

Receiver / RB

1. **WR every day drills**
2. **WR everyday drills II**
3. **Cone Drills**
4. **Stance**
 - a. <https://www.youtube.com/watch?v=U8F82oib0y8>
5. **USA FB cone drills**
 - a. <https://www.youtube.com/watch?v=3jveupbUHLQ>
6. **Box drill**
 - a. https://www.youtube.com/watch?v=g1JGdNy-ld8&list=PLayOy0XmkMjeyFerKnpkzyy_hAvAfuKob&index=89
7. **4 cone drill**
 - a. <https://www.youtube.com/watch?v=jETrLKq4dPE>
8. **M- Drill**
 - a. https://www.youtube.com/watch?v=r_A_fcCBEEk&index=94&list=PLayOy0XmkMjeyFerKnpkzyy_hAvAfuKob
9. **Stance and start**
 - a. <https://www.youtube.com/watch?v=79wyExeLHyA>
10. **Catching**
 - a. <https://www.youtube.com/watch?v=67rpB2Pzhug&feature=youtu.be>
 - b. <https://www.youtube.com/watch?v=fSPLU1omuX4>
11. **Over the shoulder catching**
 - a. <https://www.youtube.com/watch?v=1ZubFeuBWcA>
12. **Press release**
 - a. <https://www.youtube.com/watch?v=ZBMOvdkJUk>
13. **Hand to hand combat vs press release**
 - a. <https://www.youtube.com/watch?v=XsfIYXaTQUU>
14. **Hitch route**
 - a. https://www.youtube.com/watch?v=-yUN_EGd9HU
15. **Sluggo**
 - a. https://www.youtube.com/watch?v=fw2JOOZekpA&index=3&list=PLxG29EVepW4CcfDQRyd2YL_DYe1R3PhC-
16. **Endzone fade**
 - a. <https://www.youtube.com/watch?v=ttiqnY4hrhk>
17. **Dig route**
 - a. <https://www.youtube.com/watch?v=TbhKGcfuonl>
18. **Out route**
 - a. <https://www.youtube.com/watch?v=2zv65cTuXpE&index=10&list=PL0C19F53DD4A18657>
19. **Mesh point**
 - a. <https://www.youtube.com/watch?v=MSagONWOofk>
20. **Blocking**
 - a. <https://www.youtube.com/watch?v=aL1vpPkA2x4>
 - b. <http://www.hudl.com/v/2A65yU>
 - c.
 - d.
21. **Slant route**
 - a. <https://www.youtube.com/watch?v=3htXY0SV8aE>
22. **Route tree**

- a. <https://www.youtube.com/watch?v=Kw8uB84DVFk>

OL

1. [OL every day drills](#) (up to 6:30)
2. 2-point stance
 - a. <https://www.youtube.com/watch?v=WF9GnjQf1zc&t=23s>
3. [Continuous set](#)
 - a. https://www.youtube.com/watch?v=GxSy1ZCq1FY&index=45&list=PLayOy0XmkMjeyFerKnpkzyy_hAvAfuKob
4. [Punch punch run](#)
 - a. https://www.youtube.com/watch?v=QVgB-WfcmN0&index=52&list=PLayOy0XmkMjeyFerKnpkzyy_hAvAfuKob
5. Continuous set
 - a. https://www.youtube.com/watch?v=Ak9Vd9fqjBw&index=83&list=PLayOy0XmkMjeyFerKnpkzyy_hAvAfuKob
6. [Mirror drill](#)
 - a. https://www.youtube.com/watch?v=1wOGx2sF7-Q&list=PLayOy0XmkMjeyFerKnpkzyy_hAvAfuKob&index=96
7. [Kick slide](#)
 - a. <https://www.youtube.com/watch?v=W8wRxKHCgvc>
8. [Mirror with kick slide](#)
 - a. <https://www.youtube.com/watch?v=JaP9VcRrz24>

1. **QB**
2. [QB every day drills](#)
3. [QB every day drills II](#)
4. [QB feet](#)
5. Figure 8 pocket movement
 - a. https://www.youtube.com/watch?v=a-pxbSUotoQ&index=32&list=PLayOy0XmkMjeyFerKnpkzyy_hAvAfuKob
6. Cone weave
 - a. https://www.youtube.com/watch?v=9Eruhnda2jU&index=90&list=PLayOy0XmkMjeyFerKnpkzyy_hAvAfuKob
7. Throwing the bubble screen
 - a. https://www.youtube.com/watch?v=kVilot_c6jk&index=93&list=PLayOy0XmkMjeyFerKnpkzyy_hAvAfuKob
8. QB Toss
 - a. <https://www.youtube.com/watch?v=lopCIRmXwKE&index=7&list=PL0C19F53DD4A18657>
9. Handoff from shotgun
 - a. <https://www.youtube.com/watch?v=tPyMFUToWjc&list=PL0C19F53DD4A18657&index=8>

10. 3 step drop
 - a. <https://www.youtube.com/watch?v=BXk0LhvYbyg>
 - b. <https://www.youtube.com/watch?v=LHuww0je4vQ>
11. 5 step drop
 - a. <https://www.youtube.com/watch?v=rQ2i1rnuSCo>
12. QB school
 - a. <https://footballtoolbox.net/offense/quarterback-school>
13. Quick Elbow
 - a. <https://www.youtube.com/watch?v=qnDm0RdV7j8>
14. QB academy List
 - a. <https://www.youtube.com/playlist?list=PLD4djj6HkLWle32zEwrpxRX999zDY1CCO>
 - b. [Exit strategy](#)
 - c. [Pocket Footwork](#)

DL

1. 2 point stance and explode
 - a. <https://www.youtube.com/watch?v=mVrT9K4a830&t=91s>
2. Dip and rip -
 - a. https://www.youtube.com/watch?v=W7ssHAWoZNo&t=0s&list=PLayOy0XmkMjeyFerKnpkzyy_hAvAfuKob&index=8
3. [Figure 8 pass rush -](#)
 - a. https://www.youtube.com/watch?v=47BPtwLyG4g&index=9&list=PLayOy0XmkMjeyFerKnpkzyy_hAvAfuKob
4. Turn the corner
 - a. https://www.youtube.com/watch?v=C7DAdK1mnVI&index=46&list=PLayOy0XmkMjeyFerKnpkzyy_hAvAfuKob
5. [Jab and step](#)
 - a. <https://www.youtube.com/watch?v=U4CB9zASX28>
6. [Rip](#)
 - a. https://www.youtube.com/watch?v=m3Eabr_dfNg
7. [Escape technique](#)
 - a. <https://www.youtube.com/watch?v=-E0vgKJDJ4s>
8. [Block recognition](#)
 - a. <http://www.hudl.com/v/2A63tG>
9. [DL every day drills](#)
 - a. <https://www.youtube.com/watch?v=Eo276WtL2pQ>

LB

1. [LB every day drills](#)
2. [LB every day drills II](#)
3. [Dip and rip](#)
 - a.

4. Stance and start
<https://www.youtube.com/watch?v=uZ9AM8Z8sDE>
5. Stance and other drills
<https://footballtoolbox.net/defense/linebacker-stance-and-drills>
<https://footballtoolbox.net/linebacker-drills-and-techniques-part-2>

DB

1. [DB every day drills III](#)
2. [DB every day drills](#)
3. [DB every day drills II](#)
4. Stance
 - a. <https://www.youtube.com/watch?v=gw9KmcIBkNg>
5. Pattern running
 - a. https://www.youtube.com/watch?v=HhoaRz_YqVg&list=PLayOy0XmkMjeyFerKnpkzyy_hAvAfuKob&index=18
6. Back pedal and run
 - a. https://www.youtube.com/watch?v=9YKq3xysQ3g&index=58&list=PLayOy0XmkMjeyFerKnpkzyy_hAvAfuKob
7. Back pedal and weave
 - a. https://www.youtube.com/watch?v=L8yVZWN-uY4&list=PLayOy0XmkMjeyFerKnpkzyy_hAvAfuKob&index=102
8. Turn and catch
 - a. <https://www.youtube.com/watch?v=d5i1bzMNRZo>
9. High angle catch
 - a. https://www.youtube.com/watch?v=1PFOz_vDgrQ
10. Half line
 - a. <https://www.youtube.com/watch?v=1LyVsfkTuqk>

General defense

1. Football coaching youtube
 - a. https://www.youtube.com/channel/UC-kshq3ZHpjMxH_nToDeUfw/videos
2. [Lock, peek and shed](#)
 - a. https://www.youtube.com/watch?v=asSstfoMov8&index=57&list=PLayOy0XmkMjeyFerKnpkzyy_hAvAfuKob
3. [Ladders](#)
 - a. https://www.youtube.com/watch?v=xVGqP25xoGo&list=PLayOy0XmkMjeyFerKnpkzyy_hAvAfuKob&index=95
4. [Bag step drill](#)
 - a. <https://www.youtube.com/watch?v=hO-S1uDra2c>
5. [Mirror Drill II](#)

- a. <https://www.youtube.com/watch?v=9iWCVkScMjw>

Warm up

1. <https://www.stack.com/a/this-dynamic-warm-up-will-get-you-ready-for-football-practices-and-games>

Flag Specific

1. https://www.youtube.com/channel/UCdOeca_Y049Lt3tR3JZeYmA