

# 2018 Shepherd Hill Defensive Back Offseason Manual

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**A “*typical*” summer week:**

**Monday**

AM: SH workout, post workout drills

PM: Rest

**Tuesday**

AM: SH agility workout, post workout drills

PM: Speed Camp

**Wednesday**

AM: SH workout, post workout drills

PM: Rest

**Thursday**

AM: SH agility workout, post workout drills

PM: Speed Camp

**Friday**

AM: SH workout, post workout drills

PM: Rest

**Saturday**

Rest Day

**Sunday**

AM: Rest Day

PM: Passing League

# DB Workouts

## **Monday-Wednesday-Friday**

Coach Holland will coach all players through a workout routine designed to maximize strength and durability in the SH weight room.

### **Post-lift drills specifically for Defensive Backs:**

**Reverse Grip Bench**

**Resistance Lunge**

**Resistance Shuffle**

**Resistance Backwards Lunge**

**Agility Ladder**

## **Tuesday-Thursday**

Captains will lead all players through workouts designed to increase agility, speed and conditioning on the SH turf or lower fields.

### **Post-lift drills specifically for Defensive Backs:** (Pick any 5 for a given day)

#### **Side Shuffle to Crossover Run:**

Align with one foot on the goal line and begin shuffling upfield, after 5-7 yards transition into a crossover run. Finish by full sprinting 10 yards

#### **“J” Drill:**

Start in an angled stance. Begin to shuffle out. As the receiver breaks your cushion start your crossover run. When you lose sight of the receiver behind you, flip over your upfield shoulder and drive towards the sideline/receiver

### **Backpedal to Angle Run:**

Begin in a balanced stance. Backpedal for 8-10 yards and then breaks at a vertical 45 degree angle to simulate playing the deep half

### **Man Mirror Drill:**

Align face to face with a partner. One partner begins to juke the defender. As the defender you must stay mirrored to the receiver's hip while maintaining proper positioning

### **Tip Drill:**

Align with 2 players back to front and another player 15 yards away with a ball. As the ball is thrown, the player in front should tip the ball high into the air and the player behind him should high point the football

### **Shuffle to 45 Degree Break:**

Align at an angle with one foot on the goal line. Shuffle for 3-4 yards. Break at a 45 degree angle, simulating a break on a hitch or slant route

### **Shuffle to 90 Degree Break:**

Align at an angle with one foot on the goal line. Shuffle for 3-4 yards. Break at a 90 degree angle, simulating a break on an "in" or "out" route

### **4 Cone Drill:**

Align 4 cones in a square with each cone being 15 yards apart. Start by sprinting to the first cone directly ahead. Then shuffle sideways to the next cone. Next, backpedal to the cone behind you and finish by shuffling to the initial cone. Repeat in both directions

**Here is a link to an article detailing many drills with video examples:**

<http://www.greatcornerback.com/cornerback-drills.html>

**Speed Camp:**

It's encouraged that you sign up and participate in Coach Holland's Speed Camp on Tuesday and Thursdays. The camp is designed to increase explosive speed and agility.