

Football Drills

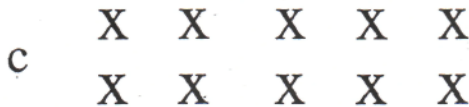
Drill Title: Fire to Fit

Position: RECEIVERS

Year: 1995

<p><u>PURPOSE:</u> Contact / Non Contact</p> <ol style="list-style-type: none"> 1. Agility. 2. Reaction 3. Technique & Fundamentals. Fit Position 4. Game Situation. 5. Intensity. Medium 	<p><u>KEY TEACHING POINTS:</u></p> <ol style="list-style-type: none"> 1. Fit Position - Butt down , chin up 2. Keep a wide base! 3. Punch hard on defenders chest. Get your hands on his first. Beat him to the punch! 4. Foot Fire! 5. Extend and lockout your arms! Keep defender off of you
	<p><u>FIELD AREA:</u></p>
<p><u>EQUIPMENT:</u></p> <p>bags whistles</p>	<p><u>SPECIAL PERSONNEL:</u> WR'S</p>
	<p><u>TIME REQUIRED:</u> 5 minutes.</p>

DRILL DESCRIPTION: (Diagram, Words)



Receivers pair up and one line will get into fit position.

They will pump their feet and then make contact with partner keeping that fit position.

Entire line will go three times and then one at a time critiqued by coach.

Then the other line will do the same.