



YFBCA'S DRILL OF THE WEEK

Backpedal Drill

Purpose

To teach defenders to move backward with chin over toes.

To teach defender to drive for ball at 45° angle coming back toward the LOS.

Description

1. Defenders assume stance 10 yds. away from coach.
2. On command, he drives straight back executing proper technique.
3. Reads coach's eyes and shoulders and attempts to get jump on the ball.
4. When the ball is released, he calls out "Ball" driving toward the football and intercepts at its highest point.
5. Calls out "GO" on interceptions and sprints back to LOS.

C.P.: Stress proper body position during backpedal and drive for ball.

