

SMALL-SCHOOL SPORTS 70-DRILL LIBRARY

10 DRILLS FOR EACH SPORT

INCLUDED SPORTS

01 Football

03 Volleyball

05 Powerlifting

07 Softball

02 Basketball

04 Track and Field

06 Baseball

Original drills designed for small-school staffing, space, and equipment realities.
Coaches must adapt every drill to athlete age, ability, medical status, and governing rules.

FOOTBALL DRILLS 1-5

Use short rounds, clear scoring, and immediate feedback. Stop any unsafe repetition.

FOOTBALL 01 | Mirror Release

PURPOSE	Receiver release and defender leverage
SETUP	Pairs in a 5-yard lane; no contact
ACTION	Receiver wins either cone while defender mirrors hips for 4 seconds
COACH CUE	Stay square; react to the near hip

FOOTBALL 02 | Angle Tackle Fit

PURPOSE	Safe tracking and leverage
SETUP	Ball carrier walks or jogs to a cone; defender in two-point stance
ACTION	Defender closes under control, fits near shoulder, wraps, and freezes without taking down
COACH CUE	Eyes up; same foot and shoulder

FOOTBALL 03 | Three-Cone Pursuit

PURPOSE	Team pursuit angles
SETUP	Three defenders aligned at different depths; runner chooses sideline cone
ACTION	All defenders track assigned near, middle, and cutback leverage
COACH CUE	Sprint to leverage, not to the runner's back

FOOTBALL 04 | Read-Key Shuffle

PURPOSE	Linebacker run-pass recognition
SETUP	Coach gives guard flow and backfield direction cues
ACTION	Linebacker shuffles, fits run lane, or opens to pass landmark
COACH CUE	Read near guard through the back

FOOTBALL 05 | Pocket Clock

PURPOSE	Quarterback timing and movement
SETUP	Five cones form pocket; coach flashes color or number
ACTION	Quarterback hits drop, resets around pressure cone, and throws on a timed command
COACH CUE	Two hands in traffic; reset feet before throw

FOOTBALL DRILLS 6-10

Use short rounds, clear scoring, and immediate feedback. Stop any unsafe repetition.

FOOTBALL 06 | Rapid Route Window

PURPOSE	Quarterback-receiver timing
SETUP	Three receivers rotate through one route versus air or controlled defender
ACTION	Ball is snapped every 12 seconds; score accurate, on-time completions
COACH CUE	Win the landmark and show numbers

FOOTBALL 07 | Combo Block Fit

PURPOSE	Offensive-line communication
SETUP	Two linemen, two shields, and a linebacker landmark
ACTION	Linemen fit double team, communicate release, and climb under control
COACH CUE	Hip to hip; four hands on first level

FOOTBALL 08 | Ball-Security Gauntlet

PURPOSE	Five-point ball security
SETUP	Runner moves through cones while teammates use hand shields
ACTION	Runner changes level and direction while protecting all ball points
COACH CUE	High and tight through every turn

FOOTBALL 09 | Turnover Circuit

PURPOSE	Strip, fumble, and recovery decisions
SETUP	Three stations: punch-out bag, rolling ball, sideline recovery
ACTION	Groups rotate; award points for correct recovery technique
COACH CUE	Secure first when traffic is near

FOOTBALL 10 | Four-Down Situation

PURPOSE	Decision-making under game context
SETUP	Half field; offense and defense receive down-distance card
ACTION	Play four controlled snaps and score first downs, stops, and assignment wins
COACH CUE	Know situation before alignment