

Individual period (required drills)

OFFENSE

CADANCE: DOWN-SET-GO

**QB's**

Stance  
Ball Handling  
Throwing Mechanics  
Warm Up Drills  
a) Bull Pen  
b) Footwork

**Drops**

- a) 3-step
- b) 5-step
- c) Sprint

**Steps**

- a) Iso
- b) Dive
- c) Toss
- d) Trap

**TE's**

Stance  
Starts  
Drive Block  
Reach Block  
Down Block  
Releases

**Routes**

- a) Arrow
- b) Drive
- c) Seam
- d) Choice

**RB's**

Stance  
Starts  
Ball Handling  
Ball Protection  
Blocking  
Plant Drills  
Catching Drills  
Pass Protection

**Runs**

- a) Iso
- b) Dive
- c) Toss
- d) Trap

**WR's**

Stance  
Starts  
Release  
Catching  
Ball Protection  
Plant Drills

**Routes**

- a) slant
- b) hitch
- c) Curl
- d) Post
- e) Go

**OL**

Stance  
Starts  
Drive Block  
Reach Block  
Down Block  
Pass Protection

**Blocking**

- a) Iso
- b) Dive
- c) Toss
- d) Trap

**DB's**

Stance  
Back Peddle  
Weave  
Break on the ball

Man Coverage  
Zone Coverage  
Tackling  
Taking on a stock block

**LB's**

Stance  
Footwork Drills  
Pass Drops  
Steps & Reads

Taking on a Block  
a) vs. reach  
b) vs. base  
c) vs. down

**DL**

Stance  
Starts  
Pass Rush Technique  
a) bull rush/twist

Taking on a Block  
a) vs. reach  
b) vs. base  
c) vs. down  
d) vs. Double team

**Tackling circuit** : It is a 25 minute period that will be at "Pro Thud" Tempo (No takedowns)

1. 45 angle
2. Fit drill
3. Coming at you
4. Open Field (Use cones that will be 10 yards apart)
5. Scope and score (Striping the ball out)