



LEVELS OF CONTACT

0 - AIR



Players run a drill unopposed without contact.

1 - BAGS



Drill is run against a bag or another soft-contact surface.

2 - CONTROL



Drill is run at assigned speed until the moment of contact. One player is pre-determined the "winner" by the coach. Contact remains above the waist, and players stay on their feet.

3 - THUD



Drill is run at full speed through the moment of contact. No pre-determined "winner." Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.

4 - LIVE ACTION



Drill is run in game-like conditions and is the only time that players are taken to the ground.