



2009

TEXAS A&M FOOTBALL
TIGHT END DRILLS





**TIGHT END DRILLS
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TIGHT ENDS

I. **OVER THE SHOULDER CATCHES**

II. **OBJECTIVE OF DRILL**

- TE's will stride out – loosen up legs.
- The drill gives TE's an opportunity to make over the shoulder catches.

III. **FREQUENCY**

- This is a pre practice daily warm up.

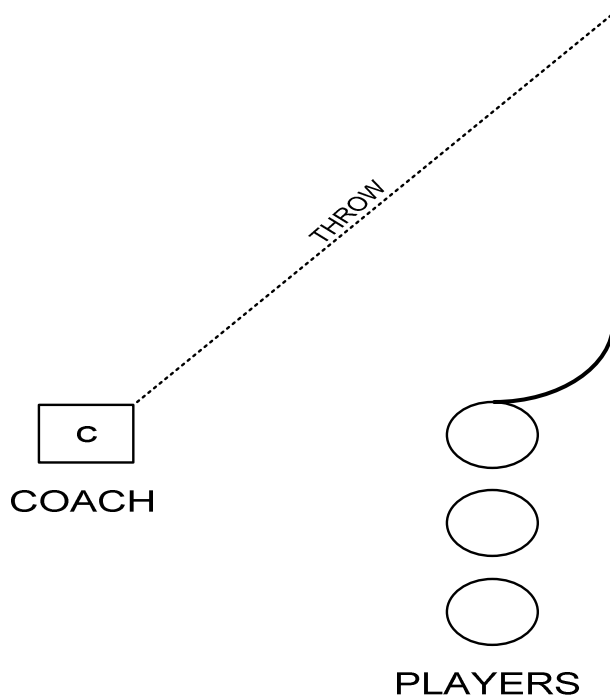
IV. **RELATIVENESS TO GAME**

- This is an opportunity to the perfect mechanics of catching a ball.

V. **DESCRIPTION**

- TE's form a line approximately 5 yards to the right of the coach.
- TE's release and the coach will throw the ball over the players so that he catches it over the inside shoulder with little fingers together.
- Upon completion of the drill, the coach will join the players and run the drill back to the original starting point with the players now on the coach's left.

VI. **DIAGRAM**





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TIGHT ENDS

I. **SIDE LINE HANG DRILL**

II. **OBJECTIVE OF DRILL**

- Teaches the player to keep feet in bounds while catching out of bounds throws.
- Continues warm-up process for the players.

III. **FREQUENCY**

- This is a pre practice daily warm up.

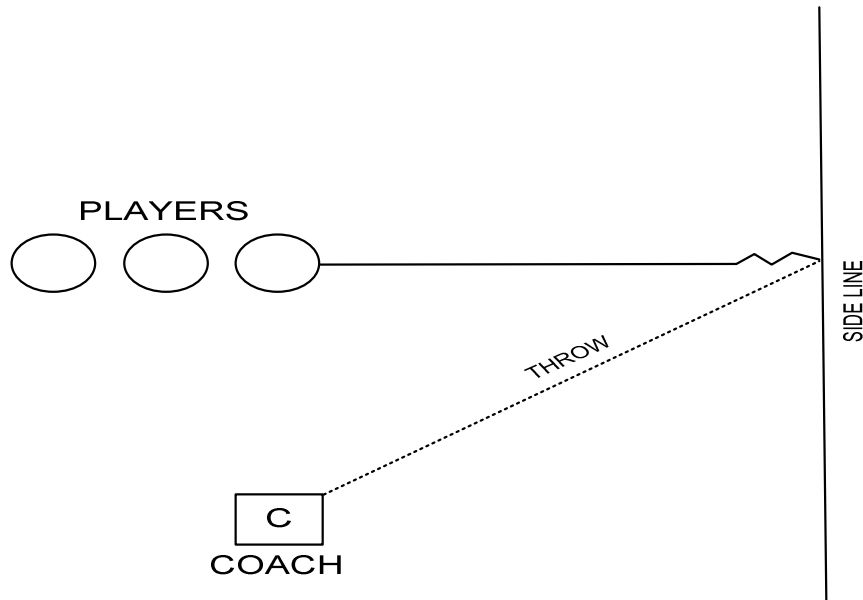
IV. **RELATIVENESS TO GAME**

- This is an opportunity to the perfect mechanics of catching a ball and field awareness.

V. **DESCRIPTION**

- TE's will align facing the side line, 10 yds from the side line. The coach will be 10 yds up field from the players.
- The player will run to the side line and keep his toes in bounds while catching the ball that is thrown out of bounds by the coach.
- Flip over and repeat the drill with the coach throwing from the other direction.

VI. **DIAGRAM**



TIGHT ENDS

I. DISTRACTION DRILL

II. OBJECTIVE OF DRILL

- Teaches player to focus on the ball.
- Continues warm-up process.

III. FREQUENCY

- This is a pre practice daily warm up.

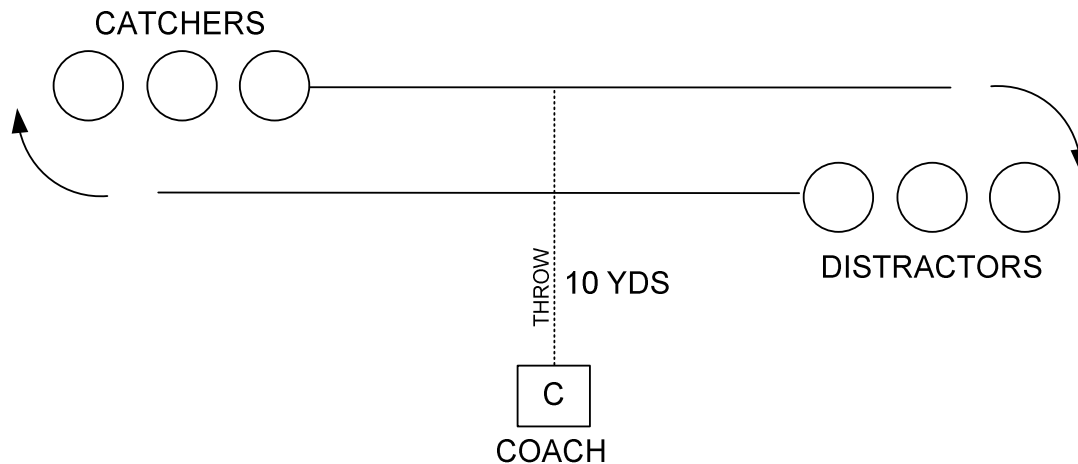
IV. RELATIVENESS TO GAME

- This is an awareness and concentration drill.

V. DESCRIPTION

- TE's split into two lines facing each other 10 yds apart. The coach aligns 10 yds up the field, centered between the two lines.
- The first players in each line will run toward each other with the player on the coach's right going underneath the player on the left. The player from the right will put his hands up and hide the ball without touching it. The player from the left will catch the ball and tuck it away.
- The players running from the left will become the distracter after everyone has caught the ball.

VI. DIAGRAM



TIGHT ENDS

I. **PLANT & DRIVE BACK TO THE BALL**

II. **OBJECTIVE OF DRILL**

- Teaches the players to drop their hips and get their weight over their feet when making a cut.
- Reinforce to players to go back to get the ball.
- Continues warm-up process.

III. **FREQUENCY**

- This is a pre practice daily warm up.

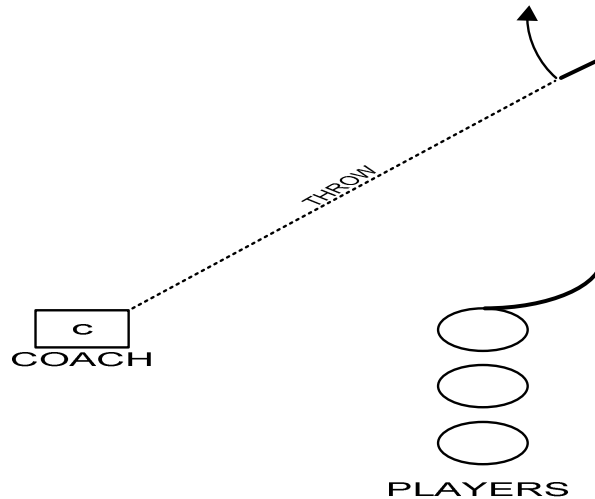
IV. **RELATIVENESS TO GAME**

- Allows the athlete to transition weight and concentrate on separation versus defender.

V. **DESCRIPTION**

- Players start up field 5 yds from normal TE alignment.
- The TE pushes up the field 5 yds. He drops his hips and gets his #'s over his feet, plants on his outside foot and drives back to the ball. The coach throws the ball as he comes out of his break. The player tucks the ball away and takes 3 steps up the field.
- Repeat to the other side.

VI. DIAGRAM



TIGHT ENDS

I. TURN DRILL

II. OBJECTIVE OF DRILL

- Teaches the players to snap their head around and find the ball that is already in flight. They have to react fast with their hands, make the catch, tuck the ball away and turn up field.

III. FREQUENCY

- This ball drill should be done once a week.

IV. RELATIVENESS TO GAME

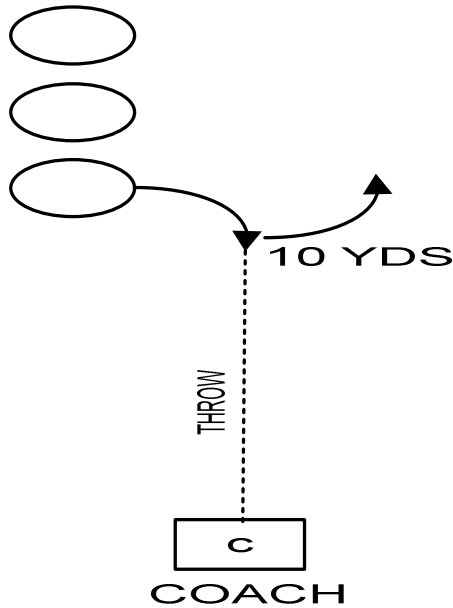
- Used in the pass game, allows the athlete to anticipate ball, transition weight and concentrate on separation versus defender.

V. DESCRIPTION

- Player aligns 10 yds from coach with back to the coach.
- The coach will yell “Turn” when he releases the ball. The player will snap his head around. (Predetermined Rt or Lt) find and catch the ball, tuck it away and turn up field for 3 steps.

VI. DIAGRAM

PLAYERS



TIGHT ENDS

I. **STRONG HANDS DRILL**

II. **OBJECTIVE OF DRILL**

- Teaches TE's to free up hand and arms when defender is hanging on him and make the catch.

III. **FREQUENCY**

- This ball drill should be done once a week.

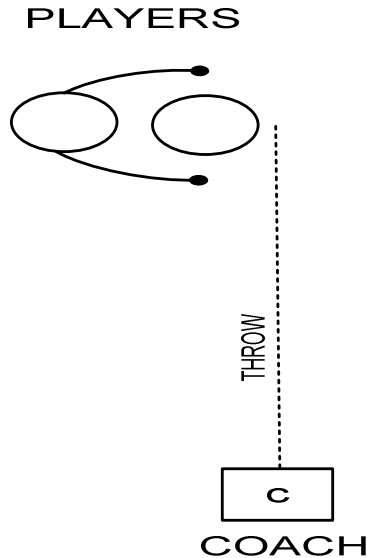
IV. **RELATIVENESS TO GAME**

- In the pass game, the provides the ability to avoid the hassling defender and free hands followed by concentration to receive, tuck and score.

V. **DESCRIPTION**

- The player will align facing the side line from the coach. Another player will align close behind the 1st player.
- The 2nd TE will reach around the front TE and attempt to grab and pull on his arms to prevent the 1st TE from catching the ball. The front TE must work to free up his hands and arms catch the ball.
- Repeat to the other side.

VI. **DIAGRAM**



TIGHT ENDS

I. **BALL PROTECTION & GET VERTICAL**

II. **OBJECTIVE OF DRILL**

- Turn the correct way after the catch so you are not blindsided.
- To get vertical after the catch. Do not try out flank the defense.

III. **FREQUENCY**

- This ball drill should be done once a week.

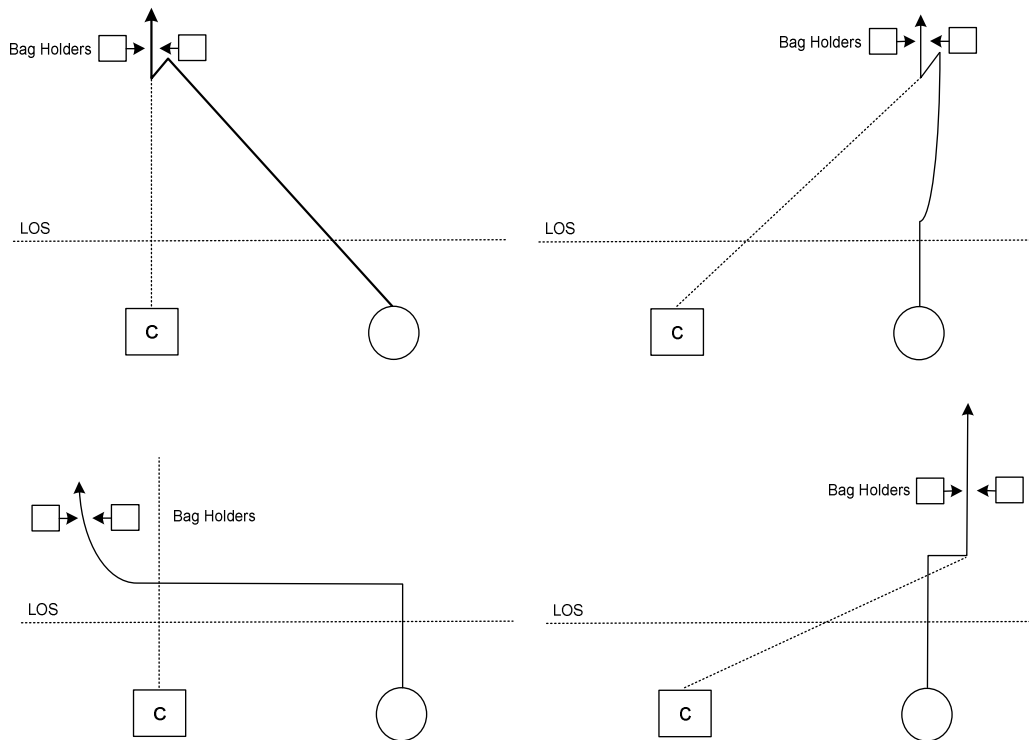
IV. **RELATIVENESS TO GAME**

- Utilized in the pass game, the athlete is expected to anticipate the throw, turn in shadow and get vertical without the defender blind siding the TE.

V. **DESCRIPTION**

- 2 bag holders will align up field at the end point of various TE routes.
- The receiving TE will run the route, catch, put the ball away and immediately turn the correct way and get vertical.
- The 2 bag holders will jam the TE when he turn to get vertical.

VI. **DIAGRAM**



TIGHT ENDS

I. **SHALLOW CROSS DRILL**

II. **OBJECTIVE OF DRILL**

- To teach TE's to run correct Shallow Cross routes by reacting to man or zone coverage.

III. **FREQUENCY**

- Once a week during the season
- Once a week during the Spring

IV. **RELATIVENESS TO GAME**

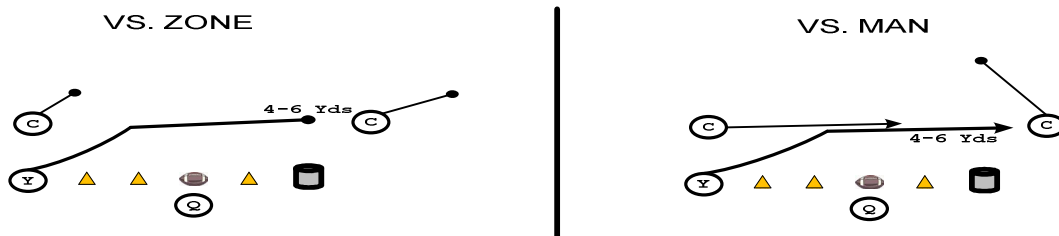
- The TE must be able to quickly react to a zone or man look from the defense when running a Shallow Cross.

V. **DESCRIPTION**

- Cones will be laid out to represent the offensive lineman, except a trashcan or something large should represent the backside tackle.
- Two coaches or other players should stand where the Sam and Will would be aligned against whatever formation you choose.

- On the QB's snap, the TE should take an *inside release*, and the Sam and Will should either take a zone drop giving the TE a 'sit' read, or the Sam should attach to the TE and give him a man to man look.
- If it's a zone look, the TE should have his eyes on the spot where he will sit (no sooner than the backside tackle), and when he gets to that spot quickly give eyes to the QB.
- If it's a man look, the TE should stay on the run, with eyes on the QB throughout the route (if he's lookin', he's bookin!).

VI. DIAGRAM



TIGHT ENDS

I. DRAG ROUTE DRILL

II. OBJECTIVE OF DRILL

- To teach TE's to run correct Drag routes, running to a point 5 yards on the sidelines without rounding the route.

III. FREQUENCY

- Once a week during the season
- Once a week during the Spring

IV. RELATIVENESS TO GAME

- The TE must be exact on his aiming point and make the route look identical every time.

V. DESCRIPTION

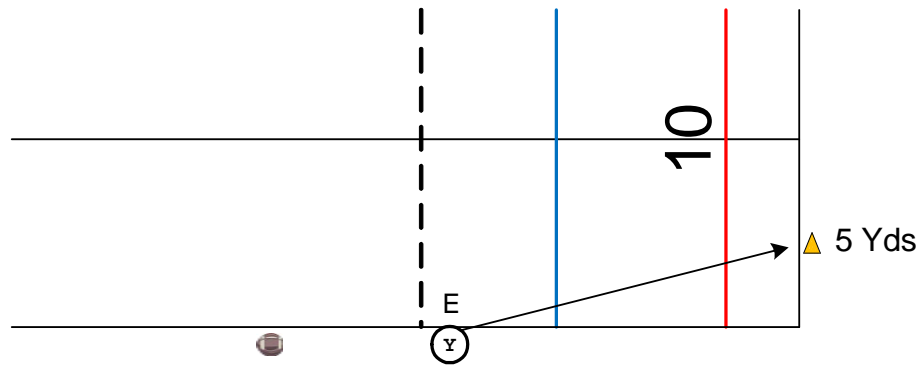
- The TE will align in a normal alignment approximately 2 feet from the imaginary tackle in a 3 point stance.



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- On the snap, he will use his best release to get off the DE's jam and will run a 'Drag' route, with an aiming point of 5 yards on the sidelines. We say the aiming point is '5 yards to get 3', meaning we run to a point at 5 yards but expect the ball to pull us back downhill for a gain of 3.
- There should be a cone on the sidelines at 4 yards, which the TE will use as his aiming point.
- The TE should not round this route at all, it should be a straight line shot for the sidelines.
- The QB should throw the ball out in front, and will always be told to "miss outside".

VI. DIAGRAM



TIGHT ENDS

I. SHORT CROSS DRILL

II. OBJECTIVE OF DRILL

- To teach the TE how to run a Short Cross route when the QB brings his vision back inside.

III. FREQUENCY

- Once a week during the season
- Once a week during the Spring

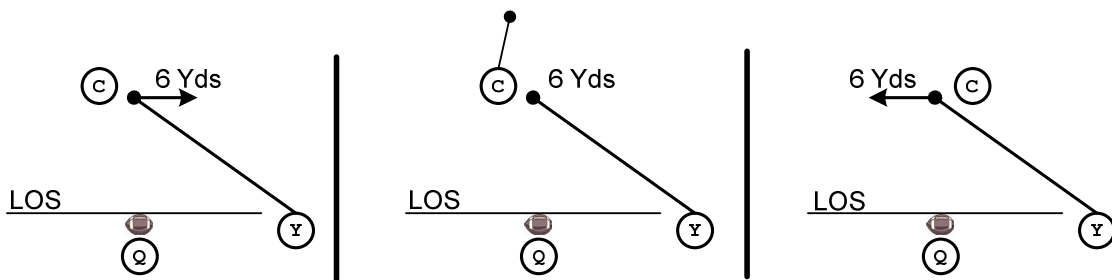
IV. RELATIVENESS TO GAME

- The TE must be able to get to his depth and then assess how the LB is playing him and slide away from him.

V. DESCRIPTION

- The TE will begin in his normal alignment in a 3 point stance.
- A coach will align over the Center representing the Mike LB.
- On the snap, the TE will take an inside release and aim for a point six yards deep over the center.
- The LB can do 3 things:
 - Drop straight back, as if playing Tampa 2.
 - Attach to the right hip of the TE once he gets his depth and looks back to the QB, forcing the TE to slide to his left.
 - Attach to the left hip of the TE once he gets his depth and looks back to the QB, forcing the TE to slide to his right.
- The TE should wait to slide until the QB gives him eyes. The timing of this could vary based on the progression of the particular play.

VI. DIAGRAM





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TIGHT ENDS

I. **RELEASE DRILL**

II. **OBJECTIVE OF DRILL**

- To improve the TE's release off the LOS by giving him various situations he will see.

III. **FREQUENCY**

- Twice a week during the season
- Twice a week during the Spring

IV. **RELATIVENESS TO GAME**

- The TE must be able to assess how to beat the defender and still be able to take the appropriate release that the play asks for.

V. **DESCRIPTION**

- The TE will begin in his normal alignment in a 3 point stance.
- A coach or another player will act as the DE for the drill, and will either give a hard inside presence or a hard outside presence and jam the receiving TE.
- Work each release on the right side against 2 different looks from the DE, and then switch to the other side of the QB.
- When working the release, run an actual route that would call for that release. Ex. 'Outside Release' – Run a Basic Cross.
- The receiving TE will use either a club-rip move or club-chop release move.
- The receiving TE must stay low, only giving the defender the top of the shoulder pad.

VI. **DIAGRAM**



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