

# QB/WR DRILLS

## 3. FREEZE

**Purpose:** To work on hand and eye position in catching the ball, and tucking the ball away.

**Procedure:** Four receivers pair up with four QB's, facing each other about 10 yards apart. The coach controls the drill with five commands:

- (1) Ready - alerts QB to get in a throwing position
- (2) Go - QB's release ball to receiver
- (3) Catch - Receiver catches ball and holds that position until next command
- (4) Tuck - Receiver secures ball away, and keeps head and eyes locked into ball
- (5) Toss it Back - Receiver tosses ball back to QB

The coach should have receiver catch three balls on each level.  
High ball - Median - Low ball.

## 4. QUICK TUCK

In Quick Tuck there are only three commands:

- (1) Alert - QB to get in a throwing position
- (2) Go - QB's release ball to receiver
- (3) Toss it Back - As soon as the ball touches receiver hands he tucks it away.

Quick Tuck is a faster version of Freeze

**Coaching Points:** Make sure in drills, a receiver catches ball out in front of body and holds ball there checking hand position with eyes. Also when he tucks ball away, his head and eyes follow the ball into Tuck position.

