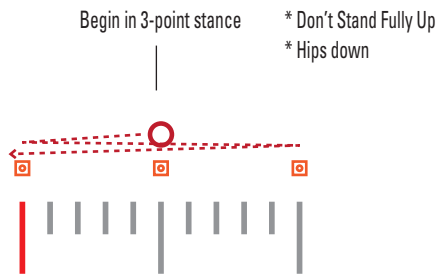




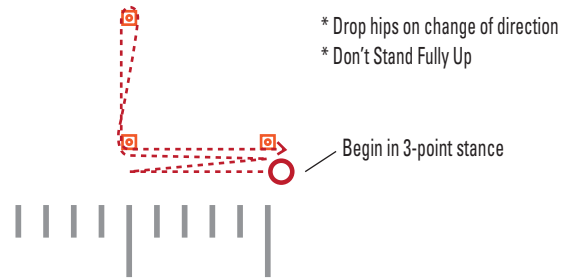
PRIDE, WORK ETHIC, SPORTSMANSHIP, DETERMINATION AND LEADERSHIP

## OFFENSE

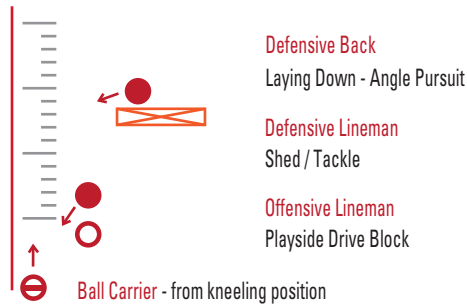
### SIDE-to-SIDE DRILL



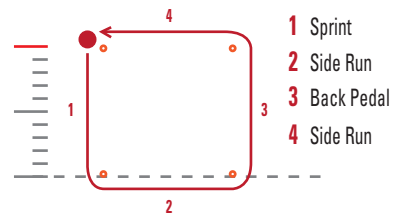
### L Agility DRILL



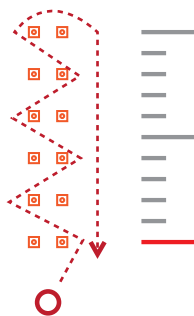
### SIDELINE TACKLE DRILL



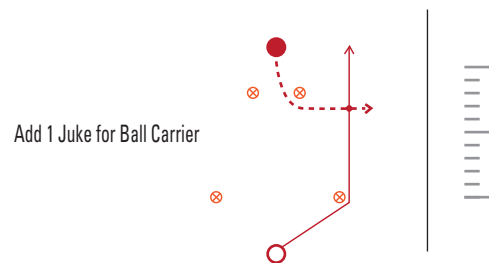
### BOX DRILL



### FOOTWORK DRILLS



### ANGLE PURSUIT



## BAG DRILLS



High Knee Side Step  
Front to Back Quick Step  
Side Step Bag Slap  
High Knee Forward

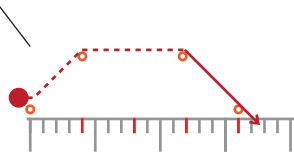


PRIDE, WORK ETHIC, SPORTSMANSHIP, DETERMINATION AND LEADERSHIP

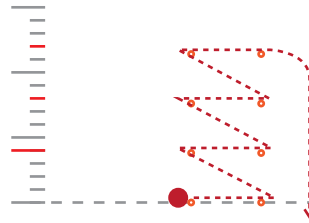
## DEFENSE

### LINEBACKER BOX DRILL

Linebacker stance / read step  
Eyes up, never down,  
Keep shoulders square to LOS

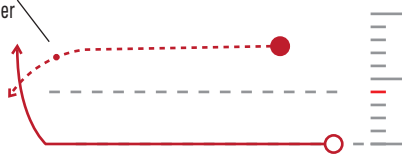


### LB X-MAS TREE DRILL

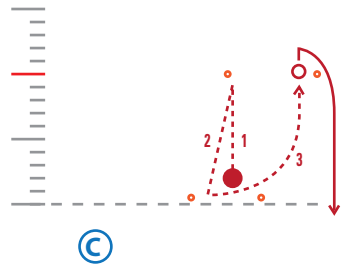


### PURSUIT DRILL (TOSS) - LINEBACKERS

Speed up, explode through tackle  
defense breaks toward ballcarrier  
when ballcarrier makes vertical  
move towards LOS



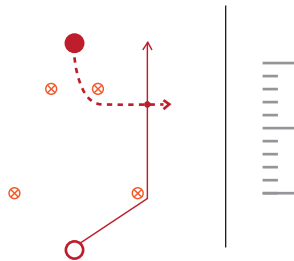
### DEFENSIVE BACK DRILL



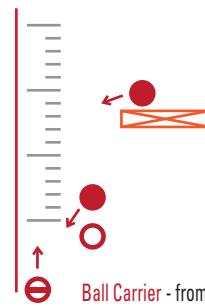
- 1 Back Pedal (Coach Show Pass)
- 2 Run Pursuit (Coach Show Run)
- 3 Interception (Coach Pass)
- 4 Return

### ANGLE PURSUIT

Speed up, explode through tackle



### SIDELINE TACKLE DRILL



- Defensive Back  
Laying Down - Angle Pursuit
- Defensive Lineman  
Shed / Tackle
- Offensive Lineman  
Playside Drive Block
- Ball Carrier - from kneeling position

## BAG DRILLS



- High Knee Side Step
- Front to Back Quick Step
- Side Step Bag Slap
- High Knee Forward