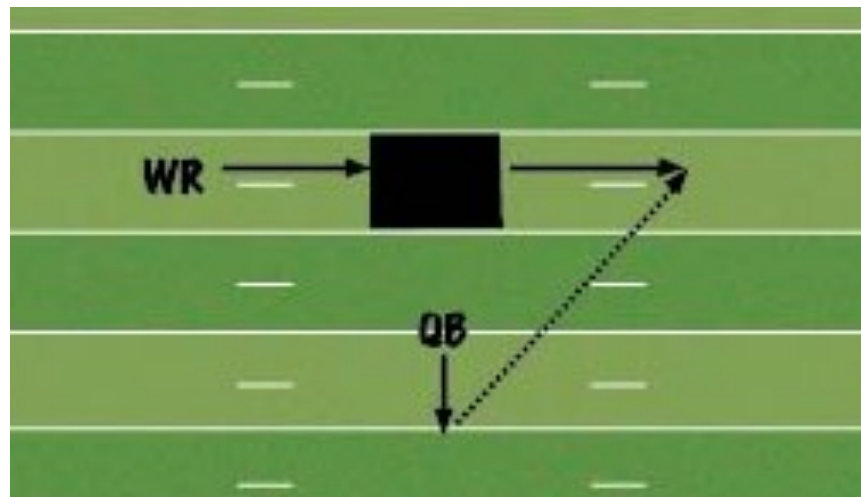


Football Drills

The Football Drills below are just a few examples.

Consider using the **Strobe Training Glasses** in your current training drills.
Please start at the Level 07 and increase as you continue to be successful.
To increase difficulty try the '**alternating lens**' mode or '**single eye**' mode.

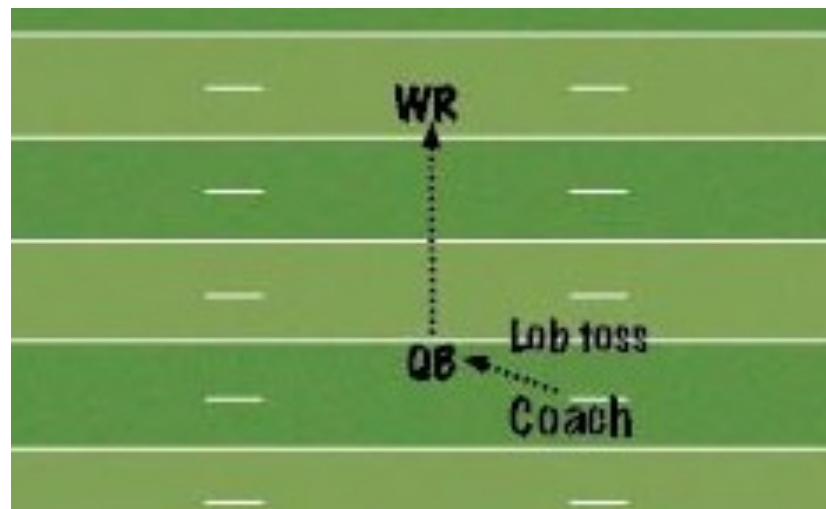


Anticipation Drill

The QB takes the appropriate drop for the specified play (**coach determines the type of drop**).

Toward the end of the drop, the WR runs from left to right (**or vice versa**) behind a screen or curtain that blocks the QB's vision.

The QB hits the WR with a pass after he emerges from behind the screen.



Quick Release Drill

A coach has a bag of eight to 10 footballs and is taking a knee next to the QB.

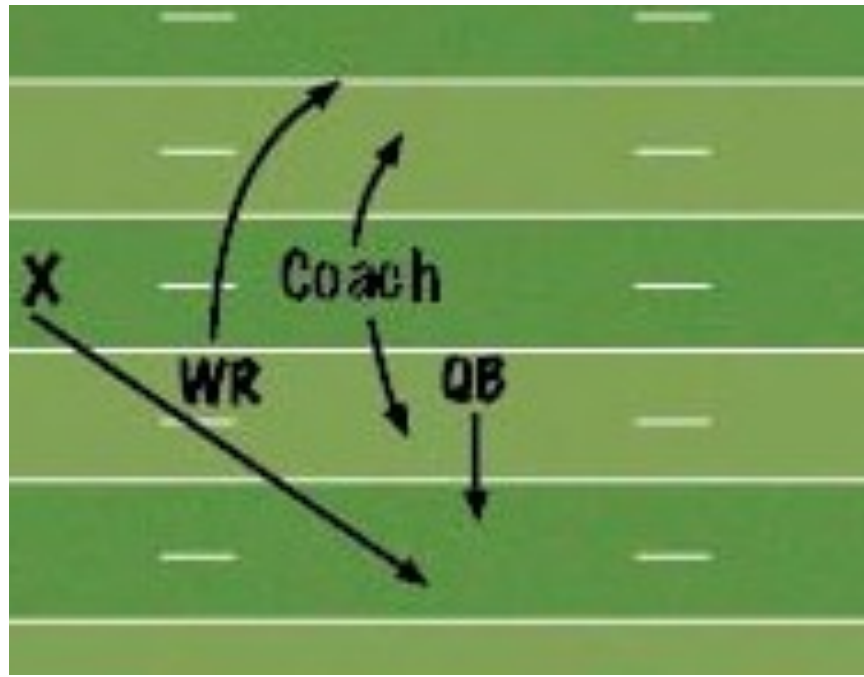
The coach tosses a ball up to the QB (**who finds the laces on the ball as quickly as possible**).

At the same time, the QB's eyes are looking downfield at the stationary target.

The QB throws the ball to the target as quickly and accurately as possible (**during this movement, the QB's feet should be moving forward with short steps**).

Once the throw is made, the coach tosses another ball to the QB to keep this drill moving quickly.

Football Drills



Hitch Go Drill

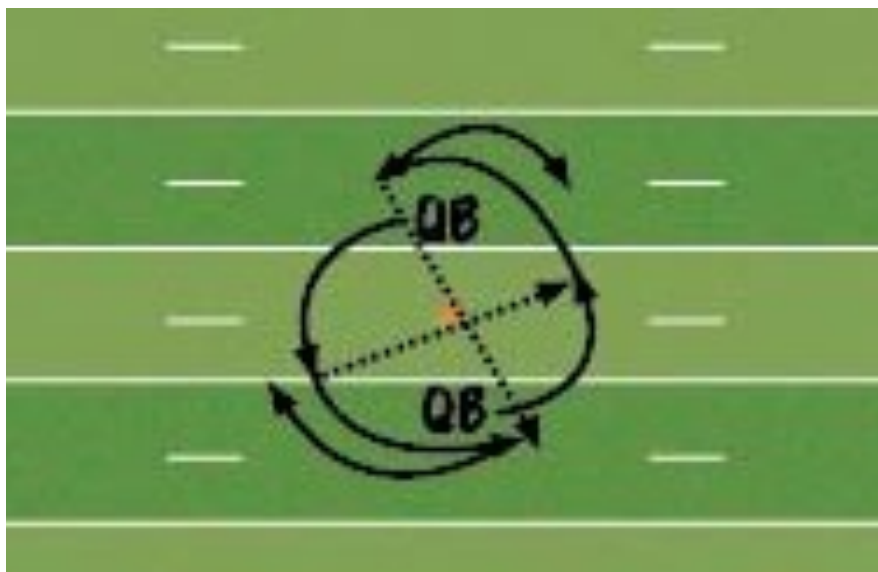
QB takes a five- or seven-step drop.

He must keep two hands on the ball as he twice makes a hitch movement while climbing the pocket.

The QB then feels a lane and moves (slow jog) further toward the LOS as an outside defender runs past the QB.

At this point, **the coach, who is simulating an inside linebacker**, either drops into coverage on the WR or pulls the chain and attacks the QB.

The QB needs to make a quick and sound decision based off the ILB play — an attacking defender means the QB throws the pass, and a dropping defender means the QB picks up yardage with his feet.



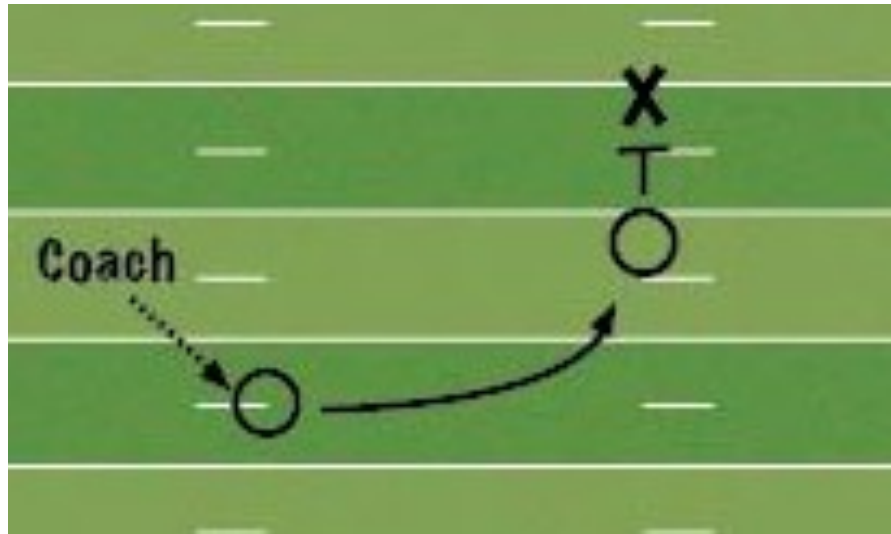
Circle Drill

Set up a cone with a QB five yards from the cone and a second QB directly in line with the first and five yards on the opposite side of the cone.

One QB holds the ball in a cocked, ready position and is ready to run to the right. The coach yells “Go!” and both QB’s run in a circular fashion to their right while keeping the 10-yard cushion between them.

Every three to seven steps, the QB with the ball throws to his partner while keeping up his speed. **At the coach’s discretion, he gives a “Switch!” call, which triggers the QB’s to begin running in the opposite direction.**

Football Drills



Defensive Back Shed

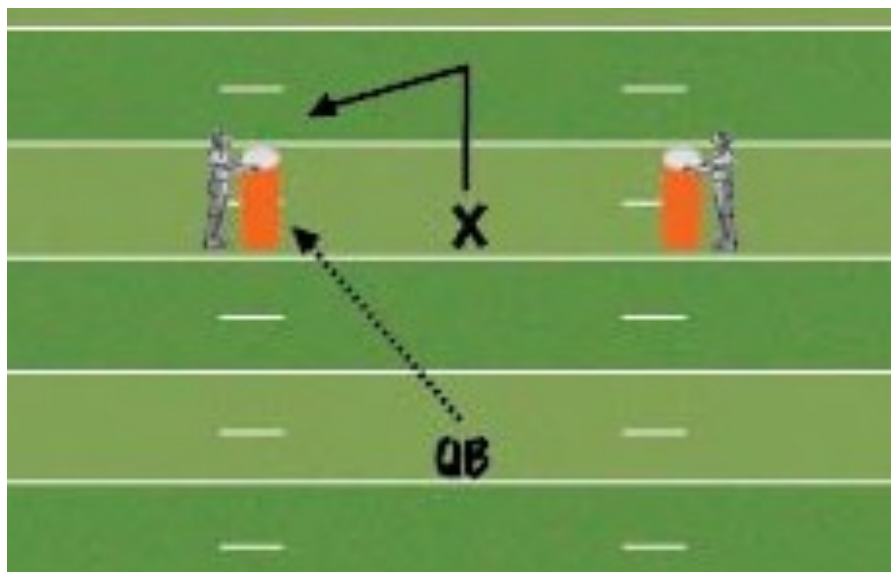
Coach reverse-pivots and tosses the ball backward to the running back.

The other offensive player blocks the defender (**these two players are separated by 6 yards**). The defender (X) tries to come up and make a tackle.

When executing the drill, make sure the ball carrier breaks the line of scrimmage.

If the corners are playing a Cover 2 technique, they should be very aggressive coming up.

If the corners are playing zone quarters technique, they must be cautious, and make sure to read the run, before disengaging off the blocker to get to the ballcarrier.



Defensive Back Tackling

X backpedals and reads the QB's shoulders. X breaks on the ball to the pad and runs through the pad (or dummy). **If X can get to the ball, X tips it forward or picks it off.**

Many skills are developed when working on this drill.

Players work on moving from one movement to another as fast as possible, such as backpedaling and then breaking to the ball.

It also helps DBs in reading the shoulders of the QB.

CBs can work on their timing when making a play on the ball.

If a ball is deflected, use the inside hand closest to the QB. This allows the backside arm to tackle the RB if we miss the ball.

Football Drills



Receiver Drills



Receiver Drills

Goal Post Drill

Have your receivers stand behind the goalpost with their hands out before making a catch.

Have the player stand behind the goalpost with hands out.

Coach throws the ball at players, who make the catch.

For more experienced players, once two-handed catches are mastered, they can try one-handed catches.

Bad Ball Drill

The receiver faces the coach, who's 10 yards in front.

The coach throws the following types of passes, forcing the receiver to adjust: **high ball, low ball, outside ball, inside ball**

Bag Catching Drill

Set up three bags with 1 yard of space between each bag.

Receivers work through bags keeping low, simulating various breaks.

Once the receiver gets to the end of the bags, they catch the ball and break upfield.

Football Drills



JUGS Drills



JUGS Drills

Jugs Machine Routine

This routine consists of 30-40 catches and should take three to four minutes to complete before practice. If you don't have a jugs machine, have a partner throw you the balls.

Low Balls

Face the machine and catch low balls.

Over the Shoulder

Face away from the machine and catch 5 balls over each shoulder.

Hard Balls

Face the machine and catch hard balls at chest level.

Off the Body

Face away from the machine at a 90-degree angle.

Catch balls shot out in front of you away from your body.

Repeat facing the opposite direction.

Walking Hard Balls

Face the machine and walk toward it while catching hard balls at chest level.

Endzone Distraction

Receivers have to think about changing directions, catching the ball, and keeping their feet in the end zone with other players around them.

Receivers are thrown eight balls per repetition as they run back and forth behind dummies.

Football Drills

Setting up the drill: Players will partner up by standing across from each other at arm's length. One side is offense and one side defense.

Executing the drill: The offensive player will shoot his hands to the chest of the defender. After each move is complete, the offense shoots his hands right back up again. The defender must get rid of the offense's hands by using 1 of 4 moves:



Hand Drills



Hand Drills

Left Outside Hand Knockdown (OHK) - Take your left hand and swipe the outside of the right hand of the offensive player at the wrist, forcing it to the inside. At the same time the defender's right hand is coming over the top and across the body to come down and seal the offensive player's hands to prevent them from popping back up before stepping by him. Right hand over the top. Right foot steps by the offensive player (same hand, same foot).

Right Outside Hand Knockdown (OHK) - Same as Left Outside Hand Knockdown but with opposite hands/feet.

Wrist Control - Bring both hands with force and power from the hips and grab the bottom of the offensive player's wrists to lift them straight up in the air like a forklift. 4.

Double Hand Knockdown - Take both hands and violently chop down on the wrists of the offensive player and then immediately replace them by punching the chest of the offensive player to regain leverage and control.

Football Drills

You can apply Strobe Training Glasses to any and all Ladder Drills. **Use your imagination!**



Ski/Slalom Ladder

Face the long end of the outstretched ladder. Start slightly to the side of the ladder and go across each square, putting your inside foot in the center, followed by the trailing foot.

Then reverse it and continue as you progress all the way down the ladder.

So, it would go right in center, left in center, right on right side of the ladder.

Then left in center, right in center and left on left side of the ladder.

On each transition from right to left then left to right, you should move to the next square in the ladder.

Speed up as you become more agile and comfortable with the drill.



High Knees Ladder

Start at one end of the outstretched ladder.

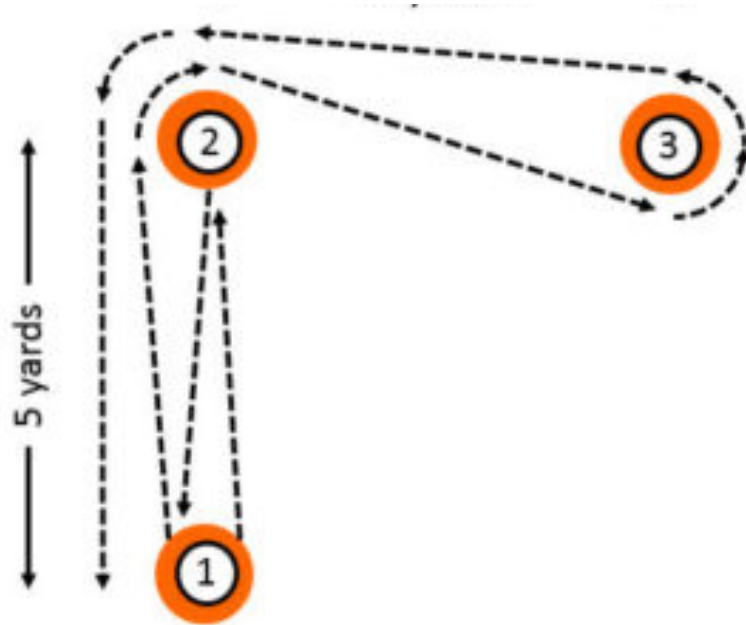
Face forward and put one foot in each square of the ladder as you move quickly to the other side.

You should bring your knees up to about waist or chest height, depending on flexibility.

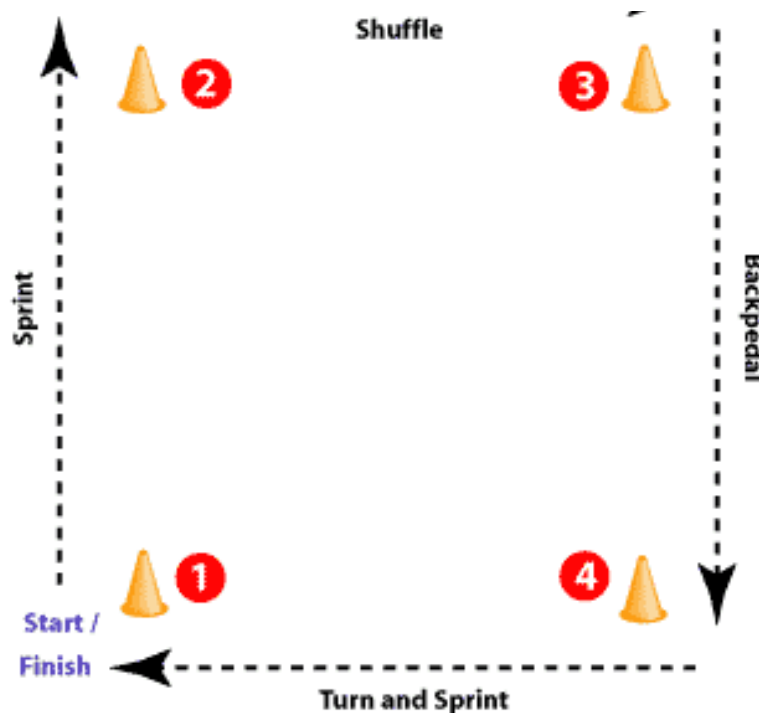
Make sure to pump your arms in rhythm with your legs to create balance and stability.

As you progress, you should speed up while maintaining good body control.

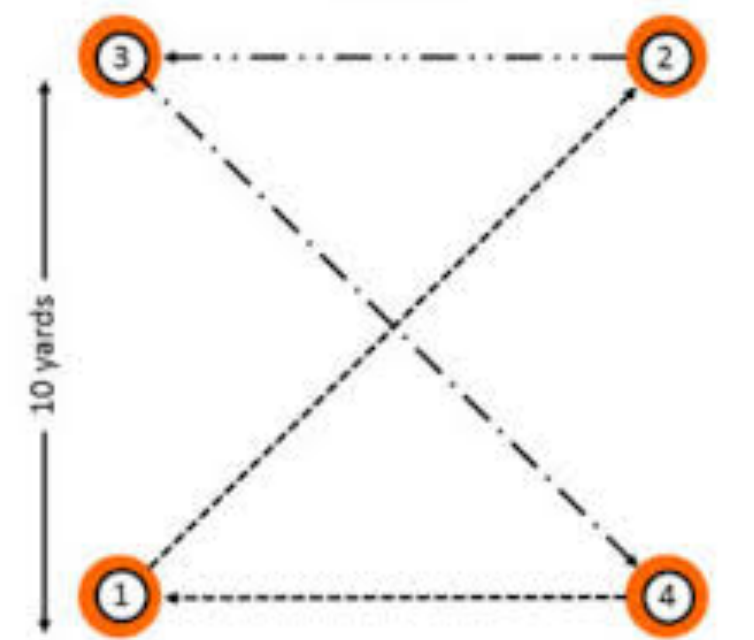
Football Drills



3 Cone Drill



Reaction Box Drill



Four Point Shuttle

Start at lowest level and increase difficulty when you can perform well. **(Balance, Speed, & Agility.)**

Please don't start your training until you have completed a solid dynamic stretching warm-up.

These drills work best when performed at full speed. Just like in a game situation. If you need to start slow to get the hang of things, that's fine. But work up to maximum intensity as soon as possible.

Do your speed and agility training while your body is fresh. **(If you're tired from strength training or practice, you're not going to be effective.)**

Each drill has suggested cone spacing, but feel free to move the cones closer or further apart. Closer cones will target agility, cones that are spaced further apart can help reaching top speed. **(Think about where you need to improve based on your sport.)**

Don't over train. 3 sets of 2-3 drills is plenty if you're going all out. Make sure to take a rest day in between training sessions to let your body recover.