

DB TECHNIQUES & FUNDAMENTALS

**CHUCK BRESNAHAN
NFL OFFICIATING DEPARTMENT
CHUCK.BRESNAHAN@NFL.COM**

GREAT DB INGREDIENTS:

- 1. ATHLETICISM
 - ABILITY TO MAKE PLAYS
- 2. NO SPECIFIC HEIGHT & WEIGHT
 - SCHEME SPECIFIC
- 3. EYES, HANDS & FEET
 - GOOD TO GREAT
- 4. FLEXIBILITY
 - SPRING & RECOIL
- 5. BODY TYPE
 - LEAN – CORE STRENGTH - LENGTH

GREAT DB INGREDIENTS (CONT):

- 2. CONFIDENCE
 - SWAGGER NOT ARROGANCE
- 3. INSTINCTS & FOOTBALL IQ
 - STUDENT OF THE GAME
- 4. SHORT MEMORY
 - MLB PITCHER – NFL QB
- 5. VERSATILITY
 - CORNER vs. SAFETY

ROD WOODSON

HOF 2009

11 PRO BOWLS

8X ALL PRO (6X 1ST TEAM & 2X 2ND TEAM)

SUPER BOWL CHAMPION 2000

NFL DEFENSIVE PLAYER OF THE YEAR 1993

2X NFL INTERCEPTION LEADER 1999 & 2002

NFL 75TH ANNIVERSARY ALL TIME TEAM



CHARLES WOODSON

9 PRO BOWLS
8 ALL PRO (4X 1ST TEAM & 4X 2ND TEAM)
SUPER BOWL CHAMPION 2011
DEFENSIVE PLAYER OF THE YEAR 2009
DEFENSIVE ROOKIE OF THE YEAR 1998
2X NFL INTERCEPTION LEADER 2009 & 2011
NATIONAL CHAMPION 1997
HEISMAN TROPHY WINNER 1997



GREAT FUNDAMENTALS:

- 5. STANCE (CORNERS):
 - OFF ALIGNMENT
 - OUTSIDE FOOT UP WITH STAGGER (TOE TO INSTEP/ARCH)
 - FEET = SHOULDER WIDTH APART
 - BODY = SLIGHT BEND & COMFORTABLE
 - DEPTH = 9 YARDS
 - EYES = READ QB TO RECEIVER (3-STEP & 5-STEP)
 - FOOT WORK = SLOW PEDAL – FAST PEDAL – TRANSITION
 - DISCIPLINE (DON'T BE SLOPPY)

GREAT FUNDAMENTALS:

- 5. STANCE (CORNERS):
 - PRESS ALIGNMENT
 - BALANCED FEET
 - FEET = SHOULDER WIDTH APART
 - BODY = SLIGHT BEND & COMFORTABLE
 - DEPTH = OUT OF NEUTRAL ZONE
 - EYES = ON RECEIVER
 - LEVERAGE = BY COVERAGE OR HASH – SPLIT RULE
 - FOOTWORK = SLIDE STEP & DON'T OPEN GATE
 - EXPLAIN “CYLINDER” PRINCIPLE = DISRUPTION OF “TIMING”
 - DISCIPLINE (DON'T BE SLOPPY)

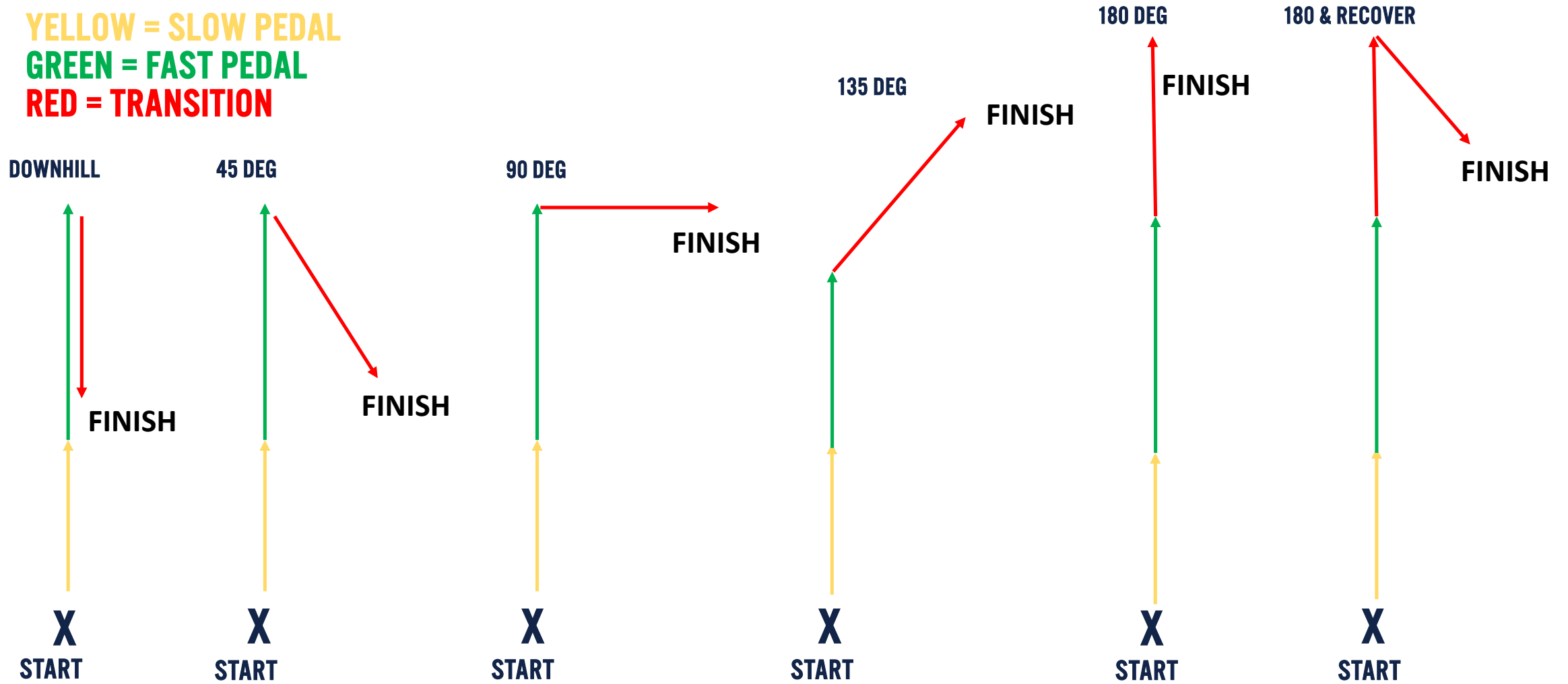
DB DRILL PHILOSOPHY:

- 1. DO NOT DO DRILLS JUST TO DO DRILLS (WASTE TIME)
- 2. EVERY DRILL SHOULD HAVE THE FOLLOWING:
 - PURPOSE (WHY & HOW FOOTBALL RELATED)
 - STARTING POINT (CONES, LINES, ETC)
 - FINISH POINT (CONES, LINES, STEPS, ETC)
 - TEMPO (WALK-THRU, TEACH, FULL SPEED)
 - SHOW DRILL WORK RELATES TO PRACTICE & GAME CONDITIONS

DB DRILL WORK:

- 1. LINE DRILLS (WITH OR WITHOUT BALLS)
 - DOWNHILL
 - 45 DEGREE
 - 90 DEGREE
 - 135 DEGREE
 - 180 DEGREE
 - 180 DEGREE & RECOVER

YELLOW = SLOW PEDAL
GREEN = FAST PEDAL
RED = TRANSITION

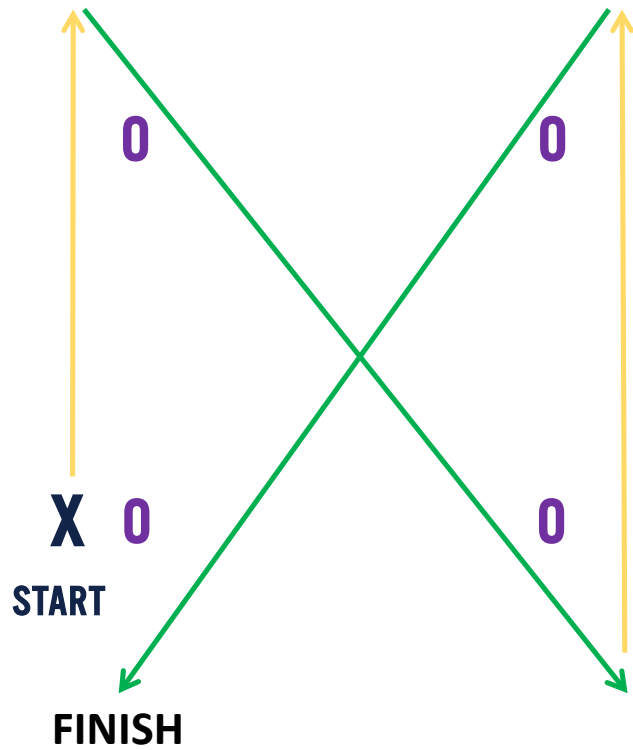


LINE DRILLS:

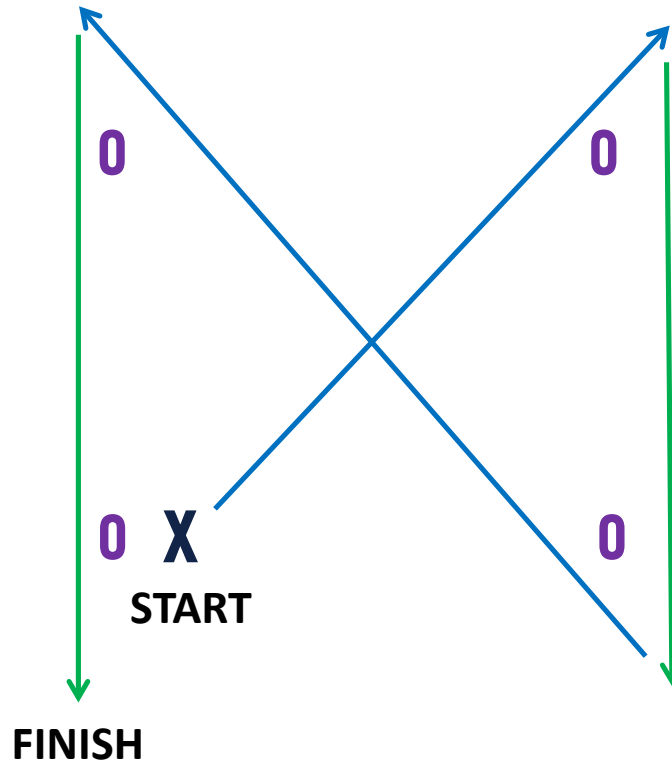
DB DRILL WORK:

- 2. 4 – CONE DRILLS
 - OUTSIDE BUTTERFLY
 - PEDAL & DRIVE
 - INSIDE BUTTERFLY
 - 45 DEGREE & DRIVE
 - DRUNKEN SAILOR
 - PEDAL – SPEED TURN & DRIVE

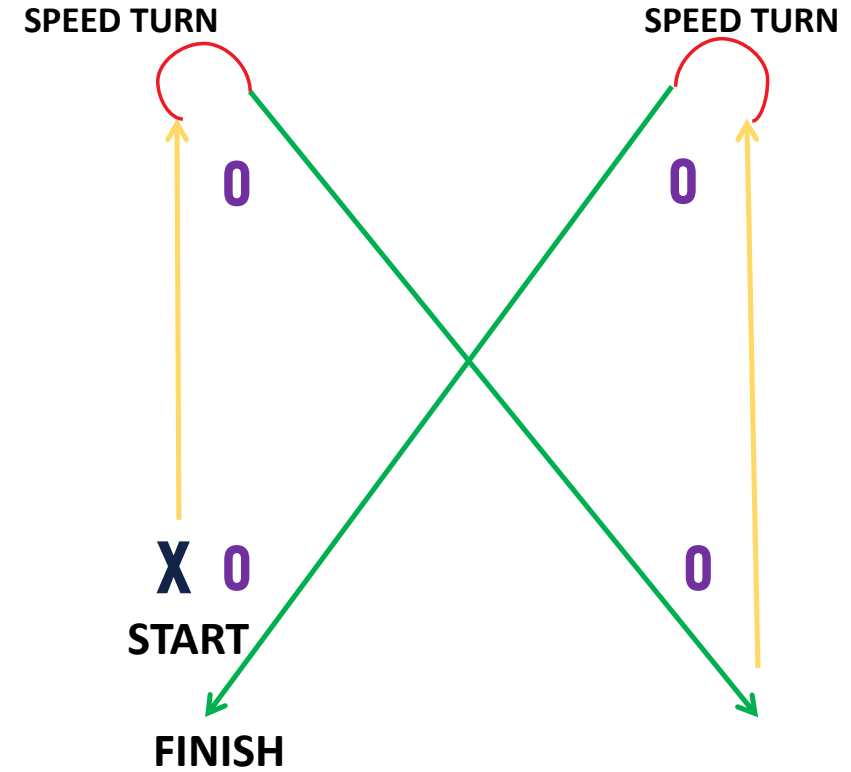
OUTSIDE BUTTERFLY



INSIDE BUTTERFLY



DRUNKEN SAILOR

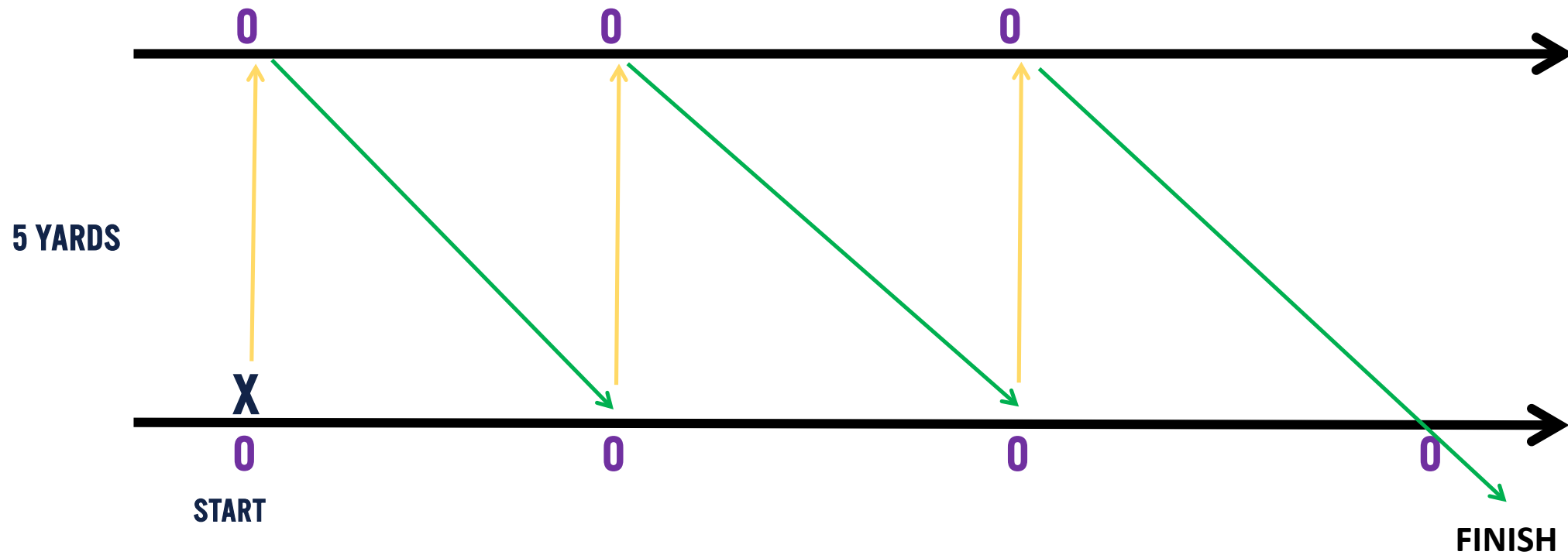


4-CONE DRILL:

DB DRILL WORK:

- 3. W-DRILL (BALL ON FINAL DRIVE)
 - PEDAL & ANGLE DRIVE
 - SLIDE PEDAL & ANGLE DRIVE

YELLOW = PEDAL
GREEN = DRIVE



W-DRILL:

DB DRILL WORK:

- 3. NORMAL TWITCH vs. FAST TWITCH MUSCLE MEMORY
 - LINE DRILLS
 - NORMAL = 12 TO 17 YARDS
 - FAST = 7 TO 10 YARD
 - 4-CONE DRILL
 - NORMAL = 8 YARD SQUARE
 - FAST = 4 YARD SQUARE
 - W-DRILL
 - NORMAL = 5 YARDS
 - FAST = 2 YARDS

DB DRILL WORK:

- 4. MIRROR DRILL PROGRESSION
 - MIRROR DRILL
 - 5 YD CONES & 5 TO 10 SECONDS WITH HANDS BEHIND BACK
 - MIRROR & RELEASE
 - 5 YD CONES & 3 TO 5 SECONDS WITH HANDS BEHIND BACK
 - MIRROR, RELEASE & OFF-HAND JAM
 - 5 YD CONES & 3 SECONDS WITH FREE HANDS
 - PRESS vs. RELEASE
 - 5 YD CONES & IMMEDIATE RELEASE WITH FREE HANDS

CONES = 5 YARDS APART / DRILL



MIRROR DRILL: