



Drills and Tests

40-yard dash: The 40-yard dash is one of the most popular drills at the combine as tenths of a second can greatly affect a player's future. Players are timed in 10, 20, and 40 yard increments to see how quickly they explode off the line and how quickly they reach the top speed.

Bench press: The bench press, quite simply, is a test of strength in which players bench press 225 pounds as many times as possible.

Vertical jump: Players stand flat-footed in front of a pole that has plastic flags sticking out of it. Players jump from a standing position and try to swat as many of those flags as they can.

Broad jump: Like the vertical jump, the broad jump is done from a standing position, but this drill measures how far a player can jump.

3 cone drills: Players start in a 3-point stance in front of three cones that are set up in a triangle or L shape, with each cone five yards apart. They then sprint five yards to one cone, sprint back to the starting cone, and head back to the second cone where they run around it and cut right to the third cone. The players then run a circle around the third cone from the inside to the outside and run around the second cone before returning to the first cone.

20-yard drill: The 20-yard shuttle is designed to test lateral speed and coordination. The player starts in a three-point stance. When the whistle blows, the players run five yards to one side, touching the yard line. They then sprints 10 yards in the other direction and again touch the yard line, at which point they sprint back to the yard line they started from.

60-yard shuttle: The only difference between the 60-yard shuttle and the 20-yard shuttle is that instead of running five yards, 10 yards then five yards, the players run 10 yards to one side, then back 20 yards and then 10 yards to the starting point.

Bench Press

Each athlete will perform as many reps as possible with the following weight. The weight and number of reps will be recorded.

- **Weight for Linemen/TE/LB: 185 lbs**
- **Weight for QB/WR/DB/RB: 155 lbs**

Vertical Jump

Each player will get two (2) attempts and the best jump will be recorded.

Rules:

1. **The athlete is not allowed to "stagger" his feet; the feet must be at shoulder width apart.**
2. **The athlete is not allowed to "rock" before he attempts to jump. The athlete will squat and then immediately jump.**
3. **The results will be recorded in inches.**

Broad Jump

The standing broad jump will be measured as the distance (feet/inches) from the back of the starting line to the nearest heel to the start line.

Rules:

1. **The athlete will get two (2) attempts, with the best jump being recorded.**
2. **The athlete must jump and be able to "Stick" the landing.**
3. **The player is not allowed to fall backwards, and/or reach back with hand.**

If the player falls, etc... the player will be allowed to jump again without penalty.

10 / 20/ 40 Yard Dash

Each player will have the opportunity to run two (2) 40-yard sprints with hand held and electronic timers recording times at 10 yards, 20 yards, and 40 yards. There are two watches at each checkpoint and the best time is recorded at each checkpoint. The players will **REMAIN IN THEIR SEQUENCE ORDER** throughout the test with their names announced prior to each run.

Rules:

1. **All athletes will start each sprint from a 3-POINT stance having no part of the body past the starting line.**

20-Yard Shuttle

The athlete will straddle the 5 yard line in a 3-Point stance. The player will run left to the 10 yard line, then run right to the GL and then left - back through the 5 yard line. The time will begin on first movement and end when the athlete has crossed the finish line. Two timers will be used, with the average of the two times being recorded.

Rules:

- 1. Each player will get one (1) attempt.**
- 2. The athlete must touch the yard line with his hand.**
- 3. If the player falls or slips, the athlete will be able to repeat the test without penalty.**
- 4. Time will begin on first movement and end when the player crosses the finish line**
- 5. The time will be recorded to the nearest hundredth second.**

3 Cone Drill

The cones are placed 5 yards apart and placed in an inverted "L" position. The athlete will start in a three/quarter point stance. He will sprint from Cone A to Cone B and then back to Cone A. Then he will sprint around the outside of Cone B towards the inside of Cone C. The athlete will go around Cone C and back to the outside of Cone B on the way to the finish line at Cone A. Two timers will be used, with the average of the two times being recorded.

Rules:

- 1. Each player will get one (1) Attempt.**
- 2. If the player slips, falls or fails to run the sequence in the proper order they will get to restart without penalty.**
- 3. The player must touch the line between Cone A and B.**
- 4. The player may not put his hand to the ground when making turns and cuts around Cones B & C.**
- 5. Time will begin on first movement and end when the player crosses the finish line.**
- 6. The time will be recorded to the nearest hundredth second.**

Position Agility/Workout Drills

Quarterbacks

Quarterback Pass Drops/Throw

The QB will demonstrate their ability to perform:

1. 3 yard drop - 5 yard out

5 yard drop - 12 yard out

7 yard drop - 18 yard out.

2. "Roll out" Left and Right - 18 yard out

Scramble Drill

The QB will react to the direction of the coach and then throw a 12 yard out. The directions changes will be left, right, back, forward and throw.

Pass Routes TE, RB and WO (Will Rotate every 2- 3 tosses).

Wide Receivers/ TE

Multiple Catch Drill

This drill will test a player's hand-eye coordination as well as speed and agility. The athlete will have is back to a QB. He will turn around to the right and catch a ball and then turn back around to the left and catch another ball thrown by a different QB. He will then proceed to run through a series of five QB, ten yards apart and alternating sides. The athlete is expected to run as fast as possible and catch each ball and then toss it behind him.

Find & Adjust Catch

The Tight End is instructed to run up the field in a "Seam" route. The QB will throw a timed route (High), with a voice command the TE is to turn and adjust to the pass and make the catch.

Passing Routes

Quick Slant Out In Curl Go/Fly

Post Corner

Running Backs

off Tackle Drill (right)

This drill is designed to evaluate the running back's footwork, speed, agility and reaction. The RB will line up in a split back formation. He will receive a hand-off from the QB, run off tackle over 4 bags and then react to the coach who is 3 yards past the last agility bag.

Power/Iso Drill

This drill is used to simulate the ability for a back to run up the middle and react to a tackler. The RB will line up in an I-formation. He will receive a hand-off from the QB, run between two bags and react to a tackler 4 yards deep (who is stepping forward).

Toss/Sweep Drill (Left)

This drill is used to simulate a pitch from the QB. The back will line up in an I-Formation. Receive a pitch/toss from the QB. Run to the outside and maneuver between 5 cones that are placed 5 yards apart. The athletes will be instructed to switch the ball to the outside after passing each cone. This drill will emphasize speed, change of direction, ball handling, and footwork.

Find & Adjust Catch

The Running back is instructed to run up the field in a "Seam" route. The QB will throw a timed route (High), with a voice command the RB is to turn and adjust to the pass and make the catch.

Repeated Catch

The Running back position between two cones turned away from a QB ten yards deep. There is a "ball" call and the RB turns and catches the ball. This is repeated 3 times. On the third catch the athlete is instructed to turn and run.

Pass Routes

The pass routes will be executed with QBs.

Flat

Corner

Swing Pass

Flat & Up

Defensive Backs

Back Pedal & Run Drill

This drill is designed to simulate a defensive back's ability to pass defend the deep pass. The DB will back pedal ten yards and then turn and run 20 yards for a total of 30 yards.

The players will get 2 attempts (one turn to the right and left)

The player will turn and run on the coach's command when he hits the 9 yard line.

Back Pedal & 90° Break to Ball

The defensive back is to back pedal about 15 yards, react to the QB and break 90° on the ball to intercept.

Back Pedal/Agility & Transition 45° Reaction to Corner

The defensive back is to back pedal and react to coach by turning hips and then read pass from the QB. Break on the ball with a 45° turn and then intercept.

Chair

The DB is to back pedal and react to the out, plant and defend the fly. The QB will pump fake and then throw a deep fly (high and along the sideline)

45° Agility

The DB will back pedal 5 yards, sprint 45° forward 5 yards, back pedal 5 yards, sprint 45° forwards, intercept a ball and sprint to goal line.

Defensive Find & Adjust

The defensive back will back pedal in the middle of the field and react to the coach, turning right/left. The DB will turn to the QB's right, recover and sprint 45° to the QB's left and find/adjust to catch the ball.

Ball Reaction & Catching

The defensive back will back pedal beginning 15 yards from the QB and reacts to pass thrown in front of, right and left of them. The DB will then start 25 yards away and sprint directly towards the QB for an interception.

Linebackers

Drop & Hip Rotation

The LB will drop 45° and drive to his hook zone. The coach will give him 3 direction changes. The athlete will plant his outside foot and change directions with the coach. After about 3 direction changes the player will recognize pass. The LB will drive up the field to intercept the ball

Four Bag Shuffle Drill

This drill emphasizes agility, speed and change of direction. The LB will shuffle and slide with lead step over the bags, with direction change given by the coach. The athlete will repeat the drill using a hand shiver simulating a cut block on the butt of the bags.

Line Direction Read

The LB will begin in a 3-Point stance and fire out between two cones in the middle of the field and immediately get a direction from a coach who is standing in front of them. The LB will flatten out and run down the line of scrimmage around a cone at the hash mark and then sprint forward ten yards.

45° Agility

The LB will back pedal 5 yards, sprint 45° forward 5 yards, back pedal 5 yards, sprint 45° forwards, intercept a ball and sprint to goal line.

QB Rush Drill

This event is used to simulate a pass rush using a swim and rip techniques from a 2-Point stance. The event is timed to the nearest hundredth second. The QB will be eight yards deep in the pocket. The athlete will demonstrate his ability to perform a rip/swim on bag head up and then 4 yards deep. The player will then sprint to the QB.

Rip technique from the left position

Swim technique from the right position.

Four Cone Drill Right & Left

This drill will emphasize footwork, change of direction, agility and speed. The four cones are placed 10 yards apart and in a square.

Sprint to cone 1

Lateral shuffle to cone 2

Backpedal to cone 3

Turn and sprint to cone

Offensive Lineman

Run Blocking Drills

each player will use a 3-Point Stance.

5 yard pull to the right around the cone, cut back to the middle for direction change

3 yard pull to left with direction change to the right

"Fold Blocking" Technique

Pass Rush Drills

Simulated Pass Rush Protection - (right/left) the athlete will mirror a deep pass rush against another offensive lineman. (QB: 9 Yards Deep)

3 point Stance

2 Point Stance

Hip Rotation Drill –

The offensive lineman will back pedal and open up his hip right/left upon direction of a coach.

Reaction Drill –

The athlete will start on his stomach. The coach will yell "hit", the player will roll over and up. The athlete will follow direction given by the coach.

Lateral Shuffle (Left)

Lateral Shuffle (Right)

Back

Forward

Run through

Mirror Drill –

Two cones will be set up approximately 7 yards apart. One lineman will act as defensive lineman. The Defensive lineman will attempt to get by the offensive line who is pass protecting.

Defensive Lineman

4 Bag Agility Drill

This drill will emphasize footwork, agility and speed. The event will be timed to the nearest hundredth second. The athlete will begin in between the middle two bags on his stomach; he must remain on his stomach for 3 seconds. The athlete will get up and lateral shuffle to his right over two bags and then lateral shuffle to his left over all 4 bags. The player will then weave in and out of the bags sprinting to a cone and then cutting to his left to another cone and then running flat down the line to a cone 5 yards from the last bag. The time will begin on first movement and end when the athlete crosses the cone.

Reaction/Agility Drill

This drill will emphasize footwork, reaction and agility. The athlete will begin on his stomach and react to the coach's directions. (Left, Right, Up, Back, Sprint to Cone)

Pass Rush Drills

This event is used to simulate a pass rush using a swim and rip techniques. The event is timed to the nearest hundredth second. The QB will be eight yards deep in the pocket. The athlete will demonstrate his ability to perform a rip/swim on bag head up and then 4 yards deep. The player will then sprint to the QB.

- 1) Rip technique from the left position
- 2) Swim technique from the right position.

5 Man Bag Drill (Shiver/Cut)

This drill will demonstrate technique, lateral motion, agility and speed during a lateral pursuit down the line of scrimmage. The athlete will move from left to right and then right to the left. The athlete will alternate shed and cut blocks.