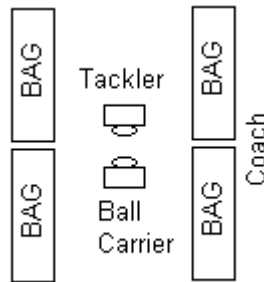


One on One Drill

Lay out 4 bags to make bounds for the route, about 5 yards wide and 5 deep. Have two players lay on their backs in the center, one will be a ball carrier the other a tackler. At the coaches command the players will get to their feet. The ball carrier will try to out maneuver or just plain run over the tackler.



Coaching Points

1. Stress enthusiasm
2. Full speed
3. The ball carrier should keep his head up and shoulders square
4. The ball carrier should gather himself before contact
5. The tackler should keep his head up, feet apart and shoulders square
6. Proper techniques must be followed by both.