

20.

POCKET PRESENCE DRILL

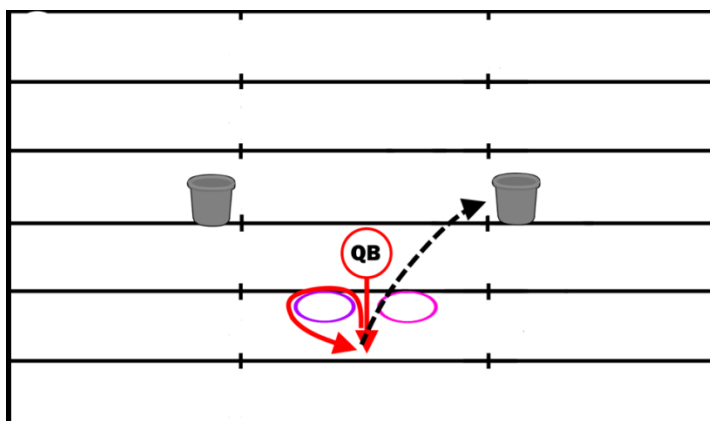


DRILL SETUP:

Place 2 hula hoops 5 yards behind the line of scrimmage and 2 yards apart. If working out alone, place two garbage cans 10-15 yards down the field on either side to simulate receivers.

PURPOSE:

To work on movement and footwork in the pocket while keeping the eyes downfield.



HOW IT WORKS:

1. Player will start at LOS with ball in hand, snap and take a 5 step drop, passing in between the hula hoops.
2. Player will plant, then hitch up, avoiding an outside pass rush, before shuffling back around to the center of the pocket.
3. Once back in the pocket, player will locate their target and make a strong accurate throw.

TIPS & VARIATIONS

- If you have a partner, let them cue you on which side the pass rush is coming from, or act as the receiver you need to locate downfield.