

FOOTBALL DRILLS

DRILL TITLE: CONCENTRATION DRILL

POSITION

WR

PURPOSE:

1. AGILITY
2. REACTION
3. TECHNIQUES/ FUNDAMENTALS
CONCENTRATION

KEY COACHING POINTS:

1. CATCH FOOTBALL W/ AUTHORITY
2. FOLLOW FLIGHT OF BALL
3. CALL OUT CORRECT # WITH EACH PASS
CAUGHT
4. CONCENTRATE UNTIL BALL IS SECURE

EQUIPMENT:

3 HANDS SHIELDS
FOOTBALLS W/ PAINTED ON EACH
PANEL.

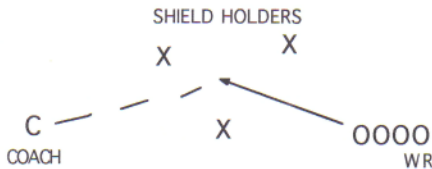
PERSONAL:

WR

TIME REQUIRED:

5 MINUTES

DRILL DESCRIPTION



1. WR 5 YARD FROM TRIANGLE.
2. WR JOGS TO CENTER OF TRIANGLE
3. SOFT HIGH PASS IS THROWN
4. WR MUST CATCH BALL AND YELL OUT # PAINTED ON FOOTBALL
5. AS WR CATCHES BALL, THE 3 SHIELD HOLDERS JAM HIM W/ THREE SHIELDS.

****DO NOT JAM IN HEAD****