

# DEFENSIVE BACK DRILL & TECHNIQUE CHECKLIST

WEEKS OF: \_\_\_\_\_

Drill	1	2	3	4	5	6	7	8	9	10
2-point stance										
Carioca										
<b>Ladder Drills</b>										
<b>Hip Flexibility</b>										
Backpedal										
Backpedal and communicate										
In the box (W Drill)										
Mirror drill										
All-in-one drill										
<b>Ball Drills</b>										
Highest point										
Break on indicator										
Backpedal indicator										
One hand interception										
Speed turns										
Tip drills										
Break on hash										
Divide drill										
Strip drill										
Interception angle drills										
<b>Run Drills</b>										
Option drill										
Run force										
<b>Tackling Drills</b>										
Thuds										
Shake and bake										
Tennessee 6-on-5										
Close sideline drill										
<b>Cover Drills</b>										
Bump and run										
Man coverage										
Zone coverage										
Press coverage										
<b>Team Pass Coverages</b>										
Cover-1										
Cover-1 crash										
Cover-2										
Roll cover-2										
Cover-3										
Cover-4										
Cover-5										