

RUNNING BACK DRILL & TECHNIQUE CHECKLIST

WEEKS OF: _____

| Drill | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----------------------------|---|---|---|---|---|---|---|---|---|----|
| Stance | | | | | | | | | | |
| 3-point stance | | | | | | | | | | |
| 2-point stance | | | | | | | | | | |
| Ball Protection | | | | | | | | | | |
| Pocket/Exchange | | | | | | | | | | |
| Gauntlet | | | | | | | | | | |
| Strip | | | | | | | | | | |
| Fumble recovery | | | | | | | | | | |
| Body Control/Agility | | | | | | | | | | |
| Spin | | | | | | | | | | |
| Shake and bake | | | | | | | | | | |
| Change arm and ball | | | | | | | | | | |
| Stiff arm | | | | | | | | | | |
| Bag obstacle course | | | | | | | | | | |
| Contact | | | | | | | | | | |
| Dummy strike | | | | | | | | | | |
| Blocking punch | | | | | | | | | | |
| Sideline attack | | | | | | | | | | |
| Sled | | | | | | | | | | |
| Contact | | | | | | | | | | |
| Timing Drills | | | | | | | | | | |
| Hand-off drills | | | | | | | | | | |
| Motion timing drills | | | | | | | | | | |
| Backfield plays | | | | | | | | | | |
| Option-read drill | | | | | | | | | | |
| Blocking Drills | | | | | | | | | | |
| Lead-block drill | | | | | | | | | | |
| Perimeter-block drill | | | | | | | | | | |
| Pass-blocking drill | | | | | | | | | | |
| Passing Drills | | | | | | | | | | |
| Pass-tree routes | | | | | | | | | | |
| See receiver checklist | | | | | | | | | | |