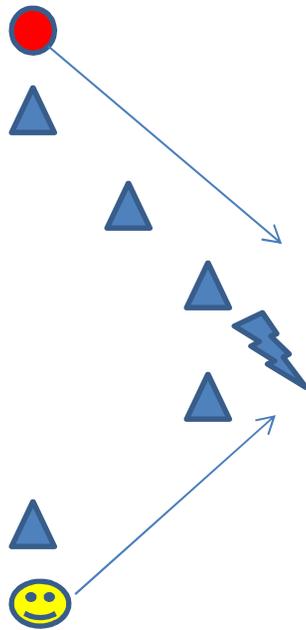


Angle of Pursuit Tackling: Teaching keeping head on ball side, using sidelines as your ally, fight through block to make tackle, don't get beat to the sidelines

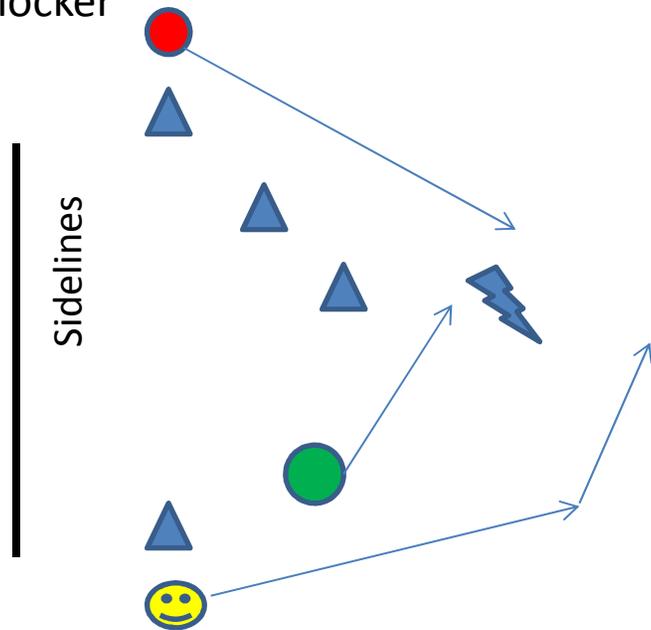
D and RB at 5-10 yards apart. D player can't cheat up, but must keep RB between them and sidelines to make tackle. With blocker, RB needs to follow block and make a move (RB take the cut off of blockers butt away from pursuer).

Angle tackling: Get head in front of ball and form tackling

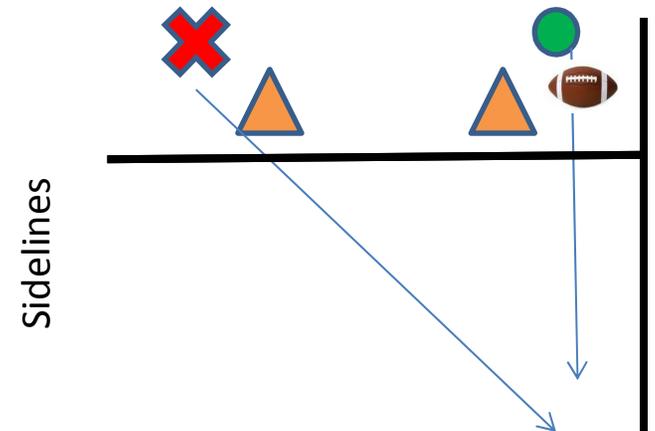
Angle of Pursuit



Angle of Pursuit with Lead blocker

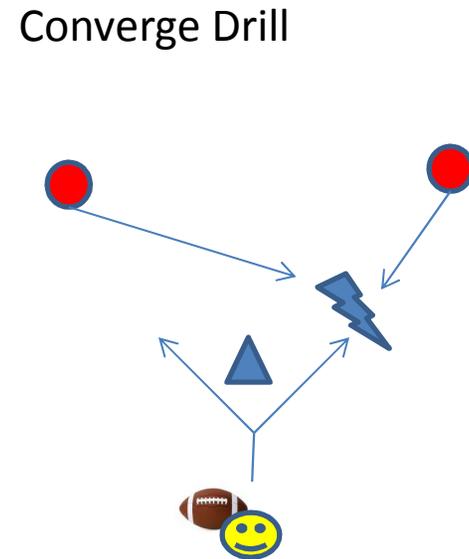
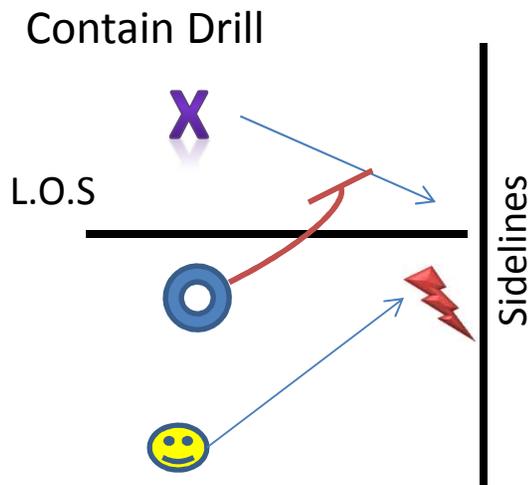


Angle Tackling



Contain Drill: very similar to angle of pursuit, but now no distance between DL and OL to get to RB

Converge Drill: tacklers use each other to keep ball carrier in front of them. Start no further than 7 yards apart.



Angle of Pursuit: Teach taking the correct angles to cut off runner

P-P, R, S, B Drill: 5 techniques D can use to get by blockers

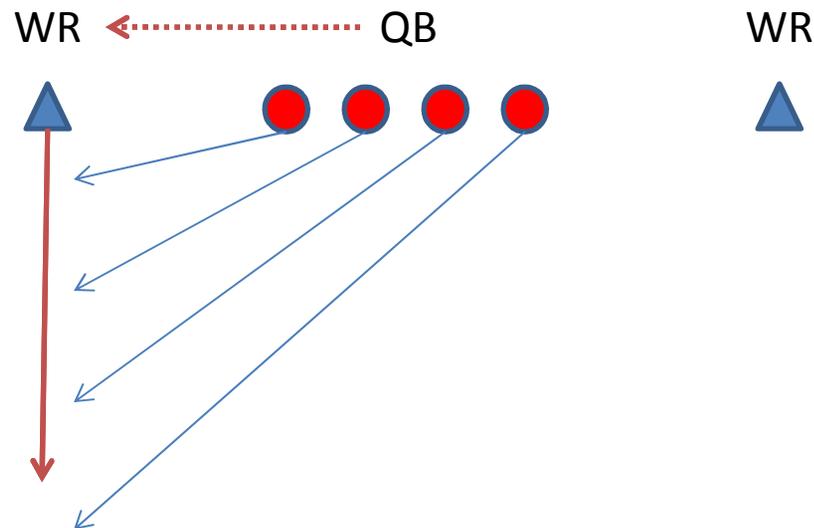
Push-Pull gets blocker unbalanced

Rip: uppercut move that starts low and gets under blockers arms and move through

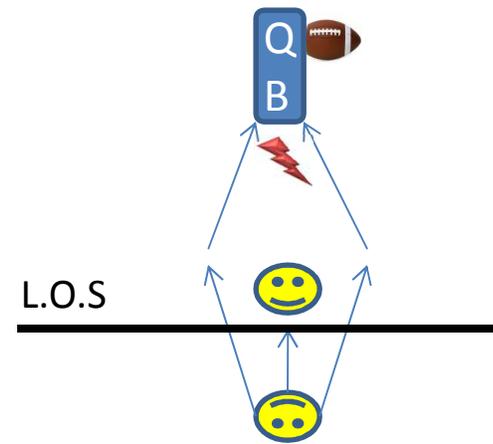
Swim: one hand slaps blockers hands away, and other arm swims over hands and shoulder

Bull: Straight up power rush

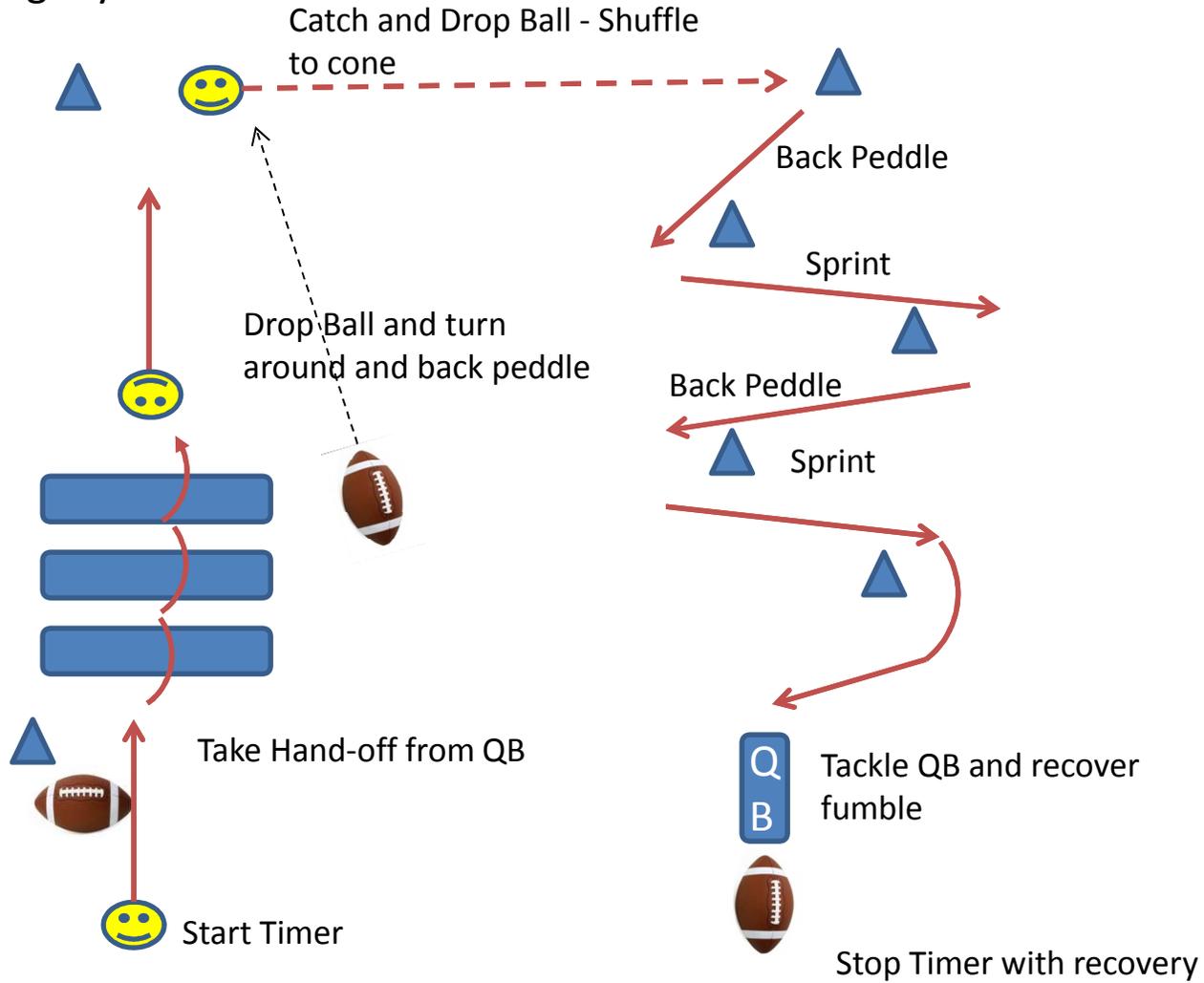
Angle of Pursuit: D Line



Push-Pull, Rip, Swim, Bullrush



Agility Drill #1



Agility Drill #2

Tackle QB and recover fumble



5 Push ups



Bear Crawl through Cones

Shuffle to cone

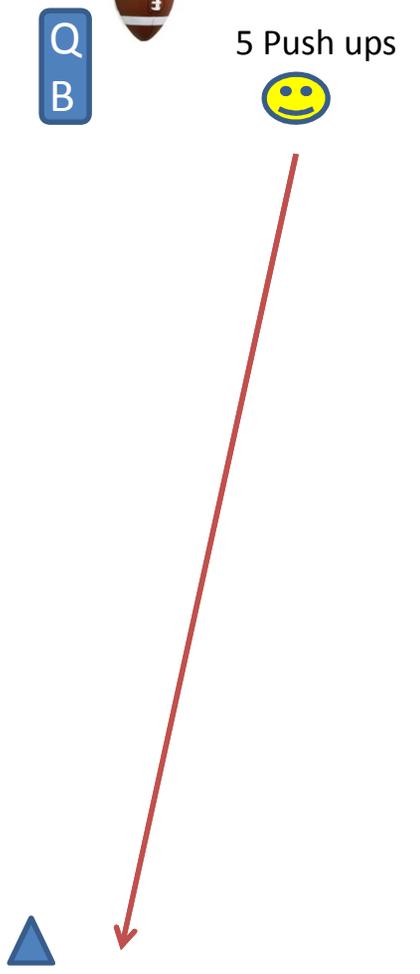
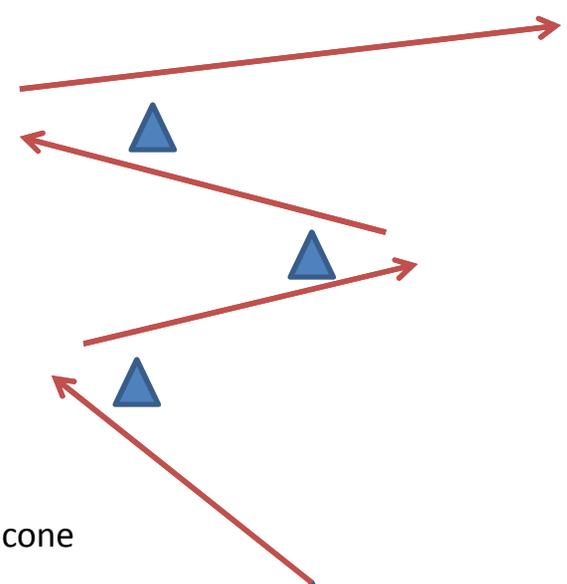
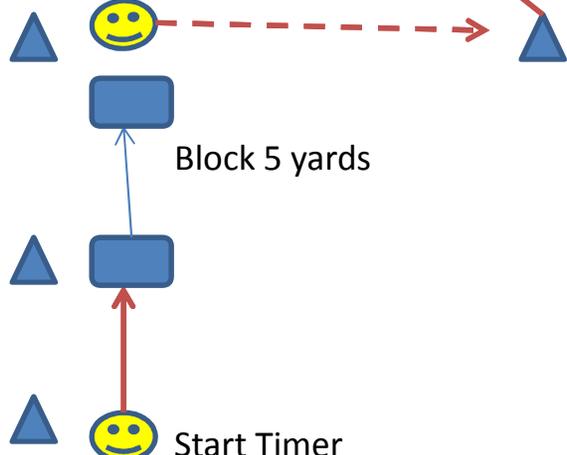


Block 5 yards



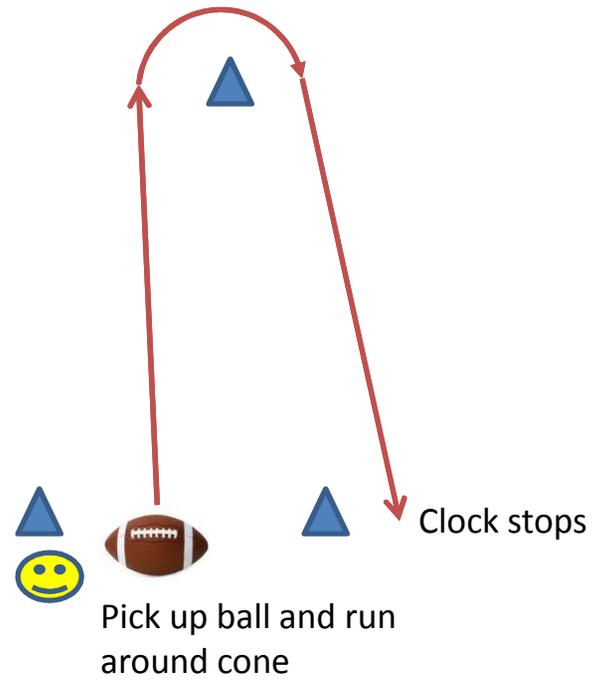
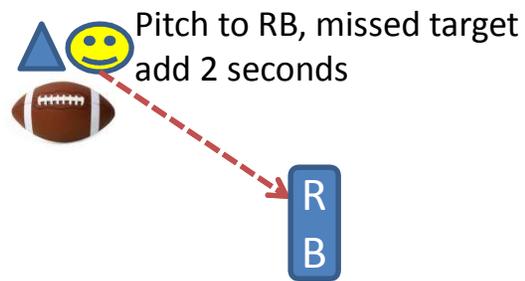
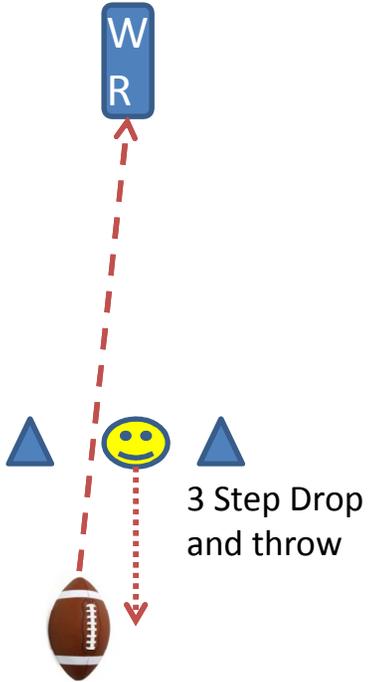
Start Timer

Stop Timer at cone

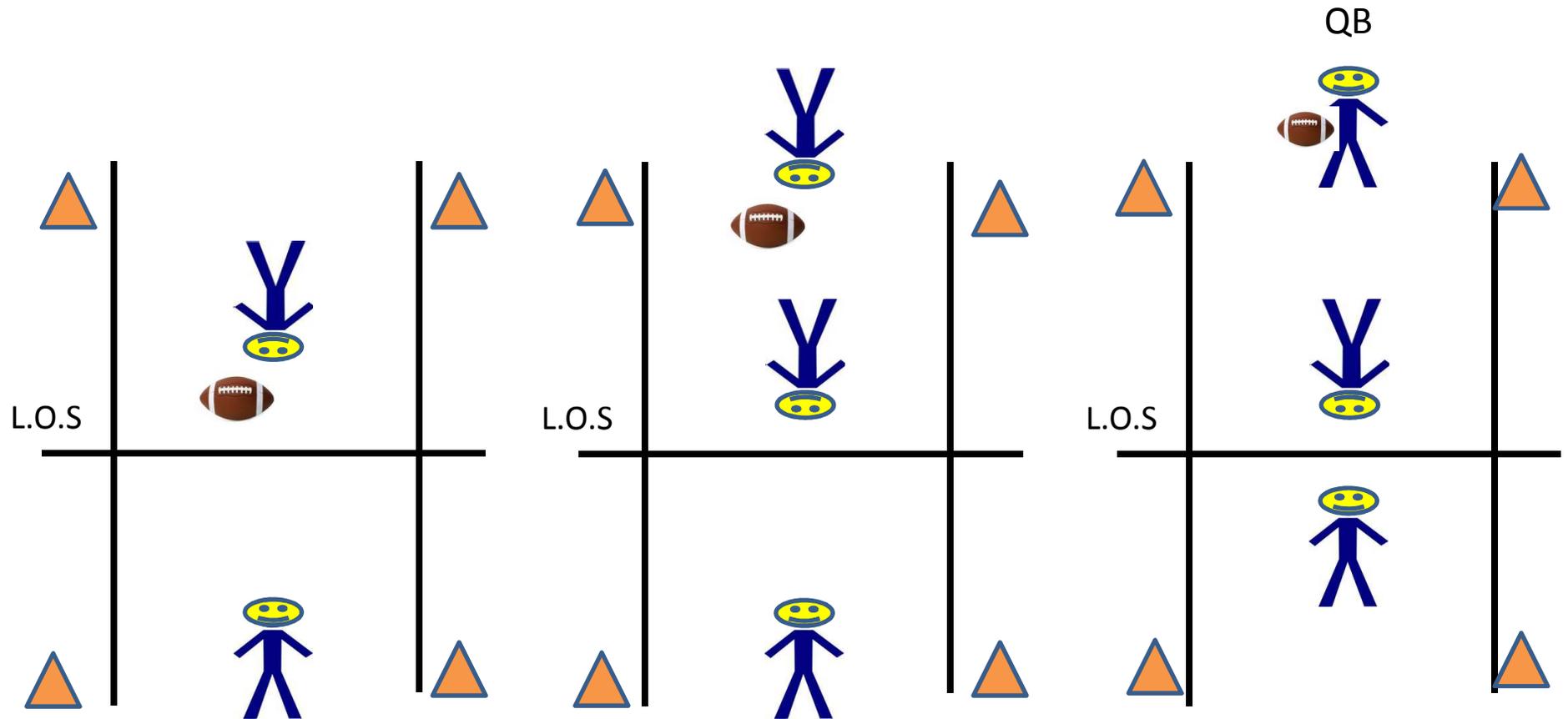


Hands Team Drill

Missed target add 2 seconds



Get up and Go (with or without blockers): Agility and speed to get up from backside.
Fight through blocker and make tackle, blocker establish ground and makes a block. RB
needs to get up, pick up ball and go. Protect the QB

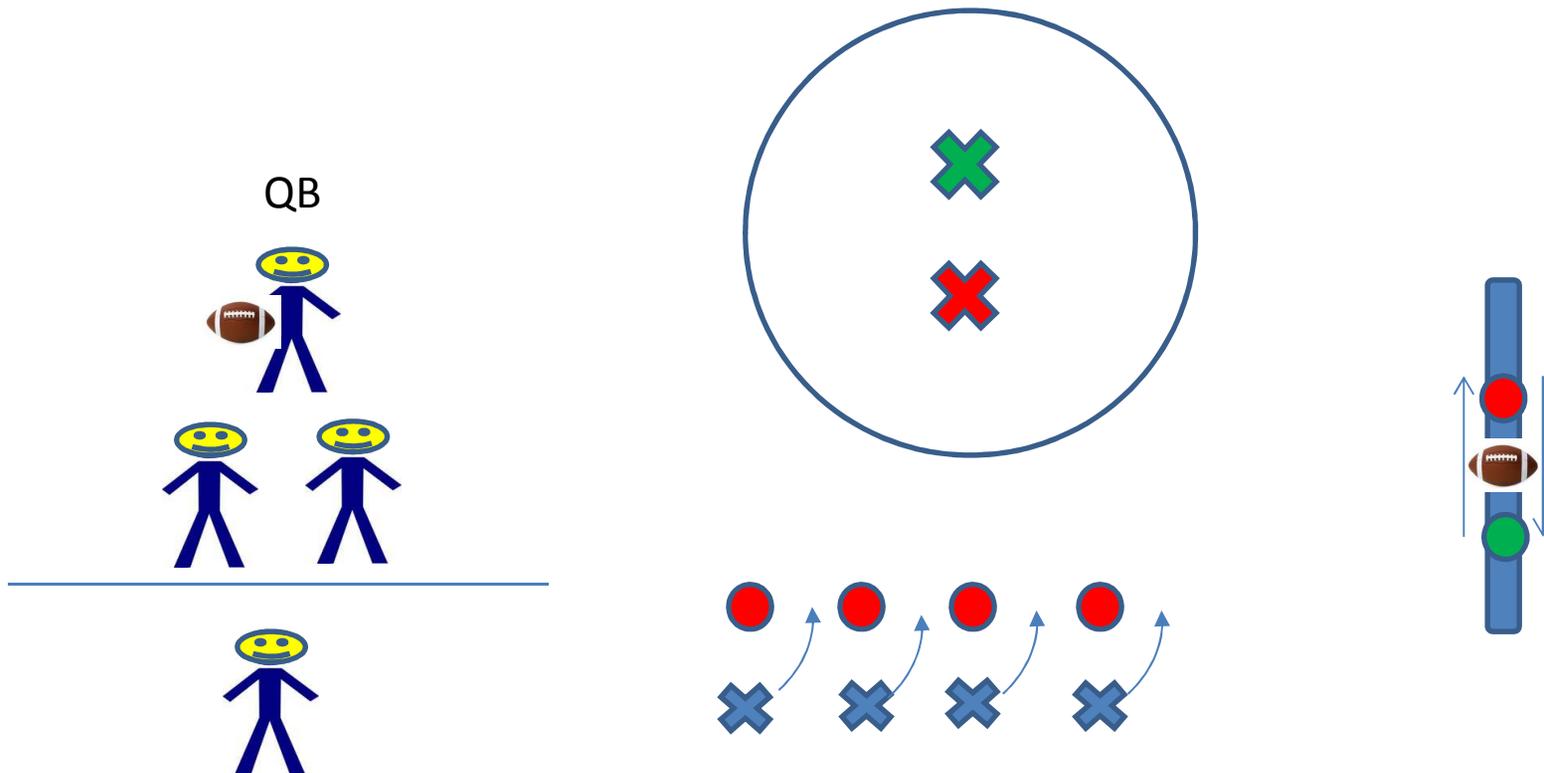


Fighting the Double Team or Learning Cheek to Cheek Blocking: D has to fight through double team to get to the ball using learned techniques (P-P, Rip, Swim, Bull, etc.). OL learns to keep cheek to cheek to keep the double team on the D.

Shooting Gaps: With blocker, Shoot the gap, gain control, find the ball

King of the Hill: Two blockers meet on the snap and try to push each other back

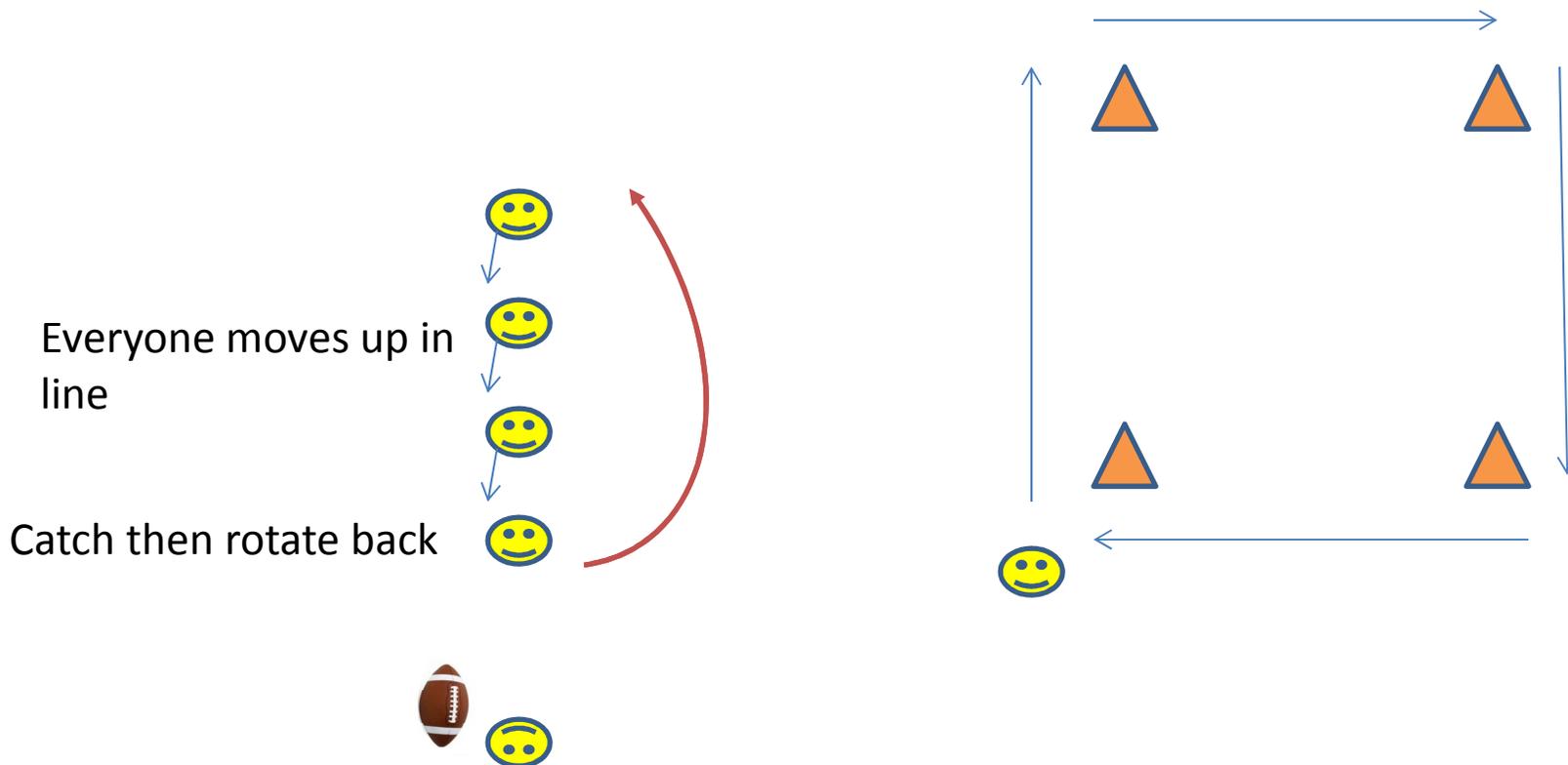
Sumo: Low man wins, push out of ring



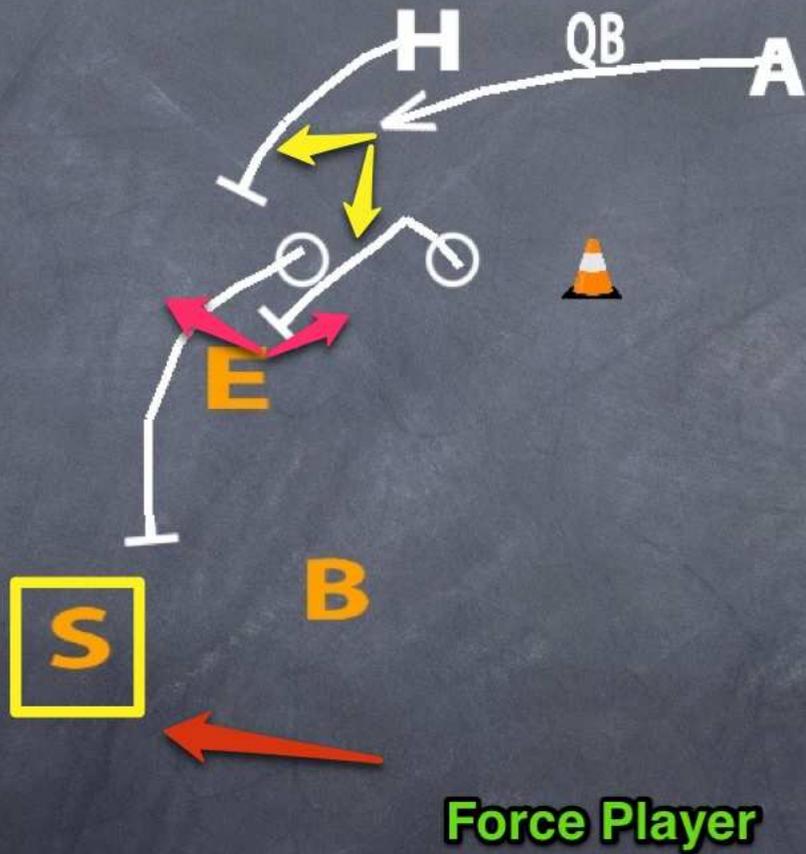
Passing and Catching Drills:

1. Low ball
2. At em
3. Rebound (high tip up ball)
4. 45' –catch to the side

4 Corners Agility: Different running styles between cones (shuffle, sprint, back peddle, cross-overs, etc.)

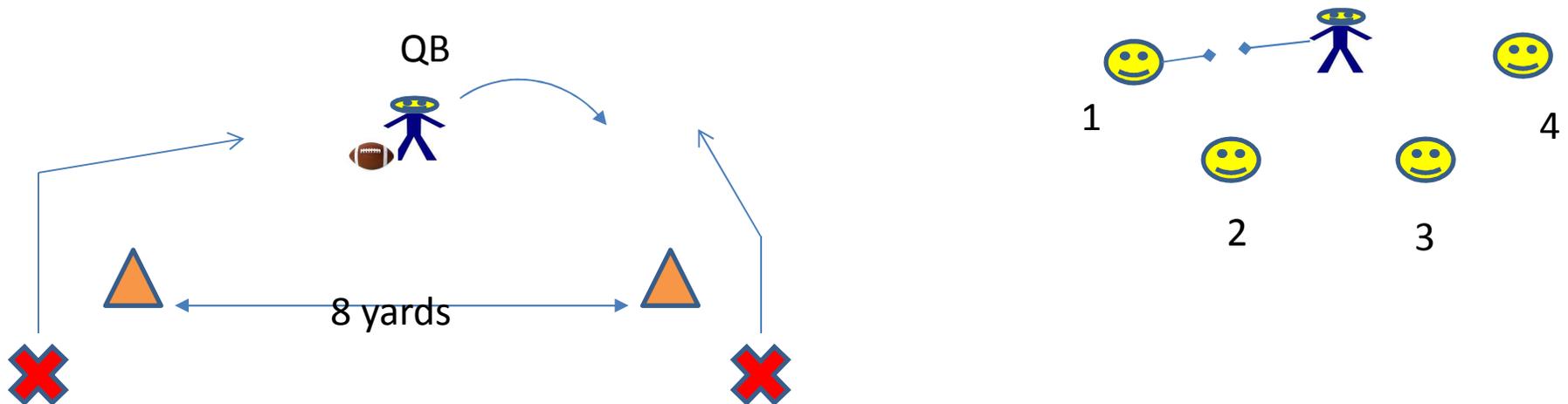


Outside Zone Drill



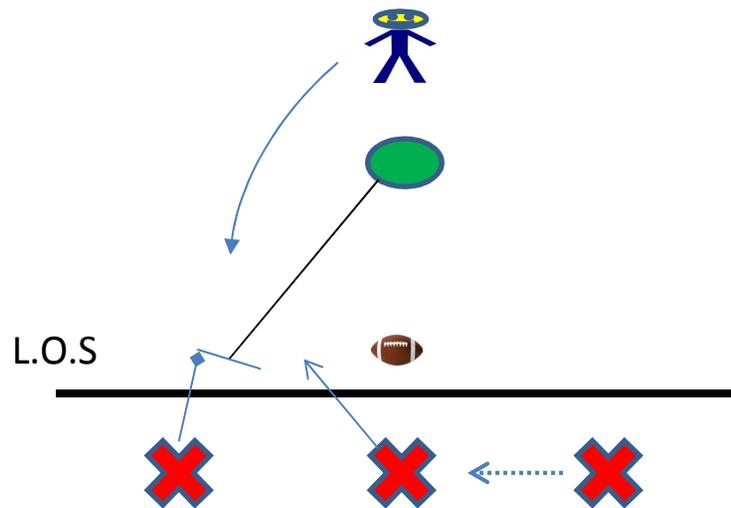
Spot, Contain, Pursue Drill (DE and OLB Drill-D drill): keep shoulders square, not showing numbers, keep outside shoulder free. If play goes away, stay home and watch for Reverse, cutback, bootleg. Rush QB on a L path

Taking on Blockers Drill: Middle player takes and delivers hit, gathers, and takes 2nd, 3rd, 4th blocker, then back to number 1. Use your shoulders to take and deliver hit, use arms to separate from blocker



Triangle Drill (Defending Iso or Lead blocks): Taking on and shedding lead blockers, attack blocker, shed and separation, make tackle. Keep outside shoulder free, other D, go to ball. Force the RB to run into teeth of defense

Fumble Drills: fumble ball and have D know when to pick up or fall on. Teach tucking the ball into the fetal position to protect the player and ball. If going to pick up with no one around, slow down and use both hands/arm fully extended and get ball. Prefer to cradle the ball.



Games:

Golf Football (teams of 4-5): On offense, the coach gives a golf ball to one player. On break, the O runs to the end zone without being tackled. If player with golf ball ends up in the end zone, a point, if tackled, D gets point. Switch sides. Mark out field appropriately.

Slam Dunk: 2 O v. 3 D. D is in a square zone ready to tackle O with ball. O needs to enter zone and dunk ball into (trash can, hoop, etc.). If tackled, they are out for that possession.

Deer Hunter (Dodge ball type): Field is square 40 x 40, 2-3 hunters and the rest are deer. If hit your out. Winners move to next round.