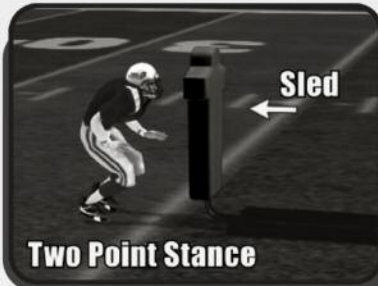
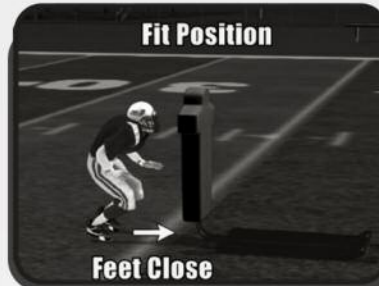


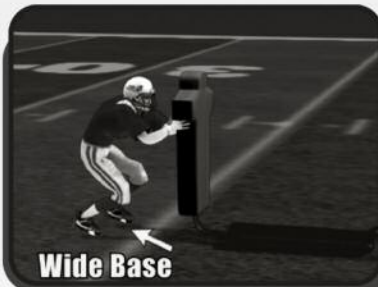
Explosion Drill



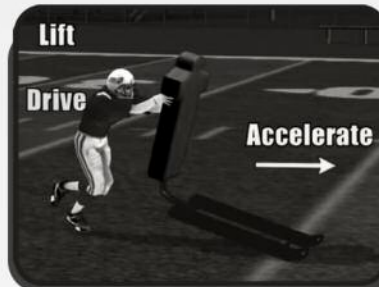
01 ★
Blocker is in 2-point stance in front of sled



02 ★
Feet close enough to sled to explode into "fit" position



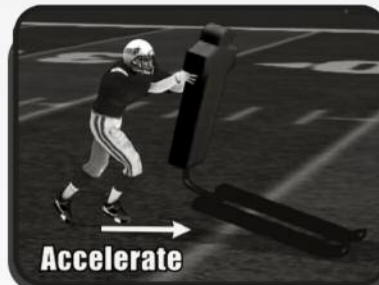
03 ★
Lineman explodes into sled with hands, a wide base.



04 ★
Then he accelerates, lifting and driving the sled.



05 ★
Using 2-hand drive, he rolls hips to lift the sled



06 ★
Feet must accelerate upon contact and keep moving

Notes:

[Empty space for notes]

For more useful tips on coaching youth football, log on to www.usafootball.com.