

DB'S (Da Boom Squad)

Position Philosophy

Expectations

DB's play the toughest position in football. The physical and mental attributes needed are unequaled in any other position. You play against the best athletes in the hardest part of the field...space. You must understand that it is inherent in the position that you will have less than perfect plays. Some coaches may have a problem with that statement, but you cannot play the position and expect to play at 100% efficiency. It is simply not the make-up of the position. You must strive and push yourself for maximum productivity, and you can expect it every play, but it may not happen (there are things called *flukes and bad-luck*). Most of the battle is desire and effort at your position. If you do expect perfection, it puts the position out of perspective and puts your focus on things that you have no control of in the course of your responsibilities. When less than perfect plays occur, you must acknowledge the situation, learn from them quickly and then flush-it...move on to the next snap. Again, *the expectation is to desire and put forth the effort to get it done.*

Make Plays

There is a big difference between great athletes and great football players. They are not mutually exclusive, but there are a lot of great athletes who can't face the physical and mental demands that the greatest game in the world requires. As a gifted athlete, or a three-toed sloth, if you make plays on a consistent basis - you will play. *It doesn't matter what you look like - it's how productive you are.* It is a given that you must work to improve yourself spiritually, mentally, and physically. Whether you are a 4.5, or a 5.4 - the standard you will be held to is the number of positive plays you produce consistently. Just get it done. Hang in there and keep swinging...good things will happen.

Exert Your Will:

Be relentless...you must exert your abilities on the offensive team. They need to know that they better prepare and bring everything they have when they try to exploit your responsibilities. Football is a physical game - put fear aside and unload every ounce of your ability on every snap. Intensity = High Emotion + Intellect. Let them know that you do not know any other way to play than to throttle up bring it every down. This peak-performance effort level will also elevate the level of play of your teammates...Everyday, Everyway.

Technique Will Override Talent:

We will be fundamentally sound - that is my job to impart on you. What you may lack in God-given talent can be made up in solid technique. Make plays. Your ability to do so will only be enhanced by great technique and effort. It also plays into what is going on with a player lined up across from you. Even if he is a more gifted player from a match-up standpoint, technique and smarts will deal with him. It's all about head & heart. It's the tortoise and the hare analogy - the turtle will always get the job done in the 4th quarter.

Play at Full Speed

You can always slow down your defensive mentality. You cannot speed it up if it is a level of intensity you are not used to. Practice is where it starts...the game should be the easy part. Either you play at full speed, or you don't - it's that simple. Play fast to be fast.

Purpose and Accountability

Everything we do must have a purpose related to what we are trying to accomplish each week. We will not meet to meet. Everything we do must transfer to the field of play. We only have a few hours a week of practice and time spent on the game. We must be efficient and focus on what will make us better everyday. We become what we think about. Simply stated, we are accountable and responsible for our actions as DB's and how we affect our teammates. The same goes for your coach - ask questions to make sure you truly understand the "why's", and "why-not's" of things you are being taught. You must know and understand the big picture - if you don't know, you must ask. EVERY QUESTION IS A GOOD ONE. WE ARE ALL VALUED MEMBERS OF THE UNIT. BE ACCOUNTABLE FOR YOURSELF, YOUR RESPONSIBILITIES, AND MOST IMPORTANTLY- TO YOUR TEAM.

Close the GAP everyday...

$$\begin{array}{r}
 A + T + T + I + T + U + D + E \\
 1 \ 20 \ 20 \ 9 \ 20 \ 21 \ 4 \ 5 \\
 = 100\%
 \end{array}$$

Romison Saint-Louis
 Defensive Backs Coach
 HF Football
 By: **Jud Keim**

DB's (Da Boom Squad) Manual
(Skills and Drills)
By: Romison Saint-Louis

EDD's

- **Big Hips:** Down a line feet together hips rotating side to side. 180 degrees. Emphasis on turning it all the way and jumping high.
- **Quick Hips:** Same as big hips but emphasis on speed.
- **Foot Fire (over a line):** Stepping over and back down a line without touching the line. Emphasis on speed.
- **Eyes on hands:** DB's break when front hand comes off ball. DB works a back pedal/shuffle and then **break and call ball** when front hand comes off ball.

1) Stance

- 2 pt, narrow stance
- on balls of feet, ready to slide backwards
- knees bent, butt out, bent at waist, shoulders over knees
- “cover the numbers” = coach should not be able to clearly see players front numbers. This ensures the players are bent over with shoulders over toes.
- pad level low, eyes up, head up and back
- arms hanging loose, hands inside of frame

MOVEMENT DRILLS

2) **Form Backpedal/shuffle**

- Start in stance, usually 3 lines
- On ‘go’ command by coach players execute back pedal/shuffle 5-8 yds
- Maintain narrow base, keep pad level same
- Arms pumping, eyes up, good balance
- **Backpedal: Same side break. Finish with tackling air.**
- **Stick the foot:** Works on proper planting out of the shuffle. The front foot is the plant foot. Finish at line and tackle air.

2A) **Form backpedal/shuffle through chutes:** Works on staying low.

2B) **Form B.P/shuffle sled press:** Works on breaking down and taking on blocker.
 -Also do through chutes and sled press

2D) **Sprint and backpedal/shuffle:** Backpedal/shuffle, turn hips to a sprint, turn hips to a backpedal/shuffle change every 10 yds (All one motion)

3) Back and Up

- Backpedal/shuffle on 'go', on 'break' quick feet stop and back up to coach
- Look for quick feet to change direction, not wide base
- Players must accelerate after break, not jog back up

4) Back and Out

- Backpedal/shuffle, break 90 degrees on coaches 'break' command
- Go left and right, then go on coach's point direction (react to stimuli)
- Keep eyes up field, sprint after break at least five yds. (use lines)

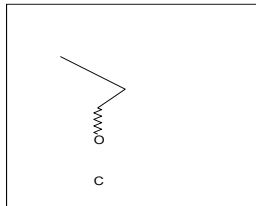
5) Back and Corner

- Backpedal/shuffle; break 45 degrees to corner or post
- Go left and right, then go on coach's point direction (react to stimuli)
- Players must accelerate out of break

5i) Double Move Drills

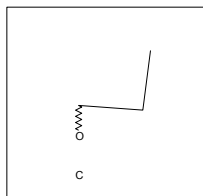
a) Back and corner, spin to other corner

- Player backpedal/shuffle, break to corner on command, on spin command spin around snapping head around and go 45 degrees other way



b) Back and out and up

- Covering the wheel or chair pattern
- Player's backpedal/shuffle, break to out on command, on 'spin' they spin (1/2 turn really – eyes stay on “man”) and turn up field

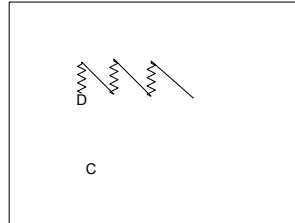


***On these drills a ball can be thrown for the player to intercept once the movements have been executed correctly. Players must do these Everyday and the ball intercept will keep them into the drill. They must yell bingo on interception and hustle back to “SCORE”
You may or may not have a consequence of pushups for dropped interceptions.

ALTERNATE MOVEMENT DRILLS

A) M Drill-(W Progression)

-Players back pedal/shuffle on angle, plant, and sprint 45 up and repeat down the line

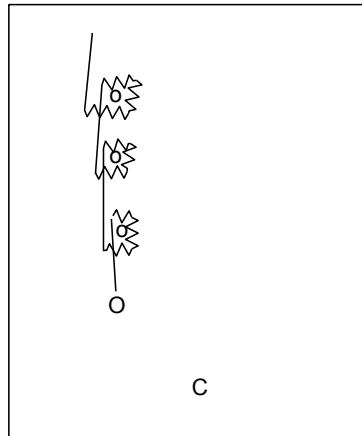


B) Small M Drill

-Quick feet, back 2 yds., plant, come up quick, repeat
-Short choppy quick steps, stay low, eyes up

C) Quick Feet Drill

-Cones are place down line
-Players do quick circle feet around cones then accelerate up to next cone



D) Back and Spin

-Player's backpedal/shuffle, on command do 360 spin, continue backpedal/shuffle
-Working on balance, coordination, footwork, maintain pad level, arm movement

E) Partner Chase

-Players are lying on back, one is 4 yds. ahead of the other
-On go command players spin around, get up, and back player tries to catch up to front player.

***Hand slap technique to catch up to player can be taught may want to start in trail position to teach hand slap on catch up

F) Wave Drill with tip return:

- 3 at a time, Players backpedal /shuffle and react to coaches directional command
- Drill can be 45 or 90 breaks
- Coach throws ball, one player catches, and then throws ball up simulating a tip
- Another player catches ball, yells bingo, and returns it with other players leading

G) Weave

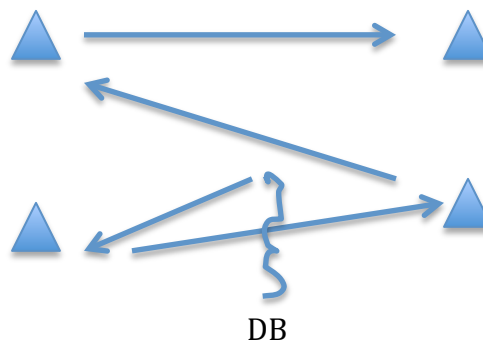
- Defender faces mock receiver with proper cushion alignment
- Mock receiver runs down line weave on either side of line 2-3 yds. each way
- Defender must mirror, maintain position, and cushion

H) Mirror Speed Stutter Drill

- Mock receiver runs directly at defender
- When receiver stutters (simulates break coming) DB's must stutter and get ready to break
- Teaches footwork and reading receivers route, see his break coming

I) Play the ball: Helps DB work on different positions they will be in covering routes.

- DB will back pedal/shuffle and break on "hitch" Secure back arm swat front arm
- Run to "out": Secure back arm swat front arm
- Speed turn to "flag" play through WR hands
- Speed turn to "post" Jump ball highest point



J) Buddy Drill: Two DB's BP together. Coaching points to a direction, that side is the WR the other is the DB. Work short 45 breaks, 90 breaks, and deep 45 breaks.

CATCHING

1) **High Ball, Low Ball, Scoop and Score (Come to me)**

- Line facing coach
- On coach's hand command players come to coach and catch ball
- Highest point catch, low-ball catch, and to each side catches
- Player must yell 'bingo' after catch, give coach ball

2) **Jump Ball:** DB backpedal/shuffle together and coach throws a jump ball in-between them.

3) **In Phase/Out Phase:** Running with WR. In Phase: hands on hip lean and look up for ball. Out of phase: Run to hip and play his hands.

4) **Hand Clap:** Wr hands goes up Db hands goes through it coming from underneath going upwards.

5) **Hustle to ball (Tip-Intercept):** Multiple DB's drop to zone. Coach throws it to a spot. First DB tips it up second DB intercepts it. Done with all zone drops. Cover 2, roll 3 etc.
CARDIO!!!!



ALTERNATE CATCHING DRILLS

A) **Break 90, 45 degrees**

- Come to me drill, on coaches command players make break then catch ball

B) **Tip Drill**

- Come to me setup, first player comes forward, tips ball to next defender
- May need coach to be tipper to get better reps (need thrower)

***Drills with balls being thrown and tipped can also be COMBAT drills, this is when players in drill both attack ball and try to make catch or knock ball away without pass interference. Competition drills will rekindle players' enthusiasm.

C) **Turn and Go-(B.P/shuffle Quick 180)**

- Players backpedal/shuffle, turn on command and sprint
- Eyes up field on 'receiver' until hear ball call as coach throws ball and teammates yell ball. Look back on 'ball' call, catch ball, yell bingo, and return it

D) Knock it out

- First player holds ball up high as if just caught ball at highest point
- Mock receiver jogs forward, next player in line is defender
- Defender catches up, grabs back of receiver, punches ball out of his hands
- More reps, every rep has high quality

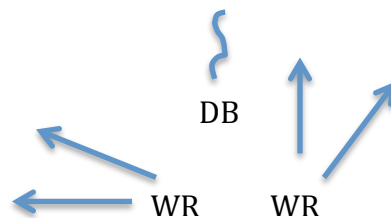
E) **Layout Drill:** DB's drop in zone and ball is thrown and DB makes diving catch onto bags.

Formation Recognition

- DB's are lined up and offensive formations are thrown out at them and they must make correct calls.
- Motions occur off of those formations and they must make correct calls and adjust properly.

Route Recognition

- **Short to long throw:** This drill will help DB understand which throw is shorter and easier for QB. DB must work on staying closer to the shorter throw.



- DB's go through coverage drops and read and react on routes. (No ball then with ball)
- MOF, Red zone, Goal line

Disguise Drill

- **Option 1:** GIVE "TWO HIGH SHELL" LOOK ALL THE TIME
 - **Option 2:** Opposite of true technique
 - **Option 3:** Roll from one coverage to another coverage
- DB's working on disguise to an offensive formation and cadence then read and react.

Block recognition

- 1 on 1 reads + RB
- 2 on 1 reads +RB
- HALF LINE READS + RB

Block Destruction

- **Butt and Press (Stalk):** Player lines up in 10 yds. away from wr. They attack each other. DB presses and throws wr off (practice both sides). They get off block and finish by tackling air.
- **Butt and press with RB:** Get off block and tackle ball carrier. Also sometimes WR runs out for pass.
- **Crack**

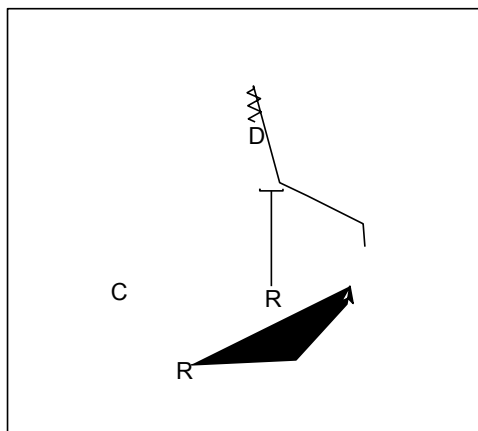
1) **A) Rip Drill b) Swim Drill**

- Bag holders, defenders facing
- Player execute rip to both sides
- Teach in phases at first, juke step-elbow slap-arm rip-get skinny-step past

ALTERNATE

A) **Force Drill**

- Start with one defender versus mock blocker
- Player attacks blocker, squeezes him inside, maintains outside control
- Incorporate ball carrier for tackler to get to
- Can become 2 vs 2-Blocker and ball carrier versus Corner force and Safety pursuit
- Simulate responsibility versus toss / sweep play (also reverse, bootleg run etc.

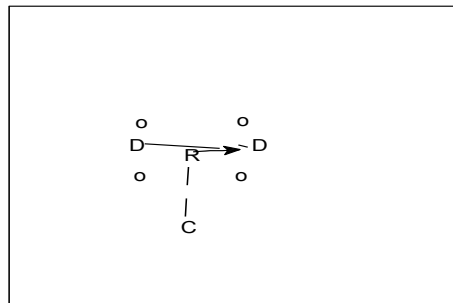


B) Mirror Escape

- Within 5 yd. area
- Defender facing mock blocker
- On go command receiver shuffles side-to-side, defender mirrors maintaining position of leverage (Ink=inside, Orc=outside)
- On second 'go' command blocker attacks defender, defender must get by blocker as quick as possible, get Up field break down on cone 5 yds. behind blocker,
- foot fire till coach says break, switch lines

Tackling Drills

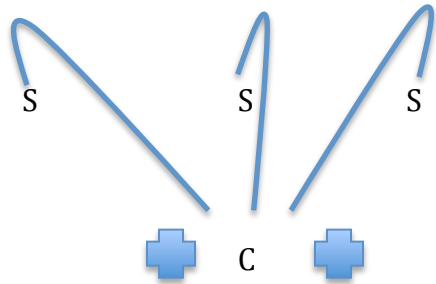
- Sideline (1 on 1, 2 on 1, 2 on 2)
- Open Field (1 on 1)
- Defeat Block Tackle (2 on 1)
- Form Fit (Head up, R/L)
- B.P Fit (Head up, R/L)
- B.P Sideline Angle (R/L)
- **Go Get him**
 - Box drill, player in middle, and player on each side of box
 - Middle player catches ball from coach, turns and runs toward one defender
 - That defender makes form open field tackle
 - Other defender catches up, gang tackles, and rips ball out from ball carrier



- **Trap Ball 1 on 2 Drill:** Players stands in front of cone. 2 defenders vs 1 offender. On whistle ball carrier runs at person directly in front of them, in between the defenders or at the person diagonal from them. Defenders must trap BC and keep him inside. After few reps switch sides.



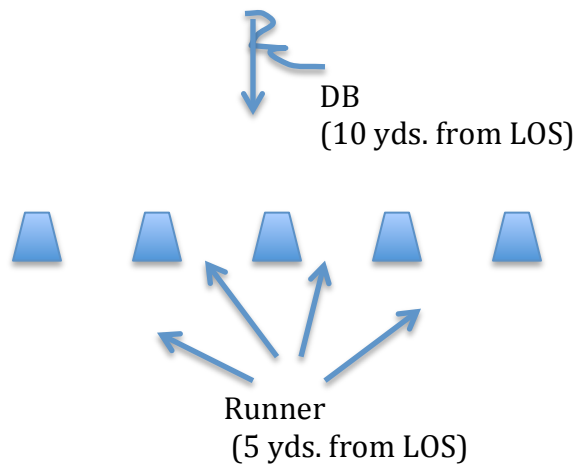
- **Run Stopper:**



DB Backpedal, Read Run, and break towards coach. DB Breaks down and tackle stand up Dummy coach **PUSHES**. DB must go through all positions.

Make it a **Moving Run Stopper Drill** by having a player run with agile bag behind them at a 45 or 90-degree angle.

Downhill/Alley Shield Tackle Drill:



Runner runs through gaps created by cans with arm shield.

Defender BP then breaks and mirror runner meeting him through the gap and thuds up player with arm shield.

1) **Angle Tackle**

- 2 lines, ball carriers and defenders, switch after rep
- Players break at 45 degrees toward each other (use cones to set path)
- Tackler executes form tackle, head in front, pads low, arms club
- Defender must drive runner back after tackle

1a) **Angle Tackle and Strip Ball**

- Defender punches down with hand near ball (head side)
- Ensure proper angle while attacking ball in attempt to create turnover

2) **Knee Tackle**

- 3 lines, facing bags, one knee down
- Execute form tackle and lift bag
- Hit with shoulders and side of neck, arms club, hips explode, eyes to sky
- At beginning of year this drill should be first tackling drill

ALTERNATE

A) Behind Strip

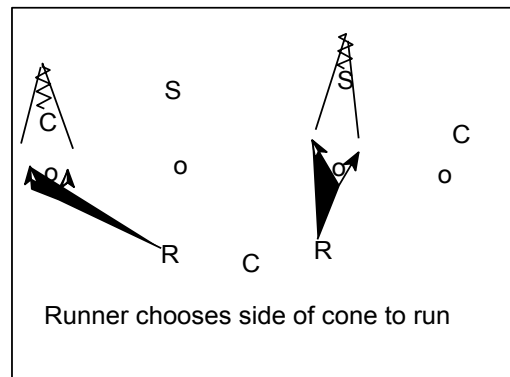
- Defenders in chase position of ball carrier
- BC jogs forward holding ball, defenders chase, grab, and punch ball out
- Use uppercut or tomahawk chop to get ball out

B) Open Field Tackle

- Ball carrier and defender in 10 yd. box, defender must make tackle
- Start with form tempo tackles, finish with live speed tackles

C) Alley Tackle

- Cones set up to simulate offensive receivers; defenders are in their normal position
- Ball carriers in backfield, point to defender who is to make tackle
- Ball carrier runs to Point of Attack, defender comes up making form tackle
- Get players used to make tackle from their position
- Ball carriers can attack a point then bounce it either way, DB's must adjust



D) Ball Wrestle

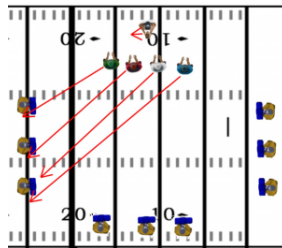
- Gang tackle simulation and turnover drill
- Defender is put on ball carrier as if already has wrap
- Defender starts in fit position on side of ball, hands on ball
- On 'go' ball carrier runs up field, defender tries to rip out ball
- Defender must use violent arm rip to get ball out
 - a) Coach should be able to see this rip action
- Simulates joining gang tackle, 2nd, 3rd, 4th man goes for ball

E) Cross body Tackle

- Open field tackle, especially versus bigger man

- Come up to make tackle, breakdown, lay out sideways to bring ball carrier down
- Desperation tackle one on one, use bags to simulate ball carrier

F) **Odd man out:** This drill is a competition drill that will have players work on giving all they have. Four players will go out at one time. There will be three cones or bags to each side. The coach will start players in a backpedal and point to a direction. Players will run and fight not to be the one without a bag.

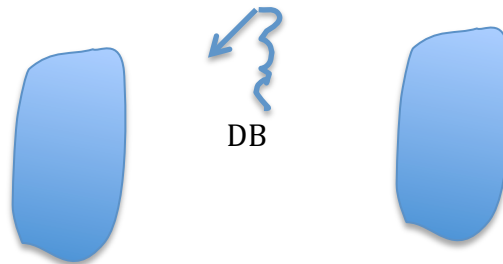


Cover 0 Drills

- **1 vs 1 patterns**
 - Cover in man coverage simulation, no ball then with ball
 - vs Hook, Out (short, medium deep), slant, post, Corner, Post corner (double move), go, comeback, wheel, and hook and go etc.
- **CLOUD -Trail drill**
 - Defender one yard behind receiver on a Ink / Orc position
 - Defender follows receiver up field, TEMPO READ WITH NO BALL
 - Receiver makes break, defender mirrors
 - Ball can be thrown, defender looks back on teammates 'ball' call
- **Bump and Run**
 - Jam Receiver at the line
 - Can use one hand or two hand jam
 - Do not lunge at receiver, maintain balance
 - Do not get beat at line, keep receiver in front of you
 - Can also drill fake bump and bail throw off receiver and QB reads
- **Hand Shoot (on knees)**
- **Fade Drill:** Get in phase, fight for hand position, lean and look up.

Cover 1 Drills

- **Hand Read Drill:** This drill works on your DB's getting eyes on correct receiver. 1 to 2 or 2 to 1 etc. Two DB's and two receivers are lined up, on go DB's work their drops and simultaneously yell out the number the receivers are holding up.
- **Pick or Stick:** Works on DB's decision-making skills of going for an interception or securing a tackle. DB starts in middle of stand up bags and B.P/shuffle and breaks on coach command.

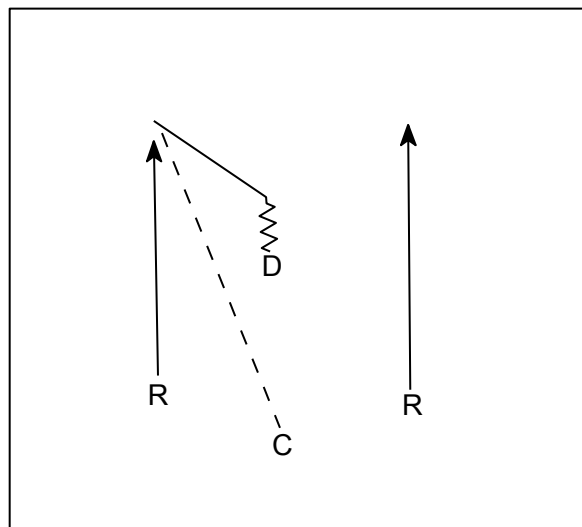


- **Break on ball:** Helps players time breaking on short route out of a zone drop.



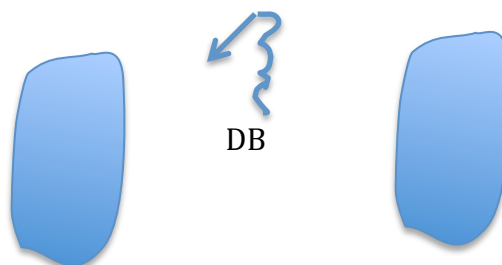
- **Tempo Read (Mirror Drill):** Has DB works on keeping spacing and leverage on WR. When WR throttles down DB slow pedal /shuffle when WR speeds up DB speeds up.
 - a) Add Routes and DB must maintain proper position.
- **1 vs 1 patterns**
 - Cover in man coverage simulation, no ball then with ball
 - vs Hook, Out (short, medium deep), slant, post, Corner, Post corner (double move), go, comeback, wheel, hook and go etc.
- **CLOUD-Trail drill**
 - Defender one yard behind receiver on a Ink / Orc position
 - Defender follows receiver up field, ADD TEMPO READ
 - Receiver makes break, defender mirrors
 - Ball can be thrown, defender looks back on teammates 'ball' call

- **Bump and Run**
 - Jam Receiver at the line
 - Can use one hand or two hand jam
 - Do not lunge at receiver, maintain balance
 - Do not get beat at line, keep receiver in front of you
 - Can also drill fake bump and bail; throw off receiver and QB reads
- **Two in a Zone (APEX)**
 - Defender facing two receivers five yds. in front 8 yds. apart
 - Receivers run up field, defender back pedals/shuffle
 - Receivers look back to coach inside, coach turns to one receiver before throw
 - Defender breaks on look, intercepts or knocks down ball



Cover 2 Drills

- **Hand Read Drill:** This drill works on your DB's getting eyes on correct receiver. 1 to 2 or 2 to 1 etc. Two DB's and two receivers are lined up, on go DB's work their drops and simultaneously yell out the number the receivers are holding up.
- **Pick or Stick:** Works on DB's decision-making skills of going for an interception or securing a tackle. DB starts in middle of stand up bags and B.P/shuffle and breaks on coach command.

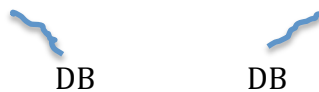


- **Break on ball:** Helps players' time breaking on short route out of a zone drop.

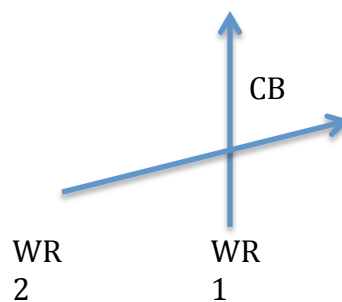


- **Tempo Read (Mirror Drill):** Has DB works on keeping spacing and leverage on WR. When WR throttles down DB slow pedal /shuffle when WR speeds up DB speeds up.
 - a) Add Routes and DB must maintain proper position.

- **Depth & Width:** Helps players get width and depth to be able to play a deep or a short route while playing cloud technique. DB will backpedal/shuffle and react to routes.

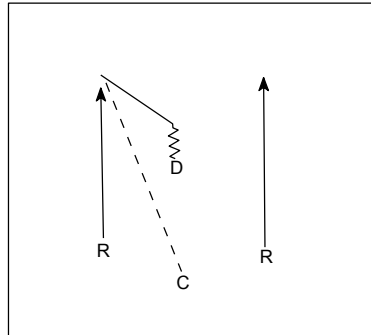


- **Fill the void:** This drill helps reinforce the cloud technique in cover 2 against high low concepts. Their responsibility is to be between both players in order to make a play on the ball. Throw a lot of different routes at them. Without ball and with ball.



- **1 vs 1 patterns**
- **2 WR in zone**
- **Zone Drops**
 - Defensive backfield practice proper zone drop technique
 - flats from position, deep thirds or halves from position

- **Two in a Zone (APEX)**
 - Defender facing two receivers five yds. in front 8 yds. apart
 - Receivers run up field, defender back pedals/shuffle
 - Receivers look back to coach inside, coach turns to one receiver before throw
 - Defender breaks on look, intercepts or knocks down ball

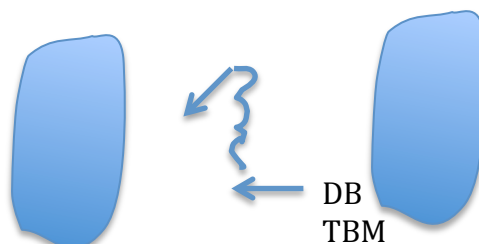


Cover 3 Drills

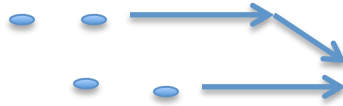
- **Hand Read Drill:** This drill works on your DB's getting eyes on correct receiver. 1 to 2 or 2 to 1 etc. Two DB's and two receivers are lined up, on go DB's work their drops and simultaneously yell out the number the receivers are holding up.
- **Turn, Burn, Melt (TBM):** This drill will help safety improve proper technique to get to their cover 3 zone. Emphasis: Turn and run straight to the middle of your zone while reading receivers, then get depth. If threaten quickly can make the turn and burn a little deeper. If not threaten by receivers keep the turn in burn at 90 degrees.



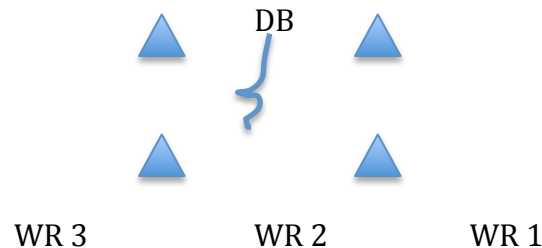
- **Pick or Stick:** Works on DB's decision-making skills of going for an interception or securing a tackle.
- a) **Work Cover 3 drops:** Have player start in front of bag then TBM towards middle then break on coaches' commands.



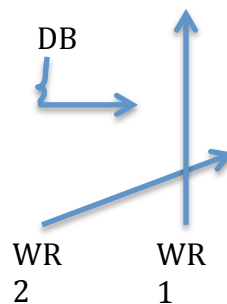
- **Break on ball:** Helps players' time breaking on short route out of a zone drop.



- **Spin in Box:** Helps safety rolling down in cover 3. Safety must read and react to routes. Must funnel #2 vertical to the outside (Get WR out of box). Fill void on combo routes. Working deep to short. All formations can have third receiver come from opposite side on shallow route.

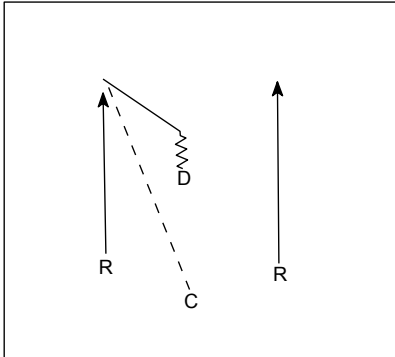


- **Fill the void:** This drill helps reinforce the rolling safety technique in cover 3 against high low concepts. Their responsibility is to be between both players in order to make a play on the ball. Throw a lot of routes at them, with ball and without ball. Emphasis: When you see the short route slow down but keep sinking in between the short and deep ball.



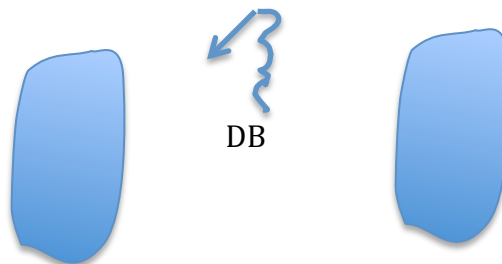
- **Tempo Read (Mirror Drill):** Has DB works on keeping spacing and leverage on WR. When WR throttles down DB slow pedal/shuffle when WR speeds up DB speeds up.
 - a) Add Routes and DB must maintain proper position.
- **1 vs 1 patterns**

- **Zone Drops**
 - Defensive backfield practice proper zone drop technique
 - flats from position, deep thirds or halves from position
- **Two in a Zone (APEX)**
 - Defender facing two receivers five yds. in front 8 yds. apart
 - Receivers run up field, defender back pedals/shuffle
 - Receivers look back to coach inside, coach turns to one receiver before throw
 - Defender breaks on look, intercepts or knocks down ball



Cover 4 Drills

- **Hand Read Drill:** This drill works on your DB's getting eyes on correct receiver. 1 to 2 or 2 to 1 etc. Two DB's and two receivers are lined up, on go DB's work their drops and simultaneously yell out the number the receivers are holding up.
- **Pick or Stick:** Works on DB's decision-making skills of going for an interception or securing a tackle. DB starts in middle of stand up bags and B.P/shuffle and breaks on coach command.



- **Break on ball:** Helps players' time breaking on short route out of a zone drop.



- **Tempo Read (Mirror Drill):** Has DB works on keeping spacing and leverage on WR. When WR throttles down DB slow pedal /shuffle when WR speeds up DB speeds up.
 - a) Add Routes and DB must maintain proper position.
- **1 vs 1 patterns**
- **Zone Drops**
 - Defensive backfield practice proper zone drop technique
 - flats from position, deep thirds or halves from position
- **Two in a Zone (APEX)**
 - Defender facing two receivers five yds. in front 8 yds. apart
 - Receivers run up field, defender back pedals/shuffles
 - Receivers look back to coach inside, coach turns to one receiver before throw
 - Defender breaks on look, intercepts or knocks down ball

