BEMIDJI YOUTH FOOTBALL TRAINING CAMP DRILLS
It is our goal to have fair and balanced teams each year. By distributing talent equally, games are more competitive and fun for all the players involved. In addition, it is important for teams to have capable players for each position.

The ranking system is in place to give us a general idea of what positions players will be successful in and to create well rounded teams. Every position on the football team is equally important but has unique qualities that aid in being successful at the position. An accurate reading on the player’s ability is crucial for creating fair and balanced teams.

Our ranking system is based off the numbers 1-5, with 1 being the best and 5 being the worst. Players should be ranked in comparison to the other players in their grade.

Typically, rankings are as follows:

- **RANK 1**: The top 10-15% of all the players should be ranked as a 1.
- **RANK 2**: About 20% of the players should be ranked as a 2.
- **RANK 3**: About 30% of the players should be ranked as a 3 (the majority of the players should fall into this category).
- **RANK 4**: About 20% of the players should be ranked as a 4.
- **RANK 5**: About 10-15% of the players should be ranked as a 5.
SPEED

**DRILL 1: 20 YARD DASH** - Players will be judged on their speed in this drill.

**Players:** Sprint the 20 yard dash. **Coaches:** Time the player on how long it takes to run the 20 yard dash. **Needed:** One person to direct the player at the start of the course; one person with a stopwatch to stand at the end to time the player and two cones to mark the course.

**20 YARD DASH (ROUND TIME TO 1 DECIMAL POINT)**

**DRILL 2: 40 YARD DASH** - Players will be judged on their speed in this drill.

**Players:** Sprint the 40 yard dash. **Coaches:** Time the player on how long it takes to run the 40 yard dash. **Needed:** One person to direct the player at the start of the course; one person with a stopwatch to stand at the end to time the player and two cones to mark the course.

**40 YARD DASH (ROUND TIME TO 1 DECIMAL POINT)**
**AGILITY**

**DRILL 1** - Players will be judged on their blocking skills, tackling skills, agility and speed in this drill.

**Players:** Sprint 10 yards. Hit the pop up with your inside arm. Turn corner. Side Step 10 yards. Turn corner. Back Peddle 10 yards. Turn corner. Sprint 10 yards back to the start to complete the square. Finish by tackling the pop up.

**Coaches:** Time the player on how long it takes to run through the agility station and rank their overall performance on their movement and blocking/tackling from 1-5 (1 being the best and 5 being the worst). **Needed:** One person with a stop watch to time, two people to direct players and two coaches to rank the player’s performance. Two pop up dummies and four cones to mark the course are also needed.
DRILL 1 - Players will be judged on their agility, tackling and speed in this drill.

Players: Sprint 10 yards to the first cone. Sprint 10 yards back to the second cone. Sprint 10 yards to third cone. Tackle the pop up dummy at the end to finish the drill.

Coaches: Time the player on how long it takes to run through the Zigzag station and rank their overall performance on their movement and tackling from 1-5 (1 being the best and 5 being the worst). Needed: One person to direct, one person with a stop watch to time and two coaches to rank the player’s performance. Four cones are needed to mark the course.
**TACKLING & BLOCKING**

**DRILL 1:** Players will be judged on their blocking/tackling ability in this drill.

**Players:** Sprint 5 yards and hand block the pad. Sprint 5 yards and tackle the pop up dummy.

**Coaches:** Rank the player on their aggressiveness, hand block and tackle. **Needed:** Two stations, one person to direct, one coach to hand block and two coaches to rank the player on their blocking and tackling from 1-5 (1 being the best and 5 being the worst) at each station. Three cones, one pop up dummy and one hand pad are also needed for each course. **Each player will have the opportunity to go through both of the stations!**

**TACKLE/BLOCK #1**

**TACKLE/BLOCK #2**
**THROWING & PASSING**

**DRILL:** Players will be ranked on their passing and catching ability (*5 throws and 5 catches per station*).

**Player:** Throw and catch 5 passes at a distance of 10 yards.

**Coaches:** (1) Rank the player based on the average of all 5 passes from 1-5 (1 being the best and 5 being the worst). (2) Rank the player based on the average of all 5 catches from 1-5 (1 being the best and 5 being the worst). **Needed:** Two stations, one person to direct, one coach to throw/catch and one coach to rank the player from 1-5 (1 being the best and 5 being the worst) at each station. Two cones to mark each course and footballs are also needed. **Each player will have the opportunity to go through both stations!**

**THROW #1**

**THROW #2**