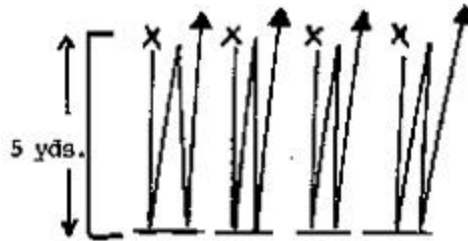




YOUTH FOOTBALL USA DEFENSIVE BACK DRILLS

DEFENSIVE BACK DRILL #1 OF 8

5 YD. BACKPEDAL



Purpose

- ?? To develop good body position during the back pedal and improve reaction time.

Description

- ?? This drill is a full speed backward drill in a 5 yd. Area. Defenders will place toes on the line in a good stance and the body position (chin over toes). On command "GO", defenders will backpedal and plant foot again and sprint past the line.

DEFENSIVE BACK DRILL #2 OF 8

BACKPEDAL



Purpose

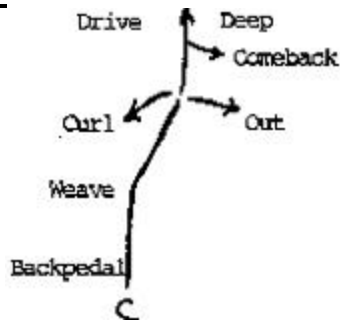
- ?? To teach defenders to move backward with chin over toes.
- ?? To teach defender to drive for ball at 45° angle coming back towards the LOS.

Description

1. Defenders assume stance 10 yds. away from coach.
2. On command, he drives straight back executing proper technique.
3. Reads coach's eyes and shoulders and attempts to get jump on the ball.
4. When the ball is released, he calls out "Ball" driving towards the football and intercepts at its highest point.
5. Calls out "GO" on interceptions and sprints back to LOS.

DEFENSIVE BACK DRILL #3 OF 8

BACKPEDAL AND WEAVE



Purpose

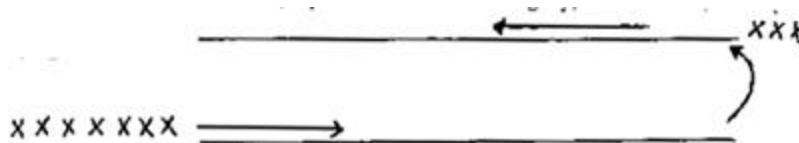
- ?? To develop the ability to keep lateral position on receiver.

Description

- ?? On signal DB will backpedal then push off opposite foot from the desired direction, turning hips towards desired direction.

DEFENSIVE BACK DRILL #4 OF 8

BACKPEDAL ON THE LINE



Purpose

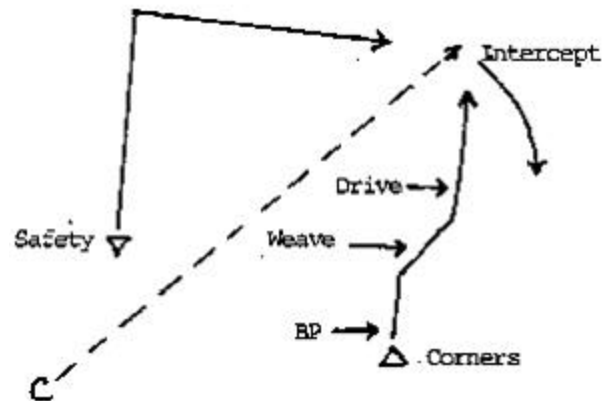
- ?? To develop proper back pedal technique, (hips, feet, shoulders, and head)

Description

- ?? On Signal DB will back pedal on a yard line across the field concentrating on the total body position.

DEFENSIVE BACK DRILL #5 OF 8

BOMB



Purpose

- ?? To develop defenders ability to maintain proper position on the receiver and body control.
- ?? To develop defenders ability to play the bomb and make interceptions.

Description

- ?? Two defensive backs will align 5 yds. from the coach with 5 yds separation between. On direction, backs will sprint laterally and plant on outside foot and sprint in opposite direction. When the ball is tossed in the air, backs will call "ball" and drive and intercept the ball before it hits the ground. Ball will be tossed chest high and backs must dive or layout and get it.

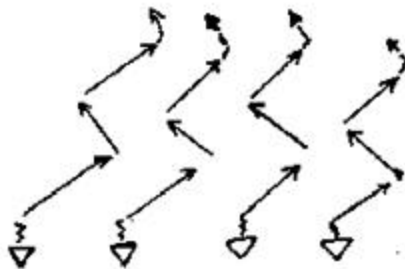
DEFENSIVE BACK DRILL #6 OF 8

Any drill designed to improve overall speed, foot speed, hand to eye coordination, or discipline is a good drill for defensive ball defenders. DBs should be taught that when the ball is in the air it is more theirs than the receiver's. DBs keep themselves between the goal line and their opponent at all times. DBs are taught at great lengths how to strip the football from a ball carrier. DBs should also participate with receivers in the running of pass routes so as to gain a more comprehensive understanding of pass routes.

DEFENSIVE BACK DRILL #7 OF 8 **CRASH AND BURN**

DB's start by backpedaling. The coach makes one of four hand signals, the backpedal, right, left, or forward. Players sprint at full speed in each called direction while the coach crosses up the directions. A coach should be present for every one or two defenders in motion so as to insure that coaches get a good evaluation of player stance, footwork, foot speed, technique, effort, and attitude.

DEFENSIVE BACK DRILL #8 OF 8 **ZIG ZAG**



Purpose

- ?? To develop ability to read and react to QB's shoulders.
- ?? To develop ability to rotate hips and change direction quickly.

Description

- ?? Four defenders will align 5 yds. From the coach and side by side apart. On command backs will back pedal and drive off at 45° angle concentrating on QB's shoulders and changing direction.