



26 Fun & Effective Drills Designed For At-Home Football Training

**6 Step
by Step
Workout
Plans**

- Designed for Ages 8-18
- Packed With Drills for Speed, Agility, Running, Kicking, Passing and Catching
- Perfect for Back Yard or Small Space Workouts
- Solo, Partner or Team Training

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SPEED AND AGILITY DRILLS

1.

STOPS & STARTS

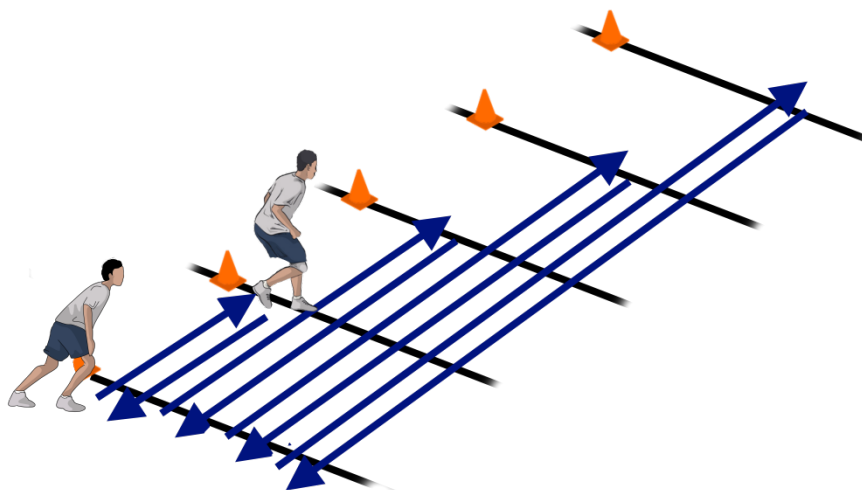


DRILL SETUP:

Line up 5 cones in a straight line, 5 yards apart. Line up at 1st cone.

PURPOSE:

To work on straight line speed, acceleration and deceleration



HOW IT WORKS:

1. Start off by sprinting forward to 2nd cone, then backpedal to the 1st cone.
2. Sprint up to 3rd cone and back pedal back to 1st cone.
3. Continue until you have sprinted to and from each cone.

TIPS & VARIATIONS

- This drill can also be done with either a side shuffle step or carioca step.
- Make sure runner keeps their hips low, head up, and maintains control as they change direction.

2.

CONE AGILITY DRILL

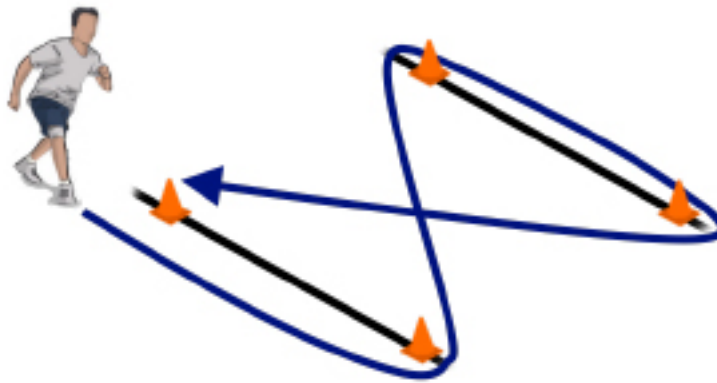


DRILL SETUP:

Place 4 cones in a box shape 5 yards apart and line up at bottom right cone.

PURPOSE:

To work on speed, agility, and acceleration.



HOW IT WORKS:

1. Start off by sprinting up to the top right cone, go around, and sprint diagonally to the bottom left cone.
2. Round the bottom left cone and sprint to the top left cone.
3. Round the top left cone and sprint back to the bottom right cone where you started.

TIPS & VARIATIONS

- Make sure to chop your feet down at each change of direction to reduce injury risk and increase control at the corners.
- Keep your head up!
- You can alter this drill by adding in a backpedal, sidestep, or carioca.

3.

BALL PUSHUPS

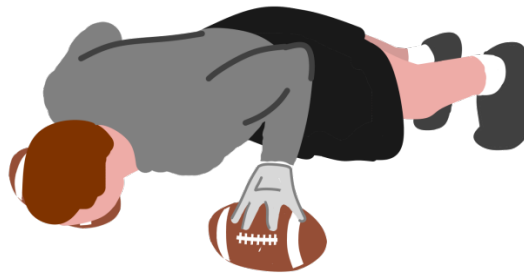


DRILL SETUP:

Grab 2 footballs and get into a regular pushup stance with your neck, back and legs aligned – but instead of putting your hands on the ground, place a football underneath each hand.

PURPOSE:

To improve grip, core, and upper body strength.



HOW IT WORKS:

1. Push yourself up off the balls while keeping your back, legs and neck straight.
2. Lower yourself until your chest is just above the balls, completing a rep.
3. Continue for 10 reps, take a rest. Complete 30 total pushups.

TIPS & VARIATIONS

- You can also start by using just one football, placing one hand on the ground and the other on a ball.
- Also, you can put both hands on one football in the middle for a pushup that will put more of an emphasis on arms.

4.

HEX JUMPS

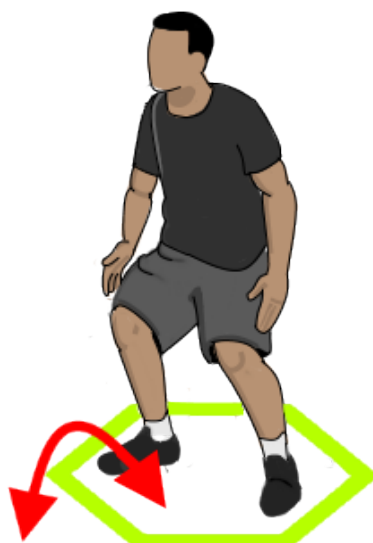


DRILL SETUP:

Using tape or chalk, create a hexagon with all 6 sides measuring 1 foot long. Player starts off inside hexagon.

PURPOSE:

To improve footwork, reaction time and agility.



HOW IT WORKS:

1. Starting from an athletic stance with the knees bent and weight on the balls of their feet, the player will begin the drill by jumping over the line in front and immediately jumping back into the middle of the hexagon.
2. Player then jumps diagonally over the top right line of the hexagon before jumping back into the middle.
3. Player continues, jumping over each line and back to the center all around the hexagon clockwise
4. After one full rotation, player cycles back around counter clockwise.
5. Continue for 45 seconds, take a 30 second rest and repeat.

TIPS & VARIATIONS

- For an extra challenge, try the same drill – jumping off of one leg. Then switch to the other leg and repeat

5.

MED BALL HIGH KNEES



DRILL SETUP:

Set up an agility ladder on a flat surface. Or create your own using chalk or tape. Player starts at one end holding a medicine ball. If you don't have a medicine ball, a backpack full of laundry is a great substitute!

PURPOSE:

To improve core strength and conditioning.



HOW IT WORKS:

1. Holding the medicine ball above your head, run with high knees from one end of the ladder to the other, turn around, and run back to the start.

TIPS & VARIATIONS

- Beginners may want to start using a high knee march instead of a high knee run
- Drive your knees up so that your thighs are parallel to the ground
- You can also do this drill with a walking lunge or high knee skip

6.

RESISTANCE RUNNING

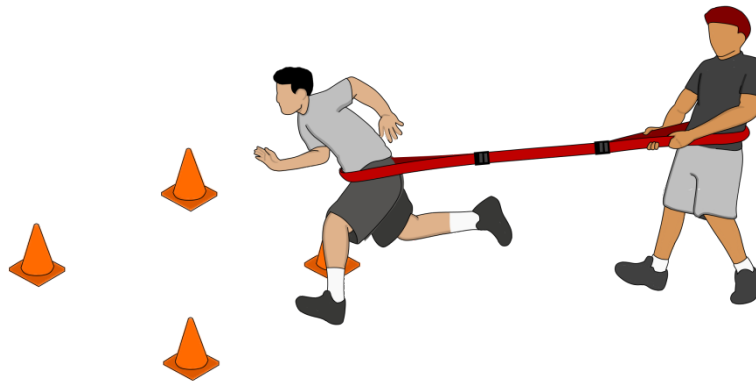


DRILL SETUP:

To build agility, balance and lower body strength.

PURPOSE:

Have a partner loop a resistance band or rope around your waist and stand behind you. Create a diamond shape using 4 cones placed 5 yards apart. Assign a number to each cone from 1 to 4. Begin 5 yards behind the first cone in an athletic stance.



HOW IT WORKS:

1. Partner calls out a cone number – 'for example: Two! – cueing player to explode forward to that cone, break down and stop.
2. Player backpedals back to starting position.
3. Partner calls out next cone, repeat.
4. Continue for 1 minute, take a 30 second rest and continue.

TIPS & VARIATIONS

- If you don't have a partner or resistance band, set up the same cone pattern on the side of a steep hill. The incline will create extra resistance you need.

7.

CONE CONDITIONING DRILL



DRILL SETUP:

Setup 2 cones 40 yards apart and get ready in an athletic stance at one cone.

PURPOSE:

To work on conditioning and pushing through fatigue.



HOW IT WORKS:

1. Start the drill by doing 10 squat jumps.
2. Sprint to the 2nd cone and do 10 situps.
3. Sprint to the 1st cone and do 10 burpees.
4. Sprint back to 2nd cone and do 10 pushups.
5. Sprint back to 1st cone and do 10 mountain climbers.
6. Sprint to 2nd cone and do 10 jumping jacks.
7. Sprint to 1st cone and do 10 situps.
8. Sprint to 2nd cone and do 10 pushups.
9. Finish the drill with one last 40 yard dash.

TIPS & VARIATIONS

- Based on your conditioning level, you can decrease/increase both the number of sprints and the reps of each exercise to ensure you get the most out of this drill!

8.

LADDER HOPS TO CARIOCA

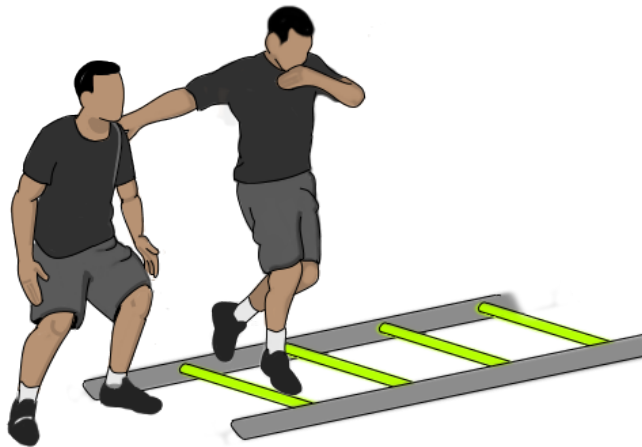


DRILL SETUP:

Set up an agility ladder on a flat surface. Or create your own using chalk or tape. Place a cone 20 yards from the end of an agility ladder. Player starts at opposite end of ladder standing parallel.

PURPOSE:

To work on lateral agility, balance and explosion.



HOW IT WORKS:

1. Player begins by hopping laterally in and out of the ladder, working his way through each square from one end to the other.
2. At the end of the ladder, player will carioca as fast as they can to the cone then carioca back to the ladder.
3. Player finishes rep by jumping back and forth through the ladder back through to the start.

TIPS & VARIATIONS

Here are some alternate ways you can do this drill:

- Forward facing hops through the ladder
- High knees through the ladder
- One footed hops through the ladder
- Sprint down and back instead of carioca
- Shuffle down and back instead of carioca



BALL CARRIER DRILLS

9.

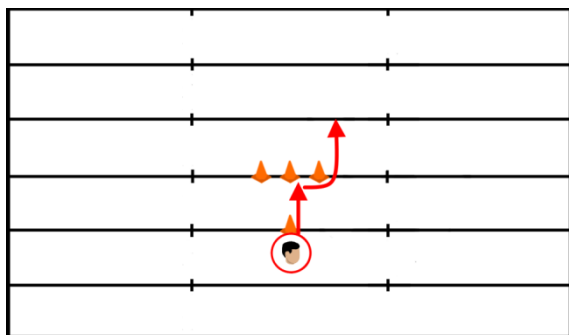
JUMP CUT DRILL



DRILL SETUP:

You will need at least 4 cones, but ideally 6-7.

Place one cone to begin from and another 5 yards in front of it. Place a cone 1 yard to the right and the left of the 2nd cone, creating a T shape.



PURPOSE:

To work on jump cut footwork, balance, acceleration and deceleration.



HOW IT WORKS:

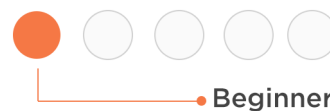
1. Player begins by accelerating forward from 1st cone to 2nd.
2. At the 2nd cone, the player will perform a lateral jump cut, then accelerate up the field for 5 yards.
3. Repeat.

TIPS & VARIATIONS

- When making the jump cut to the right, the player should plant his left foot hard and explode laterally to the right, keeping his hips and shoulders facing downfield. (vice versa for the opposite side)
- Players should always have the ball in the outside hand.
- As players get more comfortable with the drill, you can increase the length of the acceleration zone to 7-10 yards
- You can also increase the width of the jump cut zones from 1 yard to 1.5.

10.

SHUFFLE AND SWITCH

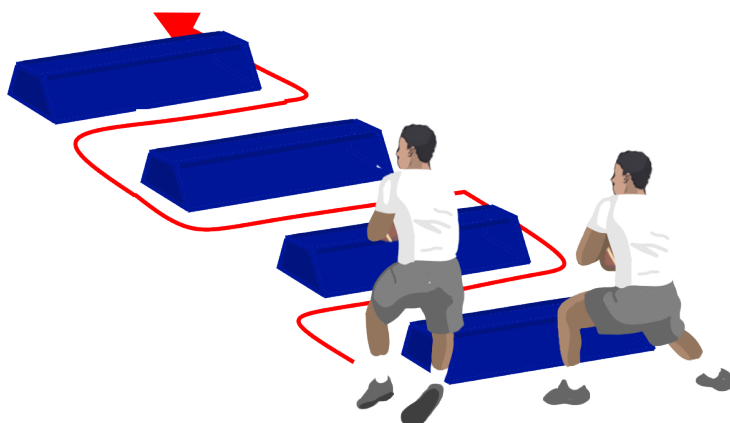


DRILL SETUP:

Lay down 4-6 agility bags or pool noodles, 2-3 yards apart. Start at one end with a football in hand.

PURPOSE:

To improve ball security and work on keeping center of gravity low and the shoulders squared.



HOW IT WORKS:

1. Begin by accelerating towards the bag, make a move and jump cut out to the left.
2. Accelerate forward to the next bag, then shuffle across the face of the bag keeping your shoulders north/south.
3. As you come to the end of each bag, explode forward, then cut back inside switching the ball over to the outside hand.
4. After reaching the last bag, explode forward another 5-10 yards.

TIPS & VARIATIONS

- To add an extra challenge, have a partner get a blocking bag and force the ballcarrier to make one last move before exploding forward for another 5-10 yards.

11.

X DRILL

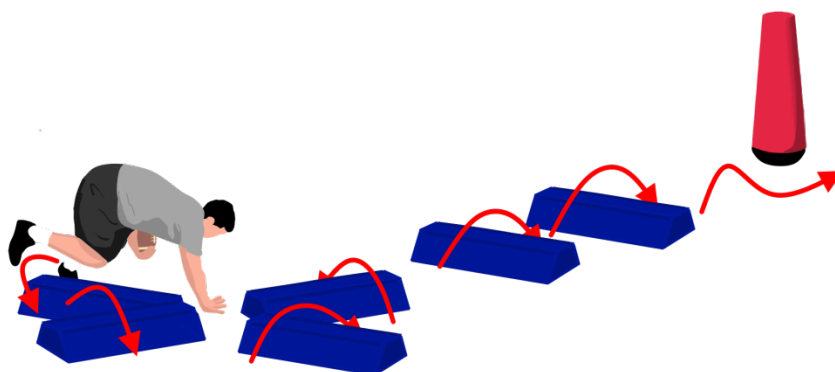


DRILL SETUP:

Setup 4 flat agility bags, pool noodles, gym bags or other soft objects into an X pattern on the ground. Setup two more bags 3-4 yards away from the 'X', and a partner, stand up dummy or any kind of obstacle 3-4 yards after the last flat bag. Player starts off with a football in one hand and their free hand down in the middle of the 'X'

PURPOSE:

To work on agility, balance and improve a runner's ability to recover after a stumble.



HOW IT WORKS:

1. The player will rotate through the bags, keeping a hand down in the middle and cycling both feet through each section of the 'X'.
2. After completing one rotation, the player will get upright and run over the 2 flat bags on the ground with high knees.
3. Player finishes by spinning off the dummy and exploding for a 5 yard sprint.

TIPS & VARIATIONS

- Players can finish with a juke, stiff arm – any move they like!
- If you have a partner, they can replace the standup dummy and offer some token defense, forcing the runner to react and run in the opposite direction that they commit.

12.

HOP AND SWITCH



DRILL SETUP:

Grab a football and start off on your right leg, with the ball in your right hand and your left hand down on the ground.

PURPOSE:

To work on balance, explosion, and ball control while switching hands.



HOW IT WORKS:

1. Player will push off the right foot, and left hand, jumping up into the air and switching over to the left foot.
2. As the player is in the air, he will switch hands, crossing the ball over to the left hand and extending the right hand out to the ground in one smooth motion.
3. Player will repeat until they have gone a distance of 20 yards.
4. Rest, and return to start, hopping back another 20 yards.

TIPS & VARIATIONS

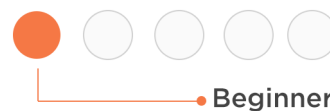
- The focus isn't on speed - get a good push off the plant leg and make sure to emphasize ball security all the way through the transfer and landing.



RECEIVING DRILLS

13.

AROUND THE WORLD



DRILL SETUP:

Lie down on your back and have your partner stand a couple yards away with a football.

PURPOSE:

To enforce the importance of isolating the hands and get players comfortable making catches from unfamiliar angles.



HOW IT WORKS:

1. Partner will begin to circle around player on the ground, throwing a pass after his 2nd step.
2. Player catches the ball, and immediately tosses it back to his partner, who will continue to circle around, throwing a pass every 2nd step.
3. Partner circles around for 2 sets – 1 clockwise, and 1 counterclockwise.

TIPS & VARIATIONS

- For an extra challenge, have the receiver lie down on his stomach and flip over onto his back and make the catch on his partner's signal.

14.

GOALIE DRILL

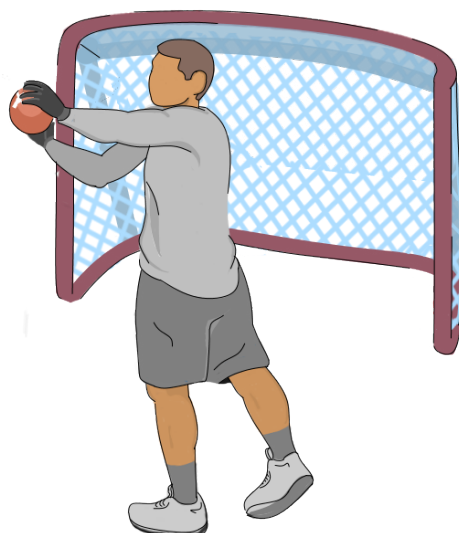


DRILL SETUP:

Grab a partner to act as passer, get into the stance on the LOS, and place net or some other object (a wall, or fence for example) 10-15 yards down the field to block any errant throws or dropped passes.

PURPOSE:

To work on catching difficult passes.



HOW IT WORKS:

1. Passer snaps the ball, and receiver runs route in front of net.
2. Passer will throw pass either high, low, or behind the receiver.
3. Receiver must adjust and make the catch.
4. Repeat.

TIPS & VARIATIONS

- Begin with simple 5 yard ins and outs, but progress to deeper and more difficult routes as you see fit.

15.

WALL CATCH

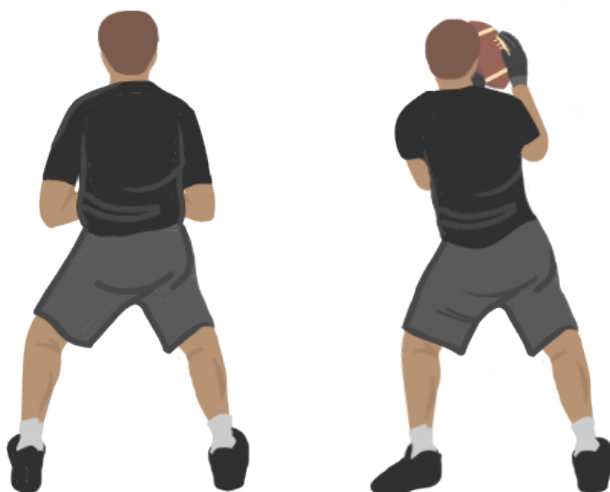


DRILL SETUP:

Start facing a wall with your back to your partner.

PURPOSE:

To work on reaction time and hands.



HOW IT WORKS:

1. Partner throws a ball off the wall without any notice.
2. Player catches the ball as it bounces off the wall.
3. Give the ball back to your partner and repeat for 10 total catches.
4. Complete one more set.

TIPS & VARIATIONS

- To increase the difficulty of the drill you can switch to one hand catches.
- For an even bigger challenge substitute a tennis ball in for the football.

16.

BLIND SIDES

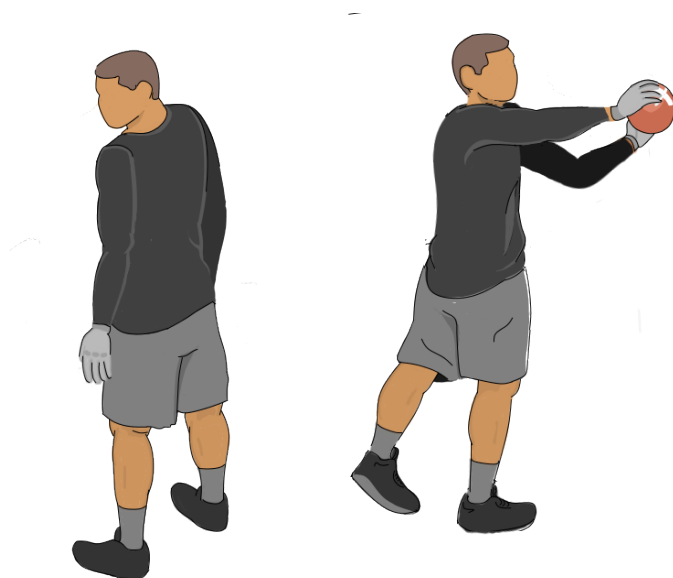


DRILL SETUP:

Line up 5 cones in a straight line, 5 Stand 10 yards from your partner with your back towards them. Partner starts with a football.

PURPOSE:

To work on reaction time and improve catch radius as well as body control.



HOW IT WORKS:

1. Start off looking over your left shoulder, with the passer just in the corner of the receiver's peripheral vision.
2. Partner will make a pass, aiming for a spot just off the right shoulder of the receiver.
3. As partner releases football, receiver will snap over to left shoulder, locate the ball and make the catch.
4. Repeat, making 10 catches on each shoulder.

TIPS & VARIATIONS

- Once players have become comfortable making catches, you can increase the challenge by increasing the distance or speed of the passes, or asking the receiver to catch with one hand

17.

WR FOOTWORK DRILL

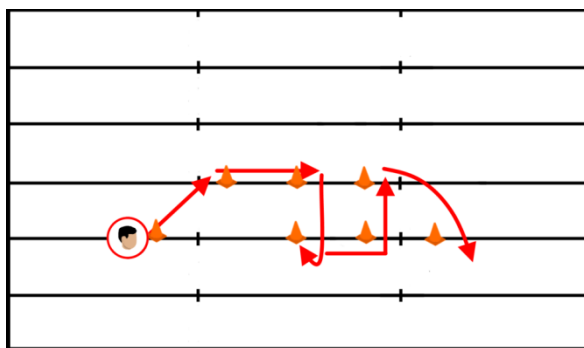


DRILL SETUP:

You will need 6 cones. Set the first one up, then 5 yards downfield and to the left, place another. Place another 5 yards to the right of that cone, and another 5 yards in front of that cone. Finally you will place 2 last cones, one 5 yards to the left, and one 5 yards in front of that 3rd last cone. Reference the diagram for a simple illustration.

PURPOSE:

To improve agility and footwork on the most common and useful cuts WRs will be using in their route tree.



HOW IT WORKS:

1. Player will begin at first cone.
2. Player starts by using footfire or a juke to get away from press.
3. Player then runs a slant to the 2nd cone
4. Player will then cut downfield running to the 3rd cone.
5. Player will then cut outside, sitting down and facing the ball at the 4th cone.
6. Next, player will explode downfield again, make a in breaking cut at 5th cone and explode towards 6th cone.
7. At 6th cone, player will make a double move and then run a deep post around the final cone.
8. If playing with a partner, receiver will make a catch after running past last cone.

TIPS & VARIATIONS

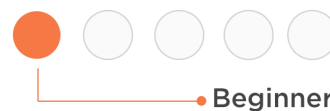
- This drill can also be done with either a side shuffle step or carioca step.
- Make sure runner keeps their hips low, head up, and maintains control as they change direction.



PASSING DRILLS

18.

ARM WARMUP



DRILL SETUP:

Get down on your throwing side knee and face your partner, 5 yards apart.

PURPOSE:

To work on mechanics, release, and getting the arm loose.



HOW IT WORKS:

1. Throw ten passes, focusing on getting the arm mechanics correct.
2. Stand and move back to 10 yards apart and plant your feet on the ground shoulder width apart.
3. Throw another 10 passes, keeping your feet planted and using torso rotation to create the power needed for a hard, accurate throw.

TIPS & VARIATIONS

- This drill is a great way to build up arm strength – you can continue to move back another 5 yards every 5 throws until you can no longer make a strong throw while keeping your feet planted.

19.

CIRCLE DRILL

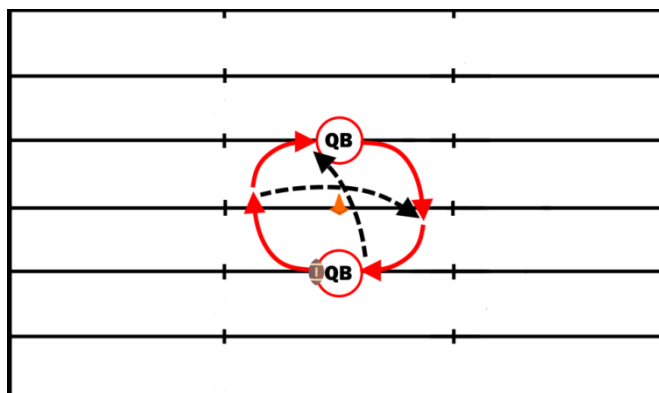


DRILL SETUP:

Place a single cone on the ground and have you and your partner stand facing each other, each 5 yards away from the cone. You will also need plenty of footballs to avoid wasting time chasing down loose balls.

PURPOSE:

To work on making accurate throws while on the move.



HOW IT WORKS:

1. First QB will begin in an athletic stance ready to make a throw to his teammate and run to the right.
2. The QBs will then run in a circle, starting off slow but slowly building up speed, maintaining a 10 yard cushion between them as they throw passes back and forth to each other.
3. After 30-60 seconds, take a break, and start again going in the opposite direction.

TIPS & VARIATIONS

- This drill can also be done with either a side shuffle step or carioca step.
- Make sure runner keeps their hips low, head up, and maintains control as they change direction.

20.

POCKET PRESENCE DRILL

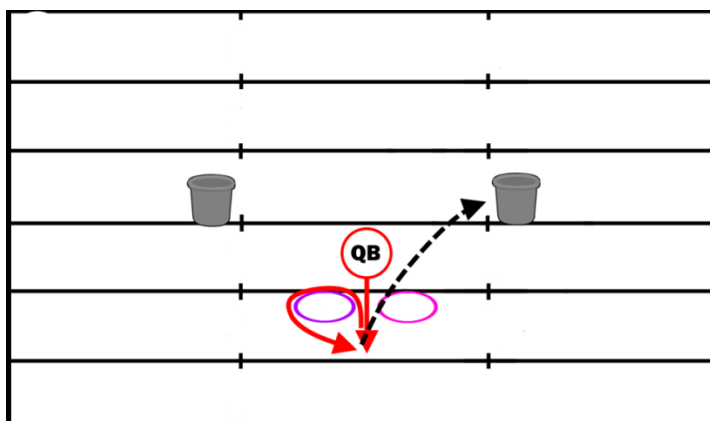


DRILL SETUP:

Place 2 hula hoops 5 yards behind the line of scrimmage and 2 yards apart. If working out alone, place two garbage cans 10-15 yards down the field on either side to simulate receivers.

PURPOSE:

To work on movement and footwork in the pocket while keeping the eyes downfield.



HOW IT WORKS:

1. Player will start at LOS with ball in hand, snap and take a 5 step drop, passing in between the hula hoops.
2. Player will plant, then hitch up, avoiding an outside pass rush, before shuffling back around to the center of the pocket.
3. Once back in the pocket, player will locate their target and make a strong accurate throw.

TIPS & VARIATIONS

- If you have a partner, let them cue you on which side the pass rush is coming from, or act as the receiver you need to locate downfield.

21.

PRESSURE ESCAPE DRILL

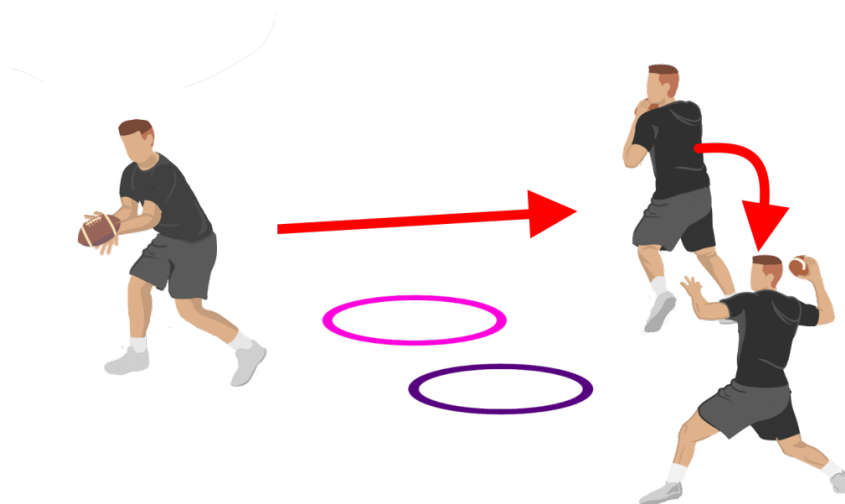


DRILL SETUP:

QB will get ready at LOS with ball in hand.
Setup 2 hula hoops 5 yards behind the QB and 1 yard apart.
If working out alone, you'll need to setup 1-3 targets downfield, other wise, have your receivers line up on LOS

PURPOSE:

To teach passers how to avoid pressure up the middle while keeping their eyes downfield



HOW IT WORKS:

1. QB will snap ball and take 5 step drop.
2. After planting in the pocket and taking a beat, the passer will feel the pressure coming up from the middle of the pocket.
3. The passer will 'Push Off' with their dominant side foot, stepping outside the pocket to their weak side.
4. Passer should finish push off by landing on their plant step, allowing them to go directly into their passing motion and getting the ball to the receiver that much sooner!

TIPS & VARIATIONS

- It can be a good idea to start off by letting players isolate the footwork and get several reps where they work on getting the push off onto the plant foot correct. If you throw players right into the drill and they have a hard time picking it up, it can be difficult to learn while focusing on the dropback and making a good throw as well.

22.

SUDDEN CHANGE

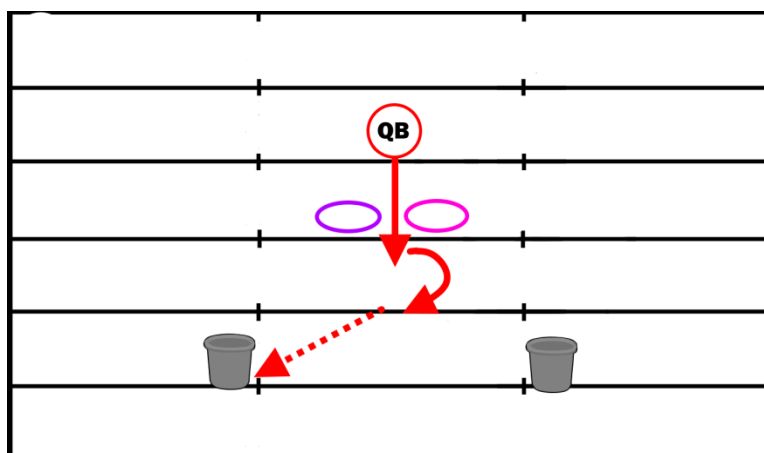
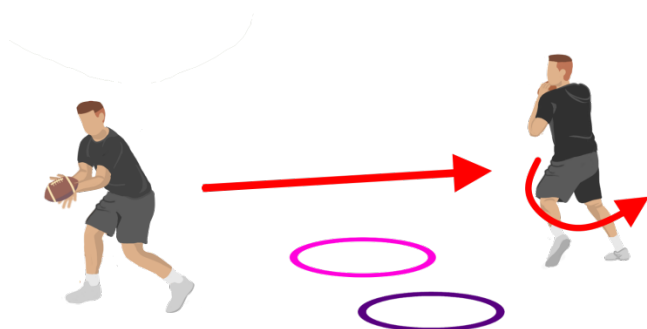


DRILL SETUP:

Line up two hula hoops 3-5 yards behind you, one yard apart. You'll also have two receivers (or targets to simulate receivers) 10-15 yards downfield on both the right and left.

PURPOSE:

To improve a quarterback's footwork and ability to locate his target and make an accurate throw under pressure.



HOW IT WORKS:

1. Quarterback snaps the ball, then takes a 5-7 step drop.
2. On the last step, quarterback will turn around, rotating 180 degrees so that he is now facing upfield.
3. Coach will identifies receiver for quarterback to throw to, who makes a strong accurate throw. If practicing alone, quarterback can pick his own target.

TIPS & VARIATIONS

- Players should stay poised in the pocket and use sound footwork to open the hips, stay balanced, and release the ball quickly and confidently.

23.

SOLVE THE PROBLEM

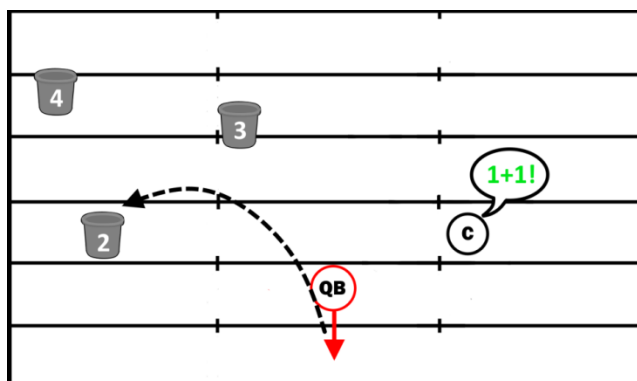


DRILL SETUP:

Line up 5 cones in a straight line, 5 Set up 3 or more targets using trash cans, extra players or whatever you have on hand. Each receiver (or target) will be given a number corresponding to whether they are the primary, secondary, or tertiary read on the play. You will also need a coach to pose the problems.

PURPOSE:

To make QB's think and improve their ability to process information on the dropback.



HOW IT WORKS:

1. QB begins his drop. As he is taking the drop, the coach will give the QB a simple math equation, for example: $1+3-2$.
2. The QB must then do that math problem as he finishes his drop, plants, and makes the pass to the correct receiver (2!).

TIPS & VARIATIONS

- Make sure to vary both the receiver locations and equations.
- You can add in two hula hoops to create a lane for the dropback to add an extra element of difficulty to the drill.
- If you have other players to act as receivers, have them line up and run the route combinations and passing concepts you are working on that day.



KICKING DRILLS

24.

FIELD GOAL FOOTWORK DRILL

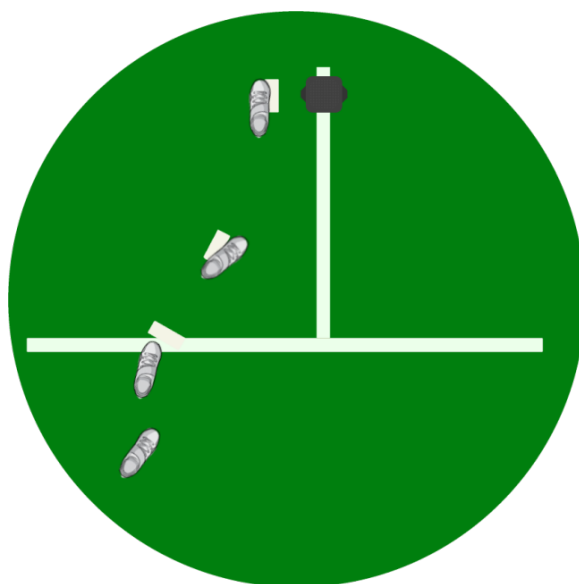


DRILL SETUP:

Place a kicking tee down where the ball would be. Take your steps and place a piece of tape at the beginning, the location of your first step out of stance, and the plant foot by the tee.

PURPOSE:

To perfect kicking footwork, and improve efficiency of motion and comfort.



HOW IT WORKS:

1. First step is with kicking foot, coming down in a straight line towards the ball. The foot should be slightly open, point to 1 or 2 o'clock relative to the tee.
2. Plant foot should come down in line with the football, about a foot way.
3. Begin at the tee, take your setup steps, and execute the footwork, finishing with a kick.
4. Repeat.

TIPS & VARIATIONS

- The most common method for measuring out where a player should start his kicking motion is to take 3 large steps back and 2 small steps away from your kicking foot (to your left for right footed kickers).
- When doing this drill, you should still be mimicking your real kicking motion, getting a natural backswing, kicking through the ball, and coming down balanced.

25.

NO STEP DRILL



DRILL SETUP:

Place a football on a kicking tee and stand with your plant leg a couple feet away from the tee, as you would land after taking your plant step.

PURPOSE:

To work on perfecting foot to ball contact and warmup the leg.



HOW IT WORKS:

1. Begin by extending your kicking leg – slowly – out to the football, and establishing your ideal contact point.
2. Make sure you are comfortably balanced on the plant foot.
3. Bring the kicking foot back down and get into a comfortable stance.
4. Take a natural backswing and make good clean contact with the football on the sweet spot, transferring his body weight through the swing and landing comfortable and balanced.

TIPS & VARIATIONS

- At moment of impact, there are 3 areas of focus to keep in mind: your body should be tall, the kicking knee should be straight, and the kicking foot should be open at slight angle – about 2 o'clock.
- Kickers should be aiming to hit the ball with the top of the instep right on the sweet spot of the football, roughly a third of the way up from the bottom.

26.

FOLLOW THROUGH DRILL



DRILL SETUP:

Place a football with a tee at an intersection between the sideline and the endzone. The goalline should be in line with your target. Place 3 cones several yards off the tee to the side of your plant leg.

PURPOSE:

To develop natural, reliable kick mechanics and improve both accuracy and power.



HOW IT WORKS:

1. Player will line up several steps behind the tee.
2. Player will then take their two steps into the kick and kick the football with a motion that feels natural to their biomechanics.
3. After follow through, the kicker's kicking foot should be in line with the 3rd cone pointing directly at it and parallel to the goalline.

TIPS & VARIATIONS

- While the kicker may want to take their setup steps the first time they kick to get an idea of where they should be lining up, they do not need to take their steps before every rep! This allows players to isolate the kicking motion, allowing a more natural leadup and kick that will translate into real game situations.



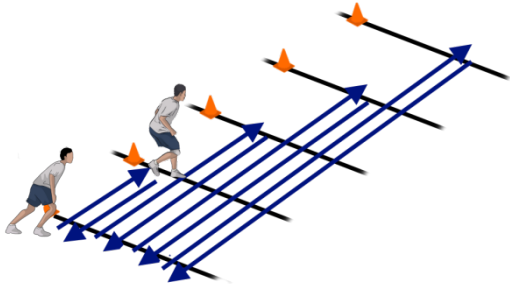
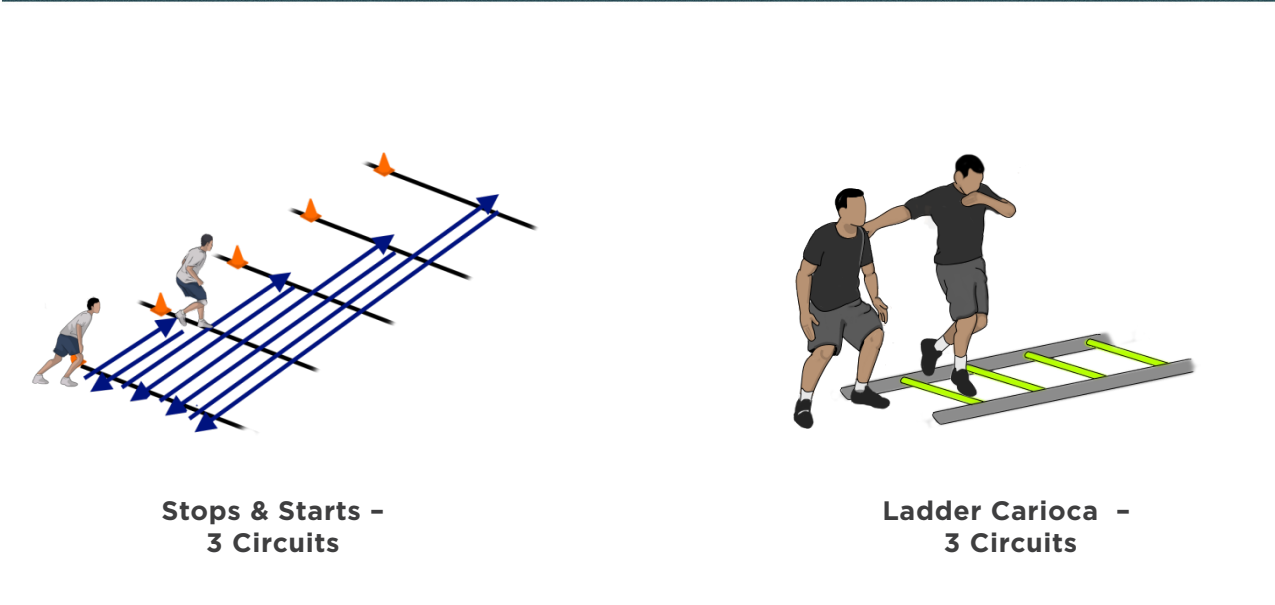
WORKOUT PLANS

SPEED & AGILITY WORKOUT - 30 MINS

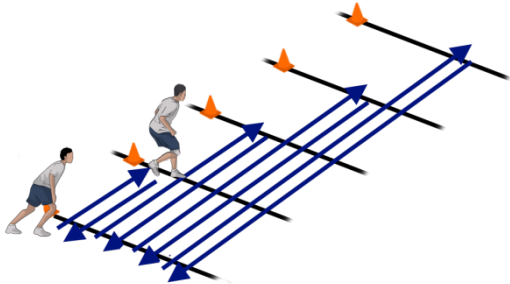
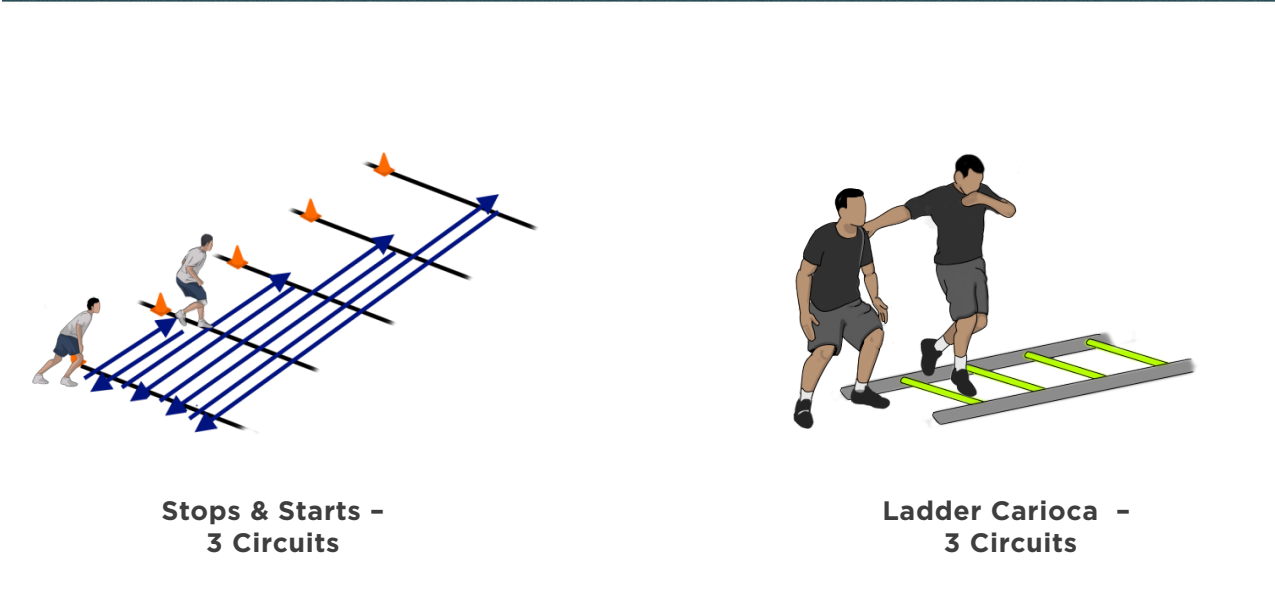
Equipment Needed: 1 Football, 6 Cones, Agility Ladder, Tape, 4 Agility Bags or Pool Noodles

SPEED & AGILITY WORKOUT - 30 MINS

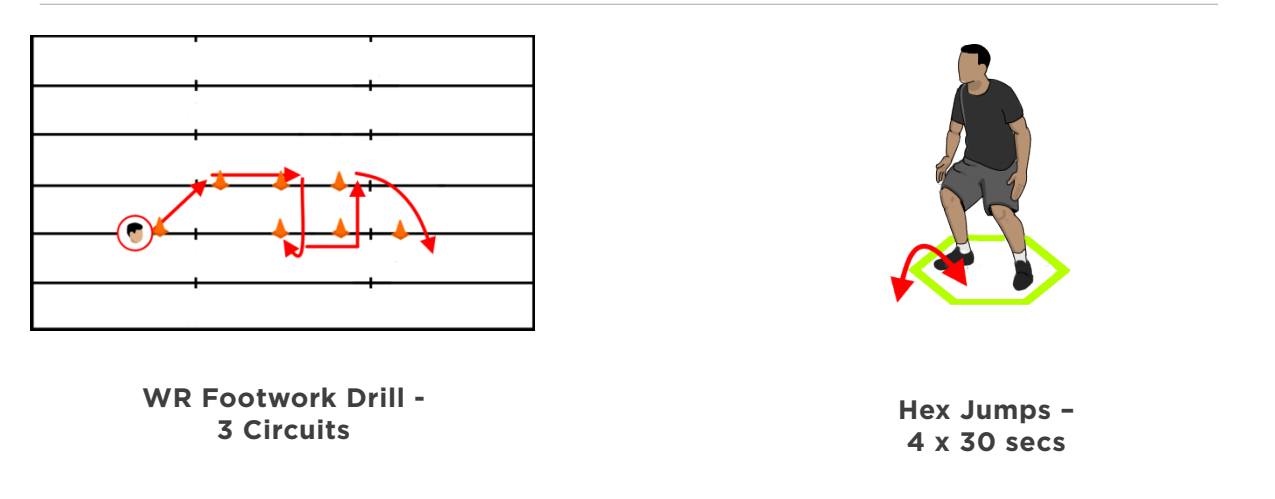
Equipment Needed: 1 Football, 6 Cones, Agility Ladder, Tape, 4 Agility Bags or Pool Noodles



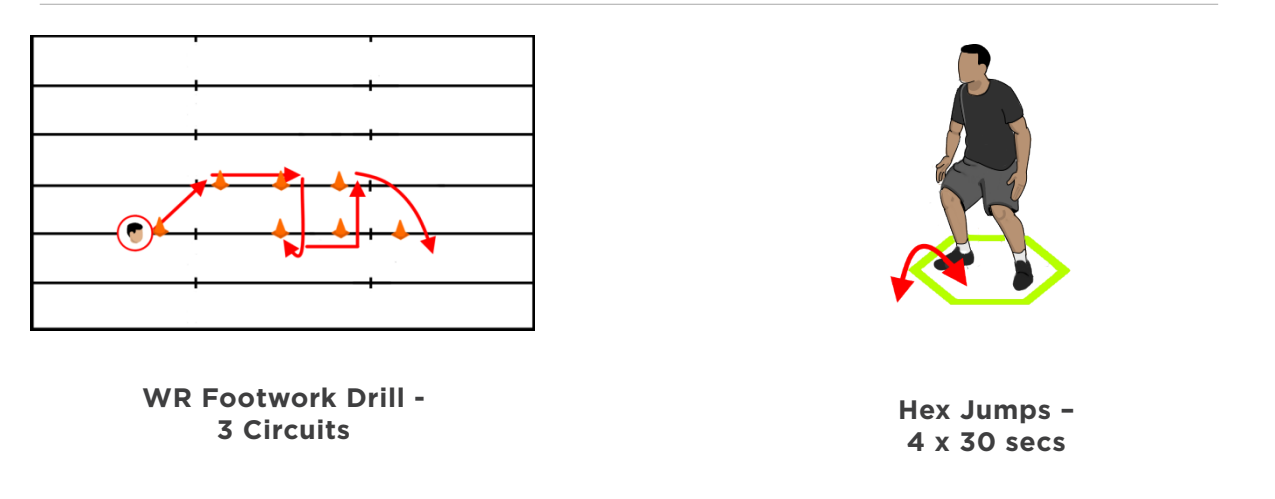
**Stops & Starts -
3 Circuits**



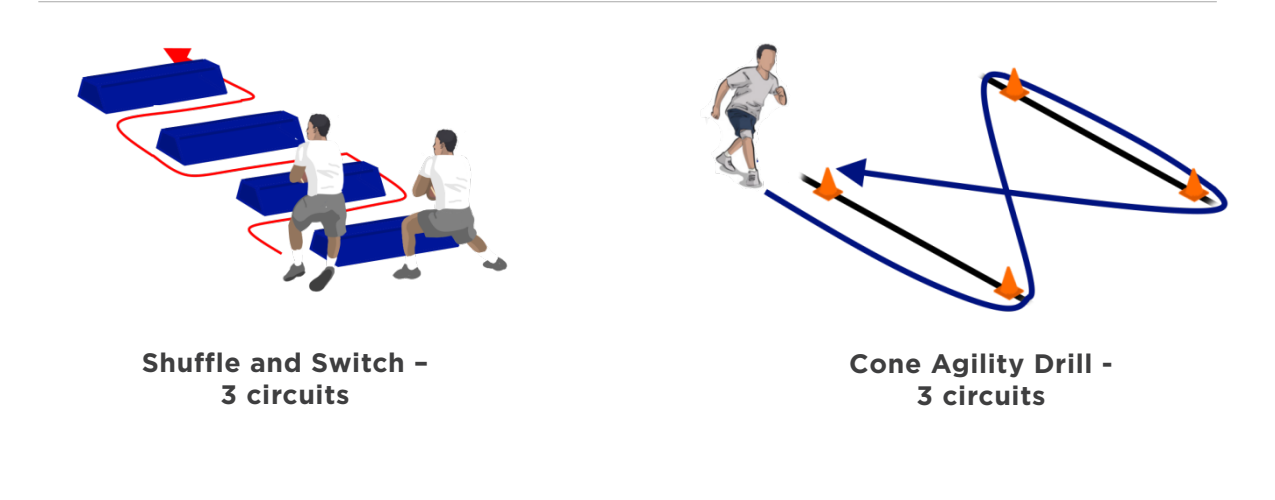
**Stops & Starts -
3 Circuits**



**WR Footwork Drill -
3 Circuits**

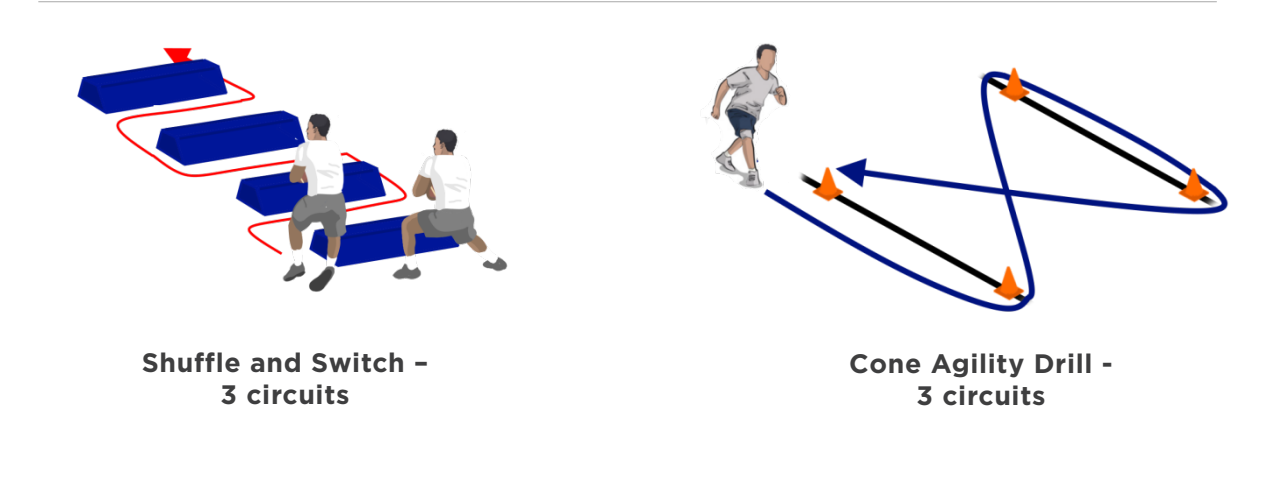


**WR Footwork Drill -
3 Circuits**



Shuffle and Switch - 3 circuits

Cone Agility Drill - 3 circuits

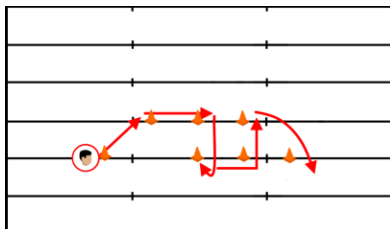


Shuffle and Switch - 3 circuits

Cone Agility Drill - 3 circuits

RECEIVER WORKOUT - 30 MINS

Equipment Needed: 1 Partner, 1 Football, 6 Cones, Tape, Resistance Band (Optional), Hockey Net (Optional)



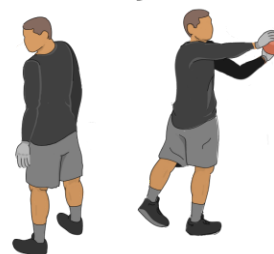
**WR Footwork Drill -
4 Circuits**



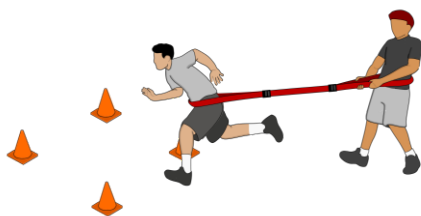
**Around the World -
3 x 10 catches**



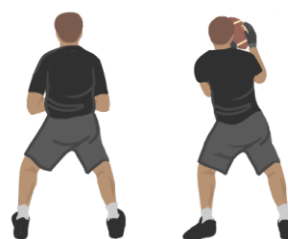
**Hex Jumps -
4 x 30 secs**



**Blindsides -
3 x 10 catches**



**Resistance Running -
4 x 30 secs**



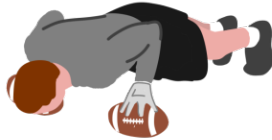
**Wall Catch -
3 x 10 catches**



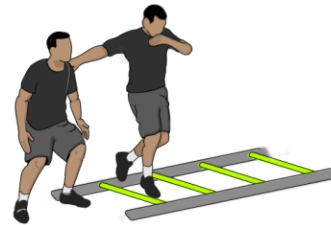
**Goalie Drill -
3 x 10 catches**

RUNNING BACK WORKOUT - 30 MINS

Equipment Needed: 2 Footballs, 1 Medicine Ball or Stuffed Backpack, 6 Agility Bags or Pool Noodles, 1 Agility Ladder



Ball Pushups -
3 x 10 reps



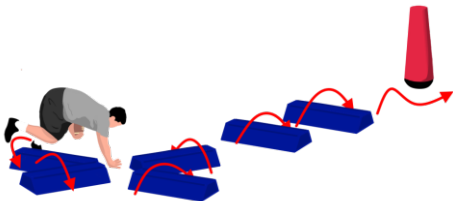
Ladder Carioca -
3 Circuits



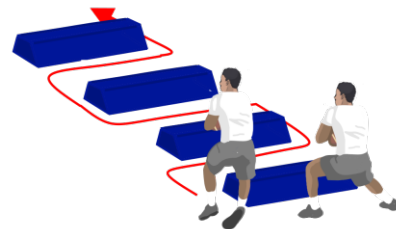
Jump Cut Drill -
3 Circuits each Direction



Hop and Switch -
3 x 20 yards



Star Drill -
3 Circuits



Shuffle and Switch -
3 Circuits



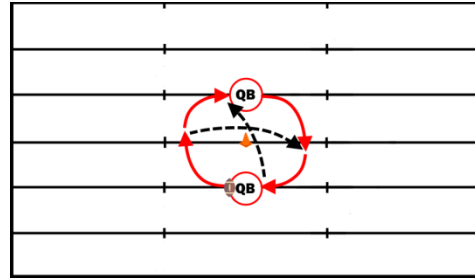
High Knees -
3 Circuits

QUARTERBACK WORKOUT - 30-45 MINS

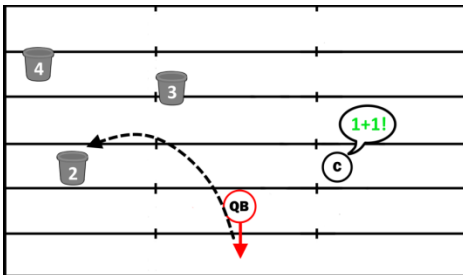
Equipment Needed: 1 Football, 1 Coach/Partner, 3 Garbage Cans, 2 Hula Hoops



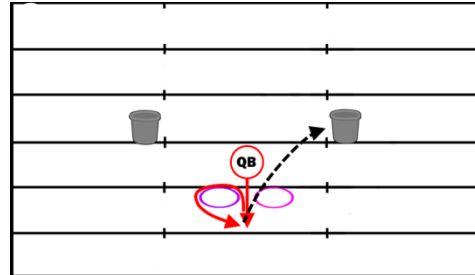
Arm Warmup -
4 x 10 passes



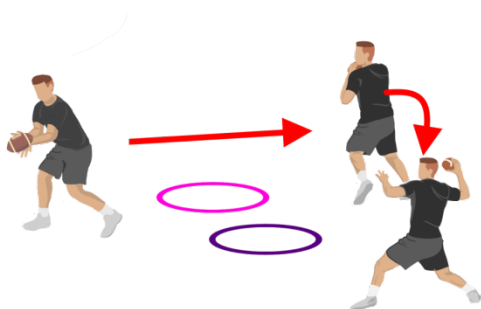
Circle Drill -
3 x 30 secs



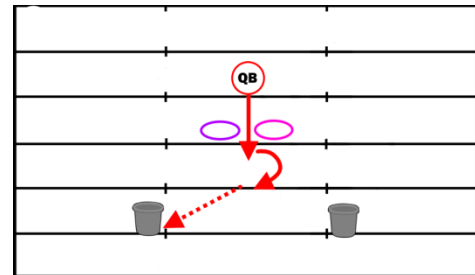
Passer Problems -
10-20 passes



Hop and Switch -
3 x 20 yards



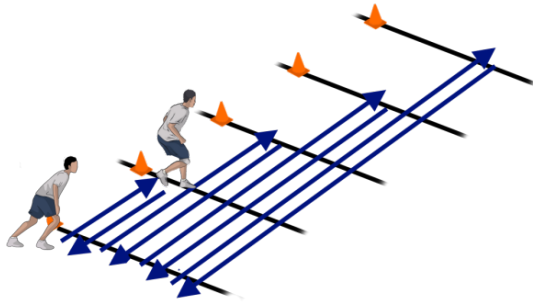
Star Drill -
3 Circuits



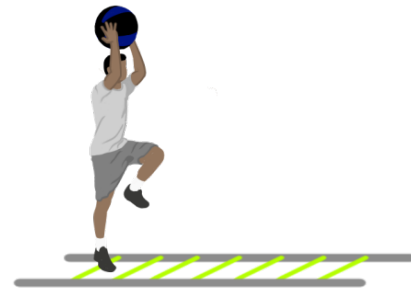
Pocket Presence Drill -
10-20 passes

KICKER WORKOUT - 30-45 MINS

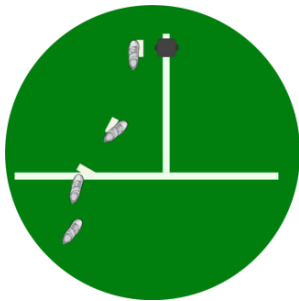
Equipment Needed: 6 Cones, 2-3 Footballs, 1 Kicker Tee, Tape, 1 Medicine Ball or Stuffed Backpack



**Stops and Starts -
3 Circuit**



**High Knees -
3 Circuits**



**Kicker Footwork Drill -
10-20 kicks**



**No Step Drill -
10-20 kicks**



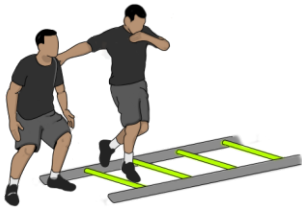
**Follow Through Drill -
10-20 kicks**



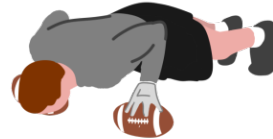
**2 Cone Conditioning -
1 Circuit**

ALL AROUND FOOTBALL WORKOUT - 30 MINS

Equipment Needed: Football, Agility Ladder, 6 Cones, 4 Agility Bags or Pool Noodles



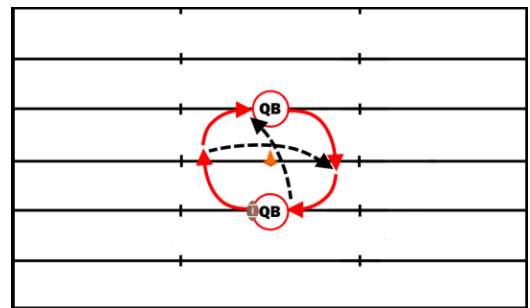
**Ladder Carioca -
3 Circuits**



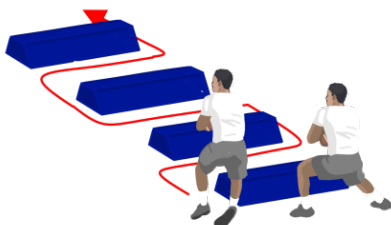
**Ball Pushups -
3 x 10 reps**



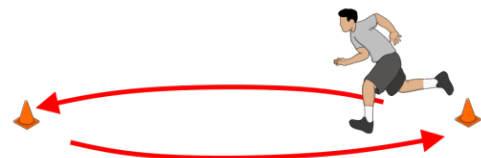
**Arm Warmup -
4 x 10 passes**



**Circle Drill -
3 x 30 secs**



**Shuffle and Switch -
3 Circuits**



**2 Cone Conditioning -
1 Circuit**