

WYB Football Combine Drill Descriptions

30 yd. Dash – Players sprint a distance of 30 yds. While being timed. A 30 yd. distance at this age is comparable to the 40 yd. dash for adults.

Purpose – Measure player’s speed.

“Bang” Drill – Players line up in a three-point stance across from the judge holding a crash pad. When given directive he will hit/block the crash pad rapidly three times.

Purpose – Measure player’s aggressiveness/hitting ability.

Standing Long Jump – Player will line up on “take off” line, and with no forward foot movement, jump horizontally as far as they can and land on their feet. Player must land upright (on feet) for jump to count.

Purpose – One of the best indicators of overall athletic ability.

Standing High Jump – Player will jump vertically and “strike” the Vertical Challenger indicator.

Purpose – Another very good indicator of overall athletic ability.

Three Cone Drill – Player will begin at starting cone, sprint 10 yards to 2nd indicator cone (go around indicator cone), and shuffle to right for 10 yards, go around 3rd indicator cone while maintaining shuffle, shuffle back (left) to 2nd indicator cone, and then back pedal to starting cone.

Purpose – Measure speed, specifically with change of direction. Also helps evaluate coordination and footwork.

20 Yard Shuffle – Player will begin at starting cone and shuffle to the right 10 yards, then turn and sprint forward 20 yards, and back pedal to starting cone.

Purpose - Measure speed, specifically with change of direction. Also helps evaluate coordination and footwork.

Max Push Up – Player will do as many pushups, with “good” form, as they can.

Purpose – Measure upper body strength.

QB Accuracy Drill – Player will attempt to throw five footballs into a target net at a distance of 10 yards.

Purpose – Measure player’s arm accuracy/strength.

WR Hands Drill – Player will be thrown five “catchable” footballs (one at a time), player will need to catch as many as possible. Players may not wear gloves.

Purpose – Measure player’s ability to catch and handle the football.

Punt, Kick, Pass Drill – Player will be given one ball to kick (using tee) as far as they can, one ball to punt as far as they can, and one ball to throw as far as they can. All distances will be combined for scoring.

Purpose – Measure overall athleticism, coordination, and strength.