

Chadron State College  
Defensive Back Techniques  
Wes Coomes  
Special Teams Coordinator  
Defensive Backs Coach



- Stance & Start
  - How we coach our guys to Begin each play
- Back Pedal
  - How we coach our guys to have a fluid backpedal
- Weave
  - How we coach our guys to maintain leverage throughout the play
- Transition Progression
  - How we coach our guys to get in and out of breaks and stay in their “Madden Circle”
    - Tony Toe Tap
    - 2 Whistle Transition
- Covering receiver post transition
  - How we coach our guys to read a WR’s hips during the route
    - Rabbit Drill
- Finishing a play in a negative position
  - How we coach our guys to not panic in a not ideal spot and finish
    - Out of Phase
- Finishing a play in a positive position
  - How we coach our guys to use their hips to make a play on the ball
    - In Phase
- Press Coverage
  - How we coach our guys to mirror the WR and use their hands as a guide to put them in the best position
    - Motor Feet
    - Bag Drill
- Catch Technique
  - How we coach our guys that are less comfortable in off-man technique to give them an advantage using their strength & technique instead of relying on speed
    - Catch Hands
    - Catch Bag Drill