



PRACTICE FORMAT

"PRACTICE IS EVERYTHING"

TEAM DRILLS

- NOOSE DRILL
- PAT-N-GO SHORT
- PAT-N-GO HOT THROW
- PAT-N-GO LONG
- PAT-N-GO SCREENS
- MESH DRILL
- QUICK GAME DRILL
- ROUTES ON AIR DRILL
- ONE ON ONE DRILL
- PASS SKELLY DRILL
- SCREEN DRILL
- RUN GAME DRILL
- PASS UNDER PRESSURE DRILL
- TEAM SCRIPTS DRILL

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NOOSE DRILL

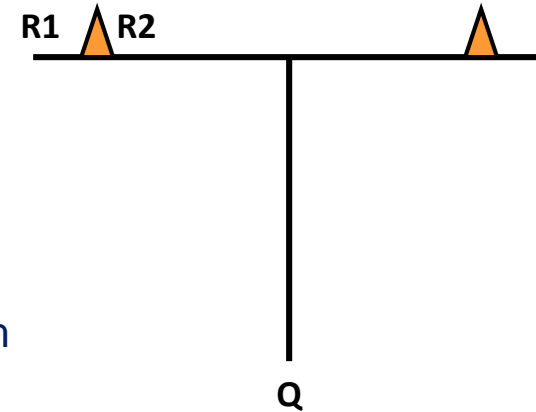
PURPOSE: Most important drill of the day – done in early stages of practice and sets tempo and focus. Emphasizes stance, release, getting over top, sticking cuts, noose, exaggerating look and tuck, dipping and turning straight down field. QB will work on drop, reads, slides, fast feet, and accuracy of throw.

TEMPO: ¼ - ½ MAX

ORGANIZATION/SET-UP: Set two cones on sideline three yards from a yard line. QB aligns on yard line, can use center to work on exchange. WR align as shown – R1 is on offense, R2 is defender and next in line. R2 tries to jam R1. R1 works release, gets back over top, sticks 2-3 times, settles closer to one cone or the other, forms noose, and works slightly back to QB. On catch, exaggerates look, tuck, and turns straight downfield, ball high and tight. QB works a drop and a play read, slides in pocket on 3rd read, waits for R1 to settle, places throw away from the nearest cone on R1's shoulder, which simulates a defender.

COACHING POINTS:

1. Coach with tremendous detail and intensity in this drill
2. Emphasize developing perfect techniques and habits
3. Everything must be perfect!!!



[BACK TO TEAM DRILLS MENU](#)

TEAM TAKE OFF (TEMPO DRILL)

PURPOSE: To practice specific field zone and down and distance situations as a team.

TEMPO: Full

ORGANIZATION/SET-UP: Team period versus air or scout defense. Based on practice planning for week, run zone or distance/situation scripts for that day from specific areas and against expected looks from defense.

COACHING POINTS:

1. Must be high intensity and focus and as realistic to game as possible
2. Coach from sideline – force players to keep quick tempo and make substitutions based on calls/situations.

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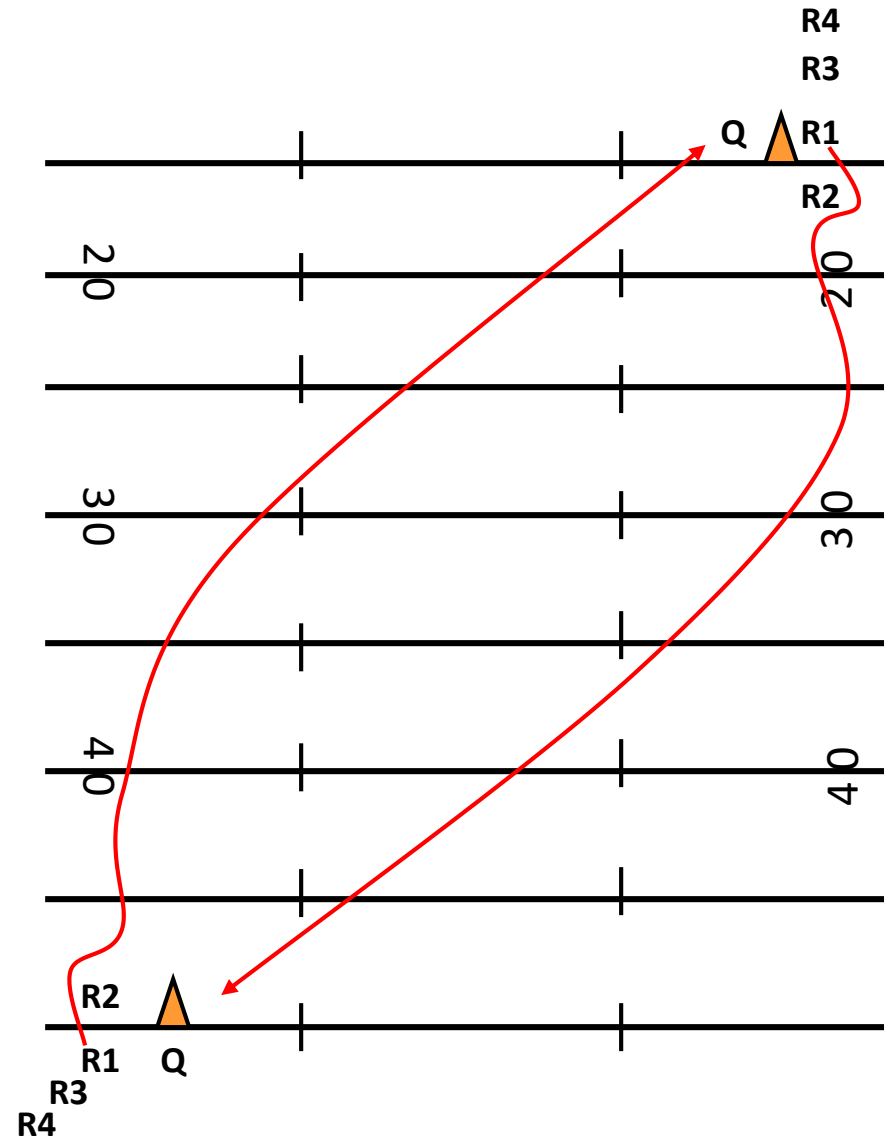
PAT N GO: SHORT

PURPOSE: Fundamentals drill where QB and other skill players perfect techniques at less than full speed as they continue to loosen up. Catches over shoulder.

TEMPO: 1/2

ORGANIZATION/SET-UP: Basically a circular drill with two groups. Player will align on either the right or left numbers (1 side a day). QB will align just inside the player line. Players will dummy down to work release as in noose drill. On QB command, player will execute outside release and get back over top (which is the top of #s). QB will take one-step drop, fire feet, and make a short throw with slight air over outside shoulder of receiver. Receiver runs ball to other line, careful to stay out of QB's way.

COACHING POINTS: Emphasize all details of receiving as in noose (stance, release, noose, exaggerate look & tuck). Do not allow QB to over throw receiver or leave ball inside numbers. Drill should move quickly with little down time.



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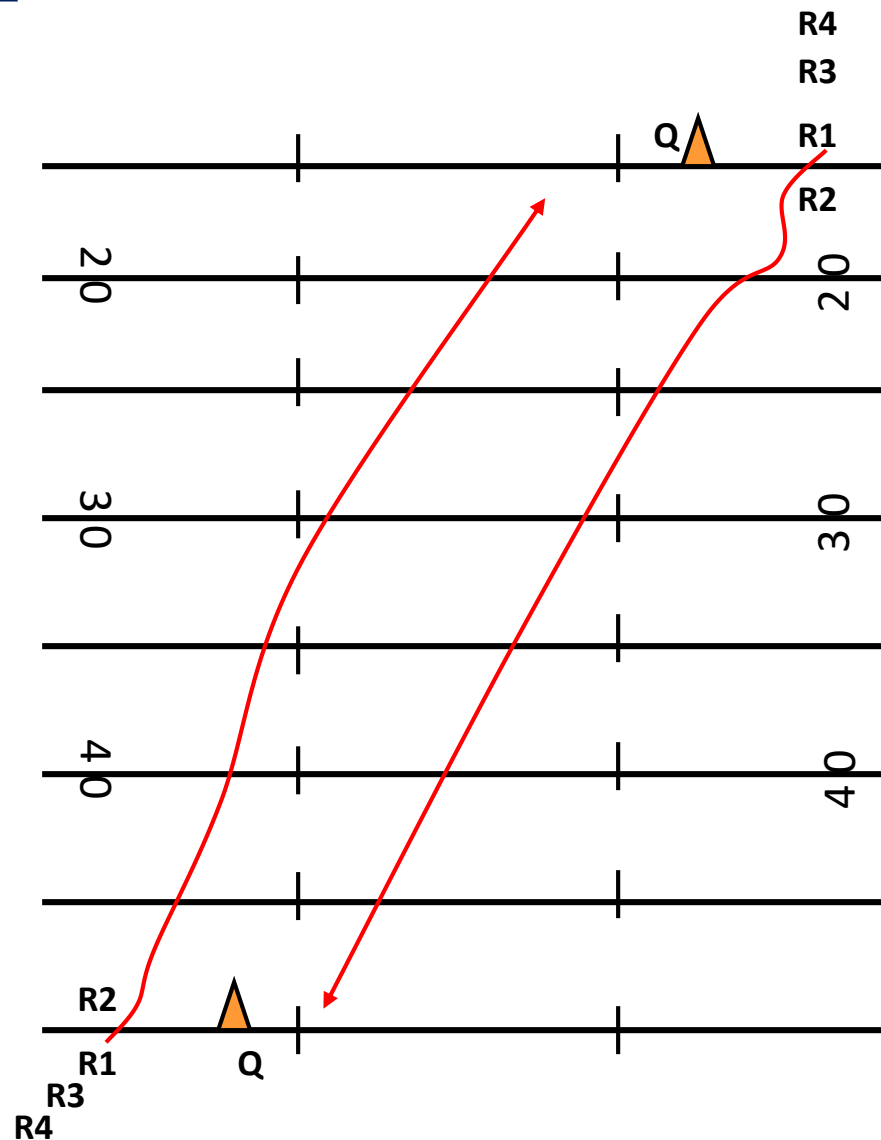
PAT N GO: HOT THROW

PURPOSE: Same as “Short” phase of Pat N Go, but now receivers work inside release and run inside slant as if they were the “hot” receiver.

TEMPO: $\frac{1}{2}$ to $\frac{3}{4}$ (a little faster than short phase)

ORGANIZATION/SET-UP: Same as before, QB moves farther in towards hash. QB takes one-step drop and fires feet.

COACHING POINTS: Receiver should stay low, dip on catch, prepare for contact, and get straight up field. Throw should be low and quick, receiver should not cross QB’s position (center).



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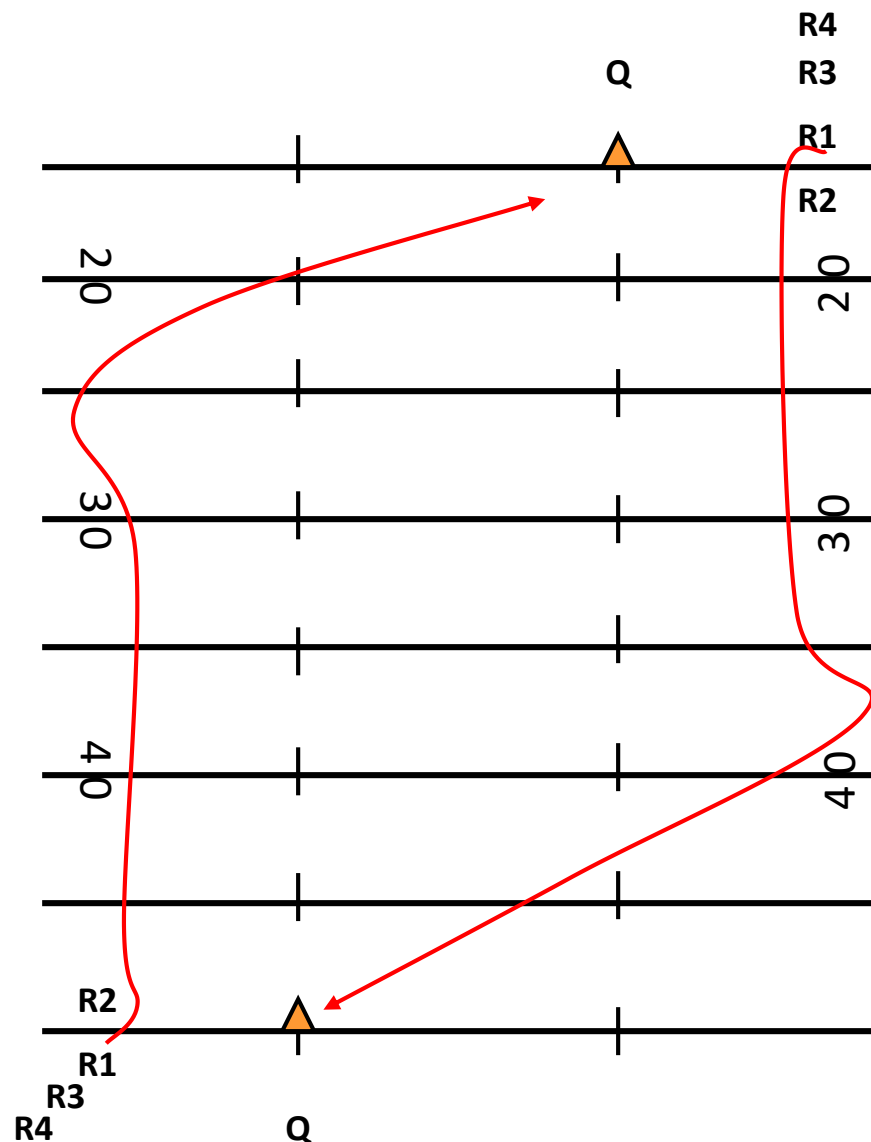
PAT N GO: LONG

PURPOSE: To practice catching ball over outside shoulder on Go route.

TEMPO: $\frac{3}{4}$ to Full

ORGANIZATION/SET-UP: Same as other Pat N Go phases, QB now moves in to hash. Incoming receivers will now snap to QB who aligns in gun. Alternate inside or outside release.

COACHING POINTS: *No overthrows.* Ball must be outside of numbers, with air. Receivers must get back over top – QB will wait to throw for receiver to get over top. QB will now take a 3-step drop.



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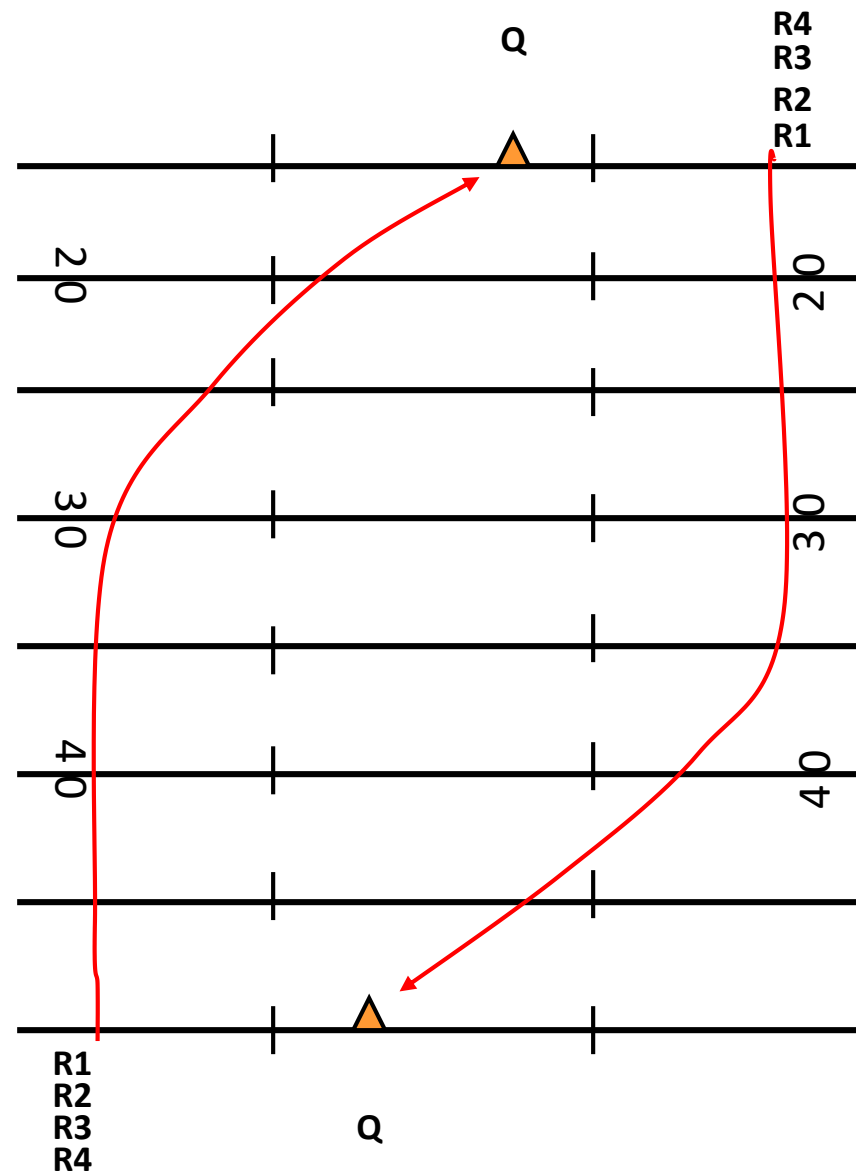
PAT N GO: SCREENS

PURPOSE: To perfect screen route techniques and throws.

TEMPO: $\frac{3}{4}$ to Full

ORGANIZATION/SET-UP: Last phase of Pat N Go. QB will move farther inside. Receivers will continue to snap to QB in shotgun. Receiver will run screen route of the day: fast, solid, jail, bubble, etc. QB will execute perfect screen footwork and throw. RB can run swing screens if needed. No dummy defender in this phase.

COACHING POINTS: Perfect snap needed from snapper. Emphasize tempo of drill and proper timing.



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MESH / SNAG DRILL

PURPOSE: To perfect timing, routes, and throws of mesh play.

TEMPO: Full

ORGANIZATION/SET-UP: All skill players align in called formation and all QB align together side by side behind center in shotgun. A snapper from each position will come snap to the QB. Starting QB will determine who will throw to each position. Receivers will run routes, make catch, and score every time. Throws should come out on time and in proper progression. As receivers return from scoring they become next snappers. QB rotate in line in order to make all five throws for each play call. Drill is usually a red zone drill – vary yard line and hash position daily.

COACHING POINTS:

1. QB should read all five receivers in order regardless of who they throw to.
2. Keep QB close together to simulate tight pocket.
3. RB should show imagination and then finish run as they cross goal line.
4. Can set cone 6 yds deep over center to simulate mesh point.
5. Predetermine if coverage is man or zone so meshers know if they should settle.
6. If available, use trash cans or dummies to simulate LBers so meshers must look for grass.
7. Continue to coach position details and demand perfection.
8. If limited number of QB, have coaches throw or alternate reps from play side to back side.

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QUICK GAME DRILL

PURPOSE: To perfect Quick Game timing, routes, and, throws.

TEMPO: Full

ORGANIZATION/SET-UP: Same basic set up as Mesh Drill. Usually from the +25 to +35 yard line.

COACHING POINTS:

1. QB should read all five receivers in order regardless of which one they throw to.
2. Keep QB close together to simulate tight pocket.
3. RB should show imagination and then finish run as they cross goal line.
4. Continue to coach position details and demand perfection.
5. If limited number of QB, have coaches throw or alternate reps from play side to back side.
6. Alert players to coverage or have backups assume position as defenders.
7. Remind players aiming point on corner routes is back pylon outside +25 yard line

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ROUTES ON AIR DRILL

PURPOSE: To perfect timing, routes, and throws of 90 series passing game.

TEMPO: Full

ORGANIZATION/SET-UP: Same as Mesh Drill and Quick Game Drill, ball is moved back to the 35 or 40 (depending on how much far you want players to run).

COACHING POINTS:

1. QB should read all five receivers in order regardless of target/order
2. Keep QB close together to simulate tight pocket.
3. RB should show imagination and then finish run as they cross goal line.
4. Continue to coach position details and demand perfection.
5. If limited number of QB, have coaches throw or alternate reps from play side to back side.
6. Alert players to coverage or have backups assume position as defenders.
7. Remind players aiming point on corner routes is back pylon outside +25 yard line

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ONE ON ONE DRILL

PURPOSE: To practice release and route techniques vs defensive skill players.

TEMPO: Full speed with a high level of competition and intensity

ORGANIZATION/SET-UP: Skill players versus defensive backs and linebackers in one-on-one competition. Offense aligns in formation called. Coach calls out player and signals or calls play/route. WR will score after catch. Drill moves quickly with next player ready to go immediately.

COACHING POINTS:

1. Have #1 QB throw to #1 receivers when possible
2. Work 2 or 3 types of routes each day
3. Don't overwork best players – emphasize quality with best versus best matchup
4. Vary looks from defense
5. May want to work RB vs LB on other end of field simultaneously
6. QB must go through proper read progression for play regardless of which receiver in progression will catch the ball.
7. One way to run this drill is to call a formation and play and have QB make each throw in proper progression – good for new clients or young QB.
8. Another way to run drill is from left to right or vice versa – so if formation was ace order would be X-H-Y-Z, then back to X.

7 ON 7 DRILL

PURPOSE: Passing drill featuring offensive skill players as a unit against defensive back seven

TEMPO: Full – high level of competition and intensity

ORGANIZATION/SET-UP: Place ball at desired yard line. Coordinate with defensive coaches prior to get proper look/coverage and also determine contact level (whiz, thud, etc.). Receivers will score every time, ball should be moved from hash to hash according to script.

COACHING POINTS:

1. Insert screens and outside runs periodically to keep defense honest
2. Coaches should move to sideline now and simulate game conditions
3. Practice NASCAR, subs, and specific zone or down & distance plays.
4. Continue to coach details hard, but keep drill moving to maximize reps.

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SCREEN DRILL

PURPOSE: To perfect timing and execution of screen game

TEMPO: Full

ORGANIZATION/SET-UP: Team offense versus defense. Determine the type of screen to drill on the given day or if you will utilize a script. Similar to Pass Skelly in that you need to coordinate with defensive staff to get proper look.

COACHING POINTS:

1. Keep defense honest
2. Move ball from hash to hash
3. Change personnel and make calls as usual
4. Emphasize tempo and details as with other drills

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RUN GAME

PURPOSE: To perfect timing and execution of run game and to develop physical mindset.

TEMPO: Full

ORGANIZATION/SET-UP: Team offense versus defense. Determine the type of runs (inside or outside, specials or base runs, etc.) to drill on the given day or if you will utilize a script. Similar to Pass Skelly in that you need to coordinate with defensive staff to get proper look.

COACHING POINTS:

1. Keep defense honest – insert play action or screens from time to time
2. Move ball from hash to hash
3. Change personnel and make calls as usual from sideline
4. Emphasize tempo and details as with other drills
5. Physical drill with high intensity – emphasize pad level and blocking technique/angles

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PASS UNDER PRESSURE

PURPOSE: To develop confidence and skill in recognizing and picking up blitzes by OL and RB, and for QB and WR to work against man coverage in a pressure situation.

TEMPO: Full

ORGANIZATION/SET-UP: Team drill – defense will blitz/stunt.

COACHING POINTS:

1. Coordinate type of pressure looks from defense
2. Alternate formations regularly – empty sets, one-back, two-back sets
3. Ensure proper communication of front calls and hot calls
4. Maintain game-like conditions and quick tempo.
5. Mix in screens and runs to keep defense honest

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TEAM SCRIPTS

PURPOSE: To practice specific field zone and down and distance situations as a team.

TEMPO: Full

ORGANIZATION/SET-UP: Team period versus air or scout defense. Based on practice planning for week, run zone or distance/situation scripts for that day from specific areas and against expected looks from defense.

COACHING POINTS:

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