

Air Ball Pursuit Drill

Purpose: To train defensive linemen to make a second effort on passes thrown downfield and to improve reaction to the screen pass.

Procedure:

Four defensive linemen align on their backs three yards apart. Their heads are on the line.

The coach (QB) with the ball aligns five yards up field between the two inside defenders.

Two target receivers (managers) holding balls align 5 yards downfield behind the defenders.

Upon the command of the coach ("Hip" or "Go"), each defender must quickly get to his feet and rush the drop back or sprint out QB.

After the QB challenges the pass rush with his movement, he simulates a throw to one of the targets.

Upon the QB's throwing motion, the defender makes a snap turn and sprints at full speed toward the target receiver. The receiver is holding the ball tightly in both hands and extending his arms forward at the height of his knee.

Each DL must slap at and touch the ball as he sprints past.

Key Points:

DEs must maintain their contain responsibilities during the pass rush.

The coach insists that the defenders run at full speed with a high intensity effort to make contact with the ball.

If the coach is not satisfied, the drill is repeated.

The drill may also be run with one, two, or three defenders instead of four at a time.

