Football Drills

**Snapping Skills Drill**

Have players pair up with one another and decide which will be the center and the quarterback. Have the center get in good position and be prepared to snap the center. The quarterback needs to be comfortable receiving the snap from the center. Teach good hand position for the quarterback. The quarterback’s hand should form a “V” with their throwing hand on top of the “V”. Have the quarterback place their hands between the centers legs, with the top hand facing down. Have the center snap the ball into the quarterback’s hands on the coaches’ command. As the players become comfortable, concentrate on proper technique, and allow the quarterbacks to say the snap cadence. Repeat several times until the players are comfortable. Switch positions and repeat.

**Shot Gun Snap Drill**

Have players pair up with one another and decide which will be the center and the quarterback. Have the center get in good position and be prepared to snap the football. The quarterback needs to be comfortable receiving the snap from the center and should be lined up five yards behind the center. Have the center “snap” the football to the quarterback on the coaches’ command. As the players become comfortable, concentrate on proper technique, and allow the quarterbacks to say the snap cadence. Repeat several times until the players are comfortable. Switch positions and repeat.

**Distance Passing Drill**

Players will pair off and begin five yards from each other. Have players throw the ball back and forth. Work on proper technique both passing and receiving. After a few throws, have each player take a step back.

**Target Drill**

Have players pair off and begin ten yards from each other. The player receiving the pass should give a target with his/her hands for the passer to hit with the pass. Players pass the ball back and forth, trying to hit the hand targets. Players should move the target to different areas.

**Drop Back**

Have players work on dropping back and getting their feet set and ready to throw. A football should not be used in this drill. Begin with a three-step drop, and work to five-step drop. Have players work on keeping their eyes downfield.

**Drop Back and Throw**

Have players pair up and face a partner, with five yards in between them. One side will be the quarterback side. When the coach gives the command, the quarterbacks will drop back, set up, and throw to their partners. Repeat the drill several times, then switch sides. Be sure quarterbacks are keeping proper technique and keeping their eyes downfield.
Catching Drill

Players will line up, single file, on one side of the field. One at a time, players will begin to jog across the field, looking toward the coach. The coach will pass the ball to the player. Players should work on catching the ball away from their bodies, using their hands. Use the up, slant, curl, and out. This is a half-speed drill to work on catching the ball while in motion.

Jogging Drill

Players will line up in a single file line. One at a time, players will jog up the field. A coach will lob a pass over each players outside shoulder. Players will adjust to the pass and work on catching the ball over their outside shoulder. Catching the ball this way will give players an advantage in the game because they can use their bodies to keep the defenders from getting to the football. Occasionally switch sides.

Passing Tree

Players will line up in a single file line. One at a time, players will run a predetermined route. Begin with the curl, and work up the passing tree from there. Coaches should watch each route and teach as players run the routes. After players feel comfortable with the route, add a pass from the coach.

Break Down

Have players run half-speed toward you. On the command “break down,” players should come to a good break-down position using proper technique.

Angle Drill

Place two cones about five yards apart. Players will form two lines, one offensive and one defensive. One at a time, a ball carrier from the offensive line will run the football through the cones, attempting to juke and run past the defender without getting his flag pulled. The defender will practice taking good angles and trying to pull the flag of the ball carrier.

Offense and Defense

Two defenders will line up in a ten-yard alley, with five yards between them. The ball carrier will run through the alley, attempting to get past the defenders, one at a time, until the end line. This will help players develop open-field techniques on both the offensive and defensive sides of the ball. Be sure players rotate and play all positions.
Open Field Flag Pull

Set up cones five to seven yards apart, making a “box”. Designate a sideline with three cones. The offensive player will receive the pitch from the coach. The defender will take a proper angle to make the tackle on the ball carrier. Have the defender work on breaking down into a good defensive stance as they approach the ball carrier. Teach defenders to use the sideline to their advantage by forcing the ball carrier toward it.

One on One, Two on Two and Three on Three

Have players run one-on-one routes against each other. Players will get a chance to work on their technique at receiver and defensive-back positions. Begin with the coach as the quarterback, then work toward a player quarterback. Once they understand the concept, start including additional players so its two on two and three on three.