

Backpedal Drill**Purpose**

To teach defenders to move backward with chin over toes.

To teach defender to drive for ball at 45° angle coming back toward 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 toward the football and intercepts at its highest point.
5. Calls out "GO" on interceptions and sprints back to LOS.

C.P.: Stress proper body position during backpedal and drive for ball.

Drive Layout Drill**Purpose**

To develop ability to accelerate and drive to the ball.

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 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.

