

Shotgun Drill

Objective:

- Separate the men from the boys
- Expect Intensity and Enthusiasm

1 Lineman vs 1 Defensive Lineman
Fire Out on Offensive Movement

1 Ball Carrier
Go Score!

DT

OL

QB

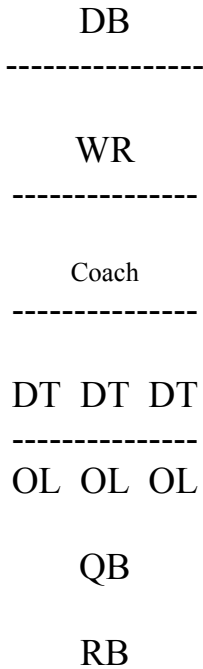
RB

Lay out 4 bags to make bounds for the route, about 5 yards wide and 10 deep. Coach gives play-side direction

- Quarterback calls cadence.
- No Snap...QB opens up, hands off to runner, and gets out of the way
- Runner tries to find a seam and go score
- Defense must maintain the line of scrimmage, throw off the offensive blocker and make the tackle...shoestring if necessary!
- The ball carrier will try to out maneuver or just plain run over the defensive player.

*** Get Crazy and add two more lineman on both sides of the ball.

You can even add a second level with defensive backs and receivers blocking 10 yards down field in case the runner breaks free (Start them with a two second delay).



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.