

# FOOTBALL, LACROSS, SOCCER COMBINES

Some general guidelines:

1. Defensive movements (as with tennis players receiving the ball) allow the YELLOW LEDs to represent the direction of the incoming object (ball in the case of tennis). Thus when a player sees the RIGHT YELLOW LED come ON they will move in that direction.
2. Offensive movements allow the YELLOW LEDs to represent the player that is trying to guard or hinder your movement down the field. Thus when a player sees the RIGHT YELLOW LED come ON they will move away from that direction.

Drill 1: Quarterback Pass from Center (defensive or offensive movements can be used)

1. Quarter back calls fake huddle and tells the coach the final snap count, then reads the defense and sets up under the Center for snap.
2. Coach then takes SSC out of PAUSE (press #1) and the quarterback times the final snap count with the RED LED down sequence, such that the final snap count occurs at exactly when the last RED LED comes ON and the beeper sounds.
3. During the snap count the quarterback will preload his legs for a vertical hop just after the ball hits his hands (so as to maximize his first step acceleration, just as in tennis).
4. As the quarterback is just about to land he chooses the landing foot based on the YELLOW LEDs and uses gravity to accelerate his movement in a direction dictated by the YELLOW LEDs.
5. Once the quarterback has moved to the drop position he must time his throw so that the ball leaves his hands at the same time as the top RED LED comes ON.
6. One variation of the drill could have the Quarterback drop straight back and use the YELLOW LEDs (random or linear direction) to as the direction to throw the pass.
7. Another variation could be a fake handoff with a turn and pass in the direction indicated by the YELLOW LEDs.

Drill 2: Running backs, receivers (offensive movements)

1. This drill will test (and improve) the athlete's ability to move both laterally and down the field.

2. It can start by having the athlete go to the set position and the coach start the sequence by coming out of PAUSE.
3. The drill will be programmed so that the athlete will anticipate movement based on when the vertical RED LEDs finish their downward sequence.
4. The vertical rise into the air (i.e. movement to get airborne) will now occur with the YELLOW LEDs coming ON to indicate whether a lateral move or down the field move should occur.
5. Once in the air the athlete will read the YELLOW LEDs (random or linear) and land on the foot that will move them away from the defender (opposite direction to the YELLOW LED).
6. Multiple sequences and directions will occur so that the athlete can move down the field; we should do some testing to see how far away we could put the SSC and still have the athlete see the YELLOW and RED LEDs.