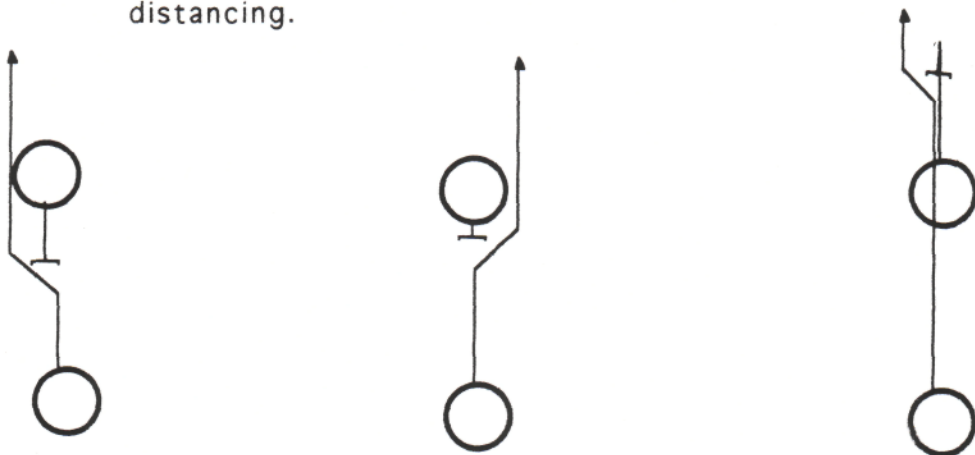


6. Distancing Drill - The Defender is told to do 1 of 3 things: Charge forward, Sit & React, or Backpedal then breakdown to 2 hand touch or tackle the ballcarrier. Helps the RB determine when to make his move on a defender - understand distancing.

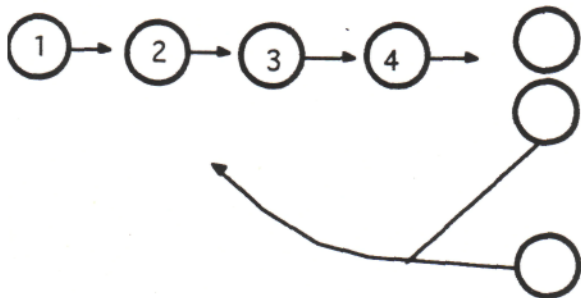


7. Tandem Drill - An Arc Blocker and Ball Carrier attack the Defender. HB learns to read the block of the Arc Blocker. - He cannot cut too soon & let the Def. to commit to him which makes it impossible for the blocker to get his block. Have to work together.



8. Pick A Hole Drill - 4 Players align facing the HB. Coach flashes a number for the player to slide down towards the Center after the HB receives the ball. HB starts the same everytime then cuts in the appropriate hole. Below the coach Flashes #3.

Before



After

