



# FOOTBALL DEVELOPMENT MODEL

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# PLAYER PROGRESSION GUIDE







**Welcome** Page 4

### ▶ 5+ PLAY & DEVELOP

Overview	Page 9
Developmental Checklist	Page 10
Passing	Page 11
Running and Receiving	Page 13
Kicking and Punting	Page 15
Athletic Foundations	Page 17

### ▶ 8+ DEVELOP & ACHIEVE

Overview	Page 23
Developmental Checklist	Page 24
Passing	Page 25
Running and Receiving	Page 27
Kicking and Punting	Page 30
Athletic Foundations	Page 32

### ▶ 10+ ACHIEVE & ADVANCE

Overview	Page 39
Developmental Checklist	Page 40
Passing	Page 41
Running and Receiving	Page 44
Kicking and Punting	Page 47
Athletic Foundations	Page 49

### ▶ 12+ ADVANCE & COMPETE

Overview	Page 57
Developmental Checklist	Page 58
Passing	Page 59
Running and Receiving	Page 62
Kicking and Punting	Page 65
Athletic Foundations	Page 67

**Drills Glossary** Page 73

**Player Skill Evaluation** Page 111

## WELCOME

Playing football is a fun, rewarding experience that creates memories that will last a lifetime.

Each year, millions of young athletes snap up their chin straps and fasten their flag belts to put the skills they learned to the test, challenging themselves and each other in competition.

The fundamentals that coaches teach during practice and parents see on the field should be taught in a progressive manner, installed as a foundation and growing in complexity.

**The USA Football Player Progression Guide**, part of the Football Development Model (FDM), outlines a spectrum of athletic movements spanning from early childhood and leading into the high school years.

As players develop in skill and maturity, this guide will help you build effective practices, select appropriate drills and deliver pertinent lessons to your players.

Through preseason and postseason assessments, you will be able to gauge where your players are in their progression and build on those plans to improve throughout the season.

**Here are the progressions listed in this guide:**

- Passing
- Running and Receiving
- Kicking and Punting
- Athletic Foundations

Based on long-term athlete development, the Football Development Model is a framework helping parents, coaches and program leaders provide what athletes need to grow in a developmentally appropriate manner.

USA Football wishes you good luck this season and thanks you for all you do for your young athletes.



## HOW TO USE THIS GUIDE

This guide covers four stages of the Football Development Model with their associated age ranges.

### STAGE

Each stage provides an age range and a stage descriptor, for instance: 5+ PLAY & DEVELOP. You'll find an overview with insight into coaching athletes at that age range. This includes skill progressions and developmental checklists to help you develop, identify and assess your athletes' abilities.

### SKILLS

On the next page of this guide, you'll learn how we develop skill progressions. Throughout the stages in this guide, you'll also find detailed breakdowns of Skills, Skill Elements, Key Performance Indicators (KPIs) and drills to help develop different skills.

From passing to running and receiving to kicking, these pages will help guide your teaching as you work with your players at their stage of development.

### PRACTICE PLANS

USA Football created a series of practice plans for each stage of development, allowing coaches a more customized approach. [Click here](#) to view the sample practice plans available in another resource online.

### DRILL GLOSSARY

At the back of this book is a large drill glossary with detailed descriptions of drills you'll find throughout this Player Progression Guide. Use these drills, designated by Skill and Skill Element, to address and train specific aspects of a player's skill development.

### ➤ LOOKING FOR CONTACT SKILLS?

.....  
Make sure to look out for USA Football's Contact Manual, which will be coming soon.

“Our youth coaches are our most important coaches we have. They are the gateway to getting into this game. There's a million reasons now out there for kids to not play football. We need football coaches to be the reason they do play football.”

**Manny Diaz**  
Head Football Coach  
University of Miami

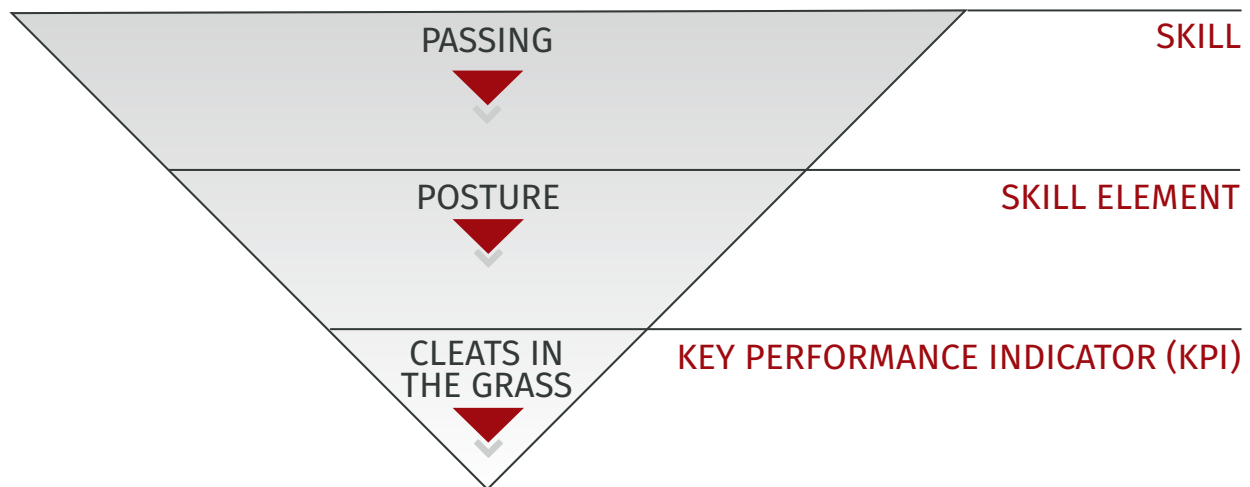
## DEVELOPING PLAYER PROGRESSIONS AND KPIS

Football applies a wide range of physical activities and skills, not all of which are simple to learn, teach or perform.

Aligning skills in a progression with Key Performance Indicators (KPIs) make them easier to grasp. Within each skill is a progression that provides steps to help players perform or coaches teach that skill. For instance, “Posture” is the second Skill Element for the core skill of passing.

Within each core Skill Element is a KPI. KPIs are foundational actions or movements that identify reasons for success or failure within a specific aspect of the sport. For instance, “Cleats in the Grass” is a KPI within Passing’s “Posture” Skill Element. An athlete must master posture-related basics to be a successful passer.

Progressions and KPIs help us choose developmentally appropriate drills for athletes. They also provide coaches consistent language and keys to look for to help players hone skills and elevate their play.



“ The standardized skill progression takes the guessing game out of your plan, so you want to understand [Players] need to start at stage one and work your way to stage two and stage three. It helps you script out your practice, it helps you script out your season even, so that the player develops correctly, safely with full confidence.”

**Manuel Fraga**

*Full Field 11-Player Tackle Coach,  
Miami Xtreme (FL)*





# FOOTBALL DEVELOPMENT MODEL

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# PLAYER PROGRESSION GUIDE

## 5+ PLAY & DEVELOP

Overview  
Developmental Checklist  
Skills



**5+**  
**PLAY &  
DEVELOP**





## WHAT IS PLAY AND DEVELOP?

This stage is designed for athletes 5+. Young athletes need the opportunity to develop basic movement skills such as running, jumping, kicking, throwing, and catching, while being introduced to the sport's fundamentals through fun practices and games that provide significant amounts of positive reinforcement.

At this stage of development, helping players acquire skills, find joy in the game and develop confidence through participation, is far more important than the final score of any game.

Practices need to be fun and free-flowing with more emphasis on opportunities than outcomes. Keep your players moving and shrink the games down to their size.

Athletes at this age need appropriate-sized balls and equipment to perform skills and activities effectively. If you are working with especially young kids, don't hesitate to use equipment like foam balls that make it easier to grasp, throw and catch.

The skills developed at this stage will underpin everything your young players learn later as they progress athletically in the years to come. Longtime NFL strength coach Buddy Morris once said, "At this stage, everything is cross training." You will primarily use footballs and football terminology in your drills and games, but what kids learn should be transferable to other sports and activities.

Some athletes at this age will lack the prerequisite physical qualities to perform certain drills, and that's okay. Find success in what they can do and adapt appropriately. As they get older, they will learn sport-specific skills that transfer across the game, whether they play non-contact, limited contact or contact football.

Done in the right environment, these drills, exercises and games provide the introduction young athletes need to develop the physical qualities that lead to better technical skills as they progress through the Football Development Model.

### > **Reminder:** Using this guide

Throughout this Player Progression Guide, you'll find drills. You can find descriptions of these drills in the glossary on page 73.

## STAGE DEVELOPMENT CHECKLIST

Checkpoints are based on the **CORE** technical skill areas of the Football Development Model. These are checkpoints for mastery.

### Athlete will be able to...

#### Passing (Using a developmentally appropriate-sized football)



- Throw a ball with an overarm motion while stepping forward with the opposite foot
- Throw a ball overhand with proper hip and shoulder rotation
- Throw for distance with accuracy to a stationary target (5+ yards)

#### Running and Receiving (Using a developmentally appropriate-sized football)



- Run with a football while maintaining body and ball control
- Catch a ball while stationary using the hands only (not trapping it or cradling against the body)
- Adjust hand position to match the level of the thrown ball

#### Kicking and Punting (Using a developmentally appropriate-sized ball or football)



- Kick a stationary ball from a stationary position
- Approach a stationary ball and kick it forward
- Accurately drop a held ball so the foot can contact the ball in a punting motion

#### Athletic Foundations



- Gallop and shuffle in various directions without feet touching
- Skip and march with contralateral arm movement
- Perform jumping and landing actions with balance
- Maintain balance while running, skipping, and hopping
- Run in general space with others while maintaining personal space
- Avoid obstacles while carrying a football
- Demonstrate understanding of change of speed (i.e., walk, jog, sprint)
- Maintain body control when changing direction and speed

#### Thinking, Feeling and Behaving



- Demonstrate the ability to take turns
- Demonstrate the ability to share
- Follow simple directions
- Use words or actions to demonstrate awareness and understanding







## PASSING

### SKILL ELEMENTS AND KPIS

Below are skills that build the Passing progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve passing. Drill descriptions can be found in this guide's glossary.

#### 1 PRE-PASS POSITION

- ✓ The body, grip and arm position prior to the throwing motion beginning. Creating a solid base from which to throw by having feet shoulder width apart, ball centered at chest, with a firm grip on the ball.

##### KPI(s):

##### Grip

- Fingers on laces
- One finger of space between palm and ball

##### Base

- Feet shoulder-width apart
- Weight on the instep
- Hips inside the heels



##### Drills to Support

- Meet in the Middle Grip Drill
- Opposite Foot Throws (overhand)
- Partner Step and Throw

#### 2 POSTURE

- ✓ A comfortable neutral posture as the throwing motion begins. Gained by dropping the hips, having a gentle bend in the knees and a very slight lean forward at the waist.

##### KPI(s):

##### Neutral Posture

- Slight bend in the knees
- Slight forward lean
- Weight on the instep
- Lead shoulder pointed at the target



##### Drills to Support

- Mirror Drill

#### 3 THROWING MECHANICS

- ✓ The movements that make up a successful throw and the ability to coordinate those movements throughout the throwing motion.

##### KPI(s):

##### Fluidity

- Throw the ball in a single, fluid motion
- Use proper arm path

**Drills to Support**

- Partner Step and Throw
- Throw and Catch Relay
- Opposite Foot Throws (overhand)
- Palms Up Small Arm Circles to Large Arm Circles (Clockwise and Counterclockwise)
- Arm Flaps (Internal/External Rotation)
- Arm Slaps/Hugs

4

**FINISH**

- The body position and follow through after the ball is released.

**KPI(s):****Balance**

- Front foot flat on the stride
- Back foot finishes even with or slightly behind the front foot
- Look for stability in the finish

**Drills to Support**

- Don't Cross the Line

**> TIPS FOR COACHES****Coaches should keep the following things in mind...**

- Feel free to play any fun games that involve throwing and catching a ball (any ball).
- Take time and stress the importance of properly warming up the arm before throwing.
- Use a developmentally sized ball.
- Don't focus too strongly on detailed mechanics of the throw. Just encourage the throwing motion to be fluid.
- At this stage we are introducing skills like grip, base and balance, not mastering them.

“You don't do drills to do drills – you do drills to help the player become a better technician.”

**Herm Edwards**

*Head Football Coach, Arizona State*





## RUNNING AND RECEIVING

### SKILL ELEMENTS AND KPIS

Below are skills that build the Running and Receiving progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve running and receiving skills. Drill descriptions can be found in this guide's glossary.

#### 1 FEET/FOOTWORK

- ✓ Preparing the body from the ground up by making sure feet are positioned appropriately in preparation for, during and after the catch or handoff.

##### KPI(s):

###### Stance

- Two-point stance
- Equal weight distribution
- No false (extra) steps
- Inside foot forward

###### Start

- No false steps
- Push off the front leg
- Hip drive from the back leg
- Proper foot strike
- Contralateral arm motion aligns with lower body movement



###### Drills to Support

- Zig-zag Pathway
- Stance and Start
- Stop-and-Go Flow
- Curved Pathway
- Red Light/Green Light
- Tag Games
- Sharks and Minnows
- Stepovers (Half Rounds)

#### 2 ARMS/HANDS

- ✓ Preparing and positioning the fingers, hands and arms to complete a successful catch or handoff.

##### KPI(s):

###### Arm/Hand Position

- Hands up, fingers spread (Receiving)
- Make a diamond shape with the hands (Receiving)
- Arms against the body to create a pocket for the handoff (Running)
- Near arm up during handoff (Running)



###### Drills to Support

- Self-catch
- Catch and Step with Partner
- Hot Potato
- Clockwork Hands

**3 VISION**

- ✓ Tracking the football through the air and into the hands, keeping eyes up in the direction of the play, and learning to focus through distraction with the body in various orientations.

 **KPI(s):**


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**Locate**

- Get the head around (Receiving)
- Find the ball (Receiving)
- Eyes up, looking ahead (Running)

**Drills to Support**


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- Progressive Turn and Catch
- Mesh
- Mesh with Steptover
- Colored Ball Drill

**4 FINISH**

- Movement through and following the catch or handoff, transferring the football from catch or handoff to tuck and assuming correct ball-carrying position.

 **KPI(s):**


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**Ball Security**

- 5 points of pressure
- Ball in the outside arm

**Drills to Support**


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- Catch, Wrap and Step
- Coaches Knockout
- Mesh
- Hand-off Relay

**> TIPS FOR COACHES**


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**Coaches should keep the following things in mind...**

- Feel free to play any fun games that involve throwing and catching any sized ball.
- Free play involving running at various tempos. Add a ball when convenient.
- Don't focus too strongly on detailed running mechanics.
- Encourage movement and activity running, skipping, jogging, shuffling, etc.



## KICKING AND PUNTING

### SKILL ELEMENTS AND KPIS

Below are skills that build the Kicking and Punting progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve kicking and punting skills.

#### 1 PREPARE

✓ The stance and approach prior to making contact between the ball and the foot.

##### KPI(s):

###### Body Position

- Proper lean and balance
- Stable base



###### Drills to Support

- Balance Kicks

#### 2 CONTACT MECHANICS

✓ The movements that make up a successful kick/punt up to and at the point of contact. The ability to coordinate these movements throughout the kicking/punting motion.

##### KPI(s):

###### Eye-foot Coordination

- Maintain vision on contact point through connection

###### Drop

- Drop the ball, don't toss it



###### Drills to Support

- Stationary Kicks
- Partner Kicks
- Partner Punts

#### 3 POWER

✓ Using multiple muscles and leg speed to generate strength behind the kick in order to achieve longer distance and/or height.

##### KPI(s):

###### Leg Swing

- Generate force at point of contact
- Swing the leg through contact



###### Drills to Support

- Super Kickball

#### 4 FINISH

The drive and follow-through that completes the kicking motion.



##### KPI(s):

##### Follow Through

- Maintain balance through contact
- Follows up and through towards the target



##### Drills to Support

- Balance Kicks

### > TIPS FOR NEW COACHES

#### **New coaches should keep the following things in mind...**

- Feel free to play any fun games that involve kicking a ball (any ball)
- Don't focus too strongly on mechanics of the kick. Just encourage the kicking motion to be fluid and on balance.
- Be outcome-based not performance-based.
- Use of a developmentally sized ball is vital.
- At this stage we are introducing skills like contact and leg-swing, not mastering them.

“ I wholeheartedly believe in the Football Development Model. The way that you should be approaching -- especially youth -- is with development in mind. You need to have an end goal for that player, that child, to understand that everything they're learning now has to be for their development. Forget the game, forget the fact that we're playing football, this is for their development, for their benefit and that football model helps that whole process.”

**Manuel Fraga**

*Full-Field 11-Player Tackle Coach,  
Miami Xtreme (FL)*





## ATHLETIC FOUNDATIONS

### SKILL ELEMENTS AND KPIS

These Skill Elements, Key Performance Indicators (KPIs) and drills will help lay the foundation for athleticism and building better athletes.

#### FUNDAMENTAL MOVEMENTS

General physical movements that are foundational to developing athleticism while serving as a base to support sport specific skills.

#### RUNNING

Locomotive movement at a faster pace than walking; both feet are in the air at the same time with feet alternating moving forward

##### KPI(s):

##### Arms, Body, Tempo

- Skip and march with contralateral arm movement and linear arm movement
- Skip and march with proper hip drive
- Skip and march with thigh parallel to the ground
- Stop and go with body control
- Skip and march while changing tempos
- Run in various orientations and pathways



##### Drills to Support

- |         |                         |
|---------|-------------------------|
| • March | • Zig-zag Pathway       |
| • Skip  | • Forward/Backward Runs |
| • Bound | • Stop-and-Go Flow      |

#### SHUFFLING

Sliding laterally with the lead shoulder pointing in the direction of the movement; feet sliding along the ground in direction of movement without touching or crossing each other

##### KPI(s):

##### Control, Tempo

- Gallop and shuffle without feet touching
- Shuffle laterally to right and left
- Stop and go with body control
- Perform all actions with varying tempos

**Drills to Support**

- Gallop
- Lateral Shuffle
- Lateral Cone Step Over

**JUMPING AND HOPPING**

**Jumping:** Pushing off the ground with both feet, using the leg muscles to achieve takeoff and landing balanced on two feet with knees slightly bent to absorb the impact

**Hopping:** Pushing off the ground with one foot, using the leg muscles to achieve takeoff, and landing balanced on one foot with a slight bend in the hopping leg to absorb the impact and opposite leg bent at the knee, not touching the ground

**KPI(s):****Movement, Balance, Tempo**

- Jump with both feet leaving the ground at the same time
- Land with both feet touching the ground at the same time
- Coordinated arm swing, raising and lowering the center of mass
- Leave ground and land on one foot while maintaining balance and body control
- Perform all actions at varying tempos

**Drills to Support**

- Dot Jump/Hop
- Bunny Hops Forward/Backwards
- Jumping Beans
- Lilly Pad Jump/Hop

**FALLING AND ROLLING**

**Falling:** Moving fluidly from an upright position to a position on the ground without bracing with the limbs

**Rolling:** Using twisting or circular movement of the whole body to travel in a given direction while on the ground in a non-upright position

**KPI(s):****Head, Arms, Knees, Landing**

- Roll in straight line
- Transition from a standing position to a roll
- Protect the head while falling to the ground
- Perform forward and backward rolls
- Safe landing mechanics

**Drills to Support**

- Learning to Fall Forward
- Learning to Fall Backward
- Forward Roll
- Backward Roll
- Log Roll Bonanza
- Overhead Toes Touch Ground
- Seat Rolls to Bear Crawl

## SENSORY AWARENESS

The ability to receive and differentiate various types of sensory stimuli in the environment and respond appropriately.

### KPI(s):

#### Vocabulary, Space, Vision

- Movement skill vocabulary
- Move in space
- Directional awareness
- Identify different rhythms and tempos
- Visually track an object
- Maintain balance in different body orientations

### Drills to Support

- Heel/Toe Walk
- 60 Ways to Play Resource
- Bumper Cars
- Bats and Bugs

## ATHLETIC PERFORMANCE

Foundational movement skills and skill descriptors that are inherent to all levels and game types within football.

### AGILITY

- Ability of an athlete to move quickly and easily
- Ability of an athlete to move and change direction and position of the body quickly and effectively while under control

### Drills to Support

- Building Agility 1
- Building Agility 2
- Building Agility 3
- Building Agility 4
- Follow the Snake

## STRENGTH AND POWER

**Strength:** The amount of weight that can be moved and not the speed in which it is moved

**Power:** Moving an object between two points as quickly as possible with force

### Drills to Support

- Wall Push
- Squat Under
- Squat Walkout
- No Hands, Get Up
- Crab Crawl
- Bear Crawl

## STAMINA

- Ability of an athlete to sustain prolonged physical or mental effort



### Drills to Support

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- Multi-directional Get Up and Go
- Clean and Dirty
- Sharks and Minnows

## SPEED

- The rate at which an athlete is able to move or operate
- The ability of an athlete to move quickly across the ground or move limbs rapidly to grab or throw



### Drills to Support

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- Gear Runs
- Gear Runs Random Order
- Sprints

## LEARN MORE ABOUT THE FOOTBALL DEVELOPMENT MODEL

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# FOOTBALL DEVELOPMENT MODEL

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# PLAYER ▶▶▶▶ PROGRESSION GUIDE

## 8+ DEVELOP & ACHIEVE

Overview  
Developmental Checklist  
Skills





**8+**

**DEVELOP &  
ACHIEVE**

## WHAT IS DEVELOP AND ACHIEVE?

This stage is designed for athletes 8+. Athletes at this stage are really beginning to develop and refine their movement ABCs – agility, balance, coordination, strength and speed. At the same time, they are beginning to understand sport-specific skills at a deeper level as they learn to compete against others in a fun, challenging environment.

Through various games and activities, athletes at this age can begin to work within a team concept while developing positive attributes of character and leadership.

Practices should be fun and focus on development and opportunities. Some athletes mature sooner than their peers, while others remain both physically and emotionally immature.

Many players at this age are starting to become more cognizant of their strengths and weaknesses. With that in mind, it is very important for you – as the coach – to manage matchups during both practices and games.

A less-skilled athlete who is overmatched on a consistent basis may begin to lose confidence. This can lead to frustration. If this isn't addressed, it may lead them to leave the sport.

On the flip side, an athlete with more refined skills who can exploit matchups may gain consistent success, but is not improving as rapidly as he or she would against someone of equal ability.

All skills developed during these formative years will continue to establish a foundation for success in football and for sport in general. Sport-specific skills like throwing, catching, running, ball-handling, hip tracking and footwork will most certainly transfer across activities and game-types. Focus on developing great athletes who may then become great football players.

### › **Reminder: Using this guide**

Throughout this Player Progression Guide, you'll find drills. You can find descriptions of these drills in the glossary on page 73.

## STAGE DEVELOPMENT CHECKLIST

Checkpoints are based on the **CORE** technical skill areas of the Football Development Model. These are checkpoints for mastery.

### Athlete will be able to...

#### Passing (Using a developmentally appropriate-sized football)



- Complete the throwing motion with proper hip and shoulder rotation, staying on balance with proper follow-through
- Throw for distance and accuracy to a stationary target (10+ yards)
- Throw with accuracy to a moving target (5+ yards)

#### Running and Receiving (Using a developmentally appropriate-sized football)



- Demonstrate continuous movement through the catch (i.e., not stopping to catch the ball)
- Consistently catch a ball thrown above the head, at chest level, and below the waist
- Adjust body position and hands based on the flight of the thrown ball
- Demonstrate evasive movement skills while maintaining body control, balance and ball security

#### Kicking and Punting (Using a developmentally appropriate-sized ball or football)



- Demonstrate the ability to kick “through” the ball for both punting and kicking (i.e., demonstrate follow-through, kick with power)
- With a running or multi-step approach, kick a stationary ball in the air (10+ yards)
- Punt a football with distance accuracy (10+ yards)

#### Athletic Foundations



- Perform running actions using proper foot strike, appropriate body lean and demonstrate the hip/arm/body mechanics associated with acceleration
- Gallop and shuffle in various directions on the balls of the feet without feet touching
- Jump and Hop in different directions and with varying degrees of force
- Demonstrate proper landing mechanics after jumping
- Maintain balance in different body orientations
- Demonstrate movement transitions (run to shuffle, jump to skip, roll to hop, gallop to skip, etc. ...)
- Run a prescribed pattern

#### Thinking, Feeling and Behavior



- Demonstrate the ability to follow instructions
- Understand the basic rules of the game and the concept of fair play
- Demonstrate basic coping skills for handling success and failure
- Take other people’s feelings into consideration





## PASSING

### SKILL ELEMENTS AND KPIS

Below are skills that build the Passing progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve passing skills. Drill descriptions can be found in this guide's glossary.

#### 1 PRE-PASS POSITION

- ✓ The body, grip and arm position prior to the throwing motion beginning. Creating a solid base from which to throw by having feet shoulder width apart, ball centered at chest, with a firm grip on the ball.

##### KPI(s):

###### Grip

- Fingers on laces
- One finger of space between palm and ball

###### Base

- Feet shoulder-width apart
- Weight on the instep
- Hips inside the heels

###### Ball Carriage

- Ball properly secured in both hands
- Arms relaxed at the sides of the body
- Ball centered at the sternum



##### Drills to Support

- Meet in the Middle Grip Drill
- 1-Step Drop and Throw
- Cross Plant and Throw
- Hips Inside the Heels
- Cleats in the Grass

#### 2 POSTURE

- ✓ A comfortable neutral posture as the throwing motion begins. Gained by dropping the hips, having a gentle bend in the knees and a very slight lean forward at the waist.

##### KPI(s):

###### Neutral Posture

- Slight bend in the knees
- Slight forward lean
- Weight on the instep
- Lead shoulder pointed at the target

###### Hips

- Hips dropped
- Load through the hips
- Slight forward lean



##### Drills to Support

- Hip Drops
- Lunge with a Twist
- Mirror Drill
- Trunk Rotation Throws (feet parallel to target)
- Hip Flips from Standing Position

#### 3 THROWING MECHANICS

- ✓ The movements that make up a successful throw and the ability to coordinate those movements throughout the throwing motion.



 **KPI(s):**
**Fluidity**

- Throw the ball in single, fluid motion
- Use proper arm path

**Separation**

- Hands break equal and opposite each other
- Hands break at a horizontal “L” angle

**Symmetry**

- Hands and elbows mirror each other during separation
- Horizontal “L” to vertical “L”
- Elbow even with or slightly below the shoulder

**Drills to Support**

- Palms Up Small Arm Circles to Large Arm Circles (clockwise and counter-clockwise)
- Arm Flaps (internal/external rotation)
- Arm Slaps/Hugs
- Horizontal “L” to Vertical “L” Drill
- Ultimate Football
- Clockwork Hands Passing
- Stationary Throws
- 4 to Score
- 5-Yard Quick Game

**4 FINISH**

- The body position and follow through after the ball is released.

 **KPI(s):**
**Balance**

- Front foot flat on the stride
- Back foot finishes even with or slightly behind the front foot
- Look for stability in the finish

**Deceleration**

- Front toe to the target
- Look for stability in the finish
- Don't over-rotate the upper body

**Drills to Support**

- Towel Drills (with football in off-hand)
- Thumb to Pocket
- Straddle the Line Drill (line between feet)

**> TIPS FOR COACHES****Coaches should keep the following things in mind...**

- Always start with the grip
- Nose of the football is always slightly up when the throwing arm is at 90 degrees
- 1 finger space between the ball and the palm of the hand
- Ball carriage position should be relaxed, central (sternum), and stable
- Firm wrist position
- Drop the hips don't bend the knees
- Weight should be on instep
- Back foot should finish even with front foot (or slightly behind)
- Don't lock out the front knee
- Front toe to the target on finish
- Front foot flat on the stride



## RUNNING AND RECEIVING

### SKILL ELEMENTS AND KPIS

Below are skills that build the Running and Receiving progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve running and receiving skills. Drill descriptions can be found in this guide's glossary.

#### 1 FEET/FOOTWORK

- ✓ Preparing the body from the ground up by making sure feet are positioned appropriately in preparation for, during and after the catch or handoff.

##### KPI(s):

###### Stance

- Two-point stance
- Equal weight distribution
- No false (extra) steps
- Inside foot forward

###### Start

- No false steps
- Push off the front leg
- Hip drive from the back leg
- Proper foot strike
- Contralateral arm motion aligns with lower body movement

###### Balance

- Accelerate and decelerate with body control
- Maintain body control within different body orientations

###### Tempo

- Stop and go with body control
- Adjust speed to the needs of the competitive scenario



##### Drills to Support

- Zig-zag Pathway
- Stance and Start
- Stop-and-Go Flow
- Curved Pathway
- Acceleration Drills
- Deceleration Drills
- Lateral Pathway
- Multi Directional Get Up and Go (acceleration mechanics)
- Dual Leg Dominance
- Zig-zag Tag

#### 2 ARMS/HANDS

- ✓ Preparing and positioning the fingers, hands and arms to complete a successful catch or handoff.

##### KPI(s):

###### Arm/Hand Position

- Hands up, fingers spread (Receiving)
- Make a diamond shape with the hands (Receiving)
- Arms against the body to create a pocket for the handoff (Running)
- Near arm up during handoff (Running)

###### Catch Radius

- Adjust hands/arms based on flight of the ball (Receiving)

###### Long Arms

- Extend hands/arms towards the ball (Receiving)
- Catch the ball at the highest point (Receiving)

**Drills to Support**

- Catch and Step with Partner
- Globetrotter
- Clockwork Hands
- 5-yard Quick Game (hitch, slant, in, out)
- Long Arm Drill
- High Ball Drill

**3 VISION**

- Tracking the football through the air and into the hands. Learning to focus through distraction and with the body in various orientations

**KPI(s):****Locate**

- Get the head around (Receiving)
- Find the ball (Receiving)
- Eyes up, looking ahead (Running)

**Track**

- Focus on the tip of ball (Receiving)
- Judge depth and distance of the ball (Receiving)
- Have track discipline - stay on your track (Running)

**Drills to Support**

Progressive Turn and Catch  
 Over-the-Shoulder Catches  
 Number Call-outs  
 Gap Drill  
 Mesh  
 Mesh with Stepover  
 Mesh Read and React  
 Toss Drill

**4 FINISH**

- Movement through and following the catch or handoff, transferring the football from catch or handoff to tuck and assuming correct ball-carrying position.

**KPI(s):****Ball Security**

- 5 points of pressure
- Ball in the outside arm

**Transition**

- See the ball through the tuck
- Feel the ball on the stomach
- Clamp down on the ball during the handoff (Running)

**Drills to Support**

- Catch, Wrap and Step
- Catch, Wrap and Go
- Outside Arm
- Coaches Knockout
- Partner Knockout

## > TIPS FOR COACHES

---

### Coaches should keep the following things in mind...

- Encourage linear movement and activity
- Introduce an athletic two-point wide receiver stance
- Encourage zig-zagged running paths
- Introduce an athletic two-point running back stance
- Continue to encourage free play, running/movement and games
- Introduce catching with the hands
- Emphasize catching with arms fully extended
- Coach players to focus on the tip of the ball
- Introduce the ability to be able to carry the ball in both arms

## > LOOKING FOR CONTACT SKILLS OR PRACTICE PLANS?

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Make sure for the USA Football's Contact Manual, which is coming soon. [Click here](#) to view the sample practice plans available in another resource online.

“ I do believe in the Football Development Model. In looking at it and going through it, you're focusing on working with the athletes to progress and develop athletic movements. How to throw a ball. How to catch a ball.”

**Brian Pritts**  
*Full-Field 11-Player Tackle Coach,  
Washington Greene Youth Football League (PA)*



## KICKING AND PUNTING

### SKILL ELEMENTS AND KPIS

Below are skills that build the Kicking and Punting progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve kicking and punting skills.

#### 1 PREPARE

✓ The stance and approach prior to making contact to the ball with the foot.

##### KPI(s):

###### Body Position

- Proper lean and balance
- Stable base

###### Footwork

- Approach the ball with coordinated movement

###### Plant Foot

- Plant foot positioned even with the ball
- Point plant foot in the direction of the kick



##### Drills to Support

- One-Step Kicks
- Two-Step Kicks
- Partner Kicks
- Partner Punts

#### 2 CONTACT MECHANICS

✓ The movements that make up a successful kick/punt up to and at the point of contact. The ability to coordinate these movements throughout the kicking/punting motion.

##### KPI(s):

###### Eye-foot Coordination

- Maintain vision on contact point through connection

###### Foot Position

- Shoelaces connect with the ball

###### Drop

- Drop the ball, don't toss it



##### Drills to Support

- No-Step Kick Drill
- Contact Dots Drill
- Around the Post Drill

#### 3 POWER

✓ Using multiple muscles and leg speed to generate strength behind the kick in order to achieve longer distance and/or height.

##### KPI(s):

###### Leg-Swing

- Generates force at the point of contact

### Drills to Support

- Backswing Drill
- Swing Balance Drill
- Kick Return Tag
- Punt Return Tag

## 4 FINISH

- The drive and follow-through that completes the kicking motion.

### KPI(s):

#### Follow-Through

- Maintain balance through contact
- Follows up and through towards the target

#### Leg Drive

- Fluid motion from first step through follow through

### Drills to Support

- Balance Kicks
- Punt 500
- Walk the Line Kick/Punt

## > TIPS FOR COACHES

### Coaches should keep the following things in mind...

- Feel free to play any fun games that involve kicking a ball
- Encourage the kicking motion to be fluid and on balance
- Be outcome-based not performance-based
- Use of a developmentally sized ball is vital
- Ball contact point on the foot is the shoelaces
- Contact point for the place-kick is slightly below the center of the ball
- Contact point for the punt is the center sweet-spot of the football
- Follow through with extension upward and toward the target



## ATHLETIC FOUNDATIONS

### SKILL ELEMENTS AND KPIS

Below are drills to help players develop football movement skills. These skills, Key Performance Indicators (KPIs) and drills will help lay the foundation for these physical movements.

#### FUNDAMENTAL MOVEMENTS

General physical movements that are foundational to developing athleticism while serving as a base to support sport specific skills.

#### RUNNING

##### KPI(s):

##### **Arms, Control, Tempo, Feet, Acceleration**

- Skip and march with contralateral arm movement and linear arm movement
- Skip and march with proper hip drive
- Skip and march with thigh parallel to the ground
- Stop and go with body control
- Skip and march while changing tempos
- Run in various orientations and pathways
- Proper foot strike
- Appropriate body lean
- Appropriate hip/arm/body mechanics associated with acceleration

##### Drills to Support

- March
- Skip
- Bound
- Zig-zag Pathway
- Forward/Backward Runs
- Stop-and-Go Flow
- Multi-Directional Get Up and Go
- Lateral Crossover Balance

#### SHUFFLING

Sliding laterally with the lead shoulder pointing in the direction of the movement; feet sliding along the ground in direction of movement without touching or crossing each other

##### KPI(s):

##### **Control, Tempo, Feet, Stance**

- Gallop and shuffle without feet touching
- Shuffle laterally to right and left
- Stop and go with body control
- Perform all actions with varying tempos
- Perform actions on balls of feet
- Keeps a low center of mass and moving fluidly

##### Drills to Support

- Gallop
- Lateral Shuffle
- Racetrack



## JUMPING AND HOPPING

**Jumping:** Pushing off the ground with both feet, using the leg muscles to achieve takeoff, and landing balanced on two feet with knees slightly bent to absorb the impact

**Hopping:** Pushing off the ground with one foot, using the leg muscles to achieve takeoff, and landing balanced on one foot with a slight bend in the hopping leg to absorb the impact and opposite leg bent at the knee, not touching the ground

### KPI(s):

#### Coordinated Movement, Balance, Tempo, Force, Deceleration

- Jump with both feet leaving the ground at the same time
- Land with both feet touching the ground at the same time
- Coordinated arm swing, raising and lowering the center of mass
- Leave ground and land on one foot while maintaining balance and body control
- Perform all actions at varying tempos
- Jump and hop in various directions
- Jump and hop with varying force
- Perform actions while using proper landing mechanics (knees bent, hips lowered, spinal integrity, chest up)

### Drills to Support

- 2-Leg Jump
- 1-Leg Hop
- Dot Jump/Hop
- 2-Leg Lateral Jumps
- 1-Leg Lateral Hops
- Forward/Backward Hops
- Jump Rope
- 180 Jumps

## FALLING AND ROLLING

**Falling:** Moving fluidly from an upright position to a position on the ground without bracing with the limbs

**Rolling:** Using twisting or circular movement of the whole body to travel in a given direction while on the ground in a non-upright position

### KPI(s):

#### Head, Arms, Knees, Landing, Transitions

- Roll in straight line
- Transition from a standing position to a roll
- Protect the head while falling to the ground
- Roll in different orientations
- Transition into a roll from an upright movement skill and return to movement skill

### Drills to Support

- Forward Rolls
- Backward Rolls
- Shoulder Rolls
- Backward Shoulder Rolls
- Log Roll Bonanza
- Seat Rolls to Bear Crawl
- Lateral Shuffle and Roll
- Push Up and Roll

## SENSORY AWARENESS

The ability to receive and differentiate various types of sensory stimuli in the environment and respond appropriately.

### KPI(s):

#### Vocabulary, Space, Vision, Balance, Direction

- Movement skill vocabulary
- Move in space
- Directional awareness
- Identify different rhythms and tempos
- Visually track an object
- Maintain balance in different body orientations
- Execute tasks that combine multiple sensory skills

### Drills to Support

- Heel/Toe Walk
- 4-Way Balance
- 1-Leg Balance
- 1-Leg Balance Reach
- My Gears

## ATHLETIC PERFORMANCE

Foundational movement skills and skill descriptors that are inherent to all levels and game types within football.

### AGILITY

- Ability of an athlete to move quickly and easily
- Ability of an athlete to move and change direction and position the body quickly and effectively while under control

### Drills to Support

- Building Agility 1
- Building Agility 2
- Building Agility 3
- Building Agility 4
- Follow the Snake
- Agility Ladder Run
- Agility Ladder Lateral
- Quick Feet Reaction
- Partner Mirror Drill

## STRENGTH AND POWER

**Strength:** The amount of weight that can be moved and not the speed in which it is moved

**Power:** Moving an object between two points as quickly as possible with force

### Drills to Support

- Partner Mirror Hands
- Squat Under
- Squat Walkout
- No Hands, Get Up
- 2-Leg, 3-Cone Reach
- 1-Leg Balance Reach
- Crab Crawl
- Bear Crawl
- Push Up and Roll

## STAMINA

- Ability of an athlete to sustain prolonged physical or mental effort



### Drills to Support

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- Sharks and Minnows
- Clean and Dirty
- Flying 20 or 30

## SPEED

- The rate at which an athlete moves or operates
- The ability of an athlete to move quickly across the ground or move limbs rapidly to grab or throw



### Drills to Support

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- Partner Sit-to-Stand Race
- Sprints
- Gear Runs
- W-Drill
- Backpedal

“ The Football Development Model works for us because it’s the baseline and we build off of it. The foundation has been set. And by having the foundation we now have the structure of our game and our whole program. By having a strong foundation, you can build upon that and show everybody this is what’s going to happen, this is where it goes and this is how we continue to move forward.”

**Lucas Dake**

*Flag Football Coach, Iowa Development Football League*





# FOOTBALL DEVELOPMENT MODEL

[usafootball.com/fdm](http://usafootball.com/fdm)

# PLAYER ▶▶▶▶ PROGRESSION GUIDE

## 10+ ACHIEVE AND ADVANCE

Overview  
Developmental Checklist  
Skills





**10+**  
**ACHIEVE &  
ADVANCE**

## WHAT IS ACHIEVE AND ADVANCE?

This stage is designed for athletes 10+. Athletes at this stage continue to refine and learn sport-specific skills while learning the ins and outs of competition.

Free play remains important but is not used as frequently as in earlier stages. Creating proper matchups remains critically important as you work to develop both confidence and skills in your players.

As a coach, it is important that you do not get too far ahead and over-emphasize technical and tactical skills. While introducing these skills is important at this age, coaches need to stay focused on developing basic foundational skills and athletic movements.

Athletes who lack fundamentals will struggle as they progress through middle school and high school. As you begin to incorporate more technical and tactical elements into practice, remember to start simple, use five or six offensive plays from two or three formations, and avoid overusing football-specific jargon when possible.

Athletes at this age are beginning to understand team dynamics better. They also begin to exhibit the ability to learn from mistakes and make adjustments by what they have learned.



### ▶ **Reminder:** Using this guide

Throughout this Player Progression Guide, you'll find drills. You can find descriptions of these drills in the glossary on page 73.



## STAGE DEVELOPMENT CHECKLIST

Checkpoints are based on the **CORE** technical skill areas of the Football Development Model. These are checkpoints for mastery.

**Athlete will be able to...**

### Passing (Using a developmentally appropriate-sized football)



- Throw with accuracy to a stationary target using a medium trajectory (15+ yards)
- Consistently demonstrate the ability to lead a moving target running a prescribed route (<15yds)
- Can demonstrate coordinated and fluid movement throughout the entire throwing motion

### Running and Receiving (Using a developmentally appropriate-sized football)



- Maintain balance and body control in different body orientations
- Consistently catch a ball thrown above the head, at chest level and below the waist while moving through the catch
- Demonstrate the ability to vary speed and direction relative to the location of a thrown ball
- Demonstrate proper acceleration and deceleration mechanics

### Kicking and Punting (Using a developmentally appropriate-sized ball or football)



- Demonstrate fluid movement, including balance and body control through the entire kicking/punting motion
- Place-kick with distance accuracy (10+ yards)
- Punt a ball with distance accuracy (10+ yards)

### Athletic Foundations



- Fluidly perform lateral shuffle movements in multiple directions and with varying tempos
- Apply movement and sensory skills accurately and efficiently in various conditions and larger spaces
- Execute tasks that combine multiple sensory skills
- Demonstrate efficient backward movement in varying directions
- Adapt speed of movement to the needs of the competitive scenario
- Can repeatedly perform skills without undue fatigue
- Stop and go with body control (deceleration)
- Demonstrate increased efficiency and fluidity with movement transitions

### Thinking, Feeling and Behaving



- Set realistic goals for improvement
- Demonstrate improved decision-making ability
- Understand more complex rules of game play





## PASSING

### SKILL ELEMENTS AND KPIS

Below are skills that build the Passing progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve passing skills. Drill descriptions can be found in this guide's glossary.

#### 1 PRE-PASS POSITION

- ✓ The body, grip and arm position prior to the throwing motion beginning. Creating a solid base from which to throw by having feet shoulder width apart, ball centered at chest, with a firm grip on the ball.

##### KPI(s):

###### Grip

- Fingers on laces
- One finger of space between palm and ball

###### Ball Carriage

- Ball properly secured in both hands
- Arms relaxed at the sides of the body
- Ball centered at the sternum

###### Base

- Feet shoulder-width apart
- Weight on the instep
- Hips inside the heels

###### Drops

- Maintains proper grip and base while taking a 1-step and 3-step drop
- Use proper footwork
- Cross-plant-throw



##### Drills to Support

- Meet in the Middle Grip Drill
- Hips Inside the Heels
- Cross Plant Throw
- Snap – Catch – Throw
- 1-Step Drop to Ball Carriage Position
- 3-Step Drop and Throw
- Snap – Catch – Drop – Throw

#### 2 POSTURE

- ✓ A comfortable neutral posture as the throwing motion begins. Gained by dropping the hips, having a gentle bend in the knees and a very slight lean forward at the waist.

##### KPI(s):

###### Neutral Posture

- Slight bend in the knees
- Slight forward lean
- Weight on the instep
- Lead shoulder pointed at the target

###### Hips

- Hips dropped
- Load through the hips
- Slight forward lean

###### Cleats in the Grass

- Hips inside the heels
- Weight on the instep
- Maintain posture on drops

**Drills to Support**

- Hip Flips from Standing Position
- Hip Flips from Lateral Shuffle
- Trunk Rotation Throws
- 5-Yard Quick Game (Slant, Out, In, Hitch)
- 10-Yard Intermediate Game (Curl, Dig, Out, Fade...)
- Mirror Drill
- Lateral Partner Throws
- Push-Pull Partner Throws

**3 THROWING MECHANICS**

✓ The movements that make up a successful throw and the ability to coordinate those movements throughout the throwing motion.

**KPI(s):****Fluidity**

- Throw the ball in single, fluid motion
- Use proper arm path

**Symmetry**

- Hands and elbows mirror each other during separation
- Horizontal “L” to vertical “L”
- Elbow even with or slightly below the shoulder

**Separation**

- Hands break equal and opposite each other
- Hands break at a horizontal “L” angle

**Release**

- Nose of the ball up
- Front shoulder rotates
- Hips rotate
- Elbow leads
- Thumb to ground

**Drills to Support**

- Horizontal “L” to Vertical “L” Drill
- Palms Up Small Arm Circles to Large Arm Circles (clockwise and counter-clockwise)
- Arm Flaps (internal/external rotation)
- Arm Slaps/Hugs
- Trajectory Throws (1-2-3)
- Snap-Catch-Throw Rapid Fire
- Spot Throws
- Slant Routes
- Fade Routes

**4 FINISH**

— The body position and follow through after the ball is released.

**KPI(s):****Balance**

- Front foot flat on the stride
- Back foot finishes even or slightly behind the front foot
- Look for stability in the finish

**Deceleration**

- Front toe to the target
- Don't over-rotate the upper body

**Stabilize**

- Thumb to pocket follow-through
- Hips square to the target
- Back foot finishes even with or slightly behind the front foot
- Don't lock out the front knee

## Drills to Support

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- Thumb to Pocket
- Towel Drills
- Don't Cross the Line Drill (moving forward on throw, decelerate with balance)
- Straddle the Line
- Single-Leg Turn-Throw Right/Left

## > TIPS FOR COACHES

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### **Coaches should keep the following things in mind...**

- Always start with the grip
- Nose of the football is always slightly up when the throwing arm is at 90 degrees
- 1 finger space between the ball and the palm of the hand
- Ball carriage position should be relaxed, central (sternum) and stable
- Drop the hips, don't bend the knees
- Weight should be on instep
- Back foot should finish even with front foot (or slightly behind)
- Don't lock out the front knee
- Front toe to the target on finish
- Front foot flat on the stride
- Lead shoulder pointed at target, move through the throw
- Snap shoulder at target



## RUNNING AND RECEIVING

### SKILL ELEMENTS AND KPIS

Below are skills that build the running and receiving progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve running and receiving skills. Drill descriptions can be found in this guide's glossary.

#### 1 FEET/FOOTWORK

- ✓ Preparing the body from the ground up by making sure feet are positioned appropriately in preparation for, during and after the catch or handoff.

#### KPI(s):

##### Stance

- Two-point stance
- Equal weight distribution
- No false (extra) steps
- Inside foot forward

##### Balance

- Accelerate and decelerate with body control
- Maintain body control within different body orientations

##### Top of the Route

- Breakdown and sink the hips
- Plant the foot
- Locate the ball (Receiving)

##### Start

- No false steps
- Push off the front leg
- Hip drive from the back leg
- Proper foot strike
- Contralateral arm motion aligns with lower body movement

##### Tempo

- Stop and go with body control
- Adjust speed to the needs of the competitive scenario



#### Drills to Support

- Stance and Start
- Curved Pathway
- Singular Pathway
- Acceleration Drills
- Deceleration Drills
- Lateral Pathway
- Multi-Directional Get Up and Go
- Dual Leg Dominance
- TOR Drill
- Stem Drills
- 3 on 3 Ultimate Football
- Agility Ladder Run



## 2 ARMS/HANDS

- ✓ Preparing and positioning the fingers, hands and arms to complete a successful catch or handoff.

### KPI(s):

#### Arm/Hand Position

- Hands up, fingers spread (Receiving)
- Make a diamond shape with the hands (Receiving)
- Arms against the body to create a pocket for the handoff (Running)
- Near arm up during handoff (Running)

#### Catch Radius

- Adjust hands/arms based on flight of the ball (Receiving)

#### Long Arms

- Extend hands/arms towards the ball (Receiving)
- Catch the ball at the highest point (Receiving)

### Drills to Support

- Catch and Step with Partner
- Clockwork Hands
- 10-yard Intermediate Game (dig, curl, speed-out)
- 5-yard Quick Game (hitch, slant, in, out)
- Long Arm Drill
- High Ball Drill
- Distraction Drill-Stationary
- Side Clockwork Hands

## 3 VISION

- ✓ Tracking the football through the air and into the hands, keeping eyes up in the direction of the play and learning to focus through distraction with the body in various orientations.

### KPI(s):

#### Locate

- Get the head around (Receiving)
- Find the ball (Receiving)
- Eyes up, looking ahead (Running)

#### Focus

- See the ball through distraction
- Read blocks (Running)
- Read the defense (Running)

#### Track

- Focus on the tip of ball (Receiving)
- Judge depth and distance of the ball (Receiving)
- Have track discipline - stay on your track (Running)

### Drills to Support

- Progressive Turn and Catch
- Over the Shoulder Catches
- Pat and Go Drill
- Colored Ball Drill (tennis ball, racquetball, etc...)
- Colored Chalk Footballs
- Gap Drill
- Mesh with Stepper
- Mesh Read and React
- Toss Drill

#### 4 FINISH

— Movement through and following the catch or handoff, transferring the football from catch or handoff to tuck and assuming correct ball-carrying position.

#### KPI(s):

##### Ball Security

- 5 points of pressure
- Ball in the outside arm

##### Run Through Catch

- Continuous movement through the catching motion (Receiving)

##### Transition

- See the ball through the tuck
- Feel the ball on the stomach
- Clamp down on the ball during the handoff (Running)



#### Drills to Support

- Catch, Wrap and Step
- Catch, Wrap and Go
- Outside Arm
- Progressive RTC Drills
- Ball Security Drill

#### > TIPS FOR COACHES

##### Coaches should keep the following things in mind...

- Players should begin mastery of two-point wide receiver stance with either foot forward. Emphasize no false steps
- Players should begin mastery of two-point running back stance, emphasizing no false steps
- Emphasize sinking hips in and out of breaks
- Players should begin understanding stem releases
- Work towards mastery of hands catching
- Work towards mastery of catching with extended arms
- Focus on hand placement when catching high and low balls
- Teach how to track tip of ball
- Emphasis “5 points of pressure”
- Introduce “running through the catch”



## KICKING AND PUNTING

### SKILL ELEMENTS AND KPIS

Below are skills that build the kicking and punting progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve kicking and punting skills.

#### 1 PREPARE

- ✓ The stance and approach prior to making contact to the ball with the foot.

##### KPI(s):

###### Body Position

- Proper lean and balance
- Stable base

###### Plant Foot

- Plant foot positioned even with the ball
- Point plant foot in the direction of the kick

###### Footwork

- Approach the ball with coordinated movement



##### Drills to Support

- Two-Step Kicks
- Multi-Step Approach
- Straight Line Approach Drill (punting)

#### 2 CONTACT MECHANICS

- ✓ The movements that make up a successful kick/punt up to and at the point of contact. The ability to coordinate these movements throughout the kicking/punting motion.

##### KPI(s):

###### Eye-Foot Coordination

- Maintain vision on contact point through connection

###### Strike Point

- Connect with center of ball on punts
- Connect with the ball slightly below its center on place-kick
- Ankle and knee are locked at the point of contact

###### Foot Position

- Shoelaces connect with the ball

###### Drop

- Drop the ball, don't toss it
- Drop accuracy



##### Drills to Support

- Plant Foot Drills
- Contact Dots Drill
- Directional Kicking
- Directional Punting
- Catch and Mold Drill
- Kneeling Drop Drill
- Walk and Drop Drill

### 3 POWER

- Using multiple muscles and leg speed to generate strength behind the kick in order to achieve longer distance and/or height.

#### KPI(s):

##### Leg Swing

- Generates force at the point of contact

##### Backswing

- Bring the kicking leg back as far as possible
- Backswing creates momentum



##### Drills to Support

- Backswing Drill
- Kick Return Tag
- Punt Return Tag
- Leg-Swing Line Drill

### 4 FINISH

- The drive and follow-through that completes the kicking motion.

#### KPI(s):

##### Follow-Through

- Maintain balance through contact
- Follows up and through towards the target
- Hips and shoulders square to the target line through finish
- Follow through improves accuracy

##### Leg-Drive

- Fluid motion from first step through follow-through



##### Drills to Support

- Leg-Swing Line Drill
- Balance Kicks

### > TIPS FOR COACHES

#### Coaches should keep the following things in mind...

- Use of a developmentally sized ball remains vital
- Contact point on the foot is the shoelaces and bridge of the foot
- Contact point for place-kick is below the center of the ball
- Contact point for a punt is the sweet spot in the center of the football
- Follow-through with extension upward and toward the target
- Ankle and knee should be locked at the point of contact
- Hips and shoulders square to target-line through contact



## ATHLETIC FOUNDATIONS

### SKILL ELEMENTS AND KPIS

These Skill Elements, Key Performance Indicators (KPIs) and drills will help lay the foundation for athleticism and building better athletes.

#### FUNDAMENTAL MOVEMENTS

General physical movements that are foundational to developing athleticism while serving as a base to support sport specific skills.

#### RUNNING

Locomotive movement at a faster pace than walking; both feet are in the air at the same time with feet alternating moving forward

#### KPI(s):

##### **Arms, Control, Tempo, Feet, Acceleration, Deceleration**

- Skip and march with contralateral arm movement and linear arm movement
- Skip and march with proper hip drive
- Skip and march with thigh parallel to the ground
- Stop and go with body control
- Skip and march while changing tempos
- Run in various orientations and pathways
- Proper foot strike
- Appropriate body lean
- Appropriate hip/arm/body mechanics associated with acceleration
- Deceleration mechanics: lowering hips, bending knees, choppy steps



#### **Drills to Support**

- Butt Kicks
- Power Skips
- High Skips
- Single-Leg Bounds
- Forward Cone Step Over (Hip, Knee, Ankle Mechanics)
- Multi-directional Get Up and Go
- Stop and Go Flow
- Gear Runs to Full Stop Balance
- Gear Runs to Change Direction

## SHUFFLING

Sliding laterally with the lead shoulder pointing in the direction of the movement; feet sliding along the ground in direction of movement without touching or crossing each other

### KPI(s):

#### Control, Tempo, Feet, Stance, Fluidity

- Gallop and shuffle without feet touching
- Shuffle laterally to right and left
- Stop and go with body control
- Perform all actions with varying tempos
- Perform actions on balls of feet
- Keeps a low center of mass
- Improve fluidity, keeping the head level and hips low

### Drills to Support

Lateral Shuffle  
Lateral Shuffle and Roll Reaction  
Lateral Cone Step Over  
Run-Shuffle-Run  
5-10-5 Touch the Line  
Change of Direction Cone Weaves

## JUMPING AND HOPPING

**Jumping:** Pushing off the ground with both feet, using the leg muscles to achieve takeoff and landing balanced on two feet with knees slightly bent to absorb the impact.

**Hopping:** Pushing off the ground with one foot, using the leg muscles to achieve takeoff and landing balanced on one foot with a slight bend in the hopping leg to absorb the impact and opposite leg bent at the knee, not touching the ground.

### KPI(s):

#### Coordinated Movement, Balance, Tempo, Force, Deceleration, Efficiency

- Jump with both feet leaving the ground at the same time
- Land with both feet touching the ground at the same time
- Coordinated arm swing, raising and lowering the center of mass
- Leave ground and land on one foot while maintaining balance and body control
- Perform all actions at varying tempos
- Jump and hop in various directions
- Jump and hop with varying force
- Perform actions while using proper landing mechanics (knees bent, hips lowered, spinal integrity, chest up)
- Improve mechanics and force demand increases





### Drills to Support

- Box Jumps to a Box
- Box Jumps from a Box
- Cone Jumps
- Jump Rope
- 180 Jumps
- Cone Hops
- Agility Ladder Jumps Forward
- Agility Ladder Jump Lateral

## FALLING AND ROLLING

**Falling:** Moving fluidly from an upright position to a position on the ground without bracing with the limbs.

**Rolling:** Using twisting or circular movement of the whole body to travel in a given direction while on the ground in a non-upright position.



### KPI(s):

#### Head, Arms, Knees, Landing, Transitions, Fluidity

- Roll in straight line
- Transition from a standing position to a roll
- Protect the head while falling to the ground
- Roll in different orientations
- Transition into a roll from an upright movement skill and return to movement skill
- Improve fluidity and efficiency of falling and rolling



### Drills to Support

- Shoulder Rolls
- Backward Shoulder Rolls
- Three-Player Roll and Weave
- Lateral Shuffle and Roll Reaction

## SENSORY AWARENESS

The ability to receive and differentiate various types of sensory stimuli in the environment and respond appropriately.



### KPI(s):

#### Vocabulary, Space, Vision, Balance, Direction, Distraction

- Movement skill vocabulary
- Move in space
- Directional awareness
- Identify different rhythms and tempos
- Visually track an object
- Maintain balance in different body orientations
- Execute tasks that combine multiple sensory skills
- Growth and efficiency of sensory skills in various conditions

**Drills to Support**

- Quick Feet Reaction
- Diagonal Chop and Reach
- 1-leg Cone Touch Lateral
- Partner Tracking Tag
- My Gears
- 1-leg Balance Reach
- Switch Tag

**ATHLETIC PERFORMANCE**

Foundational movement skills and skill descriptors that are inherent to all levels and game types within football.

**AGILITY**

- Ability of an athlete to move quickly and easily
- Ability of an athlete to move and change direction and body position quickly and effectively while under control

**Drills to Support**

- |                                    |                             |
|------------------------------------|-----------------------------|
| • Building Agility 1               | • Quick Feet Reaction       |
| • Building Agility 2               | • Random Cone Jumps         |
| • Building Agility 3               | • Crossover Steps           |
| • Building Agility 4               | • Agility Ladder In and Out |
| • Agility Ladder Run               | • Partner Tag               |
| • Agility Ladder Lateral           | • Partner Knee Tag          |
| • Agility Ladder Jumping Jack Feet |                             |

**STRENGTH AND POWER**

**Strength:** The amount of weight that can be moved and not the speed in which it is moved

**Power:** Moving an object between two points as quickly as possible with force

**Drills to Support**

- |                            |                           |
|----------------------------|---------------------------|
| • Wall Push                | • Various Plank Drills    |
| • Partner Mirror Hands     | • Head Lifts              |
| • Squat Walkout            | • Diagonal Chop and Reach |
| • 1-Leg Balance Reach      | • Partner Plank Hand Tag  |
| • Reverse lunge            | • Crab Crawl              |
| • Lunge                    | • Bear Crawl              |
| • 1-Leg Cone Touch Lateral | • Push-Up and Roll        |
| • Bird Dog                 |                           |
| • Pushups                  |                           |

## STAMINA

- Ability of an athlete to sustain prolonged physical or mental effort



### Drills to Support

---

- Get Up, Chop and Go
- Sharks and Minnows
- Flying 20 or 30

## SPEED

- The rate at which an athlete can move or operate
- The ability of an athlete to move quickly across the ground or move limbs rapidly to grab or throw



### Drills to Support

---

- L-Drill with Cones
- Sprints
- Circle Around the Cone
- Backpedal
- W-Drill
- X-Drill
- Slalom Weave Drill

“ I think the Football Development Model will significantly impact the future of football if adopted properly and if incorporated properly over a period of time. I think it will change the way youth football is done. I think it will change the way youth football is perceived.”

**Ray Turpin**

*President, Niagara Erie Youth Sports Association*





# FOOTBALL DEVELOPMENT MODEL

[usafootball.com/fdm](http://usafootball.com/fdm)

# PLAYER ▶▶▶▶ PROGRESSION GUIDE

## 12+ ADVANCE & COMPETE

Overview  
Developmental Checklist  
Skills





**12+**

**ADVANCE &  
COMPETE**



## WHAT IS ADVANCE AND COMPETE?

This stage is designed for athletes 12+. Technical skill acquisition and the dawning of tactical awareness mark athletes at this stage of development.

Athletes are challenged with more complex strategies and movements within practices and in competitive games. With adolescence comes the development of strength, stamina and speed.

As athletes prepare for more advanced versions of the sport, their practices and game rules more closely resemble those types of games. However, it is important to remember that they are not high school athletes yet. Not physically, mentally or emotionally.

The range of maturity levels are quite varied at this stage. Some athletes will have progressed into puberty, while others may still be a year or two away. Continue to construct drills and manipulate matchups as best you can to test skills, achieve success and teach concepts in a more competitive environment.

It is important to remember that competition and the desire to win cannot become the sole focus of your program. Recognize that as athletes develop physically, they may struggle with basic athletic movements at which they previously excelled. Remain patient and do not forget to go back to the basics when necessary.

Athletes do not only vary in terms of physical maturity, but emotionally and mentally as well. An athlete who appears to be physically developed may remain emotionally and socially immature, while athletes still waiting for a growth spurt may have matured in those areas.

Truth is, as a coach, you may never see as much variety in size, shape and personality in athletes as you will see during this season. Work hard to meet your athletes where they are and challenge them to become the best they can be, no matter what areas of growth need the most attention.

### ➤ **Reminder: Using this guide**

Throughout this Player Progression Guide, you'll find drills. You can find descriptions of these drills in the glossary on page 73.



## STAGE DEVELOPMENT CHECKLIST

Checkpoints are based on the **CORE** technical skill areas of the Football Development Model. These are checkpoints for mastery.

**Athlete will be able to...**

### Passing (Using a developmentally appropriate-sized football)



- Effectively incorporate varying degrees of trajectory and power with accuracy (i.e., touch, pace)
- Accurately throw passes while moving and throwing to a stationary target
- Accurately throw passes while moving and throwing to a moving target

### Running and Receiving (Using a developmentally appropriate-sized football)



- Demonstrate the ability to vary speed and direction to help create open receiving lanes
- Consistently catch accurately thrown balls while in traffic and/or while being defended
- Use spatial awareness and vision to read and react accordingly
- Demonstrate fluid and efficient lateral and diagonal movement

### Kicking and Punting (Using a developmentally appropriate-sized ball or football)



- Demonstrate fluid movement, including balance and body control through the entire kicking/punting motion
- Using a 3-step approach, place-kick with distance accuracy (15+ yards)
- Punt a ball with distance accuracy (15+ yards)

### Athletic Foundations



- Consistently perform game-related movement skills at an advanced level of proficiency
- Maintain form and technique while meeting or exceeding the force demands of game play
- Perform complex movement combinations with fluid and efficient transitions
- Can effectively apply sensory skills in various and changing conditions
- Consistently demonstrate spatial awareness resulting in more efficient movement patterns
- Demonstrate ability to react with increasing anticipation based on opponents' movements

### Thinking, Feeling and Behaving



- Learn and recall more complex plays
- Demonstrate a deeper understanding of game strategy
- Anticipate situations and have a better understanding of cause and effect relationships as they relate to game play
- Demonstrate constructive ways to handle success and failure





## PASSING

### SKILL ELEMENTS AND KPIS

Below are skills that build the Passing progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve passing skills. Drill descriptions can be found in this guide's glossary.

#### 1 PRE-PASS POSITION

- ✓ The body, grip and arm position prior to the throwing motion beginning. Creating a solid base from which to throw by having feet shoulder width apart, ball centered at chest, with a firm grip on the ball.

##### KPI(s):

###### Grip

- Fingers on laces
- One finger of space between palm and ball

###### Ball Carriage

- Ball properly secured in both hands
- Arms relaxed at the sides of the body
- Ball centered at the sternum

###### Base

- Feet shoulder-width apart
- Weight on the instep
- Hips inside the heels

###### Drops

- Maintains proper grip and base while taking a 1-Step and 3-Step drop
- Use proper footwork
- Cross-Plant-Throw



##### Drills to Support

- Meet in the Middle Grip Drill
- Cross Plant Throw
- 1-Step Drop to Ball Carriage Position
- 3-Step Drop and Throw
- 5-Step Drop and Throw
- Snap – Catch – Throw
- Snap – Catch – Drop – Throw

#### 2 POSTURE

- ✓ A comfortable neutral posture as the throwing motion begins. Gained by dropping the hips, having a gentle bend in the knees and a very slight lean forward at the waist.

##### KPI(s):

###### Neutral Position

- Slight bend in the knees
- Slight forward lean
- Weight on the instep
- Lead shoulder pointed at the target

###### Cleats in the Grass

- Hips inside the heels
- Weight on the instep
- Maintain posture on drops

###### Hips

- Hips dropped
- Load through the hips
- Slight forward lean

###### Footwork

- Maintain posture while throwing on the move
- Rollout to right and left



### Drills to Support

---

- Hip Flips from Lateral Shuffle
- Spot Throws
- Offset Throws
- 4-Cone Position Throws
- Drop-Back to 4-Cone Drill
- Hip Flips from Standing Position
- Hip Flips from Lateral Shuffle
- Trunk Rotation Throws
- 5-Yard Quick Game (Slant, Out, In, Hitch)
- 10-Yard Intermediate Game (Curl, Dig, Out, Fade...)
- Mirror Drill
- Lateral Partner Throws
- Push-Pull Partner Throws

### 3 THROWING MECHANICS

- ✓ The movements that make up a successful throw and the ability to coordinate those movements throughout the throwing motion.



#### KPI(s):

---

##### Fluidity

- Throw the ball in single, fluid motion
- Use proper arm path

##### Symmetry

- Hands and elbows mirror each other during separation
- Horizontal “L” to vertical “L”
- Elbow even with or slightly below the shoulder

##### Separation

- Hands break equal and opposite each other
- Hands break at a horizontal “L” angle

##### Release

- Nose of the ball slightly up
- Front shoulder rotates
- Hips rotate
- Front Elbow Leads
- Thumb to ground



### Drills to Support

---

- Snap – Catch – Roll – Throw
- 2-Player Concepts
- 2 vs. 1 Read the Defender (slant/flat or fade/flat)
- Contested Receiver Drill
- Reverse Drop Throws (3-step drop and reverse)
- Fallaway Throws
- 5-Yard Quick Game
- 10-Yard Intermediate Game
- Spot Throws

## 4 FINISH

- The body position and follow through after the ball is released.

### KPI(s):

#### Balance

- Front foot flat on the stride
- Back foot finishes even or slightly behind the front foot
- Look for stability in the finish

#### Deceleration

- Front toe to the target
- Look for stability in the finish
- Don't over-rotate the upper body

#### Stabilize

- Thumb to pocket follow-through
- Hips square to the target
- Back foot finishes even with or slightly behind the front foot
- Don't lock out the front knee

### Drills to Support

- Towel Drill
- Don't Cross the Line Drill (moving forward on throw, decelerate with balance)
- Straddle the Line
- Snap-Catch-Throw Rapid Fire
- Snap-Catch-Throw Rapid Fire to Different Targets (off-set targets)
- Negative Stride Drill

## > TIPS FOR COACHES

### Coaches should keep the following things in mind...

- Don't overcoach the ball carriage position
- Ball carriage position should be relaxed, central (sternum) and stable
- Firm wrist position
- Drop the hips to load the body
- Upper body and lower body work in alignment
- Don't emphasize quickness over fluidity
- Back foot should finish even with front foot (or slightly behind)
- Don't lock out the front knee
- Front foot flat on the stride
- Point the lead shoulder to the target when throwing on the run
- Lead shoulder pointed at target, move through the throw
- Snap shoulder at target





## RUNNING AND RECEIVING

### SKILL ELEMENTS AND KPIS

Below are skills that build the running and receiving progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve running and receiving skills. Drill descriptions can be found in this guide's glossary.

#### 1 FEET/FOOTWORK

- ✓ Preparing the body from the ground up by making sure feet are positioned appropriately in preparation for, during and after the catch or handoff.

#### KPI(s):

##### Stance

- Two-point stance
- Equal weight distribution
- No false (extra) steps
- Inside foot forward

##### Balance

- Accelerate and decelerate with body control
- Maintain body control within different body orientations

##### Top of the Route

- Breakdown and sink the hips
- Plant the foot
- Locate the ball (Receiving)

##### Break the Cushion

- Close the space between you and the defender

##### Start

- No false steps
- Push off the front leg
- Hip drive from the back leg
- Proper foot strike
- Contralateral arm motion aligns with lower body movement.

##### Tempo

- Stop and go with body control
- Adjust speed to the needs of the competitive scenario



#### Drills to Support

- Stance, Start and Go
- Zig-Zag Pathway
- Stop-and-Go Flow
- Curved Pathway
- Acceleration Drills
- Deceleration Drills
- Lateral Pathway
- TOR Drill
- Stem Drills
- Dual Leg Dominance
- Winning Leverage Drill
- Ladder Drills
- Stair Step Drill
- Agility Ladder Jumping Jack Feet

## 2 ARMS/HANDS

- ✓ Preparing and positioning the fingers, hands and arms to complete a successful catch or handoff.

### KPI(s):

#### Arm/Hand Position

- Hands up, fingers spread (Receiving)
- Make a diamond shape with the hands (Receiving)
- Arms against the body to create a pocket for the handoff (Running)
- Near arm up during handoff (Running)

#### Catch Radius

- Adjust hands/arms based on flight of the ball (Receiving)

#### Long Arms

- Extend hands/arms towards the ball (Receiving)
- Catch the ball at the highest point (Receiving)



#### Drills to Support

- Clockwork Hands
- 10-yard Intermediate Game (dig, curl, speed-out)
- 5-yard Quick Game (hitch, slant, in, out)
- Long Arm Drill
- High Ball Drill
- Low Ball Drill
- Distraction Drill-Movement
- Side Clockwork Hands

## 3 VISION

- ✓ Tracking the football through the air and into the hands, keeping eyes up in the direction of the play and learning to focus through distraction with the body in various orientations.



### KPI(s):

#### Locate

- Get the head around (Receiving)
- Find the ball (Receiving)
- Eyes up, looking ahead (Running)

#### Focus

- See the ball through distraction
- Read blocks (Running)
- Read the defense (Running)

#### Track

- Focus on the tip of ball (Receiving)
- Judge depth and distance of the ball (Receiving)
- Have track discipline - stay on your track (Running)



#### Drills to Support

- Progressive Turn and Catch
- Over-the-Shoulder Catches
- Pat and Go Drill
- Colored Ball Drill (tennis ball, racquetball)
- Colored Chalk Footballs
- Distraction Drill-Movement
- Mesh with Stepoever
- Mesh Read and React
- Toss Drill

#### 4 FINISH

- Movement through and following the catch or handoff, transferring the football from catch or handoff to tuck and assuming correct ball-carrying position.

##### KPI(s):

###### Ball Security

- 5 points of pressure
- Ball in the outside arm

###### Run Through Catch

- Continuous movement through the catching motion (Receiving)

###### Transition

- See the ball through the tuck
- Feel the ball on the stomach
- Clamp down on the ball during the handoff (Running)



##### Drills to Support

- Catch, Wrap and Step
- Catch, Wrap and Go
- Outside Arm
- Progressive Run Through Catch Drills
- Ball Security Drill

#### > TIPS FOR COACHES

##### Coaches should keep the following things in mind...

- Work towards mastery of two-point WR stance, no false steps
- Work towards mastery of two-point RB stance, no false steps
- Teach breaking a defender's "cushion"
- Teach how to master hip level at "top of routes"
- Show players how to win leverage with stem releases
- Still emphasize arms fully extended and catching with hands, along with through the catch
- Have players focus on tip of ball in flight
- Work on hand placement when catching high and low balls



## KICKING AND PUNTING

### SKILL ELEMENTS AND KPIS

Below are skills that build the kicking and punting progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve kicking and punting skills.

#### 1 PREPARE

- ✓ The stance and approach prior to making contact to the ball with the foot.

##### KPI(s):

###### Body Position

- Proper lean and balance
- Stable base

###### Plant Foot

- Plant foot positioned even with the ball
- Point plant foot in the direction of the kick

###### Footwork

- Approach the ball with coordinated movement

##### Drills to Support

- Two-Step Kicks
- Multi-Step Approach (6 to 12)
- Straight Line Approach Drill (punting)

#### 2 CONTACT MECHANICS

- ✓ The movements that make up a successful kick/punt up to and at the point of contact. The ability to coordinate these movements throughout the kicking/punting motion.

##### KPI(s):

###### Eye-Foot Coordination

- Maintain vision on contact point through connection

###### Strike Point

- Connect with center of ball on punts
- Connect with the ball slightly below its center on place-kick
- Ankle and knee are locked at the point of contact
- Concentrate on the point of contact

###### Foot Position

- Shoelaces connect with the ball

###### Drop

- Drop the ball, don't toss it
- Drop accuracy

##### Drills to Support

- Directional Kicking
- Air Lift Drill
- Directional Punting
- Catch and Mold Drill
- Kneeling Drop Drill
- Walk and Drop Drill
- Onside Kicks

### 3 POWER

- Using multiple muscles and leg speed to generate strength behind the kick in order to achieve longer distance and/or height.

#### KPI(s):

##### Leg-Swing

- Generates force at the point of contact
- Adjusts power based on desired distance, length, height or direction

##### Extension

- Leg is extended up through the football

##### Backswing

- Bring the kicking leg back as far as possible
- Backswing creates momentum
- Adjusts power based on desired distance, length, height or direction



#### Drills to Support

- Backswing Drill
- Kick Return Tag
- Punt Return Tag
- Leg-Swing Line Drill
- Kickoffs

### 4 FINISH

- The drive and follow-through that completes the kicking motion.

#### KPI(s):

##### Follow-Through

- Maintain balance through contact
- Follows up and through towards the target
- Hips and shoulders square to the target line through finish
- Follow-through improves accuracy

##### Leg Drive

- Fluid motion from first step through follow-through



#### Drills to Support

- Leg-Swing Line Drill
- Partner Punt Passes
- Kicker H-O-R-S-E
- Kick the Horseshoe
- Field Goals Multi-Distance
- Field Goals Multi-Angle

### > TIPS FOR COACHES

#### Coaches should keep the following things in mind...

- Contact point on the foot is the shoelaces and bridge of the foot
- Contact point for place-kick is below the center of the ball
- Contact point for a punt is the sweet spot in the center of the football
- Follow-through with extension upward and toward the target
- Ankle and knee should be locked at the point of contact
- Hips and shoulders square to target-line through contact



## ATHLETIC FOUNDATIONS

### SKILL ELEMENTS AND KPIS

These Skill Elements, Key Performance Indicators (KPIs) and drills will help lay the foundation for athleticism and building better athletes.

#### FUNDAMENTAL MOVEMENTS

General physical movements that are foundational to developing athleticism while serving as a base to support sport specific skills.

#### RUNNING

Locomotive movement at a faster pace than walking; both feet are in the air at the same time with feet alternating moving forward.

##### KPI(s):

##### Arms, Control, Tempo, Feet, Acceleration, Deceleration, Efficiency

- Skip and march with contralateral arm movement and linear arm movement
- Skip and march with proper hip drive
- Skip and march with thigh parallel to the ground
- Stop and go with body control
- Skip and march while changing tempos
- Run in various orientations and pathways
- Proper foot strike
- Appropriate body lean
- Appropriate hip/arm/body mechanics associated with acceleration
- Deceleration mechanics: lowering hips, bending knees, choppy steps
- Perform skills consistently, efficiently, and accurately



##### Drills to Support

- Power Skips
- High Skips
- Single-Leg Bounds
- Straight-Leg Bounds
- Butt Kicks
- Carioca
- Forward Cone Step Over (Hip, Knee, Ankle Mechanics)
- Stop and Go Flow
- Gear Runs to Full Stop Balance
- Gear Runs to Change of Direction

#### SHUFFLING

Sliding laterally with the lead shoulder pointing in the direction of the movement; feet sliding along the ground in direction of movement without touching or crossing each other.

##### KPI(s):

##### Control, Tempo, Feet, Stance, Fluidity

- Gallop and shuffle without feet touching
- Shuffle laterally to right and left
- Stop and go with body control
- Perform all actions with varying tempos
- Perform actions on balls of feet
- Keeps a low center of mass
- Improve fluidity, keeping the head level and hips low
- Perform skills consistently, efficiently, and accurately



**Drills to Support**

- Lateral Shuffle
- Lateral Shuffle and Roll Reaction
- Lateral Cone Step Over
- Run-Shuffle-Run
- 5-10-5 Touch the Line
- L-Drill
- X-Drill
- T-Drill
- COD Cone Weaves

**JUMPING AND HOPPING**

**Jumping:** Pushing off the ground with both feet, using the leg muscles to achieve takeoff, and landing balanced on two feet with knees slightly bent to absorb the impact

**Hopping:** Pushing off the ground with one foot, using the leg muscles to achieve takeoff, and landing balanced on one foot with a slight bend in the hopping leg to absorb the impact and opposite leg bent at the knee, not touching the ground

**KPI(s):****Coordinated Movement, Balance, Tempo, Force, Deceleration, Efficiency**

- Jump with both feet leaving the ground at the same time
- Land with both feet touching the ground at the same time
- Coordinated arm swing, raising and lowering the center of mass
- Leave ground and land on one foot while maintaining balance and body control
- Perform all actions at varying tempos
- Jump and hop in various directions
- Jump and hop with varying force
- Perform actions while using proper landing mechanics (knees bent, hips lowered, spinal integrity, chest up)
- Improve mechanics and force demand increases
- Perform skills consistently, efficiently, and accurately

**Drills to Support**

- Box Jump to a Box
- Box Jump from a Box
- Jump Rope
- 180 Jumps
- Agility Ladder Jumps Forward
- Agility Ladder Jump Lateral
- Jump and Land Vertical
- Jump and Land Horizontal
- Front Box Jump
- Lateral Box Jump
- Jump Squats
- 180 Jump Squats
- Burpees
- Leg Tucks
- 1-leg Lateral Hops

**FALLING AND ROLLING**

**Falling:** moving fluidly from an upright position to a position on the ground without bracing with the limbs

**Rolling:** using twisting or circular movement of the whole body to travel in a given direction while on the ground in a non-upright position

 **KPI(s):**


---

**Head, Arms, Knees, Landing, Transitions, Fluidity, Application**

- Roll in straight line
- Transition from a standing position to a roll
- Protect the head while falling to the ground
- Roll in different orientations
- Transition into a roll from an upright movement skill and return to movement skill
- Improve fluidity and efficiency of falling and rolling
- Perform skill and techniques in response to contact

 **Drills to Support**

- 
- Shoulder Rolls
  - Backward Shoulder Rolls
  - Burpees
  - Push-Up and Roll
  - Three-Player Roll and Weave
  - Lateral Shuffle and Roll Reaction

---

**SENSORY AWARENESS**

The ability to receive and differentiate various types of sensory stimuli in the environment and respond appropriately.

 **KPI(s):**


---

**Vocabulary, Space, Vision, Balance, Direction, Distraction**

- Movement skill vocabulary
- Move in space
- Directional awareness
- Identify different rhythms and tempos
- Visually track an object
- Maintain balance in different body orientations
- Execute tasks that combine multiple sensory skills
- Growth and efficiency of sensory skills in various conditions

 **Drills to Support**

- 
- Quick Feet Reaction
  - Diagonal Chop and Reach
  - 1-leg in Place of Single
  - Partner Tracking Tag
  - Partner Knee Tag
  - Partner Cross-Tracking Tag
  - Flying 20 or 30
  - Hip Flips Backpedal
  - Backpedal
  - W-Drill

## ATHLETIC PERFORMANCE

Foundational movement skills and skill descriptors that are inherent to all levels and game types within football.

### AGILITY

- Ability of an athlete to move quickly and easily
- Ability of an athlete to move and change direction and position of the body quickly and effectively while under control



#### Drills to Support

- Building Agility 1
- Building Agility 2
- Building Agility 3
- Building Agility 4
- Agility Ladder Run
- Agility Ladder Lateral
- Agility Ladder Jumping Jack Feet
- Quick Feet Reaction
- Carioca
- Agility Ladder Turn and Sprint
- Agility Ladder In and Out
- Partner Tag
- Random Cone Jumps
- Crossover Steps
- Partner Knee Tag

### STRENGTH AND POWER

**Strength:** The amount of weight that can be moved and not the speed in which it is moved

**Power:** Moving an object between two points as quickly as possible with force



#### Drills to Support

- Pushups
- Squat Walkout
- 1-Leg Balance Reach
- Reverse Lunge
- Lunge
- 1-Leg Cone Touch Lateral
- Bird Dog
- Diagonal Chop and Reach
- Partner Plank Hand Tag
- Gorilla Crawl
- Bear Crawl
- Push Up and Roll
- Wall Push
- Partner Mirror Hands
- Various Plank Drills
- Head Lifts
- Crab Crawl

### STAMINA

- Ability of an athlete to sustain prolonged physical or mental effort



#### Drills to Support

- Get Up, Chop and Go
- Timed Distance Run
- Flying 20 or 30

**SPEED**

- The rate at which an athlete can move or operate
- The ability of an athlete to move quickly across the ground or move limbs rapidly to grab or throw

**Drills to Support**

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- L-Drill with Cones
- Sprints
- Circle Around the Cone
- Backpedal
- W-Drill
- X-Drill
- Slalom Weave Drill

“ I believe in the Football Development Model because I believe that it sets a standard and it also gives a road map or a guide as to how to go from a beginning player all the way up to a professional.”

**Derick Grant**

*Flag Coach, Frisco Football League (Texas)*

“ If this game is taught properly and learned properly, it can provide a lifetime of memories and enjoyment.”

**Dave Clawson**

*Head Football Coach, Wake Forest*





# FOOTBALL DEVELOPMENT MODEL

[usafootball.com/fdm](http://usafootball.com/fdm)

# PLAYER PROGRESSION GUIDE

## GLOSSARY

Passing

Running and Receiving

Kicking and Punting

Athletic Foundations





## PASSING – DRILLS

### PRE-PASS POSITION

<b>1-Step Drop and Throw</b>	Start with both feet positioned directly under the shoulders and hips. Slightly bend at the knees and stand in an athletic stance. With the football positioned at the sternum and ready to throw, take one step back with the foot on the same side of your body as your throwing arm. Plant that foot behind you, and as you throw the football forward, feel your weight shifting to your front foot.
<b>1-Step Drop to Ball Carriage Position</b>	Start with both feet positioned directly under the shoulders and hips. Slightly bend at the knees and stand in an athletic stance. With the football positioned at the sternum and ready to throw, take one step back with the foot on the same side of your body as your throwing arm. Plant that foot behind you.
<b>3-Step Drop and Throw</b>	Start in an athletic stance with both feet positioned directly under your shoulders and hips. Point your non-throwing shoulder toward the target. With the football positioned at the sternum and ready to throw, take one explosive step back with the foot on the same side of the body as your throwing arm. Once that foot is planted, for your second step, quickly cross your opposite foot over the front of your previously planted foot. Once that foot is planted, bring your initial foot behind the cross-step foot and plant it firmly in the ground. Once both feet are planted and you have regained your athletic stance, throw the ball to a partner.
<b>5-Step Drop and Throw</b>	See directions for the 3-step drop. With the 5-step drop, simply incorporate two more cross-steps and about 3 more yards of distance. Steps should be perpendicular with the line of scrimmage.
<b>Cleats in the Grass</b>	Plant the entire bottoms of both feet in the ground. Avoid weight being distributed on just the balls (toes) of feet.
<b>Cross Plant and Throw</b>	Start with the feet parallel (non-throwing shoulder pointed at the target) to the target, with the ball in ball-carriage position. Simulating the last 2-steps of a 3-step drop, take a cross-over step with the foot on the non-throwing side, plant the foot of the throwing side and complete the throw on balance in the finished position.
<b>Hip Flips from Standing Position</b>	Start with both feet positioned directly under the shoulders and hips. When instructed, jump up with both feet off the ground, bringing the knees up toward the chest and rotate your body position 90 degrees before landing simultaneously on both feet.
<b>Hips Inside the Heels</b>	Assume a comfortable standing position. Move both feet a bit wider than shoulder-width apart. Make sure that hips align with the inside part of the heels.
<b>Meet in the Middle Grip Drill</b>	Start in an athletic stance with both hands at your side. Hold the football in your dominant throwing hand. In one motion, bring the football toward your sternum to meet your non-dominant hand. Once the football is in both hands, make sure fingers cross the laces.
<b>Opposite Foot Throws (overhand)</b>	Start with both feet positioned directly under your shoulders and hips. Take one step forward with the foot opposite your dominant throwing arm. While stepping forward, simultaneously pass the football to a partner with an overhand throw.
<b>Opposite Foot Throws (underhand)</b>	Start with both feet positioned directly under your shoulders and hips. Take one step forward with the foot opposite your dominant throwing arm. While stepping forward, simultaneously pass the football to a partner with an underhand throw.
<b>Partner Step and Throw</b>	Partners stand 10 yards apart or an appropriate distance for the age group. Partner 1 grips and holds the football in both hands, assumes a stance with both feet shoulder-width apart, facing the target with his/her non-throwing shoulder. Raise the ball to ear level, drop back with the dominant foot, take one step forward with the non-dominant foot and follow-through upon releasing the ball to Partner 2. Once receiving the ball, Partner 2 performs the same step and throw.
<b>(Shotgun) Snap – Catch – Drop – Throw</b>	Receive a shotgun snap from a partner and bring the football to a ready position at the sternum. Take one step back with the foot on the same side of your body as your throwing arm and plant that foot behind you. As you throw the ball, feel your weight transfer from your back foot to your front foot.
<b>Snap – Catch – Throw</b>	Receive a direct snap from a partner and bring the football to a throwing, ready position at your sternum. Take one step back with the foot on the same side of the body as your throwing arm. Plant that foot behind you, and as you throw the ball, feel your weight transfer from your back foot to your front foot.



## PASSING – DRILLS

### POSTURE

<b>4-Cone Position Throws</b>	Set cones in a square, 5 or 10 yards to a side. One player stands in the center of the square and shuffles to a designated cone as called by the coach and throws a pass downfield.
<b>5-Yard Quick Game (hitch, slant, in, out)</b>	Starting at the line of scrimmage, run 5-yard patterns, ending in a stationary position from which the player catches the ball. As players progress, add slant and in-and-out patterns to the route.
<b>10-Yard Intermediate Game (Dig, Curl, Out, Fade)</b>	Starting at the line of scrimmage, run 10-yard patterns. In accordance with players' capabilities, add slants and increasingly advanced techniques.
<b>Curl and Crossing Routes</b>	Have passers throw routes to receivers who are running 5 to 10-yard Curl and/or Crossing Routes. Incorporate 3-step drop mechanics.
<b>Drop Back to 4-Cone Drill</b>	Set cones in a square 5 or 10 yards to a side. One player stands in the center of the square and shuffles to a designated cone as called by the coach. Complete a 1- or 3-step drop before throwing a pass downfield.
<b>Fade Routes</b>	Throw the football to receivers as they run a fade route.
<b>Hip Drops</b>	Stand with feet shoulder-width apart. On the coach's command, drop the hips, giving a gentle bend in the knees, and lean slightly forward. Spine angle is essential: keep the back straight and bend slightly forward.
<b>Hip Flips from Lateral Shuffle</b>	While shuffling in a lateral direction, jump up with both feet off the ground and rotate your body position 90 degrees before landing simultaneously on both feet, then continue to shuffle in your new direction.
<b>Hip Flips from Standing Position</b>	Start with both feet positioned directly under the shoulders and hips. When instructed, jump up with both feet off the ground, bringing the knees up toward the chest and rotate your body position 90 degrees before landing simultaneously on both feet.
<b>Lateral Partner Throws</b>	Standing and facing a partner at 5-10 yards away, both partners jog forward in tandem, remaining parallel to each other while throwing the ball back and forth. Focus on turning the shoulders to complete the throw.
<b>Lunge with a Twist</b>	From a comfortable standing position, take a large step forward with one of your feet. Keeping your other foot planted in the original position, sink your hips until your thigh is parallel with the ground. Your knee should be at a 90-degree angle. From this position, slowly twist your torso and upper body to the right and then to the left. During the twist, your arms should be bent at the elbows and kept in front of you. Keep your core engaged and squeeze your glutes. Once you've brought your torso and upper body back to a center position, bring your back planted foot up to meet your extended foot, standing up straight as you do so. Then, step forward with your previously planted foot and repeat the process.
<b>Mirror Drill</b>	Keeping 5 yards between you, line up facing a partner or coach. With both of you holding a football, mirror each other's movements. The coach leads the movements.
<b>Offset Throws</b>	After simulating a snap, a quarterback takes a 3-step drop. At the top of the drop, the passer steps and throws across the body at a stationary target not directly in front of him or her.
<b>Perfect Pass</b>	Place cones in multiple locations within a fifteen yard area. Kids should be grouped into at least two lines, in a relay-style set up. The first person from each team runs to a cone on the field and stands next to it, waiting to receive a pass from the second person in their team's line. If a catch is made with a foot touching a cone, this allows the player to bring the cone back to their team earning a point. Each cone is worth one point and adds to their team's total. If the catch is NOT made, then the cone does NOT come back to their line and no points are earned, players go to the end of the line. The next person in line who threw the pass goes out to a cone to catch a pass from the next person in line, etc. Teams try to get the most points by collecting the most cones.



## PASSING – DRILLS

### POSTURE

<b>Push-Pull Partner Throws</b>	Face a partner while standing on the same yard line. There should be 10 yards between you and your partner. As Partner 1 takes a step toward Partner 2, Partner 2 will take a step back to maintain the 10-yard distance between players. Always keep the 10-yard distance while throwing the ball back and forth.
<b>Trunk Rotation Throws</b>	Line up 5 yards away from a partner. Plant your feet shoulder-width apart and point both feet forward. While keeping the feet planted, rotate your torso as you throw the football to a partner. Increase yardage as appropriate after several successful throws and catches. Emphasize upper body rotation.
<b>Slant Routes</b>	Throw the football to receivers as they run a slant route.
<b>Spot Throws</b>	Plant your feet shoulder-width apart, drop your hips (see Hip Drop Drill) and throw the football to a target on either the left or right.





## PASSING – DRILLS

### THROWING MECHANICS

<b>2 vs. 1 Read the Defender</b>	Start two receivers on the same side of the quarterback and opposite a single defender. On the coach's command, the quarterback takes a 3-step drop while the receivers run a slant/arrow or fade/flat concept. The defender chooses one receiver to cover. The quarterback recognizes the coverage and throws to the open receiver.
<b>2 vs. 2 - Passing Only</b>	Allow the team to compete in 2 vs. 2 scenarios but only allow the offense to use passing plays. No running plays allowed.
<b>2-Player Concepts</b>	Start two receivers on the same side of the quarterback. On the coach's command, the quarterback takes a 3-step drop while the receivers run a slant/arrow, fade/arrow or another route concept that matches your team's playbook. The quarterback chooses a receiver and throws to him/her. As players advance, the coach signals at the top of the quarterback's drop which receiver to throw to.
<b>3 vs. 3 Scrimmage - Passing Only</b>	Allow the team to scrimmage 3 vs. 3 but only allow the offense to use passing plays from the playbook. No running plays allowed.
<b>4-to Score (3 vs. 3)</b>	This is simply a 3 vs. 3 flag football game where the offense is only given four attempts to score a touchdown. After the fourth attempt, if the offense does not score, the ball goes to the other team. All possessions start at the same spot so the team must go 20 yards. Teams can get more than one score in four tries. Recommended field size is 20 yards long and 20 yards wide.
<b>5-Yard Quick Game</b>	Starting at the line of scrimmage, run 5-yard patterns, ending in a stationary position from which the player catches the ball. As players progress, add slant and in-and-out patterns to the route.
<b>10-Yard Intermediate Game</b>	Starting at the line of scrimmage, run 10-yard patterns. In accordance with players' capabilities, add slants and increasingly advanced techniques.
<b>Fade Routes</b>	Throw the football to receivers as they run a fade route.
<b>Arm Flaps (internal/external rotation)</b>	Raise your elbows so that upper arms are perpendicular to the body with forearms pointing forward (stick-up position). Keeping elbows in place, rotate shoulders to the point so both hands are pointing down toward the ground (fingers up, fingers down). Reverse the motion and rotate all the way until hands are now pointing straight up. This completes one rep.
<b>Arm Slaps/Hugs</b>	Keep arms straight and feet stationary. Swing arms behind the sides of your torso to open your chest, then dramatically bring your arms forward and wrap them around your chest like you are giving yourself a hug. Perform in a continuous motion.
<b>Clockwork Hands Passing</b>	This drill is the same as the clockwork hands receiving drill except the focus is on the passer. Challenge the passers to throw the ball to the different clock positions represented by the receiver's hands (i.e., twelve o'clock is above the head, six o'clock is below the waist, etc...)
<b>Contested Receiver Drill</b>	Start a receiver on the line of scrimmage opposite a single defender. Before the snap, the coach tells both the receiver and defender what route the receiver will be running. <b>On the coach's command, the quarterback takes a 3-step drop and delivers the pass to a spot where only the receiver has a chance to catch it. The defender can jump the route but cannot commit pass interference.</b>
<b>Fall Away Throws</b>	From a traditional pocket passing position, a quarterback places all his/her weight on the back foot to simulate falling backward under pressure to deliver a throw downfield or to the side to a stationary target.
<b>Hide and Seek</b>	Passers and receivers should line up in parallel lines 10 to 15 yards apart. Place a cone or bag five yards in front of line of receivers. On the passer's "GO," the receiver will release off the line, run five yards around a tackle bag or cone and turn to catch a pass. The receiver will locate the ball, make the catch and turn up field.





## PASSING – DRILLS

### THROWING MECHANICS

<b>Horizontal "L" to Vertical "L" Drill</b>	<p>Start with a ball in ball carriage position. Separate your hands and move your arms vertically to your sides at shoulder height (equal and opposite symmetry). Keeping your arms level at shoulder height, bend your arms at your elbows and assume 90-degree angles with both forearms and hands pointing away from the midline and shoulders; this is the horizontal "L" position.</p> <p>Keeping your arms at shoulder height, rotate your hands and forearms up in the air above your shoulder; this is the vertical "L" position.</p>
<b>Lateral Partner Throws</b>	<p>Standing and facing a partner at 5-10 yards away, both partners jog forward in tandem, remaining parallel to each other while throwing the ball back and forth. Focus on turning the shoulders to complete the throw.</p>
<b>Leading the Receiver</b>	<p>Passers and receivers should line up in parallel lines 10 to 15 yards apart. Use cones to outline route(s) in front of receivers. On "GO," the passer will take the snap from under center or in shot gun then drop back three steps. The receiver will run a route determined by the coach. The passer will pass the ball, leading the receiver by two to three steps. The receiver will catch the ball and rotate to the end of the line.</p>
<b>Mirror Drill (keep pre-pass position)</b>	<p>Keeping 5 yards between you, line up facing a partner or coach. With both of you holding a football, mirror each other's movements. The coach leads the movements.</p>
<b>Mirror Drill and Throw</b>	<p>Line two players up 5 yards across from each other. While both hold a football, they mirror each other's movements. Once instructed by the coach, throw a pass to another partner down or upfield.</p>
<b>Negative Stride Drill</b>	<p>Start with your knees bent, feet shoulder-width apart and the football held in both hands at the sternum. On the coach's command, create a wider-than-normal base by taking a long step back with the leg on the same side of your body as your throwing arm. Bring the football from your sternum to a ready position.</p> <p>Pull your lead foot back for a "negative stride" while you initiate a passing motion and release the ball. Turn your hips toward the target as you throw. Make sure your front foot stays connected to the ground as you rotate through and complete the throw.</p>
<b>Opposite Foot Throws (overhand)</b>	<p>Start with both feet positioned directly under your shoulders and hips. Take one step forward with the foot opposite your dominant throwing arm. While stepping forward, simultaneously pass the football to a partner with an overhand throw.</p>
<b>Palms Up Small Arm Circles to Large Arm Circles (clockwise and counterclockwise) / Arm Circles</b>	<p>While standing stationary, keep your arms straight and raise them to shoulder height. Move your arms in a circular motion with your palms open and up, facing the sky. Start with small circles both clockwise and counterclockwise, gradually making larger circles.</p>
<b>Partner Step and Throw</b>	<p>Distance partners 10 yards apart. One starts with the ball and performs a step-and-throw to the partner. Once receiving the ball, the second partner performs a step and throw.</p>
<b>Playbook Routes / Throw Playbook Routes</b>	<p>Coach can take specific routes from their playbook and have passers and receivers work on throwing and receiving these specific routes.</p>
<b>Push-Pull Partner Throws</b>	<p>Face a partner while standing on the same yard line. There should be 10 yards between you and your partner. As Partner 1 takes a step toward Partner 2, Partner 2 will take a step back to maintain the 10-yard distance between players. Always keep the 10-yard distance while throwing the ball back and forth.</p>
<b>QB High Release</b>	<p>Have one person five yards in front of the goalpost and the other passer, five yards behind the goalpost. Participants will throw the football back and forth to each other throwing the football through the goalpost uprights aiming to land at the chest of their partner. Move one step further apart with each accurate throw.</p>



## PASSING – DRILLS

### THROWING MECHANICS

<b>Reverse Drop Throw</b>	Starting under center, a quarterback takes a simulated snap and performs a 3-step drop. At the top of the drop, the quarterback reverse pivots toward his/her non-throwing-arm side. He/she then either resets and throws or delivers a wrong-foot throw – depending on skill level – to a stationary target.
<b>Slant Routes</b>	Throw the football to receivers as they run a slant route.
<b>Snap – Catch – Roll – Throw</b>	Starting under center, take a snap, roll out in a predesignated direction and throw a pass downfield to a stationary target.
<b>Snap – Catch – Throw Rapid Fire</b>	At a rapid pace, receive a snap from a partner and bring the football to a throwing-ready position at the sternum. Take one step back with the foot on the same side of the body as your throwing arm and plant that foot behind you. While throwing the football to your partner as quickly as possible, feel your weight transferring to your front foot upon release.
<b>Spot Throws</b>	Plant your feet shoulder-width apart, drop your hips (see Hip Drop Drill) and throw the football to a target on either the left or right.
<b>Stationary Throw</b>	Facing your throwing partner about 5 yards away, shoulders square to your target, feet shoulder width apart, hips are dropped. Without taking any strides, using proper throwing mechanics, throw the ball back and forth to your partner.
<b>Team Touchdown</b>	Players are divided into two teams. Each team wears a different color flag. The object is to run with the football into the other teams' territory and place the football into their end-zones (hula hoops or designated area) scoring a touchdown. When in the opponents' territory, they can pull the player's flag. When a player's flag is pulled, he/she must give the ball to the opposing team and return to their own side.
<b>Throw and Catch Relay</b>	Count players off by four. 1s and 2s will form team A, and 3s and 4s will form team B. 1s will line up along a yard line facing the 2s. 3s will line up along a yard line facing the 4s. The distance between the 1s-2s and 3s-4s will depend on skill. The first 1 and the first 3 will each be given a football. On the coach's command, the first 1 will throw the ball to the first 2, who will then throw the ball to the second 1, etc. The first 3 will throw the ball to the first 4, who will throw the ball to the second 3, etc. If someone on team A fails to make the catch, the 1s and 2s must start over again. This process repeats itself until one of the two teams has all players complete a throw and catch of the ball.
<b>Throw Routes</b>	Have passers throw to receivers who are running routes specified by the coach. Coach is encouraged to incorporate receiving routes that will involve the passers using 3 and 5-step drops and roll-outs as determined by passer ability.
<b>Towel Drill</b>	Start with your feet shoulder-width apart and hold a towel in your dominant throwing hand. Step back with the foot on the same side of your body as your throwing arm and make the motion as if you're throwing a football.
<b>Trajectory Throws (1-2-3)</b>	Emphasize low (1), medium (2) and high (3) angles of trajectory while throwing the football.
<b>Trunk Rotation Throws</b>	Line up 5 yards away from a partner. Plant your feet shoulder-width apart and point both feet forward. While keeping the feet planted, rotate your torso as you throw the football to a partner. Increase yardage as appropriate after several successful throws and catches. Emphasize upper body rotation.
<b>Ultimate Football</b>	Ultimate Football is a fast-paced game that involves passing, pitching and receiving. Running with the ball is not allowed, but players are allotted two steps before they pass the ball. Once those two steps are used up, the ball-carrier can only pivot, always keeping one foot on the ground. The ball can be thrown overhand or underhand going forward, backward or laterally.



## PASSING - DRILLS

### FINISH

<b>Don't Cross the Line</b>	Start with both feet touching any line on the field. Perform a one-step drop with the foot on the same side as your dominant throwing arm and throw the football to your partner. Do not let your trail foot follow-through and cross over the line where both your feet started. Make sure your trail foot stays behind your front foot.
<b>Negative Stride Drill</b>	Start with your knees bent, feet shoulder-width apart and the football held in both hands at the sternum. On the coach's command, create a wider-than-normal base by taking a long step back with the leg on the same side of your body as your throwing arm. Bring the football from your sternum to a ready position.  Pull your lead foot back for a "negative stride" while you initiate a passing motion and release the ball. Turn your hips toward the target as you throw. Make sure your front foot stays connected to the ground as you rotate through and complete the throw.
<b>Single-Leg Turn Throw</b>	While standing on either your left or right leg, maintain balance and stability while throwing the football to a partner. Use the thumb-to-pocket follow through to ensure optimal ball rotation.
<b>Snap-Catch-Throw Rapid Fire</b>	At a rapid pace, receive a snap from a partner and bring the football to throwing-ready position at the sternum. Take one step back with the foot on the same side of the body as your throwing arm and plant that foot behind you. Throwing the football to your partner as quickly as possible, feel your weight transfer to your front foot upon release.
<b>Snap-Catch-Throw Rapid Fire to Different Targets (offset targets)</b>	At a rapid pace, receive a snap from a partner and bring the football to throwing-ready position at the sternum. Take one step back with the foot on the same side of the body as your throwing arm, plant that foot behind you, distribute your weight to your forward foot and throw the football to your partner, or varying targets, as quickly as possible.
<b>Straddle the Line Drill</b>	Find any line on the field and position one foot on either side of the line (the line will be between your feet). Start with both feet positioned directly under your shoulders and hips. Step forward with your opposite foot and throw the ball to the target, staying stable while passing.
<b>Thumb-to-Pocket</b>	Assume an athletic stance with feet directly underneath shoulders and hips. Hold the football in both hands at a throwing-ready position at the sternum. Bring the ball to the trigger position (earlobe). Step forward with the opposite foot and throw the ball to the target. When following through, bring your throwing hand thumb toward the pocket of your shorts on your opposite hip to throw an optimal spiral.
<b>Towel Drill</b>	Start with your feet shoulder-width apart and hold a towel in your dominant throwing hand. Step back with the foot on the same side of your body as your throwing arm and make the motion as if you're throwing a football.



## RUNNING AND RECEIVING – DRILLS

### FEET/FOOTWORK

<b>3-on-3 Ultimate Football</b>	<p>Ultimate Football is a fast-paced game that involves passing, pitching and receiving. Running with the ball is not allowed, but players are allotted two steps before they pass the ball. Once those two steps are used up, the ball-carrier can only pivot, always keeping one foot on the ground. The ball can be thrown overhand or underhand going forward, backward or laterally. A goal occurs when a player catches a ball in his/her end zone. Each goal is worth one point. There is no physical contact.</p> <p>Holding, reaching over the back, blocking, pushing and stripping the ball from an opposing ball-carrier are illegal. The ball is dead when it lands on the ground, a foul is committed, or the ball-carrier takes extra steps. The ball is back in play as soon as it is picked up by the defense. Possession can also change on an interception. With the focus on receiving, simplify the game by playing 3-on-3 to create more open space instead of larger groups.</p>
<b>Acceleration Drills</b>	<p>Players line up in a single-file line next to the coach/QB. On coach's "GO," a receiver will jog forward in a straight line. The coach/QB will throw the ball over the player's head, forcing him/her to accelerate and track the ball in order to complete the catch. Passes should be thrown on the player's second step and caught around six yards.</p>
<b>Agility Ladder In and Out</b>	<p>Start with your feet outside of the agility ladder, in line with the square. Moving quickly and on your toes, place each foot inside the square one at a time and back out again one at a time. Do the same thing for each square of the agility ladder.</p>
<b>Agility Ladder Jumping Jack Feet</b>	<p>Start with your feet to either side of the first ladder block. Hopping forward, bring both feet together so they land on the ground inside the second ladder block. Be sure not to touch the ladder. On the next hop, spread your feet so they are on the outsides of the third ladder block.</p> <p>The motion your feet are making will resemble the footwork for jumping jacks. Continue to do this motion in and out for each square of the ladder, remembering to pick up your toes and try not to touch the ladder.</p>
<b>Agility Ladder Lateral</b>	<p>With the agility ladder on the ground, run through the ladder sideways, making sure both feet touch the ground in each square. Pick up your feet and try not to touch the ladder.</p>
<b>Agility Ladder Run</b>	<p>With the agility ladder on the ground, run through the ladder with each foot touching each space of the ladder without touching the actual ladder, making sure to use your arms and pick up your toes.</p>
<b>Agility Ladder Turn and Sprint</b>	<p>Have a coach stand at the end of the agility ladder. Go through the ladder with your knees high, and when you get to the end, the coach will decide which direction for you to turn to and run.</p>
<b>Bags and Cones</b>	<p>Use one cone as a starting point, an agility ladder or stepovers five yards in front of the cone and multiple cones after the agility ladder, approximately three yards apart. Players should start with the football in their dominant arm. Have players run over the three step overs or through the agility ladder then run around the cones and continue to run upfield.</p>
<b>Blob Tag</b>	<p>When play begins, 2 players linked at the elbows, "The Blob", move together and try to tag the rest of the players. When someone is tagged, he/she links elbows with the taggers, becoming part of The Blob. When a fourth player is tagged, The Blob separates into two Blobs.</p> <p>Every time a Blob becomes four players, it splits: this ensures each Blob has only 2 or 3 people. Play continues until all of the players become part of Blobs. If a player runs out of bounds while trying to avoid The Blob, he/she must then connect with the nearest Blob and continue to play. The last two players can then become the first Blob for the next game.</p>
<b>Curved Pathway</b>	<p>Players run in varying curved directions and pathways as laid out by cones, ladders, tape or the coach's directions.</p>
<b>Deceleration Drills</b>	<p>Players line up in a single-file line next to the coach/QB. On the coach's "GO," a receiver will sprint forward in a straight line. The coach/QB will throw the ball behind or short of the player, forcing him/her to decelerate in order to complete the catch. Pass should be thrown on player's second step and caught around six yards.</p>



## RUNNING AND RECEIVING – DRILLS

### FEET/FOOTWORK

<b>Dual Leg Dominance</b>	Starting from the line of scrimmage, players release from a 2-point stance with either the right foot or left foot forward, based on position to the coach simulating the quarterback. Players will run 5 or 10 yards upon release from their stance. Work players from both sides.
<b>Duck Duck Goose</b>	All the players, except the person designated as “it”, sit in a circle. The person who is “it” walks around the circle, tapping each player on the head, saying “duck” with each tap, until they decide to tap someone and say “goose.” The “goose” person runs after the person who is “it,” trying to tag him/her before “it” can take the goose’s original seat. If “it” successfully reaches the goose’s seat without being tagged, the goose becomes the new “it.” If the goose tags the person who is “it,” then the goose keeps his/her spot in the circle, and the “it” must either continue to be “it” for another turn or sit in the middle of the circle until a new “it” names a goose and fails to take the goose’s seat without being tagged. That person then must sit in the circle, and the cycle continues.
<b>Toss Drill</b>	Working with a partner. Partner 1 will line up directly behind partner 2 as in a running back positioned behind a quarterback. Starting with a simulated or actual snap; on the snap, partner 2 will drop step and pivot while turning to toss the ball to partner 1 who will be moving in a sweep motion either right or left. Have players determine if they will go right or left prior to the snap.
<b>Freeze Tag</b>	Begin by choosing a person to be “it.” The person who is “it” is the player who can “freeze” other players. When the game begins, everyone runs away from “it.” The “it” chases after other players, trying to tag them. If a person is tagged, he or she must freeze in place (stand still and not move). Frozen people cannot move until an unfrozen player un-freezes them (touches them to return them to normal).
<b>Lateral Pathway</b>	Players line up in a single-file line. Players will either run a pattern: a hitch or curl (to be determined by coach). Upon coming out of his/her “break,” the receiver will shuffle either right or left five steps to simulate attempting to get open.
<b>Multi-Directional Get Up and Go</b>	Create a square space with cones (10 yards long and 5 yards wide). Have one player enter the space at a time, and on the coach’s command, allow the player to run freely. After five seconds, the coach/QB can throw the ball anywhere within that designated area, forcing the player to adjust, accelerate or decelerate to catch the ball.
<b>QB Open Steps/ Hand-Off Drill</b>	Divide players into two groups. Group 1 will be the quarterbacks and group 2 will be the running backs. Have group 2 line up in running back position approximately 4 to 5 yards behind the QB. Coach can kneel in front of the QB to provide a simulated snap. Have QB receive the snap and turn to handoff to the running back. After each player has had at least two rotations, switch and allow the QBs to become the RBs and RBs to work as the QBs in the drill. Focus on footwork, ball position and arm/hand position for both groups.
<b>Red Light, Green Light</b>	Line players along a marked starting line. When coach says “green light,” everyone will move towards the finish line and his/her own pace (walking, jogging or running). When coach says “red light,” everyone must immediately stop. If a player is still moving when coach calls “red light,” he/she must go back to the starting line. Start a new round when everyone gets across the finish line or when most players make it across the finish line.
<b>Receiving Routes and Catch / Route Running – Working with Passers</b>	Working with passers, coach will specify which routes the receivers will be running. Coaches are encouraged to use routes from their playbook or that are developmentally appropriate.
<b>Runner Sweep</b>	Passer should start five yards to the side of a cone. Line up runners five yards to the other side of passer. Coach should be on a knee directly in front of passer. On the coach’s snap, have a runner run right toward the thrower (slightly in front) for a hand-off using proper technique. After taking the handoff runners should turn up field on their sixth step, running outside of cone. Rotate positions after each play.



## RUNNING AND RECEIVING – DRILLS

### FEET/FOOTWORK

<b>Sharks and Minnows</b>	<p>Identify who will be the shark(s) -- everyone else will be minnows. The shark(s) stand(s) in the middle of the play area and says, "Fishy, fishy, come out and play." The minnows slowly walk from the starting line of the play area toward the sharks.</p> <p>At any time, the shark(s) can yell, "Shark attack!" At that point, the minnows must run to the opposite boundary line without being tagged. If a minnow is tagged, he/she also becomes a shark. When there are only one or two minnows left, they become the next round's sharks.</p>
<b>Simon Says</b>	<p>One person is designated "Simon" while the others are the players. Standing in front of the group, Simon tells the players what they must do. However, the players must only obey commands that begin with the words, "Simon Says..." If Simon says, "Simon says touch your nose," then players must touch their noses. But, if Simon simply says, "jump," without first saying, "Simon says," players must not jump. Those who do jump are eliminated.</p>
<b>Stance and Start</b>	<p>Players will align in a 2-point staggered stance (dominant foot forward). On coach's "GO," the receiver will sprint "off the ball" running for 10 yards.</p>
<b>Stair Step Drill</b>	<p>Best done with four or five stepovers. Alternate stepovers in a vertical, horizontal progression resembling a "staircase" or in the formation of capital "L's." Align players in a straight line. On coach's "Go," have players sprint towards the first step over and jump cut (laterally) in front of the next stepover then burst forward and sprint over the last step over.</p>
<b>Stem Drills</b>	<p>A receiver will align himself/herself 5 yards away and 1-yard offset from the QB/coach, either on the inside or outside. On the coach's command, the player sprints off his/her mark, squaring up with the defensive player to re-establish head-up leverage. This drill helps players establish the option of a two-way go.</p>
<b>Step Overs (Half Rounds)</b>	<p>This drill requires multiple (2+) stepovers. Align stepovers like a ladder in a straight line. Have ball carriers facing the stepovers. On coach's "Go," have players sprint towards stepovers, driving the knees and "sprinting" over the stepovers. In rep one, put ball in left arm. Rep two put ball in right arm.</p>
<b>Stop-and-Go Flow</b>	<p>Set up cones to create an area that is 15 yards by 15 yards. Designate one person as "it." On the coach's command, the players play tag. Every 10 seconds, the coach instructs players on the pace in which they should move (i.e., 50 percent, jog, buzz the feet, hop).</p>
<b>Tag Games</b>	<p>This game will require multiple people (2+) playing in a confined open space. Use of a football is optional. One person will be considered "It." He/she who is "It" will attempt to tag players who are not "It." Such players should evade being tagged by the player who is "It." One of the players who is "It" can carry a football. Game ends upon someone being tagged or if the ball is fumbled. Everyone should take turns being the tagger and the evader.</p>
<b>Top of the Route Drill</b>	<p>From a standing 2-point start, sprint to a cone 4 yards away. Upon reaching the cone, break down and pivot back to the quarterback using as few steps as possible while maintaining speed.</p>
<b>Video Gme Football</b>	<p>Split participants into two even lines, ten yards apart and facing each other. A cone should be placed in the middle along with one at the front of each line. The first person in the front of one line will start with the football. On "GO," the player will run a straight line towards the next player across from him or her. While running, when the player approaches a cone, he or she should imitate his or her favorite football move (spin move, cut step, stiff arm), then hand the ball off to the player they are running towards. After getting the ball, the next player will run back imitating his or her favorite football move when approaching the cone.</p>
<b>Winning Leverage Drill</b>	<p>A receiver will align himself/herself 1 to 10 yards away and 1-yard offset from a receiver – either inside or outside. On the coach's command, the player sprints off his/her mark and re-establishes head-up leverage, creating a two-way go. This drill differs from the Stem Drill in that it emphasizes press coverage as opposed to off-man coverage.</p>
<b>Zig-Zag Tag</b>	<p>One person is "IT"; this person will chase the other players, trying to tag them, until he/she tags someone else. Every player involved in the game must move in a zig-zagged pathway every third step.</p>
<b>Zig-Zag Pathway</b>	<p>Players run in zig-zag orientations—changing directions every 3 feet--and direction without prompting. Do this over a specified distance, such as the full length of the football field.</p>





## RUNNING AND RECEIVING – DRILLS

### ARMS/HANDS

<b>5-Yard Quick Game (hitch, slant, in, out)</b>	Starting at the line of scrimmage, run 5-yard patterns, ending in a stationary position from which the player catches the ball. As players progress, add slant and in-and-out patterns to the route.
<b>10-Yard Intermediate Game (Dig, Curl, Out, Fade)</b>	Starting at the line of scrimmage, run 10-yard patterns. In accordance with players' capabilities, add slants and increasingly advanced techniques.
<b>Breakthrough Drill</b>	Use one cone as starting point for runner. A set of cones should be seven yards in front of first cone for first defender. A third set of cones should be five yards behind second level cones for third defender, and two cones should be behind that to mark finish. A defender will start seven yards in front of a runner. The runner (running) will approach the first defender he or she encounters then selects a direction to run avoiding being tagged. The runner then will confront a second level defender and also avoid that defender by out running or avoiding him or her. Players finish by sprinting through cones.
<b>Catch Across the Middle</b>	Line up receivers laterally ten yards away from a designated catch zone. Coach or passer is five yards from zone vertically. Have the receiver run laterally in a ten-yard straight line anticipating a pass. Passer will work on accuracy by throwing the ball to the receiver as he or she crosses the passer's face.
<b>Catch and Step with Partner</b>	Set partners 3 yards apart. Toss an age appropriately sized ball back and forth. After every complete catch, the player who catches caught the ball takes a step back before throwing the ball back to his/her partner.
<b>Catch Low, Medium, High</b>	Start 5 five yards away from a partner. Throw an appropriately sized ball back and forth as the receiver works the hands up and down.
<b>Center-QB Exchange Drill / Center Exchange / Exchanges (hand-offs and snaps)</b>	Multiple QBs and linemen can participate in this drill. The linemen take a position on the line of scrimmage. The first QB lines up behind the first lineman, who is in a ready to snap position. On the coach's commend, the lineman will snap the ball to the QB. The QB takes three snaps per lineman, and then rotates to the next lineman. The second QB will start with the first lineman as soon as the first QB rotates to the next lineman.
<b>Clockwork Hands</b>	Start 5 five yards away from a partner. Throw an appropriately sized ball back and forth as the receiver works the hands around a figurative clock. For example, a ball thrown over the head is 12 o'clock. To the right is 3 o'clock. The passer is simply attempting to throw around the clock while the receiver is catching the ball in the various locations.
<b>Distraction Drill-Movement</b>	Players should run a route of coach's choice (5-yard quick game or intermediate route). Upon turning and coming out of their break, a coach should be in proximity of the wide receiver and distract player as he/she attempts to catch the pass.
<b>Distraction Drill-Stationary</b>	Have players form a tunnel that is 2 yards in width. Have a coach stand at one end of the "tunnel" and an offensive skill player at the other end of the "tunnel." All players should be facing in towards the middle. On coach's "Go," players on the side who formed the tunnel will wave their arms as distractors. The coach will throw a pass to the player at the other end of the tunnel. That player must focus his/her attention on the ball amongst the waving arms. The player should secure the catch in a chaotic, distracting environment.
<b>Globetrotter</b>	Have the players huddle up and then take two steps back to form a nice, big circle. Give one player a tennis ball and have them him/her randomly underhand the ball to players in the circle. It's important that these are soft, catchable passes. Once they've gotten into a rhythm, add a second tennis ball, and expect the tempo to increase. Continue to add tennis balls. Then take away the tennis balls and exchange them for footballs.
<b>Hand-off Relay</b>	Coach will assign relay teams (either 2 or 4). Have teams then divide up equally and stand approximately 10 yards across from their teammates. Using a proper hand-off have teams compete in a relay race. Ball cannot be tossed to the waiting teammate; players must demonstrate a proper hand-off. Coach is encouraged to review arm position for receiving a hand-off.



## RUNNING AND RECEIVING – DRILLS

### ARMS/HANDS

<b>High Ball Drill</b>	Two players stand one behind the other 5 yards away from a coach. On the coach's command, the player in front prepares to catch a pass thrown high in the air – an appropriate height for the age and skill of the players – while the player behind attempts to knock it away. The back player must remain behind the receiver and cannot interfere in any way.
<b>Hot Potato</b>	Using underhand passes, toss the football around the circle or class without dropping the ball. If someone drops it, he/she sits in the center of the circle ("hot potato soup" pot). After the end of each round, increase the speed that the ball is tossed around the circle until only two players remain standing.
<b>Long Arm Drill</b>	Two players start one behind the other 5 yards away from a coach. On the coach's command, the player in front prepares to catch a pass with arms outstretched. The player in the back will attempt to knock the ball away while remaining behind the receiver. He/she cannot interfere in any way.
<b>Low Ball Drill</b>	Starting 7 yards from a coach and on coach's command, the receiver runs toward the coach, catching a pass aimed at the knee-to-shin area. Feel free to substitute your quarterback for coach or quarterback.
<b>QB Toss</b>	Have players stand across from a partner about 3 to 4 yards. Partner with the ball will be the QB. Have the QB turn with the ball so that their back is facing their partner. While taking a drop step and turning the shoulders, have the QB pitch/toss the ball underhand to their partner with both hands on the ball. You can have the receiver offset to the toss side to make it easier. Have the QB drop step toward the receiver as the toss happens. Have partners switch positions after a designated number of tosses.
<b>Self-Catch</b>	Toss or throw an appropriately sized ball (football, tennis ball, racket ball, foam ball, etc.) in the air to oneself and secure the catch.
<b>Side Clockwork Hands</b>	This drill will require a football. Have a player align sideways in a stationary position as if he/she were running. The coach will stand off to the side and throw passes to the player. Passes may come high, low, behind or in front of the offensive skill player. Offensive skill player must catch the ball and tuck it. Players can alternate directions they're facing.



## RUNNING AND RECEIVING – DRILLS

### VISION

<b>2 vs. 1 Read the Defender</b>	Start two receivers on the same side of the quarterback and opposite a single defender. On the coach's command, the quarterback takes a 3-step drop while the receivers run a slant/arrow or fade/arrow concept. The defender chooses one receiver to cover. The quarterback recognizes the coverage and throws to the open receiver.
<b>Colored Ball Drill (any ball)</b>	You can use tennis balls, rubber balls or any balls of different colors. Starting at the line of scrimmage, the coach calls out a route. On the coach's command, the receiver runs the called route and the coach throws one of the balls. The receiver must identify and call out the color of the ball while it is still in the air.
<b>Colored Chalk Footballs</b>	Prepare by coloring the front third of footballs with different color chalk or other non-permanent markings. Starting at the line of scrimmage, the coach calls out route. On the coach's command, the receiver runs the called route and the coach throws one of the balls. The receiver must identify and call out the color of the chalk while the ball is still in the air.
<b>Distraction Drill-Movement</b>	Players should run a route of coach's choice (5-yard quick game or intermediate route). Upon turning and coming out of their break, a coach should be in proximity of the wide receiver and distract player as he/she attempts to catch the pass.
<b>Gap Drill</b>	This drill will require eight cones and a football. Align four cones in a horizontal line 2 yards apart, then have a space of 3 yards and align the remaining four cones also in a horizontal line. The quarterback should align 3 yards behind the horizontal cones in the 3-yard vacant space. Have running backs align in the offensive backfield, two yards behind the quarterback. On coach's "Go," running backs will run downhill taking a handoff from the quarterback. Upon taking the handoff the coaches should say front side A, B, C or D or backside A, B, C, D. Upon hearing the command, the running back should run to that particular cone and burst 5 yards past it. Cones to the right are front side, cones to the left are back side. The inside cone on the right is front side A, second cone on right is front side B, third cone from right is front side C, fourth cone from right is front side D. The inside cone on the left is back side A, second cone on left is back side B, third cone from left is back side C, fourth cone from left is back side D.
<b>Go Opposite</b>	Use a cone for starting point of passer/center with runner five yards directly behind. Coach should stand holding bag or simply stand ten yards in front of passer. Place two cones between the coach and center to serve as a lane for runner to go through. After the passer takes the snap from the center, he or she drops back and hands off the ball to the runner. The runner runs toward the coach. The coach angles a bag or points right or left. The runner should cut in opposite direction the coach points as quickly as possible while maintaining his or her balance. Player turns up field and sprints through cones.
<b>Mesh</b>	Have offensive players take handoffs from the quarterback. Players should make a pocket with their arms across their upper stomach and belly button taking the ball and burst up field for 5 yards.
<b>Mesh Read and React</b>	This drill requires 3+ players. One player will be the quarterback, another will be the running back and align 3 yards behind the quarterback, and the third will be the blocker positioned in front of the quarterback. On coach's "Go," the quarterback will hand the ball off to the running back. Upon taking the handoff from the quarterback, the third player will be aligned in front of the quarterback blocking (on air). The blocker will block to the right or left, and the running back must read the blocker and react accordingly.
<b>Turn and Locate</b>	Passers and receivers should line up in parallel lines 10 to 15 yards apart. Place a cone or bag five yards in front of line of receivers. On the passer's "GO," the receiver will release off the line, run five yards around a tackle bag or cone and turn to catch a pass. The receiver will locate the ball, make the catch and turn up field.
<b>Plant Drill</b>	Passers and receivers should line up in parallel lines 10 to 15 yards apart. Use cones to outline route(s) in front of receivers. On "GO," the passer will take the snap from under center or in shot gun then drop back three steps. The receiver will run a route determined by the coach. The passer will pass the ball, leading the receiver by two to three steps. The receiver will catch the ball and rotate to the end of the line.



## RUNNING AND RECEIVING – DRILLS

### VISION

<b>Mesh with Step Over</b>	Have players take handoffs from the quarterback. Upon taking the handoff players will either run over, shuffle through or jump cut through a series of stepovers. The movement will be determined by the coach.
<b>Number Callout</b>	Starting at the line of scrimmage, a coach calls out the appropriate number or other code – based on the playbook – for a route or pattern. The receiver then runs that route and catches the pass.
<b>Over the Shoulder Catches</b>	A player stands 3 yards away from a coach with his/her back to the coach. On the coach's command, the coach lofts a pass over the receiver's shoulder. The receiver, while remaining stationary, looks back and follows the ball into a catch. The receiver will not move from his/her position as he/she makes the catch.
<b>Pat-and-Go Drill</b>	Divide players into two lines with two players/coaches serving as quarterbacks. On the coach's command, receivers run downfield to catch a 10- to 12-yard pass that is either thrown over the shoulder, inside, outside or behind the receiver, adjusting the body appropriately.
<b>Progressive Turn and Catch</b>	Start with a partner 3 yards away. One partner has his/her back turned. On the coach's command, the player with his/her back turned then turns around and catches a toss from the partner. Then alternate. As players progress, modifications can include rolling, bouncing and throwing the ball at various heights.
<b>Toss Drill</b>	Players should all align on the left side of the quarterback. On quarterback's "Go," the running back should shuffle laterally to the left, away from the quarterback at which time the quarterback should deliver an underhanded, two-handed toss to the running back. Upon catching the toss, the running back should run to the outside and up field. Players can also receive tosses on the right side.



## RUNNING AND RECEIVING – DRILLS

### FINISH

<b>Ball Security Drill</b>	<p>To complete this drill, you will first need a football, four step overs and two hand shields. You will need a minimum of five players. Align all four step overs like a ladder in a straight line roughly 2 yards apart.</p> <p>Have a player holding a hand shield in between the second and third step over and a second player holding the second hand shield between step overs three and four, all on the left side. Both players holding hand shields will align on the right side of the drill (facing the step overs). They should align a half yard from the step overs.</p> <p>Players holding the hand shields should hold them straight out, arms fully extended. You will align the fourth player 10 yards from the fourth step over facing the drill/step overs. Your fourth player, the offensive skill player, will align 4 yards in front of the first step over (facing the drill, other step overs). And the fifth player will mimic a defensive player trailing “the play,” attempting to strip the ball. He/she will align directly behind your offensive skill player. On coach’s “Go,” the offensive skill player will hold the football in their right arm and run over the step overs focusing on ball security, driving their knees over the step overs and striking (stiff arm) the hand shields. The defensive player trailing “the play” will attempt to strip the ball. He/she will align directly behind your offensive skill player matching the pace of the offensive skill player. He/she will try to strip the ball from the offensive skill player through the third step over, then STOP!</p> <p>Upon going over the fourth step over, the offensive skill player will approach player four, an approaching defender mimicking a safety. The defender will be approaching the step overs at half speed then go either diagonally to the right or left. The offensive skill player will go opposite of the defender then finish with a burst 5 yards down field. Players should rotate through all five different positions of the drill.</p>
<b>Catch-Wrap and Go</b>	<p>Partners spaced 3 yards apart toss an appropriately sized ball back and forth. After every catch, the receiver securely wraps the football, turns and sprints 5 yards before returning to his/her original spot. On each catch, the thrower takes a step back.</p>
<b>Catch, Wrap and Step</b>	<p>Set partners 3 yards apart, throwing or tossing an appropriately sized ball to each other. After every caught ball, the receiver secures the football with five points of contact. With every catch, the receiver takes a step back.</p>
<b>Coaches Knockout</b>	<p>Set cones to outline an area of 10 yards by 10 yards. Every player starts with an appropriately sized football and five points of pressure. As players run around the space, coaches try to knock the ball loose from players. As players progress to later stages, they can try to knock the ball loose from others while keeping their own secure.</p>
<b>Hand-off Relay</b>	<p>Coach will assign relay teams (either 2 or 4). Have teams then divide up equally and stand approximately 10 yards across from their teammates. Using a proper hand-off have teams compete in a relay race. Ball cannot be tossed to the waiting teammate; players must demonstrate a proper hand-off. Coach is encouraged to review arm position for receiving a hand-off.</p>
<b>Mesh</b>	<p>Have offensive players take handoffs from the quarterback. Players should make a pocket with their arms across their upper stomach and belly button taking the ball and burst up field for 5 yards.</p>
<b>Outside Arm</b>	<p>Toss or throw an appropriately sized football to a player. Once in possession of the ball, the player secures the ball in the outside arm (the one nearest the sideline), then turns and runs 5 to 10 yards upfield.</p>
<b>Partner Knockout</b>	<p>Make a 10-by-10-yard box with four cones. All players should start with a football secured in the same arm. On coach’s “Go,” players should run around in the 10x10 box attempting to knock the ball out of their teammates’ hands. If your ball gets knocked out, you are out. This game should last five minutes or until one player is left.</p>
<b>Progressive RTC Drills</b>	<p>On the coach’s command, a player runs a pattern or route, running through the catch and turning upfield with the ball secured using five points of pressure.</p>



## RUNNING AND RECEIVING – DRILLS

### FINISH

<p><b>Snake Run</b></p>	<p>Divide players into two groups. One group will be defenders, the other group runners. Set up five cones in a zig-zag pattern with at least one defender at each cone. Have runners start at the first cone. One player at a time will run through the series of cones demonstrating the correct skills for carrying a football while the defenders positioned at each cone try to swipe the football from the carrier as they run through the cones.</p>
<p><b>YAC</b></p>	<p>YAC standards for yards after catch. In football, when you catch it, you run with it! Have players partner up. They will need a flag belt and a football. Have players play catch for about 30 seconds. At or around 30 seconds, coach will blow the whistle and the player who has the ball must run from their partner, who will try to pull their flag off. Allow 20 to 30 seconds for each “chase” before starting again.</p>





## KICKING AND PUNTING – DRILLS

### PREPARE

<b>2-Step Kicks / 2-Step Approach Kicks</b>	Kick the football after taking just two approach steps. Start with the kicking leg back in a staggered stance. First step is with the kicking leg, followed by the second step which will be the plant leg.
<b>Balance Kicks</b>	Starting with a ball on the ground or on a tee, approach the ball and kick it while maintaining balance throughout the kick.
<b>Multi-Step Approach Kicks</b>	Starting with a football on a tee, take between six and 12 steps of proper mechanics to approach the ball and kick it forward.
<b>One-Step Kicks</b>	Starting with a ball on the ground or on a tee, take one step and kick the ball forward.
<b>Partner Kicks</b>	Starting with a ball on the ground or on a tee, approach the ball and kick it toward your partner. Keep your eyes focused on the ball throughout your approach and contact during your kick. Your partner will perform the same movement once they secure the ball after your kick.
<b>Partner Kicks</b>	Starting with the ball on the ground or on a tee, kick the ball to a partner 5 to 10 yards away (or an appropriate distance for the players involved). Try to kick the ball to a partner, landing the ball as close to the partner as possible. Once the ball is secure, reverse the roles.
<b>Partner Punts</b>	Starting 5 to 10 yards away from a partner (or an appropriate distance for the players involved), drop the ball and punt it as close to the partner as you can. Once the ball is secure, reverse the roles.
<b>Straight Line Approach Drill (punting)</b>	Starting on a yard line, sideline, end line or another straight line, simulate a punting motion while maintaining balance without taking steps forward.



## KICKING AND PUNTING – DRILLS

### CONTACT MECHANICS

<b>Air Lift Drill</b>	Line up 8 yards away from the goal post with the ball on a tee. Attempt to kick the ball over the goal post. On each successful try, move the spot forward 1 yard but no closer than 5 yards in front of the post. As players progress, start further from the goal post to begin and work up.
<b>Around the Post Drill</b>	Start 5 yards from a field goal post. With a 3-step approach, as if kicking for points, strike the ball and attempt to hit the post. Move around the post like the hands of a clock to change angles.
<b>Catch and Mold Drill</b>	Either a long snapper or a coach/teammate will flip you the ball. Catch the ball and position it in your hands as if you're ready to drop the ball to punt.
<b>Contact Dots Drill</b>	Place dots on the center or "sweet spot" of a football. Then put a dot on top of the punter's or kicker's shoe where contact should take place. Practice punting and kicking lining up sweet spots between the ball and shoe.
<b>Directional Kicking</b>	Place cones directly ahead of the player at 45-degree angles. Start with the ball on the ground or on a tee. On the coach's command, kick the ball to a designated cone. Set the cones at an appropriate according to the players' skill level.
<b>Directional Punting</b>	Place cones directly ahead of the player at 45-degree angles. On the coach's command, try to punt the ball to a designated cone. Set the cones at an appropriate distance according to the players' skill level.
<b>Kneeling Drop Drill</b>	From a kneeling position, hold the ball out and perform a drop with the correct fundamentals. No actual kicking will take place while performing this drill.
<b>No-Step Kick Drill</b>	From a flat-footed stance, kick a ball on the ground or on a tee. Focus on the contact point on the ball.
<b>Onside Kicks</b>	Starting with a ball on a tee, approach the ball and kick it forward. The ball will not leave the ground and will roll on its edges. Try to control the direction of the ball and have it travel at least 10 yards.
<b>Partner Kicks</b>	Starting with a ball on the ground or on a tee, approach the ball and kick it toward your partner. Keep your eyes focused on the ball throughout your approach and contact during your kick. Your partner will perform the same movement once they secure the ball after your kick.
<b>Partner Punts</b>	Have one partner start with the ball and punt it to their partner. Players should keep their eyes focused on the ball and work on their follow-through. The receiving partner should catch or retrieve the ball and punt it back to their partner.
<b>Plant Foot Drills</b>	With either a 2-step punt or 3-step place kick, freeze at the point of the plant foot to check for mechanics.
<b>Stationary Kicks</b>	Starting with a ball on the ground or on a tee, approach the ball and kick it while keeping your eyes on the ball throughout your approach and contact with your foot.
<b>Walk and Drop Drill</b>	From a standing position, take two steps and drop the football as if punting, but do not kick the ball.



## KICKING AND PUNTING – DRILLS

### POWER

<b>Backswing Drill</b>	Working from either a place kicking or punting stance, swing your leg back to full extension, then pause to check for correct kicking mechanics.
<b>Kick Return Tag</b>	Place a receiver an appropriate distance directly in front of a kicker. The kicker has a football on a tee. Line up all other players horizontally with the kicker. On the coach's command, the kicker place kicks the ball to the receiver and all other players run downfield to tag the receiver. The receiver attempts to run downfield while avoiding the taggers.
<b>Leg-Swing Line Drill</b>	Line all players up single file with ample space between them. On the coach's command, players swing their legs forward in the correct place-kicking motion.
<b>Punt Return Tag</b>	Place a receiver an appropriate distance directly in front of a kicker. The kicker has a football in their hands ready to punt. Line up all other players horizontally with the kicker. On the coach's command, the kicker punts the ball to the receiver and all other players run downfield to tag the receiver. The receiver attempts to run downfield while avoiding the taggers.
<b>Super Kickball</b>	Super Kickball takes the classic version of kickball and modifies it so that more players on the team get the opportunity to move. The pitcher in the field rolls the ball to the kicker at home base. On the kick, the entire kicking team attempts to run around the bases, starting at first base and running to home. The coach picks a physical literacy movement like skipping or shuffling to run bases. Individuals on the kicking team can go around the bases as many times as they'd like until the play is stopped (someone gets tagged out with the ball). Players on the kicking team earn one point for every trip they make successfully around the bases without getting tagged. The teams switch from fielding to kicking when there are three outs.
<b>Swing Balance Drill</b>	Line up in groups of three or more. Without a ball, swing the leg in either a place kicking or punting motion as forcefully as you can without losing balance.



## KICKING AND PUNTING – DRILLS

### FINISH

<b>15-yard Partner Punt Passes</b>	Stand 15 yards away from a partner and punt the ball back and forth as if playing catch. Work to make your partner move as little as possible when they are fielding the punt.
<b>Balance Kicks</b>	While either punting or place kicking, focus on maintaining balance through contact and follow-through.
<b>Field Goal Multi-Angle</b>	Beginning at the 10-yard line, or an appropriate distance for the age group, kick a field goal from the middle of the field. For each successful field goal attempt, move 3 yards to the right. Once reaching the hash mark on the right side of the field, repeat the same progression to the left side.
<b>Field Goals Multi-Distance</b>	Beginning at the goal line, or an appropriate distance for the age group, kick field goals off tees. For each successful attempt, move 5 yards back.
<b>Kick the Horseshoe</b>	Place several footballs on a tee within a horseshoe shape at appropriate distances from the goal post. Try to make each kick successfully.
<b>Kicker H-O-R-S-E</b>	Starting with a ball on a tee, kick at predetermined lengths and angles into a hula hoop or toward another target. If player 1 succeeds, player 2 must replicate the kick. For each failed attempt, gain one letter toward spelling “horse.”
<b>Leg-Swing Line Drill Balance</b>	Line all players up single file with ample space between them. On the coach’s command, players swing their legs forward in the correct place-kicking motion.
<b>Punt 500</b>	A punter sets up an appropriate distance downfield from three to five teammates. After punting the ball, a receiver gains 100 points for each punt caught before touching the ground or 50 points for recovering the ball after it touches the ground.
<b>Walk the Line Kick/Punt</b>	Starting on a yard line, sideline, end line or another straight line, take two to three steps forward and simulate a punting motion while maintaining balance.

## ATHLETIC FOUNDATIONS – DRILLS

## FUNDAMENTAL MOVEMENTS - RUNNING

<b>Bound</b>	On the coach's command, jump forward on a single leg for 5 to 10 yards. Move at a moderate pace and take as large of steps as possible.
<b>Break Down Bonanza</b>	Place four cones in a square ten yards apart from each other. Use two cones for starting position where appropriate. Players will run along course of cones, planting outside foot for all four turns. Between cones, each participant should sprint to the next cone.
<b>Butt Kicks</b>	On the coach's command, jog forward 5 to 10 yards. Exaggerate lifting your feet behind you during your jog for your heels to make contact with your backside.
<b>Carioca</b>	Turn at a 90-degree angle to the target destination and start with your feet a little wider than your hips. Perform crossover steps that alternate between going in front of and behind the lead foot. As players advance toward the target, limit the amount of upper body movement while in motion.
<b>Forward/ Backward Runs</b>	On the coach's command, run forward for 5 to 10 yards. Once you reach the 5- to 10-yard marker, run backward and return to the same starting point. Try to maintain the same pace for both directions.
<b>Forward Cone Step Over</b>	Set up cones a yard apart for 5 to 10 yards. On the coach's command, walk forward, stepping directly over the cones with high knees.
<b>Football Freeze Tag</b>	Start with one person who is "IT" (blue). If needed, outline an appropriate playing space with cones. Start with one player designated as "IT." Whoever is "IT" carries the football. The rest of the players (red) try to avoid the player who is "IT." Once a player is tagged, he or she must freeze or stop moving. The object of the game is for the player who is "IT" to make all opposing players freeze. Frozen players can be unfrozen if they are tagged by a teammate.
<b>Gear Runs to Change Direction</b>	Change speeds of running based on what the coach calls out progress from slowest to fastest (1st gear 25% speed, 2nd gear 50% speed, 3rd gear 75% speed, and 4th gear 100% speed). During the movement phase of the run, coach designates a new direction of movement verbally or with a pointing motion. Athletes continue their run or movement skill in the newly designated direction.
<b>Gear Runs to Full Stop Balance</b>	Change speeds of running based on what the coach calls out progress from slowest to fastest (1st gear 25% speed, 2nd gear 50% speed, 3rd gear 75% speed, and 4th gear 100% speed). During the movement phase of the run, coach can call out "stop" or another key word to indicate having the athletes stop their momentum and decelerate to a balanced stationary position.
<b>High Knees</b>	On the coach's command, move forward 5 to 10 yards. Lift your lead knee as high as possible, keep your back leg straight, and jump off your toe. Continue moving forward in this manner and alternate your legs and arms.
<b>High Knee Skips</b>	On the coach's command, move forward 5 to 10 yards while skipping from one foot to the other (see Skip Drill for reference). Raise the knees as high as possible while performing the skip.
<b>High Skips</b>	On the coach's command, move forward 5 to 10 yards while skipping from one foot to the other (see Skip Drill for reference). Raise the knees as high as possible while performing the skip.
<b>Lateral Crossover Balance</b>	Starting in an athletic stance, take a crossover step then return to the original balanced position. Reset and repeat this movement once you have returned to the original position.
<b>March</b>	On the coach's command, move forward 5 to 10 yards toward a target. Perform a marching movement while simultaneously lifting your opposite arm to shoulder height and knee to hip height (right arm and left knee) as high as possible. Continue moving forward in this manner and perform the same movement on the opposite side (left arm and right knee).
<b>Multi-Directional Get Up and Go</b>	Start in a sitting position. On the coach's command, get up and run 5 to 10 yards in the direction the coach is pointing.
<b>Power Skips</b>	The goal with power skips is to attain maximum height and arm drive on each skip. Think about ground force production and driving the opposing knee up to lift your body off the ground.



## ATHLETIC FOUNDATIONS – DRILLS

### FUNDAMENTAL MOVEMENTS - RUNNING

<b>Racetrack</b>	<p>Set up six cones in a rectangle approximately 10 yards wide and 30 yards long. Adjust size based on players' ages and skill level. Divide players equally into teams with each team starting at a different cone. All players run in the same clockwise or counterclockwise direction.</p> <p>On the coach's command, the first player on each team runs a lap. Upon returning to the original cone, tag off and the next teammate runs. Coaches determine whether players run, shuffle, skip, hop or perform another movement around the track.</p>
<b>Set, Set, Go</b>	<p>Select one person to be "IT." All other participants will sit in a circle. The person who is "IT" walks around the circle. As the person "IT" walks around, he or she taps players' heads and says "SET" or "GO." Once someone is tapped and hears "GO," they stand up and try and chase the person "IT" around the circle. The goal is to tap the person "IT" before he or she is able to sit down in the "GO" person's original spot. If a player is unable to tag that person, then he or she becomes "IT." A player is "IT" until he or she can tag someone or after three tries. This game is similar to Duck Duck Goose.</p>
<b>Single-Leg Bounds</b>	<p>Stand on your right leg. Jump up, driving your left knee up. Use your arms to help propel you forward. Continue to jump forward, aiming to spend a very short time on the ground. Jump until you can't maintain speed or distance, or no longer than 20 seconds. Repeat on the other leg.</p> <p>Next level: Try the triple-tuck jump: Do three single-leg bounds on one leg, then jump to bring that knee to your chest. Land softly and immediately perform another series of three bounds on the same leg. Repeat on the other leg.</p>
<b>Skip</b>	<p>On the coach's command, move forward 5 to 10 yards toward a target using the following movement. Lift your right knee to waist height, keep your left leg straight and jump off your left toe.</p> <p>Strike the ground with your right mid-foot or forefoot while swinging your right arm in union with your leg. Continue moving forward in this manner and alternate your legs.</p>
<b>Stop-and-Go Flow</b>	<p>Set up cones to create an area that is 15 yards by 15 yards. Designate one person as "it." On the coach's command, the players play tag. Every 10 seconds, the coach instructs players on the pace in which they should move (i.e., 50 percent, jog, buzz the feet, hop).</p>
<b>Straight Leg Bounds</b>	<p>On the coach's command, jump forward 5 to 10 yards on a single leg. Keep your leg straight, move at a moderate pace and bound as far as possible.</p>
<b>Zig-zag Pathway</b>	<p>On the coach's command, run forward at a 45-degree angle from your starting point. Take three to four steps, then switch to the other direction at 45-degree angle. Mark the course with cones for younger athletes.</p>



## ATHLETIC FOUNDATIONS – DRILLS

## FUNDAMENTAL MOVEMENTS - SHUFFLING

<b>3-Yard Diamond</b>	Place four cones in a diamond pattern three to five yards around a centered cone. Players will sprint forward to the midpoint of the cones. Then players will shift into a lateral shuffle going to the right cone (1) then shuffle across to the left cone (2) then back to center (3). Finish with players sprinting forward to the cone in front of them (4), and backpedaling to your starting point (5). Player should touch all four cones once to complete drill.
<b>5-10-5 Touch the Line/Agility Shuffle</b>	Set up three cones, each 5 yards apart, in a straight line. Start by straddling cone 1 (middle cone) with one hand touching the cone. Sprint to cone 2 and touch the cone with your right hand. Change direction and sprint back to cone 3 and touch that cone with your left hand. Sprint back through the starting cone. Repeat in opposite direction.
<b>Change of Direction Cone Weaves</b>	Set up cones one yard apart for 5 to 10 yards. On the coach's command, go up to the right side of the first cone. On the coach's second command, weave in and out of the cones while maintaining an athletic position and stop at the opposite side.
<b>Gallop</b>	Start in an athletic stance with your right leg out in front of your left leg. Move 5 to 10 yards forward by keeping your right foot in front of your left. Start with your weight on your left leg and transfer your weight to your right leg as you bring your feet together. Put your right foot out again while keeping your weight on your left leg. Repeat this weight transfer. The only time your feet meet is when you are transferring your weight from the left to the right foot.
<b>Lateral Cone Step Over</b>	Set up cones a yard apart for 5 to 10 yards. On the coach's command, shuffle sideways, stepping directly over the cones with high knees.
<b>Lateral Shuffle</b>	Face your shoulder toward your target destination. Start with feet a little wider than your hips. Shuffle to one side by hopping with your outside leg and then bring your inside leg to meet it. Continue this movement for 5 to 10 yards.
<b>Lateral Shuffle and Roll</b>	Start by standing up, facing the coach. Coach will point in a direction and you will carioca that direction. The drill continues with the coach switching directions. When coach points down, you must get down on the ground and roll in the opposite direction that you were doing carioca. When coach points in a direction while you are on ground, you must roll that direction. When coach points up, you get back up and do carioca again.
<b>Lateral Shuffle and Roll Reaction</b>	Face your shoulder toward your target destination. Start with feet a little wider than your hips. Shuffle to one side by hopping with your outside leg and then bring your inside leg to meet it. Continue this movement until the coach delivers a command to drop to the ground and roll in the same direction that you were shuffling. Continue to roll until coach tells you to get up off the ground and return to a standing shuffle.
<b>L-Drill</b>	Set up cones 5 yards apart in an "L" shape. Starting in a 3-point stance at cone 1, sprint to and touch cone 2. Sprint back to and touch cone 1. Sprint back up and around the outside of cone 2 toward the inside of cone 3. Turn around at cone 3, sprinting back around cone 2 and passed cone 1. Switch starting cone and repeat in opposite direction.
<b>Partner Mirror Drill – Lateral Shuffle</b>	Standing across from a partner; both players will perform a lateral shuffle while mirroring their partner.
<b>Racetrack</b>	Set up six cones in a rectangle approximately 10 yards wide and 30 yards long. Adjust size based on players' ages and skill level. Divide players equally into teams with each team starting at a different cone. All players run in the same clockwise or counterclockwise direction. On the coach's command, the first player on each team runs a lap. Upon returning to the original cone they started at, the player should tag the next teammate in line so they can begin to run. Coaches determine whether players run, shuffle, skip, hop or perform another movement around the track.
<b>Run-Shuffle-Run</b>	Set up four cones 5 yards apart. Start at cone 1, sprint to cone 2, shuffle facing either left or right to cone 3, and sprint from cone 3 to cone 4.





## ATHLETIC FOUNDATIONS – DRILLS

### FUNDAMENTAL MOVEMENTS - SHUFFLING

<b>Simon Says</b>	Form a lateral line of players five to seven yards apart. Coach should be 15 yards away, facing players. On “GO,” the coach will hold the ball on the left side of his or her body then move it to the right side. The players shuffle in the direction the coach is pointing the ball. If the ball is on the left side they should shuffle left. Once moving to the right side, shuffle right. Do this routine four times then raise the ball over head. Once, raised players should charge and tag the coach.
<b>T-Drill</b>	Set up three cones in a line, each 5 yards apart. Set up a fourth cone 10 yards back from the middle cone. This creates a “T” shape. Start at the base of the T. Sprint forward to the middle cone, touching it with your hand. Shuffle to the cone on the right, touching it with your hand upon reaching it. Shuffle left to the cone on the other side of the T, touching that as well. Shuffle right again to the middle cone, immediately backpedaling to the cone at the base of the T and touch that.
<b>X-Drill</b>	Set up four cones, each 5 yards apart in a square. Start at cone 1, sprint to cone 2, lateral shuffle across to cone 3, pivot 45 degrees and crossover backwards to cone 4, turning and sprinting back to cone 1. Switch starting cone and repeat in opposite direction.

## ATHLETIC FOUNDATIONS – DRILLS

## FUNDAMENTAL MOVEMENTS - JUMPING AND HOPPING

<b>180 Jumps</b>	Start with your feet shoulder-width apart. Bend both knees, jump into the air off both feet, spin 180 degrees to either the left or the right and land on both feet in an athletic stance. Once you land, perform the same movement in the opposite direction and land back at your starting position.
<b>180 Jump Squats</b>	Start with your feet shoulder-width apart. Bend both knees and assume a squat position. Jump into the air off both feet, spin 180 degrees to either the left or the right and land in a squat with both feet on the ground. Once you land, jump and spin 180 degrees and land back at your starting position.
<b>1-Leg Forward/Backward Hops</b>	Start with your feet shoulder-width apart. On the coach's command, stand on either your left or right foot. Bend the knee on your standing leg, jumping forward or backward. Continue jumping forward or backward until coach instructs you to stop.
<b>1-Leg Hop</b>	Stand on either your left or right foot. Bend the knee of your supporting standing leg and continuously jump up and down on that leg for 5 to 10 seconds.
<b>1-Leg Lateral Hops</b>	Start with your feet shoulder-width apart. On the coach's command, stand on either your left or right foot. Bend your knee on your standing leg and jump left or right, landing on your opposite foot.
<b>2-Leg Jump</b>	Stand with your feet shoulder-width apart. Bend both of your knees and jump as high off the ground as you can.
<b>2-Leg Lateral Jumps</b>	Start with your feet shoulder-width apart. On the coach's command, bend your knees and jump off either to the left or right, landing on both feet.
<b>Agility Ladder Jump Lateral</b>	Start with your feet together in front of the first box in an agility ladder. Turn and face either right or left and jump laterally into the first box and land with both feet together. Continually jump with both feet into the ladder until you reach the end of the ladder. Once you reach the end, jog back to the beginning and repeat the drill again.
<b>Agility Ladder Jumps Forward</b>	Start with your feet together in front of the first box in an agility ladder. Jump forward into the first box and land with both feet together. Continually jump with both feet into the ladder's boxes until you reach the end of the ladder. Once you reach the end, jog back to the beginning and repeat this drill again.
<b>Box Jump</b>	Stand in front of a box or step. Start with your feet shoulder-width apart. Bend your knees and assume an athletic, explosive stance. Jump up in the air and land on the top of the box or step. Stabilize your landing by squatting when you land. Once you have safely landed with both feet, turn around and step off the box or step.
<b>Bunny Hops Forward/Back</b>	Stand with your feet shoulder-width apart. Bend both knees, jump forward off both feet and land on both feet. Repeat again in either a forward or backward motion.
<b>Burpees</b>	Begin in a standing position. Move into a squat position and place your hands on the ground. Kick your feet back into a plank position while keeping your arms extended. Lower your body completely to the ground until your chest is touching the floor. Push-up from the ground back into the plank position and immediately return your feet into a squat position. Stand up from the squat position and jump into the air to complete the rep.
<b>Cone Hops</b>	Set up a line of 5 to 10 cones that are evenly spaced. Start at the first cone. Jump over the first cone with both feet, and continually jump over the remainder of the cones until you reach the end. Once you reach the end of the cones, turn around and jump over the cones until you reach your starting position.
<b>Cone Jumps</b>	Set up a line of 5 to 10 cones that are evenly spaced. Start at the first cone. Face the cones, and on either your right or left foot, jump over the first cone on one foot. Continually jump over the cones until you reach the end. Once you reach the end, turn around and jump over the cones on your opposite foot until you reach your starting position.
<b>Dot Jump/Hop</b>	Place 5-10 dots on the ground. Players should jump with 2 feet from dot-to-dot with feet together, landing with balance and body control.





## ATHLETIC FOUNDATIONS – DRILLS

### FUNDAMENTAL MOVEMENTS - JUMPING AND HOPPING

<b>Front Box Jump</b>	Stand in front of a box or step. Stand with feet shoulder-width apart. Bend your knees and assume an athletic, explosive stance. Jump in the air and land on the top of the box or step. Stabilize your landing by squatting when you land. Once you have safely landed with both feet, turn around and step off the box or step.
<b>Jump and Land -Horizontal</b>	Start with your feet shoulder-width apart. On coach's command, bend both knees and jump forward with both feet. Jump backward to your starting position. Coach will either say far, medium or near, which is a "horizontal" indicator of how far you need to jump.
<b>Jump and Land -Vertical</b>	Start with your feet shoulder-width apart. On coach's command, bend both knees and jump into the air off both feet. Coach will either say low, medium or high, which is a "vertical" indicator of how high you need to jump.
<b>Jump Rope</b>	With either a real or imaginary rope (depending on equipment), start in an athletic stance and jump in place lifting both feet off the ground. Hold your rope in both hands and swing the rope around your body. Start with the rope behind you, swing it over your head and under your feet as you jump to reach the starting position.
<b>Jump Squats</b>	Start with your feet shoulder-width apart. Bend both knees and assume a squat position. Jump into the air off both feet and land in a squat with both feet on the ground.
<b>Jumping Beans</b>	Players start with their backs facing coach. On the coach's command, players jump up in their air, turn 180 degrees and land on both feet. Upon regaining balance and as soon as they can, players jump back up in the air and turn 180 degrees back to their original position. Players must listen and turn only when the coach claps or gives another command. As players progress, change the cue to simulate a cadence.
<b>Jumping Jacks</b>	Stand feet together, arms fully extended with hands by the sides. This is the start position. Bend knees slightly then straighten and push through the balls of your feet while straightening knees to jump, spreading the legs to wider than hip width apart. Simultaneously, raise both arms out and up in a smooth arc until both hands meet above the head.
<b>Lateral Box Jump</b>	Stand in front of a box or step. Face either right or left and have the box at your side. Start with your feet shoulder-width apart. Bend your knees and assume an athletic, explosive stance. Jump up in the air and land on the top of the box or step. Stabilize your landing by squatting when you land. Once you have safely landed with both feet, turn around and step off the box or step.
<b>Leg Tucks</b>	Start with your feet shoulder-width apart. Bend both knees and assume a squat position. Jump into the air, tucking your knees into your chest when both of your feet are off the ground, and finish landing in a squat on both feet.
<b>Lilly Pad Jump/Hop</b>	Create a pattern of cones or dots in a random formation of targets for players to follow. Begin with both feet together on the starting dot and jump from one target to the next. As players progress, vary the jumps (single-leg jumps, bounds, etc.).
<b>Three Player Roll and Weave</b>	Three players form a unit, all laying on the ground with about a foot of space between them. The middle player rolls toward one of the players on either side. Once he/she reaches the outside player, that outside player must get up and jump up and over the rolling player, toward the middle. The original middle player continues to roll to the outside until the player who just jumped over him/her is now the middle player, down on the ground rolling toward the opposite side. Continue and repeat this process.

## ATHLETIC FOUNDATIONS – DRILLS

## FUNDAMENTAL MOVEMENTS - FALLING AND ROLLING

<b>Backward Shoulder Rolls</b>	Players start in a standing position. On coach's "Go," players bend knees and perform a backwards somersault over either their left or right shoulder. This should be one fluid motion. This differs from a regular somersault because the players are not going straight over their heads.
<b>Backward Roll</b>	Start with feet shoulder-width apart. Bend your knees and place both hands on the ground in front of you. Place the crown of your head on the ground and tuck your neck. Keep contact with the ground with both hands, pushing off the ground with both feet and rotate 360 degrees around a horizontal axis while remaining in a tucked position. Pass your feet over your head and stand up once your feet have landed firmly on the other side.
<b>Burpees</b>	In a standing position. Move into a squat position and then place your hands on the ground. Kick your feet back into a plank position while keeping your arms extended. Lower your body completely to the ground until your chest is touching the floor. Push-up from the ground back into the plank position and immediately return your feet into a squat position. Stand up from the squat position and jump into the air to complete the rep.
<b>Forward Roll</b>	Start with feet shoulder-width apart. Bend your knees and place both hands on the ground in front of you. Place the crown of your head on the ground and tuck your neck. Keep contact with the ground with both hands, pushing off the ground with both feet and rotate 360 degrees around a horizontal axis while remaining in a tucked position. Pass your feet over your head and stand up once your feet have landed firmly on the other side.
<b>Lateral Shuffle and Roll Reaction</b>	Start by standing up, facing the coach. Coach will point in a direction and you will carioca that direction. The drill continues with the coach switching directions. When coach points down, you must get down on the ground and roll in the opposite direction that you were doing carioca. When coach points in a direction while you are on ground, you must roll that direction. When coach points up, you get back up and do carioca again.
<b>Learning to Fall Backward</b>	Start in an athletic stance. Grab your shirt collar or the inside of your shoulder pads to keep from using your arms. When directed by coach, start to lean backward to the comfort of your abilities. Lean with your whole body – you should not be bending at the hips. At the last moment before making contact with the ground, forcefully, yet under control, twist your body to align your side with the direction you are falling. You will use the knee-hip-shoulder roll technique to fall in line with the direction you were originally facing.
<b>Learning to Fall Forward</b>	Start in an athletic stance. Grab your shirt collar or the inside of your shoulder pads to keep from using your arms. When directed by coach, start to lean forward until you feel off-balance. This is a full-body fall, so you should not be bending at the hips. Your first contact with the ground will be made with the outside portion of your knee, transitioning to the same-side hip followed by your same-side shoulder. Your hands should remain locked on their grips and your elbows should be positioned so that they do not contact the ground between the hip and shoulder. Keep your spine "strong" and straight, particularly through the neck so that your head does not make contact with the ground after the shoulder.
<b>Log Roll Bonanza</b>	Start with your feet shoulder-width apart and face coach. Coach will either point right or left, and on their command, you will carioca the direction they are pointing. When they point down on the ground, you will lie down on the ground and begin to roll the opposite direction of your carioca. While on the ground, coach can also point toward directions for you to roll. When coach points up, stand up from your roll and begin to carioca the opposite direction of your roll.
<b>Overhead Toes Touch Ground</b>	Players lay on their backs with arms fully extended above their heads and legs fully extended out. Players keep their legs together and bring them up towards the sky, past their heads and touch their toes to the ground behind their hands.
<b>Push Up and Roll</b>	Start in push-up position, do a push-up and roll either right or left. Push yourself up into position and complete another push-up. Then roll back to center, push-up, and roll the opposite direction. Repeat.
<b>Roll</b>	Lie down on the ground. Keep your legs straight and arms straight over your head. Utilize your core to engage your entire body to either the left or right.





## ATHLETIC FOUNDATIONS – DRILLS

### FUNDAMENTAL MOVEMENTS - FALLING AND ROLLING

<b>Seat Rolls to Bear Crawl</b>	<p>Players start in a seated position on the ground. On coach's "Go," players roll into a bear crawl stance. Players bear crawl for 5-10 yards.</p>
<b>Shoulder/Neck Rolls</b>	<p>The start position for the neck roll is with your head is straight, and your gaze forward. Before you begin the movement, notice any tension that may be present in your muscles. From the start position, very gently tip your head to your left. Very gently, roll your head back into an extended position with your eyes facing the ceiling. With your head back, very gently roll your head to your right. Next, gently roll your head so that your chin faces down and a little toward the front of your neck. With your head down, complete the final movement of the neck roll by bringing your head back up to the start position where your gaze is forward.</p>
<b>Three Player Roll and Weave</b>	<p>Three players form a unit, all laying on the ground. The middle player rolls toward one of the players on either side of them. Once they reach the outside player, that outside player must get up and jump up and over the rolling player toward the middle. That original middle player continues to roll to the outside until the player who just jumped over them is now the middle player down on the ground, rolling toward the opposite side. Continue and repeat this process.</p>



## ATHLETIC FOUNDATIONS – DRILLS

## FUNDAMENTAL MOVEMENTS - SENSORY AWARENESS

<b>1-Leg Balance</b>	Start with two feet on the ground. Lift one foot off the ground and balance on the other for 15 to 30 seconds.
<b>1-Leg Balance Reach</b>	Place a cone on the ground and stand directly next to it. Take one regular step backward. Next, balance on one leg and reach down to touch the tip of the cone while on one leg. Repeat five times back and forth.
<b>1-Leg Cone Touch</b>	Start standing up. Place a cone roughly 2 feet to your left on the ground. Lift your right leg, balancing on your left leg, then reach and touch the cone with your left arm. Regain balance and reverse legs/arms.
<b>1-Leg Cone Touch Lateral</b>	Balance on the one foot closest to the cone. Bend knee and squat down to touch the cone with the hand closest to the cone.
<b>4-Way Balance</b>	Start from a standing position. The coach calls out a number from one to four. On the coach's command, players balance on the ground with the number of points (hands/feet) the coach calls out. For example, if the coach calls out, "three," two feet and one hand on the ground would be acceptable.
<b>Backpedal</b>	Begin with your back toward the starting line. On the coach's command, backpedal in a straight line while following a set of instructions from the coach. On the coach's whistle, break direction left or right at 45 degrees, turning your full body and flipping your hips in alternating positions.
<b>Balance Spelling</b>	Start standing with feet shoulder-width apart and hands straight out at shoulder height. Keep palms together. Keep two feet on ground and maintain posture. Spell out your name with big letters using your arms, keeping your palms together the whole time.
<b>Bats and Bugs</b>	Discuss the predator/prey relationship between bats and bugs. How do bats find the bugs? They emit high-pitched sounds, and the sound waves bounce off objects and return to the bat's ears and bats are able to figure out what's around them. This activity simulates a bat hunting for bugs. Choose one or two players to be the bat(s) and have them close their eyes. Choose a few other players to be bugs. The rest of the team creates a circle by holding hands. The bat(s) and bugs "fly" around inside the circle; it is the job of the players who are holding the circle to keep the bugs and bat(s) safe. Every time a bat says "bat," the bugs must say "bug." The bat catches the bug by tagging it and then others get a chance to be the bats and bugs. You can slow down or speed up the game by varying the numbers of bats and bugs.
<b>Bumper Cars</b>	Two partners face each other with their hands on each other's shoulders and arms fully extended. One partner has their eyes closed. In a 10-by-10-yard area, the person with their eyes open leads their partner backwards around the area without running into anyone else by gently guiding them with their arms. Switch roles every 15 seconds.
<b>Diagonal Chop and Reach</b>	Start from a standing position. Place a cone on the ground roughly 2 feet to your left. Lift your right leg, balance on your left leg and reach towards the cone and touch it using your right arm. Regain balance and reverse the movement using opposite legs/arms.
<b>Flying 20 or 30</b>	Mark off a distance of 50 yards and include a 30-yard marker. Slowly build up speed as you run from the starting line to the 30-yard marker, gradually gaining speed. At the 30-yard marker, break into a full sprint through the end. Rest for a minute then repeat over several intervals. Shorten or lengthen the distances based on players' ages and stages.
<b>Gear Runs to Change of Direction</b>	This drill incorporates regular gear runs with an added challenge. As the coach calls out the different speeds, they can also point to indicate which direction players should turn as they maintain the designated speed. When they see the coach point in a new direction, players should plant with their outside foot and begin running in the new direction.
<b>Gear Runs to Full Stop Balance</b>	This drill incorporates regular gear runs with an added challenge. As the coach calls out the different speeds, they can also call out "Stop." On "Stop," players should stop immediately maintaining body control and balance.
<b>Heel/Toe Walk</b>	Start with your feet shoulder-width apart. Step forward with your right foot. Put your left foot directly in front of your right foot. Make sure your right foot's toes are touching the heel of your left foot. Repeat this motion by putting your right foot ahead of your left foot in same fashion. Continue this process.





## ATHLETIC FOUNDATIONS – DRILLS

### FUNDAMENTAL MOVEMENTS - SENSORY AWARENESS

<b>Hip Flips Back Pedal</b>	While backpedaling 5 to 10 yards based on age and skill, on the coach's command, flip the hips 90 degrees while maintaining speed then returning to a straight backpedal.
<b>My Gears</b>	Start with a "first gear" (very slow jumping jack). Proceed to a "second gear" (regular speed jumping jack). Continue until players have four gears, with the fourth gear being the fastest. As players advance, the coach calls out a gear and players match the speed of the gear coach calls out.
<b>Partner Cross-Tracking Tag</b>	Stand with feet shoulder-width apart. A partner stands directly behind you and inserts a hand into your field of vision. Locate your partner's hand and touch it with your hand on the opposite side of your body. Your partner will then pull the hand back and insert it in different location. Vary the hands and positioning
<b>Partner Knee Tag</b>	Partners face each other in an athletic stance with the right hand on the right knee and the left hand on the left knee. Each partner tries to tag the other partner's knee when his/her hand is off it. It's a drill of anticipation, strategy and timing.
<b>Partner Tracking Tag</b>	Stand with feet shoulder-width apart. A partner stands directly behind you and inserts a hand into your field of vision. Locate your partner's hand and touch it with your hand on that same side of your body the hand presents itself. The partner then pulls the hand back and inserts it in a different location. Vary the hands and positioning.
<b>Quick Feet Reaction</b>	Start with your feet shoulder-width apart, knees bent and running in place. Whenever coach says left or right, turn your whole body in the direction he/she says, and then return to your starting direction. If the coach says up or down, either jump up or drop to push-up position, respectively.
<b>Switch Tag</b>	Have a group of players start in an area marked off by cones – roughly 20 feet by 20 feet depending on amount of kids. Divide players into three groups. Group 1 is "it" first. On the coach's command, the 1s try to tag 2s and 3s who are both running around. Tags are made but nobody is eliminated, so continue running. On the coach's next command, the 2s are "it," and they now try to tag someone in the Groups 1 and 3. Continue switching groups every 10 to 20 seconds.
<b>W-Drill</b>	Set up seven cones 5 yards apart in zig-zag pattern. Start at cone 1 and sprint to cone 2. Plant with the outside foot and backpedal to cone 3. Once there, sprint to cone 4. Repeat until finished with all cones.

➤ Visit [usafootball.com/60ways](https://usafootball.com/60ways) to view additional fundamental movement - sensory awareness drills for ages 5+.

## ATHLETIC FOUNDATIONS – DRILLS

## ATHLETIC PERFORMANCE - AGILITY

<b>Agility Ladder In and Out</b>	Start with your feet outside of the agility ladder, in line with the square. Moving quickly and on your toes, place each foot inside the square one at a time and back out again one at a time. Do the same thing for each square of the agility ladder.
<b>Agility Ladder Jumping Jack Feet</b>	Start with your feet to either side of the first ladder block. Hopping forward, bring both feet together so they land on the ground inside the second ladder block. Be sure not to touch the ladder. On the next hop, spread your feet so they are on the outsides of the third ladder block. The motion your feet are making will resemble the footwork for jumping jacks. Continue to do this motion in and out for each square of the ladder, remembering to pick up your toes and try not to touch the ladder.
<b>Agility Ladder Lateral</b>	With the agility ladder on the ground, run through the ladder sideways, making sure both feet touch the ground in each square. Pick up your feet and try not to touch the ladder.
<b>Agility Ladder Run</b>	With the agility ladder on the ground, run through the ladder with each foot touching each space of the ladder without touching the actual ladder, making sure to use your arms and pick up your toes.
<b>Agility Ladder Turn and Sprint</b>	Have a coach stand at the end of the agility ladder. Go through the ladder with your knees high, and when you get to the end, the coach will decide which direction for you to turn to and run.
<b>Building Agility 1</b>	The first step of building agility is spatial awareness. Stand still and raise your arms to your sides at shoulder height. Your partner will stand directly next to you, arms also raised to his/her sides at shoulder height, rotating in close proximity around your body. It is your responsibility to keep your arms straight and move your body (spin, turn, rotate, etc.) accordingly so that your arms do not touch your partner as they rotate around you. Do not change the height of your arms.
<b>Building Agility 2</b>	Can you tell how far away objects are, and do you understand how much force you need to put into the ground to reach those objects? Place two cones on the ground about 5 yards away from each other. Complete five hops to get from one cone to the other.
<b>Building Agility 3</b>	Stand 5 yards away from your partner and face each other. As the lead partner, you will give the command of “mirror” or “match.” Your partner will follow your commands. When you say “mirror,” your partner will do the opposite of what you are doing. And when you say “match,” your partner will do the same thing as you.
<b>Building Agility 4</b>	Practice temporal or rhythmic awareness by clapping a rhythm with your hands to your partner and having them copy you and clap the same rhythm back. Next, place five cones on the ground, equidistance apart. Hop from one cone to the next with as few pauses or stops as possible, moving in a rhythmic pattern. Once complete, place the cones in a path that is not equidistance apart, so you must constantly react and recreate rhythm in movement.
<b>Carioca</b>	Turned at a 90-degree angle to the target destination and starting with feet a little wider than the hips, perform crossover steps that alternate between going in front of and behind the other foot. As players advance, keep the arms outstretched and limit the amount of upper body movement while in motion.
<b>Circle the Tires</b>	Form one line of athletes. Place two pieces of equipment five and ten yards out respectively, or as appropriate. A single player runs around one tire/cone at a time, holding a football. Player continues to run around the two cones in a figure eight or specified pattern. Next player in line should start when previous participant finishes. Previous participant goes back to end of line.
<b>Crossover Steps</b>	With an agility ladder lying on the ground horizontally, start with both feet to one side of the ladder. Take your outside foot and cross over your other foot, maintaining balance on the balls of the feet in the ladder square. Then take your other foot and cross over to the next rung of the ladder. Continue this process until you reach the end of the ladder.





## ATHLETIC FOUNDATIONS – DRILLS

### ATHLETIC PERFORMANCE - AGILITY

<b>Flag Pursuit</b>	Place four cones in a square ten yards apart. Have defender start in middle of box and a runner outside of box, facing each other. On the coach's "GO," the ball carrier shakes and moves laterally but without entering the box. Defenders must mirror runner's moves laterally staying in front of him or her. On coach's command, the runner then enters the box and tries to make it to the other side without being tagged or having flag pulled.
<b>Follow the Snake</b>	Lay a rope on the ground or draw a path to follow. Run along the rope or path as closely as possible. Use different forms like shuffle, running or skipping.
<b>Off the Ball</b>	Group players into five separate lines representing the five offensive line positions. Separate each line by two to three yards. Players start in a two-point stance. On coach's "GO," the first player in the front of every line burst forward taking small, choppy, six inch steps. Players should tag their cone to end the rep.
<b>One on One Flag Pull</b>	Place four cones in a square, five yards apart. The runner will align outside the square with the other players lined up behind him or her in a straight line. One defender will start in the middle of the square. On "GO," the first runner in line (carrying the football) will try to beat the defender by running to the other side of the square without being tagged or having a flag pulled. Defender tries to tag or pull the flag of the runner. After the rep, the runner becomes the defender and the defender goes to the end of the offensive line.
<b>Partner Mirror Drill</b>	With a partner, face one another and have one person decide to run or shuffle back and forth without talking or calling out the changes. The other partner must mirror his/her movements.
<b>Partner Knee Tag</b>	Partners face each other in an athletic stance with the right hand on the right knee and the left hand on the left knee. Each partner tries to tag the other partner's knee when his/her hand is off it. It's a drill of anticipation, strategy and timing.
<b>Partner Tag</b>	With a partner and without leaving his/her reach, attempt to tag him/her. Pairs will not leave their original area. You must tag your partner below the waist. Keep your feet moving and keep track of how many times you tag them.
<b>Quick Feet Reaction</b>	Start with your feet shoulder-width apart, knees bent and running in place. Whenever coach says left or right, turn your whole body in the direction he/she says, and then return to your starting direction. If the coach says up or down, either jump up or drop to push-up position, respectively.
<b>Random Cone Jumps</b>	Place cones in a line, randomly spaced apart. Start at one end and jump over each cone with your feet together until reaching the end of the line of cones. Hop with both feet together between cone jumps.
<b>Run-Shuffle-Run</b>	Set up four cones 5 yards apart. Start at cone 1, sprint to cone 2, shuffle facing either left or right to cone 3, and sprint from cone 3 to cone 4.
<b>T-Drill</b>	Set up three cones in a line, each 5 yards apart. Set up a fourth cone 10 yards back from the middle cone. This creates a "T" shape. Start at the base of the T. Sprint forward to the middle cone, touching it with your hand. Shuffle to the cone on the right, touching it with your hand upon reaching it. Shuffle left to the cone on the other side of the T, touching that as well. Shuffle right again to the middle cone, immediately backpedaling to the cone at the base of the T and touch that.
<b>W-Drill</b>	Set up seven cones 5 yards apart in zig-zag pattern (forming a "W"). Start at cone 1 and sprint to cone 2. Plant with the outside foot and backpedal to cone 3. Once there, sprint to cone 4. Repeat until finished with all cones. Switch starting cone and repeat in opposite direction.

## ATHLETIC FOUNDATIONS – DRILLS

## ATHLETIC PERFORMANCE - STRENGTH AND POWER

<b>1-Leg Balance Reach</b>	Stand on one leg and reach out, bending over, to touch a cone on the ground, all while maintaining balance.
<b>1-Leg Cone Touch Lateral</b>	Balance on the one foot closest to the cone. Bend knee and squat down to touch the cone with the hand closest to the cone.
<b>2-Leg, 3-Cone Reach</b>	Set three cones in front of you and take a step back from the cones. Have a coach call out a cone to touch using the hand that's furthest away from that cone without moving your feet.
<b>Bear Crawl</b>	Get down on all fours with your arms straight, hands below your shoulders and your knees bent 90 degrees below your hips. Only your hands and toes should touch the ground. Keeping your back flat, crawl forward and backward moving opposite hands and feet in unison (right hand and left foot, left hand and right foot).
<b>Bird Dog</b>	Get down on hands and knees. Reach as far forward as possible with right hand and kick the left leg out, straightening it. Hold this position for 5 to 10 seconds. Then switch arm and leg.
<b>Crab Crawl</b>	Walk backward on your hands and feet. Make sure to keep your hips up towards the sky so that your butt is off the ground. Then do the same walking forward.
<b>Crawl Relay</b>	Assign relay teams (either 2 or 4). Have teams then divide up equally and stand approximately 10 yards across from their teammates. Using any of the crawling skills (bear crawl, crab crawl, seal crawl, etc...) have teams compete in a relay contest.
<b>Diagonal Chop and Reach</b>	Start from a standing position. Place a cone on the ground roughly 2 feet to your left. Lift your right leg, balance on your left leg and reach towards the cone and touch it using your right arm. Regain balance and reverse the movement using opposite legs/arms.
<b>Gorilla Crawl</b>	Squat down. Place both hands on the ground to the front right side of your right knee, lengthening your core. With the lower half of your body, hop to the right so your legs align behind your hands, still in a squat position, and retract your core. Then, place both hands on the ground to the front left side of your left knee. With the lower half of your body, hop to the left so your arms and legs once again align. Continue this over a specified distance.
<b>Head Lifts</b>	Lie down on your stomach. Put your arms at your sides. Look up, then down, then up.
<b>Lunge</b>	From a comfortable standing position, take a large step forward with one of your feet. Keeping your other foot planted in the original position, sink your hips until your thigh is parallel with the ground. Your knee should be at a 90-degree angle. Once reaching 90 degrees, bring your back planted foot up to meet your extended foot, standing up straight as you do so. Then, step forward with your previously planted foot and repeat the process. Continue to alternate legs.
<b>No Hands, Get Up</b>	Sitting on the ground with your legs crossed, stand up without using your hands.
<b>Partner Mirror Hands</b>	Push both of your outstretched, vertical hands against your partner's outstretched, vertical hands. Move them up and down and in circles, keeping the pressure on your partner's hands even.
<b>Partner Plank Hand Tag</b>	Two partners get into a plank position on their elbows, facing each other. Partners alternate hands by giving "high fives" to each other.
<b>Push-Up and Roll</b>	Get down in push-up position, making sure hands are shoulder-width apart. Do a push-up and then roll over to either direction. Immediately do another push-up. Roll back the opposite direction.
<b>Push-Ups</b>	Get down on hands and knees with arms extended under the shoulders, palms on the ground and legs extended (only the toes touching the ground). Hands should be shoulder-width apart. Bending the elbows, sink toward the ground until your elbows are at 90-degree angles. Then, control your body as you push yourself back up to the starting position. This is one repetition. Repeat as necessary.





## ATHLETIC FOUNDATIONS – DRILLS

### ATHLETIC PERFORMANCE - STRENGTH AND POWER

<b>Reverse Lunge</b>	<p>From a comfortable standing position, take a large step backward with one of your feet. Keeping your other foot planted in the original position, sink your hips until your thigh is parallel with the ground.</p> <p>Your knee should be at a 90-degree angle. Once reaching 90 degrees, bring your front planted foot up to meet your back-extended foot, standing up straight as you do so. Then, step backward with your previously planted foot and repeat the process. Continue to alternate legs.</p>
<b>Squat with Ground Touch</b>	<p>Start with your feet shoulder-width apart. Bending your knees into a squat position, touch the ground in front of you between your legs with both hands. Straightening your legs, stand up again.</p>
<b>Squat Under</b>	<p>Using a barrier like a rope or hurdle, squat down to lower your center of mass, shuffle under the barrier until you've reached the other side and stand up.</p>
<b>Squat Walkout / Duck Walks</b>	<p>Start with feet slightly farther than shoulder-width apart and hands behind your head. Squat down and begin to bring your hands down and out in front of you. Walk out with your hands until you are in a push-up position. Then, walk your hands back, slowly stand and return to your starting position.</p>
<b>Timed Run Distance</b>	<p>Coach should choose a length of time or distance that would be considered developmentally appropriate. (E.g., 5 minute run, 7 minute run, 1/4 mile run, 1/2 mile run, etc...)</p>
<b>Various Plank Drills</b>	<p>Get into a push-up position. Hold position. Then, engage in the same position, but rest your elbows on the ground. Make sure your back stays flat. Hold this position, engaging the core to stay level with the ground.</p>
<b>Wall Push</b>	<p>Using hands, feet and back, find a wall and push against it with your body to simulate pushing up on and gaining leverage on an opponent.</p>
<b>Wall Squat and Step</b>	<p>Squat against a wall with the thighs at a 90-degree angle to hips as if sitting in a chair. On the coach's command, come forward and take two steps while maintaining the squat position.</p>



**Note:** Stamina and speed are combined on this page because they can be used for either, depending on the length and intensity of each drill.



## ATHLETIC FOUNDATIONS – DRILLS

### ATHLETIC PERFORMANCE - STAMINA AND SPEED

<b>5-10-5 Touch the Line/Agility Shuffle</b>	Set up three cones, each 5 yards apart, in a straight line. Start by straddling cone 1 (middle cone) with one hand touching the cone. Sprint to cone 2 and touch the cone with your right hand. Change direction and sprint back to cone 3 and touch that cone with your left hand. Sprint back through the starting cone. Repeat in opposite direction.
<b>Backpedal</b>	Begin with your back toward the starting line. On the coach's command, backpedal in a straight line while following a set of instructions from the coach. On the coach's whistle, break direction left or right at 45 degrees, turning your full body and flipping your hips in alternating positions.
<b>Circle-Around the Cone</b>	With body and head always facing forward, run tight circles around the cones. Try not to look down at the cones. Move from one cone to the next.
<b>Clean and Dirty</b>	Players are split into two teams. Arrange any number of cones in a random order. Using only one hand, members of the "dirty" team have to knock over all the cones. Meanwhile, the "clean" team has to stand up all of the cones that the "dirty" team knocks over. When the coach says stop, count the number of cones still standing up and knocked over.
<b>Cone Plant</b>	Align cones vertically five yards apart in two separate lines, with space in between. Participants start on first cone. Have participants backpedal to second level cones then sprint back to first level. Next participants should backpedal to third level cones then sprint back through first level cones.
<b>Flying 20 or 30</b>	Mark off a distance of 50 yards and include a 30-yard marker. Gradually gain speed as you run from the starting line to the 30-yard marker. At the 30-yard marker, break into a full sprint through the 50-yard line. Rest for a minute, then repeat over several intervals. Shorten or lengthen the distances based on players' ages and stages.
<b>Gear Runs</b>	Change speeds of running based on what the coach calls out. Progress from slowest to fastest. First gear (25 percent speed), second gear (50 percent speed), third gear (75 percent speed), fourth gear (100 percent speed).
<b>Gear Runs Random Order</b>	Coach will call out different speeds for the runners. First gear (25 percent speed), second gear (50 percent speed), third gear (75 percent speed), fourth gear (100 percent speed). However, the coach can now call out the speeds in any random order that he/she chooses.
<b>Get Up, Chop and Go</b>	Lie down on the ground on your back. When coach gives instructions, get up off the ground and get to your feet in an athletic position. As soon as you get to your feet, begin to chop your feet (running in place). On the coach's command, take off from a chop to a forward sprint.
<b>L-Drill with Cones</b>	Set up three cones, each 5 yards apart in an "L" shape. Starting in a 3-point stance at cone 1, sprint to and touch cone 2. Sprint back to and touch cone 1. Sprint back up and around the outside of cone 2 toward the inside of cone 3. Turn around at cone 3, sprinting back around cone 2 and passed cone 1. Switch starting cone and repeat in opposite direction.
<b>Multi-Directional Get Up and Go</b>	Lie down on the ground on your back. When coach gives instructions, get up off the ground and take off in a sprint in the direction (forward, backward, left, right) instructed by the coach.
<b>Partner Sit-to-Stand Race</b>	This is the "No Hands, Get Up" drill from strength and power, with a twist. Players are in groups of two. On coach's "Go," players get up without using their hands and race to a finish line 10 yards away.
<b>Sharks and Minnows</b>	Identify who will be the "shark(s)" -- everyone else will be "minnows." The shark(s) stand(s) in the middle of the play area and says, "Fishy, fishy, come out and play." The minnows slowly walk from the starting line of the play area toward the sharks. At any time, the shark(s) can yell, "Shark attack!" At that point, the minnows must run to the opposite boundary line without being tagged. If a minnow is tagged, he/she also becomes a shark. When there are only one or two minnows left, they become the next round's sharks.
<b>Slalom Weave Drill</b>	Set up two cones 3 to 5 yards apart depending on the athlete's ability. Runners weave through a line of cones. Begin by moving around the outside of the first cone, followed by going around the outside of the second cone. Runners should quickly shuffle feet horizontally to move between cones.

**Note:** Stamina and speed are combined on this page because they can be used for either, depending on the length and intensity of each drill.



## ATHLETIC FOUNDATIONS – DRILLS

### ATHLETIC PERFORMANCE - STAMINA AND SPEED

<b>Sprints</b>	Players run at full speed over a short distance. The distance should be predetermined by the coach with a designated finish line. Help players focus on taking a quick first step, pumping arms to maintain speed and finishing all the way through the finish line.
<b>Tic Tac Toe Relay</b>	Place nine cones or hula hoops in a three by three square. Form two even relay lines ten yards away starting side by side. Give each team several flags of the same color. Players will sprint 10 yards to the hoops or cones. After dropping a flag in a hoop or next to a cone, the player sprints back to the end of his or her line. Players must place a flag in hoops or next to cones in succession (three in a row) to win.
<b>W-Drill</b>	Set up seven cones 5 yards apart in zig-zag pattern (making a “W”). Start at cone 1 and sprint to cone 2. Plant with the outside foot and backpedal to cone 3. Once there, sprint to cone 4. Repeat until finished with all cones.
<b>X-Drill</b>	Set up four cones, each 5 yards apart in a square (making an “X”). Start at cone 1, sprint to cone 2, lateral shuffle across to cone 3, pivot 45 degrees and crossover backwards to cone 4, turning and sprinting back to cone 1. Switch starting cone and repeat in opposite direction.

## PLAYER SKILL EVALUATION ASSESSMENTS



“The Football Development Model skill progressions are that road map for us that allows us to – step by step – start with baseline skill and work and constantly progress our kids.”

**John Ferry**

*Modified Coach, Niagara Erie Youth Sport Association (NY)*

Long-term athlete development is at the core of the Football Development Model (FDM). This includes understanding player progress. Below you can access assessments to use during preseason and postseason that will help you evaluate the development of each individual player.

### **PRESEASON ASSESSMENT**

Before you get fully into your practice routine, make sure to use the following pages to do a preseason assessment. This will help you understand where your athletes are at, prior to the season. Then, when the season concludes, use the postseason assessment to see how much your athletes have advanced.

### **OPTIONAL POSTSEASON ASSESSMENT**

At the conclusion of your season, feel free to repeat the assessment for each player on your team. This can be a useful tool to measure player progress and to share with each athlete’s parents.

## PLAYER ASSESSMENT: AGES 5+

➤ For skills tests involving a ball, please use a developmentally appropriate-sized ball (any ball) or football.

FILL OUT THE FOLLOWING INFORMATION TO IDENTIFY THE PLAYER BEING ASSESSED

Team Name	
First Name	
Last Name	
Age	
Years Played	

Using the following scale (1-3), indicate the extent to which the player can perform the developmental tasks outlined in the assessment. Please note, for younger athletes, you may need to demonstrate the skill to the player during the assessment.

- 1 = UNABLE TO PERFORM THE SKILL
- 2 = CAN PERFORM THE SKILL BUT NOT CONSISTENTLY
- 3 = CAN PERFORM THE SKILL CONSISTENTLY



### PASSING SKILL ASSESSMENT

RATING (1-3)

Throw overhead while stopping forward with opposite foot	
Throw overhead with proper throwing mechanics (step to target, rotate hip, follow-through)	
Throw overhand with accuracy (distance relative to child's ability)	



### RUNNING AND RECEIVING SKILL ASSESSMENT

RATING (1-3)

Toss and catch a ball to themselves	
Catch a ball thrown from 5 yards away	
Catch a ball thrown from 5 yards away with hands only	



### KICKING AND PUNTING SKILL ASSESSMENT

RATING (1-3)

Kick a stationary ball from a stationary position	
Using two or more steps; can approach a stationary ball and kick it forward	
Can make contact between foot (shoelaces) and ball when the ball is dropped from the hands	



### FUNDAMENTAL MOVEMENT SKILL ASSESSMENT

RATING (1-3)

Can skip and march with contralateral arm movement	
Can demonstrate the ability to change speeds on command while running	
From a stationary position, can jump upward with two feet and land while maintaining balance	
From a stationary position, can jump forward with two feet and land while maintaining balance	
Can maintain balance and body control while running, skipping and hopping	
Can shuffle laterally without feet touching	
Can demonstrate a forward and backward roll	
Can perform log rolls while maintaining body and directional control	



## PLAYER ASSESSMENT: AGES 8+

➤ For skills tests involving a ball, please use a developmentally appropriate-sized ball (any ball) or football.

**FILL OUT THE FOLLOWING INFORMATION TO IDENTIFY THE PLAYER BEING ASSESSED**

Team Name	
First Name	
Last Name	
Age	
Years Played	

Using the following scale (1-3), indicate the extent to which the player can perform the developmental tasks outlined in the assessment. Please note, for younger athletes, you may need to demonstrate the skill to the player during the assessment.

- 1 = UNABLE TO PERFORM THE SKILL
- 2 = CAN PERFORM THE SKILL BUT NOT CONSISTENTLY
- 3 = CAN PERFORM THE SKILL CONSISTENTLY



### PASSING SKILL ASSESSMENT

**RATING (1-3)**

Can throw a football 10-15 yards with proper throwing mechanics (step to target, rotate hip, follow-through)	
Can accurately throw a football 10 yards to a stationary target	
Can accurately throw a football to a moving target 5-10 yards away	



### RUNNING AND RECEIVING SKILL ASSESSMENT

**RATING (1-3)**

Can catch a football with hands only from 10 yards away	
Can catch a football thrown above the head and below the waist while stationary	
Can catch a football while running a prescribed route at 5-10 yards distance	
Can maintain balance and body control during deceleration (stop and go)	
Can maintain balance and body control while running in various pathways	



### KICKING AND PUNTING SKILL ASSESSMENT

**RATING (1-3)**

Can place-kick a ball in the air 10+ yards forward	
Can punt a ball in the air 10+ yards forward	
Can punt and place-kick a ball to a specified target with reasonable accuracy	



### FUNDAMENTAL MOVEMENT SKILL ASSESSMENT

**RATING (1-3)**

Can shuffle laterally on the balls of the feet without feet touching while keeping a low center of gravity	
Can perform combination movement transitions (i.e., run-shuffle-run, run-skip-run, run-roll-run)	
Can perform a backpedal movement while maintaining balance and body control	
Can jump off one leg and land on the other while maintaining balance and body control	
Can perform lateral line jumps (ski jump) while maintaining balance and body control	
Can perform jumping jacks with coordinated movement	
Can perform single leg balance and reach	
Can perform push-up and roll	
Can perform forward and backward shoulder rolls	



## PLAYER ASSESSMENT: AGES 10+

➤ For skills tests involving a ball, please use a developmentally appropriate-sized ball (any ball) or football.  
 FILL OUT THE FOLLOWING INFORMATION TO IDENTIFY THE PLAYER BEING ASSESSED

Team Name	
First Name	
Last Name	
Age	
Years Played	

Using the following scale (1-3), indicate the extent to which the player can perform the developmental tasks outlined in the assessment. Please note, for younger athletes, you may need to demonstrate the skill to the player during the assessment.

- 1 = UNABLE TO PERFORM THE SKILL
- 2 = CAN PERFORM THE SKILL BUT NOT CONSISTENTLY
- 3 = CAN PERFORM THE SKILL CONSISTENTLY



### PASSING SKILL ASSESSMENT

RATING (1-3)

Can accurately throw a football 15+ yards	
Can accurately throw a football to a moving target 10-15 yards away	
Can accurately throw a football while moving laterally to a stationary target 10 yards away	



### RUNNING AND RECEIVING SKILL ASSESSMENT

RATING (1-3)

Can demonstrate continuous directional movement through the catching motion (run through the catch)	
Can adjust speed and body position to match the flight of the ball (i.e., a ball thrown high, low or behind)	
Can demonstrate the ability to turn, locate and track a thrown ball	
Can adapt speed of movement to meet the needs of the competitive scenario	
Can maintain balance and body control while running in multiple directions and orientations	



### KICKING AND PUNTING SKILL ASSESSMENT

RATING (1-3)

Can place-kick a football in the air 15+ yards forward	
Can punt a football in the air 15+ yards forward	
Can punt and place-kick a football to a specified target with accuracy	



### FUNDAMENTAL MOVEMENT SKILL ASSESSMENT

RATING (1-3)

Can perform diagonal shuffle movements (stop and go) while maintaining balance and body control	
Can demonstrate efficient backward movement in varying directions while maintaining balance and body control	
Can demonstrate single leg balance with cone touch	
Can demonstrate two-cone single leg cross over cone touch	
Can perform various plank activities	
Can perform a squat walkout	

	TIME #1	TIME #2	TIME #3
Timed 20-Yard Sprint			
Timed 5-10-5 Touch the Line			
Timed Run-Shuffle-Shuffle-Run (Three Cones)			





**PLAYER ASSESSMENT: AGES 12+**

➤ For skills tests involving a ball, please use a developmentally appropriate-sized ball (any ball) or football.

**FILL OUT THE FOLLOWING INFORMATION TO IDENTIFY THE PLAYER BEING ASSESSED**

Team Name	
First Name	
Last Name	
Age	
Years Played	

Using the following scale (1-3), indicate the extent to which the player can perform the developmental tasks outlined in the assessment. Please note, for younger athletes, you may need to demonstrate the skill to the player during the assessment.

- 1 = UNABLE TO PERFORM THE SKILL
- 2 = CAN PERFORM THE SKILL BUT NOT CONSISTENTLY
- 3 = CAN PERFORM THE SKILL CONSISTENTLY


**PASSING SKILL ASSESSMENT**
**RATING (1-3)**

Can accurately throw a football while moving laterally to a stationary target 15+ yards away	
Can accurately throw to a moving target 10+ yards away while moving laterally	
Can demonstrate the ability to use varying degrees of trajectory (pace, touch, etc.) based on the situation	


**RUNNING AND RECEIVING SKILL ASSESSMENT**
**RATING (1-3)**

Can locate, track and catch a football through obstacles/distraction	
Can demonstrate the ability to use their body to shield a defender while completing the catch	
Can demonstrate the ability to make an evasive move immediately following the catch	
Can consistently demonstrate acceleration and deceleration mechanics with fluidity and efficiency	


**KICKING AND PUNTING SKILL ASSESSMENT**
**RATING (1-3)**

Can place-kick a football in the air 15+ yards forward with directional control (kick to the cone)	
Can punt a football in the air 15+ yards forward with directional control (punt to the cone)	
Can demonstrate the ability to adjust the force of the kick/punt for desired distance	


**FUNDAMENTAL MOVEMENT SKILL ASSESSMENT**
**RATING (1-3)**

Can perform a T-test pattern of movement while maintaining balance and body control (run-shuffle-backpedal)	
Can fluidly perform diagonal shuffle movements (stop and go) while maintaining balance and body control	

	TIME #1	TIME #2	TIME #3
Timed 30-Yard Sprint			
Timed Three-Cone drill			
	MEASUREMENT #1	MEASUREMENT #2	MEASUREMENT #3
Standing Broad Jump			
Squat Jump Vertical			





# FOOTBALL DEVELOPMENT MODEL

[usafootball.com/fdm](http://usafootball.com/fdm)