

OFFENSIVE BACK DRILLS

I. WARM UP (DONE WITH FOOTBALL IN HAND)

OBJECTIVE: This is done before stretching to get the blood flowing and to help prevent pulled muscles.

- A. Power Duck - Stretching Groin (Will demonstrate)
- B. High Knees - (With Crossover)
- C. Carica
- D. Balance Touch - Weight on hand (Alternating) with high heel kick.
- E. Pat and Go - Low key stride, catching the ball.
- F. Hurdles - Alternate legs over and under to create flexibility.
- G. Ladder - Foot drills along the flat ladder.
- H. Stretch - 10 minute routine. Body in warm now.

II. TCB (TAKE CARE OF THE BALL)

OBJECTIVE: This is one of my daily must. We must know how to carry the football and how to protect it.

- A. Pressure Points - (Knowing how to carry the ball.)
 - 1. Fingers over the tip.
 - 2. Fore arm to outside
 - 3. Body - ball pressed against it.
 - 4. Bi-cep - (With window closed) Keeping elbow near body.
 - 5. Triangle Pressure - Using opposite hand when in traffic.

III. BLASTER

OBJECTIVE: This machine is to help prevent turnovers and to learn to accelerate in traffic and score.

- A. Protect the football using pressure points.
- B. Explode through the tacklers.
- C. Explode and accelerate 15 yards to the goalline.