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## SECTION FOUR

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# ORGANIZATION FOR SUCCESS



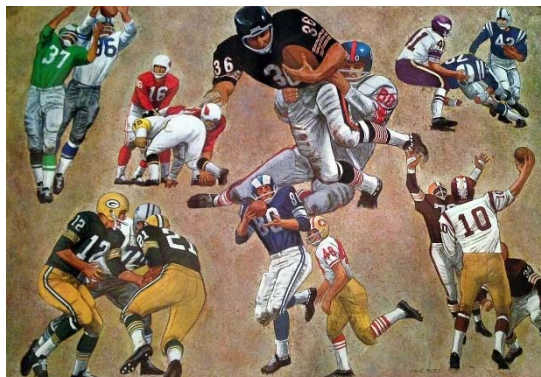
**Chapter 11: Overall Practice Structure**

**Chapter 12: Group Drills**

**Chapter 13: Team Drills & Practice Plans**

CHAPTER FIFTEEN

## Group Drills



### Run Drills

There are a couple type of groups: MIXED Group and FULL BACKFIELD. A mixed group is when the Backs are with either the linemen or the receivers. REMEMBER: The QB always takes a Pistol Snap and the Center always gets hit when he snaps.

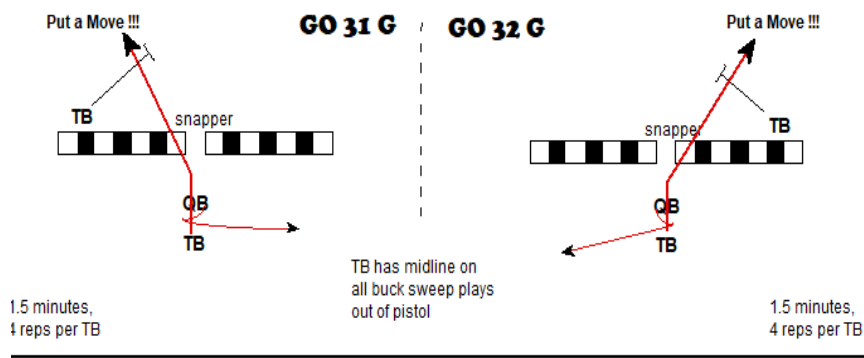
#### Full Backfield Technique

FULL BACKFIELD is the entire backfield— center, quarterback, tailback, left wing, and right wing. Extra players hold bags and the backup Quarterback plays the defender that the QB reads. The players block the bags, so no one is just going through the motions. With the spacing boards, you could also have two groups going on each hash vs air. Both groups work on the same play at the same time. Each cadence is independent of the other, so, as soon as they are ready, they can go on the next play.



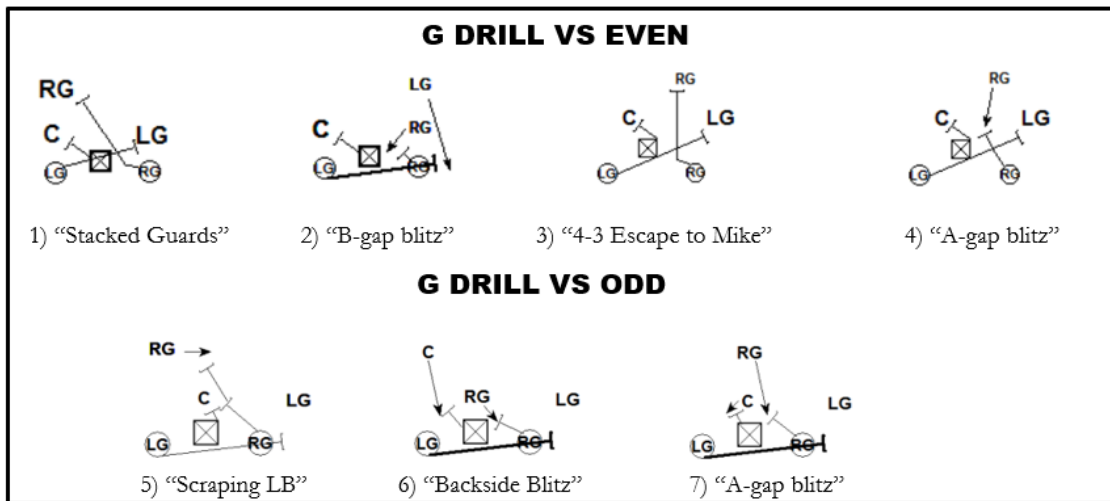
#### RUN – G Drill (Mon)

Early in the season, this is a 10-minute drill because the Tailbacks and Quarterback are running the G and Army footwork at the same time that the C and Guards are working on their blocking. After 5-minutes of being separate, the Tailbacks join the C & Guards. Later in the season, this 5-minute drill is only done with TB, C, and Guards. The QB are throwing comebacks, so either we direct snap to TB or have a coach handoff.

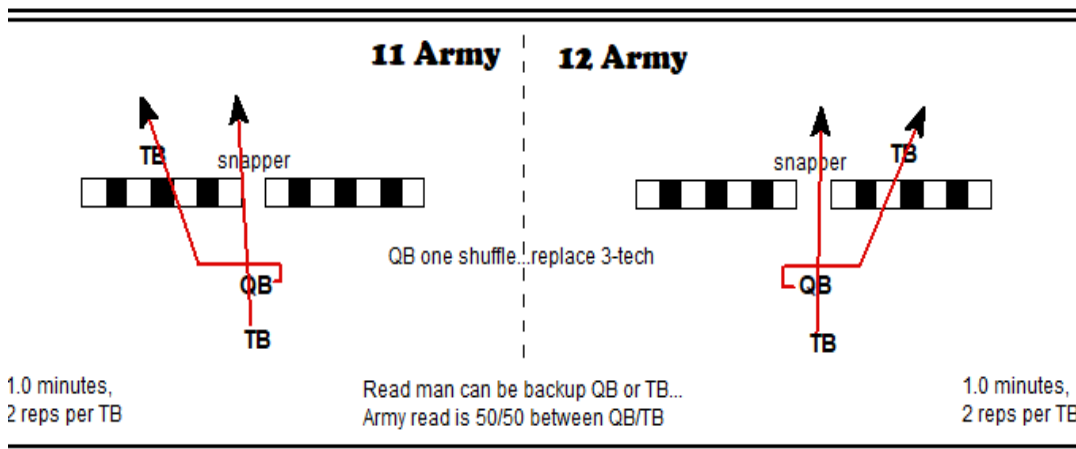


**SECTION FOUR: Organization**

We will run 32 G versus seven different defensive alignments, which means 14 total reps with first and second string switching off. We can run these 14 reps in 2 ½ minutes, then we run 14 reps of 31 G in 2 ½ minutes. We do this every Monday. This is explained on page 173 of the OL Manual.



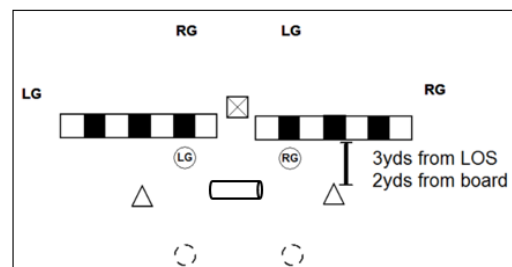
If the QB are with the TB, they will also rep Army by themselves and then again with C & G. We use the exact same seven defensive scenarios that we used in the G-Drill. Once the season starts, the QB throw comebacks during this time, so Army cannot be practiced. During the season Army is practiced by QB & TB during special teams.

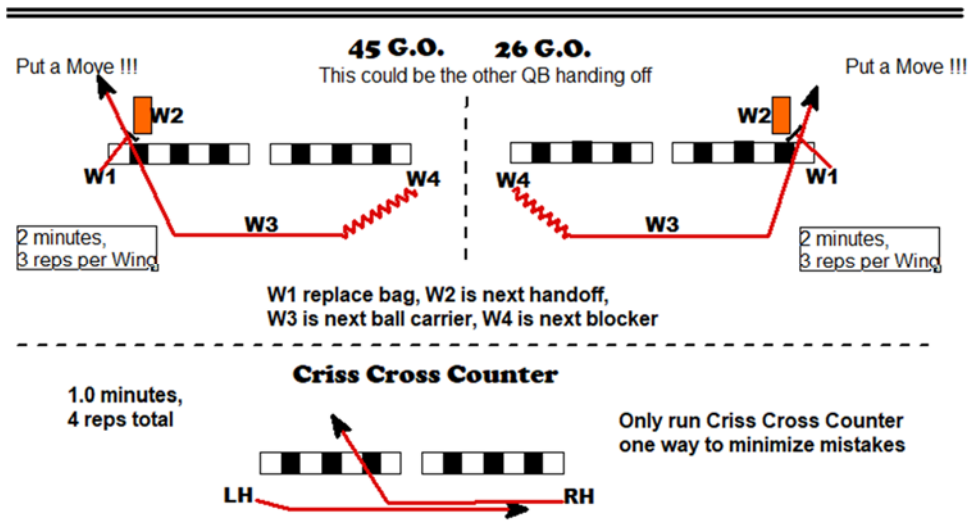


**RUN – GO Drill (Mon)**

This drill comes immediately after the G Drill. Early in the season it is a 10-minute drill. The Wings were practicing their square cuts and torpedo blocks on the D-End at the same time that the C & Guards were practicing by themselves. Then we bring both groups together during the 2<sup>nd</sup> five minutes. We have also had the Wings, C, and Guards do this drill while the QB & TB are doing Army.

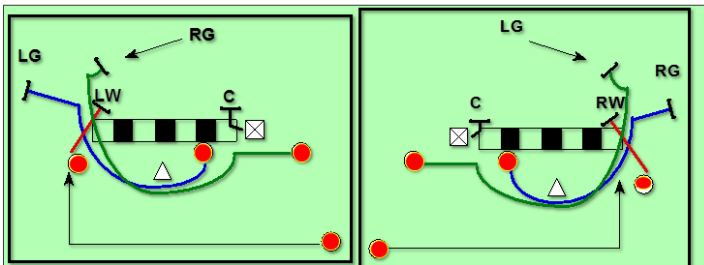
Later in August or early September, the Wings and linemen just start together and it is a 5-minute drill. 2 ½ minutes to the left (45 G.O.) and 2 ½ minutes to the right (26 G.O.).





**2<sup>nd</sup> five minutes of Monday**

**WINGS & GUARDS repeat their drills together**



GO THRU ALL THE DEFENSIVE SCENARIOS ON PAGE 176 OF O-LINE MANUAL

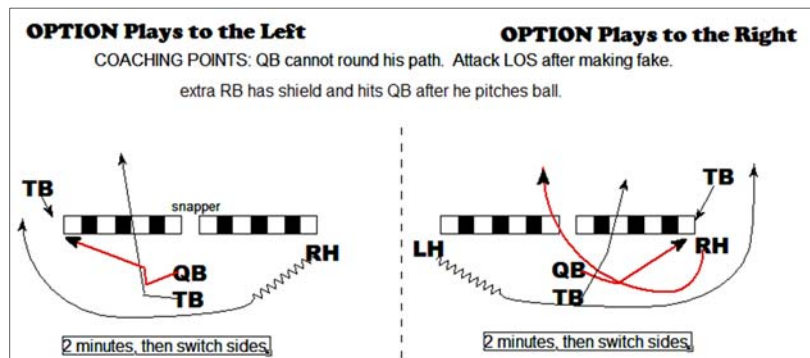
During G and GO Drill, the Tackles and Tight Ends are practicing:

- Down Blocks
- Counter
- Tee Cross Block
- Reach Blocks
- Double Teams

**RUN – Option Drill (Tue)**

During pitch drills, two groups are going at the same time. The left hash runs Baylor, Cal, Belly Option, Down Option to the left while the right hash runs the same plays to the right. This is a 5-minute drill, 2 ½ minutes on each hash.

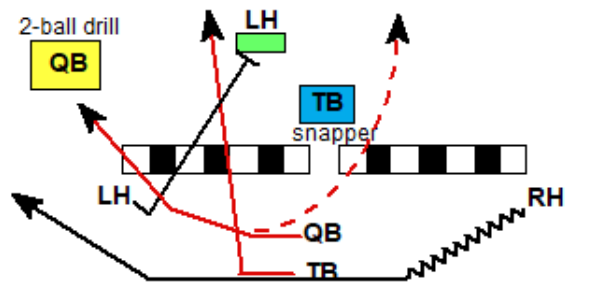
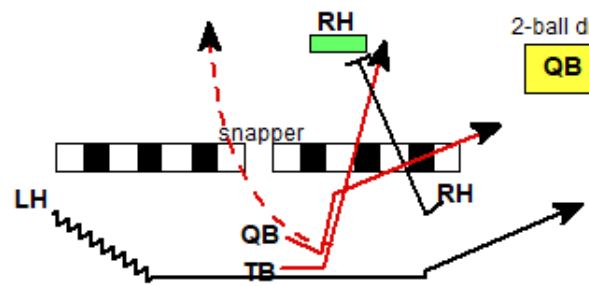
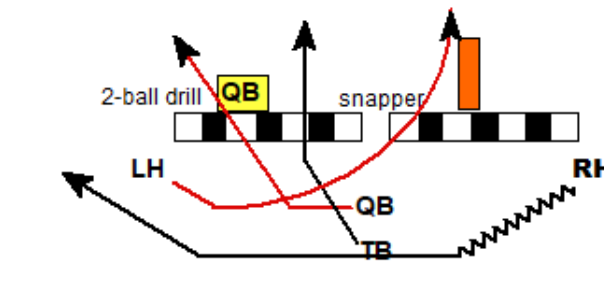
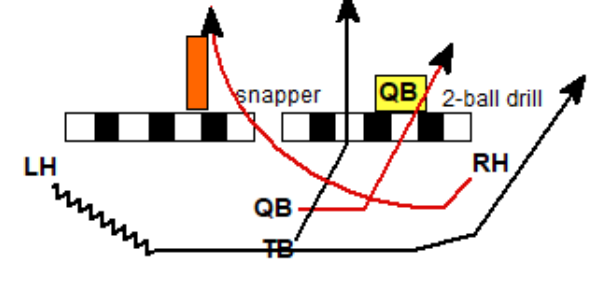
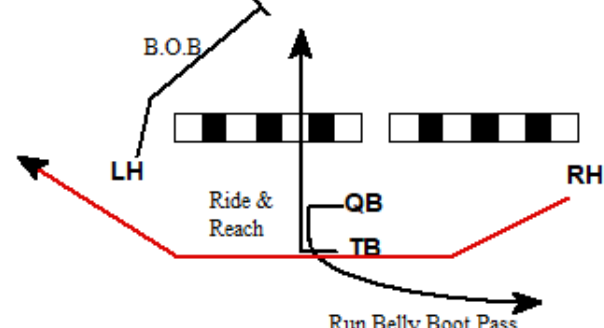
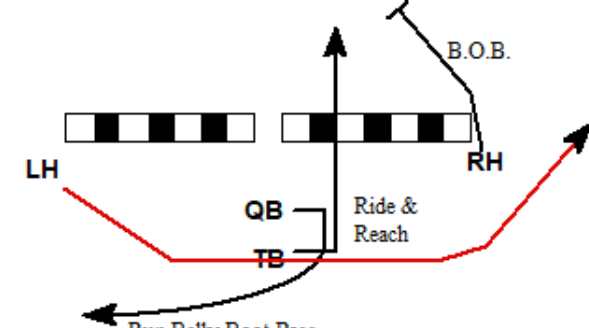
We only run each play one time and only your top 2 TB get all the reps. Even though you don't want to run a lot of option into the boundaries, the backs learn to take good footwork, stay in bounds, and maximize their use of the field.



**Full Backfield BELLY (Tuesdays)**

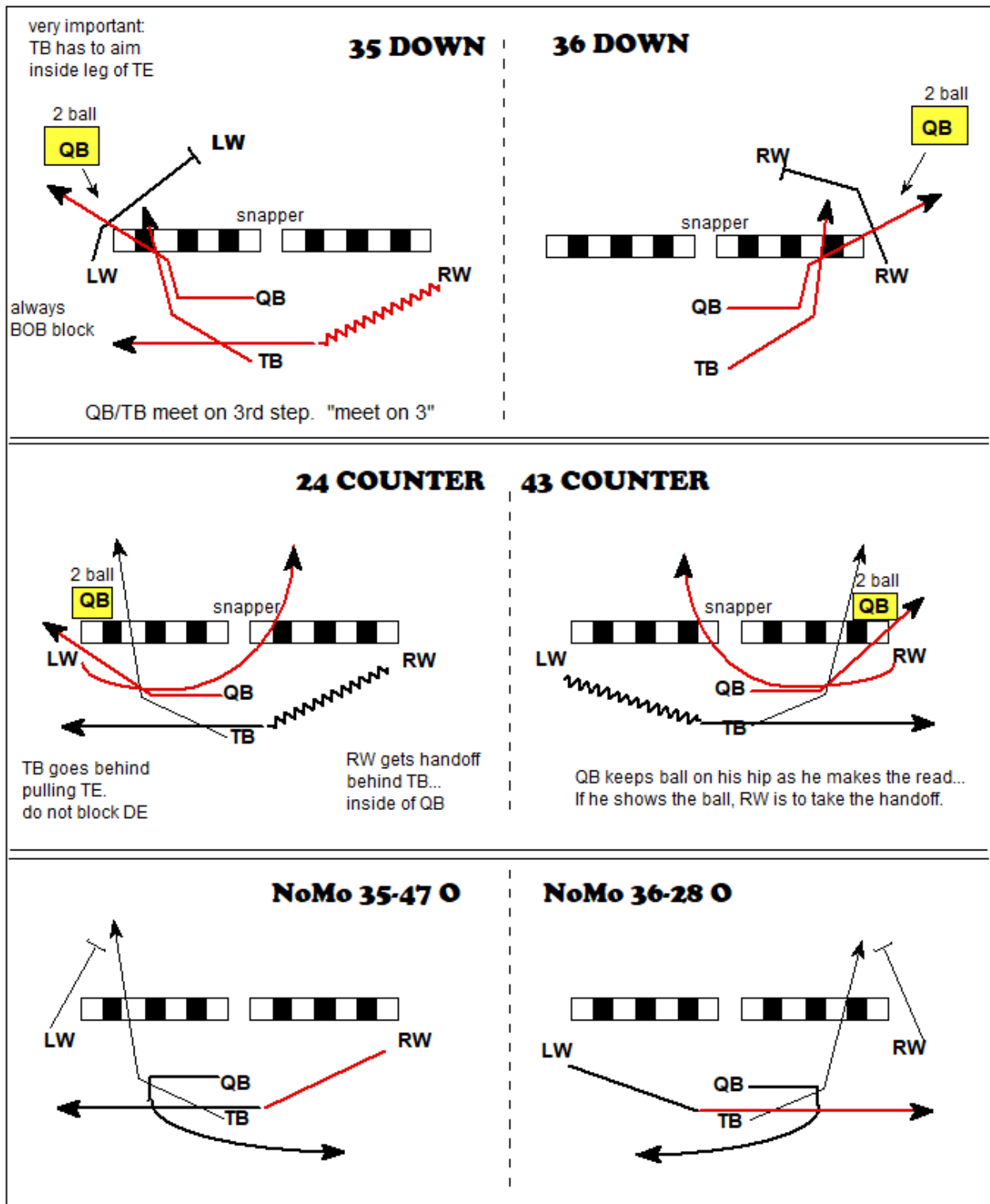
Summer and early August, the linemen are doing the HALF LINE drill described on Page 180 to 183 in the O-Line Manual at the same time that the backs are doing FULL BACKFIELD.

*Replace the man you block. Wing playing ILB goes to option Wing; Option Wing is next B.I.B. blocker*

<p><b>33 BELLY</b></p>  <p>other QB has a ball; if handoff to TB, give that ball to QB so practice the pitch</p> <p>2-ball drill QB</p> <p>QB cannot shuffle vs 0-tech NG or playside A-gap. TB reads 0-tech NG or playside A-gap for windback.</p>	<p><b>34 BELLY</b></p>  <p>2-ball drill QB</p> <p>QB shuffles vs 2-tech or backside A-gap. TB has not windback</p>
<p><b>33-22 TRAP</b></p>  <p>2-ball drill QB</p> <p>QB keeps ball on hip while reading; do not fake to TB. Show ball to Wing if handing off; TB no lateral hop &amp; lets pulling Tackle go first.</p>	<p><b>34-41 TRAP</b></p>  <p>2-ball drill QB</p> <p>Wing "OPEN, CROSSOVER FLAT". Has to turn up in the A-gap. Put a blocking bag in b-gap to force turnup</p>
<p><b>NoMo 33-47 G</b></p>  <p>B.O.B.</p> <p>Ride &amp; Reach</p> <p>Run Belly Boot Pass</p>	<p><b>NoMo 34-28 G</b></p>  <p>B.O.B.</p> <p>Ride &amp; Reach</p> <p>Run Belly Boot Pass</p>

**Full Backfield DOWN (Tuesdays)**

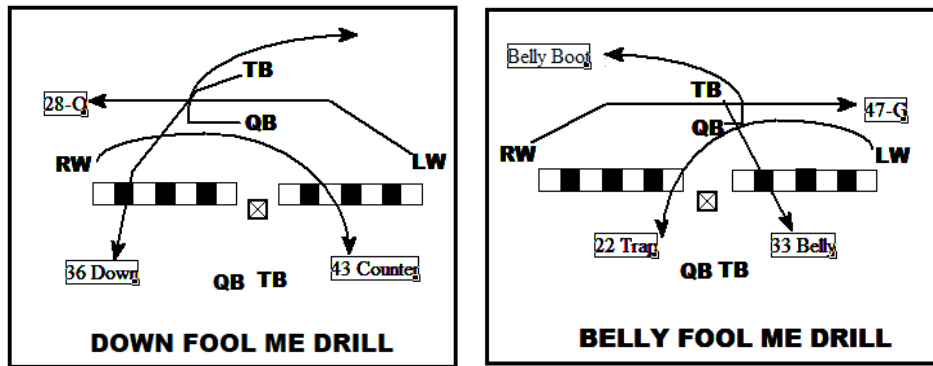
Summer and early August, the linemen are doing the HALF LINE drill described on Page 180 to 183 in the O-Line Manual at the same time that the backs are doing FULL BACKFIELD.



**FOOL ME DRILL (Tuesdays)**

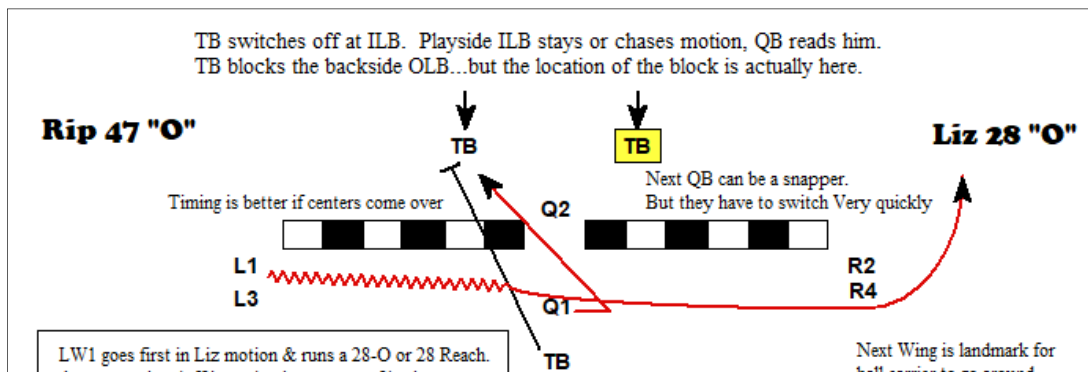
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The goal is to fool a player who is standing at middle linebacker. Ideally this is a backup QB or TB. Otherwise we bring over some wide receivers and call it "Fool the X" drill. If the person standing at Middle Linebacker can quickly yell the name of the player with the ball, all backs do 16 pushups.



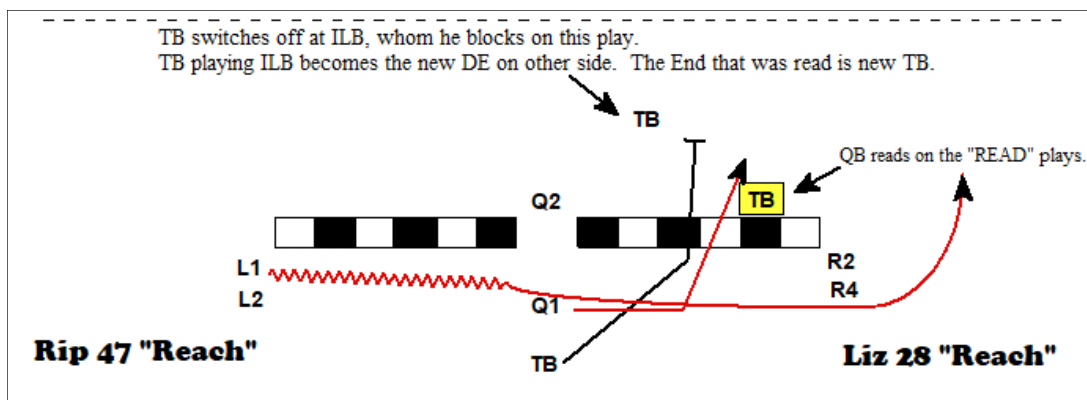
**LIZ / RIP (Wed)**

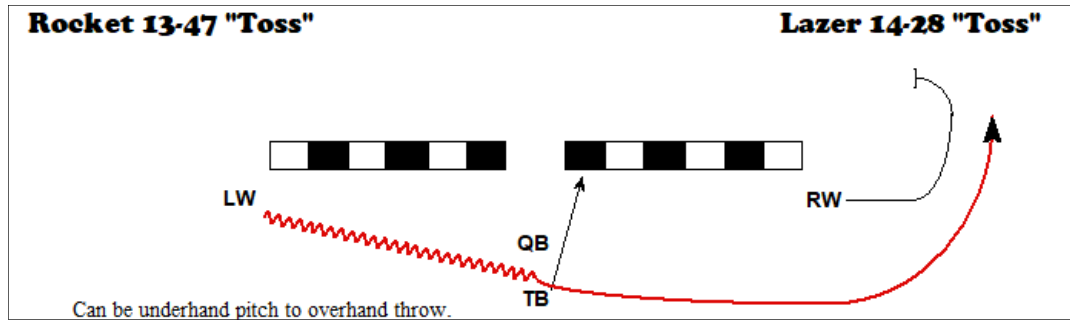
This is a very fast drill that conditions the crap out of your players. As soon as LW #1 goes past the QB, the QB follows the TB and attacks the LOS. The 2<sup>nd</sup> QB who snapped the ball and other Tailback sprint to their spots and snap the ball as soon as they are in place, putting the RW #2 in motion.



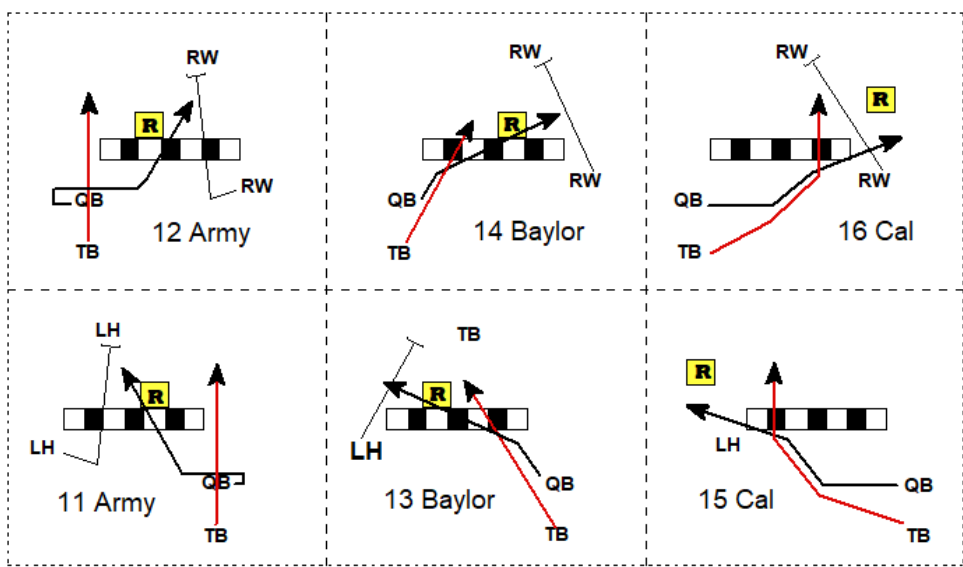
While this is happening, LW #1 bubbles around RW #4, runs or fakes 5 yards and sprints back to the center spot to place the ball on the ground. DO NOT TOSS OR ROLL THE BALL BACK. LW #1 heads for the Right Wing Line and RW #1 also bubbles around LW #3, runs or fakes 5 yards, sprints the ball back, and gets in the Left Wing Line.

When we practice the REACH play, the rotation also happens very fast.





**ABC WEDNESAY**

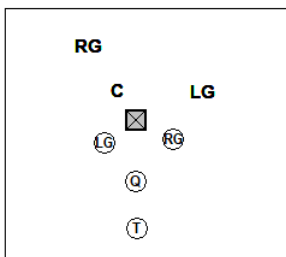


Our linemen do not practice Army-Baylor-Cal on Wednesdays. They rep Army on Mondays with the G-Drill. They rep Baylor and Cal during Half Line Tuesdays. Later in the season we will combine our line with the backs on Wednesday.

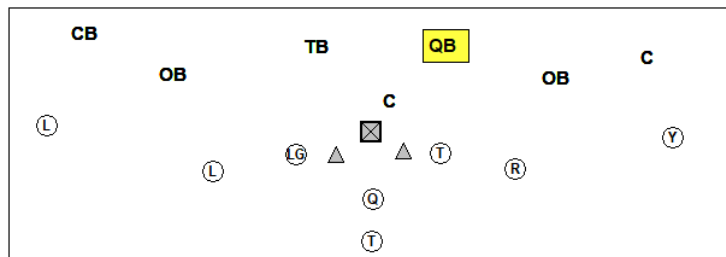
**RUN – Inside Run (Wed)**

Tackles, Wings, and receivers will run Liz/Rip and Lazer/Rocket Drill at same time that TB, C, and Guards run Army and Wraparound. It is extremely important that the guards and the running backs get time at both drills. The ends and the quarterbacks need to be at perimeter drill.

**INSIDE RUN**  
31/32 G 11/12 Army



**OUTSIDE RUN**  
Liz/Rip Lazer/Rocket





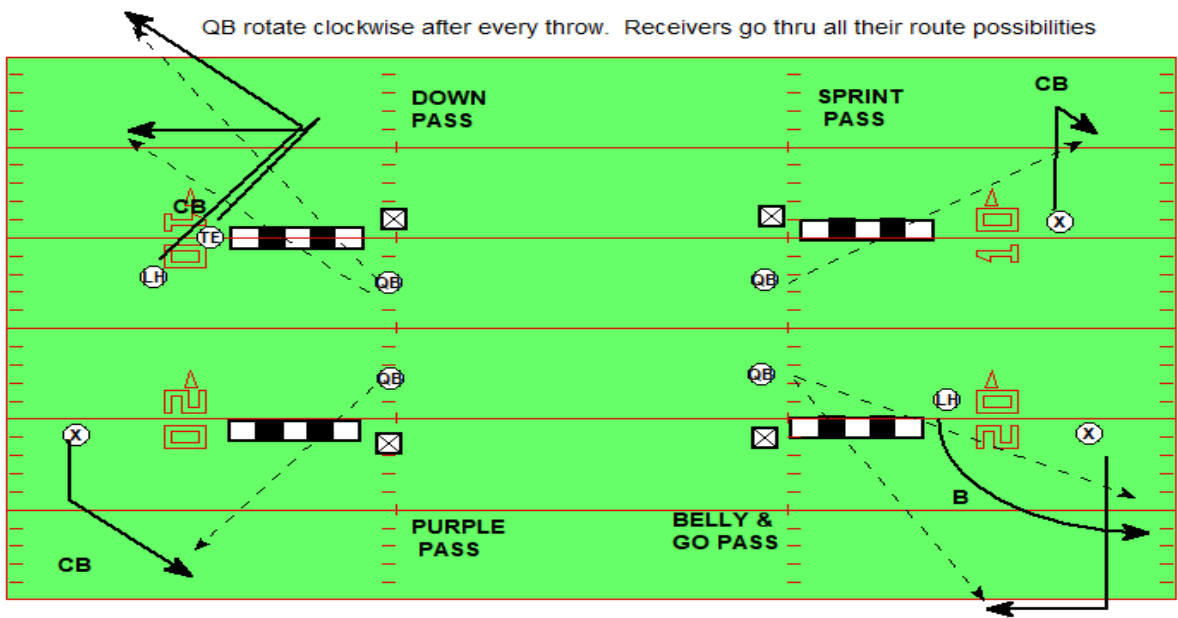
## Pass Game Group Drills

REMEMBER: If any football touches the ground for any reason, somebody is doing pushups. And every receiver who runs a route has a ball thrown to him, even if it is your wife or a water girls throwing.

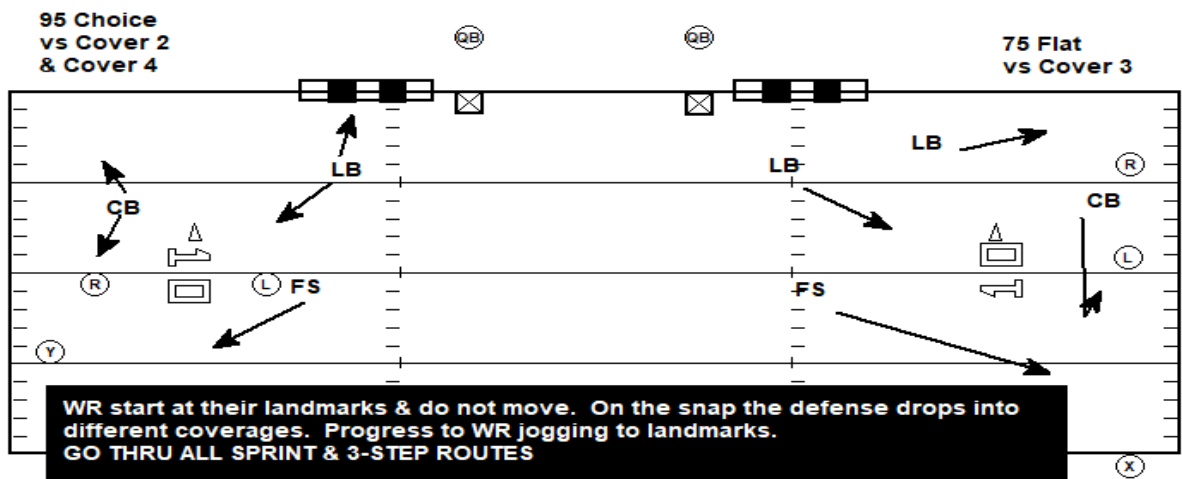
### Four Corners Drill

Obviously, this drill is for larger rosters or during summer when you have 9<sup>th</sup> thru 12<sup>th</sup> graders all on the field at one time. During four corners drill, you set up near the 50-yard line. A QB is throwing 1-step routes to an X receiver. A 2<sup>nd</sup> QB is throwing to a Wing and an X. This could be Belly Pass, Smash, 21, or any other 2-reciever routes. A 3<sup>rd</sup> QB throws to a Wing and a TE, which is mainly our Down Pass and the variations. The 4<sup>th</sup> QB is throwing deep routes to an X, mainly comebacks off our Red, Blue, Belly Pass, and GO Pass. Each quarterback will run his group independent of the other group.

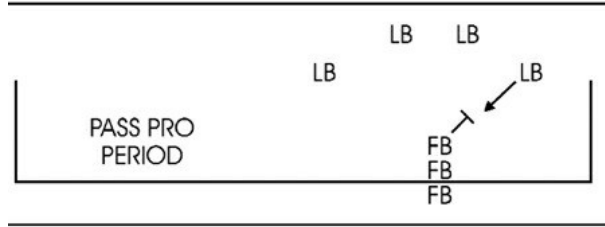
You could have linebackers and corners work their techniques,



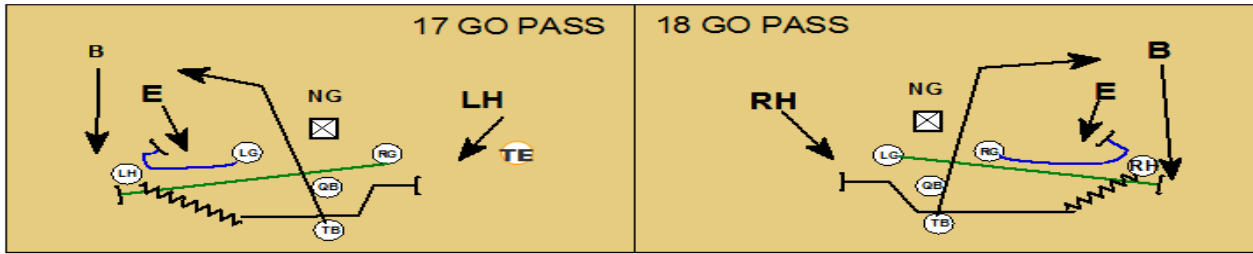
## RECOGNITION DRILL



During 4 Corners drill, the Tailbacks are working pass protection with the linemen. Two outside linebackers and two inside linebackers participate. The TB will step right or left and pass protect against either the outside rusher or the inside rusher. One of those two pass rushers will be the live rusher.



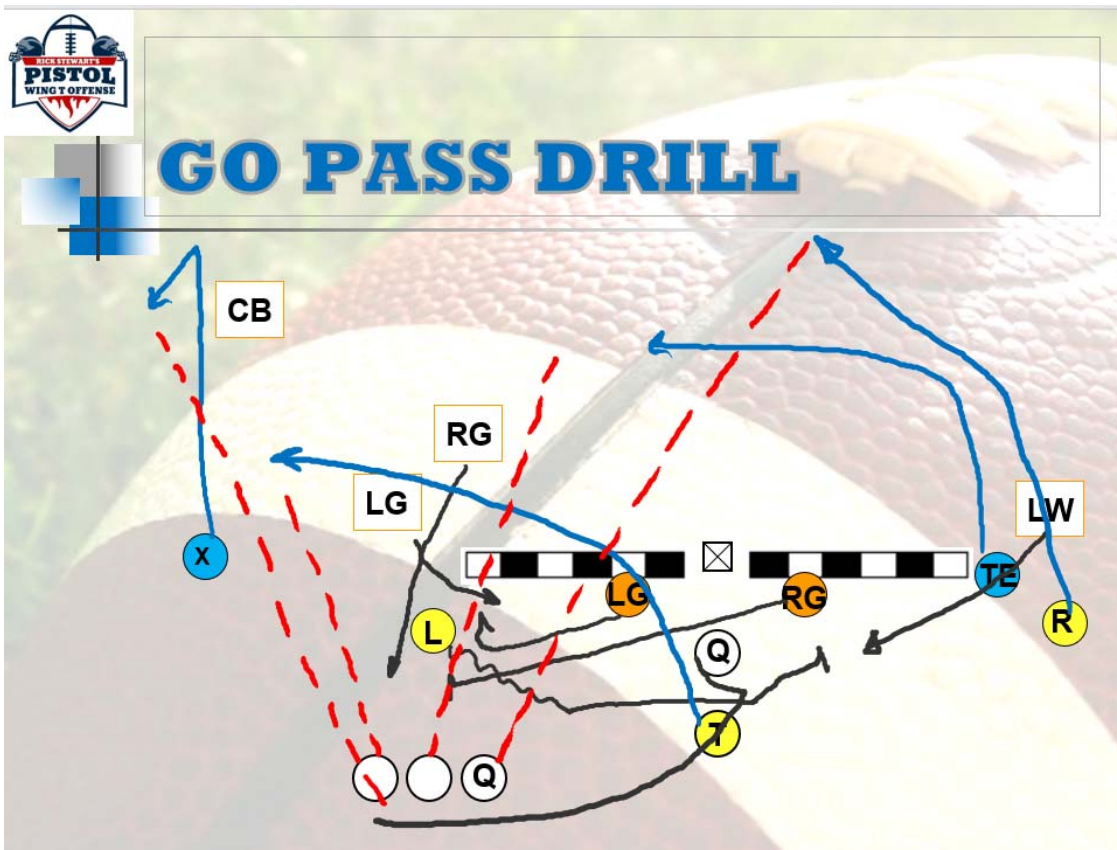
**GO PASS (Monday)**



**QB**

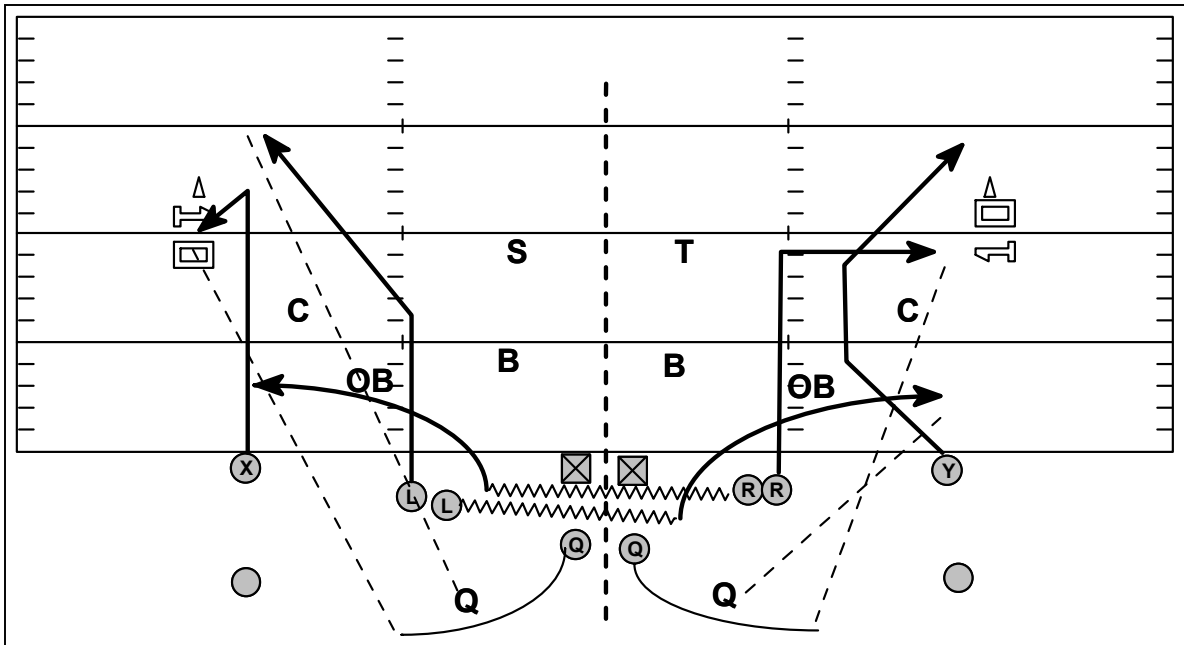
QB who takes snap throws to X (corner, comeback, dig Backup QB stands at 7yd landmark & hits TE drag

When first introducing this play, the QB throws to the TB only. Later on, we bring the X and TE over and get 4 QB throwing. The Tackles do not participate. They work Down Blocks.



**Half Line Pass with 4 balls**

Remember our goal: maximum reps really fast. One of the Left Wings goes in motion and the players on the right run a pass route towards the right sideline. As soon as those 2 QB throw the ball, the other QB puts the remaining Right Wing in motion and all the players on the left run a pass route towards the left sideline



All receivers have to SPRINT back and line up on the opposite side. We start versus air and then add defenders. If you have a larger roster, one of the QB is in a different area practicing option and wraparound handoffs with the TB.