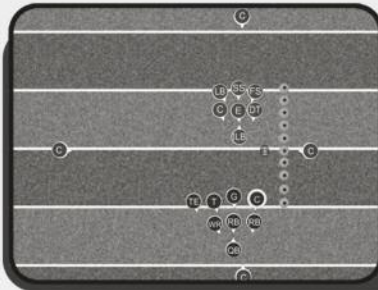
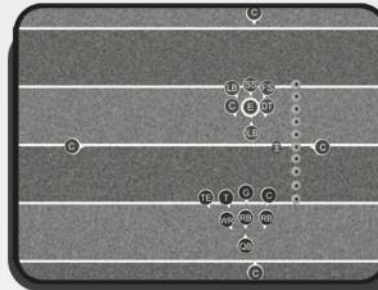


Half Line/Strong Side



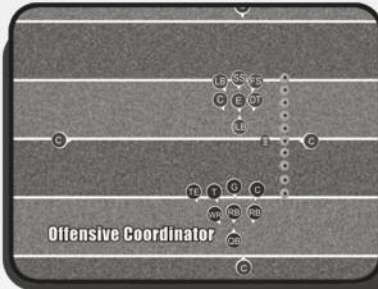
01 ★

Offensive huddle has center, guard, tackle, TE, WR, QB, and 2 RBs.



02 ★

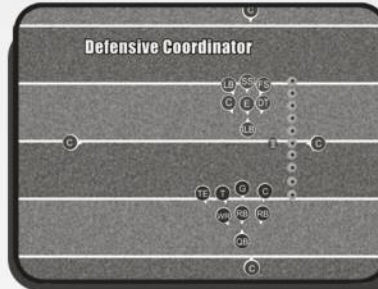
Defensive huddle has DT, DE, CB, middle and strong side LB, and FS.



03 ★

Offensive coordinator will work with the offense.

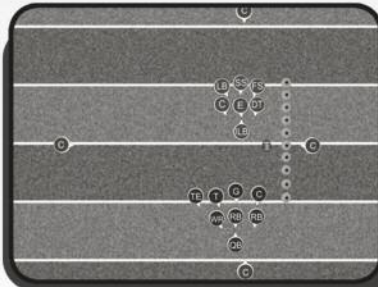
Offensive Coordinator



04 ★

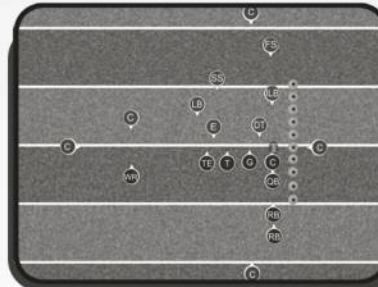
Defensive coordinator with the defense.

Defensive Coordinator



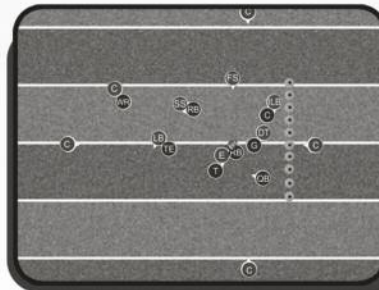
05 ★

All other coaches act as referees.



06 ★

Groups rotate every 4 plays.

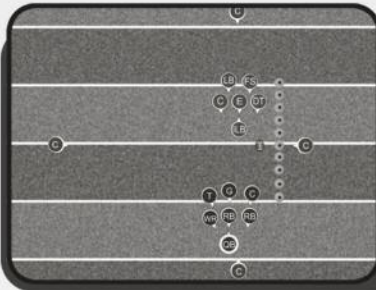


07 ★

The drill is run with a high level of intensity and team spirit.

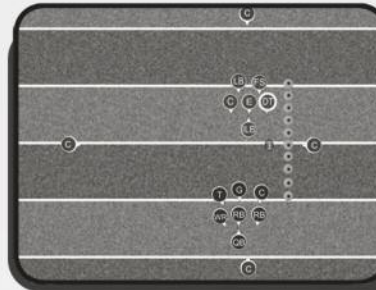
Notes:

Half Line/Weak Side



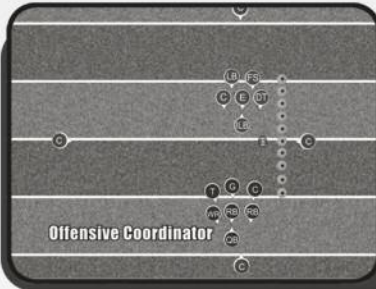
01 ★

Offensive huddle has a center, guard, tackle, WR, QB and 2 RBs.



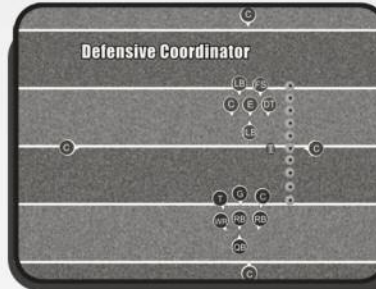
02 ★

Defensive huddle has a DT, DE, CB, middle and weak side LB, and FS.



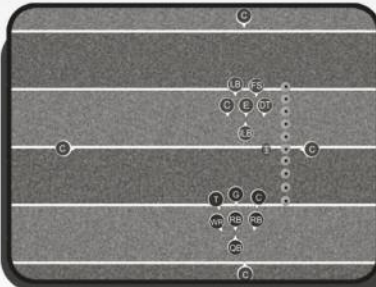
03 ★

Offensive coordinator will work with the offense.



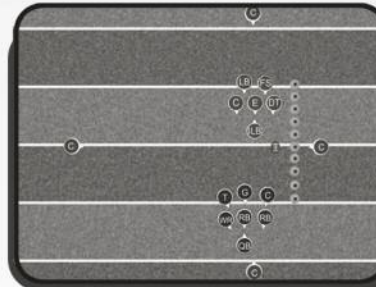
04 ★

Defensive coordinator with the defense.



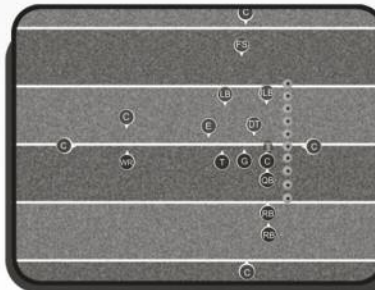
05 ★

Other coaches will act as referees.



06 ★

Groups should rotate every 4 plays.

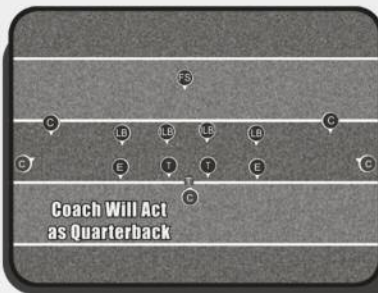


07 ★

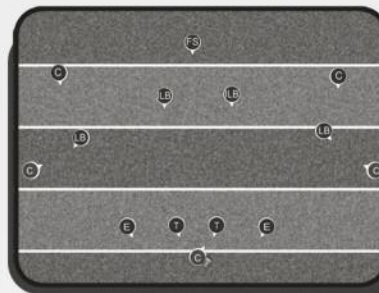
The drill is run with high level of intensity and team spirit.

Notes:

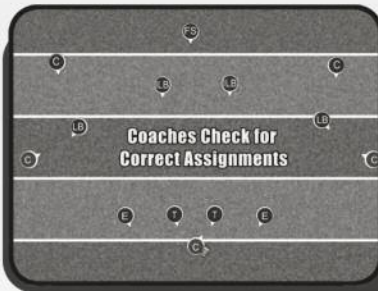
Interception Drill



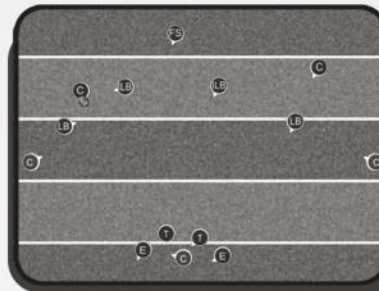
01 ★
Coach acts as the QB.



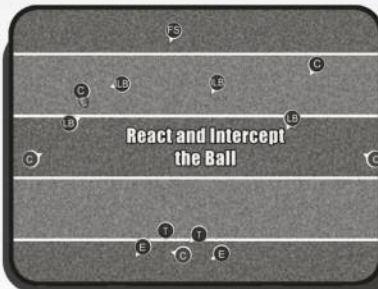
02 ★
He back pedals or rolls out to indicate a pass play.



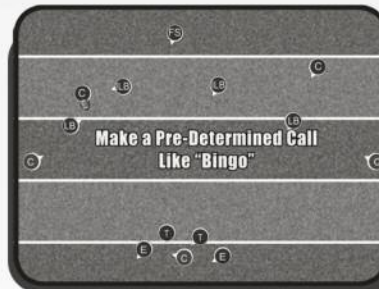
03 ★
All 11 defensive players carry out their assignments.



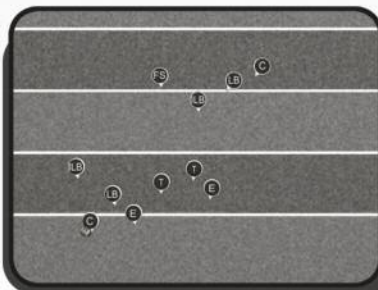
04 ★
The QB throws the ball to a designated spot.



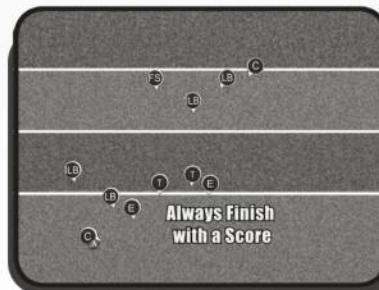
05 ★
The defenders react and intercept the ball.



06 ★
All players who see the interception will make a pre-determined call like "bingo."



07 ★
Defenders sprint toward end zone, simulating blocks along the way.



08 ★
Always finish with a score.

Notes:

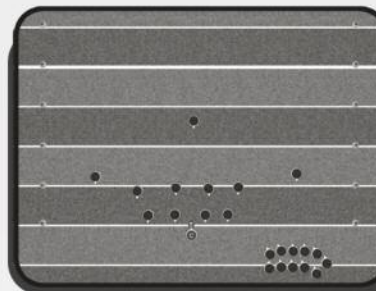
Blank area for notes.

Team Pursuit Drill



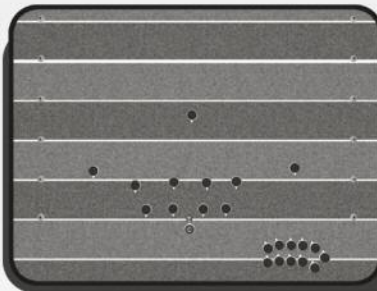
01 ★

Align 11 cones along each sideline 5 yards apart, starting at LOS and moving downfield.



02 ★

Coach acts as the QB.



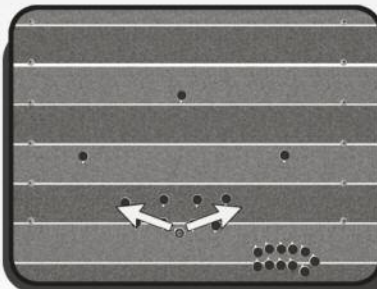
03 ★

Once defense is set, a coach simulates a snap, attempting to draw the defense off-sides.



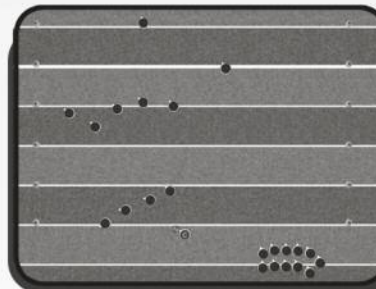
04 ★

Defenders take three steps and chop their feet.



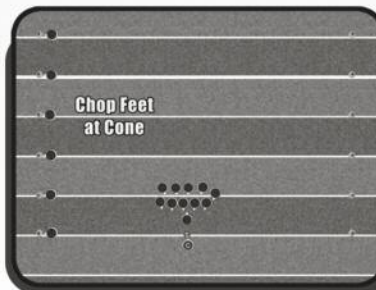
05 ★

The coach signals a direction of the ball by flipping it either right or left.



06 ★

The group sprints to designated cone for their position.



07 ★

Once players get to cones, they chop feet until the coach whistles them to a stop.

Notes:

Blank area for notes.