

MASTERING DEFENSIVE BACK PLAY
Steve Shafer, NFL Coach

Produced by: Mark Chmieliniski
Analyst, NFL Films

BACKGROUND: College of San Mateo (8 yrs.) Def. Coordinator/Head Coach; San Diego State (8 yrs.) DB Coach/Def. Coordinator; L.A. Rams (8 yrs.) DB Coach; Tampa Bay Buccaneers (3 yrs.) DB Coach; Oakland Raiders (3 yrs.) DB Coach; Carolina Panthers (1 yr.) DB Coach; Baltimore Ravens (3 yrs.) Asst. Head Coach/DB Coach, *2000 Super Bowl Champions/Best NFL Scoring Defense/165 pts. allowed*; Jacksonville Jaguars(2 yrs.) Asst. Head Coach/DB Coach


Coaches:

During my 35-years of coaching football at the college level and the pro level, I had the privilege of working with a number of excellent coaches and teachers of the game. I was particularly fortunate to have worked for head coaches who believed in dedicating a 20-minute period during each practice to work on drills to better develop the required skills needed to be an effective player. These concepts and methods can be taught at all levels and many of the drills do not need pads.

It takes repetition of proper mechanics to develop the skills that show up on game day. This tape has the same drills and coaching points we used during my coaching career in the NFL. This tape illustrates thirty specific drills along with audio, game-film examples and 'trigger words' that we used to emphasize eyes, hands, feet, finish, ball, power and position.

It is my hope that this defensive back drill tape will become a valuable teaching tool for you to share with your players throughout your coaching career.

Sincerely,



Steve Shafer

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PayPal accepts all major credit cards

TESTIMONIALS

Bill Williams, President
Football Coaches Professional Growth Association

"May I recommend Steve Shafer's *Mastering Defensive Back Play* video to you. Steve's tape is the most thorough video I've seen on defensive back play, and I would encourage defensive coaches at any level of competition to take advantage of this detailed presentation."

Kevin Coyle, Secondary Coach
Cincinnati Bengals

"I have found Steve Shafer's instructional defensive back video to be the most comprehensive and practical teaching video that I have ever utilized in my 30 yrs. of coaching. Steve covers all the 'little details' that truly make the 'big difference' in coaching the secondary. He breaks down defensive back play in such a way that it will benefit both coaches and players at all levels of competitive football. His coaching points and functional drills as a *must see* for secondary coaches on every level.

I guarantee that you will improve as a coach and gain valuable insight and ideas from viewing and incorporating the techniques so clearly presented in the video...I know....I have!"

John Neal, Secondary Coach
University of Oregon

"I've known Coach Shafer for nearly 30 yrs. There is no finer secondary coach in the country. He is a long-time NFL assistant that never confused scheme and technique. This tape is a life-long journey to detail the intricacies of secondary play. The teaching of this tape will accelerate the knowledge of both coaches and players immediately. What he learned in a long and distinguished career can be yours in 1 hr. Even veteran coaches should have this as a staple for their collection."

Jerry Gray, Secondary Coach
Washington Redskins

"This is the very best instructional video on the market today. It is great for all levels of football."

Donnie Henderson, Defensive Coordinator
Detroit Lions

"Coach Shafer's *Mastering Defensive Back Play* drill tape is very well done. Steve teaches the fundamentals and the body mechanics of the defensive back position very well. I highly recommend this tape to any coaches, players or other athletes that are interested in the fundamentals of the defensive back position."

MASTERING DEFENSIVE BACK PLAY 'DRILLS'
Steve Shafer

- Stance and back peddle
- Break and drive footwork
- W drill
- Break–drive–ball
- Eyes man coverage
- Single and double arm strip
- Strip drill on sled
- Break-drive-hand drill
- Break-drive-finish
- Line drill
- 9-drill
- 9-drill DB beat
- Film – vertical pass and comeback
- Comeback drill
- Handshiver (block protection)
- 5 yd. stalk block drill (DB vs. DB)
- Cut-block drill
- Stalk block drill (DB vs. DB)
- Stalk block drill vs. offense
- Force drill vs offense taking on blocks
- Sled kick out block
- Taking on RB kick out block
- Sled form tackle
- Tackling – cut bag
- Popsicle tackle
- 5-yd. tackle drill
- Sideline tackle drill (no pads)
- Sideline tackle drill (with pads)
- Hitch tackle drill (no pads)
- Hitch tacking drill
- Cover-2-form tackling drill (game film)
- Safety drills on 1/3 and 1/3 coverage

- 20-yd. pace drill, back peddle
- Cover 2/corner footwork
- Cover 2/footwork and hands drill on sled
- Cover 2/coverage drill defense vs. offense
- One-on-one press coverage/offense vs. defense
- Cause fumble and recover fumble drill
- DB conditioning drills in preparation for training camp
- Practicing at full speed/without pads

