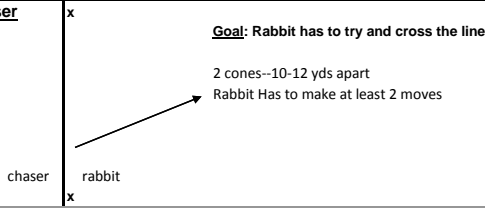
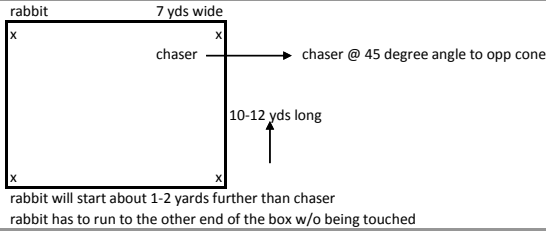


SPEED COMPETE DRILLS/DIAGRAMS

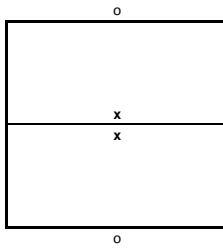
Line Chaser



Box Chaser



Head to Head Compete



both players lay down (ground start), react to the whistle and run down pick up the ball and return the start line

Scoop Compete

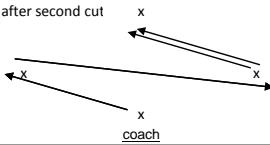
coach



both players lay side by side (ground start). On whistle they try to scoop up the ball (thrown by the coach) and score

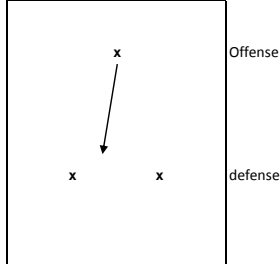
Offensive Skills & Drills

Coach Throw ball after second cut



Inside & Infront

offensive guy runs down the field and tried to get past the def guys.
defense has to keep hands behind back and move w/ their feet



4 Cone Chaser

Either programmed or rabbit is on his own
have to run to a cone and return to the start line
pick the order at which you touch the cone with hand & you have to touch all 3 cones

