

Football Drills

Drill Title: BALL DRILLS

Position: RECEIVERS

Year: 1995

PURPOSE: / Non Contact

1. Agility.
2. Reaction
3. Technique & Fundamentals.

Concentration Drills

4. Game Situation.
5. Intensity. Medium

KEY TEACHING POINTS:

1. Turn head and shoulders and track the football. **Arm action** until the ball is within reach. Pinkies together and keep **elbows together**. Look ball into hands.
2. Ball straight over your head: Arch your back and find the ball in the air. **Force** elbows together.
3. Track a ball that is going over the wrong shoulder by finding it in the air and arching your back to continue to track it into hands.
4. A short ball **STOP, DROP** your knees and explode upwards and **GO** and get it at the highest point

FIELD AREA:

EQUIPMENT:

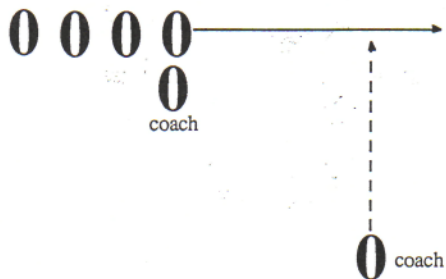
footballs

SPECIAL PERSONNEL:

WR'S

TIME REQUIRED: 5 minutes.

DRILL DESCRIPTION: (Diagram, Words)



Receivers catch balls while jogging;

- A. Straight across
- Low/High Ball

Coach aligns to the right of the receivers and throws

- A. Ball over the shoulder
- B. One handed catch over the shoulder
- C. Straight over the head
- D. Wrong Shoulder
- E. Go up and get it (short ball)