

2024 Buxmont College Showcase

DB Drills

DB Footwork W Drill

DB Footwork Drills

DB Footwork Drills 2

DB Full Combine Drill Video

Goal: highlight movement skills, change of direction, and ball skills using “NFL combine” drills.

1 – **“W” Drill** – backpedal, break on 45-degree angle to cone, backpedal, break on 45-degree angle run through cone and catch the ball. CP – chin down on transitions, fast feet or t-step on break **REPEAT TWICE (once in each direction).**

2 – **Transition Drill** – backpedal, flip hips on coach – right (crossover run) left (crossover run) right (crossover run) and break to far coach catching the ball. CP – stay on the line, keep hips low on transitions.

3 – **Box Drill** – backpedal, break on 45-degree angle to cone, open crossover run, plant 45-degree angle through first cone and catch the ball. CP – multiple transitions, chin down, fast feet or t-step **REPEAT TWICE (once in each direction).**

4 – **Break “Out” Drill** – backpedal, on coach’s signal break right or left on 90-degree angle simulating an out route, catch the ball **REPEAT TWICE (once in each direction).**

5 – **Whip Drill** – backpedal, on coach’s signal break right or left on 90-degree angle, on second command break opposite (180 degrees) track and catch the ball **REPEAT TWICE (once in each direction).**

6 – **Corner Drill** – backpedal, open and crossover run out / in / out then break to corner, locate and catch ball, highpoint the catch **REPEAT TWICE (once in each direction).**

7 – **Baseball Turn Drill** – backpedal, open and crossover run in / out / in then baseball turn, run to corner locate and catch the ball, highpoint the catch **REPEAT TWICE (once in each direction).**