

3rd PHASE GAME CHANGER
SPECIAL TEAMS
Punt Return Drills

Bryan Cummings



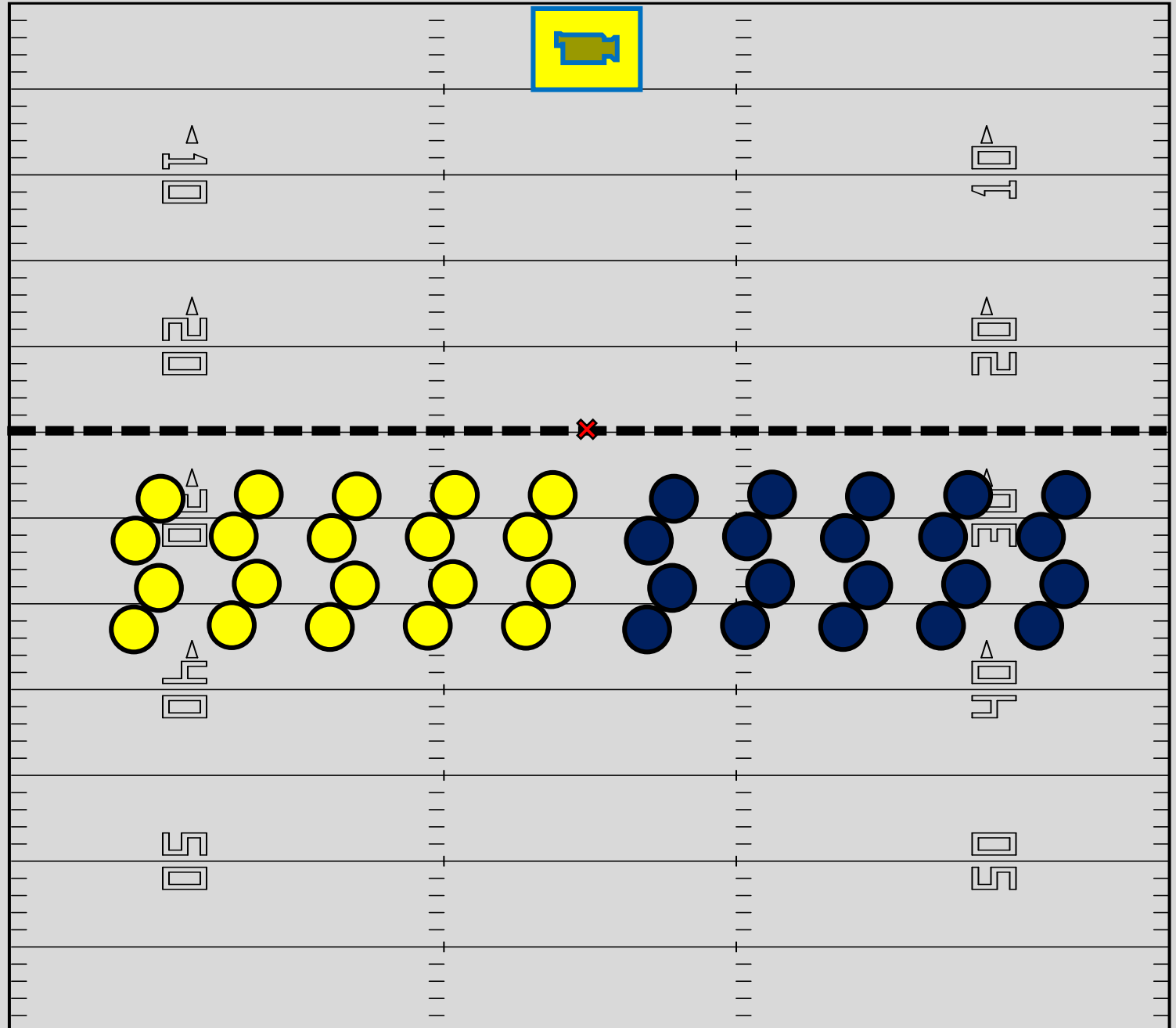
DOT MATRIX

ALIGNMENT

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

DRILLS

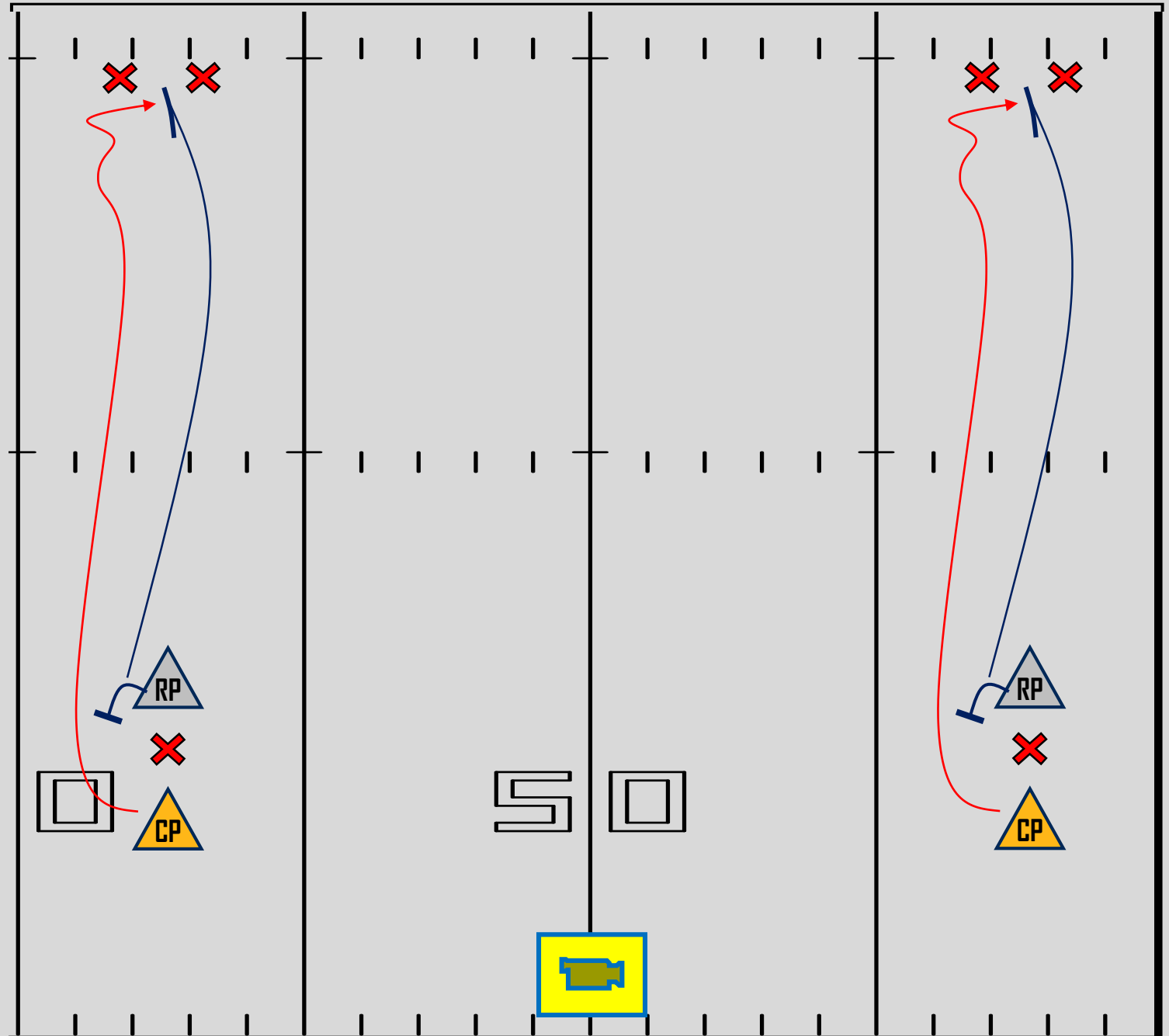
1. JUMP STANCE
2. PUNCH
3. CUTOFF 1 STEP
4. CUTOFF 2 STEP
5. HUDDLE CADENCE (Punch/Cutoff)



COMPETE DRILL

COMPETE

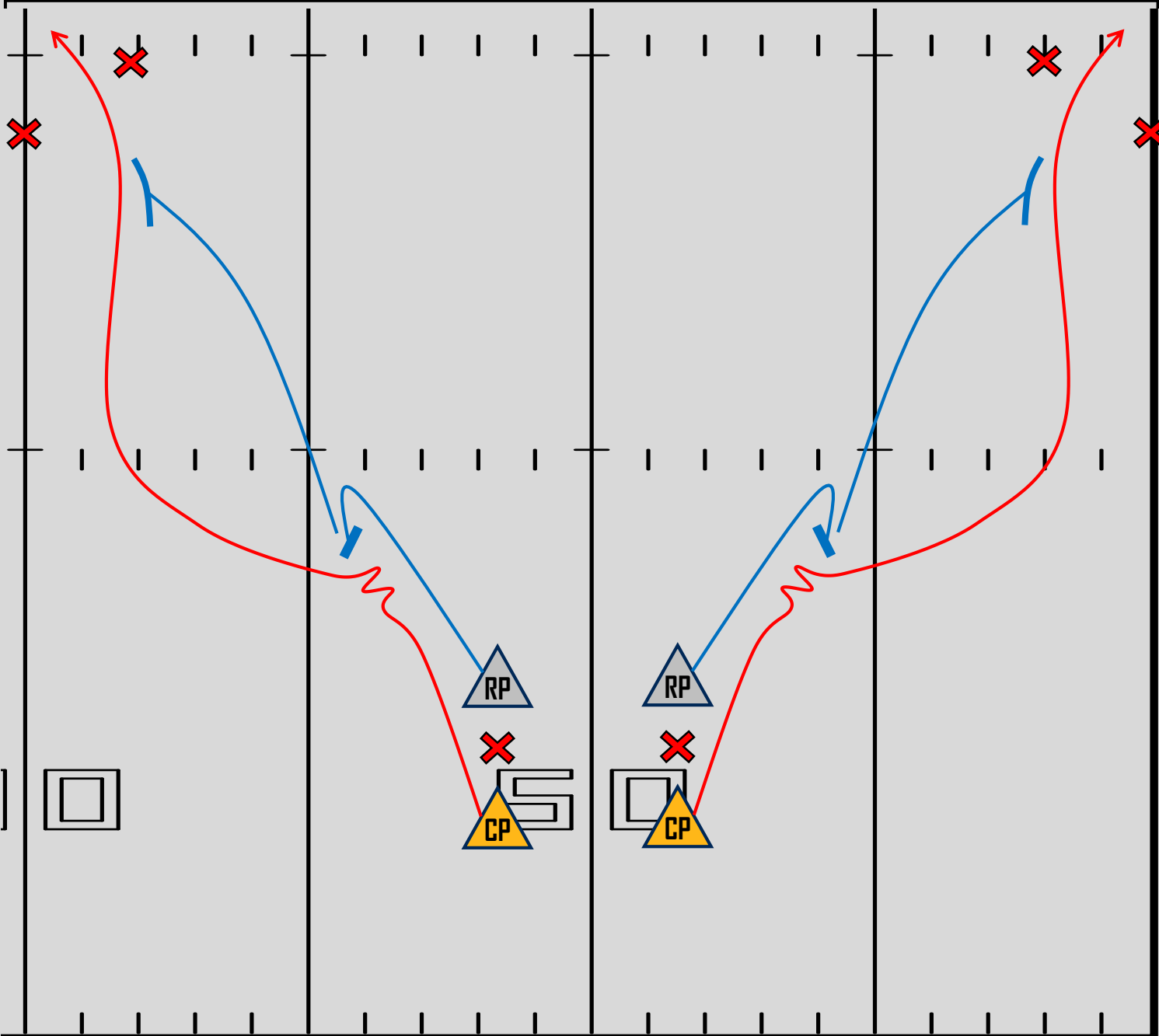
- MAN vs. MAN
- COVER - Get thru the cone
- RET - Stop CP from getting thru cone



K COMPETE DRILL

COMPETE

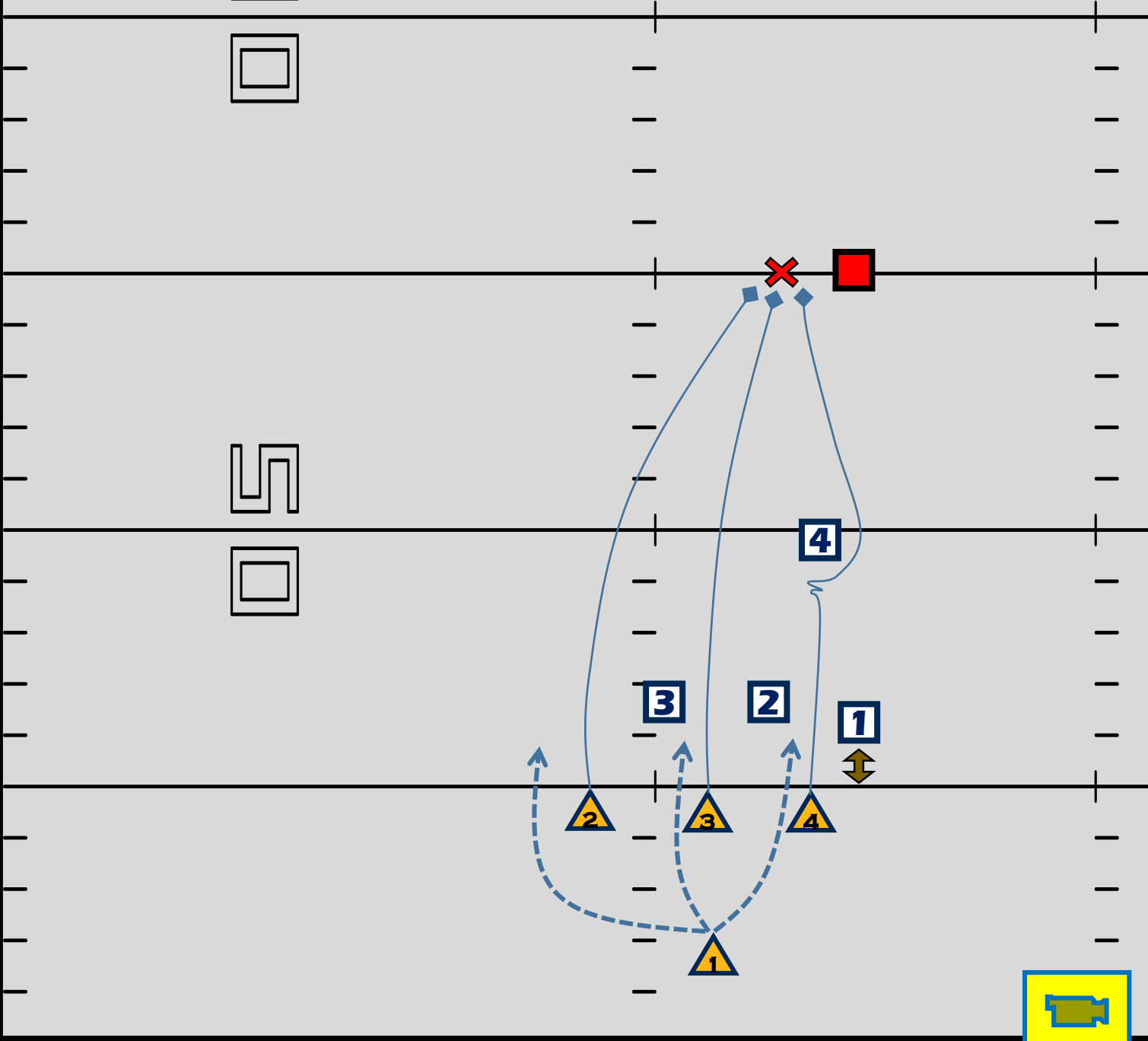
- MAN vs. MAN
- COVER - Get thru the cone
- RET - Stop CP from getting thru cone



FRONTSIDE COMPETE

HALF LINE

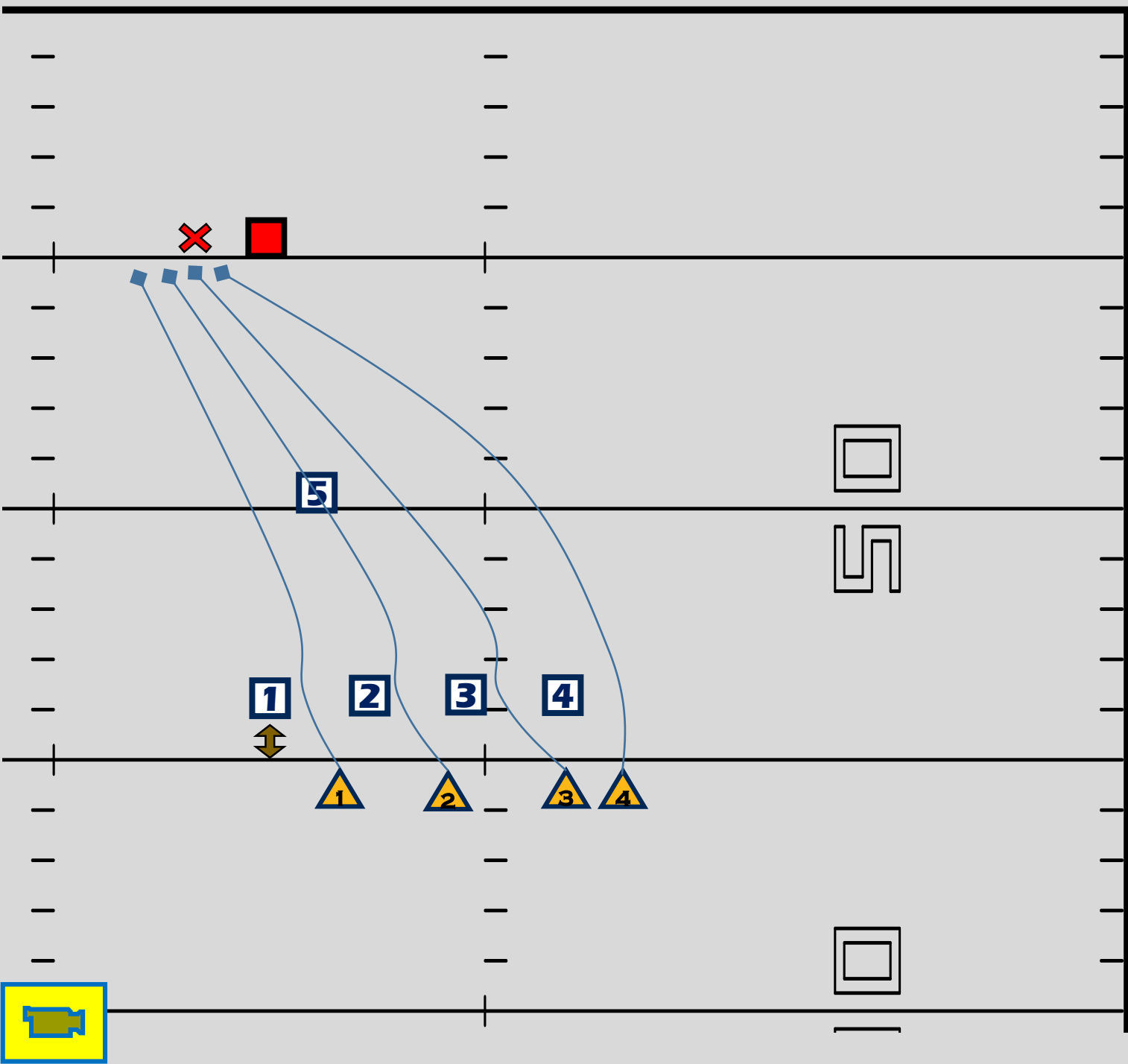
- PUNT vs PUNT RUSH
- FRONTSIDE



BACKSIDE COMPETE

HALF LINE

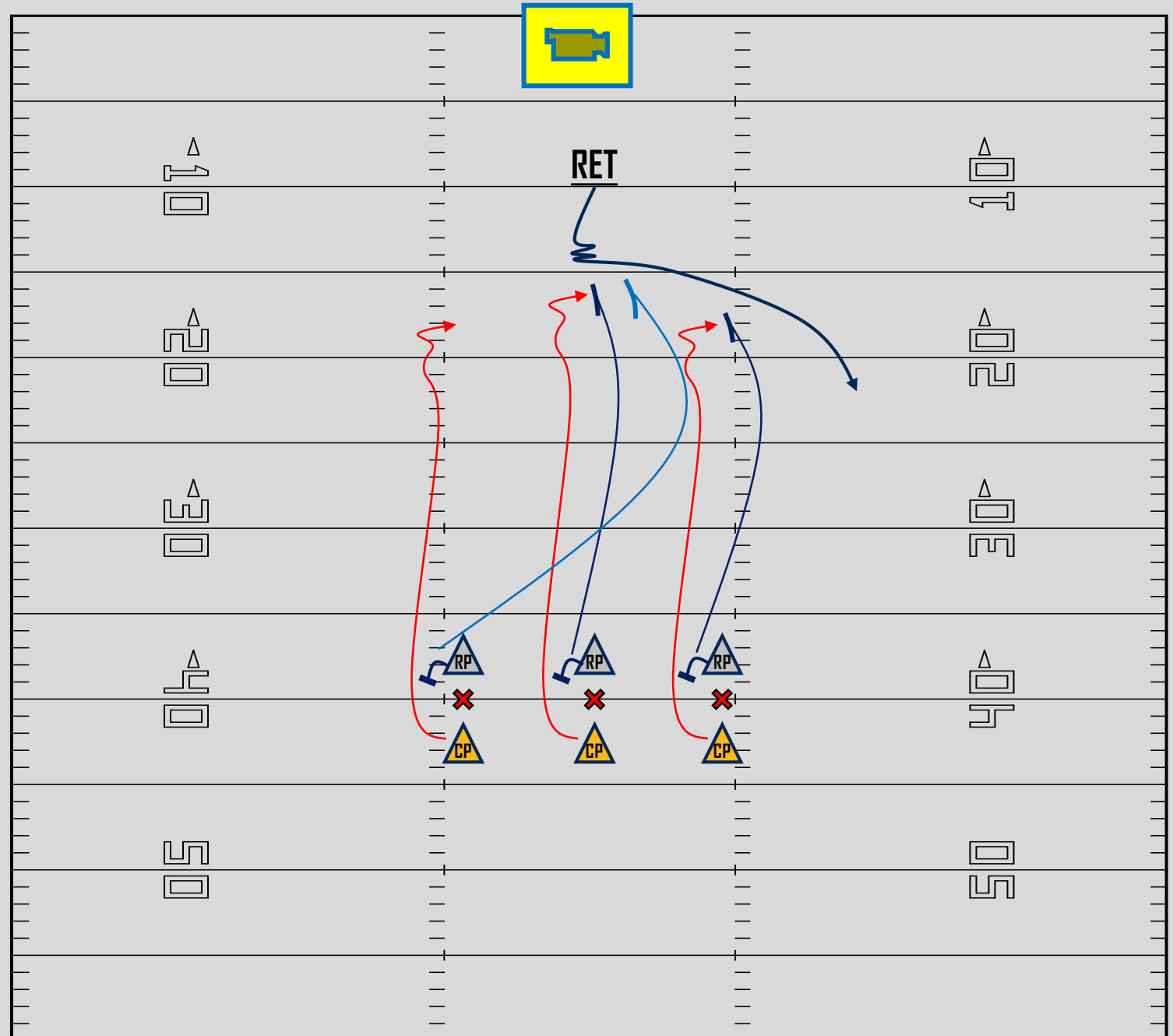
- PUNT vs PUNT RUSH
- BACKSIDE



3 COMPETE & RET

3 TANDEM & RET

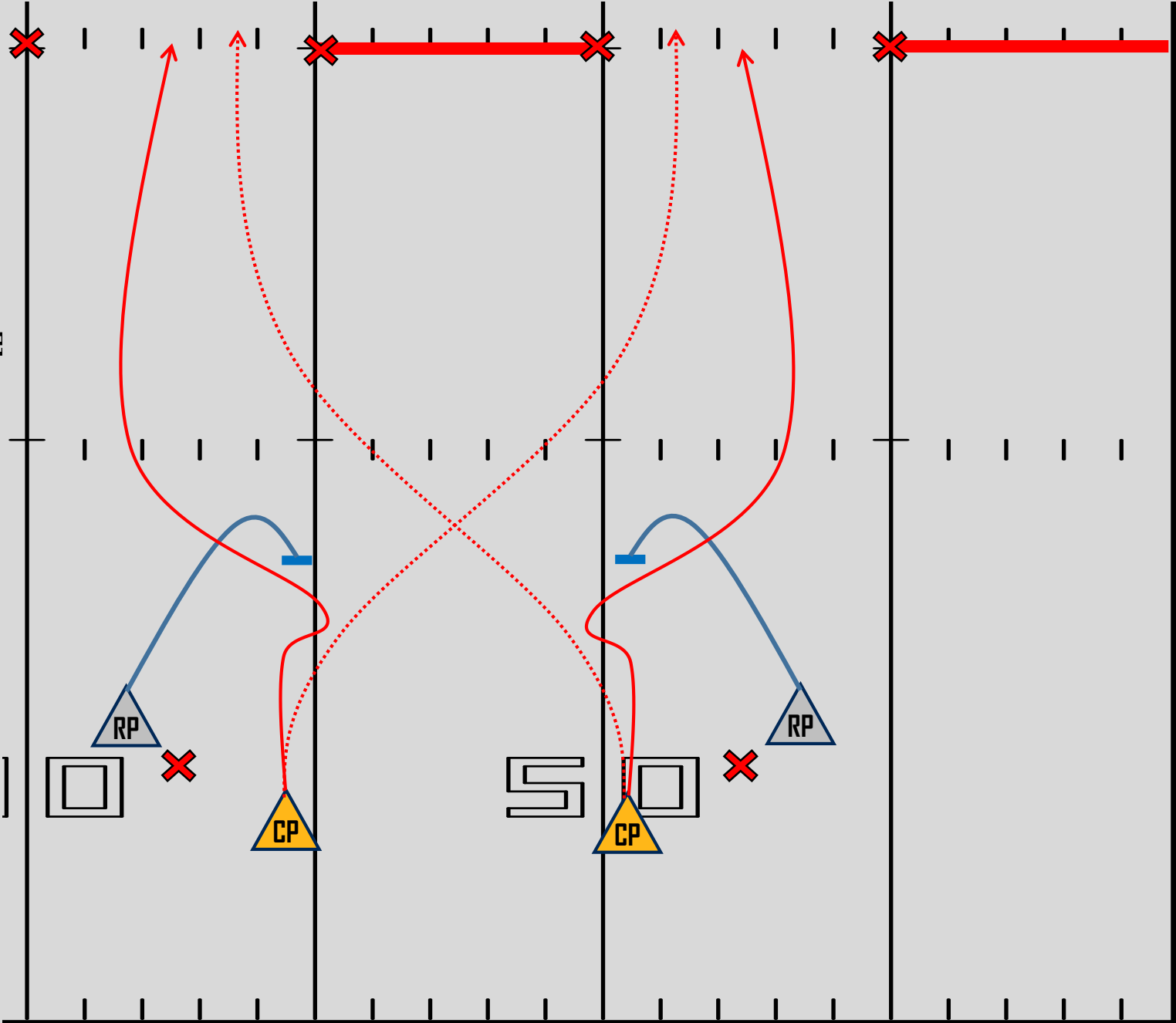
- ALIGN @ 40 L-UpRt/MOF/R-UpRt
- WHISTLE
- WIN AT THE LINE
 - RP - Jam & Force Release Away
 - CP - Work Release & Tag Off Ret
- COMPETE & TAG OFF RET
 - RP - Work Grab & Wrap, POC
 - Away Work Tailer
 - CP - Work Release & Tag Off Ret
 - RET - Read & React Off Blocks



KR 2 COMPETE DRILL

COMPETE

- MAN vs. MAN
 - COVER - Get thru the cone
 - RET - Stop CP from getting thru cone
- *work strait & CP twist



BLOCK CIRCUIT

MIDS

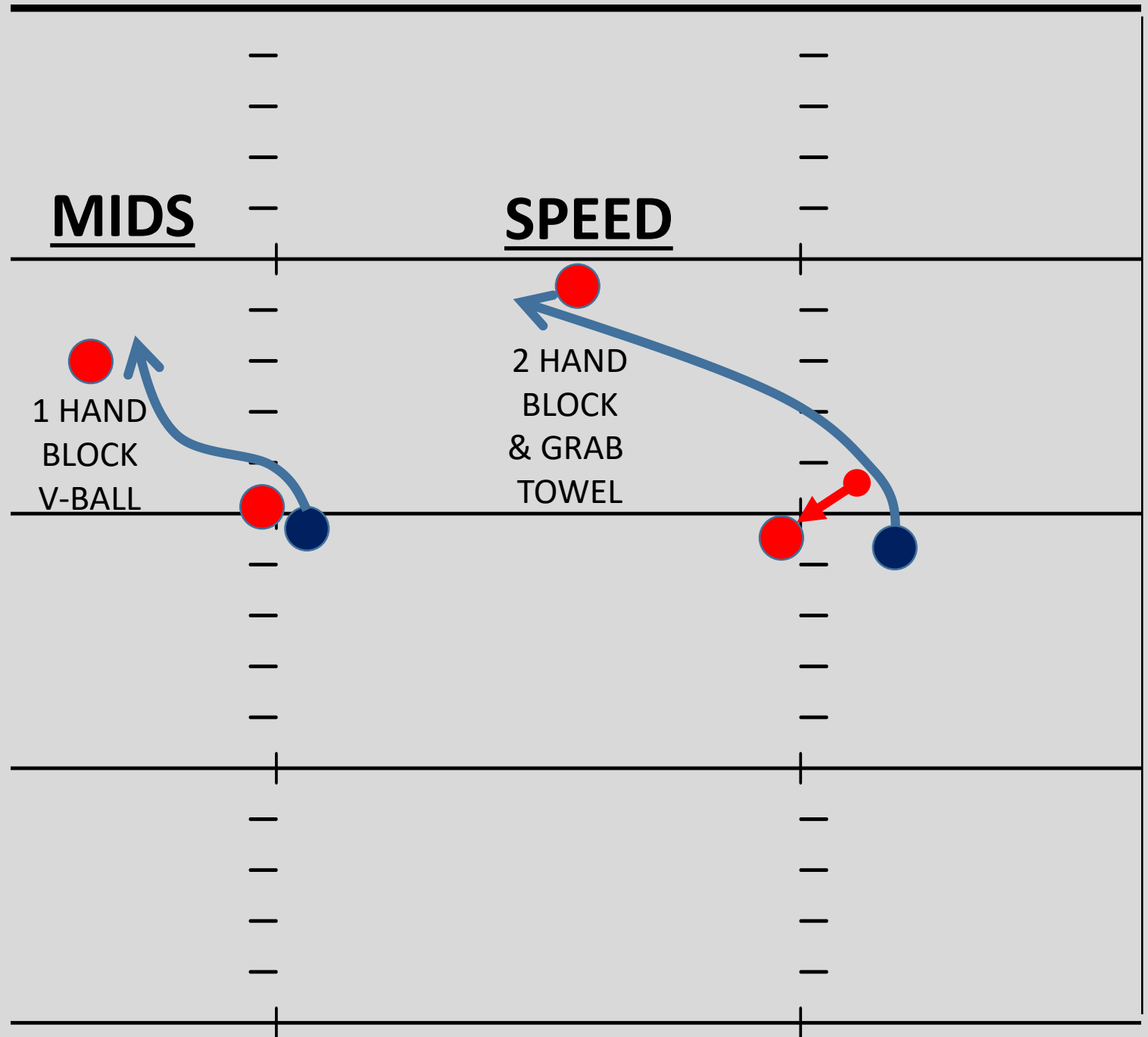
LEAN AND DRIVE

- LEAN INTO BAG
- 1 HAND BLOCK

SPEED

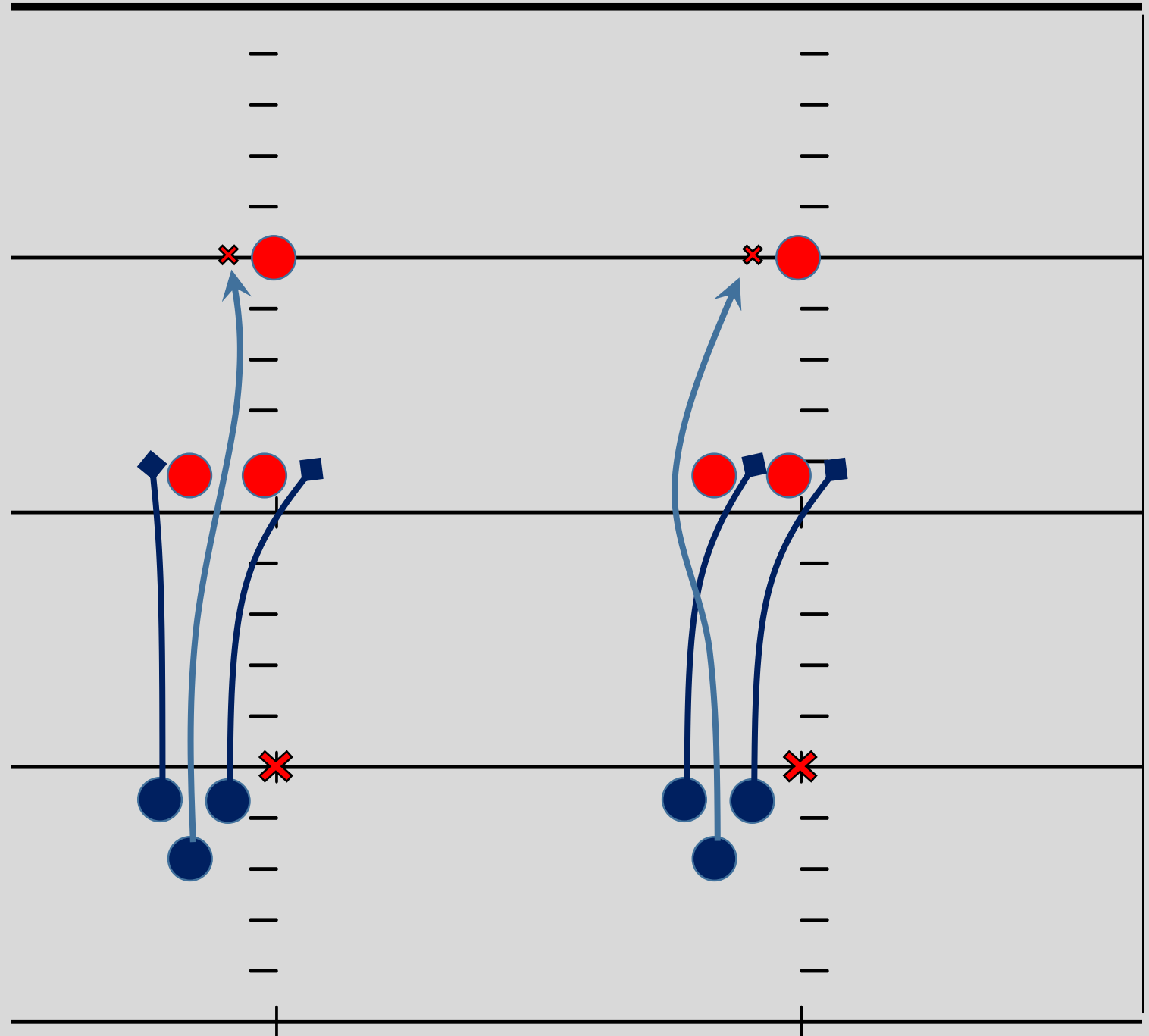
REPLACE THE DOWN BLOCK

- REPLACE THE DOWN BLOCK
- GRAB THE TOWEL



BLOCK CIRCUIT

3 ON 2 VS SHEILD

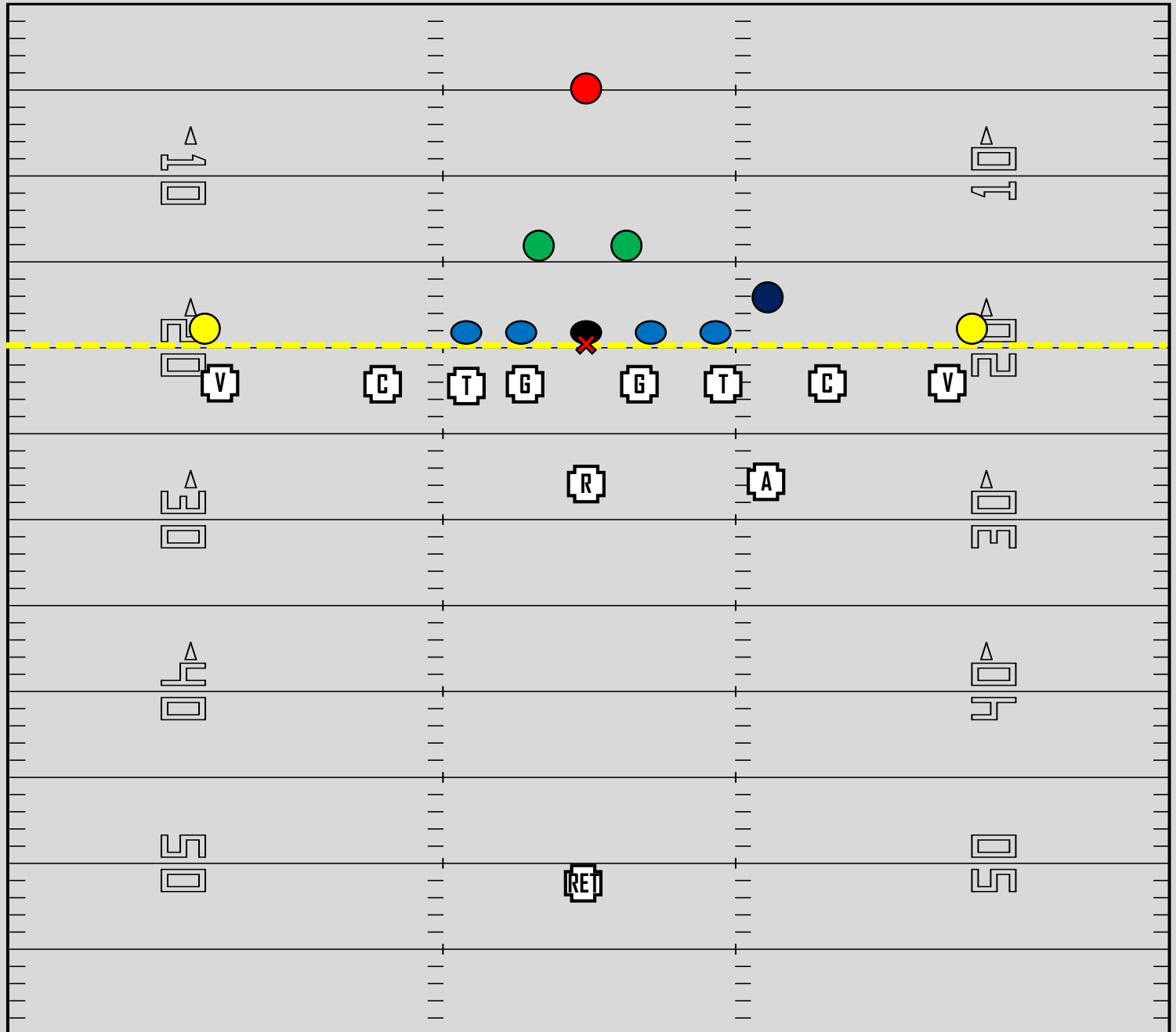


PUNT RETURN ALIGNMENT

SPREAD WING LEFT PRO RIGHT

POSITIONS

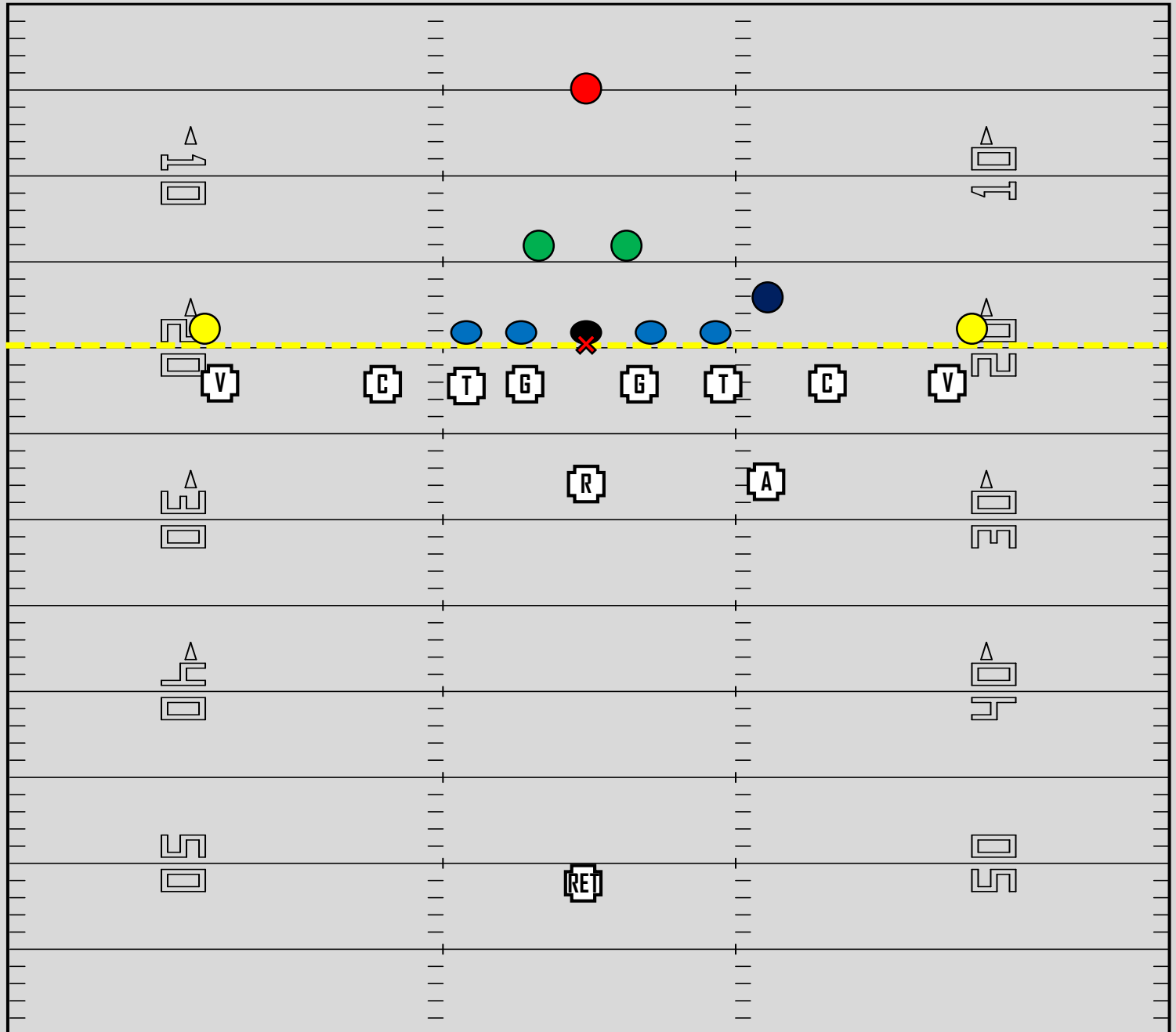
- V1 -
- V2 -
- LG -
- RC -
- LT -
- RT -
- LG -
- RG -
- R -
- A -



PUNT RETURN LOOK TEAM

- LV – McNEIL
- RV – ADAMS/VINSON
- LC – BETTY
- RC – DORIAN
- LT – BRIN
- RT – DUNN
- LG – LAING
- RG – T. JONES
- R – BROOKS
- A – ISON
- RET – ONIC

ALT:
 WATKINS
 CARTAGENA
 DeLaCROIX
 DUBOSE
 D. JONES
 KAMARI
 BTF
 K. MEADOWS
 DAE DAE



PUNT RETURN

ALIGNMENT

SPREAD WING LEFT PRO RT

A RETURN

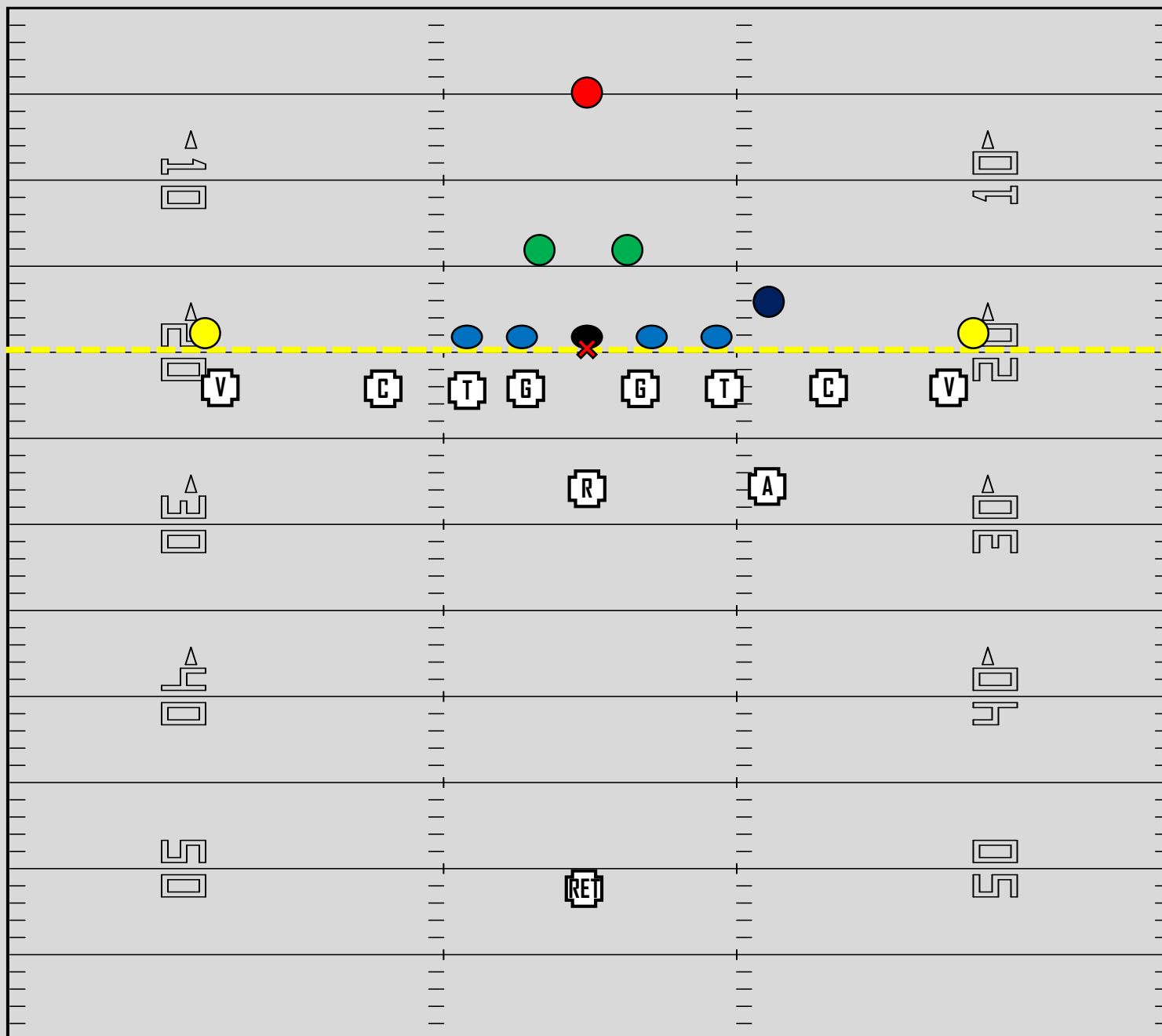
- L1 - Swopes
- R1 - Vinson
- LC - Isaiah Williams
- RC - Khris Lee
- L2 - Cruz
- R2 - X
- L3 - Sol
- R3 - Zel
- R - Verna / alt:Trey
- A - Noel
- RET - Onic

ALIGNMENT

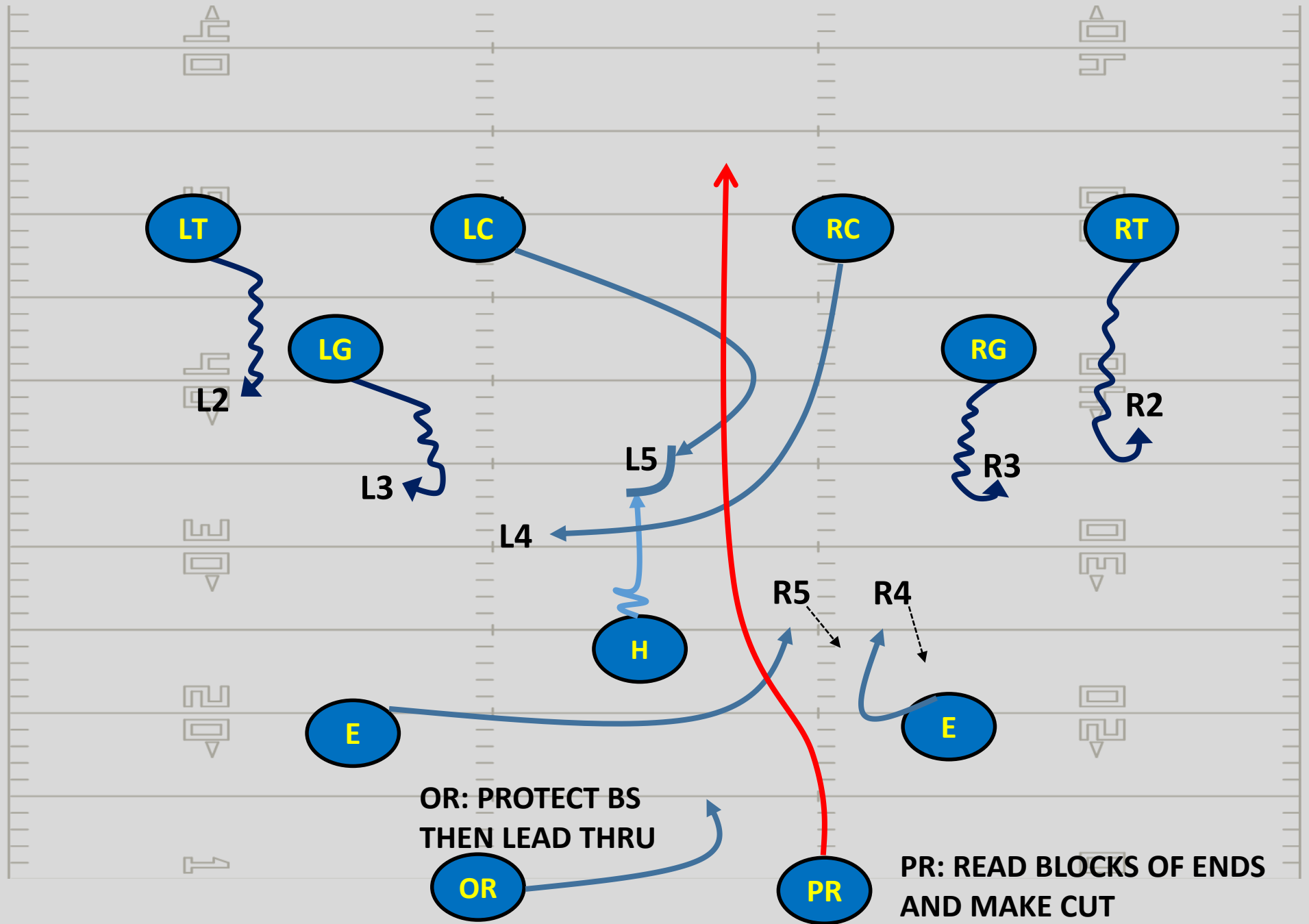
SPREAD WING LEFT PRO RT

B RETURN

- L1 - Deggs
- R1 - JJ
- LC - Tank
- RC - Stelz
- L2 - Luke
- R2 - Brooks
- L3 - Zay
- R3 - Mitchell
- R - Bob
- A - Boyd / alt:AD
- RET - Cam



RIGHT



PR CROSSFIELDS

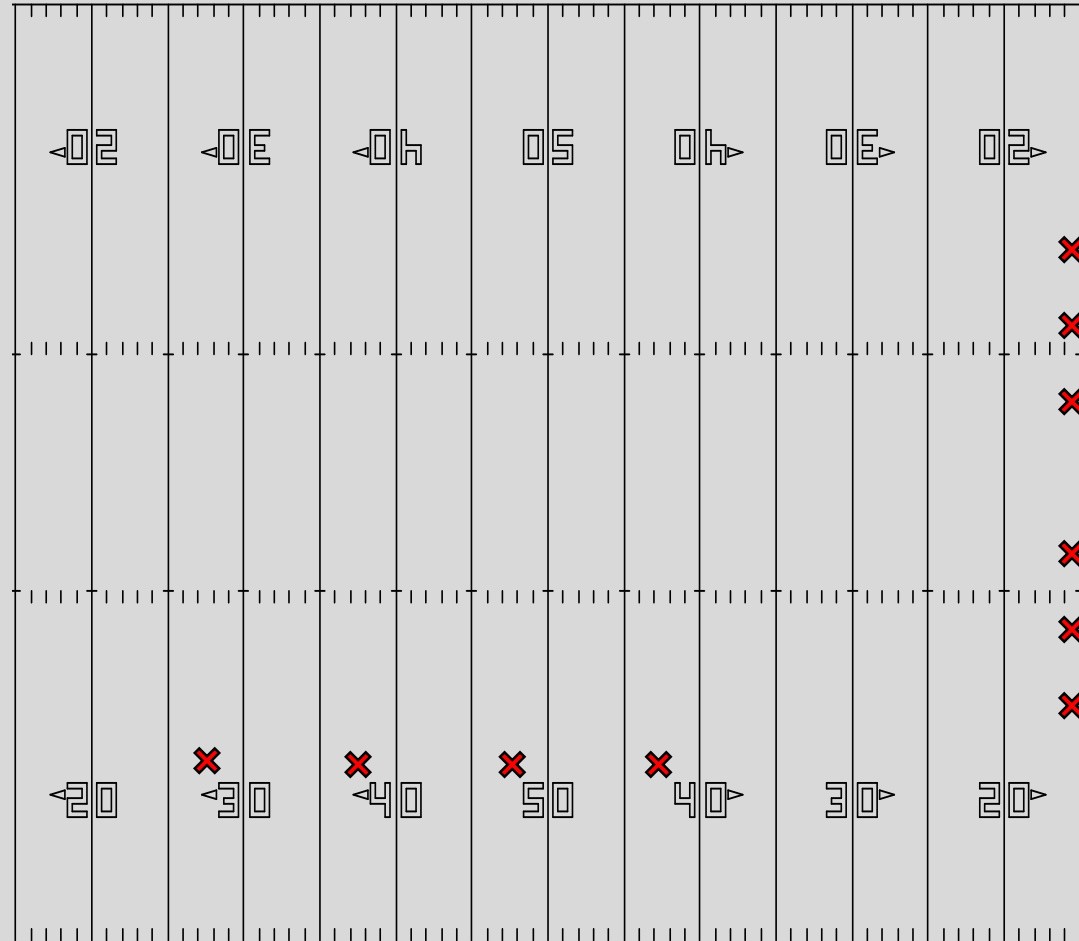
ALIGNMENT

- 2P FACING – TOP OF # BETWEEN YARDLINES

* Groups will work in the same direction across the field

DRILLS

1. MIRROR
2. TRAIL
3. GRAB & WRAP (H-M-H)
4. POC (H-M-H)



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

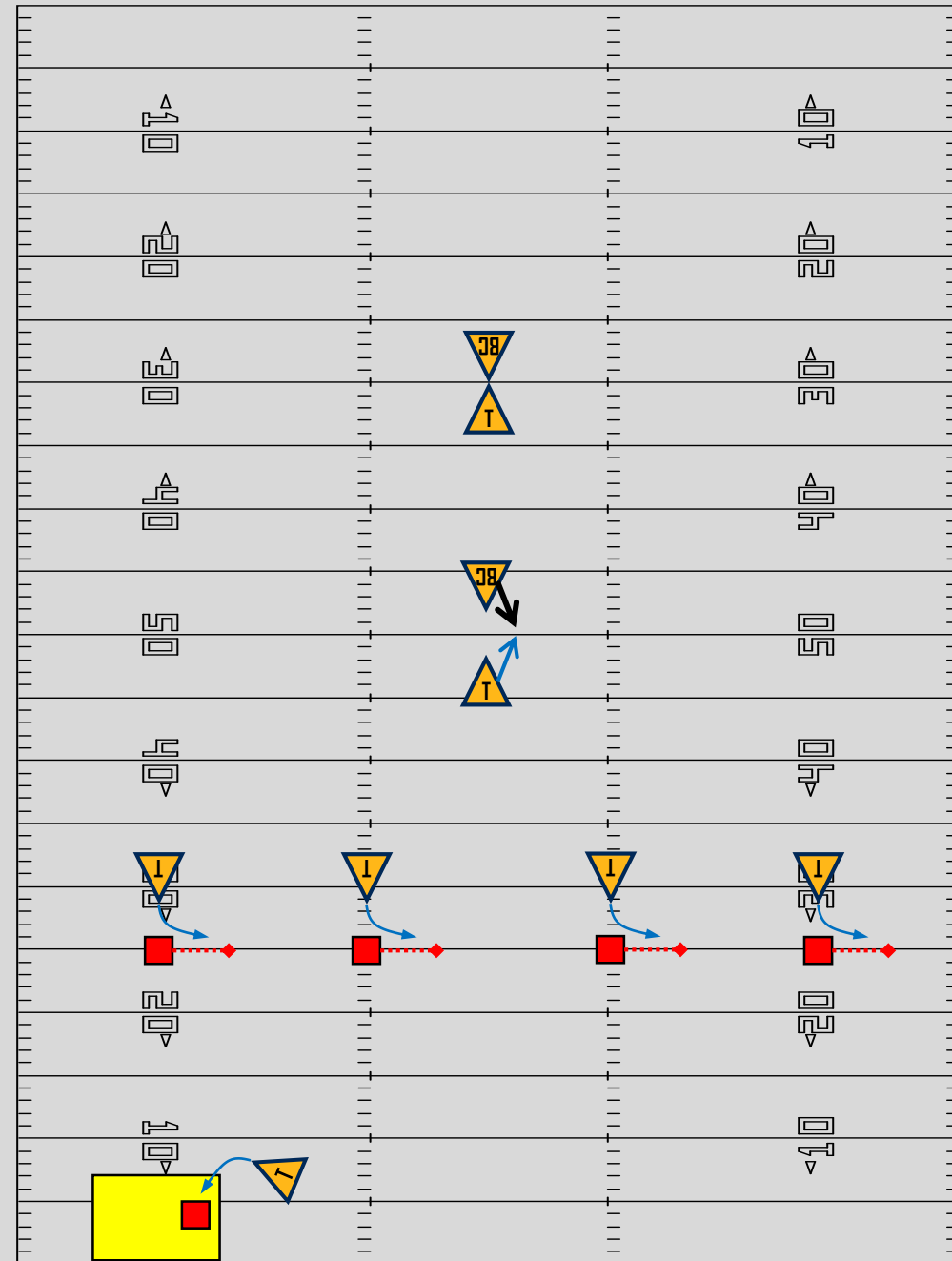
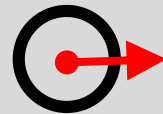
- 4 SERVE - @ 20 YL

* 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

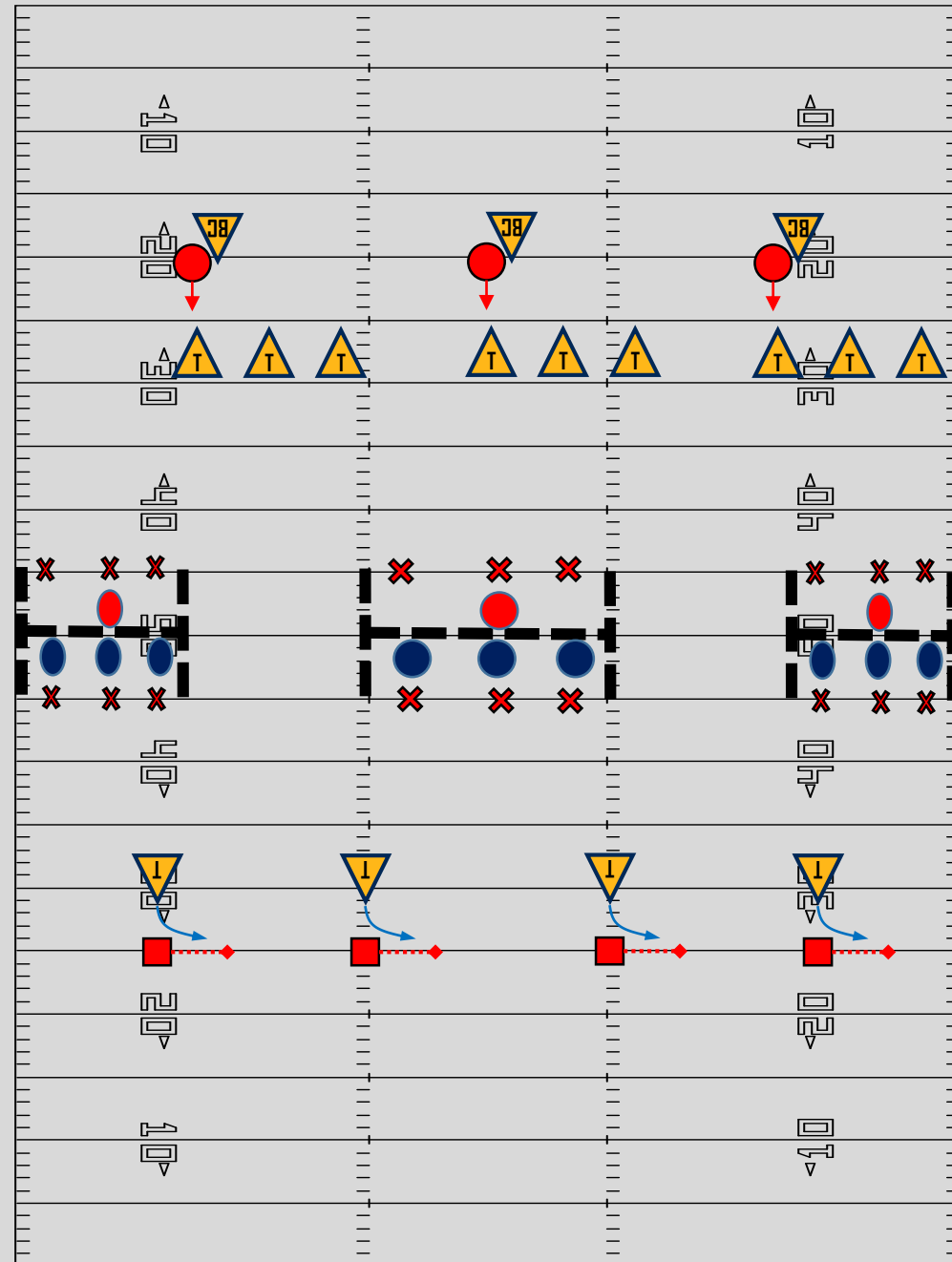
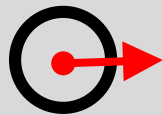
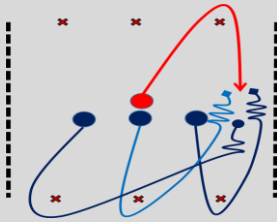
* Adjust groups to size.

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.





| | | |
|----|--|----|
| 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

