

FOOTBALL DRILLS

DRILL TITLE: Great Catch Drill

POSITION wr

PURPOSE:

1. Agility
2. Reaction
3. Technique/ fundamentals
Adjusting to bad ball
4. intensity/ high

KEY COACHING POINTS:

1. Wr must arch back shoulders
2. Never take eyes off the ball
3. Must keep elbows together with heels of hands
- 4.

EQUIPMENT:

balls

PERSONAL:

TIME REQUIRED: 5 minutes

DRILL DESCRIPTION



1. Wr bursts out of stance downfield at 3/4 speed.
2. Ball is thrown over wr outside shoulder.
3. Drill can be run from both the inside and outside shoulders.