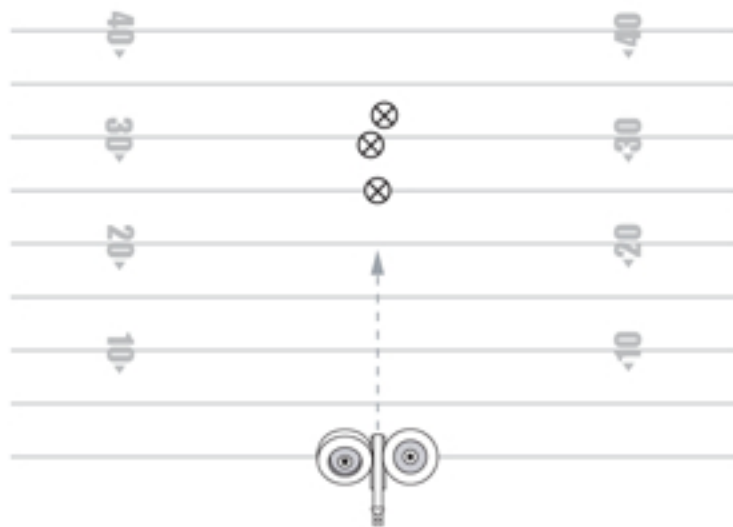


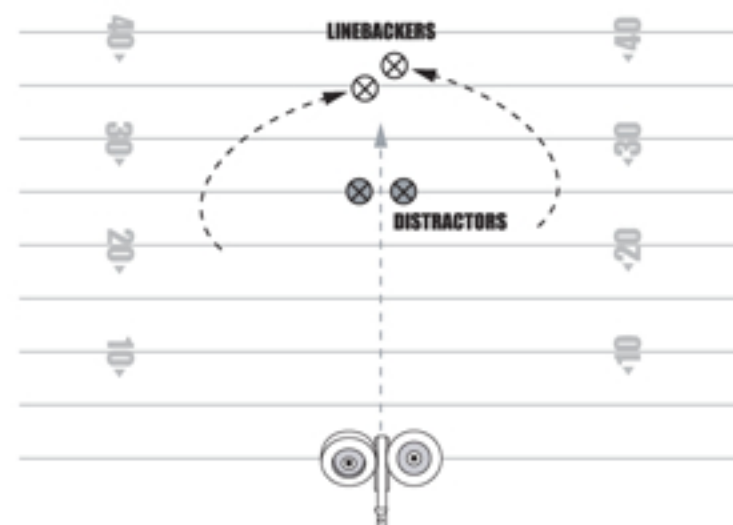
FOOTBALL MACHINE DRILLS

LINEBACKERS INTERCEPTION DRILL



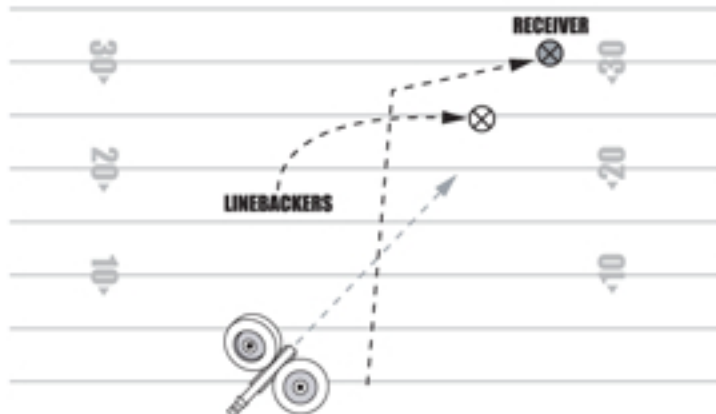
Players stand in single file twenty yards from machine—coming straight in. Start out by firing the ball high so they will have to jump for it and then go to a bad-ball drill.

LINEBACKERS DISTRACTION DRILL



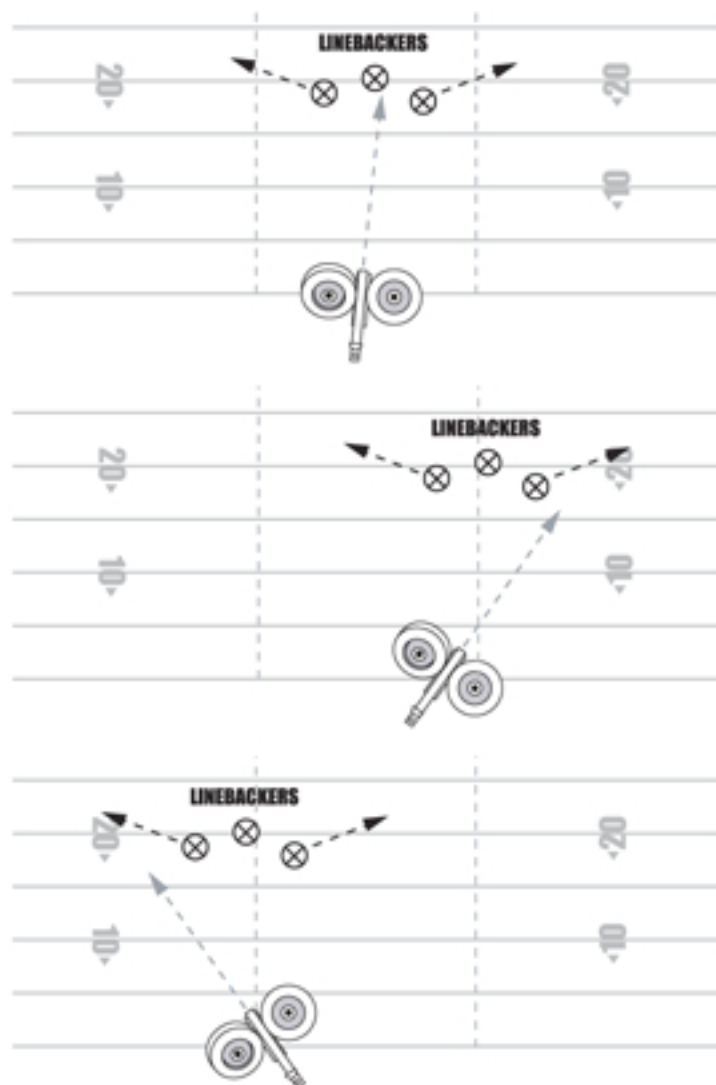
Two face each other, approximately 25 yards away from JUGS. They put their hands up and try to distract the linebacker making the interception.

LINEBACKERS UNDERNEATH-COVER DRILL



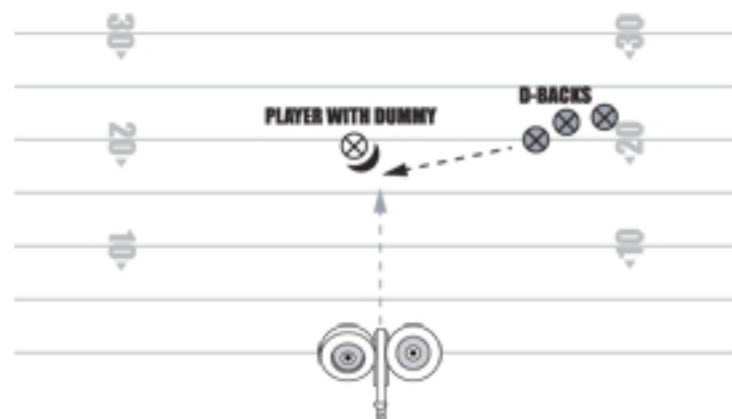
Have receivers run a wide route. The linebacker must sprint for coverage without getting in a chase position on the receiver.

LINEBACKERS ZONE-COVERAGE DRILL



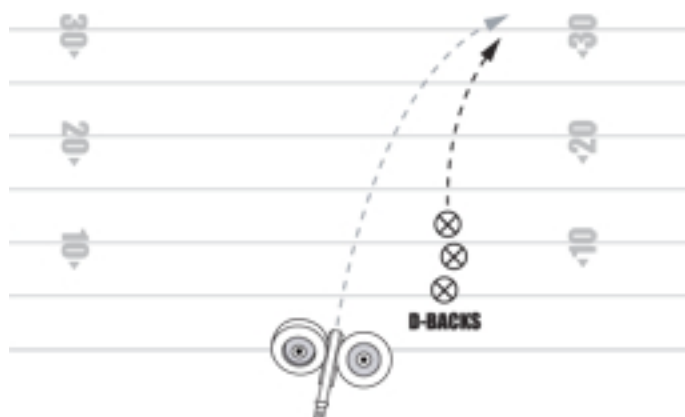
As the linebackers sprint to the correct zone, fire the ball in the general area of any linebacker.

DEFENSIVE BACKS DISTRACTION DRILL



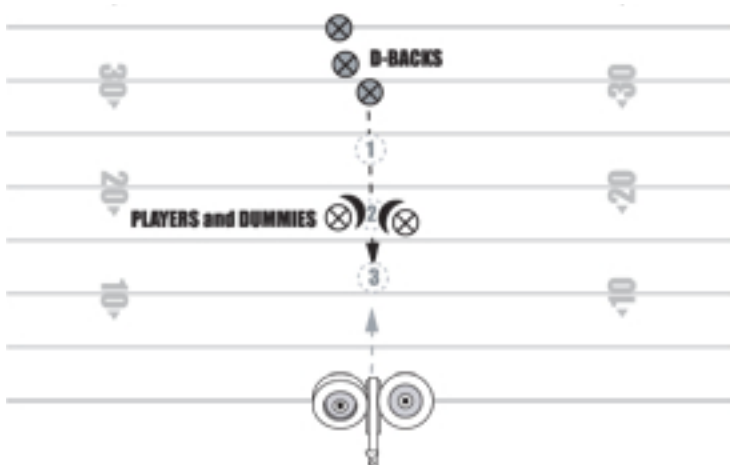
On command, the defensive back moves toward the player with the dummy and, as he moves in front and makes interception, he is bumped with the dummy.

DEFENSIVE BACKS OVER-THE-HEAD DRILL



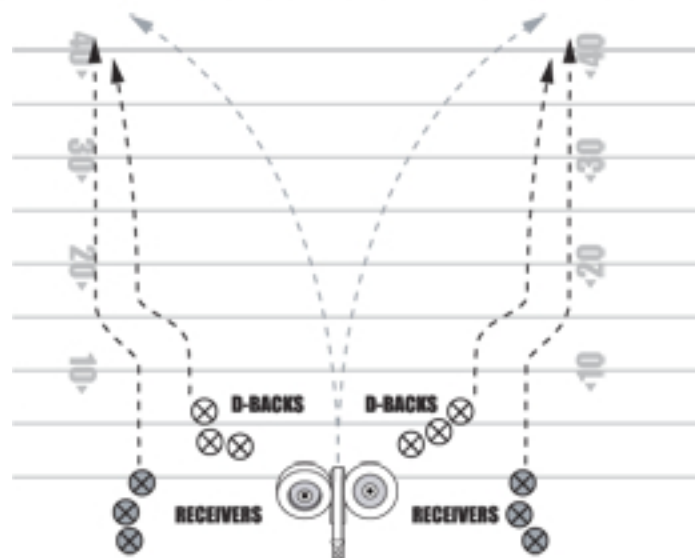
Defensive backs are lined up facing away from JUGS. Players run with their backs to JUGS and intercept the ball coming over their heads.

DEFENSIVE BACKS INTERCEPTION DRILL



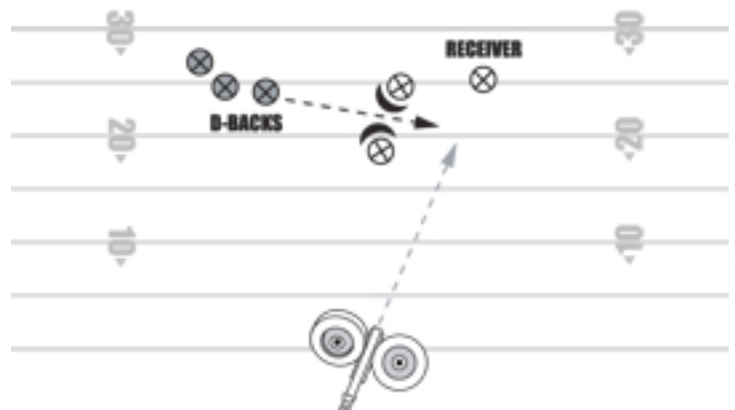
JUGS can shoot the ball between shields for three different types of interception drills: (1) before, (2) during and (3) after players come through.

DEFENSIVE BACKS POST-COVERAGE DRILL



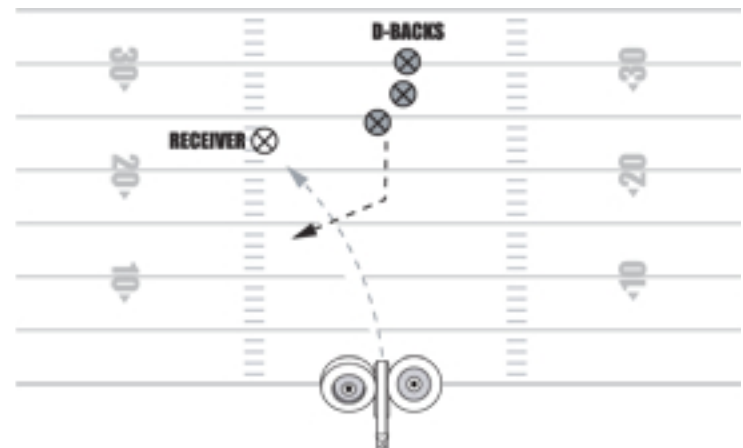
Backs alternate sides and practice coverage on long post patterns. All sorts of distances and arcs can be put on the passed ball.

DEFENSIVE BACKS CROSS-FIELD DRILL



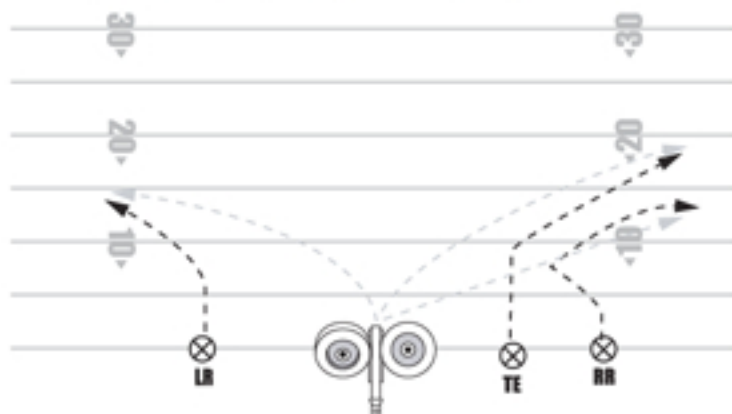
Players facing each other, hold blocking dummies as shields. Players must run through the shields, from the side, and intercept the ball.

DEFENSIVE BACKS HASH-TO-HASH DRILL



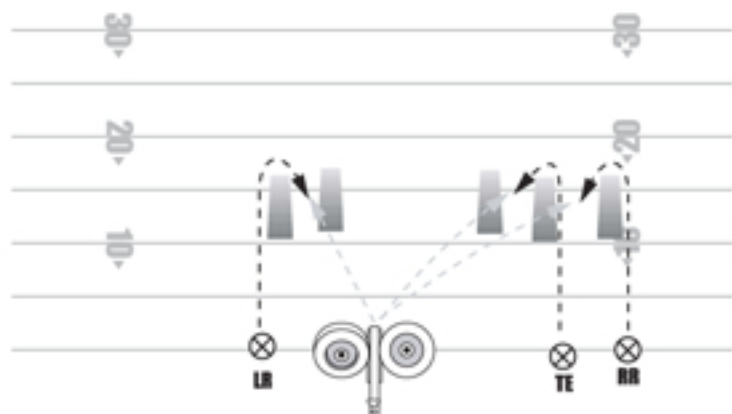
The player runs directly at JUGS then cuts for interception as the coach signals and fires the ball to one hash mark or the other.

PASS RECEIVERS SIDELINE DRILL



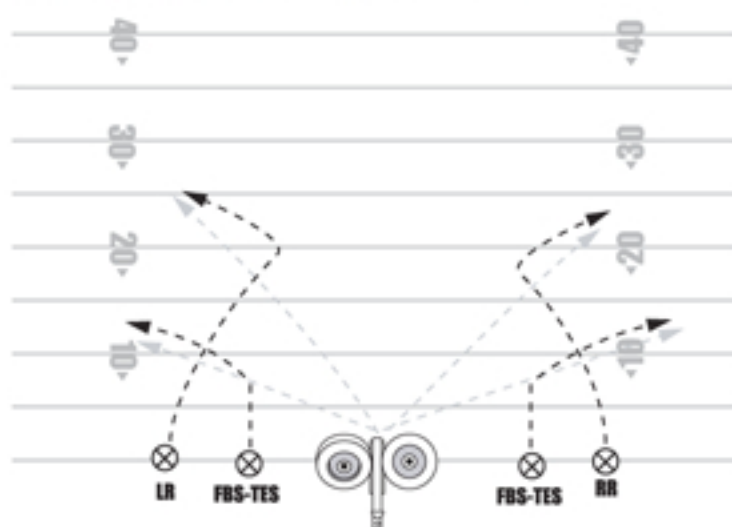
All types of speeds and arcs can be put on the ball for sideline-pass pattern practice. The coach can be positioned to watch for proper footwork.

PASS RECEIVERS CIRCLE DRILL



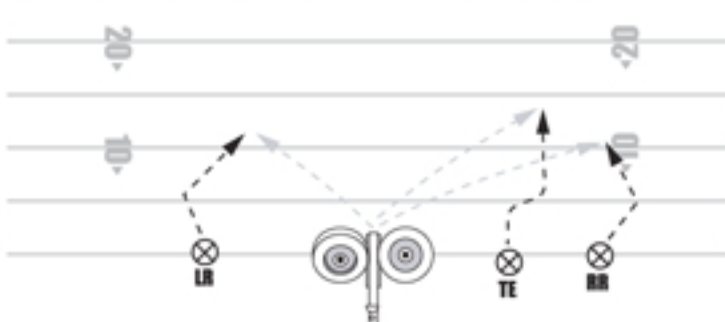
On command, the pass receiver circles outside the dummies and catches ball between the two. Alternate sides.

PASS RECEIVERS FLAT-PASS DRILL



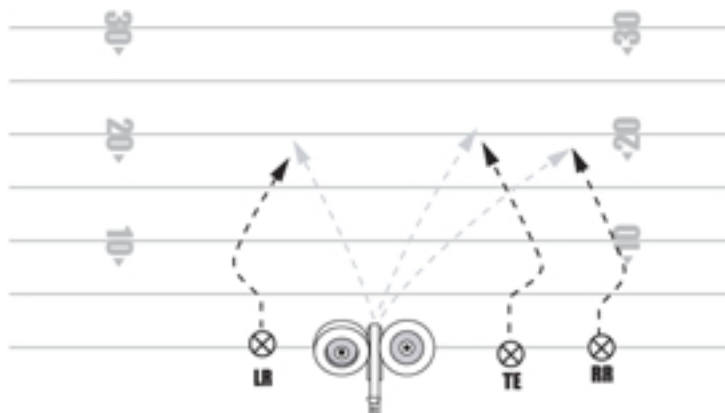
Receivers can practice cuts from the tight or split position, both short and long.

PASS RECEIVERS QUICK-POST DRILL



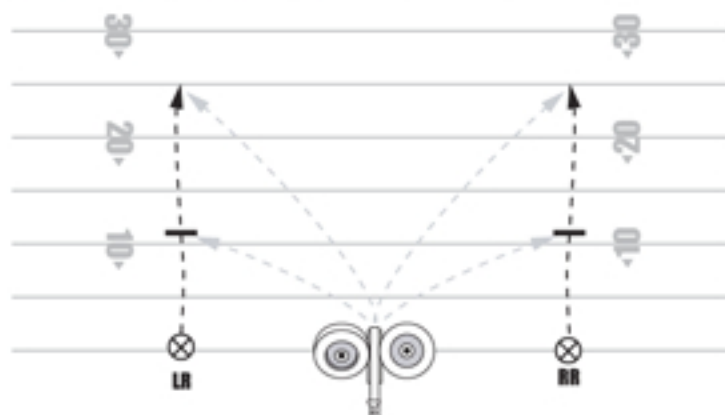
JUGS fires passes in rapid succession for running quick post patterns. This is good for tight ends splitting the seams.

PASS RECEIVERS POST-PATTERN DRILL



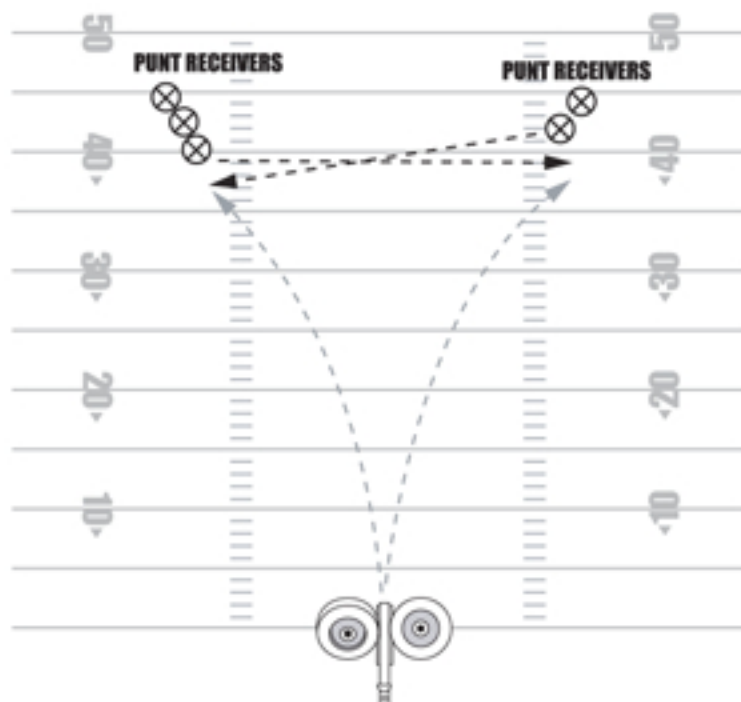
Position the pass so that receivers sprint out for the pass. Keep all receivers running in a circle.

PASS RECEIVERS STOP & GO DRILL



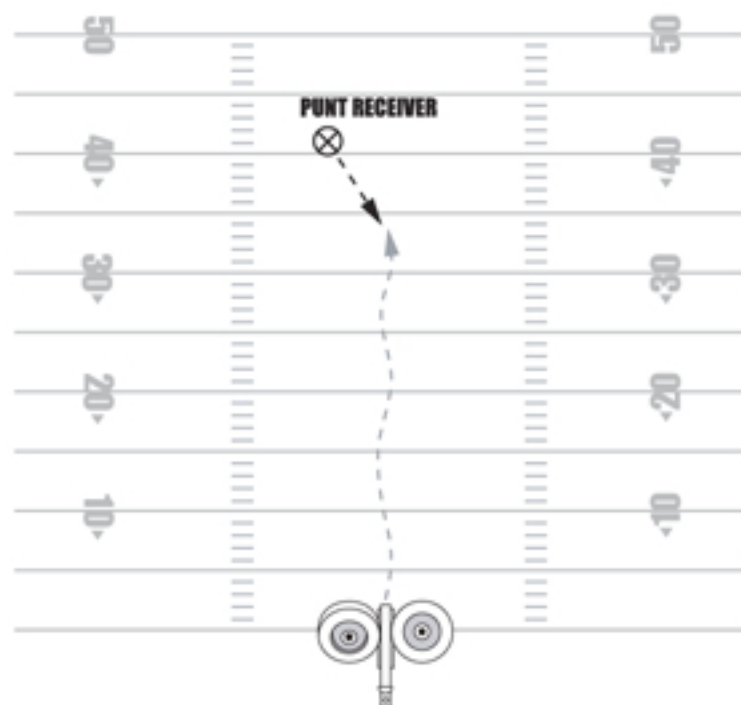
Receivers can develop timing and footwork, since JUGS will send the same pass time after time.

PUNT RECEIVERS HASH-TO-HASH DRILL



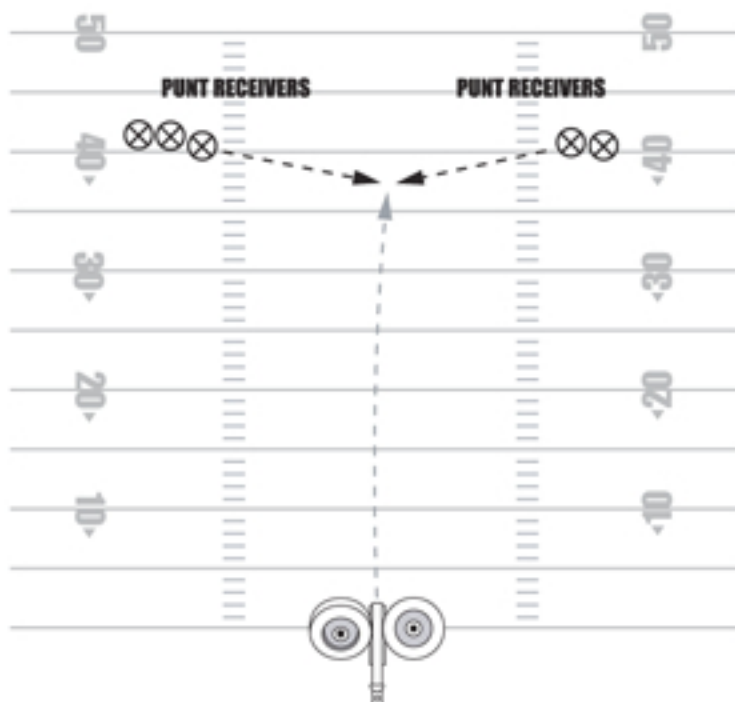
Shoot punts first to one hash mark and then to the other making receivers sprint to catch the ball.

PUNT RECEIVERS "BLOOP" BALL DRILL



When a tilted ball is fed to the tires, it will sidewind or "bloop". This gives receivers practice on wobbly kicks.

PUNT RECEIVERS COMMUNICATION DRILL



Place the ball directly between the two receivers so that they must communicate.

Other things JUGS can help you work on:
Fair Catches, Over-the-Head Punts, Bad-Ball Punts, Short Punts
and Inside-the-10-Yard-Line Punts