

DEFENSIVE BACK DRILLS

<u>Drills</u>	<u>Name</u>	<u>Purpose</u>
Agility	High Knee	Hip Flexibility
	Lateral Wave	Reaction
	Seat Roll	Reaction off ground
	Right over left	Run while looking back
	Directional wave	Reaction
	Wave Carrioca	Quick feet Quick reaction
	Zig Zag	Change of direction
Movement	Back pedal on line	Proper body position
	Carrioca on line	Change of direction
	Backpedal and weave	Keep lateral position
	5 yd. backpedal drill	Body position backward
	Cone drill	Body position & drive tech
Ball Drills	Catching	Proper catching tech
	Turn drills	Hip flexibility backward
	Stretcher	Ball reaction - range
	Dive lay out	Accelerate back to ball
	Bomb drill	Play the deep ball
	Press drill (Shuffle)	Move Feet
Shedding	Butt	Ability to hit and shed
	Fight off	Ability to shed low
	Sell out	Attack blocker and force
	One on one	Attack single block
Tackling	Form	Improve tackling
	Sideline	
	Open field	
	Goalline	
	Catch and turn	
	Fumble tackle	