

# You Tube Football Position Drills

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# Defensive Line

Every Day Get offs <http://www.youtube.com/watch?v=ZjyYLqZbmFk&feature=related>

Bend Drill <http://www.youtube.com/watch?v=bJUXu2Z7fXM&feature=related>

Chute get offs [http://www.youtube.com/watch?v=lzzJ\\_gVDIDc&feature=related](http://www.youtube.com/watch?v=lzzJ_gVDIDc&feature=related)

Pop up pass rush <http://www.youtube.com/watch?v=RhnqSVwbs-Q&feature=related>

6 Point Explosion Drill <http://www.youtube.com/watch?v=KW27aEnavyE>

Shed and Hit <http://www.youtube.com/watch?v=lctyKWkwRI4&feature=related>

Pass Rush <http://www.youtube.com/watch?v=DkKRLDkjdDU&feature=related>

Pass Rush Stance <http://www.youtube.com/watch?v=T5wkRGvn20w&feature=related>

Speed Rush <http://www.youtube.com/watch?v=qIXsjoTHWe0&feature=related>

USC D- line drills [http://www.youtube.com/watch?v=g\\_qJEV7tHUo&feature=related](http://www.youtube.com/watch?v=g_qJEV7tHUo&feature=related)

Bend around (Carolina Panthers)<http://www.youtube.com/watch?v=bJUXu2Z7fXM&feature=related>

Hand speed (Minnesota Vikings)<http://www.youtube.com/watch?v=EsRDL6BAKQ&feature=related>

Resistance Drills <http://www.youtube.com/watch?v=Azp8-kQmHvE&feature=related>

Stance <http://www.youtube.com/watch?v=QTsm-N7nPFY&feature=related>

Get offs <http://www.youtube.com/watch?v=Nbm4D3E9pGo&feature=related>

Pass rush moves (Mack Brown)<http://www.youtube.com/watch?v=Cd2TZbE9ILE&feature=related>

Open field tackling (John Cooper)<http://www.youtube.com/watch?v=O7yCbMyRuqq&feature=related>

UCLA <http://www.youtube.com/watch?v=40LiSGO5Wsw>

Pass rush Clemson [http://www.youtube.com/watch?v=aks54\\_4v55M&feature=related](http://www.youtube.com/watch?v=aks54_4v55M&feature=related)

Alabama <http://www.youtube.com/watch?v=7uPm0I5WM-Y&feature=related>

Shed and hit (San Diego Chargers)<http://www.youtube.com/watch?v=lctyKWkwRI4&feature=related>

Pass rush QB dummy (Packers)<http://www.youtube.com/watch?v=y2jiniL9zdGk&feature=related>

Hand escape drills <http://www.youtube.com/watch?v=-E0vgKJDJ4s&feature=related>

Get off, recognition and redirection <http://www.youtube.com/watch?v=cbJmPifTPTc&feature=related>

Hands, hips, rip and run <http://www.youtube.com/watch?v=4Yb4N766POY&feature=related>

Medicine ball hand fight <http://www.youtube.com/watch?v=3kdML4YzRjU&feature=related>

Tire Drill <http://www.youtube.com/watch?v=Mz-hQMy3jKY&feature=related>

Pro Day <http://www.youtube.com/watch?v=-bol5LcAbDE&feature=related>

Medicine ball hand and feet <http://www.youtube.com/watch?v=Jt0dcKgNgil&feature=related>

Pass rush <http://www.youtube.com/watch?v=yRGQVvjVYPU&feature=related>

Tempo Flexibility <http://www.youtube.com/watch?v=Y19Di4wKiRU&feature=related>

Tempo Hit <http://www.youtube.com/watch?v=M2v2WKwOK3k&feature=related>

3 cone L drill <http://www.youtube.com/watch?v=NNkFpWEZAnw&feature=related>

Odd Stunt <http://www.youtube.com/watch?v=CqICInq-UIU>

Half man rush <http://www.youtube.com/watch?v=xKb6Bvy6Wwo&feature=related>

Bags (Notre Dame)<http://www.youtube.com/watch?v=evksmyAFDMA>

Texas D-line highlights [http://www.youtube.com/watch?v=O8owl\\_KW3gU&feature=related](http://www.youtube.com/watch?v=O8owl_KW3gU&feature=related)

100 steps <http://www.youtube.com/watch?v=CjH9weNXuF0&feature=related>

Attacking vertical set pass pro <http://www.youtube.com/watch?v=R-naroHqnrM&feature=related>

Youth Block Shed <http://www.youtube.com/watch?v=IUjXcOCCSmQ&lr=1>

# Line Backers

Texas a & m LB spill drill <http://www.youtube.com/watch?v=8FcDEusW0Z4>

LB 1st Step Drill <http://www.youtube.com/watch?v=JrAUM5hpQYo&feature=related>

Bags w/ Block Avoidance – Alabama <http://www.youtube.com/watch?v=tBludpyOP0>

Simple Bag Agility <http://www.youtube.com/watch?v=9tdxR8OPQrA&feature=related>

Penn State Linebacker Drills <http://www.youtube.com/watch?v=rrltx7Y9jPc&feature=related>

South Alabama OL & RB vs. LB <http://www.youtube.com/watch?v=LZbdXPeBenc&feature=related>

South Alabama Bag Drills <http://www.youtube.com/watch?v=A2e0oq1Cs7M&feature=related>

# Defensive Back

Stance <http://www.youtube.com/watch?v=tBNomiPtXu8&feature=related>

back pedal [http://www.youtube.com/watch?v=xZlzhCtA\\_84&feature=related](http://www.youtube.com/watch?v=xZlzhCtA_84&feature=related)

Back pedal tempo progression <http://www.youtube.com/watch?v=FRTyvp-VcZQ&feature=related>

mix drills <http://www.youtube.com/watch?v=i0XjUNXqJrE&feature=related>

Box drill <http://www.youtube.com/watch?v=bpi5UpuVL60&feature=related>

t- step <http://www.youtube.com/watch?v=VzklqjdcO9c&feature=related>

foot fire <http://www.youtube.com/watch?v=SLVZr0VgbJk&feature=related>

out breaks 90 <http://www.youtube.com/watch?v=DEOIL8-sOX0&feature=related>

out and in break <http://www.youtube.com/watch?v=n0kcPCx9stE&feature=related>

45 breaks <http://www.youtube.com/watch?v=rbpsANQbsc0&feature=related>

weave <http://www.youtube.com/watch?v=XhFtPqvsilY&feature=related>

bail <http://www.youtube.com/watch?v=6hT6Fb55sV8&feature=related>

slow turn <http://www.youtube.com/watch?v=yBgojT8A4j8&feature=related>

speed turn <http://www.youtube.com/watch?v=AUsdOUxU1lw&feature=related>

whip route <http://www.youtube.com/watch?v=3ulpc9fDiiM&feature=related>

hip flips <http://www.youtube.com/watch?v=TYGhrJ5tFEw&feature=related>

freestyle box drill <http://www.youtube.com/watch?v=5L6waFfNtSA&feature=related>

texas <http://www.youtube.com/watch?v=8kdnxImi7C0&feature=fvwr>

Boise DB Vid [http://www.youtube.com/watch?v=AtSi\\_fBBCpc&feature=related](http://www.youtube.com/watch?v=AtSi_fBBCpc&feature=related)

Iowa State 1 <http://www.youtube.com/watch?v=jbHtwPCTf7M&feature=related>

Iowa State 2 <http://www.youtube.com/watch?v=LqYmesBett4&feature=related>

Iowa State 3 <http://www.youtube.com/watch?v=o0zi2fIK9Uw&feature=related>

Iowa State 4 <http://www.youtube.com/watch?v=gK7RUbLgwks&feature=related>

LSU 1 <http://www.youtube.com/watch?v=5fi6SWtOTI&feature=related>

LSU 2 [http://www.youtube.com/watch?v=GQJ1\\_u53IW&s&feature=related](http://www.youtube.com/watch?v=GQJ1_u53IW&s&feature=related)

Harvard 1 <http://www.youtube.com/watch?v=9fRYcKPGK9o&feature=related>

Harvard 2 [http://www.youtube.com/watch?v=Q-UUNBbGq\\_k&feature=related](http://www.youtube.com/watch?v=Q-UUNBbGq_k&feature=related)

Harvard 3 <http://www.youtube.com/watch?v=Dnr41U2yZd4&feature=related>

Harvard 4 <http://www.youtube.com/watch?v=WpB-zoealJE&feature=related>

Cover 3 Buzz <http://www.youtube.com/watch?v=6hbnR5kZZdo&feature=related>

Cover 1 Funnel <http://www.youtube.com/watch?v=uaiX-0Z3uTc&feature=related>

Cover 3 Invert <http://www.youtube.com/watch?v=421a7cWwiHw&feature=related>

# Offensive Line

up & back bags <http://www.youtube.com/watch?v=skbBAakl2sk>

step overs progression <http://www.youtube.com/watch?v=ylnl7vyXRIY&NR=1>

Fit & finish <http://www.youtube.com/user/USFBullsEyeTV?blend=21&ob=5#p/u/14/OIRdUZFH6L4>

Fit and Finish 2 <http://www.youtube.com/user/coachcort#p/u/25/kaXXmkMYZwc>

LSU <http://video.google.com/videoplay?docid=6452068053120668831>

Leverage drill <http://www.youtube.com/user/coachcort#p/u/24/qNEC7Wc3Qv8>

Lean and punch (near point) drill <http://www.youtube.com/user/coachcort#p/u/16/qALxLZ04jzl>

Mirror to score drill <http://www.youtube.com/user/coachcort#p/u/13/0XWxGfijkM0>

cut off block vs penetration <http://www.youtube.com/user/coachcort#p/u/20/k9Wy9rNviR4>

Rabbit drill <http://www.youtube.com/user/coachcort#p/u/28/7liMlimoNw8>

Lateral wave <http://www.youtube.com/user/coachcort#p/u/29/7fKSdN1Tp6Y>

punch & balance <http://www.youtube.com/user/coachcort#p/u/33/hyQaQq8Pa7l>

angle block (man blocks) <http://www.youtube.com/user/coachcort#p/u/21/SAQQSRauEhY>

chute drive blocks <http://www.youtube.com/user/coachcort#p/u/22/LwNkQxIMbBM>

Post practice flexibility <http://www.youtube.com/user/coachcort#p/u/30/ziFc0XFQcag>

Log throws <http://www.youtube.com/user/coachcort#p/u/31/UV-E1qzzAHg>

Lunge punch <http://www.youtube.com/user/coachcort#p/u/32/Bs7yvgym130>

Youth Drive Block <http://www.youtube.com/user/UCSFootballAcademy>

Youth Hand Fight Drill <http://www.youtube.com/watch?v=ZKOcj0Zz3O4&feature=related>

Notre Dame OL Progression <http://www.youtube.com/watch?v=tL1ec8Kmm5M&feature=related>

Alabama Chute <http://www.youtube.com/watch?v=ptGDnaFAUC8&feature=related>

# Running Backs

Ladder Jump cut [http://www.youtube.com/watch?feature=player\\_detailpage&v=UMpnJIsFSPE#t=85s](http://www.youtube.com/watch?feature=player_detailpage&v=UMpnJIsFSPE#t=85s)  
over and explode [http://www.youtube.com/watch?feature=player\\_detailpage&v=stUstsvecaQ#t=206s](http://www.youtube.com/watch?feature=player_detailpage&v=stUstsvecaQ#t=206s)  
Hip explosion [http://www.youtube.com/watch?feature=player\\_detailpage&v=Zy2JlpDOBBE#t=116s](http://www.youtube.com/watch?feature=player_detailpage&v=Zy2JlpDOBBE#t=116s)  
1 on 1 in space [http://www.youtube.com/watch?feature=player\\_detailpage&v=0tNqN4jXBkk#t=39s](http://www.youtube.com/watch?feature=player_detailpage&v=0tNqN4jXBkk#t=39s)  
Frank Solich Ball Security <http://www.youtube.com/watch?v=rNjA8v8PHDU&feature=related>  
Outside arm ball security <http://www.youtube.com/watch?v=vgmtY1-6HR8&feature=related>  
Hand off / Run Mesh <http://www.youtube.com/watch?v=z7JgxsblKqc&NR=1>  
High knees pad level <http://www.youtube.com/watch?v=r0qxHBgovBs&feature=related>  
Side ways pad level <http://www.youtube.com/watch?v=vgmtY1-6HR8&feature=related>  
Zig Zag Coach intro <http://www.youtube.com/watch?v=afu1Ve1D11I>  
Zig Zag # 2 <http://www.youtube.com/watch?v=afu1Ve1D11I&feature=related>  
Zig Zag # 3 <http://www.youtube.com/watch?v=8NqiLHWZd9M&feature=related>  
45 degree with leverage finish [http://www.youtube.com/watch?v=5Fut4\\_gGA8o&feature=related](http://www.youtube.com/watch?v=5Fut4_gGA8o&feature=related)  
Plant posture <http://www.youtube.com/watch?v=s0m6oeKFoD4&feature=related>  
Jump Cut <http://www.youtube.com/watch?v=156Os9Pcfal&feature=autoplay&list=PL1A40DFB87C85BA5C&index=24&playnext=2>  
T Drill <http://www.youtube.com/watch?v=ZX5z1Jckzhw&feature=related>  
Double L Drill [http://www.youtube.com/user/USFBullsEyeTV?blend=21&ob=5#p/u/0/0rEjd3bS\\_ZM](http://www.youtube.com/user/USFBullsEyeTV?blend=21&ob=5#p/u/0/0rEjd3bS_ZM)  
Balance touch # 1 <http://www.youtube.com/user/USFBullsEyeTV?blend=21&ob=5#p/u/0/GNpkCvcPYIY>  
Balance touch # 2 [http://www.youtube.com/watch?v=a2va9nga0oo&feature=player\\_detailpage#t=280s](http://www.youtube.com/watch?v=a2va9nga0oo&feature=player_detailpage#t=280s)  
Rise & Blow Intro <http://www.youtube.com/watch?v=nLrLM3xlc5w&feature=related>  
Rise & Blow Chute <http://www.youtube.com/watch?v=VHbPAw21YWo&feature=related>  
rise and blow explosion <http://www.youtube.com/watch?v=nLrLM3xlc5w&feature=related>  
Pass Pro Mirrior Punch <http://www.youtube.com/watch?v=CXQu6ChNj-c&feature=related>  
Set the pocket <http://www.youtube.com/watch?v=VIEnFjoFlnQ&feature=related>  
Pads out <http://www.youtube.com/watch?v=xzzLPVve26Q>  
Nike ball security <http://www.youtube.com/watch?v=a2va9nga0oo&feature=related>  
Vikings ota <http://www.youtube.com/watch?v=1ZcZbHA7OHs>  
Limp shoulders [http://www.youtube.com/watch?v=LFS5Y8J4E\\_U&feature=related](http://www.youtube.com/watch?v=LFS5Y8J4E_U&feature=related)  
Pick up the line [http://www.youtube.com/watch?v=ypkcgVvl\\_mM&feature=related](http://www.youtube.com/watch?v=ypkcgVvl_mM&feature=related)  
Nike change direction <http://www.youtube.com/watch?v=s0m6oeKFoD4&feature=related>  
Ledanlian Thomlinson <http://www.youtube.com/watch?v=INPmEGnZpzE&feature=related>  
Virginia Tech Rise and blow <http://www.youtube.com/watch?v=VHbPAw21YWo&feature=related>  
Top gun bags <http://www.youtube.com/watch?v=UG1hGEBRvrk&feature=related>  
Ohio State Pro day <http://www.youtube.com/watch?v=0ftls2DBfYg&feature=related>  
Pass pro <http://www.youtube.com/watch?v=erwOn3RVLvA&feature=related>  
frank solich <http://www.youtube.com/watch?v=rNjA8v8PHDU&feature=related>

Bama <http://www.youtube.com/watch?v=r0qxHBgovBs&feature=related>

Circle warmup <http://www.youtube.com/watch?v=RHWoAjcGbaE&feature=related>

Goal line over drill <http://www.youtube.com/watch?v=mq4KsTC7dvQ&feature=related>

Notre Dame Ladder <http://www.youtube.com/watch?v=yCSc7adzol0&feature=related>

Pass block <http://www.youtube.com/watch?v=VIEnFjoFlnQ&feature=related>

Notre Dame [http://www.youtube.com/watch?v=DQ\\_18hDW8AU&feature=related](http://www.youtube.com/watch?v=DQ_18hDW8AU&feature=related)

Saints <http://www.youtube.com/watch?v=3VsuDnMF0bQ&feature=related>

Daylight drills <http://www.youtube.com/watch?v=UpXX1bGasxs&feature=related>

Daylight 2 <http://www.youtube.com/watch?v=g9odFNruWS0&feature=related>

Central drills <http://www.youtube.com/watch?v=mr4iMrG66tM>

Florida cans <http://www.youtube.com/watch?v=fGmlaNVhl74&NR=1>

Sideline blasters <http://www.youtube.com/user/USFBullsEyeTV?blend=21&ob=5#p/u/1/NnQewnIYly4>

cone, roll [http://www.youtube.com/watch?v=DQ\\_18hDW8AU&feature=related](http://www.youtube.com/watch?v=DQ_18hDW8AU&feature=related)

Complete Strech Drill <http://www.youtube.com/watch?v=3VsuDnMF0bQ&feature=related>

Rise and rip <http://www.youtube.com/watch?v=ctFK6ApBRV4&feature=related>

jump cut footwork <http://www.youtube.com/watch?v=erwOn3RVLvA&NR=1>

Bags in and out <http://www.youtube.com/watch?v=1ZcZbHA7OHs&feature=related>

Purdue ball (Circle drill) <http://www.youtube.com/watch?v=RHWoAjcGbaE&feature=related>

Youth FB Iso Drill [http://www.youtube.com/watch?v=8\\_ZweOC1q7Y&lr=1](http://www.youtube.com/watch?v=8_ZweOC1q7Y&lr=1)



# Wide Receivers

- WR Cone drills [http://www.youtube.com/watch?v=Z7mpCBQh\\_Nk&feature=related](http://www.youtube.com/watch?v=Z7mpCBQh_Nk&feature=related)
- WR Contact drills <http://www.youtube.com/watch?v=vQky9bdRRiE&feature=related>
- WR Blocking drills <http://www.youtube.com/watch?v=aL1vpPkA2x4&feature=related>
- Stalk Block Mirror Drill <http://www.youtube.com/watch?v=sYPNw16UsBU&feature=related>
- WR Stationary drills <http://www.youtube.com/watch?v=cTVOe8wsfkg&feature=related>
- WR Movement Catch drills [http://www.youtube.com/watch?v=shhUn\\_eSgdo&feature=related](http://www.youtube.com/watch?v=shhUn_eSgdo&feature=related)
- WR Route drills <http://www.youtube.com/watch?v=JPqmmsjOdtU&feature=related>
- WR Press Release drills <http://www.youtube.com/watch?v=b3P-9T4a8GE&feature=related>
- LSU Top of hitch with contact [http://www.youtube.com/watch?v=f\\_7bFOCYKHg&feature=related](http://www.youtube.com/watch?v=f_7bFOCYKHg&feature=related)
- LSU Grab pull stack <http://www.youtube.com/watch?v=hGp6zpqh4n8&feature=related>
- Indy Colts Hooks & Swim <http://www.youtube.com/watch?v=HQK-1rKQ7ag&feature=related>
- Down the line [http://www.youtube.com/watch?feature=player\\_detailpage&v=3JRPcUXj6OY#t=359s](http://www.youtube.com/watch?feature=player_detailpage&v=3JRPcUXj6OY#t=359s)
- High Point Drill [http://www.youtube.com/watch?feature=player\\_detailpage&v=5E3UD3u9sa8#t=68s](http://www.youtube.com/watch?feature=player_detailpage&v=5E3UD3u9sa8#t=68s)
- Chin over toes [http://www.youtube.com/watch?feature=player\\_detailpage&v=lfQW-qmqWFs#t=0s](http://www.youtube.com/watch?feature=player_detailpage&v=lfQW-qmqWFs#t=0s)
- 45 leverage plant [http://www.youtube.com/watch?feature=player\\_detailpage&v=lfQW-qmqWFs#t=156s](http://www.youtube.com/watch?feature=player_detailpage&v=lfQW-qmqWFs#t=156s)
- 4 cone box drill (90 degree) [http://www.youtube.com/watch?v=Z7mpCBQh\\_Nk&feature=related](http://www.youtube.com/watch?v=Z7mpCBQh_Nk&feature=related)
- Star cone drill [http://www.youtube.com/watch?feature=player\\_detailpage&v=Z7mpCBQh\\_Nk#t=123s](http://www.youtube.com/watch?feature=player_detailpage&v=Z7mpCBQh_Nk#t=123s)
- Irish box drill [http://www.youtube.com/watch?feature=player\\_detailpage&v=Z7mpCBQh\\_Nk#t=459s](http://www.youtube.com/watch?feature=player_detailpage&v=Z7mpCBQh_Nk#t=459s)
- Mirror Block [http://www.youtube.com/watch?feature=player\\_detailpage&v=lfQW-qmqWFs#t=312s](http://www.youtube.com/watch?feature=player_detailpage&v=lfQW-qmqWFs#t=312s)
- Tall bag cut drill [http://www.youtube.com/watch?feature=player\\_detailpage&v=lfQW-qmqWFs#t=432s](http://www.youtube.com/watch?feature=player_detailpage&v=lfQW-qmqWFs#t=432s)
- Purdue Ball Drills <http://www.youtube.com/watch?v=Jm7rbPWM19o>
- Bubble Blasters [http://www.youtube.com/watch?feature=player\\_detailpage&v=Jm7rbPWM19o#t=392s](http://www.youtube.com/watch?feature=player_detailpage&v=Jm7rbPWM19o#t=392s)
- 1 handed crabs in bucket <http://www.youtube.com/watch?v=aTHwAHedELc&feature=related>
- Route tree <http://www.youtube.com/watch?v=VYNqlvUo2vE&feature=related>
- Fade Stop Back Shoulder <http://www.youtube.com/watch?v=Qc5XL96YisU&feature=related>

# Quarterbacks

Nike Warm Up <http://www.youtube.com/watch?v=46Zfl1tXe9k>

Nike QB Stance <http://www.youtube.com/watch?v=52JJ7Upfii4&feature=related>

Manning Shuffle [http://www.youtube.com/watch?v=jGqbdrk-y\\_Q&feature=related](http://www.youtube.com/watch?v=jGqbdrk-y_Q&feature=related)

QB Mechanics <http://www.youtube.com/watch?v=S4oZT9IQ7ak&feature=related>

Bill Walsh Intro <http://www.youtube.com/watch?v=F-MfNd-SjZo&feature=related>

Bill Walsh Fundamentals <http://www.youtube.com/watch?v=F-MfNd-SjZo&feature=related>

Bill Walsh 5 Step Drop <http://www.youtube.com/watch?v=C1--pmXE7H0&feature=related>

Bill Walsh 7 Step Drop <http://www.youtube.com/watch?v=Mmhl6NNR088&feature=related>

Bill Walsh Go Routes <http://www.youtube.com/watch?v=giOfuGJ0rq0&feature=related>

Bill Walsh Screens <http://www.youtube.com/watch?v=GaklBedGIPE&feature=related>

Bill Walsh Sprint Out [http://www.youtube.com/watch?v=FQi\\_EJv9aFw&feature=related](http://www.youtube.com/watch?v=FQi_EJv9aFw&feature=related)

Darrin Slack QB Mentality [http://www.youtube.com/watch?v=916\\_5X\\_yhdk&feature=related](http://www.youtube.com/watch?v=916_5X_yhdk&feature=related)

# Special Teams

Punt Return Jams <http://www.youtube.com/user/USFBullsEyeTV?blend=21&ob=5#p/u/20/JJn-xlvxUsw>

Press and Release <http://www.youtube.com/user/USFBullsEyeTV?blend=21&ob=5#p/u/17/A5iSjvZa7-4>

Punt Block <http://www.youtube.com/user/USFBullsEyeTV?blend=21&ob=5#p/u/8/vOknyOPONsg>

# Team Drills

7 Player Oakie <http://www.youtube.com/watch?v=O-NznWT5ne8&feature=related>

Take away circuit <http://www.youtube.com/watch?v=WQ0AUWxTUAk&feature=related>

Wall Drill for Power <http://www.youtube.com/watch?v=T9kYROeSjJI>

# Form Tackling

Youth Form Tackle <http://www.youtube.com/watch?v=C2yasGDzWvc&lr=1>

# Off Season Mat Drills Off season

Georgia Mat Drill <http://www.youtube.com/watch?v=Jtav2LU-tYI&feature=related>

Clemson Mat 1 <http://www.youtube.com/watch?v=FEEnGEzBmq2U&feature=related>

Clemson Mat 2 <http://www.youtube.com/watch?v=5Vcm9oN2s08&feature=related>

Clemson Mat 3 <http://www.youtube.com/watch?v=IC6pN5z1zhw&feature=related>

Clemson Mat 4 [http://www.youtube.com/watch?v=0\\_TQUtwvk8o&feature=related](http://www.youtube.com/watch?v=0_TQUtwvk8o&feature=related)

Clemson Mat 5 <http://www.youtube.com/watch?v=DzcfyWHYob4&feature=related>

Clemson Mat 6 <http://www.youtube.com/watch?v=G3GtswLFfE&feature=related>

Clemson Mat 7 <http://www.youtube.com/watch?v=88VwAXh2qVU&feature=related>

# Competetion Drills

## **North Carolina State Pack Attack**

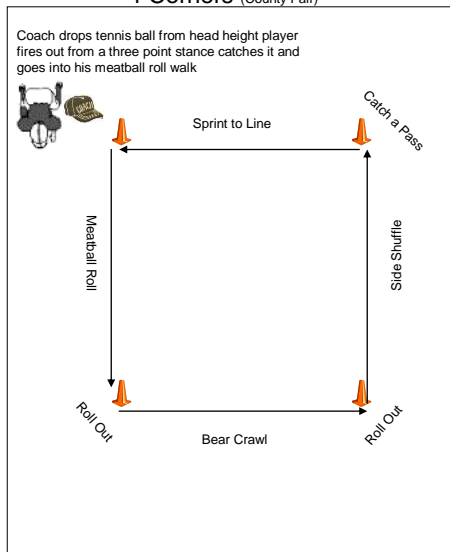
We group players by position (e.g. QB/RB/LB in a group, OL/DL/TE, and WR/DB). Have the players create a circle. Give one player the ball, throw in a blocker, and a tackler. For a set period of time (15 seconds, 30 seconds, etc.) have ball carrier do everything in his power not to be tackled, while the blocker helps him out. This is a great drill to promote competition, a don't quit/give up mentality, plus a great conditioning drill. Also, by splitting into various groups, multiple people can go at the same time.

## **Escape from Baghdad**

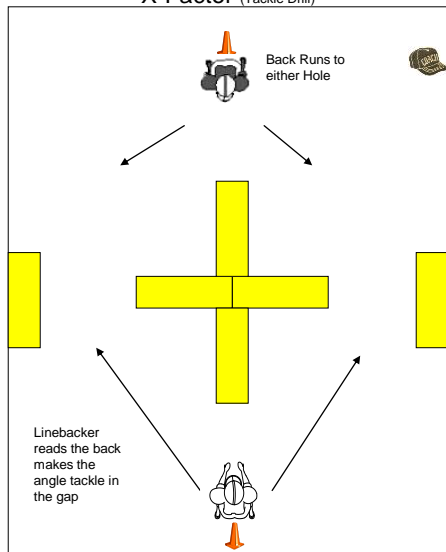
One of the things we do is try to incorporate some sort of competition amongst the kids. I run a drill called escape from baghdad on defense where there is a 5x5 box, a qb (president), two blockers, and a defender. the president must stay in the box and the defender must only touch the president to win. if the defender wins, the two blockers must do 10 push ups/up downs/jump squats, and if the blockers win, vice versa. This drill stresses to attack 1/2 a man on defense and relentless pursuit.

# Drill Diagrams

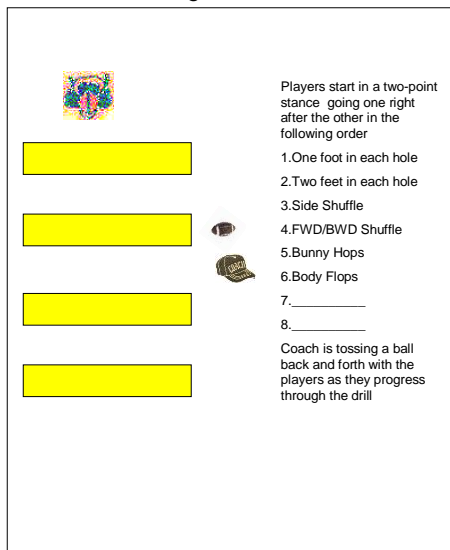
**4 Corners** (County Fair)



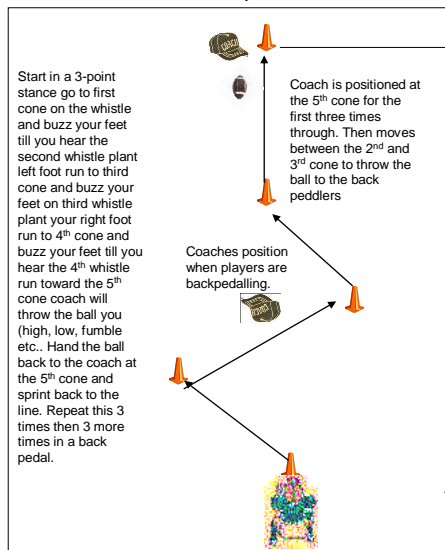
**X-Factor** (Tackle Drill)



**Bags** (County Fair)



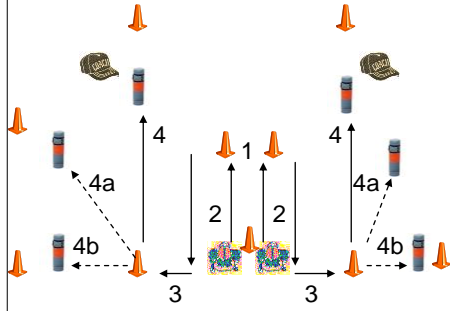
**First Step** (County Fair)



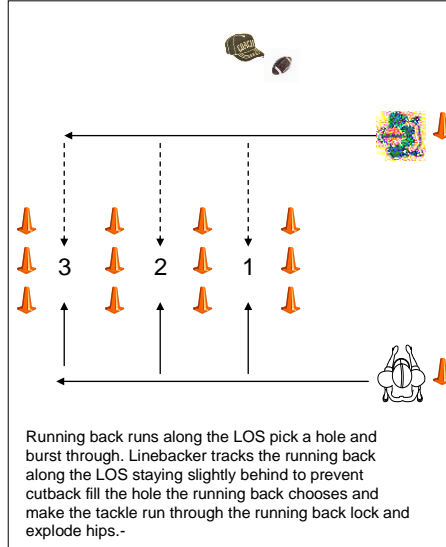


### 12 Perfect Tackles (Tackle Circuit)

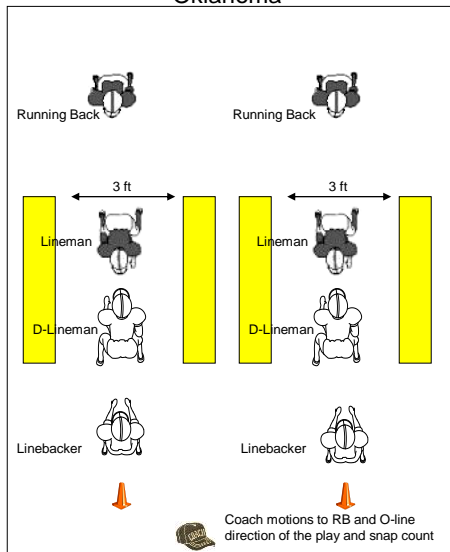
Start in a 3-pt. stance sprint up to cone (1) backpedal back to the LOS (2) then side shuffle to cone(3) then attack the bag(4a,b,c) make the tackle drive it to cone. Do 2 reps per bag per side. Use a PVC pipe in front of the bag to ensure player is getting low



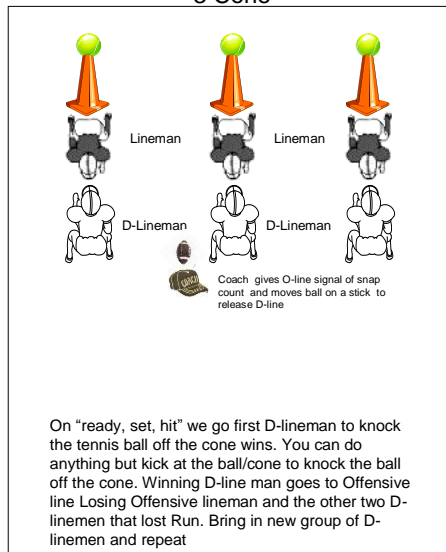
### Fill Drill (Tackle Circuit)



### Oklahoma



### 3 Cone



On "ready, set, hit" we go first D-lineman to knock the tennis ball off the cone wins. You can do anything but kick at the ball/cone to knock the ball off the cone. Winning D-line man goes to Offensive line Losing Offensive lineman and the other two D-linemen that lost Run. Bring in new group of D-linemen and repeat

### Pursuit/Pulling

Running Back with pulling lineman lead blocker. Blocker leads to the gap if he is there first seal to the inside, RB run along the side line, If the defender is there first waiting kick-out to the sideline RB cuts back inside

Outside linebacker contains the corner try's to blow-up the block and makes the tackle or pushes RB to inside of the field. Inside Linebacker maintains a good pursuit angle slightly behind the RB and make's a sideline tackle if RB goes outside or tackle the RB when pushed inside by the outside linebacker .

### Tee Time

Player with the ball starts out on his back head toward the coach. Tacklers start in a 2-point stance. On the whistle RB gets up and makes for the cones on the opposite side. The tacklers run to there opposite cone turn in find the ball carrier and make the tackle.

### Sideline Tackling Drill (tackling Circuit)

Work Downhill on the ball carrier keeping just behind to prevent cutback make the tackle against the sideline

### 12 Perfect Blocks

Bar is set up 18" in front of the blockers and 6" taller than the blockers

Coach calls play direction and cadence the players step with the designated foot using proper L.E.G. principles hit the bag and drive to the whistle. If one helmet hits the entire group fails.

