

**3rd PHASE GAME CHANGER
SPECIAL TEAMS
Kickoff Return Drills**

Bryan Cummings



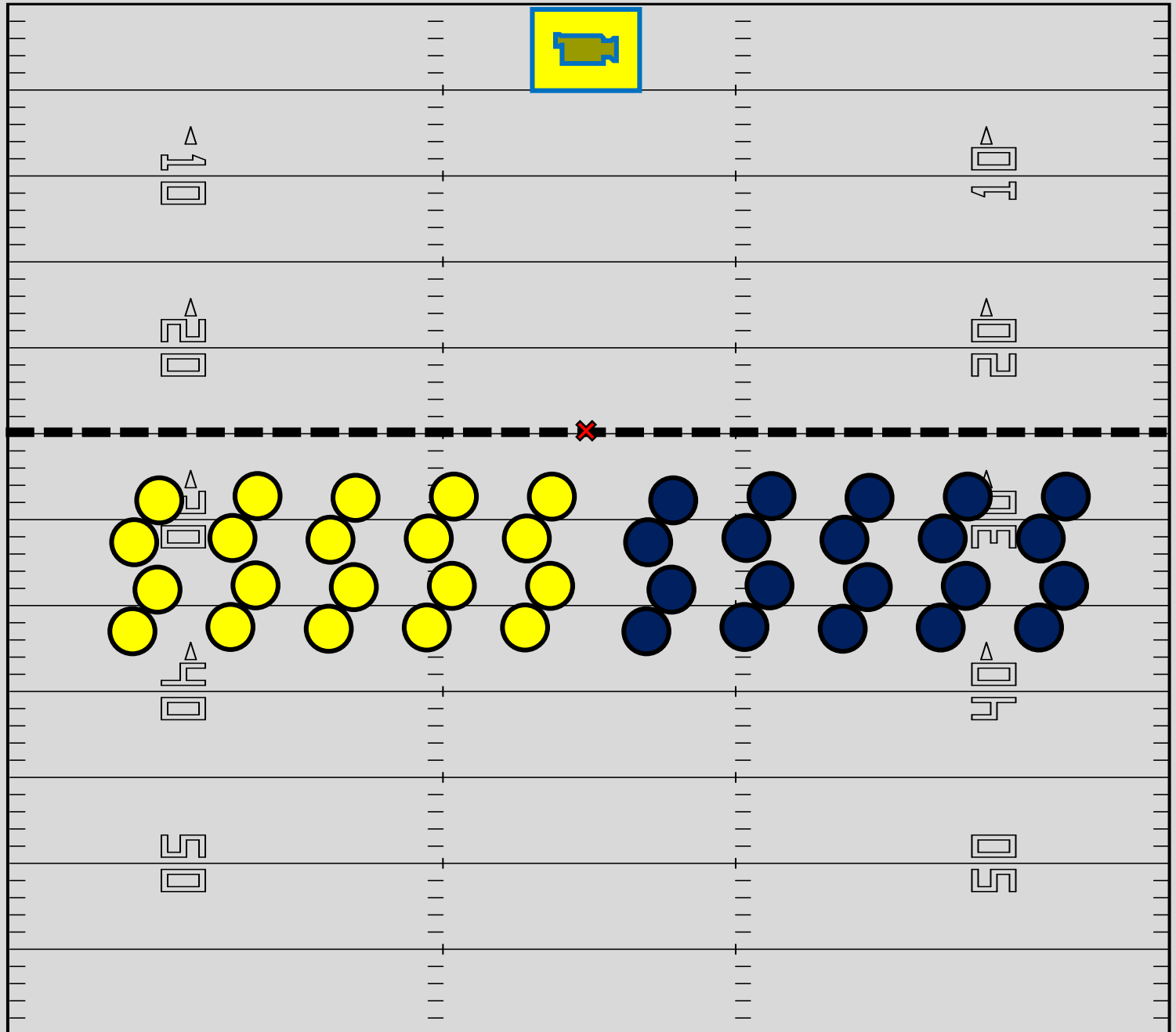
DOT MATRIX

ALIGNMENT

- 5 PARTNERS WIDE TO EACH SIDE, AS MANY ROWS AS NEEDED WORKING OUT FROM 30 YL

DRILLS

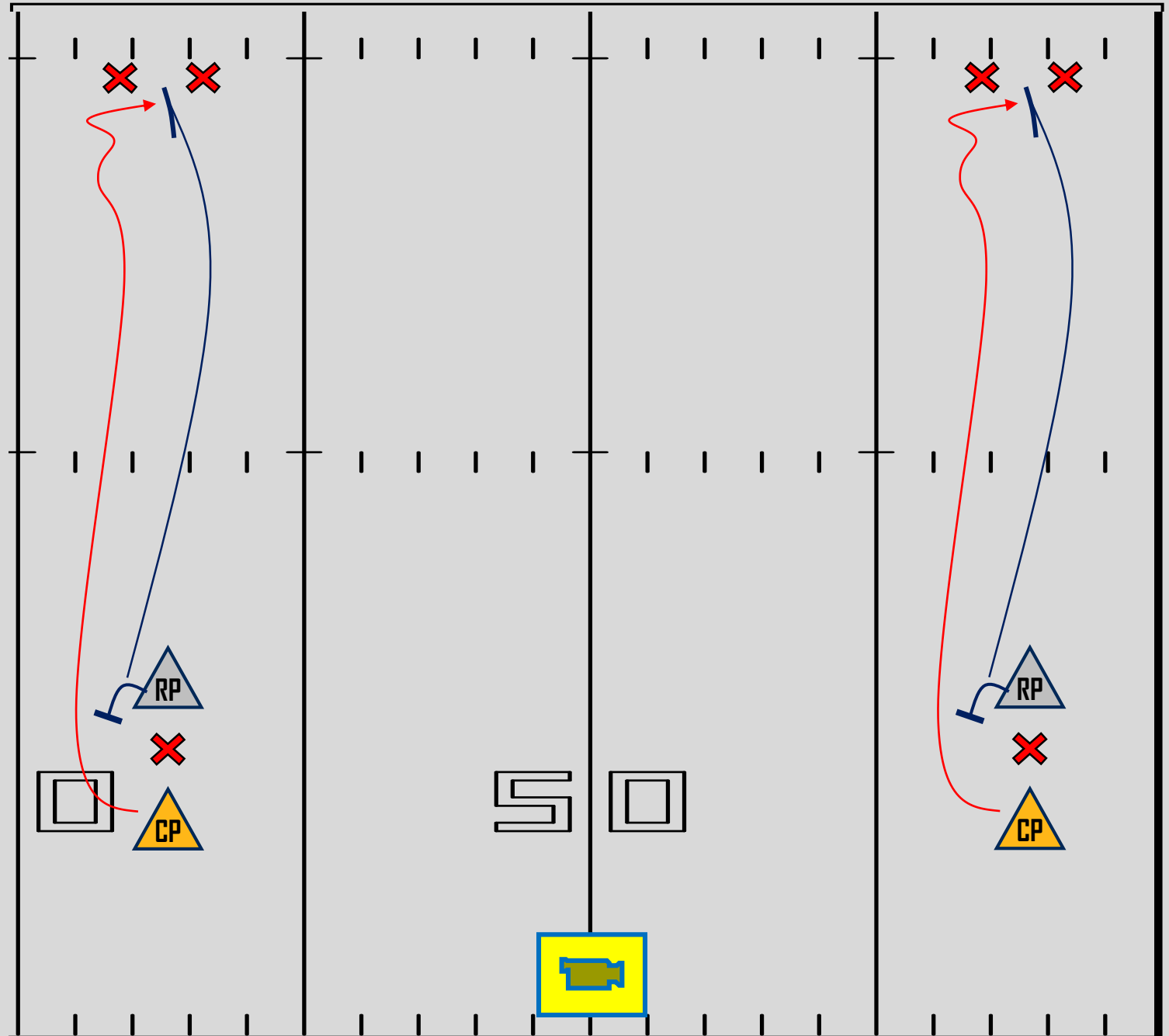
1. JUMP STANCE
2. PUNCH
3. CUTOFF 1 STEP
4. CUTOFF 2 STEP
5. HUDDLE CADENCE (Punch/Cutoff)



COMPETE DRILL

COMPETE

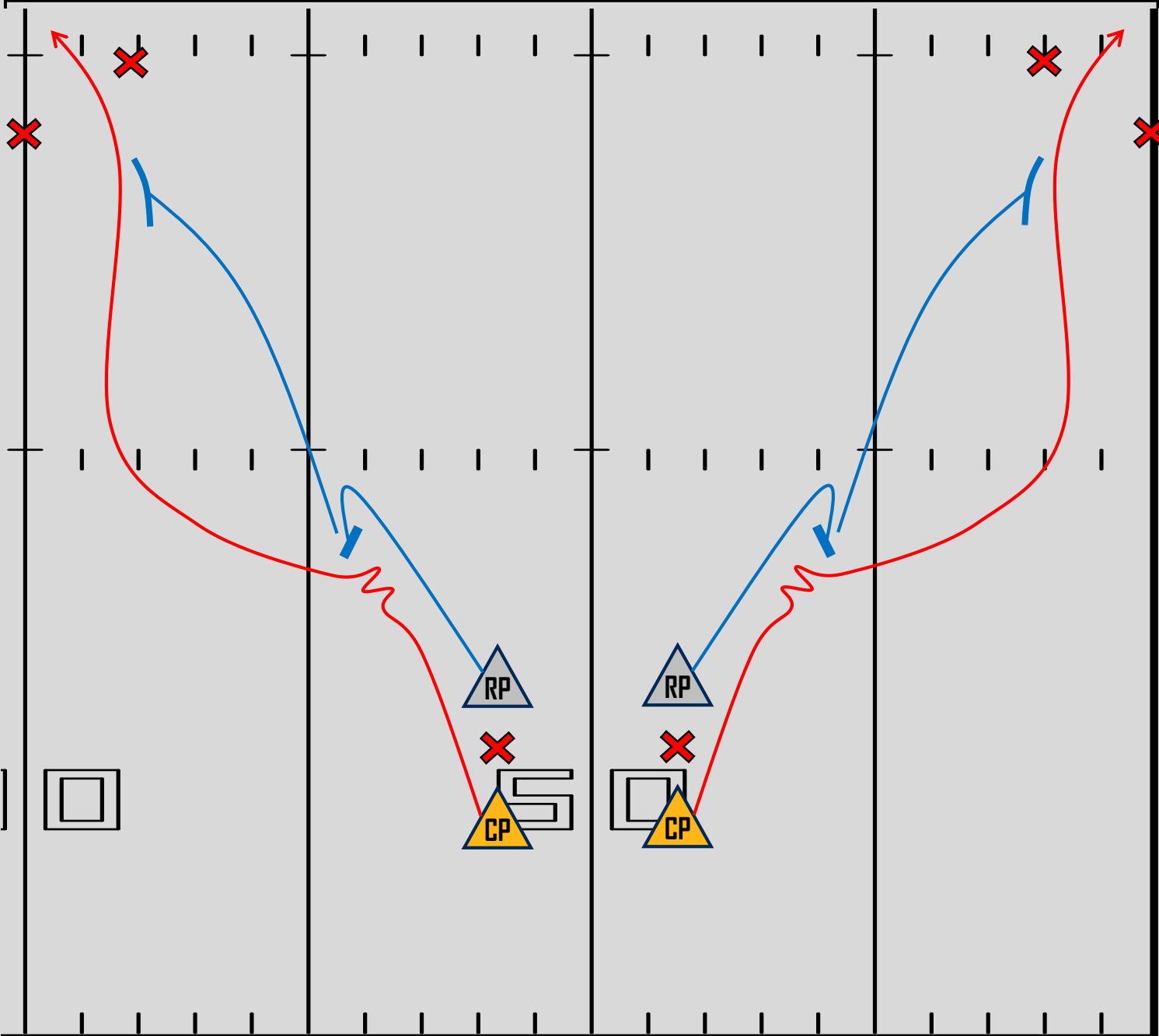
- MAN vs. MAN
- COVER - Get thru the cone
- RET - Stop CP from getting thru cone



K COMPETE DRILL

COMPETE

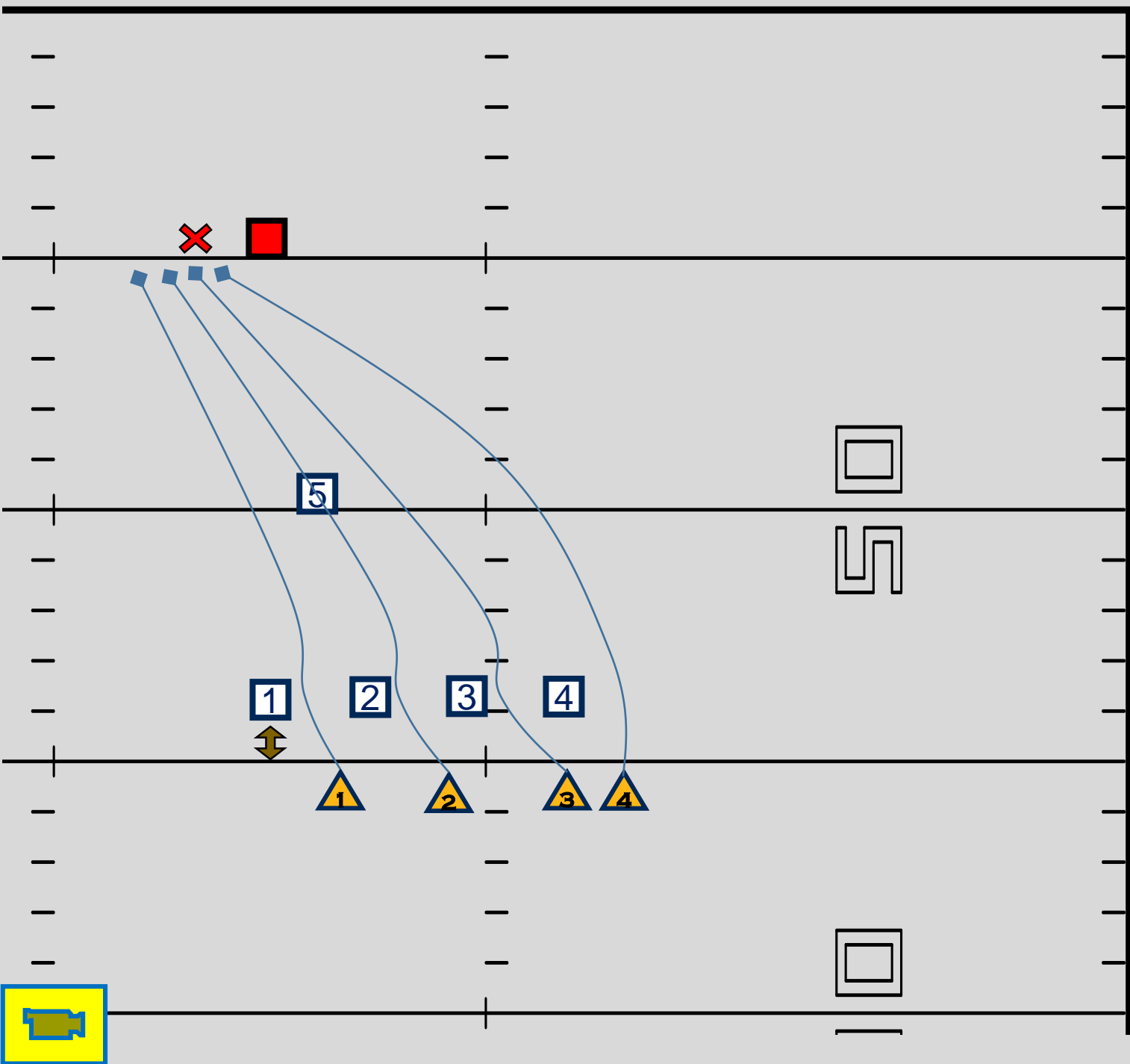
- MAN vs. MAN
- COVER - Get thru the cone
- RET - Stop CP from getting thru cone



BACKSIDE COMPETE

HALF LINE

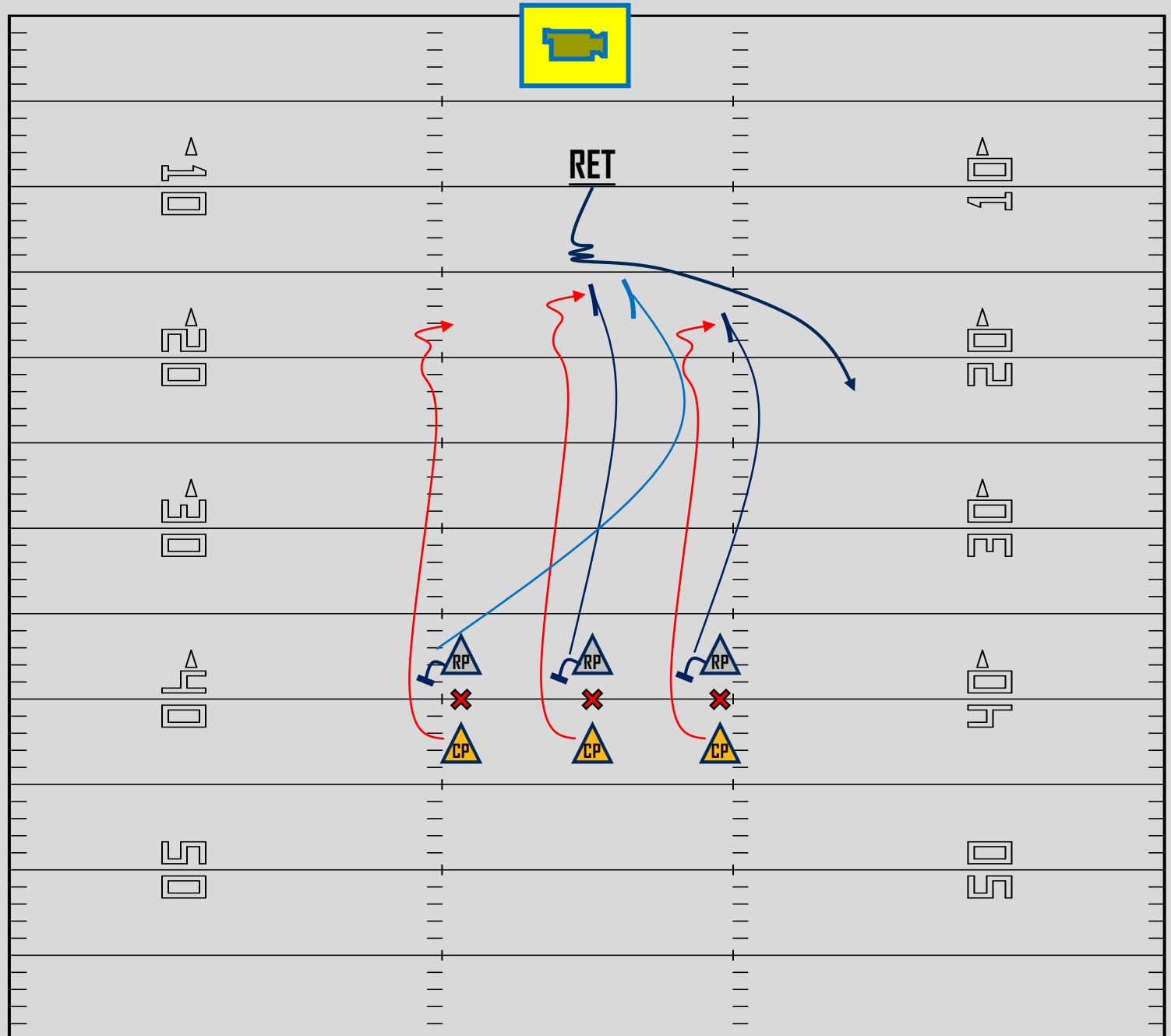
- PUNT vs PUNT RUSH
- BACKSIDE



3 COMPETE & RET

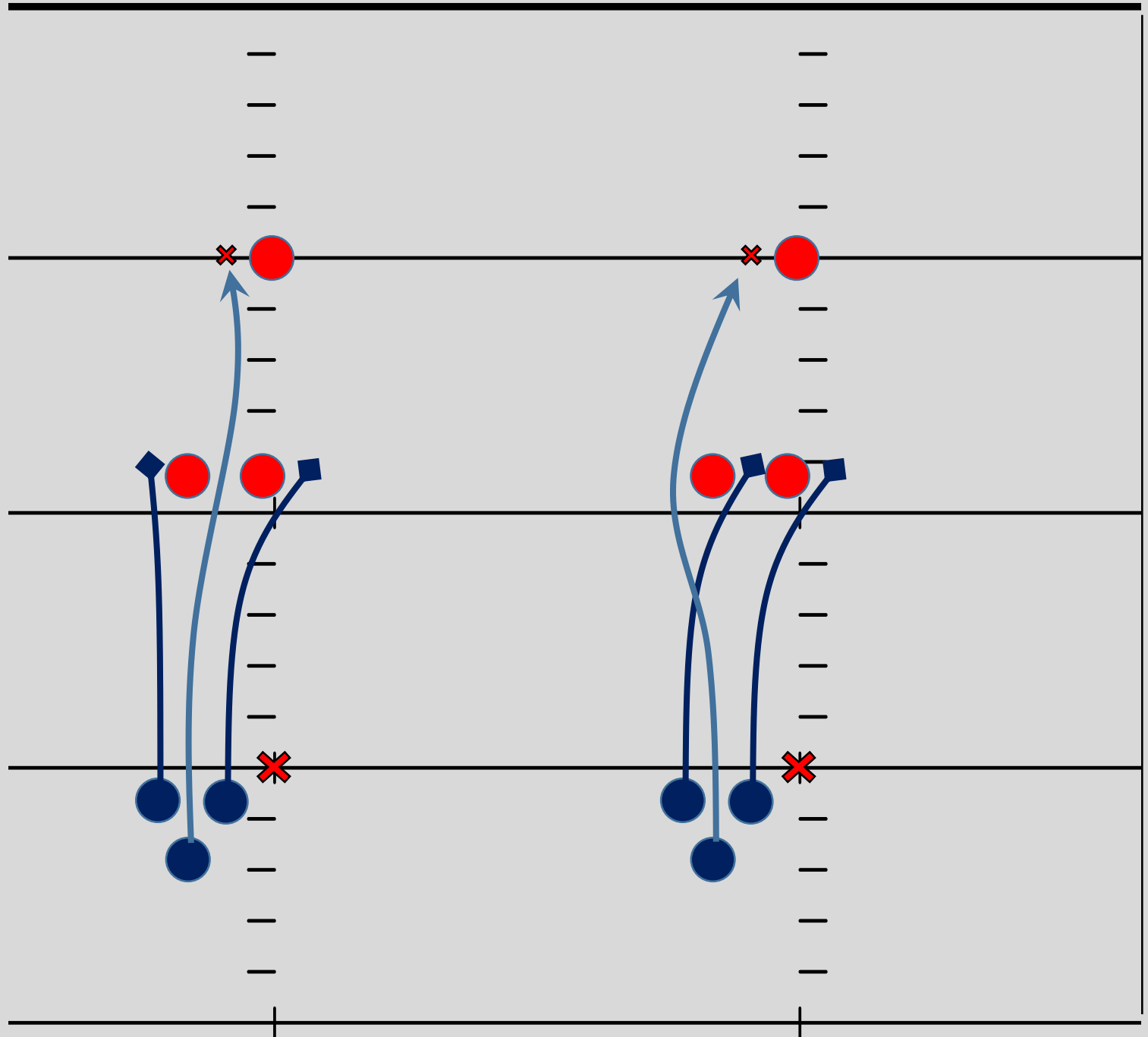
3 TANDEM & RET

- ALIGN @ 40 L-UpRt/MOF/R-UpRt
- WHISTLE
- WIN AT THE LINE
 - RP - Jam & Force Release Away
 - CP - Work Release & Tag Off Ret
- COMPETE & TAG OFF RET
 - RP - Work Grab & Wrap, POC
 - Away Work Tailer
 - CP - Work Release & Tag Off Ret
 - RET - Read & React Off Blocks



BLOCK CIRCUIT

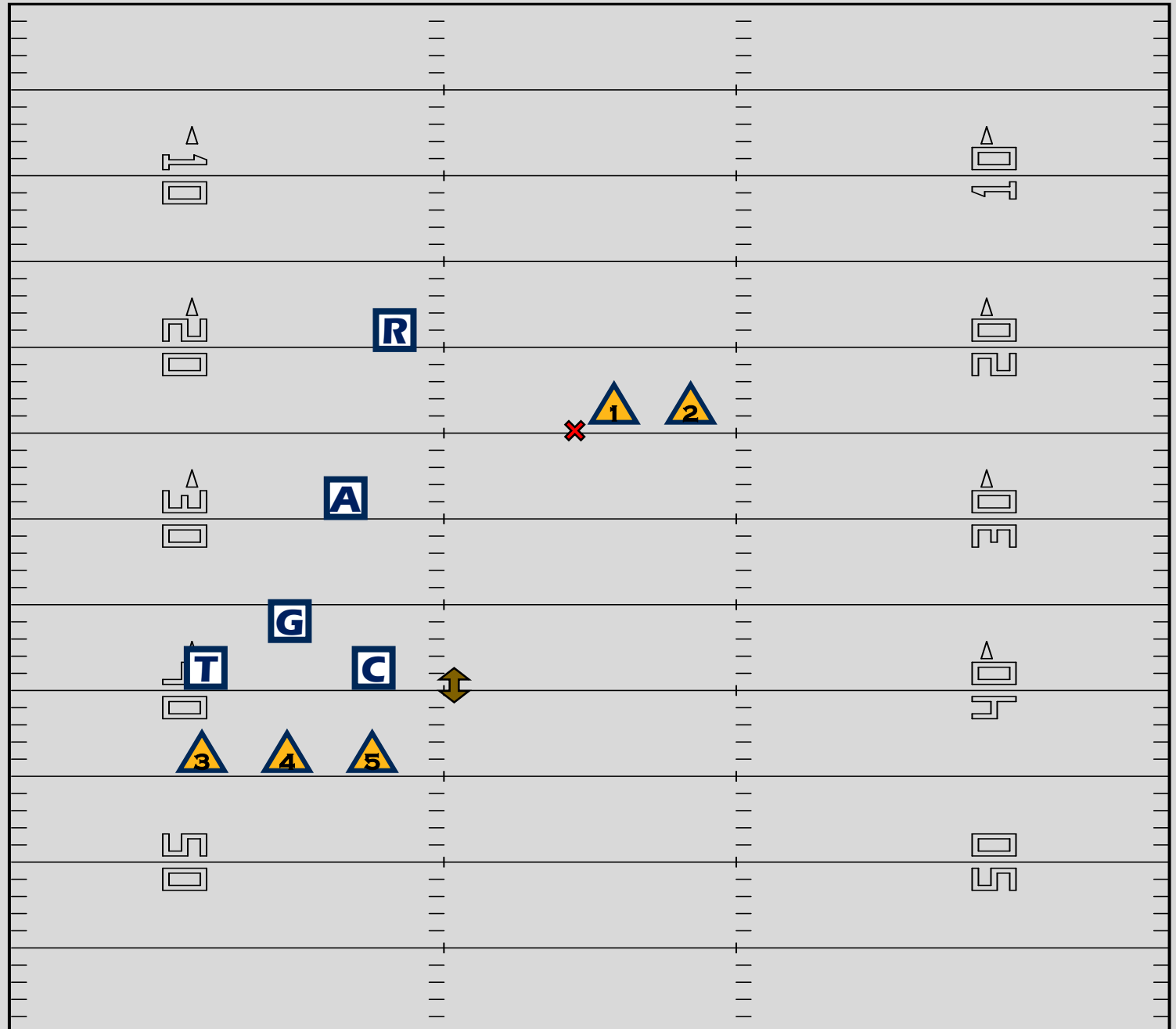
3 ON 2 VS SHEILD



KICKOFF COMPETE

5 on 5 FRONTSIDE

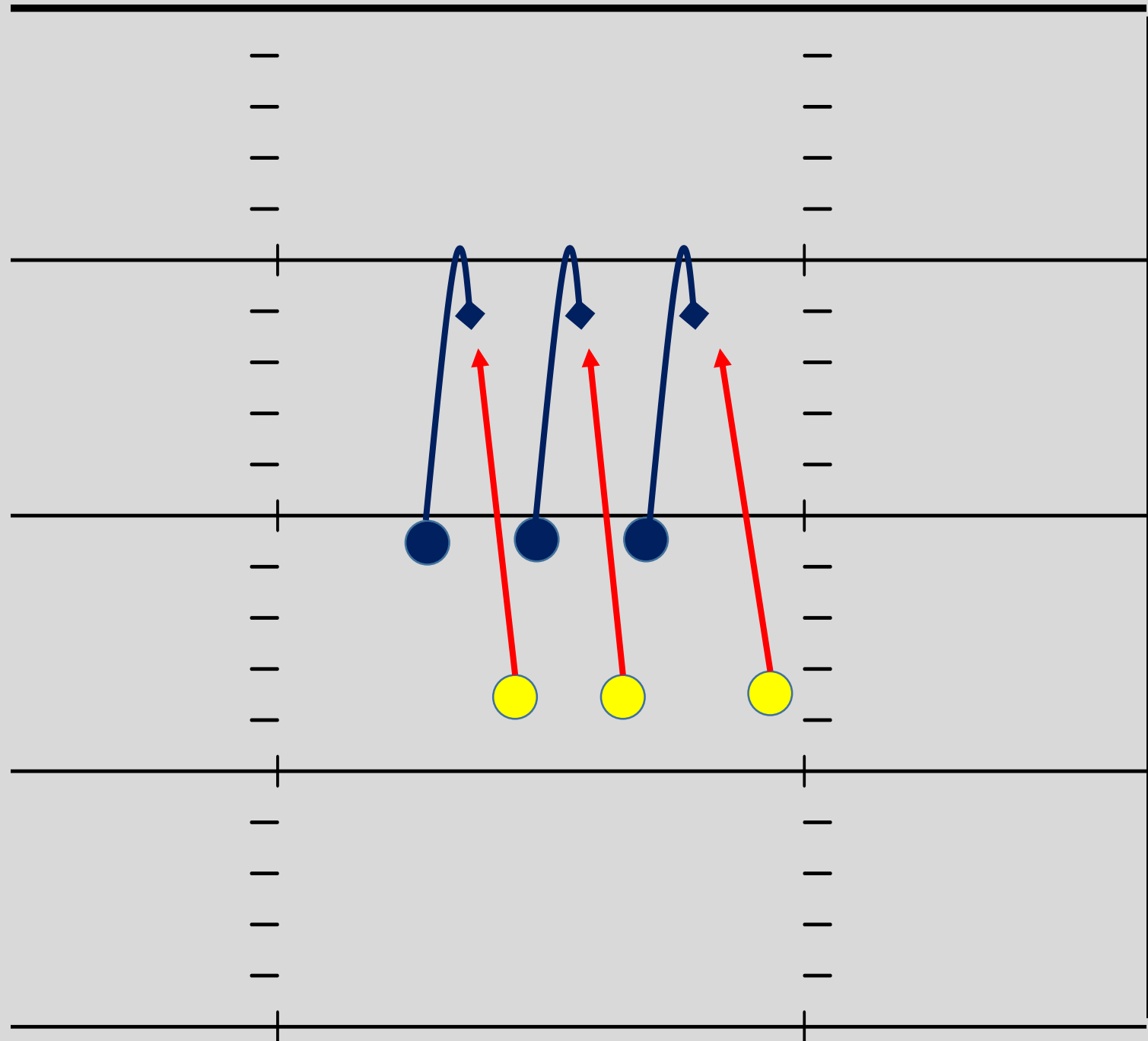
- 1 & 2 Can not leave until the Returner has passed the 25 YL.



FL FINISH

KR FL FINISH

- 3 on 3 Finish
 - 5 yard sprint
 - Touch and finish FL block



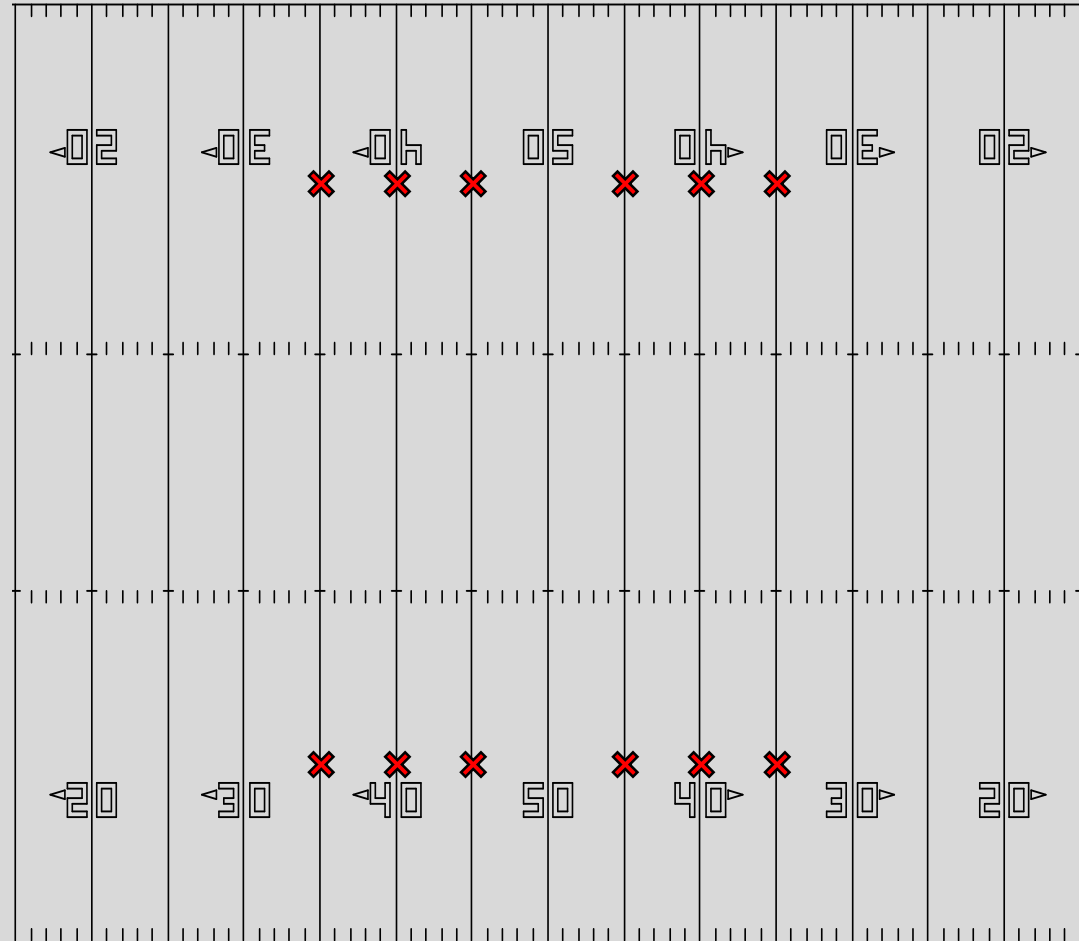
KR CROSSFIELDS

ALIGNMENT

- 1P FACING - TOP OF # @ 35/40/45 YL
- Groups will work in the same direction across the field

DRILLS

1. DB
2. FLIP
3. CLEAR CLEATS
4. TURN BURST
5. FULL DROP (Settle & Close @ Hash)



KOR HALF LINE

FRONTLINE

Working T sift & G solo blocks



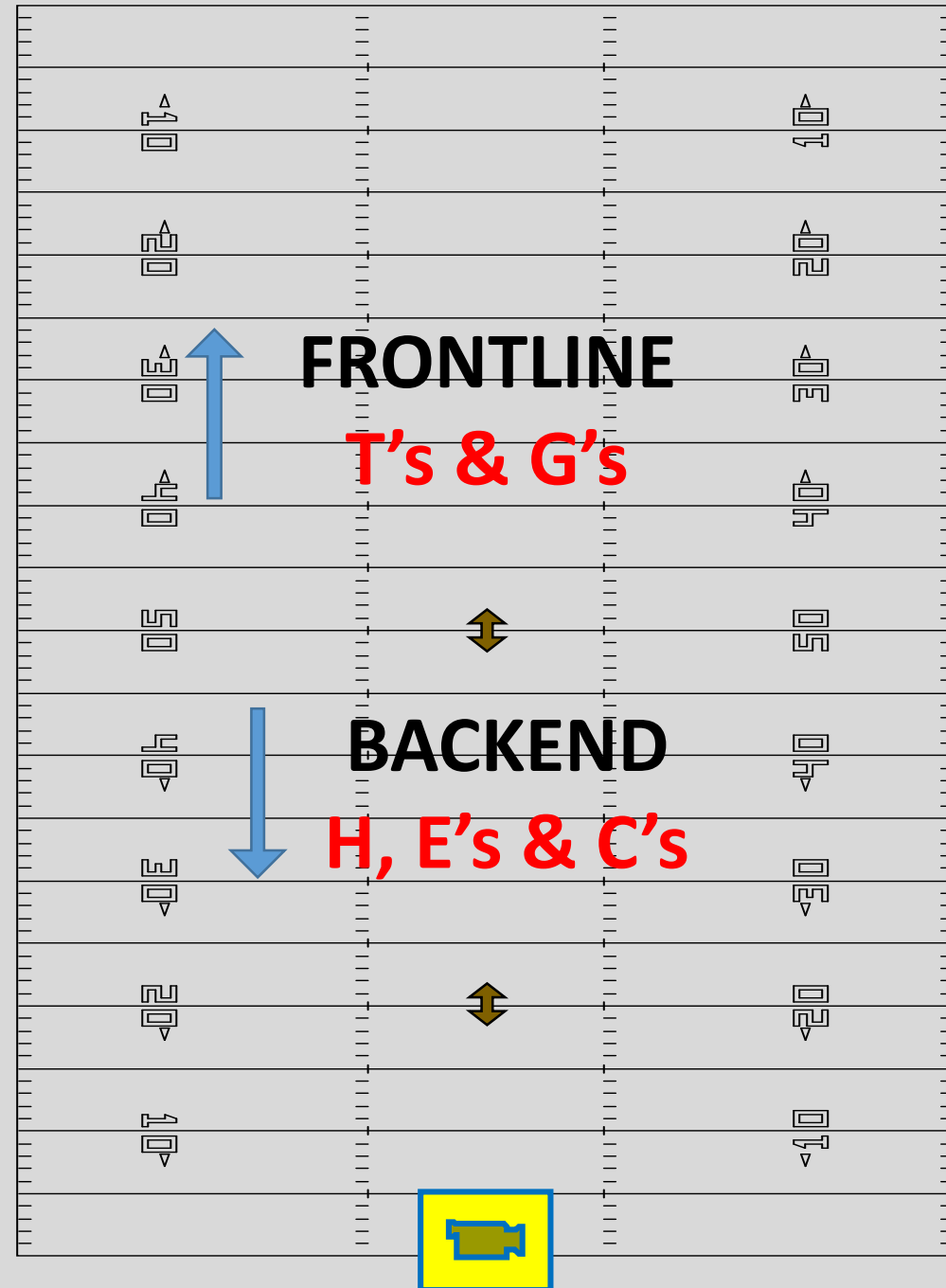
BACKEND

H-LC = DBL the L5

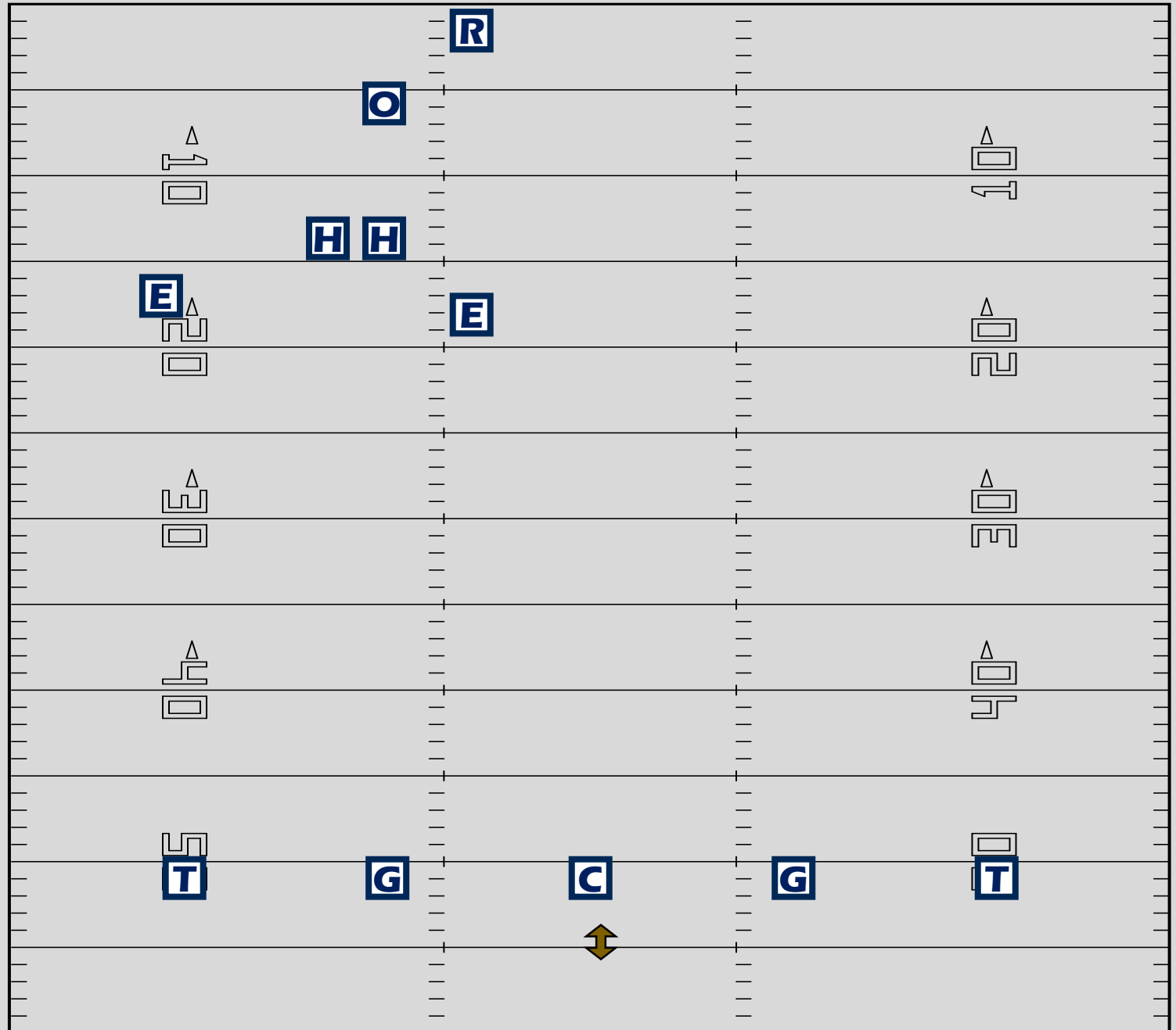
RC = Trap L4

LE = R5

RE = R4



KICKOFF RETURN



KOR Depth

LEFT TACKLE

(B) VINSON
(G) DENARIO

LEFT GUARD

(B) AD
(G) X

RIGHT GUARD

(B) ZAY
(G) BOYD

RIGHT TACKLE

(B) WALKER
(G) GLAU

LEFT END

(B) TANK
(G) BTF

RIGHT END

(B) BOB
(G) ISAIAH W

LEFT CENTER

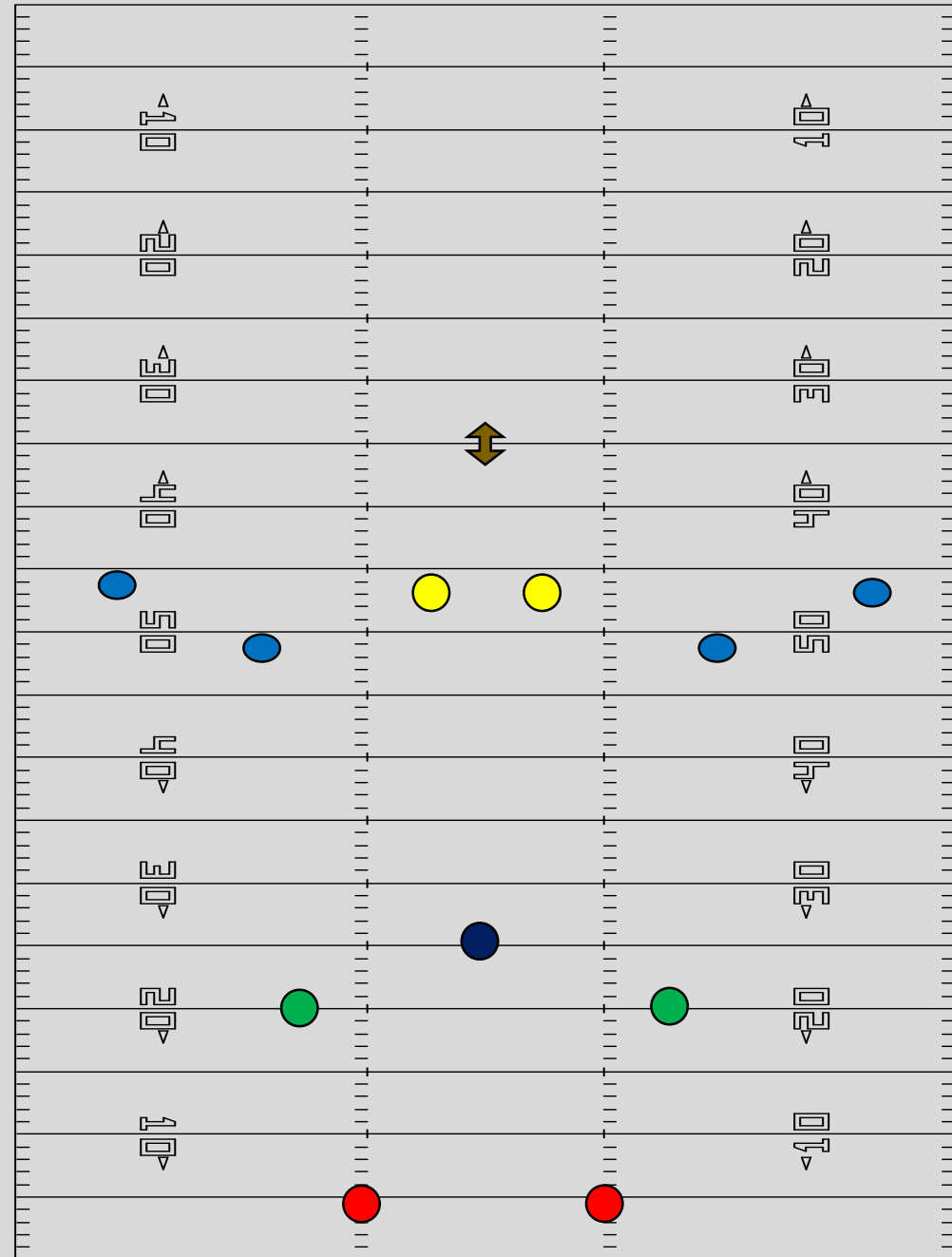
(B) CRUIZ
(G) BROOKS

RIGHT CENTER

(B) MITCHELL
(G) LUKE

HAMMER

(B) HATCHER
(G) KHRIS



KOR Depth

LEFT TACKLE

WILLIE
JJ
DENARIO
SWAGGY
VINSON

LEFT GUARD

AD
X
FRANK
SQL
CAYDEN

RIGHT GUARD

STONE
BOYD
KAMARI
DeLaCROIX
ZAY

RIGHT TACKLE

GLAU
WALKER
COMBS
TREY
PD

LEFT END

McCAULEY
TANK
RAND
BAINES
BTF

RIGHT END

BOBENMOYER
'SAYD
SAMAD
ISAIAH
JAISON

LEFT CENTER

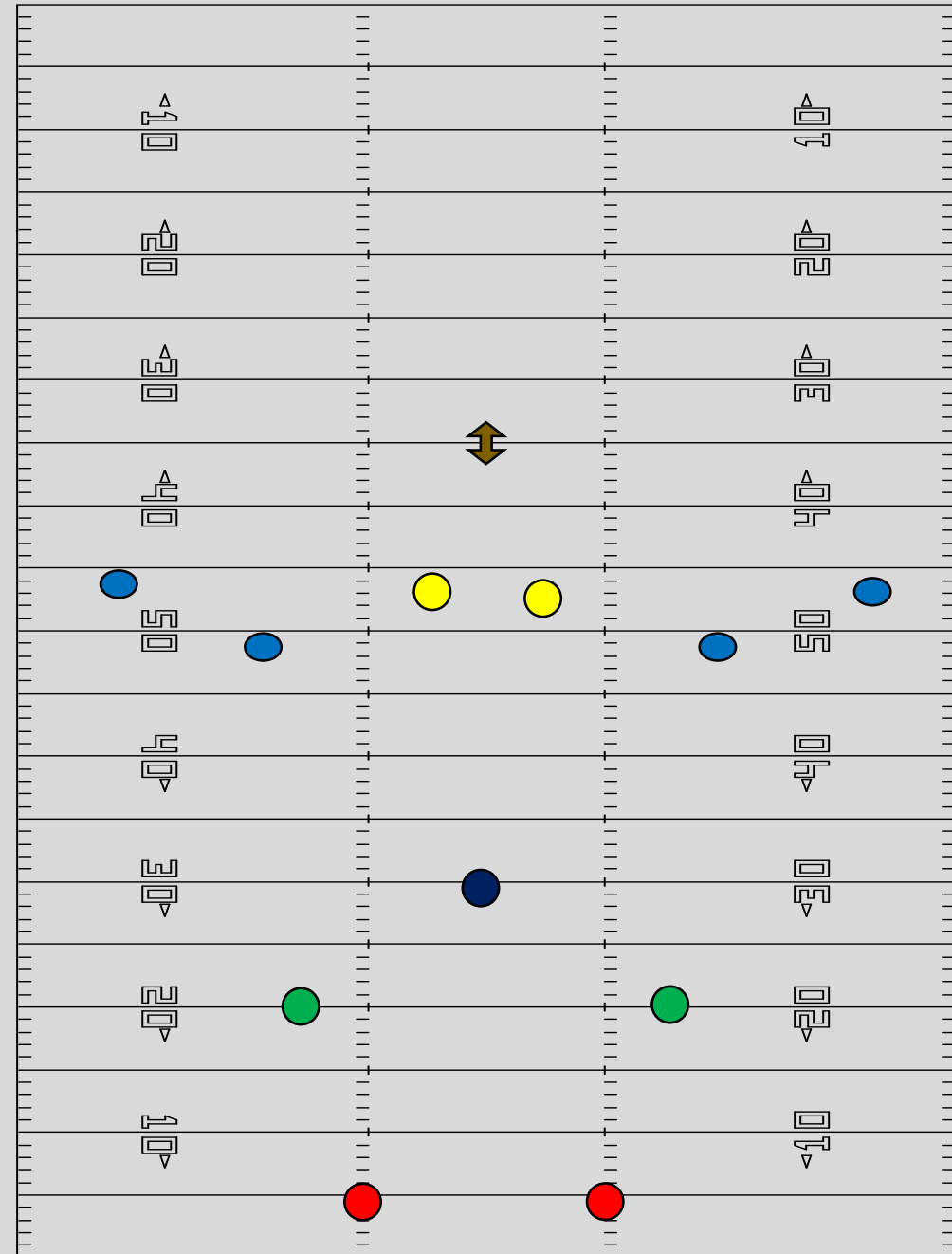
CRUIZ
MITCHELL
VERNA
BROOKS

RIGHT CENTER

RIDDLE
LUKE
ROOT
N. JOHNSON
TYREE

HAMMER

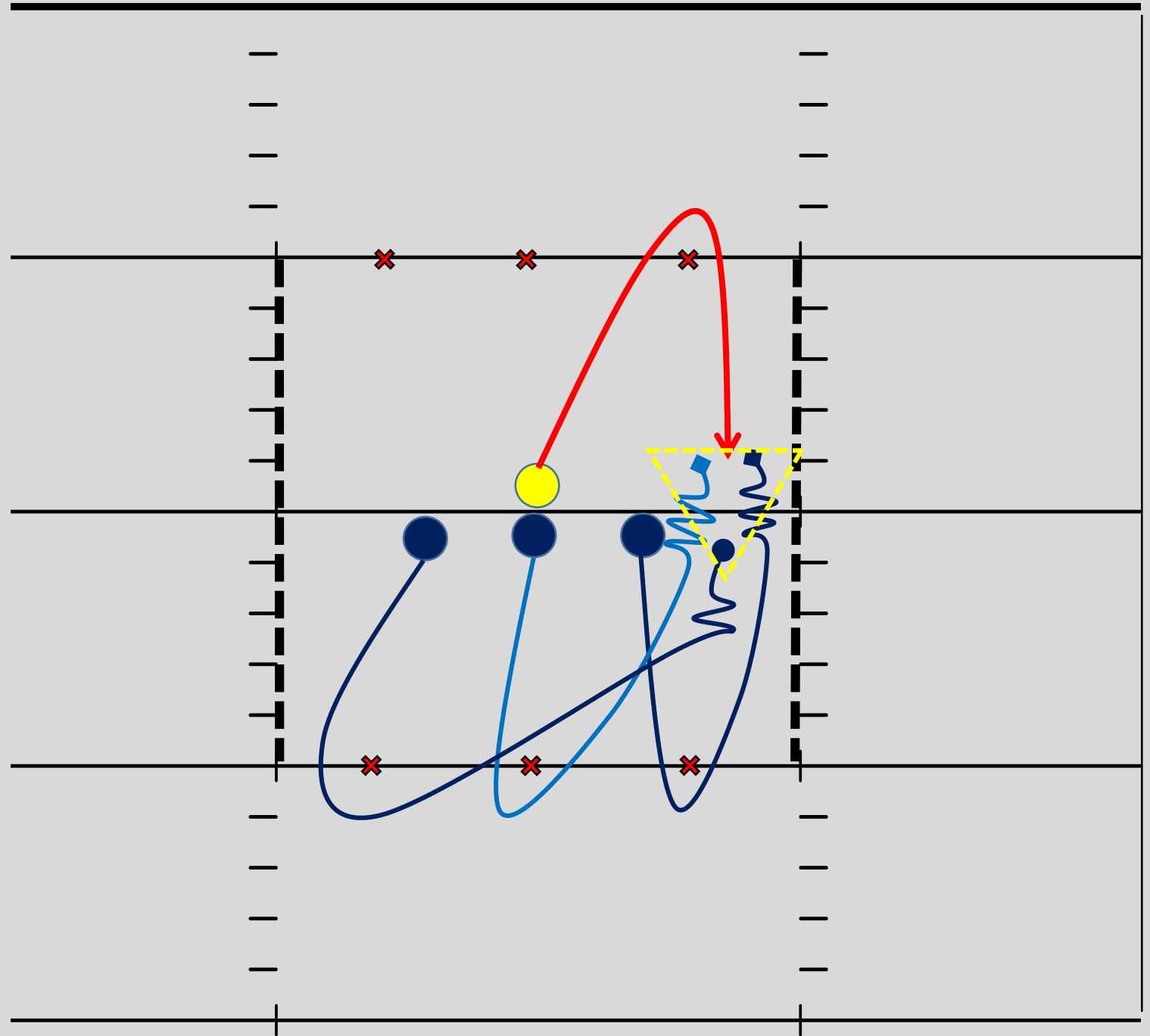
HATCHER
EDDIE
STELZ
BRODRICK
KHRIS



LEVERAGE TACKLE

LEVERAGE TACKLE

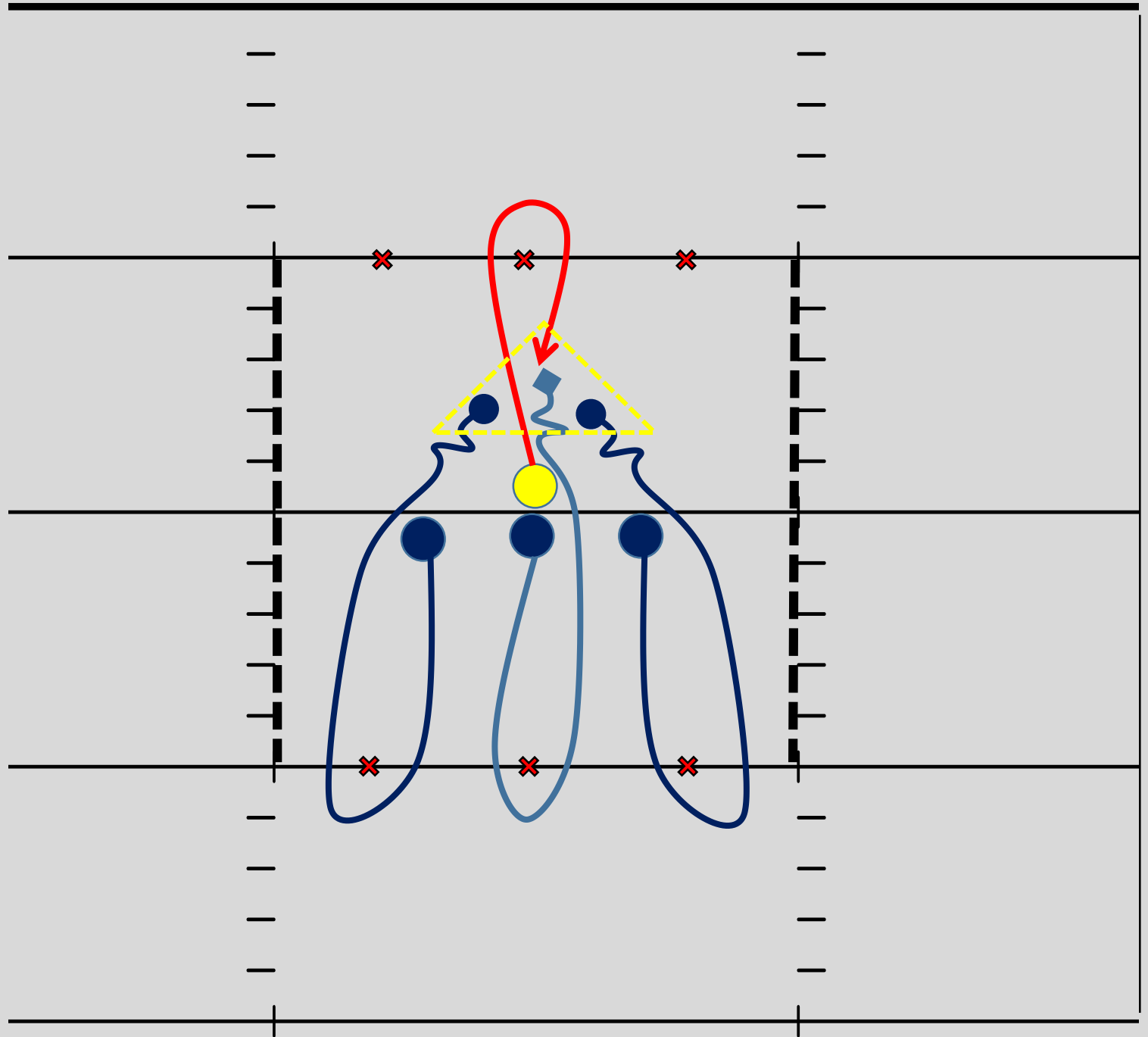
- 3 on 1 (H - H)
 - OUTSIDE LEVERAGE
 - INSIDE LEVERAGE
 - FIT



LEVERAGE TACKLE

LEVERAGE TACKLE

- 3 on 1 (H - H)
 - OUTSIDE LEVERAGE
 - INSIDE LEVERAGE
 - FIT



Spectrum circuit

FORM/TRUNK

- 2P FACING - @ 30 YL

* Adjust groups to size.

ANGLE

- 2P FACING 2 YDS BACK - @ 50 YL

* Adjust groups to size, work in the same direction.

GATOR ROLL

- 4 TACKLERS - @ 30 YL

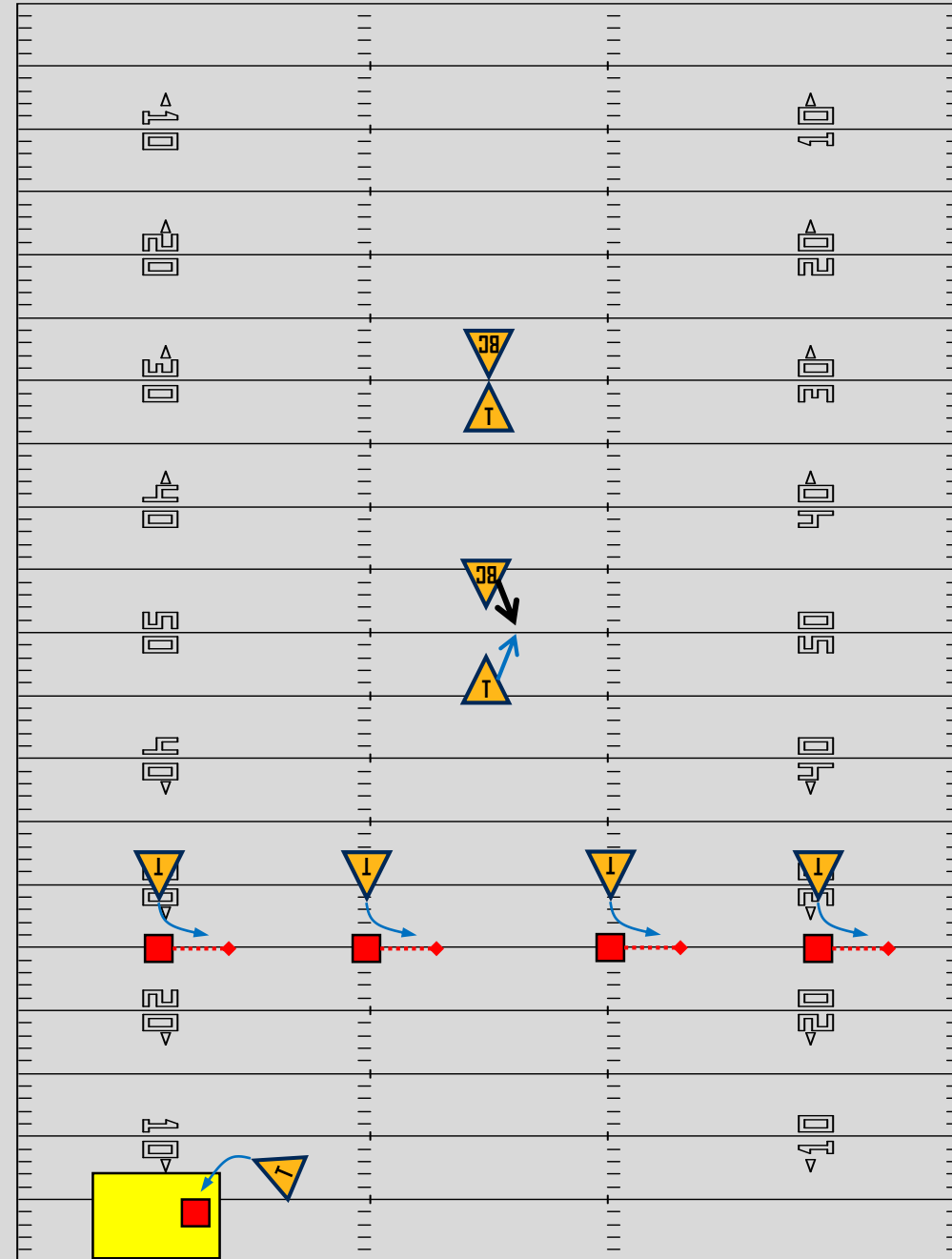
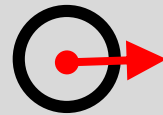
- 4 SERVE - @ 20 YL

* Bag drags behind, work in the same direction.

LAWNMOWER

- 1 LINE IN ENDZONE

* One at a time Round path & clip the heels.



ADVANCED TACKLING

FORM MED BALL

- FORM TACKLE ON THE MED BALL
- TACKLER BECOMES BC
- BC GOES TO BACK OF LINE

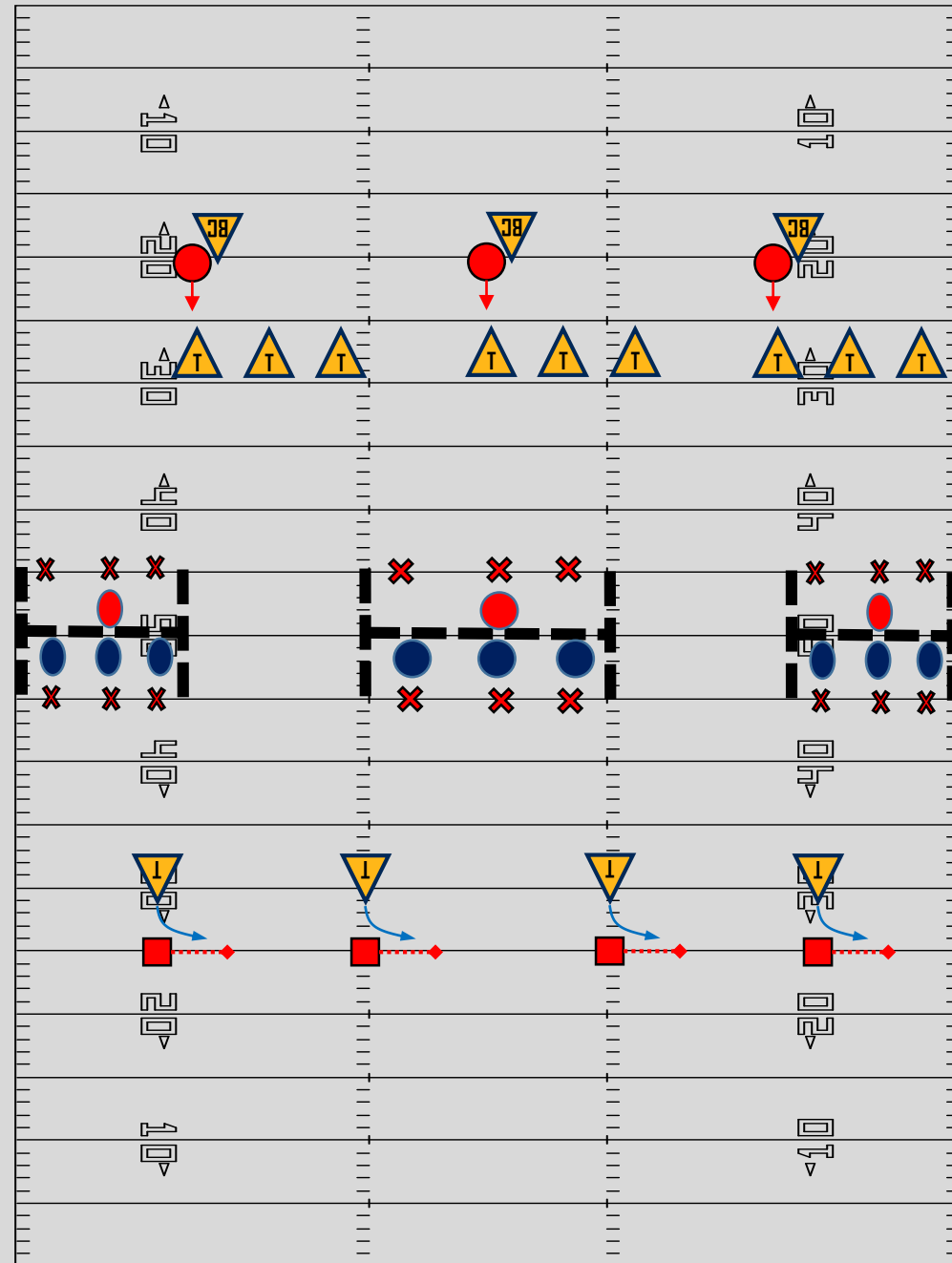
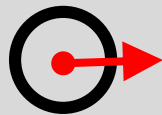
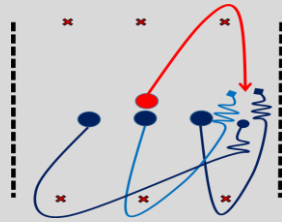
* Adjust groups to size.

3 ON 1 LEVERAGE TACKLE

- (SL-#) (H-H) (#-SL)
- * Adjust groups to size, work in the same direction.

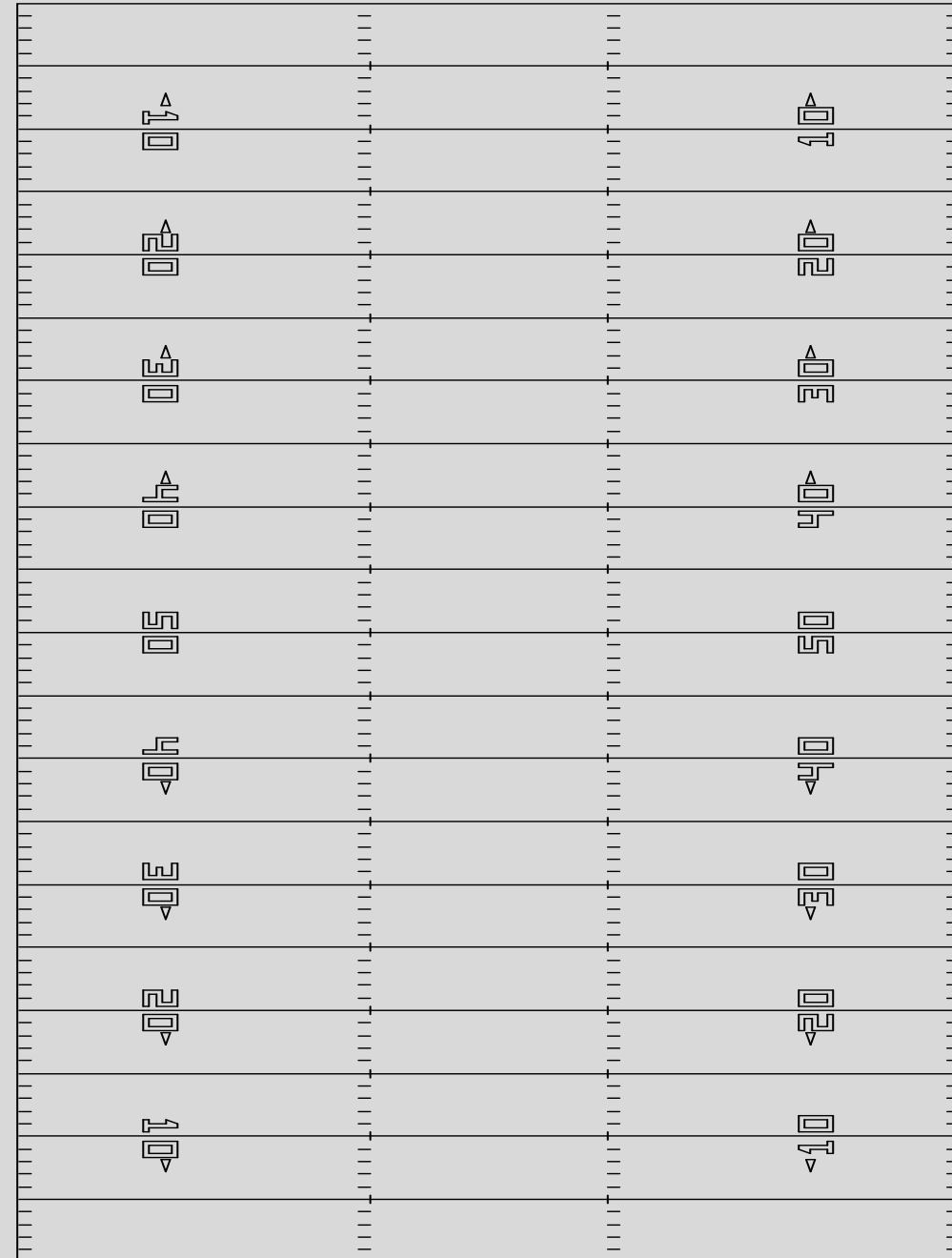
GATOR ROLL

- 4 TACKLERS - @ 30 YL
- 4 SERVE - @ 20 YL
- * Bag drags behind, work in the same direction.



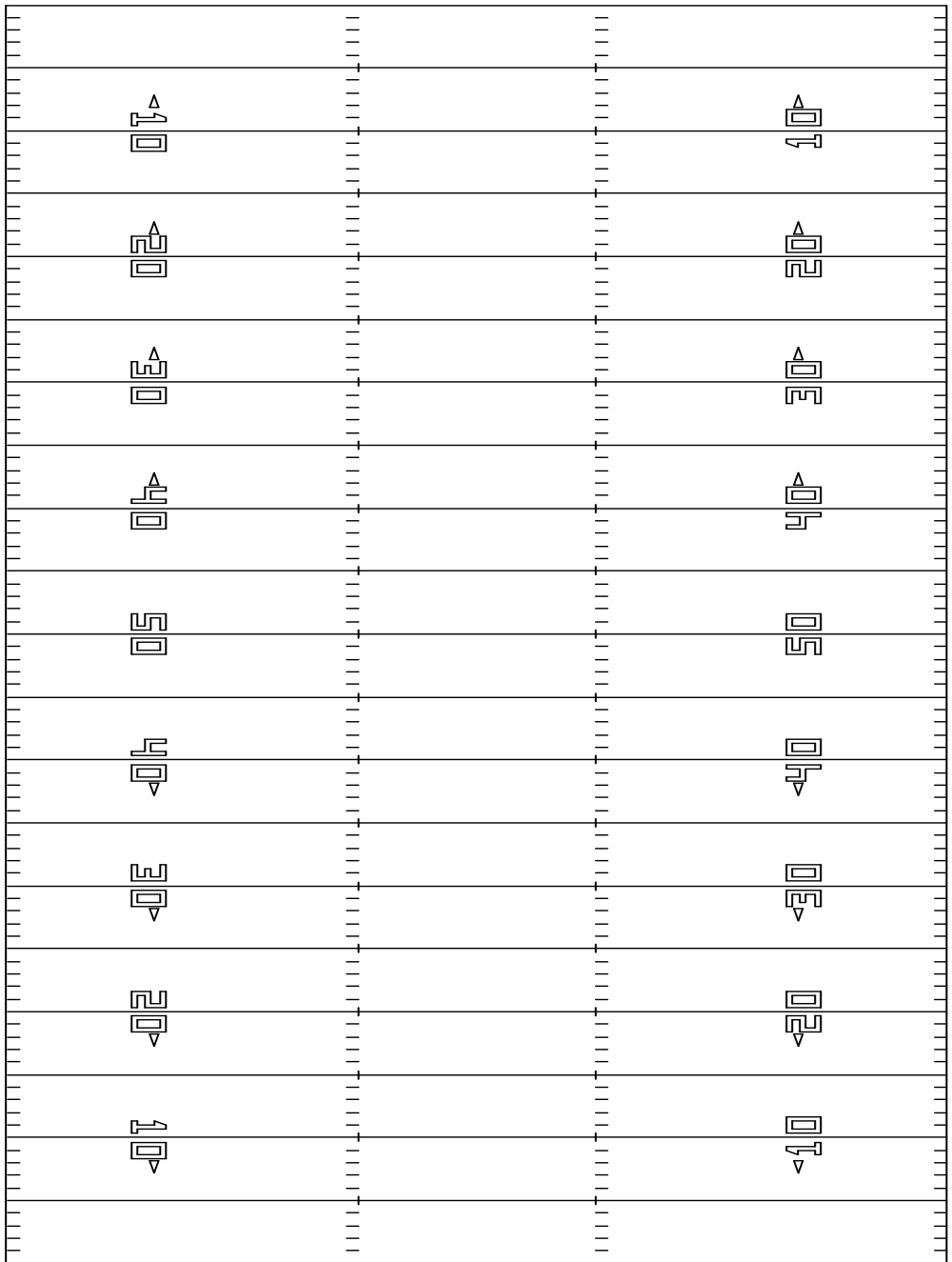
ST FAKE-TRICK PLAY

- RET REVERSE
- CB FG BLOCK
- SHLD PASS/SHLD SCREEN
- ONSIDE PASS
- BE RUGBY TOSS

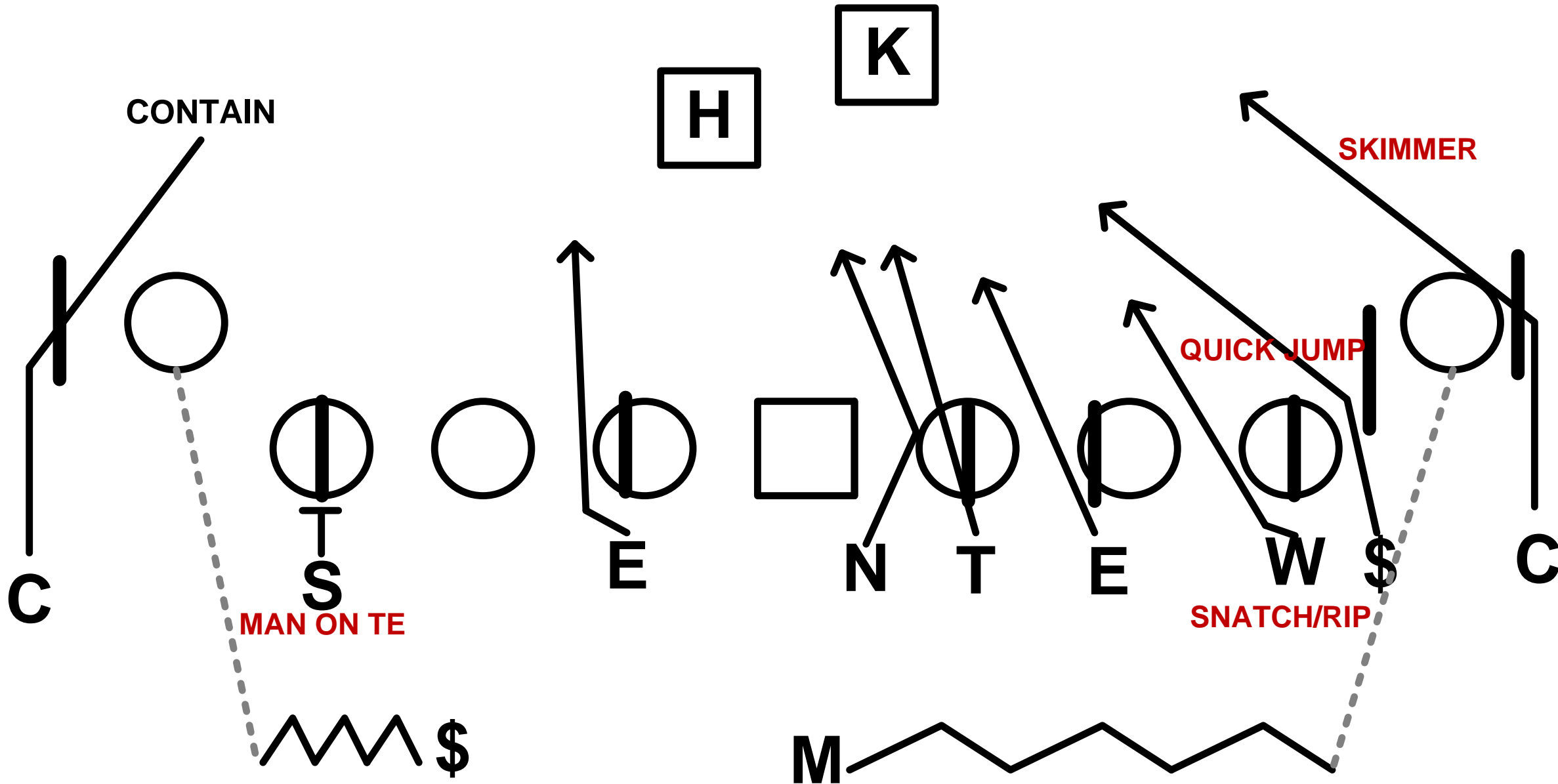




10		01
20		02
30		03
40		04
50		05
40		04
30		03
20		02
10		01



FG BLOCK – BLOCK RIGHT



FG BLOCK – BLOCK LEFT

