

**3rd PHASE GAME CHANGER
SPECIAL TEAMS
Kickoff Drills
Bryan Cummings**



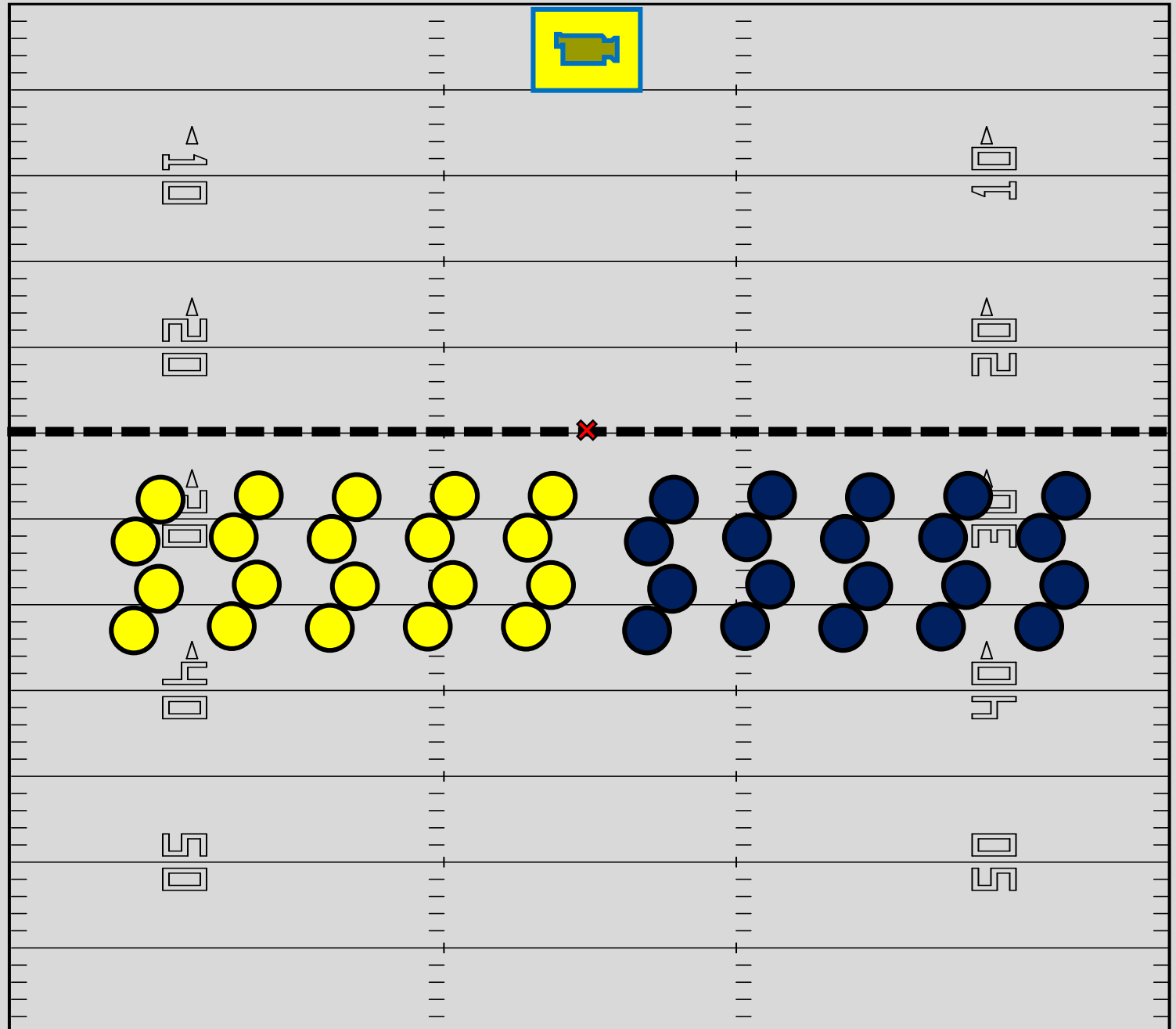
DOT MATRIX

ALIGNMENT

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

DRILLS

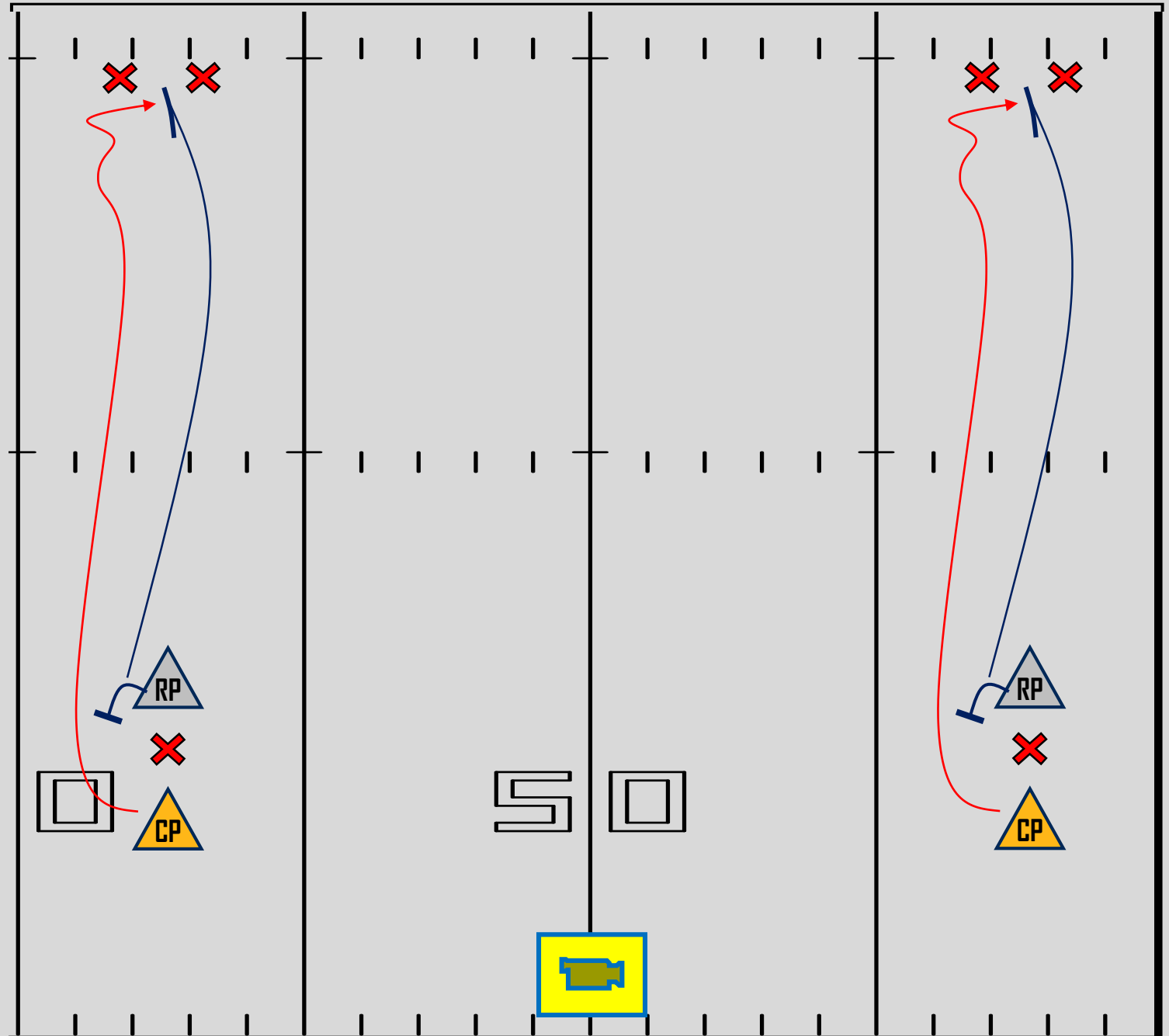
1. JUMP STANCE
2. PUNCH
3. CUTOFF 1 STEP
4. CUTOFF 2 STEP
5. HUDDLE CADENCE (Punch/Cutoff)



COMPETE DRILL

COMPETE

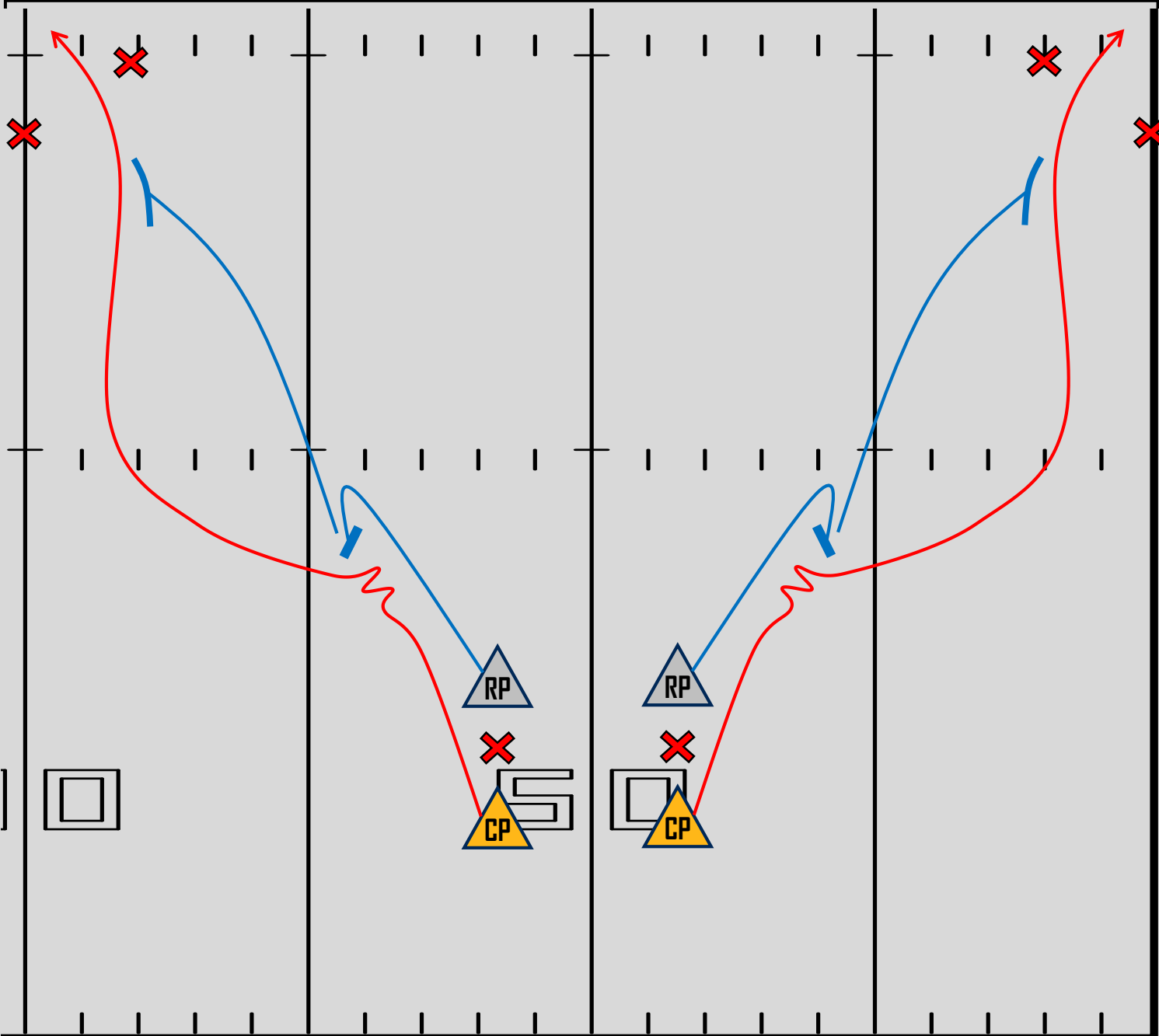
- MAN vs. MAN
- COVER - Get thru the cone
- RET - Stop CP from getting thru cone



K COMPETE DRILL

COMPETE

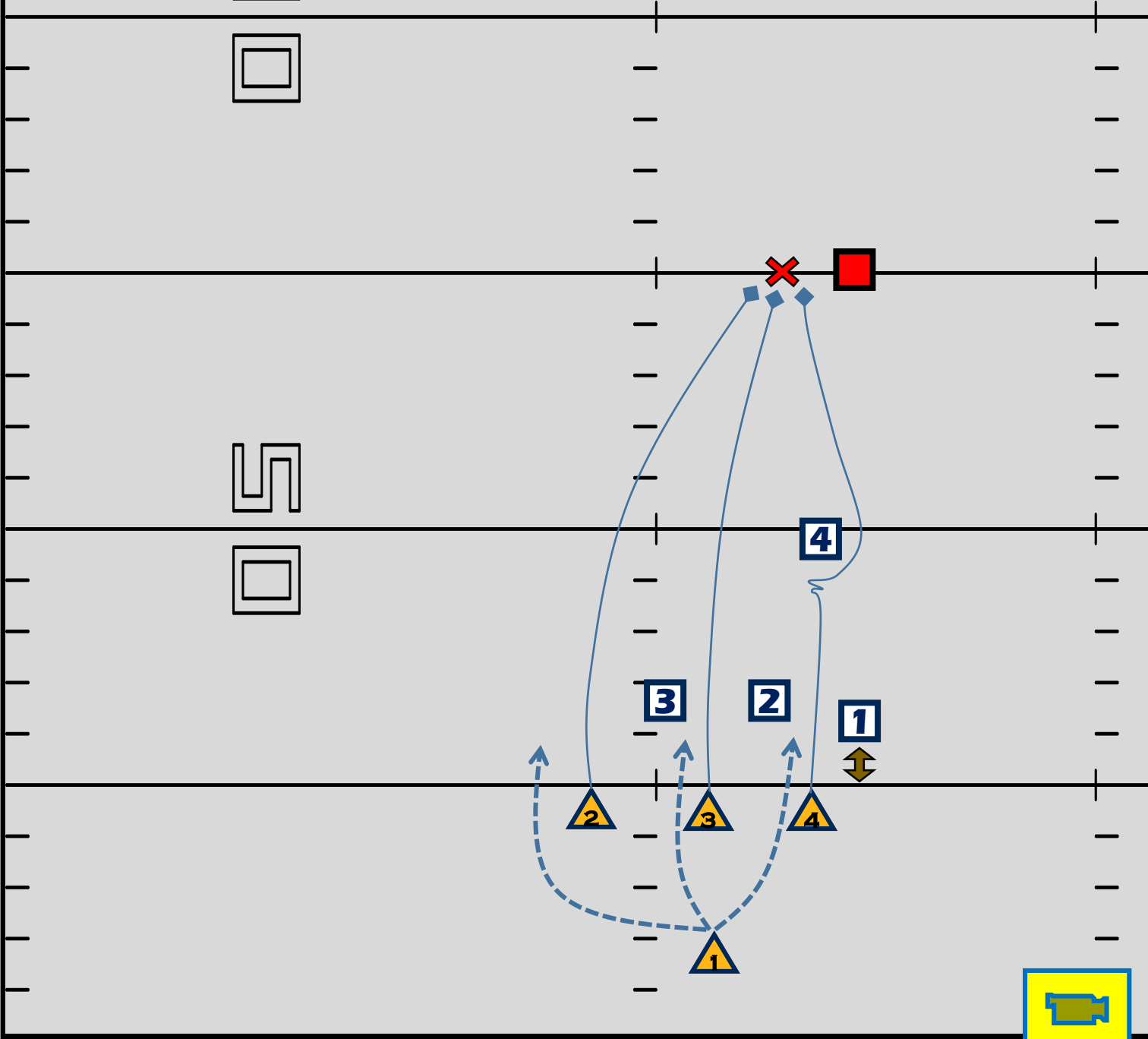
- MAN vs. MAN
- COVER - Get thru the cone
- RET - Stop CP from getting thru cone



FRONTSIDE COMPETE

HALF LINE

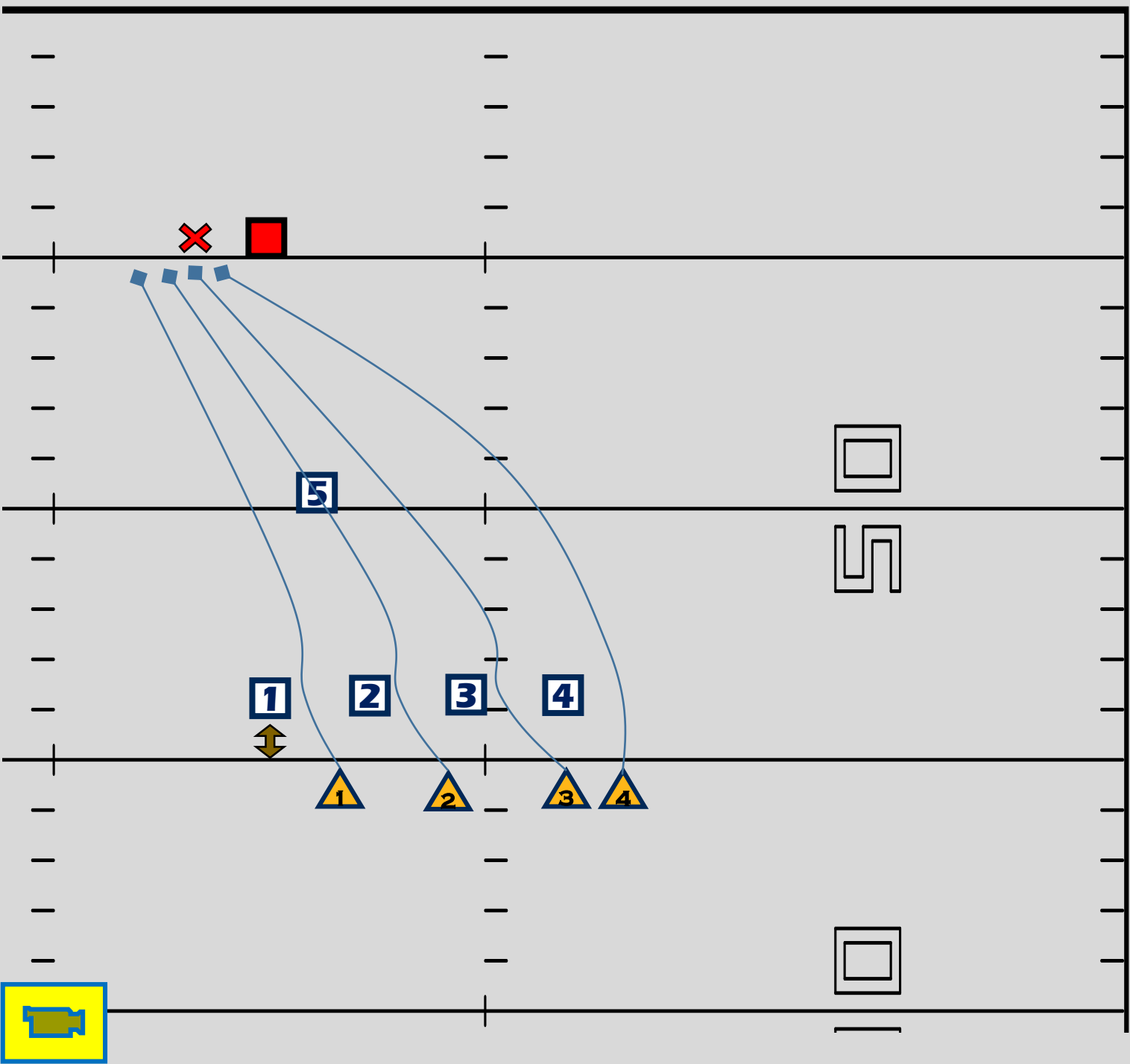
- PUNT vs PUNT RUSH
- FRONTSIDE



BACKSIDE COMPETE

HALF LINE

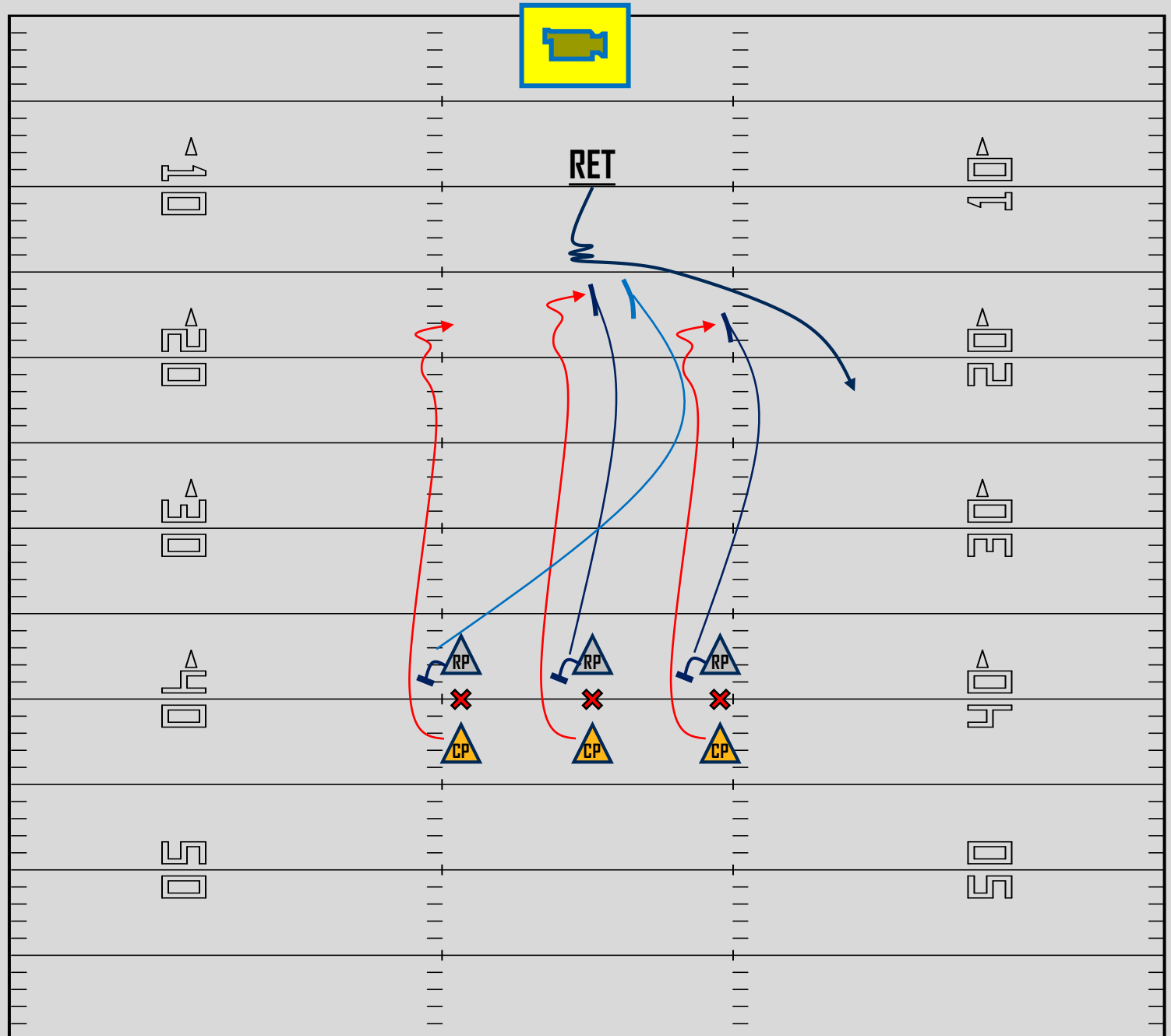
- PUNT vs PUNT RUSH
- BACKSIDE



3 COMPETE & RET

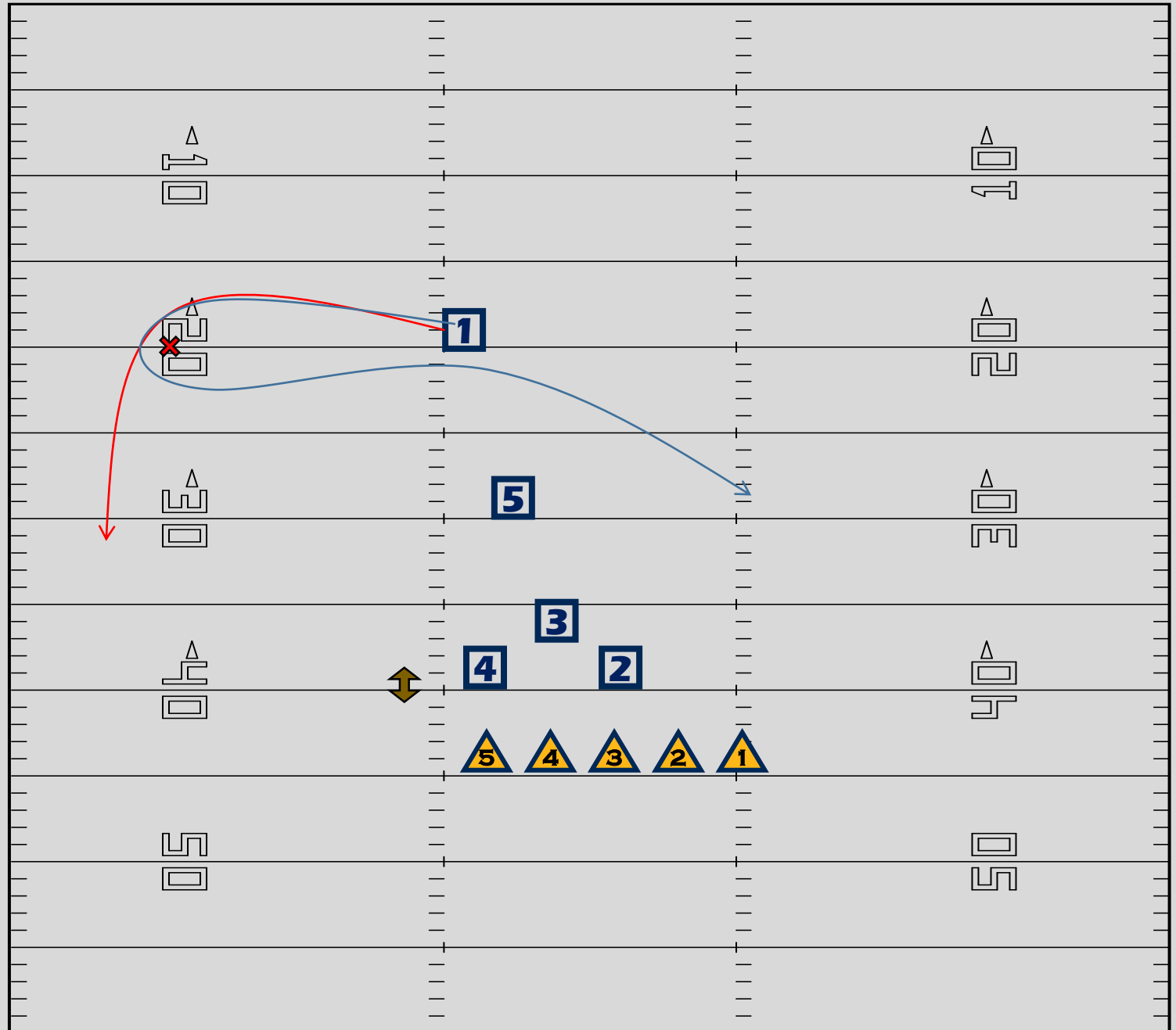
3 TANDEM & RET

- 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



KICKOFF COMPETE

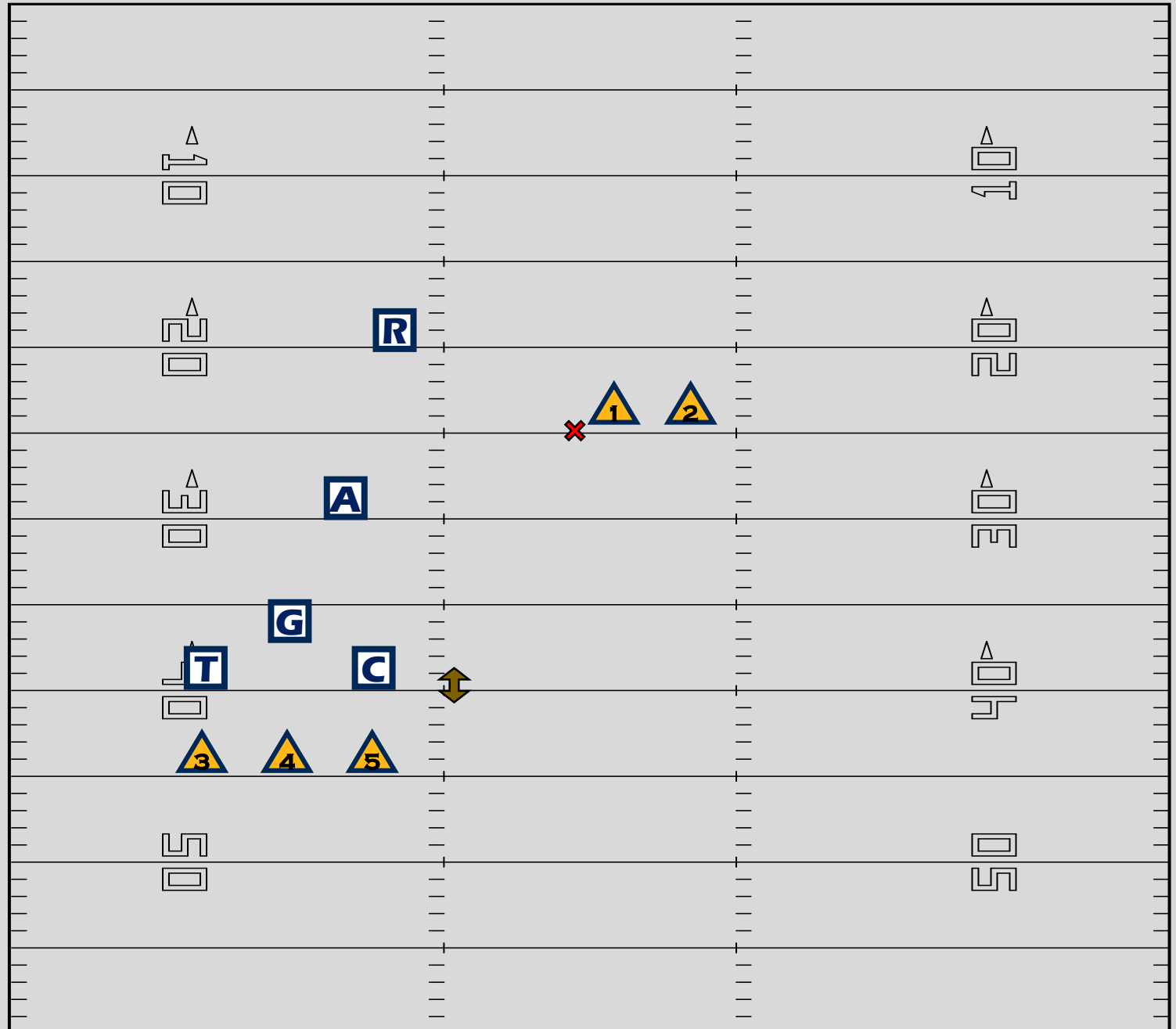
5 on 5 BACKSIDE



KICKOFF COMPETE

5 on 5 FRONTSIDE

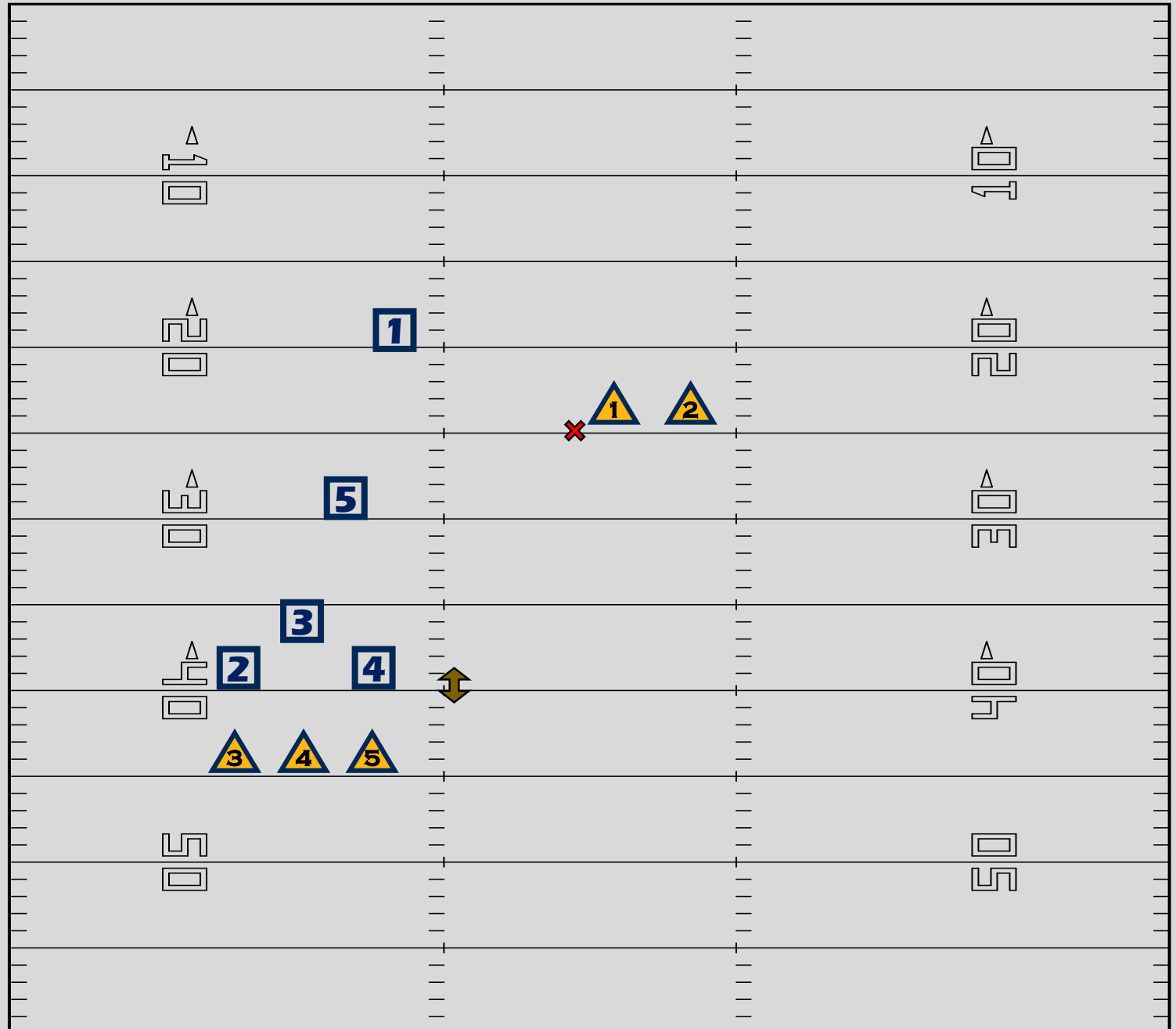
- 1 & 2 Can not leave until the Returner has passed the 25 YL.



KICKOFF COMPETE

5 on 3

1 & 2 Release when R passes 25 YL



KOC INTRO CIRCUIT

SLIPS

- FAST - 1ST @ 15 YL
- FIT - 2ND @ 20 YL
- SERVE - @ 10 YL

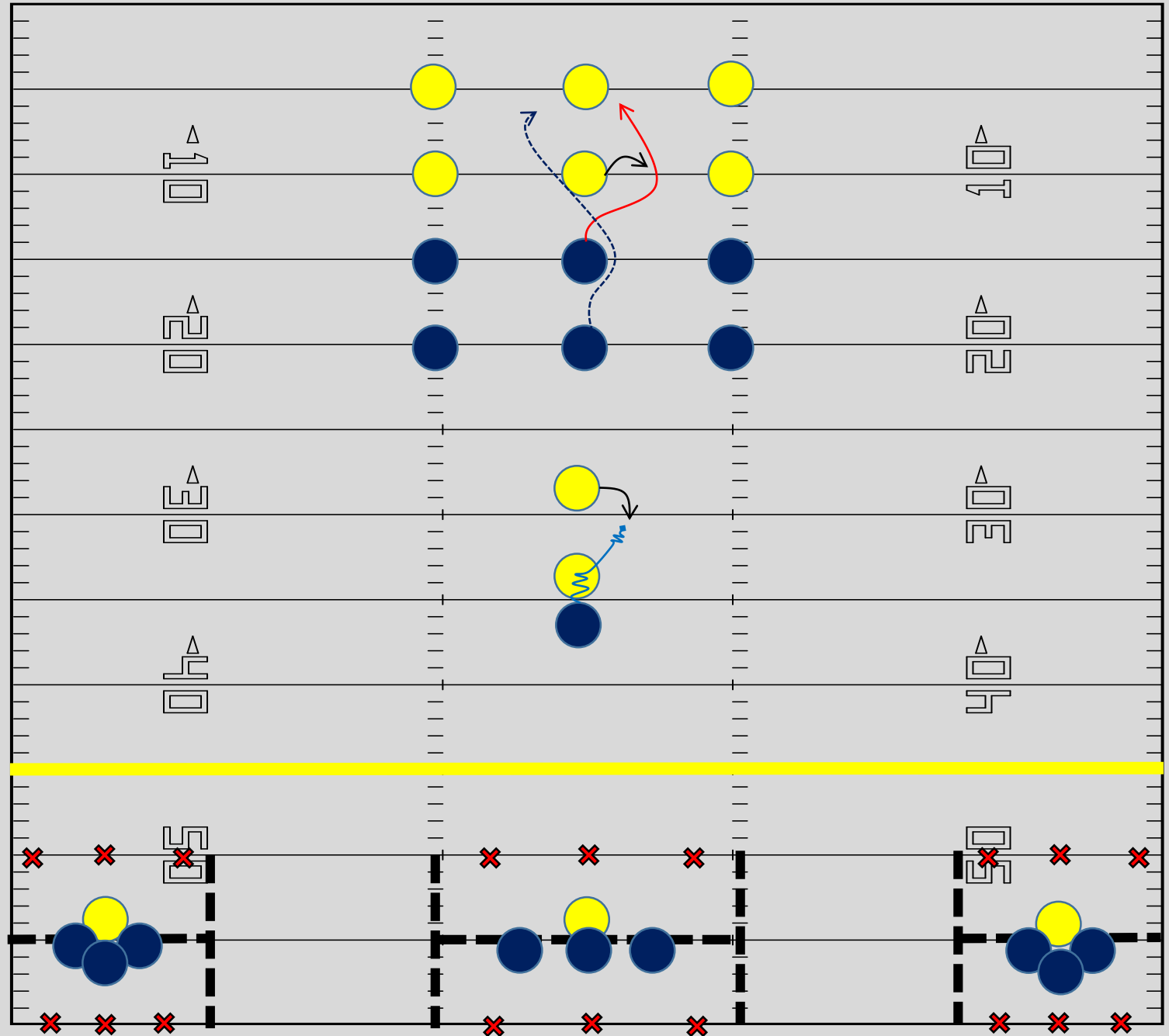
* 3 across (h-m-h) working 2 yards right/left on whistle. Fast cross face, fit go back side.

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)



KOC PRACTICE

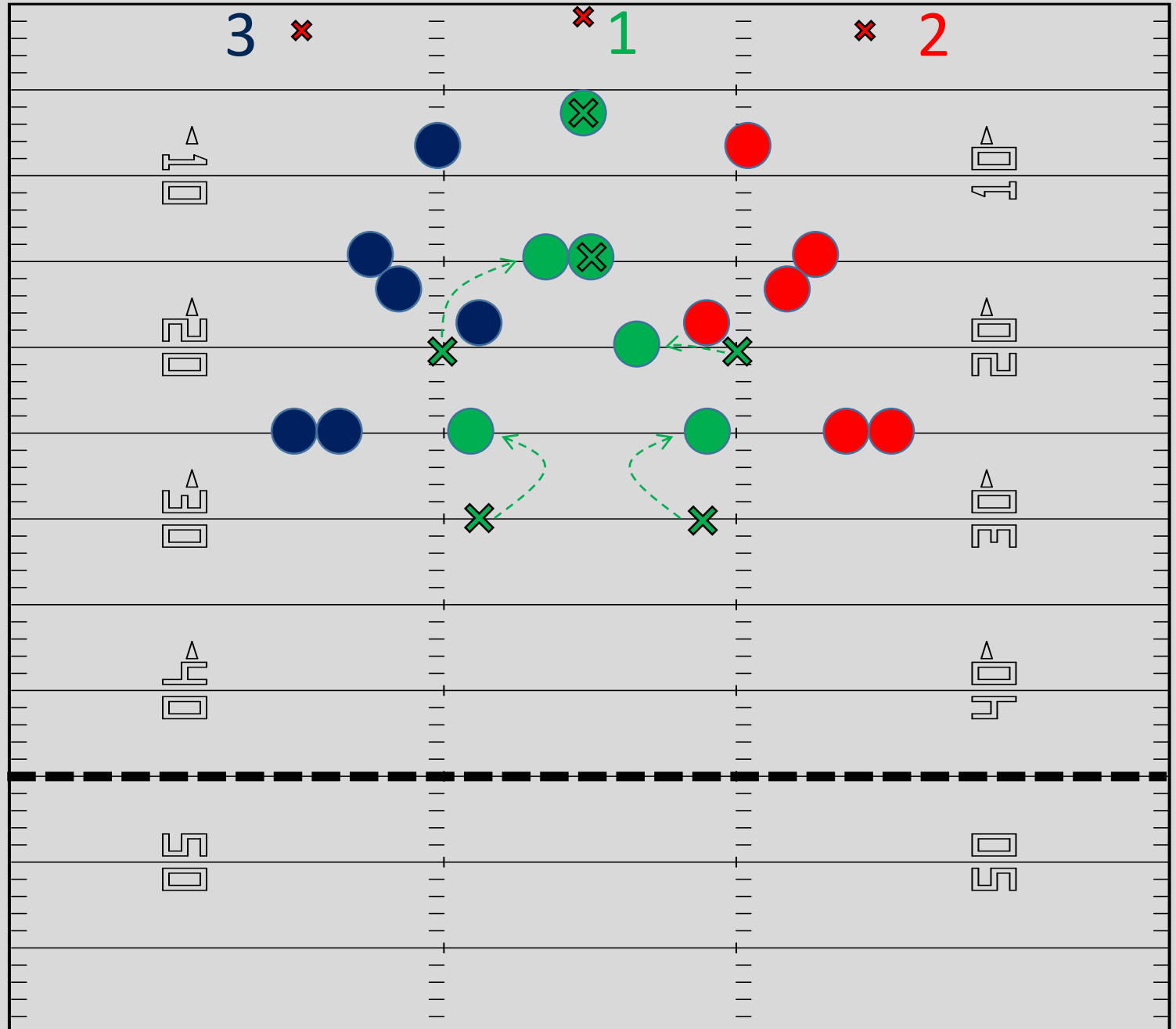
SLIPS

- FAST - 1ST @ 30 YL
- FIT - 2ND @ 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

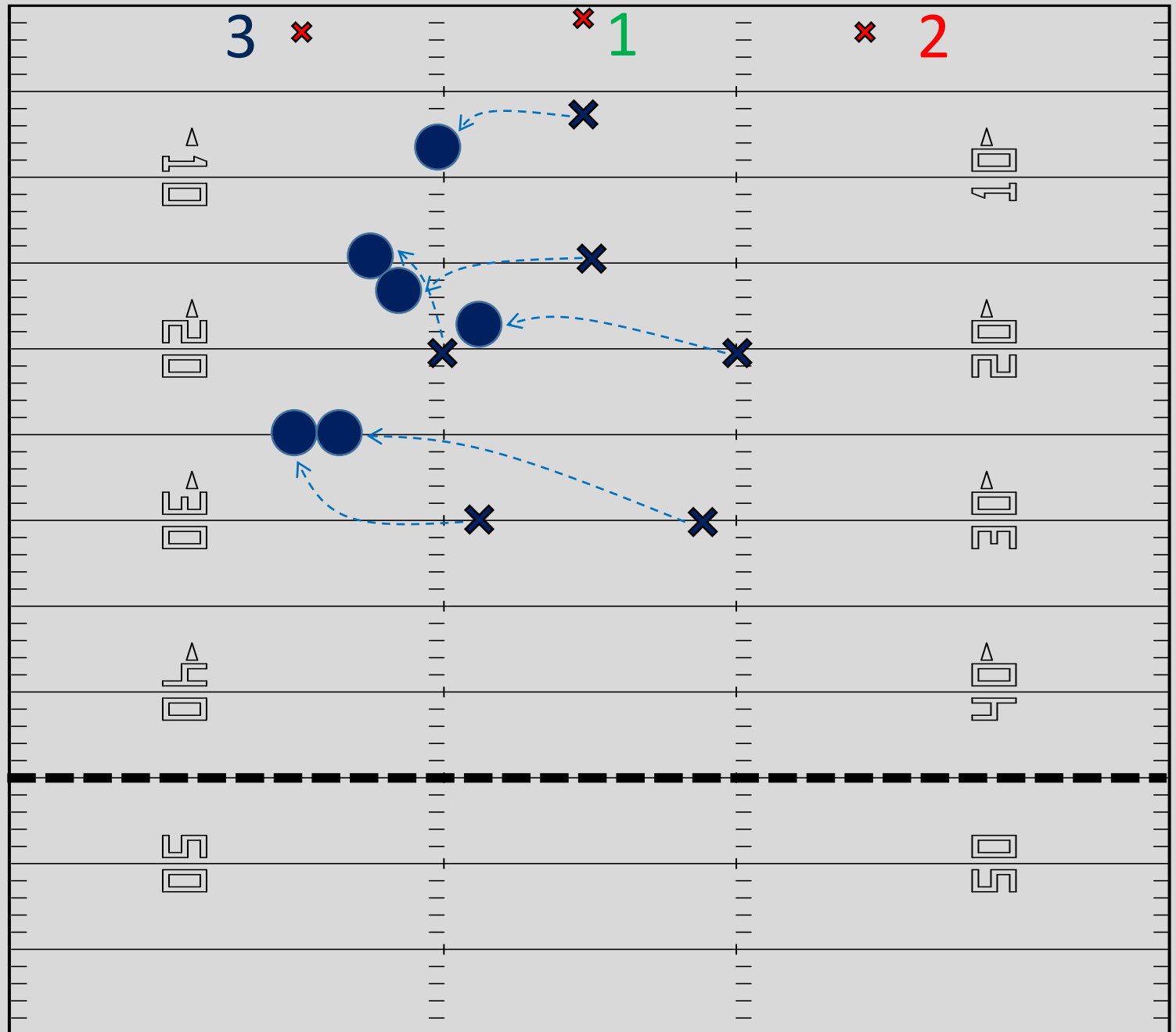
SLIPS

- FAST - 1ST @ 30 YL
- FIT - 2ND @ 30 YL

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

FITS

1. MIDDLE
2. RIGHT
3. LEFT



KOC – LEFT TO LEFT

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

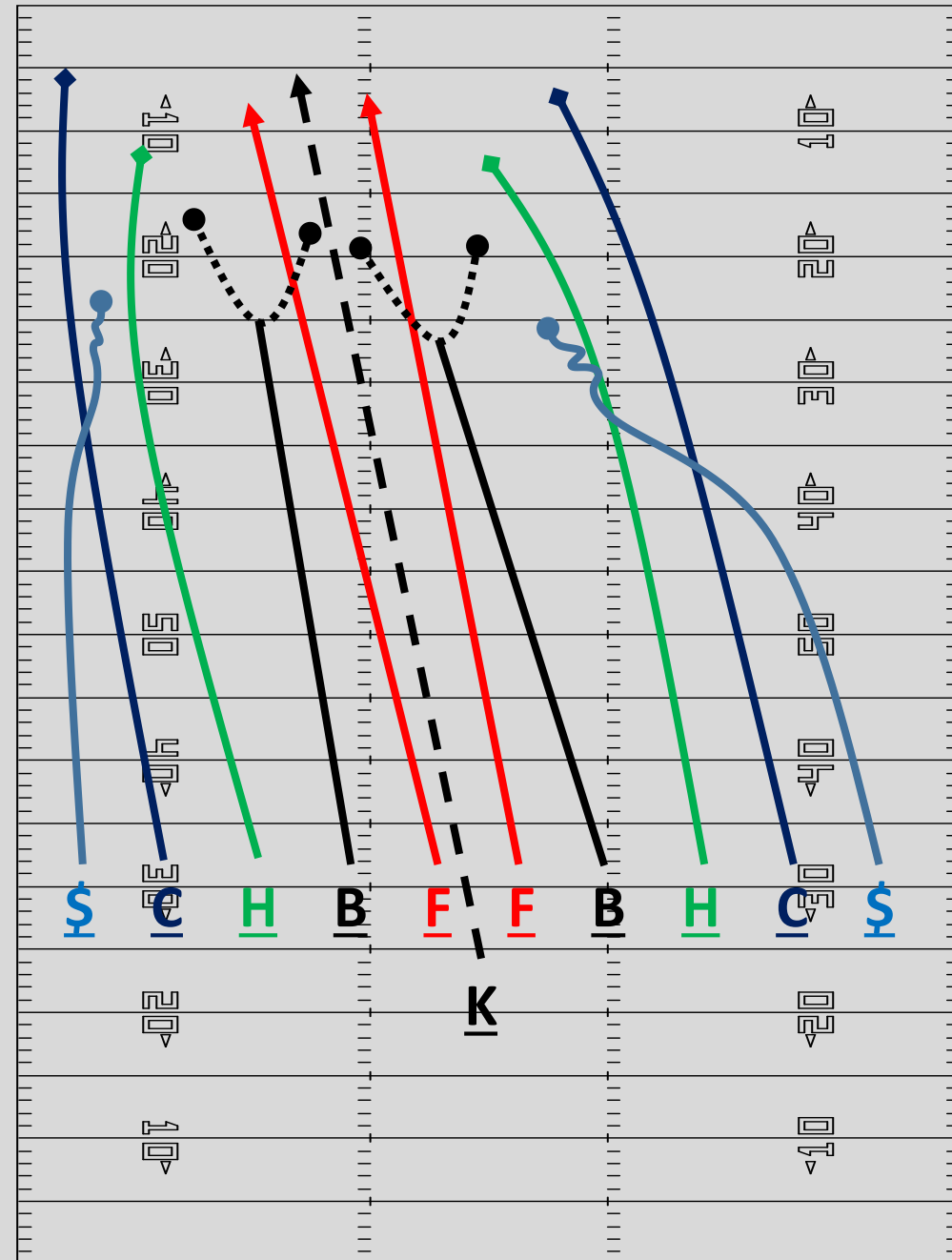
BACKER – Bob, Mitchell, Zay, Hatcher, X, Jamond, Sayo, Cayden

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**

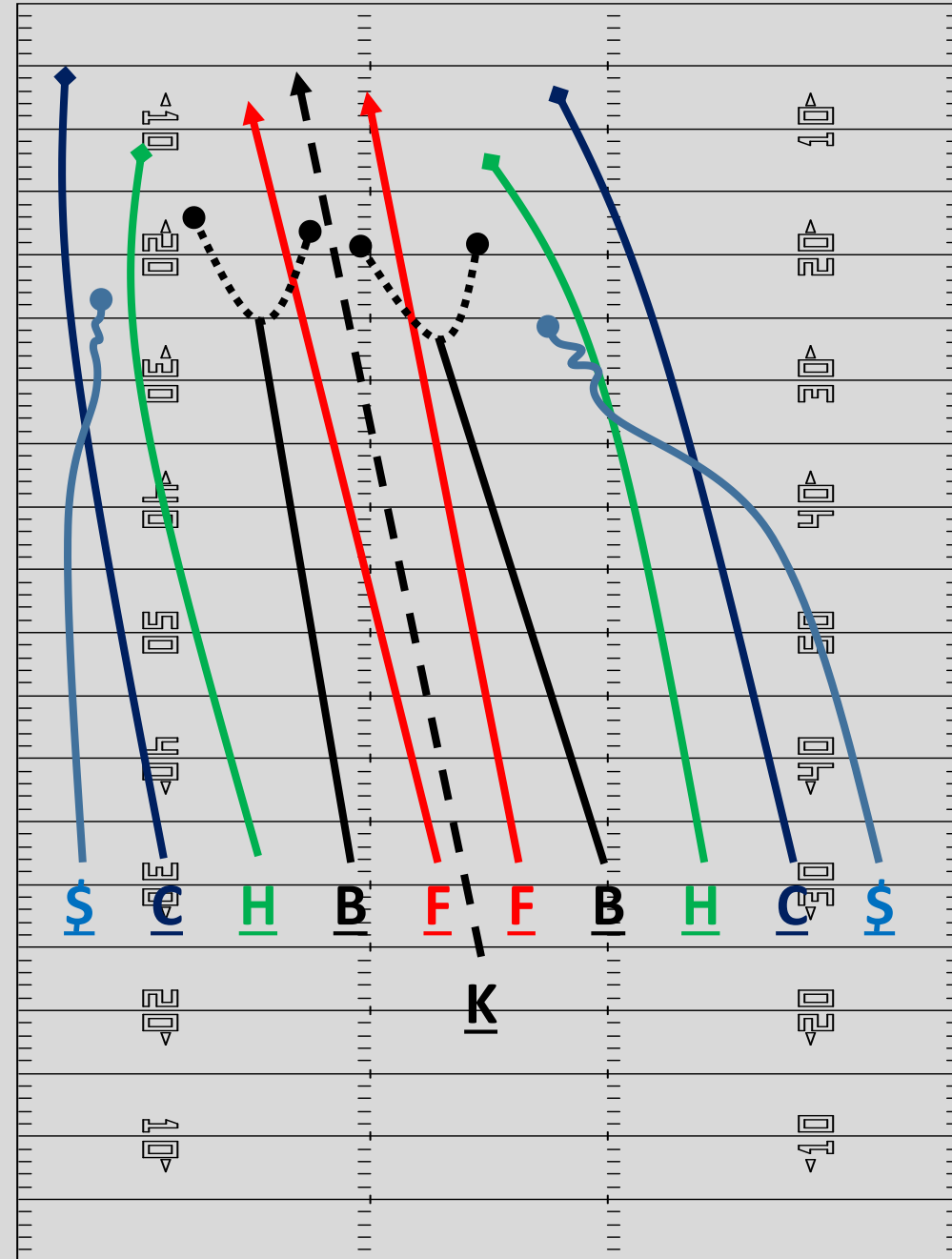
**BACKER – LB/\$/TE - BEST FIT
MAKE FAST RIGHT**

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

**CONTAIN – DISCIPLINE &
PHYSICAL**

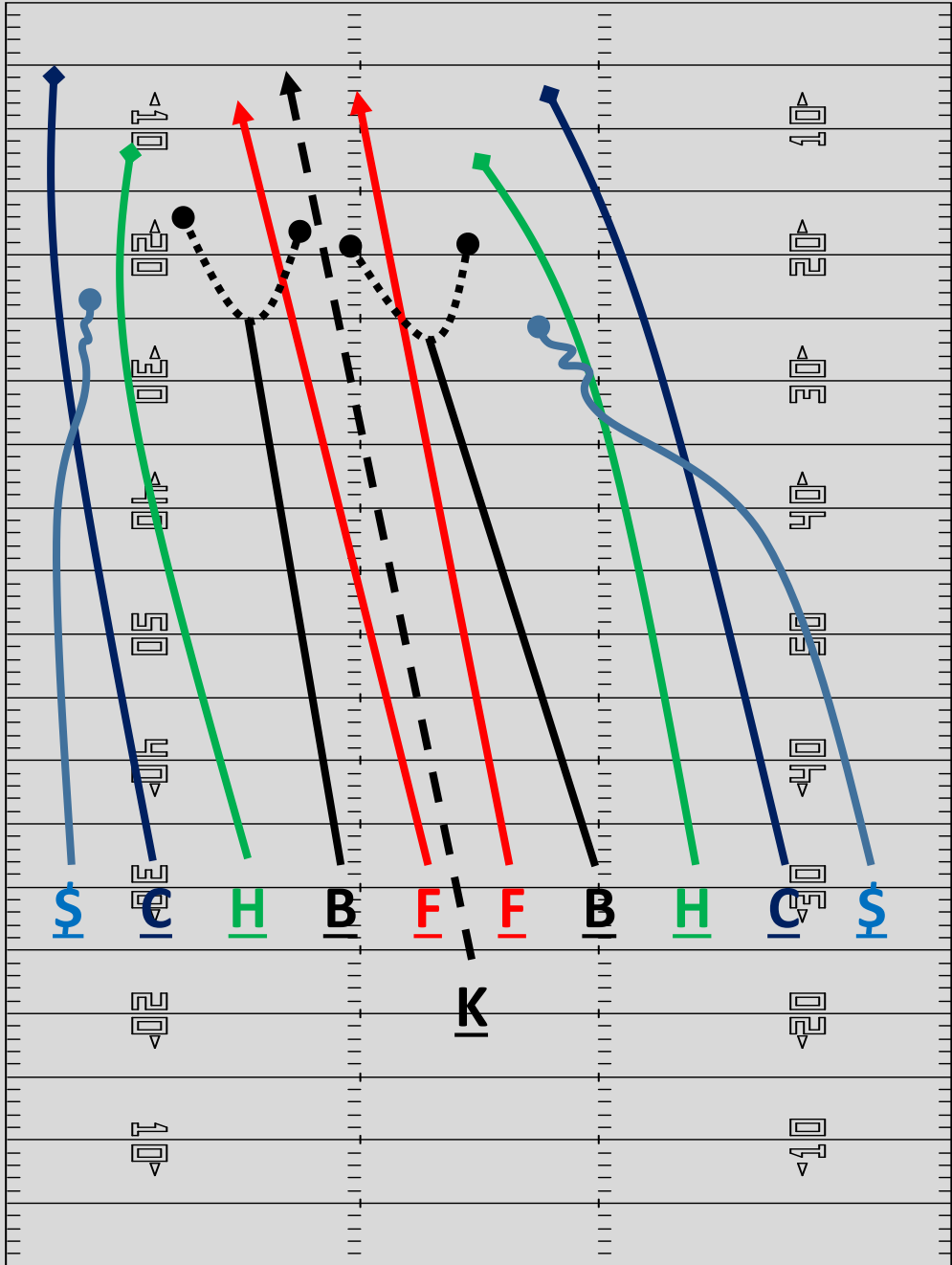
**SAFETY – TRUST, BEST TACKLER
IN SPACE**

**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		



blue

**FAST – GLAU
FRANK**

**BACKER – BOYD
X**

**HAMMER – KHRIS
LUKE**

**CONTAIN – TREY
SWOPES**

**SAFETY – WALKER
JJ**

KICKER – COMBS

GOLD

**FAST – WESLEY
VINSON**

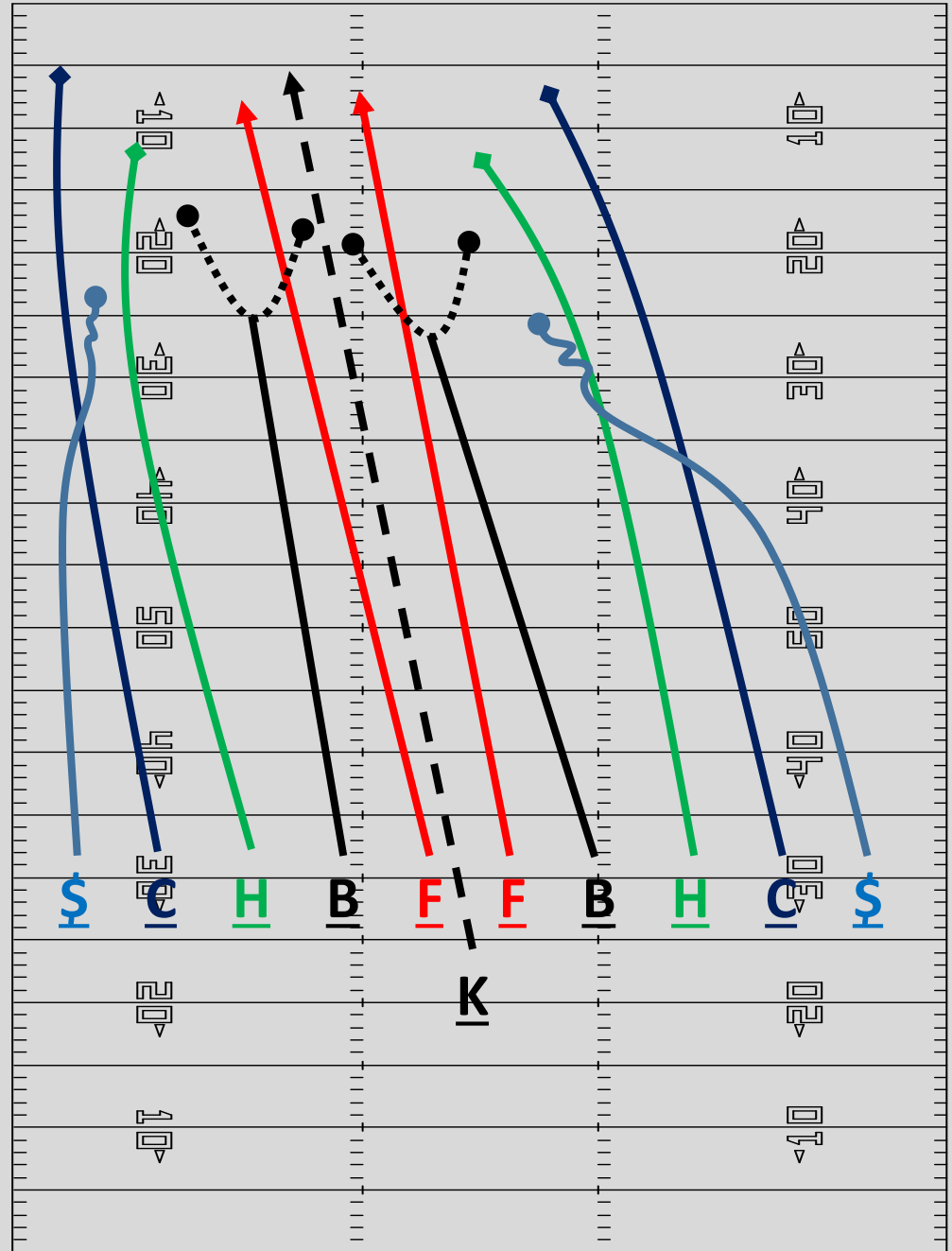
**BACKER – BOB
MITCHELL**

**HAMMER – STELZ
TANK**

**CONTAIN – CRUIZ
VERNA**

**SAFETY – WILLIE
JUICE**

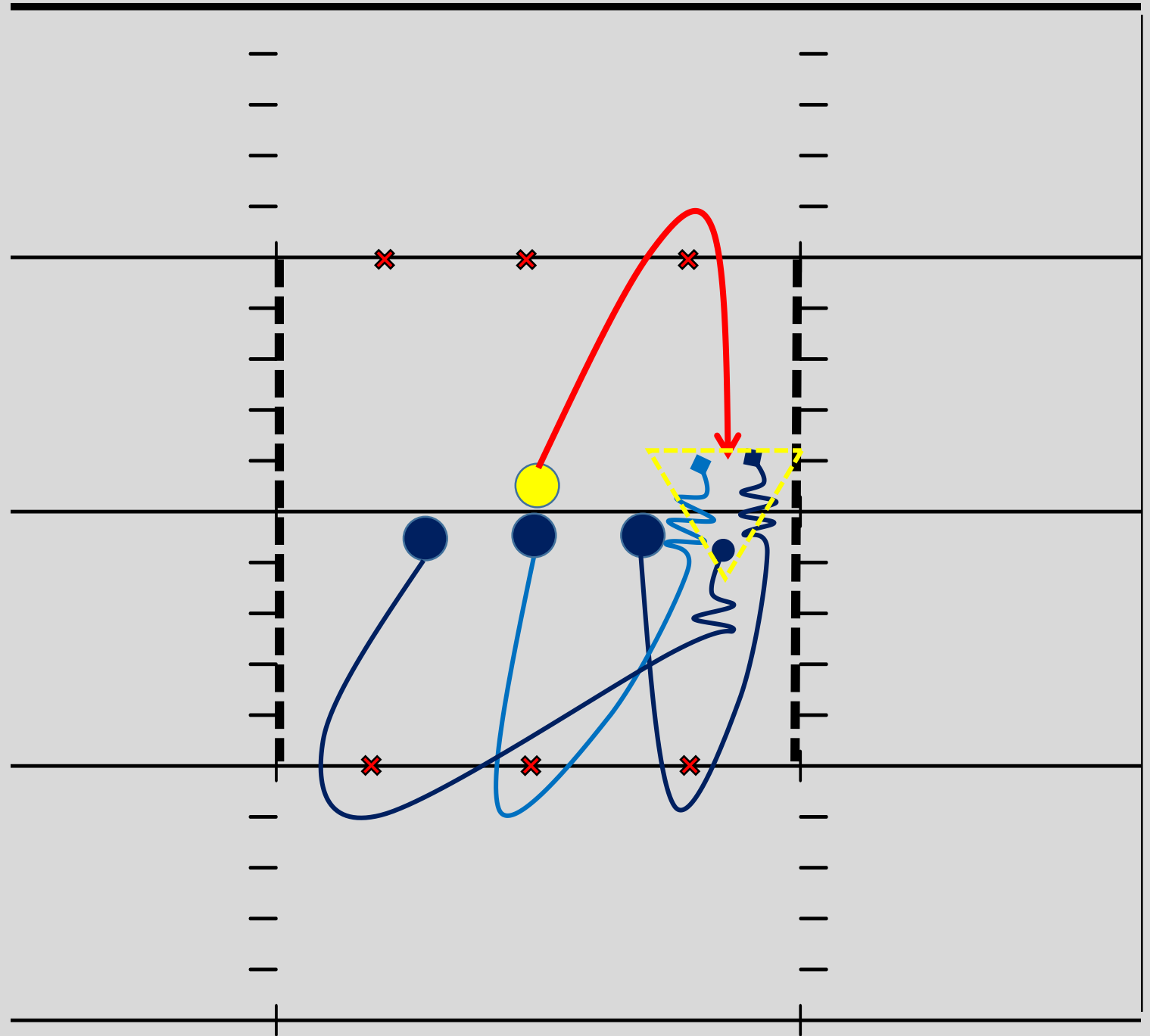
KICKER – ROOT



LEVERAGE TACKLE

LEVERAGE TACKLE

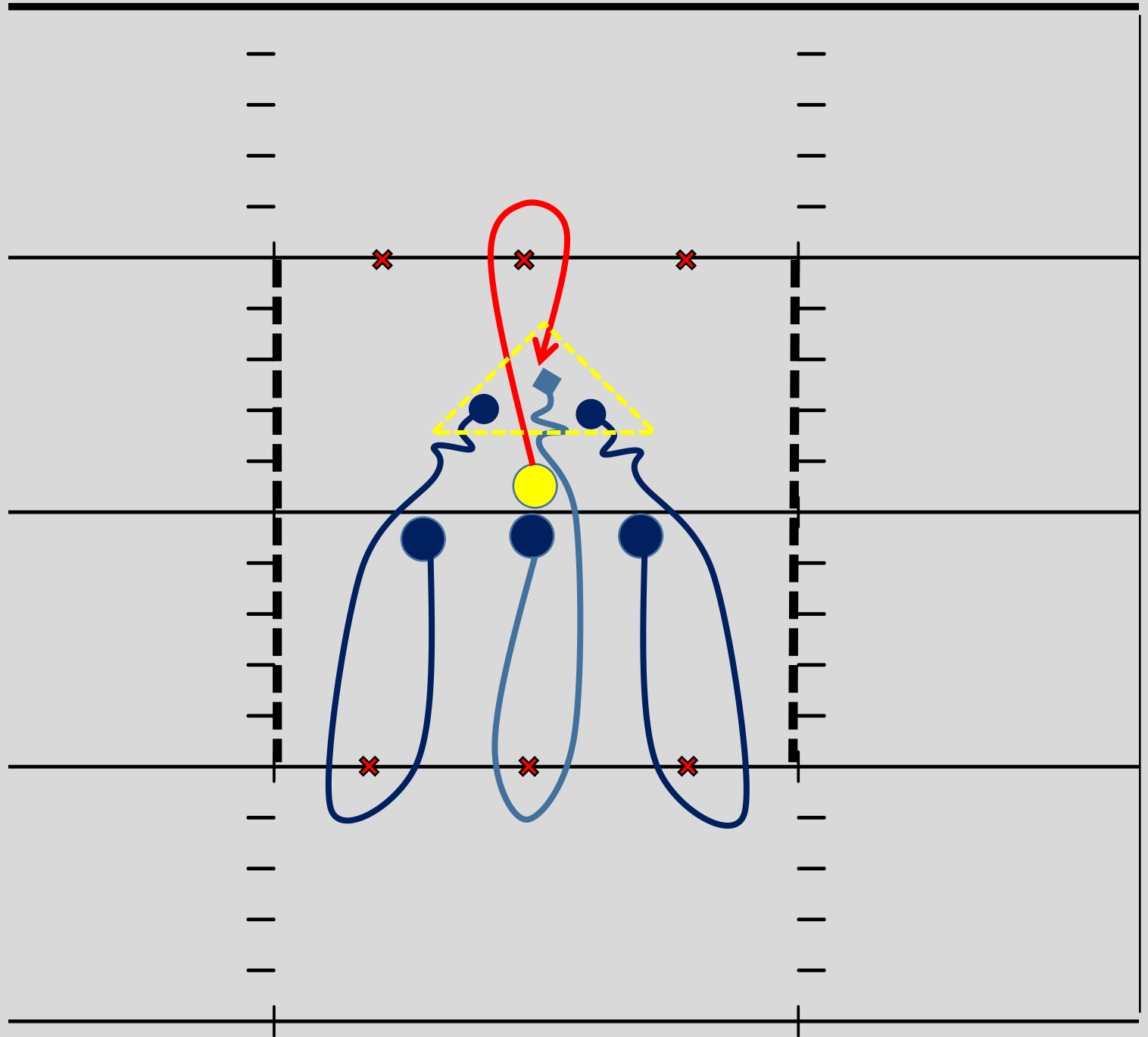
- 3 on 1 (H - H)
 - OUTSIDE LEVERAGE
 - INSIDE LEVERAGE
 - FIT



LEVERAGE TACKLE

LEVERAGE TACKLE

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



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

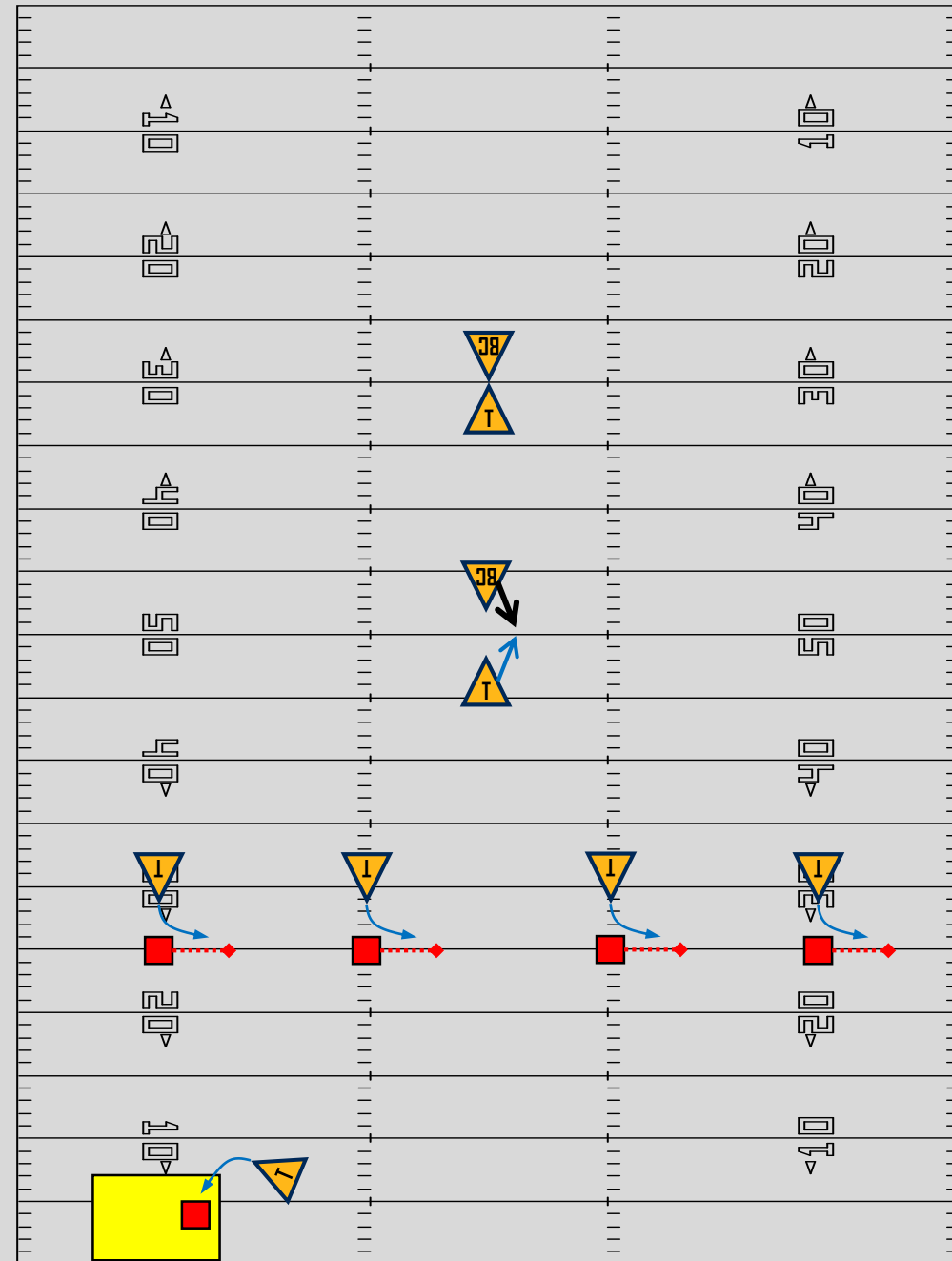
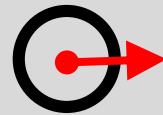
- 4 SERVE - @ 20 YL

* 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

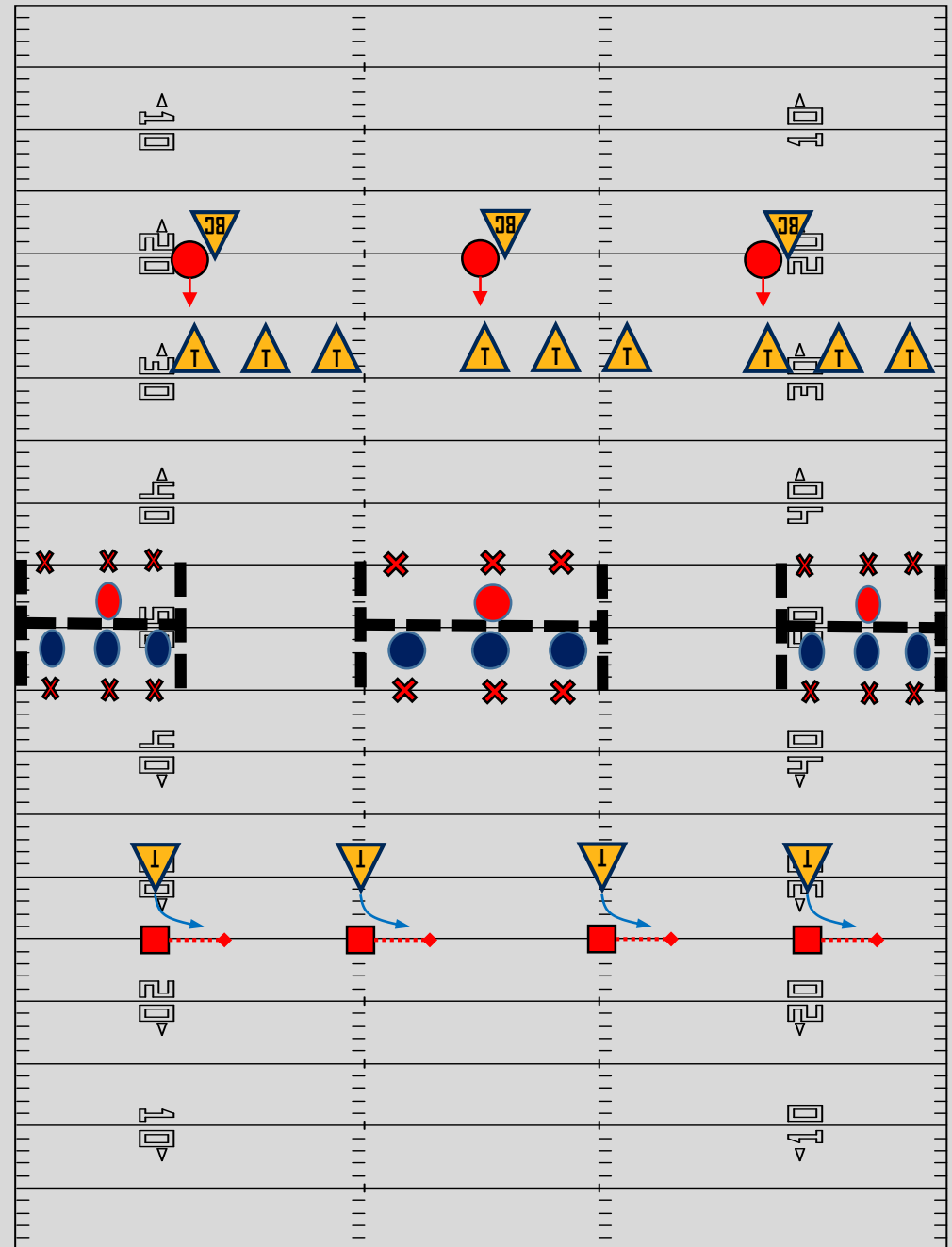
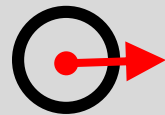
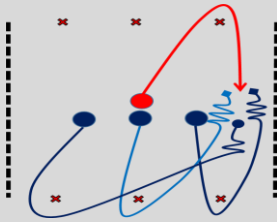
- (SL-#) (H-H) (#-SL)

* Adjust groups to size, work in the same direction.

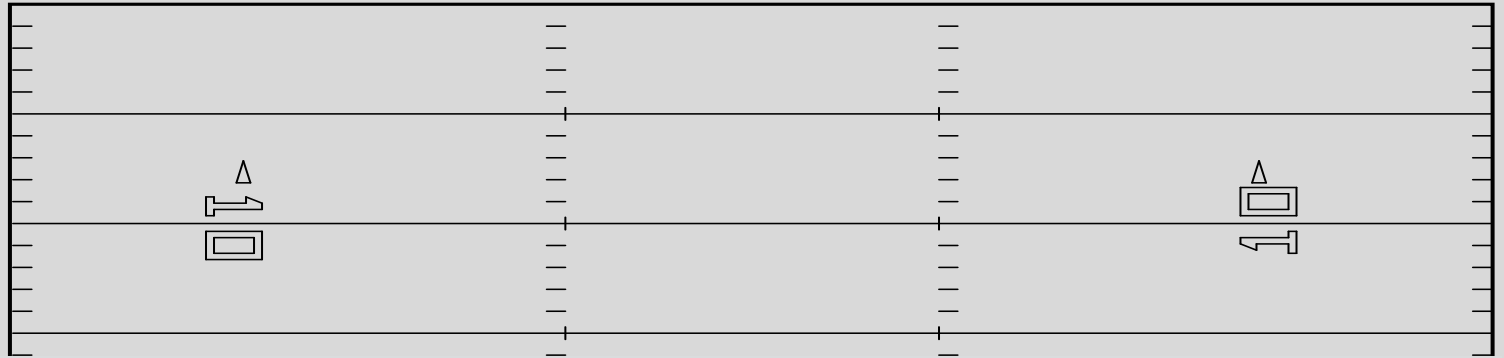
GATOR ROLL

- 4 TACKLERS - @ 30 YL
- 4 SERVE - @ 20 YL

* Bag drags behind, work in the same direction.



COVERAGE DEPTH

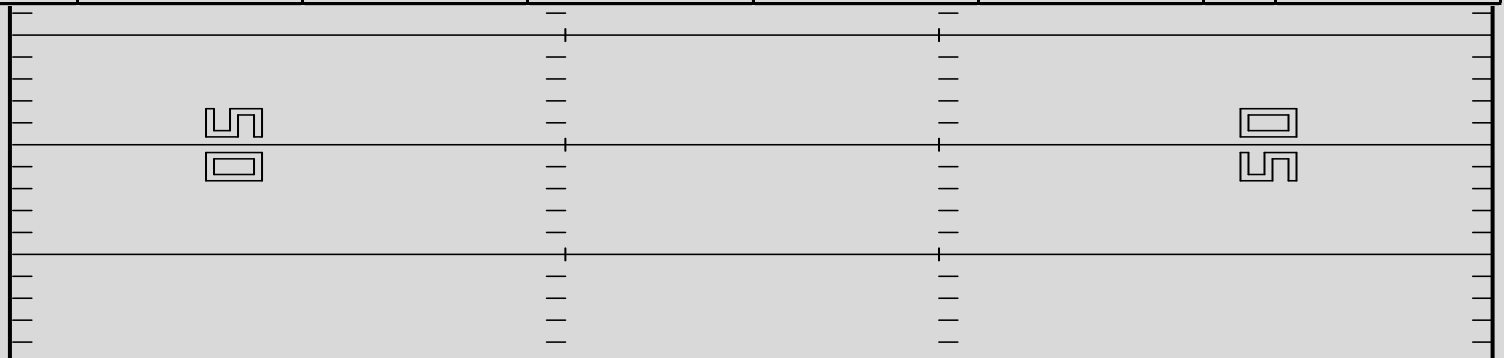


PUNT

	<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





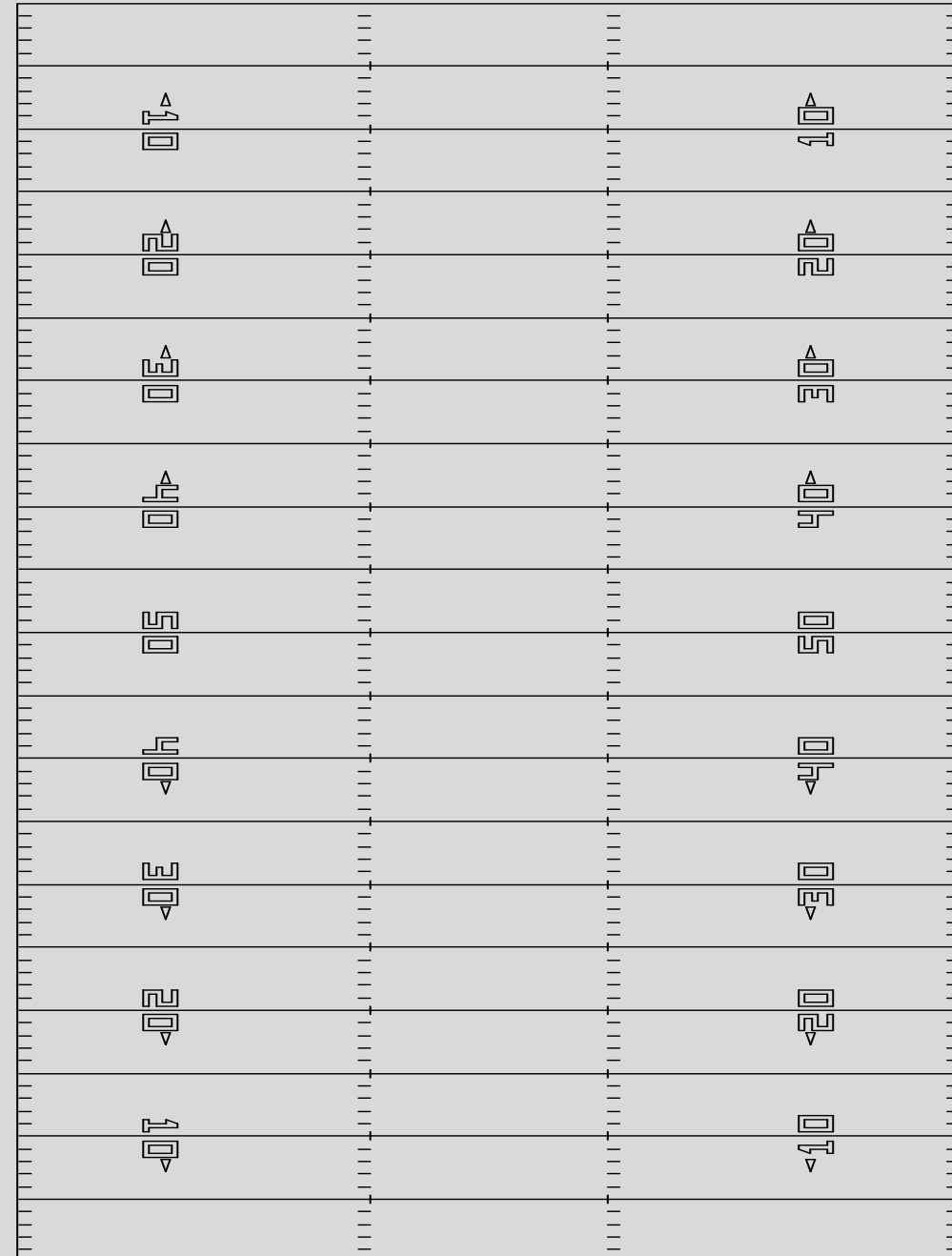
10		01
20		02
30		03
40		04
50		05
40		04
30		03
20		02
10		01



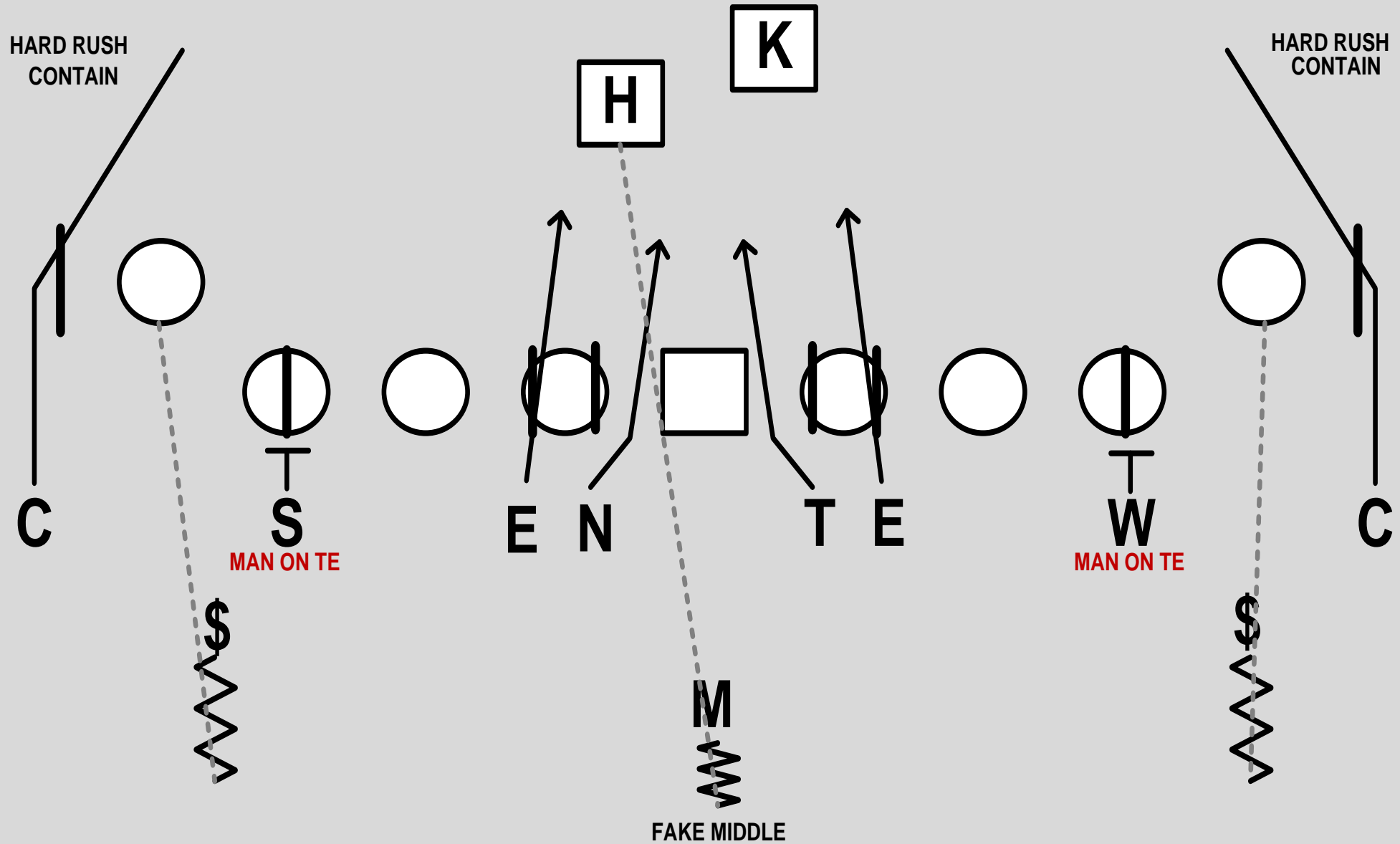
10		01
20		02
30		03
40		04
50		05
40		04
30		03
20		02
10		01

ST FAKE-TRICK PLAY

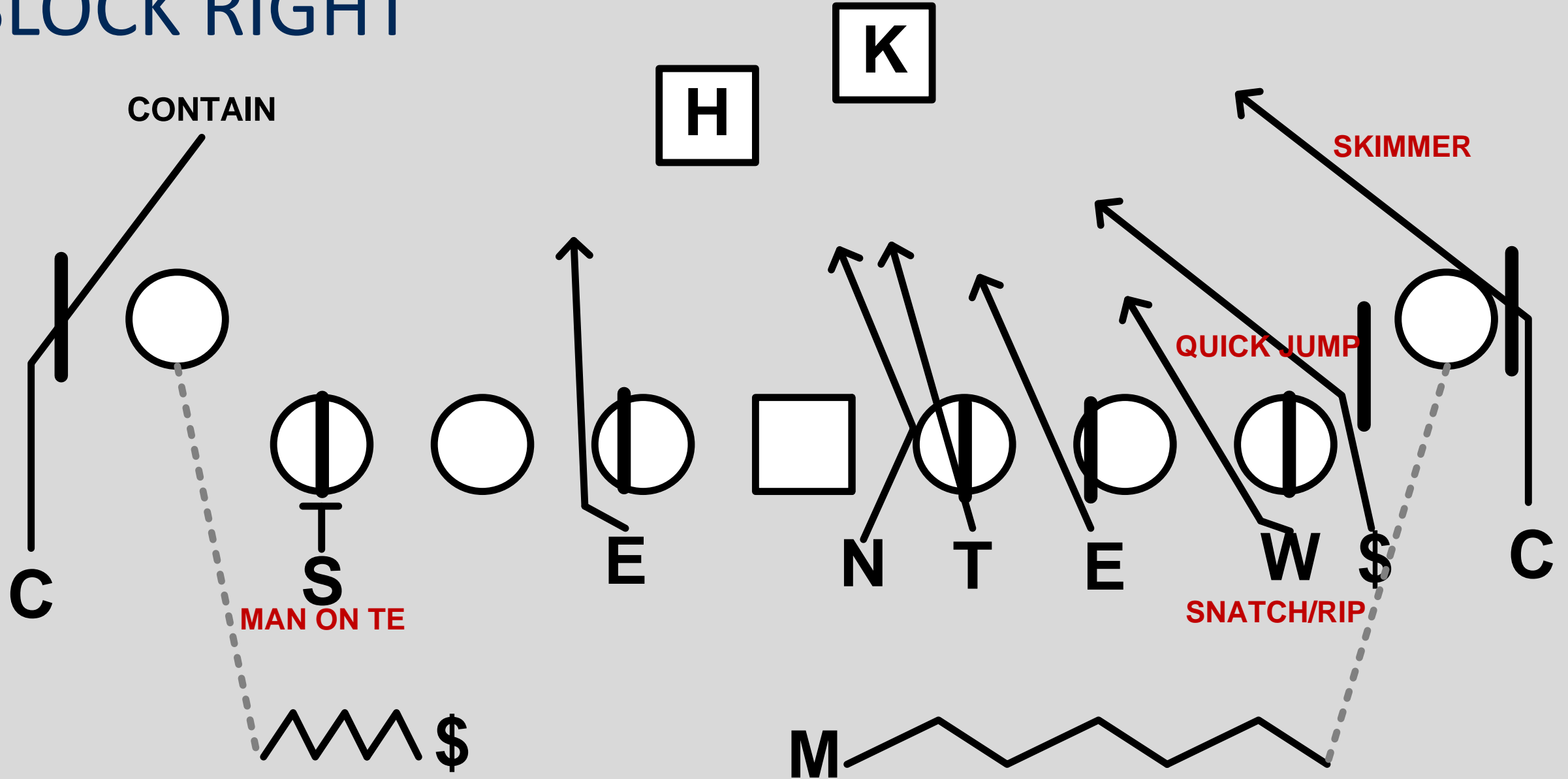
- RET REVERSE
- CB FG BLOCK
- SHLD PASS/SHLD SCREEN
- ONSIDE PASS
- BE RUGBY TOSS



FG BLOCK – MIDDLE SAFE



FG BLOCK – BLOCK RIGHT



FG BLOCK – BLOCK LEFT

