



DRILL MANUAL

BALL SECURITY DRILLS





CIRCLE CHASE – 2 vs 1



PURPOSE: BALL SECURITY DRILL vs DEFENDER IN FRONT OF RUNNER & PURSUIT FOLLOWING FROM BEHIND THE RUNNER.

TEMPO: FULL SPEED

MATERIALS: 3 CONES. FOOTBALLS.

PERSONNEL: DB/LB WR/RB/TE/QB

ORGANIZATION:

RUNNER: BEGIN FACING DEFENDER 1. ON COMMAND, TURN & RUN AROUND THE CONE. CATCH BALL FROM QB. TUCK BALL AWAY AND WORK 1 CUT AND FINISH THRU THE FAR CONE.

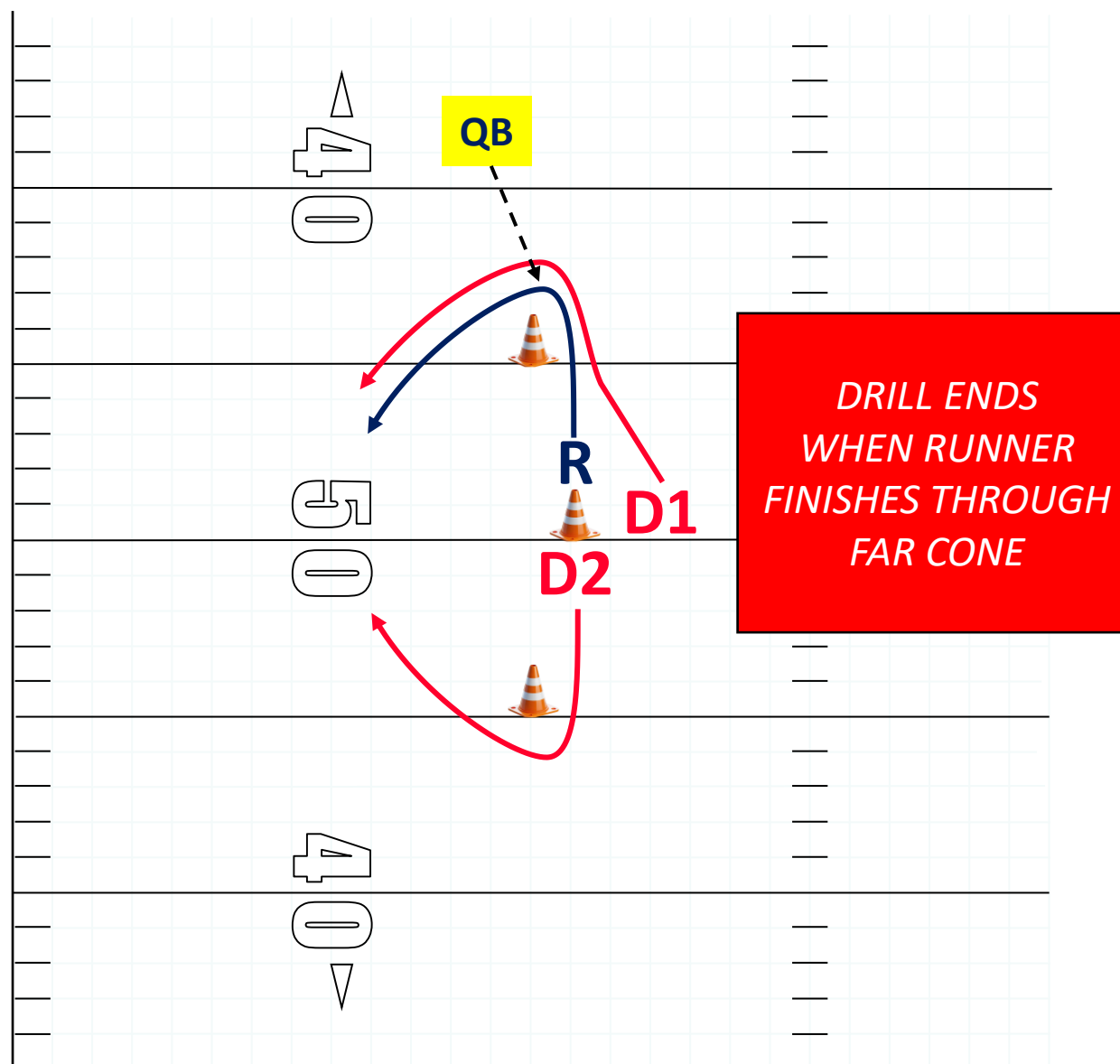
DEFENDER #1: "LET RUNNER CATCH THE BALL". GO ON THE RUNNERS MOVEMENT AND FOLLOW THE RUNNERS PATH. WORK TO STRIP / PUNCH FROM BEHIND.

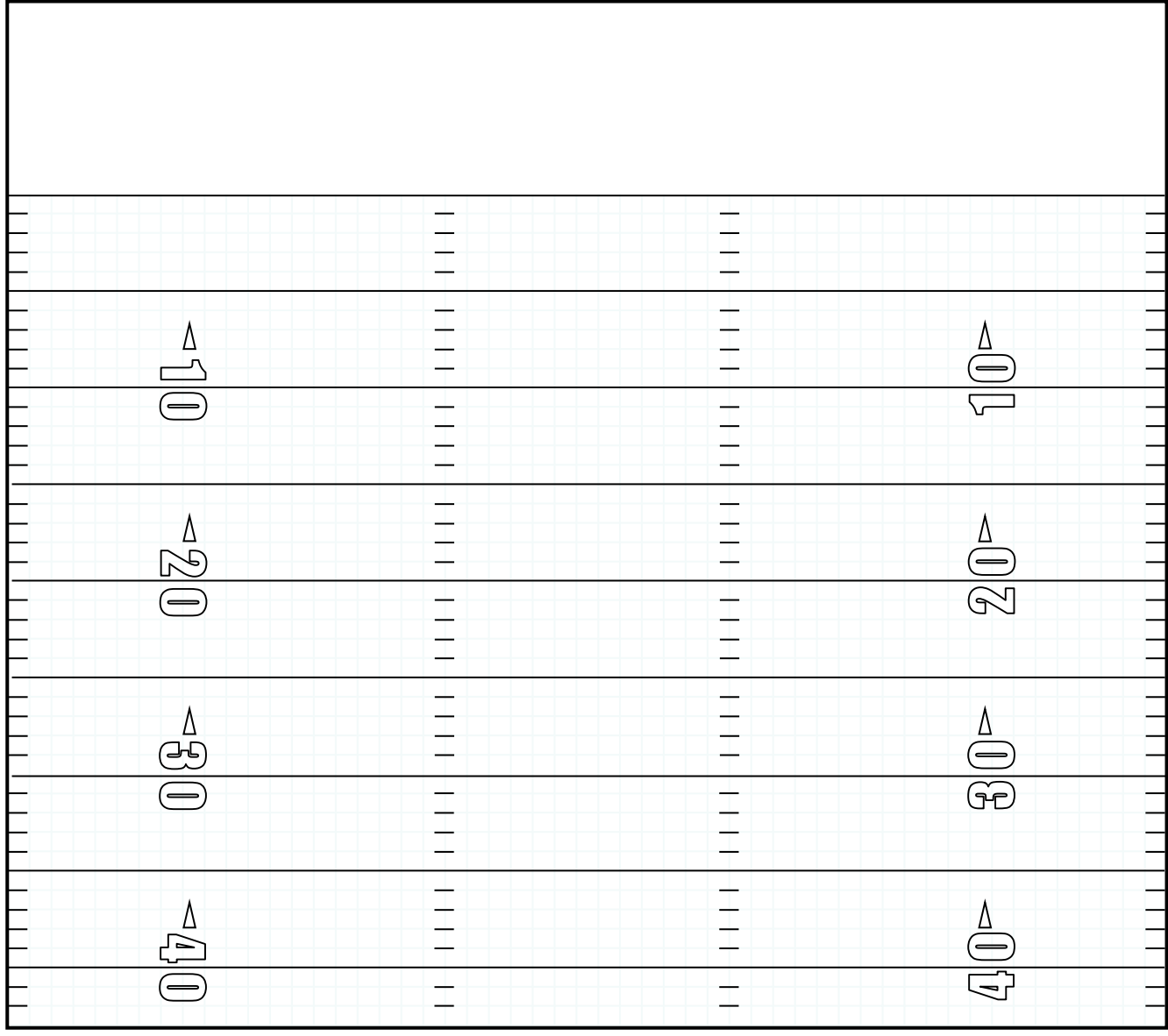
DEFENDER #2: BEGIN FACING THE RUNNER. GO ON THE COMMAND, TURN & RUN AROUND CONE AND EXECUTE HEAD UP TACKLE TECHNIQUE USING THE SIDELINE AS FORCE.

COACHING POINTS:

DEFENDER #1 MUST BE FAST AND CHASE THE HIP, MAKE CONTACT ONLY AFTER THE CATCH.

DEFENDER #2 USE YOUR LEVERAGE, PRIMARY TACKLER FOCUSING ON SECURING THE TACKLE. TRAIL DEFENDER IS BALL FOCUSED.







Handwriting practice sheet with a grid background and three rows of lines. Each row is labeled with a number and has a dashed line on the right side for tracing.

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