

90 MINUTE ALL AROUND PRACTICE

Required: 2 Coaches, Footballs Cones, Stand Up Dummies, Sleds

Warmup:

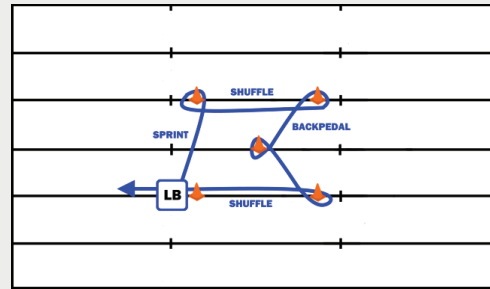
15 Mins (Full Team)

Dynamic Warmup: - 5 mins (High Knees, Buttckickers, Frankensteins, Lunge & Twist, Knee Hug, Straight Leg Run)

Balance Drill - 5 mins

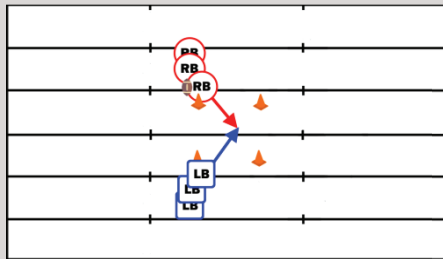


M Drill - 5 mins



Station Block:

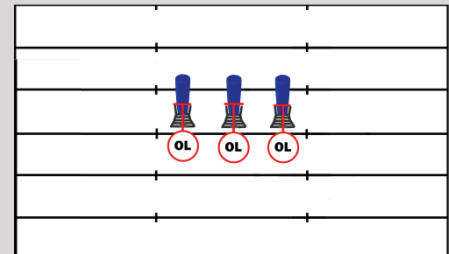
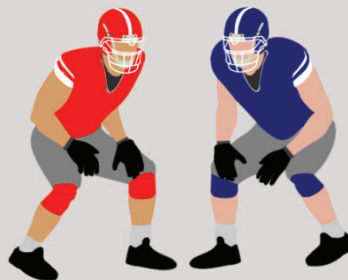
30 Mins (Split Team Into Three Groups and Rotate Through Each Drill For 10 Mins)



Angle Tackling Drill - 10 mins

Stance & Starts

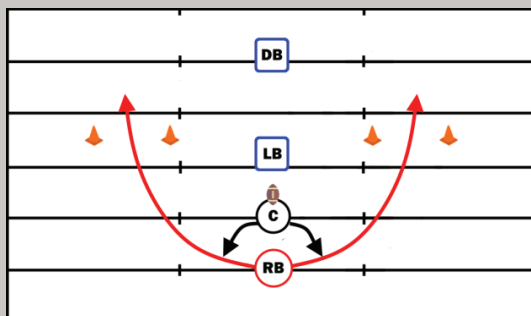
- 10 mins



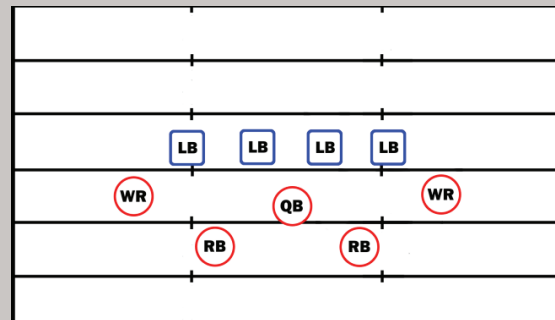
Sled Drills - 10 mins

Game Preparation: 30 Mins (Full Team)

1 on 2 Running - 15 mins



Proper Pursuit - 15 mins



Team Play Review - 10 Mins

Practice your offensive plays at half speed against a dummy defense. Then full speed against a "Control" defense.

DYNAMIC WARMUP

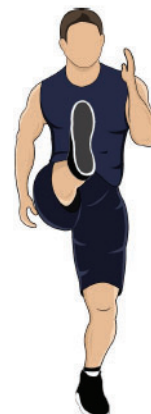
Complete each exercise for 2 sets of 10-20 yards



High Knee Run



Buttkicker Run



Frankenstein Walk



Walking Lunge & Twist



Walking Knee Hug



Straight Leg Run

CONE DRILL



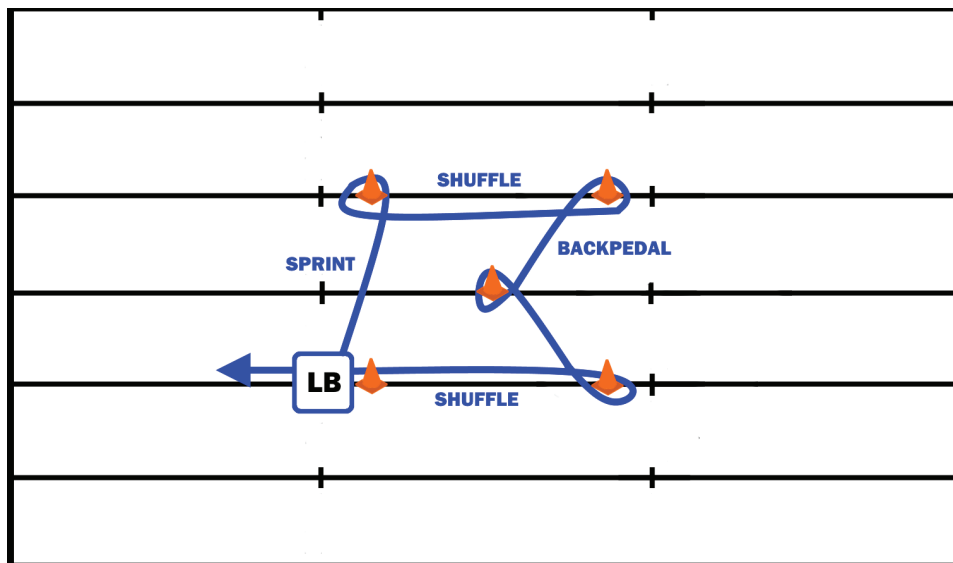
Contact Level

PURPOSE:

To work on conditioning and agility.

SETUP:

Setup 5 cones – 4 forming a square, each 10 yards apart, with the 5th cone in the middle. Players will form at the bottom leftmost cone.



INSTRUCTIONS:

1. On the coach's signal the first player in line will sprint up to and around the first cone.
2. Still facing the same direction, they will now shuffle to the right to the 2nd cone.
3. After going around the 2nd cone, the player will backpedal at an angle towards the cone in the center, loop around, and continue backpedaling to the 5th cone.
4. One more time around that cone, with the player finishing by shuffling left back to the cone they started at.

COACH'S CORNER

- Have a coach or extra player stand in front of the cones with a ball in hand – you want to get players not only agile, but agile and aware of what's going on the field!

BALANCE DRILL



PURPOSE:

To improve balance and coordination.

SETUP:

Have players spread out and each grab a football.



Figure 1: Triangle Drill

INSTRUCTIONS:

1. Each player will begin by balancing on their left foot while holding the ball in their right hand.
2. They will then lean forward, touching the ground with their left hand – as picture in the illustration above.
3. The player will do 5 repetitions, exploding forward 5 yards and making a cut after the 5th rep.
4. The player will then rotate, touching the ground with their right hand now while still balancing on their left foot.

COACH'S CORNER

- Unlike a lot of the drills we'll be showing you, this is NOT a competition. Make sure players are focusing on doing the drill properly, not quickly.

SLED DRILL



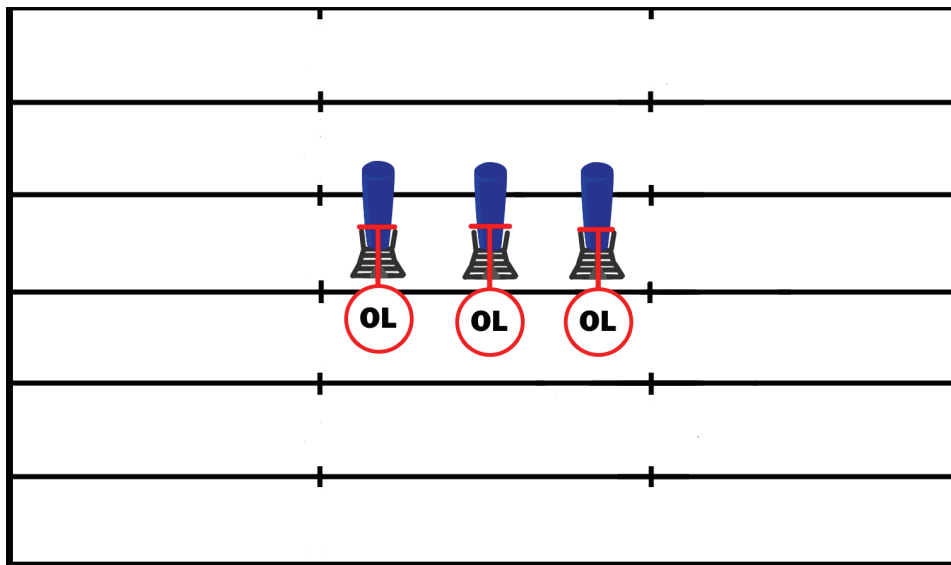
Contact Level

PURPOSE:

To work on power and technique exploding out of the 3 point stance.

SETUP:

Depending on the type of sled you have available to you, you may alter the drill accordingly. The following example has player working on individual one man sleds, but the same concept can work for a sled designed for multiple players.



INSTRUCTIONS:

1. On the coach's signal, the lineman will explode forward, hitting the sled hard with a base block.
2. On the 2nd signal, the player will then explode forward out of their stance 5 yards past the sled, with the next player in line stepping up immediately after and them heading to the back of the line.

COACH'S CORNER

- Keep a close eye on the players stance and the first step out of their stance – they should be short, powerful, controlled steps.

STANCE & STARTS



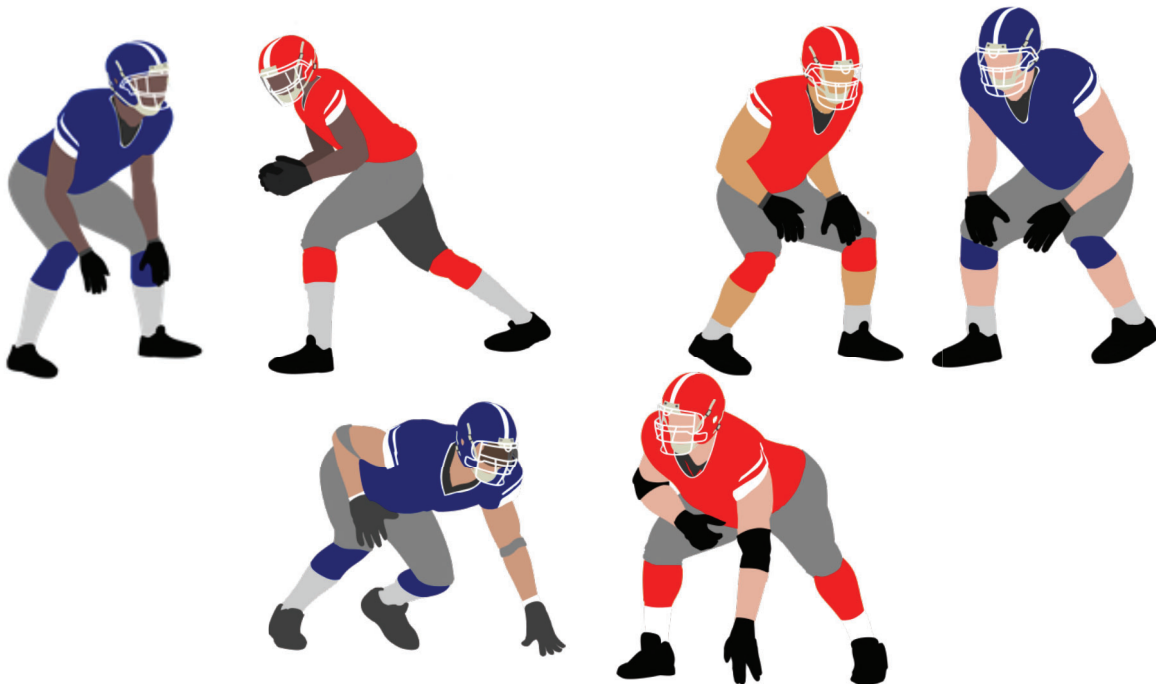
Contact Level

PURPOSE:

To work on players technique, emphasizing proper fundamentals in both their stance and how they come out of it.

SETUP:

Have players pair off with teammates on the opposite end of the ball – WRs with DBs, OL with DL, RBs with LBs. Players will then spread out over the field so that they have enough space to move freely.



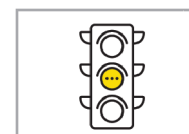
INSTRUCTIONS:

1. On the coach's signal, all offensive players will get in their stance. On his second signal, they will all explode out of their stance moving forward.
2. Next, the defense will get into stance on the coach's signal, also exploding out on the coach's signal.

COACH'S CORNER

- Keep a close eye on players stance, and ensure they are balanced both in stance and as they explode out of it.

ANGLE TACKLING



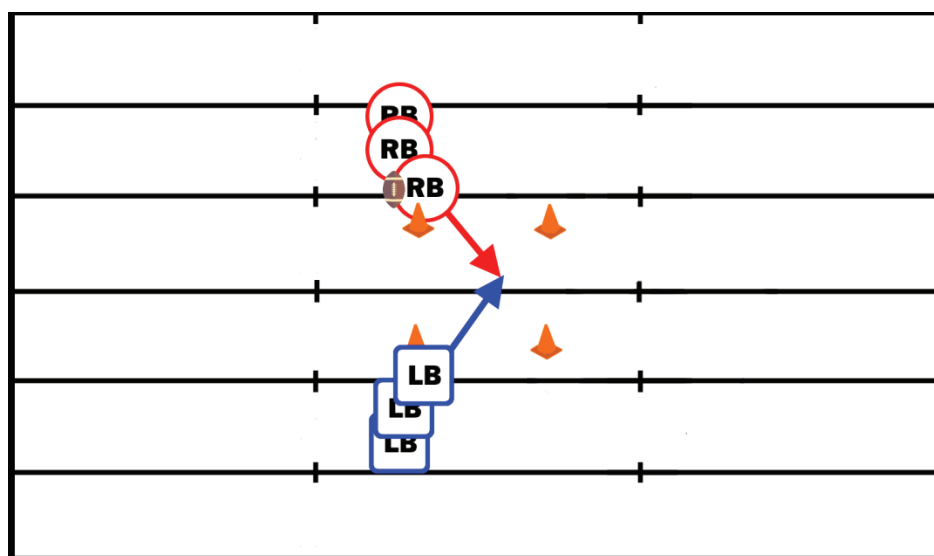
Contact Level

PURPOSE:

To work on pursuit and tackling the ball carrier from an angle.

SETUP:

Set up four cones 5 yards away from each other, forming a square. Ball carriers will form a line at one cone, with defenders lining up on the cone next to them.



INSTRUCTIONS:

1. On the coach's signal, the ball carrier will move forward at a 45 degree angle, headed towards the far cone.
2. The defender will pursue the ball carrier, breaking down and making controlled contact, wrapping him up.

COACH'S CORNER

- Blow a quick whistle – we aren't looking for big hits, or even for the ball carrier to be taken to the ground, this drill's focus is on pursuit angles and being in the position to make a tackle.
- The defenders should be running to where the ball carrier is going to be – not where he is.
- For a reminder on proper tackling and contact levels, check the full breakdowns at the beginning of the eBook.

PROPER PURSUIT

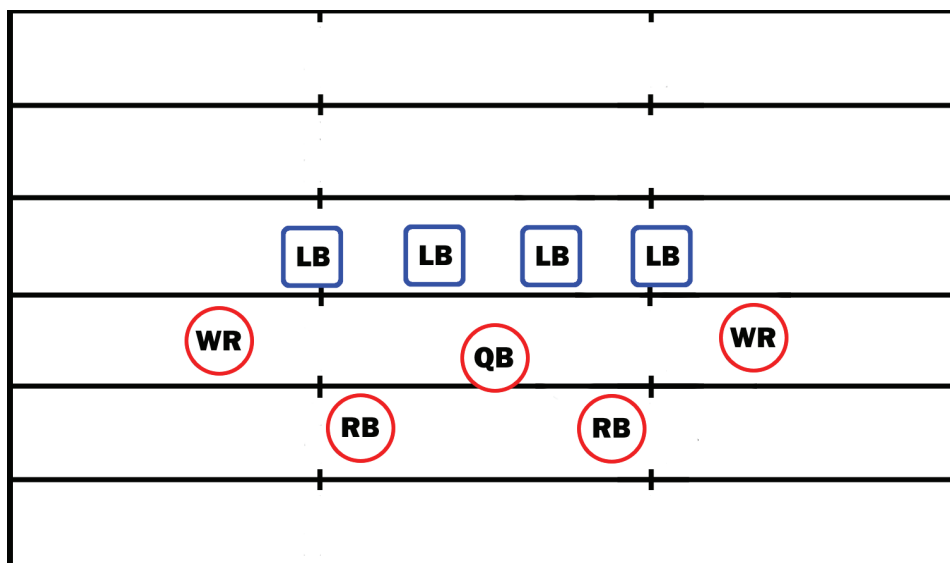


PURPOSE:

To teach and reinforce proper pursuit angles when chasing the ball.

SETUP:

Have five offensive players (a QB, 2 RBs, 2 WRs) and four defensive players line up on the field. The quarterback will start with a ball in hand.



INSTRUCTIONS:

1. Before breaking out onto the field, the coach will give the offense 3 plays it can run – a QB speed option, a short pass to an RB on a swing pass, or a short pass designed for the WRs.
2. Begin by walking through each play, then work up to about 75%, until you can run them at full speed comfortably.
3. As each play develops, the defenders must recognize and converge on the ball, with the play being called dead as soon as the defender touches the offensive player.

COACH'S CORNER

- Feel free to rotate any three plays you like or that fit your offensive scheme more closely – the important part is that they give the defense three varied looks.

1 ON 2 RUNNING

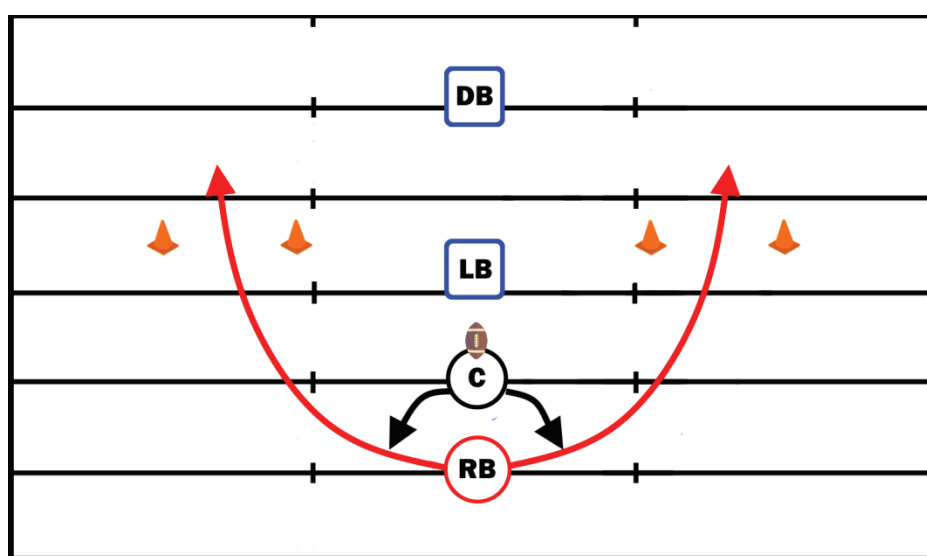


PURPOSE:

To get ball carriers reps in a game situation running play, QBs a chance to work on the QB-RB exchange, and to give defenders reps working on pursuit angles.

SETUP:

Set up 2 pairs of cones about 5 yards apart and 5 yards downfield. You'll also need a defender a couple yards in front of the cones and a couple yards behind. On offense, a QB will stand at the line of scrimmage, with the RB lined up about 3-5 yards behind in stance.



INSTRUCTIONS:

1. The QB will snap the ball to himself, and pivot back to hand the ball off to the RB.
2. The RB will take the ball to the designated side and try to beat both defenders through the cones before they can touch him.

COACH'S CORNER

- Any fumbled QB-RB exchanges is a lap around the field for both parties!