



FOOTBALL INSTRUCTION



WARM UP

1. High knees down and back jogging
2. Kick butts down and back jogging
3. Karaoke down and back jogging
4. Side shuffle down and back jogging
5. Jog 10 yards down and back
6. Legs together, reach down to your toes
7. Quad stretch x10 seconds
8. Straddle stretch to the left, right, and middle

AGILITY LADDER DRILLS

You can draw an agility ladder with chalk

1. High knees, one foot in each box. Walk then jog
2. Two feet in each box. Walk then jog
3. Going sideways, 2 feet in box then 2 out
4. Jump forward with both feet in each square

THROWING

Fingers over the laces and thumb over the football. Back elbow up, lead hand pointing to your target. Follow through with your throw

1. Try to hit a target - start close, then work further away.
2. Throw with a partner, kneeling with one foot forward. Keep good form, follow through. x10 throws

CATCHING

Hands out in front in the shape of a diamond, index fingers together and thumbs together. Catch the ball in front of your body, then tuck it away under your arm.

1. Pass back and forth with a partner x10. Remember to tuck the ball away every time.

POSITION DRILLS

RECEIVER

1. Line up with your inside foot (closest to the ball) forward. When the quarterback says 'go', sprint forward
2. Slant route - receiver runs to a marked spot, plant on your outside foot, change positions to go towards the goal post, and catch. Practice to the left x10, to the right x10

RUNNING BACK

1. Running back gets a handoff by creating a BIG pocket - inside arm up high at your chest and outside arm at your stomach. Practice both sides x10

LINEMAN

1. Line up with 3-point stance: Knees bent, toes a little wider than shoulders, one hand down, head up. When quarterback hikes the ball, sprint forward. Practice x10

DEFENSIVE BACK

1. Start in an athletic position with your knees bent. When the play starts, back pedal and pump your arms
2. Have someone throw the ball any direction and defensive back has to back pedal and catch it.

Your turn! Record your progress and share it with us!

Thank you, Coach Valdez!