



Kingsway Football

Voluntary Workouts (1.5 Hours)

Position Specific Drills - WEEK 1-5

Summer 2020

Keeping Players and Teammates Safe

1. Wear a mask when appropriate, NOT during cardiovascular training.
2. Maintain social distancing of 6 ft. apart.
3. Keep numbers low in areas, max 10. Spread out.
4. If asked to move, comply with any requests politely.
5. DO NOT wear Kingsway Football Attire - these are voluntary workouts.
6. Take care of hamstrings and hip flexors - stretch before and after.
7. Stay ON your feet at all times. NO ONE is to be on the ground.
8. 5 yds of spacing between each player getting ready to execute a drill.

Voluntary Workout Details

- William Wilt Soccer Complex (FB Lined Field) - this can change so make sure you are connected with HUDL and the TEAMS app. Communication will come from our Senior Leadership if this changes.
- No Kingsway Attire
- **Skill Players (Monday & Wednesday) (9:00a-10:30a)**
- **Big Men (Tuesday & Thursday) (9:00a-10:30a)**
- All drills have an associated video - preview video before segment workout. Pay attention to technique and doing movements correctly and safely.

Segment Breakdown (Seniors Manage Time)

1. Dynamic Warm-Up
2. General Agility Drills - Begin to Move!
3. Position Specific Movements - Defense
4. Position Specific Movements - Offense
5. Group Drillwork
6. Routes on Air / Combo Routes / ½ Line Movements
7. Full Plays, RPO's, Full Pass Concepts on Air
8. Speed Work and Conditioning - ALWAYS END OF SEGMENT "Together We Will"



<p><u>QB DRILLS</u></p> <ol style="list-style-type: none"> 1. FOOTWORK <ol style="list-style-type: none"> a. CROSS-OVER RUN (FLIP HIPS) b. DEPTH STEP c. 2 STEP RECOVERY d. DEPTH STEP, 2 RECOVERY e. PAP, SET UP TO THROW f. SPRINT OUT PASS g. NAKED, BOOT h. SET UP, TAKE OFF & RUN i. OPTION PITCHES 2. THROWING PARTNERS <ol style="list-style-type: none"> a. RIGHT/LEFT KNEE DOWN b. FEET TOGETHER c. TURN RT/LT d. TURN & THROW (EASY) e. TURN & THROW (HARD) f. WALKING TO / AWAY g. 25 YDS. TURN BALL OVER h. 10 YDS APART (45) RT/LT 3. REACTION DRILLS <ol style="list-style-type: none"> a. MANNING DRILL b. T-DRILL c. RAPID FIRE (3 BALLS) (HITCH/SLANT/BUBBLE) d. RPO READ APEX LB e. SET, RESET (TENNIS BALLS) 4. RESOURCES <ol style="list-style-type: none"> a. USC Spring Football Day One - Quarterback Drills: https://www.youtube.com/watch?v=enXEIw5w5S0 	<p><u>DL DRILLS</u></p> <p>STANCE Feet ...toe to instep stagger Down hand... fingers tripod Up hand..out in front ready to strike Butt higher than head Eyes up</p> <p>GET OFFS Eyes on back of the ball ..it moves first Straight 5 yrd sprint 2x</p> <p>REDIRECTS Same as getoffs Shoot hands Break down at 2.5 yards (olinemans heels) Sprint to direction of the ball 90 degrees no fish hooks</p> <p>Pass Good get off .. shoot hands. Move and counter Ends back shoulder .Tackles front shoulder of QB Screen Get off.. Pass read ... qb looking at you or not blocked stop feet chase screen</p>
<p><u>H/TE DRILLS</u></p> <ol style="list-style-type: none"> 1- Stances 2- Run Blocking (first step only) <ul style="list-style-type: none"> - Zone step - Reach Step - Down Block (gap step) 3. Run Blocking (3 step progression) <ul style="list-style-type: none"> - Inside Zone - Outside zone (reach) - Power (down block) 	<p><u>LB/ROVER DRILLS</u></p> <ol style="list-style-type: none"> 1. Bag Drills 2x each(can be done with cones/hurdles/ect. <ul style="list-style-type: none"> - Single foot - Double foot - Lateral step over - Shuffle through - Snakes 2. Downhill shuffle read Drill <ul style="list-style-type: none"> - Start by chopping your feet. A ball



<ul style="list-style-type: none">- Drive Block <p>4. Releases</p> <ul style="list-style-type: none">- Work quick releases from a 3 point stance vs. a 7 tech, 8 tech, and 9 tech D end. Make sure to get back on your line after you release. (Stack the end)- Use hands to release, work moves like a club/rip or a tight swim. <p>5. Ball Drills</p> <ul style="list-style-type: none">- Releases with a catch- Bad ball drill (jogging down a marked line on the field have a partner throw a pass outside your body frame. Complete the catch without letting your feet come off the line.- Routes to work on<ul style="list-style-type: none">- Stick- Speed out <p>Resources: (speed out and stick routes)</p> <ul style="list-style-type: none">• https://www.youtube.com/watch?v=U35ZdEOYn4A• https://www.youtube.com/watch?v=EeFwz1UxPMA	<p>carrier standing 5 yards away will turn left or right, LB must then shuffle at a 45 degree angle downhill for 5 yards. Reset quick and get a few reps in going each direction.</p> <ul style="list-style-type: none">- https://www.youtube.com/watch?v=e5cG9xQ2MZI&t=49s <p>3. Pursuit/ scraping drill</p> <ul style="list-style-type: none">- Have a ball carrier 5 yards away from defender running parallel to each other. For 15 yards the ball carrier will change between a jog and spring while the defender works to stay on the back hip of the ball carrier. Defender finish with a tag off at 15 yards. <p>4. Cover 3 pass drops(boston/fresno)</p> <ul style="list-style-type: none">- hook/curl- curl/flat
<p><u>RB DRILLS</u></p> <p>1 - Everyday bag/cone drills (do every movement twice)</p> <ul style="list-style-type: none">• Sprint 10-15 yds• Shuffle• Zig zag• High knees <p>2 - Complete drills in the following videos</p> <ul style="list-style-type: none">• https://www.youtube.com/watch?v=0jt2bJSqG5o• https://www.youtube.com/watch?v=VehmE7j1EIY• https://www.youtube.com/watch?v=BPYUyL12hcs	<p><u>WR DRILLS</u></p> <p>FOUNDATIONS - CLEMSON: https://www.youtube.com/watch?v=w6nkbWvcn70</p> <p>STANCE START - NO FALSE STEPS RELEASE DRILLS - HAND KNOCKDOWN RELEASES (PARTNER LEAN) RELEASES (4 BAGS/PARTNERS) RELEASES (SQUIRT) - SLANT W BALL RELEASES (REDIRECT) - PARTNER RELEASES (HANDS) - PARTNER.</p> <p>ROUTE RUNNING TOP OF ROUTE 90 - SHOW HANDS TOP OF ROUTE 45 - SHOW HANDS BREAKPOINT - "FEEL IT" BREAKPOINT - PUSH OFF BREAKPOINT - 4 CONES</p>



	<p>BALL DRILLS</p> <p>OSU SEGMENT: https://www.youtube.com/watch?v=cbKtSE0PdPE&feature=emb_logo HARD ANGLE - BREAKPOINT (3 CONES) SYNC. BREAK POINT HARD ANGLE TOP OF ROUTE (IN-CUT) - HANDS TOP OF ROUTE (OUT-CUT) - HANDS JET DRILL COMEBACK (8 CONES)</p> <p>VILLANOVA SEGMENT: https://www.youtube.com/watch?v=-xvVW8ulvj4&feature=emb_logo BOX EDGE DRILL (IN 5 YDS.- USE SL) BOX EDGE DRILL (OUT 5 YDS - USE SL) SNAP BREAK (LOW START) (PARTNER) 4 TURNS DRILL (W/ BALL) CURL & WRAP (3 CONES OR BODIES) BREAK THE GLASS - EMPHASIS ON VIOLENT CUT STEP.</p>
<p><u>OL DRILLS</u></p> <p>1- Stances</p> <p>2- First Steps- Bird Dog</p> <ul style="list-style-type: none">-Zone Step-Reach Step-Angle Step-Pull Step-Power Walk(Duck Walk)- 6 inch steps) <p>3- Drive Block</p> <ul style="list-style-type: none">-Zone Step-Reach Step-Angle Step-Pull Step <p>4- Skip Pull</p> <p>5- Resource- First Clip/Section on HUDL under 20/21 Season TBD-Opponent Scout called "OL Drills 2019" https://www.hudl.com/library/38943</p>	<p><u>DB DRILLS</u></p> <p>1 - Breaks: 4-6 lines coming off of the sideline</p> <ul style="list-style-type: none">● Break straight downhill● 45 degree angle breaks● 90 degree angle breaks● turn & go● break to post● speed turn <p>*use this as your everyday indy drill</p> <p>2 - W Drill</p> <ul style="list-style-type: none">● Back pedal to 45 degree break`● Shuffle to break <p>*tempo your back pedal and then explode out of your break</p> <p>3 - Complete the drills in the following video</p> <ul style="list-style-type: none">● https://www.youtube.com/watch?v=YOumcgdZcv0 <p>4 - Cover 3 Technique</p> <ul style="list-style-type: none">● Corner technique: 7 yds off and inside of #1 WR. Tempo = Shuffle, shuffle, back pedal, turn & go



	<ul style="list-style-type: none">• Safeties: work dropping to the middle of the field as deep as the deepest. Also, work on dropping curl to flat 5 - Man Coverage: off and press <ul style="list-style-type: none">• https://www.youtube.com/watch?v=FXXAb81RnwM
<p><u>GENERAL AGILITY DRILLS</u></p> <ul style="list-style-type: none">a. 4 CONE DRILLSb. PRO AGILITYc. 3 CONE DRILLd. HOOPSe. W DRILLf. M DRILLg. SHUFFLE 5 - SPRINT 10 (BALL)	