

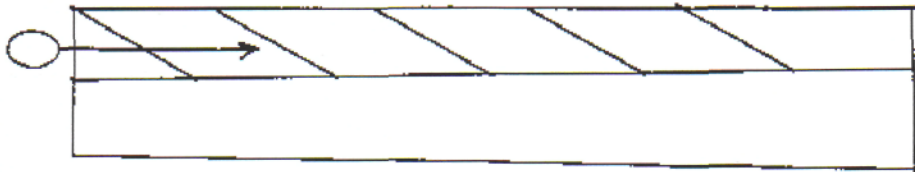
QB IWR DRILLS

3. BACK OF THE END ZONE DRILL

Purpose: The purpose of the drill is to help the players adjust to catching the ball near the end zone.

Procedure: Players line up near the end line and run across at half speed. The coach throws the ball high and in front of the players who have to stay as close to the end line as possible and catch the ball.

Coaching Points: Emphasis is placed on balance and control of the body to make the catch in the end zone and not out of bounds.



4. SANTHICHI DRILL