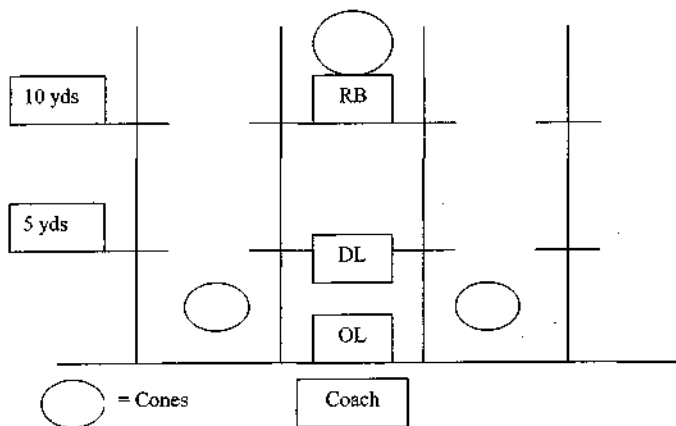


# CONNECTICUT FOOTBALL DRILL OF THE WEEK

**TITLE:** DL Read Drill

**PURPOSE:** To teach the DL to react quickly to the movement of the OL

**DIAGRAM:**



**DESCRIPTION:**

- Set up 3 cones in a triangle about 10 yards apart.
- Two linemen face each other in the middle between two cones with a designated ball carrier at the third cone.
- The player facing the ball carrier is the defender, the other player the OL.
- The coach stands behind the DL signaling the direction and snap count.
- On the command, the ball carrier runs in a straight line to the designated cone, while the OL blocks accordingly.
- The DL reacts to the movement of the OL, controls and escapes the OL making the tackle before the ball carrier reaches the cone.
- The defender's shoulders and hips stay square to the line of scrimmage, the feet stay moving and the hands/arms control and escape the OL.
- After the DL gets comfortable with the drill, bring in "real" OL and RB to increase intensity and speed.

**EQUIPMENT:**

- 3 cones
- 1 ball