

# Team Pursuit

- 1) 2 coaches, align on the line of scrimmage just inside the sidelines.  
Another coach, aligns in the middle on the line of scrimmage.  
Another coach calls signals behind the defense.
- 2) The team huddles in front of the middle coach. The defensive coach calls a defense, and the team breaks the huddle and lines up in proper alignment.
- 3) The middle coach starts the drill by taking a snap. He simulates throwing the ball to either sideline coach.
- 4) The sideline coach fakes catching the ball and runs straight down the field just inside the sideline to score.
- 5) ON the snap, the team does a down-up. The team then **SPRINTS** at an angle to the sideline to which the simulated throw is directed.
- 6) While in pursuit, each defender works to cross the face of the ball carrier without impeding him.
  - To avoid wasting time chasing bad throws or drops, simulate the throw and catch.
  - Coach defenders to run full speed. During pursuit, they must be able to adjust their angles to cross the ball carrier's face.
  - The defender must not trail the ball carrier from behind.
  - To correct pursuit angles, the coach calling signals positions himself downfield.
  - This drill can serve as conditioning drill as well.