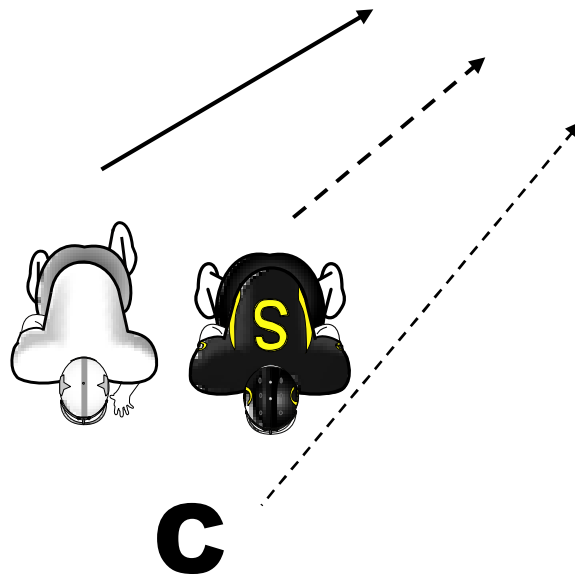


Buddy Post Drill

Drill Purpose: Teach defensive players to stick with WR on an angle break to make play

Drill Instructions:

1. 2 Def players will start side by side
2. Both players will back- peddle 3 yards
3. Coach will hold football in a throwing position and turn to a side to simulate a throw
4. Def will open to the side of Coach's throw and make a break to the ball
5. Both players will make a play on the ball to either INT or pass breakup



Scan this code on your
Smartphone to see a
drill on video

