

**2020**

**IMG FOOTBALL  
RUNNING BACK DRILL BOOK**



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## POSITION MANUAL

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POSITION MANUAL

# EXPECTATIONS



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# 10 DAILY EXPECTATIONS

1. WIN EVERYTHING (WE)
2. COMMUNICATE
3. HONEST SELF-EVALUATION
4. PROTECT YOUR TEAMMATES
5. BE RESPECTFUL ON AND OFF CAMPUS
6. HANDLE ADVERSE SITUATIONS TOGETHER
7. COME TO WORK WITH ENERGY AND ENTHUSIASM
8. CONTROL WHAT YOU CAN CONTROL –  
FOCUSED ENERGY
9. SEIZE THE DAY
10. TAKE NOTHING FOR GRANTED



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# KEYS TO SUCCESS



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# KEYS TO SUCCESS

- **COMMON PURPOSE**
- **TRUST IN ONE ANOTHER**
- **ACCOUNTABILITY**
- **COMPETITIVE GREATNESS**
- **EXTREME TOUGHNESS**
- **BALL SECURITY**
- **TEMPO – “PLAY FAST AND THEN FASTER”**
- **PROTECT THE PASSER**
- **PLAY THE NEXT PLAY**



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# PHILOSOPHY



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# PHILOSOPHY

## I. COACHING MISSION

- First and foremost to help mold men of high character, defined by humility, discipline, and hard work
- To equip each student-athlete with the tools necessary for success beyond the game of football
- To be the best teacher and mentor I can be
- To coach the best prepared group of RB's
- To assist players in attaining personal goals while first working towards achieving TEAM success
- To take the player to a level he cannot take himself
- Build the players' confidence in our game plan and the techniques we will use to execute it
- Clarity is Power
- Create excitement, do you love football?

## II. UNIT MISSION

- To win at everything we do (Life, School, Football)
- The *Maximum Expectation* being the *Minimal Standard*
- To be humble enough to prepare, yet confident enough to perform
- To be branded as a group that is fundamentally sound, technically proficient, and above all, mentally and physically tough
- Consistent effort, consistent results





# PHILOSOPHY

## III. COACH/PLAYER RELATIONSHIP

- **EDUCATION** is a privilege and is not to be taken for granted or neglected
- **TRUST** is achieved through consistency in communication, demeanor, and action
- All decisions are directed towards the betterment of the **PROGRAM**, and/or made in the best interest of the student-athlete
- Expect a firm and **HONEST DIALOGUE** regarding football as well as life beyond
- **EVERYTHING** Matters (Citizen – Student – Athlete)
- Open Door/**FAMILY**
- Teach/Understand the **WHY**

## IV. DISCIPLINE

- Making your self do what you don't want to do in order to achieve what you want to achieve
- In preparation for success, we must LEAVE NOTHING TO CHANCE
- Don't Make assumptions and always take control in situations of consequence

## V. INTEGRITY

- In all aspects of our lives, we will comply with moral and ethical principals
- We will look for ways to serve and will be influences on campus and in the community
- We are not entitled to this experience and, therefore must, earn our place in the Bulldog family



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# STANDARDS



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# STANDARDS

## *BE THE STANDARD*

### STANDARD: PUNCTUALITY

- Be prepared for meetings and in your seat 5 minutes before the start time
- Efficient Transition between Team/Offensive/Individual meetings
- Be on time for all scheduled appointments (academics/training room/professor/coach)
- Assigned work completed on time (Academic/Football)

### STANDARD: RESPECT

- Respect the game
- Carry yourself with a professional demeanor
- Be mindful of each other
- Be respectful when dealing with coaches/professors, NO BAD DAYS
- Be humble and gracious when dealing with all staff members (Academics, Equipment, Trainers, Maintenance, and Cleaning Crew.
- Take pride in keeping our facility and locker room clean



# STANDARDS

## *BE THE STANDARD*

### **STANDARD: READY TO WORK ...**

- Clear the static – Start with mental focus
- Taped/Braced before meetings
- Prepared to take notes
- Dress of the day
- On field as a unit

### **STANDARD: ACCOUNTABILITY ...**

- Everyone on the same page and pulling in the same direction  
(collective vision of what is required to be great)
- Each individual invested in the same – shared success/failure
- Work to your standard



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**MENTALITY**



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# MENTALITY

## I. TOUGH ...

- Mentally and Physically
- We set the pace

## II. LEADER ...

- Lead by example
- Age, experience, and on field contribution are not factors
- To be great, you must serve others and learn to be vocal
- Teammates must trust you

## III. DETAIL ORIENTED ...

- The winning is in the details

If you can't do the little things right, how can you expect to do the big things right



# MENTALITY

## IV. SMART PLAYER ...

- Our advantage will be football intelligence and will power
- Mastery of the offensive scheme and experts on the opponent tendencies
- No selfish plays; no selfish penalties

## V. FINISHER ...

- Mentality that will be developed every day in everything we do: drill, rep, sprint, etc. – *WIN EVERYTHING!*
- Finish every block, route, catch, first down, touchdown
- Effort plays



# IMAGE

- **“Body Language” – conveys your self image.**
- **Provide yourself and those around you with an image of confidence.**
- **Positive body language is “contagious” .**
- **Feeling it “not thinking it” gives you the knowledge for your body to perform the way you want it too.**
- **Observe your body making the changes necessary in order to execute.**



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# LEADERSHIP



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# CHAMPIONS

**Champions carry themselves like champions. They make championship decisions. They practice like champions, and they train after practice like champions. Players must understand that it has to be a daily process. You can't pick and choose when you want to train like a champion. You have to do it now, later, and after that.**

**“Champions Are Made Not Born”**

# LEADERSHIP

- **Be a selfless leader.**
- **Ability to lift your teammates level of performance - inspire others.**
- **Invest in YOUR team.**
- **It's done by performance, not potential.**
- **Work Ethic - Let no one work harder than you**
- **Confidence - If it is to be it's up to me.**



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**COMPETITIVE SPIRIT**



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# SUCCESS IS EARNED

- **WORK HARD** – Don't look back in 10 years a wish you've done more, cared more, gave more
- **BE POSITIVE** – People who succeed don't have fewer problems than those who fail, it is not what happens to us that separates failure from success, it is how we perceive it and what we do about what happens that makes the difference.
- **ESTABLISHING CONFIDENCE** – When you play with an edge the team will rally behind this room



# CONTROL WHAT YOU CAN CONTROL

- **Would you like to have the competitive edge over your competition? Then learn to avoid the biggest mental trap that football players and teams regularly fall into; Focusing on uncontrollable, the “UC” s”. There are many things that are directly out of your control when you play football. UC’ s are the field and playing conditions; the temperature; your opponent’ s size, strength and skill level; the crowd; your teammates and how well they play; the coaches and how much playing time you get; your mistakes and anything in the past; the game’ s outcome and anything in the future; sickness or injury, etc.**
  
- **When you focus on an uncontrollable you’ all get uptight, lose your confidence and play way below your potential. If you want to play mentally tough football, then you need to learn to recognize the UC’ s and quickly shift your focus away from them to those elements that you can control.**

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**PREPARE TO SUCCEED**



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**"Victory Loves Preparation"**



# PREPARATION

“The will to win is nothing without the will to prepare.”

- **PREPARATION** – The cognitive process of thinking about what you will do in the event of it happening.
- **OUR GROUP MUST BE TOTALLY PREPARED** – Physically, Mentally and Emotionally.
- **WORK ETHIC** – Must show up in these areas...
  - IN SEASON
  - OFF SEASON
  - WEIGHT ROOM
  - CONDITIONING
  - LOCKER ROOM
  - CLASSROOM





# CLASSROOM PREPARATION

## WHAT – WHY – WHEN

- THIS IS A BIG PART OF OUR PREPARATION.
- TAKE NOTES – Learn to be detailed.
- KNOW OUR OFFENSE – It's strengths and weaknesses. “Run the offense, don't let it run you.”
- WATCH FILM – With a purpose.
- KNOW STRENGTH AND WEAKNESS OF DEFENSES – Not only the scheme, but the personnel.
- KNOW SITUATIONAL FOOTBALL – Know your opponent as well as you know yourself.



# TRAIN YOUR EYES

## ➤ **Relax and Calm Your Eyes**

- Focus eyes on specific assignment (Wide Vision- Narrow Vision)
- Have direct eye contact with teammates when talking to with them

## ➤ **Discipline Your Eyes**

- Know what and why you are looking for
- Locate the player(s) that will give you the most needed information
- Eliminate everyone that is not important to your execution
- Eyes up
- Discipline your eyes to look at the small things – Narrow Vision

## ➤ **Trust Your Eyes**

- Your initial sight is right
- Preparation will develop trusting eyes
- Decisive Eyes
- Creates confidence
- Manipulates the defense



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**WARM-UP DRILLS**



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# RB WARM-UP ROUTINE

## 15 MINUTES BEFORE PRE-PRACTICE

### Hurdles

- Forwards
- Backward
- Sideways
- Over/Under



### Ladders

- 1 foot
- 2 feet
- Lcky shuffle
- Sideways
  - In and out



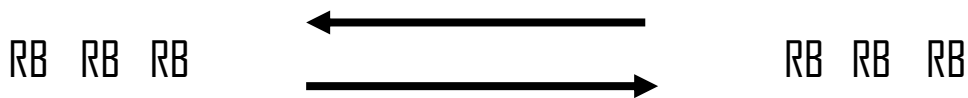
# RB WARM-UP ROUTINE

## BALL HANDLING

**Purpose:** Practice QB Exchanges and initial run game footwork.

**Coaching Points:** Focus on correct elbow up, high and tight securing of the ball after exchange. Use this time as a way to go over foot work for run game.

Have RB's line up in two lines about 10 yards apart 1 RB will run towards the other line with the ball and when he gets close to the next RB will turn into a QB and hand of the ball to the next RB



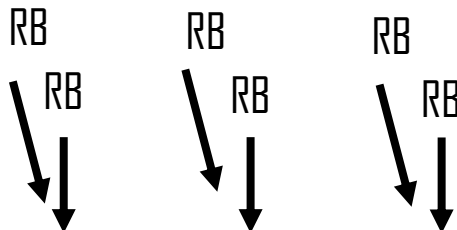
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## GRIP AND RIP

**Purpose:** Focus on keeping the ball high and tight and secure in traffic

**Coaching Points:** 3 Points of pressure, Eyes up through the contact. No Fumbles.

Have RB's pair up, as 1 with the ball jogs 10 yards RB 2 will run down and try to trip the ball from RB 1.



# STANCE AND STARTS

## Purpose:

Stance & start (take off/run timing) each play must always time up and execute the exchange in order to have success. All players must execute each play in the same manner.

## Coaching Points:

- Check for correct arm action & foot placements, will ensure the same timing and exchange.
- Check for a correct stance that doesn't give away where the play is going.
- Run Read can be isolated at this time.
- Landmarks must remain constant.

## Drills:

- On the line – Each player works side by side with feet on a line. We will then work our first steps and any new ball handling. Snap count is also taught in this drill.
- Any other drill used will always be used to insure a proper stance.
- Clap – Review of snap count with players clapping on count. This drill can be done in a meeting.



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**INDY DRILLS**



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# DRILL MENU

## WARM UP DRILLS:

- Hurdles
- Ladders
- Ball Handling
- Catching
- Stance and Starts

## Ball Security Drills:

- Grip and Rip
- Bag Circles

## BAG DRILL:

- 1 Foot Through
- 2 Feet Through
- Shuffle Through

## CONE DRILLS:

- 1 Time
- 2 Time
- Icky Shuffle

## JUMP CUT DRILLS:

- Jump Cut
- Jump Cut: Can
- Jump Cut Circuit
- Double Jump Cut Read

## OPEN FIELD DRILLS:

- Sideline Moves
- Split 2

## PASS PRO DRILLS:

- Kneeling Punch
- Hot Feet
- Drive Defender
- Copy Cat

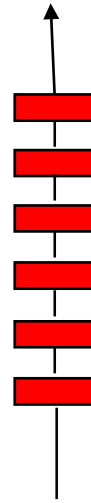




# BAG DRILLS

## High Knees

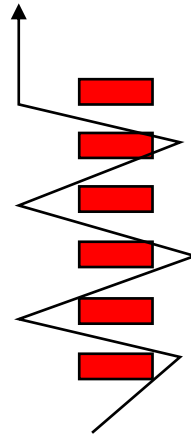
- 1) Foot every other hole
- 2) 2 feet in every hole



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## Side Shuffle

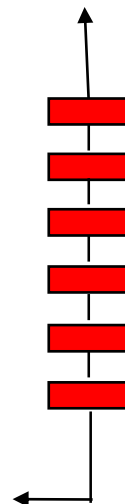
Keep shoulder square



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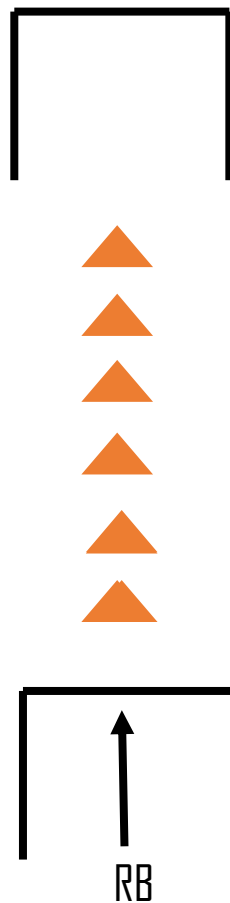
## Shuffle Turn & Run

Face inside shuffle over  
1<sup>st</sup> 3 bags not crossing feet  
After 3<sup>rd</sup> bag turn & run.  
High knee.



# CONE DRILLS

- 1 time
- 2 time
- lcky shuffle

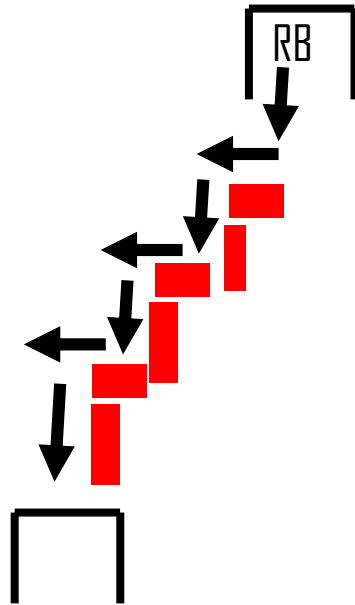


RB's will run through shoot then step in and out the cones then finish through another shoot at the end of the drill



# JUMP CUT DRILLS

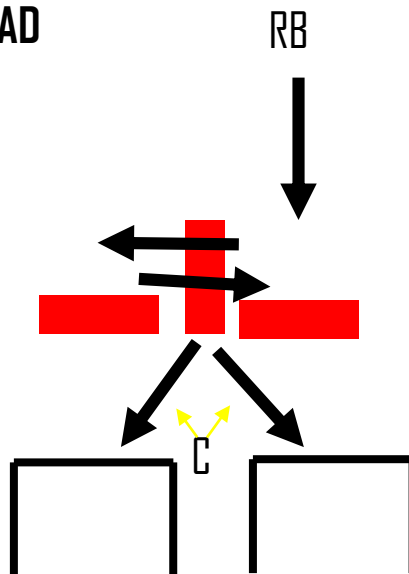
## JUMP CUT CIRCUIT



Practice the ability to jump cut consecutive times and maintain balance and the ability to burst out of cuts.

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## DOUBLE JUMP CUT READ

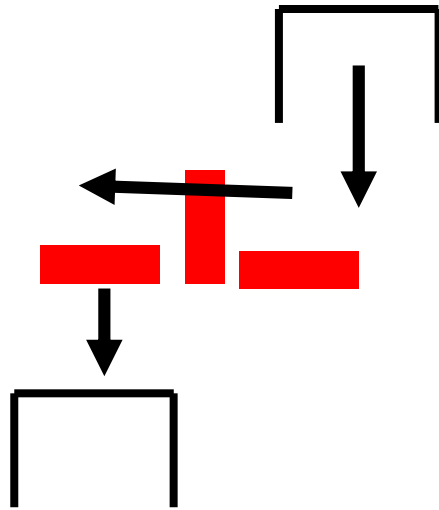


Practice the ability to jump cut change direction twice then react to move opposite a defender.



# JUMP CUT DRILLS

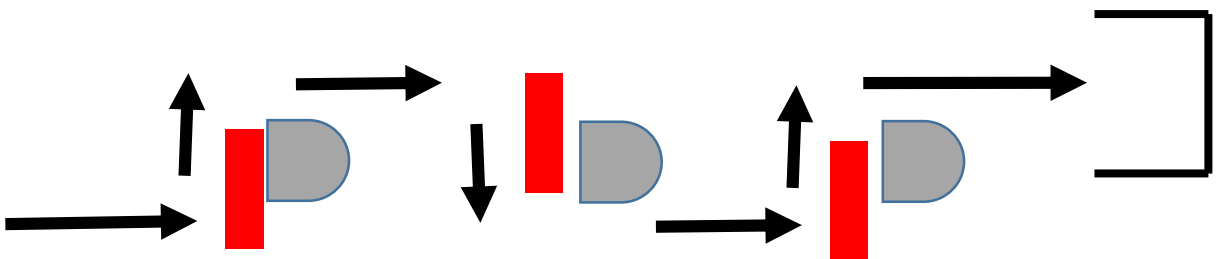
## JUMP CUT



Practice the ability to single jump cut and burst through a tackler.

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## JUMP CUT: CAN

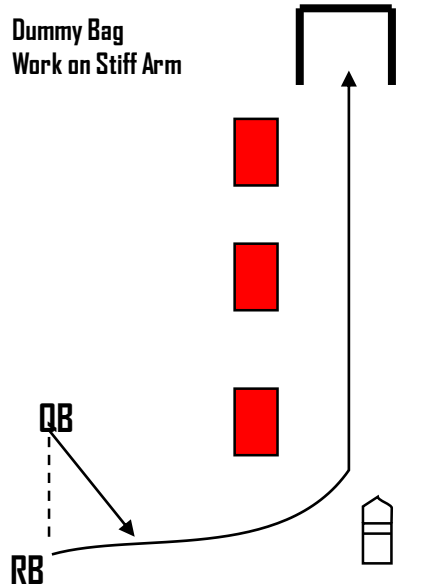


Practice the ability to be moving at full speed and jump cut in several different directions.



# OPEN FIELD DRILLS

## SIDELINE



Ability to stiff arm/ run through tacklers along the sideline

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## SPLIT TWO

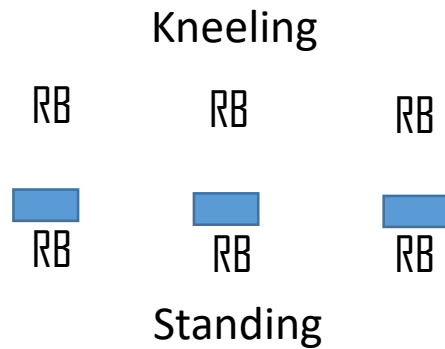


Ability to attack 2 defenders and split the two and burst through for extra yards.



# PASS PRO DRILLS

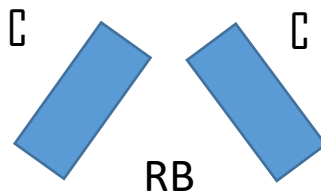
## KNEELING PUNCH



Half the Backs kneeling the Other half standing with Bags. Three commands Hit, Hit, Extend. Focus on hand placement the first two hits, third command focus is on bringing the hips through the punch

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## HOT FEET

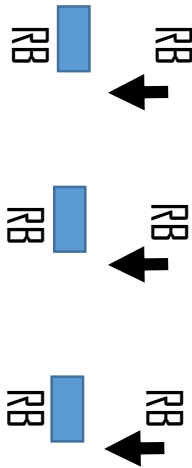


RB hot feet whistle they will hit a bag going back and forth right to left while keeping feet moving to emphasize keeping feet moving through contact



# PASS PRO DRILLS

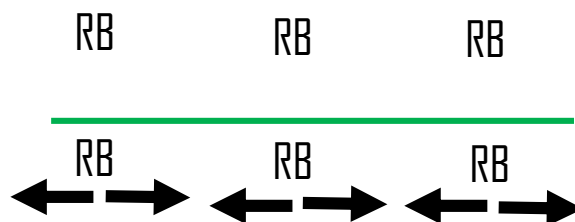
## DRIVE DEFENDER



Drill emphasizes initial punch and feet movement after contact.

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## COPY CAT



1 RB will run back and forth within a 5 yard area. Other RB will copy and stay on the inside hip of movement key. Teaches feet movement and position in pass protection.

