



2020

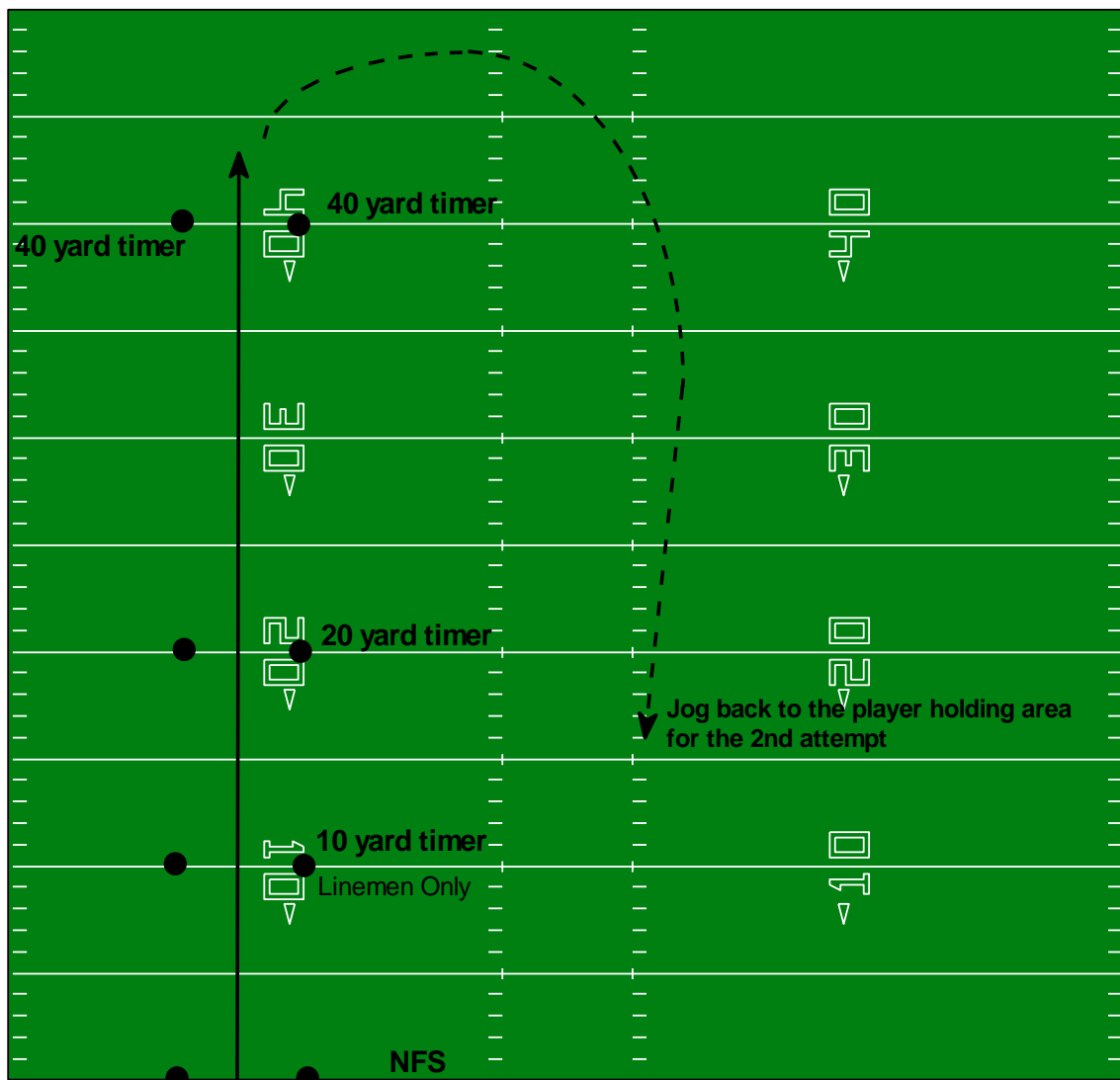
Tests and Drills Manual

American National Combines
Newport Beach, CA 92660



40 Yard Dash

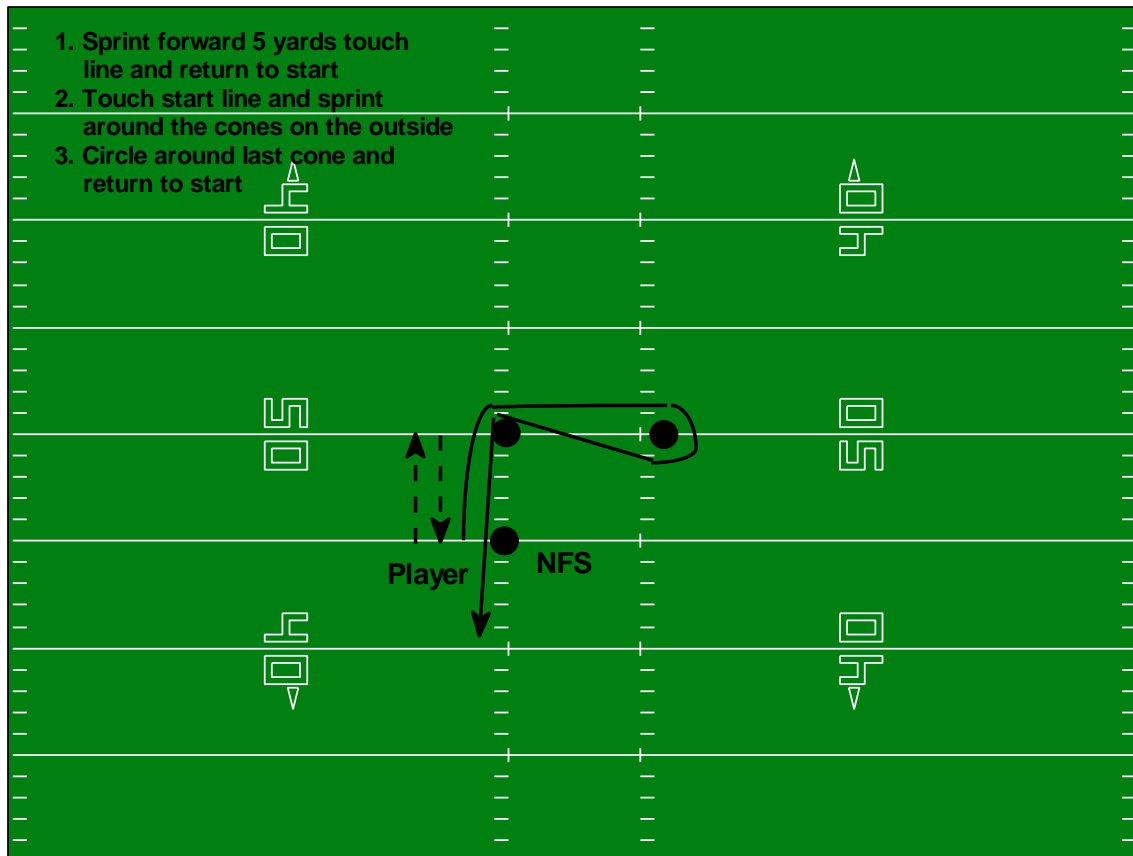
1. Player starts in a 3-point stance.
2. After player hears the words "You can go." from the scout, player must hold for a two second count before starting. NO ROLLING STARTS.
3. Timers will start watches when player's down-hand separates from the surface.
4. All players will run the 40-yard dash twice, except offensive linemen who will run once.
5. Only linemen will be timed at the 10 & 20 yard mark.
6. After running the 40-yard dash, players return to player holding area near starting line.





3-Cone Drill

1. Cones are set 5 yards apart forming a “L”.
2. Player starts the drill in a 3-point stance
3. After hearing the scout say, “You can go” player must hold 3-point stance for a 2-count before sprinting. NO ROLLING STARTS.
4. The scout will start the stopwatch the instant the player’s hand SEPERATES from the surface.
5. Player sprints forward 5 yards touching the line and returning to the start line and touches that line before running around the cones.
6. When running around the cones, the player will maintain outside leverage until the last cone. On the last cone, the player will circle around the cone before returning to the finish line.
7. The player will again maintain outside leverage while running around the cones on his way back to the finish line.





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.
9. Only the longest jump is recorded.



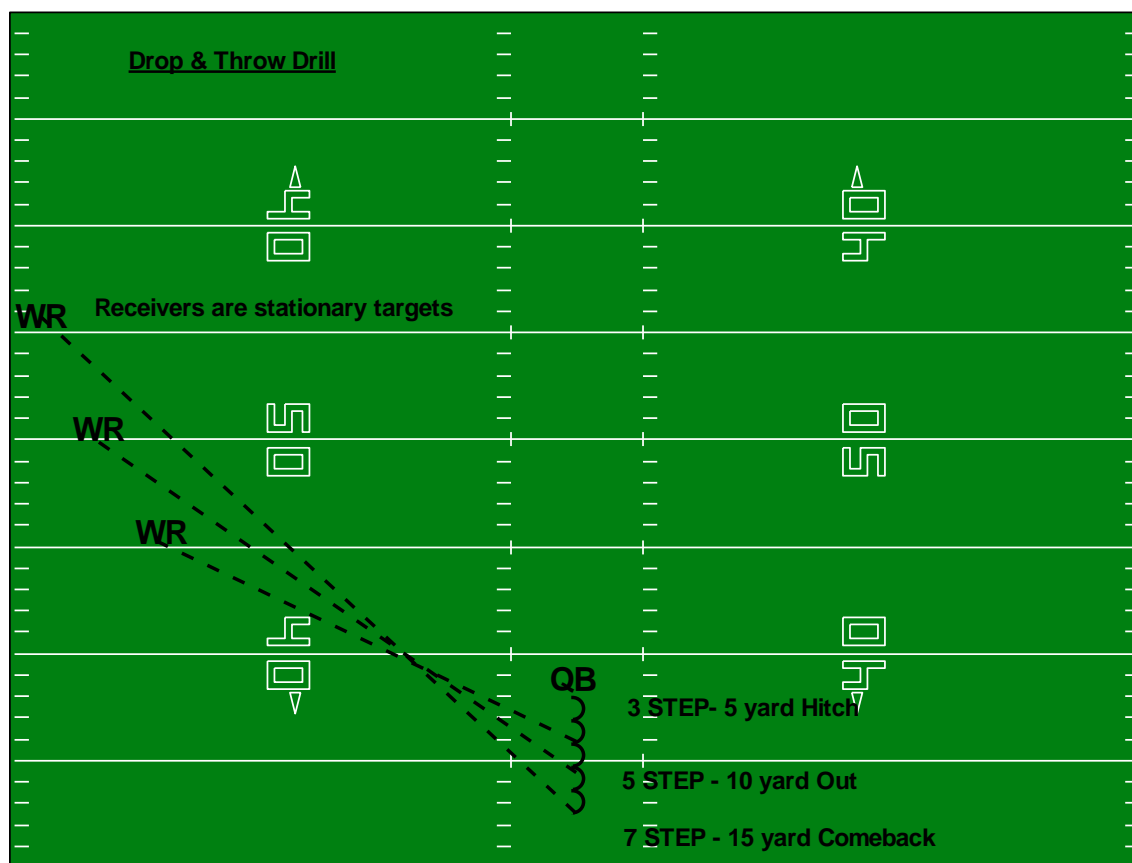


Quarterback

Drop & Throw Drill

1. QB begins his drops from the middle of the hash marks.
2. QB makes 5 yard throws using a rhythm 3 step drop (NO hitch step) (twice each side.)
3. QB then makes 10 yard throws using a rhythm 5 step drop (NO hitch step)
4. QB then makes 15 yard throws using a 7 step drop with a hitch step.
5. All throws are made twice to each side to a stationary receiver.

Remember the QB will throw 6 consecutive footballs to the left side before moving to the right side and repeating the throwing order.

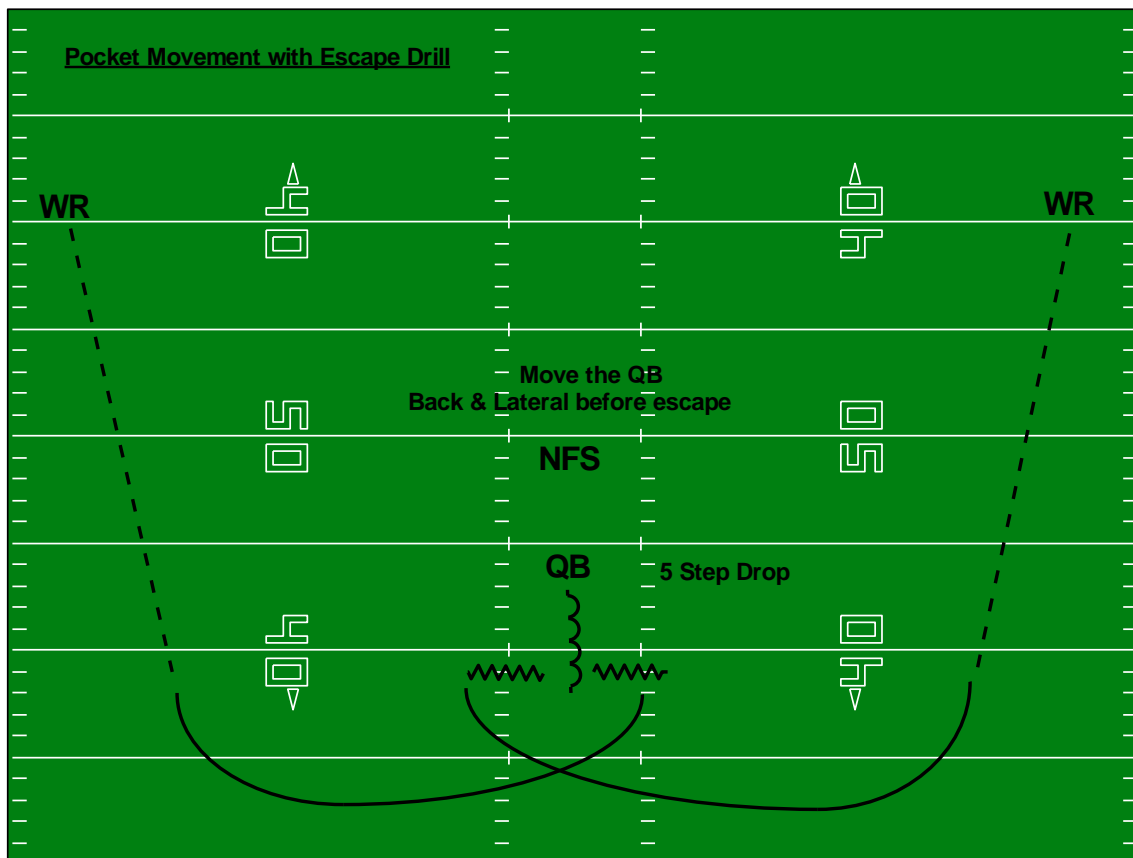




Quarterback

Pocket Movement with Escape Drill

1. QB begins drill from the middle of the hashes.
2. QB faces the **scout** as he executes the 5 step drop direction.
3. **Scout** will give the QB a lateral & backward movement by pointing in that direction.
4. **Scout** will command the QB to escape the pocket by yelling "Escape Right"
5. QB will escape towards that direction running and throwing the football on the run towards the stationary WR 15 yards downfield on the sideline.
6. The QB will perform this drill to the right and left.

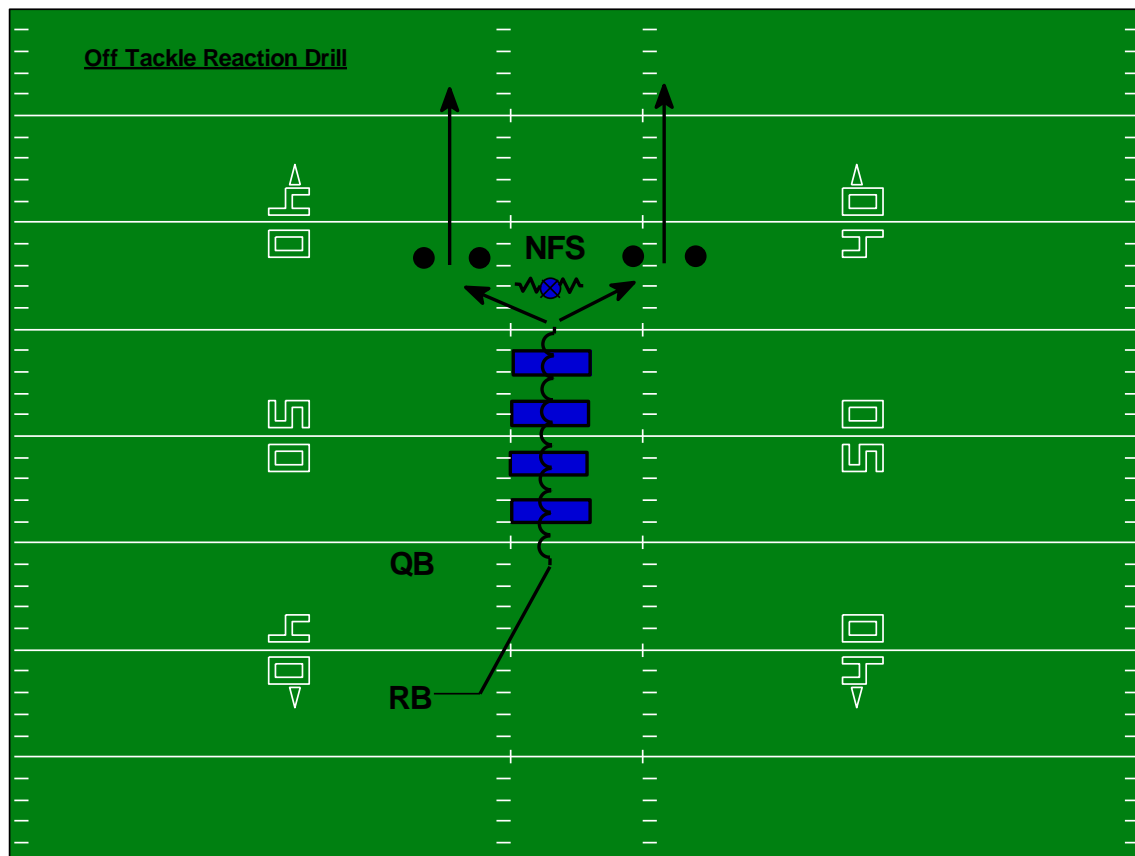




Running Back/Fullback

Off Tackle Reaction Drill

1. RB lines up 7 yards deep behind the QB
2. **Scout** 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. **Scout** will tilt the stand-up dummy left or right, RB will cut opposite towards 2 cones
6. RB will burst through BETWEEN the cones and finish with a 15 yard sprint

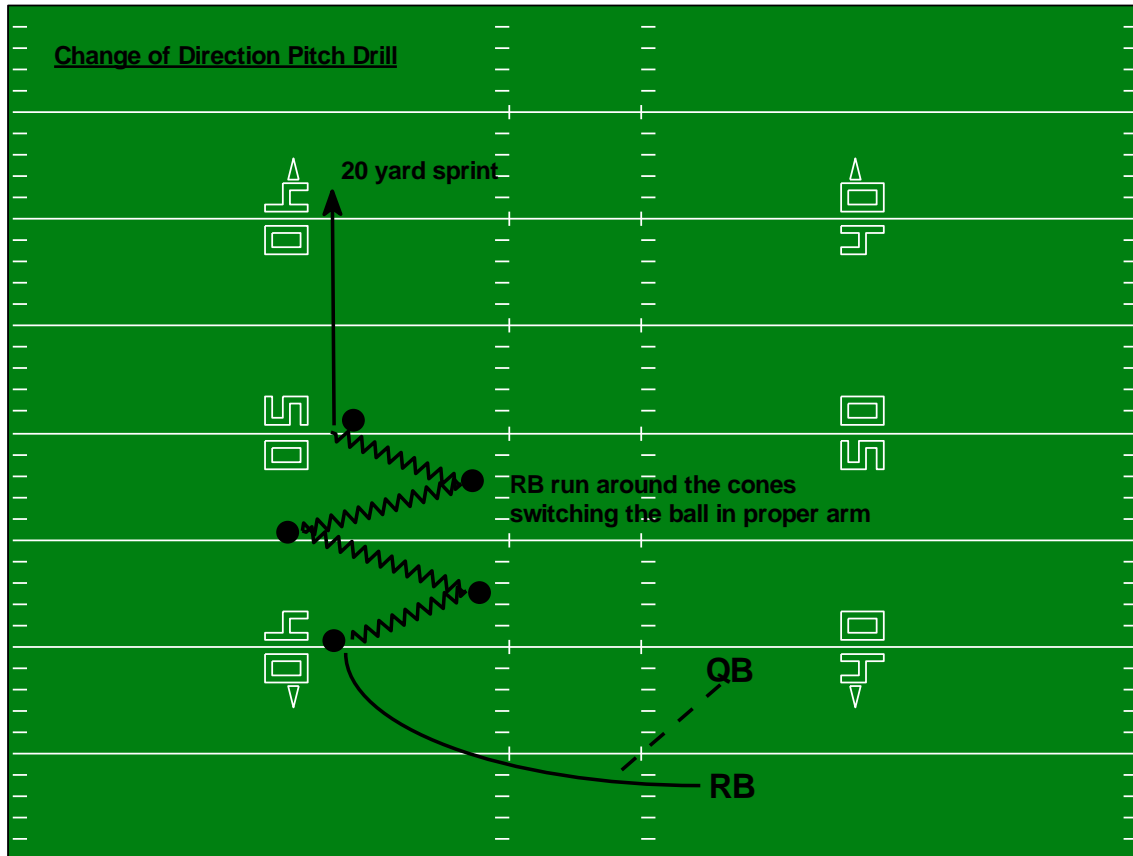




Running Back/Fullback

Change of Direction Pitch Drill

1. RB is 7 yards deep behind the **Scout** (QB) position.
2. **Scout** starts the drill with a snap count and reverse pivot toss the football to the RB, whose path is outside the tight end position or 1st cone.
3. RB weaves 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.

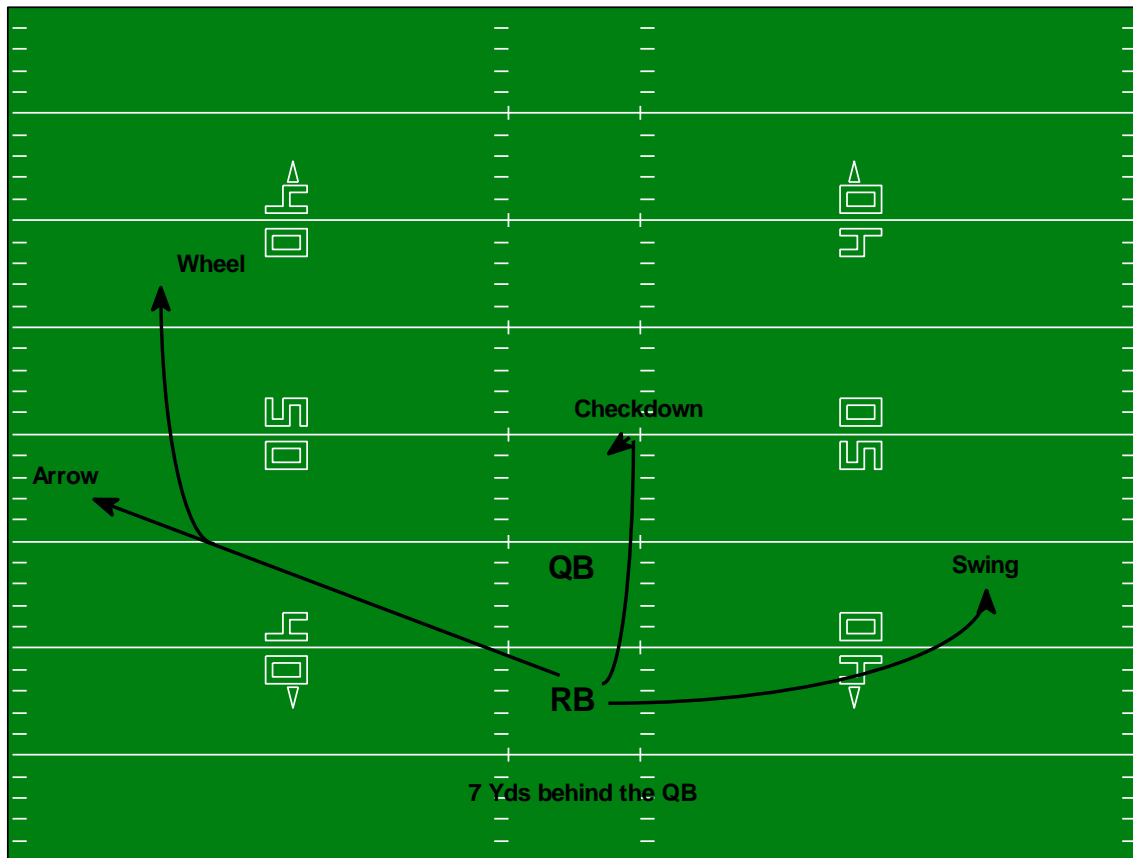




Running Back/Fullbacks

Running Back Pass Routes

1. Swing – Extend towards the #'s. Allow the football to lead RB downfield.
2. 3 YD Arrow Route
3. Wheel Route RB: sell Arrow to the #'s and turn up field
4. 3-4 TD Check down

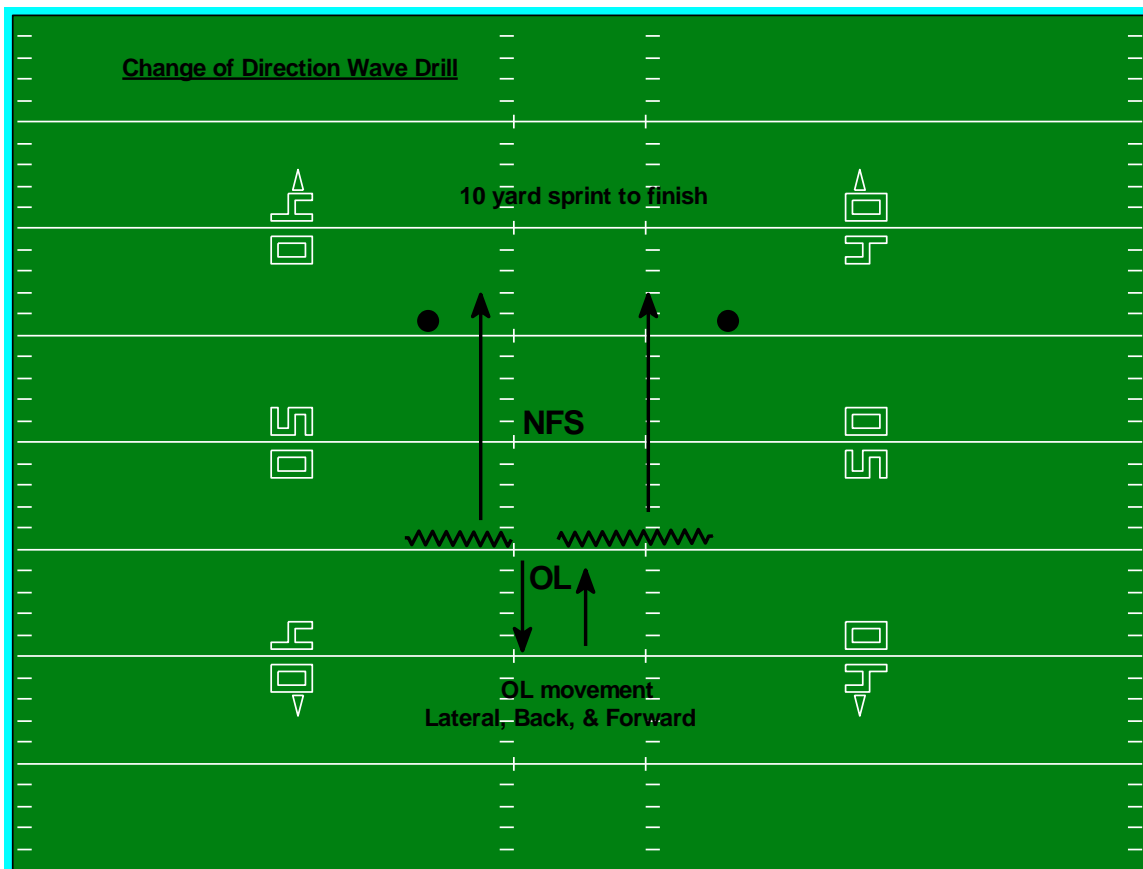




Offensive Linemen

Change of Direction Wave Drill

1. OL starts the drill with his back on the ground
2. **Scout** blows the whistle and OL jumps up and runs in the direction the **Scout** is pointing to with a football.
3. OL will move laterally, forward, and back upon the command of the **Scout** using the football for direction.
4. OL will sprint forward for 10 yards and finish through the cones when the **Scout** gives the command of "Finish" and a swipe of the football downward & back.





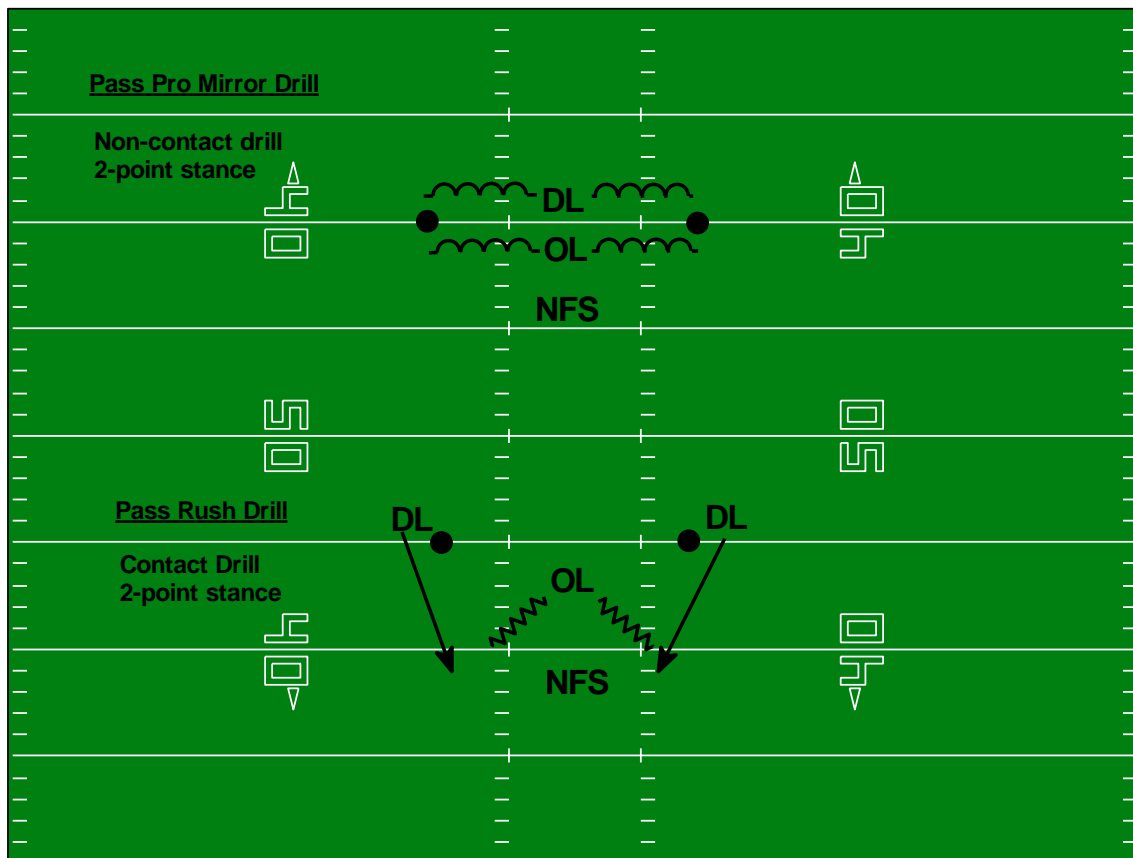
Offensive Linemen

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. On **Scout** 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 Rush Drill

1. **Scout** instructs the OL to set in a 3-point or 2-point stance
2. **Scout** blows the whistle to start the DL rush up field
3. OL will kick-step pass pro and engage the DL rush
4. This is a contact drill

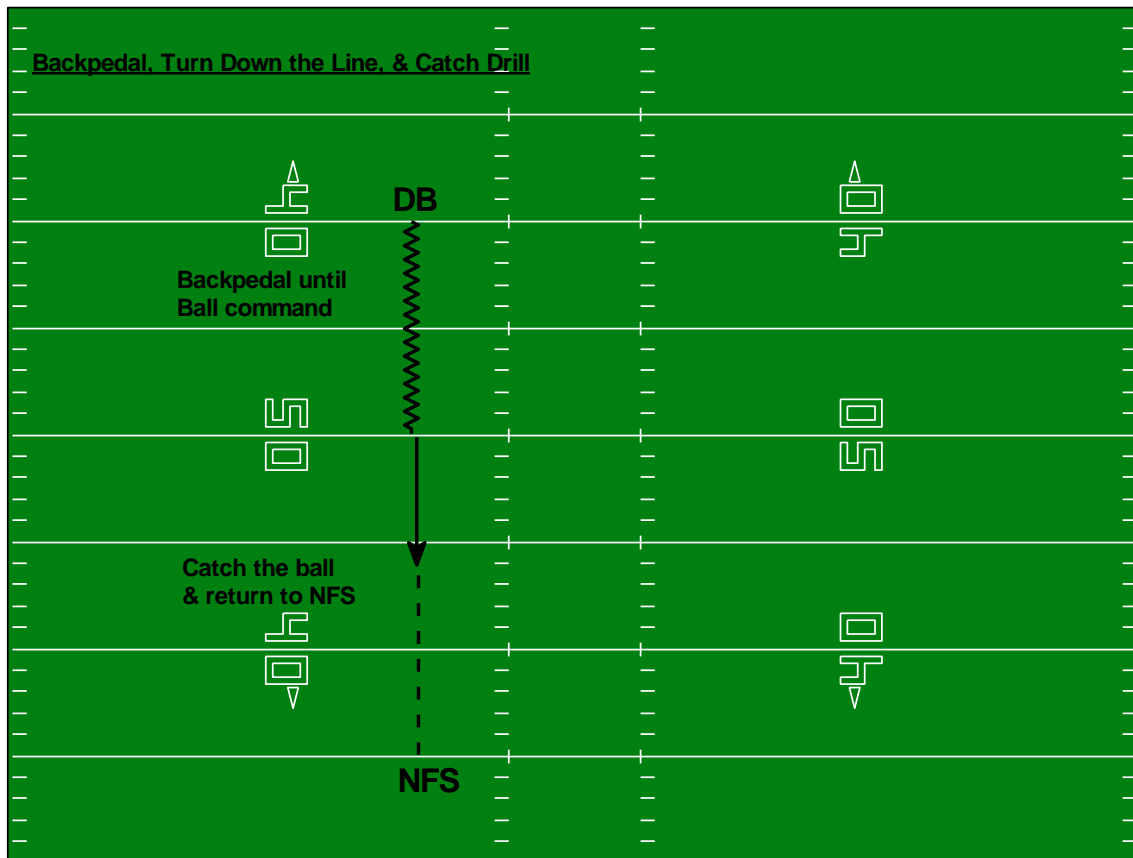




Defensive Back

Backpedal, Turn Down the Line, & Catch Drill

1. DB stands 25 yards ahead of the **Scout** with his back to him and in a backpedal stance.
2. On **Scout** command DB will backpedal towards the NFS.
3. **Scout** will yell "Ball" after at least 10 yards in the backpedal
4. DB will speed turn to the right and catch the football as he runs forward towards the **Scout**.
5. DB will sprint with the football past the **Scout** and hand the ball to the **assistant instructor**.

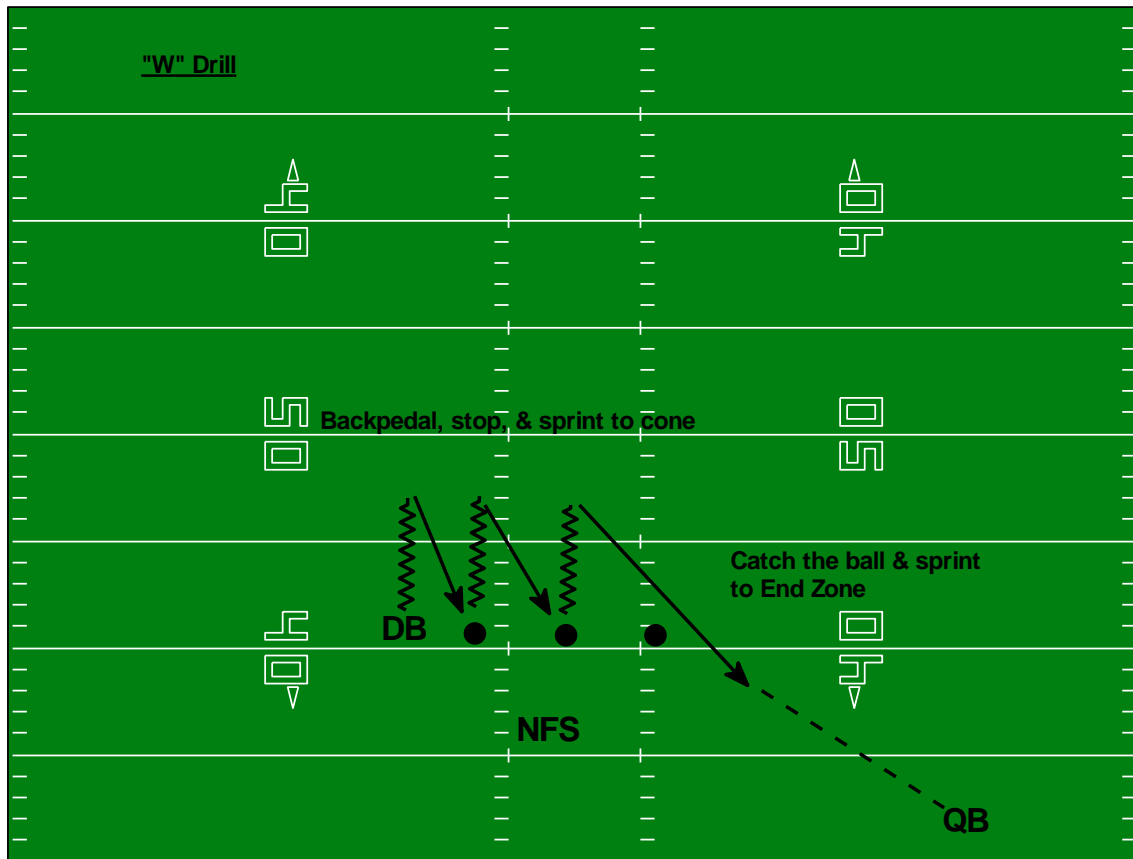




Defensive Back

“W” Drill

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

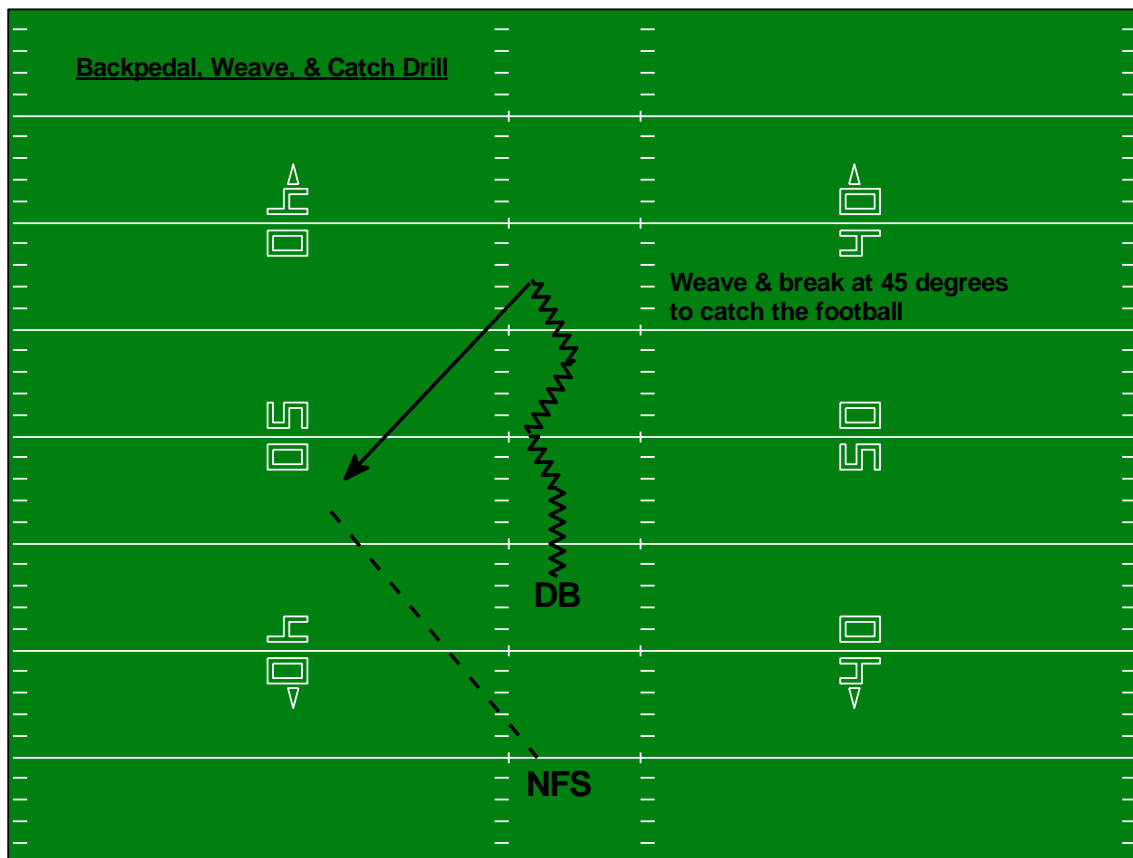




Defensive Back

Backpedal, Weave, & Catch Drill

1. DB will line up in a backpedal stance 7 yards ahead of the **Scout**
2. On **Scout** command, the DB will backpedal reacting to the **Scout** direction using the football
3. DB will maintain a backpedal stance as he weaves downfield looking at the **Scout**
4. When **Scout** 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 **Scout**.
5. DB will sprint past the **Scout** and return the football to the ANC staffer.

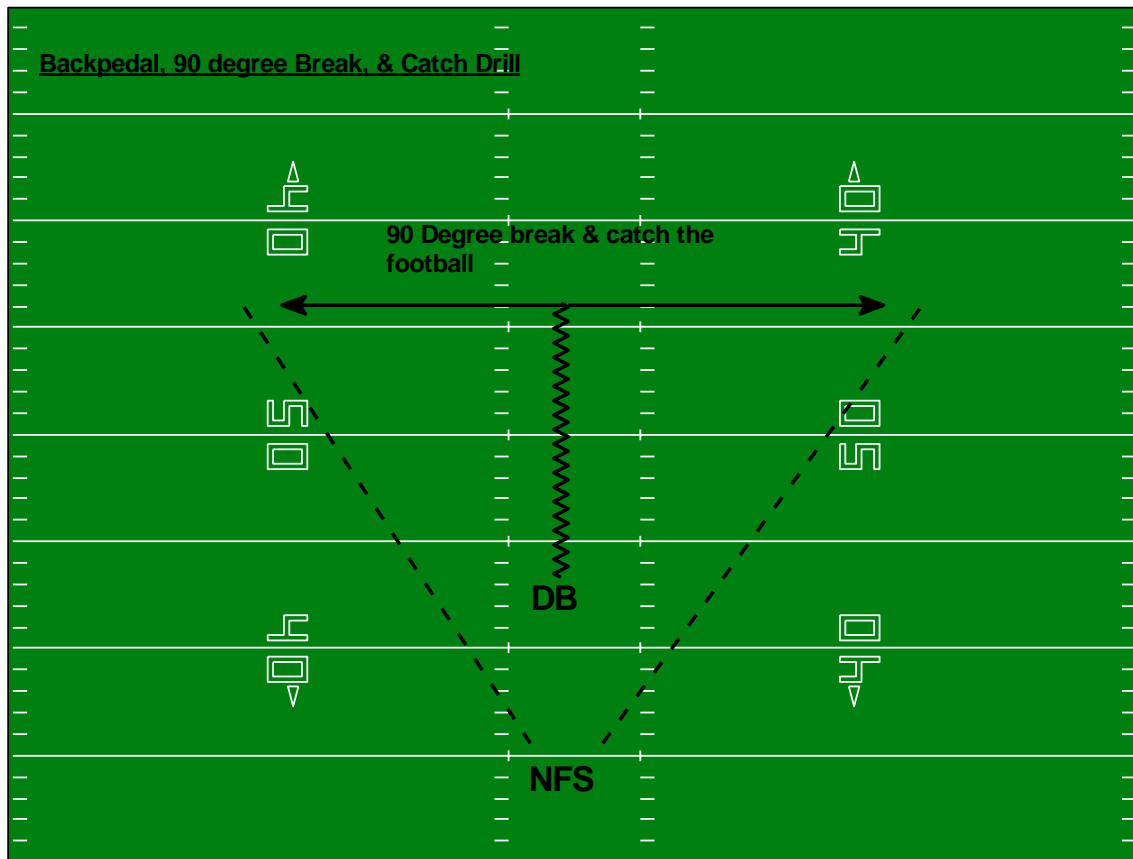




Defensive Back

Backpedal, 90 Degree Break, & Catch Drill

1. DB will line up in a backpedal stance 7 yards ahead of the **Scout**.
2. On **Scout** command the DB will backpedal downfield, make sure the DB backpedals at least 10 yards before break point.
3. When **Scout** swipes the football downwards either to the right or left, the DB will break on a 90 degree angle and catch the football from the **Scout**.
4. DB will sprint past the **Scout** and return the football to the ANC staffer.

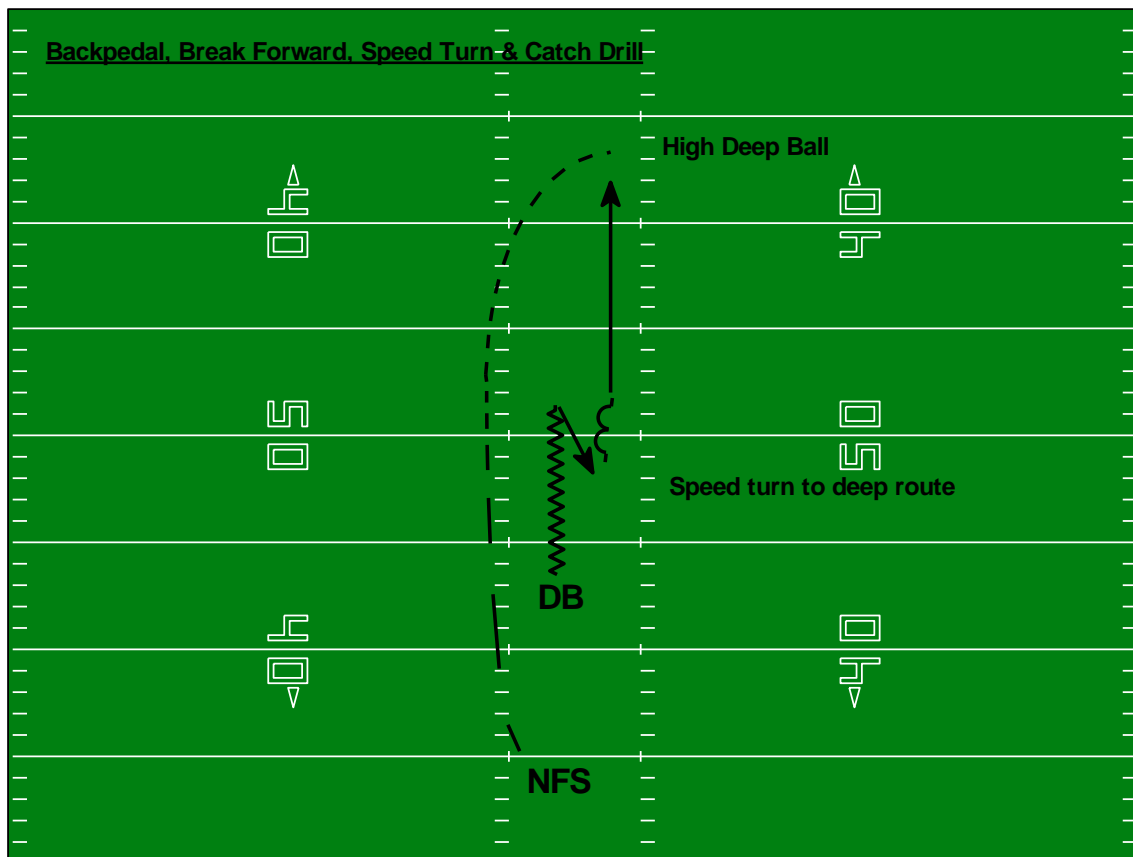




Defensive Back

Backpedal, Break Forward, Speed Turn & Catch Drill (Uh-Oh Drill)

1. DB will line up in a backpedal stance 7 yards ahead of the **Scout**.
2. On **Scout** command the DB will backpedal downfield, make sure the DB backpedals at least 10 yards before break point
3. When **Scout** swipes the football downwards the DB will break forward
4. The **Scout** 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. **Scout** will throw the long ball and DB will locate the football to catch it
6. DB will sprint past the **Scout** and return the football to the ANC staffer.

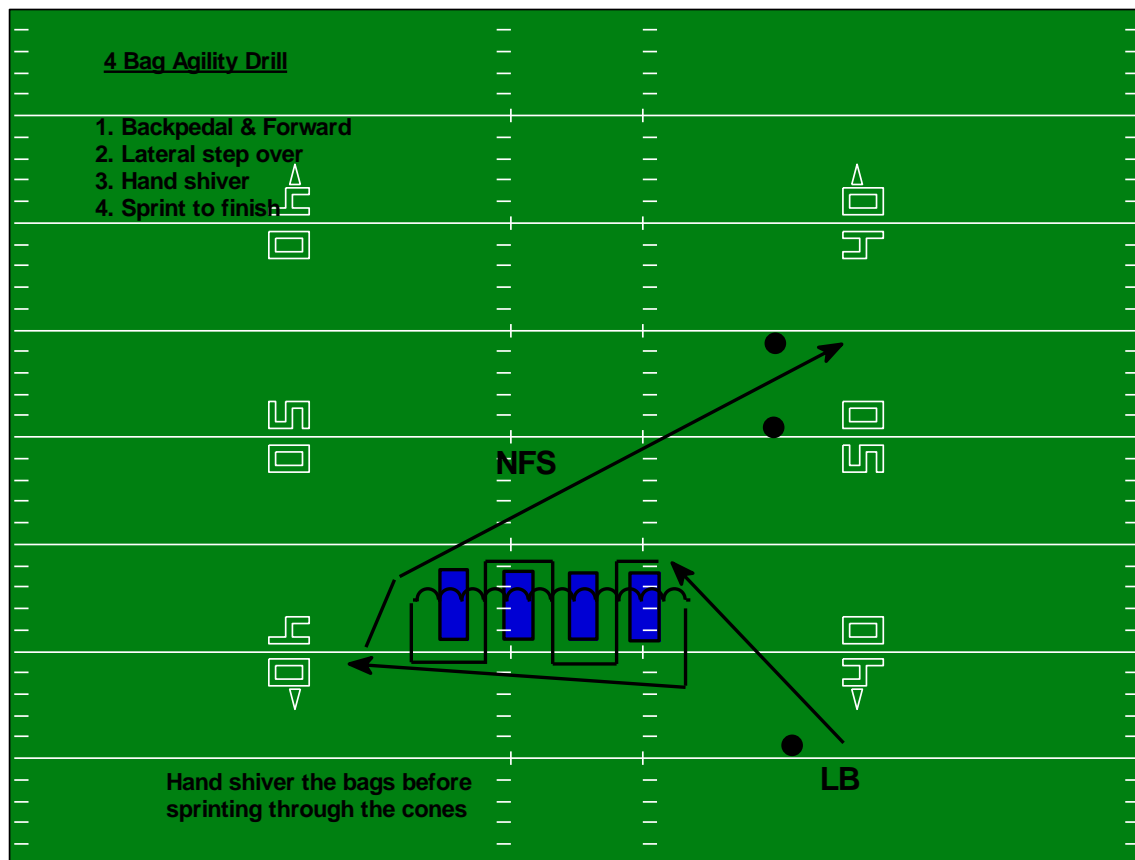




Linebacker

4 Bag Agility Drill

1. LB starts drill from the right side 5 yards deep
2. On **Scout** 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 **Scout** to the designated cones.

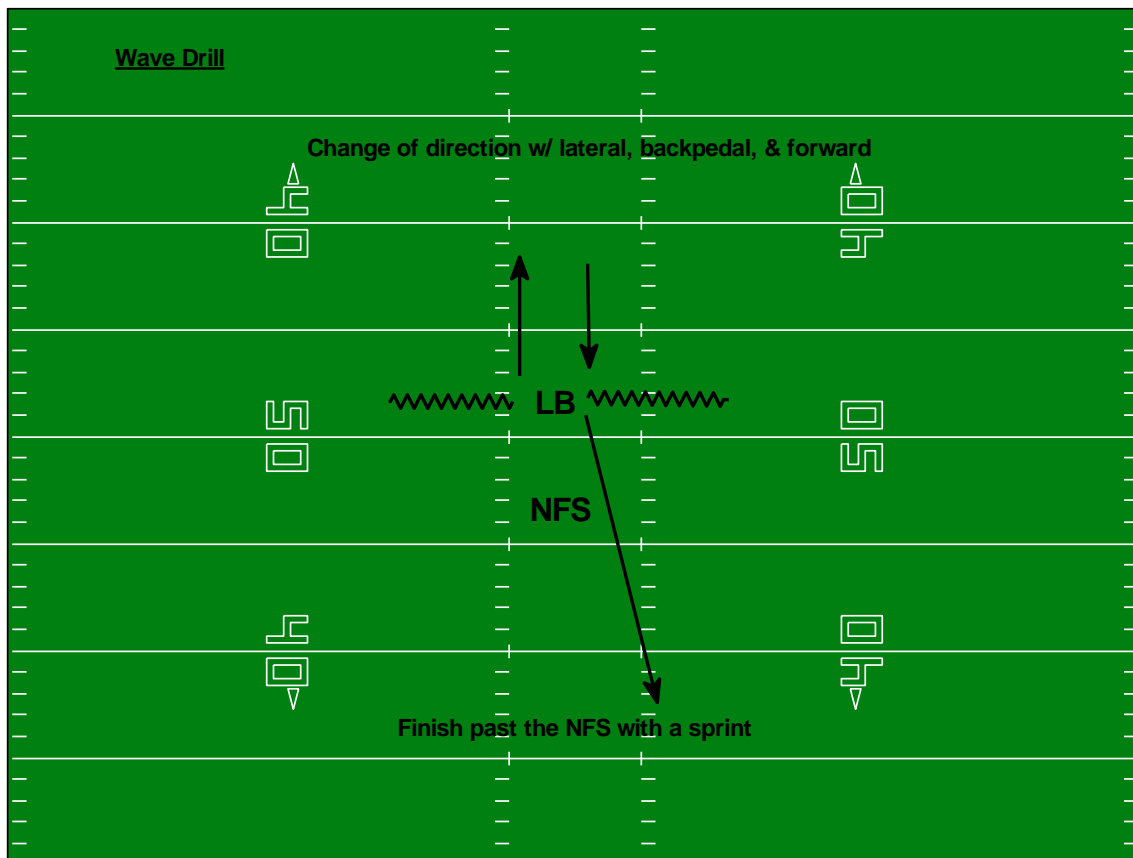




Linebacker

Wave Drill

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

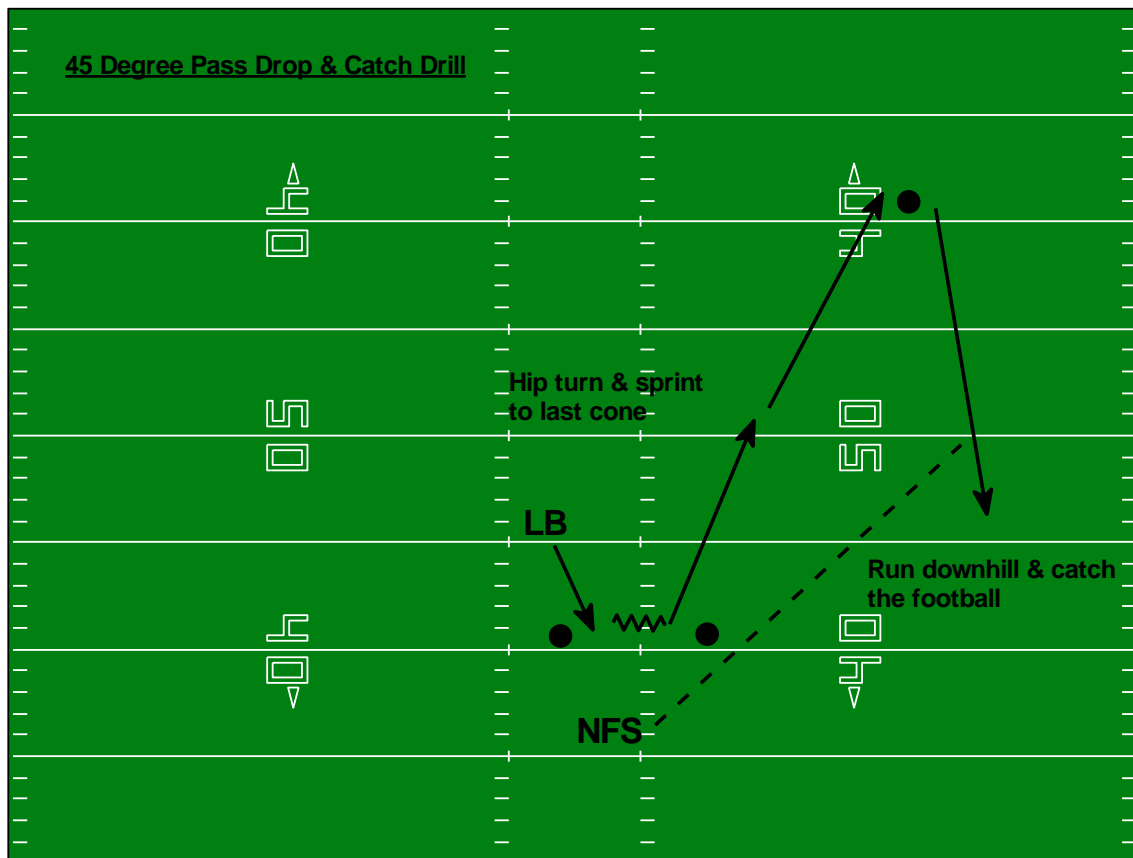




Linebacker

45-Degree Pass Drop & Catch Drill

1. LB stands 10 yards in front of the **Scout** in a 2-point "ready" stance.
2. On **Scout's** command, LB will sprint forward to pair of cones 5 yards in front of the **Scout**.
3. **Scout** will direct the LB to lateral shuffle to opposite cone for a distance of 5 yards.
4. At opposite cone, **Scout** directs LB to pass drop at a 45 degree angle 10 yards to Hook/Dig zone
5. The **Scout** will then raise the football to a throwing position, LB will speed turn and sprint to the last cone. *(This cone should be 20 yards deep and on the top of the #'s)*
6. LB will run around the cone and sprint downhill where he will catch the football thrown by the **Scout**
7. LB will sprint past the **Scout** and return the football to the ANC staffer.

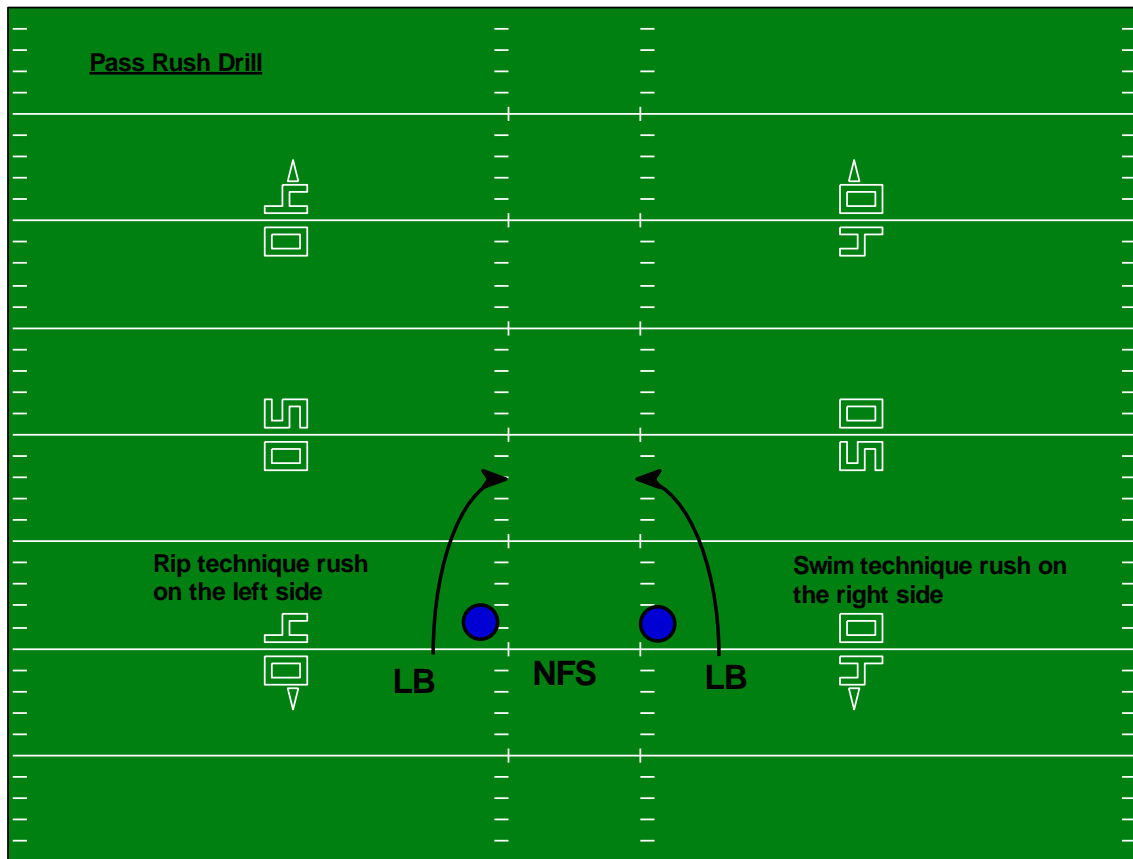




Linebacker

Pass Rush Drill

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.

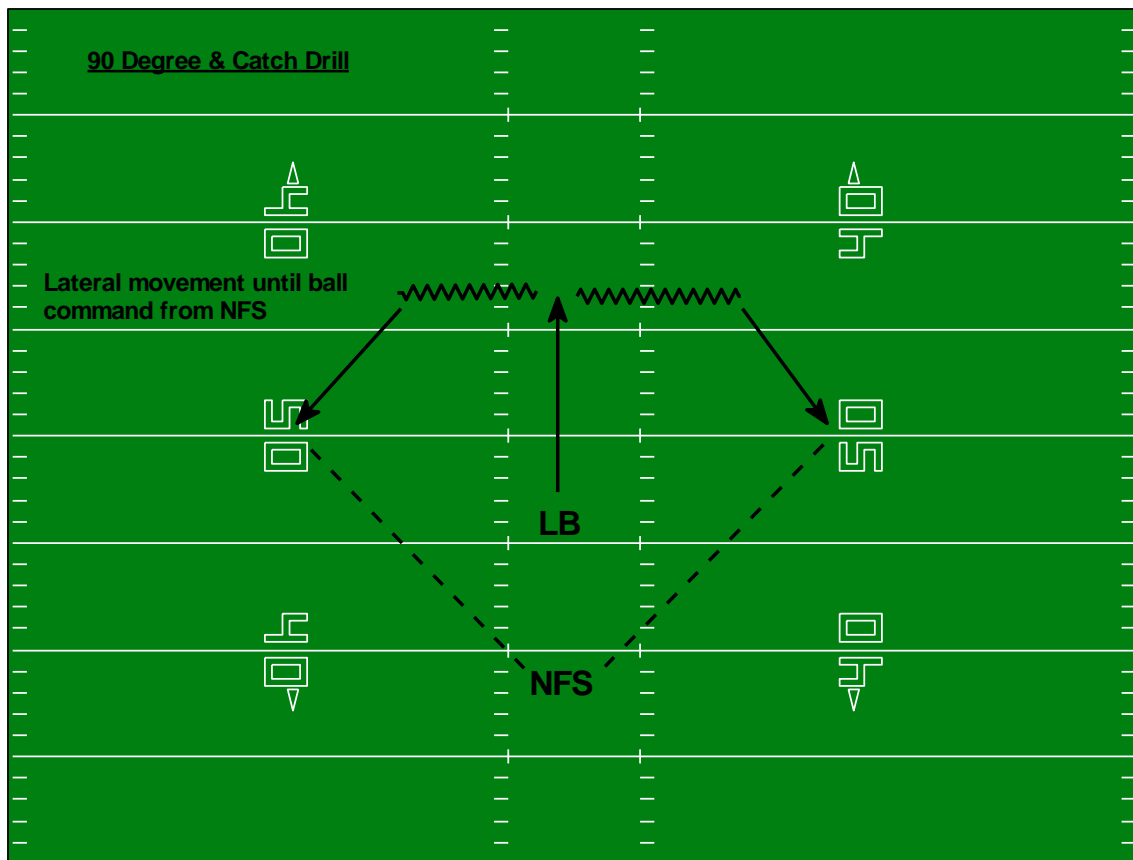




Linebacker

90 Degree & Catch Drill

1. LB stands 5 yards ahead of the **Scout** in a 2-point stance
2. On **Scout** command, LB backpedals until the **NFD** 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 **Scout** raises the football to a throwing position.
4. LB will break at a 45 degree angle and catch the football thrown by the **Scout**.
5. LB will sprint past the **Scout** and return the football to the ANC staffer.

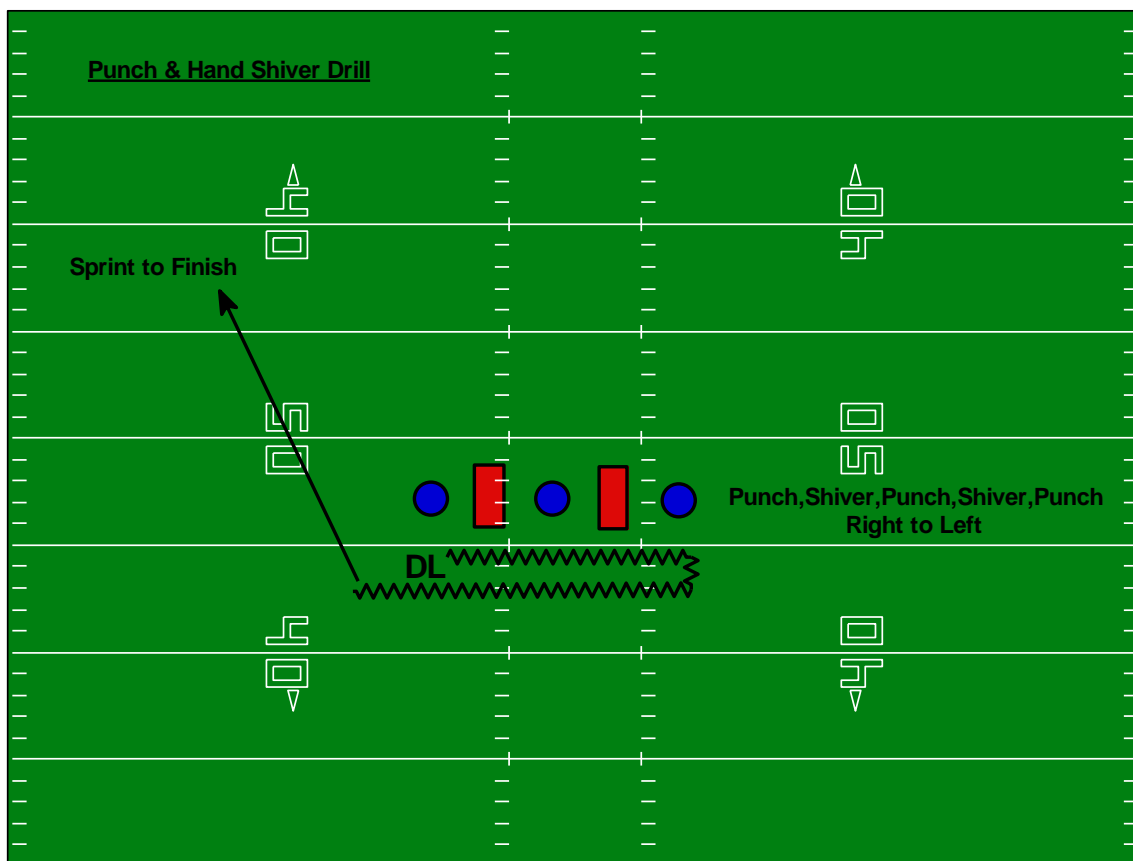




Defensive Linemen

Punch & Hand Shiver Drill

1. DL will start the drill in a 3-point stance and to the left of dummies
2. On **Scout** 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.

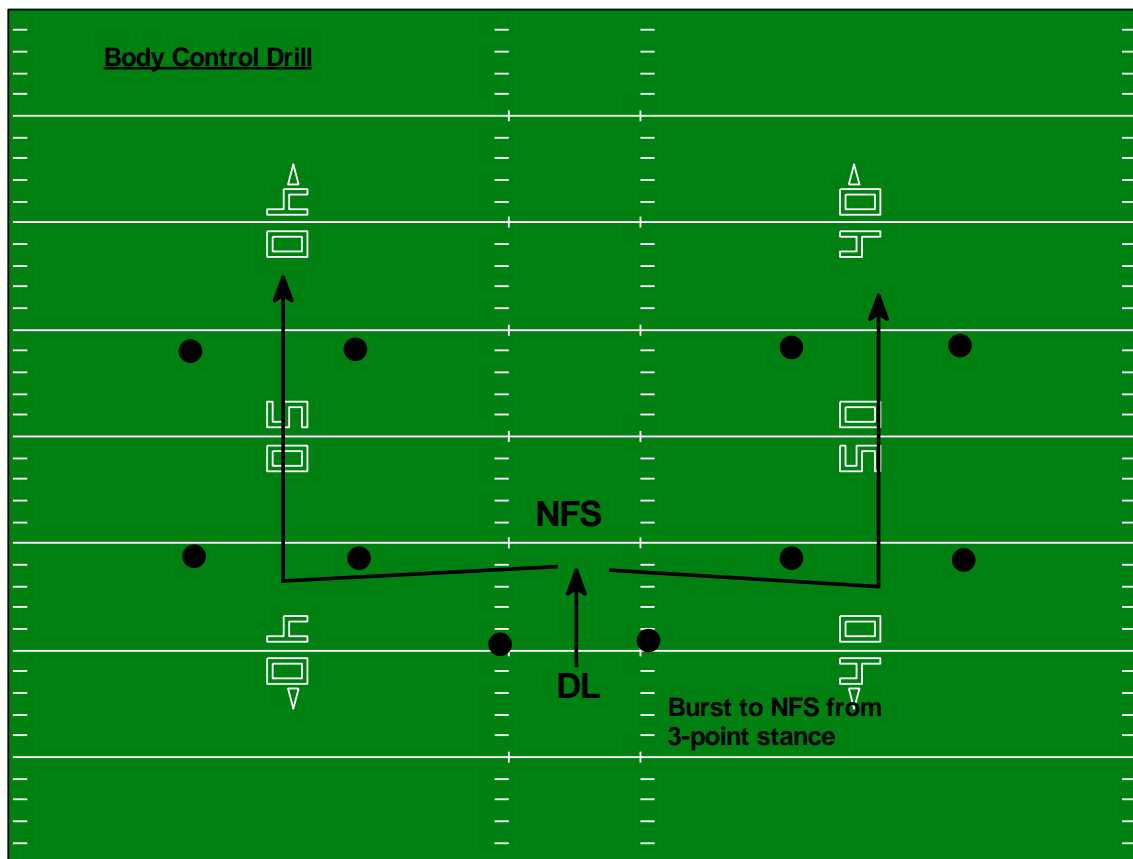




Defensive Linemen

Body Control Drill

1. DL starts the drill in a 3-point stance 5 yards in front of **Scout**.
2. On **Scout** command, DL will burst towards the **Scout**.
3. **Scout** will point to the left or right, DL will breakdown and sprint in that direction running through the alley designated by 4 cones.

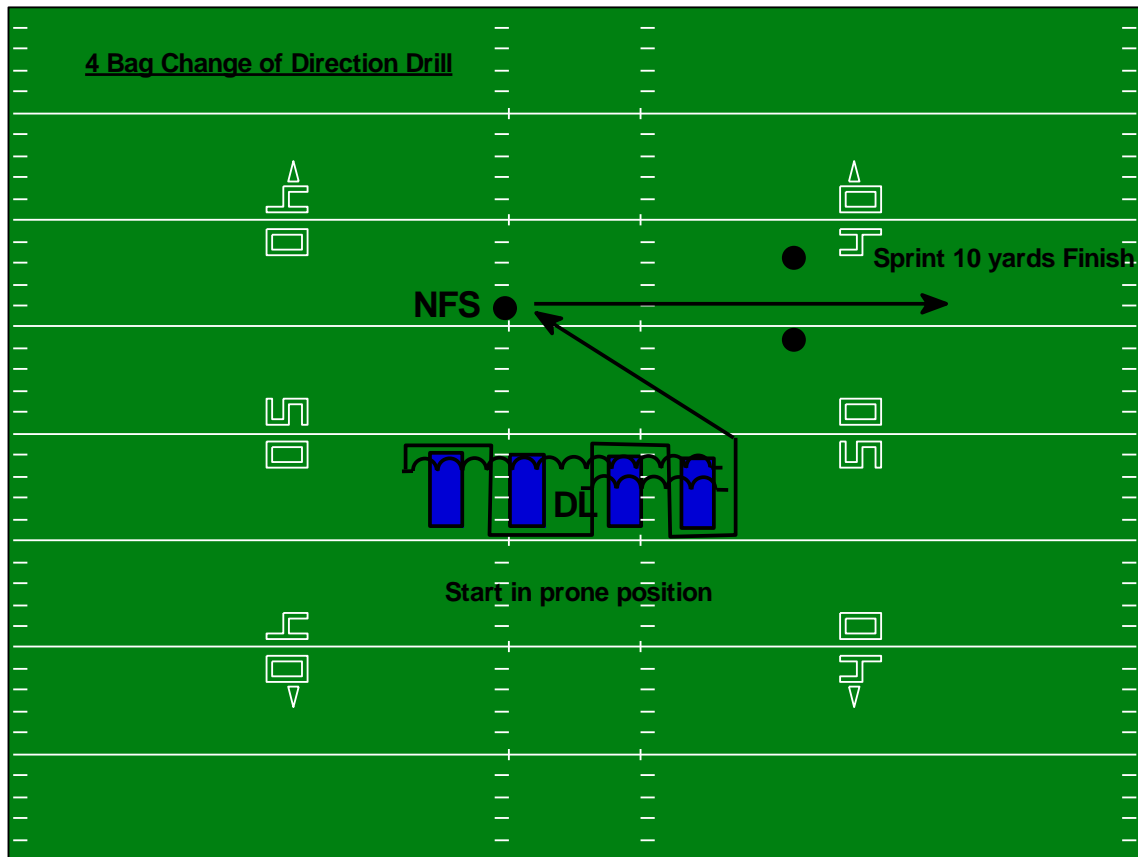




Defensive Linemen

4 Bag Change of Direction Drill

1. DL will start the drill in a prone position in between the 2nd and 3rd step-over dummies.
2. On **Scout** 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 **Scout**. (*Scout will be 5 yards deep in between the 2nd and 3rd step-over dummies*)
6. The **Scout** will re-direct the DL to sprint to his right and finish through the designated cones on the hash.

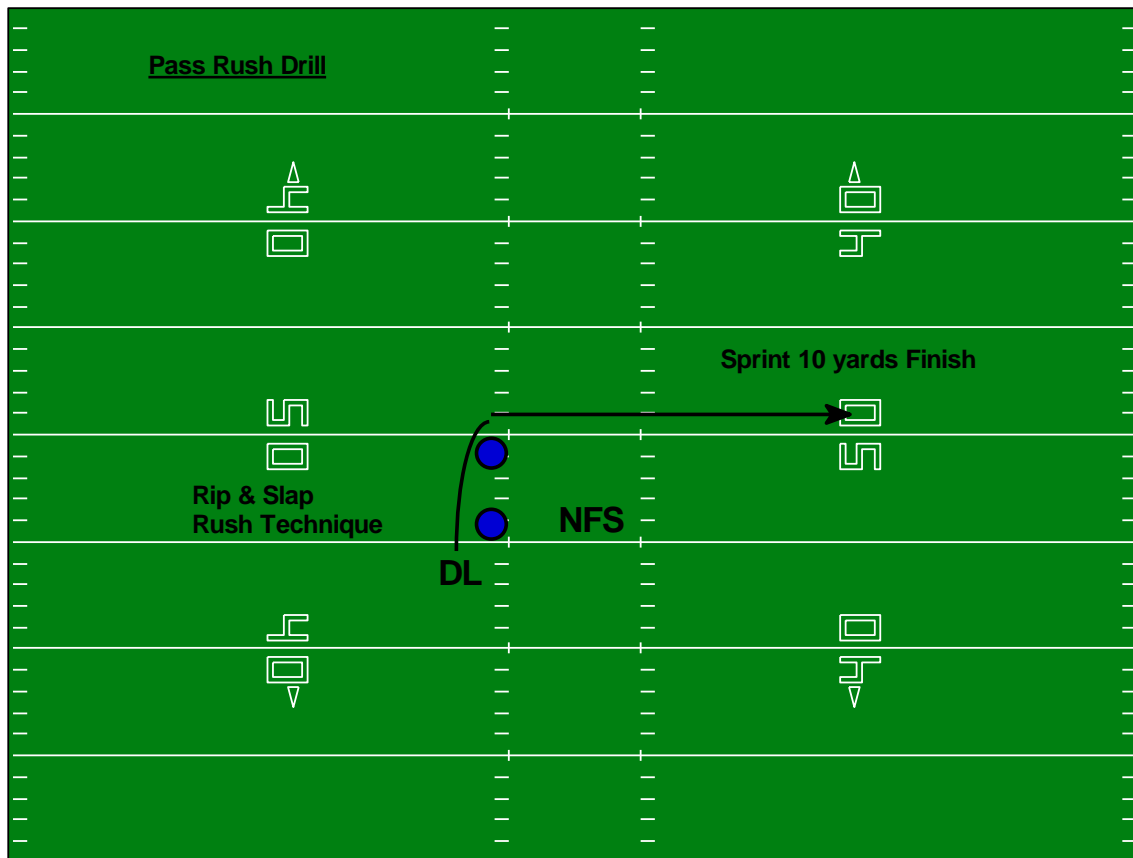




Defensive Linemen

Pass Rush Drill

1. DL start the drill in a 3-point stance outside the stand-up dummy
2. On **Scout** 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 right and left.





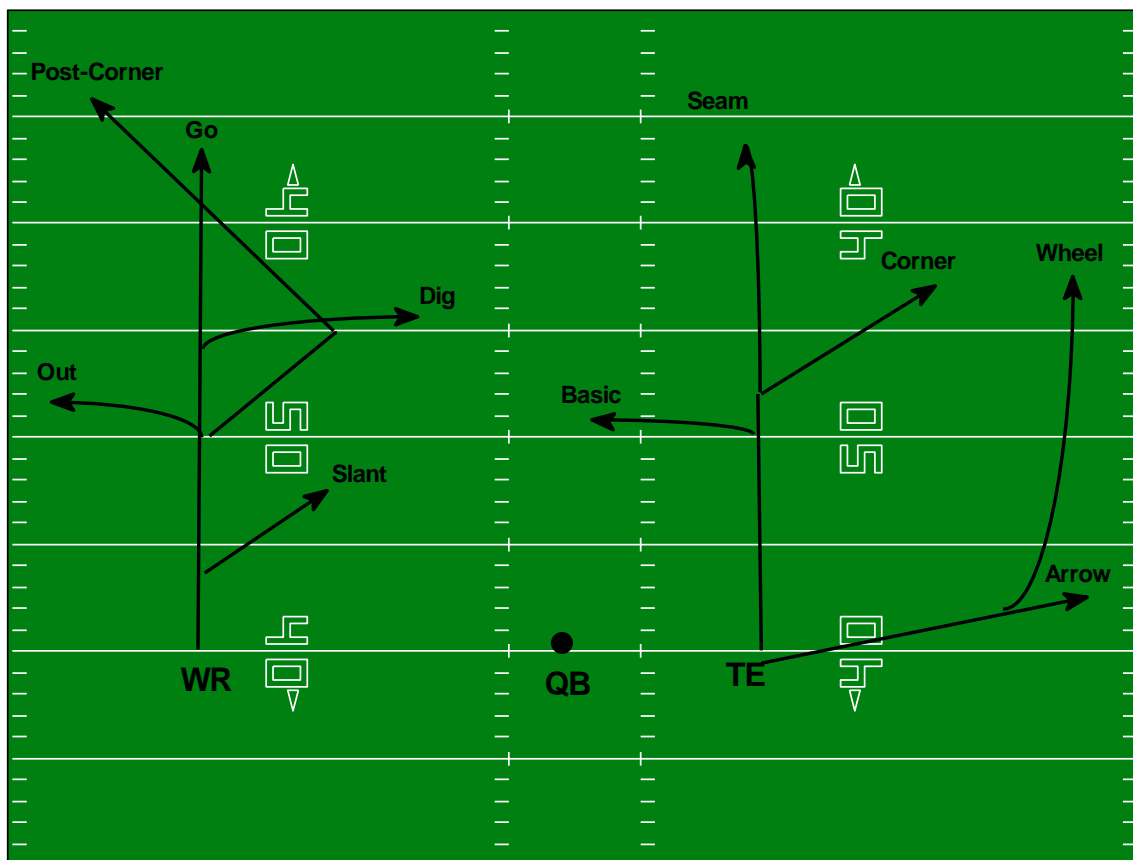
WR/TE

Wide Receiver Pass Routes

- 3-step Slant
- 10 YD Speed Cut Out
- 15 YD Dig
- Post-Corner (Stick Post at 10YDS then 5-7 more YDS, then cut to Corner at HIGH angle.)
- Go

Tight End Pass Routes

- 3 YD Arrow
- 10 YD control cut Basic
- 12 YD Corner
- Wheel (Sell Arrow to #'s and turn up.)
- Seam

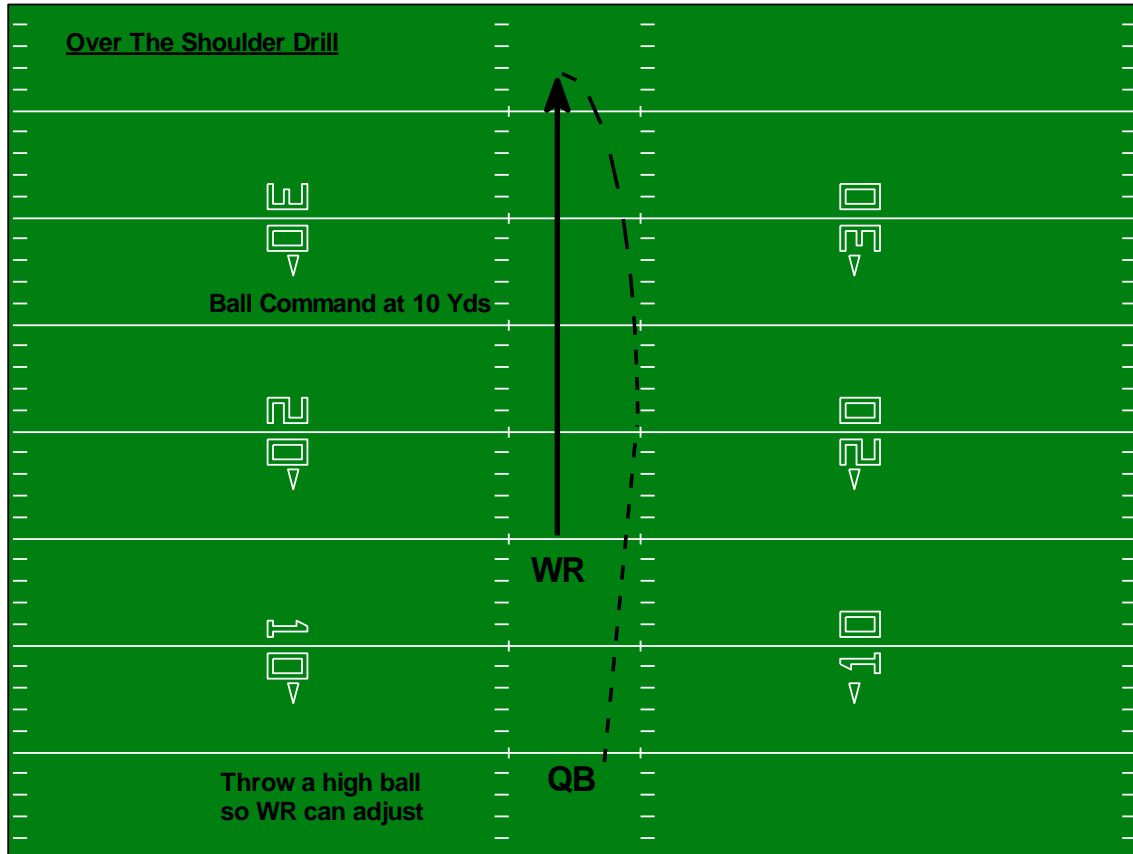




WR/TE

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





WR/TE

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 break 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

