



# American Football Competitive Cauldron

## Podcasts

- Shawn Myzka: Training NFL Players Using a Games Based Approach  
<https://podcasts.apple.com/de/podcast/129-training-nfl-players-using-games-based-approach/id1286560192?i=1000467845843>

## Articles and Drills

- <https://blogs.usafootball.com/blog/660/4-limited-contact-drills-to-drive-competition-teach-defensive-skills>
- <https://emergentmvt.com/small-sided-games-for-american-football/>

## Pete Carroll Games

- 1 on 1s
- 7 on 7 Passing
- Create Scoring System
  - One point for completion, 2 points for stop, 3 points for touchdown or interception
  - Points for perfect execution
- Team Situations