Pursuit Drill

1. **Use Dummies for Offensive Line**
2. **Starting Point is in the Middle of the Field**
3. **Coach calls the Defensive Stunt**
4. **Coach calls (Points) the Direction of the Pursuit**
5. **Players Sprint to the Proper Pursuit Point**
6. **Players Jog back to Position (Outside of the Field)**
7. **2nd/3rd/Etc. Groups do the Same**
8. **Coach Alternates Pursuit Directions**
9. **As soon as a Group is off the Field the next group goes**

Kick Off Cover Drill

1. **On the Kick Sprint to the Returner**
2. **Keep the Returner Inside and in Front of You**
3. **Receiver may do Anything to Improve and Make it Harder to Cover**
4. **When Receiver is Touched All Cover Players Jog back (Off the Field) to go Again**
5. **Receiver Must Sprint and Return the Ball to the Kicker**
6. **Use everyone on this Drill**
   Always Use Fast vs Fast
7. **You can use 4 to 6 Cover Men**
8. **As Soon as a Group in Off the Field The next Group Goes**

15 Point Punt Drill

1. **On the Snap the Offensive Line Sprint to the Ball**
2. **On the Punt the Protectors Sprint To the Ball**
3. **A Ball Downed**
   - **Inside the 5 is 3 Points**
   - **Inside the 10 is 2 Points**
   - **Inside the 15 is 1 Point**
4. **Any Ball Out of Bounds,**
   Into the End Zone
   Short of the 15
   NO POINTS
5. **All Player Run in Place till the Last Player gets to the Ball**
6. **All Players Jog back (Off the Field) to Repeat**
7. **As Soon as the 1st Group is off The Field the Next Group goes**

Bag Drills

1. **This is Done at the Beginning of Practice – Every Day**
2. **Stress Quickness**
3. **Use as many Rows of Dummies as Possible (6 in Each Row)**
4. **We Do the Following**

Highstep	**Carrioca**
Shuffle	**Forward & Back**
Hop	**Snake**
Stride	**Thud**

Goal Line

Offense or Defense

1. **Offensive Team Does 10 X 40 Sprints**
2. **Backs & Receivers Run Together**
3. **Line Run Together**
4. **ALWAYS Run Fast vs Fast**
5. **Everyone Does 10 Up Downs**
6. **Run Plays 1st and 10**
   (4 Plays to Score)
7. **Must Score TD or FG**
8. **NO Score – 10 Up Downs**
9. **Repeat 6-7-8**
10. **Allow Only 3 Scoring Attempts**

Team Review

1. **Everything is Done Starting From The Sideline**
2. **Everything is Done with a 40+ Yard Sprint**
3. **Allow Only 20 Seconds Between Each Activity**
4. **Coach Blows Whistle Team Sprints To the Field for Kickoff**
5. **Any time the Team has not Started the Activity in 20 Seconds**
   - **10 Up Downs**
6. **Then Call Any Team**
7. **Example**
   - **Run a Play (Run or Pass)**
   - **Punt**
   - **FG**
8. **Practice ALL Teams "O" & "D"**
9. **Any Missed FG/PAT or Bad Punt**
   - **10 Up Downs**
10. **We Would Do this for 10 Minutes**

Finishing Practice

1. **10 Field Goals**
2. **20 Seconds Max to Set up and Kick**
3. **Move the Ball Each Time**
4. **All Kicks at Angles**
5. **Never in the Middle**
6. **Vary the Distance**
7. **Any Miss (25 Up Downs)**
   For the Entire TEAM
8. **Last Kick is the Game Winner**
   Kicker Chooses the Distance

Introduction

1. **Before Practice**
   - **What we are going to do**
   - **Time Frame**
   - **100/100 Your Effort**
2. **In Addition to the Drills**
   - **At any time in Practice We would run 10 X 40's**
   - **Stress Tempo in Practice**
   - **Waste NO TIME**
3. **Drills**
   - **Bag Drills**
   - **Kickoff Cover**
   - **Pursuit**
   - **15 Point Punt**
   - **Goal Line**
   - **Team Review**
   - **Field Goal**
4. **Change Drills Daily**
5. **Make it Fun and Competitive**