

# DRILLS AND FRILLS

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**-GOAL-** USE DRILLS TO HELP IMPLEMENT YOUR CONVICTIONS THAT YOU WANT YOUR TEAM TO BUY INTO

**-ADJUST** DRILLS TO FIT YOUR PHILOSOPHY

## QB-

A- 21 POINT DRILL

B- HIGH KNEES

C- CROSSOVERS

D- 5 STEP PROGRESSION

## RUNNING BACKS-

**ALWAYS WITH A BALL-STRESS BALL SECURITY**

**+29 TURNOVERS FOR THE YEAR**

A-HIGH KNEES

B-HOPS

C-ZIG ZAG

## O-LINEMEN

PRE-PRACTICE ROUTIN

A- LADDER / ROPES / FOOTWORK

B- BIG BAG BOARD DRILL (different style)

**END DRILLS-**

**BLOCKING**

A- STALK

B- HOOK BLOCK DRILL

c- DRIVE –same as o-line

**DB'S-**

A-2 ON 1

B-OPEN FIELD TACKLE

**D-LINE**

A- PASS RUSH DRILL

B -FIGURE 8

**TACKLING DRILLS-**

A- READY READY FORM everyday

B-BETWEEN THE LINES

C-SHUFFLE/SHIELD TACKLE

**SPECIAL TEAMS-**

A-COVERAGE DRILL

B-PUNT FOR POINTS

**STRENGTH AND CONDITIONING-** LPS AND AB CIRCUITS

**TEAM OFFENSE**

A- vs 2 DEFENSES