

RonMcKieFootball.com presents:

Three Air Raid Drills to Improve Your Scoring

RonMcKieFootball.com

Presents

Three Air Raid Drills to Improve Your Scoring

By Ron McKie

Copyright 2017 RonMcKieFootball.com

This eBook was written because I believe these drills are critical to succeed in the Air Raid offense.

If you enjoyed this eBook then please visit my website – <http://www.ronmckiefootball.com> – and my YouTube Page – <https://www.youtube.com/c/CoachMcKie> . Thanks.

The Air Raid offense is an offense that makes it's living on simplicity. Simplicity in plays. Simplicity in formations. And simplicity in practice.

Practice is the key word. It's the thing that makes the Air Raid the Air Raid.

In this eBook I'm going to go over three drills you need to run EVERY DAY in order to be successful in the Air Raid offense.

SETTLE-UP AND NOOSE

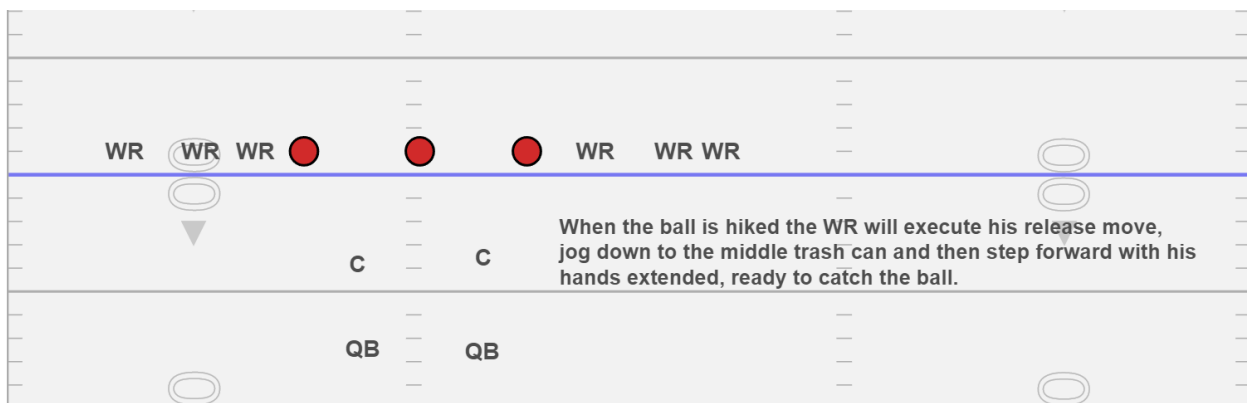
Have you ever wondered how wide receivers that play in the Air Raid offense always find open spaces so easily? It's because they work on it every single day through the Settle-Up and Noose drill.

This drill works on the following things:

1. Wide Reviver stance and start
2. Getting off of press man.
3. Finding open grass and staying in it.
4. Center's snaps.
5. Quarterback ball placement.
6. Quarterback getting mental reps of the drop back pass of the day.

All six of those things are getting worked on in a simple five minute drill.

Here is a picture on how to set the drill up:



Link to the drill:

<https://youtu.be/ErbtItPDTI4>

Players used in the drill:

- Quarterbacks
- Running Backs
- Wide Receivers
- Centers

What do you need:

- Trash cans – I use these <http://amzn.to/2sJte97>
- Cones – I use these <http://amzn.to/2gQl4v2>

Here is how Settle-Up and Noose works:

A wide receiver lines up in front of a trash can. This trash can represents a defender in press man technique. When the center snaps the ball the receiver will work on his foot fire and release. He will JOG – yes JOG – to the opposite trash can. When he gets close to the opposite trash can then he will PLANT his foot in the ground and step forward – showing hands.

The quarterback – while the wide receiver is going through his portion of the drill – will take his drop back. On the last step of his drop he will go through his progression of a drop back play.

Example: If I told my quarterback to go through the progression of our Shallow Cross play then he would say the following out loud: Drag, Dig, Back.

The quarterback will throw the ball to the wide receiver after he says his last route progression. The quarterback will place the ball on the shoulder that's away from the trashcan.

So, if the trash can is on the receiver's left shoulder then the quarterback will throw the ball to the receiver's right shoulder.

Why do we do this? Because it teaches the quarterback to throw the ball away from the nearest defender.

What does the wide receiver do when the ball is thrown to him?

He catches the ball and calls out "Spaces or Laces". He does this because it forces him to look the ball all the way into his hands. Most wide receivers drop the ball because they are turning their head to look to run instead of looking at the ball. This fixes that problem.

The wide receiver also turns in the direction the quarterback throws him. For example, the quarterback throws the ball to the wide receiver's left shoulder. So, the wide receiver will turn to the left and BURST for three hard steps.

Why do we do this?

Because it forces the wide receivers to get up field immediately instead of doing all that Shake and Bake bullshit.

How long do we do this drill?

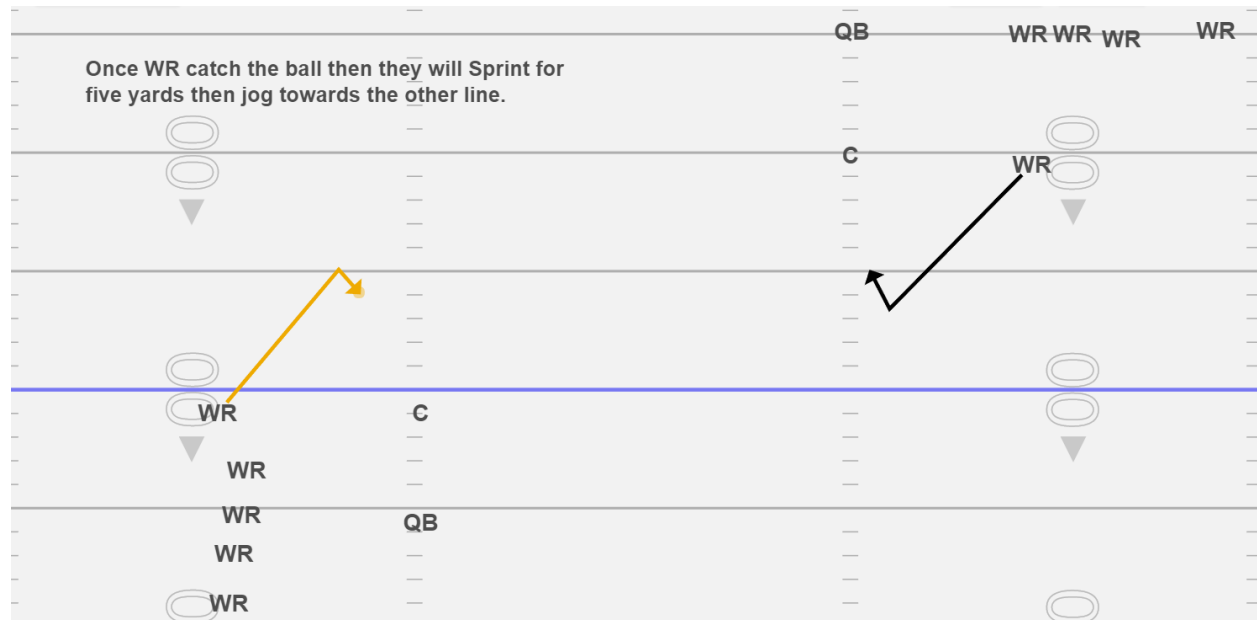
Five minutes in the beginning of practice.

PAT N GO

Do your receivers drop easy passes? Does your quarterback not put enough touch on his deep balls? Do you want to be able perfect the back-shoulder throw?

Then this is the drill for you.

Here is a picture on how to set the drill up:



Link to the drill:

<https://youtu.be/kmtyJCj-W6g>

Players used in the drill:

- Quarterbacks
- Running Backs
- Wide Receivers
- Centers

What do you need:

- Two trashcans – I use these <http://amzn.to/2sJte97>
- Five balls per station – I use these <http://amzn.to/2sw4q57>

Here's how Pat N Go works:

Split your quarterbacks, running backs, wide receivers, and centers into two groups. One group will go to the forty-yard line going in while the other group will line up on the ten-yard line going out. Wide receivers and running backs will line up on top of the numbers on the left side of the field. The quarterbacks and centers will line up on the left hash.

The first route that will be run will be whatever quick game concept you are running for the day. For example, we are a huge snag team. So, the first route we run in Pat N Go is the snag route. The wide receivers will run the six-yard snag route at the snap of the ball. They will turn in the direction of the throw – like they do in Settle-Up and Noose – and SPRINT for five yards. Then they will jog towards the other line on the opposite side of the field.

These are the routes we do every day:

- Snag route
- Vertical route – air under the ball
- Vertical route – bullet to the back of the receiver's helmet
- Snag route

Why do we do this drill?

We do this drill to get better at our route running, ball catching, vertical passing game, and sprinting after we catch the ball.

How long do we do this drill?

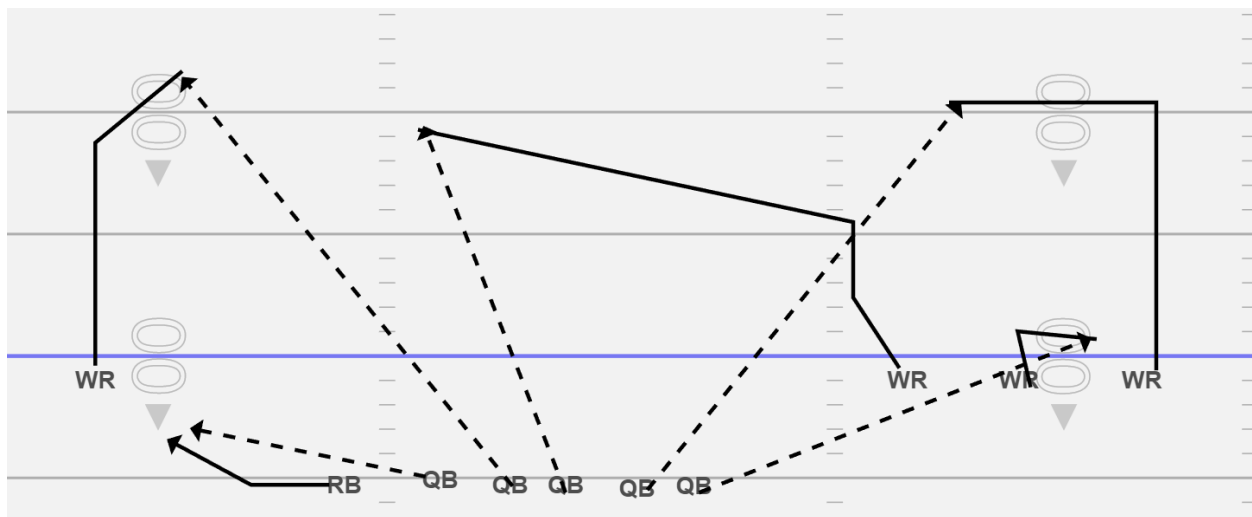
Five minutes. We do this after we do Settle-Up and Noose drill.

ROUTES ON AIR

Do you have progression reads in your passing concepts? Do you wonder why your quarterback never gets to his second progression? Do you watch film and scream at your computer because the third progression was wide open on your Y-Cross concept, yet your quarterback didn't get to his second progression?

If you answered 'Yes' to any of these questions then this is the drill you need to do to help your quarterback go through his progression

Here is a picture on how to set the drill up:



Link to the drill:

<https://youtu.be/lmVQbAoiHDo>

Players used in the drill:

- Quarterbacks
- Running Backs
- Wide Receivers

What do you need:

- Eight trash cans – I use these <http://amzn.to/2sJte97>
- As many balls as you can get – I use these <http://amzn.to/2sw4q57>

Here's how Routes on Air Works

You will call a formation and pass concept.

Let's say you call Trips Right Y-Cross. The wide receivers will line up in the Trips Formation and they will run the Y-Cross route. The quarterbacks – all five of them – will line up close together at five yards from the line of scrimmage. If you do not have five quarterbacks then use coaches or back up wide receivers.

The quarterback who has the first progression will give the cadence. All the quarterback's will spin the ball – simulating a snap – and then take their drop.

The wide receivers will release off the line of scrimmage and run their routes when they see the quarterback's toss their ball in the air.

Quarterback 1 will take his three-step drop and throw it to the wide receiver who is first in the progression. Quarterback 2 will hitch up – after seeing Quarterback 1 throw the first progression – and throw it to the wide receiver who is the second progression. Quarterback 3 will hitch up – after seeing Quarterback 1 throw his progression and Quarterback 2 throw his progression – and throw to the wide receiver who is the third progression. Quarterback 4 will hitch up – after seeing Quarterbacks 1, 2, and 3 throw their progression – and throw to the wide receiver who is the fourth progression. Quarterback 5 will hitch up – after seeing all of the Quarterbacks go through their progressions – and he will scramble and throw it to the 'Oh Shit' part of the progression.

After all the balls have been thrown then the second group of wide receivers line up and the quarterbacks rotate. So now Quarterback 1 becomes Quarterback 2, Quarterback 2 becomes Quarterback 3, Quarterback 3 becomes Quarterback 4, Quarterback 4 becomes Quarterback 5, and Quarterback 5 becomes Quarterback 1.

Why can't Quarterback 2 throw it at the same time as Quarterback 1?

Because we are training his eyes. He needs to know what the first read is on the Y-Cross route. If he were to drop back and throwing it at the same time as Quarterback 1 then he isn't learning the progressions of the concept.

Most important part of this drill

Quarterbacks must go through their progression even after they have thrown the ball. So, Quarterback 1 - after throwing his progression - must look at the second, third, and fourth progression of the route.

Remember, this drill is used to get the quarterbacks used to going through his progressions.

Why do we do this drill?

Because we NEED our quarterbacks to understand what his progressions are when we call a passing concept.

How long do we do this drill?

Fifteen minutes. We can get through three concepts a day using this drill. You must structure your practice in a way that the routes you use in Routes on Air are the same routes you call during 7 on 7 and team.

BONUS DRILL

QUARTERBACK AND RUNNING BACK MESH DRILL

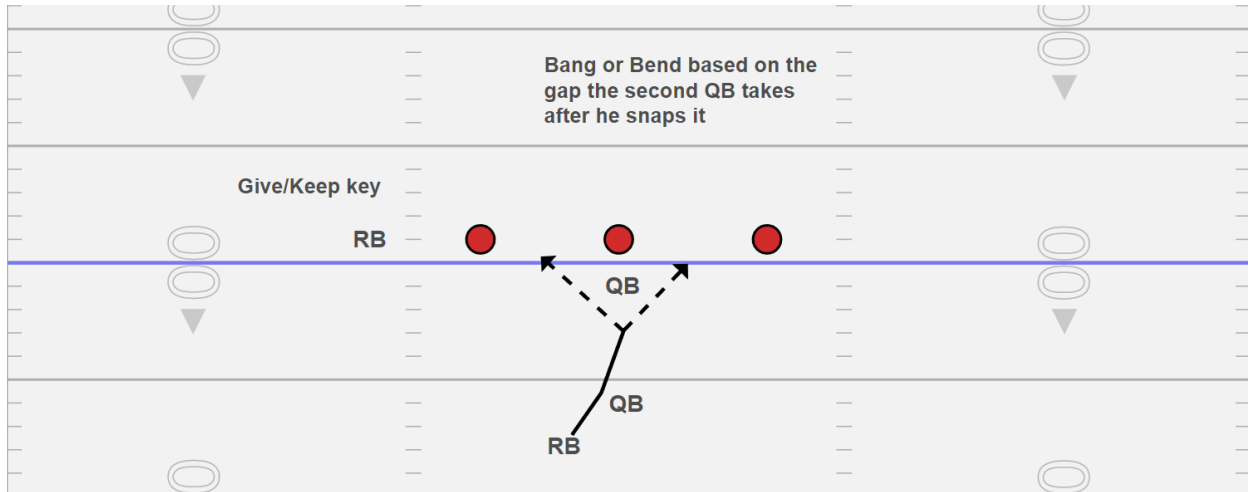
Do you run the inside zone? Do you have the quarterback read the last man on the line of scrimmage? Do you get frustrated when he makes the wrong decision on the inside zone?

Then this drill is the one for you.

What does this drill work on?

1. Quarterback and Running Back Exchange
2. Quarterback making the right decision on Keep/Give
3. Running back aiming for the center's ass crack and not getting wide
4. Having the Running Back make one cut and getting North/South

Here is a picture on how to set the drill up:



Link to the drill:

<https://youtu.be/6z3S6EeGeEk>

Players used in the drill:

- Quarterbacks
- Running Backs

What do you need:

- Three balls – I use these <http://amzn.to/2sw4q57>
- Three trashcans – I use these <http://amzn.to/2sJte97>
- Two cones – I use these <http://amzn.to/2qQl4v2>

Here's how Quarterback and Running Back Mesh Drill works:

You set up three trashcans to simulate the two gaps the running back must run in: Frontside A gap or Backside A gap. Each cone is placed roughly where the right and left defensive end would be.

The first-string quarterback and running back start the drill off. The second-string running back is either the left defensive end or the right defensive end, and he is the Give/Keep key. The second-string quarterback is the center. The coach stands behind the starting quarterback and running back.

The coach will signal to the Give/Keep key, then tell everyone 'Ready'. The quarterback will go through the cadence and get the ball. He will pivot towards the Give/Keep key and put the ball behind him for the running back. The Quarterback does not look at the ball nor does he look at the Running Back. The Quarterback's eyes should be on the Give/Keep key.

The Give/Keep key will either SPRINT towards the Quarterback or SPRINT down the line of scrimmage. We want to make this a simple read for the Quarterback. We do not want to confuse him here.

If the Give/Keep key sprints at the quarterback then the quarterback will hand the ball off. Once the ball is handed off then the running back will have to read whether the frontside or backside A gap is open.

The way we do this is by having the quarterback snapping the ball step into one of the gaps after he snaps the ball.

Why do we do this?

Because it teaches the running back that he must first square up before he makes his cut.

How long do we do this drill?

Five minutes. Usually right after Pat n Go.