PDF
EXPLOSIVE
FOOTBALL
58 SIMPLE DRILLS & EXERCISES
The Ultimate Training System For Developing
Pro-Level Speed, Agility, Quickness and Power

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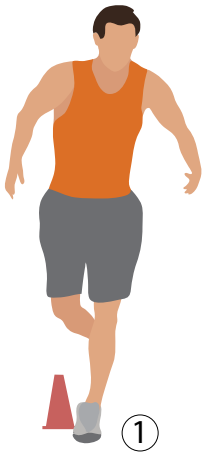
EXPLOSIVE
AGILITY DRILLS

AGILITY DRILL 01

Forward Jump and Stick

EMPHASIS:

Balance and stability of the lower body



Start

Jump Forward

Stick

Instructions:

1. This drill helps develop change of direction skills.
2. Stand on one foot (1).
3. Hop forward (2).
4. Stick and hold the landing on the same foot that you jumped with (3).
5. Turn around and hop back to the location you started from using the opposite foot.
6. One jump with each foot equals one repetition.
7. On each jump hold the landing for three seconds.

Coaching Tips:

1. Try to maintain great body control and balance
2. Stability of the joints is key to changing direction

Sets/Reps:

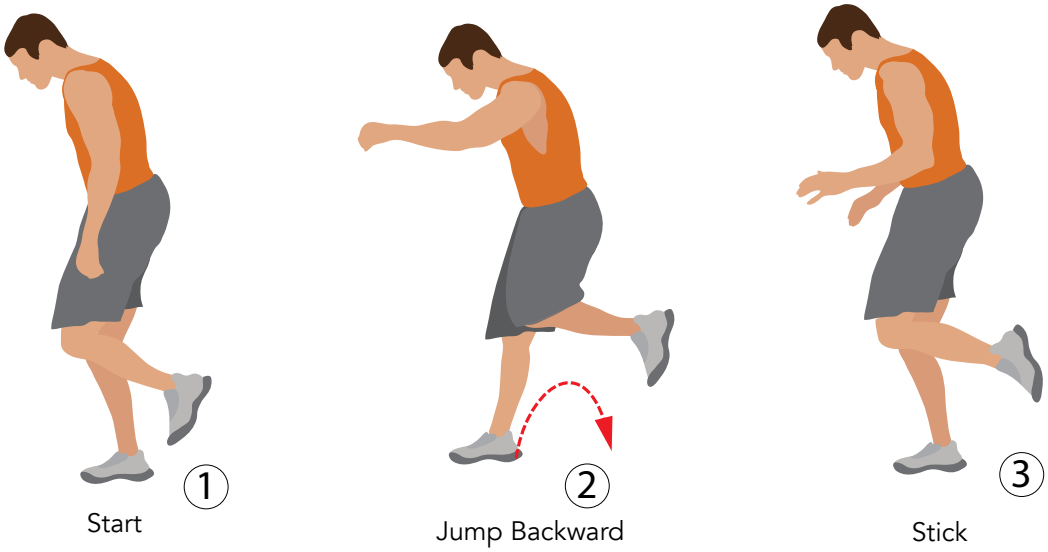
Complete 3 sets of 5 reps

AGILITY DRILL 02

Backward Jump and Stick

EMPHASIS:

Balance and stability of the lower body



Instructions:

1. This drill helps develop change of direction skills, good core strength and lower body balance.
2. Stand on one foot (1).
3. Take a moderate hop backward (2).
4. Stick and hold the landing on the same foot that you jumped with. Hold the landing for approximately three seconds (3).
5. Then hop backward to the location you started from using the opposite foot.
6. One jump with each foot equals one repetition.

Coaching Tips:

1. Maintain control by flexing your knee and your hip
2. Try to get down to a 90 degree angle with the knee joint
3. Control the core of your body

Sets/Reps:

Complete 3 sets of 5 reps

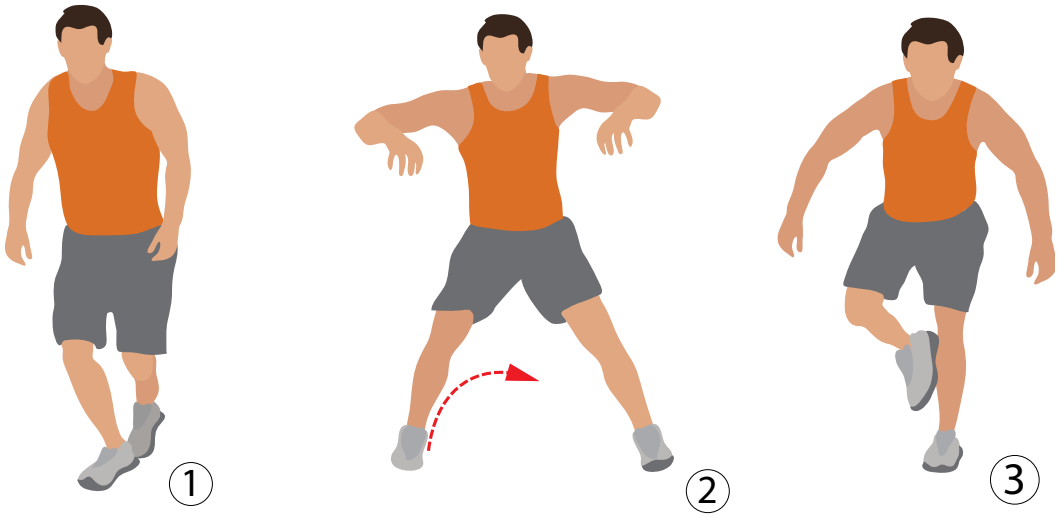
EXPLOSIVE FOOTBALL

AGILITY DRILL 03

Lateral Jump and Stick

EMPHASIS:

First step explosion



Start on Right Foot | Jump Laterally | Land on Left Foot

Instructions:

1. This drill helps develop first step explosion for both baserunning and defensive excellence.
2. Start out standing on just your right foot (1).
3. Jump off that one foot to the left, landing on your left foot (2).
4. Hold the landing for three seconds (3).
5. Jump to the right off your left foot, landing on your right foot again.
6. Hold the landing for three seconds and then jump back the other direction.
7. One jump to each side equals one repetition.

Coaching Tips:

1. Maintain a stable core by sucking in your belly button and tucking in your back
2. Really push side to side as you jump

Sets/Reps:

Complete 3 sets of 5 reps

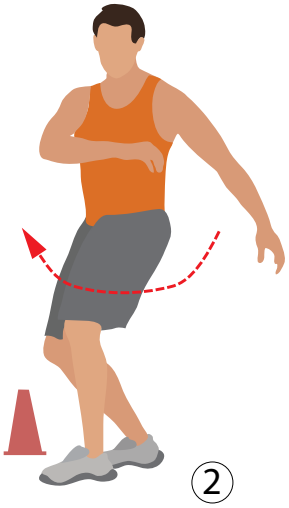
AGILITY DRILL 04

Quarter Eagles

EMPHASIS:

Quick hip rotation, explosiveness and balance

1 Start



2 Quarter Turn

3 Return

Instructions:

1. Start in good athletic position with knees bent and arms out in front of you.
2. Complete a quarter turn to the right by jumping with both feet and then returning quickly to the starting spot.
3. Now complete a quarter turn to the left, again jumping with both feet and quickly returning to the starting position.
4. Keep alternating from one side to the other with your jumps.
5. One jump to each side (so two jumps total) equals one repetition.

Coaching Tips:

1. Stay light on your feet and jump as quickly to one side and back as you can
2. Remain balanced in an athletic position with knees bent and weight equally distributed – don't start to stand up straight as the drill goes on
3. If you have a partner you can make the drill more difficult by having them call out the direction (right or left) for you to jump

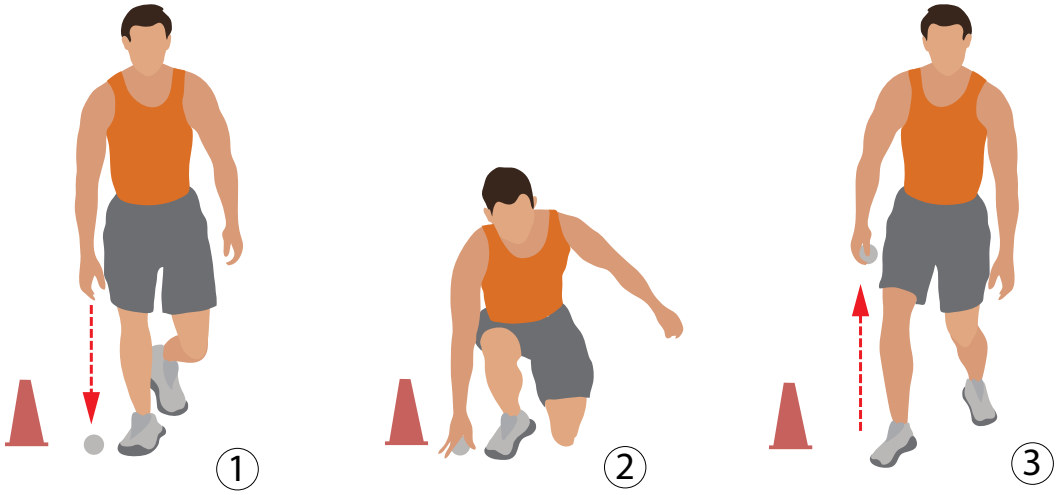
Sets/Reps:

AGILITY DRILL 05

Balance Pick Up Game

EMPHASIS:

Balance and power



Start | Pick Up | Return

Instructions:

1. This drill is basically one-legged squats.
2. You will bend down on one leg and pick a baseball up from the ground and go back to the standing starting position.
3. Then go back down and set the ball back on the ground.
4. Go down gently, keeping hips back and back flat.
5. You can do more reps on your weaker leg to balance yourself out.

Coaching Tips:

1. Be sure to go up and down slowly and in control – you should take about 3 to 5 seconds on both the down and the up part of the drill
2. Keep your back foot in the air – don't let it touch the ground
3. Keep your core solid

Sets/Reps:

Complete 3 sets of 5-10 reps

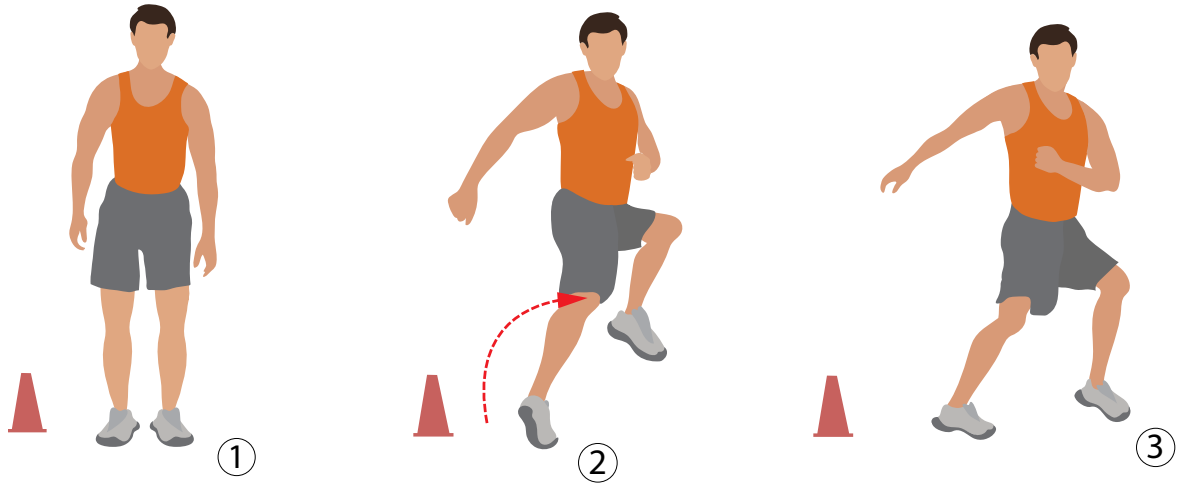
EXPLOSIVE FOOTBALL

AGILITY DRILL 06

Skip & Crossover

EMPHASIS:

Explosive hip action – great for both offensive and defensive excellence



Instructions:

1. Start out going to your left (1),
2. Bring right leg up and across your body to step to the left (2).
3. Rotate your hips and skip to the left (3).
4. Then repeat with right leg coming up and going across the body.
5. Continue this motion for a set distance – such as between two cones set 10 yards apart.
6. When you reach the opposite cone, turn and go back using the left leg for the crossover motion.

Coaching Tips:

1. Drive the knee and turn your hip
2. Bring your foot right up under the hamstring – don't reach with your feet
3. Step down to the ground for greater power

Sets/Reps:

Complete 3 sets of 3-5 reps

AGILITY DRILL 07

Carioca

EMPHASIS:

Body control, balance, agility

1
Behind Step with Right Foot

2
Shuffle Step with Left Foot

3
Crossover Step with Right

Instructions:

1. This is full range of motion, body control carioca.
2. Start off by moving to the right.
3. Make a behind step with the right foot (1)
4. Shuffle laterall with the left foot (2)
5. Bring the right foot up and across with an explosive crossover step, carry it across the body (3) then upon it hitting the ground go back to the behind step and repeat.
6. Work for 10 yards, down and back is one repetition.

Coaching Tips:

1. Be sure to go up and down slowly and in control – you should take about 3 to 5 seconds on both the down and the up part of the drill
2. Keep your back foot in the air – don't let it touch the ground
3. Keep your core solid

Sets/Reps:

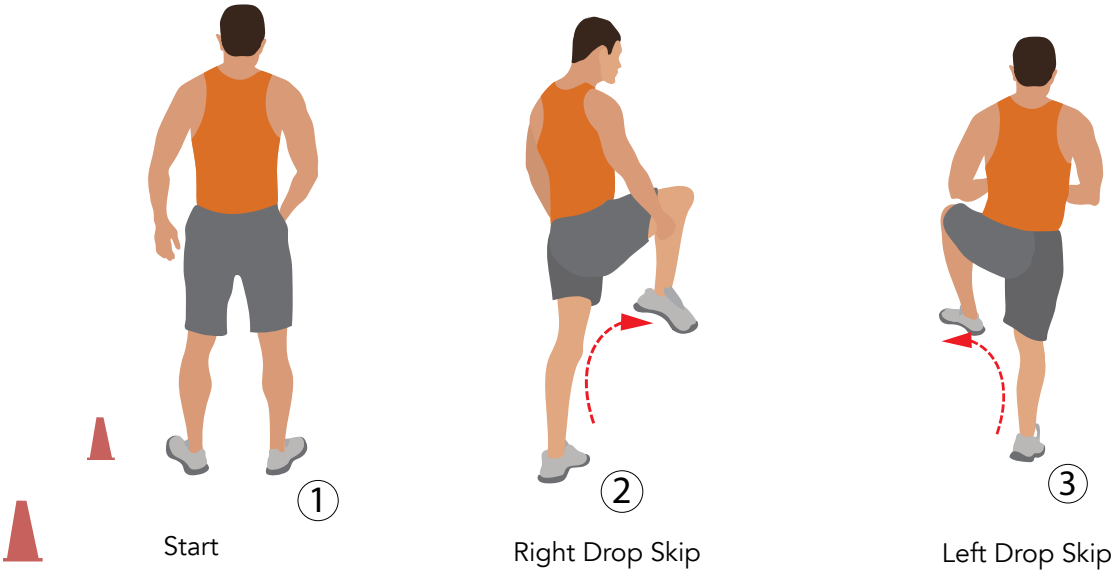
Complete 3 sets of 5-10 reps

AGILITY DRILL 08

Drop Skip

EMPHASIS:

Loosens hips for more explosive movement



Start | Right Drop Skip | Left Drop Skip

Instructions:

1. In this drill, you will be moving backward (1).
2. Bring the right knee up and out as you take a step backward, then skip (2)
3. Do the same with the left leg, then skip (3).
4. Continue skipping backward by alternating which leg you bring up and out.
5. Use a 10 yard distance.
6. Down and back is one repetition.

Coaching Tips:

1. Keep knee up, toes up and step down explosively to the ground during this drill
2. Keep your core solid, sucking in belly button, for greater control

Sets/Reps:

Complete 3 sets of 3-5 reps

AGILITY DRILL 09

Linear Run & Stick

EMPHASIS:

Balance and body control for change of direction

1

Forward Run

2

Stick

3

Backward Run

Instructions:

1. Part 1 – run 10 yards and stick and hold the landing on one foot (1-2). Hold for three seconds.
2. Then turn around and run back to starting position, sticking the landing with the opposite foot.
3. Part 2 – now run 10 yards, plant and go immediately into a back pedal for 10 yards, then plant and stick.
4. Part 3 – jog backward and stick the landing on one foot. Hold for three seconds, then go into forward sprint
5. Use a 10 yard distance.
6. Down and back is one repetition.
7. You can run the drill using one of the parts above or by alternating between them.

Coaching Tips:

1. When going into back pedal, plant and really push away from the direction you want to go
2. Maintain balance by using each leg equally

Sets/Reps:

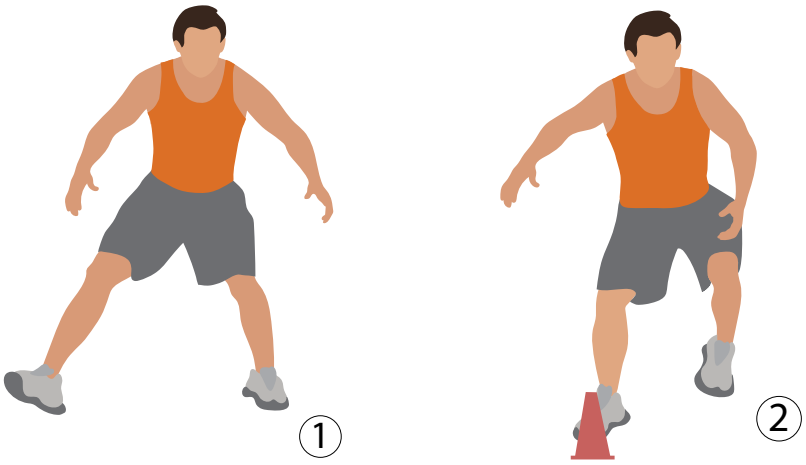
Complete 3 sets of 3-5 reps

AGILITY DRILL 10

Lateral Slide and Stick

EMPHASIS:

Balance and body control for change of direction



Stick

Lateral Slide

Instructions:

1. Part 1 – slide 10 yards and stick and hold the landing on one foot. Hold for three seconds.
2. Then turn around and slide back to starting position, sticking the landing with the opposite foot.
3. Part 2 – Now go into a continuous slide, planting and going the opposite direction at each end point.
4. Use a 10 yard distance.
5. Down and back is one repetition.
6. You can run the drill using one

Coaching Tips:

1. Focus on controlling your body and stopping your momentum

Sets/Reps:

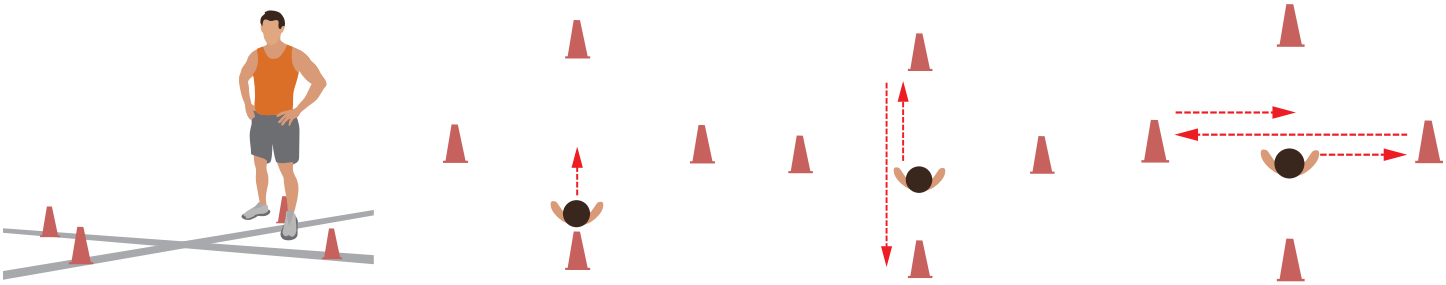
Complete 3 sets of 3-5 reps

AGILITY DRILL 11

Three Yard Star

EMPHASIS:

Quickness, short area speed, change of direction



Starting Position | Forward Run | Lateral Slide | Forward Run Foot

Instructions:

1. Set up four cones in a star pattern. Cones should be 3 yards apart.
2. Spring forward to the midpoint of the cones
3. Shift into a lateral slide, going to the right cone, across to the left cone, then back to center
4. Spring forward to the last cone, plant, and return to the first cone in a backpedal
5. Touching all four cones once is one repetition.

Coaching Tips:

1. Stay on the front part of the foot.
2. Push the hips, use quick feet
3. Use short, quick movements

Sets/Reps:

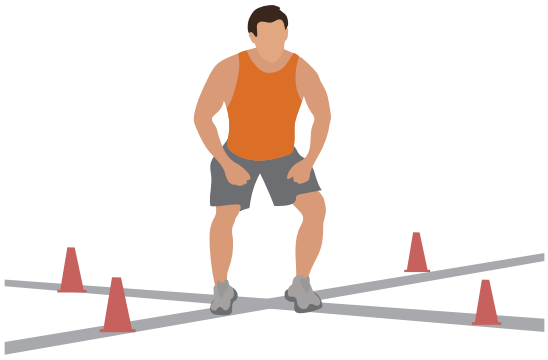
Complete 3 sets of 5 reps

AGILITY DRILL 12

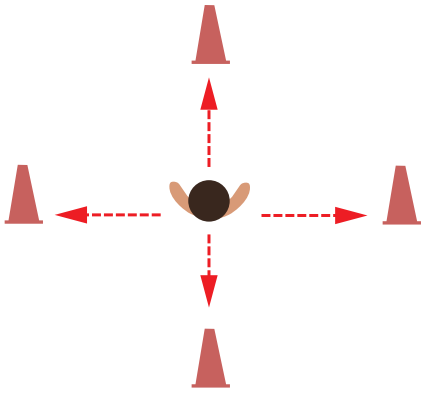
The "X"

EMPHASIS:

Multidirectional speed and agility



Starting Position



Sequence

Instructions:

1. Set up four cones in a star (or X) pattern
2. You stand in the center with two cones on each side.
3. Get in athletic position with knees bent
4. Slide to the left cone, back to the center.
5. Slide to the front cone, back to the center.
6. Slide to the right cone, then back to the center.
7. Slide to the rear cone and back to the center.
8. Touching all four cones once is one repetition.

Coaching Tips:

1. Open up the hips and move at an angle instead of a straight line
2. Plant and push away from the cone in the direction you want to go

Sets/Reps:

Complete 3 sets of 3-5 reps

AGILITY DRILL 13

Crossover to Run/Slide

EMPHASIS:

Improves first step speed

Start

Crossover

Instructions:

1. Set up two cones 10 yards apart.
2. Get in good athletic position beside one of the cones.
3. Part 1 – take crossover step to left, pause and then take a crossover step to the right back to the original starting position (1-5).
4. Part 2 –take a crossover step and then sprint to the other cone. Return by doing the same.
5. Over and back is one repetition

Coaching Tips:

1. Explode using the knee and the hip to move the feet
2. Stay in power position with knees bent

Sets/Reps:

Complete 1 set of 3-5 reps for Part 1 and 1 set of 3-5 reps for Part 2

EXPLOSIVE
QUICKNESS DRILLS

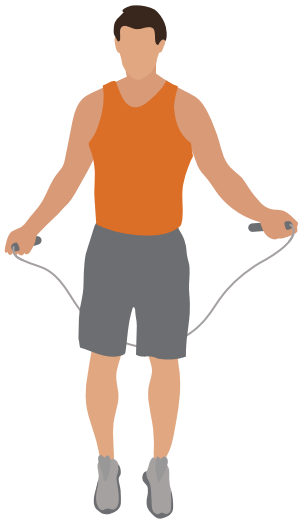
EXPLOSIVE FOOTBALL

QUICKNESS DRILL 01

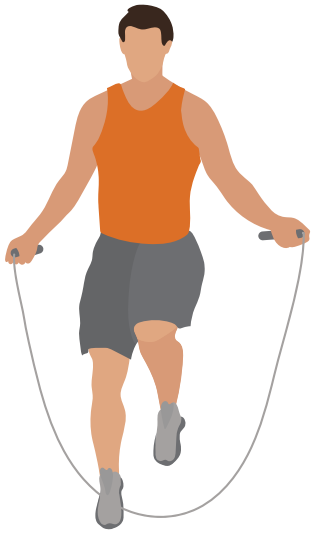
Jump Rope

EMPHASIS:

Quickness and athleticism



Two Foot



One Foot

Instructions:

1. Get a jump rope and find a nice open area to jump.
2. Start with two foot jumps
3. Proceed to one-foot hops – be sure to work each leg equally
4. Next go to a running rhythm while you jump rope. Run in place.
5. Now use a skipping motion to jump the rope.
6. Go back to two foot jumps only now use quick feet – pop off the ground as soon as your feet touch it.
7. Now do one-leg speed hops – jumping off one leg while swinging the rope as fast as possible.
8. Now go to a speed run – use the running in place motion like before only go faster now.
9. Now speed skip the rope. Get the motion down first and then speed it up.
10. Do each type of jump for 30 seconds, complete all 8 segments of the circuit for one set.

Coaching Tips:

1. Pull the toes up toward the shins and sprint off the ground – don't "stab" the ground with the toes

Sets/Reps:

Complete 3 sets

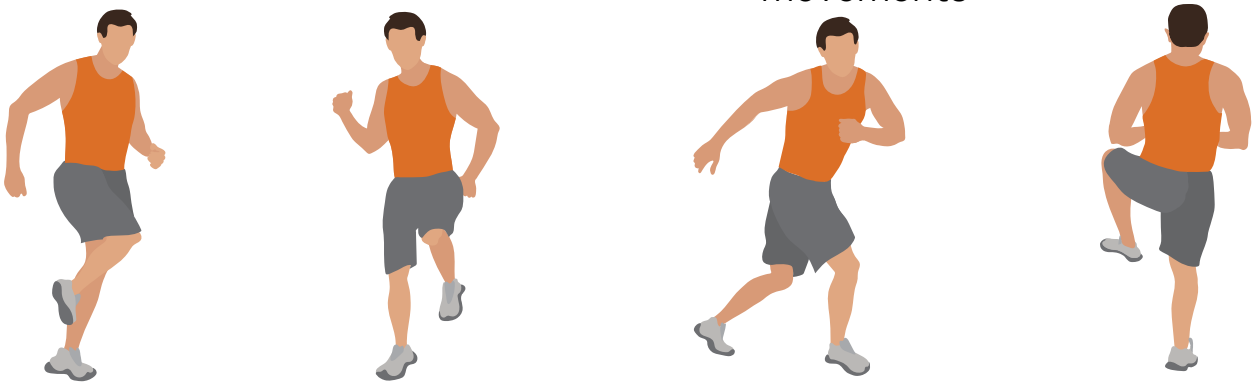
EXPLOSIVE FOOTBALL

QUICKNESS DRILL 02

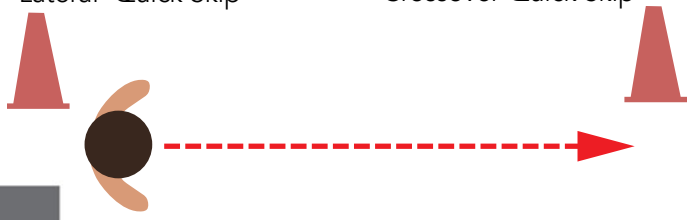
Quick Skips

EMPHASIS:

Developing quick muscle response movements



Linear Quick Skip | Lateral Quick Skip | Crossover Quick Skip | Drop Skip



Instructions:

1. Set up two cones 10 yards apart .
2. Quick skip from one cone to the other, taking short, sharp steps and popping off the front of the foot quickly.
3. Start off in a linear skip (going straight forward)
4. Next, get your skipping rhythm and go to a lateral quick skip (facing sideways)
5. Next, go to a crossover movement – rotate your hips quickly to move the feet quickly (3).
6. Finish with a drop skip where you go backwards. Be sure to rotate the knees out.
7. Down and back is one repetition.

Coaching Tips:

1. Step down with purpose to create force.
2. Relax at the hips and keep a stable core

Sets/Reps:

Complete 3 sets of 3 reps for each of the four movements

EXPLOSIVE FOOTBALL

QUICKNESS DRILL 03

Line Drills

EMPHASIS:

Increase speed and quickness

Lateral Two-Foot Jump.

Lateral One-Foot Jump.

Front-Back One-Foot Jump.

Front-Back Two-Foot Jump

Ski jump

Instructions:

1. Find a line.
2. Exercise 1 – jump laterally across the line with both feet. Put both feet together so they are working at the same time
3. Exercise 2 – do one foot lateral hops across the line
4. Exercise 3 – face the line and jump forward and back over it with two feet
5. Exercise 4 – now do one leg hops forward and backward over the line
6. Exercise 5 – ski jumps. With both feet together move forward jumping across the line. Then go backward.
7. With these jumping exercises, over and back is one repetition.

Coaching Tips:

1. Pop off the foot, don't stab the toes into the ground.
2. Focus on having good quickness off the ground and on maintaining body control

Sets/Reps:

Complete 3 sets of 10 repetitions for each of the five exercises in this drill.

EXPLOSIVE FOOTBALL

QUICKNESS DRILL 04

Turn Ons

EMPHASIS:

Improving speed, skill and coordination

Jog slow and then "turn on" the feet.

Instructions:

1. Set up two cones 5 to 10 yards apart.
2. In this drill you will be turning on and off your speed.
3. Start out in a slow jog (1) and then "turn on" your feet (2) by going as fast as possible with your feet rapidly hitting the ground
4. Then go back to slow jog, then to fast feet, etc.
5. Try to get at least three instances of fast feet each time you go from one cone to the other.
6. Down and back is one repetition.

Coaching Tips:

1. Stay on the front of your foot for greater quickness

Sets/Reps:

Complete 2-3 sets of 2-3 reps

EXPLOSIVE FOOTBALL

QUICKNESS DRILL 05

Skipping Turn On

EMPHASIS:

Improving speed, skill and coordination

Skip slowly and then go into "fast feet."

Instructions:

1. Set up two cones 5 to 10 yards apart.
2. In this drill you will be turning on and off your speed.
3. Start out in a slow skip (1) and then "turn on" your feet (2) by going as fast as possible with your feet rapidly hitting the ground
4. Then go back to slow skip, then to fast feet, etc.
5. Try to get at least three instances of fast feet each time you go from one cone to the other.
6. Down and back is one repetition.

Coaching Tips:

1. The rhythm of this drill is difficult to master so don't get frustrated. Go slow at first. The reward is when mastered this drill really forces the mind and body to work together.

Sets/Reps:

Complete 2-3 sets of 2-3 reps

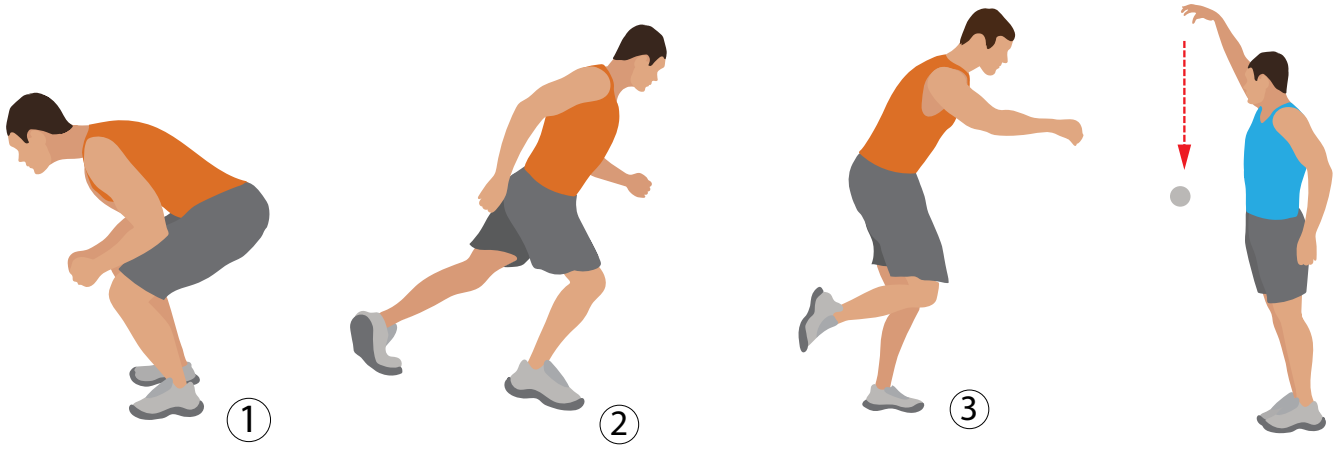
EXPLOSIVE FOOTBALL

QUICKNESS DRILL 06

Ball Drops

EMPHASIS:

Developing explosive first step



Backward ball drop

Instructions:

1. You need a partner and a tennis ball for this drill.
2. Start 5-8 steps away, facing your partner. The goal is for you to get the ball before it bounces twice. Adjust the distance based on your skill and ability.
3. Partner says “ball” and drops the ball.
4. Quickly sprint forward and grab it before it bounces twice.
5. To make the drill harder, start in a lateral position and execute a crossover to run and get the ball.
6. A third way to do the drill is to go backward. Face away from your partner and when he says “ball” open up your hips, do a dropstep, pivot around and go get the ball.

Coaching Tips:

1. Focus on your every movement being forward. Explode into a full sprint.
2. Be sure to work both directions in this drill to balance up your skill and ability.

Sets/Reps:

Complete 3 sets of 3-5 reps for each of the three versions of the drill

EXPLOSIVE FOOTBALL

QUICKNESS DRILL 07

Linear & Lateral Skips

EMPHASIS:

Quickness, agility

Linear skips

Lateral skips

Instructions:

1. Run this drill over a 5-yard distance.
2. Start with linear skips forward and backward (1-2).
3. Do 3 sets of 5-8 reps
4. Switch to lateral skips for the same five yard distance (3-4).
5. Also do 3 sets of 5-8 reps.
6. If you have a partner or coach, a third way to run the drill is for the partner/coach to yell out "change" as you are doing the drill and you need to immediately change direction.
7. Run the drill this way for 30 seconds for one set. Complete 3-5 sets.

Coaching Tips:

1. On the linear skips pull the knee up, the toe up and the heel up.
2. On the lateral skips, widen your base of support and bring your knees up in front of your body.

Sets/Reps:

Complete 3 sets of 5-8 reps for both linear and lateral skips (if doing change of direction exercise do 3-5 sets)

EXPLOSIVE FOOTBALL

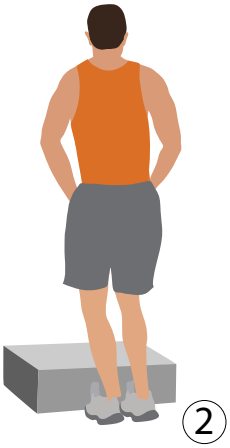
QUICKNESS DRILL 08

Down Ups

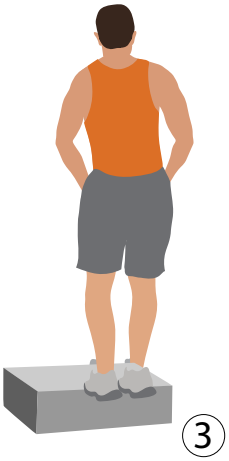
EMPHASIS:

Quickness, jumping ability

Start



Hop Down



Hop Up

Instructions:

1. Start on top of the box (1).
2. Jump down to the ground (2).
3. Immediately upon hitting the ground, jump back onto the top of the box (3).

Coaching Tips:

1. Make sure you are jumping down and then up and not the other way around.
2. Really stretch and explode to get the most from this drill.

Sets/Reps:

Complete 3 sets of 10 reps

EXPLOSIVE FOOTBALL

QUICKNESS DRILL 09

Box Runs

EMPHASIS:

Quickness, jumping ability

Start

Hop

Exchange

Instructions:

1. Put one foot on top of the box and keep one on the ground (1).
2. From that starting position hop and quickly exchange feet, so the other foot is now on top of the box (2).
3. Count your right leg on top of the box 10 times for one set.

Coaching Tips:

1. Focus on getting the running rhythm and bouncing and popping off the ground.
2. Just touch the box, don't put weight on it.

Sets/Reps:

Complete 3 sets of 10 reps

EXPLOSIVE FOOTBALL

QUICKNESS DRILL 10

Side to Sides

EMPHASIS:

Cutting, change of direction
Quickness, jumping ability

1

Start

2

Lateral Hop

3

Exchange

Instructions:

1. Put one foot on the side of the box and one foot in the middle of the box and work laterally (1).
2. Push and and make a lateral hop, exchanging your feet and going from one side of the box to the other (2).
3. Repeat
4. Count over and back as one rep.

Coaching Tips:

1. Your weight should be on the outside leg as you do this drill.

Sets/Reps:

Complete 3 sets of 10 reps

EXPLOSIVE FOOTBALL

QUICKNESS DRILL 11

Multiple Boxes

EMPHASIS:

Explosiveness, jumping ability

Two Foot Hops

One Foot Hops

Instructions:

1. Line up a series of boxes. You can use the same size boxes or boxes of different sizes.
2. Jump onto one box, jump down onto the ground.
3. Then jump onto the next box and then down to the ground.
4. Keep going until all boxes have been cleared.
5. Start out using both feet at the same time (1).
6. Later, switch to one foot hops (2), going through the course on one leg only. Then switch legs the next time.
7. One set is one-time through the course.

Coaching Tips:

1. When using one leg be sure to focus on body control and be careful not to get your foot caught on a box which could result in a skinned knee.
2. Really bounce and pop off the ground with each jump

Sets/Reps:

Complete 3 sets of two-legged jumps and three sets off each individual leg

EXPLOSIVE FOOTBALL

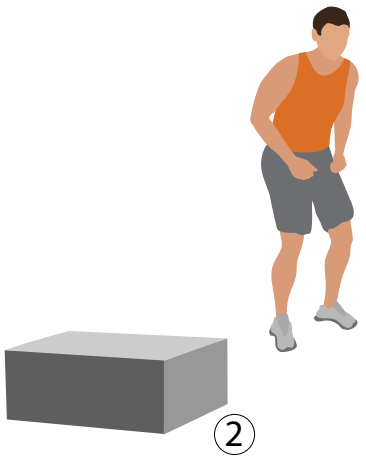
QUICKNESS DRILL 12

Drop and Lateral Slide

EMPHASIS:

Quick muscle response

Start



Drop and Slide

Instructions:

1. Stand on top of a box (1).
2. Drop off the box and go right into a lateral slide for five yards (2).
3. Be sure to balance out the body by working each direction.

Coaching Tips:

1. When you drop off the box, plant and push away with your foot closest to the box
2. Land in an athletic position with knees bent
3. Do not reach with the heel, keep your toes up

Sets/Reps:

Complete 3 sets of 10 reps

EXPLOSIVE FOOTBALL

QUICKNESS DRILL 13

Free Jumps and Hops

EMPHASIS:

Works on quickness using plyometrics

Ankle Flips.

Ankle Skips

Pogo Hops

Russian Short Hops

Instructions:

1. Use a 10 yard distance.
2. This drill consists of the following plyometric circuit.
3. **Ankle Flips** – keep the body tall and straight and spring from foot to foot keeping each foot flat and pointed forward.
4. **Ankle Skips** – some body position as previous with legs straight. Now you do a skipping motion. Bounce twice and snap the toe to the ground as you move forward.
5. **Pogo Hops** – hop forward on one leg, with each hop a medium distance
6. **Russian Short Hops** – hop forward on one leg, with each hop a very short distance
7. Down and back is one repetition.

Coaching Tips:

1. With each plyometric exercise keep the hips tall and legs straight
2. With the Russian, pick your foot up and put it back down as fast as you can

Sets/Reps:

Complete 3 sets of 3 reps for each exercise

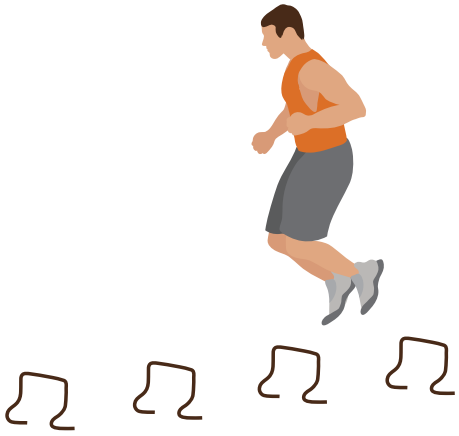
EXPLOSIVE FOOTBALL

QUICKNESS DRILL 14

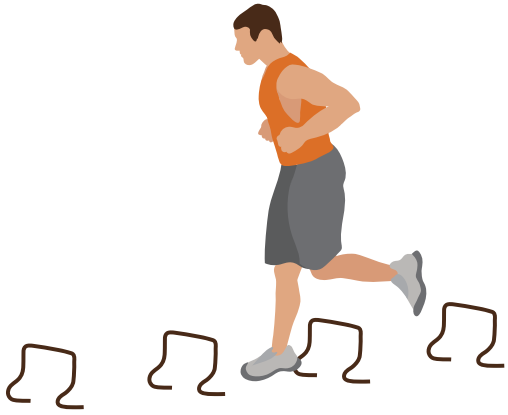
Multiple Obstacles

EMPHASIS:

Speed, explosiveness and jumping ability



Two Foot Hops



One Foot Hops

Instructions:

1. Line up a series of 5-10 obstacles (low hurdles or small cones) approximately 3 feet apart.
2. First, jump over the objects using a two-foot jump.
3. Then go to one-leg hops, working each leg equally.
4. Finally, go to multiple jump and sprint. At first, jump over the obstacles with two feet. Upon clearing the last object sprint for 10 yards.

Coaching Tips:

1. Go straight down the objects, quickly respond to the ground
2. Use your arms in rhythm with your legs

Sets/Reps:

Complete 3 sets of 3 reps

EXPLOSIVE
SPEED DRILLS

EXPLOSIVE FOOTBALL

SPEED DRILL 01

Falling Runs

EMPHASIS:

Speed, explosiveness

Start

Fall Forward

Run

Instructions:

1. Use a 10 yard distance.
2. Stand tall with good posture
3. Fall forward and then explode into a sprint to the opposite cone or drill end point.
4. Turn around and do the same back to the starting point.
5. Down and back is one repetition.

Coaching Tips:

1. When sprinting step down to the ground explosively to drive the body forward.
2. Also use your arms to propel yourself forward, driving the elbows back as you run

Sets/Reps:

Complete 3 sets of 3-5 reps

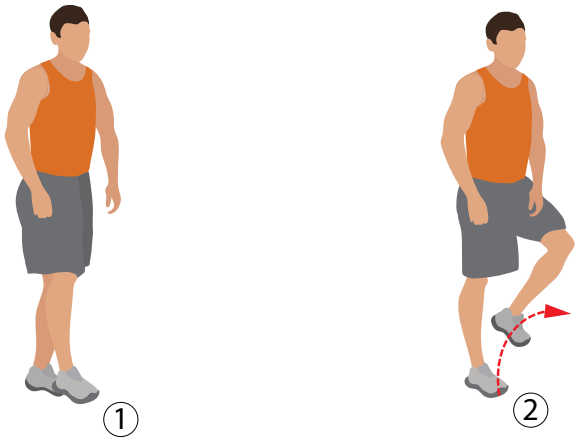
EXPLOSIVE FOOTBALL

SPEED DRILL 02

Step Over Drill

EMPHASIS:

Explosiveness



Move forward pulling your foot above the opposite ankle

Instructions:

1. Use a 5 yard distance.
2. This drill consists of a series of similar exercises.
3. Exercise 1 – Walking. Step forward, pulling the toe up and stepping over the ankle on the opposite foot. Use a down and back motion as you walk so that your foot is coming backward as it hits the ground.
4. Exercise 2 – Jogging. Using the same motion as before move forward in a jog.
5. Exercise 3 – Skip. Same motion as before but now you skip forward.
6. Exercise 4 – Go back to the jog.
7. Exercise 5 – Run. Now speed up the motion so that you are running forward using short, choppy steps.
8. Down and back is one repetition.
9. Do one repetition of each exercise to complete a set.

Coaching Tips:

1. Stay on the front part of the foot and don't allow the heels to hit the ground hard.
2. Your focus should be on bouncing off the ground with each step.
3. Make sure you are bringing your foot up above the opposite ankle.

Sets/Reps:

Complete 3 sets

EXPLOSIVE FOOTBALL

SPEED DRILL 03

Fast Leg Run

EMPHASIS:

Increasing speed and acceleration on the basepaths

Slow Jog

Fast Leg

Instructions:

1. Use a 10 yard distance.
2. In this exercise, you will alternate between using a slow jogging motion and a "fast leg" step. This is an exaggerated running motion with one leg, bringing the knee up to waist height, pulling the heel into your rear end, and quickly dropping it back down..
3. **Beginner** – Jog forward, and make a fast leg step every 8th step, using the right leg only. Repeat, this time cycling the left leg every 8th step.
4. **Intermediate** – Make a fast leg step every 5th step, alternating between the right leg and left leg. This changes the firing pattern from the brain to the muscles.
5. **Advanced** - Make a fast leg step every 3rd step, alternating between the right leg and left leg.
6. Down and back is one repetition. Be sure to work both legs equally.

Coaching Tips:

1. Stabilize the core for greater force at the ground.
2. Remember to bring the knee up in front, the heel under the hamstring, the toe up toward the shin
3. Maintain good posture and use an aggressive arm swing

Sets/Reps:

Complete 3 sets of 3-5 reps

EXPLOSIVE FOOTBALL

SPEED DRILL 04

Plyo Drills

EMPHASIS:

Balance and acceleration
on the basepaths

Tuck Jumps

Hitch Hops
(land on same leg)

Bounding (land on opposite leg)

Instructions:

1. This drill is made up of a series of plyometric exercises.
2. **Tuck Jumps** – Jump forward off of two feet trying to bring the knees up as high as the hips. On each jump, bend your knees and use your arms to explode up as high as you can. (
3. **Hitch Hops** – Jump as high as you can moving forward off on one leg. Land on that same leg and go up again.
4. **Bounding** – Extend your running motion and technique for greater power. Exaggerate your steps and really drive the knee up to get height going forward.
5. Use a 10 yard distance.
6. Down and back is one set

Coaching Tips:

1. Explode off the ground as quickly as possible
2. With Tuck Jumps try to complete 5-10 jumps per set. With Hitch Hops, try to complete 5-10 jumps per set with each leg. With bounding, try to complete 5 jumps per leg per set.

Sets/Reps:

Complete 3 sets of each exercise

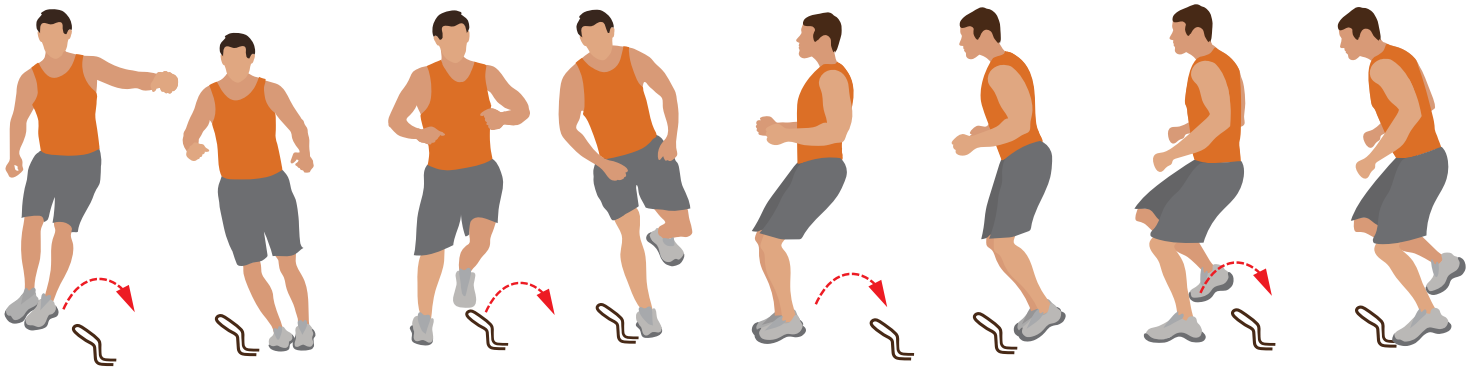
EXPLOSIVE FOOTBALL

SPEED DRILL 05

Obstacle Jumps

EMPHASIS:

Speed and explosiveness



2 Feet Side to Side Jumps over an obstacle.

1 Foot Side to Side Jumps over an obstacle.

Front to Back Jumps

1 Foot Front to Back Jumps

Instructions:

1. Use a small obstacle, such as a cone or mini-hurdle to jump over.
2. Jumps to complete over the obstacle include:
3. 2 Feet Side to Sides – jump with both feet over the obstacle from one side to the other .
4. One Foot Side to Sides – jump from side to side over the obstacle using one foot.
5. Front to Back – bring both heels together and jump two-footed over the obstacle going forward and backward.
6. 1 Foot Front to Back – jump over the obstacle with one foot going forward and back .
7. Over and back is one repetition.

Coaching Tips:

1. Your goal with this drill should be rapid fir jumps – not big jumps just small quick jumps.
2. Pop off the ground, keep your toes pulled up.

Sets/Reps:

Complete 3 sets of 5-10 reps

EXPLOSIVE FOOTBALL

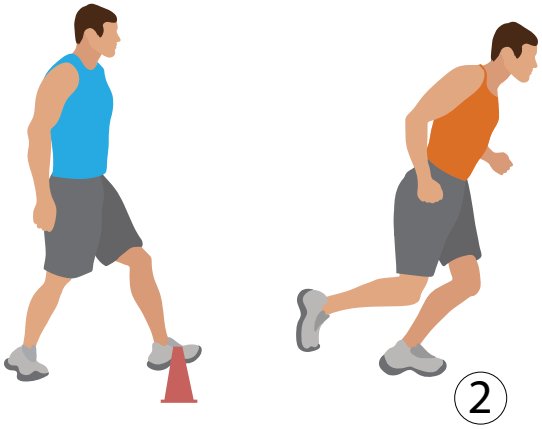
SPEED DRILL 06

Let Go's

EMPHASIS:

Acceleration and speed

Partner Holds while Runner Leans



Release and Sprint

Instructions:

1. Start out standing tall with good posture.
2. Partner stands behind you and holds a belt you have wrapped (and securely fastened) around your waist.
3. You lean forward .
4. Partner lets go of belt and you explode into a sprint.
5. Use a 10 yard distance.
6. To make the drill harder, have your partner continue to hold onto the belt as you sprint forward for 3-4 steps before letting go.
7. For both exercises, down and back is one repetition. Three reps equal one set.

Coaching Tips:

1. Focus on good run technique – knee up, toe up, heel up.
2. Hold a good solid core, don't bend over at the waist.
3. Keep your head up and look straight down the base path

Sets/Reps:

Complete 3-5 sets of 3 reps

EXPLOSIVE FOOTBALL

SPEED DRILL 07

Resisted Arms

EMPHASIS:

Using arms to generate power when running

Instructions:

1. You need two 2-3 pound hand-weights or dumbbells.
2. Hold one in each hand.
3. Sprint 15-20 yards with the weights in your hands.
4. Run down and back.
5. Then drop the hand-weights and do a free sprint.
6. Down and back with hand-weights and down and back without hand-weights is one repetition.

Coaching Tips:

1. Use good arm technique when running – keep the arm at 90 degrees and drive the elbow back so that the hand goes back to the butt cheek.

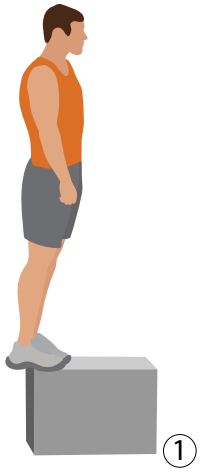
Sets/Reps:

Complete 3-5 sets of 3 reps

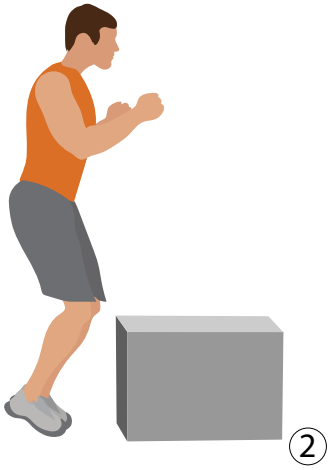
EXPLOSIVE FOOTBALL

SPEED DRILL 08

Depth Jumps



Start



Hop Down

Hop Back Up

Instructions:

1. Start out on top of a box.
2. Jump down and land on two feet
3. Immediately explode back up onto the box

Coaching Tips:

1. Puts a stretch reflex into leg muscles so that they act like "rubberbands" and explode off the ground.
2. This drill is NOT start from the ground and jump up and land back on the ground – that is the opposite of what you want to do here. Start from the top, drop down and explode off the ground.

Sets/Reps:

Complete 3 sets of 10-20 reps

EXPLOSIVE FOOTBALL

SPEED DRILL 09

Two Foot Jumps

EMPHASIS:

Speed and explosiveness

Complete two-foot jumps over a series of cones.
Hop Down

Instructions:

1. Line up a series of 10 cones approximately 3 feet apart.
2. Jump over the cones using a two-foot jump.
3. You can start out with five jumps and then build up to where you are doing 3 sets of 10.
4. Down and back is one repetition.

Coaching Tips:

1. It should be just a straight series of jumps, no steps in between the cones.
2. Don't spend any time on the ground, jump immediately.
3. Keep both feet together when you jump.

Sets/Reps:

Complete 3-5 reps

EXPLOSIVE FOOTBALL

SPEED DRILL 10

One Leg Jumps

EMPHASIS:

Greater explosiveness and balance on each side of the body

Perform one-leg jumps over a series of cones.

Instructions:

1. Line up a series of 10 cones approximately 3 feet apart.
2. Jump over the cones using a one-leg jump.
3. You can start out with five jumps and then build up to where you are doing 3 sets of 10.
4. Down and back is one repetition.

Coaching Tips:

1. Be sure to work right and left leg equally.

Sets/Reps:

Complete 3-5 reps

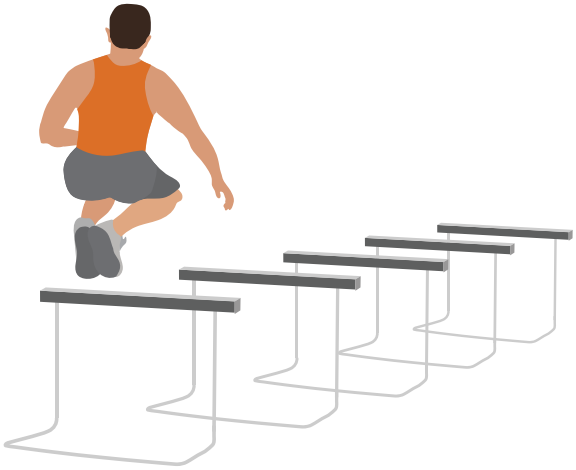
EXPLOSIVE FOOTBALL

SPEED DRILL 11

Hurdle Jumps

EMPHASIS:

Explosiveness off the ground



Two-foot jump over hurdles

Instructions:

1. This is an advanced exercise. Line up 5 to 10 track hurdles.
2. Two-foot jump over each hurdle.
3. Jumping five hurdles equals one repetition.

Coaching Tips:

1. Requires a full body, explosive movement – put everything you have into the jump.
2. If hurdles are too high, find other objects that are a little lower..

Sets/Reps:

Complete 4 reps

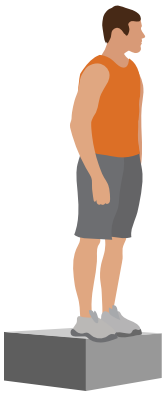
EXPLOSIVE FOOTBALL

SPEED DRILL 12

Box Drops

EMPHASIS:

Quick muscle response



1

Start

2

Drop off the box

3

Sprint

Instructions:

1. Use a box 12-20 inches high.
2. Stand on top of box (
3. Drop down and when feet hit the ground explode into a sprint
4. Five sprints equal one set.

Coaching Tips:

1. Lock your core, drive elbows back and keep head up when running forward.

Sets/Reps:

Complete 3-5 sets

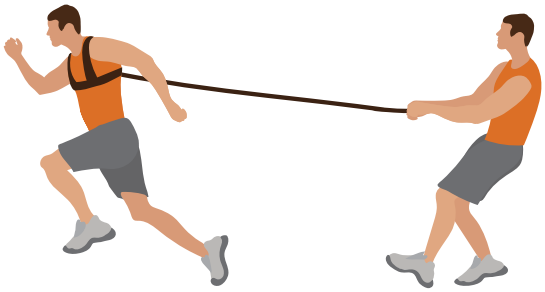
EXPLOSIVE FOOTBALL

SPEED DRILL 13

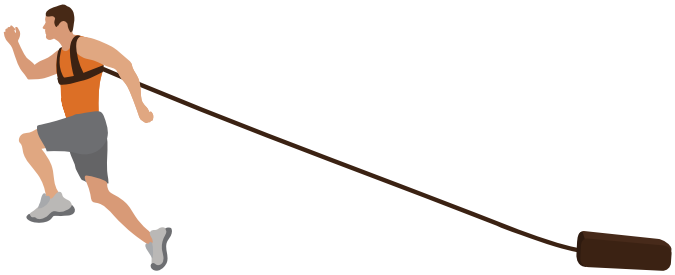
Harness Runs

EMPHASIS:

Muscle contraction for explosiveness and quickness



Using a Partner for Resistance



Using a Tire for Resistance

Instructions:

1. Strap some type of harness around your upper body.
2. Have a partner hold the harness and pull against you as you sprint.
3. If you don't have a partner you can tie the harness to a tire to provide resistance.
4. Start standing tall with good posture.
5. Lean forward and then explode into a sprint.
6. Run for 15-20 yards.
7. Run down and back.
8. Then remove the resistance and run free down and back.
9. One down and back with resistance and one down and back free equals one repetition.

Coaching Tips:

1. Resistance should be moderate, not heavy. Focus on maintaining good running technique.

Sets/Reps:

Complete 3 sets of 3 reps

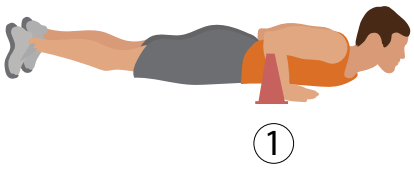
EXPLOSIVE FOOTBALL

SPEED DRILL 14

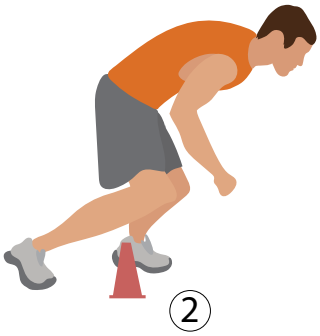
Get Ups

EMPHASIS:

Acceleration



Start Lying Down



Pop Up

Sprint

Instructions:

1. Start in a flat position lying on the ground.
2. Pop up and immediately start sprinting
3. Run 10 yards.
4. Another version of the exercise would be to start in a push-up position.
5. Down and back is one repetition.

Coaching Tips:

1. Don't push your hips straight up into the air. Push up your body and drive forward with the hips.
2. Step down aggressively when running.
3. If starting in a pushup position, you want a straight line from your ear, down your back to your ankle.

Sets/Reps:

Complete 3 sets of 3 reps

EXPLOSIVE FOOTBALL

SPEED DRILL 15

Backward Get Ups

EMPHASIS:

Backward acceleration

Start Sitting Down

Pop Up

Backpedal

Instructions:

1. Start in a seated position on the ground.
2. Pop up quickly and go immediately into a back pedal
3. Back pedal for 10 yards and stop
4. Down and back is one repetition.

Coaching Tips:

1. On the back pedal go backwards as fast as you can, pushing your toes through the end of your shoes.
2. Drive your hips back
3. f starting in a pushup position, you want a straight line from your ear, down your back to your ankle.

Sets/Reps:

Complete 3 sets of 3-5 reps

EXPLOSIVE FOOTBALL

SPEED DRILL 16

Resisted Lateral Slide

EMPHASIS:

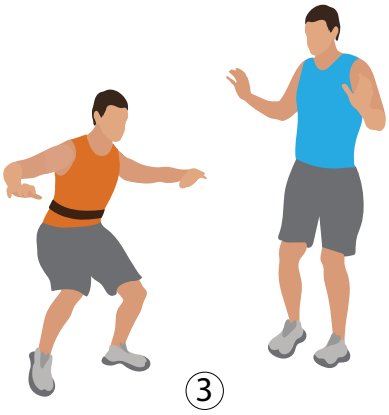
Lateral quickness

1

Start

2

Resisted Slide



3

Release

Instructions:

1. Get in good athletic position with knees bent and back flat.
2. Partner stands at your side and holds a belt you have wrapped (and securely fastened) around your waist.
3. Begin sliding in one direction
4. Partner holds belt and resists your motion for three to four steps and then lets go (3).
5. Continue sliding for 10 yards
6. Down is one repetition.

Coaching Tips:

1. Make sure to work both directions equally.
2. When sliding go heel to heel, don't cross your feet.
3. Don't reach with the heel, stay on the front part of the foot and push to the side.

Sets/Reps:

Do 3 sets of 3 reps in each direction

EXPLOSIVE
POWER DRILLS

EXPLOSIVE FOOTBALL

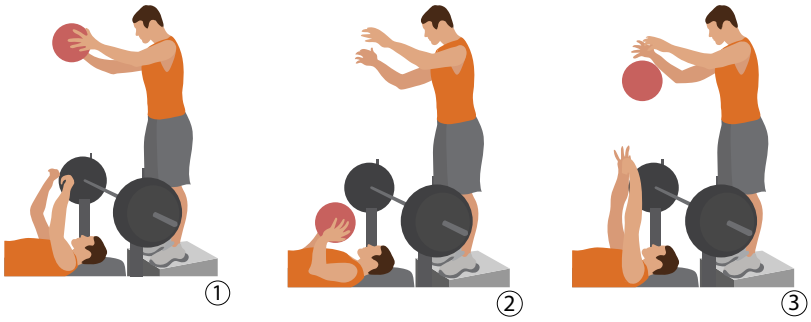
POWER DRILL 01

Bench Press with Vertical Medicine Ball Toss

EMPHASIS:

Explosive movement

Bench Press



Vertical Medicine Ball Tosses

Instructions:

1. Start with a standard bench press: lay on a bench and lower and raise a barbell.
2. After completing your bench presses, partner stands above you and drops a medicine ball for you to catch.
3. You catch the ball while still laying on the bench and toss it back up to your
4. Do as many tosses as you did bench presses.

Coaching Tips:

1. The contrast between the muscle recruitment of the bench press and the explosiveness of the medicine ball toss teaches the muscles who we want them to react in game situations – so concentrate on both segments of this exercise and always use good form.

Sets/Reps:

Complete 3 sets of 10-12 reps

EXPLOSIVE FOOTBALL

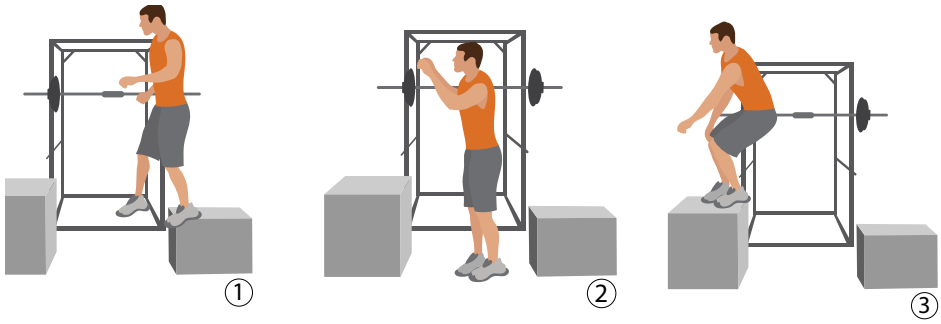
POWER DRILL 02

Back Squats with Box Jumps

EMPHASIS:

Teaches muscle tissue to be explosive

Back Squats



Plyometric Box Jumps

Instructions:

1. Perform a series of squats – put barbell on shoulders, squat down and raise back up.
2. After completing your squats, proceed to plyometric box jumps.
3. Drop from one box down to the ground and immediately explode up and jump onto the top of another box.
4. Do an equal number of squats and box jumps.

Coaching Tips:

1. On squats, aim for executing a deep parallel squat. Keep your back flat and look straight ahead, not down.

Sets/Reps:

Complete 3 sets of 10 reps

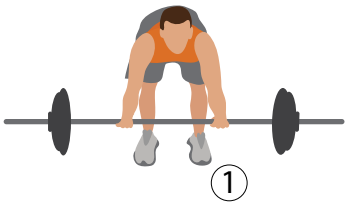
EXPLOSIVE FOOTBALL

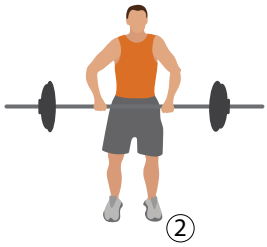
POWER DRILL 03

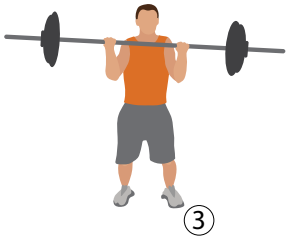
Power Clean with Medicine Ball Chest Pass

EMPHASIS:

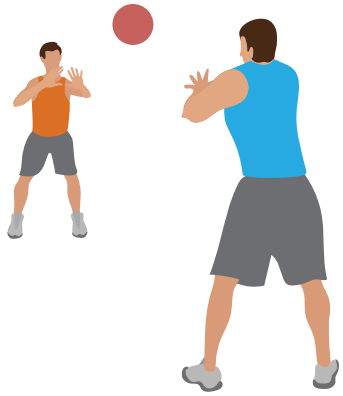
Explosive muscle movement







Power Clean



Partner Medicine Ball Toss

Instructions:

1. Perform power clean – lift barbell off ground to waist then jerk the weight up to your shoulders.
2. Then reverse the action and lower the weight back to the ground.
3. After completing power cleans, move to a medicine ball chest pass with a partner.
4. Do an equal number of power cleans and medicine ball tosses.

Coaching Tips:

1. On power clean, keep hips down, back flat and pull the weight from the ground straight up.
2. On medicine ball toss, keep hands up and "pop " the ball, flicking your wrists when you pass.

Sets/Reps:

Complete 3 sets of 10 reps

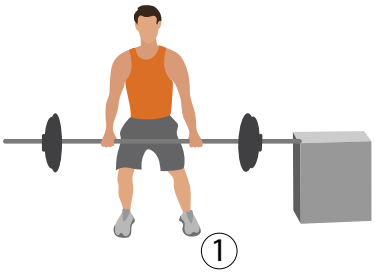
EXPLOSIVE FOOTBALL

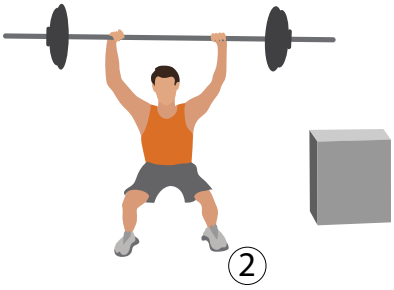
POWER DRILL 04

Hang Snatch with Box Jumps

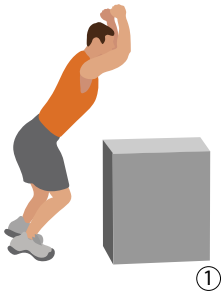
EMPHASIS:

Explosive muscle movement





Hang Snatch



Box Jumps

Instructions:

1. With the Hang Snatch, you work from a hang position with the barbell hanging level with your upper thigh and then go to an overhead explosive lift, finishing with the barbell above your head
2. Go from the hang snatch to box jumps – jump off the ground up onto the top of the box
3. Do an equal number of hang snatches and jumps.

Coaching Tips:

1. On the hang snatch, maintain good technique with back flat, lock out the elbows when the barbell is above your head.

Sets/Reps:

Complete 3 sets of 10 reps

EXPLOSIVE FOOTBALL

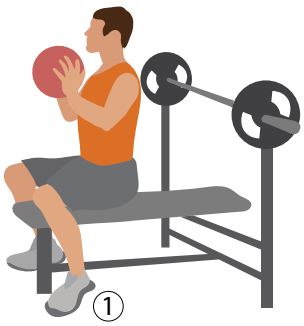
POWER DRILL 05

Military Press with Vertical Medicine Ball Toss

EMPHASIS:

Works upper power area (shoulder and upper chest)

Military Press



Vertical Medicine Ball Toss

Instructions:

1. Perform military press – lifting barbell from shoulders to above head and back down (1-2).
2. After military presses, go straight to a vertical medicine ball toss, where you toss a medicine ball up into the air and catch it (3-4).
3. Do an equal number of presses and tosses.

Coaching Tips:

1. With the medicine ball, immediately pop it back into the air as soon as it touches your hands to build quick, explosive muscle response.

Sets/Reps:

Complete 3 sets of 10 reps

EXPLOSIVE
CORE DRILLS

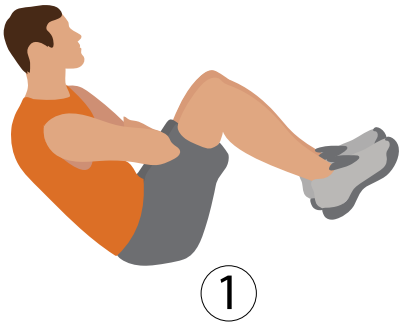
EXPLOSIVE FOOTBALL

CORE DRILL 01

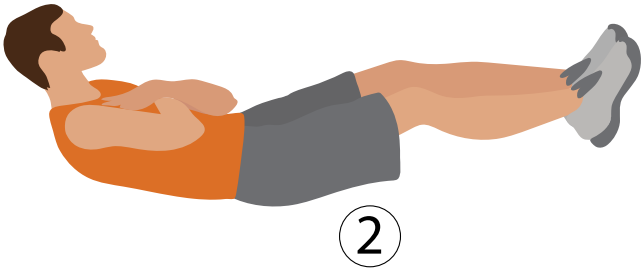
V Sit Ups

EMPHASIS:

Works the abs while working the whole body



Military Press



Vertical Medicine Ball Toss

Instructions:

1. Lie on your back on a mat or on the floor.
2. With hands across your chest, bring the knees up and the chest up at the same time (so you make a V shape) (1).
3. Then extend back out but keep the shoulder blades and feet off the ground (2).
4. Then go back into the V shape.

Coaching Tips:

1. Bring your knees and chest up at the same time.

Sets/Reps:

Complete 3 sets of 10 reps

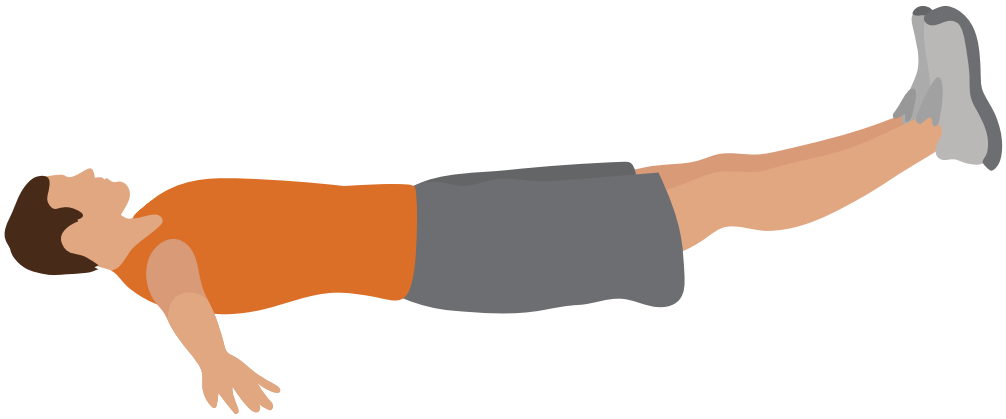
EXPLOSIVE FOOTBALL

CORE DRILL 02

Leg Lifts

EMPHASIS:

Works the abs and lower back muscles



Instructions:

1. Lie on your back on a mat or on the floor.
2. Lift your legs off the ground and hold them in the air.

Coaching Tips:

1. Put your arms out wide to create a more stable base. Bring them in over your chest to make the exercise even more difficult.

Sets/Reps:

Complete 5 sets of 5 to 15 second repetitions

EXPLOSIVE FOOTBALL

CORE DRILL 03

Knee Ups

EMPHASIS:

Works the abs and lower back muscles

Instructions:

1. Start with heels one-inch off the ground and arms out wide (1).
2. Bring the knees up as high as you can (2).
3. Then lower them back to starting position.
4. After completing two feet knee-ups, do one leg knee ups where you bring one knee up and you keep the other leg straight (and off the ground).

Coaching Tips:

1. For proper form, bring your heels in toward your hamstrings and keep your toes pointed up.
2. With one leg knee-ups keep the opposite leg off the ground

Sets/Reps:

- Complete 3 sets of 10 for two-foot knee-ups
- Complete 3 sets of 10 for each leg in one-leg knee-ups

EXPLOSIVE FOOTBALL

CORE DRILL 04

Supermans

EMPHASIS:

Strengthens core, including abs and lower back muscles

Instructions:

1. Lie flat on the ground and lift the arms and chest and legs up at the same time.
2. Hold for about two seconds and go back to starting position.
3. To make the drill more difficult, keep an opposite arm and leg down while you raise the other set. So you would keep down your right arm and left leg and raise your left arm and right leg and then switch.

Coaching Tips:

1. After raising your arms and legs come down under control – don't look like a fish out of water flopping on the ground.

Sets/Reps:

Complete 3 sets of 10-20 repetitions

EXPLOSIVE FOOTBALL

CORE DRILL 05

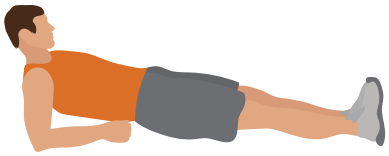
Pillars

EMPHASIS:

Works inner and outer obliques, abs and lower back muscles

Pillar.

Side Pillar.



Back Pillar.

Instructions:

1. **Pillars:** Pull the elbows under the shoulders, toes pulled up toward the shins. Lift the hips so the body is in a straight line from ear to ankle. Hold that position for 10 to 30 seconds.
2. **Side Pillars:** Next go to each side so only one elbow is on the ground. Keep body straight. Keep head n natural position. Start out with three sets of five seconds and build up to 30 seconds.
3. **Back Pillars:** Finally, go to back pillars. Balance on your elbows, forearms and heels. Lift your hips up so body is in a straight line.

Coaching Tips:

1. On pillars aim for one minute. Don't let your hips drop or stick your butt in the air.
2. On back pillar, pull your toes back toward your shins

Sets/Reps:

Complete 3 sets of 10-30 seconds for each

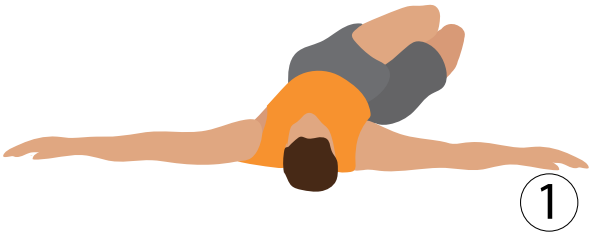
EXPLOSIVE FOOTBALL

CORE DRILL 06

Core Rotation

EMPHASIS:

Develops core stability



Instructions:

1. Lie on your back.
2. Bring your knees up and rotate them from side to side.
3. Keep your shoulders and head flat on the ground.
4. Next, extend your legs straight up into the air and repeat the same motion as before going from side to side and keeping shoulders and head on the ground.
5. Try to bring your toys down and touch your fingers for greater rotation.

Coaching Tips:

1. Start out trying to do five repetitions and then work your way to doing 10, 15 or even 20.

Sets/Reps:

Complete 3 sets of 5-10 repetitions

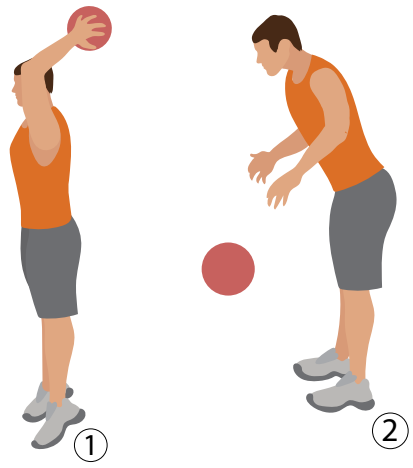
EXPLOSIVE FOOTBALL

CORE DRILL 07

Slams & Figure 8s

EMPHASIS:

Total body strength, especially your core



Slams

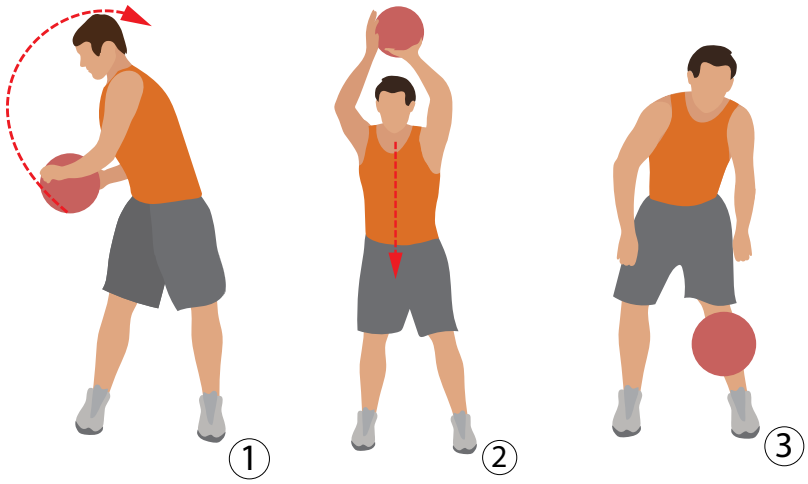


Figure 8.

Instructions:

1. **Slams** – reach up over your body and slam the medicine ball down to the ground with force
2. **Figure 8s** – bring the ball back from your hip, then overhead and slam it down

Coaching Tips:

1. Use your core to explode in these drills.
2. Be careful that you don't slam the ball where it will come up and hit you in the face.

Sets/Reps:

3 sets of 10 reps for each exercise

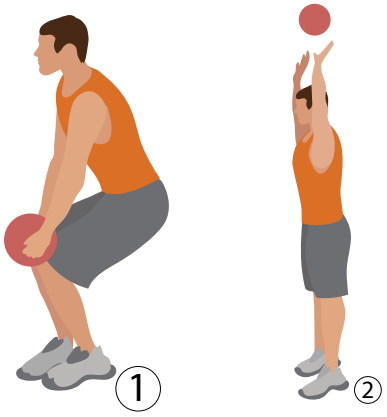
EXPLOSIVE FOOTBALL

CORE DRILL 08

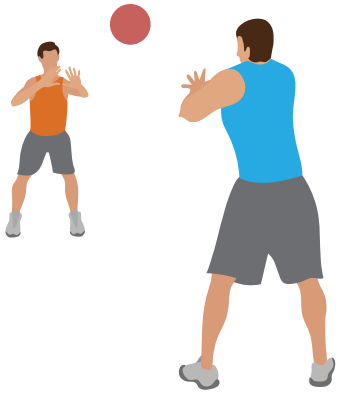
Throws & Passes

EMPHASIS:

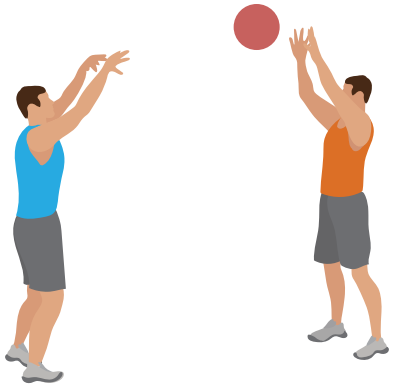
Total body strength, especially your core



Granny throw.



Chest pass with a partner.



Overhead pass with a partner.

Instructions:

1. **Granny Throws** squat down and holding ball with two hands swing it between your knees and then up into the air. Let the ball bounce and catch it off the bounce.
2. **Chest pass** – start in good athletic position and explode forward to pass the ball to a partner
3. **Overhead throws** – pass the medicine ball to a partner while holding it above your head.

Coaching Tips:

1. On granny throw, if outside throw the ball as high as you can. If inside, be careful not to hit the ceiling.
2. Don't catch the ball on the granny throw if you are throwing it particularly high, let it bounce to avoid injury.

Sets/Reps:

3 sets of 10 reps for each exercise

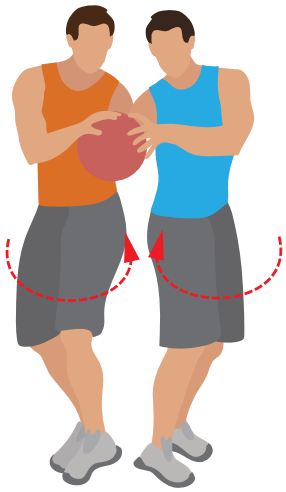
EXPLOSIVE FOOTBALL

CORE DRILL 09

Core Rotation With Medicine Ball

EMPHASIS:

Core strength



Core rotation with medicine ball.

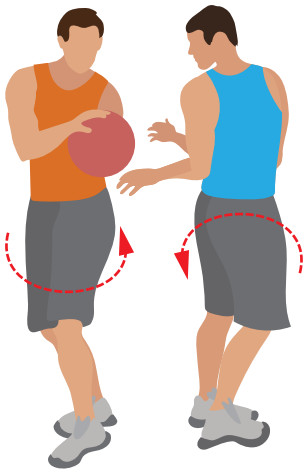


Figure 8 rotation.

Instructions:

1. **Core Rotation** – stand back to back with your partner with one of you holding a medicine ball. One of you will turn clockwise, the other will turn counterclockwise. Meet in the middle and exchange the ball. Rotate back the other way and exchange the ball again. Repeat.
2. **Figure 8 Rotation** – stand back to back with your partner but pass the ball back and forth in a figure 8 rotation. You will both turn clockwise (or counter clockwise) then meet in the middle to exchange the ball. . Rotate back the other way and exchange the ball again. Repeat.

Coaching Tips:

1. Keep the knees and hips bent for good balance and stability.
2. Rotate at the core – don't move your feet.

Sets/Reps:

- 3 sets of 5-10 reps in each direction for core rotation
- 3 sets of 10 reps in each direction for Figure 8 rotation

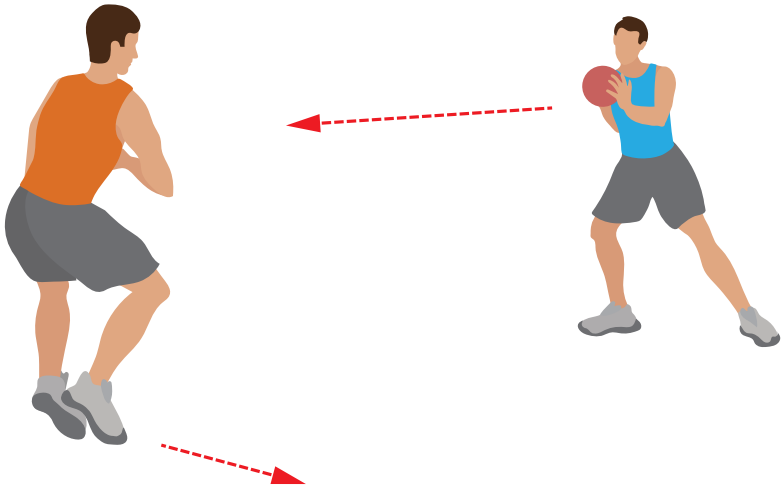
EXPLOSIVE FOOTBALL

CORE DRILL 10

Side Shuffles with Medicine Ball

EMPHASIS:

Stabilizes the core



Instructions:

1. Stand approximately 10 feet from partner.
2. Perform lateral slide while passing the medicine ball back and forth to each other.
3. Slide for roughly 10 yards, then slide back the other way
4. Down and is one set.

Coaching Tips:

1. Make short crisp passes.
2. Don't crossover your feet, push with the feet and slide

Sets/Reps:

- Do five sets