



# Planning a Practice for DBs

LAMARCUS HICKS

EASTERN MICHIGAN UNIVERSITY

CORNERS COACH

 @LAMARCUSHICKS

# KNOW YOUR SCHEDULE

- **CAMP PRACTICE SCHEDULE**
- **SEASON PRACTICE SCHEDULE**

# ORGANIZATION

- **INFORM SUPPORT STAFF**
- **PLAN FOR EXTRA TIME**
- **FOLLOW INSTALL PLAN**
- **ADDRESS DEVELOPMENT FOCUS**
- **WHAT NEEDS FIXING**

# DEVELOPMENT FOCUS

- COD & CONTROL (BODY & EYES)
- PHYSICALITY
- CONFIDENCE / COMPETITVENESS
- INSTINCTS & FOOTBALL IQ

***DEVELOP THESE EVERYDAY!***



# HOW: FUNDAMENTALS & DRILLS

- FOOTWORK (COD & BODY CONTROL, EYES)
- BLOCK DESTRUCTION & TACKLING
- MAKE-A-PLAY DRILLS (COMPETITIVENESS)
- COVERAGE SPECIFIC (READS, INSTINCTS, IQ, COMMUNICATION)