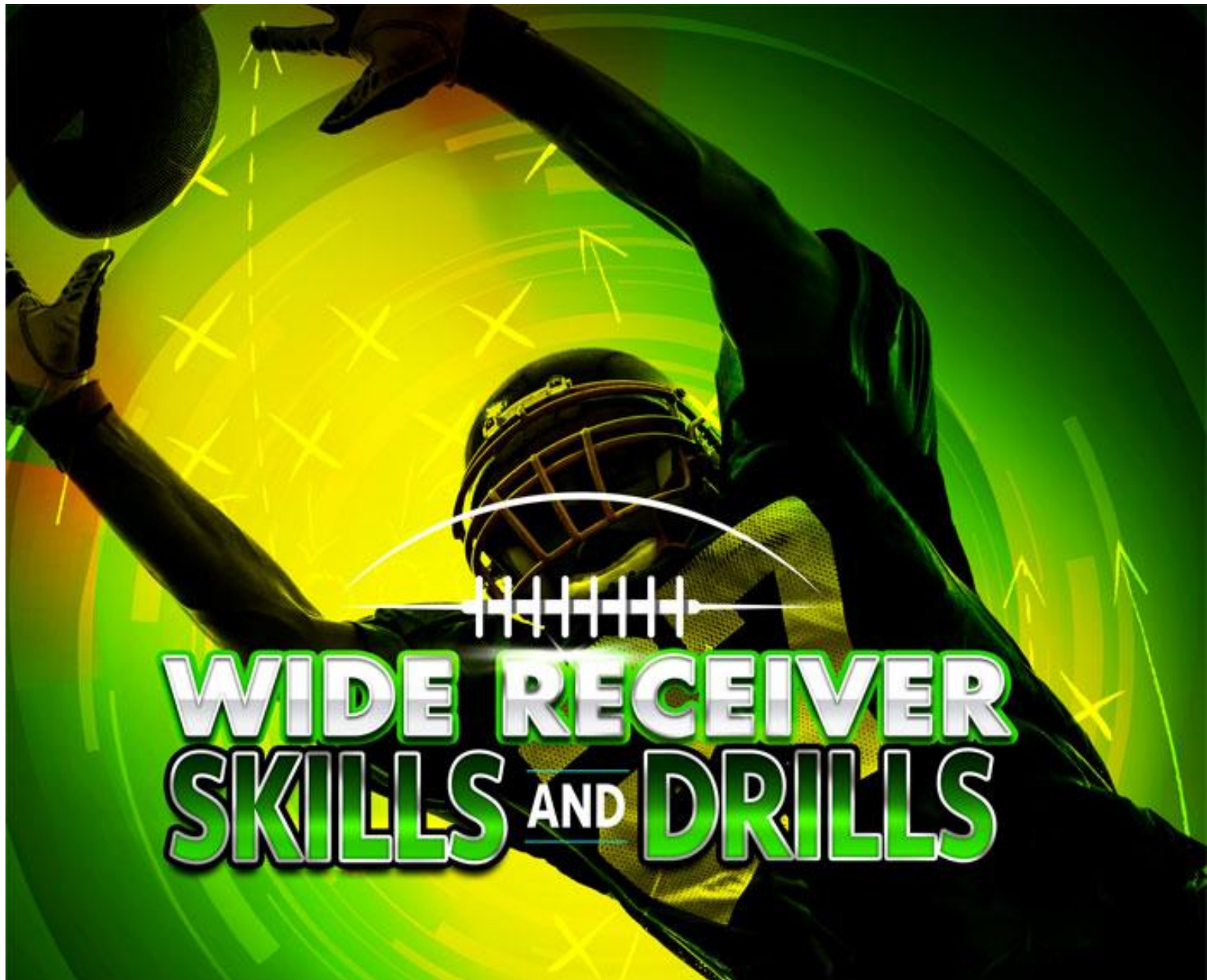




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Consult Your Physician

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INTRODUCTION

As offenses from the professional level all the way down to youth football have become more pass-focused, the importance of wide receiver play has soared.

What was once considered one of the least important positions on the field is now one of the most important.

In fact, today for many programs to be successful they need high quality play from the wide receiver position.

That means teams need wide receivers who have agility and body control ... and they need wide receivers who just aren't capable of running precise routes and catching the ball, but are able to adjust to defensive pressure, get open and make catches in traffic during game situations.

Inside this guide are 24 of drills designed to help your wide receivers improve their skills.

There are drills for catching the ball, drills for footwork and cutting, drills for recognizing seams in the defense and getting open and much more.

Have your receivers practice these drills diligently, ensure they become like second nature to your receivers, and watch the success of your passing game really take off.

If you would like to see these drills demonstrated on video with step by step instructions, make sure you upgrade your package by going to:

<http://www.football-tutorials.com/p/upgrade-wr>

DRILL #1 – RELEASE DRILL

Purpose: The Release Drill is designed to help the receiver get separation from the defensive back at the line of scrimmage.

Setup: Two players, one receiver and one defensive back, line up anywhere on the field. The coach should be nearby to call commands.

Execution:

Rip Arm Technique

1. The receiver lines up in the proper stance – inside foot forward, hands in the ready position, head turned toward the line of scrimmage.
2. Defensive back lines up opposite the receiver.
3. Coach says “Go.”
4. Receiver attacks half the defensive back’s body – so if he is using an inside technique he would attack the inside half of the DB’s body.
5. He then rips his arm underneath to separate from the DB

Swim Technique

1. The receiver lines up in the proper stance – inside foot forward, hands in the ready position.
2. Defensive back lines up opposite the receiver.
3. Coach says “Go.”
4. Receiver attacks half the defensive back’s body – so if he is using an outside technique he would attack the outside half of the DB’s body.
5. He then brings his arm over the top in a swimming motion to separate from the DB.

Coaching Tips:

- Players should also be using rapid-foot fire to get the defensive back to hold position and proper hand positioning to get the defensive back’s hands off him during this drill.



Coach helps receiver get in the proper stance with inside foot forward, hands in the ready position.

— **40** —



— **50** —

To separate from the DB, the receiver could do a rip arm move inside or a swim move outside.

DRILL #2 – HAND DRILLS

Purpose: These drills are designed to improve the receiver's ability to catch the football. All drills should be performed with both hands.

Setup: Players can line up anywhere on the field. The coach should be nearby to call commands.

Execution:

Phase One – Flip

1. The coach says "Go."
2. Receiver flips the ball onto the back of his hand and then flips it back forward and catches it.

Phase Two – Ball Dribble

1. Coach says "Go."
2. Players grip and release the football.

Phase Three – Figure Eight

1. Coach says "Go."
2. Players move the ball between and around their legs in a figure eight motion.
3. Coach says "Reverse."
4. Players move the ball the other direction.

Phase Four – Tug of War

1. Two receivers each grip the end of the football with one hand.
2. Coach says "Go."
3. Each player tries to pull the ball away from the other.

Coaching Tips

- One way to stress the importance of these hand drills is to make them reward/punishment drills. If players do a drill well they get a reward after practice, if players don't do well they must drop and do five fingertip push-ups, which are great for building finger strength, which in turn is important for catching the football.
- Players with smaller hands should keep one hand under the ball during the Ball Dribble.

See all these drills on video → <http://www.football-tutorials.com/p/upgrade-wr>



Proper hand positioning to catch the football.



Receiver flips the ball forward and back in Phase One.



Receivers do the Ball Dribble Drill.

DRILL #3 – FOOTWORK/ROUTE CUT DRILLS

Purpose: These drills emphasize footwork and making route cuts so that the receiver can separate from defensive backs and get open for the quarterback to throw him the football.

Setup: Setup four cones in a square anywhere on the field. The coach should be nearby to call commands.

Execution:

Phase One – Four Square

1. Coach says “Go.”
2. Player moves around the square, cutting with their outside foot at each cone.

Phase Two – N Drill

1. Coach says “Go.”
2. Players move around the cones in such way that they are forming the letter “N” being sure to make sharp cuts.

Phase Three – Zig Zag

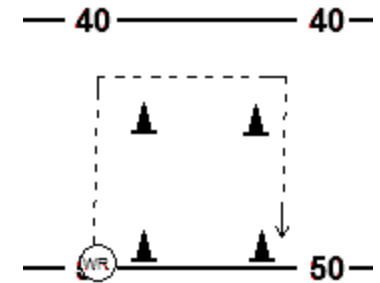
1. Coach says “Go.”
2. Players move through the cones in a zig-zag pattern.

Phase Four – Mini Zig-Zag

1. Cones are moved closer together.
2. Coach says “Go.”
3. Players move through the cones in a zig-zag motion.

Coaching Tips:

- Make sure players have their body weight over their knees and make sharp, hard cuts.



Four Square Drill.



Receiver gets in proper stance to begin the Four Square Drill.



Receiver runs the Zig-Zag Drill.

DRILL #4 – 90 DEGREE CUT DRILL

Purpose: Helps players develop their 90-degree cuts, which are beneficial for out routes and other common receiving routes.

Setup: Set six cones anywhere on the field. Four cones should be set up in a straight line five yards apart. Cone 5 should be directly across from cone 2 and cone 6 should be directly across from cone 3.

Execution:

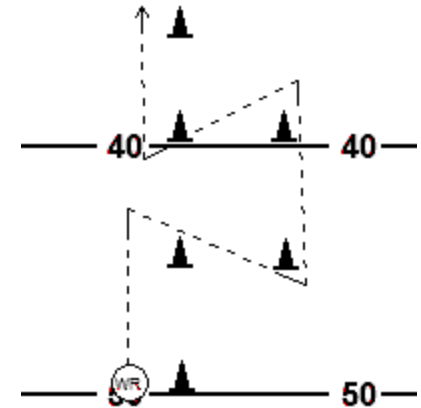
1. The coach says "Go."
2. Player runs from cone 1 to cone 2 and makes a 90 degree cut to cone 5.
3. He makes another 90 degree cut at cone 5 and runs to cone 6.
4. He makes another 90 degree cut at cone 6 and runs to cone 3.
5. At cone 3, he makes another 90 degree cut and turns upfield running past cone 4.
8. Be sure to run the drill in both directions.

Coaching Tips

- Again, make sure players are keeping their weight over their knees, that they are pumping their arms when running and that they are making, sharp cuts with the outside foot at the cones.



Receivers run the 90 Degree Cut Drill.



Receivers should be focused on making good hard cuts with their outside leg during this drill.

DRILL #5 – SPRINT, SHUFFLE, BACK PEDAL, SHUFFLE DRILL

Purpose: Helps players develop speed and dexterity in several essential football-related footwork techniques.

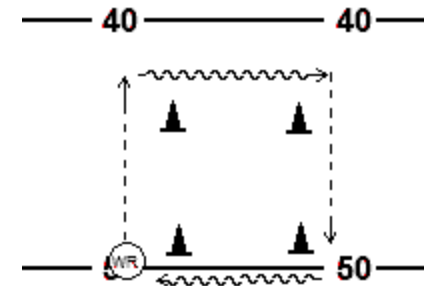
Setup: Arrange four cones in a square anywhere on the field. The coach should be nearby to call commands.

Execution:

1. Receiver lines up in the proper stance at cone 1.
2. Coach says "Go."
3. Player sprints forward to cone 2.
4. Player then shuffles to cone 3.
5. Player then back pedals to cone 4.
6. Player then shuffles back to cone 1.
7. Be sure to run drill from both sides.

Coaching Tips

- Players should be consistently moving through this drill with eyes up, back arched and hands in the ready position.



In this drill, players sprint, then shuffle, then back pedal, then shuffle again.



Receivers perform the drill.

DRILL #6 – TEAM CATCH DRILL

Purpose: Helps players develop focus and one-hand receiving skills.

Setup: Two receivers stand facing each other. Quarterback or coach stands five to 10 yards away. The coach is nearby to call commands.

Execution:

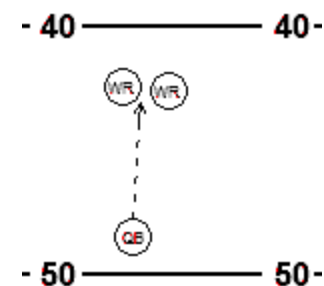
1. Coach says "Go."
2. Quarterback throws the ball to the receivers, who attempt to catch the ball together each using one hand.

Coaching Tips:

- Be sure to have players switch side during the drill so that they work both hands.



Receivers perform the Team Catch Drill.



Team Catch Drill.

DRILL #7 – BACK TO THE GROUND DRILL

Purpose: Drill emphasizes reaching for the ball instead of letting the ball come to you.

Setup: Receiver lies down on the ground. Quarterback stands near the receiver's feet.

Execution:

1. Coach says "Go."
2. Quarterback throws the ball to the receiver.
3. Because the receiver is on the ground, he is forced to keep his hands up and reach to catch the ball instead of letting it come to his body.

Coaching Tips:

- If you want, you can create a rapid fire drill where receivers lie on the ground next to each other and the quarterback moves up and down the line throwing to each in rapid succession.



The Back to the Ground Drill forces receivers to keep their hands up and reach for the ball.



40

In this drill, the quarterback alternates throwing the ball to each receiver.

DRILL #8 – REACH DRILL

Purpose: This drill is designed to help players focus on catching the ball with their hands and fingertips.

Setup: Players stand behind the goal post or any other post that you may have on the field. The coach should be nearby to call commands.

Execution:

1. Coach says “Go.”
2. Quarterback throws the ball to the receiver.
3. The receiver must reach out and catch the ball in front of the pole.

Coaching Tips:

- Make sure players are watching the ball into their hand and using their fingertips to catch the ball.



Receivers make the catch during the Reach Drill.



When catching the ball above the waist, thumbs up. When catching the ball below the waist, thumbs down.

DRILL #9 – BACK TO THE WALL DRILL

Purpose: This drill helps players develop focus and catching ability.

Setup: Receiver stands with his back to the quarterback. The coach should be nearby to call commands.

Execution:

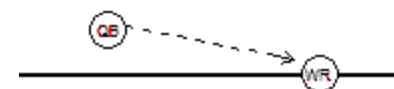
1. Quarterback or coach says “Ball.”
2. Quarterback throws the ball.
3. Receiver turns and catches the ball – focusing on catching the ball with his hands and then tucking it away.

Coaching Tips:

- You want to emphasize to receivers getting the head around, reaching for the ball and tucking in this drill. Ball security should always be a number one priority after catching the football.



Receiver turns and prepares to make the catch during the Back to the Wall Drill.



Back to the Wall Drill.

DRILL #10 – ONE HAND DRILL

Purpose: Drill is designed to help players practice a game situation where they are not able to catch the ball with two hands and are forced to use only one hand.

Setup: Receivers line up anywhere on the field. Quarterback lines up nearby. The coach is also nearby to call commands.

Execution:

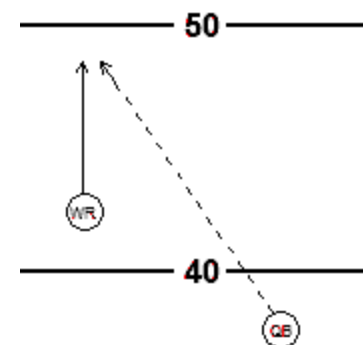
1. Coach says "Go."
2. Receiver runs a fade route.
3. Quarterback throws the ball.
4. Receiver attempts to catch the ball with one hand.

Coaching Tips

- Emphasis in this drill should be on the quarterback throwing the ball high and the receiver reaching for the ball with one hand and then watching it all the way into the body.
- Also be sure, as with pretty much all receiver drills, to work the drill to both sides so the receiver can use both hands.



Left, receiver runs his route. Right, receiver makes the one-handed catch.



The One Hand Drill .

DRILL #11 – TWIST DRILL

Purpose: This drill also emphasizes catches made in games, in particular this drill focuses on when a pass is thrown behind and short.

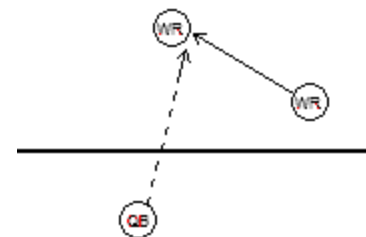
Setup: Receiver lines up anywhere on the field. The coach should be nearby to call commands.

Execution:

1. Coach says “Go.”
2. Quarterback or coach throws the ball to the receiver’s back shoulder.
3. Receiver must twist back to make the catch.

Coaching Tips

- Make sure players are keeping their eyes on the football and catching the ball with their fingertips instead of against their body.



In the Twist Drill, the ball is thrown short and behind the receiver.



Receiver twists to make the catch.

DRILL #12 – HIGHEST POINT DRILL

Purpose: Stresses to receivers the importance of always catching the ball at its highest point.

Setup: Receivers line up anywhere on the field. The quarterback is nearby to throw the ball and the coach is nearby to call commands.

Execution:

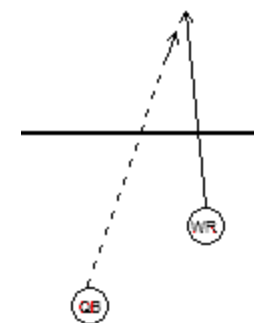
1. Coach says "Go."
2. Receiver runs a fade route.
3. Quarterback throws the ball.
4. Receiver jumps with two hands above head to catch the ball at its highest point.

Coaching Tips

- Be sure to emphasize to your player that they should be going and getting the ball at its highest point, in essence taking the ball away from the defense.



Receivers attempt to catch the ball at its highest point.



Highest Point Drill.

DRILL #13 – CENTER FIELDER DRILL

Purpose: This drill practices another common in-game catch that often happens on deep throws, go routes, take-offs, etc.

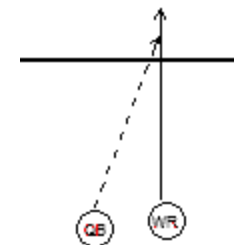
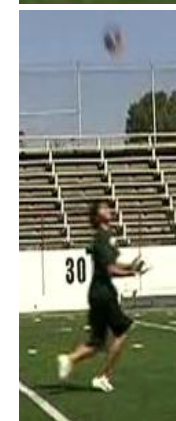
Setup: Receiver lines up anywhere on the field. The quarterback and coach are nearby.

Execution:

1. Coach says “Go.”
2. Receiver runs a deep route.
3. Ball is thrown over the receiver’s opposite shoulder.
4. Receiver tries to make the difficult catch.

Coaching Tips

- In this drill ball focus and being able to pick up the ball and judge it in flight are essential. Be sure your receivers are tracking the ball with their eyes throughout the drill.



Above, the Center Fielder Drill. At left, the receiver runs his route and makes the catch over his opposite shoulder.

DRILL #14 – OVER THE HEAD DRILL

Purpose: In this drill, the receiver is forced to make an almost “blind catch” as the ball is thrown directly over his head. Teaches the receiver to pick up the ball fast and adjust to its flight.

Setup: The receiver lines up anywhere on the field. The quarterback lines up directly behind him. The coach is nearby to call commands.

Execution

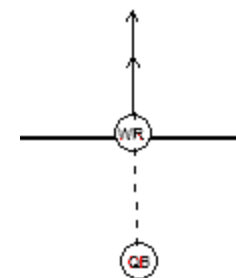
1. Coach says “Go.”
2. Receiver runs straight downfield.
3. Quarterback throws the ball over the receiver’s head.
4. Receiver picks up the flight of the ball, adjusts his route and makes the catch.

Coaching Tips

- Make sure aren’t cheating and looking back at the quarterback while they run their route. You want them to be able to pick up the ball in flight as it passes over their head and then make the split-second adjustment to make the catch.



Receiver prepares to make the over the head catch.



In this drill, the ball is thrown directly over the receiver’s head.

DRILL #15 – STRAIGHT TO THE COACH DRILL

Purpose: This drill emphasizes coming back to the football, catching it and tucking it.

Setup: The receiver lines up anywhere on the field. The quarterback lines up opposite the receiver. The coach is nearby to call commands.

Execution

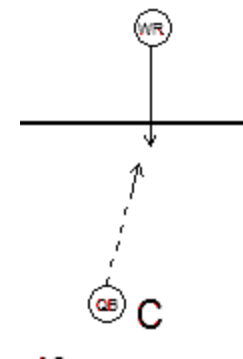
1. Coach says "Go."
2. Receiver runs straight toward the quarterback.
3. Quarterback throws the ball to the receiver.
4. The receiver catches it, tucks it away and keeps running to the quarterback who he gives back the ball.

Coaching Tips

- Make sure players are securely tucking the ball away after catching it.



This drill emphasizes coming back to the football.



Back at Coach Drill.

DRILL #16 – AT ME ... BREAK DRILL

Purpose: Another drill that emphasizes coming back to the football, catching it and tucking it.

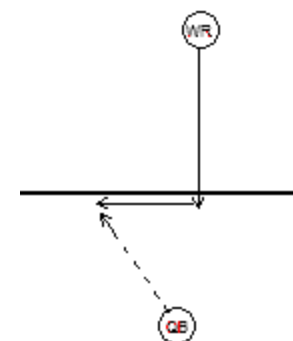
Setup: The receiver lines up anywhere on the field. The quarterback lines up opposite the receiver. The coach is nearby to call commands.

Execution

1. Coach says "Go."
2. Receiver runs toward the quarterback, then breaks right or left depending on the direction decided by the coach.
3. Quarterback throws the ball to the receiver.
4. The receiver catches it and tucks it away.

Coaching Tips

- Make sure players are keeping their eyes on the quarterback, making sharp cuts and tucking away the ball properly.



At Me ... Break Drill.



Receiver breaks and then is thrown the football.

DRILL #17 – WARM-UP DRILLS

Purpose: These warm-up drills are designed to help receivers work on their release, on getting upfield, on keeping their eyes on the ball, while also getting warmed up.

Setup: The receiver lines up anywhere on the field. The quarterback lines up nearby. The coach is also nearby to call commands.

Execution

Phase One

1. Receiver lines up in the proper stance.
2. Coach says “Go.”
3. Receiver runs straight ahead.
4. Quarterback takes a one-step drop and throws the football.
5. Receiver makes the catch.

Phase Two

1. Quarterback lines up in the gun position and the same drill is run.
2. Coach tosses ball to quarterback to simulate gun snap.
3. Receiver runs straight ahead.
4. Quarterback throws the ball to the receiver.
5. The receiver catches it and tucks it away.

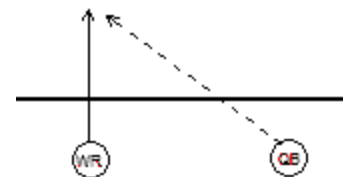
Coaching Tips

- In this drill maintaining proper fundamentals is important. Receivers should line up in the proper stance, have their eyes inside on the quarterback, watch the ball into their hands and then securely tuck it away.

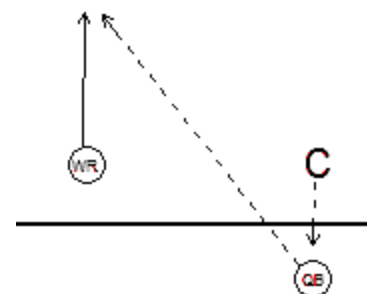
See all these drills on video → <http://www.football-tutorials.com/p/upgrade-wr>



Warm-up Drill Phase One.



Above, Warm-up Drill Phase One. Below, Warm-up Drill Phase Two with quarterback in the shotgun.



DRILL #18 – FADE BALL DRILL

Purpose: Another warm-up drill that also has a number of other benefits, including teaching the receiver to reach for the ball at its highest point, to watch the ball into their hands and to use their fingertips to make the catch.

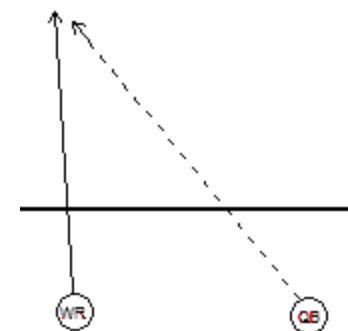
Setup: The receiver lines up anywhere on the field. The quarterback lines up nearby. The coach is also nearby to call commands.

Execution

1. Receiver lines up in the proper stance.
2. Coach says “Go.”
3. Receiver runs a fade route.
4. Quarterback takes a three-step drop and throws the football.
5. Receiver makes the catch.

Coaching Tips

- This drill is also a great warm-up for quarterbacks as throwing the fade route is easy on the arm and good for getting the quarterback loosened up.



The Fade Route is a good warm-up for both receivers and quarterbacks.



Receiver fades and then makes the catch.

DRILL #19 – BUBBLE SCREEN THROW DRILL

Purpose: This drill is a good movement warm-up drill for receivers and it is also a good warm-up drill for quarterbacks at the throw is easy on their arms.

Setup: The receiver lines up anywhere on the field. The quarterback lines up nearby. The coach is also nearby to call commands.

Execution

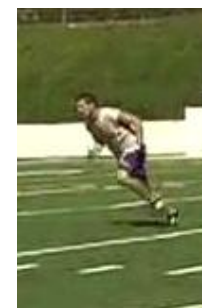
1. Receiver gets in the proper stance.
2. Coach says “Go.”
3. Receiver runs a bubble screen route.
4. Quarterback takes a one-step drop and throws the football.
5. Receiver makes the catch and turns and runs upfield.

Coaching Tips

- The key in this drill is for the quarterback to put the ball on the receiver’s outside shoulder.
- Receivers should be focused on moving without the ball, finding the flight of the ball, catching it, tucking it away properly and heading upfield.
- This drill can also be conducted with the quarterback in the shotgun position.



The Bubble Screen is another good warm-up drill for receivers.



From above left, receiver lines up in proper stance, runs bubble route, catches the ball and heads upfield.

DRILL #20 – THE LAST FIVE YARDS DRILL

Purpose: In this drill, receivers practice the last five yards of a hook, comeback or other route that involves planting the outside foot and running back toward the quarterback.

Setup: Set up three cones. Two are five yards apart with the other two yards from the first cone. The coach is also nearby to call commands.

Execution

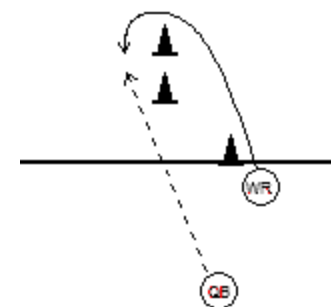
1. Receiver lines up in the proper stance at the first cone.
2. Coach says “Go.”
3. Receiver runs the last five yards of a hook route or similar pattern.
4. Quarterback throws the football.
5. Receiver makes the catch, tucks the ball and runs upfield.

Coaching Tips

- The emphasis in this drill should be on the receiver coming back and meeting the football, then catching it, tucking it and turning and running upfield.
- Pay particular attention to the receiver’s eyes and hands and make sure he is watching the ball into his hands and using his fingertips to make the catch.
- Also, make sure receivers are making hard, sharp cuts.



Last five yards of a hook route.



The Last Five Yards Drill.

DRILL #21 – OUT ROUTE DRILL

Purpose: This drill covers the last five yards of an out route. Particular attention should be placed on the player sticking his inside leg to make a good outside break and on catching the ball in-bounds.

Setup: Place three cones in an inverted L shape near the sideline. Receiver lines up at the first cone. The quarterback lines up nearby. The coach is also nearby to call commands.

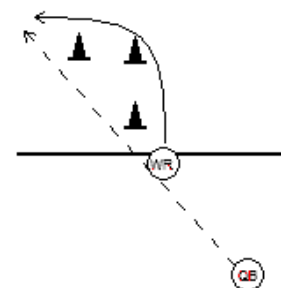
Execution

Phase One

1. Receiver gets in the proper stance.
2. Coach says “Go.”
3. Receiver runs straight ahead and cuts toward the sideline at the second cone.
4. Quarterback throws the football.
5. Receiver attempts to catch the ball, stay in-bounds and turn upfield.

Coaching Tips

- You can use this type of drill for all your routes, breaking down in the last five yards all the techniques that make the route successful and then stressing them to your players and getting them to work on those very things. Doing just the last five yards, allows you to save players’ legs and get more reps compared to running full routes.



Above, receiver runs the out route. At left, the setup for this drill

Drill #22 – RELEASE & SEPARATE FROM PRESS DB

Purpose: In this drill receivers work on their release and on separating from a defensive back in press coverage.

Setup: Receiver lines up anywhere on the field opposite a defender. The quarterback lines up nearby. The coach is also nearby to call commands.

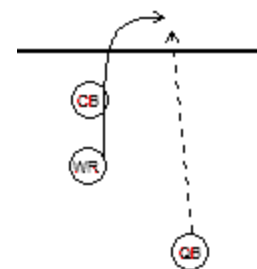
Execution

Phase One

1. Receiver gets in the proper stance.
2. Coach says "Go."
3. Receiver attempts to separate from the DB and run his route, such as a hook or out.
4. Quarterback throws the football when receiver comes open.
5. Receiver catches the ball and turns upfield.

Coaching Tips

- Receiver should have good body lean. Receiver should also attack half the defender's body. Once past the defender, receiver should retrace to where he last saw the receiver and then if the DB is still in good defensive position, the receiver should touch the DB's opposite shoulder to give a false key as he (the receiver) begins his break.



At left, the Release & Separate from a Press DB Drill. Above, the receiver makes his move to separate from the DB.

Drill #23 – BASE COVERAGE DRILL

Purpose: This drill helps receivers recognize the seams in base coverage. The drill also helps quarterbacks work their progression.

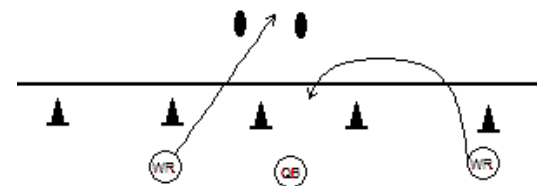
Setup: Place two garbage cans in the areas where the safeties would be. Place three cones where the linebackers would be and place a cone outside on each side to represent the cornerbacks. Receivers line up on the line of scrimmage along with the quarterback. The coach is nearby to call commands.

Execution

1. Receivers get in the proper stance.
2. Coach says "Go."
3. Receivers run their routes. For example, one runs a go route, splitting the safeties, and one runs a hook route in-between the linebackers.
4. Quarterback takes a five step drop and throws the football.
5. Receiver catches the ball and turns upfield.

Coaching Tips

- You can run this drill a number of different ways. If you have a full complement of receivers, you can have the quarterback read his full progression. You can also run the drill with two quarterbacks, having one throw to the primary receiver and one read his progression and throw underneath.



This drill teaches receivers to recognize seams in the defense and quarterbacks to read their progressions.



Players run the base coverage drill.

DRILL #24 – HOOK & FLAT COMBINATION ROUTES

Purpose: This drill provides receivers with a three-deep look and gets them familiar with running hook and flat combination routes. Emphasis is on seeing seams in the defense. Drill also helps quarterbacks work their progression.

Setup: Place three trash cans deep to represent the two deep corners and the middle safety. Cones are placed to represent the linebackers and other safety. The receivers and quarterback line up on the line of scrimmage. The coach is also nearby to call commands.

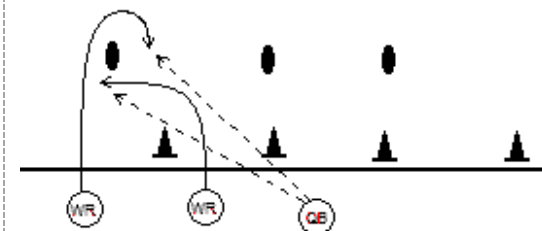
Execution

Phase One

1. Receivers get in the proper stance.
2. Coach says "Go."
3. The outside receiver runs the hook route. The inside receiver runs the flat combination route.
4. Quarterback throws the football to one of the receivers.
5. Receiver catches the ball and turns upfield.

Coaching Tips

- If you are running this drill with two quarterbacks, one would throw to his first read and the other would work his 1-2 progression and throw to the second receiver.
- Stress good fundamentals, good body lean, hands and release, coming back to the ball and sticking the route and reaching out to catch the football.



Above and below, the Hook & Flat Route Combination Drill.



Looking For More Football Coaching Resources?

If you would like to see these wide receiver drills demonstrated on video with step by step instructions, make sure you upgrade your package by going to:

<http://www.football-tutorials.com/p/upgrade-wr>

Additional Resources

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