

DRILL #24: PROPER PURSUIT

Objective: To teach and practice the proper angles of pursuit and how to converge on the ball.

Equipment Needed: One football.

Description: The drill involves nine players—five designated offensive players (two receivers, two running backs, and a quarterback) and four linebackers. The offense has three plays it runs at the defense. The defense must react to each play, pursue the ball, and touch the offensive player with the ball. Initially, each play is walked through by all players. After a few times, all plays are run at full speed. The first play involves a simple down-the-line option play where the quarterback (QB) runs along the line of scrimmage and pitches the ball to the nearest running back (RB). The second play involves having the quarterback drop back and throw a flare pass to a running back. On the third play, the quarterback throws the ball to one of the wide receivers (WR).

Coaching Points:

- As the linebackers touch the ballcarrier, they should practice using the up and under technique to develop the ability to strip the ball loose.

