

Volume 8

Defensive Back Fundamentals



SECTIONS

- **Stance**
- **Fundamentals**
- **EDDs**
- **Physicality**
 - **Tackling**
 - **Block Destruction**
- **Man Coverage**
 - **Off Man**
 - **Press Man**
- **Teaching Progression**



STANCE

Off Stance

Key Points

- **Staggered feet (toe to instep/heel) with leverage foot back**
 - **CB = inside foot back, outside foot up**
 - **SAF = outside foot back, inside foot up**
- **Shoulders over knees**
- **Knees over toes**
- **Good pad level (same level as pedal)**
- **Arms relaxed or slightly bent**
- **Eyes on key**



Press Stance

Key Points

- **Square feet, shoulder width apart**
- **Shoulders over knees**
- **Knees over toes**
- **Knees slightly inward**
- **Good pad level (same level as pedal)**
- **Hands near or above the knees**
- **Eyes on key**
- **Depth off the ball varies on the press tech being played as well as the athlete's measurables**





FUNDAMENTALS

Read Steps

Scooch/Slide or Slow Pedal

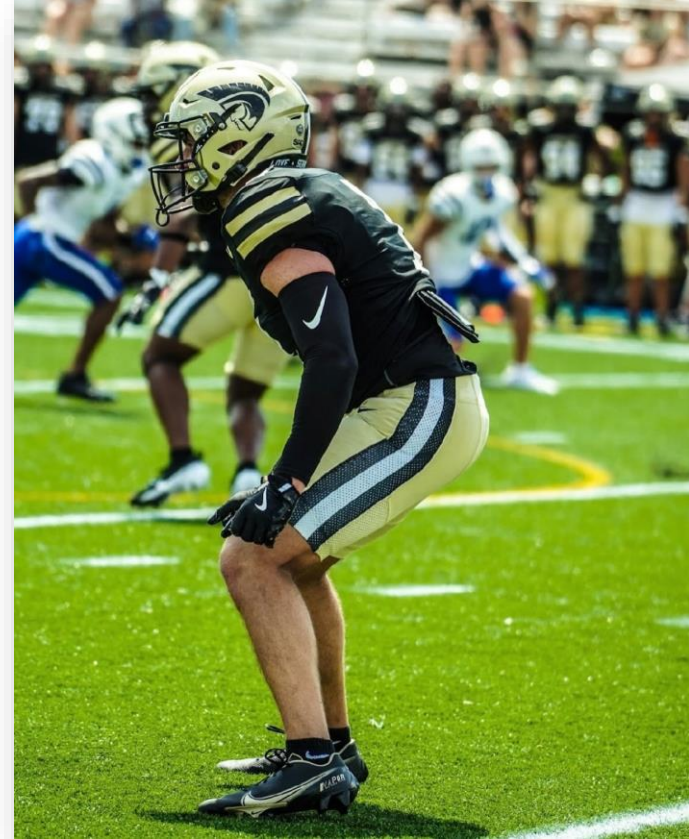
- **Used in any off coverage**
- **Purpose: to slow down while reading**
- **Eyes on key**
- **Scooch**
 - **“Step replace, step replace”**
 - **Shoulders should be square to LOS**
 - **Pad level should be the same as your pedal**
- **Slide**
 - **Same thing as Scooch except hips are at an open 45-degree angle**



Back Pedal

Key Points

- **Shoulders over knees**
- **Knees over toes**
- **Chin tucked**
- **Use your arms!**
- **“Graze grass”**





Crossover Run

Key Points

- **Low front shoulder**
- **Chin tucked**
- **Hips 45 degrees up-field**
- **“Open front shoulder”**





"Madden Circle"

In order to be efficient in changing directions, you must keep your feet in your "Madden Circle".





**EVERY
DAY
DRILLS
(EDDs)**



LINE DRILLS

Series of drills to work on multiple fundamentals in a short period of time

- **Gather drill**
- **Slow to fast pedal**
- **Weave drill**
- **Pedal -> open left -> pedal -> open right**
- **Fast twitch**
- **Lateral shuffle to kick slide**



EYE BREAKS

- **Normal degree breaks, but focuses on training the DB's eyes to 'drive through' the break!**
- **Can be done from a pedal or crossover run.**
- **The break can be any angle.**
- **The DB needs to have his eyes on the direction of his break for 3 steps before looking back for the ball. Confirm no double move.**
- **“DRIVE YOUR EYES”**



2 SPOT REACTION

- **DB will begin in-between 2 cones**
- **He can pedal, crossover run, buzz his feet, etc... whatever you prefer**
- **The coach will be directly in front of him standing as a QB.**
- **The DB will break off of your shoulders!**
- **The break can be 45-downhill, 45-post, or 90. There's a ton of variation available.**



SETTLE DRILL

- **DB starts in a man coverage / crossover run position with the WR.**
- **DB stays in phase with the WR as he runs down the line.**
- **WR will 'settle' (drop his hips) and the DB must react.**
- **Can do 1, 2 or 3 settles. It's important to not go in a rhythm!!**
- **Can also add a break on the last settle if wanted.**

SETTLE DRILL



WR | **DB**



PHYSICALITY



SHOCK & SHED

Start close with hands inside

- 1. Buzz Feet**
 - 2. Violently extend (shock)**
 - 3. Shed/Dishrag**
- **ATTACK the block!**
 - **Use their momentum against them**
 - **Stack the WR**
 - **Finish in correct tackling posture**



SHOCK & SHED

Can also do this drill at a 45° angle working a leverage block!

- **ATTACK the block!**
- **Need to extend (long arm) and lock out leverage arm**
- **Rip through with opposite arm**



TRACK THE HIP

- **Simple drill to track the inside hip of the ball carrier**
- **Can start head up or in a position for a sideline tackle**
- **“Run the banana path!”**



ANGLE PUNCH

45-degree tackle drill focusing on forcing a fumble!

- **Runner and tackler begin 5 yards apart. Simple 45-degree angle tackle drill except the tackler will punch the ball with a closed fist.**
 - **The runner has the ball in his outside hand, and the tackler will punch with his outside hand.**
 - **WRAP WITH THE OFF HAND!**



**MAN
COVERAGE**



OFF MAN COVERAGE



CUSHION DRILL

- **DB starts 5 yards off of the WR.**
- **Controlled pedal as the WR runs down the line.**
- **Open hip as the WR closes his “cushion”**

- **Your “cushion” can be anywhere from 3 yards to 5 yards. It is different from college to high school. It is heavily dependent the athletic ability of each DB.**



SETTLE DRILL

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SETTLE DRILL



WR | **DB**



OUTSIDE MAN COVERAGE

Corner Technique (7-8 yards off)

Pedal Tech

- **Read phase**
 - **Slow first step, clear quick game**
- **Controlled pedal**
 - **Match the tempo.**
 - **Low = deep route. High = intermediate route**
- **Transition**
 - **Open hips!**
 - **Stab the chest!**

Corner Alignment



- **Divider Rules**
- **Depth: 7-8yds off**

***this is based off of inside leverage rules**

BALL IN MOF

Divider Rule = TOP OF THE NUMBERS

WR aligns on or outside the divider, play inside leverage.

WR aligns inside the divider, play outside leverage.

BALL ON NEAR HASH

Divider Rule = BOTTOM OF THE NUMBERS

WR aligns on or outside the divider, play inside leverage.

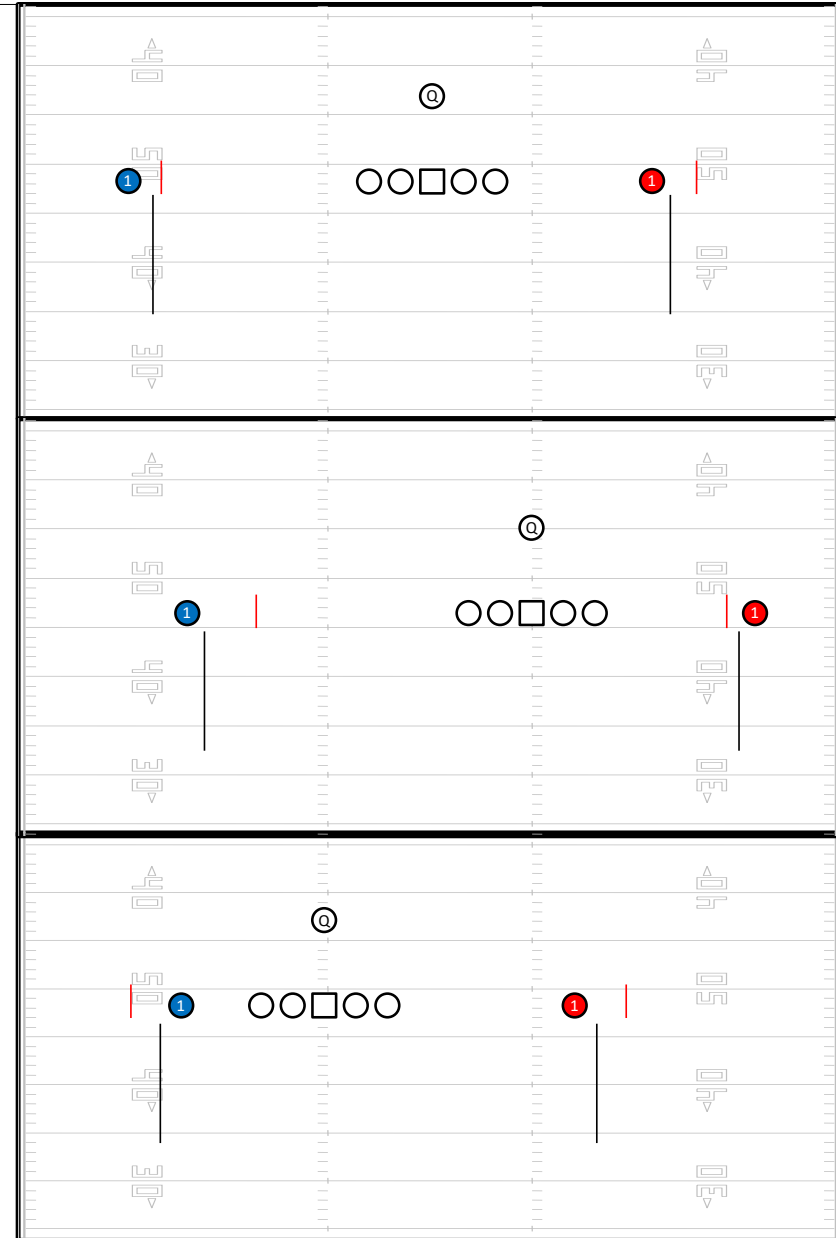
WR aligns inside the divider, play outside leverage.

BALL ON FAR HASH

Divider Rule = DIVIDER LINE (SPLIT THE NUMBERS AND THE HASH)

WR aligns on or outside the divider, play inside leverage.

WR aligns inside the divider, play outside leverage.





OUTSIDE MAN COVERAGE

Corner Technique (7-8 yards off)

Slide Tech

- **Read Phase**
 - **Slow first step, clear quick game**
- **Slide Phase**
 - **Slide tech (45-degree tilt)**
 - **Front shoulder down**
 - **Tempo & cushion are extremely important**
 - **Tempo = speed of receiver. Cushion = space between DB and WR**
- **Crossover Run**
 - **80% crossover run. Front shoulder down!**
 - **Flip & Find OR Arm Bar**
 - **Pressure = vertical. No pressure = not vertical**



SLOT MAN COVERAGE

Safety Technique (10 yards off)

1. FREEZE YOUR FEET

- **Already 10 yards off with plenty of cushion. Don't move to next step until he's moved about 3 yards**

2. Read steps (scooch or slow pedal)

3. Transition Pedal

Nickels (7 yards off) will play just like corners but it's important to understand that their leverage will most likely be different.



PRESS MAN



MOTOR TECHNIQUE

- **1-2 yards off**
- **6-inch steps back (motor)**
- **Kick-slide to stay square!**
- **2-1-none (hands)**

WIN WITH YOUR FEET. FEET BEFORE HANDS!

Motor Drill Series

- 1. Motor**
- 2. Motor to kick**
- 3. Motor to kick to kick**



PEER STEP

- **1 & ½ yards off**
- **6-inch lateral step with leverage foot**
- **Kick-slide to stay square**
- **2-1-none (hands)**

WIN WITH YOUR FEET. FEET BEFORE HANDS!



TEACHING PROGRESSION



A.K.A.F.

Alignment

- **Where do I need to align? Depth? Leverage?**

Key

- **What is my key? What am I reading? Where are my eyes? Pre-snap and Post-snap**

Assignment

- **What is my job? Based on each call/coverage/check**

Footwork Progression

- **What technique am I playing? Based on the call.**