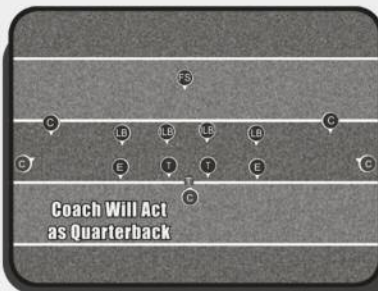
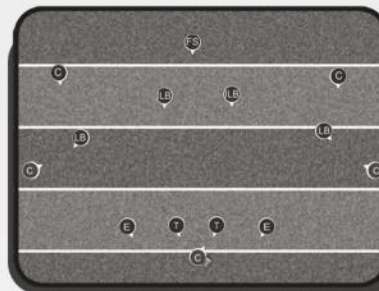


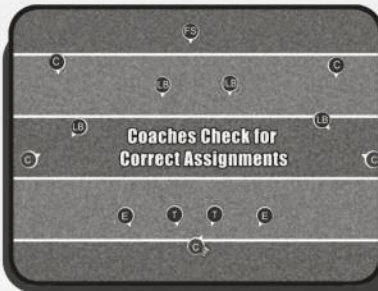
Interception Drill



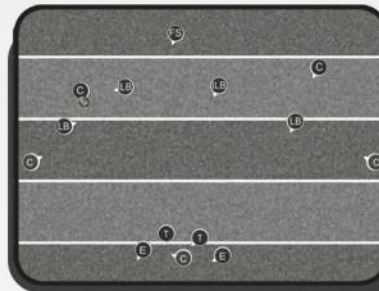
01 ★
Coach acts as the QB.



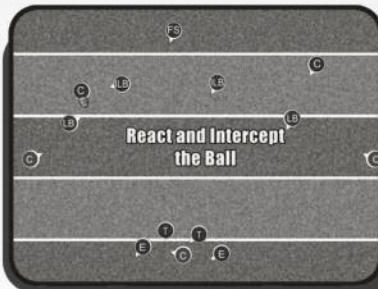
02 ★
He back pedals or rolls out to indicate a pass play.



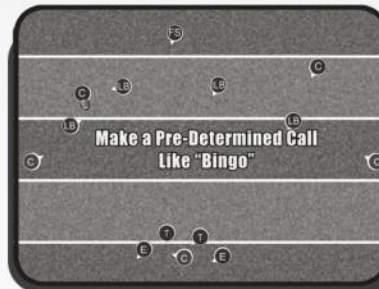
03 ★
All 11 defensive players carry out their assignments.



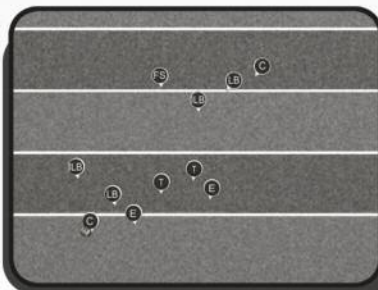
04 ★
The QB throws the ball to a designated spot.



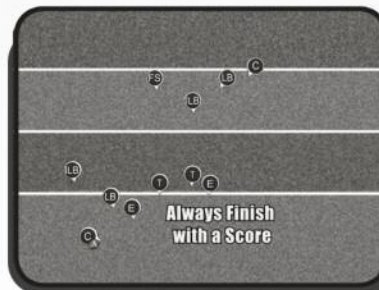
05 ★
The defenders react and intercept the ball.



06 ★
All players who see the interception will make a pre-determined call like "bingo."



07 ★
Defenders sprint toward end zone, simulating blocks along the way.



08 ★
Always finish with a score.

Notes:

Blank area for notes.