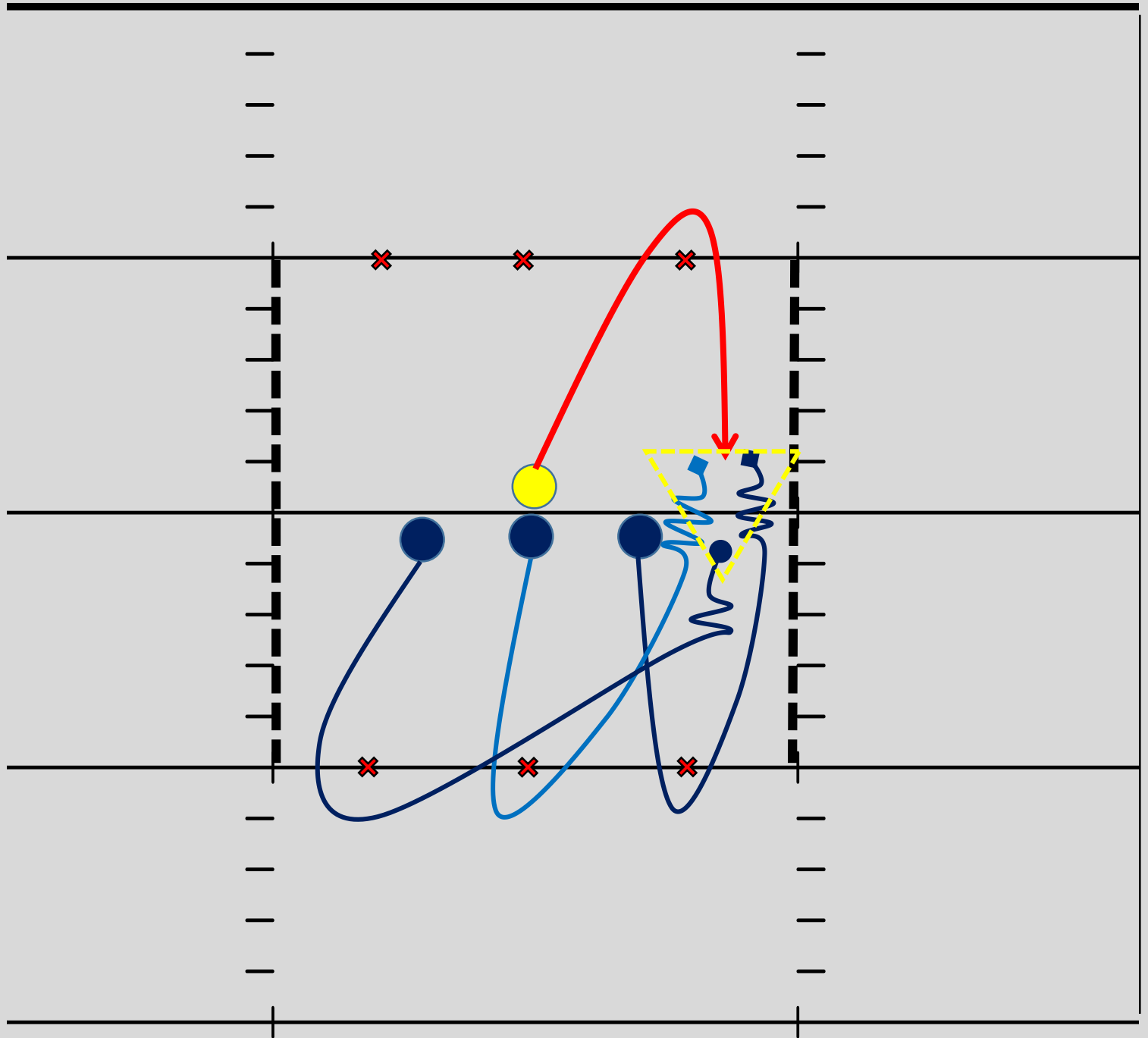


# LEVERAGE TACKLE

## LEVERAGE TACKLE

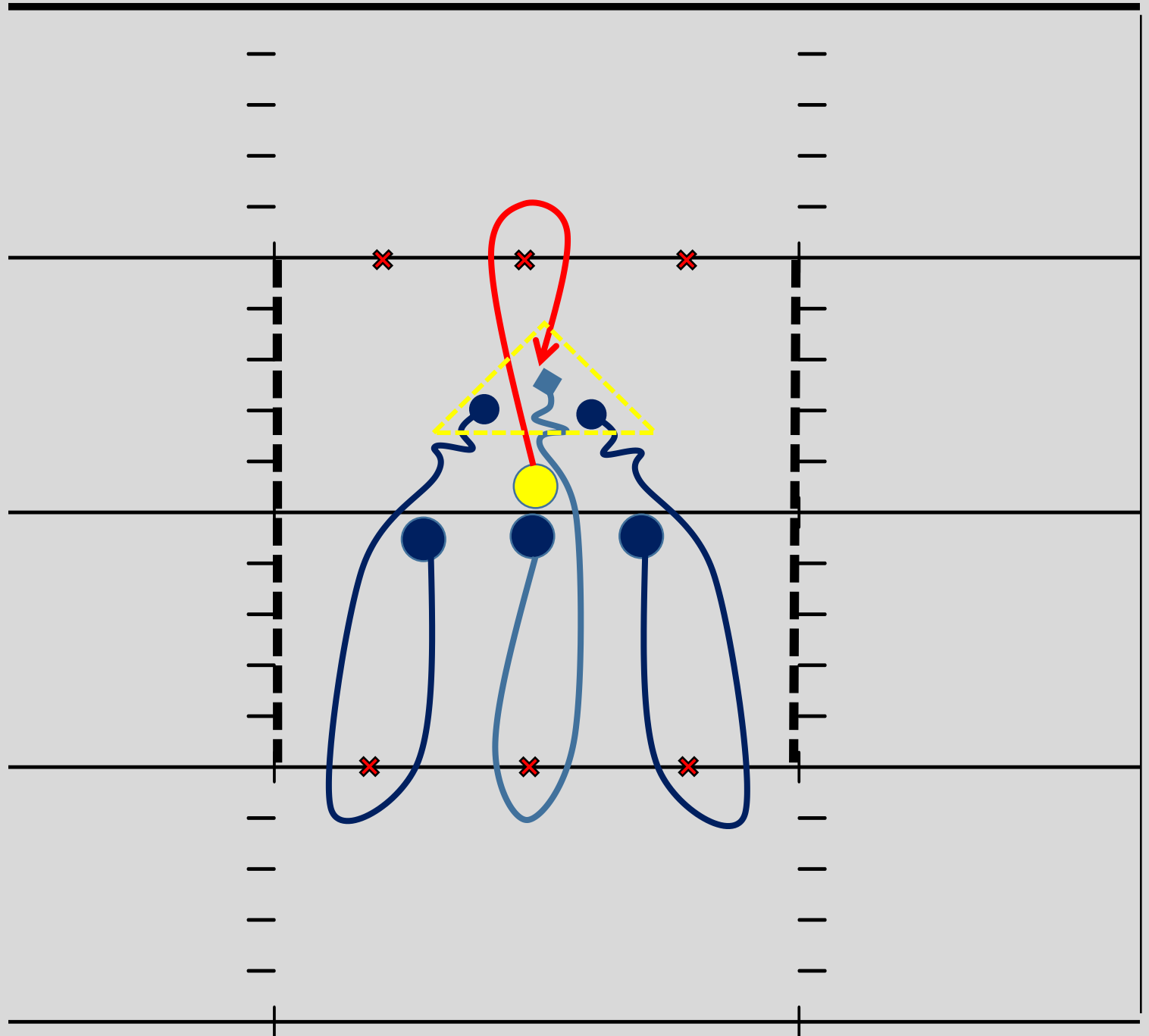
- 3 on 1 (H – H)
  - OUTSIDE LEVERAGE
  - INSIDE LEVERAGE
  - FIT



# LEVERAGE TACKLE

## LEVERAGE TACKLE

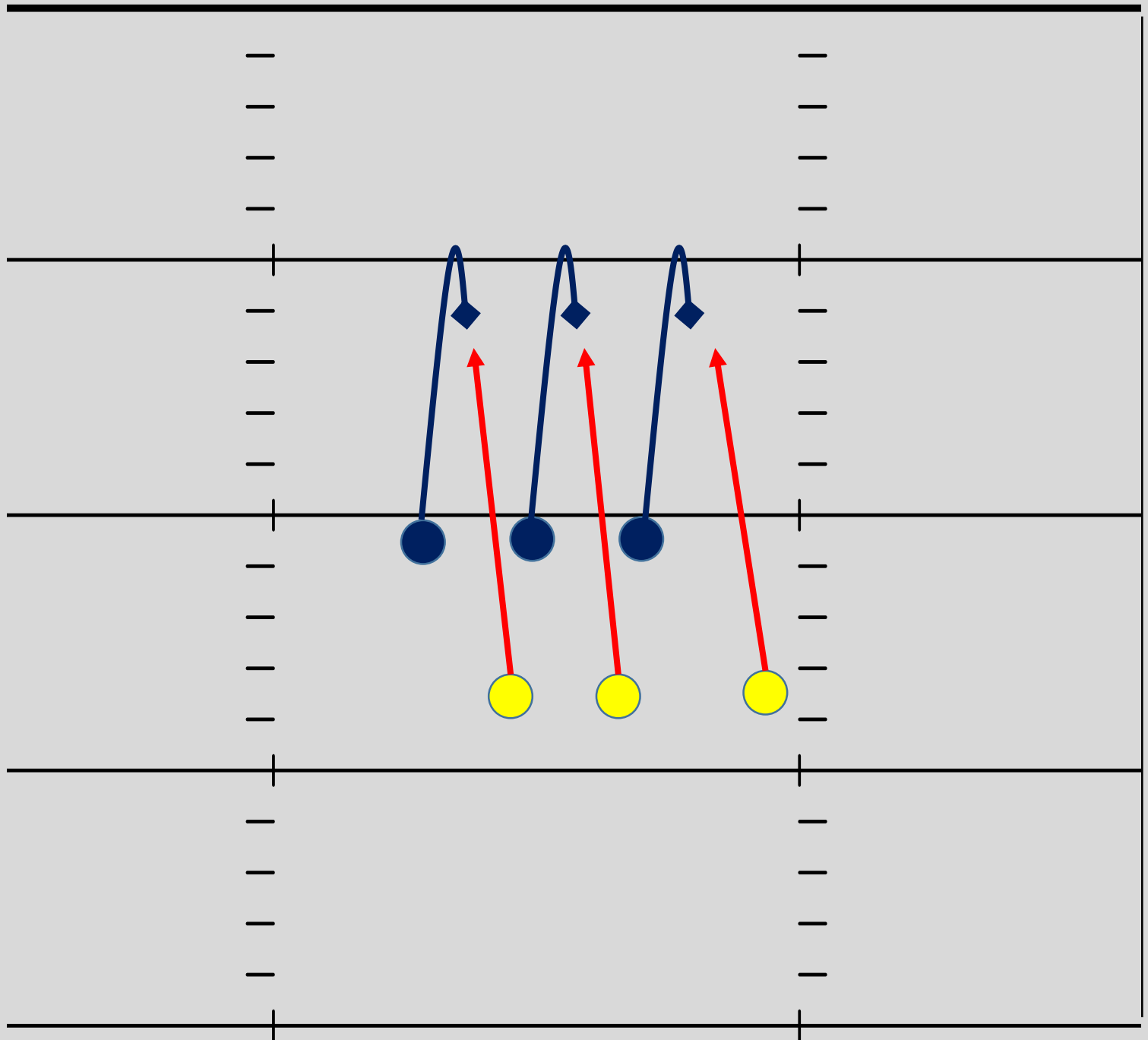
- 3 on 1 (H - H)
  - OUTSIDE LEVERAGE
  - INSIDE LEVERAGE
  - FIT



# FL FINISH

## KR FL FINISH

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



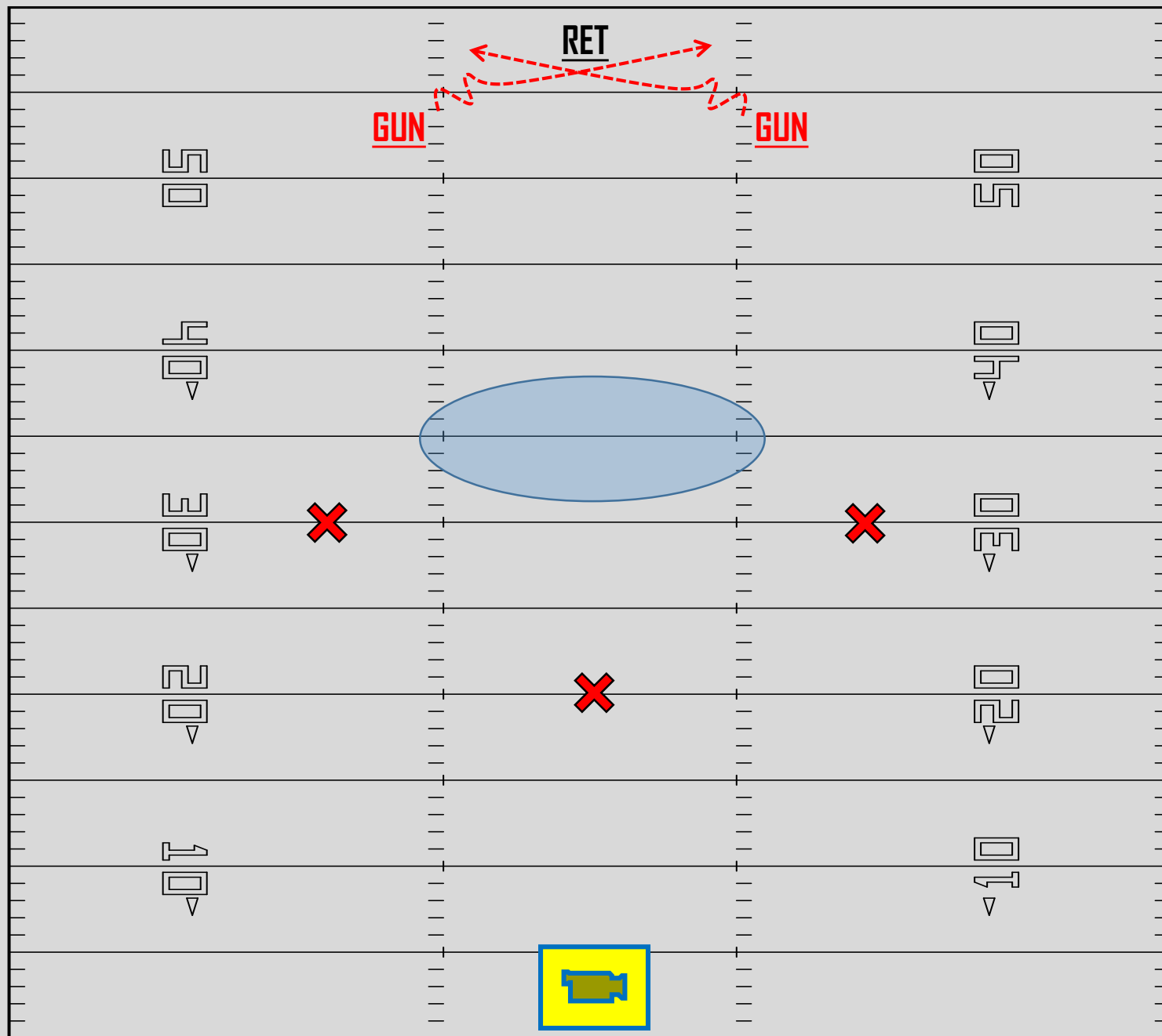
# PUNT PRACTICE

## HALF LINE ALIGNMENTS

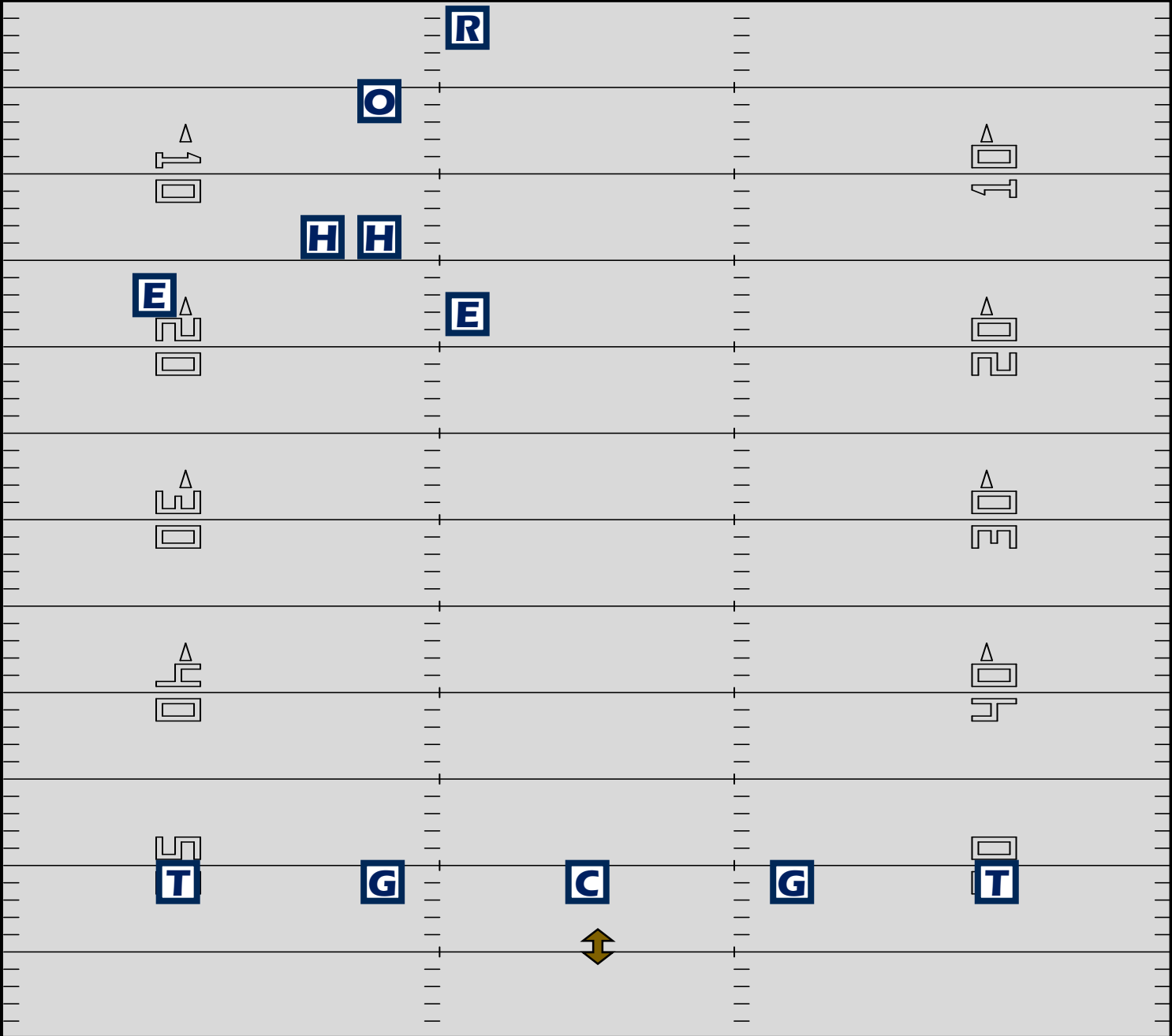
- **RT SIDE** - RT DIV @ 30 YL
- **LT SIDE** - LT DIV @ 30 YL
- **BE** - MOF @ 20 YL

## GROUP

- **MOVE THE BALL AROUND 35 YL**  
**OFFENSE vs DEFENSE**



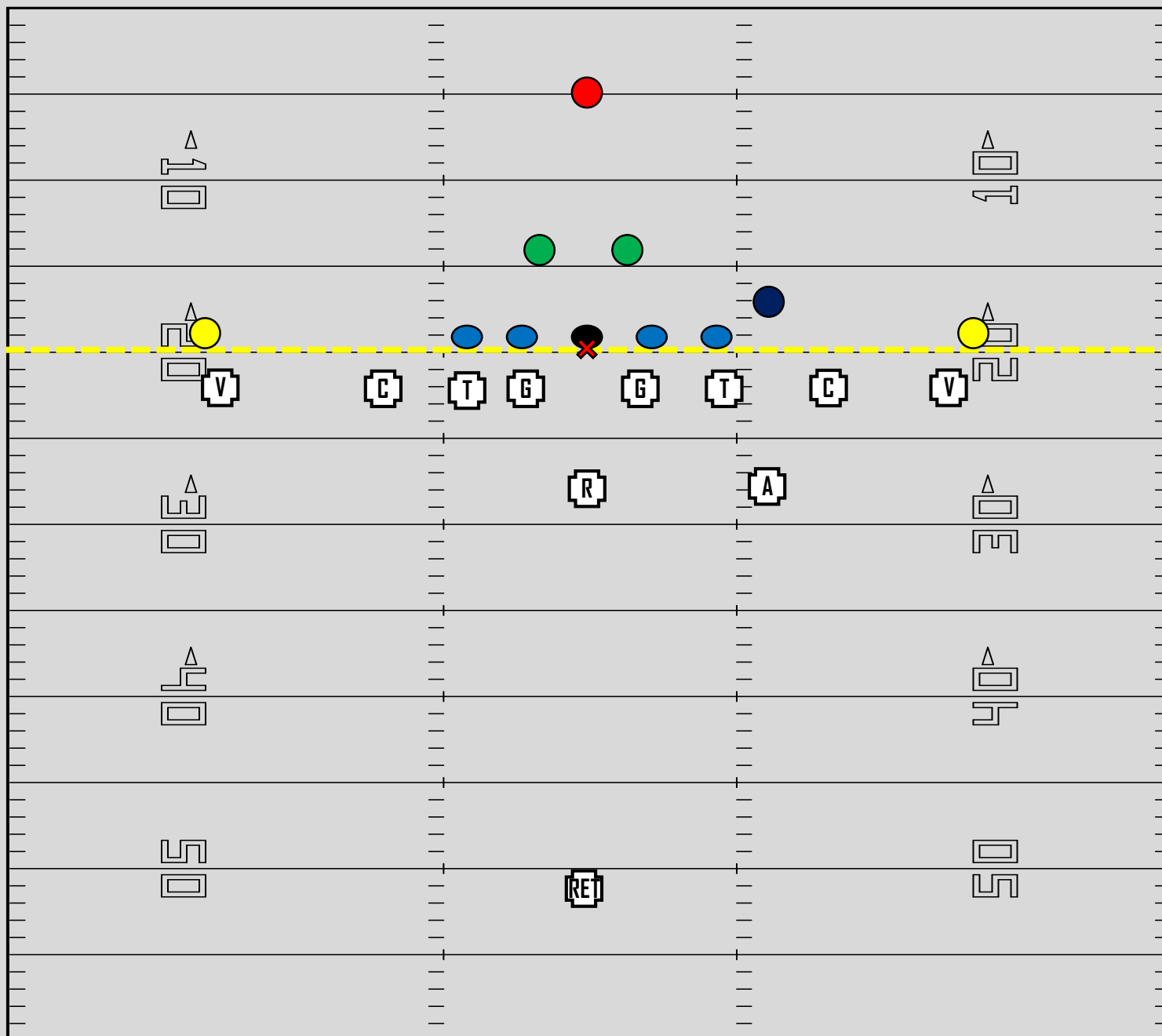
# KICKOFF RETURN



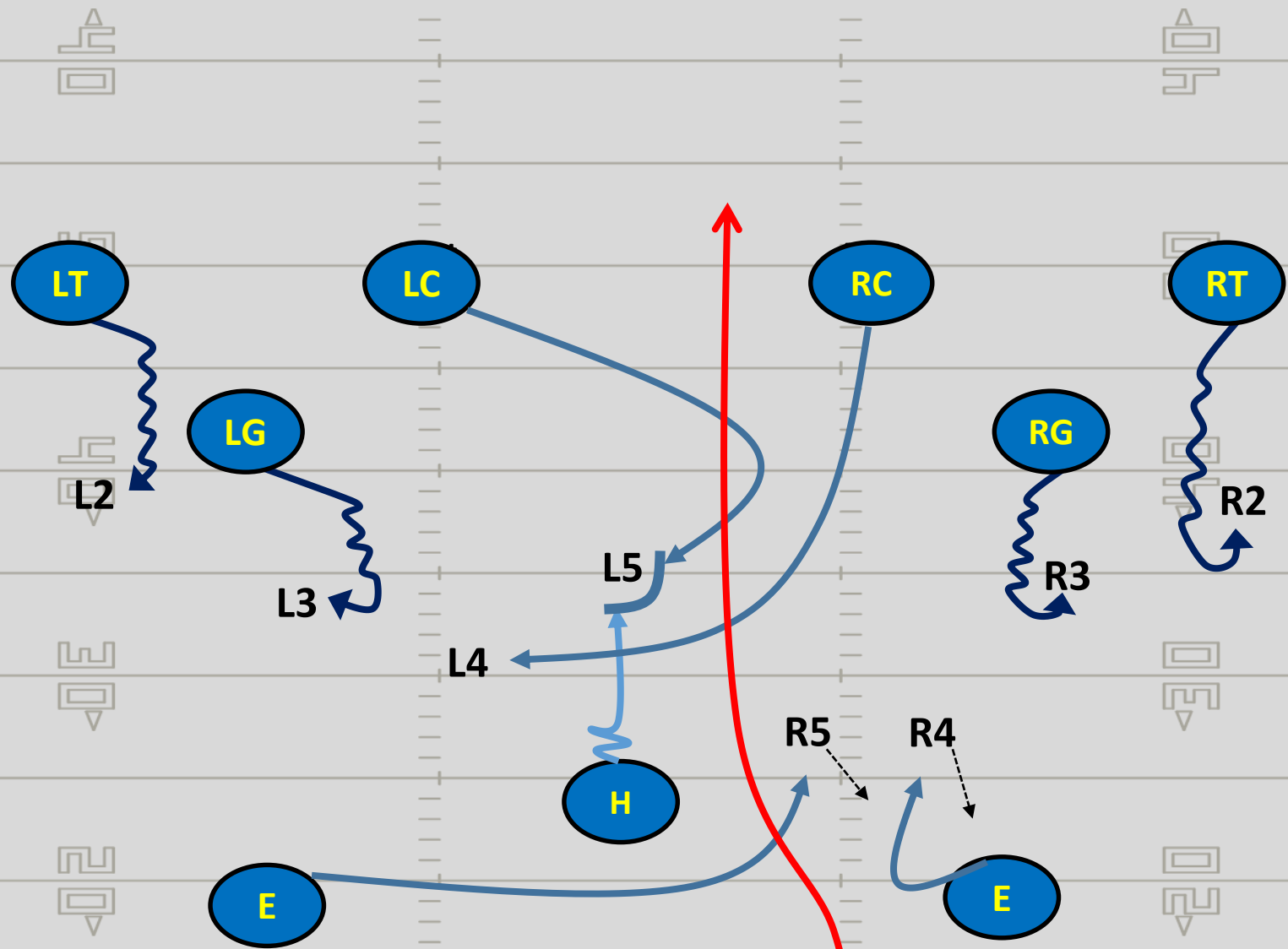
# PUNT RETURN LOOK TEAM

- LV – McNEIL
- RV – ADAMS/VINSON
- LC – BETTY
- RC – DORIAN
- LT – BRIN
- RT – DUNN
- LG – LAING
- RG – T. JONES
- R – BROOKS
- A – ISON
- RET – ONIC

ALT:  
 WATKINS  
 CARTAGENA  
 DeLaCROIX  
 DUBOSE  
 D. JONES  
 KAMARI  
 BTF  
 K. MEADOWS  
 DAE DAE



**RIGHT**



**UNC**

OR: PROTECT BS  
THEN LEAD THRU

**OR**

PR: READ BLOCKS OF ENDS  
AND MAKE CUT

**PR**

# PUNT

## ALIGNMENT

SPREAD WING LEFT PRO RIGHT

### A PUNT

Bobenmoyer

FL

- RG - Mitchell
- RT - Brooks
- LG - Zay
- LT - Luke
- PP - Boyd / alt:AD

BE

- LS - Tank
- RS - Stelz
- P - Glau

GUNS

- 1 - Deggs
- 2 - Wesley
- Alt - Willie/JJ

## ALIGNMENT

SPREAD WING LEFT PRO RIGHT

### B PUNT

C. Wilson

FL

- RG - Cruz
- RT - X
- LG - Zel
- LT - Sol
- PP - Noel

BE

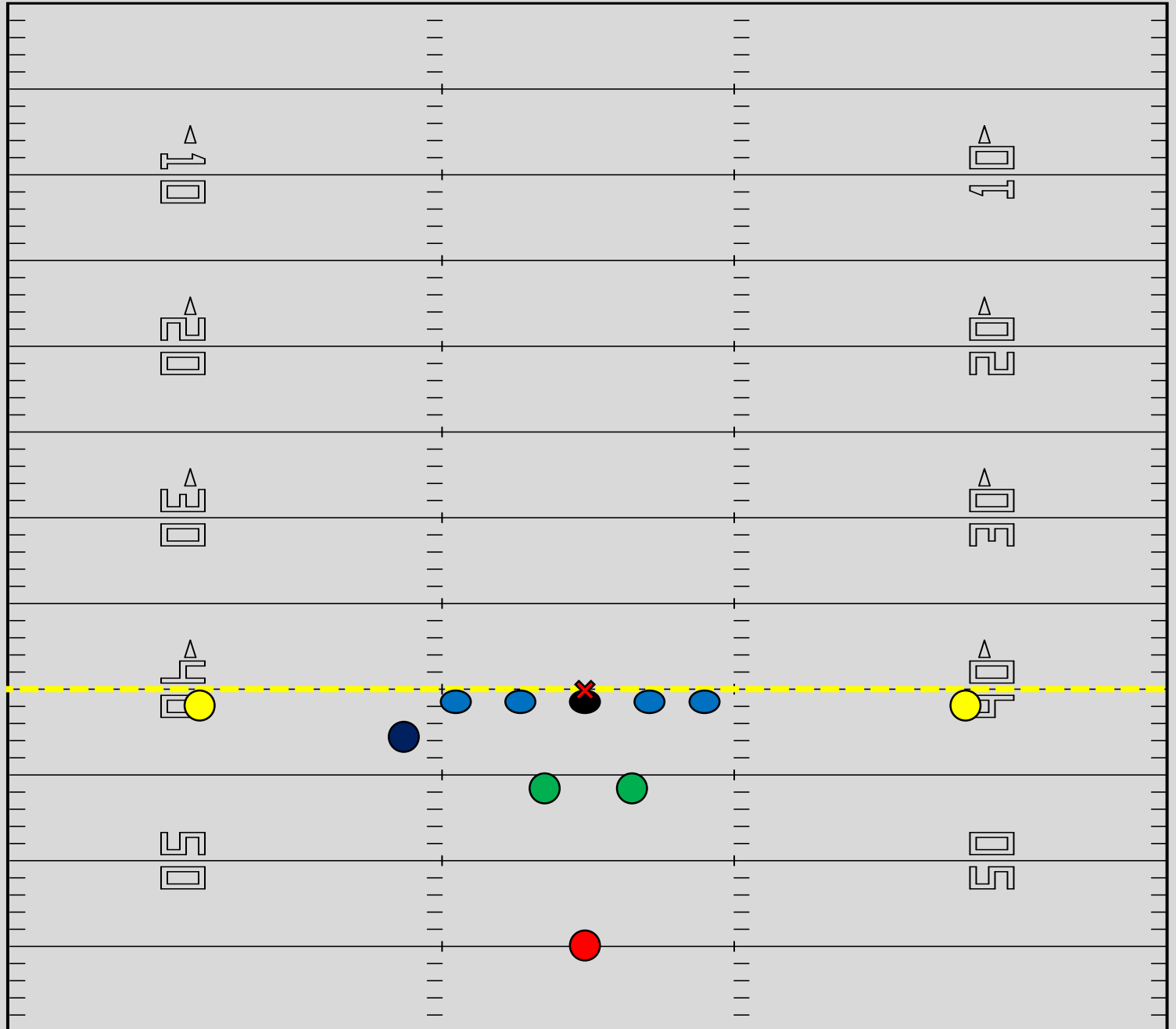
- LS - Isaiah Williams
- RS - Khris Lee
- P - Root

GUNS

- 1 - Swopes
- 2 - Vinson
- Alt - Dubase



# UNC

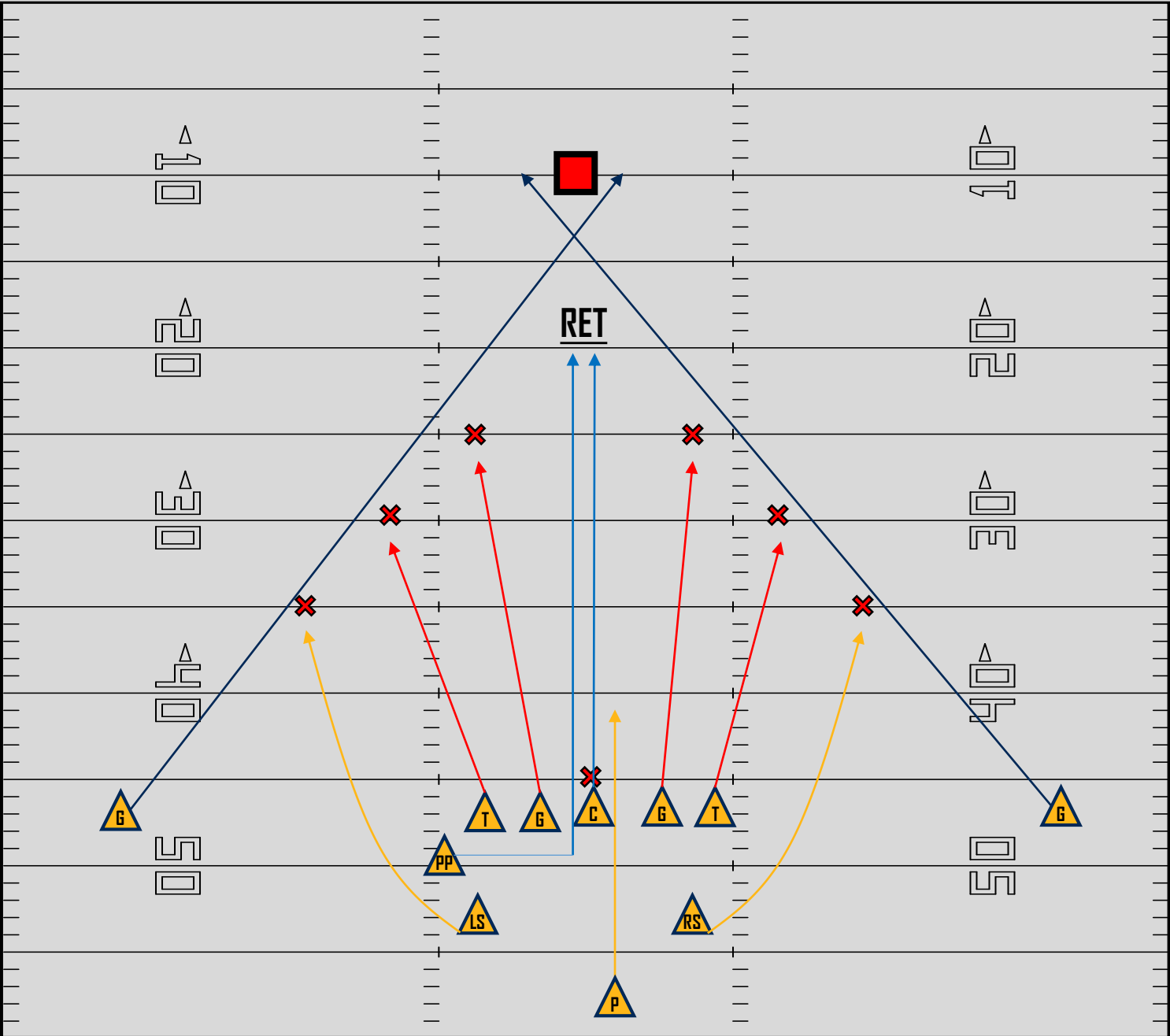




# PUNT COVER DRILL

**PROTECT THEN COVER TO YOUR LANDMARKS.**

- *BALL*
- *HEAVY*
- *FORCE*
- *CONTAIN*



# PUNT RETURN

## ALIGNMENT

SPREAD WING LEFT PRO RT

### A RETURN

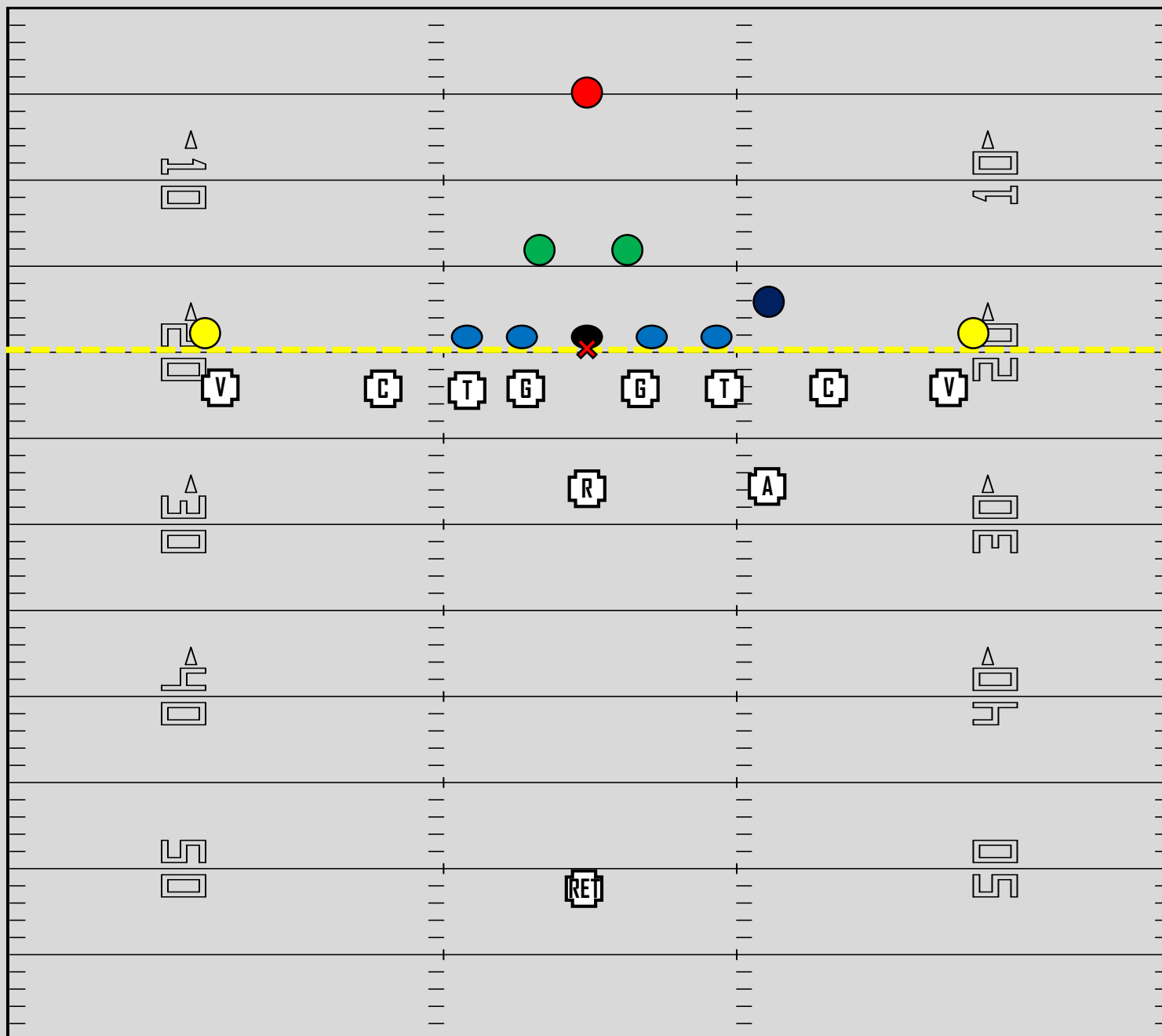
- L1 - Swopes
- R1 - Vinson
- LC - Isaiah Williams
- RC - Khris Lee
- L2 - Cruz
- R2 - X
- L3 - Sol
- R3 - Zel
- R - Verna / alt:Trey
- A - Noel
- RET - Onic

## ALIGNMENT

SPREAD WING LEFT PRO RT

### B RETURN

- L1 - Deggs
- R1 - JJ
- LC - Tank
- RC - Stelz
- L2 - Luke
- R2 - Brooks
- L3 - Zay
- R3 - Mitchell
- R - Bob
- A - Boyd / alt:AD
- RET - Cam



# UNC

blue

**FAST – GLAU  
FRANK**

**BACKER – BOYD  
X**

**HAMMER – KHRIS  
LUKE**

**CONTAIN – TREY  
SWOPES**

**SAFETY – WALKER  
JJ**

**KICKER – COMBS**

GOLD

**FAST – WESLEY  
VINSON**

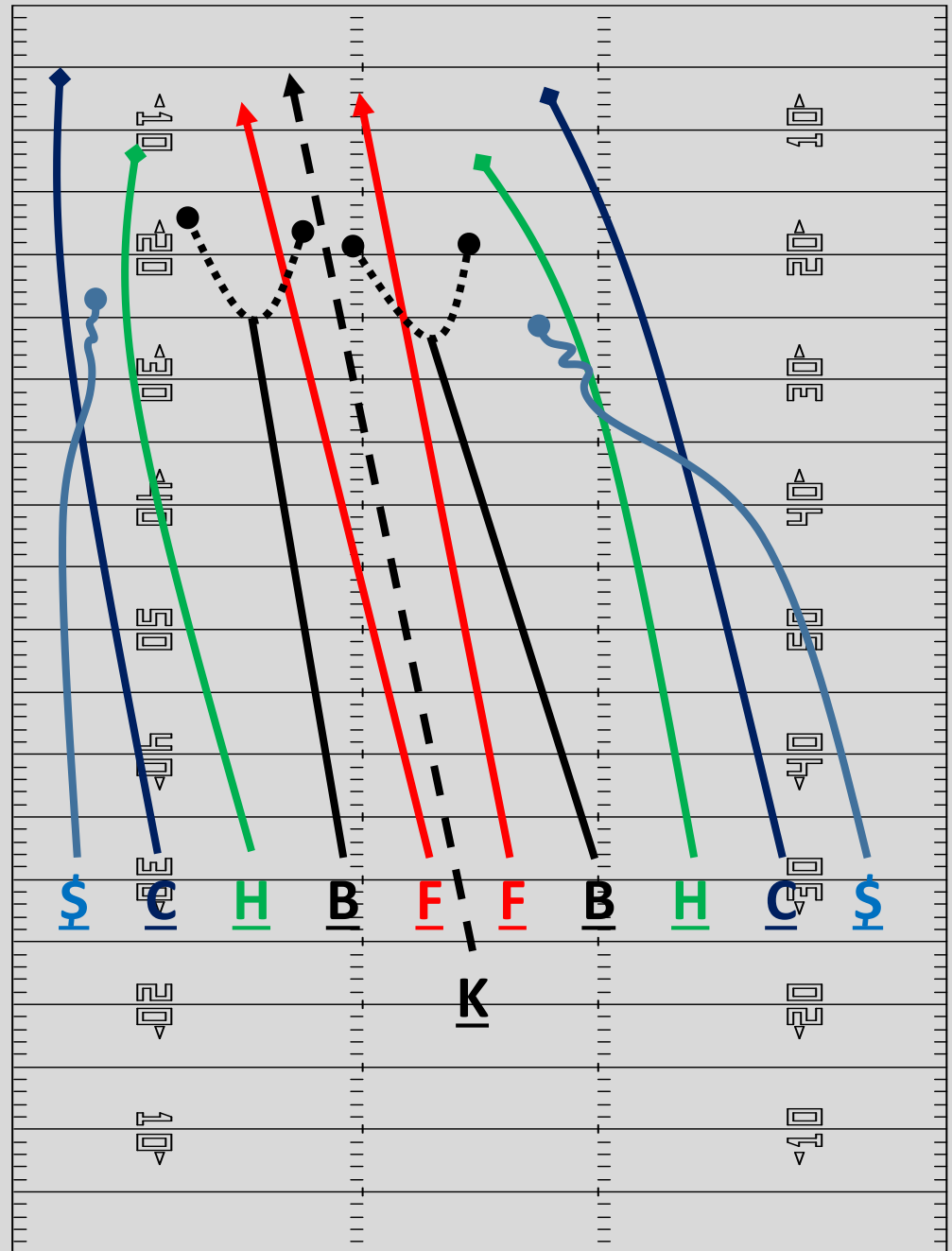
**BACKER – BOB  
MITCHELL**

**HAMMER – STELZ  
TANK**

**CONTAIN – CRUIZ  
VERNA**

**SAFETY – WILLIE  
JUICE**

**KICKER – ROOT**



# 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

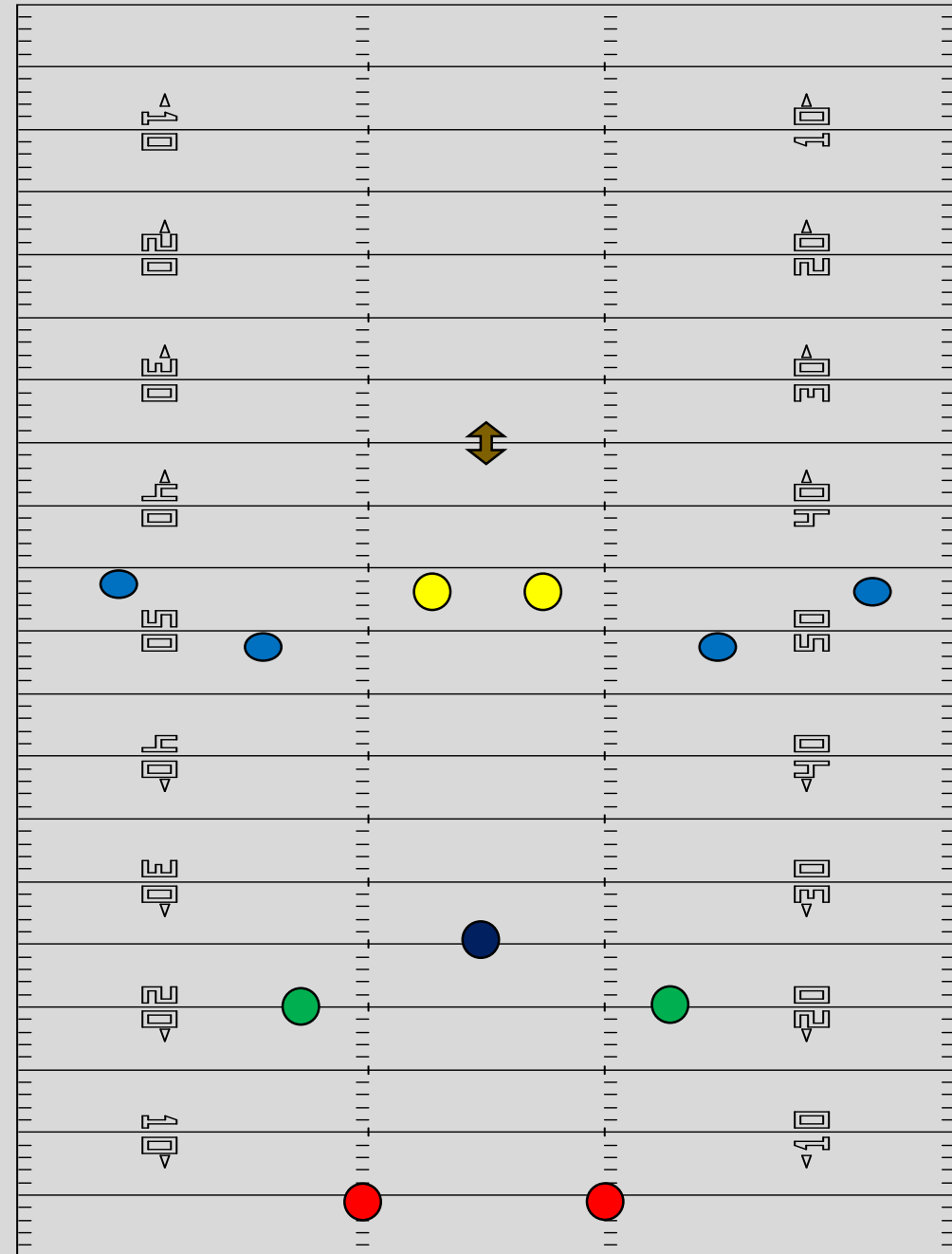
(B) MITCHELL  
(G) LUKE

## HAMMER

(B) HATCHER  
(G) KHRIS



# UNC



# 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

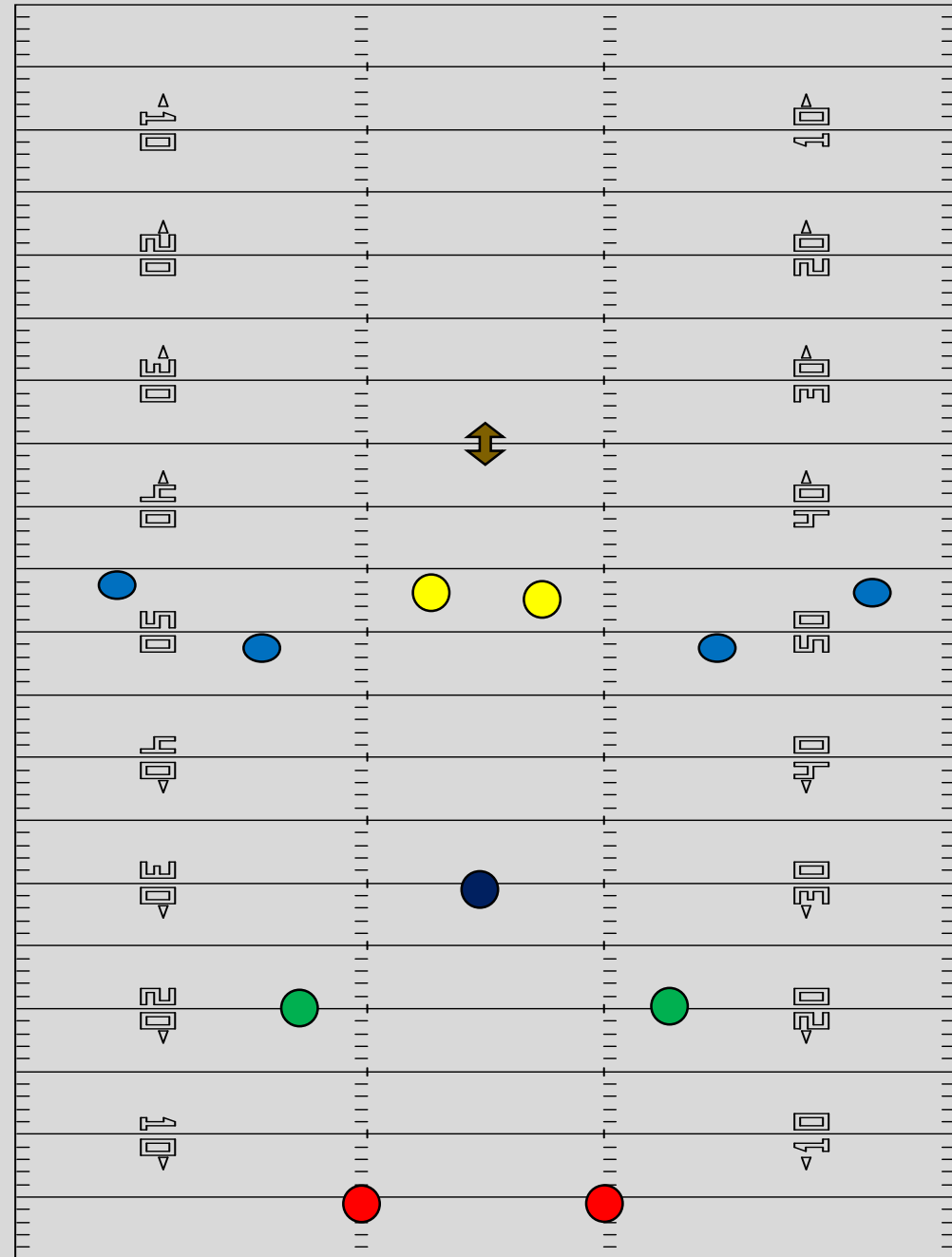
RIDDLE  
LUKE  
ROOT  
N. JOHNSON  
TYREE

## HAMMER

HATCHER  
EDDIE  
STELZ  
BRODRICK  
KHRIS



# UNC



# KOC – LEFT TO LEFT

**FAST** – Deggs, Wesley, Glau, Frank, Stone, Gerad, (K)Root, (K)Combs, DaeDae, Tyree, Kamari

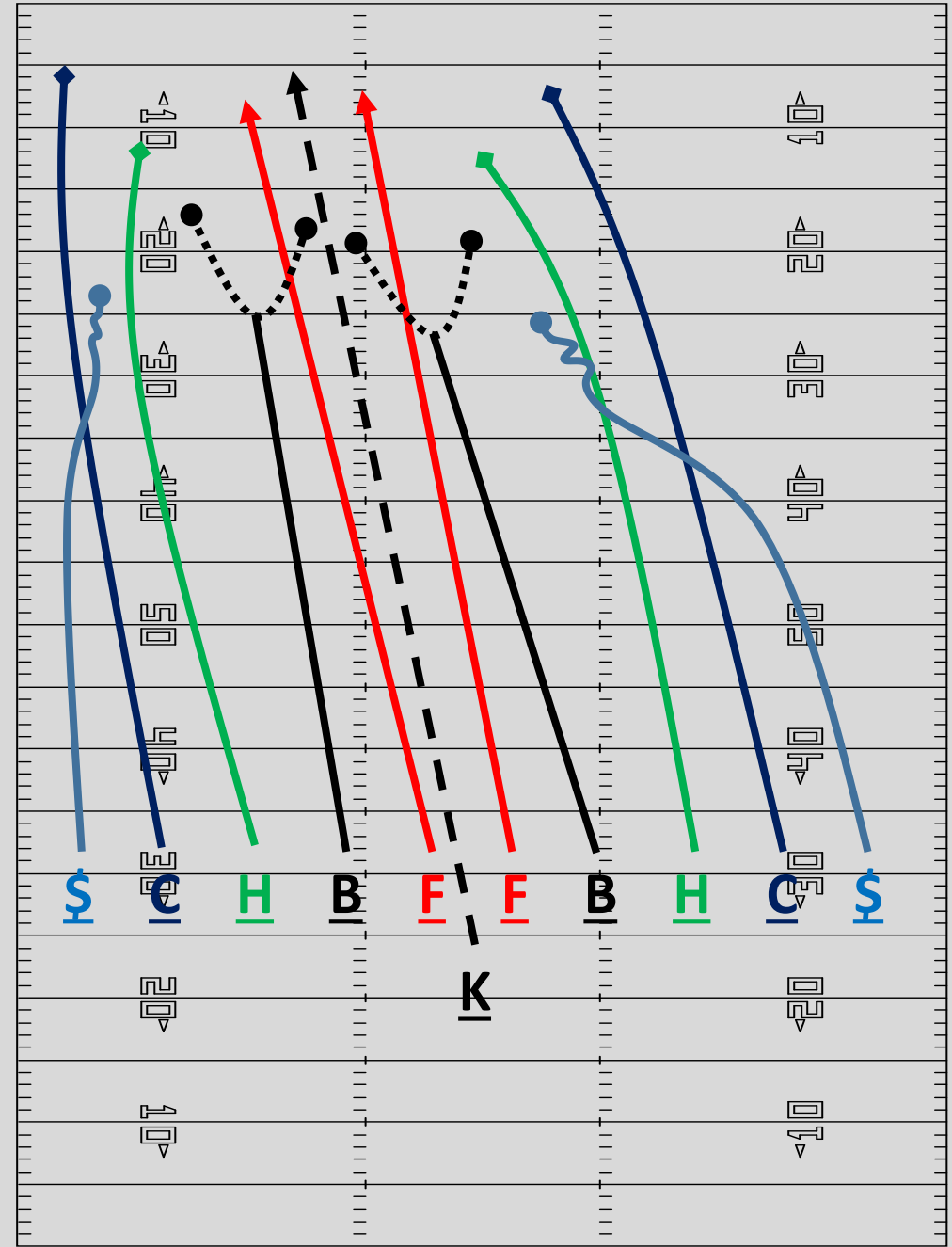
**BACKER** – Bob, Mitchell, Zay, Hatcher, X, Jamond, Sayo, Cayden

**HAMMER** – Isaiah, Stelz, Tank, McCauley, Riddle, Khris, Luke, Rand, Samad, Brooks, Kendrick J, Kendrick I, BTF, Brin, Betty, Jaison

**CONTAIN** – Cruiz, Verna, Trey, Denario, AD, Swaggy, Vinson, Booda, Swopes, Sol

**SAFETY** – Willie, Juice, Walker, JJ

**KICKER** – EXTRA BULLET TO RUNNING LANE



KOC – LEFT TO LEFT

**FAST – BEST SPEED AVOID  
COVER PLAYER**

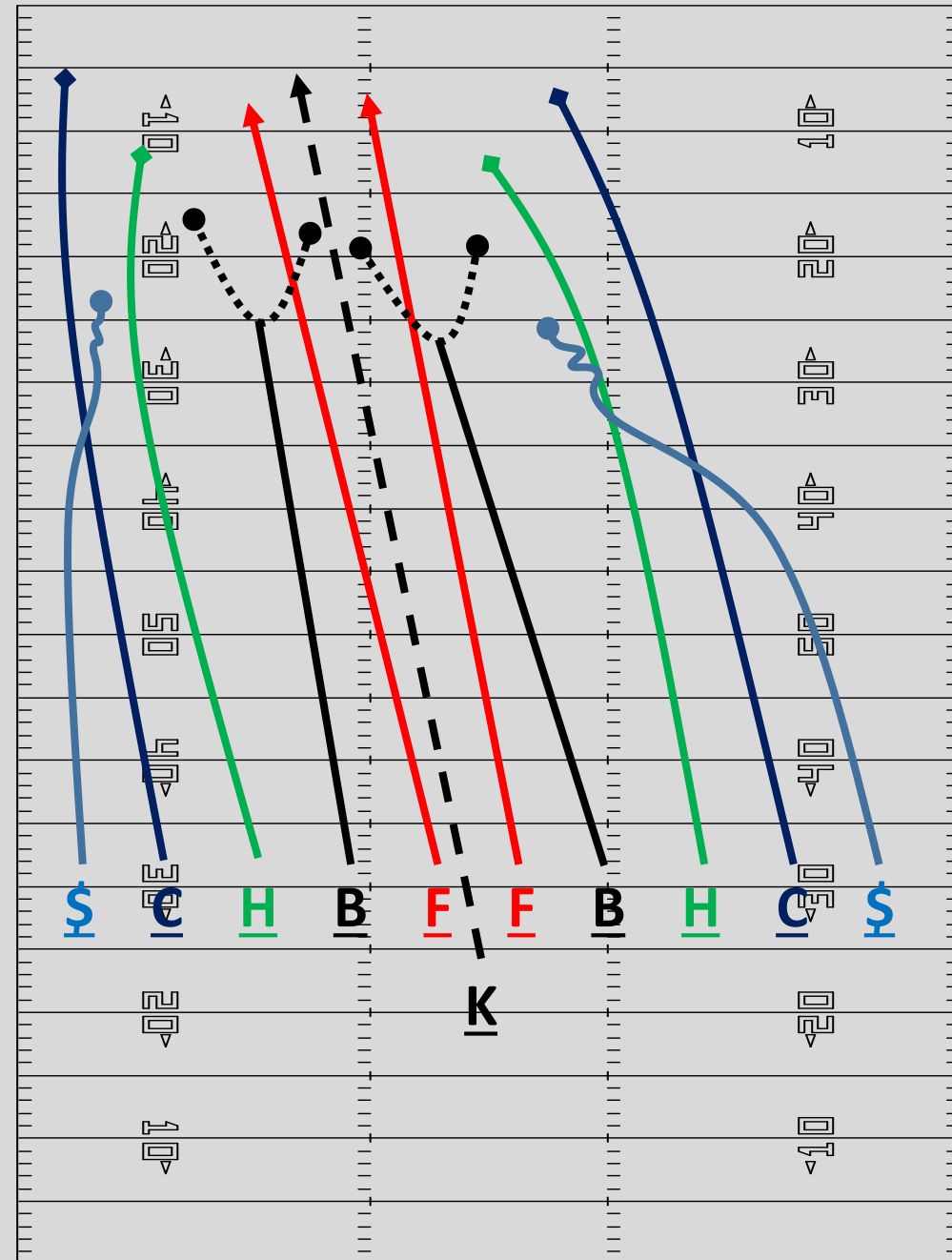
**BACKER – LB/\$/TE - BEST FIT  
MAKE FAST RIGHT**

**HAMMER – BIG & PHYSICAL  
KING OF THE BULLY**

**CONTAIN – DISCIPLINE &  
PHYSICAL**

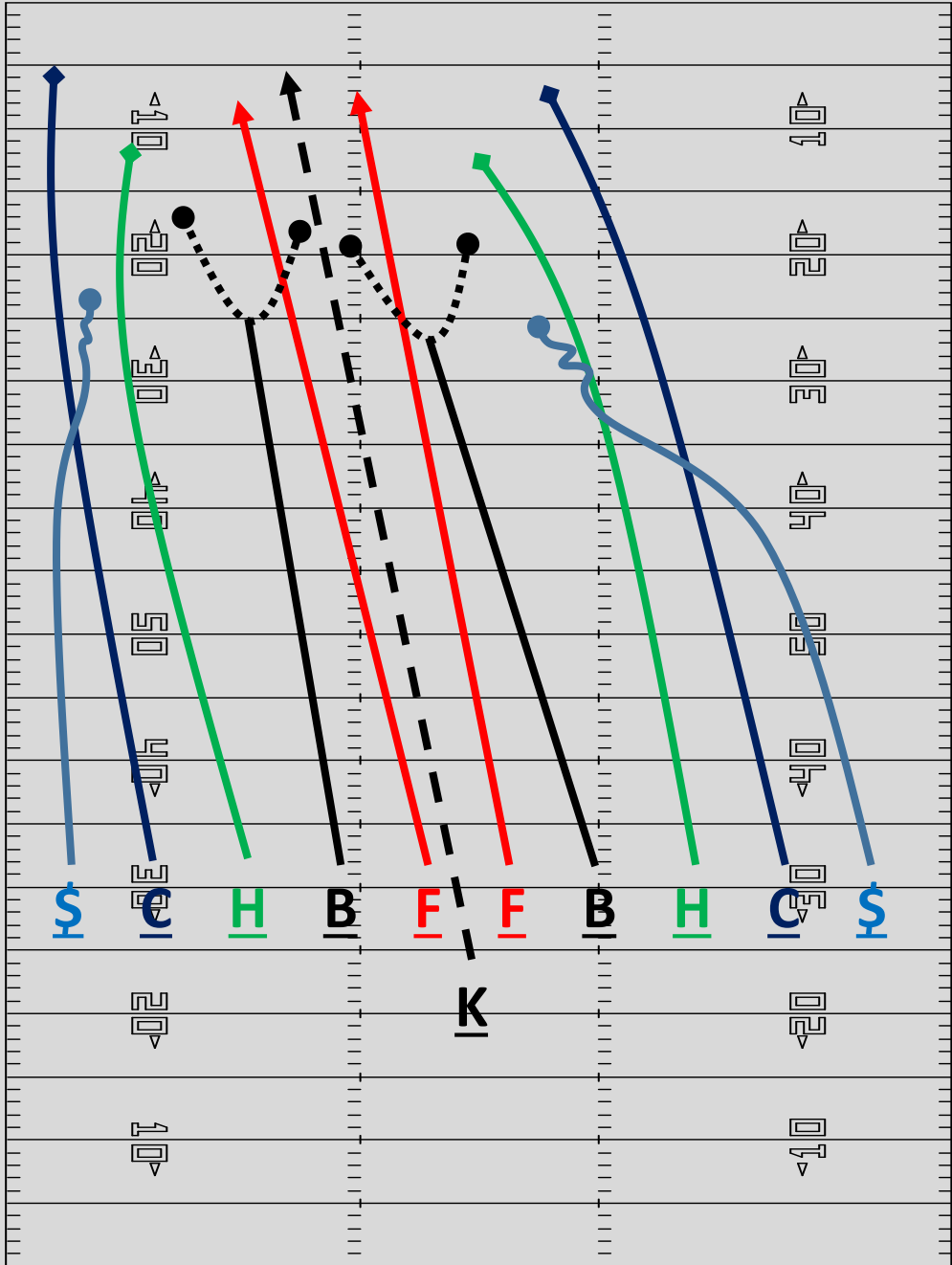
**SAFETY – TRUST, BEST TACKLER  
IN SPACE**

**KICKER – EXTRA BULLET TO  
RUNNING LANE**



# KOC – LEFT TO LEFT

KOC									
<u>L</u> \$	<u>LC</u>	<u>H</u>	<u>BKR</u>	<u>FAST</u>	<u>FAST</u>	<u>BKR</u>	<u>H</u>	<u>RC</u>	<u>R</u> \$
NOEL	AD	TANK	BOB	WESLEY	DEGGS	MITCHELL	LUKE	CRUIZ	WILLIE
CAM	SOL	STELZ	RIDDLE	GLAU	FRANK	BOYD	KHRIS	SWAGGY	JJ
WALKER	HATCHER	MILLER	McCAULEY	SWOPES	VERNA	X	SAMAD	GERAD	DENARIO
			I. WILLIAMS				BAINES		



UNC





**UNC**

10		10
20		20
30		30
40		40
50		50
40		40
30		30
20		20
10		10



**UNC**

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

# BLOCK CIRCUIT

## MIDS

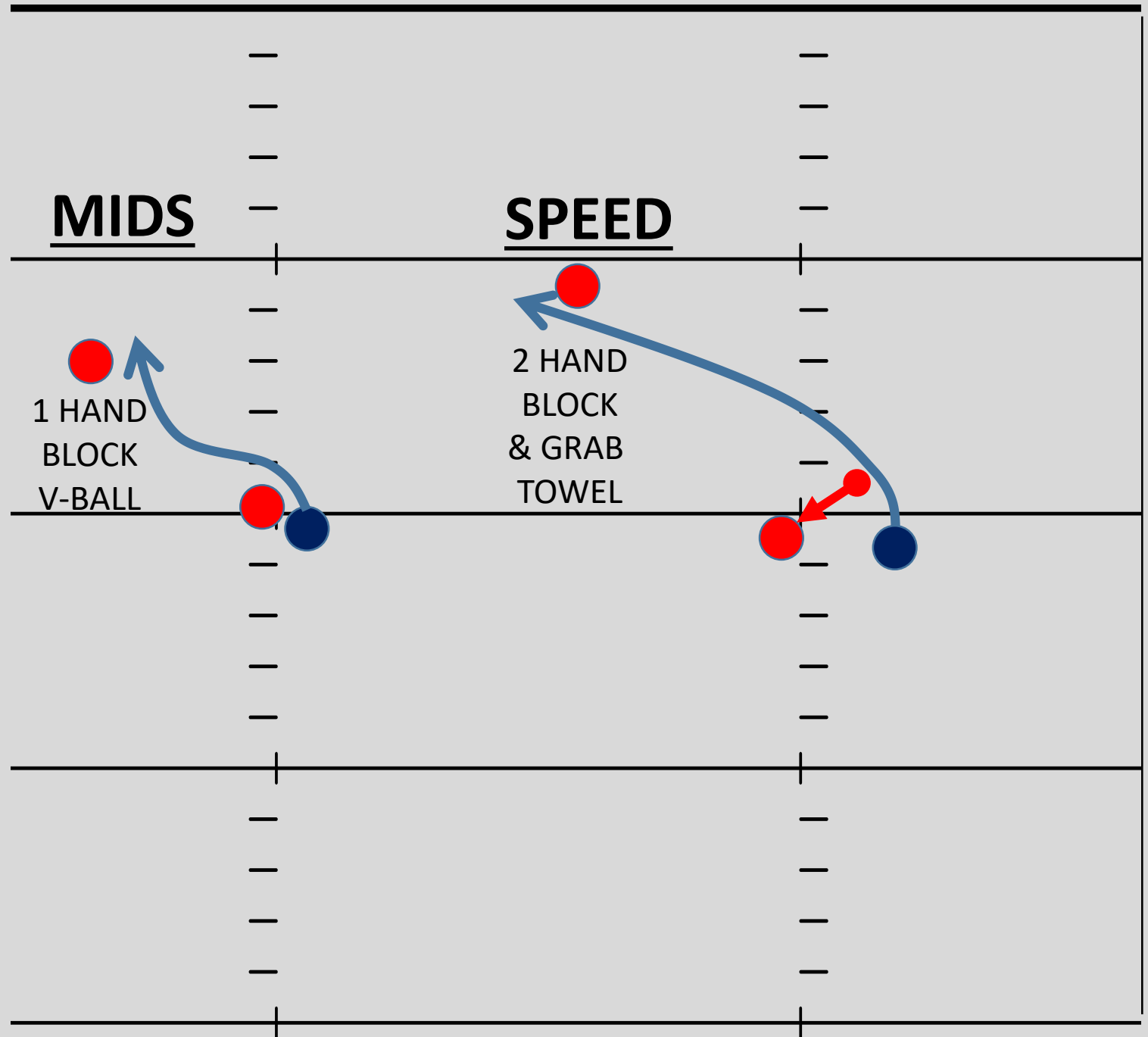
### LEAN AND DRIVE

- LEAN INTO BAG
- 1 HAND BLOCK

## SPEED

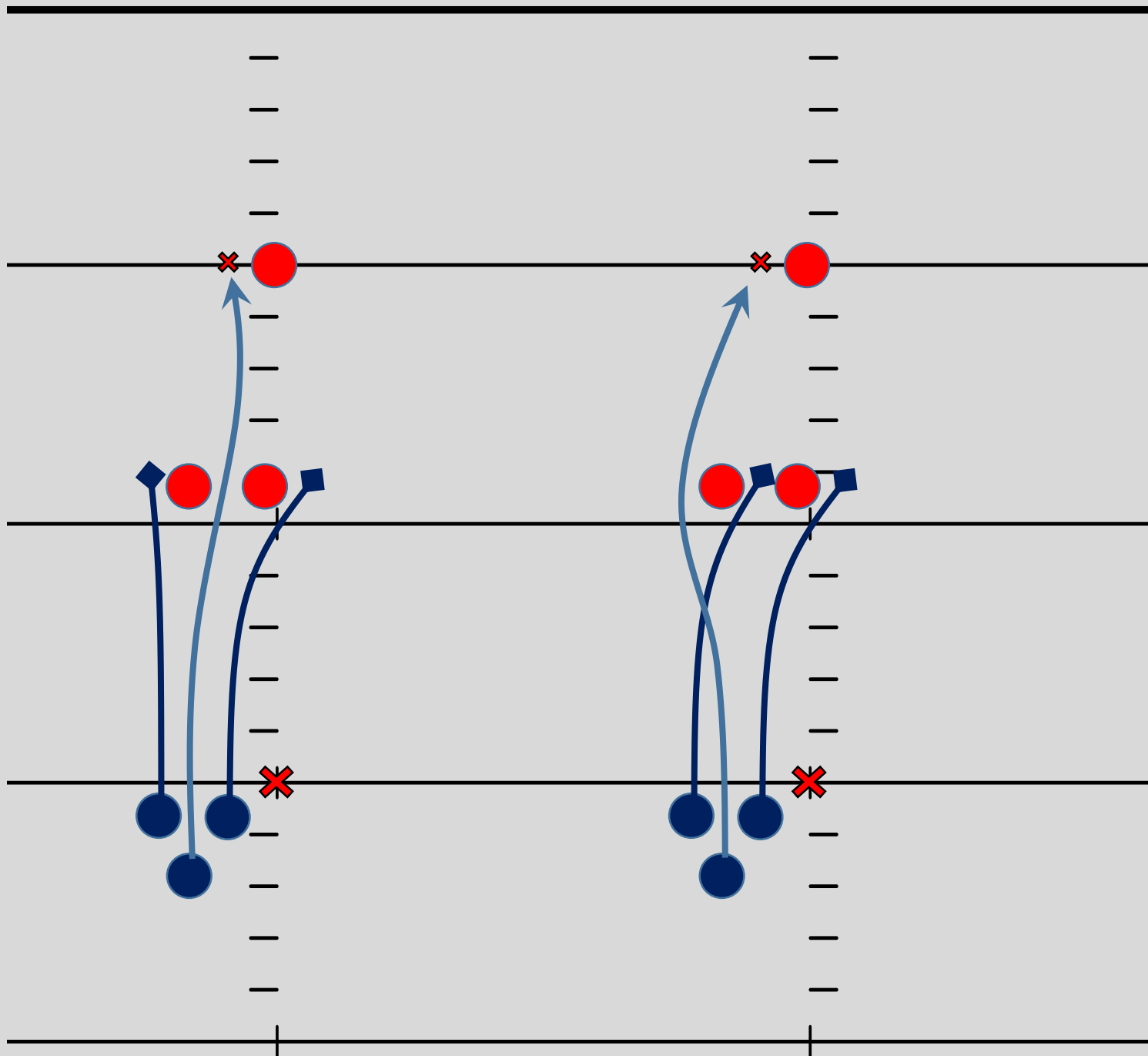
### REPLACE THE DOWN BLOCK

- REPLACE THE DOWN BLOCK
- GRAB THE TOWEL



# BLOCK CIRCUIT

## 3 ON 2 VS SHEILD



[https://www.youtube.com/  
watch?v=JUuVBt2vYT0](https://www.youtube.com/watch?v=JUuVBt2vYT0)



**UNC**

UNIVERSITY OF NORTHERN  
COLORADO  
SPECIAL TEAMS

**ALL UNITS**



# PR CROSSFIELDS

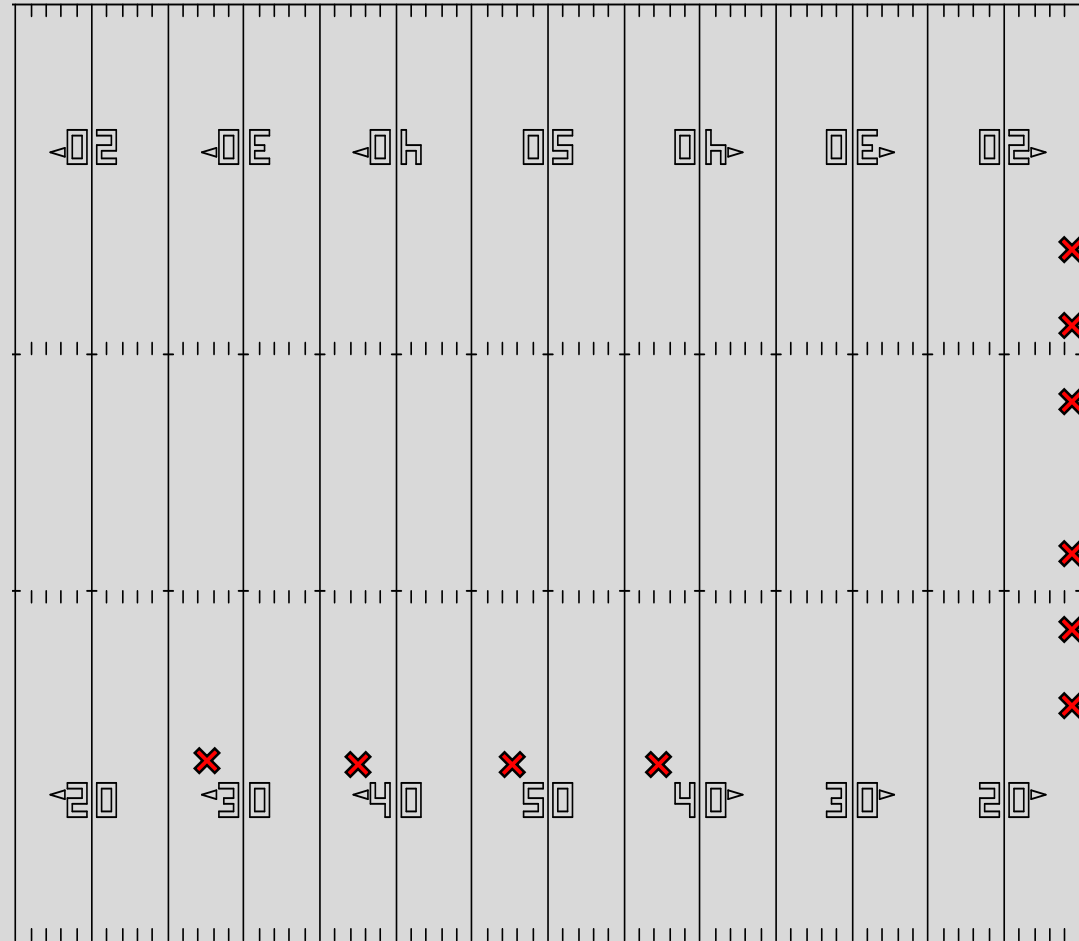
## ALIGNMENT

- 2P FACING – TOP OF # BETWEEN YARDLINES

\* Groups will work in the same direction across the field

## DRILLS

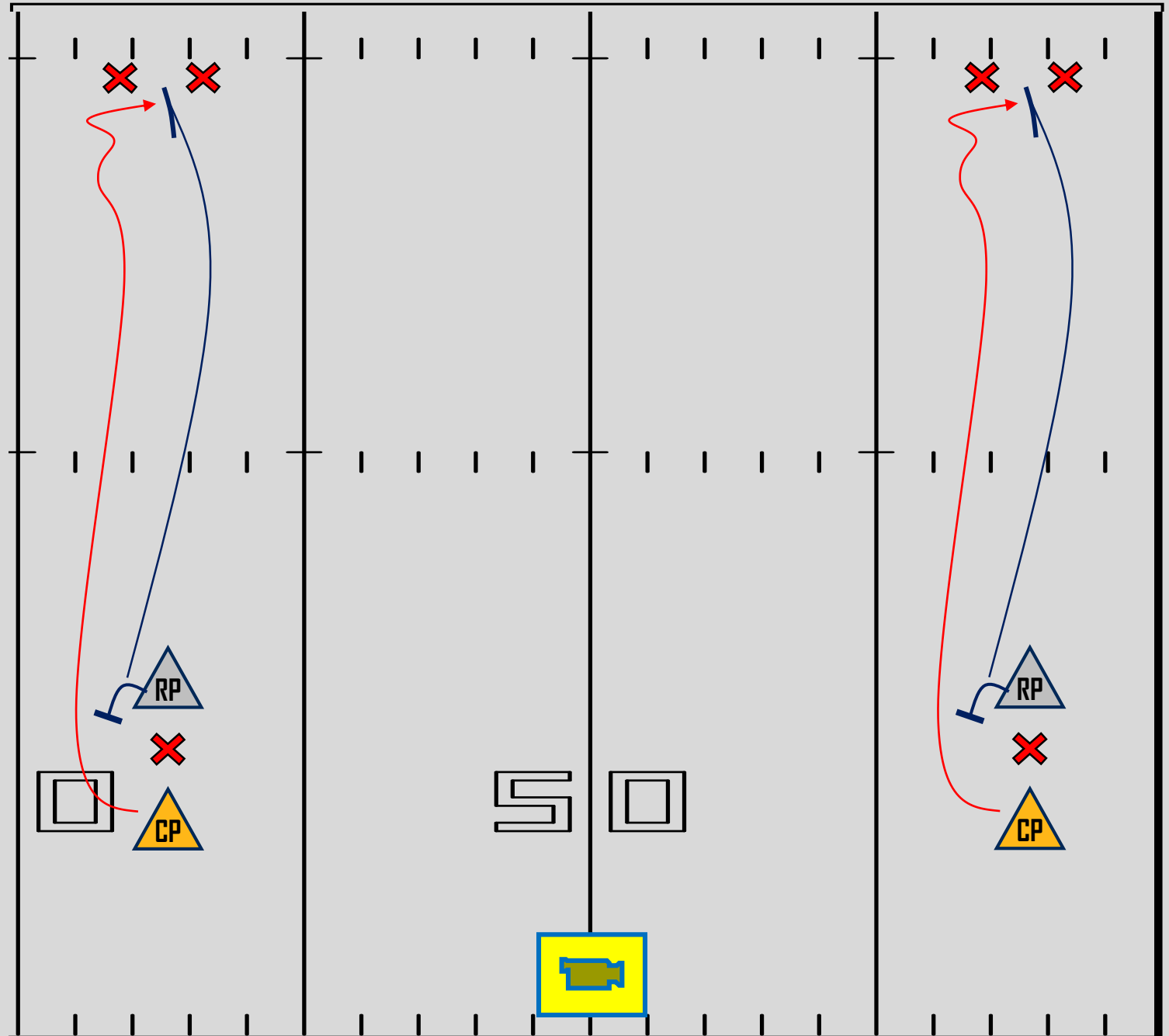
1. MIRROR
2. TRAIL
3. GRAB & WRAP (H-M-H)
4. POC (H-M-H)



# COMPETE DRILL

## COMPETE

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



UNC



# KOC INTRO CIRCUIT

## SLIPS

- FAST - 1<sup>ST</sup> @ 15 YL
- FIT - 2<sup>ND</sup> @ 20 YL
- SERVE - @ 10 YL

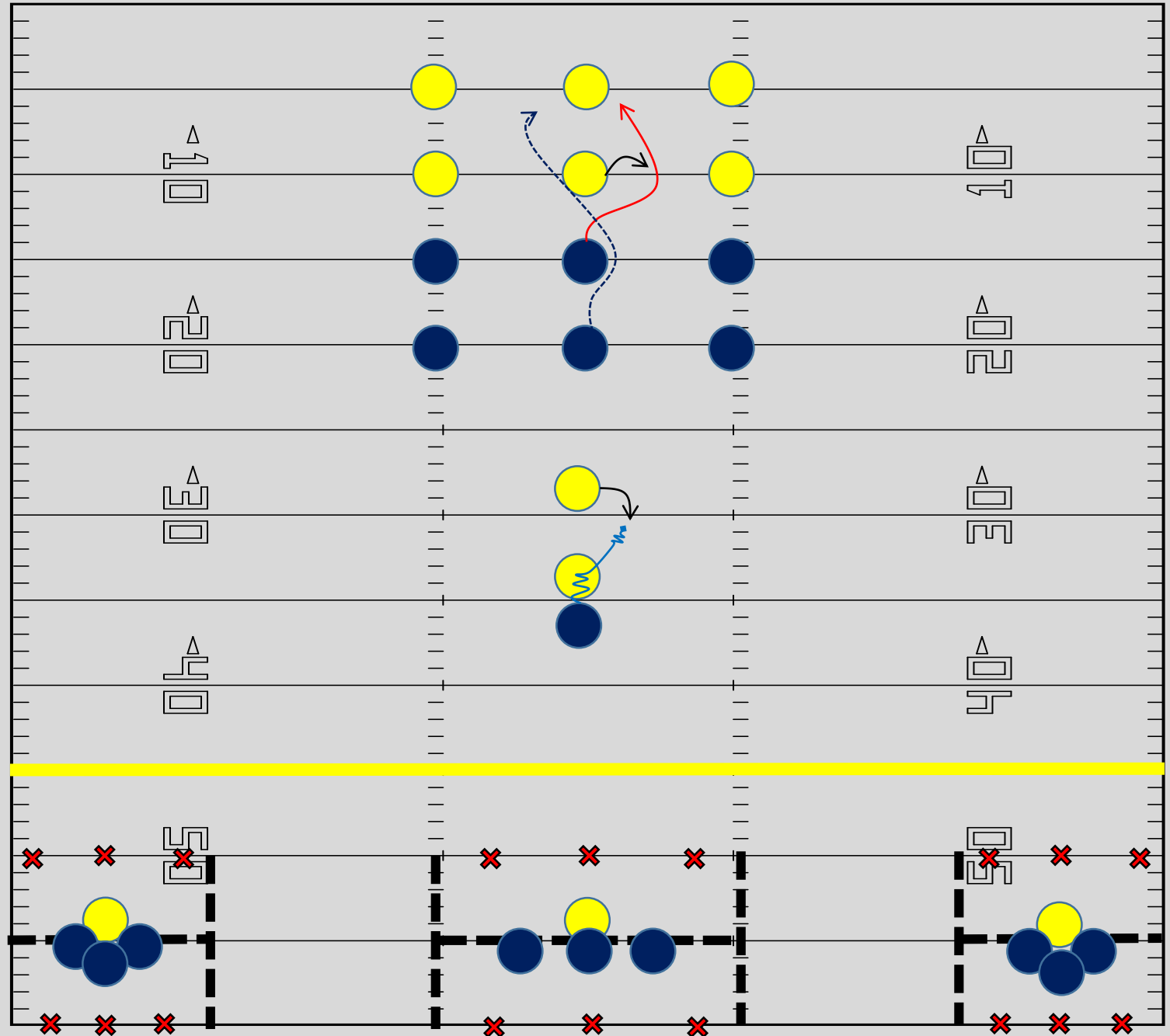
\* 3 across (h-m-h) working 2 yards right/left on whistle. Fast cross face, fit go back side.

## BULLY

- 2P FACING - @ 35 YL
- SERVE - @ 30 YL
- Adjust groups to size, work in the same direction.

## LEVERAGE TACKLE

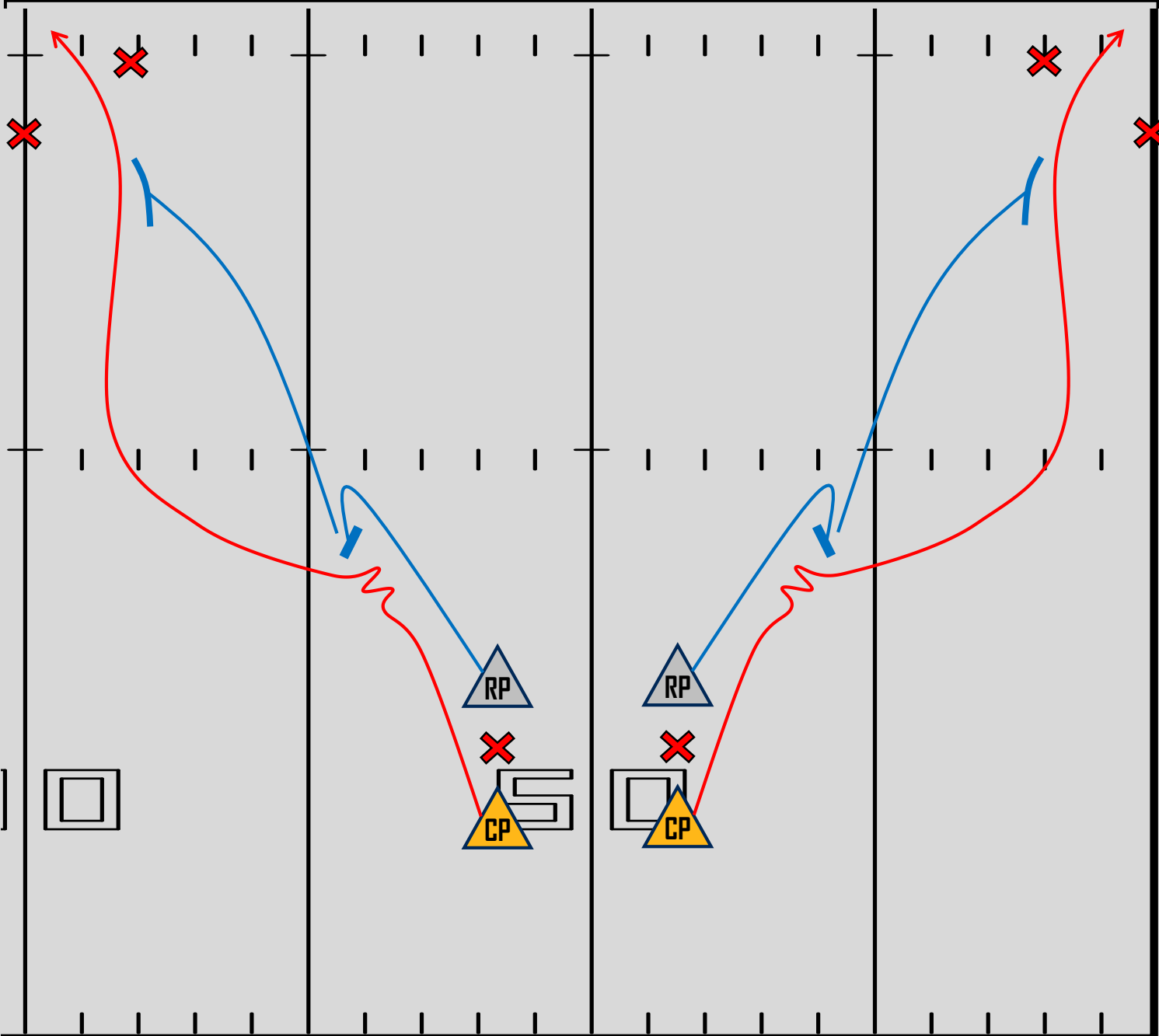
- 2 on 1 (SL - #)
- 3 on 1 (H - H)



# K COMPETE DRILL

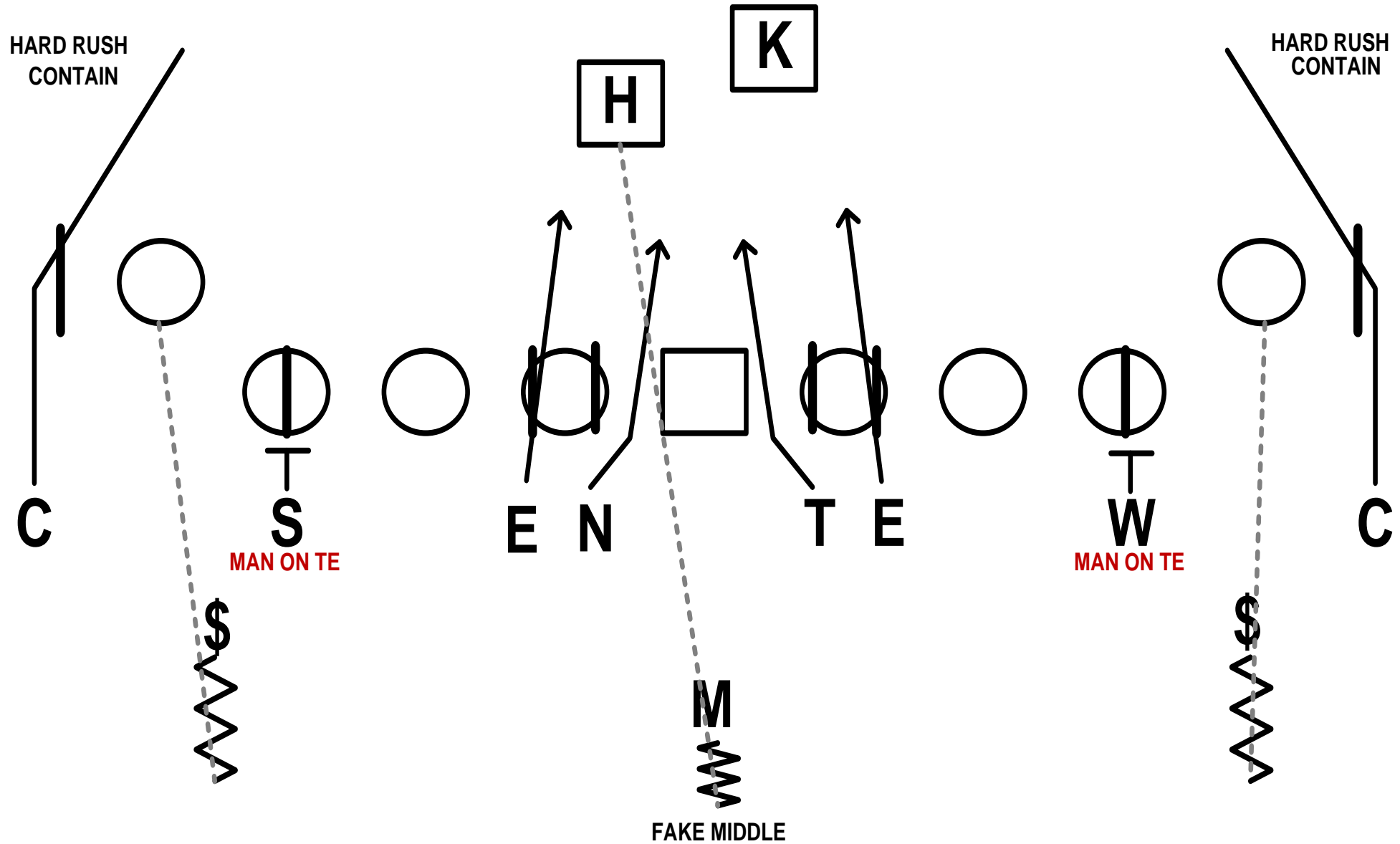
## COMPETE

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

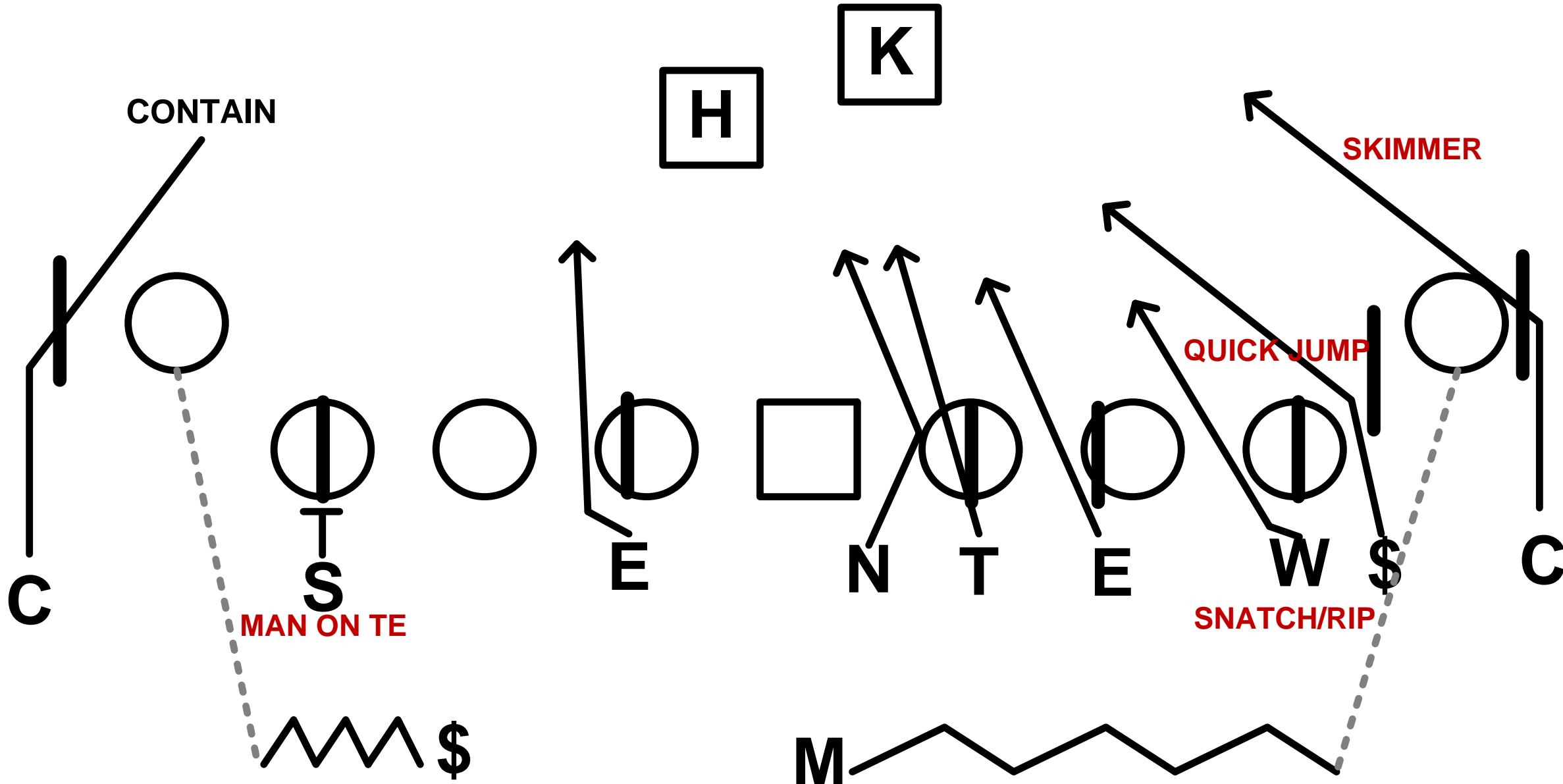


UNC

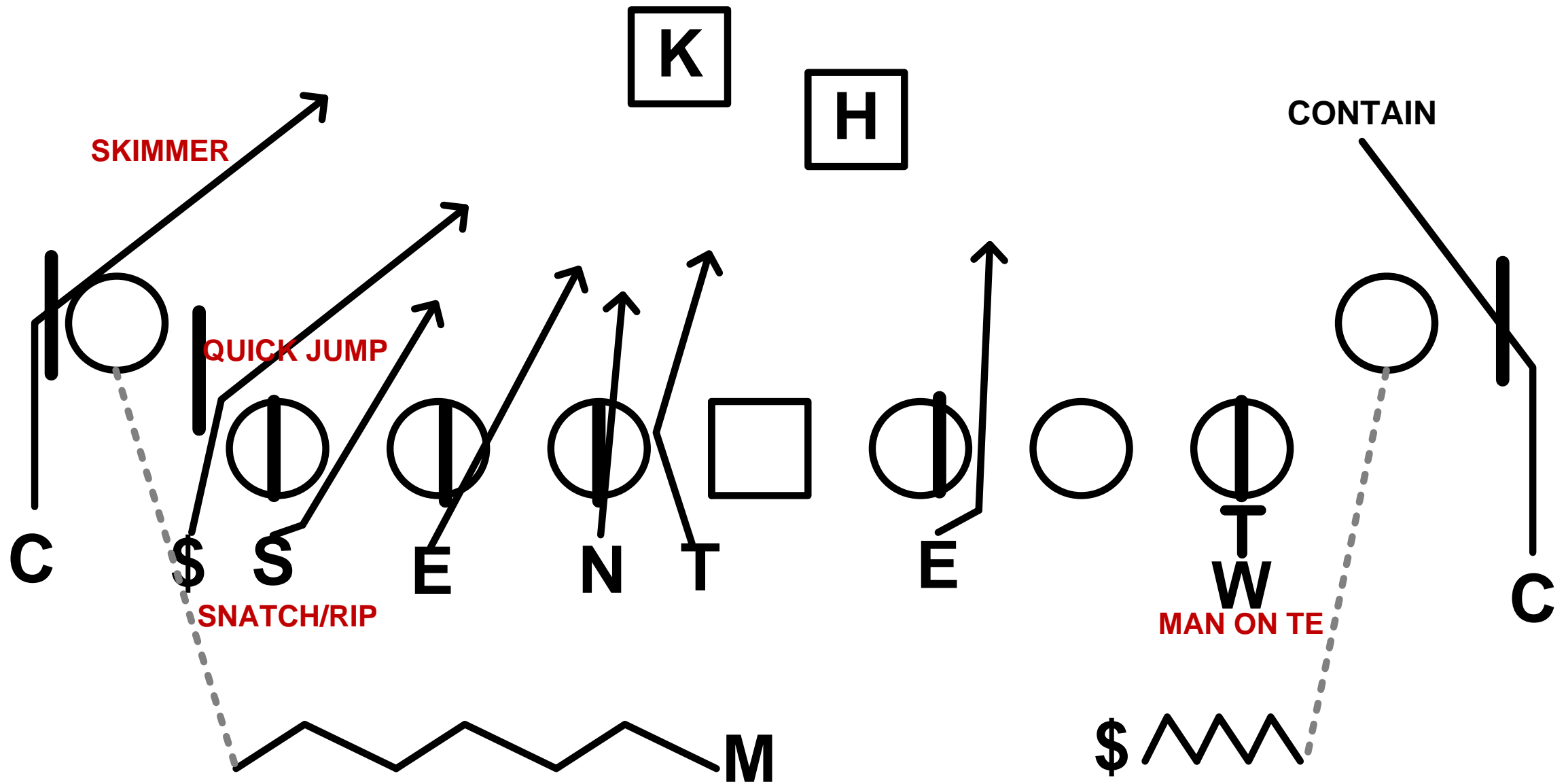
# FG BLOCK – MIDDLE SAFE



# FG BLOCK – BLOCK RIGHT



# FG BLOCK – BLOCK LEFT



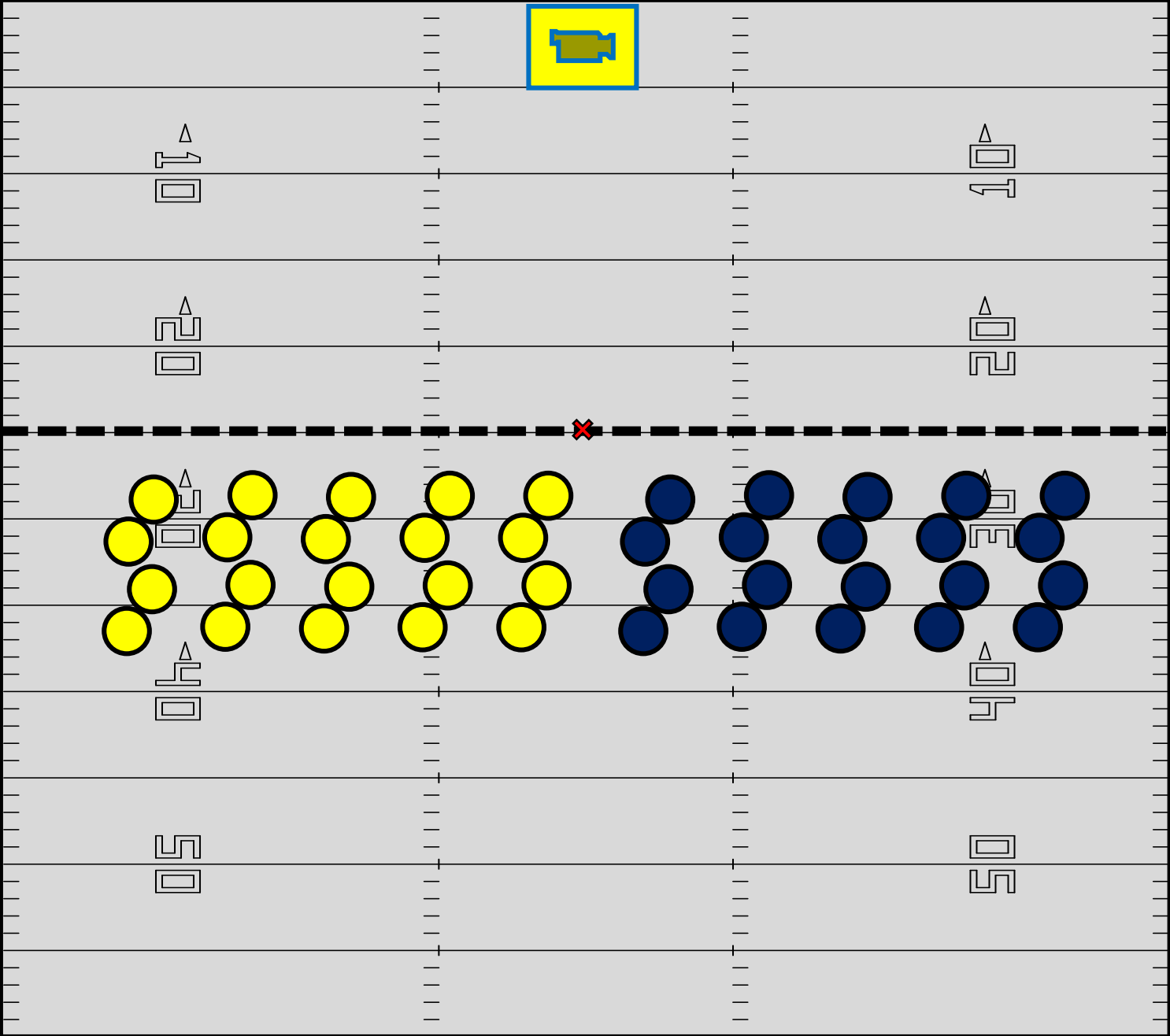
# DOT MATRIX

## ALIGNMENT

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

## DRILLS

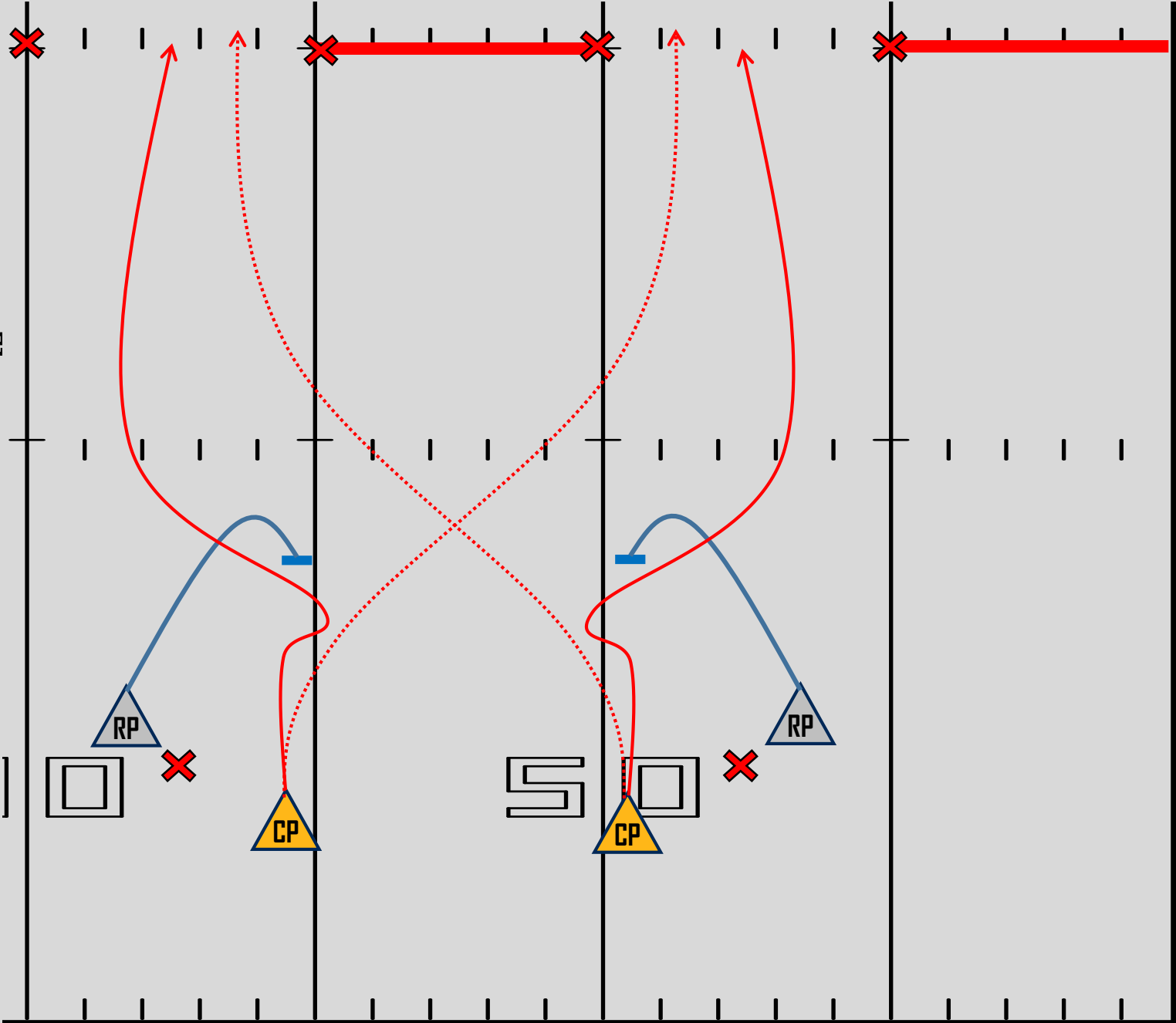
1. JUMP STANCE
2. PUNCH
3. CUTOFF 1 STEP
4. CUTOFF 2 STEP
5. HUDDLE CADENCE (Punch/Cutoff)



# KR 2 COMPETE DRILL

## COMPETE

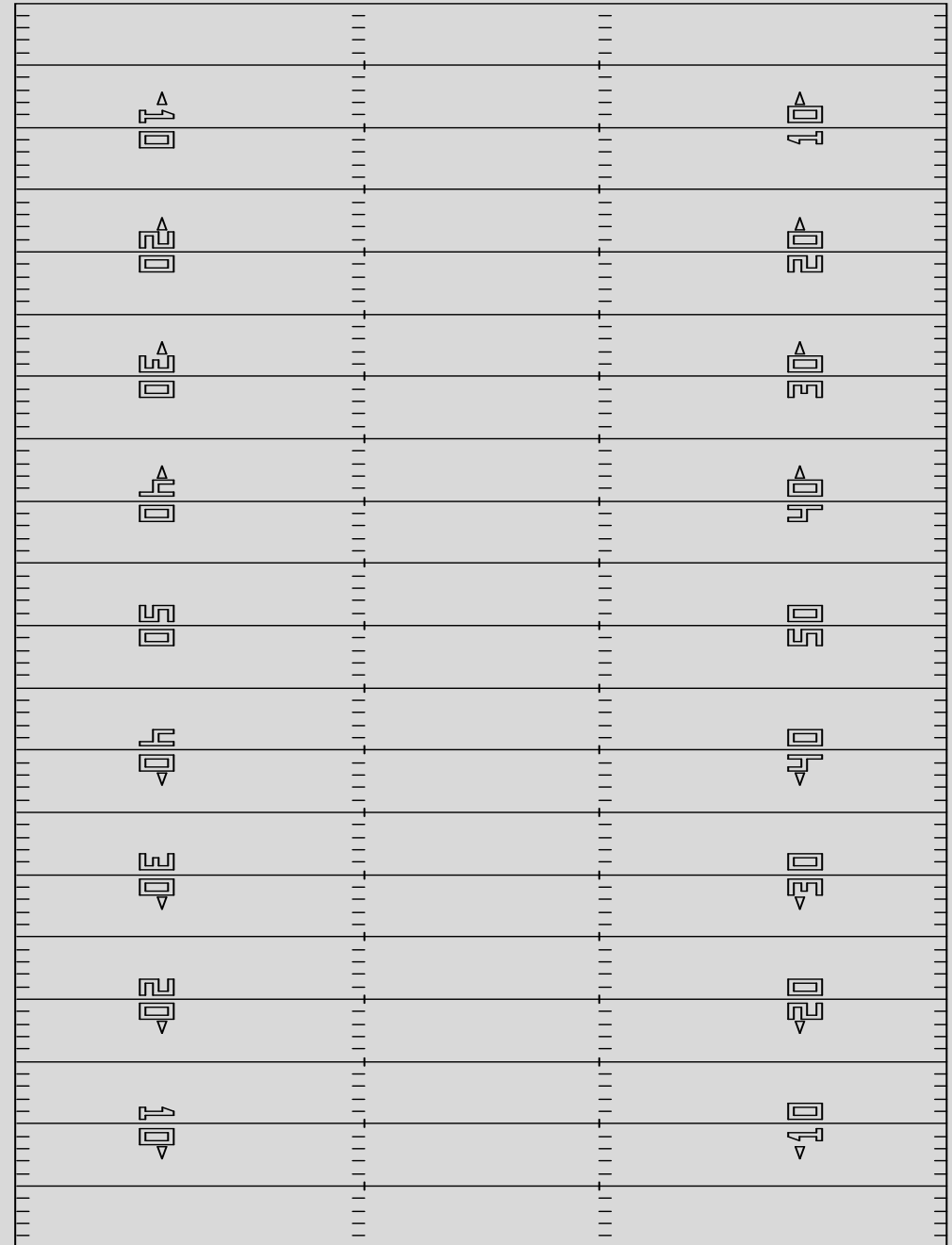
- MAN vs. MAN
  - COVER - Get thru the cone
  - RET - Stop CP from getting thru cone
- \*work strait & CP twist



UNC

## ST FAKE-TRICK PLAY

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





# 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

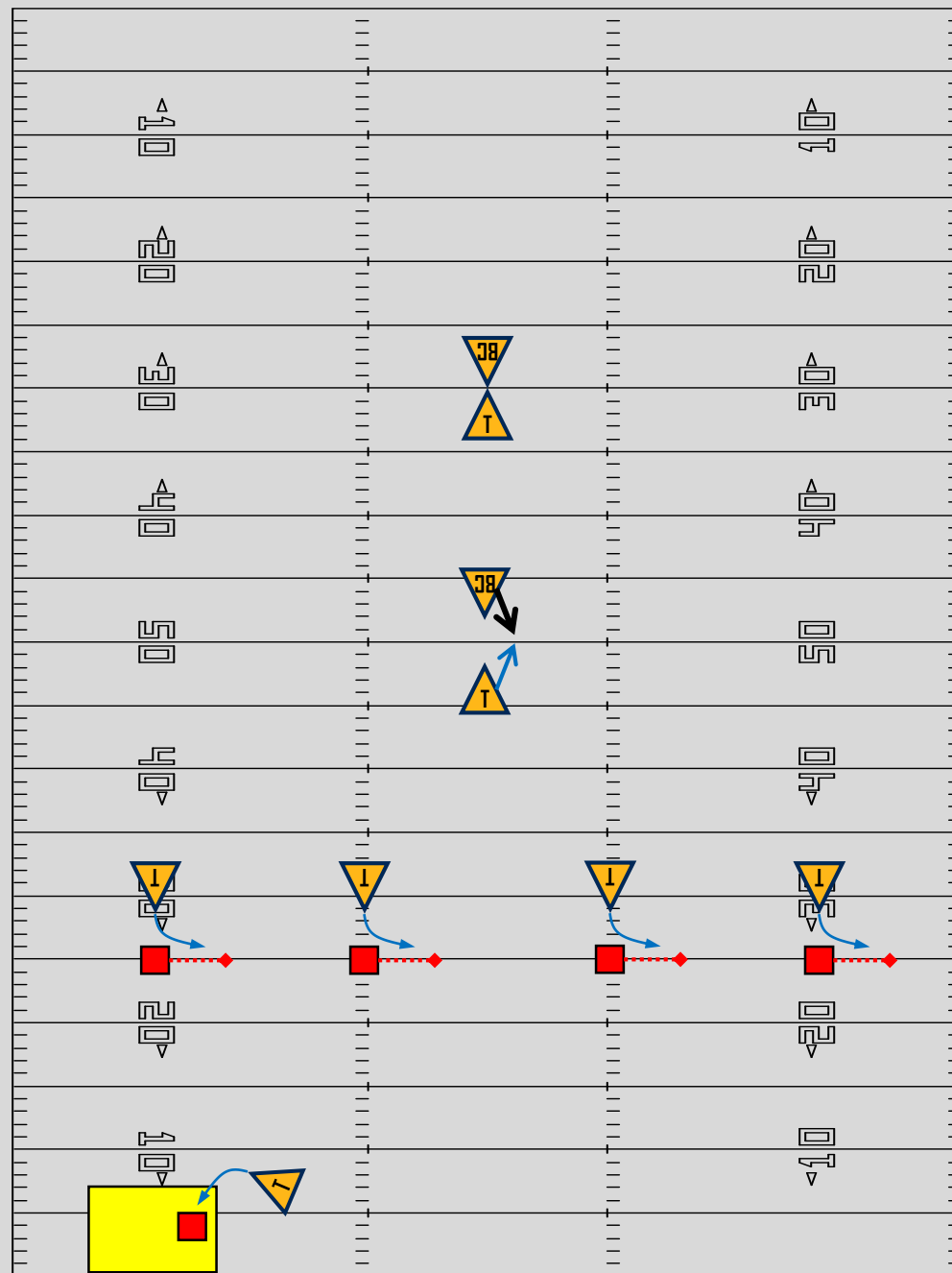
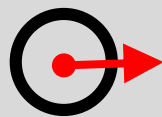
- 4 SERVE - @ 20 YL

\* 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

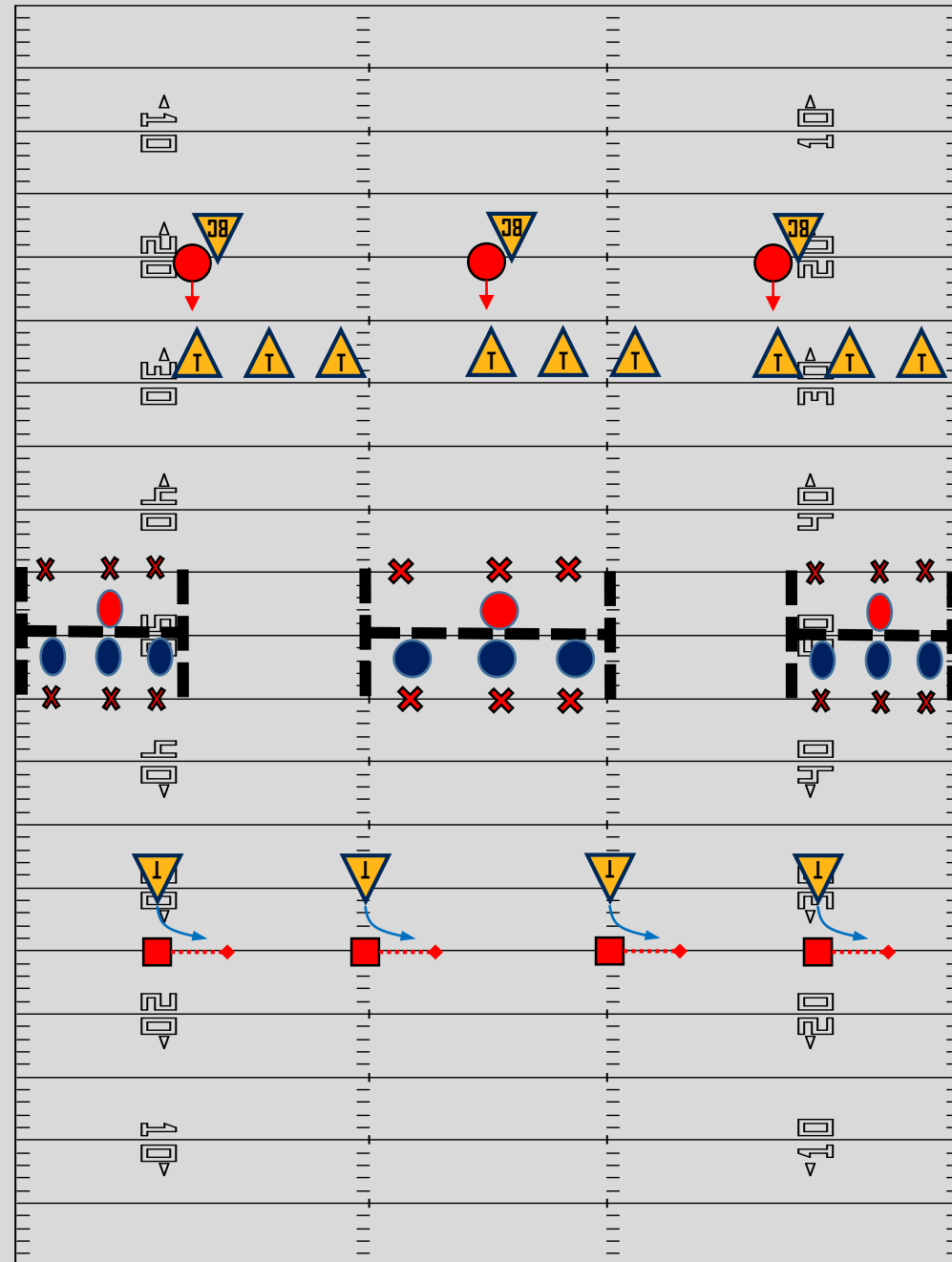
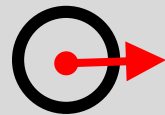
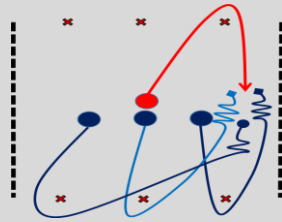
\* Adjust groups to size.

## 3 ON 1 LEVERAGE TACKLE

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

## GATOR ROLL

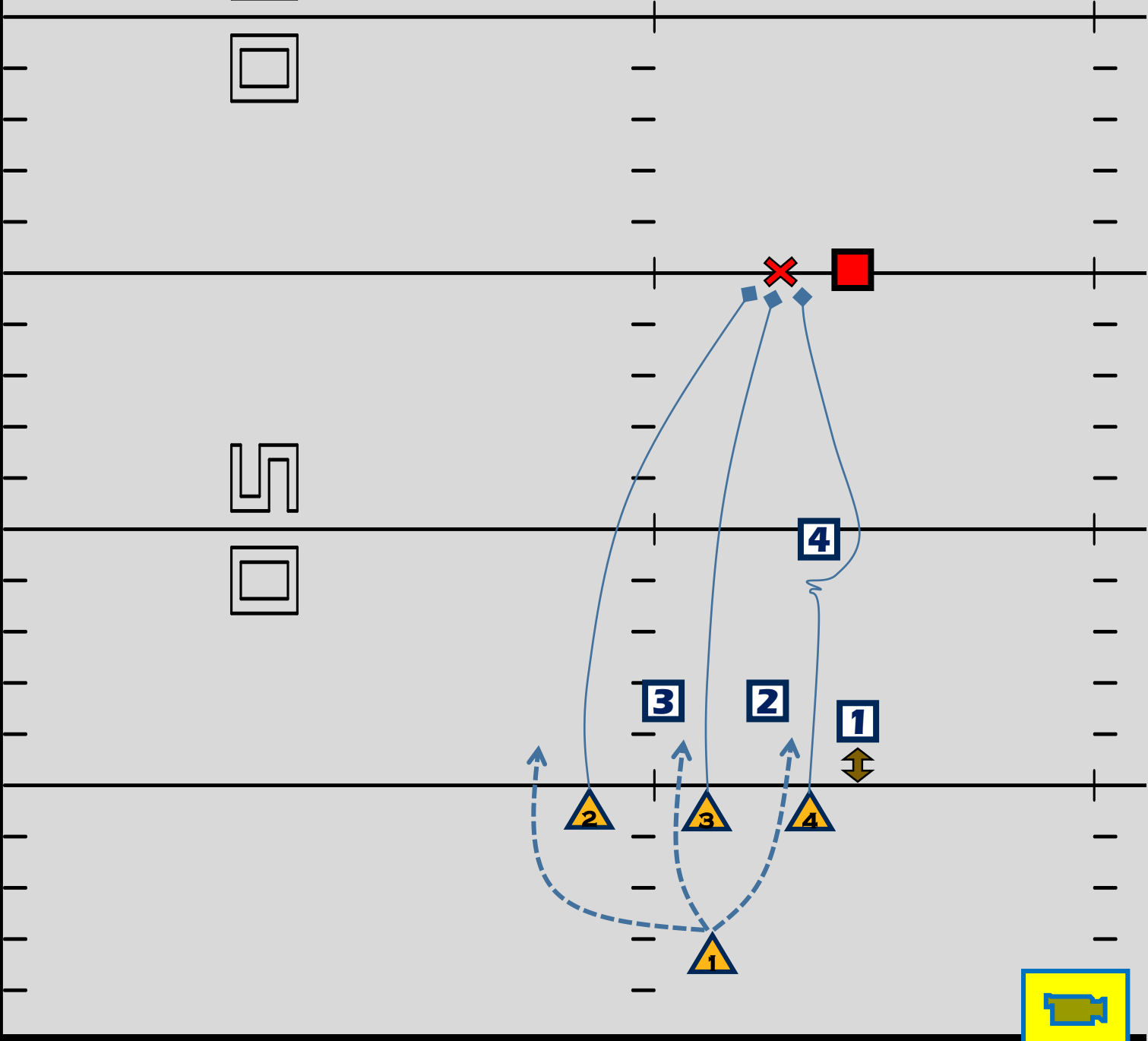
- 4 TACKLERS - @ 30 YL
- 4 SERVE - @ 20 YL
- \* Bag drags behind, work in the same direction.



# FRONTSIDE COMPETE

## HALF LINE

- PUNT vs PUNT RUSH
- FRONTSIDE



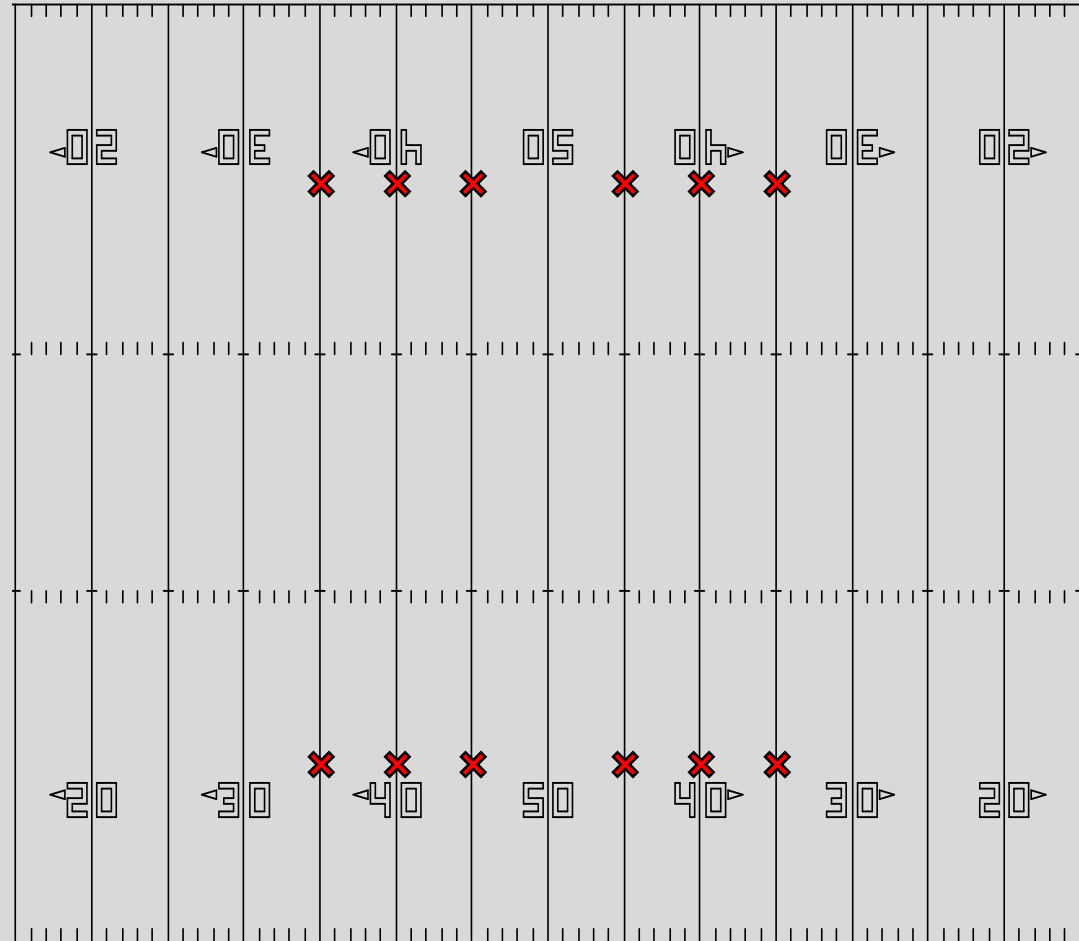
# KR CROSSFIELDS

## ALIGNMENT

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

## DRILLS

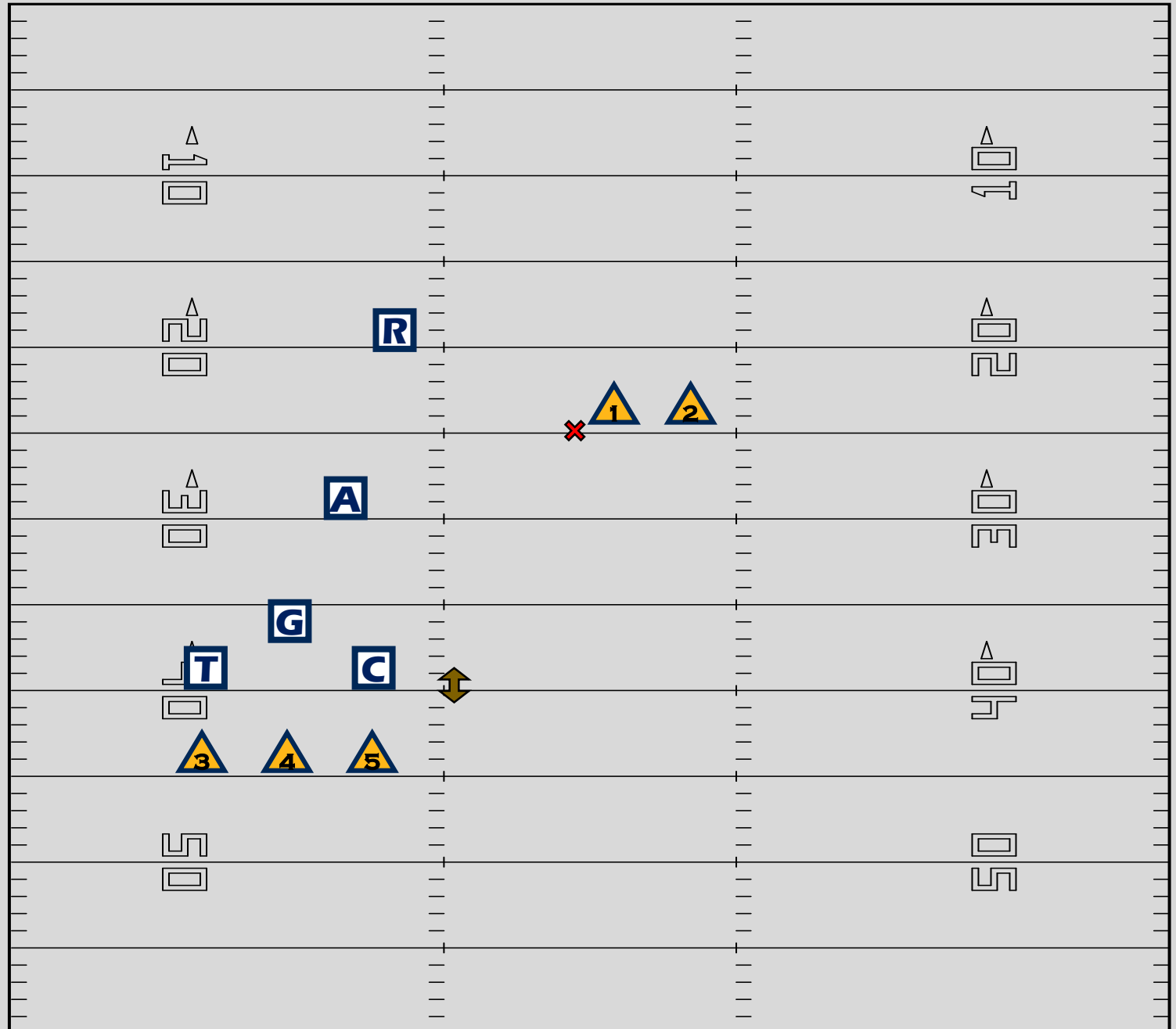
1. DB
2. FLIP
3. CLEAR CLEATS
4. TURN BURST
5. FULL DROP (Settle & Close @ Hash)



# KICKOFF COMPETE

## 5 on 5 FRONTSIDE

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



# KOR HALF LINE

## FRONTLINE

Working T sift & G solo blocks



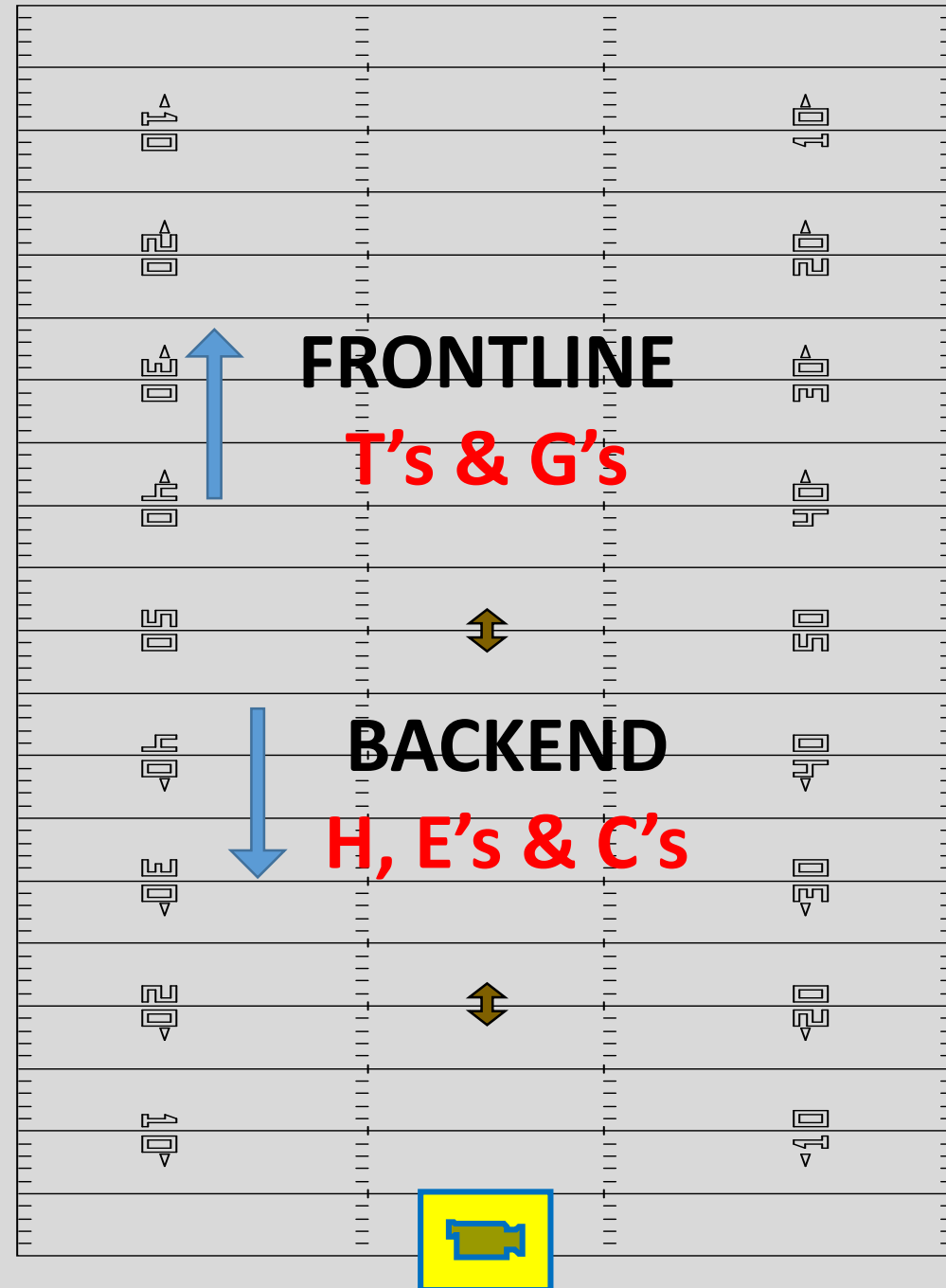
## BACKEND

H-LC = DBL the L5

RC = Trap L4

LE = R5

RE = R4



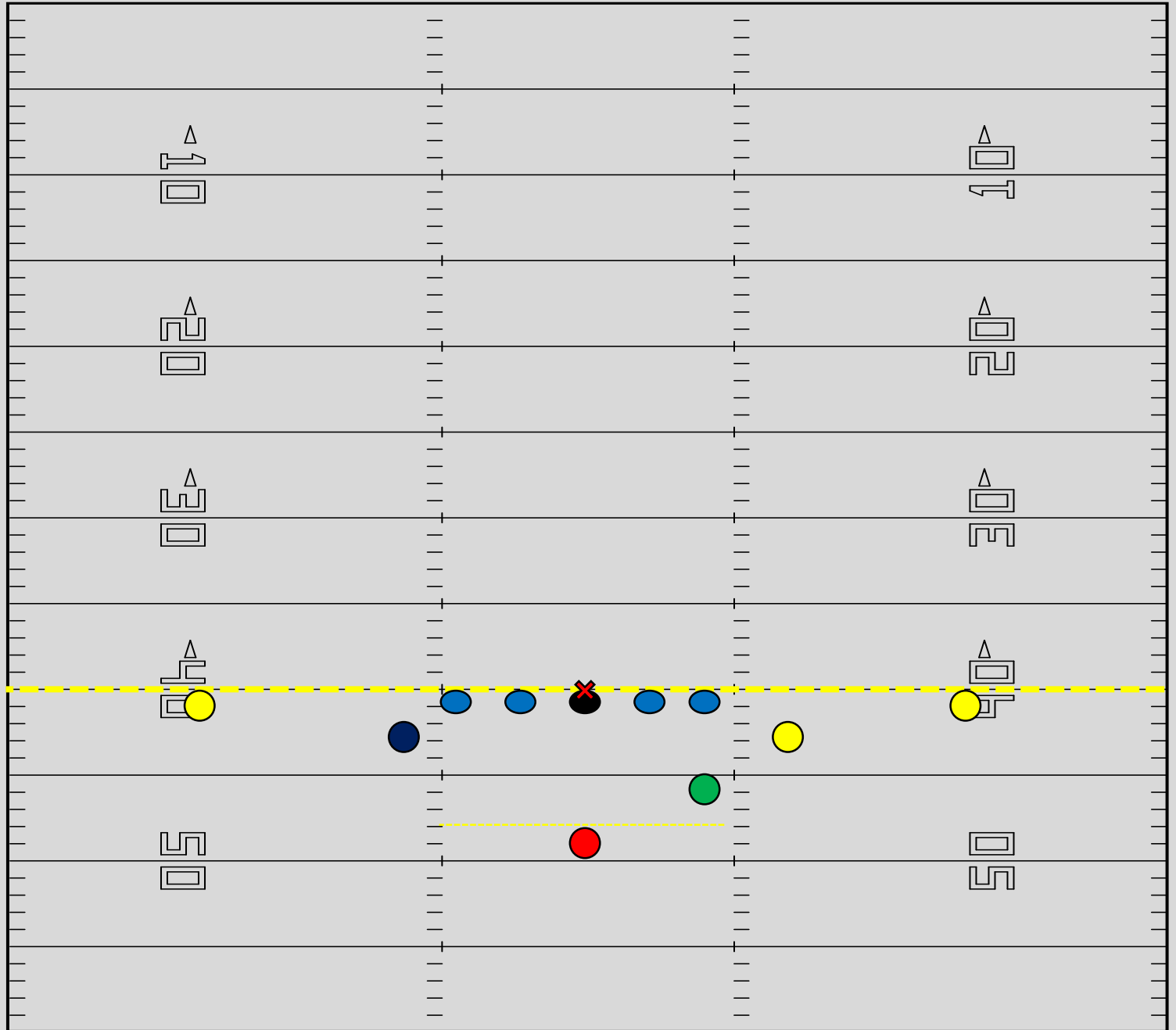
# OFFENSE PUNT RIGHT

## ALIGNMENT

- FINAL FORMATION OF: DICE LEFT OFF

## DRILLS

- JUMP STANCE
- PUNCH
- CUTOFF 1 STEP
- CUTOFF 2 STEP
- HUDDLE CADENCE (Punch/Cutoff)



# PUNT

## ALIGNMENT

SPREAD WING LEFT PRO RIGHT

## POSITIONS

### FL

- RG -
- RT -
- LG -
- LT -
- PP -

### BE

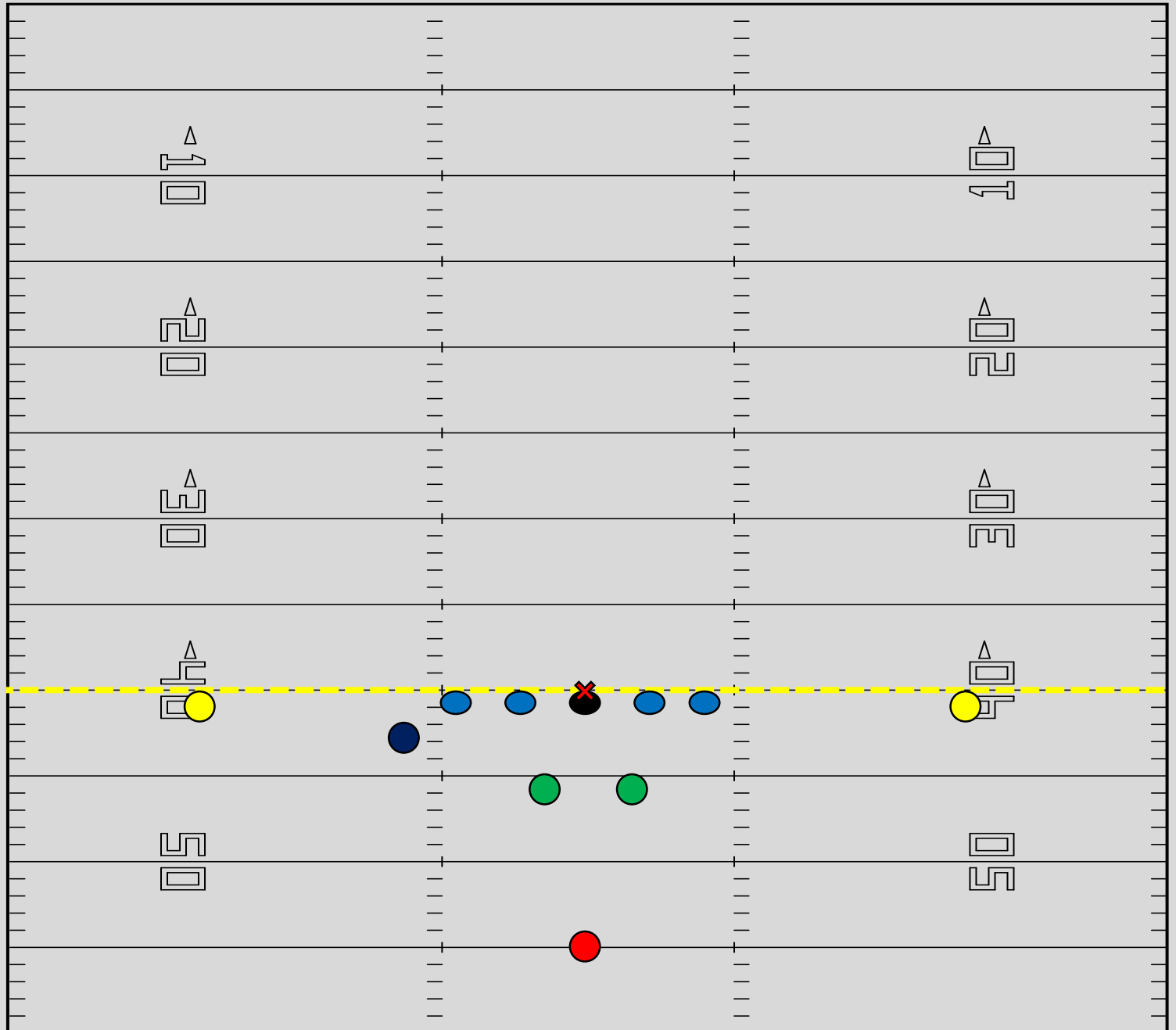
- LS -
- RS -
- P -

### GUNS

- 1 -
- 2 -



# UNC





# kor

## ALIGNMENT

SPREAD WING LEFT PRO RIGHT

## POSITIONS

FL

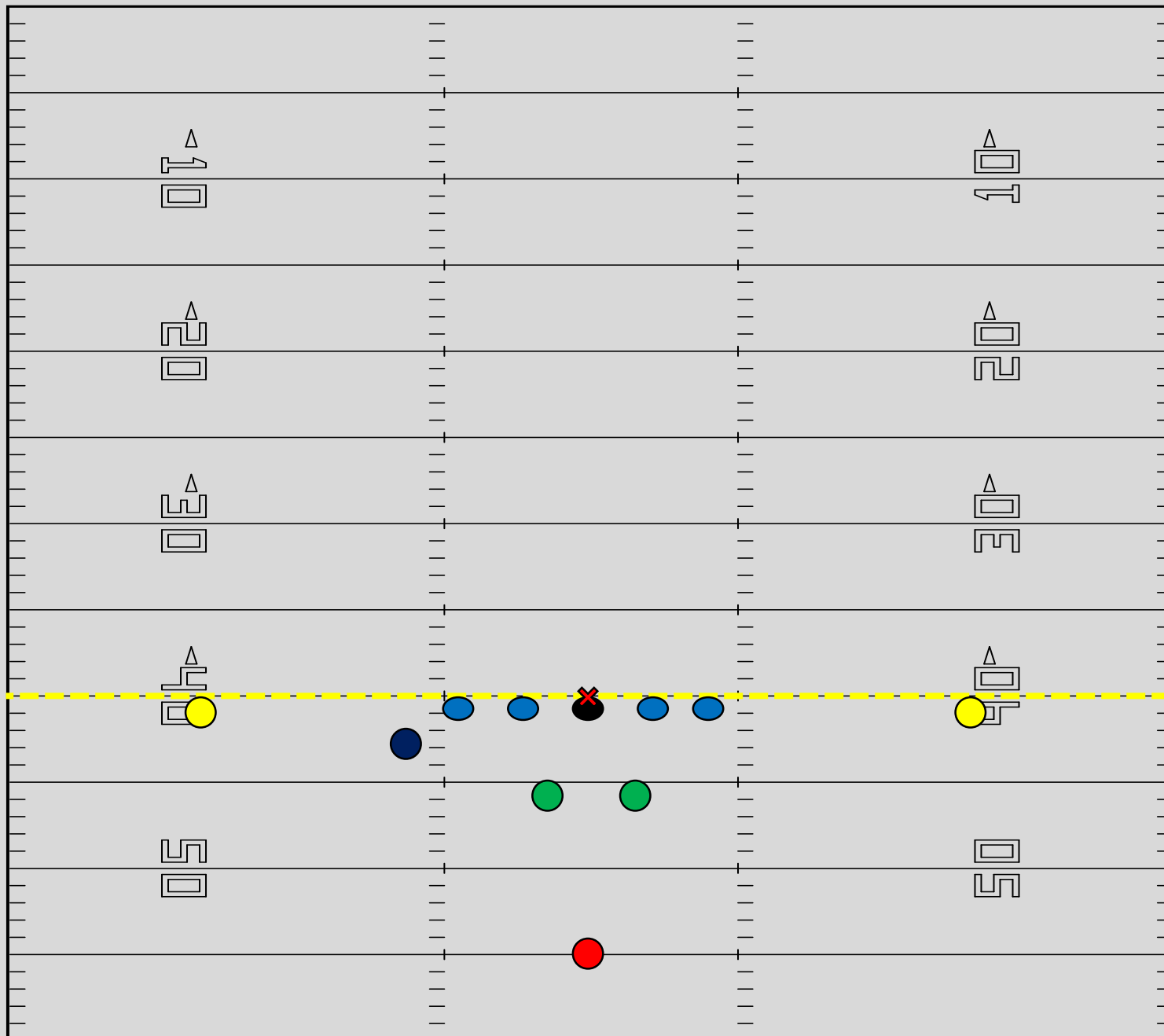
- RG -
- RT -
- LG -
- LT -
- PP -

BE

- LS -
- RS -
- P -

GUNS

- 1 -
- 2 -

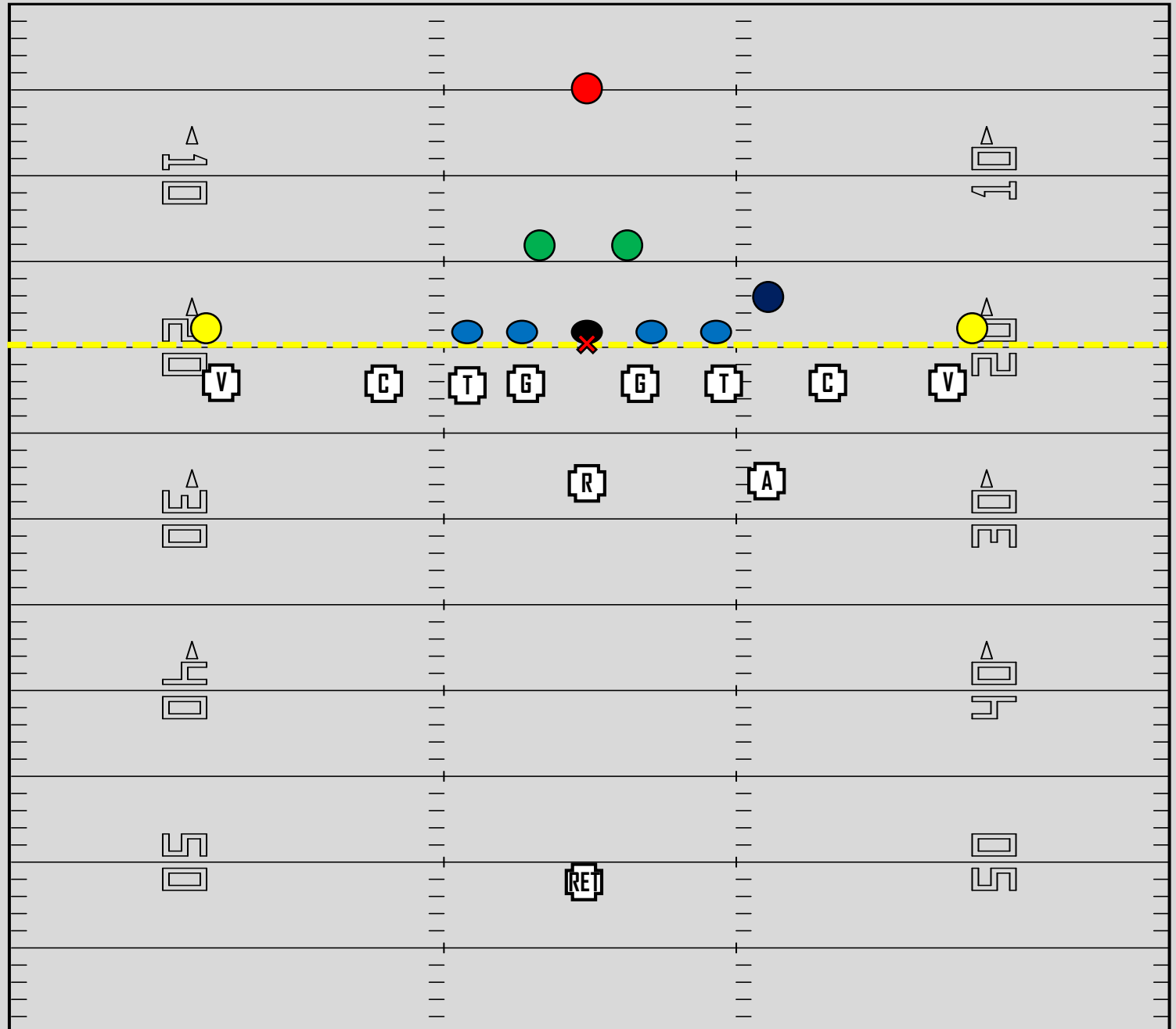


# PUNT RETURN ALIGNMENT

SPREAD WING LEFT PRO RIGHT

## POSITIONS

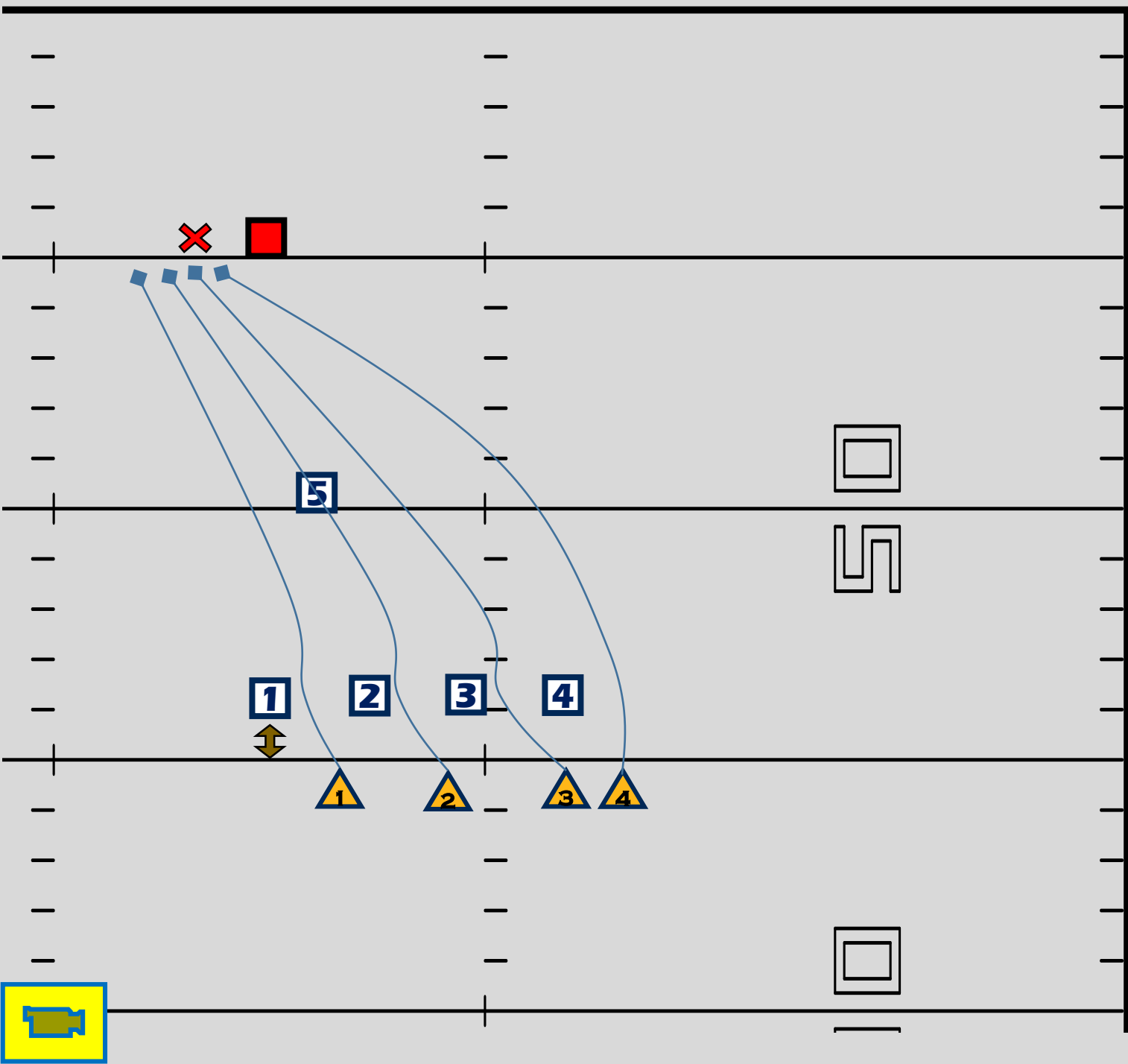
- V1 -
- V2 -
- LG -
- RC -
- LT -
- RT -
- LG -
- RG -
- R -
- A -
- RET -



# BACKSIDE COMPETE

## HALF LINE

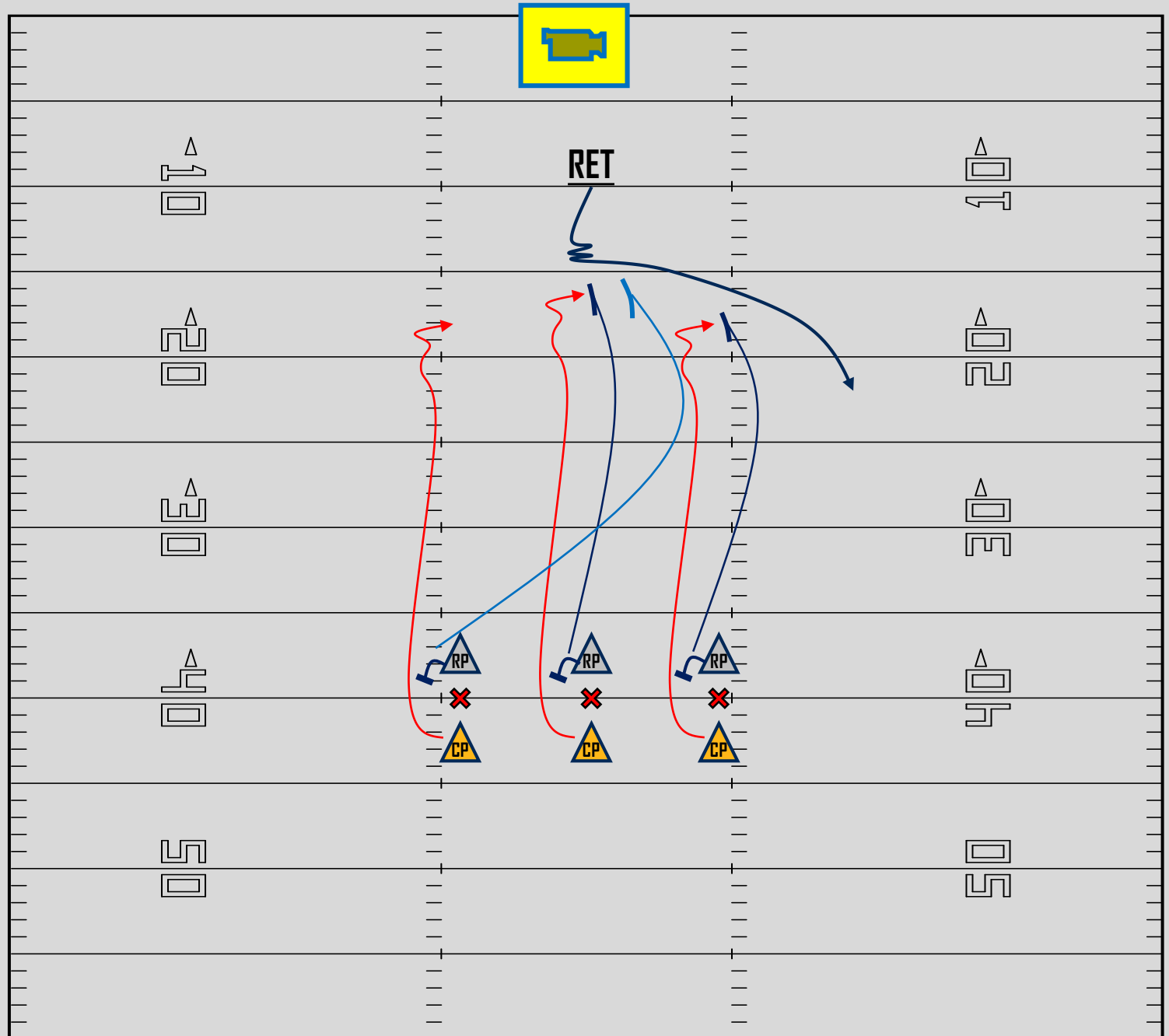
- PUNT vs PUNT RUSH
- BACKSIDE



# 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



# PUNT COVER DRILL

## LS/P/RS

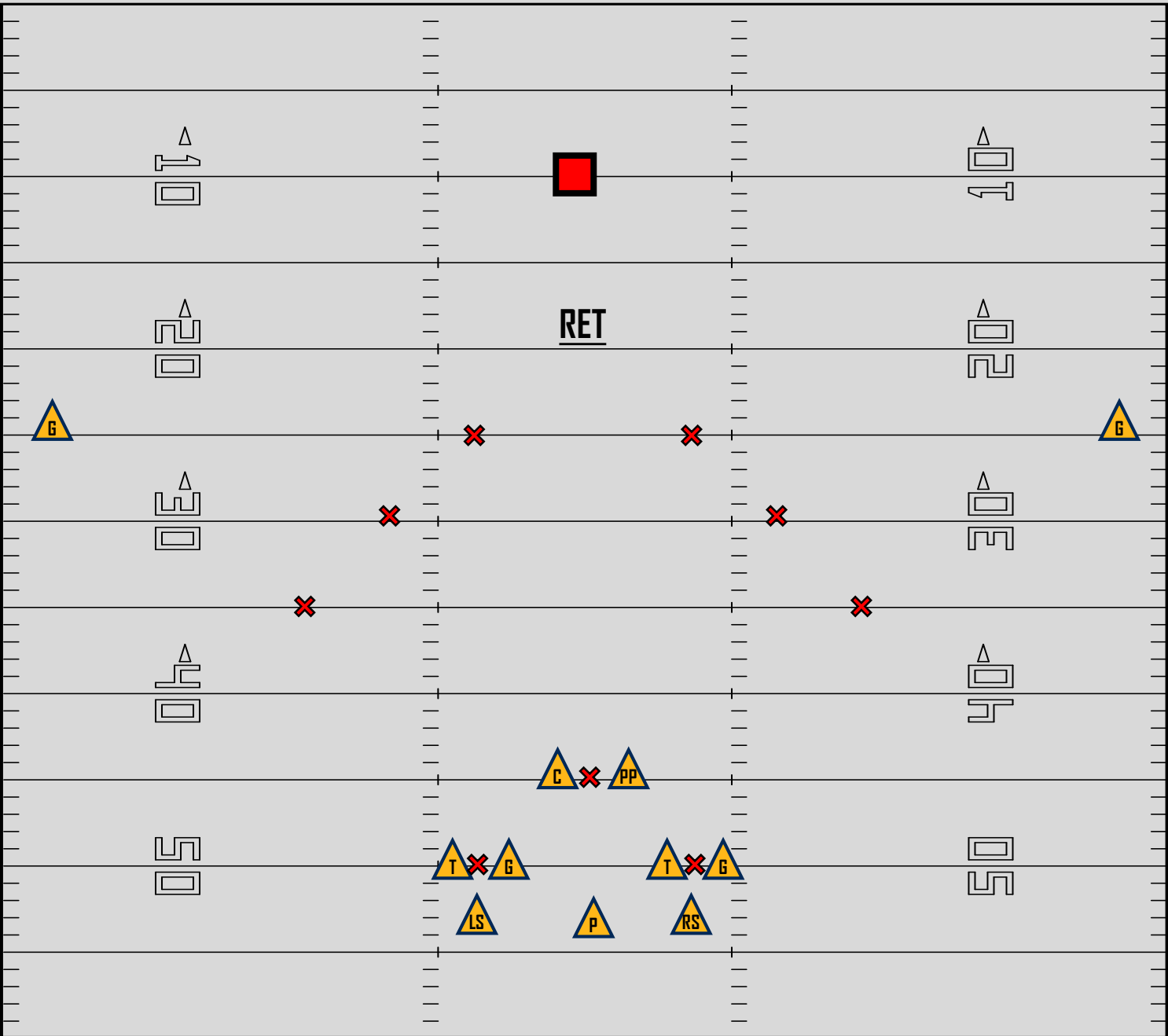
- ALIGN @ 50 LUpRt/MOF/RUpRt

### 1<sup>st</sup> WHISTLE

- Near Foot On Cone
  - Keep Vision on Near Peck of Ret
  - Keep Hips Square Downfield

### 2<sup>ND</sup> WHISTLE

- Returner To - Get Contain
- Returner Away - Track Hip
  - Track Returner & Tag Off



# PUNT COVER DRILL

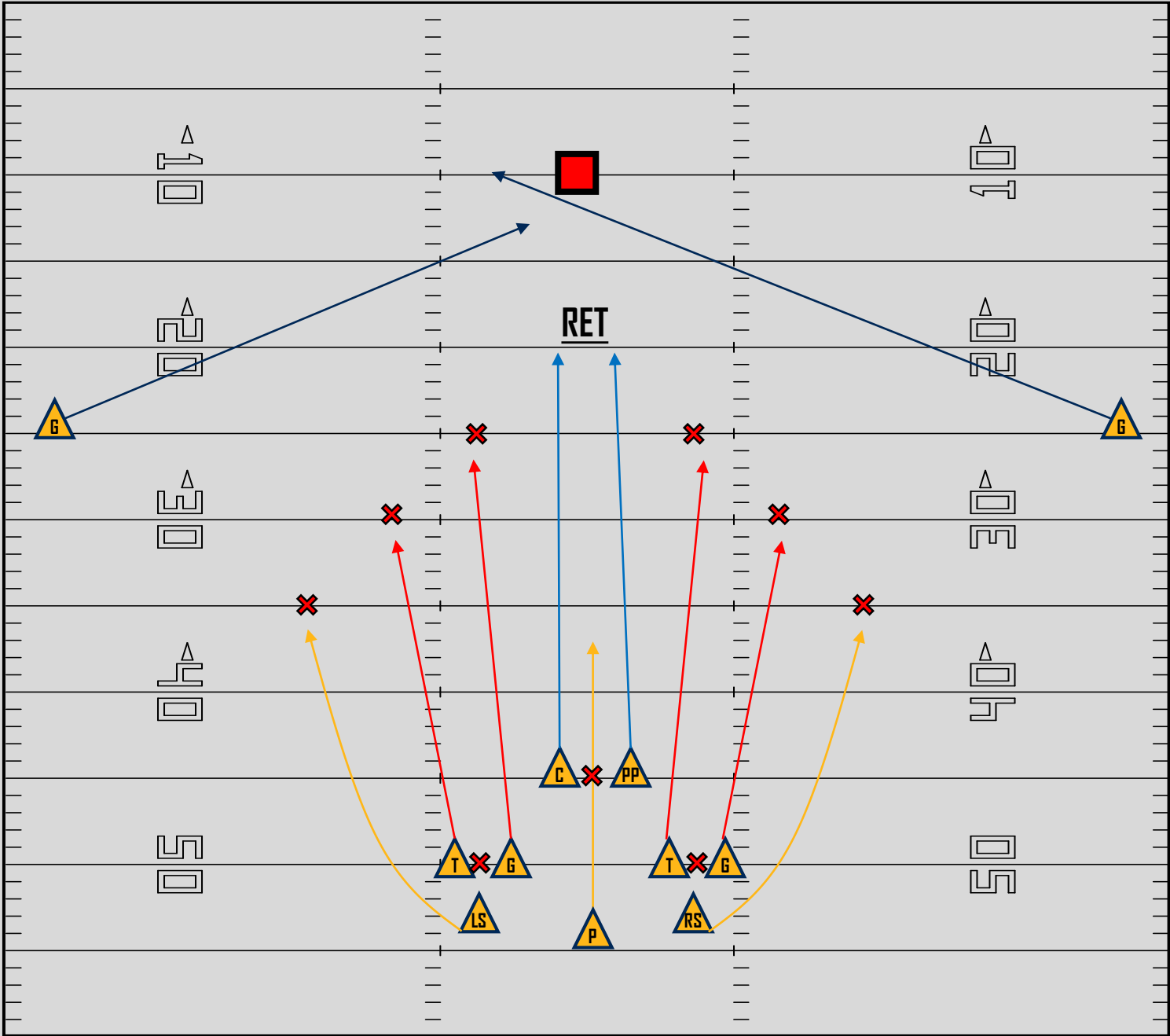
**GUNNERS – ALIGN @ 25 SL**

**PP/C – ALIGN @ 45 MOF**

**PODS – ALIGN @ 50 L/R UpRt**

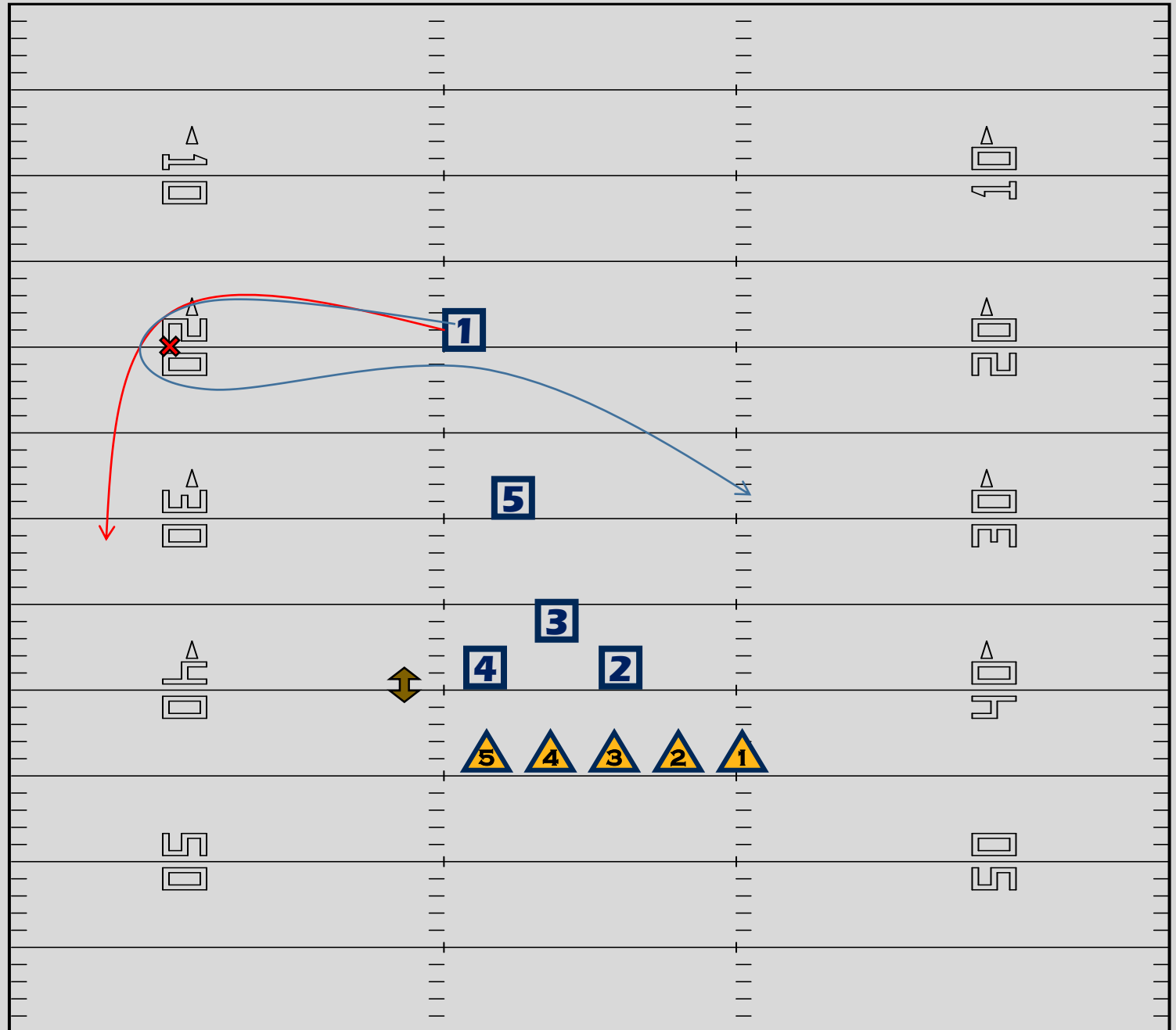
*\*PODS = Tackle/Guard/Shield*

**PUNT – ALIGN @ -45 MOF**



# KICKOFF COMPETE

## 5 on 5 BACKSIDE



# KOC PRACTICE

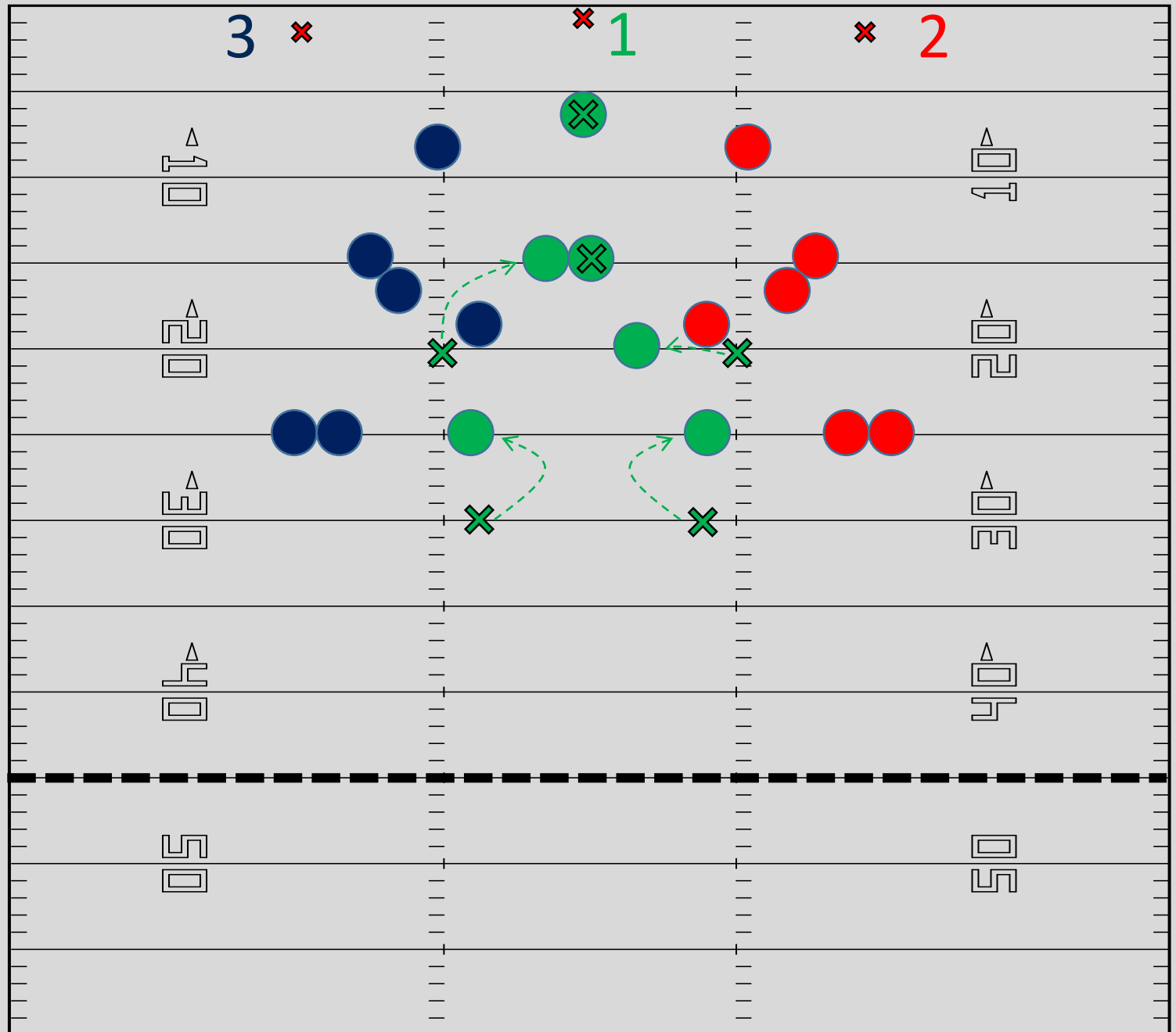
## SLIPS

- FAST - 1<sup>ST</sup> @ 30 YL
- FIT - 2<sup>ND</sup> @ 30 YL

\* 5 across 45 YL - works 5 yards X 5 yards @ angle timing with kickoff.

## FITS

1. MIDDLE
2. RIGHT
3. LEFT





# KOC PRACTICE

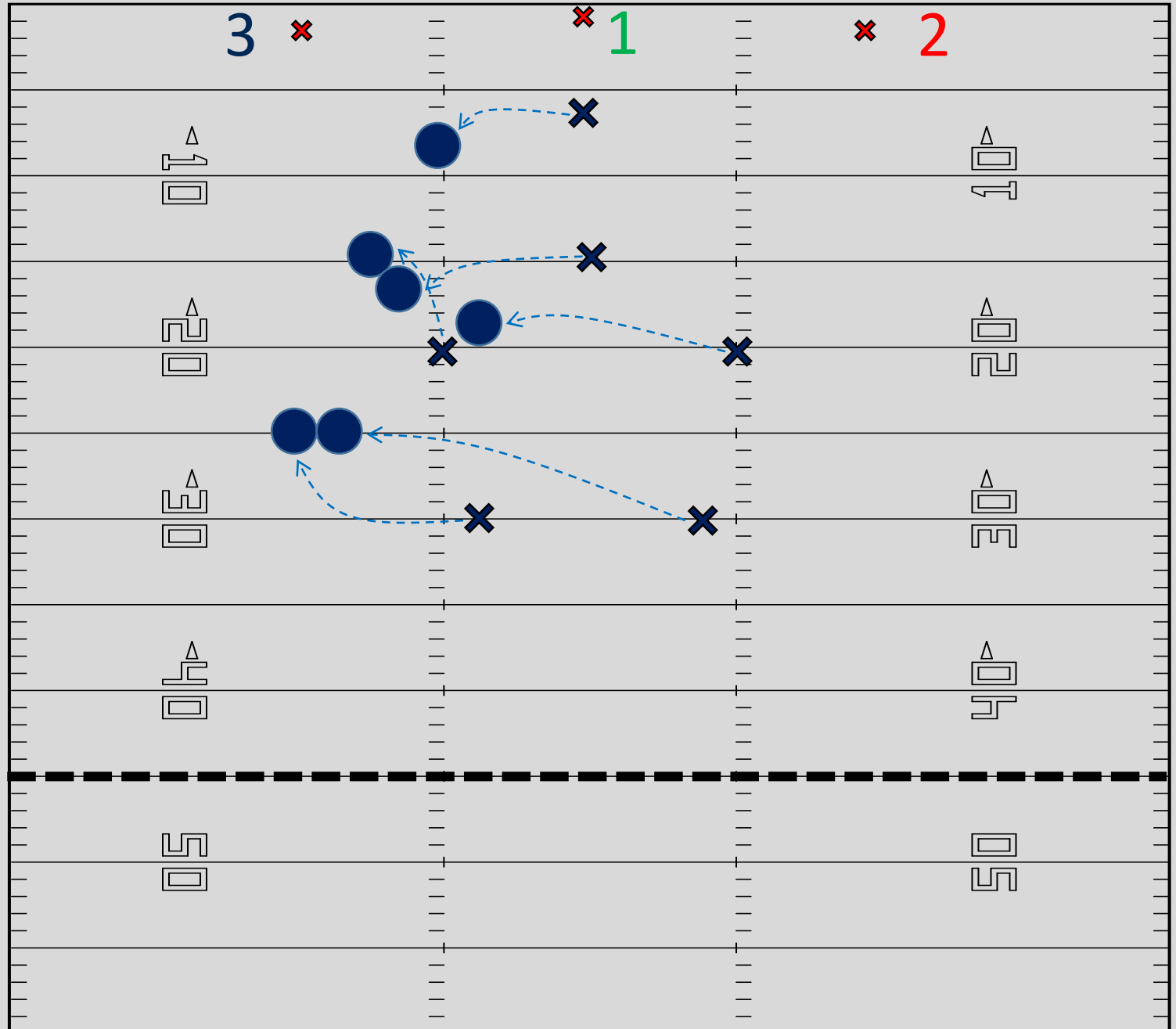
## SLIPS

- FAST - 1<sup>ST</sup> @ 30 YL
- FIT - 2<sup>ND</sup> @ 30 YL

\* 5 across 45 YL - works 5 yards X 5 yards @ angle timing with kickoff.

## FITS

1. MIDDLE
2. RIGHT
3. LEFT



# PUNT COVER DRILL

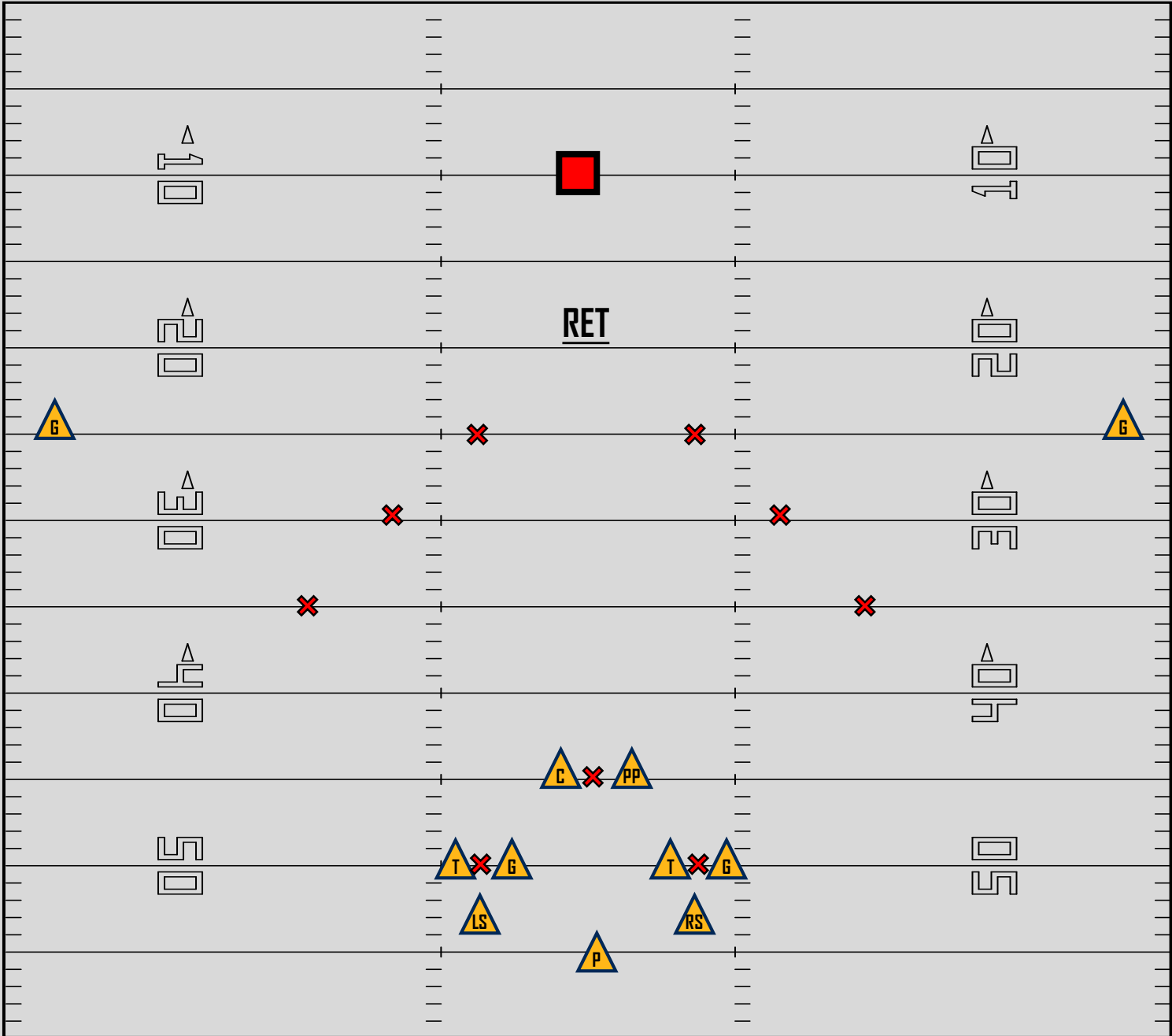
**GUNNERS – ALIGN @ 25 SL**

**PP/C – ALIGN @ 45 MOF**

**PODS – ALIGN @ 50 L/R UpRt**

*\*PODS = Tackle/Guard/Shield*

**PUNT – ALIGN @ -40 MOF**

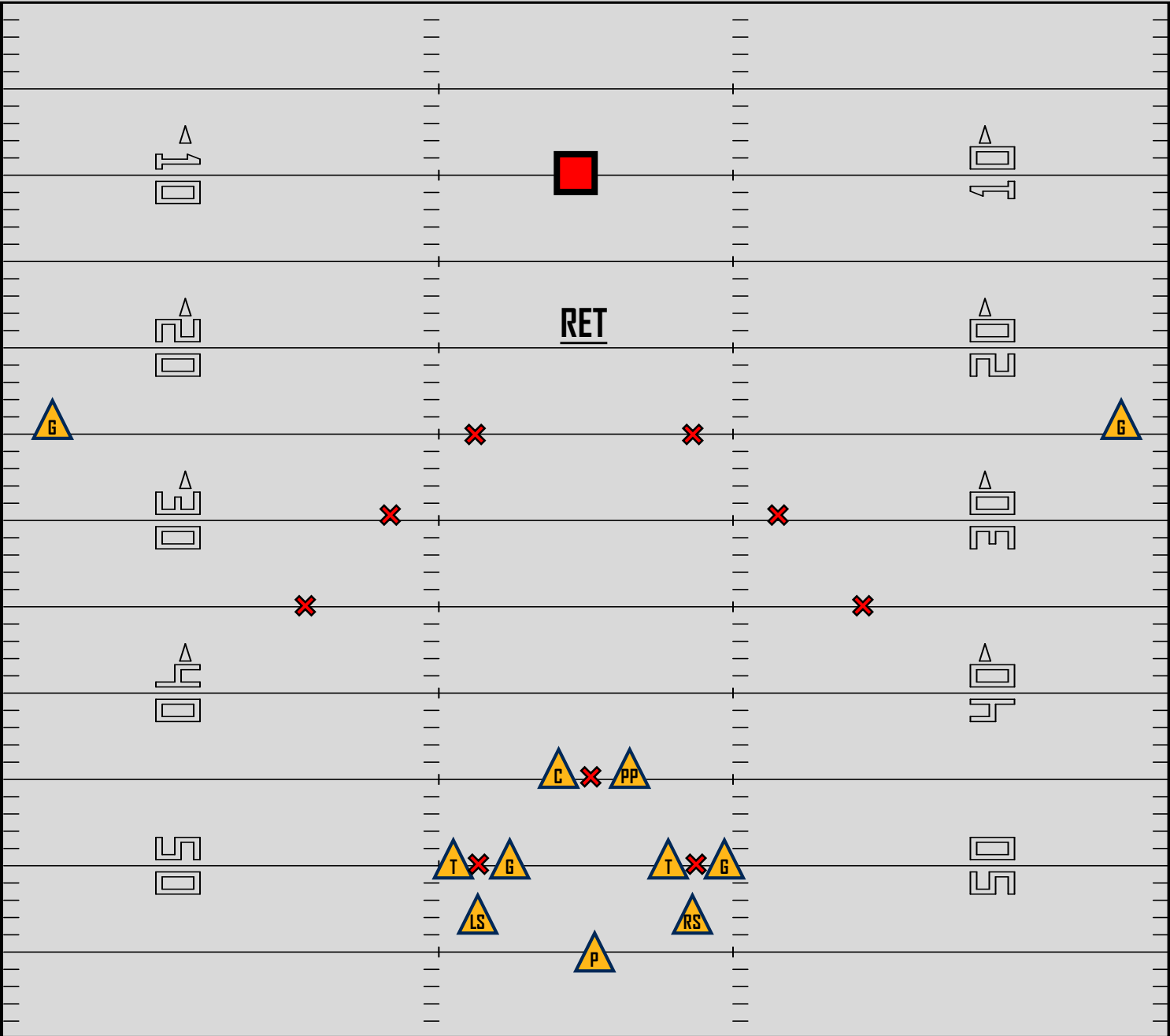


# UNC

# PUNT COVER DRILL

## GUNNERS

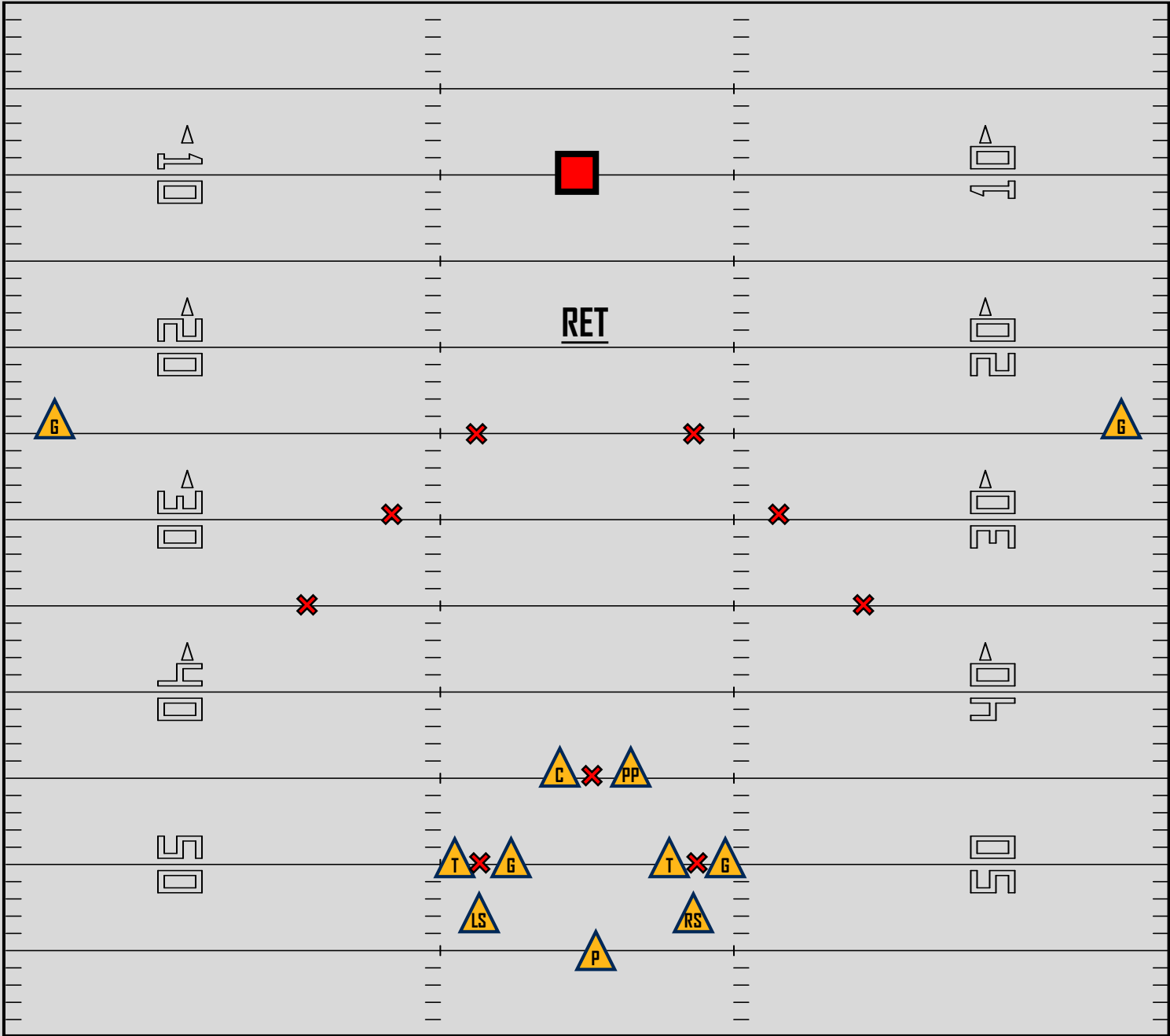
- ALIGN @ 25 SL
- 1<sup>ST</sup> WHISTLE
  - 1<sup>st</sup> Gun
    - Cross Face of Bag
  - 2<sup>nd</sup> Gun
    - Near Foot & Come to Balance
    - Form Tackle Bag
- Communication
  - Know Who is 1<sup>st</sup> Gun, and Who is 2<sup>nd</sup> Gun



# PUNT COVER DRILL

## PP/C

- ALIGN @ 45 MOF
- 1st WHISTLE
  - Near Foot & Tag Off Returner
    - Keep Vision on the Near Hip of the Returner



UNC

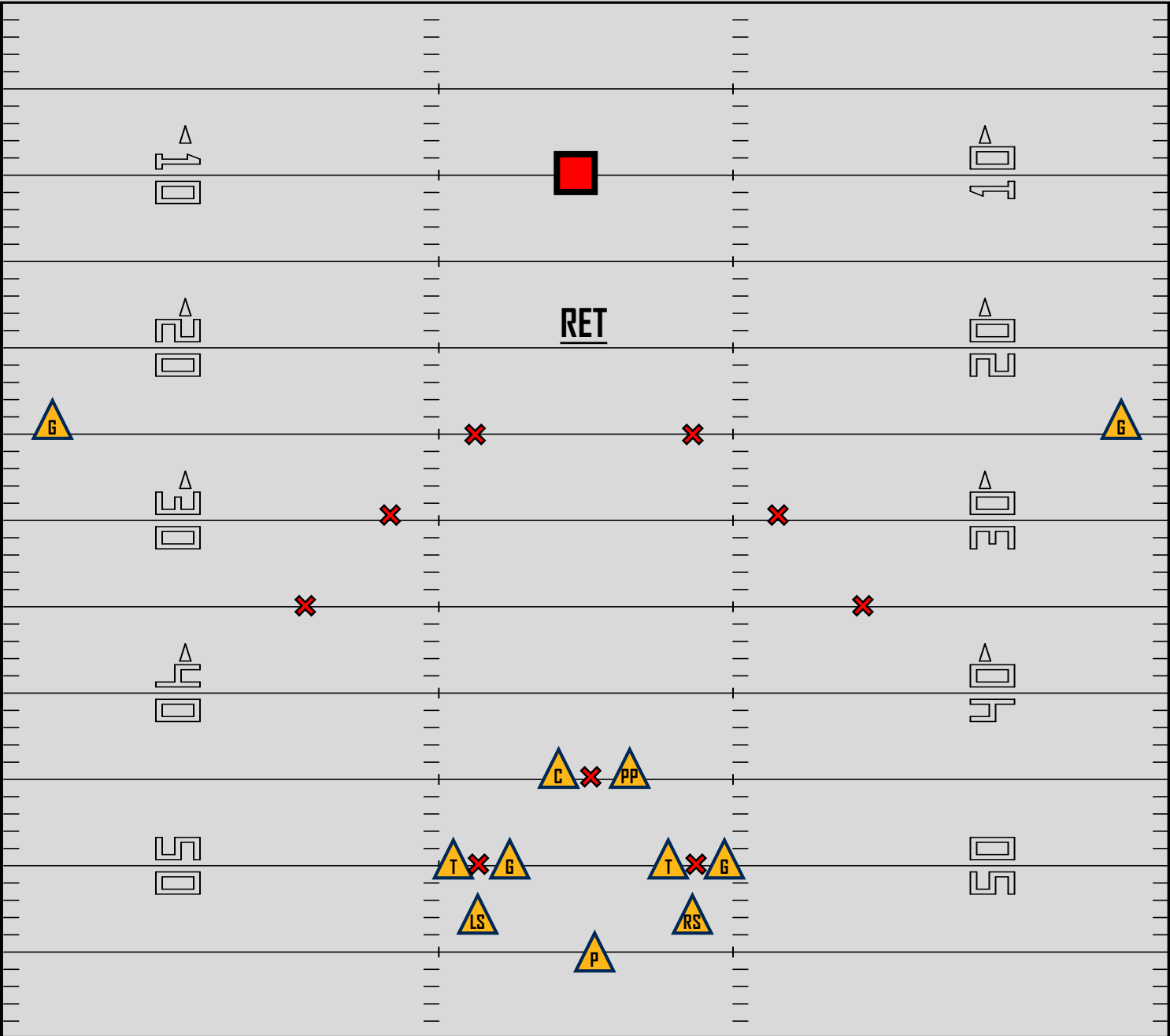
# PUNT COVER DRILL

## G/T

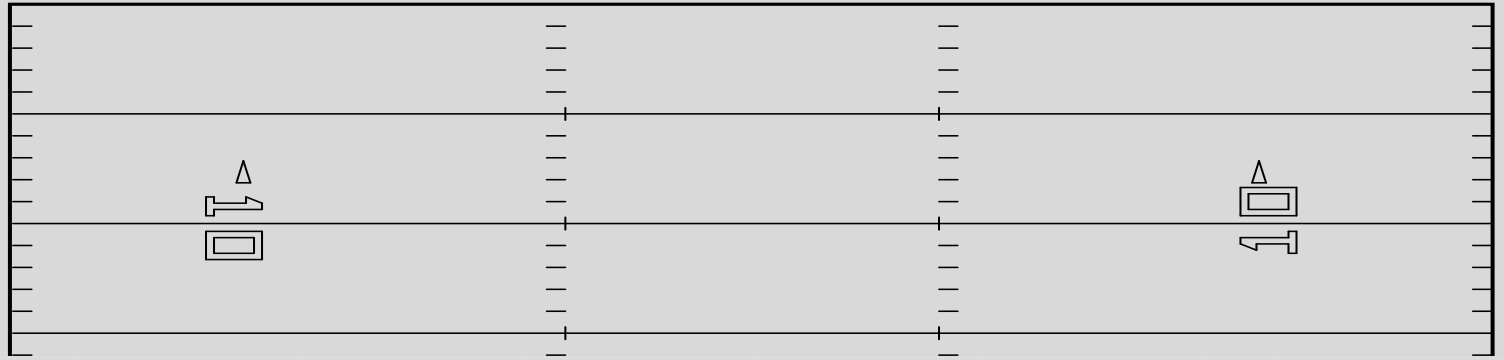
- ALIGN @ 50 L/R UpRt
- 1<sup>st</sup> WHISTLE
- Near Foot On Cone
    - Keep Vision on Near Peck of Ret
    - Keep Hips Square Downfield

## 2<sup>ND</sup> WHISTLE

- Returner To - Get to the Level
- Returner Away - Chase Hip
  - Tag Off on Ret



# COVERAGE DEPTH

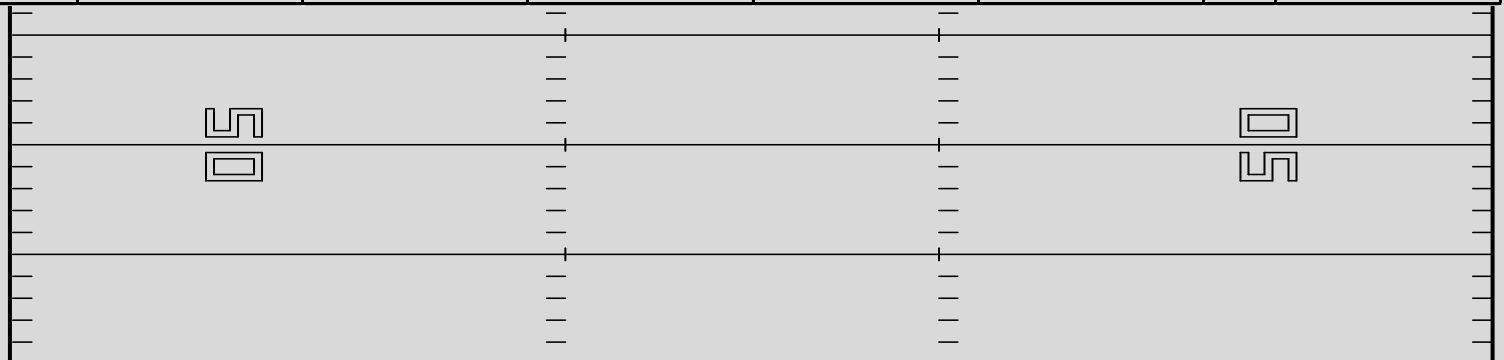


## PUNT

	<u>LS</u>	<u>RS</u>	<u>PP</u>		<u>LT</u>	<u>LG</u>	<u>C</u>	<u>RG</u>	<u>RT</u>	<u>PUNTER</u>		<u>GUN</u>
1	BIGGS	GRAHAM	SANDERS		VERNA	D ANDERSON	BOBENMOY ER	KANE	MILLER	KNIPP		WALKER
2	SAMAD	QUINN	LITREL		RIDDLE	BOY D	VILLA	REID	NELSON	FALLOON		CAMERON
3	WILLIAMS	RAND T	LITREL		FORWARD	VILLA	BOBENMOY ER	COMBS	SID T			FAIRMAN
												RJ
												P STEPHENS
												DADA

## KOC

	<u>1</u>	<u>2</u>	<u>3</u>		<u>4</u>	<u>L5</u>	<u>R5</u>	<u>4</u>	<u>3</u>	<u>2</u>		<u>1</u>
1	TTIME	WALKER	NEWSOM		BOOBIE	D ANDERSON	QUINN	DEGGS	BLOY ER	CAMERON		WESLEY
2	RUSSEL	MILLER	VILLA		KANE	BERK	LITREL	BOY D	NELSON	FAIRMAN		RJ
3	ONIC	FORWARD	REID		VERNA	SAMAD	BIGGS	SID T	BOBENMOY ER	DADA		P STEPHENS



# KICKOFF COMPETE

5 on 3

1 & 2 Release when R passes 25 YL

