

STATION #1 QUARTERBACKS (STANCE, FOOTWORK, GRIP, RELEASE)

THIS STATION WILL COVER PROPER QB FOOTWORK ON DROP BACK, GRIP ON FOOTBALL AND RELEASE WHEN THROWING.

(COACHES REFER TO THE QUARTERBACK SECTION IN THE SKILLS AND DRILLS HAND OUT)

1. CORRECT GRIP ON FOOTBALL

- COACH WILL DEMONSTRATE PROPER GRIP
- THEN INSPECT EACH PLAYER'S GRIP MAKING ADJUSTEMENT WHERE NECESSARY.

2. QUARTER BACK FOOT WORK (DROPPING BACK IN THE POCKET)

- 3 STEP DROP
- 5 STEP DROP
- STRAIGHT BACK PEDAL
- ROLL OUT RIGHT/LEFT
- COACH WILL DEMONSTRATE EACH DROP BACK TECHNIQUE

DRILLS

1.HAVE PLAYERS (4 OR 5) SPREAD OUT AND FORM A HORIZONTAL LINE. HAVE THEM PRACTICE 3 STEP, 5 STEP, ROLL OUT RIGHT/LEFT, STRAIGHT DROP BACK.

2. WAVE DRILL: HAVE QB'S PARTNER UP. ONE PASSER AND ONE RECEIVER. HAVE THE QB'S DO A 3 STEP DROP BACK AND THEN THE COACH WILL POINT (RIGHT, LEFT, STRAIGHT BACK OR FORWARD) WHEN COACH CLAPS HIS HANDS THE QB WILL PASS TO THE RECEIVER

COACHES FOCUS ON GOOD STANCE, FOOTWORK(QB'S SHOULD BE MAKING SHORT CHOPPY STEPS), BALL GRIP, RELEASE DURING THESE DRILLS.

STATION #2 RECEIVERS (STANCE/CATCHING/EXPLODE OFF LINE/CRISP PATTERNS)

THIS STATION WILL EMPHASIZE THE RECEIVERS STANCE ON THE LOS, THE PROPER WAY TO CATCH THE BALL, FIRING OFF THE LINE AND CRISP PATTERNS.

(COACHES: REFER TO THE RECEIVER SECTION OF THE SKILLS AND DRILLS HAND OUT)

COACHES WILL DEMONSTRATE PROPER STANCE AND THE CORRECT WAY TO CATCH THE BALL (TAKING A PICTURE...CATCHING WITH HANDS NOT BODY)

DRILLS:

1) BOX DRILL: COACH WILL BE QB. RECEIVER WILL LINE UP IN PROPER STANCE, FIRE OFF LINE FOR 5 YARDS TURN IN AND CATCH THE BALL, TOSS THE BALL BACK TO QB(COACH) THEN FIRE OUT ANOTHER 5YDS (PARALLEL WITH THE LOS) TURN AND CATCH THE BALL THEN RUN BACK TOWARDS THE LOS WHERE THE QB WILL HIT THE RECEIVER WITH THE FINAL PASS.

2) HAVE PLAYERS FORM 2 OR MORE LINES (DEPENDING ON THE NUMBER OF COACHES). COACHES WILL BE QB. STAND BACK ABOUT 10 YDS FROM RECEIVERS. HAVE RECEIVERS RUN STRAIGHT TOWARD YOU AND THROW THEM A PASS WHEN THEY'RE 5 YDS AWAY. COACHES BE SURE TO CHECK FOR GOOD STANCE, EXPLODING OFF THE LINE AND GOOD CATCH (WITH HANDS).

3) HAVE RECEIVERS FORM A CIRCLE WITH ONE RECEIVER IN THE MIDDLE. COACHES TOSS THE BALL TO THE RECEIVER IN THE MIDDLE AND HE WILL PASS IT TO ANYONE IN THE CIRCLE. AFTER 5 CATCHES SWITCH SOMEONE NEW INTO THE CIRCLE.

THERE WILL PROBABLY BE ENOUGH TO MAKE 2 CIRCLES SO MAYBE HAVE A CONTEST ON WHO CAN MAKE THE MOST CONSECUTIVE "GOOD CATCHES" (USING THE HANDS!)

**STATION #3 DEFENSIVE BACKS
(STANCE/BACKPEDALLING/INTERCEPTING)**

COACHES: REFER TO THE DEFENSIVE BACK SECTION OF THE SKILLS AND DRILLS HAND OUT.

THIS STATION WILL COVER PROPER FOOTWORK/STANCE AND DEFENSIVE TECHNIQUE USED TO COVER A RECEIVER.

COACHES WILL DEMONSTRATE PROPER STANCE, FOOTWORK, TECHNIQUE

DRILL 1) HAVE PLAYERS FORM A LINE. THEN ONE AFTER ANOTHER HAVE THEM RUN BACK AND FORTH IN THE SHAPE OF A "W". MAKING SURE THEY PLANT THEN EXPLODE OFF THE PLANT FOOT.

DRILL 2) WAVE DRILL: WITH COACHES AS QB'S, HAVE THE PLAYERS FACE YOU AND THEN HAVE THEM START BACKPEDALLING. COACH WILL POINT IN ONE DIRECTION AND THEN ANOTHER MAKING SURE THE PLAYER IS REACTING TO YOUR POINT (PLANTING AND TURNING) FOR ABOUT TEN YARDS. AFTER TEN YARDS THROW UP THE BALL IN THE PLAYERS DIRECTION AND HAVE THEM YELL "BALL" AND "RUN" AFTER THEY MAKE THE CATCH.

DRILL 3) COACH EXPLAIN MAN TO MAN AND ZONE

STATION #4 RECEIVERS (SPECIFIC PATTERNS)

THIS STATION WILL FOCUS ON SPECIFIC PATTERNS:

HITCH
OUT
CURL
SLANT
IN

COACHES EMPHASIZING GOOD STANCE, FIRING OFF THE LINE, CRISP PATTERNS, GOOD CATCHING
GOOD ROUTES GET RECEIVERS OPEN!!!

DRILL 1)

WITHOUT A FOOTBALL HAVE RECEIVERS PRACTICE RUNNING ROUTES

DRILL 2) COACHES ARE QB'S. CALL A PARTICULAR PATTERN MAKING SURE THE RECEIVER IS RUNNING THE RIGHT ROUTE. COACH SHOULD BE THROWING TO AN "AREA" WHERE THE RECEIVER SHOULD BE MAKE SURE RECEIVER IS NOT LOOKING BACK AT QB UNTIL HE MAKES HIS CUT.

STATION #5 RECEIVERS AND QUARTERBACKS

THIS STATION WILL FOCUS ON PROPER THROWING AND CATCHING TECHNIQUE AND DEMONSTRATING THE LIMITATION ON YOUNG THROWING ARMS

DRILL 1) HAVE 3 TO 4 PLAYERS FACING EACH OTHER ABOUT 5 YARDS APART. AFTER EACH PLAYER THROWS AND CATCHES HAVE THEM MOVE BACK 5 YARDS. REPEAT AND MOVE BACK ANOTHER 5 YARDS

DUE TO OUR LIMITED SPACE WE'LL HAVE TO MAX OUT AT ABOUT 25YARDS. THOUGH THIS SHOULD BE FAR ENOUGH APART FOR THE YOUNGER PLAYERS TO REALIZE THAT "GOING DEEP" ISN'T GOING TO BE MUCH FARTHER THAN 25 YARDS.

AS ALWAYS, COACHES MAKE SURE PROPER THROWING AND CATCHING PROCEDURES ARE USED.

STATION #6 RECEIVERS AND DEFENSIVE BACKS

THIS STATION WILL BE A CONTROLLED SCRIMMAGE.

COACH WILL BE QB. SET UP 3 ON 3 (CENTER AND 2 RECEIVERS) AGAINST 3 DEFENSIVE BACKS.

COACH WILL CALL THE PLAY AND THEN RUN IT AT HALF SPEED MAKING SURE ALL GOOD TECHNIQUES ARE USED.

THEN CALL ANOTHER PLAY AND RUN IT FULL SPEED.

THIS SHOULD GIVE THE PLAYERS A LITTLE FEEL FOR A GAME SITUATION.

**STATION #7 QUARTERBACKS (TRUNK ROTATION/CRISP
RELEASE/SPIRAL)**

THIS STATION WILL FOCUS ON MORE DRILLS TO IMPROVE QUARTERBACK
THROWING TECHNIQUES.

DRILL 1) SET UP 2 LINES FACING EACH OTHER ABOUT 5-8 YARDS APART.

HAVE ONE LINE KNEEL ON ONE KNEE AND HAVE THEM THROW TO THEIR
PARTNER. THIS SHOULD REALLY MAKE THEM HAVE TO USE TRUNK
ROTATION TO MAKE THE PASS.

COACHES MAKE SURE HIPS ARE TWISTING AND THE BALL IS BROUGHT UP
BY QB'S EAR.

DRILL 2) SET UP 2 LINES FACING OPPOSITE DIRECTIONS ABOUT 5-8 YARDS
APART. HAVE ONE LINE THROW TO THE OTHER. THIS DRILL MAKES THE
QB REALLY ROTATE THE TRUNK AND ALSO MAKES RECEIVER SIMULATE
A DIFFICULT CATCH.

STATION #8 GENERAL INFORMATION FOR ALL POSITIONS

THIS STATION WILL COVER GENERAL INFORMATION FOR ALL POSITIONS

CENTER: SIDEWAYS SNAP. MAKE SURE CENTER IS LOOKING AT QB AND GETS THE BALL BACK TO HIM ****NO SNAPPING BETWEEN THE LEGS****

FORMATIONS:

CENTER

INSIDE RECEIVERS (ON EITHER SIDE OF CENTER)

WIDE RECEIVERS (OUTSIDE THE INSIDE RECEIVERS)

QB (SHOTGUN POSITION)

RUNNING BACK (ALONG SIDE SHOT GUN QB OR BEHIND IN "I" FORMATION)

COACHES: MAKE SURE PLAYERS SPREAD OUT AND USE THE WHOLE FIELD.

HUDDLE:

CENTER CALLS THE HUDDLE AFTER EVERY PLAY "HUDDLE"

PLAYERS SHOULD LINE UP AROUND CENTER IN THE SAME WAY THAT THEY LINE UP AT THE LINE OF SCRIMMAGE.

NOTE: THIS INFORMATION MAY NOT BE NEEDED FOR THE OLDER KIDS SO IN PLACE OF EXPLAINING THE HUDDLE COACHES CAN HAVE THEM EXECUTE RUNNING PLAYS