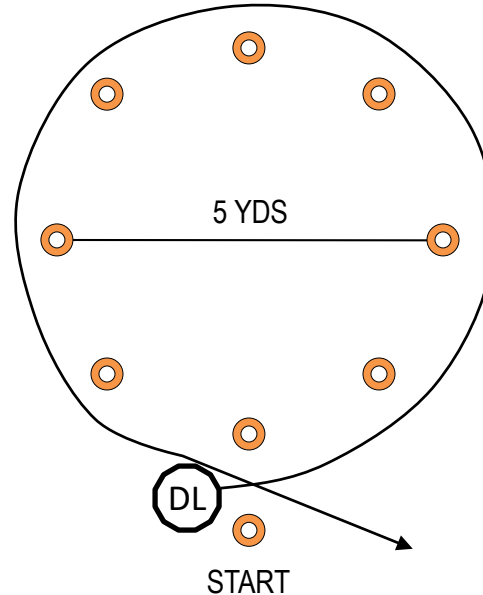


# 1. CIRCLE LEAN DRILL

PERFORM 4 REPETITIONS : TWICE IN EACH DIRECTION

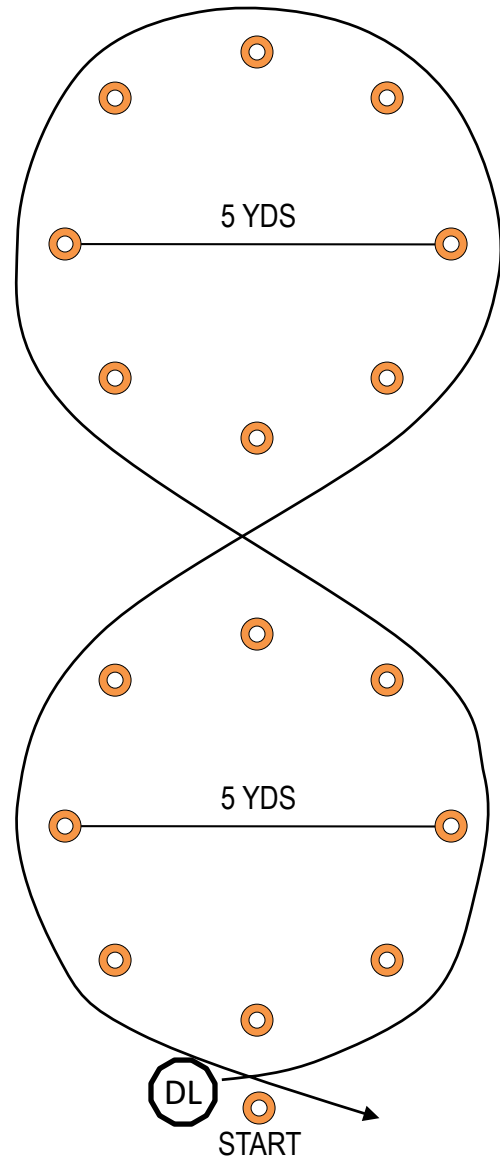


- Set up a circle with a five yard diameter using 8 cones as shown. Use one more cone for a starting point as shown.
- Get in a sprinter's stance and fire out low and hard. If you have a partner, have them start the drill by snapping a football with a cadence. Sprint around the cones. Stay tight to the cones using a good body lean. Sprint through the starting cone as shown.
- Perform this drill twice in both directions for a total of 4 repetitions.

# 2A. FIGURE EIGHT DRILL

PERFORM 4 REPETITIONS : TWICE IN EACH DIRECTION.

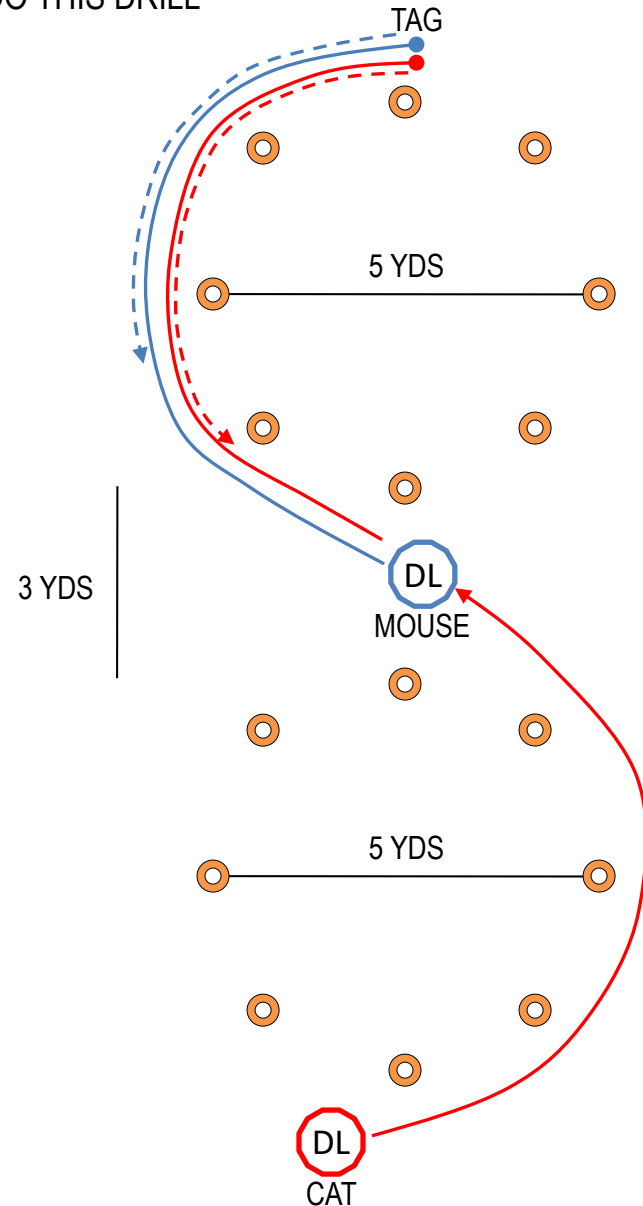
- Set up two circles with a 5 yard diameter as shown. Each circle should be 3 yards apart.
- Start in a sprinter's stance. If you have a partner, start the drill with them snapping the football. Otherwise, go when you're ready.
- Sprint around the cones in a figure eight pattern. Stay low and use great body lean to stay tight to the cones.
- Sprint through the starting cone as shown.
- Perform this drill twice in each direction for a total of 4 repetitions.



# 2B. CAT AND MOUSE

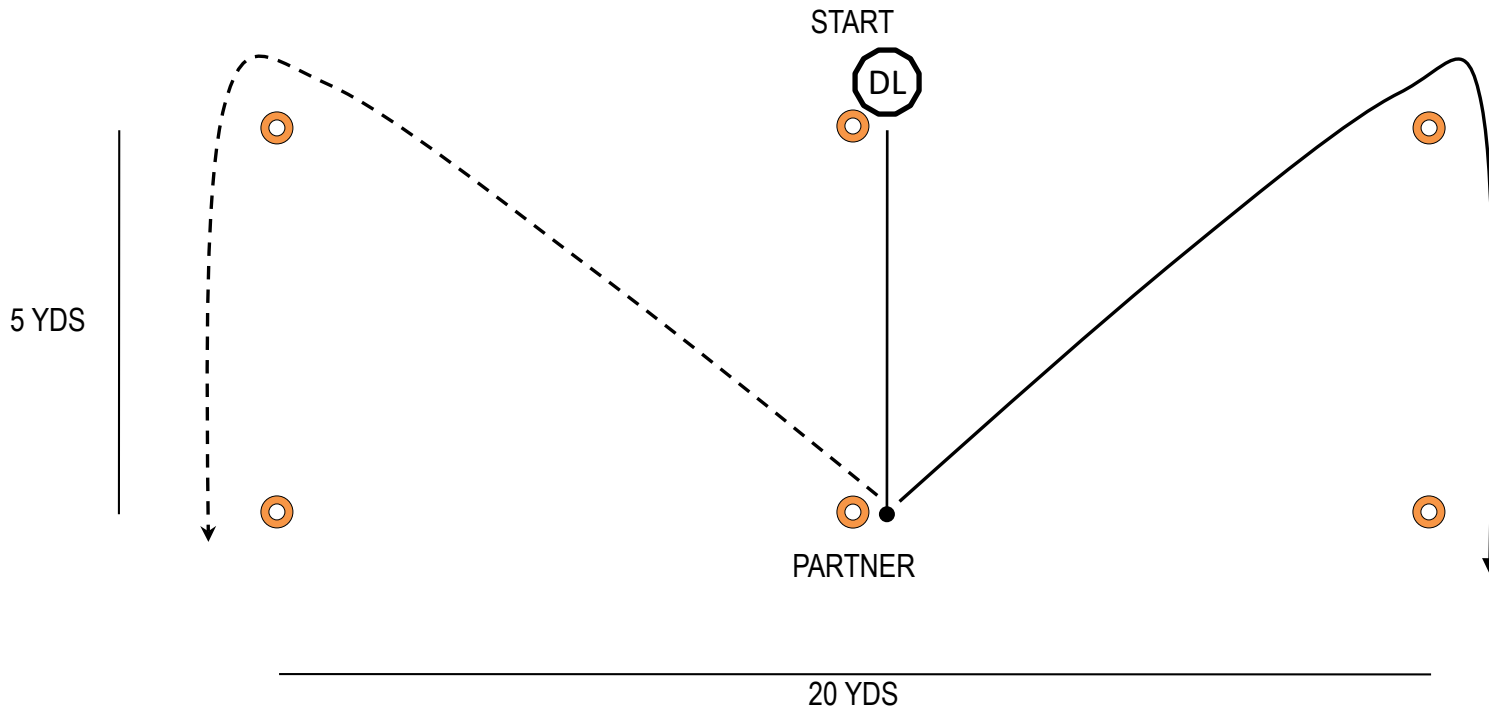
PERFORM 2 REPETITIONS : YOU MUST HAVE A PARTNER TO DO THIS DRILL

- Set up two circles with a 5 yard diameter as shown. Each circle should be 3 yards apart.
- Both players start in a sprinter's stance. Initiate the drill on READY-SET-GO!
- Sprint around the cones in a figure eight pattern. Stay low and use great body lean to stay tight to the cones. The cat tries to catch the mouse as each player sprints around the cones in a figure eight pattern. If the cat tags the mouse, reverse the direction and the cat now becomes the mouse. The new cat chases the mouse around the cones. This continues until each player has completed a total of 4 figure eight revolutions.
- Perform this drill two times.



### 3. TAKE OFF AND REACT DRILL

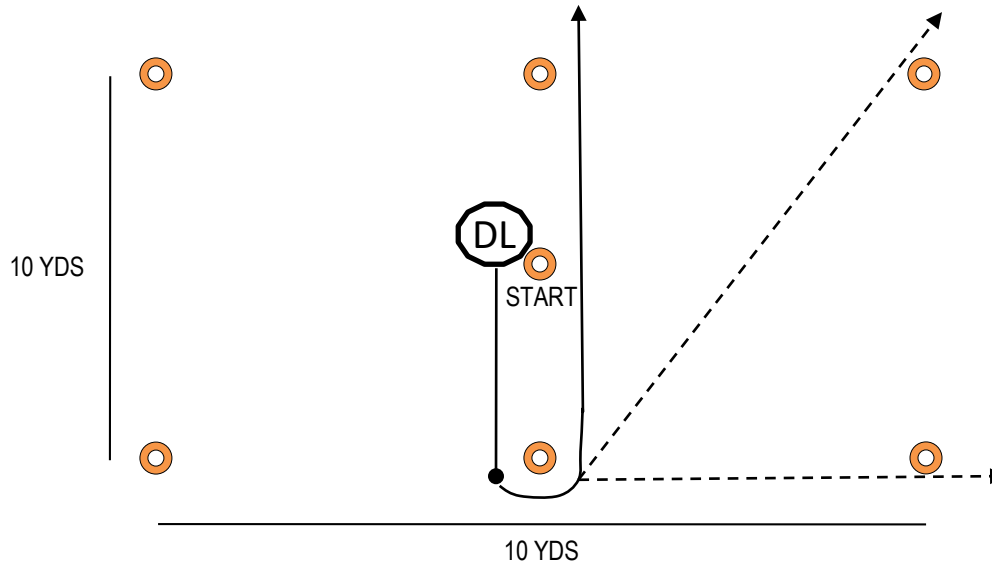
PERFORM 6 REPETITIONS. YOU WILL NEED A PARTNER FOR THIS DRILL



- Set up the drill as shown.
- The defensive lineman starts on the middle cone in a three-point sprinter's stance. He starts the drill by coming out of his stance low, with a flat back and sprinting straight ahead. As he comes to the first cone, he buzzes down his feet as his partner gives him a directional signal.
- The DL sprints to and around the indicated cone and sprints back toward the fourth cone as shown.
- Perform this drill six times.

# 4. BREAK PURSUIT DRILL

PERFORM 10 REPETITIONS (RUN 2X THROUGH EACH CONE)

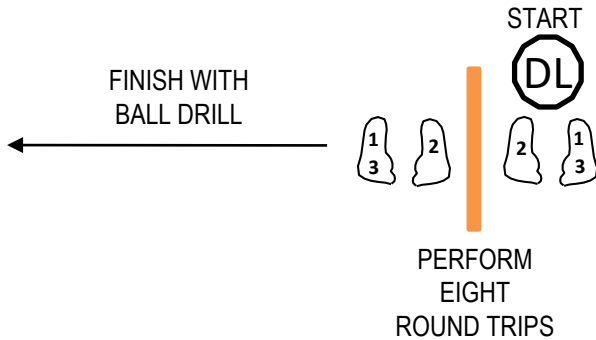


- Set up 7 cones as shown.
- Start at the middle cone in a 3-point stance.
- Fire out of your stance and sprint to the first cone. Buzz your feet down and break toward any one of the five cones. Break straight back, at a 45 degree angle or at 90 degrees.
- Redirect and sprint through the cone you choose.
- Perform 10 repetitions (sprint to each cone twice)
- Add a reactive element to this drill by having a partner direct you your break cone as you break down.

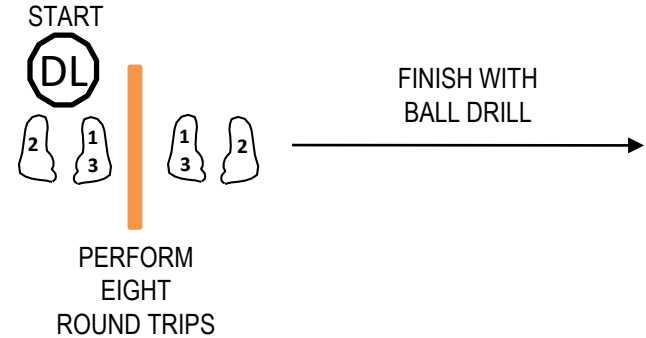
# 5. LATERAL HAT DANCE

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.

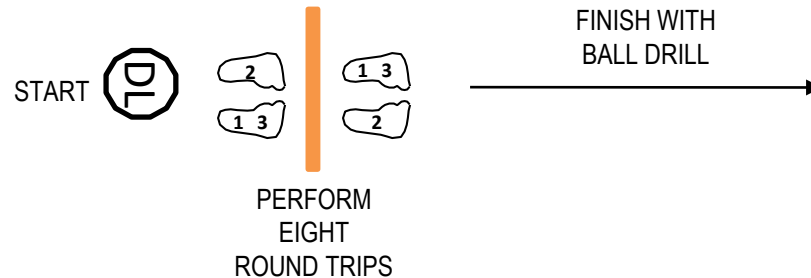
### PART B: OUTSIDE LEAD

- 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

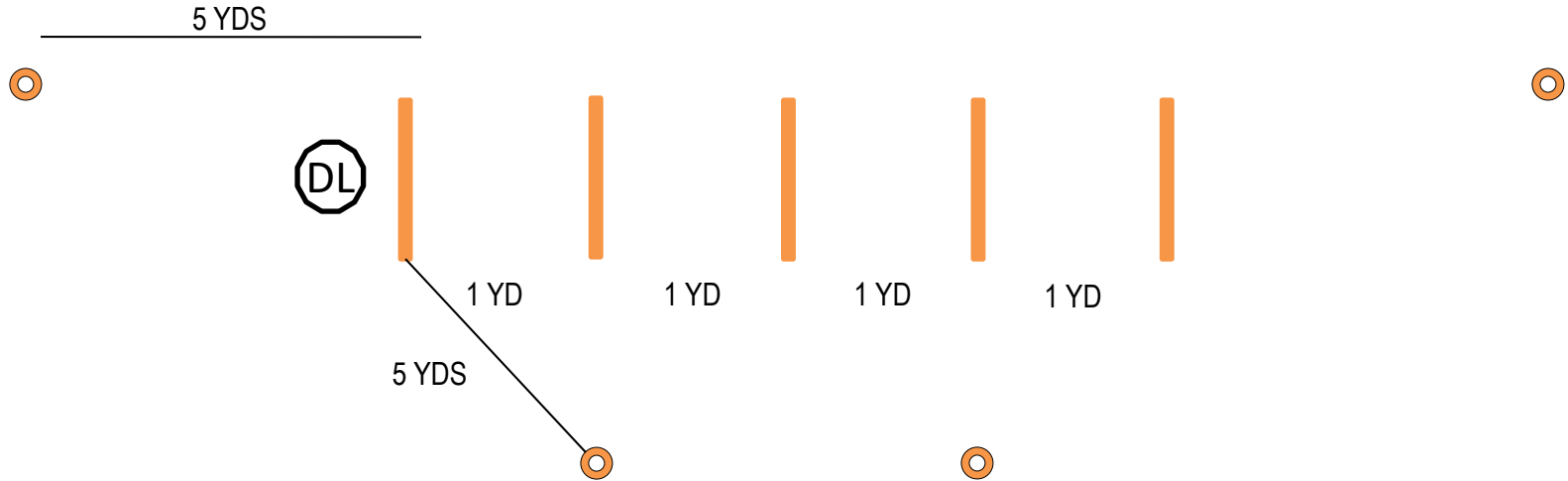
- You will need an agility hurdle or agility bag for this drill
- Start on one side of the hurdle/bag as shown above.
- Leading with your left foot, step over the hurdle. The 3 count sequence should be L-R-L on the other side of the hurdle as shown. The emphasis should be on maintaining good pad level, 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.

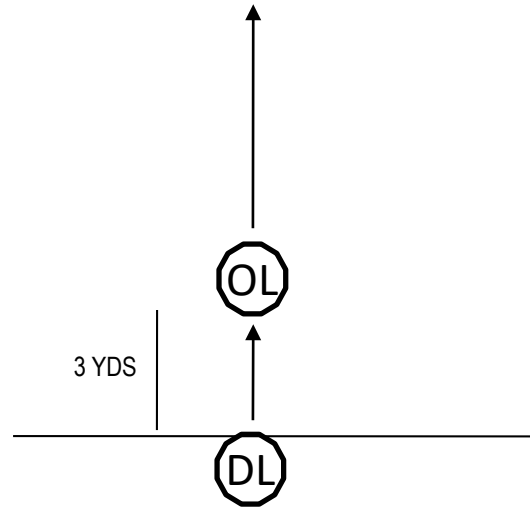


- Set up five cones or hurdles and four cones as shown above.
- Perform each one of the following drills in both directions. Be sure to maintain a good pad level and arm swing throughout each drill:
  1. One in the hole (Run through hurdles, placing one foot in each gap. Sprint through the cone)
  2. 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. CLOSE DOWN DRILL

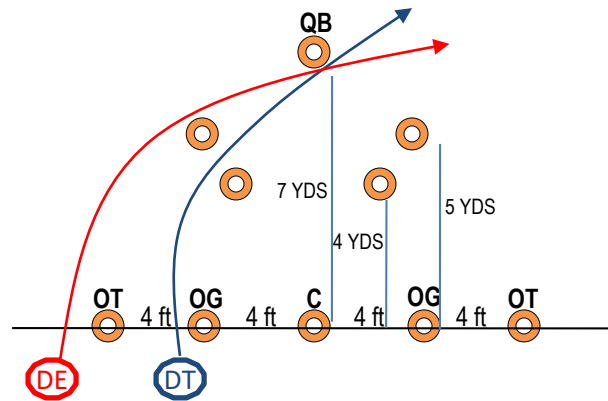
PERFORM 5 REPETITIONS (MUST BE DONE WITH A PARTNER)



- You will need a partner to do this drill.
- Get in a 3 point stance. Your partner (offensive lineman) will line up 3 yards away facing you. The drill will start on his movement. If you have a third person, have them snap a football to initiate the drill.
- The defensive lineman fires out of his stance and sprints towards the offensive lineman who backpedals away from the line of scrimmage.
- Pump your arms until you close the gap. Don't reach out, this only slows you down.
- The objective here is to close the gap as quickly as possible. Tag the offensive lineman on the chest with both hands when possible. Try to improve the distance and time it takes you to tag him with each repetition.
- Perform this drill five times.

# 9. COURSE WORK

PERFORM 8 REPETITIONS (4X ON EACH SIDE)



- Set up five cones as shown to simulate an offensive line. Then place five cones behind them as shown to indicate the QB and pass rush lanes.
- Work on firing out of your stance leaning around the cone to finish in front of the quarterback.
- Time your self to see how fast you can get to the quarterback.
- Change the drill up by adding having a partner play the role of the offensive lineman across from you. Have them pass set and work a move on them while staying in the proper pass rush lane.
- Perform a total of eight repetitions. Four times on each side.