

2019

Offensive

Drill Teaching

SECTION 9

Warm up Drills – Daily Fundamentals

Technical – Backfield and Receivers

Tactical – Backfield and Receivers

Technical – OLine

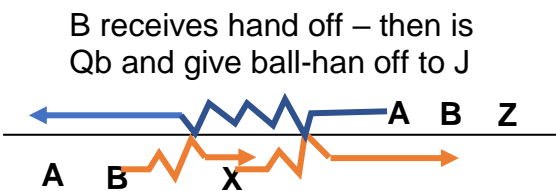
Tactical – OLine

Practice Methodology

OFFENSE - TECHNICAL AND TACTICAL DRILL TEACHING

WARM UP FUNDO DAILY DRILLS (10 min total)

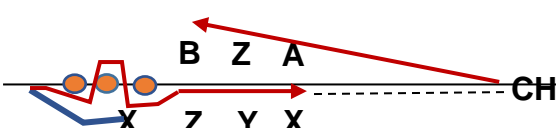
DRILL NAME: Partner Hand-offs (3 mins) + ball security drills
POSITION(S): all ball carriers (all skill positions except Qb's)
FUNDOS: arm and hand setup to ball security involved in hand off mechanics

<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>*Bacs continue cycle of receiving hand off – then giving – then to opposite line</p>
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NOTES: use ball security drills (20 yards) to replace partner hand offs

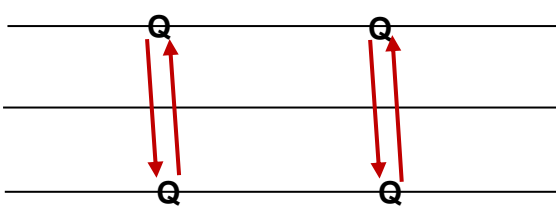
1. 5 yard zig-zag – changing ball over using double tuck to outside arm ball placement
2. 5 yard pop ups – every 5 yards touch ground with off-hand (5 points of contact BS)
3. 5 yard 2 step shake – every 5 yards do 2 step shake move (5 points of contact BS)
4. Partner steal – ball carrier jogs 10 yards,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

DRILL NAME: Footwork-Tunnel Drill (7 mins)
POSITION(S): all receivers (all skill positions except Qb's)
FUNDOS: footwork & proper catch mechanics + head BOB with ball security test

<p><i>*See PSU Rec footwork video</i></p>  <p><i>*Rec Stance to start + footwork thru cones</i></p>	<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>*keep track of continuous catches for day</p>
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NOTES: players rotate clockwise – all distracting receiver inside the tunnel

DRILL NAME: Gun Catch & Throw (7 mins - *after center exchanges for 3 mins)
POSITION(S): Qb's **you can add foot quickness (over line) between throws*
FUNDOS: proper gun position + catch mechanics to quick pass pivot + arm warm up drill progression (accuracy game 5-10-15-20 yard depth progression)

 <p><i>*add low & high throws + QB footwork</i></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.</p> <p>*keep track of # of perfect passes – first to 10 wins (continue to back up 5 yards)</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 (+Centers) AND REC DRILLS

DRILL NAME: Team Play Strip - 3(dive) + 3(power) + 5(sweep) + Dart (counter)
POSITION(S): Centers + Qbs + Abacks & Bbacks
FUNDOS: alignment-assignment / ball mechanics-timing / landmarks-chute

<p>*coach can signal plays (work communication) "Slow to Fast" – 5 yds or more</p> <p>*Rest of Oline + Recs work Fundos</p>	<p>*Blocking rules-timing-technique work Center & Backfield runs inventory of core run plays with ball carrier reading block (coach) *Qb execute pivot setup & keep out back (backs rotate right after 1 & centers left=5) Goals – work lead blocking technique – ball carrier reads and outs – backfield timing and follow through of fakes fully</p>
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NOTES: *EVERYDAY (1st thing to start Offensive Drills = Snap exchange)

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

<p>Qb1 Pre=Access (Read and Throw) Qb2 Post=No Access (Read Will) CH=Dbs(2)</p> <p>Post Snap Pre Snap Power Right Example</p>	<p>*Pre=Access & Post=No Access (A.N.A.) Goals – work lead blocking technique – ball carrier reads and outs – backfield timing and follow through of fakes fully Dive = 3Qbs (Pre both sides – RRO middle) In-Veer = 2Qbs Pre Back & Post Front Power = 2Qbs Pre Front & Post Back Sweep = 2Qbs Pre Back & Post Front (over) Twrap = 2 Qbs Pre Front & Post Back</p>
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NOTES: focus on core concepts for the day instead of doing all

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

<p>10 yds</p> <p>Group 3</p>	<p>Offensive game – have coach 1 give dive read and coach 2 pitch key – defense must 2 hand touch ball carrier before they gain 10 yds Goals – work reads using both inside veer – gap call and one play action pass Groups – 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 Bend Jcut Under</p> <p>Bounce</p>	<p>*Blocking rules-timing-technique work Backfield runs inventory of core run plays with ball carrier making cuts (outs) by PRESSING the LOS with each Moves – Bounce-Under / Bend / Jcut / Shake Goals – ball carrier reads and outs</p>
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NOTES: focus on core concepts for the day instead of doing all

MESH READ DRILLS

DRILL NAME: Mesh Drill (from Pistol and Sidecar)
POSITION(S): Q-B-Center and 1 (CH = coach)
FUNDOS: Gun mesh / ride and decide

Dive Right Example	
<p><i>*Qb uses Pistol-Pivot steps (pivot & 1 step forward with playside foot – then 2-3 Ride)</i></p>	<p><i>*Qb uses Mesh steps (1 step forward with playside foot – then 2-3 Ride & Decide)</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 (zone or back) while snapping.

NOTES: **do mesh work (RIDE & DECIDE) EVERYDAY!**

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

	<p>Offensive game – have coach 1 give READ – defense must 2 hand touch ball carrier before they gain 10 yds</p> <p>Goals – work reads using both inside veer – gap call and one play action pass</p> <p>Groups – 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: SpeedO Wheel (fast - quick -slow roller)
POSITION(S): Aback-Bback-Qb
FUNDOS: option pitch mechanics and ball security

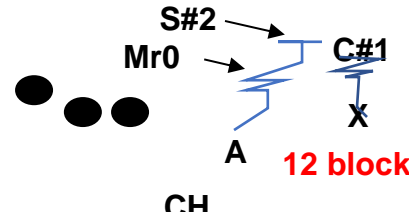
	<p>Work option pitch – progressing from fast pitch right out of gun (1-2-3 steps) to quick (1-2-3-4-5 steps) to slow (down the line and field continuous running pitch).</p> <p>*Qb start-end pitch to non-dominate hand</p> <p>Backs keep 5x1 pitch relationship – catch-tuck and run past opposite back – go 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: Bongo (Bend Out N Go - 12 Block) and Bingo Drill

POSITION(S): Aback and Xrec

FUNDOS: 12-20-21 option block technique and tactics

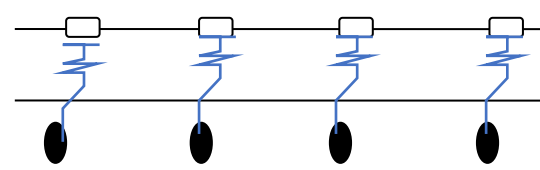
	Recs work various blocking techniques – starting with 12 Block by releasing outside / shoulders square to LOS / wide stance-duck walk. See LB (make him come to you) and then widen to Safety if LB sits-fills. Finish with good fit-drive- occupy stalk block *Drill “Bingo” (Bend In & Go get Force)
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NOTES: Work “gap-down” block and then progress to belly series to all blocks

DRILL NAME: Stance-Start-Stalk

POSITION(S): Y and X recs

FUNDOS: stance-take off-release-stalk block mechanics

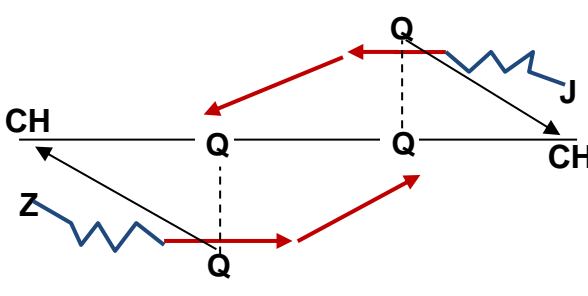
	12-20-21 and BSCO (Back Side Cut Off) blocking technique and tactics. Stance: inside foot back – hands up in front Start: off ball – off front foot (no false steps) Stalk: attack defenders outside shoulder – burst – center up frame – foot fire and step o toes – fit and drive with ankles apart – finish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

DRILL NAME: Jet Wheel (read)

POSITION(S): jrec-zrec-qb

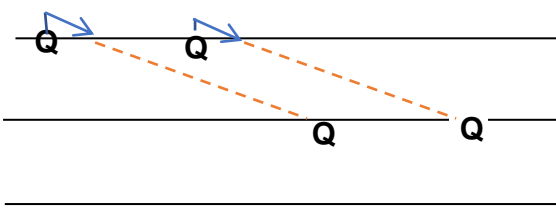
FUNDOS: jet stretch mechanics and ball security

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

DRILL NAME: Qb Pocket Drills

FUNDOS: drops – pocket footwork – escapes (Qb efficiency development)

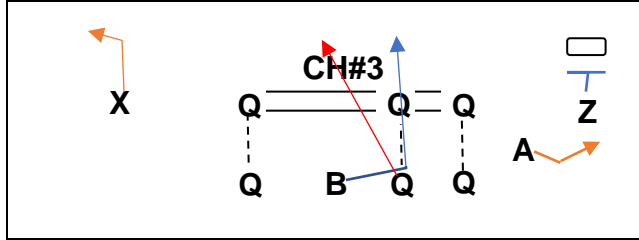
	1-partner drops and throw 2-ankles apart (up & down half cigar) 3-ankles wave (all directions / drag and climb) 4-escapes (climb / climb & sprint / spin & bail)
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NOTES: do center and Qb exchanges (under and gun) prior to this drill with centers and Qb's executing first 2 steps after exchange for focus of the day

DRILL NAME: Zone Drill (Bubble – Speed Out – Veer Read)

POSITION(S): All Skill (3 Qbs)

FUNDOS: mirrored bubble screen catch-block-ball security-score and finish



***work all phases of veer 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

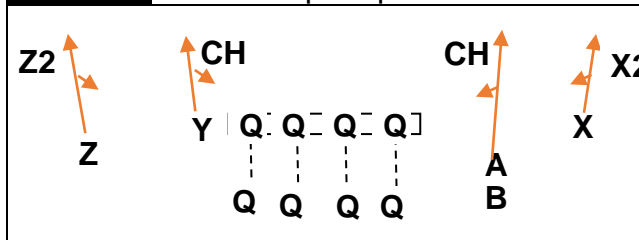
*Ram-Lion 1-2-3 + North (stutter) Lion-Ram

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

DRILL NAME: Run and Shoot Drill (Routes Versus Air – R.V.A.)

POSITION(S): all skill

FUNDOS: quick pass route-throw-catch (all 4 or 5)



***work CORE combo route (All-Eyes)**

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”

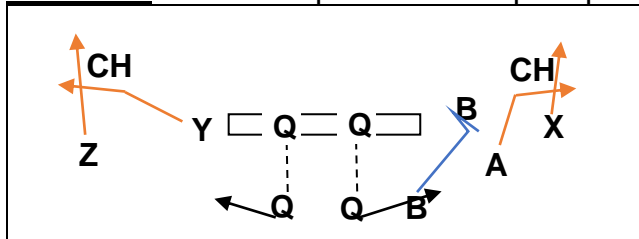
Rotate – Qbs rotate clockwise – throwing to all recs before changing plays

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

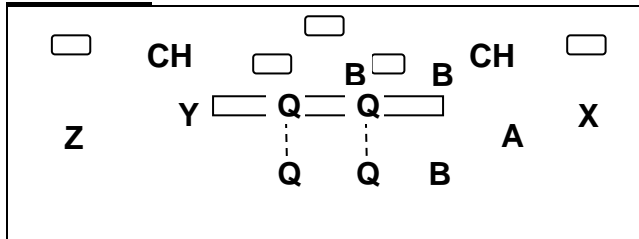
Rotate – offense runs 1 and back to other side

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. 1st Qb has triangle read recs 1-4 / 2nd Qb eyes read progression-throws to #5 rec

Coaches – serve as read defenders

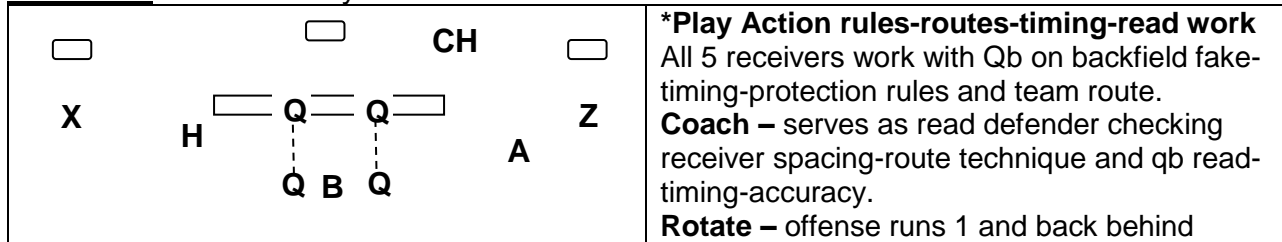
Rotate – offense runs 1 and back behind

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: HOT Wag P^AP Strip (Play Action Pass)

POSITION(S): all skill

FUNDOS: Play Action Pass

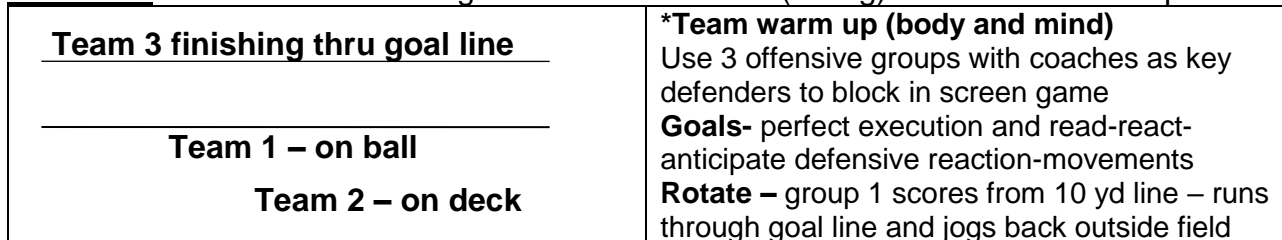


NOTES: place hand shields on ground in defenders coverage positions – creates a visual for throwing lanes versus different zone covers – coach(s) can then act as Qb read defenders

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



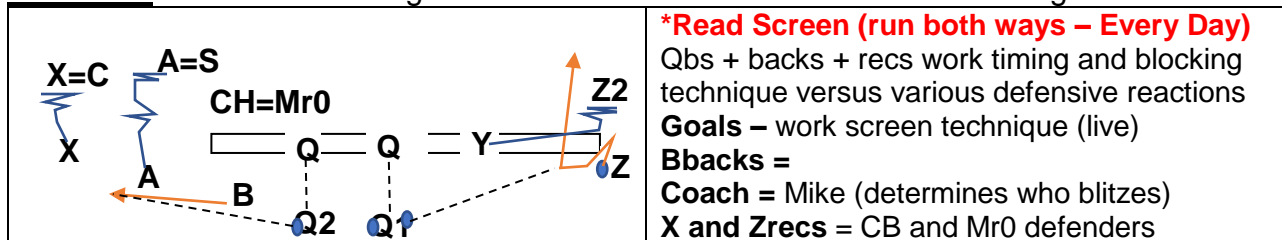
NOTES: Drill Qb's solo with footwork and timing (Q – Screen)

**also* – you can use actual defense against and run back-and-forth rotation (def-read & react)

DRILL NAME: Read Screen Drill (+other Screens – Mirror Drill)

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

FUNDOS: Screen game mechanic with live defenders – tactical game

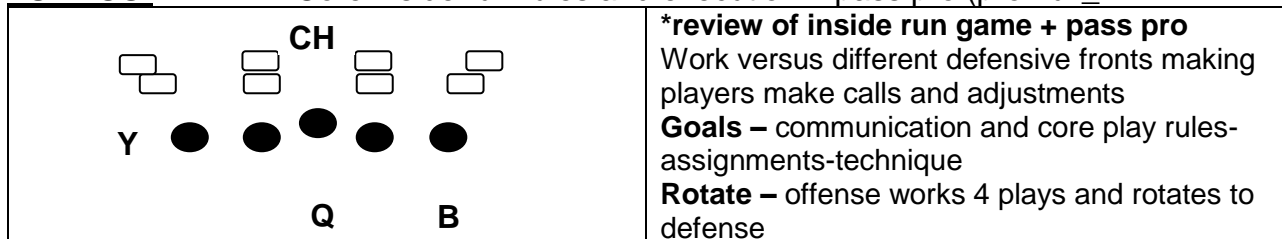


NOTES: make sure to mix up defensive movements + run both ways

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_



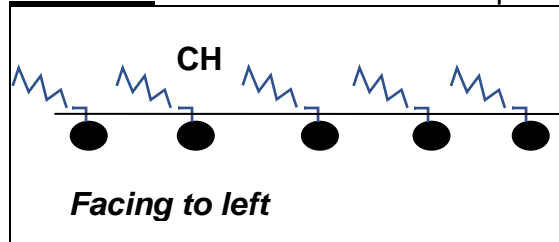
NOTES: you can change # of plays per group – stay with core plays for week

OLINE DRILLS

DRILL NAME: Step Line Drill + "Play-in-the-Puddle"

POSITION(S): Oline and Yrec

FUNDOS: 1st and 2nd steps for each block + continuous drive steps on Air



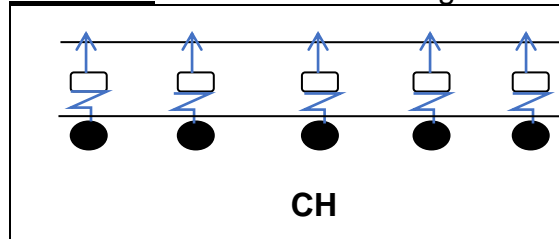
***partner work on strike progression**
 Oline put playside foot alongside yard line and work EXACT 1st and 2nd steps – using the line to mark proper placement
Goals – to work proper 1st-2nd step technique
Rotate – 3 reps of 1 block – switch O to D
Add - continuous drive steps on Air

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

DRILL NAME: Fit and Drive for 5

POSITION(S): Oline and Yrec

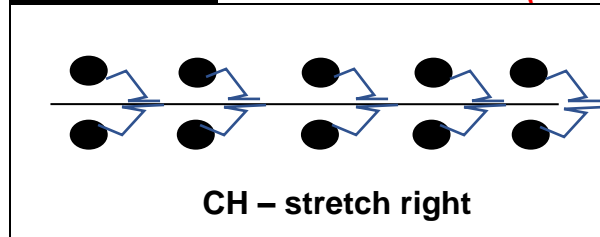
FUNDOS: all blocking techniques – calls - rules



***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

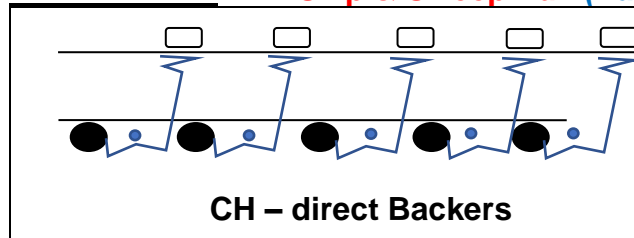
NOTES: *Do Stretch right-left (both on offense – beat other across line)*

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



***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

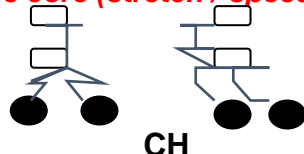
DRILL NAME: Skip & Sweep Pull (Partner + Cones)



***partner work on strike progression**
 Work on proper skip & Sweep pull technique while eyeballing Backer (eat up whole body)
Goals – to work pulling technique while feeling pressure of a moving-real defender
Rotate – 3 quality reps each way
***Use Cones (diagram) to get depth on pull**

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