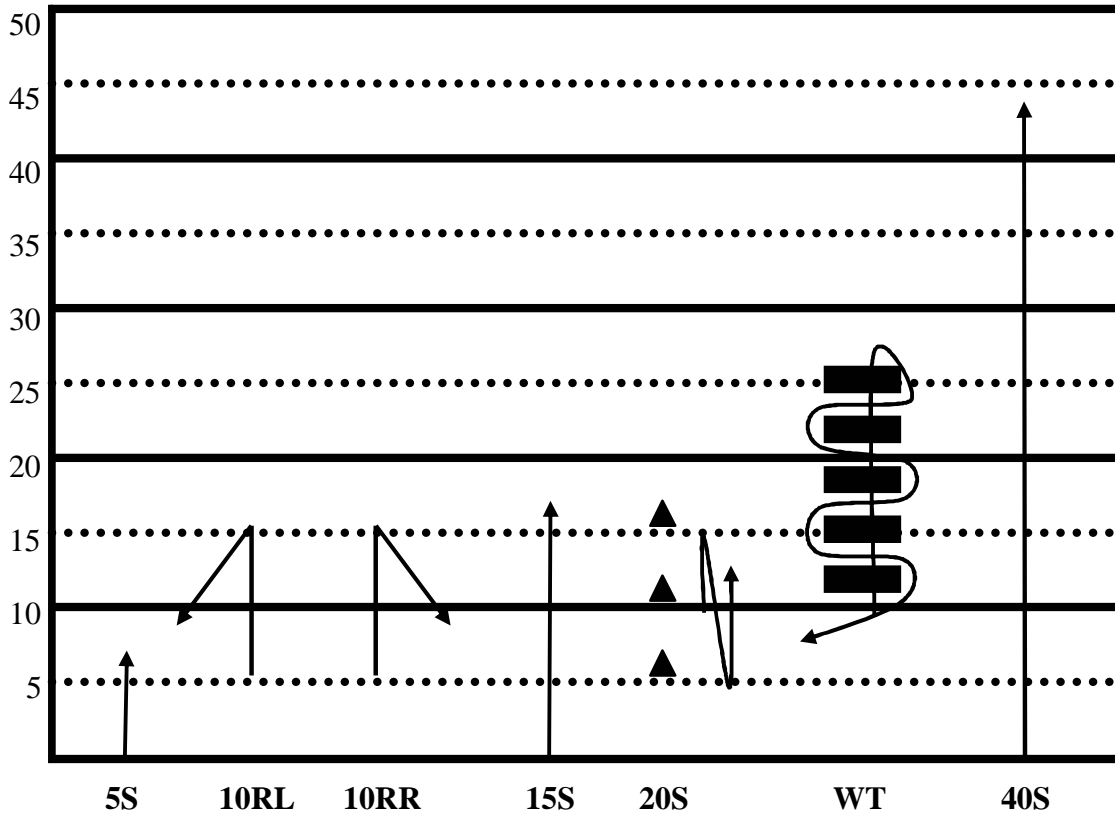# Wilkes University
Football Position Specific Drills
Defensive Line
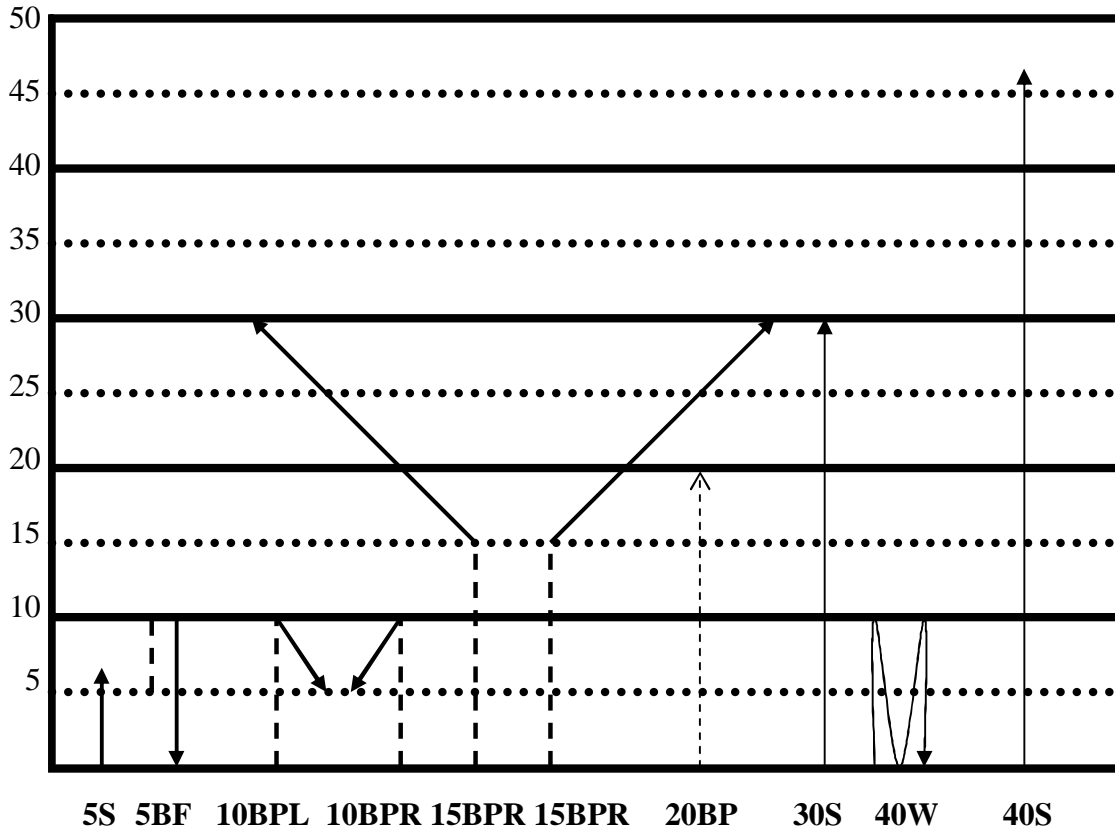

Movement Descriptions

5S – 5 yard sprint
10RL – 10 yard rush, retreat left at 45 degrees to the sideline
10 RR – 10 yard rush, retreat right at 45 degrees to the sideline
15S – 15 yard sprint
20S – 20 yard shuttle (pro agility)
WT – Weave & Trash Drill w/5 yard sprint out
40S – 40 yard sprint

Set 1	Set 2	Set 3	Set 4	Set 5
10RL	15S	5S	10RR	20S
WT	5S	WT	5S	15S
40S	20S	40S	WT	5S
5S	40S	10RR	40S	10RL
15S	10RL	15S	40S	5S
5S	WT	5S	5S	40S
10RR	5S	40S	15S	5S
20S	5S	10RL	20S	WT
5S	15S	20S	5S	10RR
40S	10RR	5S	10RL	15S
Rest	Rest	Rest	Rest	Rest

Defensive Backs

Movement Descriptions

5S – 5 yard Sprint

5BF – 5 yard back-pedal, sprint forward 10 yards

10BPL – 10 yard back-pedal, break forward at 45 degrees to the left 5 yards

10BPR – 10 yard back-pedal, break forward at 45 degrees to the right 5 yards

15BPL – 15 yard back-pedal, turn and sprint 20 yards at 45 degrees to the left

15BPR – 15 yard back-pedal, turn and sprint 20 yards at 45 degrees to the right

20BP – 20 yard back-pedal

30S – 30 yard sprint

40W – W drill to 10 and back

40S – 40 yard sprint

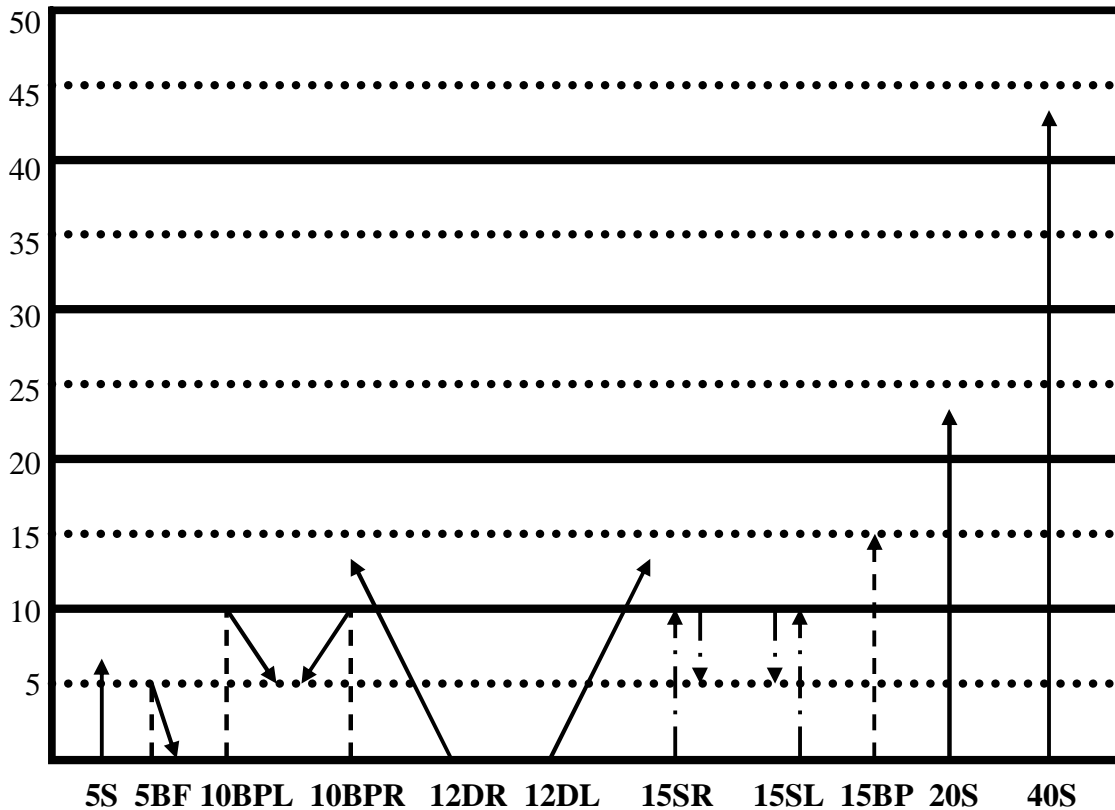| Set 1	Set 2	Set 3	Set 4	Set 5
10BPL	**30S**	**10BPR**	**5BF**	**15BPR**
20BP	**5S**	**20BP**	**40W**	**5BF**
40S	**10BPR**	**40S**	**20BP**	**10BPL**
5S	**40W**	**10BPL**	**40S**	**5S**
15BPR	**40S**	**15BPR**	**40S**	**20BP**
30S	**15BPL**	**40W**	**5S**	**40S**
10BPR	**5BF**	**40S**	**10BPL**	**15BPL**
40W	**15BPR**	**5S**	**10BPR**	**40W**
5BF	**10BPL**	**15BPL**	**30S**	**30S**
40S	**20BP**	**30S**	**15BPR**	**10BPR**
Rest	**Rest**	**Rest**	**Rest**	**Rest**

Linebackers

Movement Descriptions

5S – 5 yard sprint
5BF – 5 yard back pedal, sprint forward 5 yards
10BPL – Back pedal 10 yards, break left on a 45 degree angle forward for 5 yards
10BPR – Back pedal 10 yards, break right on a 45 degree angle forward for 5 yards
12DR – 12 yard drop to the right
12DL – 12 yard drop to the left
15SR – Shuffle left for 10 yards, plant, and then shuffle to the right for 5 yards
15SL – Shuffle right for 10 yards, plant, and then shuffle to the left for 5 yards
15 BP – 15 yard back pedal
20S – 20 yard sprint
40S – 40 yard sprint

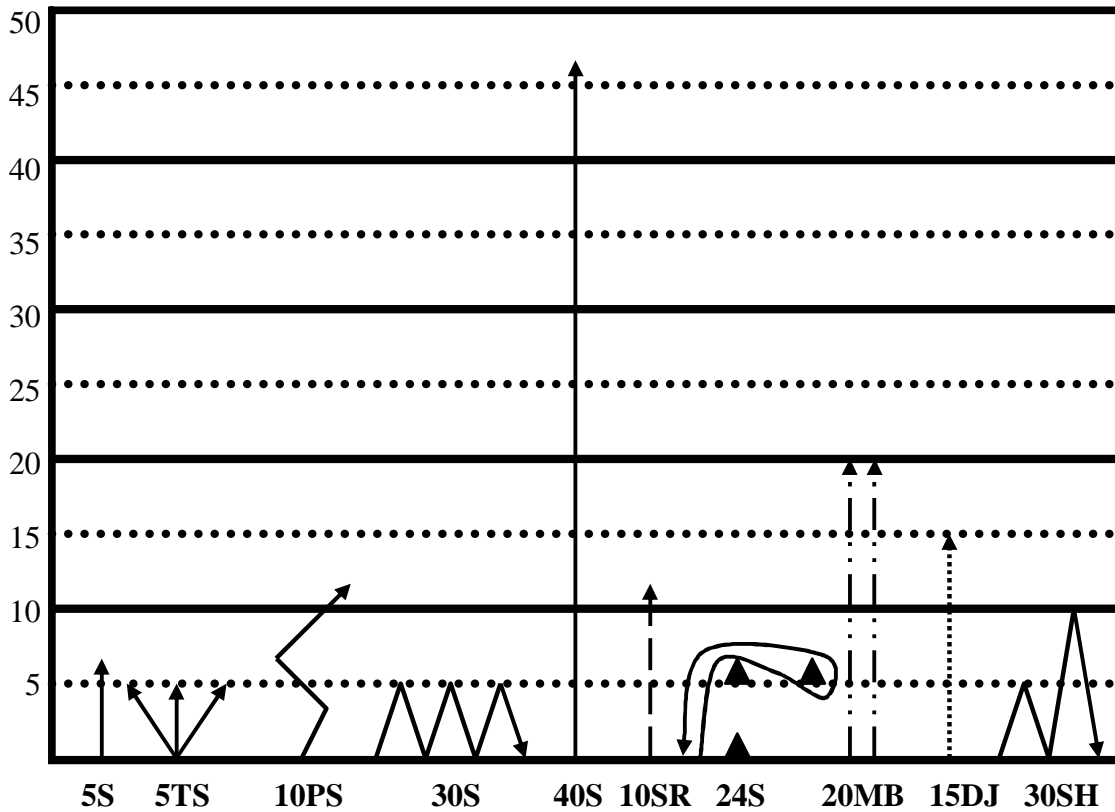| Set 1	Set 2	Set 3	Set 4	Set 5
10BPL	**5BF**	**12DL**	**10BPR**	**15SR**
12DR	**10BPR**	**15SR**	**12DR**	**5BF**
40S	**15SL**	**40S**	**15BP**	**20S**
20S	**40S**	**5S**	**40S**	**12DL**
5S	**10BPL**	**10BPL**	**40S**	**10BPR**
12DL	**20S**	**20S**	**5BF**	**40S**
15SR	**15BP**	**40S**	**15SR**	**5S**
5BF	**12DL**	**15SL**	**20S**	**20S**
15SL	**12DR**	**10BPR**	**10BPL**	**15BP**
40S	**5S**	**15BP**	**15SL**	**12DR**
Rest	**Rest**	**Rest**	**Rest**	**Rest**

Offensive Line

Movement Descriptions

5S – 5 yard sprint
5TS – 5 yard triangle shuffle
10PS – 10 yard pass shuffle at a 30 degree angle backwards (with 45 lb plate)
30S – 30 yard shuttle
40S – 40 yard sprint
10SR – 10 yard set-reset, etc. (facing sidelines)
24S – 24 yard shuttle drill (3 cone test)
20MB – 20 yard medicine ball repels
15DJ – 15 yard double leg jumps
30SH – 30 yard shuttle

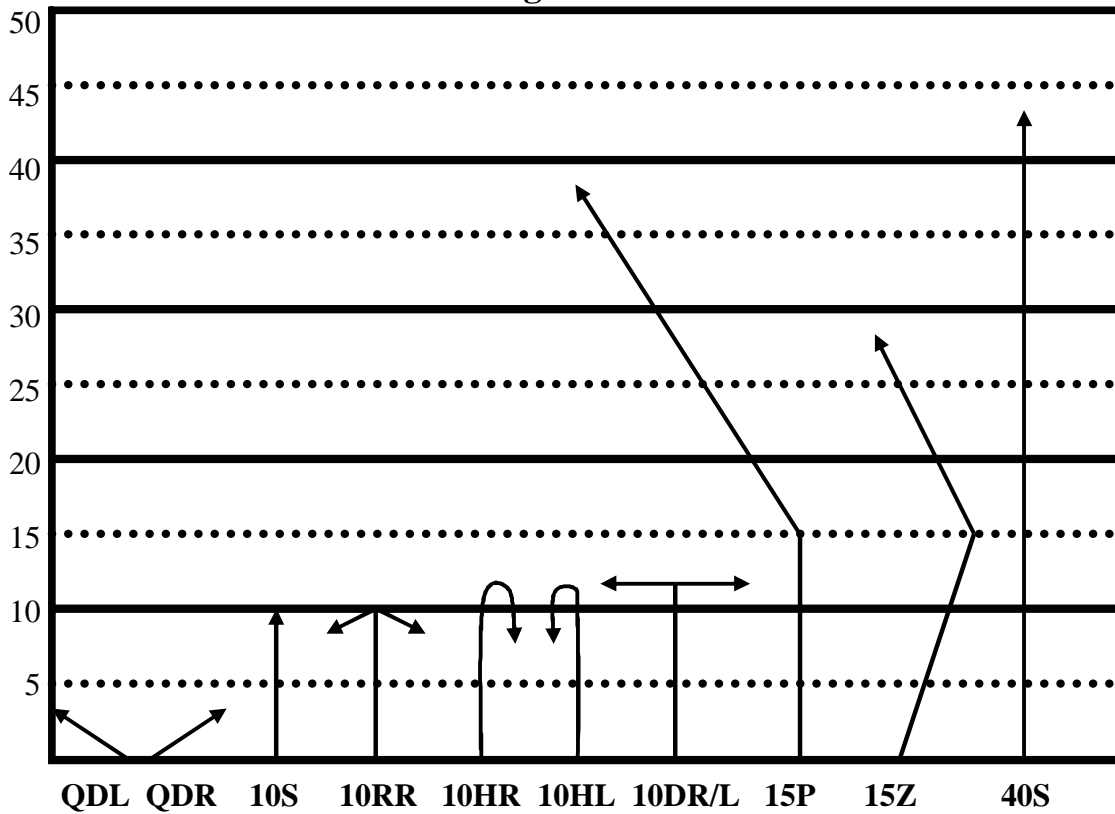| Set 1	Set 2	Set 3	Set 4	Set 5
5TS	5S	5S	10SR	40S
10PS	24S	10SR	24S	5S
40S	5TS	15DJ	5TS	5TS
10SR	5S	40S	10PS	20MB
5S	10PS	5S	30S	30S
24S	30SH	20MB	5S	24S
30S	20MB	30S	40S	5S
15DJ	10SR	10PS	20MB	15DJ
5S	40S	5S	30SH	30SH
30SH	5S	5TS	5S	5S
Rest	Rest	Rest	Rest	Rest

Tight Ends

Movement Descriptions

QDL – quick diagonal left
QDR – quick diagonal right
10S – 10 yard sprint
10RR – 10 yard read route (left of right)
10HR – 10 yard hook right
10HL – 10 yard hook left
10DR/L – 10 yard drag left or right
15P – 15 yard post run to 40 yards
15Z – 15 yard z route
40S – 40 yard sprint

Set 1	Set 2	Set 3	Set 4	Set 5
10DL	10DR	15P	15Z	40S
15Z	10S	QDL	10RR	QDR
40S	10HL	40S	15Z	10DL
10HL	40S	10HR	40S	10HR
10HR	QDL	10RR	40S	10HL
10S	10RR	10DR	QDL	40S
15P	15Z	40S	10S	10DR
10DR	10DL	10HL	QDR	10RR
QDL	QDR	15P	10DR	15P
40S	40S	QDR	10HR	10S
Rest	Rest	Rest	Rest	Rest

Wide Receivers

12SL 18DR 15O 6SLL 20PR 15C 40S 6SLR 12L 6H 20S 20Q 18DL
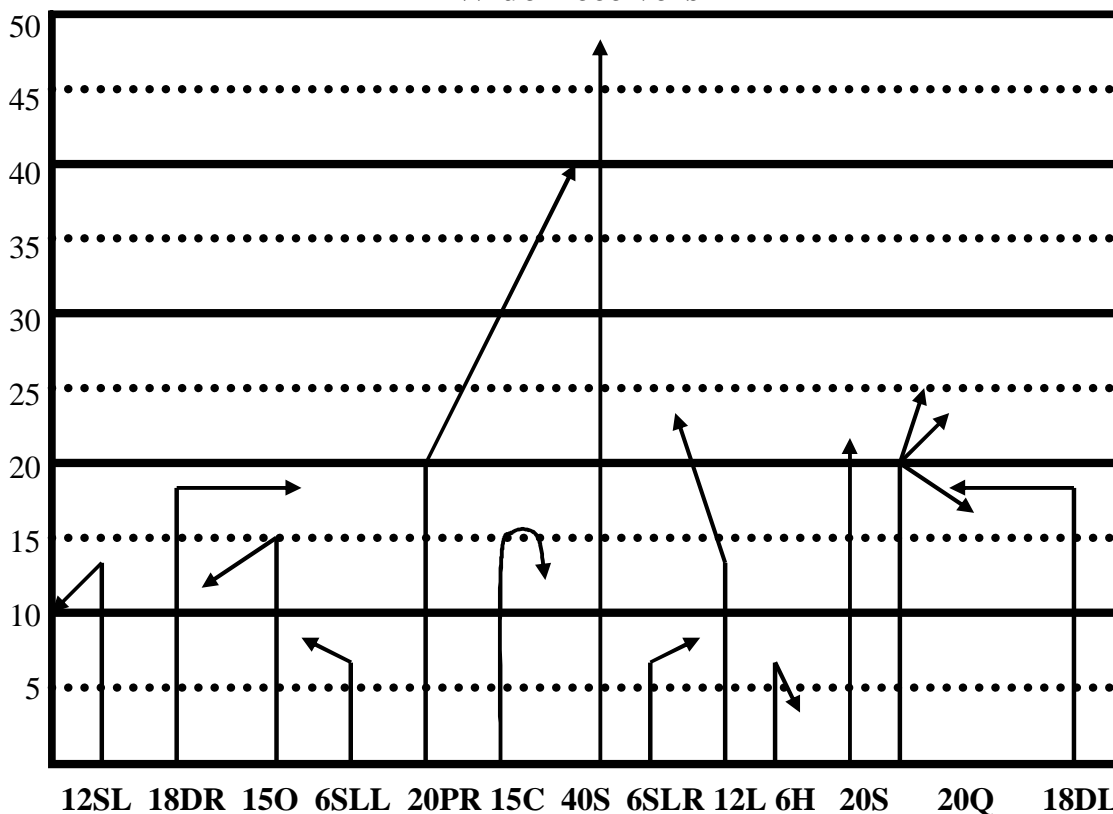
Movement Descriptions
12SL – 12 yard sideline
18DR – 18 yard dig to the right
15O – 15 yard out
6SLL – 6 yard slant to the left
20PR – 20 yard post to the right
15C – 15 yard curl
20S – 20 yard sprint
40S – 40 yard sprint
6SLR – 6 yard slant to the right
12L – 12 yard look
6H – 6 yard hitch
20Q – 20 yard Q route
18DL – 18 yard dig to the left

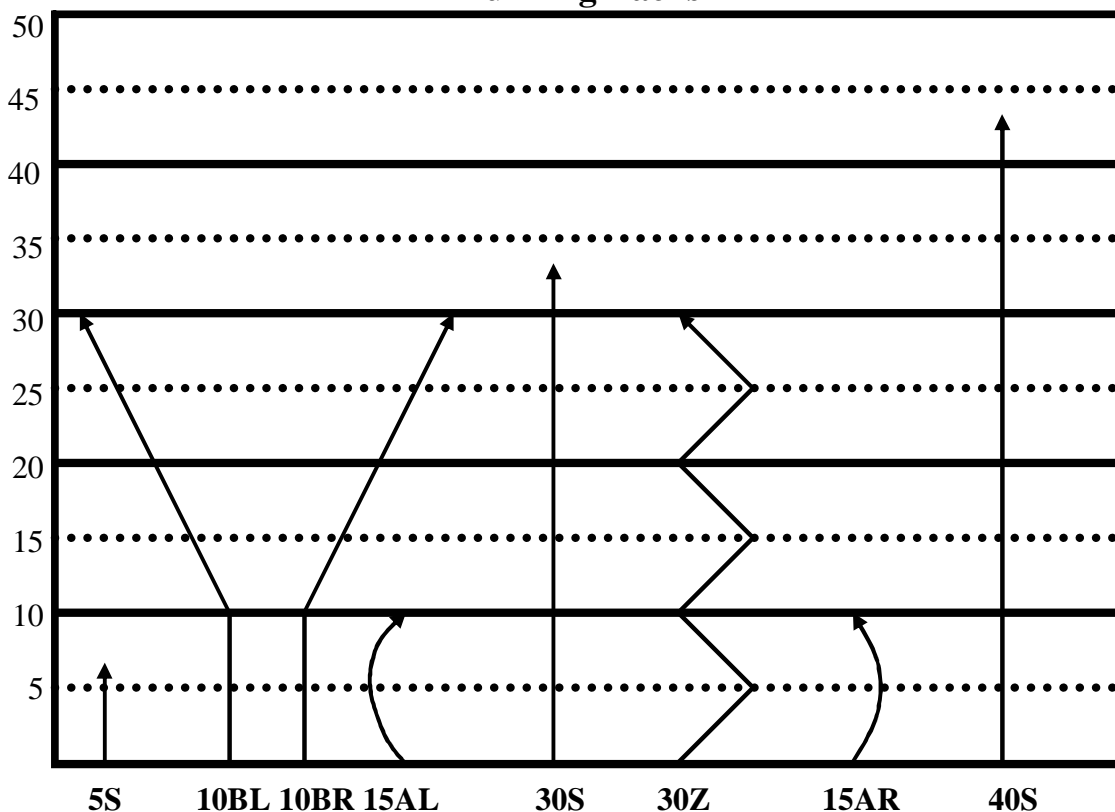| Set 1	Set 2	Set 3	Set 4	Set 5
18DR	6SLL	18DR	6SLR	20Q
15O	20PR	18DL	20Q	15C
40S	18DL	40S	6SLL	20PR
12L	40S	20S	40S	18DL
20Q	6SLR	6H	40S	18DR
15C	15O	6SLL	12SL	40S
12SL	20S	40S	20S	12L
6H	12SL	15C	6SLR	15O
20S	6H	12L	15O	12SL
40S	20Q	20PR	12L	6H
Rest	Rest	Rest	Rest	Rest

Running Backs

Movement Descriptions

5S – 5 yard sprint
10BL – 10 yard sprint, break left to the 30 yard line
10BR – 10 yard sprint, break right to the 30 yard line
**15AL** – 15 yard arc to the left (open step)
30S – 30 yard sprint
30Z – 30 yard zig zag every 5 yards
15AR – 15 yard arc to the right (open step)
40S – 40 yard sprint

Set 1	Set 2	Set 3	Set 4	Set 5
10BR	5S	10BR	30S	15AL
15AL	30Z	40S	5S	40S
40S	15AR	30Z	10BR	30Z
5S	10BL	40S	40S	30Z
10BL	40S	5S	30Z	5S
30Z	5S	15AL	10BL	40S
40S	30Z	10BL	5S	10BL
10BR	30Z	30Z	40S	15AR
5S	40S	30Z	15AL	30Z
30S	15AL	5S	10BR	5S
Rest	Rest	Rest	Rest	Rest

Quarterbacks
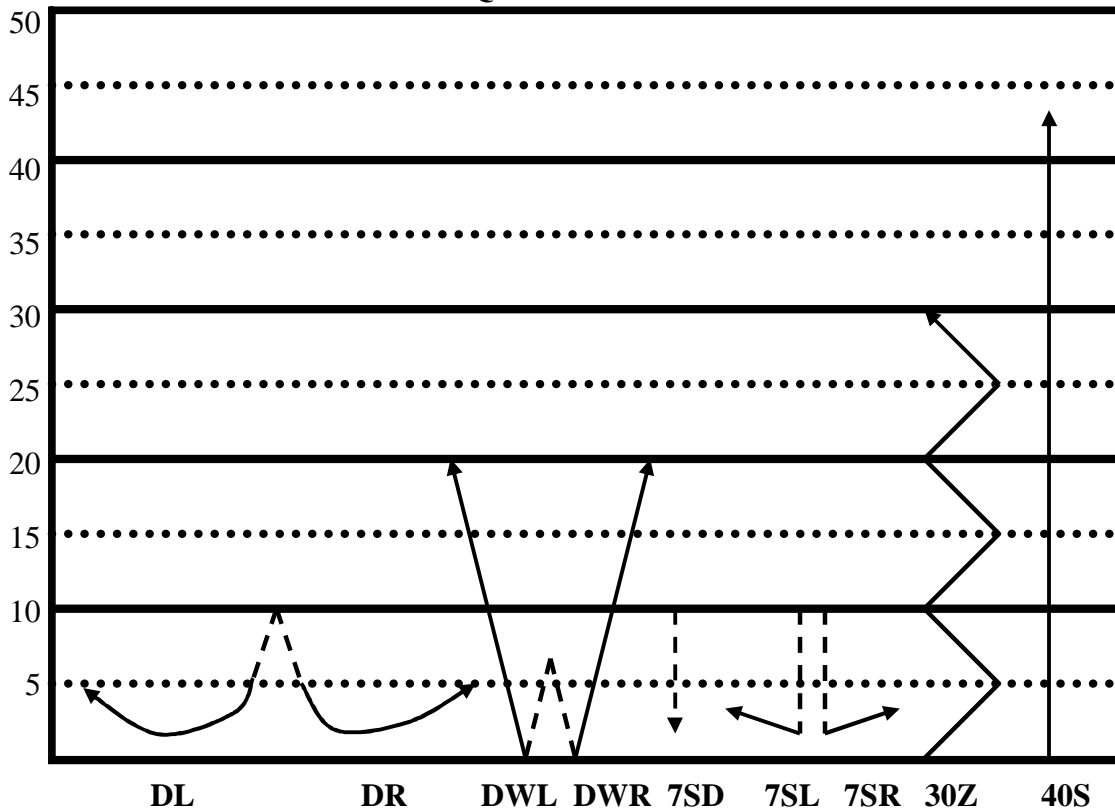
Movement Descriptions

DL – drop 3 steps, dash to the left for 15 yards
DR – drop 3 steps, dash to the right for 15 yards
DWL – drop 5 steps, dash forward to the left for 20 yards
DWR – drop 5 steps, dash forward to the right for 20 yards
7SD – 7 step drop
7SL – 7 step drop, scramble to the left to the numbers
7SR – 7 step drop, scramble to the right to the numbers
30Z – sprint 30 yards, zig zag every 5 yards
40S – 40 yard sprint

Set 1	Set 2	Set 3	Set 4	Set 5
DL	DR	DWL	7SR	40S
DWR	DWL	DR	DWL	DR
40S	7SD	7SL	DL	DWL
7SR	40S	7SR	40S	30Z
30Z	DL	40S	40S	7SR
DR	DWR	7SD	7SD	7SD
DWL	7SL	40S	30Z	DL
7SD	40S	DL	7SL	40S
7SL	30Z	DWR	DR	DWR
40S	7SR	30Z	DWR	7SL
Rest	Rest	Rest	Rest	Rest