

Buxmont Showcase Defensive Line Drills

1. **Lateral Step-Over Redirect Drill** - Players will start by laying on their chest in between 4 agility bags. On the coach, the player will pop up and move laterally placing 2 feet in between each bag. The athlete will then weave in between the bags back and forth. When the athlete finishes weaving, they will sprint to the coach and redirect to a side.

Video of Drill - <https://youtube.com/clip/Ugkx0eZh3rAyUS0gBqUtSiEGCZ-ugpJ14Hzm>

2. **Hip Flip Lateral Drill** - Athletes will begin the drill by placing 2 feet in between 2/3 bags. Once finished, they will sprint forward to hurdles where they will place 2 feet in between each hurdle laterally. They will then sprint down to more bags where they will place 2 feet in between each bag. When complete, they will flip their hips in between cans and finish through the drill by attacking the QB upfield shoulder.

Video of Drill: <https://drive.google.com/file/d/1queYID6mv8MqYjJhm2MGoH-ty19mpy88/view?usp=sharing>

3. **Figure 8** - Players will start in a 3 point stance and on the coaches "go" will figure 8 showing flexibility and ability to bend around edges. As they figure 8, they will be required to pick up and drop a towel.

Video of Drill - <https://youtube.com/clip/Ugkx2hOD0V-SRJK6S3Yj5X36DQJcl3sjJaSn>

4. **Club - Spin - Club Pass Rush Agility Drill** - Players will weave through pop-up bags and work pass rush moves.

Video of Drill <https://youtube.com/clip/UgkxJCrp04jWvxuFgghjzyaQn9zpyx-DGWn0>