

Coaching Tips



GET LINED UP



GET YOUR EYES RIGHT



PLAY HARDER THAN THEM

- Critiquing effort - <https://www.hudl.com/performancecenter/content/560b246b0c0b4d08d4ff4b7d>
- Focus on what you can control - <https://www.hudl.com/performancecenter/content/560b2539f950371084f0b571>
- Confidence, trust and focus - <https://www.hudl.com/performancecenter/content/560b25700c0b4d08d4ff4b7e>
- Everything counts - <https://www.hudl.com/performancecenter/content/560b25c90c0b4d08d4ff4b80>
- Finishing - <https://www.hudl.com/performancecenter/content/560b25990c0b4d08d4ff4b7f>
- Optimism “What’s next?” - <https://www.hudl.com/performancecenter/content/560b25f1f950371084f0b572>

Defensive Drills

Tackling

- Shoulder contact principle - <https://www.hudl.com/performancecenter/content/57153b6570283714386580ed>
- Profile Tackles - <http://www.hudl.com/performancecenter/content/557705bffdde8b03ec30b16c>
- Tracking and Near Foot Swoop - <http://www.hudl.com/performancecenter/content/5577072196a52b0ad8d18f9a>
- "Hawk" Tackle, "Hawk" Lift Tackle - <http://www.hudl.com/performancecenter/content/5577078996a52b0ad8d18f9b>
- Compression "Team" Tackles - <http://www.hudl.com/performancecenter/content/557707c8fdde8b03ec30b16d>

D-Line

- Defense - Lock, Peek, Shed blockers - <http://www.hudl.com/performancecenter/content/55df30b11b5c62299437bca3>
- Explosion - <http://www.hudl.com/performancecenter/content/55df2c660c0b4d3fe019c897>
- Defeat a double team - <http://www.hudl.com/performancecenter/content/55df2f39f950372970732cd6>
- Flip the corner (elbow grab) - <http://www.hudl.com/performancecenter/content/55df2ff01b5c62299437bca2>
- Defense - No arm pass rush - <http://www.hudl.com/performancecenter/content/55df30ff0c0b4d3fe019c899>
- Rush like JJ Watt - <http://www.hudl.com/performancecenter/content/55aec28ab528e9004cbae293>

Linebackers

- Shock and shed - <https://www.hudl.com/performancecenter/content/5605ccef1b5c622fa467f6f3>
- TE technique and contain - <https://www.hudl.com/performancecenter/content/5605ccaaf950373a24d4284f>
- 5 drills in 1 (#3 is dot drill, crossing face) - <https://www.hudl.com/performancecenter/content/5605cc101b5c622fa467f6f2>
- Zone, drop & drift - <https://www.hudl.com/performancecenter/content/5605cd3f0c0b4d2b2cf38bf2>

Defensive backs

- Shuffle, pedal, run - <https://www.hudl.com/performancecenter/content/5605a5831b5c622fa467f6f1>
- Turn and run with receivers - <https://www.hudl.com/performancecenter/content/5605a5101b5c622fa467f6f0>
- Interception drill - <https://www.hudl.com/performancecenter/content/5605a4a2f950373a24d4284e>
- 45 degree downhill break - <https://www.hudl.com/performancecenter/content/5605a3daf950373a24d4284d>

Offensive Drills

Quarterbacks

- Technique - <https://www.hudl.com/performancecenter/content/56ec432038b5b71b74b249ba>
- Arm strength - <https://www.hudl.com/performancecenter/content/562f858af950373f9018b69a>
- Arm speed, quick elbow - <https://www.hudl.com/performancecenter/content/5679ce9838b5b7337467ea0e>
- Stick drill to improve extension - <https://www.hudl.com/performancecenter/content/5679d06f41788611e0f726be>
- Improve deep ball trajectory - <https://www.hudl.com/performancecenter/content/5627d2bd0c0b4d26ecbb2c21>
- Throwing the deep ball farther - <https://www.hudl.com/performancecenter/content/56fd22777028373538fd983d>
- Throwing without the laces - <https://www.hudl.com/performancecenter/content/570f151470283714386580e9>
- Body control on 3-step drop - <https://www.hudl.com/performancecenter/content/562f87341b5c622728ba0604>
- Improving QB weight transfer - <https://www.hudl.com/performancecenter/content/562f84e41b5c622728ba0602>
- Understanding arm acceleration - <https://www.hudl.com/performancecenter/content/562f86701b5c622728ba0603>
- Coaching pitchers as QBs - <https://www.hudl.com/performancecenter/content/562f8400f950373f9018b699>
- Accelerate QB pocket footwork - <https://www.hudl.com/performancecenter/content/562f834e0c0b4d0c04681147>

Offensive line

- Two steps and finish - <https://www.hudl.com/performancecenter/content/5605d0b70c0b4d2b2cf38bf7>
- Zone run block unison - <https://www.hudl.com/performancecenter/content/5605d1410c0b4d2b2cf38bf8>
- Zone block full line - <https://www.hudl.com/performancecenter/content/5605cfe7f950373a24d42850>
- Pass block - <https://www.hudl.com/performancecenter/content/5605d0fdf950373a24d42852>
- Pass block set and punch - <https://www.hudl.com/performancecenter/content/5605d06e0c0b4d2b2cf38bf6>
- Pin and pull blocking - <https://www.hudl.com/performancecenter/content/5605d01ff950373a24d42851>

Running backs and Receivers

- Speed cuts - <https://www.hudl.com/performancecenter/content/5605cf760c0b4d2b2cf38bf5>
- WR gate drill - <https://www.hudl.com/performancecenter/content/5605cf391b5c622fa467f6f5>
- Multiple cone drills - <https://www.hudl.com/performancecenter/content/5605cf030c0b4d2b2cf38bf4>
- Concentration drill - <https://www.hudl.com/performancecenter/content/5605cea71b5c622fa467f6f4>
- Ball security - <https://www.hudl.com/performancecenter/content/55df2c501b5c62299437bca1>
- RB pass protection - <https://www.hudl.com/performancecenter/content/55df2deb0c0b4d3fe019c898>