EVERY DAY DRILLS
EDDs are exactly what the name implies. They are a set of drills we do every day. They are drills that develop our athletes. They are drills that improve fundamentals. They are drills that focus muscle memory where we need it the most. We believe these things not only help us win games but that they are also the most important physical attributes we can pass on to our players ... so we work on them every day.
EVERY DAY DRILLS

DRILLS:

- Dynamic Warmups - Skills & Drills.
- Stance Drill.
- Cadence Clap Drill.
- LEG Progression Drill.
- Sleds & Chutes.
- Tackling Circuit.
OBJECTIVES:
- Set the tone for an organized practice as we get the blood flowing and the muscles loose while building strength, speed, agility and quickness.

ALIGNMENT:
- We start with two lines of cones 20 yards apart (start line & finish line).
- Each line is made up of 7 cones with about 3 yards between each cone.
- Skills will have lines of players on 3-4 cones.
- Drills will have lines on all 7 starting cones.
SKILLS:

Tim Murphy of Clayton Valley HS gave us this idea. There are certain defensive skills we never seem to find enough time to work on during practice. So like Coach Murphy, we added them to our warmup period.

- **Skill 1** - Scoop & Score (dead ball)
- **Skill 2** - Scoop & Score (bouncing ball)
- **Skill 3** - Interception & Score (highest point)
- **Skill 4** - Strip & Score (2nd man ball hawks)
SKILLS:

We place a coach (w/ young kids) or we rotate players 10 yards in front of each line. First, he will place a ball on the ground. Then he will roll (young kids) or bounce a ball on the ground to be scooped. Then he will throw a ball up to be intercepted at its highest point. And the final skill segment we give the ball to a player and have the first player in line wrap him up while the next player strips the ball. After every turnover we want our player to tuck the ball and sprint through the 20 yard mark before returning the ball to the coach or next ‘runner’.
10 yds.
WARMUP DRILLS

DRILLS:

Each drill cycle consists of a dynamic movement. To start Cycle #1, the first group of players gets into a breakdown stance and then on the whistle moves toward the finish line cone in the listed manner (ex. High Knees). When the whole group hits the halfway point (about 10 yards), we do a quick 5 calisthenics and switch from Right to Left on some exercises and on others we will sprint the rest of the way. When the first group is halfway, the next group will step up, breakdown and on the whistle move to join the first group using the same movement. This continues until each group has moved down to line up at the finish cones. Cycle 2 brings everyone back to the start. Etc. Etc. Etc.

- Cycle 1 - High Knees - 10 yards ... 5 Jumping Jacks ... Butt Kicks - 10 yards
- Cycle 2 - Drum Majors - 10 yards ... 5 Bellies ... Frankie Walks - 10 yards
- Cycle 3 - Right Lunge - 10 yards ... 5 Push-ups ... Left Lunge - 10 yards
- Cycle 4 - Back Pedals - Turn over Left Shoulder and sprint at 10 yards
- Cycle 5 - Back Pedals - Turn over Right Shoulder and sprint at 10 yards
- Cycle 6 - Bear Crawls or Frog Jumps - Explode & sprint last 10 yards
10 yds.

10 yds.
DRILLS:

The groups now spread out evenly (every 5 yards). If we have 5 per line, the first group is now on the finish cones with the last group still on the starting cones.

- Stance Drill - everyone holds perfect breakdown stances for 60 seconds as Coaches adjust poor stances. Repeat with 3 and 4-point stances.
- Cadence Clap Drill - players place hands in front of chests with palms facing in. Have them clap in unison on each cadence call. Coach or QB calls cadence ... 'On Go' - 'Ready, Set, Go'- team claps on the G of Go.
5 yards

[Repeats 5 times]

5 yards

[Repeats 5 times]
LOAD, EXPLODE, GO

- This is absolutely the most important technique that we will teach our linemen (and every other player on the team).

- You will notice how we focus on it during many of our drills.
**OBJECTIVES:**

- Teach and drill Load, Explode, Go footwork.
- Teach and drill hip roll and explosion.

**ALIGNMENT:**

- We stay in our spread out warm-up formation when we finish our warm-ups so the HC can stand up front and see everyone while the ACs walk up and down the rows working with individuals on proper form.
5 yards

5 yards

5 yards
We will do these progressions from the right knee ... then the left knee ... then from both knees ... and finally from a good solid 3 point stance.

DRILL:

- ‘RIGHT KNEE DOWN - READY’ - players get ready.
- ‘LOAD’ - players drop chest to left knee & load both loose fists behind their hips.
- ‘EXPLODE’ - players explode fists to the sky like 2 uppercuts ... thumbs up and striking with the palms of their hands ... fingers in a semi fist leaving the palm area open as a strike plate ... hips roll forward with chest up.

5 Reps then move to 'Left Knee Down' and do 5 Reps.

When you go to 'Both Knees Down' we want to see the players roll their hips forward so hard and fast that they are forced to fall forward on their stomachs. 5 Reps.
3 Point Stance (experienced players might start here)

- ‘BREAKDOWN - READY 3 POINT’ - players get into a 3 pt stance.
- ‘LOAD’ - players take a 3” Load Step while keeping the back flat, the head upright and violently load both loose fists behind their hips.
- ‘EXPLODE’ - players explode fists to the sky like 2 uppercuts ... thumbs up and striking with the palms of their hands ... fingers in a semi fist leaving the palm area open as a strike plate ... hips roll forward and players jump straight up in the air to overemphasize the explosion. 5 Reps.
To finish up, we repeat the 3-point stance set without jumping into the air. Now we want to pair up with a partner standing in a good breakdown stance so our players can get a good 'fit' on each rep.

- **BREAKDOWN - READY 3 POINT** - players get into a 3 pt stance.
- **LOAD** - players take a 3” Load Step while keeping the back flat, the head upright and violently load both loose fists behind their hips.
- **EXPLODE** - players explode fists into the chest plates of their partners ... thumbs up and striking with the palms of their hands ... fingers in a semi fist leaving the palm area open as a strike plate ... hips roll forward with chest up.
- **GO** - players 'power stomp' in 6” steps for 10 yards.

COACHING NOTES:
We do this progression in full formation after warm-ups with the entire team because our entire team must know how to block for our offense to be successful. We also need very similar body movements when we tackle on defense so this progression helps on both sides of the ball.
OBJECTIVES:

- Develop muscle memory in our players for the Speed, Power & Technique to dominate the LOS.
- 1 - 1 or 1 - 2 ... Coach to Player ratio.
- Divide team in half (bigs & smalls). Half the team starts on sleds the other half in the chutes. Then switch.
- Load Step (3” directional step with near foot, keep a flat back, load hands)
- Explode Step (low to high, 12 inches, throw hands violently, hand placement, belly contact)
- Go Steps (wide base, power stomp, finish)
SLED DRILLS

OBJECTIVES:
- Power at the LOS.
- Develop muscle memory of hitting 'low to high'.
- 6 Reps (2 for each alignment)

ALIGNMENT:
- We use 3 different alignments:
  - Straight
  - Angle 45 Right
  - Angle 45 Left.
CHUTE DRILLS

OBJECTIVES:
- Speed at the LOS.
- Develop muscle memory for fast 'get off'.
- 6 Reps (2 for each alignment)

ALIGNMENT:
- We use 3 different alignments:
  - Straight
  - Angle 45 Right
  - Angle 45 Left.
OBJECTIVES:

- Develop muscle memory in our players to be PHYSICAL, SAFE & SURE Tacklers.
- 1 - 1 or 1 - 2 ... Coach to Player ratio.
- Divide team into groups based on how many coaches and stations you have (bigs, mids & smalls for 3 groups).
- Proper Form Always. HEADS UP!!!
- 2 - 4 Tackling Stations per day.
- Following are some of our favorites. They are listed from the most fundamental to the most advanced.
FORM TACKLING

OBJECTIVES:
- Muscle Memory of Proper Fit during Tackling.
- Shoulder Pads across the balls path.
- Load, Explode, Go Steps.
- Rip, Grip, Squeeze Elbows.

ALIGNMENT:
- Ball Carrier in 2 pt stance with arms up and out of the way.
- Tackler in 'breakdown' stance with buzzing feet.
- Increase distance from 1 to 2 yards to incorporate a little of the approach phase.
OBJECTIVES:
- Muscle Memory of Proper Fit & Drive during Tackling.
- Shoulder Pads across the balls path.
- Load, Explode, Go Steps.
- Rip, Grip, Squeeze Elbows.
- NO TOUCHDOWNS !!!
- Increase ball carriers from 50% to 75% to 100% as tackling gets better.

ALIGNMENT:
- Ball Carrier in the point of the funnel. (Stay inside imaginary lines ... aggressive tacklers have BIG advantage).
- Tackler at 'goal line' buzzing feet.
- Increase distance from 1 to 3 to 5 yards for your triangle as the tackling gets better.
OBJECTIVES:
- Get over 'fear of contact'.
- Load, Explode, Go Steps.
- Rip, Grip, Squeeze Elbows.
- Hit 'thru the target'.

ALIGNMENT:
- 'Ball Carrier' in front of the crash pad holding a shield.
- Tackler at about 5 yards ... buzzing his feet.
- Coach or another player should hold a 2nd shield near the middle of the crash pad. Tackler is aiming to drive the ball carrier THRU the 2nd shield.
OBJECTIVES:
- Learn to follow 1/2 yard behind the ball carrier to avoid cutbacks & attack once he commits.
- Shoulder Pads across the balls path.
- Load, Explode, Go Steps.
- Rip, Grip, Squeeze Elbows.
- Increase drill from 50% to 75% to 100% as tackling gets better.

ALIGNMENT:
- Ball Carrier has 3 options.
- Tackler in 'trail position' buzzing his feet.
OBJECTIVES:
- Attack & Shed a blocker (50% resistance) with eyes on ball carrier. Ball carrier starts moving (50%) when tackler makes contact with blocker.
- Once past the blocker, take correct angle to the ball (75%).
- Shoulder pads across the ball.
- Load, Explode, Go Steps.
- Rip, Grip, Squeeze Elbows.

ALIGNMENT:
- Ball Carrier in 2 pt stance 4 yards behind the blocker.
- Tackler in 'breakdown' stance with buzzing feet 1 - 2 yards from blocker.
- Coach stands behind tacklers to direct ball carriers.
**OBJECTIVES:**
- Muscle Memory of Approach & Feet Buzzing during Tackling.
- Maintain Proper Form.
- Full speed into 'Buzz Zone'.
- Maintain foot speed but shorten stride to 3” & BUZZ FEET.
- When ball carrier commits, finish the tackle properly.

**ALIGNMENT:**
- Ball Carrier in point of the funnel. Stay inside imaginary lines. Choose a direction and go when tackler enters 'buzz zone'.
- Tackler at 1 of 3 locations.
- Buzz Zone is 3 yards x 2 yards.
- Triangle is 3 yards.