

Pass Pro Training System

Coach Al and Willie ProCoach.Network

Advanced Varsity, College and Professional

1. Arch Position
 - a. Feet
 - i. Outside foot back (RG/RT = rt foot; LG/LT=lt foot)
 - ii. Slightly wider than shoulder width
 - iii. Toes straight to slightly out
 - iv. Balls of the feet flat on the ground
 - v. Feet outside the knees
 - b. Core
 - i. Knees bent,
 - ii. Tail up
 - iii. back arched,
 - iv. chest out
 - v. Squeeze lats
 - vi. Straight and square
 - c. Arms
 - i. Hands at numbers
 - ii. Elbows in
 - d. Head
 - i. Chin tucked
 - ii. Eyes up and forward
 - iii. Head straight not turned

2. Pole Shuffle
 - a. Feet
 - i. Outside foot back (RG/RT = rt foot; LG/LT=lt foot)
 - ii. Slightly wider than shoulder width
 - iii. Toes straight to slightly out
 - iv. Balls of the feet flat on the ground
 - v. Outside the knees
 - b. Core
 - i. Knees bent, back arched, chest out
 - ii. Straight and square
 - c. Arms
 - i. Arms extended
 - ii. Hands resting on top of the pole
 - d. Head
 - i. Chin tucked

- ii. Eyes up and forward
- iii. Head straight not turned

3. Bull and Flop

- a. Feet
 - i. Weight over balls of feet throughout
 - 1. Not rolling on heels or toes
 - ii. Toes slightly out
 - iii. Double foot sprawl and land on insteps
- b. Core
 - i. Square
 - ii. Knees bent the whole time
 - iii. Back arching, squeezing lats
 - iv. No lean in any direction
- c. Hands
 - i. Underneath on Chest - lifting
 - ii. Partner use hands to push on chest
- d. Head
 - i. Chin tucked
 - ii. Eyes up and forward
 - iii. Head straight not turned

4. Push Pull

- a. Feet
 - i. Weight over balls of feet throughout
 - 1. Not rolling on heels or toes
 - ii. Toes slightly out
 - iii. Double foot sprawl and land on insteps
- b. Core
 - i. Square
 - ii. Knees bent the whole time
 - iii. Back arching, squeezing lats
 - iv. No lean in any direction
- c. Hands
 - i. Behind back
 - ii. Partner use hands to push and pull on chest and shoulders
- d. Head
 - i. Chin tucked
 - ii. Eyes up and forward
 - iii. Head straight not turned

5. Spot drill

- a. Feet
 - i. Keep coming, don't freeze
- b. Core
 - i. Don't lean, sway or lurch
- c. Hands
 - i. Don't reach, make defender come to you
- d. Head
 - i. Head still don't shake with his shake
 - ii. Eyes focused on inside number

6. Feet before Hands

- a. Feet
 - i. Start 45 degree kicking, then posting lateral
- b. Core
 - i. No sway or lean, solid box that the feet move
- c. Hands
 - i. Feet must be completely in front of the defender before the punch
 - ii. Frontal punch, not across your body
- d. Head
 - i. Held still and forward
 - ii. Chin tuck on punch

7. Set Inside Shade

- a. Feet
 - i. Feet (pronated) turned slightly outward, knees inside the feet
 - ii. Shuffle Shuffle lateral equidistant short steps
- b. Core
 - i. Straight. No sway no lean
 - ii. Weight evenly between the feet
 - iii. Knees bent, tail up, back arched, squeeze lats
- c. Hands
 - i. Held at the numbers
 - ii. Elbows in
 - iii. Thumbs up
- d. Head
 - i. Held Still and forward

8. Set Outside

- a. Feet

- i. Feet (pronated) turned slightly outward, knees inside the feet
 - ii. Kick Slide footwork
 - iii. Inside foot straight
 - iv. Set as wide as you dare but not overset
 - b. Core
 - i. Straight. No sway no lean
 - ii. Weight evenly between the feet
 - iii. Knees bent, tail up, back arched, squeeze lats
 - c. Hands
 - i. Held at the numbers
 - ii. Elbows in
 - iii. Thumbs up
 - d. Head
 - i. Held Still and forward

9. Outside Punch

- a. Feet
 - i. Kick slide footwork
 - ii. Proper foot mechanics as learned in basic drills
 - iii. Keep resettling kick slide footwork after punch
- b. Core
 - i. Good arch in the back, squeeze lats on punch
 - ii. No sway or lean
- c. Hands
 - i. Feet cover the defender (frontal punch) before punch
 - ii. Thumbs up punch
 - iii. No wind up
 - iv. Control the bag, don't slap at it
- d. Head
 - i. Held still and forward
 - ii. Chin tuck on punch

10. Inside Punch

- a. Feet
 - i. Shuffle shuffle footwork
 - ii. Proper foot mechanics as learned in basic drills
 - iii. Re-settle feet after punch
- b. Core
 - i. Good arch in the back, squeeze lats on punch
 - ii. No sway or lean
- c. Hands
 - i. Feet cover the defender (frontal punch) before punch

- ii. Thumbs up punch
 - iii. No wind up
 - iv. Control the bag, don't slap at it
 - d. Head
 - i. Held still and forward
 - ii. Chin tuck on punch
- 11. Post Punch (Use last clip)
 - a. Feet
 - i. Outside Foot back in the stance and throughout
 - ii. Whole foot on post, cut grass
 - iii. Short, lateral footwork
 - iv. Don't punch until you're directly in front of the bag
 - b. Core
 - i. Square
 - ii. Knees bent the whole time
 - iii. Back arching, squeezing lats
 - iv. No lean in any direction
 - v. Shoulders go slightly back on the punch
 - c. Hands
 - i. In front
 - ii. At your numbers
 - iii. Thumbs up
 - iv. Short, 6 inch solid and quick punch controlling the bag
 - v. Keep hands up
 - d. Head
 - i. Chin tucks when the hands punch the back
 - ii. Eyes up and forward
 - iii. Head straight not turned
 - e. Head
 - i. Chin tucks when the hands punch the back
 - ii. Eyes up and forward
 - iii. Head straight not turned
- 12. Inside Shade Rushes In
 - a. Feet
 - I. Shuffle shuffle footwork
 - II. Proper foot mechanics as learned in basic drills
 - III. Keep shuffling feet after punch

- b. Core
 - I. Good arch in the back, squeeze lats on punch
 - II. No sway or lean
- c. Hands
 - i. Feet cover the defender (frontal punch) before punch
 - ii. Thumbs up punch
 - iii. No wind up
 - iv. Control the bag, don't slap at it
- d. Head
 - i. Held still and forward
 - ii. Chin tuck on punch

13. Inside Shade Rushes Out

- a. Feet
 - i. Shuffle shuffle footwork transition to kick slide footwork
 - ii. Proper foot mechanics as learned in basic drills
 - iii. Keep shuffling feet after punch
- b. Core
 - i. Good arch in the back, squeeze lats on punch
 - ii. No sway or lean
- c. Hands
 - i. Feet cover the defender (frontal punch) before punch
 - ii. Thumbs up punch
 - iii. No wind up
 - iv. Control the bag, don't slap at it
- d. Head
 - i. Held still and forward
 - ii. Chin tuck on punch

14. Set Outside Shade

- a. Feet
 - i. Kick slide footwork
 - ii. Proper foot mechanics as learned in basic drills
 - iii. Keep resettling kick slide footwork after punch
- b. Core
 - i. Good arch in the back, squeeze lats on punch
 - ii. No sway or lean
- c. Hands
 - i. Feet cover the defender (frontal punch) before punch
 - ii. Thumbs up punch
 - iii. No wind up

- iv. Control the bag, don't slap at it
- d. Head
 - i. Held still and forward
 - ii. Chin tuck on punch

15. Kick Punch

a. Feet

- i. Outside Foot back in the stance and throughout
- ii. Whole foot on kick, cut grass
- iii. 45 degrees
- iv. Slide same distance at 45 degrees
- v. Don't punch until you're directly in front of the bag

b. Core

- i. Square
- ii. Knees bent the whole time
- iii. Back arching, squeezing lats
- iv. No lean in any direction
- v. Shoulders go slightly back on the punch

c. Hands

- i. In front
- ii. At your numbers
- iii. Thumbs up
- iv. Short, 6 inch solid and quick punch controlling the bag
- v. Keep hands up

16. Outside Shade Rushes Out

a. Feet

- i. Kick slide footwork
- ii. Proper foot mechanics as learned in basic drills
- iii. Keep resettling kick slide footwork after punch

b. Core

- i. Good arch in the back, squeeze lats on punch
- ii. No sway or lean

- c. Hands
 - i. Feet cover the defender (frontal punch) before punch
 - ii. Thumbs up punch
 - iii. No wind up
 - iv. Control the bag, don't slap at it
- d. Head
 - i. Held still and forward
 - ii. Chin tuck on punch

17. Feet Before Hands

- a. Feet
 - i. Start 45-degree kicking, then posting lateral
- b. Core
 - i. No sway or lean, solid box that the feet move
- c. Hands
 - i. Feet must be completely in front of the defender before the punch
 - ii. Frontal punch, not across your body
- d. Head
 - i. Held still and forward
 - ii. Chin tuck on punch

18. Outside Shade Rushes In

- a. Feet
 - i. Kick slide footwork transition to shuffle footwork
 - ii. Proper foot mechanics as learned in basic drills
 - iii. Keep resettling footwork after punch
- b. Core
 - i. Good arch in the back, squeeze lats on punch
 - ii. No sway or lean
- c. Hands
 - i. Feet cover the defender (frontal punch) before punch
 - ii. Thumbs up punch
 - iii. No wind up
 - iv. Control the bag, don't slap at it

- d. Head
 - i. Held still and forward
 - ii. Chin tuck on punch

19. Zig Zag Punch

- a. Feet
 - i. Kicking and shuffling good mechanics
 - ii. Feet before hands, frontal punches
- b. Core
 - i. Don't lean, sway or lurch
 - ii. Back arched, hip snap on punch
- c. Hands
 - i. Solid punch mechanics as learned
- d. Head
 - i. Eyes focused on inside number

20. Spot Drill

- a. Feet
 - i. Keep coming, don't freeze
- b. Core
 - i. Don't lean, sway or lurch
- c. Hands
 - i. Don't reach, make defender come to you
- d. Head
 - i. Head still don't shake with his shake
 - ii. Eyes focused on inside number

21. Hand Set

- a. Feet
 - i. Outside foot stagger in stance
- b. Core
 - i. Knees bent
 - ii. Tail up
 - iii. Back arched
 - iv. Squeeze lats
- c. Hands
 - i. Inside hand lower than numbers, pommel position, forward
 - ii. Outside hand top of the numbers staggered behind inside hand

22. Low hands Partner Drill

- a. Feet

- i. Standard Position
- b. Core
 - i. Standard arch position
- c. Hands
 - i. Partner push and drive on blockers shoulders
 - ii. Blocker lift and flop
- d. Head
 - i. Standard

23. Long Arm Brace (Outside Hand)

- a. Feet
 - i. Standard kick slide footwork
 - ii. Set your nose on his inside eye
- b. Core
 - i. Standard arch techs
 - ii. Flop after brace
- c. Hands
 - i. Outside long arm, short extend to brace the pec/shoulder V space
 - ii. Inside hand under on inside chest
- d. Head
 - i. Standard

24. Pommel (Outside Hand)

- a. Feet
 - i. Standard
 - ii. Set on inside half of defender
 - iii. Defender rush straight up the field
- b. Core
 - i. Standard arch position
- c. Hands
 - i. Outside hand circles and palms the outside
 - ii. Inside hand lifts low area from bottom of ribcage to the hip
- d. Head
 - i. Standard

25. Pommel vs Outside Swim

- a. Feet
 - i. Standard
 - ii. Defender outside swim arm over
- b. Core
 - i. Standard arch

- c. Hands
 - i. Circle the pommel then stamp it on the shoulder
 - ii. Inside hand punch defender away
- d. Head
 - i. Standard

26. Pigeon Toe Push

- a. Feet
 - i. Kick slide, kick slide ... pigeon toe inside foot
 - ii. Pigeon toe goes from straight to turned out 45 degrees
 - iii. Then open and push (waddle) on 45 degrees back
- b. Core
 - i. Core is square to the LOS until after pigeon toe
 - ii. After pigeon toe, core opens to 45 degrees the attacks defender on a push angle
- c. Hands
 - i. Hands go from standard position to both underneath grab and drive (balance)
- d. Head
 - i. Standard

27. Lift vs Rip

- a. Feet
 - i. Standard kick slide to shuffle feet before hands
 - ii. Defender step up then inside rip move with outside arm
- b. Core
 - i. Standard
- c. Hands
 - i. Drop inside hand
 - ii. Inside under and grab the inside chest/rib area
 - iii. Lift with inside hand
 - iv. Outside hand press down
 - v. Twist defender onto the outside hand like a top
- d. Head
 - i. Standard

28. Lift vs Inside hand Knockdown

- a. Feet
 - i. Standard kick slide to shuffle feet before hands
 - ii. Defender step up then swat/arm over blockers inside hand
- b. Core

- i. Standard
 - c. Hands
 - i. Blocker circle inside hand underneath avoiding knockdown (drop inside hand)
 - ii. Inside under and grab the inside chest/rib area
 - iii. Lift with inside hand
 - iv. Outside hand press down
 - v. Twist defender onto the outside hand like a top
 - d. Head
 - i. Standard

29. Lift vs Spin

- a. Feet
 - i. Standard kick slide to shuffle feet before hands
 - ii. Defender step up then spin to the inside
- b. Core
 - i. Standard
- c. Hands
 - i. Blocker circle inside hand underneath avoiding knockdown (drop inside hand)
 - ii. Lift with inside hand low on the hip
 - iii. Outside hand press down
 - iv. Twist defender onto the outside hand like a top
- d. Head
 - i. Standard

30. Inside Lift / Outside Club

- a. Put it all together