

WIAA COACHES CLINIC
AUGUST 1-2 2008
WAYNE RINER
TEACHES FOOTBALL TECHNIQUE

1. TEACHING CONER 2 TECHNIQUES DRILL

- A. CONE DRILL SHUFFLING HANDS BEHIND BACK
- B. CONE DRILLS SHUFFLING WITH HANDS
- C. CONE DRILLS SHUFFLING THEN OPENING UP
- D. CONES DRILLS SHUFFLING OPEN UP THEN BREAKING
- E. BREAKING ON TOSS AND TAKING ON PULLING LINEMAN

2. SAFTIES DRILLS OUT OF COVER 2

- A. 2 WIDE RECIEVER DRILLS BREAKING DOWN HILL
- B. WIDE RECIEVER RUNNING ROUTES VS 2 SAFTIES

TEACHING COVER 3 TECHNIQUE AND DRILLS

1. ALIGNMENT

- A. SHOULDER TO SHOULDER
- B. WEAVE DRILLS
- C. POINT THE BUTT DRILL

2. STANCE

3. BACK PEDAL

- A. BACK PEDAL DRILLS

4. OPENING YOUR HIPS

- A. OPEN HIP DRILL

5. BREAKING OUT OF BACK PEDAL

- A. BREAKING RIGHT
- B. BREAKING LEFT
- C. STRAIGHT AHEAD

6. HIP POCKET DRILL

7. CAT AND MOUSE DRILL