

# Football Drills

Drill Title: Distraction Drills

Position: RECEIVERS

Year: 1995

**PURPOSE:** Contact / Non Contact

1. Agility.
2. Reaction
3. Technique & Fundamentals.  
Concentration Drills
4. Intensity. Light

**KEY TEACHING POINTS:**

1. Watch the ball from My hands To Your Hands!
2. If you lose sight of the ball get hands up and ready. Estimate where ball will be
- 3.
- 4.
- 5.

**FIELD AREA:**

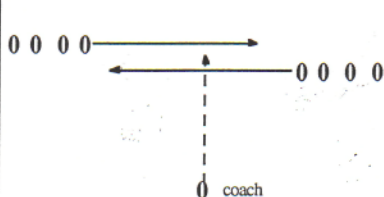
**EQUIPMENT:**

footballs

**SPECIAL PERSONNEL:** WR'S

**TIME REQUIRED:** 5 minutes.

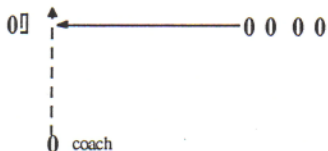
**DRILL DESCRIPTION:** (Diagram, Words)



Receiver in the front line will try to block the second receivers view of the ball.

Receiver in the back line jogs across and catches the football

Switch lines after you go.



Can change drill by having them in one line and 2 receivers jog toward you. The first is the distractor and the second catches the ball.

Contact catch

Have receiver catch ball while another receiver hits him with a bag as the ball arrives.