

Defensive Back DrillsMovement Drills**Quickness**

5 yd. backward drill
 Wave carioca
 Cone drill
 Dive layout Drill
 Zig Zag
 Bomb drill
 Stretcher drill
 Backpedal drill

Shedding Drills

3 on 1 shed
 Fight off
 Sell out
 Stalk (C-2)

Tackling Drills

Form
 Sideline
 Openfield

- a. straight
- b. catch and turn around
- c. swing and tackle

 Goalline tackling

Basic Fundamental Drills

Stance & key drill
 Team reaction to ball
 Converge drill
 Interception drill
 Hash drill
 Tip drills
 Option drill
 Run support
 Review coverages

Man Drills

1 on 1 deep (off & press) vs. off. rec.
 1 on 1 inside 15 (off & press) vs. off. rec.
 1 on 1 GL (off & press) vs. def. backs

Group Drills

6 on 7