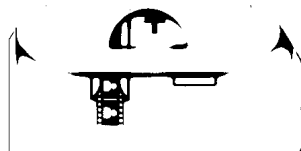


LEGEND

○ Offensive Player	△ Defensive Lineman
● Ball Carrier	△ Defensive Linebacker
⊗ Center	× Defensive Back
⊙ Blocking Lineman on Back	Ⓢ Coach
Ⓟ Passer	Ⓜ Manager
Ⓡ Receiver	□ Large Army

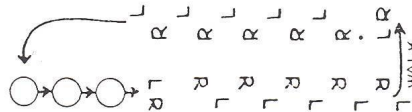
—————→	Path of Ball Carrier
- - - - -→	Path of Player
——— ———→	Backfield Fake
.→	Forward Pass



Agility and Reaction Drills

There are numerous agility and reaction drills and each drill has variations. The objective is not to present an infinite number of drills, although many of these may be revised for additional drills. Simple agility drills will be presented first, then reaction drills. Several agility-reaction techniques or fundamentals (drills) will be included, although this category will be considered in greater numbers in other sections of the book. The following drills may be used to develop agility and/or reaction:

1. High Stepper or Toe Dance Drill:



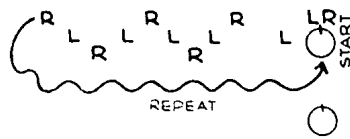
Purpose: To develop body balance and agility, and to stretch and loosen the muscles during warm-up.

Procedure: Straddling a line and facing the opposite side of the field, players follow one another across the width of the field—jogging with high knee action, stretching out the legs, crossing back and forth over the line, landing on the toes, getting torsion in the hips, and exaggerating the natural swing of the arms.

Coaching Points: Emphasize high knee action and hip movement, not speed. When landing on the toes, the right foot should alight on the left side of the line and the left foot on the right side of the line. Follow up with Carioca Drill.



2. Carioca or Grapevine Drill:



Purpose: To develop body balance, agility, coordination, quickness, and to stretch and loosen the muscles during warm-up.

Procedure: Players stand on lines, facing one end zone. When going left, the player steps laterally with his left foot, crosses over with his right foot in front, steps laterally with his left, crosses right foot behind left, and repeats—staying on the line for the specified distance. Coming back on line, player works to his right, steps laterally with right foot, crosses over with left in front, right laterally, left behind, etc. The palms and forearms are carried parallel with the ground and player exaggerates natural arm and shoulder movements.

Coaching Points: Emphasize exaggerated hip swing, trying to get a rhythmic movement (like the "carioca") rather than a mechanical movement. Increase speed gradually emphasizing short choppy steps and quick movements.

12. Forward Rolls (Somersault) Drill:

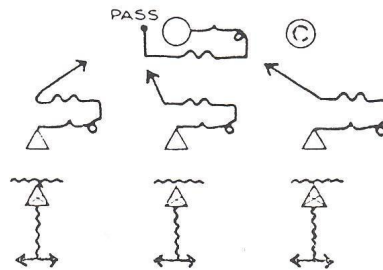
Purpose: To develop body balance and agility, and to teach how to fall and roll correctly on the ground and to regain feet to an upright position.

Procedure: Players start from a low position, literally rolling into the drill rather than diving into it initially. The initial shock is taken up by the hands as the palms are placed on the ground. The chin is tucked forward on the breastbone as the player buckles his body and brings his knees into his chest. As the elbows bend, cushioning the impact with the ground, the weight is caught on the shoulder blades at the base of the neck, and transferred downward to the buttocks as the player rolls. He grasps both ankles and gives an additional tuck and pull to create the necessary momentum to pull himself up onto his feet into a good football position. Repeat. Repeat.

Coaching Points: Stress low center of gravity and proper method of landing on the ground.



17. Follow-the-Leader Drill No. 1:



Purpose: To develop agility and quickness in reacting and changing direction.

Procedure: "Leader" is 10 yards away from followers who will "mirror" his movements—wave, somersault, crab, grass drill, until "leader" raises his hand as if to pass. If linemen are performing the drill, they terminate the drill by yelling "Pass!" and sprint toward the leader, raising their hands upward as they approach him. If secondary defenders are performing the drill, they, too, sound off when the leader raises his hand simulating a pass but drop off to cover their zones.

Coaching Points: Stress quickness and do not permit leader to extend reactions beyond five or drill will be ineffective for developing agility and reaction. It then becomes a conditioning drill.



Passing Techniques

A competent passer must be able to throw the bullet pass, the soft floating pass, and arch passes with good carry. He must be able to throw the deep pass with good trajectory, and the "clothesliner." He has got to drill the ball for the hooks and flat passes, and he must be able to lead crossing receivers who have different ranges of speed. He must know what to do when his receivers are covered. He must anticipate when the receiver is going to be open. He must be a hard worker, and possess coordination, or he will never become proficient as a passer.

The fundamentals of passing consist of the grip, ready position, delivery, and follow-through. Preparatory to passing the football, however, is getting set to pass, which will be considered first.

Getting Set to Pass

Getting into position to throw is one of the most important elements in being a good passer. Basically, there are three ways to set up to pass from the pocket: (1) For short passes the passer can just back-pedal. (2) He can turn his body sideways and get his required depth by using cross-over steps as he looks over his inside shoulder. This affords him good body balance, and he is able to watch his pattern develop. He is also able to see if a linebacker is firing (and his protection) on the side he is facing as he goes back to the pocket. (3) A combination of the first two techniques in that the passer sprints back to 5 yards employing the second technique for going to the pocket. He then turns and squares off backing-up, using the first technique, in order to observe any rush from the blind side and to get maximum field range. Several of the professional quarterbacks employ this technique when going 8 to 9 yards. While collegiate passers probably do not employ this third technique to any appreciable extent as they use the first two methods, at times it is employed when throwing the screen pass in order to pull the rushers deeper on their charge. Only the first two techniques will be discussed further. Regardless of the technique employed, the quarterback must get into throwing position as quickly as possible so that the ball can be released without any false moves as the receiver is breaking.



The back-pedal (back-off) technique. In this technique the depth at which the passer sets up is variable. If getting a strong rush from firing linebackers, it is a good method of getting rid of the football quickly. The passer merely starts back-pedaling. As the linebacker fires, the passer dumps the ball to one of his ends in the area from where the linebacker has fired. If the rush is not tough, the passer may drop back 5 to 6 yards, and then step up and throw in the direction he is facing.

The quick pass is more of a *step-back technique* as the passer may step back with his right foot first and is in position immediately to throw to his right. As he steps back, he pivots on the toes of his left foot, and as he raises the football to position to throw, the hips and shoulders aid him in turning at an oblique angle to the right. In order for the right-handed passer to throw to his left, some coaches teach a short, quick step back with the left foot first, then a regular right step back. As the passer raises the ball to throw the quick pass to his left, he shifts his body weight from his rear (right) foot to his left foot as he throws to his left.

A slight variation which other coaches teach is for the passer to step back with his left foot, then his right foot, so that his feet are now even and parallel with each other. In order to throw to the right, the passer turns his body, pivots on his right foot, steps with his left and throws to the right. If throwing to the left, the passer merely steps in that direction and throws. Whether passing to his left, right or straight down the middle, the passer should always step in the direction he intends to throw.

The cross-over step (sprint-off) technique. The most widely taught technique for getting set to pass from the pocket is to sprint-off with cross-over steps, although there are differences of opinion as to the number of steps, depth, and amount of time to set up. Several of these differences will be noted.

In order to throw from the pocket on a drop-back pass, the right-handed passer pivots on his left foot and steps back with his right foot, using his shoulders and hips to aid him in turning his body so that he will be looking over his shoulder. This affords him good body balance, and helps him get back quickly. Other reasons were mentioned previously. He may then cross-over left, right, left, right for a total of five steps in order to get his required depth. Or other coaches teach the passer to set up as follows, after he has stepped back with his right foot first: cross-over with the left, right, left, hopping from the left foot to both feet (total five steps) in order to get the required depth. If employing a total of only three steps it would be right, left, hop from left foot landing on both feet and the passer is in the set position. Some coaches advocate a hop or bounce, others do not.



Depending upon the size of his steps and the distance he lines up initially from his center (see Quarterback's Stance Techniques), the required steps should put him at a depth of 5 to 7 yards from the line of scrimmage. Some coaches want the passer at 5 to 6 yards, while others want him at 7 to 8 yards. In the latter case he may work up into the pocket at 6 yards before he throws the pass. The type of pass he is throwing will have a bearing on the depth he sets up. The time the passer has to get the football to the intended receiver also is a factor. The time allowed between the snap of the ball from the center and the moment when it has to be thrown is related directly to the number of receivers who release, the number of defensive men rushing, and the distance the football is to be thrown. The greater the distance, the more men needed to protect the passer, therefore the fewer receivers released, and the more faking and depth required of the passer.

With continuous work on driving back, it is possible for the T quarterback to get set to throw from 5 yards in one second. Other coaches feel that in setting-up at 7 yards from the back tip of the football, the passer must get set in one-and-three-tenths seconds.

Four seconds total time is considered good pass protection. From the time the quarterback receives the snap until he releases the football, if he has four-and-five-tenths seconds protection he should be able to throw any pass (depending on the route). A passer must be ready to throw to an alternate receiver if his first target is covered. This generally takes more time, and requires longer protection. It also requires much practice in drilling the passer.

The Grip

There are several acceptable ways of holding the football, but when the fingers are across the lacing the passer gets maximum control. Each passer should find a comfortable position for holding the football, so that on release, it will spiral without twisting the wrist. The proper grip for each individual should come naturally. Despite what feels natural for the passer, sometimes changing the grip will derive more favorable results. This is especially true when trying to improve or develop the young passer who is using his thumb across the lacing, as compared to the conventional method of putting the fingers on the lacing. Only the techniques of the conventional method will be discussed.

The conventional or fingers-on-the-lacing grip. Most of the professional passers place their fingers on the lacing, although there are always notable exceptions to the rule. The size of a passer's hand will determine to a large extent the most natural grip for him, and whether he places two or three fingers on the lacing.



The ball is grasped beyond the middle, toward the rear, fingers well spread, with the first joint of the two middle fingers over the lacing. (Start by placing the middle finger over the end lacing, or butting the finger against it. Then adjust individually.) The index finger is spread slightly beyond the lacing, and the tip of the little finger is on the lacing. The thumb is below the ball, and along with the fingertips holds the ball so there is "daylight" between the palm and the ball. By not placing the palm on the ball, and holding it with the thumb and fingertips, the passer has a more delicate "feel." The index finger is the controlling one of the grip, and acts as a directional guide.

The Ready Position

For better control the passer should use both hands to carry the ball into position. He grasps the football firmly in his passing (right) hand, and lightly with his balance (left) hand. The ball is put in the ready or "cocked" position with both hands, which is opposite the rear shoulder. He should keep his body under control, balanced, feet not wider than his shoulders, knees slightly bent, and weight over the balls of his feet, in order to be in position to shift his weight properly as he makes his delivery. This also furnishes the passer with the balance to move in any direction, such as stepping forward into the cup or running with the football if his receivers are not open. The receiver must always be ready to throw to an alternate receiver if his first target is covered. If the football is carried low as the passer goes to his spot setting up to pass, the split second required to get into throwing position allows the defense to cover his receiver.

The balance (left) hand is removed from the football, and the ball is cocked behind the rear shoulder on a line roughly with the ear. The elbow of the passing arm is bent naturally, with the upper arm almost parallel with the ground. The nose of the football should be tilted slightly upward, and most of the passer's weight should be on his rear foot.



The Delivery

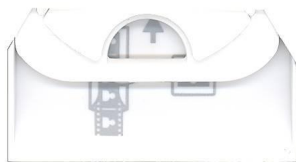
Once the football is in position, the passer should not make any false moves. The elbow is at a natural angle, not too close to the body. The throw should be overhand, not sidearm, in order to get the football over the up-raised hands of charging linemen. By throwing overhand, the passer will also have better control of the football, and can pass it more accurately. He can also pass it farther with an overhand delivery. The preferable motion in throwing a football is a sharp overhand motion, similar to that of a baseball catcher making his throw to second base.

While the passer is getting the ball into throwing position, he should keep his eyes downfield so he can watch his pattern develop. His body should face in the direction he intends to throw. The passer should step directly at his target, and permit his weight to shift from his rear to his front foot. He should not throw cross-arm, i.e., body turned to the right, but attempting to throw back to the left.

The elbow of the passing arm snaps downward, as does the wrist, so that the palm of the passing hand faces the ground after the delivery. The football is released a split second after the lead (left) foot has been planted.

The Follow-Through

The passer should permit his passing arm to follow-through naturally, continuing the forward and downward arm sweep, with his weight moving to his front foot. This should bring the passer's trunk in a direct line with the flight of the football, with the knees slightly bent. As soon as the passer releases the football, he should cover his pass for an interception in the direction of his throw.



Coaching Points on the Passing Techniques

It is interesting to note that poor passers generally do not throw from behind the ear. They usually bring the football to a position about 18 inches from their head, and this makes it difficult to control their throws.

The ball is thrown by a short whip or downward cut of the hand. When the football travels through the air, the nose of the ball should be level with the ground or pointing slightly upward. The nose of the ball should not point downward.

The passer must learn to throw the ball with a quick whip of his passing arm. This is invaluable on short passes. He must learn to float the football in front of a receiver. There is a tendency on long passes to overthrow, although the passer must learn to gauge the speed of his receivers. A good passer has a certain amount of depth perception. A poor passer does not have this attribute. Figuring how much to lead a receiver is a matter of intense practice and timing, as every receiver is different.

A passer must learn to throw to a spot, even though there is no receiver there. The receiver will appear at the right instant to catch the football. A passer must be taught to anticipate when a receiver is going to be open, and when to throw.

A passer should try to deliver the football at about head level, making the receiver raise his hands to catch the ball. If the receiver is facing him, the passer delivers the ball more on a line aimed at the receiver's chest.

The passer's check list. When working with a passer, a coach must continually check against the following errors:

1. Throwing off balance.
2. Throwing sidearm.
3. Not stepping in the direction of the pass.
4. Telegraphing the pass by watching the intended receiver run his pattern all the way.
5. Looking at the ground when setting up, instead of observing the pattern develop downfield.
6. Waiting until the receivers are open before throwing.
7. Dividing his attention by looking too much at the rushers.
8. Setting-up improperly, i.e., false-stepping, too slowly, too deep, etc.
9. Not covering the pass properly, including the failure to inform the blockers to cover the pass.
10. Not reacting properly when receivers are covered.



Receiving Techniques

Despite the obvious fact that a passer is only as good as his receivers and his protection, the typical fan frequently does not always realize that at least half of the success of a pass is dependent upon the player who catches the football. Prior to actually making the catch, he must release from the line of scrimmage and run the proper route. After catching the pass, he must run with the football. Pass receiving will be discussed under these four categories.

Releasing Techniques

A successful passing attack depends, in no small degree, upon the ability of the offensive ends to get free at the line of scrimmage and into the open to receive the pass. If they fail to get out into the pass pattern quickly, their speed and ability are of little value. When a receiver permits himself to be held up, it becomes almost impossible to complete the pass to him. In order to have good timing on a pass, the receivers must get past the line of scrimmage quickly.

There is a tendency to jam or chug the receivers at the line of scrimmage in certain situations. Ends should be drilled to expect this. Seldom will they be permitted to go into the defensive secondary unmolested in a passing situation. Therefore, the receivers should be coached and drilled to release quickly and to get away fast without being detained. The receivers should be taught several different releasing techniques so they will not become confused and expend valuable time and effort getting out on a pass.

There are a number of different releasing techniques, some more complicated than others. The simpler the technique the better, if it is effective in aiding the receiver in releasing. Two or three techniques will be sufficient, if they are effectively performed. Several techniques are as follows: split out or become a detached end or flanker; quick head-and-shoulder fake in one direction, go the other way; fake block or controlled block and slide out; crawl out on all fours. There are others.

Splitting out technique. Receiving ends should always release outside the defensive tackle and inside the defensive end, except in situations when it is impossible to do so. In other than an obvious passing situation, the end who is employing a tight release may be more effective and deceptive than one who is releasing from an extended position. In the former, if the end will merely move out an extra yard from his regular position he can exert additional pressure on a defensive lineman and/or linebacker. He will also have more room to clear the line of scrimmage.



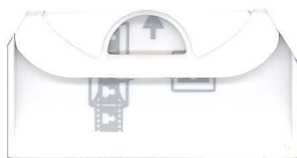
The simplest, most obvious and surest method of getting free is for the receiver to split out to a position away from the congestion of the interior line play. If the end splits out 5 yards or more and becomes a detached or flexed receiver, it is impossible for one defender to hold him up. The receiver has a two-way go—he can fake out and cut inside, or fake in and cut outside. However, in removing himself from the proximity of his own tackle continually, the offensive end limits his team's running attack to his side of the line. Then the danger of over-splitting is present. The latter position and tactic destroys some of the element of surprise and acts as a tip that a pass may be attempted. Consequently, an end may exercise his split option technique only in certain situations, and possibly not without his coach's approval.

On an obvious passing situation, i.e., third down and long yardage or late in the game when his team is behind, an end may split out to a far position on the coach's instructions. A tactic of this type will permit the receiver(s) to get out into the pass lanes and patterns quickly and will spread the defense. Under these circumstances, the end has little to gain by remaining in close to the tackle. The ends may be held up easily and not be able to get out into the defensive secondary.

Head-and-shoulder fake technique. The receivers should be taught to execute a quick head-and-shoulder fake inside, then slide outside, and vice versa. They should be drilled to stay low and move quickly because defensive men will instinctively bump the pass receivers if they are high and slow in releasing downfield.

When employing the head-and-shoulder fake, the receivers should over-emphasize their actions or the defensive player will not be fooled. The receiver should take a quick jab step to the inside staying in a low position, swing his head and shoulders hard and fast to the inside, and then push off quickly with his inside foot to the outside. The procedure is reversed if he wishes to release inside. He should fake outside first and then drive back inside.

Fake block or controlled block techniques. One technique is for the tight end to take a quick jab step with his lead foot, snap his head back, and bring his hands and arms upward hard and fast as if he were going to execute a high pass block on the defensive player. Instinctively the defensive man will raise up or step back so that he is not struck in the face. The hesitancy of the defensive player is all the offensive end needs to slide out unmolested. A receiver must be careful he does not actually strike the defensive player in the face and/or is penalized for illegal use of hands.



The second technique is to drive into the defender low and hard executing a controlled shoulder block, release, and slide off into the pattern. It must be an aggressive block or the defensive player will not be fooled. Generally, under these circumstances, a properly trained defensive player will turn the offensive end loose as he reacts to the block.

Crawl out technique. An offensive end may shoot outside the defensive player by scrambling on his hands and feet for a couple of yards, and then get up and go quickly when he gets past the defensive player. He may wish to use a head-and-shoulder fake first, and then crawl out on all fours. It may be necessary to block out aggressively, and then crawl out.

When two players are trying to pinch an end, he may dive on all fours between them and then come up running. Of course, if they hold him after he makes this move, defensive holding should be called by the officials. A counter-tactic to combat defensive holding will be suggested shortly.

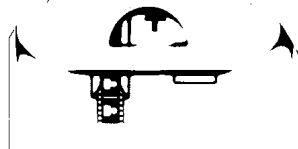
Some coaches teach a pivot-out or roll-off technique, which is not as basic and common as the previously mentioned techniques. Nor is it the simplest technique for the high school athlete to perform since he must be careful he does not get his feet crossed and get tied up at the line of scrimmage. Another technique is to dive out and roll, and to come up running.

If two defenders are pinching the offensive end, it may be better to block one and release from him, rather than to try to fight both of them. Or the end may wish to employ the crawl out technique, between both of the defenders.

Sometimes a receiver will have to use a combination of releasing techniques to get into the defensive secondary. As an illustration, he may employ a fake block or controlled block technique to release from the defensive lineman, and use a quick head-and-shoulder fake to get by the linebacker.

At times the defensive men will jam the offensive end and actually hold him illegally. There are few legal releasing techniques a receiver may employ to get free. In fact, the offensive player may be penalized for illegal use of hands if he tries to push in order to break free. Under these circumstances the receiver should shout as loudly as possible, "Holding!" in order to call it to the official's attention immediately. The normal reaction is for the defenders to release the receiver immediately. If they fail to do so, they should be penalized for defensive holding. By shouting, "Holding!" the receiver is merely calling the official's attention to what is happening. The receivers should be cautioned against using this tactic if the defenders are not actually holding them.

It is important that the receiver knows which procedure his opponent will use in trying to hold him up so that he can best free himself. As an illustration,



Do not fight the ball. Do not try to catch the ball until it is ready to be caught, is the second fundamental. Do not fight the ball; *stay relaxed* is another principle. Always try to catch the ball with the hands. The hands should be loose, soft, pliable, flexible. It has been said that good pass reception starts and ends in the player's hands. Keeping the hands loose makes it possible for the receiver to adjust to the speed and direction of the ball as he moves to catch it. As the ball makes contact with the receiver's hands, there should be a slight give in the arms to cushion the impact. The receiver should run with his hands about chest high, swinging his arms naturally in order to aid him with his running. By carrying his arms in this position, he can reach quickly and instantly to catch the football.

Gain control of the ball immediately. To be able to catch the ball and hold on to it while being tackled simultaneously is the mark of a good receiver. Therefore, another fundamental of pass reception is to gain control of the football immediately.

Placement of fingers, thumbs, and hands. Footwork is important, as is being in a good balanced position with the body under control in order to jump, stop or cut at any given time without wasting time. While the position of the fingers, thumbs, and hands are important in making the reception, sometimes coaches tend to over-emphasize these fundamentals as a receiver should catch the ball the easiest and most natural way. If the receiver has sufficient drill and is able to make the reception, whatever way he does is probably natural to him. However the following additional reception techniques are suggested:

1. If facing the passer and the ball is thrown at or below the waist, the catch should be made with the thumbs turned outward and palms facing upward.
2. If the ball is thrown chest high or higher, the catch should be made with the thumbs turned inward and the palms away from the face.
3. In making the catch going away from the passer, the receiver's palms should be open toward his face, and his thumbs should be turned outward.

An effort should be made to catch the football on the fingertips. When caught with the palms, there is not sufficient cushion to make the catch easy. The football should be caught away from the body in order to eliminate the possibility of its striking the pads or body and making the catch difficult. While it is not always possible to catch the football with two hands, a good receiver can tip the ball at times and make a one-handed catch. A one-handed stab will often result in a deflected ball that is likely to be intercepted. A receiver should remember the concluding coaching point, "If you cannot catch the football, be certain your opponent does not catch it." Desire is the first requisite of a good receiver.



many defenders are taught to play the head of the offensive man. Therefore, the quick head fake technique is sufficient for getting out. If two players move into position, such as on the Eagle defense, the receiver knows he will be jammed from both the inside and outside. Therefore, he will have to use one of the other techniques to get out other than a head-and-shoulder fake.

As soon as the release is made and the intended receiver is beyond the first defensive man, he must get his body under complete control as soon as possible. He should then run his route using maneuvering techniques to get open.

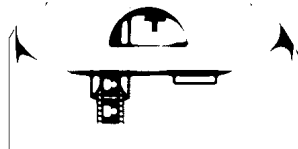
Catching Techniques

Catching the football is an art which combines timing, body control, and excellent hands. The average receiver can make the average catch—the easy one. The good receiver makes the difficult catch and comes up with the football. Catching a football with harassment at the time of the catch is slightly more of a problem than the difficulties encountered before and after the reception. The receiver is vulnerable to being “clobbered” when he handles the high pass that requires a jumping catch. His hands are above his head and his feet are off the ground as the defenders converge and attempt to separate him from the football. Poor receivers hear “footsteps,” and are not able to catch the football “in trouble.”

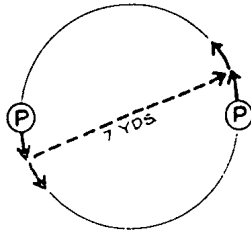
Some receivers often concentrate more on maneuvering and evading the defenders than on catching the football and do not run the prescribed patterns or routes. With the exception of the quarterback, the pass receiver is faced with more problems of timing and detail than any other member of the team.

The receiver should always expect the ball to be poorly thrown, and he will never be surprised when he gets a poorly thrown pass. Since the quarterback may have to throw the ball sooner than originally planned, the receiver should be prepared to make the reception at all times. He should run his route deep enough for a first down or a touchdown, but the receiver should not expect to score on every reception.

Look the ball into the hands. A forward pass is successful only if the receiver gains possession of the ball. The prime consideration should be concentration, and the receiver should *look the football into his hands*. He should concentrate only on catching the football first, before attempting to run with it. If a receiver does not master this fundamental, he will never become a good receiver.



3. Passer's Circle Drill:

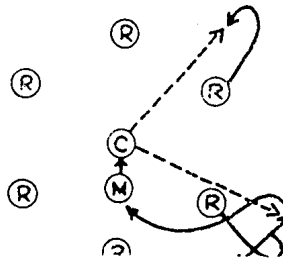


Purpose: To develop passing the ball on the run, footwork and body balance.

Procedure: Same principle as (2) Parallel Passing Drill, only passers work clockwise and counter-clockwise around an imaginary circle 7 yards plus in diameter when starting drill.

Coaching Points: Stress squaring the shoulders, and leading the receiver with a soft pass. Stress proper fundamentals of passing. Coach may blow whistle to indicate change of direction.

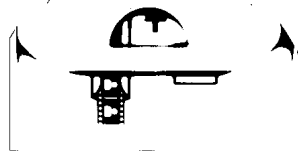
12. Receiver's Circle Drill:



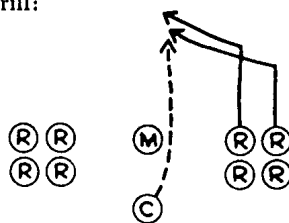
Purpose: To give receivers maximum practice in catching the ball, and running basic pass cuts in a short period of time.

Procedure: Passer (coach) is in the middle of a 10-yard circle (diameter). Manager beside him supplies the footballs to the coach. Coach calls the first pass cut, starts the drill, and each receiver in the rim runs the pattern one at a time, as the passer works counter-clockwise around the circle. Receivers return footballs to the manager. Repeat second, third, etc. pass cuts such as hook, square-out left, square-out right, left-and-up, etc.

Coaching Points: Stress catching the football correctly, and not on running the pass cuts. Hustle, keep drill moving quickly.



17. Receiver's Dog-Fight Drill:

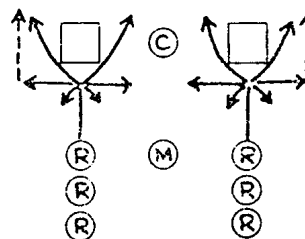


Purpose: To develop receivers competing for the football when it is in the air.

Procedure: Receivers line up in pairs, both running the same pass cut specified by coach (passer). He throws the football ahead, behind, favoring one man or the other, so the receivers must compete with each other to catch the pass. The objective is to catch the football, not shake the other receiver. Alternate left and right and the players inside and outside positions.

Coaching Points: Stress playing the football in the air, and not the man. No holding or shoving, but use the body to ward off the opposition.

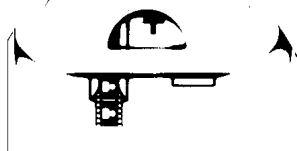
18. Outmaneuver-the-Defender Drill:



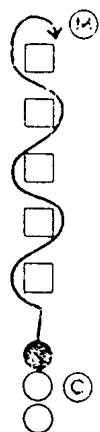
Purpose: To develop footwork and fakes to outmaneuver the defender.

Procedure: Two lines of receivers, backs and ends, no center or quarter-back, two upright dummies stationed 8 to 10 yards upfield, with the coach calling out the cut or maneuver. Receivers leave one at a time, alternating lines, with the manager calling the starting count, and the coach checking the footwork and fundamentals of the receiver. Receiver runs at about three-quarter's speed until he plants for his cut, then he turns it on after breaking. Cuts will be inside, outside, hook, hook and slide, hook and go, etc.

Coaching Points: Stress planting procedure, and faking with head, shoulders, facial expression, etc., before cutting sharply. Check initial speed in running first leg of pattern, then full speed after planting and breaking. Stress proper line-up, stance and release on starting count.



7. Shake-the-Tackler or Evasive Running Drill (progressive):

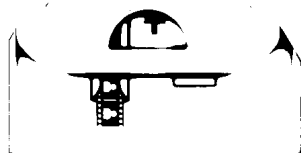


Purpose: To develop agility, body balance, evasive running techniques, and practice shifting the football from one arm to the other.

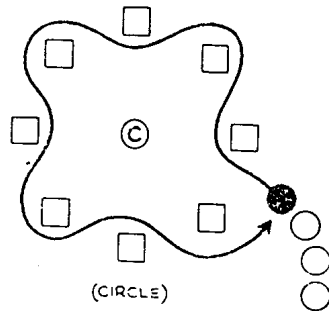
Procedure: Upright dummies are placed 5 yards apart, not held, in a straight line. The coach stands behind the first dummy and as the runner approaches, he signals right or left, after having first specified which technique is to be used. The ball carrier turns it on and sprints to the last dummy, circles, and returns to the end of the column of ball carriers to do the second running technique, etc. As soon as the first runner breaks and goes by the coach, the second runs directly toward him and the upright dummy before breaking in the specified direction using the prescribed running technique. A variation of this drill is for the coach to hold the first dummy by the straps and move it left or right, simulating a defender attempting to make a tackle. The ball carrier breaks opposite the direction the coach has moved the dummy.

After each technique has been practiced once or twice, the coach moves to either side of the first dummy out of the way, and the ball carrier uses the specified technique on each and every dummy in the column. When he gets to the last dummy he sprints for 5 yards more, then prepares to come back after the last ball carrier has cleared the last dummy.

Coaching Points: Stress running with the body under control. Always run directly toward the middle of each dummy, then break right or left, rather than angling from the outside of one dummy to the opposite side of the next one. Ball carrier should practice shifting the football in the prescribed manner, and may simulate shooting straight-arm.



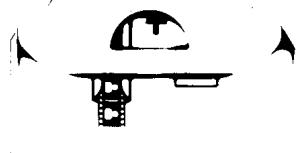
8. Evasive Running Circle Drill:



Purpose: To develop agility, body balance, evasive running techniques, and to practice shifting the football from one arm to the other.

Procedure: Same as (7) Shake-the-Tackler or Evasive Running Drill, only upright dummies are arranged in a circle 20 yards in diameter. Coach stands in the middle and specifies which technique is to be used.

Coaching Points: Same as for Drill No. 7. Players should not touch dummies. Manager sets up dummies if any fall over.



6. Hold and Drop the Ball Drill:

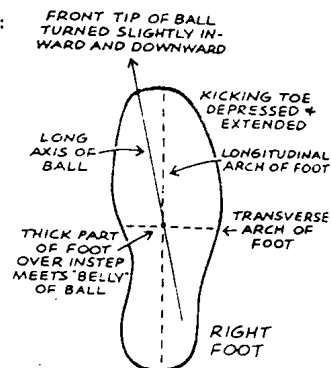
Purpose: To teach correct position of holding the football and dropping (placing) it on the kicking foot.

Procedure: The punter merely positions the ball in his hands and drops it. If the ball is dropped parallel to the ground, it will bounce back up toward his hands. If the front tip is turned slightly downward and inward (method recommended), the ball will hit and bounce backward and to the kicker's right. Both methods of dropping the football are used (depending upon the kicking coach).

Coaching Points: If the ball does not bounce in the prescribed manner, the kicker is not dropping the ball correctly. This means it would be positioned on the kicking foot incorrectly.

7. Positioning the Ball on the Foot Drill:

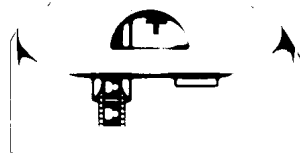
The Approximate Position of the Football on the Kicking Foot (Right-Footed Punter) ³



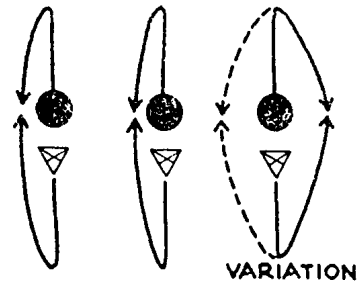
Purpose: To observe the reaction of the ball to the impetus given to it, after positioning it on the foot in the prescribed manner.

Procedure: Punters stand in pre-kick position 5 yards apart facing each other. One kicker bends over and places the ball on his kicking foot in the manner he wishes foot contact to be made. He removes his hands as he raises his kicking foot and flips the ball off of it to his partner. The two kickers continue to move away from each other 10, 15, 20 yards until they are getting the football to each other on a bounce.

Coaching Points: Stress positioning the ball on the foot properly. Punter should not "sling" the ball from the kicking foot. (Drill has limited value.)



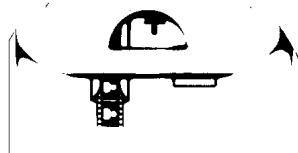
4. Back-to-Back Form Tackling Drill:



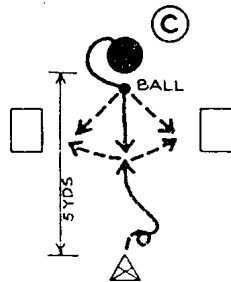
Purpose: To teach and develop the fundamentals and techniques of tackling.

Procedure: Ball carrier and tackler line up back to back facing away from each other. On first command both players walk slowly away from each other. On the second command, both whirl and turn, with ball carrier moving on a pre-determined path at a right or left oblique angle or coming straight at the tackler. Latter must sprint and meet ball carrier at the "crossroads," executing the proper form as in Drills Nos. 1 and 2. If head-on, he carries ball carrier back 5 yards before setting him down on his feet. Speed up drill going "live" after several turns left, right and head-on.

Coaching Points: Stress proper fundamentals and techniques of good tackling. When going live, give second command quickly so players do not get too far apart before tackling. Conclude drill live with ball carrier free-lancing, i.e., taking any course he wants to after the second command to evade the tackler.



5. Supine Tackling Drill:



Purpose: To teach and develop second reaction of getting up off the ground and executing the proper technique and fundamentals of tackling.

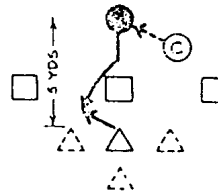
Procedure: Tackler in supine position on his back with the top of his helmet touching the front line of a 5-yard square. The football is placed 5 yards away at the back line of the square, at the heels of the ball carrier's feet, who is facing away from the tackler. On the coach's command the ball carrier must whirl around, pick up the football, attempt to evade the tackler, and get to the opposite side of the square. The tackler in turn must roll over quickly on the same command, spring to his feet, get in a good hitting position and tackle the ball carrier. Upright dummies are stationed 3 yards apart so the ball carrier has a limited area in which to evade the tackler.

Coaching Points: Stress proper fundamentals of tackling. If tackler is slow-footed in getting up from the ground, control the drill by giving him the command, but coach holds the football instead of putting it on the ground for the ball carrier to pick up. Then he flips the ball to the ball carrier, who must whirl around and attempt to evade the tackler.



11-12. In-the-Hole Tackling Drills:

11. 1-Versus-1 Tackling Drill (illustrated):

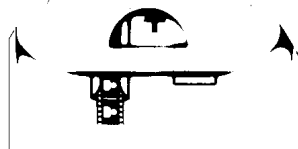


12. 2-Versus-2 Tackling Drill (broken lines):

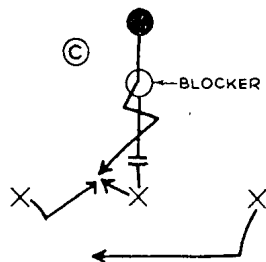
Purpose: To develop the proper techniques and fundamentals of tackling, and (12) to shed the blocker and gang tackle.

Procedure: Ball carrier and tackler are 5 yards apart, facing each other, with an upright dummy directly between them and a dummy 3 yards to either side so that the ball carrier must break off of the middle dummy and into the hole formed by it and one of the outside dummies. In (11) coach flips ball to ball carrier and at the same time the tackler moves forward and sets up in a good football position, with feet moving, attempting to meet the ball carrier in the hole as he veers left or right off of the middle dummy. In (12) the blocker tells the ball carrier which way to break, and he attempts to lead him through the hole. Tacklers may be in tandem or parallel with each other. The tacklers must shed the blocker and make the tackle in the hole.

Coaching Points: Stress proper fundamentals and techniques of tackling. After flipping the ball to the ball carrier, attempt to watch the tackler's eyes. Getting into the proper position is the most important part of tackling, regardless of the player's size.



13. Open-Field Tackling Drill No. 1:

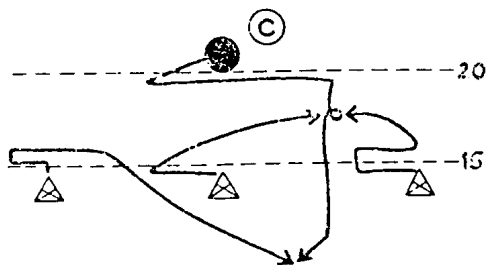


Purpose: To teach defensive secondary men to ward off or shed a blocker, control him, and make the tackle in open field.

Procedure: Defensive secondary men set up in their positions from line of scrimmage. Blocker goes for one man, with ball carrier behind him approximately 3 yards. Defender attempts to ward off blocker, control him, keep his feet free of the roll-back block, dispose of the blocker and tackle the ball carrier. Other two defenders close in on ball carrier and tackle him. Ball carrier can use any tactic to evade tacklers.

Coaching Points: Check pursuit angles of each defender. Stress open field tackling techniques.

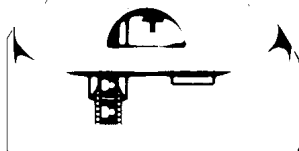
14. Open-Field Tackling Drill No. 2:



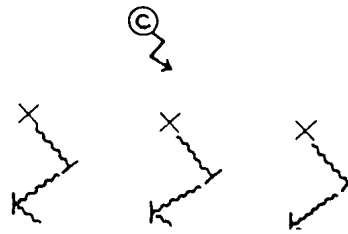
Purpose: To develop reaction, pursuit and tackling in the open field.

Procedure: Defenders (linebackers or defensive secondary men) line up in a "ready" position on their 15-yard line, with the ball carrier on the 20-yard line. Lateral distance may be increased until defenders are attempting to protect width of field. Defenders move laterally with ball carrier, but do not pursue him until he crosses the 20-yard line and attempts to score. Defenders must take proper pursuit angles.

Coaching Points: Stress proper pursuit and open-field tackling fundamentals.



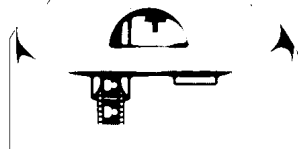
1. Defensive Wave Drill:



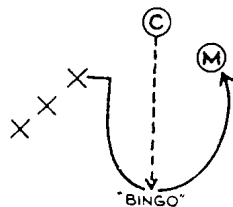
Purpose: * To improve individual defender's fundamentals to be in the proper position at all times, increase the interception distance, and to play the football after it is thrown; to improve team pass defense.

Procedure: From a good defensive football position, the three defenders react to the arm motion of the coach, using a cross-over step and moving at a diagonal angle backwards. When the coach (passer) indicates a change of direction, the defender plants his away (far) foot, pushes off turning to the inside, and uses a cross-over step going in the direction indicated. After 4 to 5 reactions, the ball is thrown and the defenders sprint to the interception point, with one man catching the ball and the other two leading interference back to the line of scrimmage.

Coaching Points (FOR ALL PASS DEFENSE DRILLS): Recognize and identify, "Pass!" Sound off with the interception signal, "Block!" ("Bingo!"), and pass it down the line. Sprint to the interception point. Peel-back on the intended receiver or lead interference quickly downfield. Stress proper planting procedure. No false-stepping. Catch the football at highest point with arms, hands and fingers extended. Do not wait to catch ball on its downward path. Change quickly from defense to offense, and score.



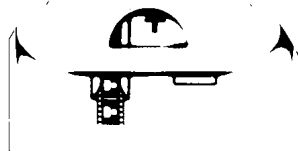
4. Back-Up Interception Drill:



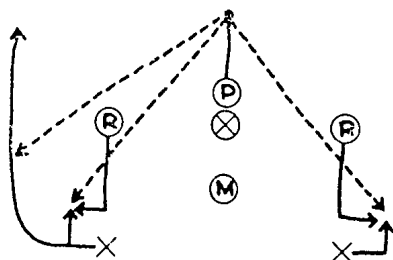
Purpose: To develop reaction, footwork, agility in going backwards to catch the football.

Procedure: Coach raises the ball indicating "Pass." Defender sprints backward, turning body outward and looking over the inside shoulder, as fast as possible. The ball should be thrown high and hard so the defender must stretch to catch the ball, playing it at its highest point, yet maintaining his balance. Defender should not false-step. He should put the ball away and reverse his field immediately after catching the ball. Stationary receiver (manager) may be placed behind the defender 10 yards and coach (passer) uses him as a target when throwing the ball high and hard. Occasionally, throw a soft pass so defender must plant, and come back immediately to catch the pass thrown in front of him.

Coaching Points: Stress proper fundamentals of catching the football, putting it away, and running hard after intercepting the ball. Follow-up with (23) Fight-Back Drill, Chapter 13, simulating defender and receiver fighting for the ball thrown between them while going away from the passer. Then stress going through the opponent to catch the ball.



23. Dog Fight or Position on Receiver Drill:



Purpose: To teach individual defender always to have proper position on the receiver.

Procedure: Defender sets up in a good defensive football position and reacts when coach raises arm indicating pass. Receiver runs a square-out pattern and passer (coach) places the ball so defender must go through the receiver in order to intercept the pass. At times the ball should be thrown so defender can break past receiver and intercept the pass, in order to build confidence.

Coaching Points: Defender should maintain an approximate position of 3 yards vertically and 2 yards laterally outside the receiver, until the ball is released. Check for false-stepping, and running in an arc. At times underthrow and overthrow the receiver in order to determine if defender is playing the passer and the ball, or merely covering the receiver.

