

5 Yard Turn

01 ★

Separate WRs into Groups of Two

Separate WRs into groups of 2 each.

02 ★

One WR is the passer and the other the WR.

03 ★

The WR stands 5 yards away with his back to passer.

04 ★

The passer throws at one of the WR's shoulders and yells "ball".

05 ★

WR turns head, locates ball with eyes and hands, and makes the catch.

06 ★

WR must keep shoulders facing downfield.

07 ★

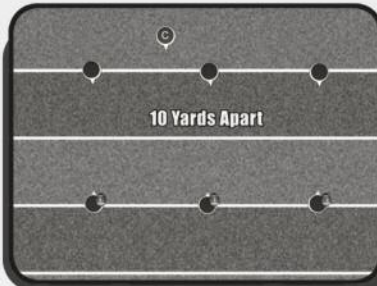
Switch Positions After 5 Reps

After 5 reps have the players switch positions.

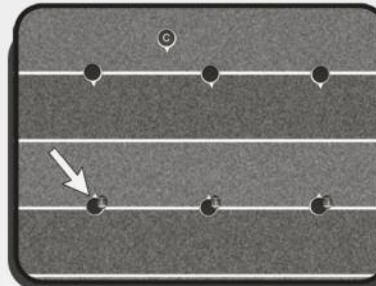
Notes:

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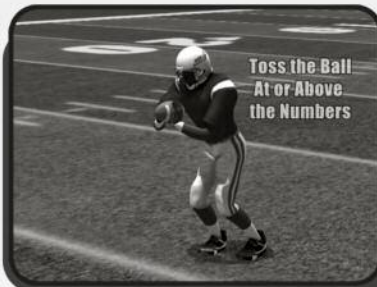
Catching At or Above the Numbers



01 ★
Have players pair off and face each other, 10-yards apart.



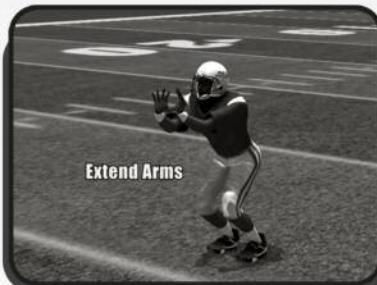
02 ★
One line holds the football; the other line faces their partner.



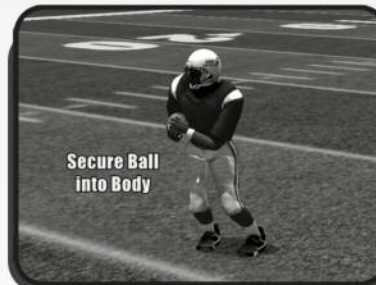
03 ★
Passers toss the football at various spots at or above the numbers.



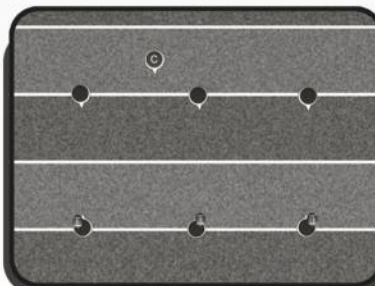
04 ★
Receivers have hands together with thumbs touching.



05 ★
Keeping palms facing up, extend arms and reach for the ball, watching the ball into their hands.



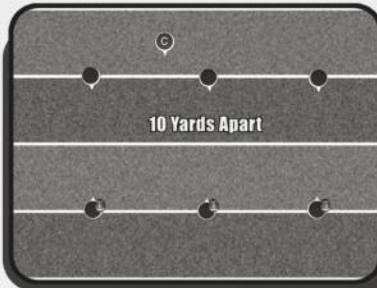
06 ★
Secure the ball into body and head up field.



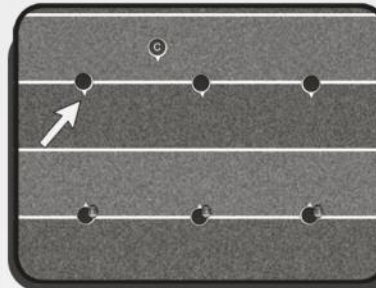
07 ★
Receivers become passers and toss the ball back to their partner.

Notes:

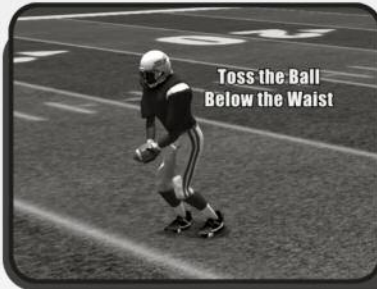
Catching Below the Numbers



01 ★
 Players pair off and face each other 10 yards apart.



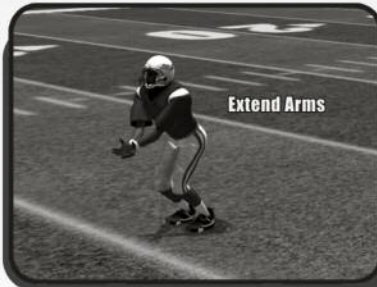
02 ★
 One partner is the passer, the other the receiver.



03 ★
 Passers toss the ball to their partners, below the waist.



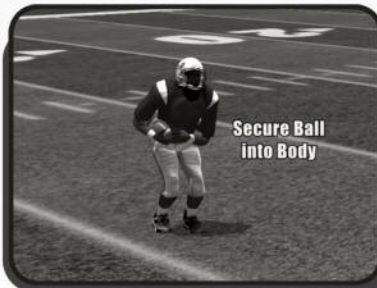
04 ★
 Receivers have hands together with little fingers touching.



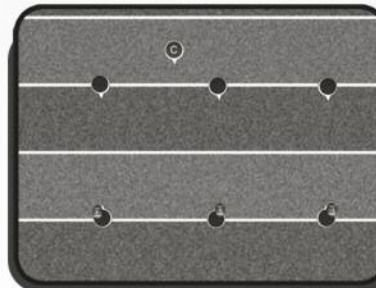
05 ★
 While keeping palms facing up, players extend arms and reach out for the ball.



06 ★
 Players watch the ball into their hands.



07 ★
 Secure ball and move up field.

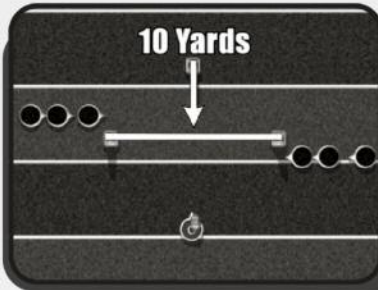


08 ★
 Receivers become passers, tossing the ball back to their partner.

Notes:

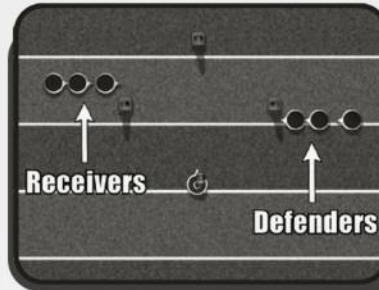
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Concentration



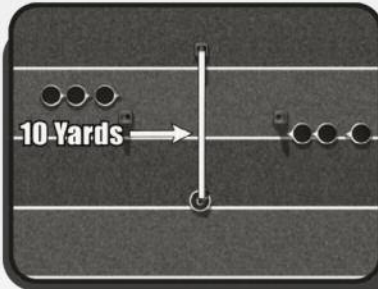
01 ★

Place 2 staggered lines across from each other, 10 yards apart



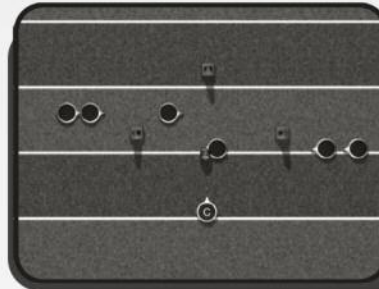
02 ★

Front line are distracters and the back line are receivers



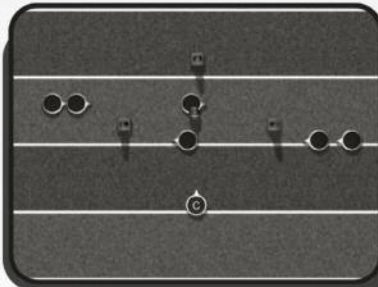
03 ★

QB or coach lines up with ball 10 yards from cone at midpoint line



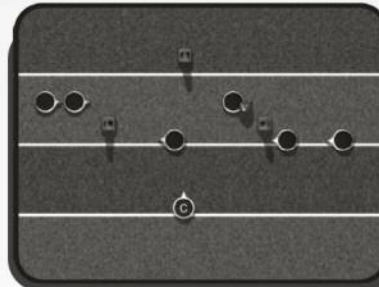
04 ★

Players in both lines run toward midpoint



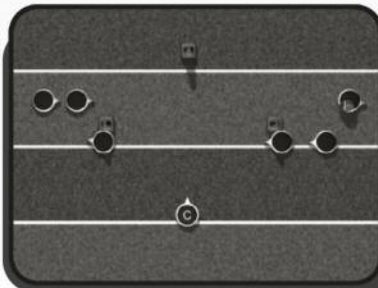
05 ★

As 2 players pass midpoint, passer throws ball through distracter to receiver



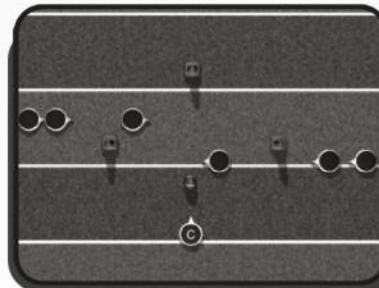
06 ★

Receiver runs hard and catches on the run



07 ★

Distracter avoids contact



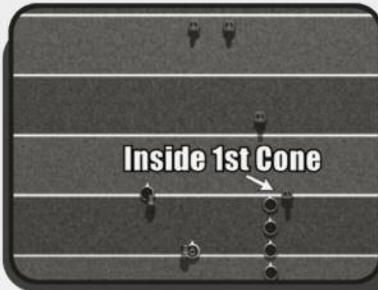
08 ★

Run in both directions

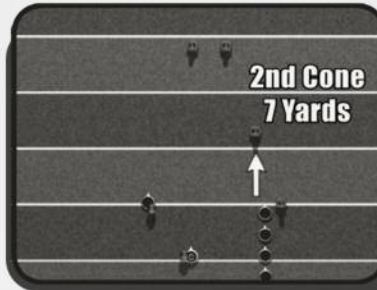
Notes:

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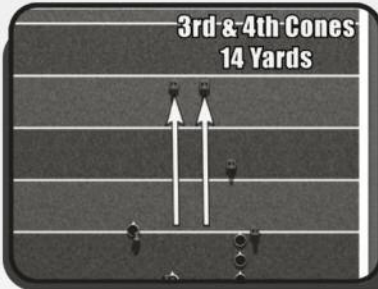
Curl and Comeback



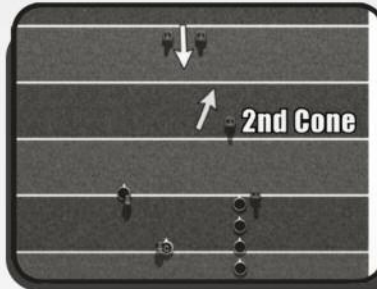
01 ★
Line up receivers inside 1st cone



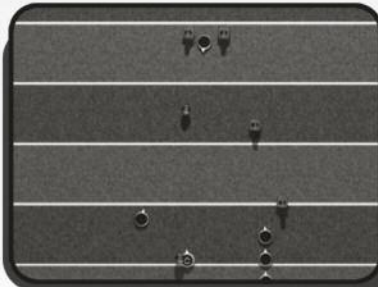
02 ★
Place 2nd cone 7 yards upfield



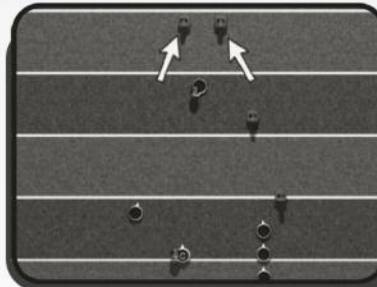
03 ★
The 3rd and 4th cones are about 14 yards upfield



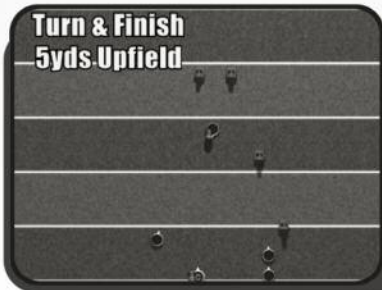
04 ★
Receiver runs curl route inside of cone #2 and between #3 and #4



05 ★
QB throws to the receiver on the break between the cones



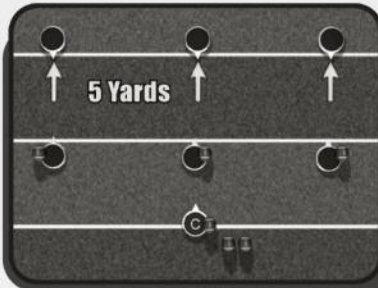
06 ★
Cones #3 and #4 teach the receiver to track back to the QB



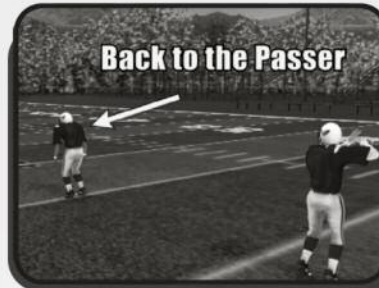
07 ★
Secure the ball, turn and finish 5 yards upfield.

Notes:

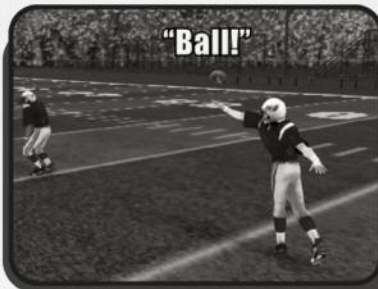
Hands Drill



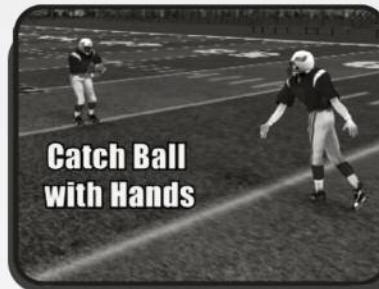
01 ★
Line up 3 receivers 5 yards from 3 quarterbacks



02 ★
Receiver starts with back to passer, who throws ball



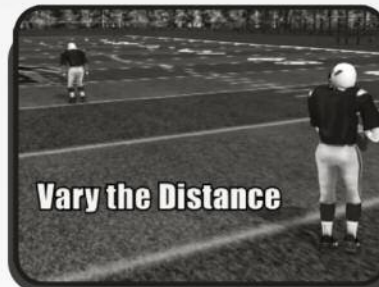
03 ★
Passer calls out "ball" while it is in the air



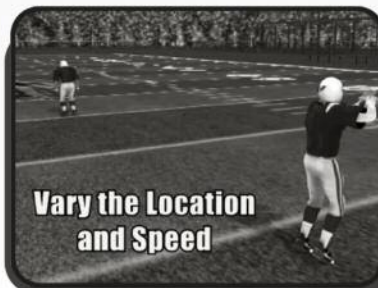
04 ★
Receiver must turn and make the catch with his hands



05 ★
He must catch with his hands and have hands in proper position



06 ★
Passer should vary distance from receiver and when he calls "ball."



07 ★
Passer can also vary location and speed.

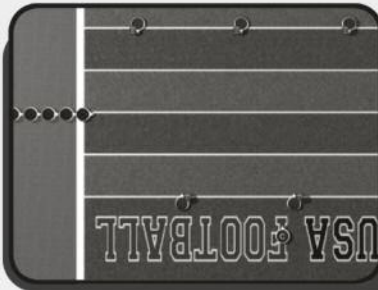
Notes:

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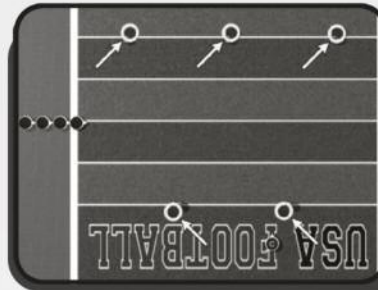


DRILLS

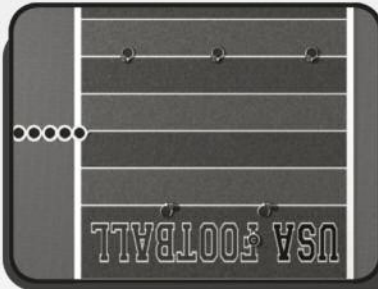
Pass Gauntlet



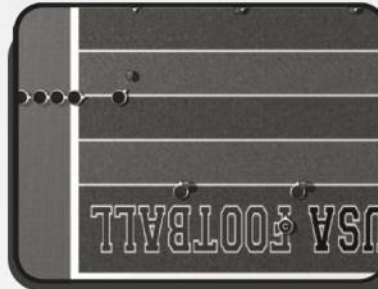
01 ★
Line up 5 QBs or coaches across width of field



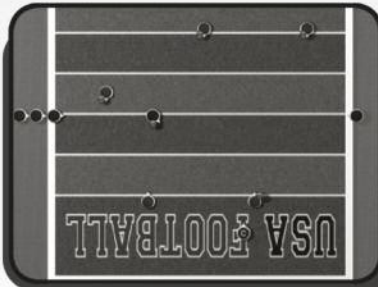
02 ★
3 are on the 20 and 2 are on the goal line



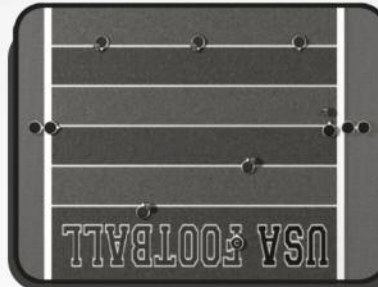
03 ★
5 receivers line up on the sideline at the 10 yard line



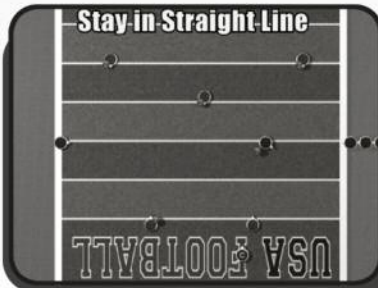
04 ★
Receiver sprints toward opposite sideline and catches passes



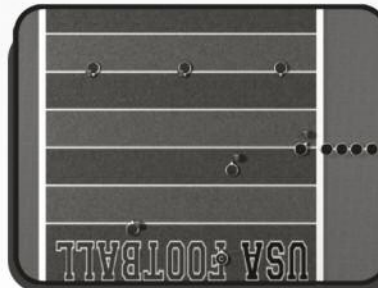
05 ★
He catches, controls the ball and then drops it



06 ★
Last pass is at sideline, where receiver tries to get feet down



07 ★
WR starts in perfect stance and stays on straight line



08 ★
Catch is made with hands, not the body.

Notes:

Blank area for notes.

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Stalk Ladder

Wide Receiver →

01 ★

TEs and WRs line up 2 yards downfield in offset position

← **Tight End**

02 ★

QB pitches the ball to RB who attacks upfield

03 ★

← **Blocks Defender**

On whistle, TE stalk blocks defender

04 ★

Continues Up the Field

After clearing block, the back continues upfield to the WR block

WR Stalk Blocks Defender

05 ★

On next whistle, the WR stalk blocks defender

Maintain Outside Leverage

06 ★

Receivers continue to maintain outside leverage

Defender Must Contact the Back

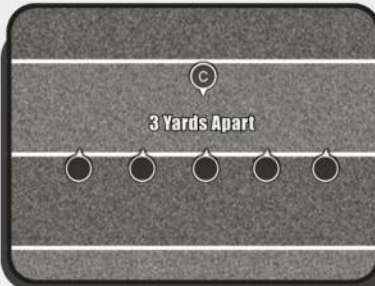
07 ★

Defender must attempt to contact the back

Notes:

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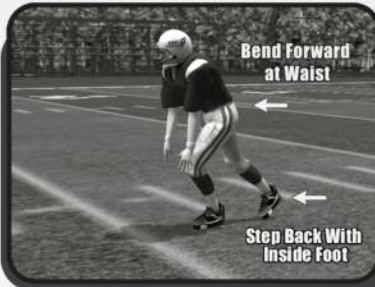
Receivers - Stance



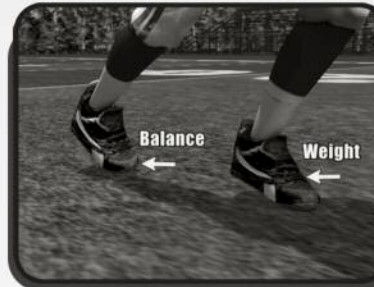
01 ★
Line up all WRs along a yard line, with 3-yard splits between them.



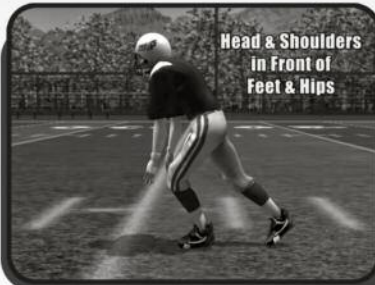
02 ★
Begin with feet even and shoulder width apart.



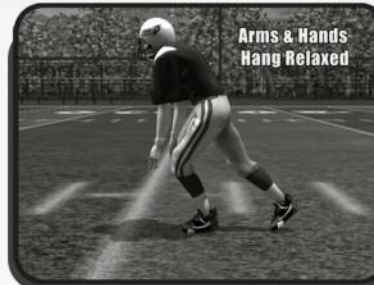
03 ★
Step back with inside foot and bend slightly forward at waist.



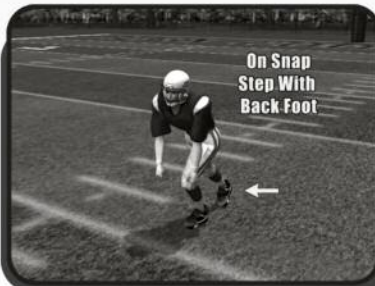
04 ★
Place more weight on front foot and use toes of back foot for balance.



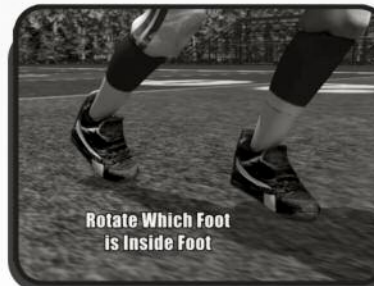
05 ★
Head and shoulders move in front of feet and hips.



06 ★
Arms and hands hang down in relaxed manner.



07 ★
On snap count, begin moving forward by stepping with back foot.



08 ★
Rotate which foot is the inside foot.

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