

KICKOFF PURSUIT

Purpose:

Teach players techniques for pursuing at maximum speed on kickoff.

Equipment Needed:

None

Instructions:

1. Players should practice timing with the kicker with an initial start of five or ten yards.
2. First blocker should be positioned ten yards from the kicking tee.
3. The defensive player should avoid the first blocker while maintaining speed and staying close to their pursuit lane.
4. Defensive player should initiate contact with second line defender while reading direction of the runner.
5. Defensive player sheds blocker and form tackles runner.
6. Players rotate one position up and repeat drill.

Coaching Tips:

1. Make sure kicker is approaching the kicking tee realistically so that players can work on timing.
2. Make sure players maintain speed and pursuit lanes.

Drill Diagram:

Diagram to come