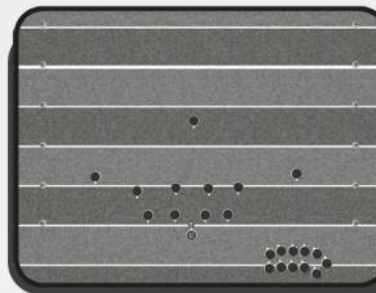


Team Pursuit Drill



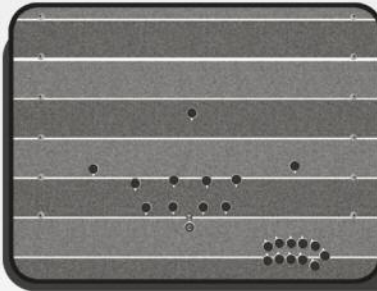
01 ★

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



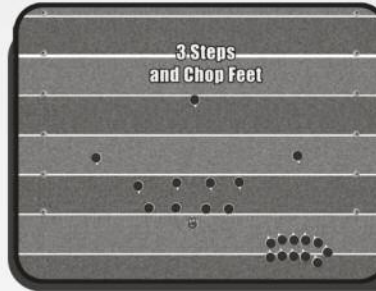
02 ★

Coach acts as the QB.



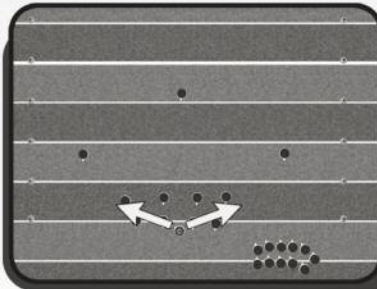
03 ★

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



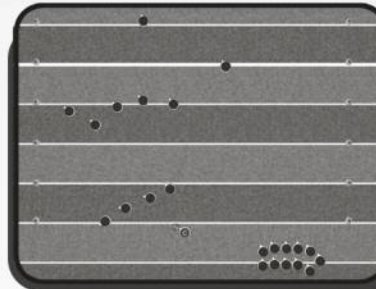
04 ★

Defenders take three steps and chop their feet.



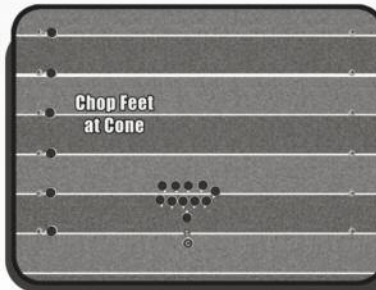
05 ★

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.