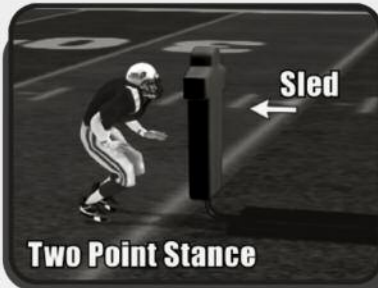
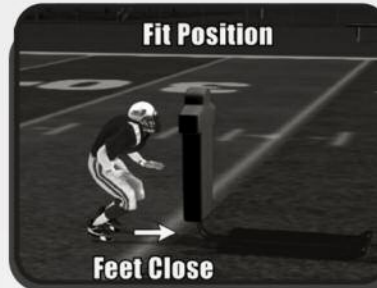


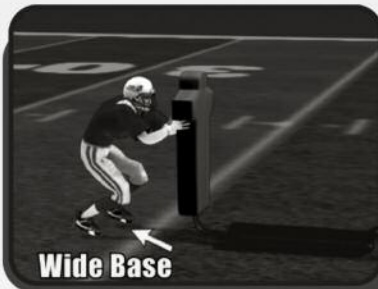
**Explosion Drill**



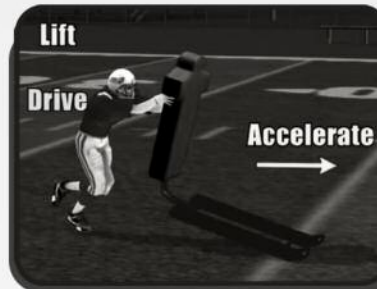
**01** ★  
Blocker is in 2-point stance in front of sled



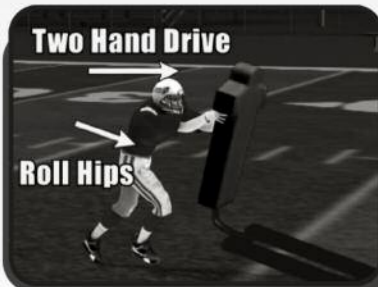
**02** ★  
Feet close enough to sled to explode into "fit" position



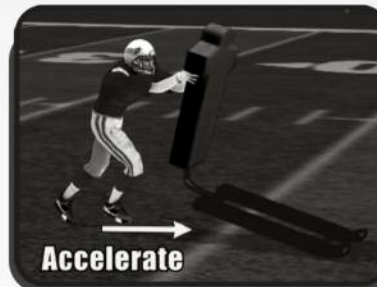
**03** ★  
Lineman explodes into sled with hands, a wide base.



**04** ★  
Then he accelerates, lifting and driving the sled.



**05** ★  
Using 2-hand drive, he rolls hips to lift the sled



**06** ★  
Feet must accelerate upon contact and keep moving

**Notes:**

[Empty space for notes]

For more useful tips on coaching youth football, log on to [www.usafootball.com](http://www.usafootball.com).