## PRO TIPS FOOTBALL COACH TRAINING EQUIPMENT CHECKLIST



SPEED AND AGILITY	
☐ Training/Agility Cones	Sideline Markers
Agility Ladder	Speed/Power Chute
Power Sled	Speed Sled
SKILL DEVELOPMENT	
Training Football	Target Net
Kicking Net	Kicking Tee
Passing Machine	Receiver Training Aid
Blocking Shield	Blocking Dummy
Tackling Dummy	Step-Over Dummy
Defensive/Guard Mannequin	Football Trainer with Cord
Snapper Stick	
RECOVERY	
Athletic Tape and Wrap	Hot and Cold Compression Therapy
Cooling Towels	Muscle/Foam Rollers
MISCELLANEOUS	
Extra Footballs	Ball Pump
Water Coolers	Insulated Water Bottles
First Aid Kit	Bug Bite/Sting Aid



While running through cone and ladder drills, stay low and bend your knees. In football, the lowest man wins. Practicing perfect form is key.

# **Football Skills Cehcklists**

**SB Merriam** 



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