



**INDIVIDUAL & TEAM  
DRILLS**



# WIDE RECEIVER DRILLS

# AROUND THE CLOCK DRILL

## PURPOSE:

Pre-Practice drill designed for receivers to catch footballs from different angles and at different positions of their body. Goal is to catch a high number of balls in a short amount of time with a high level of concentration.

## TEMPO:

Slow, March in place

## ORGANIZATION/SET-UP:

Partner-up and align about 5-8 yards apart

## COACHING POINTS:

1. Exaggerate catch and tuck
2. Emphasize proper catching technique at different body positions
3. Move arms and feet – Do not stand still
4. Catch balls front and side.

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# FOOTFIRE CONES

## PURPOSE:

Pre-Practice drill used to work first stage of a single stick release. drill emphasizes fast feet, fast hands, and sticking a release.

## TEMPO:

Full speed footfire

## ORGANIZATION/SET-UP:

Align cones about 1 to 1 ½ yards apart at a 45 degree angle

## COACHING POINTS:

1. Emphasize low stance with hands up
2. Fast Feet & Fast Hands – Stress pumping arms
3. Keep shoulders square
4. Stick hard at each cone, use head nod
5. Quick burst at final cone

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# 45 DEGREE CONE DRILL

## PURPOSE:

Pre-Practice drill designed to work on sticking routes and getting out of breaks.

Used to improve routes, such as: post, slant, and corner.

## TEMPO:

50% to 75%

## ORGANIZATION/SET-UP:

Align cones 5 to 8 yards apart at 45 degree angle

Dummy down & work release

## COACHING POINTS:

1. Coach release technique
2. Stick your foot in ground hard - Exaggerate
3. Don't over stride when sticking
4. Sink hips and get chest over toes when sticking
5. Throw your opposite elbow to get out of break
6. Accelerate for a step or two out of break
7. Use good form running technique
8. Keep eyes up – Don't look at ground

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# 90 DEGREE CONE DRILL

## PURPOSE:

Pre-Practice drill designed to work on sticking routes and getting out of breaks.

Used to improve out and dig routes.

## TEMPO:

50% to 75%

## ORGANIZATION/SET-UP:

Align cones 5 to 8 yards apart at 90 degree angle

Dummy down to work a release

## COACHING POINTS:

1. Coach release technique
2. Stick foot in ground
3. Don't over stride when sticking
4. Sink hips and get chest over toes when sticking
5. Throw elbow to get out of break
6. Accelerate for a step or two out of break
7. Keep exit angle flat – Don't round it
8. Use good form running technique
9. Keep eyes up – Don't look at ground

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# PARTNER STEM DRILL

## PURPOSE:

Post Practice drill designed to work basic stem fundamentals vs. inside or outside coverage

## TEMPO:

50%

## ORGANIZATION/SET-UP:

Partner up

Set drill off sideline

Have defender play about 10 yards off receiver

Align defender with either inside or outside leverage

## COACHING POINTS:

1. Run last 7 or 8 yards of route
2. Win head-up or on defender's shoulder to which you are breaking (For example, on a post route win on inside shoulder. On an out route, win on outside shoulder)
3. Stem immediately off ball
4. Never stem for more than 3 steps

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# PARTNER LEAN

## PURPOSE:

Post Practice drill used to work technique on last 10 yards of a go route.

## TEMPO:

50% to 75%

## ORGANIZATION/SET-UP:

Partner Up

Dummy down to work release

Align at top of #'s

Coach defense to attempt to put hands on receiver

## COACHING POINTS:

1. Coach release technique
2. Keep defender's hands off – Don't let DB touch you
3. Stay on #'s – Don't get squeezed
4. Get pads under defender and lean on to create space
5. Use flipper to create separation
6. Catch ball over outside shoulder – High point ball if behind
7. Ball security

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# PARTNER PUSH BY

## PURPOSE:

Post practice drill designed to work last 5 yards of a dig or curl route versus man coverage.

## TEMPO:

50% to 75%

## ORGANIZATION/SET-UP:

Partner up

Have defender align on inside

## COACHING POINTS:

1. Lean on defender
2. Pump arms – Don't run with hand on defender's back
3. Sink your hips & Be low at break point
4. Push on defender's butt, not on his back
5. Rip arm thru
6. Be physical
7. Dig route – Get on Downhill angle  
Curl route – Comeback to QB
8. Finish & Score

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# PARTNER RELEASE DRILL

## PURPOSE:

Individual period drill designed to work basic fundamentals of press man releases. Used to work single stick, diamond, and just go release methods.

## TEMPO:

Full or 75%

## ORGANIZATION/SET-UP:

- Partner up
- Work off sideline
- Have each pair align 5 yards apart (ex. 25, 30, 35, etc.)
- Offensive player starts out of bounds, defensive player is in field of play
- Always announce where QB is located and whether to take an inside or outside release
- Players start footfire on your “Go” call, make release move on your “release” call

## COACHING POINTS:

1. Coach defense to be physical and jam receiver’s chest – Give good effort
2. Low stance with hands up
3. Stay low on footfire
4. Clean arms at elbow
5. Use rip or punch technique
6. Keep pads low and don’t give ground
7. Always finish on line
8. Be Physical

\*\*\* Can use drill for Diamond & Just Go releases also

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# PARTNER BALL SECURITY

## PURPOSE:

Post practice drill used to teach basic fundamentals and stress importance of ball security.

## TEMPO:

Walking

## ORGANIZATION/SET-UP:

- Partner up
- Go 10 yards with ball in each hand
- Make sure defender is giving good effort in an attempt to get ball loose
- Coach should also try to get ball

## COACHING POINTS:

1. Keep ball high and tight
2. Cover nose of ball
3. Pump your arms

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# FINISH & SCORE DRILL

## PURPOSE:

Individual period drill designed to emphasize finishing a run. Helps improve run after catch skills.

## TEMPO:

Full or 75%

## ORGANIZATION/SET-UP:

- Have another coach or player use a dummy
- Run last 5 yards of a route
- Have dummy holder stand on goal line

## COACHING POINTS:

1. Coach route principles
2. Emphasize getting pads lower than defenders
3. Throw forearm into defender's throat
4. Be violent!

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# STRAIGHT LINE PAD LEVEL DRILL

## PURPOSE:

Individual period drill designed to work against a colliding linebacker or a hard cover 2 corner

## TEMPO:

50% to 75%

## ORGANIZATION/SET-UP:

- Use stand up dummies or players
- Conduct drill on sideline
- Align dummies/players 7 to 10 yards apart on sideline

## COACHING POINTS:

1. Stay arms reach away from dummy/player
2. Jab opposite
3. Get pads low and rip thru dummy/player
4. Be physical
5. Always finish on line

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# 45 DEGREE PAD LEVEL DRILL

## PURPOSE:

Individual period drill designed to work on getting around a colliding linebacker on a dig or curl route.

TEMPO: 1/2 to 3/4

## ORGANIZATION/SET-UP:

- Use stand-up dummies or trash cans
- Align dummies/cans 10 yards apart at a 45 degree angle off sideline

## COACHING POINTS:

1. At each dummy/can get fast feet and fast hands
2. Drop hips and use rip technique
3. Hug tight to dummy/can
4. Look over inside shoulder for ball

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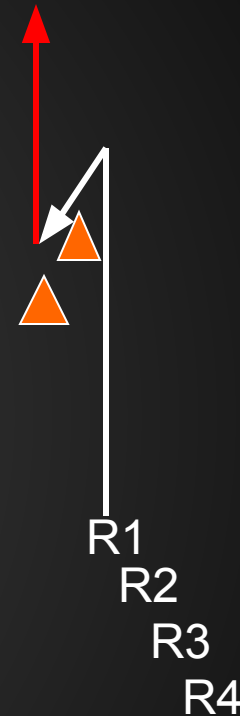
# CURL DRILL

**PURPOSE:** Post-Practice drill designed to work on curl route.

**TEMPO:** Full

**ORGANIZATION/SET-UP:**

- Run last 5 yards of curl route
- Align cones in this manner
- Throw a ball



**COACHING POINTS:**

1. Sink hips at top of route
2. Throw elbow
3. Come downhill to QB
4. Catch and turn up field
5. Rep both left and right side

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# SPEEDCUT DRILL

## PURPOSE:

Post-Practice drill designed to work on speed cut associated with out and dig routes

## TEMPO:

Full

## ORGANIZATION/SET-UP:

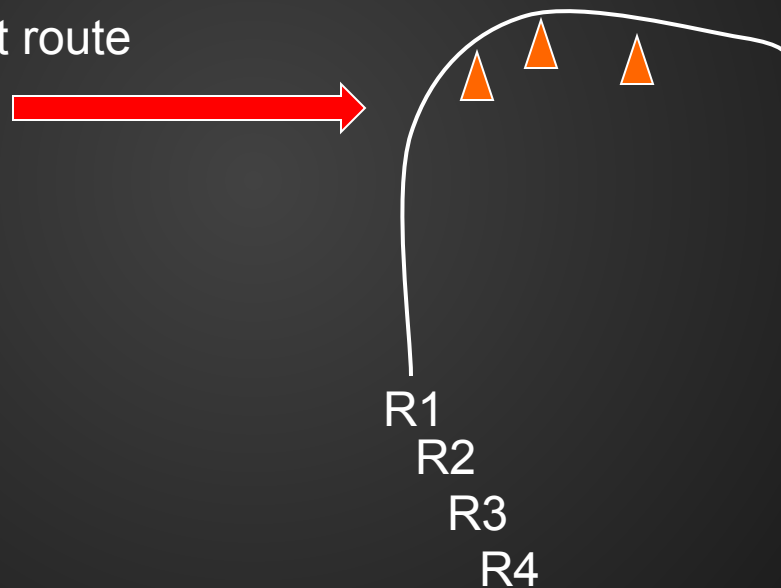
Run last 5 yards of dig or out route

Align cones in this manner

Throw a ball

## COACHING POINTS:

1. Sink hips at top of route
2. Throw elbow
3. Get on negative angle
4. Catch and get up field



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# RUN FIT DRILL

## PURPOSE:

Individual period drill designed to work engagement aspect of stalk block.

## TEMPO:

Full

## ORGANIZATION/SET-UP:

Partner Up

Shoot Hands

## COACHING POINTS:

1. Shoot hands with authority
2. Bring hips when you shoot hands
3. Keep head out
4. Take short, choppy steps with a wide base – Don't slide or shuffle

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# OFFENSIVE LINE DRILLS

# LADDER DRILL

**PURPOSE:** Increase Foot Speed

**TEMPO:** Half

**ORGANIZATION/SET-UP:**

- Ladder dimensions: 36" x 14" x 22'

**COACHING POINTS:**

- Start slow and increase speed as footwork improves
- Hands up thumbs together
- Elbows in
- Bend knees and hips- work to stay low
- Keep eyes up as much as possible
- Progression: Do each twice- start with right foot down, left foot back
  - 1 foot each hole
  - 2 feet each hole
  - Lateral
  - Dance through it
  - Dance through it backwards

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# STANCE DRILL

**PURPOSE:** Maximize reps of getting and out of a stance- both 2 and 3 point

**TEMPO:** Full

## **ORGANIZATION/SET-UP:**

- Line up on a line, group starters together

## **COACHING POINTS:**

- Focus on stance, not steps
- Call out “run right”, “run left”, “pass” and have players step then reset fast in a perfect stance
- Start with toe to instep stagger, hip width,
- Toes in
- Inside foot up
- Flat back
- Balanced stance
- Head up
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# SET DRILL

**PURPOSE:** Maximize vertical sets and quick game sets

**TEMPO:** Full

**ORGANIZATION/SET-UP:**

- Start on a line
- Have several lines 5 yards apart

**COACHING POINTS:**

- **Vertical set (90's)**
- 2 point stance, inside foot up
- Step with inside foot first
- Set 5 yards, sink hips and punch
- Eyes up, head back
- Reset on next line, repeat 4-5 times
- **Quick game(60's)**
- 2 point stance, inside foot up
- Step with outside foot first- kick slide then set
- Eyes up, head back
- Set, punch, reset, repeat 4-5 times

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# MIRROR DRILL

**PURPOSE:** Practice reacting to defenders lateral movements

**TEMPO:** 3/4

## **ORGANIZATION/SET-UP:**

- Partner- on a line 5 yards wide

## **COACHING POINTS:**

- Don't crossover, click heels or hop
- Bend knees, keep hips low
- Keep shoulders and head back
- Don't lean forward
- Step with play side foot first
- Start with hands behind back and 1/2 speed
- Progress to hands fit on defender and increase speed
- Have partner change directions several times- not routine

**OFFENSIVE LINE DRILLS TABLE OF CONTENTS**

# SET PUNCH DRILL

**PURPOSE:** Practice pass sets and timing punch

**TEMPO:** Varied

**ORGANIZATION/SET-UP:**

- Partner drill

**COACHING POINTS:**

- Pass set fundamentals
- Time punch when threatened
- Sink hips, punch, grab cloth, press head and shoulders back
- Kick slide after engaged
- Vary speed of rush of defender
- Set as deep and as fast as possible

**OFFENSIVE LINE DRILLS TABLE OF CONTENTS**

# COMBO DRILL

**PURPOSE:** Combine set, punch and mirror drills

**TEMPO:** Varied

**ORGANIZATION/SET-UP:**

- Partner drill

**COACHING POINTS:**

- Coach same points as set punch and mirror drills
- Vary speed of pass rusher
- Vary lateral movements- fast, slow, long, short

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# BULL RUSH DRILL

**PURPOSE:** Practice taking on a bull rush with proper balance and technique

**TEMPO:** 1/2

**ORGANIZATION/SET-UP:**

- Partner drill

**COACHING POINTS:**

- Keep inside “post” foot forward
- Keep outside “anchor” foot back
- Defender places hands on shoulder pads and pushes and pulls lineman at half speed
- Sink hips, kick slide as you begin to lose balance, reset anchor foot
- Sink hips and reset post foot when being pulled
- Head and shoulders back
- Start with hands behind back going  $\frac{1}{4}$  to  $\frac{1}{2}$  speed
- Start with hands fit on defender and increase speed

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# SPIN DRILL

**PURPOSE:** Practice countering a spin move by a defender

**TEMPO:** 1/2

**ORGANIZATION/SET-UP:**

- Partner- on a line 5 yards wide

**COACHING POINTS:**

- Maintain proper body position
- Keep arms extended and lose ground if needed to regain separation
- Have partner lean into lineman and make big wide 2 step spins
- Step with play side foot and reset hands to keep defender within framework of body
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# SLED PUNCH

**PURPOSE:** Increase speed and power of punch while maintaining proper body position

**TEMPO:** Full

**ORGANIZATION/SET-UP:**

- Use all sled pads and rotate players through so they punch each pad

**COACHING POINTS:**

- Coach from side of sled to see head and shoulder position
- Hips low, head back
- Hands in proper position before and after punch- do not reach back and load up on punch
- Lock arms out after punch, head and shoulders back

**OFFENSIVE LINE DRILLS TABLE OF CONTENTS**

# CAGE DRILL

**PURPOSE:** To perfect screen footwork and open field blocking

**TEMPO:** Full

## **ORGANIZATION/SET-UP:**

- Make a “cage” with 4 cones 5 yards by 5 yards and place a defender inside “cage”
- Make one cage on left and one on right 5 to 6 yards away from lineman

## **COACHING POINTS:**

- Practice each type of screen
- Release, get flat down line and enter cage
- Upon entering cage get a wide base and fast feet and work up to defender
- defender may move and “juke” anywhere within cage
- **WIDE BASE- FAST FEET!!!**

**OFFENSIVE LINE DRILLS TABLE OF CONTENTS**

COACH  
JEREMY L

# RUNNING BACK DRILLS

# AROUND THE CLOCK DRILL

## PURPOSE:

Pre-Practice drill designed for receivers to catch footballs from different angles and at different positions of their body. Goal is to catch a high number of balls in a short amount of time with a high level of concentration and PERFECT techniques.

TEMPO: Slow - march in place

## ORGANIZATION/SET-UP:

Partner-up and align about 5-8 yards apart – use lines if possible

## COACHING POINTS:

1. Exaggerate catch and tuck
2. Emphasize proper catching technique at different body positions (3,6,9,12,etc.)
3. Move arms and feet – Do not stand still
4. Catch balls front and side

**RUNNING BACK DRILLS TABLE OF CONTENTS**

# 45 DEGREE CONE DRILL

## PURPOSE:

Pre-Practice drill designed to work on sticking your foot in ground with proper head/body alignment and bursting out of cuts. Used to improve cutting ability, elusiveness and change of direction.

## TEMPO:

50% to 75%

## ORGANIZATION/SET-UP:

Align cones 5 to 8 yards apart at 45 degree angle

Align last cone 5 yards away from end zone

## COACHING POINTS:

1. Coach head and body alignment
2. Stick your foot in ground hard – Don't round off
3. Don't over stride when sticking
4. Sink hips and get chest over toes when sticking
5. Throw your elbow to get out of break
6. Accelerate for a step or two out of break
7. Use good form running technique
8. Keep eyes up – Don't look at ground
9. Switch ball to outside hand on each stick of a cone

# 90 DEGREE CONE DRILL

## **PURPOSE:**

Pre-Practice drill designed to work on sticking routes and getting out of breaks. Used to improve out and dig routes.

## **TEMPO:**

50% to 75%

## **ORGANIZATION/SET-UP:**

Align cones 5 to 8 yards apart at 90 degree angle

Dummy down to work a release

## **COACHING POINTS:**

1. Coach release technique
2. Stick foot in ground
3. Don't over stride when sticking
4. Sink hips and get chest over toes when sticking
5. Throw elbow to get out of break
6. Accelerate for a step or two out of break
7. Keep exit angle flat – Don't round it
8. Use good form running technique
9. Keep eyes up – Don't look at ground
10. Switch ball to outside hand on each stick of a cone

# STRIP DRILL

## **PURPOSE:**

Post practice drill used to teach basic fundamentals and stress importance of ball security.

## **TEMPO:**

Jogging

## **ORGANIZATION/SET-UP:**

Partner up

Go 10 yards with ball in each hand

Make sure defender is giving good effort in an attempt to get ball loose

Coach should also try to get ball

## **COACHING POINTS:**

1. Keep ball high and tight
2. Cover nose of ball
3. Pump your arms
4. Switch arms reaching over top to nose of football then drag across chest to other arm

**RUNNING BACK DRILLS TABLE OF CONTENTS**

# WRONG ARM DRILL

## **PURPOSE:**

To work on changing ball from side of a defender to opposite side while using free arm as a weapon.

## **TEMPO:**

1/2

## **ORGANIZATION/SET-UP:**

Partner-up and align about 5-8 yards apart at a 45 degree angle

## **COACHING POINTS:**

1. Start with ball in arm facing defender
2. Each partner will jog at a 45 degree angle
3. Before they meet, switch ball to outside arm and dip shoulder
4. Use free arm to stiff arm, rip, forearm etc.

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# LEAD BLOCK

## **PURPOSE:**

Work on proper isolation blocking technique

## **TEMPO:**

1/2

## **ORGANIZATION/SET-UP:**

Use a one-man sled, or partner

## **COACHING POINTS:**

1. Use a moving target- a coach or another player
2. Have blocker line up 6-8 yards from target
3. Have target begin to move to lead block point
4. Blocker moves with target to block point
5. Blocker keeps wide base and fast feet and leverage
6. Drive using wide base and short choppy steps
7. Have elbows tight to body and strike with a rising blow

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# STALK BLOCK DRILL

## **PURPOSE:**

Individual period drill designed to work engagement aspect of stalk block.

## **TEMPO:**

Full

## **ORGANIZATION/SET-UP:**

Partner Up

Shoot Hands

## **COACHING POINTS:**

1. Shoot hands with authority
2. Bring hips when you shoot hands
3. Keep head out

Take short, choppy steps – Don't slide

**RUNNING BACK DRILLS TABLE OF CONTENTS**

# EXCHANGE DRILL

## **PURPOSE:**

Pre or post-practice drill designed to work on timing and efficiency of handoffs

## **TEMPO:**

Full

## **ORGANIZATION/SET-UP:**

Use a QB (starter w/ starters) and work each type of exchange

## **COACHING POINTS:**

1. Emphasize proper alignment
2. RB is responsible for exchange, and RB coach needs to supervise drill

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# BLITZ PICKUP DRILL

**PURPOSE:** Practice proper technique versus inside and outside blitz

**TEMPO:** 1/2

**ORGANIZATION/SET-UP:**

Do on a line, can use cones to simulate OL, other RBs represent LBs

**COACHING POINTS:**

1. Work on a different front each day or the front you know you will see in your next game
2. Coach call front and protection “3-3 Nickel”
3. RB has to make his calls if necessary
4. coach will then direct blitzers
5. Make sure RBs are shuffling and trying to get into a route
6. On an inside blitz- he must work to fit in gap with OL and use them to take away rush lanes
7. On outside blitzes- he must fit up with outside leg of OT staying square to LOS until last moment then engage blitzer- use OT to take away inside rush lane
8. Key coaching points to use throughout drills: **patience**- wait for blitzer to threaten your space, **leverage**- helmet under helmet, **violence**- explode into blitzer with an upward thrust of hands sliding them up front of shoulder pads

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COACH  
JEREMY L

# QUARTERBACK DRILLS

# WARM-UP THROWS DRILL

**PURPOSE:** To warm-up the QB's arm and shoulder, teach proper mechanics and improve accuracy.

**TEMPO:** ¼ speed

**ORGANIZATION/SET-UP:** QB will partner up and begin facing about 5 yards apart. They will gradually move to ten yards apart as they warm-up.

## **COACHING POINTS:**

1. QB should use fast feet on every throw – exaggerate proper technique
2. Using good form, QB will push the ball back and throw to his partner's shoulder, making sure to follow through.
3. Good time for coach to work on ball placement/grip/motion, etc.
4. Also good time to quiz QB about plays, coverages, game plan, etc.
4. Receiving QB should make a noose, exaggerate the look and tuck, and place the ball high and tight. This promotes ball security.

**[BACK TO QUARTERBACK DRILLS MENU](#)**

# STRIP DRILL

## PURPOSE:

Post practice drill used to teach basic fundamentals and stress importance of ball security.

## TEMPO:

Walking

## ORGANIZATION/SET-UP:

- Partner up
- Go 10 yards with ball in each hand
- Make sure defender is giving good effort in an attempt to get ball loose
- Coach should also try to get ball out

## COACHING POINTS:

1. Keep ball high and tight
2. Cover nose of ball
3. Pump your arms to simulate running

[BACK TO QUARTERBACK DRILLS MENU](#)

# DROPS ON A LINE

**PURPOSE:** Create consistent drops for 90 game

**TEMPO:**  $\frac{3}{4}$  speed

## **ORGANIZATION/SET-UP:**

QBs straddle yard line

Take snap or snap to self and do both cheat step and hinge step drops

## **COACHING POINTS:**

1. Good athletic stance
2. Look snap in with eyes and secure in hands before dropping
3. Ball goes to throat immediately with 2 hands
4. Look at feet- 1<sup>st</sup> and 2<sup>nd</sup> step should be on line- open and crossover steps
5. Cheat step- 3<sup>rd</sup> step comes slightly off line to throwing arm side
6. Hinge step- 3<sup>rd</sup> step comes slightly off line to off arm side.
7. Feet should be hip to shoulder width apart
8. Front shoulder should be on target
9. Get feet fast, eyes downfield

**BACK TO QUARTERBACK DRILLS MENU**

# TYPEWRITER DRILL

**PURPOSE:** Condition QB to have fast feet in pocket while keeping eyes downfield and going through read progression.

**TEMPO:** Full

## **ORGANIZATION/SET-UP:**

Straddling a line

## **COACHING POINTS:**

1. Provide QBs with a play to read during drill
2. Have QBs take a snap or snap to self looking ball all the way in and securing in hands
3. Get ball to proper placement at throat level
4. Feet should be hip to shoulder width apart
5. QBs feet should be working extremely fast and he should begin moving over and back across the line simulating moving up and back in pocket
6. Eyes should be downfield and scanning to area where receivers would be
7. QB should be verbalizing reads as he goes through drill- keep repeating reads until coach stops drill.
8. Repeat drill with QB moving side to side straddling line
9. Early season reps should be 15-20 seconds, later on he should be able to go 30 seconds
10. Coach should be in front watching feet, eyes, ball placement

**BACK TO QUARTERBACK DRILLS MENU**

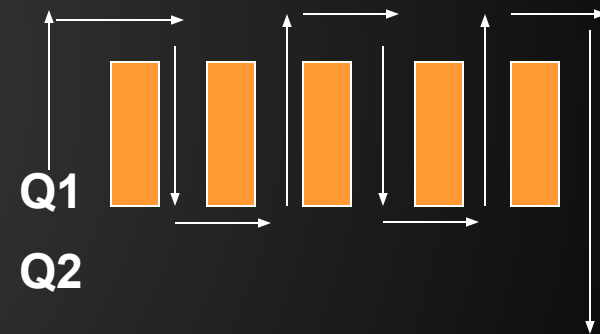
# SHUFFLE DRILL

**PURPOSE:** To teach QB to move in all directions in pocket, keeping eyes downfield, feeling the rush and bodies around him, while maintaining his read progression with proper timing.

**TEMPO:** Fast feet on drop and proper timing on progression, but move slowly through the bags so as to work feet and repeat progression several times.

**ORGANIZATION/SET-UP:** Set up bags or cones about 1 yard apart in a line as shown to simulate moving in the pocket. QB faces down the field as if in a game situation. QB will stand at the front of the bags on one end, other QB or coach can snap. QB takes a 90 drop (if 60 play, stand in middle of bags or at back to start) and begins his read. When he hits his third read, he should begin moving thru bags with fast feet, focusing eyes downfield, visualizing reads. He will repeat fixing his eyes and calling out reads while moving around bags until he gets to the end, or upon command of hand-clap, QB will get feet hot and throw quickly to Coach or other QB.

**COACHING POINTS:** Maintain proper timing, fast feet, and eyes/ball placement. Can also work on ball security in pocket by bothering QB in pocket (advanced). Work to left if read starts left (95), and vice versa.



**BACK TO QUARTERBACK DRILLS MENU**

# YO-YO DRILL

**PURPOSE:** To perfect skill of throwing on the run and to get QB in habit of running at target when throwing on the run. Forces QB to use proper throwing form on push back and rotation of hips and shoulders. Helps QB separate upper body from lower body on throws.

**TEMPO:**  $\frac{1}{2}$  to  $\frac{3}{4}$  speed depending on level of skill and stage of practice

**ORGANIZATION/SET-UP:** QB will partner up and face each other on a line 8-10 yards apart. QB1 will run at his partner and throw after a few steps, keeping shoulder as a target. After release he will continue on down the line for a few steps to emphasize proper follow-through. He will then begin to retreat back on the line as partner throws to him.

**COACHING POINTS:** Emphasize square shoulders, small target, accuracy, and hot feet just prior to throw. Make sure QB “runs his receiver” down by continuing down line for a few steps.

**[BACK TO QUARTERBACK DRILLS MENU](#)**

# RODEO/LASSO DRILL

**PURPOSE:** To perfect roll-out technique, first escaping the pocket and then aligning hips, shoulders, and legs to target, culminating in a perfect throw and follow-through

**TEMPO:**  $\frac{3}{4}$  to full speed.

**ORGANIZATION/SET-UP:** QB will take snap and spring right or left for first three steps, simulating 63 Rodeo-Lasso. He will then either make a quick throw on or before his third step (to #2 receiver on out route), or bubble back away from the line to lose ground, the square up and run his target down (curl to #1). QB will run down his target after throw.

**COACHING POINTS:** Work both throws to both sides. Emphasize escaping pocket fast on first few steps, and then proper shoulder rotation and throwing off of “wrong foot”. When QB moves to the left, he will place ball next to his “wrong ear” – for a righty, he will place the ball on his left ear, and then when ready to throw, he will move it back as he begins his motion.

**[BACK TO QUARTERBACK DRILLS MENU](#)**

# ZERO DRILL

**PURPOSE:** To teach QB to throw a perfect high ball with air on it to a streaking receiver versus man coverage while under pressure.

**TEMPO:** ½ to ¾ speed to start

**ORGANIZATION/SET-UP:** Put a target either in the corner of the end zone (trash can or barrel, etc.) or in the post. LOS should be in the red zone most of the time to save his arm. Coach or other QB snaps, pauses, then charges QB, who must look snap in, grip ball, drop fast, and make a quick, high, accurate throw at the last second. Coach or other QB will simulate hitting QB in stomach as he brushes by him.

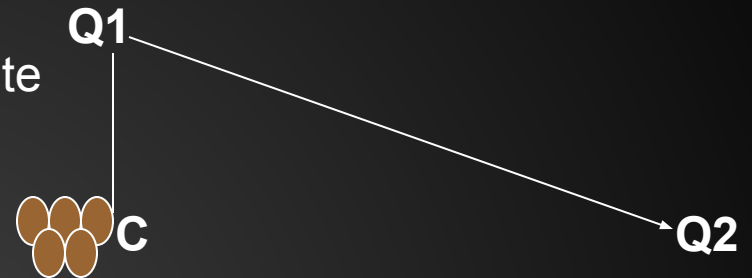
**COACHING POINTS:** Work a different throw (corner or post) each time. Emphasize a quick throw with air to give receiver a chance to get under the ball. QB should “get big” quickly, popping up on his toes and get a high release.

**[BACK TO QUARTERBACK DRILLS MENU](#)**

# FAST SCREEN DRILL

**PURPOSE:** To train QB to make a quick, accurate throw on fast or bubble screens.

**TEMPO:** Full speed – “rapid-fire”



**ORGANIZATION/SET-UP:** Gather as many balls as available. QB will align in shotgun in middle of field. Receiver of other QB will align on top of #. Coach will snap ball to QB, who “grips and rips” throw to receiver, then quickly returns to stance. Snapper snaps second ball as soon as QB is set, and so on for as many balls as you have. Throw to both sides, from middle and from near hash. Can also work swing screens and bubble screens

**COACHING POINTS:** QB should look snap in, grip and rip. If small hands, may have to grip laces. Emphasize throwing to downfield should of receiver, on or just behind the line of scrimmage. Speed and accuracy over form or beauty of throw.

**[BACK TO QUARTERBACK DRILLS MENU](#)**

# SOLID SCREEN DRILL

**PURPOSE:** To perfect solid screen fake and throwing technique.

**TEMPO:** ½ to ¾ speed to start

**ORGANIZATION/SET-UP:** Same as fast screen throw, but now QB will flash fake to RB, retreat, get hot feet, and hit solid screen receiver as he comes in towards QB.

**COACHING POINTS:** Emphasize retreating to protect himself from rush and also to draw rush up field. QB must not force receiver to stop or come back for ball or timing will be disrupted. Let RB do most of faking. Tempo is somewhat slower than fast screen drill. Can also run a solid screen as part of Pat-n-Go screen phase.

**[BACK TO QUARTERBACK DRILLS MENU](#)**

# RODEO/LASSO SOLID DRILL

**PURPOSE:** To perfect rodeo-lasso solid footwork and throw

**TEMPO:**  $\frac{3}{4}$  to Full

**ORGANIZATION/SET-UP:** Same as other QB indy screen drills.

**COACHING POINTS:** QB will take three hard steps outside, perhaps losing ground slightly as if he is rolling out of the pocket on a Rodeo-Lasso play, spin, get big, and throw the solid to the receiver as he is coming in towards the QB. Very important for QB to stop his momentum away from the screen and pop up rather than fade away, especially if his arm is limited.

**[BACK TO QUARTERBACK DRILLS MENU](#)**

# JAILBREAK SCREEN DRILL

**PURPOSE:** To perfect timing and execution of jailbreak screen throws

**TEMPO:**  $\frac{3}{4}$  to full speed

**ORGANIZATION/SET-UP:** Same as other QB indy screen drills

## **COACHING POINTS:**

1. QB pump away to swing screen
2. Retreat quickly to draw defense up field and to protect self
3. Get big – be an athlete, make throw to screen runner early – lead him into area behind OL.
4. After throw – retreat again to avoid taking a big hit.
5. Don't make a high throw or throw behind receiver.
6. Timing is very important – be consistent on depth and speed of drop.

**[BACK TO QUARTERBACK DRILLS MENU](#)**

# RODEO/LASSO JAIL DRILL

**PURPOSE:** To perfect Rodeo/Lasso Jailbreak timing and throw

**TEMPO:**  $\frac{3}{4}$  to full

**ORGANIZATION/SET-UP:** Same as other QB indy screen drill

**COACHING POINTS:** QB will fake away from screen hard for three steps (as in Rodeo Solid) like he is rolling out, spin, get big, and throw jailbreak screen. Very important for QB to stop his momentum away from the screen and pop up rather than fade away, especially if his arm is limited. When rolling to the left (if a righty), the QB may want to lose ground slightly to help angle of throw and to separate from rush. Some QB rolling to side of throwing hand will be better off planting foot throwing side foot and turning as if a shortstop. More athletic QB will find spinning more effective, especially if arm strength is an issue.

**[BACK TO QUARTERBACK DRILLS MENU](#)**

# SLOW SCREEN DRILL

**PURPOSE:** To perfect timing and technique of slow screen.

**TEMPO:**  $\frac{3}{4}$  to full speed

**ORGANIZATION/SET-UP:** Same as other QB indy screen drills – add F if possible as much as possible.

**COACHING POINTS:** QB will make calls and drop as if a normal 90 play. He will make his first two reads, looking to downfield to his first two receivers, and then drop again (double drop), drawing DL to him. While retreating second time he will find back and make throw. If picture is cloudy, QB should make every effort to scramble to screen side and get the ball off, even if he must throw it in the ground at F's feet. QB cannot throw it away downfield as OL are blocking beyond LOS.

**[BACK TO QUARTERBACK DRILLS MENU](#)**

# TROUBLE DRILL

**PURPOSE:** To teach QB to find a back or outlet receiver when in trouble and make a fast, accurate throw under pressure.

**TEMPO:**  $\frac{1}{2}$  to  $\frac{3}{4}$  - usually a pre or post-practice drill.

**ORGANIZATION/SET-UP:** QB takes a drop, reads his progression and calls out his reads until Coach calls “trouble”. Based on the play call, QB will find check-down or back. Other QB will place themselves in proper position (shoot, swing, etc.) to receive throw.

## **COACHING POINTS:**

1. Emphasize moving on pocket on 3<sup>rd</sup> read and proper timing of progression/verbalization of reads.
2. QB must get hot feet and make quick throw – may not be pretty, must be fast.
3. Change play-call up based on game plan or QB’s weaker plays

**[BACK TO QUARTERBACK DRILLS MENU](#)**

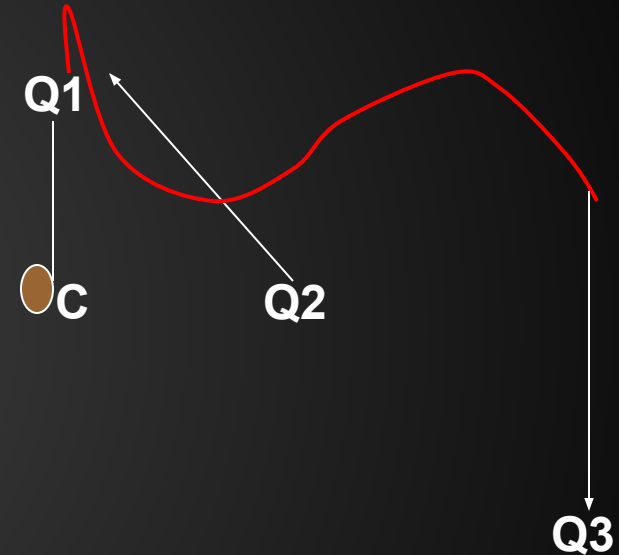
# SCRAMBLE DRILL

**PURPOSE:** To train QB to escape under and outside rusher and be prepared to throw from outside the pocket on run.

**TEMPO:** ½ to ¾

**ORGANIZATION/SET-UP:** Coach or spare player snaps.

Third person will simulate outside rusher and attack QB from edge after he drops and hits third read. QB will drop and read as normal, eyes downfield. When he senses rusher, he will dip shoulder near rusher, secure/switch ball away from danger, leave pocket, lose ground, square up, and either simulate throw or make throw to third player.



## **COACHING POINTS:**

1. Emphasize proper drop, reads, and footwork in pocket by QB, making sure he loses ground and squares up after escape.
2. After escaping pocket, drill becomes a Rodeo-Lasso drill. Do not let QB look at rusher – he must keep eyes downfield.
3. When escaping to his throwing hand, QB must switch ball to “wrong ear” while leaving pocket. When escaping to his off hand side, he must switch ball after escaping like in Rodeo-Lasso drill.

**BACK TO QUARTERBACK DRILLS MENU**

# POINT-SLIDE DRILL

**PURPOSE:** To teach QB to slide effectively in the pocket while maintaining reads, footwork, and ball security.

**TEMPO:**  $\frac{3}{4}$  to full (always fast feet)

**ORGANIZATION/SET-UP:** QB align on a yard line, facing coach. If multiple players, align five yards apart. QB simulate snap, exaggerate the look, take perfect drop based on play call, and begin reading and verbalizing. When QB hits third read, Coach will point in a direction – up, back, right, or left. QB will move on his commands, keeping eyes downfield, ball placed properly, and great fast feet with a wide base as he slides in pocket. On coach's command, one QB will throw ball to target as if in trouble drill. If several QB, can partner-up and throw to partner.

**COACHING POINTS:** Make sure QB is trained to begin sliding on his third read. Make sure QB slide with fast feet and don't shuffle, reach, or pick up his feet too high. This will ensure accurate throw and proper base at all times. Ball must be kept high and ready to throw at all times with eyes downfield. Start with a few moves as QB will get tired and build up to a longer drill time. Can be a 90 or 60 play.

**[BACK TO QUARTERBACK DRILLS MENU](#)**

# ZONE READ DRILL

**PURPOSE:** To teach QB to execute zone read properly and maintain ball security

**TEMPO:**  $\frac{3}{4}$  to Full

**ORGANIZATION/SET-UP:** Coach or player snaps, QB drops 6 inches and pivots to backside DE, gripping back of ball, reaching ball away from LOS into mesh with back. He will read the DE – if he crashes inside and shows his numbers, QB will quickly pull ball back into his belly and replace the DE, getting up field as soon as possible. If DE hangs, drops, or gets straight up field, QB will give to RB and protect himself.

## **COACHING POINTS:**

1. If QB is in doubt or unsure of read, give to RB – think give, react to pull
2. If exchange is bobbled, QB can follow back into hole to avoid unblocked DE
3. QB should pull straight back into belly to avoid RB knocking ball away as he runs through
4. QB is responsible for read and pull, RB is responsible for proper mesh.

**BACK TO QUARTERBACK DRILLS MENU**

# OPTION PITCH DRILL

**PURPOSE:** To train proper read of option defender, pitch relationship, and proper pitch technique

**TEMPO:**  $\frac{3}{4}$  to full

**ORGANIZATION/SET-UP:** Coach simulates DE to be optioned, Q and RB align as normal – RB will be slightly wider than normal – behind OT.

## **COACHING POINTS:**

1. RB is responsible for pitch relationship – 1 yards behind and 4 yards outside of QB. He should buzz feet until QB catches snap
2. QB attacks outside shoulder of DE or EMLOS hard and works to get ball pitched. If DE comes hard up field, QB turns up under DE and then gets back outside as if on a sweep.
3. QB wants to keep pitch low and slightly in front of RB. STOP-LOOK-PITCH
4. Give or retreat after pitch as a hit is probably coming.
5. Get the ball pitched!!! Only react to keep.

**BACK TO QUARTERBACK DRILLS MENU**

# BAD SNAP DRILL

**PURPOSE:** To drill QB on how to handle bad snaps from center

**TEMPO:** Full

**ORGANIZATION/SET-UP:** Coach snaps bad snaps to QB – high, low, right, left, etc.

## **COACHING POINTS:**

1. QB must expect a bad pitch every time and exaggerate the look into his hands
2. QB should never try to pick up snap on ground in the backfield unless a desperate situation.
3. Like a WR, QB should try to turn noose into a scoop on low snaps and “roof” the high snap
4. If a zone read, bad snap means automatic give to RB – no time to read
5. If a pass play, QB may have to alter reads and skip a read or find a back – be an athlete – improvise!!

**BACK TO QUARTERBACK DRILLS MENU**

COACH  
JEREMY L

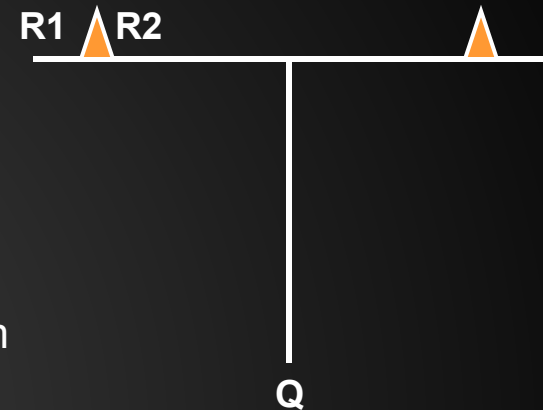
TEAM DRILLS

# NOOSE DRILL

**PURPOSE:** Most important drill of the day – done in early stages of practice and sets tempo and focus. Emphasizes stance, release, getting over top, sticking cuts, noose, exaggerating look and tuck, dipping and turning straight down field. QB will work on drop, reads, slides, fast feet, and accuracy of throw.

**TEMPO:** ¼ - ½ MAX

**ORGANIZATION/SET-UP:** Set two cones on sideline three yards from a yard line. QB aligns on yard line, can use center to work on exchange. WR align as shown – R1 is on offense, R2 is defender and next in line. R2 tries to jam R1. R1 works release, gets back over top, sticks 2-3 times, settles closer to one cone or the other, forms noose, and works slightly back to QB. On catch, exaggerates look, tuck, and turns straight downfield, ball high and tight. QB works a drop and a play read, slides in pocket on 3<sup>rd</sup> read, waits for R1 to settle, places throw away from the nearest cone on R1's shoulder, which simulates a defender.



## **COACHING POINTS:**

1. Coach with tremendous detail and intensity in this drill
2. Emphasize developing perfect techniques and habits
3. Everything must be perfect!!!

**[BACK TO TEAM DRILLS MENU](#)**

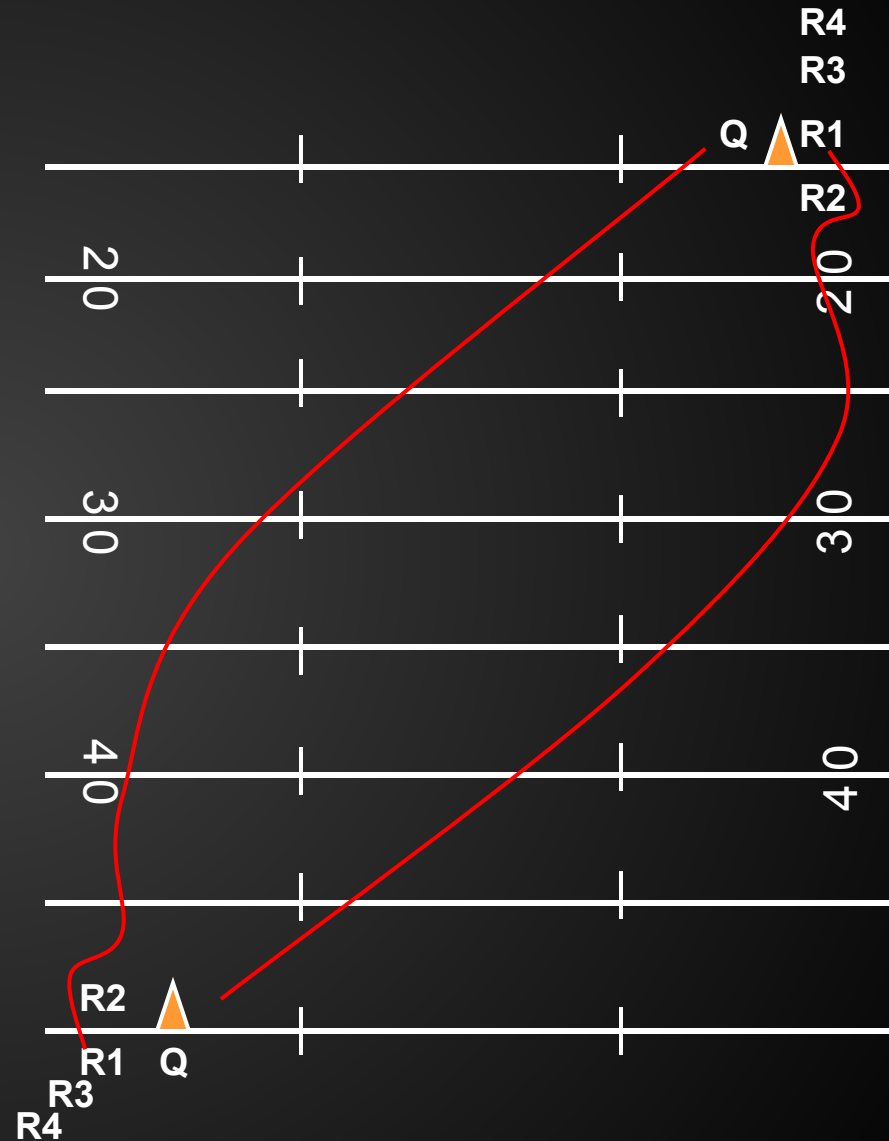
# PAT N GO: SHORT

**PURPOSE:** Fundamentals drill where QB and other skill players perfect techniques at less than full speed as they continue to loosen up. Catches over shoulder.

**TEMPO:** 1/2

**ORGANIZATION/SET-UP:** Basically a circular drill with two groups. Player will align on either the right or left numbers (1 side a day). QB will align just inside the player line. Players will dummy down to work release as in noose drill. On QB command, player will execute outside release and get back over top (which is the top of #s). QB will take one-step drop, fire feet, and make a short throw with slight air over outside shoulder of receiver. Receiver runs ball to other line, careful to stay out of QB's way.

**COACHING POINTS:** Emphasize all details of receiving as in noose (stance, release, noose, exaggerate look & tuck). Do not allow QB to over throw receiver or leave ball inside numbers. Drill should move quickly with little down time.



**[BACK TO TEAM DRILLS MENU](#)**

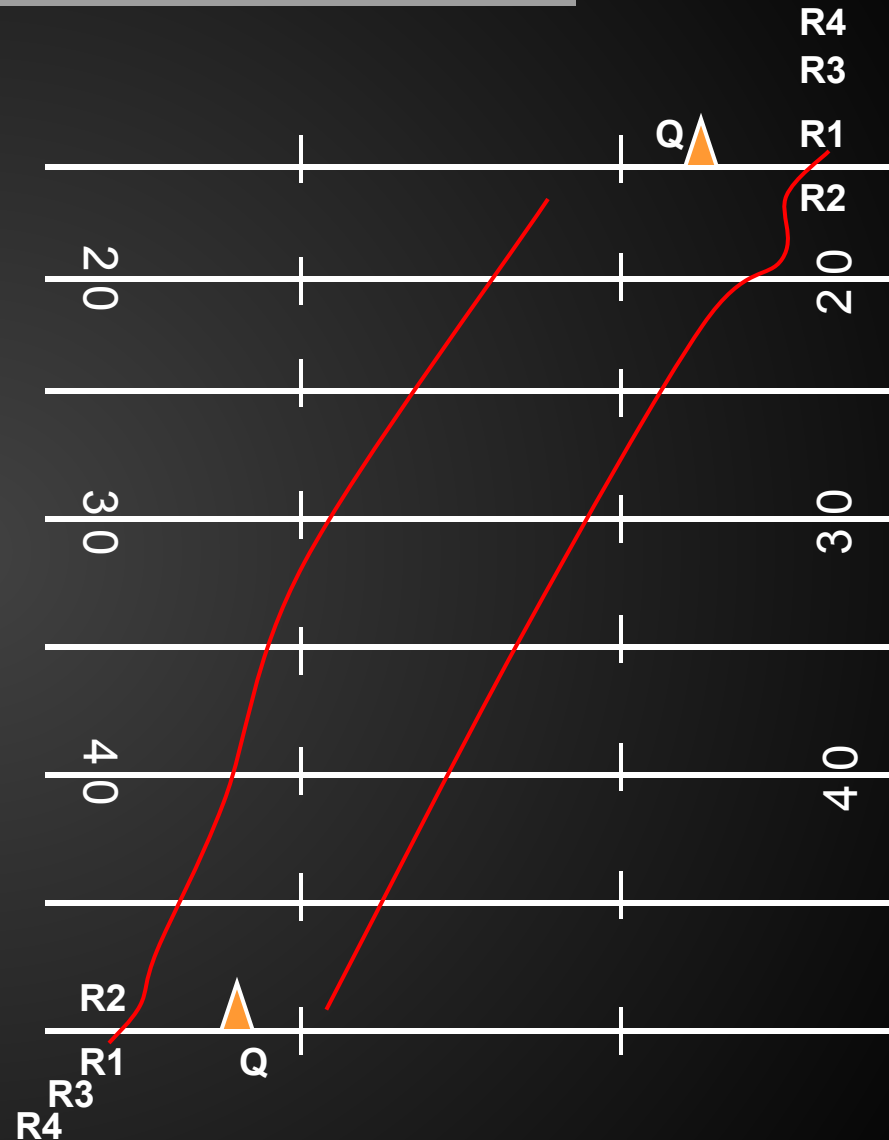
# PAT N GO: HOT THROW

**PURPOSE:** Same as “Short” phase of Pat N Go, but now receivers work inside release and run inside slant as if they were the “hot” receiver.

**TEMPO:**  $\frac{1}{2}$  to  $\frac{3}{4}$  (a little faster than short phase)

**ORGANIZATION/SET-UP:** Same as before, QB moves farther in towards hash. QB takes one-step drop and fires feet.

**COACHING POINTS:** Receiver should stay low, dip on catch, prepare for contact, and get straight up field. Throw should be low and quick, receiver should not cross QB’s position (center).



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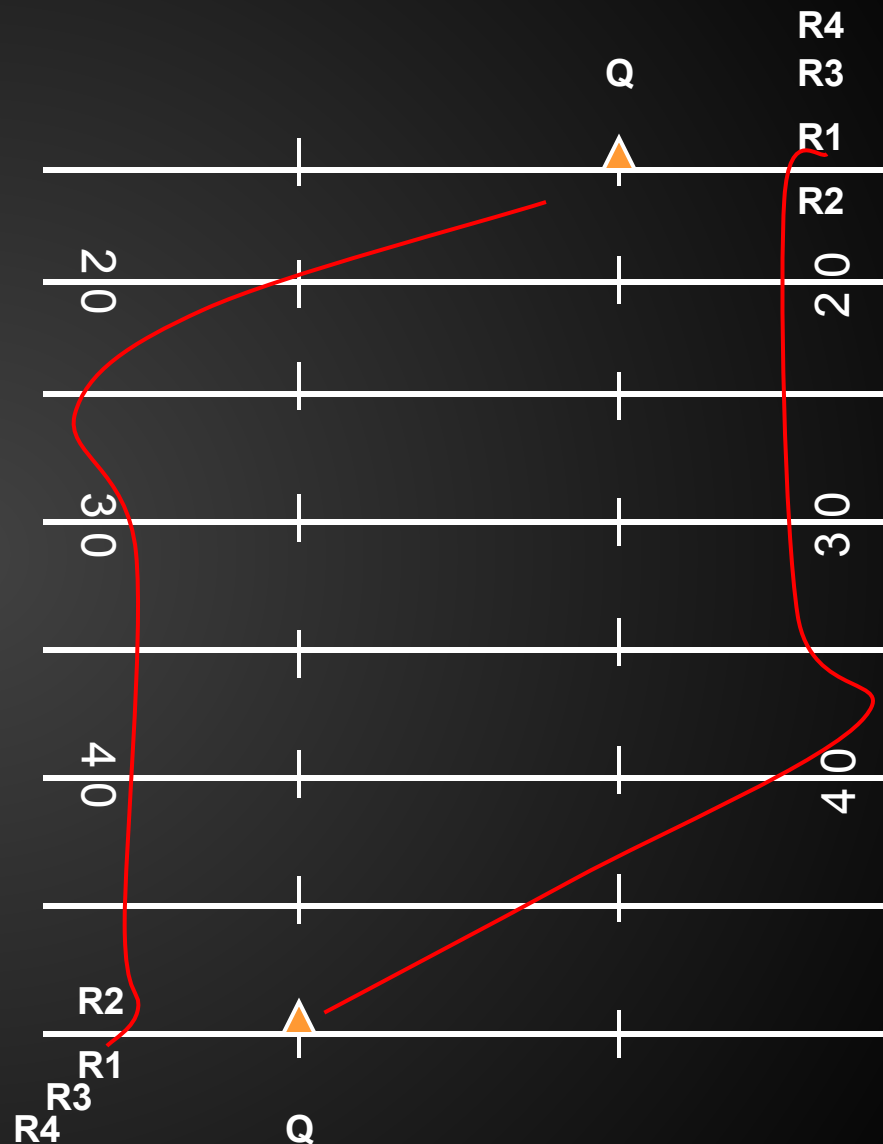
# PAT N GO: LONG

**PURPOSE:** To practice catching ball over outside shoulder on Go route.

**TEMPO:**  $\frac{3}{4}$  to Full

**ORGANIZATION/SET-UP:** Same as other Pat N Go phases, QB now moves in to hash. Incoming receivers will now snap to QB who aligns in gun. Alternate inside or outside release.

**COACHING POINTS:** *No overthrows.* Ball must be outside of numbers, with air. Receivers must get back over top – QB will wait to throw for receiver to get over top. QB will now take a 3-step drop.



**BACK TO TEAM DRILLS MENU**

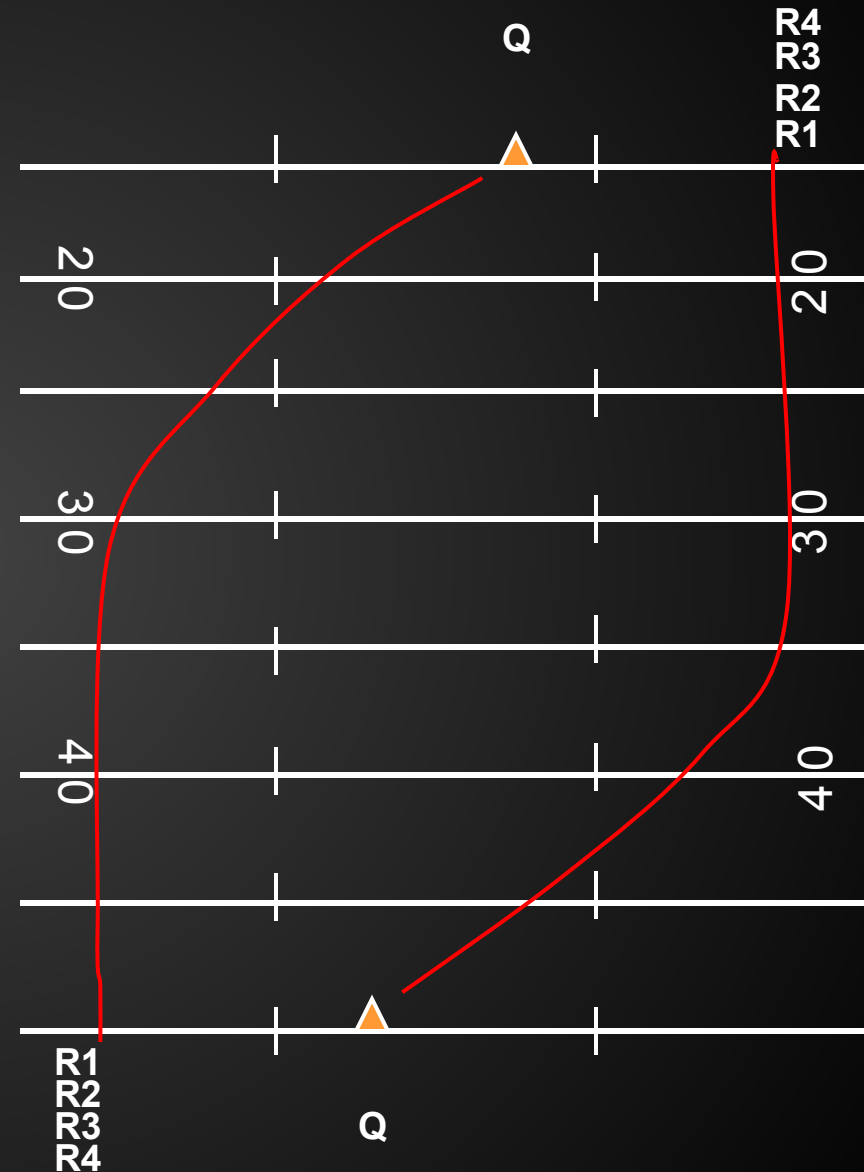
# PAT N GO: SCREENS

**PURPOSE:** To perfect screen route techniques and throws.

**TEMPO:**  $\frac{3}{4}$  to Full

**ORGANIZATION/SET-UP:** Last phase of Pat N Go. QB will move farther inside. Receivers will continue to snap to QB in shotgun. Receiver will run screen route of the day: fast, solid, jail, bubble, etc. QB will execute perfect screen footwork and throw. RB can run swing screens if needed. No dummy defender in this phase.

**COACHING POINTS:** Perfect snap needed from snapper. Emphasize tempo of drill and proper timing.



**BACK TO TEAM DRILLS MENU**

# MESH DRILL

**PURPOSE:** To perfect timing, routes, and throws of mesh play.

**TEMPO:** Full

**ORGANIZATION/SET-UP:** All skill players align in called formation and all QB align together side by side behind center in shotgun. A snapper from each position will come snap to the QB. Starting QB will determine who will throw to each position. Receivers will run routes, make catch, and score every time. Throws should come out on time and in proper progression. As receivers return from scoring they become next snappers. QB rotate in line in order to make all five throws for each play call. Drill is usually a red zone drill – vary yard line and hash position daily.

## **COACHING POINTS:**

1. QB should read all five receivers in order regardless of who they throw to.
2. Keep QB close together to simulate tight pocket.
3. RB should show imagination and then finish run as they cross goal line.
4. Can set cone 6 yds deep over center to simulate mesh point.
5. Predetermine if coverage is man or zone so meshers know if they should settle.
6. If available, use trash cans or dummies to simulate LBers so meshers must look for grass.
7. Continue to coach position details and demand perfection.
8. If limited number of QB, have coaches throw or alternate reps from play side to back side.

**BACK TO TEAM DRILLS MENU**

# QUICK GAME DRILL

**PURPOSE:** To perfect Quick Game (60s) timing, routes, and, throws.

**TEMPO:** Full

**ORGANIZATION/SET-UP:** Same basic set up as Mesh Drill. Usually from the +25 to +35 yard line.

## **COACHING POINTS:**

1. QB should read all five receivers in order regardless of which one they throw to.
2. Keep QB close together to simulate tight pocket.
3. RB should show imagination and then finish run as they cross goal line.
4. Continue to coach position details and demand perfection.
5. If limited number of QB, have coaches throw or alternate reps from play side to back side.
6. Alert players to coverage or have backups assume position as defenders.
7. Remind players aiming point on corner routes is back pylon outside +25 yard line

**BACK TO TEAM DRILLS MENU**

# ROUTES ON AIR DRILL

**PURPOSE:** To perfect timing, routes, and throws of 90 series passing game.

**TEMPO:** Full

**ORGANIZATION/SET-UP:** Same as Mesh Drill and Quick Game Drill, ball is moved back to the 35 or 40 (depending on how much far you want players to run).

## **COACHING POINTS:**

1. QB should read all five receivers in order regardless of target/order
2. Keep QB close together to simulate tight pocket.
3. RB should show imagination and then finish run as they cross goal line.
4. Continue to coach position details and demand perfection.
5. If limited number of QB, have coaches throw or alternate reps from play side to back side.
6. Alert players to coverage or have backups assume position as defenders.
7. Remind players aiming point on corner routes is back pylon outside +25 yard line

**BACK TO TEAM DRILLS MENU**

# ONE ON ONE DRILL

**PURPOSE:** To practice release and route techniques vs defensive skill players.

**TEMPO:** Full speed with a high level of competition and intensity

**ORGANIZATION/SET-UP:** Skill players versus defensive backs and linebackers in one-on-one competition. Offense aligns in formation called. Coach calls out player and signals or calls play/route. WR will score after catch. Drill moves quickly with next player ready to go immediately.

## **COACHING POINTS:**

1. Have #1 QB throw to #1 receivers when possible
2. Work 2 or 3 types of routes each day
3. Don't overwork best players – emphasize quality with best versus best matchup
4. Vary looks from defense
5. May want to work RB vs LB on other end of field simultaneously
6. QB must go through proper read progression for play regardless of which receiver in progression will catch the ball.
7. One way to run this drill is to call a formation and play and have QB make each throw in proper progression – good for new clients or young QB.
8. Another way to run drill is from left to right or vice versa – so if formation was ace order would be X-H-Y-Z, then back to X.

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# PASS SKELLY DRILL

**PURPOSE:** Passing drill featuring offensive skill players as a unit against defensive back seven

**TEMPO:** Full – high level of competition and intensity

**ORGANIZATION/SET-UP:** Place ball at desired yard line. Coordinate with defensive coaches prior to get proper look/coverage and also determine contact level (whiz, thud, etc.). Receivers will score every time, ball should be moved from hash to hash according to script.

## **COACHING POINTS:**

1. Insert screens and outside runs periodically to keep defense honest
2. Coaches should move to sideline now and simulate game conditions
3. Practice NASCAR, subs, and specific zone or down & distance plays.
4. Continue to coach details hard, but keep drill moving to maximize reps.

**BACK TO TEAM DRILLS MENU**

# SCREEN DRILL

**PURPOSE:** To perfect timing and execution of screen game

**TEMPO:** Full

**ORGANIZATION/SET-UP:** Team offense versus defense. Determine the type of screen to drill on the given day or if you will utilize a script. Similar to Pass Skelly in that you need to coordinate with defensive staff to get proper look.

## **COACHING POINTS:**

1. Keep defense honest
2. Move ball from hash to hash
3. Change personnel and make calls as usual
4. Emphasize tempo and details as with other drills

**BACK TO TEAM DRILLS MENU**

# RUN GAME

**PURPOSE:** To perfect timing and execution of run game and to develop physical mindset.

**TEMPO:** Full

**ORGANIZATION/SET-UP:** Team offense versus defense. Determine the type of runs (inside or outside, specials or base runs, etc.) to drill on the given day or if you will utilize a script. Similar to Pass Skelly in that you need to coordinate with defensive staff to get proper look.

## **COACHING POINTS:**

1. Keep defense honest – insert play action or screens from time to time
2. Move ball from hash to hash
3. Change personnel and make calls as usual from sideline
4. Emphasize tempo and details as with other drills
5. Physical drill with high intensity – emphasize pad level and blocking technique/angles

**[BACK TO TEAM DRILLS MENU](#)**

# PASS UNDER PRESSURE

**PURPOSE:** To develop confidence and skill in recognizing and picking up blitzes by OL and RB, and for QB and WR to work against man coverage in a pressure situation.

**TEMPO:** Full

**ORGANIZATION/SET-UP:** Team drill – defense will blitz/stunt.

## **COACHING POINTS:**

1. Coordinate type of pressure looks from defense
2. Alternate formations regularly – empty sets, one-back, two-back sets
3. Ensure proper communication of front calls and hot calls
4. Maintain game-like conditions and quick tempo.
5. Mix in screens and runs to keep defense honest

**[BACK TO TEAM DRILLS MENU](#)**

# TEAM SCRIPTS

**PURPOSE:** To practice specific field zone and down and distance situations as a team.

**TEMPO:** Full

**ORGANIZATION/SET-UP:** Team period versus air or scout defense. Based on practice planning for week, run zone or distance/situation scripts for that day from specific areas and against expected looks from defense.

**COACHING POINTS:**

1. Must be high intensity and focus and as realistic to game as possible
2. Coach from sideline – force players to keep quick tempo and make substitutions based on calls/situations.

**BACK TO TEAM DRILLS MENU**