



PERFORMANCE

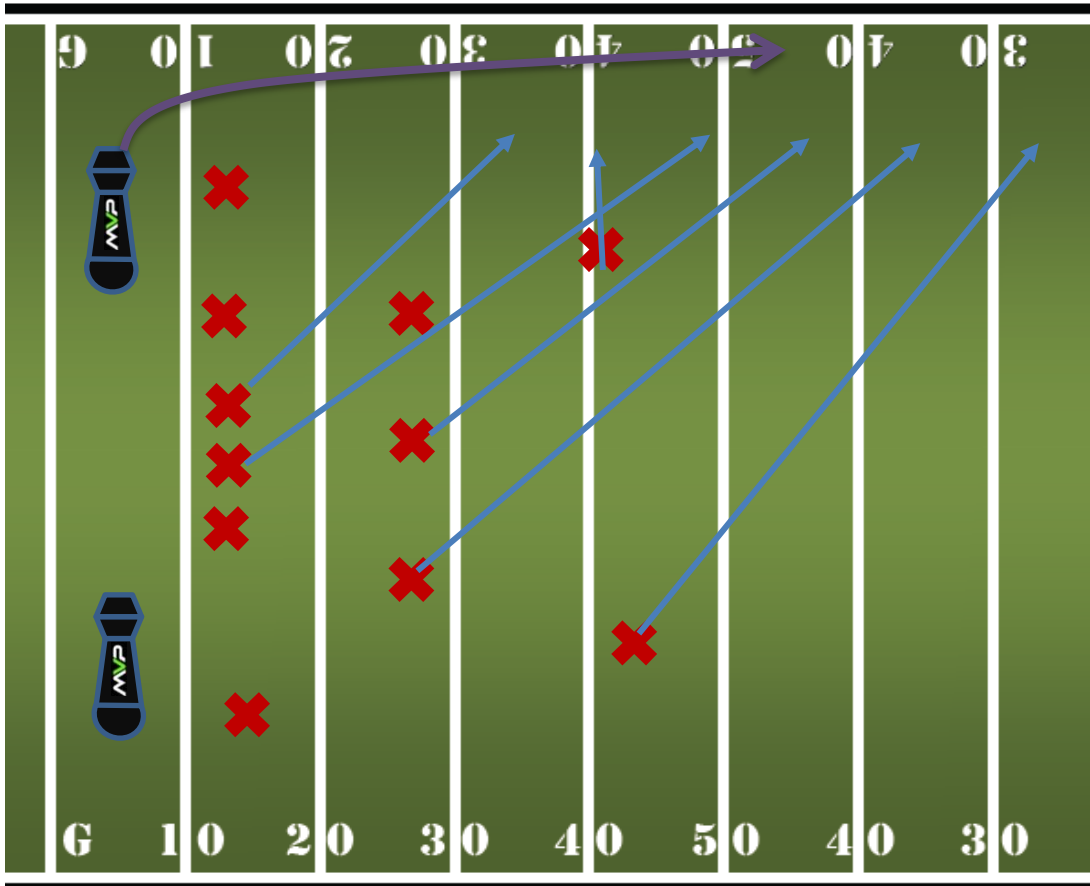
PACKET



Table of Contents

Full Defense	3
• Full Defense Pursuit	
Full Offense	4
• Screen Cut Block	
Linebacker & Defensive Back	5
• Angle Tackle, Open Field Tackle, Sideline Cutback, Shed Block, MVP Split Coverage, MVP Mirror Drill, MVP Route, Shuffle & Shed	
Quarterback	13
• Pocket Presence, MVP Rush Pass, Scramble Drill	
Defensive Linemen	16
• DE Rush Reaction, DL Quick Hands Weave, Quick Punch, OL vs. DL, all of the applicable tackling drills listed under the linebacker & defensive back section (starting on page 5)	
Offensive Linemen	20
• MVP Pass Set	
Running Back	21
• Blitz Pick-up, Ball Carrier Reaction, Goal Line Scrum	
Wide Receiver/Tight End	24
• Release & Stack, WR Cut-Block, Distraction Catch, MVP Top of Route, Crack Block	
Special Teams	29
• Returner Distraction, MVP KOC, MVP KOR Double Team	

MVP Full-Defense Pursuit



Skills Trained:

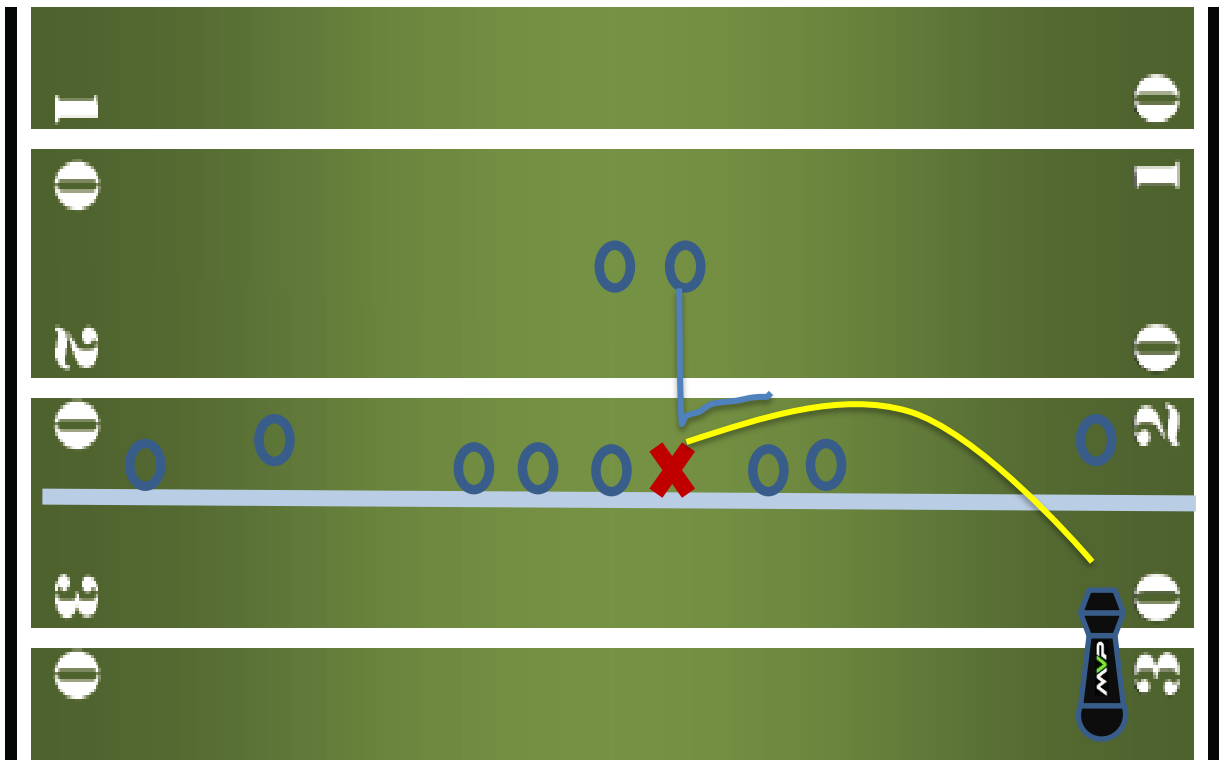
- Pursuit angles
- Conditioning

Drill Description:

- Line up full defense in pre-snap positions, place a MVP on each sideline
- Coach acts as QB: goes through cadence, drops back, throws towards either of the sidelines (simulating swing pass, sweep, reverse, etc.)
- Following the pass, the MVP on the chosen side will then begin streaking up the sideline
- Defense has to react to the chosen side, take appropriate angle, and tag off on the MVP

FULL DEFENSE

MVP Screen-period Cut-block



Skills Trained:

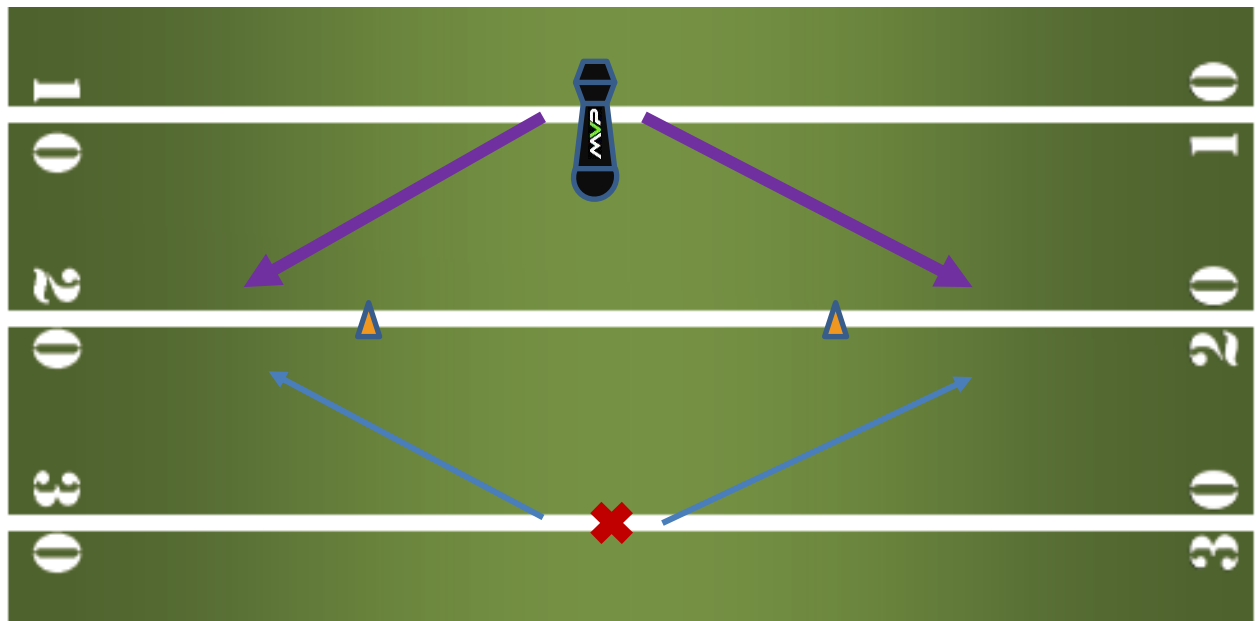
- Cut-block technique
- Pulling
- Blocking in space

Drill Description:

- Line up full offense
- Run a screen or play that includes pulling offensive linemen
- On the snap of the ball, a MVP will simulate how a CB or Safety would react and play a screen
- Offensive Linemen have to pull, react, and make the appropriate block in space

FULL OFFENSE

MVP Angle Tackle



Skills Trained:

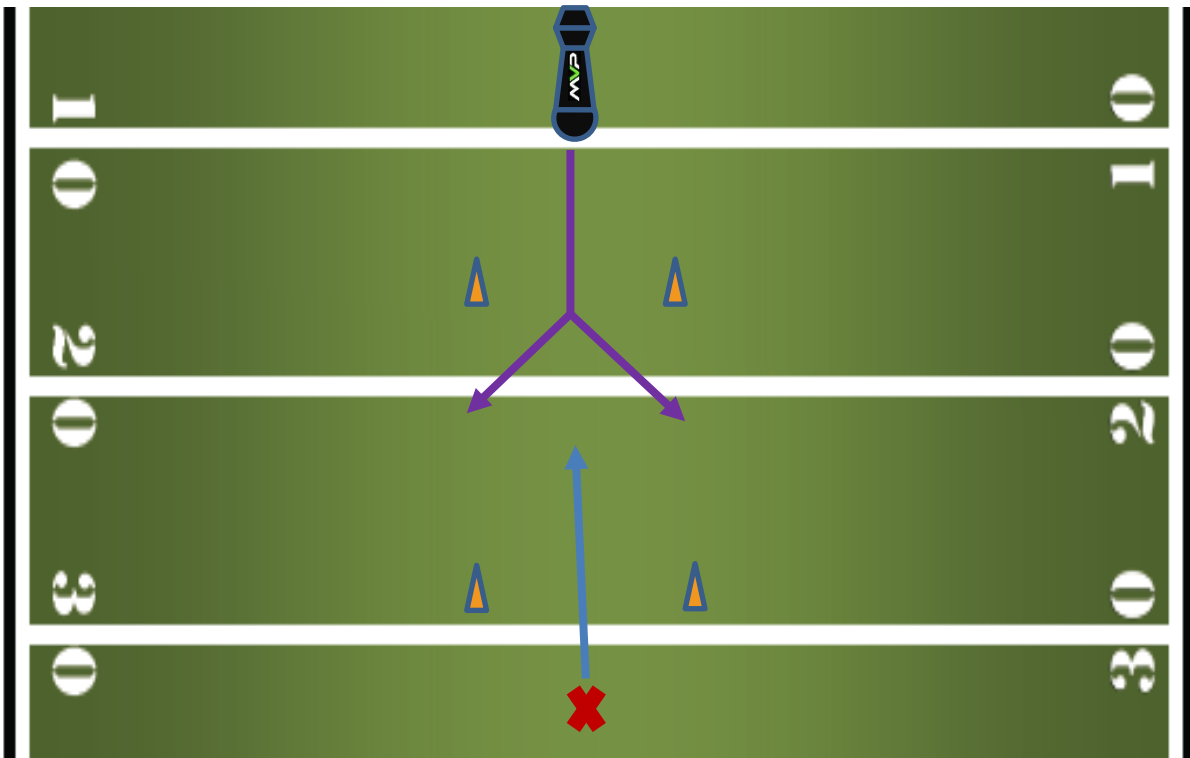
- Pursuit angles
- Tackling form

Drill Description:

- Player lines up 10 yards away from MVP
- The MVP will then pick a direction
- Player must react, take appropriate angle, and finish with a proper tackle

LB, DB, DL

MVP Head-on Open Field Tackle



Skills Trained:

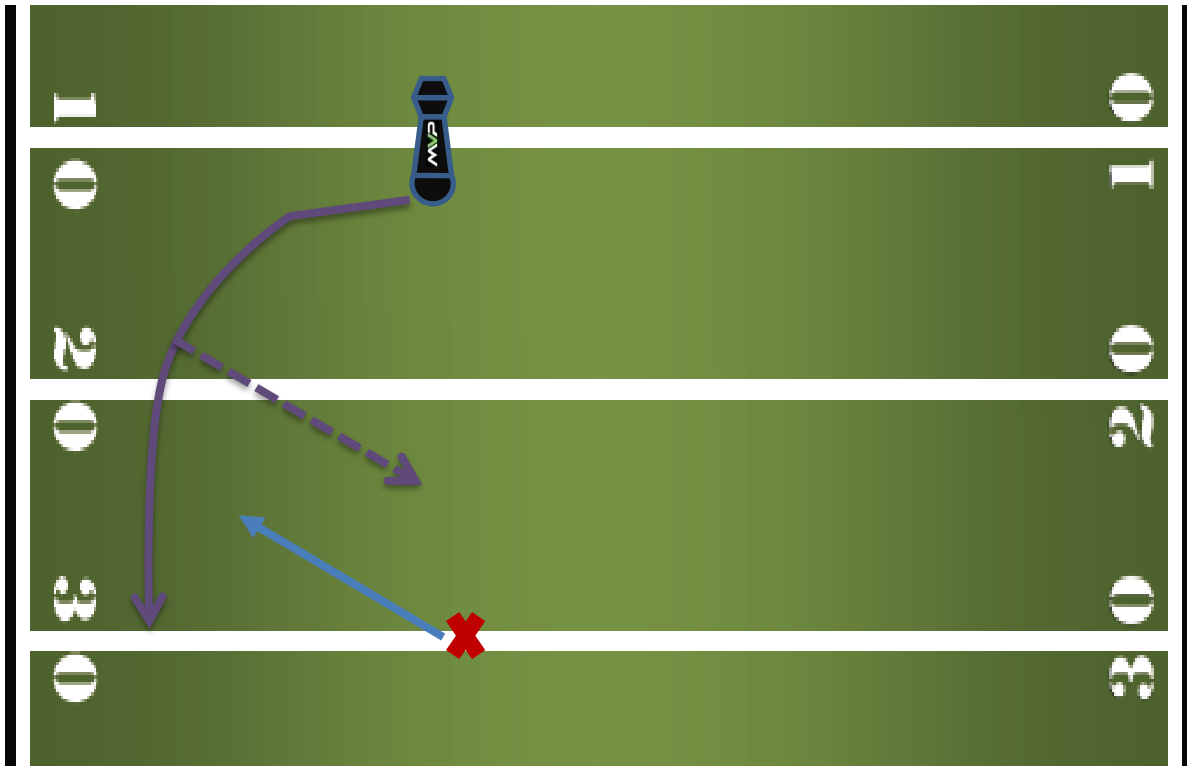
- Reaction
- Tackling form
- Appropriate angles

Drill Description:

- Player lines up 10 yards across from MVP
- MVP will then drive straight at the Player
- MVP will then cut either left or right
- Player must react, closing the space between himself and MVP and finish with a tackle

LB, DB, DL

MVP Sideline/Cutback Tackle



Skills Trained:

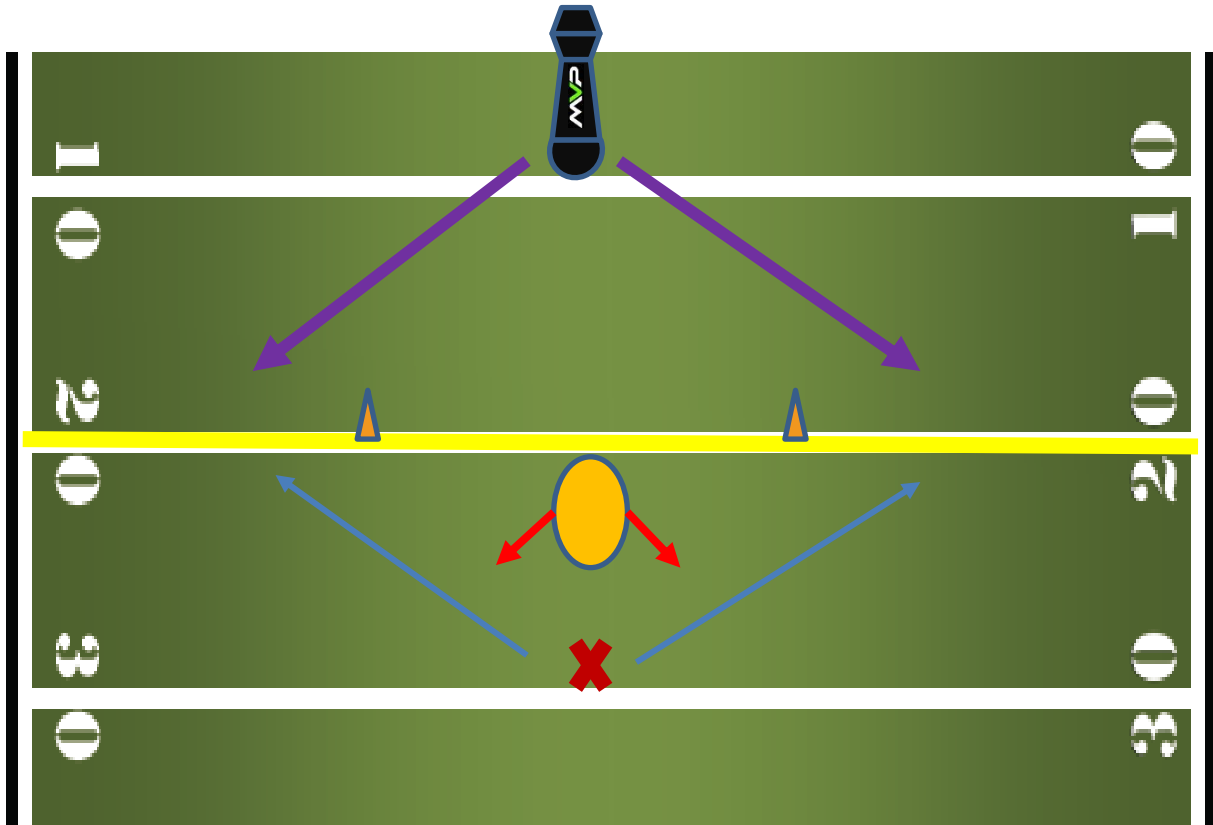
- Pursuit angles
- Taking away the cutback
- Tackling form

Drill Description:

- Player will start across from the MVP
- MVP will then simulate a sweep/a player running up the sidelines
- Player must react, take the appropriate angle, ensuring to take away the cutback, and finish with a tackle
- MVP can cutback if the player takes a bad angle

LB, DB, DL

MVP Shed Cut-block Angle Tackle



Skills Trained:

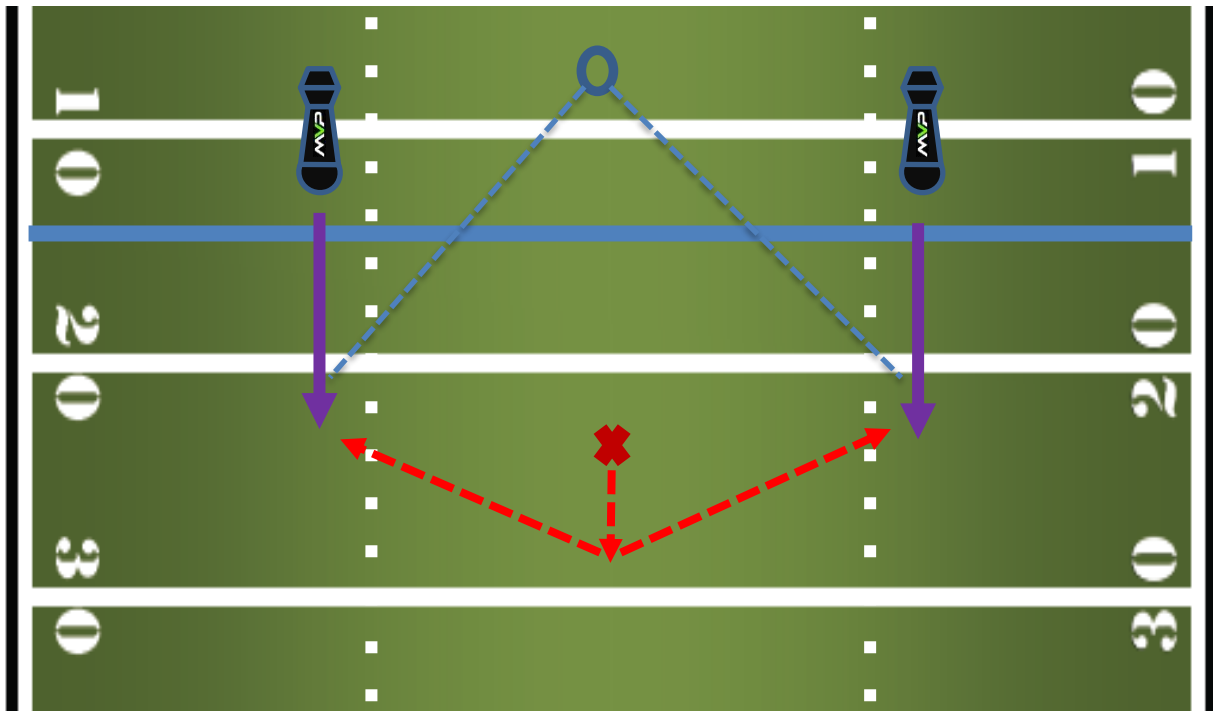
- Shedding all types of blocks
- Pursuit angles
- Tackling form

Drill Description:

- Player will react to the MVP as it picks a direction
- A coach or another player will then throw an agile pad at their legs or chest
- Player must use his hands to shed the block, take the appropriate angle, and finish with a tackle

LB, DB, DL

MVP Split Coverage



Skills Trained:

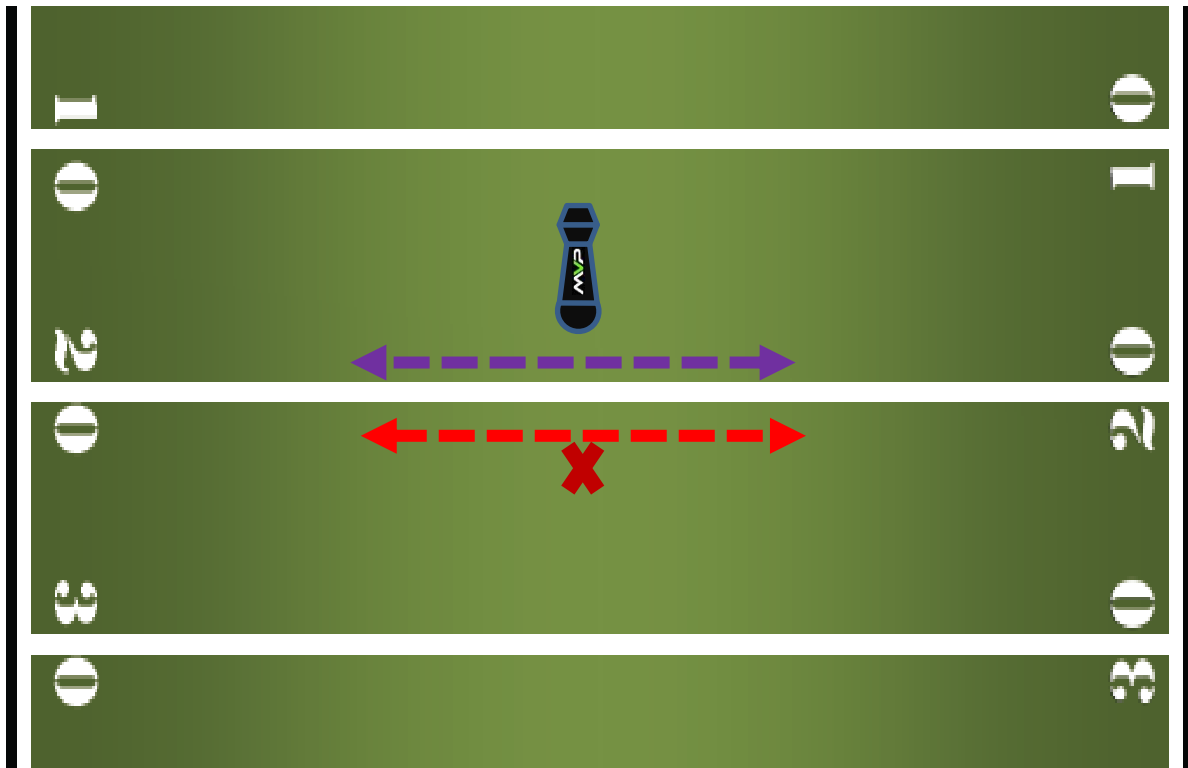
- Back pedal
- Zone coverage technique
- Reading the QB
- Tackling form

Drill Description:

- Player lines up, splitting the difference between two MVPs
- MVPs will run verticals or other desired route combination
- Player will work on coverage technique, splitting the difference between the two MVPs
- As the Player drops back, he should be reading and reacting to the QB, finishing with an interception or tackle

LB, DB

MVP Mirror Drill



Skills Trained:

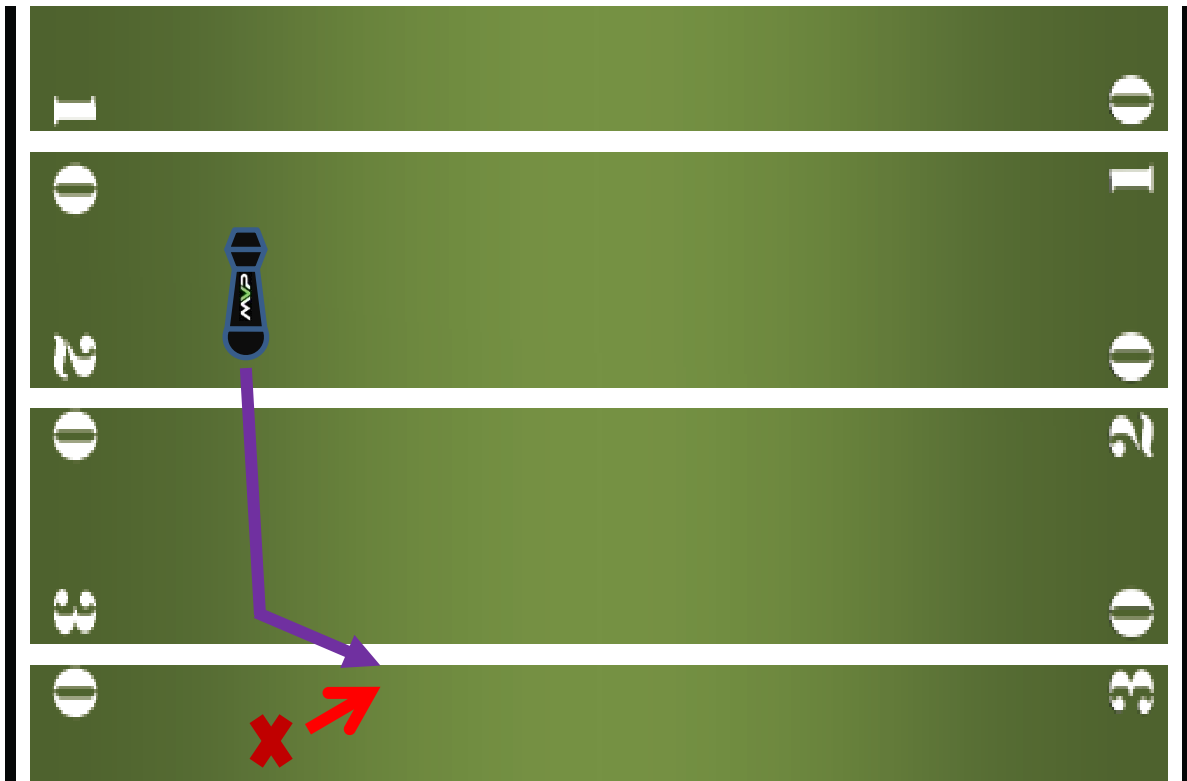
- Reactions
- Blocking technique
- Footwork

Drill Description:

- Player lines up a few yards away from the MVP
- MVP will go back and forth changing directions and speeds
- Player must mirror the MVP, making sure to stay square to the MVP and finish with a tackle, block, or release

LB, DB, DL

MVP Runs Route



Skills Trained:

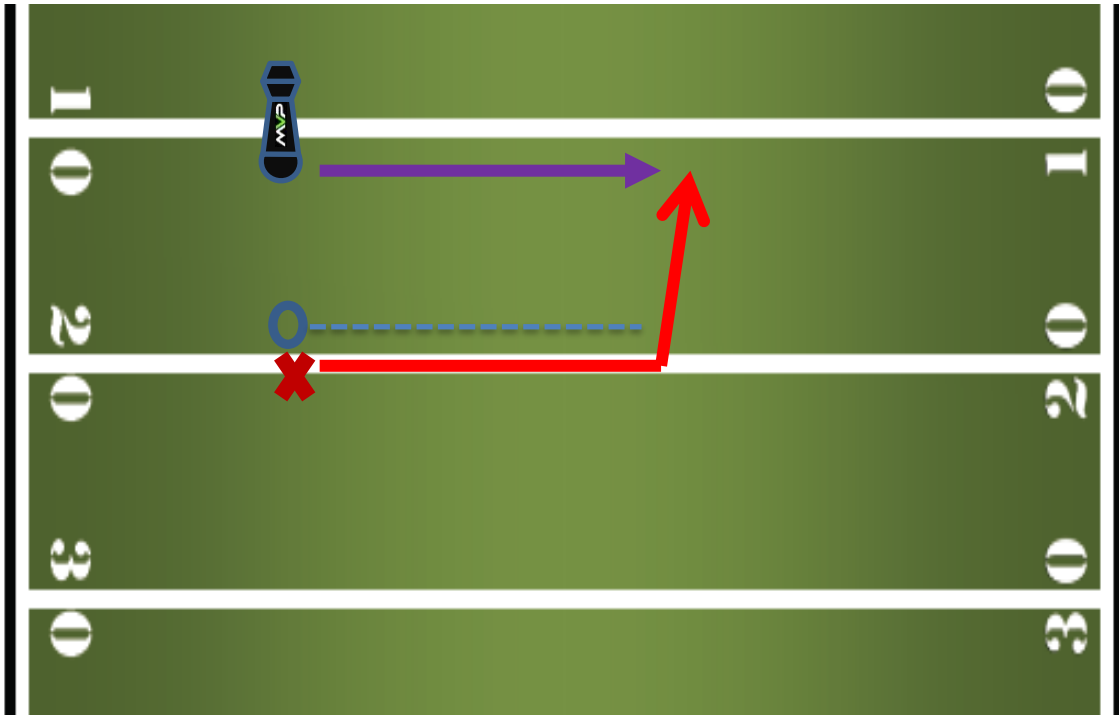
- Back pedal
- Coverage technique
- Reaction
- Tackling form

Drill Description:

- Player lines up in man coverage over the MVP
- MVP will run a desired route
- Player must take appropriate coverage footwork/technique, react to MVP, and finish with a tackle

LB, DB

MVP Shuffle, Shed, Tackle



Skills Trained:

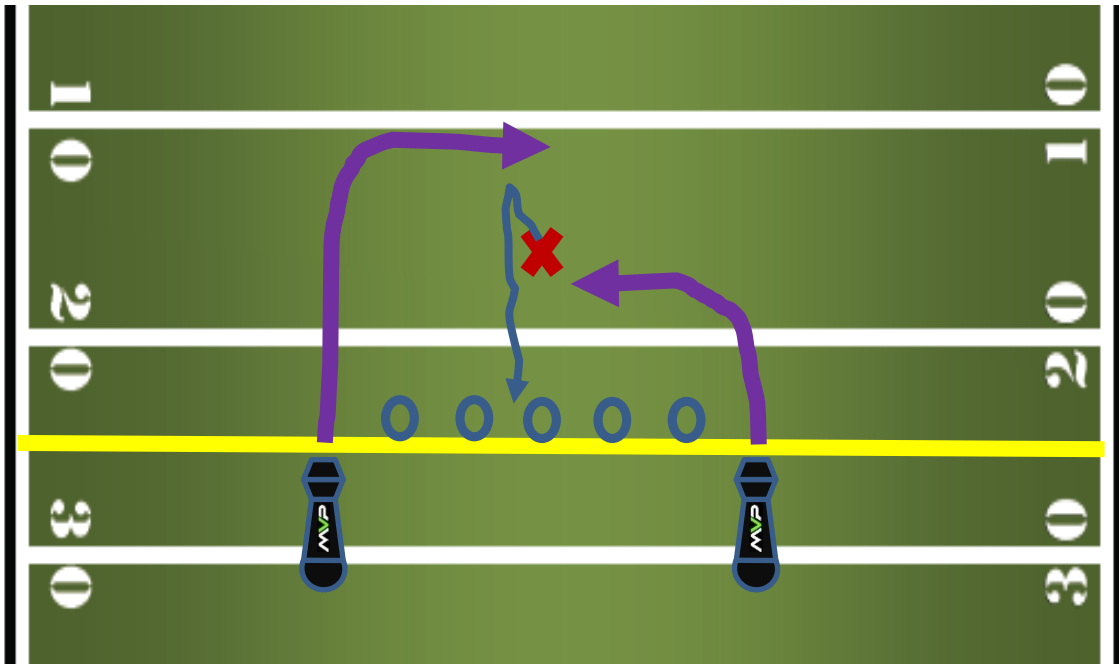
- Reaction
- Shedding blocks
- Tackling form
- Maintaining leverage

Drill Description:

- Player lines up directly across from another player or coach
- The coach or other player will then engage as if they were blocking the Player in the drill
- Player will work to shuffle laterally, maintaining leverage on the MVP (ball carrier), react, shed block (rip, swim, etc.), and make the tackle on the MVP

LB, DB, DL

MVP QB Pocket Presence



Skills Trained:

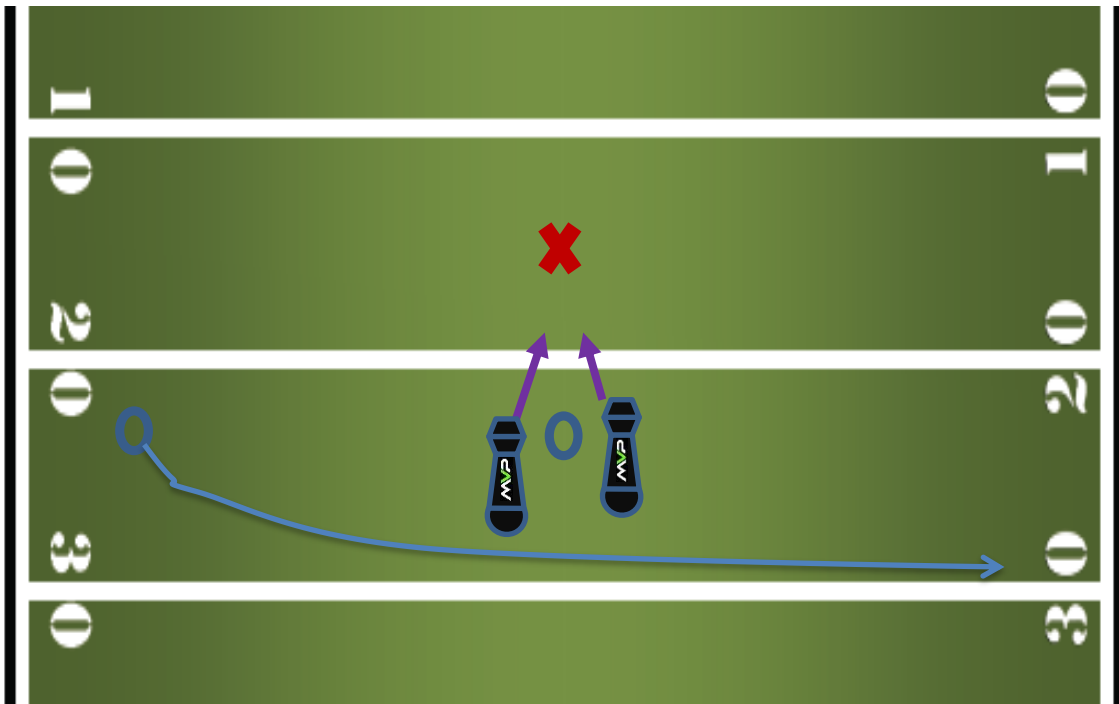
- Footwork
- Reaction
- Throwing under pressure
- Pocket awareness
- Maintaining focus downfield under pressure

Drill Description:

- MVP(s) will simulate rushing defenders
- The QB will take appropriate drop, react to avoid the rushing MVPs

QB

MVP Rush QB with Pass



Skills Trained:

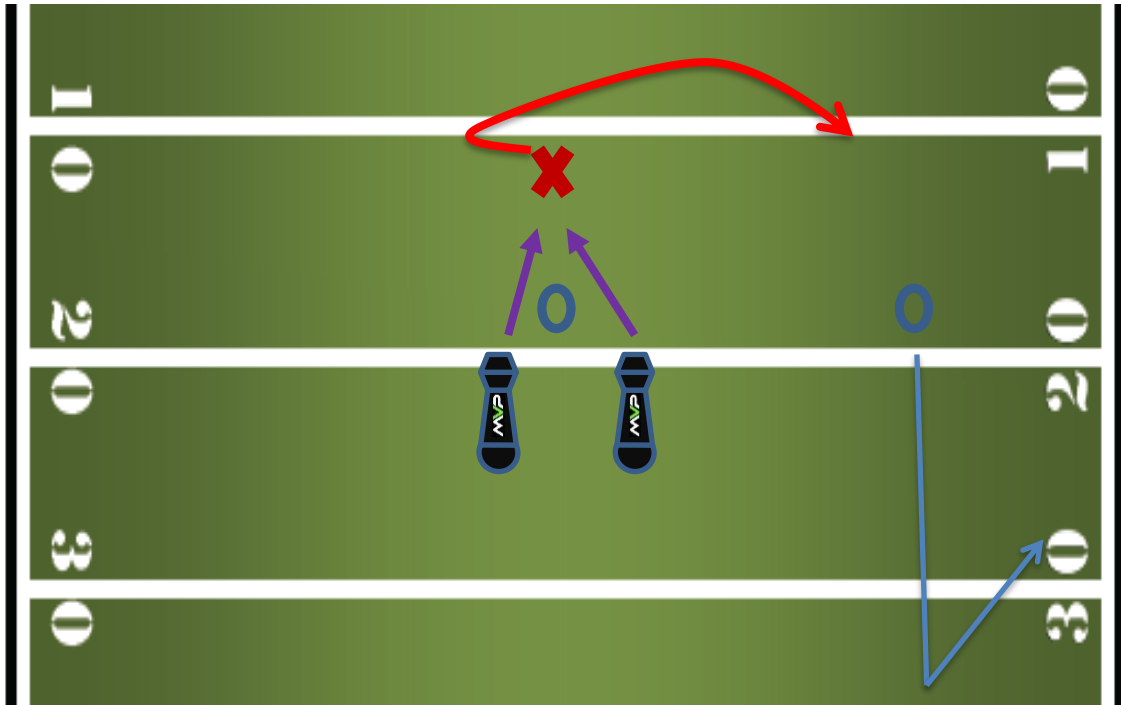
- Pocket presence
- Throwing under pressure
- Finding throwing lanes/windows

Drill Description:

- MVP(s) will simulate rushing defenders
- The QB will take appropriate drop, react to rushing MVPs, and throw through the windows or over the top of the MVPs

QB

MVP QB Scramble Drill with Pass



Skills Trained:

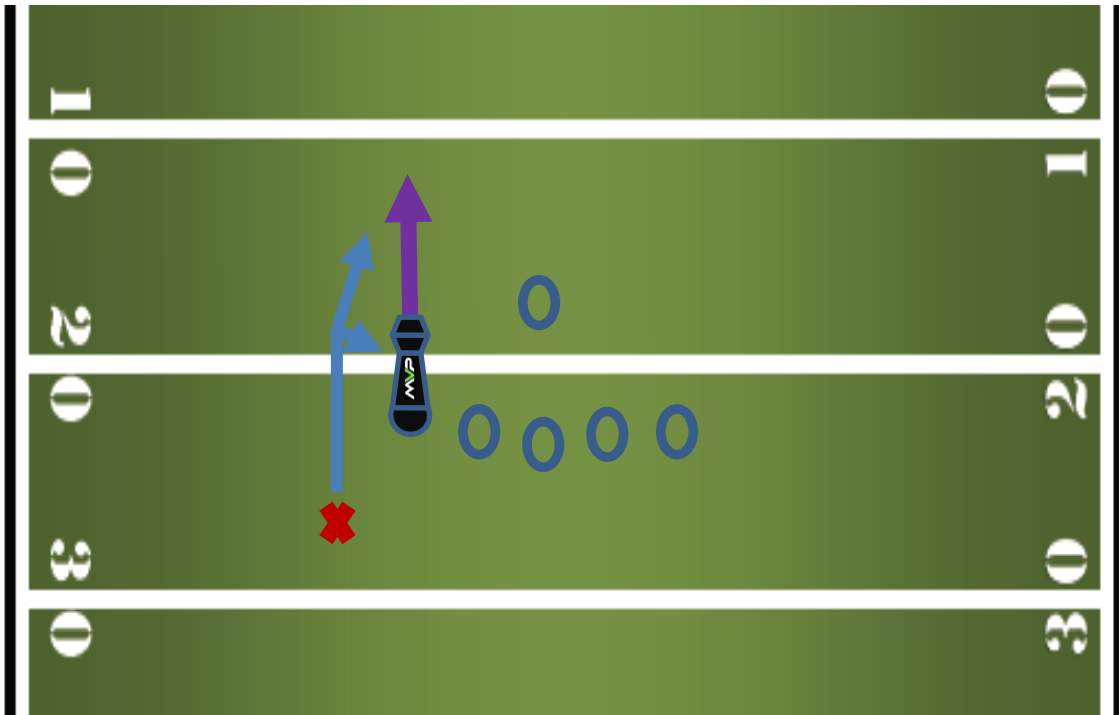
- Escapability
- Footwork, reaction
- Throwing on the run

Drill Description:

- QB will take appropriate drop, MVPs will then rush the QB
- QB must react and scramble out of the pocket, finishing with a throw on the run

QB

MVP DE Rush Reaction



Skills Trained:

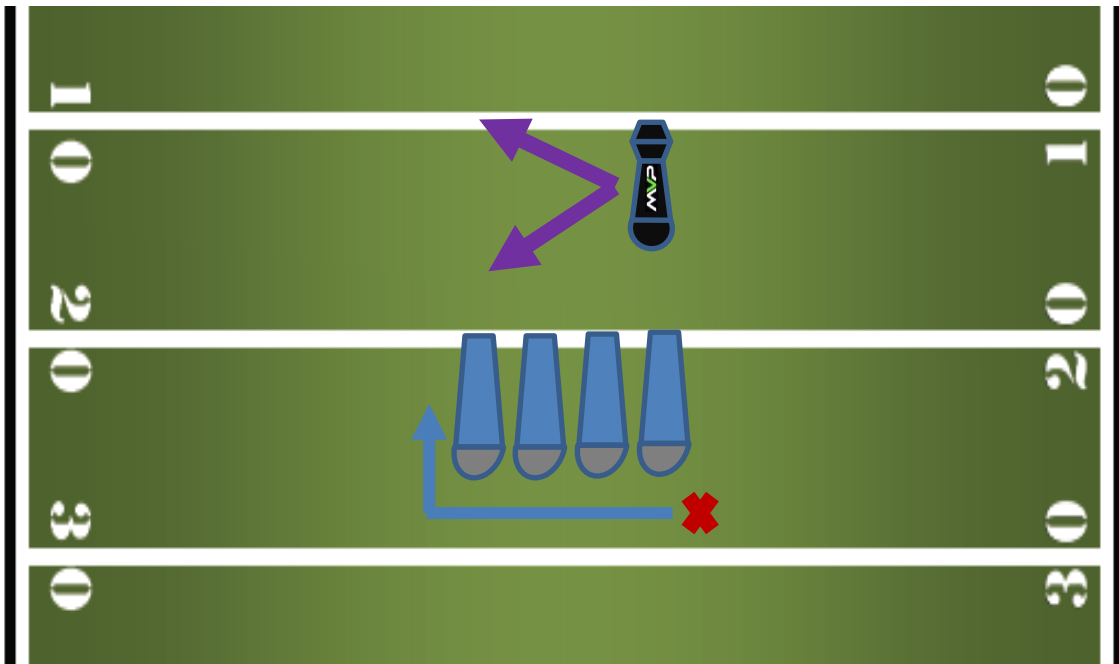
- Reaction
- Passing rush techniques

Drill Description:

- Player will line up across from the MVP, which will simulate the pass-set of an offensive lineman, quick hands
- The Player will react to the movement of the MVP and work to beat the MVP around the edge or react and slip underneath

DL

MVP DL Quick Hands Weave



Skills Trained:

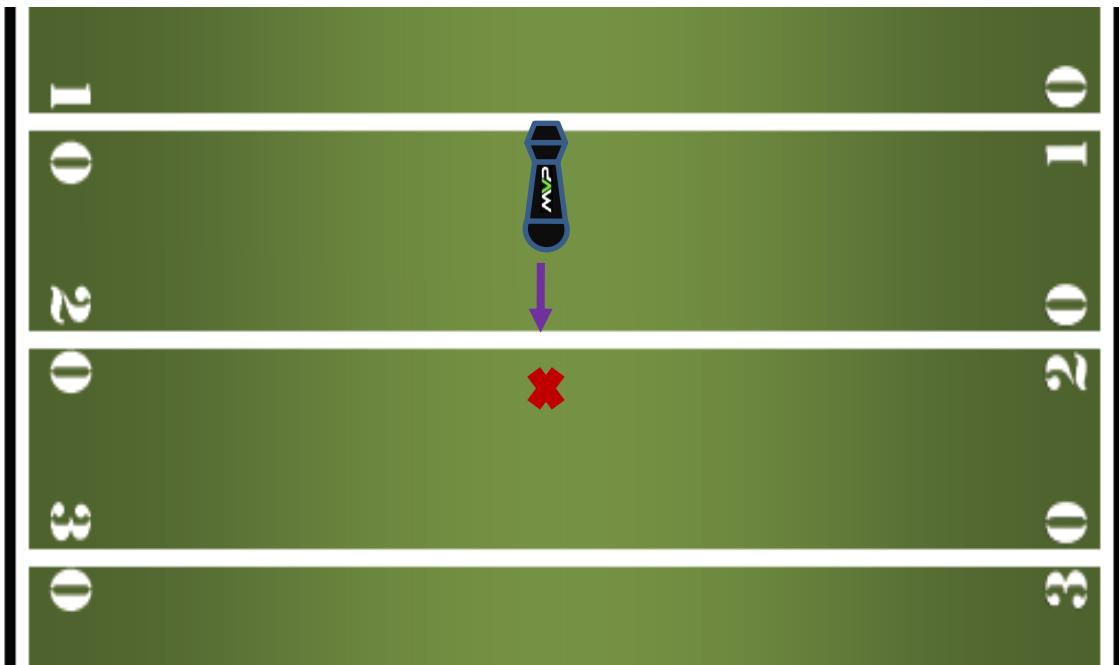
- Footwork
- Quick hands
- Tackling technique

Drill Description:

- Player weaves through regular pop-up dummies, being physical with hands, and good with hips
- As the Player finishes weaving through the last dummy, the MVP will simulate the movements of a ball carrier
- Player will finish with a tackle on the MVP

DL

MVP Quick Hands Punch



Skills Trained:

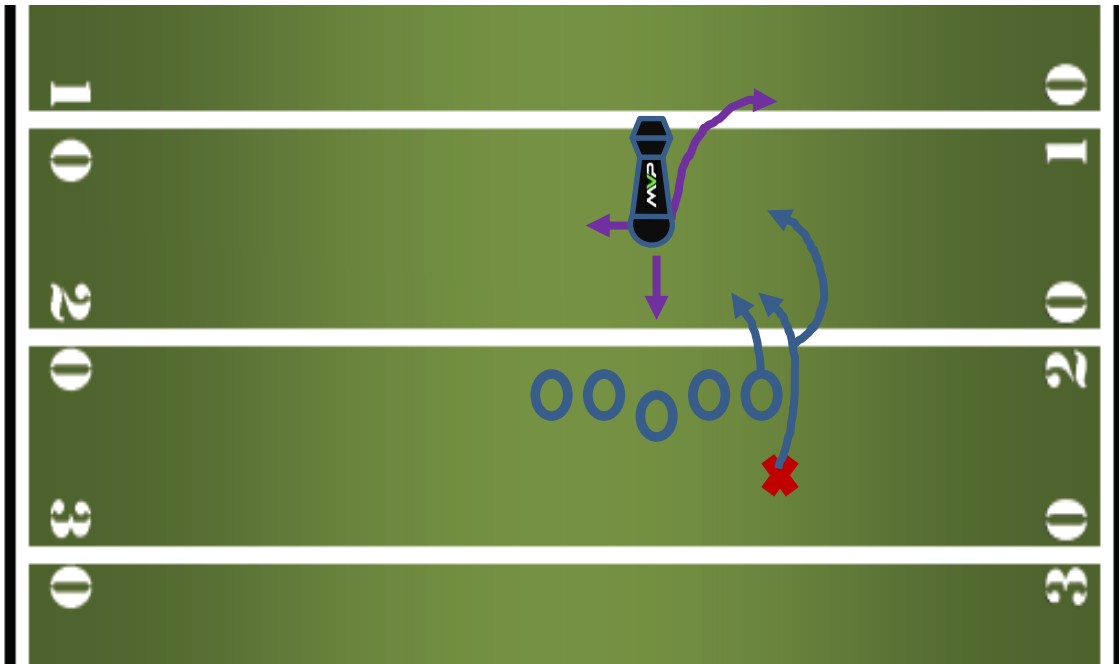
- Quick hands
- Reaction
- Strong punch

Drill Description:

- Player sits on his hands and knees
- MVP lines up a yard away and moves toward the Player
- Player must quickly react to the MVP and deliver a strong punch

DL

MVP OL vs. DL



Skills Trained:

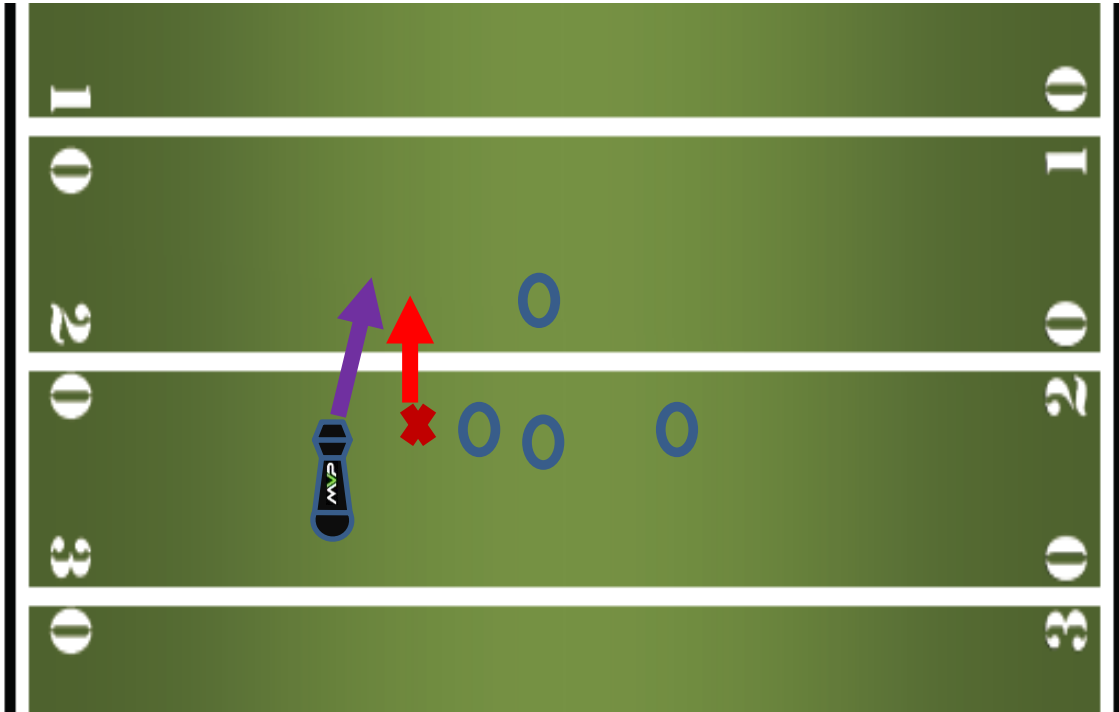
- Competition
- Pass rushing technique
- Pass-set/blocking

Drill Description:

- An Offensive and defensive linemen will perform a 1 on 1
- The MVP will simulate the movements of a QB
- Offensive linemen will attempt to block the Defensive linemen who is trying to defeat the block and tackle the MVP

DL/OL

MVP Pass Set



Skills Trained:

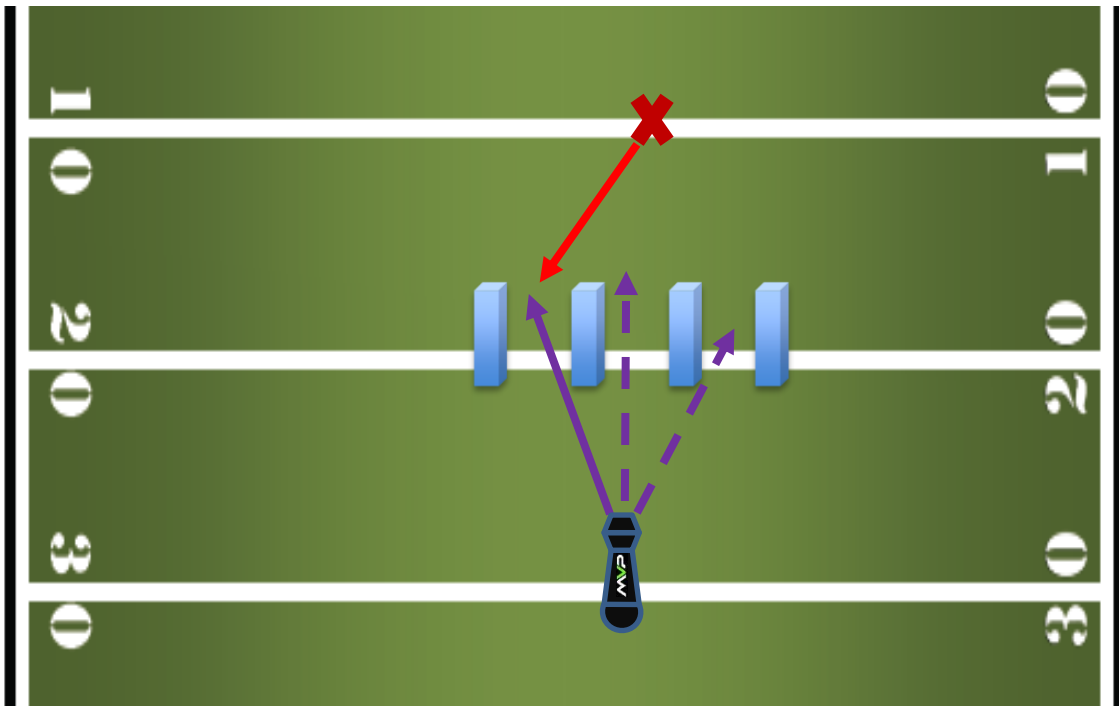
- Pass-set footwork
- Reaction
- Quick hands

Drill Description:

- Player will react to the movement of a MVP as it simulates a pass rusher
- Player must use appropriate footwork and hands as he engages the MVP

OL

MVP Blitz Pick-up



Skills Trained:

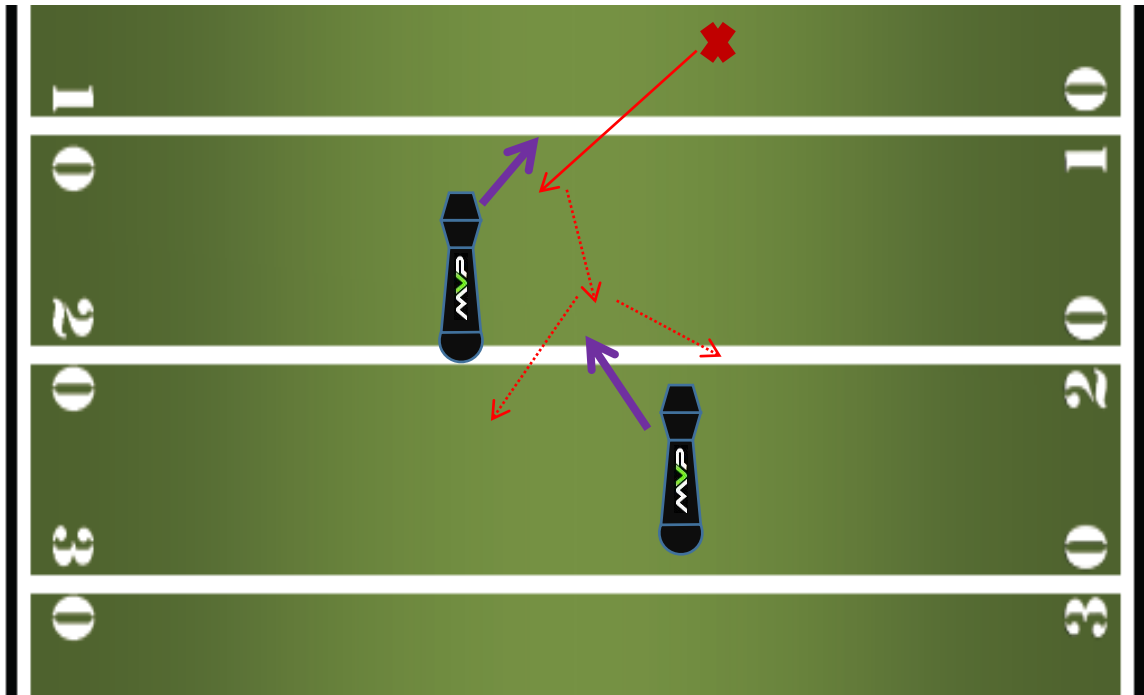
- Reaction
- Cut-block technique
- Blitz-pickup

Drill Description:

- Player will track and react to the MVP as it simulates a blitzing linebacker
- Player must attack the MVP and execute an appropriate cut-block

RB

MVP Ball Carrier Reaction



Skills Trained:

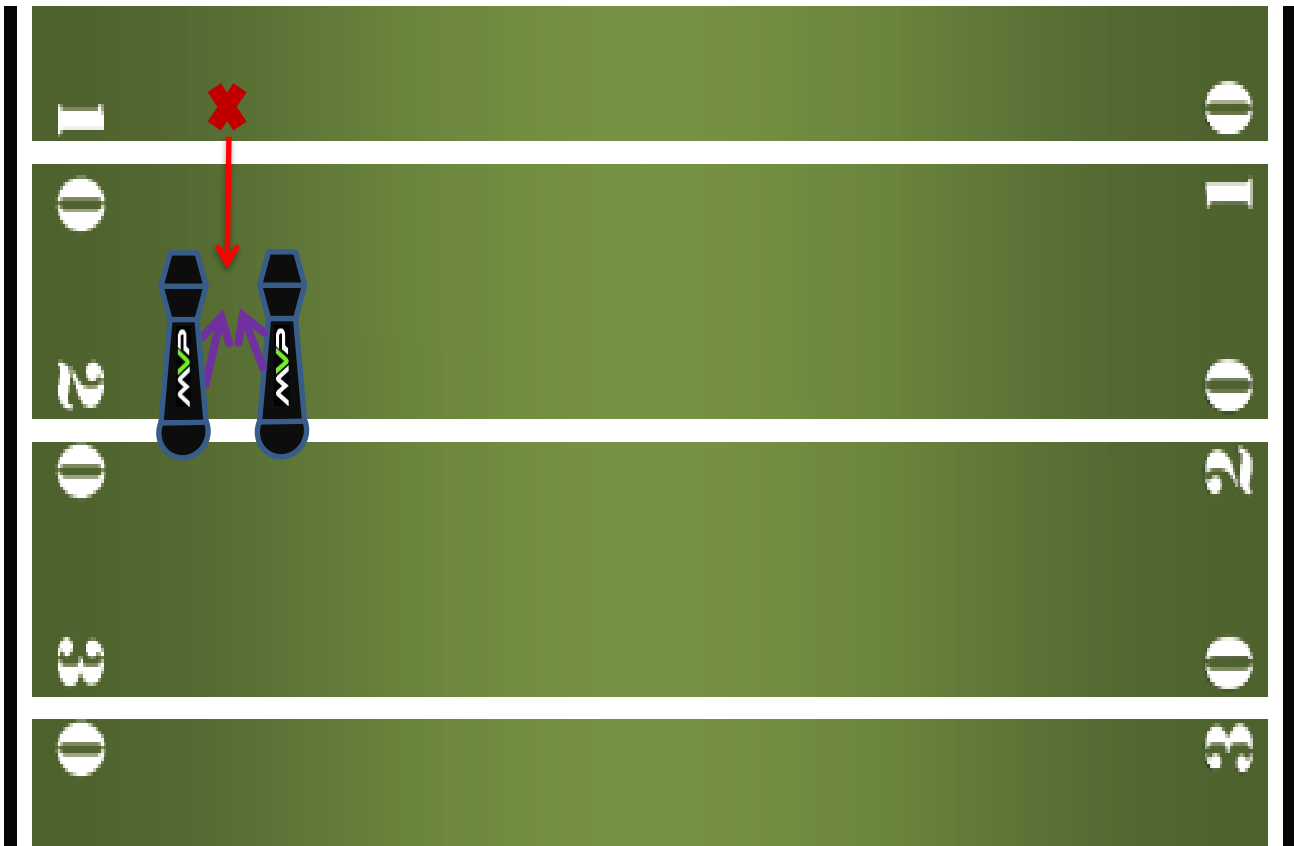
- Reaction
- Elusiveness
- Being physical

Drill Description:

- Player will run at the MVP, which simulates a defender
- Player will then react by stiff-arming, juking, cutting, or lowering a shoulder on the MVP

RB

MVP Ball Carrier Goal Line



Skills Trained:

- Reaction
- Being Physical

Drill Description:

- Player will run at the MVPs, which simulates defenders
- Player will then lower a shoulder on the MVPs

RB

MVP Release & Stack



Skills Trained:

- Reaction
- Quick hands
- Release technique

Drill Description:

- Player will line up a yard across from the MVP
- Player will then work his release against press coverage
- Upon releasing, the MVP will move backwards, forcing the Player to work to get on top and stack the MVP

WR/TE

MVP WR Cut-block



Skills Trained:

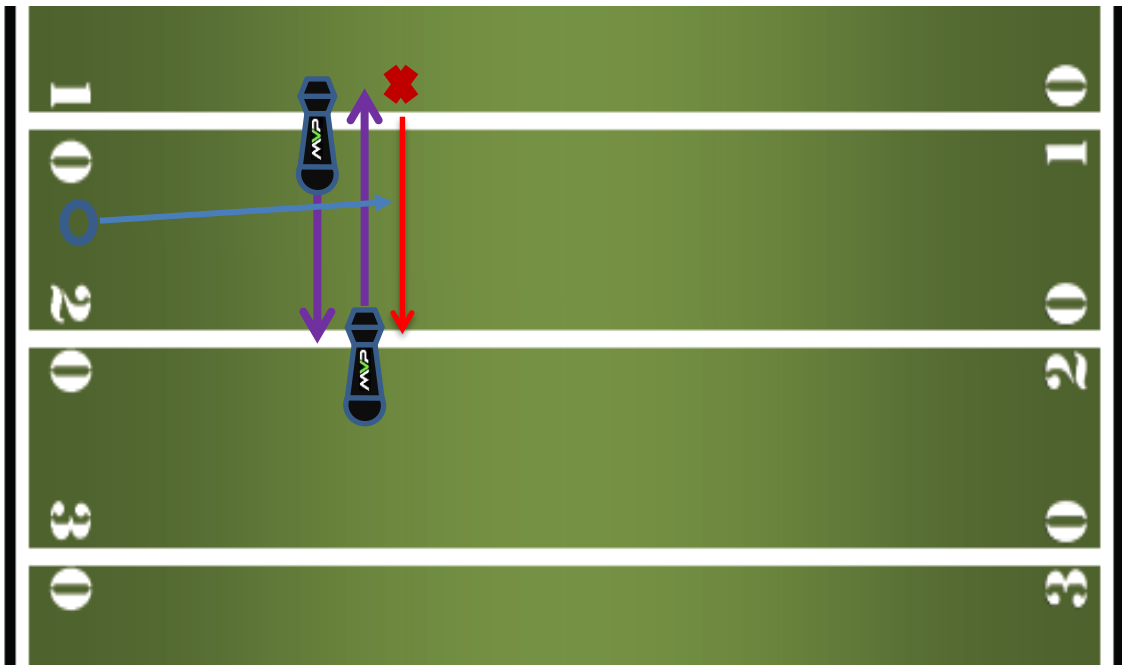
- Reaction
- Cut-block technique

Drill Description:

- Player will track and react to the MVP as it simulates a defender coming up to make the play
- Player must attack the MVP and execute an appropriate cut-block using the right technique and leverage

WR/TE

MVP Distraction Catch



Skills Trained:

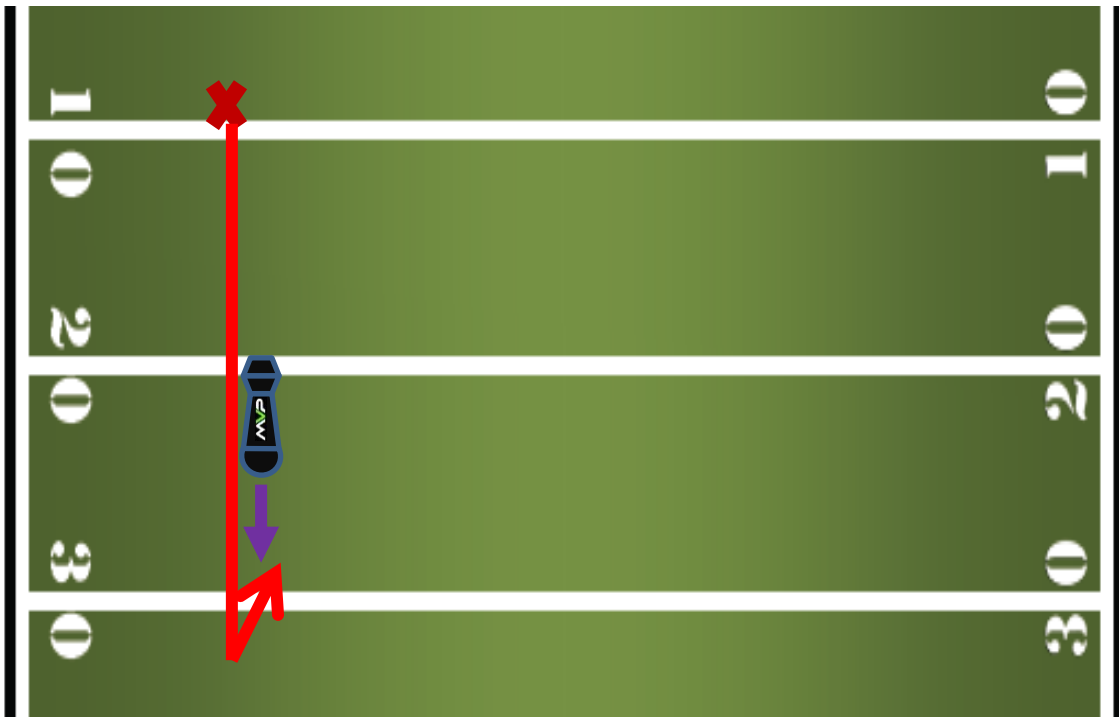
- Reaction
- Catching
- Concentration

Drill Description:

- Player will run back and forth catching balls from the coach as a MVP(s) will run back and forth, causing a distraction
- Player must concentrate to catch and tuck each ball

WR/TE

MVP Top of the Route



Skills Trained:

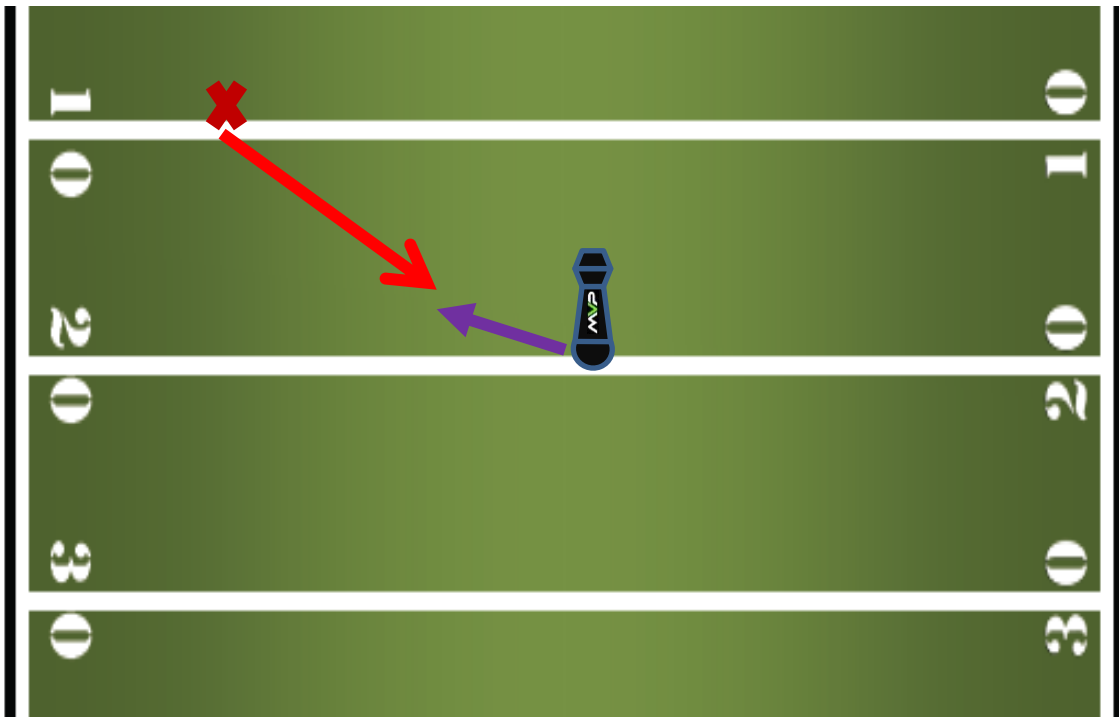
- Physicality
- Hands at top of the route

Drill Description:

- Player runs route
- At the top of the route, the Player must react and be physical to gain leverage and win
- MVP will simulate a defender at the top of a route

WR/TE

MVP Crack Block



Skills Trained:

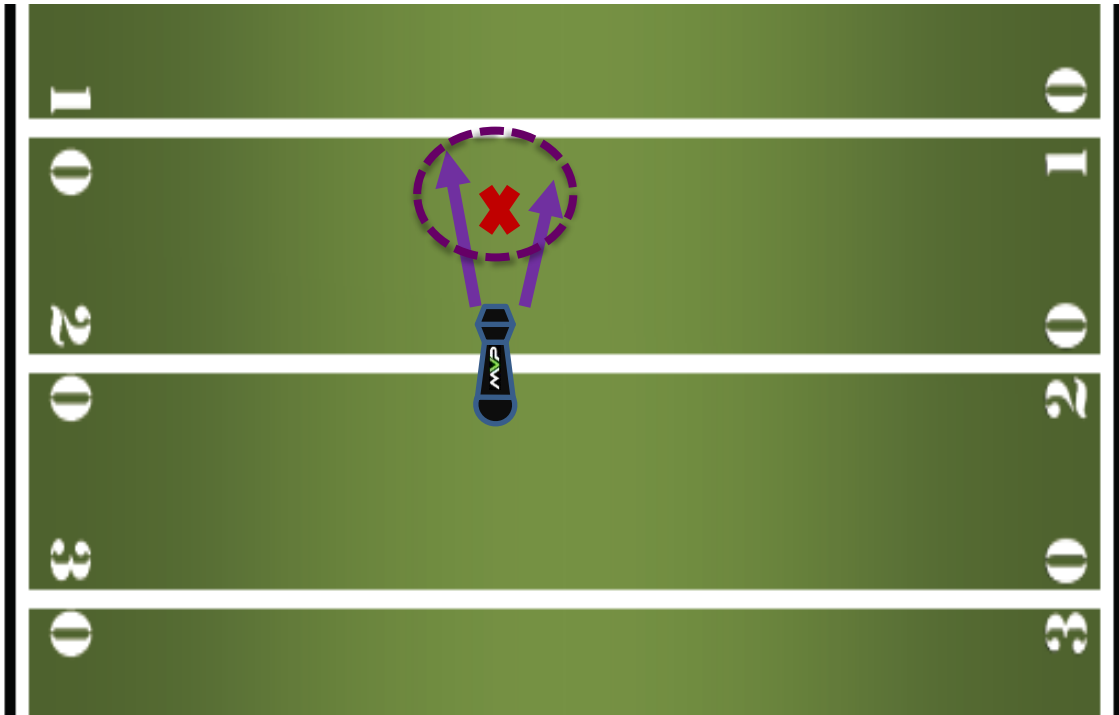
- Leverage
- Proper angles
- Aggressiveness
- Blocking technique

Drill Description:

- MVP will simulate a linebacker as they track a swing pass or sweep
- Player will take appropriate angle to perform a crack block

WR/TE

MVP Returner Distraction



Skills Trained:

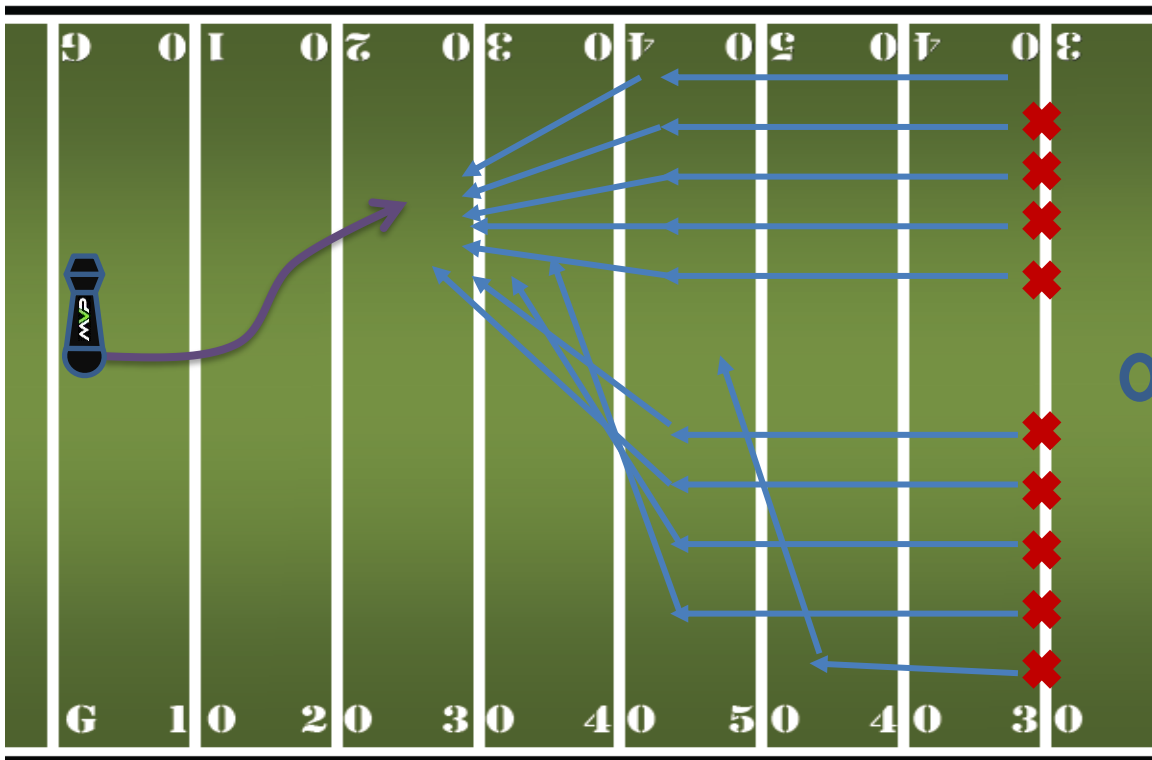
- Concentration
- Hands

Drill Description:

- MVP(s) will circle or speed by the Player as they catch a punt or kick
- Player must focus to block out the distractions around him to catch the ball

SPECIAL TEAMS

MVP Kick-off Coverage



Skills Trained:

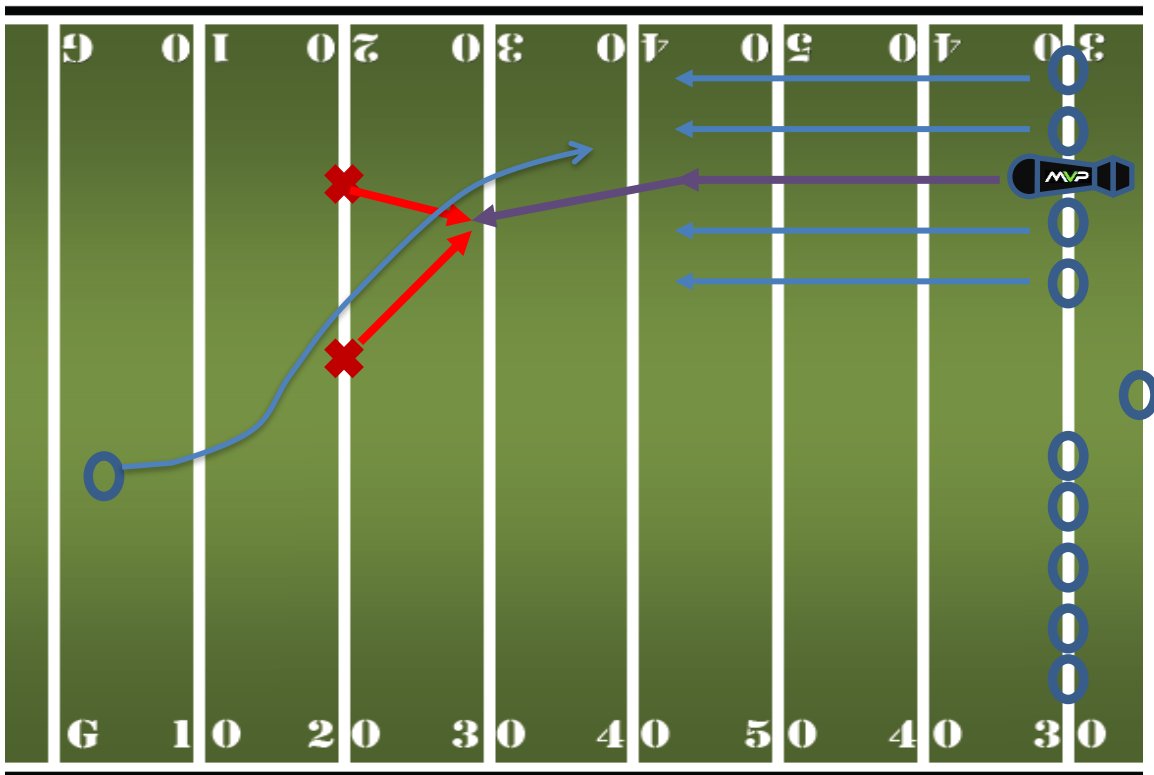
- Pursuit angles
- Tracking
- Maintaining leverage and lanes

Drill Description:

- MVP will simulate the movements of a kickoff returner
- Players must maintain leverage and land distribution
- Players must tag off or finish with a form tackle on the returner

SPECIAL TEAMS

MVP Kick-return Double Team



Skills Trained:

- Proper angles
- Aggressiveness
- Double-team technique

Drill Description:

- MVP will simulate a player running down on Kick-off Coverage
- Players will take appropriate angles and technique to ensure a double team on the MVP

SPECIAL TEAMS