



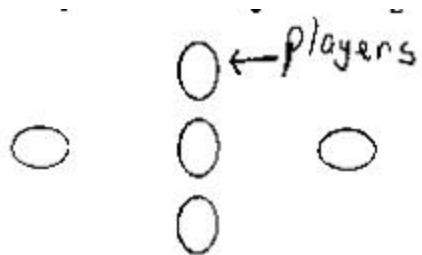
# YOUTH FOOTBALL USA RECEIVER DRILLS

## RECEIVER DRILL #1 OF 18

Football coaches teach their receivers to catch the ball at the numbers with their thumbs and index fingers touching. The hands form a cone enabling the receiver to catch a higher percent of their passes. Receivers are speedy players who always get off the line quickly, effectively block the defense, move the defensive backs to a desired area, form a pocket for catching the ball, and knows how to avoid and break tackles.

## RECEIVER DRILL #2 OF 18

### **CIRCLE**



### **Purpose**

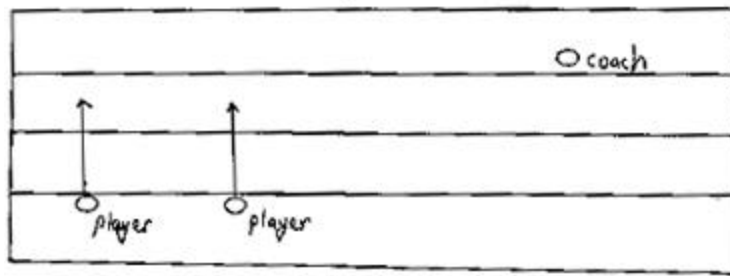
?? This drill is designed to improve quickness and reaction the ball.

### Procedure

?? The coach lines up 5 players with 4 of them making a small circle. The player in the middle is three yards from each player. Each player in the outside have a ball. The drill starts when the man in the middle faces one of the outside players and the ball is tossed to him. The player catches the ball, flips it back to that player and turns quickly to his right. The next player does the same thing and the player in the circle goes around to his left and to his right.

## **RECEIVER DRILL #3 OF 18**

### **SIDE TO SIDE**



#### **Purpose**

?? Conditioning

#### **Procedure**

?? This drill starts with two players standing on the goal line facing each other and about five yards apart. On the command "GO" both players start running sideways tossing the ball back and forth until they reach the end zone. They get a quick rest and start back up the field. Some type of time can be used.

## **RECEIVER DRILL #4 OF 18**

### **BACK OF THE END ZONE**



#### **Purpose**

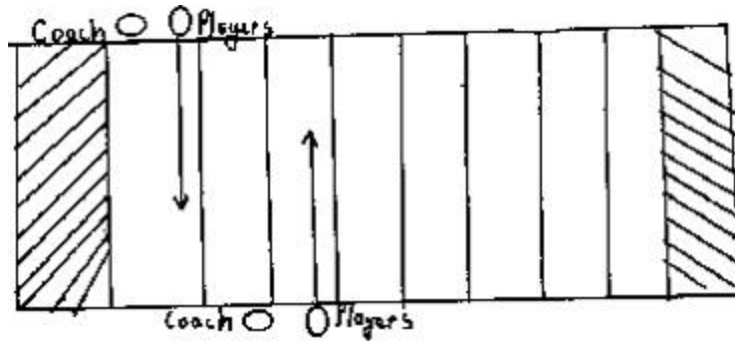
?? The purpose of the drill is to help the players adjust to catching the ball near the end zone

#### **Procedure**

?? Players line up near the end line and run across at half speed. The coach throws the ball high and in front of the players who have to stay as close to the end line as possible and catch the ball.

## RECEIVER DRILL #5 OF 18

### WARM UP



### Purpose

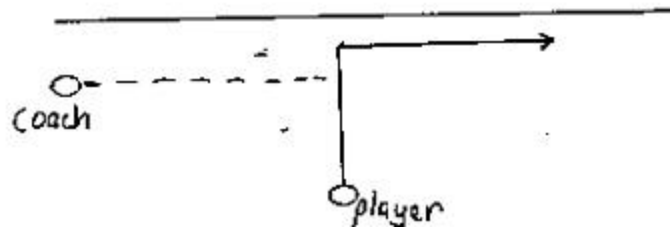
?? These drills can be used before practice to let receivers warm up.

### Procedure

?? Divide receivers into two groups with a coach on both sides on the field to throw balls. Receivers start in a two-point stance and run across the field at half speed. The coach waits until receiver runs ten yards before throwing the ball. The ball should be thrown with a good high arch. The receiver catches the ball mid-way across the field and strides across to the sideline. After each player has gone one time in both lines, the drill is then repeated using on hand over the head.

## RECEIVER DRILL #6 OF 18

### TURN & UP



#### Purpose

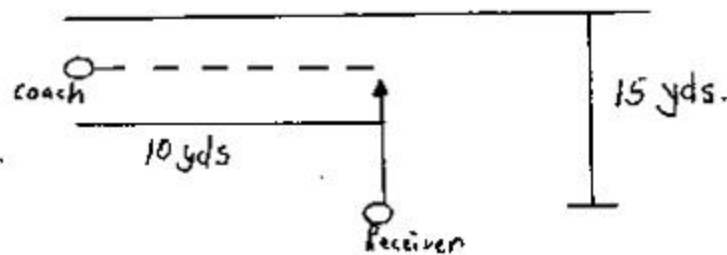
- ?? The purpose of this drill is to help improve the player's ability to catch the ball near a sideline and instead of going out of bounds, turn up field and go.

#### Procedure

- ?? Use the same procedure as the tap dance drill. The ball should be thrown 7 to 8 yards in front of player so he can adjust to turning up field. The drill is used from both sides.

## RECEIVER DRILL #7 OF 18

### TAPDANCE



#### Purpose

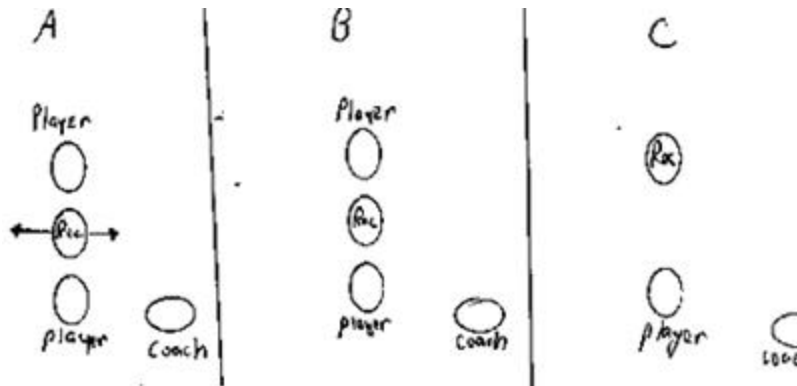
- ?? The purpose of this drill is to help improve the player's ability of catching the ball near the sidelines and planting one foot or two feet in bound before going out.

#### Procedure

- ?? Players will line up about 15 yards from the sidelines. On the command "GO" the receiver starts to run \* speed towards the sideline. The coach will throw the ball about five yards from the sideline. The receiver will catch the ball, planting one or two feet in bounds before going out of bounds. The drill is used from left and right side.

## RECEIVER DRILL #8 OF 18

### SANDWICH



### Purpose

- ?? The purpose of this drill is to improve the player's ability to get open vs. tight man coverage.

### Procedure

- ?? A. The receiver stands between two other players. The two players are one foot from the receiver. On the command "GO" the receiver makes one fake and runs either left or right and tries to catch the ball. The other two players try to keep the receiver from catching the ball blocking his vision and pushing him.
- ?? B. The drill is repeated with the same alignment. This time there is no command "GO". The ball is thrown in a jump ball arc to the players. The receiver has to go up and catch the ball in his hands.
- ?? C. This drill is used with two players. The receiver faces the coach with a player facing him about \* yards apart. On the command "GO" the receiver takes one fake and goes either left or right. The player facing him has to guess what direction the receiver is going.

## **RECEIVER DRILL #9 OF 18**

### **REACTION A & B**

#### **Purpose**

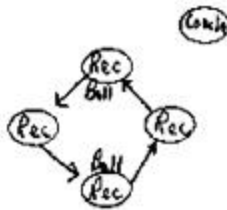
?? The purposes of these drills are to develop quick hands.

#### **Procedure**

- ?? "A" - In this drill the player lies on his stomach with his hands down by his side and his head looking toward the coach. The coach lines up 5 yards from the players and kneels. The drill starts when the coach flips the ball under handed at about 1/2 speed toward the player. The ball should be flipped left and right, high and low. The player has to push himself up and catch the ball in his hands.
- ?? "B" - In this drill the player lies on his back with his arms down by his side. The coach stands right at the player's feet. Using a basketball chest pass, the coach flips the ball towards the player. The player raises just his arms and catches the ball in his hands. Each player should catch at least four balls.

## **RECEIVER DRILL #10 OF 18**

### **RAZZLE A**



#### **Purpose**

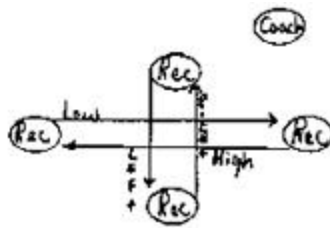
?? The purpose of this drill is to help concentration and quick hands.

#### **Procedure**

- ?? Four receivers form a circle about five yards apart. There are two balls used. The drill starts with two receivers who are facing each other toss the ball to the receiver on the right, who in turn tosses the ball to his right and etc. After the balls have gone around several times the command "reverse" by the coach, changes the balls to the left. Two groups can be used at the same time.

## RECEIVER DRILL #11 OF 18

### RAZZLE B



#### Purpose

- ?? The purpose of this drill is to help concentration- eye and hand coordination and to help to develop quick hands.

#### Procedure

- ?? Four receivers form a circle about five yards apart. There are four balls used. The drill starts on the command "GO". Two of the receivers, facing each other, start tossing their balls, one high and one low. The other receivers toss their ball at each other but one goes to right side, the other the left.

## RECEIVER DRILL #12 OF 18

### QUICK BALL



#### Purpose

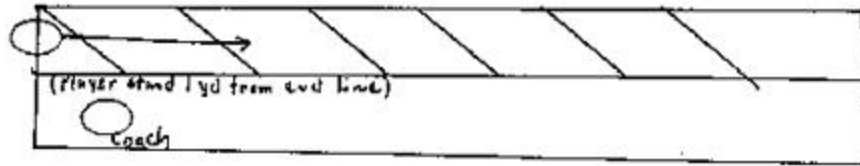
- ?? To develop receivers quickness, body control and body lean.

#### Procedure

- ?? One player lines up with the goalpost in his stance. The coach stands 10 yards away facing the net with four balls. The coach says "GO" and the player starts running at \* speed. When he reaches midway the ball is thrown to him. The player should catch the ball and run to the other goalpost, toss the ball to another player and turn quickly, staying in an up position and start back across. The player should catch four straight balls. The coach should throw the ball just in front of the player each time.

## RECEIVER DRILL #13 OF 18

### **PUSH UP**



#### **Purpose**

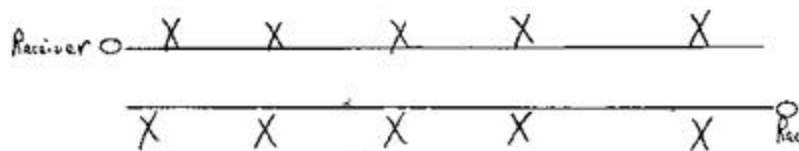
- ?? The purpose of this drill is to acquaint the receiver with being knocked down and having to get up and catch the ball.

#### **Procedure**

- ?? Player lies down on the ground in a push up position. The coach stands to one side of the player. On the command "GO" the player has to push up and go to the opposite side of the coach. The coach makes it hard for the receiver to get up by holding him down. The ball should be thrown to the receiver after his second or third step.

## RECEIVER DRILL #14 OF 18

### **PLAYING COACH**



#### **Purpose**

- ?? This is our other Blurr Drill designed to help improve the player's concentration when catching the ball.

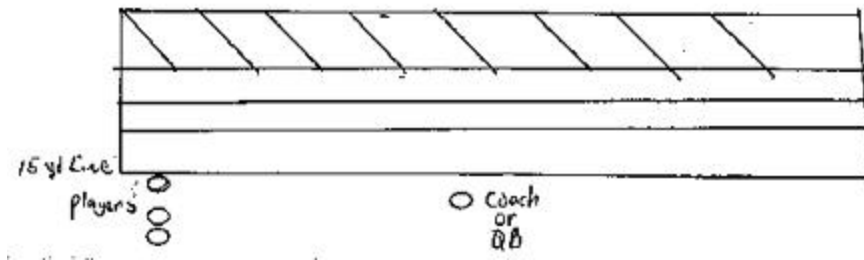
#### **Procedure**

- ?? The players line up parallel, facing each other about two yards apart. A receiver stands at each end of the Gauntlet. The two receivers play catch while the others try to distract them by waving their arms at the ball. Each player catches four balls.



## RECEIVER DRILL #15 OF 18

### OVER THE SHOULDER



#### Purpose

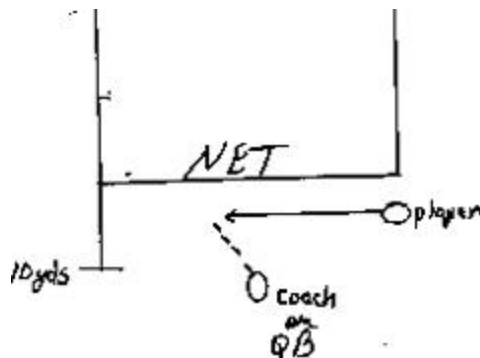
- ?? The purpose of this drill is to get the receiver acquainted with catching the ball over his shoulder using different methods.

#### Procedure

- ?? For best results, let the player run into the end zone to place emphasis on catching the ball for the touchdown. Players start to run at half speed toward the end zone looking inside for the ball. The ball is thrown in a high arc over the outside shoulder. The receiver has to adjust to the ball by either fading with the ball or turning his hips, shoulders, and head around to catch the ball.

## RECEIVER DRILL #16 OF 18

### ONE HAND



#### Purpose

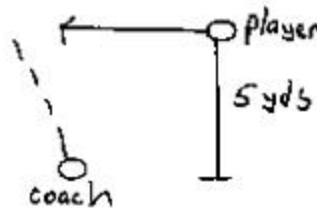
- ?? The purpose of this drill is to help the player concentrate on making difficult catches with one hand.

#### Procedure

- ?? Start the player about five yards from the first pole. The player starts to run about 1/2 speed and catch the ball with one hand. The ball should be thrown in a high arch. This drill is run from both sides.

### **RECEIVER DRILL #17 OF 18**

#### **KNEELING CATCH**



#### **Purpose**

- ?? The purpose of this drill is to demonstrate to the players the correct way to dive and catch a ball and fall properly.

#### **Procedure**

- ?? The players line up ten yards from the coach in a kneeling position. The player has to dive from this position, stretch out and catch the ball. He should fall on his side and not on his stomach. This drill is done on both sides.

### **RECEIVER DRILL #18 OF 18**

#### **GRAB BALL**

#### **Purpose**

- ?? This drill is designed to help the player become aware of tucking the ball away after catching it and covering it up when contact is nearing.

#### **Procedure**

- ?? The players line up parallel, facing each other about 2 yards apart. A receiver stands at each end and on command "GO" the coach tosses the ball to him. The player runs between the two lines covering the ball. Players on both sides try to pull the ball from the ball carrier.