

FOOTBALL DRILLS

DRILL TITLE: Stalk Blocking Drill

POSITION

PURPOSE:

1. Agility
2. Reaction
3. Technique/ Fundamentals
Stalk block
4. Intensity/

KEY COACHING POINTS:

1. Wr must be in a proper stance
2. Receiever must run off the defender as far as possible
3. Reciever must be under control when executeing a block
- 4.

EQUIPMENT:

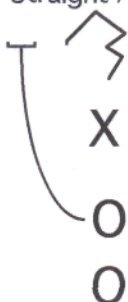
Hand Shields

PERSONAL:

TIME REQUIRED: 5 minutes

DRILL DESCRIPTION

Defender Attacks
Straight Ahead



Defender Attacks
Outside



1. Align receivers in a good stance. Players should be in a formantion or alignment for a certian play.
2. Defender has a hand shield about five yards off LOS.
3. On cadience, Wr bursts off LOS forcing DB to back pedal. WR must aim for a position 1 yard outside the defender.
4. Defender countiues to back pedal until coach signal run.
5. Each reciever must perform a stalk block against both attacks and on both sides.