

FOOTBALL DRILLS

DRILL TITLE: DISTRACTION DRILL

POSITION WR

PURPOSE:

1. AGILITY
2. REACTION
3. TECHNIQUE/ FUNDAMENATALS
CATCHING/ CONECNTRATION
4. GAME SITUATION
5. INSENSITY/ MEDIUM

KEY COACHING POINTS:

1. FOCUS ON THROWERS ARM & RELEASE
2. TRACK BALL
3. CONCENTRATE UNTIL BALL IS SECURED
4. BALL SHOULD BE THROWN AT DIFFERENT SPEEDS

EQUIPMENT:

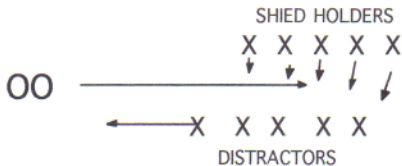
HAND SHIELDS
BALLS

PERSONAL:

WR

TIME REQUIRED: 5 MINUTES

DRILL DESCRIPTION



1. SHIELDS HOULDERS ARE 2 YARDS BEHIND DISTRACTORS.
2. WR & DISRATCTORS START AT THE SAME TIME.
3. ONCE BALL IS CAUGHT SHIELDS TO JAMS WR AFTER RECEPTION.

****NO CONTACT TO HEAD****