



GAME-BASED FOOTBALL DRILLS

**21 Kid-Tested Practice Games to
Build Fundamental Skills**



PRINTABLE

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TABLE OF CONTENTS

Tennis Ball Drop	4
Tic Tac Toe Conditioning	5
Robin Hood Throwing	6
Spider Web	7
Bull Rush	8
Bullseye Throwing	9
Easy Ups	10
Floor is Lava	11
Ultimate Football	12
Football Tennis	13
Tic Tac Throw-ing	14
Drop in the Bucket	15
Find a Way to Win	16
Open Wheel Shuffle Agility Drills	17
Two Man Routes	18
Chase the Chicken	19
Ladder Drill	20
Chase the Rabbit	21
Tunnel Run	22
Texas Swing Drill	23
4 Bag Shuffle	24

TENNIS BALL DROP



Purpose

- To improve reaction time and hand-eye coordination

Setup

- Coach will need 2 tennis balls
- Place 2 cones on the ground 3 yards apart
- Split players into 2 teams, each lining up behind a cone
- Coach lines up 5 yards away and faces the players

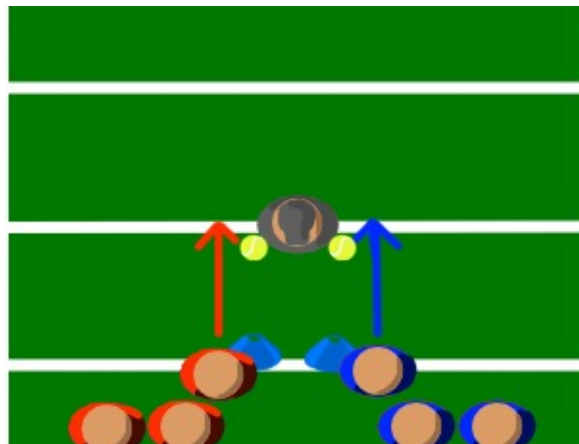


Fig. 1: Coach throws balls at the ground, players attempt to grab them before the 2nd bounce.

Instructions

1. The coach will hold both tennis balls out to their side.
2. When both players are ready, the coach will throw both balls straight down at the ground.
3. The first players in line from each team will then sprint for their respective ball.
4. The players must attempt to catch the ball before it hits the ground a second time.
5. Each time a player successfully catches the ball they get 1 point.
6. First team to 10 points wins.

Coaching Tips

- It can be tempting to dive wildly for the ball, but we want players to stay on their feet as much as they can
- Focus on keeping their eyes on the ball and their hands out and ready

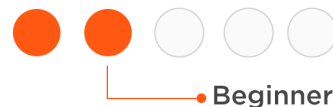
Make it Easier

- Stand closer to the line of players – 3 yards away or so

Make it Harder

- Move back another 2-5 yards to really challenge your players speed and reaction time

TIC TAC TOE CONDITIONING



Purpose

- A fun, competitive conditioning drill which improves field awareness and agility as well

Setup

- Setup 16 cones in 4 rows to create a tic-tac-toe grid
- Split players into 2 teams
- Place 2 cones 10 yards from the grid, and have each team line up behind a cone
- Get 10+ bean bags and divide them evenly between the teams

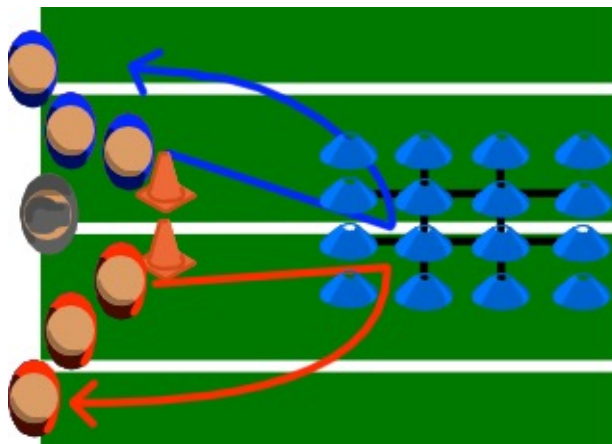


Fig. 1: Players sprint to tic tac toe grid to drop a bean bag in a square before sprinting back to the line and tagging in a teammate.

Instructions

1. On the coach's signal, the players at the front of each line will sprint towards the tic tac toe grid.
2. When they get to the grid, they will drop a bean bag in one of the squares.
3. They will then sprint back to the line, tagging their teammate.
4. Their teammate will then sprint to the grid and drop the bean bag, trying to line up 3 bags of the same color in a row.
5. The first team to successful line up 3 bags in a row wins!

Coaching Tips

- You can use pennies, small cones, rings or any other small light object!
- If the game ends in a tie – just start over!
- Play a few rounds – make it a best of 3-7 series

Make it Easier

- Move the line closer to the grid

Make it Harder

- To add a real conditioning element, make the line much further back from the grid
- Reduce the number of players on each team so that players spend more time running

ROBIN HOOD THROWING



Purpose

- A competitive throwing drill designed to teach players how to throw accurately under pressure

Setup

- Using 4 cones, make a 5x5 box
- Using another 4 cones, make a slightly smaller square inside that box
- Using 4 more cones make a final smaller circle in the center of the other square
- Players form a line 10 yards from the target with a bucket of footballs

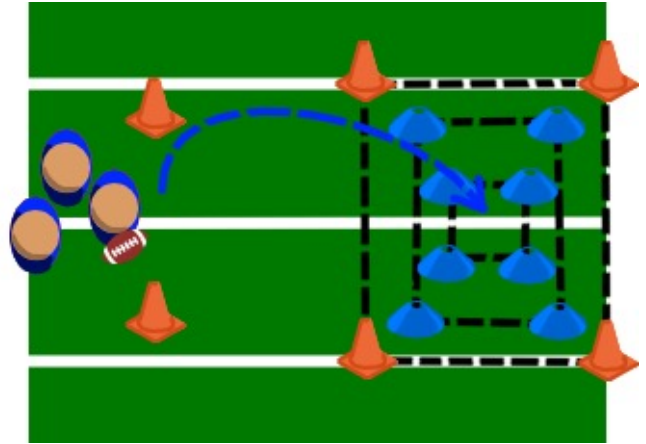


Fig. 1: Player throws for the bullseye while performing the Robin Hood throwing drill.

Instructions

1. One at a time, players step up to the front of the line and throw a football, aiming for the center circle – the 'bullseye'.
2. Players get 1 point if it lands in the largest square, 5 points if it lands in the 2nd largest, and 10 points if it lands in the bullseye – if the ball lands on the cone, count the point for that square.
3. Give each player 3-5 throws – whoever has the most points at the end of the round, wins!
4. Play multiple rounds and encourage players to remember their score from the previous round so that they can try to beat their personal best!

Coaching Tips

- Players may initially try to whip the ball right at their target, using too much force – encourage them to use touch, arcing the ball up in the air so that it has a better chance of landing in the square – like shooting a basketball in a hoop!

Make it Easier

- Move the line closer – say 5 yards away from the target
- Make the target boxes bigger

Make it Harder

- Move the line 5 yards further back
- Make the boxes smaller
- Lose 1 point if you miss the box entirely

THE SPIDER WEB



Purpose

- To get loose while working on throwing and catching skills

Setup

- Have 8 players spread out in a 10x10 yard square
- 1 player will start in the middle with a ball, while the rest of the players form a circle around them

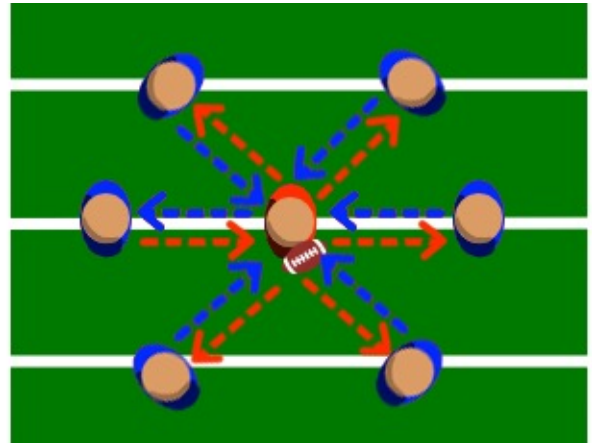


Fig. 1: Spider 'casts their web' by throwing and catching passes from each player as they rotate.

Instructions

1. The 'spider' in the middle will throw the first pass on the coach's signal.
2. They will throw a pass to a player in front of them, who will catch the ball and throw a pass back to the middle – building the spider's 'web'.
3. If the player in the middle drops a pass, they break their 'web' and are eliminated.
4. After each round when every player has gone, move the circle back another 5-10 yards and have every player who hasn't been eliminated yet go again.
5. Whichever player is the last player standing wins!

Coaching Tips

- Remind players to catch using the 'diamond' technique – hands up with index fingers and thumbs together
- Passers should lead with their front shoulder and step into the throw

Make it Easier

- Bring the players in closer, only 5-7 yards apart to start

Make it Harder

- If you drop a pass even when you aren't the spider, you lose your turn as a spider

BULL RUSH



Purpose

- This is a team game with a focus on developing evasive running, pursuit and conditioning

Setup

- Setup 4 cones designating a 20x20 playing area
- Pick 1 player to start in the center of the field
- Have the other players line up on one side of the square assigning them a number from 1-7 (or however many players are participating in the drill)

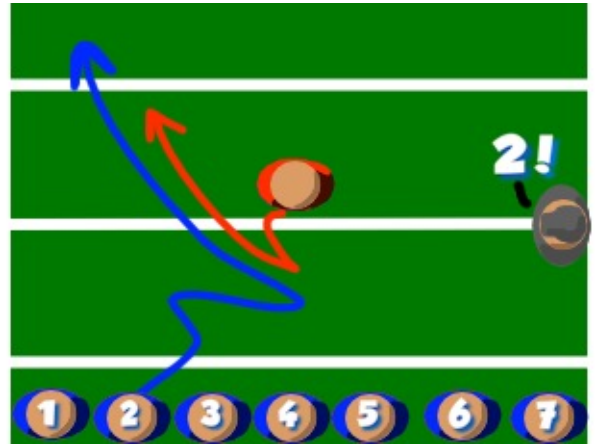


Fig. 1: Bull attempts to catch player as they sprint from 1 end to the other.

Instructions

1. Coach calls out a number – that player must now attempt to sprint from one end of the play area to the other.
2. The player in the middle – the 'bull' – must attempt to tag the other player as they sprint to the other side.
3. If they are tagged, they are now a 'bull'. If not, they are safely through to the other side.
4. The coach will call out the next number – they must now try to get past both 'bulls'.
5. The coach will continue to call out numbers until every player has gone.
6. The player will then line up on the other side and the coach will begin to call numbers again.
7. Continue until the last player is left – they are the winner of the drill!

Coaching Tips

- This is a non-contact drill – play 2 hand touch, or use flags if you have them
- Even if a player is the last player left, they haven't won until they've crossed the play area one last time!

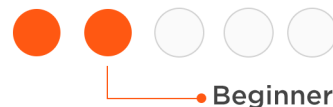
Make it Easier

- If the 'Bull' is catching players too easily, you can widen the area to allow for more lateral movement, or shorten the area to make it less distance to travel before being safe

Make it Harder

- If the 'Bull' is having a hard time catching players, start the drill with 2 'Bulls'
- You can also make the play area smaller so that players don't have as much room to deke out the 'Bull'

BULLSEYE THROWING



Purpose

- To work on throwing accuracy and a passers touch in a competitive situation

Setup

- Place a garbage can on the field
- Place 3 cones in front of the garbage can, starting at 5 yards and moving back in 5 yard increments
- Have players line up at the first cone, each with a football

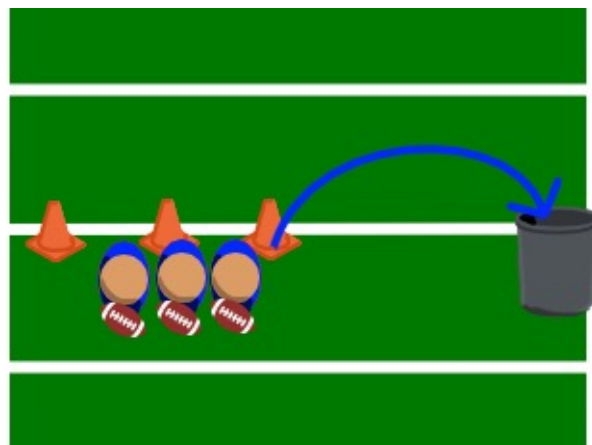


Fig. 1: Players take turns attempting to throw the ball in the garbage can

Instructions

1. 1st player in line will start the drill by attempting to throw the ball into the can.
2. After throwing, they will grab their ball and return to the back of the line while the next player throws.
3. If they can successfully throw the ball into the can, they will move back to the 2nd cone for their next throw.
4. After they've scored from the 2nd cone, they will move back to the 3rd and final cone.
5. First player to complete a pass from all 3 cones wins!

Coaching Tips

- Make sure players are getting enough arc on the ball, releasing it early and giving it a chance to drop in the bucket – the same way arcing a basketball shot makes it easier to get in the hoop
- If the ball lands in the bucket but it knocks the bucket over – count the pass
- If you don't have a garbage can a cardboard box or any kind of raised target will work as well

Make it Easier

- Space the cones out in 2.5-yard increments rather than 5-yard increments

Make it Harder

- Move the initial cone back another 5 yards
- If they miss 2 in a row, they must go back 1 cone

Purpose

- A receiving drill where players get a chance to work on their ability to track deep balls in the air, as well as make catches at the sideline and the back of the endzone

Setup

- Use 4 cones to setup a 15x5 yard rectangle
- Have the players form a line on 1 side of the rectangle
- Have a coach or QB line up on the other side of the rectangle with a bucket of footballs

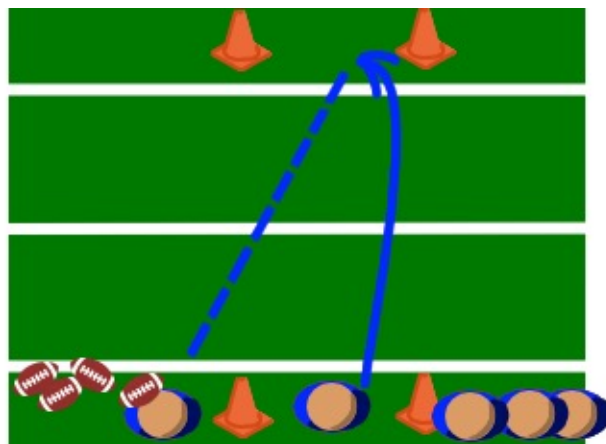


Fig. 1: Coach throws a lob pass for receiver to catch in the back corner.

Instructions

1. On the passer's signal, the first receiver in line will run a go route to the back of the rectangle.
2. After the receiver has run 5 steps the passer will throw a high, arcing pass towards the back of the rectangle..
3. The receiver will track the ball in stride and make the catch – it's okay if they catch the ball outside the rectangle.
4. Every time a receiver drops a pass, they are eliminated.
5. Keep going until there is only 1 receiver left.

Coaching Tips

- When looking back to track the ball, the receivers should look over their inside shoulder
- Ideally the ball will land towards the outside shoulder
- Stay on the ground – we aren't working on attacking the ball, we want to practice catching the ball in stride

Make it Easier

- Shorten the rectangle to 10 yards
- Have the passer throw the ball after 2 steps
- Give players extra 1-2 'lives' – this way they aren't eliminated the first time they drop a pass

Make it Harder

- To increase the difficulty for both the receivers and the passer, we can challenge the receiver to catch the ball and get at least 1 foot down inbounds
- We can also make the rectangle longer, working on 20, 30, or even 40 yard passes

Purpose

- This is a great drill for developing communication and field awareness as well as developing players' throwing and catching mechanics

Setup

- Pair players off and give each team a football
- Using 4 cones, designate a 20x10 yard area for the drill
- Scatter another 10 cones or so within the play area, all about 8-10 feet apart from each other

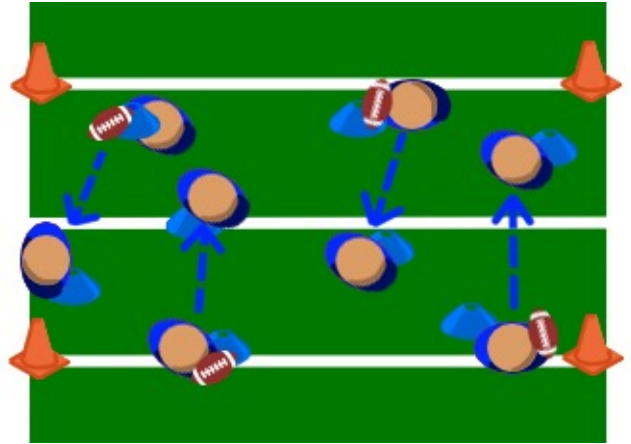


Fig. 1: Receivers run to find an island, Passer delivers pass to teammate to score a point.

Instructions

1. Players starting with football will start standing on an 'island' (cone).
2. Their partner will sprint to find an open 'island' and go stand on it.
3. Partners can only pass to each other when they are both standing on an island.
4. After each pass, the passer must move and find to a new 'island', where they will receive a pass back from their partner.
5. Pairs should keep track of the number of passes they complete.
6. After 1 minute, blow your whistle, ending the round.
7. Whichever pair has the most completed passes wins the round.

Coaching Tips

- Remind players to use proper throwing and catching form, leading with their throwing shoulder, stepping into the throw, and forming a diamond with their hands to catch the ball

Make it Easier

- Use tennis balls instead of footballs

Make it Harder

- Players lose 1 point for every dropped pass

Purpose

- A fun competitive drill that allows players to focus on passing, receiving, and getting open in space

Setup

- Using 6 cones, create a mini rectangular field 40x20 yards
- Split the players into 2 teams – 1 on offense with the ball, and the other on defense

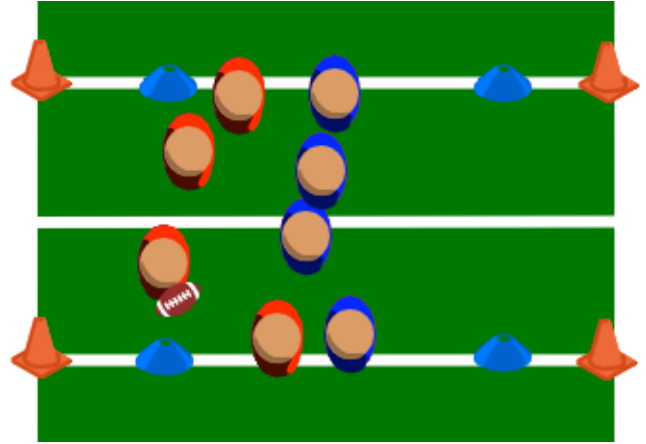


Fig. 1: Passer looks to find receivers open as defense attempts to take away the pass.

Instructions

1. Both teams go to their endzones.
2. Coach starts the game by throwing a 'kickoff' to the team on offense.
3. On the coach's signal, the game starts, and the receivers will run and try to get open.
4. The player with the ball cannot move, so the only way to move the ball downfield is by making passes.
5. If the ball hits the ground or if the defense is able to intercept the ball, it's a turnover, and offense switch to defense.
6. Any catch in the endzone is a score for that team, triggering a change of possession.
7. First team to

Coaching Tips

- Not every player is going to be a gifted passer – were focused more here on teaching players good passing fundamentals as well as how to get open/cover receivers in space
- For high passes, player should put their thumbs and index fingers together, forming a diamond
- For low passes, players should form a basket, putting their pinkies together

Make it Easier

- Remove a player or 2 from each team – less players on the field will make it easier for players to throw and complete passes

Make it Harder

- To increase the tempo of the game, you can time possessions or limit the number of passes per possession

FOOTBALL TENNIS THROWING



Purpose

- A fun twist on tennis that teaches players how to read the field and deliver a wide variety of pass types accurately

Setup

- Using 4 cones create a 15x10 rectangle – 15 yards from baseline to baseline, 10 yards from sideline to sideline
- Use another few cones to divide the 'court' in half and mark the center line
- Split players into groups of 2 and have each team take a side, 1 team starting with the football

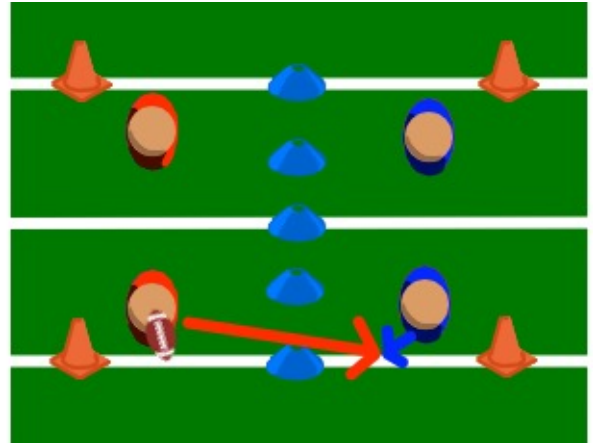


Fig. 1: Players lined up on field in pairs for a game of football tennis.

Instructions

1. When ready, the player with the ball will start by throwing the ball to the opposite side of the court.
2. They are trying to throw it to the open space – they score a point if it lands on the ground on their opponents side.
3. If the opponent catches the ball, its now their turn to throw the ball back.
4. The round continues until a point is scored.
5. The team who scored will start the next round.
6. First team to score 5 points wins.

Coaching Tips

- Call out 'mine' when the ball is thrown to prevent both players running for the same ball

Make it Easier

- Players must declare which opponent they are going to throw too before throwing

Make it Harder

- Have players play 1 one 1!

TIC TAC THROW-ING



Purpose

- A competitive throwing drill designed to get players reps making accurate throws under pressure

Setup

- Setup 16 cones in 4 rows to create a tic-tac-toe grid
- Split players into 2 teams
- Place 2 cones 10 yards from the grid, and have each team line up behind a cone
- Give 1 football to each team
- Have 1 coach or helper by the grid with flags or pennies

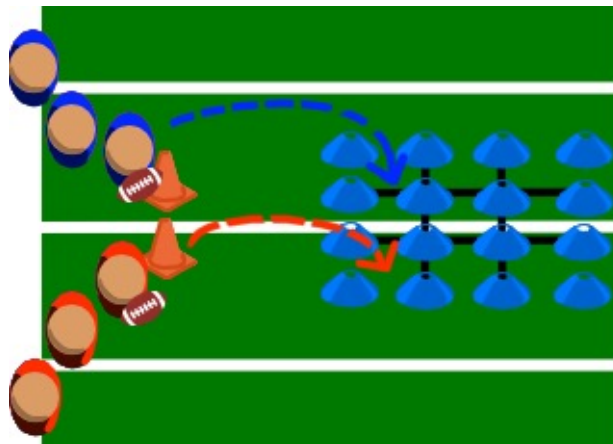


Fig. 1: Defender slides to cones and back for 30 seconds

Instructions

1. On the coach's signal, the 1st player in line will throw a pass, aiming for one of the squares on the grid.
2. The coach will put a beanbag in whatever square the ball landed in.
3. The player will retrieve their ball, give it to their next teammate in line and head to the back of the line.
4. Teams will alternate turns, attempting to get 3 in a row – the coach will use 2 different colored beanbags and put them in the correct squares as teams take their turns.
5. First team to get a tic tac toe wins.

Coaching Tips

- For this version of tic tac toe, we allow players to 'steal' squares – just because a team has already landed on a square doesn't mean they own it permanently – the other team can throw a pass and reclaim the spot

Make it Easier

- Move the players closer to the grid – start them 5 yards away

Make it Harder

- Move the players even further back – 15-20 yards from the grid

DROP IN THE BUCKET



Purpose

- A passing game designed to work a passer's accuracy and touch

Setup

- Have players form a line
- Place a stack of footballs next to the line
- Place a garbage can 15 yards from the front of the line

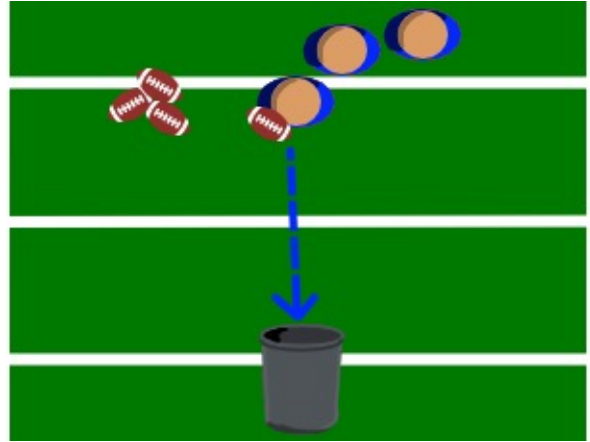


Fig. 1: Player 'drops the ball in the bucket', throwing the ball in the garbage can with touch.

Instructions

1. 1st player in line will throw a pass, aiming to 'drop it in the bucket'.
2. They will get 1 point for hitting the can off the bounce, 3 points for hitting the can in the air, and 5 points for getting the ball in the bucket.
3. Each player gets 3-5 throws – whichever player has the most points after the round wins!

Coaching Tips

- Players should focus on getting some air on the ball to give it the best chance of dropping in the can successfully

Make it Easier

- Move the players closer, having them throw from 10 yards away

Make it Harder

- Move your players as far back as they can throw the ball comfortably to really challenge their accuracy

Purpose

- A fun, competitive conditioning drill – a football twist on musical chairs

Setup

- Split players into teams of 6, grouping up players by size and speed as best as you can
- 5 coaches (or parents/assistants) grab tackling dummies
- 1st team of 6 players lay down in the middle of the field

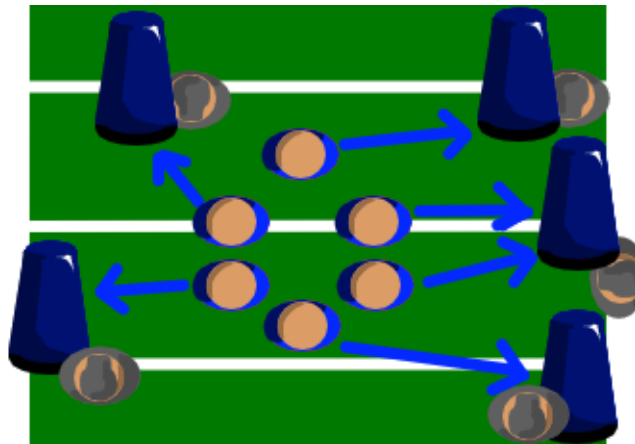


Fig. 1: 6 players race to 5 tackling dummies on the coach's signal.

Instructions

1. On the coach's signal, 6 players will get up, locate a bag, and attempt to be the first to tackle a bag.
2. Whichever player is unable to secure a tackle dummy is eliminated.
3. After each round bring in the next group of players, have them lay down, and have the coach's relocate the bags out of sight.
4. Continue with each round, making sure there is always 1 less tackling dummy than the number of players.
5. Once you are down to 3 players per group, you can combine groups.
6. Continue to do rounds and combine groups until you get down to your final 2 players.
7. Whichever player wins the final matchup is the game winner!

Coaching Tips

- This is a really fun drill to end practice with that is a fan favorite – we like to give a reward to the winner sometimes to up the stakes – a gift card to an ice cream shop can be a great motivator!
- Safety first! Any players that throw themselves around recklessly are automatically eliminated

Make it Easier

- Shrink the play area – this will shorten the distance the players need to run and make it easier to get to and locate the bags

Make it Harder

- You can start with 2 fewer bags than players to make the drill more competitive

OPEN WHEEL SHUFFLE AGILITY DRILL



Purpose

- To teach defender's the correct footwork to use in the secondary as well as how to track the passer's eyes.

Setup

- Setup 4 cones to create an area that is 10x10 yards.
- Have the players form a line outside of the box, with the first player stepping into the middle
- A coach will stand on the edge of the box with a few footballs to their side

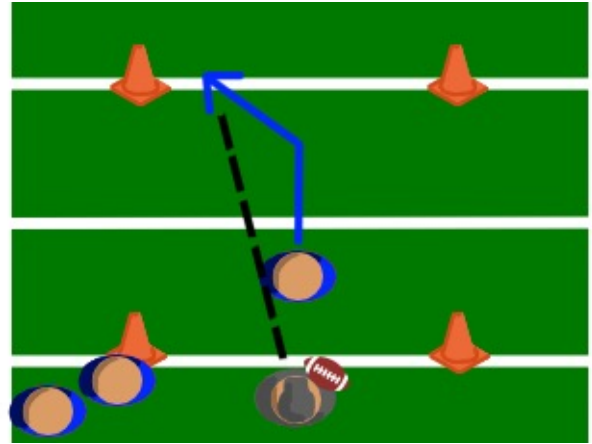


Fig. 1: DB backpedals, coach throws pass deep, player pivots and chases the ball down at 45 degree angle.

Instructions

1. First player in line starts a few yards into the square, facing the coach.
2. On the coach's signal, the player will begin backpedaling, keeping their eyes on the coach and the ball.
3. The coach will then signal to either the left or right and the player will began shuffling in that direction.
4. The coach will then throw a pass over their head – the player should then open their hips, keep their eyes on the ball, and sprint to chase the ball down while they track it through the air..
5. After they make the catch, they will sprint back to the coach and return the ball.
6. If a player drops a pass, they are eliminated – the drill continues until there is only 1 player left – they are the winner!

Coaching Tips

- It can be helpful to walk through the movement before beginning the drill – make sure players are comfortable pivoting out of the side-shuffle into the sprint

Make it Easier

- Give players 1-2 lives, allowing them to drop a pass and continue

Make it Harder

- Have the coach move back 5-10 yards to increase the difficulty of the catch for the defender

TWO MAN ROUTES



Purpose

- Improving communication and chemistry between QB and WRs
- Teach defense how to handle tempo

Setup

- 2 Offenses: 2 WR 1 QB per Offense
- 1 Defense: 1 LB, 2 DBs
- QB on LOS, Both WRs get in stance on LOS
- Defense matches up in zone, LB in middle, Safety over the top, Corner matched up wide

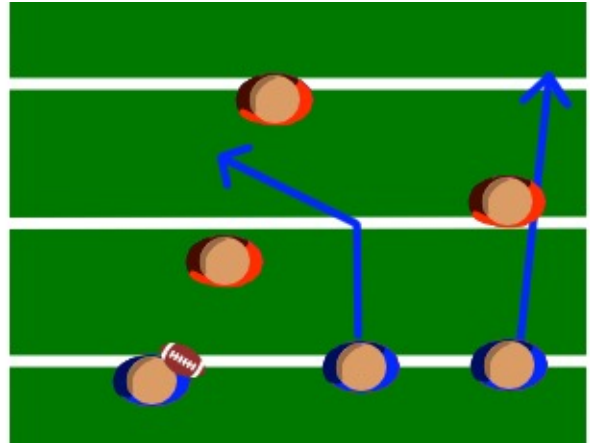


Fig. 1: WRs improvise routes, QB tries to hit the open man.

Instructions

1. QB snaps the ball, receivers run downfield and try to get open.
2. Defense reacts, tries to cover the receivers, QB attempts a pass.
3. Receiver attempts to catch pass. Regardless of result, offense has 15 seconds between reps, so they must get back to the LOS for the next snap quickly.
4. Offense receives 1 point for a 5 yard gain, defense receives 1 point for an incomplection or a completion for less than 5 yards. Defense receives 3 points for an interception – first team to 5 points wins.

Coaching Tips

- This is a great drill to empower your players and see how they handle pressure and what they can come up with on their own – without enough time to huddle up between snaps, its up to them to figure out how will they communicate, what routes/concepts do they lean on etc.
- While it may be difficult for them at the beginning, as they play more they will learn to create communication strategies – hand signals for example – learn to manipulate spacing and the defense, and get comfortable producing under stress

Make it Easier

- Increase the time between snaps
- Remove the LB or S

Make it Harder

- Decrease the time between snaps
- Only give points for 10+ yard gains
- Add a pass rusher to pressure the QB (no contact)

CHASE THE CHICKEN



Purpose

- To teach players how to maintain leverage and take good pursuit angles, as well as working as a team to corral the ball carrier

Setup

- There is one chicken and three defensive players
- The chicken is lined up in the middle and 10 yards away from the defensive players
- On the coach's whistle or command the Chicken is free to run anywhere from sideline to sideline in a space of 10 yards.

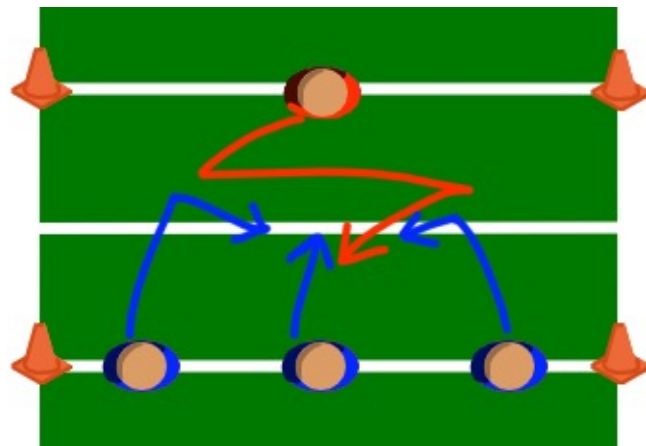


Fig. 1: The 'Chicken' tries to get from one end to the other before the defenders can get a hand on them.

Instructions

1. On the coach's signal the chicken will attempt to get from one end of the 'road' to the other.
2. The defense must spread out and attempt to corral the chicken – their goal is for all 3 of them to get a hand on the chicken at the same time.
3. If the chicken is able to get across, they get 3 points. Defense gets 1 point for every successful rep.
4. After each rep, rotate the chicken in and have a defender become the chicken.
5. First player to get 7 points wins.

Coaching Tips

- If the chicken runs to their side, the defender should get wide and prevent them from getting outside leverage
- The defender on the far side must also maintain leverage while attempting to shrink the area the middle defender is responsible for – but they must stay ready for a change of direction as well!
- The middle defender must move forward and maintain control of the middle of the field – if the outside defenders do a good job closing the distance and maintaining leverage, the middle defender will be able to get within range to touch the chicken

Make it Easier

- If the chicken is getting by too easily, try shrinking the play area by about 10 yards to give the chicken less space laterally to get free

Make it Harder

- For an extreme challenge you can have players attempt this drill with just 2 players chasing the chicken

LADDER DRILL



Purpose

- To teach ballcarriers on outside runs how to find the proper running lanes, when and where bounce out to the sideline

Setup

- ½ dozen cones to stand in for the o-line
- 3 coaches to hold tackling dummies and simulate the defense
- 1 coach to simulate the edge block
- Line of players formed on the far sideline
- RB starts 5 yards behind the o-line

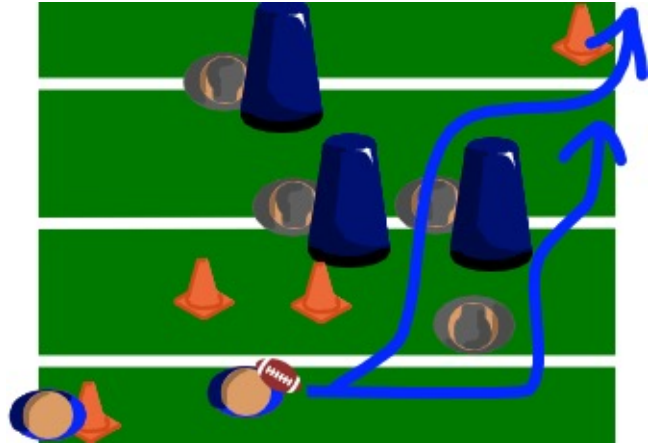


Fig. 1: Ballcarrier runs to the outside, reads coach's block, takes correct hole and sprints down the sideline to the final cone.

Instructions

1. On coach's signal, the RB will run to the edge of the line.
2. They will read the coach's block here – if the coach is pushing the block out to the sideline, they will cut up, if the coach is pushing the block downfield or inside, they will cut to the sideline.
3. At the 2nd level of the defense they will cut through the next hole, stay away from the defenders and bounce out to the sideline.
4. The ball carrier must get past the cone before the coaches can push them out of bounds – each time they do is 1 successful rep and 1 point for that player.
5. First player to get 5 points wins!

Coaching Tips

- If RBs cut back towards the middle of the field it is an instant fail on the rep
- Teach your running backs to always keep the ball in their outside hand – this will allow them to better protect the ball as well as use stiff arms to stay free from defenders in the open field
- The RB should read the butt of the blocker to get their cue on which direction they need to cut – if not sure, cut outside
- Stay at least 1 yard away from the sideline to avoid accidental out of bounds

Make it Easier

- Remove the safety from pursuit

Make it Harder

- Start the drill closer to the sideline so that the ball carrier has less space to work with

CHASE THE RABBIT DRILL



Purpose

- To teach running backs to hit the hole hard and quick, reading the defense as they run through the hole rather than stutter stepping before it

Setup

- Setup your own RB Gauntlet drill, using cones to designate the LOS and tackling dummies to create a 'hole'
- Have the 'Rabbit' (Ballcarrier) start 5 yards behind the LOS
- Form a line about 5 to 7 yards behind the ball carrier for the 'Foxes'
- A center or coach will snap the football to the ball carrier

Instructions

1. On the coach's signal the 'rabbit' will run to the hole and bounce outside at the 2nd level.
2. The 'fox' behind them will release as soon as the 'rabbit' starts running, attempt to chase them down and catch up.
3. The 'rabbit' must break through the hole and attempt to get to the cone before the 'fox' can catch them.
4. The 'rabbit' goes to back of the line, the 'fox' switch to the 'rabbit', and a new player rotates in as the next 'fox'.
5. Every time a rabbit escapes they get 2 points, and every time a player makes a tackle they get 1 point.
6. First player to 10 points wins.

Coaching Tips

- The Fox may be tempted to go for the low trip, but we want them to be developing good habits and making tackles at the waist of the ball carrier
- Emphasize the importance of not slowing down or stutter stepping at the hole for the ball carrier

Make it Easier

- We can move the starting position of the chasing line back or delay the release to give the ball carrier a better chance of getting through the drill clean

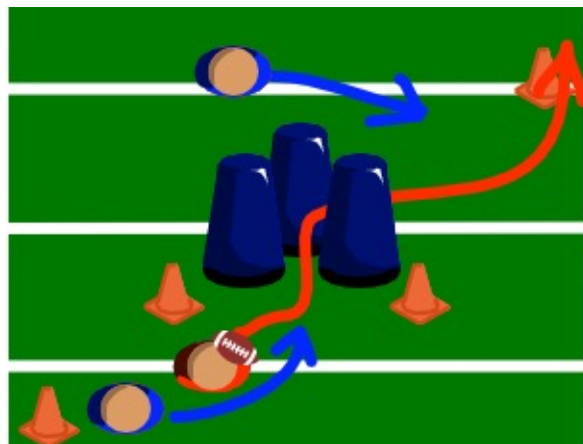


Fig. 1: 'Rabbit' bursting through the hole and out to the sideline while the 'Fox' tries to chase them down.

Make it Harder

- You can also have a second Fox aligned after the cut to the ladder sideline as a safety

TUNNEL RUN



Purpose

- A competitive drill that will build toughness, tackling ability, running ability, and field awareness

Setup

- Create 4 lanes by laying down dummies on the field
- Place 2 cones 5 yards behind the row of dummies to create a goal line
- Split the team into 2 groups – or assign captains and let them pick
- 4 defenders will start in the running lanes between the dummies
- Coach will stand 5 yards behind the row of dummies with a squash ball
- 4 offensive players crowd around the coach
- 1 final defender will act as a safety on the goal line

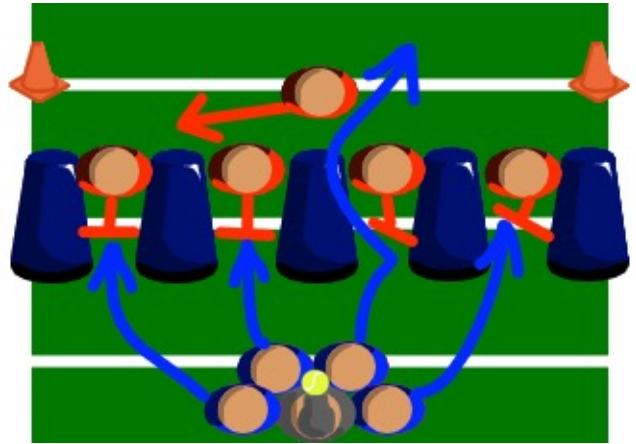


Fig. 1: Offense attempts to get through the running lanes while defense attempts to make the tackle.

Instructions

1. As the players crowd around the coach, he will give one of them the squash ball.
2. They will all turn and attempt to hide the ball – whether they have it or not.
3. On the coach's whistle, the offense will run forward and attempt to get through their respective running lanes.
4. The safety will attempt to identify the ball and help a teammate make a tackle in the hole.
5. The offense gets 7 points if the player with the squash ball scores. If any of the other players are able to score, they get a point for that as well.
6. The defense gets 3 points for stuffing the squash ball RB in the box, and 1 point for stuffing any of the other RBs.
7. Play for 3-5 minutes and have the team captains yell their score out after every round – losing team has to run windsprints!

Coaching Tips

- If the chicken runs to their side, the defender should get wide and prevent them from getting outside leverage

Make it Easier

- Remove the safety if the defense is winning too many rounds

Make it Harder

- Add a '2nd back line defender to up the challenge for the offense

TEXAS SWING DRILL



Purpose

- To work on open field tackling, blocking, and running

Setup

- Lay down 3 tackling dummies on each side make a lane that is about 10 yards long and about 10-15 yards wide
- Assign captains and allow them to pick their teams
- Have each team line up on one side of the lane
- Offense starts with football

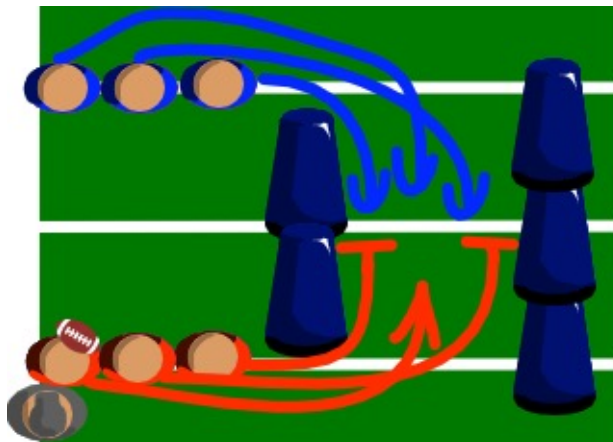


Fig. 1: Ballcarrier and 2 lead blockers attempt to clear a lane and score in the Texas swing drill.

Instructions

1. This game will be played as a mini-scrimmage.
2. On the coach's whistle, the offense will run into the lane, with a ball carrier and 2 blockers leading the way.
3. The defense must try to make a stop, and the offense is trying to get clean through the lane for a TD.
4. There are 5 plays per quarter, offense switches with defense every 5 plays.
5. There are points scored after every play: if the defense holds the offense to less than a 3 yard gain, they score 2 points. If they can make a tackle behind the LOS, they get 3 points, and a strip is 5 points.
6. The offense can score as well: a run of more than 5 yards is 2 points and a touchdown is 3 points.
7. After 20 plays the game is over – losing team has to do burpees!

Coaching Tips

- Don't forget a quick water break at halftime!
- Any penalties are automatic 3 points for the other team
- Remind players to keep their heads up and use good, safe form when blocking and tackling

Make it Easier

- To make this drill a bit simpler, we can remove the 2nd blocker and simply have a ball carrier and 1 lead blocker

Make it Harder

- We can add extra scoring bonuses – bonus points for consecutive touchdowns for example!

4 BAG SHUFFLE



Purpose

- To teach players how to maintain good pursuit angles and tackling fundamentals

Setup

- Lay 4 tackling dummies down to create 3 running lanes, roughly 3 yards wide
- Have the ball carriers form a line on one side with footballs, 5 yards from the running lanes
- Have the defender form a line on the opposite side, 5 yards from the running lanes
- Have a coach stand behind the ball carrier line

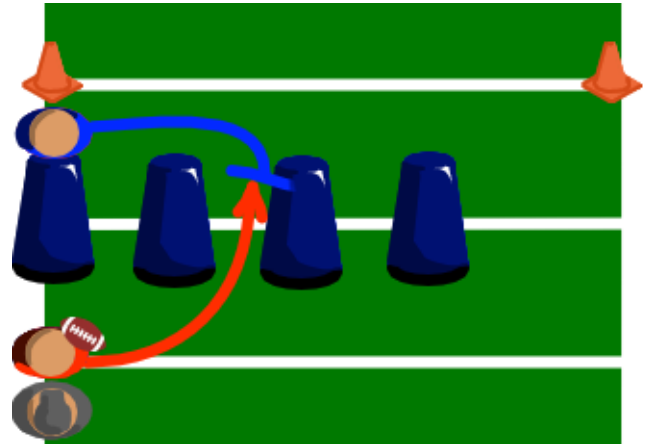


Fig. 1: Ballcarrier goes to assigned lane, defender shuffles and explodes forward to tackle them and stop them in their tracks.

Instructions

1. The coach will whisper a number into the ball carriers ear – each number corresponds with a running lane from 1-3.
2. On the coach's whistle, the ball carrier and defender will both begin to shuffle in the direction of the running lanes.
3. When the running back gets to their lane, they will explode forward and attempt to get past the defender.
4. The defender should stay low, meet the ball carrier in the middle of the running lane, wrap up and make the tackle.
5. Every time a defender make a tackle, they score a point for their team, and every time the offense gets through, they score point as well.
6. After every player has had a turn, change offense to defense and run through the drill one more time – whichever team has the most points after 2 rounds wins!

Coaching Tips

- Safety first! Make sure players are using correct form when tackling and that they stop immediately on your whistle

Make it Easier

- Remove the 3rd lane and have the defense simply cover 2 lanes

Make it Harder

- You can add a 4th lane – a wide sweep lane, to add to the unpredictability of the drill