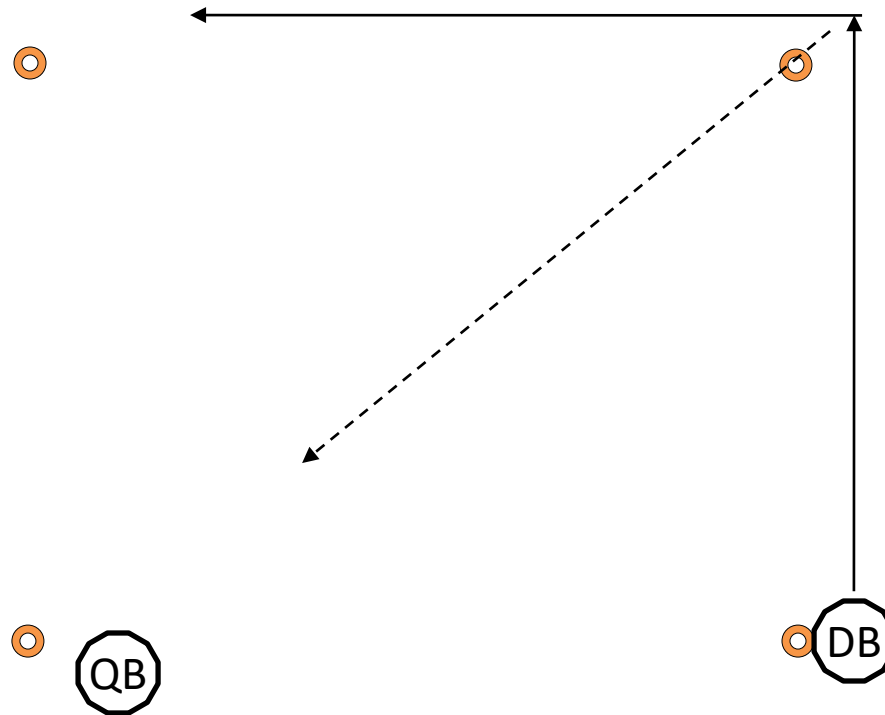


# 1. SQUARE DRILL

PERFORM 4 REPETITIONS : WORK IN BOTH DIRECTIONS

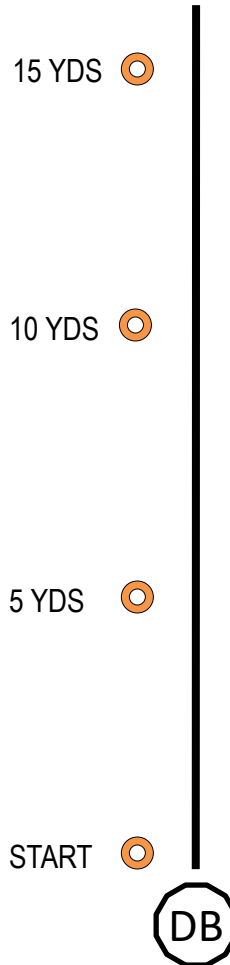


- Set up a 10 yard square with four cones as shown above. Perform with a partner.
- Emphasis should be on a good stance, good backpedal, good pad level, exaggerated thigh lift when we flip and eyes on the quarterback throughout the drill.
- Perform the following drills. Once in each direction:
  1. Backpedal and jog. Catch the football before you get to the third cone. (teaching speed)
  2. Backpedal, buzz down on second cone and jog to third cone. Finish with ball drill. (teaching speed)
  3. Backpedal, flip inside, buzz down on second cone and jog to third cone. Finish with ball drill (teaching speed)
  4. Backpedal, buzz down and break at 45 to fourth cone. Finish with ball drill (3/4 speed)
  5. Backpedal, flip inside, buzz down and break at 45 to fourth cone. Finish with ball drill (full speed)

## 2. FLIP & DOUBLE FLIP ON A LINE

PERFORM 4 REPETITIONS : FLIP AND DOUBLE FLIP BOTH WAYS

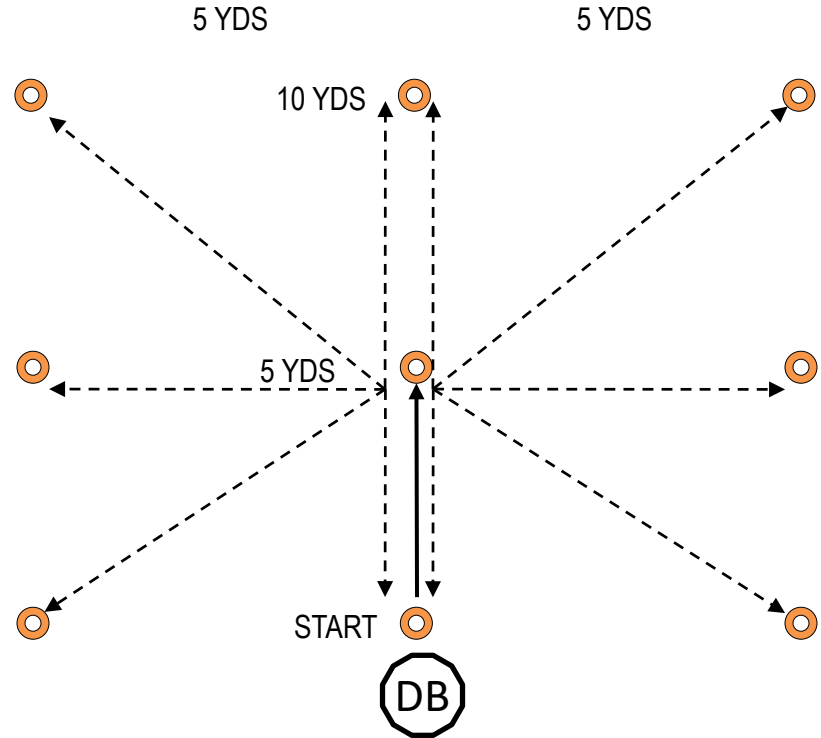
- Set up the drill on a yard line and place cones as shown.
- The first part of this drill is flip on a line. Start by backpedaling on straight back on a line with your eyes on the ball. Flip your hips at the 5 yard mark. while exaggerating the knee lift. Keep your eyes on the ball as you run on a line to the 10 yard mark. Buzz your feet down and sprint back through the start line. Flip in both directions.
- The second part of this drill is to double flip on a line. Flip your hips as done previously at the 5 yard mark. At 10 yards, flip your hips in the opposite direction and run on the line to the 15 yard mark. Buzz your feet down and sprint through the start line. Remember to exaggerate the knee lift and to initiate the double flip in both directions.
- You should perform each of these drills in both directions for a total of 4 repetitions.
- If you are working with a partner you can add a ball drill at the end of each rep.



# 3. BACKPEDAL AND BREAK

PERFORM 10 REPETITIONS

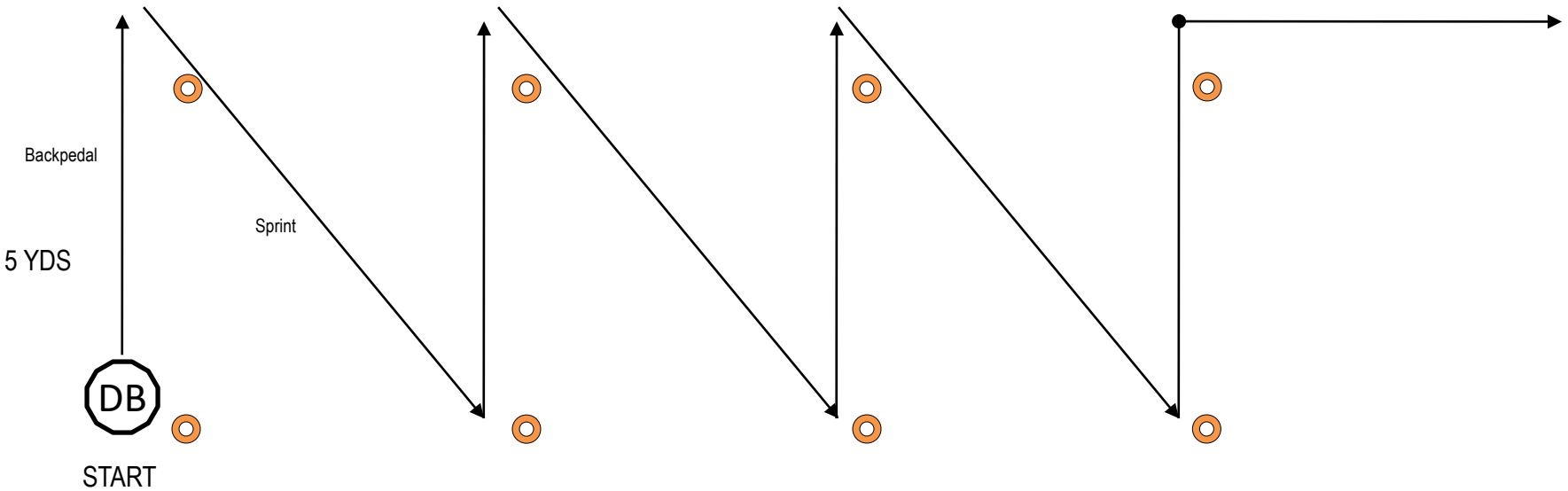
- Set up the drill with 9 cones as shown. Perform with a partner.
- Start the drill by taking your backpedaling to the middle cone while keeping your eyes on the ball.
- Buzz your feet down at the middle cone. And break in one of the following directions:
  1. Straight downfield
  2. Downfield at a 45 degree angle
  3. Laterally at 90 degrees
  4. Upfield at a 45 degree angle
  5. Straight upfield
- Work on breaking in each direction and finish the drill by catching a football as you break to each cone.
- Break in every direction.
- As you progress, add a reactive element to the drill by having your partner point to your break cone. In this case, the objective is to react quickly and break to the proper cone.



# 4. W DRILL

PERFORM 4 REPETITIONS (2 IN EACH WAY)

SPRINT & CATCH  
THE FOOTBALL

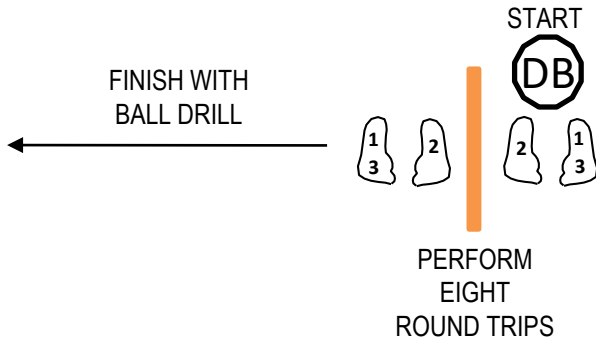


- Set up the drill as shown. The cones are spaced five yards apart.
- Start the drill by backpedaling to the first cone. Keep your shoulders square. See the cone in your peripheral vision.
- Buzz your feet down on the first cone and sprint straight to the third cone.
- Buzz your feet down and backpedal to the fourth cone.
- Repeat once again and finish the drill by sprinting laterally and catching a football.
- Perform this drill twice in each direction.

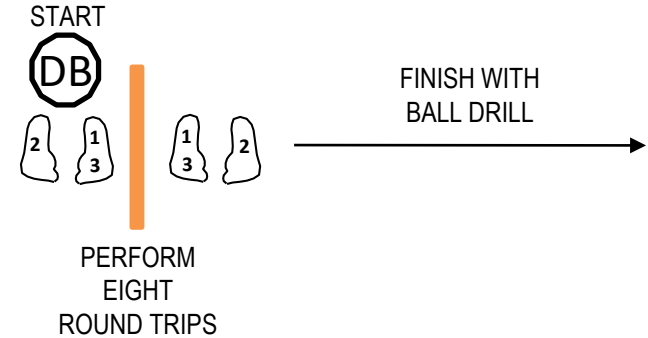
# 5. LATERAL HAT DANCE

PERFORM 1 REP IN EACH DIRECTION (BOTH INSIDE AND OUTSIDE LEAD)

## PART A: INSIDE LEAD



## PART B: OUTSIDE LEAD



### PART A: INSIDE LEAD

- You will need an agility hurdle or agility bag for this drill
- Start on one side of the hurdle/bag.
- Leading with your inside foot, step over the hurdle. If you are leading with your right foot the 3 count sequence should be R-L-R on the other side of the hurdle. The emphasis should be on maintaining good pad level, navigating the hurdle with quick feet and keeping your eyes up (not down at the ground).
- Step over to the other side, leading with your inside foot.
- Repeat for a total of 8 round trips.
- Finish the drill by stepping over the hurdle with your inside foot, sprinting laterally and catching a football.
- Perform once in both directions.

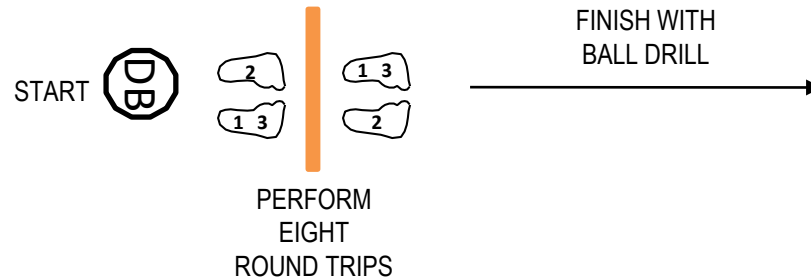
### PART B: OUTSIDE LEAD

- Complete the drill the same as Part A but lead with your outside foot.
- You should be crossover stepping over the hurdle each time if you are doing this correctly.
- As in Part A, finish the drill by sprinting laterally and catching the a football.
- Perform once in both directions.

# 6. LINEAR HAT DANCE

PERFORM 4 REPETITIONS (2X WITH RIGHT FOOT LEAD & 2X WITH LEFT FOOT LEAD)

## LEFT FOOT LEAD



### PART A: LEFT FOOT LEAD

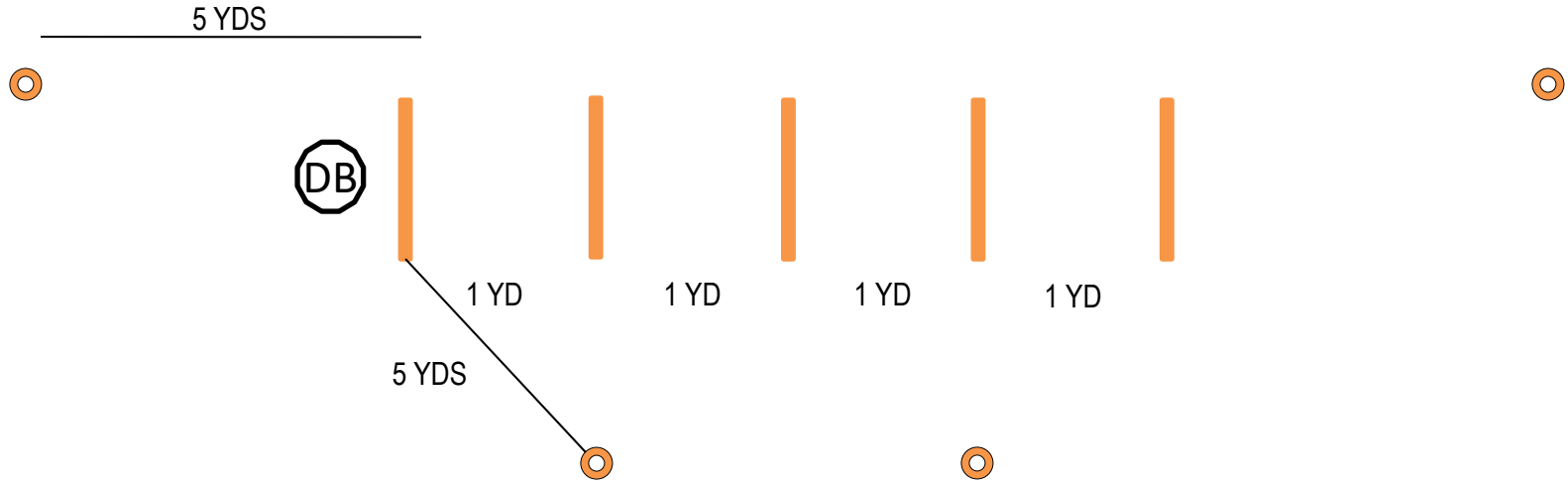
- You will need an agility hurdle or agility bag for this drill
- Start on one side of the hurdle/bag as shown above.
- Leading with your left foot, step over the hurdle. The 3 count sequence should be L-R-L on the other side of the hurdle as shown. The emphasis should be on maintaining good pad level, navigating the hurdle with quick feet and keeping your eyes up (not down at the ground).
- Step backward over the hurdle in the same manner. Face the same direction and keep your shoulders square.
- Repeat for a total of 8 round trips.
- Finish the drill by stepping over the hurdle, sprinting forward and catching a football.
- Perform two repetitions.

### PART B: RIGHT FOOT LEAD

- Complete the drill the same as Part A but lead with your right foot.
- Perform two repetitions.

# 7. BAG OR HURDLE DRILLS

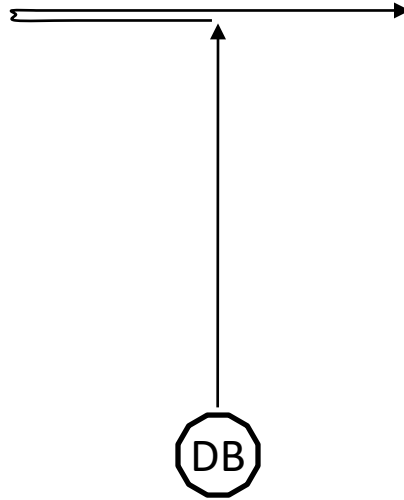
PERFORM EVERY EXERCISE DOWN AND BACK.



- Set up five cones or hurdles and four cones as shown above.
  - Perform each one of the following drills in both directions. Be sure to maintain a good pad level and arm swing throughout each drill:
1. One in the hole (Run through hurdles, placing one foot in each gap. Sprint through the cone)
  2. Two in the hole (Run through hurdles, placing both feet in each gap. Sprint through the cone)
  3. Shuffle Break at 90 (Shuffle through hurdles keeping your eyes up. Turn and burn off of last hurdle through the cone)
  4. Shuffle Break at 45 (Shuffle through hurdles. Plant and drive on last hurdle at a 45 degree angle. Do not let your trailing foot come over the last hurdle. Sprint through the cone downfield)
  5. Crossover Run (Keeping your shoulders perpendicular to the hurdles, crossover run through the hurdles. Sprint through the cone)
  6. Backpedal Weave (Keeping your shoulders perpendicular to the hurdles, backpedal around the first hurdle then sprint to the top of the next hurdle. Weave through the hurdles and turn and burn off of the last hurdle through the cone)
  7. Shuffle Chop (Shuffle behind the hurdles. Defend the chop at each hurdle. Turn and burn off of the last hurdle through the cone).
  8. Redirection (Shuffle to the fourth hurdle, plant with your leading foot and shuffle back to the second hurdle. Plant with your leading foot and shuffle through the remaining hurdles. Turn and burn off of the last hurdle through the cone)

## 8. T-SPEED TURNS

PERFORM 4 REPETITIONS (TWICE EACH WAY. SHOULD BE PERFORMED WITH A PARTNER)



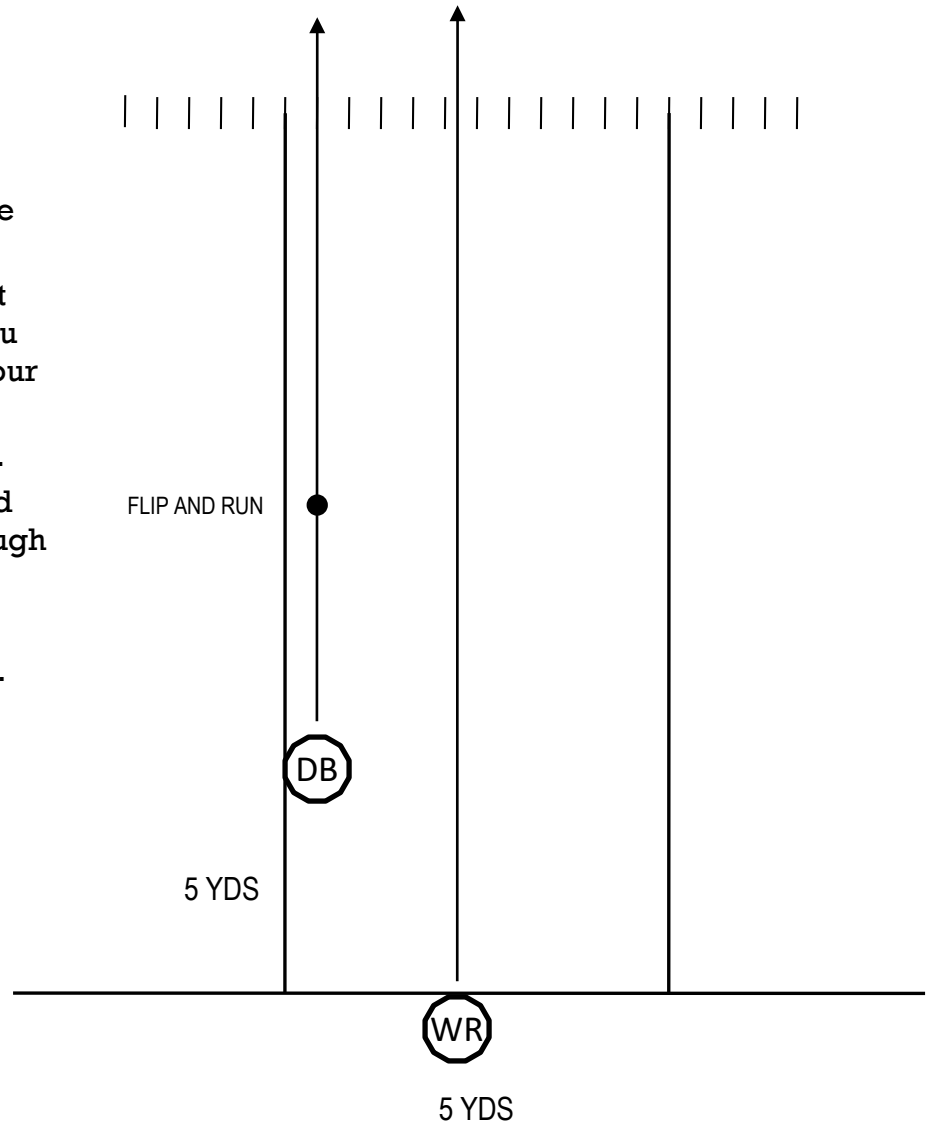
- You will need a partner to direct you for this drill.
- Initiate the drill by backpedalling straight back. Use good form and keep your eyes on the quarterback.
- The quarterback's job is to point in one direction. On his signal, buzz your feet down and break at a 90 degree angle. The quarterback should immediately point in the opposite direction. On his signal, perform an exaggerated speed turn. Whip your head around and run down the same line, forming a T with your path.
- Finish with a ball drill.
- Perform 4 repetitions, two in each direction.



# 9. CUSHION BREAK

PERFORM FOUR REPETITIONS (2 FLIPS IN EACH DIRECTION)

- Use a five yard area on a football field between the sideline and the hash mark.
- Start with a five yard cushion from the wide receiver.
- The first part of the drill is to backpedal once the wide receiver starts his route.
- Maintain your backpedal and let the receiver run past you. Be sure to notice when you feel uncomfortable. You must get flipped before you have this feeling. That is your cushion.
- Once you know your cushion. Perform the drill again.
- This time, get flipped once your cushion is broken and run with the wide receiver. Get on his hip and run through the hash mark.
- Repeat with opposite leverage and flip the other way.
- Perform this drill four times (2 flips in each direction).



# 10. WEAVE DRILL

PERFORM 4 REPETITIONS (2X WITH LEFT LEVERAGE AND 2X WITH RIGHT LEVERAGE)

- Use a ten yard area on a football field between the sideline and the hash mark.
- Start with a five yard cushion from the wide receiver.
- The drill is initiated once the receiver starts his route.
- The DB's objective is to maintain his leverage and cushion throughout the drill. Backpedal weave so that you have constant vision on the WR and the QB. Point your hips at an angle as you backpedal so you can get this done. Be sure to maintain a good pad level and backpedal technique.
- Never let the wide receiver get nose up on you!
- Stop once you get to the hash.
- Perform this drill twice on each side of the WR.

