



## After-School Football Skills & Drills

From USA Football



**Position:** Quarterback

**Objective:** To teach players how to throw the football accurately and efficiently

**Drill Set-up:**

1. Players line up and face each other in pairs, about 10 yards apart.
2. Pass the ball to each other, focusing on the grip and the throw.

**Teaching Points:**

1. Hold the ball at chest height in both hands, with the feet under the hips.
2. Push off the back foot and step forward with the opposite foot to the passing arm, so that both the foot and hip face the target. The body should now be facing the target.
3. At the same time, take the passing arm back with the elbow bent to hold the ball above the shoulder and slightly behind the helmet.
4. Release the ball from the other hand.
5. Begin the pass with the hips and shoulders moving forwards, ahead of the passing arm.
6. Bring the shoulder and passing arm forwards, and extend the arm and hand to release and pass the ball to the target.
7. As the ball is released, rotate the hand inwards towards the thumb so the palm is facing the ground.

Used with permission of USA Football

**Position:** Quarterback

**Drill:** Weave Passing Drill

**Drill Set-Up**

1. Line up four flat dummies approximately 2 yards apart.
2. Set up two receivers (other quarterbacks) 5-10 yards downfield and 8 yards apart.
3. The coach gives the command for the quarterback to shuffle forward and backwards between the dummies.
4. The coach points to a receiver to flash his hands.

**Teaching Points:**

1. The quarterback must always focus downfield (not on the dummies) to see the target.
2. Keep the ball held at chest height in both hands, with feet under hips.
3. When receiver flashes hands, set his feet and deliver the pass with proper mechanics.

Used with permission of USA Football



©2018 National Dairy Council.  
Fuel Up is a service mark of National Dairy Council.

**Position:** Wide Receiver

**Drill:** Car Wash Drill

**Drill Set-Up:**

1. Divide the receivers into two lines about 2 yards apart and facing each other.
2. Pull one receiver out of the line and have him stand between the lines at the far end.
3. The coach or passer stands opposite the receiver.
4. The coach will pass the ball to the receiver while the others wave their arms in a distracting manner in the passing lane.

**Teaching Points:**

1. The receiver should reach out and catch the ball with his hands.
2. After making the catch, the receiver should tuck the ball for security. After five receptions, rotate the receivers through the drill in a clockwise manner.
3. Pass high: receiver places thumbs and forefingers together and reaches toward the ball.
4. Pass low: receiver places pinkies together and reaches toward the ball with palms slightly up.

Used with permission of USA Football

**Position:** Wide Receiver

**Drill:** Pass Gauntlet

**Drill Set-Up:**

1. Line up five quarterbacks or coaches across the width of the field, with three on one side of a line and two on the other side.
2. Line up five receivers on one sideline between the quarterback/coaches.
3. On command, the receiver sprints toward the opposite sideline and catches passes thrown from each side.

**Teaching Points:**

1. The receiver starts with a perfect stance and needs to stay on a straight line.
2. The receiver should catch the pass, control it with his hands and then drop the ball.
3. The last pass should be at the sideline, and the player should work on getting the feet down in play.
4. Pass high: receiver places thumbs and forefingers together and reaches toward the ball.
5. Pass low: receiver places pinkies together and reaches toward the ball with palms slightly up.

Used with permission of USA Football

**Position:** Running Back

**Drill:** Quick Feet Gauntlet

**Drill Set-Up:**

1. Place five saucer cones in a straight line about 1 yard apart.
2. The running backs line up in a single-file line with a ball in their hands.
3. The first player begins by quickly circling the first cone in a clockwise manner and then accelerating to the next cone to circle it.
4. Circle each cone down the line.
5. When this player reaches the third cone, the next player begins.

**Teaching Points:**

1. The players must stay on their toes and move quickly through the cones without stepping on them.



©2018 National Dairy Council.  
Fuel Up is a service mark of National Dairy Council.

2. Use small, quick footwork to stay close to the cone.
3. Runners keep their eyes downfield and do not look at the cones.
4. Runners must always practice good ball security skills.
5. Repeat the drill making sure players go both clockwise and counter-clockwise.

Used with permission of USA Football

**Position:** Running Back

**Drill:** Bag Series

**Drill Set-Up:**

1. Line up five step-over backs, 1 yard apart maximum depending on age and size of players.
2. RB's line up in a single-file line facing the bags.
3. The coach calls out the action he wants and the players execute movement over the bags.
4. After moving past bags, RB will sprint to the finish cone.

**Teaching Points:**The RB starts with a perfect stance and proper ball security.

1. The RB will use good mechanics to accelerate in and out of the drill.
2. RB will minimize arm swing to change direction when needed and use small accurate steps during bags.
3. Appropriate patterns are:
  1. One foot in every hole
  2. Two feet in every hole
  3. Two foot jumps in every hole
  4. Jump from one foot to the other foot through bags
  5. Zig-zag run

Used with permission of USA Football

**Position:** Defensive Back

**Drill:** Back Pedal and Flip

**Drill Set-Up:**

1. Set up saucer cones at the 0, 10 and 20 yard line.
2. The defensive backs line up on the 0 yard line facing the coach with their backs toward the field.
3. On the whistle, players backpedal until the 10 yard cone, where they will flip their hips 180 degrees and sprint to the end.

**Teaching Points:**

1. Players start with knees flexed and hips low.
2. During backpedal, players keep their shoulders in front of their hips and slowly raise their shoulders.
3. Arms should move in a natural motion.
4. Players should stay on the balls of their feet.
5. On the second cone, pivot by snapping head around and punching knee across body to begin forward sprint.

Used with permission of USA Football



**Position:** Defensive Back

**Drill:** Big W

**Drill Set-Up:**

1. Place five saucer cones in the shape of a W with each cone 5 yards apart.
2. The defensive backs line up in a single-file line on the first cone.
3. The first player begins by backpedaling straight back to the second cone.
4. The player will shorten his stride, reduce arm swing and change direction to a forward run, aiming for the third cone.
5. Player repeats process, backpedaling to cone 4 and sprinting to cone 5 to finish.

**Teaching Points:**

1. Players start with knees flexed and hips low.
2. During backpedal players keep shoulders in front of knees and hips.
3. Arms should move in a natural motion.
4. Players should stay on the balls of the feet.
5. To change direction, shorten strode, reduce arm swing and stop momentum going backward, plant back foot, and drive forward low and hard into forward run.

Used with permission of USA Football



©2018 National Dairy Council.  
Fuel Up is a service mark of National Dairy Council.