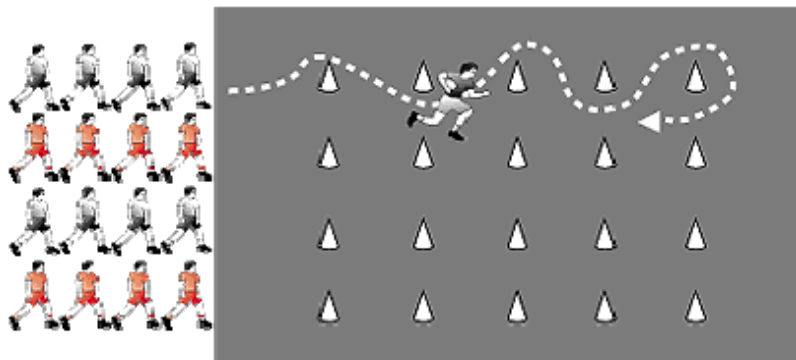


Station 1: Running

1) Begin by having the players run sprints. Identify those who have exceptional speed.

2) Running with the Ball Drill

For this drill, the players are rated on their running ability.



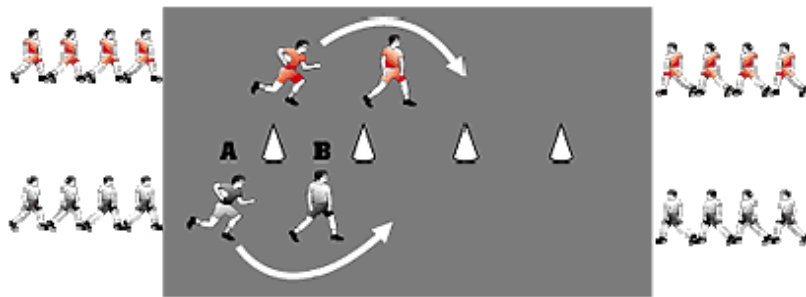
Drill Outline:

- This is a relay race between teams.
- The first participant in each line has a football and will run with the football around each cone and then come back to the beginning of his/her line.
- When the participant returns to the line, they will hand off to the next participant at the front of the line, then go to the back of the team's line.
- The race is won by the first team to have each participant complete the race.

Progression: Have players backpedal or hop over the cones.

Station 2: Center QB Exchange

The purpose of this station is to simply teach the players the proper snapping technique. Players can be rated on their overall ability and running skills.



Drill Outline:

- This is a relay race.
- The quarterback (A) and center (B) on each team start the race.
- The center (B) snaps directly to the QB (A). The center will stand still while the QB runs to the next cone.
- The previous (A) snaps to (B), then (B) snaps to (A) and so on, until course is completed.
- The race is continued until each participant gets a turn.

Progression: Shotgun snap.

Station 3: Receiving

For this drill, the coach acts as QB, and the players are rated on their receiving ability.



5 Yard Curl: The WR runs up the field 5 yards, stops, and returns back towards the QB.



5 Yard Out: The WR runs up the field 5 yards and cuts to the sideline.



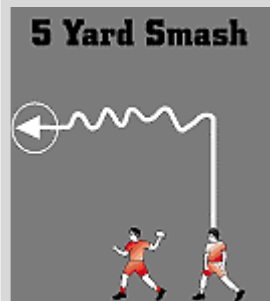
8 Yard Post: A WR runs up field 8 yards and cuts toward the centre of the field on a 45-degree angle



Streak: The WR runs straight up the field as fast as possible.



Post Corner: The WR runs up the field. At 8 yards he cuts toward the centre of the field, after 2 yards runs towards the corner of the end zone.



5 Yard Smash: The WR runs up the field 5 yards and then turns toward the QB and side shuffles with body facing the QB.

Station 4: Passing

This station will identify the QB's

1) Progressive QB Drill (all players throw)

Outline: Pair off participants into two parallel lines. Players start on both knees, throwing to their partners five yards away. Show players how to follow through with their arm, so that their thumbs end up pointing down. Have each player begin with football held above his or her waist. Demonstrate how to throw from no higher than their ear.

Progressions: After several throws, have players switch to kneeling on right knee. Then after several throws that way, have them switch to left knee. Next, have them throw standing up with feet together. Finally, have them practice a three-step drop, then a five-step drop before throwing.

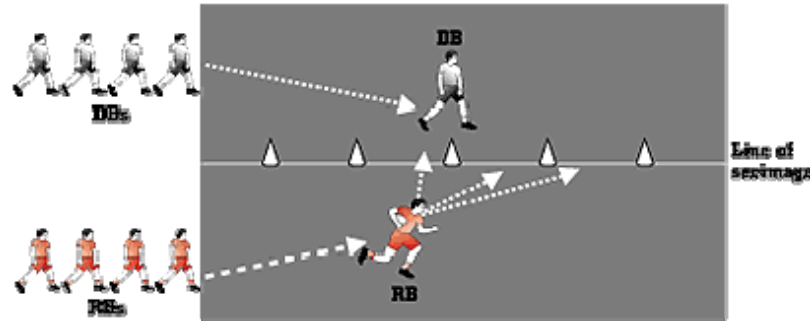
2) Those that will not be playing quarterback this year will act as receivers for this drill. Have the receivers run the following routes:

5 Yard Out: The WR runs up the field 5 yards and cuts to the sideline.

10 Yard Post: A WR runs up field 8 yards and cuts toward the centre of the field on a 45-degree angle

Station 5: Defense

This station will focus on defense and rate the players on their overall ability.



Drill Outline:

- The object is for the RB to run along the line of scrimmage and select an area between the cones to run through.
- RB starts with the football. On coach's signal, RB begins running. The DB must mirror the RB and attempt to capture the RB's flag before the RB selects a hole between the cones.
- This drill simulates making a one-on-one flag capture. Progression: Progress to two defensive players.