



# YOUTH FOOTBALL USA

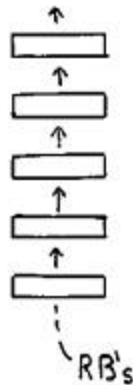
## RUNNING BACK DRILLS

### RUNNING BACK DRILL #1 OF 9

Backs use a balanced 2-point stance. Feet are just wider than shoulders with toes pointed outward slightly. Knees about 4 inches in front of toes. "Grab the ground with the toes"- helps insure forward lean and helps prevent false steps. Weight on the inside of feet. Hands placed just above the knees with the thumbs in and the fingers out. No weight on hands.

### RUNNING BACK DRILL #2 OF 9

#### HIGH KNEE RUNNING



#### Objective

?? To develop high knee running and body awareness.

#### Drills

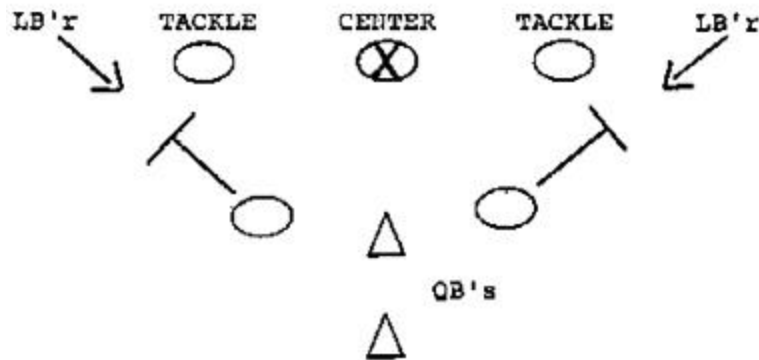
- ?? Have 5 square bags placed accordingly
- ?? Have a back run (full speed) over each bag in succession
- ?? Keep eyes downfield and knees high

#### Goals

- ?? Ball Security
- ?? Violent explosive high knee running
- ?? Going for every yard- step on, over or around would be tacklers

## RUNNING BACK DRILL #3 OF 9

### PASS PROTECTION



#### Objective

- ?? To develop pass blocking skills in the five and seven step drop back game.

#### Drill

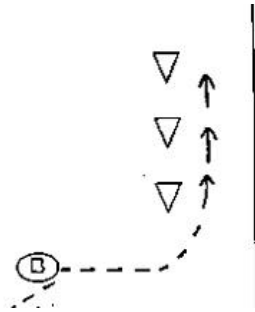
- ?? Align running back in a two point stance in a split back position
- ?? Linebackers will align in an outside rush position.
- ?? The first linebacker will rush the QB on the whistle command, on the second whistle the running back will get I position for the second rusher.
- ?? Each player will engage two separate defenders.

#### Goals

- ?? To develop good body positioning in pass protection.
- ?? Create awareness of the pocket area.
- ?? Create good hand- eye coordination in pass protection.

## RUNNING BACK DRILL #4 OF 9

### SIDELINE RUNNING



#### Objective

- ?? To develop sideline running.

#### Drill

- ?? Have two players with shields line up 3 yards from the sideline and five yards apart.
- ?? Have a back run (can catch a pass) and work up field near the sideline.
- ?? The defenders will each give a high or low blow delivery.
- ?? The runner, against a low blow delivery, will:
  1. Keep toes pointed up field
  2. Give with his hips
  3. Plant sideline foot up field and explode
  4. Field foot must not cross over
- ?? The runner, against a high blow delivery, will:
  1. Utilize shoulder-arm strength
  2. Put weight on sideline foot
  3. Push inside to give blow to defender (rip technique)
  4. Plant field side foot up field- near cross over.

#### Goals

- ?? Ball security.
- ?? Violent running.
- ?? Going for every yard - never run out of bounds.

## RUNNING BACK DRILL #5 OF 9

### STRIP



### Objective

- ?? To develop awareness of ball security during violent running.

### Drill

- ?? We will form 2 lines of players facing each other 1 yard apart.
- ?? A QB will hand the ball off to the runner who will run between two lines.
- ?? The runner will align at a depth and area he normally runs from.
- ?? The players in the two lines will try to strip the ball from the runner.
- ?? The runner will explore through the lines and sprint 10 yards past the defender.

### Goals

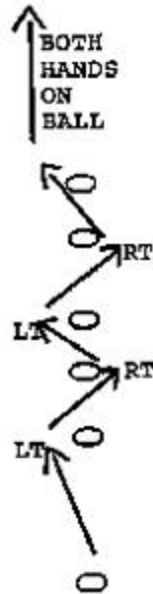
- ?? Ball exchange.
- ?? Protecting the ball.
- ?? Body balance.
- ?? Fighting through tackles.

### Equipment

- ?? 12th man players form 2 lines
- ?? QB
- ?? Hose
- ?? Balls
- ?? Sled or Ropes (optional)

## RUNNING BACK DRILL #6 OF 9

### ZIG ZAG RUN



#### **Objective**

- ?? To develop hip flexibility, body balance, and increased body control.

#### **Drill**

- ?? We will place three to five players 5 yards apart in a straight line.
- ?? The ball carrier will start at one end of the line and "Zig-Zag" between the players.
- ?? The runner should keep eyes up, drop hips to change direction, gather (no stutter steps) before direction change, head north and south and accelerate.

#### Goals

- ?? Protecting the ball.
- ?? Body balance and control.

## **RUNNING BACK DRILL #7 OF 9**

### **ROPE DRILLS**

The ropes can be added to almost any drill we have. Besides the sleds, it is the most important device we have. Therefore, we must utilize it. All backs must carry a football during drill.

#### **Bunny Hop**

1. Each player will hop (both feet on the ground- together-then jump) hitting every hole.
2. Get good height and arm action. Move as quickly as possible.

#### **Checker Board**

Each player will hop (same technique as bunny hop) checker boarding hitting 1 space and then jumping 45° to another hole. The zig-zag will continue till space stepper is covered.

#### **High Stepper**

Each player will high step the entire distance stepping into each space separately. This will be the left foot on the left side each time it comes down and the right foot on the right side.

#### **Cross Over**

The cross over is moving down the ropes alternating right foot to left side, left foot to right side, right foot to left side, etc.

## **RUNNING BACK DRILL #8 OF 9**

Football coaches teach their running back stances so the shoulders are even with the knees. This keeps the running back from leaning forward and tipping a running play to the defense. Running Backs are explosive players who always look for holes in the defense, give a distinct pocket for the hand off, know how to avoid tacklers, blocks well on passing plays, and catch all passes thrown in their direction with their hands.

## **RUNNING BACK DRILL #9 OF 9**

Receiving the Ball

Hands - both hands instantly secure the ball upon contact...

Eyes - focused on the hole where the play goes and the defensive reactions to the play.