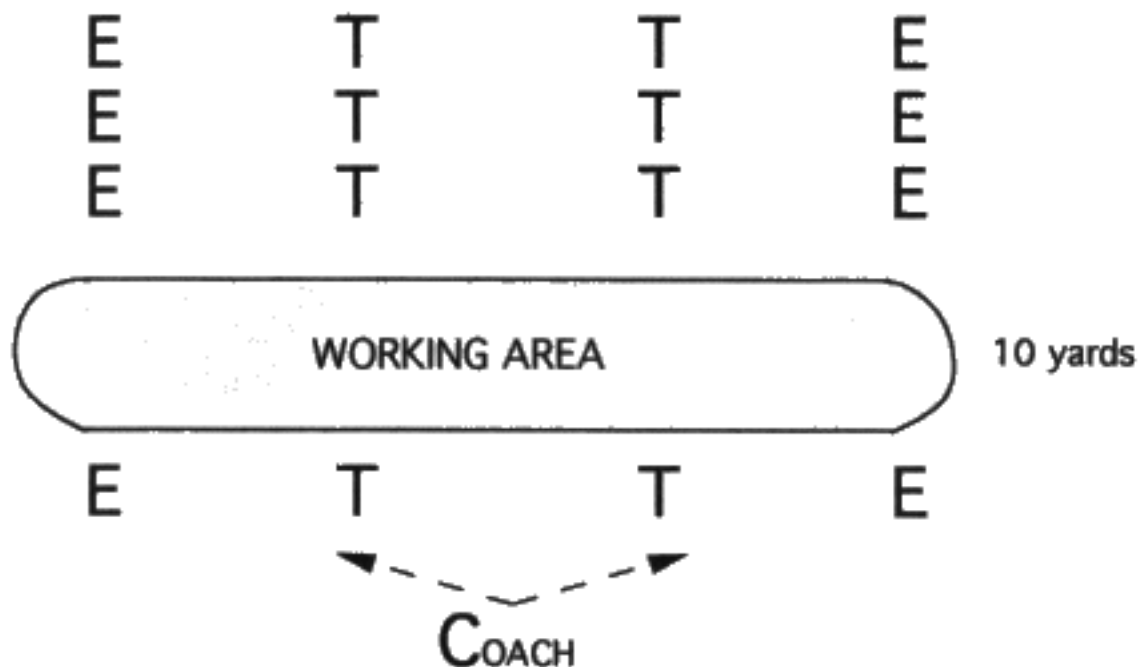


Wave drill - Form four lines facing the coach - ten yards away. Reaction drill based on coach's signal. Move quickly while always maintaining a good football position.



Reactions -
Right - Left
Forward - Backward
Hit ground and bounce up
Any combinations

Finish drill with quick sprint five yards beyond coach. Wait until coach turns around. Be in a good breakdown position. Once finished going one direction then turn and run drill back the other direction.