes off ball, DB plants and drives to intercept or knock down ball.

Emphasize Stance and Back Pedal

DRILLS

Zone Break

Set-up/Action

- The DB reads the QB by checking his eyes and front shoulder.
- Make sure to avoid false steps.
- As QB's free hand comes off ball, DB plants and drives to intercept or knock down ball.

DB Reads QB

DRILLS

Zone Break

Set-up/Action

- As QB's free hand comes off ball, DB plants and drives to intercept or knock down ball.

DB Intercepts or Knockdown Ball

DRILLS

Zone Break

Set-up/Action

- As QB's free hand comes off ball, DB plants and drives to intercept or knock down ball.

Moving through drill

DRILLS

Practice Planner

Defending

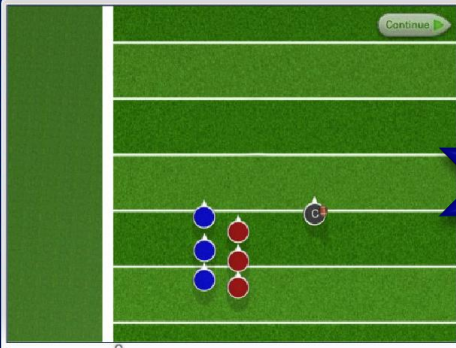


● Drill II

Close in on the Hands

Set-up/Action

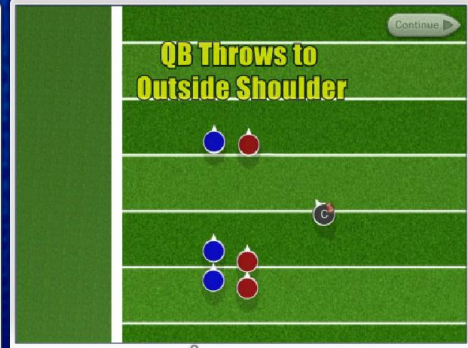
- WR aligns 8-12 yds from sideline with DB aligned 1 yard inside and 3 yards behind.
- The coach lines up 10-12 yds from 2 players on the LOS.
- On command, a WR and DB release downfield.
- Within 15 yds, the QB throws the ball to WR's outside shoulder.
- WR then fades from the DB when the ball is thrown.
- WR will tip off the location of the ball with his hands.
- DB closes gap between himself and WR by reading WR's hands, not by looking for ball.



DRILLS

Close in on the Hands

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- Within 15 yds, the QB throws the ball to WR's outside shoulder.
- WR then fades from the DB when the ball is thrown.
- WR will tip off the location of the ball with his hands.
- DB closes gap between himself and WR by reading WR's hands, not by looking for ball.
- DB's inside hand should be between WR and the ball.
- If ball is caught, DB should strip it with inside hand.
- DB's opposite hand is in position to make a tackle.



DRILLS

Close in on the Hands

- WR then fades from the DB when the ball is thrown.
- WR will tip off the location of the ball with his hands.
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DRILLS

Close in on the Hands

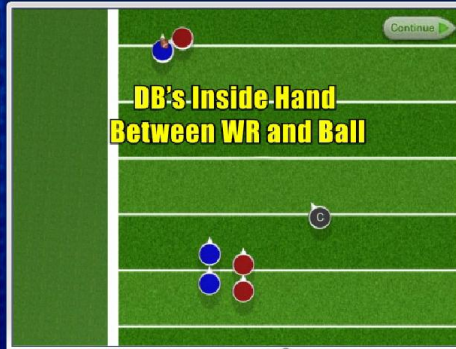
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DRILLS