

2019
CASPER JUNIOR FOOTBALL
LEAGUE

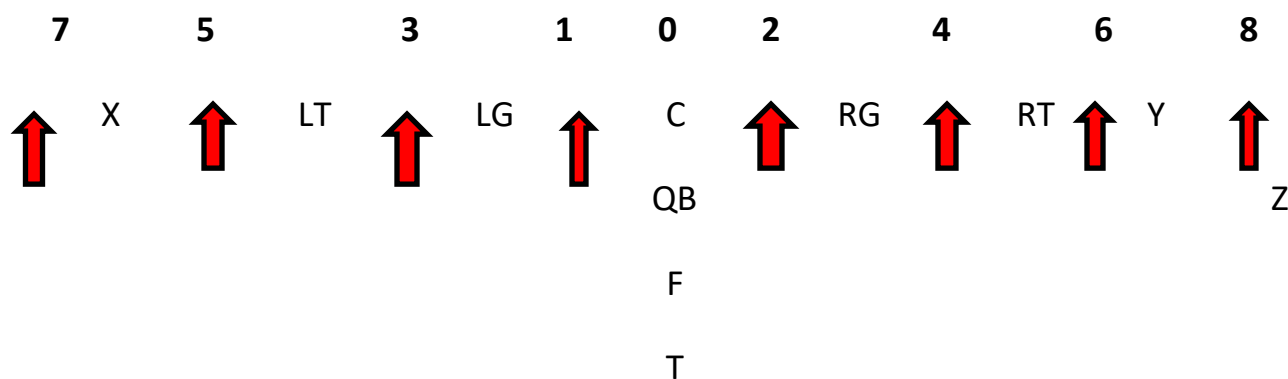
OFFENSIVE COACHING CLINIC OUTLINE

DEFINITIONS

1. Downhill – running forward, on offense running toward the end zone, on defense running towards the ball carrier.
2. Inside – closet part of your body to the football.
3. Outside – farthest part of your body away from the football.
4. Playside – the side of the field where the play is called or ran too.
5. Backside – the side of the field opposite where the play is called or ran too.

HOLE DESIGNATIONS

Even numbers on the right, odd numbers on the left



OFFENSIVE BALL CARRIERS NUMBERING SYSTEM

QB – 1

TB – 4

Y – TIGHT END

FB – 3

Z – 2 (SLOT)

X – SPLIT

BLOCKING SCHEMES

1. Blast – Line on line, back on back (big on big, little on little).
2. Power – double team at the point of attack.
3. Dive – open lineman climbs to next level.
4. Trap – pull the backside guard to block on the playside.
5. Sweep – backside guard pulls out and blocks playside.
6. Zone – block to an area
7. Scoop block – all back side lineman will scoop block, step with the inside foot closing off the inside gap. Block the first defender across your face, if no one shows, climb to the next level.
8. Pass – drop back pass, step with your inside foot to protect inside gap, always protect from inside out.
9. CHIP – Used when you double team down, then the double team lineman releases off to the next level

Blocking schemes are based on angles. The best angle is the easiest block. Work on the lineman recognizing the easiest angles.

HUDDLE

QB

X-3-4-2-Y

RT-RG-C-LG-LT

The center will set the huddle 7 yards from the line of scrimmage

CADENCE

DOWN – SET – HUT – HUT

OFFENSIVE LINE SPLITS

The offensive lineman splits are very important. 2 foot splits from one lineman to the next. This allows for better blocking angles and it creates space for the backs to run through.

STANCES

Wide receiver/tight end – one foot forward, arms comfortable, in an athletic position.

O-line/tight end – 2 or 3 point stance

3 back –running back or 3 point stance

2 back – running back or 3 point stance

4 back – running back or 3 point stance

Running back stance, weight balanced on the balls of the feet. Knees bent, hands rested on the thighs (athletic position)

PLAY CALLING SYSTEM

Ex. “Gun Right 44 Blast”

1st word – sets the formation

2nd word - designates the strength side of the formation (right- tightened lines up on the right)

1st number – designates ball carrier

2nd number – where the ball is being ran too

Last word- blocking scheme

Gun formation – 4 back carrying the ball to the 4 hole – blast blocking scheme for the offensive line.

COACHING POINTS FOR POSITIONS

QUARTERBACK

1. Leader of the offense, control the huddle
2. Throwing hand up, on the centers crotch when taking snaps
3. Be comfortable and balanced, be able to step with either foot based on the play call
4. CONTROL THE BALL WITH BOTH HANDS
5. Make sure you secure the snap
6. Keep your eyes down field “see your work”
7. Carry out your fakes
8. When you take the snap, push the ball up to the throwing position with your opposite hand.
9. Know the offense, make sure everyone is ready before you snap the ball

OFFENSIVE LINE/TIGHT END

1. Heads Up Blocking Technique
2. Be aggressive and smart
3. Take the angles the defense gives you
4. Get in a good stance, be balanced at all
5. keep your pad level down, “low man wins”
6. BLOCK TO THE WISTLE
7. The scoop block is the most important block
8. Eyes up at all times. See your work

RUNNING BACKS

1. BALL SECURITY
2. Be balanced “Hips over your feet”
3. Eye’s up “see where you’re going”
4. Be smart
5. Be an athlete.
6. Inside the tackles, hold the ball with both hands
7. Outside the tackles, ball should be to the nearest sideline. If it’s knocked loose, it will go out of bounds
8. Block for your teammates, you want them to block for you, return the favor
9. If your number is called, run hard, if it’s not, block harder

10. Always run downhill. The quickest way to the end zone is in a straight line.
11. Make the basket, inside arm up.

WIDE RECIEVER/TIGHT END

1. Run your routes hard/ run your fakes harder
2. See the ball in
3. Catch the ball and secure the ball before you run
4. You're going to get hit
5. Good fakes in route running
6. BLOCK FOR YOUR TEAM MATES

OFFENSIVE FORMATIONS

The strong side would be the side with the tight end or wide side if balanced. These formations are shown with the strength to the right. You can designate the strength side by saying left or right or using a number system.

EXAMPLE FORMATIONS

I PRO RIGHT

X		T	G	C	G	T	Y	
				1				2
				3				
				4				

I SLOT LEFT

X		T	G	C	G	T	Y	
	2			1				
				3				
				4				

WISHBONE

X

T G C G T Y

1

3

4

2

DOUBLE TIGHT STACKED I

X T G C G T Y

1

3

2

4

I PRO (RIGHT) OPEN

X

T G C G T

Y

1

2

3

4

POWER I LEFT

Y T G C G T

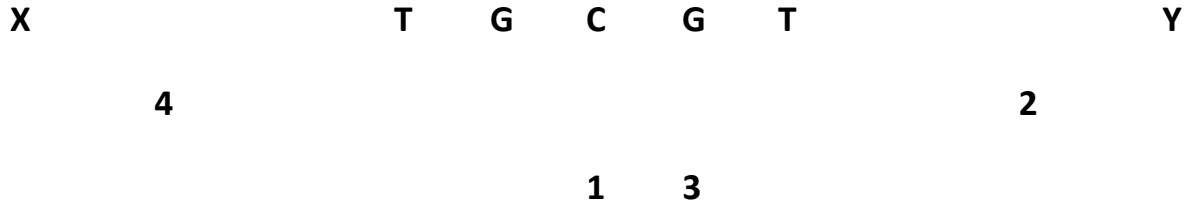
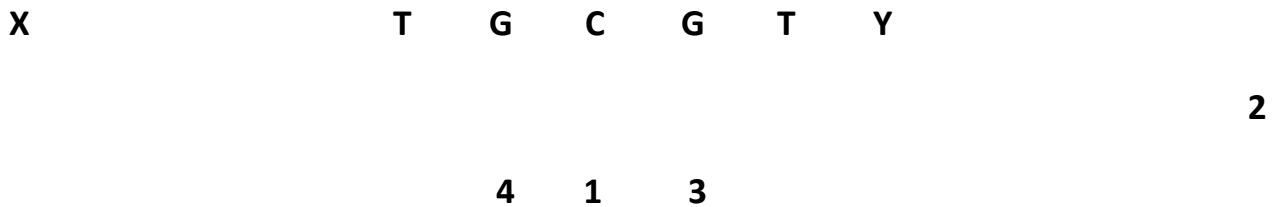
X

1

3

2

4

GUN DOUBLE SLOT (FLEXER)**GUN PRO (RIGHT)****ROUTES**

1. Fly – receiver runs straight down the field towards the endzone.
2. Out – receiver runs 5 yards and breaks off at 90° to nearest sideline.
3. Post – receiver runs 10 yards then breaks off and slants towards goal post
4. In – receiver runs 5 yards and breaks off 90° and runs towards opposite sideline.
5. Slant – receiver runs 3 steps and then breaks off and then slant hard towards opposite sideline.
6. Drag – receiver runs to open grass across the field, generally in front or just behind the linebackers. Will sit down in open grass.
7. Curls/hitch – receiver sprints off hard like a fly right, 5 steps then breaks hard 180° back towards the QB and sits after 1 step.
8. Flag/corner – receiver runs a hard fly route, and then breaks off towards the pylon in the endzone.
9. Waggle – usually used on a bootleg, receiver runs a hard slant, and then breaks off into a 5 yard vertical, then breaks off into a corner route.
10. Dig – receiver runs a hard 10 yards, then breaks off at 90° and runs straight across towards opposite sideline.



FLY



OUT



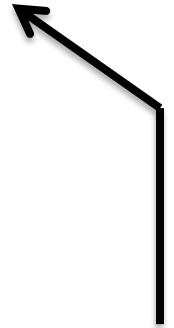
IN/DIG



SLANT



CORNER



POST



WAGGLE



HITCH



CURL

CASPER JUNIOR FOOTBALL LEAGUE

DEFENSIVE COACHING CLINIC OUTLINE

DEFINITIONS

1. Strong side – the offensive side of the ball that has the most players, generally the tight end side, if it's a balanced offensive set, the wide side of the field, if it's in the center probably the right side of the offense (left side of the defense)
2. Weak side – the side of the offense opposite the strong side
3. Gap – defensive holes are designated as gaps (will discuss later)
4. Coverage – the secondary's assignment to cover/guard the receiver or area
5. Even front – the defensive line has an even number of lineman (4-6)
6. Odd front – the defensive line has an odd number of lineman (3-5)
7. Strong safety (monster, dawg, viper, rover, Viking) can have different names. Can also be a linebacker or defensive end
8. Sam – strong side linebacker (can be inside or outside) generally the left side linebacker
9. Mike – middle linebacker (inside)
10. Will – Weak side linebacker (outside) generally the right side linebacker
11. Noseguard – in an odd front, plays over the center
12. Defensive tackle - will either play over the guards in an even front or over the tackles in an odd front.
13. Defensive end – plays over the tackle in an even front, over the tight end in an odd front.
14. Cornerback – plays on the edge, covers the receivers
15. Free Safety – plays towards the center of the field, can move around

DEFENSIVE GAP ASSIGNMENTS

The defensive hole assignments on defense are demonstrated above:

“A” gap is between the center and the guards

“B” gap is between the guards and tackles

“C” gap is between the tackles and ends

“D” is anything past the ends



DEFENSIVE TECHNIQUES

The defensive techniques used to describe where the defensive lineman line up. The easiest way to do it is start from the center. The 0 technique is head up on the center for an odd front scheme. This would give the noseguard A gap responsibility on either side, shade right or shade left would be either shoulder of the center. For example, 1 technique would place the defensive tackle on the inside shoulder of the guard in an even front defensive scheme. This would give that player A gap responsibility. 3 techniques would place the defensive tackle on the outside shoulder of the guard giving him B gap responsibility. It would be the same for the defensive ends, 4 would be inside shoulder and B gap responsibility, 6 would be outside shoulder and C gap responsibility. The 5 technique would be head up and the defensive player would have both B and C gap responsibility in a base defense.

PASS COVERAGE TERMINOLOGY

Man coverage – each defender covers a man, always go inside out.

Zone Coverage – every defensive player has their own area/zone of the field to cover.

1. Cover 1 – generally used to call man coverage
2. Cover 2 – zone coverage with 2 deep safeties, each safety covering ½ the deep field (sideline to the center of the field). The corners generally play the flats, with the linebackers/defensive ends playing hook/curl.
3. Cover 3 – zone coverage with 3 deep coverage. The cornerbacks play sideline to hash on each side with the safety playing the middle of the field from hash mark to hash mark. The inside linebacker(s) play hook/curl, outside linebackers/defensive end playing flats/back across your face.
4. Cover 4 – zone coverage with 4 deep coverage, generally both corners and 2 safeties. Corner plays sideline to hash, safety plays hash to mid field, safety plays hash to midfield, corner plays hash to sideline. Generally used as a prevent type defense. The inside linebackers play hook curl, outside linebackers play flats/back across your face.

DEFENSIVE BACK COACHING POINTS

- Always work outside to inside, on running plays we want to turn the offensive players back in towards the rest of the defense. If they get outside, use the sidelines as an extra defender.
- Eyes up, head on a swivel, “see your work”
- Man coverage; keep the offensive player in front of you. Never get beat deep.
- Zone coverage; you always as deep as the deepest man in your zone. If you’re a corner and you get a deep corner, and a mid-range curl route, you cover the deepest route.
- The sideline is your friend; work your receiver towards the sideline.
- On an interception, catch it at the highest point
- Stay balanced in your stance. Keep your feet under you and be able to move laterally and vertically.
- “BE AN ATHLETE”

LINEBACKERS

Mike – always the inside linebacker

Sam – can be outside or inside, generally on the left side

Will – outside linebacker, generally on the right side

Rover/monster – can be an outside linebacker, strong safety in coverage, or play down as a defensive end. Usually has a nickname (dawg).

LINEBACKER COACHING POINTS

- Be in a good ready position at the snap
- Always work downhill; first step should always be downhill.
- Eyes up, see your work
- Be aggressive and be the attacker.
- Be a good tackler
- Be an athlete, be balanced (ability to move and change any direction)
- Be vocal (talk to one another) direct the defense

DEFENSIVE LINE

Nose guard – is the anchor of the defensive line. Plays head up on the center, shaded to either side, or the 1 technique. Has to be tough, most often a 2 gap player. Generally draws a double team.

Defensive tackles – in an odd front defense will play the 4, 5, 6 technique on the offensive tackle. Generally a 1 gap player. Needs to be able to play 2 if necessary. In an even front, the defensive tackles will shift down and play over the top of the guards.

Defensive end – will play on the end of the defensive line in an odd front scheme. Generally has C gap responsibility. Will drop into zone pass coverage and play the flats/back across your face. In an even front the defensive ends will drop down and play over the top of the offensive tackles/tight ends.

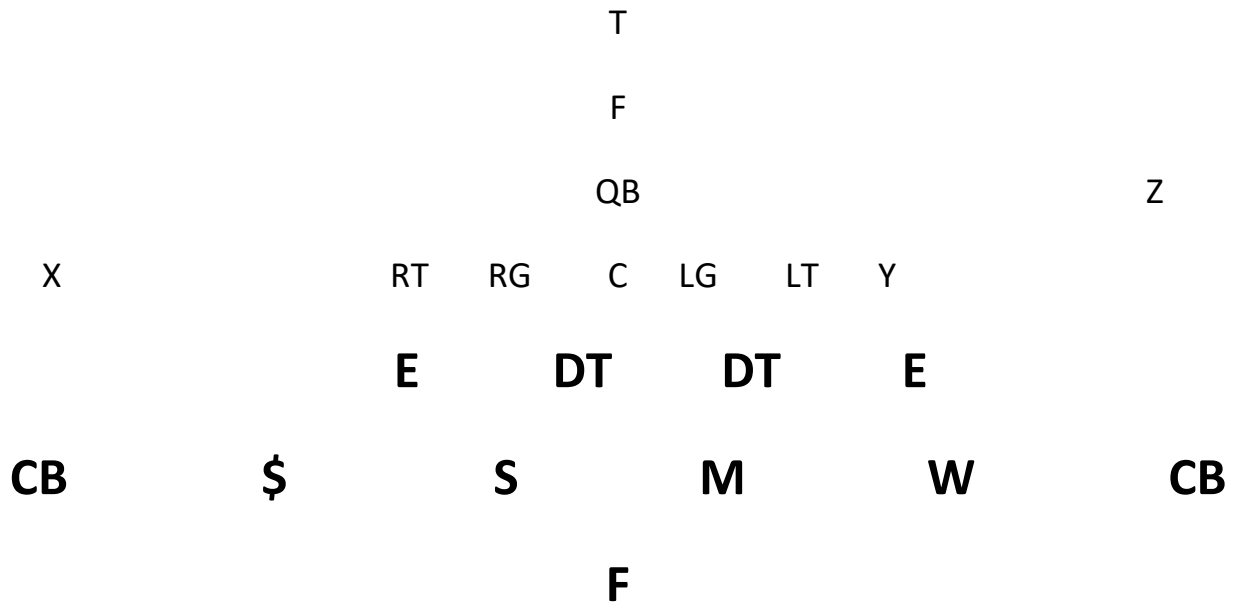
DEFENSIVE LINE COACHING POINTS

- Play low, low man wins
- Get your pad level down
- Dip and rip technique to take on double teams. (remove the blocking surface)
- Inside players most likely in a 4 point stance, outside/end players in a 2 point stance
- Stalemate wins
- Eyes up, see your work
- Grab the steering wheel, get extension, and sink your hips, hands above your eyes.
- Recognize double teams, trap blocks, feel pressure
- Read the offensive lineman’s head, (he’s going to try to get his head between you and the ball carrier)

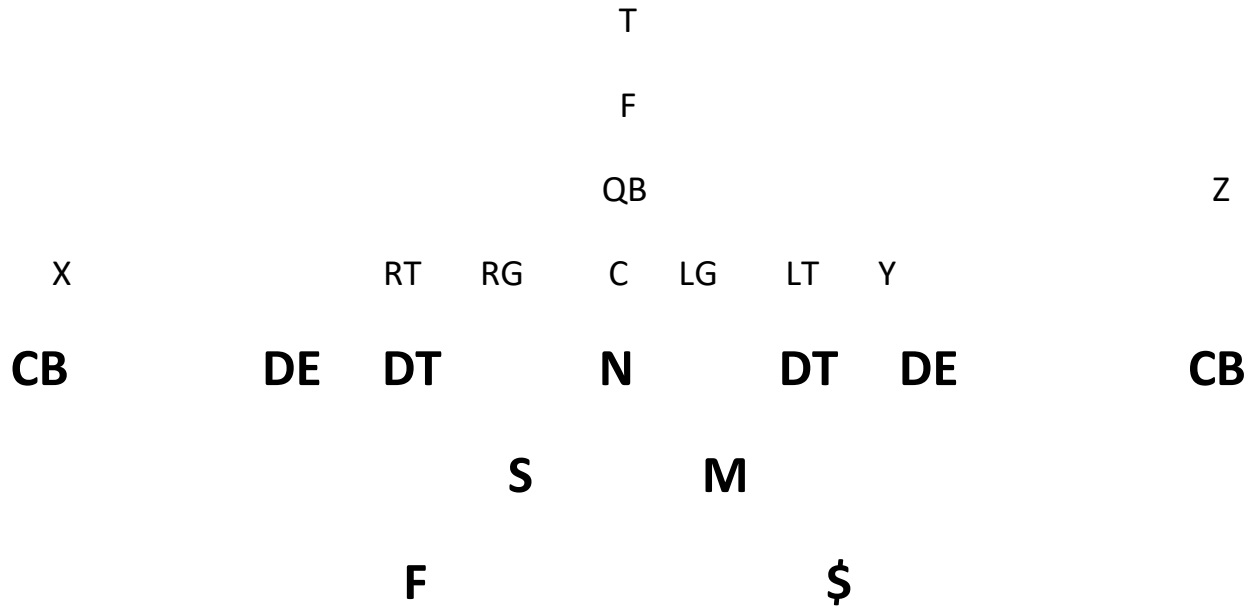
BASIC DEFENSIVE SCHEME ALIGNMENTS

These are the basic alignments for different types of defenses. This is against an I-Pro offensive formation. You would make adjustments on your defensive alignments based on the offensive set you see.

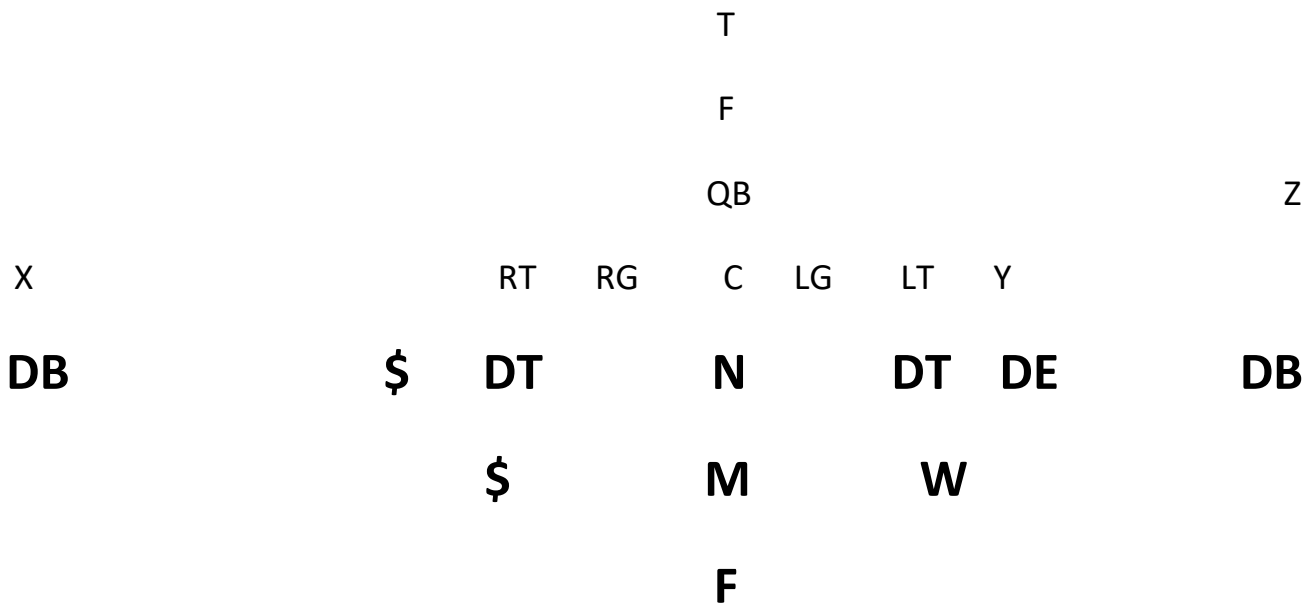
4-4 defense scheme

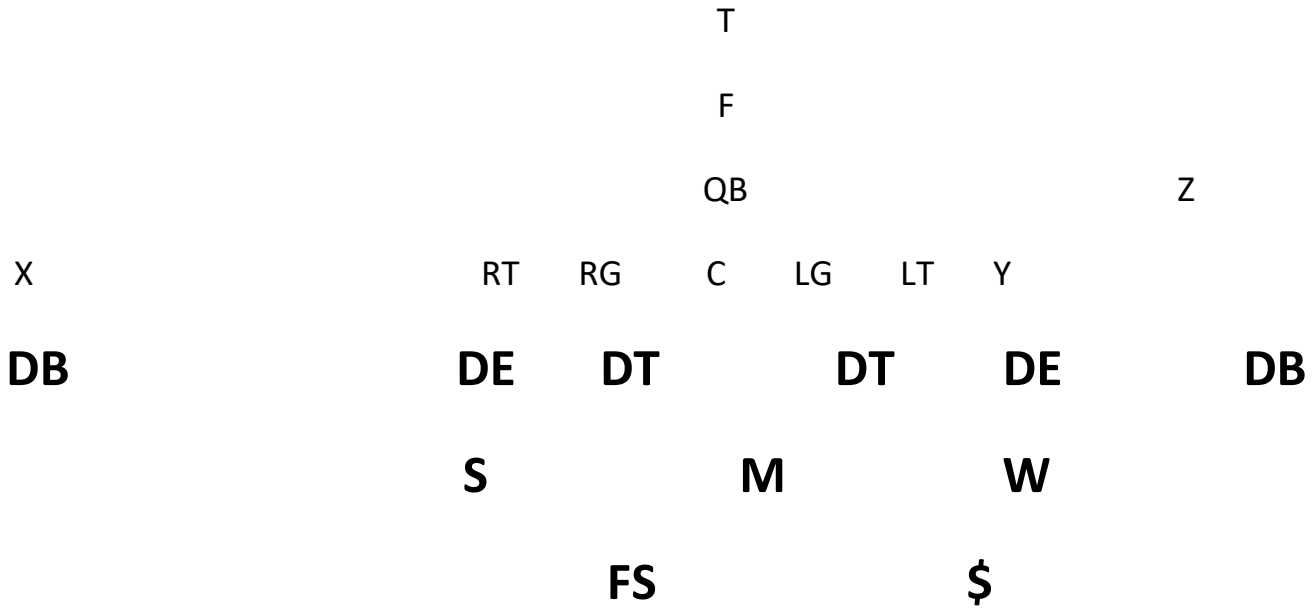
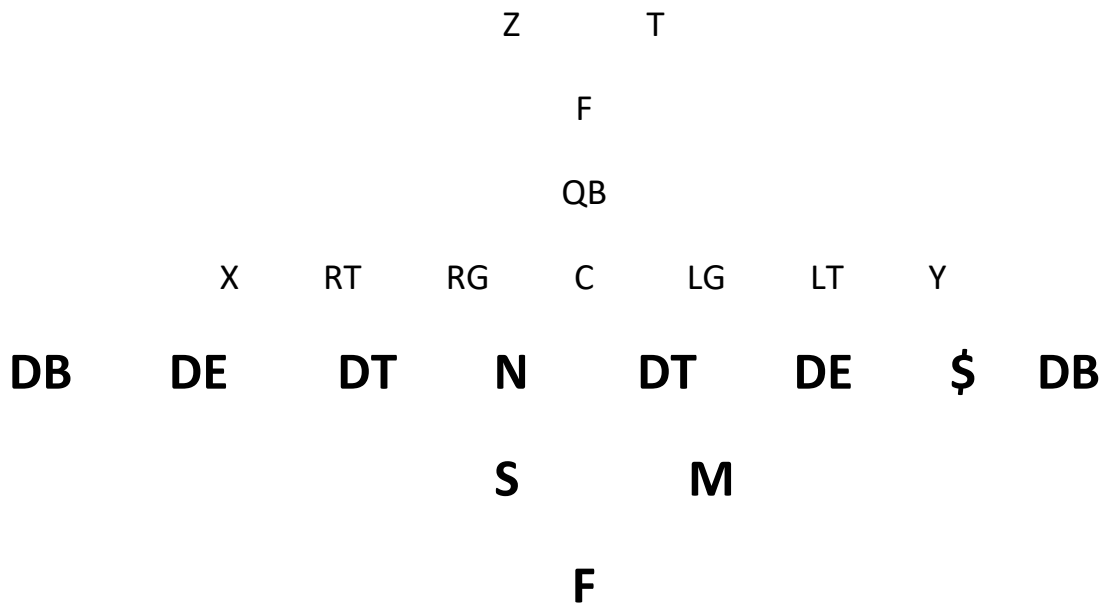


5-2 defense scheme/monster



5-3 Defensive scheme

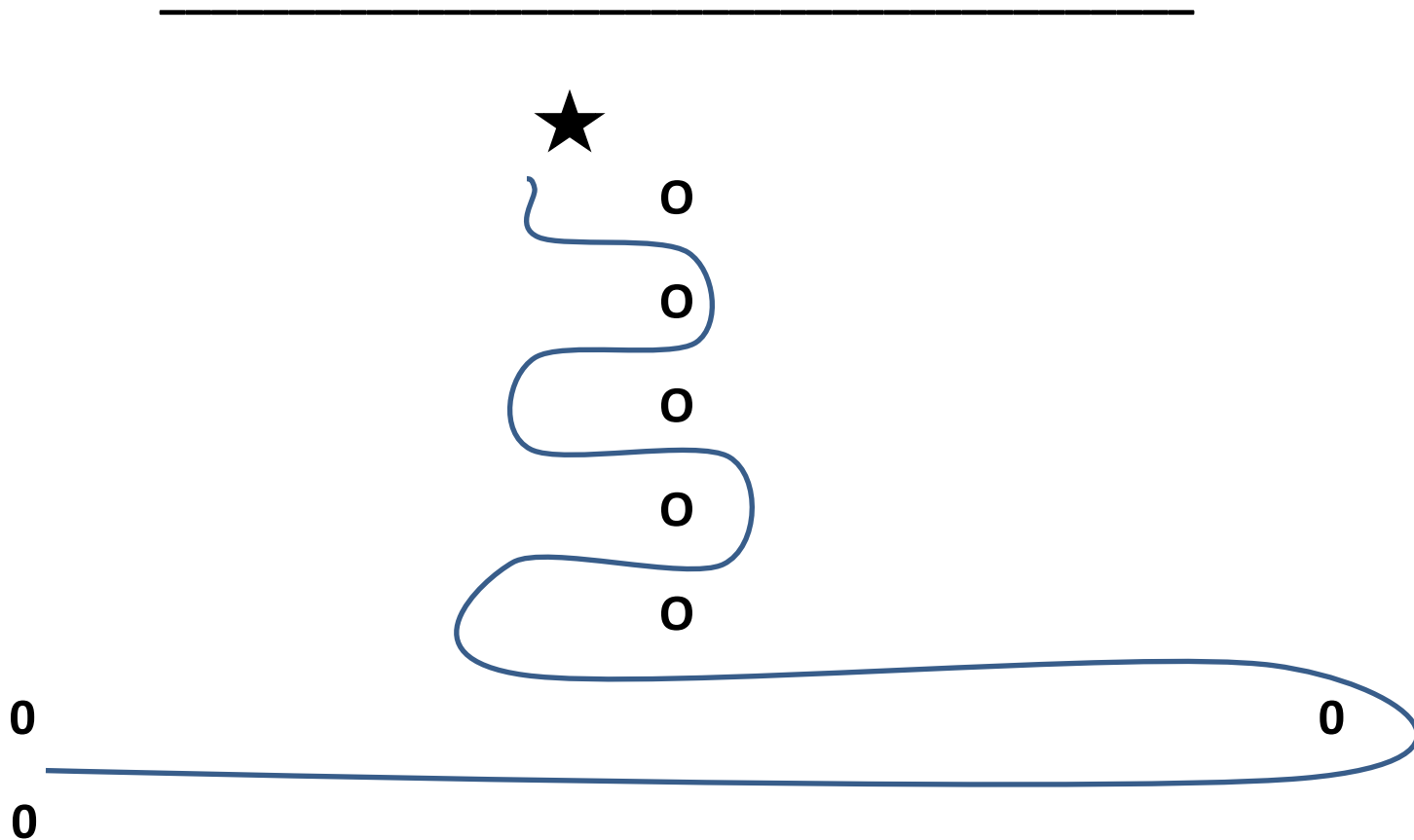


4-3 Defensive scheme6-2 Defensive Scheme

DRILLS

RB BALL CONTROL DRILL

SIDELINE

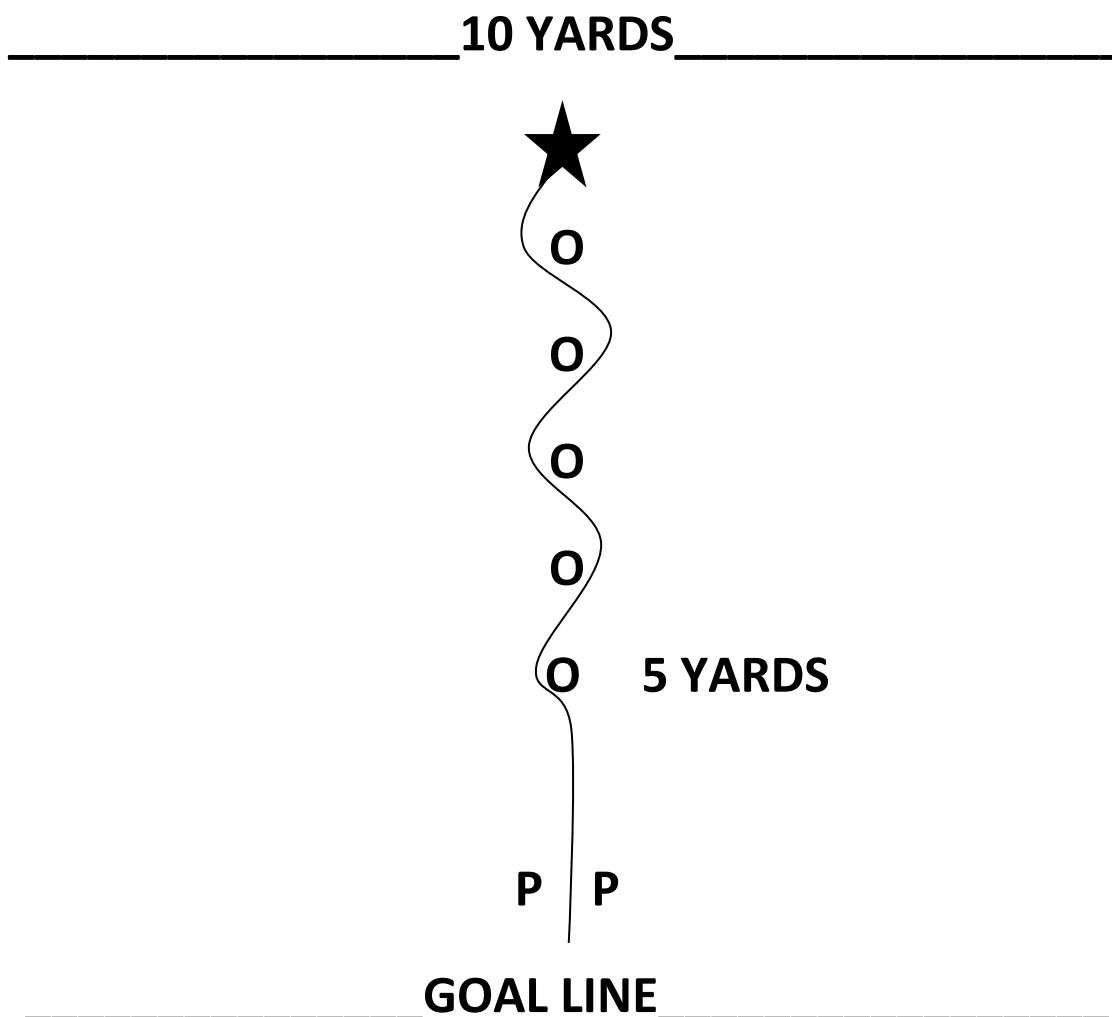


- ALIGN THE CONES FROM THE SIDELINE ON THE 5 YARD LINE. ABOUT 1 YARD APART
- THE SINGLE CONE THAT IS OFFSET IS ON THE 10 YARD LINE.
- THE DOUBLE CONES ARE THE FINISHING POINT, ON THE GOAL LINE
- THE BACK STARTS TO THE SIDE OF THE CONES. SAME SIDE AS THE GOAL LINE
- HAVE THE BACK ZIG ZAG THROUGH THE CONES ROTATING THE BALL TO THE OUTSIDE EACH TIME. AFTER THE LAST CONE HE WILL ROTATE THE BALL TO THE OUTSIDE HAND AND SPRINT TO THE SINGLE CONE, THEN TURN AND SPRINT TO THE ENDZONE COVERING THE BALL UP WITH BOTH HANDS AS HE RUNS THROUGH THE 2 CONES.

COACHING POINTS

- START IN A PERFECT STANCE
- AS THE BACK ROTATES THE BALL FROM SIDE TO SIDE, HE ROLLS IT ACROSS HIS STOMACH, NEVER OUT IN THE AIR
- MAKE SURE HE KEEPS HIS FEET PARALLEL AND NEVER CROSSES OVER HIS FEET.
- FINISHES ACROSS THE GOALINE COVERING THE BALL UP WITH BOTH HANDS
- TEACHES – BALL CONTROL, KEEPING BALANCE, FINISHING A RUN, (“RUN BEHIND YOUR PADS”

FINISH DRILL

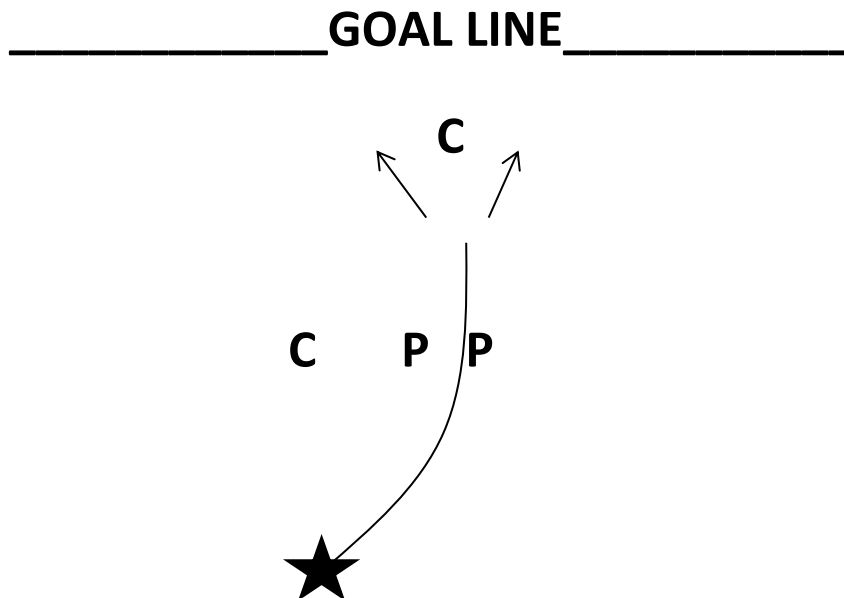


- HAVE THE BACK ZIG ZAG THROUGH THE CONES ROTATING THE BALL TO THE OUTSIDE EACH TIME. AFTER THE LAST CONE HE WILL COVER THE BALL WITH BOTH HANDS AND SPRINT THROUGH THE LAST 2 CONES. A COACH SHOULD HAVE THE BALL OFF TO THE RB.

COACHING POINTS

- START IN A PERFECT STANCE
- BALL SHOULD BE IN THE BASKET, ONE HAND OVER EACH TIP OF THE BALL
- AS THE BACK ROTATES THE BALL FROM SIDE TO SIDE, HE ROLLS IT ACROSS HIS STOMACH, NEVER OUT IN THE AIR
- MAKE SURE HE KEEPS HIS FEET PARALLEL AND NEVER CROSSES OVER HIS FEET.
- FINISHES ACROSS THE GOALINE COVERING THE BALL UP WITH BOTH HANDS
- TEACHES – BALL CONTROL, KEEPING BALANCE, FINISHING A RUN, (“RUN BEHIND YOUR PADS”)

READING BLOCKS

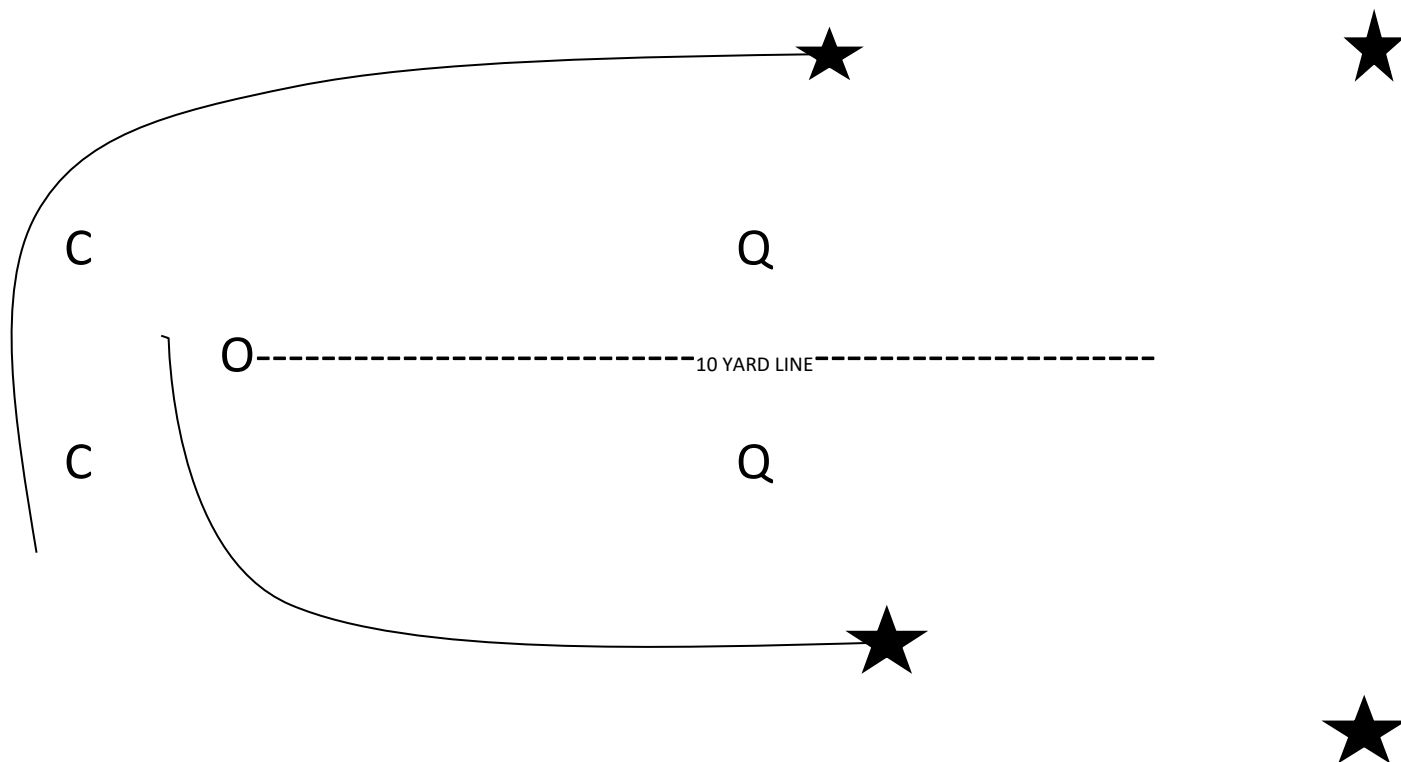


- THE BACK WILL START BEHIND THE CENTER, HE WILL TAKE A HAND OFF AND SIMULATE AN INSIDE RUN BETWEEN THE 2 PADS, COVERING THE BALL UP WITH BOTH HANDS. AS HE APPROACHES THE COACH, THE COACH WILL SIMULATE A BLOCK WITH A STEP TO EITHER THE INSIDE OR THE OUTSIDE.
- THE BACK WILL THEN READ THE COACHES BLOCK AND MAKE A CUT OFF OF THAT BLOCK. AND FINISH ACROSS THE GOALLINE.

COACHING POINTS

- START IN A PERFECT STANCE, BALL CARRIER RECIEVES THE HANDOFF IN THE BASKET, INSIDE ARM UP, OUTSIDE ARM DOWN.
- RUNS BEHIND HIS PADS THROUGH THE DUMMIES, BALL SHOULD STILL BE IN THE BASKET.
- WHEN THE BACK READS THE COACHES BLOCK, THE BACK WILL MAKE HIS CUT, KEEPING A GOOD BASE, KEEPING THE BALL IN THE BASKET UNTIL HE PASSES THE COACH, THEN HE SHOULD SWITCH THE BALL TO THE OUTSIDE HAND, ROLLING THE BALL ACROSS HIS BELLY.
- THIS DRILL CAN ALSO BE DONE FOR AN OUTSIDE RUN, JUST WIDEN THE PADS AND THE COACH OUT TO SIMULATE A SWEEP. YOU CAN ALSO DO THIS DRILL CLOSE TO THE SIDELINE, IF THE COACH SIMULATES AN INSIDE BLOCK, WHEN THE BACK PASSES THE COACH HE WILL SWITCH, THE BALL TO THE OUTSIDE POSITION, IF THE COACH SIMULATES AN OUTSIDE BLOCK, THE BACK WILL MAKE THE CUT AND SHOULD KEEP THE BALL COVERED UP WITH BOTH HANDS UNTIL HE CROSSES THE GOALLINE.
- CAN ALSO TEACH THE SAME DRIL DOING A COUNTER PLAY SIMULATION, MOVE THE PADS AND COACH OUT TO THE 6 HOLE, THE BACK WILL THEN TAKE THE COUNTER STEP, AND THEN RECEIVE THE HANDOFF AND THE REST OF THE DRILL REMAINS THE SAME.

SWEEP HANDOFF DRILL

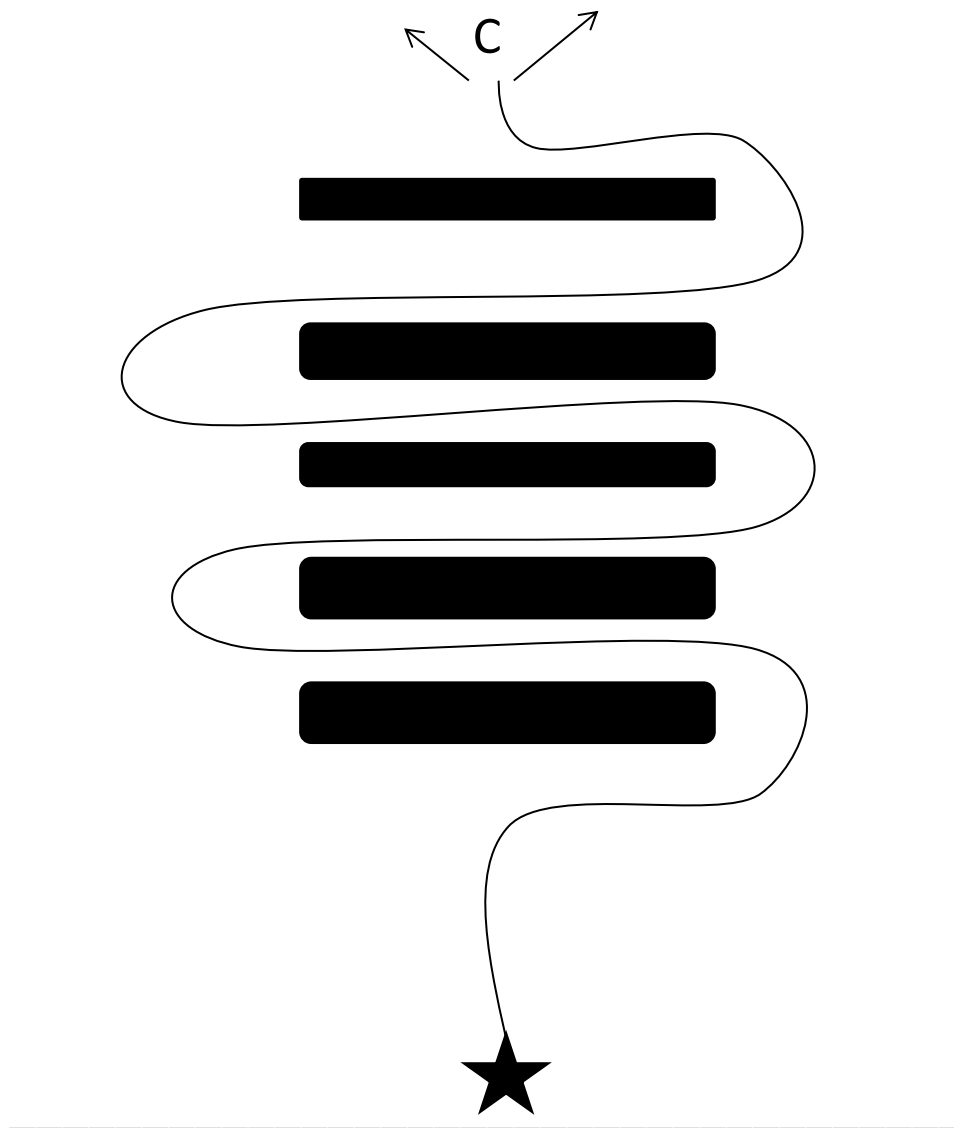


- THE BACKS LINE UP TO RUN A SWEEP. THIS DRILL CAN BE RUN BOTH DIRECTIONS AT THE SAME TIME. ONE BACK WILL RUN INSIDE THE COACH, THE OTHER WILL RUN OUTSIDE THE COACH TO SIMULATE A LONGER SWEEP. THE BALL CARRIER THEN GOES AND GETS IN THE OTHER LINE TO COMPLETE THE DRILL THE OTHER DIRECTION.
- THE QB WILL USE THE CADENCE AND SNAP THE BALL AND HAND IT OFF OR PITCH IT OFF TO THE BACK.

COACHING POINTS

- START IN A PERFECT STANCE, THE BACK PUSHES OFF WITH HIS OPPOSITE FOOT, OPENING UP, AS THE BACK STEPS, THE OUTSIDE ARM COMES UP AND THE INSIDE ARM GOES DOWN TO MAKE THE POCKET.
- MAKE SURE THE BACK HAS A GOOD POCKET AND KEEPS A GOOD BASE; DON'T CROSS YOUR FEET OVER.
- THE BACK ROTATES THE BALL TO THE OUTSIDE ARM ROTATING THE BALL ACROSS HIS BELLY

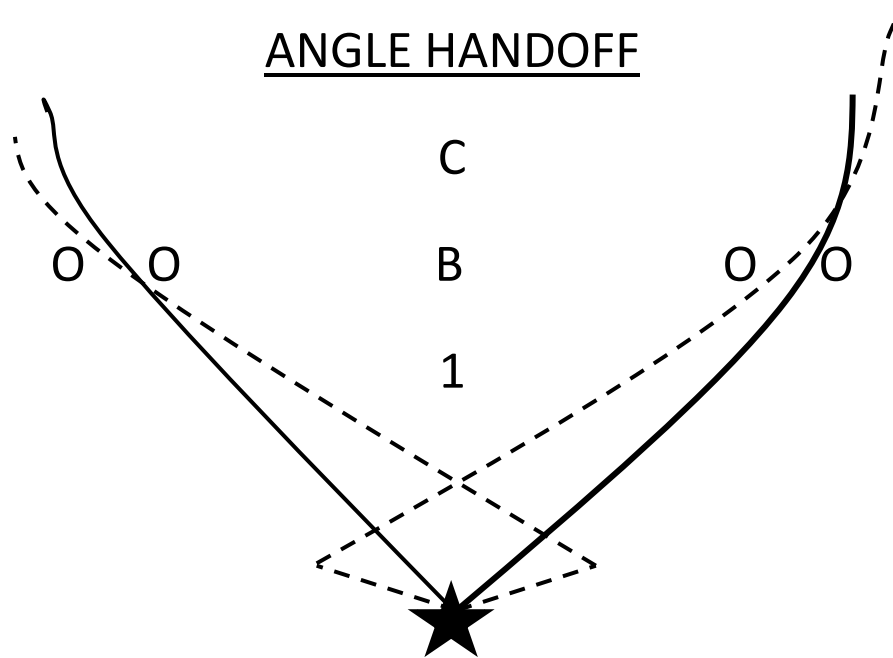
SHUFFLE BAG



- THE BACK STARTS OUT 5 YARDS FROM THE BAG IN A PERFECT STANCE. ON THE CADENCE THE BACK RUNS WITH THE BALL IN THE BASKET TO THE BAG.
- WHEN HE GETS TO THE BAG HE THEN SHUFFLES TO THE SIDE NEVER CROSSING HIS FEET OVER AND HE ROTATES THE BALL TO THE OUTSIDE ARM. AS HE SHUFFLES BACK TO THE CENTER HE THEN COVERS THE BALL BACK UP IN THE BASKET WITH BOTH HANDS. AS HE GETS TO THE OTHER SIDE HE ROTATES THE BALL TO HIS OUTSIDE AND CONTINUES THROUGH THE DRILL. AFTER THE LAST BAG HE SHUFFLES BACK TO THE CENTER AND THEN SPRINTS TO THE COACH, THE COACH CAN SIMULATE A BLOCK AND THE BACK SHOULD CUT BASED ON THE BLOCK THE COACH GIVES.

COACHING POINTS

- PERFECT STANCE, AS THE BACK ROTATES THE BALL, THE BALL SHOULD REMAIN IN CONTACT WITH HIS BELLY.
- NEVER CROSS YOUR FEET OVER, EYES UP AT ALL TIMES
- KEEP A GOOD BASE AND STAY BALANCED
- MAKE SURE THE BALL IS ROTATED TO THE OUTSIDE AT THE END OF THE CONES, AND COVERED UP IN THE MIDDLE.



- THE BACK STARTS IN THE FORMATION BEHIND THE CENTER, WORKS ON TAKING AN ANGLE HANDOFF (DIVE PLAY TO THE 6 HOLE) BACK ROTATES THROUGH TO BOTH SIDES.
- THE DASH LINE INDICATES THE SAME DRILL USING A COUNTER STEP FOR A COUNTER AND OFF PLAY.

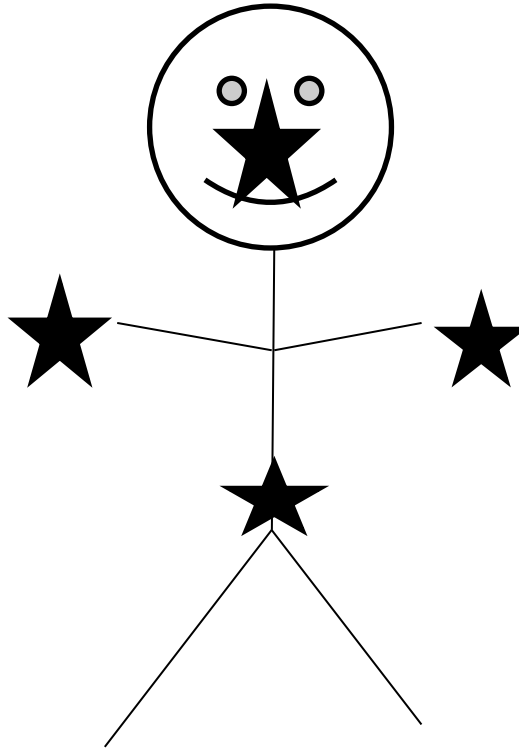
COACHING POINT ANGLE HANDOFF

- PERFECT STANCE
- PUSH OFF WITH OPPOSITE (BACKSIDE) FOOT, AS THE BACK STEPS DOWNHILL; HIS INSIDE ARM COMES UP AND OUTSIDE ARM DROPS DOWN TO MAKE THE BASKET.
- THE BALL SHOULD REMAIN IN THE BASKET PAST THE LINE OF SCRIMMAGE AND THEN ROLLED TO THE OUTSIDE ARM.

COACHING POINT COUNTER HANDOFF

- PERFECT STANCE
- PUSH OFF WITH BACKSIDE FOOT, AS HE DRIVES HIS FRONT "TOES IN THE GRASS" HE THEN PUSHES OFF AND TAKES THE ANGLE STEP BACK TO THE COUNTER SIDE.
- NEVER CROSS YOUR FEET OVER (HIPS OVER YOUR TOES)
- AS HE MAKES THE ANGLE STEP BACK HIS INSIDE ARM COMES UP AND LOWER ARE DOWN TO MAKE THE BASKET.
- THE BALL SHOULD REMAIN IN THE BASKET PAST THE LINE OF SCRIMMAGE AND THEN ROLLED TO THE OUTSIDE ARM.

DIAMOND RECIEVER DRILL



- THE STARS INDICATE WHERE THE BALL IS THROWN. PAIR THE RECIEVERS UP AND 5-10 YARDS APART
- THE COACH CALLS OUT WHERE TO THROW THE BALL AND THE RECIEVES THROW THE BALL TO THAT SPOT.
- COVER THE ENTIRE DIAMOND.
- YOU SHOULD DO THIS DRILL EVERY DAY

COACHING POINTS

- CATCH THE BALL AND TUCK IT EVERY TIME
- IF IT'S ABOVE YOUR BELLYBUTTON, MAKE THE DIAMOND WITH YOUR HANDS. (THUMBS AND INDEX FINGERS TOUCHING)
- IF IT'S BELOW YOUR BELLY BUTTON, MAKE THE BASKET, PINKIES TOGETHER
- EYE'S UP, SEE THE BALL
- THE RECIEVER SHOULD CATCH THE BALL AND HIS HEAD SHOULD FOLLOW THE BALL INTO THE CARRY POSITION

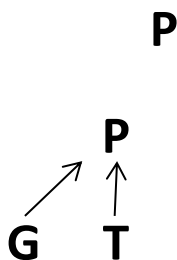
PRACTICING ROUTES

- HAVE THEM LINE UP IN 2 LINES, RUN ROUTES, GO THROUGH THE PROGRESSION
- EVERY CATCH SHOULD USE THE PROPER TECHNIQUE, WHEN THEY BREAK THE ROUTES OFF, DRIVE THE TOE IN THE GROUND
- SELL THE FAKES, EXAGGERATE EVERYTHING
- CATCH AND TUCK

OTHER RECIEVER DRILLS

- HAVE THE RECIEVER STAND 5 YARDS FROM THE COACH WITH HIS BACK TO THE COACH. USE A LINE MAKER TO SIMULATE THE OUT OF BOUNDS LINE. LOB THE BALL OVER THE OUTSIDE SHOULDER OF THE RECIEVER GENTLY. THE RECIEVER HAS TO LOOK OVER HIS SHOULDER AND CATCH THE BALL. THIS DRILL SIMULATES A ROUTE AND ALSO HELPS PRACTICE FINDING THE FOOTBALL. AS THEY GET MORE COMFORTABLE YOU CAN INCREASE THE DISTANCE.

DIVE BLOCKING DRILL (DOUBLE TEAM)



- HAVE A COACH HOLD A BLOCKING DUMMY, THE TACKLE DIVE BLOCKS ON THE PAD, WHILE THE GUARD DOWN BLOCKS
- THE TACKLE WILL WORK HIS HIPS TO THE HOLE, WHILE THE GUARD SHOULD RECOGNIZE THIS AND CHIP OFF TO THE NEXT LEVEL PAD.
- THIS DRILL WORKS ON DOUBLE TEAMS, AND CHIP BLOCKING
- TO WORK ON DRIVE BLOCKING JUST USE THE LINEMAN AND THE 1 PAD HEAD UP.
- WORK MOVING THE PADS TO DIFFERENT LINEMAN, MOVE THE PAD TO THE DIFFERENT TECHNIQUES

COACHING POINTS

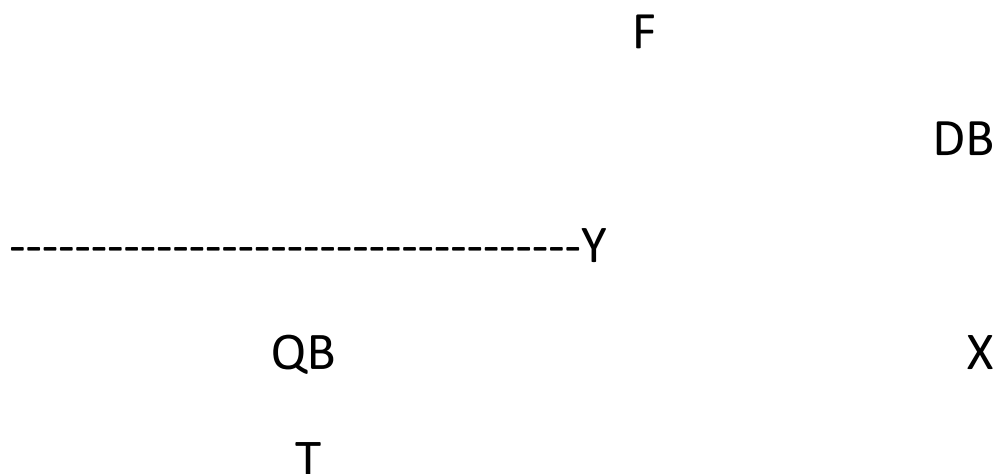
- THE OFFENSIVE LINEMAN SHOULD STEP WITH THE INSIDE FOOT TO THE HOLE AND WORK HIS HIPS AROUND.
- KEEP THE PAD LEVEL DOWN, ATTACK WITH FORARM AND PUNCH
- GUARD SHOULD RELEASE AND CHIP BLOCK TO THE NEXT LEVEL, KEEPING HIS HIPS IN THE HOLE
- SHORT CHOPPY STEPS KEEPING A GOOD BASE BENDING AT THE KNEES AND DRIVING THROUGH THE PAD, NEVER CROSS YOUR FEET OVER

AS THEY GET MORE COMFORTABLE, REPLACE THE PAD WITH ANOTHER LINEMAN, THE DEFENSIVE LINEMAN CAN THEN WORK ON HIS DIP AND RIP TECHNIQUE TO SPLIT THE DOUBLE TEAM. YOU CAN WORK DEFENSIVE AND OFFENSIVE LINEMAN AT THE SAME TIME.

- PAIR THE ENTIRE LINEMAN UP, HAVE THEM LINE UP ON THE INSIDE EYE, WORK ON THE SCOOP, HAVE THE OFFENSIVE LINEMAN GET ACROSS THE BODY WITH A BIG STEP. KEEP HIS EYES UP PROTECTING THE BACK SIDE. DEFENSIVE LINEMAN SHOULD JUST STEP ONCE AND PUNCH, ALLOW THE O-LINE TO GET THERE. THESE WORKS THE SCOOP BLOCK STEP AND ALSO WORK THE DEFENSIVE LINEMAN STEPPING AND SHOOTING THEIR HANDS TO GET EXTENSION.

DEFENSIVE BACK DRILLS

PASS/RUN RECOGNITION



- LINE THE OFFENSE UP, THE SAFETY READS THE Y, IF THE Y BLOCKS DOWN, THE SAFETY FILL THE ALLEY. THE DB READS THE RECIEVER, IF THE COACH CALLS RUN THE TAILBACK RUNS A SWEEP, THE DB HAS TO COME UP, FIGHT THROUGH THE BLOCK AND THUD TACKLE THE BALL CARRIER. IF THE COACH CALLS PASS, THE DB AND SAFETY DROP INTO WHAT EVER COVERAGE CALLED.
- THIS DRILL CAN ALSO BE DONE OUT OF A SLOT , THE RECIEVERS CAN RUN APPROPRIATE ROUTES FOR THE SECONDARY TO COVER

COACHING POINTS

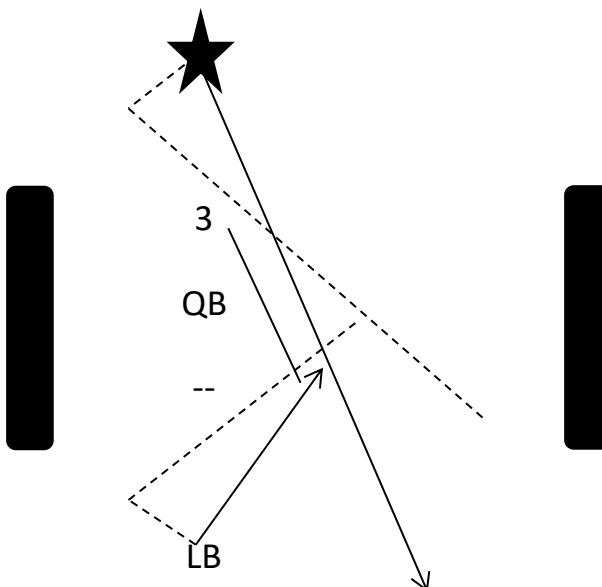
- PERFECT STANCE
- EYE'S UP, SEE YOUR KEYS
- ON PASS THE, THE SAFETY GETS DEEP, THE DB GETS TO THE ZONE, BOTH SHOULD YELL PASS WHEN PASS IS RECOGNIZED
- COMMUNICATION, COMMUNICATION, COMMUNICATION
- IF IT'S RUN, THE SAFETY SHOULD FILL THE ALLEY, THE DB SHOULD COME UP KEEPING OUTISDE CONTAIN, IF THE DB SHOULD KEEP SEPERATION, FROM THE RECIEVER AND FIGHT THROUGH THE BLOCK, IF HE CAN'T MAKE THE TACKLE THEN HE SHOULD TURN THE BACK TO THE INSIDE WHERE THE SAFETY IS.
- THIS DRILL SHOULD BE RUN FULL SPEED, THE TACKLE IS JUST THUD.
- AT THE SAME TIME, MAKE SURE THE OFFENSIVE BACK IS IN A PERFECT STANCE, AND READS THE RECIEVERS BLOCK CORRECTLY.

OTHER DB DRILLS

1. LINE THE DB UP 1 ON 1 AGAINST A RECIEVER, THE RECIEVER RUNS ROUTES THAT WOULD BE APPROPRIATE TO THE ZONE AREA THAT IS COVERED. THE DB NEEDS TO BREAK THE PASS UP OR MAKE THE TACKLE.

LB DRILLS

ATTACKING DOWNHILL



- THIS DRILL IS FOR LINEBACKERS TO LEARN TO ATTACK DOWNHILL. THE LB WILL STEP DOWNHILL PUSHING OFF WITH THE OPPOSITE FOOT
- YOU CAN EITHER HAVE A COACH WITH A BLOCKING PAD OR A BACK WITH A BLOCKING PAD LEADING
- THE LB SHOULD TAKE THE BLOCKER ONE WITH THE INSIDE FORARM KEEPING HIS PAD LEVEL LOW, KEEPING THE OUTSIDE ARM FREE AND THUD TACKLE THE BALL CARRIER IN THE HOLE..

COACHING POINTS

- LINEBACKER AND RUNNING BACKS START IN A PERFECT STANCE
- THE LB SHOULD PUSH OFF WITH HIS OPPOSITE FOOT, STEPPING DOWN HILL TOWARDS THE LINE OF SCRIMMAGE.
- TAKE ON THE BLOCK IN THE HOLE WITH INSIDE FORARM
- OUTSIDE ARM FREE
- WORK TO GET A GOOD FIT TACKLE, SLIDING HEAD ACROSS THE BODY.
- EYES UP, SEE YOUR WORK

THIS DRILL CAN ALSO BE DONE USING A COUNTER STEP TO SIMULATE A COUNTER PLAY. THIS WILL TEACH THE LB TO REDIRECT.

- THE RUNNING BACKS RUNS COUNTER
- THE LINEBACKER STEPS DOWN HILL, THEN RECOGNIZES THE COUNTER AND REDIRECTS.
- NEVER CROSS YOUR FEET OVER
- DRIVE YOUR TOES IN THE GROUND TO REDIRECT

TURNOVER CIRCUIT

1. TIP DRILL

- a. HAVE A PLAYER STAND IN FRONT OF ANOTHER IN A LINE, BOTH FACING THE COACH. THE COACH THROWS THE BALL ON A LOB PASS TO THE FRONT DEFENDER, THE FRONT DEFENDER TIPS THE BALL UP AND BACK TO THE SECOND DEFENDER WHO CATCHES THE BALL AT THE HIGHEST POINT.

2. SCOOP AND SCORE

- a. FORM A SINGLE FILE LINE, THE COACH THROWS THE BALL ON THE GROUND, THE DEFENDER RUNS UP, SCOOPS THE BALL UP AND RUNS IT TOWARDS THE ENDZONE

3. SECURE RECOVERY

- a. THE COACH THROWS THE BALL ON THE GROUND, THE DEFENDER FALLS ON TOP THE BALL, COVERING IT UP AND CURLING UP IN THE FETLE POSITION TO PROTECT IT.

4. PUNCH OUT

- a. AN OFFENSIVE PLAYER WITH A BALL JOGS FORWARD, THE DEFENDER COMES FROM BEHIND AND PUNCHES THE BALL OUT (UPPERCUT/DOWNWARD PUNCH) THEN RECOVERS THE FUMBLE.

COACHING POINTS

- EYES, EYES, EYES – SEE YOUR WORK
- BALL SECURITY
- START EVERY DRILL IN A PERFECT STANCE

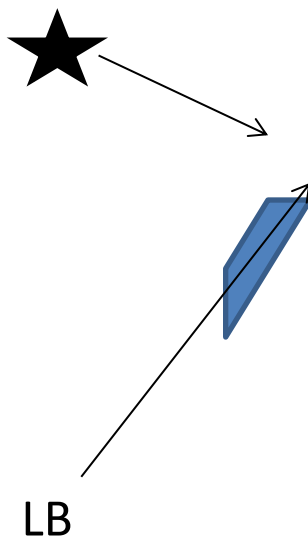
TACKLE CIRCUIT

1. HEADS UP TACKLING

- a. We will do this on bags, good form.

2. ANGLE TACKLE

- a. THE TACKLER LINES UP FACING THE BACK, THE BACK WILL RUN HALF SPEED TO THE END OF THE PAD. THE LB WILL USE A DOWN HILL STEP TO THE PAD AND THEN CHOP STEPS WITH HIS FEET SHOULDER WIDTH APART WITH THE BAG BETWEEN HIS FEET. THIS KEEPS A SOLID BASE AND WHEN HE GETS TO THE BALL CARRIER WILL TAKE A SHORT POWER STEP AND THEN DO A GOOD FORM FIT TACKLE. THIS IS THUD SPEED; DON'T GO TO THE GROUND, WORKING ON SLIDING YOUR HEAD TO THE OUTSIDE OF THE BALL CARRIER. DO DRILLS FROM BOTH DIRECTIONS.



3. OPEN FIELD TACKLE

- a. The offensive players will run the ball in the designated area (5 yard x 5 yard); the defensive player will practice using any of the other 3 techniques learned at the station. The ball carrier can pick any direction
- b. The defensive player needs to keep a good solid base, his hips above his feet. Make a good sound technique tackle. He can use the sideline; this drill will work on the defender keeping the ball carrier in front of him.

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