

## SCORE DRILL

Level: Advanced

### Purpose:

Young ball carriers tend to run too upright especially at the goal line at the point of contact. This drill helps them to learn “body lean”, “head position”, and “proper knee position”.

### Equipment Needed:

1. 2 Air shields
2. Football
3. Players in full equipment

### Instructions:

1. Have the two players with the air shields stand on a simulated goal line about eight inches apart.
2. Have the ball carrier in a running back stance five yards away.
3. On command, have the ball carrier dive straight ahead splitting the air shields and scoring.

### Coaching Tips:

1. Early on have the air shields further apart so the runner can learn to drive through the gap.
2. Stress keeping the head up, while bending the knees and leaning forward. Never let the runner split the air shields with his head down.
3. Head up = roll the neck and see the hole (facemask forward).
4. On occasion, have the air shield holders split at the last second. If the ball carrier doesn't fall down he isn't leaning enough.
5. Change the air shields every two runners.
6. Do not allow the ball carriers to get more than a five yard start. If anything, shorten the impact by shortening the distance to the shields.

### Drill Diagram:

Ball carriers become waiters, waiters become air shield holders, and air shield holders go to ball carrier.

Diagram to come