

LIONS & GAZELLES

EQUIPMENT NEEDS / SET UP:

***8 Cones –

A 5yd by 5yd box set up with cones at the 20 & 25 yard .

***4 Flat Discs –

Placed on each hash at the 50 yard line and the 45 yard line.

North End Zone

Quick 6

Quick 6

STEPS – Rt Side

AIKENS – Lt Side

D
R
I
L
L
S
E
T
U
P

MURPH

Regulators

Regulators

FLYGER – Lt Side

AUER – Rt Side

South End Zone

DRILL SET UP:

KO Cover guy @ 50yd line.

KOR Blocker @ 45yd line.

Drop Zone starts @ the 25yd line.

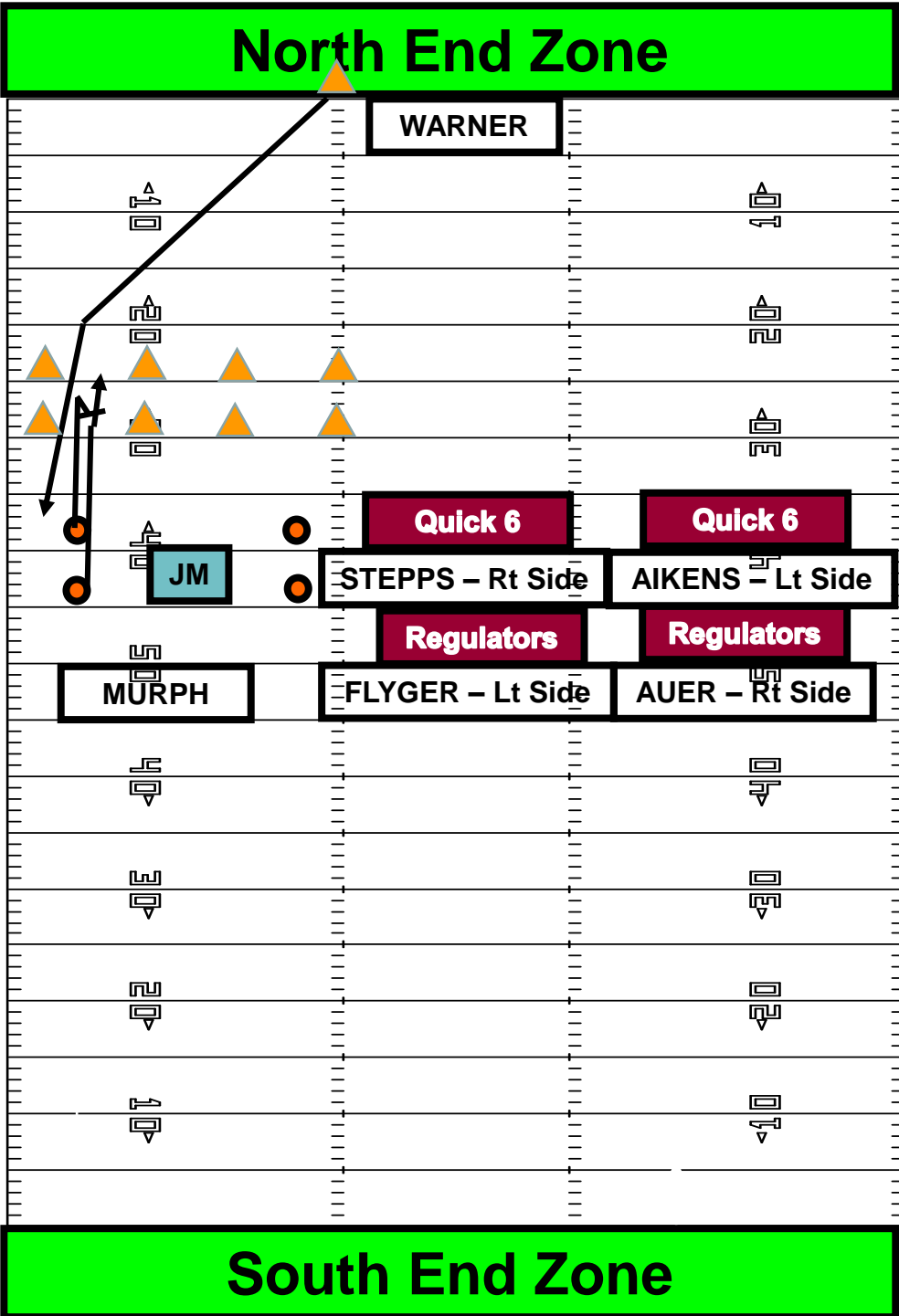
DRILL EXECUTION:

On the whistle, KOR blocker will retreat to drop zone & execute a base block.

On the whistle, KO cover guy will sprint to drop zone & will use speed to go by the blocker on either side. Tap blocker on hip as you pass.

STRIKE ZONE

EQUIPMENT NEEDS / SET UP:
 ***8 Cones –
 A 5yd by 5yd box set up with cones at the 30 yard line to the 25 yard line.
 ***4 Flat Discs –
 2 at the 42yd line & 2 at the 37yd line.
 ***JUGS MACHINE at 40yl between sidelines & hash



DRILL SET UP:
 KO Cover guy @ 42yd line.
 KOR Blocker @ 37yd line.
 Strike Zone starts @ the 30yl.
 Returner on GL @ cone.

DRILL EXECUTION:
 Jugs machine will shoot the ball to returner.

On the whistle, KOR blocker will retreat to strike zone & execute a base block.

On the whistle, KO cover guy will sprint to strike zone & either speed, go butt side on blocker, or butt and press him. (depending on where returner is)

Returner will make catch & run through strike zone reading KOR block

Official will call penalties

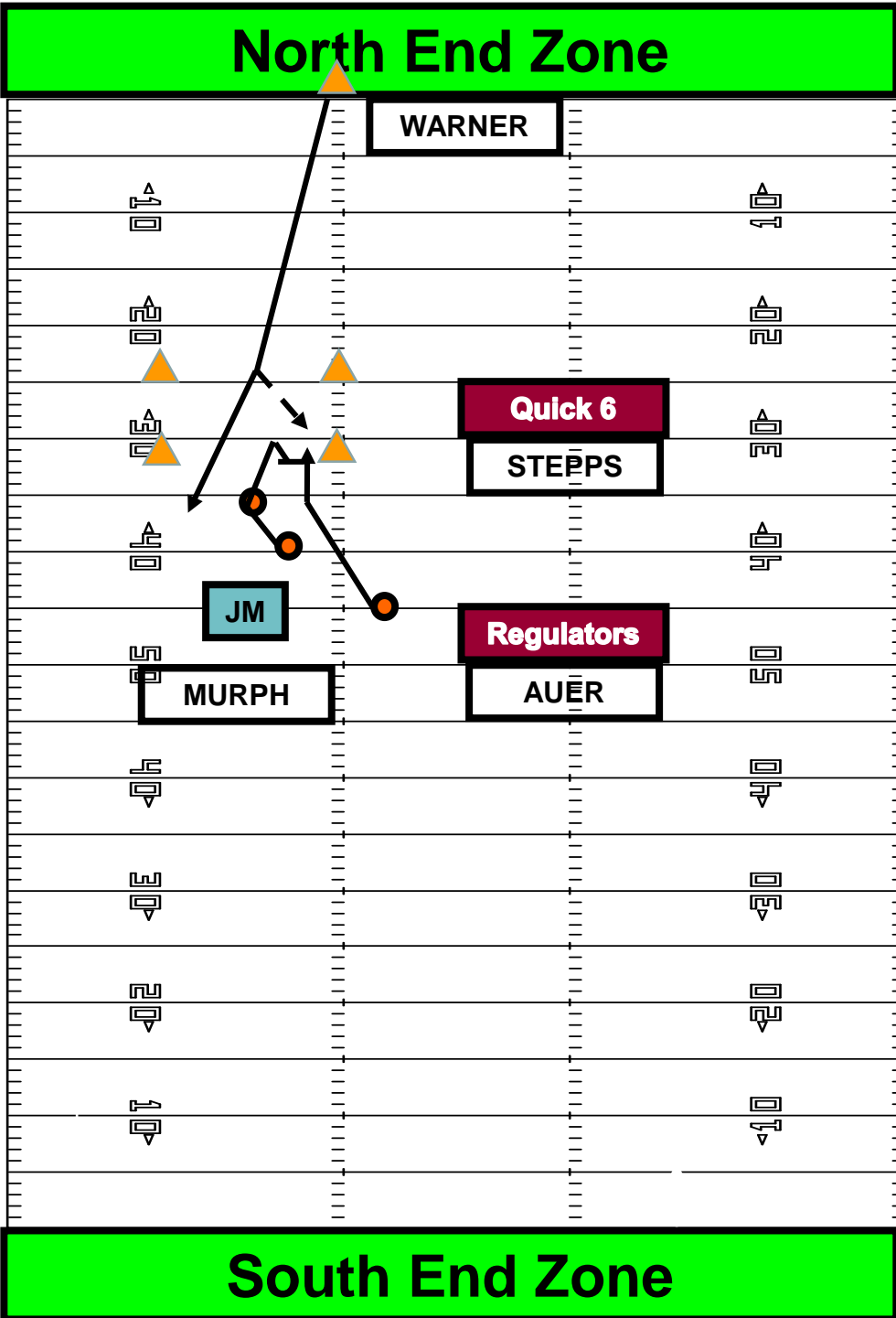
WALL ZONE

EQUIPMENT NEEDS / SET UP: *NOTE – Drill can be set up to opposite side of field*****

***4 Cones –
A 4 cone box from hash to top of numbers @ the 25 and 32 yard lines.

***3 Flat Discs –
1 disc 2yds inside the hash @ 45 yard line. 1 disc 2yds outside the hash @ 40 yard line.
1 cone between the hash & numbers @ 36 yard line.

***JUGS MACHINE at 45yl between sidelines & hash.



DRILL SET UP:
 KO Cover guy @ 42yd line.
 KOR Blocker @ 37yd line.
 Strike Zone starts @ the 30yl.
 Returner on GL @ cone.

DRILL EXECUTION:
 Jugs machine will shoot the ball to returner.

On the whistle, KOR blocker will retreat to strike zone & execute a base block.

On the whistle, KO cover guy will sprint to strike zone & either speed, go butt side on blocker, or butt and press him. (depending on where returner is)

Returner will make catch & run through strike zone reading KOR block

Official will call penalties

DAWGS ON DAWGS

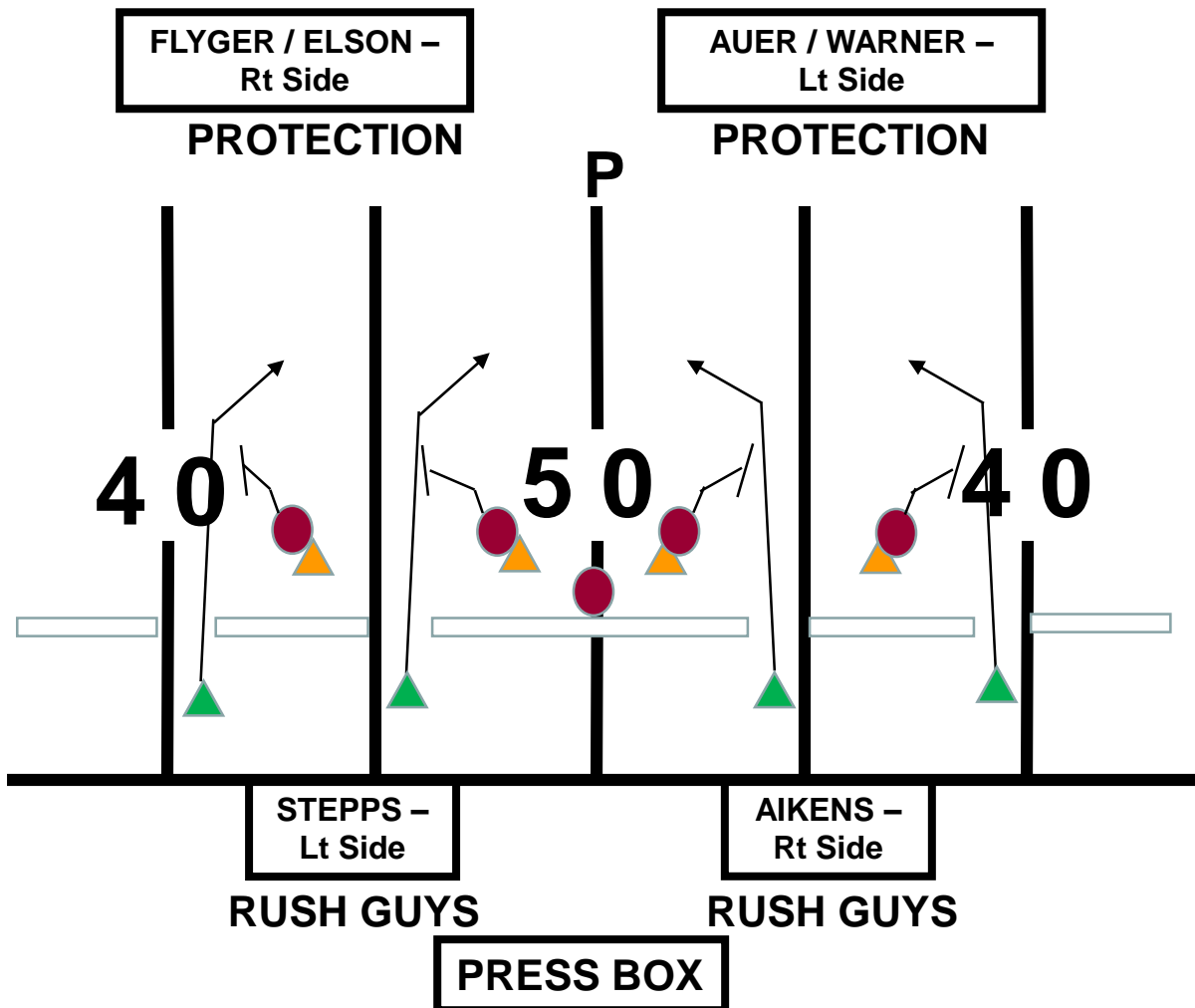
EQUIPMENT NEEDS / SET UP:

***Athletic tape –

2 yards from the bottom of the numbers from the 38 yard line to the 38 yard line with a 3 foot gap inside the 40 and 45 yard lines on both sides
(Double tape the lines)

***4 Cones –

Each placed 1 yard from the tape, one at each 43 yard line and 48 yard line.



DRILL SET UP:

Snapper set up @ the 50 yard line and punter to field the ball @ 15 yards.

4 Pride protectors align with inside foot on cone.

4 Strike force rushers align in the "Shoot".

DRILL EXECUTION:

On the snap, the punt rusher will work an "Olympic" get-off and

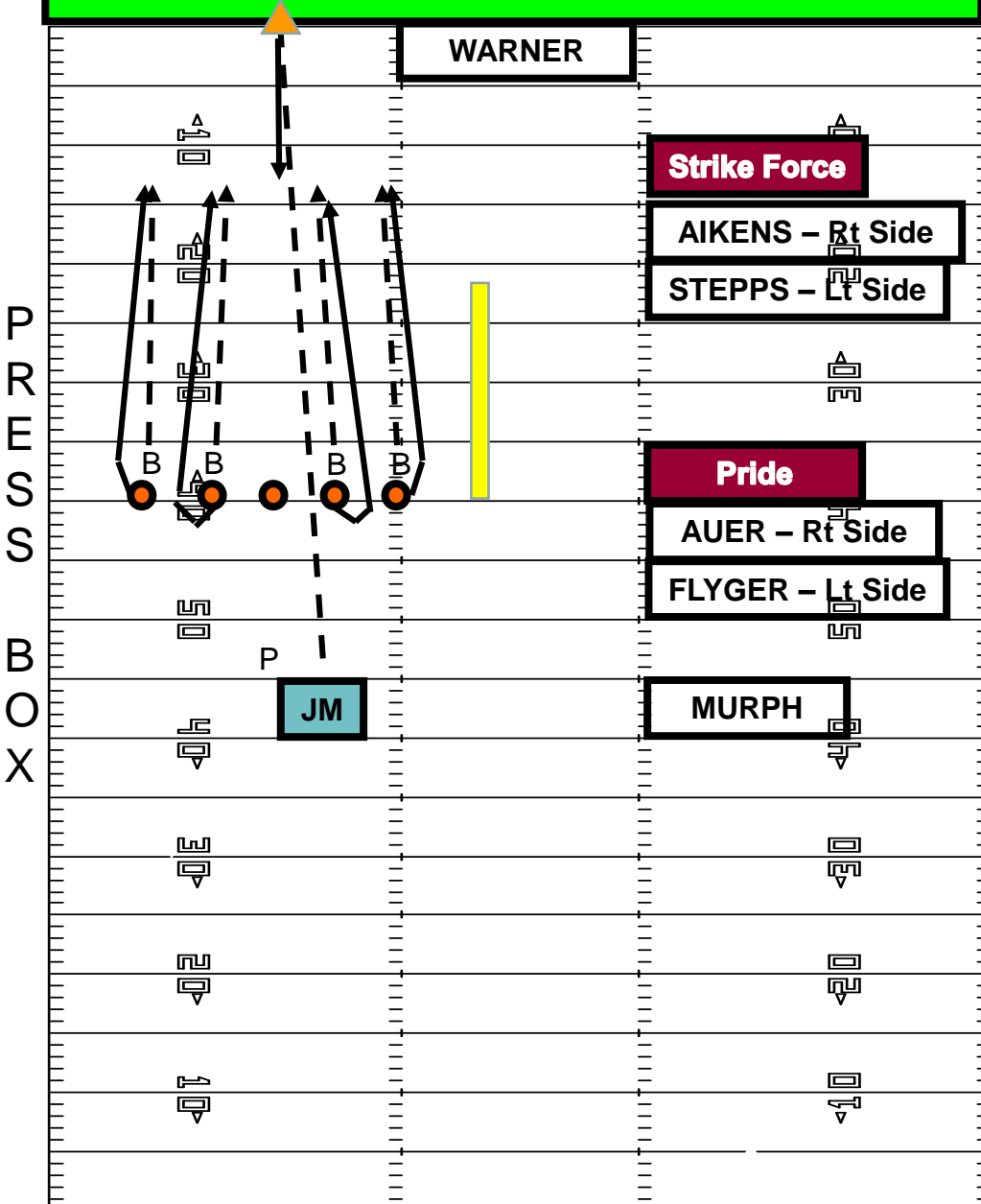
On the snap, the punt protectors will work a "Tight & Firm" or a "Wide & Deep" technique.

DIVIDE & CONQUER

EQUIPMENT NEEDS / SET UP:

- ***Beanies –
- On punt team.
- ***OL Strip –
- Extended from the 40 yard line towards the GL. Aligned on the near upright.
- ***5 Flat Discs –
- 1 “Center” disc located on the 40 yard line , 3 yards from the inside edge of the numbers.
- 4 located 3 yards to the left and right of center on the 40 yard line.
- ***JUGS MACHINE at -45yl between sidelines & hash

North End Zone



DRILL SET UP:

Center on top 3 yards inside #'s @ the 40yl.

Strike Zone starts @ the 39yl.

Pride starts @ the 41yl.

Returner on GL @ cone.

DRILL EXECUTION:

Jugs machine will shoot the ball to returner.

On the snap, Pride will release and squeeze to the returner.

On the snap, Strike Force will hold up and squeeze to the cover man.

Returner will make catch & return ball within boundaries.

Official will call penalties

South End Zone

COUNTER DRILL

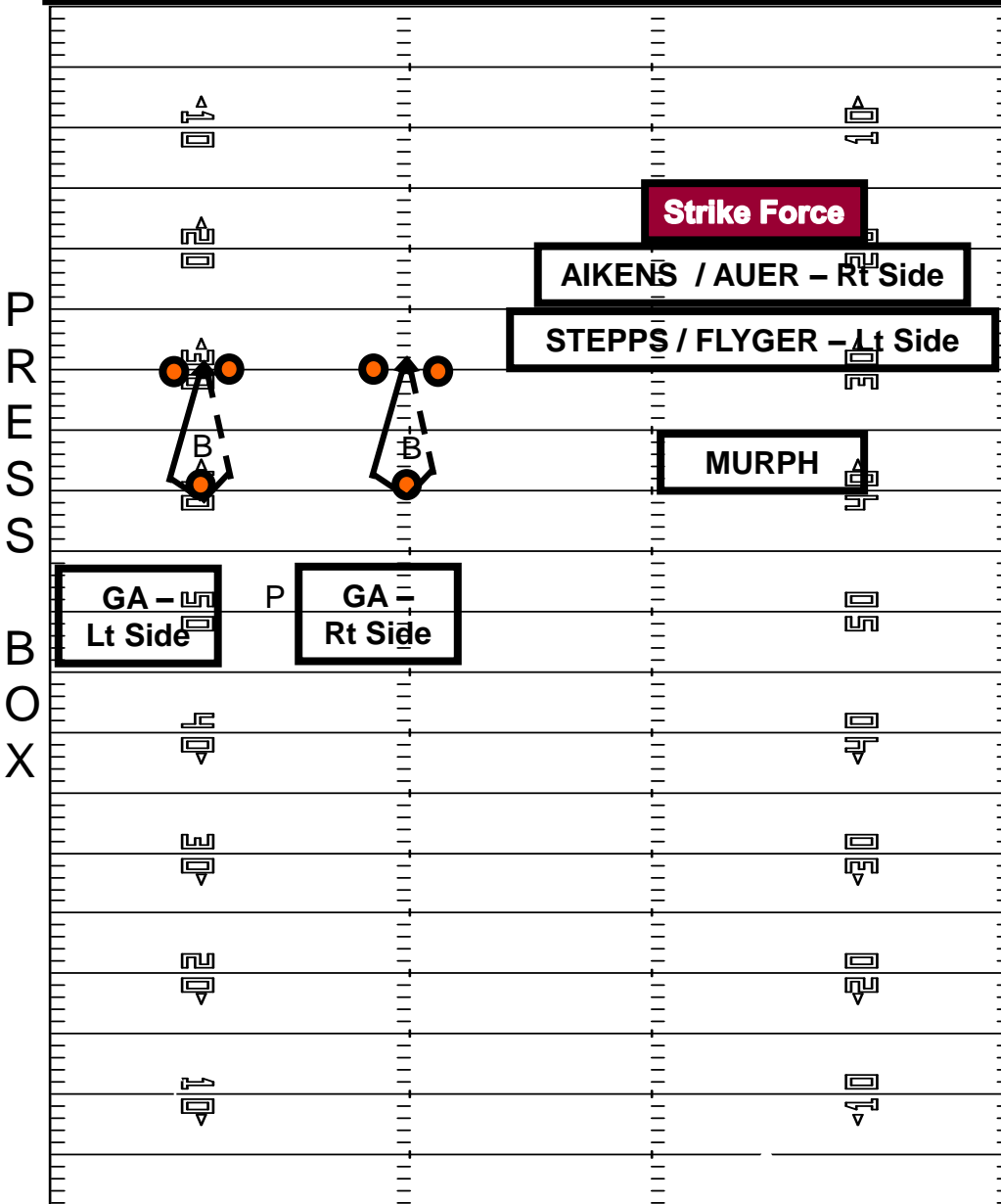
EQUIPMENT NEEDS / SET UP:

***6 Flat Discs –

2 discs located on the 40 yard line , 1 on the numbers, 1 on the hash.

4 located on the 30 yl, 5 yds apart as to create an equidistant finish line to each cone on the 40.

North End Zone



South End Zone

DRILL SET UP:

Center on top of #'s @ the 40yl.

Strike Zone starts @ the 39yl.

Pride starts @ the 41yl.

DRILL EXECUTION:

On the snap, Pride will release and cover vertically for 10 yards.

On the snap, Strike Force will work the Shock and squeeze technique for 10 yards.

CONTACT DRILL

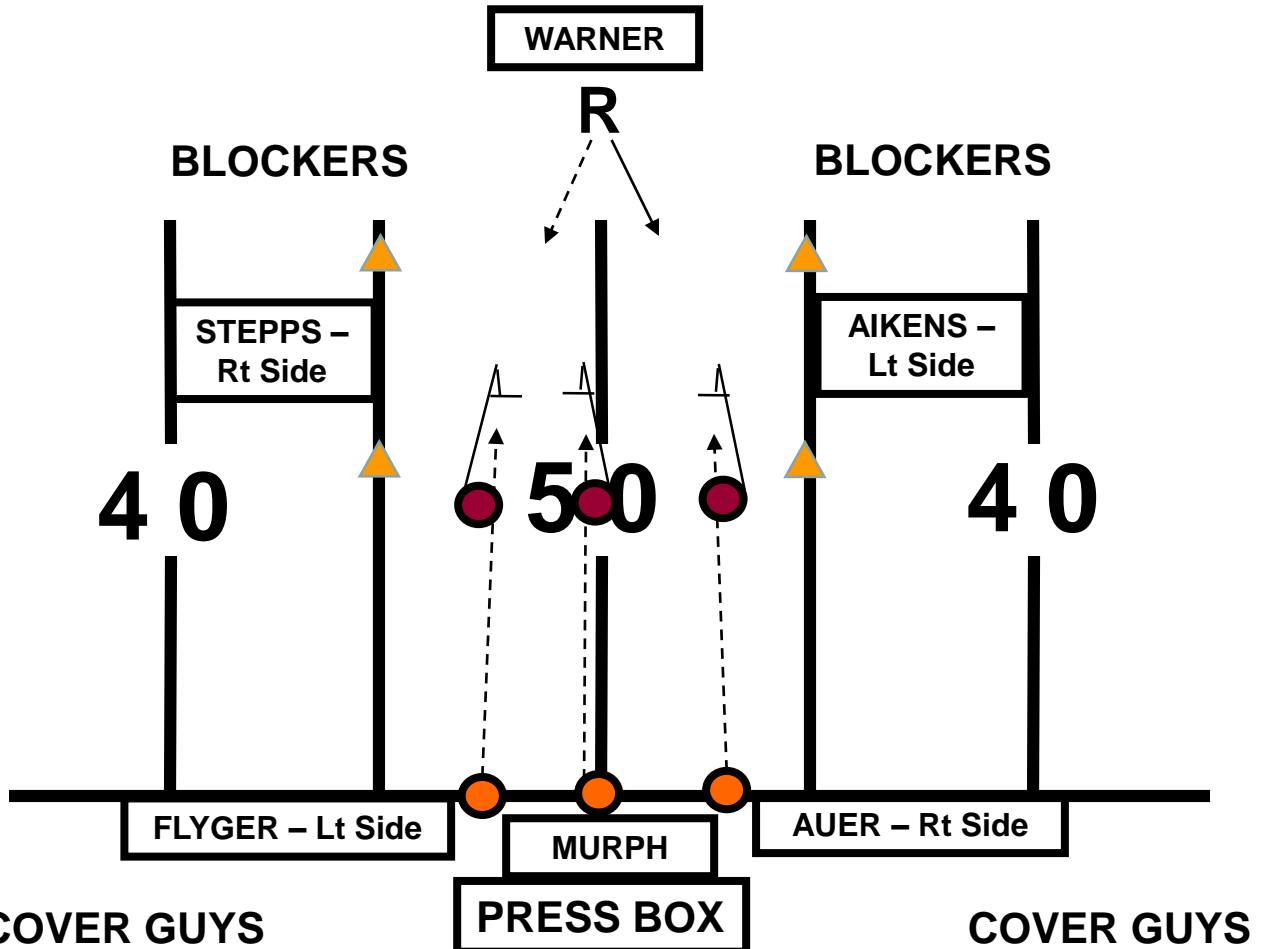
EQUIPMENT NEEDS / SET UP:

***4 Cones –

Each placed on the 45 yard line, 2 at the top of the numbers, two on the hash.

***3 Discs –

Each place on the both 47 yard lines and on the 50 yard line.



DRILL SET UP:

3 Cover guys on the sideline.

3 Blockers aligned in front of the cover guys @ the top of the numbers.

Returner aligned 5 yards behind the hash on the 50 yard line.

DRILL EXECUTION:

On the whistle, the cover guys will sprint, butt and press, and shed the blockers

On the whistle, the blockers will drop into the contact zone and block the cover guys. Take them where they want to go.

The returner will go when the blockers get set into the contact zone. Run to daylight.

Official will call penalties.