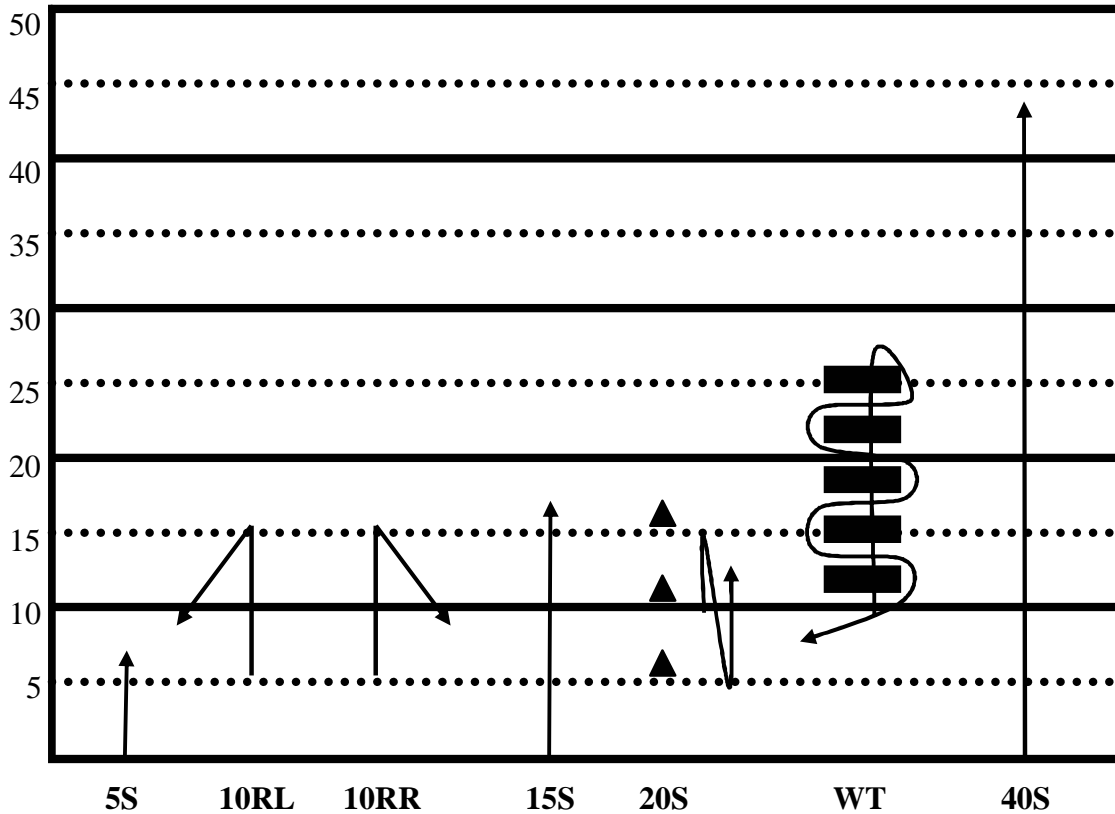


Wilkes University
Football Position Specific Drills
Defensive Line

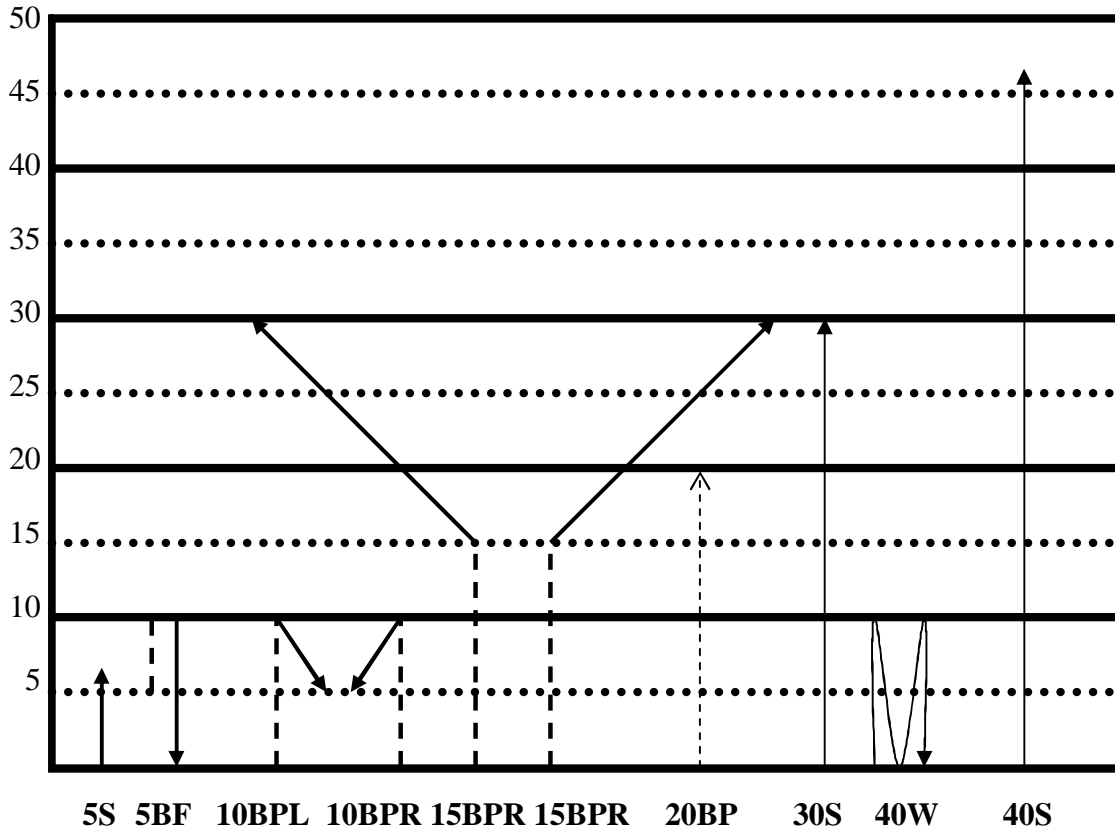


Movement Descriptions

- 5S** – 5 yard sprint
- 10RL** – 10 yard rush, retreat left at 45 degrees to the sideline
- 10 RR** – 10 yard rush, retreat right at 45 degrees to the sideline
- 15S** – 15 yard sprint
- 20S** – 20 yard shuttle (pro agility)
- WT** – Weave & Trash Drill w/5 yard sprint out
- 40S** – 40 yard sprint

<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>	<u>Set 5</u>
10RL	15S	5S	10RR	20S
WT	5S	WT	5S	15S
40S	20S	40S	WT	5S
5S	40S	10RR	40S	10RL
15S	10RL	15S	40S	5S
5S	WT	5S	5S	40S
10RR	5S	40S	15S	5S
20S	5S	10RL	20S	WT
5S	15S	20S	5S	10RR
40S	10RR	5S	10RL	15S
Rest	Rest	Rest	Rest	Rest

Defensive Backs



Movement Descriptions

5S – 5 yard Sprint

5BF – 5 yard back-pedal, sprint forward 10 yards

10BPL – 10 yard back-pedal, break forward at 45 degrees to the left 5 yards

10BPR – 10 yard back-pedal, break forward at 45 degrees to the right 5 yards

15BPL – 15 yard back-pedal, turn and sprint 20 yards at 45 degrees to the left

15BPR – 15 yard back-pedal, turn and sprint 20 yards at 45 degrees to the right

20BP – 20 yard back-pedal

30S – 30 yard sprint

40W – W drill to 10 and back

40S – 40 yard sprint

Set 1

10BPL

20BP

40S

5S

15BPR

30S

10BPR

40W

5BF

40S

Rest

Set 2

30S

5S

10BPR

40W

40S

15BPL

5BF

15BPR

10BPL

20BP

Rest

Set 3

10BPR

20BP

40S

10BPL

15BPR

40W

40S

5S

15BPL

30S

Rest

Set 4

5BF

40W

20BP

40S

40S

5S

10BPL

10BPR

30S

15BPR

Rest

Set 5

15BPR

5BF

10BPL

5S

20BP

40S

15BPL

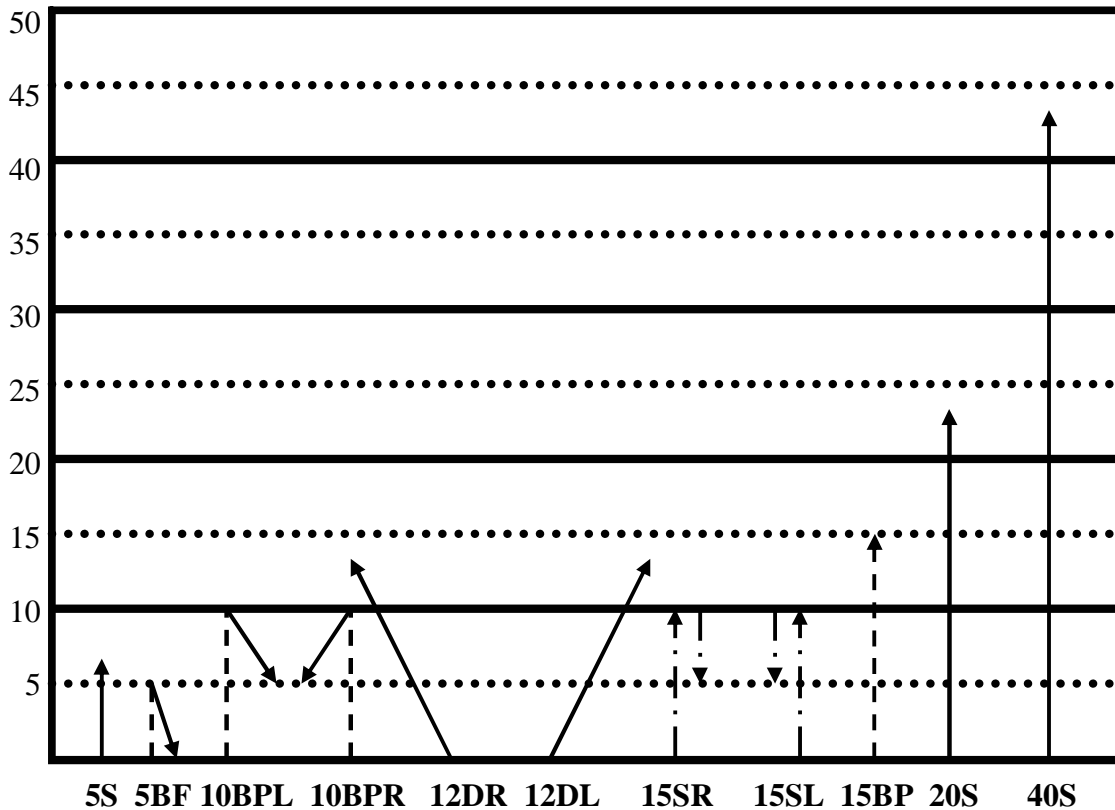
40W

30S

10BPR

Rest

Linebackers



Movement Descriptions

5S – 5 yard sprint

5BF – 5 yard back pedal, sprint forward 5 yards

10BPL – Back pedal 10 yards, break left on a 45 degree angle forward for 5 yards

10BPR – Back pedal 10 yards, break right on a 45 degree angle forward for 5 yards

12DR – 12 yard drop to the right

12DL – 12 yard drop to the left

15SR – Shuffle left for 10 yards, plant, and then shuffle to the right for 5 yards

15SL – Shuffle right for 10 yards, plant, and then shuffle to the left for 5 yards

15 BP – 15 yard back pedal

20S – 20 yard sprint

40S – 40 yard sprint

Set 1

10BPL

12DR

40S

20S

5S

12DL

15SR

5BF

15SL

40S

Rest

Set 2

5BF

10BPR

15SL

40S

40S

10BPL

20S

15BP

12DL

12DR

5S

Rest

Set 3

12DL

15SR

40S

5S

10BPL

10BPL

20S

40S

15SL

10BPR

15BP

Rest

Set 4

10BPR

12DR

15BP

40S

40S

5BF

15SR

20S

10BPL

15SL

Rest

Set 5

15SR

5BF

20S

12DL

10BPR

40S

5S

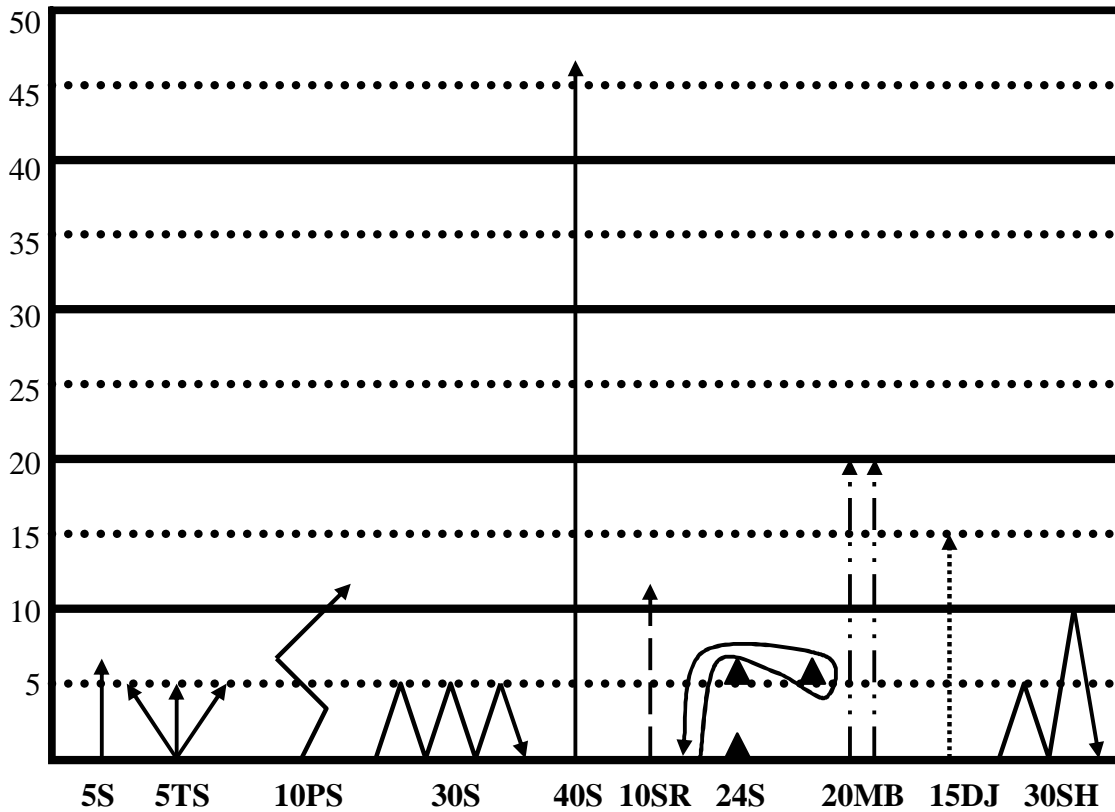
20S

15BP

12DR

Rest

Offensive Line



Movement Descriptions

5S – 5 yard sprint

5TS – 5 yard triangle shuffle

10PS – 10 yard pass shuffle at a 30 degree angle backwards (with 45 lb plate)

30S – 30 yard shuttle

40S – 40 yard sprint

10SR – 10 yard set-reset, etc. (facing sidelines)

24S – 24 yard shuttle drill (3 cone test)

20MB – 20 yard medicine ball repels

15DJ – 15 yard double leg jumps

30SH – 30 yard shuttle

Set 1

5TS

10PS

40S

10SR

5S

24S

30S

15DJ

5S

30SH

Rest

Set 2

5S

24S

5TS

5S

10PS

30SH

20MB

10SR

40S

5S

Rest

Set 3

5S

10SR

15DJ

40S

5S

20MB

30S

10PS

5S

5TS

Rest

Set 4

10SR

24S

5TS

10PS

30S

5S

40S

20MB

30SH

5S

Rest

Set 5

40S

5S

5TS

20MB

30S

24S

5S

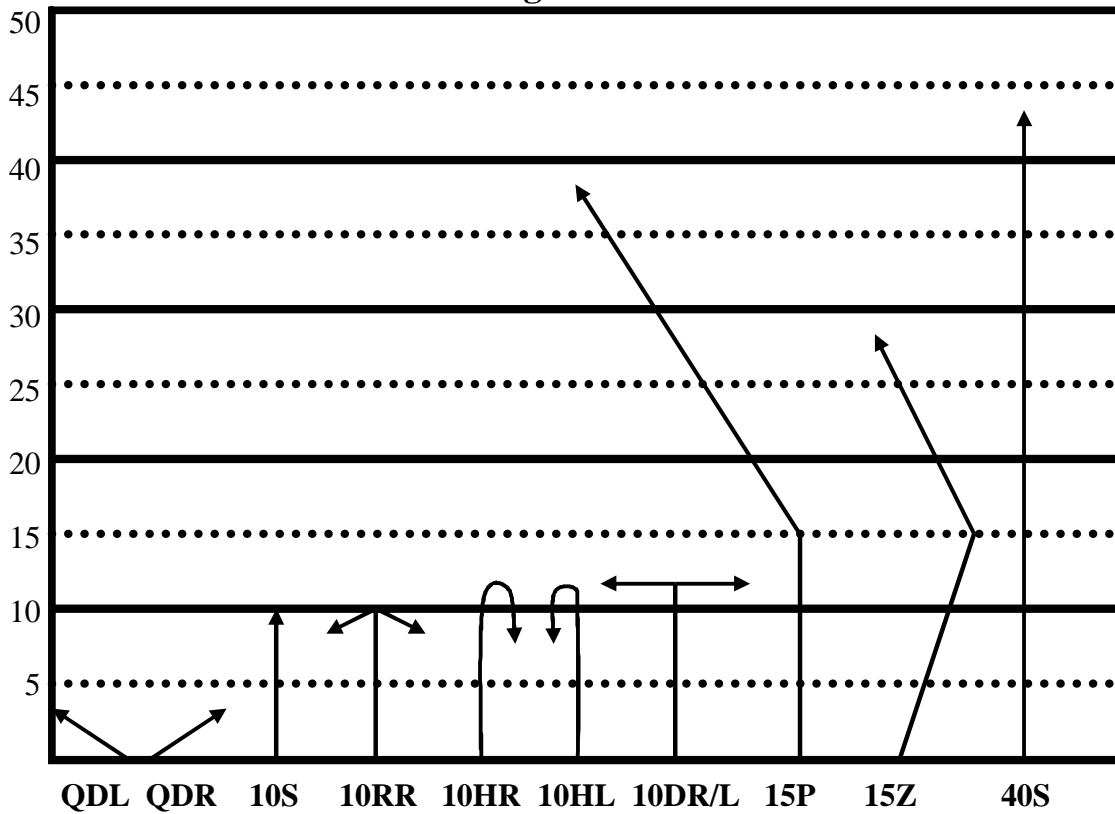
15DJ

30SH

5S

Rest

Tight Ends

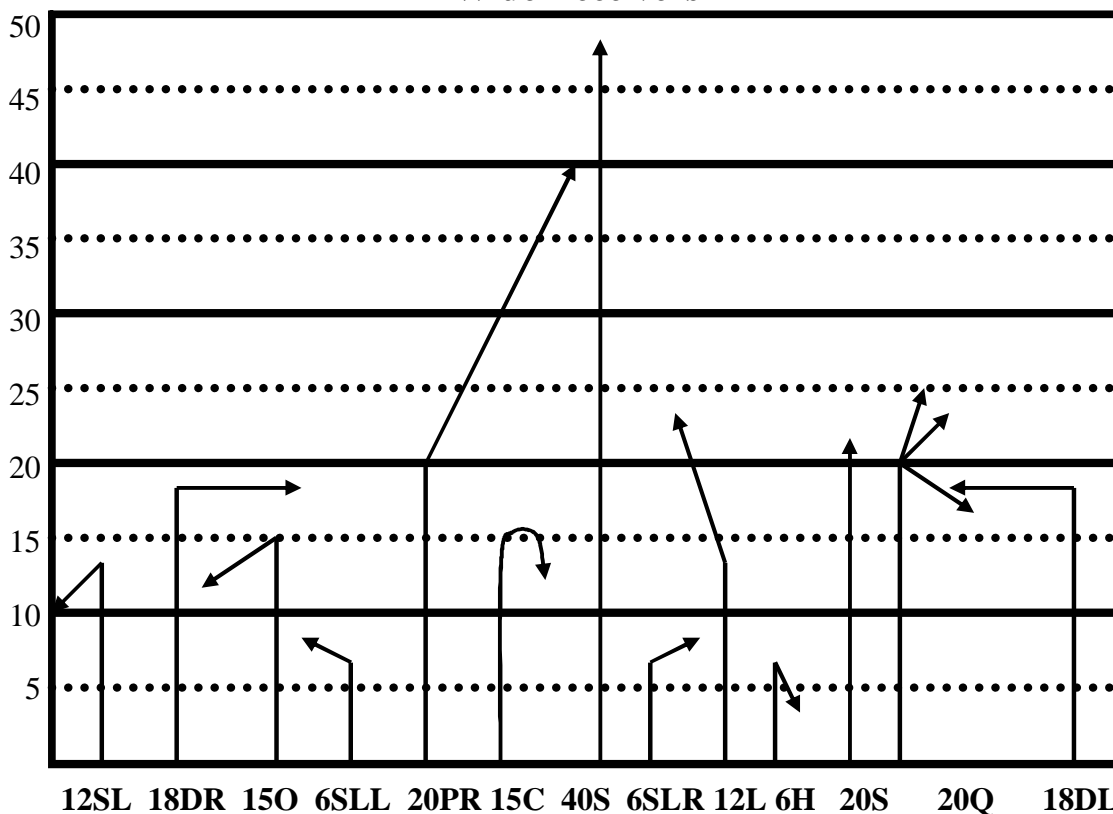


Movement Descriptions

- QDL** – quick diagonal left
- QDR** – quick diagonal right
- 10S** – 10 yard sprint
- 10RR** – 10 yard read route (left of right)
- 10HR** – 10 yard hook right
- 10HL** – 10 yard hook left
- 10DR/L** – 10 yard drag left or right
- 15P** – 15 yard post run to 40 yards
- 15Z** – 15 yard z route
- 40S** – 40 yard sprint

<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>	<u>Set 5</u>
10DL	10DR	15P	15Z	40S
15Z	10S	QDL	10RR	QDR
40S	10HL	40S	15Z	10DL
10HL	40S	10HR	40S	10HR
10HR	QDL	10RR	40S	10HL
10S	10RR	10DR	QDL	40S
15P	15Z	40S	10S	10DR
10DR	10DL	10HL	QDR	10RR
QDL	QDR	15P	10DR	15P
40S	40S	QDR	10HR	10S
Rest	Rest	Rest	Rest	Rest

Wide Receivers



Movement Descriptions

12SL – 12 yard sideline

18DR – 18 yard dig to the right

15O – 15 yard out

6SLL – 6 yard slant to the left

20PR – 20 yard post to the right

15C – 15 yard curl

20S – 20 yard sprint

40S – 40 yard sprint

6SLR – 6 yard slant to the right

12L – 12 yard look

6H – 6 yard hitch

20Q – 20 yard Q route

18DL – 18 yard dig to the left

Set 1

18DR

15O

40S

12L

20Q

15C

12SL

6H

20S

40S

Rest

Set 2

6SLL

20PR

18DL

40S

6SLR

15O

20S

12SL

6H

20Q

Rest

Set 3

18DR

18DL

40S

20S

6H

6SLL

40S

15C

12L

20PR

Rest

Set 4

6SLR

20Q

40S

40S

40S

12SL

6SLR

15O

12L

Rest

Set 5

20Q

15C

20PR

18DL

18DR

40S

12L

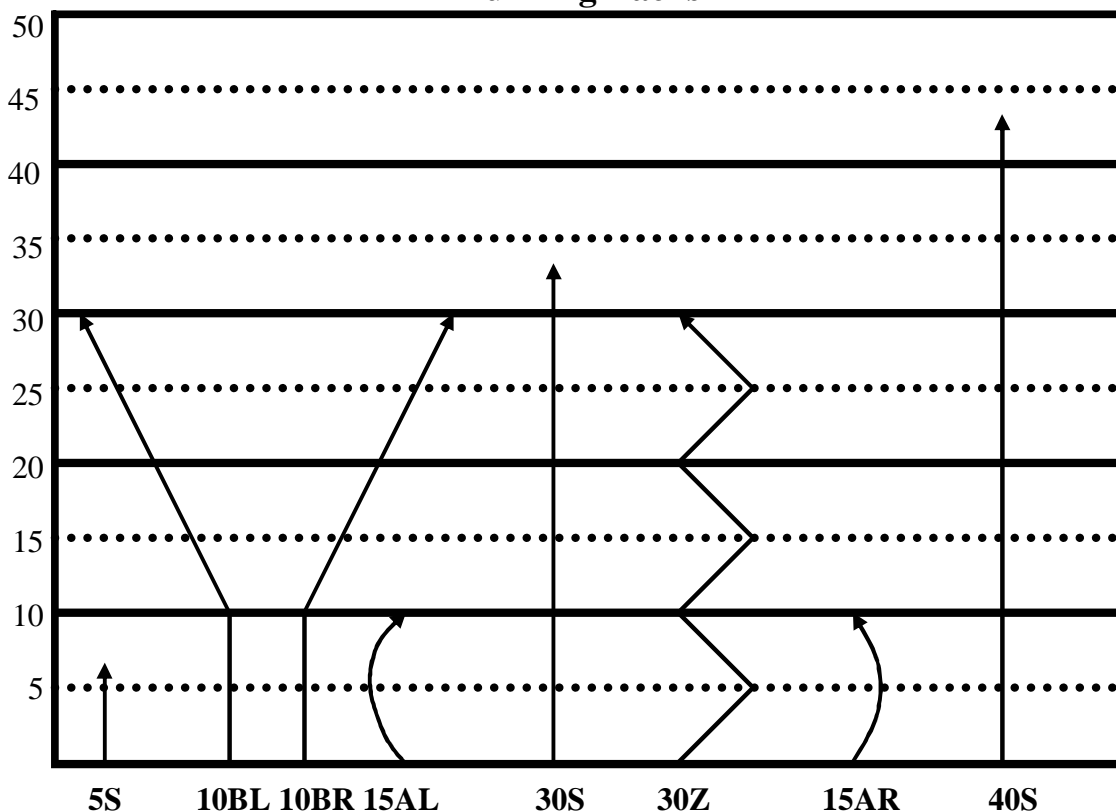
15O

12SL

6H

Rest

Running Backs



Movement Descriptions

5S – 5 yard sprint

10BL – 10 yard sprint, break left to the 30 yard line

10BR – 10 yard sprint, break right to the 30 yard line

15AL – 15 yard arc to the left (open step)

30S – 30 yard sprint

30Z – 30 yard zig zag every 5 yards

15AR – 15 yard arc to the right (open step)

40S – 40 yard sprint

Set 1

10BR

15AL

40S

5S

10BL

30Z

40S

10BR

5S

30S

Rest

Set 2

5S

30Z

15AR

10BL

40S

5S

30Z

30Z

40S

15AL

Rest

Set 3

10BR

40S

30Z

40S

5S

15AL

10BL

30Z

30Z

5S

Rest

Set 4

30S

5S

10BR

40S

30Z

10BL

5S

40S

15AL

10BR

Rest

Set 5

15AL

40S

30Z

30Z

5S

40S

10BL

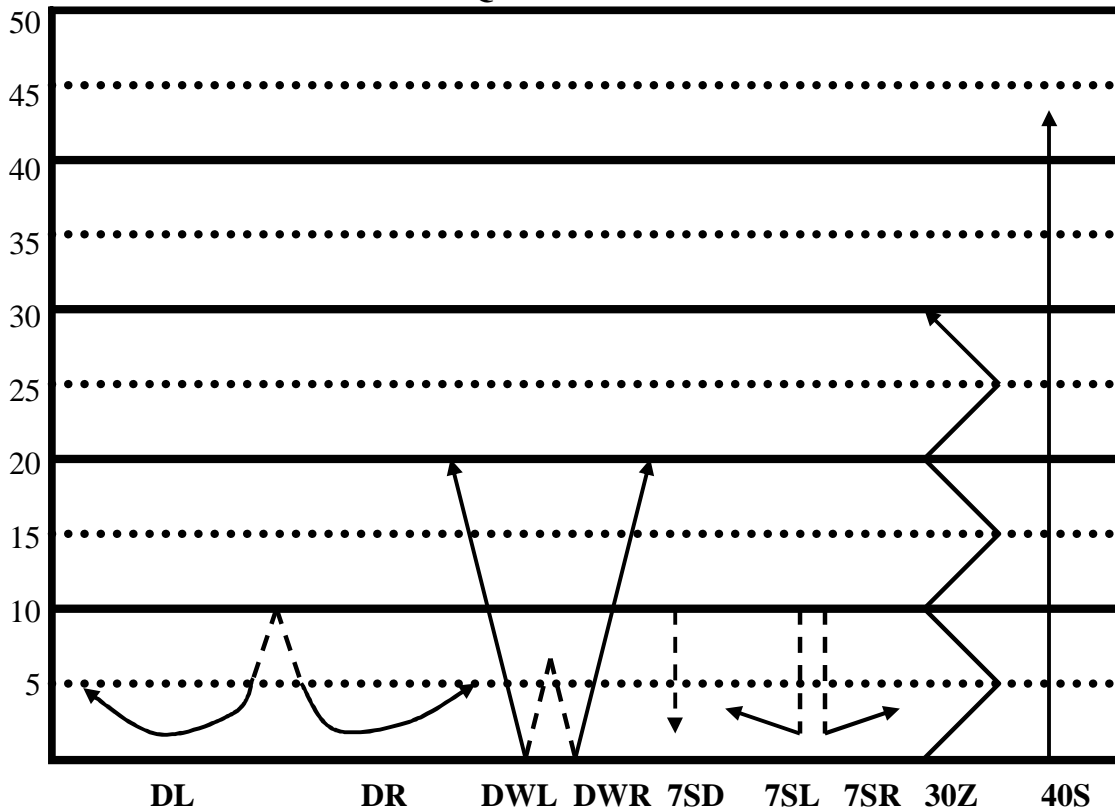
15AR

30Z

5S

Rest

Quarterbacks



Movement Descriptions

- DL** – drop 3 steps, dash to the left for 15 yards
- DR** – drop 3 steps, dash to the right for 15 yards
- DWL** – drop 5 steps, dash forward to the left for 20 yards
- DWR** – drop 5 steps, dash forward to the right for 20 yards
- 7SD** – 7 step drop
- 7SL** – 7 step drop, scramble to the left to the numbers
- 7SR** – 7 step drop, scramble to the right to the numbers
- 30Z** – sprint 30 yards, zig zag every 5 yards
- 40S** – 40 yard sprint

<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>	<u>Set 5</u>
DL	DR	DWL	7SR	40S
DWR	DWL	DR	DWL	DR
40S	7SD	7SL	DL	DWL
7SR	40S	7SR	40S	30Z
30Z	DL	40S	40S	7SR
DR	DWR	7SD	7SD	7SD
DWL	7SL	40S	30Z	DL
7SD	40S	DL	7SL	40S
7SL	30Z	DWR	DR	DWR
40S	7SR	30Z	DWR	7SL
Rest	Rest	Rest	Rest	Rest