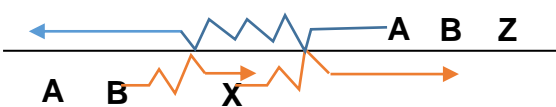


# SPREAD OFFENSE - TECHNICAL AND TACTICAL TEACHING DRILLS

## WARM UP FUNDO DAILY DRILLS (10 min total)

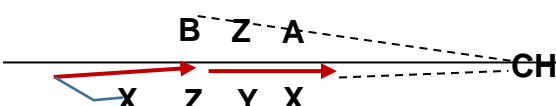
**DRILL NAME:** Partner Hand Offs (3 mins) + ball security drills  
**POSITION(S):** all ball carriers (all skill positions except Qb's)  
**FUNDOS:** arm and hand setup to ball security involved in hand off mechanics

<p>B receives hand off – then is Qb and give ball-hand off to J</p>  <p><i>*no coach needed after initial setup</i></p>	<p>Work on proper hand off receiving mechanics having inside arm up with elbow pointed @ Qb and outside arm-palm up and hand towards Qb – big pouch to receive. Close and grasp when ball on stomach and secure in ball security with 5 points of contact.</p> <p><b>*Bacs continue cycle of receiving hand off – then giving – then to opposite line</b></p>
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**NOTES:** use ball security drills (20 yards) to replace partner hand offs

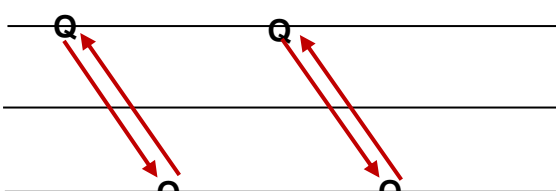
1. 5 yard zig-zag – changing ball over using double tuck to outside arm ball placement
2. 5 yard pop ups – every 5 yards touch ground with off-hand (5 points of contact BS)
3. 5 yard 2 step shake – every 5 yards do 2 step shake move (5 points of contact BS)
4. Partner steal – ball carrier jogs 10 yards, then partner tries to steal ball last 10 yards

**DRILL NAME:** Tunnel Drill (7 mins)  
**POSITION(S):** all receivers (all skill positions except Qb's)  
**FUNDOS:** proper catching mechanics and head BOB with ball security test

	<p>Work on proper hand placement for high and low ball while coming back to pass by running quick stop route and back thru tunnel of players. Combine head BOB to ball security 5 point position + RAC to give ball to coach (Qb)</p> <p><b>*keep track of continuous catches for day</b></p>
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**NOTES:** players rotate clockwise – all distracting receiver inside the tunnel

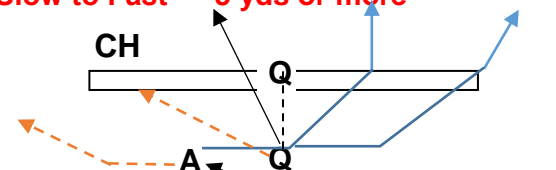
**DRILL NAME:** Qb RPO Mechanics = “Mesh-Load-Throw”  
**POSITION(S):** Qb's **\*you can add foot quickness (over line) between throws**  
**FUNDOS:** proper gun position + RPO mechanics to quick pass pivot and throw  
 \*arm warm up drill progression (accuracy game5-10-15-20 yard depth progression)

<p><b>Mesh = arms out straight &amp; pivot-ear-throw</b></p>  <p><b>Keep on toes &amp; open or close hip on throw</b></p>	<p>Work on proper gun stance (parallel stance @ 5 yards – with knees bent and hands-fingers in diamond in front of chest – arms bent). Opposite Qb sets in loaded-pivot / no drop position – executing accurate throw to partners diamond. <b>*Partners @ Angles = Will-Sam</b></p> <p><b>*keep track of # of perfect passes – first to 10 wins (continue to back up 5 yards)</b></p>
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**NOTES:** Start with center and Qb exchanges (under center and gun) prior to this drill with centers and Qb's executing first 2 steps after exchange for focus of the day  
**\*Finish with option pitches (speed 0) crossfield / 5 yds apart / partners /down and back**

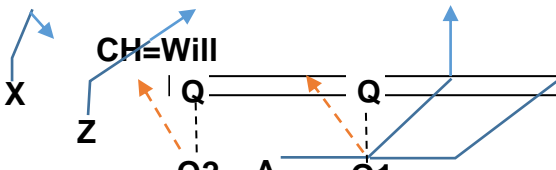
# BACKFIELD AND REC DRILLS

**DRILL NAME:** **Play Strip** - 1(dive) + 3(power) + 5(sweep) + Dart steps + Speed option  
**POSITION(S):** Qbs + Abacks + Bbacks  
**FUNDOS:** alignment-assignment / ball mechanics-timing / landmarks-chute

<p>*coach can signal plays (work communication)  <b>"Slow to Fast" – 5 yds or more</b></p>  <p>*A-B Start in Pistol      *Shift with play call</p>	<p><b>*Blocking rules-timing-technique work</b>          Backfield runs inventory of core run plays with ball carrier reading lead block (coach)  <b>*Qb execute pivot setup &amp; keep out back</b></p> <p><b>Goals</b> – work lead blocking technique – ball carrier reads and outs – backfield timing and follow through of fakes fully</p>
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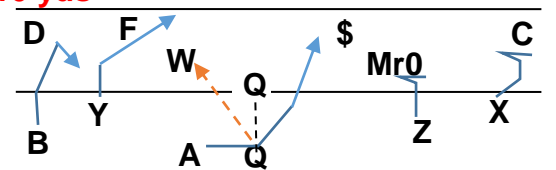
**NOTES:** do speed option (gun & pitch) to finish **\*EVERYDAY**

**DRILL NAME:** **Triangle Strip** (1-3-5 steps + combo route's)  
**POSITION(S):** 2 Qbs + all backs + all receivers  
**FUNDOS:** Packaged Play mechanics controlled (double read)

<p>Qb1 has back give or keep (read Will)          Qb2 has combo pass or keep (read Will)</p> 	<p><b>*Triangle Packaged Play Read work</b>  <b>Will (Coach) sits</b> = Qb1 give / Qb2 throw  <b>Will with back</b> = Qb1 keep / Qb2 throw  <b>Will with recs</b> = Qb1 give / Qb2 keep  <b>Will Blitz</b> = Qb 1 give / Qb2 throw HOT pop  <b>Goals</b> – work lead blocking technique – ball carrier reads and outs – backfield timing and follow through of fakes fully  <b>*coach signal play + is Will (read) Defender</b></p>
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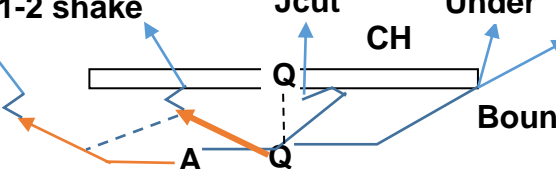
**NOTES:** focus on core concepts for the day instead of doing all

**DRILL NAME:** **Triangle Game (6 on 6)**  
**POSITION(S):** all skill (6 on 6)  
**FUNDOS:** Packaged Play mechanics – tactical game (10 yds and score-finish)

<p><b>10 yds</b></p>  <p style="text-align: center;"><b>Group 3</b></p>	<p><b>Offensive game</b> – have coach 1 give dive read and coach 2 pitch key – defense must 2 hand touch ball carrier before they gain 10 yds  <b>Goals</b> – work reads using both inside veer – gap call and one play action pass  <b>Groups</b> – work 3 groups with offense to defense – defense out – on deck to offense.</p>
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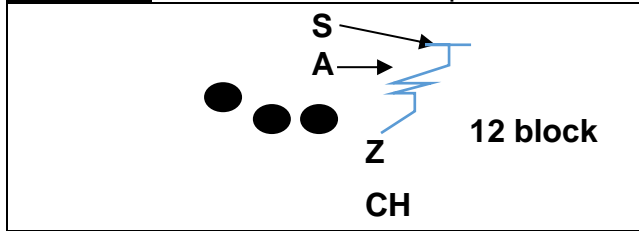
**NOTES:** must rotate fast and get quality reps while keeping score for competition

**DRILL NAME:** **Back Press & Cut** (1-3-5-Dartmouth steps + speed option)  
**POSITION(S):** Qbs + Abacks + Bbacks  
**FUNDOS:** alignment-assignment / ball mechanics-timing / landmarks-outs

<p>1-2 shake      Jcut      Under</p>  <p style="text-align: center;"><b>Bounce</b></p>	<p><b>*Blocking rules-timing-technique work</b>          Backfield runs inventory of core run plays with ball carrier making cuts (outs) by <b>PRESSING the LOS with each</b>  <b>Moves</b> – Bounce / Under / Jcut / 1-2 Shake  <b>Goals</b> – ball carrier reads and outs</p>
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**NOTES:** focus on core concepts for the day instead of doing all

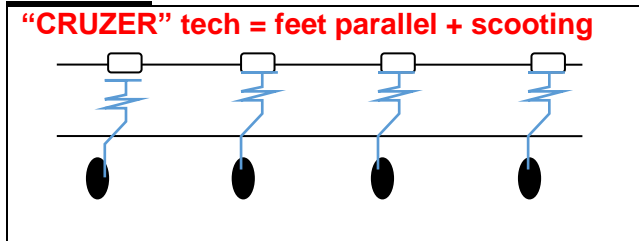
**DRILL NAME:** 12 Block  
**POSITION(S):** Aback and Zrec  
**FUNDOS:** 12-20-21 option block technique and tactics



Slot backs work various blocking techniques – starting with inside veer by releasing outside / shoulders square to LOS / wide stance-duck walk. See LB (make him come to you) and then widen to Safety if LB sits-fills. Finish with good fit-drive- occupy stalk block

**NOTES:** Work “gap-down” block and then progress to belly series to all blocks

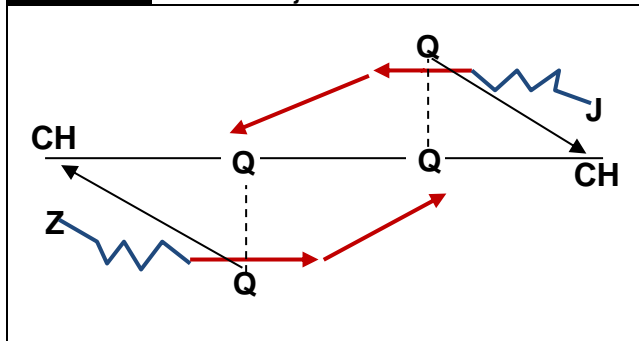
**DRILL NAME:** Stance-Start-Stalk (*CRUZER* technique = feet parallel + scooting)  
**POSITION(S):** Y and X recs  
**FUNDOS:** stance-take off-release-stalk block mechanics



12-20-21 and BSCO (Back Side Cut Off) blocking technique and tactics.  
**Stance:** inside foot back – hands up in front  
**Start:** off ball – off front foot (no false steps)  
**Stalk:** attack defenders outside shoulder – burst – center up frame – foot fire and step o toes – fit and drive with ankles apart – finish

**NOTES:** Start with 12 block – straight up stalk and progress to 20-21-BSCO

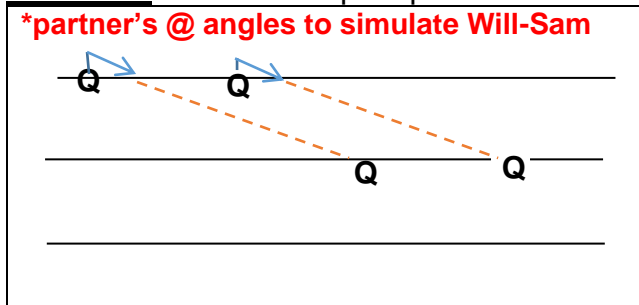
**DRILL NAME:** Jet Wheel (read)  
**POSITION(S):** jrec-zrec-qb  
**FUNDOS:** jet stretch mechanics and ball security



Work on timing of jet motion – ball should be snapped @ the outside hip of play side tackle (use a cone to mark). Make sure Qb secures snap and presents ball for solid square mesh while reading backside DEnd read key (give until DEnd / Coach does not cross LOS and turns shoulders toward center = keep)  
**\*Qb keeps or fakes by replacing DEnd**  
 Backs secure hand-off, get depth and run past opposite Qb – get ball to next Qb

**NOTES:** Qbs warm up in pairs first – focus on footwork and accuracy

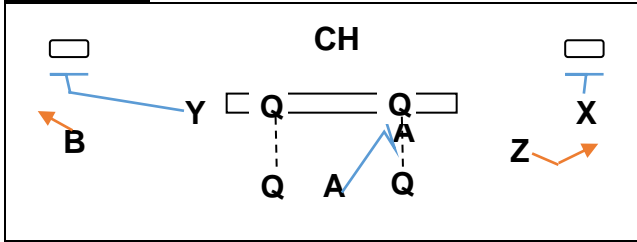
**DRILL NAME:** Qb RPO technique & Pocket Drills  
**FUNDOS:** drops – pocket footwork – escapes (*Qb efficiency development*)



**1-partner RPO “mesh” + “ear” + “throw”**  
*mesh = arms out straight & pivot-ear-throw*  
*Keep on toes & open or close hip on throw*  
**2-ankles apart** (up & down half cigar)  
**3-ankles wave** (all directions / drag and climb)  
**4-escapes** (climb / climb & sprint / spin & bail)

**NOTES:** do center and Qb exchanges (under and gun) prior to this drill with centers and Qb’s executing first 2 steps after exchange for focus of the day

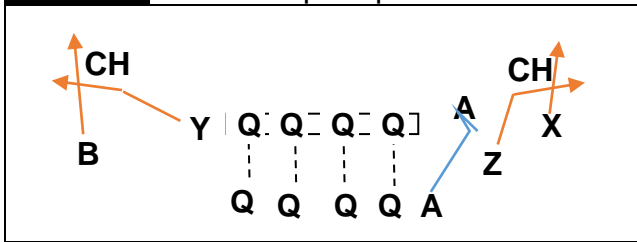
**DRILL NAME:** Bubble Drill  
**POSITION(S):** All Skill  
**FUNDOS:** mirrored bubble screen catch-block-ball security-score and finish



**\*work all phases of bubble screen**  
**Goals** – ball never touches ground – receiver gets 10 yards and blockers fits-drives-finishes when ball carrier passes him  
**Rotate** – blocker to def to out / recs run ball back to qb to back of rec line  
 \*Ram-Lion 1-2-3 + Diamond Lion-Ram

**NOTES:** Add Stubble combo route and Golds with packaged plays (triangle)

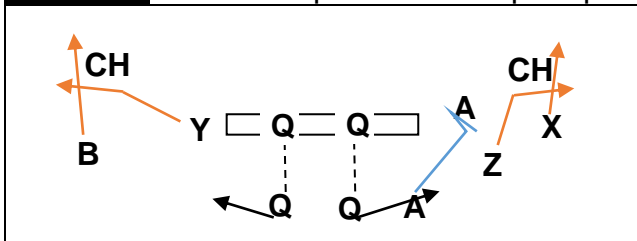
**DRILL NAME:** Run and Shoot Drill  
**POSITION(S):** all skill  
**FUNDOS:** quick pass route-throw-catch (all 4 or 5)



**\*work play side combo routes**  
 All 4or5 receivers work with 4or5 Qb on quick pass route timing by all recs getting a ball @  
**Coaches** – count-clap out timing (all on the same page) “2-3-an-throw”  
**Rotate** – Qbs rotate clockwise – throwing to all recs before changing plays

**NOTES:** \*GOAL is for all 4-5 balls never touching the ground (100% completion %)

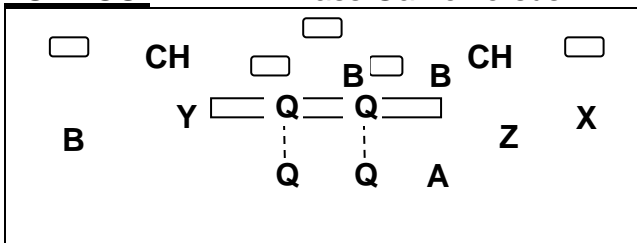
**DRILL NAME:** Mirror Drill  
**POSITION(S):** all skill  
**FUNDOS:** Sprint out and quick pass combo routes both directions / back pass pro



**\*work play side combo routes**  
 All 5 receivers work with Qb on sprint out pass game combination routes  
**Coaches** – serve as read defender checking receiver spacing-route technique and qb read-timing-accuracy  
**Rotate** – offense runs 1 and back to other side

**NOTES:** Can use “run & shoot” drill for quick drop back if enough Qbs (4 Q for 4 Recs)

**DRILL NAME:** Drill 25 \*backs rotate as Mike and Sam backers (blitz 1 or both)  
**POSITION(S):** all skill  
**FUNDOS:** Pass Game versus Blink and Focus read defenders (covers)



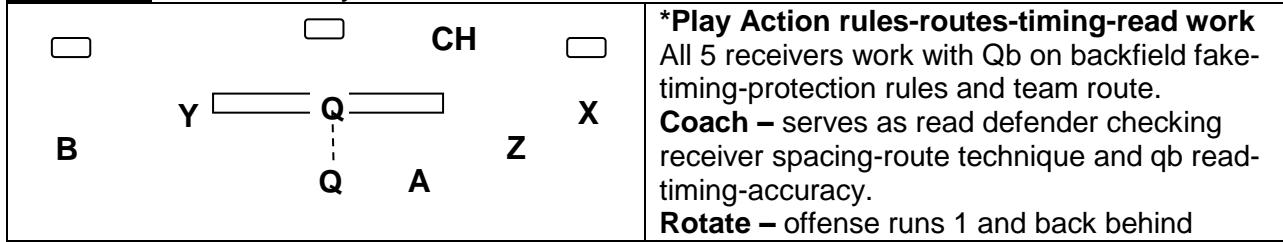
**\*work 3 and 5 step drop back pass game**  
 2 Qbs, but with all 5 receivers aligning on designated Qb – all running the same pass play. 1<sup>st</sup> Qb has triangle read recs 1-4 / 2<sup>nd</sup> Qb eyes read progression-throws to #5 rec  
**Coaches** – serve as read defenders  
**Rotate** – offense runs 1 and back behind

**NOTES:** place hand shields on ground in defenders coverage positions – creates a visual for throwing lanes versus different zone covers – coach(s) can then act as Qb read defenders

**DRILL NAME:** PAP Strip (Play Action Pass)

**POSITION(S):** all skill

**FUNDOS:** Play Action Pass

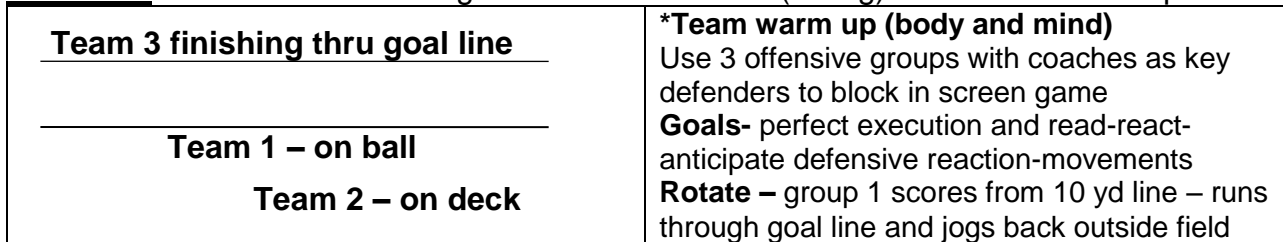


**NOTES:** place hand shields on ground in defenders coverage positions – creates a visual for throwing lanes versus different zone covers – coach(s) can then act as Qb read defenders

**DRILL NAME:** Screen and Score *\*all 3 groups run same screen thru 1 cycle*

**POSITION(S):** all skill OR all offense

**FUNDOS:** screen assignment and execution (timing) with tactical development



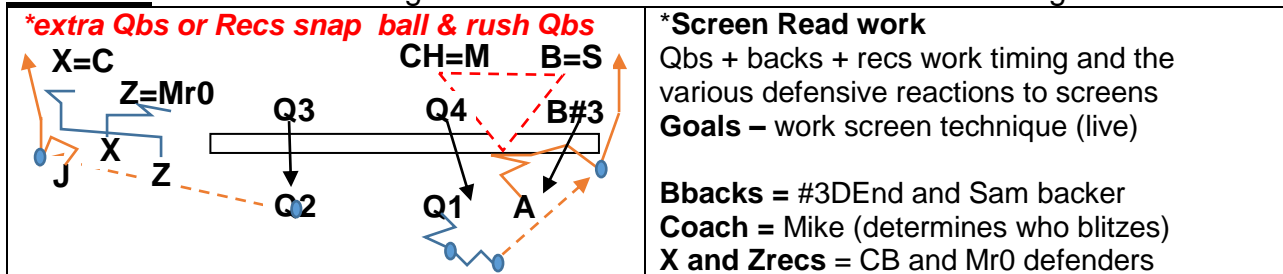
**NOTES:** Drill Qb's solo with footwork and timing (Q – Screen)

**\*D22 =** you can execute versus a defense – **Run screen twice both ways (rotate O to D)**

**DRILL NAME:** Screen Game (1-3-5 steps + combo route's)

**POSITION(S):** 2 Qbs + all backs + all receivers

**FUNDOS:** Screen game mechanic with live defenders – tactical game

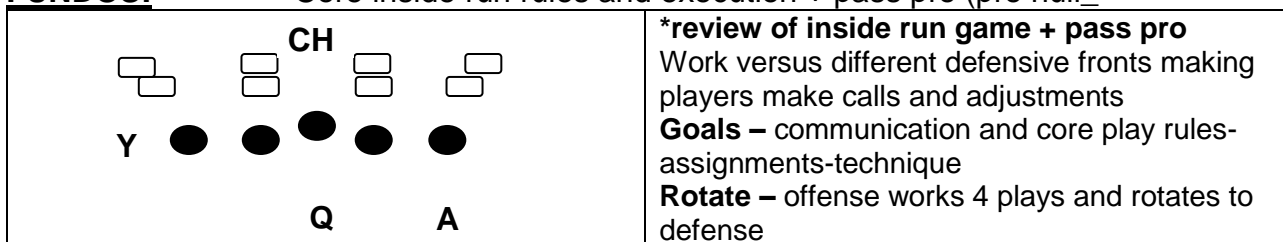


**NOTES:** make sure to mix up defensive movements + add Read screen + delay

**DRILL NAME:** Inside Hull (run scheme) & Pro Hull (pass pro - *\*coach @ Qb*)

**POSITION(S):** Oline and backfield

**FUNDOS:** Core inside run rules and execution + pass pro (pro hull\_



**NOTES:** you can change # of plays per group – stay with core plays for week

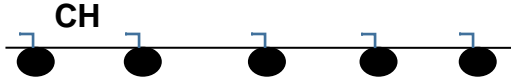
## OLINE DRILLS

**DRILL NAME:** Slide Step Line Drill = *“Drive & Catch”*

**POSITION(S):** Oline and Yrec

**FUNDOS:** 1<sup>st</sup> and 2<sup>nd</sup> steps for each block

**6 inch Slide step = “drive and catch”**  
*\*start with catch (slide) foot off ground*



*Facing to left*

**\*partner work on strike progression**

Oline put playside foot alongside yard line and work EXACT 1<sup>st</sup> and 2<sup>nd</sup> steps – using the line to mark proper placement

**Goals** – to work proper 1<sup>st</sup>-2<sup>nd</sup> step technique

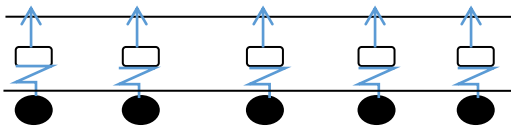
**Rotate** – 3 reps of 1 block – switch O to D

*\*work every day in pre practice* – all players @ once / players self-check steps left-right

**DRILL NAME:** Fit and Drive for 5 = *“Drive & Catch + Play in the Puddle”*

**POSITION(S):** Oline and Yrec

**FUNDOS:** all blocking techniques – calls - rules



**CH** – give slide step cue (R-L)  
*“slide step + play in the puddle”*

**\*partner work on strike progression**

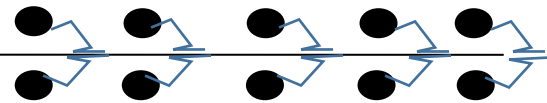
Work in phases of defender with hand shield in face to 1-2-3 steps off

**Goals** – to work overall blocking technique while feeling pressure of a moving-real defender versus stationary sled

**Rotate** – 3 reps of 1 block – switch O to D

**NOTES:** *Do Stretch right-left (both on offense – beat other across line)*

**DRILL NAME:** Down the Line (1on1 – *Stretch Reach*)



**CH** – stretch right  
*“Bucket step and Far reach”*

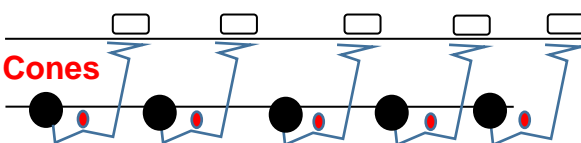
**\*partner work on strike progression**

Face each other – straddling yd line – on coaches play call (stretch left or right) & snap count – compete to beat partner over line

**Goals** – to work stretch reach technique while feeling pressure of a moving-real defender

**Rotate** – 3 quality reps each way

**DRILL NAME:** Skip Pull Partners (*also can work Twrap + Sweep Pulls*)



**CH** – direct Lbs  
*“Give ground to Gain ground”*

**\*partner work on strike progression**

Work on proper skip pull technique while eyeballing Backer (eating up whole body)

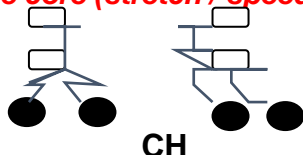
**Goals** – to work pulling technique while feeling pressure of a moving-real defender

**Rotate** – 3 quality reps each way

*\*coach directs LB movement (fill-shuffle)*

**DRILL NAME:** Combo Drill (*work 2 on 1 – Db team to 2 on 2 Combo*)

*\*work inside core (blast / power / IZ)*  
*\*work outside core (stretch / speed)*



**\*double team partner work**

Work double team technique and timing both front side and back side using line calls with specific plays called

**Goals** – work Oline team blocking schemes in small groups both front-back sides

# OPTION DRILLS

**DRILL NAME:** **A-Frame** (under center – I set) or Split-Frame (gun off-set)  
**POSITION(S):** Q-B-Center and 1 (CH = coach)  
**FUNDOS:** option mesh / ride and decide

<p><i>*Qb uses veer steps (6 inch / down-the-line with mesh down-the-line / crossover step)</i></p>	<p><i>*Qb still uses veer steps with Bback taking slide step toward – then straight to LOS</i></p>

**FORMAT:** Coach gives dive read keys to Qb – while Bback and Qb work on mesh / ball security. Last, the Centers work on steps / cut-off blocks while snapping. Mix in “gap” call for inside veer – adjust and path and read key.

**NOTES:** do speed option (gun & pitch) or other option concepts **\*EVERYDAY**

**DRILL NAME:** **SpeedO Wheel** (fast - quick -slow roller)  
**POSITION(S):** Aback-Bback-Qb  
**FUNDOS:** option pitch mechanics and ball security

	<p>Work option pitch – progressing from fast pitch right out of gun (1-2-3 steps) to quick (1-2-3-4-5 steps) to slow (down the line and field continuous running pitch).  <i>*Qb start-end pitch to non-dominate hand</i></p> <p>Backs keep 5x1 pitch relationship – catch-tuck and run past opposite back – go and hand ball to next Qb – get in line again.</p>
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**NOTES:** Qbs warm up in pairs first – cross field jog / 5 yds apart

**DRILL NAME:** **Option Game**  
**POSITION(S):** all skill  
**FUNDOS:** option mechanics – tactical game (10 yds and score-finish)

	<p><b>Offensive game</b> – have coach 1 give dive read and coach 2 pitch key – defense must 2 hand touch ball carrier before they gain 10 yds  <b>Goals</b> – work reads using both inside veer – gap call and one play action pass</p> <p><b>Groups</b> – work 3 groups with offense to defense – defense out – on deck to offense.</p>
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**NOTES:** must rotate fast and get quality reps while keeping score for competition