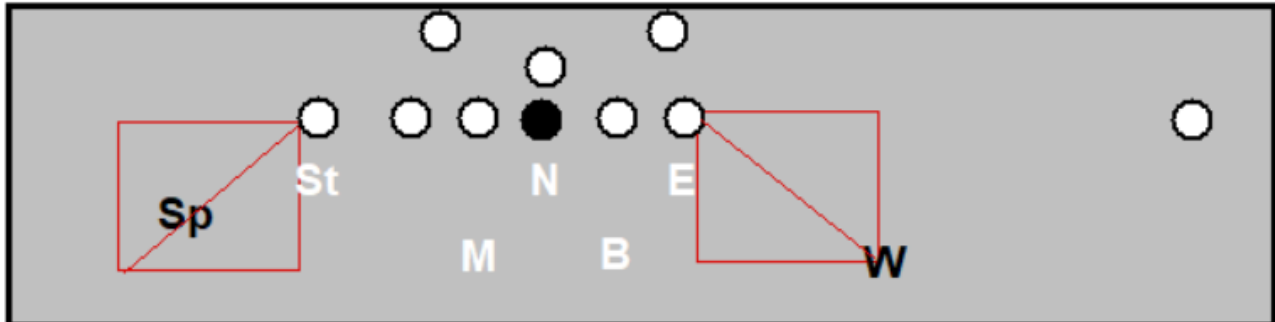


HYBRID-SAFETY ASSIGNMENTS

Squeeze the Window



STANCE

Inside foot back, tilted 45 degrees towards the QB

ALIGNMENT

Move along the diagonal. Closer to LOS as pass threats disappear

ASSIGNMENT

RUN: Contain. Squeeze the window that the RB can run up into.

Has pitch man on option

PASS: Flat-wheel defender. Re-Route #2 and pattern read #1

TECHNIQUE

Take all blocks on with inside shoulder.

Do not let any runners outside you. Funnel it back inside.

PASS drop is tough because back is to the QB.

RUN READ

EMOL reach blocks: Get 1-2 yds across the LOS and squeeze the window

EMOL pulls away: "Stack & Stay" on top of DE looking for counter-boot-reverse

EMOL base block: Flow Away = Stack & Stay

Flow To = Squeeze the Window

EMOL inside release to LB: Flow Away = Stack & Stay

Flow To = Squeeze the Window

PASS READ

EMOL pass blocks:

vs Pro or Single: Turn & drop to top of numbers, 10yds from LOS.

vs Twins: Re-Route #2 inside receiver

vs Trips: Buzz feet with eyes on #1 and #2.

If #1 WR hitch: sprint towards him;

If #2 runs out: Go with him to Flats

If #1 slants: Sit QB eye of sight

If #2 slants inside: Drop to #1

If #1 runs vertical, keep dropping until #2 breaks out.

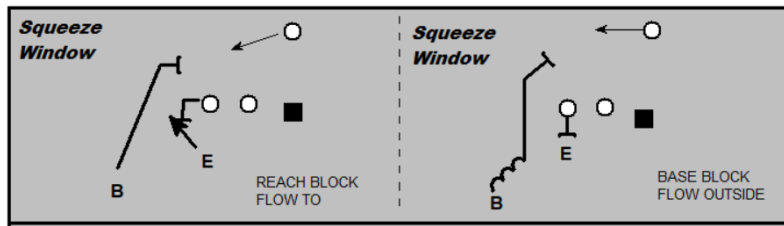
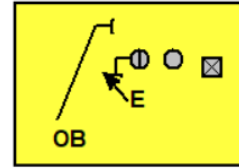
The reason we want OLB wide in 4x4 instead of 2x2 is angles. The closer you get to the box, harder it is to contain. Also, edge SMOKE blitzes come at angle. When blitzing an OLB from a 2x2 alignment, they are going to run upfield first and then “turn the corner” to get to the QB.

Run Defense With 1 WR On Their Side.

This puts them in a 2x2/3x3 alignment off the Tackle or Tight End.

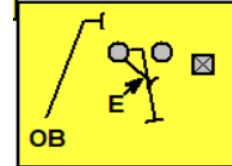
1. Contain vs sweeps/toss/Jet Sweep:

- The initial read should be End Man on Line of Scrimmage (EMOL) is a reach step. After getting this initial read, eyes snap to backfield to see full flow coming at you.
- “Set the Boundary”: Attack LOS but never go more than 2yds across unless you are sure you can make the tackle. If RB gets outside you, you WILL COME OUT. This is non-negotiable. Turn it back inside.
- Take on all lead blockers with your inside shoulder. Cut blockers in half. Do not try to go around...”ripping” through blockers sideline shoulder is OK if RB is trying to get outside.



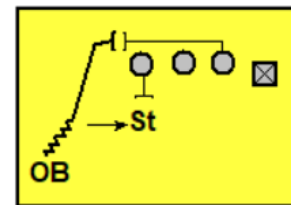
2. Option At You:

- The initial read should be EMOL releasing inside. End is squeezing down hard. Flow at you.
- This ASSIGNMENT is same as “Set the Boundary”, however there is no lead blocker, just a pitch man.
- The TECHNIQUE is to slow play the QB. Come at him to get him to make a decision early, but keeping an angle so that if he pitches it you can get the pitch man without the pitch man getting around you.



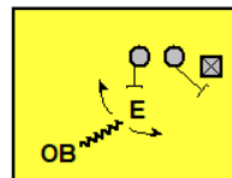
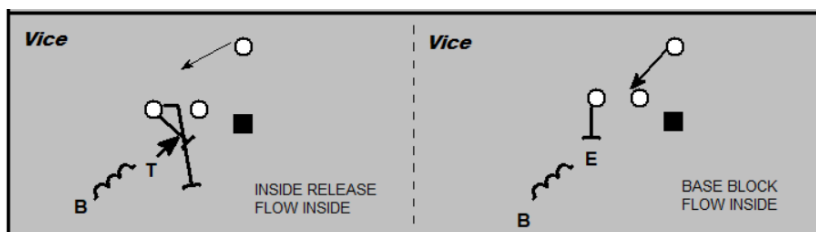
3. The Contain on the Edge vs off tackle:

- The initial read is EMOL is a base blocking. Might get pulling G trying to kick out. Flow coming at you.
- “Squeeze the Window”: Attack LOS while coming towards the RB. Don’t come upfield & give the RB a window to cut up into & then bounce.
- Take Lead Blockers on with inside shoulder. Match their angle...if you drew a straight line between you & the blocker, then travel on that line full speed with the intent of knocking the blocker back into the RB.
- You cannot commit inside or cross face the blocker until the RB has 100% cut up. When you get the RB to cutup, the ILB & F will probably make the tackle.



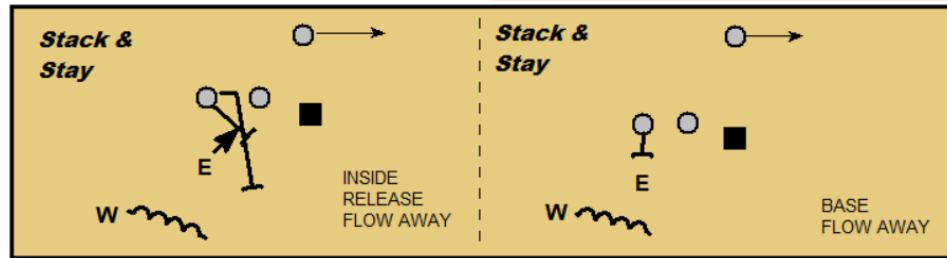
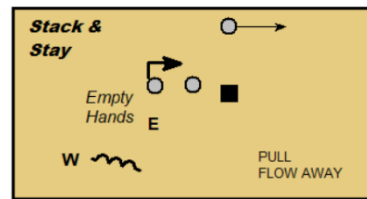
4. Fold Inside vs Belly type plays to their side:

- The initial read should be EMOL is a blocking End out. Backfield flow inside the tackle.
- “VICE”: Sit at a 1x1 off the DE hip. You cannot commit to the TB/FB inside because the QB can pull & run around the edge. When you see QB “empty hands” then go full force for the tackle in the b-gap.



5. CBR (Counter-Boot-Reverse) on **flow away**:

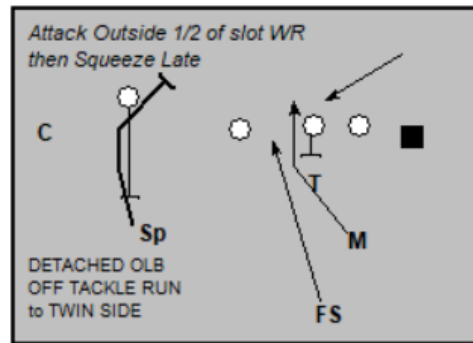
- Initial read is EMOL with backfield flow away.
- “**STACK & STAY**”: Stack 5yds behind the DE. Find WR/Wing on opposite side of formation. Look for pulling OL from other side. Make sure QB has “empty hands” on his boot path.
- Backside OLB and DE are the only players responsible for CBR. The other 9 players pursue flow.



Run Defense With 2 WR On Their Side.

4x1 on the #2 slot receiver in Cover 3 and 4 so that we can VIOLENTLY re-route vs pass. Split the difference between EMOL and #2 WR in cover 5.

But they still have all the run responsibilities previously mentioned from a landmark that is farther away.



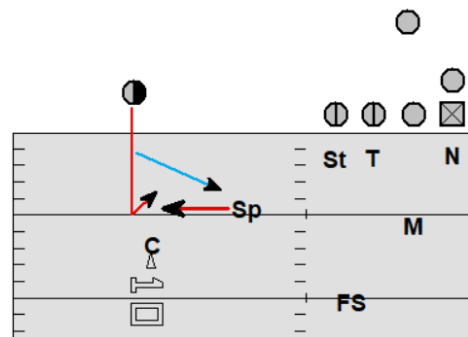
Pass Defense With 1 WR On Their Side.

1. **PLAY ACTION.** EMOL run blocks. Backfield is play action faking.

- If the playside Tackle/Guard really sell their run blocks, then you have to honor the run. A give away might be back coming out of backfield. Film study is crucial here.

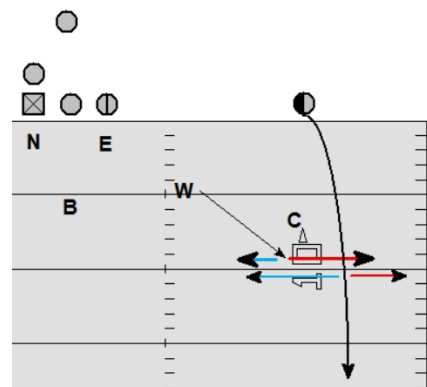
2. **QUICK PASS:** EMOL fires out. QB in 1-3 step drop.

- “**Find #1**”. Turn and get eyes on #1 WR while understanding that your landmark is 10yds deep, top of numbers. The #1 WR route will 99% of the time stop you from reaching this landmark.
- **QUICK/HITCH:** run at him. Do not look for ball. Separate him from ball when you arrive. “Show up with a headache”
- **SLANT:** sit on slant route & find QB. Think of yourself as a soccer goalie getting in the line of sight between QB & WR.
- **FADE:** head on a swivel. Continue dropping, but looking for RB/TE out of backfield.



3. **DROP BACK PASS:** EMOL pass drops. QB in 3-5 step drop.

- “**Find #1**”. Turn and get eyes on #1 WR while understanding that your landmark is 10yds deep, top of numbers. The #1 WR route will determine the actual drop.
- **OUT:** get under the man so the QB has to throw over.
- **IN:** Dig/Curl. If there is a #2 threat from a TE or RB, pass it off to ILB...otherwise sit underneath the Dig/Curl. “Squeeze the Zone” if nobody is in your zone (flats)
- **DEEP:** Continue dropping, but looking for RB/TE out of backfield.



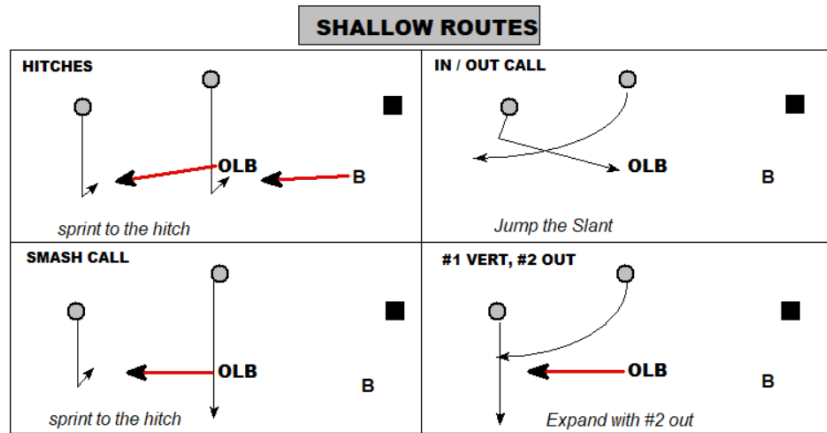
4. **SPRINT OUT PASS:** EMOL reach blocks. Drop to flats. ILB has the QB.

Pass Defense With 2 WR On Their Side.

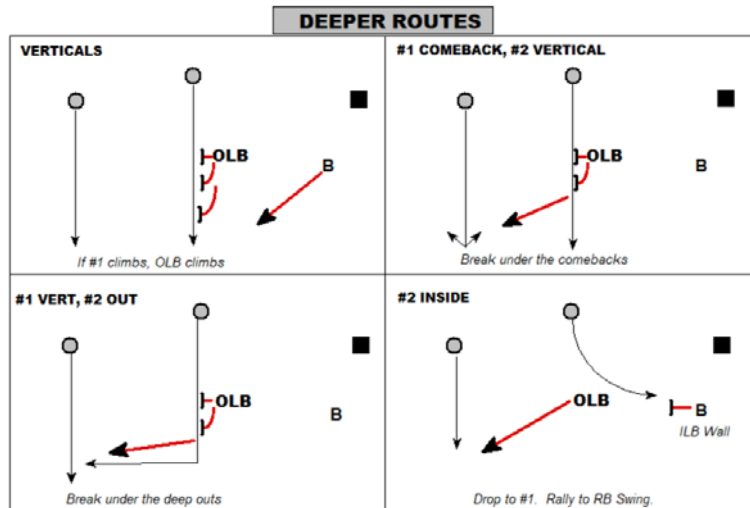
OLB is in a 4x1 re-route alignment in Cover 3 and 4. Split the difference between EMOL and #2 WR in cover 5.

- If EMOL/QB gives pass read, turn all attention to the #2 slot receiver. He has to come to you. Do not attack or lunge. If #2 WR gets to you (4-5 yds), then the goal is to put him on the ground or out of bounds.

1. **PLAY ACTION.** EMOL run blocks. Backfield is play action faking.
 - If the playside Tackle/Guard really sell their run blocks, then you have to honor the run. A give away might be back coming out of backfield. Film study is crucial here.
2. #2 breaks inside underneath 4 yards.
 - “Find #1”. Follow same rules as 1-WR. A #2 shallow route inside is ILB problem. However, be an athlete & break on ball if QB has quick release.
3. #2 breaks outside underneath 4 yards:
 - “**FLATS**”. Break out with #2 receiver but stay on top of him with a 2yd cushion.
 - Don’t be a “**HUGGER**” because of wheel and your flat zone extends 10yds deep. Break on “palm off”
 - If you get an “IN” call by CB, then sit on slant by #1 while CB jumps the out by #2.



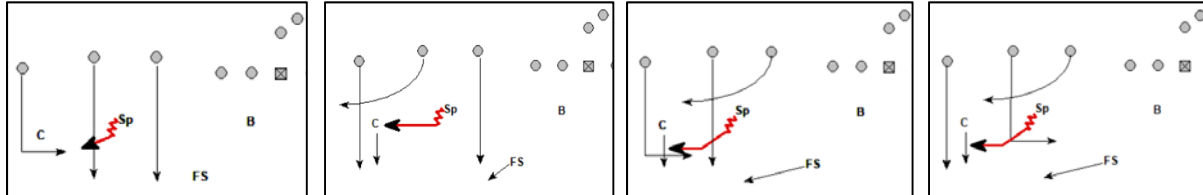
4. #2 gets to your 4yd landmark: violent re-route.
 - “**EYES ON #1, HANDS ON #2**”. If either one stops in the flats (hitch by #1 or breaks out) disengage from re-route and sprint to the threat in the flats.
 - If #1 breaks in on deep dig/curl...you should sit on it but make sure CB gives you an “IN” call so you know CB/F have #2 deep.
 - If both continue vertical (post/seam/fade) stay inside of #2 so the QB has to throw it over you, giving FS time to get there. Also have CB help on 2-verts because CB is closer to #2 than #1.



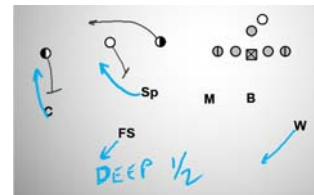
Pass Defense With 3 WR On Their Side.

TRIPS involves no re-routing because you can't cover #3 speed out while re-routing #2. We have a couple of trips calls:

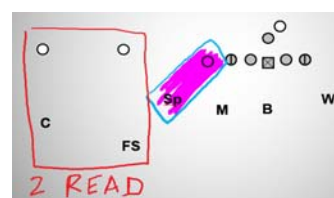
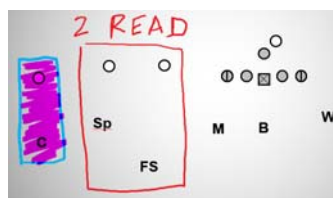
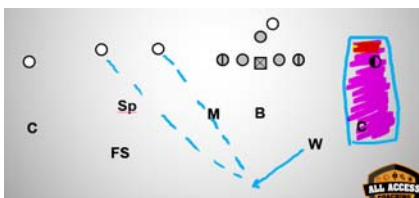
1. **RATTLE:** Traditional $\frac{1}{4}$, $\frac{1}{4}$, $\frac{1}{2}$ vs trips.
 - OLB is Flat-Curl-Seam. Slow backpedal, breaking on any out routes by #1, #2, or #3.
 - Collision #2. Backpedal to 12yds. Deny seam to #2.
 - #1 breaks in: "IN" call from CB with no flat threat from #2 or #3: OLB expand under #1 dig.
 - #3 breaks out: "PUSH" call from F. OLB drop to #1, break on flats
 - #2 breaks out: OLB mirror flat route, over top while staying in seam as long as possible.
 - #2 breaks in: Seam drop. Get #1 dig or break to flats if #3 out (#3 to flats is an "PUSH" call from F)



2. **ROLL:** Trips side CB rolls down to play flats. F, W, & backside CB are deep $\frac{1}{3}$ defenders. Good vs bubbles & perimeter runs to trips side.
 - OLB is Curl-Seam. Sits on digs, inside comebacks. Make QB throw over head on seam routes.



3. **SOLO:** Backside CB plays man v single WR opposite trips. Will OLB drops to deep middle, reading #3. Allows F to read 2 to 1.
 - OLB reads 2 to 1. Cover 2 puts OLB closer to box, splitting #2 & #3 or even getting inside #3. Cover 4 puts Spur OLB in flats
4. **SPECIAL:** Trips side CB plays man vs #1 WR. F & Spur OLB play 2-read off #2 & #3. Will helps backside CB on solo receiver.
5. **SURVIVOR:** Spur plays man on #3 trips receiver. F & CB play 2-read on #1 and #2. Will helps backside CB. Mainly for Trey sets.



RUN STOPPING DRILLS

Stopping the run is crucial for any linebacker. Good run defense starts with good fundamentals. An outside linebacker is given keys to focus on, and it is important that they read them correctly and are in the right position.

Proper pursuit is also important. Using the right technique to shuffle and then sprint when the back makes a cut helps to limit the running game. The pursuit angle is crucial here, which is why that is such a popular drill.

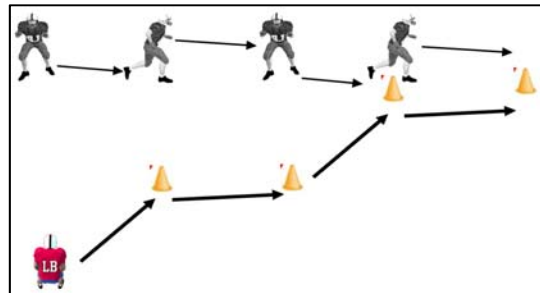
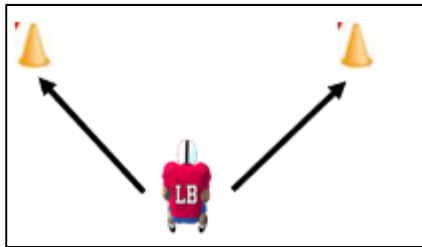
Gap control and block shedding are also important. If given a gap responsibility, the linebacker has to plug that gap so the running back can't get through it. This will most likely require some kind of block shedding to get around or through the offensive lineman, tight end, or lead fullback who is blocking on the play.

Shuffle, Read, Run

The shuffle, read, run drill is designed for the linebacker to use solid fundamentals in the running game. The backer finds the ball, shuffles towards line of scrimmage where the ball is headed, and then sprints towards the ballcarrier when he takes off.

It is very important to remain in a good position and to shuffle, with no crossing over of the feet. Notice in the video below how the athlete is always in a good stance, with his eyes on the ball. He doesn't get his feet tangled up and is able to chase the back down the line of scrimmage.

The linebacker always stays one step behind the running back, so he has the proper angle to make a tackle if the back cuts up the football field. When doing this, it is important to not let the back get any further ahead than necessary.

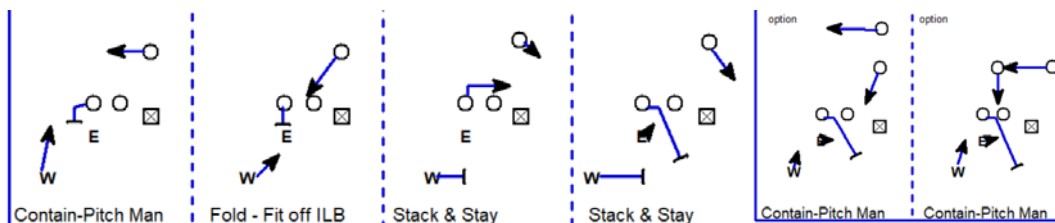


Gaining ground towards the ball carrier while keeping shoulders square to the back. If the defensive player turns his shoulders and the back changes direction you eliminate yourself. Do not cross your feet over each other.

When the RB turns and sprints, the OLB cannot gain ground. Turn and run towards the sideline. The only time to close ground on the RB is when you are shuffling. Stay 1 step behind the ballcarrier.

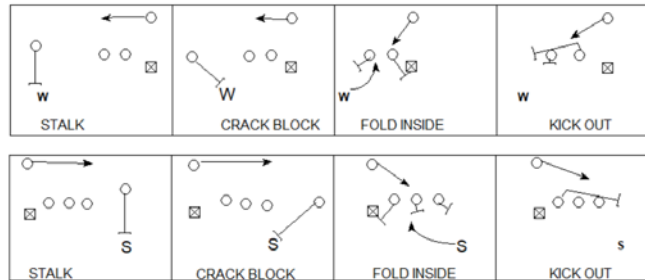
Triangle Reads

Start off with just the Hybrid OLB and an offensive tackle, who does a reach step, inside release, and a pull. Then add a Running Back, and then add a lead blocker.



Block Shedding

Go through all the blocks that has to be defeated.



ReRoute

Start with 1-on-1 partner to teach proper leverage. The nose of the Hybrid should be lined up with the nose of the slot receiver being re-routed. Then have the receiver run 5 yds to the Hybrid. After mastery of re-routing is accomplished, add a #1 receiver who runs hitches, deep outs, and fades.

Pass Coverage Drills

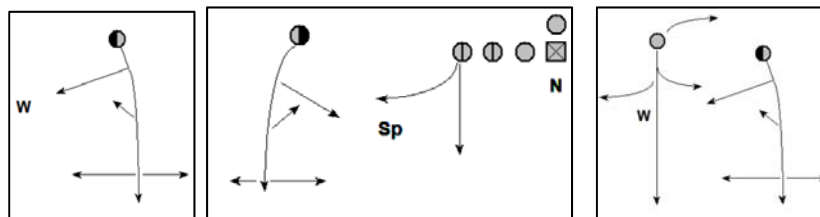
Pass coverage is very important for Hybrids and is challenging because they often have to match up with tight ends, fullbacks, and running backs over the course of a football game. While speed is great, the proper technique is what will allow linebackers to matchup. It is important to use both man and zone outside linebacker drills to work on coverage skills.

Man Coverage

The Hybrid is lined up 5 yards away from the line of scrimmage and is matched up man-to-man with the tight end. The backer is in a good stance, backpedals a couple yards, and sticks on the tight end's hip when he makes a cut. Hybrids will cut under the receivers when getting in phase.

Zone Coverage

Start off by having the Hybrid just drop to #1 receiver, who runs slants, hitches, digs, 10-yd outs, and fades. They have to train themselves to not look back for the ball and let the WR tell them when the ball is in the air. After mastery of angles, then start throwing a ball to #1. Then add a Tight End, and finally add a #2 slot receiver.



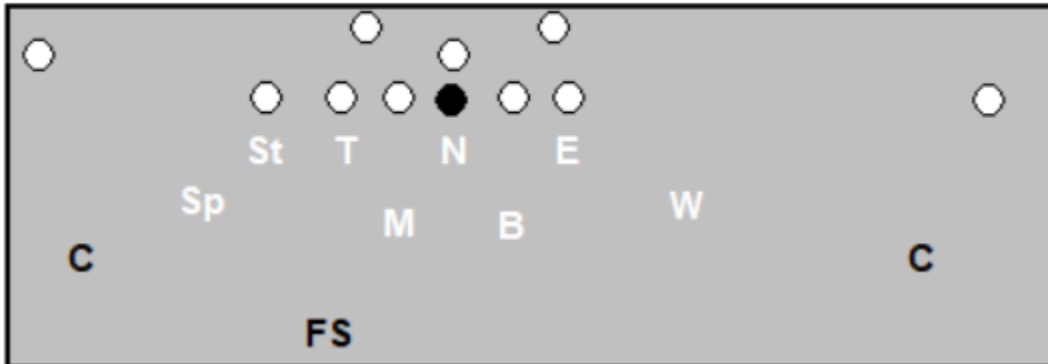
Pass Rushing Drills

Proper technique includes a quick first step, an explosive punch to engage the blocker, and a good mix of speed and power moves to get to the quarterback. It begins with getting around the blocker with zero contact, and then advances to defeating the blocker. They can rip or swim around the blocker. In the outside rush version, the backer will use speed and only make contact with the offensive lineman if necessary. Add a RB to teach PEEL technique.

FALCONS & CORNERS

"Huntin & Robbin"

"Get Beat Deep, Take a Seat"



STANCE

Inside foot back, tilted 45 degrees towards the QB

ALIGNMENT

Move along the diagonal. Closer to LOS as pass threats disappear

ASSIGNMENT

RUN: Contain. Squeeze the window that the RB can run up into.

Has pitch man on option

PASS: Flat-wheel defender. Re-Route #2 and pattern read #1

TECHNIQUE

Take all blocks on with inside shoulder.

Do not let any runners outside you. Funnel it back inside.

PASS drop is tough because back is to the QB.

RUN READ

EMOL reach blocks: Get 1-2 yds across the LOS and squeeze the window

EMOL pulls away: "Stack & Stay" on top of DE looking for counter-boot-reverse

EMOL base block: Flow Away = Stack & Stay

Flow To = Squeeze the Window

EMOL inside release to LB: Flow Away = Stack & Stay

Flow To = Squeeze the Window

PASS READ

EMOL pass blocks (COVER 3 & 4):

vs Pro or Single: 1-dropper....drop to #1 WR

vs Twins: Re-Route #2 inside receiver, eyes on #1.

EMOL pass blocks (COVER 5)

vs Pro or Single: Seam dropper. Hook-Curl

vs Twins: Seam dropper. Hook-Curl

PRE-SNAP PLANNING

Offensive Formation
Field Landmarks (hash, yard line)

Down & Distance
Communication (echo & check)

FALCON

STANCE & READS

Our Falcon stands in a “free throw shooter” stance with both toes even with each other. He “buzzes” his feet while reading the uncovered blocker for his PASS-RUN key. On Runs, he follows the pulling linemen as eyes pop to the backfield to read flow.

On Run: Falcon is the “ADJUSTER”

Our Falcon learns to fit off the INSIDE BACKERS (Mike & Bull), which in a perfect world are outside both of them. However, if the Mike or Bull get blocked, the Falcon has to learn to fit in their place. This is covered extensively in the RUN FIT chapter and taught during group run fit periods.

Robber Reads

We start with the Falcons right in front of each other and run routes at each other. The coach is standing outside the Falcon between the numbers and hash. If the route is anything UNDER 5yds (slant, speed out, bubble), the Falcon stops buzzing his feet, turns and runs toward the coach, who is simulating the #1 receiver. If his partner runs past 5yds, he continues on a fade, post, or corner to 15 yds, letting the Falcon practice getting IN-PHASE (next page).

The next progression is to add a 3rd player to simulate routes by #1, so Falcon learns to drop to the #1 receiver when #2 runs shallow routes. The Falcon is taught to undercut, or get in front of those routes in order to intercept the ball. The Corner is always deeper than the #1 receiver.

The 3rd progression is to have the coach or 3rd player act as the QB. The Falcon’s partner can now run digs or drag routes over the middle between 5 and 15 yards. The Falcon has these routes man-to-man, however, the QB eyes or boot action can trigger the Falcon to not chase the route.

Next, we add the Corner and run 2 vs 2 route combinations, so they learn to communicate.

Cover 3 Deep Middle

Our Falcon has to be very careful to not over commit to one side vs 1-RB sets while in Cover 3, since he is NOT robbing. We teach him to “weave” while in his backpedal. This means he never turns his hips or shoulders towards a receiver as he stays square to the QB. The QB’s eyes and lead shoulder can get him to “weave” his backpedal in that direction, but he cannot open his hips and commit until the QB takes his palm off the ball and brings his arm over in a full throwing motion. We teach our younger players to not break or commit until the ball leaves the QB hands, but our more experienced players learn to break slightly earlier as they can tell the difference between an actual throw and a pump fake.

CORNERS break on palm off but FALCONS break on palm off and arm movement.

CORNERS

STANCE PROGRESSION

- Outside foot forward, toe-to-heel relationship
- 70% of weight on inside foot. Toes slightly inside, pigeon toe.
- Flat back, chest up. Chest over our knees
- Eyes are always up.

Read Steps

Everything starts with two READ STEPS. The Corners shuffle backwards, sliding their cleats on the grass until the uncovered linemen gives them a RUN-PASS read. A pass block puts them into a backpedal.

Do not start backpedal until they master the Read Steps

DB 1st Day Fundamentals

Start

Read Step:
Slow, Recognizing Play
Smooth Pedal



Alignment

Inside Shade
Outside Foot on WR
inside foot
Outside Shade:
inside foot splitting WR
down the middle

Stance

Base (Press):
Feet Even
Flat Back
Hands Up
Loose
Speed (Off):
Foot to Instep

Training the EYES to key the HIPS

BACKPEDAL

Essentially teaching them to run backwards. Going to transition on the ball or stem to a different position. Every player needs to know how to come forward out of their backpedal.

- Lift backfield foot slightly off the ground, push off upfield foot.
- Stay low in the backpedal.
- We are not moving arm violently or taking huge steps.
- Move slowly since there is space between the CB and the WR. Don't have to fly out of there.

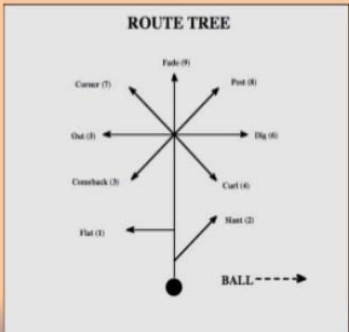
STEM. Weave, or changing the leverage while still backpedaling. Keep shoulders square.

TRANSITION: Going from backwards to forwards or sideways. Start with just getting them to understand how to plant the drive foot in the ground to push off and come forward.

“PLANT, PICKUP, ROLLOVER”

Plant foot that is in opposite direction of where the ball is.

1. COME FORWARD: Plant & Drive off the outside foot to come forward. No false step.
2. SLANT or OUT in front of CB, at an angle: 45⁰ angle
3. SQUARE OUT or DIG: 90⁰ angle.
4. POST or CORNER. Deep 45⁰ angle cuts.



» **Pedal to Transition**

- > Smooth, Quick Feet
- > Gain ground with short steps
- > Plant using your WHOLE FOOT
- > Use your toe as a compass
- > SMOOTH before FAST

» **Drills**

- > Route Tree Breaks (45,90,180)
 - Slow Pedal to Fast
 - Reacting off HIP MOVEMENT
- > Stop & Go
 - Eyes on Hips, Hand on Hip
 - Front Shoulder to Back Shoulder
 - Breaking as the WR breaks
- > Flip Drill
 - Opening Hips in Transition
 - Locating Ball in & Out of breaks

Speed Turns

Speed turns. Have to break hips and get over top of the Post Corner routes
 Take inside arm, violently throw it behind us to turn the hips.
 This turn creates space between DB and WR.

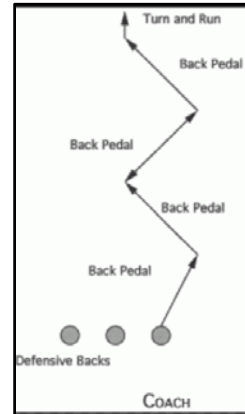
HIP FLIPS: While going straight back, flip the hips 180° .

Need this vs vertical routes.

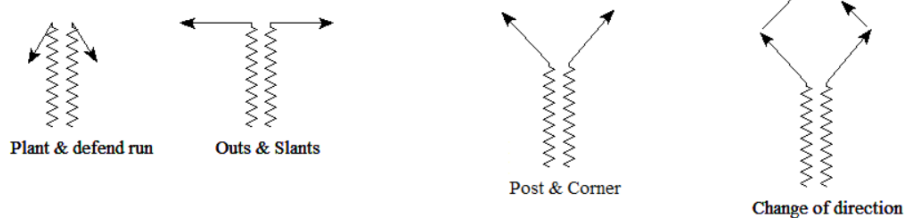
Drive the knee over the other leg so back is to LOS.

Push off the foot that is opposite the WR.

The knee on the same leg as the foot you pushed off is the drive knee.



BACKPEDAL PROGRESSION (progress to rcvr in front of DB)



On every drill, DB should read high hat/low hat while in shuffle. Yell "Pass" on break; "Ball" when coach throws ball. Coach should throw high balls, line drives, and bad balls...DB practices going after the football.

Can also put pop-up dummies or actual receiver in a stationary position so DB can simulate breaking up the pass

MAN-TO-MAN TECHNIQUES

Every coverage ends up in man-to-man. When a CB has to guard a WR, he can turn one of two ways when getting out of his backpedal: A ZONE TURN is when the CB turns into the QB and reads his actions. A MAN TURN is when the CB turns into the WR, taking his eyes off the QB.

- Our CB Zone Turn anytime there are twins or trips to their side.
- Our CB Man Turn when there is one WR (single) to their side.

We start our teaching of man-to-man techniques from the press technique because that is easier to teach. The Corners outside foot splits the WR crotch to take inside leverage away. If he wants to go inside, punch his V-neck with your inside hand to slow his path and then punch with outside hand to open your hips, forcing him laterally down the line.

If the WR takes an outside release, punch the V-neck with outside hand and then punch with inside hand to open up CB hips. Eyes are on the WR belt, because the WR will have to sink his hips before he makes a break.

Getting IN-PHASE

Once the CB is guarding a receiver, we would like him HIP TO HIP, slightly behind the WR, close enough to get their hand to the receiver's hip while still maintaining a slight bend in the elbow. The CB can make a play on the BALL when he is IN-PHASE.

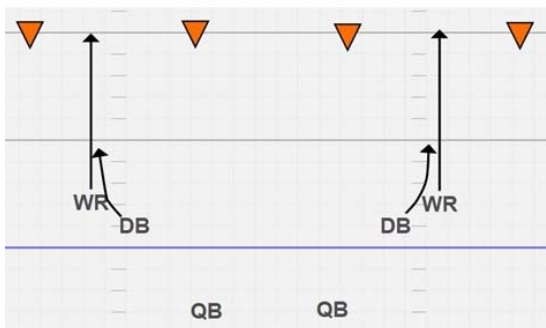
On the other hand, we will define being out-of-phase as the defender not being in position to make a play on the ball. This means the defender will need to **play the receiver's hands** instead.



There are a million DB drills out there, but the key is the progression used to teach the techniques, as well as the players understanding the “why” behind each technique. Teaching a technique is one thing, but without teaching the student-athlete the “why,” we are not truly helping that individual become a better player.

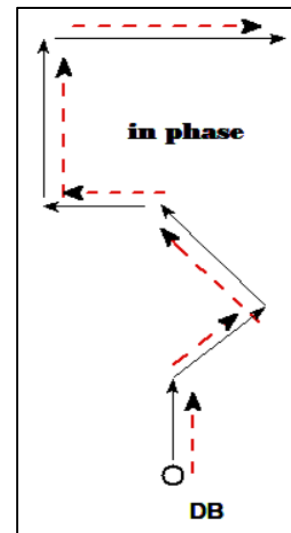
TEACHING PROGRESSION

Start by teaching the correct body position and posture, simulating perfect positioning against a receiver downfield. We will start out by jogging and will not use a football. The defender will start in-phase with the receiver and on the whistle, both players will jog at 60-75% speed.



Notice the CB is never between the ball & the receiver. Since our Falcon is a hunter, our CB never let a man get behind them.

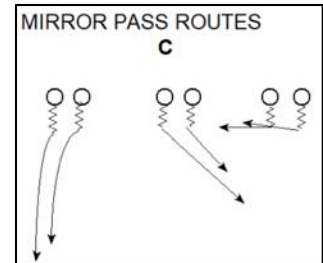
The defender should lean, or “wedge”, into the receiver. The body lean from the defender needs to be strong enough to force some movement from the receiver, hopefully forcing the receiver off his route and either towards the sideline or towards the defenders help.



Mirror Breaks

This drill simulates an in or out breaking route with a vertical release. The defender and receiver will still start in phase. The defender must remain IN-PHASE during all breaks from the receiver. The receiver is free to break in or out on their 2nd or 3rd break or continue on a vertical route. As a defender, we must focus on:

1. No Wasted movements- Defender cannot pop up & down as receiver makes breaks
2. Do not get in front of the receiver.
3. Cannot be too tall
4. Hand Transition – If receiver breaks out, defender needs to transition to his upfield hand on WR’s hip and playing ball w/ downfield hand



Being OUT-OF-PHASE

This teaches the defender what to do when at a disadvantage.

Standing Disadvantage

This drill emphasizes the importance of our defender’s hands and eyes. This can be done separately, or on the sideline while players are waiting for reps. Defender & WR are standing still with defender in-phase with the receiver, focused on the receiver’s hands.

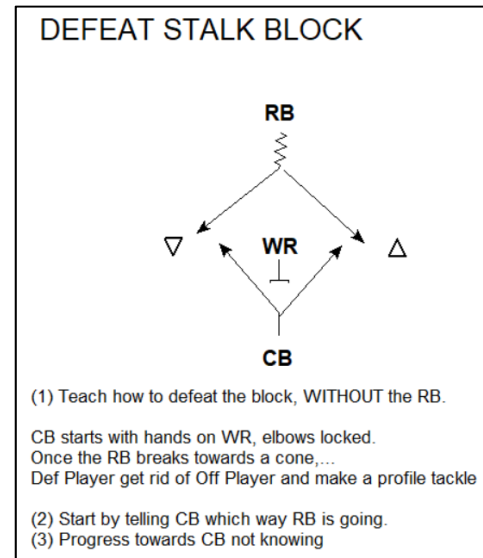
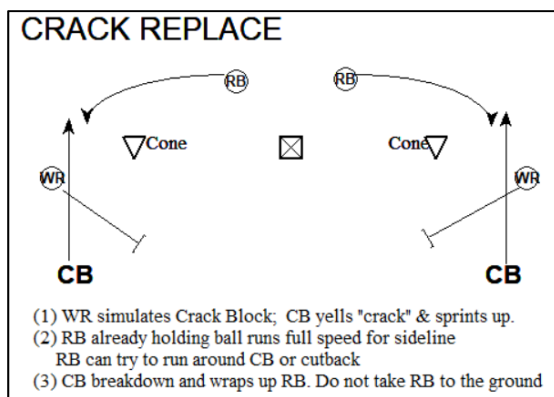
The defender’s outside hand should be on the inside hip of the receiver. When the receiver flashes his hands to simulate going up for a ball, the defender maintains hip contact with the outside hand, while reaching across the receiver’s near arm, aiming for the wrist nearest the defender, trying to pin it to the receiver’s hip. Progress to doing this while jogging, and then sprinting.

Race to Hip

WR starts 5-10 yards ahead of the defender. At the whistle, the receiver starts jogging while the defender sprints to get back in-phase. Do NOT look back for the ball when you are beat! As we close ground, our eyes now shift to the receiver’s hands, anticipating the flash of his hands. When we see the hands come up, our off-hand attacks the near wrist of the receiver and we look to pin it to the inside hip.

DEFEAT BLOCKS

It is important to keep arms inside the blocker, locking elbows out to maintain separation. Do not go inside unless ball carrier cuts back.



DRILLS

Warmups

Ladders, Lines, and “T-Step Drill”, which is shown here. The T-Step drill, player runs in place, turns hips, plants back foot perpendicular to front foot, forming a “T” with both feet. Hips turn 90° as back foot hits ground and quickly square both feet up again, running in place. Repeat the other direction.

DB Lateral Movement Drills

Hip Drill

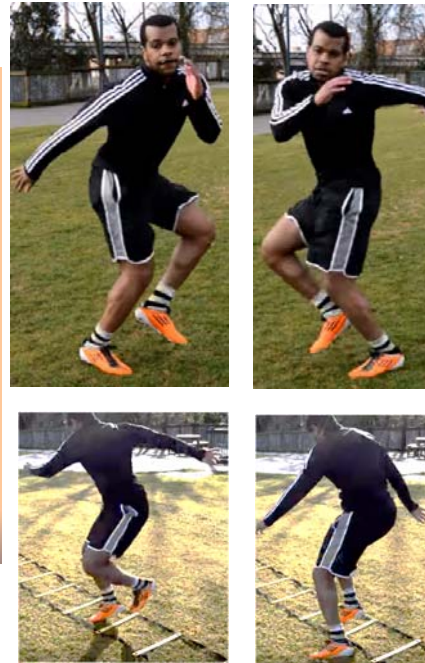
- > Opening Hips and Sprinting
- > Breaking on hip movement
- > Reactive Athleticism
- > Remaining square until WR commits

Quick Feet Drill

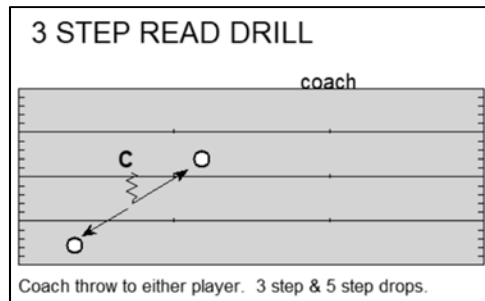
- > Moving feet over and back line
- > Teaching to Plant foot and Explode OUT, Drive Through

Mirror Drill

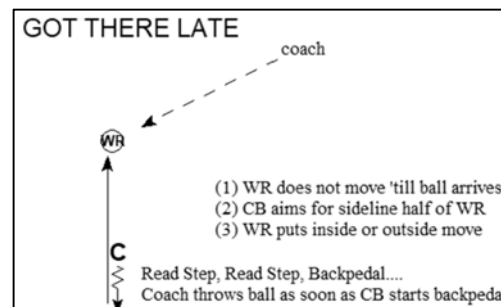
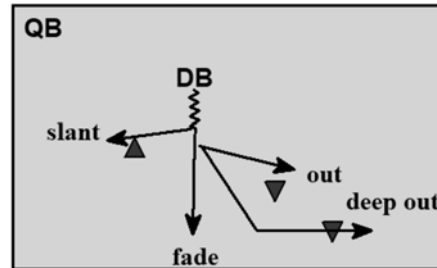
- > Hands Behind Back
- > Quick, short lateral step
- > Maintaining Initial Alignment (inside/outside)
- > Maintain “Cliff” – Never losing ground, staying parallel
- > TRANSFERRING ENERGY FROM EACH FOOT!



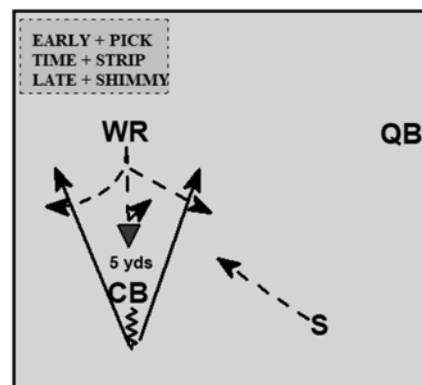
Breaking on Ball



CONE DRILL (Read the QB shoulder)



3 STEP DROP DRILL



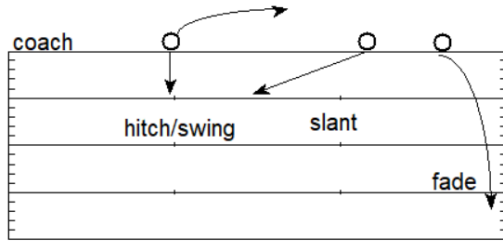
Run the 3 step routes: slant, out, hitch, fade

Pop Up Timing

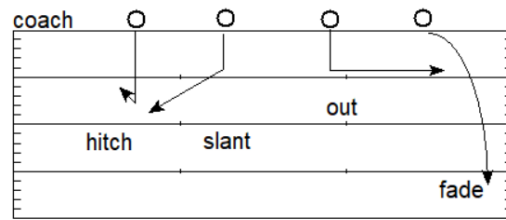
Also use POP UP dummies for DB to come in and practice his timing. If ball is at dummy first, then deliver the hit. If ball & DB at same time, near arm on dummy other arm go for knockdown. If DB is first, go for INT

Defending Routes

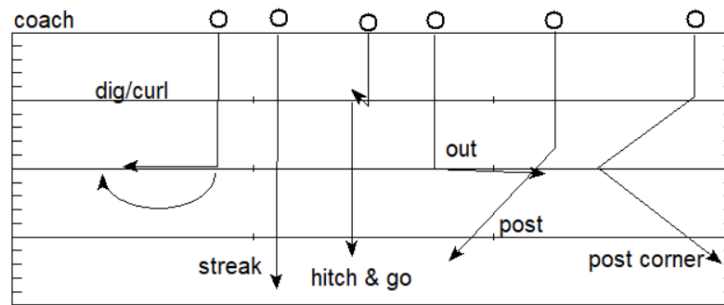
1 STEP



3 STEP



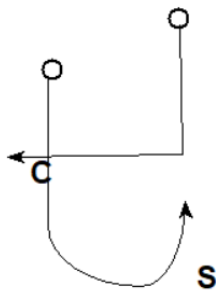
5 STEP



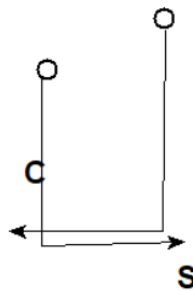
CURL: break to upfield shoulder
 OUT: OK to be late
 POST: keep inside leverage
 CORNER: OK to break underneath

Vertical Line Concept

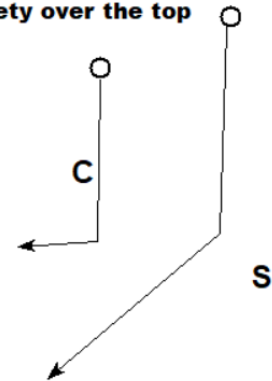
SAFETY RULE 2:
 If #2 under, Find #1



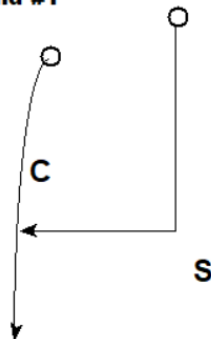
CORNER RULE 2: If #1 in, Find #2
SAFETY RULE 2: If #2 under, Find #1



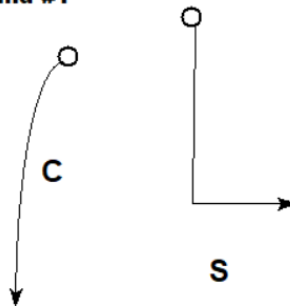
RULE 4: Jump the out, Safety over the top



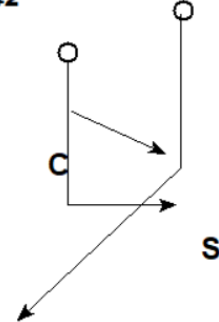
SAFETY RULE 2: If #2 under, Find #1



SAFETY RULE 2: If #2 under, Find #1



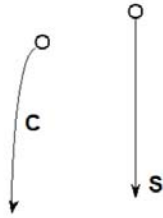
CORNER RULE 2: If #1 in, Find #2



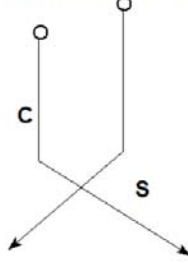
Combo Drills

2 on 2 routes

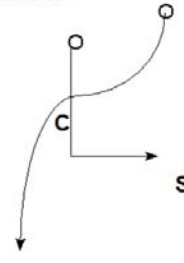
RULE 1: Protect Your Zone



RULE 1: Protect Your Zone



CORNER RULE 2: If #1 in, Find #2



Tackling

SPRINT SHIMMY SHUFFLE

Start with no moves, DB knows RB direction.
Then no moves, DB knows RB direction.
Then 1 move
Then 2 moves

SET THE BOUNDARY

CROSS RIP
If RB is sprinting towards sideline,
Don't mess with blocker, CROSS RIP!

Do NOT avoid the blocker.
Turn RB back inside

PROFILE TACKLE

Try to get head across.
Use Sideline to advantage.
Absolutely no cutback

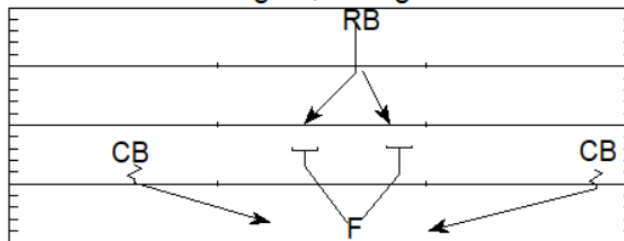
SIDELINE PROFILE

Progress to Sideline profile
as players master this drill

1st TIME: Tell tackler what line RB is going to run down.
2nd TIME: Let the RB pick
No moves. No shimmy.

Pursuit Angles

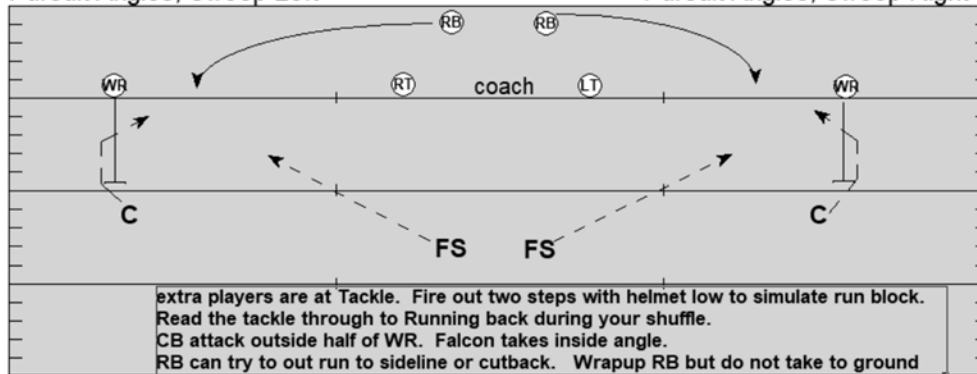
Pursuit Angles, Straight ahead



SAFETIES: Most important make tackle!!!
 Ideally aim for outside peck turning RB inside to other Safety.
 CORNERS: Aim slightly behind Safeties in case of broken tackle.
 If Safety has RB in clamp, Corner looks for strip

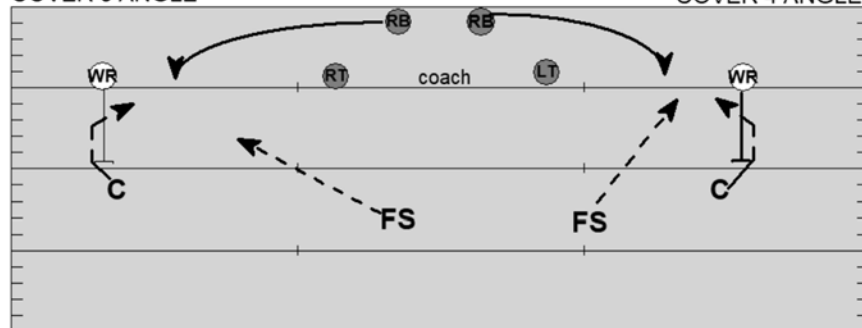
Pursuit Angles, Sweep Left

Pursuit Angles, Sweep Right



COVER 3 ANGLE

COVER 4 ANGLE



extra players are at Tackle. Fire out two steps with helmet low to simulate run block.
 Read the tackle through to Running back during your shuffle.
 CB attack outside half of WR. Falcon takes inside angle.
 RB can try to out run to sideline or cutback. Wrapup RB but do not take to ground