

Football

Skills and Drills

Individual Drills

#1. (Individual-Stationary) 5 Essential Components

A. Tuck (Eagle Claw) (tuck ball across chest in peace sign along dominant forearm)

B. Grip (grip ball with index finger on stripe, middle/ring/pinky fingers on laces and thumb opposite with a little space between palm and ball)

C. Stance (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)

D. Foot Work (slide left, slide right, slide forward, slide backward)...lateral and 45 degree angles

E. Motor Skills Cues

1. Throwing Cues (step by step progression with ball but not throwing ball)

A. Turn (1/4 rotational turn towards dominant side of the body- pivot and drop-step...elbow up and ball above the ear)

B. Point (point non-dominant hand towards target)

C. Step (step with opposite foot of throwing hand towards target)

D. Throw (rotate your shoulders and hips along with transferring your weight from your back foot to your front foot...release ball towards target with appropriate forceextend arm and snap wrist)

E. Freeze Frame (after releasing ball and following through, hold throwing arm out with index finger pointing straight at target)

2. Catching Cues (step by step progression with ball)

A. Stance (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)

B. Window (make a target with a diamond by having your index fingers and thumbs together, facing the ball, at chest level)

C. Catch (look in your window to track and absorb the ball with both hands)

D. Freeze Frame (after catching ball, continue to hold ball at that location and keep eyes focused on the ball)

E. Tuck (look ball in to your body and secure across your chest)

3. Pass Pattern Cues (step by step progression with no ball)

A. Stance (2 point staggered with inside foot closest to the ball as the lead foot, trail foot heel up, face target with shoulders square, drop hips, bend knees, feet shoulder width apart, arms relaxed, eyes on ball)

B. Start (on the snap of the ball, take 1 power step with trail foot and pump arms in opposition)

C. Run Pattern (run smooth vertical release with arms pumping opposite of leg drive, with head still and eyes fixed on landmark)

D. Cut (stick opposite foot in ground of the direction you want to cut by dropping hips so that your chin is over your plant knee and toe, rotate your shoulders/hips and snap your head around in the intended direction, accelerate out of your cut by pumping your arms)

E. Open Space (keep your eyes focused on an open area of the court/field away from all defenders and settle in that space to create an open passing lane, square-up shoulders/hips to the quarterback and flash a target)

#2. (Individual-Stationary) Toss and catch (underhand and overhand passes)

#3. (Individual-On the move) Toss and catch (underhand and overhand passes)

Partner Drills

***Explain**

F-Force (light, medium, heavy)

A-Angle (45 degrees, 90 degrees, parallel, perpendicular)

T-Trajectory (flight path of the ball)

#4. (Partner-Stationary) Throwing and catching cues (overhand passes)...2 times each partner

(Throwing) Turn-Point-Step-Throw-Freeze Frame

(Catching) Stance-Window-Catch-Freeze Frame-Tuck

#5. (Partner-Stationary) Throwing and catching (overhand passes)

#6. (Partner-Stationary) Throwing and catching (overhand, underhand, flick, and toss passes)

#7. (Partner-Increase Distance) Challenge throwing and catching (overhand passes)...

1 partner takes 1 step back after both partners catch a pass

#8. (Partner-On the move) Lead passing and catching (different passes)

#9. (Partner-On the move) Passing Routes-quarterback and receiver take turns (overhand passes)

- A. Flash route # (flash and say out loud)
- B. Show route signal (show and say out loud)
- C. Draw route with right index finger (draw it)
- D. Hands apart (get in a stance)
- E. Clap hands (run route)

Receiver runs the route, catches or scoops the ball, tucks the ball, runs across the gym floor and touches the far sideline, runs back to the starting sideline and switches places to become the quarterback

#	Route	Signal
#1	slant	signal-slice your right hand down in front of chest
(run vertical 3 steps and cut inside toward the quarterback at a 45 degree angle and getting depth down the court/field)		
#2	out	signal-wave your right hand out away from body
(run vertical 4 steps and cut outside away from the quarterback at a 90 degree angle and getting width down the court/field)		
#3	curl	signal-flex the bicep of your right arm
(run vertical 7 steps and cut inside toward quarterback 2 steps at a negative angle downhill of the court/field)		
#4	corner	signal-point your right index finger down to the ground
(run vertical 8 steps and cut outside away from quarterback at a 45 degree angle and getting depth down the court/field)		
#5	cross	signal-hold right arm straight up vertically in front with left arm crossing in the middle horizontally
(run vertical 7 steps and cut inside toward quarterback at a 90 degree angle crossing the court/field)		
#6	comeback	signal-wave right hand back towards you
(run vertical 8 steps and cut outside away from quarterback at a negative angle downhill towards the sideline of the court/field)		
#7	post	signal-hold both arms straight up vertically
(run vertical 7 steps and cut inside towards quarterback at a 45 degree angle and getting depth down the court/field)		
#8	fade	
(run vertical 2 steps and cut outside away from quarterback gradually and getting width and depth down the court/field)		
#9	fly	signal-take your right thumb over your right shoulder
(run vertical down the court/field)		

Group of 3 Drill

#10. (Group of 3-On the move) Monkey in the middle (different passes)

Group of 4 Drill

#11. (Group of 4-On the move) 2v2 Keep away (different passes)