

**Dakota Ridge Football
Running Backs
Terminology and Drills
Fall 2007**

1. GETTING STARTED

a. STANCE

i. 3 Point Stance

1. The feet should be shoulder width apart with the toes pointed straight ahead.
2. The feet may be staggered. The toe of the back foot in the staggered stance should not be further back than the instep of the front foot.
3. The heels should be raised no more than one inch.
4. The back should be flat with shoulders parallel to the ground. (Hips at same height as shoulders.)
5. The head should be raised high enough to see the line of scrimmage.
6. The down hand should be open and the back should be able to pick it up without losing his balance.

ii. Coaching Points

1. If lateral movement is difficult or slow, the player may be leaning on the down hand and has his weight too far forward or his feet may be set too wide.
2. If the player is having difficulty seeing the line of scrimmage, his back is not parallel to the ground. He may not have enough flex in his knees which sets his hips too high.

iii. 2 Point Stance

1. The feet should be shoulder width apart with the toes pointed straight ahead.
2. The feet should be flat on the ground.
3. The player should have a slight forward lean so that his weight is on the balls of the feet. His legs should be bent at the knee. From the side you should be able to see the player's shoulders over his knees and his knees over his toes.
4. The player's back should be arched with the head up.
5. The player's hands should be placed on the front of his thighs open with the fingers pointing down.

iv. Coaching Points

1. If lateral movement is difficult or slow, the player has his feet set too wide.
2. If the player is false stepping, his stance is too upright. He may not have enough bend in the knees or he may be leaning on his hands.

v. Dive/Trap Step

1. Forceful step forward with play side foot. Can make cut on step three.

vi. Open Step

1. Lateral step parallel to line of scrimmage with play side foot. Followed by a crossover step and a cut up field on the third step.

vii. Crossover Step

1. Turn shoulders and hips perpendicular to line of scrimmage. Simultaneous with the hip and shoulder turn, the RB should pivot and push off his play-side foot stepping forward with the non play-side foot

viii. Shuffle Step

1. Open step with play side foot, slide backside foot to play side, raise backside knee as you catch the ball use this foot to plant for break.

ix. Step Counter

1. Open step, quickly turn head and shoulders in direction of open step then drive back opposite the open step.

x. Read Steps

1. Short open step with outside foot toward the man to be blocked and read his movement. The RB should always maintain an inside position if the man rushes. If the man drops off into coverage the RB releases on the route desired.

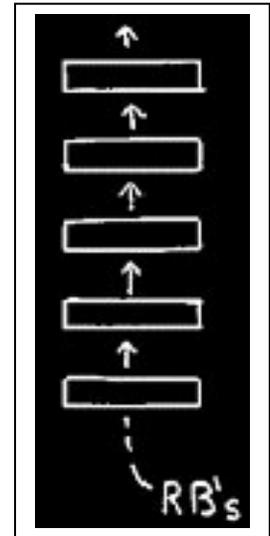
b. TAKING THE BALL

- i. Inside elbow up
- ii. Do not reach for ball let Quarterback place it into the natural pocket
- iii. Eyes should focus on key not the ball
- iv. Two hands on the ball until back is through the line of scrimmage

2. RUNNING DRILLS

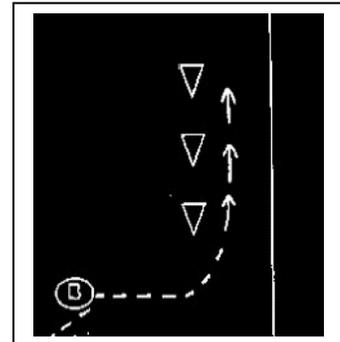
a. High Knee Running

- i. 5 bags or obstacles spaced accordingly
- ii. Running backs will run FULL SPEED over the bags
- iii. Eyes down field and knees high
- iv. Take care of the ball and explode with the knees upward
- v. Get every yard you can no matter what you step over or ON



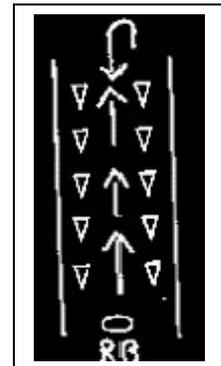
b. Sideline Running

- i. Three players 3 yards from the sideline and five yards apart
- ii. Hand off or throw ball to back as they go towards the sideline
- iii. As they move up field they will receive three separate blows
- iv. Keys to success
 1. Keep toes pointed up field
 2. Plant sideline foot and explode up field
 3. Do not cross over with field foot
 4. Utilize arm and shoulder strength
 5. Drive knees
 6. Never run out of bounds
 7. Be violent when facing attempting tacklers



c. Strip

- i. Two balanced lines facing each other and one yard apart
- ii. Hand ball to back and have them run between the lines
- iii. Players in the lines will attempt to strip the football
- iv. The runner will explore through the lines and sprint 10 yards past defense
- v. Take handoff and protect the football
- vi. Maintain good balance
- vii. Fight for every yard



d. Zig Zag Run

- i. Five cones or players form a straight line (can be zig-zag) about 5 yards apart
- ii. Ball carrier will zig-zag between the players
- iii. Back will keep their eyes up, drop their hips and accelerate north/south
- iv. Really focus on your balance

e. Wave Drill

- i. Develops quickness and reaction
- ii. Backs face coach (15 yards away)
- iii. On verbal cue the backs move left/right/forward/backward/etc

f. Lateral Cut Drill

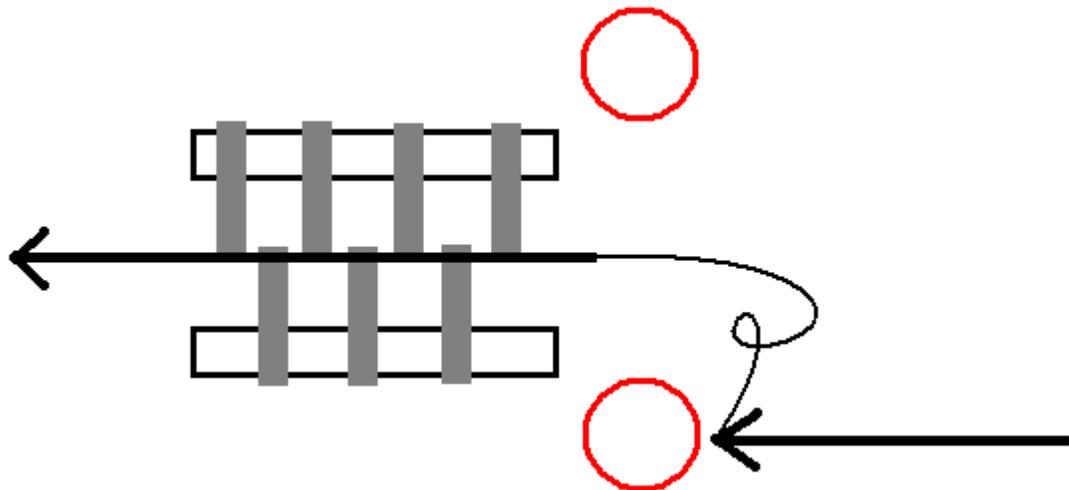
- i. Run FULL SPEED directly at coach or player make a sharp lateral cut in the direction instructed
- ii. Keep your butt low and head up
- iii. Focus on a well balanced, forceful cut

g. Hit and Spin Drill #1

- i. Run at coach(holding dummy) or player FULL SPEED
- ii. Take on defender with inside shoulder
- iii. Ball should be in the outside hand
- iv. Make solid contact and use the defenders momentum to spin off of them
- v. Pick inside knee up high and use it for balance and to pull your body around

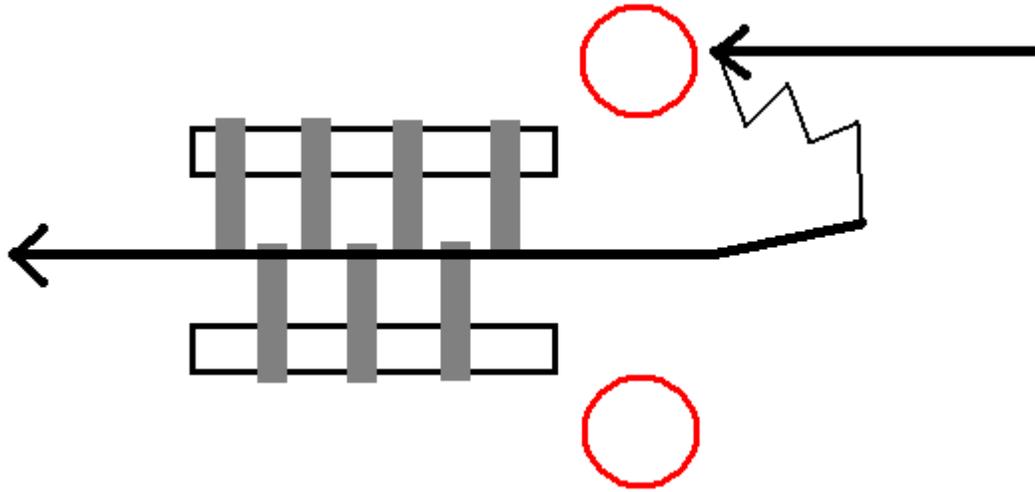
h. Hit and Spin Drill #2

- i. Run at coach(holding dummy) or player FULL SPEED
- ii. Use forearm to "Shiver" the defender, spin off of bag
- iii. Regain momentum and run hard through the gauntlet



i. Hit and Bounce Drill

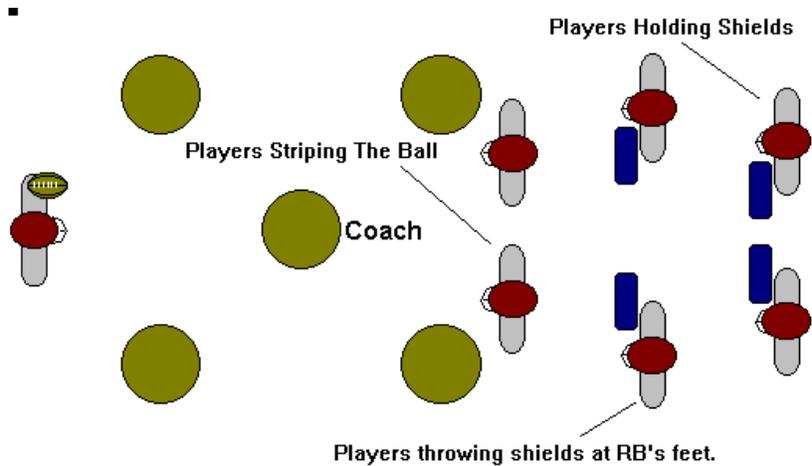
- i. Run at coach(holding dummy) or player FULL SPEED
- ii. Use forearm to "Shiver" the defender, bounce or slide off of bag
- iii. Regain momentum and run hard through the gauntlet



j. Barrel Drill

Procedure:

You will need 5 barrels or standing dummies will work. In a square 5 yards by 3 yards position the barrels in a 5 of diamonds formation. The barrels should be about 2 yards wide in the front and 3 yards deep. A coach stands behind the middle barrel with a hand shield and will step out in front of the runner forcing him to pick a side to run. As the runner exits the last two barrels two players try to strip the ball. As the runner passes the two players stripping the ball he must high knee to keep from tripping over the hand shields being thrown at his feet by two more players. Finally he must go through a gauntlet of two to four hand shields and dive, claw, stumble or whatever it takes to get into the end zone.



Coaching Points:

RB must decide what direction to go to get around the coach. Then he must cover the ball and stay low driving through the two players trying to strip him of the ball. He must continue and high knee through the hand shields being thrown at his feet. Finally he must make it to the end zone by going through the gauntlet. They are going to be trying to knock him down so he will have to stay low and drive.

Objective:

It teaches running with their heads up, holding on to the football, running with high knees, and pure desire to score in the red zone.

3. RECEIVING/ PASS PROTECTION DRILLS

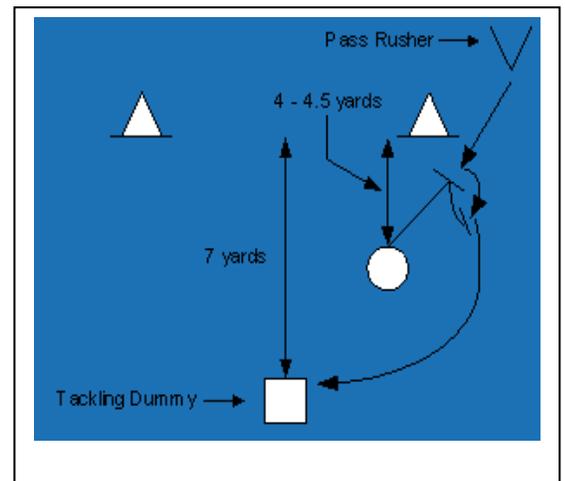
a. Receiving

- i. Three defenders set up down field in a triangular formation
- ii. Placement should be 5 yard down field and in the flat
- iii. Back should run route, catch the ball, and run through the triangle
- iv. Defenders will either hit up high or throw dummies at feet
- v. Back will break off of last defender
- vi. Catch
- vii. Holding the ball
- viii. Body control after catch
- ix. Low center of gravity until in the open field



b. Pass Protection Drill

- i. Attach the rusher inside or outside rush
- ii. Take on inside half of rusher STOP HIS MOMENTUM
- iii. Keep them on your outside and run them at least 7 yards up field
- iv. Keep hands in and stay balanced DO NOT LUNGE!
- v. Use the drill to the right to focus on this very important part of being a running back



4. BLOCKING

a. Blocking Techniques

i. Lead Block

1. Out of the stance, the RB must attack the line of scrimmage with speed. The RB must stay low with back flat and head up. The aiming point is the bottom of the of the play side number. On contact the RB should have his inside foot in the middle of defender's body. The RB should roll the hips into the block on contact and drive feet on the follow through.

ii. Kick Out Block

1. The movement up to contact is similar to the lead block. There are two key points the RB must execute properly. First, the RB's head and shoulders must be lower than the defender's head and shoulders on contact. Second, the RB's approach must be as flat as possible from the inside. The aiming point is the bottom of the defender's inside number.