
SECTION TWO

DRILLS



Chapter 4 : Quarterback Drills

Chapter 5 : Receivers and Tight Ends

Chapter 6 : Running Backs

Chapter 7 : Offensive Line

Running Backs



One of the great things about the Wing-T is that it spreads the ball around and gives many players the opportunity to contribute. This not only develops a strong TEAM FIRST mentality, but also raises morale because the offense is not depending on only 2-3 players to make plays while the rest of the team becomes cheerleaders. This makes the backfield position very interesting in that the running backs must not only master the skill of carrying the ball, but must also become adept at catching the ball, blocking, and faking.

The following character traits must be instilled in all of our backs:

Unselfish

As with all positions in the wing-T, the running backs must be unselfish. They have to understand that the ball will be spread to all of the skilled positions. This offense has 4 backs and 4 receivers who will touch the ball. They need to understand that this is to their benefit since the defense cannot key on just one back. If the halfbacks are having a big day, it might be because the defense is keying on the fullback, or vice versa.

Faking

The wing-T is a misdirection offense that asks the backs to take out a defender with a fake instead of a block. Fakes help misdirection, create deception and force the defense to be frozen in place, unable to read the ball and unable to pursue as quickly as they would like. The backs have to understand that faking for their teammate will open up running lanes for them later in the game and that the same teammate will be faking for them when they are carrying the ball.

Everytime RB Tackled on a Fake, We Buy Him Lunch

Blocking

As just stated, backs are asked to take out defenders with great fakes but there are still plays that ask them to block. No back will be allowed to have the attitude he is going to get the ball all the time, while everyone else's job is to block. Asking all 3 backs to share the blocking load lessens the physical abuse from blocking all the time.

Size, Speed, & Stength

The player behind the Quarterback is called a Tailback instead of a fullback because his role is similar to the Tailback in the I-back offense. Unlike the traditional fullback, the Tailback in the PISTOL Wing-T is hardly ever asked to block.

At the high school level, the Tailback is your best football player. He has to be tough enough to run between the tackles and carry the ball 15-20 times per game. He will average the most carries in a game, because he gets to run plays to both sides of the formation. By the time the season is over, the fullback will have carried the ball a full third of the time more than the halfbacks. Ideally this player is a wrestler who weighs 170-210 pounds and who is under 6 foot. Low center of gravity with powerful legs allows him to break tackles.

The two wings in this offense should be quicker players who can catch. They can be around 150lbs but that will hurt their blocking since they are asked to block the Inside Linebackers. These are the Jet sweepers, run the counters, and they run the same routes that slot receivers run in the spread offense. They don't get as many carries because the left wing only runs plays to the right but they make up for that with receptions.

Lining Up

Our alignments do change but at the same time must be very precise. We have a “**cheat for success**” rule that allows our players to adjust according to their abilities, the play call, and the defense. The advantage of breaking the huddle so fast does not give the defense time to pick up on these changes.

STANCE

All three of our backs use a two-point stance that enables them to move both laterally and straight ahead. This stance also allows them to see over the offensive linemen in order to read the defense. This helps them anticipate where the hole will open or what pattern adjustments should be made.

The stance begins with the feet just wider than the shoulders and the toes pointed slightly outward. The ankles, knees, and hips should be slightly flexed with the hands placed just above the knees. It is important that no weight is placed on the knees. The toes should exert pressure into the ground, placing the weight on the balls of the feet.



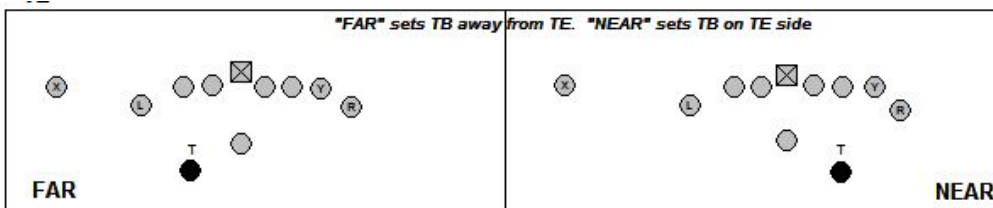
ALIGNMENTS

Tailback

We align our Tailback at 5 yards behind the Quarterback. The reason he is so close is because typically he is a 4.8, 4.9 forty guy. If we had Tailbacks that were as fast as the Division 1 guys year in and year out, then we might place him farther back. If your team is sprinting out of the huddle and snapping the ball in 3 seconds, then you can get away with the QB being at 4 and TB at 6-yards on pass plays. This helps the QB on his drop and reads. He will be at 4-yds if we are under center (Tubby for example).

We offset the Tailback on certain plays so that he can be a lead blocker. He lines up behind the Tackle away from the TE/Y (FAR CALL) or on the side of the Y (AWAY CALL).

We put our Tailback out as a slot receiver on the left side when we call Empty. This is his spot no matter what regardless of whether we are in TIGHT Empty, LOOSE Empty, TRIPS RT Empty, or TRIPS LT Empty (which is a quads look).



Wings

We tilt our Wing backs at a 45° angle so that they can see the QB motion signals, as well as down and insert block easier. We have never felt that this tilt stance delayed our backs on pass routes.



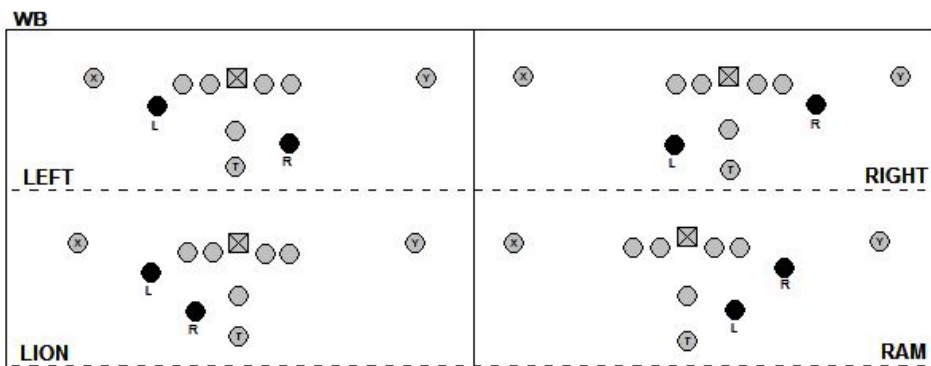
Our Wings align off the tackle and not off the

Tight End because many formations do not have a TE and if the Wing alignment changes, then the motions & mesh points in the backfield will be off.

- | | |
|--|----------------------------------|
| 4 x 1 from the Tackles on most plays; | 5 x 1 on pass plays; |
| 3 x 1 if down blocking a DE or LB. | 2 x 1 if there is no TE |
| 1 x 1 off TE butt if insert (B.I.B.) blocking on Belly | 1 x 1 off Tackles butt if no TE. |

Our “**cheat for success**” buzzword basically tells our Wings that they can adjust from these alignments based on the genetics that their momma gave them. But we STRONGLY believe that the Wings should never line up as slot receivers (splitting distance between tackle & reciever) because now they are no longer a run threat to the defense.

Since the Wings have a 4-yard landmark on motions, this is where we line them up when we do not want to put them in motion. They basically stand where they would have been when the ball is snapped when they are in motion. Not only does this take away the motion tendency for the defense, it gives us better blocking angles on the Inside Linebackers on plays such as Belly



SECTION TWO: DRILLS

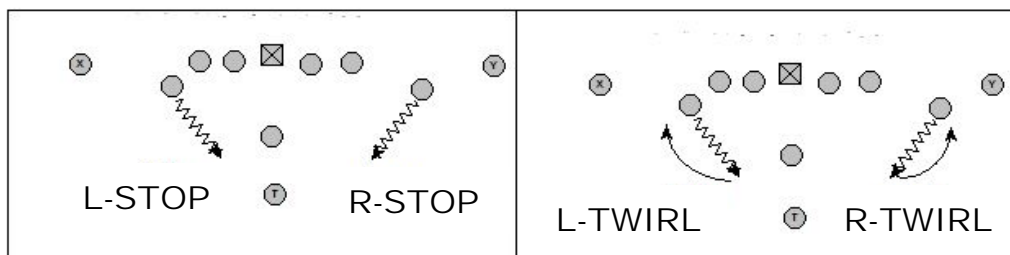
REMEMBER: Trips is a running back word that has nothing to do with the X & Y. TRIPS Left tells the right wing to split the difference between the Left Wing (who is in his 4x1 spot) and the X receiver. We can tag the TRIPS LEFT call with: Empty, Tight ,Over, Loose, Raider, Nasty, Tubby, etc but none of that changes where the two wings line up.



MOTIONS

All Left Half motions start with the letter L. Liz, L, Lazer
 All Right Half motions start with the letter R. Rip, R, Rocket

On all motions, the QB will lift his heel to start the motion. The QB will say the first sound in the snap count, “READY”, as soon as the heel hits the ground. On “L-STOP” and “R-STOP”... the QB will hard count when Back is aligned behind the tackle, but will NOT snap the ball.



It is the responsibility of the Wing in motion to get to the snap count landmark. All the QB does is lift his heel but it is very important to the Linemen get-offs that the QB keeps a rhythmic cadence. The Wings can adjust their alignments (“cheat for success”) to compensate for genetic differences .

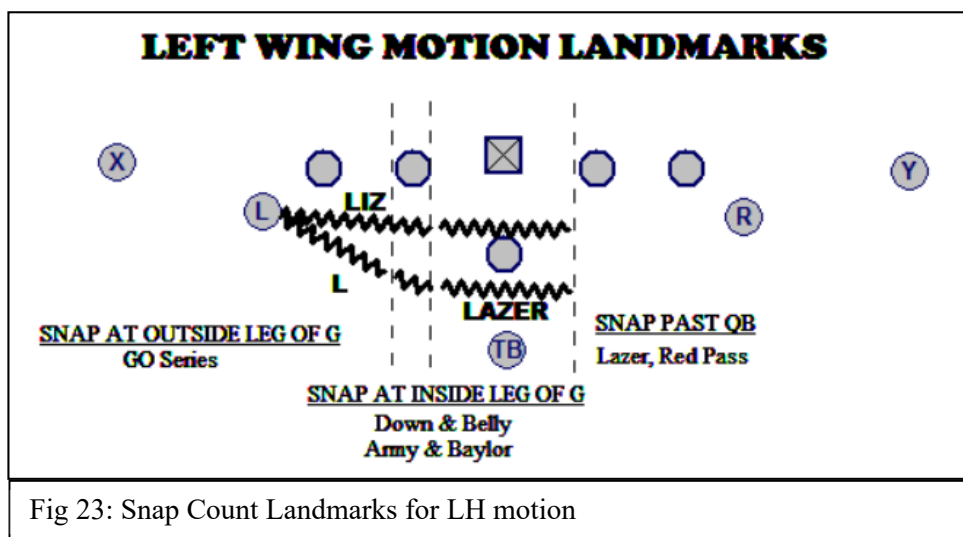


Fig 23: Snap Count Landmarks for LH motion



No matter where the Backs line up in ANY formation, they are always OFF the Line of Scrimmage. And the X&Y are always ON the Line of Scrimmage.

We did that intentionally so we should never have to many men on the LOS. LW, TB, and RW are always off the line, X&Y are always on the line.

Running Skills

The Wing T offense is a physical, punishing running attack that requires north-and-south runners. They also need to break tackles. A very important stat for us is yards after contact, or YAC. We feel like if we can gain between 100 and 150 YACs, then we will win the game.

We want our backs to have a CONTACT MENTALITY. They are power runners who take great pride in breaking tackles, which does not take talent, only effort & attitude. Our backs will cut, twist, push off, drive legs, and never stop moving their feet. Backs will receive a negative 1 grade and film shown to team whenever they are arm tackled. Our backs must pull away quickly from arm and hand tackles.

Turnovers

NOTHING CONTRIBUTES MORE TO WINNING games than keeping possession of the ball. Our #1 concern is taking care of the football. Our backs have to take PRIDE that so many people depend on them.

We preach “**High, Tight and Inside**”. Our backs should squeeze the ball inside of the pec muscle. Top of the Number is Covered. There should be FOUR POINTS OF CONTACT

1. FOREARM (bottom half)
 - 25 degrees in open field. 45 degree as tacklers get closer
 - Point of ball gets closer to chin as more tacklers get around you.
2. RIBS (top half)
3. HAND (far point)
 - Point of ball between index finger and middle finger.
4. BICEP (near point)
 - Elbow points down towards ground



**COVER THE POINT – PRESS AGAINST THE NIPPLE –
SQUEEZE THE ELBOW**

When we take the handoff our backs will “SWIM” over the ball with the hand nearest the QB, bringing the far hand UNDER the ball and grabbing the far cone. We want to keep the ball away from the defense so the ball must be in the arm nearest the sideline. We teach **Arm Over, Never Arm Under**

The swim hand goes over the ball and secures the other cone. Each palm covers each cone as ball is transferred to opposite side. If a back has the ball in his right arm, he would bring his left arm over the top of the ball to transfer. Never switch in traffic.

The THREE MAJOR NO-NO’S are:

1. No Fly Aways
 - Ball comes off the ribs. 10 up downs.
2. No Sprinter Strides
 - Fist is pointing down towards ground.
3. No Loafs of Bread
 - Holding with hands

Ball Handling

We start with every player with a ball. Backs stand in a circle around coach so he can quickly instruct everyone. The just stand still and practice transferring the ball to each arm, remembering 4 points of contact.

Then we move in a Zig-Zag fashion to practice cutting and ball transfer at same time.

Straight Arm

In slow zig zag pattern jog, ball moves into arm that is opposite the plant foot. As soon as ball is secured in opposite armpit, the arm that was holding the ball, stiffens, with palm aimed for facemask. Punch with violence, but let tackler's momentum "bounce" RB into the opposite direction

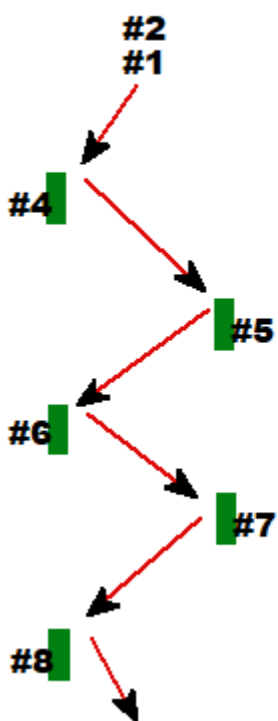
Rip Move

Great move on sideline. As tackler approaches, dip and get shoulder pads lower than his. Rip up through his arms as you rise, gaining an extra stride, a violent stride as contact is made. The goal is to break the tackle and not go out of bounds, but if RB is knocked out of bounds, gain an extra yard.

Spin Move

COVER BOTH POINTS: Just before contact with tackler while lowering shoulder.
HALF A MAN: Only let tackler hit one shoulder, spinning the way he pushes you.
OPPOSITE HAND: During spin, back to the tackler, transfer ball into arm that did NOT take the hit, so that

ZIG ZAG



#1 RB runs at each shield in a "zig=zag" pattern. He puts a straight arm or spin move off each shield. Ball should be in right hand as he approaches #4... Switch ball to left hand just before he straight arms #4 with right arm.

Run at #5 with ball in left hand..switch ball just before straight arm #5

At end of circuit, #1 replaces #8.... #8 replaces #7...who replaces #6...who replaces #5...who replaces #4 #4 gets in back of line behind #2.

SPIN MOVE

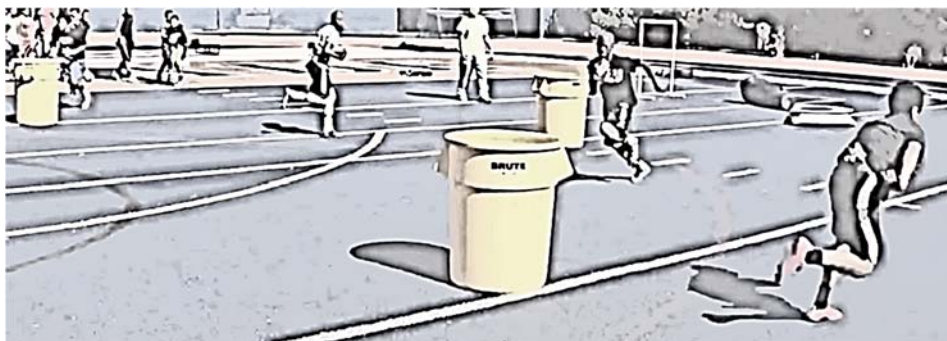
Very important that the 1st step after contact is past the defender so that the RB is gaining yards after contact. Common mistake is to move laterally after spin move, then gain yards.

STRAIGHT ARM

Must punch the chest, not the facemask



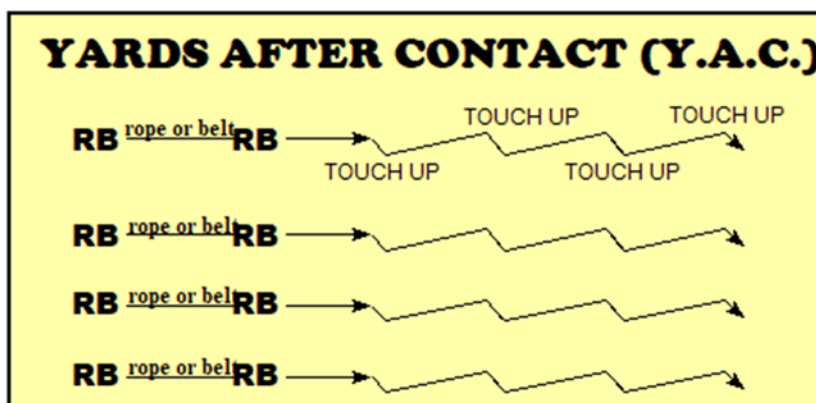
other arm tacklers



is free to slap arms away

YARDS AFTER CONTACT

Backs loop extra practice belt around their waist with metal hook to his backside. Then hook a 2nd belt to those hooks so partner standing behind him has something to hold onto. As the RB runs forward, his partner holds the belt trying to prevent movement. We will start with a 30yd run holding belt entire time. Then we will let go of the belt after 20yds, then after 10yds so the RB can feel the acceleration. When the belt is released, the RB touches the ground with 1 hand, “pushing” up and switching the ball into opposite hand.



THIRD LEG POP UP

- Players stand in place on one foot, non-ball hand touching ground. Jump and switch ball to other hand while in the air. Land on the opposite foot
- Players just run down the field alternating the off-ball hand touching the ground. Switch ball into opposite hand as quickly as possible.
- Players run down the field, bent over, with the same hand touching the hand. Do not switch hands. Will kind of “bob”
- See picture at bottom of this page. Player bear crawls laterally over 3 bags with off hand on the ground. Coach is hitting player with bag.



Agilities

- To promote backs running with high knees and stumbling over defenders on the ground, we use lots of combinations of bag drills. Can also use trash cans in place of bags.

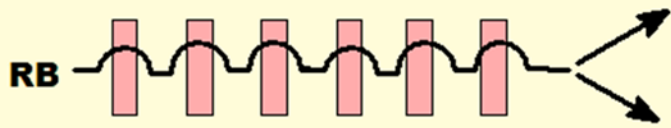
BAG DRILLS

HIGH KNEES over the agility bags.

Always holding a ball and exchanging hands as many times as possible.

- Run thru forward one foot in each hole between each bag; Repeat laterally.
- Run thru forward both feet in each hole between each bag; Repeat laterally.

Make a Spin move after last bag.



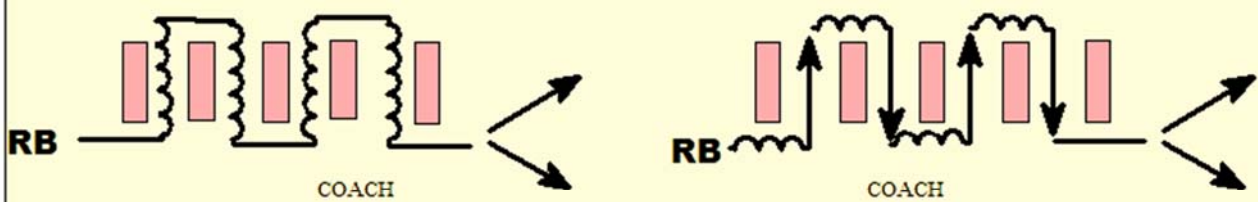
LATERAL SHUFFLE through the agility bags.

Always holding a ball and exchanging hands on each change of direction (COD).

- Facing forward entire time, run forward and lateral shuffle between bags.
- Facing coach, backpedal between one set & sprint forward thru next set.

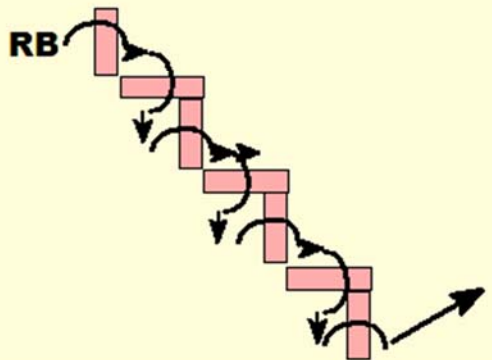
Lateral shuffle after backpedal or forward run.

Make a jump cut and then a touch up after the last bag.

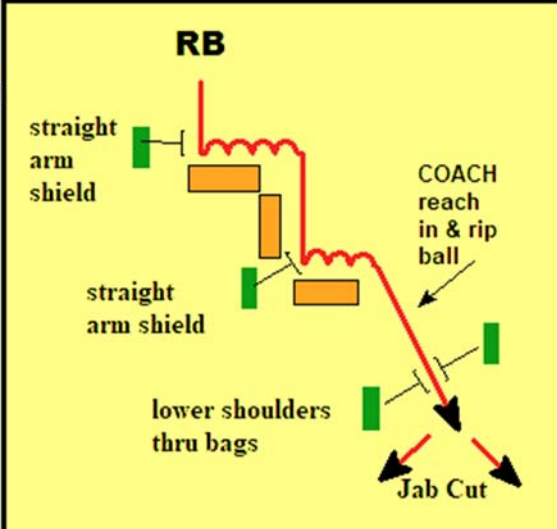


ANGLE STEPOVER through the agility bags.

Forward hop, lateral hop, forward hop, lateral hop...
change ball hand, stiff arm, and COD after last bag



RB



Since we firmly believe in variety and breaking up the monotony of practice, we will alternate between BAGS, CONES, and ROPES every day during spring and summer. We will re-visit these 3 sets of agility drills first week of August, but we don't have time for them during the season.

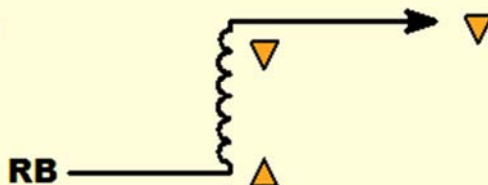
CONES

SNAKE:

Cones are very tight, so no running.
Feet "shuffle" very fast to get around them.



SPRINT SHUFFLE GO:



BALANCE EXCHANGE:

Ball in right hand, standing on right foot, left hand touching ground for balance.
Jump in air, switch ball into left hand, land on left foot, right hand touches ground for balance.
Continue for 5 yards.

CUTS

SPEED CUTS:

COD while running straight ahead



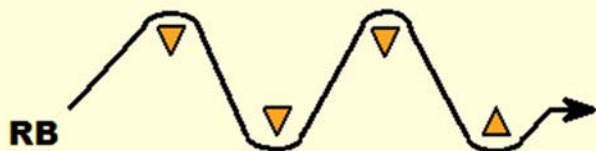
JUMP CUTS:

Lateral COD then burst forward



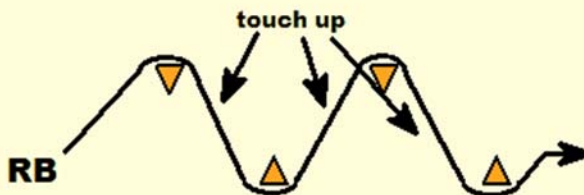
SLALOM CUTS:

COD while going outside the cones



TOUCH UPS:

Palm on ground as go around cone



ROPES OR TIRES

2	4	6	8	10	12
1	3	5	7	9	11

RUN THRU: R1, L4, R5, L8, R9, L12

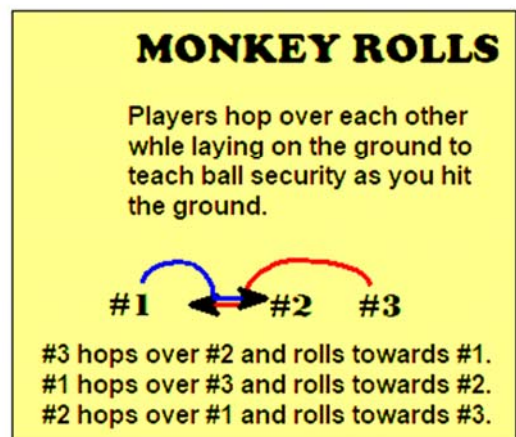
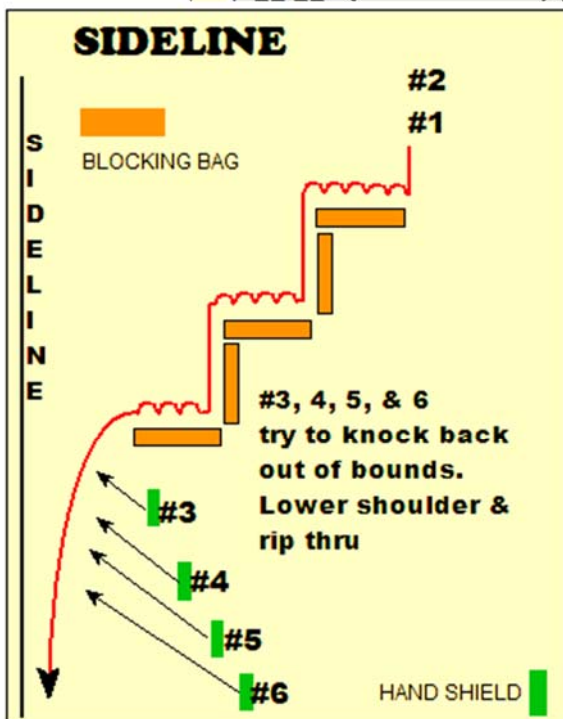
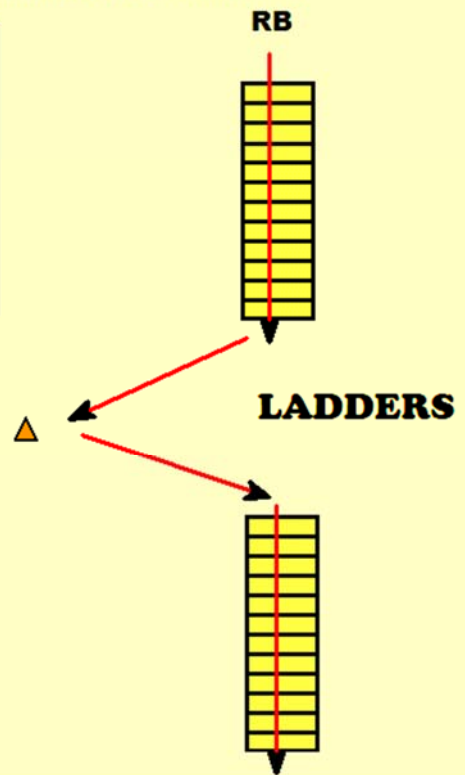
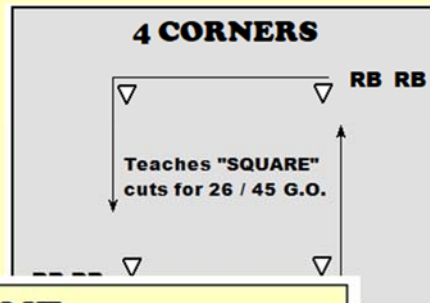
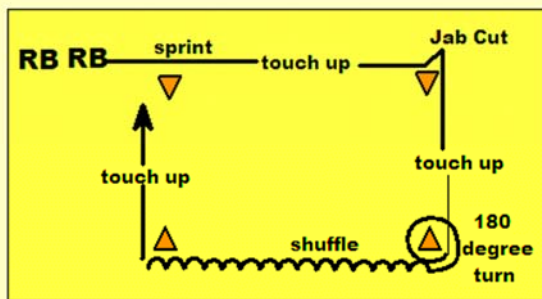
R1,L2,R3,L4,R5,L6,R7,L8,R9,L10,R11,L12

DIAGONAL: L1,R4,Lout,L5,Rout,R8,Lout,L9,Rout,R12

Both feet chop in 1, 4, 5, 8, 9, 12 Then both hop in same pattern

BUNNY HOPS: Both feet in 1,3,4,2,4,6,5,3,5,7,8,6,8,10,9,7,9,11

"2 forward, over, 1 back, 2 forward, over, 1 back, etc"



Breaking Tackles

Keep shoulders square whenever possible with good balance. Keep shoulders, hips, and knees in line to be powerful versus contact. Do not let the hips twist while getting tackles

Chin, Nipples, Belly Button, and Pecker Point Same Direction

Exaggerate legs on contact. It is natural to let your legs give out when 2-3 guys are on your back. The moment you feel or anticipate contact, exaggerate the legs, don't let legs give out. Drive/Pump the knees. Knees thru facemask. Shoulders lower than the tackler. Put tackler on his back

Low man will win, so beat tackler to the punch by getting lower than him and hitting him harder than he hits you. Even if you go down, send a message to tacklers that they are going to pay a price to bring you down. Dive for first downs as getting tackled and if you are inside the 5yd line, YOU HAVE TO SCORE.

“HARD, HIGH, VIOLENT”

STIFF ARM: Vicious palm to the helmet, shoulder pad or chest of the defender.

Most under used RB technique

Most tacklers don't know how to tackle a forearm.

RIP: Violent forearm and bicep across the defenders body or outstretched arms.

Great technique on sideline.

Actually adds another stride, a violent stride.

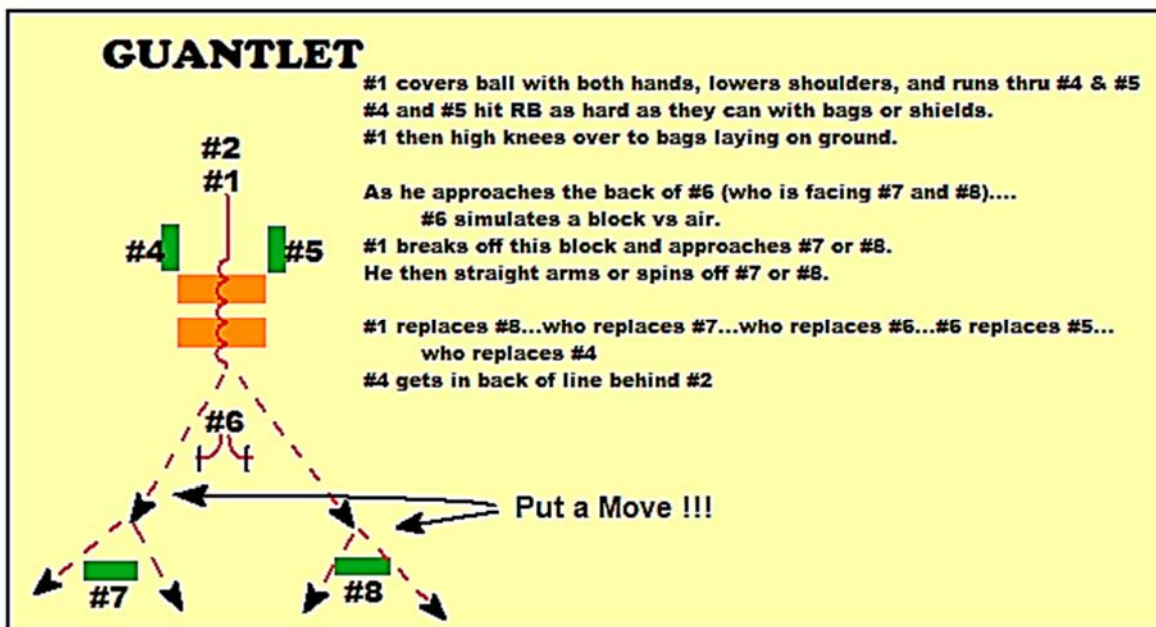
LIFT: Throw your shoulder and forearm into the defender and lift him

Hitting the Hole

Your hole is a “trap door” that only opens for a split second then slams shut. When you see the hole open up (Daylight) you must hit it with everything you have. Get vertical in direction of goal line and only go Sideline-to-Sideline when absolutely necessary.

Sideline Best Tackler On the Field

When you do hit the hole: Expect contact, congestion, blockers getting pushed back, defenders diving, bad grass, and mudd. DON'T COME UP WITH AN EXCUSE

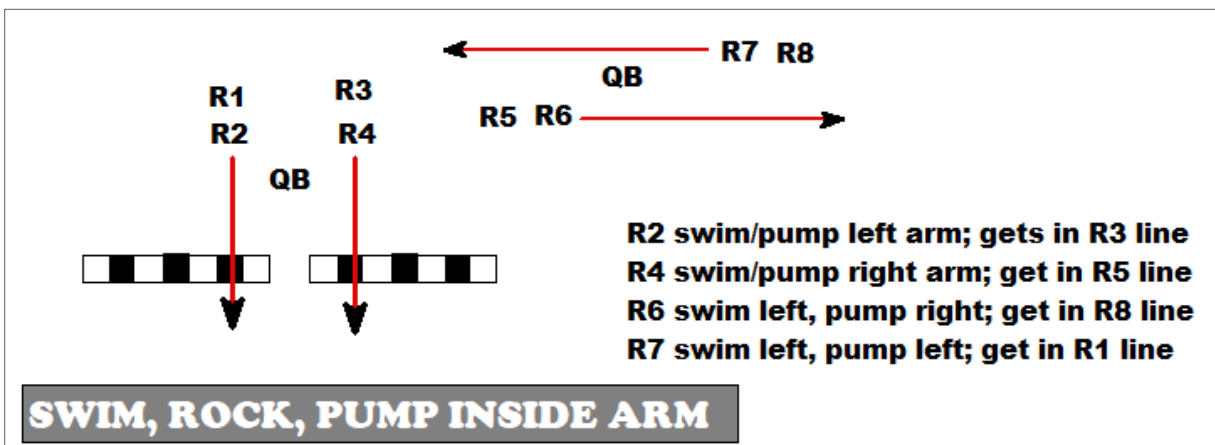


Faking Drill

90% of a great fake is pride and effort. Run like you have the ball. Your goal is to take TWO guys out of the play. Break tackles even while faking. A runner on the ground is not fooling anybody. Takes a lot of energy and nobody will notice...until coach watches film

One of the Running Backs warmup drills before practice is our FAKING DRILL.

- SWIM: Lift Elbow closest to QB and swim above his shoulder & down to your belly
- ROCK: Lean forward with both arms folded against belly and “rock the baby” for 2 steps.
- GRAB: Grab hip farthest from the Center, simulate carrying a football. Do not pump this arm.
- PUMP: Pump arm closest to the Center in running motion.



Blocking

Know the blocking scheme and where to cut back. Helps you anticipate. Respect your teammates who are blocking for you. They work long and hard so compliment them every chance you get. Blocker's butt will tell you where to run, so be patient. **See his butt, cut it up (kick out). His butt goes away, you do around (reach or log)**

RUN BLOCKING: Attack 1/2 a man. Accelerate thru.

LB is always right, block him the way he wants to go.

PASS BLOCKING: Attack 3/4 of a man. Back to QB. Inside foot up. No lean, sit on a chair.

Drills are listed in order of teaching progression. During season only time for sled work.

Shield Work

6 POINT: Hands, knees, toes on the ground. Partner on knees with shield.

Explode into the shield with hands inside armpits, landing on belly.

4 POINT: Knees, toes on the ground. Explode into shield landing on the belly.

2 POINT: Standing in athletic stance. Drive feet on contact for 5 yards.

2 PT SHUFFLE: Shield holder attempts to go around and RB shuffles feet to stay square in front of LB.

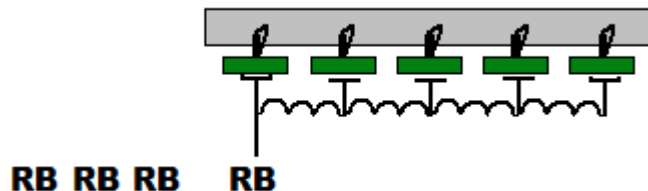
Punch, Shuffle, Punch

2 POINT position in front of partner who is holding a hand shield.

Punch the hand shield but do not drive feet. Shield holder backs up a step and attempts to go around RB. Shuffle feet & punch again. Continue to whistle.

Sled Work

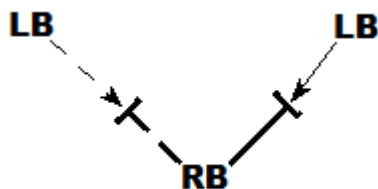
Start at one end of 5 or 7-man sled. Punch 1st sled bag forward and up.
Release & shuffle to next bag. Punch, release, & shuffle to next bag.



Hit & drive a 1 or 2-man sled. Must hit a 2-man sled without a partner and drive the sled without it turning in a circle.

Reach & Explode

Two LB stand 5 yards apart and 5 yards away from RB, who splits them in the middle.
LB's take turns running at RB, who attacks them & blocks 1/2 a man.



TYPES OF BLOCKS

B.O.B. / B.I.B. always on the FBI (First Backer Inside)

Wing insert block on an ILB on BELLY & ARMY. Lateral sideways hop to give G & T time to TUG/GUT block. ILB holding shield cannot stand at 4yds..has to come downhill and attack the blocker.

Wing block on an ILB on DOWN, BAYLOR, & CAL. Go thru the DE, not around him.
ILB holding shield cannot stand at 4yds...has to scrape and attack the blocker.

MAKE A WALL

Is basically a "B.O.B. block on the "FBI" (First Backer Inside)

TORPEDOL BLOCK

Wing blocking down on a DE on 26/45 G.O. Severe forward lean as shoulder hits DE upper hip. The wing might leave his feet to deliver maximum power...which will cause him to drop to all 4's and "crab block"

ARC BLOCK

Wing hook OLB on 7&8 hole plays. 1st three steps are parallel to LOS (open, crossover, plant) and then angle to hook. This happens on "YOU-ME" call when CB is not going to crack block, but instead stalk the Corner.

KICK OUT CB

This happens on "YOU-ME" call when CB crack block, and the Wing has the Corner. The Wing must not run at the Corner. He breaks down several feet in front of Corner and reacts to CB move. Just shuffle feet laterally and shield CB from the back. Very similar to a Stalk Block

WAGGLE BLOCK

The Wing makes this block after faking the 26/45 G.O. As soon as he fakes past the QB and “SWIMS” his fake arm...he breaks down and shuffles towards the LOS. His goal is to get as close to the hip of the Tackle. It is important that the rush D-End goes up, over the top of his block. If the D-End splits the Wing and the Tackle, he has a shorter, more direct path to the QB.

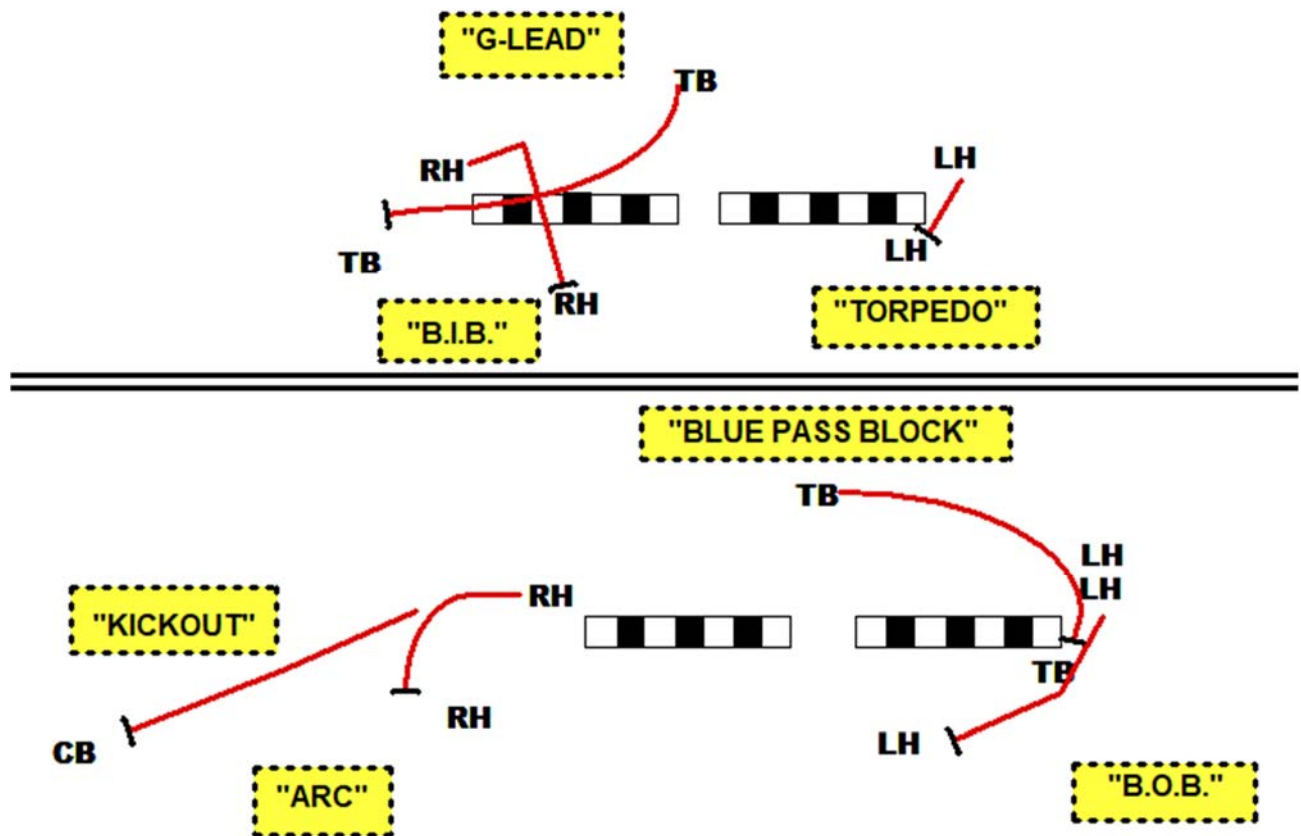
G-LEAD

Kickout block by the TB on 9-tech End or hand player (OLB / SS).

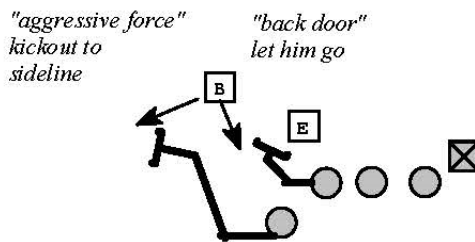
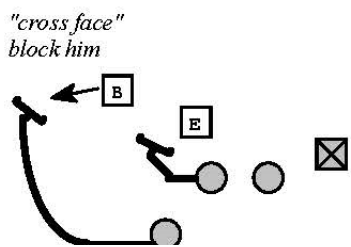
RED / BLUE BLOCK

TB hook DE on sprint out left passing.

This is our blocking drill. All 3 backs are blocking simultaneously. REMEMBER: Replace the bag you hit. So the RIGHT WING who “BIB” blocks grabs that shield and becomes that Inside Linebacker. The ILB who was blocked gets in the LEFT WING line. The LW who B.O.B. blocked becomes the next ILB and that ILB moves over to the RW line.



- | | | |
|---------------------------------------|--|--|
| <u>1.0 MIN:</u> RH=B.I.B; | <u>1.0 MIN:</u> TB=RED; | <u>1.0 MIN:</u> LH=Torpedo |
| <u>1.0 MIN:</u> RH=B.O.B; | <u>1.0 MIN:</u> TB=6 hole G-Lead | <u>1.0 MIN:</u> LH=Arc |
| <u>1.0 MIN:</u> RH=kick out CB | <u>1.0 MIN:</u> TB=Inside Blitz; | <u>1.0 MIN:</u> LH=kick out CB. |
| <u>1.0 MIN:</u> RH=Arc; | <u>1.0 MIN:</u> TB=BLUE; | <u>1.0 MIN:</u> LH=B.O.B. |
| <u>1.0 MIN:</u> RH=B.I.B; | <u>1.0 MIN:</u> TB=5 hole G-Lead; | <u>1.0 MIN:</u> LH=Torpedo |

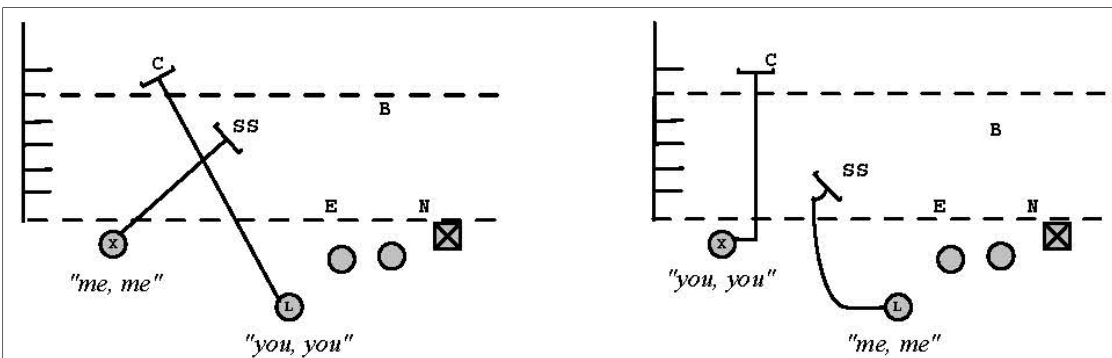


Reach Technique

WINGBACK pull towards sideline.
 1st two steps same as Guard. 3rd step is upfield always aiming 1 man outside of the OLB force player. If can't hook him 2 steps after contact, kick him out towards sideline

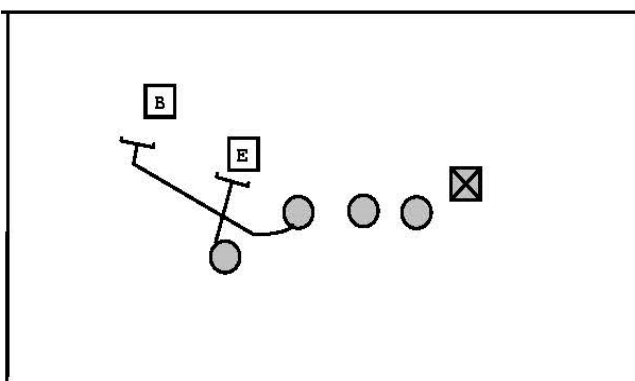
TACKLE & TIGHT END
 "Pick It Up Put It Down" 6 inch lateral step.
 Toes remain pointing towards goal line.
 Crossover & place other foot in DL crotch

We do not turn outside shoulders with our outside arm because it leads to holding calls. We will drive the inside fist into front of his inside armpit, trying to lift the breastplate of his shoulder pads. Our sideline arm elbow is very tight to our body as we drive our fist into his sternum. Helmet across the chest and drive the feet. We don't need to control his direction, we only need to get in front of him with fast feet. It is more "interference" than drive blocking



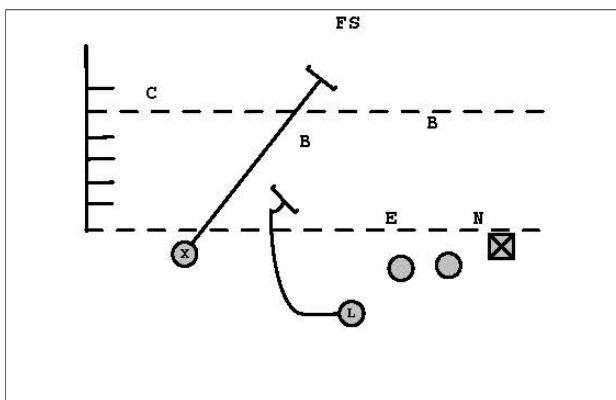
YOU ME CALL

If there is no Crack Call, the Split End (X or Y) and Wing Back decide who gets the 2nd player from the sideline. Either player can make the call and they are always referring to the OLB.
 RULE OF THUMB: Do not crack OLB who is less than 3yds from LOS



"You" Call

If TE / Tackle can't reach the DE, they make a "YOU" call. The Wing down blocks (helmet in back) on End, attacking the hip. The TE/Tackle pulls around the Wing & REACH Technique on OLB.



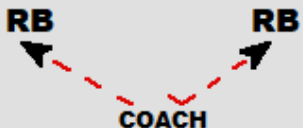
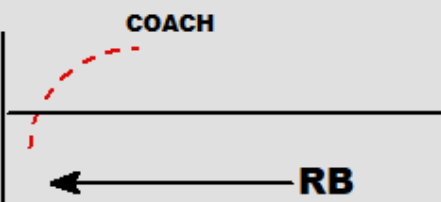


CRACK CALL

CRACK CALL: Split End (X or Y) cracks the 1st man to flow over the OLB: aggressive Safety or fast ILB
 The Wing reaches the 1st man outside him (OLB)

PASS RECEIVING

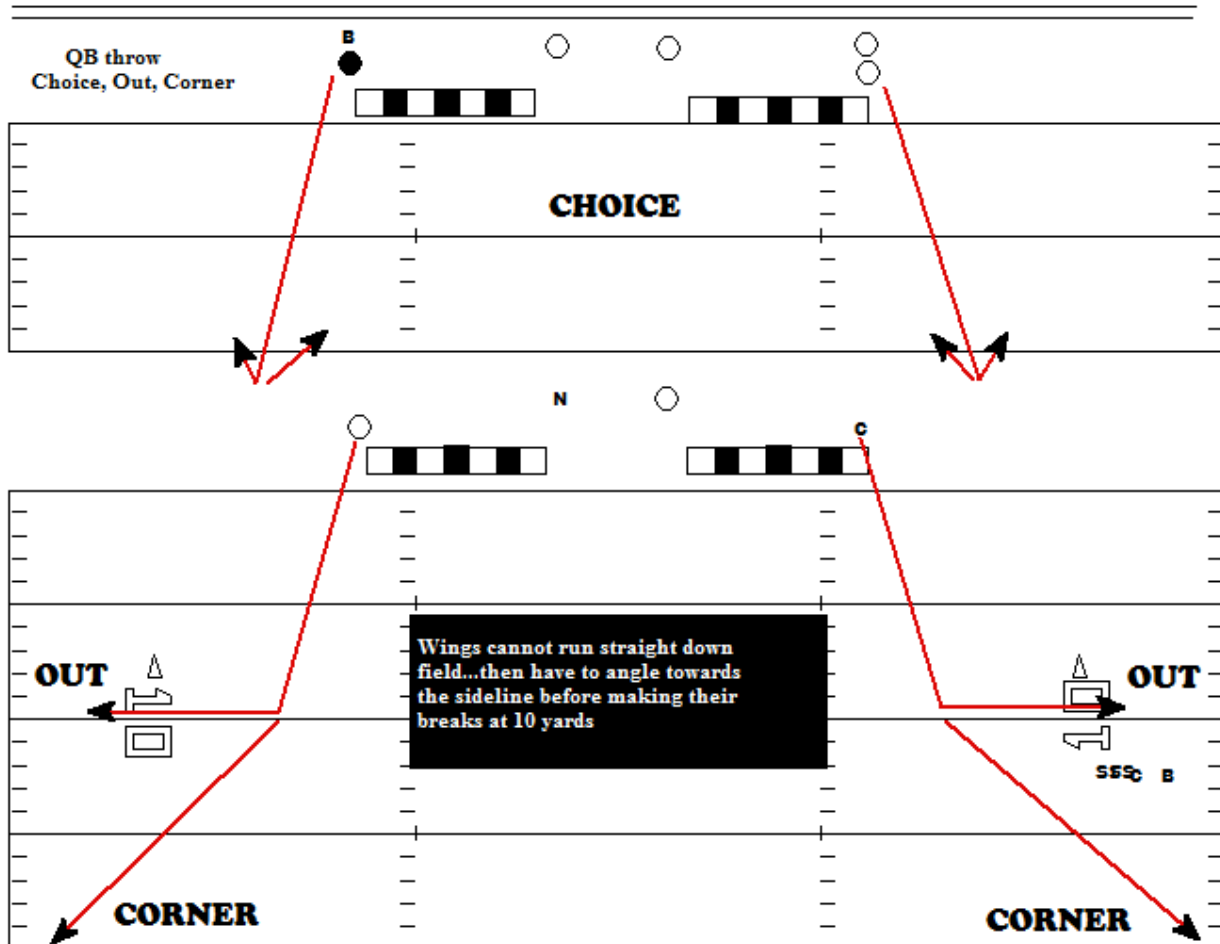
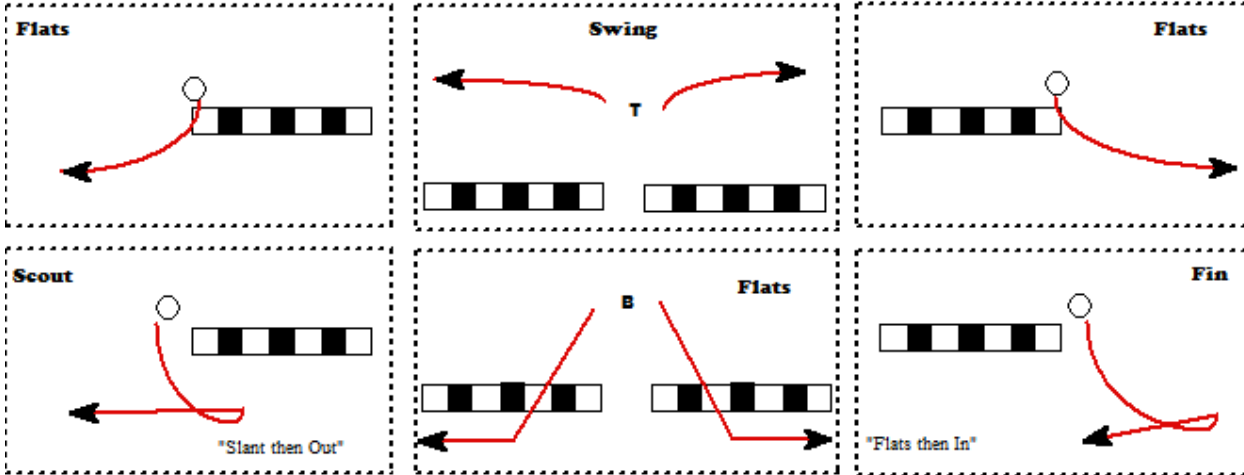
The wings need to understand that they will rush for 500 to 1,000 yards and catch from 300 to 700 yards' worth of passes. I have had wings rush for both 1,000 and have 1,000 yards receiving in the same season. The Tailback will almost always rush for 1,000 yards but have very little receiving yards. The catalyst in this offense is the play-action passing game. You must have a quarterback who can throw the ball accurately and must have backs and receivers who can catch it.

<p style="text-align: center;">Clock Drill</p> <ol style="list-style-type: none"> 1. Partner up with one ball, 5yds apart. 2. Throw ball to each other. 3. Above head is 12 O' Clock. 4. Below waist is 6 O' clock. 5. Catch ball at all hours of the clock. 6. Always tuck the ball. 	<p style="text-align: center;">Partner Catch</p>  <p>RB face each other, arms length apart. Coach throws ball between them. Ea RB has to get 1 hand on the ball. Other hand is behind their back.</p>
<p style="text-align: center;">Hi Catch</p> <p>End of Clock Drill. Partner throws ball over RB head. Has to jump, catch, and tuck</p>	<p style="text-align: center;">Turn Around</p> <p>End of Clock Drill. Partner has back to his partner. As ball is released, partner yells to turn around. Catch & Tuck</p>
<p style="text-align: center;">Shoulder Toss</p>  <p>RB lined up on their knees. Coach walks down the line, throwing a 5yd pass over each shoulder. In this example, the RB are catching over left shoulders Always tuck the ball</p>	<p style="text-align: center;">Quik Toss</p>  <p>RB has back to coach, 5yds away. When coach tosses it underhand, he yells for RB to turn around, who catches ball below waist, pinkies to the ground</p>
<p style="text-align: center;">Sideline Toe Tap</p> 	<p style="text-align: center;">Pole Drill</p> <ol style="list-style-type: none"> 1. Stand behind a pole or hug agility bag 2. Pole / bag is between body & hands 3. Catch ball with hands extended.

If possible hit RB with hand shield after catching ball

ROUTES

WED INDO



SUMMARY OF RUNNING BACK TECHNIQUES

MOTIONS

L & R	<i>Motion away from LOS. 4yd landmark in A-gap when ball is snapped</i>
Liz/Rip; Lou/Roy	<i>"I" in Liz & Rip means inside, in-front of QB;</i>
Lou & Roy	<i>"O" means out towards sideline. Motion away from QB towards sideline</i>
Lazer & Rocket	<i>Motion away from LOS. Between Q & T, passing QB as ball is snapped</i>
Stop & Twirl	<i>Motion to 4yd landmark & stop in B-gap; or Twirl back to where came from</i>

BALL HANDLING

Zig Zag	<i>Straight Arm; Rip Move; Spin Move. Can use cones, shields, trash cans</i>
Y.A.C.	<i>Partner holds belt around RB waist and lets go on command</i>
3 rd Leg Pop Ups	<i>Stand in place; Run down field; Bear Crawl over bags. 1 leg & 1 hand on ground</i>
Monkey Rolls	<i>3 players hopping over each other</i>
Guantlet	<i>Hit by 2 bags then hi step, then read block then straight arm/spin move</i>

AGILITIES

Bag Drills	<i>High Knees; Lateral Shuffle; Angle Step Over</i>
Cones	<i>Snake; Sprint-Shuffle-Go; Balance Xchange; Speed/Jump/Slalom Cuts</i>
Ropes/Tires/Ladders	<i>Straight through; Diagonal; bunny hops</i>
Sideline/4 Cones	<i>Jump Cut bags & stay in bounds; 3 square cuts at cones in square pattern</i>

FAKING

How to	<i>Swim, Rock Baby, Grab outside hip, then rise up & pump inside arm</i>
4-Man Fake Drill	<i>RB in front of QB; RB behind; RB dive on left; RB dive on right</i>

TYPES OF BLOCKS

FBI - First Backer Inside

BIB, BOB	<i>Back-Inside-to-Backer; Backer-Outside-to-Backer. Blocks the FBI</i>
Torpedo	<i>Violent shoulder block into hip of D-End on 26/45 G.O.</i>
Arc Block	<i>Hook OLB on You-Me Stalk Call</i>
Kick Out	<i>TB kick out OLB on G-Lead; Wing kick out CB on You-Me Crack Call</i>
Red / Blue	<i>TB hook D-End on sprint out pass</i>

BLOCK DRILLS

Shield Work	<i>6-point; 4-point; 2-point; 2-point shuffle</i>
Punch-Shuffle-Punch	<i>Partner has shield. Punch Shield, then shield try to go around RB</i>
Sled Work	<i>Work down 5 or 7-man sled; Hit & drive 1-man slide by yourself</i>
Reach & Explode	<i>2 LB vs 1 RB. Blitz pickup</i>
Full Backfield	<i>RW, LW, TB all simulate blocks from playbook</i>

PASS CATCH DRILLS

Partner Catch	<i>Clock; 2-arm 1 ball; Hi Ball; Turn Around; Shoulder Toss; Quik Toss; Toe Tap</i>
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PASS ROUTES

Arrow	<i>Immediate release to flats. Do not run up field</i>
Scout	<i>4 steps at the FBI, then twirl and head to flats</i>
Swing	<i>Arc release to 4-yard depth to sideline. Catch ball behind LOS</i>
Flats	<i>Head upfield 4-yards, then square cut to the flats</i>
Fin	<i>4 steps towards flats, then twirl back inside</i>
Choice	<i>Depth 2-yards past 1st down marker. Hitch if FBI blitz; Square out if FBI drops</i>
Out	<i>Angle downfield towards sideline, 2 yards past 1st down marker. Break out when on top of hash</i>
Corner	<i>Angle release to run on top of hash; Break for 22-yd landmark on sideline</i>
Dig	<i>Outside angle release down hash. Break In when 2-yards past 1st down marker</i>