Football Tips and Tricks

Dear Athletes,

my name is Josh Giese, I have been playing football all my life, and I am making this manual because I would like to improve the skills off football players of all ages. The following manual will help improve you as a football player. It will also include some helpful drills for practice. These skills you can use in practice and games, but you are going to want to practice these at home, the off season and between practices.                                                                 We will be working on running angles, breaking through tacklers and the line, reading the quarterback’s movement, and more.

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Running Basics

Running is obviously very important, so I will be giving you some easy methods to improve your skills when you’re running with the ball. The first method is the out cut, the out cut is where you are running and someone is coming at you, you plant your right or left foot and cut to the outside. The next method is the stiff arm; this method is if a tackler is within reaching distance you push them away with your arm. The last method is the in cut, this method is the opposite of the out cut, when the tackler is close to you, you cut in behind them.

Tackling Basics

Tackling is the most important aspect of the game, you will use it on defense and if you turn the ball over on offence. When you’re tackling someone you are going to aim for the waist area and wrap your arm around them. Make sure to keep your head up; don’t lower your head, ever! And keep running forward into them; never wait for them to get to you.

Blocking Basics

Every football player needs to know how to block, whether you’re a quarterback or a kicker, blocking is important. The first trick to blocking is to position your hands on the person you’re blockings chest. Then you drive them in the direction in which you want them to go. Make sure to keep your feet moving!

Running Skills

Now these skills are going to be more advanced running skills. The first one is the bull rush, this is where you lower your shoulder and plow through anyone in your way! The next skill is the fake, this is just a fake stiff then an out cut. The last skill is another fake skill; it’s called the slow-go. If someone is pursuing you slow down a little bit so they think they can catch you, and then speed past them.

Breaking Tackles

Sure you can get a good run but you can make the run go farther by breaking tackles. Here are some ways to break tackles. The first method is when the tackler wraps you up get low and spin out of their grip. The next method is if someone wraps you up wiggle your arms and get free. The last method is to deliver the blow instead of getting hit. But no matter what method you’re using, always keep moving, keep chopping your feet.

The Hamburger

This drill will improve your speed and reaction time, as well a breaking tackles. To start this drill you will need to have your team lay down in a circle, make sure every one’s head is facing the middle of the circle. Now have your coach or a player call out specific things like, “all the linemen” then he throws the ball in the middle of the circle and yells go and all the lineman get up and try to pick up the ball and try to get out of circle.

Lines

Yes you may know this drill, not many people like it but it helps in speed and endurance. For this drill you pick a series of line or mark of spot with cones or something. So when you say go every one runs to the first line and back to the beginning then to the second line and back to the beginning and so in to how many lines there are.

The Nutcracker

This drill is pretty fun, most players like it. The first step is to get two players and put have them lay down head to head or a little apart. Next you give one of them the ball and say “three, two, one go! And the person with the ball has to get up and run to the other side of the designated area and the person without the ball has to tackle them. You can also have four people and have one ball carrier and a blocker on one team and two tacklers on the other team, but they also have to be lying down.