

QB/WR DRILLS

CIRCUS DRILLS

RAZZLE A

Purpose: The purpose of this drill is to help concentration and quick hands.

Procedure: Four receivers form a circle about five yards apart. There are two balls used. The drill starts with two of the receivers who are facing each other toss the ball to the receiver on the right, who in turn tosses the ball to his right and etc. After the balls have gone around several times the command "reverse" by the coach, changes the balls to the left. Two groups can be used at the same time.

Coaching Points: Emphasis is placed on quickness of turning and catching ball in hands.

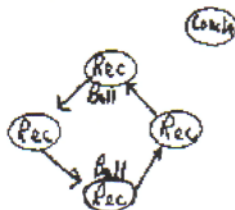
2. RAZZLE B

Purpose: The purpose of this drill is to help concentration - eye and hand coordination and to help to develop quick hands.

Procedure: Four receivers form a circle about five yards apart. There are four ball used. The drill starts on the command "GO". Two of the receivers, facing each other, start tossing their balls, one high and one low. The other receivers toss their ball at each other but one goes to right side, the other left.

Coaching Point: Make sure that the receivers who are throwing their balls high and low put a high arch so the other two balls can go through. Start drill slow and increase speed when receivers get the hang of the drill.

Razzle A



Razzle B

