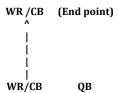
Receiver Drills

Outside the Body Catch Drill- WR runs on a straight line, the ball is thrown outside of the WR and off the line over the shoulder of the receiver. The WR will stay on the line as long as possible then fade to the ball. The WR catches the ball outside of the frame of his body. This drill takes a lot of work in order to prefect. WR's will try and rush off the line to catch the ball inside the framework of his body.

Highest Point Drill- Have a receiver and one defender run ¼ to ½ speed, hip to hip down a straight line. The defender will not do anything else. The QB throws the ball over the defenders helmet and the receiver makes the catch at the highest point.



First Step Drill- (This is something I practice a lot early in the season and revisit it from time to time and anytime I notice false step.) WR's should be spaced across usually few yards apart. WR's will get in proper stance. On the snap of a ball WR's takeoff and run 5-7 yards. Have WR's walk through at first then go ¼ speed, then half and then ¾. It is important to watch WR's for low forward body lean, and power off the line.

Common Errors for Coaches to watch for are 1. Incorrect stance 2. Making the first step to large 3. **FALSE STEPS** 4. **POPS UP AS THEY TAKE THEIR INTIAL STEP** 5. WR's look down and not up 6. WR does not maintain forward lean. Another variation to this drill is to hold the back heel of the WR on initial step to emphasize power.

Distraction Drill- WR's line up face the line of distractors who are 15yards away. The coach is 10 yards away. On the snap of the ball WR and distractor run across field. Throw the ball so the WR pass the distractor and has to make the catch right after. A variation to this drill is have the distractor yell and wave arms but does not knock the ball.

