

DB Zone Break

Purpose of Drill:

To teach the proper fundamentals for reading the QB, anticipate the ball, and gain confidence while covering two receivers in the same zone.

Drill:

- A stationary WR lines up on each hash mark, and a DB splits the difference
- The QB (coach) aligns 15 yards directly in front of the DB
- On ball movement, the QB takes a three to five step drop. At the same time, the DB pedals straight back
- As the QB sets, he turns his eyes and shoulders towards a WR
- The DB reads the QB's eyes and shoulders
- As the QB releases the ball, the DB plants, drives, intercepts the ball, tucks it away, and sprints past the QB

Coaching Points:

- Emphasize correct stance and proper backpedaling technique while the DB reads the QB
- On his break, the DB's eyes are on the WR. After acceleration, his eyes are on the ball.
- Coach the DB to gain ground as quickly as possible, and to avoid false steps.
- The DB catches the ball at its highest point, with both hands, and looks the ball all the way in.

