

June 17 – Football Drill

Hello UofT Students!

We are very happy to finally have you back on campus participating in our drop-in sessions. Just a reminder, due to COVID-19 protocols students must remain 3m or 10ft apart during these drop-in sessions and are encouraged to sanitize your hands often.

Due to phase 1 re-opening plans restrictions Sport & Rec is pleased to offer these drop-in drill sessions. During these sessions different pre-made drills will be provided for participants each day (not each session). No game play or free play is allowed under phase 1 re-opening plans. Thank you for your cooperation during this time.

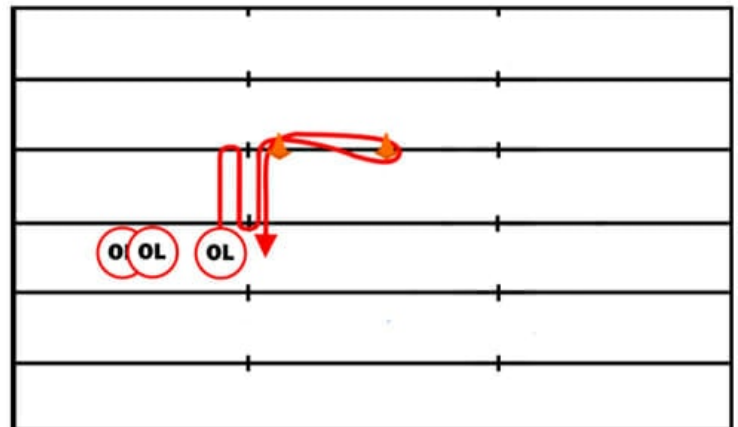
Warm up:

- Run 1-2 lap around the field
- Ankle and knee rotations - 6 each
- Fire hydrants - 4 each direction/leg
- Squats + bottom half squats - 8 full reps, 8 bottom half squats
- Arm circles - 15 circles each arm
- Walking lunges with twist stretch - To one cone and back
- Quad stretch - To one cone and back
- Walking heel touch - To one cone and back
- Frankenstein/ reverse lunge walk - To one cone and back
- Sumo stretch - To one cone and back

Drill 1: 5 YARD SHUFFLE (GENERAL MOVEMENT)

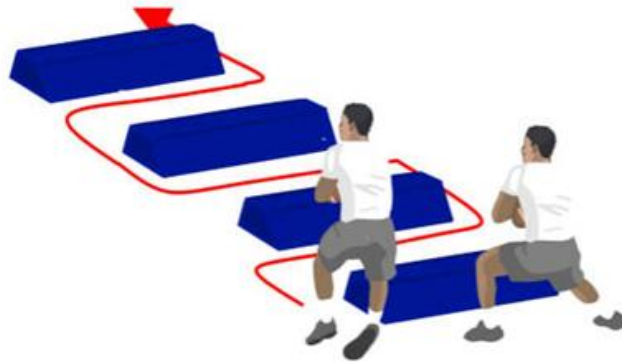
Execution:

1. On the coach's signal, the first player in line will sprint forward 5 yards (marked by a cone), then turn and sprint another 5 yards back to his starting point.
2. The player will then sprint forward back up to the cone, looping around and taking a right.
3. The player will run around the far cone to the right, come back around the close cone, and sprint through the start line to finish the shuttle.
4. OPTIONAL: Start without a ball but when players become comfortable with the route add a QB to throw the ball to players



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Drill 2: SHUFFLE/SHUFFLE & SWITCH (GENERAL MOVEMENT, RUNNING BACKS)



Execution

1. Begin by accelerating towards the cones, make a move and jump cut out to the left.
2. Accelerate forward to the next cone, then shuffle across the face of the line keeping your shoulders north/south.
3. As you come to the end of each cone line, explode forward, then cut back inside switching the ball over to the outside hand.
4. After reaching the last bag, explode forward another 5-10 yards.

Drill 3: OVER THE MIDDLE DRILL (QB THROWING ACCURACY, RECEIVER CATCHING)

Execution

1. The first player in line will run a sprint across the field.
2. The QB will make the throw, leading the receiver and hitting him in stride.
3. The receiving player will run through the far hash mark and then come drop off the ball and head to the back of the line. The next player will run through the drill.
4. Once all players have gone through one direction, they will run in the opposite direction to practice catching there
5. Once players have gone through each direction once, the first player will take the place of the QB and the drill will repeat until all participants have a chance to throw the ball

