



JUSTIN LOVETT

Director of S&C Purdue Football

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REACTIVE FOOTBALL SPEED, AGILITY & QUICKNESS

JUSTIN LOVETT: 2/24/18 NOBLESVILLE

TEACH, REP, APPLY, INTEGRATE

TEACH

- LAYING DOWN FOUNDATIONS OF MOVEMENT DESIRED
- ENGAGE WITH THE WHY

REP

- PROGRESSION BUILD-UPS FOR THE ATHLETE TO SEE AND FEEL

APPLY

- MATCHING NEWLY LEARNED TECHNIQUES WITH FAMILIAR FB DRILLS
- PROGRESSING FROM CLOSED TO OPEN-ENDED DRILLING

INTEGRATE

- VOCABULARY & CUES MERGED TOGETHER PROGRAM-WIDE

SKILL: DROP STEP

TEACH

- STEP, STEP & PICK UP, STEP & POP, STEP-POP-PUSH-PUSH
- MIRROR MULTI-DIRECTION STEP

REP

- DROP STEP STARTS TO BURST
- DROP STEP ANGLE ATTACK
- DROP STEP BAIL
- DROP STEP FLAT FINISH

APPLY

- SIDELINE AGILITIES: FWD, LATERAL BUZZ SAW TO BURST
- SIDELINE AGILITIES: SPRINT SHUFFLE SPRINT
- BAG OR HURDLE FWD 2-IN WITH RXN 45 DEGREE CUT
- BAG OR HURDLE LATERAL 2-IN WITH DRIVE, BAIL, OR FLAT FINISH

INTEGRATE

- PRACTICE AWARENESS, ACTIVE COACHING, FILMWORK