

COACHES Tips and Drills

Technique: Passing Mechanics

Position: Quarterback

Objective: To teach players how to throw the football accurately and efficiently

Drill Set-up:

1. Players line up and face each other in pairs about 10 yards apart
2. Pass the ball to each other, focusing on the grip and the throw

Teaching Points:

1. Hold the ball at chest height in both hands with the feet under the hips
2. Push off the back foot and step forward with the opposite foot to the passing arm so that both the foot and hip face the target. The body should now be facing the target.
3. At the same time, take the passing arm back with the elbow bent to hold the ball above the shoulder and slightly behind the helmet
4. Release the other hand off the ball
5. Begin the pass with the hips and shoulders moving forwards ahead of the passing arm
6. Bring the shoulder and passing arm forwards and extend the arm and hand to release and pass the ball to the target
7. As the ball is released, rotate the hand inwards towards the thumb so the palm is facing the ground.

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Drill: Weave Passing Drill

Position: Quarterback

Drill Set-Up

1. Line up 4 flat dummies approximately 2 yards apart.
2. Set up two receivers (other quarterbacks) 5 to 10 yards downfield and 8 yards apart
3. Coach gives command for quarterback to shuffle forward and backwards between the dummies.
4. Coach points to a receiver to flash his hands

Teaching Points:

1. The quarterback must always focus down field (not on the dummies) to see the target
2. Keep the ball held at chest height in both hand with feet under hips
3. When receiver flashes hands set his feet and deliver the pass with proper mechanics.

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Drill: Car Wash Drill

Position: Wide Receiver

Drill Set-Up:

1. Divide the receivers into 2 lines about 2 yards apart and facing each other.
2. Pull one receiver out of the line and have him stand in-between the lines at far end.
3. The coach or passer, stands at end opposite receiver
4. The coach will pass the ball to the receiver while the others wave their arms in a distracting manner, in the passing lane.

Teaching Points:

1. The receiver should reach out and catch the ball with his hands
2. After making the catch, the receiver should tuck the ball for security. After 5 receptions, rotate the receivers through the drill in a clockwise manner.
3. Pass high, receiver places thumbs and forefingers together and reaches toward the ball
4. Pass low: receiver places pinkies together and reaches toward the ball with palms of hands slightly up

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Drill: Pass Gauntlet

Position: Wide Receiver

Drill Set-Up:

1. Line up five quarterbacks or coaches across the width of the field, with 3 on one side of a line, and two on the other side.
2. L up five receivers on one sideline in-between the quarterback/coaches
3. On command the receiver sprints toward the opposite sideline and catches passes being thrown from each side.

Teaching Points:

1. The receiver starts with a perfect stance and needs to stay on a straight line
2. The receiver should catch the pass, control it with his hands and then drop the ball.
3. The last pass should be at the sideline and the player should work on getting the feet down in play.
4. Pass high, receiver places thumbs and forefingers together and reaches toward the ball
5. Pass low: receiver places pinkies together and reaches toward the ball with palms of hands slightly up

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Drill: Quick Feet Gauntlet

Position: RB

Drill Set-Up:

1. Place 5 saucer cones in a straight line about 1 yard feet apart.
2. The running backs line up in a single file line with a ball in their hands.
3. The first player begins by quickly circling the first cone in a clockwise manner and then accelerating to the next cone to circle it.
4. Circle each cone down the line.
5. When this first player reaches the third cone, the next player begins.

Teaching Points:

1. The players must stay on their toes and move quickly through the cones without stepping on them.
2. Use small quick footwork to stay close to the cone
3. Runners keep their eyes downfield and not look at the cones. .
4. Runners must always practice good ball security skills
5. Repeat the drill making sure player go both clockwise and counter clockwise

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Drill: Bag Series**Position: RB****Drill Set-Up:**

1. Line up five step-over backs at one yard apart maximum depending on age and size of players
2. RB's line up in single file line facing the bags.
3. Coach calls out the action he wants and player execute movement over the bags.
4. After moving past bags RB will sprint to finish cone

Teaching Points:

1. The RB starts with a perfect stance with proper ball security
2. The RB will using good mechanics to accelerate in and out of the drill
3. RB will minimize arm swing to change direction when needed and to use small accurate steps during bags.
4. Appropriate patters are:
 1. 1 foot in every whole
 2. 2 feet in every hole
 3. 2 foot jumps in every whole
 4. Jump from one foot to the other foot though bags
 5. Zig-Zag Run

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Drill: Back Pedal and Flip**Position: DB****Drill Set-Up:**

1. Set up saucer cones at the 0, 10 and 20 yard line.
2. The defensive backs line up on the 0 yard line facing the coach with back toward the field
3. On the whistle, players backpedal until the 10 yard cone where they flip their hips 180 degrees and sprint to the end.

Teaching Points:

1. Players start with knees flexed and hips low
2. During backpedal players keep shoulder in front of hips and slowly raise their shoulder.
3. Arms should move in a natural motion
4. Stay on the balls of his feet.
5. On the 2nd cone, pivots by snapping head around and punching knee across body to begin forward sprint.

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Drill: Big W

Position: DB

Drill Set-Up:

1. Place 5 saucer cones in the shape of a W with each cone 5 yards apart.
2. The defensive backs line up in a single file line on the first cone
3. The first player begins by backpedaling straight back to the second cone.
4. Player will shorten his stride, reduce arm swing and change direction to a forward run aiming for 3rd cone.
5. Player repeats process backpedaling to cone 4 and springing to cone 5 to finish.

Teaching Points:

1. Players start with knees flexed and hips low
2. During backpedal players keep shoulder in front of.
3. Arms should move in a natural motion
4. Stay on the balls of his feet.
5. To change direction shorten stride, reduce arm swing and stop momentum going backward, plant back foot and drive forward low and hard into forward run.

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