Spartans’ RB
“Daily Must” Intensity Drills

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Spartans RB Play

PHILOSOPHY
STANCE/START
FOOTWORK
BLOCKING
BALL SECURITY
RECEIVING
FRAMES JET/TRAP/ROCKET
Spartans RB philosophy

**UNSELFISH!**
Decoy (Three ball on play … Jet/Trap/Navy)

**GREAT START**
Shot out of a cannon on every play … ball or no ball!

**BLOCK FIRST, FAKE SECOND, RUN/CATCH THIRD**
Ties into unselfish play

**BALL SECURITY**
Don’t fumble … badge of honor … three pressure points

**CREATE YOUR OWN DESTINY**
Find daylight or create it!

**POSITIVE YARDS**
Always fall forward
Stance/Start

- Power position
- Outside foot forward, chest over toes (Need to really coach this up)
- Leverage/push off outside foot
- Eliminate false steps
- Shot out of a cannon
Footwork Drills

- 5-yard cut drill
- Cross-face cutback drill
- Positive yards drill
-THIS IS A FOOTWORK DRILL!
-At half speed, start on line and make 45-degree cuts, switching the ball in arms
-Sharp 45-degree cuts. Lower hips and pad level with cut
-Switch ball accordingly, securing three pressure points
CROSS-FACE CUTBACK DRILL

-THIS IS A FOOTWORK DRILL!

- Send defender at an angle
- RB will run full speed downfield and cut back across closing angle of the defender
- Keep ball in arm … minimize possibility of turnover
- Get north/south and find the end zone directly after cut
RB DRILLS-FOOTWORK

POSITIVE YARDS DRILL

-THIS IS A FOOTWORK DRILL!
-Perform on a line
-Left hand down on ground, right arm holds ball; secure three pressure points
-Balance drill … keep balance while falling forward for positive yards

10 yards
Blocking

Strike progression
Reach/arc drill
Isolation drill
Power/kick-out drill
RB DRILLS-BLOCKING

STRIKE PROGRESSION

Phase 1: knees

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\begin{array}{c}
  \text{LB} \\
  \text{RB}
\end{array}
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Phase 2: two-point stance

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\begin{array}{c}
  \text{LB} \\
  \text{RB}
\end{array}
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Phase 3: 5 yards apart

\[
\begin{array}{c}
  \text{LB} \\
  \text{RB}
\end{array}
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- Start on knees; loaded position (cocked and rocked)
- Roll hips, punch bag with thumbs up, finish with belt buckle and belly on ground!
- Advance to two-point, and 5 yards apart
- Pad level, helmet fit low, fast feet through contact
- Hands inside, drive legs and lock out/finish the drill in Phases 2 and 3
- Must stay locked on!
RB DRILLS-BLOCKING

REACH/ARC DRILL

-Primarily used in the wing position on jet/navy
-Take proper “J” angle and seal the defender
-Proper helmet/pad-level fit
-Run legs through contact and look to lock out/finish
-Stay locked on and turn butt/hips to sidelines
RB DRILLS-BLOCKING

ISOLATION DRILL

- Use agile bag for landmark
- Take proper insert/isolation angle
- Proper helmet/pad-level fit
- Run legs through contact and look to lock out/finish
- Stay locked on!
RB DRILLS-BLOCKING

POWER/KICK-OUT DRILL

- Take proper power angle
- Proper helmet/pad-level fit
- Run legs through contact and look to lock out/finish
- Head inside; turn butt/hips to interior
- Stay locked on!
Ball Security

- Machine-gun drill
- Gauntlet drill
- Spin drill
- Punisher/sideline drill
RB DRILLS-BALL SECURITY

MACHINE-GUN DRILL

-Rapid-fire drill … half speed run
-Form pocket, inside elbow up, palm toward goal post
-Accept ball, place in basket
-Don’t reach, let it be placed
-Roll shoulder over and take away number

5 yards
RB DRILLS-BALL SECURITY

GAUNTLET DRILL

- RB 3 yards away
- Full-speed sprint through gauntlet (shot out of cannon)
- Two hands on ball; pad level low
- Knees and elbows, finish drill through 5-7 yard sprint burst
- Bags should give shots through gauntlet, try to knock off course and cause turnover
SPIN DRILL

- RB 2 yards away from other RB .... 3/4 speed drill
- RB tries to strip from behind other RB with ball
- RB with ball spins ferociously (torque) out of the strip, keeping full momentum forward
- Two hands on ball
- Finish drill with 5-7 yard sprint burst
RB DRILLS-BALL SECURITY

PUNISHER/SIDELINE DRILL

- RB 5 yards away from gauntlet
- Full-speed sprint down sideline (shot out of cannon)
- Ball in outside hand, inside hand rips through bag and punishes defender
- Scrape paint with the bags, delivering the rip while keeping in bounds
- Can combine drills at end (cutback, etc.)
- 5-7 yard sprint burst at end of drill
Receiving

- Bubble drill
- Now drill
RB DRILLS-RECEIVING

BUBBLE DRILL

- RB at wing/slot alignment
- Coach throws bubble pass to RB
- RB no false steps and releases on a bubble path and looks right away for football
- Focus on catching with diamonds, momentum going toward line of scrimmage
- Finish drill with 5-10 yard sprint burst downfield
- Similar to a swing-pass drill
-RB at wing-slot alignment
-Coach throws NOW pass to RB
-RB no false steps and turns toward coach/fade back steps and looks right away for football
-Focus on catching with diamonds, look right away
-Finish drill with 5-10 yard sprint burst downfield
NONE OF THIS MATTERS UNLESS...
As a coach you...

• Develop relationships and earn the trust of players, coaches and parents in the school community.
• Bring passion and energy to every situation within the program.
• Make the players believe that what you are teaching them is important!
CONTACT INFO

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