



The M - drill teaches breaking towards the line of scrimmage from a back pedal.

Form a single line on the sideline. The first man in the line begins the drill by back peddling to the next five yard stripe and then planting the foot away from the way they are going to break at a 45 degree angle then pushing hard off that foot at a 45 degree angle back toward the original line. Repeat the procedure for an area of 15 yards.

Coaching point: Stay low in the back pedal, feet no wider than six inches. Make sur the toe is turned at a 45 degree angle away from the way you are going to break.