



Off Man Technique & Drills

LAMARCUS HICKS

EASTERN MICHIGAN UNIVERSITY

CORNERS COACH



@LAMARCUSHICKS

TYPES OF MAN COVERAGE

- COVER 1 – 4 MAN RUSH, 5 MAN RUSH
- COVER 0
- 2 MAN

- OFF MAN
- PRESS MAN



THINGS THAT AFFECT TECHNIQUE

- **WR SPLITS**
 - **NORMAL, CLOSE, STACKS**
- **SITUATIONALS**
 - **FIELD ZONES**
 - **D & D**

3 PHASES OF A ROUTE

- PHASE 1: THE RELEASE
- PHASE 2: THE STEM
- PHASE 3: TOP OF THE ROUTE
 - BREAK POINT
 - FINISH

RELEASE PHASE (OFF MAN)

- PACE
- STAGGERED STANCE
 - LEFT / RIGHT
- MAN EYES / QB 3-STEP
- GREAT FIRST STEP
- MATCH RELEASE
 - WEAVE
- UNDER CONTROL



STEM PHASE (OFF MAN)

- ROUTES UP THE FIELD
- INCREASE TEMPO OF PEDAL
- 2ND LEVEL STEM
 - WEAVE
- TURN & RUN
 - 3 YARD CUSHION: CROSSOVER
 - GET TO SPEED