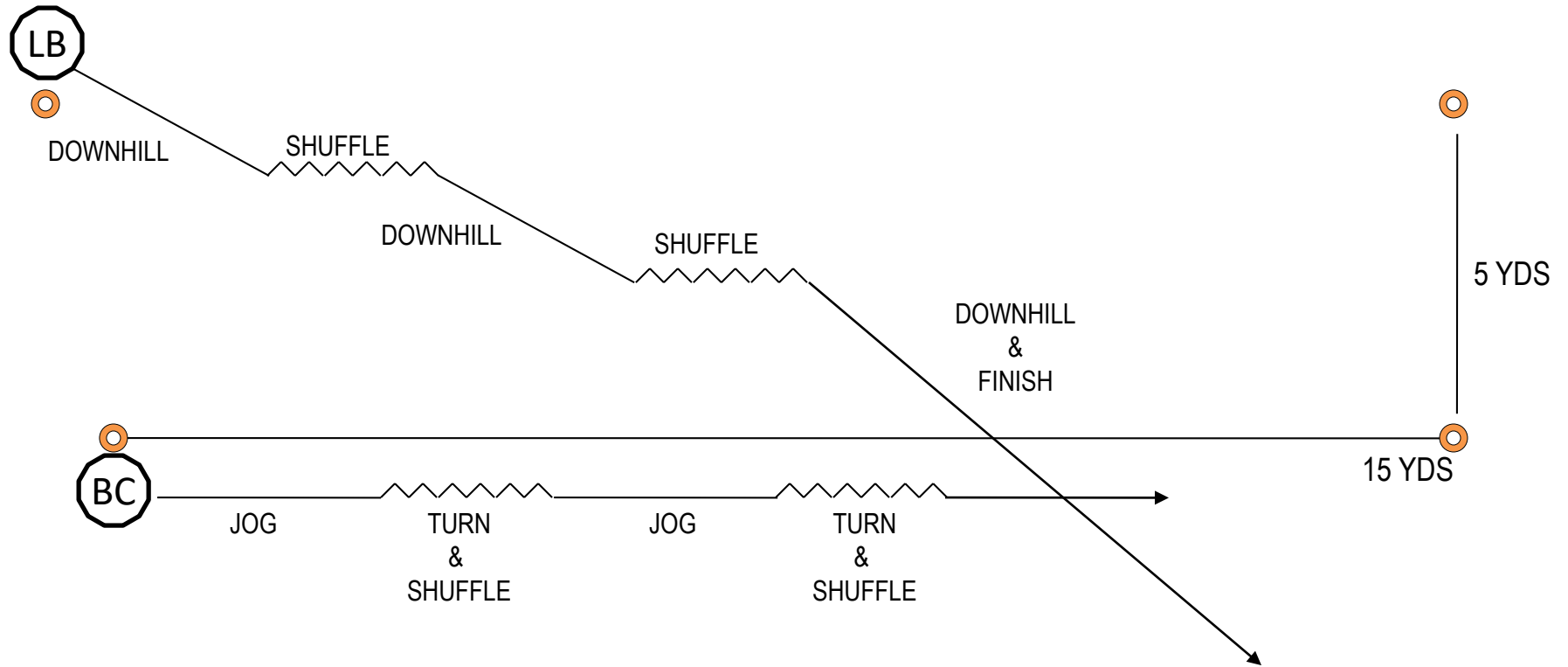


# 1. SHUFFLE – ALLEY – SHUFFLE

PERFORM 4 REPETITIONS : WORK IN BOTH DIRECTIONS

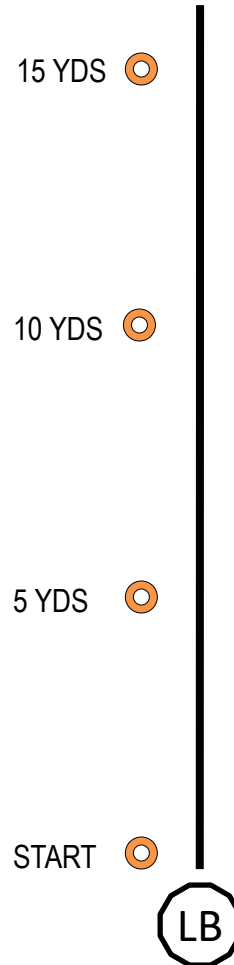


- Perform with a partner.
- The running back will start with his shoulders square. He initiates the drill by turning his shoulders and jogging toward the cone in a straight line. He changes tempo by squaring up his shoulders to the linebacker and shuffling. He will repeat this pattern randomly until the linebacker has finished with an air tackle.
- The line backer will start in a good stance and behind the ball carrier.
- When the ball carrier has his shoulders turned, the linebacker will work to move downhill toward the ball carrier while maintaining proper leverage and a low pad level. When the ball carrier squares his shoulders, the linebacker will shuffle and maintain a flat, lateral path while maintaining proper leverage and low pad level.
- When the linebacker has closed down the distance between him and the ball carrier, he will finish with an air tackle behind the running back.

## 2. FLIP & DOUBLE FLIP ON A LINE

PERFORM 4 REPETITIONS : FLIP AND DOUBLE FLIP BOTH WAYS

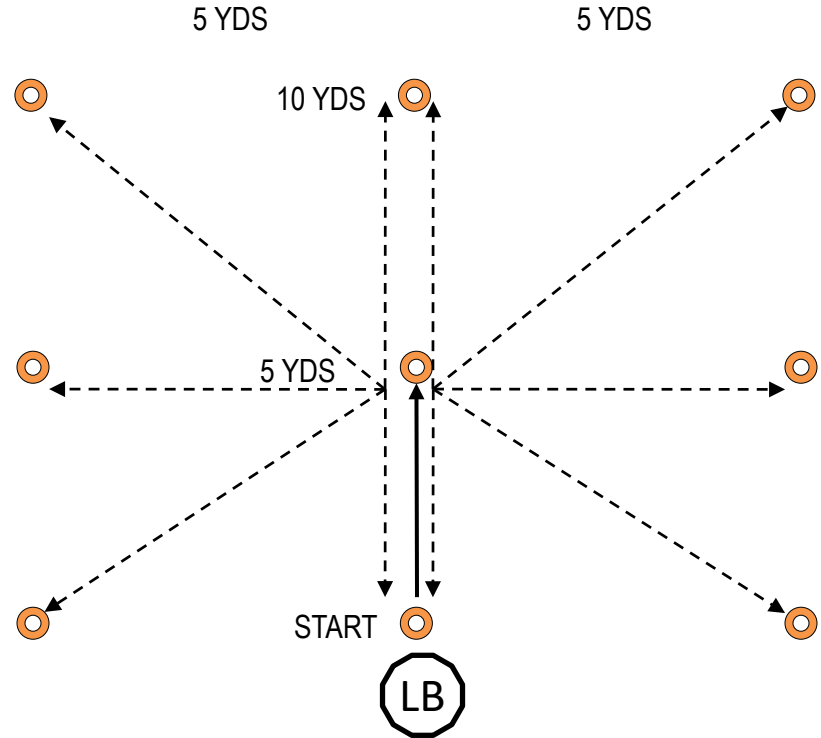
- Set up the drill on a yard line and place cones as shown.
- The first part of this drill is flip on a line. Start by backpedaling on straight back on a line with your eyes on the ball. Flip your hips at the 5 yard mark. while exaggerating the knee lift. Keep your eyes on the ball as you run on a line 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. CROSSOVER DROP AND BREAK

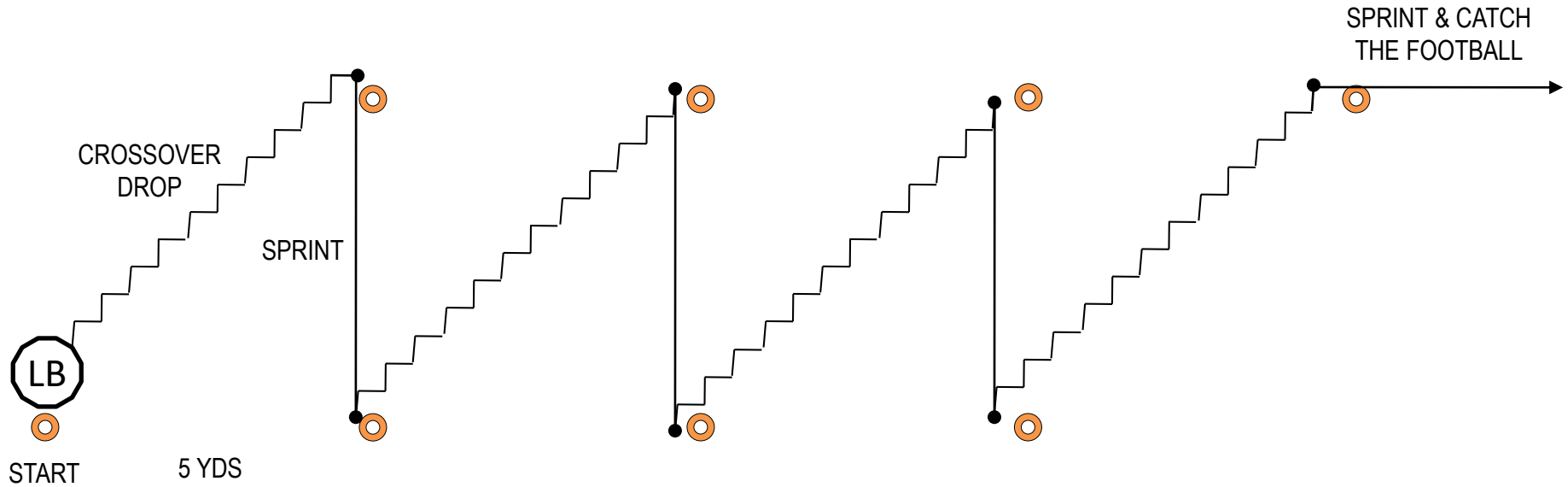
PERFORM 10 REPETITIONS

- Set up the drill with 9 cones as shown. Perform with a partner.
- Start the drill by taking your read step, opening up your hips and crossover dropping straight back 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.
- Work on opening up your hips in both directions and breaking at every angle.
- 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)

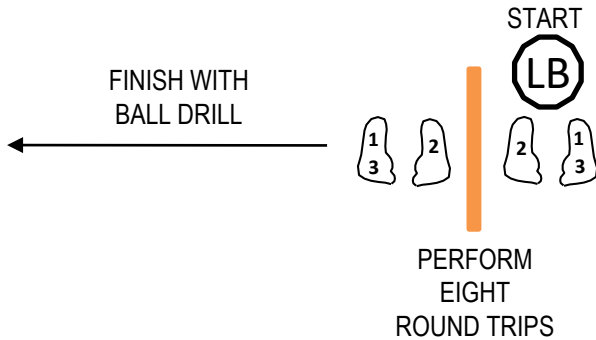


- Set up the drill as shown. The cones are spaced five yards apart.
- Start the drill by taking your read step then opening up to crossover drop at a 45 degree angle to the first cone.
- Buzz your feet down on the first cone and sprint straight back to the second cone.
- Buzz your feet down, open up your hips and crossover drop to the third cone.
- Repeat once again and finish the drill by sprinting laterally and catching a football.
- Perform this drill twice in each direction.

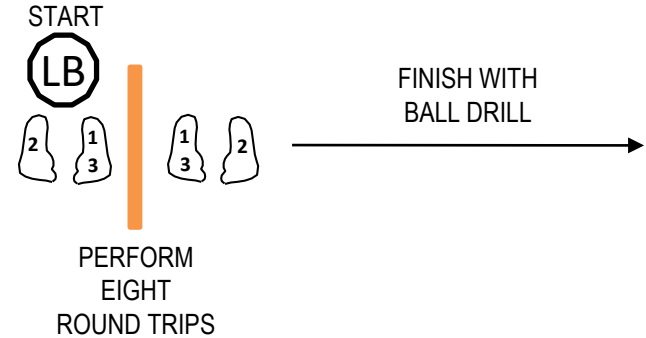
# 5. LATERAL HAT DANCE

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.

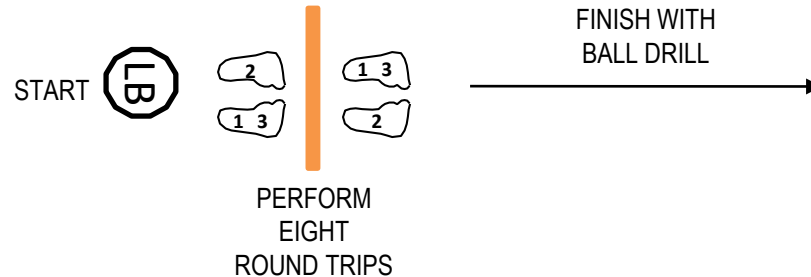
### PART B: OUTSIDE LEAD

- 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

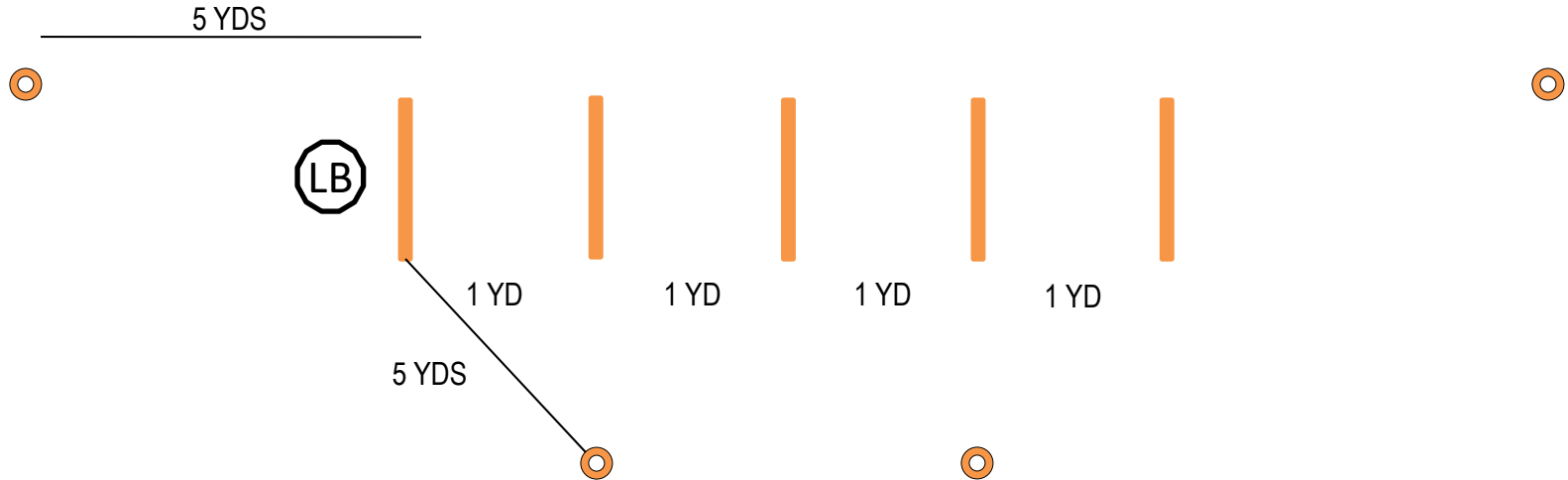
- You will need an agility hurdle or agility bag for this drill
- Start on one side of the hurdle/bag as shown above.
- Leading with your left foot, step over the hurdle. The 3 count sequence should be L-R-L on the other side of the hurdle as shown. The emphasis should be on maintaining good pad level,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

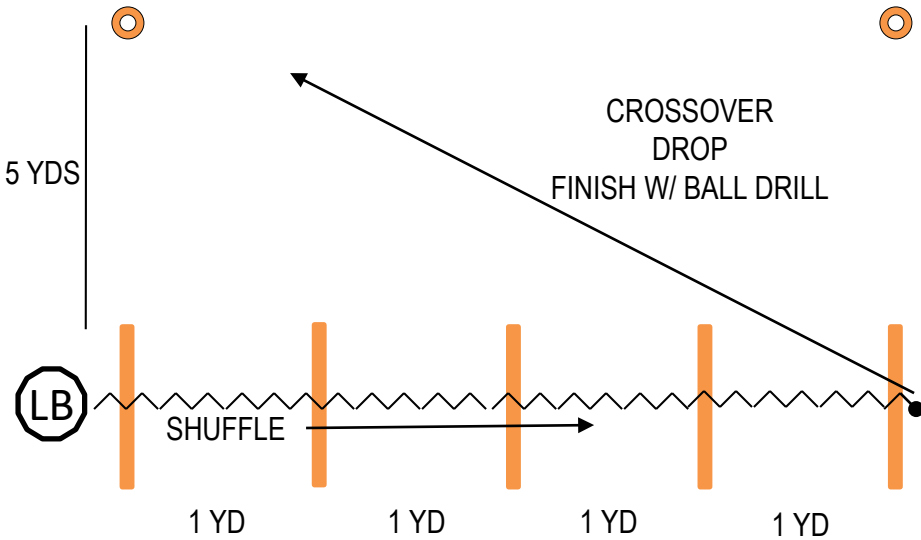


- Set up five cones or hurdles and four cones as shown above.
- Perform each one of the following drills in both directions. Be sure to maintain a good pad level and arm swing throughout each drill:
  1. One in the hole (Run through hurdles, placing one foot in each gap. Sprint through the cone)
  2.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

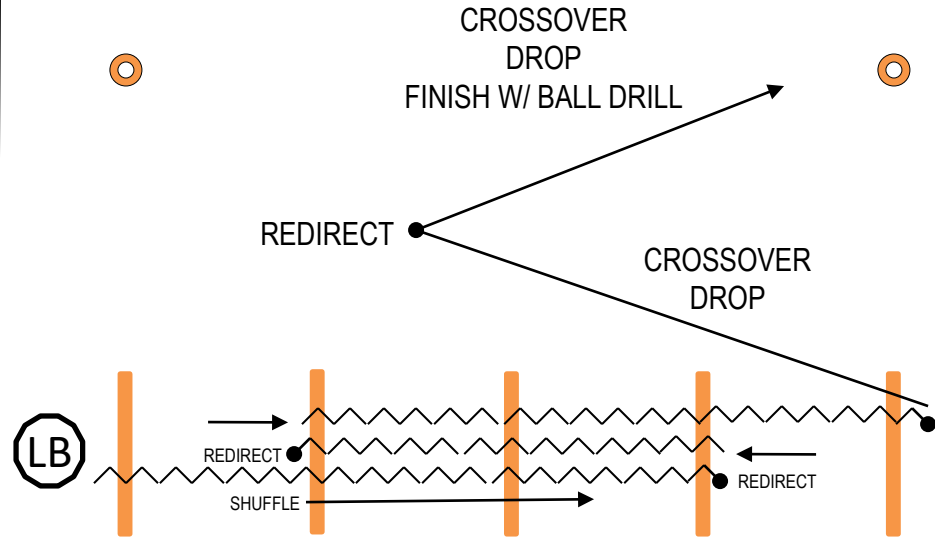
# 8. Z-DROP

PERFORM 4 REPETITIONS (EACH PART IN BOTH DIRECTIONS)

## PART A : SHUFFLE & CROSSOVER DROP



## PART B : REDIRECTION



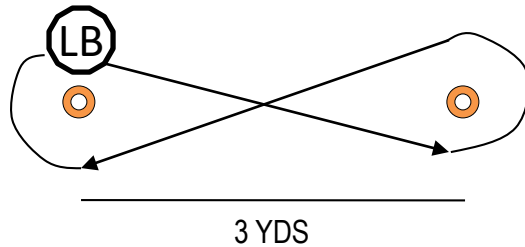
- Set up five hurdles and two cones as shown in Part A.
- Execute Part A of the drill by shuffling through the hurdles. Keep your shoulders square, maintain a good pad level and keep your eyes up and arms pumping.
- Plant your leading foot over the last hurdle and open inside at a 45 degree angle. Do not let your trailing foot come over the last hurdle.
- Crossover drop toward the cone and finish the drill by catching a football, tucking it and running back toward the line of scrimmage.
- Repeat in the opposite direction
- Execute Part B by shuffling through the hurdles and redirecting on hurdle 4 and 2. Plant the leading foot and open inside as in Part A. Crossover drop at a 45 degree angle. On the command of your partner, redirect and crossover drop in the opposite direction. Finish with a ball drill as in Part A.



# 9. LATERAL AND LINEAR WEAVE DRILL

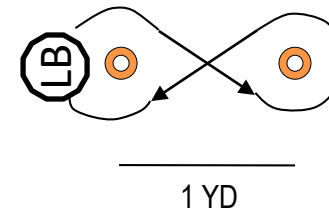
PERFORM EACH DRILL TWICE AT 5 ROUND TRIPS EACH

## 9A. LATERAL WEAVE



- Set up two cones 3 yards apart as shown.
- Shuffle around the cones in a figure eight pattern. Maintain a good base and low pad level throughout the drill. Face the same direction while keeping your shoulders square.
- Perform 5 round trips and stop at the starting position.
- Perform the drill again in the opposite direction.

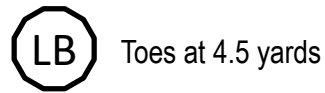
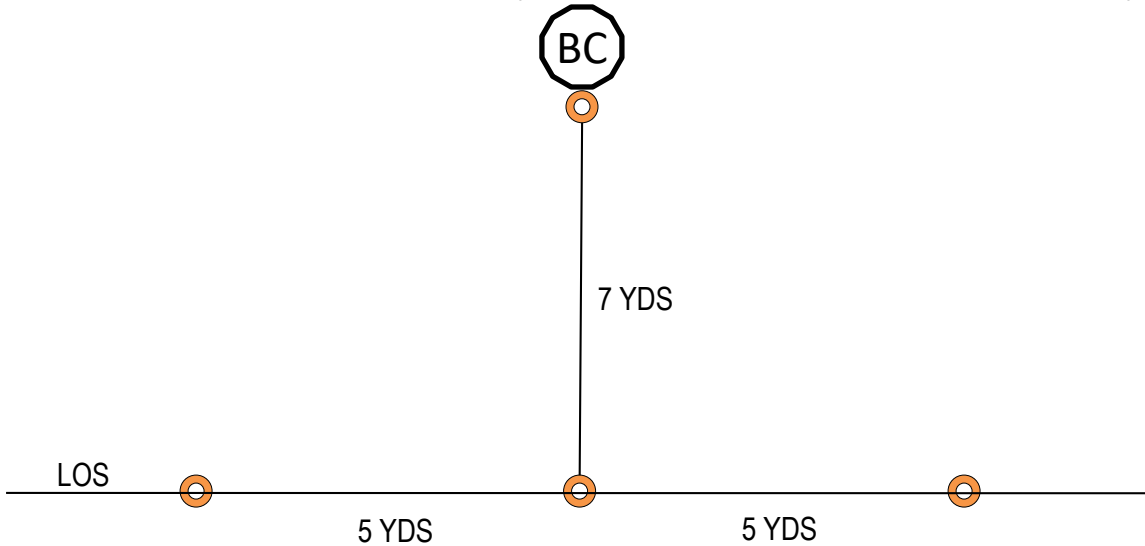
## 9B. LINEAR WEAVE



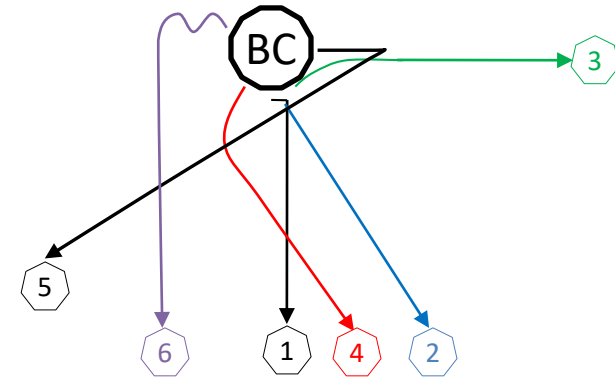
- Set up two cones 1 yard apart as shown.
- Shuffle around the cones in a figure eight pattern. Maintain a good base and low pad level throughout the drill. Face the same direction while keeping your shoulders square.
- Perform 5 round trips and stop at the starting position.
- Perform the drill again in the opposite direction.

# 10. SPOT DRILL

PERFORM 20 REPETITIONS (MUST BE PERFORMED WITH A PARTNER)



## RUNNING BACK STEPS



- Set up the drill on a yard line and place cones as shown. You will need a partner to be the ball carrier for this drill.
- The ball carrier will take steps as shown to the right of the drill. It is your job as a linebacker to match the course of the ball carrier. As you react, you need to call out the types of run each course indicates. See the types of runs below:

1. Dive, Trap, Option
2. Power, Lead, Iso
3. Zone, Toss
4. Inside Zone
5. Counter (See color cross the spot. Shuffle retrace your steps)
6. Draw (Don't get into your pass drop until the ball clears the deepest back)

- The ball carrier can perform any of these movements in any direction.

• Perform 20 repetitions. Be sure to maintain a good pad level. Don't over stride (your read step should be six inches or less) and avoid false steps.