

RUNNING BACK DRILL SET

1. Agility - Athletes will navigate their way over and through a set of agility bags in a series of forward and lateral movements.
2. Square Cuts & Ball Security - Athletes will execute 90 degree cuts by starting at one corner of the box and planting off their outside leg at two of the corners before sprinting through the fourth cone.
3. Jump Cuts & Ball Security - Athletes will sprint toward two agility bags before accelerating and performing a second jump cut to simulate quickness in the hole and open field.
4. Hands & Ball Security - Athletes will execute 3 routes from varied alignments.
 - Speed Flair Route to the flat (hip movement & hands).
 - Texas Route attacking flat and breaking at 45 degrees (acceleration, hip movement & hands)
 - Slot 5 Yard Speed Out Route (stance/start, hip movement & hands).