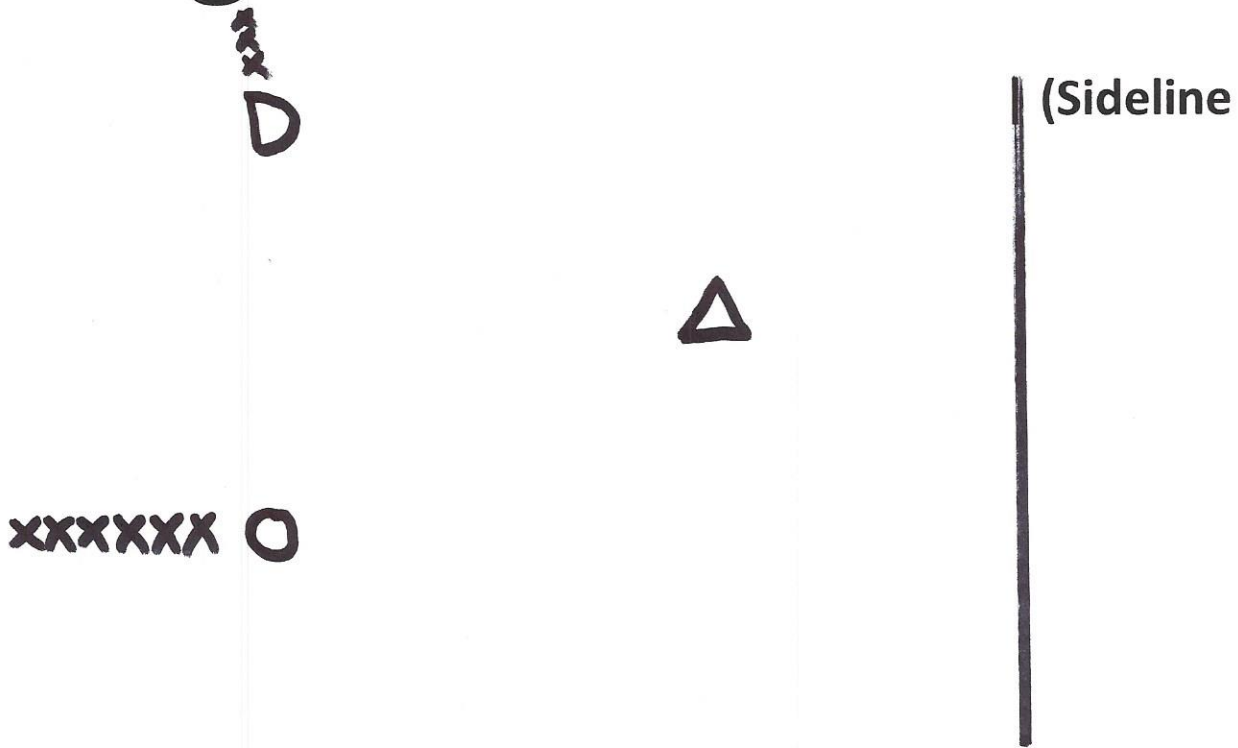
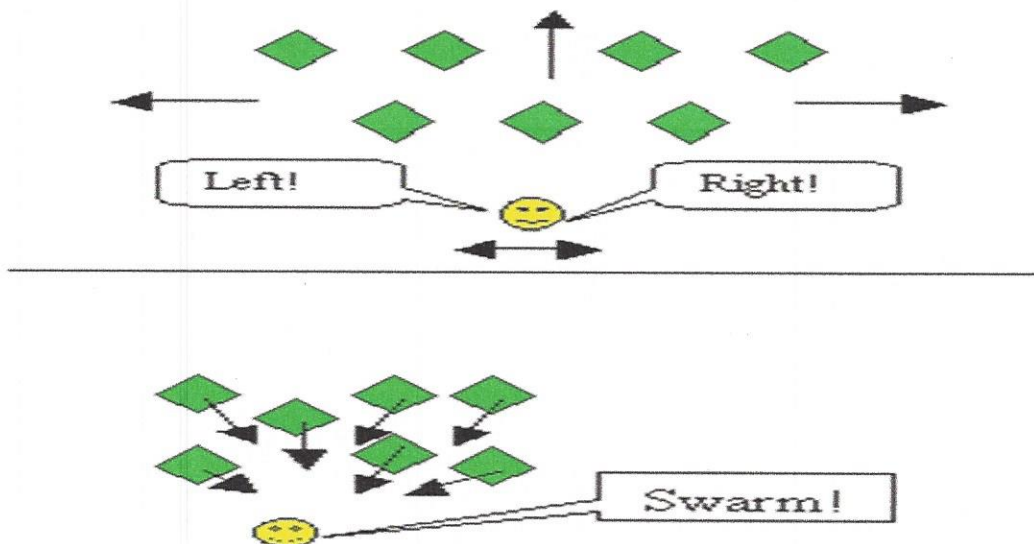


Angle of Pursuit – Drill



- 1.) On whistle, offensive player runs to the gap between cone and sideline and tries to beat defender into the end zone
 - a. Cannot cut back before the cone
- 2.) Add defenders and drill progresses
 - a. 1st defender must not get beat up the sideline
 - b. 2nd defender must not get beat with a cut-back
- 3.) Rotate offense and defense after each play.

Swarm Drill



How to Play:

- 1.) Make a large square using cones
 - a. Create another line of cones about 10 yards from square
- 2.) Players line up on sideline
- 3.) Call the first amount (3-6) of players into the square
- 4.) Coach calls out directions
 - a. Extends ball to the side (Left or Right)
 - b. Arm back to throw – players back peddle
- 5.) Coach brings ball to ground – yells “SWARM”
- 6.) Players sprint to the line 10 yards behind drill

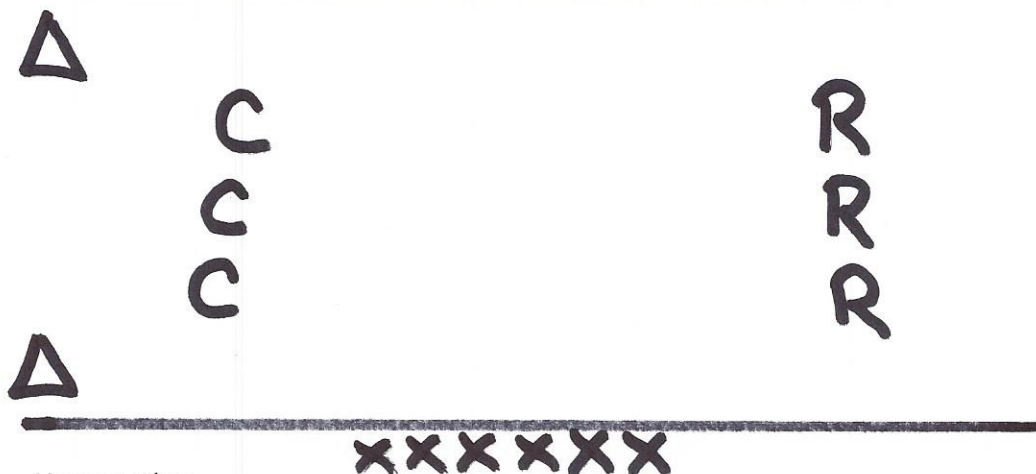
Coaching points:

Coverage Team:

- 1.) Players must shuffle their feet (NEVER cross over)
- 2.) Pump arms when back peddling.
- 3.) Eyes should always be in the backfield (at the coach)
- 4.) Players on sideline are encouraged to yell out directions and SWARM

Punt Return Drill

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How to Play:

- 1.) 3 players on each side (Receiving and Coverage)
 - a. Rest of team lines up on side line
- 2.) Coverage team kicks (throws) ball to receiving team.
- 3.) Receiving team must try to run ball into end zone
 - a. Laterals are encouraged
- 4.) Switch groups – next 3 from each team is in
- 5.) After all participants have gone – switch sides of field.

Coaching points:

Coverage Team:

- 1.) Players must stay in their lane
- 2.) Get down field as fast as they can
- 3.) Break-Down and pull flag
 - a. Look at the player's waist – not feet!

Receiving Team:

- 1.) One player must call for the ball ("I got it")
- 2.) Once the player attains possession of the ball
 - a. Run straight forward
 - b. Look for possible lateral
- 3.) Players without the ball
 - a. Block OR
 - b. Stay slightly behind the ball for a possible lateral

Passing Receivers Open – Drill



DB

DB(Add)

-----(L.O.S)

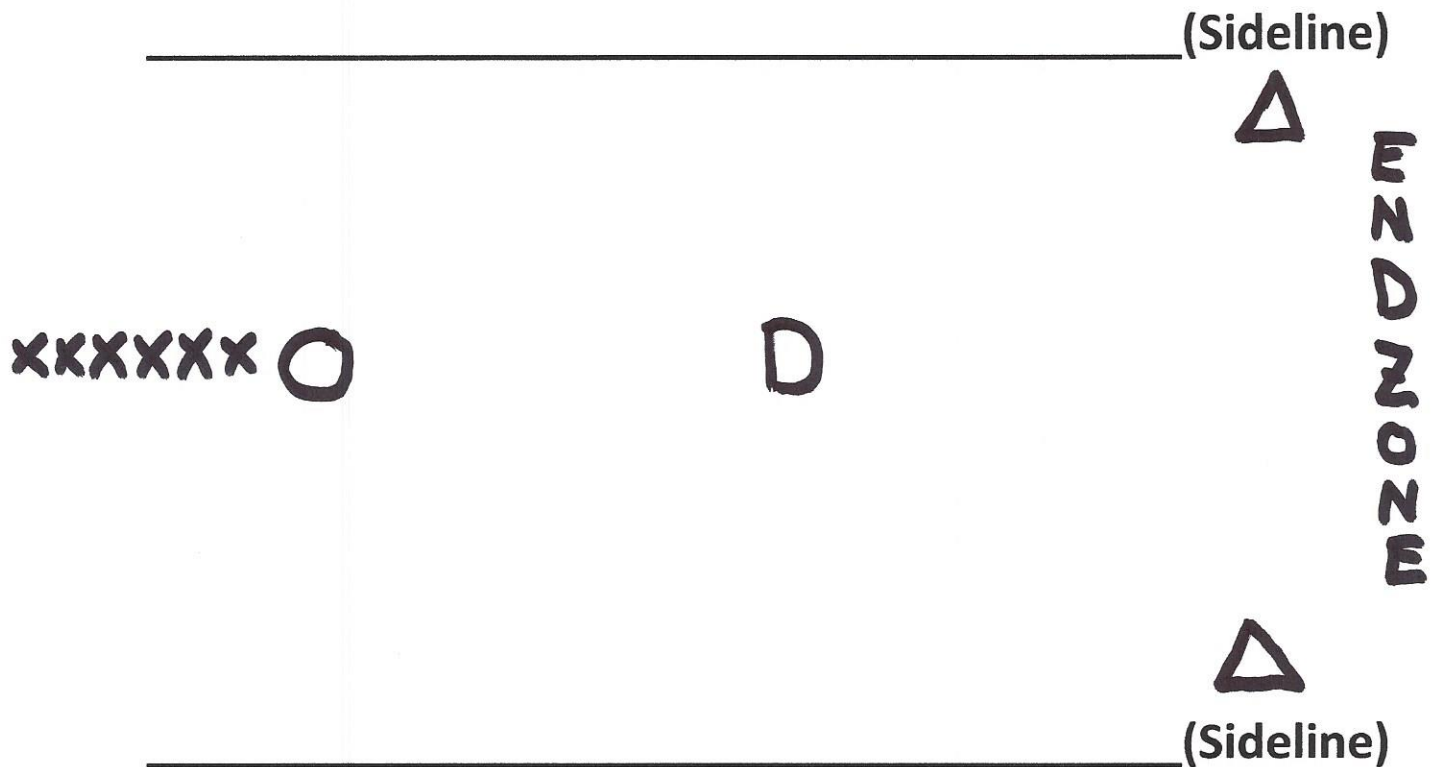
WR

WR(Add)

QB

- 1) QB Hikes Ball - Throws ball to one Area
- 2) WR must beat DB & Catch ball in Cened off Area

Thunder Dome – Drill



- 1.) Send one offensive player after the other
- 2.) As soon as the player beats the defender – send the next offensive player
- 3.) Count Flags pulled – switch defender
- 4.) Offensive players **MUST** pick up flags after drill (everyone has gone through)