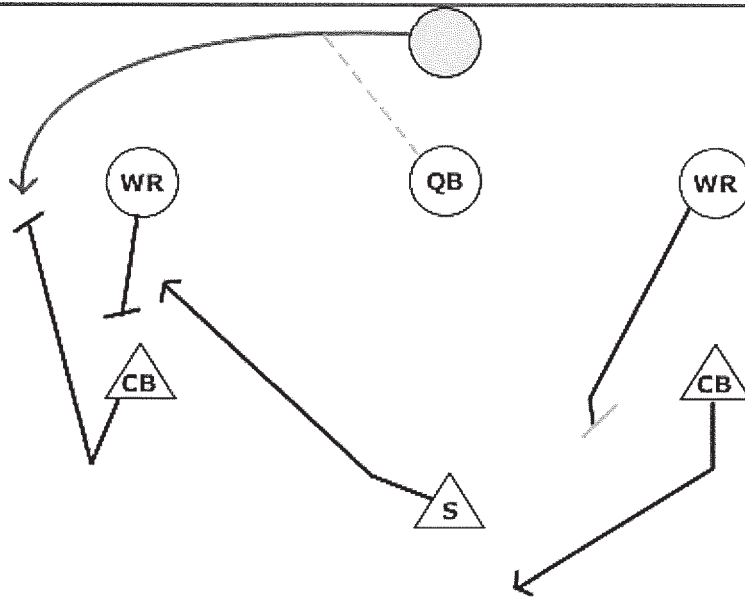


Triangle Block Drill

27

Purpose:	To teach defensive backs how to defeat downfield blocking by wide receivers
Number of Players:	All Defensive Backs
Equipment:	Shorts or Full Pads
Time:	2 minutes/everyday



Drill Execution:

- 1) DBs align in a three deep look; CBs 7-9 yards off each WR and the SAFETY about 12 yards deep. Align WRs to the right and left of the QB (or coach). The ball carrier aligns 5-7 yards behind the QB to receive the pitch.
- 2) To begin the drill the defensive coach (standing behind the defense) signals the play direction to the offense so that the defense does not know.
- 3) As the ball is pitched the WRs come off the line to block and the DBs perform a pass-run read.
- 4) After identifying a run play the CB reacts to defeat the WRs downfield block, containing the run and forcing the ball carrier inside. Or the CB will tackle the ball carrier if he runs outside.
- 5) If the ball carrier runs inside the safety makes the tackle while the far side CB is in a good pursuit angle to assist the safety.

Coaching Points:

- 1) Work in groups of 3 or four depending on your defensive scheme you can add an additional safety to the drill.
- 2) Have the QB mix in a few pass from time to time to insure the defense is being honest and doing their run-pass reads.