NFL Regional Combines – Tests and Drills

Tests
Short Shuttle
40 Yard Dash
Vertical Jump
Standing Broad Jump

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DB - Back Pedal, Turn and Catch
DB - “W” Drill
DB - Back Pedal, Weave, 90 Degree and Catch
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SHORT SHUTTLE DRILL

1. While facing the Drill Director, player starts in a 3-point stance with legs straddling the line equally.
2. Player must have hand squarely on the start line and hold the position for 2 seconds.
3. After player hears, “You can go” from Director he may start drill.
4. Player will run to the right line 5 yards away and touch the line with right hand. Player will then sprint 10 yards to the left and touch the line with left hand.
5. After the last line touch, player will sprint through the finish line, which is the starting point of the drill.
6. All players will complete one run to the right and one run to the left. (2 attempts)
7. **Down hand is same as running direction. Left hand to the Left – Right hand to the Right.**
8. It is the responsibility of the player not to slip and adjust to the surface.
40 YARD DASH

1. Player starts in a 3-point stance.
2. After player hears, “You can go” from Director, he must hold for a 2-count before running.
3. No rolling starts. No quick starts.
4. Timer will start watch when player’s down-hand separates from the surface.
5. Player will run the 40-yard dash twice.
6. The first 40 attempt will be videotaped.
7. All players will be timed at the 20 yard mark. Linemen will also be timed at the 10 yard mark.
8. After running the 40-yard dash, players return to player holding area near starting line.
9. On return route players jog BEHIND the camera down the middle of the field.
10. There will be an estimated 10-15 minute wait until the 2nd 40-yard dash attempt.
VERTICAL JUMP

1. VJ Director will measure 18 and/or 24 inches down from the bottom marker on the Vertec and place a piece of tape at each mark.
2. Player will stand w/ his right side (ankle, hip, shoulder; left side if left handed) against the Vertec and extend his arm upward as far as possible.
3. Director will extend the Vertec to the top of the players’ extended hand at the top edge of tape and tighten in place. The bottom marker will represent 18 or 24 inches for that player.
4. Player starts jump with both feet planted on the ground.
5. Player may swing arms and dip knees.
6. Players may not shuffle feet before take-off as this will result in a scratch and jump will not count.
7. Player attempts 2 jumps touching the highest slat-marker on the Vertec from the floor.
8. That mark represents the players’ vertical jump.
Standing Broad Jump

1. Each player receives two attempts at the Standing Broad Jump.
2. Players must start with both feet/toes totally behind start line for valid jump.
3. Players may swing arms and bend knees prior to jumping.
4. Upon landing, player must maintain control, landing balanced with both feet planted.
5. Upon landing player may also fall forward, but not backwards.
6. Jumps are measured from heel of the foot nearest to the initial jump line.
7. Jumps are measured to the nearest whole inch.
8. Results are recorded in feet and inches jumped.
DEFENSIVE BACK

Receiving Line Drill

Backpedal, Turn and Catch Drill (Right and Left)
1. DB stands 25 yards ahead of the DRILL DIRECTOR with his back to him and in a backpedal stance.
2. On command DB will back pedal towards the DRILL DIRECTOR.
3. DRILL DIRECTOR will yell "Ball" after at least 10 yards in the back pedal.
4. DB will speed turn to the right and catch the football as he runs forward towards the DRILL DIRECTOR.
5. DB will sprint with the football past the DRILL DIRECTOR and hand the ball to the assistant instructor.

“W” Drill
1. DB faces DRILL DIRECTOR 5 yards away with feet on the line in a backpedal stance.
2. On command the DB will backpedal for 5 yards.
3. Using a football the DRILL DIRECTOR will direct the DB to execute a 45-degree break towards the cone until the DRILL DIRECTOR directs another backpedal of 5 yards.
4. The DRILL DIRECTOR will repeat this pattern 2 more times with the DB catching the football on the last cone and sprinting to the End Zone.

Back Pedal, Weave, 90 Degree & Catch Drill
1. DB will line up in a back pedal stance 7 yards ahead of the DRILL DIRECTOR.
2. On command, the DB will backpedal reacting to the DRILL DIRECTOR direction using the football.
3. DB will maintain a back pedal stance as he weaves downfield looking at the DRILL DIRECTOR.
4. When DRILL DIRECTOR swipes the football downward either to the right or left, the DB will break on a 45-degree angle and catch the football from the DRILL DIRECTOR.
5. DB will sprint past the DRILL DIRECTOR and return the football to the assistant instructor.

Back Pedal and Transition 45 Degree Reaction (Right and Left)
1. Player will begin 40 yards away from the LOS and inside the numbers
2. Player will then back pedal on the Drill Coach’s signal
3. Player will then react to the ball in flight by either a speed turn or wheel
DEFENSIVE BACK

Close and Speed Turn Drill
1. Player will begin at designated start cone
2. Player will execute 5 yard back pedal
3. Player will then plant and close 10 yards to the designated cone
4. Player will then execute a speed turn and play the deep ball downfield
5. Player will secure the catch and finish the drill

*Coach to allow the DB to sprint back to within 5 yards of the cone/coach before signaling for a speed turn.

Back Pedal, Break Forward, Speed Turn & Catch Drill
1. DB will line up in a back pedal stance 7 yards ahead of the DRILL DIRECTOR.
2. On command the DB will backpedal downfield, make sure the DB backpedals at least 10 yards before break point.
3. When DRILL DIRECTOR swipes the football downwards the DB will break forward.
4. The DRILL DIRECTOR will then raise the football to a throwing position, of which the DB will speed turn downfield and sprint like he is covering a Go route.
5. DRILL DIRECTOR will throw the long ball and DB will locate the football to catch it.
6. DB will sprint past the DRILL DIRECTOR and return the football to the assistant instructor.
LINEBACKER

4 Bag Agility Drill
1. LB starts drill from the right side 5 yards deep.
2. On command, LB will run to the front of the step-over dummies at a 45-degree angle.
3. LB will shuffle & backpedal around the step-over dummies to his left.
4. After the 4th step-over dummy, LB will re-direct and lateral step-over the step-over dummies to his right.
5. After the completion of that agility, LB will quickly slide and hand shiver the butt of the step-over dummies to the left.
6. LB will sprint on a 45-degree angle past the DRILL DIRECTOR to the designated cones.

Wave Drill
1. LB stands 5 yards ahead of the DRILL DIRECTOR in a 2-point stance.
2. On command, LB will backpedal, lateral shuffle, or sprint forward upon the direction of the DRILL DIRECTOR.
3. LB will finish the drill with a sprint past the DRILL DIRECTOR when the DRILL DIRECTOR gives that finish command.

90 Degree Catch Drill
1. LB stands 5 yards ahead of the DRILL DIRECTOR in a 2-point stance.
2. On command, LB will backpedal until the DRILL DIRECTOR gives a right or left direction using the football.
3. LB will break at a 90-degree angle and run left or right, changing directions until the DRILL DIRECTOR raises the football to a throwing position.
4. LB will break at a 45 degree angle and catch the football thrown by the DRILL DIRECTOR.
5. LB will sprint past the DRILL DIRECTOR and return the football to the assistant instructor.

Pass Rush Drill L & R
1. LB sets up in a 2-point stance outside stand-up dummy.
2. Stand up dummy should be 4-5 yards away from the football.
3. LB performs Swim Technique on stand-up dummy and proceeds with pass rush on the Right side.
4. LB performs Rip Technique on stand-up dummy and proceeds with pass rush on the Left side.

Back Pedal
1. LB will backpedal on Drill Coaches signal
2. Player will then turn and drive to a 45 Degree angle on Drill Coaches signal
3. Player will then come back to the ball and intercept the pass

Back Pedal and React (1 Time)
1. LB will back pedal on Drill coaches signal
2. Player will then break and move in the direction of the Drill Coaches signal
3. Player will finish the drill by intercepting the pass and accelerating to finish
DEFENSIVE LINEMEN

Punch & Hand Shiver Drill
1. DL will start the drill in a 3-point stance and to the left of dummies.
2. On command, DL will two-hand punch hand shield 1st, then hand shiver the butt of the step-over dummy 2nd, then repeat the two-hand punch, hand shiver, and finally a two-hand punch while moving to the right.
3. DL will repeat this process to the left after the last two-hand punch to the right.
4. DL will finish the drill with a 10-yard sprint downfield past the cones.

Body Control Drill (1 Left-1 Right)
1. DL starts the drill in a 3-point stance 5 yards in front of DRILL DIRECTOR.
2. On command, DL will burst towards the DRILL DIRECTOR.
3. DRILL DIRECTOR will point to the left or right, DL will breakdown and sprint in that direction running through the alley designated by 4 cones.

4 Bag COD Drill
1. DL will start the drill in a prone position in between the 2nd and 3rd step-over dummies.
2. On command, DL will pop-up to a 2-point stance and laterally step over the step-over dummies to the right.
3. After DL steps outside the last step-over dummy, DL will laterally step over the step-over dummies going to the left.
4. After the last step-over dummy, DL will shuffle and backpedal around the step-over dummies going to the right.
5. Upon completing the agility step-over dummy routine, DL will burst towards the DRILL DIRECTOR. (DRILL DIRECTOR should be 5 yards deep in between the 2nd and 3rd step-over dummies).
6. The DRILL DIRECTOR will re-direct the DL to sprint to his right and finish through the designated cones on the hash.

Pass Rush Drill L & R
1. DL start the drill in a 3-point stance outside the stand-up dummy.
2. On command, DL performs a Rip Technique pass rush to both stand-up dummies and sprint down the line towards the designated cones.
3. This drill will be performed to the left and right.

Front Start Wave Drill and Lateral Reaction (1 Time)
1. Player will start in prone position 5-7 yards from the LOS
2. Player will then perform the Wave Drill moving in the direction of the Coach
3. Player will finish drill reaction forward, sprinting 10 yards through the specified cone

* Finish Cones will be placed 10 yards from the LOS, and 18-20 yards from each other.
QUARTERBACK

Pocket Movement Drill
1. Quarterback will begin the drill with a Big 5 step drop.
2. The Drill Director will give the Quarterback a forward, backward, and lateral command by pointing in the specific direction.
3. The Quarterback Director will yell “Ball” which allows the Quarterback to throw to the target.

QB 3-5-5-7 Drops/Throws
1. Quarterback will execute the following four drops with a throw at the target.
   A. 3 step drop
   B. Quick 5 step drop
   C. Big 5 step drop
   D. 7 step drop

7 Step Roll Out (Right and Left)
1. QB will drop back, roll to the left and deliver a ball to a stationary receiver
2. QB will roll to the right, and deliver a ball to a stationary receiver

Throw Routes to Receivers
1. Quick Slant – left only
2. Out – Right and Left
3. In – Left Only
4. Curl – Right Only
5. Go – Left Only
6. Corner – Post-Right Only
7. 7 Step Drop – Deep Out/alternate *

* alternate routes in the event of a defender breaking up the play.
RUNNING BACK/FULLBACK

Off-Tackle Reaction Drill
1. RB lines up 7 yards deep behind the QB.
2. QB starts the drill with a snap count and reverse pivot hand off to RB whose path is between OT and TE.
3. RB takes the hand off and runs through 4 step-over dummies.
4. After the 4th step-over dummy, RB will react to the stand-up dummy 5 yards ahead.
5. DRILL DIRECTOR will tilt the stand-up dummy left or right, RB will cut opposite towards 2 cones.
6. RB will burst through the cones and finish with a 20 yard sprint.

Change of Direction (COD) Pitch Drill
1. RB is 7 yards deep behind the QB
2. QB starts the drill with a snap count and reverse pivot toss the football to the RB, whose path is outside the tight end or 1st cone.
3. RB will weave around the 5 cones in a zigzag pattern and switch the football in the proper arm.
4. The cones should be 5-7 yards apart and cover no more than 12 yards deep
5. RB will sprint 20 yards after the 5th cone.

Blast Read (Left)
1. RB begins in 2-Point stance and takes handoff from QB
2. Player accelerates to the bag, and will cut left or right off the Drill Coaches signal
3. Player will then run around cone and accelerate up field
*Note: do not let RB get too close to bag before signaling

Find the Ball Drill (3 Times)
1. RB will start on left cone and face away from the passer
2. On Command, player will run across to the right catching the ball at midpoint
3. Player will continue running to the right cone, turn back, and continue running to the left cone
4. Player will catch the ball at the midpoint, and continue running to the left cone
5. Player will turn back, and run towards right cone
6. Player will catch third pass at midpoint, and turn and run up field
*Coach will align at the 30 yard line to force a cut by the RB

Running Back Pass Routes
1. Flat Route (Right) – Depth of 0-2 yards
2. Texas Route (Right)
3. Corner Route (Either to the Left or Right but not both) – Depth of 10 yards
4. Wheel Route (Left)
5. Flair Route (Left)
WIDE RECEIVER

Sideline Tap Drill
1. QB lines up on the right hash.
2. WR lines up to the right of the QB close to the top of the #’s.
3. WR will start 2 yards behind a cone designated for the beak point and burst to the cone on command.
4. WR will proceed to the next cone which will be placed on the sideline.
5. QB will throw the football towards the sideline forcing the WR to catch the football and control both feet before his momentum carries him out of bounds.

Over the Shoulder Drill
1. QB is directly behind the WR.
2. WR is 5 yards in front of the QB.
3. WR takes off on a straight line when QB gives the “GO” command.
4. WR looks back over his shoulder when the QB gives the “BALL” command after 10 yards.
5. WR adjust to the ball thrown by the QB over either shoulder.

Multiple Catch / Gauntlet Drill (2 Times)
1. Player begins drill with two (2) initial throws and catches prior to starting the movement portion of the drill
2. After player catches the two initial throws, player will run across the field towards the opposite sideline, catching balls from throwers, alternating between each side
3. Player will repeat the drill going in the opposite direction
*Distance between QB’s is 10 yards. Distance from QB’s to the WO’s is 12 yards.
*Player always opens to the field when he takes his initial 2 catches in the gauntlet

Wide Out Routes
1. Quick Slant – Thrown to the Left only
2. Out Route – Thrown to the Left
3. In Route – Thrown to the Left at 15 to 18 yards
4. Go Route – Thrown to the Left
5. Out Route – Thrown to the Right
6. Curl Route – Thrown to the Right
7. Post Corner – Thrown to the Right
TIGHT END

Sideline Tap Drill
1. QB lines up on the right hash.
2. TE lines up to the right of the QB close to the top of the #’s.
3. TE will start 2 yards behind a cone designated for the beak point and burst to the cone on command.
4. TE will proceed to the next cone which will be placed on the sideline.
5. QB will throw the football towards the sideline forcing the TE to catch the football and control both feet before his momentum carries him out of bounds.

Over the Shoulder Drill
1. QB is directly behind the TE.
2. TE is 5 yards in front of the QB.
3. TE takes off on a straight line when QB gives the “GO” command.
4. TE looks back over his shoulder when the QB gives the “BALL” command after 10 yards.
5. TE adjust to the ball thrown by the QB over either shoulder.

Block Explosion (1 Time)
1. TE will explode into big, heavy bag to simulate blocking an opponent
2. Need large blocking dummy Bag for stand-up
*Emphasis on hip flex and explosion

Multiple Catch / Gauntlet Drill (2 Times)
1. Player begins with two (2) initial throws from alternate sides prior to starting the movement portion of the drill
2. After player catches the two initial throws, player will run across the field towards the opposite sideline, catching balls from throwers, alternating between each side
3. Player will repeat the drill going in the opposite direction
*Distance between QB’s is 10 yards. Distance from QB’s to the TE’s is 12 yards.
*Player always opens to the field when he takes his initial 2 catches in the gauntlet

Tight End Routes
1. Flat Route – to the left only at 0-2 yard depth
2. In Route – to the left at 12 yards depth
3. Hook Route – to the right at 12 yards depth
4. Wheel Route – to the left only
5. Corner Route – to left at 12 yards depth
OFFENSIVE LINEMEN

COD Wave Drill
1. OL starts the drill in prone position with his face to the ground
2. DRILL DIRECTOR blows the whistle and OL jumps up and runs in the direction the DRILL DIRECTOR is pointing to with a football.
3. OL will move laterally, forward, and back upon the command of the DRILL DIRECTOR using the football for direction.
4. OL will sprint forward for 10 yards and finish through the cones when the DRILL DIRECTOR gives the command of “Finish” and a swipe of the football downward & back.

Offensive Line Long Pull Drill
1. OL starts in a 3-point stance facing the DRILL DIRECTOR
2. On the DRILL DIRECTOR whistle, OL will drop step and run around the 1st cone set-up 2 yards deep from the L.O.S.
3. OL will proceed to the 2nd cone and sprint to the final cone out by the #’s 5 yards deep from the L.O.S.
4. This drill will be performed to the right and left.

Offensive Line Short Pull Power Drill
1. OL will team up with another OL in a 3-point stance
2. There will be 2 hand held shields simulating the defense, participating OL or drill instructors will hold the shields.
3. On the DRILL DIRECTOR whistle, OC will block down on defensive shield over the pulling OL 4. The pulling OL will drop step and pull to the opposite defensive shield simulating a LB in the gap.
4. The pulling OL will engage the shield and drive block until DRILL DIRECTOR whistles.
5. This drill will be performed to the right and left.

Pass Pro Mirror Drill
1. Place 2 cones 6 yards apart.
2. OL aligns head up directly in between the 2 cones facing the DL.
3. At whistle, DL will move back and forth laterally trying to beat OL to areas on right and left.
4. OL mirrors DL in a pass protection stance with hands up ready to punch.
5. OL does not make contact with DL in this drill.

Pass Pro Rush Drill L & R
1. DRILL DIRECTOR instructs the OL to set in a 3-point or 2-point stance.
2. DRILL DIRECTOR blows the whistle to start the DL rush up field.
3. OL will kick-step pass pro and engage the DL rush.

Drop and Flip Drill
1. Player starts in the middle of the field and drops per the coach’s direction, flipping his hips four times. After the fourth drop, again at the coach’s direction, the player turns up-field and sprints through the end zone.