

Match Hips

Drill Purpose: Teach defensive players to sink hips when runner does

Drill Instructions:

1. Def Player is 6 yards off line
2. WR then proceeds towards Def. Def take read steps/ back pedal.
3. WR then sink hips and chops feet every few yards as they both move down field
- Runner can also make a break in or out down the line forcing the defender to do the same.
4. Switch positions once reach end point of drill and repeat back to original spot.

Use RB vs LB as well in this drills.

Make it a fun game of “Mirror” for the younger players.

