



DEFENSIVE BACKS MASTER GUIDE



THE PERSONALITY OF A GREAT DEFENSIVE BACK

- Effort & hustle are everything
- Great passion for the game
- Intelligent -- understands all coverages and responsibilities
- Never unsure of himself -- supreme confidence
- Places the good of the defense before himself
- Wants to make the big play



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THE SKILLSET OF A GREAT DEFENSIVE BACK

- Good technique, fundamentally sound
- Always the best-conditioned player on the field
- Speed, quickness, and body control
- Great feet -- fluid and effective change-of-direction
- Understands route concepts and combos
- Can play man and zone efficiently
- Great ball skills
- Detailed knowledge of opponent
- Great vision -- see the whole picture



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THE WORK ETHIC OF A GREAT DEFENSIVE BACK

- Works hard in all situations
- Takes advantage of every rep
- Film study is a daily routine
- Embraces all competition
- Willingness to spend extra time improving weaknesses
- Trains speed and strength year round
- Hyper-focused attention to detail



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GOALS AT FOOTBALL UNIVERSITY

- Improve technically, mentally, and physically
- Learn a good stance and proper alignments
- Learn fundamentals of good open field tackling
- Improve in man and zone coverages
- Learn how to effectively study film



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MOVEMENT PREP / WARM-UP

Long arm skip (forward & backward) – 20 yards

Lateral overhead skip – 2 sets, 20 yards

Carioca – 2 sets, 20 yards

Tapioca – 2 sets, 10 yards

Snapioca – 2 sets, 20 yards

High-knees – 2 sets, 10 yards

Butt kicks – 2 sets, 10 yards

Leg cradle – 2 sets, 10 yards

Forward lunge – 2 sets, 10 yards

Forward lunge (with twist) – 2 sets, 10 yards

Backward lunge (with twist) – 2 sets, 10 yards

Forward lunge (elbow to instep) – 2 sets, 10 yards

Hand walks – 4 sets, 10 yards

Hamstring march – 2 sets, 15 yards

Hamstring skip – 2 sets, 15 yards

Lateral lunge – 2 sets, 10 yards

Drop-step lunge – 2 sets, 10 yards

Linear skip (forward & backward) – 15 yards

Lateral skip – 2 sets, 10 yards



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OFFSEASON WORK / JANUARY - JUNE

Drills designed to strengthen core and lower body

- Sprint training
- Quickness and change-of-direction training
- Backpedal -- weave, flip, 180-degree break, 45-degree break
- Plant and drive
- Four-cone drills -- 45-degree break, open, pivot, head turn
- Catching -- thumbs together, highest point



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PLYOMETRIC ROUTINE / JANUARY - JUNE

Linear – [Monday & Thursday]

- Linear Bound - 3 Sets, 8 Reps
- Box Jump - 5 Sets, 10 Reps
- Vertical Pop - 3 Sets, 8 Reps
- Hurdle Jump - 3 Sets, 8 Reps
- Wall Squat - 3 Sets, 30 Seconds Each Set
- Single Leg Squat - 3 Sets, 8 Reps Each Leg

Multi-Directional – [Tuesday & Friday]

- Lateral Bound - 3 Sets, 8 Reps
- Lateral Box Hops - 5 Sets, 10 Reps
- 180-Degree Box Jumps - 3 Sets, 8 Reps
- Lateral Shuffle: 6 Cones - 4 Sets



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WORDS OF WISDOM

It takes great confidence to be the leader of the defense. Everyone can see that you are the leader, and that you dictate the tempo and aggression of your defense.

Confidence is evident when a player is prepared. Your preparedness will show itself on the field, in your communication and in your ability to react to each play.

Prepare to make plays in crucial situations – it is the time when your team needs you to step up.

Relentlessly pursue perfection.

Place the team first -- it is more important than you.



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WORDS OF WISDOM

The journey of a thousand miles starts with a single step. Football success is a long road, walked one day at a time.

Bounce up every time you are knocked down. Get up and get some more. It's not where you are, it's where you are going.

Be overprepared for the opportunity you wish to receive -- whatever it may be (starting, playing, etc.) it may come just once in your career. Be ready.

Leave your ego at the door.



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WORDS OF WISDOM

“Work hard and believe in yourself, even when nobody else believes in you.” – Richard Sherman

“I hated every minute of training. But I said, ‘Don’t quit. Suffer now and live the rest of your life as a champion.’” – Muhammad Ali



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