

# Football Drills

Drill Title: Machine Gun Drill

Position: RECEIVERS

Year: 1995

**PURPOSE:** Non Contact

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

**KEY TEACHING POINTS:**

1. Do not throw the ball until single receiver has had a chance to tuck the ball away.
2. Look the ball into your hands
3. Tuck the ball
4. Keep your head on a swivel

**FIELD AREA:**

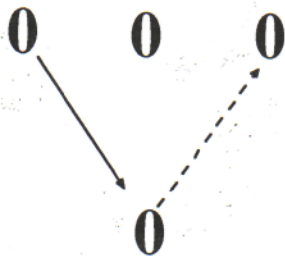
**EQUIPMENT:**

footballs

**SPECIAL PERSONNEL:** WR'S

**TIME REQUIRED:** 5 minutes.

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



Get in groups of four or five.

Give the receiver who is by himself a ball and the other three one ball also.

They begin to throw the ball at the single receiver while he throws the ball he has at one of the other three.

Give single receiver a chance to catch and tuck before throwing the ball at him.

Continue until the one receiver drops the ball or until time runs out.

Great for competitions!