

Defensive Back Drills





DB Drill Library

Drills

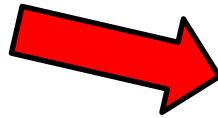
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Stance & Position

Stance (Staggered)

- Inside foot is up, outside is back
- Shoulder over toes
- Comfort is important



Stance (Balance)

- Feet shoulder width apart
- 1st Step 4"-6" w/lead step
- Shoulders over toes
- Keep center of gravity





In Phase and Out of Phase

In Phase: This is when the DB is in close proximity to the receiver. He is in phase when he can reach the receivers hip. You can still make a place on the ball.

Procedure: Stay on hip and play the man tell the ball shows.

Out of Phase: This is when the DB is not in close proximity to the receiver. He is out and front and you are beat.

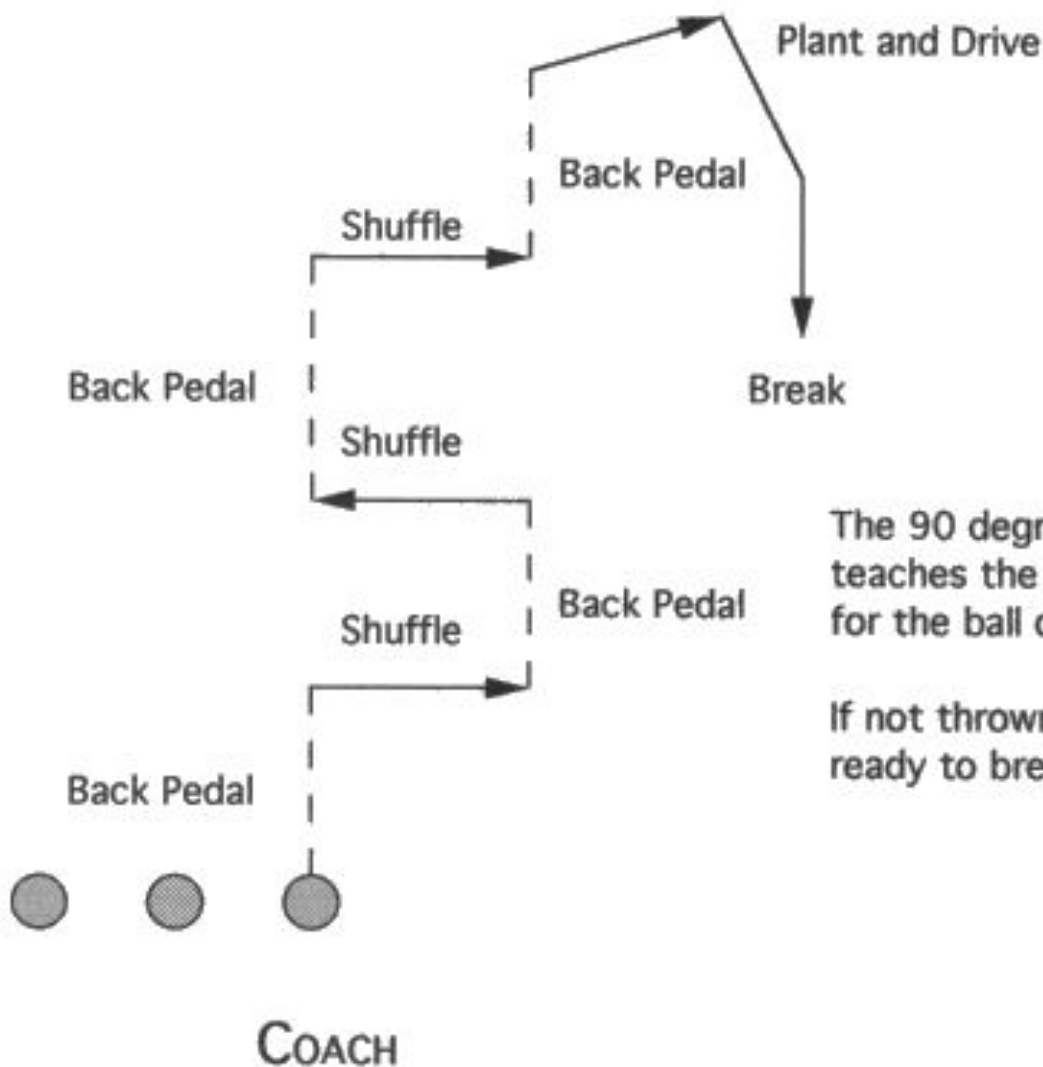
Procedure: Watch the receivers hands and when they go up rake down across. Stay with them and play physical.

“Example... Out of phase” not playing the rake on the hands.





90 Degree Break Drill

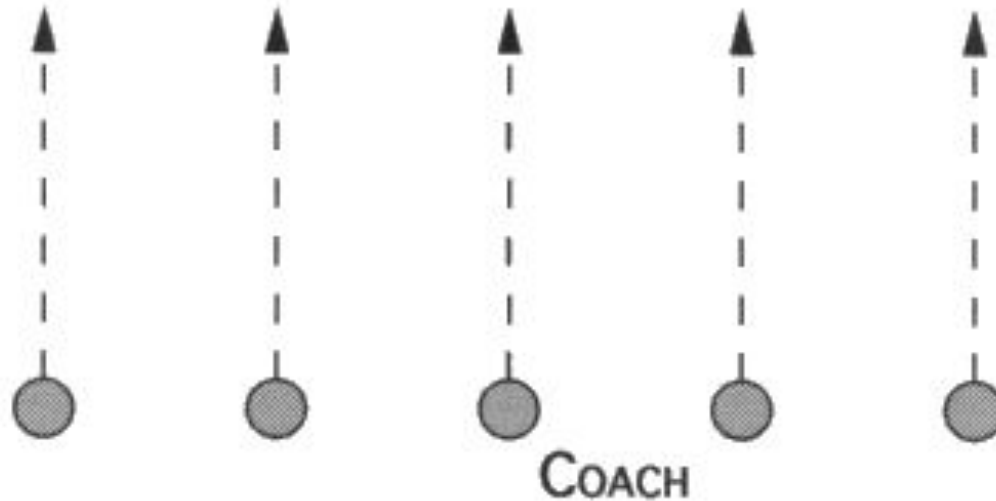


The 90 degree and break drill teaches the defensive back to drive for the ball on a 90 degree angle.

If not thrown, back peddle and be ready to break at any angle



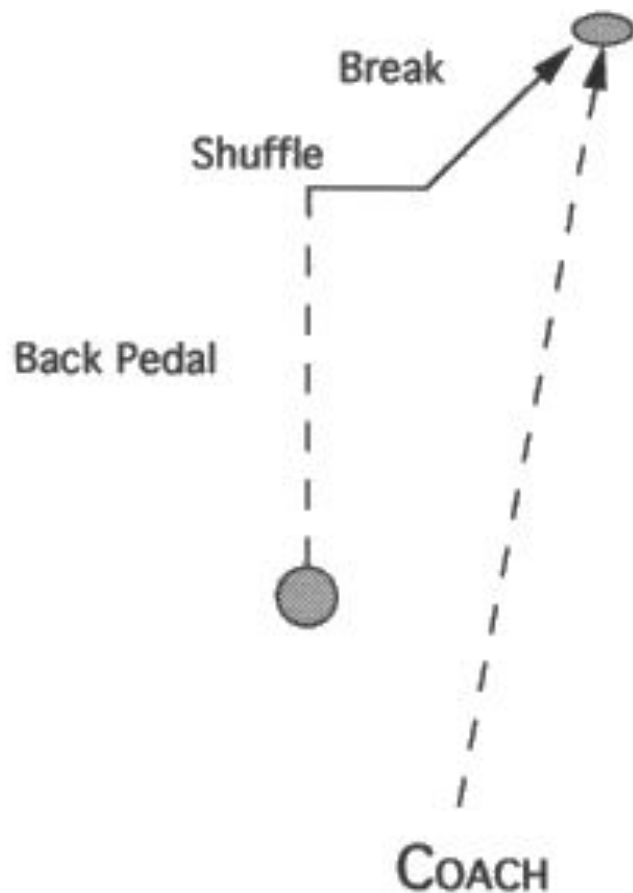
Backpedal Drill



From a good position , knees bent at a 45 degree angle, head up, back straight, arms hanging loose in front of body, weight on the balls of the feet, push off the front foot and begin back pepeddling for ten yards. Keep chest over the feet, feet close to the ground, and pump arms.



Backpedal, Shuffle & Break Drill



Can also break
at...

1. 45 Degree
2. 90 Degree
3. Back at 45

After completing the back pedal portion then go to the next progression of covering a receiver.

From the back pedal go into a shuffle for two to three steps to get the knees turned in order to be able to run with the opponent.

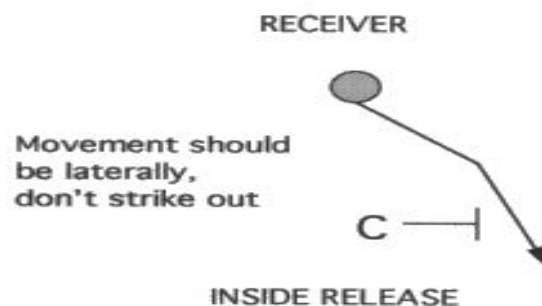
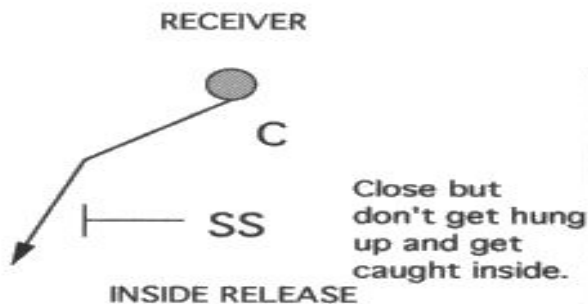
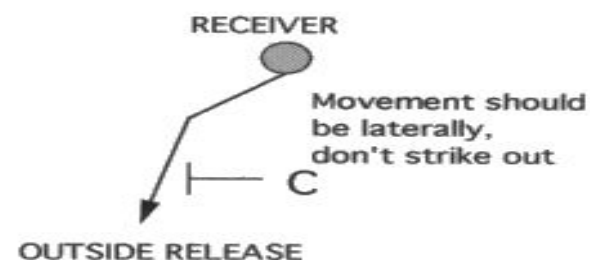
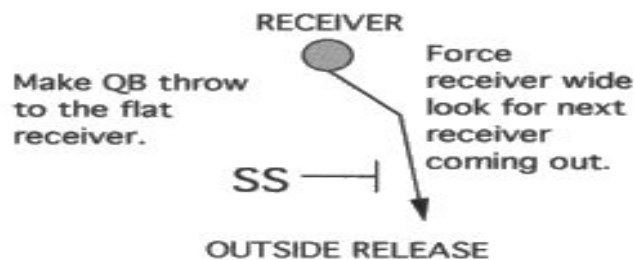
Turn both feet at a 45 degree angle to the inside and go into a shuffle or slide step.

Defensive back breaks on the ball when coach puts ball into the air.



Funnel Drill

Open side Corner or Strong Safety - This is the first drill in teaching funneling receivers. You want to work parallel, getting your body in front of the receiver and not to reach for him. Initially you do not want to play the receivers as tough. You want to absorb the receiver. All of the movement should be parallel. You don't want to step up or strike out as this is what causes you to miss the receiver, get off balance and not be able to cover your zone. You must keep your feet moving, do not reach out but get your body in front of the receiver. When this position is gained, then you will take him on tough. Whenever you get an outside release, force the receiver wide and look for the next or number two receiver coming out. Make the quarterback throw the ball to the flat receiver. When an inside release is used, close but do not get hung up and get caught inside. Movement should always be lateral.



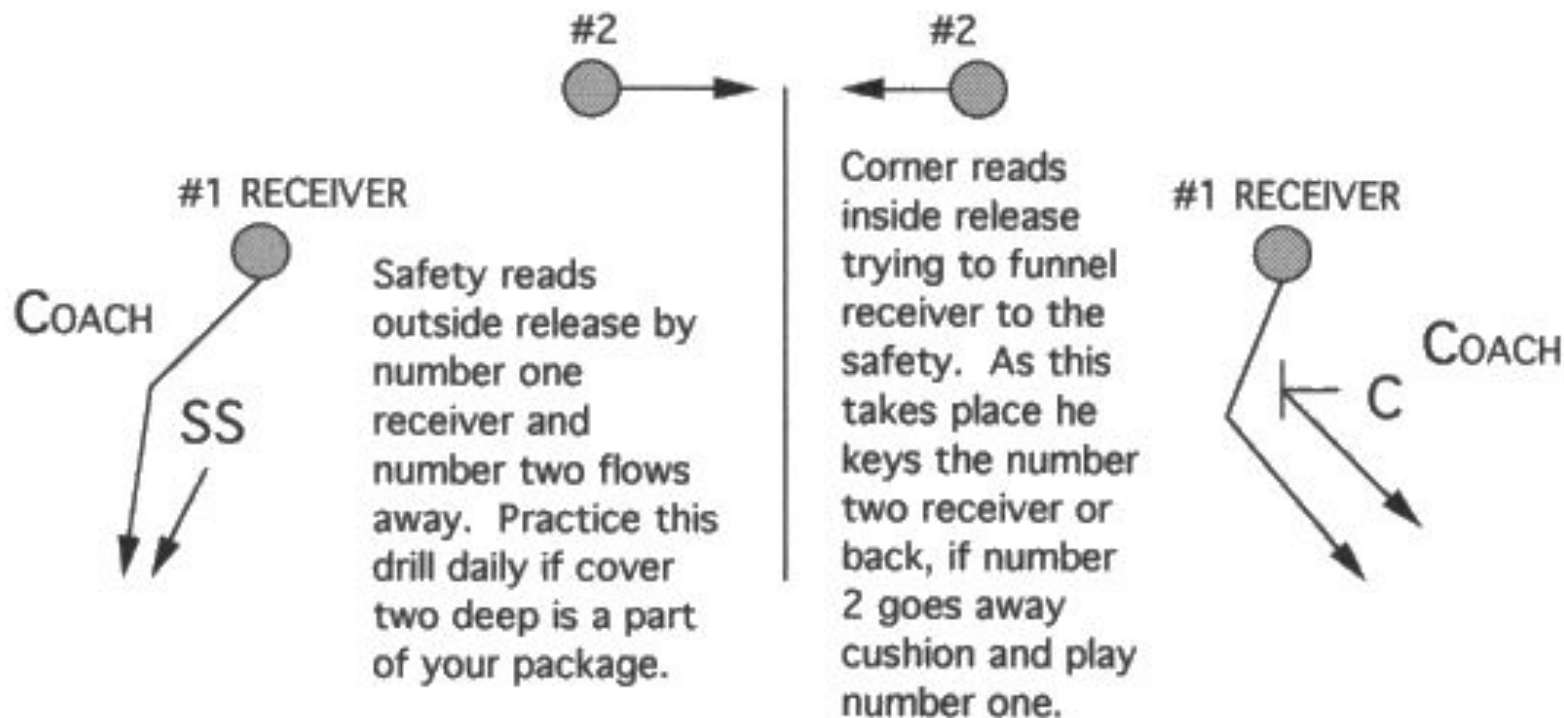
Funnel technique is usually used versus any type of cover two coverage. This means if corner has flat responsibility he should force any type of inside release to the safety. If you get an outside release make the receiver run the sideline, forcing the quarterback to make the long throw. This will give the safety time to get over the top.



Funnel & Cushion Drill

Cushion is broken depending on the player. Typically its 3-3.5 yards.

This drill designed for the strong safety and openside corner - Depending on the coverage the defender should learn to funnel the receiver and then get depth to help the safety or deep back while keying the number two receiver. If receiver goes deep look for number two running to flat area.

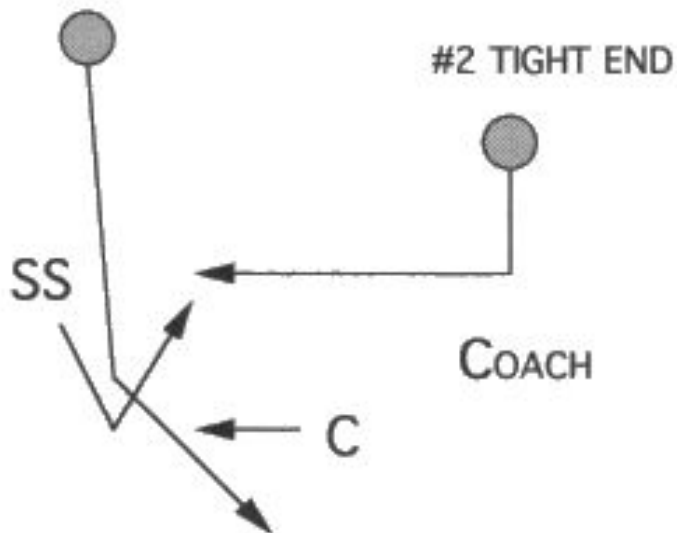




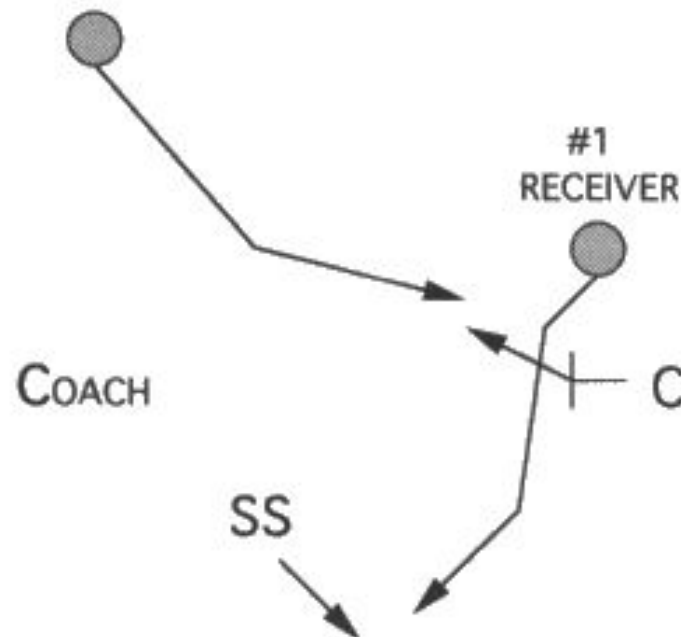
Funnel & Flat Drill

Funnel and flat drill will help corner and strong safety to collision an inside release and then get back outside when the second or number two receiver threatens the flat area.

#1 RECEIVER

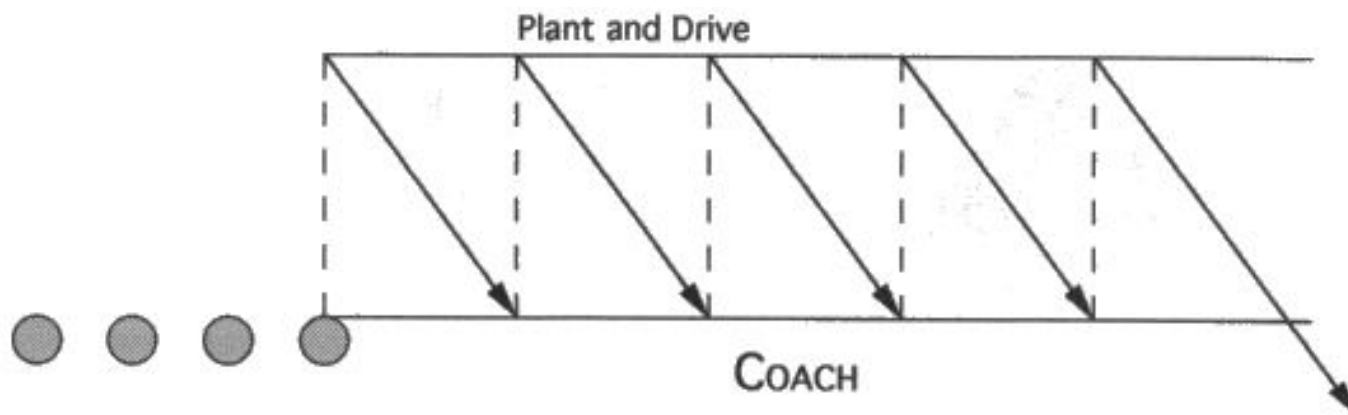


#2





Gopher Plant & Drive Drill



The M - drill teaches breaking towards the line of scrimmage from a back pedal.

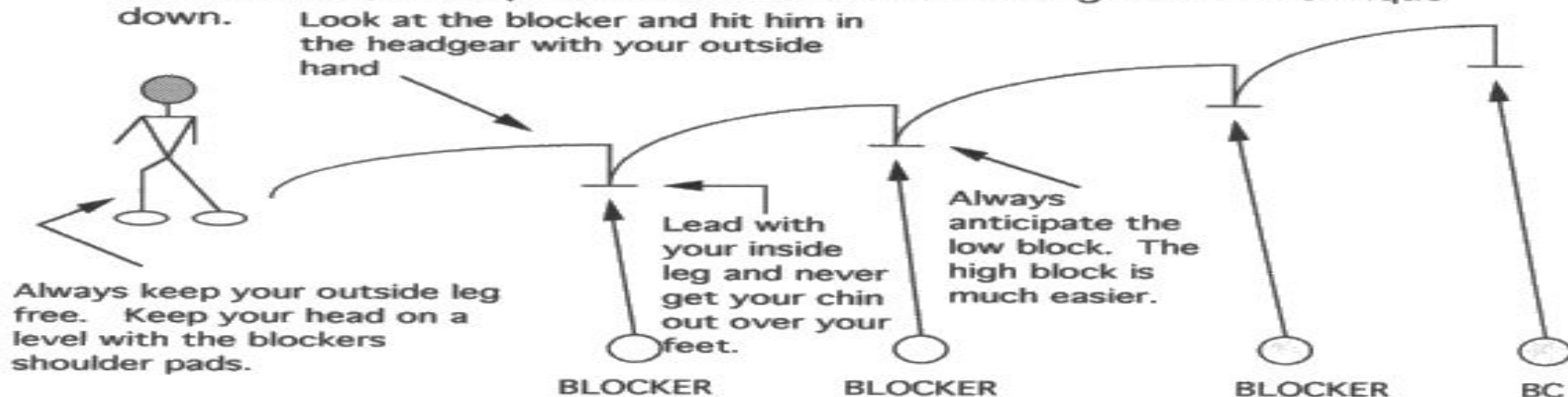
Form a single line on the sideline. The first man in the line begins the drill by back peddling to the next five yard stripe and then planting the foot away from the way they are going to break at a 45 degree angle then pushing hard off that foot at a 45 degree angle back toward the original line. Repeat the procedure for an area of 15 yards.

Coaching point: Stay low in the back pedal, feet no wider than six inches. Make sur the toe is turned at a 45 degree angle away from the way you are going to break.



Skate Drill

The skate drill is used to teach block protection and containment fundamentals. The coach must control the tempo of the drill. Don't allow the blocker's to come to fast until the defender has mastered the proper technique desired. Line up three blockers and a ball carrier. Have the blockers come upfield to roll block or blast block the defender. Mix up the blocks as the defender gets the technique down.



There are three basic reasons players are knocked off their feet:

1. They look over the blocker to the ball carrier.
2. They put their hands on the blockers back.
3. They get poor body position - Example: Outside leg up or chin over their feet.

In playing the roll block, keep both arms extended and locked at the elbows, getting the hands on the shoulder pads and giving ground. In playing the blast block, meet the blocker with the inside flipper keeping the outside leg and arm free and give ground. In playing the stalk block, stay on the blockers outside shoulder using a stiff hand-shiver on the front of the shoulder pads and if the blocker maintains contact, slide the hands up to the throat at full arms length and maintain outside leverage.



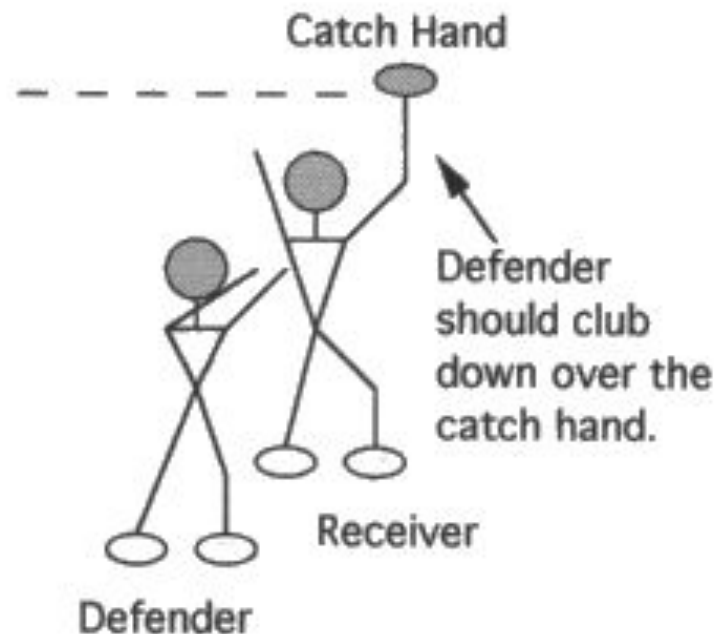
Catch & Strip Drill

Strip the catch hand drill helps a defender to concentrate on the far hand of a receiver.

As the defensive back covers the receiver he wants to take his hand and arm over the top of the furthest shoulder and club down on the receivers catch hand.

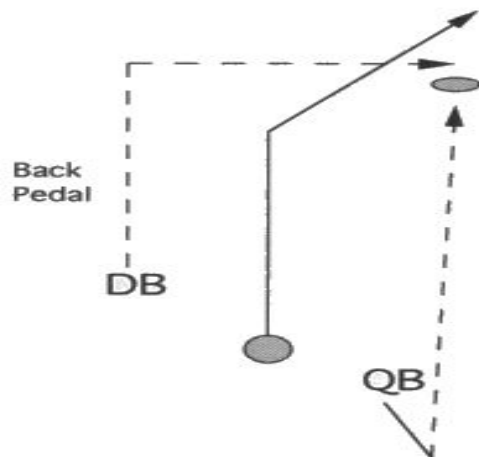
With the defenders inside arm and hand he will attack the near arm attempting to keep the receiver from using it to help catch the ball with.

Key is to club over the far shoulder attacking the catch hand.





Post Break Drill/Stance



Stance Drill

Post and break drill teaches driving on the ball and closing the cushion on the post route.

Be sure the defensive back doesn't anticipate the throw. stay on the back pedal until the receiver breaks and the quarterback or coach throws the football.

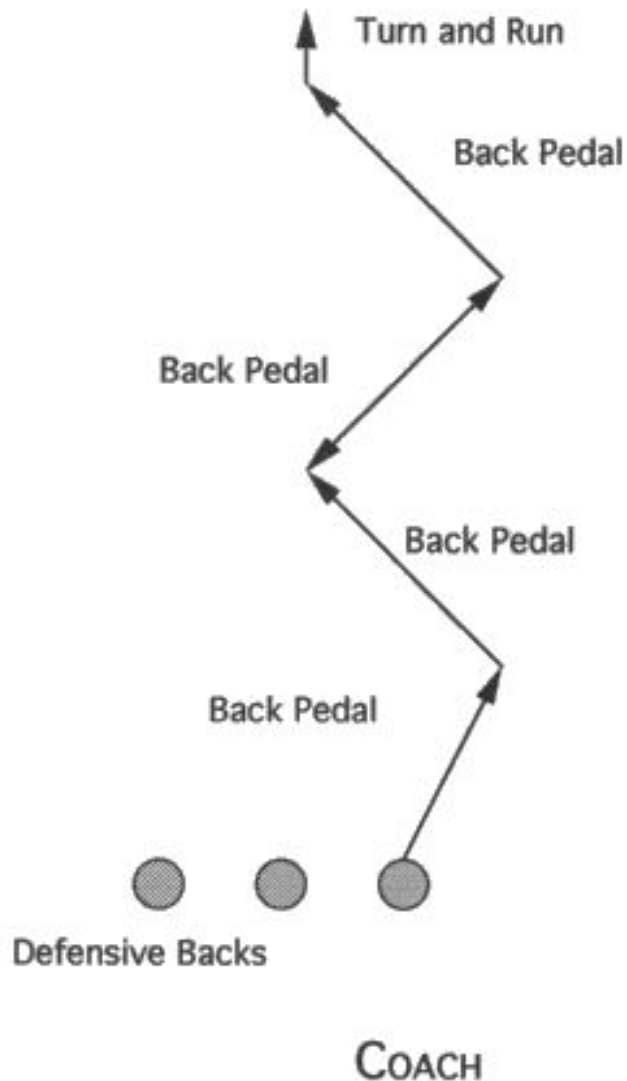
- Knees bent.
- Chin in line with the knees.
- Hips lowered.
- Weight on back foot and balls of feet.
- Good body lean.
- Eyes focused through the receiver to the quarterback.
- Quick feet, must have ability to change directions quickly.
- No false steps.
- Weight on balls of feet at all times.
- keep hips and shoulders parallel with L.O.S. as much as possible.

Post Break Drill





Weave Drill



Weave drill is a reaction drill conducted by a coach.

On command by the coach with football in his hand and over the top of his ear as to throw the ball, will signal by pointing the football in the direction that he wants the defensive to plant and change direction.

On command coach will signal defensive back to turn and run. Finish drill by turning and running a hard ten yards.

Defensive back must keep his eyes on the coach.



45 Degree Tackle Drill

45 Degree Tackle Drill

Work drill to both left and right sides

1. Set cones five yards apart.
2. DB and RB start seven yards apart.
3. On command, RB runs at an angle aiming outside the cone.
4. DB approaches with an inside out angle while staying square in a proper football position.
5. On impact, the DB will explode up through the RB accelerating the feet.
6. The arms explode violently up the rib cage, grabbing high jersey on the back of the shoulder pads.
7. Run the RB back five yards.





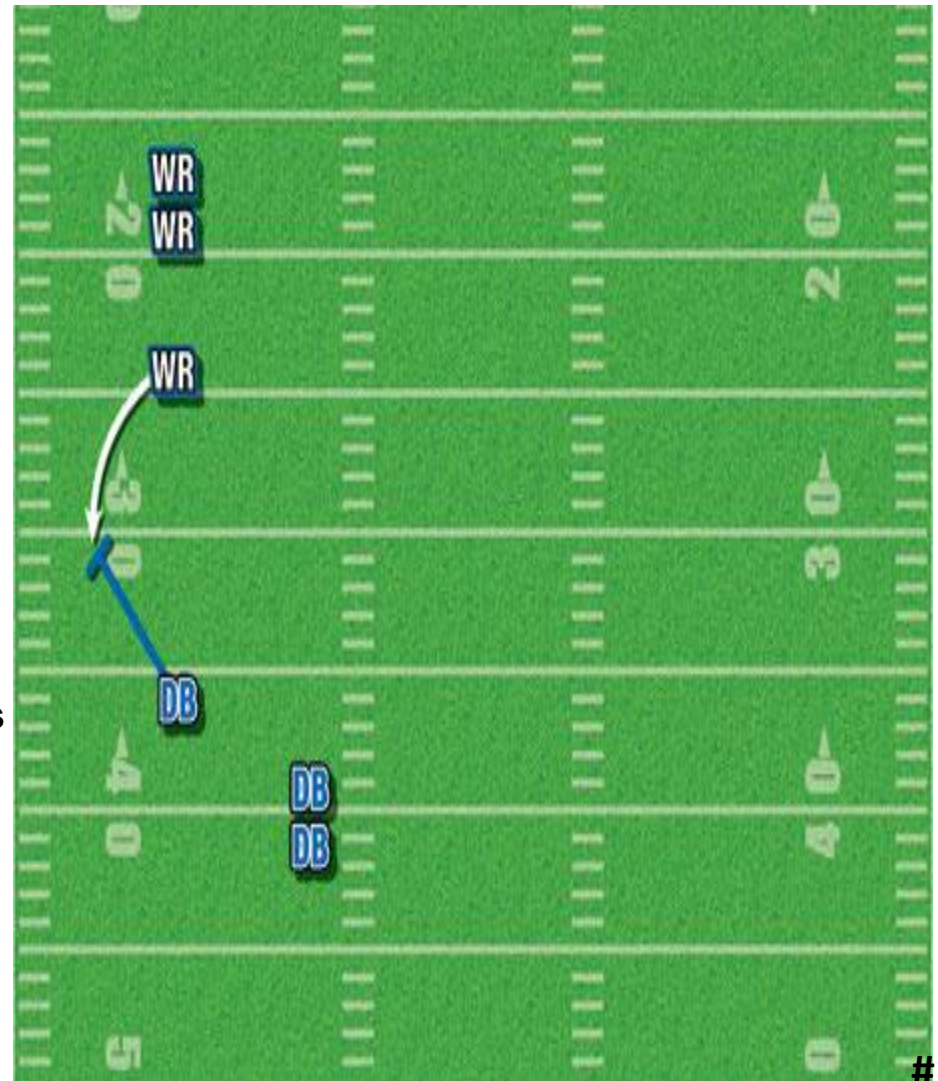
Sideline Tackle Drill

Sideline Tackle

Practice the angle toward the line of scrimmage

1. WR and DB start seven yards apart.
2. On command the WR runs up the sideline.
3. The DB attacks the ball carrier downhill on an inside out angle.
4. Stay square. Force the ball carrier to the sideline.
5. Accelerate feet and explode up through ball carrier and drive him toward the sideline until his feet are out of bounds.

** Allow the ball carrier to cut back if the DB overpursues.*



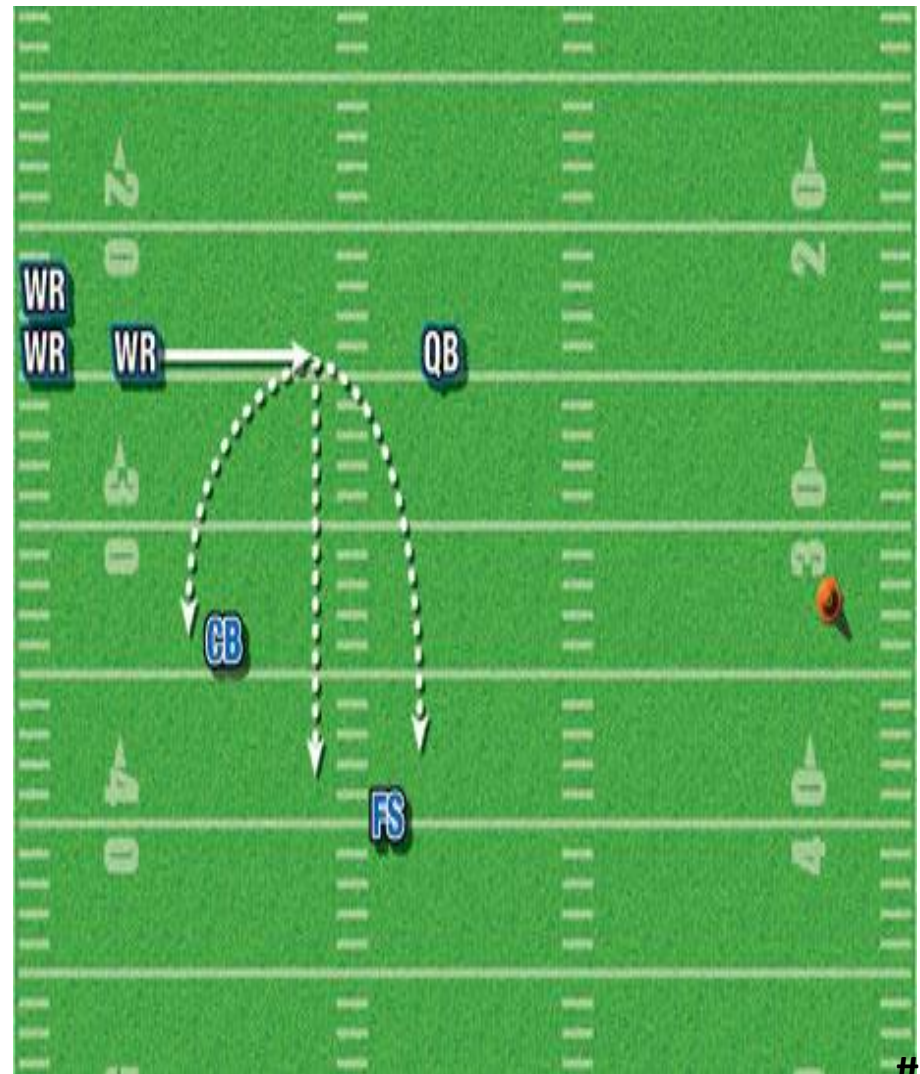


2 on 1 Tackle Drill

2 on 1 Tackle

To teach DBs to tackle while maintaining proper leverage on the ball.

1. WR aligns on the sideline facing the QB.
2. CB aligns on the numbers six yards deep. FS is 10 yards deep between hash and numbers.
3. On command, WR runs toward QB and DBs backpedal for depth.
4. QB throws ball to WR who runs after the catch to sideline, middle of field, or to split between the DBs.
5. Once the ball has been thrown, the DBs take the proper angle toward the ball.
6. The goal is for the CB to keep the ball on his inside pad, the FS to keep it on his outside pad while tackling the WR, holding him to a minimal gain.

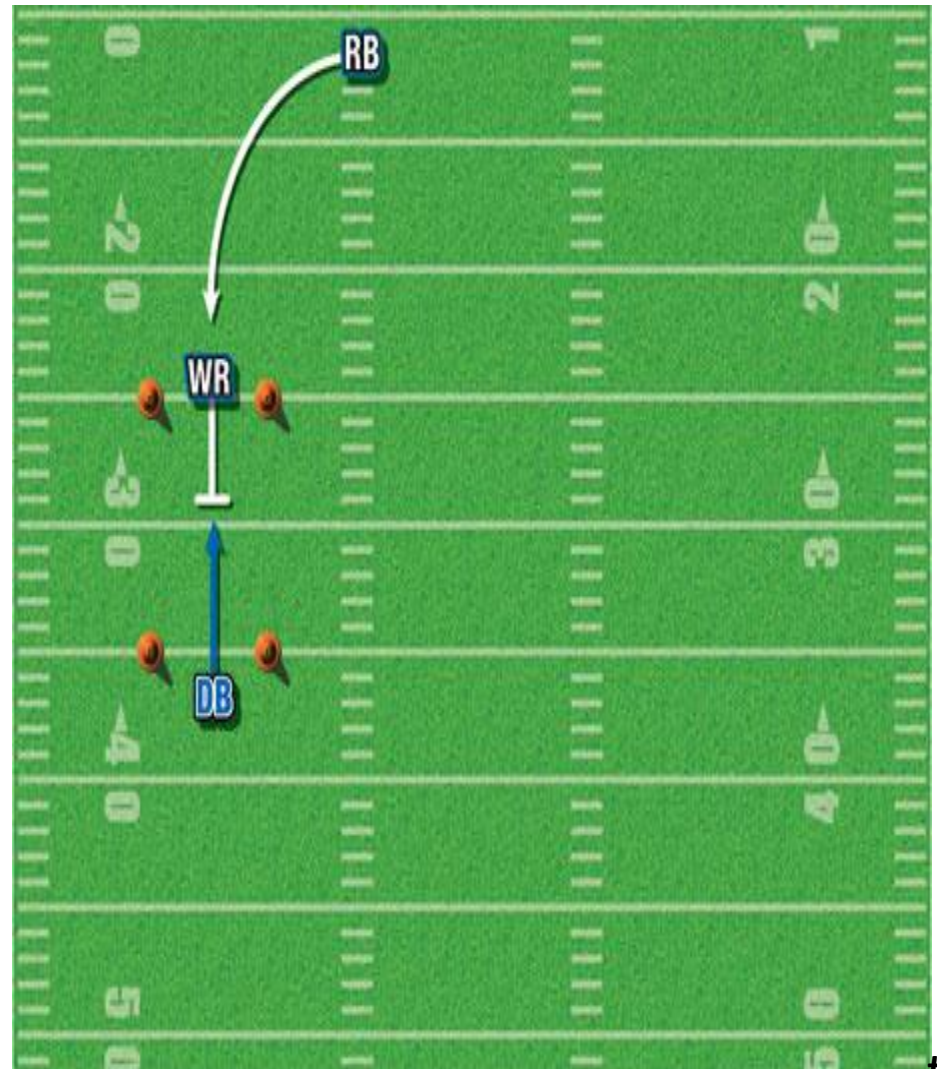




Stalk Drill

Stalk Drill

1. Use cones or towels to make a five-yard by five-yard box.
2. Have a RB 10 yards away run inside the box, cutting inside or outside of the WR's block.
3. On command, the DB attacks to block off of the WR closing the distance quickly.
4. The DB approaches square, with a lower pad level than the WR and his hands inside the WR's hands.
5. The DB's hands should strike the breast pad of the WR violently while hitting at an angle up, knocking the WR into an upright position.
6. Simultaneously, increase the leg drive putting the WR into an 'uncontrollable backpedal.' *Keep in mind the WR is trying to do the same thing to the DB.
7. The object is to knock the WR into the RB and slide off and execute proper tackling technique. *Point of emphasis is to teach DB to escape to the ball without delay which would allow the WR to re-establish a blocking position.

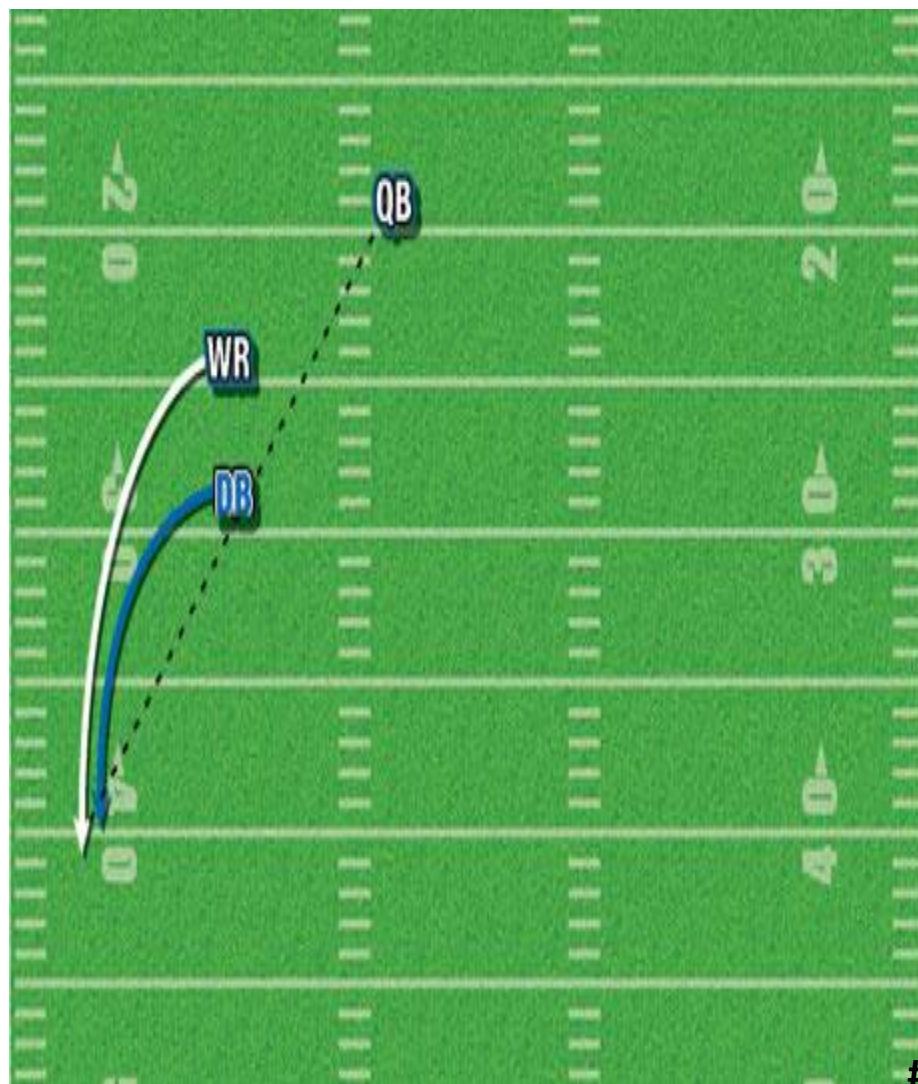




Deep Ball Drill

Deep Ball Drill

1. On command the WR runs a vertical route and the DB attempts to mirror the WR.
2. The QB throws the ball 25-35 yards downfield within six-seven yards from the sideline over the WRs outside shoulder.
3. The DB will get to a position close enough to touch the WR. The DB will keep his focus on the WRs eyes.
4. When the WR turns to look for the ball, the DB will turn to look. The DB will look up for the ball, trying to keep his hips and shoulders square in an effort not to slow down.
5. Any contact made with the WR must be made while looking for the ball and trying not to draw a penalty.
6. The ball should be intercepted at a high point or deflected with the inside arm.
7. The DB must stay in phase with the WR until the ball is defensed.

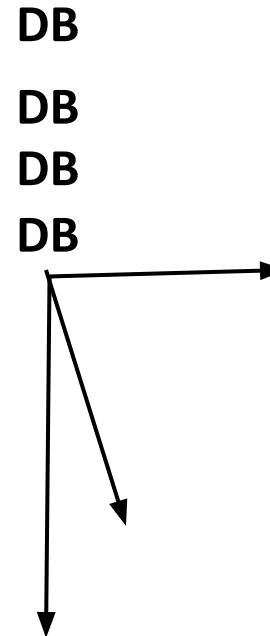




Ball Angle Drills

Ball Angle Drills

1. Have a single file line of DB's standing about 10-20 yards away facing the coach.
2. On command sprint towards coach and break on one of a variety of angles. (straight, 90 or 45)
3. Use a ball to simulate game action.



“Coach can throw ball at different commended breaks.”

Coach



Tip Drill

Ball Angle Drills

1. Have a single file line of DB's standing about 10-20 yards away facing the coach.
2. On command one sprints out with one trailing behind.
3. First DB tips ball high in the air and second catches it.
4. Look to punch it high and make sure it is count with hands at its highest point.

DB

DB

DB

DB

DB



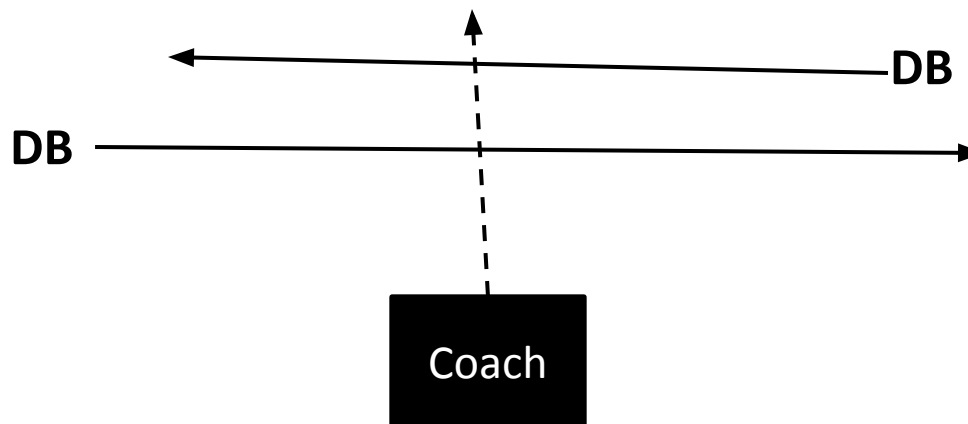
Coach



Distraction Drill

Ball Distraction

1. Have two equal lines of DBs
2. Player under runs straight and waves hands up in order to distract DB on top line from catching the ball.
3. DB on top run straight and catch ball. Ignore the distraction.
4. Coach throws ball when the two players meet in the middle.





Man to Man Coverage

Man For Man Coverage Tips For Drills

1. Total concentration must be on the man you are covering.
2. Always keep the receiver in front of you - Don't get beat deep.
3. Never align or be driven to a head up position.
4. Route recognition - A receiver who is going to run an outside route will generally reduce his split. A receiver who is going to run a route inside will widen his split.
5. When Working drills that talk about stance, always mention butt up and chin in line with the toes. The best possible situation is for the defender to stay in his backpedal as long as possible or until the receiver breaks the cushion which puts him within 3 yards of the defender, when this happens turn and run with receiver.
6. A receiver who is bent over and running with his head down cannot make a sharp cut, until he raises his shoulders and gathers himself under control. Therefore the defender should Focus his attention on the receivers belt buckle and his shoulders.
7. Playing bump and run - Never allow an inside release by the receiver, make the quarterback make the long throw.
8. Don't get your feet crossed over.
9. If a pass is thrown to your receiver in front of you make all drills attack the up field shoulder. Never go in front of a receiver unless you think you can get both hands on the ball.
10. If the defender gets beat deep, tell him to put his head down and sprint to catch the receiver. Do not look back at the quarterback until you have caught the receiver.
11. As long as the ball is behind the L.O.S. and receivers are downfield, always maintain tight coverage.



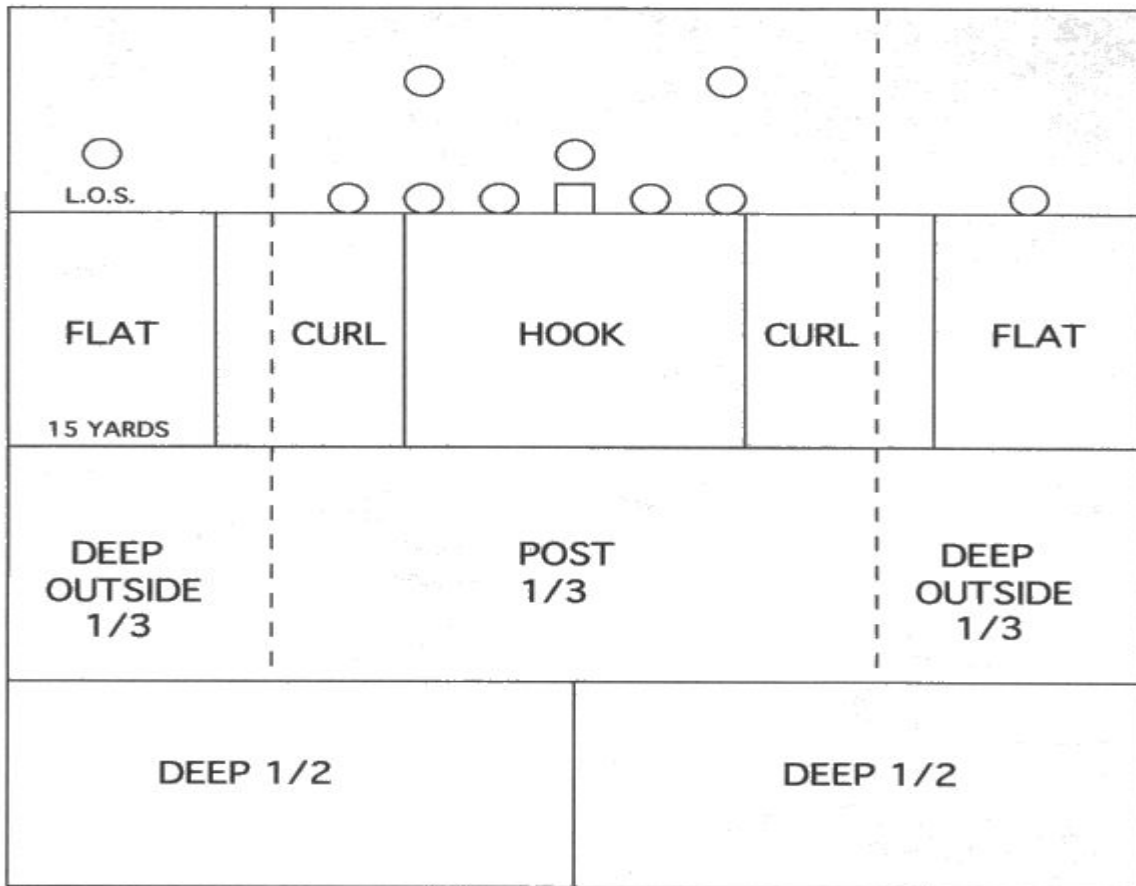
9 Ways to Force Fumbles

NINE WAYS TO FORCE FUMBLES

1. Put your face across the ball as you make the tackle; even if you do not accomplish your objective, you are still in a good position to bring the runner down.
2. If you are the second or third man in on a tackle, go for the football. This applies when the first tackler has stopped the ball carriers momentum.
3. If you are being contained by a blocker and cannot get a good shot at the runner, reach out for the football with both hands. Actually tackle the ball with both hands.
4. If you are approaching the runner from behind and tackling him high ,you can sometimes can club the ball loose by bringing the arm closest to the football over the top.
5. If you are approaching the runner from behind and you are the second or third man, go for the elbow. A lifting action on the elbow will sometimes force the runner to fumble. The ball carrier cannot maintain control of the football with a lifting motion on the elbow.
6. When rushing the quarterback, force fumbles by stripping and hard tackling, this is effective when he is back pedaling. Linebackers who get in quickly are in good position to force fumbles in this manner.
7. Keep in mind the ball carriers and receivers who are apt to fumble. Try to know the characteristics of each. By way of illustration, a runner who is the type that spins, pivots, and twists a lot is the type who leaves himself open to allow you to force a fumble.
8. The best method of all to force fumbles is to gang tackle. Hitting a runner from different angles will often dislodge the football. In addition, it will take something out of the runner.
9. There is times when defensive backs can force fumbles due to the type of pass thrown. A technique that is very effective is to club the catch hand of the receiver after the catch has been made. The catch hand is the farthest hand away from the quarterback.



Pass Zone Recognition Drill



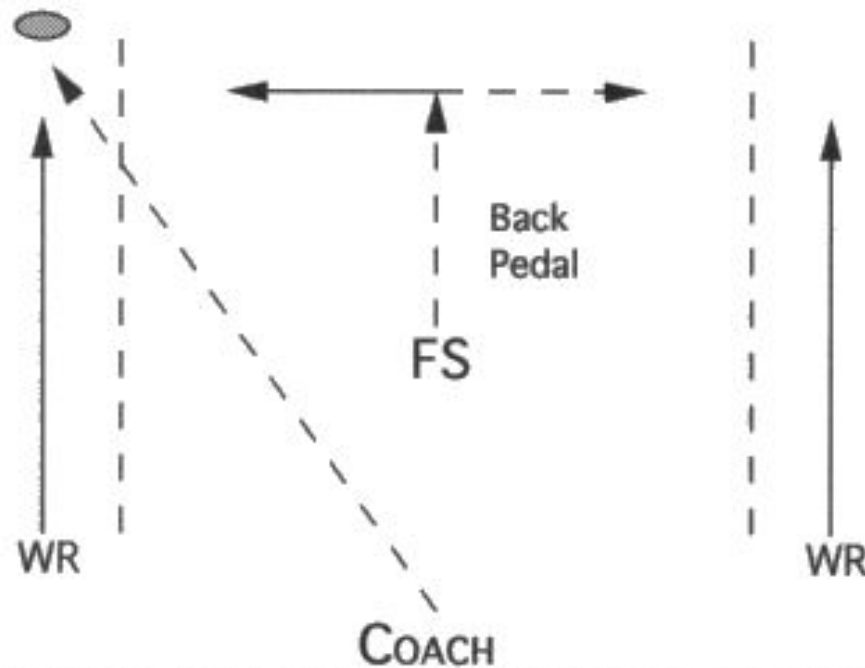
Pass zone recognition drill is used to teach your basic coverage alignments.

Depending upon the coverage that you teach have your secondary drop into their designated zone coverage called.

Secondary players must learn and understand their zone responsibilities.



Stretch and Break Drill



Develops free safety stretch and break vs cover three zone with two receivers running vertical.

Continue to widen receivers as the defensive back gains ball reaction and confidence.