

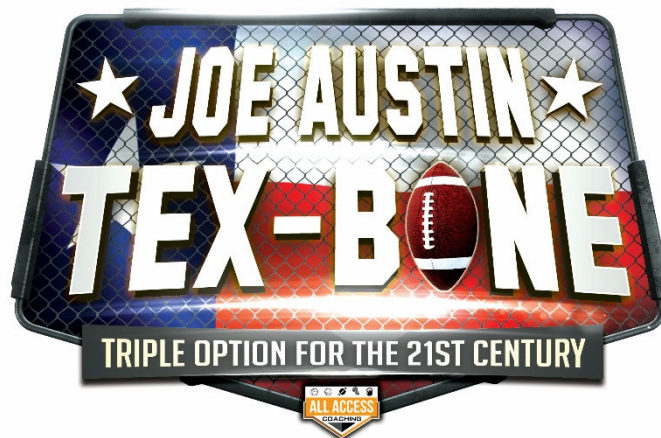
---

## SECTION ONE

---

# QUARTERBACK DRILLS

1. Fundamental Drills
2. Footwork Drills
3. Passing Drills



# CHAPTER 1: FUNDAMENTAL DRILLS

## #1 FIRST TWO STEPS DRILL

**PURPOSE:** The First Two Steps Drill is used to train the quarterback to take precise footwork after receiving the snap. For the quarterback, footwork must become second nature to the point that executing precise footwork takes no mental attention. When footwork becomes “automatic” it allows the quarterback to focus on his visual keys, thus ensuring he can properly execute his duties for any given play.

**SET-UP:** Using a center (or a coach if no center) is available, the quarterback will practice calling the snap count, receiving the snap, as taking the first two steps of the play. Initially, the same play should be repeated over and over to create muscle memory. Once each play is mastered individually the coach can call out different plays in succession to train the quarterback to have quick recall. The final step in the progression is to have the quarterback execute all of the footwork associated with each play in your system.

### VARIATIONS:

1. Incorporate poor snaps that force the quarterback to deal with the temporary distraction of fielding the ball.
2. Ask the quarterback to vary the snap count. Focusing on a snap count that the quarterback is less accustomed to will teach them to temporarily place their attention on starting the play before going right back to executing their footwork and getting their eyes on their key(s). All coaches have seen quarterbacks commit false starts by forgetting the snap count. These can be eliminated with training.

## #2 EVERY DAY DRILL 1: RIGHT KNEE DOWN DRILL

**PURPOSE:** The Right Knee Down Drill is used to isolate the throwing arm to train hand, wrist and elbow mechanics and positioning. The quarterback (assumed to be right handed for illustration purposes) will start in a kneeling position with his right knee down and left knee facing the target. This set-up eliminates the lower body completely, allowing the quarterback to focus exclusively on arm mechanics.

The quarterback will execute the following fundamentals with this drill:

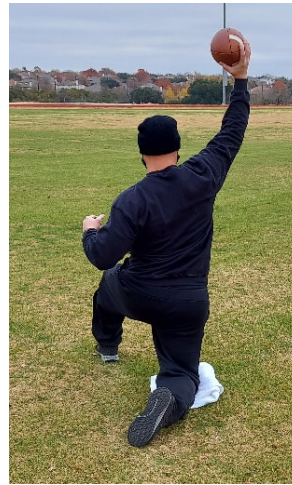
1. Shoulders rotated and pointed directly down the target line.

2. Hand and wrist positioning: the wrist should be flat with fingers on top of the ball at the moment of release. Fingers should release sequentially as the wrist rotates down to create spin on the ball. The pinky leaves the ball first with the pointer finger leaving last. The wrist will finish in a pronated position.
3. Elbow positioning- in order to create the longest possible lever, the quarterback's elbow should be at ear level, or slightly above, at the moment of releasing the ball.

**SET-UP:** The quarterback should be approximately ten yards from the target and the target should also be kneeling to assure that the quarterback is throwing on the correct plane.

Aligning the drill so that the quarterback is throwing directly down a field yard line stripe helps the quarterback reference if their arm path is allowing the ball to travel down the target line.

**VARIATIONS:** Younger quarterbacks can execute this drill from less than 10 yards while mature quarterbacks can work this drill from 12-14 yards to challenge their accuracy and focus on the target. (The quarterback's target should always be the face of the receiver.)



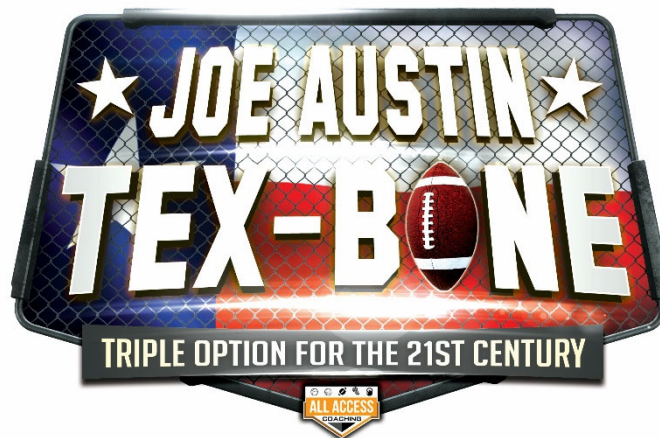
---

## SECTION THREE

---

# WIDE RECEIVER DRILLS

- 8. Catching Drills
- 9. Footwork Drills
- 10. Blocking Drills



## CHAPTER 8: CATCHING DRILLS

### #58 EVERY DAY DRILL 1: OVER THE SHOULDER CATCH DRILL

**PURPOSE:** The Over the Shoulder Catch Drill teaches wide receivers to catch the ball at head level or higher while shielding the ball from the nearest defender.

**SET-UP:** Beginning about 15 yards from the quarterback, the wide receiver will run downfield in a straight line. The quarterback will attempt to deliver a pass with a trajectory that simulates a mid-range to deep pass. As the ball approaches the wide receiver, they will raise their hands to catch the ball at head level or above. Catching the ball at this level is conducive to success because it allows the wide receiver to keep their eyes steady and locked on the football. If the receiver must move their head while executing the catch the degree of difficulty is raised. In addition, the wide receiver will attempt to shield the ball from the nearest defender by catching the ball over their outside shoulder. This allows the receiver to use their body as a barrier between the ball and the defender. Coaching points: catch the ball high and catch the ball over the outside shoulder.

**VARIATIONS:** The distance from the quarterback, the depth of the throw, and the speed of the drill can be adjusted to make the drill easier or more difficult.



### #59 EVERY DAY DRILL 2: CENTER FIELD TURN CATCH DRILL

**PURPOSE:** The Center Field Turn Catch Drill teaches wide receivers to adjust to a ball in the air that requires them to turn their head from one side to the other in order to track the football.

---

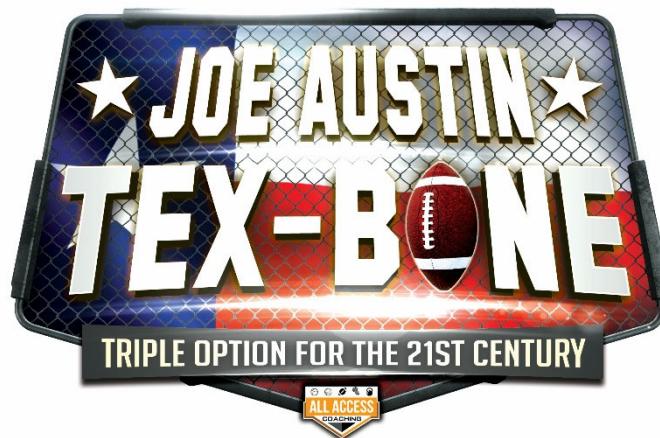
## SECTION FOUR

---

# OFFENSIVE LINE DRILLS

**11. Fundamental Drills**

**12. Play Specific & Combination Drills**

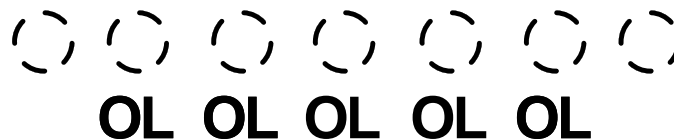


# CHAPTER 11: FUNDAMENTAL DRILLS

## #88 EVERY DAY BARRELL DRILL 1: FIRST STEP DRILL

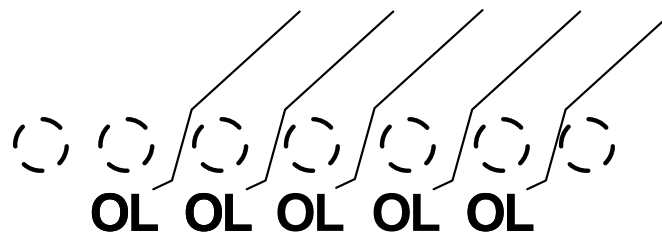
**PURPOSE:** The First Step Drill teaches the offensive lineman to gain ground on his first step without taking any false steps.

**SET-UP:** Common 50-gallon trash barrels picked up at any home improvement store are the primary equipment we use to execute our everyday drills. Our EDD barrel drills require seven 50-gallon trash barrels turned upside down and spread out over ten yards. The trash barrels are marked as dashed circles in the following illustrations (starting with Figure 206).



In the First Step drill players take one step, reset, and repeat four times with a barrel directly across from them. On the fourth step they release at a 45-degree angle.

The critical skill is learning to gain ground with the first step. Coaching point: teach players to push off of their back foot instead of just reaching out with their front foot. By pushing off the back foot you create more speed and power in departure off the line of scrimmage.



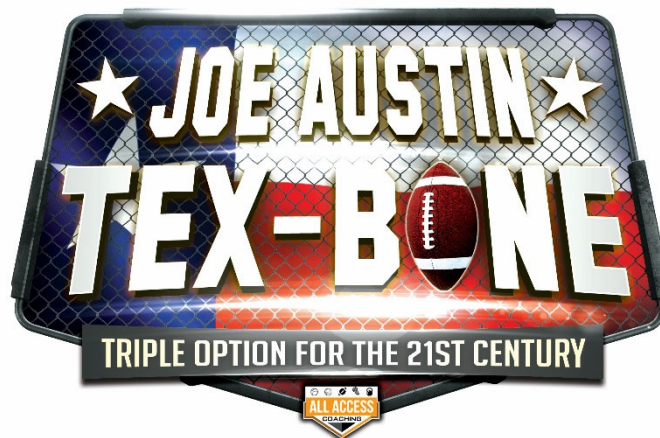
---

## SECTION TWO

---

# **RUNNING BACK DRILLS**

- 4. Ball Security Drills**
- 5. Fundamental Drills**
- 6. Rushing Drills**
- 7. Receiving Drills**





gain leverage on the opponent that may be in a more erect posture when they collide. Learning this lowered body posture is important because running backs are often asked to block larger opponents that have a running start. Learning to bend their hips and knees while passing through the arch teaches the running back to maximize their power and leverage when striking the defender.

**VARIATIONS:** At the discretion of the coach this drill can be executed with or without a handshield. A handshield being held by the defender will soften contact while removing the handshield will better train the running back's hand placement. Removing the handshield also makes the contact level of the drill more intense. This drill can be a general technique drill or it can be modified to simulate blocks that are specific to your offense where the running back will follow his prescribed path and footwork while approaching the block.



## #41 INSIDE-OUT BLOCK ENGAGEMENT DRILL

**PURPOSE:** The Inside-Out Block Engagement Drill teaches running backs to take a favorable position relative to the opponent while engaging a block.

**SET-UP:** The running back will take their game stance and prepare to execute a block against an assigned defender. Upon command the running back and defender will begin to close in on one another. The goal of the defender is to get past the running back and the goal of the running back is to clear the defender from their path, thus creating space for one of his teammates to carry the ball downfield. Running backs are often asked to block larger opponents that have a running start as they approach. To combat this, running backs must learn to execute their block from an inside-out path which allows them to attack the opponent at an angle rather than head on. By attacking at an angle, the blocker has a better chance of clearing the defender from the path of the ballcarrier. Ideally, the blocker will out flank the defender (reach block), but washing the defender past the ball carrier (kickout) can also be effective.

**VARIATIONS:** At the discretion of the coach this drill can be executed with or without a handshield. A handshield being held by the defender will soften contact while removing the handshield will better train