

**Bomber 5th and 6th Grade Football 2020**  
**Rookie Tackle**

**Goals**

1. To allow 5th and 6th graders to develop a connection to Bomber football.
2. To develop and encourage leadership, teamwork, giving our best effort.
3. To increase participation numbers in 5th and 6th grade football.
4. To develop and maintain an in-house tackle football program at the 5th and 6th grade level.
5. To teach the fundamentals of tackle football with an emphasis on safety, having fun and learning the game.
6. To introduce Bomber football formations, techniques, and plays.

**How are we going to accomplish this?**

1. Make football a positive experience so the kids are excited to be part of the Bomber football program.
2. Make the barriers of entry lower for families. Ways we can do this:
  - a. Less travel time
  - b. Education on safety of the game
  - c. Keep fees as low as possible.
  - d. Make families aware of scholarship opportunities
3. Create a fun atmosphere while learning the game of football. Structure practice and games in a way we work hard, get better and have fun.
4. 7 man formation creates opportunities for more players to touch the ball and be part of the action.
5. Teams of mixed 5th and 6th graders will be split as evenly as possible to ensure a competitive atmosphere.
  - a. We plan on having each player learn a skill position and the line position on offense.
  - b. We will have two quarterbacks per team. 1- 5<sup>th</sup> grader and 1 – 6<sup>th</sup> grader. They will rotate series.
  - c. Coaches will determine what positions players will learn based upon current skill level. Strengths and weaknesses.
6. Have players observe Bomber football varsity practices, officiated by varsity players, and play at halftime of a varsity game.

## **Coach, Player and Parent Expectations**

### **Expectations (what you will receive from us and what we will expect from you)**

You will receive our best effort as coaches

- o We are not professional or paid to be here. We are here to make this a good experience for your child and help develop them as football players and people.
- o We hope to put your child in a position to succeed. We will praise them on things they do well and give constructive criticism on things to work on.
- o We will hold your child accountable for their actions, teach them sportsmanship and teach them fundamentals of football.
- o We will expect your child's best effort.

### **What we expect from you**

- o Proper behavior

Missing practice.

First of all I want to say it is ok to miss practice or games. This is 5th and 6th grade football. Since we are teaching accountability we will be asking the kids to run if they are late or if they miss practice. It is a simple way for us to introduce accountability.

- Late to practice. One lap
- Miss practice: two laps
- o Stepping up to help out where needed
- o Helping your child get better at home
- o Having a conversation with your child
- o We will do our best to have conversations with your child about their comfort level with different positions and what they expect from the season. Before coming to us with a problem please ask your child for their point of view. Not every kid is comfortable playing quarterback.
- o Most of the kids play to have fun and because their friends are there.
  - After the game ask them if they felt they did their best and if they had fun. Criticism of their play right after the game is much like our boss criticizing our work at the end of the day...we all need a cooling off period. Our kids are no different.

### **SUPPORT THE COACH**

If you have an issue with the coach please do not ever bad mouth a coach in front of your child. It severely hurts your child's view of the coach and the chances your child will listen to the coach.

### **Parental Encouragement (proper behavior and sportsmanship)**

- o Shout praise, whisper criticism
- o Parents are discouraged from coaching from the stands. It confuses your child and distracts them from the game. If you would like to coach, this is your time to volunteer. If you are not going to be a volunteer coach then we expect you to encourage your child and ask him or her to listen to their coach. Players need to hear one message so they are not confused.
- o If fan's show poor sportsmanship or improper behavior towards players, coaches or fans any coach has the right to warn you. Upon the second warning you will be asked to leave and will be suspended from attending your child's games for the rest of the year.

### **Volunteering (many hands make light work)**

- o We understand not all parents are able to teach the game of football. There are other opportunities to help. Such as: down and distance chains, assisting another coach with a drill during practice, or even just organizing the kids on the sideline.
- o Even if you can't be there every practice or game - any help would be appreciated.

### **League Philosophy (competition, playing time, positions)**

- o Sportsmanship will be emphasized, we will be keeping score and there will be a winner of each game.
- o While playing time will not be exactly equal we will do our best to make it as equitable as possible. There will not be huge disparities in playing time and no kid will sit out a full half or two series in a row unless it's for behavior issues, injury or choice.

### **Things you can do at home (giving your child tools to succeed)**

- o Play catch, have them run a route and throw it to them. (we can provide copies of playbooks)
- o Observe a practice and get ideas of things you could do at home.
- o Make football fun.

### **How to voice your concerns (when, where and what is appropriate)**

- o After practice is a good time to have a conversation with a coach. Before or during games or practice the coach is focused on the team. If you want to have a conversation, after practice is an appropriate time.

### **Emergency Contact information and Medical Conditions we should be aware of.**

- o Please provide coach with emergency contact info and medical conditions we should be aware of.

**Wednesday September 9<sup>th</sup> – Equipment Handout at Keith Meyers office. City Parking lot**

**Red Team 5:45 to 6:10 - White Team 6:15 to 6:40**

**Grey Team 6:45 to 7:10 - Black Team 7:15 to 7:40**

**Equipment List**

**– shoulder pads – helmet (inflate to proper amount – put name on front) – jersey (write jersey number on clipboard) - pants (make sure all pads are in pants knee, thigh, hip, tail)-  
mouthguard**

**All practices and games are behind the high school unless otherwise noted.** Practice times will be adjusted as we lose daylight. Please be aware that the coach will call practice as it becomes unsafe to play due to darkness. Those times will vary based on sunset times and cloud cover, etc... Make note so you know if you may have to be a bit early to pick up after practice. Thank you-

**Week 1: Saturday, September 12<sup>th</sup>**

Rookie tackling camp - 10:25 stretch

Monday September 14<sup>th</sup> – Practice 5:45 – 7:30

Thursday September 17<sup>th</sup> - Practice 5:45 – 7:30 (finish time will become shorter as daylight recedes. Coach will call the end of practice as safety becomes an issue)

**Week 2: Saturday, September 19<sup>th</sup>** 10:25 stretch

Football Combine Day

Individual Events      40 yard dash - Pro Shuttle -      Push Up      -      Throwing @ Target  
Team Events              Tug of War - Obstacle Course -sled push -

Monday September 21<sup>st</sup> – Practice 5:45 – 7:30

Thursday September 24<sup>th</sup> - Practice 5:45 – 7:30

**Week 3: Saturday September 26<sup>th</sup> – GAME**

Red vs White

Black vs Grey

Monday September 28<sup>th</sup> – Practice 5:45 – 7:30

Thursday October 1 - Practice 5:45 – 7:30

**Week 4: Saturday, October 3<sup>rd</sup>** 10:25 stretch

Red vs Grey

Black vs White

Monday October 5<sup>th</sup>– Practice 5:45 – 7:30

Thursday October 8<sup>th</sup> - Practice 5:45 – 7:30

**Week 5: Saturday, October 10<sup>th</sup>** 10:25 stretch

Red vs. Black

White vs. Grey

Tie Breaker is head to head    2<sup>nd</sup> tie breaker is point differential    3<sup>rd</sup> tiebreaker is tug of war head to head

## League Guidelines

- Referees and coaches are volunteers please show them respect at all times. Keep in mind this is to develop children to learn the game of football, have fun and learn how to compete in a sportsmanlike way. Unsportsmanlike activities will not be tolerated and we reserve the right to remove players, parents, coaches or fans from the site.
- Teams will be split as evenly as possible.
- Players should learn and play a minimum of 2 offensive positions including one non-line position.
- Coaches will be on the field to teach.
- Once a player scores 2 touchdowns in a game by rushing or receiving, he is no longer allowed to carry the ball or receive a pass. He may play quarterback but cannot carry the ball past the line of scrimmage.

## Scoring

- Touchdown- 6 points
- Extra point from the 5 yard line- 1 point
- Extra point from the 10 yard line- 2 points
- There will be no place kicks.

## Penalties

- Penalties: Blatant movement before the snap shall be penalized. (steps forward, contact, moving across the LOS) Subtle movement will not be penalized. (turning head, leaning forward, or flinching)
- Penalties that put player safety at risk (spearing, late hits, targeting, etc) will be penalized fully. Players with two personal fouls will be ejected from the game
- Holding- 10 yards
- Offensive Procedure/Delay of Game- 5 yards
- Pass interference- spot of foul (no more than 15 yards)
- Illegal forward pass- 5 yards and loss of down
- Unsportsmanlike Conduct/Personal Foul - 10 yards  
Two by one player in a game is an automatic ejection.

## Overtime

- Coin flip determines offense at the beginning of each overtime, and have alternating possessions.
- Offense starts at the 15 yard line and has four downs to score. Upon scoring a touchdown the team MUST go for two points on the extra point.

## Rules

- The game will consist of two 20 minute halves. We will play with running time during the entire game. The clock only stops during a called timeout or a referee timeout. Each team is allowed one (1) timeout in the first half and two (2) timeouts in the second half. Timeouts will be one (1) minute at which time the play clock will start. The ball must be snapped within 30 seconds after the ball is set to avoid a delay of game penalty.
- The field will be 40 yards long (plus 10 yard end zone) and sideline to far hash line.

- Because of the all players, all positions, all skills philosophy, there are no restrictions on jersey numbers or player positions.
- A turnover or turnover on downs brings the ball back to the 40-yard line, and the teams switch sides from offense to defense, defense to offense.
- Turnovers on interceptions or fumbles are blown dead immediately. No returns are allowed
- No penalty on the offense can take the ball behind the 40-yard line.
- Penalties on the offense that are called and accepted on or behind the 40-yard line result in a loss of down.
- Penalties on the offense called between the 40-yard line and the end zone in which yardage is lost, even if limited in enforcement by the 40-yard line, are enforced as written in terms of down lost or replayed.
- Tackles behind the 40-yard line are respotted at the 40-yard and will not count as a safety.
- All personal foul penalties include an immediate substitution from the field for a minimum of one play to allow coaches to address misconduct and promote good sportsmanship. We call this a cooling off period. A second personal foul by any player will result in ejection.

### **Special teams:**

There are no special teams. There are no kickoff or punts. Each possession starts with the ball on the 40-yard line, regardless of whether there is a score, turnover or turnover on downs. There are no extra points by a kick.

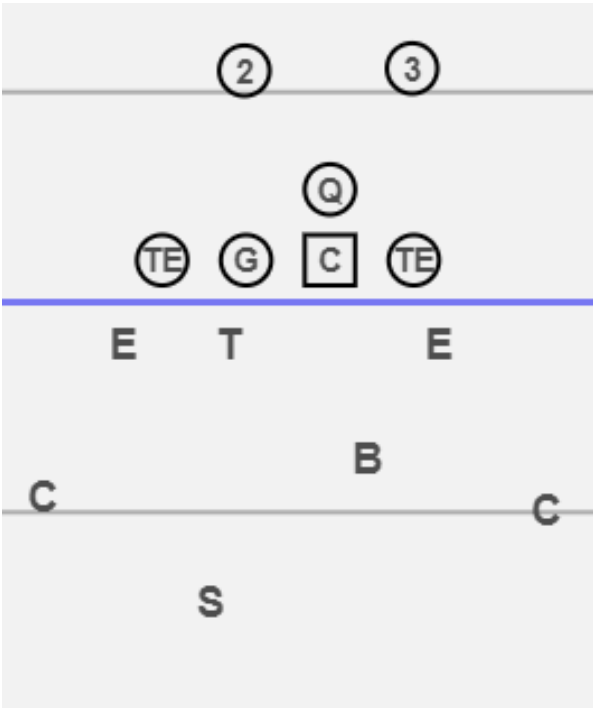
### **Offensive adjustments:**

- Each play must include two offensive linemen – a center and a right guard. These players are ineligible for first touch as the receiver of a pass regardless of the numbers on their jerseys, and may not cross the neutral zone on pass plays. Player rotations may result with traditional non-lineman numbers at these positions for the purpose of fundamental skill development. The distance between the guard and center may not exceed three feet (1 yard) but may be closer.
- Quarterback runs must be outside the Ends. (No QB sneak)
- The offense must have four players on the line of scrimmage.
- Motion and shifts are not allowed.
- All blocks below the waist, in any situation, are illegal.

### **Defensive Adjustments**

The defense is allowed to put three men on the line of scrimmage. The defenders on the line of scrimmage may not rush the A gaps. All other players must be at 4 yards or deeper. No blitzing or stunting is allowed.

## **Bomber League: Defensive Positions and Assignments**



**Safety:** Align at 7 yards over the guard. Read the offensive line for run or pass. Vs. Pass - cover the deep middle of field. Vs. Run - attack the football from inside to outside.

**Corners:** Align at 5 yards outside the Tight ends. Read the offensive line for run or pass. Vs. Pass - cover deep outside third of field. Vs. Run - Contain: attack the football from outside. Don't allow the ball to get outside you.

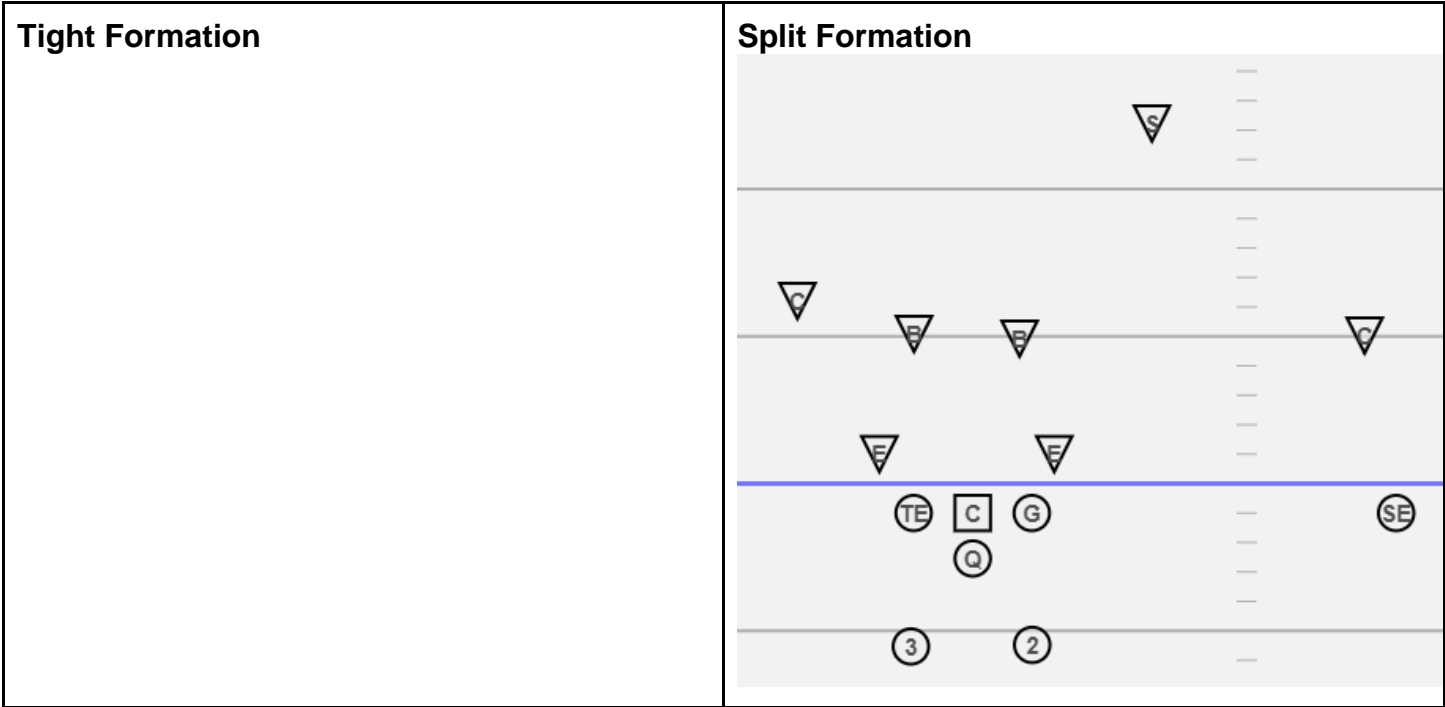
**Middle Linebacker:** Align over weakside shoulder of center at 4 yards. Read the center for run/pass. Vs. Pass: drop to weakside curl/flat. Vs. Run - Attack the football from inside to outside.

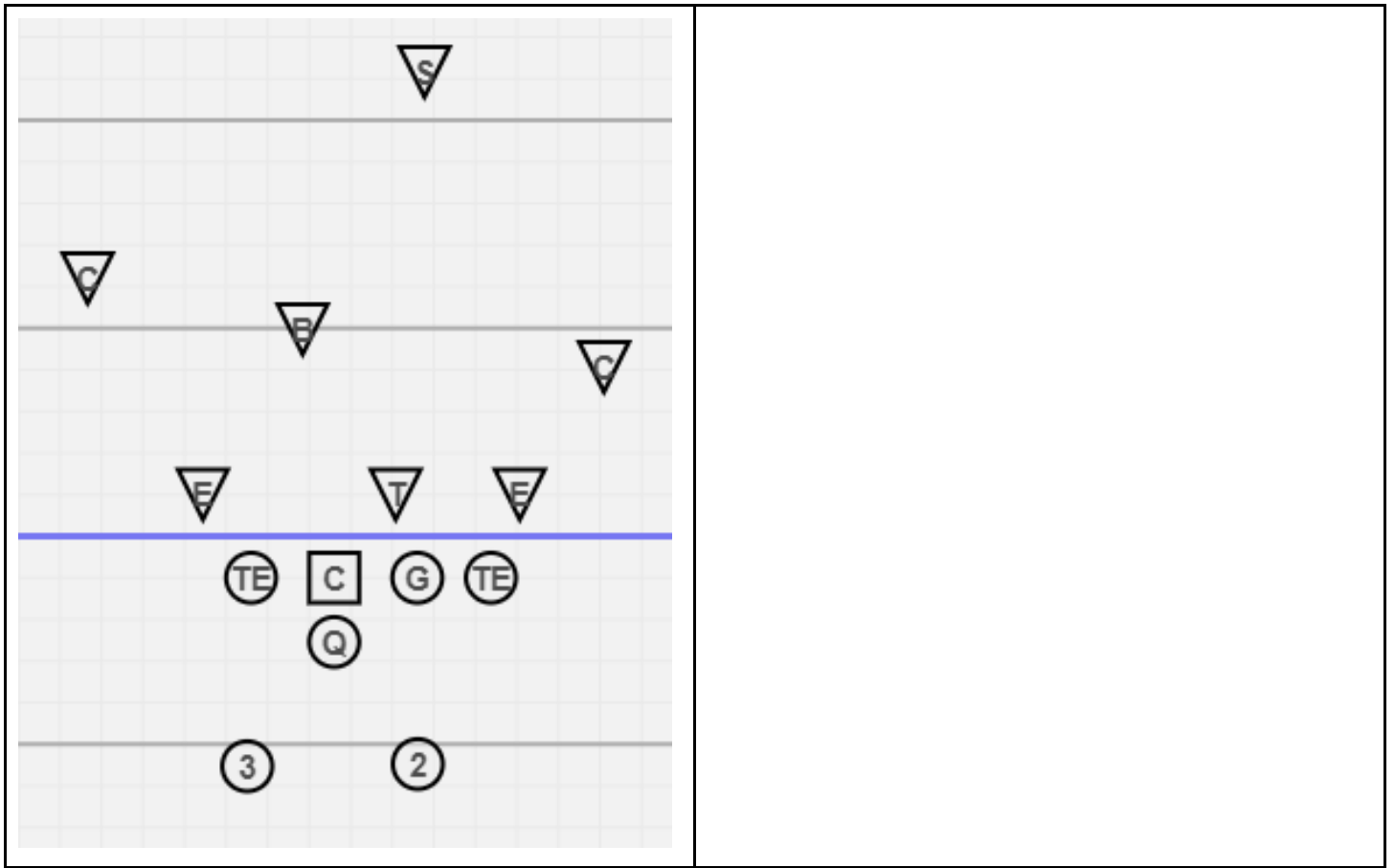
**Defensive Ends:** Align on outside shoulder of Tight Ends. Explode forward on snap and key the foot of TE. Foot to = break through. Foot away = bend into the play.

**Defensive Tackle:** Align on outside shoulder of guard. Same keys as Ends.

**Bomber Rookie League - Offensive Formations**

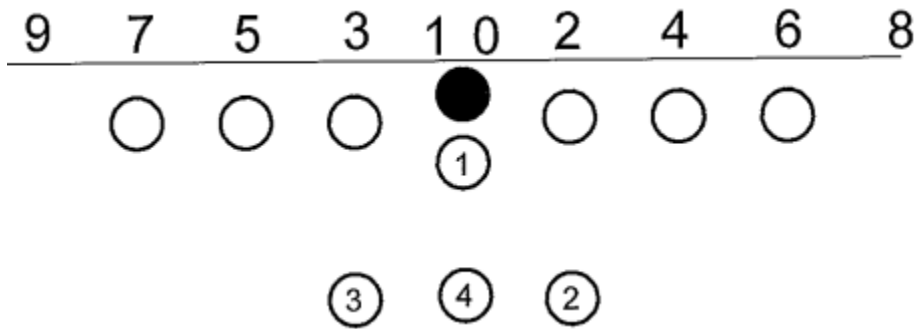
This formation allows players to learn the basics of the Bomber varsity football playbook.





TE, C, G: 4 point stance feet shoulder width apart. One foot splits. Guard and Tight ends have helmets even with belt line of center. Halfbacks are behind guards heels at 4.5 yards.

**Varsity Offense - Player and Hole Numbering**



## **POWER T COMMANDMENTS**

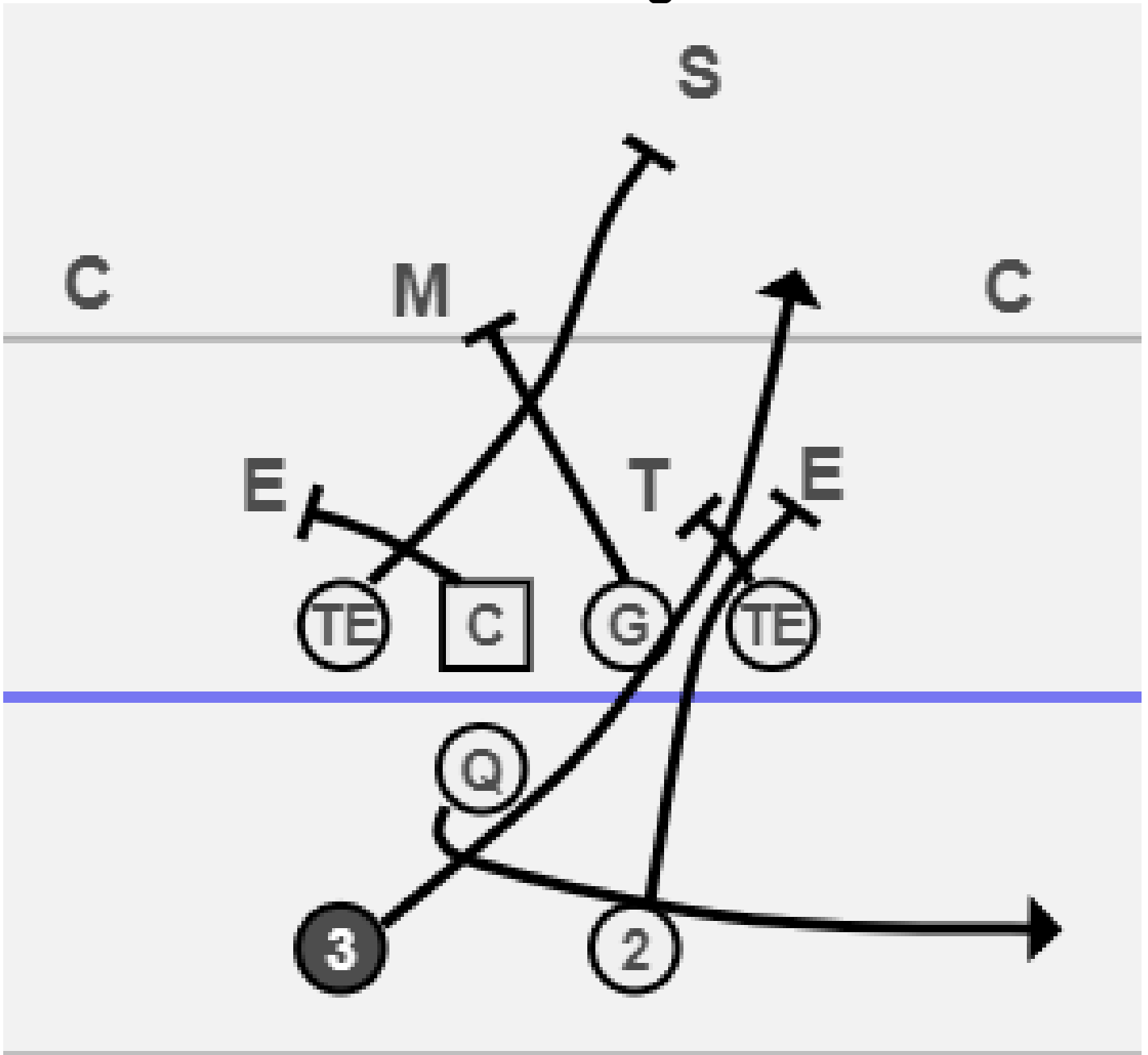
- BE UNSELFISH
- CARRY OUT ALL FAKES TO THE EXTREME
- HAVE GREAT MECHANICS (ESPECIALLY QB)
- PREPARE TO BLOCK EVERY POSSIBLE FRONT
- DO A GREAT JOB AS DOWNFIELD BLOCKERS
- DEVELOP A STRONG PLAY ACTION PASS ATTACK
- PLAYERS MUST ACCEPT REPETITION WITH ENTHUSIASM

## **Blocking**

- STRESS LOW AND FAST WE PLAY AT A PAD LEVEL THE OTHER TEAM CAN'T
- AIM FOR BELT
- RELENTLESS EFFORT-BE ACCOUNTABLE TO EACH OTHER
- POSITIVITY & ENTHUSIAM-EMBRACE REPETITION AND MASTER YOUR CRAFT, EVERYDAY IS A CHANCE TO GET BETTER
- SPEED/QUICKNESS-MORE EMPHASIS ON ON SPEED AND QUICKNESS THEN TECHNIQUE
- BE AN ATHLETE
- PAD LEVEL- LOW AND FAST



# Power Right



**BSTE:** Safety

**Center:** Block backside.

**Guard:** First man inside (backer).

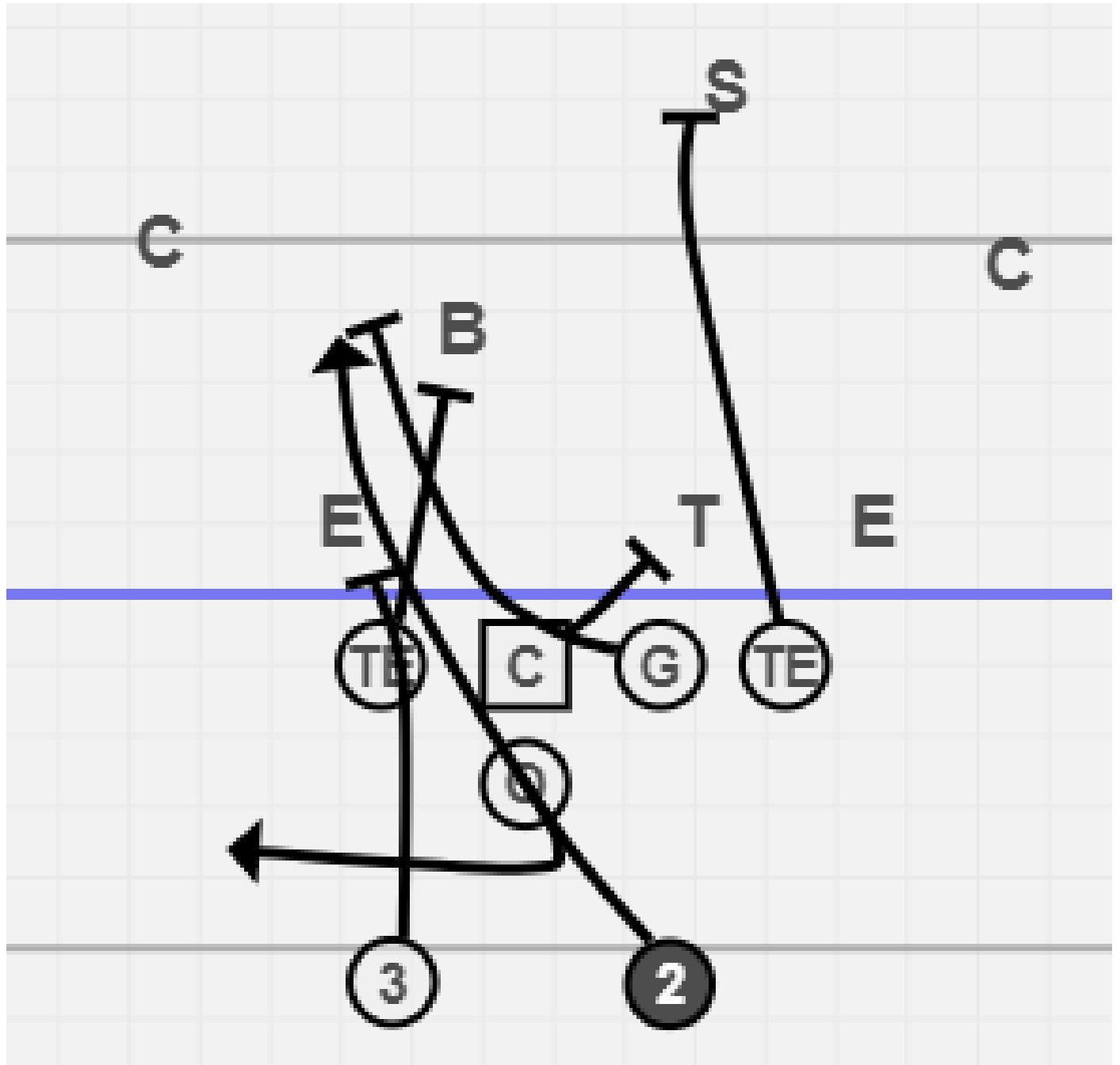
**PSTE:** First man inside (Tackle)

**2 back:** "J" block end (block him out)

**3 back:** run tight to QB's foot to get handoff. Explode upfield just outside of TE's down block.

**QB:** Turn butt towards play, pivot around and handoff to 3 back. Holster hand on hip and carry out keep fake to the right.

# Power Left



**BSTE:** Safety

**Center:** Block backside.

**Guard:** Pull and lead up the alley.

**PSTE:** First man inside (Backer)

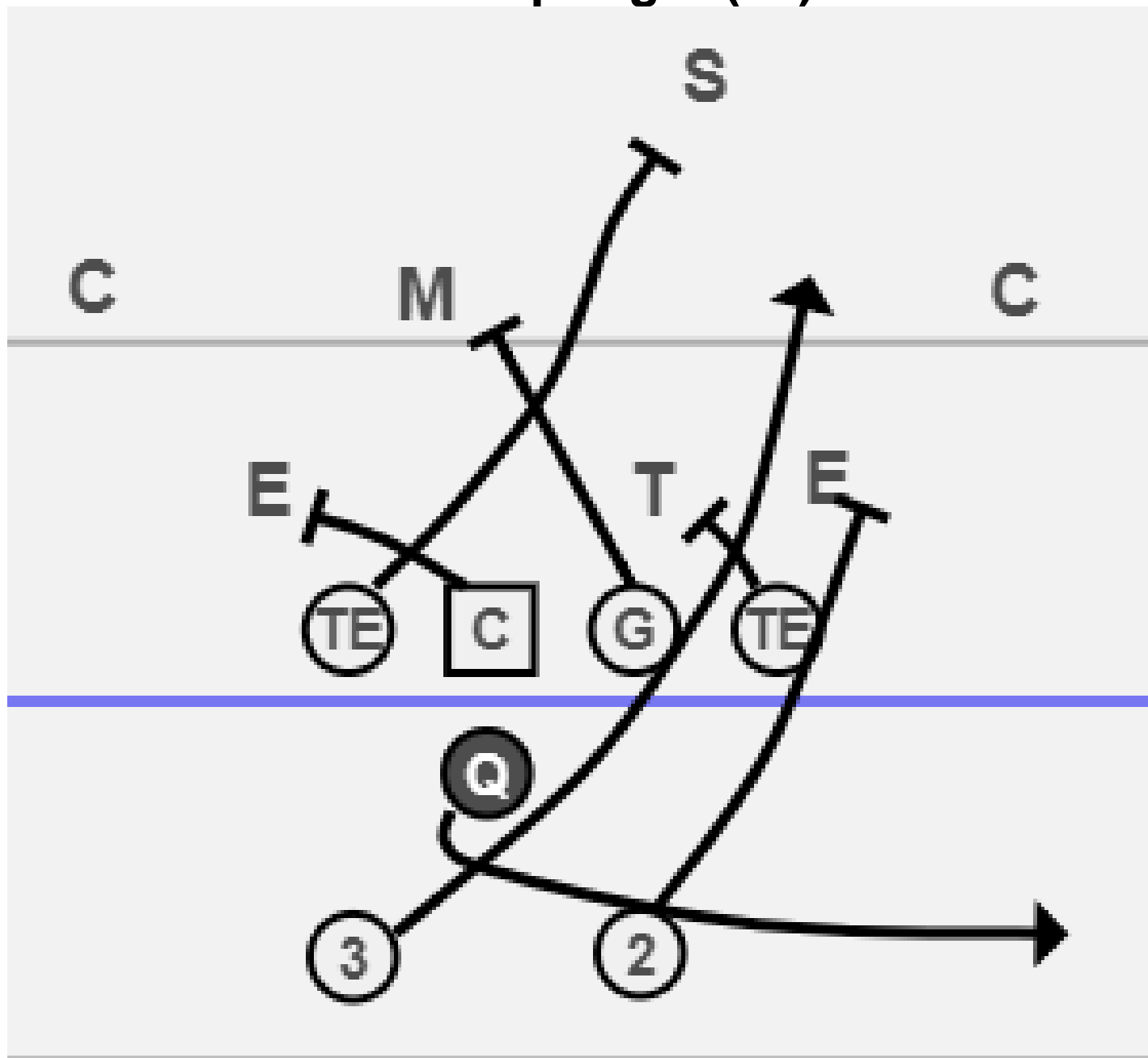
**3 back:** "J" block end (block him out)

**2 back:** stay tight to QB's to get handoff. Explode upfield just outside of TE's down block.

**Keep ball covered with both arms.**

**QB:** Turn butt towards play, pivot around and handoff. Holster hand on hip and carry out keep fake.

## QB Keep Right (18)



**BSTE:** Safety

**Center:** Block backside.

**Guard:** First man inside (backer).

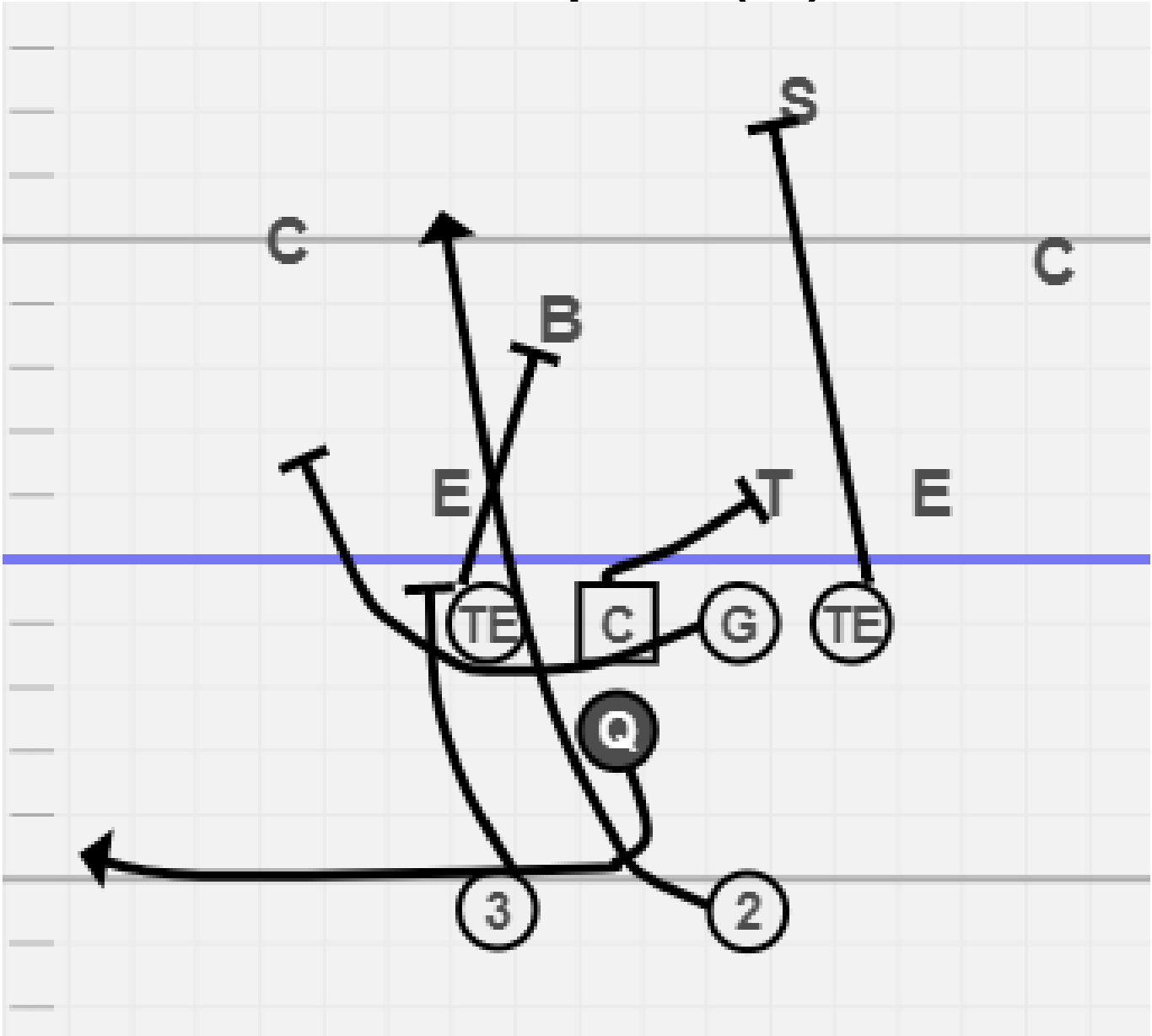
**PSTE:** First man inside (Tackle)

**2 back:** "armpit" block end (seal him in)

**3 back:** step over QB's foot for fake handoff. Explode upfield just outside of TE's down block. Run a great fake, keep pocket for football.

**QB:** Turn butt towards play, pivot around and fake handoff to 3 back. Holster hand on hip and carry out keep to the right.

# QB Keep Left (19)



**BSTE:** Safety

**Center:** Block backside.

**Guard:** Pull to the left lead around edge.

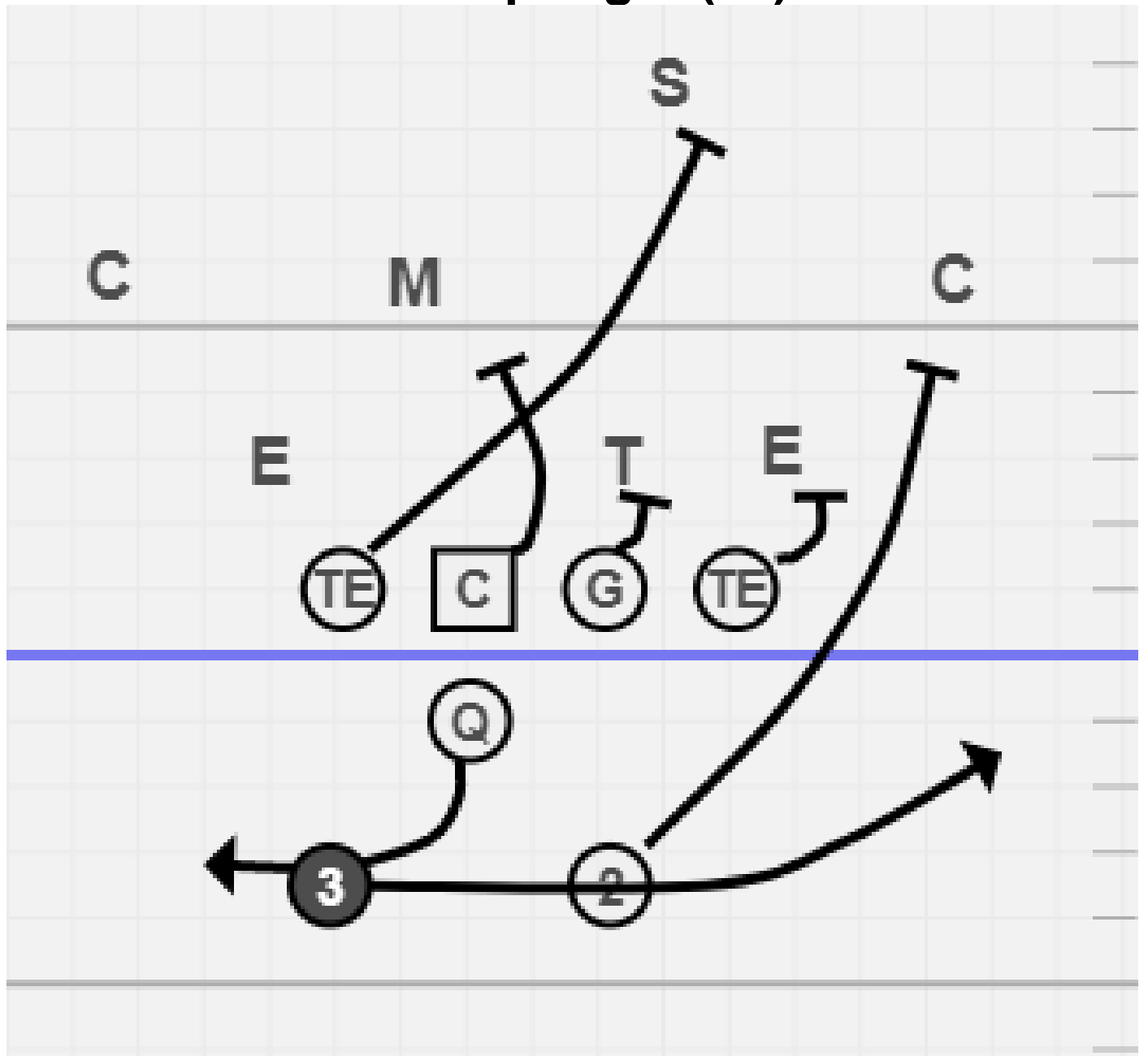
**PSTE:** First man inside (backer)

**PSHB:** "armpit" block end (seal him in)

**BSHB:** step over QB's foot for fake handoff. Explode upfield just outside of TE's down block. Run a great fake, keep pocket for football.

**QB:** Turn butt towards play, pivot around and fake handoff. Holster hand on hip and carry out keep to the left.

# Sweep Right (38)



**BSTE:** Safety

**Center:** Backer

**Guard:** Reach DT.

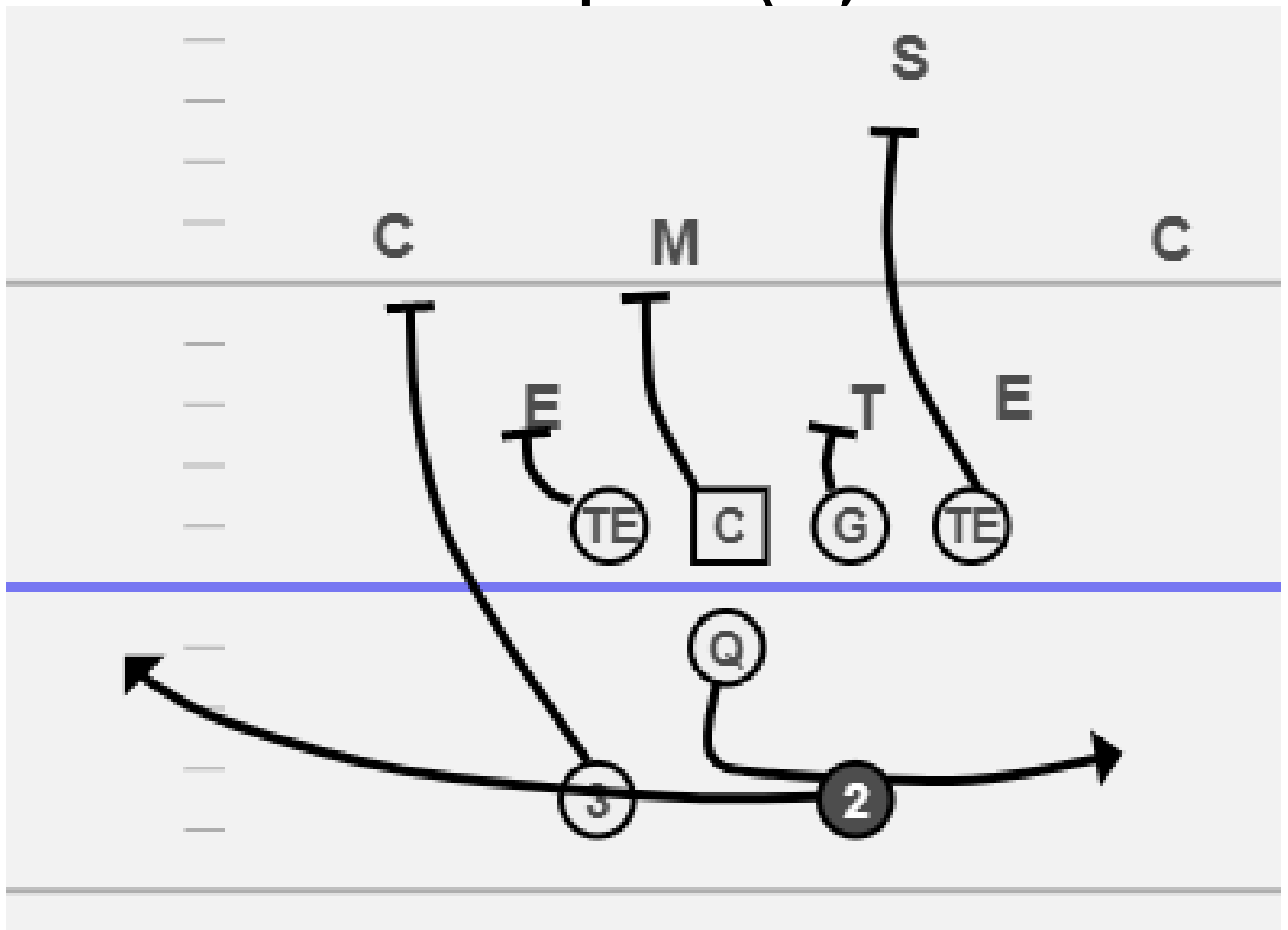
**PSTE:** Reach End.

**PSHB:** Corner

**BSHB:** Sprint to take handoff, get outside

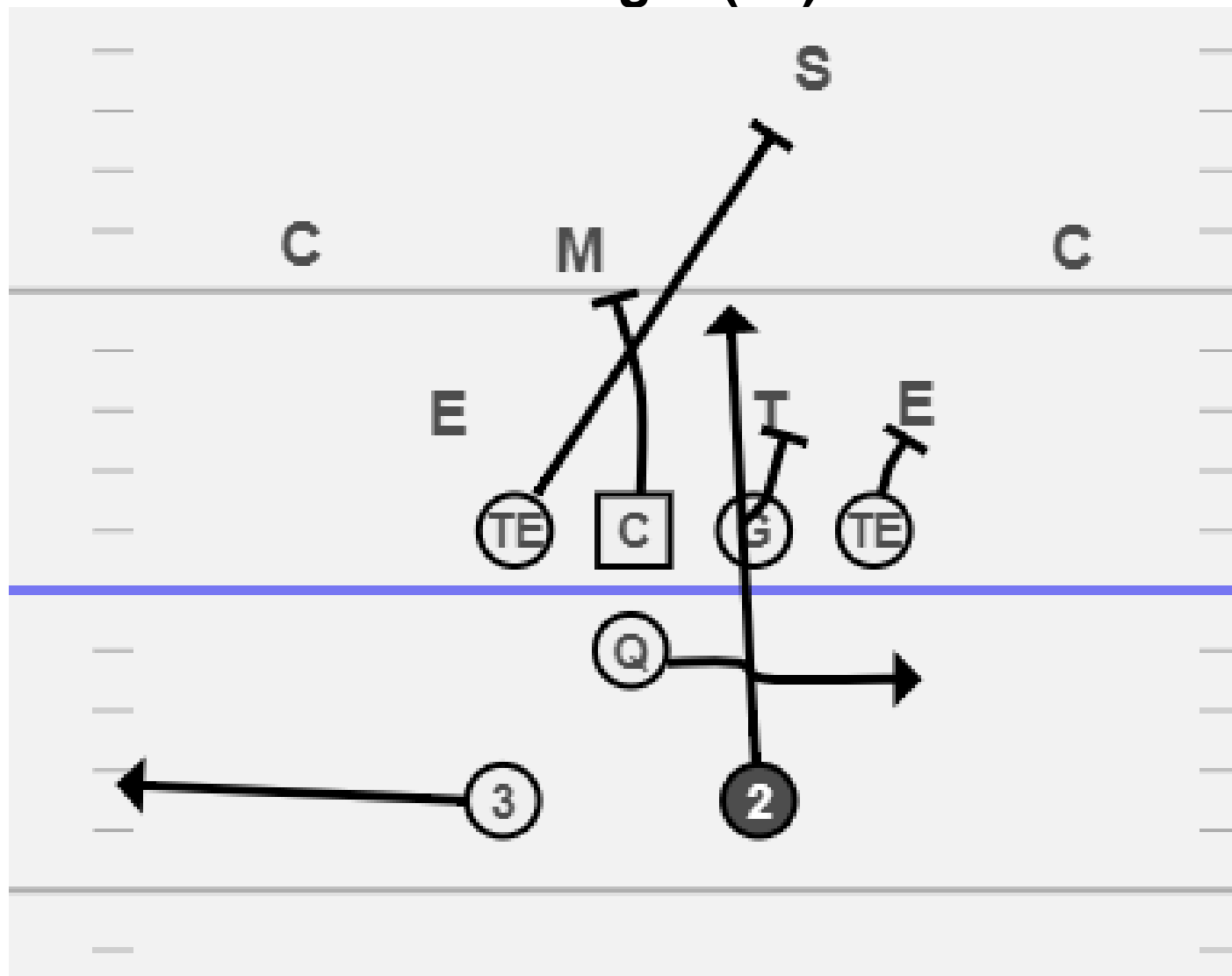
**QB:** Get ball to halfback, fake boot backside.

# Sweep Left (29)



- BSTE:** Safety
- Center:** Backer
- Guard:** Reach DT.
- PSTE:** Reach End.
- PSHB:** Corner
- BSHB:** Sprint to take handoff, get outside
- QB:** Get ball to halfback, fake boot backside.

## Dive Right (24)



**BSTE: Safety**

**Center: Backer**

**Guard: Drive DT**

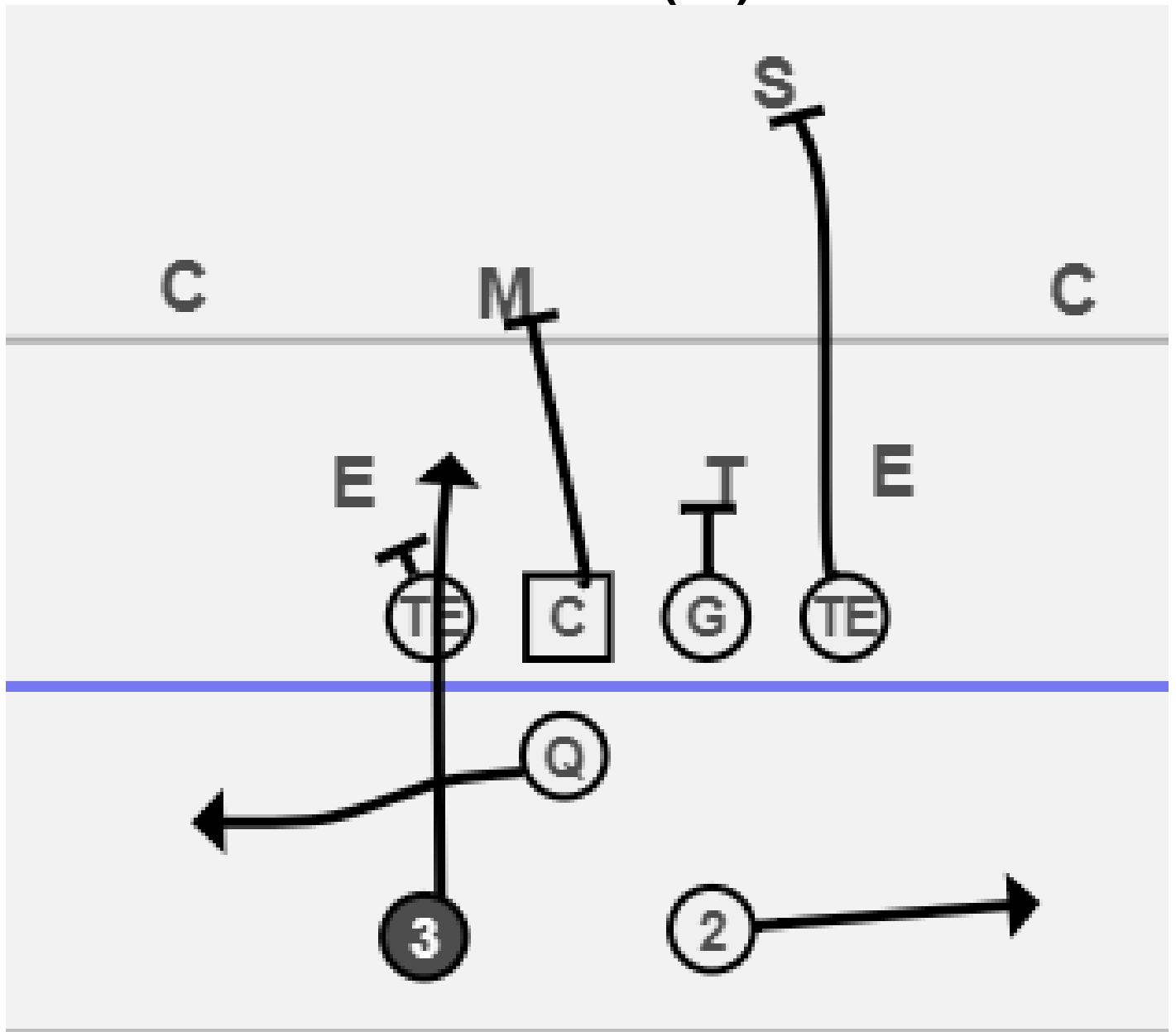
**PSTE: Drive End.**

**PSHB: Explode forward take handoff get upfield.**

**BSHB: Fake away from play.**

**QB: Get ball to halfback, carry out keep.**

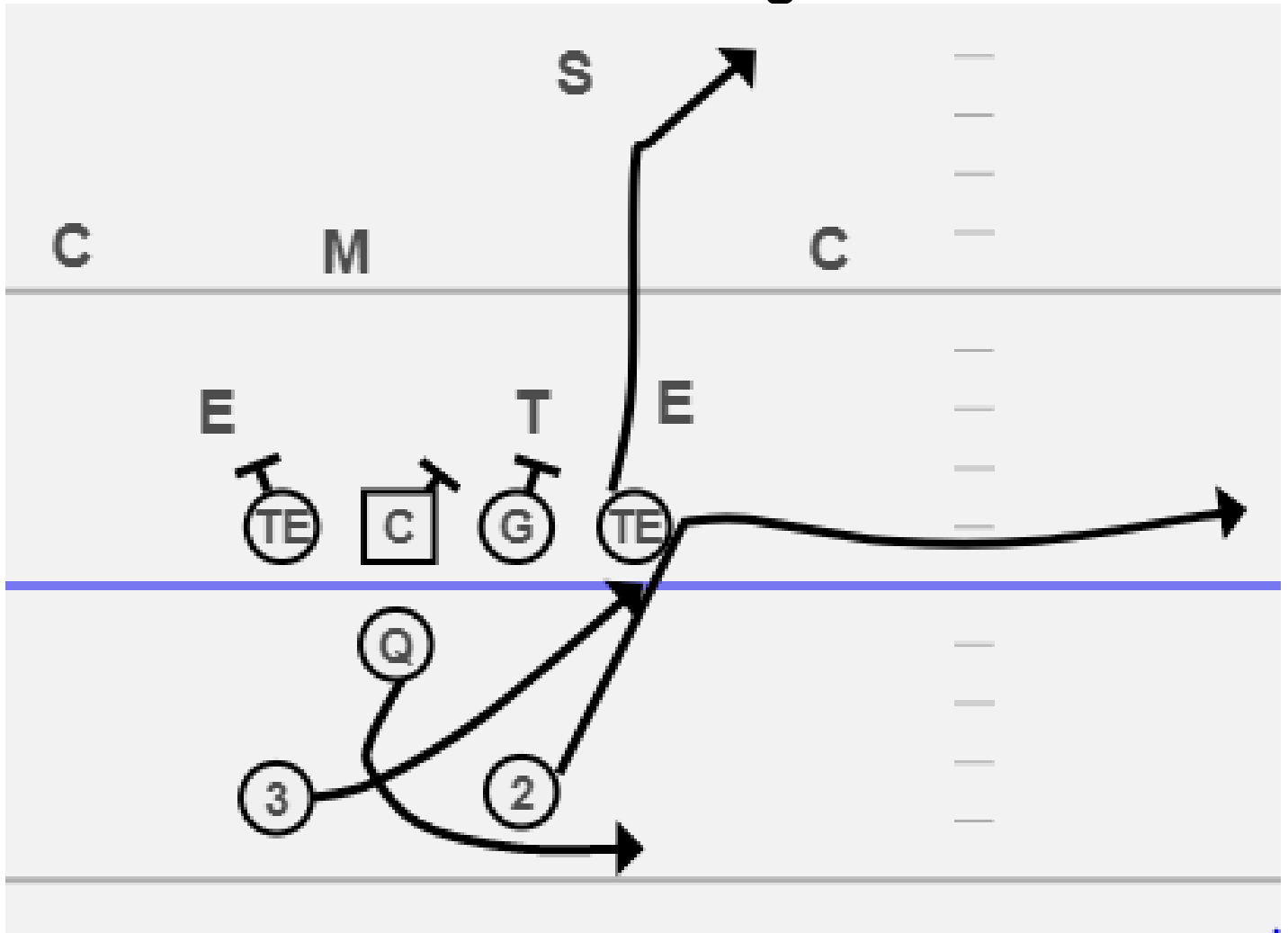
# Dive Left (33)



- BSTE:** Safety
- Center:** Backer
- Guard:** Drive DT
- PSTE:** Drive End.
- PSHB:** Explode forward take handoff get upfield.
- BSHB:** Fake away from play.
- QB:** Get ball to halfback, carry out keep.



# End Pass Right



**BSTE:** Block End

**Center:** Pass block.

**Guard:** Block DT.

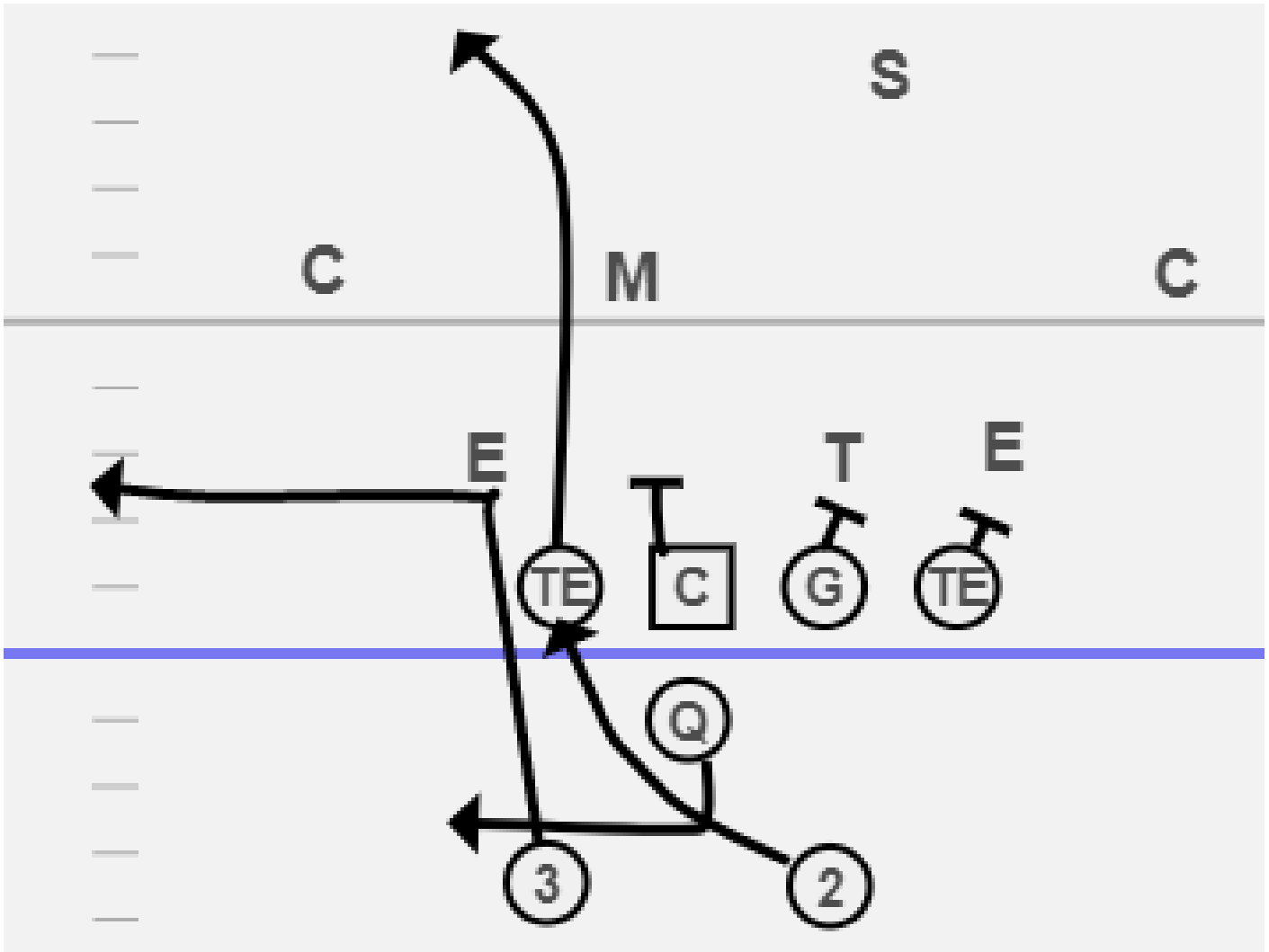
**PSTE:** Corner route.

**PSHB:** Hit end drive him for 2 steps then run arrow route.

**BSHB:** Fake power. Hit end if he's headed for QB.

**QB:** Fake power, roll to playside pass to TE or halfback.

# End Pass Left



**BSTE:** Block End

**Center:** Pass block.

**Guard:** Block DT.

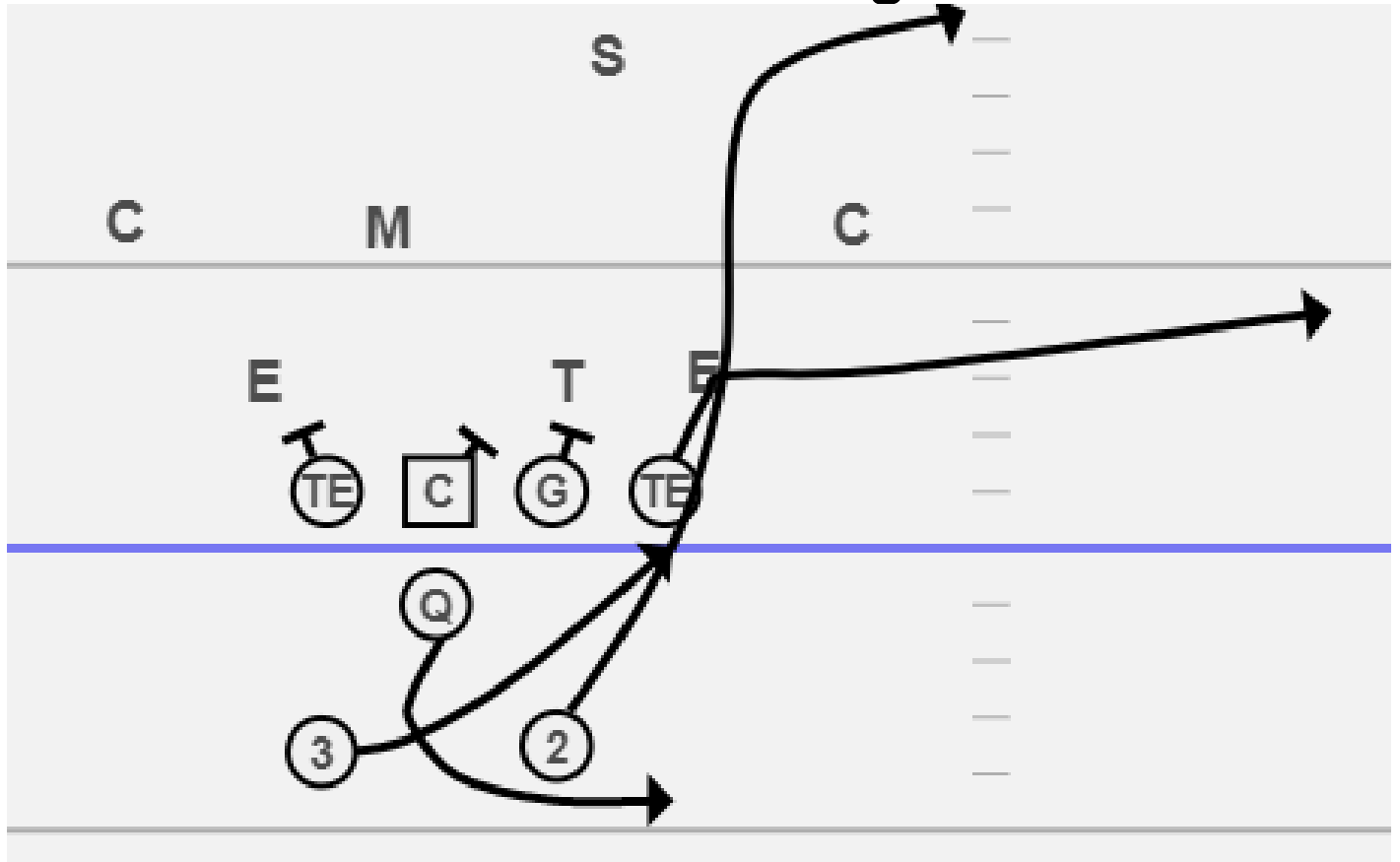
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# Power Pass Right



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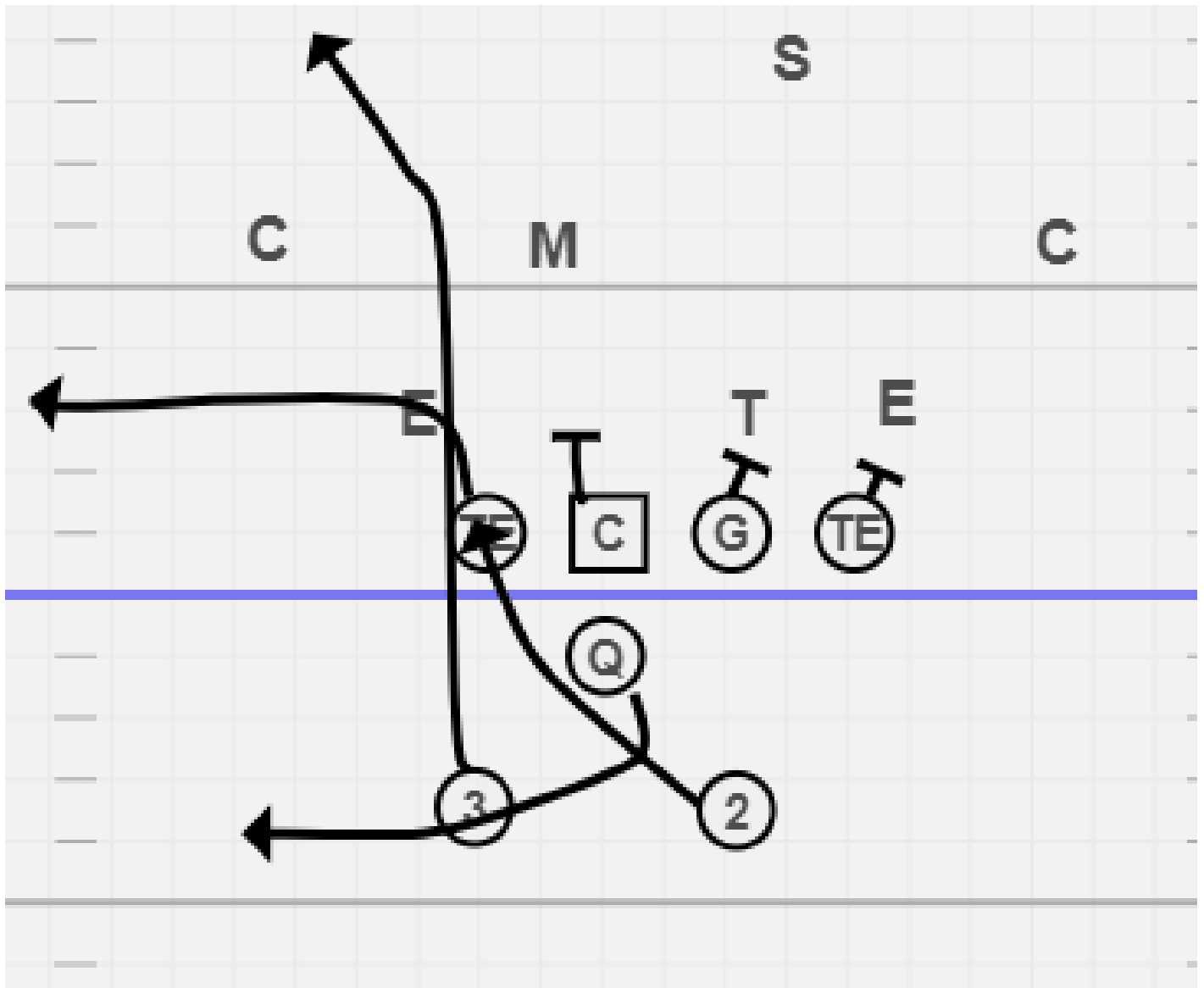
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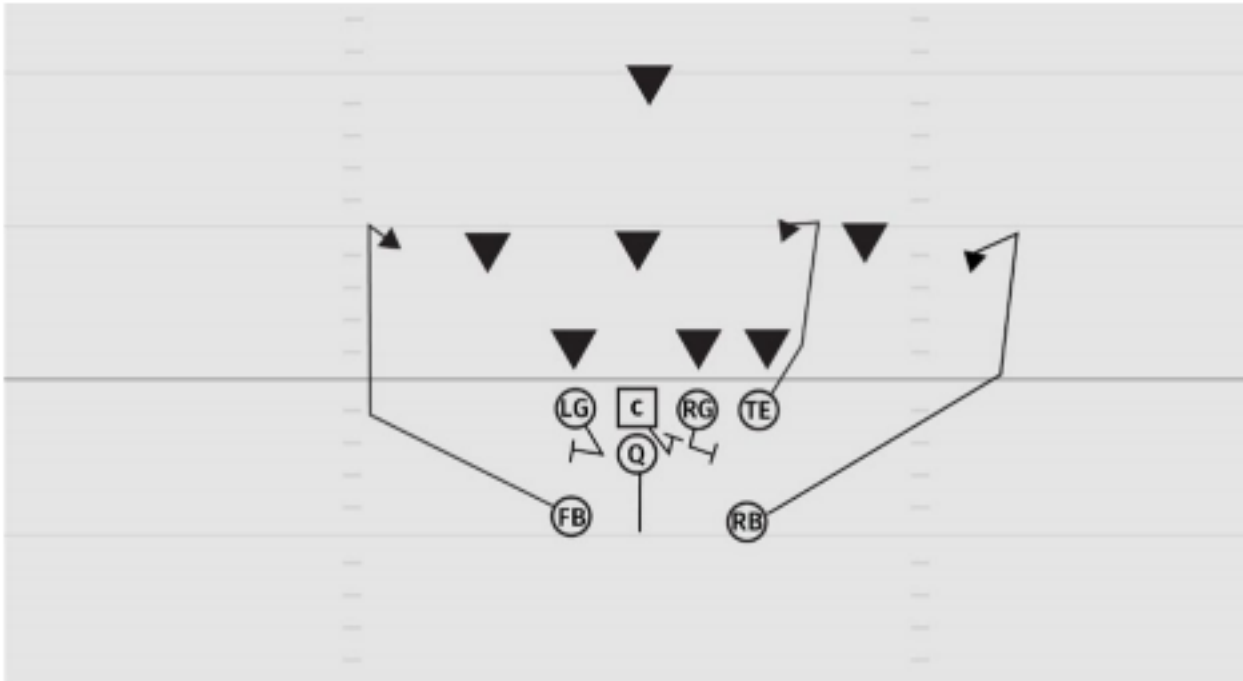
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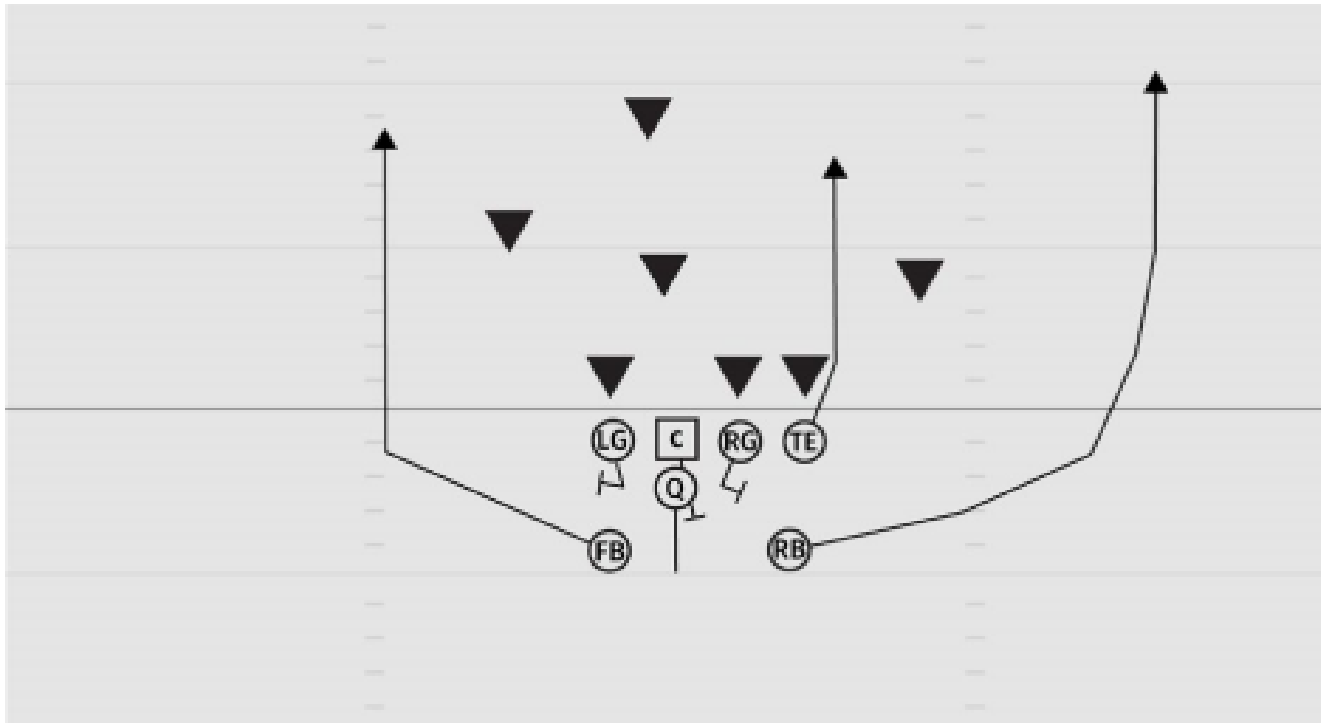


## ROOKIE TACKLE 7-PLAYER TIGHT ALL CURL RIGHT



- TE 5 yard Curl route inside widest defender
- LG Big on big pass protection
- C Pass protection, help on inside rush
- RG Big on big pass protection
- RB 5 yard Curl route aiming between number and hash
- FB 5 yard Curl route aiming between number and hash
- Q 3 step drop

## ROOKIE TACKLE 7-PLAYER TIGHT ALL GO RIGHT



- TE Outside release, Seam route
- RG Big on big pass protection
- C Pass protection, help on any inside rush
- LG Big on big pass protection
- RB Go aiming between number and hash
- FB Go route aiming down hash
- Q 5 step drop

## **Skills and knowledge of the game**

We want to focus on developing the skills of blocking and tackling, focusing on being a good teammate and increasing the boys knowledge of the game of football.

**THE IMPORTANCE OF PRACTICE** • Practicing is an important piece to developing these skills. Designing quality practice is the most basic of all coaching activities and essential for optimal learning of skills and game tactics along with physical and mental conditioning. A quality practice nurtures athlete motivation and maximizes skill development. Some athletes are not motivated by practice and will complain about it and give poor effort during practice thinking they should save energy for competition. • One of the primary reasons athletes think this way and devalue practice is because they have experienced poorly designed practice sessions.

## **COACH JOHN WOODEN'S EIGHT PRINCIPLES OF PRACTICE PLAN DESIGN**

1. Fundamentals before creativity
2. Use variety
3. Teach new material at start of practice
4. Quick transitions between activities
5. Increase complexity from practice to practice
6. Conditioning for learning
7. End on a positive note
8. Avoid altering the plan during the lesson

**PRACTICE GUIDELINES:**.. Football players between the ages of 10 and 12 years old should practice 2 to 3 days per week with each session being 75 to 90 minutes

**“Long practices are neither desirable nor particularly beneficial.” - NFL championship coach Tom Coughlan.** One of the most common errors is practice sessions run too long. This leads to a loss of focus. Replace “How will I fill the practice time?” with “How can I use the least amount of practice time in the most efficient way?”

## **5 LEVELS OF CONTACT**

1. **AIR** - Players run a drill unopposed without contact.
2. **BAGS** - Drill is run against a bag or another soft-contact surface
3. **CONTROL** - Drill is run at assigned speed until the moment of contact. One player is pre-determined the “winner” by the coach. Contact remains above the waist, and players stay on their feet.
4. **THUD\*\*** - Drill is run at full speed through the moment of contact. No pre-determined “winner.” Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.
5. **LIVE ACTION\*\***- Drill is run in game-like conditions and is the only time that players are taken to the ground.

\*\* Thud and live action are on the clock. No more than a total of 30 minutes per practice.

## **FOOTBALL SKILLS**



QUARTERBACK • Stance • Receiving an under-center snap • Receiving a shotgun snap • Making a handoff • Throwing mechanics • 3-step drop • 5 step drop • Play-action fakes and passing • carrying out fakes in the run game

RUNNING BACK • Stance • Directional steps • Taking a handoff • Evasive running • Run blocking • Carrying out fakes in the run game

RECEIVER • Stance • Route running • Catching a football • Above number • Below number • In front • Behind • Over the shoulder • Stalk blocking (Rookie and 11-player Tackle)

OFFENSIVE LINE • Stance • Blocking fundamentals • Run blocking • Pass protection • Pulling to block •

DEFENSIVE BACKS • Stance • Shoulder tackling or Flag pulling • Backpedal • Backpedal transitions • Zone drop principles • Man-to-man principles • Defeating a block

LINEBACKERS • Stance • Shoulder tackling or Flag pulling • Defeating a block • Lateral and downhill shuffle • Zone drop principles • Man-to-man principles

DEFENSIVE LINE • Stance • Shoulder tackling or Flag pulling • 2-point stance (Rookie Tackle) • 3 and/or 4-point stance • Defeating a block • Rushing the passer • Block recognition

## COACHING CONTACT SKILLS

### BLOCKING

- Body position. Correct body position leads to safer contact. Poor body position can make the head and neck vulnerable to injury.
- Aiming points. The head should never be used to initiate the block. Disciplined eyes give blockers the correct aiming point and direction of movement to initiate contact.
- Strike. Strike the opponent with the hands or surface (front of shoulder, top of upper arm and forearm) when making all blocks. Never strike with the helmet or facemask.
- Gain movement. Use the snap of hips and continue footwork through contact to move the defender on run blocks or stop his charge and stay in-front of him on pass protection.

### SHOULDER TACKLING

- Dominate your leverage. Depending on the position on the field and play call, players will either be assigned an inside-out or outside-in responsibility. They will dominate this leverage by tracking the near hip and eliminate the ball-carrier's ability to run in the other direction.
- Swoop to near foot position. As players enter the contact area, they will shorten their stride, lower their centers of gravity and get the leverage foot forward to prepare for contact.
- Shoulder tackle: Athletes tackle with their shoulders, making contact at the proper aim point for the type of tackle being executed. Players keep their heads to the leverage side and make contact with near foot and near shoulder.
- Wrap, squeeze, finish. On contact, all players secure the tackle, squeeze the ball-carrier and finish the tackle. The finish could be "drive for five" or a roll depending on the type of tackle.

## GENERAL TEMPLATE EXAMPLE FOR PRACTICE

Overview, Introduction to New Skills being taught and life skill – 2 to 7 minutes

Warm up/athletic development – 10-12 minutes

Water break - 2 minutes (small groups)  
Individual skill period (station rotation)– 40 minutes  
    Center/QB exchange – 5 minutes  
    QB/RB handoff – 10 minutes  
    QB/RB pitch – 5 minutes  
    Passing and receiving – 10 minutes  
    Tackling circuit – 10 minutes  
Water break - 2 minutes (small groups)  
Team period – 30 minutes  
Offensive formations – 10 minutes  
Competition – 20 minutes  
Review and life skill – 5 minutes

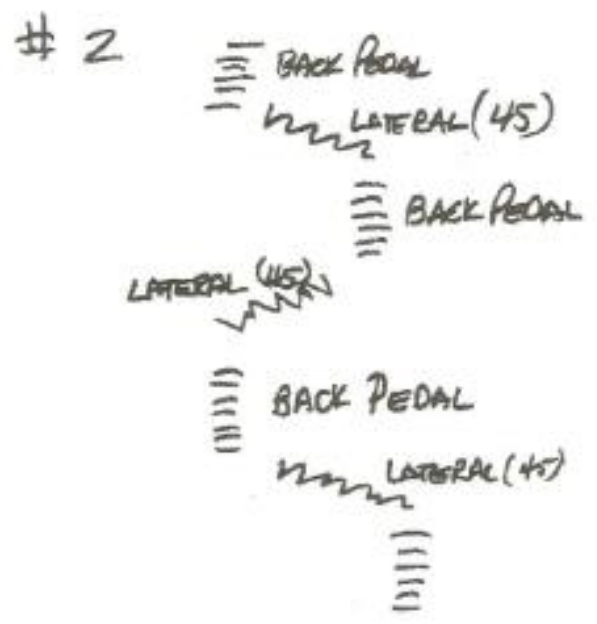
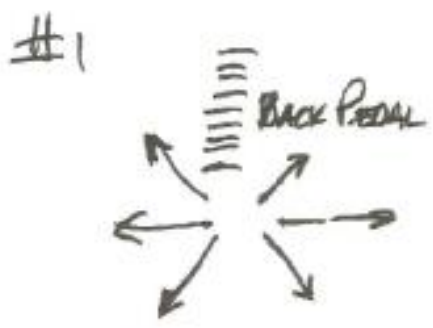
## Tackling Drills

- Discussion of heads up tackling, Illegal tackles: spearing, targeting, facemask, horsecollar, late hit, defenseless players. Discussion of Illegal blocks: holding, block in back, cut block, blindside, defenseless players, unnecessary block.
- Hawk tackle on knees (eyes through the thighs, cock, shoot, wrap, squeeze, roll)
- Hawk tackle standing - (same coaching points)
- Hawk tackle 5 yards apart drive for 5. Add the coaching point “step on his toes” to emphasize running the feet through contact)
- Hawk tackle at angle - swoop in, tackle near hip.
- Profile tackle (pec tackle) 5 yards apart, directional.
- Compression (2 man) tackle - 5 yards apart. One high one low, heads to opposite sides of ball carrier. Heads stay out of the play. Higher man strips ball.
- Low tackle. Wrap and squeeze the knees, step on his toes. Roll and land on him.
- Tackle from behind - wrap and roll, punch ball.
- Open field angle TACKLE with cutback. (run the inside hip, do not allow cutback)
- *Tackle Wheels tackle circuit - head on, chasing, lateral L/R, angle toward L/R.*
- *Lift partner and drive for 5.*
- *Open field tackle - shimmy to BC until he turns his hip, then attack near hip.*

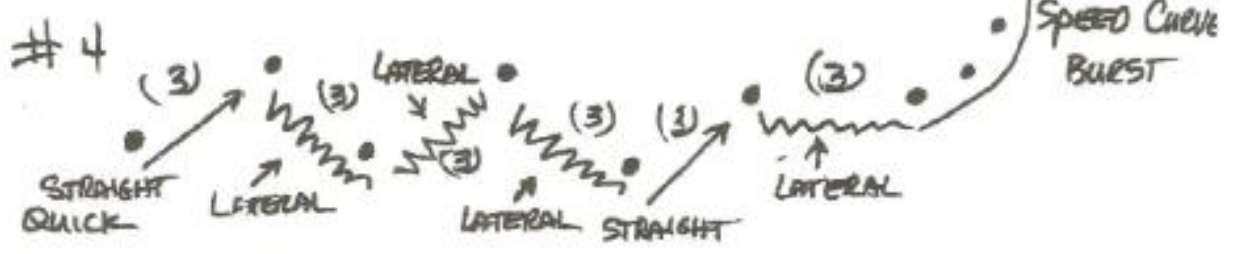
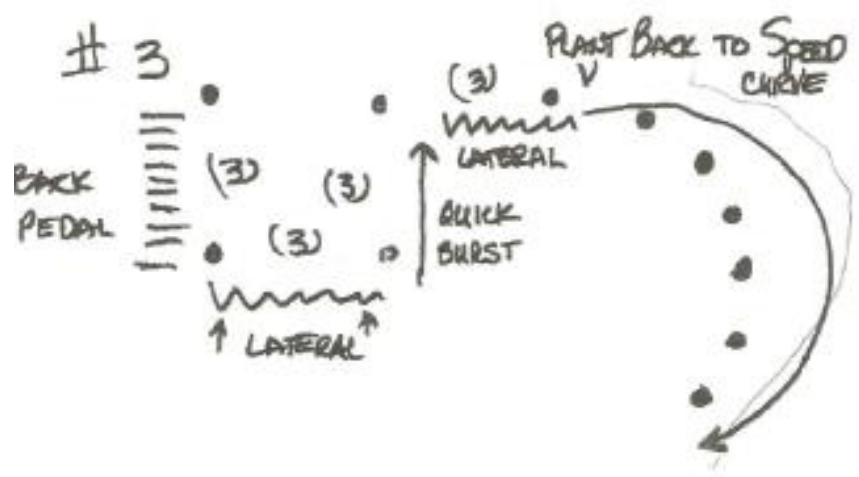
### *Defensive back drills*

- **Backpedal technique** - inside foot forward. Chest over toes. Stay low in hips. Head forward. Use your arms (pump as fast as your feet).
- **Opening Hips-** Same principles as above. Coach points ball in direction as players open hips. Turn run vertical, react inside, or drive forward based on coach’s signal with football.
- **Man coverage** - start in backpedal, keep inside leverage, melt to his inside hip, watch his belt buckle for cut. Burst to inside hip and key the hands, intercept/knock down ball in front of the receiver's far hand
- **Square Drill (10 yard square)** - DB backswoops on snap, coach drops, looks at a cone and throws toward it. DB read coaches eyes and shoulders and breaks for pick.
- **Get off blocks** - sink hips, same foot strike, push pull outside

# DB DRILLS



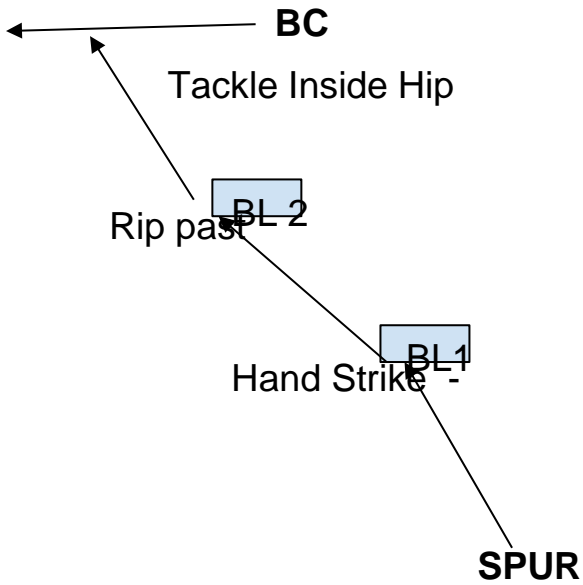
- > BREAK TECHNIQUE
1. DOUBLE PLANT
  2. QUICK SHOULDER 2ND PLANT
  3. TALL OVER. STRIKE POINT



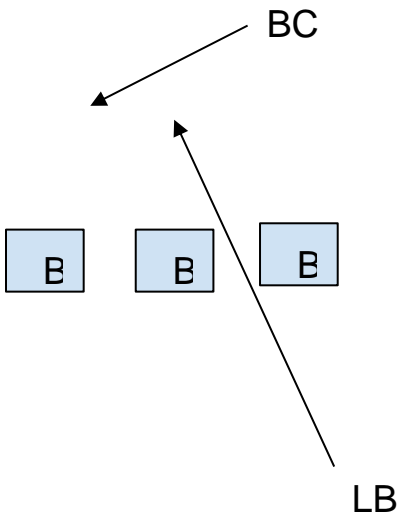
## LInebacker Drills

- **Stance and reads.** Buttdown, chest up, weight on balls of feet. Roll forward anticipating snap and ready to attack football.

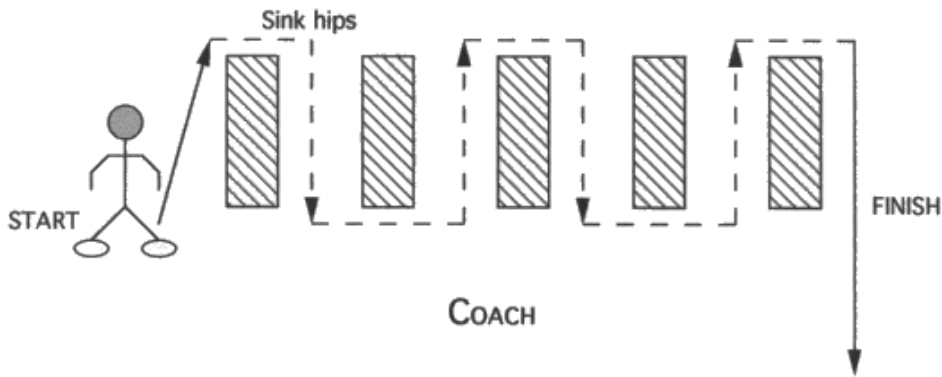
- **Inside backer** - Guard Reads: down block right, down block left, reach left, reach right, coming at LB, pass, pull left/right,. The guard's butt takes you to the football. Fill first open window to the football in the direction the butt read gives you. Attack the LOS don't run laterally.
- **Strike, Rip, Tackle near hip. - with ballcarrier running toward outside. Keep inside leverage on BC.**



- **Run Through drill - vs. line of blockers with hand shields.** Ballcarrier behind running toward outside. Bust through the first open window and keep inside leverage on ball. Avoid running laterally to football. Low pad level, explode past blockers.

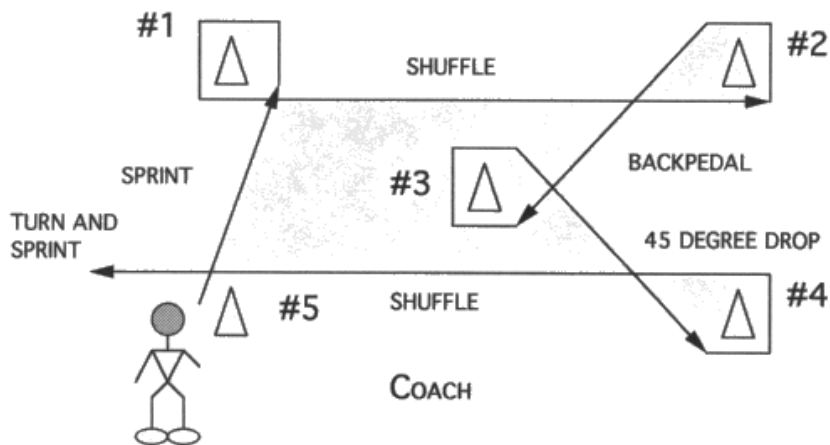


**Bag drill**



Player starts with a good two point stance, proper stance should always be reinforced at this point. Drill begins with player taking his freeze step and then starts into a backpedal once reaching the end of the bag he will sink his hips and go into his shuffle. Player should always keep his shoulders square and his eyes on the coach. Once into the shuffle player always maintains a great base with feet shoulder width apart and arms pumping, never cross the feet over. On the plant, player will plant the foot to the direction of his movement and drive off, sprint as hard as possible, plant and shuffle. Finish drill by sprinting a hard five yards past the end of the bags.

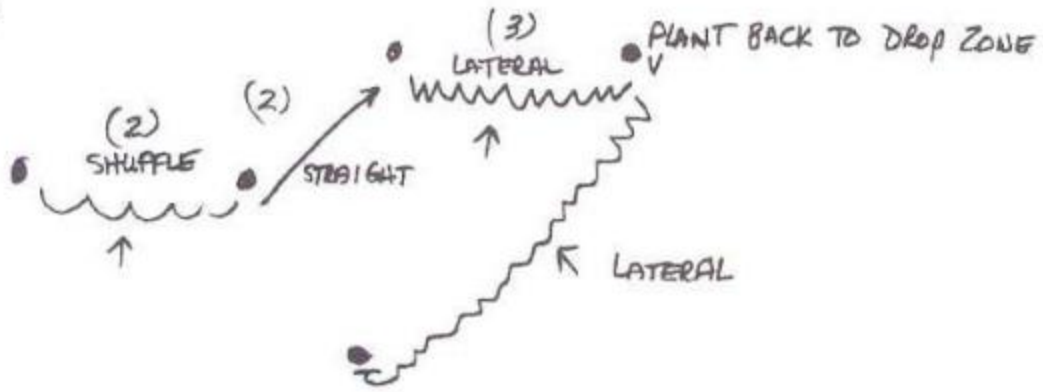
### **Maze Drill**



The MAZE drill combines sprint, parallel shuffle, backpedal, and 45 degree drop. Player begins by sprinting to cone # 1 and sprints around it and then pivots into a shuffle. At cone #2 pivot into a backpedal at a 45 degree angle towards cone #3, circle cone #3 while still in a backpedal. Once coming around cone #3 turn and sprint at a 45 degree angle around cone #4 then go into a shuffle, keep feet shoulder width apart, "Z" in the knees and chin over the knees. Finish the drill by turning and running a hard five yards once hitting the fifth cone.

### **Baskett Agility**

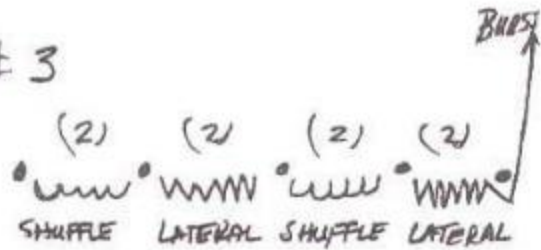
#1



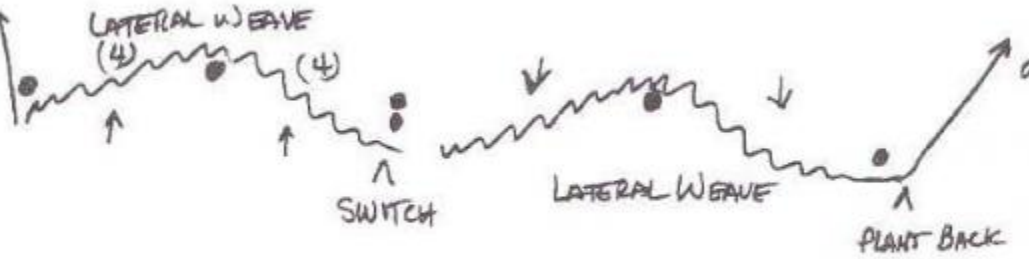
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#3

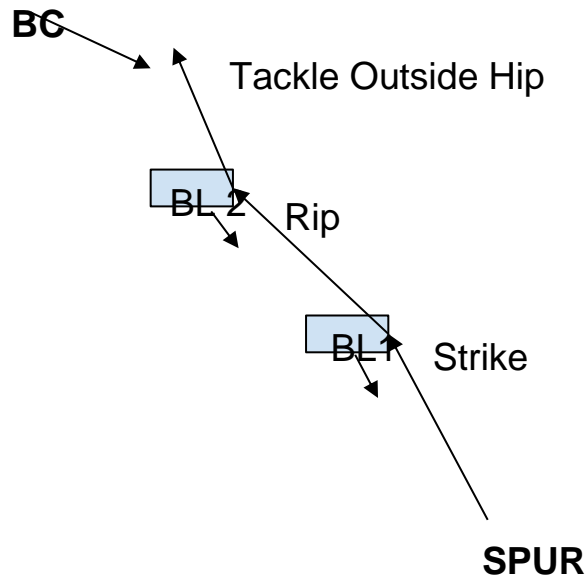


#4



(WORK THIS BOTH -LEFT & RIGHT)

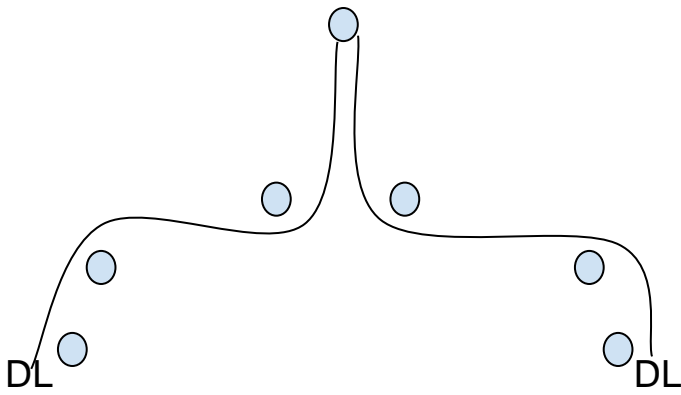
- **FORCE drill** - Attack football. Attack blockers with outside leverage. Vs. 1st blocker use punch technique (near foot strike), vs. 2nd blocker rip through. Destroy outer half of blockers and tackle ballcarrier outside hip.



## ***Defensive Line Drill Sequence***

Each pair needs a hand shield

1. ***GET OFFS on coach pass set fast and low. With or without chutes. Race 5 yards and dive on pad.***
2. ***Shifts***
3. ***Get offs with coach reads.*** coach block stimulus (move right, move left, pass set, pass set and screen/retrace) Read the near foot of the coach as you blast forward. Foot to: Bust Through Get upfield fast and low. Foot away, bend into the play: DT: plant outside foot, turn momentum as low and tight as possible. Put 2 cones on midline for aim point. DT 1 yard deep end 2 yards deep. Break down at cone.
4. ***Get offs vs. partner.*** with foot read. pass set - get to QB. foot away - bend into the play run the heel line. Foot to - rip past speed rush then stay tight to inside of your gap. Change up the snap count. 3 each way and 3 more with game on.
5. ***Spin toward pressure.*** Vs. partner
6. ***Get offs with arm punch & spin-*** get off & blocker squares up on you press out blocker to get separation, get inside hand position punch with base of hands and explosively punch out, fight straight into the pressure.
7. ***Game technique.*** Foot to - loop across his face. Other reads are the same.
8. ***Pinching*** Start wide to simulate, Rip across face and read foot, both directions.
9. ***Bend Speed Drill*** - Race vs. partner



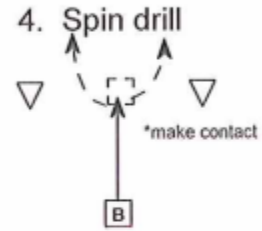
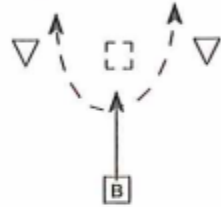
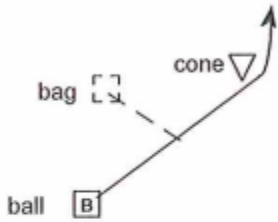
Offensive Drills

**RB Indy drills**

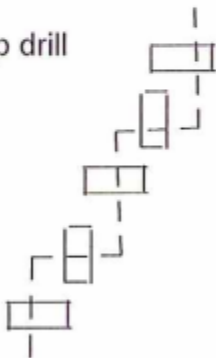
Running\*score on every drill

1. Balance drill-start with ball in one hand, right arm and left leg on ground, switch ball to other hand and land left arm and right leg on ground. 10 yards

2. Stiff Arm and sprint sideline drill 3. Bag read and cut drill



5. Side step drill



6. Step-plant-explode



7. Fakes

- 2 arms stacked
- Swing elbows when faking
- Don't unwrap until xmas
- Attack defenders with eyes
- Hide ball (Coach can't see)

8. Blocking -



**Lead Block** - Run at defender. Attack, stay low and drive defender where you want him to go.

**Read block** - Run at defender. Take defender where he wants to go. Running back cuts off of block

**Edge Block** - get to edge defender. Attack outside armpit and drive inside. Head upfield and get hips around or 'butt to ball'.

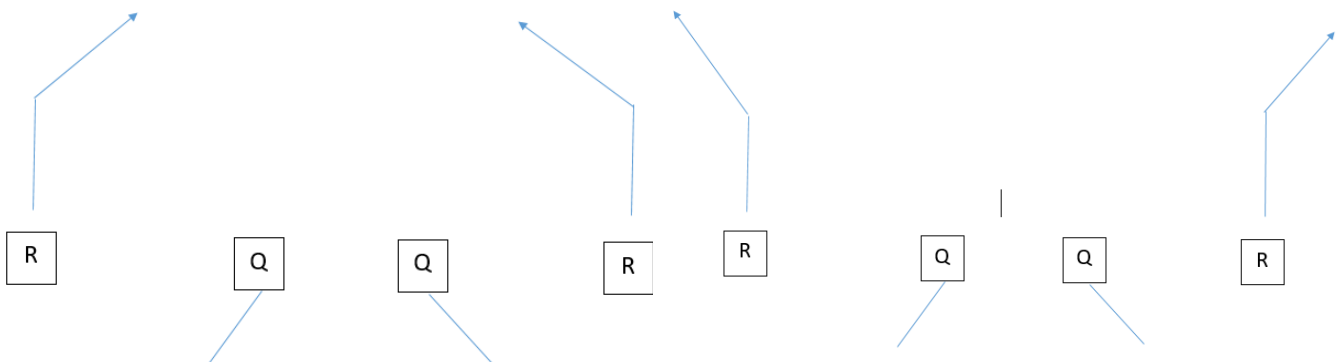
### QB - RB Exchange

- Smelly armpit toward QB
- Hide Ball (cover with both hands)
- Let ball hit your belly
- High step through bags
- Carry out good fakes
- Don't unwrap until Xmas
- Attack defenders with eyes
- QB grabs hip on fakes
- QB ball on hip on keeps

Handoff work (coach or center snaps ball) - set up bags for hole assignments

- 2-4 dive right
- 3-3 dive left
- 2-3 power left
- 3-2 power right
- 2-9 sweep left
- 3-8 sweep right
- 1-9 QB left (fake 2-3)
- 1-8 QB keep right (fake 3-4)

### QB Passing Route Drill

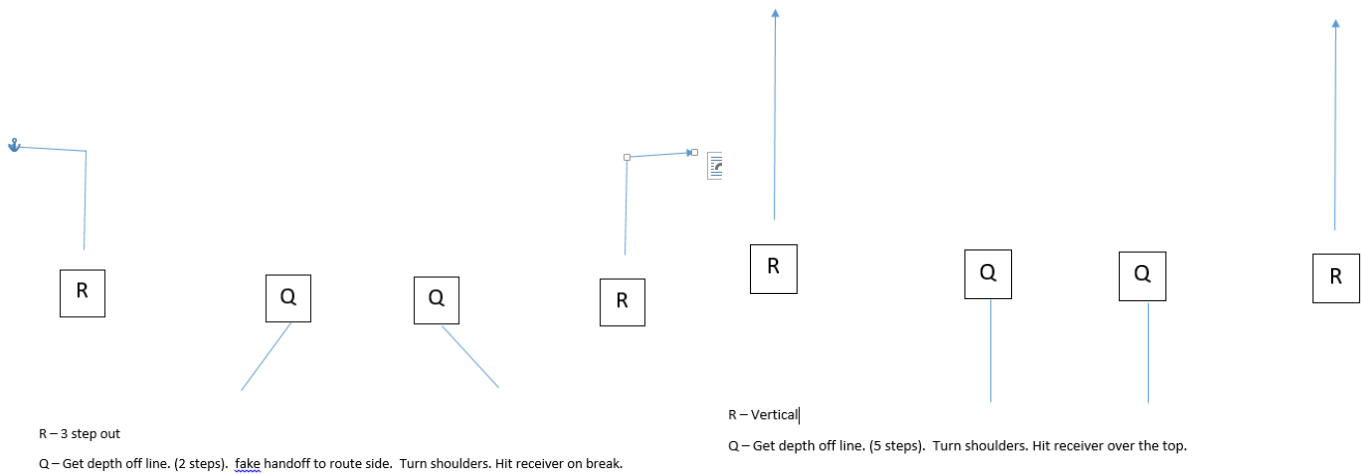


R - 3 step slant

Q - Get depth off line. (2 steps). fake handoff to route side. Turn shoulders. Hit receiver on break.

R - 5 step corner

Q - fake handoff to route side. Get depth. Turn shoulders. Hit receiver over outside shoulder.



### Offensive Line Indy Drills

- Chutes - Low and Fast, Aim for belt
  - Weight on insides of feet
- Centers with ball snap as much as possible

2. Dive block - vertical, use shoulder
3. Reach block - reach and then drive vertical
4. 2nd level block - attack with shoulder and finish with hands
5. Double team - hips together, work heads up field
6. Blocking assignments work with no running backs - see plays (center snaps ball)
  - a. 2-4 dive right
  - b. 3-3 dive left
  - c. 2-3 power left
  - d. 3-2 power right
  - e. 2-9 sweep left
  - f. 3-8 sweep right
  - g. 1-9 QB left (fake 2-3)
  - h. 1-8 QB keep right (fake 3-4)

PRACTICE PLANS -

## Week 1 Practice 1 Camp Day

Warmed up with movements.

Shuffle, backpedal, etc...

Installed toss, sweep and power plays

### Practice #2

5 minutes Team Talk

Being on time

Working hard

What does hustle mean. (jog/run...no walking between stations)

If I hear you say I can't...what I hear is 'I won't try'

Rule for late or missed practice

Late 100 yard down and back

Missed 2 – 100 yard down and backs

10 minutes Team Stretch with basketball and football movements

30 minutes Indy drills

7 minute stations

#1 QB / RB handoff, fakes, blocks. Set out cone as target. If lead blocker they pick up padded coach. If no lead blocker, runner stiff arms or lowers shoulder to pad

#2 Blocking (see blocking series in book)

Low and fast – aim for belt of player you're blocking

Head to play side

Drive your feet

#3 Linebacker stance.

Strike – rip and tackle drill in drill series

#4 Defensive Line

Rip, swim, pursue...bend speed drill series

5 minutes water

35 minutes running plays – 5 plays and then rotate offense and defense (if enough coaches). If not- 3 offensive teams and one defense. Switch defense after 6 plays. Keep it simple. Power, toss, post, dive, curls

4 minutes low plank challenge. Mental toughness and getting better each time. 30 seconds – 45 seconds and last man standing

2 minutes wrap up.

Coach Sticker Handouts

Winning Team- Hustle player of the week for each team-

Winning Team- Hustle player of the week for each team-

### Practice #3

5 minutes Team Talk

What we're doing today.

Talk about focusing on 2 positions on offense. On each team we want one QB that is in 6<sup>th</sup> grade and one that is in 5<sup>th</sup> grade. They will rotate each possession.

Some players will be Line and TE, etc....

Running for missed practice

Late 100 yard down and back

Missed 2 – 100 yard down and backs

10 minutes Baskett dynamic stretching

High knees

Shuffle

5 yard sprint off ball

10 yard sprint off ball

Backpedal

Backpedal 10 yards to open hips and sprint 10 yards

2 minutes water

30 minutes Individual Drills

15 minutes ALL players blocking drills. Break in to 4 groups and work on blocking fundamentals

#### **Offensive Line Indy Drills**

- Chutes - Low and Fast, Aim for belt
- Weight on insides of feet
- Centers with ball snap as much as possible

15 minutes All players tackling drills.

- Hawk tackle on knees (eyes through the thighs, cock, shoot, wrap, squeeze, roll)
- Hawk tackle standing - (same coaching points)
- Hawk tackle 5 yards apart drive for 5. Add the coaching point "step on his toes" to emphasize running the feet through contact)
- Hawk tackle at angle - swoop in, tackle near hip.

15 minutes Two groups (Center, QB, RB and QB Receivers/TE) QBs change spots after 7 minutes  
Center - QB, RB  
Running plays to all holes. Focus on Exchange, QB Footwork and RB exchange

Handoff work (coach or center snaps ball) - set up bags for hole assignments

- a. 2-4 dive right
- b. 3-3 dive left

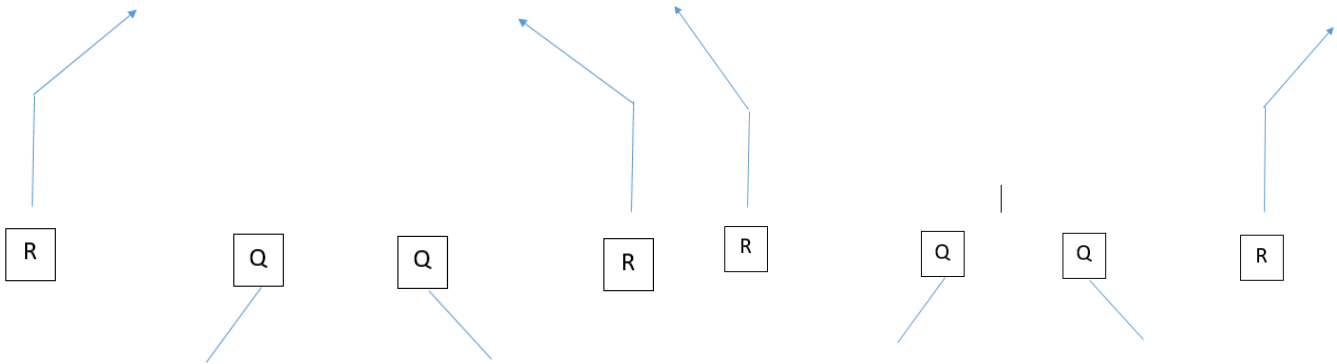
- c. 2-3 power left
- d. 3-2 power right
- e. 2-9 sweep left
- f. 3-8 sweep right
- g. 1-9 QB left (fake 2-3)
- h. 1-8 QB keep right (fake 3-4)

**QB - RB Exchange**

- Smelly armpit toward QB
- Hide Ball (cover with both hands)
- Let ball hit your belly
- High step through bags
- Carry out good fakes
- Don't unwrap until Xmas
- Attack defenders with eyes
- QB grabs hip on fakes
- QB ball on hip on keeps

QB to TE passing. Route Tree

**QB Passing Route Drill**

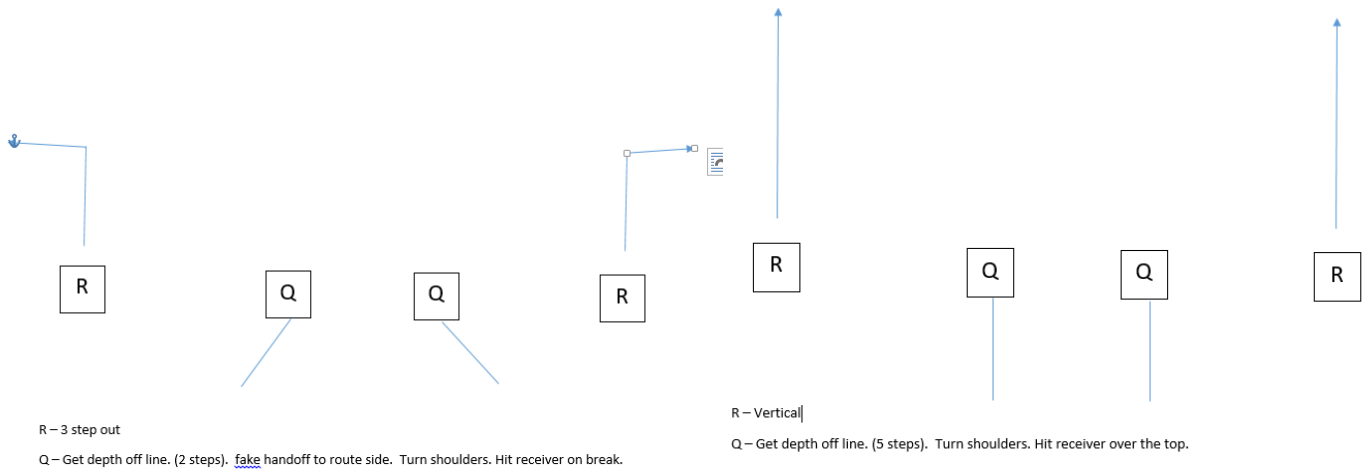


R – 3 step slant

Q – Get depth off line. (2 steps). fake handoff to route side. Turn shoulders. Hit receiver on break.

R – 5 step corner

Q – fake handoff to route side. Get depth. Turn shoulders. Hit receiver over outside shoulder.



3 minutes Water

5 minutes Team Race

Drive for 5, shuffle, backpedal, sprint relay.  
 Split teams evenly. 2 teams per color.

2 minutes Wrap up

Winning Team- Hustle player of the week for each team-

Relay team

### Practice #3

#### 5 minutes Team Talk

What we're doing today.

Being part of a team. And using everyone's strengths to be the best team you can be.

Playing a role and owning that role. Doing the very best you can.

Late 100 yard down and back

Missed 2 – 100 yard down and backs

#### 10 minutes Baskett dynamic stretching

High knees

Shuffle

5 yard sprint off ball

10 yard sprint off ball

Backpedal

Backpedal 10 yards to open hips and sprint 10 yards

#### 20 minutes – Sled station and tackling station

5 minutes each station and rotate.

Stay low and play low

Tackling vs. dummy or tackle wheel and being violent with your arm wrap.

Blocking with arms and pressing the defender (coach may have to help move sled)

5 minutes water

20 minutes running plays against a defense (or bags)

Red and white

Blue and black

10 minutes team race

5 yard start, tackle dummy and drive for five. Sink hips, explode, use arms to wrap and drive back 5 yards.

3 minutes announcements/wrap

Winning Team- Hustle player of the week for each team-

Relay team

## Practice #4

5 minutes Working Hard and Doing your best

All we ask is that you work hard and do your best

Late 100 yard down and back

Missed 2 – 100 yard down and backs

10 minutes Basket dynamic stretching

High knees

Shuffle

Running sideways

High skips

5 yard sprint off ball

10 yard sprint off ball

Backpedal

Backpedal 10 yards to open hips and sprint 10 yards

20 minutes – 4 on 3 station

4 offensive players. QB, C, G, RB 6<sup>th</sup> grade match up and 5<sup>th</sup> grade match up.

Defense is lined head up over the G and C

3 defensive players. DL, DL, MLB

Red vs. White at one station

Black vs. Blue at one station

10 minutes then switch offense and defense

4 minutes Water

20 minutes 4 on 3 station 8 minutes and then switch

Skeleton Passing

QB, WR, WR, TE vs CB, CB, LB Red vs. Blue Black vs White

5 minutes team race

10 yard sprint – 5 push ups – 10 yard sprint – 5 squats

Do it right!

3 minutes announcements

Winning Team- Hustle player of the week for each team-

Relay team



## Practice #5

5 minutes Practice Summary/Team talk  
Late 100 yard down and back  
Missed 2 – 100 yard down and backs

10 minutes Basket dynamic stretching

High knees

Shuffle

Running sideways

High skips

5 yard sprint off ball

10 yard sprint off ball

Backpedal

Backpedal 10 yards to open hips and sprint 10 yards

35 minutes Offense vs. Defense Scrimmage –

5 minutes Water

35 minutes Offense vs. Defense Scrimmage –

10 minutes sled push team challenge

See how far your team can push the sled in 12 seconds.

Winning Team- Hustle player of the week for each team-

Relay team

## Practice Plan #6

### 5 minute Team Talk

Rule for late or missed practice

Late 100 yard down and back

Missed 2 – 100 yard down and backs

10 minutes Team Stretch with basketball and football movements

Basketball dynamic stretching

High knees

Shuffle

Running sideways

High skips

5 yard sprint off ball

10 yard sprint off ball

Backpedal

Backpedal 10 yards to open hips and sprint 10 yards

Off the ball (defense two times) 5 push ups for offsides

On the ball (offense two times) 5 push ups for false start

30 minutes individual drills

15 minutes All players tackling drills.

- Hawk tackle on knees (eyes through the thighs, cock, shoot, wrap, squeeze, roll)
- Hawk tackle standing - (same coaching points)
- Hawk tackle 5 yards apart drive for 5. Add the coaching point “step on his toes” to emphasize running the feet through contact)
- Hawk tackle at angle - swoop in, tackle near hip.

15 minutes Two groups (Center, QB, RB and QB Receivers/TE) QBs change spots after 7 minutes

Center - QB, RB

Running plays to all holes. Focus on Exchange, QB Footwork and RB exchange

Handoff work (coach or center snaps ball) - set up bags for hole assignments

- i. 2-4 dive right
- j. 3-3 dive left
- k. 2-3 power left
- l. 3-2 power right
- m. 2-9 sweep left
- n. 3-8 sweep right

- o. 1-9 QB left (fake 2-3)
- p. 1-8 QB keep right (fake 3-4)

5 minutes water

20 minutes Offensive drills verses passive defense. Red verses Blue and Black verses White

15 minutes – full contact- verses same teams

5 minutes choice. Of all of the team races we've done what would you like to do.

- Push up and sit up
- Low plank challenge
- Sled challenge
- Relay race

5 minutes announcements/wrap up.

Winning Team- Hustle player of the week for each team-

Relay team

## Practice Plan #7

### 5 minutes Team Talk

What we're doing today.

Handoffs and Fakes

Blocking

Late 100 yard down and back

Missed 2 – 100 yard down and backs

### 10 minutes Baskett dynamic stretching

High knees

Shuffle

5 yard sprint off ball

10 yard sprint off ball

Backpedal

Backpedal 10 yards to open hips and sprint 10 yards

### 5 minutes water

### 25 minutes Individual Drills

25 minutes ALL players blocking drills. Break in to 4 groups and work on blocking fundamentals

#### **Offensive Line Indy Drills**

- Chutes - Low and Fast, Aim for belt
- Weight on insides of feet
- Centers with ball snap as much as possible

### 5 minutes water

### 40 minutes Two groups 1<sup>st</sup> offense and 2<sup>nd</sup> offense

Center - QB, RB

Running plays to all holes. Focus on Exchange, QB Footwork and RB exchange

Handoff work (coach or center snaps ball) - set up bags or cones for hole assignments

- q. 2-4 dive right
- r. 3-5 dive left
- s. 2-5 power left
- t. 3-4 power right
- u. 2-9 sweep left
- v. 3-8 sweep right
- w. 1-9 QB left (fake 2-3)
- x. 1-8 QB keep right (fake 3-4)

- y. Power Pass Right (fake 3-4)
- z. Power Pass Left (fake 2-5)

### **QB - RB Exchange**

- Smelly armpit toward QB
- Hide Ball (cover with both hands)
- Let ball hit your belly
- High step through bags
- Carry out good fakes
- Don't unwrap until Xmas
- Attack defenders with eyes
- QB grabs hip on fakes
- QB ball on hip on keeps

### 10 minutes – Relay Race

Cone to diagonal cone....one cut and go north and south. 10 yards and sprint back. Two races. Change the direction of the cone on relay #2 so they cut with other foot.

### 5 minutes – announcements and beast mode stickers

Team Win Stickers from Saturday

Relay race winners today

### Blocking Drill substitute.

- **Run Through drill - vs. two blockers with hand shields. Ballcarrier behind running toward outside. Bust through the first open window and keep inside leverage on ball. Avoid running laterally to football. Low pad level, explode past blockers. Include a rip or swim here.** set up four stations and have them tackle a wheel. Swoop, swoop, wrap and roll. Emphasis the roll when tackling the wheel because they just want to fall on it

